

uOttawa High School Invitational Day 1 - 2026-04-30
Ottawa Lions Timing Team
Terry Fox Athletic Facility
Records

Event 1 Girls 100 Meter Dash Novice	Meet	12.48	2024-05-02	Rhianna Syllion - Arnprior
Event 2 Girls 200 Meter Dash Novice	Meet	25.80	2023-05-05	Jorai Oppong-Nketiah - Pierre-de-Blois
Event 3 Girls 400 Meter Dash Novice	Meet	1:00.83	2012-05-03	Erinn Stenman-Fahey - Canterbury
Event 4 Girls 800 Meter Run Novice	Meet	2:30.69	2025-05-01	Alexandra Harris - John McCrae
Event 5 Girls 1500 Meter Run Novice	Meet	5:00.74	2024-05-02	Bianca Arabackyj - Unattached
Event 6 Girls 80 Meter Hurdles Novice	Meet	12.57	2024-05-02	Genelia Bolambo - St. Paul
Event 7 Girls 4x100 Meter Relay Novice	Meet	52.57	2024-05-03	Holy Trinity - Holy Trinity
Event 8 Girls High Jump Novice	Meet	1.55m	2014-05-01	Haley Adams - All Saints
Event 9 Girls Long Jump Novice	Meet	4.72m	2008-05-01	Divya Biswal - Sir Robert Borden
Event 10 Girls Shot Put Novice	Meet	11.13m	2018-05-03	Corinne Abouem - Gloucester
Event 11 Girls Discus Throw Novice	Meet	26.26m	2009-04-30	Eilish MacDonald - Merivale
Event 12 Girls Javelin Throw Novice	Meet	28.89m	2008-05-01	Christine Ausman - De La Salle
Event 20 Girls 100 Meter Dash Junior	Meet	11.99	2024-05-02	Jorai Oppong-Nketiah - Pierre-de-Blois
Event 21 Girls 200 Meter Dash Junior	Meet	25.34	2024-05-02	Jorai Oppong-Nketiah - Pierre-de-Blois
Event 22 Girls 400 Meter Dash Junior	Meet	59.75	2012-05-03	Alexandra Telford - Home
Event 23 Girls 800 Meter Run Junior	Meet	2:28.35	2022-04-28	Lauren Alexander - Glebe
Event 24 Girls 1500 Meter Run Junior	Meet	4:58.82	2025-05-01	Bianca Arabackyj - De La Salle
Event 25 Girls 80 Meter Hurdles Junior	Meet	12.40	2025-05-01	Tahlia Aird - Gisele-Lalonde
Event 26 Girls 4x100 Meter Relay Junior	Meet	51.29	2012-05-03	Pickering - Pickering
Event 27 Girls High Jump Junior	Meet	1.63m	2015-05-02	Haley Adams - All Saints
Event 28 Girls Long Jump Junior	Meet	5.11m	2011-04-28	Clara Phillips - Brookfield

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Event 29 Girls Shot Put Junior	Meet	11.20m	2017-04-27	Madison McLean - St. Pius X
Event 30 Girls Discus Throw Junior	Meet	29.40m	2012-05-03	Jessica Woloszyn - St. Joseph
Event 31 Girls Javelin Throw Junior	Meet	35.61m	2017-04-27	Madison McLean - St. Pius X
Event 40 Girls 100 Meter Dash Senior	Meet	12.11	2024-05-02	Fega Eruotor - Merivale
Event 41 Girls 200 Meter Dash Senior	Meet	25.48	2024-05-02	Fega Eruotor - Merivale
Event 42 Girls 400 Meter Dash Senior	Meet	56.47	2018-05-03	Sharelle Samuel - Ashbury
Event 43 Girls 800 Meter Run Senior	Meet	2:20.53	2025-05-01	Shannon Dewar - St. Francis
Event 44 Girls 1500 Meter Run Senior	Meet	4:51.16	2024-05-02	Grace Streek - Peak Centre
Event 45 Girls 100 Meter Hurdles Senior	Meet	14.33	2009-04-30	Ashlea Maddex - Rockland
Event 46 Girls 400 Meter Hurdles Senior	Meet	1:04.84	2014-05-01	Alexia Lamothe - Cairine Wilson
Event 47 Girls 4x100 Meter Relay Senior	Meet	49.89	2012-05-03	Ashbury - Ashbury
Event 48 Girls High Jump Senior	Meet	1.66m	2015-05-02	Emily Sprague - Canterbury
Event 49 Girls Long Jump Senior	Meet	5.30m	2011-04-28	Julia Stille - Lisgar
Event 50 Girls Shot Put Senior	Meet	12.16m	2007-05-06	Caitlin Van Dodewaard - Renfrew
Event 51 Girls Discus Throw Senior	Meet	41.57m	2007-05-06	Caitlin Van Dodewaard - Renfrew
Event 52 Girls Javelin Throw Senior	Meet	38.61m	2018-05-03	Madison McLean - St. Pius X
Event 60 Girls 3000 Meter Run Open	Meet	10:12.04	2023-05-05	Olivia Baggley - Gloucester
Event 61 Girls 300 Meter Hurdles Open	Meet	43.70	2025-05-01	Quinn Coughlin - Opeongo
Event 62 Girls 1600 Sprint Medley Open	Meet	4:25.59	2024-05-02	Arnprior - Arnprior
Event 63 Girls Pole Vault Open	Meet	2.75m	2024-05-02	Balqis Chouikhi - Sir Wilfird Laurier
Event 64 Girls Triple Jump Open	Meet	10.83m	2024-05-02	Deborah Adeleye - Ashbury

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Meet 11.59 2008-05-01 Dieulevent Mufuta - Franco-Cite

Event 76 Boys 200 Meter Dash Novice

Meet 22.87 2025-05-01 Maxime Cazabon - Unattached

Event 77 Boys 400 Meter Dash Novice

Meet 53.85 2013-05-02 Muhindo Muhima - Woodroffe

" 53.85 2017-04-27 Joe Fast - Ridgemont

Event 78 Boys 800 Meter Run Novice

Meet 2:08.99 2022-04-28 Malachi Kenny - Bishop Smith

Event 79 Boys 1500 Meter Run Novice

Meet 4:26.37 2009-04-30 Adam Palamar - Merivale

Event 80 Boys 100 Meter Hurdles Novice

Meet 15.05 2012-05-03 Darnel Jarrett - Pickering

Event 81 Boys 4x100 Meter Relay Novice

Meet 46.71 2012-05-03 Pickering - Pickering

Event 82 Boys High Jump Novice

Meet 1.75m 2009-04-30 Alejan Prescott-Cornejo - Merivale

Event 83 Boys Long Jump Novice

Meet 6.11m 2014-05-01 Eric Mitchell - Notre Dame

Event 84 Boys Shot Put Novice

Meet 13.75m 2008-05-01 Eric Barnes - St. Mary

Event 85 Boys Discus Throw Novice

Meet 41.07m 2024-05-03 Raine Bradley - Chippewa

Event 86 Boys Javelin Throw Novice

Meet 43.75m 2009-04-30 Brennan Inglis - Renfrew

Event 95 Boys 100 Meter Dash Junior

Meet 11.09 2024-05-02 Ange-Mathis Kramo - Paul-Desmarais

Event 96 Boys 200 Meter Dash Junior

Meet 22.42 2024-05-02 Ange-Mathis Kramo - Paul-Desmarais

Event 97 Boys 400 Meter Dash Junior

Meet 51.72 2009-04-30 Isaiah Moses - Gloucester

Event 98 Boys 800 Meter Run Junior

Meet 2:02.50 2023-05-05 Malachi Kenny - Bishop Smith

Event 99 Boys 1500 Meter Run Junior

Meet 4:17.99 2009-04-30 Mohamed Souleiman - Louis-Riel

Event 100 Boys 100 Meter Hurdles Junior

Meet 14.10 2011-04-28 Yazin Joseph - Pickering

Event 101 Boys 4x100 Meter Relay Junior

Meet 45.78 2016-04-28 Louis-Riel - Louis-Riel

Event 102 Boys High Jump Junior

Meet 1.85m 2012-05-03 Aymen Sayed - Canterbury

" 1.85m 2024-05-02 Beni Nkongolo - Immaculata

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Event 103 Boys Long Jump Junior	Meet	6.80m	2015-05-02	Eric Mitchell - Notre Dame
Event 104 Boys Shot Put Junior	Meet	15.53m	2017-04-27	Brandon Ovington - West Carleton
Event 105 Boys Discus Throw Junior	Meet	46.68m	2009-04-30	James Illingworth - Almonte
Event 106 Boys Javelin Throw Junior	Meet	48.47m	2017-04-27	Jeremy Caya - L'Heritage
Event 115 Boys 100 Meter Dash Senior	Meet	10.60	2025-05-01	Will Batley - West Carleto
Event 116 Boys 200 Meter Dash Senior	Meet	21.25	2025-05-01	Will Batley - West Carleto
Event 117 Boys 400 Meter Dash Senior	Meet	48.73	2009-04-30	Segun Makinde - Colonel By
Event 118 Boys 800 Meter Run Senior	Meet	1:55.43	2025-05-01	Daniel Cova - Louis-Riel
Event 119 Boys 1500 Meter Run Senior	Meet	3:54.88	2025-05-01	Daniel Cova - Louis-Riel
Event 120 Boys 110 Meter Hurdles Senior	Meet	14.50	2007-05-06	Simon Leveille - Corsaire-Chaparral
Event 121 Boys 400 Meter Hurdles Senior	Meet	55.80	2009-04-30	Spencer Bell - Canterbury
Event 122 Boys 4x100 Meter Relay Senior	Meet	43.59	2024-05-03	Louis-Riel - Louis-Riel
Event 123 Boys High Jump Senior	Meet	1.96m	2009-04-30	Spencer Da Costa - Earl of March
Event 124 Boys Long Jump Senior	Meet	7.00m	2009-04-30	Brian Okeny - Lester B. Pearson
Event 125 Boys Shot Put Senior	Meet	17.52m	2019-05-03	Brandon Ovington - West Carleton
Event 126 Boys Discus Throw Senior	Meet	45.95m	2011-04-28	Dennis Brianski - Notre Dame
Event 127 Boys Javelin Throw Senior	Meet	55.16m	2007-03-05	Patrick Arbour - Sacred Heart
Event 135 Boys 3000 Meter Run Open	Meet	8:40.10	2012-05-03	Xavier King - Pickering
Event 136 Boys 300 Meter Hurdles Open	Meet	38.24	2025-05-01	Zachary Jeggo - Louis-Riel
Event 137 Boys 1600 Sprint Medley Open	Meet	3:42.75	2015-05-02	Louis-Riel - Louis-Riel
Event 138 Boys Pole Vault Open	Meet	3.45m	2024-05-02	Eli Mordel - Sir Robert Borden

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Event 139 Boys Triple Jump Open

Meet 12.05m 2024-05-02 David Foster - John McCrae