

Facility Records

The Dome @ Louis Riel

(as of April 25th, 2009)

To establish a 2009 Dome Record, The Age Classification Birth Years are:

Open = Any Age / U20 = 1990 & 1991 & Younger / U18 = 1992 & 1993 & Younger /
U16 = 1994 & Younger

60m	M	Open	6.69	Nicolas Macrozonaris	(80)	QC - CA St.Laurent Selects	01.29.06
		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	7.53	Erica Broomfield	(77)	ON - Mississauga TFC	01.08.06
		U20	7.84	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	01.29.06
		U18	7.84	Kimberly Hyacinthe	(89)	QC - CA St. Laurent Selects	01.29.06
		U16	7.98	Amelia Brohman	(94)	ON - Ottawa Lions TFC	01.24.09
100m	M	Open	10.50	Nicolas Macrozonaris	(80)	QC - CA St. Laurent Selects	01.08.05
		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	13.25	Katherine Lawrence	(92)	ON - Pickering H.S.	04.26.07
150m	M	Open	15.62	Anson Henry	(79)	ON - Mississauga TFC	02.12.06
		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	19.64	Haisha Cantave	(93)	ON - Ottawa ES Louis-Riel	12.04.08
200m	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	26.76	Fiona Callender	(92)	ON - Ottawa Bell HS	04.29.07
300m	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	37.90	Esther Akinsulie	(84)	ON - Ottawa Lions TFC	02.07.09
		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
400m	M	Open	48.36	Brian Cummings	(86)	ON - U. of Ottawa	01.12.08
		U20	48.54	Todd Pyper	(87)	ON - Ottawa Lions TFC	02.12.06
		U18	50.72	Devin Biocchi	(92)	ON - Ottawa Canterbury HS	04.09.09
		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	56.85	Fiona Callender	(92)	ON - Ottawa Bell H.S.	04.09.09
		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
600m	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	1:34.06	Samantha Murphy	(92)	ON - Ottawa Lions TFC	11.22.08
		U16	1:35.51	Fiona Callender	(92)	ON - Ottawa Lions TFC	11.24.07
800m	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	1:57.52	Kyle Milks	(90)	ON - Ottawa Lions TFC	02.24.07
		U16	2:04.05	Augustine Theriault	(93)	QC - CA Gatineau	12.20.08
	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	2:16.16	Samantha Murphy	(92)	ON - Perth - St John CSS	04.16.09
		U16	2:23.82	Emma Galbraith	(93)	ON - Ottawa Lions TFC	02.02.08
1000m	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	2:52.05	Jacqueline Malette	(86)	ON - U. Of Ottawa	01.24.09
		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
1500m	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	4:00.77	Kyle Milks	(90)	ON - Ottawa Lions TFC	01.27.07

		U16	4:16.86	Ian Donald	(91)	ON - Ottawa Nepean HS	04.21.06
	F	Open	4:29.06	Danelle Woods	(89)	ON - Ottawa Lions TFC	01.27.07
		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
Mile	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
3000m	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	8:38.23	Tristan Woodfine	(92)	ON - Bytown Storm	03.07.09
		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
5000m	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
60m Hurdles							
	M	Open	107cm 7.96	Charles Allen	(77)	ON - Ottawa Lions TFC	01.12.08
		U20	107cm 8.48	Tyler Fawcett	(88)	ON - Ottawa Lions TFC	01.27.07
		U20	99cm 8.32	Tyler Fawcett	(88)	ON - Ottawa Lions TFC	02.24.07
		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 9.10	Ashley Maddex	(92)	ON - Ottawa Lions TFC	01.17.09
		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 9.80	Josephine Sindani	(90)	ON - Ottawa Lions TFC	12.18.05
80m Hurdles							
	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 H.S.	04.10.08
		U16	76cm 12.75	Katherine Lawrence	(92)	ON - Pickering H.S.	04.26.07
100m Hurdles							
	M	U18	91cm 14.77	MacKenzie Moseley	(91)	ON - Pickering H.S.	04.26.07
		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 14.39	Ashlea Maddex	(92)	ON - Rockland DHS	04.09.09
		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	14.90	Simon Leveille	(90)	QC - CA Corsaire Chaparal	04.24.08
	U20	91cm	13.99	Oulwasegun Makinde	(91)	ON - Ottawa Colonel By SS	04.23.09
	U18	91cm	16.78	Evan Williams	(89)	ON - Ottawa Lions TFC	02.12.06

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	44.37	Julia Tousaw	(89)	ON - Ottawa Lions TFC	04.17.08
	U20	76cm	46.37	Ashlea Maddex	(92)	ON - Rockland DSS	04.16.09
	U18	76cm	46.37	Ashlea Maddex	(92)	ON - Rockland DSS	04.16.09
	U16	76cm	48.94	Amanda McKinnon	(94)	ON - Ottawa ES Louis-Riel	04.16.09

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	4:45.92	Nolan Beanlands	(90)	ON - Ottawa Colonel By SS	04.26.07
	U16	5:24.79	Kevin Berry	(91)	ON - Ottawa Merivale HS	04.21.06
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 - 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	3.80	Adrian Vangool	(85)	Canadian Team	12.02.05
	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	1.96	Tim Nedow	(90)	ON - Thousand Islands SS	04.12.07
	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

Long Jump

	Open	7.21	Christopher Greenaway	(87)	QC - CA St. Laurent Selects	02.03.07
	U20	6.98	Brian Okeny	(92)	ON - Ottawa LB Pearson SS	04.16.09
	U18	6.98	Brian Okeny	(92)	ON - Ottawa LB Pearson SS	04.16.09
	U16	5.95	Matt Nolan	(92)	ON - Ottawa Lions TFC	12.15.07
F	Open	5.61	Pascale Delisle	()	QC - U. of Sherbrooke	02.07.09

	U20	5.52		Karelle Edwards	(90)	ON - Ottawa Lions TFC	02.23.08
	U18	5.40		Laurence Beaudet	(90)	QC - CA Lanaudiere-Olympic	12.15.07
	U16	4.97		Ariane Joannis	(91)	QC - CA Gatineau	12.16.06
Triple Jump	Open	13.45		Patrick Dufresne	(92)	ON - North Bay Algonquin HS	04.16.09
	U20	13.45		Patrick Dufresne	(92)	ON - North Bay Algonquin HS	04.16.09
	U18	13.45		Patrick Dufresne	(92)	ON - North Bay Algonquin HS	04.16.09
	U16	11.97		Nayazi Waris	(95)	ON - ??	03.07.09
F	Open	11.40		Krista Dillon	(92)	ON - Ottawa John McRea HS	04.02.09
	U20	11.40		Krista Dillon	(92)	ON - Ottawa John McRea HS	04.02.09
	U18	11.40		Krista Dillon	(92)	ON - Ottawa John McRea HS	04.02.09
	U16	10.23		Divvajyoti Biswal	(93)	ON - Ottawa Sir R. Borden HS	04.17.08
Shot Put	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	14.51	Izzy Ogieva	(92)	ON - Pickering HS	04.24.08
	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	11.87	Julie-Anne Blondin	(91)	QC - CA Gatineau	01.21.08
	U16	4kg	10.90	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	12.13.08
	U16	3kg	12.57	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	01.24.09
Weight Throw	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	11.50	Annie Larose	(89)	QC - CA St. Laurent Selects	12.16.06
	U16	20lb	11.34	Eilish MacDonald	(94)	ON - Ottawa Lions TFC	02.07.09
Javelin (indoor)	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
4 x 200m Relay							
M	Open		1:27.29			ON - U. Of Ottawa	01.17.09
	Club		1:29.33			ON - Ottawa Lions TFC - Junior Men	02.07.09
	University		1:27.29			ON - U. Of Ottawa	01.17.09
	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	

4 x 400m Relay

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	-	yet to be contested	
F	Open	3:57.20	ON - U. Of Ottawa	01.24.09
	Club	3:59.39	ON - Ottawa Lions TFC - Jr Women	02.04.07
	University	3:57.20	ON - U. Of Ottawa	01.24.09
	High School	-	yet to be contested	

4 x 800m Relay

M	Open	7:40.71	QC - U. Of Sherbrooke	02.03.07
	Club	8:13.09	ON - Ottawa Lions TFC - Jr Men	02.03.07
	University	7:40.71	QC - U. Of Sherbrooke	02.03.07
	High School	-	yet to be contested	
F	Open	10:12.50	ON - U. Of Ottawa	02.02.08
	Club	-	yet to be contested	
	University	10:12.50	ON - U. Of Ottawa	02.02.08
	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	3:39.07	ON - Ottawa Canterbury SS	04.23.09
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