

**National Capital Classic Day 1 - 2025-05-08****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Meet - Records**

1	Girls 100 Meter Dash Novice	12.43	2023-05-12	Jorai Oppong-Nketiah - Pierre-de-Blois
2	Girls 200 Meter Dash Novice	25.84	2023-05-12	Jorai Oppong-Nketiah - Pierre-de-Blois
3	Girls 400 Meter Dash Novice	59.86	2007-05-12	Sam Murphy - St. Joseph
4	Girls 800 Meter Run Novice	2:18.12	2023-05-11	Ellie McGregor - Unattached
5	Girls 1500 Meter Run Novice	5:00.99	2014-05-08	Jenna Rossi - Gisele-Lalonde
6	Girls 80 Meter Hurdles Novice	12.58	2024-05-09	Tahlia Aird-Greaves - Gisele-Lalonde
7	Girls 300 Meter Hurdles Novice	50.07	2013-05-09	Annie-Marie McNab - Arnprior
8	Girls 4x100 Meter Relay Novice	51.03	2007-05-12	Pickering - Pickering
9	Girls High Jump Novice	1.55m	2014-05-08	Haley Adams - All Saints
10	Girls Long Jump Novice	5.12m	2018-05-10	Dasia McDonald - Mother Teresa
11	Girls Shot Put Novice	11.52m	2018-05-11	Corrine Abouem - Gloucester
12	Girls Discus Throw Novice	29.90m	2014-05-08	Braiden Nichols - St. John
13	Girls Javelin Throw Novice	33.10m	2024-05-10	Mallea McMullin - Louis-Riel
20	Girls 100 Meter Dash Junior	12.31	2013-05-09	Alanna Hendricks - Pickering
21	Girls 200 Meter Dash Junior	25.32	2013-05-09	Zanara McIntosh - Pickering
22	Girls 400 Meter Dash Junior	58.15	2013-05-09	Erinn Stenman-Fahey - Canterbury
23	Girls 800 Meter Run Junior	2:21.00	2009-05-07	Kathryn Tuck - Colonel By
24	Girls 1500 Meter Run Junior	4:54.26	2019-05-10	Zoe Gardiner - Glebe
25	Girls 80 Meter Hurdles Junior	12.35	2013-05-09	Alanna Hendricks - Pickering
26	Girls 300 Meter Hurdles Junior	46.77	2016-05-05	Sharelle Samuel - Ashbury
27	Girls 4x100 Meter Relay Junior	50.69	2013-05-09	Pickering - Pickering
28	Girls High Jump Junior	1.64m	2015-05-07	Haley Adams - All Saints
29	Girls Long Jump Junior	5.31m	2017-05-04	Kadiatou Wann - Louis-Riel
30	Girls Shot Put Junior	11.92m	2015-05-08	Maggie Wells - Seaway
31	Girls Discus Throw Junior	29.93m	2014-05-08	Tanya Coulter - Glebe
32	Girls Javelin Throw Junior	34.43m	2014-05-08	Paula Meek - Arnprior
34	Girls 100 Meter Dash Senior	12.30	2007-05-12	Veronica Catry - Regiopolis
40	Girls 200 Meter Dash Senior	24.93	2018-05-10	Sharelle Samuel - Ashbury
41	Girls 400 Meter Dash Senior	56.89	2014-05-08	Erinn Stenman-Fahey - Canterbury
42	Girls 800 Meter Run Senior	2:13.05	2007-05-12	Danelle Woods - Hillcrest
43	Girls 1500 Meter Run Senior	4:39.42	2022-05-06	Amelia Van Brabant - Earl of March
44	Girls 100 Meter Hurdles Senior	13.79	2016-05-05	Keira Christie-Galloway - St. Matthew
45	Girls 400 Meter Hurdles Senior	1:03.33	2023-05-11	Quinn Coughlin - Opeongo
46	Girls 4x100 Meter Relay Senior	49.52	2015-05-07	Glebe - Glebe
47	Girls High Jump Senior	1.60m	2018-05-10	Lexi Kundlace - St. Mary
48	Girls Long Jump Senior	5.58m	2013-05-09	Courtney Dwyer - Glebe
49	Girls Shot Put Senior	12.07m	2018-05-11	Erin Sweeney - Opeongo
50	Girls Discus Throw Senior	41.02m	2007-05-12	Caitlin Van Dodewaard - Renfrew
51	Girls Javelin Throw Senior	39.20m	2007-05-12	Katie Weston - Widdifield
60	Girls 3000 Meter Run Open	10:13.00	2013-05-09	Claire Smith - Glebe
61	Girls 2000 Meter Steeplechase Open	7:08.04	2024-05-09	Grace Streek - Peak Centre
62	Girls 4x400 Meter Relay Open	4:11.28	2015-05-07	Glebe - Glebe
63	Girls Triple Jump Open	11.69m	2009-05-07	Krista Dillon - John McCrae
64	Girls Pole Vault Open	2.45m	2024-05-09	Kyra Dobson-Takoff - Sir Robert Borden
75	Boys 100 Meter Dash Novice	11.34	2023-05-11	Ange-Mathis Kramo - Paul-Desmarais
76	Boys 200 Meter Dash Novice	22.79	2023-05-11	Ange-Mathis Kramo - Paul-Desmarais
77	Boys 400 Meter Dash Novice	53.03	2016-05-06	Alex Pope - Mother Teresa
78	Boys 800 Meter Run Novice	2:05.26	2017-05-05	Joe Fast - Ridgemont
79	Boys 1500 Meter Run Novice	4:14.82	2008-05-08	Tristan Woodfine - Opeongo
80	Boys 100 Meter Hurdles Novice	14.86	2012-05-10	Geoff Lawson - Osgoode
81	Boys 300 Meter Hurdles Novice	42.99	2009-05-07	Daniel Desgrosiliers - Merivale
82	Boys 4x100 Meter Relay Novice	46.41	2013-05-09	Louis-Riel - Louis-Riel
83	Boys High Jump Novice	1.80m	2008-05-08	David Nsabua - Louis-Riel
84	Boys Long Jump Novice	6.16m	2018-05-11	Amara Bagate - Louis-Riel
85	Boys Shot Put Novice	13.48m	2019-05-10	Nick Mosley - West Carleton
86	Boys Discus Throw Novice	37.77m	2016-05-06	Jacob Hardwick - Fellowes

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87	Boys Javelin Throw Novice	43.50m	2016-05-05	Jared Elliot - St. Mary
95	Boys 100 Meter Dash Junior	11.07	2007-05-12	Segun Makinde - Colonel By
96	Boys 200 Meter Dash Junior	22.41	2007-05-12	Segun Makinde - Colonel By
97	Boys 400 Meter Dash Junior	49.67	2023-05-11	Zachary Jeggo - Louis-Riel
98	Boys 800 Meter Run Junior	2:03.46	2014-05-08	Jonah Hayes-Crook - West Carleton
99	Boys 1500 Meter Run Junior	4:11.86	2015-05-08	Reilly McCann - Franco-Cite
100	Boys 100 Meter Hurdles Junior	14.07	2024-05-09	Taisei Tan - Unattached
101	Boys 300 Meter Hurdles Junior	41.03	2012-05-10	Nathan Toman - Arnprior
102	Boys 4x100 Meter Relay Junior	44.69	2016-05-06	Louis-Riel - Louis-Riel
103	Boys High Jump Junior	1.91m	2009-05-07	David Nsabua - Louis-Riel
104	Boys Long Jump Junior	6.42m	2023-05-11	Timeo Atonfo - Gisele-Lalonde
105	Boys Shot Put Junior	14.80m	2013-05-09	Yanic Joseph - Pickering
106	Boys Discus Throw Junior	48.64m	2009-05-07	Dennis Brianski - Notre Dame
107	Boys Javelin Throw Junior	46.82m	2024-05-09	William Martin - Ashbury
115	Boys 100 Meter Dash Senior	10.68	2008-05-08	Segun Makinde - Colonel By
116	Boys 200 Meter Dash Senior	21.63	2008-05-08	Segun Makinde - Colonel By
117	Boys 400 Meter Dash Senior	48.53	2024-05-09	Stephen Balson - Lisgar
118	Boys 800 Meter Run Senior	1:56.12	2014-05-08	Jeremie Venne - Franco-Cite
119	Boys 1500 Meter Run Senior	3:51.09	2011-05-05	Yves Sikubwabo - Glebe
120	Boys 110 Meter Hurdles Senior	14.12	2008-05-08	Sekou Kaba - Sir Robert Borden
121	Boys 400 Meter Hurdles Senior	54.56	2024-05-10	Zachary Jeggo - Louis-Riel
122	Boys 4x100 Meter Relay Senior	42.81	2009-05-07	Colonel By - Colonel By
123	Boys High Jump Senior	2.00m	2015-05-08	Hans Lafleur - Franco-Cite
124	Boys Long Jump Senior	6.65m	2013-05-09	Bryson Patterson - John McCrae
125	Boys Shot Put Senior	16.70m	2024-05-10	Liam Davis - Opeongo
126	Boys Discus Throw Senior	47.55m	2018-05-11	Brandon Ovington - West Carleton
127	Boys Javelin Throw Senior	59.23m	2018-05-11	Mac Douglas - Valour
135	Boys 3000 Meter Run Open	8:26.86	2011-05-05	Yves Sikubwabo - Glebe
136	Boys 2000 Meter Steeplechase Open	6:20.00	2024-05-10	Rowan Dean - North Grenville
137	Boys 4x400 Meter Relay Open	3:29.44	2009-05-07	Hillcrest - Hillcrest
138	Boys Triple Jump Open	13.67m	2013-05-09	Bryson Patterson - John McCrae
139	Boys Pole Vault Open	3.50m	2024-05-09	Eli Mordel - Sir Robert Borden