Canadian Interscholastic Track & Field Records - Boys'

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 10.38	Wyatt Lee	Frontenac SS	Kingston, ON	2025
200 metres	ET 20.87	Daniel Kidd	M.E. LaZerte	Edmonton, AB	2022
400 metres	ET 45.71	Myles Misener-Daley	Westdale SS	Hamilton, ON	2019
800 metres	ET 1:47.14	Brandon McBride	W. F. Herman SS	Windsor, ON	2012
1500 metres	ET 3:42.33	Kevin Sullivan	North Park C & VS	Brantford, ON	1993
3000 metres	HT 8:00.2	Greg Andersen	Parkside HS	Dundas, ON	1987
3000 metres	ET 8:13.95	Brody Clark	Milton DCI	Milton, ON	2026
5000 metres	ET 14:35.06	Jeff Schiebler	New Westminster HS	New Westminster, BC	1990
110 m hurdles (0.914 m/ 36")	ET 13.33	Gregory MacNeill	Mother Theresa CSS	London, ON	2010
110m hurdles (0.991m/ 39")	ET 13.28	Matthew Coolen	Halifax West HS	Halifax, NS	2015
300 m hurdles (0.838 m/33")	ET 37.06	Troy Langevine	Agincourt CI	Scarborough, ON	1992
400 m hurdles (0.914 m/ 36")	ET 51.68	Phillip Hughes	Earl of March SS	Kanata, ON	1985
4 x100 m relay	ET 41.14	Nahshon Hall, Prince Appau	Father Henry Carr CSS	Toronto, ON	2025
		Adnan Jimoh, Jahleel Haley			
4 x 400m relay	HT 3:10.8	Kingsley O'Henhen, Anthony Wilson,	Central Technical School	Toronto, ON	1987
		Phillip Gordon, Carl Folkes			
4 x 400m Relay- MIXED	ET 3:34.59	Alex Grafos, Madison Gravelle, Brayden Kane, Kaitlyn Gravelle	St. Joseph's CSS	Windsor	2026
1500m racewalk	ET 5:35.19	Ben Thorne	Mount Elizabeth SS	Kitimat, BC	2011
1500m steeplechase	HT 4:14.1	Dave Peckham	East Northumberland SS	Brighton, ON	1977
2000m steeplechase	ET 5:37.76	Alain Boucher	ESC Algonquin	North Bay, ON	1982
High Jump	2.24 m	Michael Ponikvar	Denis Morris HS	St. Catharines, ON	1998
Pole Vault	5.10 m	Doug Wood	F. E. Madill SS	Wingham, ON	1985
Long Jump	7.75 m	Brian Thomas	Central Technical School	Toronto, ON	1990
Triple Jump	15.76 m	George Wright	Vaughan Road CI	York, ON	1982
Shot Put (5.45 kg)	20.78 m	Brad Snyder	St. Joseph's HS	Windsor, ON	1995
Shot Put (6kg)	17.40m	Scott Neilson	Westminster, HS	New Westminster, BC	1975
Shot Put (5 kg)	16.62m	Tommy Lebouthillier-Duguay	É.S. Gérard-Filion	Longueuil. QC	2026
Discus (1.62 kg)	64.94 m	Jason Tunks	Sir Frederick Banting HS	London, ON	1995
Discus (1.75 kg)	56.17m	Adam Keenan	Lambrick Park SS	Victoria, BC	2011
Discus (1.5 kg)	51.46m	Mathew Sedor	Ste. Rose School	Ste. Rose du Lac, MB	2006
Javelin (800 g)	73.76 m	Trevor Snyder	St. Joseph's HS	Windsor, ON	2001
Javelin (700g)	59.78m	Max Cote	Elm Creek	Elm Creek, MB	2011

Hammer (5.45 kg)	75.22 m	Dylan Armstrong	Westsyde HS	Kamloops, BC	1999
Pentathlon	3290	Cassius Meeches	ES Sisler	Winnipeg. MB	2018
Decathlon	7036 points	Nate Paris	Nanaimo District SS	Nanaimo, BC	2022

Canadian Interscholastic Track & Field Records - Girls'

EVENT	RECORD	NAME	SCHOOL	TOWN OR CITY	YEAR SET
100 metres	ET 11.50	Elizabeth Tannis	Loretto Abbey	Toronto, ON	2026
200 metres	ET 23.34	Raquel Tjernagel	New Westminster SS	New Westminster, BC	2015
400 metres	ET 52.52	Raquel Tjernagel	New Westminster SS	New Westminster, BC	2015
800 metres	ET 2:05.94	Elise Braithwaite	Elmwood School for Girls	Ottawa, ON	1984
1500 metres	ET 4:21.12	Jocelyn Chau	De La Salle College	Toronto, ON	2018
3000 metres	ET 9:21.63	Jocelyn Chau	De La Salle College	Toronto, ON	2018
80 m hurdles (0.762 m/ 30")	ET 11.01	Jessica Zelinka	Sir Frederick Banting CI	London, ON	1998
100 m hurdles (0.838 m/33")	ET 13.78	Karen Nelson	Dr. F. J. Donevan CI	Oshawa, ON	1982
100 m hurdles (0.762 m/30")	ET 13.15	Jessica Zelinka	Sir Frederick Banting CI	London, ON	2000
300 m hurdles (0.762 m/30")	ET 41.66	Nadia Schmiedt	John Paul ll HS	London, ON	1994
400 m hurdles (0.762 m/30")	ET 58.03	Nadia Schmiedt	John Paul ll HS	London, ON	1995
1500 m steeplechase	ET 4:46.54	Mikenna Vanderheyden	Strathroy District CI	Strathroy, ON	2017
2000 m steeplechase	ET 6:52.19	Elizabeth Vroom	Sir Wilfrid Laurier SS	Orleans, ON	2022
4 x 100 m relay	ET 45.29	Kiara Montaque-Fray, Shadae Thompson, Kayla Gaynor, Bryana Gaynor	All Saints CHS	Whitby, ON	2025
4 x 400 m relay	ET 3:47.35	Lindsay Wilson, Danielle Abraham, Zeticia Gill, Omoye Ugiagbe	Mary Ward CSS	Scarborough, ON	2002
4 x 400m Relay- MIXED	ET 3:34.59	Alex Grafos, Madison Gravelle, Brayden Kane, Kaitlyn Gravelle	St. Joseph's CSS	Windsor	2026
1500m racewalk	ET 6:26.67	Megan Huzzey	Belmont HS	Victoria, BC	2003
High Jump	1.88m	Julie White	Brampton Centennial SS	Brampton, ON	1979
Pole Vault	4.06m	Alysha Newman	Mother Teresa CSS	London, ON	2012
Long Jump	6.21m	Keron Hamilton	Burlington Central	Ottawa	1986
Triple Jump	13.48m	Asia Phillips	W.L. MacKenzie CI	Toronto	2024
Shot Put (4 kg)	15.24m	Trinity Tutti	Eastdale SS	Welland, ON	2018
Discus (1 kg)	60.61m	Julia Tunks	Oakridge HS	London, ON	2024
Javelin (600 gm)	49.46m	Elizabeth Gleadle	Kitsilano SS	Vancouver, BC	2005
Hammer	60.49m	Camryn Rogers	R.A.McMath	Richmond, BC	2017

Pentathlon	465 points	Paige Zinger	Notre Dame SS	Red Deer, AB	2025	
Heptathlon	5501 points	Nina Schultz	New Westminster SS	New Westminster, BC	2016	

Canadian Interscholastic Track & Field Records - Para Boys'

100m - V.I	ET 11.26	Austin Ingram	Valour HS	Petawawa, ON	2019	
100m - I.I.	ET 11.04	Robert Pipitone	Huron Heights	Kitchener, ON *	2015	
100m- Ambulatory	ET 11.91	Zach Gingras	Bill Crothers SS	Unionville, ON	2019	
100m - Seated (Wheelchair)	ET 18.61	Dante Cormier	Riverview HS	Riverview, NB	2024	
100m -Frame Runner						
200m I.I.	ET 25.85	Colby Dyrland	L.Y.Cairns School	Edmonton, AB	2025	
200m- Seated (Wheelchair)	ET 33.66	Dylan Ritter	Marshall McLuhan SS	Toronto, ON	2015	
400m I.I.	ET 1:07.20	Dereon Poulton	Garden City Collegiate	Winnipeg, MB	2022	
400m - Ambulatory						
800m- V.I	ET 2:07.66	Nicholas Neri	Cardinal Leger	Brampton, ON	2016	
800m - I.I.	ET 2:14.52	Anthony Cigan	St.Joseph's HS	Windsor	2026	
800m - Ambulatory	ET 2:08.15	Zach Gingras	Bill Crothers SS	Unionville, ON	2018	
1500m I.I.	ET 5:51.15	David Spence	Maples Collegiate	Winnipeg, MB	2022	
Discus - I.I.	16.30m	Aaron Menei	JH Bruns Collegiate	Winnipeg, MB	2024	
Shot Put - I.I. (4 kg)	11.99m	Nathan Parcels	Norwood DHS	Norwood, ON	2023	
Shot Put - V.I. (4 kg)	9.07m	Trajan Hansman	Parry Sound HS	Parry Sound, ON	2023	
Shot Put- Ambulatory (4 Kg)	11.92m	Gabriel Ferron - Boulas	Nepean HS	Nepean, ON	2019	
Shot Put - Seated (4 Kg)	7.18m	Hunter Graves	Raymond HS	Raymond, AB	2017	
Long Jump - I.I.	4.33m	Michael Letrande	Garden City Collegiate	Winnipeg, MB	2024	

Canadian Interscholastic Track & Field Records - Para Girls'

100m - V.I	ET 14.01	Larissa Brown	St. Mark CHS	Manotick, ON	2015	
100m - I.I.	ET 13.27	Lola Morgan	Eastdale SS	Barrie, ON	2018	
100m- Ambulatory	ET 14.61	Madison Wilson-Walker	Lord Dorchester SS	Thames Centre, ON	2015	
100m - Seated (Wheelchair)	ET 23.15	Britney Volkman	New Sarepta Community HS	New Sarepta, AB	2019	
100m -Frame Runner						
200m I.I.	ET 29.57	Regan Hofley	Dakota Collegiate	Winnipeg, MB	2017	
200m -Amb	ET 36.36	Kyra Tymchuk	St. Francis Xavier, SS	Edmonton, AB	2025	
200m V.I						
200 m-Seated (Wheelchair)	ET 44.26	Jessica Tinney	Greenwood College School	Toronto, ON	2016	

400m - I.I.	ET 1:14.90	Juliet Neudert	Warren CI	Warren, MB	2019	
400m - Ambulatory						
400 metres-seated	ET 2:12.34	Jessica Tinney	Greenwood College School	Toronto	2015	
800m- V.I	ET 2:25.30	Kat Grgic	St. Aloysus Gonzaga	Mississauga, ON	2018	
800m - I.I.	ET 2:39.79	Cassie Kemp	St. Catharines Collegiate	St. Catharines, ON	2019	
800m - Ambulatory	ET 2:32.65	Alexis Asselin	Father Leo Austin	Whitby, ON	2024	
Long Jump - I.I.	2,64m	Melissa Whitemore	MacGregor HS	MacGregor, MB	2024	
Shot Put - I.I. (3 kg)	9.03m	Rebecca Dobbs	Cornwall CVS	Cornwall, ON	2019	
Shot Put - V.I. (3 kg)	8.67m	Maycee Vierimaa	O'Gorman HS	Timmins, ON	2023	
Shot Put- Ambulatory (3 Kg)	8.57m	Addisyn Franceschini	Hammarskjold HS	Thunder Bay, ON	2024	
Shot put - Seated (3Kg)	6.11 m	Anikka Cassidy	Western Canada HS	Calgary, AB	2019	
Discus- I.I.	3.33m	Sabrina Rehman	JH Bruns Collegiate	Winnipeg, MB	2024	
		Records Kept by:	**Steve Masterson/ Ashley Masterson**		**Tim Larry**	
			mastersonsteve@hotmail.com		tim@ofsaa.on.ca	