

## REGIONAL RECORDS

### MIDGET GIRLS

100 m	Emily Johnson	J. F. Ross	2002	12.12
200 m	Emily Johnson	J. F. Ross	2002	24.70
400 m	Donalda Duprey	Saugeen	1982	57.3h
800 m	Kailee Sawyer	Bluevale	2012	2:10.69
1500 m	Erin McClure	Waterloo CI	1997	4:33.99
3000 m	Jennifer Armstrong	South	1986	9:48.0h
80 m H	Jessica Zelinka	Banting	1996	11.52
300 m H	Lexi Aitken	St. Anne's (Clinton)	2012	43.59
4 x 100		Banting	1996	50.00
High Jump	Leanne Madill	Centennial	1984	1.73
Pole Vault	Jessie Tsang	Sandwich	2013	2.35
	Tessa Hamilton	Delhi	2013	2.35
	Leah Hansen	Sandwich	2013	2.35
Long Jump	Jessica Zelinka	Banting	1996	5.78
Triple Jump	Angela Mercurio	St. Mary's (Kitchener)	2011	11.53
Shot Put	Liz Polyak	North Park	1979	12.06
Discus	Liz Polyak	North Park	1979	40.46
Javelin	Brooke Rowland	Westside	2009	39.25

### JUNIOR GIRLS

100 m	Margaret Fox	Bishop MacDonnell	1995	11.89
200 m	Margaret Fox	Bishop MacDonnell	1995	24.13
400 m	Nadia Schmeidt	John Paul II	1994	54.56
800 m	Jessica Parry	Catholic Central (London)	2007	2:08.52
1500 m	Jessica Parry	Catholic Central (London)	2007	4:28.35
3000 m	Amy Kohlmeier	St. Patrick's	2001	9:50.02
80 m H	Jessica Zelinka	Banting	1998	11.01
300 m H	Nadia Schmeidt	John Paul II	1994	41.78
4 x 100		Banting	2006	49.80
High Jump	Catherine Bond	Woodstock CI	1985	1.77
Pole Vault	Alysha Newman	Mother Teresa	2010	3.70
Long Jump	Tina Letourneau	Brennan	1981	5.76
Triple Jump	Monique Haan	London Christian	1995	11.94
Shot Put	Liz Polyak	North Park	1981	13.30
Discus	Liz Polyak	North Park	1981	44.24
Javelin	Margaret Griffiths	Brennan	1989	48.84

### SENIOR GIRLS

100 m	Jellisa Westney	Cameron Heights	2011	11.89
200 m	Marissa Kurtimah	Guelph CVIS	2012	24.29
400 m	Nadia Schmeidt	John Paul II	1995	55.02
800 m	Jessica Parry	Catholic Central(London)	2008	2:09.88
1500 m	Jessica Parry	Catholic Central (London)	2008	4:26.46
3000 m	Kathy Butler	Waterloo CI	1992	9:39.9h
4 x 100		Banting	2000	48.73
100 m H	Jessica Zelinka	Banting	2000	13.15
400 m H	Nadia Schmeidt	John Paul II	1995	58.03
High Jump	Catherine Bond	Woodstock CI	1986	1.78
Pole Vault	Alysha Newman	Mother Teresa	2011	3.91
Long Jump	Laura Wessling	Delhi	1996	5.92
Triple Jump	Monique Haan	London Christian	1996	12.11
Shot Put	Liz Toman	Elmira	1996	14.25
Discus	Liz Polyak	North Park	1982	48.20
Javelin	Andrea Bulat	Brennan	1997	47.56

### OPEN GIRLS

1500 m S/C	Haley Cadawaller	Sarnia CI&TS	2009	5:02.59
4 x 400		Resurrection	2008	3:54.13

### PHYSICALLY CHALLENGED

Amb. 100	Joanna Edwards	MacKenzie	2006	15.29
Blind 100	Alexis Askin-Hunter	SCITS	2013	17.45
Blind 800	Rachel Schelhaas	St. Michael	2011	3:01.23
W/C 800	Jessica Matassa	Villanova	2005	1:59.42

## MIDGET BOYS

100 m	Corey Crawley	Lucas	2006	11.18
200 m	Andrew Beckford	Kitchener CI	1993	22.69
400 m	Jeff Ellis	Orangeville	1994	50.91
800 m	Kevin Sullivan	North Park	1989	1:55.74
1500 m	Kevin Sullivan	North Park	1989	4:01.00
3000 m	Chris Brewster	Catholic Central (London)	1979	8:47.3h
100 m H	Paul Whitty	Saunders	1998	13.12
300 m H	Jeremy Gibbons	Herman	2005	40.41
4 x 100		Villanova	2002	45.37
High Jump	Branden Wilhelm	Woodstock CI	2007	1.90
Pole Vault	Frank Klundert	Cardinal Carter	1987	3.80
Long Jump	Ken Berry	Laurier	1979	6.67
Triple Jump	Kriss Peterson	Sandwich	1994	13.78
Shot Put	Dave Crombeen	St. Patrick's	1982	18.23
Discus	Joe Pocock	Holy Names	2002	55.14
Javelin	Dave Crombeen	St. Patrick's	1982	61.70

## JUNIOR BOYS

100 m	Rhoan Sterling	Galt CI	1997	10.60
200 m	Chris Robinson	Jacob Hespeler	1993	21.67
400 m	Liam Card	Saugeen	1997	47.94
800 m	Nathan Brannen	Preston	2000	1:50.90
1500 m	Jay Cantin	St. Clair	1994	3:49.3h
3000 m	Adam Hortian	Bluevale	2001	8:35.46
100 m H	Jordan Sherwood	Cameron Heights	2011	13.42
300 m H	Jeff Ellis	Orangeville	1996	38.11
4 x 100		Catholic Central (London)	2002	43.15
High Jump	Andrew McLean	Medway	1984	2.01
Pole Vault	Mike Nolan	Lord Dorchester	1991	4.40
Long Jump	Paul Whitty	Saunders	1999	7.18
Triple Jump	Kenen Shadd	Grand River	2000	15.22
Shot Put (4 kg)	Jordan Young	St. Joseph (St. Thomas)	2009	17.41
(12 lb)	Fraser Clarke	St. Thomas Aquinas	1997	17.28
Discus (1 kg)	Jordan Young	St. Joseph (St. Thomas)	2009	61.26
(1.61 kg)	Jason Tunks	Banting	1992	53.36
Javelin (600g)	Tyler Withers	Northern	2009	61.10
(800g)	Mike Brennan	Kingsville	1979	65.54

### SENIOR BOYS

100 m	Devon Rittinger	Forest Heights	2012	10.56
200 m	Dave Tomlin	St. Mary's (Kitchener)	1995	21.30
400 m	Brandon McBride	W. F. Herman	2012	46.54
800 m	Brandon McBride	W. F. Herman	2012	1:47.56
1500 m	Kevin Sullivan	North Park	1993	3:45.06
3000 m	Matt Kerr	Centre Wellington	1995	8:21.8h
110 m H	Greg MacNeil	Mother Teresa	2010	13.46
400 m H	Jeff Ellis	Orangeville	1997	52.37
4 x 100		Northern	2011	42.21
High Jump	Brandon Wilhelm	Woodstock CI	2010	2.19
Pole Vault	Doug Wood	Madill	1985	5.10
Long Jump	Damian Warner	Montcalm	2008	7.48
Triple Jump	Kenen Shadd	Grand River	2002	15.73
Shot Put	Brad Snyder	St. Joseph's (Windsor)	1995	20.78
Discus	Jason Tunks	Banting	1995	64.94
Javelin	Trevor Snyder	St. Joseph's (Windsor)	2001	70.20

### OPEN BOYS

2000 m S/C	Daniel Piticariu	Vincent Massey	2012	5:54.94
4 x 400		General Amherst	1996	3:20.70

### PHYSICALLY CHALLENGED

Amb. 100	Deric Kruse	Madill	2006	12.08
ID 100	Peter Snider	Waterloo CI	2013	12.06
Amb. 800	Dylan Eisnor	North Lambton	2013	3:04.56
Blind 1500	Jason Dunkerly	W. Ross MacDonald	1997	4:34.87
W/C 1500	Ian Van Heteren	Strathroy	2008	4:37.13