

## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **MIDGET GIRLS 100m**

WCSSAA RECORD	Sam Stevens	GRCI	2005	12.1 (h)
	Princess Benson	ECI	2012	12.6(electronic)
PREVIOUS RECORD	Crystal Shadd	GRCI	1990	12.2

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tomi Bamigbade</b>	<b>12.49</b>	<b>2015</b>	<b>1</b>	<b>CWOSSA RECORD</b>
Jaia Riggan	12.70	2015	3	CWOSSA
Nicole Lemon	12.70	1993	2	WCSSAA
Nicole Waugh	12.70	1995	2	WCSSAA
Stephanie Voight	12.80	1991	2	WCSSAA
Tatum McLeod	13.10	2007	H	WCSSAA
Tammy Ho-Shing	13.16	1986	4	OFSAA
Erin Bush	13.29	2008	3	WCSSAA
Jessie Ramseyer	13.39	2016	5	CWOSSA
Eugenia Acosta	13.40	2007	5	WCSSAA
Arielle Berkley	13.40	2007	5	WCSSAA

### **MIDGET GIRLS 200m**

WCSSAA RECORD	Tomi Bamigbade	CHCI	2015	25.68
PREVIOUS RECORD	Crystal Shadd	GRCI	1991	25.5

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tomi Bamigbade</b>	<b>25.63</b>	<b>2015</b>	<b>1</b>	<b>CWOSSA</b>
Jaia Rigga	26.26	2015	2	WCSSAA
Nicole Ho-Shing	26.30	1985		
Stephanie Voight	26.80	1991	2	WCSSAA
Tammy Ho-Shing	27.20	1986	1	WCSSAA
Nicole Waugh	27.50	1995	1	WCSSAA
Eugenia Acosta	27.60	2007	3	WCSSAA
Emilia Bashir	27.67	2005	8	OFSAA - Regionals
Jessie Ramseyer	28.11	2016	H	WCSSAA
Jessica Stathopoulos	28.30	2003	H	CWOSSA

### **MIDGET GIRLS 400m**

WCSSAA RECORD	Kailee Sawyer	BCI	2012	59.32
PREVIOUS RECORD	Leisel Miller	GCI	1981	59.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Nicole Ho-Shing</b>	<b>59.51</b>	<b>1985</b>	<b>5</b>	<b>OFSAA</b>
Benita Gateman	1:02.00	1992	1	WCSSAA
Sandy Thompson	1:02.50	1990	2	WCSSAA
Tomi Bamigbade	1:02.52	2015	2	WCSSAA
Mikayla Carmichael	1:02.74	2014	3	WCSSAA
Chanithi Bandaranayake	1:03.76	2019	13	OFSAA - Regionals
Eugenia Acosta	1:04.30	2007	7	CWOSSA
Jessica Stathopoulos	1:04.50	2003	5	CWOSSA
Bavneet Grewal	1:05.92	2017	4	WCSSAA
Arielle Berkley	1:06.00	2007	5	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET GIRLS 800m

WCSSAA RECORD                      Kailee Sawyer                      BCI                      2012                      2:19.15  
 PREVIOUS RECORD                      Kathy Butler                      WCI                      1989                      2:21.3

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg</b>	<b>2:16.10</b>	<b>1989</b>		
Laura Gibson	2:26.01	2005	1	CWOSSA
Juliette Davis	2:26.06	2014	3	CWOSSA
Lola Bater	2:29.07	2018	6	CWOSSA
Grace Gany	2:30.18	2011	3	CWOSSA
Paige Sweeney	2:32.20	2016	5	CWOSSA
Melinda Gillies	2:32.50	1979	1	TCHSAA
Simonne Tomasovic	2:35.00	2007	7	CWOSSA
Rebecca Yardley	2:35.40	2007	1	WCSSAA
Taylor Martin	2:36.37	2009	1	WCSSAA

### MIDGET GIRLS 1500m

WCSSAA RECORD                      Kailee Sawyer                      BCI                      2012                      4:51.97  
 PREVIOUS RECORD                      Erin McClure                      WCI                      1997                      4:35.8

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg</b>	<b>4:51.10</b>	<b>1989</b>		
Juliette Davis	4:54.69	2014	H	OFSAA
Laura Gibson	4:57.00	2005	1	CWOSSA
Grace Gany	5:11.16	2011	8	OFSAA - Regionals
Paige Sweeney	5:14.42	2016	3	CWOSSA
Lola Bater	5:16.45	2018	6	CWOSSA
Taylor Martin	5:20.50	2009	12	OFSAA - Regionals
Jiehee Park	5:23.10	2019	4	WCSSAA
Rebecca Yardley	5:26.16	2007	1	CWOSSA
Tara Campbell	5:26.29	2007	2	CWOSSA

### MIDGET GIRLS 3000m

WCSSAA RECORD                      Lauren Doherty                      GCI                      2006                      10:56.80(h)  
 PREVIOUS RECORD                      Kathy Butler                      WCI                      1989                      10:14.2

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Juliette Davis</b>	<b>11:24.80</b>	<b>2014</b>	<b>4</b>	<b>CWOSSA</b>
Taylor Martin	11:26.64	2009	6	OFSAA - Regionals
Lisa Campfens	11:28.70	1978	2	TCHSAA
Rebecca Yardley	11:52.60	2007	1	WCSSAA
Tara Campbell	11:55.00	2007	2	WCSSAA
Brianna Leahy	12:01.60	2007	4	WCSSAA
Taylor Heimbecker	12:03.01	2013	7	CWOSSA
Grace Gany	12:14.16	2011	2	WCSSAA
Janine Rockel	12:21.00	1990		WCSSAA
Sarah Wolfe	12:29.10	2006	2	WCSSAA

## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **MIDGET GIRLS 80m Hurdles (30cm)**

WCSSAA RECORD	Sarah Ferguson	JHSS	2006	12.1 (h)
	Emily McKay	WCI	2012	12.75(electronic)
PREVIOUS RECORD	Alison Bryant	WCI	1983	12.0

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tammy Ho-Shing</b>	<b>12.03</b>	<b>1986</b>		
Bella Efremenko	12.52	2012	2	OFSAA - Regionals
Benita Gateman	12.53	1992	4	OFSAA
Nicole Ho-Shing	12.67	1985	4	OFSAA
Anastasia Llyod	12.70	2016	H	OFSAA - Regionals
Mikayla Carmichael	12.89	2014	H	OFSAA-Regionals
Paula Makrigani	12.90	1994	3	WCSSAA
Patricia Green	13.00	1992	2	WCSSAA
Brittany Pratt	13.13	2000	H	OFSAA
Phorntip Chanthavong	13.60	2013	4	CWOSSA

### **MIDGET GIRLS 300m Hurdles (30cm)**

WCSSAA RECORD	Sarah Ferguson	JHSS	2006	45.49 (h)
	Kiana Chin	HHSS	2012	47.66(electronic)

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Benita Gateman</b>	<b>46.20</b>	<b>1991</b>		
Mikayla Carmichael	46.78	2014	3	OFSAA - Regionals
Rachel Avram	49.17	2012	7	OFSAA - Regionals
Jessie Ramseyer	49.55	2016	10	OFSAA - Regionals
Patricia Green	49.70	1992	3	WCSSAA
Leah De Los Santos	51.80	2009	9	CWOSSA
Michelle MacLean	51.90	1993	3	WCSSAA
Anastasia Lloyd	52.02	2016	7	CWOSSA
Dayna Nairn	52.14	2013	6	CWOSSA
Abigail Passy	52.49	2018	3	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET GIRLS High Jump

WCSSAA RECORD      Emiy McKay      WCI      2012      1.54m  
 PREVIOUS RECORD      Liz Akeroyd      WCI      1997      1.65m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Lindsay Harttrup</b>	<b>1.48m</b>	<b>2013</b>	<b>1</b>	<b>CWOSSA</b>
Michelle Miller	1.45m	2008	7	CWOSSA
Alyssa Schiedel	1.45m	2012	6	CWOSSA
Tamara Grahovac	1.40m	2015	3	WCSSAA
Nathalia Allen	1.35m	2006	8	WCSSAA
Isobel Barlow-Busch	1.30m	2014	5	WCSSAA
Julia Spiegl	1.25m	2007	8	WCSSAA
Sunny Luo	1.25m	2014	9	WCSSAA
Mariana Latta Suazo	1.25m	2016	11	WCSSAA
Bavneet Grewal	1.25m	2017	11	WCSSAA

### MIDGET GIRLS Long Jump

WCSSAA RECORD      Katie Weiler      EDSS      2004      5.03m  
 PREVIOUS RECORD      Denise Jaeger      GCI      1977      5.22m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sylvia Malgady</b>	<b>4.91m</b>	<b>1972</b>	<b>1</b>	<b>TCHSAA</b>
Erin Bush	4.90m	2008	6	OFSSA
Emilia Bashir	4.70m	2005	3	WCSSAA
Maddison Mitchell	4.59m	2014	1	WCSSAA
Olga Lioudvinevitch	4.57m	2007	4	CWOSSA
Jessica Lam	4.51m	2010	2	WCSSAA
Erika Fiedler	4.47m	2006	1	WCSSAA
Tayjah Bryan	4.39m	2016	6	WCSSAA
Milena Gojsevic	4.33m	2018	4	WCSSAA
Bethany Grey	4.31m	2005	3	WCSSAA

### MIDGET GIRLS Triple Jump

WCSSAA RECORD      Anna Larsson      SJAM      2012      10.80m  
 PREVIOUS RECORD      Crystal Shadd      GRCI      1991      11.17

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tamara Grahovac</b>	<b>10.67m</b>	<b>2015</b>	<b>1</b>	<b>CWOSSA</b>
Bella Efremenko	10.13m	2012	3	WCSSAA
Nathalia Allen	9.99m	2006	5	OFSSA – Regionals
Ioana Jora	9.89m	2016	5	WCSSAA
Erin Bush	9.69m	2008	7	CWOSSA
Leah De Los Santos	9.62m	2009	6	CWOSSA
Sandy Thompson	9.59m	1990	3	WCSSAA
Megha Lad	9.46m	2013	4	WCSSAA
Cree Ward	9.40m	2015	4	WCSSAA
Maddi Park	9.40m	2018	3	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET GIRLS Shot Put

WCSSAA RECORD Jill Van Dame BCI 2008 10.71m (4 kg)  
 PREVIOUS RECORD Madison Coolman HHSS 2017 11.09m (3 kg)

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Pat Brubacher</b>	<b>9.99m</b>	<b>1972</b>	<b>1</b>	<b>TCHSAA</b>
Mariah Zervos	9.57m	2015	1	WCSSAA
Ann Dunbar	8.96m	1978	2	TCHSAA
Nikki Ross	8.50m	2009	7	CWOSSA
Elizabeth Boettcher	8.18m	2006	5	CWOSSA
Emma Irwin	7.79m	2017	5	WCSSAA
Maria Kouznetsova	7.43m	2009	2	WCSSAA
Mirabel Saiar	7.32m	2013	5	WCSSAA
Chaloto Khougrasvongsay	7.22m	2015	7	WCSSAA
Alexis Gordon	7.14m	2019	8	WCSSAA

### MIDGET GIRLS Discus

WCSSAA RECORD Jill Van Dam BCI 2008 32.15m  
 PREVIOUS RECORD Vicki Webb GCI 1995 42.05m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Carolyn Duncan</b>	<b>32.88m</b>	<b>1970</b>		
Heidi Sonneman	27.30m	1987	1	WCSSAA
Julia Brzustowski	24.71m	2019	9	OFSSA - Regionals
Hanna Gingerich	24.10m	2016	1	CWOSSA
Elizabeth Boettcher	22.74m	2006	1	WCSSAA
Nikki Ross	22.16m	2009	4	CWOSSA
Jenna Pahl	21.40m	2008	2	WCSSAA
Airianna Mapp	21.03m	2007	2	WCSSAA
Katie Breberina	20.68m	2014	6	WCSSAA
Maria Kouznetsova	20.37m	2009	5	WCSSAA

### MIDGET GIRLS Javelin

WCSSAA RECORD Jill Van Dam BCI 2008 32.56m  
 PREVIOUS RECORD Carolyn Cook GRCI 1976 32.88m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Kathy Rennie</b>	<b>31.68m</b>	<b>1977</b>		
Milana Grahovac	23.48m	2014	3	WCSSAA
Keri Patton	23.35m	2013	2	WCSSAA
Stephanie Slowinski	22.91m	2008	7	WCSSAA
Elizabeth Boettcher	22.51m	2006	6	CWOSSA
Mariah Zervos	18.86m	2015	6	WCSSAA
Katie Breberina	18.67m	2014	6	WCSSAA
Hanna Negussie	18.65m	2013	8	WCSSAA
Elizabeth McLellan	18.25m	2010	6	WCSSAA
Regan Reid	18.00m	2003	6	WCSSAA



## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **MIDGET BOYS 100m**

WCSSAA RECORD	Jordan Miller-Smith	CHCI	2005	11.3 (h)
	Bradon Metz	JHSS	2013	11.71 (electronic)
PREVIOUS RECORD	Chris Robinson	JHSS	1991	10.9
	Anton Atkins	CHCI	1992	10.9

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Anton Atkins</b>	<b>10.90</b>	<b>1992</b>	<b>1</b>	<b>WCSSAA</b>
Jordan Miller-Smith	11.30	2005	1	WCSSAA
Jason Simpson	11.60	1990	2	WCSSAA
Joel Duval	11.60	1993	3	WCSSAA
Veit Dingh	11.70	2006	1	WCSSAA
Matt Gray	11.80	2003	H	WCSSAA
Daniel Bamigbade	11.80	2014	3	CWOSSA
Jordan Sherwood	11.85	2010	2	Track Wars
Joshua Thomas	11.85	2018	H	WCSSAA
Tyler Varga	11.87	2008	H	CWOSSA

### **MIDGET BOYS 200m**

WCSSAA RECORD	Brandon Metz	JHSS	2013	24.02(electronic)
PREVIOUS RECORD	Chris Robinson	JHSS	1991	22.4

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Nathan Thompson</b>	<b>22.43</b>	<b>1996</b>	<b>2</b>	<b>OFSAA</b>
Anton Atkins	22.80	1992	3	OFSAA
David Mohan	23.49	2012	5	OFSAA - Regionals
Joshua Thomas	23.86	2018	3	CWOSSA
Jordan Miller-Smith	24.38	2005	H	OFSAA
Jordan Sherwood	24.42	2010	1	Forest City Prep
Daniel Akpedeye	24.50	2016	2	WCSSAA
Viet Dinh	24.70	2006	1	WCSSAA
Damien Jevremovic	24.70	2018	4	WCSSAA
Kenny Sitharath	24.71	2014	6	CWOSSA

### **MIDGET BOYS 400m**

WCSSAA RECORD	Jordan Sherwood	CHCI	2010	54.61
PREVIOUS RECORD	Steve Sikic	ECI	1983	51.5

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Jordan Sherwood</b>	<b>51.53</b>	<b>2010</b>	<b>2</b>	<b>OFSAA</b>
Nathan Thompson	52.71	1996	3	OFSAA
Jordan Miller-Smith	53.20	2005	2	OFSAA-Regionals
Marko Stojakovic	54.69	2016	5	CWOSSA
Trevor Salmon	54.80	2006	1	WCSSAA
Jalen Noronha	55.09	2010	3	CWOSSA
Luc Brzustowski	55.14	2018	9	CWOSSA
Thee Bounkeuth	55.30	1997	3	WCSSAA
Mohab Husien	55.64	2019	3	CWOSSA
Aaron Hudali	56.40	2012	8	OFSAA – Regionals

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET BOYS 800m

WCSSAA RECORD Sandy Freeland BCI 2013 2:07.05  
 PREVIOUS RECORD Steve Sikic ECI 1983 2:00.5

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Luc Brzustowski</b>	<b>2:02.76</b>	<b>2018</b>	<b>12</b>	<b>OFSAA</b>
Chris Wagner	2:05.80	1990		
Trevor Salmon	2:08.48	2006	6	OFSAA-Regionals
Yonatan Ahferram	2:14.42	2012	5	CWOSSA
Mohab Husien	2:15.74	2019	4	WCSSAA
Noah Davis-Hess	2:16.38	2015	9	CWOSSA
Levi Johns	2:16.59	2009	7	CWOSSA
Sam Orend	2:17.52	2016	3	WCSSAA
Ananias Yared	2:17.92	2017	4	WCSSAA
Jon Martin	2:19.20	2007	4	WCSSAA

### MIDGET BOYS 1500m

WCSSAA RECORD Korbett Cator GRCI 2016 4:19.95  
 PREVIOUS RECORD Jason Sawyer St.Jerome 1987 4:18.50

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Luc Brzustowski</b>	<b>4:18.47</b>	<b>2018</b>	<b>5</b>	<b>OFSAA - Regionals</b>
Zoran Vuckovic	4:24.68	1986		
Jason Miller	4:31.50	1987	5	WCSSAA
Iilir Lazoja	4:36.05	2012	6	CWOSSA
Jordan Fox	4:36.80	2003	6	CWOSSA
Tanner Wing	4:43.83	2011	9	CWOSSA
Surien Das-Giwjno	4:44.49	2014	4	WCSSAA
Bradley Shepherd	4:44.57	2014	5	WCSSAA
Noah Davis-Hess	4:45.95	2015	9	CWOSSA
Trevor Salmon	4:47.00	2006	2	WCSSAA

### MIDGET BOYS 3000m

WCSSAA RECORD Scott Arndt WCI 2017 9:32.60  
 PREVIOUS RECORD Llyod Schmidt PHS 1977 9:17.0

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Zoran Vuckovic</b>	<b>9:36.34</b>	<b>1986</b>		
Jordan Fox	10:04.20	2003	2	CWOSSA
Tanner Wing	10:07.48	2011	4	CWOSSA
Surien Das-Giwjno	10:14.10	2014	5	CWOSSA
Declan Outhit	10:23.88	2011	8	CWOSSA
Jon martin	10:26.40	2007	4	WCSSAA
Andrew Shepherd	10:27.88	2013	5	CWOSSA
Jeremiah Leiyu	10:30.54	2017	4	CWOSSA
Iilir Lazoja	10:34.66	2012	1	WCSSAA
Gordon Shields	10:36.12	2008	7	CWOSSA



## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET BOYS 100m Hurdles (33cm)

WCSSAA RECORD	<b>Jordan Sherwood</b>	CHCI	2010	14.27
PREVIOUS RECORD	Chris McFarlane	WCI	1989	14.1
	Granville Riley	GCI	1992	14.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Jordan Sherwood</b>	<b>13.74</b>	<b>2010</b>	<b>H</b>	<b>OFSAA</b>
Mitch O'Donnell	13.78	2009	1	OFSAA - Regionals
Joey Daniels	14.09	2013	1	OFSAA - Regionals
Roy Thompson	14.10	1988		
Jason Simpson	14.40	1990	3	WCSSAA
Graham Pattison	14.60	1993	2	WCSSAA
Ryan Chanthavong	14.90	2006	H	OFSAA
Maher Akhtar	15.00	2012	2	OFSAA – Regionals
Jimmy Ying-Yong	15.09	2005	3	CWOSSA
Dawson Rowe	15.27	2018	3	CWOSSA

### MIDGET BOYS 300m Hurdles

WCSSAA RECORD	Tom Woodhouse	HHSS	2007	42.4 (h)
	<b>Jordan Sherwood</b>	<b>CHCI</b>	<b>2010</b>	<b>43.25(electronic)</b>
PREVIOUS RECORD	Granville Riley	GCI	1992	42.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Jordan Sherwood</b>	<b>40.01</b>	<b>2010</b>	<b>1</b>	<b>OFSAA</b>
Ed Samms	40.52	1992		
Dawson Rowe	43.21	2018	12	OFSAA
Carter Armstrong	43.75	2013	6	OFSAA - Regionals
Mohab Husien	43.84	2019	4	OFSAA - Regionals
Mitch O'Donnell	43.99	2009		OFSAA - Regionals
Garret Burke	44.30	2008	6	OFSAA - Regionals
Graham Pattison	44.50	1993	2	WCSSAA
Maher Akhtar	45.01	2012	8	OFSAA - Regionals
Anthony Burgess	45.27	2014	8	OFSAA - Regionals

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET BOYS High Jump

WCSSAA RECORD                      Matt Pfefferkorn                      WCI                      2014                      1.76m  
 PREVIOUS RECORD                      Eric Xu                      WCI                      2000                      1.84m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Roger Skyers</b>	<b>1.88m</b>	<b>1991</b>		
Andrew Scharschmidt	1.81m	1984	1	WCSSAA
Jalen Noronha	1.65m	2010	2	WCSSAA
Julian Bacchus	1.55m	2002	8	WCSSAA
Brad Bahab	1.55m	2006	7	CWOSSA
Chris Green	1.55m	2009	6	WCSSAA
Ian Cross	1.50m	2012	13	WCSSAA
Germann Davis	1.50m	2018	4	WCSSAA
Nick Norcott	1.50m	2011	5	WCSSAA
Elijah Christian	1.50m	2016	10	WCSSAA
Jeremiah Osorio	1.50m	2019	6	WCSSAA
Philip Leiyu	1.50m	2019	6	WCSSAA

### MIDGET BOYS Long Jump

WCSSAA RECORD                      Jeremy Yang                      BCI                      2004                      6.27m  
 PREVIOUS RECORD                      Unknown

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Roger Skyers</b>	<b>6.38m</b>	<b>1991</b>		
Tyler Varga	6.11m	2008	5	OFSAA
Wally Horn	6.01m	1970	1	TCHSAA
Jalen Noronha	5.92m	2010	3	OFSAA - Regionals
Kevin Dupuis	5.84m	1995	3	WCSSAA
Ryan Chanthavong	5.57m	2006	2	WCSSAA
Brad Bahad	5.55m	2006	3	WCSSAA
Andy Tran	5.45m	2012	1	WCSSAA
Murhej Hantoush	5.42m	2019	3	WCSSAA
Patrick Chen	5.40m	2009	6	CWOSSA

### MIDGET BOYS Triple Jump

WCSSAA RECORD                      Mitch O'Donnell                      CHCI                      2009                      13.10m  
 PREVIOUS RECORD                      Greg Smith                      FHCI                      1981                      13.15m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Mitch O'Donnell</b>	<b>13.56m</b>	<b>2009</b>	<b>1</b>	<b>OFSAA</b>
Roger Skyers	12.53m	1991		
Kenny Sitharath	12.21m	2014	4	OFSAA - Regionals
Kevin Dupuis	11.89m	1995	1	WCSSAA
Mike Wyke	11.83m	1987	1	WCSSAA
Brad Bahab	11.70m	2006	3	OFSAA-Regionals
Ahnaf Shahriar	11.64m	2018	2	CWOSSA
Priyansh Gupta	11.40m	2018	5	WCSSAA
Dan Kraft	11.41m	2003	3	WCSSAA
Maher Akhtar	11.39m	2012	4	WCSSA

## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **MIDGET BOYS Shot Put**

WCSSAA RECORD Basil Hammoud FHCI 2005 13.97m  
 PREVIOUS RECORD Darcy Mintz FHCI 1986 15.28m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Glen Peters</b>	<b>14.37m</b>	<b>1978</b>	<b>1</b>	<b>TCHSAA</b>
Corey Cockram	13.84m	2006	3	OFSAA-Regionals
Matthew Ross	12.71m	2011	1	CWOSSA
Vuk Bogunovic	12.10m	2005	11	OFSAA-Regionals
Aleks Ilic	12.10m	2017	3	WCSSAA
Joshua Thomas	11.56m	2018	2	WCSSAA
Chris Korroch	11.45m	2003	3	WCSSAA
Dan Ehrlich	10.71m	2004	11	CWOSSA
Hernan Argueta	10.30m	2010	5	WCSSAA
Riley Dahmer	10.14m	2006	6	WCSSAA

### **MIDGET BOYS Discus**

WCSSAA RECORD Ben Drummond BCI 2013 43.15m  
 PREVIOUS RECORD Nate Wilson GRCI 1999 47.99m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Glen Peters</b>	<b>42.39m</b>	<b>1978</b>	<b>1</b>	<b>TCHSAA</b>
Curtis Sutton	39.76m	1989	3	WCSSAA
Corey Cockram	36.59m	2006	3	CWOSSA
Matthew Ross	33.28m	2011	2	WCSSAA
Chris Korroch	32.42m	2003	4	WCSSAA
Riley Dahmer	29.93m	2006	3	WCSSAA
River Barnett	29.66m	2016	1	WCSSAA
Dexter Leruez	28.47m	2018	5	WCSSAA
Sheldon Gordon	26.92m	2010	5	WCSSAA
Colin Maclean	23.60m	2014	11	WCSSAA

### **MIDGET BOYS Javelin**

WCSSAA RECORD Jarrett Parker GRCI 2011 47.48m  
 PREVIOUS RECORD Jeremy Hall BCI 1987 51.32m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Paulo Ries</b>	<b>45.90m</b>	<b>1974</b>		
Corey Cockram	40.82m	2006	1	WCSSAA
River Barnett	34.10m	2016	3	WCSSAA
Chris Korroch	32.61m	2003	6	WCSSAA
Colin Maclean	29.28m	2014	8	WCSSAA
Matthew Ross	27.99m	2011	9	WCSSAA
Hernan Argueta	27.43m	2010	6	WCSSAA
Riley Dahmer	26.45m	2006	11	WCSSAA
Field Westbroek	26.03m	2013	13	WCSSAA
Owen Mcarthur	25.66m	2015	12	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### MIDGET BOYS Pole Vault

WCSSAA RECORD                      Nic Hoedino                      SJAM                      2009                      3.20m  
 PREVIOUS RECORD                      Greg Morris                      GCI                      1992                      3.48m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Ian Cross</b>	<b>2.95m</b>	<b>2012</b>	<b>1</b>	<b>CWOSSA</b>
Han Xie	2.80m	2013	5	OFSAA - Regionals
Carlos Alfaro	2.65m	1996		
Ben Drung	2.60m	2011	1	CWOSSA
Sandeep Nath	2.55m	2018	9	OFSAA - Regionals
Izaak Zabiek	2.55m	2019	9	OFSAA - Regionals
Austin Lam	2.50m	2013	10	OFSAA - Regionals
Victor Vo Tran	2.45m	2018	3	CWOSSA
Samir Javed	2.40m	2007	4	CWOSSA
Faiz Ramji	2.30m	2019	7	CWOSSA

### MIDGET BOYS 4x100m Relay

WCSSAA RECORD                      SJAM                      2016                      47.58  
 PREVIOUS RECORD                      CHCI                      1996                      46.50

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Shawn James, Ed Samms, Reid Hart, Anton Atkins</b>	<b>45.1</b>	<b>1992</b>	<b>1</b>	<b>OFSAA</b>
	46.29	1996	4	OFSAA
Nelson Chen, Damien Jevremovic, Sadiq Zaidi, Joshua Thomas	46.57	2018	3	OFSAA - Regionals
Jimmy Ying Yong, Jarred Lewis, Ryan Earle, Jordan Miller-Smith, Jacob O'Neil	47.16	2005	H	OFSAA
Thinula De Silva, Mohab Husein, Jeremiah Osorio, Murhej Hantoush	47.41	2019	5	OFSAA - Regionals
Kevin Henry, Santiago Almada, Jalen Noronha, Jordan Sherwood	47.78	2010	9	OFSAA - Regionals
Filip Zivkovic, Kenny Sitharath, Daniel Bamigbade, Anthony Burgess	47.85	2014	4	CWOSSA
Jermaine Williams, Chris Green, Levi Johns, Mitch O'Donnell, Patrick Chen	47.95	2009	6	OFSAA - Regionals
Kevin Henry, Jalen Noronha, Santiago Almada, Samer Hafuth	48.22	2010	3	CWOSSA
Maher Akhtar, Thoun Burgess, Andy Tran, Aaron Hudali	48.43	2012	9	OFSAA - Regionals

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### JUNIOR GIRLS 100m

WCSSAA RECORD	Marie Fourie	BCI	2005	12.3 (h)
	Roslyn Mainland	WODSS	2012	12.91 (electronic)
PREVIOUS RECORD	Crystal Shadd	GRCI	1992	11.9

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tammy Ho-Shing</b>	<b>12.10</b>	<b>1987</b>		
Nicole Lemon	12.30	1995	1	WCSSAA
Rachel Delamoah	12.4	1990	2	WCSSAA
Stephanie Voight	12.6	1992	4	WCSSAA
Emilia Bashir	12.80	2006	1	WCSSAA
Tatum McLeod	13.10	2008	H	CWOSSA
Tayjah Bryan	13.21	2017	H	CWOSSA
Eugenia Acosta	13.31	2008	H	CWOSSA
Courtney Flatt	13.33	2002	H	WCSSAA
Mikaela Martin	13.50	2007	H	WCSSAA

### JUNIOR GIRLS 200m

WCSSAA RECORD	Tyra Boug	HHSS	2016	25.33
PREVIOUS RECORD	Crystal Shadd	GRCI	1992	24.7

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg</b>	<b>25.00</b>	<b>1991</b>		
Tammy Ho-Shing	26.0	1987	1	WCSSAA
Nicole Lemmon	26.0	1995	1	WCSSAA
Tomi Bamigbade	26.19	2016	4	OFSAA- Regionals
Eugenia Acosta	27.05	2008	H	CWOSSA
Emilia Bashir	27.10	2006	1	WCSSAA
Courtney Flatt	27.63	2002	3	WCSSAA
Tatum McLeod	27.77	2008	H	WCSSAA
Tayjah Bryan	27.91	2016	1	WCSSAA
Madison Mitchell	28.25	2015	4	WCSSAA

### JUNIOR GIRLS 400m

WCSSAA RECORD	Kailee Sawyer	BCI	2013	59.08
PREVIOUS RECORD	<b>Sue Berg</b>	<b>CHCI</b>	<b>1991</b>	<b>55.6</b>

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg</b>	<b>55.60</b>	<b>1991</b>	<b>1</b>	<b>OFSAA</b>
Nicloe Ho-Shing	1:00.60	1987	1	WCSSAA
Janine Rockel	1:00.90	1992	1	WCSSAA
Vicki Riest	1:01.10	1981	2	WCSSAA
Sylvia Malagadey	1:01.40	1974	2	TCHSAA
Lola Bater	1:03.26	2019	3	WCSSAA
Sam Murray	1:03.42	2010	8	CWOSSA
Juliette Davis	1:04.06	2015	3	WCSSAA
Mikayla Carmichael	1:04.24	2015	4	WCSSAA
Samantha Mccrory	1:04.30	2016	4	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### JUNIOR GIRLS 800m

WCSSAA RECORD                      Kailee Sawyer                      BCI                      2013                      2:19.63  
 PREVIOUS RECORD                      Sue Berg                      CHCI                      1991                      2:13.5

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg * 2nd year as a junior</b>	<b>2:12.25</b>	<b>1991</b>	<b>1</b>	<b>OFSAA</b>
<b>Lola Bater</b>	<b>2:21.56</b>	<b>2019</b>	<b>6</b>	<b>OFSAA - Regionals</b>
Sandy Thompson	2:28.40	1991	3	WCSSAA
Samantha Mccrory	2:30.60	2016	9	OFSAA - Regionals
Simonne Tomasovic	2:32.69	2008	6	CWOSSA
Sierra Wessel	2:35.53	2014	7	CWOSSA
Tyisha Thompson	2:37.00	2009	6	CWOSSA
Paige Sweeney	2:37.43	2017	2	WCSSAA
Laura Weber	2:38.40	2015	8	CWOSSA
Amanda Kleinikkink	2:43.86	2019	4	WCSSAA

### JUNIOR GIRLS 1500m

WCSSAA RECORD                      Christine Laurie                      KCI                      2015                      4:45.7  
 PREVIOUS RECORD                      Kathy Leeder                      BCI                      1976                      4:41.9

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg</b>	<b>4:42.00</b>	<b>1990</b>		
Juliette Davis	4:47.31	2015	5	OFSSA-Regionals
Janine Rockel	4:54.10	1990	2	WCSSAA
Laura Gibson	4:57.63	2006	3	OFSAA-Regionals
Paige Sweeney	5:00.71	2017	7	OFSAA-Regionals
Lola Bater	5:07.28	2019	6	CWOSSA
Rebecca Yardley	5:18.04	2008	5	CWOSSA
Taylor Martin	5:19.19	2010	6	CWOSSA
Amanda Kleinikkink	5:30.01	2019	2	WCSSAA
Sierra Wessel	5:30.79	2014	2	WCSSAA

### JUNIOR GIRLS 3000m

WCSSAA RECOR                      Madeleine Ghazarian                      PHS                      2015                      10:18.35  
 PREVIOUS RECORD                      Erin McClure                      WCI                      1998                      10:13.6

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Juliette Davis</b>	<b>10:39.96</b>	<b>2015</b>	<b>3</b>	<b>CWOSSA</b>
Laura Gibson	10:49.67	2006	2	CWOSSA
Taylor Martin	11:02.11	2010	5	OFSAA - Regionals
Michelle Galer	11:10.00	1996		
Janine Rockel	11:19.00	1991	2	WCSSAA
Paige Sweeney	11:33.22	2017	9	OFSAA- Regionals
Rebecca Yardley	11:39.68	2008	14	OFSAA - Regionals
Amanda Kleinikkink	12:00.86	2019	2	WCSSAA
Taylor Heimbecker	12:25.07	2014	7	CWOSSA
Bronwyn Mcillroy-Young	12:38.90	2011	4	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### JUNIOR GIRLS 80m Hurdles

WCSSAA RECORD	Marie Fourie	BCI	2005	11.7 (h)
	<b>Bella Efremenko</b>	<b>CHCI</b>	<b>2013</b>	<b>12.08 (electronic)</b>
PREVIOUS RECORD	Denise Bell	PHS	1995	11.44

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tammy Ho-Shing</b>	<b>11.38</b>	<b>1988</b>		
Nicole Ho-Shing	11.66	1987	3	OFSAA
Bella Efremenko	11.90	2013	1	OFSAA - Regionals
Tomi Bamigbade	12.01	2016	2	OFSAA
Benita Gateman	12.20	1993	2	WCSSAA
Patricia Green	12.30	1994	3	WCSSAA
Karen Moses	12.50	1987	4	WCSSAA
Sylvia Malgadey	12.60	1974	2	TCHSAA
Brittany Pratt	12.62	2002	1	WCSSAA
Anastasia Lloyd	12.70	2017	8	OFSAA-Regionals

### JUNIOR GIRLS 300m Hurdles

WCSSAA RECORD	Bella Efremenko	CHCI	2013	44.84
PREVIOUS RECORD	Denise Bell	PHS	1995	43.24

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Bella Efremenko</b>	<b>43.86</b>	<b>2013</b>	<b>2</b>	<b>OFSAA</b>
Sam Murray	44.26	2010	2	CWOSSA
Benita Gateman	44.80	1993		
Mikayla Carmichael	47.38	2015	9	OFSAA - Regionals
Leah De Los Santos	48.59	2010	10	OFSAA - Regionals
Tyisha Thompson	48.71	2009	15	OFSAA - Regionals
Jessie Ramseyer	49.36	2017	14	OFSAA-Regionals
Patricia Green	49.40	1993	3	WCSSAA
Cecelia Schaeffer	50.22	2019	9	OFSAA-Regionals
Sarah Gedja	50.89	2018	3	CWOSSA

## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **JUNIOR GIRLS High Jump**

WCSSAA RECORD Ashlyn Beckman GCI 2011 1.58m  
 PREVIOUS RECORD Marg Dahmer FHCI 1979 1.70m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Olga Lioudvinevitch</b>	<b>1.55m</b>	<b>2008</b>	<b>4</b>	<b>CWOSSA</b>
Lindsay Harttrup	1.53m	2014	5	OFSAA - Regionals
Michelle Miller	1.46m	2009	5	CWOSSA
Alyssa Schiedel	1.45m	2013	2	WCSSAA
Erika Carmichael	1.40m	2013	7	CWOSSA
Sunny Luo	1.30m	2015	4	WCSSAA
Claudia Chubb	1.30m	2018	5	WCSSAA
Aina Kehl	1.25m	2016	7	WCSSAA
Lauren Cameron	1.20m	2011	3	WCSSAA
Natali Tzianan-Al-Ahmar	1.20m	2014	7	WCSSAA

### **JUNIOR GIRLS Long Jump**

WCSSAA RECORD Nicole Roeder WCI 2006 5.02m  
 PREVIOUS RECORD Sheena Ross WCI 1981 5.42m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tamara Grahovac</b>	<b>5.35m</b>	<b>2016</b>	<b>2</b>	<b>OFSAA</b>
Sylvia Malgady	5.00m	1973		
Delia Dragomir	4.72m	2012	6	CWOSSA
Erin Bush	4.70m	2009	1	CWOSSA
Anastasia Lloyd	4.70m	2017	2	WCSSAA
Emilia Bashir	4.57m	2006	3	WCSSAA
Erika Fiedler	4.56m	2007	2	WCSSAA
Zena Xing	4.52m	2013	3	WCSSAA
Madison Mitchell	4.52m	2015	5	CWOSSA
Ambika Opal	4.43m	2010	2	WCSSAA

### **JUNIOR GIRLS Triple Jump**

WCSSAA RECORD Courtney Wright JHSS 2013 11.40m  
 PREVIOUS RECORD Crystal Shadd GRCI 1992 12.17m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tamara Grahovac</b>	<b>11.45m</b>	<b>2016</b>	<b>3</b>	<b>OFSAA</b>
Leah De Los Santos	10.98m	2010	3	CWOSSA
Tayjah Bryan	10.53m	2017	3	CWOSSA
Yodit Tesfagiorgis	9.83m	2009	10	OFSAA - Regionals
Zena Xing	9.56m	2013	5	WCSSAA
Jessica Pahlad	9.46m	1998		
Kriti Bhatt	9.46m	2018	5	WCSSAA
Milena Gojsevic	9.45m	2019	4	WCSSAA
Megha Lad	9.40m	2014	5	WCSSAA
Olga Lioudvinevitch	9.38m	2008	2	WCSSAA



## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### JUNIOR GIRLS Shot Put

WCSSAA RECORD                      Jill Van Damme                      BCI                      2009                      10.92m  
 PREVIOUS RECORD                      Liz Toman                      EDSS                      1995                      11.83m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sara Houston</b>	<b>10.38m</b>	<b>1987</b>		
Tikia Mitchell	9.05m	2016	3	WCSSAA
Erin Eppel	8.48m	2018	15	CWOSSA
Hannah Gingerich	8.41m	2017	3	WCSSAA
Mariah Zervos	8.40m	2016	5	WCSSAA
Nikki Ross	8.19m	2010	9	CWOSSA
Isabella De La Torre	8.08m	2018	5	WCSSAA
Michelle Olubobokun	7.74m	2019	5	WCSSAA
Jasmin David	7.44m	2010	15	CWOSSA
Tobi Matzek	7.34m	2016	9	WCSSAA

### JUNIOR GIRLS Discus

WCSSAA RECORD                      Jill Van Dame                      BCI                      2009                      29.86m  
 PREVIOUS RECORD                      Sue Muffit                      WCI                      1981                      38.60m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Carolyn Duncan</b>	<b>38.59m</b>	<b>1972</b>		
Heidi Sonneman	30.56m	1989	1	WCSSAA
Nikki Ross	27.10m	2010	1	WCSSAA
Elizabeth Boettcher	24.18m	2007	2	WCSSAA
Hannah Gingerich	23.35m	2017	3	WCSSAA
Erin Eppel	22.19m	2018	8	CWOSSA
Samantha McCrory	22.04m	2016	2	WCSSAA
Laura Weber	21.52m	2015	4	WCSSAA
Kenzie Stevenson	21.49m	2014	4	CWOSSA
Kerri Patton	20.76m	2014	3	WCSSAA

### JUNIOR GIRLS Javelin

WCSSAA RECORD                      Sydney Jones                      EDSS                      2013                      32.98m  
 PREVIOUS RECORD                      Vicki Webb                      GCI                      1996                      39.76m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Cathy Ingalls</b>	<b>37.72m</b>	<b>1998</b>		
Samantha Lantigne	28.64m	2009	4	CWOSSA
Alexandra Ghinea	24.73m	2019	4	WCSSAA
Olivia Lupsa	24.43m	2019	5	WCSSAA
Stephanie Borsi	24.25m	2012	7	CWOSSA
Jocelyn Brewer	23.70m	2007	5	WCSSAA
Zoe Hoyte	22.77m	2016	5	WCSSAA
Trista Hutchings	22.65m	2007	6	WCSSAA
Elizabeth Boettcher	22.27m	2007	7	WCSSAA
Auburn Larose	21.64m	2003	3	CWOSSA

## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **JUNIOR GIRLS Pole Vault**

WCSSAA RECORD Jennifer Elizarov SJAM 2019 3.50m  
 PREVIOUS RECORD Open Event previously

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Abigail Passy</b>	<b>3.05m</b>	<b>2019</b>	<b>5</b>	<b>OFSAA - Regionals</b>
Erika Fiedler	2.70m	2007	5	OFSAA
Abbie McLellan	2.70m	2010	5	OFSAA
Hannah Gingerich	2.55m	2017	4	CWOSSA
Olga Lioudvinevitch	2.40m	2008	4	OFSAA - Regionals
Bella Efremenko	2.40m	2012	13	OFSAA
Lindsay Harttrup	2.35m	2014	6	OFSAA - Regionals
Cree Ward	2.30m	2016	2	WCSSAA
Marianna Latta Suazo	2.30m	2017	10	CWOSSA
Bethany Gray	2.20m	2006	2	CWOSSA
Shalom Howe	2.20m	2015	10	OFSAA - Regionals
Kiana Yoon	2.20m	2015	10	OFSAA - Regionals
Maddie Park	2.20m	2019	6	CWOSSA

### **JUNIOR GIRLS 4x100m Relay**

WCSSAA RECORD HHSS 2016 51.46  
 PREVIOUS RECORD GCI 1984 51.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Rose Messam, Kelly Munroe, Patricia Rowe, Tammy Ho-Shing</b>	<b>49.06</b>	<b>1988</b>	<b>1</b>	<b>OFSAA</b>
Tomi Bamigbade, Jaia Riggan, Madison Mitchell, Mikayla Carmichael	49.98	2015	3	OFSAA - Regionals
A team	50.92	2008	1	OFSAA - Regionals
Anastasia Lloyd, Sydney Marteniuk, Jessie Ramseyer, Tayjah Bryan	51.72	2017	1	WCSSAA
Dayna Nairn, Phornthip Chanthavong, Fogofoluwa Oriowo, Lindsay Harttrup	52.37	2014	2	CWOSSA
Amanda Paynter, Madison Mitchell, Laura Weber, Mikayla Carmichael	53.66	2015	2	WCSSAA
Nikki Ross, Andrea Popescu, Sam Murray, Leah De Los Santos, Ambika Opal	53.86	2010	3	CWOSSA
Zena Xing, Gabby Hankins, Diamond Braithwaite, Bella Efremenko	54.01	2013	1	WCSSAA
Jodi Emslie, Courtney Flatt, Erin Lord, Brittany Pratt	54.19	2002	5	CWOSSA
Elodie Kane, Tamara Grahovac, Zoe Hoyte, Tomi Bamigbade	54.59	2016	2	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### JUNIOR BOYS 100m

WCSSAA RECORD	Scott Campbell	GCI	2007	11.00
	Joey Daniels	CHCI	2014	11.42 (electronic)
PREVIOUS RECORD	Chris Robinson	JHSS	1992	10.4

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Anton Atkins</b>	<b>10.6</b>	<b>1994</b>	<b>1</b>	<b>OFSSA</b>
Joey Daniels	10.86	2014	1	OFSAA - Regionals
Dave Eglio	11.1	1971	1	TCHSAA
Fabian Burke	11.1	1995	2	WCSSAA
Andrew Thibaudeau	11.20	2007	H	WCSSAA
Trevor Salmon	11.20	2007	H	WCSSAA
Kenny Sitharath	11.38	2015	1	CWOSSA
Chris Green	11.41	2010	3	CWOSSA
Jordan Sherwood	11.44	2011	2	Track Wars
David Mohan	11.47	2012	1	WCSSAA

### JUNIOR BOYS 200m

WCSSAA RECORD	Scott Campbell	GCI	2007	22.8 (h)
	Jessi Kovacs	FHCI	2013	23.50( electronic)
PREVIOUS RECORD	Chris Robinson	JHSS	1992	22.1
	Andrew Beckford	KCI	1995	22.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Anton Atkins</b>	<b>22.50</b>	<b>1994</b>		
Fabian Burke	22.60	1995	2	WCSSAA
Andrew Thibaudeau	23.15	2008		CWOSSA
Dave Boulette	23.20	1997	1	WCSSAA
Nathan Thompson	23.21	1997	H	OFSAA
David Mohan	23.35	2012	4	OFSAA - Regionals
Joshua Thomas	23.85	2019	6	CWOSSA
Damien Jevremovic	23.91	2019	7	CWOSSA
Daniel Akpedeye	24.02	2016	H	OFSAA - Regionals
Jordan Miller-Smith	24.20	2006	1	WCSSAA

### JUNIOR BOYS 400m

WCSSAA RECORD	Nienkel Paljola	FHCI	2010	51.77
PREVIOUS RECORD	Neville Douglas	ECI	1982	49.9

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Richard Messam</b>	<b>49.85</b>	<b>1992</b>		
Jordan Sherwood	50.63	2011	1	OFSAA - Regionals
Chris Wagner	51.50	1991	2	WCSSAA
Luc Brzustowski	53.15	2019	6	CWOSSA
Jordan Miller-Smith	53.91	2006	1	CWOSSA
Trevor Salmon	54.10	2007	2	WCSSAA
Marko Stojakovic	54.69	2016	5	CWOSSA
David Mohan	54.61	2012	5	CWOSSA
Dawson Rowe	55.15	2019	3	WCSSAA
Matt Gray	55.16	2004	6	CWOSSA

## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **JUNIOR BOYS 800m**

WCSSAA RECORD	Trevor Salmon	CHCI	2007	2:02.3 (h)
	Nick Bedi	WCI	2012	2:02.95
PREVIOUS RECORD	Nathan Brennan	PHS	2000	1:52.6

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Zoran Vuckovic</b>	<b>1:59.40</b>	<b>1988</b>		
Trevor Salmon	2:02.30	2007	1	WCSSAA
Luc Brzustowski	2:06.05	2019	2	WCSSAA
Andrew Shepherd	2:08.08	2014	5	CWOSSA
Jon Martin	2:10.11	2008	7	CWOSSA
Robert Fraser	2:12.37	2019	4	WCSSAA
Sam Orend	2:12.95	2017	5	WCSSAA
Luke Hovius	2:14.30	2011	6	CWOSSA
Joe Sheridan	2:14.75	2012	5	WCSSAA
Saviru Perera	2:14.86	2018	3	WCSSAA

### **JUNIOR BOYS 1500m**

WCSSAA RECORD	Andrew Balanger	KCI	2007	4:18.3(h)
PREVIOUS RECORD	Nathan Brennan	PHS	2000	3:55.2

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Zoran Vuckovic</b>	<b>4:06.11</b>	<b>1988</b>		
Andrew Shepherd	4:18.29	2014	6	CWOSSA
Jordan Fox	4:26.60	2004	1	WCSSAA
Saviru Perera	4:27.91	2018	6	CWOSSA
Noah Davis-Hess	4:29.33	2016	10	CWOSSA
Iilir Lazoja	4:33.58	2013	9	CWOSSA
Zach Fringos	4:35.35	2015	10	CWOSSA
Joe Sheridan	4:35.95	2012	7	CWOSSA
Surien Das-Giwojno	4:39.07	2015	3	WCSSAA
Talman Young	4:40.28	2018	3	WCSSAA

### **JUNIOR BOYS 3000m**

WCSSAA RECORD	Matt Bannon	EDSS	2011	9:35.82
PREVIOUS RECORD	Tom Lobsinger	St. Jerome	1975	8:36.2

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Andrew Shepherd</b>	<b>9:11.88</b>	<b>2014</b>	<b>1</b>	<b>CWOSSA</b>
Dean Foster	9:18.90	1972		
Steve Kelly	9:22.80	1981	2	WCSSAA
Saviru Perera	9:27.82	2018	6	OFSAA- Regionals
Zoran Vukovic	9:29.80	1987	4	WCSSAA
Noah Davis-Hess	9:39.01	2016	8	CWOSSA
Joe Sheridan	9:44.62	2012	10	OFSAA - Regionals
Jordan Fox	9:44.63	2004	2	CWOSSA
Zach Fringos	9:45.27	2015	7	CWOSSA
Iilir Lazoja	10:05.76	2013	1	WCSSAA



## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **JUNIOR BOYS High Jump**

WCSSAA RECORD	Nathaniel Mechler	EDSS	2013	1.85m
	Matt Pfefferkorn	WCI	2015	1.85m
PREVIOUS RECORD	Roger Skyers	CHCI	1993	2.01m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Roger Skyers</b>	<b>2.01m</b>	<b>1993</b>	<b>1</b>	<b>WCSSAA</b>
Dermott Smith	1.95m	1984	4	OFSSA
Andrew Scharschmidt	1.91m	1986	1	WCSSAA
Jason Thomas	1.88m	1991	2	WCSSAA
Barrie Hummel	1.83m	1981	2	WCSSAA
Corey Cockram	1.70m	2007	2	WCSSAA
Sean Nickel	1.65m	2002	7	WCSSAA
Ian Cross	1.60m	2013	6	WCSSAA
Daniel Akpedeye	1.60m	2016	3	WCSSAA
Ethan Putrus	1.60m	2017	8	WCSSAA
Solomon Abate	1.60m	2018	5	WCSSAA
Maxim Bissessar	1.60m	2018	7	WCSSAA
Brent McCready-Branch	1.60m	2019	3	WCSSAA

### **JUNIOR BOYS Long Jump**

WCSSAA RECORD	Mitch O'Donnell	FHCI	2010	6.50m
PREVIOUS RECORD	Kenen Shadd	GRCI	2000	6.72m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Dave Boulette</b>	<b>6.56m</b>	<b>1997</b>		
Kenny Sitharath	6.49m	2015	2	CWOSSA
Roger Skyers	6.42m	1993	1	WCSSAA
Keyan Johnson	6.03m	2019	2	WCSSAA
Tyler Varga	5.89m	2009	3	CWOSSA
Andy Tran	5.84m	2013	9	OFSSA - Regionals
Ryan Earle	5.69m	2006	5	CWOSSA
David Hunte	5.68m	2002	6	WCSSAA
Alex Kuttelwascher	5.65m	2012	6	CWOSSA
Princely Onaifo	5.62m	2015	3	WCSSAA

### **JUNIOR BOYS Triple Jump**

WCSSAA RECORD	Nienkel Paljola	FHCI	2010	13.87m
PREVIOUS RECORD	Kenen Shadd	GRCI	2000	14.15m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Roger Skyers</b>	<b>13.59m</b>	<b>1993</b>	<b>1</b>	<b>WCSSAA</b>
Garnet Allen	13.50m	1992		
Kenny Sitharath	13.22m	2015	1	CWOSSA
David Hunte	12.86m	2002	5	OFSSA – Regionals
Ahnaf Shahriar	12.73m	2019	5	OFSSA – Regionals
Chris Green	12.51m	2010	3	CWOSSA
Dan Kraft	12.46m	2004	4	OFSSA – Regionals
Keyan Johnson	12.36m	2019	9	OFSSA – Regionals
Brendan Chin-Quee	11.88m	2016	2	WCSSAA
Solomon Abate	11.72m	2017	3	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### JUNIOR BOYS Shot Put

WCSSAA RECORD                      Drew Campell                      GPSS                      2008                      15.41m  
 PREVIOUS RECORD                      Mike Payne                      FHCI                      1977                      15.50m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Glen Peters</b>	<b>14.75m</b>	<b>1980</b>		
Matthew Ross	14.28m	2012	1	CWOSSA
Jack Nageleisen	13.85m	2019	4	CWOSSA
Lennox Lewis	13.58m	1983	1	WCSSAA
Tyler Varga	13.58m	2009	4	CWOSSA
Corey Cockram	13.19m	2007	7	CWOSSA
Roberto Dominguez	12.94m	2018	8	CWOSSA
Lance Hazlett	12.93m	2010	3	CWOSSA
River Barnett	12.55m	2017	7	CWOSSA
Jamie Nay	12.34m	2008	3	WCSSAA

### JUNIOR BOYS Discus

WCSSAA RECORD                      Ben Drummond                      BCI                      2014                      50.43m  
 PREVIOUS RECORD                      Nate Wilson                      GRCI                      2001                      47.05m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Ken Tilt</b>	<b>37.80m</b>	<b>2002</b>	<b>8</b>	<b>OFSAA – Regionals</b>
Ed Murphy	37.67m	1970	1	TCHSAA
Bill Robertson	36.90m	1974		
Jamie Nay	36.62m	2008	6	CWOSSA
Riley Dahmer	31.58m	2007	8	WCSSAA
Sungwoo Park	28.57m	2010	7	WCSSAA
Sergio Diaz	28.42m	2016	10	WCSSAA
Kieran Mccrory	28.36m	2014	6	WCSSAA
Dylan McMurray	28.29m	2008	10	WCSSAA
Mitchell Weisha	27.89m	2010	8	WCSSAA

### JUNIOR BOYS Javelin

WCSSAA RECORD                      Owen Malo                      WCI                      2016                      51.50m  
 PREVIOUS RECORD                      Scott Thorman                      PHS                      1999                      54.29m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Richard Johnson</b>	<b>47.76m</b>	<b>1995</b>		
Steven Vongvilaysone	47.58m	2009	2	WCSSAA
Andrew Thibaudeau	41.29m	2007	7	CWOSSA
Luc Brzustowski	40.82m	2019	6	CWOSSA
Sergio Diaz	38.77m	2016	4	WCSSAA
Ken Tilt	37.80m	2002	8	OFSAA
Jamie Nay	37.19m	2008	7	WCSSAA
Timmy Tran	36.82m	2019	5	WCSSAA
Field Westbroek	35.45m	2014	6	WCSSAA
Scott Cressman	35.22m	2003	3	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

**JUNIOR BOYS Pole Vault**

WCSSAA RECORD

Nic Hoediono

SJAM

2010

4.00m

PREVIOUS RECORD

Dave Woolley

ECI

1978

4.04m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Vuk Bogunovik</b>	<b>3.55m</b>	<b>2006</b>	<b>1</b>	<b>OFSAA</b>
Ian Cross	3.25m	2013	2	WCSSAA
Alex Colenutt	3.20m	2012	9	OFSAA
Larry Witzes	2.90m	1970		
Han Xie	2.90m	2014	10	OFSAA - Regionals
Devlin Macpherson	2.90m	2014	11	OFSAA - Regionals
Christian Hodgson	2.90m	2014	10	CWOSSA
Luke Gray	2.60m	2009	6	CWOSSA
David Jin	2.60m	2019	3	WCSSAA
Marc Chen	2.55m	2011	14	OFSAA - Regionals
Sandeep Nath	2.55m	2019	12	OFSAA - Regionals
Robert Fraser	2.55m	2019	11	OFSAA - Regionals

**JUNIOR BOYS 4x100m Relay**

Princely Onaifo, Kenny Siharath, Anthony Burgess, Daniel Bamigbade

WCSSAA RECORD

CHCI

2015

45.69

PREVIOUS RECORD

KCI

1995

44.4

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Thee Bounkeuth, Favian Dunkley, Tyler Wilson, Nathan Thompson</b>	<b>44.27</b>	<b>1998</b>		
Princely Onaifo, Kenny Siharath, Anthony Burgess, Daniel Bamigbade	44.60	2015	4	OFSAA
Mitch Van Eerd, Alex Kuttelwascher, Christian Fryer-Davis, David Mohan	45.39	2012	8	OFSAA
Konstanz Shultz, Ryan Earle, Jarred Lewis, Jordan Miller-Smith	45.65	2006	1	CWOSSA
Keyan Johnson, Damien Jevremovic, Nelson Chen, Joshua Thomas	45.97	2019	4	OFSAA - Regionals
<b>A team</b>	<b>46.75</b>	<b>2007</b>	<b>3</b>	<b>CWOSSA</b>
Marko Stojakovic, Daniel Akpedeye, Alex Morrison, Paul McKeand	47.17	2016	H	OFSAA - Regionals
Matt Knapp, Dan Kraft, Dan Wicks, Matt Gray	47.32	2004	4	CWOSSA
Solomon Abate, Owen Miller, Ananias Yared, Sohil Kshatri	47.74	2018	5	WCSSAA
Robbie Borsi, Patrick Chen, Chris Green, Levi Johns	47.86	2010	6	CWOSSA





## **CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS**

### **SENIOR GIRLS 800m**

WCSSAA RECORD	Lindsay Carson	SSS	2007	2:14.5 (h)
	Kailee Sawyer	BCI	2014	2:15.24
PREVIOUS RECORD	Kathy Leeder	BCI	1977	2:13.7

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Simonne Tomasovic</b>	<b>2:19.88</b>	<b>2010</b>	<b>5</b>	<b>OFSAA - Regionals</b>
Juliette Davies	2:20.30	2016	6	OFSAA- Regionals
Sue Berg	2:21.90	1993	1	WCSSAA
Lisa Campfens	2:25.80	1981	2	WCSSAA
Julie Kummu	2:26.00	1996		
Janine Rockel	2:26.20	1993	2	WCSSAA
Paige Sweeney	2:33.02	2018	2	WCSSAA
Eugenia Acosta	2:34.19	2010	8	CWOSSA
Vanessa Martin	2:38.60	2007	4	WCSSAA
Brianna Leahy	2:40.18	2010	6	WCSSAA

### **SENIOR GIRLS 1500m**

WCSSAA RECORD	Tarah McKay	EDSS	2004	4:35.50
	Lindsay Carson	SSS	2007	4:35.50 (h)
PREVIOUS RECORD	Kathy Leeder	BCI	1977	4:31.9

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Juliette Davies</b>	<b>4:44.95</b>	<b>2016</b>	<b>4</b>	<b>CWOSSA</b>
Paige Sweeney	4:55.08	2018	9	OFSAA - Regionals
Jill Patterson	5:03.60	1998	1	WCSSAA
Lisa Campfens	5:04.00	1981	1	WCSSAA
Simonne Tomasovic	5:13.20	2009	10	CWOSSA
Brianna Leahy	5:27.83	2010	4	WCSSAA
Rebecca Yardley	5:35.13	2009	5	WCSSAA
Taylor Martin	5:35.22	2011	14	CWOSSA
Erin Preiss	5:53.00	2006	6	WCSSAA
Emebet Burke	6:01.80	2019	2	WCSSAA

### **SENIOR GIRLS 3000m**

WCSSAA RECORD	Tarah McKay	EDSS	2005	10:11.2 (h)
PREVIOUS RECORD	Kathy Butler	WCI	1992	9:40.6

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Lisa Campfens</b>	<b>10:46.30</b>	<b>1981</b>	<b>1</b>	<b>WCSSAA</b>
Lisa Hallman	10:59.00	1989		
Juliette Davies	11:04.49	2017	1	WCSSAA
Paige Sweeney	11:15.13	2019	2	WCSSAA
Taylor Martin	11:46.99	2011	2	WCSSAA
Rebecca Yardley	11:50.23	2009	11	CWOSSA
Lauren Powell	12:11.00	2007	5	WCSSAA
Samantha Lanteigne	12:23.70	2010	5	WCSSAA
Bronwyn Mcillroy-Young	12:23.90	2012	4	WCSSAA
Erin Preiss	12:37.60	2006	3	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR GIRLS 100m Hurdles

WCSSAA RECORD	Marie Fourie	BCI	2007	14.2 (h)
	Micaela McLean	HHSS	2014	14.23
PREVIOUS RECORD	Denise Bell	PHS	1996	14.00

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Bella Efremenko</b>	<b>14.22</b>	<b>2014</b>	<b>H</b>	<b>OFSAA - Regionals</b>
Tomi Bamigbade	14.35	2017	1	CWOSSA
Tammy Ho-Shing	14.36	1990		
Sylvia Malgadey	15.20	1976	1	OFSAA
Jessa Buchman-Pearle	15.81	2014	4	CWOSSA
Mikayla Carmichael	16.05	2016	H	CWOSSA
Benita Gateman	16.20	1995	2	WCSSAA
Tiffany Eby	16.24	2004	7	OFSAA – Regionals
Sylvia Malgadey	16.30	1975	1	WCSSAA
Julia Lubczynski	16.50	2005	3	CWOSSA

### SENIOR GIRLS 400m Hurdles

WCSSAA RECORD	<b>Bella Efremenko</b>	<b>CHCI</b>	<b>2015</b>	<b>1:03.03</b>
PREVIOUS RECORD	Denise Bell	PHS	1996	1:01.40

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Bella Efremenko</b>	<b>1:00.43</b>	<b>2015</b>	<b>2</b>	<b>OFSAA</b>
Nicole Ho-Shing	1:04.00	1987	3	OFSAA
Banita Gateman	1:04.87	1995	5	OFSSA
Mikayla Carmichael	1:05.67	2016	1	CWOSSA
Sandy Thompson	1:06.25	1994	5	OFSSA
Tomi Bamigbade	1:06.43	2018	1	CWOSSA
Jessa Buchman-Pearle	1:08.41	2014	4	CWOSSA
Samantha Murray	1:09.09	2011	9	OFSAA - Regionals
Tyisha Thompson	1:10.45	2010	7	CWOSSA
Tiffany Eby	1:13.53	2004	5	CWOSSA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR GIRLS High Jump

WCSSAA RECORD Jess Authier SJAM 2013 1.61m  
 PREVIOUS RECORD Lee More St. Mary's 1988 1.66m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Lindsay Harttrup</b>	<b>1.64m</b>	<b>2016</b>	<b>1</b>	<b>CWOSSA</b>
Alyssa Shiedel	1.55m	2014	1	WCSSAA
Olga Lioudvinevitch	1.50m	2010	6	CWOSSA
Michelle Miller	1.50m	2010	5	CWOSSA
Brooke Boudreau	1.40m	2012	6	WCSSAA
Julia DiGravio	1.35m	2007	5	WCSSAA
Sunny Luo	1.30m	2016	7	WCSSAA
Hannah Gingerish	1.30m	2019	9	WCSSAA

### SENIOR GIRLS Long Jump

WCSSAA RECORD **Tamara Grahovac** **CHCI** **2018** **5.55m**  
 PREVIOUS RECORD Crystal Shadd **GRCI** 1994 5.68m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tamara Grahovac</b>	<b>5.55m</b>	<b>2018</b>	<b>3</b>	<b>OFSSA</b>
Carlene Edwards	5.19m	1993	1	WCSSAA
Sylvia Malgady	5.16m	1975		
Erin Robbins	4.95m	2010	3	CWOSSA
Leah de los Santos	4.93m	2013	1	WCSSAA
Tayjah Bryan	4.90m	2018	3	WCSSAA
Lindsay Harttrup	4.84m	2015	4	WCSSAA
Bethany Gray	4.69m	2007	3	WCSSAA
Madison Mitchell	4.66m	2016	3	WCSSAA
Erica Fiedler	4.57m	2006	4	WCSSAA

### SENIOR GIRLS Triple Jump

WCSSAA RECORD Danielle Gunsch HHSS 2012 11.12m  
 PREVIOUS RECORD Crystal Shadd GRCI 1993 12.17m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tamara Grahovac</b>	<b>11.85m</b>	<b>2018</b>	<b>4</b>	<b>OFSSA</b>
Erin Robbins	10.62m	2010	7	CWOSSA
Leah de los Santos	10.86m	2013	2	CWOSSA
Olga Lioudvinevitch	10.48m	2010	2	CWOSSA
Tayjah Bryan	10.18m	2018	6	WCSSAA
Megha Lad	9.92m	2015	9	CWOSSA
Kriti Bhatt	9.34m	2019	5	WCSSAA
Amanda Paynter	8.90m	2016	7	WCSSAA
Marianna Latta Suazo	8.96m	2018	10	WCSSAA
Cree Ward	8.85m	2017	7	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR GIRLS Shot Put

WCSSAA RECORD Jill Van Damme BCI 2012 11.58m  
 PREVIOUS RECORD Angela Smith GCI 1998 12.44m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sara Houston</b>	<b>9.02m</b>	<b>1988</b>		
Nikki Ross	8.87m	2012	10	CWOSSA
Elizabeth Boetcher	8.56m	2008	7	CWOSSA
Erika Fiedler	8.54m	2009	4	WCSSAA
Lindsay Harttrup	8.54m	2016	3	WCSSAA
Tikia Mitchell	8.42m	2017	3	WCSSAA
Trang Le	8.21m	2007	4	WCSSAA
Tamara Grahovac	8.05m	2018	4	WCSSAA
Cindy Xayayeng	7.76m	2011	7	WCSSAA
Laura Weber	7.31m	2016	8	WCSSAA

### SENIOR GIRLS Discus

WCSSAA RECORD Jill Van Damme BCI 2012 41.07m  
 PREVIOUS RECORD Angela Smith GCI 1998 36.55m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Kathy Ingalls</b>	<b>29.35m</b>	<b>1999</b>	<b>1</b>	<b>WCSSAA</b>
Samantha Mccrory	26.52m	2017	7	CWOSSA
Nikki Ross	26.44m	2012	3	WCSSAA
Elizabeth Boetcher	26.42m	2009	2	WCSSAA
Hannah Gingerich	26.27m	2019	4	WCSSAA
Mikayla Carmichael	23.56m	2017	6	WCSSAA
Laura Weber	23.32m	2016	3	WCSSAA
Jenna Pahl	23.21m	2010	10	CWOSSA
Jelena Gligorovic	22.86m	2013	5	WCSSAA
Kenzie Stevenson	22.79m	2016	5	WCSSAA

### SENIOR GIRLS Javelin

WCSSAA RECORD Jasmine Wilson EDSS 2011 37.63m  
 PREVIOUS RECORD Shelly Maxwell ECI 1979 39.54m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Kathy Ingalls</b>	<b>41.36m</b>	<b>1999</b>	<b>4</b>	<b>OFSSA</b>
Samantha Lanteigne	34.41m	2012	4	CWOSSA
Kenzie Stevenson	28.33m	2016	4	WCSSAA
Elizabeth Boetcher	26.02m	2008	6	WCSSAA
Jocelyn Brewer	24.82m	2010	8	WCSSAA
Trang Le	24.06m	2007	8	WCSSAA
Elisa Dorman	23.43m	2011	10	WCSSAA
Stephanie Borsi	25.05m	2014	5	WCSSAA
Mikayla Carmichael	23.11m	2016	7	WCSSAA
Cindy Xayavong	18.98m	2011	16	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR GIRLS Pole Vault (OPEN GIRLS)

WCSSAA RECORD      Anna Larsson      SJAM      2015      3.35m  
 PREVIOUS RECORD      Jen Sulpher      WCI      2002      3.30m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Erin Kurczak</b>	<b>3.05m</b>	<b>2000</b>	<b>2</b>	<b>OFSAA</b>
Bethany Gray	2.85m	2008	4	OFSAA
Erika Fiedler	2.80m	2009	5	OFSAA - Regionals
Elisa Dorman	2.60m	2011	5	OFSAA - Regionals
Kiana Ward	2.50m	2015	3	CWOSSA
Madison Mitchell	2.45m	2017	14	WCSSAA
Kiana Yoon	2.35m	2016	2	WCSSAA
Asia van Vliet	2.35m	2019	5	CWOSSA
Olga Lioudvinevitch	2.30m	2010	7	OFSAA - Regionals
Hannah Gingerich	2.30m	2018	3	CWOSSA

### SENIOR GIRLS 4x100m Relay

WCSSAA RECORD      SJAM      2015      50.77  
 PREVIOUS RECORD      CHCI      1990      50.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Tammy Ho-Shing, Patricia Rowe, Theresa Hamilton, Juliette Messam</b>	<b>48.32</b>	<b>1991</b>	<b>1</b>	<b>OFSAA</b>
	48.75	1990	1	OFSAA
Sydney Marteniuk, Tamara Grahovac, Tayjah Bryan, Tomi Bamibade	49.87	2018	2	OFSAA - Regionals
	50.00	1995	6	OFSSA
	50.21	1994	6	OFSSA
Erin Bush, Erin Robbins, Eugenia Acosta, Tatum McLeod, Donalee McIntyre	50.93	2009	2	CWOSSA
Eugenia Acosta, Tatum McLeod, Brianna Leahy, Erin Robbins, Erin Bush	51.15	2010	7	OFSAA - Regionals
Delia Dragomir, Jessa Buchman-Pearle,, Olga Solodova, Bella Efremenko	52.18	2014	5	CWOSSA
Elodie Kane, Tamara Grahovac, Madison Mitchell, Tomi Bamigbade	52.19	2017	7	CWOSSA
Megha Lad, Lindsay Harttrup, Dayna Nairn, Bella Efremenko	52.35	2015	4	WCSSAA

### SENIOR GIRLS 4x400m Relay (OPEN GIRLS)

WCSSAA RECORD      M. Carmichael, J. Davis, L. Harttrup, B. Efremenko CHCI      2015      4:06.41  
 PREVIOUS RECORD      CHCI      1991      3:58.2

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Sue Berg, Janine Rockel, Patricia Rowe, Sandy Thompson</b>	<b>3:53.86</b>	<b>1991</b>	<b>1</b>	<b>OFSAA</b>
	4:00.21	1990	3	OFSAA
Jessa Buchman-Pearle, Mikayla Carmichael, Lindsay Harttrup, Bella Efremenko	4:04.86	2014	9	OFSAA - Regionals
	4:05.68	1992	5	OFSAA
Erin Robbins, Tyisha Thompson, Sam Murray, Simonne Tomasovic, Leaqh De Los Santos, Brianna Leahy	4:06.35	2010	6	OFSAA - Regionals
Mikayla Carmichael, Juliette Davis, Lindsay Harttrup, Bella Efremenko	4:06.41	2015	1	WCSSAA
	4:06.58	1993	4	OFSAA
Jessa Buchman-Pearle, Mikayla Carmichael, Delia Dragomir, Bella Efremenko	4:07.96	2014	3	CWOSSA
Juliette Davies, Sam McCrory, Lindsay Harttrup, Mikayla Carmichael	4:10.49	2016	5	CWOSSA
Abigail Passy, Chanithi Bandaranayake, Paige Sweeney, Lola Bater	4:17.14	2019	9	OFSAA - Regionals

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR GIRLS 2000m Steeple Chase (OPEN GIRLS) started in 2019

WCSSAA RECORD      Paige Sweeney      CHCI      2019      8:03.47

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Paige Sweeney</b>	<b>7:47.10</b>	<b>2019</b>	<b>6</b>	<b>OFSAA-Regionals</b>
Kiera Filiatrault-Campbell	10:17.05	2019	14	WCSSAA

### SENIOR GIRLS 1500m Steeple Chase (OPEN GIRLS) (Prior to change to 2000m in 2019)

WCSSAA RECORD      Lauren Doherty      GCI      2009      5:20.02

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Simonne Tomasovic</b>	<b>5:26.14</b>	<b>2010</b>	<b>2</b>	<b>CWOSSA</b>
Taylor Martin	5:49.92	2010	4	WCSSAA
Lauren Powell	5:52.40	2006	2	WCSSAA
Tyisha Thompson	5:56.85	2009	7	CWOSSA
Erin Preiss	5:58.30	2006	3	WCSSAA
Rachel Baker	6:00.51	2005	5	CWOSSA
Vanessa Martin	6:01.40	2007	2	WCSSAA
Bronwyn Mcillroy-Young	6:04.04	2012	3	WCSSAA
Sierra Wessel	6:10.69	2015	9	CWOSSA
Taylor Heimbecker	6:14.84	2014	4	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR BOYS 100m

WCSSAA RECORD Devon Rittinger FHCI 2012 10.45  
 PREVIOUS RECORD Anton Atkins CHCI 1995 10.4

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Anton Atkins</b>	<b>10.40</b>	<b>1996</b>	<b>1</b>	<b>WCSSAA</b>
Richard Messam	10.6	1995	2	WCSSAA
Kurt Battick	10.8	1990	2	WCSSAA
Dave Boulette	10.90	1998	5	OFSSA
Chris Green	10.93	2013	1	WCSSAA
Shannon McMahan	11.0	1995	4	WCSSAA
David Mohan	11.15	2013	H	WCSSAA
Kenny Siharath	11.26	2018	H	WCSSAA
Jordan Miller-Smith	11.30	2007	H	WCSSAA
Andrew Thibaudeau	11.41	2008	3	WCSSAA

### SENIOR BOYS 200m

WCSSAA RECORD Owen Read EDSS 2018 21.86  
 PREVIOUS RECORD Sean McKillop WCI 1991 21.5

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Anton Atkins</b>	<b>21.90</b>	<b>1996</b>		
Joey Daniels	22.13	2016	1	WCSSAA
David Mohan	22.72	2013	2	WCSSAA
Kurt Battick	22.8	1989	1	WCSSAA
Christian Fryer-Davis	22.89	2015	1	WCSSAA
Andrew Thibaudeau	23.04	2008	H	CWOSSA
Chris Green	23.15	2011	2	WCSSAA
Jordan Sherwood	23.29	2013	2	Father Redmond
Jordon Miller-Smith	23.50	2007	H	WCSSAA
Ricardo Facey	23.51	2008	H	WCSSAA

### SENIOR BOYS 400m

WCSSAA RECORD Nathaniel Mechler EDSS 2015 49.31  
 PREVIOUS RECORD Pumulo Sikaneta GCI 1993 48.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Christian Fryer-Davis</b>	<b>48.25</b>	<b>2014</b>	<b>1</b>	<b>OFSSA</b>
Kurt Battick	49.80	1988		
Chris Wagner	50.30	1994	3	WCSSAA
Derek Hallman	50.80	1991	2	WCSSAA
Jordan Sherwood	51.65	2013	4	CWOSSA
Trevor Salmon	51.88	2008	1	WCSSAA
Matt Gray	51.90	2006	1	WCSSAA
Ricardo Facey	53.37	2009	5	WCSSAA
Jordan Miller-Smith	53.80	2007	3	WCSSAA
Corey Braithwaite	54.20	2016	8	WCSSAA



## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR BOYS 800m

WCSSAA RECORD                      John Dekker                      SJAM                      2016                      1:55.82  
 PREVIOUS RECORD                      Nathan Brannen                      PHS                      2001                      1:52.00

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Zoran Vuckovic</b>	<b>1:54.30</b>	<b>1989</b>		
Trevor Salmon	1:57.61	2008	4	CWOSSA
Rob Zilles	1:58.80	1982	1	WCSSAA
Roger Murray	2:00.10	1990	4	WCSSAA
Jamie Labrosse	2:00.30	1991	3	WCSSAA
Matt Robertson	2:00.71	2008	5	WCSSAA
Andrew Martin	2:02.40	2010	7	CWOSSA
Andrew Shepherd	2:03.47	2016	7	WCSSAA
Connor Paddock	2:06.56	2010	3	WCSSAA
Bradley Shepherd	2:07.14	2016	8	WCSSAA

### SENIOR BOYS 1500m

WCSSAA RECORD                      Kyle Dekker                      GRCI                      2006                      3:56.5 (h)  
 PREVIOUS RECORD                      Nathan Brannen                      PHS                      2001                      3:50.6

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Zoran Vuckovic</b>	<b>4:00.20</b>	<b>1989</b>		
Andrew Shepherd	4:02.03	2016	6	CWOSSA
Antony Lokinyen	4:07.20	1998	1	WCSSAA
Jon Cressman	4:07.80	1990	2	WCSSAA
Rob Zilles	4:09.00	1983	2	WCSSAA
Jon Martin	4:10.58	2009	9	OFSAA - Regionals
Jordan Fox	4:15.28	2006	3	CWOSSA
Zach Frangos	4:16.00	2017	8	CWOSSA
Matt Robertson	4:16.29	2008	6	CWOSSA
Will McLeish	4:21.96	2009	7	WCSSAA

### SENIOR BOYS 3000m

WCSSAA RECORD                      Kyle Dekker                      GRCI                      2005                      8:49.6 (h)  
 PREVIOUS RECORD                      Adam Hortian                      BCI                      2003                      8:35.75

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Andrew Shepherd</b>	<b>8:30.23</b>	<b>2016</b>	<b>2</b>	<b>OFSAA</b>
Antony Lokinyen	8:38.32	1997		
Jon Cressman	8:57.00	1989	3	WCSSAA
James Seeds	9:03.00	1989	4	WCSSAA
Zach Frangos	9:07.01	2017	8	OFSAA-Regionals
Dean Foster	9:07.60	1973	1	TCHSAA
Jon Martin	9:17.17	2009	9	OFSAA - Regionals
Jordan Fox	9:21.25	2006	3	CWOSSA
Talman Young	9:29.61	2019	4	WCSSAA
Joe Sheridan	9:34.73	2014	6	CWOSSA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR BOYS Steeple Chase (OPEN BOYS)

WCSSAA RECORD Caleb Main PHS 2016 6:16.64  
 PREVIOUS RECORD Doug Consiglio SSS 1983 5:51.8

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Jim Seeds</b>	<b>6:09.00</b>	<b>1989</b>		
Antony Lokinyen	6:21.40	1999	2	WCSSAA
Steve Kelly	6:29.90	1982	1	WCSSAA
Talman Young	6:31.83	2019	2	WCSSAA
Bradley Shepherd	6:40.98	2016	7	CWOSSA
Andrew Martin	6:44.40	2009	4	CWOSSA
Nic Foti	6:47.32	2013	6	CWOSSA
Connor Paddock	7:03.42	2009	5	WCSSAA
Nic Miller	7:05.53	2018	3	WCSSAA
Alex Kozak	7:17.33	2014	4	WCSSAA

### SENIOR BOYS 110m Hurdles

WCSSAA RECORD **Joey Daniels** CHCI 2016 **13.50**  
 PREVIOUS RECORD Harold Gretzinger GRCI 1972 14.1  
 Devon Robinson JHSS 1993 14.1

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Joey Daniels</b>	<b>13.50</b>	<b>2016</b>	<b>1</b>	<b>WCSSAA</b>
Chris Green	13.58	2013	1	OFSAA - Regionals
Jordan Sherwood	14.00	2013	2	OFSAA - Regionals
Patrick Burke	14.29	1987	2	OFSAA
Luc Van Grootel	14.32	1989	1	OFSAA
Austin Crawford	14.50	1989	3	OFSAA
Chris Wagner	14.51	1995	1	OFSAA
Richard Messam	14.60	1994	2	WCSSAA
Christian Fryer-Davis	14.72	2014	H	OFSAA - Regionals
Maher Akhtar	14.94	2014	H	OFSAA - Regionals

### SENIOR BOYS 400m Hurdles

WCSSAA RECORD **Chris Green** CHCI 2012 **53.48**  
 PREVIOUS RECORD **Chris Wagner** CHCI 1994 **53.5**

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Chris Wagner</b>	<b>52.74</b>	<b>1994</b>	<b>2</b>	<b>OFSAA</b>
Christian Fryer-Davis	52.92	2014	1	OFSAA - Regionals
Chris Green	53.20	2013	1	OFSAA
Luc Van Grootel	53.40	1989	1	OFSAA
Rich Messam	53.40	1994	2	WCSSAA
Jordan Sherwood	54.48	2013	2	WCSSAA
Graham Pattison	56.50	1996	2	WCSSAA
Jordan Closs	57.60	1994	3	WCSSAA
Louis Batterman	59.40	1982	1	WCSSAA
Chuck Thompson	59.90	1986	2	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR BOYS High Jump

WCSSAA RECORD                      Alex Witmer                      FHCI                      2006                      2.00m  
 PREVIOUS RECORD                      Richard Heemskerk                      KCI                      1974                      2.03m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Everton Bartley</b>	<b>2.05m</b>	<b>1991</b>		
Dermot Smith	2.00m	1988	2	OFSAA
Jason Thomas	2.00m	1993	1	WCSSAA
Dave Boulette	1.97m	1998	1	WCSSAA
Lincoln Ramkeeson	1.85m	1980	1	WCSSAA
Barry Hummel	1.85m	1983	2	WCSSAA
Roger Skyers	1.85m	1994	1	WCSSAA
Tyler Simpson	1.75m	2010	10	CWOSSA
Vuk Bogunovic	1.70m	2007	5	WCSSAA
Corey Cockram	1.70m	2008	3	WCSSAA

### SENIOR BOYS Long Jump

WCSSAA RECORD                      Mitch O'Donnell                      FHCI                      2011                      7.11m  
 PREVIOUS RECORD                      Kenen Shadd                      GRCI                      2001                      7.12m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Kenny Siharath</b>	<b>7.13m</b>	<b>2016</b>	<b>1</b>	<b>OFSAA</b>
Dave Boulette	6.85m	1998		
Jason Thomas	6.43m	1994	3	WCSSAA
David Hunte	6.30m	2004	2	WCSSAA
Andy Tran	6.29m	2014	3	CWOSSA
Vuk Bogunovic	6.05m	2008	3	WCSSAA
Greg Welten	5.98m	2004	6	WCSSAA
Matt Gray	5.78m	2005	1	WCSSAA
Donovan Payton	5.70m	2016	6	WCSSAA
Jimmy Ying-Yong	5.68m	2008	5	WCSSAA

### SENIOR BOYS Triple Jump

WCSSAA RECORD                      Ryan Taylor                      HHSS                      2016                      14.86m  
 PREVIOUS RECORD                      Kenen Shadd                      GRCI                      2002                      15.19m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Orlando Williams</b>	<b>14.70m</b>	<b>2005</b>	<b>1</b>	<b>OFSAA</b>
Garnet Allen	14.29m	1993		
Kenny Siharath	14.19m	2016	1	OFSAA
David Hunte	13.98m	2004	5	OFSAA
Vuk Bogunovic	12.29m	2007	8	CWOSSA
Dan Kraft	12.20m	2006	6	CWOSSA
Jimmy Ying Yong	12.05m	2009	5	WCSSAA
Andy Tran	11.80m	2014	5	WCSSAA
Cody Parsons	11.72m	2012	3	CWOSSA
Paul Jacobs	11.57m	2011	6	WCSSAA

## CAMERON HEIGHTS TRACK AND FIELD TOP TEN RECORDS

### SENIOR BOYS Shot Put

WCSSAA RECORD                      Tyler Varga                      CHCI                      2011                      13.88m  
 PREVIOUS RECORD                      Cam Crosby                      GRCI                      1969                      17.44m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Lennox Lewis</b>	<b>15.43m</b>	<b>1985</b>	<b>1</b>	<b>WCSSAA</b>
Dean Ferguson	13.92m	1984	2	WCSSAA
Tyler Varga	13.88m	2011	2	CWOSSA
Terry Dommit	13.81m	1993	1	WCSSAA
Jamie Nay	13.73m	2011	2	WCSSAA
Corey Cockram	12.69m	2008	6	CWOSSA
Joey Vongvilaysone	12.64m	2006	1	WCSSAA
Lance Hazlett	12.50m	2012	1	WCSSAA.
Ken Tilt	11.95m	2003	3	WCSSAA
Ryan Ehrlich	11.60m	2009	4	WCSSAA

### SENIOR BOYS Discus

WCSSAA RECORD                      David Peet                      FHCI                      2018                      49.35m  
 PREVIOUS RECORD                      Nate Wilson                      GRCI                      2002                      51.67m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Terry Dommit</b>	<b>41.00m</b>	<b>1994</b>		
Lennox Lewis	39.44m	1985	1	WCSSAA
Ken Tilt	37.55m	2003	2	WCSSAA
Jamie Nay	36.39m	2011	5	CWOSSA
Robbie Borsi	34.43m	2013	2	WCSSAA
Lance Hazlett	29.80m	2012	7	WCSSAA
Joe Petawanakwat	29.48m	2009	6	WCSSAA
Kieran McCrory	29.39m	2016	6	WCSSAA
Joey Vongvilaysone	28.58m	2006	8	WCSSAA
Srdjan Andrejic	27.80m	2006	9	WCSSAA

### SENIOR BOYS Javelin

WCSSAA RECORD                      Eric Danecke                      GRCI                      2011                      52.43m  
 PREVIOUS RECORD                      Ken Collins                      KCI                      1985                      61.18m

NAME	TIME/DISTANCE	YEAR	PLACE	MEET
<b>Joe Petawanakwa</b>	<b>54.49m</b>	<b>2009</b>	<b>1</b>	<b>CWOSSA</b>
Richard Johnson	53.37m	1997		
Robbie Borsi	53.29m	2013	1	OFSAA - Regionals
Steven Vongvilaysone	47.58m	2009	2	WCSSAA
Corey Cockram	40.50m	2008	3	WCSSAA
Scott Cressman	38.16m	2004	4	WCSSAA
Field Westroek	35.45m	2014	6	WCSSAA
Brandon Thwaites	35.38m	2011	13	WCSSAA
Brandon Dechert	35.35m	2006	10	WCSSAA
Ken Tilt	34.74m	2003	6	WCSSAA
Tyler Varga	33.54m	2011	14	WCSSAA



<b>AGE CLASS</b>	<b>Total Distance</b>	<b>Total Number of Hurdles</b>	<b>Height of Hurdles</b>	<b>Distance Start to Finish</b>	<b>Distance Between Hurdles</b>	<b>Distance from last hurdle to finish (m)</b>
<b>Midget Girls Junior Girls</b>	<b>80m</b>	<b>8</b>	<b>30" (0.762m)</b>	<b>12m</b>	<b>8m</b>	<b>12m</b>
<b>Senior Girls</b>	<b>100m</b>	<b>10</b>	<b>30" (0.762m)</b>	<b>13m</b>	<b>8.5m</b>	<b>10.5m</b>
<b>Midget Boys</b>	<b>100m</b>	<b>10</b>	<b>33" (0.840m)</b>	<b>13m</b>	<b>8.5m</b>	<b>10.5m</b>
<b>Junior Boys</b>	<b>100m</b>	<b>10</b>	<b>36" (0.914m)</b>	<b>13m</b>	<b>8.5m</b>	<b>10.5m</b>
<b>Senior Boys</b>	<b>110m</b>	<b>10</b>	<b>36" (0.914m)</b>	<b>13.72m</b>	<b>9.14m</b>	<b>14.02m</b>
<b>Midget Girls Junior Girls</b>	<b>300m</b>	<b>7</b>	<b>30" (0.762m)</b>	<b>50m</b>	<b>35m</b>	<b>40m</b>
<b>Midget Boys Junior Boys</b>	<b>300m</b>	<b>7</b>	<b>33" (0.840m)</b>	<b>50m</b>	<b>35m</b>	<b>40m</b>
<b>Senior Girls</b>	<b>400m</b>	<b>10</b>	<b>30" (0.762m)</b>	<b>45m</b>	<b>35m</b>	<b>40m</b>
<b>Senior Boys</b>	<b>400m</b>	<b>10</b>	<b>36" (0.914m)</b>	<b>45m</b>	<b>35m</b>	<b>40m</b>

## **HURDLE SPECIFICATIONS**