

LAUREL CREEK TRACK & FIELD CLUB

Updated August 17 2009

OUTDOOR RECORDS - FEMALE

* Hand Time

SPRINT HURDLES

80mH(30")	B	Kelly Dunnington	12.54	Sudbury	2001
	M	Mari Fourie	11.80	London	2003
	Y	Deniece Bell	11.45	Tillsonburg	1995
100mH(30")	Y	Mari Fourie	14.68	Windsor	2006
	Jr	Olivia Charnuski	14.17	Abbotsford	2008
100mH(33")	Y	Maisie Hahn	15.15	Sherbrooke	1993
	Jr	Maisie Hahn	13.98	Kitchener	1995
	Sr	Veronica Dyer	13.35	Edmonton	2000

INTERMEDIATE HURDLES

200mH	B	Micaela McLean	32.39	York	2008
	M	Mari Fourie	27.84	LaSalle	2004
300mH	M	Mari Fourie	44.59	Ottawa	2004
	Y	Deniece Bell	41.74	Kitchener	1994
	Jr	Nadia Schmiedt	41.66	Kitchener	1994
400mH	M	Deniece Bell	60.31	Kitchener	1994
	Y	Nadia Schmiedt	59.93	Ottawa	1993
	Jr	Nadia Schmiedt	57.41	Montreal	1995
	Sr	Deniece Bell	56.88	Winnipeg	1999

SPRINTS

100m	B	Mari Fourie	12.68	Guelph	2002
	M	Maisie Hahn	12.2*	Kitchener	1992
		Chisomo Mchaina	12.52	Ottawa	2007
	Y	Chisomo Mchaina	12.18	Windsor	2009
	Jr	Sue Seymour	11.97	Ottawa	1994
	Sr	Sue Merlau	11.63	Kitchener	1997

200m	B	Mari Fourie	26.98	Ottawa	2002
	M	Chisomo Mchaina	25.71	Ottawa	2007
	Y	Chisomo Mchaina	24.89	Timmins	2009
	Jr	Sue Seymour	24.24	Ottawa	1994
	Sr	Sue Seymour	24.24	Ottawa	1994
400m	B	Danielle Buttinger	01:01.99	Timmins	2009
	M	Jessica Buttinger	57.07	Ottawa	2007
	Y	Sue Berg	55.78	Sudbury	1991
	Jr	Nadia Schmiedt	54.36	Kingston	1995
	Sr	Nadia Schmiedt	54.36	Kingston	1995
800m	B	Jessica Buttinger	02:21.53	Washington	2004
	M	Jessica Buttinger	02:09.95	Ottawa	2007
	Y	Sue Berg	02:09.2*	Cambridge	1991
		Jessica Buttinger	02:10.07	York	2007
	Jr	Jill Mallon	02:09.2*	Kitchener	1992
		Jessica Buttinger	02:10.07	York	2007
	Sr	Jessica Buttinger	02:10.07	York	2007
1500m	B	Jessica Buttinger	05:28.15	LaSalle	2004
	M	Jamie Phelan	04:39.96	London	2009
	Y	Jamie Phelan	04:39.96	London	2009
	Jr	Carol Henry	04:17.00	Hamilton	2000
	Sr	Carol Henry	04:17.00	Hamilton	2000
1600m	M	Jamie Phelan	05:02.95	Hershey	2009
3000m	B	Unclaimed	-	-	-
	M	Jamie Phelan	10:13.66	Timmins	2009
	Y	Jamie Phelan	10:13.66	Timmins	2009
	Jr	Carol Henry	09:41.20	-	2000
	Sr	Carol Henry	09:41.20	-	2000
1500S/C	Y	Adrienne Wilson	05:37.37	York	2008
2000S/C	Y	Lisa Main	07:41.30	Sarnia	1999
	Jr	Lisa Main	07:41.30	Sarnia	1999

3000S/C	Sr	Carol Henry	09:51.16	US	2003
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RELAYS

4x100m	B	Emily Buttinger, Danielle Buttinger, Micaela McLean, Angela Mercurio	55.49	Timmins	2009
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M	Olivia Charnuski, Emma Glofcheski, Maddie Buttinger, Mari Fourie	50.19	LaSalle	2004
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Y	Krista Reis, Becca Zilio, Jelissa Westney, Chisomo McHaina	48.79	Timmins	2009
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Jr	Jelissa Westney, Olivia Charnuski, Chisomo McHaina, Tia Semplonius	47.79	Charlottetown	2009
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4x200m	Jr	Jelissa Westney, Chisomo McHaina, Olivia Charnuski, Tia Semplonius	01:40.64	Windsor	2009
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4x400m	M	Jessica Buttinger, Chisomo Mchaina, Maddie Charnuski, Alle Butler	03:58.88	York	2007
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Y	Sarah Ferguson, Jessica Buttinger, Samantha Stevens, Maddie Buttinger	03:58.49	Sherbrooke	2006
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Jr	Natalie Buttinger, Adrienne Wilson, Rachel Lorimer, Maddie Buttinger	03:57.58	Ottawa	2007
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4x800m	M	Jessica Buttinger, Lauren Doherty, Natalie Buttinger, Jackie Carr	10:04.89	York	2005
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Y	Jessica Buttinger, Lauren Doherty, Natalie Buttinger, Jackie Carr	10:04.89	York	2005
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Jr	Simonne Tomasovic, Jessica Buttinger, Adrienne Wilson, Sarah McCuaig	09:43.34	London	2009
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1600 Medley	Y	Janine Rockel, Maise Hahn, Stephanie Voight, Sue Berg	04:09.64	York	1991
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Jr	Jill Mallon, Patricia Rowe, Julie Brown, Sue Berg	04:07.58	York	1990
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4000m Medley	Jr	Jamie Phelan, Adrienne Wilson, Simonne Tomasovic, Sarah McCuaig	12:28.52	Windsor	2009
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FIELD

High Jump	B	Angela Mercurio	1.55	Hamilton	2009
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M	Maddie Buttinger	1.73	Sudbury	2004
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Y	Maddie Buttinger	1.74	Kitchener	2005
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	Jr	Maddie Buttinger	1.74	Kitchener	2005
	Sr	Maddie Buttinger	1.74	Kitchener	2005
Long Jump	B	Katie Weiler	4.82	Ottawa	2002
	M	Samantha Stevens	5.05	York	2005
	Y	Tomeizel Barry	5.22	York	2008
	Jr	Melissa Sulpher	5.10	Sarnia	1997
	Sr	Jenna Bell	5.17	Ottawa	2007
Triple Jump	B	Angela Mercurio	10.74	Hamilton	2009
	M	May Kotsopolis	11.08	Niagara	2003
	Y	May Kotsopolis	11.08	Niagara	2003
	Jr	Tomeizel Barry	11.30	Kitchener	2009
	Sr	Tomeizel Barry	11.30	Kitchener	2009
Pole Vault	M	Unclaimed	-	-	-
	Y	Erin Kurczak	2.90	Sarnia	1998
	Jr	Jennifer Sulpher	3.15	Kitchener	2002
	Sr	Dana Ellis	4.15	California	2002
Shot Put(4kg)	B	Natalie Buttinger	7.08	LaSalle	2004
	M	Angela Zehr	10.50	York	2008
	Y	Lianne Coombe	11.88	Sudbury	1997
	Jr	Liz Toman	14.29	Ireland	1996
	Sr	Liz Toman	15.73	US	2000
Javelin Throw(600g)	M	Vicki Webb	43.83	Kitchener	1995
	Y	Vicki Webb	43.83	Kitchener	1995
	Jr	Vicki Webb	44.31	Sarnia	1998
	Sr	Vicki Webb	44.31	Sarnia	1998
Discus Throw	B	Unclaimed	-	-	-
	M	Angela Zehr	25.88	Guelph	2008
	Y	Leanne Coombe	36.40	Sudbury	1997
	Jr	Leanne Coombe	43.90	Sarnia	1998
	Sr	Liz Toman	56.22	US	2001
Hammer Throw	Y	Leanne Coombe	29.40	Sudbury	1997
	Jr	Leanne Coombe	43.60	Sarnia	1999

	Sr	Leanne Coombe	43.60	Sarnia	1999
Multi(Hept)	Sr	Jenna Bell	4478	Windsor	2008

OUTDOOR RECORDS - MALE

SPRINT HURDLES

80mH(30")	B	Jordan Sherwood	13.13	York	2008
100mH(33")	M	Asa Ambrose	13.52	Windsor	2006
100mH(36")	Y	Asa Ambrose	13.58	Ottawa	2007
110mH(36")	Y	Asa Ambrose	14.15	Ottawa	2007
	Jr	Richard Messam	14.26	St. Thomas	1992
110mH(39")	Jr	Chris Wagner	14.63	Windsor	1993
110mH(42")	Sr	Adrian Woodley	13.56	Edmonton	2000

INTERMEDIATE HURDLES

200mH	B	Aaron Stemmler	29.15	York	2008
	M	Asa Ambrose	25.11	Windsor	2006
300mH	M	Jon Roi	40.5*	Kitchener	1995
	Y	Asa Ambrose	38.02	York	2007
	Jr	Richard Messam	37.73	Toronto	1992
400mH	Y	Mark Lafrancois	55.90	Sarnia	1999
	Jr	Jeff Ellis	51.39	Abbotsford, BC	1997
	Sr	Jeff Ellis	49.96	Flagstaff, AZ	1997

SPRINTS

100m	B	Tyler Marshall	13.07	Ottawa	2001
	M	Anton Atkins	10.89	Brantford	1992
	Y	Anton Atkins	10.88	Toronto	1993
	Jr	Anton Atkins	10.72	Kitchener	1994
	Sr	Dave Tomlin	10.57	Toronto	2008
	M	Donald Atkinson	11.41	Windsor	2006

200m	B	Cory Giroux	25.00	Kitchener	2003
	M	Nathan Thompson	22.71	Brantford	1992
	Y	Bryan Giroux	22.62	Brantford	2005
	Jr	Richard Messam	22.4*	Kitchener	1993
		Bryan Giroux	22.59	York	2006
	Sr	Dave Tomlin	21.42	Ottawa	2008
	M	Donald Atkinson	23.20	York	2005
400m	B	Shomesh Chauduri	59.82	Kitchener	2003
	M	Keegan Calder	51.68	Toronto	2009
	Y	Nathan Thompson	51.68	Hamilton	1997
	Jr	Jeff Ellis	47.68	Toronto	1997
	Sr	Jeff Ellis	47.68	Toronto	1997
800m	B	Nicholas Bedi	02:23.84	London	2009
	M	Scott Buttinger	02:02.52	Toronto	2009
	Y	Connor Outhit	01:56.31	London	2009
	Jr	Anthony Lokinyun	01:53.19	Sarnia	1998
	Sr	Anthony Lokinyun	01:53.19	Sarnia	1998
1500m	B	Nicholas Bedi	04:47.71	London	2009
	M	Scott Buttinger	04:18.60	London	2009
	Y	Connor Outhit	04:04.86	Windsor	2009
	Jr	Jon Cressman	03:54.50	Kitchener	1990
	Sr	Jon Cressman	03:54.50	Kitchener	1990
3000m	B	Unclaimed	-	-	-
	M	Unclaimed	-	-	-
	Y	Simon Lewis	09:04.85	Sarnia	1998
	Jr	Antony Lokinyen	08:37.1*	Brantford	1997
	Sr	Antony Lokinyen	08:37.1*	Brantford	1997
5000m	Y	Unclaimed	-	-	-
	Jr	Antony Lokinyen	14:47.99	York	1997
	Sr	Antony Lokinyen	14:47.99	York	1997
10000m	Jr	Cal Staples	31:59*	Kitchener	1995
1500S/C	M	Trevor Salmon	05:10.83	Windsor	2006

2000S/C	Y	Derek Nakluski	06:39.04	Sarnia	1998
	Jr	Jim Seeds	06:08.54	Toronto	1989

3000S/C	Jr	Alistair Lawrence	10:15.05	Sudbury	1997
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RELAYS

4x100m	M	Mike Keba, Nienkel Paljola, Keegan Calder, Mitch O'Donnell	44.90	Timmins	2009
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	Y	Cory Giroux, Andrew Thiabudeau, Tom Woodhouse, Phil O'Donnell	44.89	York	2008
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	Jr	Mike Pearson, Isfandyar Kamran, Jordan Miller-Smith, Bryan Giroux	44.22	Sherbrooke	2006
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4x200m	M	Scott Buttinger, Nienkel Paljola, Mitch O'Donnell, Keegan Calder	01:34.96	Timmins	2009
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4x400m	M	Keegan Calder, Nienkel Paljola, Mitch O'Donnell, Scott Buttinger	03:40.51	Timmins	2009
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	Y	Keegan Calder, Nienkel Paljola, Mitch O'Donnell, Scott Buttinger	03:40.51	Timmins	2009
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	Jr	Oliver Grant, Trevor Salmon, Connor Outhit, Phil O'Donnell	03:30.05	Charlottetown	2009
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4x800m	Y	Scott Buttinger, Austin Trapp, Connor Outhit, Tye Calder	08:20.26	Timmins	2009
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Discus	B	Unclaimed	-	-	-
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	M	Unclaimed	-	-	-
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	Y	Nate Wilson	34.36	Sarnia	1999
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	Jr	Nate Wilson	34.36	Sarnia	1999
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	Sr	Richard Parkinson	36.84	Penn State	1996
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Shot Put	B	Unclaimed	-	-	-
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	M	Unclaimed	-	-	-
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	Y	Mitch Lawson	14.36	Kitchener	2008
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	Jr	Nate Wilson	10.91	Sarnia	1999
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	Sr	Nate Wilson	10.91	Sarnia	1999
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Javelin	B	Unclaimed	-	-	-
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	M	Cory Giroux	26.28	Kitchener	2005
	Y	Nate Wilson	44.78	Sarnia	1999
	Jr	Tim Bloomfield	55.13	Sarnia	1999
	Sr	Randy Johson	67.74	Sudbury	1997
Pole Vault	B	Unclaimed	-	-	-
	M	Unclaimed	-	-	-
	Y	Paul Worndl	4.15	Toronto	2009
	Jr	Graham Pattison	4.60	York	1997
	Sr	Graham Pattison	4.75	Ottawa	2001
Long Jump	B	Asa Ambrose	5.35	LaSalle	2004
	M	Jeremy Yang	6.63	Sudbury	2004
	Y	Jeremy Yang	6.97	Windsor	2006
	Jr	Jeremy Yang	7.26	Ottawa	2007
	Sr	Chris Long	7.26	York	1997
Triple Jump	B	Asa Ambrose	11.92	LaSalle	2004
	M	Dwayne Harriot	14.23	Belleville	2001
	Y	Marvin Muschette	14.62	Hamilton	2009
	Jr	Dwayne Harriot	14.87	Windsor	2005
	Sr	Jason Goetz	15.20	Windsor	2009
High Jump	B	Cory Giroux	1.44	LaSalle	2004
	M	Eric Xu	1.85	Kitchener	2000
	Y	Jordan Dobson	1.95	Windsor	2006
		Jeremy Yang	1.95	Windsor	2006
	Jr	Brian Major	1.99	LaSalle	2007
		Jeremy Yang	1.99	LaSalle	2007
	Sr	Brian Major	1.99	LaSalle	2007
		Jeremy Yang	1.99	LaSalle	2007
Hammer Throw	Sr	Nathan Lennie	59.30	Ottawa	2006