

**WCSSAA  
ALL TIME TOP 25 BEST TRACK AND FIELD PERFORMANCES IN FINALS  
1970-2003**

**SENIOR GIRLS 400 METERS**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
KUENEMAN, Lisa	BCI	56.5	1	1987	*
BELL, Deniece	PHS	56.5	1	1996	*
SWEENEY, Peggy	St. M	57.5	1	1982	*
MALLON, Jill	BCI	57.7	1	1991	
WACHTER, Andrea	GRCI	58.0	1	1978	* TC
BERG, Sue	CHCI	58.1	1	1994	
McKEEVER, Mary Joan	St. M	58.4	2	1986	
CHAMBERS, Debbie	GRCI	58.9	1	1977	TC
LEE, Marnie	BCI	59.3	1	1999	
SALTER, Allison	SSS	59.7	2	1996	
BASSIN, Erica	St. M	59.9	1	1988	
MADDEN, Julie	EDSS	1:00.0	1	1984	
DOWHANIUK, Briton	BCI	1:00.0	1	2001	
STAFFORD, Gerri	St. M	1:00.7	1	1990	
TYRALA, Marianne	CHCI	1:00.8	1	1972	* TC
ROWE, Patricia	CHCI	1:00.9	2	1991	
DANN, Samantha	FHCI	1:01.2	1	1995	
POTTER, Bev	WODSS	1:01.3	1	1977	* SW
GATEMAN, Benita	CHCI	1:01.4	2	1995	
HEINBECKER, Tracey	BCI	1:01.5	2	1994	
ROEDER, Jessica	FHCI	1:01.7	2	1999	
EPPICH, Denise	St. M	1:01.7	3	1986	
MULLER, Stephanie	SSS	1:01.9	2	1984	
NEWMAN, Dianna	FHCI	1:01.9	3	1996	
ROSS, Angie	FHCI	1:01.9	3	1999	

### JUNIOR GIRLS 400 METERS

Athlete	School	Performance	Place	Year	Record/Notes
BERG, Sue	CHCI	55.6	1	1991	*
SWEENEY, Peggy	St. M	58.3	1	1980	*
MALLON, Jill	BCI	58.8	1	1990	
WAECHTER, Andrea	GRCI	59.1	1	1977	TC
MILLER, Liesel	GCI	59.1	1	1982	
KUENEMAN, Lisa	BCI	59.1	1	1984	
PRECZER, Cindy	WCI	59.4	2	1982	
BELL, Denise	PHS	59.5	1	1995	
BRYANT, Allison	WCI	59.5	2	1984	
MAITLAND, Carol	FHCI	1:00.2	3	1982	
BRUBACHER, Jan	WODSS	1:00.3	1	1981	
HO-SHING, Nicole	CHCI	1:00.6	1	1987	
UNIAC, Lee Ann	St. M	1:00.6	4	1982	
LINGARD, Val	BCI	1:00.7	1	1988	
VLACH, Christine	FHCI	1:00.8	1	1985	
PARKER, Kim	GRCI	1:00.9	1	1974	* TC
ROCKEL, Janine	CHCI	1:00.9	1	1992	
HEINBECKER, Tracey	BCI	1:01.0	1	1993	
LEE, Marnie	BCI	1:01.0	1	1998	
DUNNINGTON, Kelly	St. M	1:01.0	2	1988	
ROEDER, Jessica	FHCI	1:01.0	2	1998	
RIEST, Vicki	CHCI	1:01.1	2	1981	
DOWHANIUK, Briton	BCI	1:01.2	1	1999	
ROSS, Angie	FHCI	1:01.3	3	1998	
MALAGADEVY, Sylvia	CHCI	1:01.4	2	1974	TC
BYERS, Shannon	GRCI	1:01.4	2	1995	
MOYER, Kathy	CHCI	1:01.4	3	1974	TC

### MIDGET GIRLS 400 METERS

Athlete	School	Performance	Place	Year	Record/Notes
LEEDER, Kathy	BCI	59.1	1	1974	* TC
MILLER, Leisel	GCI	59.1	1	1981	*
HO-SHING, Nicole	CHCI	1:00.1	1	1985	
IRWIN, Sue	St. M	1:00.1	2	1985	
DOWHANIUK, Briton	BCI	1:00.7	1	1998	
BRYANT, Alison	WCI	1:00.9	1	1983	
MALLON, Jill	BCI	1:01.0	1	1988	
PINDER, Angela	WCI	1:01.3	2	1983	
PRECZER, Cindy	WCI	1:01.4	2	1981	
KULKER, Shana	ECI	1:01.8	1	1993	
STAFFORD, Geraldine	St. M	1:02.0	1	1987	
GATEMAN, Bonita	CHCI	1:02.0	1	1992	
BROWN, Julie	BCI	1:02.3	1	1990	
SHEVALIER, Megan	FHCI	1:02.3	1	1996	
LINGARD, Val	BCI	1:02.5	2	1987	
THOMPSON, Sandy	CHCI	1:02.5	2	1990	
BRUBACHER, Jan	WODSS	1:02.7	1	1979	SW
BRYANT, Adrienne	KCI	1:02.8	1	1986	
HEINBECKER, Tracey	BCI	1:02.8	1	1991	
TARRANT, Jody	GCI	1:02.8	2	1992	
STOCKIE, Tracy	St. M	1:02.8	3	1987	
ATKINSON, Sandy	WCI	1:03.1	1	1982	
ROSS, Angie	FHCI	1:03.1	2	1996	
GOULD, Jennifer	WCI	1:03.1	3	1990	
FENNELL, Sue	GCI	1:03.3	1	1978	SW

### SENIOR BOYS 400 METERS

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
SIKANETA, Pumulo	GCI	48.1	1	1993	*
MacDOUGALL, Scott	ECI	48.8	1	1979	TC
DOUGLAS, Neville	ECI	49.1	1	1983	
RUNSTEDLER, Al	GRCI	49.4	1	1991	
ROBINSON, Chris	JHSS	49.8	1	1994	
MILLER, Milton	ECI	49.9	1	1986	
THOMPSON, Dave	FHCI	50.2	2	1985	
DeSILVA, Kirk	BCI	50.2	2	1986	
BARISDALE, Drew	GRCI	50.3	2	1994	
WAGNER, Chris	CHCI	50.3	3	1994	
LOBSINGER, Tom	St. J	50.4	1	1977	* TC
RILEY, Marcus	GCI	50.6	1	1989	
HALLMAN, Derek	CHCI	50.8	2	1991	
RILEY, Ray	GCI	50.9	1	1987	
OLIVER, Scott	GCI	50.9	4	1994	
JOHNSON, Kirk	ECI	51.2	2	1984	
SCHEFFEL, Mike	FHCI	51.3	1	1974	* TC
ATTACK, Gary	FHCI	51.3	1	1975	TC
WOOD, C.	BCI	51.3	2	1987	
BATTICK, Kurt	CHCI	51.3	2	1989	
DASILVA, Kirk	BCI	51.3	3	1985	
BEKE, Chris	GCI	51.4	1	1981	
FORDE, Ian	GCI	51.4	1	2001	
GLADWELL, Geoff	EDSS	51.5	1	1979	* SW
COLEMAN, Don	SSS	51.5	1	1997	

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<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
DOUGLAS, Neville	ECI	49.9	1	1982	*
OLIVER, Scott	GCI	50.8	1	1993	
TOMLIN, Santed	GRCI	51.0	1	1992	
FORDE, Ian	GCI	51.1	1	1999	
THOMPSON, Dave	FHCI	51.2	1	1984	
MULAMOOTIL, Elias	WCI	51.2	1	1986	
CAMPBELL, Brian	GCI	51.3	1	1983	
SIKANETA, Pumulo	PHS	51.4	1	1991	
PICKETT, Gord	St. J	51.5	1	1977	TC
SIKIC, Steve	ECI	51.5	1	1985	
MACEY, Chris	GCI	51.5	1	1988	
TUCKETT, Sean	WCI	51.5	2	1982	
WAGNER, Chris	CHCI	51.5	2	1991	
CAVE, Neil	BCI	51.5	3	1991	
DAUGHERTY, Tony	GRCI	51.6	2	1985	
BONHERT, Jonathon	BCI	51.7	1	1995	
GEHL, Terry	St. J	51.7	2	1986	
COLEMAN, Don	SSS	51.7	2	1995	
HILTS, Blake	KCI	51.8	1	2003	
COWAN, Mike	WCI	51.8	3	1985	
RUNSTEDTLER, Al	GRCI	51.9	1	1989	
O'CONNOR, Dan	FHCI	51.9	1	1994	
JOHNSON, Kirk	ECI	51.9	3	1982	
KOCH, Dylan	BCI	52.0	1	2002	
RILEY, Marcus	GCI	52.0	2	1987	

### MIDGET BOYS 400 METERS

Athlete	School	Performance	Place	Year	Record/Notes
SIKIC, Steve	ECI	51.5	1	1983	*
OLIVER, Scott	GCI	52.3	1	1991	
RILEY, Marcus	GCI	53.0	1	1986	
PICKETT, Gord	St. J.	53.2	1	1975	* TC
VONGUYEN, Liem	WCI	53.5	2	1991	
MACEY, Chris	GCI	53.8	2	1986	
GAYMAN, Terry	GRCI	53.9	1	1997	
WAWRYK, Steve	St. J.	54.1	2	1983	
SELBERG, Mike	BCI	54.4	1	1994	
MOOGK, Duane	BCI	54.4	1	1995	
THOMPSON, Nathan	CHCI	54.4	1	1996	
SIEBER, Nick	St. J.	54.5	1	1970	* TC
BLACKMIRE, Mark	GPSS	54.5	1	1984	
DENOMME, Jason	St. J.	54.5	1	1987	
HINSCHBERGER, Tim	BCI	54.5	2	1997	
BOHNERT, Jonathon	BCI	54.6	1	1993	
STRINGER, Cam	ECI	54.7	1	1977	TC
CHURCH, Kyle	SSS	54.7	1	2002	
MALLO, Brandon	BCI	54.8	1	1992	
DOHERTY, Shawn	St. J.	54.8	2	1984	
FURLONG, Brock	GRCI	54.9	1	1982	
LEVERETTE, Chris	SSS	54.9	1	1999	
MILLER, John	GPSS	54.9	2	1987	
SAWYER, Jason	St. J.	55.2	3	1986	
HADFIELD, Pete	GCI	55.3	1	1988	
MACEY, Mike	GCI	55.3	2	1992	
BOUNKEUTH, Thee	CHCI	55.3	3	1997	