

CAMERON HEIGHTS TRACK AND FIELD RECORDS						
	Midget Girls	Junior Girls	Senior Girls	Midget Boys	Junior Boys	Senior Boys
100m	Tomi Bamigbade 12.49 2015	Tammy Ho-Shing 12.1 1987	Patricia Rowe 11.9 1991	Anton Atkins 10.9 1992	Anton Atkins 10.72 1994	Anton Atkins 10.4 1996
200m	Tomi Bamigbade 25.63 2015	Sue Berg 28.25 1991	Patricia Rowe 24.9 1991	Nathan Thompson 22.43 1996	Anton Atkins 22.5 1994	Anton Atkins 21.9 1996
400m	Nicole Ho-Shing 59.51 1985	Sue Berg 55.6 1991	Sue Berg 56.35 1994	Jordan Sherwood 51.53 2010	Richard Messam 49.85 1992	Christian Fryer-Davis 48.45 2014
800m	Sue Berg 2:16.1 1989	Sue Berg 2:12.25 1991	Simonne Tomasovic 2:19.88 2010	Chris Wagner 2:05.8 1990	Zoran Vukovic 1:59.4 1988	Zoran Vukovic 1:54.3 1989
1500m	Sue Berg 4:51.1 1989	Sue Berg 4:42.0 1991	Juliette Davies 4:44.95 2016	Zoran Vukovic 4:24.68 1986	Zoran Vukovic 4:06.11 1988	Zoran Vukovic 4:00.2 1989
3000m	Juliette Davis 11:24.8 2014	Juliette Davis 10:39.96 2015	Lisa Hallman 10:59.0 1989	Zoran Vukovic 9:36.34 1986	Andrew Shepherd 9:11.88 2014	Andrew Shepherd 8:30.23 2016
80m Hurdles	Tammy Ho-Shing 12.03 1986	Tammy Ho-Shing 11.38 1988	XXXXXX	XXXXXX	XXXXXX	XXXXXX
100m Hurdles	XXXXXX	XXXXXX	Bella Efremenko 14.22 2014	Jordan Sherwood 13.74 2010	Joey Daniels 13.15 2014	XXXXXX
110m Hurdles	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	Chris Green 13.62 2013
300m Hurdles	Benita Gateman 46.2	Bella Efremenko 43.86	XXXXXX	Jordan Sherwood 40.01	Richard Messam 37.79	XXXXXX

	1991	2013		2010	1992	
400m Hurdles	XXXXXX	XXXXXX	Bella Efremenko	XXXXXX	XXXXXX	Chris Wagner
			1:00.43			52.74
			2015			1994
Open 1500m Steeplechase	XXXXXX	XXXXXX	Simonne Tomasovic	XXXXXX	XXXXXX	XXXXXX
			5:26.14			
			2010			
Open 2000m Steeplechase	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	Jim Seeds
						6:09.0
						1989
High Jump	Lindsay Harttrup	Olga Lioudvine	Lindsay Harttrup	Roger Skyers	Roger Skyers	Everton Bartley
	1.48m	1.55m	1.64m	1.88m	2.01m	2.05m
	2013	2008	2016	1991	1993	1991
Long Jump	Sylvia Malgady	Tamara Grahovac	Sylvia Malgady	Roger Skyers	Dave Boulette	Kenny Siharath
	4.91m	5.35m	5.16m	6.38m	6.56	7.13m
	1972	2016	1975	1991	1997	2016
Triple Jump	Tamara Grahovac	Tamara Grahovac	Erin Robbins 2009	Mitchell O'Donnell	Garret Allen	Orlando Williams
	10.63m	11.45m	Leah De Los Santos 2013	13.56m	13.50m	14.70m
	2015	2016	10.86m	2009	1992	2005
Pole Vault	Lindsay Harttrup 2013	Erika Fiedler 2007	Erin Kurczak	Ian Cross	Vuk Bogunovik	Graham Pattison
	Cree Ward 2015	Abbie McLellan 2010	3.05m	2.95m	3.55m	4.55m
	2.40m	2.70m	2000	2012	2006	1997
Shot Put	Pat Brubacher	Sara Houston	Sara Houston	Glen Peters	Glen Peters	Lennox Lewis
	9.99m	10.38m	9.02m	14.37m	14.75m	15.13m
	1972	1987	1988	1978	1980	1985
Discus	Carolyn Duncan	Carolyn Duncan	Cathy Ingalls	Glen Peters	Ken Tilt	Terry Dommit
	32.88m	38.59m	29.35m	42.39m	37.80m	41.00m
	1971	1998	1999	1978	2002	1994
Javelin	Kathy Rennie	Cathy Ingalls	Cathy Ingalls	Paulo Ries	Richard Johnson	Joe Petawanakwa
	31.68m	37.72	41.36m	45.90m	47.76m	54.49m
	1977	1998	1999	1974	1995	2009

4x100m	Quinn Macpherson	Rose Messam	Tammy Ho-Shing	Shawn James	Thee Bounkeuth	Chris Wagner
Relay	Jaia Riggan	Kelly Munroe	Patricia Rowe	Ed Samms	Favian Dunkley	Jeremy Dancy
	Tamara Grahovac	Patricia Rowe	Theresa Hamilton	Reid Hart	Tyler Wilson	Richard Messam
	Tomi Bamigbade	Tammy Ho-Shing	Juliette Messam	Anton Atkins	Nathan Thompson	Anton Atkins
	51.27	49.06	48.32	45.1	44.27	41.67
	2015	1988	1991	1992	1998	1995
Open	XXXXXX	XXXXX	Sue Berg	XXXXXX	XXXXXXXX	David Mohan
4x400m			Janine Rockel			Chris Green
Relay			Patricia Rowe			Christian Fryer-Davis
			Sandy Thompson			Jordan Sherwood
			3:53.86			3:19.32
			1991			2013