

**Ravens Relays - 2025-04-24**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**

**Meet - Records**

1	Girls 100 Meter Dash Junior Varsity	12.94	2019-04-25	Katie Manor - Paul-Desmarais
2	Girls 400 Meter Dash Junior Varsity	58.64	2023-04-27	Quinn Coughlin - Opeongo
3	Girls 800 Meter Run Junior Varsity	2:24.54	2023-04-27	Quinn Coughlin - Opeongo
4	Girls 80 Meter Hurdles Junior Varsity	13.01	2018-04-26	Kate Collings - Glebe
5	Girls 4x100 Meter Relay Junior Varsity	51.49	2019-04-25	Glebe - Glebe
6	Girls High Jump Junior Varsity	1.40m	2019-04-25	Brittney Verch - Opeongo
7	Girls Long Jump Junior Varsity	4.95m	2019-04-25	Rachel Antoya - Longfields
8	Girls Shot Put Junior Varsity	11.20m	2019-04-25	Mia Hollingsworth - Longfields
9	Girls Javelin Throw Junior Varsity	30.05m	2024-04-25	Mallea McMullin - Louis-Riel
15	Girls 100 Meter Dash Varsity	12.36	2024-04-25	Fega Eruotor - Merivale
16	Girls 400 Meter Dash Varsity	1:00.52	2024-04-25	Quinn Coughlin - Opeongo
17	Girls 800 Meter Run Varsity	2:28.58	2023-04-27	Koree Yach - Arnprior
18	Girls 100 Meter Hurdles Varsity	15.48	2019-04-25	Andreanna Saint-Sauveur - Gisele-Lalonde
19	Girls 4x100 Meter Relay Varsity	51.25	2019-04-25	West Carleton - West Carleton
20	Girls High Jump Varsity	1.55m	2018-04-26	Sarah Kedves - Lambrick Park
21	Girls Long Jump Varsity	4.70m	2018-04-26	Tia Lecox - John McCrae
22	Girls Shot Put Varsity	11.50m	2019-04-25	Erin Sweeney - Opeongo
23	Girls Javelin Throw Varsity	32.21m	2018-04-26	Robin Melnyk - Sydenham
30	Girls 3000 Meter Run Open	10:19.64	2024-04-25	Grace Streek - Unattached
31	Girls 300 Meter Hurdles Open	46.93	2023-04-27	Quinn Coughlin - Opeongo
32	Girls 1500 Meter Steeplechase Open	5:09.49	2024-04-25	Grace Streek - Unattached
33	Girls 4x200 Meter Relay Open	1:56.11	2024-04-25	Louis-Riel - Louis-Riel
34	Girls Pole Vault Open	3.00m	2024-04-25	Chouikhi Balqis - Sir Wilfrid Laurier
45	Boys 100 Meter Dash Junior Varsity	11.38	2023-04-27	Will Batley - West Carleton
46	Boys 400 Meter Dash Junior Varsity	51.90	2018-04-26	Zach Bowness - St. Michael
47	Boys 800 Meter Run Junior Varsity	2:07.50	2023-04-27	Saul Taler - Glebe
48	Boys 100 Meter Hurdles Junior Varsity	13.43	2024-04-25	Taisei Tan - Unattached
49	Boys 4x100 Meter Relay Junior Varsity	47.15	2023-04-27	Colonel By - Colonel By
50	Boys High Jump Junior Varsity	1.75m	2023-04-27	Kai Guevara-Gibson - Longfields
51	Boys Long Jump Junior Varsity	5.96m	2023-04-27	Kai Guevara-Gibson - Longfields
52	Boys Shot Put Junior Varsity	13.49m	2024-04-25	Blake Edwards - St. Mary
53	Boys Javelin Throw Junior Varsity	40.42m	2024-04-25	Blake Edwards - St. Mary
60	Boys 100 Meter Dash Varsity	10.85	2024-04-25	Stephen Balson - Lisgar
61	Boys 400 Meter Dash Varsity	49.95	2024-04-25	Zachary Jeggo - Louis-Riel
62	Boys 800 Meter Run Varsity	1:58.45	2023-04-27	Nicolas Belan - Canterbury
63	Boys 110 Meter Hurdles Varsity	14.41	2019-04-25	Leewinchell Jean - Gisele-Lalonde
64	Boys 4x100 Meter Relay Varsity	45.32	2024-04-25	Louis-Riel - Louis-Riel
65	Boys High Jump Varsity	1.85m	2024-04-25	Kai Gibson - Longfields
66	Boys Long Jump Varsity	6.47m	2023-04-27	Jay Yetman - Glebe
67	Boys Shot Put Varsity	14.14m	2024-04-25	Liam Davis - Opeongo
68	Boys Javelin Throw Varsity	45.17m	2019-04-25	Andrew Sahadeo - Ridgemont
75	Boys 3000 Meter Run Open	8:44.80	2024-04-25	Saul Taler - Glebe
76	Boys 300 Meter Hurdles Open	38.71	2024-04-25	Zachary Jeggo - Glebe
77	Boys 1500 Meter Steeplechase Open	4:33.71	2018-04-26	Will Cox - Colonel By
78	Boys 4x200 Meter Relay Open	1:34.62	2023-04-27	Unattached - Unattached
79	Boys Pole Vault Open	2.10m	2024-04-25	Lucas Maynard - Louis-Riel