

REGIONAL RECORDS

MIDGET GIRLS

| | | | | |
|-------------|--------------------|------------------------|------|----------|
| 100 m | Emily Johnson | J. F. Ross | 2002 | 12.12 |
| 200 m | Emily Johnson | J. F. Ross | 2002 | 24.70 |
| 400 m | Donalda Duprey | Saugeen | 1982 | 57.3h |
| | Julia Tousaw | St. Anne's (Clinton) | 2004 | 57.85 |
| 800 m | Alyson Kohlmeier | St. Patrick's | 2002 | 2:12.68 |
| 1500 m | Erin McClure | Waterloo CI | 1997 | 4:33.99 |
| 3000 m | Jennifer Armstrong | South | 1986 | 9:48.0h |
| | Nikki Reckman | Lambton Christian | 2000 | 10:10.58 |
| 80 m H | Jessica Zelinka | Banting | 1996 | 11.52 |
| 300 m H | Jessica Zelinka | Banting | 1997 | 43.80 |
| 4 x 100 | | Banting | 1996 | 50.00 |
| High Jump | Leanne Madill | Centennial | 1984 | 1.73 |
| Long Jump | Jessica Zelinka | Banting | 1996 | 5.78 |
| Triple Jump | Angela Mercurio | St. Mary's (Kitchener) | 2011 | 11.53 |
| Shot Put | Liz Polyak | North Park | 1979 | 12.06 |
| Discus | Liz Polyak | North Park | 1979 | 40.46 |
| Javelin | Brooke Rowland | Westside | 2009 | 39.25 |

JUNIOR GIRLS

| | | | | |
|-------------|--------------------|---------------------------|------|---------|
| 100 m | Margaret Fox | Bishop MacDonnell | 1995 | 11.89 |
| 200 m | Margaret Fox | Bishop MacDonnell | 1995 | 24.13 |
| 400 m | Nadia Schmeidt | John Paul II | 1994 | 54.56 |
| 800 m | Jessica Parry | Catholic Central (London) | 2007 | 2:08.52 |
| 1500 m | Jessica Parry | Catholic Central (London) | 2007 | 4:28.35 |
| 3000 m | Amy Kohlmeier | St. Patrick's | 2001 | 9:50.02 |
| 80 m H | Jessica Zelinka | Banting | 1998 | 11.01 |
| 300 m H | Nadia Schmeidt | John Paul II | 1994 | 41.78 |
| 4 x 100 | | Banting | 2006 | 49.80 |
| High Jump | Catherine Bond | Woodstock CI | 1985 | 1.77 |
| Pole Vault | Alysha Newman | Mother Teresa | 2010 | 3.70 |
| Long Jump | Tina Letourneau | Brennan | 1981 | 5.76 |
| Triple Jump | Monique Haan | London Christian | 1995 | 11.94 |
| Shot Put | Liz Polyak | North Park | 1981 | 13.30 |
| Discus | Liz Polyak | North Park | 1981 | 44.24 |
| Javelin | Margaret Griffiths | Brennan | 1989 | 48.84 |

SENIOR GIRLS

| | | | | |
|-------------|-----------------|---------------------------|------|----------|
| 100 m | Jellisa Westney | Cameron Heights | 2011 | 11.89 |
| 200 m | Lisa Kueneman | Bluevale | 1978 | 24.6h |
| | Jessica Zelinka | Banting | 1999 | 24.70 |
| 400 m | Nadia Schmeidt | John Paul II | 1995 | 55.02 |
| 800 m | Jessica Parry | Catholic Central(London) | 2008 | 2:09.88 |
| 1500 m | Jessica Parry | Catholic Central (London) | 2008 | 4:26.46 |
| 3000 m | Kathy Butler | Waterloo CI | 1992 | 9:39.9h |
| | Tarah McKay | Elmira | 2005 | 10:03.05 |
| 4 x 100 | | Banting | 2000 | 48.73 |
| 100 m H | Jessica Zelinka | Banting | 2000 | 13.15 |
| 400 m H | Nadia Schmeidt | John Paul II | 1995 | 58.03 |
| High Jump | Catherine Bond | Woodstock CI | 1986 | 1.78 |
| Pole Vault | Alysha Newman | Mother Teresa | 2011 | 3.91 |
| Long Jump | Laura Wessling | Delhi | 1996 | 5.92 |
| Triple Jump | Monique Haan | London Christian | 1996 | 12.11 |
| Shot Put | Liz Toman | Elmira | 1996 | 14.25 |
| Discus | Liz Polyak | North Park | 1982 | 48.20 |
| Javelin | Andrea Bulat | Brennan | 1997 | 47.56 |

OPEN GIRLS

| | | | | |
|------------|------------------|--------------|------|---------|
| 1500 m S/C | Haley Cadawaller | Sarnia CI&TS | 2009 | 5:02.59 |
| 4 x 400 | | Resurrection | 2008 | 3:54.13 |

PHYSICALLY CHALLENGED

| | | | | |
|-----------|------------------|-------------|------|---------|
| Amb. 100 | Joanna Edwards | MacKenzie | 2006 | 15.29 |
| Blind 800 | Rachel Schelhaas | St. Michael | 2011 | 3:01.23 |
| W/C 800 | Jessica Matassa | Villanova | 2005 | 1:59.42 |

MIDGET BOYS

| | | | | |
|-------------|-----------------|---------------------------|------|---------|
| 100 m | Chris Robinson | Jacob Hespeler | 1991 | 11.0h |
| | Corey Crawley | Lucas | 2006 | 11.18 |
| 200 m | Andrew Beckford | Kitchener CI | 1993 | 22.69 |
| 400 m | Jeff Ellis | Orangeville | 1994 | 50.91 |
| 800 m | Kevin Sullivan | North Park | 1989 | 1:55.74 |
| 1500 m | Andrew Dutz | Central | 1986 | 4:00.0h |
| | Ryan Sleiman | Kingsville | 2010 | 4:12.89 |
| 3000 m | Chris Brewster | Catholic Central (London) | 1979 | 8:47.3h |
| | Brandon Laan | John Paul II | 1999 | 9:18.44 |
| 100 m H | Paul Whitty | Saunders | 1998 | 13.12 |
| 300 m H | Jeremy Gibbons | Herman | 2005 | 40.41 |
| 4 x 100 | | Brennan | 1981 | 45.3h |
| | | Villanova | 2002 | 45.37 |
| High Jump | Branden Wilhelm | Woodstock CI | 2007 | 1.90 |
| Pole Vault | Frank Klundert | Cardinal Carter | 1987 | 3.80 |
| Long Jump | Ken Berry | Laurier | 1979 | 6.67 |
| Triple Jump | Kriss Peterson | Sandwich | 1994 | 13.78 |
| Shot Put | Dave Crombeen | St. Patrick's | 1982 | 18.23 |
| Discus | Joe Pockock | Holy Names | 2002 | 55.14 |
| Javelin | Dave Crombeen | St. Patrick's | 1982 | 61.70 |

JUNIOR BOYS

| | | | | |
|-----------------|-----------------|---------------------------|------|---------|
| 100 m | Sean McKillop | Waterloo CI | 1989 | 10.5h |
| | Rhoan Sterling | Galt CI | 1997 | 10.60 |
| 200 m | Chris Robinson | Jacob Hespeler | 1993 | 21.67 |
| 400 m | Liam Card | Saugeen | 1997 | 47.94 |
| 800 m | Nathan Brannen | Preston | 2000 | 1:50.90 |
| 1500 m | Jay Cantin | St. Clair | 1994 | 3:49.3h |
| | Nathan Brannen | Preston | 1999 | 3:59.86 |
| 3000 m | Adam Hortian | Bluevale | 2001 | 8:35.46 |
| 100 m H | Jordan Sherwood | Cameron Heights | 2011 | 13.42 |
| 300 m H | Chris Robinson | Jacob Hespeler | 1993 | 37.9h |
| | Jeff Ellis | Orangeville | 1996 | 38.11 |
| 4 x 100 | | Catholic Central (London) | 2002 | 43.15 |
| High Jump | Andrew McLean | Medway | 1984 | 2.01 |
| Pole Vault | Mike Nolan | Lord Dorchester | 1991 | 4.40 |
| Long Jump | Paul Whitty | Saunders | 1999 | 7.18 |
| Triple Jump | Kenen Shadd | Grand River | 2000 | 15.22 |
| Shot Put (4 kg) | Jordan Young | St. Joseph (St. Thomas) | 2009 | 17.41 |
| (12 lb) | Fraser Clarke | St. Thomas Aquinas | 1997 | 17.28 |
| Discus (1 kg) | Jordan Young | St. Joseph (St. Thomas) | 2009 | 61.26 |
| (1.61 kg) | Jason Tunks | Banting | 1992 | 53.36 |
| Javelin (600g) | Tyler Withers | Northern | 2009 | 61.10 |
| (800g) | Mike Brennan | Kingsville | 1979 | 65.54 |

SENIOR BOYS

| | | | | |
|-------------|-----------------|------------------------|------|---------|
| 100 m | Dave Tomlin | St. Mary's (Kitchener) | 1994 | 10.57 |
| 200 m | Dave Tomlin | St. Mary's (Kitchener) | 1995 | 21.30 |
| 400 m | Liam Card | Saugeen | 1999 | 47.59 |
| 800 m | Nathan Brannen | Preston | 2001 | 1:48.69 |
| 1500 m | Kevin Sullivan | North Park | 1993 | 3:45.06 |
| 3000 m | Matt Kerr | Centre Wellington | 1995 | 8:21.8h |
| | Wes Alkin | Preston | 2000 | 8:30.87 |
| 110 m H | Greg MacNeil | Mother Teresa | 2010 | 13.46 |
| 400 m H | Jeff Ellis | Orangeville | 1997 | 52.37 |
| 4 x 100 | | Waterloo CI | 1992 | 42.1h |
| | | Northern | 2011 | 42.21 |
| High Jump | Brandon Wilhelm | Woodstock CI | 2010 | 2.19 |
| Pole Vault | Doug Wood | Madill | 1985 | 5.10 |
| Long Jump | Damian Warner | Montcalm | 2008 | 7.48 |
| Triple Jump | Kenen Shadd | Grand River | 2002 | 15.73 |
| Shot Put | Brad Snyder | St. Joseph's (Windsor) | 1995 | 20.78 |
| Discus | Jason Tunks | Banting | 1995 | 64.94 |
| Javelin | Trevor Snyder | St. Joseph's (Windsor) | 2001 | 70.20 |

OPEN BOYS

| | | | | |
|------------|-----------------|-----------------|------|---------|
| 2000 m S/C | Nick Cipp | Bluevale | 1984 | 5:56.7h |
| | Jordan Collison | Saugeen | 2010 | 5:57.33 |
| 4 x 400 | | General Amherst | 1996 | 3:20.70 |

PHYSICALLY CHALLENGED

| | | | | |
|------------|-----------------|-------------------|------|---------|
| Amb. 100 | Deric Kruse | Madill | 2006 | 12.08 |
| Blind 1500 | Jason Dunkerly | W. Ross MacDonald | 1997 | 4:34.87 |
| W/C 1500 | Ian Van Heteren | Strathroy | 2008 | 4:37.13 |