

Women

Event	Name	Performance	Team	Year
100m	Sherine Wells	11.75	Ontario	2008
200m	Adrienne Power	23.66	Nova Scotia	2004
400m	Alecia Brown	55.28	Ontario	2003
800m	Catherine Drouin-Audet	2:12.62	Quebec	2008
1500m	Lindsay Carson	4:22.14	Ontario	2007
3000m	Leila Angrand	9:55.32	Ontario	2007
5000m	Kristen Woodruff	17:24.58	Nova Scotia	2002
100m Hurdles	Ashlea Maddex	14.42	Ontario	2008
400m Hurdles	Janelle McCalla	1:00.32	Ontario	2008
2000m Steeplechase	Leah Larocque	7:05.93	Ontario	2008
5000m Racewalk	Marina Crivello	23:21.28	Quebec	2004
4x100m	D. Allen, E. Akinsulie, P. Mayers, A. Brown	46.61	Ontario	2004
4x400m	K. Reidel, P. Mayers, B. Lewis, A. Brown	3:42.86	Ontario	2004
Long Jump	Latesha Francis	5.63m	Ontario	2008
Triple Jump	Jaideene Lowe	12.33m	Ontario	2008
High Jump	Sarah Boyle	1.76m	Ontario	2007
Pole Vault	Ariane Beaumont-Courteau	3.75m	Quebec	2008
Shot Put	Julie Labonte	14.74m	Quebec	2008
Discus	Julie Bourgon	47.53m	Quebec	2003
Javelin	Joannie Dupont	46.60m	Ontario	2003
Hammer	Sultana Fritzell	51.58m	Ontario	2002
Heptathlon				

Men

Event	Name	Performance	Team	Year
100m	Hank Palmer	10.41	Quebec	2003
200m	Daniel Harper	21.45	Ontario	2008
400m	Daniel Harper	46.69	Ontario	2008
800m	John Carle	1:49.40	Ontario	2004
1500m	Braden Novakowski	3:51.28	Ontario	2007
3000m	Ryan Armstrong	8:38.40	Ontario	2008
5000m	Francois Menard-Kelrane	15:07.78	Quebec	2004
110m Hurdles	Robert Charbonneau	14.52	Quebec	2003
400m Hurdles	Stuart Pearson	54.06	Ontario	2008
3000m Steeplechase	Matt Loisel	8:41.99	Ontario	2002
10000m Racewalk	Pierre-Luc Menard	47:28.70	Quebec	2004
4x100m	J. Robinson, A. Kunkel, A. Garber, M. Latouche	41.10	Ontario	2004
4x400m	Unknown, Unknown Unknown, Unknown	3:14.73	Ontario	2008
Long Jump	Christopher Greenaway	7.31m	Ontario	2008
Triple Jump	Aubrey Smith	14.97m	Ontario	2008
High Jump	Greg Baril-Kenney	2.05m	Ontario	2003
	Andrew Grosse	2.05m	Nova Scotia	2004
Pole Vault	Jason Wurster	4.80m	Ontario	2004
Shot Put	Kyle Helf	15.77	Ontario	2003
Discus	Mark Young	46.73m	Ontario	2007
Javelin	James Daabous	62.82m	Ontario	2007
Hammer	Brad Millar	61.53m	Ontario	2008
Decathlon				