

| Event | Age/<br>Gender | Time /<br>Distance | Name                 | Year | Location       |  | Age/<br>Gender | Time /<br>Distance | Name            | Year | Location   |
|-------|----------------|--------------------|----------------------|------|----------------|--|----------------|--------------------|-----------------|------|------------|
| 80m   | 9 Girls        | 13.49s             | Morgan Mott          | 2022 | Arva           |  | 9 Boy          |                    |                 |      |            |
|       | 10 Girl        | 13.46s             | Morgan Mott          | 2023 | Arva           |  | 10 Boy         | 12.56s             | Owen Hurley     | 2022 | London     |
|       | 11 Girl        | 12.69s             | Ellen Robson         | 2023 | London         |  | 11 Boy         | 11.37s             | Jake Carpenter  | 2023 | London     |
|       | 12 Girl        | 12.31s             | Molly Lewis          | 2023 | London         |  | 12 Boy         | 11.37s             | Jake Carpenter  | 2023 | London     |
|       | 13 Girl        | 12.05s             | Nola Ma              | 2021 | Hamilton       |  | 13 Boy         | 10.85s             | Abe Bender      | 2022 | London     |
|       |                |                    |                      |      |                |  |                |                    |                 |      |            |
| 100m  | 11 Girl        |                    |                      |      |                |  | 11 Boy         | 14.64s             | Archie Francis  | 2022 | Wingham    |
|       | 12 Girl        |                    |                      |      |                |  | 12 Boy         | 14.63s             | Liam Micks      | 2022 | St. Marys  |
|       | 13 Girl        | 14.13s             | Lila Corby           | 2019 | Kincardine     |  | 13 Boy         | 13.65s             | Abe Bender      | 2022 | St. Marys  |
|       | 14 Girl        | 13.75s             | Erin Massie          | 2019 | Cambridge      |  | 14 Boy         | 13.12s             | Abe Bender      | 2023 | Arva       |
|       | 15 Girl        | 13.37s             | Paige Taylor         | 2023 | London         |  | 15 Boy         | 12.39s             | Drew Scherbarth | 2019 | Clinton    |
|       | 16 Girl        | 13.06s             | Tamara Mulder        | 2023 | London         |  | 16 Boy         | 12.30s             | Lincoln Perrie  | 2022 | Arva       |
|       | 17 Girl        | 13.06s             | Tamara Mulder        | 2023 | London         |  | 17 Boy         | 12.30s             | Lincoln Perrie  | 2022 | Arva       |
|       | 18 Girl        | 13.06s             | Tamara Mulder        | 2023 | London         |  | 18 Boy         | 12.30s             | Lincoln Perrie  | 2022 | Arva       |
|       | 19 Girl        | 13.06s             | Tamara Mulder        | 2023 | London         |  | 19 Boy         | 11.80s             | Arjay Thomson   | 2022 | Hamilton   |
|       |                |                    |                      |      |                |  |                |                    |                 |      |            |
| 150m  | 10 Girl        |                    |                      |      |                |  | 10 Boy         | 24.79s             | Owen Hurley     | 2022 | London     |
|       | 11 Girl        | 23.86s             | Ellen Robson         | 2023 | London         |  | 11 Boy         | 22.60s             | Nate Micks      | 2023 | Toronto    |
|       | 12 Girl        | 22.27s             | Hannah Vanden Hengel | 2022 | London         |  | 12 Boy         | 21.48s             | Archie Francis  | 2023 | London     |
|       | 13 Girl        | 22.27s             | Hannah Vanden Hengel | 2022 | London         |  | 13 Boy         | 21.15s             | Abe Bender      | 2022 | Hamilton   |
|       |                |                    |                      |      |                |  |                |                    |                 |      |            |
|       |                |                    |                      |      |                |  |                |                    |                 |      |            |
| 200m  | 10 Girl        |                    |                      |      |                |  | 10 Boy         | 33.09              | Owen Hurley     | 2022 | Arva       |
|       | 11 Girl        |                    |                      |      |                |  | 11 Boy         | 30.70s             | Archie Francis  | 2022 | Wingham    |
|       | 12 Girl        |                    |                      |      |                |  | 12 Boy         | 29.78s             | Liam Micks      | 2022 | Arva       |
|       | 13 Girl        | 30.86s             | Nola Ma              | 2021 | St. Catherines |  | 13 Boy         | 27.61s             | Abe Bender      | 2022 | Arva       |
|       | 14 Girl        | 29.13s             | Olivia Mark          | 2019 | Cambridge      |  | 14 Boy         | 26.34s             | Drew Scherbarth | 2019 | Kincardine |
|       | 15 Girl        | 28.03s             | Paige Taylor         | 2023 | London         |  | 15 Boy         | 26.34s             | Drew Scherbarth | 2019 | Kincardine |
|       | 16 Girl        | 27.50s             | Tamara Mulder        | 2023 | London         |  | 16 Boy         | 25.07s             | Lincoln Perrie  | 2022 | York       |
|       | 17 Girl        | 27.50s             | Tamara Mulder        | 2023 | London         |  | 17 Boy         | 25.07s             | Lincoln Perrie  | 2022 | York       |

| Event | Age/<br>Gender | Time /<br>Distance | Name                 | Year | Location  |  | Age/<br>Gender | Time /<br>Distance | Name           | Year | Location |
|-------|----------------|--------------------|----------------------|------|-----------|--|----------------|--------------------|----------------|------|----------|
|       | 18 Girl        | 27.50s             | Tamara Mulder        | 2023 | London    |  | 18 Boy         | 25.07s             | Lincoln Perrie | 2022 | York     |
|       | 19 Girl        | 27.50s             | Tamara Mulder        | 2023 | London    |  | 19 Boy         | 24.45s             | Arjay Thomson  | 2022 | Arva     |
|       |                |                    |                      |      |           |  |                |                    |                |      |          |
| 300m  | 9 Girl         | 59.16s             | Morgan Mott          | 2022 | Arva      |  | 9 Boy          |                    |                |      |          |
|       | 10 Girl        | 56.10s             | Morgan Mott          | 2023 | Arva      |  | 10 Boy         | 53.81s             | Owen Hurley    | 2022 | Hamilton |
|       | 11 Girl        | 48.64s             | Chloe McCabe         | 2021 | Hamilton  |  | 11 Boy         | 51.34s             | Graeme Froud   | 2021 | Hamilton |
|       | 12 Girl        | 47.70s             | Hannah Vanden Hengel | 2022 | London    |  | 12 Boy         | 49.07s             | Archie Francis | 2023 | Arva     |
|       | 13 Girl        | 43.57s             | Chloe McCabe         | 2023 | London    |  | 13 Boy         | 44.38s             | Abe Bender     | 2022 | London   |
|       | 14 Girl        | 43.57s             | Chloe McCabe         | 2023 | London    |  | 14 Boy         | 41.65s             | Abe Bender     | 2023 | London   |
|       | 15 Girl        | 43.57s             | Chloe McCabe         | 2023 | London    |  | 15 Boy         | 41.65s             | Abe Bender     | 2023 | London   |
|       |                |                    |                      |      |           |  |                |                    |                |      |          |
|       |                |                    |                      |      |           |  |                |                    |                |      |          |
| 400m  | 12 Girl        | 1:17.85            | Rowyn Calcott        | 2019 | Cambridge |  | 12 Boy         | 1:10.79            | Liam Micks     | 2022 | Wingham  |
|       | 13 Girl        | 1:17.85            | Rowyn Calcott        | 2019 | Cambridge |  | 13 Boy         | 1:07.62            | Abe Bender     | 2022 | Wingham  |
|       | 14 Girl        | 1:12.85            | Nola Ma              | 2022 | Wingham   |  | 14 Boy         | 1:07.62            | Abe Bender     | 2022 | Wingham  |
|       | 15 Girl        | 1:03.52            | Anna Ropp            | 2021 | York      |  | 15 Boy         | 56.67s             | Logan Klomps   | 2023 | London   |
|       | 16 Girl        | 1:03.23            | Tamara Mulder        | 2023 | London    |  | 16 Boy         | 56.67s             | Logan Klomps   | 2023 | London   |
|       | 17 Girl        | 1:03.23            | Tamara Mulder        | 2023 | London    |  | 17 Boy         | 56.67s             | Logan Klomps   | 2023 | London   |
|       | 18 Girl        | 1:03.23            | Tamara Mulder        | 2023 | London    |  | 18 Boy         | 56.67s             | Logan Klomps   | 2023 | London   |



| Event    | Age/ Gender | Time / Distance | Name              | Year | Location |  |  | Age/ Gender | Time / Distance | Name            | Year | Location   |
|----------|-------------|-----------------|-------------------|------|----------|--|--|-------------|-----------------|-----------------|------|------------|
| 1500m    | 12 Girl     | 5:43.34         | Chloe McCabe      | 2022 | Wingham  |  |  | 12 Boy      | 5:20.45         | Thomas Mott     | 2022 | St. Marys  |
|          | 13 Girl     | 5:43.34         | Chloe McCabe      | 2022 | Wingham  |  |  | 13 Boy      | 5:18.94         | Sam Pepper      | 2019 | Cambridge  |
|          | 14 Girl     | 5:43.34         | Chloe McCabe      | 2022 | Wingham  |  |  | 14 Boy      | 4:42.25         | Jonah Lariviere | 2021 | Hamilton   |
|          | 15 Girl     | 5:39.35         | Charlotte Clinton | 2021 | Arva     |  |  | 15 Boy      | 4:16.59         | Jonah Lariviere | 2022 | York       |
|          | 16 Girl     | 5:14.90         | Dayna Thompson    | 2022 | Arva     |  |  | 16 Boy      | 4:08.29         | Luke Feltham    | 2022 | Arva       |
|          | 17 Girl     | 5:04.77         | Dayna Thompson    | 2023 | Arva     |  |  | 17 Boy      | 4:00.05         | Luke Feltham    | 2023 | Toronto    |
|          | 18 Girl     | 5:04.77         | Dayna Thompson    | 2023 | Arva     |  |  | 18 Boy      | 4:00.05         | Luke Feltham    | 2023 | Toronto    |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
| 2000m    | 9 Girl      | 8:15.23         | Morgan Mott       | 2022 | Arva     |  |  | 9 Boy       |                 |                 |      |            |
|          | 10 Girl     | 8:15.23         | Morgan Mott       | 2022 | Arva     |  |  | 10 Boy      |                 |                 |      |            |
|          | 11 Girl     | 8:15.23         | Morgan Mott       | 2022 | Arva     |  |  | 11 Boy      |                 |                 |      |            |
|          | 12 Girl     | 8:15.23         | Morgan Mott       | 2022 | Arva     |  |  | 12 Boy      | 6:39.64         | Thomas Mott     | 2022 | London     |
|          | 13 Girl     | 7:33.87         | Emmalyn Vink      | 2023 | London   |  |  | 13 Boy      | 6:27.56         | Thomas Mott     | 2023 | London     |
|          | 14 Girl     | 7:33.87         | Emmalyn Vink      | 2023 | London   |  |  | 14 Boy      | 6:07.70         | Charlie Bender  | 2023 | Sherbrooke |
|          | 15 Girl     | 7:33.87         | Emmalyn Vink      | 2023 | London   |  |  | 15 Boy      | 6:04.43         | Logan Klomps    | 2023 | Sherbrooke |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
| 3000m    | 14 Girl     |                 |                   |      |          |  |  | 14 Boy      | 10:35.02        | Kaleb Dingman   | 2022 | Arva       |
|          | 15 Girl     | 12:40.16        | Mackenzie Parsons | 2022 | Windsor  |  |  | 15 Boy      | 10:35.02        | Kaleb Dingman   | 2022 | Arva       |
|          | 16 Girl     | 11:00.42        | Dayna Thompson    | 2022 | London   |  |  | 16 Boy      | 8:48.21         | Daniel Ogivie   | 2022 | London     |
|          | 17 Girl     | 10:42.32        | Dayna Thompson    | 2023 | Toronto  |  |  | 17 Boy      | 8:48.21         | Daniel Ogivie   | 2022 | London     |
|          | 18 Girl     | 10:42.32        | Dayna Thompson    | 2023 | Toronto  |  |  | 18 Boy      | 8:48.21         | Daniel Ogivie   | 2022 | London     |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
| 5000m    | 19 Woman    |                 |                   |      |          |  |  | 19 Man      | 15:42.56        | Daniel Ogilvie  | 2023 | Toronto    |
|          | Open Woman  |                 |                   |      |          |  |  | Open Man    |                 |                 |      |            |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
|          |             |                 |                   |      |          |  |  |             |                 |                 |      |            |
| 1500m SC | 14 Girl     |                 |                   |      |          |  |  | 14 Boy      |                 |                 |      |            |

| Event    | Age/ Gender | Time / Distance | Name              | Year | Location       |  |  | Age/ Gender | Time / Distance | Name          | Year | Location   |
|----------|-------------|-----------------|-------------------|------|----------------|--|--|-------------|-----------------|---------------|------|------------|
|          | 15 Girl     | 5:56.09         | Charlotte Clinton | 2021 | St. Catharines |  |  | 15 Boy      | 4:33.51         | Myles Clinton | 2023 | Sherbrooke |
|          |             |                 |                   |      |                |  |  |             |                 |               |      |            |
| 2000m SC | 16 Girl     | 7:58.27         | Charlotte Clinton | 2022 | Windsor        |  |  | 16 Boy      | 7:17.26         | Myles Clinton | 2023 | Toronto    |
|          | 17 Girl     | 7:32.37         | Dayna Thompson    | 2023 | Sherbrooke     |  |  | 17 Boy      | 6:26.26         | Ezra Bender   | 2022 | Sherbrooke |

| Event        | Age/<br>Gender | Time /<br>Distance | Name         | Year | Location       |  | Age/<br>Gender | Time /<br>Distance | Name           | Year | Location  |
|--------------|----------------|--------------------|--------------|------|----------------|--|----------------|--------------------|----------------|------|-----------|
| 80m Hurdles  | 10 Girl        |                    |              |      |                |  | 10 Boy         |                    |                |      |           |
|              | 11 Girl        | 16.06s             | Ellen Robson | 2023 | Toronto        |  | 11 Boy         | 14.65s             | Jake Carpenter | 2023 | Toronto   |
|              | 12 Girl        | 16.06s             | Ellen Robson | 2023 | Toronto        |  | 12 Boy         | 14.65s             | Jake Carpenter | 2023 | Toronto   |
|              | 13 Girl        | 14.17s             | Nola Ma      | 2021 | Hamilton       |  | 13 Boy         | 14.27s             | Owen Chambers  | 2021 | Hamilton  |
|              | 14 Girl        | 13.85s             | Nola Ma      | 2022 | Hamilton       |  | 14 Boy         |                    |                |      |           |
|              | 15 Girl        | 14.03s             | Nola Ma      | 2023 | Kincardine     |  | 15 Boy         |                    |                |      |           |
|              |                |                    |              |      |                |  |                |                    |                |      |           |
|              |                |                    |              |      |                |  |                |                    |                |      |           |
| 100m Hurdles | 16 Girl        | 16.85              | Anna Ropp    | 2022 | York           |  | 16 Boy         | 17.91s             | Myles Clinton  | 2023 | Cambridge |
|              | 17 Girl        | 16.85              | Anna Ropp    | 2022 | York           |  | 17 Boy         | 17.91s             | Myles Clinton  | 2023 | Cambridge |
|              |                |                    |              |      |                |  |                |                    |                |      |           |
| 200m Hurdles | 10 Girl        |                    |              |      |                |  | 10 Boy         |                    |                |      |           |
|              | 11 Girl        |                    |              |      |                |  | 11 Boy         |                    |                |      |           |
|              | 12 Girl        |                    |              |      |                |  | 12 Boy         | 38.75s             | Elliot Barton  | 2019 | Cambridge |
|              | 13 Girl        | 33.24s             | Nola Ma      | 2021 | Hamilton       |  | 13 Boy         | 32.95s             | Myles Clinton  | 2021 | Hamilton  |
|              | 14 Girl        | 32.80s             | Nola Ma      | 2022 | York           |  | 14 Boy         | 32.95s             | Myles Clinton  | 2021 | Hamilton  |
|              | 15 Girl        | 31.03s             | Anna Ropp    | 2021 | St. Catharines |  | 15 Boy         | 32.95s             | Myles Clinton  | 2021 | Hamilton  |
|              |                |                    |              |      |                |  |                |                    |                |      |           |
| 300m Hurdles | 16 Girl        | 48.68s             | Anna Ropp    | 2022 | York           |  | 16 Boy         |                    |                |      |           |
|              | 17 Girl        | 48.68s             | Anna Ropp    | 2022 | York           |  | 17 Boy         |                    |                |      |           |
|              |                |                    |              |      |                |  |                |                    |                |      |           |
| 400m Hurdles | 16 Girl        | 1:14.22            | Anna Ropp    | 2022 | London         |  | 16 Boy         |                    |                |      |           |
|              | 17 Girl        | 1:12.80            | Anna Ropp    | 2023 | London         |  | 17 Boy         |                    |                |      |           |
|              | 18 Girl        | 1:12.80            | Anna Ropp    | 2023 | London         |  | 18 Boy         |                    |                |      |           |
|              | 19 Girl        | 1:12.80            | Anna Ropp    | 2023 | London         |  | 19 Boy         |                    |                |      |           |
|              | 20 Girl        | 1:12.80            | Anna Ropp    | 2023 | London         |  | 20 Boy         |                    |                |      |           |

| Event       | Age/Gen<br>der | Time /<br>Distance | Name         | Year | Location   |  | Age/Gend<br>er | Time /<br>Distance | Name             | Year | Location  |
|-------------|----------------|--------------------|--------------|------|------------|--|----------------|--------------------|------------------|------|-----------|
| Long Jump   | 10 Girl        | 3.24m              | Morgan Mott  | 2023 | Toronto    |  | 10 Boy         | 3.63m              | Caleb Martin     | 2022 | York      |
|             | 11 Girl        | 3.24m              | Morgan Mott  | 2023 | Toronto    |  | 11 Boy         | 4.60m              | Jake Carpenter   | 2023 | London    |
|             | 12 Girl        | 3.88m              | Molly Lewis  | 2023 | London     |  | 12 Boy         | 4.60m              | Jake Carpenter   | 2023 | London    |
|             | 13 Girl        | 3.89m              | Nola Ma      | 2021 | Arva       |  | 13 Boy         | 4.60m              | Jake Carpenter   | 2023 | London    |
|             | 14 Girl        | 4.60m              | Olivia Mark  | 2019 | Goderich   |  | 14 Boy         | 4.60m              | Jake Carpenter   | 2023 | London    |
|             | 15 Girl        | 4.60m              | Olivia Mark  | 2019 | Goderich   |  | 15 Boy         | 4.60m              | Jake Carpenter   | 2023 | London    |
|             | 16 Girl        | 4.60m              | Olivia Mark  | 2019 | Goderich   |  | 16 Boy         | 5.50m              | Lincoln Perrie   | 2022 | Arva      |
|             | 17 Girl        | 4.62m              | Anna Ropp    | 2023 | Thorold    |  | 17 Boy         | 5.50m              | Lincoln Perrie   | 2022 | Arva      |
|             | 18 Girl        | 4.62m              | Anna Ropp    | 2023 | Thorold    |  | 18 Boy         | 5.50m              | Lincoln Perrie   | 2022 | Arva      |
|             | 19 Girl        | 4.62m              | Anna Ropp    | 2023 | Thorold    |  | 19 Boy         | 6.01m              | Arjay Thomson    | 2022 | Arva      |
|             | OPEN           | 4.62m              | Anna Ropp    | 2023 | Thorold    |  | OPEN           | 6.01m              | Arjay Thomson    | 2022 | Arva      |
|             |                |                    |              |      |            |  |                |                    |                  |      |           |
|             |                |                    |              |      |            |  |                |                    |                  |      |           |
| Triple Jump | 10 Girl        |                    |              |      |            |  | 10 Boy         |                    |                  |      |           |
|             | 11 Girl        |                    |              |      |            |  | 11 Boy         | 7.56m              | Owen Hurley      | 2023 | Arva      |
|             | 12 Girl        | 7.22m              | Chloe McCabe | 2022 | St. Marys  |  | 12 Boy         | 7.63m              | Aston Morrison   | 2023 | Arva      |
|             | 13 Girl        | 9.13m              | Lila Corby   | 2019 | Kincardine |  | 13 Boy         | 9.71m              | Brandon Dietrich | 2019 | Cambridge |
|             | 14 Girl        | 9.78m              | Olivia Mark  | 2019 | Kincardine |  | 14 Boy         | 9.71m              | Brandon Dietrich | 2019 | Cambridge |
|             | 15 Girl        | 9.78m              | Olivia Mark  | 2019 | Kincardine |  | 15 Boy         | 9.71m              | Brandon Dietrich | 2019 | Cambridge |
|             | 16 Girl        | 9.78m              | Olivia Mark  | 2019 | Kincardine |  | 16 Boy         | 12.81              | Lincoln Perrie   | 2022 | Arva      |
|             | 17 Girl        | 9.78m              | Olivia Mark  | 2019 | Kincardine |  | 17 Boy         | 12.81              | Lincoln Perrie   | 2022 | Arva      |
|             | 18 Girl        | 9.78m              | Olivia Mark  | 2019 | Kincardine |  | 18 Boy         | 12.81              | Lincoln Perrie   | 2022 | Arva      |
|             | 19 Girl        |                    |              |      |            |  | 19 Boy         | 12.81              | Lincoln Perrie   | 2022 | Arva      |
|             | OPEN           |                    |              |      |            |  | OPEN           | 12.81              | Lincoln Perrie   | 2022 | Arva      |
|             |                |                    |              |      |            |  |                |                    |                  |      |           |
| High Jump   | 10 Girl        |                    |              |      |            |  | 10 Boy         |                    |                  |      |           |
|             | 11 Girl        |                    |              |      |            |  | 11 Boy         |                    |                  |      |           |
|             | 12 Girl        |                    |              |      |            |  | 12 Boy         |                    |                  |      |           |

| Event      | Age/Gen<br>der | Time /<br>Distance | Name                       | Year         | Location               |  | Age/Gend<br>er | Time /<br>Distance | Name                          | Year         | Location                 |
|------------|----------------|--------------------|----------------------------|--------------|------------------------|--|----------------|--------------------|-------------------------------|--------------|--------------------------|
|            | 13 Girl        | 1.36m              | Ava Boshart                | 2022         | St. Marys              |  | 13 Boy         | 1.25m              | Myles Clinton<br>Ryder Blight | 2021<br>2023 | St. Catherines<br>London |
|            | 14 Girl        | 1.39m              | Abby Cunningham<br>Nola Ma | 2019<br>2022 | St. Marys<br>St. Marys |  | 14 Boy         | 1.25m              | Myles Clinton<br>Ryder Blight | 2021<br>2023 | St. Catherines<br>London |
|            | 15 Girl        | 1.40m              | Peyton Barclay             | 2023         | Toronto                |  | 15 Boy         | 1.25m              | Myles Clinton<br>Ryder Blight | 2021<br>2023 | St. Catherines<br>London |
|            | 16 Girl        | 1.40m              | Peyton Barclay             | 2023         | Toronto                |  | 16 Boy         | 1.50m              | Lincoln Perrie                | 2022         | York                     |
|            | 17 Girl        | 1.40m              | Peyton Barclay             | 2023         | Toronto                |  | 17 Boy         | 1.50m              | Lincoln Perrie                | 2022         | York                     |
|            | 18 Girl        | 1.40m              | Peyton Barclay             | 2023         | Toronto                |  | 18 Boy         | 1.50m              | Lincoln Perrie                | 2022         | York                     |
|            | 19 Girl        | 1.40m              | Peyton Barclay             | 2023         | Toronto                |  | 19 Boy         | 1.50m              | Lincoln Perrie                | 2022         | York                     |
|            | 20 Girl        | 1.40m              | Peyton Barclay             | 2023         | Toronto                |  | 20 Boy         | 1.50m              | Lincoln Perrie                | 2022         | York                     |
|            |                |                    |                            |              |                        |  |                |                    |                               |              |                          |
|            |                |                    |                            |              |                        |  |                |                    |                               |              |                          |
|            |                |                    |                            |              |                        |  |                |                    |                               |              |                          |
| Pole Vault | 12 Girl        |                    |                            |              |                        |  | 12 Boy         |                    |                               |              |                          |
|            | 13 Girl        |                    |                            |              |                        |  | 13 Boy         |                    |                               |              |                          |
|            | 14 Girl        |                    |                            |              |                        |  | 14 Boy         |                    |                               |              |                          |
|            | 15 Girl        | 2.50m              | Bronwyn Hawkins            | 2023         | St. Marys              |  | 15 Boy         |                    |                               |              |                          |
|            | 16 Girl        | 2.50m              | Bronwyn Hawkins            | 2023         | St. Marys              |  | 16 Boy         | 3.35m              | Colton Hawkins                | 2023         | Cambridge                |
|            | 17 Girl        | 2.50m              | Bronwyn Hawkins            | 2023         | St. Marys              |  | 17 Boy         | 3.35m              | Colton Hawkins                | 2023         | Cambridge                |
|            | 18 Girl        | 2.70m              | Marion Serbat              | 2023         | Toronto                |  | 18 Boy         | 3.35m              | Colton Hawkins                | 2023         | Cambridge                |
|            | 19 Girl        | 2.70m              | Marion Serbat              | 2023         | Toronto                |  | 19 Boy         | 3.35m              | Colton Hawkins                | 2023         | Cambridge                |
|            | 20 Girl        | 2.70m              | Marion Serbat              | 2023         | Toronto                |  | 20 Boy         | 3.35m              | Colton Hawkins                | 2023         | Cambridge                |



| Event    | Age/<br>Gender | Time /<br>Distance | Name                | Year | Location       |  |        | Age/<br>Gender | Time /<br>Distance | Name             | Year | Location   |
|----------|----------------|--------------------|---------------------|------|----------------|--|--------|----------------|--------------------|------------------|------|------------|
| Shot Put | 10 Girl        |                    |                     |      |                |  |        | 10 Boy         |                    |                  |      |            |
|          | 11 Girl        |                    |                     |      |                |  |        | 11 Boy         |                    |                  |      |            |
| 3kg      | 12 Girl        |                    |                     |      |                |  |        | 12 Boy         |                    |                  |      |            |
|          | 13 Girl        | 7.61m              | Nola Ma             | 2021 | St. Catherines |  |        | 13 Boy         | 10.39m             | Brandon Dietrich | 2019 | Cambridge  |
|          | 14 Girl        | 7.61m              | Nola Ma             | 2021 | St. Catherines |  | 4kg    | 14 Boy         |                    |                  |      |            |
|          | 15 Girl        | 9.41m              | Payton Blight       | 2023 | Clinton        |  |        | 15 Boy         | 12.82m             | Jash Singh       | 2023 | London     |
|          | 16 Girl        | 9.59m              | Brooke Wilhelm      | 2023 | Brampton       |  | 5kg    | 16 Boy         | 10.82m             | Owen Miloje      | 2023 | London     |
|          | 17 Girl        | 9.59m              | Brooke Wilhelm      | 2023 | Brampton       |  |        | 17 Boy         | 13.70m             | Calum Crawford   | 2023 | Sherbrooke |
| 4kg      | 18 Girl        |                    |                     |      |                |  |        | 6kg            |                    |                  |      |            |
|          | 19 Girl        |                    |                     |      |                |  |        | 19 Boy         |                    |                  |      |            |
|          | 20 Girl        |                    |                     |      |                |  | 7.26kg | 20 Boy         |                    |                  |      |            |
|          |                |                    |                     |      |                |  |        |                |                    |                  |      |            |
|          |                |                    |                     |      |                |  |        |                |                    |                  |      |            |
| Discus   | 10 Girl        |                    |                     |      |                |  |        | 10 Boy         |                    |                  |      |            |
|          | 11 Girl        |                    |                     |      |                |  |        | 11 Boy         |                    |                  |      |            |
| 750g     | 12 Girl        |                    |                     |      |                |  | 750g   | 12 Boy         |                    |                  |      |            |
|          | 13 Girl        | 22.41m             | Lily Hostelle-Black | 2023 | Thorold        |  |        | 13 Boy         | 31.44m             | Andre Mollet     | 2021 | York       |
| 1kg      | 14 Girl        | 26.51m             | Payton Blight       | 2022 | London         |  | 1kg    | 14 Boy         |                    |                  |      |            |
|          | 15 Girl        | 28.16m             | Payton Blight       | 2023 | Ottawa         |  |        | 15 Boy         | 49.11m             | Owen Miloje      | 2022 | London     |
|          | 16 Girl        | 28.16m             | Payton Blight       | 2023 | Ottawa         |  |        | 16 Boy         | 53.03m             | Owen Miloje      | 2023 | Ottawa     |
|          | 17 Girl        | 28.16m             | Payton Blight       | 2023 | Ottawa         |  | 1.5kg  | 16 Boy         | 42.15m             | Evan Miloje      | 2023 | Arva       |
|          | 18 Girl        | 28.16m             | Payton Blight       | 2023 | Ottawa         |  |        | 17 Boy         | 42.15m             | Evan Miloje      | 2023 | Arva       |
|          | 19 Girl        | 28.16m             | Payton Blight       | 2023 | Ottawa         |  | 1.75kg | 18 Boy         |                    |                  |      |            |
|          | 20 Girl        | 28.16m             | Payton Blight       | 2023 | Ottawa         |  |        | 19 Boy         |                    |                  |      |            |
|          |                |                    |                     |      |                |  | 2kg    | 20 Boy         |                    |                  |      |            |
|          |                |                    |                     |      |                |  |        |                |                    |                  |      |            |
|          |                |                    |                     |      |                |  |        |                |                    |                  |      |            |
| Javelin  | 10 Girl        |                    |                     |      |                |  | 400g   | 10 Boy         |                    |                  |      |            |
|          | 11 Girl        |                    |                     |      |                |  |        | 11 Boy         |                    |                  |      |            |

| Event  | Age/<br>Gender | Time /<br>Distance | Name                | Year | Location       |  |        | Age/<br>Gender | Time /<br>Distance | Name           | Year | Location   |
|--------|----------------|--------------------|---------------------|------|----------------|--|--------|----------------|--------------------|----------------|------|------------|
|        | 12 Girl        |                    |                     |      |                |  |        | 12 Boy         |                    |                |      |            |
|        | 13 Girl        | 16.66m             | Lily Hostelle-Black | 2023 | Thorold        |  |        | 13 Boy         | 35.75m             | Andre Mollet   | 2021 | York       |
| 500g   | 14 Girl        | 26.05m             | Payton Blight       | 2022 | London         |  | 600g   | 14 Boy         |                    |                |      |            |
|        | 15 Girl        | 31.67m             | Payton Blight       | 2023 | London         |  |        | 15 Boy         | 35.96m             | Evan MacArthur | 2019 | Kincardine |
|        | 16 Girl        | 31.67m             | Payton Blight       | 2023 | London         |  |        | 16 Boy         | 42.99m             | Owen Miloje    | 2023 | Cambridge  |
|        | 17 Girl        | 31.67m             | Payton Blight       | 2023 | London         |  | 700g   | 16 Boy         | 39.63m             | Owen Miloje    | 2023 | Kincardine |
| 600g   | 15 Girl        | 28.59m             | Payton Blight       | 2023 | London         |  |        | 17 Boy         | 39.63m             | Owen Miloje    | 2023 | Kincardine |
|        | 16 Girl        | 28.59m             | Payton Blight       | 2023 | London         |  |        |                |                    |                |      |            |
|        | 17 Girl        | 28.59m             | Payton Blight       | 2023 | London         |  | 800g   | 17 Boy         |                    |                |      |            |
|        | 18 Girl        | 28.59m             | Payton Blight       | 2023 | London         |  |        | 18 Boy         |                    |                |      |            |
|        | 19 Girl        | 28.59m             | Payton Blight       | 2023 | London         |  |        | 19 Boy         |                    |                |      |            |
|        | 20 Girl        | 28.59m             | Payton Blight       | 2023 | London         |  |        | 20 Boy         |                    |                |      |            |
|        |                |                    |                     |      |                |  |        |                |                    |                |      |            |
|        |                |                    |                     |      |                |  |        |                |                    |                |      |            |
| Hammer | 12 Girl        |                    |                     |      |                |  |        | 12 Boy         |                    |                |      |            |
|        | 13 Girl        | 17.26m             | Becca Stevens       | 2019 | Windsor        |  |        | 13 Boy         |                    |                |      |            |
|        | 14 Girl        | 32.51m             | Payton Blight       | 2022 | London         |  | 4kg    | 14 Boy         |                    |                |      |            |
|        | 15 Girl        | 39.03m             | Payton Blight       | 2023 | London         |  |        | 15 Boy         | 39.04m             | Owen Miloje    | 2022 | Sherbrooke |
|        | 16 Girl        | 39.03m             | Payton Blight       | 2023 | London         |  | 5kg    | 16 Boy         | 42.83m             | Owen Miloje    | 2023 | Brampton   |
|        | 17 Girl        | 39.03m             | Payton Blight       | 2023 | London         |  |        | 17 Boy         | 42.83m             | Owen Miloje    | 2023 | Brampton   |
| 4kg    | 18 Girl        | 28.50m             | Katie Stevens       | 2022 | Stellarton, NS |  | 6kg    | 18 Boy         |                    |                |      |            |
|        | 19 Girl        | 28.50m             | Katie Stevens       | 2022 | Stellarton, NS |  |        | 19 Boy         |                    |                |      |            |
|        | 20 Girl        | 28.50m             | Katie Stevens       | 2022 | Stellarton, NS |  | 7.26kg | 20 Boy         |                    |                |      |            |

| Event  | Age/ Gender | Time / Distance | Name   | Year | Location       | Age/ Gender | Time / Distance | Name   | Year | Location       |
|--------|-------------|-----------------|--|------|----------------|-------------|-----------------|--|------|----------------|
| 4x100m | U12 Girls   |                 |  |      |                | U12 Boys    | 59.13s          | Owen Hurley, Nate Micks, Caleb Martin, Jake Carpenter        | 2023 | Toronto        |
|        | U14 Girls   | 1:00.11         | Nola Ma, Leah Russell, Chloe McCabe, Alexis Lealess          | 2021 | Hamilton       | U14 Boys    | 58.85s          | Abe Bender, Thomas Mott, Caleb Hurley, Owen Hurley           | 2022 | London         |
|        | U16 Girls   | 56.45s          | Lila Corby, Abby Cunningham, Erin Massie, Olivia Mark        | 2019 | Cambridge      | U16 Boys    |                 |  |      |                |
|        | U18 Girls   |                 |  |      |                | U18 Boys    | 50.72s          | Abe Bender, Jash Singh, Evan Miloje, Owen Miloje             | 2023 | London         |
|        | U20 Women   |                 |  |      |                | U20 Men     |                 |  |      |                |
|        | Open Women  |                 |  |      |                | Open Men    |                 |  |      |                |
|        | Master W    |                 |  |      |                | Master M    |                 |  |      |                |
| 4x200m | U12 Girls   |                 |  |      |                | U12 Boys    |                 |  |      |                |
|        | U14 Girls   |                 |  |      |                | U14 Boys    |                 |  |      |                |
|        | U16 Girls   |                 |  |      |                | U16 Boys    |                 |  |      |                |
|        | U18 Girls   |                 |  |      |                | U18 Boys    |                 |  |      |                |
|        | U20 Women   |                 |  |      |                | U20 Men     |                 |  |      |                |
|        | Open Women  |                 |  |      |                | Open Men    |                 |  |      |                |
|        | Master W    |                 |  |      |                | Master M    |                 |  |      |                |
| 4x400m | U12 Girls   |                 |  |      |                | U12 Boys    |                 |  |      |                |
|        | U14 Girls   |                 |  |      |                | U14 Boys    |                 |  |      |                |
|        | U16 Girls   | 4:38.26         | Charlotte Clinton, Chloe McCabe, Poppy Challenger, Anna Ropp | 2021 | St. Catharines | U16 Boys    | 4:15.92         | Jonah Lariviere, Kaleb Dingman, Luke Feltham, Daniel Ogilvie | 2021 | St. Catharines |
|        | U18 Girls   |                 |  |      |                | U18 Boys    |                 |  |      |                |
|        | U20 Women   |                 |  |      |                | U20 Men     |                 |  |      |                |
|        | Open Women  |                 |  |      |                | Open Men    |                 |  |      |                |
|        | Master W    |                 |  |      |                | Master M    |                 |  |      |                |
| 4x800m | U12 Girls   |                 |  |      |                | U12 Boys    |                 |  |      |                |
|        | U14 Girls   |                 |  |      |                | U14 Boys    | 10:50.29        | Charlie Bender, Abe Bender, Liam Micks, Thomas Mott          | 2022 | London         |
|        | U16 Girls   |                 |  |      |                | U16 Boys    | 8:38.59         | Kaleb Dingman, Noah Feltham, Charlie Bender, Logan Klomps    | 2023 | London         |
|        | U18 Girls   | 10:56.10        | Charlotte Clinton, Bailey Ross, Dayna Thompson, Chloe McCabe | 2022 | London         | U18 Boys    |                 |  |      |                |
|        | U20 Women   |                 |  |      |                | U20 Men     |                 |  |      |                |
|        | Open Women  |                 |  |      |                | Open Men    |                 |  |      |                |
|        | Master W    |                 |  |      |                | Master M    |                 |  |      |                |
| Medley | U12 Girls   |                 |  |      |                | U12 Boys    |                 |  |      |                |
|        | U14 Girls   |                 |  |      |                | U14 Boys    |                 |  |      |                |
|        | U16 Girls   |                 |  |      |                | U16 Boys    |                 |  |      |                |
|        | U18 Girls   | 4:49.33         | Charlotte Clinton, Anna Ropp, Nola Ma, Chloe McCabe          | 2022 | London         | U18 Boys    |                 |  |      |                |
|        | U20 Women   |                 |  |      |                | U20 Men     |                 |  |      |                |
|        | Open Women  |                 |  |      |                | Open Men    |                 |  |      |                |

| Event | Age/ Gender | Time / Distance | Name | Year | Location | Age/ Gender | Time / Distance | Name | Year | Location |
|-------|-------------|-----------------|------|------|----------|-------------|-----------------|------|------|----------|
|       | Master W    |                 |      |      |          | Master M    |                 |      |      |          |

|            |         |      |               |                |      |
|------------|---------|------|---------------|----------------|------|
|            |         |      |               |                |      |
| Tetrathlon | 12 Girl |      |               |                |      |
|            | 13 Girl | 1857 | Nola Ma       | St. Catharines | 2021 |
|            |         |      |               |                |      |
| Pentathlon | 14 Girl | 2123 | Nola Ma       | York           | 2022 |
|            | 15 Girl | 2123 | Nola Ma       | York           | 2022 |
|            |         |      |               |                |      |
| Heptathlon | 16 Girl |      |               |                |      |
|            | 17 Girl |      |               |                |      |
|            | 18 Girl |      |               |                |      |
|            | 19 Girl |      |               |                |      |
|            |         |      |               |                |      |
|            |         |      |               |                |      |
| Tetrathlon | 12 Boy  |      |               |                |      |
|            | 13 Boy  | 1460 | Myles Clinton | St. Catharines | 2021 |
|            |         |      |               |                |      |
| Pentathlon | 14 Boy  |      |               |                |      |
|            | 15 Boy  |      |               |                |      |
|            |         |      |               |                |      |
| Octathlon  | 16 Boy  |      |               |                |      |
|            | 17 Boy  |      |               |                |      |
|            |         |      |               |                |      |
| Decathlon  | 18 Boy  |      |               |                |      |
|            | 19 Boy  |      |               |                |      |

|        |       |          |              |      |          |
|--------|-------|----------|--------------|------|----------|
| 1500m  |       |          |              |      |          |
| Men    |       |          |              |      |          |
|        | 40-44 | 4:50.97  | Matt Feltham | 2022 | Hamilton |
| 3000m  |       |          |              |      |          |
| Men    |       |          |              |      |          |
|        | 45-49 | 10:23.55 | Matt Feltham | 2022 | Arva     |
| 5000m  |       |          |              |      |          |
| Men    |       |          |              |      |          |
|        | 40-44 | 17:30.01 | Matt Feltham | 2021 | York     |
| Hammer |       |          |              |      |          |
| Men    |       |          |              |      |          |
|        | 45-49 | 26.63m   | Ian Morton   | 2021 | Hamilton |