

**WCSSAA
ALL TIME TOP 25 BEST TRACK AND FIELD PERFORMANCES IN FINALS
1977-2003**

SENIOR GIRLS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
BUTLER, Kathy	WCI	9:40.6	1	1992	*
LEEDER, Kathy	BCI	9:43.7	1	1977	* TC
SCHWAN, Angela	WCI	9:54.4	2	1992	
MOTA, Jackie	St. M	10:05.9	1	1986	
FENNELL, Barb	GCI	10:15.2	1	1980	
DOYLE, Erin	St. M	10:17.7	2	1986	
SCHWAN, Paula	WCI	10:37.6	1	1989	
LOEWEN, Heidi	PHS	10:41.1	1	1993	
MILLER, Gisele	GPSS	10:42.5	1	1983	
CAMPFENS, Lisa	CHCI	10:46.3	1	1981	
McLURE, Michaela	WCI	10:50.5	1	1997	
ORD, Jenny	BCI	10:54.4	1	1979	TC
DARROCH, Francine	SSS	10:58.8	1	1996	
McTAVISH, Megan	WCI	10:59.6	2	1996	
PINDER, Leanne	WCI	10:59.7	2	1984	
DOUGLAS, Jackie	KCI	11:00.0	1	1982	
GALBRAITH, Kelly	WCI	11:04.4	3	1984	
RODY, Kristina	GRCI	11:06.5	3	1996	
FOX, Erin	WCI	11:06.6	1	2003	
SCHIPPANOSKI, Jenny	BCI	11:07.5	1	1990	
SCHNARR, Whitney	WCI	11:13.1	2	2003	
ERTEL, Anne	St. M	11:17.0	2	1983	
HALLMAN, Lisa	CHCI	11:17.0	2	1989	
PINDER, Sarah	BCI	11:19.8	1	1999	
BAUER, Mary	WCI	11:21.5	2	1982	

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JUNIOR GIRLS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
McCLURE, Erin	WCI	10:13.6	1	1998	*
SCHWAN, Angela	WCI	10:14.4	1	1989	*
BUTLER, Kathy	WCI	10:15.4	1	1990	
KAVANAUGH, Giselle	WCI	10:30.7	1	1980	*
LOEWEN, Heidi	PHS	10:33.7	1	1992	
SCHWAN, Paula	WCI	10:45.2	1	1988	
McCLURE, Michaela	WCI	10:51.9	1	1995	
McKAY, Tarah	EDSS	10:58.6	1	2003	
LEHMAN, Tammy	St. M	11:01.1	2	1989	
PINDER, Leanne	WCI	11:01.2	1	1983	
DOYLE, Erin	St. M	11:07.8	1	1985	
SARGEANT, Krista	GPSS	11:07.9	2	1995	
HARRINGTON, Francis	SSS	11:09.0	1	1981	
McTAVISH, Megan	WCI	11:12.7	1	1994	
FOX, Erin	WCI	11:12.7	1	2002	
RHODY, Kristina	GRCI	11:12.8	2	1994	
SLICHTER, Adrienne	PHS	11:13.5	1	2000	
JETTER, Amanda	PHS	11:13.6	2	2002	
MOTA, Jackie	St. M	11:14.9	2	1983	
WHORWOOD, Lauren	WCI	11:15.6	2	1981	
ATKINSON, Elaine	BCI	11:18.0	3	1981	
MILLER, Gisele	GPSS	11:18.4	2	1982	
ROCKEL, Janine	CHCI	11:19.0	2	1991	
CHALMERS, Laurie	EDSS	11:20.1	2	1985	
MILLEK, Giselle	GPSS	11:20.8	4	1981	

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MIDGET GIRLS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
BUTLER, Kathy	WCI	10:14.2	1	1989	*
SCHWAN, Paula	WCI	10:38.9	1	1986	
SCHWAN, Angela	WCI	10:39.1	1	1988	
DARROCH, Francine	SSS	10:58.3	1	1993	
McCLURE, Michaela	WCI	10:58.7	2	1993	
McTAVISH, Megan	WCI	11:11.9	1	1992	
CHALMERS, Laurie	EDSS	11:15.1	1	1984	*
PINDER, Lee Ann	WCI	11:19.0	1	1981	*
OVERLAND, Cindy	ECI	11:19.0	1	1991	
LUDWIG, Cayley	BCI	11:22.1	1	1999	
LEHMAN, Tammy	St. M	11:24.9	2	1988	
McTAVISH, Kelley	BCI	11:25.0	2	1991	
GRAHAM, Jenny	ECI	11:27.8	1	1978	TC
CAMPFENS, Lisa	CHCI	11:28.7	2	1978	TC
LUDWIG, Courtney	BCI	11:29.0	2	1999	
DEMPSEY, Jen	SSS	11:29.8	1	1987	
VAN HORN, Tara	GRCI	11:29.9	1	1995	
SARGEANT, Krista	GPSS	11:30.0	2	1994	
UNDERHILL, Jennica	SSS	11:30.0	3	1991	
SIMPSON, Bev	BCI	11:30.9	2	1992	
ADCOE, Natalie	BCI	11:31.0	4	1991	
HARRINGTON, Francis	SSS	11:31.2	1	1979	SW
ATKINSON, Elaine	BCI	11:32.0	1	1980	
BRUNETTE, Chelsea	PHS	11:32.4	1	1998	
LILLIE, Karen	FHCI	11:33.6	2	1989	

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SENIOR BOYS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
HORTIAN, Adam	BCI	8:35.8	1	2003	*
SCHMIDT, Lloyd	PHS	8:36.2	1	1980	*
ROBERTS, Paul	FHCI	8:37.7	1	1976	* TC
ROBERTS, Mark	FHCI	8:40.7	1	1989	
HOUSTON, Mike	WCI	8:45.6	1	1981	
ALKIN, Wes	PHS	8:46.7	1	2000	
MORRISON, Josh	BCI	8:53.5	3	2000	
KLAVER, Clayton	GPSS	8:53.8	2	1981	
WRAY, Donnie	ECI	8:57.0	2	1989	
CRESSMAN, Jon	CHCI	8:57.0	3	1989	
RILEY, Wayne	PHS	8:58.1	1	1985	
VELT, Mike	PHS	8:59.4	3	1981	
LOKINYEN, Antony	CHCI	9:00.2	1	1998	
BASSIN, Willie	St. J	9:01.5	2	1990	
ROSS, Mark	St. J	9:01.7	2	1985	
SEEDS, James	CHCI	9:03.0	4	1989	
BLAIN, Brad	WCI	9:05.5	1	1971	* TC
CIPP, Nick	BCI	9:05.6	1	1984	
CONSIGLIO, Doug	SSS	9:06.1	1	1983	
WIERDA, John	GCI	9:06.6	1	1973	SW
LEWIS, Simon	BCI	9:07.3	3	2000	
FOSTER, Dean	CHCI	9:07.6	1	1973	TC
LEEF, Ryan	GPSS	9:11.2	1	1992	
CRESS, John	PHS	9:11.6	3	1985	
BRANNEN, Nathan	PHS	9:13.1	1	2001	

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JUNIOR BOYS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
LOBSINGER, Tom	St. J	8:36.2	1	1975	*
BRANNEN, Nathan	PHS	8:54.8	1	2000	
HOUSTON, Mike	WCI	8:55.4	1	1980	
SCHMIDT, Lloyd	PHS	8:56.3	1	1979	* SW
HORTIAN, Adam	BCI	9:01.7	1	2001	
JAMAL, Shamir	GRCI	9:06.0	1	1983	
KANNAPPAN, Ganesh	WCI	9:06.2	2	1983	
MOTA, John	LVS	9:08.4	1	1977	TC
DICKIE, Andy	FHCI	9:12.8	1	1984	
ALKIN, Wes	PHS	9:13.0	1	1998	
CONSIGLIO, Doug	SSS	9:15.2	1	1981	
ROBERTS, Mark	FHCI	9:15.7	1	1987	
MORISON, Josh	BCI	9:16.0	2	1998	
BRANNEN, Nathan	PHS	9:17.4	1	1999	
THOMPSON, Graham	FHCI	9:18.5	1	1973	TC
SHARPE, Alex	GCI	9:20.6	2	1987	
BEATLE, Howard	GPSS	9:20.8	2	1978	SW
KELLY, Steve	CHCI	9:22.8	2	1981	
ANDERSON, A.	PHS	9:24.6	1	1973	SW
LEWIS, Simon	BCI	9:25.0	3	1998	
VANDERWOOD, Simon	GPSS	9:25.7	1	1975	SW
DEKKER, Kyle	GRCI	9:29.2	1	2003	
GLEDHILL, Brian	WCI	9:29.5	3	1987	
VUKOVIC, Zoran	CHCI	9:29.8	4	1987	
McCRUDDEN, Chad	PHS	9:30.3	1	1992	

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Athlete	School	Performance	Place	Year	Record/Notes
SCHMIDT, Lloyd	PHS	9:17.0	1	1977	* SW
SAWYER, Jason	St. J	9:19.3	1	1987	
CYBULSKI, Rick	St. J	9:26.4	1	1981	
CIPP, Nick	BCI	9:28.4	1	1980	
McPHEE, Chris	WODSS	9:31.6	1	1993	
O'CONNOR, Dan	FHCI	9:36.6	2	1993	
McCRUDDEN, Chad	PHS	9:36.8	1	1990	
MORRISON, Steve	FHCI	9:40.1	2	1990	
KANNAPPAN, Ganesh	WCI	9:42.0	1	1982	
WRAY, Don	ECI	9:43.1	1	1984	
ROGA, Steve	St. J	9:43.7	2	1981	
SIMS, Brian	SSS	9:44.4	1	1989	
DEBRUIN, Brian	GCI	9:45.1	1	1994	
NICHOLS, Scott	St. J	9:45.7	2	1987	
DICKIE, Andy	FHCI	9:46.0	2	1982	
LEVY, Jason	WCI	9:46.1	2	1984	
SMITH, Jason	WODSS	9:46.3	1	2000	
CONSIGLIO, Doug	SSS	9:47.1	1	1979	SW
AGANASTOPOLOUS, Rob	KCI	9:47.6	1	1977	* TC
REDMOND, Joel	ECI	9:49.1	1	1986	
JARVIS, Ricky	PHS	9:51.0	1	1991	
JAMAL, Shamir	GRCI	9:53.7	3	1981	
KIRTON, Rob	WCI	9:53.9	4	1981	
BRANNEN, Nathan	PHS	9:54.1	1	1997	
McARTHUR, Jason	St. J	9:54.3	2	1989	