

**TRACK WARS**  
**ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES**  
**2013 -2019**

**SENIOR GIRLS 100 METER HURDLES**

| <b>Athlete</b>   | <b>School</b> | <b>Performance</b> | <b>Place</b> | <b>Year</b> | <b>Record/Notes</b> |
|------------------|---------------|--------------------|--------------|-------------|---------------------|
| BOUG, Tyra       | HHSS          | 14.21              | 1            | 2018        | *                   |
| OVERHOLT, Brooke | SMCSS         | 14.25              | 2            | 2018        |                     |
| AITKEN, Lexi     | SACSS         | 14.32              | 1            | 2013        | *                   |
| MCLEAN, Micaela  | HHSS          | 14.45              | 1            | 2014        |                     |
| BAMIGBADE, Tomi  | CHCI          | 14.64              | 1            | 2017        |                     |
| MELVIN, Alissa   | SDCSS         | 14.70              | 2            | 2017        |                     |
| EFREMENKO, Bella | CHCI          | 14.75              | 2            | 2014        |                     |
| PARSONS, Megan   | HHSS          | 14.85              | 3            | 2013        |                     |
| BULTEN, Rheanna  | PHS           | 14.97              | 4            | 2013        |                     |
| BOWERMAN, Emily  | JFR           | 15.24              | 5            | 2013        |                     |

**JUNIOR GIRLS 80 METER HURDLES**

|                       |         |       |   |      |   |
|-----------------------|---------|-------|---|------|---|
| BOUG, Tyra            | HHSS    | 12.10 | 1 | 2016 | * |
| MELVIN, Alissa        | SDCSS   | 12.46 | 1 | 2015 | * |
| EFREMENKO, Bella      | CHCI    | 12.49 | 1 | 2013 | * |
| LARSSON, Anna         | SJAM    | 12.62 | 2 | 2013 |   |
| ROGERS, Aaliyah       | GRCI    | 12.81 | 1 | 2014 |   |
| HANNAM, Tiffany       | Banting | 12.85 | 3 | 2013 |   |
| McKAY, Emily          | WCI     | 13.01 | 4 | 2013 |   |
| HENDERSON, Brooke     | Banting | 13.08 | 5 | 2013 |   |
| CHANTHAVONG, Phorntip | CHCI    | 13.14 | 2 | 2014 |   |
| SHANTZ, Mackeely      | WODSS   | 13.17 | 1 | 2017 |   |

**MIDGET GIRLS 80 METER HURDLES**

|                   |          |       |   |      |   |
|-------------------|----------|-------|---|------|---|
| BEST, Ashlan      | GCVI     | 12.46 | 1 | 2014 | * |
| ASUMANG, Ella     | KCI      | 12.71 | 1 | 2019 |   |
| STEPHAN, Kendall  | ESS      | 12.81 | 1 | 2015 |   |
| BOUG, Tyra        | HHSS     | 12.81 | 2 | 2015 |   |
| SHANTZ, Mackeely  | WODSS    | 13.17 | 1 | 2017 |   |
| RODGERS, Aaliyah  | GRCI     | 13.19 | 1 | 2013 | * |
| LLOYD, Anastasia  | CHCI     | 13.23 | 2 | 2017 |   |
| RAMSEYER, Jessie  | CHCI     | 13.34 | 3 | 2017 |   |
| NOSAKHARE, Eseosa | Bluevale | 13.45 | 2 | 2014 |   |
| BISHOP, Charlotte | GPSS     | 13.45 | 2 | 2019 |   |

### SENIOR BOYS 110 METER HURDLES

| Athlete                | School | Performance | Place | Year | Record/Notes |
|------------------------|--------|-------------|-------|------|--------------|
| GREEN, Chris           | CHCI   | 14.11       | 1     | 2013 | *            |
| MATHER, Liam           | LCSS   | 14.17       | 1     | 2018 |              |
| SHERWOOD, Jordan       | CHCI   | 14.29       | 2     | 2013 |              |
| EXLEY, Adam            | RCSS   | 14.93       | 2     | 2018 |              |
| BUTCHER, Locky         | LCSS   | 15.06       | 3     | 2013 |              |
| ZWART, Ben             | JFR    | 15.27       | 3     | 2018 |              |
| KREBS, Evan            | SACSS  | 15.38       | 1     | 2017 |              |
| POTTER, Will           | PHS    | 15.41       | 4     | 2013 |              |
| VAN DORP, Casey        | SACSS  | 15.47       | 1     | 2019 |              |
| FRYER-DAVIS, Christian | CHCI   | 15.53       | 1     | 2014 |              |

### JUNIOR BOYS 100 METER HURDLES

|                       |       |       |   |      |   |
|-----------------------|-------|-------|---|------|---|
| DANIELS, Joey         | CHCI  | 13.76 | 1 | 2014 | * |
| LEE, Adam             | JFR   | 14.24 | 1 | 2015 |   |
| SHI, Tony             | WCI   | 14.61 | 2 | 2015 |   |
| VANNESTE, Brandon     | SACSS | 14.86 | 1 | 2017 |   |
| AKHTAR, Maher         | CHCI  | 14.90 | 1 | 2013 | * |
| BUTT, Zeyan           | HHSS  | 14.99 | 3 | 2015 |   |
| HERNANDEZ, Daniel     | SBCSS | 15.15 | 1 | 2019 |   |
| FREDE, Trent          | WCI   | 15.17 | 2 | 2019 |   |
| ROWE, Dawson          | CHCI  | 15.20 | 3 | 2019 |   |
| PONNAMBALAM, Ildemaro | SDCSS | 15.22 | 2 | 2013 |   |

### MIDGET BOYS 100 METER HURDLES

|                   |       |       |   |      |   |
|-------------------|-------|-------|---|------|---|
| ROBERTSON, Seth   | JHSS  | 15.20 | 1 | 2016 | * |
| EXLEY, Adam       | RCSS  | 15.21 | 2 | 2016 |   |
| KANHAI, Marcus    | SJAM  | 15.38 | 1 | 2019 |   |
| BUTT, Zeyan       | HHSS  | 15.49 | 1 | 2014 | * |
| GOROS, Spiros     | SBCSS | 15.64 | 2 | 2019 |   |
| HERNANDEZ, Daniel | PHS   | 15.71 | 1 | 2018 |   |
| DOUGALL, Adam     | SJAM  | 15.72 | 2 | 2014 |   |
| GORGI, Ryan       | OLOL  | 15.84 | 3 | 2014 |   |
| SHI, Tony         | WCI   | 15.92 | 4 | 2014 |   |
| FREDE, Trent      | WCI   | 15.96 | 2 | 2018 |   |