

National Capital High School

Track & Field Classic

Meet Records

(as of March 1, 2014)

100m	Midget	F	12.49	Remy Wade	(98)	Glebe C.I.	05.09.13
		M	11.60	Doron William	(93)	Pickering	05.08.08
	Junior	F	12.40	Sarah Gariba	(91)	Colonel By	05.12.07
		M	12.31wa	Alanna Hendricks	(97)	Pickering	05.09.13
	Senior	F	11.07	Oluwasegun Makinde	(91)	Colonel By	05.12.07
		M	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	25.32	Zanara McIntosh	(97)	Pickering	05.09.13
		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	53.39	Austin White	(98)	St. Michael	05.09.13
	Junior	F	58.15	Erinn Stenman-Fahey	(97)	Canterbury	05.09.13
		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	2:05.85	Owen Day	(98)	Holy Trinity	05.09.13
	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	1:57.14	Lucas Trapeau	(96)	Lycee Claudel	05.09.13
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	4:19.15	Jonathan Favero	(97)	L'Escale	05.09.13
	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	10:13.00	Claire Smith	(97)	Glebe C.I.	05.09.13
		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	12.35	Alanna Hendricks	(97)	Pickering	05.09.13
		M	14.19	Tresha Abrahams-Webster	(97)	Pickering	05.09.13
	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	50.07	Anne-Marie McNab	(98)	Arnprior	05.09.13
		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	1:04.39	Bridget Hayes	(95)	Mother Teresa	05.09.13

		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	4:29.27	Lukas Jarron	(95)	Pickering	05.09.13
4x100 Relay	Midget	F	51.03	Pickering			05.12.07
		M	46.41	Louis-Riel			05.09.13
	Junior	F	50.69	Pickering			05.09.13
		M	45.11	Pickering			05.07.09
	Senior	F	50.04	Brookfield			05.09.13
		M	42.81	Colonel By			05.07.09
4x400m Relay	Open	F	4:12.51	Canterbury			05.09.13
		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	1.60	Gemma Rod	(97)	Notre Dame CP	05.09.13
		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	
Pole Vault	Open	F	2.60	Julianna Tebrake	(95)	Longfield D.H. S.S.	05.09.13
		M	4.45	Zach Kerr	(96)	Hillcrest	05.09.13
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	5.58	Courtney Dwyer	(96)	Glebe C.I.	05.09.13
		M	6.65	Bryson Patterson	(95)	John McCrae	05.09.13
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	13.67	Bryson Patterson	(95)	John McCrae	05.09.13
Shot Put	Midget	F	10.44	Eilish MacDonald	(94)	Merivale	05.07.09
		M	12.94	Connor Williams	(99)	Pierre Savard	05.09.13
	Junior	F	10.59	Kayla Maduk	(96)	John McCrae	05.10.12
		M	14.80	Yanic Joseph	(97)	Pickering	05.09.13
	Senior	F	11.87	Ashley Connell	(95)	South Grenville	05.09.13
		M	15.09	Patrick Arbour	(88)	Sacred Heart	05.12.07
Discus Throw	Midget	F	28.07	Tanya Coulter	(98)	Glebe C.I.	05.09.13
		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	27.90	Paula Meek	(98)	Arnprior	05.09.13
		M	39.50	Michael Lamadeleine	(98)	Immaculata	05.09.13
	Junior	F	31.90	Rebecca Perry	(92)	St. Mary	05.08.08
		M	46.74	Kevin Larson	(97)	Mother Teresa	05.09.13
	Senior	F	39.20	Katie Weston	(88)	Widdifield	05.12.07
		M	49.99	Josh Thero	(95)	Renfrew C.I.	05.09.13