

**JACOB HESPELER TRACK AND FIELD FACILITY
ALL TIME BEST PERFORMANCES
2013 – 2026**

GIRLS

EVENT/DIV.	ATHLETE	SCHOOL	PERF	AGE	MEET	YEAR
100 METERS	Von Davis	St. James	12.06	S	Regionals	2016
200 METERS	Ashlan Best	Centennial	24.20	S	Regionals	2026
400 METERS	Krystalann Bechard	Vista Academy	55.30	S	Regionals	2019
800 METERS	Emma Pegg	Chatham-Kent	2:10.29	S	Regionals	2019
1500 METERS	Micha Carswell	Pr. Rene de Gal.	4:34.02	S	Regionals	2026
3000 METERS	Avery Norland	St. Patrick's	9:57.03	S	Regionals	2026
STEEPLECHASE						
2000m	Maelle Dufour	ES L'Essor	7:15.99	O	Regionals	2026
1500m	Carissa Gobbi	OLOL	5:10.37	O	Regionals	2016
SPRINT HURDLES						
100m 30"	Nicole Settington	Oakridge	13.55	S	Regionals	2013
80m 30"	Tyra Boug	Huron Heights	11.64	J	Regionals	2016
INT. HURDLES						
400m 30"	Lexi Aitken	St. Anne-Clinton	1:00.01	S	Regionals	2013
300m 30"	Jordan Cheam	Centennial	44.25	J	Regionals	2026
400 METER RELAY	Tanay Freckleton, Jada Jackson, Taneidra Cain, Adi Traore Herman		48.35	S	Regionals	2016
1600 METER RELAY	Megan Dunn, Dana Earhart, Meagan Beaudry, Katie Beaudry Lord Dorchester		3:53.30	O	Regionals	2016
1600 MIXED RELAY	Alex Grafos, Madison Gravelle, Brayden Kane, Kaitlyn Gravelle St. Joes's-Windsor		3:38.44	O	Regionals	2026
SHOT PUT	(4kg) Julia Tunks	Oakridge	13.87	S	Regionals	2026
	(3kg) Adele St. John	Banting	13.45	J	Regionals	2016
DISCUS	(1kg) Julia Tunks	Oakridge	54.06	S	Regionals	2023

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JAVELIN	(600g)	Alexandra Webb	St. Benedict	46.25	S	Regionals	2019
LONG JUMP		Trinity Shadd-Ceres	Cameron Heights	6.20	S	Regionals	2023
HIGH JUMP		Emma Lemieux	Kitchener	1.72	J	CWOSSA	2018
TRIPLE JUMP		Angela Mercurio	St. Mary's-Kit.	12.26	S	CWOSSA	2013
POLE VAULT		Ali Jasinskis	Banting	3.60	S	Regionals	2026

BOYS

EVENT/DIV.	ATHLETE	SCHOOL	PERF	AGE	MEET	YEAR
100 METERS	Noah Horspool	Resurrection	10.56	S	CWOSSA	2026
200 METERS	Noah Horspool	Resurrection	20.76	S	Regionals	2026
400 METERS	Henry Scott	East Elgin	47.91	S	Regionals	2026
800 METERS	Zach Taylor	Waterloo-Oxford	1:51.36	S	Regionals	2026
1500 METERS	Chase Capes	St. Patrick's	3:50.20	S	Regionals	2026
3000 METERS	Heath McAllister	Central-London	8:33.16	S	Regionals	2023
STEEPLECHASE 2000	Muhumed Sirage	CCH-London	6:00.28	O	Regionals	2016
SPRINT HURDLES						
110m 36"	Mitch O'Donnell	Forest Heights	13.50	S	WCSSAA	2013
	Joey Daniels	Cameron Heights	13.50	S	WCSSAA	2016
100m 36"	Joey Daniels	Cameron Heights	13.47	J	CWOSSA	2014
100m 33"	Adam Exley	Resurrection	13.83	N	Regionals	2016
INT. HURDLES						
400m 36"	Chris Green	Cameron Heights	53.48	S	WCSSAA	2013
300m 33"	Davis Edward	Oakridge	39.33	J	Regionals	2013
400 METER RELAY	Austin Adair, Leshawn Telfer, Gabriel Haddad, Noah Horspool					
		Resurrection	42.17	S	Regionals	2026

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1600 METER RELAY		Gabriel Haddad, Austin Adair, Cyril Chapple, Noah Horspool						
		Resurrection		3:21.09	O	CWOSSA	2026	
1600 MIXED RELAY		Alex Grafos, Madison Gravelle, Brayden Kane, Kaitlyn Gravelle						
		St. Joes's-Windsor		3:38.44	O	Regionals	2026	
SHOT PUT	12lb	Noah Mitoraj	Aquinas	17.65	S	Regionals	2026	
	4kg	Ryan Jacklin	Madill	18.33	J	Track Wars	2018	
DISCUS	1.62kg	Mark Bujnowski	Holy Cross	57.16	S	Regionals	2016	
	1kg	Jeremy Elliott	Sacred Heart	60.28	J	CWOSSA	2018	
JAVELIN	800g	Josh Shepley	Belle River	60.76	S	Regionals	2013	
	600g	Nolan McKinlay	North Star	57.56	J	Regionals	2026	
LONG JUMP		Adam Lee	J.F. Ross	7.16	S	CWOSSA	2018	
HIGH JUMP		Sebastien Smith	Northern	2.00	S	Regionals	2016	
		Cal McDougall	St. David	2.00	S	CWOSSA	2026	
TRIPLE JUMP		Ryan Taylor	Huron Heights	14.86	S	CWOSSA	2016	
POLE VAULT		Ethan Atkinson	St. Joe-St. Thom	4.65	S	Regionals	2026	
LEGEND	S	SENIOR						
	J	JUNIOR						
	N	NOVICE						
	O	OPEN						