

**WCSSAA  
ALL TIME TOP 25 BEST TRACK AND FIELD PERFORMANCES IN FINALS  
1978-2003**

**SENIOR GIRLS 400 METER HURDLES (30")**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
BELL, Deniece	PHS	1:01.4	1	1996	*
WACHTER, Andrea	GRCI	1:01.5	1	1978	* TC
SWEENEY, Peggy	St. M	1:02.1	1	1981	
KUENEMAN, Lisa	BCI	1:04.2	1	1987	
McKEEVER, Mary Joan	St. M	1:04.3	1	1986	
HO-SHING, Nicole	CHCI	1:04.7	2	1987	
BRYANT, Allison	WCI	1:05.3	1	1985	
McCUSKER, Amanda	GCI	1:06.9	1	1994	
ROEDER, Jessica	FHCI	1:06.9	1	1999	
GATEMAN, Benita	CHCI	1:07.7	1	1995	
BRYANT, Adrienne	KCI	1:07.7	2	1986	
HEINBECKER, Tracy	BCI	1:07.7	2	1994	
HARPER, April	BCI	1:08.0	1	1992	
DUNNINGTON, Kelly	St. M	1:08.2	1	1988	
HOLLINGER, Deanna	BCI	1:08.3	1	2002	
DOWHANIUK, Briton	BCI	1:08.5	1	2001	
MADDEN, Julie	EDSS	1:08.5	2	1984	
PISKORSKI, Sharon	WODSS	1:08.7	2	1981	
KLASSEN, Chris	WODSS	1:08.7	2	1982	
THOMPSON, Sandra	CHCI	1:08.8	3	1994	
JAROSZ, Kit	GCI	1:09.7	1	1993	
WEBB, Vicki	GCI	1:10.5	1	1998	
IRWIN, Sue	St. M	1:10.5	2	1988	
BYERS, Shannon	GRCI	1:10.5	2	1996	
SMITH, Lianne	PHS	1:12.8	1	1997	

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**JUNIOR GIRLS 300 METER HURDLES (30")**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
BELL, Denise	PHS	43.3	1	1995	*
ROEDER, Jessica	FHCI	46.5	1	1998	
GATEMAN, Benita	CHCI	47.0	2	1994	*
BYERS, Shannon	GRCI	47.1	2	1995	
HEINBECKER, Tracy	BCI	47.6	1	1993	*
HEEMSKIRK, Kristy	KCI	48.0	2	1998	
JAROSZ, Kit	GCI	48.3	1	1992	*
WEBB, Vicki	GCI	48.4	1	1996	
GREEN, Patricia	CHCI	49.4	3	1993	
HARPER, April	BCI	49.5	1	1990	*
HOLLINGER, Deanna	BCI	49.6	1	2001	
HAUSEMAN, Jamie	FHCI	50.0	1	2003	
SMITH, Lianne	PHS	50.0	2	1996	
NEWMAN, Dawn	FHCI	50.4	3	1995	
TOWNSEND, Kelly	BCI	50.7	1	2000	
CRAIG, Shawna	SSS	50.8	1	1999	
McCUSKER, Amanda	GCI	50.9	2	1991	
DAVEY, Alicia	PHS	51.0	1	2002	
RUBAN, Danielle	ECI	51.0	2	2000	
BROWN, Julie	BCI	51.2	3	1991	
COOK, Shelly	WODSS	51.3	1	1993	
BRUNETTE, Ashley	PHS	51.3	3	1996	
CASSIDY, Robyn	WCI	51.3	3	2000	
RUSSWORM, Kathy	BCI	51.4	2	1992	
DOWHANIUK, Britton	BCI	51.6	2	1999	

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**MIDGET GIRLS 300 METER HURDLES (30")**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
GATEMAN, Benita	CHCI	46.8	1	1992	*
BELL, Denise	PHS	47.5	1	1993	
GREEN, Patricia	CHCI	49.7	3	1992	
WEBB, Vicki	GCI	49.9	1	1995	
KLEIN, Mandy	JHSS	50.3	1	1996	
McFARLANE, Andrea	WCI	50.4	1	1994	
KULKER, Shana	ECI	51.0	2	1993	
BRYDSON, Michelle	GPSS	51.1	2	1995	
STONER, Christine	PHS	51.1	2	1996	
HOLLINGER, Dee	BCI	51.2	1	1999	
TOWNSEND, Kelly	BCI	51.4	2	1999	
HART, Stephanie	ECI	51.4	3	1995	
HOPE, Kaye	BCI	51.5	1	1997	
FITTON, Carolyn	KCI	51.6	1	2002	
HAUSEMAN, Jamie	FHCI	51.8	2	2002	
GINGRICH, Laurie	SSS	51.8	3	1996	
YOUNG, Sherry	BCI	51.8	4	1992	
MacLEAN, Michelle	CHCI	51.9	3	1993	
OVENDEN, Meredith	BCI	52.0	3	2002	
SULPHER, Aimee	WCI	52.1	4	2002	
BEWICK, Laura	BCI	52.2	4	1995	
CRAIG, Shawna	SSS	52.4	1	1998	
DAVEY, Alicia	PHS	52.4	1	2001	
KELLER, Shawna	GCI	53.1	1	2003	
JORCH, Krista	SSS	53.3	2	1994	
ALEKSIC, Rene	PHS	53.3	5	1995	

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**SENIOR BOYS 400 METER HURDLES (36")**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
WAGNER, Chris	CHCI	53.2	1	1994	*
MESSAM, Richard	CHCI	53.4	2	1994	
DOUGLAS, Neville	ECI	54.3	1	1983	*
RILEY, Marcus	GCI	54.8	1	1989	
VAN GROOTEL, Luc	CHCI	56.4	1	1988	
CAVE, Jason	BCI	56.5	1	1996	
PATTISON, Graham	CHCI	56.5	2	1996	
McFARLANE, Chris	BCI	56.5	3	1993	
WOOD, Chris	BCI	57.0	1	1987	
GRETZINGER, Harold	GRCI	57.2	1	1972	* TC
WOOLLEY, Jim	ECI	57.5	1	1978	TC
CLOSS, Jordan	CHCI	57.6	3	1994	
MILLER, Milton	ECI	57.7	1	1986	
RILEY, Ray	GCI	58.0	2	1987	
MACEY, Chris	GCI	58.1	1	1990	
THOMPSON, Dave	FHCI	58.8	2	1985	
RANDS, Scott	BCI	59.1	2	1992	
LORENTZ, Mike	WODSS	59.2	1	1980	
MOFFAT, Tim	BCI	59.2	1	1998	
BATTERMAN, Louis	CHCI	59.4	1	1982	
BALOGH, John	PHS	59.9	1	1975	* SW
THOMPSON, Chuck	CHCI	59.9	2	1986	
PELLOW, John	WODSS	59.9	3	1985	
MEMBURY, Roger	KCI	1:00.1	1	1977	TC
McKENZIE, T.J.	FHCI	1:00.1	2	1990	

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**JUNIOR BOYS 300 METER HURDLES (33")**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
MESSAM, Rich	CHCI	38.8	1	1992	*
McFARLANE, Chris	BCI	39.2	1	1990	*
WAGNER, Chris	CHCI	39.2	2	1992	
ROBINSON, Chris	JHSS	39.7	1	1993	
RILEY, Granville	GCI	39.8	2	1993	
PATTISON, Graham	CHCI	40.2	1	1995	
ROBINSON, Devon	JHSS	41.1	2	1990	
SIMPSON, Jason	FHCI	41.1	3	1992	
CAVE, Jason	BCI	41.1	3	1994	
ROI, Jonathon	WODSS	41.2	1	1996	
GAGE, Matt	SSS	41.3	4	1992	
HADFIELD, Peter	GCI	41.4	3	1990	
BURKETT, Craig	BCI	41.8	1	1998	
MOOGK, Kevin	BCI	41.9	1	1997	
HUNSBERGER, Avery	BCI	42.2	2	1997	
PETERSON, Adam	BCI	42.3	1	1999	
EAGLES, Rob	GPSS	42.4	2	1999	
CHAVES, Brad	GCI	42.5	1	2003	
SABAN, Chris	GCI	42.5	3	1995	
INSIXIENGMAY, Nick	GCI	42.6	1	2000	
SOMMERFELDT, Josh	GCI	42.7	4	1995	
IBRAHIMA, Halim	WCI	42.7	5	1995	
BECKFORD, Andrew	KCI	42.8	4	1994	
QAHWASH, Alaa	ECI	42.9	2	2000	
WEAVER, Jason	PHS	43.1	3	1996	

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<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
RILEY, Granville	GCI	42.1	1	1992	*
EAGLES, Robert	GPSS	43.3	1	1998	
CAVE, Jason	BCI	43.5	2	1992	
BECKFORD, Andrew	KCI	43.6	1	1993	
SAMMS, Ed	CHCI	44.3	3	1992	
GILMOUR, Andrew	BCI	44.4	1	1995	
PATTISON, Graham	CHCI	44.5	2	1993	
SOMMERFELDT, Josh	GCI	44.6	1	1994	
INSIXIENGMAY, Nick	GCI	44.6	1	1999	
ROI, John	WODSS	44.6	2	1994	
HUNSBERGER, Avery	BCI	44.7	2	1995	
IBRAHIMA, Halim	WCI	44.8	3	1993	
BUI, Thinh	BCI	44.9	4	1993	
LAWRENCE, Colin	BCI	45.3	1	2000	
GRUJIC, Petar	ECI	45.3	2	1999	
LAM, Andrew	GCI	45.5	3	1994	
HARMS, Randy	BCI	45.6	1	1996	
MORRIS, Greg	GCI	45.6	4	1992	
DEOSARAN, Bobby	GRCI	45.8	1	2001	
CHAVES, Brad	GCI	46.1	2	2001	
CRANFORD, Brett	GRCI	46.1	3	1995	
BURKETT, Craig	BCI	46.3	2	1996	
VEITCH, Bryan	BCI	46.5	3	1999	
MASON, Don	PHS	46.8	3	1996	
CHURCH, Kyle	SSS	47.0	1	2002	
JERMYN, Denver	SSS	47.0	2	2000	