

# uOTTAWA GEE GEE INDOOR TRACK & FIELD

---

## All -Time Performers

---

In the 1980's, some indoor competition was seen, but only by X-Country team members and only as a "club" sport. The initial uO Indoor Intercollegiate Track & Field Program began in 1993. It was a casual and co-operative effort between uOttawa and the Ottawa Lions Track & Field Club. The participants were almost always members of both programs and the level of participation was based on the Club athletes enrolled at the university. The participation opportunity ended after March 1999 with a re-direction by uOttawa funding policies in a change of administrative leadership.

In 2005-06 and 06-07 the GG Cross Country Program began an "association" with the Ottawa Lions Track & Field Club to facilitate the development of an indoor track program to develop the potential of it's x-country team athletes. The athletes participated in a series "limited" indoor track program during these two seasons with no championships.

In 2007-08, a formal agreement was reached between uO and the Ottawa Lions to fully manage the Cross Country Team and the "Re-Born" GG Track Team. The Team re-entered participation at the OUA and CIS Track & Field Championships in 2008 with a limited team size and outstanding team and individual successes. The participation in 2008 and 2009 seasons was limited to participation in track running events only at the OUA & CIS Championships.

In the 2010 season the Gee-Gee's enter their first year as a full track & field team at both the OUA Conference and U-Sport (CIS) Championships.

**Version - March 12, 2018**

**BLUE = Indicates Current Performances achieved during the 2017-2018 Season**

**(Standard) In brackets indicates the team threshold performance to enter the "all-time" lists**

### 60 metres

		Birth	Date	Venue / City
<b>MEN</b>	<b>(Standard = 7.30)</b>			
6.79	Michael Nicolini	78	1998-03. ?	UW / Windsor, ON @CIS
6.81	Moussa Sissoko	85	2010-12.18	Dome / Ottawa, ON
6.82	Oluwasegun Makinde	91	2013-01.12	Dome / Ottawa, ON
6.88	Michael Robertson	89	2009-01.11	Dartmouth / Hanover, NH
6.93	Tony Risling	89	2011-03.10	U.of S. / Sherbrooke, QC @ CIS
6.94	Christopher Greenaway	87	2010-01.29	McGill / Montreal, QC
6.96	Gabriel Tesfaye	92	2013-01.12	Dome / Ottawa, ON
6.97	Toluwalope Makinde	93	2013-02.09	Dome / Ottawa, ON
7.00	Brandyn Martineau	93	2014-02.27	York / Toronto, ON @ OUA
7.03	Ramon Monsour	90	2009-01.17	Dome / Ottawa, ON
7.04	Balarama Holness	83	2008-02.23	UW / Windsor, ON @OUA
7.09	Christian Desulme	90	2008-12.13	Dome / Ottawa, ON
7.11	Antoine Despres-Bedward	87	2000-01.16	Dome / Ottawa, ON

7.14	Oliver Walrond		1998	
7.14	Olivier Gauthier-Kwan	89	2010-01.16	Dome / Ottawa, ON
7.14	Xavier Takam	97	2017-02.18	Dome / Ottawa, ON
7.14	<b>Takam</b>		<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
7.17	<b>Takam</b>		<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
7.16	Gordon Cave	91	2015-01.10	Dome / Ottawa, ON
7.17	Mark Chenery	88	2014-01.14	St. Lawrence U. / Canton, NY
7.19	Devin Biocchi	92	2014-01.14	Dome / Ottawa, ON
7.20	Cree Borsellino	91	2011-02.12	Dome / Ottawa, ON
<b>7.23</b>	<b>Gio Felix</b>	<b>96</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
7.24	Jason Persaud	92	2011-02.12	Dome / Ottawa, ON
7.26	Jeremy Batt	89	2009-01.17	Dome / Ottawa, ON
7.27	Sekou Kaba	90	2013-11.30	McGill / Montreal, QC
7.28	Luke Dailleboust	95	2014-02.21	York / Toronto, ON @ OUA
7.29	Nic Gauthier	95	2015-01.17	St. Lawrence U. / Canton, NY
7.30	Jonathon Forth		1994	
<b>7.30</b>	<b>Tim Valentine</b>	<b>98</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>

**WOMEN (Standard = 8.30)**

7.61	Christiane Lela	88	2009-03.12	uW / Windsor, ON @ CIS
7.61	Charifa Labarang	95	2017-02.24	York / Toronto, ON @ OUA
7.72	Labarang		2015-02.27	York / Toronto, ON @ OUA
7.74	Labarang		2017-02.04	Ithaca College / Ithaca, NY
7.75	Labarang		2017-02.18	CRC / Montreal, QC
7.63	Sarah De Carufel	92	2013-02.21	uW / Windsor, ON @ OUA
7.65	De Carufel		2013-02.22	uW / Windsor, ON @ OUA
7.67	De Carufel		2013-02.16	McGill / Montreal, QC
7.68	De Carufel		2013-02.22	uW / Windsor, ON @ OUA
7.68	Leanne Wall	73	1994	
7.71	Tania Bambi	94	2017-02.24	York / Toronto, ON @ OUA
7.76	Bambi		2017-02.04	Ithaca College / Ithaca, NY
7.80	Bambi		2017-02.10	Ocean Breeze / Staten Island, NY
<b>7.80</b>	<b>Bambi</b>		<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
7.87	Bambi		2017-01.27	McGill / Montreal, QC
7.88	Bambi		2013-01.25	McGill / Montreal, QC
<b>7.72</b>	<b>Stephanie Gould</b>	<b>94</b>	<b>2018-02.23</b>	<b>uW / Windsor, ON</b>
7.72	Gould		2018-02.24	uW / Windsor, ON
7.73	Gould		2018-02.23	uW / Windsor, ON
7.76	Gould		2018-02.11	Cornell / Ithaca, NY
7.81	Gould		2018-02.03	Ithaca College / Ithaca, NY
7.80	Farah Jacques	90	2012-02.03	The Armory / NYC, NY
7.80	Marie Innocent	96	2017-02.12	Cornell / Ithaca, NY
7.80	Innocent		2017-02.24	York / Toronto, ON @ OUA
7.83	Innocent		2017-01.21	Dome / Ottawa, ON
7.81	Devyani Biswal	93	2016-02.20	Dome / Ottawa, ON
7.85	Biswal		2017-01.14	Dome / Ottawa, ON
7.89	Biswal		2017-02.04	Ithaca College / Ithaca, NY
7.82	Ashlea Maddex	92	2011-02.25	York / Toronto, ON @ OUA
<b>7.84</b>	<b>Keria Christie-Galloway</b>	<b>99</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Island, NY</b>
7.90	Christie-Galloway		2018-01.26	The Armory / NYC, NY
7.92	Christie-Galloway		2018-03.03	Dome / Ottawa, ON
7.97	Chantale Desjardin	73	1998	
8.02	Shelani Fernando	95	2013-12.14	St. Lawrence U. / Canton, NY
8.03	Zanna Vanterpool	94	2014-12-06	Cornell / Ithaca, NY
8.04	Christine Fraser	87	2009-01.17	Dome / Ottawa, ON

8.04	Sajeda Win	95	2014-12.06	Cornell / Ithaca, NY
8.08	Gift Okankwu	92	2012-12.01	St. Lawrence U. / Canton, NY
8.08	Sofia Skorenky	97	2016-02.20	Dome / Ottawa, ON
8.14	Kathleen Jean	92	2013-01.12	Dome / Ottawa, ON
8.16	Sarah Ducasse	84	2011-02.12	Dome / Ottawa, ON
8.17	Julia Tousaw	89	2008-01.19	Dome / Ottawa, ON
8.17	Barbara Remond	88	2009-01.17	Dome / Ottawa, ON
8.18	Clara Phillips	95	2013-12.21	Dome / Ottawa, ON
8.21	Abigail Adjei	93	2014-12.06	Cornell / Ithaca, NY
8.25	Marina Yacob	91	2010-02.13	Dome / Ottawa, ON
8.27	Nadine Johnson	88	2011-02.12	Dome / Ottawa, ON
8.27	Charlotte Gardener	94	2013-01.13	Dome / Ottawa, ON
8.28	Remy Wade	98	2017-01.14	St. Lawrence U. / Canton, NY

## 60 metre Hurdles

### MEN (Standard = 9.00)

7.79	Sekou Kaba	90	2014-03.07	uA / Edmonton, AB @ CIS
7.80	Kaba		2014-02.21	York / Toronto, ON @ OUA
7.85	Kaba		2014-02.07	The Armory / NYC, NY
7.89	Kaba		2014-03.07	uA / Edmonton, AB @ CIS
7.92	Kaba		2012-03.09	uM / Winnipeg, MB @ CIS
8.02	Oluwasegun Makinde	91	2013-02.21	uW / Windsor, ON @ OUA
8.13	Makinde		2013-02.01	The Amory / NYC, NY
8.13	Makinde		2013-02.21	uW / Windsor, ON @ OUA
8.12	Tyler Fawcett	88	2010-03-11	UW / Windsor, ON @ CIS
8.13	Fawcett		2010-02-26	York / Toronto, ON @ OUA
8.23	Fawcett		2009-03.13	UW / Windsor, ON @ CIS
8.26	Scott Hancock	92	2017-03.09	uA / Edmonton, AB @ U-Sport
8.35	Hancock		2017.03.09	uA / Edmonton, AB
8.36	Hancock		2017-02.10	Ocean Breeze / Staten Island, NY
8.36	Hancock		2017-02.24	York / Toronto, ON @ OUA
8.27	Mark Chenery	88	2012-01.28	McGill / Montreal, QC
8.31	Chenery		2012-02.03	The Armory / NYC, NY
8.35	Chenery		2012-02.24	York / Toronto, ON @ OUA
8.30	Gabriel Tesfaye	92	2013-02.01	The Armory / NYC, NY
8.31	Tesfaye		2013-02.21	uW / Windsor, ON @ OUA
8.35	Tesfaye		2013-03.08	uA / Edmonton, AB @ CIS
8.31	Hubert Chevrette-Belisle	91	2013-02.21	uW / Windsor, ON @ OUA
8.33	Chevrette-Belisle		2013-02.01	The Armory / NYC, NY
8.36	Chevrette-Belisle		2013-03.07	uA / Edmonton, AB @ CIS
<b>8.41</b>	<b>Tolu Makinde</b>	<b>93</b>	<b>2018-03.09</b>	<b>uW / Windsor, ON @ U-Sport</b>
8.44	Shawn Wilcox	73	1994	
8.51	Patrick Arbour	88	2010-02.26	York / Toronto, ON @ OUA
8.62	Jacob Powrie	93	2016-02.26	uW / Windsor, ON @ OUA
8.68	Warren Walrond	70	1994	
8.72	Kevin Nault	94	2015-02.06	Dome / Ottawa, ON
<b>8.74</b>	<b>Tyler Dacosta</b>	<b>98</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
8.75	Oliver Gauthier-Kwan	89	2009-02.28	York / Toronto, ON @ OUA
8.79	Kevin M'Pindu	95	2015-01.17	St. Lawrence U. / Canton, NY
8.81	Saj Alhaddad	92	2012-01.28	McGill / Montreal, QC
8.88	Luke Dailleboust	95	2014-12.13	St. Lawrence U. / Canton, NY
8.99	Spencer Bell	91	2010-12.18	Dome / Ottawa, ON
9.00	Zach Quevillon	91	2012-02.24	York / Toronto, ON @ OUA

**WOMEN (Standard = 10.00)**

<b>8.31</b>	<b>Keira Christie-Galloway</b>	<b>99</b>	<b>2018-02.23</b>	<b>uW / Windsor, ON @ OUA</b>
8.31	Christie-Galloway		2018-03.09	uW / Windsor, ON @ U-Sport
8.38	Christie-Galloway		2018-02.09	Ocean Breeze / Staten Isl., NY
8.38	Christie-Galloway		2018-03.09	uW / Windsor, ON @ U-Sport
8.41	Christie-Galloway		2018-01.26	The Armory / NYC, NY
8.43	Christie-Galloway		2018-01.26	The Armory / NYC, NY
8.45	Christie-Galloway		2018-02.23	uW / Windsor, ON @ OUA
<b>8.35</b>	<b>Devyani Biswal</b>		<b>2017-02.24</b>	<b>York / Toronto, ON @ OUA</b>
8.38	Biswal		2017-02.24	York / Toronto, ON @ OUA
8.40	Biswal		2016-03.11	York / Toronto, ON @ CIS
8.44	Biswal		2016-03.11	York / Toronto, ON @ CIS
8.45	Biswal		2016-02.26	uW / Windsor, ON @ OUA
8.45	Biswal		2017-03.10	uA / Edmonton, AB @ U-Sport
<b>8.37</b>	<b>Tania Bambi</b>	<b>94</b>	<b>2017-02.24</b>	<b>York / Toronto, ON @ OUA</b>
8.43	Bambi		2017-03.10	uA / Edmonton, AB @ U-Sport
8.44	Bambi		2017-03.10	uA / Edmonton, AB
8.55	Bambi		2017-02.24	York / Toronto, ON @ OUA
<b>8.58</b>	<b>Bambi</b>		<b>2018-02.23</b>	<b>uW / Windsor, ON @ OUA</b>
8.60	Bambi		2017-02.10	Ocean Breeze / Staten Island, NY
8.63	Bambi		2017-02.18	CRC / Montreal, QC
<b>8.63</b>	<b>Bambi</b>		<b>2018-02.11</b>	<b>Cornell / Ithaca, NY</b>
<b>8.63</b>	<b>Bambi</b>		<b>2018-02.23</b>	<b>uW / Windsor, ON @ OUA</b>
8.71	Bambi		2013-02.21	uW / Windsor, ON @ OUA
8.49	Ashlea Maddex	92	2011-02.12	Dome / Ottawa, ON
8.64	Leanne Wall	73	1994	
8.93	Tory Merrill	87	2011-02.04	The Armory / NYC, NY
<b>8.99</b>	<b>Mary Ollier</b>	<b>95</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
9.08	Michele Krech	86	2011-02.25	York / Toronto, ON @ OUA
9.12	Kim Rapley	68	1993	
9.15	Clara Phillips	95	2014-02.01	Dome / Ottawa, ON
9.39	Emilie Halle	90	2009-02.07	Dome / Ottawa, ON
9.49	Christiane Lela	88	2009-02.21	McGill / Montreal, QC
9.49	Emery Terrell	93	2011-12.03	St. Lawrence / Canton, NY
9.51	Bridget Hayes	95	2014-02.21	York / Toronto, ON @ OUA
9.52	Johanna Dobransky	91	2012-02.24	York / Toronto, ON @ OUA
<b>9.52</b>	<b>Emmanuelle Keogh</b>	<b>94</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
9.60	Emily Sprague	98	2017-02.12	Cornell / Ithaca, NY
9.64	Erin Cross	78	1998	
9.66	Abby Bolton	98	2017-02.12	Cornell / Ithaca, NY
9.80	Anna Stolle	93	2012-02.24	York / Toronto, ON @ OUA
9.87	Julia Tousaw	89	2008-01.26	McGill / Montreal, QC
9.96	Taylor Whitley	91	2009-12.05	McGill / Montreal, QC
9.96	Olivia Leon	97	2016-01.23	Dome / Ottawa, ON
9.97	Alannah McBride	95	2014-02.07	The Armory / NYC, NY

**150 metres (\* a Dome Event Only)****MEN (Standard = 18.00)**

15.91	Michael Robertson	89	2008-12.20	Dome / Ottawa, ON
16.05	Moussa Sissoko	85	2010-12.18	Dome / Ottawa, ON
16.07	Oluwasegun Makinde	91	2011-01.15	Dome / Ottawa, ON
16.42	Ramon Monsour	90	2008-12.20	Dome / Ottawa, ON

16.46	Todd Pyper	87	2007-01.13	Dome / Ottawa, ON
16.50	Toluwalope Makinde	93	2012-01.14	Dome / Ottawa, ON
16.58	Brandyn Martineau	92	2015-11.28	Dome / Ottawa, ON
16.70	Christian Desulme	90	2008-12.20	Dome / Ottawa, ON
16.78	Tony Risling	89	2011-01.15	Dome / Ottawa, ON
16.81	Gordon Cave	91	2013-12.21	Dome / Ottawa, ON
<b>16.92</b>	<b>Xavier Takam</b>	<b>97</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
16.97	Jeremy Batt	89	2009-12.20	Dome / Ottawa, ON
17.14	Olivier Gauthier-Kwan	89	2008-12.13	Dome / Ottawa, ON
17.26	Chase Gregoire	91	2010-12.18	Dome / Ottawa, ON
17.30	Tyler Fawcett	88	2009-12.19	Dome / Ottawa, ON
17.34	Alamou Shouhalia	79	2007-01.13	Dome / Ottawa, ON
17.37	Nic Gauthier	95	2014-11.29	Dome / Ottawa, ON
17.39	Cree Borsellino	91	2012-12.15	Dome / Ottawa, ON
17.42	Jason Persaud	92	2010-12.18	Dome / Ottawa, ON
17.43	Antoine Despres-Bedward	87	2008-12.13	Dome / Ottawa, ON
<b>17.43</b>	<b>Liam Meades</b>	<b>96</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
<b>17.46</b>	<b>Gio Felix</b>	<b>96</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
17.51	Youssef Elbarhmi	93	2013-01.12	Dome / Ottawa, ON
<b>17.54</b>	<b>Connor Ross</b>	<b>98</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
17.55	Kristoff Hunter	93	2014-11.29	Dome / Ottawa, ON
<b>17.58</b>	<b>Tim Valentine</b>	<b>98</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
<b>17.63</b>	<b>Nicolas MacLean</b>	<b>98</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
17.70	Justin Lalonde	95	2014-01.11	Dome / Ottawa, ON
17.71	Jesse Fortier	95	2015-01.10	Dome / Ottawa, ON
17.73	Jordan Alexis	88	2007-01.27	Dome / Ottawa, ON
17.73	Ibrahim Kebe	96	2014-11.29	Dome / Ottawa, ON
17.77	Cory Huybregts	89	2010-12.18	Dome / Ottawa, ON
17.84	Orrett (OJ) Williams	91	2010-12.18	Dome / Ottawa, ON
17.87	Scott Hancock	92	2015-11.28	Dome / Ottawa, ON
<b>17.87</b>	<b>Tyler Dacosta</b>	<b>98</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>

**WOMEN (Standard = 21.00)**

18.51	Farah Jacques	90	2011-12.17	Dome / Ottawa, ON
18.63	Charifa Labarang	95	2014-11.29	Dome / Ottawa, ON
18.88	Christiane Lela	88	2007-12.12	Dome / Ottawa, ON
19.16	Sarah De Carufel	92	2012-12.15	Dome / Ottawa, ON
19.51	Clara Phillips	95	2014-01.11	Dome / Ottawa, ON
19.53	Sophia Skorenky	97	2015-11.28	Dome / Ottawa, ON
19.55	Devyani Biswal	93	2013-01.12	Dome / Ottawa, ON
19.58	Tory Merrill	87	2010-12.18	Dome / Ottawa, ON
19.58	Kathleen Jean	92	2012-12.15	Dome / Ottawa, ON
19.64	Sajeda Win	95	2014-11.29	Dome / Ottawa, ON
<b>19.64</b>	<b>Stephanie Gould</b>	<b>94</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
19.66	Andrea Dubuc	91	2011-12.17	Dome / Ottawa, ON
19.76	Emilie Halle	90	2008-12.20	Dome / Ottawa, ON
<b>19.82</b>	<b>Keira Christie-Galloway</b>	<b>99</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
19.94	Michele Krech	86	2010-12.18	Dome / Ottawa, ON
19.99	Nadine Johnson	88	2010-12.18	Dome / Ottawa, ON
20.17	Abigail Adjei	93	2014-11.29	Dome / Ottawa, ON

20.22	Christine Fraser	87	2008-12.20	Dome / Ottawa, ON
<b>20.26</b>	<b>Mary Ollier</b>	<b>95</b>	<b>2017-11.26</b>	<b>Dome / Ottawa, ON</b>
20.30	Sarah Ducasse	84	2011-01.15	Dome / Ottawa, ON
<b>20.37</b>	<b>Emmanuelle Keogh</b>	<b>94</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
<b>20.41</b>	<b>Tania Bambi</b>	<b>94</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
<b>20.46</b>	<b>Mikayla Trudeau-Meisner</b>	<b>99</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
20.48	Reba Timbrell	90	2010-01.16	Dome / Ottawa, ON
20.48	Cierra Gaudet	92	2013-12.21	Dome / Ottawa, ON
20.50	Johanna Dobransky	91	2009-12.19	Dome / Ottawa, ON
20.51	Anna Stolle	93	2011-12.17	Dome / Ottawa, ON
20.52	Krista Dillon	92	2012-01.14	Dome / Ottawa, ON
20.52	Patricia Sealy	94	2013-01.12	Dome / Ottawa, ON
20.61	Dominique Martel-Lamothe	95	2015-01.10	Dome / Ottawa, ON
20.65	Chantel Malcolm	93	2012-01.14	Dome / Ottawa, ON
20.78	Alexandria Allison	94	2014-01.11	Dome / Ottawa, ON
20.83	Diana Titova	90	2009-12.19	Dome / Ottawa, ON
20.84	Cheryl Coulas	91	2009-12.19	Dome / Ottawa, ON
20.84	Julia De Pieri	97	2015-11.28	Dome / Ottawa, ON
20.89	Marina Yacob	91	2011-01.15	Dome / Ottawa, ON
20.90	Sacha Simpson	87	2008-12.13	Dome / Ottawa, ON
20.92	Krista Sipprell	93	2012-01.14	Dome / Ottawa, ON

## 200 metres

### MEN (Standard = 23.50)

21.26	Michael Robertson	89	2012-03.03	Dome / Ottawa, On
21.68	Robertson		2009-02.14	BU / Boston, MA
21.55	Oluwasegun Makinde	91	2012-03.03	Dome / Ottawa, ON
21.69	Makinde		2012-02.03	The Armory, NYC, NY
21.74	Devin Biocchi	92	2014-03.01	Dome / Ottawa, ON
21.87	Biocchi		2011-03.05	Dome / Ottawa, ON
21.95	Biocchi		2014-02.07	The Armory / NYC, NY
22.08	Toluwalope Makinde	93	2012-03.03	Dome / Ottawa, ON
22.80	Makinde		2012-02.03	The Armory / NYC, NY
22.17	Ramon Monsour	90	2009-02.14	BU / Boston, MA
22.20	Christopher Greenaway	87	2010-03.06	Dome / Ottawa, ON
22.27	Balarama Holness	83	2008-02.08	BU / Boston, MA
22.50	Gordon Cave	92	2015-03.07	Dome / Ottawa, ON
22.53	Tony Risling	89	2011-03.05	Dome / Ottawa, ON
22.53	Brandyn Martineau	92	2016-02.20	Dome / Ottawa, ON
22.65	Gabriel Tesfaye	92	2012-03.03	Dome / Ottawa, ON
22.71	Oliver Gauthier-Kwan	89	2011-03.05	Dome / Ottawa, ON
22.76	Chase Gregoire	91	2011-03.05	Dome / Ottawa, ON
22.90	Spencer Bell	91	2011-03.05	Dome / Ottawa, ON
22.93	Jeremy Batt	89	2010-01.23	St. Lawrence / Canton, NY
22.96	Christian Desulme	90	2010-03.06	Dome / Ottawa, ON
23.15	Xavier Takam	97	2016-03.05	Dome / Ottawa, ON
23.23	Codie Primeau	92	2011-03.05	Dome / Ottawa, ON
23.30	Cree Borsellino	91	2013-03.02	Dome / Ottawa, ON
23.30	Wade Embury	95	2013-12.14	St. Lawrence / Canton, NY

23.32	Ali Abozmal	95	2016-03.05	Dome / Ottawa, ON
23.35	Scott Hancock	92	2016-03.05	Dome / Ottawa, ON
<b>23.40</b>	<b>Gio Felix</b>	<b>96</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
23.42	Antoine Despres-Bedward	87	2008-02.08	BU / Boston, MA
23.42	Tyler Fawcett	88	2010-01.23	St. Lawrence / Canton, NY
<b>23.42</b>	<b>Conor Ross</b>	<b>98</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
23.46	Cameron Smithers	91	2011-01.22	St. Lawrence / Canton, NY
<b>23.50</b>	<b>Tim Valentine</b>	<b>98</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>

## WOMEN (Standard = 27.00)

24.57	Charifa Labarang	95	2016-02.12	BU / Boston, MA
24.90	Labarang		2016-03.05	Dome / Ottawa, ON
25.11	Labarang		2016-02.20	Dome / Ottawa, ON
24.86	Christiane Lela	88	2008-02.09	BU / Boston, MA
25.10	Sarah De Carufel	92	2014-02.07	The Armory / NYC, NY
25.27	Ashlea Maddex	92	2011-03.05	Dome / Ottawa, ON
25.41	Gift Okankwu	92	2013-03.02	Dome / Ottawa, ON
25.47	Leanne Wall	73	1993	200m track
25.54	Marie Innocent	96	2017-02.10	Ocean Breeze, Staten Island, NY
25.59	Sophia Skorenky	97	2016-02.20	Dome / Ottawa, ON
25.69	Charlotte Gardner	94	2013-03.02	Dome / Ottawa, ON
25.69	Devyani Biswal	93	2016-02.20	Dome / Ottawa, ON
26.16	Zanna Vanterpool	94	2014-12.13	St. Lawrence U. / Canton, NY
<b>26.16</b>	<b>Keira Christie-Galloway</b>	<b>99</b>	<b>2018-01.13</b>	<b>Ocean Breeze / Staten Isl., NY</b>
26.19	Shelani Fernando	95	2014-03.01	Dome / Ottawa, ON
<b>26.24</b>	<b>Stephanie Gould</b>	<b>94</b>	<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
26.61	Tania Bambi	94	2017-03.04	Dome / Ottawa, ON
26.27	Clara Phillips	95	2014-03.01	Dome / Ottawa, ON
26.36	Julia Tousaw	89	2008-01.12	Dome / Ottawa, ON
26.52	Nadine Johnson	89	2011-03.05	Dome / Ottawa, ON
<b>26.65</b>	<b>Mary Ollier</b>	<b>95</b>	<b>2018.03.03</b>	<b>Dome / Ottawa, ON</b>
26.66	Sajeda Win	95	2016-02.20	Dome / Ottawa, ON
26.73	Marie-Eve Dahms	95	2016-03.05	Dome / Ottawa, ON
26.87	Abigail Adjei	93	2015-03.08	Dome / Ottawa, ON
26.96	Andrea Dubuc	91	2012-01.21	St. Lawrence U. / Canton, NY

## 300 metres

### MEN (Standard = 37.00)

33.21	Michael Robertson	89	2009-01.17	Dome / Ottawa, ON
33.40	Robertson		2012-01.14	Dome / Ottawa, ON
33.40	Robertson		2013-01.12	Dome / Ottawa, ON
33.71	Robertson		2010-02.06	UM / Winnipeg, MB
33.76	Oluwasegun Makinde	91	2012-01.14	Dome / Ottawa, ON
33.85	Makinde		2012-02.24	York / Toronto, ON @ OUA
33.90	Makinde		2012-01.28	McGill / Ottawa, ON
33.93	Makinde		2012-02.11	Dome / Ottawa, ON
34.08	Devin Biocchi	92	2010-12.18	Dome / Ottawa, ON
34.11	Biocchi		2013-03.08	uA / Edmonton, AB @ CIS
34.28	Biocchi		2011-02.12	Dome / Ottawa, ON
34.33	Biocchi		2013-02.21	uW / Windsor, ON @ OUA

34.10	Todd Pyper	87	2006-12.16	Dome / Ottawa, ON
34.10	Ramon Monsour	90	2009-01.17	Dome / Ottawa, ON
34.23	Gabriel Tesfaye	92	2014-02.15	McGill / Montreal, QC
34.48	Wade Embury	94	2014-02.15	McGill / Montreal, QC
34.60	Moussa Sissoko	85	2011-12.17	Dome / Ottawa, ON
34.61	Isaiah Moses	93	2014-02.15	McGill / Montreal, QC
34.73	Toluwalope Makinde	93	2013-01.12	Dome / Ottawa, ON
34.76	Brian Cummings	86	2008-02.02	Dome / Ottawa, ON
34.85	Michael Nicolini	78	1998	McGill / Montreal, QC
35.00	Balarama Holness	83	2008-02.02	Dome / Ottawa, ON
35.14	Gordon Cave	91	2015-01.10	Dome / Ottawa, ON
35.82	Jeremy Batt	89	2009-01.17	Dome / Ottawa, ON
35.49	Ramon Monsour	90	2008-12.13	Dome / Ottawa, ON
35.56	Tyler Fawcett	88	2010-02.13	Dome / Ottawa, ON
35.69	Kevin M'Pindu	95	2015-02.07	Dome / Ottawa, ON
35.72	Cameron Smithers	91	2011-02.19	McGill / Montreal, QC
35.82	Christian Desulme	90	2008-12.13	Dome / Ottawa, ON
35.84	Sekou Kaba	90	2014-02.01	Dome / Ottawa, ON
35.96	Brandyn Martineau	92	2015-12.19	Dome / Ottawa, ON
36.05	Zack Hildebrand	94	2014-01.11	Dome / Ottawa, ON
<b>36.21</b>	<b>Tyler Dacosta</b>	<b>98</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
36.24	David Wilson	91	2011-02.12	Dome / Ottawa, ON
36.24	Liam Meades	96	2016-01.23	Dome / Ottawa, ON
36.28	Stephen Evans	96	2015-12.19	Dome / Ottawa, ON
36.32	Tony Risling	89	2009-11.27	Dome / Ottawa, ON
36.32	Chase Gregoire	91	2011-02.12	Dome / Ottawa, ON
36.36	Andrew Heffernan	88	2014-11.29	Dome / Ottawa, ON
36.38	Jason Persaud	92	2011-02.12	Dome / Ottawa, ON
36.40	Olivier Gauthier-Kwan	89	2009-01.31	McGill / Montreal, QC
<b>36.42</b>	<b>Conor Ross</b>	<b>98</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
36.44	Saj Alhaddad	92	2012-02.18	McGill / Montreal, QC
<b>36.57</b>	<b>Xavier Takam</b>	<b>97</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
36.73	Justin Lalonde	95	2015-02.21	Dome / Ottawa, ON
36.76	Hubert Chevrette-Belisle	90	2012-02.11	Dome / Ottawa, ON
36.80	Matt Sheriko	89	2015-02.21	Dome / Ottawa, ON
36.84	Scott Hancock	92	2016-01.30	McGill / Montreal, QC
36.86	Codie Primeau	92	2010-12.18	Dome / Ottawa, ON
<b>36.90</b>	<b>Ryan Salvini</b>	<b>99</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
<b>36.92</b>	<b>Jesse Fortier</b>	<b>95</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
36.94	Spencer Bell	91	2011-02.19	McGill / Montreal, QC
36.96	Antoine Despres-Bedward	87	2008-01.19	Dome / Ottawa, ON
36.98	Nic Gauthier	95	2014-11.29	Dome / Ottawa, ON

**WOMEN (Standard = 44.00)**

39.29	Christiane Lela	88	2008-03.07	McGill / Montreal, QC @ CIS
39.60	Julia Tousaw	89	2009-02.21	McGill / Montreal, QC
39.94	Charifa Labarang	95	2016-02.20	Dome / Ottawa, ON
40.17	Isabelle Gervais	77	1999	York / Toronto, ON @ OUA
40.30	Sophia Skorenky	97	2016-02.20	Dome / Ottawa, ON
40.34	Leanne Wall	73	1993	Sky Dome / Toronto, ON @ CIS



<b>40.43</b>	<b>Keira Christie-Galloway</b>	<b>99</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
40.52	Gift Okankwu	92	2013-02.21	uW / Windsor, ON @ OUA
40.59	Charlotte Gardner	94	2014-02.15	McGill / Montreal, QC
<b>40.74</b>	<b>Stephanie Gould</b>	<b>94</b>	<b>2017-02.18</b>	<b>Dome / Ottawa, ON</b>
40.89	Marie Innocent	96	2017-01.28	McGill / Montreal, QC
<b>41.19</b>	<b>Mary Ollier</b>	<b>95</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
41.22	Emilie Halle	90	2009-01.17	Dome / Ottawa, ON
<b>41.25</b>	<b>Madison Clarke</b>	<b>95</b>	<b>2017-12.02</b>	<b>McGill / Montreal, QC</b>
41.30	Farah Jacques	90	2011-12.03	St. Lawrence / Canton, NY
41.45	Devyani Biswal	93	2016-02.20	Dome / Ottawa, ON
41.55	Andrea Dubuc	91	2012-01.14	Dome / Ottawa, ON
41.89	Nadine Johnson	88	2011-02.12	Dome / Ottawa, ON
41.96	Chantale Desjardin	73	1998	200m track
<b>42.10</b>	<b>Marie-Eve Dahms</b>	<b>95</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
42.12	Amanda Vincent	73	1994	200m track
42.34	Clara Phillips	95	2013-12.21	Dome / Ottawa, ON
42.50	Zanna Vanterpool	94	2014-12.06	Cornell / Ithaca, NY
<b>42.51</b>	<b>Emmanuelle Keogh</b>	<b>94</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
42.70	Shelani Fernando	95	2014-02.15	McGill / Montreal, QC
42.73	Alannah McBride	95	2014-02.15	McGill / Montreal, QC
42.86	Lucie Sagot-Duvauroux	93	2014-02.15	McGill / Montreal, QC
<b>42.86</b>	<b>Sydney Smith</b>	<b>97</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
42.88	Priya Narine	95	2015-12.19	Dome / Ottawa, ON
43.16	Christine Fraser	87	2009-02.07	Dome / Ottawa, ON
<b>43.26</b>	<b>Mikayla Treadeau-Meisner</b>	<b>99</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
43.28	Sophia Mengad	92	2016-02.20	Dome / Ottawa, ON
43.33	Charmaine Williams		1999	200m track
43.49	Chelsea Gilles	93	2014-02.15	McGill / Montreal, QC
43.51	Sadjeda Win	95	2014-11.29	Dome / Ottawa, ON
43.63	Reba Timbrell	90	2011-02.19	McGill / Montreal, QC
43.65	Dominique Martel-Lamothe	95	2016-01.30	McGill / Montreal, QC
43.78	Cierra Gaudet	92	2010-12.04	St. Lawrence U. / Canton, NY
<b>43.90</b>	<b>Sandy Dufour</b>	<b>96</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
43.92	Zvia Mazal	95	2014-02.01	Dome / Ottawa, ON
43.99	Marina Yacob	91	2009-11.27	Dome / Ottawa, ON
43.99	Jecica Joseph	97	2015-12.19	Dome / Ottawa, ON

## 400 meters

### MEN

(Standard = 52.00)

47.10	Michael Robertson	89	2012-03.03	Dome / Ottawa, ON
47.49	Robertson		2009-02.14	BU / Boston, MA
47.87	Devin Biocchi	92	2014-03.01	Dome / Ottawa, ON
48.44	Biocchi		2011-02.04	The Armory / NYC, NY
48.36	Brian Cummings	86	2008-01.12	Dome / Ottawa, ON
49.61	Cummings		2008-02.08	BU / Boston, MA
49.08	Toluwalope Makinde	93	2012-03.03	Dome / Ottawa, ON
49.32	Oluwasegun Makinde	91	2012-03.03	Dome / Ottawa, ON
49.45	Wade Embury	95	2014-02.07	The Armory / NYC, NY
49.51	Gabriel Tesfaye	92	2014-02.07	The Armory / NYC, NY

49.90	Cameron Smithers	91	2010-03.06	Dome / Ottawa, ON
49.96	Isaiah Moses	93	2014-03.01	Dome / Ottawa, ON
50.05	Tyler Fawcett	88	2010-03.06	Dome / Ottawa, ON
50.07	Mark Chenery	88	2012-03.03	Dome / Ottawa, ON
50.19	Stephen Evans	96	2017-03.04	Dome / Ottawa, ON
50.22	Moussa Sissoko	85	2010-03.06	Dome / Ottawa, ON
50.31	Andrew Heffernan	88	2016-02.20	Dome / Ottawa, ON
50.41	Lucas Trapeau	96	2016-02.20	Dome / Ottawa, ON
50.50	Jack Ohlsen	88	2009-03.07	Dome / Ottawa, ON
50.50	Remy Binns	91	2014-03.01	Dome / Ottawa, ON
50.70	Kevin M'Pindu	95	2015-02.14	Boston U. / Boston, MA
50.70	Liam Meades	96	2016-02.13	BU / Boston, MA
50.80	Gordon Cave	91	2014-03.01	Dome / Ottawa, ON
50.84	Scott Hancock	92	2016-02.20	Dome / Ottawa, ON
51.08	Jeremy Batt	89	2010-01.10	Dartmouth / Hanover, NH
51.15	Justin Cameron	94	2015-11.28	Dome / Ottawa, ON
51.40	Martin Cyr-Hicks	73	1993	200m track
51.41	Spencer Bell	91	2010-03.06	Dome / Ottawa, ON
51.49	Codie Primeau	92	2012-03.03	Dome / Ottawa, ON
51.50	Sean McAlpine	73	1993	200m track
51.50	Justin Cuddihey	97	2016-02.20	Dome / Ottawa, ON
51.54	Zachary Quevillon	91	2010-03.06	Dome / Ottawa, ON
51.62	Eric Palamar	97	2015-11.28	Dome / Ottawa, ON
51.73	Matt Fouzie	93	2012-03.03	Dome / Ottawa, ON
51.77	Justin Lalonde	95	2014-11.29	Dome / Ottawa, ON
51.88	Kevin Nault	94	2014-11.29	Dome / Ottawa, ON
51.91	Zack Hildebrand	94	2014-01.18	St. Lawrence / Canton, NY
51.92	Olivier Gauthier-Kwan	89	2009-03.07	Dome / Ottawa, ON

**WOMEN (Standard = 63.00)**

<b>55.76</b>	<b>Madison Clarke</b>	<b>95</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
58.21	Clarke		2017-11.25	Dome / Ottawa, ON
56.28	Charlotte Gardner	94	2017-03.04	Dome / Ottawa, ON
57.29	Gardner		2015-03.07	Dome / Ottawa, ON
56.42	Sophia Skorenky	97	2016-03.05	Dome / Ottawa, ON
56.81	Skorenky		2017-03.04	Dome / Ottawa, ON
56.89	Skorenky		2016-02.12	BU / Boston, MA
<b>57.04</b>	<b>Skorenky</b>		<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
56.53	Gift Okankwu	92	2015-03.07	Dome / Ottawa, ON
56.79	Christiane Lela	88	2008-02.09	BU / Boston, MA
56.84	Julia Tousaw	89	2008-02.09	BU / Boston, MA
57.17	Emilie Halle	90	2009-02.13	BU / Boston, MA
<b>57.23</b>	<b>Mary Ollier</b>	<b>95</b>	<b>2018.02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
57.51	Jecica Joseph	97	2017-03.04	Dome / Ottawa, ON
<b>57.61</b>	<b>Maeliss Trapeau</b>	<b>99</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
<b>57.84</b>	<b>Marie-Eve Dahms</b>	<b>95</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
<b>57.85</b>	<b>Stephanie Gould</b>	<b>94</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
58.03	Andrea Dubuc	91	2012-03.03	Dome / Ottawa, ON
58.18	Chelsea Gilles	93	2015-03.07	Dome / Ottawa, ON
58.42	Marie Innocent	96	2016-12.17	Dome / Ottawa, ON
58.48	Pryia Narine	95	2016-02.20	Dome / Ottawa, ON

59.14	Amanda Vincent	73	1994	
59.14	Labarang, Charifa	95	2015-03.07	Dome / Ottawa, ON
59.31	Dominique Martel-Lamothe	95	2015-03.07	Dome / Ottawa, ON
59.40	Nadine Johnson	89	2011-03.05	Dome / Ottawa, ON
59.53	Jennifer Murawsky	93	2015-03.07	Dome / Ottawa, ON
59.59	Lucie Sagot-Duvauroux	93	2014-03.01	Dome / Ottawa, ON
59.80	Bridget Hayes	95	2014-02.07	The Armory / NYC, NY
<b>59.82</b>	<b>Olivia Sidock</b>	<b>95</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
59.97	Lina Sadqi	93	2015-03.07	Dome / Ottawa, ON
<b>59.98</b>	<b>Alexandra Menard</b>	<b>97</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
<b>60.18</b>	<b>Emmanuelle Keogh</b>	<b>94</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
60.28	Cierra Gaudet	91	2011-03.05	Dome / Ottawa, ON
60.32	Alannah McBride	95	2015-03.07	Dome / Ottawa, ON
<b>60.49</b>	<b>Sydney Smith</b>	<b>97</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
<b>60.66</b>	<b>Rebecca Brennan</b>	<b>96</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
60.71	Emery Terrell	93	2012-03.03	Dome / Ottawa, ON
<b>60.98</b>	<b>Samantha Klus</b>	<b>95</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
60.99	Katie Wiwchar	95	2015-03.07	Dome / Ottawa, ON
61.18	Sophia Mengad	92	2016-02.12	BU / Boston, MA
61.26	Devyani Biswal	93	2015-03.07	Dome / Ottawa, ON
61.43	Kim Rapley	68	1993	
61.47	Christine Fraser	87	2009-02.13	BU / Boston, MA
<b>61.71</b>	<b>Holly Hicks</b>	<b>98</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
61.96	Jennie Biewald	88	2009-03.07	Dome / Ottawa, ON
62.07	Sarya Ross	96	2015-11.28	Dome / Ottawa, ON
62.10	Nina Lantinga		2006	Dome / Ottawa, ON
62.22	Cierra Gaudet	91	2011-01.22	St. Lawrence / Canton, NY
62.65	Johanna Dobransky	91	2011-03.05	Dome / Ottawa, ON
62.76	Kate MacNaughton	88	2011-03.05	Dome / Ottawa, ON
62.82	Isabelle Kanz	93	2015-03.07	Dome / Ottawa, ON
<b>62.89</b>	<b>Mikayla Treadeau-Meisner</b>	<b>99</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>

## 500 metres

### MEN (Standard = 1:10.00)

1:03.18	Michael Robertson	89	2013-02.01	The Armory / NYC, NY
1:03.28	Robertson		2012-02.03	The Armory / NYC, NY
1:04.98	Robertson		2011-12.03	St. Lawrence U. / Canton, NY
1:04.46	Devin Biocchi	92	2013-01.19	St. Lawrence U. / Canton, NY
<b>1:04.64</b>	<b>Stephen Evans</b>	<b>96</b>	<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
1:06.12	Isaiah Moses	93	2014-02.07	The Armory / NYC, NY
1:06.33	Kevin M'Pindu	95	2016-02.13	Boston U. / Boston, MA
1:06.55	Justin Cameron	94	2015-01.17	St. Lawrence U. / Canton, NY
1:06.89	Cameron Smithers	91	2011-01.22	St. Lawrence U. / Canton, NY
1:06.90	Andrew Heffernan	88	2015-01.30	The Armory, NYC, NY
1:07.09	Saj Alhaddad	92	2011-12.03	St. Lawrence U. / Canton, NY
1:07.27	Codie Primeau	92	2012-02.03	The Armory / NYC, NY
1:07.98	Hubert Chevrette Belisle	90	2012-02.03	The Armory / NYC, NY
1:08.13	Joseph Friis	93	2012-12.01	St. Lawrence U. / Canton, NY
1:08.23	Wade Embury	95	2014-01.18	St. Lawrence U. / Canton, NY

1:08.76	Toluwalope Makinde	93	2012-01.21	St. Lawrence U. / Canton, NY
1:09.05	Matt Fouzie	92	2012-01.21	St. Lawrence U. / Canton, NY
1:09.08	Justin Cuddihey	97	2016-12.03	Ithaca College / Ithaca, NY
1:09.07	Liam Meades	96	2016-01.16	St. Lawrence U. / Canton, NY

## WOMEN (Standard = 1:24.00)

1:13.91	Charlotte Gardner	94	2014-02.07	The Armory / NYC, NY
1:14.83	Gardner		2015-01.30	The Armory / NYC, NY
1:14.91	Gardner		2017-02.03	The Armory / NYC, NY
1:14.99	Gardner		2016-11.26	Dome / Ottawa, ON
1:14.30	Gift Okankwu	92	2015-02.13	Boston U. / Boston, MA
1:14.84	Jennifer Perrault	88	2011-12.03	St. Lawrence U. / Canton, NY
<b>1:14.92</b>	<b>Madison Clarke</b>	<b>95</b>	<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
<b>1:15.28</b>	<b>Sophia Skorenky</b>	<b>97</b>	<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
1:16.04	Skorenky		2018-02.03	Ithaca College / Ithaca, NY
1:16.70	Skorenky		2018-01.13	Ocean Breeze / Staten Isl., NY
1:16.81	Skorenky		2016-12.03	Ithaca College / Ithaca, NY
<b>1:17.41</b>	<b>Mary Ollier</b>	<b>95</b>	<b>2018.02.03</b>	<b>Ithaca College / Ithaca, NY</b>
<b>1:18.94</b>	<b>Marie-Eve Dahms</b>	<b>95</b>	<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
1:19.37	Priya Narine	95	2016-01.16	St. Lawrence U. / Canton, NY
1:19.46	Katie Wiwchar	95	2014-02.07	The Armory / NYC, NY
1:19.80	Chelsea Gillies	93	2014-02.07	The Armory / NYC, NY
<b>1:20.29</b>	<b>Alexandra Menard</b>	<b>97</b>	<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
1:21.34	Cierra Gaudet	91	2013-01.19	St. Lawrence U. / Canton, NY
1:21.83	Marie Innocent	96	2016-11.26	Dome / Ottawa, ON
1:21.90	Christianne Lela	88	2012-01.21	St. Lawrence U. / Canton, NY
1:22.14	Zeena Rashid	91	2011-01.22	St. Lawrence U. / Canton, NY
1:22.94	Dominique Martel-Lamothe	95	2015-02.13	Boston U. / Boston, MA
1:23.58	Rebecca Brennan	96	2016-02.12	Boston U. / Boston, MA
1:23.87	Sophia Mengad	92	2017-01.14	St. Lawrence U. / Canton, NY

## 600 metres

### MEN (Standard = 1:25.00)

<b>1:18.36</b>	<b>Stephen Evans</b>	<b>96</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
1:19.15	Evans		2018-01.20	Dome / Ottawa, ON
1:19.50	Evans		2018-03.11	u@ / Windsor, ON @ U-Sport
1:19.84	Evans		2018-02.24	uW / Windsor, ON @ OUA
1:20.04	Evans		2017-01.21	Dome / Ottawa, ON
<b>1:20.12</b>	<b>Evans</b>		<b>2018-03.08</b>	<b>uW / Windsor, ON @ U-Sport</b>
1:20.19	Evans		2017-02.25	York / Toronto, ON @ OUA
1:20.23	Evans		2017-01.28	McGill / Montreal, QC
<b>1:20.93</b>	<b>Evans</b>		<b>2018-02.11</b>	<b>Cornell / Ithaca, NY</b>
1:18.45	Michael Robertson	89	2008-12.13	Dome / Ottawa, ON
1:18.53	Robertson		2010-01.30	McGill / Montreal, QU
1:18.76	Robertson		2011-12.17	Dome / Ottawa, ON
1:19.43	Brian Cummings	87	2008-03.08	McGill / Montreal, QC @ CIS
1:20.13	Devin Biocchi	92	2013-01.26	McGill / Montreal, QC
1:20.75	Biocchi		2011-12.17	Dome / Ottawa
1:20.39	Sean Young	83	2007-02.24	Dome / Ottawa, ON
1:20.91	Mohamed Souleiman	93	2014-02.01	Dome / Ottawa, ON
1:21.20	Andrew Heffernan	88	2016-01.30	McGill / Montreal, QC
1:21.30	Justin Cameron	94	2014-12.20	Dome / Ottawa, ON
1:21.66	Marc-Philippe Tailon	87	2008-02.16	McGill / Montreal, QC

1:22.14	Liam Meades	96	2017-02.18	Dome / Ottawa, ON
1:22.20	Codie Primeau	92	2011-02.12	Dome / Ottawa, ON
1:22.23	Lucas Trapeau	96	2015-02.21	Dome / Ottawa, ON
1:22.29	Noah Fleming	87	2012-02.18	McGill / Montreal, QC
1:22.34	Martin Cyr-Hicks	73	1993	200m track
1:22.35	Cameron Smithers	91	2010-01.16	Dome / Ottawa, ON
1:22.39	Kevin Brennan	87	2008-01.19	Dome / Ottawa, ON
1:22.50	Saj Alhaddad	92	2011-12.17	Dome / Ottawa, ON
1:22.56	Kevin M'Pindu	95	2015-01.10	Dome / Ottawa, ON
1:22.67	Wade Embury	94	2013-11.30	McGill / Montreal, QC
1:22.97	Isaiah Moses	93	2013-11.30	McGill / Montreal, QC
1:23.23	Cody Boast	91	2011.01.15	Dome / Ottawa, ON
1:23.27	Jack Ohlsen	88	2009-02.21	McGill / Montreal, QC
1:23.62	Michal Warchol	90	2009-11.27	Dome / Ottawa, ON
1:23.73	Gabriel Tesfaye	92	2013-11.30	McGill / Montreal, QC
1:23.80	Hubert Chevrette-Belisle	90	2012-01.14	Dome / Ottawa, ON
<b>1:23.84</b>	<b>Alex Vaculik</b>	<b>98</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
1:24.06	Jared Ruest	96	2017-01.28	McGill / Montreal, QC
1:24.57	Justin Cuddihey	97	2016-02.20	Dome / Ottawa, ON
1:24.91	Matt Fouzie	92	2012-02.11	Dome / Ottawa, ON
1:24.99	Dominic Belle-Isle	73	1994	200m track

**WOMEN (Standard = 1:40.00)**

1:29.91	Jennifer Perrault	88	2012-02.11	Dome / Ottawa, ON
1:30.68	Perrault		2012-03.10	uManitoba / Winnipeg, MB @ CIS
1:30.99	Perrault		2012-01.28	McGill / Montreal, QC
<b>1:30.27</b>	<b>Maeliss Trapeau</b>	<b>99</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
1:31.27	Trapeau		2018-03.08	uW / Windsor, ON @ U-Sport
1:33.16	Trapeau		2018-02.11	Cornell / Ithaca, NY
1:33.80	Trapeau		2018-02.24	uW / Windsor, ON @ OUA
1:30.41	Charlotte Gardner	94	2017-02.18	Dome / Ottawa, ON
1:31.40	Gardner		2014-03.08	uA / Edmonton, AB @ CIS - 3 <sup>rd</sup>
1:31.69	Gardner		2017-02.25	York / Toronto, ON @ OUA
1:30.62	Madison Clarke	95	2017-02.18	Dome / Ottawa, ON
1:30.98	Clarke		2018-02.17	Dome / Ottawa, ON
1:31.62	Clarke		2018-02.24	uW / Windsor, ON @ OUA
1:31.69	Clarke		2018-02.11	Cornell / Ithaca, NY
1:31.94	Clarke		2018-03.08	uW / Windsor, ON @ U-Sport
1:33.83	Clarke		2017-03.09	uA / Edmonton, AB @ U-Sport
1:31.03	Julia Tousaw	89	2009-02.28	York / Toronto, ON @ OUA
1:31.60	Tousaw		2012-02.11	Dome / Ottawa, ON
1:31.80	Tousaw		2012-03.10	uManitoba / Winnipeg, MB @ CIS
1:31.78	Emma Galbraith	94	2013-01.26	McGill / Montreal, QC
1:32.87	Isabelle Gervais	77	1999-03.?	McGill / Montreal, QC @ CIS
<b>1:33.71</b>	<b>Sophia Skorenky</b>	<b>97</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
1:34.95	Skorenky		2018-01.20	Dome / Ottawa, ON
1:35.05	Skorenky		2018-02.24	uW / Windsor, ON
1:33.86	Gift Okankwu	93	2015-02.07	Dome / Ottawa, ON
1:34.04	Lauren Aldwinkle	73	1994	200m track
<b>1:34.13</b>	<b>Marie-Eve Dahms</b>	<b>95</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
1:34.23	Natalie Cote	73	1999	200m track
1:34.55	Chelsea Gilles	93	2015-02.21	Dome / Ottawa, ON
1:34.91	Emilie Halle	90	2008-11-22	Dome / Ottawa, ON
1:35.25	Bridget Hayes	95	2014-02.01	Dome / Ottawa, ON
1:35.31	Lina Sadqi	93	2014-02.21	Dome / Ottawa, ON

1:36.46	Melissa Bishop	88	2007-01.26	Dome / Ottawa, ON
1:36.55	Mary Ollier	95	2018-02.11	
1:36.60	Christianne Lela	88	2010-01.30	McGill / Montreal, QC
1:36.63	Lucie Sagot-Duvaouroux	93	2014-02.15	McGill / Montreal, QC
1:36.87	Priya Narine	95	2016-01.23	Dome / Ottawa, ON
<b>1:37.35</b>	<b>Alexandra Menard</b>	<b>97</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
1:38.14	Amanda Vincent	73	1994	200m track
1:38.35	Katie Wiwchar	95	2014-02.21	Dome / Ottawa, ON
1:39.18	Jennifer Murawsky	93	2015-01.10	Dome / Ottawa, ON
1:39.12	Jecica Joseph	97	2017-02.18	Dome / Ottawa, ON
1:39.65	Elysia Robertson	87	2007-01.26	Dome / Ottawa, ON

## 800 meters

### MEN (Standard = 2:00.00)

<b>1:52.43</b>	<b>Stephen Evans</b>	<b>96</b>	<b>2018-01.19</b>	<b>Dome / Ottawa, ON</b>
1:53.45	Evans		2017-03.04	Dome / Ottawa, ON
<b>1:53.67</b>	<b>Evans</b>		<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
<b>1:53.85</b>	<b>Evans</b>		<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
<b>1:54.51</b>	<b>Evans</b>		<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
1:53.20	Mohamed Souleiman	93	2014-03.01	Dome / Ottawa, ON
1:53.88	Souleiman		2013-03.02	Dome / Ottawa, ON
1:55.12	Souleiman		2013-02.01	The Armory / NYC, NY
1:54.46	Lucas Trapeau	96	2015-03.07	Dome / Ottawa, ON
1:54.52	Andrew Heffernan	88	2015-11.28	Dome / Ottawa, ON
1:55.54	Remy Binns	91	2012-03.03	Dome / Ottawa, ON
1:55.67	Sean Young	83	2006	Dome / Ottawa, ON
1:56.94	Matin Cyr-Hicks	73	1993	200m track
1:56.96	Michael Robertson	89	2010-01.10	Dartmouth / Hanover, NH
1:57.25	Marc-Philippe Taillon	87	2008-01.12	Dome / Ottawa, ON
1:57.52	Kevin Brennan	87	2009-01.11	Dartmouth / Hanover, NH
<b>1:57.72</b>	<b>Hamza Qureshi</b>	<b>96</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
1:57.92	Justin Cameron	94	2016-02.13	BU / Boston, MA
1:58.22	Noah Fleming	87	2012-01.21	St. Lawrence / Canton, NY
<b>1:58.24</b>	<b>Alex Vaculik</b>	<b>99</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
<b>1:58.67</b>	<b>Alex Berhe</b>	<b>93</b>	<b>2018-01.19</b>	<b>Dome / Ottawa, ON</b>
1:58.74	Jared Ruest	97	2016-02.13	BU / Boston, MA
1:58.78	Sean McAlpine	73	1993	200m track
1:58.99	Cody Boast	91	2012-01.21	St. Lawrence / Canton, NY

### WOMEN (Standard = 2:25.00)

2:06.75	Julia Tousaw	89	2012-03.03	Dome / Ottawa, ON
2:08.47	Charlotte Gardner	94	2016-02.12	BU / Boston, MA
<b>2:08.96</b>	<b>Maeliss Trapeau</b>	<b>99</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
2:09.89	Trapeau		2018-02.09	Ocean Breez / Staten Isl., NY
<b>2:10.66</b>	<b>Madison Clarke</b>	<b>95</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
2:12.54	Clarke		2018-03.03	Dome / Ottawa, ON
2:13.67	Clarke		2017-02.04	Ithaca College / Ithaca, NY
2:10.85	Chelsea Gilles	93	2015-03.07	Dome / Ottawa, ON
2:12.97	Clare McGrath	96	2015-03.07	Dome / Ottawa, ON

<b>2:13.49</b>	<b>Sophia Skorenky</b>	<b>97</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
<b>2:13.83</b>	<b>Keili Shepherd</b>	<b>99</b>	<b>2018.03.03</b>	<b>Dome / Ottawa, ON</b>
2:14.09	Lina Sadqi	93	2015-03.07	Dome / Ottawa, ON
<b>2:14.34</b>	<b>Samantha Klus</b>	<b>95</b>	<b>2018-01.19</b>	<b>Dome / Ottawa, ON</b>
2:15.17	Lucie Sagot-Duvauroux	93	2014-03.01	Dome / Ottawa, ON
2:15.20	Rebecca Brennan	96	2017-02.10	Ocean Breeze, Staten Island, NY
2:15.24	Isabelle Kanz	93	2015-03.07	Dome / Ottawa, ON
2:15.77	Jennifer Murawsky	93	2015-03.07	Dome / Ottawa, ON
2:16.05	Julia Malleck	87	2010-01.10	Dartmouth / Hanover, NH
2:16.53	Emilie Halle	90	2009-03.07	Dome / Ottawa, ON
2:17.77	Tiffany Locke	88	2009-03.07	Dome / Ottawa, ON
2:17.97	Katie Wiwchar	95	2016-03.05	Dome / Ottawa, ON
<b>2:18.24</b>	<b>Olivia Sidock</b>	<b>95</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
2:18.34	Tara Smith	97	2015-03.07	Dome / Ottawa, ON
2:18.50	Priya Narine	95	2016-02.12	BU / Boston, MY
2:18.75	Katie Wiwchar	95	2015-02.13	BU / Boston, MA
2:19.01	Jennie Biewald	88	2009-01.11	Dartmouth / Hanover, NH
2:19.09	Michele Krech	86	2011-02.25	York / Toronto, ON @ OUA
<b>2:19.22</b>	<b>Marie-Eve Dahms</b>	<b>95</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
2:19.92	Melissa Bishop	88	2007-01.07	Dartmouth / Hanover, NH
2:20.12	Tory Merrill	87	2011-01.15	U. of S. / Sherbrooke, QC
<b>2:20.40</b>	<b>Holly Hicks</b>	<b>98</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
2:21.62	Sarya Ross	96	2016-03.05	Dome / Ottawa, ON
2:21.70	Jecica Joseph	97	2017-03.04	Dome / Ottawa, ON
<b>2:22.81</b>	<b>Alexandra Menard</b>	<b>97</b>	<b>2018-01.19</b>	<b>Dome / Ottawa, ON</b>
2:23.33	Kate MacNaughton	88	2011-03.05	Dome / Ottawa, ON
2:24.19	Clara Moore	93	2012-03.03	Dome / Ottawa, ON
2:24.64	Zeena Rashid	91	2013-03.02	Dome / Ottawa, ON

## 1000 meters

### MEN (Standard = 2:35.00)

2:22.46	Mohamed Souleiman	93	2014-02.07	The Armory / NYC, NY
2:24.51	Souleiman		2014-01.24	McGill / Montreal, QC
2:27.03	Souleiman		2013-02.09	Dome / Ottawa, ON
2:27.53	Souleiman		2013-02.21	uW / Windsor, ON @ OUA
<b>2:27.06</b>	<b>Stephen Evans</b>	<b>96</b>	<b>2018-01.13</b>	<b>Ocean Breeze / Staten Isl., NY</b>
<b>2:31.71</b>	<b>Evans</b>		<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
2:28.24	Alex Berhe	93	2013-12.21	Dome / Ottawa, ON
2:28.63	Lucas Trapeau	96	2016-02.20	Dome / Ottawa, ON
2:29.09	Remy Binns	91	2014-02.01	Dome / Ottawa, ON
2:30.39	Cody Boast	91	2011-02.12	Dome / Ottawa, ON
2:30.61	Sean McAlpine	73	1993	200m track
2:30.73	Kevin Brennan	87	2009-11.27	Dome / Ottawa, ON
2:31.07	Sean Young	83	2006	Dome / Ottawa, ON
2:31.29	Noah Fleming	87	2012-01.14	Dome / Ottawa, ON
2:31.60	Andrew Heffernan	88	2015-12.19	Dome / Ottawa, ON
2:31.66	Jared Ruest	97	2016-12.17	Dome / Ottawa, ON
2:31.97	Hamza Qureshi	96	2016-02.20	Dome / Ottawa, ON
2:33.22	Martin Cyr-Hicks	73	1993	200m track

2:33.78	Marc-Philippe Tailon	87	2008-02.08	BU / Boston, MA
2:34.07	Kyle Mackie	90	2011-02.25	York / Toronto, ON @ OUA
2:34.18	Chase Horvath	91	2011-12.17	Dome / Ottawa, ON

## WOMEN (Standard = 3:05.00)

2:46.71	Emma Galbraith	94	2013-02.09	Dome / Ottawa, ON
2:46.89	Galbraith		2013-02.01	The Armory / NYC, NY
2:49.92	Galbraith		2013-02.21	uW / Windsor, ON @ OUA
2:48.11	Jennifer Perrault	88	2012-02.03	The Armory / NYC, NY
2:48.98	Perrault		2012-03.09	uManitoba / Winnipeg, MB @ CIS
2:49.50	Perrault		2012-01.27	McGill / Montreal, QC
2:50.96	Perrault		2012-02.24	York / Toronto, ON @ OUA
2:48.46	Nathalie Cote	73	1998	200m track @ CIS
2:48.71	Lauren Aldwinkle	73	1994	200m track @ CIS
2:49.19	Julia Tousaw	89	2012-01.14	Dome / Ottawa, ON
2:50.24	Tousaw		2012-01.27	McGill / Montreal, QC
2:51.22	Tousaw		2012-02.03	The Armory / NYC, NY
2:51.61	Tousaw		2012-02.24	York / Toronto, ON @ OUA
2:49.99	Julia Malleck	87	2010-02.13	Dome / Ottawa, ON
2:51.00	Lina Sadqi	93	2015-02.21	Dome / Ottawa, ON
<b>2:51.92</b>	<b>Madison Clarke</b>	<b>95</b>	<b>2018-01.13</b>	<b>Ocean Breeze / Staten Isl., NY</b>
2:53.04	Clarke		2018-01.26	The Armory / NYC, NY
2:54.70	Clarke		2017-11.25	Dome / Ottawa, ON
2:52.05	Jacqueline Malette	86	2009-01.24	Dome / Ottawa, ON
2:52.54	Chelsea Gilles	93	2016-02.26	uW / Windsor, ON @ OUA
<b>2:55.24</b>	<b>Samantha Klus</b>	<b>95</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
2:55.55	Klus		2018-01.26	The Armory / NYC, NY
2:55.41	Clare McGrath	96	2015-02.13	Boston U. / Boston, MA
2:55.68	Jennie Biewald	88	2009-01.24	Dome / Ottawa, ON
2:56.32	Lucie Sagot-Duvauroux	93	2014-02.07	The Armory / NYC, NY
<b>2:56.55</b>	<b>Maeliss Trapeau</b>	<b>99</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
2:57.56	Melissa Bishop	88	2007-02.03	Dome / Ottawa, ON
2:57.01	Katie Wiwchar	95	2016-02.20	Dome / Ottawa, ON
2:57.23	Charlotte Gardner	94	2015-12.19	Dome / Ottawa, ON
2:57.32	Rebecca Brennan	96	2017-02.18	Dome / Ottawa, ON
<b>2:58.49</b>	<b>Keili Shepherd</b>	<b>99</b>	<b>2018.02.11</b>	<b>Cornell / Ithaca, NY</b>
2:59.25	Elyisa Robertson	87	2007-02.03	Dome / Ottawa, ON
2:59.83	Ruth Burrowes	93	2016-02.20	Dome / Ottawa, ON
3:00.85	Isabelle Kanz	93	2015-01.17	St. Lawrence U. / Canton, NY
<b>3:01.33</b>	<b>Olivia Sidock</b>	<b>95</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
3:01.64	Sarya Ross	96	2016-02.13	McGill / Montreal, QC
3:01.93	Clara Moore	93	2014-01.02	Dome / Ottawa, ON
3:02.04	Jennifer Murawsky	93	2015-01.17	St. Lawrence U. / Canton, NY
<b>3:02.96</b>	<b>Holly Hicks</b>	<b>98</b>	<b>2018-02.23</b>	<b>uW / Windsor, ON @ OUA</b>
3:03.04	Larisa Dabeka		1999	200m
<b>3:04.03</b>	<b>Alexandra Menard</b>	<b>97</b>	<b>2017-11.25</b>	<b>Dome / Ottawa, ON</b>
3:04.26	Tara Smith	97	2016-02.20	Dome / Ottawa, ON
3:04.40	Kristin Marvin	75	2009-01.24	Dome / Ottawa, ON
3:04.50	Zeena Rashid	91	2011-02.12	Dome / Ottawa, ON

## 1500 metres



**MEN****(Standard = 4:10.00)**

3:49.24	Mohamed Souleiman	93	2014-01.25	McGill / Montreal, QC
3:50.79	Souleiman		2014-03.08	uA / Edmonton, AB @ CIS
3:53.07	Alex Berhe	93	2016-02.20	Dome / Ottawa, ON
3:58.62	Remy Binns	91	2014-02.15	McGill / Montreal, QC
3:59.18	Kevin Bates	96	2016-02.20	Dome / Ottawa, ON
4:01.02	Chantry Cargill	90	2009-12.19	Dome / Ottawa, ON
4:02.68	Jared Ruest	97	2016-02.20	Dome / Ottawa, ON
4:03.59	Kevin Brennan	87	2010-01.30	McGill / Montreal, QC
4:03.71	Kyle Mackie	90	2011-01.08	U.Toronto / Toronto, ON
<b>4:04.26</b>	<b>Nicolas Roberts</b>	<b>98</b>	<b>2017-02.18</b>	<b>Dome / Ottawa, ON</b>
4:04.93	Justin Jakeman	92	2012-02.11	Dome / Ottawa, ON
4:05.86	Shane Harrigan	90	2010-12.18	Dome / Ottawa, ON
4:08.04	Brad Young		1998	200m track
4:08.06	Garrett de Jong	88	2010-02.13	Dome / Ottawa, ON
4:08.25	Sean Young	83	2005	Dome / Ottawa, ON
4:08.79	Michael Lalonde	84	2007-01.27	Dome / Ottawa, ON
4:08.92	Ziyad El Hankouri	96	2017-02.18	Dome / Ottawa, ON
4:09.25	Jeff Harvey	85	2007-01.27	Dome / Ottawa, ON
4:09.31	Rob Bark	87	2011-03.05	Dome / Ottawa, ON
4:09.42	Andrew Heffernan	88	2008-11-22	Dome / Ottawa, ON
4:09.84	Codie Boast	91	2010-12.18	Dome / Ottawa, ON

**WOMEN****(Standard = 5:00.00)**

4:19.13	Nathalie Cote	73	1997-03.??	UW / Windsor, ON
4:20.23	Emma Galbraith	94	2013-03.02	Dome / Ottawa, ON
4:26.32	Galbraith		2013-03.07	uA / Edmonton, AB @ CIS
4:28.56	Galbraith		2012-12.15	Dome / Ottawa, ON
4:29.74	Julia Malleck	87	2010-01.16	Dome / Ottawa, ON
4:29.99	Jacqueline Malette	86	2009-03.14	uW / Windsor, ON @ CIS
4:32.33	Julia Tousaw	89	2011-12.17	Dome / Ottawa, ON
4:35.07	Tiffany Locke	88	2008-02.02	Dome / Ottawa, ON
4:36.35	Isabelle Kanz	93	2014-12.20	Dome / Ottawa, ON
4:37.99	Clare McGrath	96	2015-02.21	Dome / Ottawa, ON
4:39.28	Chelsea Gilles	93	2016-02.27	uW / Windsor, ON @ OUA
<b>4:39.39</b>	<b>Keili Shepherd</b>	<b>99</b>	<b>2018.02.17</b>	<b>Dome / Ottawa, ON</b>
4:42.04	Sarah Bergeron Larouche	87	2012-12.15	Dome / Ottawa, ON
<b>4:42.96</b>	<b>Madison Clarke</b>	<b>95</b>	<b>2018-01.20</b>	<b>Ottawa, ON</b>
<b>4:43.77</b>	<b>Rebecca Brennan</b>	<b>96</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
4:44.02	Sarya Ross	96	2016-02.20	Dome / Ottawa, ON
4:44.43	Ruth Burrowes	93	2016-02.20	Dome / Ottawa, ON
<b>4:44.49</b>	<b>Samantha Klus</b>	<b>95</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
4:44.76	Jennifer Murawsky	93	2014-02.01	Dome / Ottawa, ON
4:45.36	Lina Sadqi	93	2014-02.15	McGill / Montreal, QC
4:45.38	Tara Smith	97	2015-02.07	Dome / Ottawa, ON
4:48.23	Elyisa Robertson	87	2007-01.27	Dome / Ottawa, ON
4:48.73	Katie Wiwchar	95	2016-02.20	Dome / Ottawa, ON
4:49.90	Olivia Sidock	95	2017-02-18	Dome / Ottawa, ON
4:55.85	Zeena Rashid	91	2011-03.05	Dome / Ottawa, ON
4:58.39	Kristin Marvin	75	2008-11-22	Dome / Ottawa, ON

<b>4:58.83</b>	<b>Holly Hicks</b>	<b>98</b>	<b>2018-01.27</b>	<b>McGill / Montreal, QC</b>
4:58.94	Katie Phillips	95	2015-01.24	McGill / Montreal, QC
4:59.28	Sophie Bernard	93	2015-01.24	McGill / Montreal, QC

## One Mile

### MEN (Standard = 4:40.00)

4:18.93	Mohamed Souleiman	93	2014-02.07	The Armory / NYC, NY
4:19.68	Kevin Bates	96	2015-03.07	Dome / Ottawa, ON
4:23.21	Remy Binns	91	2013-02.01	The Armory / NYC, NY
4:23.80	Justin Jakeman	92	2012-02.04	The Armory / NYC, NY
4:27.94	Andrew Heffernan	88	2009-01.11	Dartmouth / Hanover, NH
4:29.40	Lucas Trapeau	96	2015-12.05	St. Lawrence U. / Canton, NY
4:30.14	Noah Fleming	87	2011-12.03	St. Lawrence U. / Canton, NY
<b>4:30.52</b>	<b>Nicolas Roberts</b>	<b>98</b>	<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
4:30.86	Hamza Qureshi	96	2015-12.05	St. Lawrence U. / Canton, NY
4:32.34	Jared Ruest	97	2017-01.14	St. Lawrence U. / Canton, NY
4:32.63	Scott Hitchcox	94	2016-02.13	BU / Boston, MA
<b>4:32.79</b>	<b>Zyiad El Hankouri</b>	<b>96</b>	<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
4:36.21	Garrett de Jong	88	2010-01.23	St. Lawrence U. / Canton, NY
4:36.63	Andrew Dionne	90	2011-01.22	St. Lawrence U. / Canton, NY
4:36.84	Rob Bark	87	2011-01.22	St. Lawrence U. / Canton, NY
4:37.35	Tyler Hewlett	92	2012-01.21	St. Lawrence U. / Canton, NY
4:37.84	Francois Clayer	90	2012-01.21	St. Lawrence U. / Canton, NY
4:38.35	Gordon Kerslake	85	2006	BU / Boston, MA
4:38.76	Michael Lalonde	84	2007	BU / Boston, MA
4:39.34	Jeff Harvey	85	2006	

### WOMEN (Standard = 5:30.00)

4:49.94	Emma Galbraith	94	2013-02.02	The Armory / NYC, NY
5:02.25	Isabelle Kanz	93	2015-02.13	BU / Boston, MA
<b>5:05.06</b>	<b>Rebecca Brennan</b>	<b>96</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
5:05.44	Julia Malleck	87	2010-01.10	Dartmouth / Hanover, NH
5:08.47	Clare McGrath	96	2014-12.13	Saint Lawrence / Canton, NY
<b>5:08.96</b>	<b>Keili Shepherd</b>	<b>99</b>	<b>2018-02.09</b>	<b>Ocean Breeze / Staten Isl., NY</b>
5:09.28	Lina Sadqi	93	2014-11.29	Dome / Ottawa, ON
5:13.14	Ruth Burrowes	93	2014-12.13	St. Lawrence U. / Canton, NY
5:13.60	Anais Leroy	93	2014-11.29	Dome / Ottawa, ON
5:13.64	Sarya Ross	96	2016-01.16	St. Lawrence U. / Canton, NY
5:15.40	Tara Smith	97	2015-01.31	The Armory / NYC, NY
5:16.44	Katie Wiwchar	95	2015-12.05	St. Lawrence U. / Canton, NY
5:18.95	Tiffany Locke	88	2010-01.23	St. Lawrence U. / Canton, NY
5:20.27	Jennifer Murawsky	93	2014-01.18	St. Lawrence U. / Canton, NY
5:21.60	Charlotte Gardner	94	2015-12.05	St. Lawrence U. / Canton, NY
<b>5:25.03</b>	<b>Samantha Klus</b>	<b>95</b>	<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
5:25.58	Sophie Bernard	93	2015-03.07	Dome / Ottawa, ON
5:26.16	Clara Moore	93	2014-11.29	Dome / Ottawa, ON

5:27.12 Olivia Sidock 95  
**5:28.28 Jenna Rossi 99**

2016-02.12 BU / Boston, MA  
**2018-02.03 Ithaca College / Ithaca, NY**

## 3000 metres

### MEN (Standard = 9:10.00)

8:22.66	Alex Berhe	93	2016-02.20	Dome / Ottawa, ON
8:27.20	Berhe		2016-02.26	uW / Windsor, ON @ OUA
8:25.37	Mohamed Souleiman	93	2014-01.11	Dome / Ottawa, ON
8:43.80	Kyle Mackie	90	2010-11.20	Dome / Ottawa, ON
8:45.16	Kevin Brennan	87	2009-11.20	Dome / Ottawa, ON
8:46.54	Justin Jakeman	92	2012-02.03	The Armory / NYC, NY
8:53.92	Kevin Bates	96	2015-12.19	Dome / Ottawa, ON
8:53.93	Chantry Cargill	90	2009-11.20	Dome / Ottawa, ON
8:54.26	Rob Bark	87	2011-02.12	Dome / Ottawa, ON
8:55.51	Remy Binns	91	2013-12.06	Cornell / Ithaca, NY
8:56.04	Michael Lalonde	84	2008-02.08	UB / Boston, MA
8:56.72	Gordon Kerslake	85	2008-02.22	UW / Windsor @ OUA
8:57.46	Shane Harrigan	90	2011.01.15	Dome / Ottawa, ON
8:57.55	Garrett de Jong	88	2010-03.06	Dome / Ottawa, ON
8:58.11	Francis Hupe	90	2014-02.01	Dome / Ottawa, ON
8:59.11	Matthieu Vierula	90	2012-02.11	Dome / Ottawa, ON
9:00.39	Graeme McConnell	94	2015-01.17	St. Lawrence U. / Canton, NY
9:01.90	Francois Clayer	90	2012-02.11	Dome / Ottawa, ON
9:02.07	Nicholas Roberts	98	2016-12.17	Dome / Ottawa, ON
9:02.72	Patrick Lalonde	87	2007-11.24	Dome / Ottawa, ON
9:03.83	Rob Bark	87	2011.01.15	Dome / Ottawa, ON
9:04.22	Vincent Fluet	89	2010-01.16	Dome / Ottawa, ON
9:05.69	Sean Young	83	2005	Dome / Ottawa, ON
9:07.88	Ryan MacDonell	92	2016-02.20	Dome / Ottawa, ON
9:08.16	Julien Pinsonneault	92	2015-01.10	Dome / Ottawa, ON
9:08.56	Ziyad El Hankouri	96	2017-02.12	Cornell / Ithaca, NY
9:08.68	Luc Mahler	87	2009-01.24	Dome / Ottawa, ON
9:09.53	Pascal Renard	75	2011-03.05	Dome / Ottawa, ON

### WOMEN (Standard = 11:00.00)

09:30.45	Nathalie Cote	73	1997-03.??	UW / Windsor, ON @ CIS
10:00.09	Tiffany Locke	88	2007-11.24	Dome / Ottawa, ON
10:02.93	Ruth Burrowes	93	2016-02.13	McGill / Montreal, QC
10:03.11	Katie Phillips	95	2016-12.17	Dome / Ottawa, ON
10:06.80	Emma Galbraith	94	2013-01.12	Dome / Ottawa, ON
10:17.38	Sarah Bergeron-Larouche	87	2012-12.01	St. Lawrence / Canton, NY
10:18.50	Isabelle Kanz	93	2015-01.10	Dome / Ottawa, ON
10:19.90	Anais Leroy	93	2015-02.27	York / Toronto, ON @ OUA
<b>10:32.02</b>	<b>Renee Maisonneuve</b>	<b>95</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
10:34.82	Tara Smith	97	2015-01.30	The Armory, NYC, NY
10:35.00	Sarya Ross	96	2015-02.21	Dome / Ottawa, ON
10:36.32	Sophie Bernard	93	2015-02.07	Dome / Ottawa, ON

<b>10:38.76</b>	<b>Keili Shepherd</b>	<b>99</b>	<b>2017-12.02</b>	<b>McGill / Ottawa, ON</b>
10:44.48	Julia Britton	91	2013-02.09	Dome / Ottawa, ON
10:46.36	Carly Teckles	84	2008-02.02	Dome / Ottawa, ON
<b>10:49.13</b>	<b>Rebecca Brennan</b>	<b>96</b>	<b>2017-12.02</b>	<b>McGill / Ottawa, ON</b>
10:49.94	Kristin Marvin	75	2009-01.17	Dome / Ottawa, ON
<b>10:50.24</b>	<b>Jenna Rossi</b>	<b>99</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
10:51.22	Chelsea Gilles	93	2015-11.28	Dome / Ottawa, ON
10:51.81	Elizabeth O'Reilly	92	2013-02.01	The Armory / NYC, NY
10:52.89	Jill Seymour	84	2010-01.10	Dartmouth / Hanover, NH
10:52.54	Laura Seeley	94	2016-01.23	Dome / Ottawa, ON
10:53.12	Katie Wiwchar	95	2015-11.28	Dome / Ottawa, ON
10:54.18	Erin Rivers	89	2011-02.25	York / Toronto, ON @ OUA
10:55.01	Lauren Moore	95	2017-01.21	Dome / Ottawa, ON
10:55.04	Erika Houde-Pearce	91	2012-12.01	St. Lawrence / Canton, NY
10:55.20	Jennifer Murawsky	93	2014-01.11	Dome / Ottawa, ON
10:57.38	Brenda Pearce	87	2008-02.02	Dome / Ottawa, ON

## 5000 metres

### MEN (Standard = 17:00.00)

15:40.54	Ziyad El Hankouri	96	2017-03.04	Dome / Ottawa, ON
15:45.19	Nicolas Roberts	98	2017-03.04	Dome / Ottawa, ON
15:51.57	Ryan MacDonell	92	2016-03.05	Dome / Ottawa, ON
16:00.87	Daniel MacDonald	80	2013-03.02	Dome / Ottawa, ON
16:05.83	Adrian Tsang	90	2015-01.17	St. Lawrence U. / Canton, NY
16:21.89	Julien Pinsonneault	92	2015-01.17	St. Lawrence U. / Canton, NY
16:33.49	Tom Glassco	88	2016-02.06	Ithaca College / Ithaca, NY
16:36.51	Aidan French	96	2016-03.05	Dome / Ottawa, ON
<b>16:37.40</b>	<b>Alex Berhe</b>	<b>93</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>

### WOMEN (Standard = 19:30.00)

17:22.42	Katie Phillips	95	2016-03.05	Dome / Ottawa, ON
17:27.27	Phillips		2014-11.29	Dome / Ottawa, ON
17:41.31	Phillips		2015-01.17	St. Lawrence U. / Canton, NY
17:28.09	Ruth Burrowes	93	2016-03.05	Dome / Ottawa, ON
18:02.85	Isabelle Kanz	93	2014-11.29	Dome / Ottawa, ON
18:20.50	Lina Sadqi	93	2014-03.01	Dome / Ottawa, ON
18:40.95	Sarya Ross	96	2014-11.29	Dome / Ottawa, ON
18:42.31	Sophie Bernard	93	2014-03.01	Dome / Ottawa, ON
18:50.35	Lauren Moore	95	2014-11.29	Dome / Ottawa, ON
18:56.39	Laura Seeley	94	2015-11.28	Dome / Ottawa, ON
18:59.44	Jillian Carter	97	2015-11.28	Dome / Ottawa, ON
19:05.94	Jennifer Murawsky	93	2014-03.01	Dome / Ottawa, ON
19:06.90	Jennifer Dumoulin	86	2017-03.04	Dome / Ottawa, ON
<b>19:09.64</b>	<b>Jenna Rossi</b>	<b>99</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>

# 4 x 200 metre Relay

## MEN (Standard = 1:31.00)

1:25.65	Devin Biocchi, Oluwasegun Makinde, Michael Robertson, Toluwalope Makinde (21.1, 21.0, 21.8, 21.7)	2012-03.10	uM / Winnipeg, MB @ CIS *CIS RECORD
1:25.91	Oluwasegun Makinde, Michael Robertson Toluwalope Makinde, Gabriel Tesfaye	2013-01.12	Dome / Ottawa, ON
1:26.09	Devin Biocchi, Oluwasegun Makinde, Michael Robertson, Toluwalope Makinde	2012-01.14	Dome / Ottawa, ON
1:26.55	Oluwasegun Makinde, Michael Robertson Devin Biocchi, Toluwalope Makinde (21.6, 21.2, 21.7, 22.0)	2012-03.09	uM / Winnipeg, MB @ CIS
1:26.73	Oluwasegun Makinde, Michael Robertson Devin Biocchi, Gabriel Tesfaye (21.8, 21.3, 21.6, 22.1)	2013-03.09	uA / Edmonton, AB @ CIS
1:26.96	Oluwasegun Makinde, Michael Robertson Moussa Sissoko, Olivier Gauthier-Kwan	2010-01.16	Dome / Ottawa, ON
1:27.02	Chris Greenaway, Michael Robertson Oluwasegun Makinde, Moussa Sissoko	2010-01.16	Dome / Ottawa, ON
1:27.21	Oluwasegun Makinde, Michael Robertson Devin Biocchi, Gabriel Tesfaye (21.6, 21.4, 21.7, 22.3)	2013-03.07	uA / Edmonton, AB @ CIS
1:27.28	Devin Biocchi, Michael Robertson Toluwalope Makinde, Gordon Cave (21.6, 21.1, 21.7, 22.6)	2013-01.25	McGill / Montreal, QC
1:27.29	Ramon Monsour, Tyler Fawcett Michael Robertson, Brian Cummings	2009-01.17	Dome / Ottawa, ON
1:27.60	Chris Greenaway, Michael Robertson Oluwasegun Makinde, Moussa Sissoko (22.2, 21.6, 21.6, 22.0)	2010-02.27	York / Toronto, ON @ OUA
1:27.72	Michael Robertson, Chris Greenaway Oluwasegun Makinde, Moussa Sissoko	2010-01.29	McGill / Montreal, QC
1:27.88	Oluwasegun Makinde, Michael Robertson Devin Biocchi, Toluwalope Makinde (21.9, 21.7, 21.8, 22.4)	2013-01.12	Dome / Ottawa, ON
1:29.22	Gabriel Tesfaye, Tony Risling Olivier Gauthier-Kwan, Chase Gregoire	2011-02.12	Dome / Ottawa, ON
1:29.26	Brandyn Martineau, Gabriel Tesfaye Toluwalope Makinde, Gordon Cave (22.7, 22.1, 22.0, 22.4)	2012-01.27	McGill / Montreal, QC
1:29.33	Chris Greenaway, Oluwasegun Makinde, Moussa Sissoko, Olivier Gauthier-Kwan	2010-03.11	UW / Windsor, ON @ CIS
1:29.35	Jeremy Batt, Tyler Fawcett Ramon Monsour, Olivier Gauthier-Kwan	2009-02.07	Dome / Ottawa, ON
1:29.92	Jeremy Batt, Tyler Fawcett, Moussa Sissoko, Michael Robertson	2010-01.10	Dartmouth / Hanover, NH
1:29.92	Gordon Cave, Tolu Makinde, Kevin M'Pindu, Nic Gauthier (22.6, 21.9, 22.4, 23.0)	2015-01.23	McGill / Montreal, QC
1:30.16	Balarama Holness, Olivier Gauthier-Kwan Antoine Despres-Bedward, Tony Risling (22.1, 22.9, 23.0, 22.1)	2008-03.07	McGill / Montreal, QC @ CIS
1:30.19	Sekou Kaba, Devin Biocchi, Wade Embury, Kevin M'Pindu (22.6, 21.9, 22.8, 22.9)	2014-01.24	McGill / Montreal, QC
1:30.28	Chris Greenaway, Devin Biocchi Gabriel Tesfaye, Olivier Gauthier-Kwan (22.3, 22.0, 22.9, 22.9)	2011-01.27	McGill / Montreal, QC
1:30.45	Todd Pyper, Tony Risling, Tyler Fawcett, Antoine Despres-Bedward	2008-02.02	Dome / Ottawa, ON

1:30.47	Chris Greenaway, Olivier Gauthier-Kwan Tony Risling, Chase Gregoire	2011-01.15	Dome / Ottawa, ON
1:30.57	Gordon Cave, Tolu Makinde, Nic Gauthier, Brandyn Martineau (23.0, 22.1, 23.0, 22.5)	2015-01.31	The Armory / NYC, NY
1:30.68	Chris Greenaway, Gabriel Tesfaye, Tony Risling, Olivier Gauthier-Kwan (23.4, 22.1, 22.3, 22.7)	2011-02.26	York / Toronto, ON @ OUA
1:30.78	Gabriel Tesfaye, Tony Risling Chase Gregoire, O.J. Williams (22.7, 22.1, 22.6, 23.1)	2011-02.19	McGill / Montreal, QC
1:30.90	Tony Risling, Antoine Despres-Bedward Olivier Gauthier-Kwan, Tyler Fawcett	2008-01.19	Dome / Ottawa, ON
<b>WOMEN (Standard = 1:46.00)</b>			
1:41.81	Charifa Labarang, Devyani Biswal Gift Okankwu, Charlotte Gardner (24.8, 25.8, 25.1, 26.1)	2015-01.31	The Armory / NYC, QC
1:42.36	Christiane Lela, Julia Tousaw Emilie Halle, Christine Fraser (25.1, 24.8, 26.0, 26.3)	2009-02.27	York / Toronto, ON @ OUA
1:42.46	Sarah De Carufel, Devyani Biswal, Charlotte Gardner, Gift Okankwu (25.4, 26.0, 25.9, 25.1)	2013.02.01	The Armory / NYC, NY
1:42.48	Christiane Lela, Ashlea Maddex, , Nadine Johnson, Michele Krech (25.2, 25.1, 26.1, 26.0)	2011-03.12	U. of S. / Sherbrooke @ CIS
1:42.56	Nadine Johnson, Tory Merrill, Ashlea Maddex, Christiane Lela (26.4, 25.9, 24.7, 25.4)	2011-02.26	York / Toronto, ON @ OUA
1:42.91	Christiane Lela, Emilie Halle Christine Fraser, Julia Tousaw	2009-01.17	Dome / Ottawa, ON
1:42.91	Charifa Labarang, Devyani Biswal Gift Okankwu, Alannah McBride (24.7, 26.2, 24.9, 27.1)	2015-01.23	McGill / Montreal, QC
1:42.97	Christine Fraser, Christian Lela, Emile Halle, Julia Tousaw	2009-02.07	Dome / Ottawa, ON
1:43.08	Jennifer Perrault, Sarah De Carufel Andrea Dubuc, Julia Tousaw (25.7, 26.2, 25.7, 25.4)	2012-02.25	York / Toronto, ON @ OUA
1:43.10	Nadine Johnson, Ashlea Maddex Christiane Lela, Michele Krech (26.1, 24.8, 25.3, 26.4)	2011-01.28	McGill / Montreal, QC
1:43.10	Christiane Lela, Julia Tousaw Tory Merrill, Nadine Johnson (25.2, 25.9, 26.1, 26.2)	2011-03.11	U. of S. / Sherbrooke, QC @ CIS
<b>1:43.18</b>	<b>Stephanie Gould, Sophia Skorenky Madison Clarke, Emmanuelle Keogh (25.4, 25.5, 26.2, 26.1)</b>	<b>2018-02.24</b>	<b>uW / Windsor, ON @ OUA</b>
1:43.23	Gift Okankwu, Charifa Labarang, Devyani Biswal, Charlotte Gardner	2015-02.21	Dome / Ottawa, ON
1:43.28	Sarah De Carufel, Gift Okankwu, Charlotte Gardner, Devyani Biswal (25.5, 25.2, 25.8, 26.8)	2013.03.07	uA / Edmonton, AB @ CIS
1:43.32	Charifa Labarang, Devyani Biswal Sophia Skorenky, Charlotte Gardner (25.5, 25.8, 25.8, 26.2)	2016-01.29	McGill / Montreal, QC
<b>1:43.54</b>	<b>Tania Bambi, Keira Christie-Galloway Stephanie Gould, Sophia Skorenky (26.1, 25.5, 26.4, 25.5)</b>	<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
1:43.82	Charifa Labarang, Devyani Biswal Sophia Skorenky, Dominic Martel-Lamothe	2016-01.29	McGill / Montreal, QC

1:43.87	(25.1, 25.5, 25.8, 27.4) Sarah De Carufel, Gift Okankwu, Charlotte Gardner, Tania Bambi (25.6, 24.7, 25.8, 27.8)	2013.02.22	uW / Windsor, ON @ OUA
1:43.92	Marie Innocent, Devyani Biswal Sophia Skorenky, Tania Bambi (25.3, 25.8, NT, NT)	2017-02.04	Ithaca College, Ithaca, NY
1:44.38	Nadine Johnson, Ashlea Maddex, Torri Merrill, Michele Krech	2010-11.27	McGill / Montreal, QC
<b>1:44.49</b>	<b>Stephanie Gould, Sophia Skorenky Emmanuelle Keogh, Maeliss Trapea (25.9, 25.9, 26.9, 25.9)</b>	<b>2018-02.03</b>	<b>Ithaca College, Ithaca, NY</b>
1:44.56	Sarah DeCarufel, Shelani Fernando Clara Phillips, Alannah McBride (25.7, 26.1, 26.1, 26.6)	2014-02.15	McGill / Montreal, QC
1:44.93	Gift Okankwu, Charifa Labarang, Devyani Biswal, Abbey Adjei	2015-02.28	York / Toronto, ON @ OUA
1:45.07	Charifa Labarang, Gift Okankwu, Abbey Adjei, Sajeda Win (25.5, 25.4, 27.2, 26.9)	2015-03.12	uW / Windsor, ON @ CIS
1:45.15	Charifa Labarang, Clara Phillips Charlotte Gardner, Sarah DeCarufel (25.9, 26.5, 26.9, 25.9)	2013-12.14	St. Lawrence / Canton, NY
1:45.19	Christiane Lela, Emilie Halle Christine Fraser, Barbara Remond (25.0, 25.9, 26.9, 27.1)	2009-01.31	McGill / Montreal, QC
1:45.41	Sarah De Carufel, Shelani Fernando Clara Phillips, Alannah McBride (25.8, 26.0, 26.4, 27.2)	2014-02.08	The Armory / NYC, NY
1:45.48	Nadine Johnson, Christiane Lela Cierra Gaudet, Ashlea Maddex	2011-01.15	Dome / Ottawa, ON
1:45.49	Sarah De Carufel, Shelani Fernando Katie Wiwchar, Zvia Mazal (25.1, 25.8, 27.8, 26.8)	2014-02.08	The Armory / NYC, NY
1:45.50	Sarah De Carufel, Devyani Biswal Charlotte Gardner, Patricia Sealy (25.3, 26.3, 25.8, 28.1)	2013-02.16	McGill / Montreal, QC
1:45.55	Sarah de Carufel, Ashlea Maddex Cierra Gaudet, Sarah Ducasse	2011-02.12	Dome / Ottawa, ON
1:45.58	Charifa Labarang, Devyani Biswal Gift Okankwu, Sajeda Win	2015-01.10	Dome / Ottawa, ON
1:45.87	Sarah Ducasse, Marina Yacob Sarah Badibanga, Kim-Quyen Vuong	2011-02.19	McGill / Montreal, QC

## 4 x 400 metre Relay

### MEN

(Standard = 3:25.00)

3:15.32	Toluwalope Makinde (50.1), Devin Biocchi (48.8) Oluwasegun Makinde (48.8), Michael Robertson (47.6)	2012-03.10	uManitoba / Winnipeg, MB @ CIS
3:15.36	Toluwalope Makinde (49.9), Devin Biocchi (47.8) Oluwasegun Makinde (49.2), Michael Robertson (48.4)	2013-02.02	The Armory / NYC, NY
3:16.40	Michael Robertson (48.9), Brian Cummings (48.2) Tyler Fawcett (49.6), Marc-Philippe Taillon (49.7)	2008-03.08	McGill / Montreal, QC @ CIS
3:16.69	Toluwalope Makinde (49.4), Michael Robertson (48.6) Devin Biocchi (48.9), Mark Chenery (49.7)	2012-02.04	The Armory / NYC, NY
3:16.99	Isaiah Moses (50.7), Devin Biocchi (48.3)	2014-02.15	McGill / Montreal, QC

3:17.08	Wade Embury (49.3), Gabe Tesfaye (48.7) Saj Alhaddad (50.6), Devin Biocchi (47.7) Codie Primeau (51.4), Michael Robertson (47.3)	2011-12.17	Dome / Ottawa, ON
3:17.08	Toluwalope Makinde (49.5), Gabriel Tesfaye (50.9) Devin Biocchi (48.1), Michael Robertson (48.5)	2013-01.26	McGill / Montreal, QC
3:17.10	Toluwalope Makinde (50.6), Gabriel Tesfaye (50.0) Michael Robertson (48.6), Devin Biocchi (47.9)	2013-03.09	uA / Edmonton, AB @ CIS
3:17.24	Devin Biocchi (48.6), Wade Embury (49.2) Kevin M'Pindu (50.0), Isaiah Moses (49.4)	2014-02.01	Dome / Ottawa, ON
3:17.51	Isaiah Moses (50.3), Devin Biocchi (47.9) Wade Embury (49.7), Gabe Tesfaye (49.6)	2014-02.22	York / Toronto, ON @ OUA
3:17.62	Michael Robertson (48.6), Brian Cummings (48.1) Tyler Fawcett (49.9), Todd Pyper (50.8)	2008-02.09	UB / Boston, MA
3:17.47	Ramon Monsour Michael Robertson Tyler Fawcett, Brian Cummings (50.5, 47.9, 49.5, 48.9)	2009-02.14	UB / Boston, MA
3:17.77	Oluwasegun Makinde , Toluwalope Makinde , Devin Biocchi, Michael Robertson (49.9, 49.9, 49.0, 48.9)	2012-01.28	McGill / Montreal, QC
3:18.80	Isaiah Moses (50.7), Wade Embury (49.5) Gabe Tesfaye (49.6), Devin Biocchi (48.7)	2014-03.08	uA / Edmonton, AB @ CIS
3:19.22	Oluwasegun Makinde (50.9, Devin Biocchi (49.4) Gabriel Tesfaye (50.2), Michael Robertson (48.7)	2013-02.22	uW / Windsor, ON @ OUA
3:19.98	Team Members Not Recorded	2009-11.27	Dome / Ottawa, ON
3:20. 54	Michael Robertson, Ramon Monsour Tyler Fawcett, Andrew Heffernan (48.5, 50.5, 49.8, 52.0)	2009-01.24	Dome / Ottawa
3:20.90	Tyler Fawcett, Moussa Sissoko Cameron Smithers, Michael Robertson (50.5, 50.4, 51.0, 48.8)	2010-02.27	York / Toronto, ON
3:21.04	Andrew Heffernan, Justin Cameron, Lucas Trapeau, Justin Cuddihey (50.1, 50.7, 49.3, 50.9)	2016-02.13	BU / Boston, MA
3:21.07	Brian Cummings (49.0), Tyler Fawcett (50.4) Michael Robertson (49.6), Todd Pyper (52.0)	2008-01.26	McGill / Montreal, QC
3:21.07	Tyler Fawcett, Michael Robertson Brian Cummings, Marc-Philippe Taillon (50.5, 49.0, 49.7, 51.8)	2009-01.29	McGill / Montreal, QC
3:21.07	Oluwasegun Makinde, Hubert Chevrette-Belisle Cameron Smithers, Devin Biocchi (51.0, 52.5, 49.9, 47.4)	2011-01.15	Dome / Ottawa, ON
3:21.07	Tolu Makinde, Gordon, Cave Lucas Trapeau, Kevin M'Pindu (49.8, 51.3, 50.1, 49.8)	2015-02.14	Boston U. / Boston, MA
3:21.24	Tyler Fawcett, Marc-Philippe Taillon Moussa Sissoko, Michael Robertson (51.0, 51.9, 50.2, 48.0)	2010-01.30	McGill / Montreal, QC
3:22.29	Hubert Chevrette-Belisle, Moussa Sissoko	2010-12.18	Dome / Ottawa, ON



3:22.49	Cameron Smithers, Devin Biocchi Gordon Cave, Tolu Makinde, Andrew Heffernan, Kevin M'Pindu (51.0, 50.7, 50.6, 50.2)	2015-01.10	Dome / Ottawa, ON
3:22.80	Justin Cameron, Kevin M'Pindu Stephen Evans, Andrew Heffernan	2015-01.10	Dome / Ottawa, ON
3:23.04	Isiah Moses, Devin Biocchi, Kevin M'Pindu, Nic Gauthier (50.2, 49.2, 49.9, 53.5)	2014-01.25	McGill / Montreal, QC
3:23.37	Tolu Makinde, Stephen Evans Justin Cameron, Andrew Heffernan (50.2, 50.00, 52.2, 50.9)	2015-01.31	The Armory / NYC, NY
3:23.53	Toluwalope Makinde, Mark Chenery Saj Alhaddad, Codie Primeau (51.0, 49.9, 51.0, 51.6)	2012-02.25	York / Toronto, ON @ OUA
3:23.60	Oluwasegun Makinde, Tyler Fawcett Michael Robertson, Moussa Sissoko (52.7, 50.4, 49.1, 51.0)	2009-01.17	Dome / Ottawa, ON
3:23.79	Cameron Smithers, Devin Biocchi Codie Primeau, Hubet Chevrette-Belisle (50.8, 50.3, 50.7, 51.9)	2011-01.28	McGill / Montreal, QC
3:24.45	David Wilson, Hubert Chevrette-Belisle Codie Primeau, Cody Boast (51.3, 51.1, 49.9, 51.9)	2011-02.12	Dome / Ottawa, ON
3:24.93	Michael Robertson (51.7.), Tyler Fawcett (51.2) Brian Cummings (49.6), Todd Pyper (52.2)	2008-02.23	UW / Windsor, ON @ OUA <b>** THIS IS THE PERFORMANCE THAT STARTED IT ALL !!!</b>

## WOMEN (Standard = 4:00.00)

3:48.58	Farah Jacques, Julia Tousaw Christianne Lela, Jennifer Perrault (56.6, 57.0, 58.7, 56.3)	2012-02.04	The Armory, NYC, NY
<b>3:49.16</b>	<b>Stephanie Gould, Madison Clarke Maeliss Trapeau, Sophia Skorenky (59.3, 56.7, 56.0, 57.2)</b>	<b>2018-03.10</b>	<b>uW / Windsor, ON @ U-Sport</b>
3:49.24	Michele Krech, Christianne Lela Tory Merrill, Julia Tousaw (57.9, 58.1, 56.2, 56.9)	2011-01.28	McGill / Montreal, QC
3:50.36	Sophia Skorenky, Charlotte Gardner Madison Clarke Jecica Joseph	2017-03.11	uA / Edmonton, AB @ U-Sport
<b>3:50.70</b>	<b>Stephanie Gould, Madison Clarke Maeliss Trapeau, Sophia Skorenky (59.2, 57.0, 57.3, 57.2)</b>	<b>2018-02.24</b>	<b>uW / Windsor, ON @ OUA</b>
<b>3:51.20</b>	<b>Stephanie Gould, Madison Clarke Maeliss Trapeau, Sophia Skorenky (59.6, 56.8, 57.1, 57.7)</b>	<b>2018-02.11</b>	<b>Cornell / Ithaca, NY</b>
3:51.76	Ashlea Maddex, Christianne Lela	2011-02.26	York / Toronto, ON @ OUA

	Tory Merrill, Julia Tousaw (58.7, 58.0, 58.0, 57.0)		
3:52.09	Michele Krech, Ashlea Maddex Julia Tousaw, Christianne Lela (58.8, 57.9, 57.8, 57.5)	2011-03.12	U. of S. / Sherbrooke, QC @ CIS
3:52.37	Sophia Skorenky, Charlotte Gardner Madison Clarke Jecica Joseph (58.0, 57.1, 58.1, 59.1)	2017-02.12	Cornell / Ithaca, NY
3:52.62	Christine Fraser, Christianne Lela Julia Tousaw, Emilie Halle (62.0, 55.7, 56.5, 58.5)	2009-01.31	McGill / Montreal, QC
3:52.80	Jecica Joseph, Charlotte Gardner Sophia Skorenky, Madison Clarke (59.4, 56.9, 58.0, 58.5)	2017-02.04	Ithaca College / Ithaca, NY
3:52.82	Julia Tousaw, Cierra Gaudet Jennifer Perrault, Andrea Dubuc (56.5, 60.3, 56.6, 59.4)	2012-02.25	York / Toronto, ON @ OUA
3:52.92	Gift Okankwu, Charlotte Gardner, Chelsea Gilles, Dominique Martel-Lamothe (57.3, 56.9, 58.2, 60.5)	2015-02.28	York / Toronto, ON @ OUA
3:53.06	Jennifer Perrault, Julia Tousaw, Andrea Dubuc, Cierra Gaudet (57.1, 56.5, 59.3, 60.1)	2012-03.10	uManitoba / Winnipeg, MB @ CIS
3:53.40	Gift Okankwu, Charlotte Gardner, Chelsea Gilles, Charifa Labarang (57.2, 57.3, 59.4, 59.5)	2015-03.13	uW / Windsor, ON @ CIS
3:53.61	Gift Okankwu, Charlotte Gardner, Chelsea Gilles, Dominique Martel-Lamothe (56.5, 57.4, 57.7, 62.0)	2015-02.13	Boston U. / Boston, MA
3:54.03	Farah Jacques, Christianne Lela Julia Tousaw, Andrea Dubuc (58.4, 58.8, 56.7, 60.1)	2012-01.27	McGill / Montreal, QC
3:54.40	Charlotte Gardner, Gift Okankwu Emma Galbraith, Chelsea Gilles (58.2, 57.4, 57.7, 61.1)	2013-02.22	uW / Windsor, ON @ OUA
3:54.43	Jacqueline Malette, Christianne Lela Julia Tousaw, Emilie Halle (62.5, 58.3, 55.8, 57.8)	2009-02.28	York / Toronto, ON @ OUA
3:54.57	Sophia Skorenky, Marie-Eve Dahms, Charlotte Gardner, Priya Narine (57.5, 60.4, 57.6, 58.9)	2016-02.12	BU / Boston, MA
3:54.59	Jennie Biewald, Christianne Lela Julia Tousaw, Emilie Halle (62.2, 58.1, 56.4, 57.8)	2009-03.14	uW / Windsor, ON @ CIS
3:54.88	Ashlea Maddex, Tory Merrill Michele Krech, Cierra Gaudet (58.6, 56.5, 57.9, 61.6)	2010-12.18	Dome / Ottawa, ON
3:54.88	Ashlea Maddex, Tory Merrill	2010-12.18	Dome / Ottawa, ON

	Michele Krech, Cierra Gaudet (58.6, 56.5, 57.9, 61.6)		
<b>3:55.15</b>	<b>Marie-Eve Dahms, Madison Clarke, Maeliss Trapeau, Samantha Klus (60.4, 56.1, 57.2, 61.4)</b>	<b>2018-01.26</b>	<b>The Armory / NYC, NY</b>
3:55.16	Bridget Hayes, Charlotte Gardner Lucie Sagot-Duvauroux, Alannah McBride (59.6, 56.3, 58.9, 60.3)	2014-02.08	The Armory / NYC, NY
3:55.33	Chelsea Gilles, Charlotte Gardner Gift Okankwu, Emma Galbraith (61.6, 58.3, 57.9, 57.4)	2013-01.12	Dome / Ottawa, ON
<b>3:55.87</b>	<b>Stephanie Gould, Madison Clarke, Maeliss Trapeau, Sophia Skorenky (61.4, 58.4, 58.0, 57.9)</b>	<b>2018-02.03</b>	<b>Ithaca College, Ithaca, NY</b>
3:56.15	Priya Narine, Charlotte Gardner, Sophia Skorenky, Chelsea Gilles	2016-01.23	Dome / Ottawa, ON
3:56.35	Jecica Joseph, Charlotte Gardner, Sophia Skorenky, Madison Clarke (59.2, 56.4, 62.2-Fell, 58.5)	2017-02.25	York / Toronto, ON @ OUA
3:56.44	Sophia Skorenky, Madison Clarke Marie Innocent, Jecica Joseph (58.1, 58.3, 60.3, 59.7)	2017-01.27	McGill / Montreal, QC
3:56.64	Gift Okankwu, Charlotte Gardner Emma Galbraith, Sarah De Carufel (57.9, 56.5, 59.7, 62.0)	2013-03.09	uA / Edmonton, AB @ CIS
3:56.81	Jennifer Perraut, Julia Tousaw Andrea Debuc, Anna Stolle (57.3, 58.9, 59.9, 60.5)	2012-01.14	Dome / Ottawa, ON
3:56.81	Sophia Skorenky, Charlotte Gardner, Devyani Biswal, Charifia Labarang (58.2, 58.0, 59.7, 60.7)	2016-01.23	Dome / Ottawa, ON
3:57.20	Julia Tousaw, Emilie Halle Christianne Lela, Jennie Biewald	2009-01.24	Dome / Ottawa, ON
3:57.50	Charlotte Gardner, Chelsea Gilles Emma Galbraith, Gift Okankwu (58.8, 62.0, 58.3, 58.7)	2013-01.12	Dome / Ottawa, ON
3:58.28	Dominique Martel-Lamothe, Chelsea Gilles, Charlotte Gardner, Gift Okankwu, (62.7, 59.0, 58.9, 57.7)	2015-01.24	McGill / Montreal, QC
3:58.62	Christiane Lela, Julia Tousaw, Christine Fraser, Emilie Halle (57.8, 57.8, 63.1, 59.5)	2009-01.11	Dartmouth / Hanover, NH
3:58.92	Marie-Eve Dahms, Sophia Skorenky Chelsea Gilles, Jecica Joseph (60.3, 58.3, 59.2, 61.0)	2016-02.27	uW / Windsor, ON @ OUA
3:59.29	Michele Krech, Christiane Lela Nadine Johnson, Reba Timbrell (58.1, 56.7, 59.6, 64.8)	2011-02.12	Dome / Ottawa, ON

3:59.55 Michele Krech, Christiane Lela,  
Tory Merrill, Julia Tousaw

2011-01.22 St. Lawrence / Canton, NY

## 4 x 800 metre Relay

### MEN (Standard = 8:00.00)

7:45.31	Remy Binns (1:57), Cody Boast (1:54), Noah Fleming (1:55), Codie Primeau (1:57)	2012-02.04	The Armory / NYC, NY
7:49.98	Remy Binns (1:57), Cody Boast (1:55), Codie Primeau (2:00), Noah Fleming (1:56)	2012-01.27	McGill / Montreal, QC
7:53.15	Marc-Philippe Taillon (1:56), Andrew Heffernan (1:58) Kevin Brennan (1:56), Michael Lalonde (2:01)	2008-02.16	McGill / Montreal, QC
7:53.60	Marc-Philippe Taillon (1:56), Kyle Mackie (2:00) Kevin Brennan (1:57), Chantry Cargill (1:58)	2010-01.29	McGill / Montreal, QC
7:53.79	Brian Cummings (1:59), Andrew Heffernan (1:58) Marc-Philippe Taillon (1:58), Kevin Brennan (1:57)	2009-01.31	McGill / Montreal, QC
7:54.70	Marc-Philippe Taillon (1:57), Kevin Brennan (1:56) Andrew Heffernan (1:57), Michael Lalonde (2:02)	2008-02.22	UW / Windsor, ON @ OUA
7:55.15	Remy Binns (1:57), Codie Primeau (1:58), Noah Fleming (1:57), Cody Boast (1:57)	2012-02.25	York / Toronto, ON @ OUA
7:55.57	Lucas Trapeau (1:55), Andrew Heffernan (1:56), Hamza Qureshi (2:01), Justin Cuddihey (2:02)	2016-01.29	McGill / Montreal, QC
7:57.98	Brian Cummings, Marc-Philippe Taillon, Andrew Heffernan, Kevin Brennan	2009-02.27	York / Toronto, ON @ OUA
7:59.51	Kevin Brennan (1:56), Marc-Philippe Taillon (2:01) Andrew Heffernan (1:57), Michael Lalonde (2:02)	2008-02.02	Dome / Ottawa, ON
7:59.77	Andrew Heffernan (2:00), Lucas Trapeau (1:56) Justin Cameron (2:02), Jared Ruest (2:00)	2016-02.26	uW / Windsor, ON @ OUA
7:59.89	Alex Berhe,(1:58), Remy Binns (1:57), Isaiah Moses (2:04), Scott Hitchcox (2:04)	2014-01.24	McGill / Montreal, QC

### WOMEN (Standard = 10:15.00)

8:54.31	<b>Sophia Skorenky, Madison Clarke Maeliss Trapeau, Keili Shepherd (2:17, 2:10, 2:08, 2:17)</b>	2018-02.23	<b>uW / Windsor, ON @ OUA</b>
8:58.73	Charlotte Gardner, Chelsea Gilles, Clare McGrath, Jennifer Murawsky (2:12, 2:12, 2:16, 2:17)	2015-02.27	York / Toronto, ON @ OUA
8:59.79	Sophia Skorenky, Rebecca Brennan Charlotte Gardner, Madison Clarke (2:18, 2:17, 2:11, 2:12)	2017-02.24	York / Toronto, ON @ OUA
9:02.16	Charlotte Gardner, Chelsea Gilles,	2015-03.13	uW / Windsor, ON @ CIS

	Clare McGrath, Lina Sadqi (2:13 2:12, 2:17, 2:17)		
<b>9:02.40</b>	<b>Sophia Skorenky, Maeliss Trapeau Samantha Klus, Madison Clarke (2:18, 2:13, 2:18, 2:12)</b>	<b>2018-02.23</b>	<b>uW / Windsor, ON @ OUA</b>
9:03.14	Emilie Halle, Julia Tousaw Jennifer Biewald, Jacqueline Malette (2:19, 2:13, 2:16, 2:13)	2009-02.27	York / Toronto, ON @ OUA
9:03.93	Emilie Halle, Jacqueline Malette Jennifer Biewald, Julia Tousaw (2:18, 2:13, 2:16, 2:15)	2009-03.13	uW / Windsor, ON @ CIS
<b>9:04.82</b>	<b>Marie-Eve Dahms, Keili Shepherd Maeliss Trapeau, Madison Clarke (2:18, 2:19, 2:14, 2:11)</b>	<b>2018-01.20</b>	<b>Dome / Ottawa, ON</b>
9:07.17	Charlotte Gardner, Chelsea Gilles, Jennifer Murawsky, Lina Sadqi (2:16, 2:14, 2:16, 2:18)	2015-01.31	The Armory / NYC, NY
9:14.09	Katie Wiwchar, Chelsea Gilles Charlotte Gardner, Priya Narine (2:20, 2:14, 2:14, 2:24)	2016-01.29	McGill / Montreal, QC
9:14.27	Julia Tousaw, Jacqueline Malette Kristin Marvin, Jennifer Biewald (2:15, 2:16, 2:22, 2:19)	2009-01.31	McGill / Montreal, QC
9:21.36	Lina Sadqi, Clare McGrath, Chelsea Gilles, Charlotte Gardner (2:26, 2:18, 2:17, 2:19)	2015-01.23	McGill / Montreal, QC
9:22.81	Julia Tousaw, Kate MacNaughton Michele Krech, Tory Merrill (2:14, 2:27, 2:18, 2:20)	2010-11.20	Dome / Ottawa, ON
9:25.17	Madison Clarke, Sophia Skorenky Charlotte Gardner, Rebecca Brennan	2017-03.10	uA / Edmonton, AB
9:27.06	Madison Clarke, Sophia Skorenky Olivia Sidock, Rebecca Brennan (2:18, 2:19, 2:23, 2:26)	2017-01.27	McGill / Montreal, QC
9:30.84	Katie Wiwchar, Chelsea Gilles Isabelle Kanz, Clara Moore (2:22, 2:20, :2:22, 2:25)	2014-02.21	York / Toronto, ON @ OUA
9:48.98	Cierra Gaudet, Zeen Rashid, Jennifer Murawsky, Clara Moore (2:22, 2:25, 2:31, 2:32)	2012-02.24	York / Toronto, ON @ OUA
9:49.22	Isabelle Kanz, Katie Wiwchar Chelsea Gilles, Clara Moore (2:26, 2:30, :2:26, 2:27)	2014-01.24	McGill / Montreal, QC
9:51.03	Chelsea Gilles, Clara Moore, Cierra Gaudet, Jennifer Murawsky (2:23, 2:28, 2:26, 2:32)	2013-02.21	uW / Windsor, ON @ OUA
10:06.82	Ceirra Gaudet, Julia Britton, Keirstyn Moran, Arian Brunet (2:23, 2:34, 2:34, 2:34)	2011-02.26	Toronto, ON @ OUA

10:12.50 Carmen Kuntz (2:31), Elyse Pratt-Johnson (2:31)  
Kassie Betts (2:31), Lisa Benz (2:39)

2008-02-02 Dome / Ottawa, ON

## Distance Medley Relay

(1200m, 400m, 800m, 1600m)

### MEN (11:00.00)

10.15.23 Alex Berhe (3:07), Gordon Cave (52.3),  
Scott Hitchcox (2:01), Remy Binns (4:14)

2014-02-07 The Armory / NYC, NY

10.28.75 Cody Boast (3:09), Matt Fouzie (51.4),  
Hubert Chevette-Beilisle (2:01), Remy Binns (4:26)

2012-02-03 The Armory / NYC, NY

10:36.50 Sean Young (3:08), Jason Desjardins (53.1),  
Marc-Phillipe Taillon (2:01), Michael Lalonde (4:33)

2007-02-10 UB / Boston, MA

### WOMEN (13:30.00)

11:56.67 Clare McGrath (3:40), Gift Okankwu (57.5),  
Charlotte Gardner (2:14), Isabelle Kanz (5:05)

2015-02-14 Boston U. / Boston, MA

12:12.39 Lina Sadqi (3:43), Bridget Hayes (58.6)  
Lucie Sagot-Duvaurox (2:20), Ruth Burrowes (5:09)

2014-02-07 The Armory / NYC, NY

12:14.65 Jennie Biewald (3:38), Barbara Remond (65.0)  
Emilie Halle (2:22), Tiffany Locke (5:09)

2009-02-13 BU / Boston, MA

12:21.85 Chelsea Gilles (3:40), Alannah McBride (60.8)  
Katie Wiwchar (2:22), Jennifer Murawsky (5:16)

2015-02-14 Boston U. / Boston, MA

12:25.56 Kristin Marvin (3:53), Tess Acton (65.4)  
Julia Tousaw (2:17), Jennie Biewald (5:09)

2009-01-11 Dartmouth / Hanover, NH

12:32.35 Jennifer Murawsky (3:44), Jenna Caron (62.9),  
Katie Wiwchar (2:27), Sarya Ross (5:17)

2015-01-30 The Armory / NYC, NY

12:33.57 Lina Sadqi (3:45), Katie Wiwchar (66.2)  
Chelsea Gilles (2:21), Katie Phillips (5:19)

2015-01-17 St. Lawrence U. / Canton, NY

12:40.22 Tiffany Locke (3:50), Cierra Gaudet (61.3)  
Clara Moore (2:24), Zeena Rashid (5:24)

2012-02-03 The Armory / NYC, NY

12:40.77 Isabelle Kanz (3:51), Pryia Narine (65.4)  
Charlotte Gardner (2:25), Clare McGrath (5:17)

2015-01-17 St. Lawrence U. / Canton, NY

12:43.09 Isabelle, Kanz (3:50), Charlotte Gardner (57.4),  
Clara Moore (2:24), Elizabeth O'Rielly (5:32)

2013-02-01 The Armory / NYC, NY

12:47.96 Julia Malleck (3:42), Christianne Lela (60.0)  
Kate MacNaughton (2:31), Tiffany Locke (5:33)

2010-01-10 Dartmouth / Hanover, NH

12:58.87 Ruth Burrowes (3:52), Rebecca Barton (72.0)  
Clare McGrath (2:22), Jennifer Murawsky (5:30)

2014-14-13 St. Lawrence U. / Canton, NY

13:01.87 Katie Wiwchar (3:57), Laura Seeley (70.0)  
Alexandra Menard (2:33), Sarya Ross (5:21)

2015-12-05 St. Lawrence U. / Canton, NY

13:10.08 Elyse Pratt-Johnson (4:00), Christiane Lela (61.0)  
Julia Tousaw (2:27), Carmen Kuntz (5:44)

2008-02-09 UB / Boston, MA

13:13.52 Madison Clarke, Emily Fletcher

2017-01-14 St. Lawrence / Canton, NY

13:15.09	Sophia Skorenky, Rebecca Brennan Isabelle, Kanz (3:57), Clara Moore (65), Chelsea Gilles (2:29), Jennifer Murawsky (5:42)
13:17.16	Sophie Bernard (3:59), Suhalia Yemem (70.0) Jennifer Murawsky (2:29), Tara Smith (5:36)
13:20.17	Julia Britton (4:07), Ariane Brunet (70.7) Kate MacNaughton (2:27), Zeena Rashid (5:32)
13:26.23	Elysia Robertson (3:50), Erin Mayo (1:14.0) Carly Teckles (2:34), Lisa Benz (5:48)

2013-01.19	St. Lawrence / Canton, NY
2015-01.17	St. Lawrence U. / Canton, NY
2011-01.22	St. Lawrence / Canton, NY
2007-02.09	UB / Boston, MA

# Field Events

## Pole Vault

<b>MEN</b>	<b>(Standard = 3.75)</b>	
4.85	Olivier Gauthier-Kwan	89
4.72	Gauthier-Kwan	
4.70	Gauthier-Kwan	
4.72	Nelson Cecereu	93
4.63	Cecereu	
4.58	Cecereu	
4.32	Mark Farnsworth	88
4.11	Matthew Johnson	94
3.80	Tyler Murray	91
3.75	Michael Weatherhead	89

2014-03.08	uA / Edmonton, AB @ CIS
2014-03.01	Dome / Ottawa, ON
2014-01.18	Saint Lawrence / Canton, ON
2015-03.14	uW / Windsor, ON @ CIS
2015-01.24	McGill, Montreal, QC
2015-02.21	Dome / Ottawa, ON
2012-03.03	Dome / Ottawa, ON
2013-03.02	Dome / Ottawa, ON
2013-01.19	St. Lawrence / Canton, NY
2010-02.27	York / Toronto, ON @ OUA

<b>WOMEN</b>	<b>(Standard = 2.75)</b>	
3.57	Felicite Kokron	94
3.50	Kokron	
3.46	Kokron	
3.45	Melinda Rock	87
3.42	Rock	
3.40	Rock	
<b>3.21</b>	<b>Claudine Nafaa</b>	<b>95</b>
3.05	Nafaa	
3.05	Nafaa	
3.05	Nafaa	
<b>3.20</b>	<b>Heather Smith</b>	<b>99</b>
3.10	Smith	
3.05	Kim-Quyen Vuong	85
2.91	Alyissa Fiedler	94
2.91	Fiedler	

2015-02.27	York / Toronto, ON @ OUA
2015-03.07	Dome / Ottawa, ON
2015-02.21	Dome / Ottawa, ON
2012-02.18	McGill / Montreal, QC
2012-03.03	Dome / Ottawa, ON
2012-01.28	McGill / Montreal, QC
<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
2017-12.02	McGill / Montreal, QC
2018-02.03	Ithaca College / Ithaca, NY
2018-02.11	Cornell / Ithaca, NY
<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
2017-11.25	Dome / Ottawa, ON
2011-03.05	Dome / Ottawa, ON
2013-03.02	Dome / Ottawa, ON
2014-02.14	UG / Guelph, ON

# High Jump

## MEN

(Standard = 1.85)

2.08	Steve Nkusi	96	2016-02.20	Dome / Ottawa, ON
2.05	Nkusi		2014-12.20	Dome / Ottawa, ON
2.05	Nkusi		2016-01.30	McGill / Montreal, QC
2.05	Nkusi		2016-02.13	McGill / Montreal, QC
2.05	Nkusi		2016-03.05	Dome / Ottawa, ON
2.07	Yvan Ntivumbura	96	2016-02.27	uW / Windsor, ON @ OUA
2.05	Ntivumbura		2016-01.30	McGill / Montreal, QC
2.03	Ntivumbura		2016.02.06	Ithaca College / Ithaca, NY
2.01	Ntivumbura		2016-01.23	Dome / Ottawa, ON
2.01	Ntivumbura		2016-03.11	York / Toronto, ON @ CIS
2.05	Shawn Wilcox	73	1994	
1.96	Chris Greenaway	87	2009-12.19	Dome / Ottawa, ON
1.96	Mark Chenery	88	2012-01.28	McGill / Montreal, QC
1.93	Daniel Linardic	96	2015-02.06	Dome / Ottawa, ON
1.91	Jacob Powrie	93	2016-02.07	Ithaca College / Ithaca, NY
1.90	Patrick Arbour	88	2011-03.10	U. of S. / Sherbrooke, QC @ CIS
1.85	Kevin Nault	94	2015-02.27	York / Toronto, ON @ OUA

## WOMEN

(Standard = 1.50)

1.66	Michele Krech	86	2011-03.10	U. of S. / Sherbrooke, QC @ CIS
1.61	Krech		2011-01.15	U. of S. / Sherbrooke, QC
1.60	Krech		2011-02.25	York U. / Toronto, ON @ OUA
1.65	Kim Rapley	68	1993	
1.63	Emery Terrell	93	2012-01.28	McGill / Montreal, QC
1.60	Tayler Whitley	91	2010-02.13	Dome / Ottawa, ON
1.60	Johanna Dobransky	91	2011-03.10	U. of S. / Sherbrooke, QC @ CIS
1.60	Emily Sprague	98	2017-02.25	York / Toronto, ON @ OUA
1.57	Cheryl Coulas	91	2010-01.10	Dartmouth / Hanover, NH
1.57	Tory Merrill	87	2011-03.10	U. of S. / Sherbrooke, QC @ CIS
1.56	Diana Titova	91	2009-12.19	Dome / Ottawa, ON
1.56	Marie-Eve Chainey	83	2010-12.18	Dome / Ottawa, ON
1.55	Serena Hunt	97	2017-01.28	McGill / Montreal, QC
1.52	Lina Garcia	92	2011-01.15	U. of S. / Sherbrooke, QC
1.51	Francesca Espinoza	96	2015-02.21	Dome / Ottawa, ON
1.51	Francesca Espinoza	96	2016-01.23	Dome / Ottawa, ON

# Long Jump

## MEN

(Standard = 6.20)



7.88	Christopher Greenaway	87	2010-03.12	UW / Windsor, ON @ CIS *CIS Gold & CIS Record
7.64	Greenaway		2010-02.26	York / Toronto, ON @ OUA *OUA Championship Record & Gold
7.64	Greenaway		2011-03.12	US / Sherbrooke, QC @ CIS - Gold
7.15	Scott Hancock	92	2017-03.10	uA / Edmonton, AB @ U-Sport
7.13	Hancock		2017-02.24	York / Toronto, ON @ OUA
6.98	Hancock		2017-02.10	Ocean Breeze / Staten Island, NY
6.95	Hancock		2017-02.04	Ithaca College / Ithaca, NY
7.08	Olivier Gauthier-Kwan	89	2010-02.26	York / Toronto, ON @ OUA
7.01	Mark Chenery	88	2012-02.24	York / Toronto, ON @ OUA
6.94	Chenery		2012-03.08	uManitoba / Winnipeg, MB @ CIS
6.82	Chenery		2012-03.09	uManitoba / Winnipeg, MB @ CIS
6.66	Hubert Chevrette-Belisle	91	2013-03.07	uA / Edmonton, AB @ CIS
6.63	Shawn Wilcox	73	1994	
6.58	Jacob Powrie	93	2016-02.06	Ithaca College / Ithaca, NY
6.57	Luke Dailleboust	95	2014-02.15	McGill / Montreal, QC
6.51	Patrick Arbour	88	2010-02.26	York / Toronto, ON @ OUA
6.47	Yvan Ntivumbura	96	2013-12.14	St. Lawrence / Canton, NY
6.28	Jon Halpenny	97	2017-02.18	Dome / Ottawa, ON
6.25	Gabriel Tesfaye	92	2012-02.18	McGill / Montreal, QC
6.26	Zachary Quevillon	91	2012-02.21	York / Toronto, ON
<b>6.25</b>	<b>Jessie Fortier</b>	<b>95</b>	<b>2018-02.11</b>	<b>Cornell / Ithaca, NY</b>

## WOMEN (Standard = 5.00)

5.60	Tory Merrill	87	2011-02.04	The Armory / NYC, NY
5.57	Ashlea Maddex	92	2011-02.12	Dome / Ottawa, ON
5.28	Kim Rapley	68	1993	
5.28	Johanna Dobransky	91	2010-11.20	Dome / Ottawa, ON
5.28	Devyani Biswal	93	2013-02.16	McGill / Montreal, QC
5.25	Krista Dillon	92	2011-12.03	St. Lawrence / Canton, NY
5.25	Emery Terrell	93	2012-01.28	McGill / Montreal, QC
5.19	Clara Phillips	95	2014-01.24	McGill / Montreal, QC
5.18	Bev Charron	70	1993	
5.18	Emily Sprague	98	2017-02.12	Cornell / Ithaca, NY
5.11	Anna Stolle	93	2012-02.18	McGill / Montreal, QC
5.10	Olivia Leon	97	2016-02.07	Ithaca College / Ithaca, NY
5.09	Michele Krech	86	2011-01.15	U. of S. / Sherbrooke, QC

## Triple Jump

### MEN (Standard = 13.00)

14.39	Christopher Greenaway	87	2010-02.27	York / Toronto, ON @ OUA
13.17	Ahmed Al-Slaq	93	2012-02.25	York / Toronto, ON @ OUA

13.05	Olivier Gauthier-Kwan	89	2010-02.27	York / Toronto, ON @ OUA
-------	-----------------------	----	------------	--------------------------

**WOMEN (Standard = 10.50)**

11.70	Krista Dillon	92	2011-02.26	York / Toronto, ON @ OUA
11.41	Bev Charron	70	1993-03.??	Sky Dome / Toronto, ON @CIS
11.33	Krista Sipprell	93	2012-02.25	York / Toronto, ON @ OUA
10.88	Clara Phillips	95	2014-01.17	St. Lawrence / Canton, NY
10.56	Joanna El Hares	92	2012-02.18	McGill / Montreal, QC

## Shot Put

**MEN (Standard = 12.00)**

14.86	Patrick Arbour	88	2010-02.26	York / Toronto, ON @ OUA
13.80	Corey Wingate	91	2015-02.21	Dome / Ottawa, ON
13.05	Mark Chenery	88	2012-02.24	York / Toronto, ON @ OUA
12.89	Jacob Powrie	93	2016-02.06	Ithaca College / Ithaca, NY
12.55	Zachary Quevillon	91	2012-02.24	York / Toronto, ON @ OUA

**WOMEN (Standard = 10.00)**

<b>13.05</b>	<b>Christina Hertner</b>	<b>97</b>	<b>2018-03.03</b>	<b>Dome / Ottawa, ON</b>
12.51	Hertner		2017-12.02	McGill / Montreal, QC
12.13	Hertner		2018-03.09	uW / Windsor, ON @ U-Sport
12.10	Hertner		2017-02.25	York / Toronto, ON @ OUA
12.08	Hertner		2017-11.25	Dome / Ottawa, ON
11.94	Hertner		2018-01.13	Laval, Quebec City, QC
11.91	Hertner		2018-02.23	uW / Windsor, ON
11.29	Anna Stolle	90	2012-01.21	St. Lawrence / Canton, NY
<b>11.13</b>	<b>Grace MacMillan-Sayers</b>	<b>99</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
10.73	Michele Krech	86	2011-02.25	Toronto, ON @ OUA
10.71	Tory Merrill	87	2011-03.05	Dome / Ottawa, ON
10.70	Deborah Martin-Nino	96	2016-02.20	Dome / Ottawa, ON
<b>10.39</b>	<b>Ty Coulter</b>	<b>98</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
<b>10.08</b>	<b>Jennyica Jean-Denis</b>	<b>92</b>	<b>2018-02.03</b>	<b>Ithaca College / Ithaca, NY</b>
10.03	Johanna Dobransky	91	2012-02.24	York / Toronto, ON @ OUA

## Weight Throw

**MEN 35lb Weight (Standard = 12.00)**

14.54	Corey Wingate	91	2015-02.21	Dome / Ottawa, ON
13.55	Patrick Arbour	88	2007-02.03	Dome / Ottawa, ON

**WOMEN 20lb Weight (Standard = 12.00)**

<b>15.87</b>	<b>Ty Coulter</b>	<b>98</b>	<b>2018-02.17</b>	<b>Dome / Ottawa, ON</b>
--------------	-------------------	-----------	-------------------	--------------------------

15.74	Coulter		2018-02.24	uW / Windsor, ON @ OUA
15.58	Coulter		2018-01.13	Laval / Quebec City, QC
15.55	Coulter		2017-12.02	McGill / Montreal, QC
15.43	Coulter		2018-03.01	Dome / Ottawa, ON
15.21	Coulter		2018-02.11	Cornell / Ithaca, NY
15.09	Coulter		2017-11.25	Dome / Ottawa, ON
15.09	Coulter		2018-03.08	uW / Windsor, ON @ U-Sport
15.04	Coulter		2018-01.20	Dome / Ottawa, ON
14.95	Coulter		2017-02.25	York / Toronto, ON @ OUA
14.85	Coulter		2017-02.18	Dome / Ottawa, ON
13.54	Valerie Chartrand	87	2010-02.13	Dome / Ottawa, ON
<b>13.04</b>	<b>Christina Hertner</b>	<b>97</b>	<b>2018-02.11</b>	<b>Cornell / Ithaca, NY</b>
12.94	Hertner		2018-02.24	uW / Windsor, ON @ OUA
12.67	Hertner		2018-02.09	Ocean Breeze / Staten Isl., NY
12.50	Hertner		2018-02.17	Dome / Ottawa, ON
12.23	Hertner		2018-02.03	Ithaca College / Ithaca, NY
12.64	Melinda Rock	87	2011-12.03	St. Lawrence / Canton, NY

## Pentathlon

### WOMEN (Standard = 3000 pts)

3598 pts	Tory Merrill	87	2011-01.10	U. of S. / Sherbrooke, QC @ CIS
	8.98, 1.57, 10.39, 5.17, 2:20.12			
3537 pts	Merrill		2011-01.15	U. of S. / Sherbrooke, QC
	9.16, 1.49, 10.53, 5.43, 2:21.27			
3582 pts	Michele Krech	86	2011-02.25	York / Toronto, ON @ OUA
	9.08, 1.60, 10.73, 4.93, 2:19.09			
3564 pts	Krech		2011-01.15	U. of S. / Sherbrooke, QC
	9.23, 1.61, 10.25, 5.09, 2:19.88			
3555 pts	Krech		2011-03.10	U. of S. / Sherbrooke, QC @ CIS
	9.38, 1.66, 10.07, 5.03, 2:20.58			
3335 pts	Johanna Dobransky	91	2011-03.10	U. of S. / Sherbrooke, QC @ CIS
	9.71, 1.60, 9.84, 5.21, 2:29.70			
3331 pts	Dobransky		2011-02.25	York / Toronto, ON @ OUA
	9.55, 1.57, 9.34, 5.15, 2:25.95			
3320 pts	Dobransky		2010-11-20	Dome / Ottawa, ON
	9.84, 1.59, 9.73, 5.28, 2:29.04			
3331 pts	Emery Terrell	93	2012-01.28	McGill / Montreal, QC
	9.54, 1.63, 9.54, 5.25, 2:34.86			
3134 pts	Anna Stolle	93	2012-01.28	McGill / Montreal, QC
	10.00, 1.48, 11.03, 4.94, 2:30.78			

## Heptathlon (new CIS Event for 2015-16 Season)

### MEN (Standard = 4000 pts)

4932 pts	Jacob Powrie	93	2016-02.06-07	Ithaca College / Ithaca, NY
	7.61, 6.58, 12.89, 1.91 / 8.68, 3.70, 2:46.67			

4813	Powrie 7.46, 6.23, 12.79, 1.85 / 8.68, 3.55, 2:45.58		2016-02.26-27	uW / Windsor, ON @ OUA
<b>4533</b>	<b>Tolu Makinde</b> <b>93</b> 7.22, 6.07, 10.44, 1.70 / 8.60, 3.71, 2:56.88		<b>2018-02.23-24</b>	<b>uW / Windsor, ON @ OUA</b>
4077	Derek Brougham 96 7.95, 6.16, 11.43, 1.81 / 10.01, 3.65, 3:05.33		2017-01.14-15	St. Lawrence U. / Canton, NY
4066	Daniel Linardic 96 7.33, 6.01, 10.64, 1.85 / 9.98, 3.50, 3:19.35		2016-02.06-07	Ithaca College / Ithaca, NY
3520	Kevin Nault 94 7.57, 5.54, 11.78, NH / 9.26, 3.30, 3:03.91		2015-12.04-05	Cornell U. / Ithaca, NY
3490	Nic MacLean 98 7.63, 5.42, 7.42, 1.75 / 10.51, 2.95, 3:02.21		2016-12.02-03	Brockport Coll./ Brockport, NY

## Pentathlon (Event concluded with the 2015 Indoor Season)

<b>MEN</b>	<b>(Standard = 3000 pts)</b>			
3825 pts	Mark Chenery 88 8.35, 7.01, 13.05, 1.87, 2:50.88		2012-02.24	York / Toronto, ON @ OUA
3811 pts	Chenery 8.36, 6.94, 11.98, 1.92, 2:48.34		2012-03.09	Umanitoba / Winnipeg, MB @ CIS
3745 pts	Chenery 8.27, 6.60, 12.14, 1.96, 2:53.62		2012-01.28	McGill / Montreal, QC
3662 pts	Shawn Wilcox 73 8.44, 6.56, 10.09, 1.86, 2:52.81		1994	
3602 pts	Patrick Arbour 88 8.51, 6.51, 14.86, 1.86, 3:08.38		2010-02.26	York / Toronto, ON @ OUA
3535 pts	Arbour 8.85, 6.34, 14.63, 1.90, 3:05.26		2011-03.10	U. of S. / Sherbrooke, QC @ CIS
3490 pts	Arbour 8.57, 6.31, 14.32, 1.81, 3:05.85		2011-02.25	York / Toronto, ON @ OUA
3596 pts	Hubert Chevrette-Belisle 91 8.36, 6.66, 10.88, 1.76, 2:43.29		2013-03.07	uA / Edmonton, AB @ CIS
3572 pts	Chevrette-Belisle 8.46, 6.46, 10.32, 1.81, 2:39.95		2013-01.26	McGill / Montreal, QC
3570 pts	Chevrette-Belisle 8.31, 6.58, 11.34, 1.75, 2:46.96		2013-02.21	uW / Windsor, ON @ OUA
3303 pts	Jacob Powrie 93 8.96, 5.94, 11.95, 1.84, 2:55.43		2015-02.06	Dome / Ottawa, ON
3299 pts	Kevin Nault 94 8.89, 6.05, 11.67, 1.855, 2:58.82		2015-02.27	York / Toronto, ON @ OUA
3258 pts	Zach Quevillon 91 9.00, 5.93, 12.55, 1.69, 2:50.08		2012-02.24	York / Toronto, ON @ OUA