

OFSAA Track & Field Records - Midget Boys

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 10.89	Keith Dormond	Graham B. Warren JHS	North York	1981
200 metres	ET 22.28	Marcus Renford	Tommy Douglas SS	Woodbridge	2017
400 metres	ET 49.82	Ian Butcher	Bishop Reding HS	Milton	2002
400 metres	ET 49.35	Dillon Landon	Thousand Islands SS	Brockville	2017
800 metres	ET 1:53.24	Kevin Sullivan	North Park C & VS	Brantford	1989
1500 metres	ET 3:54.31	Kevin Sullivan	North Park C & VS	Brantford	1989
3000 metres	HT 8:40.3	Chris Brewster	Catholic Central HS	London	1979
3000 metres	ET 8:47.94	Thomas Witkowicz	All Saints CSS	Whitby	2015
100 m hurdles (0.838 m)	ET 13.26	Jermain Martinborough	Pickering HS	Pickering	1997
100 m hurdles (0.838 m)	ET 13.41	Liam Mather	London Central SS	London	2015
300 m hurdles (0.838 m)	ET 39.12	Jermain Martinborough	Pickering HS	Pickering	1997
300 m hurdles (0.838 m)	ET 39.99	Liam Foudy	Neil McNeil HS	Toronto	2015
4 x 100 m relay	ET 44.08	Andrew Leich, Kelsey Armstrong, Brian Emanuel, Shayne Mauricette	St. Michael's College	Toronto	1988
4 x 100 m relay	ET 44.51	Matthew Anane, Omari Morris, Oshane Thompson, Stefan Saini	Pickering HS	Pickering	2009
High jump	2.04 m	Michael Ponikvar	Denis Morris HS	St. Catharines	1995
High jump	1.95 m	Jeff Webb	Eden High School	St. Catharines	2007
Pole vault	4.45 m	Drew Barrett	King City SS	King City	1992
Pole vault	3.75 m	Joel Mueller	Ridgeway-Crystal Beach HS	Ridgeway	2012
Long jump	6.79 m	Bobby Lewelleyn	George Harvey CI	York	1986
Long jump	6.67 m	Marcus Renford	Tommy Douglas SS	Woodbridge	2017
Triple jump	14.17 m	Devon Davis	Pickering HS	Pickering	1994
Triple jump	14.17 m	Kriss Peterson	Sandwich SS	Windsor	1994
Triple jump	13.74 m	Joshua Hanghton	Marguerite d'Youville SS	Brampton	2015
Shot put (4 kg)	18.94 m	Shaun Cormier	Parry Sound HS	Parry Sound	1994
Shot put (4 kg)	16.95 m	Jackson Gray	Sarnia CI & TS	Sarnia	2006
Discus (1 kg)	58.98 m	Rob Town	Orillia DCVI	Orillia	1973
Javelin (600 gm)	63.10 m	Tom Gawinski	Sarnia Northern CI	Sarnia	1974
Javelin (600 gm)	57.95 m	Ray Dykstra	Grimsby DSS	Grimsby	2007

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OFSAA Track & Field Records - Junior Boys

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 10.53	Andre Ford-Azonwanna	J. Cardinal McGuigan CHS	Toronto	2011
200 metres	ET 21.30	Atlee Mahorn	Central Technical School	Toronto	1983
200 metres	HT 21.0	Eric Frempong	Martingrove CI	Etobicoke	1993
200 metres	ET 21.40	Andre Ford-Azonwanna	J. Cardinal McGuigan CHS	Toronto	2011
400 metres	ET 47.69	Liam Card	Saugeen DSS	Port Elgin	1997
400 metres	ET 48.46	Nathan Friginette	Blessed Pope John Paul II	Toronto	2015
800 metres	ET 1:50.35	Nathan Brannen	Preston HS	Cambridge	2000
800 metres	ET 1:54.82	Trent Sayers	Sinclair SS	Whitby	2007
1500 metres	ET 3:46.52	Kevin Sullivan	North Park C & VS	Brantford	1991
1500 metres	ET 3:55.38	Robert Denault	Aurora HS	Aurora	2009
3000 metres	ET 8:20.78	John Castellano	W. A. Porter CI	Scarborough	1983
3000 metres	HT 8:33.65	John Paul Malette	Assumption College	Windsor	2007
100 m hurdles (0.914 m)	ET 13.31	Gregory MacNeill	Mother Teresa CHS	London	2008
110 m hurdles (0.914 m)	ET 14.03	Paul Whitty	Saunders SS	London	1999
300 m hurdles (0.838 m)	ET 37.06	Troy Langevine	Agincourt CI	Scarborough	1992
300 m hurdles (0.838 m)	ET 37.86	Liam Foudy	Neil McNeil HS	Toronto	2016
4 x 100 m relay	ET 42.42	Chris Keane, Vidal Rodriguez, Greg Davis, Rayton Archer	Central Technical School	Toronto	1989
4 x 100 m relay	ET 43.39	Javon Sheriff, McHenry Eluehike, Brian Brempong, Leandro Acosta	Father Henry Carr CSS	Toronto	2017
High jump	2.14 m	Michael Ponikvar	Denis Morris HS	St. Catharines	1997
High jump	2.04 m	Michael Ponikvar	Denis Morris HS	St. Catharines	1995
Pole vault	4.55 m	Jason Wurster	Ridgeway-Crystal Beach HS	Ridgeway	2002
Pole vault	4.45 m	Drew Barrett	King City SS	King City	1992
Long jump	7.28 m	Steve Grossett	Cardinal Carter SS	Aurora	1999
Long jump	7.09 m	Mitch O'Donnell	Forest Heights CI	Kitchener	2010
Triple jump	14.90 m	Kenen Shadd	Grand River CI	Kitchener	2000
Triple jump	14.34 m	Mitch O'Donnell	Forest Heights CI	Kitchener	2010
Shot put (5.45 kg)	18.20 m	Shaun Cormier	Parry Sound HS	Parry Sound	1996
Shot put (4 kg)	19.72 m	Tim Nedow	Thousand Islands SS	Brockville	2006
Discus (1.62 kg)	53.18 m	Ernie Demarse	Assumption HS	Windsor	1975
Discus (1 kg)	70.79 m	Jordan Young	St. Joseph's HS	London	2009
Javelin (800 gm)	65.84 m	Trevor Snyder	St. Joseph's HS	Windsor	1999
Javelin (600 gm)	69.28 m	Trent Corney	Thousand Islands SS	Brockville	2009

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OFSAA Track & Field Records - Senior Boys

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 10.41	Carlton Chambers	Ascension of Our Lord CSS	Mississauga	1994
100m-visually impaired	ET 11.99	Austin Ingram	Valour JK-12 School	Petawawa	2017
100m-ambulatory	ET 12.34	Kyle Whitehouse	Kernahan Park SS	St. Catharines	2010
100m-intellectually ind	ET 11.04	Robert Pipitone	Huron Heights SS	Newmarket	2015
200 metres	ET 20.99	Oluwasegun Makinde	Colonel By SS	Ottawa	2009
200m-wheelchair	ET 33.66	Dylan Ritter	Marshall McLuhan CSS	Toronto	2015
400 metres	ET 46.89	Peter Harper	Lorne Park SS	Mississauga	1979
400 metres	ET 46.74	Khamal Stewart-Baynes	Father Henry Carr CSS	Toronto	2016
400m-wheelchair	ET 1:11.09	Dylan Ritter	Marshall McLuhan CSS	Toronto	2015
800 metres	ET 1:48.26	Andrew Heaney	Cardinal Newman CSS	Toronto	2007
800 m-visually impaired	ET 2:07.66	Nick Neri	Cardinal Leger CSS	Brampton	2016
800m-ambulatory	ET 2:10.02	Mitchell Chase	Dunbarton HS	Pickering	2016
800m - intellectually ind	ET 2:18.91	Owen Konkle	Beamsville DSS	Beamsville	2017
1500 metres	ET 3:42.33	Kevin Sullivan	North Park C & VS	Brantford	1993
3000 metres	HT 8:00.2	Greg Andersen	Parkside HS	Dundas	1987
110 m hurdles (0.914 m)	ET 13.33	Gregory MacNeill	Mother Theresa CSS	London	2010
110 m hurdles (0.991 m)	ET 13.78	Adam Kunkel	Walkerton DSS	Walkerton	2000
400 m hurdles (0.914 m)	ET 51.68	Phillip Hughes	Earl of March SS	Kanata	1985
4 x100 m relay	ET 41.20	Vishon Husbands, Aaron Hector Trejuan Fearon, Khamal Stewart-Baynes	Father Henry Carr CSS	Toronto	2016
High jump	2.24 m	Michael Ponikvar	Denis Morris HS	St. Catharines	1998
Pole vault	4.87 m	Rob Lindsay	South Carleton HS	Richmond	1984
Long jump	7.73 m	Taylor Stewart	Regina Mundi College	London	2010
Triple jump	15.76 m	George Wright	Vaughan Road CI	York	1982
Shot put (5.45 kg)	20.09 m	Mike Barnes	Saltfleet DHS	Stoney Creek	2005
Discus (1.62 kg)	62.58 m	Jason Tunks	Sir Frederick Banting HS	London	1995
Javelin (800 gm)	71.22 m	Trevor Snyder	St. Joseph's HS	Windsor	2000

OFSAA Track & Field Records - Open Boys

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
2000 m steeplechase	ET 5:37.76	Alain Boucher	ESC Algonquin	North Bay	1982
4 x 400 m relay	HT 3:10.8	Kingsley O'Henhen, Anthony Wilson, Phillip Gordon, Carl Folkes	Central Technical School	Toronto	1987

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OFSAA Track & Field Records - Midget Girls

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 12.00	Alyssa Marsh	Notre Dame CSS	Ajax	2015
200 metres	ET 24.32	Christian Brennan	St. Mary CSS	Hamilton	2010
400 metres	ET 54.63	Kyra Constantine	St. Roch CSS	Brampton	2013
800 metres	ET 2:09.58	Kailee Sawyer	Bluevale CI	Waterloo	2012
1500 metres	ET 4:28.41	Jessie Fleming	London Central SS	London	2013
3000 metres	ET 9:43.59	Cameron Ormond	Aurora HS	Aurora	2016
80 m hurdles (0.762 m)	ET 11.29	Jessica Zelinka	Sir Frederick Banting CI	London	1996
300 m hurdles (0.762 m)	ET 42.46	Jessica Zelinka	Sir Frederick Banting CI	London	1997
300 m hurdles (0.762 m)	ET 43.13	Lexi Aitken	St. Anne's CSS	Clinton	2012
4 x 100 m relay	ET 49.08	Victoria Bendle, Ashley Fader, Jessica Zelinka, Emily Carincross	Sir Frederick Banting CI	London	1997
4 x100 m relay	ET 49.36	Jenysis Gordon, Simone Wark, Altaya Abbaglivo, Ola Ehirim	Bill Crothers SS	Unionville	2012
High jump	1.75 m	Shyla Cardy	E. L. Crossley SS	Fonthill	2012
Pole Vault	3.26 m	Alysha Newman	Mother Teresa CSS	London	2009
Long jump	5.76 m	Jessica Zelinka	Sir Frederick Banting CI	London	1996
Triple jump	11.80 m	Crystal Shadd	Grand River CI	Kitchener	1991
Triple jump	11.80 m	Tabia Charles	Pine Ridge SS	Pickering	2000
Shot put (4 kg)	13.61 m	Sultana Frizell	Perth and District CI	Perth	2000
Shot put (4 kg) (new age)	12.10 m	Grace Tennant	South Lincoln HS	Smithville	2014
Shot put (3 kg)	15.92m	Trinity Tutti	Eastdale SS	Welland	2015
Discus (1 kg)	43.40 m	Trinity Tutti	Eastdale SS	Welland	2015
Javelin (600 gm)	41.52 m	Trinity Tutti	Eastdale SS	Welland	2015

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OFSAA Track & Field Records - Junior Girls

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 11.76	Angela Phipps	The Woodlands SS	Mississauga	1981
100 metres	ET 11.77	Christian Brennan	St. Mary CSS	Hamilton	2011
200 metres	ET 23.87	Christian Brennan	St. Mary CSS	Hamilton	2011
400 metres	ET 53.66	Christian Brennan	St. Mary CSS	Hamilton	2011
800 metres	ET 2:08.22	Kailee Sawyer	Bluevale CI	Waterloo	2013
1500 metres	ET 4:24.58	Jocelyn Chau	De La Salle College	Toronto	2016
3000 metres	ET 9:29.65	Brogan MacDougall	Regiopolos-Notre Dame CSS	Kingston	2016
80 m hurdles (0.762 m)	ET 11.22	Karen Nelson	Dr. F. J. Donevan CI	Oshawa	1981
80 m hurdles (0.762 m)	ET 11.24	Keira Christie-Gallaway	St. Matthew HS	Orleans	2015
300 m hurdles (0.762 m)	ET 41.66	Nadia Schmiedt	John Paul II HS	London	1994
300 m hurdles (0.762 m)	ET 42.46	Jessica Zelinka	Sir Frederick Banting CI	London	1997
4 x 100 m relay	ET 47.91	Zeticia Gill, Cherise Devers, Leanne Gonsalves, Lindsay Wilson	Mary Ward CSS	Toronto	2001
4 x 100 m relay	ET 48.34	Antoinette Sebastian, Natassa McDonald Cheyenne Wilson, Shanelle Hunnighan	David Suzuki SS	Brampton	2013
High jump	1.84 m	Julie White	Brampton Centennial SS	Brampton	1975
High jump	1.76 m	Autumn Bigger	Beamsville District SS	Beamsville	2017
Pole vault	3.75 m	Alysha Newman	Mother Teresa CSS	London	2010
Long jump	6.13 m	Nicole Ali	Woburn CI	Scarborough	1981
Long jump	5.84 m	Sarah Saldutto	Notre Dame College	Welland	2017
Triple jump	12.36 m	Tabia Charles	Pine Ridge SS	Pickering	2002
Triple jump	11.97 m	Caroline Ehrhardt	Espanola HS	Espanola	2008
Shot put (4 kg)	14.35 m	Sultana Frizell	Perth and District CI	Perth	2002
Shot put (4kg) new age rules	13.61 m	Sultana Frizell	Perth and District CI	Perth	2000
Shot put (3 kg)	16.00 m	Trinity Tutti	Eastdale SS	Welland	2016
Discus (1 kg)	45.16 m	Grace Tennant	South Lincoln HS	Smithville	2015
Javelin (600 gm)	46.60m	Margaret Griffiths	F. J. Brennan SS	Windsor	1989
Javelin (600 gm)	43.95 m	Brooke Rowland	Westside SS	Orangeville	2010

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OFSAA Track & Field Records - Senior Girls

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 11.54	Ashley Purnell	St. Mark HS	Manotick	2002
100m-ambulatory	ET 14.61	Madison Wilson-Walker	Lord Dorchester SS	North Dorchester	2015
100m-visually impaired	ET 14.01	Larissa Brown	St. Mark CHS	Manotick	2015
100m-intellectually ind	ET 13.79	Kristy Alford	Nantyr Shores SS	Innisfil	2017
200 metres	ET 23.69	Khamica Bingham	Heart Lake SS	Brampton	2012
200 metres-wheelchair	ET 44.26	Jessica Tinney	Greenwood College School	Toronto	2016
400 metres	ET 53.32	Charmaine Crooks	West Toronto SS	Toronto	1980
400 metres-wheelchair	ET 2:12.34	Jessica Tinney	Greenwood College School	Toronto	2015
800 metres	ET 2:05.94	Elise Braithwaite	Elmwood School for Girls	Ottawa	1984
800 m-ambulatory	ET 2:50.85	Sarah Gillies	Orangeville District SS	Orangeville	2017
800 m intellectually ind	ET 2:53.50	Clarista Ardiel	Almaguin Highlands SS	South River	2017
800m-visually impaired	ET 2:26.06	Kat Grgic	St. Aloysius Gonzaga HS	Mississauga	2017
1500 metres	ET 4:21.72	Laura Parkinson	Catholic Central HS	London	2017
3000 metres	ET 9:29.59	Christiane Konstantopoulos	Toronto Prep School	Toronto	2016
100 m hurdles (0.838 m)	ET 13.78	Karen Nelson	Dr. F. J. Donevan CI	Oshawa	1982
100 m hurdles (0.762 m)	ET 13.33	Kiera Christie-Galloway	St. Matthew HS	Orleans	2016
400 m hurdles (0.762 m)	ET 58.38	Mariam Abdul-Rashid	Eastdale CVI	Oshawa	2014
4 x 100 m relay	ET 47.60	Omoye Ugiagbe, Zeticia Gill, Leanne Gonsalves, Lindsay Wilson	Mary Ward CSS	Scarborough	2003
High jump	1.88 m	Julie White	Brampton Centennial SS	Brampton	1979
Pole vault	4.06 m	Alysha Newman	Mother Teresa CSS	London	2012
Long jump	6.16 m	Keron Hamilton	Burlington Central HS	Burlington	1986
Triple jump	12.78 m	Caroline Ehrhardt	Espanola HS	Espanola	2010
Shot put (4 kg)	14.86 m	Brittany Crew	Birchmount Park CI	Scarborough	2012
Discus (1 kg)	50.48 m	Grace Tennant	South Lincoln HS	Smithville	2017
Javelin (600 gm)	49.48 m	Louise Perreault	Arnprior DHS	Arnprior	1986

OFSAA Track & Field Records - Open Girls

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
4 X 400 m relay	ET 3:47.35	Lindsay Wilson, Danielle Abraham, Zeticia Gill, Omoye Ugiagbe	Mary Ward CSS	Scarborough	2002
1500 m steeplechase	ET 4:55.92	Haley Cadwallader	Sarnia CI & TS	Sarnia	2009
1500 m steeplechase	ET 4:46.54	Mikenna Vanderheyden	Strathroy District CI	Strathroy	2017

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Canadian Interscholastic Track & Field Records - Boys

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	HT 10.4	Hugh Spooner	Newtonbrook SS	North York, Ont.	1975
	HT 10.4	Desai Williams	Northview Heights SS	North York, Ont.	1978
	ET 10.41	Carlton Chambers	Ascension of Our Lord HS	Mississauga, Ont.	1994
200 metres	ET 20.95	Atlee Mahorn	Central Technical School	Toronto, Ont.	1984
400 metres	ET 46.27	Carl Folkes	Central Technical School	Toronto, Ont.	1987
800 metres	ET 1:47.14	Brandon McBride	W. F. Herman SS	Windsor, Ont.	2012
1500 metres	ET 3:42.33	Kevin Sullivan	North Park C & VS	Brantford, Ont.	1993
3000 metres	HT 8:00.2	Greg Andersen	Parkside HS	Dundas, Ont.	1987
5000 metres	ET 14:35.06	Jeff Schiebler	New Westminster HS	New Westminster, B.C.	1990
110 m hurdles (0.914 m)	ET 13.33	Gregory MacNeill	Mother Theresa CSS	London, Ont.	2010
300 m hurdles (0.838 m)	ET 37.06	Troy Langevine	Agincourt CI	Scarborough, Ont.	1992
400 m hurdles (0.914 m)	ET 51.68	Phillip Hughes	Earl of March SS	Kanata, Ont.	1985
4 x 100m relay	ET 41.20	Vishon Husbands, Aaron Hector, Trejuan Fearon, Khamal Stewart-Baynes	Father Henry Carr CSS	Toronto, Ont.	2016
4 x 400m relay	HT 3:10.8	Kingsley O'Henhen, Anthony Wilson, Phillip Gordon, Carl Folkes	Central Technical School	Toronto, Ont.	1987
1500m racewalk	ET 6:07.61	Eric Roze	Dutchess Park HS	Prince George, B.C.	1999
1500m steeplechase	HT 4:14.1	Dave Peckham	East Northumberland SS	Brighton, Ont.	1977
2000m steeplechase	ET 5:37.76	Alain Boucher	ESC Algonquin	North Bay, Ont.	1982
High Jump	2.24 m	Michael Ponikvar	Denis Morris HS	St. Catharines, Ont.	1998
Pole Vault	5.10 m	Doug Wood	F. E. Madill SS	Wingham, Ont.	1985
Long Jump	7.75 m	Brian Thomas	Central Technical School	Toronto, Ont.	1990
Triple Jump	15.76 m	George Wright	Vaughan Road CI	York, Ont.	1982
Shot Put (5.45 kg)	20.78 m	Brad Snyder	St. Joseph's HS	Windsor, Ont.	1995
Discus (1.62 kg)	64.94 m	Jason Tunks	Sir Frederick Banting HS	London, Ont.	1995
Javelin (800 gm)	73.76 m	Trevor Snyder	St. Joseph's HS	Windsor, Ont.	2001
Hammer (5.45 kg)	75.22 m	Dylan Armstrong	Westsyde HS	Kamloops, B.C.	1999
Decathlon	6685 points	Derek Evelyn	Burnaby Central HS	Burnaby, B.C.	1983

Canadian Interscholastic Track & Field Records - Girls

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	HT 11.3	Angella Taylor	Parkdale CI	Toronto, Ont.	1979
	ET 11.54	Ashley Purnell	St. Mark HS	Manotick, Ont.	2002
200 metres	ET 23.34	Raquel Tjernagel	New Westminster SS	New Westminster, BC	2015
400 metres	ET 52.52	Raquel Tjernagel	New Westminster SS	New Westminster, BC	2015
800 metres	ET 2:05.94	Elise Braithwaite	Elmwood School for Girls	Ottawa, Ont.	1984
1500 metres	ET 4:21.12	Jocelyn Chau	De La Salle College	Toronto, Ont.	2018
3000 metres	ET 9:25.86	Cameron Ormond	Aurora High School	Aurora, Ont.	2018
80 m hurdles (0.762 m)	ET 11.01	Jessica Zelinka	Sir Frederick Banting CI	London, Ont.	1998
100 m hurdles (0.838 m)	ET 13.78	Karen Nelson	Dr. F. J. Donevan CI	Oshawa, Ont.	1982
100 m hurdles (0.762 m)	ET 13.15	Jessica Zelinka	Sir Frederick Banting CI	London, Ont.	2000
300 m hurdles (0.762 m)	ET 41.66	Nadia Schmiedt	John Paul II HS	London, Ont.	1994
400 m hurdles (0.762 m)	ET 58.03	Nadia Schmiedt	John Paul II HS	London, Ont.	1995
1500m s/c previous setup	ET 4:55.92	Haley Cadwallader	Sarnia CITS	Sarnia, Ont.	2009
1500 m steeplechase	ET 4:46.54	Mikenna Vanderheyden	Strathroy District CI	Strathroy, Ont.	2017
4 x 100 m relay	ET 47.60	Omoye Ugiagbe, Zeticia Gill, Leanne Gonsalves, Lindsay Wilson	Mary Ward CSS	Scarborough, Ont.	2003
4 x 400 m relay	ET 3:47.35	Lindsay Wilson, Danielle Abraham, Zeticia Gill, Omoye Ugiagbe	Mary Ward CSS	Scarborough, Ont.	2002
1500m racewalk	ET 6:26.67	Megan Huzzey	Belmont HS	Victoria, B.C.	2003
High Jump	1.88 m	Julie White	Brampton Centennial SS	Brampton, Ont.	1979
Pole Vault	4.06 m	Alysha Newman	Mother Teresa CSS	London, Ont.	2012
Long Jump	6.16 m	Keron Hamilton	Burlington Central HS	Burlington, Ont.	1986
Triple Jump	12.78 m	Caroline Ehrhardt	Espanola HS	Espanola, Ont.	2010
Shot Put (4 kg)	14.86 m	Brittany Crew	Birchmount Park CI	Scarborough, Ont.	2012
Discus (1 kg)	52.52 m	Michelle Brotherton	Birchmount Park CI	Scarborough, Ont.	1986
Javelin (600 gm)	51.94 m	Cheryl Coker	Carleton Place HS	Carleton Place, Ont.	1984
Hammer	55.09 m	Catrina Chisholm	Seaquam SS	Delta, BC	2003
Heptathlon	5501 points	Nina Schultz	New Westminster SS	New Westminster, BC	2016

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