

Ravens Relays - 2026-04-23
Ottawa Lions Timing Team
Terry Fox Athletic Facility

Records

Event 1 Girls 100 Meter Dash Junior Varsity	Meet	12.56	2025-04-24	Rhianna Syllion - Arnprior
Event 2 Girls 400 Meter Dash Junior Varsity	Meet	57.83	2025-04-24	Ellie McGregor - Immaculata
Event 3 Girls 800 Meter Run Junior Varsity	Meet	2:24.54	2023-04-27	Quinn Coughlin - Opeongo
Event 4 Girls 80 Meter Hurdles Junior Varsity	Meet	12.24	2025-04-24	Rhianna Syllion - Arnprior
Event 5 Girls 4x100 Meter Relay Junior Varsity	Meet	51.49	2019-04-25	Glebe - Glebe
Event 6 Girls High Jump Junior Varsity	Meet	1.45m	2025-04-24	Danika Smith - Louis-Riel
	"	1.40m	2024-04-25	Liliana Dockter - Unattached
Event 7 Girls Long Jump Junior Varsity	Meet	5.12m	2025-04-24	Tahlia Aird - Gisele-Lalonde
Event 8 Girls Shot Put Junior Varsity	Meet	11.20m	2019-04-25	Mia Hollingsworth - Longfields
Event 9 Girls Javelin Throw Junior Varsity	Meet	30.05m	2024-04-25	Mallea McMullin - Louis-Riel
Event 15 Girls 100 Meter Dash Varsity	Meet	12.36	2024-04-25	Fega Eruotor - Merivale
Event 16 Girls 400 Meter Dash Varsity	Meet	57.87	2025-04-24	Quinn Coughlin - Opeongo
Event 17 Girls 800 Meter Run Varsity	Meet	2:28.58	2023-04-27	Koree Yach - Arnprior
Event 18 Girls 100 Meter Hurdles Varsity	Meet	15.48	2019-04-25	Andreanna Saint-Sauveur - Gisele-Lalonde
Event 19 Girls 4x100 Meter Relay Varsity	Meet	51.25	2019-04-25	West Carleton - West Carleton
Event 20 Girls High Jump Varsity	Meet	1.55m	2018-04-26	Sarah Kedves - Lambrick Park
	"	1.55m	2025-04-24	Waverley Lyons - Glebe
Event 21 Girls Long Jump Varsity	Meet	4.83m	2025-04-24	Deborah Adeleye - Ashbury
Event 22 Girls Shot Put Varsity	Meet	11.50m	2019-04-25	Erin Sweeney - Opeongo
Event 23 Girls Javelin Throw Varsity	Meet	32.21m	2018-04-26	Robin Melnyk - Sydenham
Event 30 Girls 3000 Meter Run Open	Meet	10:19.64	2024-04-25	Grace Streek - Unattached
Event 31 Girls 300 Meter Hurdles Open	Meet	43.97	2025-04-24	Quinn Coughlin - Opeongo

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Event 32 Girls 1500 Meter Steeplechase Open

Meet	5:09.49	2024-04-25	Grace Streek - Unattached
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Event 33 Girls 4x200 Meter Relay Open

Meet	1:55.43	2025-04-24	Louis-Riel - Louis-Riel
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Event 34 Girls Pole Vault Open

Meet	3.00m	2024-04-25	Chouikhi Balqis - Sir Wilfrid Laurier
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Event 45 Boys 100 Meter Dash Junior Varsity

Meet	11.38	2023-04-27	Will Batley - West Carleton
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Event 46 Boys 400 Meter Dash Junior Varsity

Meet	51.90	2018-04-26	Zach Bowness - St. Michael
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Event 47 Boys 800 Meter Run Junior Varsity

Meet	2:07.50	2023-04-27	Saul Taler - Glebe
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Event 48 Boys 100 Meter Hurdles Junior Varsity

Meet	13.43	2024-04-25	Taisei Tan - Unattached
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Event 49 Boys 4x100 Meter Relay Junior Varsity

Meet	47.15	2023-04-27	Colonel By - Colonel By
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Event 50 Boys High Jump Junior Varsity

Meet	1.75m	2023-04-27	Kai Guevara-Gibson - Longfields
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Event 51 Boys Long Jump Junior Varsity

Meet	5.96m	2023-04-27	Kai Guevara-Gibson - Longfields
"	5.96m	2023-04-27	Aleem Khaida - Colonel By

Event 52 Boys Shot Put Junior Varsity

Meet	13.49m	2024-04-25	Blake Edwards - St. Mary
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Event 53 Boys Javelin Throw Junior Varsity

Meet	40.54m	2025-04-24	Marcus Kunstadt-Landon - Ashbury
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Event 60 Boys 100 Meter Dash Varsity

Meet	10.85	2024-04-25	Stephen Balson - Lisgar
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Event 61 Boys 400 Meter Dash Varsity

Meet	49.45	2025-04-24	Ange-Mathis Kramo - Paul-Desmarais
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Event 62 Boys 800 Meter Run Varsity

Meet	1:58.45	2023-04-27	Nicolas Belan - Canterbury
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Event 63 Boys 110 Meter Hurdles Varsity

Meet	14.41	2019-04-25	Leewinchell Jean - Gisele-Lalonde
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Event 64 Boys 4x100 Meter Relay Varsity

Meet	44.64	2025-04-24	Louis-Riel - Louis-Riel
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Event 65 Boys High Jump Varsity

Meet	1.90m	2025-04-24	Fallo Douramodo - Immaculata
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Event 66 Boys Long Jump Varsity

Meet	6.47m	2023-04-27	Jay Yetman - Glebe
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Event 67 Boys Shot Put Varsity

Meet	14.33m	2025-04-24	Daniel Mikwete - Immaculata
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Event 68 Boys Javelin Throw Varsity				
Meet	46.50m	2025-04-24	William Martin - Ashbury	
Event 75 Boys 3000 Meter Run Open				
Meet	8:44.80	2024-04-25	Saul Taler - Glebe	
Event 76 Boys 300 Meter Hurdles Open				
Meet	38.66	2025-04-24	Zachary Jeggo - Louis-Riel	
Event 77 Boys 1500 Meter Steeplechase Open				
Meet	4:33.71	2018-04-26	Will Cox - Colonel By	
Event 78 Boys 4x200 Meter Relay Open				
Meet	1:34.62	2023-04-27	Unattached - Unattached	
Event 79 Boys Pole Vault Open				
Meet	2.10m	2024-04-25	Lucas Maynard - Louis-Riel	
Event 80 Mixed 4x400 Meter Relay Open				
Meet	4:10.91	2025-04-24	Paul-Desmarais - Paul-Desmarais	