

**National Capital Classic Day 1 - 2026-05-07**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Records**

|                                                |      |         |            |                                        |
|------------------------------------------------|------|---------|------------|----------------------------------------|
| <b>Event 1 Girls 100 Meter Dash Novice</b>     | Meet | 12.43   | 2023-05-12 | Jorai Oppong-Nketiah - Pierre-de-Blois |
| <b>Event 2 Girls 200 Meter Dash Novice</b>     | Meet | 25.84   | 2023-05-12 | Jorai Oppong-Nketiah - Pierre-de-Blois |
| <b>Event 3 Girls 400 Meter Dash Novice</b>     | Meet | 59.86   | 2007-05-12 | Sam Murphy - St. Joseph                |
| <b>Event 4 Girls 800 Meter Run Novice</b>      | Meet | 2:18.12 | 2023-05-11 | Ellie McGregor - Unattached            |
| <b>Event 5 Girls 1500 Meter Run Novice</b>     | Meet | 5:00.99 | 2014-05-08 | Jenna Rossi - Gisele-Lalonde           |
| <b>Event 6 Girls 80 Meter Hurdles Novice</b>   | Meet | 12.58   | 2024-05-09 | Tahlia Aird-Greaves - Gisele-Lalonde   |
| <b>Event 7 Girls 300 Meter Hurdles Novice</b>  | Meet | 50.07   | 2013-05-09 | Annie-Marie McNab - Arnprior           |
| <b>Event 8 Girls 4x100 Meter Relay Novice</b>  | Meet | 51.03   | 2007-05-12 | Pickering - Pickering                  |
| <b>Event 9 Girls High Jump Novice</b>          | Meet | 1.55m   | 2014-05-08 | Haley Adams - All Saints               |
| <b>Event 10 Girls Long Jump Novice</b>         | Meet | 5.12m   | 2018-05-10 | Dasia McDonald - Mother Teresa         |
| <b>Event 11 Girls Shot Put Novice</b>          | Meet | 11.52m  | 2018-05-11 | Corrine Abouem - Gloucester            |
| <b>Event 12 Girls Discus Throw Novice</b>      | Meet | 29.90m  | 2014-05-08 | Braiden Nichols - St. John             |
| <b>Event 13 Girls Javelin Throw Novice</b>     | Meet | 33.10m  | 2024-05-10 | Mallea McMullin - Louis-Riel           |
| <b>Event 20 Girls 100 Meter Dash Junior</b>    | Meet | 12.31   | 2013-05-09 | Alanna Hendricks - Pickering           |
| <b>Event 21 Girls 200 Meter Dash Junior</b>    | Meet | 25.32   | 2013-05-09 | Zanara McIntosh - Pickering            |
| <b>Event 22 Girls 400 Meter Dash Junior</b>    | Meet | 58.15   | 2013-05-09 | Erinn Stenman-Fahey - Canterbury       |
| <b>Event 23 Girls 800 Meter Run Junior</b>     | Meet | 2:21.00 | 2009-05-07 | Kathryn Tuck - Colonel By              |
| <b>Event 24 Girls 1500 Meter Run Junior</b>    | Meet | 4:54.26 | 2019-05-10 | Zoe Gardiner - Glebe                   |
| <b>Event 25 Girls 80 Meter Hurdles Junior</b>  | Meet | 11.92   | 2025-05-08 | Rhianna Syllion - Arnprior             |
| <b>Event 26 Girls 300 Meter Hurdles Junior</b> | Meet | 46.77   | 2016-05-05 | Sharelle Samuel - Ashbury              |
| <b>Event 27 Girls 4x100 Meter Relay Junior</b> | Meet | 50.69   | 2013-05-09 | Pickering - Pickering                  |

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| <b>Event 28 Girls High Jump Junior</b>             | Meet | 1.64m    | 2015-05-07 | Haley Adams - All Saints                  |
| <b>Event 29 Girls Long Jump Junior</b>             | Meet | 5.31m    | 2017-05-04 | Kadiatou Wann - Louis-Riel                |
| <b>Event 30 Girls Shot Put Junior</b>              | Meet | 11.92m   | 2015-05-08 | Maggie Wells - Seaway                     |
| <b>Event 31 Girls Discus Throw Junior</b>          | Meet | 29.93m   | 2014-05-08 | Tanya Coulter - Glebe                     |
| <b>Event 32 Girls Javelin Throw Junior</b>         | Meet | 34.43m   | 2014-05-08 | Paula Meek - Arnprior                     |
| <b>Event 34 Girls 100 Meter Dash Senior</b>        | Meet | 12.25    | 2025-05-08 | Jorai Matthea Oppong-Nketiah - Louis-Riel |
| <b>Event 40 Girls 200 Meter Dash Senior</b>        | Meet | 24.93    | 2018-05-10 | Sharelle Samuel - Ashbury                 |
| <b>Event 41 Girls 400 Meter Dash Senior</b>        | Meet | 56.36    | 2025-05-08 | Quinn Coughlin - Opeongo                  |
| <b>Event 42 Girls 800 Meter Run Senior</b>         | Meet | 2:13.05  | 2007-05-12 | Danelle Woods - Hillcrest                 |
| <b>Event 43 Girls 1500 Meter Run Senior</b>        | Meet | 4:39.42  | 2022-05-06 | Amelia Van Brabant - Earl of March        |
| <b>Event 44 Girls 100 Meter Hurdles Senior</b>     | Meet | 13.79    | 2016-05-05 | Keira Christie-Galloway - St. Matthew     |
| <b>Event 45 Girls 400 Meter Hurdles Senior</b>     | Meet | 1:03.33  | 2023-05-11 | Quinn Coughlin - Opeongo                  |
| <b>Event 46 Girls 4x100 Meter Relay Senior</b>     | Meet | 49.52    | 2015-05-07 | Glebe - Glebe                             |
| <b>Event 47 Girls High Jump Senior</b>             | Meet | 1.60m    | 2018-05-10 | Lexi Kundlace - St. Mary                  |
| <b>Event 48 Girls Long Jump Senior</b>             | Meet | 5.58m    | 2013-05-09 | Courtney Dwyer - Glebe                    |
| <b>Event 49 Girls Shot Put Senior</b>              | Meet | 12.07m   | 2018-05-11 | Erin Sweeney - Opeongo                    |
| <b>Event 50 Girls Discus Throw Senior</b>          | Meet | 41.02m   | 2007-05-12 | Caitlin Van Dodewaard - Renfrew           |
| <b>Event 51 Girls Javelin Throw Senior</b>         | Meet | 39.20m   | 2007-05-12 | Katie Weston - Widdifield                 |
| <b>Event 60 Girls 3000 Meter Run Open</b>          | Meet | 10:13.00 | 2013-05-09 | Claire Smith - Glebe                      |
| <b>Event 61 Girls 2000 Meter Steeplechase Open</b> | Meet | 7:08.04  | 2024-05-09 | Grace Streek - Peak Centre                |
| <b>Event 62 Girls 4x400 Meter Relay Open</b>       | Meet | 4:11.28  | 2015-05-07 | Glebe - Glebe                             |

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| <b>Event 63 Girls Triple Jump Open</b>        | Meet | 11.69m  | 2009-05-07 | Krista Dillon - John McCrae            |
| <b>Event 64 Girls Pole Vault Open</b>         | Meet | 2.45m   | 2024-05-09 | Kyra Dobson-Takoff - Sir Robert Borden |
| <b>Event 75 Boys 100 Meter Dash Novice</b>    | Meet | 11.34   | 2023-05-11 | Ange-Mathis Kramo - Paul-Desmarais     |
| <b>Event 76 Boys 200 Meter Dash Novice</b>    | Meet | 22.79   | 2023-05-11 | Ange-Mathis Kramo - Paul-Desmarais     |
| <b>Event 77 Boys 400 Meter Dash Novice</b>    | Meet | 53.03   | 2016-05-06 | Alex Pope - Mother Teresa              |
| <b>Event 78 Boys 800 Meter Run Novice</b>     | Meet | 2:05.26 | 2017-05-05 | Joe Fast - Ridgemont                   |
| <b>Event 79 Boys 1500 Meter Run Novice</b>    | Meet | 4:14.82 | 2008-05-08 | Tristan Woodfine - Opeongo             |
| <b>Event 80 Boys 100 Meter Hurdles Novice</b> | Meet | 14.86   | 2012-05-10 | Geoff Lawson - Osgoode                 |
| <b>Event 81 Boys 300 Meter Hurdles Novice</b> | Meet | 42.99   | 2009-05-07 | Daniel Desgrosiliers - Merivale        |
| <b>Event 82 Boys 4x100 Meter Relay Novice</b> | Meet | 46.41   | 2013-05-09 | Louis-Riel - Louis-Riel                |
| <b>Event 83 Boys High Jump Novice</b>         | Meet | 1.80m   | 2008-05-08 | David Nsabua - Louis-Riel              |
| <b>Event 84 Boys Long Jump Novice</b>         | Meet | 6.16m   | 2018-05-11 | Amara Bagate - Louis-Riel              |
| <b>Event 85 Boys Shot Put Novice</b>          | Meet | 13.48m  | 2019-05-10 | Nick Mosley - West Carleton            |
| <b>Event 86 Boys Discus Throw Novice</b>      | Meet | 37.77m  | 2016-05-06 | Jacob Hardwick - Fellowes              |
| <b>Event 87 Boys Javelin Throw Novice</b>     | Meet | 43.50m  | 2016-05-05 | Jared Elliot - St. Mary                |
| <b>Event 95 Boys 100 Meter Dash Junior</b>    | Meet | 11.07   | 2007-05-12 | Segun Makinde - Colonel By             |
|                                               | "    | 11.07   | 2023-05-11 | Will Batley - West Carleton            |
| <b>Event 96 Boys 200 Meter Dash Junior</b>    | Meet | 22.41   | 2007-05-12 | Segun Makinde - Colonel By             |
| <b>Event 97 Boys 400 Meter Dash Junior</b>    | Meet | 49.67   | 2023-05-11 | Zachary Jeggo - Louis-Riel             |
| <b>Event 98 Boys 800 Meter Run Junior</b>     | Meet | 2:03.46 | 2014-05-08 | Jonah Hayes-Crook - West Carleton      |
| <b>Event 99 Boys 1500 Meter Run Junior</b>    | Meet | 4:11.86 | 2015-05-08 | Reilly McCann - Franco-Cite            |

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| <b>Event 100 Boys 100 Meter Hurdles Junior</b> | Meet | 14.07   | 2024-05-09 | Taisei Tan - Unattached          |
| <b>Event 101 Boys 300 Meter Hurdles Junior</b> | Meet | 41.03   | 2012-05-10 | Nathan Toman - Arnprior          |
| <b>Event 102 Boys 4x100 Meter Relay Junior</b> | Meet | 44.69   | 2016-05-06 | Louis-Riel - Louis-Riel          |
| <b>Event 103 Boys High Jump Junior</b>         | Meet | 1.91m   | 2009-05-07 | David Nsabua - Louis-Riel        |
| <b>Event 104 Boys Long Jump Junior</b>         | Meet | 6.42m   | 2023-05-11 | Timeo Atonfo - Gisele-Lalonde    |
| <b>Event 105 Boys Shot Put Junior</b>          | Meet | 14.80m  | 2013-05-09 | Yanic Joseph - Pickering         |
| <b>Event 106 Boys Discus Throw Junior</b>      | Meet | 48.64m  | 2009-05-07 | Dennis Brianski - Notre Dame     |
| <b>Event 107 Boys Javelin Throw Junior</b>     | Meet | 48.70m  | 2025-05-08 | Hudson Kennedy - St. Michael     |
| <b>Event 115 Boys 100 Meter Dash Senior</b>    | Meet | 10.68   | 2008-05-08 | Segun Makinde - Colonel By       |
| <b>Event 116 Boys 200 Meter Dash Senior</b>    | Meet | 21.63   | 2008-05-08 | Segun Makinde - Colonel By       |
| <b>Event 117 Boys 400 Meter Dash Senior</b>    | Meet | 48.44   | 2025-05-08 | Zachary Jeggo - Louis-Riel       |
| <b>Event 118 Boys 800 Meter Run Senior</b>     | Meet | 1:56.12 | 2014-05-08 | Jeremie Venne - Franco-Cite      |
| <b>Event 119 Boys 1500 Meter Run Senior</b>    | Meet | 3:51.09 | 2011-05-05 | Yves Sikubwabo - Glebe           |
| <b>Event 120 Boys 110 Meter Hurdles Senior</b> | Meet | 14.12   | 2008-05-08 | Sekou Kaba - Sir Robert Borden   |
| <b>Event 121 Boys 400 Meter Hurdles Senior</b> | Meet | 54.56   | 2024-05-10 | Zachary Jeggo - Louis-Riel       |
| <b>Event 122 Boys 4x100 Meter Relay Senior</b> | Meet | 42.81   | 2009-05-07 | Colonel By - Colonel By          |
| <b>Event 123 Boys High Jump Senior</b>         | Meet | 2.00m   | 2015-05-08 | Hans Lafleur - Franco-Cite       |
| <b>Event 124 Boys Long Jump Senior</b>         | Meet | 6.65m   | 2013-05-09 | Bryson Patterson - John McCrae   |
| <b>Event 125 Boys Shot Put Senior</b>          | Meet | 16.70m  | 2024-05-10 | Liam Davis - Opeongo             |
| <b>Event 126 Boys Discus Throw Senior</b>      | Meet | 47.55m  | 2018-05-11 | Brandon Ovington - West Carleton |
| <b>Event 127 Boys Javelin Throw Senior</b>     | Meet | 59.23m  | 2018-05-11 | Mac Douglas - Valour             |

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**Event 135 Boys 3000 Meter Run Open**

Meet 8:26.86 2011-05-05 Yves Sikubwabo - Glebe

**Event 136 Boys 2000 Meter Steeplechase Open**

Meet 6:20.00 2024-05-10 Rowan Dean - North Grenville

**Event 137 Boys 4x400 Meter Relay Open**

Meet 3:29.44 2009-05-07 Hillcrest - Hillcrest

**Event 138 Boys Triple Jump Open**

Meet 13.67m 2013-05-09 Bryson Patterson - John McCrae

**Event 139 Boys Pole Vault Open**

Meet 3.50m 2024-05-09 Eli Mordel - Sir Robert Borden