



Dome @ Louis Riel Facility Records

(Updated as of February 25, 2018)

60m	M	Open	6.62	Sam Effah	88	AB - University of Calgary	02.13.10		
		U20	6.79	Aaron Bowman	91	ON - St Thomas Legion TFC	12.20.08		
		U18	6.79	Aaron Bowman	91	ON - St Thomas Legion TFC	12.20.08		
		U16	7.24	Toluwalope Makinde	93	ON - Ottawa Lions TFC	12.13.08		
	F	Open	7.44	Toyin Olupona	83	ON - Elite Edge	02.13.10		
		U20	7.61	Amelia Brohman	94	ON - C.A.N.I.	02.09.13		
		U18	7.66	Deondra Green	00	QC - Kilo de LaSalle	12.17.16		
		U16	7.71	Deondra Green	00	QC - Kilo de LaSalle	12.19.15		
		100m	M	Open	10.34	Sam Effah	88	AB - Team Canada	09.26.10
				U20	10.90	Ramon Monsour	90	ON - Ottawa Lions TFC	02.23.08
U18	10.96			Oluwasegun Makinde	91	ON - Ottawa Lions TFC	02.23.08		
U16	11.52			Dorbor Kolli	98	ON - Longfields Davidson Heights SS	04.04.13		
F	Open		11.86	Farah Jacques	90	ON - Ottawa Lions TFC	03.07.15		
	U20		12.17	Shelani Fernando	95	ON - Ottawa Lions TFC	03.05.11		
			12.17	Charifa Labarang	95	ON - ES Omer Deslauriers	04.11.13		
	U18		12.17	Shelani Fernando	95	ON - Ottawa Lions TFC	03.05.11		
	U16		12.26	Lauren Gale	00	ON - Ottawa Lions TFC	03.07.15		
	150m		M	Open	15.50	Jared Connaughton	85	PEI - Team Canada	09.26.10
U20		15.91		Mike Robertson	89	ON - Ottawa Lions TFC	12.20.08		
U18		16.39		Oluwasegun Makinde	90	ON - Ottawa Lions TFC	12.20.08		
U16		17.10		Hercules Glaude	93	QC - Gatineau ES Mont-Bleu	12.04.08		
F		Open	17.86	Esther Akinsulie	84	ON - Ottawa Lions TFC	11.30.05		
		U20	18.32	Kimberly Hyacinthe	89	QC - CA St. Laurent Selects	01.29.06		
		U18	18.32	Kimberly Hyacinthe	89	QC - CA St. Laurent Selects	01.29.06		

200m	M	U16	18.72	Lauren Gale	00	ON - Ottawa Lions TFC	01.10.15
		Open	21.26	Michael Robertson	89	ON - University of Ottawa	03.03.12
		U20	21.80	Oluwasegun Makinde	91	ON - Ottawa Colonel-By SS	04.16.09
	F	U18	22.01	Oluwasegun Makinde	91	ON - Ottawa Lions TFC	02.23.08
		U16	23.15	Joakim Génèreux	01	QC - Kilomètres	12.17.16
		Open	23.91	Esther Akinsulie	84	ON - Ottawa Lions TFC	03.05.11
U20		24.77	Charifa Labarang	95	ON - Ottawa Lions TFC	03.02.13	
U18		24.79	Lauren Gale	00	ON - Ottawa Lions TFC	03.07.15	
U16		24.79	Lauren Gale	00	ON - Ottawa Lions TFC	03.07.15	
300m	M	Open	33.21	Michael Robertson	89	ON - University of Ottawa	01.17.09
		U20	33.94	Michael Robertson	89	ON - University of Ottawa	01.19.08
		U18	34.57	Michael Robertson	89	ON - Ottawa Lions TFC	12.16.06
	F	U16	36.79	Paul Shermar	97	ON - C.A.N.I.	02.11.12
		Open	37.49	Amonn Nelson	88	AB - Team Canada	09.26.10
		U20	39.13	Lauren Gale	00	ON - Ottawa Lions TFC	02.07.15
		39.13	Sharelle Samuel	00	ON - Ottawa Lions TFC	02.17.18	
400m	M	U18	39.13	Lauren Gale	00	ON - Ottawa Lions TFC	02.07.15
		U16	39.13	Lauren Gale	00	ON - Ottawa Lions TFC	02.07.15
		Open	47.10	Michael Robertson	87	ON - University of Ottawa	03.03.12
	F	U20	48.50	Michael Robertson	87	ON - University of Ottawa	02.28.08
		U18	49.67	Shermar Paul	97	ON - C.A.N.I.	03.01.14
		U16	51.57	Hercules Glaude	93	QC - CA West Island	12.20.08
600m	M	Open	54.53	Farah Jacques	90	ON - Ottawa Lions TFC	03.07.15
		U20	55.75	Lauren Gale	00	ON - Ottawa Lions TFC	03.07.15
		U18	55.75	Lauren Gale	00	ON - Ottawa Lions TFC	03.07.15
	F	U16	55.75	Lauren Gale	00	ON - Ottawa Lions TFC	03.07.15
		Open	1:17.45	Sebastian Saville	94	ON - Carleton University	01.20.18
		U20	1:18.45	Michael Robertson	89	ON - Ottawa Lions / uOttawa	12.13.08
600m	M	U18	1:19.80	Mathieu Sturkenboom	94	QC - CA.Vaudreuil-Dorion	12.17.11
		U16	1:24.30	Zachary Meredith	02	ON - Ottawa Lions TFC	12.17.16
		Open	1:29.38	Karine Belleau-Beliveau	83	QC - CA Les Vainqueurs	12.20.14
	F	U20	1:29.86	Erinn Stenman-Fahey	97	ON - Ottawa Lions TFC	02.07.15
		U18	1:32.33	Erinn Stenman-Fahey	97	ON - Ottawa Lions TFC	02.01.14
		U16	1:35.51	Fiona Callender	92	ON - Ottawa Lions TFC	11.24.07

800m	M	Open	1:51.59	Sebastian Saville	94	ON – Carleton University	01.19.18		
		U20	1:53.88	Yves Sikubwabo	93	ON - Ottawa Lions TFC	03.05.11		
		U18	1:54.87	Lucas Trapeau	96	ON - Ottawa Lions TFC	03.02.13		
	F	U16	2:02.22	Owen Day	98	ON - Ottawa Lions TFC	03.02.13		
		Open	2:01.69	Melissa Bishop	88	ON - Ottawa Lions TFC	03.02.13		
		U20	2:09.18	Emma Galbraith	94	ON - Ottawa Lions TFC	03.03.12		
		U18	2:09.35	Erinn Stenman-Fahey	97	ON - Ottawa Lions TFC	03.01.14		
		U16	2:16.44	Emily Carmichael	97	ON - Thousand Islands S.S.	04.04.12		
		Open	2:25.48	Mathieu Raymond	87	QC - C.A. Laval	02.09.13		
1000m	M	U20	2:27.90	Yves Sikubwabo	93	ON - Ottawa Lions TFC	02.12.11		
		U18	2:30.72	Nijib El Andaloussi	98	QC - Vaudreuil	12.19.15		
		U16	2:33.63	Nijib El Andaloussi	98	QC - Vaudreuil	12.21.13		
	F	Open	2:42.47	Gabriella Stafford	91	ON - UTTC	01.23.16		
		U20	2:44.81	Annie LeBanc	92	QC - Lanaudiere Olympic	12.17.11		
		U18	2:53.14	Shona McCulloch	99	ON - Ottawa Lions TFC	12.19.15		
		U16	2:55.13	Mei Mei Weston	00	ON - Ottawa Lions TFC	12.19.15		
		Open	3:45.89	Alex Wilkie	94	ON - Queen's University	02.21.15		
		U20	3:50.55	Yves Sikubwabo	93	ON - Ottawa Lions TFC	02.12.11		
1500m	M	U18	3:56.50	Adam Richardson	95	ON - Ottawa Lions TFC	12.15.12		
		U16	4:14.03	Zachary Meredith	02	ON - Ottawa Lions TFC	02.18.17		
		Open	4:20.23	Emma Galbraith	94	ON - Ottawa Lions TFC	03.02.13		
	F	Open	4:20.23	Emma Galbraith	94	ON - Ottawa Lions TFC	03.02.13		
		U18	4:30.56	Shona McCulloch	99	ON - Ottawa Lions TFC	01.23.16		
		U16	4:42.10	Shona McCulloch	99	ON - Ottawa Lions TFC	03.01.14		
		Open	4:17.39	Jeremie Venne	96	ON - Ottawa Lions TFC	03.07.15		
		U20	4:17.39	Jeremie Venne	96	ON - Ottawa Lions TFC	03.07.15		
		U18	4:39.55	Owen Day	98	ON - Ottawa Lions TFC	03.07.15		
Mile	M	U16	4:40.95	Jonathan Rioux	00	ON - Ottawa Lions TFC	03.07.15		
		Open	5:06.83	Erinn Stenman-Fahey	97	ON - Ottawa Lions TFC	03.07.15		
		U20	5:06.83	Erinn Stenman-Fahey	97	ON - Ottawa Lions TFC	03.07.15		
	F	U18	5:09.66	Mei Mei Weston	00	ON - Ottawa Lions TFC	03.07.15		
		U16	5:09.66	Mei Mei Weston	00	ON - Ottawa Lions TFC	03.07.15		
		Open	8:17.41	Dave Cashin	93	ON - Unattached	02.07.15		
		3000m	M	U20	8:20.54	Yves Sikubwabo	93	ON - Ottawa Lions TFC	01.15.11

		U18	8:34.36	Adam Palamar	94	ON - Ottawa Lions TFC	11.20.10
		U16	8:55.16	Graham Hansel	97	ON - West Ferris H.S.	04.04.12
	F	Open	9:17.39	Brogan MacDougall	00	ON - Physical-Kult TC	02.18.17
		U20	9:17.39	Brogan MacDougall	00	ON - Physical-Kult TC	02.18.17
		U18	9:17.39	Brogan MacDougall	00	ON - Physical-Kult TC	02.18.17
		U16	9:49.08	Shona McCulloch	99	ON - Ottawa Lions TFC	12.20.14
5000m	M	Open	14:04.29	Dylan Wykes	83	ON - Physical-Kult	02.07.09
		U20	15:37.04	Jason Choi	95	ON - Queen's University	03.01.14
	F	Open	16:28.87	Tara Quinn-Smith	79	ON - Brooks Marathon Project	02.02.08
		U20	17:25.80	Elsbeth MacGregor	87	QC - CA Tri-O-Lacs	11.25.06
60m Hurdles							
M	Open	107cm	7.96	Charles Allen	77	ON - Ottawa Lions TFC	01.12.08
	U20	107cm	8.39	Oluwasegun Makinde	91	ON - University of Ottawa	01.16.10
	U20	99cm	8.14	Gabriel Slythe-Leveille	93	QC - Corsaire-Chaparral TFC	03.03.12
	U18	91cm	8.26	Oluwasegun Makinde	91	ON - Ottawa Lions TFC	12.20.08
	U16	84cm	8.81	Patrick Hanna	96	QC - Athletica	12.17.11
F	Open	84cm	8.49	Ashlea Maddex	92	ON - University of Ottawa	02.12.11
	U20	84cm	8.49	Ashlea Maddex	92	ON - University of Ottawa	02.12.11
	U20	76cm	8.53	Kiera Christie-Galloway	99	ON - Ottawa Lions TFC	12.19.15
	U18	76cm	8.53	Kiera Christie-Galloway	99	ON - Ottawa Lions TFC	12.19.15
	U16	76cm	8.73	Arielle Dominique	99	QC - Athletica	12.20.14
80m Hurdles							
M	U16	84cm	15.58	Michael Bucci	94	QC - West Island TC	01.08.06
F	U18	76cm	12.05	Ashley Maddex	92	ON - Rockland HS	04.10.08
	U16	76cm	12.59	Kendra Prince	97	ON - Pickering HS	04.11.12
100m Hurdles							
M	U18	91cm	14.45	Yazim Joseph	95	ON - Pickering HS.	04.01.11
	U16	84cm	14.88	Thomas McLoughlin-Coleman	91	ON - Ottawa Lisgar CI	04.21.06
F	Open	84cm	14.82	Andrea Vinet	82	Canada	12.02.05
	U20	84cm	14.87	Karelle Edwards	90	ON - Ottawa ES DeLaSalle	04.24.08
	U20	76cm	13.98	Ashlea Maddex	92	ON - Rockland DHS	04.29.10
	U18	76cm	14.24	Keira Christie-Galloway	99	ON - Ottawa Lions TFC	03.07.15
110m Hurdles							

M	Open	107cm	14.08	Jared McLeod	80	Canada	12.02.05
	U20	99cm	14.09	Oluwasegun Makinde	91	ON - Ottawa Lions TFC	05.06.10
	U20	91cm	13.99	Oluwasegun Makinde	91	ON - Ottawa Colonel By SS	04.23.09
	U18	91cm	15.79	Tyler Cancian	98	ON – Sydenham HS	04.10.14
300m Hurdles							
M	Open	91cm	38.78	Tyler Fawcett	88	ON - North Dundas SS	04.05.07
	U20	91cm	38.78	Tyler Fawcett	88	ON - North Dundas SS	04.05.07
	U18	84cm	41.24	Daniel Desgorsseilliers	94	ON - Ottawa Merivale HS	04.07.11
	U16	84cm	43.47	Gabriel Skupek-Martin	93	ON - Ottawa ES Louis-Riel	04.17.08
F	Open	76cm	43.28	Ashlea Maddex	92	ON - Rockland DHS	05.06.10
	U20	76cm	43.28	Ashlea Maddex	92	ON - Rockland DHS	05.06.10
	U18	76cm	45.34	Sadian Hinds-Blackstock	99	ON - Longfields Davidson HS	04.10.15
	U16	76cm	48.56	Bridget Hayes	95	ON - Ottawa M.Theresa CHS	05.19.10
400m Hurdles							
M	Open	91cm	57.35	Saj Al-Haddad		ON - St. Pius X CHS	05.19.10
	U20	91cm	57.35	Saj Al-Haddad		ON - St. Pius X CHS	05.19.10
	U18	91cm	58.91	Isaiah Moses	93	ON - Ottawa Gloucester HS	05.19.10
F	Open	76cm	67.28	Charlotte Eskridge	92	ON - Ottawa St. Joseph's CHS	05.19.10
	U20	76cm	67.28	Charlotte Eskridge	92	ON - Ottawa St. Joseph's CHS	05.19.10
	U18	76cm					
1500m Steeplechase (16 barriers)							
M	Open		4:18.22	Xavier King	93	ON - Pickering HS	04.11.12
	U20		4:18.22	Xavier King	93	ON - Pickering HS	04.11.12
	U18		4:25.64	Graham Hansel	97	ON - North Bay - West Ferris HS	03.28.12
	U16		4:25.64	Graham Hansel	97	ON - North Bay - West Ferris HS	03.28.12
F	Open		5:01.49	Jordan Weston	00	ON – Glebe C.I.	04.13.17
	U20		5:01.49	Jordan Weston	00	ON – Glebe C.I.	04.13.17
	U18		5:01.49	Jordan Weston	00	ON – Glebe C.I.	04.13.17
	U16		5:23.92	Katherine Marshall	98	ON - Glebe Collegiate	04.25.13
3000m Walk							
M	Open		15:16.97	Donald Cote	82	QC - CA Montreal International	02.19.06
F	Open		15:32.99	Joanne Lamontagne	82	ON - Ottawa Bytown Walkers	02.24.07
Pole Vault							

High Jump	M	Open	5.10	John Zubyck	79	Canada	12.02.05	
		U20	4.45	Andrew Debus	87	ON - University of Guelph	02.19.06	
		U18	4.15	Zachary Kerr	96	ON - Ottawa Lions TFC	02.09.13	
		U16	3.51	Zachary Kerr	96	ON - Ottawa Lions TFC	12.17.11	
	F	Open	4.05	Melanie Blouin	90	QC - Rouge et Or	03.05.11	
		U20	3.62	Ariane Beaumont-Courteau	90	QC - CA Montreal International	01.27.07	
		U18	3.62	Ariane Beaumont-Courteau	90	QC - CA Montreal International	01.27.07	
		U16	2.65	Bailey Arnott	93	ON - Ottawa Lions TFC	02.23.08	
	Long Jump	M	Open	2.13	Ryad Selloum	92	QC – McGill Olympic	01.20.18
			U20	2.09	Leaugen Fray	96	ON - Trenton HS	04.10.14
U18			1.97	David Nsabua	93	ON - Ottawa ES Louis-Riel	05.13.10	
U16			1.89	Tony N'Zoigba	97	ON - Ottawa ES Louis-Riel	03.28.12	
F		Open	1.75	Witney Evans	80	Canada	12.02.05	
		U20	1.67	Ashley Maddex	92	ON - Ottawa Lions TFC	02.23.08	
		U18	1.67	Ashley Maddex	92	ON - Ottawa Lions TFC	02.23.08	
		U16	1.66	Lexi Kundlacz	01	ON - Ottawa Lions TFC	12.19.15	
Triple Jump		M	Open	7.52	Christopher Greenaway	87	ON - University of Ottawa	02.13.10
				7.52	Oluseyi Smith	87	ON - Ottawa Lions TFC	02.12.11
	U20		7.07	David Nsabua	93	ON - Ottawa ES Louis-Riel	04.06.10	
	U18		7.07	David Nsabua	93	ON - Ottawa ES Louis-Riel	04.06.10	
	U16		6.19	Sylvain Mbuyamba	95	ON - Ottawa L.B.Pearson HS	05.19.10	
	F	Open	6.01	Laurence Beaudet	90	QC - Corsaire Chaparal	02.09.13	
		U20	5.58	Devyani Biswal	93	ON - Ottawa S.R.Borden HS	05.19.10	
		U18	5.58	Devyani Biswal	93	ON - Ottawa S.R.Borden HS	05.19.10	
		U16	5.24	Clara Phillips	95	ON - Ottawa Brookfield HS	05.19.10	
		M	Open	14.94	David Nsabua	93	ON - C.A.N.I.	03.03.12
U20	14.94		David Nsabua	93	ON - C.A.N.I.	03.03.12		
U18	14.23		David Nsabua	93	ON - Ottawa ES Louis-Riel	03.31.10		
U16	13.52		Patrick Hanna	96	QC - Athletica	12.17.11		
F	Open		11.65	Krista Dillon	92	ON - Ottawa John McCrae HS	04.29.10	

			11.65	Julia Stille	93	ON - Ottawa Lisgar C.I.	05.12.10
		U20	11.65	Krista Dillon	92	ON - Ottawa John McCrae HS	04.29.10
			11.65	Julia Stille	93	ON - Ottawa Lisgar C.I.	05.12.10
		U18	11.65	Julia Stille	93	ON - Ottawa Lisgar C.I.	05.12.10
		U16	10.81	Ninna Sinnathurai	96	ON - Taurus Athletics	12.17.11
Shot Put							
M	Open	7.26kg	15.27	Brandon Deslauriers	94	ON - Kingston Napanee	03.02.13
	U20	7.26kg	15.27	Brandon Deslauriers	94	ON - Kingston Napanee	03.02.13
	U20	6kg	15.06	Dylan Stuckless	94	ON - Elite Athletics	12.15.12
	U20	12lbs	17.50	Brandon Deslauriers	94	ON - Kingston LaSalle HS	04.11.12
	U18	5kg	17.34	Lucas Woodhall	01	ON – Brockville Legion	01.20.18
	U18	4kg	14.72	Tommy Nedow	98	ON - Thousand Islands SS	03.28.14
	U16	4kg	14.49	Charles Charbonneau	92	QC - CA West Island	12.15.07
F	Open	4kg	16.76	Brittany Crew	94	ON – York University	01.23.16
	U20	4kg	13.47	Grace Tennant	99	ON – Team G.R.U.N.T.	02.18.17
	U18	4kg	12.27	Eilish MacDonald	94	ON - Ottawa Lions TFC	03.06.10
		3kg	13.44	Linda Mbongo	98	QC - St. Laurent	12.19.15
	U16	4kg	11.06	Eilish MacDonald	94	ON - Ottawa Lions TFC	12.19.09
		3kg	12.57	Eilish MacDonald	94	ON - Ottawa Lions TFC	01.24.09
Weight Throw							
M	Open	35lb	19.80	Jason Baines	78	ON - Unattached	02.11.12
	U20	35lb	14.97	Drew Erskine	97	ON - York University	01.23.16
	U20	25lb	18.27	Cedric Rolland	01	QC - Corsaire Chaperal	02.17.18
	U18	25lb	18.27	Cedric Rolland	01	QC - Corsaire Chaperal	02.17.18
	U16	25lb	17.11	John Reston	98	ON - University of Toronto TC	12.21.13
F	Open	20lb	21.19	Sultana Frizell	84	ON - Ottawa Lions TFC	12.17.16
	U20	20lb	14.97	Annie Larose	89	QC - CA St. Laurent Selects	12.15.07
	U18	20lb	13.78	Tanya Coulter	98	ON - Ottawa Lions TFC	02.21.15
	U16	16lb	13.71	Miranda Tcheutchoua	01	QC - Kilo de LaSalle	12.17.16
Javelin (indoor)							
M	Open	600gm	54.56	Paul Ausman	91	ON - Ottawa ES DeLaSalle	03.28.08
	U20	600gm	54.56	Paul Ausman	91	ON - Ottawa ES DeLaSalle	03.28.08
	U18	600gm	54.56	Paul Ausman	91	ON - Ottawa ES DeLaSalle	03.28.08
	U16	600gm	40.69	Greg Kiar	92	ON - Ottawa Hillcrest SS	04.12.07

F	Open	400gm	40.08	Katie Weston	88	ON - North Bay Widdifield SS	04.26.07
	U20	400gm	40.08	Katie Weston	88	ON - North Bay Widdifield SS	04.26.07
	U18	400gm	38.19	Christine Ausman	93	ON - Ottawa ES De-La-Salle	04.09.09
	U16	400gm	29.90	Christine Ausman	93	ON - Ottawa ES De-La-Salle	04.10.08
Javelin (outdoor)							
M	Open	800gm	50.20	Thomas Schlossmacher	94	ON - Ottawa Colonel-By S.S.	04.04.12
	U20	800gm	50.20	Thomas Schlossmacher	94	ON - Ottawa Colonel-By S.S.	04.04.12
	U18	600gm	53.84	Adam Bernicky	94	ON - Regiopolis Notre Dame	04.22.10
	U16	600gm	38.25	Josh Rector	95	ON - Ottawa Colonel By	05.19.10
F	Open	600gm	36.25	Christine Ausman	93	ON - Ottawa ES De-La-Salle	05.06.10
	U20	600gm	36.25	Christine Ausman	93	ON - Ottawa ES De-La-Salle	05.06.10
	U18	600gm	36.25	Christine Ausman	93	ON - Ottawa ES De-La-Salle	05.06.10
	U16	600gm	26.35	Irvine Mackenzie	95	ON - Ottawa Immaculata CHS	05.19.10
Pentathlon	M	Open	3483	Lucas Lafoucarde	90	QC - McGill U.	11.21.09
		U20 (SR)	3483	Lucas Lafoucarde	90	QC - McGill U.	11.21.09
		U18	2492	Tanner Van Every	98	ON - Ottawa Lions TFC	02.06.15
	F	Open	3320	Johanna Dobransky	91	ON - University of Ottawa	11.20.10
		U20	3320	Johanna Dobransky	91	ON - University of Ottawa	11.20.10
		U18	2880	Emery Terrell	93	ON - Ottawa Lions TFC	11.20.10
4x100m Relay							
M	Open	University	43.83	ON - Ottawa ES Franco-Cite			04.06.10
		Club	44.64	ON - University of Ottawa			12.19.15
		High School	43.83	ON - Ottawa ES Franco-Cite			04.06.10
	F	Open	50.28	ON - Pickering H.S.			04.15.10
		University	55.46	ON - University of Ottawa			12.19.15
		Club	68.29	QC - Cirrus			12.19.15
High School	50.28	ON - Pickering H.S.			04.15.10		
4x200m Relay							
M	Open	Club	1:25.28	ON - Ottawa Lions TFC – Senior Men			02.11.12
		University	1:25.28	ON - Ottawa Lions TFC – Senior Men			02.11.12
		High School	1:25.91	ON - University of Ottawa			01.12.13
		High School	1:37.42	ON - St. Francis Xavier CHS			04.24.15

4x400m Relay	F	Open	1:40.28	ON - Ottawa Lions TFC - Jr Women	02.09.13
		Club	1:40.28	ON - Ottawa Lions TFC - Jr Women	02.09.13
		University	1:40.84	ON - York University	01.23.16
		High School	1:50.63	ON - Brookfield HS	04.16.14
4x400m Relay	M	Open	3:07.71	National Centre - Ottawa Selects	02.12.11
		Club	3:17.15	ON - Ottawa Lions TFC	02.07.09
		University	3:16.18	QC - University of Sherbrooke	02.07.09
		High School	3:31.08	ON - Pickering High School	05.06.10
4x800m Relay	F	Open	3:44.53	National Centre - Ottawa Selects	02.12.11
		Club	3:49.59	ON - Ottawa Lions TFC - Senior Women	12.19.09
		University	3:54.28	ON - University of Waterloo	02.09.13
		High School	4:10.45	ON - Pickering High School	05.06.10
4x800m Relay	M	Open	7:40.71	QC - University of Sherbrooke	02.03.07
		Club	7:57.60	ON - Ottawa Lions TFC	11.21.09
		University	7:40.71	QC - University of Sherbrooke	02.03.07
		High School	Yet to be contested		
4x800m Relay	F	Open	9:16.23	ON – Ottawa Lions TFC Youth Girls	01.23.16
		Club	9:16.23	ON – Ottawa Lions TFC Youth Girls	01.23.16
		University	9:22.81	ON - University of Ottawa	11.20.10
		High School	Yet to be contested		
Sprint Medley (100-100-200-400)					
Sprint Medley (100-100-200-400)	M	Open	1:37.32	ON - Ottawa Colonel-By HS	04.02.09
		Club	Yet to be contested		
		University	Yet to be contested		
		High School	1:37.32	ON - Ottawa Colonel-By HS	04.02.09
Sprint Medley (100-100-200-400)	F	Open	1:53.96	ON - Ottawa Bell HS	04.16.09
		Club	Yet to be contested		
		University	Yet to be contested		
		High School	1:53.96	ON - Ottawa Bell HS	04.16.09
Sprint Medley (800m - 400m - 200m - 200m) &/or (400-200-200-800)					
Sprint Medley (800m - 400m - 200m - 200m) &/or (400-200-200-800)	M	Open	3:35.49	ON - Pickering H.S.	04.15.10
		Club	Yet to be contested		

	University	Yet to be contested	
	High School	3:35.49 ON - Pickering H.S.	04.15.10
F	Open	4:22.43 ON - Sydenham DSS	
	Club	Yet to be contested	
	University	Yet to be contested	
	High School	4:22.43 ON - Sydenham DSS	04.12.07