



## INDOOR TRACK AND FIELD RECORDS

As of February 2024

PR = Provincial Record

### BANTAM GIRLS

EVENT	HOLDER	SCHOOL	TIM/DIS	YEAR
50 m	Ruth Jones	LSHS	6.4 sec	1982
60 m	Deondra Green	RIVHS	7.59 sec <b>(PR)</b>	2015
50 m H	Ruth Jones	LSHS	7.8 sec	1982
60 m H	Madeline Starr	STT	9.85	2018
150 m	Ella Graham-Roach	LCCHS	21.37	2023
200 m	Deondra Green	RIVHS	25.30 sec <b>(PR)</b>	2015
400 m	T. Tavormina	WMHHS	60.7 sec	1981
800 m	Amanda Ottoni	JRHS	2:28.2	2003
<b>1200 m</b>	<b>Emma Mastroianni</b>	<b>LCC</b>	<b>4:35.91</b>	<b>2024</b>
1500 m	Lyndsey Pearsall	ROYAL	5:08.57	2004
3000m	Kaitlyn Stanojlovic	JRHS	11:39.47	2018
4 X 200M		LSHS	1:55.9	1982
Medley		JRHS	6:15.6	1981
High Jump	Megan Elkouby	ROYAL	1.60m	2020
Long Jump	Madeline Star	STT	5.27m	2018
Triple Jump	Gabrielle DeShong	LHS	10.46m	1991
Shot Put (3K)	Michelle Fournier	PCHS	10.98m	1991
Shot Put (2K)	Brianna Williams	PCHS	12.59m	2008

### CADET GIRLS

EVENT	HOLDER	SCHOOL	TIM/DIS	YEAR
50 m	Carol Galloway	LSHS	6.3 sec	1980
60 m	Jacqueline Perron-Smith	LCC	7.53 sec	2012
50 m H	Lisa Salmaso	STPX	7.8 sec	1980
60 m H	Alison Frantz	ROYAL	9.21 sec	2012
200 m	Jorden Savoury	LCCHS	26.33 sec	2014
400 m	Jorden Savoury	LCCHS	60.13 sec	2014
800 m	Kirsten Frantz	ROYAL	2:26.63	2014
<b>1200 m</b>	<b>Mikaelle Pomerleau</b>	<b>ROYAL</b>	<b>4:35.75</b>	<b>2024</b>
1500 m	Caroline Ladanowski	JRHS	4:56.4	1983
<b>2000 m</b>	<b>Mikaelle Pomerleau</b>	<b>ROYAL</b>	<b>7:51.68</b>	<b>2024</b>
3000 m	Claudine Abcarius	RIVHS	10:31.1	1986
4 X 200M		LSHS	1:49.8	1980
Medley		LPHS	6:00.0	1981
High Jump	Alison Frantz	ROYAL	1.63m	2012
Long Jump	Madeline Star	STT	5.54m (PR)	2019
Triple Jump	Madeline Star	STT	10.92m	2019
Shot Put (3K)	Michelle Fournier	PCHS	11.82m	1993

### JUVENILE GIRLS

EVENT	HOLDER	SCHOOL	TIM/DIS	YEAR
50 m	Linda Reid	LSHS	6.1 sec	1987
60 m	Robin Cambridge	SHADD	7.7 sec	1989
50 m H	Ruth Jones	LSHS	7.8 sec	1985
60 m H	Diane D'Agostino	JFKHS	8.62 sec	1993
200 m	Margorie Chin	LSHS	25.8 sec	1984
400 m	Margorie Chin	LSHS	58.5 sec	1984
800 m	Caroline Ladanowski	JRHS	2:21.2	1984
	Avril Ogradnick	BHS	2:21.2	
1500 m	C. Watts	STT	4:26.29	1990
3000 m	Claudine Abcarius	RIVHS	10.04.1	1987
4 X 200M		LSHS	1:48.9	1988
Medley		BHS	5:49.0	
High Jump	Allison Frantz	ROYAL	1.70m	2013
Long Jump	Rochelle McRae	WAGAR	5.27m	1985
<b>Triple Jump</b>	<b>Seanna McFarlane-Scott</b>	<b>LCCHS</b>	<b>11.89m</b>	<b>2024</b>
<b>Shot Put (3K)</b>	<b>Brianna Joly</b>	<b>LCCHS</b>	<b>9.90m</b>	<b>2024</b>
Shot Put (4K)	Michelle Fournier	PCHS	12.32m	1994

### BANTAM BOYS

EVENT	HOLDER	SCHOOL	TIM/DIS	YEAR
50 m	Ian Samuels	LSHS	6.5 sec	1980
	Robert Pietrantonio	STPX	6.5 sec	1985
60 m	Nathan Montano	BA	7.0 sec	2012
50 m H	Billy Hui	LPHS	8.0 sec	1981
	Robert Pietrantonio	STPX	8.0 sec	1985
60 m H	Fabio Lamberto	STPX	9.0 sec	1989
<b>150m</b>	<b>Kai Ali</b>	<b>BHS</b>	<b>21.44</b>	<b>2024</b>
200 m	Conrad Richter	JRHS	24.67 sec	2006
400 m	Terry Jones	LSHS	55.9 sec	1979
800 m	Robert Ferguson	WAGAR	2:18.0	1983
<b>1200m</b>	<b>James Carlacci</b>	<b>LBPHS</b>	<b>4:39.96</b>	<b>2024</b>
1500 m	Tyrone Shepherd	RIVHS	4:38.5	1989
3000m	Daniel Racette	MACD	10:26.44	2017
4 X 200M		LSHS	1:46.5	1979
Medley		RIVHS	5:38.0	1989
High Jump	Fabio Lamberto	STPX	1.65m	1989
High Jump	Oscar Proudlove	HRHS	1.65m	2020
Long Jump	Terry Jones	LSHS	5.84m	1979
Triple Jump	Adrian Downes	AA	12.16m	1986
Shot Put (3K)	Matteo Gubitosa	LMAC	8.85m	2023
Shot Put (4K)	Eugene Hall	RIVHS	13.81m	1994

### CADET BOYS

EVENT	HOLDER	SCHOOL	TIM/DIS	YEAR
50 m	Nigel Greenaway	WHS	5.8 sec	1980
60 m	Michael Brewley	NHS	6.9 sec	1988
50 m H	Bruce Kahn	WAGAR	7.2 sec	1980
60 m H	Andrew Dedekuma	WAGAR	8.52 sec	1993
200 m	Tamer Shawa	BHS	22.91 sec	1992
400 m	Lenroy Henry	WHS	53.14 sec	1986
800 m	Michael Ciampini	JLHS	2:06.0	1994
<b>1200 m</b>	<b>William Benzacar</b>	<b>ROYAL</b>	<b>4:07.84</b>	<b>2024</b>
1500 m	Mike Pugsley	JRHS	4:21.0	1983
<b>2000 m</b>	<b>William Benzacar</b>	<b>ROYAL</b>	<b>7:05.54</b>	<b>2024</b>
3000 m	Michael Ciampini	JLHS	9:32.92	1994
4 X 200M		STPX	1:39.52	1988
Medley		WMHHS	5:03.8	1981
High Jump	Ian Lowe	ESVH	1.89m	1989
Long Jump	Ian Lowe	ESVH	6.36m	1989
Triple Jump	Russell Brooks	AA	13.20m	1992
Shot Put (4k)	Pino Adreoli	JFKHS	16.44m	1994

## JUVENILE BOYS

EVENT	HOLDER	SCHOOL	TIM/DIS	YEAR
50 m	Anthony Wilson	LPHS	5.7 sec	1986
60 m	Ian Lowe	WHHS	6.62 sec	1992
50 m H	Kirk Brown	WMHHS	7.4 sec	1983
60 m H	Ian Grant	RIVHS	8.51 sec	1993
200 m	Russell Brooks	AA	22.41 sec	1993
400 m	Ian Lowe	WHHS	51.26 sec	1991
800 m	Andrew Ladanowski	LPHS	1:57.6	1985
1500 m	Aaron Graham	AA	4:03.49	1988
3000 m	Charles Cooper	ROYAL	9:09.65	2013
4 X 200M		WHHS	1:34.78	1991
Medley		HSBHS	5:00.0	1981
High Jump	Ian Lowe	WHHS	2.00m	1992
Long Jump	Ian Lowe	WHHS	6.94m	1992
Triple Jump	Ian Lowe	WHHS	14.05m	1992
Shot Put (5k)	Nick Buttino	LMAC	15.73m	1994