

**OFSAA West Regionals T & F**  
**KWTimers**  
**Jacob Hespeler SS - 2023-06-02 to 2023-06-03**

**West Region - Records**

1	Women 100 Meter Dash Novice	12.12	2002	Emily JOHNSON/J. F. Ross
2	Men 100 Meter Dash Novice	11.18	2006	Corey CRAWLEY - A.B. Lucas
3	Women 200 Meter Dash Novice	24.70	2002	Emily JOHNSON/J. F. Ross
4	Men 200 Meter Dash Novice	22.55	2016	Dante Henriques - Delhi
5	Women 400 Meter Dash Novice	56.75	2018	Emma Pegg - Chatham-Kent
6	Men 400 Meter Dash Novice	50.91	1994	Jeff ELLIS / Orangeville
7	Women 800 Meter Run Novice	2:10.69	2012	Kailee Sawyer - Bluevale
8	Men 800 Meter Run Novice	1:55.74	1989	Kevin Sullivan/Brantford-North Park
9	Women 1500 Meter Run Novice	4:33.99	1997	Erin MCLURE / Waterloo CI
10	Men 1500 Meter Run Novice	4:01.00	1989	Kevin Sullivan/Brantford-North Park
11	Women 3000 Meter Run Novice	9:48.0h	1986	Jennifer ARMSTRONG / London-South
12	Men 3000 Meter Run Novice	8:47.3h	1979	Chris BREWSTER / London-Cath. Cen.
13	Women 80 Meter Hurdles Novice	11.52	1996	Jessica ZELINKA / London-Banting
14	Men 100 Meter Hurdles Novice	13.12	1998	Paul WHITTY / London-Saunders
15	Women 300 Meter Hurdles Novice	43.59	2012	Lexi Aitken - St. Anne-Clinton
16	Men 300 Meter Hurdles Novice	40.41	2005	Jeremy Gibbons - Herman
17	Women High Jump Novice	1.73m	1984	Leanne MADILL / Guelph-Centennial
18	Men High Jump Novice	1.90m	2007	Branden Wilhelm - Woodstock
19	Women Pole Vault Novice	2.95m	2016	Brooke Meloche - Sandwich
20	Men Pole Vault Novice	3.80m	1997	Frank KLUNDERT / Cardinal Carter
21	Women Long Jump Novice	5.78m	1996	Jessica ZELINKA / London-Banting
22	Men Long Jump Novice	6.67m	1979	Ken BERRY / London-Laurier
23	Women Triple Jump Novice	11.53m	2011	Angela Mercurio - St.Mary's-Kitche
24	Men Triple Jump Novice	13.78m	1994	Kriss PETERSON / LaSalle-Sandwich
25	Women Shot Put Novice	12.87m	2018	Alexa Windle - Brantford
26	Men Shot Put Novice	18.23m	1982	Dave CROMBEEN / Sarnia-St. Patrick's
27	Women Discus Throw Novice	40.46m	1979	Liz POLYAK / Brantford-North Park
28	Men Discus Throw Novice	55.14m	2002	Joe POCOCK/Windsor
29	Women Javelin Throw Novice	39.25m	2009	Brooke ROWLAND - Westside
30	Men Javelin Throw Novice	61.70m	1982	Dave CROMBEEN / Sarnia-St. Patrick's
31	Women 4x100 Meter Relay Novice	49.76	2014	W. F. Herman - Windsor - Herman, W.F. J Jackson, S Guimond, A Traore, T Freckleton
32	Men 4x100 Meter Relay Novice	45.37	2002	LASALLE-VILLANOVA
33	Women 100 Meter Dash Junior	11.89	1995	Margaret FOX / Guelph-Bishop Mac.
34	Men 100 Meter Dash Junior	10.60	2002	Rhoan STERLING/Galt
35	Women 200 Meter Dash Junior	24.13	1995	Margaret FOX / Guelph-Bishop Mac.
36	Men 200 Meter Dash Junior	21.67	1993	Chris ROBINSON / Cambridge-Hespeler
37	Women 400 Meter Dash Junior	54.56	1994	Nadia SCHMEIDT / London-John Paul II
38	Men 400 Meter Dash Junior	47.94	1997	Liam CARD / Port Elgin-Saugeen
39	Women 800 Meter Run Junior	2:08.52	2007	Jessica Parry - C. C. London
40	Men 800 Meter Run Junior	1:50.90	2000	Nathan BRANNEN / Preston HS
41	Women 1500 Meter Run Junior	4:28.35	2007	Jessica Parry - C. C. London
42	Men 1500 Meter Run Junior	3:49.3h	1994	Jay CANTIN / Sarnia-St. Clair
43	Women 3000 Meter Run Junior	9:50.02	2001	Amy KOHLMEIER /Sarnia-St.Patrick's
44	Men 3000 Meter Run Junior	8:35.46	2001	Adam HORTIAN / Bluevale
45	Women 80 Meter Hurdles Junior	11.01	1998	Jessica ZELINKA / London-Banting
46	Men 100 Meter Hurdles Junior	13.15	2014	Joey Daniels - Cameron Heights
47	Women 300 Meter Hurdles Junior	41.78	1994	Nadia SCHMEIDT / London-John Paul II
48	Men 300 Meter Hurdles Junior	38.11	1996	Jeff ELLIS/Orangeville
49	Women High Jump Junior	1.77m	1985	Catherine BOND / Woodstock CI
50	Men High Jump Junior	2.01m	1984	Andrew MCLEAN / Arva-Medway
51	Women Pole Vault Junior	3.70m	2010	Alysha Newman - Mother Teresa
52	Men Pole Vault Junior	4.40m	1991	Mike NOLAN / Lord Dorchester
53	Women Long Jump Junior	5.76m	1981	Tina LETOURNEAU / Windsor-Brennan
54	Men Long Jump Junior	7.18m	1999	Paul WHITTY / London-Saunders
55	Women Triple Jump Junior	11.94m	1995	Monique HAAN / London Christian

**OFSAA West Regionals T & F**  
**KWTimers**  
**Jacob Hespeler SS - 2023-06-02 to 2023-06-03**

**West Region - Records**

56	Men Triple Jump Junior	15.22m	2000	Kenen SHADD / Kitchner-Grand River CI
57	Women Shot Put Junior	15.80m	2022	Julia Tunks - Oakridge
58	Men Shot Put Junior	17.70m	2016	Cole Belkwell - St.Mary's-Kitche
59	Women Discus Throw Junior	53.72m	2022	Julia Tunks - Oakridge
60	Men Discus Throw Junior	61.78m	2018	Ryan Jacklin - Madill, F.E.
61	Women Javelin Throw Junior	48.84m	1989	Margaret GRIFFITHS / Windsor-Brennan
62	Men Javelin Throw Junior	61.10m	2009	Tyler WITHERS - Northern
63	Women 4x100 Meter Relay Junior	49.43	2023	Sandwich - Windsor - Sandwich L Dicaro, E Steel-Douglas, J Bailey, S Baillargeon
64	Men 4x100 Meter Relay Junior	43.15	2002	LONDON-CATHOLIC CENTRAL
65	Women 100 Meter Dash Senior	11.89	2011	Jellisa Westney - St. Benedict
66	Men 100 Meter Dash Senior	10.56	2012	Devon Rittinger - Forest Heights
67	Women 200 Meter Dash Senior	23.71	2017	Ashlan Best - Centennial
68	Men 200 Meter Dash Senior	21.30	1995	Dave TOMLIN / Kitchener-St. Mary's
69	Women 400 Meter Dash Senior	55.02	1985	Nadia SCHMEIDT / London-J.Paul II
70	Men 400 Meter Dash Senior	46.54	2012	Brandon McBride - Herman, W.F.
71	Women 800 Meter Run Senior	2:07.72	2018	Tiana LoStracco - St. James
72	Men 800 Meter Run Senior	1:47.56	2012	Brandon McBride - Herman, W.F.
73	Women 1500 Meter Run Senior	4:26.66	2008	Jessica PARRY - Catholic Cenral London
74	Men 1500 Meter Run Senior	3:45.06	1993	Kevin SULLIVAN / Brantford-North Park
75	Women 3000 Meter Run Senior	9:35.23	2017	Sevanne Ghazarian - St. Benedict
76	Men 3000 Meter Run Senior	8:18.71	2022	Heath McAllister - London Central
77	Women 100 Meter Hurdles Senior	13.15	2000	Jessica ZELINKA / London-Banting
78	Men 110 Meter Hurdles Senior	13.46	2010	Greg MacNeill - Mother Teresa
79	Women 400 Meter Hurdles Senior	58.03	1995	Nadia SCHMEIDT / London-John Paul II
80	Men 400 Meter Hurdles Senior	52.37	1997	Jeff ELLIS / Orangeville
81	Women High Jump Senior	1.78m	1986	Catherine BOND / Woodstock CI
82	Men High Jump Senior	2.19m	2010	Branden Wilhelm - Woodstock
83	Women Pole Vault Senior	3.91m	2011	Alysha Newman - Mother Teresa
84	Men Pole Vault Senior	5.10m	1985	Doug WOOD / Wingham-Madill
85	Women Long Jump Senior	6.20m	2023	Trinity Shadd-Ceres - Cameron Heights
86	Men Long Jump Senior	7.50m	2010	Taylor Stewart - Regina Mundi
87	Women Triple Jump Senior	12.23m	2017	Alissa Melvin - St. David
88	Men Triple Jump Senior	15.73m	2002	Kenen SHADD/Kitchener Grand River
89	Women Shot Put Senior	14.25m	1996	Liz TOMAN / Elmira
90	Men Shot Put Senior	20.78m	1995	Brad SNYDER / Windsor - St. Joseph's
91	Women Discus Throw Senior	54.06m	2023	Julia Tunks - Oakridge
92	Men Discus Throw Senior	64.94m	1995	Jason TUNKS / London-Banting
93	Women Javelin Throw Senior	47.56m	1997	Andrea BULAT / Windsor-Brennan
94	Men Javelin Throw Senior	70.20m	2001	Trevor SNYDER / Windsor-St.Joseph's
95	Women 4x100 Meter Relay Senior	48.35	2016	W. F. Herman - Windsor - Herman, W.F. T Freckleton, J Jackson, T Cain, A Traore
96	Men 4x100 Meter Relay Senior	42.21	2011	Northern CIVS
97	Women 2000 Meter Steeplechase Open	7:16.28	2019	Elysse Fleming - London Central
98	Men 2000 Meter Steeplechase Open	5:54.94	2012	Daniel Piticariu - Vincent Massey
99	Women 4x400 Meter Relay Open	3:53.30	2016	Lord Dorchester - Dorchester - Lord Dorchester M Dunn, D Earhart, M Beaudry, K Beaudry
100	Men 4x400 Meter Relay Open	3:19.22	2010	W. F. Herman S S - swhe - Herman, W.F. A Colquhoun, C Johnson, B McBride, M Savic
101	Women 100 Meter Dash Ambulatory	14.57	2016	Madison Wilson-Walker - Lord Dorchester
102	Men 100 Meter Dash Ambulatory	12.08	2006	Deric Kruse - F.E.Madill
103	Women 100 Meter Dash Visually Imp.	16.06	2014	Alexis Askin-Hunter - Sarnia
104	Men 100 Meter Dash Visually Imp.	16.03	2018	Bidhialyh Sanon - Brennan, F.J.
105	Women 100 Meter Dash Intellectually Imp	13.71	2018	Kyla Rodrigue - Woodstock
106	Men 100 Meter Dash Intellectually Imp	12.06	2013	Peter Snider - WCI
107	Women 200 Meter Dash Wheelchair	1:30.89	2018	Abbey Leblanc - MacKenzie

**OFSAA West Regionals T & F**  
**KWTimers**  
**Jacob Hespeler SS - 2023-06-02 to 2023-06-03**

**West Region - Records**

108	Men 200 Meter Dash Wheelchair	49.09	2017	Carlos Melo - C.C.H. - Windsor
110	Men 400 Meter Dash Wheelchair	7:59.63	2014	Cole Campbell - MacKenzie
113	Women 800 Meter Run Ambulatory	2:42.97	2018	Sarah Gillies - Orangeville
114	Men 800 Meter Run Ambulatory	2:37.33	2017	Nick Heffernan - St.Thomas Aquina
115	Women 800 Meter Run Intellectually Imp	3:28.59	2023	Averi Iati - Westview Freedom
116	Men 800 Meter Run Intellectually Imp	2:21.71	2023	Anthony Cigan - St.Joe's-Windsor
122	Men Shot Put Ambulatory	6.86m	2023	Maleki McCue - Glenview Park
123	Women Shot Put Intellectually Imp	6.28m	2023	Sarah Summers - Westminster
124	Men Shot Put Intellectually Imp	11.27m	2023	Cameron Banerjee - Banting, Sir F.