**LOWER ISLAND SECONDARY SCHOOLS ATHLETIC ASSOCIATIONTRACK AND FIELD RECORDS**

records were updated as of April 14, 2016

GRADE 9 GIRLS [under 15 as of Dec.31 of the school year]

| EVENT | RECORD HOLDER | SCHOOL | RECORD | E. EQU | YEAR |
|---|---|---|---|---|---|
| 100 metres | Debbie Reedy | Lambrick Park | 12.3 | 12.54 | 1986 |
| 200 metres | Jenna Lock | Lansdowne | 26.1 | 26.34 | 1995 |
| 400 metres | Jenna Lock | Lansdowne | 57.6 | 57.74 | 1995 |
| 800 metres | Shannon Bowles | Claremont | 2.17.9 | | 1989 |
| 1500 metres | Justine Johnson | Oak Bay | 4.44.88 | | 2006 |
| 3000 metres | Justine Johnson | Oak Bay | 10.10.1 | | 2006 |
| 80 metre Hurdles | Trisha Blair | Oak Bay | 11.8 | 12.02 | 1995 |
| 300 metre Hurdles | Natalie McFall | St. Andrews | 48.98 | | 2013 |
| 1500 Racewalk | Rachel Inglis | Oak Bay | 7:44.53 | | 2008 |
| 1500 Steeplechase | Hannah Henry | Mt. Douglas | 5:27.34 | | 2014 |
| High Jump | Nikki Jackson | Claremont | 1.63 | | 2006 |
| Long Jump | Brenna Sheeron | Central Junior | 5.16 m | | 1992 |
| Triple Jump | Debbie Reedy | Lambrick Park | 10.53 m | | 1986 |
| Pole Vault | Hayley Flakins | Oak Bay | 2.8m | | 2008 |
| Discus 1kg | Georgina Newell | Oak Bay | 35.67 m | | 1988 |
| Javelin 500 g | Sarah Gibson | Parkland | 39.39 m | | 2014 |
| Shot Put 4 kg | Tyger Holt | Lambrick Park | 8.64 | 4 kg | 2009 |
| Shot Put 3 kg | Lindsey Frederiksen | Mt Douglas | 10.47 | 3KG | 2014 |
| Shot Put 6 lbs | Linda Langerak | Colquitz | 11.13 m | 6 lb | 1985 |
| Hammer 3kg | Lindsey Frederiksen | Mt Douglas | 57.56 | | 2014 |
| 4 x 100 Relay | | Oak Bay | 51.09 | | 2002 |
| 4x 400 Relay | | Claremont | 4:19.2 | | 1993 |

GRADE 9 BOYS **[under 15 as of Dec. 31 of the school year]**

| EVENT | RECORD HOLDER | SCHOOL | RECORD | E. EQU. | YEAR |
|---|---|---|---|---|---|
| 100 metres | Hardave Lail | Lansdowne | 11.3 | 11.54 | 1986 |
| 200 metres | Danny Klinka | St. Michaels Univ. | 23.2 | 23.44 | 1989 |

| | | | | | |
|---|---|---|---|---|---|
| 400 metres | Brendon Restall | OB | 50.72 | 50.86 | 2009 |
| 800 metres | Sean McCartney | Arbutus | 2.07.2 | | 1993 |
| 1500 metres | Doug Ackinclose | Colquitz | 4.25.7 | | 1984 |
| 3000 metres | Max Baker | Parkland | 9.33.4 | | 1995 |
| 80 metre Hurdles | Graeme McCallum | Lambrick Park | 14.54 | | 2001 |
| 100 metre Hurdles | Thomas Riekki | Stellys | 14.17 | | 2004 |
| 300 metre Hurdles | Brody Brubacher | Lambrick Park | 44.47 | | 2013 |
| 1500 Racewalk | Spencer Gaby | Parklands | 8:05.39 | | 2009 |
| Steeple Chase | Max McCullouch | OB | 5:00.54 | | 2013 |
| High Jump | Tyler Beaton<br>Brian Waterman | Lambrick<br>Arbutus | 1.83m<br>1.83m | | 2001<br>2002 |
| Long Jump | Steve Roberts | Colquitz | 6.35 m | | 1989 |
| Triple Jump | Kim Gronnestad | Dunsmuir | 12.61 m | | 1992 |
| Pole Vault | Simon Psotka | OB | 3.17m | | 2009 |
| Discus 1kg | Max Szczawinski | Claremont | 48.02m | | 2013 |
| Javelin 600 g | Andrew Spiro | Oak Bay | 49.32 | | 2002 |
| Shot Put 4 kg | Moritz Bay-Harsen | Arbutus | 14.15 m | | 1984 |
| Hammer 4kg | Matteo Hallschmid | Lambrick Park | 24.20 | | 2015 |
| 4 x 100 Relay | | Oak Bay | 46.92 | | 2014 |
| 4 x 400 Relay | | Esquimalt | 3.48.2 | | 1984 |

JUNIOR GIRLS [under 16 as of Dec.31st of the school year]

| EVENT | RECORD HOLDER | SCHOOL | RECORD | E. EQU. | YEAR |
|---|---|---|---|---|---|
| 100m | Kristen Lundgren | Esquimalt | 12.0 | 12.24 | 1986 |
| 200m | Chloe Hewitt | Oak Bay | 25.30 | | 2001 |
| 400m | Bev Cox | Central Jr | 56.1 | 56.24 | 1971 |
| 800m | Pat Wellman | Cedar Hill | 2.17.2 | | 1980 |
| 1500m | Pat Wellman | Cedar Hill | 4.35.5 | | 1979 |
| 3000m | Kirsten Sweetland | Stellys | 10.17.22 | | 2004 |
| 80 metre Hurdles | Maya Miguel | Claremont | 12.21 | | 1999 |
| 100 metre Hurdles | Jamie Broder | Claremont | 12.73 | | 2001 |
| 300 metre Hurdles | Rianne Craig | Oak Bay | 47.93 | | 2011 |
| 1500 Racewalk | Megan Huzzey | Belmont | 7.07.88 | | 2001 |

| | | | | | |
|---|---|---|---|---|---|
| 1500 Steeplechase | Holly Henry | Mt Douglas | 6:17.74 | | 2014 ? |
| High Jump | Pat Wellman | Cedar Hill | 1.72 m | | 1980 |
| Long Jump | Aleisha Cobb | Claremont | 5.43 | | 2007 |
| Triple Jump | Nikki Jackson | Claremont | 10.88 | | 2007 |
| PoleVault | Jessica Moreland | Lambrick Park | 3.25 m | | 2000 |
| Discus 1 kg | Kelsey Carrothers | Reynolds | 33.98 m | | 2014 |
| Javelin 600 g | Jacque Bryant | Lansdowne | 41.28 m | - 3 m | 1974 |
| Javelin 500g | Kelsey Carrothers | Reynolds | 33.07 | | 2014 |
| Shot put 4 kg | Alana Kirtzy | Belmont | 8.16 | 4kg | 2010 |
| Shot Put 3 kg | Kelsey Carrothers | Reynolds | 10.88 | 3kg | 2014 |
| Shot Put 6lbs | Roslyn Lundeen | Claremont | 13.00 m | 6lbs | 1999 |
| Hammer 3kg | Lindsey Frederiksen | Mt Douglas | 58.66 | | 2015 |
| 4 x 100 Relay | | Colquitz | 50.2 | | 1971 |
| 4 x 400 Relay | | SMU Univ. | 4.16.0 | | 1990 |

**JUNIOR BOYS [under 16 as of Dec. 31st of the school year]**

| EVENT | RECORD HOLDER | SCHOOL | RECORD | E. EQU. | YEAR |
|---|---|---|---|---|---|
| 100 metres | Adam Street | Parkland | 10.9 | 11.14 | 1992 |
| 200 metres | Adam Street | Parkland | 21.9 | 22.14 | 1992 |
| 400 metres | Matt Ganong | Oak Bay | 50.98 | | 2002 |
| 800 metres | Jared Gudgeon | Oak Bay | 1:59.25 | | 2004 |
| 1500 metres | Liam Kennell | Oak Bay | 4.04.45 | | 2012 |
| 3000 metres | Lehm Maguire | Claremont | 9:01.64 | | 2011 |
| 100 metre Hurdles | Bill Laturnus | St. Michaels Univ. | 13.6 | 13.84 | 1976 |
| 110 metre Hurdles | Blake Strukoff | Stellys | 14.39 | | 2001 |
| 300 metre Hurdles | Dustin Sapola | Stellys | 42.04 | | 2009 |
| 1500m Racewalk | Spencer Gaby | Parkland | 7:27.45 | | 2010 |
| Steeple Chase | Ben Weir | GNS | 4:42.70 | | 2011 |
| High Jump | Ben Williams | Colquitz | 1.95 m | | 1991 |
| Long Jump | Damien Willie | Oak Bay | 6.50 m | | 1989 |
| Triple Jump | Alex Haddad | St. Michaels Univ. | 13.15 m | | 1980 |
| Pole Vault | Mike Rosenblood | Arbutus | 3.86 m | | 1988 |

| | | | | | |
|---|---|---|---|---|---|
| Discus | Bob Karcher | Arbutus | 42.96 m | | 1976 |
| Discus 1.75 kg | Max Szczawinski | Claremont | 40.75 | | 2014 |
| Javelin 600 g | Chris Redfern | Shoreline | 52.63 m | - 4m m | 1983 |
| Javelin 700 g | Max Szczawinski | Claremont | 41.56 | | 2014 |
| Shot Put | Graham McCallum | Lambrick | 16.31 | | 2002 |
| Shot Put 5 kg | Martin Eckhard | Lambrick | 12.35 | 5kg | 2014 |
| Hammer 5 kg | Keenan Vrooman | Reynolds | 38.66 | | 2015 |
| 4 x 100 Relay | | Oak Bay | 45.2 | | 1975 |
| 4 x 400 Relay | | Oak Bay | 3.36.0 | | 197 |

**SENIOR GIRLS**

| EVENT | RECORD HOLDER | SCHOOL | RECORD | E. EQU. | YEAR |
|---|---|---|---|---|---|
| 100 metres | Anne Langdale | Mt. Douglas | 11.8 | 12.04 | 1969 |
| 200 metres | Judy Tobacco | Mt. Douglas | 24.8 | 25.04 | 1978 |
| 400 metres | Kristen Lundgren | Esquimalt | 55.0 | 55.14 | 1988 |
| 800 metres | Deb Campbell | Mt. Douglas | 2.11.10 | | 1976 |
| 1500 metres | Debbie Scott | Claremont | 4.30.0 | | 1975 |
| 3000 metres | Kirsten Sweetland | Stellys | 10:09.44 | | 2005 |
| 80 metre Hurdles | Trisha Blair | Oak Bay | 12.60 | | 1997? |
| 100 metre Hurdles | Maya Miguel | Claremont | 14.94 | | 2001 |
| 400 metre Hurdles | Maya Miguel | Claremont | 62.75 | | 2001 |
| 1500 Racewalk | Megan Huzzey | Belmont | 6:29.73 | | 2003 |
| 1500 Steeplechase | Katelyn Hayward | Mt Doug | 5.03.38 | | 2011 |
| High Jump | Holly Parent | Reynolds | 1.75 | | 2008 |
| Long Jump | Lindsay Jack | Mt. Douglas | 5.64m | | 1970 |
| Triple Jump | Nikki Jackson | Claremont | 11.22m | | 2009 |
| Pole Vault | Hannah Swift | Mt. Doug | 3.2 | | 2010 |
| Discus 1 kg | Roslyn Lundeen | Claremont | 38.62 m | | 2001 |
| Hammer 4 kg | Brett Hastings | Reynolds | 46.35 | | 2011 |
| Javelin 600 g | Roslyn Lundeen | Claremont | 46.14 m | NRJ | 2001 |
| Shot Put 4 kg | Roslyn Lundeen | Claremont | 12.39 m | | 2001 |
| 4 x 100 Relay | | Mt. Douglas | 49.30 | | 1969 |

| | | | | | |
|---|---|---|---|---|---|
| 4 X 400 Relay | | Mt. Douglas | 3.58.06 | | 1976 |

**SENIOR BOYS**

| EVENT | RECORD HOLDER | SCHOOL | RECORD | E. EQU. | YEAR |
|---|---|---|---|---|---|
| 100 metres | Saeed Shokoya | SMUS | 11:03 | | 2013 |
| 100 yards | Bob McLaren | Oak Bay | 10.7 | 10.94 | 1963 |
| 200 metres | Nick Taylor | Oak Bay | 22.16 | | 2014 |
| 400 metres | Zach Whitmarsh | Oak Bay | 47.76 | | 1995 |
| 800 metres | Tom Griffin | Mt. Douglas | 1.53.2 | | 1975 |
| 1500 metres | Thomas Getty | Mt Douglas | 3:58.70 | | 2013 |
| 3000 metres | Cody Therrien | St. Andrews | 8:46.44 | | 2011 |
| 110 metre Hurdles | Darryl Hooker | Mt. Douglas | 14.9 | 15.14 | 1969 |
| 400 metre Hurdles | Bill Fennerty | SMU Univ. | 56.4 | 56.54 | 1980 |
| 1500 Racewalk | Brent Clark | Mt. Douglas | 6.46.2 | | 1984 |
| 2000 m steeplechase | Ben Weir | Glenlyon Norfolk | 6.22 .05 | | 2012 |
| 1500 Steeplechase | Terry Bateman | Mt. Douglas | 4.27.8 | | 1980 |
| High Jump | Nick Bennett | Vic High | 2.03 m | | 1978 |
| Long Jump | Peter Skillings | Oak Bay | 6.84 m | | 1980 |
| Triple Jump | Nick Bennett | Vic High | 13.79 m | | 1977 |
| Pole Vault | David McKay | Oak Bay | 4.60 m | | 2010 |
| Discus 1.6 | Adam Keenan | Lambrick Park | 54.51 m | | 2011 |
| Discus 1.75 | | | | | |
| Hammer 5.5kg | Adam Keenan | Lambrick Park | 61.12 m | | 2011 |
| Hammer 6 kg | Sam Willett | Mt Douglas | 57.97 | | 2015 |
| Javelin 800g | Mason Kereszti | Lambrick Park | 57.16 | | 2012 |
| Shot Put 5.5 kg | Joe Liska | Oak Bay | 15.82 m | | 1999 |
| Shot Put 6 kg | Sam Willett | Mt Douglas | 57.97 | 6kg | 2015 |
| 4 x 100 Relay | | Mt. Douglas | 43.50 | | 1976 |
| 4 x 400 Relay | | Oak Bay | 3.26.60 | | 1979 |