

OFSAA West Regionals Track & Field
Alumni Stadium, Western University - 2025-05-29 to 2025-05-30
Records

Event 1 100 Meter Dash Novice Women			
West Region	12.12	2002	Emily JOHNSON/J. F. Ross
Event 2 100 Meter Dash Novice Men			
West Region	11.18	2006	Corey CRAWLEY - A.B. Lucas
Event 3 200 Meter Dash Novice Women			
West Region	24.70	2002	Emily JOHNSON/J. F. Ross
Event 4 200 Meter Dash Novice Men			
West Region	22.55	2016	Dante Henriques - Delhi
Event 5 400 Meter Dash Novice Women			
West Region	56.03	2024	Anieu Chan - Vincent Massey
Event 6 400 Meter Dash Novice Men			
West Region	50.86	2024	David Tomlin - Woodland Christi
Event 7 800 Meter Run Novice Women			
West Region	2:10.23	2024	Anieu Chan - Vincent Massey
Event 8 800 Meter Run Novice Men			
West Region	1:55.74	1989	Kevin Sullivan/Brantford-North Park
Event 9 1500 Meter Run Novice Women			
West Region	4:33.99	1997	Erin MCLURE / Waterloo CI
Event 10 1500 Meter Run Novice Men			
West Region	4:01.00	1989	Kevin Sullivan/Brantford-North Park
Event 11 3000 Meter Run Novice Women			
West Region	9:48.0h	1986	Jennifer ARMSTRONG / London-South
Event 12 3000 Meter Run Novice Men			
West Region	8:47.3h	1979	Chris BREWSTER / London-Cath. Cen.
Event 13 80 Meter Hurdles 30" Novice Women			
West Region	11.52	1996	Jessica ZELINKA / London-Banting
Event 14 100 Meter Hurdles 33" Novice Men			
West Region	13.12	1998	Paul WHITTY / London-Saunders
Event 15 300 Meter Hurdles 30" Novice Women			
West Region	43.59	2012	Lexi Aitken - St. Anne-Clinton
Event 16 300 Meter Hurdles 33" Novice Men			
West Region	40.41	2005	Jeremy Gibbons - Herman
Event 17 High Jump Novice Women			
West Region	1.73m	1984	Leanne MADILL / Guelph-Centennial
Event 18 High Jump Novice Men			
West Region	1.90m	2007	Branden Wilhelm - Woodstock
Event 19 Pole Vault Novice Women			
West Region	2.95m	2016	Brooke Meloche - Sandwich
Event 20 Pole Vault Novice Men			
West Region	3.80m	1997	Frank KLUNDERT / Cardinal Carter
Event 21 Long Jump Novice Women			
West Region	5.78m	1996	Jessica ZELINKA / London-Banting

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Event 22 Long Jump Novice Men			
West Region	6.67m	1979	Ken BERRY / London-Laurier
Event 23 Triple Jump Novice Women			
West Region	11.53m	2011	Angela Mercurio - St.Mary's-Kitche
Event 24 Triple Jump Novice Men			
West Region	13.78m	1994	Kriss PETERSON / LaSalle-Sandwich
Event 25 Shot Put 3 kg Novice Women			
West Region	14.79m	2024	Jenna Tunks - Oakridge SS
Event 26 Shot Put 4 kg Novice Men			
West Region	18.23m	1982	Dave CROMBEEN / Sarnia-St. Patrick's
Event 27 Discus Throw 1 kg Novice Women			
West Region	49.01m	2024	Jenna Tunks - Oakridge SS
Event 28 Discus Throw 1 kg Novice Men			
West Region	55.14m	2002	Joe POCOCK/Windsor
Event 29 Javelin Throw 600 g Novice Women			
West Region	39.25m	2009	Brooke ROWLAND - Westside
Event 30 Javelin Throw 600 g Novice Men			
West Region	61.70m	1982	Dave CROMBEEN / Sarnia-St. Patrick's
Event 31 4x100 Meter Relay Novice Women			
West Region	49.76	2014	W. F. Herman - Windsor - Herman, W.F. J Jackson, S Guimond, A Traore, T Freckleton
Event 32 4x100 Meter Relay Novice Men			
West Region	45.37	2002	LASALLE-VILLANOVA
Event 33 100 Meter Dash Junior Women			
West Region	11.89	1995	Margaret FOX / Guelph-Bishop Mac.
Event 34 100 Meter Dash Junior Men			
West Region	10.60	2002	Rhoan STERLING/Galt
Event 35 200 Meter Dash Junior Women			
West Region	24.13	1995	Margaret FOX / Guelph-Bishop Mac.
Event 36 200 Meter Dash Junior Men			
West Region	21.67	1993	Chris ROBINSON / Cambridge-Hespeler
Event 37 400 Meter Dash Junior Women			
West Region	54.56	1994	Nadia SCHMEIDT / London-John Paul II
Event 38 400 Meter Dash Junior Men			
West Region	47.94	1997	Liam CARD / Port Elgin-Saugeen
Event 39 800 Meter Run Junior Women			
West Region	2:08.52	2007	Jessica Parry - C. C. London
Event 40 800 Meter Run Junior Men			
West Region	1:50.90	2000	Nathan BRANNEN / Preston HS
Event 41 1500 Meter Run Junior Women			
West Region	4:28.35	2007	Jessica Parry - C. C. London
Event 42 1500 Meter Run Junior Men			
West Region	3:49.3h	1994	Jay CANTIN / Sarnia-St. Clair

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Event 43 3000 Meter Run Junior Women

West Region 9:50.02 2001 Amy KOHLMEIER / Sarnia-St.Patrick's

Event 44 3000 Meter Run Junior Men

West Region 8:35.46 2001 Adam HORTIAN / Bluevale

Event 45 80 Meter Hurdles 30" Junior Women

West Region 11.01 1998 Jessica ZELINKA / London-Banting

Event 46 100 Meter Hurdles 36" Junior Men

West Region 13.15 2014 Joey Daniels - Cameron Heights

Event 47 300 Meter Hurdles 30" Junior Women

West Region 41.78 1994 Nadia SCHMEIDT / London-John Paul II

Event 48 300 Meter Hurdles 33" Junior Men

West Region 38.11 1996 Jeff ELLIS/Orangeville

Event 49 High Jump Junior Women

West Region 1.77m 1985 Catherine BOND / Woodstock CI

Event 50 High Jump Junior Men

West Region 2.01m 1984 Andrew MCLEAN / Arva-Medway

Event 51 Pole Vault Junior Women

West Region 3.70m 2010 Alysha Newman - Mother Teresa

Event 52 Pole Vault Junior Men

West Region 4.40m 1991 Mike NOLAN / Lord Dorchester

Event 53 Long Jump Junior Women

West Region 5.76m 1981 Tina LETOURNEAU / Windsor-Brennan

Event 54 Long Jump Junior Men

West Region 7.18m 1999 Paul WHITTY / London-Saunders

Event 55 Triple Jump Junior Women

West Region 11.94m 1995 Monique HAAN / London Christian

Event 56 Triple Jump Junior Men

West Region 15.22m 2000 Kenen SHADD / Kitchner-Grand River CI

Event 57 Shot Put 3 kg Junior Women

West Region 15.80m 2022 Julia Tunks - Oakridge

Event 58 Shot Put 4 kg Junior Men

West Region 17.80m 2024 Andrew Urquhart - Dorchester

Event 59 Discus Throw 1 kg Junior Women

West Region 53.72m 2022 Julia Tunks - Oakridge

Event 60 Discus Throw 1 kg Junior Men

West Region 61.78m 2018 Ryan Jacklin - Madill, F.E.

Event 61 Javelin Throw 600 g Junior Women

West Region 48.84m 1989 Margaret GRIFFITHS / Windsor-Brennan

Event 62 Javelin Throw 600 g Junior Men

West Region 61.10m 2009 Tyler WITHERS - Northern

Event 63 4x100 Meter Relay Junior Women

West Region 49.43 2023 Sandwich - Windsor - Sandwich
L Dicaro, E Steel-Douglas, J Bailey, S Baillargeon

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Event 64 4x100 Meter Relay Junior Men			
West Region	43.15	2002	LONDON-CATHOLIC CENTRAL
Event 65 100 Meter Dash Senior Women			
West Region	11.89	2011	Jellisa Westney - St. Benedict
Event 66 100 Meter Dash Senior Men			
West Region	10.56	2012	Devon Rittinger - Forest Heights
West Region	10.56	2025	Dakari Milks - Leamington
Event 67 200 Meter Dash Senior Women			
West Region	23.71	2017	Ashlan Best - Centennial
Event 68 200 Meter Dash Senior Men			
West Region	21.04	2025	Dakari Milks - Leamington
Event 69 400 Meter Dash Senior Women			
West Region	55.02	1985	Nadia SCHMEIDT / London-J.Paul II
Event 70 400 Meter Dash Senior Men			
West Region	46.54	2012	Brandon McBride - Herman, W.F.
Event 71 800 Meter Run Senior Women			
West Region	2:07.72	2018	Tiana LoStracco - St. James
Event 72 800 Meter Run Senior Men			
West Region	1:47.56	2012	Brandon McBride - Herman, W.F.
Event 73 1500 Meter Run Senior Women			
West Region	4:26.66	2008	Jessica PARRY - Catholic Cenral London
Event 74 1500 Meter Run Senior Men			
West Region	3:45.06	1993	Kevin SULLIVAN / Brantford-North Park
Event 75 3000 Meter Run Senior Women			
West Region	9:35.23	2017	Sevanne Ghazarian - St. Benedict
Event 76 3000 Meter Run Senior Men			
West Region	8:18.71	2022	Heath McAllister - London Central
Event 77 100 Meter Hurdles 30" Senior Women			
West Region	13.15	2000	Jessica ZELINKA / London-Banting
Event 78 110 Meter Hurdles 36" Senior Men			
West Region	13.46	2010	Greg MacNeill - Mother Teresa
Event 79 400 Meter Hurdles 30" Senior Women			
West Region	58.03	1995	Nadia SCHMEIDT / London-John Paul II
Event 80 400 Meter Hurdles 36" Senior Men			
West Region	52.37	1997	Jeff ELLIS / Orangeville
Event 81 High Jump Senior Women			
West Region	1.78m	1986	Catherine BOND / Woodstock CI
Event 82 High Jump Senior Men			
West Region	2.19m	2010	Branden Wilhelm - Woodstock
Event 83 Pole Vault Senior Women			
West Region	3.91m	2011	Alysha Newman - Mother Teresa
Event 84 Pole Vault Senior Men			
West Region	5.10m	1985	Doug WOOD / Wingham-Madill

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Event 85 Long Jump Senior Women				
West Region	6.20m	2023	Trinity Shadd-Ceres - Cameron Heights	
Event 86 Long Jump Senior Men				
West Region	7.50m	2010	Taylor Stewart - Regina Mundi	
Event 87 Triple Jump Senior Women				
West Region	12.23m	2017	Alissa Melvin - St. David	
Event 88 Triple Jump Senior Men				
West Region	15.73m	2002	Kenen SHADD/Kitchener Grand River	
Event 89 Shot Put 4 kg Senior Women				
West Region	14.52m	2024	Julia Tunks - Oakridge SS	
Event 90 Shot Put 5.443 kg Senior Men				
West Region	20.78m	1995	Brad SNYDER / Windsor - St. Joseph's	
Event 91 Discus Throw 1 kg Senior Women				
West Region	60.61m	2024	Julia Tunks - Oakridge SS	
Event 92 Discus Throw 1.613 kg Senior Men				
West Region	64.94m	1995	Jason TUNKS / London-Banting	
Event 93 Javelin Throw 600 g Senior Women				
West Region	47.56m	1997	Andrea BULAT / Windsor-Brennan	
Event 94 Javelin Throw 800 g Senior Men				
West Region	70.20m	2001	Trevor SNYDER / Windsor-St.Joseph's	
Event 95 4x100 Meter Relay Senior Women				
West Region	47.58	2025	Sandwich Secondary - Sandwich L Luvisotto, E Steel-Douglas, J Davis, J Bailey	
Event 96 4x100 Meter Relay Senior Men				
West Region	41.38	2025	Sir Frederick Banting S S - Banting, Sir F Hinnah, J Mackay, K Miller, E Charles	
Event 97 2000 Meter Steeplechase 30" Open Women				
West Region	7:16.28	2019	Elysse Fleming - London Central	
Event 98 2000 Meter Steeplechase 36" Open Men				
West Region	5:54.94	2012	Daniel Piticariu - Vincent Massey	
Event 99 4x400 Meter Relay Open Women				
West Region	3:53.30	2016	Lord Dorchester - Dorchester - Lord Dorchester M Dunn, D Earhart, M Beaudry, K Beaudry	
Event 100 4x400 Meter Relay Open Men				
West Region	3:19.22	2010	W. F. Herman S S - swhe - Herman, W.F. A Colquhoun, C Johnson, B McBride, M Savic	
Event 101 100 Meter Dash Ambulatory Women				
West Region	14.57	2016	Madison Wilson-Walker - Lord Dorchester	
Event 102 100 Meter Dash Ambulatory Men				
West Region	12.08	2006	Deric Kruse - F.E.Madill	
Event 103 100 Meter Dash Visually Imp. Women				
West Region	16.06	2014	Alexis Askin-Hunter - Sarnia	
Event 104 100 Meter Dash Visually Imp. Men				
West Region	16.03	2018	Bidhialyh Sanon - Brennan, F.J.	

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Event 105 100 Meter Dash Intellectually Imp Women

West Region 13.71 2018 Kyla Rodrigue - Woodstock

Event 106 100 Meter Dash Intellectually Imp Men

West Region 12.06 2013 Peter Snider - WCI

Event 107 200 Meter Dash Wheelchair Women

West Region 1:30.89 2018 Abbey Leblanc - MacKenzie

Event 108 200 Meter Dash Wheelchair Men

West Region 49.09 2017 Carlos Melo - C.C.H. - Windsor

Event 110 400 Meter Dash Wheelchair Men

West Region 7:59.63 2014 Cole Campbell - MacKenzie

Event 113 800 Meter Run Ambulatory Women

West Region 2:42.97 2018 Sarah Gillies - Orangeville

Event 114 800 Meter Run Ambulatory Men

West Region 2:37.33 2017 Nick Heffernan - St.Thomas Aquina

Event 115 800 Meter Run Intellectually Imp Women

West Region 2:58.08 2025 Emma Smith - North Lambton Se

Event 116 800 Meter Run Intellectually Imp Men

West Region 2:15.29 2024 Anthony Cigan - St. Josephs

Event 117 Shot Put 3 kg Wheelchair Women

West Region 1.70m 2025 Sadie Baker - Vincent Massey

Event 119 Shot Put 3 kg Visually Imp. Women

West Region 3.00m 2025 Abbi-Lynne Dufour - l'Esson

Event 120 Shot Put 4 kg Visually Imp. Men

West Region 6.76m 2025 Samuel Schreiter - Huron Park SS

Event 121 Shot Put 3 kg Ambulatory Women

West Region 4.10m 2025 Madison Beraro - Glenview Park

Event 122 Shot Put 4 kg Ambulatory Men

West Region 8.04m 2025 Jayden Grein - Villanova

Event 123 Shot Put 3 kg Intellectually Imp Women

West Region 6.28m 2023 Sarah Summers - Westminster

Event 124 Shot Put 4 kg Intellectually Imp Men

West Region 11.27m 2023 Cameron Banerjee - Banting, Sir F.