

				<b>Kennedy Relays</b>
				<b>Top 10 All Time</b>

**100m Dash****Midget Girls**

1	Jada Jackson	12.79	W.F. Herman	2014
2	Kimora Harris	12.89	Assumption	2015
3	Sierra Baltzer	13.01	Sandwich	2018
4	Adi Traore	13.05	Herman	2014
5	Onaop Egbedeyi-Emmanuel	13.12	Massey	2012
6	Karlie Moore	13.16	Sandwich	2016
7	Jallandra Warde	13.17	St. Josephs	2010
8	Chloe Gignac	13.23	Villanova	2015
9	Tyra Atherley	13.35	Villanova	2018
10	Ancika Quimby	13.38	Sandwich	2016

**Midget Boys**

1	Jacob Grainger	11.48	St. Anne	2018
2	Ricardo Rabanes	11.75	Villanova	2010
3	Cale Timuik	11.79	Essex	2018
4	Liam Mather	11.80	London Central	2015
4	Aron Massaquoi	11.81	W.F. Herman	2016
6	Cameron Sanderson	11.82	London Central	2015
7	Patrick Douangchantha	11.83	Catholic Central	2014
8	Leon Manning	11.87	Sandwich	2016
9	Mitchell Smiley	11.89	Northern	2011
10	Mathew Shabow	11.91	Holy Names	2014

**Open Girls**

1	Jada Jackson	12.42	W.F. Herman	2016
2	Jada Jackson	12.46	W.F. Herman	2015
3	Kristy Hodgins	12.52	Sarnia Northern	2016
4	Kelly Hodgins	12.54	Sarnia Northern	2016
5	Jasmine Hurst	12.59	General Amherst	2015
6	Emily Omahen	12.60	St. Anne	2010
7	Jessie Forcey	12.69	Mother Theresa	2016
8	Breah Walls	12.79	Sandwich	2018
9	Emily Omahen	12.80	St. Anne	2012
10	Karlie Moore	12.82	Sandwich	2018

**Open Boys**

1	John Schmidt	11.04	F.J. Brennan	1977
2	Drelan Branwell	11.05	Sarnia - Northern	2012
3	Trevino Betty	11.14	Beal - London	1990
3	Craig Van de Weghe	11.14	Wallaceburg	1992
5	Rod Wilson	11.24	Harrow	1980
5	D. Kay	11.24	Saunders - London	1984
5	Brian Dicker	11.24	St. Patricks - Sarnia	1988

5 Kevin Butcher	11.24 Chatham-Kent	1991
9 Adam Nalywaiko	11.25 Mother Theresa	2016
10 Tyler Annett	11.26 Northern - Sarnia	2010

### 800m

#### Midget Girls

1	Brianne Bracci	2:19.99	Vincent Massey	2012
2	Aly Kohlmeier	2:20.23	St. Patrick's - Sarnia	2002
3	Aly Kohlmeier	2:21.53	St. Patrick's - Sarnia	2001
4	Fiona Rocheleau	2:22.11	Vincent Massey	2012
5	Nicole LaRue	2:23.84	St. Joseph's	2016
6	Aryana Brown	2:25.53	W.F. Herman	2016
7	Holly Benson	2:27.41	F.J. Brennan	2006
8	Jessica Turner	2:27.56	Vincent Massey	2015
9	Lynnsey Copat	2:27.76	W.F. Herman	2015
10	Amy Kohlmeier	2:28.47	St. Christopher's - Sarnia	1999

#### Midget Boys

1	Ray Tucker	2:03.28	Westdale - Hamilton	1962
2	Ryan Byrne	2:03.31	St. Anne's	2000
3	Rob Morrison	2:04.58	Saunders - London	1985
4	Back Dang	2:05.93	F.J. Brennan	2000
5	Hugh Leal	2:06.18	Hon. W.C. Kennedy C.I.	1965
6	Miles Matthews	2:06.80	Belle River	2012
7	John Reynolds	2:07.48	Southwood - Galt	1961
8	Logan Buruma	2:07.65	Lambton Central	2012
9	Thompson	2:07.68	Westdale - Hamilton	1973
10	Phil Robson	2:07.70	Massey	2004

#### Open Girls

1	Annette Pelletier	2:17.58	Assumption	1983
2	Lisa Mercer	2:18.88	Clarke Road - London	1983
3	Bathurst	2:19.38	Oakridge - London	1983
4	Karen Redcroft	2:19.48	Glencoe	1986
5	Kari Vickers	2:19.88	Hon. W.C. Kennedy C.I.	1989
6	Lisa Mercer	2:19.98	Clarke Road - London	1981
7	Jackie Malette	2:20.57	Holy Names	2002
8	Hubbs	2:21.08	Nelson - Burlington	1982
9	Holly Benson	2:21.45	F.J. Brennan	2007
10	Lauren Perkins	2:21.49	Sarnia Northern	2016

#### Open Boy's

1	Ray Tucker	1:51.88	Hamilton West - Hamilton	1964
2	Brandon McBride	1:52.66	W.F. Herman	2011
3	William McBride	1:54.31	W.F. Herman	2018
4	Jamie Mantzel	1:56.18	Westmount - Hamilton	1993
5	John Reynolds	1:56.48	Southwood - Galt	1964
6	Graeme Fisher	1:56.64	Vincent Massey	2016

7	Steve Lundy		1:56.68	South - London		1973
8	Matt Reddy		1:57.20	St. Christopher's - Sarnia		2008
9	Graeme Fisher		1:57.26	Vincent Massey		2015
10	Keith Coates		1:57.88	Northern - Sarnia		1963

**Mile**

**Open Girls**

1	Hilary Edmondson		5:02.92	St. Christopher's - Sarnia		2000
2	Nikki Reckman		5:07.54	Lambton Christian - Sarnia		1999
3	Katie Fleischer		5:10.14	Northern - Sarnia		2010
4	Amy Kohlmeier		5:10.70	St. Patrick's - Sarnia		2000
5	Amy Kohlmeier		5:12.24	St. Patrick's - Sarnia		2001
6	Frances Bernard		5:13.35	Massey		2011
7	Jackie Malette		5:13.82	Holy Names		2002
8	Zeynab Baydoun		5:15.01	Massey		2011
9	Olivia Little		5:15.68	Massey		2012
10	Olivia Little		5:15.82	Massey		2011

**Open Boy's**

1	Daryl Smith		4:15.61	Massey		2010
2	Carter Day		4:17.16	Massey		2014
3	Miles Mathews		4:17.60	Belle River		2014
4	Glen Dales		4:18.78	Oakridge - London		1970
5	Brandon Young		4:18.92	Riverside		2000
6	Steve Kocsis		4:19.87	St. Mary's - Woodstock		2000
7	Mike Thorson		4:20.52	Saugeen DHS		2000
8	Corey Belmore		4:20.84	Riverside		2012
9	Miles Mathews		4:20.98	Belle River		2016
10	Peter Butler		4:21.18	Northern - Sarnia		1975

**400 m Relay**

**Midget Girls**

	Ancika Quimby, Karlie Moore					
	Andreya LaFontaine, Breah Walls					
1	Sandwich		51.04			2016
2	Sandwich		51.56			2018
3	Massey		52.50			2012
4	Villanova		52.69			2018
5	Sandwich		53.64			2010
6	Villanova		53.71			2010
7	Mother Theresa		53.96			2016
8	Sandwich		54.10			2012
9	Villanova		54.21			2015
10	Assumption		54.57			2015

**Midget Boys**

	R. Zanin, C. Balogh, D. Wiley, D. Zawadski					
1	Hon. W.C. Kennedy C.I.	46.24				1962
2	Sandwich	46.51				2016
3	Sandwich	46.64				2011
4	St. Patricks - Sarnia	46.84				1988
5	W. F. Hermana	47.11				2016
6	Hill Park - Hamilton	47.24				1967
6	Hon. W.C. Kennedy C.I.	47.24				1993
8	Nelson - Burlington	47.54				1972
8	St. Patricks - Sarnia	47.54				1990
10	Nelson - Burlington	47.74				1974
10	St. Patricks.Sarnia	47.74				1985

**Open Girls**

	Jasmine Scott-Kilgo, Karlie Moore Andreya Lafontaine, Breah Walls					
1	Sandwich	49.07				2018
2	W.F. Herman	49.75				2016
3	Sarnia Northern	49.79				2016
4	Nelson - Burlington	49.84				1975
5	Herman	49.95				2015
6	General Amherst	49.97				2015
7	Nelson - Burlington	50.54				1974
8	Ancaster	50.64				1972
9	Riverside	50.84				1985
10	Holy Names	50.87				2016

**Open Boy's**

	Steve Schallhorn, Ryan Young Drelan Bramwell, Tyler Annett					
1	Northern - Sarnia	43.12				2011
2	Northern - Sarnia	43.22				2012
3	Holy Names	43.67				2015
4	Hon. W.C. Kennedy C.I.	43.74				1965
5	Sandwich	43.76				2018
6	Herman	43.90				2014
7	Sandwich	43.91				2006
8	Holy Names	43.95				2016
9	Holy Names	44.02				2011
10	Nelson - Burlington	44.04				1970

**4x400 m Relay**

**Open Girls**

	Lauren Perkins, Kelly Hodgins Skyla Minaker, Kristy Hodgins					
1	Sarnia Northern	4:01.05				2016
2	Vincent Massey	4:02.35				1985
3	W.F. Herman	4:06.74				2016
4	Catholic Central - London	4:07.18				1985
5	Mother Theresa	4:08.30				2016

6	Assumption		4:09.28				1986
7	Sandwich		4:09.33				2018
8	Sarnia Northern		4:09.91				2012
9	St. Christopher - Sarnia		4:10.10				1999
10	Sarnia Northern		4:10.50				2002

Open Boy's

	Mike Wright, Ron Frid, John Kupszak, Ray Tucker						
1	Westdale - Hamilton		3:21.38				1966
2	Westdale - Hamilton		3:21.88				1965
3	Hon. W.C. Kennedy C.I.		3:23.18				1965
4	Sandwich		3:23.50				2012
5	Northern - Sarnia		3:24.21				2012
6	Northern - Sarnia		3:26.53				2011
7	Hon. W.C. Kennedy C.I.		3:26.78				1964
8	W.F. Herman		3:27.43				2010
9	Hill Park - Hamilton		3:27.98				1969
10	Vincent Massey		3:28.16				2016

**3000m Distance Medley Relay**

( 800m-200m-400m-1600m)

	Open Girls						
	Sabrina Abram, Steph Charteris Sarah Parker, Katie Fleischer						
1	Northern - Sarnia		9:02.68				2011
2	Vincent Massey		9:04.23				2018
3	London Central		9:08.56				2015
4	Northern - Sarnia		9:10.66				2010
5	St. Patricks - Sarnia		9:11.89				2002
6	Vincent Massey		9:16.46				2014
7	St. Christopher - Sarnia		9:21.17				1999
8	Northern - Sarnia		9:21.55				2016
9	St. Christopher - Sarnia		9:24.30				2000
10	Vincent Massey		9:26.94				2015

Open Boy's

	Jim Harley, Chuck Boyles, Pete Ennett, Harvey Mitro						
1	St. Patricks - Sarnia		7:40.28				1983
2	Northern - Sarnia		7:41.38				1975
3	Walkerville		7:43.08				1967
4	Saunders - London		7:44.68				1986
5	Assumption		7:45.18				1983
6	Holy Names		7:46.87				2016
7	Forest Heights - Kitchener		7:47.08				1975
7	Laurier - London		7:47.18				1982
9	Westmount - Hamilton		7:47.18				1993
10	Riverside		7:47.58				1981

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**Javelin**

**Open Girls**

1	Maggie Mullen		45.85	St. Patrick's - Sarnia		2006
2	Stephanie Doiron		40.38	F.J. Brennan		2001
3	Danielle Girard		40.22	F. J. Brennan		2000
4	Victoria Smith		40.18	Belle River		2012
5	Cindy Kavanaugh		40.02	Holy Names		2004
6	Mila Kulidzan		39.45	Riverside		2011
7	Sarah Emerson		39.32	Sandwich		2002
8	Madeline McCloskey		37.83	Essex		2014
9	Meridith Popp		38.80	Holy Names		1998
10	Victoria Smith		37.70	Belle River		2011

**Open Boy's**

1	Trevor Snyder		73.76	St. Joseph's		2001
2	Trevor Snyder		69.97	St. Joseph's		2000
3	Trevor Snyder		65.58	St. Joseph's		1999
4	Joe Pocock		64.20	F.J. Brennan		2004
5	James Daabous		60.02	Massey		2007
6	Kyle Helf		59.95	St. Thomas Aquinal - London		2004
7	Kyle Helf		59.78	St. Thomas Aquinal - London		2003
8	P.J. Chalut		56.81	F.J. Brennan		1998
9	Mike Harber		58.91	St. Joseph's		2002
10	Chris Barr		58.66	F.J. Brennan		2005

**Shot Put**

**Midget Junior Girls, 2015 became 3kg and JR**

1	Jacqueline Turner		12.11	Vincent Massey		2018
2	Avery Bathe-Minard		10.97	Sarnia Northern		2016
3	Destiny Heroux		10.87	Assumption		2016
4	Lydia Abraha		10.82	Hon. W.C. Kennedy C.I.		2016
5	Paloma Ducre		10.71	Sandwich		2016
6	Jennifer Johnstone		10.67	Chatham Kent		1998
7	Vivian Kristjansson		10.39	Sarnia Northern		2016
8	Alix Poisson		10.37	St. Joseph's		2003
9	Laura Lauzon		10.26	St. Joseph's		2000
10	Destinee Heroux		10.18	Assumption		2015

**Midget Junior Boys**

1	David Crombeen		17.22	St. Patrick's - Sarnia		1982
2	Gino Castellan		16.60	W. D. Lowe		1979
3	Dave Godbout		16.04	Villanova		1993
4	Josh Shepley		16.02	Belle River		2011
5	Sean Yang		15.87	Vincent Massey		2018

6	Devonte Turner	15.74	Vincent Massey	2016
7	Kevin Reaume	15.71	F.J. Brennan	1978
8	R. Robinson	15.55	Harrow	1986
9	Jordan Gauthier	15.46	Herman	2007
10	Fletcher Smith	15.42	Belle River	2014

Open Girl's

1	Joanne Rothery	13.82	Hon. W.C. Kennedy C.I.	1984
2	Tashi Chase	12.73	W. D. Lowe	1988
3	Tina McDonald	12.69	General Amherst	1992
4	Bonnie Brooks	12.44	Sarnia Collegiate	1985
5	N. Kwabi	12.10	F.J. Brennan	1989
6	Celeste Harris	11.97	W. D. Lowe	1981
7	Andrea Karpala	11.80	St. Anne's	2000
8	Ashley Camden	11.73	St. Patrick's - Sarnia	2001
9	Jacinta Cowan	11.64	St. Joseph's	2011
10	Alix Poisson	11.60	St. Joseph's	2005

Open Boy's

1	Kyle Helf	18.64	St. Thomas Aquinas - London	2004
2	Johnny Nielson	18.62	Seaforth	1979
3	Leroy Chambul	18.61	Birchmount - Scarborough	1977
4	Jordan Young	18.38	Massey	2011
5	Peter Rummel	18.30	Birchmount - Scarborough	1977
6	Donn Smith	17.82	Massey	1969
7	Chris Lancaster	17.64		1991
8	John Atkinson	17.63	W. F. Herman	1986
9	Kyle Helf	17.56	St. Thomas Aquinal - London	2003
10	Elio Polselli	17.53	Assumption	1968

**Long Jump**

Open Girls

1	Emily Omahen	5.68	St. Anne	2012
2	Jasmine Scott-Kilgo	5.33	Sandwich	2016
3	Sharon Ocheje	5.15	Vincent Massey	2016
4	Emily Omahen	5.14	St. Anne	2011
4	Jada Jackson	5.14	W.F. Herman	2015
6	Sierra Spadafora	5.09	Holy Names	2012
6	Lucia McElwain	5.09	Essex	2016
8	Leka Sodade	5.02	Holy Names	2014
9	Leah Panek	4.97	Sandwich	2014
9	Andreya Lafontaine	4.97	Sandwich	2018

Open Boys

1	Sebastian Smith	7.14	Sarnia Northern	2016
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2	Scott Billings	6.48	London Central	2016
3	Amari Jones	6.44	Riverside	2016
4	Evan John	6.43	Sandwich	2018
5	Mike Ascott	6.40	W.F. Herman	2012
6	Logan Panek	6.40	Sandwich	2015
7	Destin Gardner	6.39	Massey	2014
8	Marcus Cooper	6.39	Holy Names	2015
9	Tyrell Davis	6.37	Catholic Central	2012
10	Taimoor Ali	6.32	Vincent Massey	2016

#### Pole Vault

#### Open Boy's

1	Bruce Simpson	4.67	Agincourt C.I.	1969
2	Chris Lori	4.25	Winston Churchill - Toronto	1981
3	Clunas	4.10	Westminster - London	1981
4	Ted Gawinski	4.06	Northern - Sarnia	1975
5	Ken Laramie	4.02	General Amherst	1986
6	Bradley	3.96	Woburn - Toronto	1977
7	Demelo	3.90	Clarke Road - London	1980
8	Bill Fontaine	3.81	W. F. Herman	1968
8	Steve Domino	3.81	Riverside	1975
8	Schiller	3.81	Brennan	1977
8	Davis	3.81	Woburn - Toronto	1977

#### Open Girl's

1	Ema Kralik	2.95	W.F. Herman	2018
2	Ema Kralik	2.85	W.F. Herman	2016
3	Karlie Stam	2.70	Vincent Massey	2016
4	Ella Doornaert	2.65	Sandwich	2018
5	Mia Colaner	2.65	L'Essor	2018
6	Ella Doornaert	2.55	Sandwich	2016
7	Denise Bueno	2.55	Assumption	2016
8	Madison Fields	2.55	Sandwich	2016
9	Amelia Potts	2.50	Sandwich	2018
10	Brooke Meloche	2.40	Sandwich	2016
10	Sarah Wood	2.40	Sandwich	2016

#### Discus

#### Open Girl's

1	Milica Kulidzan	34.11	Riverside	2010
2	Brianna Balzer	28.74	Holy Names	2010
3	Rebecca Wynn	28.18	General Amherst	2010
4	Mary Coughlin	27.97	Villanova	2010
5	Brielle Herbert	24.30	General Amherst	2010
6	Chelsea Masson	23.49	Herman	2010
7	Bojana Radan	22.14	Kennedy Collegiate	2010
8	Rebecca Micle	21.97	General Amherst	2010
9	Jordyn Mills	21.85	Essex	2010



10	Andrea Miller	20.83 Essex	2010
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Open Boys

1	Jordan Young	54.78 Massey	2010
2	Jordan Gauthier	38.18 Herman	2010
3	Luke Chittim	37.25 Riverside	2010
4	Brett Hedges	35.42 General Amherst	2010
5	Alfonso Romero	31.61 Massey	2010
6	Anthony Limbombe	28.53 St. Anne	2010
7	Alec Raniwsky	27.65 Herman	2010
8	Greg Mullins	27.50 St. Anne	2010
9	Waseem Ghosayel	26.10 Kennedy Collegiate	2010
10	Mike Ascot	25.58 Herman	2010

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