

# Facility Records

## The Dome @ Louis Riel

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(as of November 28, 2010)

To have established a 2010 Dome Record,  
The Age Classification Birth Years were:

Open = Any Age / U20 = 1991 & 1992 & Younger / U18 = 1993 & 1994 & Younger /  
U16 = 1995 & Younger

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<b>60m</b>	M	Open	6.62	Sam Effah	(88)	AB - U. of Calgary	02.13.10
		U20	6.79	Aaron Bowman	(91)	ON - St Thomas Legion TFC	12.20.08
		U18	6.79	Aaron Bowman	(91)	ON - St Thomas Legion TFC	12.20.08
		U16	7.24	Toluwalope Makinde	(93)	ON - Ottawa Lions TFC	12.13.08
	F	Open	7.44	Toyin Olupona	(83)	ON - Elite Edge	02.13.10
		U20	7.80	Ashlea Maddex	(92)	ON - Ottawa Lions TFC	02.13.10
		U18	7.84	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	01.29.06
		U16	7.84	Amelia Brohman	(94)	ON - C.A.N.I.	02.13.10
		U16	7.98	Amelia Brohman	(94)	ON - Ottawa Lions TFC	01.24.09
<b>100m</b>	M	Open	10.34	Sam Effah	(88)	AB - Team Canada	09.26.10
		U20	10.90	Ramon Monsour	(90)	ON - Ottawa Lions TFC	02.23.08
		U18	10.96	Oluwasegun Makinde	(91)	ON - Ottawa Lions TFC	02.23.08
		U16	11.64	Tolu Makinde	(93)	ON - Ottawa Colonel By S.S.	04.10.08
	F	Open	11.88	Genevieve Thibault	(86)	QC - U. of Laval	02.12.06
		U20	12.29	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	02.12.06
		U18	12.29	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	02.12.06
		U16	12.55	Shelani Fernando	(95)	ON - Ottawa J. McCrae HS	05.13.10
<b>150m</b>	M	Open	15.50	Jared Connaughton	(85)	PEI - Team Canada	09.26.10
		U20	15.91	Mike Robertson	(89)	ON - Ottawa Lions TFC	12.20.08
		U18	16.39	Oluwasegun Makinde	(90)	ON - Ottawa Lions TFC	12.20.08
		U16	17.10	Hercules Glaude	(93)	QC - Gatineau ES Mont-Bleu	12.04.08
	F	Open	17.86	Esther Akinsulie	(84)	ON - Ottawa Lions TFC	11.30.05
		U20	18.32	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	01.29.06
		U18	18.32	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	01.29.06
		U16	19.16	Charifa Labarang	(95)	ON - Ottawa Lions TFC	01.16.10
<b>200m</b>	M	Open	21.49	Nicolas Macrozonaris	(80)	QC - CA St. Laurent Selects	01.08.06
		U20	21.80	Oluwasegun Makinde	(91)	ON - Ottawa Colonel-By SS	04.16.09
		U18	22.01	Oluwasegun Makinde	(91)	ON - Ottawa Lions TFC	02.23.08
		U16	23.56	Jason Charbonneau	(92)	QC - Gatineau ES Mont-Bleu	04.05.07

	F	Open	24.68	Esther Akinsulie	(84)	ON - Ottawa Lions TFC	01.08.06
		U20	25.12	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	02.12.06
		U18	25.12	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	02.12.06
		U16	25.91	Shelani Fernando	(95)	ON - Ottawa J. McCrae HS	05.19.10
<b>300m</b>	M	Open	33.21	Michael Robertson	(89)	ON - U. of Ottawa	01.17.09
		U20	33.94	Michael Robertson	(89)	ON - U. of Ottawa	01.19.08
		U18	34.57	Michael Robertson	(89)	ON - Ottawa Lions TFC	12.16.06
		U16	36.80	Hercules Glaude	(93)	QC - Gatineau ES Mont-Bleu	12.04.08
	F	Open	37.49	Amonn Nelson	(88)	AB - Team Canada	09.26.10
		U20	40.09	Christiane Lela	(88)	ON - Ottawa Lions TFC	01.27.07
		U18	40.45	Fiona Callender	(92)	ON - Ottawa Lions TFC	12.13.08
		U16	43.05	Amelia Broham	(94)	ON - Ottawa Lions TFC	01.24.09
<b>400m</b>	M	Open	48.36	Brian Cummings	(86)	ON - U. of Ottawa	01.12.08
		U20	48.50	Michael Robertson	(87)	ON - U. of Ottawa	02.28.08
		U18	49.85	Denray Jean-Jacques	(94)	ON - Ottawa Immaculata CHS	05.19.10
		U16	51.57	Hercules Glaude	(93)	QC - CA West Island	12.20.08
	F	Open	55.08	Esther Akinsulie	(84)	ON - Ottawa Lions TFC	12.02.05
		U20	55.80	Fiona Callender	(92)	ON - Ottawa Bell H.S.	05.19.10
		U18	56.85	Fiona Callender	(92)	ON - Ottawa Bell H.S.	04.09.09
		U16	59.00	Fiona Callender	(92)	ON - Ottawa Bell H.S.	04.26.07
<b>600m</b>	M	Open	1:18.45	Michael Robertson	(89)	ON - Ottawa Lions / uOttawa	12.13.08
		U20	1:18.45	Michael Robertson	(89)	ON - Ottawa Lions / uOttawa	12.13.08
		U18	1:20.73	Michael Robertson	(89)	ON - Ottawa Lions TFC	11.25.06
		U16	1:24.69	Hercules Glaude	(93)	QC - CA West Island	11.22.08
	F	Open	1:32.10	Julia Tousaw	(89)	ON - U. of Ottawa	02.02.08
		U20	1:32.10	Julia Tousaw	(89)	ON - U. of Ottawa	02.02.08
		U18	1:32.65	Samantha Murphy	(92)	ON - Ottawa Lions TFC	12.19.09
		U16	1:35.51	Fiona Callender	(92)	ON - Ottawa Lions TFC	11.24.07
<b>800m</b>	M	Open	1:52.80	Tommy Lecours	(88)	QC - U. of Laval	01.12.08
		U20	1:54.80	Kyle Milks	(90)	ON - Ottawa Lions TFC	03.07.09
		U18	1:56.69	Xavier King	(93)	ON - Pickering High School	05.06.10
		U16	2:02.24	Mickey Day	(95)	ON - Ottawa Holy Trinity CHS	05.19.10
	F	Open	2:08.41	Kelly Young	(84)	ON - Ottawa Lions TFC	01.08.06
		U20	2:10.81	Rachel Aubry	(90)	ON - Ottawa Lions TFC	12.20.08
		U18	2:14.73	Emma Galbraith	(94)	ON - Ottawa ES Franco-Ouest	05.06.10
		U16	2:23.38	Alanna Sherman	(96)	ON - Ottawa Lions TFC	03.06.10
<b>1000m</b>	M	Open	2:28.08	Matt Hulse	(88)	ON - Queen's U.	01.19.08
		U20	2:30.78	Reda Benazzouz	(89)	ON - Ottawa Lions TFC	01.19.08
		U18	2:31.84	Reda Benazzouz	(89)	ON - Ottawa Lions TFC	12.16.06
		U16	2:51.45	Nabil Akalach	(90)	ON - Ottawa Lions TFC	12.18.05
	F	Open	2:47.69	Megan Brown	(85)	ON - U. of Toronto	02.13.10
		U20	2:53.64	Leah Larocque	(89)	ON - Queen's U.	01.19.08
		U18	2:53.73	Danelle Woods	(89)	ON - Ottawa Lions TFC	12.16.06
		U16	3:05.49	Alexandra Desmarais-Gagnon	(90)	QC - CA Cirrus	12.18.05
<b>1500m</b>	M	Open	3:53.50	Kevin Dunbar	(75)	ON - Queen's U.	02.19.06
		U20	3:54.76	Allan Brett	(88)	ON - Ottawa Lions TFC	02.19.06
		U18	4:00.53	Xavier King	(93)	ON - Pickering HS.	04.15.10
		U16	4:16.86	Ian Donald	(91)	ON - Ottawa Nepean HS	04.21.06

	F	Open	4:24.20		Megan Brown	(85)	ON - U. of Toronto	02.13.10
		U20	4:29.06		Danelle Woods	(89)	ON - Ottawa Lions TFC	01.27.07
		U18	4:33.78		Jenny Biewald	(88)	ON - Ottawa Lions TFC	11.27.05
		U16	4:49.00		Emma Norman	(93)	ON - Brockville Legion TFC	01.27.07
<b>Mile</b>	M	Open	4:19.24		Alan Brett	(88)	ON - Ottawa Lions TFC	01.29.06
		U20	4:19.24		Alan Brett	(88)	ON - Ottawa Lions TFC	01.29.06
		U18	4:44.32		Ian Donald	(91)	ON - Ottawa Lions TFC	01.29.06
		U16	4:44.32		Ian Donald	(91)	ON - Ottawa Lions TFC	01.29.06
	F	Open	5:11.47		Janine MacLeod	(75)	ON - Physical-Kult TC	01.29.06
		U20	5:36.72		Emma Norman	(93)	ON - Brockville Legion TFC	12.18.05
		U18	5:36.72		Emma Norman	(93)	ON - Brockville Legion TFC	12.18.05
		U16	5:36.72		Emma Norman	(93)	ON - Brockville Legion TFC	12.18.05
<b>3000m</b>	M	Open	8:19.80		Nigel Wray	(82)	ON - Speed River TC	02.12.06
		U20	8:25.45		Matt Leeder	(89)	ON - Brockville Legion TFC	02.03.07
		U18	8:34.36		Adam Palamar	(94)	ON - Ottawa Lions TFC	11.20.10
		U16	9:10.80		Ian Donald	(91)	ON - Ottawa Lions TFC	11.27.05
	F	Open	9:42.88		Emilie Tallen	(80)	ON - Physical-Kult TC	03.05.06
		U20	9:48.82		Danelle Woods	(89)	ON - Ottawa Lions TFC	11.25.06
		U18	9:48.82		Danelle Woods	(89)	ON - Ottawa Lions TFC	11.25.06
		U16	10:05.07		Stephanie Smith	(90)	ON - York U. TFC	11.27.05
<b>5000m</b>	M	Open	14:04.29		Dylan Wykes	(83)	ON - Physical-Kult	02.07.09
		U20	16:19.88		Alexandre Ricard	(88)	QU - CA Tri-O-Lacs	11.25.06
	F	Open	16:28.87		Tara Quinn-Smith	(79)	ON - Brooks Marathon Project	02.02.08
		U20	17:25.80		Elsbeth MacGregor	(87)	QC - CA Tri-O-Lacs	11.25.06
<b>60m Hurdles</b>	M	Open	107cm	7.96	Charles Allen	(77)	ON - Ottawa Lions TFC	01.12.08
		U20	107cm	8.39	Oluwasegun Makinde	(91)	ON - U. of Ottawa	01.16.10
		U20	99cm	8.22	Oluwasegun Makinde	(91)	ON - U. of Ottawa	03.06.10
		U18	91cm	8.26	Oluwasegun Makinde	(91)	ON - Ottawa Lions TFC	12.20.08
		U16	84cm	8.85	Jason Charbonneau	(92)	QC - CA West Island	12.15.07
	F	Open	84cm	8.65	Marie-Eve Dugas	(85)	QC - CA Corsaire Chaparal	01.29.06
		U20	84cm	8.73	Ashley Maddex	(92)	ON - Ottawa Lions TFC	02.13.10
		U20	76cm	8.99	Ashley Maddex	(92)	ON - Ottawa Lions TFC	02.07.09
		U18	76cm	8.99	Ashley Maddex	(92)	ON - Ottawa Lions TFC	02.07.09
		U16	76cm	9.43	Tania Bambi	(94)	ON - Ottawa Lions TFC	12.19.09
<b>80m Hurdles</b>	M	U16	84cm	15.58	Michael Bucci	(94)	QC - West Island TC	01.08.06
	F	U18	76cm	12.05	Ashley Maddex	(92)	ON - Rockland HS	04.10.08
		U16	76cm	12.75	Katherine Lawrence	(92)	ON - Pickering HS	04.26.07
<b>100m Hurdles</b>	M	U18	91cm	14.59	Matthew Anane	(94)	ON - Pickering HS.	03.31.10
		U16	84cm	14.88	Thomas McLoughlin-Coleman	(91)	ON - Ottawa Lisgar CI	04.21.06
	F	Open	84cm	14.82	Andrea Vinet	(82)	Canadian Team	12.02.05
		U20	84cm	14.87	Karelle Edwards	(90)	ON - Ottawa ES DeLaSalle	04.24.08
		U20	76cm	13.98	Ashlea Maddex	(92)	ON - Rockland DHS	04.29.10
		U18	76cm	14.39	Ashlea Maddex	(92)	ON - Rockland DHS	04.09.09

**110m Hurdles**

M	Open	107cm	14.08	Jared McLeod	(80)	Canadian Team	12.02.05
	U20	99cm	14.09	Oluwasegun Makinde	(91)	ON - Ottawa Lions TFC	05.06.10
	U20	91cm	13.99	Oluwasegun Makinde	(91)	ON - Ottawa Colonel By SS	04.23.09
	U18	91cm	16.26	Justin Taylor	(93)	ON - Pickering HS	03.31.10

**300m Hurdles**

M	Open	91cm	38.78	Tyler Fawcett	(88)	ON - North Dundas SS	04.05.07
	U20	91cm	38.78	Tyler Fawcett	(88)	ON - North Dundas SS	04.05.07
	U18	84cm	41.28	Spencer Bell	(91)	ON - Ottawa Canterbury HS	04.03.08
	U16	84cm	43.47	Gabriel Skupek-Martin	(93)	ON - Ottawa ES Louis-Riel	04.17.08
F	Open	76cm	43.28	Ashlea Maddex	(92)	ON - Rockland DHS	05.06.10
	U20	76cm	43.28	Ashlea Maddex	(92)	ON - Rockland DHS	05.06.10
	U18	76cm	46.37	Ashlea Maddex	(92)	ON - Rockland DHS	04.16.09
	U16	76cm	48.56	Bridget Hayes	(95)	ON - Ottawa M.Theresa CHS	05.19.10

**400m Hurdles**

M	Open	91cm	57.35	Saj Al-Haddad	( )	ON - St. Pius X CHS	05.19.10
	U20	91cm	57.35	Saj Al-Haddad	( )	ON - St. Pius X CHS	05.19.10
	U18	91cm	58.91	Isaiah Moses	(93)	ON - Ottawa Gloucester HS	05.19.10
F	Open	76cm	67.28	Charlotte Eskridge	(92)	ON - Ottawa St. Joseph's CHS	05.19.10
	U20	76cm	67.28	Charlotte Eskridge	(92)	ON - Ottawa St. Joseph's CHS	05.19.10
	U18	76cm					

**1500m Steeple (16 x 76cm Barriers)**

M	Open	4:19.65	William Dick	(90)	ON - Opeongo HS	04.23.09
	U20	4:19.65	William Dick	(90)	ON - Opeongo HS	04.23.09
	U18	4:33.61	Josh Woods	(95)	ON - Arnprior DHS	04.29.10
	U16	4:33.61	Josh Woods	(95)	ON - Arnprior DHS	04.29.10
F	Open	5:17.61	Rachel Beanlands	(93)	ON - Ottawa Colonel By SS	04.23.09
	U20	5:17.61	Rachel Beanlands	(93)	ON - Ottawa Colonel By SS	04.23.09
	U18	5:17.61	Rachel Beanlands	(93)	ON - Ottawa Colonel By SS	04.23.09
	U16	5:46.14	Erika Houde-Pearce	(91)	ON - Trenton HS	04.21.06

**3000m Walk**

M	Open	15:16.97	Donald Cote	(82)	QC - CA Montreal International	02.19.06
F	Open	15:32.99	Joanne Lamontagne	(82)	ON - Ottawa Bytown Walkers	02.24.07

**Pole Vault**

	Open	5.10	John Zubycyk	(79)	Canadian Team	12.02.05
	U20	4.45	Andrew Debus	(87)	ON - U. of Guelph	02.19.06
	U18	3.55	Chris Weatherhead	(89)	ON - Ottawa Lions TFC	12.16.06
	U16	3.15	Nelson Cecereu	(94)	ON - Char-Lan DSS	04.16.09
F	Open	3.95	Melanie Blouin	(90)	QC - Rouge et Or Quebec City	02.13.10
	U20	3.62	Ariane Beaumont-Courteau	(90)	QC - CA Montreal International	01.27.07
	U18	3.62	Ariane Beaumont-Courteau	(90)	QC - CA Montreal International	01.27.07
	U16	2.65	Bailey Arnott	(93)	ON - Ottawa Lions TFC	02.23.08

**High Jump**

	Open	2.10	Jeff Canton	(75)	Canadian Team	12.02.05
		2.10	Derek Watkins	(82)	ON - Ottawa Lions TFC	12.02.05
	U20	1.96	Tim Nedow	(90)	ON - Thousand Islands SS	04.12.07
	U18	1.97	David Nsabua	(93)	ON - Ottawa ES Louis-Riel	05.13.10
	U16	1.85	David Nsabua	(93)	ON - Ottawa ES Louis-Riel	04.10.08
F	Open	1.75	Witney Evans	(80)	Canadian Team	12.02.05
	U20	1.67	Ashley Maddex	(92)	ON - Ottawa Lions TFC	02.23.08
	U18	1.67	Ashley Maddex	(92)	ON - Ottawa Lions TFC	02.23.08

	U16	1.60		Karelle Edwards	(90)	ON - Ottawa Lions TFC	12.18.05
		1.60		Aaron Mabo	(91)	ON - Cornwall Legion TFC	12.16.06
<b>Long Jump</b>	Open	7.52		Christopher Greenaway	(87)	ON - U. of Ottawa	02.13.10
	U20	7.07		David Nsabua	(93)	ON - Ottawa ES Louis-Riel	04.06.10
	U18	7.07		David Nsabua	(93)	ON - Ottawa ES Louis-Riel	04.06.10
	U16	6.19		Sylvain Mbuyamba	(95)	ON - Ottawa L.B.Pearson HS	05.19.10
F	Open	5.61		Pascale Delisle	( )	QC - U. of Sherbrooke	02.07.09
	U20	5.58		Devyani Biswal	(93)	ON - Ottawa S.R.Borden HS	05.19.10
	U18	5.58		Devyani Biswal	(93)	ON - Ottawa S.R.Borden HS	05.19.10
	U16	5.24		Clara Phillips	(95)	ON - Ottawa Brookfield HS	05.19.10
<b>Triple Jump</b>	Open	14.23		David Nsabua	(93)	ON - Ottawa ES Louis-Riel	03.31.10
	U20	14.23		David Nsabua	(93)	ON - Ottawa ES Louis-Riel	03.31.10
	U18	14.23		David Nsabua	(93)	ON - Ottawa ES Louis-Riel	03.31.10
	U16	12.49		Victor Chan	(94)	ON - Ottawa Lions TFC	12.19.09
F	Open	11.65		Krista Dillon	(92)	ON - Ottawa John McRea HS	04.29.10
		11.65		Julia Stille	(93)	ON - Ottawa Lisgar C.I.	05.12.10
	U20	11.65		Krista Dillon	(92)	ON - Ottawa John McRea HS	04.29.10
		11.65		Julia Stille	(93)	ON - Ottawa Lisgar C.I.	05.12.10
	U18	11.65		Julia Stille	(93)	ON - Ottawa Lisgar C.I.	05.12.10
	U16	10.65		Clara Phillips	(95)	ON - Ottawa Brookfield HS	03.31.10
<b>Shot Put</b>	Open	7.26kg	14.51	Tim Nedow	(90)	ON - Ottawa Lions TFC	02.02.08
	U20	7.26kg	14.51	Tim Nedow	(90)	ON - Ottawa Lions TFC	02.02.08
	U20	6kg	11.83	Ben Engel	(89)	ON - Ottawa Lions TFC	12.16.06
	U20	12lbs	15.80	Justin McNeely	(88)	ON - Perth DSS	03.05.06
	U18	5kg	16.28	Tim Nedow	(90)	ON - Thousand Islands SS	04.12.07
	U18	4kg	14.60	Cody Harrison	(94)	ON - Coburg West SS	04.15.10
	U16	4kg	14.49	Charles Charbonneau	(92)	QC - CA West Island	12.15.07
F	Open	4kg	14.93	Sultana Frizell	(84)	ON - Ottawa Lions TFC	02.19.06
	U20	4kg	12.51	Caitlin van Dodewaard	(89)	ON - Ottawa Lions TFC	12.15.07
	U18	4kg	12.27	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	03.06.10
	U16	4kg	11.06	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	12.19.09
	U16	3kg	12.57	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	01.24.09
<b>Weight Throw</b>	Open	35lb	17.62	Jason Baines	(78)	QC - CA Corsaire Chaparal	01.13.07
	U20	35lb	13.55	Patrick Arbour	(88)	ON - Ottawa Lions TFC	02.03.07
	U20	30lb	10.50	Ben Engel	(89)	ON - Ottawa Lions TFC	12.16.06
	U18	30lb	10.50	Ben Engel	(89)	ON - Ottawa Lions TFC	12.16.06
	U16	25lb		yet to be contested			
F	Open	20lb	20.04	Sultana Frizell	(84)	ON - Ottawa Lions TFC	02.24.07
	U20	20lb	14.97	Annie Larose	(89)	QC - CA St. Laurent Selects	12.15.07
	U18	20lb	11.54	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	03.06.10
	U16	20lb	11.34	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	02.07.09
<b>Javelin (indoor)</b>	Open	600gm	54.56	Paul Ausman	(91)	ON - Ottawa ES DeLaSalle	03.28.08
	U20	600gm	54.56	Paul Ausman	(91)	ON - Ottawa ES DeLaSalle	03.28.08
	U18	600gm	54.56	Paul Ausman	(91)	ON - Ottawa ES DeLaSalle	03.28.08
	U16	600gm	40.69	Greg Kiar	(92)	ON - Ottawa Hillcrest SS	04.12.07
F	Open	400gm	40.08	Katie Weston	(88)	ON - North Bay Widdifield SS	04.26.07
	U20	400gm	40.08	Katie Weston	(88)	ON - North Bay Widdifield SS	04.26.07
	U18	400gm	38.19	Christine Ausman	(93)	ON - Ottawa ES De-La-Salle	04.09.09
	U16	400gm	29.90	Christine Ausman	(93)	ON - Ottawa ES De-La-Salle	04.10.08
<b>Javelin</b>	Open	800gm	?				

<b>(outdoor)</b>	U20	800gm	44.98	Josh Bobal	(92)	ON - Ottawa Immaculata CHS	05.19.10
	U18	600gm	53.84	Adam Bernicky	(94)	ON - Regiopolis Notre Dame	04.22.10
	U16	600gm	38.25	Josh Rector	(95)	ON - Ottawa Colonel By	05.19.10
F	Open	600gm	36.25	Christine Ausman	(93)	ON - Ottawa ES De-La-Salle	05.06.10
	U20	600gm	36.25	Christine Ausman	(93)	ON - Ottawa ES De-La-Salle	05.06.10
	U18	600gm	36.25	Christine Ausman	(93)	ON - Ottawa ES De-La-Salle	05.06.10
	U16	600gm	26.35	Irvine Mackenzie	(95)	ON - Ottawa Immaculata CHS	05.19.10
<b>Discus</b> <b>(outdoor)</b>	Open	2kg	yet to be contested				
	U20	1.6kg	38.50	Dennis Brianski	( )	ON - C-P Notre Dame CHS	04.15.10
	U18	1.6kg	38.50	Dennis Brianski	( )	ON - C-P Notre Dame CHS	04.15.10
	U18	1kg	45.73	Dylan Stuckless	(94)	ON - Ottawa Tech H.S.	05.19.10
	U16	1kg	32.99	Vincent Gionet	(95)	ON - Ottawa Hillcrest HS	05.19.10
F	Open	1kg	34.76	Eilish MacDonald	(94)	ON - Ottawa Merivale HS	05.12.10
	U20	1kg	34.76	Eilish MacDonald	(94)	ON - Ottawa Merivale HS	05.12.10
	U18	1kg	34.76	Eilish MacDonald	(94)	ON - Ottawa Merivale HS	05.12.10
	U16	1kg	25.69	Mackenzie Irvine	(95)	ON - Ottawa Immaculata CHS	05.19.10
<b>Pentathlon</b>	Open		3483	Lucas Lafoucarde	(90)	QC - McGill U.	11.21.09
	U20	(Sr)	3483	Lucas Lafoucarde	(90)	QC - McGill U.	11.21.09
	U18		2361	James Dyer	(92)	ON - Ottawa Lions TFC	11.21.09
F	Open		3320	Johanna Dobransky	(91)	ON - University of Ottawa	11.20.10
	U20		3320	Johanna Dobransky	(91)	ON - University of Ottawa	11.20.10
	U18		2880	Emery Terrel	(93)	ON - Ottawa Lions TFC	11.20.10
<b>4 x 100m Relay</b>							
M	High School		43.83			ON - Ottawa ES Franco-Cite	04.06.10
F	High School		50.28			ON - Pickering H.S.	04.15.10
<b>4 x 200m Relay</b>							
M	Open		1:26.96			ON - U. Of Ottawa Tyler Fawcett, Michael Robertson, Moussa Sissoko, Oliver Gauthier-Kwan	01.16.10
	Club		1:29.33			ON - Ottawa Lions TFC - Junior Men	02.07.09
	University		1:26.96			ON - U. Of Ottawa	01.16.10
	High School		-			yet to be contested	
F	Open		1:42.91			ON - U. Of Ottawa	01.17.09
	Club		1:46.07			ON - Ottawa Lions TFC - Jr Women	01.19.08
	University		1:42.91			ON - U. Of Ottawa	01.17.09
	High School		-			yet to be contested	
<b>4 x 400m Relay</b>							
M	Open		3:16.18			QC - U. of Sherbrooke	02.07.09
	Club		3:17.15			ON - Ottawa Lions TFC	02.07.09
	University		3:16.18			QC - U. of Sherbrooke	02.07.09
	High School		3:31.08			ON - Pickering High School	05.06.10
F	Open		3:49.59			ON - Ottawa Lions TFC - Sr Women Emilie Halle, Fiona Callender, Samatha Murphy, Christiane Lela	12.19.09
	Club		3:49.59			ON - Ottawa Lions TFC - Sr Women	12.19.09
	University		3:57.20			ON - U. Of Ottawa	01.24.09
	High School		4:10.45			ON - Pickering High School	05.06.10
<b>4 x 800m Relay</b>							

M	Open	7:40.71	QC - U. Of Sherbrooke	02.03.07
	Club	7:57.60	ON - Ottawa Lions TFC	11.21.09
	University	7:40.71	QC - U. Of Sherbrooke	02.03.07
	High School	-	yet to be contested	

F	Open	9:22.81	ON - U. Of Ottawa Julia Tousaw, Kate MacNaughton Michele Krech, Tori Merrill (2:14, 2:27, 2:18, 2:20)	11.20.10
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	Club	-	yet to be contested	
	University	9:22.81	ON - U. Of Ottawa Julia Tousaw, Kate MacNaughton Michele Krech, Tori Merrill (2:14, 2:27, 2:18, 2:20)	11:20.10
	High School	-	yet to be contested	

**Sprint Medley** (100m - 100m - 200m - 400m)

M	Open	1:37.32	ON - Ottawa Colonel By HS	04.02.09
	Club		yet to be contested	
	University		yet to be contested	
	High School	1:37.32	ON - Ottawa Colonel By HS	04.02.09

F	Open	1:53.96	ON - Ottawa Bell HS	04.16.09
	Club		yet to be contested	
	University		yet to be contested	
	High School	1:53.96	ON - Ottawa Bell HS	04.16.09

**Sprint Medley** (800m - 400m - 200m - 200m) &/or (400-200-200-800)

M	Open	3:39.07	ON - Ottawa Canterbury SS	04.23.09
	Club		yet to be contested	
	University		yet to be contested	
	High School	3:35.49	ON - Pickering H.S.	04.15.10

F	Open	4:22.43	ON - Sydenham DSS	04.12.07
	Club		yet to be contested	
	University		yet to be contested	
	High School	4:22.43	ON - Sydenham DSS	04.12.07