

GIRLS C.W.O.S.S.A. TRACK & FIELD RECORDS - 1973 - REVISED

MIDGET GIRLS:

100M.....	Margaret MacGowan, Waterford D. H. S. ..	12.5 - 1970
80M Hurdles..	Helen Row, Waterloo-Oxford.....	12.25 - 1973
200M.....	Margaret MacGowan, Waterford D. H. S. ..	26.1 - 1970
400M.....	Donna Churchill, Pauline Johnson.....	1.01.2 - 1973
800M.....	Donna Churchill, Pauline Johnson.....	2.22.45 - 1973
4 x 100M rel.	Grand River C. I.	52.8 - 1973
Long Jump....	Marta Greesiowski, Erin D. H. S.	4.97M - 1971
High Jump....	Jacqui Crone, Port Dover D. S. S.	1.57M - 1971
Discus Throw.	Caroline Duncan, Cameron Heights C. I. .	30.82M - 1970
Shot Put.....	Pat Brubacher, Cameron Heights C. I. ...	9.97M - 1972
Javelin.....	Janice Fairfax, Brantford C. I.	30.76M - 1973
1500M.....	Karen Koch, Southwood S. S.	5.36.6 - 1973

JUNIOR GIRLS:

100M.....	Margaret MacGowan, Waterford D. H. S. ..	12.05 - 1972
80M Hurdles..	Lix Damman, Eastwood C. I.	12.6 - 1970
200M.....	Barb Bishop, Centennial C. V. I.	25.25 - 1973
400M.....	Margaret MacGowan, Waterford D. H. S. ..	57.25 - 1972
800M.....	Elaine M ^c Crea, Paris D. H. S.	2.29.0 - 1973
4 x 100M rel.	Eastwood C. I.	0.53.0 - 1970
Long Jump....	L. Copeman, Centennial C. V. I.	5.23M - 1969
High Jump....	J. Dietrich, Galt C. V. I.	1.62M - 1972
Discus Throw.	Carolyn Duncan, Cameron Heights C. I. ..	38.59M - 1972
Shot Put.....	Julie Cradler, Grand River C. I.	10.05M - 1972
Javelin.....	Marianne Murphy, Delhi D. H. S.	35.64M - 1973
1500M.....	Kathy Lainson, Paris D. H. S.	5.21.5 - 1973

SENIOR GIRLS:

100M.....	Margaret MacGowan, Waterford D. H. S. ..	11.9 - 1973
80M.....	Joan Humphrey, Guelph C. V. I.	12.5 - 1970
200M.....	Debbie Miller, Pauline Johnson C. I. ...	25.9 - 1970
400M.....	Margaret MacGowan, Waterford D. H. S. ..	58.1 - 1973
800M.....	Mary O'Neil, Morth Park.....	2.28.6 - 1973
4 x 100M rel.	Pauline Johnson C. I.	52.8 - 1970
Long Jump....	MacGowan.....	5.27 - 1973
High Jump....	Joan Humphrey, Guelph C. I.	1.67M - 1970
Discus Throw.	Sandy Wahl, Grand River C. I.	34.08M - 1967
Javelin.....	Cathy Cook, Saugeen.....	34.11M - 1973
Shot Put.....	Sandy Wahl, Grand River C. I.	10.67M - 1967
1500M.....	D. Cejnar, Southwood S. S.	5.36.3 - 1973

MIDGET INDIVIDUAL WINNERS

First	Donna Churchill	Pauline Johnson	20 pts.
Second	Kim Parker	G. R. CC. I.	18 pts.
Third	Lorraine Kelleher	Delhi	16 pts.
Tied	Jill Yeates	Glenview	16 pts.

JUNIOR INDIVIDUAL WINNERS

First	Karen Johnson	Southwood	30 pts.
Second	Barb Bishop	Centennial	20 pts.
Third	Sylvia Malgadey	Cameron	18 pts.

SENIOR INDIVIDUAL POINTS

First	Marg MacGowan	Waterford	30 pts.
Second	Connie O'Neil	W. C. I.	19 pts.
Tied	Marg O'Neil	North Park	19 pts.

WINNING SCHOOLS

MIDGET

Grand River	46 pts.
Glenview Park	22 pts.
Paris School	21 pts.

JUNIOR

Southwood	52 pts.
Centennial	27 pts.
Cameron	25 pts.

SENIOR

Waterford	41 pts.
North Park	26 pts.
Southwood	23 pts.

OVER ALL

Southwood	85 pts.
Grand River	56 pts.
North Park	50 pts.

M I D G E T

LONG JUMP

<u>NAME</u>	<u>SCHOOL</u>	<u>DISTANCE</u>	
Liz Klassen	Rockway	4.83.2	m.
Sue Lainson	Parks	4.67	m.
Karen Millar	Grand River	4.65	m.
Debbie Marsh	Guelph	4.64.3	m.
Michelle Clark	Owen Sound	4.61.2	m.
Carol Cowans	Preston	4.56	m.

JAVELIN

Janice Fairfax	Brantford C.V.I.	30.76	m.
Nancy Harley	Valley Heights	30.26	m.
Kelly Wood	Brantford C.V.I.	27.67	m.
Melanie Brown	J. F. Ross	27.55	m.
Jane Sockie	Waterloo	27.06	m.
Kathy Walker	Norwell	25.20	m.

HIGH JUMP

Tracy Rutherford	Southwood	1.53	m.
Carol Gowans	Preston High School	1.49	m.
Mary Shay	Simcoe	1.47	m.
Sue Logie	J. Diefenbacher S.S.	1.42	m.
Kim Parker	Grand River	1.39	m.
L. Ramsay	Georgian Bay S.S.	1.39	m.

SHOT PUT

Susan Hammer	Eastwood C.I.	9.25	
Lorraine Kelleher	Delhi	8.89	
Jane Stockie	Waterloo Oxford	8.53	
Susan Szoke	Grey Highlands	8.15	
J. Green	Glenview Park	8.095	
Cathy Kerr	Paris D.H.S	8.06	

DISCUSS

Lorraine Kelleher	Delhi D.S.S.	26.595	
Carol Steffler	Waterloo C.I.	25.335	
Susan Szoke	Grey Highlands	24.59	
Janice Fairfax	Brantford C.I.	24.23	
Dianne Halbert	Grey Highlands	24.17	
Joanne Vanoene	Fergus	23.57	

M I D G E T

400 METRES

<u>NAME</u>	<u>SCHOOL</u>	<u>TIME</u>
Donna Churchill	P. J. C.	61.2
Kim Parker	Grand River	63.2
Carol Gowans	Preston H. S.	63.7
Patti Hoch	St. Mary's	64.5
Liz Spackman	Bluevale	64.85
Donna McMullen	J. F. Ross	65.0

HURDLES

Helen Row	Waterloo Oxford	12.25 New Record
Karen Millar	Grand River	12.5
Kim Hendry	Glenview Park S.S.	13.5
Mary Lounds	Georgian Bay S.S.	13.6
Lori Herbinger	Waterloo Oxford	13.9
Debbie Marsh	Galt C.V.I.	15.1

200 METRES

Kim Parker	Grand River	27.0
Jill Yeates	Glenview Park	27.55
Susan Braungart	Grand River	27.7
Laurie Muckler	Paris D.H.S.	28.0
Adele Crieser	Brantford C.I.	28.2
Sue Lainson	Paris D.H.S.	28.3

100 METRES

Jill Yeates	Glenview Park	13.05
Sharon LeFler	Waterford	13.25
Janis Waite	Simcoe	13.3
Lorie Muckler	Paris D.H.S.	13.35
Karen Millar	Grand River	13.45
Terry McKay	Paris D.H.S.	13.8

800 METRES

Donna Churchill	Pauline Johnson	2.22.45 New Record
Patti Hoech	St. Mary's	2.35.1
Debbie Willamens	Valley Heights	2.37.4
Donna McMullen	J. F. Ross	2.38.1
Darlene Larke	Grand River	2.38.4

RELAY

Grand River	52.8	Record
Paris D. H. S.	54.05	
Waterloo Oxford	54.6	
Preston	54.9	
Bluevale	54.9	
Simcoe	55.2	

M I D G E T

HURDLES con't

1500 METRES

Karen Koch	Southwood	5:36.6
Marg Vogel	St. Mary's	5:41.4
Wendy Woods	Brantford	5:43.8
S. Lotus	Simcoe C.S.	5:47.1
J. Zdrilvk	Simcoe C.S.	5:47.1
Linda Atkinson	G.H.S.S.	5:50.6

J U N I O R

DISCUS

<u>NAME</u>	<u>SCHOOL</u>	<u>DISTANCE</u>
Dorothy Miller	Orangeville	30.35 m.
Carrie McNeil	North Park C.I.	27.23 m.
Toni Kennedy	Pauline Johnson	26.98 m.
Michelle Kough	Delhi D.S.S.	26.93 m.
Kath Helm	St. Mary's H.S.	26.35 m.
Pat Mulligan	Grey Highlands	25.935 m.

JUNIOR SHOT PUT

Sue Hopkins	Grand River C. I.	9.77 m.
Pat Mulligan	Grey Highlands	9.76 m.
Pat Brubacher	Bluevale	9.60 m.
Sue Scherer	Waterloo Oxford	9.48 m.
Sherrri Gallant	St. Benedict S.S.	9.06 m.
Kathy Helm	St. Mary's H.S.	8.96 m.

LONG JUMP

Karen Johnson	Southwood	5.16
Sylvia Malgadey	Cameron	4.96
Martha Box	Grey Highland	4.78
Shona MacIntyrs	Centennial	4.63
Darcia Stevens	Pauline Johnson	4.61
Cathy Schaefer	Cameron	4.51

JAVELIN

Marianne Murphy	Delhi	35.64 m. Record
Kathy Helm	St. Mary's	30.21 m.
Caron Morrison	Orangeville	30.15 m.
Judy Richardson	J. F. Ross	30.12 m.
Pat Mulligan	Grey Highlands	29.05 m.
Marilyn Monroe	Valley Heights	28.90 m.

HIGH JUMP

Jean Dietrich	Galt	1.57
Karen Johnson	Southwood	1.53
Jill Cross	K. C. I.	1.44
Kris Burden	Brantford C.I.	1.39
Sylvia Malgadey	Cameron	1.39
Mary Ann Matoeske	Valley H.	1.39

J U N I O R

400 METRES

<u>NAME</u>	<u>SCHOOL</u>	<u>TIME</u>
Barb Bishop	Centennial	58.0
Dianne Herron	North Park	61.3
Rochelle Campbell	Bishop Macdonnell	63.4
Rina Klevering	J. F. Ross	63.45
Kathy Stayle	Southwood	65.1
Gwen Riddell	Grey Highlands	65.35

HURDLES JUNIOR FINALS

Sylvia Malgadey	C. H. C. I.	12.6 (Ties Record)
Cathy Shaefer	C. H. C. I.	13.0
Jean Dietrich	G. C. I.	13.1
Sharon Voigt	Eastwood C. I.	13.2
Katie Page	Brantford C. I.	13.3
Rina Klevering	J. F. Ross	13.4

800 METRES

Elaine McCrea	Paris D.H.S.	2:29.0 Record
Kathy Lainson	Paris D.H.S.	2:30.0
Mary Ellen Samson	Southwood S.S.	2:32.05
Heinke Reinhardt	Grey Highlands	2:32.35
Laura Huffaker	Brantford C.I.	2:34.8
Deb Bletch	J. D. S. S.	2:38.6

200 METRES

Barb Bishop	Centennial	25.45 Record
Dianne Ferron	North Park	26.10
Karen Johnson	Southwood	26.15
Chris Rafferty	Forest Heights	27.7
Rachelle Campbell	Bishop MacDonnell	27.8
Susan Mandich	Brantford C. I.	27.9

100 METRES

Karen Johnson	Southwood S.S.	12.7
Laurie Black	Southwood S.S.	12.8
Barb McDougall	Eastwood	13.0
Sharon McLaughlin	Grey Highlands	13.1
Toni Miller	Brantford C.I.	13.2
Chris Rafferty	Forest Heights	13.6

1500 METRES

Kathy Lainson	Paris D.H.S.	5:21.5 Record
Heide Reinhardt	Grey Highlands	5:26.1
Jane Taylor	Bluevale	5:43.1
Sue Stewart	Galt C. I.	5:51.0
Debbie Bayer	St. David's	5:51.8
Linda Waugh	J. F. Ross	5:57.4

J U N I O R

RELAY

Southwood	53.0
North Park	53.0
Centennial	54.1
Brantford C.I.	54.3
Grey Highlands	54.4
Orangeville	54.8

S E N I O R

400 METRES

Name	School	Time
Marg MacGowan	Waterford	58.1 - record
Mary O'Neil	North Park	63.2
Karen Heinrichs	Valley Heights	64.45
Dorothy Blaxley	Glenview Park	65.3
Wendy Kraska	Brantford C.I.	66.2
Susan Ross	Southwood S.S.	67.25

HURDLES

Linda Bockmaster	F.H.C.I.	13.4
Marilyn Bouma	West Hill S.S.	13.5
Isabella Wein	St. Mary's	13.6
Marian McNeil	Pauline Johnson	13.7
Kathy Sekerak	Southwood S.S.	14.0
Karen Brehm	West Hill S.S.	14.1

800 METRES

Mary O'Neil	North Park	2:28.6 - New Record
Donalow Langdon	Grey Highlands	2:33.8
Wendy Kraska	Brantford C.I.	2:34.0
Dagmar Ceznar	Southwood S.S.	2:34.75
Barb Riddell	Grey Highlands	2:36.35
Lee Ann McFadden	Fergus	2:41.0

200METRES

Linda McIntyre	Grey Highlands	26.75
Caroline Hebble-Thwaite	Southwood S.S.	27.1
Ellie Weiler	Delhi	27.3
Chris Could	Simcoe	27.35
Cathy Toth	J.F. Ross	27.7
Debbie Buch	Paris D.H.S.	28.3

100 METRES

Marg MacGowan	Waterford	11.9 - New Record
Caroline Hebble-Thwaite	Southwood	13.0
Ellie Weiler	Delhi D.S.H.	13.1
Nancy Ferguson	North Park	13.2
Mary Ann Stockie	Waterloo Oxford	13.35
Karen Brehm	West Hill C.I.	13.5

Senior 1500 Metres

D. Ceznar	Southwood	5:36.3 - Record
Barb Riddell	Grey Highlands	5:36.4
Donalow Langdon	Grey Highlands	5:46.7
Bonnie McLeod	West Hill	5:54.7
Karen Rector	Eastwood	6:02.8
Pat Tittle	K.C.I.	6:19.4

S E N I O R

SHOT PUT

Name	School	Distance
Connie O'Neil	Waterloo C. I.	9.53m.
Pat Speere	Shelburne	9.21m.
Dorothy Van Zon	Port Dover C. I.	9.14m.
Eleanor Bibbey	Centennial	8.71m.
Karen Roth	Elmira	8.70m.
Barb Mayer	Port Dover	8.64m.

JAVELIN

Cathy Cook	Saugeen D.H.S.	34.11m. Record
Carol Mosher	Waterloo Oxford	32.54m.
Olga Vujovic	Waterloo Oxford	31.59m.
Sharon Naumann	St. Mary's	28.60m.
Heather Cunningham	Forest Heights	28.60m.
Criss Wells	Paris F.I.S.	26.93m.

DISCUS

Marg Uhlig	Walkerton I.S.S.	30.525m.
Debbie Buck	Paris I.S.S.	30.13 m.
Eleanor Bibby	Centennial	29.27 m.
Teresa Pullerton	Brantford C.I.	27.315m.
Carol Masher	Waterloo Oxford	25.82 m.
Lynn Lazowski	Waterford I.S.S.	25.36 m.

HIGH JUMP

Jacqui Crone	Port Dover	1.50m.
Marian McNeil	Pauline Johnson	1.49m.
Elida Shiry	Brentford	1.45
Connie O'Neil	Waterloo	1.39m.
Dagmar Cejnar	Southwood	1.39m.
Mary Hunt	K. C. I.	1.39m.

LONG JUMP

Marg McCowan	Waterford	5.27 m. Record
Connie O'Neil	Waterloo	4.82.2m.
Connie Schentz	Waterloo Oxford	4.77 m.
Marg O'Neil	North Park	4.64 m.
Chris Could	Simcoe	4.53.1m.
Cathy Toth	J. F. Ross	4.50.3m.

RELAY

Waterford	54.0
Glenview Park	54.5
North Park	54.8
Southwood	54.9
Brentford C.I.	55.45
John Diefenbake	56.1