

# uOTTAWA GEE GEE INDOOR TRACK & FIELD

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## All -Time Performers

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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 of uOttawa funding policies and 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 / U-Sport Track & Field Championships in 2008 with a limited team size and with outstanding team and individual successes. The participation in 2008 and 2009 seasons was limited to participation in track running events only at both OUA & U-Sport 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 10, 2019 - FINAL VERSION

**BLUE** = Indicates Current Performances achieved during the 2018 - 2019 Season

The Team Event Standard is in brackets beside each event and indicates the threshold performance to be ranked. This list also indicates those athletes during the current season who have attained the team standard (**IN BLUE**) for travel and possible championship selection.

## 60 metres

|            |                          | Birth | Date       | Venue / City                   |
|------------|--------------------------|-------|------------|--------------------------------|
| <b>MEN</b> | <b>(Standard = 7.25)</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               |
| <b>7.09</b> | <b>Xavier Takam</b>     | <b>97</b> | <b>2019-02.22</b> | <b>York / Toronto, ON @ OUA</b> |
| 7.14        | Takam                   |           | 2017-02.18        | Dome / Ottawa, ON               |
| <b>7.16</b> | <b>Takam</b>            |           | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b>        |
| 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               |
| 7.16        | 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               |
| 7.23        | Gio Felix               | 96        | 2018-02.17        | Dome / Ottawa, ON               |
| 7.24        | Jason Persaud           | 92        | 2011-02.12        | Dome / Ottawa, ON               |

**WOMEN (Standard = 8.35)**

|             |                          |           |                   |                                     |
|-------------|--------------------------|-----------|-------------------|-------------------------------------|
| 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    |
| 7.80        | Bambi                    |           | 2018-01.26        | The Armory / NYC, NY                |
| 7.72        | Stephanie Gould          | 94        | 2018-02.23        | uW / Windsor, ON                    |
| 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                |
| 7.80        | 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            |
| 7.84        | Keria Christie-Galloway  | 99        | 2018-02.09        | Ocean Breeze / Staten Isl., NY      |
| <b>7.84</b> | <b>Pernille Lund</b>     | <b>93</b> | <b>2018-12.01</b> | <b>St. Lawrence U. / Canton, NY</b> |
| 7.86        | Lund                     |           | 2019-02.22        | York / Toronto, ON @ OUA            |
| 7.88        | Lund                     |           | 2019-02.10        | Cornell / Ithaca, NY                |
| 7.89        | Lund                     |           | 2019-02.01        | Harvard / Boston, MA                |
| 7.90        | Lund                     |           | 2019-02.10        | Cornell / Ithaca, NY                |
| 7.91        | Lund                     |           | 2019-02.23        | York / Toronto, ON @ OUA            |
| 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                |
| <b>8.04</b> | <b>Aliyah Broomfield</b> | <b>00</b> | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>            |
| 8.06        | Broomfield               |           | 2019-02.10        | Cornell / Ithaca, NY                |

|      |                        |           |                   |                                     |
|------|------------------------|-----------|-------------------|-------------------------------------|
| 8.06 | Broomfield             |           | 2019-02.22        | York / Toronto, ON @ OUA            |
| 8.10 | Broomfield             |           | 2019-02.10        | Cornell / Ithaca, NY                |
| 8.15 | Broomfield             |           | 2019-02.08        | Ocean Breeze / Staten Isl., 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 Jacob           | 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        |
| 8.32 | <b>Annabelle Gagne</b> | <b>00</b> | <b>2018-02.10</b> | <b>Cornell / Ithaca, NY</b>         |
| 8.35 | <b>Rinila Haridas</b>  | <b>00</b> | <b>2018-12.01</b> | <b>St. Lawrence U. / Canton, NY</b> |

## 60 metre Hurdles

### MEN (Standard = 8.80)

|      |                          |    |                   |                                  |
|------|--------------------------|----|-------------------|----------------------------------|
| 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          |
| 8.41 | Tolu Makinde             | 93 | 2018-03.09        | uW / Windsor, ON @ U-Sport       |
| 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                |
| 8.74 | Tyler Dacosta            | 98 | 2018-02.17        | Dome / Ottawa, ON                |
| 8.74 | <b>Dacosta</b>           |    | <b>2019-03.02</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     |

**WOMEN (Standard = 9.55)**

|             |                           |           |                   |                                |
|-------------|---------------------------|-----------|-------------------|--------------------------------|
| 8.31        | Keira Christie-Galloway   | 99        | 2018-02.23        | uW / Windsor, ON @ OUA         |
| 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     |
| 8.35        | Devyani Biswal            | 93        | 2017-02.24        | York / Toronto, ON @ OUA       |
| 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       |
| .37         | Tania Bambi               | 94        | 2017-02.24        | York / Toronto, ON @ OUA       |
| 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       |
| 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           |
| 8.99        | Mary Ollier               | 95        | 2018-01.20        | Dome / Ottawa, ON              |
| 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              |
| <b>9.29</b> | <b>Emily Sprague</b>      | <b>98</b> | <b>2019-02.10</b> | <b>Cornell / Ithaca, NY</b>    |
| 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      |
| <b>9.49</b> | <b>Stephanie Lapolice</b> | <b>00</b> | <b>2019-02.10</b> | <b>Cornell / Ithaca, NY</b>    |
| 9.51        | Bridget Hayes             | 95        | 2014-02.21        | York / Toronto, ON @ OUA       |
| 9.52        | Johanna Dobransky         | 91        | 2012-02.24        | York / Toronto, ON @ OUA       |
| 9.52        | Emmanuelle Keogh          | 94        | 2018-02.09        | Ocean Breeze / Staten Isl., 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 |
| 16.92 | Xavier Takam          | 97 | 2017-11.25 | Dome / Ottawa, ON |
| 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 |
| 17.43 | Liam Meades             | 96 | 2017-11.25 | Dome / Ottawa, ON |
| 17.46 | Gio Felix               | 96 | 2017-11.25 | Dome / Ottawa, ON |
| 17.51 | Youssef Elbarhmi        | 93 | 2013-01.12 | Dome / Ottawa, ON |
| 17.54 | Connor Ross             | 98 | 2017-11.25 | Dome / Ottawa, ON |
| 17.55 | Kristoff Hunter         | 93 | 2014-11.29 | Dome / Ottawa, ON |
| 17.58 | Tim Valentine           | 98 | 2017-11.25 | Dome / Ottawa, ON |
| 17.63 | Nicolas MacLean         | 98 | 2017-11.25 | Dome / Ottawa, ON |
| 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 |
| 17.87 | Tyler Dacosta           | 98 | 2017-11.25 | Dome / Ottawa, ON |

**WOMEN (Standard = 20.50)**

|       |                         |    |            |                   |
|-------|-------------------------|----|------------|-------------------|
| 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 |
| 19.64 | Stephanie Gould         | 94 | 2017-11.25 | Dome / Ottawa, ON |
| 19.66 | Andrea Dubuc            | 91 | 2011-12.17 | Dome / Ottawa, ON |
| 19.76 | Emilie Halle            | 90 | 2008-12.20 | Dome / Ottawa, ON |
| 19.82 | Keira Christie-Galloway | 99 | 2017-11.25 | Dome / Ottawa, ON |
| 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 |
| 20.26 | Mary Ollier             | 95 | 2017-11.26 | Dome / Ottawa, ON |
| 20.30 | Sarah Ducasse           | 84 | 2011-01.15 | Dome / Ottawa, ON |
| 20.37 | Emmanuelle Keogh        | 94 | 2017-11.25 | Dome / Ottawa, ON |
| 20.41 | Tania Bambi             | 94 | 2017-11.25 | Dome / Ottawa, ON |
| 20.46 | Mikayla Trudeau-Meisner | 99 | 2017-11.25 | Dome / Ottawa, ON |
| 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 |

## 200 metres

**MEN (Standard = 23.25)**

|                         |                                     |    |  |  |
|-------------------------|-------------------------------------|----|--|--|
| 21.26<br>21.68          | Michael Robertson<br>Robertson      | 89 | 2012-03.03<br>2009-02.14               | Dome / Ottawa, On<br>BU / Boston, MA                           |
| 21.55<br>21.69          | Oluwasegun Makinde<br>Makinde       | 91 | 2012-03.03<br>2012-02.03               | Dome / Ottawa, ON<br>The Armory, NYC, NY                       |
| 21.74<br>21.87<br>21.95 | Devin Biocchi<br>Biocchi<br>Biocchi | 92 | 2014-03.01<br>2011-03.05<br>2014-02.07 | Dome / Ottawa, ON<br>Dome / Ottawa, ON<br>The Armory / NYC, NY |
| 22.08<br>22.80          | Toluwalope Makinde<br>Makinde       | 93 | 2012-03.03<br>2012-02.03               | Dome / Ottawa, ON<br>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  |

## WOMEN (Standard = 27.00)

|                         |  |           |  |   |
|-------------------------|--|-----------|--|---|
| 24.57<br>24.90<br>25.11 | Charifa Labarang<br>Labarang<br>Labarang | 95        | 2016-02.12<br>2016-03.05<br>2016-02.20 | BU / Boston, MA<br>Dome / Ottawa, ON<br>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   |
| <b>25.86</b>            | <b>Pernille Lund</b>                     | <b>93</b> | <b>2019-02.02</b>                      | <b>Boston U. / Boston, MA</b>                             |
| 26.16                   | Zanna Vanterpool                         | 94        | 2014-12.13                             | St. Lawrence U. / Canton, NY                              |
| 26.16                   | Keira Christie-Galloway                  | 99        | 2018-01.13                             | Ocean Breeze / Staten Isl., NY                            |
| 26.19                   | Shelani Fernando                         | 95        | 2014-03.01                             | Dome / Ottawa, ON   |
| 26.24                   | Stephanie Gould                          | 94        | 2018-02.03                             | Ithaca College / Ithaca, NY                               |
| 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   |
| 26.61                   | Tania Bambi                              | 94        | 2017-03.04                             | Dome / Ottawa, ON   |
| 26.65                   | Mary Ollier                              | 95        | 2018.03.03                             | Dome / Ottawa, ON   |
| 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    |
| <b>35.74</b> | <b>Tyrece Johnson</b>    | <b>00</b> | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b> |
| 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>36.06</b> | <b>Xavier Takam</b>      | <b>97</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b> |
| 36.21        | Tyler Dacosta            | 98        | 2018-02.17        | Dome / Ottawa, ON        |
| 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    |
| 36.42        | Conor Ross               | 98        | 2018-01.20        | Dome / Ottawa, ON        |
| <b>36.57</b> | <b>Ross</b>              |           | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b> |
| 36.44        | Saj Alhaddad             | 92        | 2012-02.18        | McGill / Montreal, QC    |
| 36.73        | Justin Lalonde           | 95        | 2015-02.21        | Dome / Ottawa, ON        |
| <b>36.75</b> | <b>Breier, Thibault</b>  | <b>96</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b> |
| 36.76        | Hubert Chevrette-Belisle | 90        | 2012-02.11        | Dome / Ottawa, ON        |
| 36.80        | Matt Sheriko             | 89        | 2015-02.21        | Dome / Ottawa, ON        |

|              |                         |           |                   |                          |
|--------------|-------------------------|-----------|-------------------|--------------------------|
| <b>36.82</b> | <b>Quinn Lyness</b>     | <b>00</b> | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b> |
| 36.84        | Scott Hancock           | 92        | 2016-01.30        | McGill / Montreal, QC    |
| 36.86        | Codie Primeau           | 92        | 2010-12.18        | Dome / Ottawa, ON        |
| 36.90        | Ryan Salvini            | 99        | 2018-02.17        | Dome / Ottawa, ON        |
| 36.92        | Jesse Fortier           | 95        | 2018-02.17        | Dome / Ottawa, ON        |
| 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 = 43.50)**

|              |                          |           |                   |                              |
|--------------|--------------------------|-----------|-------------------|------------------------------|
| 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            |
| <b>41.74</b> | <b>Skorenky</b>          |           | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| 40.34        | Leanne Wall              | 73        | 1993              | Sky Dome / Toronto, ON @ CIS |
| 40.43        | Keira Christie-Galloway  | 99        | 2018-02.17        | Dome / Ottawa, ON            |
| <b>40.44</b> | <b>Maeliss Trapeau</b>   | <b>99</b> | <b>2019-02.16</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        |
| 40.74        | Stephanie Gould          | 94        | 2017-02.18        | Dome / Ottawa, ON            |
| 40.89        | Marie Innocent           | 96        | 2017-01.28        | McGill / Montreal, QC        |
| 41.19        | Mary Ollier              | 95        | 2018-01.20        | Dome / Ottawa, ON            |
| <b>41.83</b> | <b>Ollier</b>            |           | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| <b>42.41</b> | <b>Ollier</b>            |           | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b> |
| 41.22        | Emilie Halle             | 90        | 2009-01.17        | Dome / Ottawa, ON            |
| 41.25        | Madison Clarke           | 95        | 2017-12.02        | McGill / Montreal, QC        |
| <b>41.29</b> | <b>Sydney Smith</b>      | <b>97</b> | <b>2019-02-16</b> | <b>Dome / Ottawa, ON</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            |
| <b>41.64</b> | <b>Marie-Eve Dahms</b>   | <b>95</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| 41.89        | Nadine Johnson           | 88        | 2011-02.12        | Dome / Ottawa, ON            |
| <b>41.93</b> | <b>Pernille Lund</b>     | <b>93</b> | <b>2019-02.10</b> | <b>Cornell / Ithaca, NY</b>  |
| 41.96        | Chantale Desjardin       | 73        | 1998              | 200m track                   |
| 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         |
| 42.51        | Emmanuelle Keogh         | 94        | 2018-02.17        | Dome / Ottawa, ON            |
| 42.70        | Shelani Fernando         | 95        | 2014-02.15        | McGill / Montreal, QC        |
| 42.73        | Alannah McBride          | 95        | 2014-02.15        | McGill / Montreal, QC        |
| <b>42.84</b> | <b>Aliyah Broomfield</b> | <b>00</b> | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b>     |
| 42.86        | Lucie Sagot-Duvauroux    | 93        | 2014-02.15        | McGill / Montreal, QC        |
| 42.88        | Priya Narine             | 95        | 2015-12.19        | Dome / Ottawa, ON            |
| 43.16        | Christine Fraser         | 87        | 2009-02.07        | Dome / Ottawa, ON            |
| 43.26        | Mikayla Treadeau-Meisner | 99        | 2018-02.17        | Dome / Ottawa, ON            |
| 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        |



# 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           |
| <b>49.21</b> | <b>Stephen Evans</b>  | <b>96</b> | <b>2019-02.01</b> | <b>Harvard / Boston, MA</b> |
| 50.19        | Evans                 |           | 2017-03.04        | 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           |
| 50.22        | Moussa Sissoko        | 85        | 2010-03.06        | Dome / Ottawa, ON           |
| 50.31        | Andrew Heffernan      | 88        | 2016-02.20        | Dome / Ottawa, ON           |
| 50.99        | Heffernan             |           | 2019-02.01        | Harvard / Boston, MA        |
| 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           |
| <b>51.59</b> | <b>Quinn Lyness</b>   | <b>00</b> | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b>    |
| 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 = 61.75)

|       |                |    |            |                   |
|-------|----------------|----|------------|-------------------|
| 55.76 | Madison Clarke | 95 | 2018-03.03 | Dome / Ottawa, ON |
| 56.30 | Clarke         |    | 2017-03.02 | Dome / Ottawa, ON |
| 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                       |
| 57.76 | <b>Skorenky</b>          |           | 2017-03.02 | <b>Dome / Ottawa, ON</b>              |
| 56.53 | Gift Okankwu             | 92        | 2015-03.07 | Dome / Ottawa, ON                     |
| 56.78 | <b>Sydney Smith</b>      | <b>97</b> | 2019-03.02 | <b>Dome / Ottawa, ON</b>              |
| 58.69 | Smith                    |           | 2019-02.01 | Harvard / Boston, MA                  |
| 56.79 | Christiane Lela          | 88        | 2008-02.09 | BU / Boston, MA                       |
| 56.84 | Julia Tousaw             | 89        | 2008-02.09 | BU / Boston, MA                       |
| 57.00 | <b>Maeliss Trapeau</b>   | <b>99</b> | 2019-02.01 | <b>Harvard / Boston, MA</b>           |
| 57.61 | Trapeau                  |           | 2018-03.03 | Dome / Ottawa, ON                     |
| 57.17 | Emilie Halle             | 90        | 2009-02.13 | BU / Boston, MA                       |
| 57.23 | Mary Ollier              | 95        | 2018.02.09 | Ocean Breeze / Staten Isl., NY        |
| 57.64 | Ollier                   |           | 2019-03.02 | Dome / Ottawa, ON                     |
| 58.91 | Ollier                   |           | 2019-02.01 | Harvard / Boston, MA                  |
| 57.51 | Jecica Joseph            | 97        | 2017-03.04 | Dome / Ottawa, ON                     |
| 57.84 | Marie-Eve Dahms          | 95        | 2018-03.03 | Dome / Ottawa, ON                     |
| 58.66 | Dahms                    |           | 2019-02.01 | Harvard / Boston, MA                  |
| 57.85 | Stephanie Gould          | 94        | 2018-03.03 | Dome / Ottawa, ON                     |
| 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-Duvaurox     | 93        | 2014-03.01 | Dome / Ottawa, ON                     |
| 59.80 | Bridget Hayes            | 95        | 2014-02.07 | The Armory / NYC, NY                  |
| 59.82 | Olivia Sidock            | 95        | 2018-03.03 | Dome / Ottawa, ON                     |
| 59.97 | Lina Sadqi               | 93        | 2015-03.07 | Dome / Ottawa, ON                     |
| 59.98 | Alexandra Menard         | 97        | 2017-11.25 | Dome / Ottawa, ON                     |
| 60.18 | Emmanuelle Keogh         | 94        | 2018-02.17 | Dome / Ottawa, ON                     |
| 60.28 | Cierra Gaudet            | 91        | 2011-03.05 | Dome / Ottawa, ON                     |
| 60.32 | Alannah McBride          | 95        | 2015-03.07 | Dome / Ottawa, ON                     |
| 60.66 | Rebecca Brennan          | 96        | 2018-03.03 | Dome / Ottawa, ON                     |
| 60.71 | Emery Terrell            | 93        | 2012-03.03 | Dome / Ottawa, ON                     |
| 60.79 | <b>Emily Sprague</b>     | <b>98</b> | 2019-02.08 | <b>Ocean Breeze / Staten Isl., NY</b> |
| 60.92 | <b>Robyn Davis</b>       | <b>00</b> | 2019-03.02 | <b>Dome / Ottawa, ON</b>              |
| 60.98 | Samantha Klus            | 95        | 2017-11.25 | Dome / Ottawa, ON                     |
| 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                       |
| 61.71 | Holly Hicks              | 98        | 2018-03.03 | Dome / Ottawa, ON                     |

## 500 metres

MEN

(Standard = 1:08.50)

|                |                          |           |                   |                                     |
|----------------|--------------------------|-----------|-------------------|-------------------------------------|
| 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        |
| 1:04.64        | Stephen Evans            | 96        | 2018-01.26        | The Armory / NYC, NY                |
| 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        |
| <b>1:08.13</b> | <b>Quinn Lyness</b>      | <b>00</b> | <b>2018-12.01</b> | <b>St. Lawrence U. / Canton, NY</b> |
| 1:08.23        | Wade Embury              | 95        | 2014-01.18        | St. Lawrence U. / Canton, NY        |

## WOMEN (Standard = 1:22.00)

|                |                        |           |                   |                                |
|----------------|------------------------|-----------|-------------------|--------------------------------|
| 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   |
| 1:14.92        | Madison Clarke         | 95        | 2018-02.03        | Ithaca College / Ithaca, NY    |
| 1:15.28        | Sophia Skorenky        | 97        | 2018-01.26        | The Armory / NYC, NY           |
| 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>1:15.43</b> | <b>Sydney Smith</b>    | <b>97</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</b>  |
| <b>1:15.59</b> | <b>Mary Ollier</b>     | <b>95</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</b>  |
| <b>1:16.23</b> | <b>Marie-Eve Dahms</b> | <b>95</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</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           |
| 1:20.29        | Alexandra Menard       | 97        | 2018-01.26        | The Armory / NYC, NY           |
| <b>1:21.32</b> | <b>Hannah Frazer</b>   | <b>00</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</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   |

## 600 metres

### MEN (Standard = 1:25.00)

|                |                      |           |                   |   |
|----------------|----------------------|-----------|-------------------|---|
| <b>1:18.26</b> | <b>Stephen Evans</b> | <b>96</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>                  |
| 1:18.36        | Evans                |           | 2018-02.17        | Dome / Ottawa, ON                         |
| 1:19.15        | Evans                |           | 2018-01.20        | Dome / Ottawa, ON                         |
| <b>1:19.44</b> | <b>Evans</b>         |           | <b>2019-03.09</b> | <b>uManitoba / Winnipeg, MB @ U-Sport</b> |
| <b>1:19.49</b> | <b>Evans</b>         |           | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b>              |
| 1:19.50        | Evans                |           | 2018-03.11        | uW / Windsor, ON @ U-Sport                |
| <b>1:19.68</b> | <b>Evans</b>         |           | <b>2019-02.23</b> | <b>York / Toronto, ON @ OUA</b>           |
| 1:19.84        | Evans                |           | 2018-02.24        | uW / Windsor, ON @ OUA                    |

|                |                          |           |                   |                             |
|----------------|--------------------------|-----------|-------------------|-----------------------------|
| 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               |
| <b>1:20.19</b> | <b>Andrew Heffernan</b>  | <b>88</b> | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>    |
| 1:20.61        | Heffernan                |           | 2019-02.16        | Dome / Ottawa, ON           |
| 1:21.20        | Heffernan                |           | 2016-01.30        | McGill / Montreal, QC       |
| 1:22.45        | Heffernan                |           | 2019-02.10        | Cornell / Ithaca, NY        |
| 1:22.62        | Heffernan                |           | 2019-02.23        | York / Toronto, ON @ OUA    |
| 1:20.39        | Sean Young               | 83        | 2007-02.24        | Dome / Ottawa, ON           |
| 1:20.91        | Mohamed Souleiman        | 93        | 2014-02.01        | Dome / Ottawa, ON           |
| 1:21.30        | 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       |
| <b>1:23.57</b> | <b>Quinn Lyness</b>      | <b>00</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>    |
| 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           |
| 1:23.84        | Alex Vaculik             | 98        | 2018-01.20        | Dome / Ottawa, ON           |
| 1:23.84        | Vaculik                  |           | 2019-01.25        | McGill / Montreal, QC       |
| 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 = 1:42.00)

|         |                   |    |            |   |
|---------|-------------------|----|------------|---|
| 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                     |
| 1:30.27 | Maeliss Trapeau   | 99 | 2018-02.17 | Dome / Ottawa, ON                         |
| 1:31.08 | Trapeau           |    | 2019-03.07 | uManitoba / Winnipeg, MB @ U-Sport        |
| 1:31.27 | Trapeau           |    | 2018-03.08 | uW / Windsor, ON @ U-Sport                |
| 1:31.54 | Trapeau           |    | 2018-03.09 | uManitoba / Winnipeg, MB @ U-Sport        |
| 1:31.87 | Trapeau           |    | 2019-02.10 | Cornell / Ithaca, NY                      |
| 1:32.29 | Trapeau           |    | 2019-01.18 | Dome / Ottawa, ON                         |
| 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                         |
| 1:31.38 | Clarke            |    | 2019-02.23 | York / Toronto, ON @ OUA                  |
| 1:31.54 | Clarke            |    | 2019-01.18 | Dome / Ottawa, ON                         |
| 1:31.62 | Clarke            |    | 2018-02.24 | uW / Windsor, ON @ OUA                    |

|                |                        |           |                   |                                      |
|----------------|------------------------|-----------|-------------------|--------------------------------------|
| 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>1:32.93</b> | <b>Mary Ollier</b>     | <b>95</b> | <b>2019-03.07</b> | <b>uMan / Winnipeg, MB @ U-Sport</b> |
| 1:33.84        | Ollier                 |           | 2019-02.16        | Dome / Ottawa, ON                    |
| 1:34.02        | Ollier                 |           | 2019-02.10        | Cornell / Ithaca, NY                 |
| 1:34.65        | Ollier                 |           | 2019-02.23        | York / Toronto, ON @ OUA             |
| <b>1:33.20</b> | <b>Marie-Eve Dahms</b> | <b>95</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>             |
| 1:34.13        | Dahms                  |           | 2018-02.17        | Dome / Ottawa, ON                    |
| 1:35.82        | Dahms                  |           | 2019-02.23        | York / Toronto, ON @ OUA             |
| 1:35.91        | Dahms                  |           | 2019-01.18        | Dome / Ottawa, ON                    |
| 1:33.71        | Sophia Skorenky        | 97        | 2018-02.17        | Dome / Ottawa, ON                    |
| 1:34.95        | Skorenky               |           | 2018-01.20        | Dome / Ottawa, ON                    |
| 1:35.05        | Skorenky               |           | 2018-02.24        | uW / Windsor, ON                     |
| 1:36.89        | Skorenky               |           | 2019-02.10        | Cornell / Ithaca, NY                 |
| 1:33.86        | Gift Okankwu           | 93        | 2015-02.07        | Dome / Ottawa, ON                    |
| 1:34.04        | Lauren Aldwinkle       | 73        | 1994              | 200m track                           |
| 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                    |
| 1:36.60        | Christianne Lela       | 88        | 2010-01.30        | McGill / Montreal, QC                |
| 1:36.63        | Lucie Sagot-Duvaux     | 93        | 2014-02.15        | McGill / Montreal, QC                |
| 1:36.87        | Priya Narine           | 95        | 2016-01.23        | Dome / Ottawa, ON                    |
| <b>1:37.25</b> | <b>Sydney Smith</b>    | <b>97</b> | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b>         |
| 1:37.35        | Alexandra Menard       | 97        | 2018-02.17        | Dome / Ottawa, ON                    |
| 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                    |
| <b>1:39.93</b> | <b>Robyn Davis</b>     | <b>00</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>             |
| <b>1:40.18</b> | <b>Hannah Frazer</b>   | <b>00</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>             |

## 800 meters

### MEN (Standard = 2:00.00)

|                |                            |           |                   |                             |
|----------------|----------------------------|-----------|-------------------|-----------------------------|
| <b>1:50.45</b> | <b>Stephen Evans</b>       | <b>96</b> | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>    |
| 1:52.43        | Evans                      |           | 2018-01.19        | Dome / Ottawa, ON           |
| 1:53.45        | Evans                      |           | 2017-03.04        | Dome / Ottawa, ON           |
| 1:53.67        | Evans                      |           | 2018-02.03        | Ithaca College / Ithaca, NY |
| 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           |
| <b>1:56.62</b> | <b>Andre Alie-Lamarche</b> | <b>99</b> | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>    |
| 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   |
| 1:57.72        | Hamza Qureshi         | 96 | 2018-03.03        | Dome / Ottawa, ON         |
| 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 |
| 1:58.24        | Alex Vaculik          | 99 | 2018-03.03        | Dome / Ottawa, ON         |
| <b>1:58.61</b> | <b>Vaculik</b>        |    | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>  |
| 1:58.67        | Alex Berhe            | 93 | 2018-01.19        | Dome / Ottawa, ON         |
| 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 = 2:24.00)**

|                |                        |           |                   |                                       |
|----------------|------------------------|-----------|-------------------|---------------------------------------|
| 2:06.75        | Julia Tousaw           | 89        | 2012-03.03        | Dome / Ottawa, ON                     |
| <b>2:06.75</b> | <b>Madison Clarke</b>  | <b>95</b> | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>              |
| <b>2:09.76</b> | <b>Clarke</b>          |           | <b>2019-02.08</b> | <b>Ocean Breeze / Staten Isl., NY</b> |
| 2:10.66        | Clarke                 |           | 2018-02.09        | Ocean Breeze / Staten Isl., NY        |
| <b>2:11.15</b> | <b>Clarke</b>          |           | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b>              |
| 2:12.54        | Clarke                 |           | 2018-03.03        | Dome / Ottawa, ON                     |
| 2:08.47        | Charlotte Gardner      | 94        | 2016-02.12        | BU / Boston, MA                       |
| 2:08.96        | Maeliss Trapeau        | 99        | 2018-03.03        | Dome / Ottawa, ON                     |
| <b>2:09.57</b> | <b>Trapeau</b>         |           | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</b>         |
| 2:09.89        | Trapeau                |           | 2018-02.09        | Ocean Breez / Staten Isl., NY         |
| <b>2:10.12</b> | <b>Trapeau</b>         |           | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>              |
| 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>2:13.27</b> | <b>Mary Ollier</b>     | <b>95</b> | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b>              |
| 2:13.49        | Sophia Skorenky        | 97        | 2018-03.03        | Dome / Ottawa, ON                     |
| <b>2:13.69</b> | <b>Marie-Eve Dahms</b> | <b>95</b> | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b>              |
| 2:13.83        | Keili Shepherd         | 99        | 2018.03.03        | Dome / Ottawa, ON                     |
| <b>2:15.16</b> | <b>Shepherd</b>        |           | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b>              |
| 2:14.09        | Lina Sadqi             | 93        | 2015-03.07        | Dome / Ottawa, ON                     |
| 2:14.34        | Samantha Klus          | 95        | 2018-01.19        | Dome / Ottawa, ON                     |
| 2:15.17        | Lucie Sagot-Duvaouroux | 93        | 2014-03.01        | Dome / Ottawa, ON                     |
| 2:15.20        | Rebecca Brennan        | 96        | 2017-02.10        | Ocean Breeze, Staten Island, NY       |
| <b>2:17.58</b> | <b>Brennan</b>         |           | <b>2019-01.18</b> | <b>Dome / Ottawa, ON</b>              |
| 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                     |
| <b>2:17.95</b> | <b>Holly Hicks</b>     | <b>98</b> | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b>              |
| 2:17.97        | Katie Wiwchar          | 95        | 2016-03.05        | Dome / Ottawa, ON                     |
| 2:18.24        | Olivia Sidock          | 95        | 2018-02.09        | Ocean Breeze / Staten Isl., NY        |
| 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              |
| 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             |
| 2:21.62        | Sarya Ross             | 96        | 2016-03.05        | Dome / Ottawa, ON                     |

|         |                  |    |            |                   |
|---------|------------------|----|------------|-------------------|
| 2:21.70 | Jecica Joseph    | 97 | 2017-03.04 | Dome / Ottawa, ON |
| 2:22.81 | Alexandra Menard | 97 | 2018-01.19 | Dome / Ottawa, ON |
| 2:23.33 | Kate MacNaughton | 88 | 2011-03.05 | Dome / Ottawa, ON |

## 1000 meters

### MEN (Standard = 2:37.00)

|                |                         |           |                   |                                    |
|----------------|-------------------------|-----------|-------------------|------------------------------------|
| 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>2:24.57</b> | <b>Stephen Evans</b>    | <b>96</b> | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b>       |
| 2:25.78        | Evans                   |           | 2019-02.02        | Boston U. / Boston, MA             |
| 2:26.44        | Evans                   |           | 2019-02.22        | York / Toronto, ON @ OUA           |
| 2:27.06        | Evans                   |           | 2018-01.13        | Ocean Breeze / Staten Isl., NY     |
| 2:29.25        | Evans                   |           | 2018-12.08        | Dome / Ottawa, ON                  |
| 2:29.28        | Evans                   |           | 2019-03.08        | uManitoba / Winnipeg, MB @ U-Sport |
| 2:29.55        | Evans                   |           | 2018-12.01        | St. Lawrence U. / Canton, NY       |
| 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                  |
| <b>2:29.58</b> | <b>Andrew Heffernan</b> | <b>88</b> | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b>       |
| 2:29.81        | Heffernan               |           | 2019-02.02        | Boston U. / Boston, MA             |
| 2:31.60        | Heffernan               |           | 2015-12.19        | 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                  |
| 2:31.66        | 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                  |
| <b>2:35.29</b> | <b>Robert Mitchell</b>  | <b>98</b> | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b>           |

### WOMEN (Standard = 3:08.00)

|                |                        |           |                   |                                |
|----------------|------------------------|-----------|-------------------|--------------------------------|
| 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              |
| <b>2:50.20</b> | <b>Maeliss Trapeau</b> | <b>99</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>       |
| 2:51.85        | Trapeau                |           | 2019-01.25        | McGill / Montreal, QC          |

|                |                       |           |                   |   |
|----------------|-----------------------|-----------|-------------------|---|
| 2:54.25        | Trapeau               |           | 2019-02.22        | York / Toronto, ON @ OUA                  |
| 2:56.55        | Trapeau               |           | 2017-11.25        | Dome / Ottawa, ON                         |
| <b>2:50.59</b> | <b>Madison Clarke</b> | <b>95</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</b>             |
| 2:51.92        | Clarke                |           | 2018-01.13        | Ocean Breeze / Staten Isl., NY            |
| <b>2:52.05</b> | <b>Clarke</b>         |           | <b>2019-03.08</b> | <b>uManitoba / Winnipeg, MB @ U-Sport</b> |
| 2:53.04        | Clarke                |           | 2018-01.26        | The Armory / NYC, NY                      |
| <b>2:53.79</b> | <b>Clarke</b>         |           | <b>2019-01.12</b> | <b>Ocean Breeze / Staten Isl., NY</b>     |
| 2:51.00        | Lina Sadqi            | 93        | 2015-02.21        | 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                    |
| 2:55.24        | Samantha Klus         | 95        | 2017-11.25        | Dome / Ottawa, ON                         |
| 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                         |
| <b>2:55.84</b> | <b>Keili Shepherd</b> | <b>99</b> | <b>2018.12.08</b> | <b>Dome / Ottawa, ON</b>                  |
| 2:56.32        | Lucie Sagot-Duvauroux | 93        | 2014-02.07        | The Armory / NYC, NY                      |
| 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                         |
| 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              |
| 3:01.33        | Olivia Sidock         | 95        | 2018-02.17        | Dome / Ottawa, ON                         |
| 3:01.64        | Sarya Ross            | 96        | 2016-02.13        | McGill / Montreal, QC                     |
| <b>3:01.73</b> | <b>Holly Hicks</b>    | <b>98</b> | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b>                  |
| 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              |
| 3:03.04        | Larisa Dabeka         |           | 1999              | 200m                                      |
| 3:04.03        | Alexandra Menard      | 97        | 2017-11.25        | Dome / Ottawa, ON                         |
| 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 = 4:07.00)

|                |                            |           |                   |                              |
|----------------|----------------------------|-----------|-------------------|------------------------------|
| 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            |
| <b>3:55.92</b> | <b>Andre Alie-Lamarche</b> | <b>99</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| <b>3:58.03</b> | <b>Alie-Lamarche</b>       |           | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b> |
| 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            |
| <b>4:02.57</b> | <b>Nicolas Roberts</b>     | <b>98</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| 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      |
| 4:04.93        | Justin Jakeman             | 92        | 2012-02.11        | Dome / Ottawa, ON            |
| 4:05.86        | Shane Harrigan             | 90        | 2010-12.18        | Dome / Ottawa, ON            |



**WOMEN (Standard = 4:57.00)**

|                |                         |           |                   |                              |
|----------------|-------------------------|-----------|-------------------|------------------------------|
| 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            |
| <b>4:36.98</b> | <b>Madison Clarke</b>   | <b>95</b> | <b>2018-01.20</b> | <b>McGill / Montreal, QC</b> |
| 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       |
| 4:39.39        | Keili Shepherd          | 99        | 2018.02.17        | Dome / Ottawa, ON            |
| 4:48.03        | Shepherd                |           | 2019-01.25        | McGill / Montreal, QC        |
| <b>4:40.99</b> | <b>Rebecca Brennan</b>  | <b>96</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| 4:43.77        | Brennan                 |           | 2018-02.17        | Dome / Ottawa, ON            |
| 4:45.71        | Brennan                 |           | 2019-01.25        | McGill / Montreal, QC        |
| 4:42.04        | Sarah Bergeron Larouche | 87        | 2012-12.15        | Dome / Ottawa, ON            |
| 4:44.02        | Sarya Ross              | 96        | 2016-02.20        | Dome / Ottawa, ON            |
| 4:44.43        | Ruth Burrowes           | 93        | 2016-02.20        | Dome / Ottawa, ON            |
| 4:44.49        | Samantha Klus           | 95        | 2018-01.20        | Dome / Ottawa, ON            |
| 4:44.76        | Jennifer Murawsky       | 93        | 2014-02.01        | Dome / Ottawa, ON            |
| <b>4:45.05</b> | <b>Holly Hicks</b>      | <b>98</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>     |
| 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            |

**One Mile****MEN (Standard = 4:27.00)**

|                |                            |           |                   |                             |
|----------------|----------------------------|-----------|-------------------|-----------------------------|
| 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           |
| <b>4:21.04</b> | <b>Andre Alie-Lamarche</b> | <b>99</b> | <b>2019-02.01</b> | <b>Harvard / Boston, MA</b> |
| 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        |
| <b>4:26.28</b> | <b>Nicholas Roberts</b>    | <b>98</b> | <b>2019-02.01</b> | <b>Harvard / Boston, MA</b> |

**WOMEN (Standard = 5:22.00)**

|                |                        |           |                   |                              |
|----------------|------------------------|-----------|-------------------|------------------------------|
| 4:49.94        | Emma Galbraith         | 94        | 2013-02.02        | The Armory / NYC, NY         |
| <b>4:57.07</b> | <b>Madison Clarke</b>  | <b>95</b> | <b>2019-02.01</b> | <b>Harvard / Boston, MA</b>  |
| <b>5:02.18</b> | <b>Rebecca Brennan</b> | <b>96</b> | <b>2019-02.01</b> | <b>Harvard / Boston, MA</b>  |
| 5:02.25        | Isabelle Kanz          | 93        | 2015-02.13        | Boston U. / Boston, MA       |
| 5:05.44        | Julia Malleck          | 87        | 2010-01.10        | Dartmouth / Hanover, NH      |
| 5:08.47        | Clare McGrath          | 96        | 2014-12.13        | St. Lawrence U. / Canton, NY |

|                |                    |           |                   |                                       |
|----------------|--------------------|-----------|-------------------|---------------------------------------|
| 5:08.96        | Keili Shepherd     | 99        | 2018-02.09        | Ocean Breeze / Staten Isl., NY        |
| 5:14.32        | Shepherd           |           | 2019-02.08        | Ocean Breeze / Staten Isl., NY        |
| <b>5:09.26</b> | <b>Holly Hicks</b> | <b>98</b> | <b>2019-02.08</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          |

## 3000 metres

### MEN (Standard = 9:00.00)

|                |                            |           |                   |                                       |
|----------------|----------------------------|-----------|-------------------|---------------------------------------|
| 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                     |
| <b>8:35.35</b> | <b>Andre Alie-Lamarche</b> | <b>99</b> | <b>2019-01.12</b> | <b>Ocean Breeze / Staten Isl., NY</b> |
| 8:37.30        | Alie-Lamarche              |           | 2019-01.25        | McGill / Montreal, QC                 |
| 8:37.95        | Alie-Lamarche              |           | 2019-02.02        | Boston U. / Boston, MA                |
| 8:40.46        | Alie-Lamarche              |           | 2019-02.22        | York / Toronto, ON @ OUA              |
| 8:43.80        | Kyle Mackie                | 90        | 2010-11.20        | Dome / Ottawa, ON                     |
| <b>8:43.92</b> | <b>Nicholas Roberts</b>    | <b>98</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</b>         |
| 8:47.55        | Roberts                    |           | 2019-01.12        | Ocean Breeze / Staten Isl., NY        |
| 8:47.56        | Roberts                    |           | 2019-01.25        | McGill / Montreal, QC                 |
| 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                  |
| <b>8:52.47</b> | <b>Nico Pedersen</b>       | <b>00</b> | <b>2018-12.08</b> | <b>Dome / Ottawa, ON</b>              |
| 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                  |
| <b>8:55.69</b> | <b>Stephen Robinson</b>    | <b>00</b> | <b>2019-02.16</b> | <b>Dome / Ottawa, ON</b>              |
| 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                     |

### WOMEN (Standard = 10:45.00)

|                 |                        |           |                   |                                       |
|-----------------|------------------------|-----------|-------------------|---------------------------------------|
| 09:30.45        | Nathalie Cote          | 73        | 1997-03.??        | UW / Windsor, ON @ CIS                |
| <b>09:58.81</b> | <b>Rebecca Brennan</b> | <b>96</b> | <b>2019-02.08</b> | <b>Ocean Breeze / Staten Isl., NY</b> |
| 10:03.31        | Brennan                |           | 2019-02.02        | Boston U. / Boston, MA                |
| 10:09.04        | Brennan                |           | 2019-01.18        | Dome / Ottawa, ON                     |
| 10:11.70        | Brennan                |           | 2019-0.25         | McGill / Montreal, QC                 |
| 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>10:31.88</b> | <b>Madison Clarke</b>   | <b>95</b> | <b>2018-01.08</b> | <b>Dome / Ottawa, ON</b>  |
| 10:32.02        | Renee Maisonneuve       | 95        | 2018-02.17        | Dome / Ottawa, ON         |
| 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         |
| 10:38.76        | Keili Shepherd          | 99        | 2017-12.02        | McGill / Ottawa, ON       |
| 10:44.48        | Julia Britton           | 91        | 2013-02.09        | Dome / Ottawa, ON         |

## 5000 metres

### MEN (Standard = 15:36.00)

|                 |                            |           |                   |                          |
|-----------------|----------------------------|-----------|-------------------|--------------------------|
| <b>15:07.28</b> | <b>Andre Alie-Lamarche</b> | <b>99</b> | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b> |
| <b>15:28.33</b> | <b>Nicholas Roberts</b>    | <b>98</b> | <b>2019-03.02</b> | <b>Dome / Ottawa, ON</b> |

### WOMEN (Standard = 18:39.00)

|          |                |    |            |                              |
|----------|----------------|----|------------|------------------------------|
| 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            |

## 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<br>*U-Sport Championship 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                              |  | 2013-03.07 | uA / Edmonton, AB @ CIS                                 |

|         |   |            |                             |
|---------|---|------------|-----------------------------|
| 1:27.28 | (21.6, 21.4, 21.7, 22.3)<br>Devin Biocchi, Michael Robertson<br>Toluwalope Makinde, Gordon Cave<br>(21.6, 21.1, 21.7, 22.6) | 2013-01.25 | McGill / Montreal, QC       |
| 1:27.29 | Ramon Monsour, Tyler Fawcett<br>Michael Robertson, Brian Cummings   | 2009-01.17 | Dome / Ottawa, ON           |
| 1:27.60 | Chris Greenaway, Michael Robertson<br>Oluwasegun Makinde, Moussa Sissoko<br>(22.2, 21.6, 21.6, 22.0)                        | 2010-02.27 | York / Toronto, ON @ OUA    |
| 1:27.72 | Michael Robertson, Chris Greenaway<br>Oluwasegun Makinde, Moussa Sissoko  | 2010-01.29 | McGill / Montreal, QC       |
| 1:27.88 | Oluwasegun Makinde, Michael Robertson<br>Devin Biocchi, Toluwalope Makinde<br>(21.9, 21.7, 21.8, 22.4)                      | 2013-01.12 | Dome / Ottawa, ON           |
| 1:29.22 | Gabriel Tesfaye, Tony Risling<br>Olivier Gauthier-Kwan, Chase Gregoire  | 2011-02.12 | Dome / Ottawa, ON           |
| 1:29.26 | Brandyn Martineau, Gabriel Tesfaye<br>Toluwalope Makinde, Gordon Cave<br>(22.7, 22.1, 22.0, 22.4)                           | 2012-01.27 | McGill / Montreal, QC       |
| 1:29.33 | Chris Greenaway, Oluwasegun Makinde,<br>Moussa Sissoko, Olivier Gauthier-Kwan   | 2010-03.11 | UW / Windsor, ON @ CIS      |
| 1:29.35 | Jeremy Batt, Tyler Fawcett<br>Ramon Monsour, Olivier Gauthier-Kwan  | 2009-02.07 | Dome / Ottawa, ON           |
| 1:29.92 | Jeremy Batt, Tyler Fawcett,<br>Moussa Sissoko, Michael Robertson  | 2010-01.10 | Dartmouth / Hanover, NH     |
| 1:29.92 | Gordon Cave, Tolu Makinde,<br>Kevin M'Pindu, Nic Gauthier<br>(22.6, 21.9, 22.4, 23.0)                                       | 2015-01.23 | McGill / Montreal, QC       |
| 1:30.16 | Balarama Holness, Olivier Gauthier-Kwan<br>Antoine Despres-Bedward, Tony Risling<br>(22.1, 22.9, 23.0, 22.1)                | 2008-03.07 | McGill / Montreal, QC @ CIS |
| 1:30.19 | Sekou Kaba, Devin Biocchi,<br>Wade Embury, Kevin M'Pindu<br>(22.6, 21.9, 22.8, 22.9)  | 2014-01.24 | McGill / Montreal, QC       |
| 1:30.28 | Chris Greenaway, Devin Biocchi<br>Gabriel Tesfaye, Olivier Gauthier-Kwan<br>(22.3, 22.0, 22.9, 22.9)                        | 2011-01.27 | McGill / Montreal, QC       |
| 1:30.45 | Todd Pyper , Tony Risling,<br>Tyler Fawcett, Antoine Despres-Bedward  | 2008-02.02 | Dome / Ottawa, ON           |
| 1:30.47 | Chris Greenaway, Olivier Gauthier-Kwan<br>Tony Risling, Chase Gregoire  | 2011-01.15 | Dome / Ottawa, ON           |
| 1:30.57 | Gordon Cave, Tolu Makinde,<br>Nic Gauthier, Brandyn Martineau<br>(23.0, 22.1, 23.0, 22.5)                                   | 2015-01.31 | The Armory / NYC, NY        |
| 1:30.68 | Chris Greenaway, Gabriel Tesfaye,<br>Tony Risling, Olivier Gauthier-Kwan<br>(23.4, 22.1, 22.3, 22.7)                        | 2011-02.26 | York / Toronto, ON @ OUA    |
| 1:30.78 | Gabriel Tesfaye, Tony Risling<br>Chase Gregoire, O.J. Williams<br>(22.7, 22.1, 22.6, 23.1)                                  | 2011-02.19 | McGill / Montreal, QC       |
| 1:30.90 | Tony Risling, Antoine Despres-Bedward<br>Olivier Gauthier-Kwan, Tyler Fawcett   | 2008-01.19 | Dome / Ottawa, ON           |

**WOMEN (Standard = 1:45.00)**

|         |   |            |                          |
|---------|---|------------|--------------------------|
| 1:41.81 | Charifa Labarang, Devyani Biswal<br>Gift Okankwu, Charlotte Gardner<br>(24.8, 25.8, 25.1, 26.1) | 2015-01.31 | The Armory / NYC, QC     |
| 1:42.36 | Christiane Lela, Julia Tousaw<br>Emilie Halle, Christine Fraser<br>(25.1, 24.8, 26.0, 26.3)     | 2009-02.27 | York / Toronto, ON @ OUA |
| 1:42.46 | Sarah De Carufel, Devyani Biswal,<br>Charlotte Gardner, Gift Okankwu                            | 2013.02.01 | The Armory / NYC, NY     |

|                |  |                   |                                 |
|----------------|--|-------------------|---------------------------------|
| 1:42.48        | (25.4, 26.0, 25.9, 25.1)<br>Christiane Lela, Ashlea Maddex, ,<br>Nadine Johnson, Michele Krech<br>(25.2, 25.1, 26.1, 26.0) | 2011-03.12        | U. of S. / Sherbrooke @ CIS     |
| 1:42.56        | Nadine Johnson, Tory Merrill,<br>Ashlea Maddex, Christiane Lela<br>(26.4, 25.9, 24.7, 25.4)                                | 2011-02.26        | York / Toronto, ON @ OUA        |
| 1:42.91        | Christiane Lela, Emilie Halle<br>Christine Fraser, Julia Tousaw  | 2009-01.17        | Dome / Ottawa, ON               |
| 1:42.91        | Charifa Labarang, Devyani Biswal<br>Gift Okankwu, Alannah McBride<br>(24.7, 26.2, 24.9, 27.1)                              | 2015-01.23        | McGill / Montreal, QC           |
| 1:42.97        | Christine Fraser, Christian Lela,<br>Emile Halle, Julia Tousaw   | 2009-02.07        | Dome / Ottawa, ON               |
| 1:43.08        | Jennifer Perrault, Sarah De Carufel<br>Andrea Dubuc, Julia Tousaw<br>(25.7, 26.2, 25.7, 25.4)                              | 2012-02.25        | York / Toronto, ON @ OUA        |
| 1:43.10        | Nadine Johnson, Ashlea Maddex<br>Christiane Lela, Michele Krech<br>(26.1, 24.8, 25.3, 26.4)                                | 2011-01.28        | McGill / Montreal, QC           |
| 1:43.10        | Christiane Lela, Julia Tousaw<br>Tory Merrill, Nadine Johnson<br>(25.2, 25.9, 26.1, 26.2)                                  | 2011-03.11        | U. of S. / Sherbrooke, QC @ CIS |
| 1:43.18        | Stephanie Gould, Sophia Skorenky<br>Madison Clarke, Emmanuelle Keogh<br>(25.4, 25.5, 26.2, 26.1)                           | 2018-02.24        | uW / Windsor, ON @ OUA          |
| 1:43.23        | Gift Okankwu, Charifa Labarang,<br>Devyani Biswal, Charlotte Gardner   | 2015-02.21        | Dome / Ottawa, ON               |
| 1:43.28        | Sarah De Carufel, Gift Okankwu,<br>Charlotte Gardner, Devyani Biswal<br>(25.5, 25.2, 25.8, 26.8)                           | 2013.03.07        | uA / Edmonton, AB @ CIS         |
| 1:43.32        | Charifa Labarang, Devyani Biswal<br>Sophia Skorenky, Charlotte Gardner<br>(25.5, 25.8, 25.8, 26.2)                         | 2016-01.29        | McGill / Montreal, QC           |
| <b>1:43.42</b> | <b>Team Info to Come</b>   | <b>2019-02-16</b> | <b>Dome / Ottawa, ON</b>        |
| <b>1:43.47</b> | <b>Aliyah Broomfield, Pernille Lund<br/>Sophia Skorenky, Sydney Smith<br/>(26.3, 25.3, 26.0, 25.8)</b>                     | <b>2019-02-23</b> | <b>York / Toronto, ON @ OUA</b> |
| 1:43.54        | Tania Bambi, Keira Christie-Galloway<br>Stephanie Gould, Sophia Skorenky<br>(26.1, 25.5, 26.4, 25.5)                       | 2018-01.26        | The Armory / NYC, NY            |
| <b>1:43.57</b> | <b>Sydney Smith, Pernille Lund<br/>Marie-Eve Dahms, Sophia Skorenky<br/>(26.2, 25.6, 25.7, 26.0)</b>                       | <b>2019-03-07</b> | <b>uManitoba / Winnipeg, MB</b> |
| 1:43.82        | Charifa Labarang, Devyani Biswal<br>Sophia Skorenky, Dominic Martel-Lamothe<br>(25.1, 25.5, 25.8, 27.4)                    | 2016-01.29        | McGill / Montreal, QC           |
| 1:43.87        | Sarah De Carufel, Gift Okankwu,<br>Charlotte Gardner, Tania Bambi<br>(25.6, 24.7, 25.8, 27.8)                              | 2013.02.22        | uW / Windsor, ON @ OUA          |
| 1:43.92        | Marie Innocent, Devyani Biswal<br>Sophia Skorenky, Tania Bambi<br>(25.3, 25.8, NT, NT)                                     | 2017-02.04        | Ithaca College, Ithaca, NY      |
| 1:44.38        | Nadine Johnson, Ashlea Maddex,<br>Torri Merrill, Michele Krech   | 2010-11.27        | McGill / Montreal, QC           |
| 1:44.49        | Stephanie Gould, Sophia Skorenky<br>Emmanuelle Keogh, Maeliss Trapea<br>(25.9, 25.9, 26.9, 25.9)                           | 2018-02.03        | Ithaca College, Ithaca, NY      |
| 1:44.56        | Sarah DeCarufel, Shelani Fernando<br>Clara Phillips, Alannah McBride<br>(25.7, 26.1, 26.1, 26.6)                           | 2014-02.15        | McGill / Montreal, QC           |
| 1:44.93        | Gift Okankwu, Charifa Labarang,<br>Devyani Biswal, Abbey Adjei   | 2015-02.28        | York / Toronto, ON @ OUA        |

# 4 x 400 metre Relay

## MEN

(Standard = 3:25.00)

|          |   |            |                                |
|----------|---|------------|--------------------------------|
| 3:15.32  | Toluwalope Makinde (50.1), Devin Biocchi (48.8)<br>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)<br>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)<br>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)<br>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)<br>Wade Embury (49.3), Gabe Tesfaye (48.7)                        | 2014-02.15 | McGill / Montreal, QC          |
| 3:17.08  | Saj Alhaddad (50.6), Devin Biocchi (47.7)<br>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)<br>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)<br>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)<br>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)<br>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)<br>Tyler Fawcett (49.9), Todd Pypier (50.8)                 | 2008-02.09 | UB / Boston, MA                |
| 3:17.47  | Ramon Monsour Michael Robertson<br>Tyler Fawcett, Brian Cummings<br>(50.5, 47.9, 49.5, 48.9)                | 2009-02.14 | UB / Boston, MA                |
| 3:17.77  | Oluwasegun Makinde , Toluwalope Makinde ,<br>Devin Biocchi, Michael Robertson<br>(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)<br>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)<br>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<br>Tyler Fawcett, Andrew Heffernan<br>(48.5, 50.5, 49.8, 52.0)             | 2009-01.24 | Dome / Ottawa                  |
| 3:20.90  | Tyler Fawcett, Moussa Sissoko<br>Cameron Smithers, Michael Robertson<br>(50.5, 50.4, 51.0, 48.8)            | 2010-02.27 | York / Toronto, ON             |
| 3:21.04  | Andrew Heffernan, Justin Cameron,<br>Lucas Trapeau, Justin Cuddihey<br>(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)<br>Michael Robertson (49.6), Todd Pypier (52.0)                 | 2008-01.26 | McGill / Montreal, QC          |
| 3:21.07  | Tyler Fawcett, Michael Robertson<br>Brian Cummings, Marc-Philippe Taillon<br>(50.5, 49.0, 49.7, 51.8)       | 2009-01.29 | McGill / Montreal, QC          |
| 3:21.07  | Oluwasegun Makinde, Hubert Chevrette-Belisle<br>Cameron Smithers, Devin Biocchi<br>(51.0, 52.5, 49.9, 47.4) | 2011-01.15 | Dome / Ottawa, ON              |
| 3:21.07  | Tolu Makinde, Gordon, Cave<br>Lucas Trapeau, Kevin M'Pindu<br>(49.8, 51.3, 50.1, 49.8)                      | 2015-02.14 | Boston U. / Boston, MA         |
| 3:21.24  | Tyler Fawcett, Marc-Philippe Taillon<br>Moussa Sissoko, Michael Robertson<br>(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<br>Gordon Cave, Tolu Makinde,<br>Andrew Heffernan, Kevin M'Pindu<br>(51.0, 50.7, 50.6, 50.2) | 2015-01.10 | Dome / Ottawa, ON   |
| 3:22.80 | Justin Cameron, Kevin M'Pindu<br>Stephen Evans, Andrew Heffernan   | 2015-01.10 | Dome / Ottawa, ON   |
| 3:23.04 | Isiah Moses, Devin Biocchi,<br>Kevin M'Pindu, Nic Gauthier<br>(50.2, 49.2, 49.9, 53.5)                                       | 2014-01.25 | McGill / Montreal, QC   |
| 3:23.37 | Tolu Makinde, Stephen Evans<br>Justin Cameron, Andrew Heffernan<br>(50.2, 50.00, 52.2, 50.9)                                 | 2015-01.31 | The Armory / NYC, NY  |
| 3:23.53 | Toluwalope Makinde, Mark Chenery<br>Saj Alhaddad, Codie Primeau<br>(51.0, 49.9, 51.0, 51.6)                                  | 2012-02.25 | York / Toronto, ON @ OUA  |
| 3:23.60 | Oluwasegun Makinde, Tyler Fawcett<br>Michael Robertson, Moussa Sissoko<br>(52.7, 50.4, 49.1, 51.0)                           | 2009-01.17 | Dome / Ottawa, ON   |
| 3:23.79 | Cameron Smithers, Devin Biocchi<br>Codie Primeau, Hubet Chevrette-Belisle<br>(50.8, 50.3, 50.7, 51.9)                        | 2011-01.28 | McGill / Montreal, QC   |
| 3:24.45 | David Wilson, Hubert Chevrette-Belisle<br>Codie Primeau, Cody Boast<br>(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)<br>Brian Cummings (49.6), Todd Pyper (52.2)                                  | 2008-02.23 | UW / Windsor, ON @ OUA<br><b>** THIS IS THE PERFORMANCE THAT STARTED IT ALL !!!</b> |

## WOMEN (Standard = 3:57.00)

|                |  |                   |                                      |
|----------------|--|-------------------|--------------------------------------|
| 3:48.58        | Farah Jacques, Julia Tousaw<br>Christianne Lela, Jennifer Perrault<br>(56.6, 57.0, 58.7, 56.3)     | 2012-02.04        | The Armory, NYC, NY                  |
| <b>3:48.69</b> | <b>Mary Ollier, Sydney Smith<br/>Maeliss Trapeau, Madison Clarke<br/>(58.2, 56.6, 57.2, 56.7)</b>  | <b>2019-03.09</b> | <b>uMan / Winnipeg, MA @ U-Sport</b> |
| 3:49.16        | Stephanie Gould, Madison Clarke<br>Maeliss Trapeau, Sophia Skorenky<br>(59.3, 56.7, 56.0, 57.2)    | 2018-03.10        | uW / Windsor, ON @ U-Sport           |
| 3:49.24        | Michele Krech, Christianne Lela<br>Tory Merrill, Julia Tousaw<br>(57.9, 58.1, 56.2, 56.9)          | 2011-01.28        | McGill / Montreal, QC                |
| <b>3:49.62</b> | <b>Mary Ollier, Sophia Skorenky<br/>Sydney Smith, Maeliss Trapeau<br/>(58.7, 57.5, 57.4, 56.0)</b> | <b>2019-02.23</b> | <b>York / Toronto, ON @ OUA</b>      |
| 3:50.36        | Sophia Skorenky, Charlotte Gardner<br>Madison Clarke Jecica Joseph                                 | 2017-03.11        | uA / Edmonton, AB @ U-Sport          |
| 3:50.70        | Stephanie Gould, Madison Clarke<br>Maeliss Trapeau, Sophia Skorenky<br>(59.2, 57.0, 57.3, 57.2)    | 2018-02.24        | uW / Windsor, ON @ OUA               |
| 3:51.20        | Stephanie Gould, Madison Clarke<br>Maeliss Trapeau, Sophia Skorenky<br>(59.6, 56.8, 57.1, 57.7)    | 2018-02.11        | Cornell / Ithaca, NY                 |
| 3:51.76        | Ashlea Maddex, Christianne Lela<br>Tory Merrill, Julia Tousaw<br>(58.7, 58.0, 58.0, 57.0)          | 2011-02.26        | York / Toronto, ON @ OUA             |
| 3:52.09        | Michele Krech, Ashlea Maddex<br>Julia Tousaw, Christianne Lela<br>(58.8, 57.9, 57.8, 57.5)         | 2011-03.12        | U. of S. / Sherbrooke, QC @ CIS      |
| 3:52.37        | Sophia Skorenky, Charlotte Gardner<br>Madison Clarke Jecica Joseph<br>(58.0, 57.1, 58.1, 59.1)     | 2017-02.12        | Cornell / Ithaca, NY                 |
| 3:52.62        | Christine Fraser, Christianne Lela<br>Julia Tousaw, Emilie Halle<br>(62.0, 55.7, 56.5, 58.5)       | 2009-01.31        | McGill / Montreal, QC                |
| 3:52.80        | Jecica Joseph, Charlotte Gardner<br>Sophia Skorenky, Madison Clarke                                | 2017-02.04        | Ithaca College / Ithaca, NY          |

|                |  |                   |                                |
|----------------|--|-------------------|--------------------------------|
| 3:52.82        | (59.4, 56.9, 58.0, 58.5)<br>Julia Tousaw, Cierra Gaudet<br>Jennifer Perrault, Andrea Dubuc<br>(56.5, 60.3, 56.6, 59.4) | 2012-02.25        | York / Toronto, ON @ OUA       |
| 3:52.92        | Gift Okankwu, Charlotte Gardner,<br>Chelsea Gilles, Dominique Martel-Lamothe<br>(57.3, 56.9, 58.2, 60.5)               | 2015-02.28        | York / Toronto, ON @ OUA       |
| 3:53.06        | Jennifer Perrault, Julia Tousaw,<br>Andrea Dubuc, Cierra Gaudet<br>(57.1, 56.5, 59.3, 60.1)                            | 2012-03.10        | uManitoba / Winnipeg, MB @ CIS |
| <b>3:53.26</b> | <b>Sydney Smith, Mary Ollier<br/>Sophia Skorenky, Maeliss Trapeau<br/>(59.3, 59.0, 58.1 56.9)</b>                      | <b>2019-02.10</b> | <b>Cornell / Ithaca, NY</b>    |
| 3:53.40        | Gift Okankwu, Charlotte Gardner,<br>Chelsea Gilles, Charifa Labarang<br>(57.2, 57.3, 59.4, 59.5)                       | 2015-03.13        | uW / Windsor, ON @ CIS         |
| 3:53.61        | Gift Okankwu, Charlotte Gardner,<br>Chelsea Gilles, Dominique Martel-Lamothe<br>(56.5, 57.4, 57.7, 62.0)               | 2015-02.13        | Boston U. / Boston, MA         |
| 3:54.03        | Farah Jacques, Christianne Lela<br>Julia Tousaw, Andrea Dubuc<br>(58.4, 58.8, 56.7, 60.1)                              | 2012-01.27        | McGill / Montreal, QC          |
| 3:54.40        | Charlotte Gardner, Gift Okankwu<br>Emma Galbraith, Chelsea Gilles<br>(58.2, 57.4, 57.7, 61.1)                          | 2013-02.22        | uW / Windsor, ON @ OUA         |
| 3:54.43        | Jacqueline Malette, Christianne Lela<br>Julia Tousaw, Emilie Halle<br>(62.5, 58.3, 55.8, 57.8)                         | 2009-02.28        | York / Toronto, ON @ OUA       |
| 3:54.57        | Sophia Skorenky, Marie-Eve Dahms,<br>Charlotte Gardner, Priya Narine<br>(57.5, 60.4, 57.6, 58.9)                       | 2016-02.12        | BU / Boston, MA                |
| 3:54.59        | Jennie Biewald, Christianne Lela<br>Julia Tousaw, Emilie Halle<br>(62.2, 58.1, 56.4, 57.8)                             | 2009-03.14        | uW / Windsor, ON @ CIS         |
| 3:54.88        | Ashlea Maddex, Tory Merrill<br>Michele Krech, Cierra Gaudet<br>(58.6, 56.5, 57.9, 61.6)                                | 2010-12.18        | Dome / Ottawa, ON              |
| 3:54.88        | Ashlea Maddex, Tory Merrill<br>Michele Krech, Cierra Gaudet<br>(58.6, 56.5, 57.9, 61.6)                                | 2010-12.18        | Dome / Ottawa, ON              |
| 3:55.15        | Marie-Eve Dahms, Madison Clarke,<br>Maeliss Trapeau, Samantha Klus<br>(60.4, 56.1, 57.2, 61.4)                         | 2018-01.26        | The Armory / NYC, NY           |
| 3:55.16        | Bridget Hayes, Charlotte Gardner<br>Lucie Sagot-Duvauroux, Alannah McBride<br>(59.6, 56.3, 58.9, 60.3)                 | 2014-02.08        | The Armory / NYC, NY           |
| 3:55.33        | Chelsea Gilles, Charlotte Gardner<br>Gift Okankwu, Emma Galbraith<br>(61.6, 58.3, 57.9, 57.4)                          | 2013-01.12        | Dome / Ottawa, ON              |
| 3:55.87        | Stephanie Gould, Madison Clarke,<br>Maeliss Trapeau, Sophia Skorenky<br>(61.4, 58.4, 58.0, 57.9)                       | 2018-02.03        | Ithaca College, Ithaca, NY     |
| 3:56.15        | Priya Narine, Charlotte Gardner,<br>Sophia Skorenky, Chelsea Gilles  | 2016-01.23        | Dome / Ottawa, ON              |
| 3:56.35        | Jecica Joseph, Charlotte Gardner,<br>Sophia Skorenky, Madison Clarke<br>(59.2, 56.4, 62.2-Fell, 58.5)                  | 2017-02.25        | York / Toronto, ON @ OUA       |
| 3:56.44        | Sophia Skorenky, Madison Clarke<br>Marie Innocent, Jecica Joseph<br>(58.1, 58.3, 60.3, 59.7)                           | 2017-01.27        | McGill / Montreal, QC          |
| 3:56.64        | Gift Okankwu, Charlotte Gardner<br>Emma Galbraith, Sarah De Carufel<br>(57.9, 56.5, 59.7, 62.0)                        | 2013-03.09        | uA / Edmonton, AB @ CIS        |
| 3:56.81        | Jennifer Perraut, Julia Tousaw<br>Andrea Debuc, Anna Stolle<br>(57.3, 58.9, 59.9, 60.5)                                | 2012-01.14        | Dome / Ottawa, ON              |
| 3:56.81        | Sophia Skorenky, Charlotte Gardner,<br>Devyani Biswal, Charifia Labarang<br>(58.2, 58.0, 59.7, 60.7)                   | 2016-01.23        | Dome / Ottawa, ON              |



# 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 = 10:00.00)

|                |   |                   |                                      |
|----------------|---|-------------------|--------------------------------------|
| <b>8:52.78</b> | <b>Mary Ollier, Sophia Skorenky, Madison Clarke, Maeliss Trapeau (2:15, 2:15, 2:11, 2:10)</b>     | <b>2019-03.08</b> | <b>uMan / Winnipeg, MB @ U-Sport</b> |
| 8:54.31        | Sophia Skorenky, Madison Clarke Maeliss Trapeau, Keili Shepherd (2:17, 2:10, 2:08, 2:17)          | 2018-03.09        | uW / Windsor, ON @ U-Sport           |
| 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, Clare McGrath, Lina Sadqi (2:13 2:12, 2:17, 2:17)              | 2015-03.13        | uW / Windsor, ON @ U-Sport           |
| 9:02.40        | Sophia Skorenky, Maeliss Trapeau Samantha Klus, Madison Clarke (2:18, 2:13, 2:18, 2:12)           | 2018-02.23        | uW / Windsor, ON @ OUA               |
| 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 @ U-Sport           |
| <b>9:04.50</b> | <b>Keili Shepherd, Sophia Skorenky, Marie-Eve Dahms, Maeliss Trapeau (2:19, 2:15, 2:18, 2:12)</b> | <b>2019-02.22</b> | <b>York / Toronto, ON @ OUA</b>      |
| 9:04.82        | Marie-Eve Dahms, Keili Shepherd Maeliss Trapeau, Madison Clarke (2:18, 2:19, 2:14, 2:11)          | 2018-01.20        | Dome / Ottawa, ON                    |

|                |  |                   |                              |
|----------------|--|-------------------|------------------------------|
| 9:07.17        | Charlotte Gardner, Chelsea Gilles,<br>Jennifer Murawsky, Lina Sadqi<br>(2:16, 2:14, 2:16, 2:18)          | 2015-01.31        | The Armory / NYC, NY         |
| 9:14.09        | Katie Wiwchar, Chelsea Gilles<br>Charlotte Gardner, Priya Narine<br>(2:20, 2:14, 2:14, 2:24)             | 2016-01.29        | McGill / Montreal, QC        |
| 9:14.27        | Julia Tousaw, Jacqueline Malette<br>Kristin Marvin, Jennifer Biewald<br>(2:15, 2:16, 2:22, 2:19)         | 2009-01.31        | McGill / Montreal, QC        |
| <b>9:19.99</b> | <b>Sophia Skorenky, Marie-Eve Dahms,<br/>Keil Shepherd, Maeliss Trapeau<br/>(2:20, 2:18, 2:24, 2:19)</b> | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b> |
| 9:21.36        | Lina Sadqi, Clare McGrath,<br>Chelsea Gilles, Charlotte Gardner<br>(2:26, 2:18, 2:17, 2:19)              | 2015-01.23        | McGill / Montreal, QC        |
| 9:22.81        | Julia Tousaw, Kate MacNaughton<br>Michele Krech, Tory Merrill<br>(2:14, 2:27, 2:18, 2:20)                | 2010-11.20        | Dome / Ottawa, ON            |
| 9:25.17        | Madison Clarke, Sophia Skorenky<br>Charlotte Gardner, Rebecca Brennan                                    | 2017-03.10        | uA / Edmonton, AB @ CIS      |
| 9:27.06        | Madison Clarke, Sophia Skorenky<br>Olivia Sidock, Rebecca Brennan<br>(2:18, 2:19, 2:23, 2:26)            | 2017-01.27        | McGill / Montreal, QC        |
| 9:30.84        | Katie Wiwchar, Chelsea Gilles<br>Isabelle Kanz, Clara Moore<br>(2:22, 2:20, :2:22, 2:25)                 | 2014-02.21        | York / Toronto, ON @ OUA     |
| 9:48.98        | Cierra Gaudet, Zeen Rashid,<br>Jennifer Murawsky, Clara Moore<br>(2:22, 2:25, 2:31, 2:32)                | 2012-02.24        | York / Toronto, ON @ OUA     |
| 9:49.22        | Isabelle Kanz, Katie Wiwchar<br>Chelsea Gilles, Clara Moore<br>(2:26, 2:30, :2:26, 2:27)                 | 2014-01.24        | McGill / Montreal, QC        |
| 9:51.03        | Chelsea Gilles, Clara Moore,<br>Cierra Gaudet, Jennifer Murawsky<br>(2:23, 2:28, 2:26, 2:32)             | 2013-02.21        | uW / Windsor, ON @ OUA       |

## Distance Medley Relay

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

### MEN (10:45.00)

|          |   |            |                      |
|----------|---|------------|----------------------|
| 10.15.23 | Alex Berhe (3:07), Gordon Cave (52.3),<br>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),<br>Hubert Chevrette-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),<br>Marc-Phillipe Taillon (2:01), Michael Lalonde (4:33) | 2007-02-10 | UB / Boston, MA      |

### WOMEN (13:00.00)

|          |   |            |                              |
|----------|---|------------|------------------------------|
| 11:56.67 | Clare McGrath (3:40), Gift Okankwu (57.5),<br>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)<br>Lucie Sagot-Duvauroux (2:20), Ruth Burrowes (5:09)   | 2014-02-07 | The Armory / NYC, NY         |
| 12:14.65 | Jennie Biewald (3:38), Barbara Remond (65.0)<br>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)<br>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)<br>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),<br>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)<br>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)  | 2012-02.03 | The Armory / NYC, NY         |

|          |  |
|----------|--|
| 12:40.77 | Clara Moore (2:24), Zeena Rashid (5:24)<br>Isabelle Kanz (3:51), Pryia Narine (65.4)<br>Charlotte Gardner (2:25), Clare McGrath (5:17) |
| 12:43.09 | Isabelle, Kanz (3:50), Charlotte Gardner (57.4),<br>Clara Moore (2:24), Elizabeth O'Rielly (5:32)                                      |
| 12:47.96 | Julia Malleck (3:42), Christianne Lela (60.0)<br>Kate MacNaughton (2:31), Tiffany Locke (5:33)   |
| 12:58.87 | Ruth Burrowes (3:52), Rebecca Barton (72.0)<br>Clare McGrath (2:22), Jennifer Murawsky (5:30)  |

|            |                              |
|------------|------------------------------|
| 2015-01.17 | St. Lawrence U. / Canton, NY |
| 2013-02.01 | The Armory / NYC, NY         |
| 2010-01.10 | Dartmouth / Hanover, NH      |
| 2014-14.13 | St. Lawrence U. / Canton, NY |

# Field Events

## Pole Vault

### MEN (Standard = 4:30)

|      |                       |    |
|------|-----------------------|----|
| 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 |

|            |                             |
|------------|-----------------------------|
| 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           |

### WOMEN (Standard = 3.35)

|             |                         |           |
|-------------|-------------------------|-----------|
| <b>3.61</b> | <b>Caroline Poirier</b> | <b>00</b> |
| 3.60        | Poirier                 |           |
| 3.56        | Poirier                 |           |
| 3.52        | Poirier                 |           |
| 3.57        | Felicite Kokron         | 94        |
| 3.50        | Kokron                  |           |
| 3.46        | Kokron                  |           |
| 3.45        | Melinda Rock            | 87        |
| 3.42        | Rock                    |           |
| 3.40        | Rock                    |           |
| <b>3.36</b> | <b>Annabelle Gagne</b>  | <b>00</b> |
| 3.35        | Gagne                   |           |
| 3.35        | Gagne                   |           |

|                   |                                    |
|-------------------|------------------------------------|
| <b>2019-02.10</b> | <b>Cornell / Ithaca, NY</b>        |
| 2019-01.12        | U.S. / Sherbrooke, QC              |
| 2019-01.18        | Dome / Ottawa, ON                  |
| 2019.02.22        | York / Toronto, ON @ OUA           |
| 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>2019-02.02</b> | <b>Ithaca College / Ithaca, NY</b> |
| 2019-01.12        | U.S. / Sherbrooke, QC              |
| 2019-01.25        | McGill / Montreal, QC              |

## High Jump

### MEN (Standard = 1.88)

|      |                 |    |
|------|-----------------|----|
| 2.08 | Steve Nkusi     | 96 |
| 2.05 | Nkusi           |    |
| 2.05 | Nkusi           |    |
| 2.05 | Nkusi           |    |
| 2.07 | Yvan Ntivumbura | 96 |
| 2.05 | Ntivumbura      |    |
| 2.03 | Ntivumbura      |    |

|            |                             |
|------------|-----------------------------|
| 2016-02.20 | Dome / Ottawa, ON           |
| 2014-12.20 | Dome / Ottawa, ON           |
| 2016-01.30 | McGill / Montreal, QC       |
| 2016-02.13 | McGill / Montreal, QC       |
| 2016-02.27 | uW / Windsor, ON @ OUA      |
| 2016-01.30 | McGill / Montreal, QC       |
| 2016.02.06 | Ithaca College / Ithaca, NY |

|      |                 |    |            |                                 |
|------|-----------------|----|------------|---------------------------------|
| 2.01 | Ntivumbura      |    | 2016-01.23 | Dome / Ottawa, ON               |
| 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 |

## WOMEN (Standard = 1.55)

|      |                   |    |            |                                 |
|------|-------------------|----|------------|---------------------------------|
| 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 | Taylor 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           |

## Long Jump

### MEN (Standard = 6.45)

|      |                          |    |            |   |
|------|--------------------------|----|------------|---|
| 7.88 | Christopher Greenaway    | 87 | 2010-03.12 | UW / Windsor, ON @ CIS<br>*CIS Gold & CIS Record            |
| 7.64 | Greenaway                |    | 2010-02.26 | York / Toronto, ON @ OUA<br>*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                                   |

### WOMEN (Standard = 5.05)

|             |                      |           |                   |                                 |
|-------------|----------------------|-----------|-------------------|---------------------------------|
| 5.60        | Tory Merrill         | 87        | 2011-02.04        | The Armory / NYC, NY            |
| 5.57        | Ashlea Maddex        | 92        | 2011-02.12        | Dome / Ottawa, ON               |
| <b>5.31</b> | <b>Emily Sprague</b> | <b>98</b> | <b>2019-02.22</b> | <b>York / Toronto, ON @ OUA</b> |
| 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       |                             |
| 5.11 | 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 = 13.50)

|              |                       |           |                   |                              |
|--------------|-----------------------|-----------|-------------------|------------------------------|
| 14.39        | Christopher Greenaway | 87        | 2010-02.27        | York / Toronto, ON @ OUA     |
| <b>13.51</b> | <b>Kyle Sprague</b>   | <b>00</b> | <b>2019-01.25</b> | <b>McGill / Montreal, QC</b> |
| 13.46        | Sprague               |           | 2019-02.23        | York / Toronto, ON @ OUA     |

### WOMEN (Standard = 10.85)

|              |                       |           |                   |                               |
|--------------|-----------------------|-----------|-------------------|-------------------------------|
| 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      |
| <b>11.03</b> | <b>Rinila Haridas</b> | <b>00</b> | <b>2019-02.02</b> | <b>Boston U. / Boston, MA</b> |
| 10.88        | Clara Phillips        | 95        | 2014-01.17        | St. Lawrence / Canton, NY     |

## Shot Put

### MEN (Standard = 13.50)

|       |                |    |            |                          |
|-------|----------------|----|------------|--------------------------|
| 14.86 | Patrick Arbour | 88 | 2010-02.26 | York / Toronto, ON @ OUA |
| 13.80 | Corey Wingate  | 91 | 2015-02.21 | Dome / Ottawa, ON        |

### WOMEN (Standard = 11.25)

|       |                   |    |            |                           |
|-------|-------------------|----|------------|---------------------------|
| 13.05 | Christina Hertner | 97 | 2018-03.03 | Dome / Ottawa, ON         |
| 12.96 | Hertner           |    | 2019-01.18 | Dome / Ottawa, ON         |
| 12.80 | Hertner           |    | 2018-12.08 | Dome / Ottawa, ON         |
| 12.73 | Hertner           |    | 2019-01.25 | McGill / Montreal, QC     |
| 11.29 | Anna Stolle       | 90 | 2012-01.21 | St. Lawrence / Canton, NY |

## Weight Throw

### MEN 35lb Weight (Standard = 13.00)

|       |                |    |            |                   |
|-------|----------------|----|------------|-------------------|
| 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 = 13.00)

|   |   |           |   |   |
|---|---|-----------|---|---|
| 15.87<br>15.74<br>15.58<br>15.55        | Ty Coulter<br>Coulter<br>Coulter<br>Coulter               | 98        | 2018-02.17<br>2018-02.24<br>2018-01.13<br>2017-12.02        | Dome / Ottawa, ON<br>uW / Windsor, ON @ OUA<br>Laval / Quebec City, QC<br>McGill / Montreal, QC     |
| <b>14.76</b><br>12.23                   | <b>Grace MacMillan-Sayers</b><br>MacMillan-Sayers         | <b>99</b> | <b>2019-01.18</b><br>2019-01.25                             | <b>Dome / Ottawa, ON</b><br>McGill / Montreal, QC   |
| <b>14.42</b><br>14.08<br>13.93<br>13.78 | <b>Christina Hertner</b><br>Hertner<br>Hertner<br>Hertner | <b>97</b> | <b>2019-02.01</b><br>2019-02.02<br>2019-02.16<br>2019-01.25 | <b>Harvard / Boston, MA</b><br>Boston U. / Boston, MA<br>Dome / Ottawa, ON<br>McGill / Montreal, QC |
| 13.54                                   | Valerie Chartrand   | 87        | 2010-02.13  | Dome / Ottawa, ON   |

## Pentathlon

### WOMEN (Standard = 3300 pts)

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

## Heptathlon (new U-Sport Event for 2015-16 Season)

### MEN (Standard = 4300 pts)

|                  |  |    |                                |   |
|------------------|--|----|--------------------------------|---|
| 4932 pts<br>4813 | Jacob Powrie<br>7.61, 6.58, 12.89, 1.91 / 8.68, 3.70, 2:46.67<br>Powrie<br>7.46, 6.23, 12.79, 1.85 / 8.68, 3.55, 2:45.58 | 93 | 2016-02.06-07<br>2016-02.26-27 | Ithaca College / Ithaca, NY<br>uW / Windsor, ON @ OUA |
| 4533             | Tolu Makinde<br>7.22, 6.07, 10.44, 1.70 / 8.60, 3.71, 2:56.88  | 93 | 2018-02.23-24                  | uW / Windsor, ON @ OUA                                |

## Pentathlon - Men (This event for Men concluded with the 2015 Indoor Season)

### MEN

|          |  |    |            |                          |
|----------|--|----|------------|--------------------------|
| 3825 pts | Mark Chenery<br>8.35, 7.01, 13.05, 1.87, 2:50.88   | 88 | 2012-02.24 | York / Toronto, ON @ OUA |
| 3662 pts | Shawn Wilcox<br>8.44, 6.56, 10.09, 1.86, 2:52.81   | 73 | 1994       |                          |
| 3602 pts | Patrick Arbour<br>8.51, 6.51, 14.86, 1.86, 3:08.38 | 88 | 2010-02.26 | York / Toronto, ON @ OUA |
| 3596 pts | Hubert Chevrette-Belisle                           | 91 | 2013-03.07 | uA / Edmonton, AB @ CIS  |

|          |   |    |            |                          |
|----------|---|----|------------|--------------------------|
| 3303 pts | 8.36, 6.66, 10.88, 1.76, 2:43.29<br><b>Jacob Powrie</b><br>8.96, 5.94, 11.95, 1.84, 2:55.43 | 93 | 2015-02.06 | Dome / Ottawa, ON        |
| 3299 pts | <b>Kevin Nault</b><br>8.89, 6.05, 11.67, 1.855, 2:58.82                                     | 94 | 2015-02.27 | York / Toronto, ON @ OUA |
| 3258 pts | <b>Zach Quevillon</b><br>9.00, 5.93, 12.55, 1.69, 2:50.08                                   | 91 | 2012-02.24 | York / Toronto, ON @ OUA |