

WCSSAA & DISTRICT 8

32nd ANNUAL TRACK and FIELD CHAMPIONSHIPS 2011

Resurrection Catholic S.S.
KITCHENER

WEDNESDAY, MAY 11, 2011 8:30 a.m. – 6:00 p.m.

THURSDAY, MAY 12, 2011 8:30 a.m. – 6:00 p.m.

PRE-SEASON INFORMATION

Convenor:	Jim Woolley, FHCI
Meet Director & Information:	Jacki Lavigne, MDCSS
Web Site:	Michael Galasso, GRCI
Entries and Results:	Jeff Anderson, FHCI
Officials & Organizing	Chuck Thompson, CHCI
Awards & Finance:	Gary Wilson, WODSS
Committee:	Darcy Mintz, SSS
	Frank Wittman, SBCSS
	James Sniatenchuk, SJAM
	Tom Fitzgerald, RCSS

SPECIAL NOTE: In addition to the information in this package be aware that there is a set of WCSSAA and District 8 Track and Field Playing Regulations. The Head of Physical and Health Education in each school should have an up-to-date copy. All coaches should be familiar with these playing regulations.

ENTRY INFORMATION and PROCEDURES

1. Entry Deadline **SUNDAY, MAY 8, 2011 @ 6 pm**

Entries are due no later than 6:00 pm at www.directathletics.com. At that point the online entry system will be closed. If you have any problems email jeff_anderson@wrdsb.on.ca. Please respect this deadline. If one school is missing it delays the entire process, which is a huge job that Jeff, Gary and Michael perform for us.

2. Entries

Please E-MAIL Jeff Anderson at jeff_anderson@wrdsb.on.ca the name and email of your head coach and the person in charge of doing the WCSSAA/District 8 entries.

Entries are to be done using Direct Athletics services (<http://www.directathletics.com/>). Entry errors have occurred in the past which resulted in some very upset athletes and parents so please put a mechanism in place where your athletes check that they are entered in the correct events and in the correct age group. (ie. Coaches should run a copy of their entries for posting so their athletes can check for accuracy). **If an athlete notices an error, then please e-mail Jeff before 6 pm or sooner if possible on Monday, May 9th with the change(s).**

3. Seed Performances

It is expected that seed times (as accurate as possible) will be included on your entry forms for all track events, including relays. Note that designating relay teams as "A" and "B" with no seed times does not guarantee your "A" team would be in the fast section.

The 400m and the Intermediate Hurdles will be run as a timed final. The seed times will be established by an athlete's maxi-meet or Track Wars time or any OFSAA sanctioned track and field meet provided an official result from the meet is submitted with the entry. If an athlete wishes to run the 400m or the intermediate hurdles but does not have a verifiable seed time, they will automatically be assigned a No Time and be placed in the slow sections.

4. Number of Entries

a) Each school may enter an unlimited number of competitors per individual event and 2 relay teams per relay event.

5. Other Entry Information

- a) Each competitor may enter three individual events of the same age class, plus one age class relay, plus one open 4 x 400m relay
- b) A competitor may enter an open, individual event but that event counts as one of the three events as outlined in section "a" above.
- c) An athlete who competes in one age class for individual events may compete on one higher age class relay team.
- d) An athlete may compete in a higher age class in individual events provided that he/she does so in all events (including relays) for the season. [EXAMPLE: If you had five good midgets for the 100 m, then you could enter your best one of the five in the junior 100 m BUT that athlete must then compete as a junior at CWOSSA, Regionals and OFSAA.]

ELIGIBILITY

1. All athletes entered in the WCSSAA and District 8 championship meet must meet the eligibility requirements of their respective associations.
2. Your completed entry forms with or without the signature of the principal will be considered your eligibility list. ***It is assumed that you have checked the ages of all your students carefully.***
3. In order to be entered in the meet an athlete must have competed in at least one Maxi Meet or Track Wars, during the current season. See the Maxi Meet package of information for more details.
4. An athlete must be wearing his/her school uniform in order to compete. All members of a given school relay team must be in school uniform.

C.W.O.S.S.A. ENTRIES (from WCSSAA and District 8 meet to CWOSSA meet)

1. The convenor will automatically enter the top four WCSSAA and top two District 8 competitors in the CWOSSA meet.
2. Coaches are asked to do their best to declare any scratches amongst your CWOSSA qualifiers so other athletes may be "bumped up". Every attempt will be made by the convenor to notify school coaches of any athletes who get "bumped up" due to scratches. NOTE: Scratches after the CWOSSA deadline cannot be processed.

3. Coaches are reminded that special appeals for extra entries to CWOSSA must be made through the convenor. Such appeals should be restricted to extraordinary medical reasons. The convenor will consult with the WCSSAA/District 8 President before a ruling is made.

IMPORTANT DATES and MEET LOCATIONS

Maxi Meet # 1	April 19	Resurrection, Kitchener
Track Wars	April 29	Resurrection, Kitchener
Maxi Meet # 2	May 5	Resurrection, Kitchener
Entry Deadline	May 8 [6:00 p.m.] (this is a SUNDAY!!)	
Championship Meet	May 11, 12	Resurrection, Kitchener
CWOSSA Meet	May 18, 19	Resurrection, Kitchener
Regional Meet	May 27, 28	UWO, London
OFSAA Meet	June 2, 3, 4	Sudbury

MAXI MEETS

Information pertaining to the Maxi Meets and school responsibilities associated with the operation of these meets is posted as a separate word file on the GRCI Track & Field Site.

<http://www.galasso.ca>

QUALIFYING for SEMI-FINALS and FINALS

1. 100m

If 8 heats, then top 1 in each heat + next 8 best times to semi-finals.
 If 7 heats, then top 1 in each heat + next 9 best times to semi-finals.
 If 6 heats, then top 2 in each heat + next 4 best times to semi-finals.
 If 5 heats, then top 2 in each heat + next 6 best times to semi-finals.
 If 4 heats, then top 3 in each heat + next 4 best times to semi-finals.
 If 3 heats, then top 2 in each heat + next 2 best times to finals.
 If 2 heats, then top 3 in each heat + next 2 best times to finals.
 If 1 heat, then it will run as a final with the other 100m finals.

2. Sprint Hurdles and 200m

If 7+ heats, then top 8 best times to finals.
 If 6 heats, then top 1 in each heat + next 2 best times to finals.
 If 5 heats, then top 1 in each heat + next 3 best times to finals.
 If 4 heats, then top 1 in each heat + next 4 best times to finals.
 If 3 heats, then top 2 in each heat + next 2 best times to finals.
 If 2 heats, then top 3 in each heat + next 2 best times to finals.
 If 1 heat, then it will run as a final with the other sprint hurdles/200m finals.

3. **400 m Event**

The 400m is a timed final. Any ties for CWOSSA qualifying will be broken by a run-off at the conclusion of the day.

4. **Ties in Qualifying**

The final decision is that of the track referee. In the past if two athletes tie in heats or semi-finals, then the athlete with the better place of finish has been advanced. This is done to avoid the need for a runoff.

LANE ASSIGNMENTS

The top four seeds are placed at random in lanes 3, 4, 5 and 6 and the bottom four seeds are placed at random in lanes 1, 2, 7 and 8.

POST ENTRIES and SUBSTITUTIONS (NOTE CAREFULLY.)

No post entries or substitutions are allowed after the entry deadline of **May 8, 2011**. The one exception is that a school may substitute on a relay team but the substitute must be an athlete who is already registered in the meet as of the entry deadline. One alternate may be declared for relay teams at the time of entry.

COMPETITIVE EQUIPMENT

See specifications table in this booklet. Please note that significant changes have occurred last year in throwing events and hurdles. You are reminded that shot puts, javelins, disci and vaulting poles are not supplied by the convenor.

Weigh-Ins will occur at the following times:

Wednesday, May 11th from 8:00 a.m. – 9:00 a.m.
Thursday, May 12th from 8:00 a.m. – 9:00 a.m.

(Lower level of the Pizza Hut near the starting line)

AWARDS

Plaques will be given to individual age class winners. Ribbons will be awarded for first to eighth place for WCSSAA & District 8 competitors.

If your school won a WCSSAA or District 8 track and field team plaque(s) last year, then please bring it/them with you to the championships.

RESULTS

Full meet results will be posted @ www.galasso.ca

TRACK SCHEDULE - WEDNESDAY, MAY 11, 2011

NOTE: Any track or field event may start up to one-half hour before the times shown in this schedule. Coaches are asked to ensure that all athletes are informed of this fact and the importance of listening to announcements. Please encourage athletes to be at the stadium at least 45 minutes before the scheduled event time.

9:00 am	Midget Girls	80 m Hurdles (30")	Heats
	Junior Girls	80 m Hurdles (30")	Heats
	Senior Girls	100 m Hurdles (30")	Heats
	Midget Boys	100 m Hurdles (33")	Heats
	Junior Boys	100 m Hurdles (36")	Heats
	Senior Boys	110 m Hurdles (36")	Heats
10:15	Ambulatory/Blind	100 m	Final
	Midget Girls	100 m	Heats
	Junior Girls	100 m	Heats
	Senior Girls	100 m	Heats
	Midget Boys	100 m	Heats
	Junior Boys	100 m	Heats
	Senior Boys	100 m	Heats
12:00	Wheelchair	800 m (F)/1500 m (M)	Final
12:10	Open Girls	1500 m Steeplechase	Final
	Open Boys	2000 m Steeplechase	Final
12:30	Midget Girls	100 m	Semi-Finals
	Junior Girls	100 m	Semi-Finals
	Senior Girls	100 m	Semi-Finals
	Midget Boys	100 m	Semi-Finals
	Junior Boys	100 m	Semi-Finals
	Senior Boys	100 m	Semi-Finals
1:30	Midget Girls	1500 m	Final
	Junior Girls	1500 m	Final
	Senior Girls	1500 m	Final
2:15	Midget Girls	80 m Hurdles (30")	Final
	Junior Girls	80 m Hurdles (30")	Final
	Senior Girls	100 m Hurdles (30")	Final
	Midget Boys	100 m Hurdles (33")	Final
	Junior Boys	100 m Hurdles (36")	Final
	Senior Boys	110 m Hurdles (36")	Final

2:55	Midget Girls	400 m	Final
	Junior Girls	400 m	Final
	Senior Girls	400 m	Final
	Midget Boys	400 m	Final
	Junior Boys	400 m	Final
	Senior Boys	400 m	Final
4:20	Midget Boys	1500 m	Final
	Junior Boys	1500 m	Final
	Senior Boys	1500 m	Final
5:05	Midget Girls	100 m	Final
	Junior Girls	100 m	Final
	Senior Girls	100 m	Final
	Midget Boys	100 m	Final
	Junior Boys	100 m	Final
	Senior Boys	100 m	Final

TRACK SCHEDULE - THURSDAY, MAY 12, 2011

9:00 am	Midget Girls	200 m	Heats
	Junior Girls	200 m	Heats
	Senior Girls	200 m	Heats
	Midget Boys	200 m	Heats
	Junior Boys	200 m	Heats
	Senior Boys	200 m	Heats
11:00	Senior Girls	3000 m (box start)	Final
	Senior Boys	3000 m (box start)	Final
11:30	Midget Girls	300 m Hurdles (30")	Timed Finals
	Junior Girls	300 m Hurdles (30")	Timed Finals
	Senior Girls	400 m Hurdles (30")	Timed Finals
	Midget Boys	300 m Hurdles (33")	Timed Finals
	Junior Boys	300 m Hurdles (33")	Timed Finals
	Senior Boys	400 m Hurdles (36")	Timed Finals
12:45	Junior Girls	3000 m (box start)	Final
	Junior Boys	3000 m (box start)	Final
1:15	Midget Girls	800m (box start)	Timed Finals
	Junior Girls	800m (box start)	Timed Finals
	Senior Girls	800m (box start)	Timed Finals
	Midget Boys	800m (box start)	Timed Finals
	Junior Boys	800m (box start)	Timed Finals

	Senior Boys	800m (box start)	Timed Finals
2:40	Midget Girls	200 m	Final
	Junior Girls	200 m	Final
	Senior Girls	200 m	Final
	Midget Boys	200 m	Final
	Junior Boys	200 m	Final
	Senior Boys	200 m	Final
3:10	Midget Girls	3000 m (box start)	Final
	Midget Boys	3000 m (box start)	Final
3:45	Midget Girls	4 x 100 m Relay	Timed Finals
	Junior Girls	4 x 100 m Relay	Timed Finals
	Senior Girls	4 x 100 m Relay	Timed Finals
	Midget Boys	4 x 100 m Relay	Timed Finals
	Junior Boys	4 x 100 m Relay	Timed Finals
	Senior Boys	4 x 100 m Relay	Timed Finals
5:15	Open Girls	4 x 400 m Relay	Timed Finals
	Open Boys	4 x 400 m Relay	Timed Finals

FIELD SCHEDULE - MAY 11 and 12, 2011 – revised HJ times in yellow

NOTE: Any track or field event may start up to one-half hour before the times shown in this schedule. Coaches are asked to ensure that all athletes are informed of this fact and the importance of listening to announcements. Please encourage athletes to be at the stadium at least 45 minutes before the scheduled event time.

NEW 2011: If there are a large number of entries, we encourage the official to split the group into WCSSAA competing for the first 90 min. and D8 competing for the second 60min. We hope this will alleviate athletes standing around. Please make sure athletes check with the official at the beginning of each event.

- Senior Boys are the only ones that use the 800g Javelin, 12 lb shot put and the 1.62 kg discus.

Wednesday

8:30 am	Sr. Girls High Jump
9:00	Md. Girls Long Jump Md. Girls Pole Vault Jr. Girls Triple Jump Jr. Girls Pole Vault Sr. Girls Pole Vault Md. Boys Shot Put Junior Boys Discus Sr. Boys Javelin
10:00 am	Sr. Boys High Jump
11:30	Md. Girls High Jump
11:30	Md. Girls shot put Jr. Girls Discus Sr. Girls Javelin Md. Boys Long Jump Md. Boys Pole Vault Jr. Boys Triple Jump Sr. Boys High Jump
2:00 pm	Jr. Girls Long Jump Sr. Girls Triple Jump Md. Boys Javelin Jr. Boys Shot Put Sr. Boys Discus
4:50 pm	Jr. Girls High Jump

Thursday

8:30am	Md. Boys High Jump
9:00 am	Md. Girls Javelin Jr. Girls Shot Put Sr. Girls Discus Jr. Boys Long Jump Jr. Boys Pole Vault Sr. Boys Triple Jump
10:00 am	Jr. Boys High Jump
11:30 am	Md. Girls Triple Jump Sr. Girls Long Jump Md. Boys Discus Jr. Boys Javelin Sr. Boys Shot Put Sr. Boys Pole Vault
2:00 pm	Md. Girls Discus Jr. Girls Javelin Sr. Girls Shot Put Md. Boys Triple Jump Sr. Boys Long Jump

EVENTS FOR THE DISABLED

Open Discus		Wed. 1:30 p.m.(discus area 1)
Club Throw	Level 1 Level 2	Wed. 1:30 p.m. (discus area 1)

FIELD EVENTS CONFLICTING WITH TRACK EVENTS

- i. It is the athlete's and coach's responsibility to see that track officials and field officials are kept informed of the situation.
- ii. Athletes will be allowed 15 minutes after completion of their first round of 3 attempts of a field event to try their third and final attempt.
- iii. Once the final rounds have started, a returning athlete must compete in the round presently in progress. The final round will be held open for 15 minutes after the completion of a field event to allow an athlete a final attempt.

Field Event Specifications

AGE CLASS(ES)	SHOT PUT (kg)	DISCUS (kg)	JAVELIN (g)
Midget Girls Junior Girls Senior Girls Midget Boys Junior Boys	4 [8 lb., 13 oz.]	1 [2.2 lb]	600 [1.32 lb]
Senior Boys	5.45 [12 lb]	1.62 [3 lb 9 oz]	800 [1.76 lb]

Hurdle Events Specifications

AGE CLASS	TOTAL DISTANCE (m)	TOTAL No. HURDLES	HEIGHT of HURDLES (m)	DISTANCE START to FINISH (m)	DISTANCE BETWEEN HURDLES (m)	DISTANCE from LAST HURDLE to FINISH (m)
Midget Girls Junior Girls	80	8	0.762 (30")	12.0	8.00	12.0
Senior Girls	100	10	0.762 (30")	13.0	8.50	10.50
Midget Boys	100	10	0.840 (33")	13.0	8.50	10.50
Junior Boys	100	10	0.914 (36")	13.0	8.50	10.50
Senior Boys	110	10	0.914 (36")	13.72	9.14	14.02
Midget Girls Junior Girls	300	7	0.762 (30")	50.00	35.00	40.00
Midget Boys Junior Boys	300	7	0.840 (33")	50.00	35.00	40.00
Senior Girls	400	10	0.762 (30")	45.00	35.00	40.00
Senior Boys	400	10	0.914 (36")	45.00	35.00	40.00

Steeple Chase Barriers – Open Women 762 mm (30 in) for women

- Open Men 914 mm (36 in) for men

Photo Timing was introduced in **May 2008**. All previous times are hand times.

MIDGET GIRLS' RECORDS as at May 2011 – New Age Categories

EVENT	STUDENT	SCHOOL	YEAR	RECORD
80 m Hurdles (2'6")	Sarah Ferguson	JHSS	2006	12.02
300 m Hurdles (2'6")	Sarah Ferguson	JHSS	2006	45.49
100 m	Sam Stevens	GRCI	2005	12.03
200 m	Olivia Charnuski	EDSS	2005	26.14
400 m	Chisomo Mchaina	SSS	2007	1:00.96
800 m	Lindsay Carson	SSS	2004	2:26.99
1500 m	Lauren Doherty	GCI	2006	4:56.11
3000 m	Lauren Doherty	GCI	2006	10:56.80
4x100 m Relay		CHCI	2007	53.46
4x400 m Relay		BCI	2004	4:31.32
Shot Put	Jill Van Dame	BCI	2008	10.71 m
Discus	Jill Van Dame	BCI	2008	32.15 m
Javelin	Jill Van Dame	BCI	2008	32.56 m
Long Jump	Katie Weiler	EDSS	2004	5.03 m
Triple Jump	Michelle Cress	BCI	2007	10.06 m
High Jump	Avrya Janke	KCI	2009	1.50m

MIDGET GIRLS' RECORDS (May 2003)

EVENT	STUDENT	SCHOOL	YEAR	RECORD
80 m Hurdles (2'6")	Alison Bryant	WCI	1983	12.0
200 m	Crystal Shadd	GRCI	1991	25.5
400 m	Leisel Miller	GCI	1981	59.1
800 m	Kathy Butler	WCI	1989	2:21.3
1500 m	Erin McClure	WCI	1997	4:35.8
3000 m	Kathy Butler	WCI	1989	10:14.2
4x100 m Relay		WCI	1990	52.4
4x400 m Relay		PHS	1993	4:21.0
Shot Put	Sandra Jantzi	EDSS	1975	10.20 m
Discus	Vicki Webb	GCI	1995	42.05 m
Javelin	Carolyn Cook	GRCI	1976	32.88 m
Long Jump	Denise Jaeger	GCI	1977	5.22 m
Triple Jump	Crystal Shadd	GRCI	1991	11.17 m
High Jump	Liz Akeroyd	WCI	1997	1.65 m

JUNIOR GIRLS' RECORDS as at May 2011 – New Age Categories

EVENT	STUDENT	SCHOOL	YEAR	RECORD
80 m Hurdles (2'6")	Mari Fourie	BCI	2005	11.68
300 m Hurdles (2'6")	Mari Fourie	BCI	2005	46.03
100 m	Mari Fourie	BCI	2005	12.26
200 m	Chisomo Mchaina	SSS	2008	25.84
400 m	Tegan Stairs	FHCI	2007	1:00.46
800 m	Tegan Stairs	FHCI	2007	2:21.03
1500 m	Lauren Doherty	GCI	2007	5:03.75
3000 m	Laura Gibson	CHCI	2006	11:04.30
4x100 m Relay		SSS	2008	52.97
Shot Put	Kendra Lindsay	WODSS	2004	9.83 m
Discus	Becky Pavan	FHCI	2006	27.39 m
Javelin	Gillian Primeau	EDSS	2005	28.74 m
Long Jump	Nicole Roeder	WCI	2006	5.02 m
Triple Jump	Emily Ersman	BCI	2010	11.04 m
High Jump	Lindsay Magnus	SJAM	2009	1.55 m
Pole Vault	Marielle Harper	KCI	2008	2.75 m

JUNIOR GIRLS' RECORDS (May 2003)

EVENT	STUDENT	SCHOOL	YEAR	RECORD
80 m Hurdles (2'6")	Denise Bell	PHS	1995	11.44
300 m Hurdles (2'6")	Denise Bell	PHS	1995	43.24
100 m	Crystal Shadd	GRCI	1992	11.9
200 m	Crystal Shadd	GRCI	1992	24.7
400 m	Sue Berg	CHCI	1991	55.6
800 m	Sue Berg	CHCI	1991	2:13.5
1500 m	Kathy Leeder	BCI	1976	4:41.9
3000 m	Erin McClure	WCI	1998	10:13.6
4x100 m Relay		GCI	1984	51.1
Shot Put	Liz Toman	EDSS	1995	11.83 m
Discus	Sue Muffit	WCI	1981	38.60 m
Javelin	Vicki Webb	GCI	1996	39.76 m
Long Jump	Sheena Ross	WCI	1981	5.42 m
Triple Jump	Crystal Shadd	GRCI	1992	12.17 m
High Jump	Marg Dahmer	FHCI	1979	1.70 m

SENIOR GIRLS' RECORDS as at May 2011 – New Age Categories

EVENT	STUDENT	SCHOOL	YEAR	RECORD
100 m Hurdles (2'6")	Mari Fourie	BCI	2007	14.20
400 m Hurdles (2'6")	Mari Fourie	BCI	2007	1:05.58
100 m	Olivia Charnuski	EDSS	2007	12.30
200 m	Olivia Charnuski	EDSS	2008	25.78
400 m	Lindsay Carson	SSS	2006	9:00.45
800 m	Lindsay Carson	SSS	2007	2:14.41
1500 m	Lindsay Carson	SSS	2007	4:35.41
3000 m	Tarah McKay	EDSS	2005	10:11.19
4x100 m Relay		GRCI	2007	51.83
Shot Put	Jill Van Damme	BCI	2009	10.92 m
Discus	Jill Van Damme	BCI	2010	32.81 m
Javelin	Melissa Blake	EDSS	2009	36.09 m
Long Jump	Nicole Roeder	WCI	2008	5.23 m
Triple Jump	Tomeizel Barry	SJAM	2009	10.88 m
High Jump	Fairen Moore	FHCI	2006	1.60 m
	Flo Peters	GRCI	2009	1.60 m
Pole Vault	Jen Sulpher	WCI	2002	3.30m

SENIOR GIRLS' RECORDS (May 2003)

EVENT	STUDENT	SCHOOL	YEAR	RECORD
100 m Hurdles (2'6")	Denise Bell	PHS	1996	14.00
400 m Hurdles (2'6")	Denise Bell	PHS	1996	1:01.4
100 m	Maisie Hahn	EDSS	1995	12.01
200 m	Lisa Kuenaman	BCI	1986	25.0
400 m	Lisa Kuenaman Denise Bell	BCI PHS	1987 1996	56.5
800 m	Kathy Leeder	BCI	1977	2:13.7
1500 m	Kathy Leeder	BCI	1977	4:31.9
3000 m	Kathy Butler	WCI	1992	9:40.6
4x100 m Relay		CHCI	1990	50.1
Shot Put	Angela Smith	GCI	1998	12.44m
Discus	Angela Smith	GCI	1998	36.55m
Javelin	Shelley Maxwell	ECI	1979	39.54 m
Long Jump	Crystal Shadd	GRCI	1994	5.68m
Triple Jump	Crystal Shadd	GRIC	1994	11.33m
High Jump	Lee Moore	St. Mary's	1988	1.66 m

OPEN GIRLS' RECORDS (May 2011)

4x400m Relay		CHCI	1991	3:58.2
1500 m Steeplechase	Lauren Doherty	GCI	2009	5:20.02

MIXED RECORDS as at May 2011

Discus Throw	Corin Metzger	EDSS	2007	12.30 m
Weight Throw	Sadiya Khan	SSS	2004	14.33 m
100 m Dash Wheelchair	Candace Bass	CHCI	2004	33.50

OPEN BOYS' RECORDS (May 2011)

4x400 m Relay		ECI	1984	3:24.9
2000 m Steeplechase	Doug Consiglio	SSS	1983	5:51.8

MIDGET BOYS' RECORDS as at May 2011- New Age Categories

EVENT	STUDENT	SCHOOL	YEAR	RECORD
100 m Hurdles (2'9")	Jordan Sherwood	CHCI	2010	14.27
300 m Hurdles (2'9")	Tom Woodhouse	HHSS	2007	42.34
100 m	Jordan Miller-Smith	CHCI	2005	11.22
200 m	Jordan Miller-Smith	CHCI	2005	23.83
400 m	Jordan Sherwood	CHCI	2010	54.61
800 m	Gavin Shields	PHS	2009	2:09.28
1500 m	Matt Bannon	EDSS	2010	4:28.98
3000 m	Matt Bannon	EDSS	2010	9:34.08
4x100 m Relay		HHSS	2007	47.55
4x400 m Relay		GPSS	2004	4:01.44
Shot Put	Basil Hammoud	GRCI	2005	13.97 m
Discus	Kyle Scheifele	GRCI	2006	40.05m
Javelin	Brian Doran	SSS	2008	40.88m
Long Jump	Jeremy Yang	BCI	2004	6.27 m
Triple Jump	Mitch O'Donnell	CHCI	2009	13.10 m
High Jump	Braden Cok	SJAM	2010	1.75m
Pole Vault	Nic Hoediono	SJAM	2009	3.20 m

MIDGET BOYS' RECORDS (May 2003)

EVENT	STUDENT	SCHOOL	YEAR	RECORD
100 m Hurdles (2'9")	Chris McFarlane & Granville Riley	WCI & GCI	89 & 92	14.1
300 m Hurdles (2'9")	Granville Riley	GCI	1992	42.1
100 m	Chris Robinson & Anton Atkins	JHSS CHCI	91 & 92	10.9
200 m	Chris Robinson	JHSS	1991	22.4
400 m	Steve Sikic	ECI	1983	51.5
800 m	Steve Sikic	ECI	1983	2:00.5
1500 m	Jason Sawyer	St. Jerome's	1987	4:18.5
3000 m	Llyod Schmidt	PHS	1977	9:17.0
4x100 m Relay		CHCI	1996	46.50
4x400 m Relay		BCI	1995	3:46.2
Shot Put	Darcy Mintz	St. Jerome's	1986	15.28 m
Discus	Nate Wilson	GRCI	1999	47.99 m
Javelin	Jeremy Hall	BCI	1987	51.32 m
Triple Jump	Greg Smith	FHCI	1981	13.15 m
High Jump	Eric Xu	WCI	2000	1.84 m
Pole Vault	Greg Morris	GCI	1992	3.48 m

JUNIOR BOYS' RECORDS as at May 2011 – New Age Categories

EVENT	STUDENT	SCHOOL	YEAR	RECORD
100 m Hurdles (3')	Asa Ambrose	SJAM	2007	13.48
300 m Hurdles (2'9")	Asa Ambrose	SJAM	2007	40.86
100 m	Scott Campbell	GCI	2007	10.96
200 m	Scott Campbell	GCI	2007	22.72
400 m	Nienkel Paljola	FHCI	2010	51.77
800 m	Trevor Salmon	CHCI	2007	2:02.28
1500 m	Andrew Belanger	KCI	2007	4:18.22
3000 m	Abdu Zaghlol	JHSS	2008	9:37.54
4x100 m Relay		HHSS	2008	46.16
Shot Put	Drew Campbell	GPSS	2008	15.41 m
Discus	Brian Burton	GRCI	2004	44.11 m
Javelin	Eric Danecke	GRCI	2009	49.36 m
Long Jump	Mitch O'Donnell	FHCI	2010	6.50m
Triple Jump	Nienkel Paljola	FHCI	2010	13.87 m
High Jump	Darnell Garrick, Jake Nantais	FHCI, BCI	2005,2008	1.80m
Pole Vault	Nik Hoediono	SJAM	2010	4.00m

JUNIOR BOYS' RECORDS (May 2003)

EVENT	STUDENT	SCHOOL	YEAR	RECORD
110 m Hurdles (3')	Granville Riley	GCI	1993	14.4
300 m Hurdles (2'9")	Rich Messam	CHCI	1992	38.8
100 m	Chris Robinson	JHSS	1992	10.4
200 m	Chris Robinson Andrew Beckford	JHSS KCI	1992 1995	22.1 22.1 (tie)
400 m	Neville Douglas	ECI	1982	49.9
800 m	Nathan Brannen	PHS	2000	1:52.6
1500 m	Nathan Brannen	PHS	2000	3:55.2
3000 m	Tom Lobsinger	St. Jerome	1975	8:36.2
4x100 m Relay		KCI	1995	44.4
Shot Put	Mike Payne	FHCI	1977	15.50 m
Discus	Nate Wilson	GRCI	2001	47.05 m
Javelin	Scott Thorman	PHS	1999	54.29 m
Long Jump	Kenen Shadd	GRCI	2000	6.72 m
Triple Jump	Kenen Shadd	GRCI	2000	14.15 m
High Jump	Rogers Skyers	CHCI	1993	2.01 m
Pole Vault	Dave Woolley	ECI	1978	4.04 m

SENIOR BOYS' RECORDS as at May 2011 – New Age Categories

EVENT	STUDENT	SCHOOL	YEAR	RECORD
110 m Hurdles (3')	Jimmy Ying Yong	CHCI	2007	15.77
	Trevor Zister	WO	2010	15.77
400 m Hurdles (3')	Tye Calder	WCI	2010	59.48
100 m	Ryan James	SJAM	2005	10.46
200 m	Ryan James	SJAM	2005	22.33
400 m	Blake Hilts	KCI	2004	50.50
800 m	Sohaib Ikram	WCI	2006	1:59.43
1500 m	Kyle Dekker	GRCI	2006	3:56.46
3000 m	Kyle Dekker	GRCI	2005	8:49.52
4x100 m Relay		HHSS	2010	44.43
Shot Put	Brad Forbes	WCI	2009	13.86 m
Discus	Kyle Scheifele	GRCI	2009	42.50m
Javelin	Eric Danecke	GRCI	2010	47.68m
Long Jump	Jeremy Yang	BCI	2007	6.88m
Triple Jump	Jason Goetz	PHS	2004	13.83m
High Jump	Alex Witmer	FHCI	2006	2.00m
Pole Vault	Alex Hoediono	SJAM	2009	4.20m

SENIOR BOYS' RECORDS (May 2003)

EVENT	STUDENT	SCHOOL	YEAR	RECORD
110 m Hurdles (3'3")	Harold Gretzinger	GRCI	1972	14.1
	Devon Robinson	JHSS	1993	14.1 (tie)
400 m Hurdles (3')	Chris Wagner	CHCI	1983	53.5
100 m	Anton Atkins	CHCI	1995	10.40
200 m	Sean Mc Killop	WCI	1991	21.5
400 m	Pumulo Sikaneta	GCI	1993	48.1
800 m	Nathan Brannen	PHS	2001	1:52.0
1500 m	Nathan Brannen	PHS	2001	3:50.6
3000 m	Adam Hortian	BCI	2003	8:35.75
4x100 m Relay		CHCI	1995	42.4
Shot Put	Cam Crosby	GRCI	1969	17.44 m
Discus	Nate Wilson	GRCI	2002	51.67 m
Javelin	Ken Collins	KCI	1985	61.18 m
Long Jump	Kenen Shadd	GRCI	2001	7.12 m
Triple Jump	Kenen Shadd	GRCI	2002	15.19 m
High Jump	Richard Heemskerck	KCI	1974	2.03 m
Pole Vault	Ed Korschewitz	ECI	1982	4.60 m

SUMMARY of INDIVIDUAL CHAMPIONS***1980 - 1984***

	1980	1981	1982	1983	1984
Midget Girls	Fleishman PHS	Pinder WCI	Williams GRCI	Bryant WCI	McCormick WODSS
Midget Boys	Shantz WODSS	Cybulski St. Jer. Smith FHCI	Patai St. Jerome Furlong GRCI	Sikic ECI	Pride BCI
Junior Girls	Maitland FHCI Ross WCI	Ross WCI Brubacher WODSS	Adams GRCI Pinder WCI	Fleishman PHS Pinder WCI	Kuenaman BCI
Junior Boys	Houston WCI	Bain KCI	Douglas ECI	Campbell GCI	Thompson FHCI
Senior Girls	Vanderkruk ECI	Cober WODSS	Sweeney St. Mary's Douglas KCI	Muffit WCI	Pinder WCI
Senior Boys	Schmidt PHS	Houston WCI	McKechnie PHS Bain KCI Houston WCI	Consiglio SSS Douglas ECI	Cipp ECI Douglas ECI

1985 - 1989

	1985	1986	1987	1988	1989
Midget Girls	Schwan WCI	Ho-Shing CHCI	Dempsey SSS	Bennett WCI Schwan WCI	Butler WCI
Midget Boys	Anderson SSS Rogers SSS	Riley GCI Mintz St. Jerome	Denomme St. Jer.	McFarlane WCI	McFarlane WCI
Junior Girls	Bryant WCI	Bassin St. Mary's	Hill FHCI	Ho-Shing CHCI	Schwan WCI
Junior Boys	Cowan WCI	Mollamootil WCI	Roberts FHCI Mintz St. Jerome Riley GCI	Mintz St. Jerome	Miller CHCI
Senior Girls	Mota St. Mary's Kuenaman BCI	Koenig WODSS Kuenaman BCI Mota St. Mary's	Kuenaman BCI	Spinny GPSS	Ho-Shing CHCI
Senior Boys	Douglas ECI Alliman ECI	Miller ECI Cowan WCI	Wood BCI Devries GCI	Wray ECI	Roberts FHCI

SUMMARY of INDIVIDUAL CHAMPIONS (continued)**1990 - 1994**

	1990	1991	1992	1993	1994
Midget Girls	Brown BCI Thompson BCI	Shadd GRCI	Gateman CHCI McTavish WCI	Darrooch SSS	Michaela McClure WCI
Midget Boys	Noble PHS	Skyers CHCI	Riley GCI	Beckford KCI Hoogaars GCI	Brian DeBrain GCI
Junior Girls	Mallon BCI	Jarosz GCI Berg CHCI	Shadd GRCI	Heinbecker BCI Hahn EDSS	Denise Bell PHS
Junior Boys	Mulholland GCI McFarlane BCI Labrosse BCI	McFarlane BCI	Skyers CHCI Wagner CHCI	Skyers CHCI Robinson JHSS Black PHS	Granville Riley GCI
Senior Girls	Stafford St. Mary's Ho-Shing CHCI	Schwann WCI Rowe CHCI	Granger WCI	Berg CHCI	Maisie Hahn EDSS
Senior Boys	McKenzie FHCI	Hallman CHCI	Labrosse CHCI McFarlane BCI Sikaneta GCI	Sikaneta GCI	Chris Robinson JHSS

1995 - 1999

	1995	1996	1997	1998	1999
Midget Girls	Porydson GPSS Webb GCI	M. Klein JHSS K. Baker FHCI	K. Baker FHCI E. McClure WCI	C. Brunette PHS B. Dowhaniuk BCI	C. Ludwig BCI D. Smith GCI
Midget Boys	Dave Boulette KCI	N. Thompson CHCI	N. Brannen PHS	K. Shadd GRCI	N. Wilson GRCI
Junior Girls	Bell PHS McClurce WCI	V. Webb GCI	M. Brydson GPSS	K. Batter FHCI	S. Wenner ECI K. Baker FHCI
Junior Boys	Mike Hoogaars GCI	B. De bruin GCI	D. Boulette CHCI	C. Burnett BCI W. Alkin PHS	I. Forde GCI N. Brannen PHS
Senior Girls	Maisie Hahn EDSS	D. Bell PHS F. Darroch SSS	L. Toman EDSS	S. Nancekivell ECI	M. Lee BCI K. Ingalls CHCI
Senior Boys	Chris Wagner CHCI	J. Cave BCI	G. Pattison CHCI	D. Boulette CHCI	W. Alkin PHS

SUMMARY of INDIVIDUAL CHAMPIONS (continued)**2000 - 2004**

	2000	2001	2002	2003	2004
Midget Girls	A. Jetter PHS	A. Davey PHS E. Dumas BCI	J. Hauseman FHCI	M. Kotsopoulos WCI	Katie Purcell BCI Mari Fourie BCI Lindsay Carson SSS
Midget Boys	A. Hammoud GRCI	E. Hoyles SSS	G. Daley FHCI	O. Horn EDSS G. Dailey FHCI	Jeremy Yang BCI
Junior Girls	D. Smith GCI A. Schlichter PHS	D. Hollinger BCI	A. Jetter PHS E. Dumas BCI	E. Dumas BCI T. McKay EDSS J. Simmons GRCI	Avril Ford ECI
Junior Boys	K. Shadd GRCI N. Wilson GRCI N. Brannen PHS	D. Koch BCI N. Wilson GRCI	D. Koch BCI	B. Chaves GCI	Dan Kraft CHCI Ryan James WCI
Senior Girls	M. Lee BCI	M. Franklin SSS B. Dowhaniuk BCI	D. Smith GCI D. Hollinger BCI	D. Hollinger BCI D. Smith GCI A. Tiffin BCI W. Schnarr WCI	Tarah McKay EDSS
Senior Boys	I. Forde GCI	N. Brannen PHS	K. Shadd GRCI N. Wilson GRCI	J. Goetz PHS	Jason Goetz PHS Blake Hiltz KCI Etienne Bredin KCI

2005 - 2009

	2005	2006	2007	2008	2009
Midget Girls	Laura Gibson CHCI Casey Pottier GRCI	Sarah Ferguson JHSS Lauren Doherty GCI	Chisomo Mchaina SSS Rebecca Yardley CHCI	Jill Van Dame BCI	Taylor Martin CHCI
Midget Boys	Jordan Miller-Smith CHCI	Trevor Salmon CHCI Ryan Chanthavong CHCI Corey Cockram CHCI	Chris Lo JHSS Tom Woodhouse HHSS	Chris Morgan SJAM	Calder WCI Shields PHS Mitch O'Donnell CHCI
Junior Girls	Lindsay Carson SSS Mari Fourie BCI	Laura Gibson CHCI	Sarah Ferguson JHSS	Madeline Charnuski EDSS	Becca Zilio GCI
Junior Boys	Nick Helmuth GPSS Darnell Garrick FHCI James Kirk GPSS	Jordan Miller-Smith CHCI	Asa Ambrose SJAM	Drew Campbell GCI Talon Guerra HHSS Abdu Zaghlool JHSS	Morgan SJAM Rittinger FHCI
Senior Girls	May Kotsopoulos WCI	Lindsay Carson SSS	Mari Fourie BCI Olivia Charnuski EDSS	Olivia Charnuski EDSS	Tomeizel Barry SJAM
Senior Boys	Geoff Daley FHCI	Kyle Dekker GRCI	Jeremy Yang BCI James Kirk GPSS	Asa Ambrose SJAM	Campbell GCI Ambrose SJAM

2010-2014

	2010	2011	2012	2013	2014

Midget Girls	Megan Parsons CWHH				
Midget Boys	Jordan Sherwood CHCI Matt Bannon EDSS Braden Cok SJAM				
Junior Girls	Samantha Ireland BCI				
Junior Boys	Nienkel Paljola FHCI Mitch O'Donnell FHCI Keegan Calder WCI Usama Ikram WCI				
Senior Girls	Maddie Charnuski EDSS Jill Van Damme BCI Simonne Tomasovic CHCI				
Senior Boys	Jason Thornton JHSS				