

Outdoor Season Bests 2012

MARK	NAME	Y OF B	DATE	MEET
Female 50m	2010 A. Martin 8.37			
Female 60m	2010 A. Martin 9.37			
9.58	Lisa Cozma	2001	9-Jun	Classic
10.60	Emily Stirling	2001	9-Jun	Classic
Female 80m	2010 E. Martin 11.12			
11.57	Hanna Svensson	1999	23-Jun	Prov
12.00	Abby Harrison	1999	9-Jun	Classic
12.16	Nicole Perks	2000	9-Jun	Classic
12.18	Skylar Sieben	2000	9-Jun	Classic
12.23	Grace Hilton	1999	9-Jun	Classic
12.27	Annette Berry	2000	23-Jun	Prov
12.83	Deia Hida	1999	23-Jun	Prov
12.87	Natalie Sebastian	1999	9-Jun	Classic
12.99	Cam Knowles	1999	9-Jun	Classic
13.04	Tyra Bliss	2000	9-Jun	Classic
13.24	Bronte Richardson-Dobie	1999	9-Jun	Classic
Female 100m	2012 S Hughes 12.39			
12.39f	Sarah Hughes	1994	9-Jun	Classic
12.50f	Meghan Lim	1997	26-Jul	ASG
12.95	Emily Wilson-Bodnar	1996	28-Jun	Senior Nationals
12.96	Ellie Hirst	1995	4-Jul	NB 5
13.09	Nicky Charlesworth	1994	3-May	Dino HS Red
13.12f	Jessica Kalmakoff	1995	9-Jun	Classic
13.14p	Melissa Hazen	1994	17-May	Red HS Divisions
13.72	Teagan McNeill	1998	9-Jun	Classic
13.74f	Emma Chong	1998	16-Jun	Hershey Prov
13.81p	Sarah Choate	1998	23-Jun	Prov
13.82	Natasha Konwitschny	1999	4-Jul	NB #5
13.84	Anise Parker	1998	4-Jul	NB 5
13.88	Athena Furlas	1997	3-Jun	NB #4
13.99	Mia Hull	1998	27-May	NB #3
14.03	Lauren Garnett	1995	17-May	Red HS Divisions
14.43	Jasmine Galey	1995	3-May	Dino HS Red
14.54	Dana Gerlitz	1997	27-May	NB #3
14.93	Antha Dietrich-Henderson	1996	3-May	Dino HS Red
15.01	Bethany Fitzpatrick	1998	9-Jun	Classic
15.20	Jillian Cowan	1996	4-Jul	NB 5
15.22	Nicole Perks	2000	Juen 16	Hershey Prov
15.49	Lisa Cozma	2001	27-May	Hershey Zones
15.52	Rhea Foster	1998	3-Jun	NB #4

15.57	Kiannah Wright	1998	9-Jun	Classic
16.09	Skylar Sieben	2000	27-May	Hershey Zones
16.11	Samantha Wright	2001	27-May	Hershey Zones
16.58	Amanda Monteith	1998	9-Jun	Classic
16.88	Cam Knowles	1999	27-May	Hershey Zones
17.80	Collette Benko	2000	27-May	Hershey Zones
18.20	Lisa Van der Wissel	2003	27-May	Hershey Zones
22.57	Lauren Van der Wissel	2003	27-May	Hershey Zones

Female 150m 2010 E. Martin 20.79

21.49	Hanna Svensson	1999	23-Jun	Prov
22.54	Lisa Cozma	2001	9-Jun	Classic
23.39	Abby Harrison	1999	12-May	Spring Challenge
23.52	Annette Berry	2000	23-Jun	Prov
23.63	Grace Hilton	1999	23-Jun	Prov
23.9	Skylar Sieben	2000	23-Jun	Prov
23.94	Nicole Perks	2000	23-Jun	Prov
24.71	Cam Knowles	1999	12-May	Spring Challenge
24.71	Deia Hida	1999	23-Jun	Prov
26.47	Emily Stirling	2001	9-Jun	Classic

Female 200m 2012 E Hirst 25.16

25.16f	Ellie Hirst	1995	9-Jun	Classic
25.48f	Sarah Hughes	1994	9-Jun	Classic
26.53p	Meghan Lim	1997	9-Jun	Classic
26.80f	Melissa Hazen	1994	9-Jun	Classic
26.95p	Emily Wilson-Bodnar	1996	9-Jun	Classic
27.12f	Jessica Kalmakoff	1995	9-Jun	Classic
27.47f	Athena Furlas	1997	9-Jun	Classic
27.91f	Teagan McNeill	1998	9-Jun	Classic
27.97	Nikki Barlow	1990	27-May	NB #3
28.53	Mia Hull	1998	27-May	NB #3
28.80	Sarah Choate	1998	9-Jun	Classic
28.87	Anise Parker	1998	9-Jun	Classic
29.56	Rachel Yee	1992	27-May	NB #3
30.00	Siri Svensson	1996	12-May	Spring Challenge
30.17	Dana Gerlitz	1997	12-May	Spring Challenge
31.90	Lisa Cozma	2001	27-May	Hershey Zones
33.00	Nicole Perks	2000	27-May	Hershey Zones
34.30	Natalie Sebastian	2000	27-May	Hershey Zones
34.63	Amanda Monteith	1998	9-Jun	Classic
35.80	Monique Zumwalt	2001	27-May	Hershey Zones
36.10	Lisa Van der Wissel	2003	27-May	Hershey Zones
36.50	Collette Benko	2000	27-May	Hershey Zones
37.70	Hannah Johnsen	2001	27-May	Hershey Zones
40.50	Lauren Van der Wissel	2003	27-May	Hershey Zones

Female 300m 2010 E. Hirst 41.78

45.38	Teagan McNeill	1998	9-Jun	Classic
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46.43	Sarah Choate	1998	23-Jun	Prov
46.72	Marissa Stirling	1998	9-Jun	Classic
48.46	Annette Berry	2000	3-Jun	NB #4
54.94	Rhea Foster	1998	3-Jun	NB #4

Female 400m 2007 H Ratzlaff 55.71

56.41	Ellie Hirst	1995	23-Jun	Prov
59.91	Katie Campbell	1995	28-Jun	Senior Nationals
1.02.09	Jasmine Galey	1995	12-May	Spring Challenge
1.02.43	Nikki Barlow	1990	4-Jul	NB 5
1.06.03	Jessica Kalmakoff	1995	23-Jun	Prov
1.07.00	Lauren Fridman	1996	3-Jun	NB #4
1.07.00	Rachel Yee	1992	3-Jun	NB #4
1.11.00	Annette Berry	2000	27-May	Hershey Zones
1.18.00	Samantha Wright	2001	27-May	Hershey Zones
1.25.00	Monique Zumwalt	2001	27-May	Hershey Zones
1.31.00	Hannah Johnsen	2001	27-May	Hershey Zones

Female 600m 2007 R Romero 1.36.68

2.17.93	Lisa Cozma	2001	9-Jun	Classic
2.19.57	Emily Stirling	2001	9-Jun	Classic

Female 800m 2009 H Ratzlaff 2.06.98

2.16.88	Katie Campbell	1995	May	Prov HS
2.18.21	Gloria Kanuka	1991	28-Jun	Senior Nationals
2.19.03	Heather Sim	1985	9-Jun	Classic
2.20.53	Gillian Ceyhan	1996	May	Prov HS
2.23.36	Adrienne Erdman	1994	17-May	Red HS Divisions
2.27.14	Nikki Barlow	1990	28-Apr	SD Triton
2.30.42	Grace Hilton	1999	4-Jul	NB 5
2.35.46	Abby Harrison	1999	9-Jun	Classic
2.36.78	Lauren Fridman	1996	12-May	Spring Challenge
2.37.33	Annette Berry	2000	23-Jun	Prov
2.40.94	Delainy Conibear	1997	12-May	Spring Challenge
2.41.82	Rachel Yee	1992	4-Jul	NB 5
2.42.64	Marissa Stirling	1998	9-Jun	Classic
2.43.90	Lauren Yardley	1999	12-May	Spring Challenge
2.48.06	Delainy Conibear	1997	27-May	NB #3
2.49.00	Annette Berry	2000	27-May	Hershey Zones
2.51.02	Cam Knowles	1999	23-Jun	Prov
2.51.77 Pent	Mia Hull	1998	12-May	Spring Challenge
2.53.33	Meghan Lim	1997	4-Jul	NB 5
2.58.04	Deia Hida	1999	23-Jun	Prov
3.00.06	Skylar Sieben	2000	9-Jun	Classic
3.00.16	Natalie Sebastian	1999	9-Jun	Classic
3.08.67	Tyra Bliss	2000	9-Jun	Classic
3.08.80	Rhea Foster	1998	12-May	Spring Challenge
3.17.00	Suna Ikeda	1999	27-May	Hershey Zones

Female 1000m 2007 H Sim 2.55.80

4.10.30	Lisa Cozma	2001	9-Jun	Classic
4.23.98	Emily Stirling	2001	12-May	Spring Challenge

Female 1200m 2009 A Erdman 3.53.70

4.03.41	Grace Hilton	1999	23-Jun	Prov
4.03.60	Abby Harrison	1999	9-Jun	Classic
4.19.14	Kamila Olguin	1999	9-Jun	Classic
4.23.83	Annette Berry	2000	23-Jun	Prov
4.26.38	Marissa Stirling	1998	12-May	Spring Challenge
4.42.22	Hawaa Zaroual	1998	12-May	Spring Challenge
4.43.84	Cam Knowles	1999	12-May	Spring Challenge
4.44.71	Deia Hida	1999	23-Jun	Prov
4.48.95	Skylar Sieben	2000	23-Jun	Prov
5.19.42	Tyra Bliss	2000	12-May	Spring Challenge

Female 1500m 2008 H Sim 4.25.07

4.43.90	Claudia Belanger	1996	29-Apr	S Scott
4.47.16	Heather Sim	1985	12-May	Spring Challenge
4.48.46	Gloria Kanuka	1991	9-Jun	Classic
4.58.25	Adrienne Erdman	1994	24-Mar	Hawaii
4.58.96	Gillian Ceyhan	1996	May	Prov HS
5.05.50	Katie Campbell	1995	May	Prov HS

Female 1600m 2009 C O'Brien 5.45.83

5.55.48	Grace Hilton	1999	16-Jun	Hershey Prov
7.19.00	Suna Ikeda	1999	27-May	Hershey Zones

Female Mile 2009 H Sim 5.05.90

5.28.63	Gloria Kanuka	1991	3-Jun	NB #4
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Female 2000m 2009 A Erdman 6.54.04**Female 3000m 2007 L Ogradnik 9.59.39**

10.18.56	Claudia Belanger	1996	May	Prov HS
10.39.34	Adrienne Erdman	1994	May	Prov HS

Female 5000m 2007 F Stenning 17.15.55**Female 60mH 2010 A. Martin 12.19**

Female 80mH	2012 N Charlesworth	11.61	33"
	2011 N. Charlesworth	11.49	30"

	2011 E. Chong	14.77	27"	
11.61 33"	Nicky Charlesworth	1994	9-May	Dino HS Gold
12.56 33"	Melissa Hazen	1994	9-May	Dino HS Gold
12.22p 30"	Emily Wilson-Bodnar	1996	May	Prov HS
12.71f 30"	Athena Furlas	1997	26-Jul	ASG
13.66 30"	Lauren Garnett	1995	9-May	Dino HS Gold
14.15 30"	Emma Chong	1998	27-May	NB #3
14.24 30"	Jasmine Galey	1995	9-May	Dino HS Gold
14.28 30"	Meghan Lim	1997	12-May	Spring Challenge
14.73 30"	Hailey Bourelle	1997	9-Jun	Classic
14.77 30" Pent	Marissa Stirling	1998	12-May	Spring Challenge
15.20 30"	Teagan Mcneill	1998	9-Jun	Classic
15.67 30"	Anise Parker	1998	12-May	Spring Challenge
16.13 30" Pent	Mia Hull	1998	12-May	Spring Challenge
16.43 30"	Bethany Fitzpatrick	1998	27-May	NB #3
19.27 30"	Amanda Monteith	1998	12-May	Spring Challenge
16.75 27"	Hanna Svensson	1999	9-Jun	Classic
16.79 27"	Skylar Sieben	2000	9-Jun	Classic
17.54 27"	Deia Hida	1999	9-Jun	Classic
18.21 27"	Natalie Sebastian	1999	9-Jun	Classic
Female 100mH	2011 S Morrison	13.77	30"	
	2011 N Charlesworth	14.63	33"	
15.09 30"	Emily Wilson-Bodnar	1996	9-Jun	Classic
17.65 30"	Lauren Garnett	1995	9-Jun	Classic
15.13 33"	Melissa Hazen	1994	28-Jun	Senior Nationals
15.93 33"	Emily Wilson-Bodnar	1996	4-Jul	NB 5
Female 200mH	2012 M Lim	28.97		
28.97	Meghan Lim	1997	23-Jun	Prov
29.50	Athena Furlas	1997	26-Jul	ASG
31.76	Marissa Stirling	1998	9-Jun	Classic
34.49	Annette Berry	2000	3-Jun	NB #4
34.58	Lauren Yardley	1999	3-Jun	NB #4
35.33	Anise Parker	1998	12-May	Spring Challenge
35.50	Nicole Perks	2000	3-Jun	NB #4
Female 300mH	2011 S Morrison 46.09			
48.03	Emily Wilson Bodnar	1996	23-Jun	Prov
49.12	Jasmine Galey	1995	12-May	Spring Challenge
Female 400mH	2007 H Ratzlaff 1.01.27			
1.10.37	Jasmine Galey	1995	9-Jun	Classic
1.15.35p	Emily Wilson Bodnar	1996	July	Jun Nat
Female 1500SC	2007 T Dressler 4.57.93			

Female 2000SC 2010 A Erdman 6:48.29

Female 3000SC 2007 T Dressler 10.31.12

11.02.53 Adrienne Erdman 1994 8-Jun PreJerome

Female 1500 RW 2009 E Chappell 10.02.36

Female 5k RW 2008 K Samoil 26.59.80

Female 20k RW 2008 K Samoil 2:00.01.00

**Female LJ 1 m Take Off
2010 A Martin 3.86**

Female LJ 2012 M Hazen 5.47

5.47	Melissa Hazen	1994	28-Jun	Senior Nationals
5.35	Nicky Charlesworth	1994	17-May	Red HS Divisions
4.75	Antha Dietrich-Henderson	1996	17-May	Red HS Divisions
4.68 Pent	Mia Hull	1998	12-May	Spring Challenge
4.66p	Meghan Lim	1997	9-Jun	Classic
4.62	Anise Parker	1998	26-Jul	ASG
4.41	Emma Chong	1998	27-May	NB #3
4.27	Hanna Svensson	1999	9-Jun	Classic
4.03 Pent	Marissa Stirling	1998	12-May	Spring Challenge
4.00	Natasha Konwitschny	1999	4-Jul	NB 5
3.90	Jillian Cowan	1996	23-Jun	Prov
3.90	Cam Knowles	1999	12-May	Spring Challenge
3.79	Teagan McNeill	1998	9-Jun	Classic
3.74	Hailey Bourelle	1997	12-May	Spring Challenge
3.72	Bethany Fitzpatrick	1998	9-Jun	Classic
3.69	Delainy Conibear	1997	12-May	Spring Challenge
3.57	Rhea Foster	1998	23-Jun	Prov
3.57	Skylar Sieben	2000	9-Jun	Classic
3.49	Nicole Perks	2000	23-Jun	Prov
3.44	Deia Hida	1999	9-Jun	Classic
3.38	Annette Berry	2000	23-Jun	Prov
3.37	Lisa Cozma	2001	9-Jun	Classic
3.23	Tyra Bliss	2000	12-May	Spring Challenge
3.17	Emily Stirling	2001	12-May	Spring Challenge
3.14	Abby Harrison	1999	12-May	Spring Challenge
2.83	Natalie Sebastian	1999	9-Jun	Classic
2.40	Bronte Richardson-Dobie	1999	9-Jun	Classic

Female Standing Long Jump 2008 N Charlesworth 2.36

1.87	Nicole Perks	2000	16-Jun	Hershey Prov
1.86	Anise Parker	1998	16-Jun	Hershey Prov
1.79	Annette Berry	2000	27-May	Hershey Zones
1.78	Samantha Wright	2001	27-May	Hershey Zones
1.76	Bethany Fitzpatrick	1998	27-May	Hershey Zones
1.73	Grace Hilton	1999	27-May	Hershey Zones
1.72	Skylar Sieben	2000	27-May	Hershey Zones
1.69	Emily Stirling	2001	12-May	Spring Challenge
1.65	Lisa Cozma	2001	27-May	Hershey Zones
1.58	Natalie Sebastian	2000	27-May	Hershey Zones
1.44	Monique Zumwalt	2001	27-May	Hershey Zones
1.36	Lauren Van der Wissel	2003	27-May	Hershey Zones
1.19	Collette Benko	2000	27-May	Hershey Zones

Female TJ 2007 K Tse 11.69

10.29	Antha Dietrich-Henderson	1996	17-May	Red HS Divisions
10.19	Emily Wilson-Bodnar	1996	17-May	Red HS Divisions
9.87	Anise Parker	1998	23-Jun	Prov
9.63	Lauren Garnett	1995	23-Jun	Prov
9.14	Emma Chong	1998	9-Jun	Classic
8.73	Sarah Choate	1998	9-Jun	Classic
8.29	Annette Berry	2000	3-Jun	NB #4

Female HJ 2009 N Charlesworth 1.70

1.62	Nicky Charlesworth	1994	May	Prov HS
1.50	Emily Wilson-Bodnar	1996	3-May	Dino HS Red
1.45	Emma Chong	1998	23-Jun	Prov
1.39 Pent	Mia Hull	1998	12-May	Spring Challenge
1.35	Anise Parker	1998	26-Jul	ASG
1.30	Hanna Svensson	1999	12-May	Spring Challenge
1.28	Hailey Bourelle	1997	9-Jun	Classic
1.27 Pent	Marissa Stirling	1998	12-May	Spring Challenge
1.20	Annette Berry	2000	23-Jun	Prov
1.20	Meghan Lim	1998	3-Jun	NB #4
1.20	Nicole Perks	2000	23-Jun	Prov
1.11	Lisa Cozma	2001	9-Jun	Classic
1.10	Abby Harrison	1999	12-May	Spring Challenge
1.10	Skylar Sieben	2000	23-Jun	Prov
1.00	Cam Knowles	1999	23-Jun	Prov
1.05	Tyra Bliss	2000	9-Jun	Classic

Female SP 2007 T Johnson 10.12 4kg
2012 S Svensson 11.54 3kg
2012 H Svensson 7.25 2.7kg
2012 L Cozma 5.75 2kg

9.90 4kg	Siri Svensson	1996	16-May	Blue HS Divisions
6.17 4 kg	Alanna Pearson	1995	9-May	Dino HS Gold
11.54 3kg	Siri Svensson	1996	23-Jun	Prov
10.05 3kg	Mia Hull	1998	26-Jul	ASG

9.53	3kg	Dana Gerlitz	1997	23-Jun	Prov
8.70	3kg	Lauren Fridman	1996	12-May	Spring Challenge
8.64	3kg	Meghan Lim	1997	12-May	Spring Challenge
8.18	3kg	Hanna Svensson	1999	9-Jun	Classic
7.21	3kg	Amanda Monteith	1998	9-Jun	Classic
6.57	3kg Pent	Marissa Stirling	1998	12-May	Spring Challenge
6.56	3kg	Abby Harrison	1999	12-May	Spring Challenge
6.40	3kg	Skylar Sieben	2000	23-Jun	Prov
5.82	3kg	Kiannah Wright	1998	9-Jun	Classic
5.69	3kg	Grace Hilton	1999	23-Jun	Prov
5.63	3kg	Rhea Foster	1998	23-Jun	Prov
5.36	3kg	Nicole Perks	2000	23-Jun	Prov
4.65	3kg	Annette Berry	2000	23-Jun	Prov
4.54	3kg	Deia Hida	1999	23-Jun	Prov
4.03	3kg	Cam Knowles	1999	12-May	Spring Challenge
3.18	3kg	Natalie Sebastian	1999	9-Jun	Classic
7.25	2.7kg	Hanna Svensson	1999	May 5th	NB #1 Lethbridge
5.75	2kg	Lisa Cozma	2001	9-Jun	Classic
4.95	2kg	Emily Stirling	2001	12-May	Spring Challenge

Female Javelin **2007 J Wamsley 32.57** **600g**
2012 D Gerlitz 34.03 **500g**

32.26	600g	Lauren Fridman	1996	27-May	NB #3
30.75	600g	Dana Gerlitz	1997	13-Jul	Tri Province
30.24	600g	Siri Svensson	1996	23-Jun	Prov
29.17	600g	Alanna Pearson	1995	17-May	Red HS Divisions
19.57	600g	Esther Choi	1994	17-May	Red HS Divisions
34.03	500g	Dana Gerlitz	1997	9-Jun	Classic
28.52	500g	Siri Svensson	1996	26-Jul	ASG
26.41	500g	Alanna Pearson	1995	19-May	Throws Gala
26.14	500g	Lauren Fridman	1996	12-May	Spring Challenge
24.99	500g	Mia Hull	1998	4-Jul	NB 5

Female Discus **2007 T Johnson 33.15** **1 kg**
2011 M Yee 28.81 **750g**

28.80	1 kg	Siri Svensson	1996	May	Cities HS
28.47	1kg	Dana Gerlitz	1997	13-Jul	Tri Province
23.86	1kg	Mia Hull	1998	23-Jun	Prov
22.72	1kg	Esther Choi	1994	17-May	Red HS Divisions
22.01	1kg	Alanna Pearson	1995	17-May	Red HS Divisions
19.58	1kg	Amanda Monteith	1998	9-Jun	Classic
15.69	1kg	Nicole Perks	2000	3-Jun	NB #4
25.15	750g	Hanna Svensson	1999	23-Jun	Prov
15.93	750g	Skylar Sieben	2000	23-Jun	Prov
15.48	750g	Abby Harrison	1999	12-May	Spring Challenge
13.78	750g	Nicole Perks	2000	23-Jun	Prov
11.29	750g	Annette Berry	2000	23-Jun	Prov
7.34	750g	Emily Stirling	2001	12-May	Spring Challenge

Female HT **2007 T Johnson 35.71** **4kg**

2011 M Yee 35.05 3kg

29.40	4kg	Siri Svensson	1996	23-Jun	Prov
32.06	3kg	Siri Svensson	1996	9-Jun	Classic
22.84	3kg	Mia Hull	1998	12-May	Spring Challenge
16.05	3kg	Kiannah Wright	1998	9-Jun	Classic

Fem. Ball Throw 2008 N Charlesworth 43.66

28.45	Natalie Sebastian	1999	27-May	Hershey Zones
27.92	Skylar Sieben	2000	27-May	Hershey Zones
27.09	Abby Harrison	1999	9-Jun	Classic
21.90	Bronte Richardson-Dobie	1999	9-Jun	Classic
20.78	Hanna Svensson	1999	9-Jun	Classic
18.92	Nicole Perks	2000	9-Jun	Classic
18.78	Cam Knowles	1999	9-Jun	Classic
17.98	Grace Hilton	1999	9-Jun	Classic
17.71	Lisa Cozma	2001	9-Jun	Classic
17.54	Lauren Yardley	1999	9-Jun	Classic
16.05	Lisa Van de Wissel	2003	27-May	Hershey Zones
13.85	Emily Striling	2001	9-Jun	Classic
10.16	Tyra Bliss	2000	9-Jun	Classic

Female PV 2009 L Schneider 3.30

2.05	Antha Dietrich-Henderson	1996	17-May	Red HS Divisions
1.80	Jasmine Galey	1995	9-May	Dino HS Gold

Female Speed Tetrathlon 2008 B Toffolo 1009

Female Speed Triathlon 2009 A Parker 435

Female Throws Tetrathlon 2007 N Charlesworth 876

Female Jumps Tetrathlon 2007 KA Meeuwisse 977

Female Stamina Tetrathlon 2008 A stephen 1075

Female Stamina Triathlon 2008 E Martin 455

Female Pent 2008 N Charlesworth 2848 Midget

2224	Midget	Mia Hull	1998	12-May	Spring Challenge
1977	Midget	Marissa Stirling	1998	12-May	Spring Challenge

Female Hep 2007 J Green 2200 - Midget

2011 N Charlesworth 4340 - Youth**Male 50m 2011 T Sherritt 8.44****Male 60m 2011 R Goertzen 9.36**

10.23	Michael Restauro	2001	9-Jun	Classic
10.35	Ryan Forgeron	2001	9-Jun	Classic

Male 80m 2012 M Shokoohi 10.74

10.74	Mehrdad Shokoohi	1999	9-Jun	Classic
11.84	Nathan Calkins	2000	9-Jun	Classic
11.99	Will Hazen	2000	9-Jun	Classic
12.55	Jonah Burkart	1999	12-May	Spring Challenge
12.72	Adeem VasANJI	2000	9-Jun	Classic
12.84	Austin Galey	2000	9-Jun	Classic
13.27	Simon Jacso	1999	9-Jun	Classic
13.33	Austin Galey	2000	12-May	Spring Challenge

Male 100m**Para-Athlete 2012 C Johnson 14.88 T36**

14.88	Cory Johnson	1974	28-Jun	Senior Nationals
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Male 100m**2012 I Rynn 10.88**

10.88f	Isaac Rynn	1989	13-Jul	Provincials
11.03	Andrew Dargie	1987	4-Jul	NB 5
11.33f	Walt Fenton	1995	23-Jun	Prov
11.39p	Walt Fenton	1995	23-Jun	Prov
11.39	Taylor LaRiviere	1994	24-Mar	Hawaii
11.45p	Kyle Visvanathan	1996	9-Jun	Classic
11.57f	Nicholas Buettner	1995	9-Jun	Classic
11.73	Drew Crawford	1994	24-Mar	Hawaii
11.80f	Steven Clark	1991	12-May	Spring Challenge
12.00	Spencer Hunter	1995	24-Mar	Hawaii
12.41	Sam Vito	1995	9-Jun	Classic
12.60 Octa	Austin Ost	1995	12-May	Spring Challenge
12.65f	Drayden Dafoe	1997	9-Jun	Classic
12.70	Liam Robertson	1996	16-May	Blue HS Divisions
12.84	Matthew Dotson	1995	16-May	Blue HS Divisions
12.89	Nathan Monteith	1996	27-May	NB #3
13.02	Karl Wagner	1995	3-May	Dino HS Red
13.13p	Stephen Calkins	1998	12-May	Spring Challenge
13.87	Harrison Matsuoka	1998	3-Jun	NB #4
14.23	Nicholas Hansen	1997	12-May	Spring Challenge
14.24	Mehrdad Shokoohi	1999	27-May	Hershey Zones
14.27	Liam Connors	1998	9-Jun	Classic
15.61	Will Hazen	2000	27-May	Hershey Zones

15.74	Adeem Vasanji	2000	4-Jul	NB 5
16.56	Sam Gardiner	2000	27-May	Hershey Zones
17.31	Michael Restauero	2001	27-May	Hershey Zones
17.55	Ben Konwitschny	2003	4-Jul	NB 5

Male 150m 2012 M Shokoohi 21.04

21.04	Mehrdad Shokoohi	1999	23-Jun	Prov
21.98	Nathan Calkins	2000	12-May	Spring Challenge
23.34	Will Hazen	2000	23-Jun	Prov
24.44	Adeem Vasanji	2000	12-May	Spring Challenge
24.88	Austin Galey	2000	12-May	Spring Challenge

Male 200m

Para-Athlete 2012 C Johnson 31.99

31.99	Cory Johnson	1974	28-Jun	Senior Nationals
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Male 200m

2012 A Dargie 21.89

21.89	Andrew Dargie	1987	27-May	NB #3
22.30f	Isaac Rynn	1989	9-Jun	Classic
22.58f	Walt Fenton	1995	9-Jun	Classic
22.71f	Taylor LaRiviere	1994	May	Prov HS
23.14	Steven Clark	1991	24-Mar	Hawaii
23.58f	Nicholas Buettner	1995	10-Jun	Classic
23.72	Alex Ivan	1994	May	Cities HS
23.79f	Kyle Visvanathan	1996	9-Jun	Classic
23.98Q	Thomas Kellner	1994	July	Jun Nat
24.37	Brent Stephen	1996	9-May	Dino HS Gold
24.56f	Spencer Hunter	1995	9-Jun	Classic
24.75	Drew Crawford	1994	9-May	Dino HS Gold
25.44	Sam Vito	1995	9-Jun	Classic
26.01f	Igor Cardoso Espinosa	1998	16-Jun	Hershey Prov
26.17	Liam Robertson	1996	16-May	Blue HS Divisions
26.18	Robin Robertson	1996	16-May	Blue HS Divisions
26.70	Nathan Monteith	1996	27-May	NB #3
26.98p	Stephen Calkins	1998	12-May	Spring Challenge
27.19	Matthew Dotson	1995	9-May	Dino HS Gold
28.36	Nicholas Hansen	1997	9-Jun	Classic
28.50	Mehrdad Shokoohi	1999	27-May	Hershey Zones
29.70	Jacob Hazen	1998	27-May	Hershey Zones
30.15	Liam Connors	1998	9-Jun	Classic
30.52	Sean Thuna	1997	12-May	Spring Challenge
30.70	James King	1998	9-Jun	Classic
31.30	Nathan Calkins	2000	27-May	Hershey Zones
31.50	Ty Fitzgerald	2000	27-May	Hershey Zones
32.20	Will Hazen	2000	27-May	Hershey Zones
34.30	Sam Gardiner	2000	27-May	Hershey Zones
37.20	Viggo Hansen	2000	27-May	Hershey Zones
38.90	Michael Restauero	2001	27-May	Hershey Zones

Male 300m 2007 A Duhault 38.72

41.66	Igor Cardoso Espinosa	1998	9-Jun	Classic
44.08	Ethan Nishimura	1998	12-May	Spring Challenge
49.07	Liam Connors	1998	12-May	Spring Challenge
45.51	Jacob Hazen	1998	12-May	Spring Challenge
48.96	Sean Thuna	1997	12-May	Spring Challenge
49.17	Liam Connors	1998	9-Jun	Classic
54.97	Matthew Voglewede	1998	3-Jun	NB #4

Male 400m 2012 A Dargie 46.86

46.86f	Andrew Dargie	1987	28-Jun	Senior Nationals
49.61	Isaac Rynn	1989	3-Jun	NB #4
49.68	Alex Ivan	1994	28-Apr	SD Triton
49.95	Madison Theriault	1988	3-Jun	NB #4
51.10	Steven Clark	1991	13-Jul	Provincials
51.43Q	Thomas Kellner	1994	July	Jun Nat
53.36	Bryce Clements	1994	4-Jul	NB 5
54.20	Matt Shaw	1994	13-Jul	Provincials
54.69	Taylor LaRiviere	1994	3-May	Dino HS Red
55.66	Brent Stephen	1996	17-May	Red HS Divisions
58.50	Spencer Hunter	1995	4-Jul	NB 5
59.53 Octa	Austin Ost	1995	12-May	Spring Challenge
1.22.00	Joey Zumwalt	2001	27-May	Hershey Zones
1.27.00	Viggo Hansen	2000	27-May	Hershey Zones

Male 600m 2007 M Saizew 1.21.08

2.10.92	Ryan Forgeron	2001	9-Jun	Classic
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Male 800m 2011 M Saizew 1.49.60

1.50.20	Madison Theriault	1988	27-May	NB #3
1.54.6h	Gareth Hadfield	1992	13-Jul	Provincials
1.58.22Q	James Faul	1995	July	Jun Nat
1.58.92	Andrew Dargie	1987	24-Mar	Hawaii
2.00.00	Brennan Undseth	1996	26-Jul	ASG
2.00.90	Chris Fitzgibbon	1994	9-Jun	Classic
2.07.14	Cuauhti Olguin	1995	4-Jul	NB 5
2.10.50	Matt Shaw	1995	4-Jul	NB 5
2.11.03	Graham Seasons	1997	27-May	NB #3
2.11.82	Sean Foster	1994	9-May	Dino HS Gold
2.19.56	Robin Robertson	1996	16-May	Blue HS Divisions
2.22.19	Brent Stephen	1996	4-Jul	NB 5
2.24.47	Ethan Nishimura	1998	12-May	Spring Challenge
2.25.04	Eric Foster	1996	23-Jun	Prov
2.30.77	Harrison Matsuoka	1998	9-Jun	Classic
2.30.90	Jacob Hazen	1998	23-Jun	Prov
2.47.61	Ty Fitzgerald	2000	9-Jun	Classic
2.54.00	Kevin Falkenberg	1999	27-May	Hershey Zones

2.58.00	Matt Voglewede	1998	27-May	Hershey Zones
3.20.00	Joey Zumwalt	2001	27-May	Hershey Zones

Male 1000m 2007 M Sinclair 2.28.16

3.16.36 Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
3.18.20 Octa	Austin Ost	1995	12-May	Spring Challenge

Male 1200m 2011 B Undseth 3.24.76

3.35.08	Graham Seasons	1997	12-May	Spring Challenge
3.54.47	Ethan Nishimura	1998	12-May	Spring Challenge
4.01.00	Jacob Hazen	1998	23-Jun	Prov
4.04.38	Sahad VasANJI	1997	12-May	Spring Challenge
4.06.19	Jonah Burkart	1999	9-Jun	Classic
4.07.46	Jacob Hazen	1998	9-Jun	Classic
4.13.53	James King	1998	9-Jun	Classic
4.33.97	Mehrdad Shokoohi	1999	23-Jun	Prov
4.45.66	Matt Voglewede	1998	9-Jun	Classic

Male 1500m 2007 M Sinclair 3.46.64

3.51.80	Madison Theriault	1988	29-Apr	S Scott
4.00.74	Gareth Hadfield	1992	12-May	Spring Challenge
4.07.81	Brennan Undseth	1996	23-Jun	Prov
4.08.99p	James Faul	1995	July	Jun Nat
4.09.93	Matt Galea	1993	13-Jul	Provincials
4.10.48p	Chris Fitzgibbon	1994	July	Jun Nat
4.15.09	Sean Foster	1994	May	Prov HS
4.20.96	Cuauhti Olguin	1995	May	Prov HS
5.06.50	Eric Foster	1996	9-Jun	Classic

Male 1600m 2008 G Hadfield 4.38.89

5.46.00	James King	1998	27-May	Hershey Zones
5.47.00	Jacob Hazen	1998	27-May	Hershey Zones
6.14.00	Kevin Falkenberg	1999	27-May	Hershey Zones
7.11.00	Matt Voglewede	1998	27-May	Hershey Zones

Male Mile 2012 M Theriault 4.16.97

4.16.97	Madison Theriault	1988	3-Jun	NB #4
4.22.22	Gareth Hadfield	1992	3-Jun	NB #4
5.40.59	Eric Foster	1996	3-Jun	NB #4
5.44.61	Jacob Hazen	1998	3-Jun	NB #4

Male 2000m 2011 B Undseth 6.13.35

7.40.92	Jacob Hazen	1998	9-Jun	Classic
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Male 3000m	2006 Nyial M 8.29.20				
8.59.14	Merhai Tume	1992	4-Jul	NB 5	
9.01.60	Matt Galea	1993	9-Jun	Classic	
9.01.65	Brennan Undseth	1996	13-Jul	Tri Province	
9.05.34	Chris Fitzgibbon	1994	May	Prov HS	
9.26.40	Sean Foster	1994	May	Cities Prov	
9.33.37	Cuauhti Olguin	1995	May	Prov HS	
Male 5000m	2010 N Majock 14.33.53				
15.25.39	Matt Galea	1993	13-Jun	Victoria	
16.14.47	Sean Foster	1994	28-Apr	SD Triton	
16.15.67	Chris Fitzgibbon	1994	July	Jun Nat	
Male 10000m	2008 N Majock 30.13.42				
32.53.72	Merhai Tume	1992	28-Jun	Senior Nationals	
Male 60mH	2010 T Fitzgerald 12.89				
Male 80mH	2012 M Shokoohi 13.60		27"		
	2010 A Charlesworth 13.74		30"		
13.60 27"	Mehrdad Shokoohi	1999	9-Jun	Classic	
16.26 27"	Nathan Calkins	2000	9-Jun	Classic	
17.29 27"	Ty Fitzgerald	2000	9-Jun	Classic	
17.99 27"	Will Hazen	2000	9-Jun	Classic	
18.30 27"	Simon Jacso	1999	9-Jun	Classic	
18.91 27"	Adeem Vasanji	2000	9-Jun	Classic	
19.72 27"	Austin Galey	2000	9-Jun	Classic	
Male 100mH	2008 E Clark 13.59	36"			
	2010 R McKay 13.40	33"			
14.67f 36"	Bryce Clements	1994	May	Prov HS	
14.93f 36"	Drew Crawford	1994	17-May	Red HS Divisions	
18.87 36"	Taylor LaRiviere	1994	9-May	Dino HS Gold	
14.64f 33"	Karl Wagner	1995	17-May	Red HS Divisions	
15.60 33"	Matthew Dotson	1995	9-May	Dino HS Gold	
16.41 33"	Spencer Hunter	1995	9-May	Dino HS Gold	
16.65f 33"	Drayden Dafoe	1997	9-Jun	Classic	
17.15p 33"	Igor Cardoso Espinosa	1998	9-Jun	Classic	
18.19f 33"	Harrison Matsuoka	1998	9-Jun	Classic	
19.21 33"	Sean Thuna	1997	12-May	Spring Challenge	
19.65 33"	Riley Desrochers	1994	17-May	Red HS Divisions	
Male 110mH	2010 R McKay 14.77	36"			
	2008 E Clark 14.34	39"			
	2012 E Clark 15.12	42"			

16.14f 36	Karl Wagner	1995	9-Jun	Classic
16.27f 36"	Austin Ost	1995	9-Jun	Classic
18.98f 36"	Matthew Dotson	1995	9-Jun	Classic
21.29 36"	Brent Stephen	1996	27-May	NB #3
17.16p 39"	Drew Crawford	1994	9-Jun	Classic
15.12 42"	Evan Clark	1990	4-Jul	Provincials
15.73 42"	Steven Clark	1991	27-May	NB #3

Male 200mH 2009 B Clements 27.18 30"

27.55	Igor Cardoso Espinosa	1998	26-Jul	ASG
31.50	Harrison Matsuoka	1998	3-Jun	NB #4
33.26	Sean Thuna	1997	9-Jun	Classic

Male 300mH 2010 A Smith 39.57

43.71	Brent Stephen	1996	12-May	Spring Challenge
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Male 400mH 2009 T Ratzlaff 51.67

57.53	Bryce Clements	1994	3-Jun	NB #4
57.60h	Steven Clark	1991	13-Jul	Provincials
58.28	Steven Clark	1991	28-Jun	Senior Nationals

Male 1500m SC 2012 G Hadfield 4.22.87

4.22.87	Gareth Hadfield	1992	4-Jul	NB 5
4.36.89	Madison Theriault	1988	4-Jul	NB 5

Male 2000m SC 2009 G Hadfield 5.53.73

6.02.78	Gareth Hadfield	1992	9-Jun	Classic
6.34.11	Cuahti Olguin	1995	23-Jun	Prov

Male 3000m SC 2012 G Hadfield 8.58.77

8.58.77	Gareth Hadfield	1992	13-Jun	Victoria
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Male 2000m Race Walk

**Male LJ 1m Take Off
2010 T Fitzgerald 3.46**

Male LJ 2009 R McKay 6.40

6.33	Austin Ost	1995	28-Jun	Senior Nationals
5.99	Karl Wagner	1995	17-May	Red HS Divisions
5.75	Drew Crawford	1994	17-May	Red HS Divisions
5.48	Walt Fenton	1995	23-Jun	Prov
5.23	Igor Cardoso Espinosa	1998	9-Jun	Classic
4.93	Sam Vito	1995	8-Jun	Classic

4.88	Stephen Calkins	1998	12-May	Spring Challenge
4.76	Mehrdad Shokoohi	1999	23-Jun	Prov
4.57	Nathan Kalmakoff	1997	23-Jun	Prov
4.49	Jacob Hazen	1998	9-Jun	Classic
4.47	Will Hazen	2000	12-May	Spring Challenge
4.35	Sean Thuna	1997	9-Jun	Classic
4.30	Max Vogelgesang	1997	27-May	NB #3
4.26	Harrison Matsuoka	1998	9-Jun	Classic
4.21	Riley Desrochers	1994	17-May	Red HS Divisions
4.04	James King	1998	9-Jun	Classic
4.02	Nathan Calkins	2000	12-May	Spring Challenge
3.89	Ty Fitzgerald	2000	9-Jun	Classic
3.88	Patrick Meister	1997	27-May	NB #3
3.87	Jonah Burkart	1999	12-May	Spring Challenge
3.43	Adeem VasANJI	2000	12-May	Spring Challenge
3.24	Austin Galey	2000	12-May	Spring Challenge
3.12	Simon Jacso	1999	9-Jun	Classic
3.03	Ryan Forgeron	2001	9-Jun	Classic
2.72	Ben Konwitschny	2003	4-Jul	NB 5
2.64	Max Konwitschny	2003	4-Jul	NB 5

Standing LJ 2010 S McClure 2.44

2.30	Igor Cardoso Espinosa	1998	16-Jun	Hershey Prov
1.95	Mehrdad Shokoohi	1999	27-May	Hershey Zones
1.91	Ty Fitzgerald	2000	16-Jun	Hershey Prov
1.55	Viggo Hansen	2000	27-May	Hershey Zones
1.49	Sam Gardiner	2000	27-May	Hershey Zones
1.30	Joey Zumwalt	2001	27-May	Hershey Zones

Male TJ 2010 R McKay 13.60

12.82	Austin Ost	1995	May	Prov HS
12.30	Karl Wagner	1995	23-Jun	Prov

Male HJ 2010 J Brewster 1.93

1.85	Austin Ost	1995	23-Jun	Prov
1.85	Andrew Dargie	1987	4-Jul	NB 5
1.75	Karl Wagner	1995	26-Jul	ASG
1.70	Sam Vito	1995	16-May	Blue HS Divisions
1.60	Andrew LaRiviere	1997	9-Jun	Classic
1.60	Drayden Dafoe	1997	4-Jul	NB 5
1.55	Liam Robertson	1996	12-May	Spring Challenge
1.50	Jacob Hazen	1998	23-Jun	Prov
1.50	Stephen Calkins	1998	12-May	Spring Challenge
1.50	Nathan Kalmakoff	1997	12-May	Spring Challenge
1.45	Nathan Monteith	1996	5-May	NB #1 Lethbridge
1.45	Igor Coardoso Espinosa	1998	9-Jun	Classic
1.30	Mehrdad Shokoohi	1999	23-Jun	Prov
1.30	Nathan Calkins	2000	9-Jun	Classic
1.28 Pent	Harrison Matsuoka	1998	12-May	Spring Challenge

1.15	Adeem Vasanji	2000	4-Jul	NB 5
1.10	Will Hazen	2000	23-Jun	Prov
1.10	Ty Fitzgerald	2000	9-Jun	Classic
1.10	Simon Jacso	1999	9-Jun	Classic
1.00	Austin Galey	2000	9-Jun	Classic

Male Shot Put	2011 A Vasanji 8.21	2kg
	2007 A Bymoer 11.43	3kg
	2010 R Sceviour 13.35	4kg
	2012 A Ost 12.81	5kg
	2012 A Ost 12.09	5.44kg
	2011 B Bracko 11.16	6kg
	2012 P Sze 11.50	7.26kg

11.50 7.26kg	Paul Sze	Coach	4-Jul	NB 5
12.09 5.44kg	Austin Ost	1995	28-Jun	Senior Nationals
9.68 5.44kg	Matthew Schalm	1996	17-May	Red HS Divisions
12.81 5kg	Austin Ost	1996	Aug	Legion Nat
10.98 5kg	Matthew Schalm	1996	29-Jun	Jack Brow
10.83 5kg	Cole Huse	1995	5-Jul	NB 5
11.12 4kg	Igor Cardoso Espinosa	1998	9-Jun	Classic
10.88 4kg	Stephen Calkins	1998	12-May	Spring Challenge
10.23 4kg	Nathan Kalmakoff	1997	13-Jul	Tri Province
7.79 4kg Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
6.66 4kg	Matt Voglewede	1998	9-Jun	Classic
6.15 4kg	Adeem Vasanji	2000	4-Jul	NB 5
7.15 3kg	Simon Jacso	1999	9-Jun	Classic
7.04 3kg	Nathan Calkins	2000	12-May	Spring Challenge
6.33 3kg	Jonah Burkart	1999	9-Jun	Classic
5.99 3kg	Will Hazen	2000	12-May	Spring Challenge

Male Javelin	2010 A Ost 45.27	600g
	2012 A Ost 58.11	700g
	2012 J Rogers 51.21	800g

34.35 600g	Nathan Kalmakoff	1997	23-Jun	Prov
24.20 600g	Patrick Meister	1997	23-Jun	Prov
58.11 700g	Austin Ost	1995	13-Jul	Tri Province
44.91 700g	Cole Huse	1995	4-Jul	NB 5
32.96 700g	Charlie Meister	1995	4-Jul	NB 5
32.60 700g	Matthew Schalm	1996	19-May	Throws Gala
51.21 800g	Jesse Rogers	1993	May	Cities HS
49.98 800g	Austin Ost	1995	3-May	Dino HS Red
46.45 800g	Cole Huse	1995	17-May	Red HS Divisions
34.67 800g	Stefan Brzezinski	1993	4-Jul	NB 5
34.06 wt?	Matthew Schalm	1996	3-May	Dino HS Red
32.38 800g	Matthew Schalm	1996	17-May	Red HS Divisions
19.92 800g	Liam Robertson	1996	16-May	Blue HS Divisions

Male Discus	2011 P Sze 36.95	2 kg
Male Discus	2011 B Bracko 32.95	1.75 kg

2011 B Bracko 35.62 1.614kg
2012 A Ost 36.71 1.5 kg
2010 R Sceviour 35.78 1 kg
2010 A Charlesworth 22.32 750g

23.56	1.75kg	Stefan Brzezinski	1993	9-Jun	Classic
28.65	1.614kg	Cole Huse	1995	17-May	Red HS Divisions
26.66	1.614kg	Matthew Schalm	1996	17-May	Red HS Divisions
36.71	1.5kg	Austin Ost	1995	23-Jun	Prov
29.65	1.5kg	Matthew Schalm	1996	26-Jul	ASG
26.21	wt?	Cole Huse	1995	9-May	Dino HS Gold
19.00	1.5kg	Nathan Monteith	1996	9-Jun	Classic
33.21	1kg	Nathan Kalmakoff	1997	23-Jun	Prov
29.16	1kg	Igor Cardoso Espinosa	1998	9-Jun	Classic
19.83	1kg	Matthew Voglewede	1998	3-Jun	NB #4
17.06	1kg	Adeem VasANJI	2000	3-Jun	NB #4
19.18	750g	Adeem VasANJI	2000	12-May	Spring Challenge
16.81	750g	Will Hazen	2000	12-May	Spring Challenge
15.56	750g	Nathan Calkins	2000	12-May	Spring Challenge
12.65	750g	Austin Galey	2000	12-May	Spring Challenge

Hammer Throw: 2012 M Schalm 39.58 5kg
2009 D Yee 32.22 4kg
2009 A Toms 20.28 6kg

39.58	5 kg	Matthew Schalm	1996	19-May	Throws Gala
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Male PV 2007 F Li 2.80

Male Ball Throw 2008 A Bymoan 59.32

55.75	Igor Cardoso Espinosa	1998	16-Jun	Hershey prov
34.89	Michael Restauo	2001	16-Jun	Hershey Prov
34.07	Matt Voglewede	1998	27-May	Hershey Zones
33.93	Simon Jacso	1999	9-Jun	Classic
32.85	Adeem VasANJI	2000	9-Jun	Classic
31.21	Will Hazen	2000	9-Jun	Classic
26.63	Austin Galey	2000	9-Jun	Classic
25.53	Ryan Forgeron	2001	Juen 9	Classic
17.89	Kevin Falkenberg	1999	27-May	Hershey Zones

Male Strength Triathlon 2008 A Charlesworth 693

Male Stamina Triathlon 2008 A Charlesworth 651

Male Speed Triathlon 2008 A Charlesworth 640

Male Speed Tetrathlon 2007 A Bymoan 1355

Male Stamina Tetrathlon **2007 A Bymoer 1320**

Male Throws Tetrathlon **2007 A Bymoer 1328**

Male Jumps Tetrathlon **2008 A Ost 565**

Male Pent **2008 S Babcock 2913** **Midget**

1575 Midget Harrison Matsuoka 1998 12-May Spring Challenge

Male Octathlon **Youth**

4305 Youth Austin Ost 1995 12-May Spring Challenge