

# LSAA Track & Field Records

## Tyro Boys

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	AJ Tshilombo	St. Dominic	2015	14.51 secs
200M	Cedric Nataroum-Madjibaya	St. Dominic	2015	30.75 secs
100M Hurdles	Matt Bouliane	RA Reynolds	2006	15.62 secs
400M	AJ Tshilombo	St. Dominic	2015	1.15.13 secs
800M	Andrew Blackie	Art Smith	2015	2.47.03 secs
1500M	Bryce Ruel	Nelson Heights	2012	5.48.00 secs
4 x 100M Relay		CLMS	2015	1.02.85 secs
High Jump	Jeff G	Iron River	2000	1.29 M (Tie)
	Frank Mulumba	Nelson Heights	2013	1.29 M (Tie)
Long Jump	Scott Cheyene	Nelson Heights	2004	3.92 M
Triple Jump	Corwin Schieck	Aurora	2015	8.16 M
Discus	Wyatt Cook	Nelson Heights	2014	21.66 M
Shot Put	Justin Barney	Nelson Heights	2008	9.91 M

## Tyro Girls

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Tessa Lay	St. Dominic	2004	15.19 secs
200M	Aliyah Livingston	CLMS	2015	32.32 secs
80M Hurdles	Jaime Toutant	Aurora	2015	13.75 secs
400M	Jayde Cadieux	Nelson Heights	2014	1.17.14 secs
800M	Ava Hajdasz	Beaux-Lacs	2015	3.00.96 secs
1500M	Jayde Cadieux	Nelson Heights	2014	5.54.00 secs
4 x 100M Relay		CLMS	2015	1.05.28 secs
High Jump	Alyssa Dumais	Dr. Brosseau	2006	1.21 M (Tie)
	Andie Walker	Nelson Heights	2013	1.21 M (Tie)
Long Jump	Paige Urlacher	St. Dominic	2004	3.64 M
Triple Jump	Jordan Woloshyn	CLMS	2014	7.85 M
Discus	Amanda Cardamone	Dr. Brosseau	2003	16.88 M
Shot Put	Tialandis Guinand	Ecole Beausejour	2014	7.83 M

# LSAA Track & Field Records

## Novice Boys

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Matt Bouliane	RA Reynolds	2007	13.40 secs
200M	Matt Bouliane	RA Reynolds	2007	28.00 secs
100M Hurdles	Matt Bouliane	RA Reynolds	2007	15.37 secs
400M	Caleb Dumont	Beaux-Lacs	2015	1.08.63 secs
800M	Zayden Blake	HE Bourgoin	2015	2.39.78 secs
1500M	Zayden Blake	HE Bourgoin	2015	5.34.12 secs
4 x 100M Relay		CLMS	2015	1.00.57 secs
High Jump	Lance Hurley	Nelson Heights	1999	1.38 M
Long Jump	Kyle Uganec	Aurora	2015	4.33 M
Triple Jump	Ryan Dinn	Dr. Brosseau	2005	9.14 M
Discus	Logan Rhyason	St. Dominic	2005	24.12 M
Shot Put	Marko Mawanay	Dr. Swift	2004	10.20 M

## Novice Girls

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Shelby Isley	HE Bourgoin	2004	14.55 secs
200M	Maranda Brezinski	Ecole Plamondon	2006	30.59 secs
80M Hurdles	Mackenzie Miller	HE Bourgoin	2014	13.20 secs
400M	Emilee Gauthier	Ecole Beausejour	2014	1.12.80 secs
800M	Jayde Cadieux	Nelson Heights	2015	2.54.90 secs
1500M	Jayde Cadieux	Nelson Heights	2015	6.00.35 secs
4 x 100M Relay		CLMS	2015	1.01.85 secs
High Jump	Aynsley McCreary	HE Bourgoin	2000	1.44 M
Long Jump	Jasmine Spicer	Ardmore	1999	3.70 M
	Taylor Folliott	GCMS	2006	3.70 M
Triple Jump	Tessa Lay	St. Dominic	2005	8.51 M (Tie)
	Sarah Waitr	HE Bourgoin	2006	8.51 M (Tie)
Discus	Maddie Fitzpatrick	Dr. Brosseau	2015	19.88 M
Shot Put	Tialandis Guinand	Ecole Beausejour	2015	8.74 M

# LSAA Track & Field Records

## Junior Boys

<b>EVENT</b>	<b>NAME</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>RECORD</b>
100M	Sam Penny	RA Reynolds	2000	12.50 secs
200M	Simon Radke	Assumption	2015	27.65 secs
100M Hurdles	Simon Radke	Assumption	2015	13.64 secs
400M	Brodie Gamble	HE Bourgoin	2015	1.01.80 secs
800M	Terry Wilson	GCJH	1980	2.34.40 secs
1500M	David Larden	Nelson Heights	1981	5.13.00 secs
4 x 100M Relay		Assumption		56.25 secs
High Jump	Kyle Slipchuk	Iron River	2003	1.57 M
Long Jump	Austin Topylki	HE Bourgoin	2014	4.68 M
Triple Jump	Jamie Kowal	Assumption	1988	10.10 M
Discus	Will Hewitt	RA Reynolds	2009	33.40 M
Shot Put	Marco Mawanay	Dr. Swift	2005	12.55 M

## Junior Girls

<b>EVENT</b>	<b>NAME</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>RECORD</b>
100M	Ava Johnson	GCMS	1997	13.44 secs
200M	Heaven Coulbourne	HE Bourgoin	2015	30.02 secs
80M Hurdles	Emilee Gauthier	Ecole Beausejour	2015	12.21 secs
400M	Fiona Waters	Nelson Heights	1985	1.09.00 secs
800M	London Hilchie	HE Bourgoin	2015	2.52.22 secs
1500M	Uliniya Martusheu	Ecole Plamondon	2015	5.50.75 secs
4 x 100M Relay		Assumption		58.50 secs
High Jump	Darci Mutch	Ardmore	2009	1.53 M
Long Jump	Shelley Hodder	Nelson Heights	1988	4.28 M
Triple Jump	Erinn Brady	Nelson Heights	1999	8.80 M
Discus	Amanda Mawanay	Dr Swift	1999	25.68 M
Shot Put	Kim Scott	Nelson Heights	1988	10.35 M

# LSAA Track & Field Records

## Intermediate Boys

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Patrick Benjamin	Assumption	1996	11.59 secs
200M	Patrick Benjamin	Assumption	1996	24.65 secs
100M Hurdles	Brandon Bowers	HE Bourgoin	2015	13.58 secs
400M	Larry Godziuk	Duclos	1985	59.00 secs
800M	Chris Matichuk	Notre Dame		2.19.30 secs
1500M	Carl Mavro	Nelson Heights	1987	5.01.09 secs
4 x 100M Relay		Assumption		51.49 secs
High Jump	Kevin Parker	Nelson Heights	1999	1.70 M
Long Jump	Patrick Benjamin	Assumption	1996	5.30 M
Triple Jump	Michael Pollard	Athabasca	1988	11.39 M
Discus	Steve Moore	GCJH	1992	36.30 M
Shot Put	Justin Cardinal	GCMS	2008	14.10 M

## Intermediate Girls

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Tessa Lay	Assumption	2007	13.24 secs
200M	Tanya Henriska	Assumption	2015	28.01 secs
80M Hurdles	Shaylee Stahn	CLMS	2015	12.30 secs
400M	Shelly Hodder	Nelson Heights	1988	1.08.00 secs
800M	Angela Trigger	GCJH	1981	2.29.00 secs
1500M	Nicki Lapointe	Assumption	1992	5.44.78 secs
4 x 100M Relay		Notre Dame		57.20 secs
High Jump	Jennifer Cameron	Athabasca	1982	1.47 M
Long Jump	Janice Reszel	Glendon		4.49 M
Triple Jump	Jayelle Demers	Dr. Brosseau	2005	9.60 M
Discus	Sherry Ouellette	GCJH	1981	29.60 M
Shot Put	Deanna Prodahl	Notre Dame		10.90 M

# LSAA Track & Field Records

## Senior Boys

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Neil Young	GCHS	2000	11.60 secs
200M	Josh Gardner	Cold Lake High	2015	25.22 secs
100M Hurdles	Bradley Cameron	Notre Dame	1993	14.60 secs
400M	Chris Matichuk	Notre Dame		51.30 secs
800M	Calvin Cook	Kehewin	1982	2.21.76 secs
1500M	Michael Stasuik	Assumption	2012	4.55.00 secs
4 x 100M Relay		Notre Dame		48.80 secs
High Jump	Chad Cooley	GCHS	1999	1.75 M (Tie)
	Keith Mcleod	Nelson Heights	2005	1.75 M (Tie)
Long Jump	Terry Barton	GCJH	1993	5.91 M
Triple Jump	Terry Barton	GCJH	1993	12.09 M
Discus	Devon Kalinsky	Iron River	2005	43.17 M
Shot Put	Chris Kendall	Athabasca	1992	15.93 M

## Senior Girls

EVENT	NAME	SCHOOL	YEAR	RECORD
100M	Nicole Gillett	Ardmore	2004	13.12 secs
200M	Nicole Gillett	Ardmore	2004	27.52 secs
80M Hurdles	Natalie Thompson	Notre Dame	2015	12.15 secs
400M	Lynn Coulter	Assumption		1.06.00 secs
800M	Michelle Lafranc	Fort Kent	1970	2.43.00 secs
1500M	Taylor Morris	Ecole Voyageur	2012	5.37.00 secs
4 x 100M Relay		Ardmore		55.60 secs
High Jump	Natasha Bauman	Cold Lake High	2015	1.56 M
Long Jump	Kirsty Fersovich	Notre Dame	2005	4.48 M
Triple Jump	Natalie Thampson	Notre Dame	2015	10.47 M
Discus	Rachel Wakulchuk	BCHS	1996	26.67 M
Shot Put	Amanda Marawany	JAWS	2000	11.10 M