

CARLETON UNIVERSITY INDOOR TRACK & FIELD

All -Time Performers & Championship History

History of the Program

In the 2013-14 & 2014-15 academic years, Indoor Track & Field as a competitive “club” program was initiated for the Carleton Ravens. The team program was and is a co-operative effort between Carleton and the Ottawa Lions Track & Field Club. Athletes started out by participated in a highly competitive track program while awaiting an administrative move to eligibility to compete in a university conference championships.

In the 2015-16 season, the Raven’s moved to participation in the RSEQ (Quebec University Conference Championships) and rose to the occasion with 3 individual gold medals, 1 silver and 1 bronze medal.

In the 2016-17 season, Carleton joined the National University Sports Association in both cross country and track & field - newly re-named U-Sports from it previous title of the “CIS”. The Ravens introduced themselves abruptly at the National Championships (U-Sport) represented by 3 individuals, capturing a silver and a bronze medal and finishing 4th and 5th in 2 other events. Everything you need to know historically about this school’s history in track and field is recorded below.

CARLETON CONFERENCE STANDINGS & RSEQ CHAMPIONSHIPS RESULTS are located at the end of the RAVEN ALL-TIME LISTS

(As of March 3, 2019) FINAL - END OF 2018-19 INDOOR SEASON

THE TOP PERFORMANCE IN EACH EVENT CATEGORY LIST ESTABLISHES THE CARLETON UNIVERSITY TEAM SCHOOL RECORD FOR EACH EVENT

BLUE = indicates NEW PERFORMANCES from the current academic season (2018-19)

60 metres

	Birth	Date	Venue / City
MEN	(7.99)		
7.05	Emmanuel Nwokobia	96	2018-02.23 uSher / Sherbrooke, QC @ RSEQ
7.06	Nwokobia		2018-01.20 Dome / Ottawa, ON
7.06	Nwokobia		2018-02.17 Dome / Ottawa, ON
7.07	Nwokobia		2017-02.24 Laval / Que. City, QC @ RSEQ - 3 rd
7.09	Victor Oguejiofor	96	2017-02.24 Laval / Que. City, QC @ RSEQ
7.13	Oguejiofor		2017-02.24 Laval / Ste-Foy, QC @ RSEQ
7.16	Oguejiofor		2017-01.27 McGill / Montreal, QC
7.17	Oguejiofor		2017-01.21 Dome / Ottawa, ON

7.22	Marcus Carrington	97	2016-02.20	Dome / Ottawa, ON
7.29	Carrington		2017-02.12	Cornell / Ithaca, NY
7.30	Carrington		2017-02.24	Laval / Ste-Foy, QC @ RSEQ
7.30	Cornelius Liburd	99	2018-02.23	uSher / Sherbrooke, QC
7.44	Liburd		2018-12.08	Dome / Ottawa, ON
7.33	Telvin Tavenier	93	2017-03.09	U.Alberta / Edmonton, AB
7.51	Joseph Figliomeni	98	2018-02.11	Cornell / Ithaca, NY
7.52	Adeyemi Fatoye	98	2017-02.18	Dome / Ottawa, ON
7.53	Scott Peterson	95	2015-01.23	McGill / Montreal, QC
7.55	Hayden Fiset	93	2015-02.21	Dome / Ottawa, ON
7.55	Khameron Sikoulavong	98	2018-03.03	Dome / Ottawa, ON
7.58	Heloim Dimpengi	95	2018-02.17	Dome / Ottawa, ON
7.59	Benjamin Asamoah	98	2017-01.14	St. Lawrence U. / Canton, NY
7.67	Darien Leblanc	95	2015-01.10	Dome / Ottawa, ON
7.68	Mitchell Frizzell	97	2016-02-26	McGill / Montreal, QC
7.72	Zeph Ferdinand	94	2014-11.29	Dome / Ottawa, ON
7.79	Amr El-Naggar	95	2013-11.30	McGill / Montreal, QC
7.87	Trevor Boucher	95	2016-11.26	Dome / Ottawa, ON
7.90	Eddie Chen	95	2015-11.28	Dome / Ottawa, ON
7.91	Kieran Fleming	95	2014-01.25	McGill / Montreal, QC
7.93	Carter Neamtz	99	2019-02.16	Dome / Ottawa, ON
7.94	Amin Safarini	92	2015-11.28	Dome / Ottawa, ON
7.97	Dalton Clarke	96	2014-11.29	Dome / Ottawa, ON
WOMEN				
(9.99)				
7.54	Amelia Brohman	94	2017-01.21	Dome / Ottawa, ON
7.55	Brohman		2017.03.09	U.Alberta / Edmonton, AB @ USport Nationals
7.58	Brohman		2017-02.10	Ocean Breeze, Staten Island, NY
7.99	Alexandra Telford	96	2017-02.23	uSher / Sherbrooke, QC
8.00	Telford		2018-02.23	uSherbrooke / Sherbrooke, QC
8.03	Telford		2018-02.17	Dome / Ottawa, ON
8.05	Telford		2018-02.17	Dome / Ottawa, ON
8.13	Roshanna Baker	98	2016-12.03	Ithaca College, Ithaca, NY
8.14	Baker		2017-01.14	St. Lawrence U. / Canton, NY
8.15	Baker		2017-02.12	Cornell / Ithaca, NY
8.19	Baker		2017-02-24	Laval / Ste-Foy, QC @ RSEQ Silver
8.25	Maria Okwechime	00	2019-01.18	Dome / Ottawa, ON
8.39	Okwechime		2018-12.08	Dome / Ottawa, ON
8.26	Lindsay MacMillan	98	2019-02.22	McGill / Montreal, QC
8.26	Macillan		2019-03.02	Dome / Ottawa, ON
8.30	Olivia Eaman	97	2016-01.26	Dome / Ottawa, ON
8.32	Tiffany Lindsay	94	2016-02.26	McGill / Montreal, QC
8.33	Tatiana Ambursley	95	2016-02.20	Dome / Ottawa, ON
8.43	leasha Parris	96	2018-02.17	Dome / Ottawa, ON
8.47	Aaliyah Strachan	98	2017-02.18	Dome / Ottawa, ON
8.53	Coleka Massama	98	2017-02.12	Cornell / Ithaca, NY
8.64	Olivia Merritt	91	2015-11.28	Dome / Ottawa, ON
8.74	Nicole Istead	96	2017-11.25	Dome / Ottawa, ON
8.77	Amanda Jeysing	95	2016-02.06	Ithaca College / Ithaca, NY
8.84	Lindsay Hemstock	96	2018-12.01	St. Lawrence U. / Canton, NY
8.85	Keely Gibb	98	2016-12.17	Dome / Ottawa, ON
8.87	Bridget Derraugh	96	2018-01.26	McGill / Montreal, QC
9.18	Dara Elebute	95	2015-01.10	Dome / Ottawa, ON

9.34	Ana Hanstead	97	2015-12.19	Dome / Ottawa, ON
9.35	Daneen Mbenoun	96	2015-11.28	Dome / Ottawa, ON
9.94	Stefany Galko	92	2015-11.28	Dome / Ottawa, ON
9.99	Dani Ferguson-Jamer	96	2017-11.25	Dome / Ottawa, ON

60 metre Hurdles

MEN

8.78	Telvin Tavernier	93	2017-03.10	U.Alberta / Edmonton, AB
8.86	Tavernier		2017-02.25	Laval / Ste-Foy, QC @ RSEQ - Silver
8.97	Tavernier		2016-12.17	Dome / Ottawa, ON
9.09	Mitchell Frizzell	97	2016-01.23	Dome / Ottawa, ON
9.21	Cornelius Liburd	99	2018-02.24	uSher / Sherbrooke, QC
9.30	Carter Neamtz	99	2019-02.23	McGill / Montreal, QC
9.58	Connor Dobson	96	2015-01.24	McGill / Montreal, QC

WOMEN

9.56	Alexandra Telford	96	2018-02.23	uSher / Sherbrooke, QC @ RSEQ
10.49	Nicole Istead	96	2019-02.23	McGill / Montreal, QC
10.81	Coleka Masama	98	2017-01.28	McGill / Montreal, QC

150 metres

MEN

	(19.75)			
17.35	Emmanuel Nwokobia	96	2015-11.28	Dome / Ottawa, ON
17.48	Cornelius Liburd	99	2017-11.25	Dome / Ottawa, ON
18.05	Joseph Figliomeni	98	2017-11.25	Dome / Ottawa, ON
18.11	Marcus Carrington	97	2015-11.28	Dome / Ottawa, ON
18.17	Scott Peterson	95	2015-01.10	Dome / Ottawa, ON
18.24	Darien Leblanc	95	2015-01.10	Dome / Ottawa, ON
18.26	Zeph Ferdinand	94	2014-11.29	Dome / Ottawa, ON
18.33	Khameron Sikoulavong	98	2017-11.25	Dome / Ottawa, ON
18.58	Mitchell Frizzell	97	2015-11.28	Dome / Ottawa, ON
18.70	Amin Safarini	92	2015.11.28	Dome / Ottawa, ON
18.80	Amr El-Naggar	95	2014-01.11	Dome / Ottawa, ON
18.98	Carter Neamtz	99	2017-11.25	Dome / Ottawa, ON
18.92	Dalton Clarke	96	2014-11.29	Dome / Ottawa, ON
19.13	Eddie Chen	95	2015-11.28	Dome / Ottawa, ON
19.33	Nicholas Milani	99	2017-11.25	Dome / Ottawa, ON
19.53	Gregory Larocque	99	2017-11.25	Dome / Ottawa, ON
19.55	Nic Perez	96	2015-11.28	Dome / Ottawa, ON

WOMEN

	(23.50)			
19.83	Alexandra Telford	96	2017-11.25	Dome / Ottawa, ON
20.22	leasha Parris	96	2017-11.25	Dome / Ottawa, ON
20.90	Tiffany Lindsay	94	2015-11.28	Dome / Ottawa, ON
20.92	Olivia Merritt	91	2015-11.28	Dome / Ottawa, ON
20.92	Lindsay MacMillan	98	2017-11.25	Dome / Ottawa, ON
21.06	Tatiana Ambursley	95	2015-11.28	Dome / Ottawa, ON
21.45	Nicole Istead	96	2017-11.25	Dome / Ottawa, ON
21.74	Brittney Osland	94	2015-01.10	Dome / Ottawa, ON

21.76	Amanda Jeysing	95	2015-11.28	Dome / Ottawa, ON
22.05	Desiree Racicot-Biocchi	95	2014-11.29	Dome / Ottawa, ON
22.25	Dara Elebute	95	2015-01.10	Dome / Ottawa, ON
22.39	Jane Curtis	99	2017-11.25	Dome / Ottawa, ON
23.33	Daneen Mbenoun	96	2015-11.28	Dome / Ottawa, ON
23.44	Ana Hanstead	97	2015-11.28	Dome / Ottawa, ON

200 metres

MEN

(26.00)

23.08	Emmanuel Nwokobia	96	2015-03.07	Dome / Ottawa, ON
23.11	Nwokobia		2018-03.03.	Dome / Ottawa, ON
23.36	Nwokobia		2018-02.09	Ocean Breeze / Staten Island, NY
23.12	Cornelius Liburd	99	2018-03.03	Dome / Ottawa, ON
24.24	Liburd		2019-02.10	Cornell / Ithaca, NY
23.53	Kieran Fleming	95	2016-02.20	Dome / Ottawa, ON
23.75	Marcus Carrington	97	2016-02.20	Dome / Ottawa, ON
23.85	Thomas Saville	98	2018-03.03	Dome / Ottawa, ON
24.04	Telvin Tavernier	93	2016-02.20	Dome / Ottawa, ON
24.49	Scott Peterson	95	2015-03.07	Dome / Ottawa, ON
24.51	Mitchell Frizzell	97	2016-03.05	Dome / Ottawa, ON
24.56	Amin Safarini	92	2016-02.20	Dome / Ottawa, ON
24.71	Benjamin Asamoah	98	2016-12.17	Dome / Ottawa, ON
24.79	Darien Leblanc	95	2015-03.07	Dome / Ottawa, ON
25.16	Joseph Figliomeni	98	2018-03.03	Dome / Ottawa, ON
25.50	Heloim Dimpengi	95	2018-03.03	Dome / Ottawa, ON
25.65	Nick MacDonald	90	2013-12.14	St. Lawrence U. / Canton, NY
25.73	Carter Neamtz	99	2018-02.03	Ithaca College / Ithaca, NY
25.74	Amr El-Naggar	95	2014-01.17	St. Lawrence U. / Canton, NY
25.90	Nick Perez	96	2016-03.05	Dome / Ottawa, ON
25.96	Nicholas Milani	99	2018-03.03	Dome / Ottawa, ON

WOMEN

(32.50)

25.32	Amelia Brohman	94	2016-02.12	BU / Boston, MA
26.43	Alexandra Telford	96	2018-02.09	Ocean Breeze / Staten Isl., NY
26.76	Roshanna Baker	98	2017-02.12	Cornell / Ithaca, NY
27.03	Lindsay MacMillan	98	2018.03.03	Dome / Ottawa, ON
27.07	leasha Parris	96	2018-03.03	Dome / Ottawa, ON
27.28	Brittney Osland	94	2016-02.20	Dome / Ottawa, ON
27.36	Tatiana Ambursley	95	2016-02.20	Dome / Ottawa, ON
27.61	Tiffany Lindsay	94	2016-02.20	Dome / Ottawa, ON
27.71	Olivia Eaman	97	2016-02.20	Dome / Ottawa, ON
27.97	Aaliyah Strachan	98	2016-12.17	Dome / Ottawa, ON
28.46	Amanda Jeysing	95	2016-02.20	Dome / Ottawa, ON
28.49	Coleka Masama	98	2017-02.12	Cornell / Ithaca, NY
29.83	Nicole Istead	96	2018-03.03	Dome / Ottawa, ON
29.16	Rebeca Richardo	94	2016-03.05	Dome / Ottawa, ON
29.20	Deborah Senyange	98	2016-02.20	Dome / Ottawa, ON
30.27	Dara Elebute	95	2015-03.07	Dome / Ottawa, ON
30.28	Jaston Stockall	99	2018-03.03	Dome / Ottawa, ON
30.81	Desiree Racicot-Biocchi	95	2015-03.07	Dome / Ottawa, ON
30.89	Jane Curtis	99	2018-03.03	Dome / Ottawa, ON

32.16 Daneen Mbenoun 96 2015-12.05 St. Lawrence U. / Canton, NY

300 metres

MEN (39.99)

34.55	David Bobak	92	2016-02.27	McGill / Montreal, QC - RSEQ Gold
34.76	Bobak		2016-01.30	McGill / Montreal, QC
36.05	Cornelius Liburd	99	2018-02.17	Dome / Ottawa, ON
37.02	Liburd		2019-02.16	Dome / Ottawa, ON
36.53	Kieran Fleming	95	2016-02.27	McGill / Montreal, QC
37.36	Thomas Saville	98	2017-12.02	McGill / Montreal, QC
37.69	Emmanuel Nwokobia	96	2014-12.20	Dome / Ottawa, ON
37.96	Victor Oguejiofor	96	2017-01.28	McGill / Montreal, QC
38.22	Zeph Ferdinand	94	2015-01.10	Dome / Ottawa, ON
38.22	Marcus Carrington	97	2016-01.23	Dome / Ottawa, ON
38.29	Connor Dobson	96	2016-02.20	Dome / Ottawa, ON
38.73	Amin Safarini	92	2016-02.27	McGill / Montreal, QC
39.04	Scott Peterson	95	2015-01.24	McGill / Montreal, QC
39.06	Heloim Dimpengi	95	2018-02.17	Dome / Ottawa, ON
39.12	Amr El-Naggar	95	2015-01.24	McGill / Montreal, QC
39.15	Mitchell Frizzell	97	2016-01.23	Dome / Ottawa, ON
39.45	Nick MacDonald	90	2014-02.16	McGill / Montreal, QC
39.79	Joseph Figlimeni	98	2017-12.02	McGill / Montreal, QC
39.80	Dalton Clarke	96	2015-01.10	Dome / Ottawa, ON
39.93	Darien Leblanc	95	2015-01.24	McGill / Montreal, QC

WOMEN (49.99)

41.58	Alexandra Telford	96	2018-02.11	Cornell / Ithaca, NY
41.86	Telford		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
42.27	Telford		2018-02.17	Dome / Ottawa, ON
42.34	Telford		2018-01.20	Dome / Ottawa, ON
42.66	Ieasha Parris	96	2018-02.17	Dome / Ottawa, ON
43.67	Parris		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
43.83	Parris		2017-12.02	McGill / Montreal, QC
44.40	Parris		2019-01.18	Dome / Ottawa, ON
43.15	Roshanna Baker	98	2017-02.18	Dome / Ottawa, ON
43.74	Tiffany Lindsay	94	2016-01.23	Dome / Ottawa, ON
43.77	Tatiana Ambursley	95	2017-01.21	Dome / Ottawa, ON
43.78	Brittney Osland	94	2016-02.20	Dome / Ottawa, ON
43.87	Lindsay MacMillan	98	2019-02.16	Dome / Ottawa, ON
44.09	Maria Okwechime	00	2019-01.18	Dome / Ottawa, ON
44.18	Olivia Eaman	97	2015-12.19	Dome / Ottawa, ON
44.23	Aaliyah Strachan	98	2017-01.14	St. Lawrence U. / Canton, NY
44.74	Miryam Yakub Aga	99	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
46.45	Amanda Jeysing	95	2016-02.20	Dome / Ottawa, ON
47.11	Rebeca Ricardo	94	2016-01.23	Dome / Ottawa, ON
47.13	Jane Curtis	99	2018-02.17	Dome / Ottawa, ON
47.91	Jaston Stockall	99	2018-02.17	Dome / Ottawa, ON
48.26	Dara Elebute	95	2015-02.21	Dome / Ottawa, ON
48.58	Ana Hanstead	97	2016-01.23	Dome / Ottawa, ON
49.66	Desiree Racicot-Biocchi	95	2015-02.07	Dome / Ottawa, ON
49.98	Stephania Novoa	94	2017-12.02	McGill / Montreal, QC

400 meters

MEN		(58.50)			
48.44	David Bobak	92	2015-02.14	Boston U. / Boston, MA	
50.06	Sebastian Saville	94	2017-11.25	Dome / Ottawa, ON	
51.37	Kieran Fleming	95	2016-03.05	Dome / Ottawa, ON	
51.89	Thomas Saville	98	2017-03.04	Dome / Ottawa, ON	
52.40	Telvin Tavernier	93	2016-12.17	Dome / Ottawa, ON	
52.46	Connor Dobson	96	2016-02.13	Boston U. / Boston, MA	
52.77	Cornelius Liburd	99	2017-11.25	Dome / Ottawa, ON	
53.67	Nick MacDonald	90	2014-03.01	Dome / Ottawa, ON	
53.82	James Bruce	95	2017-03.04	Dome / Ottawa, ON	
53.98	Amin Safarini	92	2016-03.05	Dome / Ottawa, ON	
54.90	Alex Maxwell	95	2017-11.25	Dome / Ottawa, ON	
55.16	Dalton Clarke	96	2014-11.29	Dome / Ottawa, ON	
55.29	Nick Grossi	93	2016-03.05	Dome / Ottawa, ON	
55.35	Sebastian Spoerel-Connolly	97	2017-11.25	Dome / Ottawa, ON	
55.69	Andrew DeChamplain	93	2015-11.28	Dome / Ottawa, ON	
55.97	Amr El-Naggar	95	2014-01.17	St. Lawrence U. / Canton, NY	
56.28	Ryan Dean	98	2017-03.04	Dome / Ottawa, ON	
57.25	Joseph Figliomeni	98	2017-11.25	Dome / Ottawa, ON	
58.50	Liam Bruce	97	2015-11.28	Dome / Ottawa, ON	

WOMEN		(1:09.99)			
58.82	Alexandra Telford	96	2018-03.03	Dome / Ottawa, ON	
1:01.72	Tatiana Ambursley	95	2017-03.04	Dome / Ottawa, ON	
1:02.24	leasha Parris	96	2018-03.03	Dome / Ottawa, ON	
1:02.52	Brittney Olsland	94	2016-02.12	BU / Boston, MA	
1:02.80	Zeena Rashid	91	2017-03.04	Dome / Ottawa, ON	
1:03.35	Tiffany Lindsay	94	2016-02.12	BU / Boston, MA	
1:04.50	Rebeca Ricardo	94	2016-03.05	Dome / Ottawa, ON	
1:06.39	Jaston Stockall	99	2018-03.03	Dome / Ottawa, ON	
1:07.22	Jessica McRae	94	2014-11.29	Dome / Ottawa, ON	
1:08.03	Emma Riley	94	2017-11.25	Dome / Ottawa, ON	
1:08.18	Nicole Istead	96	2018-03.03	Dome / Ottawa, ON	
1:08.19	Desiree Racicot-Biocchi	95	2014-11.29	Dome / Ottawa, ON	
1:08.28	Lindsay MacMillan	98	2017-11.25	Dome / Ottawa, ON	
1:08.41	Deborah Senyange	98	2016-03.05	Dome / Ottawa, ON	
1:08.64	Jane Curtis	99	2018-03.03	Dome / Ottawa, ON	
1:08.73	Dara Elebute	95	2014-11.29	Dome / Ottawa, ON	

500 metres

MEN					
1:09.08	Kieran Fleming	95	2016-02.06	Ithaca College / Ithaca, NY	
1:09.31	Connor Dobson	96	2015-02.14	BU / Boston, MA	
1:10.71	Telvin Tavernier	93	2016-11.26	Dome / Ottawa, ON	
1:12.31	Nic Grossi	93	2016-11.26	Dome / Ottawa, ON	
1:13.67	James Bruce	95	2016-11.26	Dome / Ottawa, ON	
1:14.54	Ryan Dean	98	2016-11.26	Dome / Ottawa, ON	

1:15.76	Seamus Hodgins	97	2016-11.26	Dome / Ottawa, ON
1:16.21	Dalton Clarke	96	2015-01.17	St. Lawrence U. / Canton, NY
1:18.97	Darrell Hill	99	2018-12.08	Dome / Ottawa, ON
1:19.16	Seamus Hodgins	97	2018-12.08	Dome / Ottawa, ON

WOMEN

1:23.68	Rebeca Ricardo	94	2016-02.12	BU / Boston, MA
1:23.87	leasha Parris	96	2018-02.03	Ithaca College / Ithaca, NY
1:26.05	Brittney Osland	94	2015-02.14	BU / Boston, MA

600 metres

MEN

	1:34.00			
1:17.45	Sebastian Saville	94	2018-01.20	Dome / Ottawa, ON
1:18.79	Saville		2017-03.11	U.Alberta / Edmonton, AB @ USport Nationals
1:19.20	Saville		2018-03.08	uW / Windsor, ON @ U-Sport
1:19.53	Saville		2018-01.26	McGill / Montreal, QC
1:19.76	Saville		2018-03.11	uW / Windsor, ON @ U-Sport
1:19.79	Saville		2017-03.09	U.Alberta / Edmonton, AB @ Usport Nationals
1:23.78	Kieran Fleming	95	2017-02.18	Dome / Ottawa, ON
1:24.10	Thomas Saville	98	2017-02.18	Dome / Ottawa, ON
1:25.17	Thomas Saville	98	2018-02.17	Dome / Ottawa, ON
1:25.89	Nick MacDonald	90	2014-01.25	McGill / Montreal, QC
1:27.23	Connor Dobson	96	2015-01.10	Dome / Ottawa, ON
1:31.87	Charlie Brohman	98	2017-01.28	McGill / Montreal, QC
1:33.13	Amr El-Naggar	95	2013-11.30	McGill / Montreal, QC
1:33.98	Seamus Hodgins	97	2017-01.28	McGill / Montreal, QC

WOMEN

	(2:00.00)			
1:40.48	Miryam Yakub Aga	99	2018-02.17	Dome / Ottawa, ON
1:40.71	Yakub Aga		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
1:42.83	Yakub Aga		2018-02.11	Cornell / Ithaca, NY
1:44.54	Yakub Aga		2018-01.20	Dome / Ottawa, ON
1:40.95	leasha Parris	96	2018-01.20	Dome / Ottawa, ON
1:41.01	Parris		2017-02.17	Dome / Ottawa, ON
1:45.06	Parris		2017-12.02	McGill / Montreal, QC
1:48.16	Parris		2019-01.25	McGill / Montreal, QC
1:46.42	Rebeca Ricardo	94	2016-01.23	Dome / Ottawa, ON
1:47.10	Brittney Osland	94	2016-01.23	Dome / Ottawa, ON
1:48.61	Jaston Stockall	99	2018-02.17	Dome / Ottawa, ON
1:52.60	Jane Curtis	99	2018-02.24	uSher / Sherbrooke, QC
1:52.71	Sierra Matis	95	2015-02.07	Dome / Ottawa, ON
1:52.74	Deborah Senyange	98	2016-02.20	Dome / Ottawa, ON
1:57.53	Lindsey MacMillan	98	2018-01.13	Laval / Quebec City, QC
1:58.38	Desiree Racicot-Biocchi	96	2014-02.01	Dome / Ottawa, ON

800 meters

MEN

	(2:10.00)			
1:51.59	Sebastian Saville	94	2018-01.20	Dome / Ottawa, ON
1:52.72	Saville		2017-01.20	Dome / Ottawa, ON
1:52.83	Saville		2017-02.04	Ithaca College / Ithaca, NY
1:53.44	Saville		2018-02.11	Cornell / Ithaca, NY

1:57.11	David Bobak	92	2015-03.07	Dome / Ottawa, ON
1:57.86	Alex Maxwell	95	2018-01.19	Dome / Ottawa, ON
1:58.25	Kieran Fleming	95	2017-03.04	Dome / Ottawa, ON
1:59.10	Thomas Saville	98	2017-03.04	Dome / Ottawa, ON
2:00.01	Nick MacDonald	90	2014-03.01	Dome / Ottawa, ON
2:00.25	Sebastian Spoerel-Connolly	97	2018-01.19	Dome / Ottawa, ON
2:02.47	James Bruce	95	2018-01.20	Dome / Ottawa, ON
2:03.50	Nick Grossi	93	2016-02.13	Boston U. / Boston, MA
2:05.27	Connor Dobson	96	2015-03.07	Dome / Ottawa, ON
2:08.74	Charlie Brohman	98	2017-03.04	Dome / Ottawa, ON
2:08.92	Andrew DeChamplain	93	2016-02.13	Boston U. / Boston, MA

WOMEN

(2:50.00)

2:22.47	Zeena Rashid	91	2017-03.04	Dome / Ottawa, ON
2:27.14	Emma Riley	94	2018-01.19	Dome / Ottawa, ON
2:37.88	Jaston Stockall	99	2018-01.19	Dome / Ottawa, ON
2:40.94	Sierra Matis	95	2014-11.29	Dome / Ottawa, ON
2:42.90	Deborah Senyange	98	2017-01.20	Dome / Ottawa, ON
2:44.83	Rebeca Ricardo	94	2015-11.28	Dome / Ottawa, ON
2:45.17	Rachel Ostroff	91	2017-01.20	Dome / Ottawa, ON

1000 meters

MEN

(2:50.00)

2:27.88	Sebastian Saville	95	2017-02.18	CRC / Montreal, QC
2:29.80	Saville, S.		2018-01.13	Ocean Breeze / Staten Island, NY
2:32.03	Alex Maxwell	95	2018-01.20	Dome / Ottawa, ON
2:32.92	Maxwell		2018-02.11	Cornell / Ithaca, NY
2:37.71	Thomas Saville	98	2017-01.21	Dome / Ottawa, ON
2:38.52	Saville, T.		2017-02.25	Laval / Ste-Foy, QC @ RSEQ
2:38.89	James Bruce	95	2018-02.17	Dome / Ottawa, ON
2:39.93	Sebastian Spoerel-Connolly	97	2018-02.23	uSher / Sherbrooke, QC
2:41.89	Nick MacDonald	90	2014-01.25	McGill / Montreal, QC
2:42.20	Nic Grossi	93	2016-02.20	Dome / Ottawa, ON
2:45.21	Cameron Macdonell	93	2017-02.18	Dome / Ottawa, ON
2:47.12	Kieran Fleming	95	2015-01.23	McGill / Montreal, QC
2:47.72	Connor Dobson	96	2015-02.21	Dome / Ottawa, ON
2:48.36	Telvin Tavernier	93	2017-02.05	Ithaca College / Ithaca, NY
2:48.49	Ryan Dean	98	2017-01.27	McGill / Montreal, QC
2:48.51	Seamus Hodgins	97	2016-02.26	McGill / Montreal, QC

WOMEN

(3:40.00)

3:11.90	Zeena Rashid	91	2017-02.04	Ithaca College / Ithaca, NY
3:12.26	Rashid		2015-02.13	Boston U. / Boston, MA
3:15.36	Jessica McRae	94	2015-01.10	Dome / Ottawa, ON
3:18.48	Jessica Needham	92	2016-02.06	Ithaca College / Ithaca, NY
3:25.41	Miryam Yakub Aga	99	2018-01.26	McGill / Montreal, QC
3:28.54	Deborah Senyange	98	2016-02.26	McGill / Montreal, QC
3:29.58	Jaston Stockall	99	2017-11.25	Dome / Ottawa, ON
3:38.12	Rachel Ostroff	91	2017-02.04	Ithaca College / Ithaca, NY
3:38.36	Sierra Matis	95	2015-01.10	Dome / Ottawa, ON

1500 metres

MEN		(4:40.00)			
3:59.50	Alex Maxwell	95	2017-01.27	McGill / Montreal, QC	
4:00.73	Maxwell		2018-01.20	Dome / Ottawa, ON	
4:02.12	Maxwell		2018-02.24	uSher / Sherbrooke, QC @ RSEQ	
4:09.04	Maxwell		2017-12.02	McGill / Montreal, QC	
4:15.47	Sebastian Spoerel-Connelly	97	2018-01.27	McGill / Montreal, QC	
4:18.24	Nic Grossi	93	2016-02.27	McGill / Montreal, QC	
4:21.10	James Bruce	95	2018-01.27	McGill / Montreal, QC	
4:23.15	David Mackie	93	2014-12.20	Dome / Ottawa, ON	
4:28.39	Ryan Dean	98	2017-01.28	McGill / Montreal, QC	
4:29.94	Darrell Hill	99	2019-02.16	Dome / Ottawa, ON	
4:31.45	Seamus Hodgins	97	2016-02.27	McGill / Montreal, QC	
4:36.28	Hodgins		2019-02.16	Dome / Ottawa, ON	
4:34.81	Liam Bruce	97	2016-01.30	McGill / Montreal, QC	
WOMEN		(5:30.00)			
4:52.53	Zeena Rashid	91	2017-02.18	Dome / Ottawa, ON	
5:00.83	Emma Riley	94	2018-01.20	Dome / Ottawa, ON	
5:05.39	Jessica McRae	94	2015-01.24	McGill / Montreal, QC	
5:10.94	Savanna Boutin	94	2015-01.24	McGill / Montreal, QC	
5:11.47	Jessica Needham	92	2016-01.30	McGill / Montreal, QC	

One Mile

MEN		(5:59.00)		
4:16.50	Alex Maxwell	95	2018-02.09	Ocean Breeze / Staten Isl., NY
4:37.90	Nick Grossi	93	2016-02.13	Boston U. / Boston, MA
4:43.85	James Bruce	95	2018-02.03	Ithaca College / Ithaca, NY
4:45.90	Ryan Dean	98	2017-03.04	Dome / Ottawa, ON
4:48.39	David Mackie	93	2014-12.13	St. Lawrence U. / Canton, NY
4:53.78	Seamus Hodgins	97	2017-02.04	Ithaca College / Ithaca, NY
4:57.28	Liam Bruce	97	2016-02.06	Ithaca College / Ithaca, NY
5:00.08	Andrew DeChamplain	93	2016-02.13	Boston U. / Boston, MA
5:05.03	Darrell Hill	99	2018-02.03	Ithaca College, Ithaca, NY
5:14.97	Rohan Kulkarni	96	2015-02.14	Boston U. / Boston, MA
5:52.65	Charles-Antoine Brosseau	95	2017-01.14	St. Lawrence U. / Canton, NY
WOMEN		(7:00.00)		
5:27.56	Jessica McRae	94	2015-01.31	The Armory / NYC, NY
5:28.96	Zeena Rashid	91	2017-02.04	Ithaca College / Ithaca, NY
5:30.35	Emma Riley	94	2018-02.03	Ithaca College / Ithaca, NY
6:02.24	Rachael Ostroff	91	2017-03.04	Dome / Ottawa, ON
6:10.45	Christina Rehbein	79	2014-12.13	St. Lawrence U. / Canton, NY
6:38.55	Chelsea Ferguson	96	2015-11.28	Dome / Ottawa, ON
6:54.63	Stefany Galko	92	2104-11.29	Dome / Ottawa, ON

3000 metres

MEN

(10:30.00)

8:29.44	Alex Maxwell	95	2018-02.17	Dome / Ottawa, ON
8:36.98	Maxwell		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
8:41.61	Maxwell		2018-01.13	Ocean Breeze / Staten Isl., NY
8:52.91	Maxwell		2017-12.02	McGill / Montreal, QC
9:09.58	Sebastian Spoerel-Connelly	97	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
9:14.68	Sebastian Saville	95	2017-11.25	Dome/ Ottawa, ON
9:45.78	David Mackie	93	2014-12.20	Dome / Ottawa, ON
9:41.66	Ryan Dean	98	2017-02.18	Dome / Ottawa, ON
9:46.99	Seamus Hodgins	97	2017-02.18	Dome / Ottawa, ON
9:52.06	Darrell Hill	99	2018-02.17	Dome / Ottawa, ON
9:54.99	Nick Grossi	93	2015-11.28	Dome / Ottawa, ON
9:59.55	Liam Bruce	97	2015-11.28	Dome / Ottawa, ON
10:05.64	James Bruce	95	2017-11.25	Dome / Ottawa, ON
10:26.22	Robert Graham	96	2016-02.20	Dome / Ottawa, ON
10:29.13	Andrew DeChamplain	93	2015-11.28	Dome / Ottawa, ON

WOMEN

(12:00.00)

10:37.81	Jessie Lilly	93	2017-01.21	Dome / Ottawa, ON
10:41.19	Emma Riley	94	2018-02.17	Dome / Ottawa, ON
10:41.41	Riley		2018-02.03	Ithaca College / Ithaca, NY
10:45.21	Leah Laroque	89	2014-01.11	Dome / Ottawa, ON
10:47.01	Savanna Boutin	94	2015-02.07	Dome / Ottawa, ON
10:53.86	Jessica McRae	94	2014-01.30	The Armory / NYC, NY
10:54.14	Jessica Needham	92	2015-12.19	Dome / Ottawa, ON
11:18.10	Christina Rehbein	79	2016-01.23	Dome / Ottawa, ON

5000 metres**MEN**

(18:00.00)

15:05.31	Alex Maxwell	95	2018.03.03	Dome / Ottawa, ON
17:04.61	Nic Grossi	93	2017-03.04	Dome / Ottawa, ON
17:05.50	Sebastian Spoerel-Connelly	97	2017-11.25	Dome / Ottawa, ON
17:26.33	Liam Bruce	97	2017-03.04	Dome / Ottawa, ON
17:47.94	Seamus Hodgins	97	2017-03.04	Dome / Ottawa, ON
17:48.50	Ryan Dean	98	2018-03.03	Dome / Ottawa, ON
17:53.21	Robert Graham	96	2016-03.05	Dome / Ottawa, ON

WOMEN

(21:00.00)

18:43.20	Savanna Boutin	94	2015-02.13	Boston U. / Boston, MA
18:53.39	Emma Riley	94	2017-11.25	Dome / Ottawa, ON
18:54.15	Riley		2018-01.13	Ocean Breeze / Staten Island, NY
19:18.71	Christina Rehbein	79	2016-03.05	Dome / Ottawa, ON
19:32.57	Jessica Needham	92	2015-11.28	Dome / Ottawa, ON
19:45.66	Jessica McRae	94	2015-03.07	Dome / Ottawa, ON

4 x 200 metre Relay**MEN**

1:32.20	Emmanuel Nwokobia, Thomas Saville		2018-01.20	Dome / Ottawa, ON
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1:32.35	Kieran Fleming, Cornelius Liburd Emmanuel Nwokobia, David Bobak Kieran Fleming, Connor Dobson (23.2, 22.9, 24.2, 23.9)	2016-02.26	McGill / Montreal, QC
1:32.84	Emmanuel Nwokobia, David Bobak Kieran Fleming, Telvin Tavernier (23.2, 22.0, 23.6, 24.0)	2016-01.29	McGill / Montreal, QC
1:32.92	Emmanuel Nwokobia, Thomas Saville Sebastian Saville, Cornelius Liburd (23.4, 23.3, 22.8, 23.4)	2018-02.23	uSher / Sherbrooke, QC
1:33.70	Cornelius Liburd, Thomas Saville Carter Neamtz, Emmanuel Nwokobia (22.8, 23.5, 24.6, 22.4)	2018-01.26	McGill / Montreal, QC
1:33.78	David Bobak, Emmanuel Nwokobia Scott Peterson, Connor Dobson (22.4, 23.2, 24.0, 24.2)	2015-01.24	McGill / Montreal, QC
1:34.77	Emmanuel Nwokobia, David Bobak Zeph Ferdinand, Amr El-Naggar	2015-01.10	Dome / Ottawa, ON
1:35.45	Victor Oguejiofor, Sebastian Saville Marcus Carrington, Emmanuel Nwokobia	2017-02.24	Laval / Que. City, QC @ RSEQ
1:36.22	Emmanuel Nwokobia, Kieran Fleming Thomas Saville, Cornelius Liburd	2018-01.13	Laval / Quebec City, QC
1:38.06	Telvin Tavernier, Scott Peterson Darien Leblanc, Dalton Clarke	2015-01.10	Dome / Ottawa, ON
1:38.80	Emmanuel Nwokobia, Amr El-Naggar Kieran Fleming, Nick MacDonald	2014-01.25	McGill / Montreal, QC
1:39.27	Scott Peterson, Darien Leblanc Amr El-Naggar, Telvin Tavernier	2015-01.17	St. Lawrence U. / Canton, NY
WOMEN			
1:46.20	Amelia Brohman, Alexandra Telford Tatiana Ambursley, Brittney Osland (25.5, 26.8, 27.0, 26.9)	2016-02.26	McGill / Montreal, QC
1:47.49	Amelia Brohman, Tatiana Ambursley Roshanna Baker, Aaliyah Strachan	2017-01.21	Dome / Ottawa, ON
1:47.71	Amelia Brohman, Tatiana Ambursley Roshanna Baker, Aaliyah Strachan (25.4, 28.2, 26.5, 27.6)	2017-01.21	Dome / Ottawa, ON
1:48.11	Amelia Brohman, Tatiana Ambursley Roshanna Baker, Zeena Rashid	2017-02.24	Laval / Quebec City, QC @ RSEQ
1:48.18	Amelia Brohman, Tatiana Ambursley Olivia Eaman, Tiffany Lindsay (25.8, 26.9, 28.3, 27.3)	2016-01.29	McGill / Montreal, QC
1:48.49	Olivia Eaman, Amelia Brohman Tiffany Lindsay, Tatiana Ambursley	2016-01.23	Dome / Ottawa, ON
1:50.20	Alexandra Telford, Lindsay MacMillan leasha Parris, Miryam Yakub Aga (27.4, 27.3, 27.2, 28.3)	2018-02.23	uSher / Sherbrooke, QC
1:50.70	Alexandra Telford, Lindsay MacMillan leasha Parris, Nicole Istead	2018-01.20	Dome / Ottawa, ON
1:52.47	Alexandra Telford, Brittney Osland, Rebecca Ricardo, Amanda Jeysing (27.3, 27.4, 28.9, 28.7)	2016-01.29	McGill / Montreal, QC
1:52.92	Alexandra Telford, Bridget Derraugh leasha Parris, Jane Curtis (27.4, 29.4, 26.7, 29.7)	2018-01.26	McGill / Montreal, QC
1:54.45	leasha Parris, Nicole Istead Miryam Yakub Aga, Bridget Derraugh (27.3, 29.6, 28.6, 28.6)	2018-02.03	Ithaca College / Ithaca, NY
1:56.81	Brittany Osland, Ana Hanstead Amanda Jeysing, Rebeca Ricardo	2016-01.23	Dome / Ottawa, ON
1:57.38	Roshanna Baker, Aaliyah Strachan, Coleka Masama, Keely Gibb	2016-01.23	Dome / Ottawa, ON
2:11.51	Desiree Racicot-Biocchi, Rebeca Ricardo	2013-11.30	McGill / Montreal, QC

4 x 400 metre Relay

MEN

3:28.13	Kieran Fleming, Sebastian Spoerel-Connelly Sebastian Saville, Thomas Saville	2018-01.27	McGill / Montreal, QC
3:29.80	Kieran Fleming, David Bobak, Connor Dobson, Nick Grossi (51.9, 50.8, 53.2, 53.9)	2016-02.13	BU / Boston, MA
3:30.20	Kieran Fleming, Nick Grossi, Thomas Saville, Sebastian Saville	2017-02.25	Laval / Ste-Foy, QC @ RSEQ - Bronze
3:31.39	Kieran Fleming, David Bobak Connor Dobson, Scott Peterson (52.8, 50.4, 53.5, 54.6)	2015-02.14	BU / Boston, MA
3:31.45	Kieran Fleming, Sebastian Saville, Mitchell Frizzell, Connor Dobson	2015-12.19	Dome / Ottawa, ON
3:31.51	Kieran Fleming, Sebastian Saville Cornelius Liburd, Thomas Saville (53.5, 50.1, 55.2, 52.6)	2018-02.24	uSher / Sherbrooke, QC
3:33.35	Connor Dobson, David Bobak Kieran Fleming, Scott Peterson (54.5, 49.4, 54.0, 55.3)	2015-01.24	McGill / Montreal, QC
3:34.20	Connor Dobson, David Bobak, Kieran Fleming, Telvin Tavernier (54.6, 49.9, 54.3, 55.3)	2015-12.19	Dome / Ottawa, ON
3:40.79	Kieran Fleming, Zeph Ferdinand Darrien Leblanc, Nick Grossi	2015-02.07	Dome / Ottawa, ON
3:42.91	Kieran Fleming, Sebastian Saville Marcus Carrington, Rohan Kulkarni (53.5, 49.9, 57.9, 60.9)	2016-01.16	St. Lawrence U. / Canton, NY
3:44.32	Connor Dobson, Kieran Fleming Dalton Clark, Nick Grossi	2015-01.17	St. Lawrence U. / Canton, NY
3:46.51	Kieran Fleming, Connor Dobson Nick Grossi, Rohan Kulkarni	2015-01.10	Dome / Ottawa, ON

WOMEN

4:14.38	leasha Parris, Alexandra Telford, Miryam Yakub Aga, Lindsay MacMillan (63.2, 61.6, 62.9, 66.6)	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
4:16.37	leasha Parris, Alexandra Telford, Jane Curtis, Miryam Yakub Aga (62.4, 60.8, 69.9, 63.2)	2018-01.27	McGill / Montreal, QC
4:18.75	Brittney Osland, Tiffany Lindsay, Rebeca Richardo, Deborah Senyange (64.1, 63.9, 64.1, 66.5)	2016-02.06	Ithaca College / Ithaca, NY
4:22.33	Zeena Rashid, Jessica McRae Brittney Osland, Desiree Racicot-Biocchi	2015-01.17	St. Lawrence U. / Canton, NY
4:24.00	Miryam Yakub Aga, Lindsay MacMillan leasha Parris, Jaston Stockall (63.8, 66.6, 64.5, 69.1)	2016-02.11	Cornell / Ithaca, NY
4:25.87	Brittney Osland, Tiffany Lindsay, Rebeca Richardo, Deborah Senyange	2016-02.27	McGill / Montreal, QC
4:26.69	Tatiana Ambursley, Tiffany Lindsay, Rebeca Richardo, Amanda Jeysing (69.3, 64.9, 64.2, 68.3)	2016-02.06	Ithaca College / Ithaca, NY
4:30.55	Brittney Osland, Zeena Rashid Jessica McRae, Desiree Racicot-Biocchi	2015-01.17	St. Lawrence U. / Canton, NY
4:34.60	Brittney Osland (65.7), Rebeca Ricardo (67.9)	2015-02.13	Boston U. / Boston, MA

4:34.20	Jessica McRae (67.9), Sierra Matis (73.1) Tiffany Lindsay, Brittney Osland Tatiana Ambursley, Rebeca Richardo (67.6, 66.4, 72.5, 67.3)	2016-01.16	St. Lawrence U. / Canton, NY
4:46.12	Tatiana Ambursley, Tiffany Lindsay, Rebeca Richardo, Boo Racicot-Biocchi	2015-12.05	St. Lawrence U. / Canton, NY
4:53.64	Brittney Osland, Sierra Matis Dara Elebute, Stefany Galko	2015-01.10	Dome / Ottawa, ON
4:53.64	Rebeca Ricardo, Desiree Racicot-Biocchi Jessica McRae, Savanna Boutin	2014-01.17	St. Lawrence U. / Canton, NY

4 x 800 metre Relay

MEN

8:00.87	James Bruce, Sebastian Spoerel-Connelly Sebastian Saville, Alex Maxwell (2:04, 2:03, 1:54, 1:59)	2018-01.26	McGill / Montreal, QC
8:09.64	Kieran Fleming, James Bruce, Thomas Saville, Sebastian Saville (2:07, 2:07, 2:00, 1:54)	2017-02.24	Laval / Ste-Foy, QC @ RSEQ - Silver
8:11.00	Sebastian Saville, Thomas Saville Kieran Fleming, James Bruce (1:55, 2:01, 2:08, 2:04)	2017-01.27	McGill / Montreal, QC
8:12.40	Sebastian Spoerel-Connelly, Tom Saville Sebastian Saville, James Bruce (2:03, 2:04, 2:00, 2:05)	2018-02.23	uSher / Sherbrooke, QC
8:42.71	Nick Grossi, Sebastian Saville Rohan Kulkarni, Robert Graham (2:05, 1:53, 2:24, 2:19)	2016-01.23	Dome / Ottawa, ON
8:47.11	Kieran Fleming, Liam Bruce Sebastian Spoerel-Connelly, Seamus Hodgins (2:03, 2:13, 2:14, 2:14)	2016-01.23	Dome / Ottawa, ON

WOMEN

10:57.32	Deborah Senyange, Rebeca Richardo Christina Rehbein, Brittany Osland (2:47, 2:41, 2:42, 2:39)	2016-01.23	Dome / Ottawa, ON
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Distance Medley Relay

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

MEN

11:27.81	Sebastian Saville (3:17), Connor Dobson (56), Andrew DeChamplain (2:16), Nick Grossi (4:58)	2015-12-05	St. Lawrence U. / Canton, NY
12:03.47	Thom Saville, James Bruce, Kieran Fleming, Nick Grossi	2017-01-14	St. Lawrence U. / Canton, NY

WOMEN

13:37.55	Savanna Boutin (4:03), Rebeca Ricardo (73.0), Sierra Matis (2:45), Jessica McRae (5:38)	2015-02-14	Boston U. / Boston, MA
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Field Events

Pole Vault

MEN

4.82	Telvin Tavernier	93	2017-03.11	U.Alberta, Edmonton, AB @ USport Nationals -3rd
4.70	Tavernier		2017-03.04	Dome / Ottawa, ON
4.70	Tavernier		2017-03.10	U.Alberta / Edmonton, AB @ Usport Nationals
4.58	Tavernier		2015-02.21	Dome / Ottawa, ON
4.55	Tavernier		2015-01.17	St. Lawrence U. / Canton, NY
4.55	Tavernier		2015-01.24	McGill / Montreal, QC
4.55	Tavernier		2015-02.14	Boston U. / Boston, MA
4.50	Tavernier		2015-02.27	McGill / Montreal, QC - RSEQ - Silver
4.50	Tavernier		2017-02.24	Laval / Ste-Foy, QC - RSEQ - Gold
4.44	Tavernier		2016-12-03	Brockport College / Brockport, NY
3.61	Howie Silvey	95	2014-01.11	Dome / Ottawa, ON

WOMEN

2.71	Jaston Stockall	99	2019-02.16	Dome / Ottawa, ON
2.70	Stockall		2019-02.22	McGill / Montreal, QC
2.21	Stockall		2018-02.17	Dome / Ottawa, ON

High Jump

MEN

1.93	Telvin Tavernier	93	2017-03.09	U.Alberta / Edmonton, AB
1.85	Tavernier		2016-02.06	Ithaca College / Ithaca, NY
1.85	Tavernier		2016-02.26	McGill / Montreal, QC
1.86	Adeyemi Fatoye	98	2016-12.17	Dome / Ottawa, ON
1.86	Fatoye		2017-01.21	Dome / Ottawa, ON
1.86	Fatoye		2017-02.18	Dome / Ottawa, ON
1.85	Fatoye		2017-02.25	Laval / Ste-Foy, QC @ RSEQ
1.83	Fatoye		2019-02.16	Dome / Ottawa, ON

WOMEN

1.36	Nicole Istead	96	2019-02.22	McGill / Montreal, QC
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Long Jump

MEN

	(5m50)			
6.95	Telvin Tavernier	93	2017-02.04	Ithaca College / Ithaca, NY
6.75	Tavernier		2016-12.02	Brockport Coll. / Brockport, NY
6.79	Tavernier		2017-03.09	U.Alberta / Edmonton, AB
6.52	Tavernier		2017-02.25	Laval / Ste-Foy, QC @ RSEQ - Silver
6.40	Marcus Carrington	97	2017-02.12	Cornell / Ithaca, NY
6.40	Carrington		2017-02.25	Laval / Ste-Foy, QC @ RSEQ
5.96	Adeyemi Fatoye	98	2017-02.25	Laval / Ste-Foy, QC @ RSEQ
5.75	Benjamin Asamoah	98	2017-03.04	Dome / Ottawa, ON
5.74	Heloim Dimpengi	95	2018-01.20	Dome / Ottawa, ON

WOMEN	(4m50)				
5.00	Olivia Eaman	97	2016-01.23	Dome / Ottawa, ON	
4.87	Keely Gibb	98	2017-01.14	St. Lawrence U. / Canton, NY	
4.83	Lindsay Hemstock	96	2019-02.16	Dome / Ottawa, ON	
4.76	Nicole Istead	96	2019-02.16	Dome / Ottawa, ON	

Triple Jump

MEN

Yet to be contested

WOMEN	(10.00)				
10.71	Lindsay Hemstock	96	2019-02.16	Dome / Ottawa, ON	
10.36	Hemstock		2019-01.12	uSher / Sherbrooke, QC	
10.54	Coleka Masama	98	2017-01.14	St. Lawrence U. / Canton, NY	
10.35	Keely Gibb	98	2017-01.14	St. Lawrence U. / Canton, NY	

Shot Put

MEN	(11.50)				
12.64	Stephen James	96	2017-01.21	Dome / Ottawa, ON	
12.51	Alec Jeffrey	98	2019-01.18	Dome / Ottawa, ON	
12.44	Telvin Tavernier	93	2017-03.09	U.Alberta / Edmonton, AB	

WOMEN	(9.00)				
11.15	Dani Ferguson-Jamer	96	2017-01.28	McGill / Montreal, QC	
10.99	Ferguson-Jamer		2017-01.21	Dome / Ottawa, ON	
10.96	Ferguson-Jamer		2018-01.20	Dome / Ottawa, ON	
10.93	Ferguson-Jamer		2018-02.23	uSher / Sherbrooke, QC	
9.45	Nicole Istead	96	2019-02.22	McGill / Montreal, QC	

Weight Throw

MEN	35lb Weight				
13.80	Stephen James	96	2018-02.11	Cornell / Ithaca, NY	
13.72	James		2018-01.13	Laval / Quebec City, QC	
13.63	James		2018-01.20	Dome / Ottawa, ON	
13.22	James		2018-02.24	uSher / Sherbrooke, QC	
11.91	Alec Jeffery	98	2018-12.02	St. Lawrence U. / Canton, NY	

WOMEN	20lb Weight				
14.61	Dani Ferguson-Jamer	96	2018-02.24	uSher / Sherbrooke, QC @ RSEQ	
14.09	Ferguson-Jamer		2018-01.20	Dome / Ottawa, ON	
13.87	Ferguson-Jamer		2018-01.26	McGill / Montreal, QC	
13.84	Ferguson-Jamer		2017-03.04	Dome / Ottawa, ON	

Heptathlon

MEN (3500 pts)

5267 pts	Telvin Tavernier	93	2017-03.09-10	U.Alberta / Edmonton, AB
	7.33, 6.79, 12.44, 1.93 (2906) / 8.78, 4.70, 2:51.75 @ USport Nationals - Silver			
5077 pts	Tavernier		2017-02.04-05	Ithaca College / Ithaca, NY
	7.45, 6.95, 12.23, 1.83 / 9.07, 4.50, 2:48.36			
4894 pts	Tavernier		2016-12.02-03	Brockport Coll / Brockport, NY
	7.43, 6.75, 11.56, 1.79 / 9.12, 4.44, 2:52.34			
4852 pts	Tavernier		2017-01.14-15	St. Lawrence U. / Canton, NY
	7.48, 6.67, 11.69, 1.78 / 9.03, 4.35, 2:52.04			
4677 pts	Tavernier		2016-02.06-07	Ithaca College / Ithaca, NY
	7.46, 6.52, 11.33, 1.85 / 9.34, 4.40, 3:05.73			
4652 pts	Tavernier		2016-02.26-27	McGill / Montreal, QC - RSEQ GOLD!
	7.55, 6.30, 10.88, 1.70 / 9.32, 4.50, 3:00.92			

Pentathlon**WOMEN** (2000 pts)

2401 pts	Nicole Istead	96	2019-02.22	McGill / Montreal, QC
	10.62, 1.36, 9.45, 4.27, 2:49.92			

Quebec University (RSEQ) Conference Championships

Carleton Team Scoring

Men**Women**

2019	7 th (8 pts) / 7 Schools	2019	5 th (17 pts) / 8 Schools
2018	5 th (54 pts) / 8 Schools	2018	5 th (31 pts) / 6 Schools
2017	3 rd (46 pts) / 7 Schools	2017	5 th (8 pts) / 7 Schools
2016	5 th (33 pts) / 6 Schools	2016	5 th (14 pts) / 6 Schools

RSEQ Conference Medalists / Top 8 Placing Athletes

1st Place Finish = All - RSEQ 1st Team Award / 2nd Place Finish = All - RSEQ 2nd Team Award

Year	Place	Athlete	Event	Performanc
2019 hosted by McGill	4 th	Jaston Stockall	Pole Vault	2.70
	4 th	Nicole Istead	Pentathlon	2401 pts
	6 th	Nicole Istead	60m Hurdles	10.49
	6 th	Lindsay Hemstock	Triple Jump	10.12
	6 th	Cornelius Liburd, Carter Neamtz,	4 x 200m Relay	1:45.25
	-	Darrell Hill, Seamus Hodgins	-	-
	7 th	Carter Neamtz	60m Hurdles	9.30
	7 th	Alec Jeffery	Weight Throw	10.84
8 th	Alec Jeffery	Shot Put	11.21	

2018 hosted by Sherbrooke	2 nd	Sebastian Saville	600m	1:20.08
	2 nd	Dani Ferguson-Jamer	Weight Throw	14.61
	3 rd	Alex Maxwell	3000m	8:36.98
	3 rd	Emanuel Nwokobia	60m	7.05
	3 rd	Emmanuel Nwokobia, Tom Saville, Sebastian Saville, Cornelius Liburd	4 x 200m Relay	1:32.92
			-	-
	3 rd	Kieran Fleming, Sebastian Saville, Cornelius Liburd, Tom Saville	4 x 400m Relay	3:31.51
			-	-
	3 rd	Sebastian Spoerel-Connelly, Tom Saville, Sebastian Saville, James Bruce	4 x 800m Relay	8:12.40
			-	-
	4 th	Sebastian Saville	1000m	2:32.57
	5 th	Cornelius Liburd	60m Hurdles	9.38
	5 th	Alex Maxwell	1500m	4:02.12
	5 th	Dani Ferguson-Jamer	Shot Put	10.93
	5 th	Alexandra Telford, Lindsey MacMillan, leasha Parris, Miryam Yakub Aga	4 x 200m Relay	1:50.20
			-	-
	5 th	leasha Parris, Alexandra Telford, Miryam Yakub Aga, Lindsey MacMillan	4 x 400m Relay	4:14.38
		-	-	
6 th	Nicole Istead	Pentathlon	2053 pts	
6 th	Stephen James	Weight Throw	13.22	
6 th	Alexandra Telford	300m	41.86	
6 th	Alexandra Telford	60m Hurdles	9.56	
7 th	Alexandra Telford	60m	7.99	

2017 hosted by Laval	1 st	Sebastian Saville	600m	1:20.07
	1 st	Telvin Tavernier	Pole Vault	4m50
	2 nd	Amelia Brohman	60m	7.66
	2 nd	Telvin Tavernier	60m Hurdles	8.86
	2 nd	Telvin Tavernier	Long Jump	6m52
	2 nd	Kieran Fleming, James Bruce, Thomas Saville, Sebastian Saville	4 x 800m Relay	8:09.64
			-	-
	3 rd	Emmanuel Nwokobia	60m	7.07
	3 rd	Kieran Fleming, Nick Grossi, Thomas Saville, Sebastian Saville	4 x 400m Relay	3:30.20
			-	-
	4 th	Victor Oguejiofor	60m	7.09
	4 th	Amelia Brohman, Tatiana Ambursley, Roshanna Baker, Zeena Rashid	4 x 200m Relay	1:48.11
			-	-
	4 th	Victor Oguejiofor, Sebastian Saville, Marcus Carrington, Emmanuel Nwokobia	4 x 200m Relay	1:35.45
			-	-
	5 th	Marcus Carrington	Long Jump	6m40
	6 th	Adeyemi Fatoye	High Jump	1m85
	6 th	Dani Ferguson-Jamer	Shot Put	10m61
	7 th	Coleka Masama	Triple Jump	9m99
	7 th	Dani Ferguson-Jamer	Weight Throw	11m51
7 th	Stephen James	Weight Throw	13m20	
8 th	Marcus Carrington	60m	7.30	
8 th	Kieran Fleming	300m	37.25	
8 th	Adeyemi Fatoye	Long Jump	5m96	

2016 hosted by McGill	1 st	Amelia Brohman	60m	7.63
	1 st	David Bobak	300m	34.55
	1 st	Telvin Tavernier	Heptathlon	4650 pts
	2 nd	Telvin Tavernier	Pole Vault	4.50
	3 rd	Emmanuel Nwokobia	60m	7.15
	4 th	Mitchell Frizzell	60m Hurdles	9.13
	4 th	Amelia Broham, Alexandra Telford, Tatiana Ambursley, Brittney Osland	4 x 200m Relay	1:46.20
	4 th	Emmanuel Nwokobia, David Bobak, Kieran Fleming, Connor Dobson	-	-
	4 th	Emmanuel Nwokobia, David Bobak, Kieran Fleming, Connor Dobson	4 x 200m Relay	1:32.35
	4 th	Brittney Osland, Tiffany Lindsay, Rebeca Ricardo, Deborah Senyange	-	-
5 th	Telvin Tavernier	4 x 400m Relay	4:25.87	
5 th	David Bobak, Kieran Fleming, Connor Dobson, Nick Grossi	-	-	
6 th	Dani Ferguson-Jamer	60m Hurdles	9.48	
7 th	Stephen James	4x 400m Relay	3: 36.87	
8 th	Olivia Eaman	-	-	
		Shot Put	9.64	
		Weight Throw	12.86	
		Long Jump	4.79	

RSEQ Conference Awards - Track & Field	RSEQ Conference Awards - Cross Country
2018 Sebastian Saville - Most Outstanding Male Track 2017 Telvin Tavernier - Most Outstanding Male Field	

Carleton MVP Awards - Track & Field	Carleton MVP Awards - Cross Country
2018-19 - Track - 2018-19 - Field - 2017-18 Track - Alexandra Telford / Sebastian Saville 2017-18 Field - Dani Ferguson-Jamer 2016-17 Track - Amelia Brohman / Sebastian Saville 2016-17 Field - Telvin Tavernier 2015-16 Track - Amelia Brohman / David Bobak 2015-16 Field - Telvin Tavernier	2018 Jenna Van Vliet / Daniel Ribí 2017 Jenna Van Vliet / Sebastian Spoerel-Connelly 2016 Jessie Lilly / Sebastian Saville 2015 Jessica McRae / Liam Bruce

U-Sport National Championships

Carleton Team Scoring

Men

** 2017 - Carleton debut into the U-Sport National Indoor Track & Field Championships

Qualification is based on a final top 12 National Ranking and / or a RSEQ Conference Win in an individual event or relay

2019	No Athletes Qualified	2019	No Athletes Qualified
2018	22 nd (5 pts) - 22 Schools Scored Carleton Athletes = 1	2018	No Women Qualified
2017	13 th (19 pts) - 22 Schools Scored Carleton Athletes = 2	2017	Tied for 19 th (4 pts) - 21 Schools scored Carleton Athletes = 1

Women

Carleton Athlete Performances

Year	Place	Athlete	Event	Performance
2019 host Manitoba		No Athletes Qualified		
2018 host uWindsor	4	Sebastian Saville	600m	1:19.76
2017 host u.Alberta	2	Telvin Tavernier	Heptathlon	5267 pts
	3	Telvin Tavernier	Pole Vault	4m82
	4	Sebastian Saville	600m	1:18.79
	5	Amelia Brohman	60m	7.55