

10th Annual National Capital High School Classic Day #1 - 5/7/2020
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Terry Fox Athletic Facility

Edit Me - Records

1	Girls 100 Meter Dash Novice	12.49	5/9/2013	Remy Wade - Glebe
2	Boys 100 Meter Dash Novice	11.60	5/8/2008	Doron William - Pickering
3	Girls 100 Meter Dash Junior	12.31	5/9/2013	Alanna Hendricks - Pickering
4	Boys 100 Meter Dash Junior	11.07	5/12/2007	Segun Makinde - Colonel By
5	Girls 100 Meter Dash Senior	12.30	5/12/2007	Veronica Catry - Regiopolis
6	Boys 100 Meter Dash Senior	10.68	5/8/2008	Segun Makinde - Colonel By
7	Girls 200 Meter Dash Novice	26.27	5/7/2009	Noelle Leone-Palmer - Louis Riel
8	Boys 200 Meter Dash Novice	23.78	5/10/2012	Liam Smith - St. Mary
9	Girls 200 Meter Dash Junior	25.32	5/9/2013	Zanara McIntosh - Pickering
10	Boys 200 Meter Dash Junior	22.41	5/12/2007	Segun Makinde - Colonel By
11	Girls 200 Meter Dash Senior	24.93	5/10/2018	Sharelle Samuel - Ashbury
12	Boys 200 Meter Dash Senior	21.63	5/8/2008	Segun Makinde - Colonel By
13	Girls 400 Meter Dash Novice	59.86	5/12/2007	Sam Murphy - St. Joseph
14	Boys 400 Meter Dash Novice	53.03	5/6/2016	Alex Pope - Mother Teresa
15	Girls 400 Meter Dash Junior	58.15	5/9/2013	Erinn Stenman-Fahey - Canterbury
16	Boys 400 Meter Dash Junior	51.86	5/8/2015	Nick Bauernschmitt - Valour
17	Girls 400 Meter Dash Senior	56.89	5/8/2014	Erin Stenman-Fahey - Canterbury
18	Boys 400 Meter Dash Senior	49.52	5/7/2009	Michael Warchol - Brookfield
19	Girls 800 Meter Run Novice	2:19.81	5/8/2014	Keili Shepherd - Glebe
20	Boys 800 Meter Run Novice	2:05.26	5/5/2017	Joe Fast - Ridgemont
21	Girls 800 Meter Run Junior	2:21.00	5/7/2009	Kathryn Tuck - Colonel By
22	Boys 800 Meter Run Junior	2:03.46	5/8/2014	Jonah Hayes-Crook - West Carleton
23	Girls 800 Meter Run Senior	2:13.05	5/12/2007	Danelle Woods - Hillcrest
24	Boys 800 Meter Run Senior	1:56.12	5/8/2014	Jeremie Venne - Franco Cite
25	Girls 1500 Meter Run Novice	5:00.99	5/8/2014	Jenna Rossi - Gisele Lalonde
26	Boys 1500 Meter Run Novice	4:14.82	5/8/2008	Tristan Woodfine - Opeongo
27	Girls 1500 Meter Run Junior	4:54.46	5/4/2017	Teagan Shapansky - Glebe
28	Boys 1500 Meter Run Junior	4:11.86	5/8/2015	Reilly McCann - Franco Cite
29	Girls 1500 Meter Run Senior	4:43.69	5/7/2009	Sarah Boyd - All Saints
30	Boys 1500 Meter Run Senior	3:51.09	5/5/2011	Yves Sikubwabo - Glebe
31	Girls 3000 Meter Run Open	10:13.00	5/9/2013	Claire Smith - Glebe
32	Boys 3000 Meter Run Open	8:26.86	5/5/2011	Yves Sikubwabo - Glebe
33	Girls 80 Meter Hurdles Novice	12.63	5/12/2007	Katherine Lawrence - Pickering
34	Girls 80 Meter Hurdles Junior	12.35	5/9/2013	Alanna Hendricks - Pickering
35	Girls 100 Meter Hurdles Senior	13.79	5/5/2016	Kiera Christie-Galloway - St. Matthew
36	Boys 100 Meter Hurdles Novice	14.86	5/10/2012	Geoff Lawson - Osgoode
37	Boys 100 Meter Hurdles Junior	14.19	5/9/2013	Tresha Abrahams-Webster - Pickering
38	Boys 110 Meter Hurdles Senior	14.12	5/8/2008	Sekou Kaba - Sir Robert Borden
39	Girls 300 Meter Hurdles Novice	50.07	5/9/2013	Anne-Marie McNab - Arnprior
40	Girls 300 Meter Hurdles Junior	46.77	5/5/2016	Sharelle Samuel - Ashbury
41	Boys 300 Meter Hurdles Novice	42.99	5/7/2009	Daniel Desgrosiliers - Merivale
42	Boys 300 Meter Hurdles Junior	41.03	5/10/2012	Nathan Toman - Arnprior
43	Girls 400 Meter Hurdles Senior	1:03.74	5/10/2018	Sharelle Samuel - Ashbury
44	Boys 400 Meter Hurdles Senior	55.74	5/7/2009	Spencer Bell - Canterbury
47	Girls 4x100 Meter Relay Novice	51.03	5/12/2007	Pickering - Pickering
48	Boys 4x100 Meter Relay Novice	46.41	5/9/2013	Louis Riel - Louis Riel
49	Girls 4x100 Meter Relay Junior	50.69	5/9/2013	Pickering - Pickering
50	Boys 4x100 Meter Relay Junior	44.69	5/6/2016	Louis Riel - Louis Riel
51	Girls 4x100 Meter Relay Senior	49.52	5/7/2015	Glebe - Glebe
52	Boys 4x100 Meter Relay Senior	42.81	5/7/2009	Colonel By - Colonel By
53	Girls 4x400 Meter Relay Open	4:11.28	5/7/2015	Glebe - Glebe
54	Boys 4x400 Meter Relay Open	3:29.44	5/7/2009	Hillcrest - Hillcrest
55	Girls High Jump Novice	1.55m	5/8/2014	Haley Adams - All Saints
56	Boys High Jump Novice	1.80m	5/8/2008	David Nsabua - Louis Riel
57	Girls High Jump Junior	1.64m	5/7/2015	Haley Adams - All Saints
58	Boys High Jump Junior	1.91m	5/7/2009	David Nsabua - Louis Riel

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59	Girls High Jump Senior	1.60m	5/10/2018	Lexi Kundlace - St. Mary
60	Boys High Jump Senior	2.00m	5/8/2015	Hans Lafleur - Franco Cite
61	Girls Long Jump Novice	5.12m	5/10/2018	Dasia McDonald - Mother Teresa
62	Boys Long Jump Novice	6.16m	5/11/2018	Amara Bagate - Louis Riel
63	Girls Long Jump Junior	5.31m	5/4/2017	Kadiatou Wann - Louis Riel
64	Boys Long Jump Junior	6.40m	5/6/2016	Christopher Guessan - Louis Riel
65	Girls Long Jump Senior	5.58m	5/9/2013	Courtney Dwyer - Glebe
66	Boys Long Jump Senior	6.65m	5/9/2013	Bryson Patterson - John McCrae
67	Girls Triple Jump Open	11.69m	5/7/2009	Krista Dillon - John McCrae
68	Boys Triple Jump Open	13.67m	5/9/2013	Bryson Patterson - John McCrae
69	Girls Shot Put Novice	11.52m	5/11/2018	Corinne Abouem - Gloucester
70	Boys Shot Put Novice	13.48m	5/10/2019	Nick Mosley - West Carleton
71	Girls Shot Put Junior	11.92m	5/8/2015	Maggie Wells - Seaway
72	Boys Shot Put Junior	14.80m	5/9/2013	Yanic Joseph - Pickering
73	Girls Shot Put Senior	12.07m	5/11/2018	Erin Sweeney - Opeongo
74	Boys Shot Put Senior	16.65m	5/10/2019	Brandon Ovington - West Carleton
75	Girls Discus Throw Novice	29.90m	5/8/2014	Braiden Nichols - St. John
76	Boys Discus Throw Novice	37.77m	5/6/2016	Jacob Hardwick - Fellowes
77	Girls Discus Throw Junior	29.93m	5/8/2014	Tanya Coulter - Glebe
78	Boys Discus Throw Junior	48.64m	5/7/2009	Dennis Brianski - Notre Dame
79	Girls Discus Throw Senior	41.02m	5/12/2007	Caitlin Van Dodewaard - Renfrew
80	Boys Discus Throw Senior	47.55m	5/11/2018	Brandon Ovington - West Carleton
81	Girls Javelin Throw Novice	31.29m	5/5/2016	Madison McLean - St. Pius
82	Boys Javelin Throw Novice	43.50m	5/5/2016	Jared Elliot - St. Mary
83	Girls Javelin Throw Junior	34.43m	5/8/2014	Paula Meek - Arnprior
84	Boys Javelin Throw Junior	46.74m	5/9/2013	Kevin Larson - Mother Teresa
85	Girls Javelin Throw Senior	39.20m	5/12/2007	Katie Weston - Widdifield
86	Boys Javelin Throw Senior	59.23m	5/11/2018	Mac Douglas - Valour