

**WCSSAA**  
**ALL TIME TOP 25 BEST TRACK AND FIELD PERFORMANCES IN FINALS**  
**1962-2003**

**SENIOR GIRLS SHOT PUT (4kg)**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
TOMAN, Liz	EDSS	12.79	1	1997	*
SMITH, Angela	GCI	12.44	1	1998	
KOENIG, Mary	WODSS	11.57	1	1986	*
TONASEVIC, Gloria	SSS	11.38	2	1986	
KENYON, Dienje	WCI	11.16	1	1978	* TC
VERLAAN, Margaret	FHCI	11.08	1	1983	
SPERLING, Julie	GRCI	11.03	2	1998	
WAHL, Sandy	GRCI	10.99	1	1967	* TC
HUMMEL, Carrie	St. M	10.98	1	1984	
TOMASEVIC, Gloria	PHS	10.89	1	1985	
HOUSTON, Sarah	CHCI	10.55	1	1990	
WEBB, Vicki	GCI	10.50	3	1998	
BAUMGART, Nancy	BCI	10.46	2	1984	
MILLAR, Teri	ECI	10.45	2	1989	
SEIBER, Anne	EDSS	10.31	1	1979	* SW
BRUBACHER, Pat	BCI	10.28	1	1975	TC
McNEIL, Terri Lynn	PHS	10.25	1	1994	
O'NEILL, Connie	WCI	10.16	1	1973	TC
PLANT, Kathy	GRCI	10.15	1	1982	
CRESSMAN, Krista	WODSS	10.12	1	1992	
STECKLE, Jane	WODSS	10.08	1	1981	
SMITH, Danielle	GCI	10.04	1	2003	
McCORMICK, Sharon	WODSS	9.99	1	1987	
JANTZI, Sandy	EDSS	9.96	1	1978	* SW

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**JUNIOR GIRLS SHOT PUT (4kg)**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
TOMAN, Liz	EDSS	11.83	1	1995	*
SMITH, Angela	GCI	11.66	1	1997	
SHANTZ, Sue	WCI	10.62	1	1978	* TC
BRUBACHER, Pat	BCI	10.51	1	1974	TC
JANTZI, Sandra	EDSS	10.50	1	1977	SW
HOPKINS, Sue	GRCI	10.49	2	1974	TC
PLANT, Kathy	GRCI	10.45	1	1980	
KENYON, Dienie	WCI	10.38	1	1977	TC
WAHL, Sandy	KCI	10.36	1	1964	* TC
McNEIL, Terri-Lynn	JHSS	10.24	1	1992	
CLAYFIELD, Amy	GRCI	10.10	1	1990	
BLUMENTHAL, Caroline	PHS	10.01	1	1984	
APP, Bobbi-Jo	BCI	9.98	2	1990	
MORTON, Kathy	GPSS	9.95	1	1970	* SW
MAXWELL, Shelley	ECI	9.95	2	1978	TC
SPERLING, Julie	GRCI	9.93	2	1995	
HUGHES, Sherry	St. M	9.89	1	1968	TC
MOWBRAY, Karen	SSS	9.87	1	1982	
STEINMAN, Paula	Rockway	9.87	3	1974	TC
CURRAN, Heather	SSS	9.84	1	1993	
FLEISCHMAN, Jody	PHS	9.81	2	1982	
DIETRICH, Rhonda	EDSS	9.75	1	1979	SW
HUMMEL, Corrie	St. M	9.74	3	1982	
KOENIG, Mary	WODSS	9.71	2	1984	
MASON, Kelly	ECI	9.69	3	1984	

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**MIDGET GIRLS SHOT PUT (4kg)**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
JANTZI, Sandra	EDSS	10.20	1	1975	* SW
SMITH, Angela	GCI	10.05	1	1995	
BRUBACHER, Pat	CHCI	9.99	1	1972	TC
ARRIS, Jackie	St. M	9.92	1	1980	
TOMAN, Liz	EDSS	9.87	1	1993	
SPERLING, Julie	GRCI	9.79	1	1994	
HOPKINS, Sue	GRCI	9.67	1	1971	TC
HAMMER, Susan	ECI	9.66	1	1973	TC
MILES, Tracey	WODSS	9.41	1	1992	
BRUDER, Joanne	St. M	9.37	1	1979	TC
DUMAS, Elaine	BCI	9.31	1	2001	
KLINKHAMMER, J.	St. B	9.29	1	1970	* SW
LEVESQUE, Janice	St. M	9.21	1	1974	TC
DIETRICH, Rhonda	EDSS	9.21	1	1977	SW
ELLENTON, Liz	KCI	9.10	1	1975	TC
MAYBERRY, Erin	EDSS	9.09	2	2001	
PLANT, Kathy	FHCI	9.08	1	1978	TC
BLUMENTHAL, Caroline	PHS	9.08	1	1983	
CLAYFIELD, Amy	GRCI	9.04	1	1988	
YOUNG, Shelley	PHS	9.02	2	1983	
CURRAN, Heather	SSS	8.99	1	1991	
HANEY, C.	SSS	8.98	1	1971	SW
HELM, Susan	WODSS	8.98	1	1981	
PICKERSNILL, Natahsa	KCI	8.98	2	1992	
DUNBAR, Ann	CHCI	8.96	2	1978	TC
OBERLE, Pam	SSS	8.96	2	1993	

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**SENIOR BOYS SHOT PUT (12lb)**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
CROSBY, Cam	GRCI	17.44	1	1969	* TC
FIELDING, Jeff	GRCI	17.22	1	1972	TC
DEVRIES, John	GCI	15.75	1	1987	
WILSON, Nate	GRCI	15.57	1	2002	
LEWIS, Lennox	CHCI	15.43	1	1985	
PAYNE, Mike	FHCI	15.29	1	1978	TC
FORWELL, Brad	FHCI	15.18	1	1975	TC
MULHOLLAND, Jason	GCI	14.73	1	1991	
KACZYNSKI, Andrew	GPSS	14.72	1	1978	* SW
DAUB, Merv	KCI	14.57	1	1962	* TC
MISSELBROOK, Bob	ECI	14.54	1	1979	TC
KELLY, Mark	FHCI	14.45	1	1981	
MacDONALD, Todd	SSS	14.37	1	1980	
SCULLY, Steve	St. J	14.34	1	1971	TC
McCASH, Mark	PHS	14.08	1	1996	
KIPPER, Randy	FHCI	14.03	2	1981	
SCHARF, Ted	ECI	14.02	1	1970	TC
FERGUSON, Dean	CHCI	13.92	2	1984	
MANNING, Scott	GRCI	13.90	1	1977	TC
TOMINS, Rob	BCI	13.84	1	1988	
DOMMIT, Terry	CHCI	13.81	1	1993	
LEITH, Ryan	GCI	13.72	1	1992	
DAWE, Chad	KCI	13.72	1	1999	
LINDEN, Terry	FHCI	13.71	1	1967	TC
WOROCH, Rick	BCI	13.64	2	1992	

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<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
PAYNE, Mike	FHCI	15.50	1	1977	* TC
MULHOLLAND, Jason	GCI	14.54	1	1990	
MINTZ, Darcy	St. J	14.52	1	1988	
BRZOZOWSKI, Mike	St. J	14.18	1	1982	
WILSON, Nate	GRCI	14.15	1	2000	
MITTERER, Andreas	BCI	13.98	1	1985	
PETERS, Glen	CHCI	13.71	1	1980	
LEWIS, Lennox	CHCI	13.58	1	1983	
MacSORLEY, Al	WCI	13.50	1	1973	* TC
KACZYNSKI, Andy	SSS	13.32	1	1977	SW
LEITH, Ryan	GCI	13.28	2	1990	
LARONDE, Mike	FHCI	13.25	1	1968	* TC
WOROCH, Rick	BCI	13.24	1	1991	
DREHER, Cliff	SSS	13.22	1	1979	SW
BAILEY, Tom	BCI	13.20	1	2002	
THORMAN, Scott	PHS	13.16	1	1999	
DEVRIES, John	GCI	13.13	2	1985	
CRUZE, Larry	FHCI	13.08	2	1983	
FIELDING, Jeff	GRCI	13.00	1	1971	* TC
FORWELL, Brad	FHCI	12.97	1	1972	TC
WHITE, Rod	EDSS	12.97	1	1989	
METZ, Corey	GCI	12.94	2	1988	
KOERBER, Mike	BCI	12.93	1	1975	TC
MISSELBROOK, Bob	ECI	12.85	1	1978	TC
LINDEN, Terry	FHCI	12.83	1	1966	* TC

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**MIDGET BOYS SHOT PUT (4kg)**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
MINTZ, Darcy	St. J	15.28	1	1986	*
MESSIER,	St. B	15.16	1	1968	* SW
METZ, Corey	GCI	14.55	1	1987	
PETERS, Glen	CHCI	14.37	1	1978	* TC
NIEREISEL, Brad	PHS	14.31	1	1996	
STUMPF, Kevin	WCI	14.26	1	1970	TC
MacKINNON, Dan	ECI	14.24	1	1991	
HADDAD, Dimitri	St. J	14.23	1	1989	
KARAOLIS, George	WCI	14.14	1	1995	
BAILEY, Tom	BCI	14.07	1	2001	
CARTIER, Jason	BCI	14.05	2	1991	
MENDEZ, Luis	GCI	14.01	1	1998	
LARONDE, Mike	FHCI	13.97	1	1966	* TC
COPOLINO, Mike	BCI	13.92	2	1978	TC
HUNTLEY, Dave	WCI	13.90	1	1962	* TC
FIELDING, J.	GRCI	13.90	1	1969	TC
DEVRIES, John	GCI	13.86	1	1983	
YOUNG, Kyle	EDSS	13.85	2	1987	
PAYNE, Mike	FHCI	13.77	1	1975	TC
JAMESON, Mike	EDSS	13.72	1	1977	SW
WILSON, Nate	GRCI	13.65	1	1999	
MacSORLEY, Al	WCI	13.64	1	1972	TC
HUTCHINGS, Pete	GPSS	13.55	1	1975	SW
MORRIS, Rob	ECI	13.55	3	1978	TC
WINTERMEYER, Ray	EDSS	13.54	2	1983	