

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium - U.W.O., London, ON**  
**Records**

**Event 1 Women 100 Meter Dash Novice**

WOSSAA	12.32	2023-05-25	Celeste Lugogo - Mother Teresa
WOSSAA OLD	11.90	1997	Jessica Zelinka Banting

**Event 2 Men 100 Meter Dash Novice**

WOSSAA	11.25	2023-05-25	Nagil Asamoah - London Central
WOSSAA OLD	11.30	1988	Frank Torti St. Pat's

**Event 3 Women 200 Meter Dash Novice**

WOSSAA	25.30	2017-05-19	Olivia Gee - Strathroy DC
WOSSAA OLD	25.60	1997	Victoria Bendle Banting

**Event 4 Men 200 Meter Dash Novice**

WOSSAA	23.42	2023-05-26	Khaleel Miller - Banting, Sir
WOSSAA OLD	23.00	1988	Frank Torti St. Pat's

**Event 5 Women 400 Meter Dash Novice**

WOSSAA	58.64	2004	Julia Tousaw - St. Anne's
WOSSAA OLD	57.40	1997	Victoria Bendle Banting

**Event 6 Men 400 Meter Dash Novice**

WOSSAA	52.15	2022-05-19	Francis Hinnah - Banting, Sir
WOSSAA OLD	51.14	1999	Alex Alva Regina Mundi

**Event 7 Women 800 Meter Run Novice**

WOSSAA	2:16.68	2012-05-25	Mackenzie Mayers - Banting, Sir
WOSSAA OLD	2:17.60	1986	Julie Armstrong South

**Event 8 Men 800 Meter Run Novice**

WOSSAA	2:00.87	2023-05-26	Ryan Georgeson - Medway HS
WOSSAA OLD	2:01.20	1990	Damien Walsh R.M.C.

**Event 9 Women 1500 Meter Run Novice**

WOSSAA	4:42.82	2006-05-16	Jessica Parry - Catholic Cen
WOSSAA OLD	4:39.10	1986	Julie Armstrong South

**Event 10 Men 1500 Meter Run Novice**

WOSSAA	4:09.81	2016-05-19	Kyle Koyanagi - Laurier, Sir
WOSSAA OLD	4:09.00	1979	Chris Brewster C.C.H.

**Event 11 Women 3000 Meter Run Novice**

WOSSAA	10:05.93	2013-05-24	Jessie Fleming - London Central
WOSSAA OLD	9:59.70	1986	Jennifer Armstrong South

**Event 12 Men 3000 Meter Run Novice**

WOSSAA	9:06.06	2016-05-20	Josh Zelek - Stratford Centr
WOSSAA OLD	8:51.40	1979	Christ Brewster C.C.H.

**Event 13 Women 80 Meter Hurdles Novice**

WOSSAA	11.75	2014-05-22	Tess Verhoeven - Oakridge SS
WOSSAA OLD	11.50	1996	Jessica Zelinka Banting

**Event 14 Men 100 Meter Hurdles Novice**

WOSSAA	13.55	2014-05-22	Tyrell Mairs-Onwumere - Beal, H.B. S
WOSSAA OLD	13.90	2000	Dan Sharpe St Anne's

**Event 15 Women 300 Meter Hurdles Novice**

WOSSAA	44.29	2012-05-25	Lexi Aitken - St. Anne's
WOSSAA OLD	43.90	1997	Jessica Zelinka Banting

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium - U.W.O., London, ON**

**Records**

**Event 16 Men 300 Meter Hurdles Novice**

WOSSAA	41.57	2012-05-25	Davis Edward - Oakridge SS
WOSSAA OLD	40.80	1998	Carl Hayes Parkside

**Event 17 Women High Jump Novice**

WOSSAA	1.63m	2005-05-17	Katie Kaiser - Saunders SS
WOSSAA OLD	1.69m	1983	Lisa Devries Lucas

**Event 18 Men High Jump Novice**

WOSSAA	1.91m	2007-05-24	Branden Wilhelm - Woodstock
WOSSAA OLD	1.89m	2003	Sander Ratsep Saunders SS

**Event 19 Women Pole Vault Novice**

WOSSAA	2.87m	2017-05-19	Monica Grigore - Oakridge SS
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**Event 20 Men Pole Vault Novice**

WOSSAA	3.32m	2010-05-21	Brian Choja - Oakridge SS
WOSSAA OLD	3.80m	1982	Don Martynowski Medway

**Event 21 Women Long Jump Novice**

WOSSAA	5.33m	2010-05-20	Nicole Settingington - Oakridge SS
WOSSAA OLD	5.59m	1978	Sherri Klauka East Lambton

**Event 22 Men Long Jump Novice**

WOSSAA	6.17m	2017-05-18	McKenzie Stevens - Central Huron
WOSSAA	6.17m	2023-05-25	Nagil Asamoah - London Central
WOSSAA OLD	6.57m	1980	Ken Berry Laurier

**Event 23 Women Triple Jump Novice**

WOSSAA	11.05m	2016-05-20	Ireland Crowther - Beal, H.B. S
WOSSAA OLD	11.09m	1989	Kubet Weston Tillsonburg

**Event 24 Men Triple Jump Novice**

WOSSAA	12.49m	2013-05-24	Joe Soukphachanh - Stratford Centr
WOSSAA OLD	13.10m	1980	Jason Laur Arthur Voaden

**Event 25 Women Shot Put Novice**

WOSSAA	12.50m	2015-05-21	Adele St. John - Banting, Sir
WOSSAA OLD	10.86m	1994	Mary Lisle Madill
WOSSAA 4kg	11.14m	2010-05-20	Nicole Horneman - Medway HS

**Event 26 Men Shot Put Novice**

WOSSAA	17.15m	2017-05-18	Ryan Jacklin - Madill, F.E.
WOSSAA OLD	17.51m	1998	Fraser Clarke Aquinas

**Event 27 Women Discus Throw Novice**

WOSSAA	31.34m	2006-05-17	Jessi Pilling - Banting, Sir
WOSSAA OLD	36.98m	1986	Anna Sakasov Madill

**Event 28 Men Discus Throw Novice**

WOSSAA	50.51m	2008-05-23	Jordan Young - St. Joseph's
WOSSAA OLD	51.36m	1984	Todd Jeffery Goderich

**Event 29 Women Javelin Throw Novice**

WOSSAA	33.72m	2007-05-24	Karleigh Parker - College Aven
WOSSAA OLD	38.70m	1978	Martha Hart Oakridge

**Event 30 Men Javelin Throw Novice**

WOSSAA	50.62m	2017-05-18	Ryan Jacklin - Madill, F.E.
WOSSAA OLD	58.84m	1976	Tom Gawinski Sarnia Northern

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Records**

**Event 31 Women 4x100 Meter Relay Novice**

WOSSAA	50.90	2023-05-25	A.B. Lucas S S - Lucas, A.B. A Wolfe, B Smith, R Barker, S Jaquith
WOSSAA OLD	49.90	1996	Banting

**Event 32 Men 4x100 Meter Relay Novice**

WOSSAA	46.38	2017-05-18	Mother Teresa C S S - Mother Teresa G Kazadi, G Kazadi, T Wright, K Timmerman
WOSSAA OLD	45.50	2000	Catholic Central

**Event 33 Women 100 Meter Dash Junior**

WOSSAA	12.32	2016-05-19	Jessie Forcey - Mother Teresa
WOSSAA OLD	12.20	1994	C. Ellenor SN 1978 C. Lenz Luc

**Event 34 Men 100 Meter Dash Junior**

WOSSAA	10.89	2015-05-21	Cole Barnes - St. Joseph's
WOSSAA OLD	10.70	1997	K. Muise 1994 R.M.C. A. Stern

**Event 35 Women 200 Meter Dash Junior**

WOSSAA	25.50	2014-05-23	Natalie Topp - St. Mary's
WOSSAA OLD	24.90	1989	Vivienne Stephens Central Hur

**Event 36 Men 200 Meter Dash Junior**

WOSSAA	22.59	2013-05-24	Davis Edward - Oakridge SS
WOSSAA OLD	21.90	1982	D'arcy Kay Saunders

**Event 37 Women 400 Meter Dash Junior**

WOSSAA	57.81	2014-05-22	Natalie Topp - St. Mary's
WOSSAA OLD	56.60	1998	N. Schmiedt 1994 JP II P. Mclau

**Event 38 Men 400 Meter Dash Junior**

WOSSAA	50.72	2019-05-23	Dylan Yzenbrandt - Saunders SS
WOSSAA OLD	49.30	2000	Alex Alva Regina Mundi

**Event 39 Women 800 Meter Run Junior**

WOSSAA	2:11.56	2007-05-24	Jessica Parry - Catholic Cen
WOSSAA OLD	2:14.80	1986	Connie Beukeboom C.C.H.

**Event 40 Men 800 Meter Run Junior**

WOSSAA	1:58.75	2017-05-19	Kyle Koyanagi - Laurier, Sir
WOSSAA OLD	1:52.70	1994	Jay Cantin St. Clair

**Event 41 Women 1500 Meter Run Junior**

WOSSAA	4:34.77	2007-05-23	Jessica Parry - Catholic Cen
WOSSAA OLD	4:37.20	1982	Jill Purola Huron Park

**Event 42 Men 1500 Meter Run Junior**

WOSSAA	4:08.15	2013-05-23	Muhumed Sirage - Montcalm SS
WOSSAA OLD	3:59.90	1975	Peter Butler Sarnia Northern

**Event 43 Women 3000 Meter Run Junior**

WOSSAA	10:04.08	2013-05-24	Charlotte Prouse - London Central
WOSSAA OLD	9:55.50	1988	Jennifer Armstrong Saunders

**Event 44 Men 3000 Meter Run Junior**

WOSSAA	8:41.54	2017-05-19	Josh Zelek - Stratford Centr
WOSSAA OLD	8:26.90	1981	Chris Brewster C.C.H.

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium - U.W.O., London, ON**  
**Records**

**Event 45 Women 80 Meter Hurdles Junior**

WOSSAA	11.80	2010-05-20	Alysha Newman - Mother Teresa
WOSSAA OLD	11.60	1994	H. Carnahan'80 Saunders J. Rob

**Event 46 Men 100 Meter Hurdles Junior**

WOSSAA	13.22	2008-05-22	Gregory MacNeill - Mother Teresa
WOSSAA OLD	13.85	1999	Paul Whitty Saunders

**Event 47 Women 300 Meter Hurdles Junior**

WOSSAA	44.62	2015-05-22	Claire Larose - Oakridge SS
WOSSAA OLD	42.70	1994	Nadia Schmiedt John Paul II

**Event 48 Men 300 Meter Hurdles Junior**

WOSSAA	39.00	2008-05-23	Gregory MacNeill - Mother Teresa
WOSSAA OLD	38.80	1996	Jaime Hollingsworth Parkside

**Event 49 Women High Jump Junior**

WOSSAA	1.65m	2011-05-20	Ali Baker - Mother Teresa
WOSSAA	1.65m	2012-05-25	Erin Katerberg - Listowel DSS
WOSSAA OLD	1.67m	1985	C. Bond W.C.I. L. Devries Luc

**Event 50 Men High Jump Junior**

WOSSAA	2.08m	2008-05-23	Branden Wilhelm - Woodstock
WOSSAA OLD	2.06m	1981	Al Hough Montcalm

**Event 51 Women Pole Vault Junior**

WOSSAA	3.89m	2010-05-20	Alysha Newman - Mother Teresa
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**Event 52 Men Pole Vault Junior**

WOSSAA	4.00m	2015-05-21	Nojah Parker - College Avenue
WOSSAA OLD	4.16m	2003	Josh Kirkpatrick - Saunders SS

**Event 53 Women Long Jump Junior**

WOSSAA	5.60m	2008-05-22	Kristen Bujnowski - Holy Cross
WOSSAA OLD	5.79m	1979	Ruth Pugh Dorchester

**Event 54 Men Long Jump Junior**

WOSSAA	6.77m	2008-05-23	Cole Pellett - Madill, F.E.
WOSSAA OLD	6.90m	1989	Jason Laur Arthur Voaden

**Event 55 Women Triple Jump Junior**

WOSSAA	11.27m	2007-05-23	Emily Goad - Mother Teres
WOSSAA OLD	11.61m	1992	Tawnya Gurchin Strathroy

**Event 56 Men Triple Jump Junior**

WOSSAA	13.65m	2007-05-23	Taylor Stewart - Regina Mundi
WOSSAA OLD	13.92m	1977	Greg Campbell Sarnia Northern

**Event 57 Women Shot Put Junior**

WOSSAA	13.94m	2022-05-20	Julia Tunks - Oakridge SS
WOSSAA OLD	13.11m	2003	Meghan Weaver - LucasA.B.
WOSSAA 4kg	11.90m	2011-05-20	Nicole Horneman - Medway HS

**Event 58 Men Shot Put Junior**

WOSSAA	17.63m	2018-05-24	Ryan Jacklin - Madill, F.E.
WOSSAA OLD	17.56m	1998	Fraser Clarke St. Thomas Aquinas

**Event 59 Women Discus Throw Junior**

WOSSAA	51.26m	2022-05-19	Julia Tunks - Oakridge SS
WOSSAA OLD	40.70m	1994	Julie Lisle Madill

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium - U.W.O., London, ON**

**Records**

**Event 60 Men Discus Throw Junior**

WOSSAA	62.03m	2018-05-24	Ryan Jacklin - Madill, F.E.
WOSSAA OLD	53.64m	1992	Jason Tunks Banting

**Event 61 Women Javelin Throw Junior**

WOSSAA	39.40m	2023-05-26	Taylor Kana - East Elgin SS
WOSSAA OLD	47.10m	1980	Martha Hart Saunders

**Event 62 Men Javelin Throw Junior**

WOSSAA	55.38m	2015-05-22	Josh Mather - Strathroy DC
WOSSAA OLD	61.08m	1976	Tom Gawinski Sarnia Northern

**Event 63 Women 4x100 Meter Relay Junior**

WOSSAA	49.51	2009-05-21	Mother Teresa C S S - Mother Teresa
WOSSAA OLD	49.00	1998	Banting

**Event 64 Men 4x100 Meter Relay Junior**

WOSSAA	44.22	2016-05-19	London South S S - London South E Martin, C Brown, S Brown, J Beadle
WOSSAA OLD	43.80	1976	Oakridge

**Event 65 Women 100 Meter Dash Senior**

WOSSAA	11.80	1994	Sue Seymour Listowel
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**Event 66 Men 100 Meter Dash Senior**

WOSSAA	10.50	1994	Craig Vandeweghe St. Pat's
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**Event 67 Women 200 Meter Dash Senior**

WOSSAA	24.39	1999	Jessica Zelinka Banting
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**Event 68 Men 200 Meter Dash Senior**

WOSSAA	21.70	1997	C. Heffernan S.T.A.
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**Event 69 Women 400 Meter Dash Senior**

WOSSAA	54.92	1995	Nadia Schmiedt John Paul II
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**Event 70 Men 400 Meter Dash Senior**

WOSSAA	47.70	1988	Brian Dicker St. Pats
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**Event 71 Women 800 Meter Run Senior**

WOSSAA	2:08.37	2009-05-22	Jessica Parry - Catholic Central
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**Event 72 Men 800 Meter Run Senior**

WOSSAA	1:51.99	2016-05-20	Ruach Padhal - John Paul II
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**Event 73 Women 1500 Meter Run Senior**

WOSSAA	4:31.62	2008-05-22	Jessica Parry - Catholic Central
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**Event 74 Men 1500 Meter Run Senior**

WOSSAA	3:50.50	1996	Jay Cantin St. Clair
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**Event 75 Women 3000 Meter Run Senior**

WOSSAA	9:48.19	1995	Julie Froud St. Mary's SCVI
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**Event 76 Men 3000 Meter Run Senior**

WOSSAA	8:13.00	1982	Chris Brewster C.C.H.
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**Event 77 Women 100 Meter Hurdles Senior**

WOSSAA	13.10	2000	Jessica Zelinka Banting
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**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium - U.W.O., London, ON**  
**Records**

**Event 78 Men 110 Meter Hurdles Senior**

WOSSAA	13.21	2010-05-20	Greg MacNeill - Mother Teresa
WOSSAA OLD	14.30	1997	Jon Cohen Lucas

**Event 79 Women 400 Meter Hurdles Senior**

WOSSAA	59.54	1994	Nadia Schmiedt John Paul II
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**Event 80 Men 400 Meter Hurdles Senior**

WOSSAA	54.10	1980	Jeff Glass Saunders
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**Event 81 Women High Jump Senior**

WOSSAA	1.70m	2017-05-18	Emily Branderhorst - London Christian
WOSSAA	1.70m	1999	Jessica Zelinka Banting

**Event 82 Men High Jump Senior**

WOSSAA	2.16m	2011-05-19	Branden Wilhelm - Woodstock
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**Event 83 Women Pole Vault Senior**

WOSSAA	3.90m	2012-05-24	Alysha Newman - Mother Teresa
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**Event 84 Men Pole Vault Senior**

WOSSAA	4.80m	1985	Doug Wood Madill
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**Event 85 Women Long Jump Senior**

WOSSAA	5.71m	2019-05-24	Chloe Knox - Lucas, A.B.
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**Event 86 Men Long Jump Senior**

WOSSAA	7.36m	2008-05-23	Damian Warner - Montcalm SS
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**Event 87 Women Triple Jump Senior**

WOSSAA	12.28m	1992	Kim Dykhooren East Elgin SS
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**Event 88 Men Triple Jump Senior**

WOSSAA	14.31m	2008-05-23	Taylor Stewart - Regina Mundi
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**Event 89 Women Shot Put Senior**

WOSSAA	13.96m	2023-05-26	Julia Tunks - Oakridge SS
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**Event 90 Men Shot Put Senior**

WOSSAA	19.33m	2009-05-22	Zack Russell-Ford - Banting, Sir
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**Event 91 Women Discus Throw Senior**

WOSSAA	54.21m	2023-05-26	Julia Tunks - Oakridge SS
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**Event 92 Men Discus Throw Senior**

WOSSAA	62.64m	1995	Jason Tunks Banting
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**Event 93 Women Javelin Throw Senior**

WOSSAA	46.51m	1999	Deanna Zelinka Banting
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**Event 94 Men Javelin Throw Senior**

WOSSAA	65.82m	1979	R. Dowswell Sarnia Central
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**Event 95 Women 4x100 Meter Relay Senior**

WOSSAA	48.84	1999	Banting
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**Event 96 Men 4x100 Meter Relay Senior**

WOSSAA	43.03	2012-05-24	F.E. Madill S S - Madill, F.E.
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**Event 97 Women 2000 Meter Steeplechase Open**

WOSSAA	7:23.79	2019-05-23	Elysse Fleming - London Central
WOSSAA1500SC	4:52.89	2015-05-21	Charlotte Prouse - London Central

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium - U.W.O., London, ON**  
**Records**

**Event 98 Men 2000 Meter Steeplechase Open**

WOSSAA 5:53.00 2016-05-19 Muhumed Sirage - Catholic Central

**Event 99 Women 4x400 Meter Relay Open**

WOSSAA 3:58.04 2016-05-20 Lord Dorchester S S - Dorchester

**Event 100 Men 4x400 Meter Relay Open**

WOSSAA 3:21.90 1979 Saunders

**Event 101 Women 100 Meter Dash Ambulatory**

WOSSAA 14.67 2015-05-21 Madison Wilson-Walker - Dorchester

**Event 102 Men 100 Meter Dash Ambulatory**

WOSSAA 12.48 2006-05-16 Deric Kruse - Madill, F.E.

**Event 105 Women 100 Meter Dash Intellectually Imp.**

WOSSAA 13.44 2018-05-24 Kyla Rodrigue - Woodstock

**Event 106 Men 100 Meter Dash Intellectually Imp.**

WOSSAA 12.57 2023-05-25 Cameron Banerjee - Banting, Sir

WOSSAA 13.12 2018-05-24 Austin Cornish - College Avenue

**Event 111 Women 800 Meter Run Visually Impaired**

WOSSAA 3:02.44 2011-05-20 Rachel Schelhaas - St. Michael

**Event 113 Women 800 Meter Run Ambulatory**

WOSSAA 3:04.60 2016-05-20 Madison Wilson-Walker - Dorchester

**Event 114 Men 800 Meter Run Ambulatory**

WOSSAA 2:41.41 2017-05-19 Nick Heffernan - St. Thomas Aq

**Event 116 Men 800 Meter Run Intellectually Imp.**

WOSSAA 2:44.35 2018-05-25 Diego Echeverria - St. A. Bessette

**Event 121 Women Shot Put Ambulatory**

WOSSAA 6.07m 2019-05-23 Charlotte Bolton - Glendale HS

**Event 123 Women Shot Put Intellectually Imp.**

WOSSAA 6.11m 2023-05-25 Abby Dixon - Westminster

**Event 124 Men Shot Put Intellectually Imp.**

WOSSAA 11.21m 2023-05-25 Cameron Banerjee - Banting, Sir