

All-Time Top 10 Performers

Marks since: 01-Jan-50 Times until: 21-Mar-18

University of Waterloo [WAT]

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
Women 50m Dash							
1	5.9h	6.14	S	--- *I Kim Ogilvie	1975-01-25	York University Invitational Track Meet	
2	6.3h	6.54	F	--- *I Liz Damman	1974-02-23	OAAA/OWIAA Championships	
3	6.56		F	--- *I Faye Blackwood	1980-01-01	York Track Meet	
4	6.6h	6.84	F	--- *I Pat Sparling	1974-02-23	OAAA/OWIAA Championships	
5	6.8h	7.04	F	--- *I Marlene Peters	1972-01-15	York University Invitational Track Meet	
6	7.3h	7.54	S	--- *I Sandra Ford	1975-03-01	OAAA/OWIAA Indoor Championships	
Women 50y Dash							
1	6.4h	6.64	F	--- *I Marlene Peters	1972-02-04	The Toronto Star Maple Leaf Indoor Games	
Women 55m Dash							
1	7.18		F	--- *I Heather Moyse	1998-02-26	Eastern Michigan Track Meet	
2	7.39		F	--- *I Rachel Nickie	1996-02-23	Notre Dame Invitational	
3	7.40		F	--- *I Sue Cadarette	1996-02-23	Notre Dame Invitational	
4	7.60		F	--- *I Teresa Kindre	1994-02-11	Cornell Invitational	
5	7.99		F	--- *I Ann Kjerulf	1994-02-11	Cornell Invitational	
6	7.9h	8.14	F	--- *I Martha DeGannes	1989-02-04	Syracuse Invitational	
Women 60m Dash							
1	7.46		F	--- *I Daniella Carrington	04	2003-03-13	CIS Track & Field Championships
2	7.48		F	--- Tegan Sauer		2018-03-08	2018 U Sports Track and Field Championships
3	7.53		F	--- *I Latoya Austin		1997-02-14	Eastern Michigan Track Meet
4	7.58		P	--- *I Sian Smart		2017-02-24	Ontario University Athletics
5	7.66		S	--- *I Heather Moyse		1998-03-04	OAA Track & Field Championships
6	7.75		F	--- *I Margaret Fox		2002-02-22	OAA Track & Field Championships
7	7.77		F	--- *I Rachel Nickie		1997-03-01	OAA Track & Field Championships
8	7.79		F	--- *I Troye Carrington	1	2002-01-18	Can Am Track Classic
9	7.80		F	--- *I Angie Ross	03	2000-02-18	WESTERN OPEN ALL-COMERS
10	7.83		F	--- *I Naomi Lance		2016-01-16	2016 Don Wright Team Challenge
Women 60y Dash							
1	8.13		F	--- *I Martha DeGannes		1989-02-10	Red Simmons Invitational
Women 200m Dash							
1	24.88		F	--- *I Naomi Lance		2016-02-06	2016 SPIRE Team Challenge
2	24.97		F	--- *I Heather Moyse		1998-02-26	Eastern Michigan Track Meet
3	25.43		F	--- *I Daniella Carrington	04	2003-02-15	Silverston Invitational
4	25.3h	25.54	F	--- *I Liz Damman		1975-01-18	All Comers Meet
5	25.55		F	--- *I Jenny Carrique		2017-02-18	Marc Denault Invitational
6	25.76		F	--- *I Rachel Nickie		1996-01-01	Eastern Michigan Track Meet
7	26.21		F	--- Tegan Sauer		2017-12-02	Bob Vigers Season Opener
8	26.34		F	--- Kelsi Darmon		2016-12-03	Bob Vigers Season Opener
9	26.67		F	--- *I Angie Ross	03	2001-02-17	SILVERSTON INVITATIONAL '01
10	26.75		F	--- *I Rebecca Murrant		2005-02-12	Cornell Kane Invitational
Women 200m Dash Relay Split							
1	24.0h	24.24	P	--- *I Naomi Lance		2016-03-10	CIS Track & Field Championships
2*	24.4h	24.64	F	--- *I Alison Brazier	05	1998-03-14	CIAU Championships
2*	24.4h	24.64	F	--- *I Heather Moyse		1998-03-14	CIAU Championships
4	24.5h	24.74	F	--- *I Daniella Carrington	04	2003-02-28	OAA Track & Field Championships
5	24.7h	24.94	F	--- *I Jenny Carrique		2017-02-24	Ontario University Athletics
6	24.8h	25.04	F	--- Tegan Sauer		2016-03-10	CIS Track & Field Championships
7	24.9h	25.14	F	--- *I Troye Carrington	1	2002-03-08	CIS Track & Field Championships
8*	25.0h	25.24	F	--- Kelsi Darmon		2017-03-09	2017 U Sports Track & Field Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
8*	25.0h	25.24	P	--- *I Margaret Fox		2002-03-08	CIS Track & Field Championships
10*	25.2h	25.44	F	--- *I Sian Smart		2016-02-19	Hal Brown Last Chance Meet
10*	25.2h	25.44	F	--- *I Angie Ross	03	2001-03-09	CIAU Championships
Women 220y Dash							
1	29.01		F	--- *I Marina Jones		1989-02-10	Red Simmons Invitational
Women 300m Dash							
1	38.88		F	--- *I Faye Blackwood		1980-02-29	OWIAA/OUAA Track and Field Championships
2	39.13		F	--- *I Daniella Carrington	04	2002-02-22	OUA Track & Field Championships
3	39.17		F	--- *I Naomi Lance		2016-03-10	CIS Track & Field Championships
4	39.53		F	--- *I Heather Moyle		1998-03-04	OUA Track & Field Championships
5	39.58		F	--- *I Rachel Nickie		1996-03-07	OUA Track & Field Championships
6	40.10		F	--- *I Latoya Austin		1996-12-06	Western Season Opener
7	39.9h	40.14	F	--- *I Liz Damman		1975-03-01	OUAA/OWIAA Indoor Championships
8	40.17		F	--- *I Jenny Carrique		2017-02-24	Ontario University Athletics
9	40.43		F	--- *I Andrea Page		1981-03-13	CIAU Championships
10	40.90		F	--- *I Kate Bickle		2008-01-25	13th Annual McGill Team Challenge 2008
Women 400m Dash							
1	55.54		F	--- *I Naomi Lance		2016-02-06	2016 SPIRE Team Challenge
2	55.9h	56.14	F	--- *I Joan Eddy (Wenzel)		1974-02-23	Ontario Indoor Championships
3	58.10		F	--- *I Heather Moyle		1998-02-26	Eastern Michigan Track Meet
4	58.0h	58.24	F	--- *I Liz Damman		1975-01-25	York University Invitational Track Meet
5	59.08		F	--- *I Rebecca Murrant		2005-02-12	Cornell Kane Invitational
6	59.37		F	--- *I Lisa Amsden		1982-02-07	OTFA Indoor Championships
7	1:00.49		F	--- *I Marina Jones		1990-01-01	Michigan Track Meet
8	1:00.56		F	--- Rachel Bronzovich		2015-11-28	York Xmas Open
9	1:02.05		F	--- *I Kate Bickle		2005-02-12	Cornell Kane Invitational
10	1:02.1h	1:02.34	F	--- *I Julie Madden		1986-02-01	U of Michigan Wolverine Classic
Women 400m Dash Relay Split							
1	55.9h	56.14	F	--- *I Naomi Lance		2016-01-16	2016 Don Wright Team Challenge
2	56.5h	56.74	F	--- *I Margaret Fox		2002-03-08	CIS Track & Field Championships
3	56.8h	57.04	F	--- *I Heather Moyle		1998-03-14	CIAU Championships
4	56.9h	57.14	F	--- *I Allison Salter	05	2002-03-08	CIS Track & Field Championships
5	57.2h	57.44	F	--- *I Faye Blackwood		1981-03-13	CIAU Championships
6*	57.7h	57.94	F	--- *I Rachel Brown		2014-03-06	CIS Track & Field Championships
6*	57.7h	57.94	F	--- *I Monica Januszek		2014-03-06	CIS Track & Field Championships
8	57.9h	58.14	F	--- Rachel Bronzovich		2016-02-20	Marc Deneault Invitational
9*	58.3h	58.54	F	--- *I Jenny Carrique		2013-02-09	uOttawa Winter National Invitational
9*	58.3h	58.54	F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships
Women 500m Dash							
1	1:23.8h	1:24.04	F	--- *I Julie Madden		1986-02-01	U of Michigan Wolverine Classic
2	1:24.60		F	--- *I Nicole Grinstead		2005-02-12	Cornell Kane Invitational
Women 600m Dash							
1	1:30.71		F	--- *I Lisa Amsden		1982-02-13	York Track Meet
2	1:32.86		F	--- *I Allison Salter	05	2002-02-22	OUA Track & Field Championships
3	1:35.31		F	--- Rachel Bronzovich		2018-02-09	29th Annual Team Challenge
4	1:35.5h	1:35.74	F	--- *I Rena Klevering		1980-02-29	OWIAA/OUAA Track and Field Championships
5	1:35.8h	1:36.04	F	--- *I Betty Ann Vanderkruk-Schr		1982-02-19	Wilfred Laurier Invitational
6	1:36.6h	1:36.84	F	--- *I Patti Moore		1982-02-13	York Track Meet
7	1:37.23		F	--- *I Rachel Brown		2014-02-21	Ontario University Athletics
8	1:38.62		F	--- *I Stephanie Hinton		2012-02-24	Ontario University Athletics

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
9	1:39.23		F	--- Olivia Scagnetto		2018-01-20	2018 Don Wright Team Challenge
10	1:39.40		F	--- *I Julia Malleck		2009-01-16	28th Annual Can Am Track Classic
Women 600y Dash							
1	1:34.59		F	--- *I Marina Jones		1989-02-10	Red Simmons Invitational
2	1:36.35		F	--- *I Denise Eppich		1989-02-10	Red Simmons Invitational
Women 800m Run							
1	2:11.01		F	--- *I Sarah Dillabaugh		1997-02-14	Eastern Michigan Track Meet
2	2:14.30		F	--- *I Lisa Amsden		1982-02-07	OTFA Indoor Championships
3	2:15.9h	2:16.14	F	--- *I Betty Ann Vanderkruk-Schr		1982-02-07	OTFA Indoor Championships
4	2:18.00		F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships - Pent
5	2:18.24		F	--- *I Lynn Coon		1999-02-20	Eastern Michigan Track Meet
6	2:18.64		F	--- *I Kim Neumayer	04	2003-02-15	Silverston Invitational
7	2:18.77		F	--- *I Allison Salter	05	1999-02-20	Eastern Michigan Track Meet
8	2:19.18		F	--- *I Jill Patterson	04	2002-02-16	Michigan Silverston Invitational
9	2:19.8h	2:20.04	F	--- *I Kelly Boulding		1986-01-10	OTFA All Comers
10	2:22.59		F	--- *I Shauna Ellis	05	2001-02-17	SILVERSTON INVITATIONAL '01
Women 800m Run PENT							
1	2:18.00		F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships
2	2:34.65		F	--- *I Jenna Bell		2008-03-06	CIS Track & Field Championships
3	2:41.41		F	--- *I Angela Player	04	2002-02-02	York Classic
4	2:42.41		F	--- *I Kristy Heemsker	02	2001-02-23	OUA Track & Field Championships
5	2:45.23		F	--- *I Laura Pearson		2004-02-27	OUA Track & Field Championships
Women 800m Run Relay Split							
1	2:12.0h	2:12.24	F	--- *I Deborah Buhlers	03	2001-02-23	OUA Track & Field Championships
2	2:12.4h	2:12.64	F	--- *I Allison Salter	05	2002-03-08	CIS Track & Field Championships
3	2:13.7h	2:13.94	F	--- *I Sarah Dillabaugh		1997-01-31	McGill Track Meet
4	2:14.9h	2:15.14	F	--- *I Lynn Coon		1999-03-17	CIAU Championships
5	2:15.3h	2:15.54	F	--- *I Judith LeRoy		1997-01-31	McGill Track Meet
6	2:17.3h	2:17.54	F	--- *I Jill Patterson	04	2002-03-08	CIS Track & Field Championships
7	2:18.7h	2:18.94	F	--- *I Kim Neumayer	04	2002-03-08	CIS Track & Field Championships
8	2:20.9h	2:21.14	F	--- *I Kristen Flanagan		2015-02-27	Ontario University Athletics
9	2:22.20		F	--- Rachel Bronzovitch		2018-02-23	Ontario University Athletics
10	2:22.7h	2:22.94	F	--- *I Julia Malleck		2009-01-30	14th Annual McGill Team Challenge 2009
Women 1000m Run							
1	2:47.64		F	--- *I Sarah Dillabaugh		1997-03-07	CIAU Championships
2	2:51.0h	2:51.24	F	--- *I Judith LeRoy		1997-02-07	Toronto Track Meet
3	2:53.0h	2:53.24	F	--- *I Lisa Amsden		1982-02-13	York Track Meet
4	2:53.3h	2:53.54	F	--- *I Kelly Boulding		1987-02-13	Hamilton Spectator Indoor Games
5	2:54.17		F	--- *I Julia Malleck		2008-02-22	OUA Track & Field Championships
6	2:54.7h	2:54.94	F	--- *I Patti Moore		1983-03-04	OUAA/OWIAA Track and Field Championships
7	2:55.1h	2:55.34	F	--- *I Rena Klevering		1980-02-29	OWIAA/OUAA Track and Field Championships
8	2:56.2h	2:56.44	F	--- *I Betty Ann Vanderkruk-Schr		1982-01-16	Mustang Day
9	2:57.06		F	--- *I Kim Neumayer	04	2002-02-22	OUA Track & Field Championships
10	2:58.30		F	--- *I Ulrike Zugelder		1987-02-28	U of T Last Chance Qualifer
Women 1200m Run Relay Split							
1	4:02.7h	4:02.94	F	--- *I Joanna Fedy		2004-02-07	Syracuse University Invitational
Women 1500m Run							
1	4:20.94		F	--- *I Sarah Dillabaugh		1997-03-07	CIAU Championships
2	4:24.38		F	--- *I Deborah Buhlers	03	2001-02-23	OUA Track & Field Championships
3	4:26.73		F	--- *I Judith LeRoy		1997-03-07	CIAU Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
4	4:32.22		F	--- *I Kelly Boulding		1987-03-06	OWIAA/OUAA Track and Field Championships
5	4:40.9h	4:41.14	F	--- *I Lisa Campfens		1983-03-04	OUAA/OWIAA Track and Field Championships
6	4:41.15		F	--- *I Sarah Brown		1994-03-04	OWIAA/OUAA Track and Field Championships
7	4:41.19		F	--- *I Jill Patterson	04	2002-02-22	OUA Track & Field Championships
8	4:41.3h	4:41.54	F	--- *I Ulrike Zugelder		1987-02-28	Cornell Invitational
9	4:41.8h	4:42.04	F	--- *I Lisa Laffradi		1990-01-13	U of T First Chance Meet
10	4:42.5h	4:42.74	F	--- *I Lisa Amsden		1982-01-15	York All-Comers
Women 1600m Run Relay Split							
1	5:34.2h	5:34.44	F	--- *I Jodi Wendland		2004-02-07	Syracuse University Invitational
Women 3000m Run							
1	9:28.61		F	--- *I Deborah Buhlers	03	2001-02-23	OUA Track & Field Championships
2	9:34.84		F	--- *I Judith LeRoy		1997-03-07	CIU Championships
3	9:42.85		F	--- *I Sarah Dillabaugh		1997-01-31	McGill Track Meet
4	10:01.69		F	--- *I Alexandra McGowan		2015-01-09	34th Annual Can Am Track Classic
5	10:01.8h	10:02.04	F	--- *I Lana Marjama		1982-02-07	OTFA Indoor Championships
6	10:11.20		F	--- Alyssa Randall		2018-01-27	SPIRE MidWest
7	10:13.40		F	--- *I Erin Merkley		2014-12-20	Super Saturday Series Meet #1
8	10:15.0h	10:15.24	F	--- *I Lisa Laffradi		1990-01-13	U of T First Chance Meet
9	10:17.00		F	--- *I Jill Francis		1989-12-30	Western Season Opener
10	10:21.08		F	--- *I Marci Aitken		1989-02-10	Red Simmons Invitational
Women 5000m Run							
1	14:32.0h	14:32.24	F	--- *I Maria Cipp		1988-02-26	U of T Last Chance Qualifier
Women 1 Mile Run							
1	4:44.76		F	--- *I Sarah Dillabaugh		1997-02-14	Eastern Michigan Track Meet
2	4:59.82		F	--- *I Sarah Brown		1994-02-19	Eastern Michigan Track Meet
3	5:12.62		F	--- *I Jill Patterson	04	2003-02-15	Silverston Invitational
4	5:12.75		F	--- *I Lisa Laffradi		1989-02-10	Red Simmons Invitational
5	5:19.2h	5:19.44	F	--- *I Jill Francis		1988-02-19	Kane Invitational
6	5:33.03		F	--- *I Valentina Taiakina		2004-02-07	Syracuse University Invitational
7	5:55.0h	5:55.24	F	--- *I Linda Hachey		1988-02-19	Kane Invitational
Women 50m Hurdles							
1	6.6h	6.84	F	--- *I Liz Damman		1975-02-14	Toronto Sun-Maple Leaf Indoor Games
2	7.31		F	--- *I Jill Bennett		1997-02-14	Eastern Michigan Track Meet
3	7.53		F	--- *I Jane Taite		1997-02-14	Eastern Michigan Track Meet
4	7.3h	7.54	P	--- *I Sylvia Malgadey-Forgrave		1980-02-29	OWIAA/OUAA Track and Field Championships
5*	7.4h	7.64	P	--- *I Marlene Peters		1972-02-04	The Toronto Star Maple Leaf Indoor Games
5*	7.4h	7.64	F	--- *I Sandy Cooper		1975-03-01	OUAA/OWIAA Indoor Championships
7	7.85		F	--- *I Leslie Estwick		1980-02-29	OWIAA/OUAA Track and Field Championships
Women 50y Hurdles							
1	6.6h	6.84	F	--- *I Liz Damman		1974-02-15	The Toronto Star Maple Leaf Indoor Games
Women 55m Hurdles							
1	8.31		F	--- *I Jill Bennett		1998-02-26	Eastern Michigan Track Meet
2	8.58		F	--- *I Alicia Steele		1994-02-19	Eastern Michigan Track Meet
3	8.63		F	--- *I Jane Taite		1991-01-01	Michigan Track Meet
Women 60m Hurdles							
1	8.47		F	--- *I Sylvia Malgadey-Forgrave		1985-01-01	Windsor Track Meet
2	8.73		F	--- *I Leslie Estwick		1983-03-04	OUAA/OWIAA Track and Field Championships
3	8.76		F	--- *I Jill Bennett		1998-02-14	York Track Meet
4	8.96		S	--- *I Alicia Steele		1995-03-03	OWIAA/OUAA Track and Field Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
5	9.06		F	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships - Pent
6	9.07		F	--- *I Jane Taite		1992-03-06	OWIAA/OUAA Track and Field Championships
7	9.22		P	--- Ashley Blayney-Hoffer		2018-02-23	Ontario University Athletics
8	9.31		F	--- *I Naomi Lance		2013-01-25	18th Annual McGill Team Challenge
9	9.35		P	--- *I Sarah Snable		2005-02-25	OUA Track & Field Championships
10	9.45		F	--- *I Chantel Pilon		2014-02-21	Ontario University Athletics - Pent
Women 60m Hurdles PENT							
1	9.06		P	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships
2	9.45		F	--- *I Chantel Pilon		2014-02-21	Ontario University Athletics
3	9.49		F	--- *I Kristy Heemsker	02	2001-02-03	YORK OPEN
4	9.56		F	--- *I Angela Player	04	2002-02-02	York Classic
5	11.29		F	--- *I Laura Pearson		2005-02-25	OUA Track & Field Championships
Women 200m Hurdles							
1	28.95		F	--- *I Jill Bennett		1998-02-26	Eastern Michigan Track Meet
Women High Jump							
1	1.81m		F	--- *I Leslie Estwick		1983-02-12	International Multiple Events Mee
2	1.78m		F	--- *I Elaine Veenstra		1986-01-24	Can Am Track Classic
3	1.71m		F	--- *I Faiza Vassanji	02	1985-01-17	York University Invitational Meet
4	1.61m		F	--- *I Paulina Kurevija		2014-01-10	33rd Annual Can Am Track Classic
5*	1.60m		F	--- *I Jenna Bell		2007-01-26	12th Annual McGill Team Challenge - Pent
5*	1.60m		F	--- *I Aimee Dubeau		2007-02-23	OUA Track & Field Championships
7*	1.59m		F	--- *I Kristy Heemsker	02	2001-02-03	York Open - Pent
7*	1.59m		F	--- *I Nicole Jenkins		2005-02-25	OUA Track & Field Championships
9	1.56m		F	--- *I Chantel Pilon		2013-01-19	Western Don Wright Team Challenge
10*	1.55m		F	--- *I Angela Player	04	2002-01-18	Can Am Track Classic
10*	1.55m		F	--- *I Karen Belfall		2006-02-18	McGill Invitational
10*	1.55m		F	--- Victoria Young		2016-12-03	Bob Vigers Season Opener
Women High Jump PENT							
1	1.60m		F	--- *I Jenna Bell		2007-02-23	OUA Track & Field Championships
2	1.59m		F	--- *I Kristy Heemsker	02	2001-02-03	YORK OPEN
3	1.56m		F	--- *I Chantel Pilon		2014-02-14	SPIRE Division I Indoor Track & Field I
4	1.51m		F	--- *I Laura Pearson		2005-02-25	OUA Track & Field Championships
5	1.49m		F	--- *I Angela Player	04	2002-02-02	York Classic
Women Pole Vault							
1	4.05m		F	--- *I Dana Ellis	04	2002-02-15	Western Open
2	3.46m		F	--- *I Katy Petolescu		2017-02-03	2017 York Open
3	3.00m		F	--- *I Erin Kurczak	02	2001-02-16	WESTERN OPEN
Women Long Jump							
1	5.95m		F	--- *I Sylvia Malgadey-Forgrave		1985-01-01	Windsor Track Meet
2	5.61m		F	--- *I Alison Brazier	05	2002-03-08	CIS Track & Field Championships
3	5.47m		F	--- *I Sian Smart		2015-02-13	Windsor Team Challenge
4	5.35m		F	--- *I Jenna Bell		2007-01-20	Nike Track Classic - Pent
5	5.30m		F	--- *I Kristy Heemsker	02	2001-02-03	York Open - Pent
6	5.29m		F	--- *I Dana Ellis	04	1998-12-05	Western Track Meet
7*	5.14m		F	--- Cassidy Stachowich		2017-12-02	Bob Vigers Season Opener
7*	5.14m		F	--- *I Katrina Vandervoort		2010-02-06	39th Annual York Open
9	5.13m		F	--- *I Alessia Celli	03	2001-02-17	SILVERSTON INVITATIONAL '01
10	5.10m		F	--- *I Jennifer Kelly		2005-02-12	Cornell Kane Invitational
Women Long Jump PENT							
1	5.35m		F	--- *I Jenna Bell		2007-01-20	Nike Track Classic

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
2	5.30m		F	--- *I Kristy Heemsker	02	2001-02-03	YORK OPEN
3	5.10m		F	--- *I Chantel Pilon		2014-02-21	Ontario University Athletics
4	4.72m		F	--- *I Angela Player	04	2001-02-03	YORK OPEN
5	4.41m		F	--- *I Laura Pearson		2005-02-05	York Classic
Women Triple Jump							
1	11.46m		F	--- *I Heather Moyse		1996-03-07	OUA Track & Field Championships
2	11.28m		F	--- *I Nancy Spreitzer		2011-02-18	Hal Brown Memorial Track & Field Meet
3	10.81m		F	--- *I Katrina Vandervoort		2009-02-20	Hal Brown Memorial Track & Field Meet
4	10.74m		F	--- *I April Crosse		1994-03-04	OWIAA/OUAA Track and Field Championships
5	10.60m		F	--- *I Jenna Bell		2005-02-12	Cornell Kane Invitational
6	10.58m		F	--- *I Jennifer Kelly		2004-12-04	Western Season Opener
7	10.54m		F	--- *I Anna Antczak		2011-01-28	16th Annual McGill Team Challenge 2011
8	10.52m		F	--- *I Karen Belfall		2006-01-27	McGill Team Challenge
9	10.41m		F	--- *I Victoria Tschirhart		2005-12-03	Western Season Opener
10	10.27m		F	--- *I Leanne Sinclair		2010-12-04	Western Season Opener
Women Shot Put 4.000KG							
1	12.55m		F	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships - Pent
2	12.02m		F	--- *I Yvonne Anekwe		1996-02-10	Cornell Kane Invitational
3	11.76m		F	--- *I Kristy Heemsker	02	2001-02-03	York Open - Pent
4	11.68m		F	--- *I Leanne Stanley		2004-02-07	Syracuse University Invitational
5	11.52m		F	--- *I Chantel Pilon		2014-02-14	SPIRE Div I Indoor T&F Invite - Pent
6	11.51m		F	--- *I Laura Pearson		2006-02-18	McGill Invitational
7	11.08m		F	--- *I Jill Knight		2013-02-16	Guelph Invitation
8	11.05m		F	--- *I Sue Cvitkovic		1996-01-12	York Invitational
9	11.03m		F	--- *I Laura Boyd		2005-02-19	McGill Invitational
10	10.91m		F	--- *I Marian Agyei-Gyamera		2011-02-18	York Throws Challenge 2011
Women Shot Put PENT							
1	12.55m		F	--- *I Jenna Bell		2008-03-06	CIS Track & Field Championships
2	11.76m		F	--- *I Kristy Heemsker	02	2001-02-03	YORK OPEN
3	11.52m		F	--- *I Chantel Pilon		2014-02-14	SPIRE Division I Indoor Track & Field I
4	10.82m		F	--- *I Laura Pearson		2004-02-27	OUA Track & Field Championships
5	7.90m		F	--- *I Angela Player	04	2001-02-23	OUA Track & Field Championships
Women Wght Thr							
1	13.60m		F	--- *I Jill Knight		2013-02-16	Guelph Invitation
2	12.66m		F	--- *I Laura Pearson		2006-02-24	OUA Track & Field Championships
3	12.02m		F	--- *I Sarah Krapez		2012-02-24	Ontario University Athletics
4	11.65m		F	--- *I Amanda Tubman		2015-02-13	Windsor Team Challenge
5	10.71m		F	--- *I Carmen Liang		2014-01-18	2014 Don Wright Team Challenge
6	10.63m		F	--- *I Marian Agyei-Gyamera		2012-02-24	Ontario University Athletics
7	9.61m		F	--- *I Tylynne McEvoy		2016-01-30	2016 York Open
8	8.82m		F	--- *I Vanessa Tang		2010-12-04	Western Season Opener
9	8.23m		F	--- *I Amber Blackwell		2010-02-26	OUA Track & Field Championships
Women In Pent							
1	3494		F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships
2	3403		F	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships
3	3326		F	--- *I Kristy Heemsker	02	2001-02-03	YORK OPEN
4	2776		F	--- *I Angela Player	04	2002-02-02	York Classic
5	2525		F	--- *I Laura Pearson		2005-02-25	OUA Track & Field Championships
Men 50m Dash							
1	5.7h	5.94	P	--- *I Mike Murray		1972-01-15	York University Invitational Track Meet

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
2	6.09		F	--- *I John Denny	1987-01-01	York University Track Meet
3*	5.9h	6.14	P	--- *I George Neeland	1971-02-13	Central Ontario Sr Indoor Championships
3*	5.9h	6.14	S	--- *I Ed Neeland	1980-02-29	OWIAA/OUAA Track and Field Championships
5*	6.0h	6.24	P	--- *I Gord Robertson	1972-01-15	York University Invitational Track Meet
5*	6.0h	6.24	F	--- *I Gary Bennett	1974-02-23	OUAA/OWIAA Championships
5*	6.0h	6.24	P	--- *I Frank Kolnick	1974-02-23	OUAA/OWIAA Championships
8	6.40		F	--- *I Andy Garrison	1986-02-14	Hamilton Spectator Indoor Games
9*	6.2h	6.44	P	--- *I Kim Ransom	1974-01-26	York University Invitational Indoor Track mee
9*	6.2h	6.44	P	--- *I Dave Wakelin	1980-02-29	OWIAA/OUAA Track and Field Championships
9*	6.2h	6.44	P	--- *I Mike Steele	1980-02-29	OWIAA/OUAA Track and Field Championships
Men 50y Dash						
1	6.2h	6.44	P	--- *I George Neeland	1972-02-04	The Toronto Star Maple Leaf Indoor Games
Men 55m Dash						
1	6.61		F	--- *I John Denny	1987-02-28	Cornell Invitational
2	6.68		F	--- *I Tulu Makonnen	1996-02-10	Cornell Kane Invitational
3	6.69		F	--- *I Paul Meikle	1988-02-19	Kane Invitational
4*	6.75		F	--- *I Gerald Kirk	1994-02-11	Cornell Invitational
4*	6.75		F	--- *I Matt Denman	1989-02-17	Eastern Michigan Invitational
6	6.80		F	--- *I Andy Garrison	1987-02-28	Cornell Invitational
7	6.82		F	--- *I Lawrence Ruebin	1989-02-17	Eastern Michigan Invitational
8	6.85		F	--- *I John Clayton	1988-02-19	Kane Invitational
9	6.91		F	--- *I Rob Meikle	1989-02-17	Eastern Michigan Invitational
10	6.95		F	--- *I Peter Papp	1988-02-19	Kane Invitational
Men 60m Dash						
1	6.84		F	--- *I Mohamed Yassin	2017-03-09	2017 U Sports Track & Field Championships
2	6.85		F	--- *I Shlomo Dunyo	2011-01-14	30th Annual Can Am Track Classic
3	6.87		F	--- *I Kofi Kwarko-Fosu	2013-02-21	Ontario University Athletics
4	6.93		F	--- *I Luke Govia	2011-02-25	OUA Track & Field Championships
5	6.7h	6.94	F	--- *I John Denny	1987-01-09	York Invitational
6	6.97		F	--- *I Ian Forde	2001-12-01	Western Season Opener
7*	6.99		P	--- *I David Browne	2002-02-15	Western Open
7*	6.99		F	--- *I Paul Gill	2001-01-06	Western Don Wright Team Challenge
9	7.00		F	--- *I Simon Foote	1990-02-23	U of T Last Chance Qualifier
10*	7.01		F	--- *I Gerald Kirk	1992-01-01	Toronto Track Meet
10*	7.01		F	--- *I Emeka Ukwuoma	2006-02-24	OUA Track & Field Championships
Men 150m Dash						
1	17.25		F	--- *I Alex Manuel	2015-11-28	Ottawa Varsity Team Invitational
Men 200m Dash						
1	21.56		F	--- *I Mohamed Yassin	2017-02-10	SPIRE Division I Indoor Track & Field Invite
2	22.24		F	--- *I Paul Gill	2000-02-19	SILVERSTON INVITATIONAL
3	22.2h	22.44	F	--- *I Paul Meikle	1989-02-04	Syracuse Invitational
4	22.72		F	--- *I Adrian Blair	2004-02-07	Syracuse University Invitational
5	22.73		F	--- *I Emeka Ukwuoma	2004-02-07	Syracuse University Invitational
6	22.88		F	--- *I Chris Bastie	1995-02-11	Cornell Kane Invitational
7	22.97		F	--- *I Samuel Martinello	2015-02-21	Marc Deneault Memorial Invitational
8	22.98		F	--- *I Brent Forrest	1994-02-11	Cornell Invitational
9	23.01		F	--- *I Ian Forde	2002-02-16	Michigan Silverston Invitational
10	23.03		F	--- *I Shane Ferth	2005-02-12	Cornell Kane Invitational
Men 200m Dash Relay Split						
1	21.5h	21.74	F	--- *I Paul Gill	2001-02-23	OUA Track & Field Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
2	21.6h	21.84	F	--- *I Simon Foote	1993-03-12	CIAU Championships
3	21.7h	21.94	P	--- *I Mohamed Yassin	2017-03-09	2017 U Sports Track & Field Championships
4	21.8h	22.04	F	--- *I Luke Govia	2011-02-19	McGill All-Comers II 2011
5*	21.9h	22.14	P	--- Joerg Ahne	2017-03-09	2017 U Sports Track & Field Championships
5*	21.9h	22.14	F	--- Josh Lorentz	2017-02-24	Ontario University Athletics
5*	21.9h	22.14	F	--- *I Adrian Blair	2003-02-28	OUA Track & Field Championships
5*	21.9h	22.14	F	--- *I Kirk Ewen	2007-03-08	CIS Track & Field Championships
5*	21.9h	22.14	F	--- *I Shane Ferth	2006-01-27	McGill Team Challenge
10	22.0h	22.24	F	--- *I Shlomo Dunyo	2011-01-14	30th Annual Can Am Track Classic
Men 250m Dash						
1	30.58		F	--- *I Alex Manuel	2016-11-26	Ottawa Lions Varsity Prgroom Invitational
Men 300m Dash						
1	34.65		F	--- *I Paul Meikle	1989-03-03	OWIAA/OUAA Track and Field Championships
2	34.73		F	--- Josh Lorentz	2017-02-10	SPIRE Division I Indoor Track & Field Invite
3	34.81		F	--- *I Mohamed Yassin	2017-01-13	36th Annual Can Am Track Classic
4	34.91		F	--- *I Paul Gill	04	2000-02-25 Hal Brown Last Chance Qualifier
5	34.8h	35.04	F	--- *I Tulu Makonnen	1996-02-10	Cornell Kane Invitational
6	35.23		F	--- *I Emeka Ukwuoma	2007-02-03	Ottawa - Winter National Capital Relays
7	35.30		F	--- *I Shane Ferth	2005-02-19	McGill Invitational
8	35.34		F	--- *I Adrian Blair	2004-02-27	OUA Track & Field Championships
9	35.37		F	--- *I Shlomo Dunyo	2011-02-25	OUA Track & Field Championships
10	35.2h	35.44	F	--- *I Pat Kirkham	1991-01-11	11th Annual York Invitational
Men 300y Dash						
1	31.6h	31.84	F	--- *I Dennis McGann	1970-01-31	Michigan Invitational?
2	35.6h	35.84	F	--- *I Doug Turner	1974-02-15	The Toronto Star Maple Lead Indoor Games
Men 400m Dash						
1	49.53		F	--- *I Paul Gill	04	2001-02-17 SILVERSTON INVITATIONAL '01
2	49.73		F	--- *I Pat Kirkham	1991-01-01	Michigan Track Meet
3	50.80		F	--- *I Brent Forrest	1994-02-11	Cornell Invitational
4	51.38		F	--- *I Shane Ferth	2004-02-07	Syracuse University Invitational
5	51.39		F	--- *I Jacob Muirhead	2008-12-06	York Christmas Open
6	51.71		F	--- *I Davis Dowhaniuk	2004-02-07	Syracuse University Invitational
7	51.6h	51.84	F	--- *I Mark Stender	1989-02-04	Syracuse Invitational
8	51.87		F	--- *I Cliff Johnson	1998-02-26	Eastern Michigan Track Meet
9	52.00		F	--- *I Adrian Blair	2001-02-17	SILVERSTON INVITATIONAL '01
10	52.03		F	--- *I Ben Clare	2008-12-06	York Christmas Open
Men 400m Dash Relay Split						
1	48.99		F	--- Josh Lorentz	2018-03-08	2018 U Sports Track and Field Championships
2	49.1h	49.34	F	--- *I Shane Ferth	2006-02-03	Notre Dame Meyo Invitational
3	49.50		F	--- Owen Babcock	2018-03-08	2018 U Sports Track and Field Championships
4	49.3h	49.54	F	--- *I Bob Kaill	1990-12-01	Western Season Opener
5*	49.6h	49.84	F	--- *I Paul Gill	04	2001-03-09 CIAU Championships
5*	49.6h	49.84	F	--- *I Mohamed Yassin	2017-01-21	2017 Don Wright Team Challenge
7*	49.7h	49.94	F	--- *I Nathaniel Meadows	2017-02-24	Ontario University Athletics
7*	49.7h	49.94	F	--- *I Emeka Ukwuoma	2007-02-03	Ottawa - Winter National Capital Relays
7*	49.7h	49.94	F	--- *I Drew Haynes	2005-03-10	CIS Track & Field Championships
10*	49.8h	50.04	F	--- *I Pat Kirkham	1991-03-12	CIAU Championships
10*	49.8h	50.04	F	--- *I Luke Govia	2010-02-19	McGill All-Comers II Track and Field Meet
10*	49.8h	50.04	F	--- *I Shlomo Dunyo	2011-02-19	McGill All-Comers II 2011

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

Mark	Convert	Rnd	Name	Age/Yr		
Men 500m Dash						
1	1:06.38		F	---	*I Adam Neale	2014-02-07 BU David Hemery Valentine Invitationa
2	1:08.31		F	---	*I Derek King	1987-02-28 Cornell Invitational
3	1:09.52		F	---	*I Oliver Grant	2015-12-11 Kent St. Golden Flash Gala
Men 600m Dash						
1	1:20.0h	1:20.24	F	---	*I Mike Forgrave	1980-01-01 York Track Meet
2	1:20.95		F	---	*I Nathaniel Meadows	2017-02-10 SPIRE Division I Indoor Track & Field Invite
3	1:21.01		P	---	*I Pat Kirkham	1991-03-12 CIAU Championships
4	1:21.63		F	---	*I Jose Carvalho	2003-02-28 OUA Track & Field Championships
5	1:22.30		F	---	*I Alan Runstedtler	1995-01-14 York Invitational
6	1:22.40		F	---	*I Pierre Labrecque	05 1999-02-13 York Track Meet
7	1:23.35		F	---	*I Shane Ferth	2006-01-21 Western Don Wright Team Challenge
8	1:23.53		F	---	*I Mark Stender	1989-03-03 OWIAA/OUAA Track and Field Championships
9	1:23.65		F	---	*I Adam Neale	2013-01-25 18th Annual McGill Team Challenge
10	1:23.83		F	---	*I T.J. Mackenzie	1992-03-06 OWIAA/OUAA Track and Field Championships
Men 800m Run						
1	1:52.6h	1:52.84	F	---	*I Harvey Mitro	1987-01-01 York University Track Meet
2	1:55.8h	1:56.04	F	---	*I Mark Inman	1982-02-07 OTFA Indoor Championships
3	1:57.6h	1:57.84	F	---	*I Dave Simmons	1974-01-26 York University Invitational Indoor Track mee
4	1:58.00		F	---	*I Alan Runstedtler	1995-02-11 Cornell Kane Invitational
5	1:58.0h	1:58.24	F	---	*I Tony DeGazon	1986-01-10 OTFA All Comers
6	1:58.9h	1:59.14	F	---	*I Shawn McCann	1989-02-04 Syracuse Invitational
7	1:59.30		F	---	*I Pierre Labrecque	05 1999-02-20 Eastern Michigan Track Meet
8	1:59.6h	1:59.84	F	---	*I P Walker	1972-01-15 York University Invitational Track Meet
9	2:00.03		F	---	*I Shamir Jamal	1988-02-07 York All Comers Meet
10	2:01.01		F	---	*I Peter Collison	1999-02-20 Eastern Michigan Track Meet
Men 800m Run Relay Split						
1	1:53.1h	1:53.34	F	---	*I Harvey Mitro	1986-02-28 OWIAA/OUAA Track and Field Championships
2	1:53.3h	1:53.54	F	---	*I Mark Inman	1986-02-28 OWIAA/OUAA Track and Field Championships
3	1:54.4h	1:54.64	F	---	*I Scott Arnald	2005-01-22 Western Don Wright Team Challenge
4	1:54.5h	1:54.74	F	---	*I Jason Gregoire	1993-02-26 OWIAA/OUAA Track and Field Championships
5	1:55.6h	1:55.84	F	---	*I Charles Allan	2012-01-27 17th Annual McGill Team Challenge 2012
6	1:56.1h	1:56.34	F	---	*I Colin Lawrence	2004-02-27 OUA Track & Field Championships
7	1:56.5h	1:56.74	F	---	*I Jose Carvalho	2003-02-28 OUA Track & Field Championships
8	1:57.05		F	---	Akiva Goldberg	2018-03-08 2018 U Sports Track and Field Championships
9*	1:57.1h	1:57.34	F	---	*I Tony DeGazon	1986-02-28 OWIAA/OUAA Track and Field Championships
9*	1:57.1h	1:57.34	F	---	*I Chris Lane	1986-02-28 OWIAA/OUAA Track and Field Championships
Men 1000m Run						
1	2:24.07		F	---	*I Harvey Mitro	1987-03-06 OWIAA/OUAA Track and Field Championships
2	2:25.37		F	---	*I Daniel Mireault	1987-01-30 Can Am Track Classic
3	2:25.76		F	---	*I Blair Manktelow	1986-03-19 CIAU Championships
4	2:27.08		F	---	*I T.J. Mackenzie	1995-02-25 U of T Last Chance Meet
5	2:27.89		F	---	*I Mark Inman	1986-02-21 U of T Indoor Meet
6	2:28.15		F	---	*I Scott Arnald	2006-02-18 McGill Invitational
7	2:28.0h	2:28.24	F	---	*I Chris Lane	1986-01-25 Can-Am Track Classic
8	2:28.28		F	---	*I Jason Gregoire	1996-02-09 Toronto Track Meet
9	2:28.69		F	---	*I Colin Lawrence	2006-02-18 McGill Invitational
10	2:29.0h	2:29.24	F	---	*I Mike Lanigan	1975-01-11 OTFA All Comers Meet
Men 1000m Run PENT						
1	2:44.00		F	---	*I Oliver Grant	2013-01-25 18th Annual McGill Team Challenge

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
2	2:48.96		F	--- *I Torben Graber		2013-01-25	18th Annual McGill Team Challenge
3	2:50.00		F	--- *I Andrew Sepic		2005-03-10	CIS Track & Field Championships
4	2:50.87		F	--- *I Justin Conlon		2013-03-07	CIS Track & Field Championships
5	2:55.68		F	--- Paulo Miguel		2014-02-21	Ontario University Athletics
6	2:57.00		F	--- *I Nick Stacey		2015-02-13	Windsor Team Challenge
7	2:59.29		F	--- *I Joe Brown		2001-02-23	OUA Track & Field Championships
8	3:03.78		F	--- *I Ryan Wight		2009-02-27	OUA Track & Field Championships
9	3:07.18		F	--- *I Andrew Leest		2012-01-27	17th Annual McGill Team Challenge 2012
10	3:17.02		F	--- *I Aaron Bates		2009-01-30	14th Annual McGill Team Challenge 2009
Men 1200m Run Relay Split							
1	3:11.3h	3:11.54	F	--- *I Will Gibbons		2004-02-07	Syracuse University Invitational
Men 1500m Run							
1	3:48.8h	3:49.04	F	--- *I Harvey Mitro		1987-01-01	York University Track Meet
2	3:49.86		F	--- *I Mark Inman		1986-02-28	OWIAA/OUAA Track and Field Championships
3	3:51.86		F	--- *I Scott Arnald		2006-01-27	McGill Team Challenge
4	3:53.75		F	--- *I Charles Allan		2012-01-27	17th Annual McGill Team Challenge 2012
5	3:54.00		F	--- *I Jason Gregoire		1996-03-07	OUA Track & Field Championships
6	3:54.09		F	--- *I Kevin Shields		1987-03-06	OWIAA/OUAA Track and Field Championships
7	3:54.92		F	--- *I TJ Mackenzie		1995-02-04	U of T Invitational
8	3:54.7h	3:54.94	F	--- *I Mike Lanigan		1974-01-26	York University Invitational Indoor Track mee
9	3:58.01		F	--- *I Alex Magdanz		2007-02-23	OUA Track & Field Championships
10	3:57.8h	3:58.04	F	--- *I Chris Lane		1986-02-21	U of T Indoor Meet
Men 1600m Run Relay Split							
1	4:21.6h	4:21.84	F	--- *I Michael Logue		2004-02-07	Syracuse University Invitational
Men 3000m Run							
1	8:15.62		F	--- *I Harvey Mitro		1988-01-01	York Track Meet
2	8:18.08		F	--- *I Scott Arnald		2005-02-05	Notre Dame Meyo Invitational
3	8:18.46		F	--- *I Paul Ernst		1990-03-09	CIAU Championships
4	8:21.10		F	--- *I Michael Logue		2005-02-05	Notre Dame Meyo Invitational
5	8:23.0h	8:23.24	F	--- *I Ryan Eagles	1	1989-01-13	York All Comers
6	8:24.69		F	--- *I Adam Richardson		2016-01-23	uOttawa Winter National Invitational
7	8:26.0h	8:26.24	F	--- *I Mark Inman		1982-01-15	York All-Comers
8	8:27.30		F	--- *I Jason Gregoire		1996-03-15	CIAU Championships
9	8:29.17		F	--- *I Charles Allan		2014-02-07	BU David Hemery Valentine Invitationa
10	8:32.8h	8:33.04	F	--- *I Nick Cipp		1987-02-28	Cornell Invitational
Men 5000m Run							
1	14:16.8h	14:17.04	F	--- *I Gary Hutchinson		1981-01-01	Toronto Track Meet
2	14:33.35		F	--- *I Andrew Krucker		1985-01-01	?
3	14:36.0h	14:36.24	F	--- *I Paul Ernst		1988-03-11	CIAU Championships
4	14:37.95		F	--- *I Nick Cipp		1987-02-28	U of T Last Chance Qualifer
5	14:43.6h	14:43.84	F	--- *I David Northey		1972-01-15	York University Invitational Track Meet
6	14:43.7h	14:43.94	F	--- *I Rob Hardy		1986-02-01	U of Michigan Wolverine Classic
7	14:46.5h	14:46.74	F	--- *I Terry Goodenough		1986-01-05	11th Annual Western Invitational
8	15:03.37		F	--- *I Tim Rose		1986-02-28	OWIAA/OUAA Track and Field Championships
9	15:19.0h	15:19.24	F	--- *I Kevin Shields		1987-01-30	Can Am Track Classic
10*	15:28.0h	15:28.24	F	--- *I Kaine? Kaine		1975-01-25	York University Invitational Track Meet
10*	15:28.0h	15:28.24	F	--- *I T McKeigan		1975-03-01	OUAA/OWIAA Indoor Championships
Men 1 Mile Run							
1	4:06.02		F	--- *I Harvey Mitro		1988-01-01	Michigan Track Meet
2	4:15.4h	4:15.64	F	--- *I Mike Lanigan		1974-02-15	The Toronto Star Maple Lead Indoor Games

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
3	4:21.6h	4:21.84	F	--- *1 Kevin Shields		1988-02-19	Kane Invitational
4	4:24.1h	4:24.34	F	--- *1 Chris Lane		1987-02-13	Hamilton Spectator Indoor Games
5	4:26.0h	4:26.24	F	--- *1 Peter Self		1989-02-04	Syracuse Invitational
6	4:26.46		F	--- *1 Will Gibbons		2002-02-16	Michigan Silverston Invitational
7	4:28.4h	4:28.64	F	--- *1 Mark Des Lauriers		1989-02-04	Syracuse Invitational
8	4:31.0h	4:31.24	F	--- *1 Shamir Jamal		1988-02-19	Kane Invitational
9	4:32.66		F	--- *1 Stephen Drew	05	2000-02-19	SILVERSTON INVITATIONAL
10	4:34.16		F	--- *1 Adam Lalonde		2004-02-07	Syracuse University Invitational
Men 2 Mile Run							
1	9:28.7h	4:44.35	F	--- *1 Bob Findlay		1963-02-01	Hamilton Indoor Games
Men 50m Hurdles							
1	6.6h	6.84	P	--- *1 George Neeland		1972-03-04	Ontario Sr. Championships
Men 55m Hurdles							
1	8.12		F	--- *1 Brent Forrest		1994-02-11	Cornell Invitational
2	8.56		F	--- *1 Bill Barnes		1986-02-01	U of Michigan Wolverine Classic
3	8.69		F	--- *1 Jimmie Petrie		1998-02-26	Eastern Michigan Track Meet
Men 60m Hurdles							
1	8.25		F	--- Paulo Miguel		2018-02-02	2018 York Open
2	8.56		F	--- *1 Hugo Lopez		2009-02-07	38th Annual York Open
3	8.60		S	--- *1 Brent Forrest		1994-03-04	OWIAA/OUAA Track and Field Championships
4	8.64		F	--- *1 Oliver Grant		2013-02-16	Guelph Invitation - Pent
5	8.68		F	--- *1 Andrew Sepic		2005-02-19	McGill Invitational
6	8.77		F	--- *1 Eric Noland		2010-02-06	39th Annual York Open
7	8.80		F	--- *1 Jeff Joslin		1984-02-25	OUAA/OWIAA Championships
8	8.85		P	--- *1 Jason Goetz		2009-01-16	28th Annual Can Am Track Classic
9*	8.87		F	--- *1 Bill Barnes		1984-02-25	OUAA/OWIAA Championships
9*	8.87		F	--- *1 B Fahey		1992-01-01	Western Invitational
Men 60m Hurdles 39 in							
1	9.09		P	--- *1 Mikkail Braithwaite		2017-11-17	Guelph Tenke Classic
Men 60m Hurdles PENT							
1	8.64		F	--- *1 Oliver Grant		2013-02-16	Guelph Invitation
2	8.74		F	--- Paulo Miguel		2014-02-21	Ontario University Athletics
3	8.77		F	--- *1 Andrew Sepic		2005-02-25	OUA Track & Field Championships
4	8.97		F	--- *1 Justin Conlon		2014-02-21	Ontario University Athletics
5	9.13		F	--- *1 Torben Graber		2013-01-25	18th Annual McGill Team Challenge
6	9.54		F	--- *1 Joe Brown		2001-02-03	YORK OPEN
7	9.69		F	--- *1 Sasha Ameri		2013-01-25	18th Annual McGill Team Challenge
8	9.92		F	--- *1 Ryan Wight		2009-02-27	OUA Track & Field Championships
9	10.21		F	--- *1 Aaron Bates		2009-02-13	20th Annual Windsor Team Challenge
10	10.25		F	--- *1 Andrew Leest		2013-01-04	Guelph New Year Open
Men High Jump							
1	2.10m		F	--- *1 Karl Zabjek		1991-01-01	Michigan Track Meet
2	2.04m		F	--- *1 Richard Koomans		1991-03-01	OWIAA/OUAA Track and Field Championships
3	2.00m		F	--- *1 Larry Agnew		1984-02-18	Unknown
4	1.98m		F	--- *1 Raul Martin		1996-12-06	Western Season Opener
5*	1.97m		F	--- *1 Andrew Sepic		2005-03-10	CIS Track & Field Championships - Pent
5*	1.97m		F	--- *1 Joe Brown		2002-02-22	OUA Track & Field Championships
7*	1.96m		F	--- *1 Andrew Good		2012-02-24	Ontario University Athletics
7*	1.96m		F	--- *1 Jeff Miller		1995-02-04	U of T Invitational
7*	1.96m		F	--- *1 Steffan Watson		1995-02-04	U of T Invitational

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
10*	1.95m	F	---	*I Kevin Houlderoft	1983-03-04	OAAA/OWIAA Track and Field Championships	
10*	1.95m	F	---	David Nightingale	2018-01-20	2018 Don Wright Team Challenge	
10*	1.95m	F	---	*I Ryan Wight	2009-02-27	OAA Track & Field Championships - Pent	
10*	1.95m	F	---	*I Mike Menu	1984-02-18	Unknown	
Men High Jump PENT							
1	1.97m	F	---	*I Andrew Sepic	2005-03-10	CIS Track & Field Championships	
2	1.95m	F	---	*I Ryan Wight	2009-02-27	OAA Track & Field Championships	
3	1.93m	F	---	*I Justin Conlon	2012-02-24	Ontario University Athletics	
4	1.92m	F	---	*I Joe Brown	2001-02-23	OAA Track & Field Championships	
5	1.80m	F	---	*I Aaron Bates	2009-02-27	OAA Track & Field Championships	
6	1.79m	F	---	*I Nick Stacey	2015-01-16	Fred Foot Memorial	
7*	1.78m	F	---	*I Oliver Grant	2013-02-16	Guelph Invitation	
7*	1.78m	F	---	*I Torben Graber	2013-02-21	Ontario University Athletics	
9	1.73m	F	---	Paulo Miguel	2014-01-17	Fred Foot Memorial	
10*	1.71m	F	---	*I Sasha Ameri	2014-01-24	19th Annual McGill Team Challenge	
10*	1.71m	F	---	*I Andrew Leest	2013-01-04	Guelph New Year Open	
Men Pole Vault							
1	5.15m	F	---	*I Jeff Miller	1995-03-11	CIAU Championships	
2	4.80m	F	---	*I Richard Sibley	1999-03-17	CIAU Championships	
3	4.70m	F	---	*I Bill Miller	1997-03-01	OAA Track & Field Championships	
4	4.60m	F	---	*I Oliver Moh	03	1992-03-13	CIAU Championships
5	4.26m	F	---	*I Donald Moon	2006-02-24	OAA Track & Field Championships	
6	4.10m	F	---	*I Jason Tham	2	2000-02-25	Hal Brown Last Chance Qualifier
7	3.80m	F	---	*I Stan Adamson	1980-02-29	OWIAA/OAAA Track and Field Championships	
8	3.55m	F	---	*I Kevin Negus	1984-02-18	Unknown	
Men Long Jump							
1	7.43m	F	---	Joerg Ahne	2018-03-08	2018 U Sports Track and Field Championships	
2	7.16m	F	---	*I Dennis McGann	1972-03-04	Ontario Sr. Championships	
3	6.98m	F	---	*I Jeremy Yang	2010-02-06	39th Annual York Open	
4	6.78m	F	---	*I Jason Goetz	2010-02-26	OAA Track & Field Championships	
5	6.75m	F	---	*I Ken Berry	1986-01-05	11th Annual Western Invitational	
6	6.71m	F	---	*I David Browne	2001-12-01	Western Season Opener	
7	6.62m	F	---	*I Youseff Youseff	2010-01-09	U of T Sharon Anderson Memorial	
8	6.58m	F	---	*I Neal Roberts	04	1999-12-04	Western Season Opener
9	6.56m	P	---	*I Eric Kushnik	1986-02-28	OWIAA/OAAA Track and Field Championships	
10*	6.53m	F	---	*I Ryan Wight	2009-02-27	OAA Track & Field Championships - Pent	
10*	6.53m	F	---	*I Al Church	1974-03-02	Unknown - Toronto	
Men Long Jump PENT							
1	6.53m	F	---	*I Ryan Wight	2009-02-27	OAA Track & Field Championships	
2	6.42m	F	---	*I Justin Conlon	2013-02-16	Guelph Invitation	
3	6.17m	F	---	Paulo Miguel	2014-02-14	Guelph Last Chance Meet	
4	6.16m	F	---	*I Oliver Grant	2013-02-16	Guelph Invitation	
5	5.89m	F	---	*I Sasha Ameri	2013-01-04	Guelph New Year Open	
6	5.88m	F	---	*I Joe Brown	2001-02-23	OAA Track & Field Championships	
7	5.82m	F	---	*I Torben Graber	2013-02-21	Ontario University Athletics	
8	5.67m	F	---	*I Aaron Bates	2009-02-13	20th Annual Windsor Team Challenge	
9	5.61m	F	---	*I Andrew Sepic	2005-02-05	York Classic	
10	5.56m	F	---	*I Andrew Leest	2013-01-04	Guelph New Year Open	
Men Triple Jump							
1	15.13m	F	---	*I Jason Goetz	2010-03-11	CIS Track & Field Championships	

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
2	14.27m		F	--- *1 Bill Lindley	1989-01-01	Manitoba Track Meet
3	13.88m		F	--- *1 Andrew MacDonald	2002-11-30	Western Season Opener
4	13.84m		F	--- *1 Drew Haynes	2005-02-19	McGill Invitational
5	13.70m		F	--- *1 Brandon Potter	2011-02-18	Hal Brown Memorial Track & Field Meet
6	13.63m		F	--- *1 Dennis McGann	1971-01-23	Indoor Dual Meet Quebec vs. Central Ontario
7	13.60m		F	--- *1 Al Church	1974-02-08	Unknown - Toronto
8	13.50m		F	--- *1 Jimmie Petrie	1997-02-07	Toronto Track Meet
9	13.40m		F	--- *1 Winston Eng	1993-02-26	OWIAA/OUAA Track and Field Championships
10	13.35m		F	--- *1 Paul Grant	2004-12-04	Western Season Opener
Men Shot Put 7.26KG						
1	15.50m		F	--- *1 Justin Lutchin	2006-01-07	U of T Sharon Anderson Memorial
2	15.08m		F	--- *1 Rob Town	1977-01-01	Toronto Track Meet
3	14.20m		F	--- *1 Mike Milligan	1965-01-09	Hart House
4	13.91m		F	--- *1 Justin Conlon	2014-02-14	Guelph Last Chance Meet - Pent
5	13.71m		F	--- *1 Tex Houston	1965-01-09	Hart House
6	13.32m		F	--- *1 Luis Mendez	2002-02-22	OUA Track & Field Championships
7	12.20m		F	--- *1 Paul Serafini	1994-02-11	Cornell Invitational
8	11.97m		F	--- *1 William Adams	2013-02-02	2013 York Open
9	11.84m		F	--- *1 Kelum Peiris	2005-12-03	Western Season Opener
10	11.80m		F	--- *1 Jeff Davis	1990-01-13	U of T First Chance Meet
Men Shot Put PENT						
1	13.91m		F	--- *1 Justin Conlon	2014-02-14	Guelph Last Chance Meet
2	11.75m		F	--- *1 Oliver Grant	2013-02-16	Guelph Invitation
3	11.60m		F	--- *1 Andrew Sepic	2005-02-05	York Classic
4	11.25m		F	--- *1 Aaron Bates	2009-02-13	20th Annual Windsor Team Challenge
5	10.82m		F	--- *1 Torben Graber	2013-01-25	18th Annual McGill Team Challenge
6	10.40m		F	--- *1 Ryan Wight	2008-02-22	OUA Track & Field Championships
7	9.74m		F	--- *1 Sasha Ameri	2013-02-16	Guelph Invitation
8	9.64m		F	--- Paulo Miguel	2014-02-21	Ontario University Athletics
9	8.62m		F	--- *1 Andrew Leest	2013-01-04	Guelph New Year Open
10	8.43m		F	--- *1 Joe Brown	2001-02-03	YORK OPEN
Men Wght Thr						
1	11.51m		F	--- *1 Justin Lutchin	2006-01-21	Western Don Wright Team Challenge
2	10.69m		F	--- *1 Tommy Miller	2015-02-21	Guelph Last Chance Meet
Men In Pent						
1	3506		F	--- *1 Justin Conlon	2013-03-07	CIS Track & Field Championships
2	3417		F	--- *1 Oliver Grant	2013-02-16	Guelph Invitation
3	3382		F	--- *1 Andrew Sepic	2005-03-10	CIS Track & Field Championships
4	3229		F	--- *1 Torben Graber	2013-01-25	18th Annual McGill Team Challenge
5	3151		F	--- *1 Ryan Wight	2009-02-27	OUA Track & Field Championships
6	3087		F	--- Paulo Miguel	2014-02-21	Ontario University Athletics
7	2936		F	--- *1 Joe Brown	2001-02-23	OUA Track & Field Championships
8	2670		F	--- *1 Aaron Bates	2009-02-27	OUA Track & Field Championships
9	2664		F	--- *1 Sasha Ameri	2013-01-25	18th Annual McGill Team Challenge
10	2402		F	--- *1 Andrew Leest	2013-01-04	Guelph New Year Open

All-Time Top 10 Relays

Marks since: 01-Jan-50 Times until: 21-Mar-18

University of Waterloo [WAT]

Number of Top Times: 10

Time	Convert	Rnd	Relay			
Women 4x200m Relay						
1*	1:39.32	F	A Relay	1997-03-01	OUA Track & Field Championships	
1*	1:39.32	P	A Relay	1997-03-07	CIAU Championships	
3	1:39.86	F	A Relay	2016-03-10	CIS Track & Field Championships	
4	1:40.12	P	A Relay	2016-03-10	CIS Track & Field Championships	Kelsi Darmon Naomi Lance Jenny Carrique Tegan Sauer
5	1:40.51	F	A Relay	2017-03-09	2017 U Sports Track & Field Championships	Kelsi Darmon Naomi Lance Jenny Carrique Tegan Sauer
6	1:41.09	F	A Relay	1997-01-31	McGill Track Meet	Sian Smart Tegan Sauer Jenny Carrique Kelsi Darmon
7	1:41.34	F	A Relay	2017-02-17	Hal Brown Memorial	Heather L. Moyse Latoya Austin Jill P. Bennett Rachel Nickie
8	1:41.35	P	A Relay	2017-03-09	2017 U Sports Track & Field Championships	Sian Smart Tegan Sauer Jenny Carrique Kelsi Darmon
9	1:41.37	P	A Relay	2000-03-10	CIAU Championships	Sian Smart Tegan Sauer Jenny Carrique Kelsi Darmon
10	1:41.57	F	A Relay	2015-03-12	CIS Track & Field Championships	Daniella I. Carrington (04) Heather L. Moyse Angie P. Ross (03) Alison A. Brazier (05)
Women 4x400m Relay						
1	3:50.90	F	A Relay	2014-03-06	CIS Track & Field Championships	
2	3:51.86	F	A Relay	2002-03-08	CIS Track & Field Championships	Chantel Pilon Naomi Lance Monica Januszek Rachel Brown
3	3:52.36	F	A Relay	2014-02-14	SPIRE Division I Indoor Track & Field I	Troye Carrington (1) Daniella I. Carrington (04) Margaret Fox Allison E. Salter (05)
4	3:53.66	F	A Relay	2002-02-22	OUA Track & Field Championships	Chantel Pilon Naomi Lance Monica Januszek Rachel Brown
5*	3:54.49	F	A Relay	2014-02-21	Ontario University Athletics	Daniella I. Carrington (04) Margaret Fox Kristy Heemskerker (02) Allison E. Salter (05)
5*	3:54.49	F	A Relay	1997-03-07	CIAU Championships	Chantel Pilon Naomi Lance Monica Januszek Rachel Brown
7	3:55.58	F	A Relay	2013-02-09	uOttawa Winter National Invitational	Heather L. Moyse Rachel Nickie Judith LeRoy Sarah Dillabaugh
8	3:55.69	F	A Relay	1999-03-17	CIAU Championships	Chantel Pilon Naomi Lance Jenny Carrique Rachel Brown
9	3:56.02	F	A Relay	2013-03-07	CIS Track & Field Championships	Daniella I. Carrington (04) Allison E. Salter (05) Lynn L. Coon Heather L. Moyse
10	3:56.36	F	A Relay	2002-02-16	Michigan Silverston Invitational	Chantel Pilon Naomi Lance Jenny Carrique Rachel Brown
						Daniella I. Carrington (04) Allison E. Salter (05) Margaret Fox
Women 4x800m Relay						
1	9:04.22	F	A Relay	1997-03-07	CIAU Championships	
2	9:06.67	F	A Relay	1997-03-01	OUA Track & Field Championships	Judith LeRoy Lynn L. Coon Sepanta Dorri Sarah Dillabaugh
3	9:12.14	F	A Relay	2002-03-08	CIS Track & Field Championships	Judith LeRoy Lynn L. Coon Sarah Dillabaugh Sepanta Dorri
4	9:15.00	F	A Relay	2001-02-23	OUA Track & Field Championships	Kim Neumayer (04) Shauna J. Ellis (05) Jill L. Patterson (04) Allison E. Salter (05)
						Allison E. Salter (05) Kim Neumayer (04) Deborah L. Buhlers (03) Jill L. Patterson (04)

Relay Top Marks

Marks since: 01-Jan-50 Times until: 21-Mar-18

University of Waterloo [WAT]

Number of Top Times: 10

	Time	Convert	Rnd	Relay			
	5	9:17.62		P A Relay	2002-02-22	OUA Track & Field Championships	
	6	9:20.01		F A Relay	2001-03-09	CIAU Championships	
	7	9:20.4h		F A Relay	1996-02-17	York invitational	Deborah L. Buhlers (03)
	8	9:23.96		F A Relay	1999-03-17	CIAU Championships	- Ross
	9	9:24.22		F A Relay	1995-03-03	OWIAA/OUAA Track and Field Championships	Allison E. Salter (05)
	10	9:27.20		F A Relay	1999-03-06	OUA Track & Field Championships	Cheryl Turner
							Allison E. Salter (05)
Women 1600m Sprint Medley Relay							
	1	3:59.81		F A Relay	1981-03-13	CIAU Championships	
	2	4:03.3h		F A Relay	1980-02-29	OWIAA/OUAA Track and Field Championships	Lisa Amsden
Women 4000m Distance Medley Relay							
	1	13:16.05		F A Relay	2004-02-07	Syracuse University Invitational	Jodi Wendland
Men 4x200m Relay							
	1*	1:28.38		F A Relay	1989-01-01	York Track Meet	Rob Meikle
	1*	1:28.38		F A Relay	1989-03-10	CIAU Championships	Paul Meikle
	3	1:28.55		F A Relay	2017-02-24	Ontario University Athletics	Owen Babcock
	4	1:28.62		F A Relay	2017-03-09	2017 U Sports Track & Field Championships	Owen Babcock
	5	1:29.17		P A Relay	2017-03-09	2017 U Sports Track & Field Championships	Owen Babcock
	6	1:29.21		F A Relay	2007-03-08	CIS Track & Field Championships	Kyle Raymond
	7	1:29.45		F A Relay	2017-02-10	28th Annual Windsor Team Challenge	Owen Babcock
	8	1:29.56		F A Relay	2011-01-28	16th Annual McGill Team Challenge 2011	Ben Terejko
	9	1:29.78		F A Relay	2017-02-03	2017 York Open	Owen Babcock
	10	1:29.87		F A Relay	2006-01-27	McGill Team Challenge	Kyle Raymond
Men 4x220y Relay							
	1	1:36.1h		F A Relay	1974-03-02	Unknown - Toronto	
Men 4x400m Relay							
	1	3:20.26		F A Relay	2017-03-09	2017 U Sports Track & Field Championships	Owen Babcock
	2	3:20.66		F A Relay	2017-01-21	2017 Don Wright Team Challenge	Owen Babcock

Relay Top Marks

Marks since: 01-Jan-50 Times until: 21-Mar-18

University of Waterloo [WAT]

Number of Top Times: 10

	Time	Convert	Rnd	Relay		
3	3:21.27		F	A Relay	2017-02-24	Ontario University Athletics
		Mohamed Yassin		Josh Lorentz		Nathan Meadows Owen Babcock
4	3:21.87		F	A Relay	2005-03-10	CIS Track & Field Championships
		Shane Ferth		Kirk Ewen		Drew Haynes Davis Dowhaniuk
5	3:21.91		F	A Relay	2008-03-06	CIS Track & Field Championships
		Kirk Ewen		Jacob Muirhead		Colin Lawrence Jeremiah Derksen
6	3:22.54		F	A Relay	2006-02-03	Notre Dame Meyo Invitational
		Emeka Ukwuoma		Shane Ferth		Drew Haynes Kirk Ewen
7	3:22.64		F	A Relay	1989-03-10	CIAU Championships
		Derek King		Pat Kirkham		Mark Stender Paul Meikle
8	3:22.74		F	A Relay	2010-02-19	McGill All-Comers II Track and Field Meet
		Oliver Grant		Luke Govia		Jacob Muirhead Ben Terejko
9	3:22.77		F	A Relay	2011-01-28	16th Annual McGill Team Challenge 2011
		Jacob Muirhead		Luke Govia		Ben Terejko Shlomo Dunyo
10	3:23.22		F	A Relay	2007-03-08	CIS Track & Field Championships
		Kirk Ewen		Emeka Ukwuoma		Drew Haynes Colin Lawrence
Men 4x800m Relay						
1*	7:40.2h	7:40.44	F	A Relay	1988-01-01	York Track Meet
		Chris Lane		Tony DeGazon		Mark Inman Harvey Mitro
1*	7:40.2h	7:40.44	F	A Relay	1986-02-28	OWIAA/OUAA Track and Field Championships
		Chris Lane		Tony DeGazon		Mark Inman Harvey Mitro
3	7:51.13		F	A Relay	1994-02-25	Toronto Track Meet
		Jim Mylet		TJ Mackenzie		Kregg Fordyce Jason Gregoire
4	7:51.26		F	A Relay	2012-01-27	17th Annual McGill Team Challenge 2012
		Devon Briggs		Charles Allan		Lawrence Xie Justin Spalvieri
5	7:52.80		F	A Relay	2004-02-27	OUA Track & Field Championships
		Will D. Gibbons		Davis Dowhaniuk		Scott Arnald Colin Lawrence
6	7:52.99		F	A Relay	2004-03-11	CIS Track & Field Championships
		Will D. Gibbons		Davis Dowhaniuk		Scott Arnald Colin Lawrence
7	7:54.11		F	A Relay	2018-03-08	2018 U Sports Track and Field Championships
		Akiva Goldberg		Tony Kwok		Austin Grismer Nathan Flach
8	7:54.28		F	A Relay	1988-01-30	Can Am Track Classic
		Harvey Mitro		Scott McLellan		Shamir Jamal Steve Scott
9	7:54.98		F	A Relay	2005-01-22	Western Don Wright Team Challenge
		Colin Lawrence		Alex Magdanz		Michael Logue Scott Arnald
10	7:55.01		F	A Relay	1994-03-04	OWIAA/OUAA Track and Field Championships
		Jim Mylet		TJ Mackenzie		Kregg Fordyce Jason Gregoire
Men 4x804.5m Relay						
1	8:08.8h	8:09.04	F	A Relay	1972-02-04	The Toronto Star Maple Leaf Indoor Games
2	8:09.2h	8:09.44	F	A Relay	1974-02-15	The Toronto Star Maple Leaf Indoor Games
Men 4x880y Relay						
1	8:03.0h	8:03.24	F	A Relay	1974-02-02	Toronto Sun-Maple Leaf Game Trials
Men 4000m Distance Medley Relay						
1	10:17.80		F	A Relay	1982-01-16	York Invitational
		Ray Costello		Gary Hutchinson		Rob Town Mark Inman
2	10:20.8h	10:21.04	F	A Relay	1980-02-29	OWIAA/OUAA Track and Field Championships

Relay Top Marks

Marks since: 01-Jan-50 Times until: 21-Mar-18

University of Waterloo [WAT]

Number of Top Times: 10

	Time	Convert	Rnd	Relay			
3	10:23.48		F	A Relay	2004-02-07	Syracuse University Invitational	
	Will D. Gibbons			Gregory Winston	Colin Lawrence	Michael Logue	

All-Time Top 10 Performances

Marks since: 01-Jan-50 Times until: 21-Mar-18

University of Waterloo [WAT]

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
Women 50m Dash							
1	5.9h	6.14	S	--- *I Kim Ogilvie		1975-01-25	York University Invitational Track Meet
2	6.1h	6.34	P	--- *I Kim Ogilvie		1975-01-25	York University Invitational Track Meet
3	6.3h	6.54	F	--- *I Liz Damman		1974-02-23	OCAA/OWIAA Championships
4*	6.56		F	--- *I Faye Blackwood		1980-02-29	OWIAA/OUAA Track and Field Championships
4*	6.56		F	--- *I Faye Blackwood		1980-01-01	York Track Meet
6	6.4h	6.64	S	--- *I Faye Blackwood		1980-02-29	OWIAA/OUAA Track and Field Championships
7*	6.5h	6.74	P	--- *I Faye Blackwood		1980-02-29	OWIAA/OUAA Track and Field Championships
7*	6.5h	6.74	F	--- *I Liz Damman		1975-01-25	York University Invitational Track Meet
7*	6.5h	6.74	P	--- *I Liz Damman		1975-01-25	York University Invitational Track Meet
10*	6.6h	6.84	F	--- *I Pat Sparling		1974-02-23	OCAA/OWIAA Championships
10*	6.6h	6.84	P	--- *I Liz Damman		1974-02-23	OCAA/OWIAA Championships
Women 50y Dash							
1	6.4h	6.64	F	--- *I Marlene Peters		1972-02-04	The Toronto Star Maple Leaf Indoor Games
2	6.8h	7.04	P	--- *I Marlene Peters		1972-02-04	The Toronto Star Maple Leaf Indoor Games
Women 55m Dash							
1	7.18		F	--- *I Heather Moyse		1998-02-26	Eastern Michigan Track Meet
2	7.39		F	--- *I Rachel Nickie		1996-02-23	Notre Dame Invitational
3	7.40		F	--- *I Sue Cadarette		1996-02-23	Notre Dame Invitational
4*	7.46		F	--- *I Rachel Nickie		1996-02-10	Cornell Kane Invitational
4*	7.46		F	--- *I Sue Cadarette		1996-02-10	Cornell Kane Invitational
6	7.60		F	--- *I Teresa Kindre		1994-02-11	Cornell Invitational
7	7.65		F	--- *I Teresa Kindre		1994-02-19	Eastern Michigan Track Meet
8	7.99		F	--- *I Ann Kjerulf		1994-02-11	Cornell Invitational
9	7.9h	8.14	F	--- *I Martha DeGannes		1989-02-04	Syracuse Invitational
Women 60m Dash							
1	7.46		F	--- *I Daniella Carrington	04	2003-03-13	CIS Track & Field Championships
2	7.48		F	--- Tegan Sauer		2018-03-08	2018 U Sports Track and Field Championships
3	7.51		F	--- *I Daniella Carrington	04	2002-02-22	OAA Track & Field Championships
4	7.53		F	--- *I Latoya Austin		1997-02-14	Eastern Michigan Track Meet
5*	7.54		F	--- *I Daniella Carrington	04	2002-03-08	CIS Track & Field Championships
5*	7.54		P	--- *I Daniella Carrington	04	2003-03-13	CIS Track & Field Championships
7	7.55		F	--- *I Daniella Carrington	04	2003-02-28	OAA Track & Field Championships
8*	7.56		S	--- *I Daniella Carrington	04	2002-02-22	OAA Track & Field Championships
8*	7.56		P	--- Tegan Sauer		2018-03-08	2018 U Sports Track and Field Championships
8*	7.56		F	--- Tegan Sauer		2018-02-23	Ontario University Athletics
8*	7.56		P	--- Tegan Sauer		2017-02-24	Ontario University Athletics
Women 60y Dash							
1	8.13		F	--- *I Martha DeGannes		1989-02-10	Red Simmons Invitational
Women 200m Dash							
1	24.88		F	--- *I Naomi Lance		2016-02-06	2016 SPIRE Team Challenge
2	24.97		F	--- *I Heather Moyse		1998-02-26	Eastern Michigan Track Meet
3	24.99		F	--- *I Heather Moyse		1999-02-20	Eastern Michigan Track Meet
4	25.43		F	--- *I Daniella Carrington	04	2003-02-15	Silverston Invitational
5	25.3h	25.54	F	--- *I Liz Damman		1975-01-18	All Comers Meet
6	25.55		F	--- *I Jenny Carrique		2017-02-18	Marc Denault Invitational
7	25.76		F	--- *I Rachel Nickie		1996-01-01	Eastern Michigan Track Meet
8	26.21		F	--- Tegan Sauer		2017-12-02	Bob Vigars Season Opener
9	26.28		F	--- Tegan Sauer		2016-12-03	Bob Vigars Season Opener

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
10	26.34		F	--- Kelsi Darmon		2016-12-03	Bob Vigars Season Opener
Women 200m Dash Relay Split							
1	24.0h	24.24	P	--- *I Naomi Lance		2016-03-10	CIS Track & Field Championships
2	24.1h	24.34	F	--- *I Naomi Lance		2016-03-10	CIS Track & Field Championships
3	24.2h	24.44	F	--- *I Naomi Lance		2016-01-30	2016 York Open
4*	24.4h	24.64	F	--- *I Heather Moyse		1998-03-14	CIAU Championships
4*	24.4h	24.64	F	--- *I Alison Brazier	05	1998-03-14	CIAU Championships
6*	24.5h	24.74	F	--- *I Daniella Carrington	04	2003-02-28	OUA Track & Field Championships
6*	24.5h	24.74	F	--- *I Naomi Lance		2016-01-08	35th Annual Can Am Track Classic
8	24.6h	24.84	P	--- *I Heather Moyse		1999-03-17	CIAU Championships
9*	24.7h	24.94	F	--- *I Daniella Carrington	04	2001-02-23	OUA Track & Field Championships
9*	24.7h	24.94	F	--- *I Jenny Carrique		2017-02-24	Ontario University Athletics
9*	24.7h	24.94	F	--- *I Naomi Lance		2015-03-12	CIS Track & Field Championships
Women 220y Dash							
1	29.01		F	--- *I Marina Jones		1989-02-10	Red Simmons Invitational
Women 300m Dash							
1*	38.88		F	--- *I Faye Blackwood		1980-02-29	OWIAA/OUAA Track and Field Championships
1*	38.88		F	--- *I Faye Blackwood		1982-03-12	CIAU Championships
3	39.13		F	--- *I Daniella Carrington	04	2002-02-22	OUA Track & Field Championships
4	39.17		F	--- *I Naomi Lance		2016-03-10	CIS Track & Field Championships
5	39.37		P	--- *I Naomi Lance		2016-03-10	CIS Track & Field Championships
6	39.44		F	--- *I Daniella Carrington	04	2002-03-08	CIS Track & Field Championships
7*	39.53		F	--- *I Heather Moyse		1998-03-04	OUA Track & Field Championships
7*	39.53		F	--- *I Heather Moyse		2000-03-03	OUA Track & Field Championships
7*	39.53		F	--- *I Naomi Lance		2016-02-26	Ontario University Athletics
10*	39.57		F	--- *I Heather Moyse		1997-03-07	CIAU Championships
10*	39.57		F	--- *I Heather Moyse		1998-03-14	CIAU Championships
Women 400m Dash							
1	55.54		F	--- *I Naomi Lance		2016-02-06	2016 SPIRE Team Challenge
2*	55.9h	56.14	F	--- *I Joan Eddy (Wenzel)		1975-01-25	York University Invitational Track Meet
2*	55.9h	56.14	F	--- *I Joan Eddy (Wenzel)		1974-02-23	Ontario Indoor Championships
2*	55.9h	56.14	F	--- *I Joan Eddy (Wenzel)		1974-07-01	Miscellaneous 1974
5	58.10		F	--- *I Heather Moyse		1998-02-26	Eastern Michigan Track Meet
6	58.0h	58.24	F	--- *I Liz Damman		1975-01-25	York University Invitational Track Meet
7	59.08		F	--- *I Rebecca Murrant		2005-02-12	Cornell Kane Invitational
8	59.37		F	--- *I Lisa Amsden		1982-02-07	OTFA Indoor Championships
9	1:00.49		F	--- *I Marina Jones		1990-01-01	Michigan Track Meet
10	1:00.56		F	--- Rachel Bronzovich		2015-11-28	York Xmas Open
Women 400m Dash Relay Split							
1	55.9h	56.14	F	--- *I Naomi Lance		2016-01-16	2016 Don Wright Team Challenge
2	56.2h	56.44	F	--- *I Naomi Lance		2016-01-30	2016 York Open
3	56.5h	56.74	F	--- *I Margaret Fox		2002-03-08	CIS Track & Field Championships
4	56.6h	56.84	F	--- *I Naomi Lance		2015-02-27	Ontario University Athletics
5	56.8h	57.04	F	--- *I Heather Moyse		1998-03-14	CIAU Championships
6*	56.9h	57.14	F	--- *I Allison Salter	05	2002-03-08	CIS Track & Field Championships
6*	56.9h	57.14	F	--- *I Naomi Lance		2014-03-06	CIS Track & Field Championships
8	57.0h	57.24	F	--- *I Heather Moyse		1998-03-04	OUA Track & Field Championships
9	57.1h	57.34	F	--- *I Naomi Lance		2014-02-14	SPIRE Division I Indoor Track & Field I
10	57.2h	57.44	F	--- *I Faye Blackwood		1981-03-13	CIAU Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
Women 500m Dash							
1	1:23.8h	1:24.04	F	--- *I Julie Madden		1986-02-01	U of Michigan Wolverine Classic
2	1:24.60		F	--- *I Nicole Grinstead		2005-02-12	Cornell Kane Invitational
Women 600m Dash							
1	1:30.71		F	--- *I Lisa Amsden		1982-02-13	York Track Meet
2	1:32.5h	1:32.74	F	--- *I Lisa Amsden		1982-02-19	Wilfred Laurier Invitational
3	1:32.86		F	--- *I Allison Salter	05	2002-02-22	OUA Track & Field Championships
4	1:34.49		F	--- *I Allison Salter	05	2002-02-16	Michigan Silverston Invitational
5	1:34.54		F	--- *I Allison Salter	05	2002-03-08	CIS Track & Field Championships
6	1:35.19		F	--- *I Allison Salter	05	2002-01-18	Can Am Track Classic
7	1:35.31		F	--- Rachel Bronzovich		2018-02-09	29th Annual Team Challenge
8	1:35.49		F	--- Rachel Bronzovich		2017-02-10	28th Annual Windsor Team Challenge
9	1:35.3h	1:35.54	F	--- *I Lisa Amsden		1980-02-29	OWIAA/OUAA Track and Field Championships
10	1:35.59		F	--- *I Allison Salter	05	2002-01-12	Sharon Anderson Memorial
Women 600y Dash							
1	1:34.59		F	--- *I Marina Jones		1989-02-10	Red Simmons Invitational
2	1:36.35		F	--- *I Denise Eppich		1989-02-10	Red Simmons Invitational
Women 800m Run							
1	2:11.01		F	--- *I Sarah Dillabaugh		1997-02-14	Eastern Michigan Track Meet
2	2:14.30		F	--- *I Lisa Amsden		1982-02-07	OTFA Indoor Championships
3	2:15.9h	2:16.14	F	--- *I Betty Ann Vanderkruk-Schr		1982-02-07	OTFA Indoor Championships
4	2:18.00		F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships - Pent
5	2:18.24		F	--- *I Lynn Coon		1999-02-20	Eastern Michigan Track Meet
6	2:18.64		F	--- *I Kim Neumayer	04	2003-02-15	Silverston Invitational
7	2:18.4h	2:18.64	F	--- *I Betty Ann Vanderkruk-Schr		1982-01-02	Western Invitational
8	2:18.77		F	--- *I Allison Salter	05	1999-02-20	Eastern Michigan Track Meet
9	2:19.18		F	--- *I Jill Patterson	04	2002-02-16	Michigan Silverston Invitational
10	2:19.8h	2:20.04	F	--- *I Kelly Boulding		1986-01-10	OTFA All Comers
Women 800m Run PENT							
1	2:18.00		F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships
2	2:18.62		F	--- *I Chantel Pilon		2014-02-14	SPIRE Division I Indoor Track & Field I
3	2:19.71		F	--- *I Chantel Pilon		2014-02-21	Ontario University Athletics
4	2:20.49		F	--- *I Chantel Pilon	23	2015-01-16	Fred Foot Memorial
5	2:21.53		F	--- *I Chantel Pilon		2014-01-17	Fred Foot Memorial
6	2:23.18		F	--- *I Chantel Pilon		2013-01-25	18th Annual McGill Team Challenge
7	2:24.33		F	--- *I Chantel Pilon		2013-02-21	Ontario University Athletics
8	2:26.59		F	--- *I Chantel Pilon		2014-01-24	19th Annual McGill Team Challenge
9	2:29.99		F	--- *I Chantel Pilon		2013-01-04	Guelph New Year Open
10	2:30.69		F	--- *I Chantel Pilon		2012-02-24	Ontario University Athletics
Women 800m Run Relay Split							
1	2:12.0h	2:12.24	F	--- *I Deborah Buhlers	03	2001-02-23	OUA Track & Field Championships
2	2:12.4h	2:12.64	F	--- *I Allison Salter	05	2002-03-08	CIS Track & Field Championships
3	2:13.7h	2:13.94	F	--- *I Sarah Dillabaugh		1997-01-31	McGill Track Meet
4	2:14.9h	2:15.14	F	--- *I Lynn Coon		1999-03-17	CIAU Championships
5	2:15.3h	2:15.54	F	--- *I Judith LeRoy		1997-01-31	McGill Track Meet
6	2:16.4h	2:16.64	F	--- *I Sarah Dillabaugh		1994-02-19	Eastern Michigan Track Meet
7	2:16.9h	2:17.14	F	--- *I Allison Salter	05	1999-03-17	CIAU Championships
8	2:17.3h	2:17.54	F	--- *I Jill Patterson	04	2002-03-08	CIS Track & Field Championships
9	2:17.5h	2:17.74	F	--- *I Deborah Buhlers	03	2001-03-09	CIAU Championships
10	2:17.8h	2:18.04	F	--- *I Jill Patterson	04	2003-03-13	CIS Track & Field Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

Mark	Convert	Rnd	Name	Age/Yr		
Women 1000m Run						
1	2:47.64		F	---	*I Sarah Dillabaugh	1997-03-07 CIAU Championships
2	2:48.87		F	---	*I Sarah Dillabaugh	1997-02-07 Toronto Track Meet
3	2:49.73		F	---	*I Sarah Dillabaugh	1997-03-01 OUA Track & Field Championships
4	2:51.0h	2:51.24	F	---	*I Judith LeRoy	1997-02-07 Toronto Track Meet
5	2:51.5h	2:51.74	F	---	*I Sarah Dillabaugh	1995-02-11 Cornell Kane Invitational
6*	2:53.0h	2:53.24	F	---	*I Sarah Dillabaugh	1995-03-11 CIAU Championships
6*	2:53.0h	2:53.24	F	---	*I Lisa Amsden	1982-02-13 York Track Meet
8	2:53.3h	2:53.54	F	---	*I Kelly Boulding	1987-02-13 Hamilton Spectator Indoor Games
9	2:54.17		F	---	*I Julia Malleck	2008-02-22 OUA Track & Field Championships
10	2:54.7h	2:54.94	F	---	*I Patti Moore	1983-03-04 OUAA/OWIAA Track and Field Championships
Women 1200m Run Relay Split						
1	4:02.7h	4:02.94	F	---	*I Joanna Fedy	2004-02-07 Syracuse University Invitational
Women 1500m Run						
1	4:20.94		F	---	*I Sarah Dillabaugh	1997-03-07 CIAU Championships
2	4:24.38		F	---	*I Deborah Buhlers	03 2001-02-23 OUA Track & Field Championships
3*	4:24.59		F	---	*I Sarah Dillabaugh	1996-03-07 OUA Track & Field Championships
3*	4:24.59		F	---	*I Sarah Dillabaugh	1997-03-01 OUA Track & Field Championships
5	4:26.73		F	---	*I Judith LeRoy	1997-03-07 CIAU Championships
6	4:27.03		F	---	*I Judith LeRoy	1997-03-01 OUA Track & Field Championships
7	4:30.7h	4:30.94	F	---	*I Sarah Dillabaugh	1997-01-24 Can-Am Track Classic
8	4:31.63		F	---	*I Deborah Buhlers	03 2001-02-03 YORK OPEN
9	4:32.22		F	---	*I Kelly Boulding	1987-03-06 OWIAA/OUAA Track and Field Championships
10	4:32.47		F	---	*I Deborah Buhlers	03 2001-03-09 CIAU Championships
Women 1600m Run Relay Split						
1	5:34.2h	5:34.44	F	---	*I Jodi Wendland	2004-02-07 Syracuse University Invitational
Women 3000m Run						
1	9:28.61		F	---	*I Deborah Buhlers	03 2001-02-23 OUA Track & Field Championships
2	9:34.84		F	---	*I Judith LeRoy	1997-03-07 CIAU Championships
3	9:35.26		F	---	*I Deborah Buhlers	03 2001-01-27 NIKE INVITATIONAL
4	9:35.88		F	---	*I Deborah Buhlers	03 2000-03-03 OUA Track & Field Championships
5	9:38.00		F	---	*I Deborah Buhlers	03 2001-03-09 CIAU Championships
6	9:42.85		F	---	*I Sarah Dillabaugh	1997-01-31 McGill Track Meet
7	9:45.07		F	---	*I Deborah Buhlers	03 2001-01-13 SHARON ANDERSON MEMORIAL
8	9:46.10		F	---	*I Sarah Dillabaugh	1996-03-07 OUA Track & Field Championships
9*	9:46.14		F	---	*I Judith LeRoy	1997-03-01 OUA Track & Field Championships
9*	9:46.14		F	---	*I Judith LeRoy	1996-02-09 Toronto Track Meet
Women 5000m Run						
1	14:32.0h	14:32.24	F	---	*I Maria Cipp	1988-02-26 U of T Last Chance Qualfier
Women 1 Mile Run						
1	4:44.76		F	---	*I Sarah Dillabaugh	1997-02-14 Eastern Michigan Track Meet
2	4:59.82		F	---	*I Sarah Brown	1994-02-19 Eastern Michigan Track Meet
3	5:02.00		F	---	*I Sarah Brown	1994-02-11 Cornell Invitational
4	5:12.62		F	---	*I Jill Patterson	04 2003-02-15 Silverston Invitational
5	5:12.75		F	---	*I Lisa Laffradi	1989-02-10 Red Simmons Invitational
6	5:19.2h	5:19.44	F	---	*I Jill Francis	1988-02-19 Kane Invitational
7	5:33.03		F	---	*I Valentina Taiakina	2004-02-07 Syracuse University Invitational
8	5:55.0h	5:55.24	F	---	*I Linda Hachey	1988-02-19 Kane Invitational

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
Women 50m Hurdles						
1	6.6h	6.84	F	*I Liz Damman	1975-02-14	Toronto Sun-Maple Leaf Indoor Games
2	7.31		F	*I Jill Bennett	1997-02-14	Eastern Michigan Track Meet
3*	7.1h	7.34	F	*I Liz Damman	1974-02-23	Ontario Indoor Championships
3*	7.1h	7.34	F	*I Liz Damman	1974-07-01	Miscellaneous 1974
5*	7.2h	7.44	F	*I Liz Damman	1975-01-18	All Comers Meet
5*	7.2h	7.44	F	*I Liz Damman	1975-03-01	OAAA/OWIAA Indoor Championships
5*	7.2h	7.44	F	*I Liz Damman	1974-02-23	OAAA/OWIAA Championships
5*	7.2h	7.44	F	*I Liz Damman	1975-03-22	U of Western Ontario Inaugural Indoor Games
9	7.53		F	*I Jane Taite	1997-02-14	Eastern Michigan Track Meet
10	7.3h	7.54	P	*I Sylvia Malgadey-Forgrave	1980-02-29	OWIAA/OAAA Track and Field Championships
Women 50y Hurdles						
1	6.6h	6.84	F	*I Liz Damman	1974-02-15	The Toronto Star Maple Lead Indoor Games
2	6.7h	6.94	P	*I Liz Damman	1974-02-15	The Toronto Star Maple Lead Indoor Games
Women 55m Hurdles						
1	8.31		F	*I Jill Bennett	1998-02-26	Eastern Michigan Track Meet
2	8.58		F	*I Alicia Steele	1994-02-19	Eastern Michigan Track Meet
3	8.63		F	*I Jane Taite	1991-01-01	Michigan Track Meet
4	8.75		F	*I Alicia Steele	1994-02-11	Cornell Invitational
Women 60m Hurdles						
1	8.47		F	*I Sylvia Malgadey-Forgrave	1985-01-01	Windsor Track Meet
2	8.48		P	*I Sylvia Malgadey-Forgrave	1985-01-01	Windsor Track Meet
3	8.73		F	*I Leslie Estwick	1983-03-04	OAAA/OWIAA Track and Field Championships
4	8.76		F	*I Jill Bennett	1998-02-14	York Track Meet
5*	8.85		F	*I Jill Bennett	1997-03-01	OAA Track & Field Championships
5*	8.85		F	*I Jill Bennett	1996-03-07	OAA Track & Field Championships
7	8.89		F	*I Jill Bennett	1995-03-11	CIAU Championships
8*	8.95		F	*I Jill Bennett	1996-01-19	Can-Am Track Classic
8*	8.95		F	*I Jill Bennett	1996-01-12	York Invitational
10	8.96		S	*I Alicia Steele	1995-03-03	OWIAA/OAAA Track and Field Championships
Women 60m Hurdles PENT						
1	9.06		P	*I Jenna Bell	2007-03-08	CIS Track & Field Championships
2	9.14		F	*I Jenna Bell	2008-02-22	OAA Track & Field Championships
3	9.18		F	*I Jenna Bell	2008-03-06	CIS Track & Field Championships
4	9.20		F	*I Jenna Bell	2007-01-20	Nike Track Classic
5	9.25		F	*I Jenna Bell	2007-02-23	OAA Track & Field Championships
6	9.40		F	*I Jenna Bell	2008-01-18	U of T Nike Track Classic
7	9.42		F	*I Jenna Bell	2008-01-25	13th Annual McGill Team Challenge 2008
8	9.44		F	*I Jenna Bell	2007-02-09	Cornell Kane Invitational
9	9.45		F	*I Chantel Pilon	2014-02-21	Ontario University Athletics
10	9.49		F	*I Kristy Heemsker	2001-02-03	YORK OPEN
Women 200m Hurdles						
1	28.95		F	*I Jill Bennett	1998-02-26	Eastern Michigan Track Meet
2	29.95		F	*I Jill Bennett	1997-02-14	Eastern Michigan Track Meet
Women High Jump						
1	1.81m		F	*I Leslie Estwick	1983-02-12	International Multiple Events Mee
2	1.78m		F	*I Elaine Veenstra	1986-01-24	Can Am Track Classic
3	1.77m		F	*I Elaine Veenstra	1986-01-25	Can-Am Track Classic
4*	1.73m		F	*I Leslie Estwick	1983-03-04	OAAA/OWIAA Track and Field Championships
4*	1.73m		F	*I Leslie Estwick	1983-02-19	Wilfred Laurier Invitational

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
6	1.72m		F	--- *I Leslie Estwick		1981-03-13	CIAU Championships
7	1.71m		F	--- *I Faiza Vassanji	02	1985-01-17	York University Invitational Meet
8*	1.70m		F	--- *I Elaine Veenstra		1983-03-04	OAAA/OWIAA Track and Field Championships
8*	1.70m		F	--- *I Elaine Veenstra		1986-02-28	OWIAA/OAAA Track and Field Championships
8*	1.70m		F	--- *I Elaine Veenstra		1984-02-18	Last Chance Qualifier Meet
8*	1.70m		F	--- *I Elaine Veenstra		1983-02-19	Wilfred Laurier Invitational
8*	1.70m		F	--- *I Elaine Veenstra		1984-03-09	CIAU Championships
Women High Jump PENT							
1	1.60m		F	--- *I Jenna Bell		2007-02-23	OAA Track & Field Championships
2	1.59m		F	--- *I Kristy Heemskerck	02	2001-02-03	YORK OPEN
3*	1.58m		F	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships
3*	1.58m		F	--- *I Kristy Heemskerck	02	2001-02-23	OAA Track & Field Championships
5	1.57m		F	--- *I Jenna Bell		2006-02-24	OAA Track & Field Championships
6*	1.56m		F	--- *I Chantel Pilon		2014-03-06	CIS Track & Field Championships
6*	1.56m		F	--- *I Chantel Pilon		2014-02-14	SPIRE Division I Indoor Track & Field I
8*	1.54m		F	--- *I Jenna Bell		2008-01-18	U of T Nike Track Classic
8*	1.54m		F	--- *I Chantel Pilon		2014-02-21	Ontario University Athletics
8*	1.54m		F	--- *I Chantel Pilon	23	2015-01-16	Fred Foot Memorial
Women Pole Vault							
1	4.05m		F	--- *I Dana Ellis	04	2002-02-15	Western Open
2	4.01m		F	--- *I Dana Ellis	04	2002-03-08	CIS Track & Field Championships
3*	4.00m		F	--- *I Dana Ellis	04	2001-03-09	CIAU Championships
3*	4.00m		F	--- *I Dana Ellis	04	2002-02-02	York Classic
3*	4.00m		F	--- *I Dana Ellis	04	2001-01-19	Can Am Track Classic
6*	3.90m		F	--- *I Dana Ellis	04	2001-02-23	OAA Track & Field Championships
6*	3.90m		F	--- *I Dana Ellis	04	2001-01-06	Western Don Wright Team Challenge
8	3.86m		F	--- *I Dana Ellis	04	2002-01-18	Can Am Track Classic
9*	3.85m		F	--- *I Dana Ellis	04	2002-01-25	Nike U of T Track Classic
9*	3.85m		F	--- *I Dana Ellis	04	2000-12-05	WESTERN QUAD MEET
Women Long Jump							
1	5.95m		F	--- *I Sylvia Malgadey-Forgrave		1985-01-01	Windsor Track Meet
2	5.81m		F	--- *I Sylvia Malgadey-Forgrave		1980-02-29	OWIAA/OAAA Track and Field Championships
3	5.61m		F	--- *I Alison Brazier	05	2002-03-08	CIS Track & Field Championships
4	5.60m		F	--- *I Alison Brazier	05	2002-02-16	Michigan Silverston Invitational
5	5.59m		F	--- *I Alison Brazier	05	2001-02-03	YORK OPEN
6	5.56m		F	--- *I Alison Brazier	05	2002-02-22	OAA Track & Field Championships
7*	5.53m		F	--- *I Alison Brazier	05	2000-12-05	WESTERN QUAD MEET
7*	5.53m		F	--- *I Alison Brazier	05	2002-01-18	Can Am Track Classic
9	5.51m		F	--- *I Alison Brazier	05	2000-03-03	OAA Track & Field Championships
10	5.50m		F	--- *I Alison Brazier	05	2002-02-15	Western Open
Women Long Jump PENT							
1	5.35m		F	--- *I Jenna Bell		2007-01-20	Nike Track Classic
2	5.31m		F	--- *I Jenna Bell		2007-02-23	OAA Track & Field Championships
3	5.30m		F	--- *I Kristy Heemskerck	02	2001-02-03	YORK OPEN
4	5.26m		F	--- *I Jenna Bell		2008-03-06	CIS Track & Field Championships
5	5.24m		F	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships
6	5.21m		F	--- *I Kristy Heemskerck	02	2001-02-23	OAA Track & Field Championships
7	5.16m		F	--- *I Jenna Bell		2008-01-25	13th Annual McGill Team Challenge 2008
8	5.15m		F	--- *I Jenna Bell		2008-02-22	OAA Track & Field Championships
9	5.11m		F	--- *I Jenna Bell		2008-01-18	U of T Nike Track Classic

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
10	5.10m		F	--- *I Chantel Pilon		2014-02-21 Ontario University Athletics
Women Triple Jump						
1*	11.46m		F	--- *I Heather Moyse		1997-02-07 Toronto Track Meet
1*	11.46m		F	--- *I Heather Moyse		1996-03-07 OUA Track & Field Championships
1*	11.46m		F	--- *I Heather Moyse		1997-03-01 OUA Track & Field Championships
4	11.44m		F	--- *I Heather Moyse		1998-03-04 OUA Track & Field Championships
5	11.42m		F	--- *I Heather Moyse		1998-02-26 Eastern Michigan Track Meet
6	11.28m		F	--- *I Nancy Spreitzer		2011-02-18 Hal Brown Memorial Track & Field Meet
7	11.24m		F	--- *I Heather Moyse		1999-02-20 Eastern Michigan Track Meet
8	11.05m		F	--- *I Nancy Spreitzer		2011-02-25 OUA Track & Field Championships
9	10.86m		P	--- *I Heather Moyse		1997-02-07 Toronto Track Meet
10	10.82m		F	--- *I Nancy Spreitzer		2011-02-05 40th Annual York Open
Women Shot Put 4.000KG						
1	12.55m		F	--- *I Jenna Bell		2007-03-08 CIS Track & Field Championships - Pent
2	12.40m		F	--- *I Jenna Bell		2008-02-22 OUA Track & Field Championships
3	12.02m		F	--- *I Yvonne Anekwe		1996-02-10 Cornell Kane Invitational
4	11.78m		F	--- *I Yvonne Anekwe		1996-02-09 Toronto Track Meet
5	11.76m		F	--- *I Kristy Heemsker	02	2001-02-03 York Open - Pent
6	11.68m		F	--- *I Leanne Stanley		2004-02-07 Syracuse University Invitational
7	11.52m		F	--- *I Chantel Pilon		2014-02-14 SPIRE Div I Indoor T&F Invite - Pent
8	11.51m		F	--- *I Laura Pearson		2006-02-18 McGill Invitational
9	11.44m		F	--- *I Chantel Pilon		2012-12-01 Western Season Opener
10*	11.41m		F	--- *I Jenna Bell		2008-01-19 Western Don Wright Team Challenge
10*	11.41m		F	--- *I Jenna Bell		2008-03-06 CIS Track & Field Championships
Women Shot Put PENT						
1	12.55m		F	--- *I Jenna Bell		2008-03-06 CIS Track & Field Championships
2	11.76m		F	--- *I Kristy Heemsker	02	2001-02-03 YORK OPEN
3	11.52m		F	--- *I Chantel Pilon		2014-02-14 SPIRE Division I Indoor Track & Field I
4	11.49m		F	--- *I Jenna Bell		2008-01-25 13th Annual McGill Team Challenge 2008
5	11.36m		F	--- *I Chantel Pilon		2012-01-27 17th Annual McGill Team Challenge 2012
6	11.19m		F	--- *I Chantel Pilon		2012-02-24 Ontario University Athletics
7	11.16m		F	--- *I Chantel Pilon		2014-03-06 CIS Track & Field Championships
8	11.08m		F	--- *I Chantel Pilon		2014-01-24 19th Annual McGill Team Challenge
9	10.88m		F	--- *I Jenna Bell		2008-01-18 U of T Nike Track Classic
10*	10.85m		F	--- *I Jenna Bell		2008-02-22 OUA Track & Field Championships
10*	10.85m		F	--- *I Chantel Pilon		2014-02-21 Ontario University Athletics
Women Wght Thr						
1	13.60m		F	--- *I Jill Knight		2013-02-16 Guelph Invitation
2	13.56m		F	--- *I Jill Knight		2013-02-02 2013 York Open
3	12.85m		F	--- *I Jill Knight		2013-01-19 Western Don Wright Team Challenge
4	12.74m		F	--- *I Jill Knight		2013-02-21 Ontario University Athletics
5	12.66m		F	--- *I Laura Pearson		2006-02-24 OUA Track & Field Championships
6	12.59m		F	--- *I Jill Knight		2012-12-01 Western Season Opener
7	12.42m		F	--- *I Jill Knight		2013-01-11 32nd Annual Can Am Track Classic
8	12.02m		F	--- *I Sarah Krapez		2012-02-24 Ontario University Athletics
9	11.94m		F	--- *I Sarah Krapez		2012-01-27 17th Annual McGill Team Challenge 2012
10	11.65m		F	--- *I Amanda Tubman		2015-02-13 Windsor Team Challenge
Women In Pent						
1	3494		F	--- *I Chantel Pilon		2014-03-06 CIS Track & Field Championships
2	3483		F	--- *I Chantel Pilon		2014-02-21 Ontario University Athletics

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
3	3462		F	--- *I Chantel Pilon		2014-02-14	SPIRE Division I Indoor Track & Field I
4	3403		F	--- *I Jenna Bell		2007-03-08	CIS Track & Field Championships
5	3393		F	--- *I Jenna Bell		2008-03-06	CIS Track & Field Championships
6	3391		F	--- *I Jenna Bell		2007-02-23	OUA Track & Field Championships
7	3384		F	--- *I Chantel Pilon	23	2015-01-16	Fred Foot Memorial
8	3326		F	--- *I Kristy Heemskerck	02	2001-02-03	YORK OPEN
9	3317		F	--- *I Chantel Pilon		2014-01-17	Fred Foot Memorial
10	3297		F	--- *I Jenna Bell		2008-02-22	OUA Track & Field Championships
Men 50m Dash							
1	5.7h	5.94	P	--- *I Mike Murray		1972-01-15	York University Invitational Track Meet
2	5.8h	6.04	F	--- *I Mike Murray		1972-01-15	York University Invitational Track Meet
3*	6.09		F	--- *I John Denny		1987-01-01	York University Track Meet
3*	6.09		F	--- *I John Denny		1987-02-13	Hamilton Spectator Indoor Games
5*	5.9h	6.14	S	--- *I Ed Neeland		1980-02-29	OWIAA/OUAA Track and Field Championships
5*	5.9h	6.14	P	--- *I George Neeland		1971-02-13	Central Ontario Sr Indoor Championships
5*	5.9h	6.14	S	--- *I George Neeland		1971-02-13	Central Ontario Sr Indoor Championships
8	6.15		F	--- *I Ed Neeland		1980-02-29	OWIAA/OUAA Track and Field Championships
9*	6.0h	6.24	P	--- *I Ed Neeland		1980-02-29	OWIAA/OUAA Track and Field Championships
9*	6.0h	6.24	F	--- *I Gary Bennett		1974-03-02	Unknown - Toronto
9*	6.0h	6.24	F	--- *I Frank Kolnick		1974-03-02	Unknown - Toronto
9*	6.0h	6.24	F	--- *I Gary Bennett		1974-02-23	OUAA/OWIAA Championships
9*	6.0h	6.24	P	--- *I Gary Bennett		1974-02-23	OUAA/OWIAA Championships
9*	6.0h	6.24	P	--- *I Gord Robertson		1972-01-15	York University Invitational Track Meet
9*	6.0h	6.24	P	--- *I Frank Kolnick		1974-02-23	OUAA/OWIAA Championships
Men 50y Dash							
1	6.2h	6.44	P	--- *I George Neeland		1972-02-04	The Toronto Star Maple Leaf Indoor Games
Men 55m Dash							
1	6.61		F	--- *I John Denny		1987-02-28	Cornell Invitational
2	6.68		F	--- *I Tulu Makonnen		1996-02-10	Cornell Kane Invitational
3	6.69		F	--- *I Paul Meikle		1988-02-19	Kane Invitational
4	6.70		F	--- *I Paul Meikle		1989-02-17	Eastern Michigan Invitational
5	6.5h	6.74	F	--- *I Paul Meikle		1989-02-04	Syracuse Invitational
6*	6.75		F	--- *I Gerald Kirk		1994-02-11	Cornell Invitational
6*	6.75		F	--- *I Matt Denman		1989-02-17	Eastern Michigan Invitational
8	6.76		F	--- *I Paul Meikle		1987-02-28	Cornell Invitational
9	6.80		F	--- *I Andy Garrison		1987-02-28	Cornell Invitational
10	6.82		F	--- *I Lawrence Ruebin		1989-02-17	Eastern Michigan Invitational
Men 60m Dash							
1	6.84		F	--- *I Mohamed Yassin		2017-03-09	2017 U Sports Track & Field Championships
2	6.85		F	--- *I Shlomo Dunyo		2011-01-14	30th Annual Can Am Track Classic
3*	6.86		P	--- *I Shlomo Dunyo		2011-02-25	OUA Track & Field Championships
3*	6.86		F	--- *I Mohamed Yassin		2017-01-07	Sharon Anderson Memorial
5*	6.87		F	--- *I Kofi Kwarko-Fosu		2013-03-07	CIS Track & Field Championships
5*	6.87		F	--- *I Mohamed Yassin		2016-11-18	Guelph Tenke Classic
5*	6.87		F	--- *I Kofi Kwarko-Fosu		2013-02-21	Ontario University Athletics
8*	6.88		F	--- *I Shlomo Dunyo		2013-01-04	Guelph New Year Open
8*	6.88		F	--- *I Mohamed Yassin		2017-01-13	36th Annual Can Am Track Classic
8*	6.88		S	--- *I Kofi Kwarko-Fosu		2013-02-21	Ontario University Athletics
Men 150m Dash							
1	17.25		F	--- *I Alex Manuel		2015-11-28	Ottawa Varsity Team Invitational

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
Men 200m Dash							
1	21.56		F	--- *I Mohamed Yassin		2017-02-10	SPIRE Division I Indoor Track & Field Invite
2	22.24		F	--- *I Paul Gill	04	2000-02-19	SILVERSTON INVITATIONAL
3	22.31		F	--- *I Mohamed Yassin		2016-02-06	2016 SPIRE Team Challenge
4	22.39		F	--- *I Mohamed Yassin		2016-12-03	Bob Vigars Season Opener
5	22.2h	22.44	F	--- *I Paul Meikle		1989-02-04	Syracuse Invitational
6	22.72		F	--- *I Adrian Blair		2004-02-07	Syracuse University Invitational
7	22.73		F	--- *I Emeka Ukwuoma		2004-02-07	Syracuse University Invitational
8	22.81		F	--- *I Adrian Blair		2003-02-15	Silverston Invitational
9	22.88		F	--- *I Chris Bastie		1995-02-11	Cornell Kane Invitational
10	22.94		F	--- *I Adrian Blair		2002-02-16	Michigan Silverston Invitational
Men 200m Dash Relay Split							
1	21.5h	21.74	F	--- *I Paul Gill	04	2001-02-23	OUA Track & Field Championships
2	21.6h	21.84	F	--- *I Simon Foote		1993-03-12	CIAU Championships
3*	21.7h	21.94	F	--- *I Paul Gill	04	2001-02-03	YORK OPEN
3*	21.7h	21.94	P	--- *I Mohamed Yassin		2017-03-09	2017 U Sports Track & Field Championships
5*	21.8h	22.04	F	--- *I Luke Govia		2011-02-19	McGill All-Comers II 2011
5*	21.8h	22.04	F	--- *I Mohamed Yassin		2017-02-10	28th Annual Windsor Team Challenge
7*	21.9h	22.14	F	--- *I Adrian Blair		2004-02-27	OUA Track & Field Championships
7*	21.9h	22.14	F	--- *I Shane Ferth		2006-01-27	McGill Team Challenge
7*	21.9h	22.14	F	--- *I Adrian Blair		2004-01-24	McGill Team Challenge
7*	21.9h	22.14	F	--- *I Adrian Blair		2003-03-13	CIS Track & Field Championships
7*	21.9h	22.14	F	--- *I Kirk Ewen		2007-03-08	CIS Track & Field Championships
7*	21.9h	22.14	P	--- *I Paul Gill	04	2001-03-09	CIAU Championships
7*	21.9h	22.14	F	--- *I Kirk Ewen		2008-03-06	CIS Track & Field Championships
7*	21.9h	22.14	F	--- *I Adrian Blair		2003-02-28	OUA Track & Field Championships
7*	21.9h	22.14	F	--- *I Mohamed Yassin		2017-02-03	2017 York Open
7*	21.9h	22.14	F	--- Joerg Ahne		2018-02-09	29th Annual Team Challenge
7*	21.9h	22.14	P	--- Joerg Ahne		2018-03-08	2018 U Sports Track and Field Championships
7*	21.9h	22.14	P	--- Joerg Ahne		2017-03-09	2017 U Sports Track & Field Championships
7*	21.9h	22.14	F	--- Josh Lorentz		2017-02-24	Ontario University Athletics
7*	21.9h	22.14	F	--- *I Mohamed Yassin		2017-02-24	Ontario University Athletics
Men 250m Dash							
1	30.58		F	--- *I Alex Manuel		2016-11-26	Ottawa Lions Varsity Prgroam Invitational
Men 300m Dash							
1	34.65		F	--- *I Paul Meikle		1989-03-03	OWIAA/OUAA Track and Field Championships
2	34.73		F	--- Josh Lorentz		2017-02-10	SPIRE Division I Indoor Track & Field Invite
3	34.81		F	--- *I Mohamed Yassin		2017-01-13	36th Annual Can Am Track Classic
4*	34.91		F	--- *I Paul Gill	04	2000-02-25	Hal Brown Last Chance Qualifier
4*	34.91		F	--- Josh Lorentz		2018-02-23	Ontario University Athletics
6	34.8h	35.04	F	--- *I Tulu Makonnen		1996-02-10	Cornell Kane Invitational
7*	35.07		P	--- *I Paul Gill	04	2000-03-10	CIAU Championships
7*	35.07		P	--- Josh Lorentz		2018-03-08	2018 U Sports Track and Field Championships
9	35.13		F	--- *I Paul Gill	04	2001-01-13	SHARON ANDERSON MEMORIAL
10	35.17		F	--- *I Mohamed Yassin		2017-02-24	Ontario University Athletics
Men 300y Dash							
1	31.6h	31.84	F	--- *I Dennis McGann		1970-01-31	Michigan Invitational?
2	35.6h	35.84	F	--- *I Doug Turner		1974-02-15	The Toronto Star Maple Lead Indoor Games
Men 400m Dash							
1	49.53		F	--- *I Paul Gill	04	2001-02-17	SILVERSTON INVITATIONAL '01

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
2	49.73		F	--- *I Pat Kirkham		1991-01-01	Michigan Track Meet
3	50.54		F	--- *I Paul Gill	04	1999-02-20	Eastern Michigan Track Meet
4	50.80		F	--- *I Brent Forrest		1994-02-11	Cornell Invitational
5	51.38		F	--- *I Shane Ferth		2004-02-07	Syracuse University Invitational
6	51.39		F	--- *I Jacob Muirhead		2008-12-06	York Christmas Open
7	51.4h	51.64	F	--- *I Pat Kirkham		1988-02-19	Kane Invitational
8	51.71		F	--- *I Davis Dowhaniuk		2004-02-07	Syracuse University Invitational
9*	51.6h	51.84	F	--- *I Mark Stender		1989-02-04	Syracuse Invitational
9*	51.6h	51.84	F	--- *I Pat Kirkham		1989-02-04	Syracuse Invitational
Men 400m Dash Relay Split							
1	48.99		F	--- Josh Lorentz		2018-03-08	2018 U Sports Track and Field Championships
2	48.9h	49.14	F	--- Josh Lorentz		2017-03-09	2017 U Sports Track & Field Championships
3	49.20		F	--- Josh Lorentz		2018-02-23	Ontario University Athletics
4	49.1h	49.34	F	--- *I Shane Ferth		2006-02-03	Notre Dame Meyo Invitational
5	49.50		F	--- Owen Babcock		2018-03-08	2018 U Sports Track and Field Championships
6	49.3h	49.54	F	--- *I Bob Kaill		1990-12-01	Western Season Opener
7	49.4h	49.64	F	--- *I Shane Ferth		2005-02-19	McGill Invitational
8*	49.6h	49.84	F	--- *I Paul Gill	04	2001-03-09	CIAU Championships
8*	49.6h	49.84	F	--- *I Mohamed Yassin		2017-01-21	2017 Don Wright Team Challenge
10*	49.7h	49.94	F	--- *I Drew Haynes		2005-03-10	CIS Track & Field Championships
10*	49.7h	49.94	F	--- *I Emeka Ukwuoma		2007-02-03	Ottawa - Winter National Capital Relays
10*	49.7h	49.94	F	--- *I Nathaniel Meadows		2017-02-24	Ontario University Athletics
Men 500m Dash							
1	1:06.38		F	--- *I Adam Neale		2014-02-07	BU David Hemery Valentine Invitationa
2	1:08.31		F	--- *I Derek King		1987-02-28	Cornell Invitational
3	1:09.52		F	--- *I Oliver Grant		2015-12-11	Kent St. Golden Flash Gala
Men 600m Dash							
1*	1:20.0h	1:20.24	F	--- *I Mike Forgrave		1980-02-29	OWIAA/OUAA Track and Field Championships
1*	1:20.0h	1:20.24	F	--- *I Mike Forgrave		1980-01-01	York Track Meet
3	1:20.95		F	--- *I Nathaniel Meadows		2017-02-10	SPIRE Division I Indoor Track & Field Invite
4	1:21.01		P	--- *I Pat Kirkham		1991-03-12	CIAU Championships
5	1:21.1h	1:21.34	F	--- *I Pat Kirkham		1991-01-01	Western Track Meet
6	1:21.54		F	--- *I Pat Kirkham		1990-12-01	Western Season Opener
7	1:21.63		F	--- *I Jose Carvalho		2003-02-28	OUA Track & Field Championships
8	1:21.68		F	--- *I Pat Kirkham		1991-03-12	CIAU Championships
9	1:21.73		F	--- *I Pat Kirkham		1992-03-13	CIAU Championships
10	1:22.25		F	--- *I Jose Carvalho		2003-02-15	Silverston Invitational
Men 800m Run							
1	1:52.6h	1:52.84	F	--- *I Harvey Mitro		1987-01-01	York University Track Meet
2	1:55.8h	1:56.04	F	--- *I Mark Inman		1982-02-07	OTFA Indoor Championships
3	1:57.6h	1:57.84	F	--- *I Dave Simmons		1974-01-26	York University Invitational Indoor Track mee
4	1:58.00		F	--- *I Alan Runstedtler		1995-02-11	Cornell Kane Invitational
5	1:58.0h	1:58.24	F	--- *I Tony DeGazon		1986-01-10	OTFA All Comers
6	1:58.9h	1:59.14	F	--- *I Shawn McCann		1989-02-04	Syracuse Invitational
7	1:59.30		F	--- *I Pierre Labrecque	05	1999-02-20	Eastern Michigan Track Meet
8	1:59.6h	1:59.84	F	--- *I P Walker		1972-01-15	York University Invitational Track Meet
9	2:00.03		F	--- *I Shamir Jamal		1988-02-07	York All Comers Meet
10	2:01.01		F	--- *I Peter Collison		1999-02-20	Eastern Michigan Track Meet
Men 800m Run Relay Split							
1	1:53.1h	1:53.34	F	--- *I Harvey Mitro		1986-02-28	OWIAA/OUAA Track and Field Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
2	1:53.3h	1:53.54	F	--- *I Mark Inman	1986-02-28	OWIAA/OUAA Track and Field Championships
3	1:54.4h	1:54.64	F	--- *I Scott Arnald	2005-01-22	Western Don Wright Team Challenge
4	1:54.5h	1:54.74	F	--- *I Jason Gregoire	1993-02-26	OWIAA/OUAA Track and Field Championships
5	1:55.6h	1:55.84	F	--- *I Charles Allan	2012-01-27	17th Annual McGill Team Challenge 2012
6	1:55.9h	1:56.14	F	--- *I Jason Gregoire	1994-02-19	Eastern Michigan Track Meet
7	1:56.0h	1:56.24	F	--- *I Scott Arnald	2004-03-11	CIS Track & Field Championships
8	1:56.1h	1:56.34	F	--- *I Colin Lawrence	2004-02-27	OUA Track & Field Championships
9	1:56.5h	1:56.74	F	--- *I Jose Carvalho	2003-02-28	OUA Track & Field Championships
10	1:56.6h	1:56.84	F	--- *I Charles Allan	2012-01-13	31st Annual Can Am Track Classic
Men 1000m Run						
1*	2:24.07		F	--- *I Harvey Mitro	1987-03-06	OWIAA/OUAA Track and Field Championships
1*	2:24.07		F	--- *I Harvey Mitro	1988-01-01	Windsor Track Meet
3	2:24.25		F	--- *I Harvey Mitro	1987-01-01	Unknown?
4	2:24.2h	2:24.44	F	--- *I Harvey Mitro	1987-03-20	CIAU Championships
5*	2:25.37		F	--- *I Harvey Mitro	1987-01-01	Windsor Track Meet
5*	2:25.37		F	--- *I Daniel Mireault	1987-01-30	Can Am Track Classic
7	2:25.76		F	--- *I Blair Manktelow	1986-03-19	CIAU Championships
8	2:26.33		F	--- *I Harvey Mitro	1986-02-28	OWIAA/OUAA Track and Field Championships
9	2:26.4h	2:26.64	F	--- *I Harvey Mitro	1987-01-17	Don Wright Invitational
10	2:27.08		F	--- *I TJ Mackenzie	1995-02-25	U of T Last Chance Meet
Men 1000m Run PENT						
1*	2:44.00		F	--- *I Oliver Grant	2013-02-16	Guelph Invitation
1*	2:44.00		F	--- *I Oliver Grant	2013-01-25	18th Annual McGill Team Challenge
3	2:46.23		F	--- *I Oliver Grant	2013-02-21	Ontario University Athletics
4	2:48.96		F	--- *I Torben Graber	2013-01-25	18th Annual McGill Team Challenge
5	2:50.00		F	--- *I Andrew Sepic	2005-03-10	CIS Track & Field Championships
6	2:50.08		F	--- *I Oliver Grant	2013-01-04	Guelph New Year Open
7	2:50.18		F	--- *I Torben Graber	2013-02-21	Ontario University Athletics
8	2:50.87		F	--- *I Justin Conlon	2013-03-07	CIS Track & Field Championships
9	2:54.83		F	--- *I Andrew Sepic	2005-02-05	York Classic
10	2:55.68		F	--- Paulo Miguel	2014-02-21	Ontario University Athletics
Men 1200m Run Relay Split						
1	3:11.3h	3:11.54	F	--- *I Will Gibbons	2004-02-07	Syracuse University Invitational
Men 1500m Run						
1	3:48.8h	3:49.04	F	--- *I Harvey Mitro	1987-01-01	York University Track Meet
2	3:49.45		F	--- *I Harvey Mitro	1987-03-20	CIAU Championships
3	3:49.86		F	--- *I Mark Inman	1986-02-28	OWIAA/OUAA Track and Field Championships
4	3:49.91		F	--- *I Mark Inman	1984-03-09	CIAU Championships
5	3:50.9h	3:51.14	F	--- *I Mark Inman	1982-02-13	York Track Meet
6	3:51.70		F	--- *I Mark Inman	1984-02-25	OUAA/OWIAA Championships
7	3:51.86		F	--- *I Scott Arnald	2006-01-27	McGill Team Challenge
8	3:51.91		F	--- *I Harvey Mitro	1984-03-09	CIAU Championships
9	3:52.13		F	--- *I Mark Inman	1984-02-18	Last Chance Qualifier Meet
10	3:52.8h	3:53.04	F	--- *I Harvey Mitro	1988-01-10	Cornell Invite
Men 1600m Run Relay Split						
1	4:21.6h	4:21.84	F	--- *I Michael Logue	2004-02-07	Syracuse University Invitational
Men 3000m Run						
1	8:15.62		F	--- *I Harvey Mitro	1988-01-01	York Track Meet
2	8:18.08		F	--- *I Scott Arnald	2005-02-05	Notre Dame Meyo Invitational
3	8:18.46		F	--- *I Paul Ernst	1990-03-09	CIAU Championships

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
4	8:21.10		F	--- *I Michael Logue		2005-02-05 Notre Dame Meyo Invitational
5	8:22.75		F	--- *I Scott Arnald		2006-02-03 Notre Dame Meyo Invitational
6	8:23.05		F	--- *I Scott Arnald		2005-03-10 CIS Track & Field Championships
7	8:23.0h	8:23.24	F	--- *I Ryan Eagles	1	1989-01-13 York All Comers
8	8:23.76		F	--- *I Scott Arnald		2006-02-24 OUA Track & Field Championships
9	8:23.86		F	--- *I Michael Logue		2006-02-12 Ottawa Dôme Super Sunday Athletics Series
10	8:24.69		F	--- *I Adam Richardson		2016-01-23 uOttawa Winter National Invitational
Men 5000m Run						
1	14:16.8h	14:17.04	F	--- *I Gary Hutchinson		1981-01-01 Toronto Track Meet
2	14:33.35		F	--- *I Andrew Krucker		1985-01-01 ?
3	14:36.0h	14:36.24	F	--- *I Paul Ernst		1988-03-11 CIAU Championships
4	14:37.95		F	--- *I Nick Cipp		1987-02-28 U of T Last Chance Qualifer
5	14:40.3h	14:40.54	F	--- *I Andrew Krucker		1986-02-01 U of Michigan Wolverine Classic
6	14:41.0h	14:41.24	F	--- *I Andrew Krucker		1987-03-20 CIAU Championships
7	14:41.45		F	--- *I Andrew Krucker		1987-02-28 U of T Last Chance Qualifer
8	14:42.26		F	--- *I Andrew Krucker		1987-01-01 Unknown?
9	14:43.20		F	--- *I Andrew Krucker		1987-03-06 OWIAA/OUAA Track and Field Championships
10	14:43.6h	14:43.84	F	--- *I David Northey		1972-01-15 York University Invitational Track Meet
Men 1 Mile Run						
1	4:06.02		F	--- *I Harvey Mitro		1988-01-01 Michigan Track Meet
2	4:15.4h	4:15.64	F	--- *I Mike Lanigan		1974-02-15 The Toronto Star Maple Lead Indoor Games
3	4:21.6h	4:21.84	F	--- *I Kevin Shields		1988-02-19 Kane Invitational
4	4:24.1h	4:24.34	F	--- *I Chris Lane		1987-02-13 Hamilton Spectator Indoor Games
5	4:26.0h	4:26.24	F	--- *I Peter Self		1989-02-04 Syracuse Invitational
6	4:26.46		F	--- *I Will Gibbons		2002-02-16 Michigan Silverston Invitational
7	4:28.4h	4:28.64	F	--- *I Mark Des Lauriers		1989-02-04 Syracuse Invitational
8	4:31.0h	4:31.24	F	--- *I Shamir Jamal		1988-02-19 Kane Invitational
9	4:32.66		F	--- *I Stephen Drew	05	2000-02-19 SILVERSTON INVITATIONAL
10	4:34.16		F	--- *I Adam Lalonde		2004-02-07 Syracuse University Invitational
Men 2 Mile Run						
1	9:28.7h	4:44.35	F	--- *I Bob Findlay		1963-02-01 Hamilton Indoor Games
Men 50m Hurdles						
1	6.6h	6.84	P	--- *I George Neeland		1972-03-04 Ontario Sr. Championships
2*	6.7h	6.94	F	--- *I George Neeland		1971-01-01 Toronto Track Meet
2*	6.7h	6.94	F	--- *I George Neeland		1972-03-04 Ontario Sr. Championships
2*	6.7h	6.94	F	--- *I George Neeland		1972-02-04 The Toronto Star Maple Leaf Indoor Games
5*	6.8h	7.04	F	--- *I George Neeland		1971-01-23 Indoor Dual Meet Quebec vs. Central Ontario
5*	6.8h	7.04	F	--- *I George Neeland		1975-01-18 All Comers Meet
7*	6.9h	7.14	F	--- *I George Neeland		1971-02-13 Central Ontario Sr Indoor Championships
7*	6.9h	7.14	P	--- *I George Neeland		1975-01-18 All Comers Meet
7*	6.9h	7.14	P	--- *I George Neeland		1975-01-11 OTFA All Comers Meet
Men 55m Hurdles						
1	8.12		F	--- *I Brent Forrest		1994-02-11 Cornell Invitational
2	8.56		F	--- *I Bill Barnes		1986-02-01 U of Michigan Wolverine Classic
3	8.69		F	--- *I Jimmie Petrie		1998-02-26 Eastern Michigan Track Meet
Men 60m Hurdles						
1	8.25		F	--- Paulo Miguel		2018-02-02 2018 York Open
2	8.32		F	--- Paulo Miguel		2018-02-09 29th Annual Team Challenge
3	8.38		P	--- Paulo Miguel		2018-02-02 2018 York Open
4	8.44		F	--- Paulo Miguel		2017-02-03 2017 York Open

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr		
5	8.46	P	---	Paulo Miguel	2018-03-08	2018 U Sports Track and Field Championships	
6	8.51	P	---	Paulo Miguel	2017-03-09	2017 U Sports Track & Field Championships	
7*	8.54	P	---	Paulo Miguel	2017-02-24	Ontario University Athletics	
7*	8.54	F	---	Paulo Miguel	2016-12-03	Bob Vigers Season Opener	
9	8.55	F	---	Paulo Miguel	2017-02-24	Ontario University Athletics	
10	8.56	F	---	*I Hugo Lopez	2009-02-07	38th Annual York Open	
Men 60m Hurdles 39 in							
1	9.09	P	---	*I Mikkail Braithwaite	2017-11-17	Guelph Tenke Classic	
2	9.22	F	---	*I Mikkail Braithwaite	2017-11-17	Guelph Tenke Classic	
Men 60m Hurdles PENT							
1	8.64	F	---	*I Oliver Grant	2013-02-16	Guelph Invitation	
2*	8.74	F	---	Paulo Miguel	2014-02-21	Ontario University Athletics	
2*	8.74	F	---	*I Oliver Grant	2013-02-21	Ontario University Athletics	
4	8.77	F	---	*I Andrew Sepic	2005-02-25	OUA Track & Field Championships	
5	8.78	F	---	*I Andrew Sepic	2004-02-27	OUA Track & Field Championships	
6	8.79	F	---	*I Oliver Grant	2013-01-25	18th Annual McGill Team Challenge	
7*	8.81	F	---	*I Andrew Sepic	2004-01-31	York Classic	
7*	8.81	F	---	Paulo Miguel	2014-02-14	Guelph Last Chance Meet	
9	8.83	F	---	*I Andrew Sepic	2005-03-10	CIS Track & Field Championships	
10	8.97	F	---	*I Justin Conlon	2014-02-21	Ontario University Athletics	
Men High Jump							
1*	2.10m	F	---	*I Karl Zabjek	1991-01-01	Michigan Track Meet	
1*	2.10m	F	---	*I Karl Zabjek	1991-03-01	OWIAA/OUAA Track and Field Championships	
3	2.08m	F	---	*I Karl Zabjek	1991-03-12	CIAU Championships	
4*	2.04m	F	---	*I Richard Koomans	1991-03-01	OWIAA/OUAA Track and Field Championships	
4*	2.04m	F	---	*I Richard Koomans	1992-03-06	OWIAA/OUAA Track and Field Championships	
6	2.03m	F	---	*I Karl Zabjek	1994-02-19	Eastern Michigan Track Meet	
7*	2.02m	F	---	*I Karl Zabjek	1994-03-04	OWIAA/OUAA Track and Field Championships	
7*	2.02m	F	---	*I Karl Zabjek	1994-01-07	U of T Invitational	
7*	2.02m	F	---	*I Karl Zabjek	1994-02-11	Cornell Invitational	
7*	2.02m	F	---	*I Karl Zabjek	1993-01-09	U of T Open	
Men High Jump PENT							
1	1.97m	F	---	*I Andrew Sepic	2005-03-10	CIS Track & Field Championships	
2	1.95m	F	---	*I Ryan Wight	2009-02-27	OUA Track & Field Championships	
3	1.94m	F	---	*I Andrew Sepic	2005-02-05	York Classic	
4	1.93m	F	---	*I Justin Conlon	2012-02-24	Ontario University Athletics	
5*	1.92m	F	---	*I Joe Brown	2001-02-23	OUA Track & Field Championships	
5*	1.92m	F	---	*I Ryan Wight	2009-01-30	14th Annual McGill Team Challenge 2009	
5*	1.92m	F	---	*I Justin Conlon	2014-01-24	19th Annual McGill Team Challenge	
8	1.91m	F	---	*I Justin Conlon	2013-03-07	CIS Track & Field Championships	
9*	1.90m	F	---	*I Justin Conlon	2011-01-28	16th Annual McGill Team Challenge 2011	
9*	1.90m	F	---	*I Justin Conlon	2013-02-16	Guelph Invitation	
Men Pole Vault							
1*	5.15m	F	---	*I Jeff Miller	1996-01-19	Can-Am Track Classic	
1*	5.15m	F	---	*I Jeff Miller	1995-03-11	CIAU Championships	
3*	5.10m	F	---	*I Jeff Miller	1996-03-15	CIAU Championships	
3*	5.10m	F	---	*I Jeff Miller	1996-02-09	Toronto Track Meet	
3*	5.10m	F	---	*I Jeff Miller	1996-01-12	York Invitational	
3*	5.10m	F	---	*I Jeff Miller	1997-02-21	Toronto Track Meet	
3*	5.10m	F	---	*I Jeff Miller	1995-03-03	OWIAA/OUAA Track and Field Championships	

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
	8*	5.00m	F	--- *1 Jeff Miller	1995-02-25	U of T Last Chance Meet
	8*	5.00m	F	--- *1 Jeff Miller	1995-02-04	U of T Invitational
	10	4.95m	F	--- *1 Jeff Miller	1994-03-12	CIAU Championships
Men Long Jump						
	1	7.43m	F	--- Joerg Ahne	2018-03-08	2018 U Sports Track and Field Championships
	2	7.42m	F	--- Joerg Ahne	2018-02-23	Ontario University Athletics
	3	7.40m	F	--- Joerg Ahne	2017-11-17	Guelph Tenke Classic
	4	7.34m	F	--- Joerg Ahne	2017-03-09	2017 U Sports Track & Field Championships
	5	7.26m	F	--- Joerg Ahne	2017-02-17	Guelph Last Chance Meet
	6*	7.24m	F	--- Joerg Ahne	2016-02-19	Guelph Last Chance Meet
	6*	7.24m	F	--- Joerg Ahne	2017-12-02	Bob Vigers Season Opener
	8	7.23m	F	--- Joerg Ahne	2018-02-16	Guelph Last Chance Meet
	9	7.16m	F	--- *1 Dennis McGann	1972-03-04	Ontario Sr. Championships
	10*	7.15m	F	--- Joerg Ahne	2017-02-03	2017 York Open
	10*	7.15m	F	--- Joerg Ahne	2016-11-18	Guelph Tenke Classic
Men Long Jump PENT						
	1	6.53m	F	--- *1 Ryan Wight	2009-02-27	OUA Track & Field Championships
	2	6.42m	F	--- *1 Justin Conlon	2013-02-16	Guelph Invitation
	3*	6.39m	F	--- *1 Justin Conlon	2012-02-24	Ontario University Athletics
	3*	6.39m	F	--- *1 Justin Conlon	2014-02-21	Ontario University Athletics
	3*	6.39m	F	--- *1 Justin Conlon	2014-02-14	Guelph Last Chance Meet
	6	6.38m	F	--- *1 Justin Conlon	2013-01-04	Guelph New Year Open
	7*	6.31m	F	--- *1 Justin Conlon	2013-01-25	18th Annual McGill Team Challenge
	7*	6.31m	F	--- *1 Justin Conlon	2013-03-07	CIS Track & Field Championships
	9	6.22m	F	--- *1 Justin Conlon	2014-01-24	19th Annual McGill Team Challenge
	10	6.21m	F	--- *1 Ryan Wight	2009-02-13	20th Annual Windsor Team Challenge
Men Triple Jump						
	1	15.13m	F	--- *1 Jason Goetz	2010-03-11	CIS Track & Field Championships
	2	14.80m	F	--- *1 Jason Goetz	2009-03-12	CIS Track & Field Championships
	3	14.77m	F	--- *1 Jason Goetz	2010-02-06	39th Annual York Open
	4	14.75m	F	--- *1 Jason Goetz	2010-02-26	OUA Track & Field Championships
	5	14.70m	F	--- *1 Jason Goetz	2010-01-29	15th Annual McGill Team Challenge 2010
	6	14.66m	F	--- *1 Jason Goetz	2010-01-09	U of T Sharon Anderson Memorial
	7	14.59m	F	--- *1 Jason Goetz	2009-02-20	Hal Brown Memorial Track & Field Meet
	8	14.56m	F	--- *1 Jason Goetz	2010-01-15	29th Annual Can Am Track Classic
	9	14.55m	F	--- *1 Jason Goetz	2009-02-27	OUA Track & Field Championships
	10	14.35m	F	--- *1 Jason Goetz	2009-01-30	14th Annual McGill Team Challenge 2009
Men Shot Put 7.26KG						
	1	15.50m	F	--- *1 Justin Lutchin	2006-01-07	U of T Sharon Anderson Memorial
	2	15.44m	F	--- *1 Justin Lutchin	2006-03-09	CIS Track & Field Championships
	3	15.31m	F	--- *1 Justin Lutchin	2006-02-24	OUA Track & Field Championships
	4	15.08m	F	--- *1 Rob Town	1977-01-01	Toronto Track Meet
	5	14.94m	F	--- *1 Justin Lutchin	2006-02-18	McGill Invitational
	6	X14.70m	F	--- *1 Justin Lutchin	2006-02-04	York Classic
	7	14.31m	F	--- *1 Justin Lutchin	2003-01-11	Western Don Wright Team Challenge
	8	14.29m	F	--- *1 Justin Lutchin	2002-02-22	OUA Track & Field Championships
	9	14.26m	F	--- *1 Justin Lutchin	2002-02-15	Western Open
	10	14.23m	F	--- *1 Justin Lutchin	2006-01-21	Western Don Wright Team Challenge
Men Shot Put PENT						
	1	13.91m	F	--- *1 Justin Conlon	2014-02-14	Guelph Last Chance Meet

Individual Top Marks - Including Relay Legs Indoors Only

Marks since: 01-Jan-50 Times until: 21-Mar-18

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr	
2	13.70m	F	---	*1 Justin Conlon	2013-02-16	Guelph Invitation
3	13.28m	F	---	*1 Justin Conlon	2014-01-24	19th Annual McGill Team Challenge
4	13.21m	F	---	*1 Justin Conlon	2014-02-21	Ontario University Athletics
5	13.13m	F	---	*1 Justin Conlon	2012-02-24	Ontario University Athletics
6	12.93m	F	---	*1 Justin Conlon	2013-03-07	CIS Track & Field Championships
7	12.59m	F	---	*1 Justin Conlon	2013-01-04	Guelph New Year Open
8	12.58m	F	---	*1 Justin Conlon	2014-01-17	Fred Foot Memorial
9	12.44m	F	---	*1 Justin Conlon	2013-02-21	Ontario University Athletics
10	12.40m	F	---	*1 Justin Conlon	2012-01-20	Fred Foot Memorial
Men Wght Thr						
1	11.51m	F	---	*1 Justin Lutchin	2006-01-21	Western Don Wright Team Challenge
2	10.69m	F	---	*1 Tommy Miller	2015-02-21	Guelph Last Chance Meet
3	10.47m	F	---	*1 Tommy Miller	2015-01-31	2015 York Open
4	9.83m	F	---	*1 Tommy Miller	2015-01-02	Guelph New Year Open
5	9.64m	F	---	*1 Justin Lutchin	2003-01-25	McGill Team Challenge
6	9.43m	F	---	*1 Justin Lutchin	2003-01-17	Can Am Track Classic
7	8.78m	F	---	*1 Tommy Miller	2014-11-29	Bob Vigars Season Opener
8	8.66m	F	---	*1 Tommy Miller	2015-01-17	2015 Don Wright Team Challenge
Men In Pent						
1	3506	F	---	*1 Justin Conlon	2013-03-07	CIS Track & Field Championships
2	3469	F	---	*1 Justin Conlon	2013-02-16	Guelph Invitation
3	3420	F	---	*1 Justin Conlon	2014-02-21	Ontario University Athletics
4	3417	F	---	*1 Oliver Grant	2013-02-16	Guelph Invitation
5	3412	F	---	*1 Justin Conlon	2014-02-14	Guelph Last Chance Meet
6	3382	F	---	*1 Andrew Sepic	2005-03-10	CIS Track & Field Championships
7	3356	F	---	*1 Justin Conlon	2014-01-24	19th Annual McGill Team Challenge
8	3351	F	---	*1 Justin Conlon	2012-02-24	Ontario University Athletics
9	3348	F	---	*1 Justin Conlon	2013-02-21	Ontario University Athletics
10	3320	F	---	*1 Oliver Grant	2013-01-25	18th Annual McGill Team Challenge