

National Capital High School

Track & Field Classic

Meet Records

(as of March 1, 2013)

100m	Midget	F	12.64	Amelia Brohman	(94)	Hillcrest	05.07.09
		M	11.60	Doron William	(93)	Pickering	05.08.08
	Junior	F	12.40	Sarah Gariba	(91)	Colonel By	05.12.07
		M	11.07	Oluwasegun Makinde	(91)	Colonel By	05.12.07
	Senior	F	12.30	Veronica Catry	(89)	Regiopolis N.D.	05.12.07
		M	10.68	Makinde Segun	(90)	Colonel By	05.08.08
200m	Midget	F	26.27	Noelle Leone-Palmer	(94)	Louis-Riel	05.07.09
		M	23.78	Liam Smith	(97)	St. Mary CHS	05.10.12
	Junior	F	25.66	Shelani Ferando	(95)	John McRae	05.05.11
		M	22.41	Oluwasegun Makinde	(91)	Colonel By	05.12.07
	Senior	F	25.05	Ashlea Maddex	(92)	Rockland	05.07.09
		M	21.63	Oluwasegun Makinde	(90)	Colonel By	05.08.08
400m	Midget	F	59.86	Sam Murphy	(92)	St. Joseph's	05.12.07
		M	54.86	Denray Jean-Jacques	(94)	Immaculata	05.07.09
	Junior	F	1:00.32	Toluwal Adams	(95)	Mother Teresa	05.05.11
		M	51.96	Isaiah Moses	(93)	Gloucester	05.07.09
	Senior	F	57.31	Fiona Callender	(92)	Bell H S	05.07.09
		M	49.52	Michael Warchol	(92)	Brookfield	05.07.09
800m	Midget	F	2:21.68	Emma Galbraith	(94)	Franco - Ouest	05.08.08
		M	2:08.84	Julian Patchett	(92)	Pickering	05.12.07
	Junior	F	2:21.00	Kathryn Tuck	(93)	Colonel By	05.07.09
		M	2:04.97	Mohamed Suleiman	(93)	Louis-Riel	05.07.09
	Senior	F	2:13.05	Daniel Woods	(89)	Hillcrest	05.12.07
		M	1:58.05	Yves Sikubwabo	(93)	Glebe C.I.	05.10.12
1500m	Midget	F	5:01.80	Alexa Livingstone	(97)	Glebe C.I.	05.10.12
		M	4:14.82	Tristan Woodfine	(93)	Opeongo	05.08.08
	Junior	F	5:03.49	Nicole Francki	(91)	Sir W. Laurier	05.12.07
		M	4:21.63	Alexander Hinton	(92)	Kingston CVI	05.12.07
	Senior	F	4:43.69	Sarah Boyd	(91)	All Saints	05.07.09
		M	3:51.09	Yves Sikubwabo	(93)	Glebe C.I.	05.05.11
3000m	Open	F	10:25.24	Stephanie Hulse	(91)	Holy Cross	05.07.09
		M	8:26.86	Yves Sikubwabo	(93)	Glebe C.I.	05.05.11
Sprint Hurdles	Midget	F	12.63	Katherine Lawrence	(92)	Pickering	05.12.07
		M	14.86	Geoff Lawson	(97)	Osgoode	05.10.12
	Junior	F	12.44	Devyani Biswal	(93)	Sir.R.Borden	05.07.09
		M	14.77	Nathan Toman	(96)	Arnprior	05.10.12
	Senior	F	14.33	Ashlea Maddex	(92)	Rockland	05.07.09
		M	14.12	Sekou Kaba	(90)	Robert Borden	05.08.08
300m Hurdles	Midget	F	50.42	Jenna Barr	(93)	Almonte	05.08.08
		M	42.99	Daniel Desgrosiliers	(94)	Merivale	05.07.09
	Junior	F	47.20	Bridget Hayes	(95)	Mother Teresa	05.05.11
		M	41.03	Nathan Toman	(96)	Arnprior	05.10.12
400m Hurdles	Senior	F	1:04.87	Bridget Hayes	(95)	Mother Teresa	05.10.12
		M	55.74	Spencer Bell	(91)	Canterbury	05.07.09

1500m Steeple	Open	F	5:13.27	Erin O'Higgins	(94)	Bell H.S.	05.10.12
		M	4:32.54	William Dick	(90)	Opeongo	05.07.09
4x100 Relay	Midget	F	51.03	Pickering			05.12.07
		M	47.37	Pickering			05.12.07
	Junior	F	51.28	Pickering			05.12.07
		M	45.11	Pickering			05.07.09
	Senior	F	51.55	Pickering			05.08.08
		M	42.81	Colonel By			05.07.09
4x400m Relay	Open	F	4:15.08	Pickering HS			05.08.08
		M	3:29.44	Hillcrest HS			05.07.09
High Jump	Midget	F	1.50	Devon Clark	(92)	St. Mary	05.12.07
			1.50	Olivia Robinson	(96)	Fellowes	05.05.11
		M	1.80	David Nsabua	(93)	Louis Riel	05.08.08
	Junior	F	1.58	Laura Craig	(95)	Arnprior	05.05.11
		M	1.91	David Nsabua	(93)	Louis Riel	05.07.09
	Senior	F	1.60	Christine Wallace	(89)	St. Mark's	05.12.07
M		1.96	Terence Thomas	(90)	Glebe C I	05.07.09	
Long Jump	Midget	F	4.90	Cathy MacNilage	(96)	North Grenville	05.05.11
		M	6.12	Divyanthan Thasarathan	(93)	Bill Crothers	05.07.09
	Junior	F	5.10	Devyani Biswal	(93)	Sir R. Borden	05.07.09
		M	6.04	Al Itani	(95)	Colonel By	05.05.11
	Senior	F	5.45	Emma Dobson	(91)	Opeongo	05.07.09
		M	6.62	Brian Okeny	(92)	L.B. Pearson	05.07.09
Triple Jump	Midget	F	10.64	Anna Gilliatt	(93)	Colonel Bay	05.08.08
		M	12.72	Divyanthan Thasarathan	(93)	Bill Crothers	05.07.09
	Junior	F	11.10	Divyajoti Biswal	(93)	Sir R. Borden	05.07.09
		M	12.90	Al Itani	(95)	Colonel By	05.05.11
	Senior	F	11.69	Krista Dillon	(92)	John McCrae	05.07.09
		M	13.59	Brian Okeny	(92)	L.B. Pearson	05.07.09
Shot Put	Midget	F	10.44	Eilish MacDonald	(94)	Merivale	05.07.09
		M	12.39	Justin Metcalfe	(93)	Almonte	05.08.08
	Junior	F	10.59	Kayla Maduk	(96)	John McCrae	05.10.12
		M	13.86	Connor Fitzgerald	(95)	Notre Dame C.P.	05.05.11
	Senior	F	11.26	Caitlin Van Dodewaard	(89)	Renfrew CI	05.12.07
		M	15.09	Patrick Arbour	(88)	Sacred Heart	05.12.07
Discus Throw	Midget	F	26.52	Eilish MacDonald	(94)	Merivale	05.07.09
		M	37.10	Darby Charkari	(95)	Bishop Smith	05.07.09
	Junior	F	29.32	Katie Klatt	(96)	Fellowes	05.05.11
		M	48.64	Dennis Brianski	(93)	Notre Dame	05.07.09
	Senior	F	41.02	Caitlin Van Dodewaard	(89)	Renfrew C I	05.12.07
		M	47.27	Zak Koikowski	(88)	Renfrew C I	05.12.07
Javelin Throw	Midget	F	27.75	Mary-Elizabeth Hemphill	(93)	Bill Crothers	05.07.09
		M	37.91	Thomas Schlossmacher	(94)	Colonel By	05.07.09
	Junior	F	31.90	Rebecca Perry	(92)	St. Mary	05.08.08
		M	46.09	Josh Rector	(95)	Colonel By	05.05.11
	Senior	F	39.20	Katie Weston	(88)	Widdifield	05.12.07
		M	48.07	Brandon Beaudin	(94)	St. Mary	05.05.11