

***Kennedy All Time***

***Top 10 Track and***

***Field***

***KCI ALL TIME TOP***

***TEN WOMEN***

**100 yard dash**

|     |                 |       |                |      |
|-----|-----------------|-------|----------------|------|
| 1)  | Joyce Willimott | 11.94 | WSSA           | 1964 |
| 2)  | Mary LaPointe   | 12.24 | SWOSSA         | 1967 |
| 3)  | Jennie Golab    | 12.44 | Border Cities  | 1929 |
| 4)  | Jane Allison    | 12.54 | WSSA           | 1963 |
| 5)  | Joan Emode      | 12.61 | Kennedy Relays | 2002 |
| 6)  | Cathy Arnott    | 12.74 | WSSA           | 1968 |
| 7)  | Amy Boudreau    | 12.89 | Kennedy Relays | 2000 |
| 8)  | Soble           | 12.94 | WSSA           | 1944 |
| 9)  | Marion Leach    | 13.04 | SWOSSA         | 1965 |
| 10) | Rachel Handsor  | 13.07 | Kennedy Relays | 2007 |

**100 m**

|                     |                 |         |                                       |      |
|---------------------|-----------------|---------|---------------------------------------|------|
| 1)                  | Cathy Arnott    | 12.74   | SWOSSA                                | 1971 |
| 2)                  | Angela Henry    | 12.84   | OFSSA Regionals                       | 1984 |
| 3)                  | Janet Brown     | 13.04   | WSSA                                  | 1981 |
| 4)                  | Ann Beatty      | 13.14   | WSSA                                  | 1979 |
| 5)                  | Joan Emode      | 13.35   | SWOSSAA                               | 2001 |
| 6)                  | Believe Allen   | 13.36   | SWOSSAA                               | 2025 |
| 7)                  | A'mya Norwood   | 13.43   | WECSSAA                               | 2025 |
| 8)                  | Stephanie Scane | 13.61   | Kennedy Relays                        | 2012 |
| 9)                  | Gina Gural      | 13.64   | WSSA                                  | 1997 |
| 10)                 | Kaia Ryerson    | 13.72   | Sandwich Allcomers #1                 | 2018 |
|                     |                 |         |                                       |      |
|                     |                 |         |                                       |      |
| <b><u>200 m</u></b> |                 |         |                                       |      |
| 1)                  | Kari Vickers    | 26.64   |                                       | 1989 |
| 2)                  | Angela Henry    | 27.04   | OFSSA Regionals                       | 1984 |
| 3)                  | Rose Daley      | 27.24   | OFSSA Regionals                       | 1984 |
| 4)                  | Joan Emode      | 27.42   | WECSSAA                               | 2003 |
| 5)                  | Ann Beatty      | 27.54   | WSSA                                  | 1979 |
| 6)                  | Stephanie Scane | 27.61   | University of Windsor<br>Allcomers #2 | 2013 |
| 7)                  | Cathy Arnott    | 27.74   | WSSA                                  | 1968 |
| 8)                  | Believe Allen   | 27.78   | WECSSAA                               | 2025 |
| 9)                  | A'mya Norwood   | 27.79   | WECSSAA                               | 2024 |
| 10)                 | Amy Boudreau    | 27.86   | WECSSAA                               | 1999 |
|                     |                 |         |                                       |      |
| <b><u>400m</u></b>  |                 |         |                                       |      |
| 1)                  | Kari Vickers    | 57.41   | OFSSA                                 | 1989 |
| 2)                  | Stephanie Scane | 57.90   | OFSSA Regionals                       | 2013 |
| 3)                  | Hannah Eberhard | 59.19   | WECSSAA                               | 2002 |
| 4)                  | Sarah Wiley     | 1:01.14 | SWOSSA                                | 1993 |
| 5)                  | Chyanne Luxford | 1:02.44 | OFSSA Regionals                       | 2007 |

|     |                |         |                 |      |
|-----|----------------|---------|-----------------|------|
| 6)  | Leah Steinke   | 1:03.94 | Essex Allcomers | 2002 |
| 7)  | Jennifer Pells | 1:04.34 | SWOSSA          | 1991 |
| 8)  | Kara Logan     | 1:04.66 | WSSA            | 1998 |
| 9)  | Sara Gilchrist | 1:04.96 | OFSAA           | 1994 |
| 10) | Ruth Emode     | 1:05.14 | WECSSAA         | 2002 |

### **800 m**

|     |                  |         |                   |      |
|-----|------------------|---------|-------------------|------|
| 1)  | Kari Vickers     | 2:13.48 | OFSAA Regionals   | 1990 |
| 2)  | Hannah Eberhard  | 2:16.92 | OFSAA             | 2002 |
| 3)  | Leah Steinke     | 2:24.05 | OFSAA Regionals   | 2003 |
| 4)  | Stephanie Scane  | 2:28.27 | WECSSAA           | 2012 |
| 5)  | Sarah Wiley      | 2:28.78 | Brennan Allcomers | 1990 |
| 6)  | Sara Brunelle    | 2:29.68 | SWOSSA            | 1997 |
| 7)  | Jennifer Nichols | 2:32.38 | SWOSSA            | 1993 |
| 8)  | Shona Davis      | 2:32.48 | SWOSSA            | 1980 |
| 9)  | Cullen           | 2:33.48 | SWOSSA            | 1974 |
| 10) | Kara Logan       | 2:33.60 | SWOSSA            | 2000 |

### **1500 m**

|     |                   |         |                 |      |
|-----|-------------------|---------|-----------------|------|
| 1)  | Leah Steinke      | 4:53.81 | SWOSSAA         | 2002 |
| 2)  | Carly Nikita      | 5:07.69 | OFSAA Regionals | 2005 |
| 3)  | Hannah Eberhard   | 5:07.98 | Essex Allcomers | 2001 |
| 4)  | Sherri Plante     | 5:12.98 | SWOSSA          | 1981 |
| 5)  | Tashina MacGuigan | 5:17.68 | WECSSAA         | 2004 |
| 6)  | Danna Perron      | 5:25.68 | WECSSAA         | 2006 |
| 7)  | Ruth Emode        | 5:25.77 | WECSSAA         | 2005 |
| 8)  | Divya Sharda      | 5:26.18 | SWOSSA          | 1994 |
| 9)  | Dalia Taquali     | 5:26.70 | SWOSSAA         | 2006 |
| 10) | Dima Taquali      | 5:27.13 | SWOSSAA         | 2006 |

### **Mile**

|     |                  |         |                |      |
|-----|------------------|---------|----------------|------|
| 1)  | Leah Steinke     | 5:18.77 | Kennedy Relays | 2002 |
| 2)  | Carly Nikita     | 5:36.99 | Kennedy Relays | 2006 |
| 3)  | Danna Perron     | 5:58.66 | Kennedy Relays | 2006 |
| 4)  | Jocelyn Nikita   | 6:07.20 | Kennedy Relays | 2002 |
| 5)  | Olivia Haworth   | 6:14.19 | Kennedy Relays | 2001 |
| 6)  | Ruth Emode       | 6:20.61 | Kennedy Relays | 2004 |
| 7)  | Deanna Cresswell | 6:38.32 | Kennedy Relays | 2014 |
| 8)  | Eni Beja         | 6:41.90 | Kennedy Relays | 2007 |
| 9)  | Cassie McArthur  | 6:49.54 | Kennedy Relays | 2005 |
| 10) | Audrey Robinson  | 6:59.26 | Kennedy Relays | 2008 |

| <b><u>3000 m</u></b>              |                   |          |                            |      |
|-----------------------------------|-------------------|----------|----------------------------|------|
| 1)                                | Leah Steinke      | 10:36.40 | Forest City Prep           | 2002 |
| 2)                                | Carly Nikita      | 11:04.98 | OFSSA Regionals            | 2006 |
| 3)                                | Hannah Eberhard   | 11:07.88 | Leamington Allcomers       | 2003 |
| 4)                                | Sherri Plante     | 11:13.78 | SWOSSA                     | 1981 |
| 5)                                | Jocelyn Nikita    | 11:40.51 | SWOSSAA                    | 2002 |
| 6)                                | Divya Sharda      | 11:48.98 | SWOSSA                     | 1994 |
| 7)                                | Dalia Taquali     | 11:51.97 | WECSSAA                    | 2006 |
| 8)                                | Tashina MacGuigan | 11:52.33 | SWOSSAA                    | 2004 |
| 9)                                | Dima Taquali      | 11:53.18 | WECSSAA                    | 2006 |
| 10)                               | Kelly Fortune     | 11:55.78 | Sandwich Allcomers         | 2010 |
| <b><u>1500 m Steeplechase</u></b> |                   |          |                            |      |
| 1)                                | Carly Nikita      | 5:31.96  | SWOSSAA                    | 2007 |
| 2)                                | Danna Perron      | 5:56.56  | SWOSSAA                    | 2006 |
| 3)                                | Tashina MacGuigan | 6:00.98  | Forest City Prep           | 2004 |
| 4)                                | Ruth Emode        | 6:35.68  | Forest City Prep           | 2004 |
| 5)                                | Cassie McArthur   | 7:09.18  | Sandwich Allcomers         | 2006 |
| <b><u>2000 m Steeplechase</u></b> |                   |          |                            |      |
| 1)                                | Hannah Eberhard   | 7:26.28  | St. Patrick's Invitational | 2002 |
| <b><u>80 m Hurdles (30")</u></b>  |                   |          |                            |      |
| 1)                                | Cathy Arnott      | 12.74    | SWOSSA                     | 1971 |
| 2)                                | Chris Fitzpatrick | 13.14    | SWOSSA                     | 1986 |
| 3)                                | Kylie Perry       | 13.59    | WECSSAA                    | 2013 |
| 4)                                | Smith             | 13.64    | SWOSSA                     | 1978 |
| 5)                                | Anastasia Giles   | 13.77    | SWOSSAA                    | 2005 |
| 6)                                | Tara Newman       | 13.84    | WSSA                       | 1997 |
| 7)                                | Hannah Eberhard   | 13.90    | WECSSAA                    | 2000 |
| 8)                                | Amy Boudreau      | 14.44    | Sandwich Allcomers         | 1999 |

|                                   |                     |         |                                       |      |
|-----------------------------------|---------------------|---------|---------------------------------------|------|
| 9)                                | Julie Radford       | 14.53   | University of Windsor<br>Allcomers #2 | 2013 |
| 10)                               | Rhiannon Hebert     | 14.71   | Sandwich Allcomers #2                 | 2017 |
| <b><u>100 m Hurdles (30")</u></b> |                     |         |                                       |      |
| 1)                                | Stephanie Scane     | 15.20   | WECSSAA                               | 2014 |
| 2)                                | Anastasia Giles     | 16.47   | WECSSAA                               | 2006 |
| 3)                                | Kathy Tsiantopoulos | 17.88   | WECSSAA                               | 1999 |
| 4)                                | Lareina Maskell     | 18.37   | SWOSSA                                | 2000 |
| 5)                                | Heather Holland     | 18.44   | Sandwich Allcomers                    | 1998 |
| 5)                                | Amy Boudreau        | 18.46   | SWOSSA                                | 2000 |
| 7)                                | Tara Newman         | 18.54   | WSSA                                  | 1998 |
| 8)                                | Venus Wong          | 18.54   | Essex Allcomers                       | 2000 |
| 9)                                | Pan Hao             | 21.04   | WECSSAA                               | 2003 |
| 10)                               | Kathy Bird          | 23.10   | WSSA                                  | 1993 |
| <b><u>300 m Hurdles (30")</u></b> |                     |         |                                       |      |
| 1)                                | Hannah Eberhard     | 45.36   | OFSSA                                 | 2001 |
| 2)                                | Sarah Wiley         | 46.54   | OFSSA Regionals                       | 1992 |
| 3)                                | Stephanie Scane     | 46.84   | OFSSA Regionals                       | 2012 |
| 4)                                | Robin Miller        | 49.84   | WSSA                                  | 1992 |
| 5)                                | Tara Newman         | 49.94   | WSSA                                  | 1996 |
| 6)                                | Sarah Gilchrist     | 50.34   | University of Windsor<br>Allcomers    | 1996 |
| 7)                                | Anastasia Giles     | 50.56   | SWOSSAA                               | 2005 |
| 8)                                | Kylie Perry         | 50.65   | OFSSA Regionals                       | 2013 |
| 9)                                | Kathy Tsiantopoulos | 51.14   | SWOSSA                                | 1997 |
| 10)                               | Alex Zouzal         | 51.55   | SWOSSAA                               | 2001 |
| <b><u>400 m Hurdles (30")</u></b> |                     |         |                                       |      |
| 1)                                | Stephanie Scane     | 1:03.56 | SWOSSAA                               | 2014 |
| 2)                                | Sarah Wiley         | 1:05.64 | OFSSA Regionals                       | 1993 |

|     |                 |         |                       |      |
|-----|-----------------|---------|-----------------------|------|
| 3)  | Hannah Eberhard | 1:08.30 | Belle River Allcomers | 2003 |
| 4)  | Anastasia Giles | 1:11.09 | SWOSSAA               | 2007 |
| 5)  | Carly Nikita    | 1:14.09 | Sandwich Allcomers    | 2006 |
| 6)  | Amy Boudreau    | 1:16.02 | WECSSAA               | 2000 |
| 7)  | Heather Holland | 1:16.64 | Sandwich Allcomers    | 1998 |
| 8)  | Danna Perron    | 1:16.90 | WECSSAA               | 2005 |
| 9)  | Venus Wong      | 1:16.98 | SWOSSAA               | 2001 |
| 10) | Nicole Vachon   | 1:17.76 | SWOSSA                | 2000 |

### Long Jump

|     |                   |      |                                    |      |
|-----|-------------------|------|------------------------------------|------|
| 1)  | Joyce Willimott   | 5.32 | SWOSSA                             | 1966 |
| 2)  | Rhiannon Hebert   | 5.27 | OFSAA Regionals                    | 2019 |
| 3)  | R. Dominate       | 4.91 | Border Cities                      | 1932 |
| 4)  | Kelly Kuzak       | 4.87 | OFSAA Regionals                    | 1999 |
| 5)  | Julie Radford     | 4.72 | University of Windsor<br>Allcomers | 2013 |
| 6)  | McPhedran         | 4.68 | WSSA                               | 1959 |
| 7)  | Willa Hyttenrauch | 4.64 | Border Cities                      | 1932 |
| 8)  | Kaia Ryerson      | 4.56 | SWOSSAA                            | 2018 |
| 9)  | Joan Emode        | 4.55 | Belle River Allcomers              | 2001 |
| 10) | Penny             | 4.53 | WSSA                               | 1945 |

### Triple Jump

|     |                 |       |                       |      |
|-----|-----------------|-------|-----------------------|------|
| 1)  | Julie Radford   | 10.75 | OFSAA Regionals       | 2013 |
| 2)  | Rhiannon Hebert | 10.65 | Sandwich Allcomers #3 | 2017 |
| 3)  | Nisha Singh     | 9.96  |                       | 1992 |
| 4)  | Linda Nguyen    | 9.80  | WECSSAA               | 1999 |
| 5)  | Anna Atkinson   | 9.79  |                       | 1989 |
| 6)  | Kelly Kuzak     | 9.70  | WECSSAA               | 1999 |
| 7)  | Tara Newman     | 9.53  | WSSA                  | 1998 |
| 8)  | Kylie Perry     | 9.30  | WECSSAA               | 2012 |
| 9)  | Danna Perron    | 8.96  | Chatham Kent Relays   | 2003 |
| 10) | Amira El-Mais   | 8.78  | WECSSAA Allcomers 3   | 2025 |

### High Jump

|                               |                   |       |                                    |      |
|-------------------------------|-------------------|-------|------------------------------------|------|
| 1)                            | Rhiannon Hebert   | 1.51  | Sandwich Allcomers #3              | 2018 |
| 2)                            | Rachel Martin     | 1.45  | Brennan Allcomers                  | 1997 |
| 2)                            | Katie Walker      | 1.45  | Brennan Allcomers                  | 1997 |
| 2)                            | Anastasia Giles   | 1.45  | St. Patrick's Invitational         | 2004 |
| 2)                            | Julie Radford     | 1.45  | University of Windsor Allcomers #3 | 2013 |
| 2)                            | A'mya Norwood     | 1.45  | WECSSAA                            | 2025 |
| 7)                            | Jody Hurst        | 1.43  | WSSA                               | 1978 |
| 8)                            | Grundy            | 1.42  | WSSA                               | 1968 |
| 9)                            | Heather Holland   | 1.40  | Brennan Allcomers                  | 1997 |
| 10)                           | Edith Stenman     | 1.37  | WSSA                               | 1946 |
| 10)                           | Brooks            | 1.37  | WSSA                               | 1951 |
| 11)                           | Willa Hyttenrauch | 1.34  | K.C.I. Stadium Inaugural Meet      | 1929 |
| 11)                           | Elsie Starling    | 1.34  | K.C.I. Field Day                   | 1936 |
| 11)                           | Wiseman           | 1.34  | WSSA                               | 1939 |
| 11)                           | Mary Weber        | 1.34  | WSSA                               | 1953 |
| <b><u>Pole Vault</u></b>      |                   |       |                                    |      |
| 1)                            | Carolyn Harris    | 2.30  | SWOSSA                             | 1999 |
| 2)                            | Tara Newman       | 2.20  | SWOSSA                             | 1998 |
| 3)                            | Julie Radford     | 2.20  | Sandwich Allcomers #2              | 2014 |
| 4)                            | Shelly Nguyen     | 2.15  | Lancer Prep                        | 2018 |
| 5)                            | Karina Ng         | 1.95  | WECSSAA                            | 1999 |
| <b><u>Shot Put (4 kg)</u></b> |                   |       |                                    |      |
| 1)                            | Joanne Rothery    | 13.96 | OFSA                               | 1984 |
| 2)                            | Lydia Abraha      | 11.03 | OFSA                               | 2018 |
| 3)                            | Abby Watkins      | 10.82 | OFSA Regionals                     | 1982 |
| 4)                            | Linda Emode       | 9.68  | Essex Allcomers                    | 2006 |
| 5)                            | Bojana Radan      | 9.16  | WECSSAA                            | 2010 |
| 6)                            | Ava Mio           | 9.10  | WECSSAA                            | 2019 |
| 7)                            | Julie Radford     | 8.93  | Sandwich Allcomers #1              | 2015 |
| 8)                            | Jennifer Pells    | 8.88  | SWOSSA                             | 1994 |
| 9)                            | Noora Khalifa     | 8.42  | Sandwich Allcomers                 | 2000 |
| 10)                           | Krystal Lauzon    | 8.31  | Kennedy Relays                     | 2006 |

**Novice/Junior  
Shot Put (3  
kg) - 4kg prior  
to 2015**

|     |                |       |                       |      |
|-----|----------------|-------|-----------------------|------|
| 1)  | Joanne Rothery | 13.57 | SWOSSA                | 1982 |
| 2)  | Lydia Abraha   | 11.60 | OFSA Regional         | 2016 |
| 3)  | Ava Mio        | 10.76 | SWOSSAA               | 2018 |
| 3)  | Abby Watkins   | 10.72 | WSSA                  | 1982 |
| 5)  | Leah Leung     | 9.63  | WECSSAA               | 2018 |
| 6)  | Shelly Nguyen  | 9.59  | WECSSAA               | 2018 |
| 7)  | Linda Emode    | 8.92  | SWOSSAA               | 2005 |
| 8)  | Emily Dwyer    | 8.81  | WECSSAA               | 2019 |
| 9)  | Noora Khalifa  | 8.42  | Sandwich Allcomers #3 | 2000 |
| 10) | Krystal Lauzon | 8.31  | Kennedy Relays        | 2006 |

**Discus (1 kg)**

|     |                       |       |                                 |      |
|-----|-----------------------|-------|---------------------------------|------|
| 1)  | Joanne Rothery        | 44.42 | SWOSSA                          | 1984 |
| 2)  | Linda Emode           | 34.32 | Leamington Allcomers            | 2007 |
| 3)  | Abby Watkins          | 33.32 | OFSA Regional                   | 1988 |
| 4)  | Bojana Radan          | 27.06 | WECSSAA                         | 2010 |
| 5)  | Lydia Abraha          | 27.05 | WECSSAA                         | 2017 |
| 6)  | Lindsey Nairn         | 26.30 | Essex Allcomers                 | 1999 |
| 7)  | Jennifer Pells        | 25.56 | University of Windsor Allcomers | 1995 |
| 8)  | Melissa Wallace       | 23.20 | WECSSAA                         | 2000 |
| 9)  | Monique Burrige       | 23.08 | SWOSSA                          | 1996 |
| 10) | Shadae Grenier-Powell | 22.70 | WECSSAA                         | 2019 |

**Javelin (600 g)**

|    |                |       |                                 |      |
|----|----------------|-------|---------------------------------|------|
| 1) | Tracey Swystun | 37.98 | SWOSSA                          | 1990 |
| 2) | Lydia Abraha   | 30.22 | The Kennedy Relays              | 2018 |
| 3) | Pan Hao        | 30.20 | Chatham Kent Relays             | 2003 |
| 4) | Linda Emode    | 29.39 | WECSSAA                         | 2007 |
| 5) | Piper          | 27.66 | WSSA                            | 1973 |
| 6) | Nina Milidrag  | 26.76 | WECSSAA                         | 2012 |
| 7) | Katie Walker   | 26.64 | University of Windsor Allcomers | 1996 |

|     |             |       |                            |      |
|-----|-------------|-------|----------------------------|------|
| 8)  | Lama Alsafi | 26.08 | St. Patrick's Invitational | 2004 |
| 9)  | Leah Leung  | 26.03 | The Kennedy Relays         | 2019 |
| 10) | Janet Visca | 25.64 | WSSA                       | 1986 |

|                             |
|-----------------------------|
| <b>KCI ALL TIME TOP TEN</b> |
| <b>MEN</b>                  |

|                      |
|----------------------|
| <b>100 yard dash</b> |
|----------------------|

|    |                  |       |                                     |      |
|----|------------------|-------|-------------------------------------|------|
| 1) | Colman Balogh    | 10.24 | WSSA                                | 1966 |
| 2) | A. Hovran        | 10.44 | WOSSA                               | 1938 |
| 3) | D. Smith         | 10.54 | Kennedy Relays                      | 1949 |
| 4) | Joe Krol         | 10.64 | K.C.I. Field Day                    | 1936 |
| 4) | H. Lee           | 10.64 | dual meet versus Central Collegiate | 1929 |
| 4) | Bob Scoren       | 10.64 | Kennedy Relays                      | 1945 |
| 7) | Jack Long        | 10.74 | K.C.I. Field Day                    | 1940 |
| 8) | Ian Donald       | 10.81 | Kennedy Relays                      | 2007 |
| 9) | John Loaring Sr. | 10.84 | WSSA                                | 1935 |
| 9) | C. Brown         | 10.84 | WSSA                                | 1935 |
| 9) | Americo Sovran   | 10.84 | K.C.I. Field Day                    | 1940 |
| 9) | Dick Benning     | 10.84 | WSSA                                | 1958 |

|              |
|--------------|
| <b>100 m</b> |
|--------------|

|     |                 |       |                                 |      |
|-----|-----------------|-------|---------------------------------|------|
| 1)  | Nicolas Tugui   | 11.07 | OFSAA Regionals                 | 2014 |
| 2)  | Joe Lobzun      | 11.24 | WSSA                            | 1981 |
| 3)  | Derrick Crane   | 11.34 | SWOSSA                          | 1990 |
| 4)  | Scott Gauthier  | 11.38 | OFSAA Regionals                 | 1994 |
| 5)  | Tin Nguyen      | 11.44 | WSSA                            | 1995 |
| 6)  | Daniel George   | 11.45 | WECSSAA                         | 2015 |
| 7)  | Brandon Chickee | 11.47 | St. Patrick's Invitational      | 2003 |
| 8)  | Ken Lobzun      | 11.54 | OFSAA Regionals                 | 1979 |
| 9)  | Nam Nguyen      | 11.64 | WSSA                            | 1997 |
| 10) | Mark Emode      | 11.67 | University of Windsor Allcomers | 2013 |

|              |
|--------------|
| <b>200 m</b> |
|--------------|

|    |               |       |       |      |
|----|---------------|-------|-------|------|
| 1) | Colman Balogh | 22.44 | OFSAA | 1965 |
|----|---------------|-------|-------|------|

|     |                 |       |                                       |      |
|-----|-----------------|-------|---------------------------------------|------|
| 2)  | Brandon Chickee | 22.50 | WECSSAA                               | 2003 |
| 3)  | Nicolas Tugui   | 22.79 | WECSSAA                               | 2013 |
| 4)  | Mark Emode      | 23.13 | University of Windsor<br>Allcomers #2 | 2013 |
| 5)  | Bill Hendershot | 23.34 | SWOSSA                                | 1964 |
| 6)  | Ken Lobzun      | 23.44 | OFSSAA Regionals                      | 1979 |
| 6)  | Scott Gauthier  | 23.44 | Brennan Allcomers                     | 1993 |
| 8)  | Bradd Ruddy     | 23.64 | WSSA West                             | 1967 |
| 8)  | Joe Lobzun      | 23.64 | WSSA                                  | 1981 |
| 10) | Doug Collins    | 23.74 | WSSA                                  | 1984 |

#### **400 m**

|     |                  |       |                            |      |
|-----|------------------|-------|----------------------------|------|
| 1)  | D. Smith         | 49.44 | WOSSA                      | 1948 |
| 2)  | Akot Aken        | 50.04 | WECSSAA                    | 2019 |
| 2)  | John Loaring Sr. | 50.24 | SWOSSA                     | 1935 |
| 4)  | Bill Hendershot  | 50.24 | WSSA                       | 1965 |
| 5)  | Ian Aseltine     | 50.32 | St. Patrick's Invitational | 2000 |
| 6)  | Tom Arnott       | 50.94 | Knights of Columbus        | 1975 |
| 7)  | Michael Manka    | 51.03 | OFSSAA Regionals           | 1999 |
| 8)  | Ron Zanin        | 51.34 | SWOSSA                     | 1965 |
| 9)  | John Kerr        | 51.54 | WOSSA                      | 1952 |
| 10) | Mark Emode       | 51.65 | WECSSAA                    | 2013 |

#### **800 m**

|     |                  |         |                  |      |
|-----|------------------|---------|------------------|------|
| 1)  | John Loaring Jr. | 1:56.38 | SWOSSA           | 1964 |
| 2)  | Cory Simard      | 1:57.31 | OFSSAA Regionals | 2012 |
| 3)  | Sinisa Simic     | 1:57.32 | WECSSAA          | 2003 |
| 4)  | Ian Aseltine     | 1:57.50 | OFSSAA Regionals | 2000 |
| 5)  | John Kerr        | 1:58.88 | OFSSAA           | 1953 |
| 6)  | Patrick Fortune  | 1:59.01 | SWOSSAA          | 2009 |
| 7)  | Donovan Shepherd | 1:59.28 | SWOSSA           | 1981 |
| 8)  | Michael Manka    | 1:59.98 | SWOSSA           | 1998 |
| 9)  | Steve Rainville  | 2:00.68 | WSSA             | 1980 |
| 10) | Magdi Tiea       | 2:01.87 | OFSSAA Regionals | 2018 |

#### **1500 m**

|    |                 |         |                            |      |
|----|-----------------|---------|----------------------------|------|
| 1) | David Weston    | 4:06.07 | WECSSAA                    | 2006 |
| 2) | Sinisa Simic    | 4:07.33 | St. Patrick's Invitational | 2003 |
| 3) | Mitchell Tome   | 4:07.87 | Lancer Prep                | 2006 |
| 4) | Steve Rainville | 4:08.68 | SWOSSA                     | 1980 |

|     |                 |         |         |      |
|-----|-----------------|---------|---------|------|
| 5)  | Patrick Fortune | 4:08.83 | WECSSAA | 2009 |
| 6)  | Cory Simard     | 4:11.20 | WECSSAA | 2012 |
| 7)  | Tom Gray        | 4:14.28 | WSSA    | 1997 |
| 8)  | Ray Holland     | 4:14.88 | WSSA    | 1977 |
| 9)  | Nate DeBono     | 4:16.77 | OFSSA   | 2004 |
| 10) | James Loaring   | 4:19.28 | SWOSSA  | 1996 |

### **1 mile**

|     |                  |         |                |      |
|-----|------------------|---------|----------------|------|
| 1)  | John Loaring Jr. | 4:26.38 | OFSSA          | 1964 |
| 2)  | Hugh Leal        | 4:35.48 | WSSA           | 1967 |
| 3)  | George Cosic     | 4:35.68 | SWOSSA         | 1968 |
| 4)  | Mitchell Tome    | 4:35.96 | Kennedy Relays | 2006 |
| 5)  | David Weston     | 4:36.34 | Kennedy Relays | 2005 |
| 6)  | Bob McRae        | 4:45.88 | Kennedy Relays | 1949 |
| 7)  | Bruce Whyte      | 4:46.58 | WSSA           | 1959 |
| 8)  | Bryan Mahoney    | 4:50.98 | WSSA           | 1963 |
| 9)  | J. Thrift        | 4:51.68 | WSSA           | 1951 |
| 10) |                  |         |                |      |

### **3000 m**

|     |                 |         |                      |      |
|-----|-----------------|---------|----------------------|------|
| 1)  | David Weston    | 8:55.77 | WECSSAA              | 2006 |
| 2)  | Steve Rainville | 8:58.08 | SWOSSA               | 1980 |
| 3)  | Mitchell Tome   | 9:06.61 | WECSSAA              | 2006 |
| 4)  | Ray Holland     | 9:09.28 | WSSA                 | 1977 |
| 5)  | Sinisa Simic    | 9:19.88 | Leamington Allcomers | 2003 |
| 6)  | Patrick Fortune | 9:28.38 | Sandwich Allcomers   | 2010 |
| 7)  | James Loaring   | 9:26.78 | SWOSSA               | 1996 |
| 8)  | Nate DeBono     | 9:34.21 | OFSSA Regionals      | 2004 |
| 9)  | Reese Butler    | 9:40.83 | SWOSSAA              | 2025 |
| 10) | Tom Gray        | 9:44.58 | SWOSSA               | 1995 |

### **1500 m Steeplechase**

|    |                 |         |                            |      |
|----|-----------------|---------|----------------------------|------|
| 1) | David Weston    | 4:33.55 | St. Patrick's Invitational | 2005 |
| 2) | Patrick Fortune | 4:40.94 | St. Patrick's Invitational | 2009 |
| 3) | Sinisa Simic    | 4:43.38 | St. Patrick's Invitational | 2001 |

|     |                 |         |                            |      |
|-----|-----------------|---------|----------------------------|------|
| 4)  | Mitchell Tome   | 4:47.59 | St. Patrick's Invitational | 2005 |
| 5)  | Cory Simard     | 4:57.26 | St. Patrick's Invitational | 2012 |
| 6)  | Barry Pizzuti   | 5:05.28 | St. Patrick's Invitational | 2001 |
| 7)  | Daryl Lundy     | 5:11.57 | St. Patrick's Invitational | 2000 |
| 8)  | Eric Ly         | 5:11.72 | St. Patrick's Invitational | 2004 |
| 9)  | Adam Pells      | 5:14.98 | Sandwich Allcomers         | 1998 |
| 10) | Bryan Boutilier | 5:17.51 | St. Patrick's Invitational | 2005 |
| 10) | Chad Nemeth     | 5:41.48 | St. Patrick's Invitational | 2001 |

**2000 m Steeplechase**

|     |                 |         |                 |      |
|-----|-----------------|---------|-----------------|------|
| 1)  | Sinisa Simic    | 6:00.71 | OFSAA           | 2003 |
| 2)  | Patrick Fortune | 6:01.96 | OFSAA Regionals | 2010 |
| 3)  | David Weston    | 6:04.39 | OFSAA           | 2006 |
| 4)  | Mitchell Tome   | 6:04.89 | OFSAA           | 2006 |
| 5)  | Cory Simard     | 6:32.59 | SWOSSAA         | 2012 |
| 6)  | Tom Gray        | 6:35.88 | OFSAA Regionals | 1997 |
| 6)  | Jack Albert     | 6:35.88 | SWOSSA          | 1999 |
| 8)  | Ben Andrews     | 6:58.92 | WECSSAA         | 2014 |
| 9)  | Reese Butler    | 7:00.79 | WECSSAA         | 2025 |
| 10) | Adam Pells      | 7:01.78 | WSSA            | 1997 |

**100 m Hurdles (33")**

|     |                      |       |                           |      |
|-----|----------------------|-------|---------------------------|------|
| 1)  | Akin Oyedele         | 14.39 | OFSAA                     | 2006 |
| 2)  | Ian Donald           | 14.74 | OFSAA Regionals           | 2004 |
| 3)  | Ardell Scott-Jackson | 14.99 | OFSAA Regionals           | 2018 |
| 4)  | Sinisa Simic         | 15.24 | Forest City Prep          | 1999 |
| 5)  | Abdullah Zafar       | 15.84 | WECSSAA                   | 2017 |
| 6)  | Dante Fornasierio    | 16.05 | SWOSSAA                   | 2012 |
| 7)  | Fraser Elsdon        | 16.54 | Essex Allcomers           | 2000 |
| 8)  | Qeante Gaines        | 16.58 | SWOSSAA                   | 2018 |
| 9)  | Michael Manka        | 16.84 | Kettle Creek Invitational | 1997 |
| 10) | Cameron Elsdon       | 17.30 | SWOSSAA                   | 2004 |

**100 m  
Hurdles (36")**

|    |              |       |                       |      |
|----|--------------|-------|-----------------------|------|
| 1) | Ian Donald   | 13.92 | OFSAA Regionals       | 2005 |
| 2) | Akin Oyedele | 14.24 | SWOSSAA               | 2007 |
| 3) | Mark Emode   | 16.20 | Sandwich Allcomers #1 | 2011 |
| 4) | Kaeden Walls | 17.62 | Sandwich Allcomers #3 | 2011 |
| 5) | Thomas Leigh | 23.66 | Sandwich Allcomers #1 | 2011 |

**110 m  
Hurdles (36")**

|     |                      |       |                                       |      |
|-----|----------------------|-------|---------------------------------------|------|
| 1)  | Tom Arnott           | 14.74 | OFSAA                                 | 1974 |
| 2)  | Ian Donald           | 14.81 | SWOSSAA                               | 2007 |
| 3)  | Akin Oyedele         | 14.83 | WECSSAA                               | 2009 |
| 4)  | Ardell Scott-Jackson | 15.77 | SWOSSAA                               | 2019 |
| 5)  | Mark Emode           | 16.05 | University of Windsor<br>Allcomers #2 | 2013 |
| 6)  | Abdullah Zafar       | 16.28 | WECSSAA                               | 2019 |
| 7)  | Sinisa Simic         | 16.36 | WECSSAA                               | 2000 |
| 8)  | Kaeden Walls         | 16.60 | SWOSSAA                               | 2013 |
| 9)  | Eric Fleury          | 17.54 | Sandwich Allcomers                    | 1997 |
| 10) | Andrew Innerd        | 17.94 | WSSA                                  | 1993 |

**110 m  
Hurdles (39")**

|     |                  |       |                                    |      |
|-----|------------------|-------|------------------------------------|------|
| 1)  | Tom Arnott       | 15.34 | WSSA                               | 1975 |
| 2)  | Adam Stibbard    | 16.47 | OFSAA Regionals                    | 2003 |
| 3)  | Andrew Innerd    | 17.04 | SWOSSA                             | 1994 |
| 4)  | Brian Porter     | 17.14 | SWOSSA                             | 1997 |
| 5)  | Shawn LeBlanc    | 17.20 | WECSSAA                            | 2000 |
| 6)  | Eric Fleury      | 18.04 | University of Windsor<br>Allcomers | 1998 |
| 7)  | Jon Abela        | 18.20 | SWOSSA                             | 2000 |
| 8)  | Brandon Chickee  | 18.24 | Belle River Allcomers              | 2002 |
| 9)  | Chris Pudlak     | 19.14 | SWOSSA                             | 1999 |
| 10) | Jordan Sylvester | 19.61 | WECSSAA                            | 2002 |

**300 m Hurdles (33")**

|     |               |       |                      |      |
|-----|---------------|-------|----------------------|------|
| 1)  | Sinisa Simic  | 39.72 | OFSAA Regionals      | 2001 |
| 2)  | Michael Manka | 39.94 | OFSAA                | 1998 |
| 3)  | Akin Oyedele  | 40.69 | OFSAA Regionals      | 2007 |
| 4)  | Ian Donald    | 40.72 | SWOSSAA              | 2005 |
| 5)  | Cole Hines    | 41.95 | OFSAA Regionals      | 2017 |
| 6)  | Matt Thorne   | 42.33 | OFSAA Regionals      | 1994 |
| 7)  | Eric Fleury   | 42.84 | SWOSSA               | 1997 |
| 8)  | Brian Porter  | 43.84 | WSSA                 | 1995 |
| 9)  | Shawn LeBlanc | 44.44 | St. Anne's Allcomers | 1998 |
| 10) | Qeante Gaines | 44.78 | SWOSSAA              | 2018 |

**400 m Hurdles (36")**

|     |               |       |             |      |
|-----|---------------|-------|-------------|------|
| 1)  | Michael Manka | 55.95 | OFSAA       | 2000 |
| 2)  | Tom Arnott    | 56.04 | SWOSSA      | 1975 |
| 3)  | Sinisa Simic  | 56.21 | SWOSSAA     | 2002 |
| 4)  | Rob Moore     | 56.64 | SWOSSA      | 1992 |
| 5)  | Akin Oyedele  | 57.02 | WECSSAA     | 2009 |
| 6)  | Ian Donald    | 57.20 | Lancer Prep | 2007 |
| 7)  | Mark Emode    | 57.28 | WECSSAA     | 2012 |
| 8)  | Matt Thorne   | 58.64 | WSSA        | 1995 |
| 9)  | Ian Aseltine  | 58.71 | WECSSAA     | 2000 |
| 10) | Shawn LeBlanc | 59.72 | WECSSAA     | 2000 |

**Long Jump**

|     |                 |      |                     |      |
|-----|-----------------|------|---------------------|------|
| 1)  | Joe Krol        | 6.83 | WOSSA               | 1938 |
| 2)  | Clark           | 6.68 | K.C.I. Field Day    | 1940 |
| 3)  | Akot Aken       | 6.68 | WECSSAA             | 2019 |
| 4)  | Mike Urban      | 6.50 | WSSA                | 1968 |
| 5)  | D.J. Simonato   | 6.45 | WECSSAA             | 2019 |
| 6)  | Dave Pennington | 6.43 | WOSSA               | 1955 |
| 7)  | Daniel George   | 6.39 | SWOSSAA             | 2015 |
| 8)  | W. Boyd         | 6.32 | WOSSA               | 1952 |
| 9)  | Andrew Russell  | 6.32 | SWOSSAA             | 2017 |
| 10) | Kerby Joseph    | 6.28 | WECSSAA Allcomers 1 | 2026 |

**Triple Jump**

|     |                |       |                  |      |
|-----|----------------|-------|------------------|------|
| 1)  | Akot Aken      | 14.26 | OFSSAA           | 2019 |
| 2)  | Ron Zanin      | 13.41 | OFSSAA           | 1965 |
| 3)  | Joe Krol       | 13.33 | WOSSA            | 1938 |
| 4)  | Andrew Russell | 13.06 | SWOSSAA          | 2017 |
| 5)  | Gino Sovan     | 13.04 | WSSA             | 1942 |
| 6)  | Sandy Roland   | 13.00 | WOSSA            | 1962 |
| 7)  | J. Londry      | 12.97 | WOSSA            | 1937 |
| 8)  | Real LeClerc   | 12.76 | WSSA             | 1985 |
| 9)  | Preston Soucie | 12.66 | OFSSAA Regionals | 2012 |
| 10) | Mike Urban     | 12.59 | WSSA West        | 1967 |

### **High Jump**

|    |                   |      |                                |      |
|----|-------------------|------|--------------------------------|------|
| 1) | Andrew Russell    | 1.93 | WECSSAA                        | 2017 |
| 2) | Chris Cieben      | 1.90 | Brennan Allcomers              | 1994 |
|    | Dylan Nanson      | 1.90 | WECSSAA                        | 2026 |
| 3) | Preston Soucie    | 1.85 | WECSSAA                        | 2014 |
| 4) | Martin Gecelovski | 1.80 | Brennan Allcomers              | 1997 |
| 5) | Joe Krol          | 1.76 | Border Cities                  | 1935 |
| 6) | Harold Jackson    | 1.75 | Border Cities                  | 1934 |
| 6) | Kirk Weber        | 1.75 | WSSA                           | 1951 |
| 6) | Tony Montague     | 1.75 | WOSSA                          | 1961 |
| 6) | Sinisa Simic      | 1.75 | York University Indoor HS Meet | 1999 |

### **Pole Vault**

|    |                 |      |                  |      |
|----|-----------------|------|------------------|------|
| 1) | Tom Arnott      | 3.71 | OFSSAA Regionals | 1975 |
| 2) | Jonathan Buller | 3.62 | SWOSSA           | 1981 |
| 3) | Vlad Borza      | 3.60 | OFSSAA Regionals | 2003 |
| 4) | Mike Urban      | 3.55 | WSSA             | 1967 |
| 5) | Stan Willimott  | 3.45 | WOSSA            | 1931 |
| 5) | Harold Jackson  | 3.45 | WOSSA            | 1934 |
| 7) | R. Leonard      | 3.42 | Border Cities    | 1931 |
| 8) | Harold Jackson  | 3.39 | WOSSA            | 1936 |
| 9) | Bill Mitchell   | 3.35 | Kennedy Relays   | 1955 |
| 9) | Larry Polsky    | 3.35 | WSSA             | 1961 |

### **Shot Put (5.45 kg)**

|    |               |       |                |      |
|----|---------------|-------|----------------|------|
| 1) | Bill Bailey   | 17.50 | OFSSAA         | 1989 |
| 2) | Vince DeMario | 16.12 | WSSA           | 1988 |
| 3) | David Watkins | 15.55 | OFSSAA         | 1981 |
| 4) | Henry Fortuna | 15.46 | SWOSSA         | 1974 |
| 5) | Len Flatley   | 14.82 | Kennedy Relays | 1960 |

|     |                |       |                |      |
|-----|----------------|-------|----------------|------|
| 5)  | Duncan Leal    | 14.82 | WSSA           | 1978 |
| 7)  | Walt Jasey     | 14.79 | WSSA           | 1965 |
| 8)  | Earl Rosenbaum | 14.66 | Kennedy Relays | 1954 |
| 9)  | Bill Mitchell  | 14.51 | Kennedy Relays | 1955 |
| 10) | Kyle Lauzon    | 14.21 | Lancer Relays  | 2007 |

**Novice/Junior  
Shot Put (4  
kg)**

|     |                   |       |                 |      |
|-----|-------------------|-------|-----------------|------|
| 1)  | David Watkins     | 15.46 | OFSSA Regionals | 1979 |
| 2)  | Bill Bailey       | 15.09 | SWOSSA          | 1985 |
| 3)  | Bruno Mantovan    | 14.92 | WSSA            | 1989 |
| 4)  | Kyle Lauzon       | 14.85 | Kennedy Relays  | 2006 |
| 5)  | Alex Stojanov     | 14.80 | OFSSA           | 1988 |
| 6)  | Duncan Leal       | 14.77 | SWOSSA          | 1976 |
| 7)  | Vince DeMario     | 14.67 | WSSA            | 1986 |
| 8)  | Justin Rajaratnam | 14.62 | OFSSA           | 1990 |
| 9)  | Joey Pitts        | 14.33 | WECSSAA         | 2004 |
| 10) | Peter Despenic    | 13.67 | WSSA            | 1982 |

**Discus (1.62  
kg)**

|     |               |       |                 |      |
|-----|---------------|-------|-----------------|------|
| 1)  | Bill Bailey   | 49.32 | OFSSA Regionals | 1989 |
| 2)  | Keith Matlock | 49.06 | OFSSA Regionals | 1985 |
| 3)  | David Watkins | 48.00 | OFSSA           | 1981 |
| 4)  | Ken Pierce    | 47.98 | OFSSA Regionals | 1982 |
| 5)  | Jim Leonard   | 46.78 | SWOSSA          | 1963 |
| 6)  | David Roth    | 45.40 | WSSA            | 1973 |
| 7)  | Herb Miller   | 44.17 | WSSA            | 1964 |
| 8)  | Tim Courtenay | 43.92 | WSSA            | 1988 |
| 9)  | Len Flatley   | 43.83 | WOSSA           | 1960 |
| 10) | Joe Vijuk     | 43.21 | SWOSSA          | 1963 |

**Novice/Junior  
Discus (1 kg)**

|    |                |       |                 |      |
|----|----------------|-------|-----------------|------|
| 1) | Sam Walls      | 54.34 | SWOSSA          | 1989 |
| 2) | David Watkins  | 45.00 | OFSSA Regionals | 1979 |
| 3) | Scott Sprague  | 44.75 | OFSSA Regionals | 1999 |
| 4) | Rob Fawcett    | 44.04 | SWOSSA          | 1987 |
| 5) | Zoran Basevski | 42.94 | OFSSA Regionals | 1990 |

|     |                |       |                     |      |
|-----|----------------|-------|---------------------|------|
| 6)  | Bill Bailey    | 42.62 | WSSA                | 1985 |
| 7)  | Vince DeMario  | 42.40 | WSSA                | 1986 |
| 8)  | Duncan Leal    | 39.77 | Knights of Columbus | 1975 |
| 9)  | Misha Ivanenko | 39.61 | SWOSSAA             | 2007 |
| 10) | Joey Pitts     | 39.26 | WECSSAA             | 2004 |

**Javelin (800 g)**

|     |                 |       |                 |      |
|-----|-----------------|-------|-----------------|------|
| 1)  | Greg Sequin     | 56.50 | OFSAA Regionals | 1990 |
| 2)  | Gord Fawcett    | 53.76 | WSSA            | 1989 |
| 3)  | Stephen Wuerch  | 53.42 | SWOSSA          | 1983 |
| 4)  | Jack Bailey     | 53.34 | OFSAA Regionals | 1990 |
| 5)  | Nick Vukotic    | 52.93 | OFSAA Regionals | 2005 |
| 6)  | Jim Leonard     | 52.14 | WSSA            | 1965 |
| 7)  | Brandon Daynard | 50.90 | Kennedy Relays  | 2004 |
| 8)  | Shawn LeBlanc   | 50.03 | Kennedy Relays  | 2000 |
| 9)  | Jim Carter      | 48.84 | SWOSSA          | 1963 |
| 10) | Derek Mercer    | 48.33 | WSSA            | 1986 |

**Novice/Junior Javelin (600 g)**

|     |                    |       |                 |      |
|-----|--------------------|-------|-----------------|------|
| 1)  | Greg Sequin        | 53.56 | OFSAA           | 1987 |
| 2)  | Brandon Daynard    | 52.80 | WECSSAA         | 2004 |
| 3)  | Jack Bailey        | 52.72 | OFSAA           | 1988 |
| 4)  | Jim Leonard        | 51.05 | WOSSA           | 1962 |
| 5)  | John Wayvon        | 50.53 | WSSA            | 1984 |
| 6)  | Richard Clapp      | 49.96 | OFSAA           | 1988 |
| 7)  | Al Flis            | 48.86 | SWOSSA          | 1985 |
| 8)  | Ryan Duffy         | 47.78 | WSSA            | 1990 |
| 9)  | Jonathan Ouellette | 45.56 | OFSAA Regionals | 2005 |
| 10) | Misha Ivanenko     | 41.89 | WECSSAA         | 2007 |