

LOWER ISLAND SECONDARY SCHOOLS ATHLETIC ASSOCIATION TRACK 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	30.39 m		2014
Shot Put 4 kg	Tyger Holt	Lambrick Park	8.64	4 kg	2009
Shot Put 3 kg	Lindsey Fredericksen	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 Riecki	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 Brian Waterman	Lambrick Arbutus	1.83m 1.83m		2001 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 Laternus	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
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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