

# ONTARIO OUTDOOR RECORDS - MEN

As on October 24, 2018

p = pending ratification (number codes explained below)

h = hand timing

## Explanation of Number Codes for Pending Records:

p	Ratifiable at next AO Board meeting
p(2)	Copy of birth certificate required
p(3)	Officials' verification form required (heights accurately measured, implements checked?)
p(4)	Nationality/residence at time of performance needs to be verified
p(5)	Performance information incomplete
p(6)	Verification of results required
p(7)	More information on specifications required
p(8)	Record application form required

For lists of discontinued events and lists of performances unratified for administrative reasons please email Randolph Fajardo <randolphfajardo@athleticsontario.ca>

In the relay events, athletes whose names are in **bold** lettering are required to provide proof of age.

For further information on this list please contact Randolph Fajardo <randolphfajardo@athleticsontario.ca>

**Note: As of January 1, 2010, an athlete must have been a registered member of Athletics Ontario on the date the performance was achieved in order to be eligible for a record.**

<b>80m</b>	U14	9.44 (-0.1)	Sanjade HYLTON (00)	Flying Angels Academy	Toronto	2013 07 27	
	U13	10.16 (+1.1)	Tyreak STANLEY (99)	Flying Angels Academy	Toronto	2011 07 23	
<b>100m</b>	Open/Senior	9.84 (+0.7)	Donovan BAILEY (67)	Athletiques International (Team Canada)	Atlanta, USA	1996 07 27	
	U24	9.91 (+0.2)	Andre De GRASSE (94)	The Speed Academy (Team Canada)	Rio de Janeiro, BRA	2016 08 14	
	U20	10.25 (+1.2)	Andre De GRASSE (94)	The Speed Academy	Windsor	2013 06 29	
		10.1h (+0.7)	Desai WILLIAMS (59)	Uxbridge Optimists	Montreal	1978 07 08	
		10.1h (+1.0)	Dave TOMLIN (76)	Kitchener-Waterloo (Team Canada)	Santiago, CHI	1995 09 01	
	U19	10.26 (+0.7)	Justyn WARNER (87)	Etobicoke Gladstone (Team Canada)	Windsor	2005 07 30	
	U18	10.46 (+0.7)	Aaron BROWN (92)	Phoenix Athletics (Team Canada)	Sudtirol, ITA	2009 07 08	
		10.4h (+0.0)	Anthony SHARPE (61)	Scarborough Optimists	Scarborough	1977 07 08	
		10.4h (+0.7)	Anthony SHARPE (61)	Scarborough Optimists	Montreal	1978 07 08	
	U17	10.53 (-1.2)	Andre FORD-AZONWANNA (95)	G-Force TC (JCM-Toronto)	Sudbury	2011 06 03	
		10.4h (+0.0)	Anthony SHARPE (61)	Scarborough Optimists	Montreal	1977 07 08	
	U16	10.71 (+1.2)	Andre FORD-AZONWANNA (95)	G-Force TC	Toronto	2010 07 20	
	U15	10.95 (+1.4)	Randy BROOKES (77)	Gladstone Athletic Club	North York	1991 07 21	
	U14	11.43 (0.0)	Marlon LAIDLAW-ALLEN (93)	Phoenix Athletics	Windsor	2006 07 29	
U13	12.16 (+1.0)	Christian HILL (99)	310 Running (Disdistrict E)	Oshawa	2012 07 07		
<b>150m</b>	U14	17.23 (+2.0)	Sanjade HYLTON (00)	Flying Angels Academy	Toronto	2013 07 28	
	U13	19.32 (-1.4)	Tyreak STANLEY (99)	Flying Angels Academy	Toronto	2011 07 24	
<b>200m</b>	Open/Senior	19.80 (-0.3)	Andre De GRASSE (94)	The Speed Academy (Team Canada)	Rio de Janeiro, BRA	2016 08 17	
	U24	19.80 (-0.3)	Andre De GRASSE (94)	The Speed Academy (Team Canada)	Rio de Janeiro, BRA	2016 08 17	
	U20	20.65 (+0.2)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Colorado Springs, USA	1983 07 18	
		20.65 (+1.8)	Eric FREMPONG-MANSO (75)	Etobicoke Huskies-Striders	Ottawa	1994 07 03	
	U19	20.65 (+0.2)	Atlee MAHORN (65)	Scarborough Optimists (Team Canada)	Colorado Springs, USA	1983 07 18	
	U18	21.03 (+1.6)	Myles MISENER-DALEY (01)	Hamilton Olympic Club	Brampton	2018 06 01	
	U17	21.21 (-0.5)	Andre FORD-AZONWANNA (95)	G-Force TC (Team Canada)	Lille, FRA	2011 07 09	
	U16	21.66 (+1.8)	Andre FORD-AZONWANNA (95)	G-Force TC	Toronto	2010 06 22	
	U15	22.70 (-0.4)	Chris ROBINSON (76)	Kitchener-Waterloo	North York	1990 07 29	
	U14	23.14 (+1.5)	Marlon LAIDLAW-ALLEN (93)	Phoenix Athletics	Toronto	2006 07 11	
	U13	24.42 (-1.4)	Christian HILL (00)	310 Running	Toronto	2012 07 25	
	<b>300m</b>	U16	34.62	Nifaiya ROBINSON (02)	Hamilton Olympic Club (Team Ontario RCL)	Brandon, MB	2017 08 13
		U15	36.12	Christian HILL (00)	310 Running (Team Ontario RCL)	Langley, BC	2014 08 16
U14*		38.46	Justin DEZOETE (04)	Monte Cristo Track Club	Brampton	2017 07 30	
U13*		40.31	Roman RAYDRAGAN (05)	Etobicoke T.F.C.	Brampton	2017 07 30	
			<i>*Approved as an official Athletics Ontario offering for this age group as of 2017</i>				
<b>400m</b>	Open	44.56	Luguelin SANTOS	Dominican Republic	Toronto	2015 07 23	
	Senior	45.08	Shane NIEMI (78)	University of Toronto TC (Team Canada)	Manchester, GBR	2002 07 27	
	U24	45.47	Daundre BARNABY (90)	Brampton T.F.C. (Mississippi State University)	Greensboro, USA	2013 05 23	
	U20	45.83	Shane NIEMI (78)	Unattached	Havana, CUB	1997 07 19	
	U19	45.99	Myles MISENER-DALEY (01)	Hamilton Olympic Club	Toronto	2018 06 09	
	U18	45.99	Myles MISENER-DALEY (01)	Hamilton Olympic Club	Toronto	2018 06 09	
	U17	48.08	Myles MISENER-DALEY (01)	Hamilton Olympic Club (Team Ontario RCL)	Brandon, MB	2017 08 13	
	U16	49.35	Dillon LONDON (02)	Ottawa Lions T.F.C.	Belleville	2017 06 03	
	U15	51.24	Michael WILLIAMS (78)	Brampton T.F.C. (Team Ontario RCL)	Calgary, AB	1992 08 15	
	U14	54.98	Andrew CACKETTE (92)	Oshawa Legion (District F)	St. Catharines	2005 07 15	
		54.2h	Mike JONES (66)	Unattached - (South Windsor K of C)	Tilsonburg	1979 06 02	
	U13	56.36	Christian HILL (00)	310 Running	Guelph	2012 06 02	
<b>800m</b>	Open/Senior	1:43.20	Brandon McBRIDE (94)	Border City AC (Team Canada)	Monaco, MON	2018 07 20	
	U24	1:44.41	Brandon McBRIDE (94)	Windsor Legion T.F.C. (Team Canada)	Monaco, MON	2017 07 21	
	U20	1:46.07	Brandon McBRIDE (94)	Windsor Legion T.F.C. (Team Canada)	Barcelona, ESP	2012 07 15	
	U19	1:46.07	Brandon McBRIDE (94)	Windsor Legion T.F.C. (Team Canada)	Barcelona, ESP	2012 07 15	
	U18	1:48.3h	Kevin SULLIVAN (74)	Brantford T.F.C.	Kitchener	1991 06 15	
		1:48.41	Brandon McBRIDE (94)	Windsor Legion T.F.C. (Team Ontario RCL)	Ottawa	2011 08 07	
	U17	1:49.0h	Kevin SULLIVAN (74)	Brantford T.F.C.	London	1990 06 30	
	U16	1:50.78	Stalhedin HUSSEIN (84)	Phoenix Athletics	Burnaby, BC	1999 07 04	
	U15	1:53.03	Kevin SULLIVAN (74)	Brantford T.F.C.	North York	1988 07 16	
	U14	1:57.36	Bruce CAMERON (00)	Durham Dragons Athletics	Lewisburg, USA	2013 04 14	
	U13	2:15.17	Mathieu PLAMONDON (99)	Timmins Porcupine T.F.C.	Toronto	2011 07 23	
<b>1000m</b>	Open/Senior	2:16.52	Nathan BRANNEN (82)	Phoenix Athletics	Linz, AUT	2012 08 20	
	U24	2:19.76	Kevin SULLIVAN (74)	University of Toronto TC (Team Canada)	Victoria, BC	1994 08 19	
	U20	2:24.8h	Kevin WALLER (64)		Montreal	1982 06 12	
	U19	2:24.8h	Kevin WALLER (64)		Montreal	1982 06 12	

<b>1200m</b>	U16	3:07.43	Alexander FREEMANTLE (95)	Newmarket Huskies (Team Ontario RCL)	Ottawa	2010 08 06
	U15	3:11.82	Dakota GOGUEN (02)	Newmarket Huskies	Windsor	2016 07 24
	U14	3:22.55	Mathieu PLAMONDON (99)	Timmins Porcupine T.F.C. (District K)	Oshawa	2012 07 06
	U13	3:40.22	James OLSON-KEATING (02)	Newmarket Huskies	Windsor	2014 08 02
<b>1500m</b>	Open/Senior	3:31.71	Kevin SULLIVAN (74)	Windsor Legion T.F.C.	Rome, ITA	2000 06 30
	U24	3:35.19	Kevin SULLIVAN (74)	Border City TC	Stuttgart, GER	1997 07 13
	U20	3:38.92	Adam PALAMAR (94)	Ottawa Lions	Burnaby, BC	2013 07 01
	U19	3:39.11	Kevin SULLIVAN (74)	Brantford T.F.C. (Team Canada)	Seoul, KOR	1992 09 20
	U18	3:45.87	Rob DENAULT (93)	Newmarket Huskies	London	2010 06 25
	U17	3:51.86	Alexander FREEMANTLE (95)	Newmarket Huskies	London	2011 06 18
	U16	3:54.1h	Kevin SULLIVAN (74)	Brantford TFC	Tiltsburg	1988 07 23
	U15	3:54.1h	Kevin SULLIVAN (74)	Brantford TFC	Tiltsburg	1988 07 23
	U14	4:13.40	Kevin SULLIVAN (74)	Brantford TFC	Burlington	1987 07 10
	U13	4:34.1h	Gareth MILLAR (86)	Bramalea Bullets (Grand River)	Oshawa	1998 06 20
<b>Mile</b>	Open/Senior	3:50.26	Kevin SULLIVAN (74)	Windsor Legion T.F.C.	Oslo, NOR	2000 07 28
	U24	3:52.25	Kevin SULLIVAN (74)	Border City TC	Zurich, SUI	1995 08 16
	U20	3:57.48	Mike WOODS (86)	Ottawa Lions TFC	Windsor	2005 07 28
	U19	Unclaimed				
<b>2000m</b>	Open/Senior	4:59.56	Nathan BRANNEN (82)	Phoenix Athletics	Toronto	2013 07 09
	U24	5:05.10	Paul CRAIG (53)		London, GBR	1974 07 20
	U16	5:40.12	Ben FLANAGAN (95)	Tri City TC (Team Ontario RCL)	Ottawa	2010 08 07
	U15	5:49.63	Mathieu PLAMONDON (99)	Timmins Porcupine T.F.C.	Langley, BC	2013 08 10
	U14	5:52.55	Mathieu PLAMONDON (99)	Timmins Porcupine T.F.C. (District K)	Oshawa	2012 07 07
	U13	6:31.38	Joshua Thomas BOSTON (02)	Newmarket Huskies	Windsor	2014 08 03
<b>3000m</b>	Open/Senior	7:40.49	Mohammed AHMED (91)	Niagara Olympic Club (Team Canada)	Zagreb, CRO	2017 08 29
	U24	7:49.64	Ross PROUDFOOT(92)	Speed River	Dublin, IRE	2015 07 24
	U20	7:58.04	Mike WOODS (86)	Ottawa Lions T.F.C.	Ottawa	2005 06 29
	U19	8:07.95	Justyn KNIGHT (96)	University of Toronto TC	Hamilton	2014 06 23
	U18	8:16.37	Mike WOODS (86)	Ottawa Lions T.F.C. (Team Canada)	Sherbrooke, QU	2003 07 12
	U17	8:25.99	Eamonn KICHUK (94)	Phoenix Athletics	Ottawa	2010 08 07
	U16	8:43.15	Eamonn KICHUK (94)	Phoenix Athletics	Sherbrooke, QU	2009 08 09
	U15	9:10.14	Kyle MILKS (90)	Brockville Legion (District G)	Ottawa	2004 07 21
	U14	9:43.8h	Trent SAYERS (91)	Oshawa Legion (District _)	Belleville	2004 06 12
	U13	10:11.8	Geoffrey DYKE (74)	-	North York	1986 06 08
<b>5000m</b>	Open/Senior	13:08.16	Mohammed AHMED (91)	Niagara Olympic Club (Team Canada)	Eugene, USA	2017 05 27
	U24	13:17.51	Justyn KNIGHT (96)	University of Toronto TC	Palto Alto, USA	2017 05 05
	U20	13:34.86	Justyn KNIGHT (96)	University of Toronto TC	Stanford, USA	2015 05 02
	U19	13:51.6h	John CASTELLANO (66)	Etobicoke Huskies Striders	Scarborough	1983 07 19
<b>10,000m</b>	Open/Senior	27:02.35	Mohammed AHMED (91)	Niagara Olympic Club (Team Canada)	London, GRB	2017 08 04
	U24	27:34.64	Mohammed AHMED (91)	Niagara Olympic Club (Univ. of Wisconsin)	Stanford, USA	2012 04 29
	U20	28:57.44	Mohammed AHMED (91)	Niagara Olympic Club (Univ. of Wisconsin)	Eugene, USA	2010 06 10
	U19	30:03.53	Mohammed AHMED (91)	Niagara Olympic Club (Team Canada)	Bydgoszcz, POL	2008 07 09
<b>80mH</b>	U14	12.05 (+0.5)	Tyrell MAIRS-ONWUMERE (99)	London Legion Track Alliance	Guelph	2012 06 27
	U13	13.83 (+0.4)	Colin HUNGERFORD (02)	Almaguin TC	Windsor	2014 08 03
<b>100mH</b>	U16	13.49 (+1.0)	Matthew LOPARCO (94)	Centro Scuola T.F.C.	Timmins	2009 07 26
	U15	13.97 (+0.1)	Mitch O'DONNELL (94)	Laurel Creek T.F.C.	Toronto	2008 08 03
<b>110mH</b>	Open	13.07 (+0.8)	David OLIVER	United States	Toronto	2015 07 24
	Senior	13.08 (+1.2)	Mark McKOY (61)	North York Top Form TFC	Lille, FRA	1993 07 01
	U24	13.27 (+1.5)	Mark McKOY (61)	York University Optimists	Walnut, USA	1984 07 25
	U20	13.43 (+0.5)	Johnathan CABRAL (92)	Kitchener Waterloo T.F.A.	Winnipeg, MB	2011 07 10
	U19	13.56 (-1.2)	Joseph DANIELS (98)	Supreme Athletics	Guelph	2016 06 07
	U18	13.43 (+1.6)	Gregory MacNEIL (92)	Mother Teresa HS (London Legion)	Toronto	2009 06 05
<b>200mH</b>	U17	13.84 (+1.8)	Joseph DANIELS (98)	Supreme Athletics	Toronto	2014 07 22
	U16	24.27 (+1.5)	Davis EDWARD (97)	London Legion T.F.A. (Team Ontario RCL)	Charlottetown, PE	2012 08 18
	U15	26.78 (-0.5)	Mitch O'DONNELL (94)	Laurel Creek	Toronto	2008 08 02
	U14	28.20 (-0.7)	Tyrell MAIRS (99)	London Legion T.F.A.	St. Catharines	2012 08 04
	U13	30.23 (+1.8)	Colin HUNGERFORD (02)	Almaguin TC	Windsor	2014 08 02
<b>300mH</b>	U18	37.84	J. HOLLINGSWORTH (79)	Parkside CI (St. Thomas Legion)	Kitchener	1996 06 08
	U17	37.86	Gregory MacNEIL (92)	London Legion Track Alliance	Toronto	2008 08 02
	U16	40.19	Radcliffe DALEY (76)	University of Toronto T.C.	North York	1991 07 20
	U15	44.38	Aaron STEMLER (95)	RCL District C (Laurel Creek)	Hamilton	2009 07 11
<b>400mH</b>	Open/Senior	48.24	Adam KUNKEL (81)	Elite Edge	Rio de Janeiro, BRA	2007 07 27
	U24	49.18	Mark JACKSON (69)	Phoenix Athletics (Team Canada)	Barcelona, ESP	1992 08 03
	U20	50.92	Nick STEWART (79)	Phoenix Athletics (University of Montana)	Bozeman, USA	1997 05 03
	U19	50.92	Nick STEWART (79)	Phoenix Athletics (University of Montana)	Bozeman, USA	1997 05 03
	U18	52.52	Codi PAULI (98)	London Legion T.F.A. (Team Canada)	Cali, COL	2015 07 16
	U17	52.99	Davis EDWARD (97)	London Legion Track Alliance	Toronto	2013 06 16
<b>1500mSC*</b>	U16	4:19.06	Ben FLANAGAN (95)	Tri City TC (Team Ontario RCL)	Ottawa	2010 08 08
	U15	4:47.52	Derek SEGUIN (00)	Timmins Porcupine T.F.C.	Langley, BC	2014 08 17
<b>2000mSC</b>	U18*	5:44.23	Chris WINTER (86)	Speed River T.F.C.	Sherbrooke, QC	2003 07 12
	U18**	5:49.14	Josh KELLIER (97)	Windsor Legion T.F.C.	Langley, BC	2014 08 17
	U17*	6:05.25	Jeremy COUGHLER (95)	Durham Athletics	Ottawa	2011 06 15
	U17**	5:57.71	Jeremy COUGHLER (95)	Durham Athletics (Team Ontario RCL)	Ottawa	2011 08 07
<i>* 91cm ** 84cm (both specifications still in effect)</i>						
<b>3000mSC</b>	Open/Senior	8:11.64	Matthew HUGHES (89)	Unattached (Team Canada)	Luzhunki, RUS	2013 08 15
	U24	8:24.87	Matthew HUGHES (89)	Toronto Olympic Club (University of Louisville)	Des Moines, USA	2011 06 10
	U20	8:53.14	Benjamin PREISNER (96)	Speed River T.F.C.	Eugene, USA	2014 07 25
	U19	8:53.14	Benjamin PREISNER (96)	Speed River T.F.C.	Eugene, USA	2014 07 25

<b>800m RW</b>	U14	4:54.42	Martin SEGUIN (93)	Timmins Porcupine T.F.C.	Windsor	2006 07 30	
	U13	5:13.7h	Adam BARTOL (90)	Niagara Regional Athletics	Ottawa	2002 08 03	
<b>1500m RW</b>	U18	5:59.3h	Doug BROWN (62)	Etobicoke Huskies	Oshawa	1979 06 30	
	U17	6:33.9h	Andrew McNICHOL (65)	Burlington Halton (Team Ontario RCL)	Hamilton	1981 08 19	
	U16	7:10.45	Andrew McNICHOL (65)	Burlington Legion (Team Ontario RCL)	Saskatoon, SK	1980 08 13	
	U15	7:47.96	Samuel MELANCON (92)	Timmins-Porcupine (District K)	Timmins	2006 07 15	
<b>3000m RW</b>	U18	13:36.8h	Andrew McNICHOL (65)	Burlington Halton TC	Mississauga	1982 06 23	
<b>5000m RW</b>	Open	20:14.3h	Tim BERRETT	Queen's TC (Great Britain)	Mississauga	1990 05 27	
	Senior	20:41.4h	Arturo HUERTA (64)	Etobicoke Gladstone (Team Ontario)	Toronto	2002 07 07	
	U20	22:25.33	Jeff CASSIN (71)	Athletics Southwest (SW Region)	Kitchener	1990 08 18	
	U18	<i>new event - best ratifiable performance to be inaugural record</i>					
	U17	<i>new event - best ratifiable performance to be inaugural record</i>					
<b>10,000m RW</b>	Open	40:53.6h	Tim BERRETT	Great Britain (Queen's TC)	Mississauga	1990 05 27	
	Senior	42:28.8h	Arturo HUERTA (64)	Etobicoke Twins	North York	1997 06 21	
	U20	46:05.1h	Jeff CASSIN (71)	Athletics Southwest (Team Canada)	Brockville	1990 09 16	
	U19	46:09.0h	James KILBURN (71)	Brockville Legion Harriers (Team Canada)	St. John, NB	1989 07 16	
	U18	47:10.36	Doug BROWN (62)		Vancouver, BC	1979 07 14	
	U17	48:59.38	Andrew MCNICHOL (65)	Burlington Halton TC (Team Ontario RCL)	Thunder Bay	1981 08 15	
	<b>HJ</b>	Open/Senior	2.40	Derek DROUIN (90)	Sarnia Athletics Southwest	Des Moines, USA	2014 04 25
U24		2.38	Derek DROUIN (90)	Sarnia Athletics Southwest (Team Canada)	Luzhnik, RUS	2013 08 15	
U20		2.27	Derek DROUIN (90)	Sarnia Athletics Southwest (Team Canada)	Port-of-Spain, TRI	2009 08 02	
U19		2.24	Mike PONIKVAR (79)	University of Toronto TC (Team Canada)	Havana, CUB	1997 07 20	
U18		2.15	Brian MARSHALL (65)	Gloucester S.S.	Ottawa	1985 05 21	
		2.15	Branden WILHELM (92)	London Legion	Kitchener	2009 05 29	
U17		2.15	Branden WILHELM (92)	London Legion	Toronto	2009 06 27	
		2.08	Branden WILHELM (92)	Woodstock Legion (Woodstock H.S.)	London	2008 05 24	
U16		2.01	Branden WILHELM (92)	Woodstock Legion (Team Ontario RCL)	Oromocto, NB	2007 08 12	
U15		1.92	Nicholas CHARRON (78)	Windsor Legion T.F.C. (District A)	Brantford	1992 07 11	
U14		1.78	Nicholas CHARRON (78)	South Windsor K. of C.	North York	1991 07 21	
U13		1.65	Gerry MINTA (78)	University of Toronto TC	North York	1990 07 29	
<b>PV</b>		Open/Senior	5.93	Shawnacy BARBER (94)	Project Athletics T.F.C.	London, GBR	2015 07 25
		U24	5.93	Shawnacy BARBER (94)	Project Athletics T.F.C.	London, GBR	2015 07 25
	U20	5.71	Shawnacy BARBER (94)	Project Athletics T.F.C. (University of Akron)	Austin, USA	2013 03 29	
	U19	5.57	Shawnacy BARBER (94)	Project Athletics T.F.C.	Humble, USA	2012 08 04	
	U18	4.95	Tristan SLATER (97)	Project Athletics T.F.C.	Charleston, USA	2014 07 12	
	U17	4.37	Rob LINDSAY (66)	Ottawa Kinsmen Harriers	Ottawa	1982 08 07	
	U16	3.95	Richard MIRKIEWICZ (96)	Unattached	Toronto	2011 07 05	
	U15	3.80	Don SPRAGUE (59)	Elliot Lake TC	Oshawa	1973 06 30	
<b>LJ</b>	Open/Senior	8.19 (+1.9)	Richard DUNCAN (73)	Unattached	Houston, USA	2000 03 25	
	U24	8.16 (+1.9)	Clayton LATHAM (79)	Brampton Elite TC	Jamaica, USA	2002 07 30	
	U20	7.88 (-0.1)	Richard ROCK (57)	Unattached	Carbondale, USA	1976 04 30	
	U19	7.53 (+0.4)	Andre METIVIER (64)	Scarborough Optimists (Team Canada)	Barquisemeto, VEN	1982 07 30	
	U18	7.32 (+1.3)	Oluseyi SMITH (87)	Ottawa Lions	Saskatoon, SK	2004 07 24	
	U17	7.12 (+1.7)	Oluseyi SMITH (87)	Brookfield High School	Ottawa	2003 05 29	
	U16	6.76 (0.0)	Marcus RENFORD (02)	Centro Scuola T.F.C.	Brandon, MB	2017 08 13	
	U15	6.55 NWI	Larry FEDOSOFF (47)		Regina, SK	1961 08 05	
	U14	5.79 (+0.9)	Jasdon ROBINSON (70)	RCL Dist. F (Oshawa Legion)	Sudbury	1983 08 06	
	U13	4.82 (-1.3)	Ehis ADADA (91)	North York TFC	Kitchener	2003 08 01	
	<b>TJ</b>	Open	17.15 (+1.6)	Arius FILET	France	Ottawa	2001 07 23
Senior		16.70 (+1.2)	George WRIGHT (63)	University of Toronto TC	North York	1987 06 27	
U24		16.48 (+1.4)	Richard DUNCAN (73)	(-)	Houston, USA	1995 05 19	
U20		15.73 (+0.9)	Kenen SHADD (83)	Grand River C.I.	LaSalle	2002 05 31	
U19		15.53 (+0.6)	Kenen SHADD (83)	Kitchiner Waterloo (Grand River C.I.)	Toronto	2001 05 31	
U18		15.19 (+0.9)	Tacuma ANDERSON-RICHARDS (95)	Speed Academy	Calgary, AB	2012 06 30	
U17		14.57 (+0.4)	Dwayne HARRIOTT (86)	Kitchiner Waterloo (Team Ontario RCL)	Sherbrooke, QC	2002 08 18	
U16		14.05 (+0.1)	Sam DAVIS (74)	Oshawa Durham Olympic (District E)	North York	1989 07 14	
U15		13.62	Mike MACDOUGALL (56)	Scarborough Optimists	Etobicoke	1970 08 02	
U14		11.92 (0.0)	Asa AMBROSE (91)	Laurel Creek T.F.C.	LaSalle	2004 07 31	
U13		9.78 (+0.9)	Eric SCHWOOB (90)	Niagara Regional Athletics	Ottawa	2002 08 03	
<b>SP</b>		Open	21.69	O'Dayne RICHARDS	Jamaica	Toronto	2015 07 21
	Senior	20.98	Tim NEWDOW (90)	Unattached	La Jolla, USA	2014 04 26	
	U24	20.74	Tim NEWDOW (90)	Unattached	La Jolla, USA	2013 04 27	
	U20	19.03	Kyle HELF (86)	South Simcoe Dufferin T.F.C. (Team Canada)	Grosseto, ITA	2004 07 13	
	U19	19.03	Kyle HELF (86)	South Simcoe Dufferin T.F.C. (Team Canada)	Grosseto, ITA	2004 07 13	
	U18	20.89	Kyle HELF (86)	Unattached	Sherbrooke, QC	2003 06 21	
	U17	19.81	Joseph MAXWELL (98)	Unattached (District H)	Brampton	2014 07 11	
	U16	19.70	Joseph MAXWELL (98)	Unattached (District H)	Sudbury	2013 07 06	
	U15	19.24	Joseph MAXWELL (98)	Unattached (Team Ontario RCL)	Charlottetown, PE	2012 08 18	
	U14	15.46	Kyle HELF (86)	South Simcoe Dufferin T.F.C.	Kitchener	1999 06 13	
	U13	11.87	Harley MEDEIROS (05)	Bullets Track Club	Brampton	2017 07 30	
	<i>U14 3kg, U16 4kg, U18 5kg, U20 6kg</i>						
	<b>DT</b>	Open/Senior	67.88	Jason TUNKS (75)	London Western T.F.C.	Abilene, USA	1998 05 14
U24		67.88	Jason TUNKS (75)	London Western T.F.C.	Abilene, USA	1998 05 14	
U20		60.72	Jordan YOUNG (93)	Windsor Legion	Boulder, USA	2012 06 07	
U19		55.76	Jordan YOUNG (93)	Windsor Legion	London	2011 05 14	
U18		63.65	Noah ROLPH (97)	St. Thomas Legion (District A)	Brampton	2014 07 11	
U17		55.52	Jordan YOUNG (93)	London Western T.F.C. (Team Canada)	Sudtirol, ITA	2009 07 08	
U16		63.22	Joseph MAXWELL (98)	Unattached	Langley, BC	2013 08 10	
U15		56.18	Kyle HELF (86)	South Simcoe Dufferin T.F.C. (District E)	New Liskeard	2000 07 14	
U14		47.18	Callan SALDUTTO (02)	Niagara Regional Athletics	St. Catharines	2015 07 19	
U13		38.03	Callan SALDUTTO (02)	Niagara Regional Athletics	Windsor	2014 08 02	
<i>U14 0.75kg, U16 1.00kg, U18 1.50kg, U20 1.75kg</i>							

HT	Open	79.89	Szymon ZIOLKOWSKI	Poland	Ottawa	2001 07 20	
	Senior	70.73	Jordan YOUNG (93)	York University T.F.C.	Jacksonville, USA	2015 05 30	
	U24	70.73	Jordan YOUNG (93)	York University T.F.C.	Jacksonville, USA	2015 05 30	
	U20	68.55	Jordan YOUNG (93)	Windsor Legion T.F.C.	Tuscon, USA	2012 05 17	
	U19	62.88	Jordan YOUNG (93)	Windsor Legion T.F.C.	London, ON	2011 05 14	
	U18	63.65	Noah ROLPH (97)	St. Thomas Legion (District A)	Brampton	2014 07 11	
	U17	62.50	Kevin BOWMAN (93)	Saugeen (Team Ontario RCL)	Sherbrooke	2009 08 08	
	U16	59.87	Kevin BOWMAN (93)	Saugeen T.F.C.	London	2008 07 20	
	U15	52.84	Josh LININGTON (03)	Brantford T.F.C.	St Thomas	2017 08 02	
	JT	Open/Senior	84.81	Scott RUSSELL (79)	Windsor Legion T.F.C.	Toronto	2011 07 13
U24		81.66	Scott RUSSELL (79)	Windsor Legion T.F.C. (Team Canada)	Edmonton, AB	2001 08 10	
U20		75.46	Scott RUSSELL (79)	Unattached (University of Kansas)	Columbia, USA	1998 05 17	
U19		71.22	Trevor SNYDER (82)	Unattached (St. Joseph's H.S.)	LaSalle	2000 06 02	
U18		75.99	Trevor SNYDER (82)	Windsor Legion T.F.C. (Team Canada)	Bydgoszcz, POL	1999 07 16	
U17		67.10	Trent CORNEY (93)	Brockville Legion	Brockville	2009 06 10	
U16		58.56	Kevin BOWMAN (93)	Saugeen T.F.C. (Team Ontario RCL)	Sherbrooke, QC	2008 08 10	
U15		51.45	Kyle HELF (86)	South Simcoe Dufferin T.F.C.	Kitchener	2000 07 29	
U14		42.23	Taylor CORNEY (91)	Brockville Legion	LaSalle	2004 08 01	
U13		35.54	Mathieu PLAMONDON (99)	Timmins Porcupine T.F.C.	Toronto	2011 07 23	
<i>U14 400g, U16 600g, U18 700g, U20 800g</i>							
Tetrathlon		U14	1099	Eric PIERCE (99)	London Legion T.F.A.	Windsor	2012 06 17
				13.84(+3.3) 6.81 1.21 30.03(+3.9)			
	U13	873	Liam MILLER (06)	North Halton Stars T.F.C.	Toronto	2018 06 24	
			15.33(+1.1) 7.31 1.25 31.77				
<i>(Tetrathlon: 80m Hurdles, Shot Put, High Jump, 200m)</i>							
Pentathlon	U16	3160	Owen MCDONALD (02)	London Western T.F.C. (Team Ontario RCL)	Brandon, MB	2017 08 13	
			14.52(+0.4) 5.73(+0.0) 11.47 1.65 2:48.25				
	U15	2713	Jonathan LOOS (97)	London Legion Athletics	Toronto	2011 06 11	
			15.32(-2.1) 5.35(+1.6) 11.64 1.54 3:08.43				
<i>(Pentathlon: 100m Hurdles, Long Jump, Shot Put, High Jump, 1000m)</i>							
Octathlon	U18	5809	J. ADJETEY-NELSON (84)	Windsor Legion T.F.C. (Team Canada)	Debrecen, HUN	2001 07 12-13	
			11.46(-1.2) 7.09(+0.9) 12.06 49.99				
			14.94(+1.7) 1.89 43.66 2:53.35				
	U17	5238	Trent CORNEY (93)	Brockville Legion (Team Ontario RCL)	Sherbrooke, QC	2009 08 08-09	
			11.54(+0.1) 6.26(+3.2) 12.04 52.34				
			16.45(-1.1) 1.90 49.63 3:12.07				
<i>(Octathlon: 100m, Long Jump, Shot Put, 400m/110m Hurdles, High Jump, Javelin, 1000m)</i>							
Decathlon	Open/Senior	8795	Damian WARNER (89)	Unattached (Team Canada)	Götzis, AUT	2018 05 27	
			10.31(+0.6) 7.81(+0.5) 14.83 2.03 47.72				
			13.56(+0.0) 47.32 4.80 61.94 4:26.59				
	Espoir-U24	8525	Michael SMITH (67)	University of Toronto TC (Team Canada)	Auckland, NZL	1990 01 28-29	
			10.85(+1.9) 7.52(+2.7) 14.62 2.05 47.77				
			14.34(+1.9) 47.56 4.70 64.18 4:24.06				
	Junior-U20	7592	Nathaniel Mechler (97)	First Attempt Jups Academy	Ottawa	2016 06 18-19	
			11.05(+0.0) 7.17(-0.3) 12.02 2.02 48.66				
			14.84(+0.9) 38.73 4.50 48.53 4:29.78				
	Junior-U19	7097	Zachary BORNSTEIN (95)	Kitchener Waterloo T.F.A.	Medellin, COL	2013 08 24-25	
		11.30(+2.2) 6.53(+1.4) 13.79 1.84 50.30					
		15.50(+1.5) 47.03 4.00 45.30 4:38.14					
<i>Junior Men: 110mH (99cm); 6.0kg Shot; 1.75kg Discus</i>							
Youth-U18	6489+		J. HOLLINGSWORTH (79)	St. Thomas Legion	North York	1996 06 22-23	
			11.13(+1.3) 6.56(+2.9) 13.16 1.71 50.82				
			14.83(+0.0) 33.96 2.90 50.04 4:52.21				
	6214++ p(2)		Jeffrey CLAYTON (98)	University of Toronto TC	Windsor	2015 06 12-13	
			11.36(+3.5) 6.13(-3.3) 11.24 1.84 51.50				
		14.91(-1.2) 31.31 3.00 45.49 4:49.84					
Youth-U17	5634	Caleb TIMM (01)	Laurel Creek T.F.C.	Brandon, MB, CAN	2017 08 13-14		
		11.65(+0.8) 5.95(-1.2) 11.12 1.76 55.02					
		15.76(-0.6) 30.23 3.45 31.41 4:57.15					
<i>Youth Boys: +110mH (91cm); 5.45kg Shot; 1.61kg Discus or ++110mH(91cm); 5.00kg Shot; 1.50kg Discus</i>							
4X100m	Open/Senior	37.64	CANADA (COMPOSITE)	(Akeem Haynes, Aaron Brown, Brendon Rodney, Andre De Grasse)	Rio de Janeiro, BRA	2016 08 19	
		40.15	OTTAWA LIONS (CLUB)	(Michael Robertson, Oluseyi Smith, Oluwasegun Makinde, Richard Adu[Bobie])	Ottawa	2011 07 16	
	Espoir-U24	39.64	CANADA (COMPOSITE)	(Justyn Warner, Oluseyi Smith, Todd Pyper, Brian Barnett)	Beijing, CHN	2006 08 15	
	Junior-U20	39.64	CANADA (COMPOSITE)	(Justyn Warner, Oluseyi Smith, Todd Pyper, Brian Barnett)	Beijing, CHN	2006 08 15	
		40.51	ETOBICOKE HUSKIES-STRIDERS (CLUB)	(Eric Frempong-Manso, Randy Brookes, Kevin Pennycooke, Marlon Dechausay)	North York	1994 06 19	
	Youth-U18	41.44	CANADA (COMPOSITE)	(Drelian Bramwell, Steven Ajayi, Denray Jean-Jacques, Keefer Joyce)	Isle of Man, GBR	2011 09 11	
		41.50	ETOBICOKE WEST (CLUB)	(Randy Brookes, Marlon Dechausay, Kevin Pennycooke, Eric Frempong)	North York	1992 07 12	
	Midget-U16	43.87	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE)	(Aaron Stemmler, Andre Ford-Azonwanna, Jordan Sherwood, Yazin Joseph)	Ottawa	2010 08 06	
		43.48	MISSISSAUGA OLYMPIANS T&F A.A. (CLUB)	(Jalon Rose, David Hurst Jr, Diarra James Powell-Burgess, Jadon Rose)	Windsor	2018 07 22	
	Bantam-U14	53.5h	TEAM ONTARIO - 1975+ (COMPOSITE)	(Jadon Rose, David Hurst Jr, Diarra James Powell-Burgess, Jadon Rose)	Oak Brook, USA	1987 08 02	
		52.78	FLYING ANGELS (CLUB)	(Jadon Rose, David Hurst Jr, Diarra James Powell-Burgess, Jadon Rose)	Toronto	2011 07 23	
				(Jadriel Dowlin, Justin Abrokwa, Marc Anthony Thompson, Tyreak Stanley)			

4X200m	Open/Senior	1:19.20	CANADA (COMPOSITE) (Gavin Smellie, Brendon Rodney, Aaron Brown, Andre De Grasse)	Gainesville, USA	2016 04 02	
	Espoir-U24	1:23.6h	POWER TRACK CLUB "A" (Doug Hinds, Lyndon Fong, Glen Bogue, Cole Doty)	Etobicoke	1978 06 17	
	Junior-U20	1:25.1h	UXBRIDGE OPTIMISTS (Dave McKnight, Ed Johnson, Ray Daley, Desai Williams)	Etobicoke	1978 06 17	
	Youth-U18	1:29.46	SUPREME ATHLETICS (David Rittenger, Emeke Agada, Nienkel Pajola, Mitch D'Donnell)	Toronto	2010 06 13	
	Midget-U16	1:39.58	BRAMPTON T.F.C. (CLUB) (Dwayne Patrick, Leon Clouden, Deeoh Fraser, Franklyn Benjamin)	North York	1994 06 19	
		1:34.36p(2)	CENTRO SCUOLA (CLUB) (Anthony Leone, Matthew Loparco, Jonathan Settembri, Thomas Juha)	Toronto	2008 06 14	
		1:37.81p(2)	WINDSOR LEGION (Joshua Woghiren, Matthew Pardo, <b>Kalvin Mercier, Graeme Fisher</b> )	St. Catharines	2012 08 05	
	Bantam-U14	1:52.62p(2)	CENTRO SCUOLA ( <b>Miles Helman, Alexander Pezzutto, Joshua Borowski, Gaetano DeSiato</b> )	Toronto	2010 06 13	
4X400m	Open	2:59.60	TRINIDAD & TOBAGO (Rennie Quow, Jarrin Solomon, Emanuel Mayers, Machel Cedeno)	Toronto	2015 07 25	
	Senior	3:02.64	CANADA (COMPOSITE) (Ian Seale, Don Domansky, Leighton Hope, Bryan Saunders)	Montreal	1976 07 31	
		3:10.3h	POWER TRACK CLUB (CLUB) (Dacre Bowen, Paul Richards, Peter Harper, Glen Bogue)	Philadelphia, USA	1979 04 28	
		3:08.34	ONTARIO CANADA GAMES TEAM (Rayton Archer, Monte Raymond, Tim Middlekoop, Chris Davis)	Kamloops, BC	1993 08 20	
	Espoir-U24	3:07.39p(2)	CANADA (COMPOSITE) ( <b>Daniel Harper, Jonathan Reid, Tremaine Harris, Michael Robertson</b> )	Baton Rouge, USA	2011 04 23	
		3:15.0h	YORK SPARTAN TC (CLUB) (Mike McIntosh, Dave Best, Bill Kennedy, Glen Bogue)	Montreal	1972 08 20	
		3:11.93p(2)	OTTAWA LIONS (CLUB) ( <b>Toluwalope Makinde, Denray Jean-Jacques, Devin Biocchi, Wade Embury</b> )	Ottawa	2014 07 20	
		3:09.83	CANADA (COMPOSITE) (Chris Davis, Kevin Sullivan, Bwana Smith, Marlon Dechausay)	Winnipeg, MB	1993 07 17	
	Junior-U20	3:15.0h	YORK SPARTAN TC (CLUB) (Mike McIntosh, Dave Best, Bill Kennedy, Glen Bogue)	Montreal	1972 08 20	
		3:17.31	TEAM ONTARIO RCL (COMPOSITE) (Junior Solomon, Nienkel Pajola, Wesley Best, Brandon McBride)	Ottawa	2011 08 07	
		3:20.6h	ETOBICOKE HUSKIES-STRIDERS (CLUB) (Errol Watson, Corey Burnett, Marc Proudfoot, Mark Jackson)	Etobicoke	1986 07 06	
		3:17.38p(2) **	THE SPEED ACADEMY (CLUB) (Joshua Cunningham, <b>Myles Williams</b> , Graeme Thompson, William Russell)	St. Catharines	2012 08 04	
	Midget-U16	3:40.51	LAUREL CREEK (Keegan Calder, Nienkel Pajola, Scott Buttinger, Mitch O'Donnell)	Windsor	2009 07 04	
	Bantam-U14	3:52.80p(2)	OTTAWA LIONS (CLUB) ( <b>Xavier Carty, Yannick Meredith, Cormick Holland, Peter Bertels</b> )	Quebec City, QC	2018 07 15	
	4X800m	Open/Senior	7:22.83	PHOENIX (Andrew Heaney, Matt Lincoln, Andrew Maloney, Kyle Smith)	Toronto	2007 06 16
		Espoir-U24	7:34.0h	TRACK WEST (Tom Potter, Gary Crossley, Steve Lincoln, Tom Lobsinger)	Etobicoke	1974 06 14
Junior-U20		7:40.4h	MISSISSAUGA TFC (Paul Holmes, John Orton, Mike Logan, Mark Gunby)	North York	1981 07 19	
Youth-U18		7:47.21	EXCEL TC (Graham Hood, Andy Burnside, Jason Bunston, Mike Belbeck)	North York	1988 06 19	
Midget-U16		8:22.94	LAUREL CREEK (Aaron Lebold, Nicolash Bedi, Riley Alvarez, Cameron Waind)	London	2011 07 06	
Bantam-U14		9:28.1h	LONDON LEGION TRACK ALLIANCE (CLUB) (Ben Hyland, Adam Lo, Joshua Millard, Zachary Gray)	Windsor	2006 07 30	
4X1500m	Open/Senior	15:25.38	SPEED RIVER "A" (Greg Hutchinson, Eric Gillis, Reid Coolsaet, Taylor Milne)	London	2006 06 21	
	Espoir-U24	Unclaimed				
Sp Med*	Open	3:20.2h	EAST YORK TC (Robert Patterson, Larry Dunn*, David McClure, Bill Crothers) * = USA	Toronto	1977 07 09	
	Senior	3:22.8h	TORONTO TRACK CLUB (Don Young, Bob Jarema, Norm Sinclair, Ergas Leps)	Hamilton	1963 08 16	
		3:22.8h	SCARBOROUGH OPTIMISTS (Bryan Saunders, Robert Martin, Marvin Nash, Eric Chapman)	Brantford	1975 09 06	
	Espoir-U24	3:29.19	HAMILTON OLYMPIC CLUB (CLUB) (Manny Bonilla, Glen Shand, Laurent Shand, Bryan Henry)	North York	1991 06 23	
		3:26.21p(2)	LAUREL CREEK (CLUB) (Jordan Sherwood, <b>David Mohan, Ildemaro Ponnambalam</b> , Scott Buttinger)	North York	2013 07 21	
	Junior-U20	3:29.19	HAMILTON OLYMPIC CLUB (CLUB) (Manny Bonilla, Glen Shand, Laurent Shand, Bryan Henry)	North York	1991 06 23	
		3:26.21p(2)	LAUREL CREEK (CLUB) (Jordan Sherwood, <b>David Mohan, Ildemaro Ponnambalam</b> , Scott Buttinger)	North York	2013 07 21	
	Youth-U18	3:31.73	ONTARIO LEGION TEAM (COMPOSITE) (Brad Copper, Ricardo Best, Paul Went, Graham Hood)	Quebec City	1988 08 13	
		3:37.16	MISSISSAUGA TFC (CLUB) (Ian Butcher, Oneill Whittaker, Cordell Morrison, August Battiston)	St. Catharines	2002 06 16	
	Midget-U16	3:33.48p(2)	UNIVERSITY OF TORONTO TRACK CLUB (CLUB) ( <b>Kyran Parker, J.R. Speed, Christian Sergnese, Andrew Alexander</b> )	Windsor	2016 07 24	
		3:35.30	ONTARIO LEGION 15&UNDER TEAM (COMPOSITE) (Aaron Stemmler, Jordan Sherwood, Yazin Joseph, Alex Freemantle)	Ottawa	2010 08 07	
		3:49.64	LAUREL CREEK (CLUB) (Aaron Lebold, Connor Finnegan, Riley Alvarez, Nicolash Bedi)	Ottawa	2011 08 06	
		3:47.65p(2)	WINDSOR LEGION (CLUB) ( <b>Graeme Fisher, Matthew Pardo, Quinton Cannella, Brendan Wallace</b> )	Charlottetown, PE	2012 08 18	
	Bantam-U14	4:42.10	MARKHAM (Kevin Hill, Sean Fox, Rayu Mehta, Corey Lynam)	North York	1997 06 22	

\* 400-200-200-800m

<b>Dist Med</b>	Open/Senior	9:23.34 <sup>^</sup>	CANADA "BLACK" (Matt Lincoln,Tremaine Harris,Andrew Ellerton,Nate Brannen)	Philadelphia, USA	2012 04 28
	Espoir-U24	9:53.5 <sup>**</sup>	ETOBICOKE HUSKIES (Chris Reid,Will Lincoln,Dave Reid,Paul Steeds)	North York	1980 07 20
	Junior-U20	10:08.14 <sup>^^</sup>	BIRCHMOUNT COLLEGIATE INSTITUTE (Mark Harris,Blake Farley,Slalh Hussein, Adil Berkhedele)	Dayton, USA	2000 05 05

<sup>\*</sup> = Running order: 440-880-1320yd-1mile  
<sup>^</sup> = Running order: 1200-800-400-1600m  
<sup>^</sup> = Running order: 1200-400-800-1600m  
<sup>\*\*</sup> = Running order: 400-800-1200-1600m  
<sup>^^</sup> = Running order: 800-400-1200-1600m