

"EAGLES" - TRACK AND FIELD RECORDS - 2004-2018

16/09/2018

MIDGET GIRLS

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
100m	Tanisha Johnson	13.06s	2010 (wind 3.0)	CWOSSA, Kitchener
	Agata Kulczynska	13.11s	2011 (no wind meter)	Track Wars, Kitchener
	Dashel Serieux	13.19s	2012	OFSAA West, Windsor
200m	Dashel Serieux	26.67s	2012	OFSAA West, Windsor
400m	Monica Januszek	59.75s	2010	OFSAA West, Windsor
800m	Jaimie Phelan	2:16.71min	2010	OFSAA, Sudbury
1500m	Jaimie Phelan	4:36.36min	2010	OFSAA, Sudbury
3000m	Heather Lehan	11:54.48min	2013	District 8, Kitchener
80mH	Angela Mercurio	12.94s	2011	CWOSSA, Kitchener
300mH	Sydney Collins	48.29s	2013	CWOSSA, Cambridge
High Jump	Kaitlyn Schenck	1.45m	2009	District 8, Kitchener
Long Jump	Angela Mercurio	4.16m	2011	CWOSSA, Kitchener
Triple Jump	Angela Mercurio	11.53m	2011	OFSAA West, London
Shot Put	Summer Pahl	9.82m	2015	OFSAA West, London
Discus	Bethlehem Zebib	19.90m	2011	CWOSSA, Kitchener
Javelin	Renee McCormick	24.05m	2011	District 8, Kitchener
4 X 100m Relay	Shanette Walch	50.92s	2010	OFSAA West, Windsor
	Jaimie Phelan			
	Tanisha Johnson			
	Monica Januszek			

MIDGET BOYS

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
100m	Dominic Turton	11.72s	2015 (wind 2.5)	CWOSSA, Cambridge
100m	Dominic Turton	12.05s	2015	District 8, Cambridge
200m	Dominic Turton	23.96s/23.98s	2015 (wind 2.9 on 23.96s)	CWOSSA, Cambridge
400m	Joshua Jackson	53.38s	2016	CWOSSA, Kincardine
800m	Ruairi Tiernan	2:10.38min	2016	OFSAA West, Cambridge
1500m	Ben Flanagan	4:11.90min	2010	OFSAA, Sudbury
3000m	Ben Flanagan	8:57.38min	2010	OFSAA, Sudbury
100mH	Sam Martinello	16.03s	2010	CWOSSA, Kitchener
300mH	Miguel Robles	44.10s	2015	OFSAA, Toronto
High Jump	Kohl Grevenstein	1.70m	2017	OFSAA West, London
High Jump	Sam Haas	1.70m	2017	District 8, Kitchener
Long Jump	Joel Ernst Finnie	6.19m	2016	OFSAA, Windsor
Triple Jump	George Okot	11.87m	2014	OFSAA West, Windsor
Shot Put	Cole Belkwell	12.35m	2015	CWOSSA, Cambridge
Discus	Cole Belkwell	39.81m	2015	CWOSSA, Cambridge
Javelin	Cole Belkwell	39.99m	2015	CWOSSA, Cambridge
Pole Vault	Paul Worndl	3.10m	2007	OFSAA West, Ottawa
4 x 100m Relay	Sam Martinello	48.17s	2010	OFSAA West, Windsor
	Riley Flanagan			
	Mario Reckl			
	Roman Barrett			

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JUNIOR GIRLS				
<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
100m	Dashel Serieux	12.78s	2013	OFSAA West, Cambridge
	Dashel Serieux	12.62s	2013 (wind 2.9)	OFSAA West, Cambridge
200m	Dashel Serieux	25.79s/26.2s	2013 (wind 3.8 on 25.79s)	OFSAA West, Cambridge
400m	Jaimie Phelan	1:00.27min	2011	District 8, Kitchener
800m	Jaimie Phelan	2:13.80min	2011	OFSAA West, London
1500m	Jaimie Phelan	4:32.03min	2011	OFSAA, Sudbury
3000m	Alysha Hooper	11:31.89min	2005	CWOSSA, Brantford
80mH	Naomi Lance	12.46s Handtime	2007	District 8, Kitchener
80mH	Cheryse Mitton	12.59s	2010	CWOSSA, Kitchener
300mH	Kaitlyn Schenck	47.87s	2010	OFSAA West, Windsor
High Jump	Hillary Webster	1.35m	2010	District 8, Kitchener
	Sarah Walsh	1.35m	2008	District 8, Kitchener
	Katrina Shaw	1.35m	2006	District 8, Kitchener
Long Jump	Angela Mercurio	5.44m	2012	OFSAA, Brockville
Triple Jump	Angela Mercurio	11.91m	2012	CWOSSA, Kitchener
Shot Put	Ella Koller	9.1m	2018	District 8, Cambridge
Discus	Ella Murphy	23.70m	2018	CWOSSA, Cambridge
Javelin	Bethlehem Zebib	20.48m	2012	CWOSSA, Kitchener
4 x 100m Relay	Shanette Walch	50.36s	2011	OFSAA West, London
	Jaimie Phelan			
	Tanisha Johnson			
	Monica Januszek			
JUNIOR BOYS				
<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
100m	Dominic Turton	11.26s	2016 (wind 2.9)	OFSAA West, Cambridge
	Joshua Jackson	11.39s	2017	Track Wars, Cambridge
200m	Joshua Jackson	23.01s/23.15s	2017 (wind 2.7 on 23.01s)	CWOSSA, Kincardine
400m	Joshua Jackson	50.80s	2017	OFSAA West, London
800m	Sam Baxter	2:00.61min	2010	CWOSSA, Kitchener
1500m	Ben Flanagan	3:57.65min	2011	OFSAA, Sudbury
3000m	Ben Flanagan	8:38.69min	2011	OFSAA, Sudbury
100mH	Paul Worndl	17.38s	2008	District 8, Kitchener
300mH	Calvin Arsenault	39.71s	2009	OFSAA, Toronto
High Jump	Calvin Arsenault	1.85m	2009	OFSAA, Toronto
Long Jump	Kohl Grevenstein	6.06m	2018	CWOSAA, Cambridge
Triple Jump	Riley Flanagan	12.53m	2011	OFSAA West, London
Shot Put	Cole Belkwell	17.70m	2016	OFSAA West, Cambridge
Discus	Cole Belkwell	60.11m	2016	OFSAA West, Cambridge
Javelin	Cole Belkwell	47.25m	2016	CWOSAA, Kincardine
Pole Vault	Paul Worndl	3.85m	2008	OFSAA, Hamilton
4 x 100m Relay	Riley Flanagan	46.22s	2011	CWOSSA, Kitchener
	Sam Martinello			
	Mario Reckl			
	Roman Barrett			

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SENIOR GIRLS				
<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
<i>100m</i>	Dashel Serieux	12.09s	2014	CWOSSA, Cambridge
<i>200m</i>	Monica Januszek	25.05s	2012	OFSAA West, Windsor
<i>400m</i>	Sydney Collins	1:01.53min	2016	District 8, Cambridge
<i>800m</i>	Jaimie Phelan	2:11.20min	2013	OFSAA, Oshawa
<i>1500m</i>	Jaimie Phelan	4:22.03min	2013	OFSAA, Oshawa
<i>3000m</i>	Jaimie Phelan	10:06.35min	2013	District 8, Cambridge
<i>100mH</i>	Naomi Lance	15.45s	2010	CWOSSA, Kitchener
<i>400mH</i>	Sydney Collins	1:05.67min	2015	CWOSSA, Cambridge
<i>High Jump</i>	Kristie Maher	1.45m	2005	District 8, Kitchener
<i>Long Jump</i>	Angela Mercurio	4.86m	2013	CWOSSA, Cambridge
<i>Triple Jump</i>	Angela Mercurio	12.26m	2013	CWOSSA, Cambridge
<i>Shot Put</i>	Katie Langdon	9.42m	2014	CWOSSA, Cambridge
<i>Discus</i>	Julia Spitzig	27.25m	2018	CWOSSA, Cambridge
<i>Javelin</i>	Kyla Pfister	30.70m	2005	District 8, Kitchener
<i>4 x 100m Relay</i>	Dashel Serieux	49.44s	2013	District 8, Cambridge
	Agata Kulczynska			
	Jaimie Phelan			
	Monica Januszek			
SENIOR BOYS				
<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
<i>100m</i>	Calvin Arsenault	11.16s	2011 (no wind meter)	Track Wars, Kitchener
	Sam Martinello	11.26s	2013	District 8, Kitchener
<i>200m</i>	Joshua Jackson	22.82s	2018	CWOSSA, Cambridge
<i>400m</i>	Joshua Jackson	50.60s	2018	CWOSSA, Cambridge
<i>800m</i>	Sam Baxter	1:59.32min	2011	CWOSSA, Kitchener
<i>1500m</i>	Marcus Kemp	3:50.71min	2018	OFSAA, Toronto
<i>3000m</i>	Ben Flanagan	8:17.31min	2013	OFSAA, Oshawa
<i>3200m</i>	Marcus Kemp	8:50.95min	2018	Arcadia, California
<i>110mH</i>	Calvin Arsenault	13.67s	2011	OFSAA, Sudbury
<i>400mH</i>	Calvin Arsenault	54.56s	2011	OFSAA, Sudbury
<i>High Jump</i>	Rushane Lewis	1.80m	2012	Track Wars, Cambridge
<i>Long Jump</i>	Riley Flanagan	7.07m	2014 (wind 2.7)	OFSAA West, Windsor
	Riley Flanagan	6.72m	2013	OFSAA West, Cambridge
<i>Triple Jump</i>	Joe Medford	11.50m	2008	District 8, Kitchener
<i>Shot Put</i>	Cole Belkwell	16.60m	2017	Track Wars, Cambridge
<i>Discus</i>	Cole Belkwell	50.47m	2017	CWOSSA, Kincardine
<i>Javelin</i>	Cole Belkwell	42.89m	2018	Track Wars, Cambridge
<i>Pole Vault</i>	Paul Worndl	4.30m	2010	OFSAA West, Windsor
<i>4 x 100m Relay</i>	Riley Flanagan	45.33s	2012	CWOSSA, Kitchener
	Rushane Lewis			
	Nathan Hann			
	Sam Martinello			
OPEN GIRLS				

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<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
1500m SC	Ainsley Nantes	5:32.7min	2012	CWOSSA, Kitchener
4 x 400 m Relay	Monica Januszek	3:55.38min	2013	OFSAA, Oshawa
	Sydney Collins			
	Olivia Scagnetto			
	Jaimie Phelan			
	Alt: Catherine Zafera			
OPEN BOYS				
<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	<u>Event / Place</u>
2000 m SC	Jason Lowrie	6:25.32min	2018	CWOSSA, Cambridge
4 x 400 m Relay	Miguel Robles	3:26.92min	2018	OFSAA West, Windsor
	Foster Malleck			
	Marcus Kemp			
	Joshua Jackson			

<u>DISTRICT 8 RECORDS</u>				
<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>	
MB 400m	Joshua Jackson	53.93s	2016	
MG 800m	Jaimie Phelan	2:20.27min	2010	
MB 800m	Marcus Kemp	2:11.24min	2015	
MG 1500m	Jaimie Phelan	4:50.43min	2010	
MB 1500m	Ben Flanagan	4:26.13min	2010	
MB 3000m	Ben Flanagan	9:33.03min	2010	
MG Triple Jump	Angela Mercurio	11.25m	2011	
MB Discus	Cole Belkwell	37.34m	2015	
JG 800m	Jaimie Phelan	2:19.58min	2011	
JG 1500m	Jaimie Phelan	4:42.94min	2011	
JB 1500m	Ben Flanagan	4:04.55min	2011	
JB 3000m	Ben Flanagan	9:00.19min	2011	
JG Triple Jump	Angela Mercurio	11.55m	2012	
JB Shot Put	Cole Belkwell	15.83m	2016	
JB Discus	Cole Belkwell	54.04m	2016	
SG 800m	Jaimie Phelan	2:19.04min	2013	
SG 1500m	Jaimie Phelan	4:42.71min	2012	
SG 3000m	Jaimie Phelan	10:06.35min	2013	
SB 3000m	Ben Flanagan	8:50.46min	2012	
SB 110mH	Calvin Arsenault	14.57s	2011	
SB Shot Put	Cole Belkwell	15.77m	2017	
SB Discus	Cole Belkwell	45.29m	2017	
SG 4X100m	Dashel Serieux	49.44s	2013	
	Agata Kulczynska			
	Jaimie Phelan			
	Monica Januszek			
CWOSSA RECORDS				

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<u>Event</u>	<u>Name</u>		<u>Record</u>	<u>Year</u>
JG Triple Jump	Angela Mercurio		11.91m	2012
JB 100m	Dave Tomlin		10.60s Handtime	1993
JB Shot Put	Cole Belkwell		17.34m	2016
SG Triple Jump	Angela Mercurio		12.26m	2013

OFSAA WEST RECORDS

<u>Event</u>	<u>Name</u>		<u>Record</u>	<u>Year</u>
MG Triple Jump	Angela Mercurio		11.53m	2011
JB Shot Put	Cole Belkwell		17.70m	2016
SB 200m	Dave Tomlin		21.30s Handtime	1995

Current age categories began in 2004. All records must have been in an outdoor competition and be the official result.

All track events are electronically timed except District 8 2004 - 2007. Hand-timing can subtract up to .2 seconds.

Most results can be found at galasso.ca

The following results are missing or difficult to find on-line:

OFSAA West	A close review of 2004 - 2009 may yield additional records. 2012 was reviewed! (cumbersome)		
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CWOSSA	2008 - 2009 (missing)		
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Please inform Mr. Wittmann of errors, updates, etc.

Wind assistance to be discussed.