



Past Champions Girls' Track & Field

OVERALL TEAM

<u>Year</u>	<u>School</u>	<u>Head Coach</u>	<u>Assoc.</u>	<u>Meet Site</u>
1974	Wexford CI	-----	TDIAA	Scarborough
1975	Markham DHS	-----	GBSSA	Markham
1976	North Dundas DHS	-----	EOSSAA	Chesterville
1977	North Toronto CI	-----	TSSAA	Scarborough
	Agincourt CI		TDIAA	
1978	North Toronto CI	-----	TSSAA	Toronto
1979	North Toronto CI	Hal Brown	TSSAA	Toronto
1980	Branksome Hall	Josie Kizoff	TDCAA	Toronto
1981	Branksome Hall	Josie Kizoff	TDCAA	Thunder Bay
1982	Dr. F.J. Donevan CI	Burt Hoess	COSSA	Etobicoke
	Curtis Sahadath			
1983	Dr. N. Bethune CI	Frankie Hendrich	SSSAA	Kitchener
1984	Central Tech	Bruce Smith	TSSAA	Etobicoke
1985	Central Tech	Bruce Smith	TSSAA	Etobicoke
1986	-----	-----	---	Ottawa
1987	Oakwood CI	Karen MacKenzie	TSSAA	Hamilton
1988	Stephen Leacock CI	Frank Rinaldi	SSSAA	Etobicoke
1989	C.W. Jefferys SS	Leanne McLaren	NY-TD	Etobicoke
1990	Waterloo CI	Rina Moss	CWOSSA	Sudbury
1991	Agincourt CI	Janice Horwood	SSSAA	Sudbury
1992	Agincourt CI	-----	SSSAA	Toronto
1993	Agincourt CI	-----	SSSAA	Oshawa
1994	Agincourt CI	-----	SSSAA	Kitchener
1995	Vaughan Road CI	-----	TRI-CITY	Kingston
1996	Sir F. Banting SS	-----	WOSSA	Kitchener
1997	Sir F. Banting SS	-----	WOSSA	Etobicoke
1998	Sir F. Banting SS	-----	WOSSA	Sudbury
1999	Sir F. Banting SS	-----	WOSSA	Etobicoke
2000	Mary Ward CSS	Tony D'Agostino	SSSAA	Lasalle
2001	Mary Ward CSS	Tony D'Agostino	TDSB	Etobicoke
2002	Mary Ward CSS	Tony D'Agostino	TDSSAA	Belleville
2003	Northern CIVSA		SWOSSAA	St. Catharines
2004	Birchmount Park CI		TDSSAA	Etobicoke
	Resurrection CSS		CWOSSA	Etobicoke
2005	Birchmount Park CI		TDSSAA	Windsor
2006	Sir Frederick Banting		WOSSAA	Etobicoke
2007				

SENIOR TEAM

<u>Year</u>	<u>School</u>	<u>Assoc.</u>
1974	Nelson HS	PHSSAA
1975	Cornwall CVI	EOSSAA
1976	Loretto Abbey	TDIAA
1977	Eastview CI	GBSSA
1978	Loretto Abbey	TDIAA
1979	Vaughan Road CI	TDIAA
1980	Sandwich SS	SWOSSA
1981	A.B. Lucas SS	WOSSA
	L'Amoreaux CI	TDIAA
1982	The Woodlands SS	PHSSAA
1983	Dr. F.J. Doevan CI	COSSA
1984	Dr. N. Bethune CI	SSSAA
1985	Oakwood CI	TSSAA
1986	Oakwood CI	TSSAA
1987	Oakwood CI	TSSAA
1988	Stephen Leacock SS	SSSAA
1989	C.W. Jefferys SS	NY-TD
1990	Westview Centennial	TRI-CITY
1991	Waterloo Clakwood CI	CWOSSA
1992	Agincourt CI	SSSAA
1993	Agincourt CI	SSSAA
1994	Agincourt CI	SSSAA
1995	Vaughan Road CI	TRI-CITY
1996	A. B. Lucas SS	WOSSA
1997	Birchmount Park CI	SSSAA
1998	Dunbarton HS	LOSSA
1999	Sir F. Banting SS	WOSSA
2000	Fr. Leo Austin	LOSSA
2001	Mary Ward CSS	TDSB
2002	Mary Ward CSS	TDSSAA
2003	Northern CIVS	SWOSSAA

JUNIOR TEAM

<u>Year</u>	<u>School</u>	<u>Assoc.</u>
1974	Sir Allan MacNab	HIAC
1975	Markham DHS	GBSSA
1976	North Dundas DHS	EOSSAA
1977	Agincourt CI	TDIAA
1978	Norht Toronto CI	TSSAA
1979	Sandwich SS	SWOSSA
1980	Port Credit SS	PHSSAA
1981	The Woodlands SS	PHSSAA
1982	Assumption College	SWOSSA
1983	Assumption College	SWOSSA
1984	Central Tech	TSSAA
1985	Central Tech	TSSAA
<u>Year</u>	<u>School</u>	<u>Assoc.</u>
1986	Trafalgar CS	DYSSAA
1987	Saunders SS	WOSSA
1988	Applewood HS	ROPSSAA
1989	Bowmanville HS	DYSSAA
1990	Waterloo CI	CWOSSA
1991	Agincourt CI	SSSAA
1992	Agincourt	SSSAA
1993	McLaughlin	DYSSAA
1994	John Paul II	WOSSA
1995	Sir Allan MacNab	GHAC
1996	Dunbarton HS	LOSSA
1997	Dunbarton HS	LOSSA
1998	Sir F. Banting HS	WOSSA
1999	Francis Libermann	SSSAA
2000	Mary Ward CSS	TDCAA
2001	Mary Ward CSS	TDCAA
2003	Mary Ward CSS	TDCAA

MIDGET TEAM

<u>Year</u>	<u>School</u>	<u>Assoc.</u>
1974	Wexford CI	TDCAA
1975	Loretto Abbey	TDCAA
1976	St. Joseph's HS	TDCAA
1977	W.A. Herman SS	SWOSSA
1978	West Ferris SS	NOSSA
1979	Woburn CI	TDIAA
1980	Silverthorn CI	TDIAA
	Sir J.A. Macdonald CI	TDIAA
1981	Brookfield HS	OVHSAA
1982	Sir J.A. Macdonald CI	SSSAA
1983	Central Tech	TSSAA
1984	Q.E. Park	PHSSAA
1985	Confederation HS	OVHSAA
1986	London South SS	WOSSA
2003	St. Theresa SS	GBSSA

SENIOR 100m

1987	11.65	Katie Anderson	Earl Haig SS	NY-TD
1988	12.25	Irma Grant	John McGregor SS	SWOSSA
1989	11.75	Stacy Bowen	C.W. Jefferys SS	NY-TD
1990	11.93	Nadine Halliday	Paul B. Smith Academy	TDCAA
1991	11.96	Vivian Stephens	Central Huron SS	WOSSA
1992	12.14	D. Wright	C.W. Jeffery's	TRI-CITY
1993	12.44	T. Reid	Erindale	ROPSSAA
1994	11.92	T. Archer	Ancaster HVS	SOSSA
1995	11.95	E. Benyarku	Father L. J. Austin	LOSSA
1996	11.90	Margaret Fox	St. James HS	CWOSSA
1997	12.04	Erica Broomfield	Milliken Mills	YRAA
1998	11.92	Asha James	Trafalgar Castle	LOSSA
1999	12.57	Adwoa Gyasi-Nimako	Westview Centennial	TRI-CITY
2000	11:87	Priscilla Lopes	Fr. Leo F. Austin	LOSSA
2001	11.82	Toyin Olupona	Park Street CI	GBSSA
2002	11:54**	Ashley Purnell	St. Mark HS	NCSSAA
2003	12.36	Sherraine Pencil	Vaughn Road CI	TDSSAA
2004	11.96	Davia Allen	Lincoln Alexander	ROPSSAA
2005	12.17	Rhonda Trusty	St. Marguerite D'Youville	ROPSSAA
2006	12.30	F. Owusu-Agyapong	Downsview SS	TDSSAA
2007	11.68	Sherine Wells	Westview Centennial	TDSSAA
2008	11.98	Miana Griffiths	St. Thomas Aquinas	NWOSSAA

JUNIOR 100m

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	12.70	McDermott	-----	SOSSA
1973	12.30	Mahal	-----	GBSSA
1974	12.30	Cathy Attard	Kipling CI	TDIAA
1975	11.80	Forler	-----	CWOSSA
1976	12.20	Holmes	-----	EOSSAA
1977	11.80	Moore	-----	PHSSAA
<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1978	12.20	Bailey	-----	PHSSAA
1979	12.45	Esmie Lawrence	L'Amoreaux CI	SSSAA
1980	12.15	Carol Plummer	Port Credit SS	PHSSAA
1981	11.76	Angela Phipps	The Woodlands SS	PHSSAA
1982	12.27	Donna Pajor	Waterford DHS	CWOSSA
1983	12.03	France Gaeau	Franco Cite ES	NOSSA
1984	11.47	France Gaeau	Franco Cite ES	NOSSA
1985	12.13	Katie Anderson	Central Tech	TSSAA
1986	12.74	Stephanie Taylor	Trafalgar Castle	DYSSAA
1987	12.22	Stacy Bowen	C.W. Jeffery's SS	NY-TD
1988	12.36	Charmaine Gilgeous	Earl Haig SS	NY-TD
1989	12.05	Nicole Devonish	Bowmanville HS	DYSSAA
1990	12.05	Dionne Wright	C.W. Jeffrey's SS	TRI-CITY
1991	12.36	Erica Kelly	Central Peel SS	ROPSSAA
1992	12.49	T. Aecher	Ancaster	CWOSSA
1993	12.30	E. Benyarku	Father Leo Austin	LOSSA
1994	11.81	E. Benyarku	Father Leo Austin	LOSSA
1995	12.16	M. Fox	Bishop MacDonnell	CWOSSA
1996	12.08	J. Mayhue	Unionville HS	YRAA
1997	12.32	Shelley Ann Brown	Dunbarton HS	LOSSA
1998	12.10	Priscilla Lopes	Pope John Paul	
1999	12.48	Tayin Olupona	Park Street CI	GBSSA
2000	12:06	Toyin Olupona	Park Street CI	GBSSA
2001	12.20	Lindsay Wilson	Mary Ward CSS	TDCAA
2002	12.09	Megan Clarke	St. Basil SS	NOSSA
2003	12.20	Emily Johnson	John F. Ross	CWOSSA
2004	12.74	RhondaKaye Trusty	St. Marguerite D'Youville	ROPSSAA
2005	12.64	Nicole Sassine	Holy Names HS	SWOSSAA
2006	12.78	Chanelle Kellyman	Birchmount Park CI	TDSSAA
2007	12.37	Tia Semplonius	St. Benedict	CWOSSA
2008	12.61	Chisomo McHaina	Southwood	CWOSSA

MIDGET 100m

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	13.00	Summerland	-----	GBSSA
1974	12.60	Forler	-----	CWOSSA
1975	11.80	Liuzza	-----	OVHSAA
1976	12.20	Helby	-----	TDIAA
1977	11.90	Bailey	-----	PHSSAA
1978	12.50	Derron	-----	IAGB
1979	12.44	Nicole Ali	Woburn CI	SSSAA
1980	12.80	Leslie Fahrer	Bawating CVI	NOSSA
1981	12.48	Rita Simmons	Cedarbrae CI	TDIAA
1982	12.32	France Garneau	Franco Cite ES	NOSSA
1983	12.30	Althea Thomas	Central Tech	TSSAA
1984	12.09	Stephanie Taylor	Dunbarton HS	COSSA
1985	12.53	Jane Roos	Confederation SS	OVHSAA
1986	13.03	Carol Brissett	L.B. Pearson CI	PHSSAA
1987	12.48	Charmaine Gilgeous	Mother Theresa SS	TDCAA
1988	12.61	Nicole Devonish	Bowmanville HS	COSSA
1989	12.05	Dionne Wright	C.W. Jeffery's SS	NY-TD
1990	12.54	Dejha Primus	Riverside SS	SWOSSA
1991	12.14	Tanya Archer	Ancaster CVS	SOSSA
1992	12.31	S. Tomlinson	Streetsville	ROPSSAA
1993	---	-----	-----	----
1994	12.26	D. Rowe	Resurrection	CWOSSA
1995	12.29	S.A. Brown	Dunbarton HS	LOSSA
1996	12.57	J. John	Mary Ward	SSSAA
1997	12.48	Samantha Wills	Morning Star	ROPSSAA
1998	12.05	Tamiko Issacs	Langstaff SS	YRAA
1999	12.68	Lindsay Wilson	Mary Ward	SSSAA
2000	12:46	Tabia Charles	Pine Ridge SS	LOSSA
2001	12:56	Chandra Ewing	Lorne Park SS	ROPSSAA
2002	12:09	Megan Clarke	St. Basil SS	NOSSA
2003	12.22	Rhonda-Kaye Trusty	St. marguerite D'Youville	ROPSSAA
2004	12.88	Athena McBean	St. Francis Xavier SS	ROPSSAA
2005	12.76	Danielle Lyte	Robert Bateman HS	GHAC
2006	12.66	Jennelle McCalla	Fr. Leo Austin CSS	LOSSA
2007	12.48	Emma ROUNG	Ancaster HS	SOSSA
2008	12.36	Cassandra Pascal	St. Marcellus	ROPSSAA

200 METRE -SENIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	26.30	Berswick	-----	SOSSA
1973	25.30	Bradley	-----	TSSAA
1974	24.70	Blackwood	-----	TDIAA
1975	24.40	Campbell	-----	CWOSSA
1976	25.10	Blackwood	-----	TDIAA
1977	25.30	Verbeek	-----	HIAC
1978	25.30	Wood	-----	PHSSAA
1979	24.30	Marita Payne	Vaughan Road CI	TDIAA
1980	24.05	Angela Bailey	The Woodlands SS	PHSSAA
1981	24.92	Esmie Lawrence	L'Amoreaux CI	SSSAA
1982	24.44	Esmie Lawrence	L'Amoreaux CI	SSSAA
1983	25.04	Lora Lariviere	Ajax HS	DYSSAA
1984	24.58	Carol Samuels	Dr. N. Bethune CI	SSSAA
1985	24.45	France Garneau	Franco Cite ES	NOSSA
1986	24.35	France Garneau	Franco Cite ES	NOSSA
1987	24.60	Michelle Lynch	Oakwood CI	TSSAA
1988	24.60	Tricia Lennox	Ridley College	SOSSA
1989	25.14	Stacy Bowen	C.W. Jeffery's SS	NY-TD
1990	24.40	Nadine Halliday	Paul B. Smith Academy	TDCAA
1991	25.10	Tanya Reid	M. M. Robinson HS	GHAC
1992	24.42	D. Wright	C.W. Jeffery's SS	NY-TD
1993	24.85	T. Reid	Erindale SS	ROPSSAA
1994	24.40	M. Hushing	Agincourt CI	SSSAA
1995	24.53	N. Anderson	Vaughan Road CI	TRI-CITY
1996	24.25	Margaret Fox	St. James	CWOSSA
1997	25.22	Roxanne Woodley	Anderson CVI	LOSSA
1998	24.67	Perdita Felicien	Pine Ridge SS	LOSSA
1999	24.27	Jessica Zelinka	Sir F. Banting	WOSSA
2000	24.84	Vernee Samuel	Fr. Leo J. Austin	LOSSA
2001	24.54	Toyin Olupona	Park Street CI	GBSSA
2002	23:47**	Ashley Purnell	St. Mark HS	NCSSAA
2003	24.27	Patricia Mayers	Eastdale CVI	LOSSA
2004	25.52	Carline Muir	Weston CI	TDSSAA
2005	24.46	Carline Muir	Weston CI	TDSSAA
2006	24.54	Phylicia George	Mary Ward CSS	TDCAA
2007	23.78	Sherine Wells	Westview Centennial	TDSSAA
2008	24.19	Janelle Redhead	Westview Centennial	TDSSAA

200 METRE -JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	26.00	McDermott	-----	SOSSA
1973	25.20	Mahal	-----	GBSSA
1974	24.60	Mahal	-----	GBSSA
1975	25.10	Holmes	-----	EOSSAA
1976	24.60	Holmes	-----	EOSSAA
1977	24.60	Holmes	-----	EOSSAA
1978	24.60	Bailey	-----	PHSSAA
1979	25.10	Esmie Lawrence	Amoreaux CI	SSSAA
1980	25.28	Carol Plummer	Port Credit SS	PHSSAA
1981	24.36	Angela Phips	The Woodlands SS	PHSSAA
1982	24.81	Cheryl Thibideau	Frontenac SS	EOSSAA
1983	24.72	Colleen Jaffe	Albert Campbell CI	SSSAA
1984	23.89	France Garneau	Franco Cite ES	NOSSA
1985	25.06	Katie Anderson	Central Tech	TSSAA
1986	25.37	Stephanie Taylor	Trafalgar Castle	DYSSAA
1987	24.70	Carolyn Sheppard	Thornlea SS	DYSSAA
1988	25.26	Kerry Linquist	Ajax HS	DYSSAA
1989	25.24	Nicole Devonish	Bowmanville HS	DYSSAA
1990	24.67	Dionne Wright	C.W. Jeffrey's SS	TRI-CITY
1991	25.20	Francis Sealy	Agincourt CI	SSSAA
1992	24.92	C. Shadd	Grand River CI	CWOSSA
1993	24.50	V. Dyer	McLaughlin	LOSSA
1994	24.00	E. Benyarku	Father Leo Austin	LOSSA
1995	24.17	M. Fox	Bishop MacDonnell	CWOSSA
1996	24.73	K. Liphardt	Dunbarton HS	LOSSA
1997	25.45	Asha James	Trafalgar Castle	LOSSA
1998	24.56	Jessica Zelinka	Sir F. Banting SS	WOSSA
1999	25.13	Jennifer Cobbins	Francis Libermann	TDCAA
2000	24:98	Nikki Lindsay	Jean Vanier SS	TDCAA
2001	24.31	Lindsay Wilson	Mary Ward CSS	TDCAA
2002	24:41	Megan Clarke	St. Basil SS	NOSSA
2003	24.46	Emily Johnson	John F. Ross CVI	CWOSSA
2004	25.47	Simone Holder	Clarkson SS	ROPSSAA
2005	25.15	Rebecca Johnston	Lo-Ellen Park HS	NOSSA
2006	24.25	Natalie Geiger	Stouffville DSS	YRAA
2007	25.27	Tia Semplonius	St. Benedict	CWOSSA
2008	25.07	Chisomo McHaina	Southwood	CWOSSA

200 METRE -MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	26.90	Slessor	-----	GBSSA
1974	25.30	McLeod	-----	TDIAA
1975	25.30	Liuzza	-----	OVHSAA
1976	25.60	Helby	-----	TDIAA
1977	24.60	Bailey	-----	PHSSAA
1978	26.00	Lockyer	-----	WOSSA
1979	25.50	Donna Pajor	Woburn CI	SSSAA
1980	26.40	Rita Simmons	Waterford DHS	CWOSSA
1981	25.31	France Garneau	Cedarbrae CI	TDIAA
<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1982	24.68	Althea Thomas	Franco Cite ES	NOSSA
1983	25.42	Stephanie Taylor	Central Tech	TSSAA
1984	24.88	Jane Roos	Dunbarton HS	COSSA
1985	25.96	Maureen Cinq Mars	Confederation SS	OVHSAA
1986	26.11	Charmaine Gileous	A.B. Lucas SS	WOSSA
1987	25.50	Tanya Reid	Mother Theresa SS	TDCAA
1988	25.24	Dejha Primus	The Woodlands SS	PHSSAA
1989	26.27	Marcia Rodney	Riverside SS	SWOSSA
1990	25.82	Crystal Shadd	Loyola Catholic SS	ROPSSAA
1991	24.86	Nicole Ali	Grand River CI	CWOSSA
1992	24.99	S. Tomlinson	Streetsville SS	ROPSSAA
1993	24.60	M. Fox	Bishop McDonnel	CWOSSA
1994	26.02	D. Rowe	Resurrection	CWOSSA
1995	25.25	A. James	Trafalgar Castle	LOSSA
1996	25.25	L. Ince-Mercer	Markham DHS	YRAA
1997	25.45	Samantha Wills	Morning Star	ROPSSAA
1998	25.11	Toyin Olupona	Sir James Dunn	NOSSA
1999	25.15	Lindsay Wilson	Mary Ward	TDCAA
2000	25:35	Shannon Boodram	St. Mary's	GHAC
2001	25.94	Natoya Whittingham	Michael Power/St. Joseph's	TDCAA
2002	24:47*	Emily Johnson	John F. Ross CVI	CWOSSA
2003	24.72	Rhonda-Kaye Trusty	St. marguerite D'Youville	ROPSSAA
2004	26.43	Catherine Lalonde	ES Regionale Hawkesbury	EOSSAA
2005	25.69	Natalie Geiger	Stouffville DHS	YRAA
2006	25.86	Aly Mooney	Bear Creek SS	GBSSA
2007	25.92	Emma Rount	Ancaster HS	SOSSA
2008	25.39	Chanice Taylor-Chase	Notre Dame	LOSSA

400 METRE - SENIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	58.60	Berswick	-----	SOSSA
1973	57.00	McGowan	-----	WOSSA
1974	56.20	McDermott	-----	SOSSA
1975	55.20	Campbell	-----	CWOSSA
1976	56.20	Mahal	-----	GBSSA
1977	56.80	Verbeek	-----	HIAC
1978	55.10	Wood	-----	PHSSAA
1979	54.30	Charmaine Crooks	West Toronto SS	TSSAA
1980	53.32	Charmaine Crooks	West Toronto SS	TSSAA
1981	55.15	Chris McKay	White Oaks SS	PHSSAA
1982	52.26	Suzanne Kozak	Hamilton HS	HIAC
1983	56.45	Sandra Silvera	Dr. N. Bethune CI	SSSAA
1984	55.91	Carol Samuels	Dr. N. Bethune CI	SSSAA
1985	55.73	Maxine Cargell	Oakwood CI	TSSAA
1986	55.46	Lisa Kueneman	Bluevale CI	CWOSA
1987	54.89	Michelle Lynch	Oakwood CI	TSSAA
1988	56.36	Karen Layne	Governor Simcoe SS	SOSSA
1989	56.75	Maureen Cinq Mars	A.B. Lucas	WOSSA
1990	56.34	Jean Fletcher	Westview Cent. SS	TRI-CITY
1991	54.95	Nsenga Bansfield	Niagara DSS	SOSSA
1992	55.01	J. Fraser	Agincourt CI	SSSAA
1993	56.44	C.Desjardine	Hillcrest	
1994	56.39	S. Bynoe	Cardinal Newman	
1995	54.36	N. Schmiedt	John Paul II	
1996	55.78	Deniece Bell	Preston HS	CWOSSA
1997	55.83	Aimee Teteris	Birchmount Park CI	SSSAA
1998	55.27	Krissy Liphardt	Dunbarton HS	LOSSA
1999	55.57	Adwoa Gyasi-Nimako	Westview Centennial	TRI-CITY
2000	59.11	Jordana Whittington	St. Christophers	SWOSSAA
2001	56.37	Tara Halls	St. Clair SS	SWOSSAA
2002	54:59	Ayden Ollivier	Medway HS	WOSSAA
2003	55.24	Patricia Mayers	Eastdale CVI	LOSSA
2004	54.00	Carline Muir	Weston CI	TDSSAA
2005	53.55	Carline Muir	Weston CI	TDSSAA
2006	55.77	Caitlin Bailey	Abbey Park SS	GHAC
2007	55.96	Natalie Geiger	Stouffville DSS	YRAA
2008	54.85	Natilie Geiger	Stouffville	YRAA

400 METRE - JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	59.20	Densham	-----	SOSSA
1973	57.10	Bishop	-----	CWOSSA
1974	55.80	Campbell	-----	CWOSSA
1975	58.70	Srebruiak	-----	GBSSA
1976	55.70	Wood	-----	PHSSAA
1977	56.20	Wood	-----	PHSSAA
1978	56.40	Helby	-----	TDIAA
1979	57.09	Chris MacKay	Oakville Trafalgar HS	HIAC
1980	56.87	Peggy Sweeny	St. Mary's HS	CWOSSA
1981	57.76	Denise Fillion	Annandale HS	WOSSA
1982	55.78	Cheryl Thibideau	Frontenac SS	EOSSAA
1983	55.45	Cheryl Thibideau	Frontenac SS	EOSSAA
1984	54.60	Peta Arnett	Cardinal Leger	TDCAA
1985	55.37	Peta Arnett	Cardinal Leger	TDCAA
1986	55.95	Connie Beukeboom	Catholic Central	WOSSA
1987	57.01	Maureen Mars	A.B. Lucas SS	WOSSA
1988	56.42	Maureen Mars	A.B. Lucas SS	WOSSA
1989	57.41	Kari Vickers	Hon. W.C. Kenneds SS	SWOSSA
1990	56.44	Octavia Bickles	Sir W. Laurier SS	WOSSA
1991	55.73	Sue Berg	Cameron Heights CI	CWOSSA
1992	56.86	S. Watt	Westview Cent. SS	NYSSA
1993	59.40	T. Evers	St. Paul's	
1994	55.05	N. Schmiedt	John Paul II	
1995	55.58	J. Mayhue	Unionville HS	YRAA
1996	55.56	K. Liphardt	Dunbarton HS	LOSSA
1997	55.26	Krissy Liphardt	Dunbarton HS	LOSSA
1998	57.10	Jordana Whittington	St. Christopher	SWOSSAA
1999	56.37	Sabrina Notarangelo	St. Anne	SWOSSAA
2000	57.32	Tara Halls	St. Clair SS	SWOSSAA
2001	56.00	Lindsay Wilson	Mary Ward CSS	TDCAA
2002	56.19	Chandra Ewing	Lorne Park SS	ROPSSAA
2003	56.57	Bailey Lewis	North Dundas DHS	EOSSAA
2004	57.67	Caitlin Bailey	Queen Elizabeth Park SS	GHAC
2005	56.32	Rebecca Johnston	Lo-Ellen Park HS	NOSSA
2006	56.04	Natalie Geiger	Stouffville DSS	YRAA
2007	59.43	Rachel Lorimer	Resurrection CSS	CWOSSA
2008	57.20	Kelsey Balkwell	Essex	SWOSSAA

400 METRE - MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	:59.10	Churchill	-----	CWOSSA
1974	:58.50	Leader	-----	CWOSSA
1975	:59.00	Wood	-----	PHSSAA
1976	:57.60	Power	-----	IAGB
1977	:57.40	Guyede	-----	GBSSA
1978	:57.00	Orr	-----	PHSSAA
1979	:58.44	Denise Fillion	Annandale HS	WOSSA
1980	:58.72	Susan Porter	Sir J.A. Macdonald CI	TDIAA
1981	:57.13	Cheryl Thibideau	Frontenac SS	EOSSAA
1982	:57.10	Donalda Duprey	Saugeen DSS	CWOSSA
1983	:57.27	Peta Arnett	Cardinal Leger	TDCAA
1984	:57.42	Stephanie Taylor	Dunbarton HS	COSSA
1985	:58.67	Ann Flemming	Milton DHS	PHSSAA
1986	:56.41	Maureen Cinq Mars	A.B. Lucas SS	WOSSA
1987	:58.50	Nancy Scott	Centre Dufferin DHS	CWOSSA
1988	:58.16	Jill Mallon	Bluevale CI	CWOSSA
1989	1:00.5	Christa Goebel	Innisdale SS	GBSSA
1990	:57.03	Daisy Bygrave	Don Bosco	TDCAA
1991	:57.20	Samantha Watt	C.W. Jefferys SS	TRI-CITY
1992	:58.57	N. Schmeidt	John Paul II	WOSSA
1993	:59.01	D. Bell	Preston	CWOSSA
1994	:59.32	A. Teteris	Birchmount Park CI	SSSAA
1995	:58.70	K. Liphardt	Dunbarton HS	LOSSA
1996	:57.57	M. McDonald	Pearson	
1997	:56.76	Victoria Bendle	Sir F. Banting	WOSSA
1998	:57.14	Tara Halls	St. Clair SS	SWOSSAA
1999	:57.03	Cherise Devers	Mary Ward CSS	TDCAA
2000	:58.09	Tricia Mayers	Eastdale CVI	SOSSA
2001	:58.27	Chandra Ewing	Lorne Park SS	ROPSSAA
2002	:56.80	Omoye Ugiagbe	Mary Ward CSS	TDCAA
2003	:56.94	Melissa Bishop	Opeongo HS	EOSSAA
2004	58.07	Maddie Buttinger	Resurrection CSS	CWOSSAA
2005	56.20	Natalie Geiger	Stouffville DHS	YRAA
2006	57.56	Diana Boulton	Bayside SS	COSSA
2007	57.67	Fiona Callender	Bell HS	NCSSAA
2008	59.19	Jen Barbon	Mother Teresa	WOSSAA

800 METRE - SENIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	2:29.20	Boyles	-----	COSSA
1973	2:16.40	Valaitis	-----	WOSSA
1974	2:12.60	Mitchell	-----	TDIAA
1975	2:18.10	Dick	-----	EOSSAA
1976	2:10.50	McDermott	-----	SOSSA
1977	2:10.10	Barb Douglas	Kipling CI	TDIAA
1978	2:12.10	Meek	-----	TDIAA
1979	2:13.10	Myrna Nearing	Sudbury SS	NOSSA
1980	2:13.90	Chris McKay	White Oaks SS	PHSSAA
1981	2:10.19	Chris McKay	White Oaks SS	PHSSAA
1982	2:12.26	Camille Cato	A.Y. Jackson SS	NYSSAA
1983	2:09.73	Paula Schnurr	Assumption	GHAC
1984	2:05.94	Elise Braithwaite	Elmwood School	OVHSAA
1985	2:08.23	Doreen Uranick	Acton DHS	HIAC
1986	2:12.50	Peta Arnett	Cardinal Leger	TDCAA
1987	2:09.26	Connie Beukeboom	Catholic Catholic Cenral	WOSSA
1988	2:14.88	Natale Desouza	Senator O'Connor College	TDCAA
1989	2:14.49	Anna Gunnaseker	Earl of March SS	NCSSAA
1990	2:13.61	Anna Gunnaseker	Earl of March SS	NCSSAA
1991	2:13.14	Jill Mallon	Bluevale CI	CWOSSA
1992	2:12.10	K. Sullivan	St. Mary's Kitchener	CWOSSA
1993	2:14.82	K. Sullivan	St. Mary's Kitchener	CWOSSA
1994	2:12.76	A. Graham	Dunbarton HS	LOSSA
1995	2:13.39	C. Duoma	Woodland	CWOSSA
1996	2:09.37	L. Ouellet	LaSalle SS	
1997	2:09.24	Aimee Teteris	Birchmount Park CI	SSSAA
1998	2:14.11	Merissa Sexsmith	Ridgeway	SOSSA
1999	2:14.12	Hilary Edmonson	St. Christopher	SWOSSAA
2000	2:10.45	Hilary Edmondson	St. Christopher	SWOSSAA
2001	2:12.01	Lauren King	Lawrence Park	TDSB
2002	2:12.03	Danielle Abraham	Mary Ward CS	TDCAA
2003	2:14.74	Tammy Dufresne	ES Algonquin	NOSSA
2004	2:10.70	Kate Van Buskirk	Turner-Fenton HS	ROPSSAA
2005	2:12.24	Jennie Biewald	Hillcrest HS	
2006	2:10.69	Caitlin Bailey	Abbey Park SS	GHAC
2007	2:10.34	Sheila Reid	Sacred Heart	
2008	2:08.07	Jessica Parry	Catholic Central	SWOSSAA

800 METRE - JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	2:24.20	MacMillan	-----	SOSSA
1973	2:17.70	Lee	-----	PHSSAA
1974	2:12.40	Campbell	-----	CWOSSA
1975	2:15.00	Leeder	-----	CWOSSA
1976	2:10.80	Douglas	-----	TDIAA
1977	2:14.40	Fippers	-----	HIAC
1978	2:14.70	Melville	-----	IAGB
1979	2:12.60	Linda Orr	Aldershot HS	HIAC
1980	2:10.10	Paula Schnurr	Assumption	GHAC
1981	2:11.15	Alison Wiley	Branksome Hall	TDCAA
1982	2:14.28	Linda Vanderwelton	E.S. Tagwi	EOSSAA
1983	2:10.60	Doreen Uranich	Acton DHS	PHSSAA
1984	2:12.19	Jill Gengebach	Markham DHS	GBSSAA
1985	2:16.43	Connie Beukeboom	Catholic Central	WOSSA
1986	2:13.97	Connie Beukeboom	Catholic Central	WOSSA
1987	2:15.20	Anna Gunnasekera	Earl of March SS	NCSSAA
1988	2:12.03	Anna Guunasekera	Earl of March SS	NCSSAA
1989	2:13.55	Kari Vickers	Hon. W.C. Kennedy SS	WOSSAS
1990	2:14.25	Jill Mallon	Bluevale CI	CWOSSA
1991	2:12.25	Sue Berg	Cameron Heights CI	CWOSSA
1992	2:14.60	A. Graham	Dunbarton	LOSSA
1993	2:16.70	C. Douma	Woodland-Christian	CWOSSA
1994	2:11.82	M. Unsworth	Appleby College	GHAC
1995	2:14.59	A. Teteris	Birchmount Park CI	SSSAA
1996	2:10.95	A. Teteris	Birchmount Park CI	SSSAA
1997	2:16.24	Elizabeth Ben-Ishai	University of Toronto School	TSSAA
1998	2:15.58	Amie Letkeman	Ancaster HVS	SOSSA
1999	2:16.28	Lauren King	Lawrence Park	TSSAA
2000	2:12.74	Lauren King	Lawrence Park	TSSAA
2001	2:16.97	Katelin Goheen	Innisdale SS	GBSSA
2002	2:16.92	Hannah Eberhard	Hon. W. C. Kennedy SS	SWOSSAA
2003	2:13.99	Tarah McKay	Elmira DSS	CWOSSA
2004	2:12.78	Melissa Bishop	Opeongo DHS	EOSSAA
2005	2:12.89	Lindsay Carson	Southwood SS	CWOSSA
2006	2:14.42	Esther Vermeer	Smithville District CHS	SOSSA
2007	2:08.29	Jessica Parry	Catholic Central	
2008	2:13.95	Shannon Kennedy	Martingrove	TDSSAA

800 METRE - MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	2:22.20	Churchill	-----	CWOSSA
1974	2:13.80	Leader	-----	CWOSSA
1975	2:18.90	Neufeld	-----	GBSSA
1976	2:13.20	Graves	-----	PHSSAA
1977	2:16.00	Melville	-----	IAGB
1979	2:16.00	Paula Schnurr	Assumption	HIAC
1980	2:16.50	Susan Porter	Sir J.A. Macdonald CI	TDIAA
1981	2:17.16	Carolyn Hobbs	Nelson HS	HIAC
1982	2:21.54	Lucy Hogg	Senator O'Connor College	TDCAA
1983	2:13.40	Michelle Bathurst	Oakridge SS	WOSSA
1984	2:20.05	Anne Cooper	M. Power/St. Joseph	TDCAA
1985	2:17.49	Marla Brillinger	Acton DHS	HIAC
1986	2:13.92	Julie Armstrong	London South SS	WOSSA
1987	2:20.10	Lucy Libera	Father John Redmond	TDCAA
1988	2:19.10	Sunshine Wilson	Renfrew CI	EOSSAA
1989	2:27.10	Kathy Butler	Waterloo CI	CWOSSA
1990	2:18.79	Melissa Kirby	Malvern CI	TSSAA
1991	2:17.31	Jill Gamble	Owen Sound CVI	CWOSSA
1992	2:15.41	L. Mathers	Bracebridge ML	GBSSA
1993	2:21.60	E. Brand	Lambton Central	
1994	2:17.09	A. Teteris	Birchmount Park CI	SSSAA
1995	2:22.96	C. Crawford	Widdifield SS	NOSSA
1996	2:19.07	R. Radford	Cedarbrae CI	SSSAA
1997	2:15.25	Erin McClure	Waterloo CI	CWOSSA
1998	2:16.82	Lauren King	Lawrence Park CI	TSSAA
1999	2:13.49	Monika Grabowiecka	Churchill	
2000	2:17.68	Jessica Crate	Northern CIVS	SWOSSAA
2001	2:14.39	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2002	2:13.88	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2003	2:16.34	Carley Dart	Fr. Leo J. Austin CSS	LOSSA
2004	2:16.11	Lindsay Carson	Southwood SS	CWOSSA
2005	2:14.79	Stephanie Smith	Dr. G.W. Williams SS	YRAA
2006	2:14.17	Diana Boulton	Bayside SS	COSSA
2007	2:13.81	Shannon Kennedy	Martingrove CI	TDSSAA
2008	2:18.14	Juane Odendaal	St. Thomas Aquinas	WOSSAA

1500 METRE - SENIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	5:10.30	Deode	-----	SOSSA
1973	4:43.20	Valaitis	-----	WOSSA
1974	4:49.60	Mitchell	-----	TDIAA
1975	4:37.80	McKinnon	-----	PHSSAA
1976	4:36.50	Spence	-----	OVHSAA
1977	4:29.30	Leeder	-----	CWOSSA
1978	4:24.03	Rooks	-----	NYSSAA
1979	4:32.60	Sylvia Ruegger	Clarke HS	COSSA
1980	4:28.70	Sylvia Ruegger	Clarke HS	COSSA
1981	4:27.72	Kate Wiley	Branksom Hall	TDCAA
1982	4:23.52	Alison Wiley	Branksom Hall	TDCAA
1983	4:27.84	Chris Whiteside	Vankleek Hill CI	EOSSAA
1984	4:34.92	Karen Dunston	Stephen Leacock CI	SSSAA
1985	4:33.12	Anna MacKay	Nelson HS	HIAC
1986	4:26.82	Brenda Steenhof	Milton DHS	PHSSAA
1987	4:32.71	Beth Tarasuk	Bantind Memorial HS	GBSSA
1988	4:29.07	Leanne McVey	New Liskard	IAGB
1989	4:35.14	Anna Gunnasekera	Earl of March SS	NCSSAA
1990	4:31.00	Anna Gunnasekera	Earl of March SS	NCSSAA
1991	4:36.16	Karen Harvey	Paris DHS	CWOSSA
1992	4:31.38	K. Butler	Waterloo CI	CWOSSA
1993	4:28.24	N. Cote	Hillcrest	NCSSAA
1994	4:31.19	A. Graham	Dunbarton HS	LOSSA
1995	4:28.42	C. Douma	Woodland Christian	CWOSSA
1996	4:30.55	C. Douma	Woodland Christian	CWOSSA
1997	4:30.98	Erin Brand	Lambton Central	SWOSSAA
1998	4:35.61	Jennifer Handley	Barrie Central	GBSSA
1999	4:32.07	Jennifer Handley	Barrie Central	GBSSA
2000	4:30.96	Carol Henry	Parry Sound	NOSSA
2001	4:29.84	Lauren King	Lawrence Park CI	TDSB
2002	4:32.76	Laura Maludzinski	Innisdale SS	GBSSA
2003	4:36.67	Diane Nukuri	EC Saint Charles Garnier	LOSSA
2004	4:26.72	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2005	4:29.72	Tarah McKay	Elmira DSS	CWOSSA
2006	4:27.39	Kate Van Buskirk	Turner-Fenton SS	ROPSSAA
2007	4:25.18	Lindsay Carson	Southwood SS	CWOSSA
2008	4:29.97	Jessica Parry	Catholic Central	WOSSAA

1500 METRE - JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1976	4:29.10	Leeder	-----	CWOSSA
1977	4:35.00	Grant	-----	PHSSAA
1978	4:36.70	Dawton	-----	NWOSSA
1979	4:35.60	Jill Purola	Huron Park SS	WOSSA
1980	4:28.80	Alison Wiley	Branksome Hall	TDCAA
1981	4:28.57	Alison Wiley	Branksome Hall	TDCAA
1982	4:29.70	Linda Vanderwelon	E.S. Tagwi	EOSSAA
1983	4:33.56	Anna Macky	Nelson HS	PHSSAA
1984	4:33.02	Anna Macky	Nelson HS	PHSSAA
1985	4:34.47	Beth Tarasuk	Banting Memorial HS	GBSSA
1986	4:33.84	Beth Tarasuk	Banting Memorial HS	GBSSA
1987	4:28.09	Leanne McVey	New Liskeard DHS	IAGB
1988	4:28.59	Anna Gunnaseker	Earl of March SS	NCSSAA
1989	4:38.15	Jennifer Guzman	E.C. Drury HS	GHAC
1990	4:35.32	Kathy Butler	Waterloo CI	CWOSSA
1991	4:30.68	Kathy Butler	Waterloo CI	CWOSSA
1992	4:34.50	A. Graham	Dunbarton HS	DYSSAA
1993	4:32.00	C. Sheppard	Markham DHS	DYSSAA
1994	4:31.04	M. Richards	Bell HS	NCSSAA
1995	4:36.05	E. Brand	Lambton Central	SWOSSAA
1996	4:31.61	Jennifer Handley	Barrie Central	GBSSA
1997	4:34.42	Elizabeth Ben-Ishal	University of Toronto Schools	TSSAA
1998	4:39.01	Mandy Osmond	St. James HS	CWOSSA
1999	4:41.24	Meaghan Hyckie	Leaside HS	TSSAA
2000	4:41.98	Lauren King	Lawrence Park	TSSAA
2001	4:33.50	Amy Kohlmeier	St. Patrick's HS	SWOSSAA
2002	4:42.06	Liliane Sparkes	E.S. Charles Garnier	LOSSA
2003	4:30.57	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2004	4:36.54	Kaitlyn Tallman	Manitoulin SS	NOSSA
2005	4:36.24	Lindsay Carson	Southwood SS	CWOSSA
2006	4:35.26	Amanda Truelove	St. Joan of Arc HS	
2007	4:32.16	Jessica Parry	Catholic Central	
2008	4:41.39	Megan Beverley	Leaside	TDSSAA

1500 METRE - MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1976	4:40.20	Graves	-----	PHSSAA
1977	4:39.10	Masil	-----	NYSSAA
1978	4:32.20	Horne	-----	NOSSA
1979	4:41.40	Paula Schnurr	Assumption	GHAC
1980	4:41.50	Lianne Horne	West Ferris SS	NOSSA
1981	4:35.07	Nancy Brown	Westmount SS	HIAC
1982	4:35.83	Tammy Roberts	Pickering HS	COSSA
1983	4:34.61	Michelle Bathurst	Oakridge SS	WOSSA
1984	4:44.69	Lorraine Bailie	Dr. F.J. Donevan CI	COSSA
1985	4:42.77	Michelle Foley	Moirs SS	COSSA
1986	4:35.48	Julie Armstrong	London South SS	WOSSA
1987	4:57.14	Lucy Libera	Father John Redmond	TDCA
1988	4:40.53	Sunshine Wilson	Renfrew CI	EOSSAA
1989	4:40.64	Kathy Butler	Waterloo CI	CWOSSA
1990	4:42.94	Dianne Woodend	King City SS	DYSSAA
1991	4:41.92	Jenny Dewan	St. Michael's SS	WOSSA
1992	4:46.52	M.J. Richards	Bell HS	NCSSAA
1993	4:42.75	F. Darroch	Southwood SS	CWOSSA
1994	4:50.62	E. Brand	Lambton Central	SWOSSAA
1995	4:40.06	Jennifer Handley	Barrie Central	GBSSA
1996	4:46.43	C. Briante	John F. Ross	CWOSSA
1997	4:32.82*	Erin McClure	Waterloo CI	CWOSSA
1998	4:44.80	Susie Egar	Hillcrest HS	
1999	4:32.71*	Nikki Reckman	Lambton Central	SWOSSAA
2000	4:45.60	Jessica Crate	Northern CIVS	SWOSSAA
2001	4:39.83	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2002	4:31.31*	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2003	4:47.03	Shannon Gribbons	Saugeen DSS	CWOSSA
2004	3:36.30	Lindsay Carson	Southwood SS	CWOSSA
2005	4:37.91	Stephanie Smith	Dr. G.W. Williams SS	YRAA
2006	4:36.76	Jessica Parry	Catholic Central	
2007	4:41.29	Liane Ouellet Gaston	Trinity College	CISAA
2008	4:40.50	Juane Odendaal	St. Thomas Aquinas	WOSSAA

3000 METRE - SENIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1976	10:05.80	Malone	-----	TDCAA
1977	9:57.20	Grant	-----	PHSSA
1978	9:46.80	Rooks	-----	NYSSA
1979	9:49.10	Sylvia Ruegger	Clarke HS	COSSA
1980	9:37.80	Sylvia Ruegger	Clarke HS	COSSA
1981	9:30.64	Kate Wiley	Branksome Hall	TDCAA
1982	9:51.08	Heidi Gerum	Burnhamthorpe CI	TDIAA
1983	9:43.97	Heidi Gerum	Burnhamthorpe CI	TDIAA
1984	9:51.80	Nancy Brown	Hillfield-Strathallan	HIAC
1985	09:54.77	Donna Thibert	Assumption College	SWOSSA
1986	09:36.53	Brenda Steenhof	Milton DHS	PHSSAA
1987	09:55.40	Ali Evanoff	Sir W. Laurier CI	SSSAA
1988	09:40.59	Leanne McVey	New Liskeard DHS	IAGB
1989	09:49.06	Missy McCleary	L.B. Pearson SS	GHAC
1990	09:53.05	Beni Gras	A.N. Meyer SS	SOSSA
1991	10:00.10	Angela Schwan	Waterloo CI	CWOSSA
1992	09:32.03	K. Butler	Waterloo CI	CWOSSA
1993	10:14.60	T. Rouse	Innisdale SS	GBSSA
1994	09:49.92	D. Amill	Centre Wellington	CWOSSA
1995	09:44.20	J. Froud	St. Mary's	
1996	09:36.95	C. Shepherd	Markham DHS	YRAA
1997	09:55.40	Tracy robertson	Gloucester HS	NCSSAA
1998	09:50.63	Emily Tallen	Frontenac SS	EOSSAA
1999	09:57.47	Jennifer Handley	Barrie Central	GBSSA
2000	09:42.08	Carol Henry	Parry Sound	NOSSA
2001	09:44.27	Carol Henry	Parry Sound	NOSSA
2002	09:55.25	Diane Nukuri	E. S. Charles Garnier	LOSSA
2003	09:51.70	Janice Ashworth	Bell HS	NCSSAA
2004	10:06.53	Mandy McBean	Mary Ward CHS	TDCAA
2005	9:49.76	Mandy McBean	Mary Ward CHS	TDCAA
2006	10:00.40	Danelle Woods	Hillcrest HS	
2007	9:38.89	Danielle Woods	Hillcrest HS	
2008	9:37.99	Tamara Jewett	St.Clement's School	CISAA

3000 METRE - JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1978	9:59.40	Porycky	-----	NOSSA
1979	10:17.80	Kate Wiley	Branksome Hall	TDCAA
1980	9:52.60	Heidi Gerum	Burnhamthorpe CI	TDIAA
1981	9:38.55	Alison Wiley	Branksome Hall	TDCAA
1982	9:56.72	Lianna Horne	West Ferris SS	NOSSA
1983	9:57.29	Carol Hubbard	Glebe CI	NCSSAA
1984	9:49.12	Tammy Roberts	Pickering HS	COSSA
1985	9:59.20	Beth Tarasuk	Sir F. Banting SS	WOSSA
1986	9:50.64	Beth Tarasuk	Sir F. Banting SS	WOSSA
1987	9:33.40	Jennifer Armstrong	Saunders SS	WOSSA
1988	9:35.40	Jennifer Armstrong	Saunders SS	WOSSA
1989	10:02.50	Angela Schwan	Waterloo CI	CWOSSA
1990	9:56.60	Kathy Butler	Waterloo CI	CWOSSA
1991	9:54.99	Patrice Kuntz	John Diefenbaker SS	CWOSSA
1992	10:07.98	E. Coburn	Northern	
1993	10:01.52	M.J. Richards	Bell HS	NCSSAA
1994	10:18.64	A. Johnson	Lawrence Park CI	TSSAA
1995	09:44.20	J. Froud	St. Mary's	
1996	09:45.76	Jennifer Handley	Barrie Central	GBSSA
1997	09:54.61	Emily Tallen	Frontenac SS	EOSSAA
1998	10:02.50	Erin McClure	Waterloo CI	CWOSSA
1999	10:14.70	Meaghan Hyckie	Leaside HS	TSSAA
2000	10:01.34	Amy Kohlmeier	St. Patrick's HS	SWOSSAA
2001	09:57.06	Amy Kohlmeier	St. Patrick's HS	SWOSSAA
2002	10:07.89	Megan Brown	St. James HS	CWOSSA
2003	09:52.01	Alyson Kohlmeier	St. Patrick's HS	SWOSSAA
2004	10:13.59	Geneva Winterink	Paul Dwyer CHS	LOSSA
2005	10:09.17	Danelle Woods	Hillcrest	
2006	10:00.90	Amanda Truelove	St. Joan of Arc HS	
2007	10:13.78	Lindsay Anderson	Colonel By HS	NCSSAA
2008	10:23.40	Deanna Brasz	Heritage Christian	SOSSA

3000 METRE - MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1978	10:02.70	Horne	-----	NOSSA
1979	10:22.40	Heidi Gerum	Burnhamthorpe CI	TDIAA
1980	10:13.40	Michael Kolking	Silverthorne CI	TDIAA
1981	10:13.05	Nancy Brown	Westmount SS	HIAC
1982	10:17.50	Tammy Roberts	Pickering HS	COSSA
1983	9:59.66	Beth Tarasuk	Sir F. Banting SS	WOSSA
1984	10:15.50	Haley Gray	Innisdale HS	GBSSA
1985	10:34.93	Theresa Bendo	Centre Wellington DHS	CWOSSA
1986	9:44.67	Jennifer Armstrong	London South SS	WOSSA
1987	10:47.03	Nancy Hostetler	Woodstock CI	WOSSA
1988	10:16.33	Angela Schwan	Waterloo CI	CWOSSA
1989	10:27.33	Karri Ocolisan	Vincent Massey SS	SWOSSA
1990	10:25.41	Dianne Woodend	King City SS	DYSSAA
1991	10:17.78	Jenny Dewan	St. Michael's SS	WOSSA
1992	10:21.96	A. Johnson	Lawrence Park	
1993	10:50.60	M. Hornibrook	Unionville	DYSSAA
1994	10:35.20	K. Salmoni	Sarnia Northern	SWOSSA
1995	10:08.77	Jennifer Handley	Barrie Central	GBSSA
1996	10:25.91	E. Simone	Westminster	WOSSA
1997	10:12.89	Vanessa Piazza	Lisgar CI	NCSSAA
1998	10:32.88	Laura Maludzinski	Innisdale SS	GBSSA
1999	10:21.71	Sasha Henry	Centennial	
2000	10:18.59	Chelsey Baxter	St. Patrick's	SWOSSAA
2001	10:35.22	Chelsey Baxter	St. Patrick's	SWOSSAA
2002	10:21.00	Claire Percival	Northern CIVS	SWOSSAA
2003	10:29.33	Amber Cushnie	Pine Ridge SS	LOSSA
2004	10:19.27	Sheila Reid	Sacred Heart	
2005	10:24.68	Stephanie Smith	Dr. G.W. Williams SS	YRAA
2006	10:07.23	Jessica Parry	Catholic Central	
2007	10:19.44	Kirsten Allen	Saunders SS	WOSSAA
2008	10:36.11	Kaitlyn Oliver	Aurora	YRAA

100 METRE HURDLES - SENIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	13.00	Boyles	-----	COSSA
1973	12.10	Martineau	-----	NOSSA
1974	11.80	Sheridan	-----	PHSSAA
1975	14.50	McDill	-----	OVHSAA
1976	15.20	Malgadey	-----	CWOSSA
1977	14.40	Saygon	-----	OVHSAA
1978	14.50	Wachter	-----	CWOSSA
1979	14.85	Julie White	Brampton Centennial SS	ROPSSA
1980	14.18	Andrea Wachter	Grand River CI	CWOSSA
1981	14.52	Lucia Jenkins	North Toronto CI	TSSAA
1982	13.78	Karen Nelson	Dr. F.J. Donevan	COSSA
1983	13.93	Karen Nelson	Dr. F.J. Donevan	COSSA
1984	13.76	Yolande Jones	Henry Street	COSSA
1985	14.29	Donalda Duprey	Saugen DSS	CWOSSA
1986	14.02	Yolande Jones	Henry Street HS	COSSA
1987	14.10	Andrea Bacchiochi	Henry Street HS	COSSA
1988	14.28	Val Beckles	Sir W. Laurier SS	WOSSA
1989	14.12	Heather Korol	Applewood Heights SS	WOPSSA
1990	14.57	Alicia Wilson	O'Neill CVI	DYSSAA
1991	14.56	Jill Bennett	Waterloo CI	CWOSSA
1992	14.48	L. Wall	Arnprior	EOSSAA
1993	15.04	L. Duffus	Cedarbrae	SSSAA
1994	14.01	F. Sealy	Agincourt CI	SSSAA
1995	14.19	M. Hahn	Elmira DSS	CWOSSA
1996	14.32	Deniece Bell	Preston HS	CWOSSA
1997	13.81	Roxanne Woodley	Anderson CVI	LOSSA
1998	13.41**	Perdita Felicien	Pine Ridge SS	LOSSA
1999	13.79	Jessica Zelinka	Sir F. Banting	WOSSA
2000	13.63	Priscilla Lopes	Fr. Leo J. Austin	LOSSA
2001	13.85	Priscilla Lopes	Fr. Leo J. Austin	LOSSA
2002	13.75	Darcelle McCutcheon	Napanee DSS	EOSSAA
2003	13.91	Frances Keating	E.S. Ste. Marie	NEOAA
2004	13.77	Frances Keating	Timiskaming DSS	NEOAA
2005	14.49	Nikkita Holder	Dunbarton HS	LOSSA
2006	14.32	Phylicia George	Mary Ward CSS	TDCAA
2007	13.92	Sarah Wells	Unionville HS	YRAA
2008	14.27	Karelle Edward	Esp Se La Salle	NCSSAA

80 METRE HURDLES - JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	12.70	Engs	-----	SOSSA
1973	11.60	McDill	-----	OVHSAA
1974	11.30	McDill	-----	OVHSAA
1975	11.50	Smith	-----	SWOSSA
1976	11.90	Workman	-----	EOSSAA
1977	11.50	Wachter	-----	CWOSSA
1978	12.00	Jenkins	-----	TSSAA
1979	11.84	Lucia Jenkins	North Toronto CI	TSSAA
1980	11.41	Karen Nelson	Dr. F.J. Donevan CI	COSSA
1981	11.22	Karen Nelson	Dr. F.J. Donevan CI	COSSA
1982	11.65	Ange Coon	Belle River DHS	SWOSSA
1983	11.49	Donalda Duprey	Saugeen DSS	CWOSSA
1984	11.23	Donalda Duprey	Saugeen DSS	CWOSSA
1985	11.74	Andrea Bacchiochi	Henry Street HS	COSSA
1986	11.94	Jane Roos	Confederation HS	OVHSAA
1987	11.47	Val Beckles	G.A. Wheable	WOSSA
1988	11.56	Heather Korol	Applewood Heights SS	ROPSSAA
1989	11.55	Tracey Higgs	Lasalle SS	EOSSAA
1990	11.61	Tracey Higgs	Lasalle SS	EOSSAA
1991	11.93	Carrie Thompson	Lambton Central CVI	WOSSA
1992	11.73	L. Duffus	Cedarbrae CI	SSSAA
1993	11.82	V. Dyer	R.S. McLaughlin	LOSSA
1994	11.64	J. Robinson	Medway HS	WOSSA
1995	11.73	A. Lebel	Samuel Genest	NCSSAA
1996	11.56	A. Lebel	Samuel Genest	NCSSAA
1997	11.60	Shelley Ann Brown	Dunbarton HS	LOSSA
1998	11.19	Jessica Zelinka	Sir F. Banting	WOSSA
1999	11.69	Stephanie Wenner	Eastwood CI	CWOSSA
2000	11.68	Jessica Czaikowski	St. Thomas Aquinas	GBSSA
2001	11.64	Darcelle McCutcheon	Napanee DSS	NCSSAA
2002	11.71	Frances Keating	E.S. Ste. Marie	NEOAA
2003	11.88	Christie Archer	Elmvale DHS	GBSSA
2004	12.49	Danielle Fonseca	St. Joan of Arc	
2005	11.99	Charelle Anobile	St. Anne CSS	WOSSAA
2006	11.96	Meghan Harris	Sir Frederick Banting	WOSSAA
2007	12.06	Melissa Smith	Pickering HS	LOSSA
2008	11.88	Ashlea Maddex	Rockland	EOSSAA

80 METRE HURDLES - MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	11.90	Summerland	-----	GBSSA
1974	11.60	McLeod	-----	TDIAA
1975	11.90	Jarman	-----	TDIAA
1976	12.10	McLaren	-----	CWOSSA
1977	12.00	Bianco	-----	TDIAA
1978	12.40	Newell	-----	EOSSAA
1979	12.22	Brenda Reid	North Toronto CI	TSSAA
1980	12.21	Heather McKay	White Oaks SS	PHSSAA
1981	11.78	Ange Coon	Belle River DHS	SWOSSA
1982	12.10	Donalda Duprey	Saugeen DSS	CWOSSA
1983	12.25	Ann Bryant	Waterloo CI	CWOSSA
1984	11.98	Lori Kneschewitsch	Stephen Leacock CI	SSSAA
1985	11.90	Val Beckles	G.A. Wheable	WOSSA
1986	12.00	Jackie Gilbert	Agincourt CI	SSSAA
1987	12.38	Karen Welcoome	Dunbarton HS	DYSSAA
1988	12.08	Tracey Higgs	Lasalle SS	EOSSAA
1989	11.82	Dionne Wright	C.W. Jeffery's SS	NY-TD
1990	12.16	Lisa Duffus	R.H. King Academy	SSSAA
1991	11.78	Melissa Dore	Mayfield SS	ROPSSAA
1992	12.17	V. Dyer	R.S. McLaughlin	LOSSA
1993	12.54	D. Bell	Preston	CWOSSA
1994	12.01	A. Smith	John McGregor SS	SWOSSAA
1995	12.31	S.A. Brown	Dunbarton HS	LOSSA
1996	11.29*	Jessica Zelinka	Sir F. Banting	WOSSA
1997	12.25	Stephanie Wenner	Eastwood CI	CWOSSA
1998	11.86	Melanie Lachapelle	E.S. Ste. Marie	NEOAA
1999	11.95	Georgea Richards	Sir W. Laurier	
2000	12.36	Kelly Watson	John F. McGregor	SWOSSAA
2001	12.35	Lisa McCutcheon	Napanee DSS	EOSSAA
2002	12.02	Nikkita Holder	Dunbarton HS	LOSSA
2003	12.42	Britney Mackey	St. Theresa SS	GBSSA
2004	12.39	Julia Tousaw	St. Anne's CSS	WOSSAA
2005	12.49	Amilia DiChiara	St. Robert's HS	YRAA
2006	12.13	Sarah Ferguson	Jacob Hespeler SS	CWOSSA
2007	12.13	Charlotte Crombeen	Mother Teresa	WOSSAA
2008	11.85	Chanice Taylor-Chase	Notre Dame	LOSSA

400 METRE HURDLES (NEW EVENT IN 1982)

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1982	1:01.72	Nicole Ali	Woburn CI	SSSAA
1983	1:01.22	Janice Heard	Medway HS	WOSSA
1984	:59.94	Leanna Stojanovski	East York CI	NY-TD
1985	:59.68	Donalda Duprey	Saugeen DSS	CWOSSA
1986	:59.24	Donalda Duprey	Saugeen DSS	CWOSSA
1987	1:03.43	Lisa Keumeman	Bluevale CI	CWOSSA
1988	1:02.97	Maureen Cinq Mars	A.B. Lucas SS	WOSSA
1989	1:00.48	Maureen Cinc Mars	A.B. Lucas SS	WOSSA
1990	1:03.35	Maureen Cinq Mars	A.B. Lucas SS	WOSSA
1991	1:02.21	Tara Smith	Chatham CI	SWOSSA
1992	1:01.34	N. Getty	Banting	SWOSSA
1993	1:03.10	L. Duffus	Cedarbrae	SSSAA
1994	1:02.64	L. Duffus	Cedarbrae	SSSAA
1995	0:58.65	N. Schmiedt	John Paul II	
1996	0:59.99	Deniece Bell	Preston HS	CWOSSA
1997	1:02.93	Kimberley Demers	O□Gorman HS	NEOAA
1998	1:01.02	Krissy Liphardt	Dunbarton HS	LOSSA
1999	1:01.82	Ruthann Gairdner	Country Day	YRAA
2000	1:01.65	Ruthann Gairdner	Country Day	YRAA
2001	1:03.12	Brianna Fitzpatrick	North Toronto	TDSB
2002	1:02.14	Kim Dillon	St. Anne SS	SWOSSAA
2003	1:01.89	Frances Keating	ES St. Marie	NEOAA
2004	1:00.43	Frances Keating	Timiskaming DSS	NEOAA
2005	1:02.64	Bailey Lewis	North Dundas DHS	
	EOSSAA			
2006	60.84	Sarah Wells	Unionville HS	YRAA
2007	1:00.70	Sarah Wells	Unionville HS	YRAA
2008	1:01.16	Shauna Malek	Sir Frederick Banting	WOSSAA

300 METRE HURDLES (NEW EVENT IN 1990)

JUNIOR / MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1990	44.22	Tara Smith	Chatam CI	SWOSSA
1991	43.22	Lisa Duffus	R.H. King CI	SSSAA

300 METRE HURDLES - MIDGET

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1992	44.67	T. Foster	Barton SS	GHAC
1993	45.30	D. Bell	Preston	CWOSSA
1994	45.28	A. Lebel	Sameul Genest	NCSSAA
1995	45.52	W. Jovanov	Vincent Massey	SWOSSAA
1996	42.74*	Jessica Zelinka	Sir F. Banting	WOSSA
1997	42.46*	Jessica Zelinka	Sir F. Banting	WOSSA
1998	45.67	Melanie Lachapelle	E.S. Ste. Marie	NEOAA
1999	44.73	Amanda Brewer	Barrie Central	GBSSA
2000	43.81	Amanda Brewer	Barrie Central	GBSSA
2001	46.59	Christie Archer	Elmvale DHS	GBSSA
2002	45.65	Amanda Kulikauskas	Etobicoke CI	TDSSAA
2003	45.66	Kailee Marks	Carleton Place HS	EOSSAA
2004	45.12	Danielle Fonseca	St. Joan of Arc	
2005	44.57	Sarah Wells	Unionville HS	YRAA
2006	44.97	Jenelle McCalla	Fr. Leo J. Austin CSS	YRAA
2007	43.94	Kelsey Balkwill	Essex DHS	SWOSSAA
2008	44.69	Kelsey Balkwill	Essex DHS	SWOSSAA

300 METRE HURDLES - JUNIOR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1992	42.39	C. Desjardin	Hillcrest HS	NCSSAA
1993	43.70	N. Schmeidt	John Paul II	
1994	41.66	N. Schmiedt	John Paul II	
1995	43.70	D. Bell	Preston HS	CWOSSA
1996	43.18	A. Lebel	Samuel Genest	NCSSAA
1997	42.40	Krissy Liphardt	Dunbarton HS	LOSSA
1998	44.61	Kate Campbell	Haliburton High	COSSA
1999	44.05	Carol Henry	Parry Sound	GBSSA
2000	43.35	Jessica Czaikowski	St. Thomas Aq.	GBSSA
2001	43.50	Jessica Czaikowski	St. Thomas Aq.	GBSSA
2002	43.39	Frances Keating	E.S. Ste-Marie	NEOAA
2003	44.42	Bailey Lewis	North Dundas DHS	
	EOSSAA			
2004	44.63	Julia Tousaw	St. Anne's CSS	WOSSAA

2005	47.33	Amanda Spriel	Lord Dorchester SS	WOSSAA
2006	45.02	Catherine Farish	Frontenac SS	EOSSAA
2007	44.49	Dylan Barnabe	Earl of March	NCSSAA
2008	44.58	Brittany Lewis	St. Clair	SWOSSAA

400 METRE RELAY - SENIOR

<u>Year</u>	<u>Time</u>	<u>School</u>	<u>Assoc.</u>
1972	50.50	Lord Elgin HS	PHSSAA
1973	50.30	Crestwood SS	COSSA
1974	48.90	Nelson HS	PHSSAA
1975	48.70	Nelson HS	PHSSAA
1976	48.70	Nelson HS	PHSSAA
1977	49.10	Nelson HS	PHSSAA
1978	48.50	Againcourt CI	TDIAA
1979	49.32	Chatham CI	SWOSA
1980	49.25	Woburn CI	TDIAA
1981	49.82	D & M Thompsom CI	TDIAA
1982	50.06	New Liskeard DHS	IAGB
1983	49.49	Assumption	SWOSA
1984	48.06	Dr. N. Bethune CI	SSSAA
1985	48.62	Dr. N. Bethune CI	SSSAA
1986	49.08	Oakwood CI	TSSAA
1987	48.12	Stephen Leacock CI	SSSAA
1988	48.87	Stephen Leacock CI	SSSAA
1989	48.74	C.W. Jefferys SS	NY-TD
1990	48.75	Cameron Heights CI	CWOSA
1991	48.12	Agincourt CI	SSSAA
1992	48.82	Arnprior DHS	EOSSAA
1993	48.00	Agincourt CI	SSSAA
1994	49.09	L□Amoreaux	SSSAA
1995	48.08	Vaughan Road	TRI-CITY
1996	48.14	Vaughan Road	TRI-CITY
1997	48.01	North Albion CI	TRI-CITY
1998	50.18	Dunbarton HS	LOSSA
1999	48.05	Sir F. Banting	WOSSA
2000	49.86	Sir F. Banting	WOSSAA
2001	50.10	Mary Ward CSS	TDCAA
2002	47.91	Mary Ward CSS	TDCAA
2003	47.60 **	Mary Ward CSS	TDCAA
2004	49.77	North Albion CI	TDSSAA
2005	49.49	Holy Names HS	SWOSSAA
2006	48.49	Pope John Paul II	TDCAA
2007	49.18	Mary Ward CSS	TDCAA
2008	47.83	Mary Ward CSS	TDCAA

400 METRE RELAY - JUNIOR

<u>Year</u>	<u>Time</u>	<u>School</u>	<u>Assoc.</u>
1972	52.30	Westmount SS	HIAC
1973	50.70	Nelson HS	PHSSAA
1974	50.30	Vincent Massey SS	SWOSSA
1975	49.70	M.M. Robinson HS	PHSSAA
1976	49.50	Agincourt CI	TDIAA
1977	49.10	Agincourt CI	TDIAA
1978	49.80	North Toronto CI	TSSAA
1979	49.75	North Toronto CI	TSSAA
1980	49.98	T.L. Kennedy SS	PHSSAA
1981	48.79	The Woodlands SS	PHSSAA
1982	50.01	Glebe CI	OVHSAA
1983	48.85	Dr. N. Bethune CI	SSSAA
1984	48.15	Central Tech	TSSAA
1985	49.11	Central Tech	TSSAA
1986	48.98	Stephen Leacock CI	SSSAA
1987	49.19	Cameron Heights CI	CWOSSA
1988	49.08	Cameron Heights CI	CWOSSA
1989	49.53	Agincourt CI	SSSAA
1990	50.32	Milliken Mills HS	DYSSAA
1991	49.05	Milliken Mills HS	DYSSAA
1992	48.67	Agincourt CI	SSSAA
1993	49.24	Westveiw CI	TRI-CITY
1994	50.21	Thousand Islands	EOSSAA
1995	49.91	Sir Allan MacNab	GHAC
1996	49.82	Dunbarton HS	LOSSA
1997	49.29	Dunbarton HS	LOSSA
1998	49.61	Sir F. Banting	WOSSA
1999	48.73	Francis Libermann	TDCAA
2000	48.37	Mary Ward CSS	TDCAA
2001	48.30	Mary Ward CSS	TDCAA
2002	49.70	St. Mary's HS	
2003	50.33	Bayridge SS	EOSSAA
2004	50.55	Pope John Paul II	TDCAA
2005	49.48	Birchmount Park CI	TDSSAA
2006	49.70	Sir Frederick Banting SS	WOSSAA
2007	50.78	Medway HS	WOSSAA
2008	50.52	St.Marguerite D'Youville	ROPSSAA

400 METRE RELAY - MIDGET

<u>Year</u>	<u>Time</u>	<u>School</u>	<u>Assoc.</u>
1973	51.90	Vincent Massey SS	SWOSSA
1974	50.80	Wexford CI	TDIAA
1975	50.00	Againcourt CI	TDIAA
1976	50.70	St. Josephs HS	TDCAA
1977	51.10	North Toronto CI	TSSAA
1978	50.50	Nelson HS	PHSSAA
1979	50.03	Clarkson SS	ROPSSAA
1980	51.07	South Grenville DHS	EOSSAA
1981	50.60	George Harvy CI	TDIAA
1982	50.42	Sir J.A. Macdonald SS	SSSAA
1983	50.69	Stephen Leacock CI	SSSAA
1984	51.46	Stephen Leacock CI	SSSAA
1985	51.19	Dunbarton HS	COSSA
1986	51.02	Vincent Massey SS	SWOSSA
1987	50.52	Dunbarton HS	DYSSAA
1988	51.11	Agincourt CI	SSSAA
1989	50.79	Milliken Mills HS	DYSSAA
1990	50.23	Agincourt CI	SSSAA
1991	50.95	Agincourt CI	SSSAA
1992	50.82	Pearson	SSSAA
1993	50.89	Agincourt CI	SSSAA
1994	52.27	Bramalea SS	ROPSSAA
1995	50.99	Cardinal Carter SS	YRAA
1996	50.09	Sir F. Banting	WOSSA
1997	49.09*	Sir F. Banting	WOSSA
1998	50.56	Pine Ridge SS	LOSSA
1999	51.31	St. Christophers	SWOSSAA
2000	51.79	Northern CIVS	SWOSSAA
2001	52.20	Orangeville SS	CWOSSA
2002	51.01	Mary Ward CSS	TDCAA
2003	50.90	St. Clair SS	SWOSSAA
2004	51.06	Resurrection CSS	CWOSSA
2005	52.10	Sir Edmund Campion HS	ROPSSAA
2006	51.27	Pickering HS	LOSSA
2007	50.33	Pickering HS	LOSSA
2008	50.60	E.L. Crossley	SOSSA

4 X 400 METRE RELAY (NEW EVENT IN 1982)

<u>Year</u>	<u>Time</u>	<u>School</u>	<u>Assoc.</u>
1982	3:56.21	Dr. N. Bethune CI	SSSAA
1983	3:48.81	Dr. N. Bethune CI	SSSAA
1984	3:48.89	Dr. N. Bethune CI	SSSAA
1985	3:50.39	Oakwood CI	TSSAA
1986	3:50.55	Oakwood CI	TSSAA
1987	3:58.70	Cardinal Leger	ROPSSAA
1988	3:58.52	Bluevale CI	CWOSSA
1989	4:01.23	Orillia DCVI	GBSSA
1990	3:55.45	Agincourt CI	SSSAA
1991	3:53.63	Cameron Heights CI	CWOSSA
1992	3:52.01	Agincourt CI	SSSAA
1993	3:59.54	McLaughlin	DYSSAA
1994	3:54.17	Agincourt CI	SSSAA
1995	4:00.08	Vaughan Road CI	TSSAA
1996	3:56.29	A. B. Lucas SS	WOSSA
1997	3:57.44	Sir F. Banting	WOSSA
1998	3:53.88	Sir F. Banting	WOSSA
1999	3:52.86	Mary Ward CSS	TDCAA
2000	3:51.06	Mary Ward CSS	TDCAA
2001	3:50.34	Mary Ward CSS	TDCAA
2002	3:47.35*	Mary Ward CSS	TDCAA
2003	3:53.68	Mary Ward CSS	TDCAA
2004	3:57.68	Our Lady of Lourdes	CWOSSA
2005	3:53.14	Birchmount Park CI	TDSSAA
2006	3:58.22	Fr. Michael Goetz SS	ROPSSAA
2007	3:54.64	Catholic Central	
2008	3:54.13	Resurrection	CWOSSA

1500 METRE STEEPLECHASE

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
2004	5:00.99	Claire Percival	Northern SS	TDSSAA
2005	4:58.07	Lydia Willemse	St. Christopher CHS	SWOSSAA
2006	4:58.45	Kelsie Slater	Grimsby DSS	SOSSA
2007	5:04.80	Kelsie Slater	Grimsby DSS	SOSSA
2008	4:59.26	Haley Cadwallader	Sarnia	SWOSSAA

HIGH JUMP - SENIOR

<u>Year</u>	<u>Height</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	1.55	Meyer	-----	SOSSA
1973	1.63	McKeen	-----	SWOSSA
1974	1.70	Bittner	-----	NOSSA
1975	1.65	Lemaire	-----	IAGB
1976	1.76	Woods	-----	TDCAA
1977	1.70	McLeod	-----	OVHSAA
1978	1.77	Woods	-----	TDCAA
1979	1.88	Julie White	Brampton Cen. SS	ROPSSAA
1980	1.68	Cathy Andres	Niagara District SS	SOSSA
1981	1.72	Linda McCurdy	W.D. Lowe SS	SWOSSA
1982	1.70	Freida Huizing	Lambton Central CVI	WOSSA
1983	1.77	Cathy Murphy	Earl of March SS	NCSSAA
1984	1.78	Cathy Murphy	Earl of March SS	NCSSAA
1985	1.76	Shari Orders	Niagara DSS	SOSSA
1986	1.78	Catherine Bond	Woodstock CI	WOSSA
1987	1.76	Susan Campbell	Loyalist CVI	EOSSAA
1988	1.76	Jennifer McDonald	Stephen Leacock CI	SSSAA
1989	1.70	Sandra Bosnair	St. J.M. Park	TDCAA
1990	1.83	Kerri Chambers	King City SS	DYSSAA
1991	1.80	Kerri Chambers	King City SS	DYSSAA
1992	1.60	J. Wheeler	Grimbsy	
1993	1.80	W. Dykstra	Beacon Christian	SOSSA
1994	1.75	S. Pardy	Bayridge SS	EOSSAA
1995	1.65	N. Laurin	Hawkesbury HS	EOSSAA
1996	1.68	Liz Toman	Elmira DSS	CWOSSA
1997	1.70	Paula Folkes	O'Neill CVS	LOSSA
1998	1.70	Sophie Cardinal	E.S. Ste. Marie	NEOAA
1999	1.74	Jessica Zelinka	Sir F. Banting	WOSSA
2000	1.71	Kristen Matthews	Parkside HS	SOSSA
2001	1.75	Kristen Matthews	Parkside HS	SOSSA
2002	1.73	Pam Klundert	Sandwich SS	SWOSSAA
2003	1.65	Sue Menczel	Huron Heights SS	YRAA
2004	1.75	Leanne Pare	ES Jean Vanier	SOSSA
2005	1.73	Leanne Pare	ES Jean Vanier	SOSSA
2006	1.70	Maddie Buttinger	Resurrection CSS	CWOSSA
2007	1.73	Maddie Buttinger	Resurrection CSS	CWOSSA
2008	1.72	Maddie Buttinger	Resurrection CSS	CWOSSA

HIGH JUMP - JUNIOR

<u>Year</u>	<u>Height</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	1.60	Dietrich	-----	CWOSSA
1973	1.65	Bittner	-----	NOSSA
1974	1.68	White	-----	PHSSAA
1975	1.84	White	-----	PHSSAA
1976	1.65	Stock	-----	WOSSA
1977	1.76	Woods	-----	TDCAA
1978	1.71	Sackfield	-----	GBSSA
1979	1.70	Linda McCurdy	W.D. Lowe SS	SOSSA
1980	1.74	Linda McCurdy	W.D. Lowe SS	SWOSSA
1981	1.71	Debby Martial	Herman E. Fawcett SS	CWOSSA
1982	1.70	Betty Ottenhof	Regiopolis	EOSSAA
1983	1.73	Paula Gilmour	Woburn CI	SSSAA
1984	1.73	Paula Gilmour	Woburn CI	SSSAA
1985	1.79	Lisa Devries	A.B. Lucas SS	WOSSA
1986	1.79	Leanne Madill	Centennial CVI	CWOSSA
1987	1.70	Lee Moore	St. Mary's HS	CWOSSA
1988	1.70	Kerri Chambers	King City SS	DYSSAA
1989	1.76	Kerri Chambers	King City SS	DYSSAA
1990	1.68	Stella Ighorewo	Gloucester HS	NCSSAA
1991	1.71	Wanita Dyskstrz	Beacon Christian Coll.	SOSSA
1992	1.79	S. Pardy	Bayridge	EOSSAA
1993	1.68	S. Pardy	Bayridge	EOSSAA
1994	1.73	S. Gaizuths	St. Elizabeth	
1995	1.65	L. Toman	Elmira DSS	CWOSSA
1996	1.70	S. Dales	Thousand Islands	EOSSAA
1997	1.65	Meghan Vaclavec	London South	WOSSA
1998	1.68	Susan Coltman	Peterborough CI	COSSA
1999	1.69	Shannon O'Hagan	St. Patrick's	SWOSSAA
2000	1.71	Shannon O'Hagan	St. Patrick's	SWOSSAA
2001	1.73	Stefanie Burch	Centennial SS	
2002	1.76	Shelby Aldous	Sandwich SS	SWOSSAA
2003	1.73	Jill Drouin	St. Patrick's HS	SWOSSAA
2004	1.68	Heather Hamilton	St. Aloysius Gonzaga	ROPSSAA
2005	1.70	Maddie Buttinger	Resurrection CSS	CWOSSA
2006	1.60	Michelle Pierce	Vincent Massey SS	SWOSSAA
2007	1.75	Michelle Theophille	Father Leo J. Austin	LOSSA
2008	1.70	Partia Ball	LaSalle	NOSSA

HIGH JUMP - MIDGET

<u>Year</u>	<u>Height</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	1.63	Czirfusz	-----	WOSSA
1974	1.68	Czirfusz	-----	WOSSA
1975	1.70	Woods	-----	TDCAA
1976	1.60	Estwick	-----	OVHSAA
1977	1.68	Vantyghen	-----	CWOSSA
1978	1.73	McCarron	-----	SWOSSA
1979	1.73	Cathy Marjerrison	South Grenville DHS	EOSSAA
1980	1.64	Cathy Murphy	Earl of March SS	NCSSAS
1981	1.68	Ange Coon	Belle River DHS	SWOSSS
1982	1.68	Chris Ignacz	Sir J.A. MacDonald CI	SSSAA
1983	1.65	Lisa Devries	A.B. Lucas SS	WOSSA
1984	1.74	Leanne Madill	Centennial CVI	CWOSSS
1985	1.67	Jane Roos	Confederation HS	OVHSAA
1986	1.60	Becky Coward	Glendale SS	HIAC
1987	1.68	Lisa Kalamaris	Agincourt CI	SSSAA
1988	1.64	Jennifer Doling	Centre Hastings SS	COSSA
1989	1.66	Janet Wheeler	Grimsby DSS	SOSSA
1990	1.68	Catya Mason	E.L. Crossley SS	CWOSSS
1991	1.71	Sarah Pardy	Bayridge SS	EOSSAA
1992	1.61	N. Pickersgill	Kitchener CVI	CWOSSA
1993	1.66	M. Ditsch	Dunnville	SOSSA
1994	1.63	S. Dales	Thousand Islands	EOSSAA
1995	1.63	S. Dales	Thousand Islands	EOSSAA
1996	1.61	A. Cross	Colonel By SS	NCSSAA
1997	1.62	Liz Acarid	Waterloo CI	CWOSSA
1998	1.60	Shannon Ohagan	St. Patrick's SS	SWOSSAA
1999	1.66	Stephanie Burch	Centennial	CWOSSA
2000	1.69	Lindsay DeGroot	St. Christopher	SWOSSAA
2001	1.55	Imola Major	St. Stephen's SS	COSSA
2002	1.65	Stephany Skrba	Langstaff SS	YRAA
2003	1.55	Heather Hamilton	St. Aloysius Gonzaga	ROPSSAA
2004	1.66	Maddie Buttinger	Resurrection CSS	CWOSSA
2005	1.60	Alana Kelly	Cardinal Carter HS	YRAA
2006	1.66	Brittany Hopley	Thornlea SS	YRAA
2007	1.58	Ashlea Maddex	Rockland DHS	EOSSAA
2008	1.66	Rachel Romu	St. Ignatius	NWOSSAA

LONG JUMP - SENIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	5.00	Gooch	-----	TDIAA
1973	5.54	McGowan	-----	WOSSA
1974	5.58	Bennett	-----	TDIAA
1975	5.38	Gummeson	-----	---
1976	5.60	Woods	-----	TDCAA
1977	5.40	Coffey	-----	TDCAA
1978	5.44	Woods	-----	TDCAA
1979	5.69	Julie White	Brampton Central SS	PHSSAA
1980	5.61	Lynn Meddick	Lorne Park SS	ROPSSAA
1981	5.76	Ruth Pugh	Lord Dorchester SS	WOSSA
1982	6.09	Karen Nelson	Dr. F.J. Donevan CI	COSSA
1983	5.94	Karen Nelson	Dr. F.J. Donevan CI	COSSA
1984	5.81	Donna Smellie	T.L. Kennedy SS	PHSSAA
1985	5.64	Keron Hamilton	Burlington Central HS	HIAC
1986	6.21	Keron Hamilton	Burlington Central HS	HIAC
1987	5.69	Tammy Staple	Centennial SS	COSSA
1988	5.76	Tammy Staple	Centennial SS	COSSA
1989	5.85	Heather Korol	Applewood Heights SS	ROPSSAA
1990	5.55	Camille Johnson	The Woodlands SS	ROPSSAA
1991	5.80	Nichole Devonish	Bowmanville HS	DYSSAA
1992	5.39	K. Dykyhorn	East Elgin	
1993	5.16	S. Cohen	Brockton	
1994	5.95	T. Radoski	Roland Michener SS	IAGB
1995	5.50	V. Dyer	R.S. McLaughlin	LOSSA
1996	5.61	L. Wesseling	Delhi DSS	CWOSSA
1997	5.75	Lisa Bonser	St. Mary's HS	
1998	5.83	Alice Falaiye	Bramalea SS	ROPSSAA
1999	5.44	Jackie Moore	W. F. Herman	SWOSSAA
2000	5.75	Melanie Lachapelle	E.S. Ste. Marie	NEOAA
2001	6.11	Melanie Lachapelle	E.S. Ste. Marie	NEOAA
2002	5.72	Sabrina Notarangelo	St. Anne SS	SWOSSAA
2003	5.56	Sarah Nelson	Northern CIVS	SWOSSAA
2004	5.59	Lacey VanderMarel	Orchard Park SS	SOSSA
2005	5.70	Alecia Stewart	Bramalea SS	ROPSSAA
2006	5.83	Alecia Stewart	Bramalea SS	ROPSSAA
2007	5.67	Karelle Edwards	De La Salle	CISAA
2008	5.66	Karelle Edward	De La Salle	CISAA

LONG JUMP – JUNIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	5.09	Johnson	-----	CWOSSA
1973	5.61	Gummeson	-----	EOSSAA
1974	5.82	Bryant	-----	PHSSAA
1975	5.76	Summerland	-----	GBSSA
1976	5.87	Coffey	-----	TDCAA
1977	5.55	Woods	-----	TDCAA
1978	5.43	Lessard	-----	SOSSA
1979	5.75	Ruth Pugh	Lord Dorchester SS	WOSSA
1980	5.76	Ruth Pugh	Lord Dorchester SS	WOSSA
1981	6.13	Nicole Ali	Woburn CI	TDIAA
1982	5.44	Sheila Ivan	Assumption College	SWOSSA
1983	5.76	Chris Ignacz	Sir J.A. MacDonald CI	SSSAA
1984	5.45	Chris Ignacz	Sir J.A. MacDonald CI	SSSAA
1985	5.66	Catherine Bond	Woodstock CI	WOSSA
1986	5.81	Mary Ann Bull	Walkerville SS	SWOSA
1987	5.39	Marilyn Grant	St. Lawrence HS	EOSSAA
1988	5.49	Sandra Douglas	Morningstar SS	PHSSAA
1989	5.75	Melissa Harriott	Earl Haig SS	NY-TD
1990	5.45	Nichole Devonish	Bowmanville HS	DYSSAA
1991	5.68	Trina Radke	Roland Michener SS	IAGB
1992	5.69	D. Frose	Loyalist CVI	EOSSAA
1993	5.59	D. Frose	Loyalist CVI	EOSSAA
1994	5.41	T. Falcone	Father Redmond	TDCAA
1995	5.52	A. Falaiye	Bramalea SS	ROPSSAA
1996	5.42	A. Falaiye	Bramalea SS	ROPSSAA
1997	5.75	Alayne Miller	Dr. Donevan	LOSSA
1998	5.63	Jessica Zelinka	Sir F. Banting	WOSSA
1999	5.91	Candice Wilkey	Elmvale DHS	GBSSA
2000	5.43	Grace Vela	Oakdale CI	TSSAA
2001	5.37	Sarah Nelson	Northern CIVS	SWOSSAA
2002	5.69	Sarah Nelson	Northern CIVS	SWOSSAA
2003	5.25	Shelby Aldous	Sandwich SS	SWOSSAA
2004	5.44	Aylisa McLeish	Bramalea SS	ROPSSAA
2005	5.27	Jaime Gittens	Wallaceburg DSS	SWOSSAA
2006	5.48	Catherine Okoukoni	Cardinal Carter SS	
2007	5.47	Maria Tyumkin	Langstaff SS	YRAA
2008	5.58	Caroline Ehrhardt	Espanola	NOSSA

LONG JUMP - MIDGET

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	5.56	Summerland	-----	GBSSA
1974	5.43	Kee	-----	TDIAA
1975	5.28	Woods	-----	TDCAA
1976	5.29	Costea	-----	SWOSSA
1977	5.43	Costea	-----	SWOSSA
1978	5.46	Costea	-----	SWOSSA
1979	5.88	Nichole Ali	Woburn CI	TDIAA
1980	4.93	Sheila Ivan	Assumption	SWOSSA
1981	5.41	Christine Ignacz	Sir J.A. MacDonald CI	SSSAA
1982	5.62	Christine Ignacz	Sir J.A. MacDonald CI	SSSAA
1983	5.41	Althea Thomas	Central Tech	TSSAA
1984	5.25	Mary Ann Bull	Walkerville SS	SWOSSA
1985	5.33	Kristen Fry	Woburn CI	SSSAA
1986	5.39	Kristen Fry	Woburn CI	SSSAA
1987	5.37	Colleen Bonfield	South Carlton HS	OVHSSAA
1988	5.68	Beckie Wright	Caledonia HS	SOSSA
1989	5.37	Kim Dykehoorn	East Elgin SS	WOSSA
1990	5.19	Tawna Gurchin	Glencoe DHS	WOSSA
1991	5.30	Danielle Froese	Loyalist CVI	EOSSAA
1992	5.23	C. Scott	Thousand Islands SS	EOSSAA
1993	5.20	T. Turnbull	Frontenac	EOSSAA
1994	5.28	K. Tan	Kingsville DHS	SWOSSAA
1995	5.39	O. Atogwe	Riverside SS	SWOSSAA
1996	5.76*	Jessica Zelinka	Sir F. Banting	WOSSA
1997	5.26	Amy Herrew Ynen	Simcoe CS	CWOSSA
1998	5.26	Melanie Lachapelle	E.S. Ste. Marie	EOSSAA
1999	5.07	Lindsay Degroot	St. Christopher's	SWOSSAA
2000	5.57	Sarah Nelson	Northern CIVS	SWOSSAA
2001	4.90	Natoya Whittingham	Michael Power/St. Joseph	TDCAA
2002	4.97	Sonya Donovan	North Middlesex DHS	WOSSAA
2003	5.08	Aylisa McLeish	Bramalea SS	ROPSSAA
2004	4.97	Natashia Williams	Englehart HS	NEOAA
2005	5.15	Ricole Roeder	Waterloo CI	CWOSSA
2006	5.26	Jenna Bailey	Kincardine DSS	CWOSSA
2007	5.25	Katie Flemington	Centennial	
2008	5.49	Chanice Taylor-Chase	Notre Dame	LOSSA

TRIPLE JUMP - SENIOR

*** New event for girls in 1988**

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1988	11.72	J. McDonald	Stephen Leacock CI	SSSAA
1989	12.23	Emily Rudan	St. Paul HS	SOSSA
1990	11.39	C. Johnson	The Woodlands SS	ROPSSAA
1991	11.98	C. Wilson	St. Matthew HS	NCSSAA
1992	11.89	K. Dykhorn	East Elgin SS	WOSSA
1993	11.99	K. Dykhorn	East Elgin SS	WOSSA
1994	12.23	C. Shadd	Grand River	CWOSSA
1995	11.47	C. Reid	Our Lady of Mount Carmel	ROPSSAA
1996	11.84	Monique Haan	London District	WOSSA
1997	11.85	Sharon Rose	Central Tech	TSSAA
1998	11.33	Yolisa Lawrence	Bishop Strachan	TDCAA
1999	11.65	Heather Loree	Burlington HS	GHAC
2000	12.25	Colleen Ramharak	Oakwood CI	TSSAA
2001	12.05	Kerri Ann Mitchell	Pine Ridge SS	LOSSA
2002	11.24	Courtney Stewart	St. Thomas of Villanova	SWOSSAA
2003	11.82	Mary Egbo-Egbo	Sinclair SS	LOSSA
2004	11.78	Carly Youlton	John McGregor SS	SWOSSAA
2005	11.56	Victoria Merrill	Orangeville DSS	CWOSSA
2006	11.67	Jamie Gittens	Wallaceburg DSS	SWOSSAA
2007	12.06	Jaideene Lowe	Runnymede CI	TDSSAA
2008	12.14	Jaideene Lowe	Runnymede CI	TDSSAA

TRIPLE JUMP - JUNIOR

*** New event for girls in 1988**

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1988	11.39	Marnie Gorman	Thousand Islands SS	EOSSAA
1989	11.36	Jen Scott	Acton DHS	GHAC
1990	11.48	Kim Dykxhoorn	East Elgin SS	WOSSA
1991	11.96	Kim Dykxhoorn	East Elgin SS	WOSSA
1992	12.02	F. Sealy	Agincourt CI	SSSAA
1993	11.84	C. Shadd	Grand River	CWOSSA
1994	11.40	M. Haan	London District	WOSSA
1995	11.80	M. Haan	London District	WOSSA
1996	11.68	S. Dales	Thousand Islands	EOSSAA
1997	11.13	Alayne Miller	Dr. Donevan	LOSSA
1998	11.79	Colleen Ramharak	North Toronto	TSSAA
1999	12.21	Candice Wilkey	Elmvale DHS	GBSSA
2000	11.55	Kerriann Mitchell	Pine Ridge SS	LOSSA
2001	11.37	Courtney Stewart	St. Thomas of Villanova	SWOSSAA
2002	12.36*	Tabia Charles	Pine Ridge SS	LOSSA
2003	10.98	Carly Youlton	John McGregor SS	SWOSSAA
2004	10.94	Tanya Simard	Algonquin	
2005	11.65	Jaime Gittens	Wallaceburg DSS	SWOSSAA
2006	11.09	Catherine Okoukoni	Cardinal Carter SS	
2007	11.68	Alana Stewart	Etobicoke CI	TDSSAA
2008	12.04	Caroline Ehrhardt	Espanola	NOSSA

TRIPLE JUMP - MIDGET

*** New event for girls in 1988**

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1988	10.80	Sharon Askes	F.E. Madill SS	WOSSA
1989	11.36	Kubet Weston	Tillsonburg HS	WOSSA
1990	11.24	Francis Sealy	Agincourt CI	SSSAA
1991	11.80	Crystal Shadd	Grand River CI	CWOSSA
1992	11.16	S. Gibson	Sir James Dunn CV	NOSSA
1993	10.74	M. Hann	London Christian	WOSSA
1994	11.22	S. Dales	Thousand Islands	EOSSAA
1995	11.09	S. Dales	Thousand Islands	EOSSAA
1996	11.47	M. Macdonald	Pearson	
1997	11.35	Sonia Beauchamp	Trenton HS	COSSA
1998	11.03	Lori Silver	Lawrence Park	TSSAA
1999	10.89	Courtney Stewart	St. Thomas of Villanova	SWOSSAA
2000	11.80	Tabia Charles	Pine Ridge SS	LOSSA
2001	11.15	Carly Youlton	John McGregor SS	SWOSSAA
2002	11.03	Thandi Vela	Oakwood CI	TDSSAA
2003	11.12	Lacey VanDerMarel	Orchard Park	SOSSA
2004	11.06	Jaime Gittens	Wallaceburg DSS	SWOSSAA
2005	10.53	Katie Kaiser	Saunders SS	WOSSAA
2006	10.90	Emma Dobson	Opeongo HS	NCSSAA
2007	11.62	Katie Flemington	Centennial	
2008	11.23	Rachel Romu	St. Ignatius	NWOSSAA

SHOT PUT - SENIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	9.48	Gerow	-----	COSSA
1973	11.87	Finlin	-----	NWOSSA
1974	11.46	Maniago	-----	WOSSA
1975	11.92	Fraser	-----	OVHSAA
1976	13.99	Hauch	-----	EOSSAA
1977	12.45	Becker	-----	CWOSSA
1978	12.53	Jack	-----	SWOSSA
1979	13.12	Aileen Jack	Chatham-Kent SS	SWOSSA
1980	13.75	Cindy Crapper	Sandwich SS	SWOSSA
1981	12.11	Monique Caraeau	Barrie North CI	GBSSA
1982	13.02	Liz Polyak	North Park SS	CWOSSA
1983	12.10	Margo Verlaan	Forest Heights CI	CWOSSA
1984	13.96	Joanne Rothery	T.L. Kennedy SS	SWOSSA
1985	13.34	Maria Venier	Brebeuf College	HIAC
1986	14.28	Maria Venier	Brebeuf College	HIAC
1987	13.46	Michelle Brotherton	Birchmount Park	SSSAA
1988	13.02	Tashlyn Chase	W.D. Lowe SS	SWOSSA
1989	12.32	Joanne Archambault	Franco-Cite ES	NOSSA
1990	12.53	Irene Oeffling	Orillia DCVI	GBSSA
1991	12.96	Nana Kwabi	F.J. Brennan HS	SWOSSA
1992	13.38	B. Sparboom	Brock	
1993	12.61	K. Pearce	Lakefield District	COSSA
1994	12.99	T. McDonald	General Amherst	SWOSSAA
1995	12.22	T. McDonald	General Amherst	SWOSSAA
1996	13.63	Liz Toman	Elmira DSS	CWOSSA
1997	13.66	Liz Toman	Elmira DSS	CWOSSA
1998	13.09	Lianne Combe	Simcoe CS	CWOSSA
1999	12.55	Lianne Coombe	Simcoe CS	CWOSSA
2000	12.60	Laura Evans	Kincardine DSS	CWOSSA
2001	13.09	Angela Machaj	Cardinal Newman CS	
2002	12.41	Daisy VanRavenswaay	Cayuga SS	SOSSA
2003	14.04	Sultana Frizell	Perth & District CI	EOSSAA
2004	13.60	Meagan Weaver	A.B. Lucas SS	WOSSAA
2005	13.48	Kaitlyn Andrews	Acton DHS	GHAC
2006	13.18	Kaitlyn Andrews	Acton DHS	GHAC
2007	12.29	Caitlin Vandodewaard	Renfrew CI	EOSSAA
2008	13.02	Catlin Vandodewaard	Renfrew CI	EOSSAA

SHOT PUT - JUNIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	9.77	Atkinson	-----	COSSA
1973	11.27	Barker	-----	PHSSAA
1974	11.96	Ashcroft	-----	TDIAA
1975	11.42	Hauch	-----	EOSSAA
1976	11.39	Becker	-----	CWOSSA
1977	12.03	Wirkowski	-----	----
1978	11.30	Laubach	-----	----
1979	13.26	Cindy Crapper	Sandwich SS	SWOSSA
1980	11.88	Liz Polyak	North Park CVS	CWOSSA
1981	12.25	Joanne Rothery	T.L. Kenedy SS	PHSSAA
1982	12.62	Joanne Rothery	T.L. Kenedy SS	PHSSAA
1983	13.28	Joanne Rothery	T.L. Kenedy SS	PHSSAA
1984	12.10	Michelle Brotherton	Orillia DCVI	GBSSA
1985	13.00	Michelle Brotherton	Orillia DCVI	GBSSA
1986	11.61	Nana Robinson	Frontenac SS	EOSSAA
1987	12.76	Nana Robinson	Frontenac SS	EOSSAA
1988	12.74	Julie Elders	John McGregor SS	SWOSSA
1989	12.49	Irene Oeffling	Orillia DCVI	GBSSA
1990	12.70	Nana Kwabi	F.J. Brennan HS	SWOSSA
1991	12.71	Binky Sparboom	Brock HS	DYSSAA
1992	11.25	S. Spackman	MM Robinsom	
1993	12.51	T. MacDonald	General Amherst	SWOSSA
1994	11.51	J. Lisle	Madill SS	WOSSA
1995	11.93	L. Toman	Elmira DSS	CWOSSA
1996	11.61	T. Haughton	Hill Park	GHAC
1997	12.35	Angela Smith	Galt CVI	CWOSSA
1998	11.16	Laura Evans	Kincardine DSS	CWOSSA
1999	12.43	Laura Evans	Kincardine DSS	CWOSSA
2000	11.50	Lora Dunster	Athens DHS	EOSSAA
2001	13.93	Sultana Frizell	Perth & District CI	EOSSAA
2002	14.35	Sultana Frizell	Perth & District CI	EOSSAA
2003	13.60	Meghan Weaver	A. B. Lucas SS	WOSSAA
2004	12.31	Kaitlyn Andrews	Acton DHS	GHAC
2005	10.59	Preet Dhillon	Abbey Park HS	GHAC
2006	10.87	Christine Hyde	St. Augustine SS	YRAA
2007	11.41	Julie Sleeth	Sydenham HS	EOSSAA
2008	11.31	Wumi Agunbiade	Dunbarton	LOSSA

SHOT PUT - MIDGET

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	9.80	Ashcroft	-----	TDIAA
1974	9.84	Dwyer	-----	PHSSAA
1975	10.10	Maurice	-----	GBSSA
1976	9.72	Maurice	-----	GBSSA
1977	11.43	Crapper	-----	SWOSSA
1978	10.39	Cadeau	-----	GBSSA
1979	11.78	Liz Polyak	North Park CVS	CWOSSA
1980	10.83	Karen Bartnik	Vincent Massey SS	WOSSA
1981	12.25	Joanne Rothery	T.L. Kennedy SS	PHSSAA
1982	10.69	Abby Watkins	Hon W.C. Kennedy SS	SWOSSA
1983	10.67	Nicole Delmage	Etobicoke Arts	TDIAA
1984	10.79	Liz Marskell	St. Thomas More	HIAC
1985	10.87	Jackie Elders	John McGregor SS	SWOSSA
1986	11.27	Jackie Elders	John McGregor SS	SWOSSA
1987	11.09	Christine Melany	St. Peter's SS	COSSA
1988	11.36	Nana Kwabi	F.J. Brennan HS	SWOSSA
1989	11.41	Binky Sparboom	Brock HS	DYSSAA
1990	11.25	Lynda Harkness	F.E. Madill SS	WOSSA
1991	10.92	Tina MacDonald	General Amherst DHS	SWOSSA
1992	10.82	K. Pepper	Sarnia CI	
1993	11.23	T. Sutton-Brown	Markham DHS	DYSSAA
1994	11.22	M. Lisle	Madill SS	WOSSA
1995	10.50	J. Langlois	Catholic Central	WOSSA
1996	10.76	L. Evans	Kincardine DSS	CWOSSA
1997	11.85	Laura Evans	Kincardine DSS	CWOSSA
1998	10.39	Jennifer Johnstone	Chatham Kent	SWOSSAA
1999	11.09	Sultana Frizell	Perth DSS	EOSSAA
2000	13.61	Sultana Frizell	Perth DCI	EOSSAA
2001	10.54	Meghan Weaver	A. B. Lucas SS	WOSSAA
2002	10.61	Chantelle John	Agincourt CI	TDSSAA
2003	10.96	Kaitlyn Andrews	Acton DHS	GHAC
2004	9.96	Preet Dhillon	Queen Elizabeth Park SS	GHAC
2005	10.41	Susan Du	Unionville HS	YRAA
2006	10.71	Jessi Pilling	Sir Frederick Banting SS	WOSSAA
2007	10.24	Eulleasha Thompson	Silverthorn CI	TDSSAA
2008	10.36	Jill Van Dame	Bluevale	CWOSSA

JAVELIN - SENIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	31.88	Paulocik	-----	COSSA
1973	---	-----	-----	---
1974	41.72	Chitova	-----	SWOSSA
1975	41.58	Walsh	-----	OVHSAA
1976	41.22	Gibson	-----	EOSSAA
1977	39.74	Jackman	-----	GBSSA
1978	43.94	Kokkola	-----	SWOSSA
1979	41.76	Lori Kokkola	Riverside SS	SWOSSA
1980	44.80	Cindy Crapper	Sandwich SS	SWOSSA
1981	46.92	Martha Hart	Saunders SS	WOSSA
1982	43.22	Lindy Monohan	West Toronto SS	TSSAA
1983	45.18	Fay Roblin	Prince Edward CI	COSSA
1984	48.28	Cheryl Coker	Carleton Place HS	EOSSAA
1985	42.16	Sylvia Gould	Opeongo HS	EOSSAA
1986	49.48	Louise Perreault	Arnprior DHS	EOSSAA
1987	46.86	Louise Perreault	Arnprior DHS	EOSSAA
1988	40.06	Tashlyn Chase	W.D. Lowe SS	SWOSA
1989	45.30	Kathy Doughty	Barrie North CI	GBSSA
1990	43.38	Margarite Griffiths	F.J. Brennan HS	SWOSA
1991	49.34	Valerie Tulloch	Forest Hill CI	TSSAA
1992	44.78	C. Reid	Ridgeway	
1993	39.66	M. Van Cedar	Milton	GHAC
1994	41.32	M. Vancedar	Milton	GHAC
1995	38.90	A. Lojewski	F. J. Brennan	SWOSSAA
1996	39.90	Tanya Dowding	White Pines	NOSSA
1997	43.90	Andrea Bulat	F. J. Brennan	SWOSSAA
1998	46.20	Vicki Webb	Galt CVI	CWOSSA
1999	45.48	Deanna Zelinka	Sir F. Banting	WOSSA
2000	40.88	Cathy Ingalls	Cameron Heights	CWOSSA
2001	39.90	Amy Dodge	Strathroy DCI	WOSSAA
2002	44.07	Andi Bunko	Sir Wilfrid Laurier	
2003	43.42	Andi Bunko	Sir Wilfrid Laurier	
2004	46.37	Vanessa Roelofsen	Norwell DSS	CWOSSA
2005	43.00	Beth Wachna	Holy Names HS	SWOSSAA
2006	42.34	ethanie Wachna	Holy Names HS	SWOSSAA
2007	45.17	Melissa Fraser	Erin DHS	CWOSSA
2008	46.41	Alanna Kovacs	St.Joseph's	GBSSA

JAVELIN - JUNIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	32.34	Redd	-----	COSSA
1973	---	-----	-----	---
1974	---	-----	-----	---
1975	---	-----	-----	---
1976	43.52	Smallwood	-----	CWOSSA
1977	41.56	MacKichan	-----	WOSSA
1978	42.19	Maxwell	-----	CWOSSA
1979	45.58	Cindy Crapper	Sandwich SS	SWOSSA
1980	45.42	Martha Hart	Saunders SS	WOSSA
1981	35.98	Darlene Pratt	Saunders SS	WOSSA
1982	38.54	Patti Storozuk	White Pines CVS	NOSSA
1983	41.02	Michelle Vanbrtgen	Saunders SS	WOSSA
1984	43.34	Louise Perreault	Arnprior DHS	EOSSAA
1985	39.16	Paula Robinson	J. Diefenbaker SS	CWOSSA
1986	42.48	Tashlyn Chase	W.D. Lowe SS	SWOSSA
1987	39.72	Kathy Doughty	Barrie North CI	GBSSA
1988	41.14	Kathy Doughty	Barrie North CI	GBSSA
1989	46.60	Margarite Griffiths	F.J. Brennan HS	SWOSSA
1990	43.68	Julie Malenfawt	Villa Francaise	NOSSA
1991	41.36	Sandy Hustler	Cobourg DCI East	COSSA
1992	42.40	M. Vancedar	Milton	GHAC
1993	36.26	K. Geiger	Oakridge	WOSSA
1994	37.00	A. Portner	Branksome Hall	TDCAA
1995	40.46	A. Bulat	F. J. Brennan	SWOSSAA
1996	42.78	A. Bulat	F. J. Brennan	SWOSSAA
1997	40.16	Meredith Pope	Holy Names	SWOSSAA
1998	41.26	Ginny Warner	Eastview SS	GBSSA
1999	42.76	Danielle Gerard	F. J. Brennan	SWOSSAA
2000	37.96	Jessica Moffat	L'Heritage	NOSSA
2001	38.75	Sarah Kish	St. Francis Xavier	ROPSSAA
2002	43.29	Sultana Frizzell	Perth & District CI	EOSSAA
2003	41.65	Elaine Dumas	Bluevale CI	CWOSSA
2004	40.24	Beth Wachna	Holy Names HS	SWOSSAA
2005	38.40	Mandy Mitchell	Eastview SS	GBSSA
2006	37.86	Samantha Officer	John Diefenbaker SS	CWOSSA
2007	36.77	Brittany Hicks	Saltfleet HS	SOSSA
2008	38.39	Brooke McCurdy	Crestwood	COSSA

JAVELIN - MIDGET

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1976	37.16	Dmydruk	-----	SOSSA
1977	34.20	Crapper	-----	SWOSSA
1978	40.36	Hart	-----	WOSSA
1979	34.98	Wanda Wilson	Brantford CVI	CWOSSA
1980	40.02	Darcy Bett	Branksome Hall	TDCAA
1981	35.98	Darlene Pratt	Saunders SS	WOSSA
1982	35.20	Karen Pronk	Brock HS	DYSSAA
1983	36.96	Louise Perreault	Arnprior DHS	EOSSAA
1984	31.90	Val Simpson	Bluevale CI	CWOSSA
1985	35.14	Becky Smith	Hillcrest HS	NWOSSA
1986	35.70	Kathy Doughty	Barrie North CI	CWOSSA
1987	34.72	Lori Kraemer	Sacred Heart HS	SWOSSA
1988	37.94	Nana Kwabi	F.J. Brennan HS	GBSSA
1989	36.84	Cherlyn Barber	Banting Memorial HS	GHAC
1990	37.24	Marsha Vancedar	Milton DHS	SWOSSA
1991	34.14	Amy Lowjewski	F.J. Brennan HS	GBSSA
1992	30.96	T. Dowding	White Pines CS	NOSSA
1993	34.68	C. Hustler	Cobourg East	COSSA
1994	34.82	M. Popp	Holy Names	SWOSSAA
1995	41.24*	M. Popp	Holy Names	SWOSSAA
1996	33.42	L. Evans	Kincardine DSS	CWOSSA
1997	39.20	Danielle Girard	F. J. Brennan	SWOSSAA
1998	35.96	Laura Parks	General Amherst	SWOSSAA
1999	36.10	Katrina Klemp	Listowell DSS	WOSSA
2000	38.80	Sultana Frizell	Perth DCI	EOSSAA
2001	34.42	Krista Switzer	Holy Names HS	SWOSSAA
2002	35.59	Sara Collins	Fellowes HS	EOSSAA
2003	40.95	Sara Collins	Fellowes HS	EOSSAA
2004	37.08	Kaley Powers	Kingston CVI	EOSSAA
2005	34.94	Brittany Hedderson	St. Anne's CSS	
2006	33.22	C. Humphreys	St. Patrick SS	
2007	36.91	Karleigh Parker	College Avenue SS	WOSSAA
2008	34.26	Gina Murray	F.E. Madill	WOSSAA

DISCUS - SENIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	32.15	Bolstad	-----	SOSSA
1973	39.20	Finlan	-----	SWOSSA
1974	33.24	Miller	-----	CWOSSA
1975	36.22	MATher	-----	SOSSA
1976	39.60	Hauch	-----	EOSSAA
1977	38.10	Hilko	-----	SOSSA
1978	38.36	Taylor	-----	COSSA
1979	41.42	Aileen Jack	Chatham-Kent SS	SWOSSA
1980	42.90	Cindy Crapper	Sandwich SS	SWOSSA
1981	43.32	Maria Bassakyros	East York CI	TDIAA
1982	43.26	Liz Polyak	North Park CVS	CWOSSA
1983	41.06	Ornella Cavašin	T.L. Kennedy SS	PHSSAA
1984	44.64	Ornella Cavašin	T.L. Kennedy SS	PHSSAA
1985	39.26	Francis Jensen	Hillcrest HS	NWOSSA
1986	47.62	Michelle Brotherton	Birchmount CI	SSSAA
1987	47.62	Michelle Brotherton	Birchmount CI	SSSAA
1988	42.54	Heather Quick	Riverside SS	WOSSA
1989	41.42	Anna Sakasov	F.E. Madill SS	WOSSA
1990	38.94	Tracey Viggers	Dr. G.W. Williams SS	DYSSAA
1991	37.10	Averil McCann	Medway HS	WOSSA
1992	39.00	B. Wright	Norwell	
1993	53.66	J. Tunks	Banting	WOSSA
1994	40.76	T. McDonald	General Amherst	SWOSSAA
1995	41.76	T. McDonald	General Amherst	SWOSSAA
1996	41.52	Erin Sepic	Religiopolis Notre-Dame	EOSSAA
1997	42.72	Susan Fletcher	Ridgeway-Crystal	SOSSA
1998	39.00	Magda Wierus	Holy Name	SWOSSAA
1999	40.06	Lianne Coombe	Simcoe CS	CWOSSA
2000	40.96	Angela Machaj	Dennis Morris	SOSSA
2001	43.46	Angela Machaj	Cardinal Newman CS	GHAC
2002	44.46	Daisy VanRavenswaay	Cayuga SS	SOSSA
2003	43.91	Sultana Frizzell	Perth & District CI	EOSSAA
2004	44.38	Meghan Weaver	A.B. Lucas SS	WOSSAA
2005	41.25	Kaitlyn Andrews	Acton DHS	GHAC
2006	43.04	Kaitlyn Andrews	Action DHS	GHAC
2007	42.41	Caitlin Vandodewaard	Renfrew CI	EOSSAA
2008	43.65	Caitlin Vandodewaard	Renfrew CI	EOSSAA

DISCUS - JUNIOR

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1972	32.48	Ogden	-----	PHSSAA
1973	36.94	Baker	-----	PHSSAA
1974	34.90	Chitovas	-----	SWOSSA
1975	33.64	Roy	-----	IAGB
1976	38.26	Taylor	-----	COSSA
1977	37.16	Nicholis	-----	CWOSSA
1978	40.06	Davies	-----	HIAC
1979	41.74	Cindy Crapper	Sandwich SS	SWOSSA
1980	41.00	Liz Polyak	North Park CVS	CWOSSA
1981	35.88	Alison Bodnar	Sir J. Dunn CVS	NOSSA
1982	39.36	Ornella Cavašin	T.L. Kennedy SS	PHSSAA
1983	38.20	Joanne Rothery	T.L. Kennedy SS	PHSSAA
1984	38.10	Carolyn Cotter	Birchmount Park CI	SSSAA
1985	41.22	Michelle Brotherton	Orillia DCVI	GBSSA
1986	35.50	Liz Marskell	St. Thomas Mills SS	HIAC
1987	40.04	Heather Quick	Riverside SS	WOSSA
1988	42.12	Anna Sakasov	F.E. Madill SS	WOSSA
1989	39.92	Tracey Viggers	Dr. G.W. Williams SS	DYSSAA
1990	35.74	Suzanne Claude	Glengarry DHS	EOSSAA
1991	37.64	Lynda Harknes	F.E. Madill SS	WOSSA
1992	38.94	L. Harkness	F.E. Madill SS	WOSSA
1993	38.70	T. MacDonald	General Amherst	SWOSSA
1994	40.48	J. Lisle	F. E. Madill SS	WOSSA
1995	36.44	S. Fletcher	Ridgeway-Crystal	SOSSA
1996	37.42	Mary Lisle	F. E. Madill SS	WOSSA
1997	40.26	Jenn Langlois	Catholic Central	WOSSA
1998	40.30	Christina Taouil	Cardinal Carter	
1999	40.40	Rebecca Blane	Medway HS	WOSSA
2000	41.07	Jennifer Johnston	Chatham-Kent	CWOSSA
2001	41.75	Daisy VanRavenswaay	Cayuga SS	SOSSA
2002	43.39	Sultana Frizzell	Perth & District CI	EOSSAA
2003	42.63	Meghan Weaver	A. B. Lucas SS	WOSSAA
2004	36.78	Kerissa VanAmersfoort	F.E. Madill SS	WOSSAA
2005	39.25	Amy Town	Orillia DCVI	GBSSA
2006	35.88	Alanna Kovacs	St. Joseph's HS	
2007	34.25	Jessica Pilling	Sir Frederick Banting	WOSSAA
2008	38.64	Katie Klodnicki	Grimsby	SOSSA

DISCUS - MIDGET

<u>Year</u>	<u>Distance</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
1973	28.60	Lindley	-----	PHSSAA
1974	30.24	McKnight	-----	IAGB
1975	32.50	Dwhytie	-----	TDIAA
1976	33.22	Ghattas	-----	TDIAA
1977	31.64	Kruger	-----	CWOSSA
1978	34.40	Sawyer	-----	COSSA
1979	40.78	Liz Polyak	North Park CVS	CWOSSA
1980	32.20	Ornella Cavasin	T.L. Kennedy SS	PHSSAA
1981	35.88	Alison Bodnairine	Sir James Dunn CVS	NOSSA
1982	31.70	Jennifer Woodf	Woodroffe HS	NCSSA
1983	35.08	Laurie Bigras	New Liskeard DHS	IAGB
1984	34.46	Liz Marskell	St. Thomas More	HIAC
1985	40.48	Heather Quick	Riverside SS	WOSSA
1986	35.04	Anna Sakasov	F.E. Madill SS	WOSSA
1987	31.70	Susan Muller	Dunnville	SOSSA
1988	33.88	Michelle Kaske	Etobicoke	TDIAA
1989	35.54	Lynda Harkness	F.E. Madill	WOSSA
1990	36.12	Lynda Harkness	F.E. Madill	WOSSA
1991	33.40	Alda Ladouceur	Renfrew CI	EOSSAA
1992	34.10	J. Lisle	F.E. Madill	WOSSA
1993	30.36	K. Butler	E.S.R. Hawksbury	EOSSAA
1994	31.50	M. Lisle	F.E. Madill	WOSSA
1995	30.44	J. Langlois	Catholic Central	WOSSA
1996	30.18	D. Hannemann	Port Credit	ROPSSAA
1997	32.40	Isabel Griffith	Saugeen DSS	CWOSSA
1998	33.88	Danielle Sabourin	St. Christopher	SWOSSAA
1999	33.24	Laura Sovran	St. Thomas of Villanova	SWOSSAA
2000	38.12	Sultana Frizell	Perth DCI	EOSSAA
2001	34.42	Meghan Weaver	A. B. Lucas SS	WOSSAA
2002	33.72	Alix Poisson	St. Joseph's HS	SWOSSAA
2003	34.33	Kaitlyn Andrews	Acton DHS	GHAC
2004	35.70	Amy Town	Orillia DCVI	GBSSA
2005	31.48	Marissa Decina	The Woodlands SS	ROPSSAA
2006	34.68	Jessi Pilling	Sir Frederick Banting SS	WOSSAA
2007	35.35	Katie Klodnicki	Grimsby DHS	SOSSA
2008	35.05	Jill Van Dame	Bluevale	CWOSSA

POLE VAULT - SENIOR

<u>Year</u>	<u>Height</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
2003	3.20	Marcie Veitch	St. Anne's SS	SWOSSAA
2004	3.10	Marcie Veitch	St. Anne's SS	SWOSSAA
2005	3.15	Marcie Veitch	St. Anne's SS	SWOSSAA
2006	3.54	Erica Reiser Jen	Sandwich SS	SWOSSAA
2007	3.55	House Emma	Oakridge SS	WOSSAA
2008	3.40	Crombeen	Mother Teresa	WOSSAA

POLE VAULT - JUNIOR

<u>Year</u>	<u>Height</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
2004	3.10	Melissa Radu	St. Anne's SS	SWOSSAA
2005	3.20	Ericka Reiser	Sandwich SS	SWOSSAA
2006	2.70	Krista Van Nest	St. Joseph's HS	
2007	2.70	Rachel Lariviere	F.J. Brennan CHS	SWOSSAA
2008	3.25	Karleigh Parker	College Avenue	WOSSAA

100 METRE AMBULATORY

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
2003	16.91	Megan Muscat	Central Elgin CI	WOSSAA
2004	19.41	Cassy Goodwin	Resurrection CSS	CWOSSA
2005	15.79	Joanna Edwards	Alexander MacKenzie SS	
2006	15.42	Joanna Edwards	Alexander MacKenzie SS	
2007	16.64	Samantha Meyers	Alexander MacKenzie SS	
2008	15.96	Leah Robinson	Rockway Mennonite	CWOSSA

800 METRE WHEELCHAIR

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
2003	2:33.53	Melanie Hawtin	Thomas A. Blakelock HS	GHAC
2005	2:18.50	Jessica Matassa	St. Thomas of Villanova HS	SWOSSAA
2006	4:31.26	Natasha Southwell	E.L. Crossley SS	SOSSA
2007	2:37.51	Kierra Gibson	Rockway Mennonite	CWOSSA
2008	2:55.98	Kierra Gibson	Rockway Mennonite	CWOSSA

800 METRE BLIND RUN

<u>Year</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Assoc.</u>
2003	3:32.87	Alana Saulnier	G.L. Roberts CVI	LOSSA