

WCSSAA
ALL TIME TOP 25 BEST TRACK AND FIELD PERFORMANCES IN FINALS
1962-2003

SENIOR GIRLS LONG JUMP

Athlete	School	Performance	Place	Year	Record/Notes
SHADD, Crystal	GRCI	5.68	1	1994	*
ELGIN, Naomi	WCI	5.52	2	1994	
GODDARD, Jenna	SSS	5.40	3	1994	
DAMMAN, Liz	FHCI	5.36	1	1972	* TC
SMITH, Val	WCI	5.29	1	1987	
DANN, Samantha	FHCI	5.23	4	1994	
KIEFER, Gloria	BCI	5.21	2	1987	
FORDE, Shirley	GCI	5.20	5	1994	
EDWARDS, Carlene	CHCI	5.19	1	1993	
MILLAR, Karen	GRCI	5.18	1	1977	TC
MALGADEY, Sylvia	CHCI	5.15	1	1975	TC
MASTERS, Val	FHCI	5.15	1	1982	
POLLOCK, Anna	GRCI	5.13	1	1971	* TC
STAFFORD, Gerri	St. M	5.13	1	1990	
SULPHER, Melissa	WCI	5.13	1	2000	
NEWMAN, Dianna	FHCI	5.12	1	1996	
WELLS, Wendy	SSS	5.10	1	1976	* SW
PRUCHNICKI, Renia	St. M	5.08	2	1990	
FORLER, Sheila	EDSS	5.06	1	1977	SW
MICHIELS, Renee	SSS	5.06	3	1990	
GRANGER, Jenny	WCI	5.05	1	1992	
EPPICH, Denise	St. M	5.02	1	1986	
SMITH, Lois	SSS	5.01	1	1985	
RAUTER, Martina	GRCI	5.00	3	1987	
JENNER, Anne	EDSS	4.97	1	1971	* SW

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Athlete	School	Performance	Place	Year	Record/Notes
ROSS, Sheena	WCI	5.42	1	1981	*
JOHNSON, Karen	SSS	5.34	1	1973	SW
LINGARD, Val	BCI	5.32	1	1988	
FORDE, Shirley	GCI	5.26	1	1993	
ADAMS, Stephanie	GRCI	5.11	1	1982	
GRANGER, Jenny	WCI	5.09	1	1990	
HERTISE, Joanne	WODSS	5.08	1	1979	SW
DAMMAN, Liz	ECI	5.07	1	1970	* TC
FRANKLIN, Michelle	SSS	5.05	1	2000	
MASTERS, Val	FHCI	5.04	1	1979	TC
SULPHER, Melissa	WCI	5.02	1	1998	
WARD, Charmaine	FHCI	5.01	1	2001	
MILLAR, Karen	GRCI	5.00	1	1975	TC
GODDARD, Jenna	SSS	5.00	2	1993	
SMITH, Lois	SSS	4.99	1	1983	
STAFFORD, Geraldine	St. M	4.97	1	1989	
MALGADEY, Sylvia	CHCI	4.96	1	1973	TC
SALTER, Allison	SSS	4.95	1	1994	
ELGIN, Naomi	WCI	4.95	3	1993	
PRUCHNICKI, Renia	St. M	4.93	1	1987	
STANKIEWICZ, Cheryl	St. M	4.93	2	1982	
WELLS, Wendy	SSS	4.92	1	1975	SW
KENDRICK, Tracy	ECI	4.92	2	1994	
HERTELS, Joanne	EDSS	4.90	1	1978	SW
MASCOLL, Althea	GCI	4.90	1	1985	

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MIDGET GIRLS LONG JUMP

Athlete	School	Performance	Place	Year	Record/Notes
JAEGER, Denise	GCI	5.22	1	1977	* SW
SALTER, Allison	SSS	5.13	1	1993	
YOUNG, Erin	GRCI	5.11	2	1993	
JOSIPOVIC, Bojana	GRCI	5.07	1	2002	
KENDRICK, Tracy	ECI	5.05	1	1992	
MARINI, Dianne	St. M	5.02	1	1977	* TC
BRYSON, Becky	GCI	5.02	3	1993	
GERVAIS, Melissa	St. M	5.01	1	1985	
STANKIEWICZ, Cheryl	St. M	4.97	1	1981	
MILLER, Liesel	GCI	4.95	2	1981	
FORSYTH, Lindsay	EDSS	4.95	4	1993	
KLASSEN, Liz	Rockway	4.92	1	1973	* TC
LINGARD, Val	BCI	4.92	1	1987	
MALGADEY, Sylvia	CHCI	4.91	1	1972	* TC
HALL, Laura	SSS	4.88	1	1979	SW
MICHAEK, Renee	SSS	4.86	1	1986	
GREENHALGH, Vicki	SSS	4.85	2	1987	
SIMON, Michelle	BCI	4.84	1	1988	
PICKERSGILL, Natasha	KCI	4.84	2	1992	
WARE, Rachel	SSS	4.82	1	1991	
SCHEUERMANN, Brenda	GRCI	4.81	1	1979	TC
FRANKLIN, Michelle	SSS	4.80	1	1998	
WELLS, Wendy	St. B	4.78	1	1973	* SW
CIRA, Lesley	WCI	4.78	1	2003	
CLEMENTS, Dhana	WODSS	4.78	2	1986	

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SENIOR BOYS LONG JUMP

Athlete	School	Performance	Place	Year	Record/Notes
SHADD, Kenen	GRCI	7.12	1	2001	*
SIKANETA, Pumulo	GCI	6.87	1	1993	*
CAVE, Jason	BCI	6.76	1	1996	
BALCOVEC, Louis	KCI	6.75	1	1977	TC
MAJURY, Paul	GRCI	6.74	1	1970	TC
TAITT, Mike	KCI	6.73	1	1983	
KERR, Errol	PHS	6.72	1	1979	* SW
SIMPSON, Jason	FHCI	6.66	1	1994	
BUTCHER, Maurice	PHS	6.62	1	1967	* SW
HUBER, Wally	WODSS	6.61	1	1974	* SW
WIENS, Al	BCI	6.59	1	2003	
BOULETTE, Dave	CHCI	6.56	1	1998	
MacDOUGALL, Everton	KCI	6.54	1	1979	TC
REICHERT, George	ECI	6.52	1	1972	TC
SMITH, Dave	GRCI	6.52	3	1993	
SCOTT, Bill	GCI	6.52	4	1993	
BROWNE, Dave	PHS	6.51	1	1999	
GINGRICH, Fred	EDSS	6.47	1	1977	SW
GOETZ, Jason	PHS	6.46	2	2003	
SCHIEGEL, Jamie	KCI	6.43	1	1987	
THOMAS, Jason	CHCI	6.43	3	1994	
COWAN, Mike	WCI	6.41	1	1986	
MOORE, Charlie	FHCI	6.38	1	1968	* TC
KERR, Bryan	PHS	6.38	2	1983	
KIRKHAM, Corey	EDSS	6.37	1	1991	

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SHADD, Kenen	GRCI	6.72	1	2000	*
SMITH, Greg	FHCI	6.66	1	1982	*
PINOS, Vladimir	St. J	6.56	1	1970	* TC
COWAN, Mike	WCI	6.52	1	1985	
TOMLIN, Santed	GRCI	6.50	1	1992	
BOULETTE, Dave	KCI	6.45	1	1997	
COLORADO, Bobby	GRCI	6.44	1	2003	
SKYERS, Roger	CHCI	6.42	1	1993	
BROWN, Delroy	GRCI	6.40	2	1982	
HUBER, Wally	WODSS	6.37	1	1973	* SW
GELLNER, Jeff	BCI	6.34	1	1994	
FORDE, Paul	JHSS	6.31	1	1996	
KOENIG, Steve	WODSS	6.30	1	1975	SW
McDOUGALL, Everton	KCI	6.30	1	1977	TC
CAVE, Jason	BCI	6.28	2	1994	
DAUGHERTY, Tony	GRCI	6.27	2	1985	
QUIRK, Tim	St. J	6.25	1	1979	TC
ADAMS, Don	PHS	6.21	1	1977	SW
PHOXAY, Vingh	GCI	6.20	3	1994	
BAIN, Doug	KCI	6.19	1	1981	
REES, Darrell	EDSS	6.19	1	1988	
WILLIAMS, Orlando	FHCI	6.18	2	2003	
KING, Tonk	GCI	6.16	1	2001	
SCOTT, Bill	GCI	6.15	1	1991	
KERR, Bryan	PHS	6.15	3	1982	

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Athlete	School	Performance	Place	Year	Record/Notes
BOULETTE, Dave	KCI	6.18	1	1995	*
SKYERS, Roger	CHCI	6.15	1	1991	*
HAMMOUD, Angel	GRCI	6.02	1	2000	
HORN, Wally	CHCI	6.01	1	1970	* TC
CAVE, Jason	BCI	6.00	1	1992	
BERTHIN, Tom	WCI	5.99	1	1983	
QUIRKE, Tim	St. J	5.95	1	1977	TC
HOOGAARS, Mike	GCI	5.94	1	1993	
LAM, Andrew	GCI	5.91	1	1994	
TRUONG, Viet	GCI	5.91	2	1993	
KARDOS, Alex	GCI	5.90	1	1987	
SMITH, Greg	FHCI	5.87	1	1981	
SCHMIDT, Ray	WCI	5.86	1	1990	
CHOI, David	WCI	5.86	2	1995	
BUDWAL, Manjit	GCI	5.85	2	1994	
WILLIAMS, Orlando	FHCI	5.84	1	2002	
HUNTER, Rob	EDSS	5.84	2	1987	
DUPUIS, Kevin	CHCI	5.84	3	1995	
SHADD, Kenen	GRCI	5.83	1	1998	
INSIXIENGMAY, Sid	GCI	5.80	1	1997	
ARTINDALE, Scott	FHCI	5.76	1	1967	* TC
REGAN, Shaun	BCI	5.75	1	1979	TC
REES, Darrell	EDSS	5.75	3	1987	
LAMKY, Dave	SSS	5.75	4	1995	
KATWAROO, Shiva	GCI	5.74	2	1998	