

**MOOSE JAW CONFERENCE TRACK & FIELD RECORDS  
1974 - 2007 TOP 10 PERFORMANCES**

**SENIOR BOYS**

<b>100 m Hurdles</b>	13.64	John Bothwell	VCI	1988
	13.94	Ryan Belsher	PCI	1997
	13.95	Jered Seabrook	RVCI	1997
	13.97	Sandy Martin	PCI	2003
	14.09	Cody Dill	CCI	2001
	14.24	Mark Darroch	RVCI	1996
	14.26	Dallas Rysavy	CCI	1989
	14.31	James Riley	PCI	1998
	14.43	Sandy Martin	PCI	2002
	14.44	Mark Darroch	RVCI	1997
<b>100 m</b>	10.72	Shane Nicholson	VCI	1999
	10.82	Brad Sapergia	PCI	2002
	10.97	Shane Nicholson	VCI	1997
	10.98	Paul Yetman	CCI	1980
	11.04	Shane Nicholson	VCI	1998
	11.06	Mark Barnard	CCI	1991
	11.14	Paul Yetman	CCI	1981
	11.19	Brad Sapergia	PCI	2003
	11.20	Travis Weiss	PCI	1997
	<b>11.21</b>	<b>Ethan Gardner</b>	<b>VCI</b>	<b>2007</b>
	11.21	Travis Cuddington	VCI	2006
<b>200 m</b>	21.82	Shane Nicholson	VCI	1999
	22.61	Brad Sapergia	PCI	2003
	22.68	Brad Sapergia	PCI	2002
	22.73	Paul Yetman	CCI	1981
	22.75	Travis Weiss	PCI	1997
	22.80	Shane Nicholson	VCI	1998
	22.84	Shane Nicholson	VCI	1997
	22.87	Dallas Rysavy	CCI	1989
	<b>22.99</b>	<b>Ethan Gardner</b>	<b>VCI</b>	<b>2007</b>
	23.03	Iain McMaster	CCI	2006
<b>400 m</b>	<b>50.66</b>	<b>Karal Martin</b>	<b>CCI</b>	<b>2007</b>
	50.94	Travis Weiss	PCI	1997
	51.95	Curt Armstrong	CCI	1995
	52.19	James Riley	PCI	1998
	52.23	Jon Pickering	RVCI	2002
	52.37	Brad Bowler	CCI	1997
	52.47	Brad Tighe	CCI	1998
	<b>52.49</b>	<b>Logan Cochrane</b>	<b>CCI</b>	<b>2007</b>
	52.49	Curt Armstrong	CCI	1996
	52.80	Cailean Connolly	CCI	2004
<b>800 m</b>	1:58.08	Russ Neff	CCI	2003
	1:58.34	Curt Armstrong	CCI	1996
	2:00.20	Andrew Jansen	VCI	2001
	2:00.34	Russ Neff	CCI	2002
	2:00.34	Curt Armstrong	CCI	1995
	2:00.86	Brad Tighe	CCI	1998
	2:01.58	Colin Mathieson	VCI	1987
	2:01.60	Matt Neff	CCI	2004
	2:01.81	Joey Barnett	PCI	2001
	2:03.55	Josh Chow	RVCI	2006

## SENIOR BOYS

<b>1500 m</b>	4:05.73	Colin Mathieson	VCI	1987
	4:13.42	Joey Barnett	PCI	2001
	<b>4:16.64</b>	<b>Devon Dietrich</b>	<b>CCI</b>	<b>2007</b>
	4:18.18	Matt Neff	CCI	2004
	4:20.79	Russ Neff	CCI	2003
	4:23.05	Russ Neff	CCI	2002
	4:24.05	Travis Englesman	VCI	2001
	4:24.13	Brad Tighe	CCI	1998
	4:24.56	Josh Chow	RVCI	2006
	4:24.70	Steve Wallick	RVCI	1976
<b>3000 m</b>	9:10.97	Joey Barnett	PCI	2001
	9:11.05	Matt Neff	CCI	2004
	9:14.38	Josh Chow	RVCI	2006
	9:23.52	Joey Barnett	PCI	2000
	9:27.26	Russ Neff	CCI	2003
	9:28.70	Josh Chow	RVCI	2005
	9:31.21	Derek McMaster	CCI	1999
	9:37.12	Curt Armstrong	CCI	1996
	9:37.72	Eric Wiebe	CCI	2005
	9:41.83	Travis Englesman	VCI	2002
<b>High Jump</b>	1.88	Nolan Closs	PCI	1996
	1.87	Darren Gray	CCI	1991
	1.86	Quentin Randall	PCI	1998
	1.86	Andrew Lockert	VCI	1998
	1.86	David Nickel	VCI	1998
	1.86	Jamie Throssel	RVCI	1988
	1.86	Jay Campbell	CCI	1980
	1.86	Dale Nash	RVCI	1980
	1.85	Greg Cherkas	RVCI	1986
	1.84	Tom George	RVCI	1981
1.84	Andrew Lockert	VCI	1997	
<b>Triple Jump</b>	12.84	Henry Quon	PCI	1981
	12.70	Wilfred Dieter	PCI	1991
	12.69	Jered Seabrook	RVCI	1997
	12.66	Henry Quon	PCI	1980
	<b>12.63</b>	<b>Joey Staniowski</b>	<b>CCI</b>	<b>2007</b>
	12.65	Terrance Patoine	RVCI	2000
	12.59	Devon Wog	VCI	1991
	12.55	Paul Yetman	CCI	1981
	12.51	Jordan Hennenfent	VCI	2000
	12.51	Robin Gray	RVCI	1981
<b>Long Jump</b>	6.57	Shane Nicholson	VCI	1999
	6.42	Morrie Norsten	CCI	1985
	6.38	Shane Nicholson	VCI	1997
	6.25	Shane Nicholson	VCI	1998
	6.23	Art Magnaye	VCI	1985
	6.17	Wilfred Dieter	PCI	1991
	6.15	Jered Seabrook	RVCI	1997
	6.10	Troy Kennedy	PCI	1985
	6.10	Shane Rechner	CCI	1985
	5.97	Henry Quon	PCI	1981

## SENIOR BOYS

<b>Pole Vault</b>	3.80	Alex Bouzane	RVCI	1990
	3.59	Jay Bekar	RVCI	1990
	3.54	Brent Clark	CCI	1978
	3.51	Jay Campbell	CCI	1980
	3.42	Randy Patterson	RVCI	1979
	3.40	Alex Bouzane	RVCI	1989
	3.34	Peter Yates	RVCI	1974
	3.24	Jay Campbell	CCI	1979
	3.20	Byron Bussey	RVCI	1975
	3.20	Stacey Smith	PCI	1982
	3.20	Troy Kennedy	PCI	1985
	3.20	Greg King	RVCI	1986
	<b>Shot Put</b>	<b>15.48</b>	<b>Chris Pickering</b>	<b>RVCI</b>
13.85		Chris Pickering	RVCI	2006
13.51		Ben Wilson	PCI	2000
13.38		Rod Pederson	PCI	1976
13.25		Gary Baba	CCI	1983
13.23		Chris Montgomery	PCI	1998
13.11		Len Mintenko	CCI	1974
13.10		Ryan Mault	VCI	1987
13.03		Rod Pederson	PCI	1975
12.89	Brian Littler	PCI	2005	
<b>Discus</b>	42.44	Chris Montgomery	PCI	1998
	41.66	Ben Wilson	PCI	2000
	<b>40.83</b>	<b>Chris Pickering</b>	<b>RVCI</b>	<b>2007</b>
	37.97	Chris Pickering	RVCI	2006
	37.86	Lyle Kindrat	CCI	1980
	37.66	Louis Breton	VCI	1988
	37.03	Dale Nash	RVCI	1980
	36.82	Rod Pederson	PCI	1975
	36.80	James Repesse	PCI	1994
	36.62	Brian Larsen	PCI	1977
	36.55	Scott Sheppard	CCI	1982
<b>Javelin</b>	53.69	Lyle Froehlich	VCI	1984
	51.98	Steve Cornish	CCI	1991
	50.43	Ryan Mault	VCI	1986
	49.00	Daryn Maissoneuve	CCI	1977
	48.75	Brian Arseneau	RVCI	1976
	48.31	Craig Stevens	CCI	1999
	47.76	Ken Schick	RVCI	1977
	47.02	Kyle Doerksen	CCI	1989
	46.68	Darrin Martins	VCI	1992
<b>46.56</b>	<b>Joey Staniowski</b>	<b>CCI</b>	<b>2007</b>	
<b>4 X 100m Relay</b>	<b>45.36</b>	<b>Vanier</b>		<b>2007</b>
	45.55	Peacock		1997
	45.76	Peacock		1998
	45.77	Central		1985
	45.90	Central		1982
	46.14	Vanier		1985
	46.21	Peacock		2003
	46.29	Riverview		1997
	46.36	Vanier		1988
	46.39	Peacock		2002
	46.60	Central		2000

## SENIOR BOYS

<b>4 x 400m Relay</b>	3:32.80	Central		2003
	3:34.62	Peacock		1997
	3:36.35	Peacock		1996
	3:37.01	Central		1997
	3:37.06	Central		1996
	3:37.34	Peacock		1998
	3:40.61	Peacock		2003
	3:41.13	Vanier		1994
	<b>3:41.28</b>	<b>Vanier</b>		<b>2007</b>
	3:41.53	Riverview		1997

## JUNIOR BOYS

<b>100 m Hurdles</b>	14.24	Mark Darroch	RVCI	1995
	14.56	Mike Crowe	RVCI	1997
	14.72	James Riley	PCI	1996
	14.74	Jason Peters	PCI	2005
	14.77	Joel Hennenfent	VCI	1997
	14.86	Jered Seabrook	RVCI	1995
	14.89	Ryan Belsher	PCI	1996
	14.99	Rob Semrau	CCI	1990
	15.04	John Bothwell	CCI	1987
	15.06	Jeff Dodd	RVCI	1992
<b>100 m</b>	11.29	Brad Urquhart	RVCI	1981
	11.33	Ethan Gardner	VCI	2006
	11.34	Shane Nicholson	VCI	1996
	11.42	Dwight Klassen	CCI	1982
	11.46	Travis Weiss	PCI	1996
	11.54	Sang Becker	CCI	2000
	11.59	Rod Bell	CCI	1981
	11.61	Riley Gillies	VCI	2006
	11.66	Dalton Barr	PCI	1979
	11.66	Rick Thompson	RVCI	1982
<b>200 m</b>	23.17	Karal Martin	CCI	2006
	23.30	Ethan Gardner	VCI	2006
	23.32	Brad Urquhart	RVCI	1981
	23.38	Dwight Klassen	CCI	1982
	23.80	Rick Smith	PCI	1976
	23.87	Mark Bernard	CCI	1989
	24.05	Shane Nicholson	VCI	1996
	24.13	Travis Weiss	PCI	1996
	24.16	Dalton Barr	PCI	1979
	24.16	Todd Henrickson	RVCI	1990
<b>400 m</b>	53.00	Rick Smith	PCI	1976
	53.64	Brad Tighe	CCI	1997
	54.00	Dalton Barr	PCI	1979
	54.22	David Hataley	VCI	1979
	54.22	Shane Nicholson	VCI	1996
	54.29	Adam Kaine	VCI	1985
	54.42	James Riley	PCI	1996
	54.53	Curt Armstrong	CPI	1994
	54.63	Joe Heilman	PCI	1993
	54.91	Mike Tighe	CCI	1997

## JUNIOR BOYS

<b>800 m</b>	2:02.18	Dayton Longworth	PCI	2006
	2:02.91	Matt Neff	CCI	2003
	2:04.16	Brad Tighe	CCI	1997
	2:04.46	Scott Mitchell	RVCI	2003
	2:05.07	Russ Neff	CCI	2001
	2:05.57	Karal Martin	CCI	2006
	2:07.55	Curt Armstrong	CCI	1994
	2:07.58	Colin Mathieson	VCI	1985
	2:07.80	Mike Tighe	CCI	1997
	2:08.51	Brad Tighe	CCI	1996
	<b>1500 m</b>	4:14.64	Dayton Longworth	PCI
4:18.84		Colin Mathieson	VCI	1985
4:19.60		Josh Chow	RVCI	2004
4:22.88		Mike Tighe	CCI	1997
4:23.95		Scott Mitchell	RVCI	2003
4:28.00		John Bell	VCI	1979
4:28.94		Brad Tighe	CCI	1997
4:30.82		Russ Neff	CCI	2001
4:33.18		Travis Englesman	VCI	2000
4:33.29		Eugene Wilk	RVCI	1997
<b>3000 m</b>		9:02.29	Dayton Longworth	PCI
	9:19.64	Josh Chow	RVCI	2004
	9:29.24	Matt Neff	CCI	2003
	9:29.31	Colin Mathieson	VCI	1985
	9:30.34	Mike Tighe	CCI	1997
	9:40.56	Scott Mitchell	RVCI	2003
	9:51.02	Brad Tighe	CCI	1997
	10:05.70	Devon Dietrich	CCI	2005
	10:07.20	John Bell	VCI	1979
	10:09.01	Travis Englesman	VCI	2000
<b>High Jump</b>	1.79	Matthew Pitts	PCI	2006
	1.78	Greg Cherkas	RVCI	1985
	1.78	Quentin Randall	PCI	1997
	1.77	Connor MacDonald	PCI	2006
	1.77	Jay Campbell	CCI	1978
	1.77	Nathan Mang	RVCI	1995
	1.76	Julio Cappola	VCI	1974
	1.75	David Nickel	VCI	1996
	1.73	Scott Savage	VCI	1979
	1.73	Cory Roseneau	PCI	1991
	1.73	Joel Chevrier	VCI	1991
<b>Triple Jump</b>	12.43	Jeff Lockert	VCI	1992
	12.23	Paul Yetman	CCI	1979
	12.05	Terry George	RVCI	1978
	11.98	Jered Seabrook	RVCI	1995
	11.97	Todd Whitehead	VCI	1984
	11.95	Colin Rioux	VCI	1992
	11.90	Scott Penry	PCI	1974
	11.87	Robin Gray	RVCI	1980
	11.83	Dave Crebo	RVCI	1980
	11.83	Matt Hetherington	PCI	2002

## JUNIOR BOYS

<b>Long Jump</b>	6.01	Luke Bruvold	RVCI	1991
	5.95	Jordan Dellabough	CCI	1991
	5.93	Shane Nicholson	VCI	1996
	5.92	Karal Martin	CCI	2006
	5.81	Kelly Anderson	CCI	1991
	5.80	Dan Anderson	VCI	1976
	5.79	Scott Penry	PCI	1974
	5.75	Todd Whitehead	VCI	1984
	5.74	Paul Yetman	CCI	1979
	5.72	Jeff Lockert	VCI	1992
	<b>Pole Vault</b>	3.09	Jason Forest	VCI
3.08		Gerald Daschuk	RVCI	1986
3.05		Nolan Veillard	VCI	1990
3.01		Stacey Smith	PCI	1980
3.00		Steve Wallick	RVCI	1975
2.91		Jay Campbell	CCI	1978
2.90		Darcy Peeshker	RVCI	1986
2.88		R. Patterson	RVCI	1977
2.86		Lane Bekar	RVCI	1988
2.85		Steve Wallick	RVCI	1974
2.85		Russ Clark	CCI	1980
2.85		Greg King	RVCI	1985
2.85		Shawn Booth	VCI	1981
<b>Shot Put</b>		13.60	Chris Pickering	RVCI
	13.43	Greg Roffey	CCI	1997
	13.02	Rod Bell	VCI	1981
	12.56	Cal Hobbs	CCI	1983
	12.42	Rod Pederson	PCI	1974
	12.18	Louis Marcil	VCI	1974
	12.05	Ben Wilson	PCI	1998
	11.88	Jason Yaganiski	VCI	1990
	11.84	Matthew Pitts	PCI	2006
	11.81	Chris Lavallee	RVCI	1991
<b>Discus</b>	38.12	Greg Roffey	CCI	1997
	35.52	Ben Wilson	PCI	1998
	34.96	Rod Pederson	PCI	1974
	34.82	Ian Carlson	PCI	2003
	34.71	Lyle Froehlih	VCI	1982
	34.68	Rod Bell	CCI	1981
	34.45	Chris Montgomery	VCI	1996
	33.42	James Repesse	PCI	1992
	33.41	Chris Pickering	RVCI	2005
	32.82	Todd Whitehead	VCI	1983
<b>Javelin</b>	46.95	Kyle Doerksen	CCI	1988
	46.07	Luke Beauvold	RVCI	1991
	42.85	Ken Schick	RVCI	1976
	41.06	Doug Steen	RVCI	1976
	41.05	Paul Langlois	VCI	1976
	41.02	Tom Mackey	CCI	1974
	40.89	Vern Froehlich	VCI	1985
	39.97	Brian Arseneau	RVCI	1974
	39.76	Steve Cornish	CCI	1990
	39.75	Darren Martins	VCI	1990

## JUNIOR BOYS

<b>4 x 100m Relay</b>	47.25	Peacock		1996
	47.35	Central		1983
	47.40	Riverview		1993
	48.17	Vanier		2003
	48.21	Riverview		1995
	48.30	Vanier		1985
	48.33	Central		1997
	48.42	Central		2003
	<b>48.43</b>	<b>Vanier</b>		<b>2007</b>
	48.54	Peacock		2003

## MIDGET BOYS

<b>100 m Hurdles</b>	14.58	John Bothwell	VCI	1986
	14.58	James Riley	PCI	1995
	14.59	Mike Crowe	RVCI	1996
	14.74	Neil Devenny	CCI	1995
	14.80	Shawn Diebert	VCI	1986
	15.08	Cody Dill	CCI	1998
	15.08	Scott Newberry	VCI	1989
	15.22	Mark Darroch	RVCI	1994
	15.24	Ansar Sharin	CCI	2002
	15.27	Jeff Dodd	RVCI	1991
<b>100 m</b>	11.31	Jon Pickering	RVCI	2000
	11.39	Dwight Klassen	CCI	1981
	11.53	Ben Coakwell	CCI	2002
	11.55	Tim Lynchuk	VCI	1992
	11.58	Jeremy Rommelier	VCI	1992
	11.60	Rick Smith	PCI	1975
	11.55	Rick Thompson	RVCI	1981
	11.62	Kevin Johnson	PCI	1992
	11.64	Brad Urquart	RVCI	1980
	11.71	Mark Bernard	CCI	1988
<b>200 m</b>	23.80	Jon Pickering	RVCI	1999
	23.90	Karal Martin	CCI	2005
	23.90	Rick Smith	PCI	1974
	24.05	Brad Urquart	RVCI	1980
	24.07	Tim Lynchuk	VCI	1992
	24.21	Chris Sparks	RVCI	1998
	24.31	Dwight Klassen	CCI	1981
	24.39	Adam Kaine	VCI	1984
	24.43	Edris Sharin	CCI	2003
	24.58	Mark Bernard	CCI	1988
<b>400 m</b>	54.17	Karal Martin	CCI	2005
	54.40	Darren Johnson	CCI	1984
	54.76	Matt Neff	CCI	2002
	54.77	David Stevens	PCI	1998
	54.86	Brad Urquart	RVCI	1980
	55.49	Chris Sparks	RVCI	1998
	55.50	Rick Smith	PCI	1975
	55.51	Tim Lynchuk	VCI	1992
	56.08	Jody Throssell	RVCI	1998
	56.40	Matt Neff	CCI	2001

## MIDGET BOYS

<b>800 m</b>	2:03.93	Matt Neff	CCI	2002
	2:08.40	Mike Tighe	CCI	1996
	2:09.08	Karal Martin	CCI	2005
	2:10.94	Eugene Wilk	RVCI	1996
	2:11.93	Brad Tighe	CCI	1995
	2:12.06	Dayton Longworth	PCI	2005
	2:12.31	Adam Kaine	VCI	1984
	2:13.78	Rathe Mokelky	CCI	1979
	2:13.86	Rick McKenna	RVCI	1979
	2:14.73	Mike Tighe	CCI	1995
<b>1500 m</b>	4:32.84	Mike Tighe	CCI	1996
	4:36.00	Dayton Longworth	PCI	2005
	4:36.12	Rathe Mokelky	CCI	1979
	4:36.47	Rick McKenna	RVCI	1979
	4:36.49	Eugene Wilk	RVCI	1996
	4:39.77	Brad Tighe	CCI	1995
	4:42.93	Brent Lloyd	CCI	1980
	4:43.00	Gerry Gattinger	RVCI	1977
	4:43.12	Derek McMaster	CCI	1996
	4:43.13	Joe Pigott	VCI	1986
<b>3000 m</b>	9:42.86	Matt Neff	CCI	2002
	9:54.89	Mike Tighe	CCI	1996
	9:56.13	Matt Neff	CCI	2001
	10:02.35	Dayton Longworth	PCI	2005
	10:05.81	Derek McMaster	CCI	1996
	10:14.21	Eugene Wilk	RVCI	1996
	10:17.97	Brad Tighe	CCI	1995
	10:20.83	Mike Tighe	CCI	1995
	10:25.01	Russ Neff	CCI	2000
	10:35.34	Dustin Broadis	CCI	2004
<b>High Jump</b>	<b>1.82</b>	<b>Danny Mullens</b>	<b>VCI</b>	<b>2007</b>
	1.73	Brian Bowley	PCI	1979
	1.70	Connor MacDonald	PCI	2005
	1.70	Tyson Pollock	CCI	1998
	1.68	Dennis Flynn	VCI	1975
	1.67	Matt Pitts	PCI	2005
	1.67	Scott Savage	VCI	1978
	1.66	Darren Gray	CCI	1988
	1.65	Jorden Lockert	VCI	1998
	1.65	Andrew Lockert	VCI	1995
1.65	Quentin Randall	PCI	1996	
1.65	Jason Forest	VCI	1997	
<b>Triple Jump</b>	11.81	Jeff Lockert	VCI	1991
	11.68	Dale Thome	RVCI	1976
	11.59	Ryan Seabrook	RVCI	1992
	11.54	Matt Pitts	PCI	2005
	11.51	Doug Elder	VCI	1976
	11.46	Dalton Barr	PCI	1978
	11.46	Brian Bowley	PCI	1979
	11.44	Shannon Bruce	PCI	1987
	11.29	Jered Seabrook	RVCI	1994
	11.23	Dave Crebo	RVCI	1979

## MIDGET BOYS

<b>Long Jump</b>	5.51	Jeff Birkett	CCI	1981	
	5.51	Ryan Seabrook	RVCI	1992	
	5.50	Brian Bowley	PCI	1979	
	5.45	Shane Gilroy	VCI	1991	
	5.44	Bill Akis	RVCI	1975	
	5.41	Corey Rogoschewsky	PCI	2006	
	5.41	Tyronne Ashmede	RVCI	1983	
	5.38	Doug Cochrane	PCI	1988	
	5.34	Mike Crowe	RVCI	1996	
	5.33	Cam MacKay	CCI	2000	
	5.32	Lyle Froehlich	VCI	1981	
	<b>Pole Vault</b>	3.05	Mike Livingston	CCI	1984
		2.75	Morrie Norsten	CCI	1983
2.73		Mike Morehart	CCI	1979	
2.65		Tony Froehlich	VCI	1981	
2.63		Cliff Froehlich	VCI	1978	
2.60		Joe Pigott	VCI	1986	
2.60		Steve Kunz	VCI	1986	
2.58		Farrell Foster	RVCI	1974	
2.58		Shawn Booth	VCI	1980	
2.58		Mark Anakar	VCI	1980	
<b>Shot Put</b>	14.33	Greg Roffey	CCI	1996	
	14.01	James Riley	PCI	1995	
	13.83	Chris Pickering	RVCI	2004	
	13.58	Cal Hobbs	CCI	1982	
	13.46	Rod Bell	CCI	1980	
	13.36	Craig Stewart	CCI	1988	
	13.32	Tyler Gardner	RVCI	1997	
	13.23	Ben Wilson	PCI	1997	
	13.06	Tyson Pollock	CCI	1998	
	12.80	Mike Alexanderson	RVCI	2002	
<b>Discus</b>	48.87	Scott Pascoe	VCI	2003	
	43.39	Ben Wilson	PCI	1997	
	40.11	Scott Pascoe	VCI	2002	
	39.83	Ted Korciuch	VCI	1991	
	39.80	Rod Bell	CCI	1980	
	39.22	James Repesse	PCI	1991	
	38.37	Jason Forest	VCI	1997	
	37.72	Chris Bender	VCI	1989	
	37.42	Colin Barnes	RVCI	1977	
	37.09	Shaun Greanya	VCI	1993	
<b>Javelin</b>	47.76	Brad Urquhart	RVCI	1980	
	47.38	Kyle Doerksen	CCI	1987	
	44.62	Tim Bryant	PCI	1976	
	42.12	Doug Steen	RVCI	1975	
	41.04	Jay Dobrescue	VCI	1988	
	40.76	Brad Dash	CCI	1985	
	40.58	Doug Elder	VCI	1975	
	40.56	Gary Giroux	CCI	1988	
	40.30	Darren Thul	VCI	1977	
	40.16	Scott Pascoe	VCI	2003	

## MIDGET BOYS

<b>4 x 100 m Relay</b>	48.65	Riverview		1998
	48.75	Central		1988
	48.75	Riverview		1992
	48.77	Vanier		1992
	48.80	Central		1978
	49.02	Riverview		1994
	49.04	Central		1998
	49.20	Riverview		1979
	49.22	Central		1979
	49.26	Vanier		1983

## SENIOR GIRLS

<b>80 m Hurdles</b>	12.00	Kristen Hagel	VCI	1993	
	12:10	Joyce Ellertson	PCI	2001	
	12.29	Rosalie Flynn	VCI	1994	
	12.44	Joyce Ellertson	PCI	2000	
	12.50	Rosalie Flynn	VCI	1976	
	12.60	Donna Allan	RVCI	1986	
	12.67	Stacey Johnson	CCI	1980	
	12.74	Leanne Rommelaire	VCI	1995	
	12.85	Kristen Hagel	VCI	1992	
	12.88	Sara Halstead	CCI	1986	
	13.00	Kim Kowalyk	CCI	1992	
	<b>100 m</b>	12.20	Rosalie Flynn	VCI	1975
		12.44	Kelly Longmuir	RVCI	1986
12.50		Rosalie Flynn	VCI	1976	
12.66		Charlene Rhead	PCI	1980	
12.70		Sharon Stewart	PCI	1977	
12.84		Sheena Campbell	CCI	1995	
12.88		Joyce Ellertson	PCI	2000	
12.90		Gloria Sharp	RVCI	1974	
12.94		Aimee Kowalski	VCI	2005	
12.99		Kelly Longmuir	RVCI	1985	
12.99		Britt Boyle	CCI	2002	
<b>200 m</b>		25.46	Kelly Longmuir	RVCI	1986
		25.90	Rosalie Flynn	VCI	1975
	26.12	Charlene Rhead	PCI	1980	
	26.20	Rosalie Flynn	VCI	1976	
	26.27	Kelly Longmuir	RVCI	1985	
	26.34	Kailey Smith	CCI	2005	
	26.62	Aimee Kowalski	VCI	2005	
	26.67	Joyce Ellertson	PCI	2000	
	26.70	Mary Burzminski	VCI	1978	
	26.76	Joyce Ellertson	PCI	2001	
<b>400 m</b>	59.69	Kailey Smith	CCI	2004	
	59.91	Mary Burzminski	VCI	1978	
	1:00.09	Charlene Rhead	PCI	1980	
	1:00.40	Kailey Smith	CCI	2005	
	1:00.86	Joyce Ellertson	PCI	2000	
	1:00.94	Jane Hutch	VCI	1980	
	1:01.20	Debbie Noble	CCI	1975	
	1:01.25	Bonnie Seaborg	PCI	2000	
	1:01.44	Joyce Ellertson	PCI	2001	
	1:02.05	Charlene Rhead	PCI	1979	

## SENIOR GIRLS

<b>800 m</b>	2:18.03	Kailey Smith	CCI	2005
	2:21.21	Mary Burzminski	VCI	1978
	2:22.80	Debbie Noble	CCI	1975
	2:23.24	Kailey Smith	CCI	2004
	2:24.23	Bonnie Seaborg	PCI	2000
	2:24.66	Samantha Rogers	CCI	2005
	2:27.95	Teri Mawson	VCI	1998
	2:29.90	Marlene Philips	PCI	1977
	2:32.40	Clara Bruse	VCI	1983
	2:33.00	Laura Bruse	VCI	1975
<b>1500 m</b>	4:51.20	Debbie Noble	CCI	1975
	5:03.56	Bonnie Seaborg	PCI	2000
	5:11.91	Samantha Rogers	CCI	2004
	5:13.81	Teri Mawson	VCI	1998
	5:15.30	Samantha Rogers	CCI	2005
	5:15.60	Laura Bruse	VCI	1976
	5:15.60	Carolyn Eaves	PCI	1976
	5:15.73	Clara Bruse	VCI	1980
	5:21.69	Kristin Wiebe	CCI	2005
	5:22.45	Tammy Weikum	RVCI	1981
<b>3000 m</b>	10:49.38	Kailey Smith	CCI	2004
	11:01.80	Bonnie Seaborg	PCI	2000
	11:21.60	Samantha Rogers	CCI	2004
	11:26.89	Samantha Roghers	CCI	2005
	11:29.85	Teri Mawson	VCI	1998
	11:32.43	Kristin Wiebe	CCI	2005
	11:34.55	Clara Bruse	VCI	1981
	11:42.88	Miranda Miller	VCI	2006
	11:48.72	Mel Jurewicz	VCI	1993
	11:59.91	Carrie Armitage	CCI	2003
<b>High Jump</b>	1.60	Rosalie Flynn	VCI	1976
	1.58	Jane Hutch	VCI	1979
	1.56	Nadine Closs	PCI	1998
	1.55	Fran Hoppenreys	PCI	1983
	1.55	Linda Hoppenreys	PCI	1979
	1.55	Faradeen Dellabough	CCI	1985
	1.55	Melanie Thiele	VCI	1989
	1.55	Camille Thiele	VCI	1986
	1.54	Marlo McLafferty	CCI	1974
	1.54	Camille Thiele	VCI	1987
1.54	Linda Hoppenreys	PCI	1978	
<b>Triple Jump</b>	10.84	Mary Burzminski	VCI	1978
	10.65	Charlene Rhead	PCI	1979
	10.56	Daphne Gottselig	PCI	2002
	10.54	Donna Allen	RVCI	1986
	10.54	Jane Hutch	VCI	1979
	10.41	Daphne Gottselig	PCI	2001
	10.37	Charlene Rhead	PCI	1980
	10.35	Camille Thiele	VCI	1987
	10.30	Camille Thiele	VCI	1986
	10.30	Karol Pilsworth	CCI	1987

## SENIOR GIRLS

<b>Long Jump</b>	5.34	Jane Hutch	VCI	1979
	5.25	Jane Hutch	VCI	1980
	4.88	Kelly Longmuir	RVCI	1986
	4.86	Camille Thiele	VCI	1987
	4.85	Julie Burke	CCI	1977
	4.83	Kelly Longmuir	RVCI	1985
	4.78	Deb Gamble	RVCI	1974
	4.76	Camille Thiele	VCI	1986
	4.76	Alexis Zerr	RVCI	1980
	4.75	Linda Woodley	CCI	1975
	<b>Shot Put</b>	11.30	Megan Reid	PCI
10.72		Barb Greiner	CCI	1979
10.51		Megan Reid	PCI	2001
10.38		Joy Nelson	RVCI	1986
10.06		Sherry Wilson	CCI	1992
9.95		Barb Kirkness	CCI	1982
9.90		Shirley Johnson	VCI	1983
9.78		Rhaea Fowler	CCI	2006
9.76		Barb Kirkness	CCI	1981
9.75		Lorna Joanson	RVCI	1975
<b>Discus</b>		36.55	Megan Reid	PCI
	32.29	Megan Reid	PCI	2000
	32.19	Pam Gottselig	PCI	2000
	31.48	Heather Wilnechenko	RVCI	1981
	31.26	Jackie L'Heureux	VCI	1991
	31.16	Jasmine Boyle	CCI	2000
	30.15	Barb Kirkness	CCI	1982
	29.72	Sheri Lewko	VCI	1989
	29.47	Heather Wilnechenko	RVCI	1982
	28.94	Melissa Pederson	CCI	1998
<b>Javelin</b>	37.81	Jodi Barry	CCI	1999
	36.97	Leslie Grado	PCI	1997
	36.95	Sheri Johnson	VCI	1984
	35.59	Leslie Grado	PCI	1996
	35.42	Lndee Ziefflie	RVCI	1982
	35.12	Rhaea Fowler	CCI	2006
	35.04	Sheri Johnson	VCI	1983
	34.44	Jodi Barry	CCI	2000
	33.80	Lindee Ziefflie	RVCI	1983
	33.40	Jill Williams	CCI	2001
<b>Pole Vault</b>	1.38	Sarah Heisler	VCI	2000
	1.35	Sarah Heisler	VCI	2001
	1.25	Amanda Sjoberg	PCI	2000
	1.16	Jennifer Johnson	VCI	1997
<b>4 x 100m Relay</b>	53.00	Riverview		1976
	53.00	Riverview		1983
	53.25	Riverview		1986
	53.37	Vanier		1982
	53.50	Riverview		2000
	53.60	Vanier		1976
	53.90	Central		1975
	54.00	Riverview		2004
	54.10	Riverview		1979
	54.17	Central		2004
54.17	Central		1986	

## SENIOR GIRLS

<b>4 x 400m Relay</b>	4:16.28	Central		2004
	4:17.98	Peacock		1998
	4:20.02	Riverview		1983
	4:20.62	Peacock		2000
	4:22.89	Central		1995
	4:24.12	Peacock		1997
	4:26.15	Riverview		1986
	4:27.54	Vanier		1997
	4:27.69	Peacock		1996
4:28.15	Peacock		2001	

## JUNIOR GIRLS

<b>80 m Hurdles</b>	12.61	Joyce Ellertson	PCI	1999
	12.79	Sheila Thul	VCI	1982
	13.07	Penny Thompson	VCI	1991
	13.09	Nola Langill	VCI	1982
	13.14	Corridawn Cherkas	RVCI	1986
	13.20	Elaine Crebo	RVCI	1972
	13.20	R. Vandene	RVCI	1975
	13.30	Roxann Kelly	CCI	1989
	13.37	Brandi Measner	RVCI	1992
	13.42	Katie Wigmore	CCI	2002
	<b>100 m</b>	12.30	Rosalie Flynn	VCI
12.70		Mary Burzminski	VCI	1977
12.73		Chantal Vautour	PCI	2000
12.78		Denise Yetman	CCI	1980
12.79		Michelle Kaytor	VCI	2000
12.82		Anne Bjorge	CCI	2006
12.83		Kelly Longmuir	RVCI	1984
12.93		Roxann Kelly	CCI	1989
12.95		Denise Yetman	CCI	1981
13.00		Elaine Crebo	RVCI	1975
<b>200 m</b>		26.40	Rosalie Flynn	VCI
	26.40	Mary Burzminski	VCI	1975
	26.57	Kelly Longmuir	RVCI	1984
	26.60	Mary Burzminski	VCI	1977
	26.71	Michelle Kaytor	VCI	2000
	26.91	Roxann Kelly	CCI	1989
	27.00	Charlene Rhead	PCI	1978
	27.02	Denise Yetman	CCI	1981
	27.03	Donna Wilson	CCI	1982
	27.30	Debbie Noble	CCI	1974
	<b>400 m</b>	58.60	Mary Burzminski	VCI
1:00.20		Mary Burzminski	VCI	1977
<b>1:01.27</b>		<b>Rejoice MusaBuba</b>	<b>CCI</b>	<b>2007</b>
1:02.20		Debbie Noble	CCI	1974
1:02.20		Marlene Phillip	PCI	1975
1:02.47		Kelly Longmuir	RVCI	1984
1:02.63		Funke Laseinde	CCI	2004
1:03.37		Sheila Thul	VCI	1982
1:03.38		Michelle Kaytor	VCI	2000
1:03.45		Clara Bruse	VCI	1982

## JUNIOR GIRLS

<b>800 m</b>	<b>2:23.16</b>	<b>Rejoice Musabuba</b>	<b>CCI</b>	<b>2007</b>
	2:23.42	Bonnie Seaborg	PCI	1999
	2:26.48	Terri Mawson	VCI	1997
	2:26.70	Debbie Noble	CCI	1974
	2:27.00	Clara Bruse	VCI	1982
	2:30.60	Charlene Rhead	PCI	1978
	2:30.64	Kim Erskine	PCI	1997
	2:32.70	Janice Leister	VCI	1996
	2:33.18	Samantha Rogers	CCI	2003
	2:33.27	Alison Sebastian	VCI	1996
	<b>1500 m</b>	5:03.13	Bonnie Seaborg	PCI
5:07.70		Clara Bruse	VCI	1982
5:12.20		Terri Mawson	VCI	1997
5:17.75		Pam Guillaume	VCI	1980
5:21.37		Pam Guillaume	VCI	1979
5:21.70		Crystal Scholten	PCI	1990
5:21.80		Sherry Miller	RVCI	1979
5:25.85		Connie Morgan	PCI	1983
5:27.03		Samantha Rogers	CCI	2003
5:27.10		Jody Gilmour	CCI	1980
<b>3000 m</b>	11:04.53	Kailey Smith	CCI	2003
	11:11.28	Bonnie Seaborg	PCI	1999
	11:17.26	Terri Mawson	VCI	1997
	11:49.07	Carrie Armitage	CCI	2001
	12:13.33	Allison Sebastien	VCI	1997
	12:14.21	Janice Leister	VCI	1996
	12:15.31	Alison Sebastian	VCI	1996
	12:17.52	Jane Tysdal	PCI	1995
	12:21.86	Carrie Armitage	CCI	2002
	12:31.00	Lori Brown	VCI	1986
<b>High Jump</b>	1.54	Linda O'Brien	RVCI	1975
	1.53	Melanie Theile	VCI	1987
	1.53	Nadine Closs	PCI	1997
	1.51	Penny Patterson	RVCI	1983
	1.51	Sara Halstead	CCI	1985
	1.50	Andrea L'Heureux	VCI	1992
	1.49	Lana Wong	CCI	1981
	1.49	Donna Allan	RVCI	1984
	1.49	Brandi Steinhauer	PCI	2001
	1.48	Michelle Stephanson	CCI	1998
1.48	Amanda Theile	VCI	1990	
<b>Triple Jump</b>	10.60	Mary Burzminski	VCI	1977
	10.50	Denise Yetman	CCI	1980
	10.42	Stella Dellabough	CCI	1988
	10.35	Debbie Noble	CCI	1974
	10.34	Corridawne Cherkas	RVCI	1986
	10.24	Lynn Flanagan	RVCI	1982
	10.12	Mary Burzminski	VCI	1975
	10:05	Laura Gray	RVCI	2003
	10.04	Charlene Rhead	PCI	1978
9.99	Cathy Stevens	PCI	1996	

## JUNIOR GIRLS

<b>Long Jump</b>	4.99	Stella Dellabough	CCI	1988	
	4.97	Rosalie Flynn	VCI	1974	
	4.89	Denise Yetman	CCI	1980	
	4.83	Jane Hutch	VCI	1978	
	4.80	Corridawn Cherkas	RVCI	1986	
	4.70	Charlene Vetter	RVCI	1977	
	4.70	Brandi Measner	RVCI	1992	
	4.68	Alexis Zerr	RVCI	1979	
	4.66	Krista Koshman	RVCI	1981	
	4.65	Medorann Harris	PCI	1992	
	4.64	Karol Pilsworth	CCI	1985	
	<b>Shot Put</b>	9.95	Megan Reid	PCI	1999
		9.40	Evelyn Dreilich	VCI	1974
9.37		Rhaea Fowler	CCI	2004	
9.33		Barb Kirkness	CCI	1980	
9.15		Penny Patterson	RVCI	1983	
9.10		Jasmine Boyle	CCI	1998	
9.06		Angie Dimas	PCI	1982	
9.03		Heather Wilnechenko	RVCI	1980	
8.97		Shirley Johnson	VCI	1982	
8.93		Jo-Ann Wallick	RVCI	1975	
<b>Discus</b>	30.15	Megan Reid	PCI	1999	
	29.37	Jasmine Boyle	CCI	1998	
	28.60	Shauna Hudson	RVCI	1977	
	28.19	Dawn Puschelburg	CCI	1990	
	27.68	Pam Waldenberger	VCI	1998	
	27.67	Heather Wilnechenko	RVCI	1980	
	27.44	Gayle Froehlich	VCI	1984	
	27.38	Colleen Mathews	CCI	1974	
	27.21	Evelyn Dreilich	VCI	1974	
	26.84	Megan Thul	VCI	2000	
	26.81	Karen Crobar	RVCI	1980	
	<b>Javelin</b>	34.47	Lindee Ziefflie	RVCI	1981
34.06		Jodi Barry	CCI	1998	
32.54		Shirley Johnson	VCI	1982	
32.18		Christine Smith	PCI	1995	
30.50		Leslie Grado	PCI	1995	
30.45		Jasmine Boyle	CCI	1998	
28.58		Rhaea Fowler	CCI	2004	
28.48		Jamie Muirhead	CCI	1994	
27.92		Heather Wilnechenko	RVCI	1980	
27.59		Sandra Utley	RVCI	1978	
<b>4 X 100m Relay</b>		52.90	Vanier		1976
	54.20	Riverview		1974	
	54.55	Vanier		1980	
	54.60	Peacock		1978	
	54.70	Central		1980	
	54.80	Riverview		1977	
	54.90	Peacock		1995	
	55.00	Vanier		1978	
	55.09	Central		1984	
	55.20	Vanier		1974	

## MIDGET GIRLS

<b>80 m Hurdles</b>	12.43	Jacki Herchuk	RVCI	1998	
	13.02	Rhonda Erskine	RVCI	1980	
	13.25	Michelle Stephansn	CCI	1997	
	13.33	Andrea L'Heureux	VCI	1991	
	13.34	Laura Herchuk	VCI	1987	
	13.50	Elaine Crebo	RVCI	1974	
	13.57	Rhonda Erskine	RVCI	1979	
	13.60	Janet Button	CCI	1981	
	13.61	Reesey Glass	RVCI	2002	
	13.64	Debbie Therens	VCI	1980	
	<b>100 m</b>	12.54	Roxann Kelly	CCI	1988
		12.79	Kelly Longmuir	RVCI	1983
12.80		Lynn Flanagan	RVCI	1981	
12.88		Jessica Smith	PCI	2002	
12.90		Mary Burzminski	VCI	1975	
12.90		Elaine Crebo	RVCI	1974	
13.03		Funke Lasiende	CCI	2003	
13.09		Marlene Phillip	PCI	1975	
13.09		Rhonda Erskine	RVCI	1980	
13.16		Brittany Boyle	CCI	2000	
<b>200 m</b>		26.35	Roxann Kelly	CCI	1988
		26.50	Mary Burminzki	VCI	1975
	26.93	Roxan Kelly	CCI	1987	
	27.13	Kelly Longmuir	RVCI	1983	
	27.34	Rhonda Erskin	RVCI	1980	
	27.52	Brittany Boyle	CCI	2000	
	27.59	Stella Dellabough	CCI	1987	
	27.60	Jackie Blair	VCI	1976	
	27.68	Rejoice Musubaba	CCI	2006	
	27.77	Donna Stushnoff	RVCI	1980	
<b>400 m</b>	1:02.38	Kelly Longmuir	RVCI	1983	
	1:02.42	Kailey Smith	CCI	2002	
	1:02.54	Joyce Ellerton	PCI	1998	
	1:03.15	Bonnie Seaborg	PCI	1998	
	1:03.69	Rhonda Erskine	RVCI	1980	
	<b>1:03.74</b>	<b>Chloe Froehlich</b>	<b>VCI</b>	<b>2007</b>	
	1:04.39	Kristi Zychowka	PCI	1990	
	1:04.41	Beth Trites	CCI	1997	
	1:04.90	Jackie Blair	VCI	1976	
	1:05.06	Donna Stushnoff	RVCI	1980	
<b>800 m</b>	2:24.08	Carla Coulson	PCI	1986	
	2:27.12	Terri Mawson	VCI	1996	
	2:27.25	Kailey Smith	CCI	2002	
	2:28.93	Bonnie Seaborg	PCI	1998	
	2:32.23	Clara Bruse	VCI	1981	
	2:33.33	Kristi Zychowka	PCI	1991	
	2:35.27	Beth Trites	CCI	1997	
	2:35.47	Shelley Rhead	PCI	1980	
	2:35.74	Teri Mawson	VCI	1995	
	2:36.18	Kristi Zychowka	PCI	1990	

## MIDGET GIRLS

<b>1500 m</b>	5:13.64	Bonnie Seaborg	PCI	1998
	5:14.76	Kailey Smith	CCI	2002
	5:18.90	Clara Bruse	VCI	1981
	5:20.24	Teri Mawson	VCI	1996
	5:26.94	Robin Jeffrey	CCI	1989
	5:27.26	Teri Mawson	VCI	1995
	5:27.82	Crystal Scholten	PCI	1988
	5:30.22	Patti Pilsner	VCI	1988
	5:33.98	Dawn Schmidt	PCI	1989
	5:36.19	Dawn Jeffrey	CCI	1988
<b>3000 m</b>	11:26.30	Kailey Smith	CCI	2002
	11:36.35	Teri Mawson	VCI	1996
	11:46.05	Bonnie Seaborg	PCI	1998
	11:51.99	Teri Mawson	VCI	1995
	12:05.17	Amanda Englesman	CCI	2001
	12:13.39	Samantha Rogers	CCI	2002
	12:25.89	Beth Trites	CCI	1997
	12:35.35	Amber Beer	PCI	1997
	12:36.02	Brandi Sheppard	VCI	1997
	12:40.46	Darcie Baillie	CCI	1993
<b>High Jump</b>	1.53	Fran Hoppenreys	PCI	1981
	1.51	Lynn Flanagan	RVCI	1981
	1.50	Lynn Flanagan	RVCI	1980
	1.50	Melanie Theile	VCI	1986
	1.48	Sara Halstead	CCI	1984
	1.46	Nadine Closs	PCI	1996
	1.46	Michelle Stephanson	CCI	1996
	1.46	Michelle Stephanson	CCI	1997
	1.45	Jocelyn Okoktok	VCI	1987
	1.45	Andrea L'Heureux	VCI	1991
1.45	Shauna Steffenson	RVCI	1991	
<b>Triple Jump</b>	10.87	Stella Dellabough	CCI	1987
	10.61	Mary Burzminski	VCI	1975
	10.25	Brandie Measner	RVCI	1991
	10.21	Funke Lasiende	CCI	2003
	10.21	Michelle Stephanson	CCI	1997
	10.16	Andrea L'Heureux	VCI	1991
	10.09	Lynn Flanagan	RVCI	1980
	10.06	Lynn Flanagan	RVCI	1981
	10.03	Laura Gray	RVCI	2002
	10.00	Patti Ryan	VCI	1981
<b>Long Jump</b>	5.11	Stella Dellabough	CCI	1989
	4.85	Mary Burzminski	VCI	1975
	4.79	Marcia Grant	VCI	1994
	4.68	Lynn Flanagan	RVCI	1981
	4.64	Kelly Longmuir	RVCI	1983
	4.61	Michelle Stephanson	CCI	1997
	4.58	Kari Zychowka	PCI	1994
	4.57	Sylvia Crebo	RVCI	1976
	4.56	Robyn Beitel	VCI	1987
	4.53	Reanne Rowley	VCI	1987

## MIDGET GIRLS

<b>Shot Put</b>	9.43	Megan Reid	PCI	1998
	9.41	Vanessa Young	CCI	2001
	9.28	Cathy Seed	PCI	1974
	9.23	Angie Dimas	PCI	1981
	9.23	Joy Nelson	RVCI	1984
	9.12	Shelley MacDonald	CCI	1984
	9.12	Leslie Grado	PCI	1994
	9.07	Shirley Johnson	VCI	1981
	9.04	Julia Maxwell	PCI	1992
	8.90	Chris Wiles	RVCI	1981
<b>Discus</b>	31.15	Caitlyn Folk	VCI	2006
	29.31	Megan Reid	PCI	1998
	28.74	Sheri Lewko	VCI	1987
	28.49	Kari Fitzpatrick	VCI	1980
	27.04	Shirley Lebiszczak	CCI	1980
	26.73	Terri Forness	VCI	1990
	26.00	Sue Yackabowski	PCI	1986
	25.84	Cheryl Yedersberger	RVCI	1974
	25.73	Trina Wira	VCI	1987
	25.57	Tammy Wallace	RVCI	1982
<b>Javelin</b>	31.27	Christine Smith	PCI	1994
	31.19	Jodi Barry	CCI	1997
	30.80	Leslie Grado	PCI	1994
	30.41	Sue Yackabowski	PCI	1986
	30.36	Lindee Ziefflie	RVCI	1980
	29.78	Jaimie Muirhead	CCI	1993
	29.65	Vanessa Young	CCI	2000
	28.90	Shirley Johnson	VCI	1981
	28.34	Pam Schock	CCI	1983
	28.20	Vanessa Young	CCI	2001
<b>4 x 100 Relay</b>	54.30	Vanier		1976
	54.48	Central		1983
	54.63	Peacock		1998
	54.75	Riverview		1980
	54.88	Riverview		1998
	54.90	Central		1988
	54.00	Vanier		1975
	54.85	Central		2006
	55.10	Riverview		1974
	55.30	Riverview		1976

## 1974 - 1987 - RETIRED

### SENIOR BOYS

<b>110 m Hurdles</b>	15.41	Shane Rechner	CCI	1985
	15.51	Jay Campbell	CCI	1980
	15.71	Rick Thompson	RVCI	1984
	15.75	Jim McKenzie	VCI	1987
	15.59	Cory Johnson	VCI	1987
	15.87	Cliff Froehlich	VCI	1981
	15.90	Mike Morehart	CCI	1982
	16.28	Jamie Couzins	VCI	1980
	16.28	Bob Payette	RVCI	1982
	16.31	Shane Rechner	CCI	1984

### JUNIOR BOYS

<b>110 m Hurdles</b>	15.04	John Bothwell	VCI	1987
	15.22	Gary Giroux	CCI	1987
	15.49	Scott Deibert	VCI	1987
	15.90	Jay Campbell	CCI	1978
	16.28	Todd Whitehead	VCI	1983
	16.30	Julio Cappola	VCI	1974
	16.70	Cal Hobbs	CCI	1983
	16.75	Rick Thompson	RVCI	1982
	16.75	Larry Langlois	VCI	1980
	16.84	Todd Whitehead	VCI	1984

### MIDGET BOYS

<b>110 m Hurdles</b>	16.10	Rick Thompson	RVCI	1981
	16.88	Cal Hobbs	CCI	1982
	16.98	Ross Hodgson	VCI	1980
	17.28	Jim McKenzie	VCI	1986
	17.50	Jeff Van Iderstine	CCI	1981
	17.50	Kurt England	VCI	1981
	17.50	Ted Schaeffer	VCI	1981
	17.56	Tyronne Ashmeade	RVCI	1983
	17.58	Jeff DeJong	CCI	1984
	17.75	Mike Morehart	CCI	1979
<b>80 m Hurdles</b>	11.70	Doug Elder	VCI	1976
	12.20	Dave Stillar	PCI	1977
	12.30	Doug Elder	VCI	1975
	12.30	Ken Delgarno	CCI	1978
	12.40	Dana Johnson	CCI	1978
	12.50	Garth Penn	RVCI	1975
	12.80	Bartley Haag	RVCI	1974
	13.20	Rod Vanstone	RVCI	1975
	13.20	Mac Booth	PCI	1976
	13.30	Doug Schiffner	PCI	1976
13.30	M. Nussbaumer	PCI	1977	