

U.W.O. MEN'S ALL-TIME TOP PERFORMERS

as of April 1, 2011

60m

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	6.74	Jason Kerr	U. Windsor St. Denis	1 st @ Team Challenge	14-Feb-2009
	6.74	Jason Kerr	U. Windsor St. Denis	4 th @ CIS Chmps.	12-Mar-09
	6.75	Jason Kerr	U. Windsor St. Denis	heat @ CIS Chmps.	11-Mar-10
	6.76	Jason Kerr	U. Windsor St. Denis	heat @ CIS Chmps.	12-Mar-09
2.	6.78	Trevino Betty	U. Windsor St. Denis	2 nd @ OUAA Chmps.	05-Mar-1994
	6.80	Trevino Betty	Toronto Skydome	2 nd @ CIAU Chmps.	09-Mar-1993
	6.80	Jason Kerr	Notre Dame Loftus	4 th @ Meyo Invite	07-Feb-2009
	6.81	Trevino Betty	U. Manitoba Bell	Heat @ CIAU Chmps.	13-Mar-1992
	6.81	Jason Kerr	U. Windsor St. Denis	2 nd @ Can Am Invite	15-Jan-2010
	6.82	Jason Kerr	U. Windsor St. Denis	heat @ Team Challenge	14-Feb-2009
	6.83	Trevino Betty	U. Windsor St. Denis	1 st @ TeamCchallenge	10-Feb-1995
	6.83	Jason Kerr	U. Windsor St. Denis	3 rd @ Can Am Invite	16-Jan-2009
	6.84	Jason Kerr	U.W.O. Thompson	heat @ Intrasquad	21-Nov-2006
	6.84	Jason Kerr	York U. TTFC	semi @ OUA Chmps.	28-Feb-2009
3.	6.85	Randy McAuley	U. Windsor St. Denis	1 st @ OUAA Chmps.	25-Feb-2005
4.tie	6.86	Allan Mayers	York U. TTFC	1 st @ OUAA Chmps.	04-Mar-1989
4.tie	6.86	Allan Mayers	U. Sherbrooke	1 st @ CIAU Chmps.	10-Mar-1989
6	6.87	Tomiwa Adamson	U. Sherbrooke	2 nd @ CIAU Chmps.	10-Mar-2001
7.	6.88	Jason Stern	McGill U. Tomlinson	1 st @ Team Challenge	23-Jan-1999
8.	6.89	Adrian Jordan	U.W.O. Thompson	1 st @ Season Opener	05-Dec-1998
9. tie	6.90	D'Arcy Kay	U. Windsor St. Denis	heat @ CIAU Chmps.	09-Mar-1985
9. tie	6.90	Colin Jarvis	U. Saskatchewan	heat @ CIAU Chmps.	14-Mar-1987
11tie	6.91	Ellis Perryman	U.W.O. Thompson	2 nd @ Western Open	04-Feb-1994
11tie	6.91	Hubert Ling	U. Windsor St.Denis	semi @ OUA Chmps.	23-Feb-2001

60m Hurdles

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	7.85	Jeff Glass	U. Alberta	1 st @ CTFA Chmps.	21-Feb-1987
2.	8.04	Matt Brisson	Toronto T&F Center	Heats @ OUA Chmps.	26-Feb-2010
	8.07	<i>Matt Brisson</i>	<i>U. Windsor St. Denis</i>	<i>heat @ CIS Chmps.</i>	<i>11-Mar-2010</i>
3.	8.14	Harold Gretzinger	Montreal C. Robillard	2 nd @ CTFA Chmps.	05-Mar-1979
4.	8.21	Andrew Judge	McGill U. Tomlinson	heat @ CIS Chmps.	09-Mar-2007
5.Tie	8.27	Tumelo Moleko	McGill U. Tomlinson	5 th @ CIS Chmps.	09-Mar-2007
5.Tie	8.27	Mark Stewart	Thompson TFC	1 st @ Seasons Opener	05-Dec-2009
7.	8.32	Scott Mooney	York U. TTFC	heat @ OUAA Chmps.	26-Feb-1993
8.	8.33	Jason Bacchiochi	U. Windsor St. Denis	heat @ CIAU Chmps.	07-Mar-1997
9.	8.37	Kevin O'Neill	Toronto T&F Center	Heats @ OUA Chmps.	26-Feb-2010
10.	8.40	Vince Sheffield	York U. TTFC	heat @ OUAA Chmps	05-Mar-1982
	8.40	<i>Tumelo Moleko</i>	<i>York U. TTFC</i>	<i>4th @ OUA Chmps</i>	<i>28-Feb-2009</i>
11.	8.41	Tim Spadzinski	McGill U. Tomlinson	3 rd @ Team Challenge	25-Jan-1997
12.	8.43	Keith Swyer	U. Windsor St. Denis	heat @ OUAA Chmps.	04-Mar-2000
13.	8.2	Chris Lori	U. Windsor St. Denis	3 rd @ OUAA Chmps.	02-Mar-1984
14.	8.48	Dave Leuty	U. Saskatchewan	2 nd @ CIAU Chmps.	14-Mar-1981

300m

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	33.51	Adrian Jordan	McGill U. Tomlinson	2 nd @ CIAU Chmps.	12-Mar-1999
2.	33.79	Bob Westman	Notre Dame Loftus	1 st @ Meyo Invite	06-Feb-2004
3.	34.03	Jason kerr	U. Windsor St. Denis	Heats @ CIS chmps	11-Mar-2010
4.	34.05	Miguel Wason	McGill U. Tomlinson	2 nd @ CIS Chmps.	09-Mar-2007
5.	34.13	Christian Heffernan	U. Manitoba Bell	heat @ CIS Chmps.	10-Mar-2005
	34.39	<i>Adrian Jordan</i>	<i>York U. MTFC</i>	<i>1st @ OUAA Chmps.</i>	<i>07-Mar-1998</i>
	34.48	<i>Jason Kerr</i>	<i>Toronto T&F Center</i>	<i>3rd @ OUA Chmps.</i>	<i>26-Feb-2010</i>
6.	34.52	Randy McAuley	McGill U. Tomlinson	5 th @ CIS Chmps.	09-Mar-2007
7.	34.72	Deon Crawley	U. Windsor St. Denis	3 rd @ CIS Chmps.	14-Mar-2003
	34.79	<i>Jason Kerr</i>	<i>U. Windsor St. Denis</i>	<i>1st @ Windsor Team Challenge</i>	<i>13-Feb-2010</i>
	34.84	<i>Jason Kerr</i>	<i>Notre Dame Loftus</i>	<i>5th @ Meyo Invite</i>	<i>04-Feb-2006</i>
8.	34.89	Roland Acheampong	McGill U. Tomlinson	2 nd @ Team Challenge	07-Mar-1998
9.	34.92	Mark Thompson	U. Windsor St. Denis	2 nd @ OUAA Chmps.	05-Mar-1988
10.	34.7	Chris Slade	U.W.O. Thompson	1 st @ Western Open	05-Feb-1993
11.tie	34.97	Jason Howie	U. Manitoba Bell	heat @ CIAU Chmps.	13-Mar-1992
11.tie	34.97	Scott Leitch	U. Windsor St. Denis	5 th @ Windsor Team Challenge	12-Feb-2011
13.	34.8	Terry Rotondo	Toronto CNE- S.I.Bldg	1 st @ OUAA Chmps.	03-Mar-1973

600m

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	1:18.91	Scott Leitch	Tomlinson Field House	3 rd @ McGill Team Challenge	29-Jan-2010
	1:18.93	Scott Leitch	Sherbrooke Centre Sportif	1 st @ CIS Chmps.	10-March-2011
	1:19.55	Scott Leitch	U. Windsor St. Denis	1 st @ CIS Chmps.	11-Mar-2010
2.	1:19.89	Bobby Lyons	Toronto Skydome	2 nd @ CIAU Chmps.	10-Mar-1993
	1:19.91	Scott Leitch	U. Windsor St. Denis	4 th @ CIS Chmps.	14-Mar-2009
3.	1:20.09	Scott Moody	York U. TTFC	2 nd @ OUAA Chmps.	27-Feb-1993
4.	1:20.14	Roger Holstein	Laval U. PEPS	3 rd @ CIAU Chmps.	13-Mar-1982
	1:20.35	Scott Leitch	York U. TTFC	3 rd @ OUA Chmps.	28-Feb-2009
	1:20.44	Scott Leitch	U. Windsor St. Denis	heat @ CIS Chmps.	12-Mar-2009
5.	1:20.46	Mike Lander	U. Windsor St. Denis	4 th @ CIAU Chmps.	09-Mar-1996
6.	1:20.71	Dave Rombough	York U. TTFC	1 st @ OUAA Chmps.	04-Mar-1989
7.	1:20.6	Wayne Ghans	Toronto CNE- S.I.Bldg	2 nd @ OUAA Chmps.	01-Mar-1975
8.	1:20.6	Roland Acheampong	U. Windsor St. Denis	1 st @ Can Am Invite	18-Jan-1997
9.	1:20.80	Bob Westman	U. Manitoba Bell	2 nd @ Cargill Games	31-Jan-2004
10.	1:20.90	Alex Pablo	McGill U. Tomlinson	10 th @ CIAU Chmps.	13-Mar-1999
11.	1:20.98	Rob Kichuk	U. Windsor St. Denis	1 st @ OUA Chmps.	05-Mar-1988
12.	1:20.99	Tony Ogini	U. Windsor St. Denis	heat @ CIAU Chmps.	07-Mar-1997
13.	1:21.00	Mike Agar	York U. TTFC	2 nd @ OUAA Chmps.	06-Mar-1982

1000m

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	2:25.13	Kent Thexton	Sherbrooke high bank	2 nd @ CIAU Chmps.	10-Mar-1984
2.	2:25.65	Scott Emberley	McGill U. Tomlinson	3 rd @ CIS Chmps.	09-Mar-2007
3.	2:26.5	John Settle	York U. TTFC	2 nd @ OUAA Chmps.	01-Mar-1980
4.	2:26.6	Grant McLaren	Toronto CNE- S.I.Bldg	1 st @ OUAA Chmps.	03-Mar-1973
5.	2:26.92	Mike Delmonte	Notre Dame Loftus	5 th @ Meyo Invite	02-Feb-2007
6.	2:26.98	Mike Lander	U. Windsor St. Denis	1 st @ Team Challenge	06-Feb-1998
7.	2:27.27	Brandon Laan	Notre Dame Loftus	9 th @ Meyo Invite	04-Feb-2006
8.	2:27.53	Jim Wardle	U. Windsor St. Denis	5 th @ CIAU Chmps.	07-Mar-1997
9.	2:27.67	Dave Mills	York U. TTFC	1 st @ OUAA Chmps.	06-Mar-1982
10.	2:27.4	Rob Kichuk	U.W.O. Thompson	2 nd @ Don Wright	18-Jan-1987
11.	2:28.0	Marc Poulin	U.W.O. Thompson	3 rd @ Don Wright	18-Jan-1987
12.	2:28.13	Ryan Armstrong	Toronto T&F Centre	8 th @ OUA Chmp.	25-Feb-2011
13.	2:28.34	Zeljko Sabol	U. Windsor St. Denis	3 rd @ OUAA Chmp.	03-Mar-1990
14.	2:28.54	Guy Schultz	U. Windsor St. Denis	3 rd @ Team Challenge	06-Feb-1998

1500m * means achieved outdoors

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	3:46.2	Joe Sax	Toronto CNE- S.I.Bldg	2 nd @ OTFA Chmps.	07-Feb-1976
2.	3:46.4*	Grant McLaren	McMaster U.	1 st @ OQAA Chmps.	17-Oct-1970
3.	3:48.50	Kent Thexton	Sherbrooke high bank	1 st @ CIAU Chmps.	10-Mar-1984
4.	3:49.45	Dave Mills	U. Toronto Benson	1 st @ CIAU Chmps.	12-Mar-1983
5.	3:50.81	Rob Tyndall	U. Windsor St. Denis	2 nd @ Team Challenge	10-Feb-1996
6.	3:52.2	Al Baigent	Toronto CNE- S.I.Bldg	2 nd @ OUAA Chmp.	03-Mar-1979
7.	3:52.56	Scott Emberley	U. Windsor St. Denis	1 st @ OUA Chmp.	23-Feb-2007
8.	3:52.8*	Chris Bolter	McMaster U.	3 rd @ OQAA Chmp.	17-Oct-1970
9.	3:52.9	John Millar	Toronto CNE- S.I.Bldg	9 th @ OTFA Chmp.	07-Feb-1976
10.	3:53.28	Mark Walters	York U. TTFC	5 th @ OUAA Chmp.	01-Mar-1986
11.	3:53.43	Jim Wardle	McGill U. Tomlinson	3 rd @ CIAU Chmp.	13-Mar-1999
	3:53.69	Jim Wardle	U. Windsor St. Denis	5 th @ CIAU Chmp.	08-Mar-1997

3000m

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	8:13.98	Kyle O'Neill	Loftus Center, Notre Dame	10 th @ Meyo Invitational	05-Feb-2010
2.	8:15.4	Ron Falck	Toronto CNE- S.I.Bldg	3 rd @ OTFA Chmp.	23-Feb-1974
	8:16.42	Kyle O'Neill	U. Windsor St. Denis	2 nd @ CIAU Chmp.	11-Mar-2010
3.	8:16.51	Guy Schultz	U. Windsor St. Denis	1 st @ CIAU Chmp.	13-Mar-1998
4.	8:18.65	Fraser Bertram	U. Windsor St. Denis	4 th @ CIAU Chmp.	09-Mar-1991
	8:19.44	Kyle O'Neill	York U. TTFC	4 th @ OUA Chmp.	28-Feb-2009
5.	8:19.68	Rob Tyndall	U. Windsor St. Denis	2 nd @ CIAU Chmp.	08-Mar-1996
	8:20.88	Kyle O'Neill	Loftus Centre, Notre Dame	20 th @ Meyo Invite	07-Feb-2009
7.	8:21.3	Randal Rushton	U.W.O. Thompson	1 st @ Season Opener	04-Dec-1993
8.	8:23.3	Tony Brunner	U.W.O. Thompson	2 nd @ Season Opener	04-Dec-1993
9.	8:23.82	Darrin DeForge	Sherbrooke high bank	2 nd @ CIAU Chmp.	11-Mar-1989
10.	8:24.0	Dave Mills	Syracuse U. Manley	2 nd @ Manley Open	16-Jan-1983
11.	8:24.4	Jed Chinneck	Toronto CNE- S.I.Bldg	12 th @ CNE Open	11-Jan-1975
12.	8:24.42	Ryan Huff	Tomlinson Field House	4 th @ McGill Team Challenge	28-Jan-2011
13.	8:24.8	Chris Kennedy	U.W.O. Thompson	2 nd @ Western Open	13-Feb-1998
14.	8:25.40	Nathan de Witt	U. Windsor St. Denis	3 rd @ OUA Chmps.	24-Feb-2006
15.	8:25.2	Rich Hughson	Toronto CNE- S.I.Bldg	8 th @ OTFA Chmps.	04-Mar-1972

5000m

* means achieved outdoors

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	14:15.9	Jerry Kooymans	U.W.O. Thompson	1 st @ Western Open	03-Feb-1979
2.	14:32.6	Bruce Deacon	U.W.O. Thompson	2 nd @ Season Opener	05-Dec-1987
3.	14:32.9	Darrin DeForge	U.W.O. Thompson	1 st @ Don Wright	23-Jan-1988
4.	14:39.2	Tom Kelly	U.W.O. Thompson	4 th @ Season Opener	02-Dec-1984
5.	14:39.6	Ron Falck	U.W.O. Thompson	2 nd @ Inaugural Games	22-Mar-1975
6.	14:41.6	Rich Hughson	Toronto CNE- S.I.Bldg	1 st @ York Invite	15-Jan-1972
7.	14:43.5*	Grant McLaren	U. Windsor St. Denis	1 st @ OQAA Chmp.	21-Oct-1972
8.	14:46.6	Tony Brunner	Cornell U. Barton	1 st @ Team Challenge	12-Feb-1994
9.	14:48.5	Randal Rushton	Cornell U. Barton	2 nd @ Team Challenge	12-Feb-1994
10.	14:52.40	Mike King	U. Toronto Benson	3 rd @ Toronto Classic	11-Feb-1984
11.	14:52.3*	Chris Bolter	McMaster U.	2 nd @ OQUAA Chmps.	17-Oct-1970

4x200m RELAY * *means achieved outdoors and converted from 4x220y*

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	1:26.85	Jason Howie 21.9 Ryan Austin 21.6 Trevino Betty 21.3 Chris Slade 21.8	Toronto Skydome <i>[World Chmp track]</i>	1 st @ CIAU Chmps.	11-Mar-1993
2.	1:26.7* converted 1:27.1 4x220y	Bill Larochelle Jack Parry Don McFarlane Bob McFarlane	U.W.O. J.W. Little Stadium <i>[cinder track]</i>	1 st @ Western Relays	07-Jun-1947
3.	1:27.13	Randy McAuley Christian Heffernan Bob Westman Buki Ayeni	Univ. Manitoba Max Bell Centre	2 nd @ CIS Chmps.	12-Mar-2005
4.	1:27.20	Jason Kerr 21.8 Elias Granillo 21.4 Brandon McCartney 21.9 Dan Goddard 21.7	Toronto Track and Field Center	2 nd @ OUA Chmps	26-Feb-2010
5.	1:27.25	Randy McAuley 21.9 Miguel Wason 21.5 Abdul Zubair 21.8 Nathan Rothwell 21.9	McGill Univ. Tomlinson Fldhse	3 rd @ CIS Chmps.	10-Mar-2007
6.	1:27.30	Christian Heffernan 21.8 Bob Westman 21.4 Gavin McTavish 22.4 Deon Crawley 21.9	Univ. Windsor St. Denis Centre <i>[flat track]</i>	2 nd @ CIS Chmps.	13-Mar-2003
7.	1:27.34	Randy McAuley 21.8 Miguel Wason 21.4 Abdull Zubair 22.1 Nathan Rothwell 21.8	McGill Univ. Tomlinson Fldhse	heat @ CIS Chmps.	09-Mar-2007
8.	1:27.71	Allan Mayers 21.7 Mark Ito 21.9 Andy Evans 21.8 Paul Scott 22.1	U. Sherbrooke <i>[high banked track]</i>	2 nd @ CIAU Chmps.	11-Mar-1989
9.	1:27.73 #	Jason Stern 21.7 Ryan McConnell 21.9 Ben Rayfield 22.4 Adrian Jordan 21.5	McGill Univ. Tomlinson Fldhse	1 st @ Team Challenge # meet record	23-Jan-1999
10.	1:27.84	Jason Howie 22.1 Ryan Austin 22.1 Trevino Betty 21.6 Chris Slade 21.8	Toronto Skydome <i>[World Chmp track]</i>	heat @ CIAU Chmps.	09-Mar-1993
11.	1:27.86	Jason Kerr 21.8 Elias Granillo 21.4 Brandon McCartney 22.7 Dan Goddard 21.7	U. Windsot St. Denis	2 nd @ CIS Chmps	11-Mar-2010
12.	1:27.86	Trevino Betty 21.9 Chris Slade 21.9 Ryan Austin 21.9 Jason Howie 21.9	Univ. Manitoba Max Bell Centre	2 nd @ CIAU Chmps.	14-Mar-1992
12.	1:28.01 #	Jason Howie 22.0 Ryan Austin 21.9 Trevino Betty 22.0 Chris Slade 22.0	York Univ. Metro T&F Center	1 st @ OUAA Chmps. # OUAA Record	27-Feb-1993

13.	1:28.33	Jason Kerr 21.8 Andrew Judge 22.0 Randy McAuley 22.2 Abdul Zubair 21.9	U. Saskatchewan Saskatoon Fldhse <i>[flat track]</i>	2nd @ CIS Champs	??-Mar-2006
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4x400m RELAY * *means achieved outdoors*

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	3:13.23	Randy McAuley 49.4 Gavin McTavish 48.5 Bob Westman 46.9 Christian Heffernan 48.5	Notre Dame Loftus Center <i>[oversize track]</i>	6 th @ Meyo Invite	06-Feb-2004
2.	3:14.6 #	Jason Howie 48.8 Chris Slade 48.5 Scott Mooney 48.2 Bobby Lyons 49.1	Toronto Skydome <i>[World Chmp track]</i>	1 st @ CIAU Chmps. # CIS Meet Record <i>still stands as of 2007</i>	10-Mar-1993
3.	3:15.9 * converted 4x440y (3:17.1)	Bill Larochelle Jack Parry Don McFarlane Bob McFarlane	McGill Univ. Molson Stadium <i>[cinder track]</i>	1 st @ Eastern Canada vs Eastern USA	06-Sep-1947
4.	3:16.3 *	Adrian Jordan 48.4 Jim Wardle 50.3 Tim Spadzinski 49.0 Roland Acheampong 48.6	Univ. of Miami <i>[400m track]</i>	2 nd @ Miami Open	22-Feb-1996
5.	3:16.41	Miguel Wason 48.8 Tarek El Morsey 49.2 Randy McAuley 49.0 Abdul Zubair 49.1	McGill Univ. Tomlinson Fldhse	1 st @ CIS Chmps.	10-Mar-2007
6.	3:16.55	Randy McAuley 48.9 Jason Rhodes 49.5 Bob Westman 49.5 Christian Heffernan 48.6	Notre Dame Loftus Center <i>[oversize track]</i>	? @ Meyo Invite	05-Feb-2005
7.	3:17.22	Alex Pablo 50.6 Jason Stern 49.3 Tony Ogini 50.1 Adrian Jordan 46.8	McGill Univ. Tomlinson Fldhse	2 nd @ CIAU Chmps	13-Mar-1999
8.	3:17.27	Randy McAuley 49.5 Abdul Zubair 50.1 Bob Westman 48.8 Christian Heffernan 49.1	Univ. Manitoba Max Bell Centre	1 st @ CIAU Chmps.	12-Mar-2005
9.	3:17.47	Scott Mooney 50.0 Mark Thompson 48.7 Zeljko Sabol 50.6 Bobby Lyons 47.6	Univ. Manitoba Max Bell Centre	3 rd @ CIAU Chmps.	10-Mar-1990
10.	3:17.52	Jason Howie 49.9 Chris Slade 49.2 Scott Mooney 49.3 Bobby Lyons 48.9	York Univ. Metro T&F Center	1 st @ OUAA Chmps. # OUAA Record	27-Feb-1993
11.	3:17.61	Tony Ogini 49.9 Alex Pablo 48.9 Roland Acheampong 49.8 Adrian Jordan 48.7	York Univ. Metro T&F Center	1 st @ OUAA Chmps.	07-Mar-1998
12.	3:17.77	Elias Granillo 50.9 Jason Kerr 48.3 Scott Leitch 48.0 Rob Gooch 49.0	Loftus Center	12 th @ Meyo Invite	05-Feb-2010

13.	3:17.91	Tim Spadzinski 50.6 Tony Ogini 50.1 Roland Acheampong 49.4 Adrian Jordan 48.7	McGill Univ. Tomlinson Fldhse	1 st @ Team Challenge # meet record	25-Jan-1997
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4x800m RELAY

Rank	Perf.	Members	Venue	Placing & Meet	Date
1.	7:35.7	Marc Steiner 1:54.9 Doug McEnteer 1:54.1 Rob Kichuk 1:54.7 Zeljko Sabol 1:52.0	U. Sherbrooke <i>[high banked track]</i>	2 nd @ CIAU Chmps.	10-Mar-1989
2.	7:38.6	Tom Potter 1:54.7 Rick Wolsey 1:55.4 Wayne Ghans 1:56.9 Joe Sax 1:51.6	Toronto CNE South Industries Building	2 nd @ trials for Maple Leaf Gardens Games	31-Jan-1976
3.	7:39.42	Rob Kichuk 1:54.5 Doug McEnteer 1:55.5 Marc Steiner 1:55.0 Zeljko Sabol 1:54.0	York Univ. Metro T&F Center	2 nd @ OUAA Chmps.	03-Mar-1989
4.	7:39.96	Craig McFarquhar 1:57.3 Chris Kennedy 1:54.3 Guy Schultz 1:56.1 Mike Lander 1:52.3	York Univ. Metro T&F Center	2 nd @ OUA Chmps.	06-Mar-1998
5.	7:40.53	Craig McFarquhar 1:55.2 Jon Foreman 1:58.4 Mike Lander 1:52.8 Jim Wardle 1:53.6	Univ. Windsor St. Denis Centre <i>[flat track]</i>	2 nd @ OUAA Chmps.	28-Feb-1997
6.	7:40.56	Paul Holmes 1:57.1 Roger Holstein 1:54.6 Dave Mills 1:53.9 Mike Ager 1:54.0	York Univ. Metro T&F Center	2 nd @ OUAA Chmps.	5-Mar-1982
7.	7:41.24	Craig McFarquhar 1:58.3 Jim Wardle 1:56.6 Guy Schultz 1:54.3 Mike Lander 1:52.1	Univ. Windsor St. Denis Centre <i>[flat track]</i>	1 st @ CIAU Chmps.	13-Mar-1998
8.	7:41.68	Darren Jermyn 1:56.9 Tony Brunner 1:54.0 Scott Mooney 1:55.7 Jordan Rich 1:54.0	Univ. Manitoba Max Bell Centre	5 th @ CIAU Chmps.	13-Mar-1992
9.	7:41.6	Tom Potter 1:53.9 Rick Wolsey 1:57.1 Steve Lundy 1:55.7 Bill Murphy 1:54.9	Toronto CNE South Industries Building	3 rd @ trials for Maple Leaf Gardens Games	01-Feb-1975
10.	7:41.90	Mike Ager Vince Sheffield Kent Thexton Dave Mills	Univ. Toronto Benson Bldg <i>[flat track]</i>	2 nd @ CIAU Chmps.	11-Mar-1983

HIGH JUMP * *means achieved outdoors*

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	2.11m	Alex Witmer	McGill U. Tomlinson	1 st @ Team Challenge	31-Jan-2009
2.tie	2.10m	Sanjaya Wijayakoon	U. Windsor St. Denis	1 st @ OUAA Chmps.	05-Mar-1988
2.tie	2.10m	Mitch Vermue	McGill U. Tomlinson	2 nd @ Team Challenge	28-Jan-2005
-	- 2.10	- <i>Mitch Vermue</i>	<i>U. Manitoba Bell</i>	2 nd @ CIS Chmps.	12-Mar-2005
	- 2.10	<i>Alex Witmer</i>	<i>McGill U. Tomlinson</i>	2 nd @ Team Challenge	26-Jan-2008
4.	2.08*	Ray Anthony	Etobicoke Centennial	1 st @ OTFA Open	29-May-1971
	2.08	<i>Alex Witmer</i>	<i>McGill U. Tomlinson</i>	2 nd @ CIS Chmps.	07-Mar-2008
5.	2.07m	Rob Sarrazin	York U. MTFC	5 th @ OUAA Chmps.	02-Mar-1991
6.	2.06m	George Kinley	U. Saskatchewan	3 rd @ CIAU Chmps.	14-Mar-1981
7.	2.05m	Luke Myers	U. Windsor St. Denis	2 nd @ Can Am Invite	16-Jan-1999
8.	2.04m	Roland Acheampong	U. Toronto Benson	4 th @ U. Toronto Opn	07-Jan-1995
9.	2.02m	Matt Vincett	U. Windsor St. Denis	5 th @ OUAA Chmps.	05-Mar-1994
10.tie	2.01m	Ted O'Connor	E. Michigan U Bowen	10 th @ EMU Invite	12-Jan-1985
10.tie	2.01m	Rob Martin	U. Toronto Benson	5 th @ Last Chance	27-Feb-1987
12.tie	2.00m	Lindsay Gaughan	York U. MTFC	2 nd @ WLU Open	21-Feb-1981
12.tie	2.00m	Mike Pickell	U.W.O. Thompson	1 st @ Don Wright	22-Jan-2005

POLE VAULT

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	4.86m	Matt Diston	U.W.O. Thompson	1 st @ Western Open	04-Dec-2010
2.	4.85m	Brad Turner	U. Finlay Malcolm	1 st @ Finlay Invite	27-Jan 2001
	4.85	<i>Matt Diston</i>	<i>U. Windsor St. Denis</i>	1 st @ Team Challenge	12-Feb-2011
3.tie	4.80m	Ted Gawinski	U.W.O. Thompson	1 st @ Western Open	08-Jan-1983
3.tie	4.80m	Jeff Edwards	U. Windsor St. Denis	1 st @ Team Challenge	11-Feb-2006
5.	4.75m	Chris Erle	Sherbrooke Centre Sportif	4 th @ CIS Chmps.	10-Mar-2011
6.	4.75m	Ryan Hudson	York U. TTFC	2 nd @ York Classic	03-Feb-2001
7.	4.70m	Rob Flood	U.W.O. Thompson	2 nd @ Western Open	16-Feb-2001
	4.62	<i>Matt Diston</i>	<i>Toronto T&F Centre</i>	2 nd @ York Open	05-Feb-2011
8.	4.56m	Cole McLarty	U. Windsor St. Denis	2 nd @ OUA Chmps.	24-Feb-2006
	4.55m	<i>Chris Erle</i>	<i>Toronto T&F Center</i>	3 rd @ OUA Chmps	26-Feb-2010
9.tie	4.50m	Adam Wyrprysky	U Toronto Athletic Center		19-Feb-2010
9.tie	4.50m	Chris Lori	U. Sherbrooke	3 rd @ CIAU Chmps.	09-Mar-1984
9.tie	4.50m	Mike Jones	U. Windsor St. Denis	5 th @ OUAA Chmps.	05-Mar-1994
	4.50m	<i>Chris Erle</i>	<i>U. Windsor St. Denis</i>	4 th @ Team Challenge	12-Feb-2011
12.	4.45m	Dave Collins	U.W.O. Thompson	2 nd @ Don Wright	13-Jan-1996
13.tie	4.40m	Wayne Psootka	York U. TTFC	1 st @ OUAA Chmps.	05-Mar 1983
13.tie	4.40m	Doug O'Keefe	York U. TTFC	1 st @ York Open	18-Feb-1984
	4.40m	<i>Chris Erle</i>	<i>U. Toronto Athletic Center</i>		19-Feb-2010
	4.40	<i>Matt Diston</i>	<i>U.W.O. Thompson</i>	1 st @ Purple&White	23-Nov-2010

LONG JUMP * *means achieved outdoors*

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	7.48m	Trevino Betty	U. Windsor St. Denis	1 st @ OUAA Chmps.	05-Mar-1994
	7.47m	Trevino Betty	Maybe EMU?	1 st	20-Feb-1993
2.	7.30	Taylor Stewart	McGill U. Tomlinson	1 st @ Team Challenge	28-Jan-2011
3.	7.32m	Andrew Judge	McGill U. Tomlinson	3 rd @ CIS Chmps.	09-Mar-2007
	7.29m	Andrew Judge	McGill U. Tomlinson	1 st @ CIS Chmps.	07-Mar-2008
	7.21m	Andrew Judge	U. Windsor St. Denis	1 st @ Can Am Invitational	15-Jan-2010
4.tie	7.19m	Glen Milligan	Mich State U Jenison	3 rd @ MSU Relays	08-Feb-1975
4.tie	7.19m	Steve Martin	U.W.O. Thompson	2 nd @ Western Open	05-Jan-1981
6.tie	7.15m	Ehis Adada	U.W.O. Thompson	1 st @ Purple and White	24-Nov-2009
6.tie	7.15m	Nick Bontis	U.W.O. Thompson	1 st @ Don Wright	18-Jan-1992
6.tie	7.15m	Thomas Parenteau	U.W.O. Thompson	1 st @ Don Wright	11-Jan-2003
9.	7.12m	Chris Williams	U. Windsor St. Denis	2 nd @ OUA Chmps.	04-Mar-1999
10.	7.08m	Chris Robinson	York U. MTFC	3 rd @ OUA Chmps.	06-Mar-1998
11.tie	6.98m	Willie Clark	Mich State U Jenison	6 th @ MSU Relays	10-Feb-1973
11.tie	6.98m	Steve McCullough	U.W.O. Thompson	2 nd @ Don Wright	20-Jan-1990
13.	6.97m	Mike McLachlan	U.W.O. Thompson	1 st @ Western Open	19-Feb-1999
	6.91*	Don Wright	U.W.O. JW Little	1 st @ Univ. Chmps	25-Oct-1929

TRIPLE JUMP

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	15.01	Andrew Judge	U. Windsor St. Denis	2 nd @ CIS chmps.	11-Mar-2010
2.	14.97m	Chris Robinson	McGill U. Tomlinson	3 rd @ CIAU Chmps.	13-Mar-1999
	14.92m	Andrew Judge	U. Windsor St. Denis	1 st @ Can Am Invitational	15-Jan-2010
3.	14.84m	Steve McCullough	U. Saskatchewan	3 rd @ CIAU Chmps.	10-Mar-1987
4.	14.83m	Wally Huber	Edmonton Kinsmen	3 rd @ CTFA Chmps	??-Feb-1976
4.	14.83m	Garry Stoddard	U.W.O. Thompson	1 st @ Season Opener	02-Dec-1995
5.	14.82m	Willie Clark	Laval U. PEPS	1 st @ CTFA Chmps.	17-Mar-1973
6.	14.77m	Jonathon Younker	U.W.O. Thompson	1 st @ Western Open	19-Feb-1999
	14.66m	Andrew Judge	U. Windsor St. Denis	1 st @ Can Am Invite	11-Jan-2008
8.	14.65m	Tumelo Moleko	U. Windsor St. Denis	3 rd @ CIS Chmps.	14-Mar-2009
9.	14.62m	Pat Quilty	McGill U. Tomlinson	2 nd @ CIS Chmps.	08-Mar-2008
	14.57m	Andrew Judge	McGill U. Tomlinson	3 rd @ CIS Chmps.	08-Mar-2008
10.	14.52m	Steve Martin	Toronto CNE- S.I.Bldg	2 nd @ OUAA Chmps.	05-Mar-1977
	14.52m	Tumelo Moleko	York U. TTFC	4 th @ OUA Chmps.	28-Feb-2009
11.	14.51m	Sean Burges	York U. TTFC	3 rd @ OUAA Chmps.	02-Mar-1996
12.	14.43m	Cliff Cadogan	U.W.O. Thompson	1 st @ Season Opener	03-Dec-1982
	14.42m	Tumelo Moleko	McGill U. Tomlinson	7 th @ CIS Chmps.	09-Mar-2007
13.	14.41m	Bill Lindley	Michigan State U	5 th @ MSU Relays	09-Feb-1974

SHOT PUT

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	16.83	Drew Welch	Sherbrooke Centre Sportif	4 th @ CIS Chmps.	10-Mar-2011
2.	16.41m	John Schmidt	E. Michigan U Bowen	3 rd @ EMU Classic	12-Feb-1984
3.	15.61m	Harvey Barkauskas	U.W.O. Thompson	1 st @ OUAA Chmps.	06-Mar-1976
4.	15.51m	Dan McDonald	Toronto T&F Center	3 rd @ OUA Chmps.	26-Feb-2010
	15.42m	<i>Dan McDonald</i>	<i>U. Toronto Athletic Center</i>		19-Feb-2010
5.	15.40m	Benedikt Englert	U. Windsor St. Denis	3 rd @ OUA Chmps.	22-Feb-2008
6.	15.35m	Fraser Clarke	U.W.O. Thompson	1 st @ Purple & White	29-Nov-2000
	15.18m	<i>Dan McDonald</i>	<i>U. Windsor St. Denis</i>	<i>4th @ CIS Chmps.</i>	<i>14-Mar-2009</i>
7.tie	14.85m	Tim Crossland	U.W.O. Thompson	1 st @ Season Opener	05-Dec-1987
7.tie	14.85m	Chris Greaves	U. Toronto Benson	1 st @ Last Chance	20-Feb-2009
	14.85m	Chris Greaves	U. Windsor St. Denis	6 th @ CIS Chmps	14-Mar-2009
9.	14.79m	Theo Kerhoulas	York U. TTFC	2 nd @ OUAA Chmps.	27-Feb-1993
	14.79m	<i>Dan McDonald</i>	<i>York U. TTFC</i>	<i>3rd @ OUA Chmps.</i>	<i>28-Feb-2009</i>
10.	14.78m	Bill Milley	C. Michigan U. Rose	5 th @ CMU vs UWO	05-Feb-1977
	14.54m	<i>Dan McDonald</i>	<i>McGill U. Tomlinson</i>	<i>6th @ CIS Chmps.</i>	<i>08-Mar-2008</i>
11.	14.35m	Gord Gibson	U.W.O. Thompson	3 rd @ Don Wright	17-Jan-1986
12.	14.24m	Mike Schincariol	U. Saskatchewan	4 th @ CIAU Chmps.	14-Mar-1981
13.	14.15m	Mike Crosby	U.W.O. Thompson	3 rd @ Mustang Day	23-Jan-1982
14.	14.08m	Garry Mills	Toronto Armoury	4 th @ OUAA Chmps.	03-Mar-1977

WEIGHT THROW

Rank	Perf.	Name	Venue	Placing & Meet	Date
1.	16.23m	Josh Archer	Toronto T&F Centre	4 th @ OUA Chmps.	25-Feb-2011
2.	15.92m	Alex Pilar	Sherbrooke Centre Sportif	5 th @ CIS Chmps.	10-Mar-2011
	15.68m	<i>Josh Archer</i>	<i>Sherbrooke Centre Sportif</i>	<i>7th @ CIS Chmps.</i>	<i>10-Mar-2011</i>
	15.59m	<i>Alex Pilar</i>	<i>U.W.O Thompson</i>	<i>2nd @ Season Opener</i>	<i>04-Dec-2010</i>
3.	15.46m	Seb Pilon	Toronto T&F Centre		18-Feb-2011
	15.45m	<i>Josh Archer</i>	<i>Univ. Guelph</i>	<i>3rd @ Throws Meet</i>	<i>13-Feb-2009</i>
	15.31m	<i>Josh Archer</i>	<i>Findlay Fieldhouse</i>		28-Jan-2011
	15.29m	<i>Josh Archer</i>	<i>U.W.O. Thompson</i>	<i>3rd @ Don Wright</i>	24-Jan-2009
	15.20m	<i>Josh Archer</i>	<i>U. Toronto Benson</i>	<i>3rd @ Last Chance</i>	15-Feb-2008
	15.18m	<i>Josh Archer</i>	<i>U. Windsor St. Denis</i>	<i>7th @ CIS Chmps.</i>	13-Mar-2009
	15.07m	<i>Seb Pilon</i>	<i>Sherbrooke Centre Sportif</i>	<i>8th @ CIS Chmps.</i>	10-Mar-2011
	14.85m	<i>Josh Archer</i>	<i>U.W.O. Thompson</i>	<i>3rd @ Season Opener</i>	04-Dec-2010
	14.66m	<i>Seb Pilon</i>	<i>U. Windsor St. Denis</i>	<i>5th @ Team Challenge</i>	12-Feb-2011
4.	14.50m	Dan McDonald	Toronto T&F Center	5 th @ OUA Chmps.	26-Feb-2010
	14.41m	<i>Alex Pilar</i>	<i>U.W.O. Thompson</i>	<i>3rd @ Don Wright</i>	22-Jan-2011
5.	14.33m	Marty Robertson	U. Toronto Benson	5 th @ Last Chance	17-Feb-2006
	14.22m	<i>Dan McDonald</i>	<i>U.W.O. Thompson</i>		24-Nov-2009
	14.22m	<i>Josh Archer</i>	<i>U.W.O. Thompson</i>	<i>4th @ Don Wright</i>	22-Jan-2011
6.	14.19m	Dave Letwin	U. Toronto Benson	5 th @ Last Chance	15-Feb-2008
7.	14.18m	Jessie Francis	U.W.O. Thompson	5 th @ Don Wright	22-Jan-2011
	14.15m	<i>Dan McDonald</i>	<i>York U. TTFC</i>	<i>5th @ OUA Chmps.</i>	28-Feb-2009

	14.13m	Josh Archer	U.W.O. Thompson	1 st @ Intrasquad	04-Dec-2007
	13.87m	Dan McDonald	U. Windsor St. Denis	5 th @ OUA Chmps.	23-Feb-2008
8.	13.81	Jesse Francis	U.W.O. Thompson		05-Dec-2009
	13.72m	Dan McDonald	U. Windsor St. Denis	7 th @ Team Challenge	10-Feb-2007
9.	13.70m	Mike Mitsovich	Virginia Tech U.	4 th @ Jansport Invite	21-Feb-1987
	13.62m	Dan McDonald	Tomlinson Field House	2 nd @ McGill Team Challenge	29-Jan-2010
10.	13.16m	Alex Rodenhiser	Toronto T&F Center	8 th @ OUA Chmps.	26-Feb-2010
11.	12.88m	Luke Chisholm	McGill U. Tomlinson	1 st @ Team Challenge	25-Jan-2003
12.	12.82m	Alex Rodenheiser	McGill U. Tomlinson	7 th @ Team Challenge	28-Jan-2011
13.	12.62	Karl van Klaveren	UWO Thompson	6 th @ Don Wright	23-Jan-2010
14.	12.49m	Chris Greaves	U.W.O. Thompson	7 th @ Don Wright	24-Jan-2009
15.	12.46m	Jonny Adornetto	U. Toronto Benson	9 th @ Last Chance	15-Feb-2003
	12.35m	Seb Pilon	U.W.O. Thompson	7 th @ Season Opener	04-Dec-2010
	12.33m	Alex Rodenheiser	U.W.O. Thompson	7 th @ Don Wright	22-Jan-2011
	11.75m	Seb Pilon	U.W.O. Thompson	4 th @ Purple&White	23-Nov-2010
	11.52	Karl van Klaveren	Toronto T&F Centre	10 th @ York Open	05-Feb-2011
16.	11.10m	Williston Wong	U.W.O. Thompson	4 th @ Don Wright	20-Jan-2007
17.	10.81m	Fraser Clarke	U. Windsor St. Denis	? @ OUA Chmps.	03-Mar-2000

PENTATHLON [IAAF Scoring Tables: 2001 edition - to get points for 50mH, 1.3sec added to convert to 60mH time]

Rank	Perf.	Name	Venue	Placing & Meet	Date
1. 3639pt in 1977 CdnRec	3722 50H>7.41 811pts	John Gamble LJ > 6.47m 691pts	Montreal Robillard SP > 13.02m 668pts	1 st @ CTFA Chmps. HJ > 1.87m 687pts	26-27-Feb-1977 1500m> 4:12.27 865pts
2.	3667 60H> pts	Mike Fraser LJ > pts	U.Windsor St. Denis SP > pts	1 st @ OUA Chmps. HJ > pts	24-Feb-2006 1000m> pts
3.	3475 60H>8.99 748pts	Aaron Grainge LJ > 6.37m 668pts	U.Windsor St .Denis SP > 11.63m 584pts	2 nd @ OUA Chmps. HJ > 1.82m 644pts	23-Feb-2007 1000m>2:43.89 831pts
4. 3327pt in 1977 Jr Rec	3472 50H>7.57 775pts	Tom Arnott LJ > 6.32m 657pts	Montreal Robillard SP > 11.97m 605pts	4 th @ CTFA Chmps. HJ > 1.70m 544pts	26-27-Feb-1977 1500m> 4:15.00 846pts
5.	3446 60H>8.63 829pts	Andrew Judge LJ > 6.50m 697pts	U. Findlay Malcolm SP > 10.35m 507pts	2 nd @ Findlay Invite HJ > 1.86m 679pts	27-Jan-2006 1000m>2:53.00 734pts
6.	3392 60H> pts	Leslie Heller LJ > pts	U. Windsor St.Denis SP > pts	2 nd OUA Chmps. HJ > pts	23-Feb-2001 1000m> pts
7.	3330 60H>8.64 827pts	Preet Atwal LJ > 6.32m 657pts	U. Manitoba Bell SP > 10.62m 523pts	6 th @ CIS Chmps. HJ > 1.79m 619pts	10-Mar-2005 1000m>2:55.99 704pts
8.	3309 60H> pts	Liam McNabb LJ > pts	U. Windsor St.Denis SP > pts	2 nd @ OUA Chmps. HJ > pts	22-Feb-2002 1000m> pts
9.	3262 60H>9.32 677pts	Luke Cattet LJ > 6.26m 644pts	U. Windsor St.Denis SP > 12.85m 658pts	4 th @ OUA Chmps. HJ > 1.84m 661pts	22-Feb-2008 1000m>3:04.35 622pts

10.	3205 60H>9.26 690pts	Luke Myers LJ > 5.76m 535pts	U. Windsor St.Denis SP > 10.08m 490pts	5 th @ OUA Chmps. HJ > 1.92m 731pts	05-Mar-1999 1000m>2:50.63 759pts
11.	3171 60H>10.09 524 pts	Ben Withers LJ > 6.64m 729pts	Toronto T&F Ctr. SP > 11.50m 576 pts	4 th @ OUA Chmps. HJ > 1.90m 714 pts	25-Feb-2011 1000m>3:03.76 628 pts
12.	3163 60H> pts	Thomas Bereza LJ > pts	U. Windsor St.Denis SP > pts	3 rd @ OUA Chmps.	22-Feb-2002 1000m> pts