

**FRASER VALLEY TRACK & FIELD CHAMPIONSHIPS**

**PERFORMANCE RECORDS**

**TRACK RECORDS**

**Grade 8 Records will start from 2017 FV High School Track and Field Championships**

<b>Event</b>	<b>Category</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
100m	Gr. 8 Girls	12.68	Ange Kengi	Archbishop Carney	2017
100m	Gr. 8 Boys	11.47	David Midgley	Wlanut Grove	2017
100m	Jr. Girls	12.00	Tara Perry	Como Lake	1990
100m	Jr. Boys	10.70	Roger Peart	William Beagle	1990
100m	Sr. Girls	12.00	Tara Perry Krysha Bayley	Centennial Terry Fox	1992 2000
100m	Sr. Boys	10.68	William Ryan	Centennial	1994

<b>Event</b>	<b>Category</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
200m	Gr 8 Girls	26.13	Ange Kengni	Archbishop Carney	2017
200m	Gr. 8 Boys	23.76	David Midgley	Walnut Grove	2017
200m	Jr. Girls	24.59	Hazel Hansen-Moonie	Maillard	1995
200m	Jr. Boys	22.01	Sid Pitt	Maple Ridge	1992
200m	Sr. Girls	24.06	Krysha Bayley	Terry Fox	2000
200m	Sr. Boys	21.24	William Ryan	Centennial	1994

<b>Event</b>	<b>Category</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
400m	Gr. 8 Girls	62.08	Madelyn Bonikowsky	South Delta	2017
400m	Gr. 8 Boys	53.33	Owen Pinto	Holy Cross	2017
400m	Jr. Girls	55.56	Hazel Hansen-Moonie	Maillard	1995
400m	Jr. Boys	49.74	Dean Ellenwood	Langley Sec	2014
400m	Sr. Girls	56.13	Ashley Windsor	Walnut	2012

				Grove	
400m	Sr. Boys	48.07	Michael Aono	Seaquam	2015

Event	Category	Record	Name	School	Year
800m	Gr. 8 Girls	2:29.35	Madelyn Bonikowsky	South Delta	2017
800m	Gr. 8 Boys	1:58.86	Owen Pinto	Holy Cross	2017
800m	Jr. Girls	2:17:35	Brooke Mussche	Langley Christian	2016
800m	Jr. Boys	1:56:65	Dean Ellenwood	Langley Sec	2014
800m	Sr. Girls	2:09:90	Ashley Windsor	Walnut Grove	2012
800m	Sr. Boys	1:50:72	Neal Keffri	Fleetwood Park	2011

Event	Category	Record	Name	School	Year
1500m	Gr. 8 Girls	5:02.05	Madelyn Bonikowsky	South Delta	2017
1500m	Gr. 8 Boys	4:18.74	Owen Pinto	Holy Cross	2017
1500m	Jr. Girls	4:39:00	R. McConnell	Montgomery	1981
1500m	Jr. Boys	4:09:78	James Clark	Thomas Haney	2006
1500m	Sr. Girls	4:28:00	Angela Froese	W.J. Mouat	1994
1500m	Sr. Boys	3:55:31			2015

Event	Category	Record	Name	School	Year
3000m	Gr. 8 Girls	11:35.51	Rebecca Versluis	Langley Christian	2017
3000m	Gr. 8 Boys	10:26.73	Matthew Trent	Abbotsford Christian	2017

3000m	Jr. Girls	10:00:60	Cindy Foley	Maple Ridge	1989
3000m	Jr. Boys	9:03:40	Allan Klassen	South Delta	1984
3000m	Sr. Girls	10:07:09	Christina Sevsek	Clayton Heights	2016
3000m	Sr. Boys	8:39:71	Nathan Wadhvani	Terry Fox	2014

### **Racewalk**

<b>Event</b>	<b>Category</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
1500m	Jr. Girls	8:18:86	Brione Bruce	Elgin Park	1997
1500m	Jr. Boys	7:02:12	Jim Heys	D.W. Poppy	1997
1500m	Sr. Girls	7:23:74	Brione Bruce	Elgin park	1999
1500m	Sr. Boys	6:32:64	Jim Heys	D.W. Poppy	1999

### **Sprint Hurdles**

<b>Event</b>	<b>Category</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
80m	Gr. 8 Girls	12.60	Laysha Tunti	Pacific Academy	2017
100m	Gr. 8 Boys	15.20	Praise Aniamaka	Pacific Academy	2017
80m	Jr. Girls	11.60	Emma Jeakins	L.A. Matheson	1989
100m	Jr. Boys	14.62	Ryan Togeretz	Credo Christian	2016
100m	Sr. Girls	14.64	Hanna Tyndall	Gleneagle	2016
110m	Sr. Boys	14.84	Dave Wilson	Delta	1979

### Distance Hurdles

Event	Category	Record	Name	School	Year
200m	Gr. 8 Girls	31.32	Kaylie Borntraeger	Southpointe	2017
200m	Gr. 8 Boys	26.99	Praise Aniamaka	Pacific Academy	2017
300m	Jr. Girls	45.46	Georgia Ellenwood	HD Stafford	2009
300m	Jr. Boys	42.12	Jorin Lenton	Maple Ridge	2016
400m	Sr. Girls	61.55	Monique Lisek	Maple Ridge	2014
400m	Sr. Boys	55.82	Laurier Primeau	Queen Elizabeth	1988

### Steeplechase

Event	Category	Record	Name	School	Year
1500m	Jr. Girls	5:14:51	Georgia Ginther	Earl Marriot	2015
1500m	Jr. Boys	4:33:34	Zach Wyatt	RE Mountain	2016
1500m	Sr. Girls	4:58:09	Melissa Appelt	Holy Cross	2004
2000m	Sr. Boys	5:59:81	Justin Kent	Kwantlen Park	2010

### Relays

Event	Category	Record	Name	School	Year
4x100m	Gr. 8 Girls	53.18	Semiahmoo	Semiahmoo	2017
4x100m	Gr. 8 Boys	48.03	Maple Ridge	Maple Ridge	2017
4x100m	Jr. Girls	50.62	Maillard	Maillard	1993
4x100m	Jr. Boys	44.65	Maple Ridge	Maple Ridge	1993
4x100m	Sr. Girls	49.60	Queen Elizabeth	Queen Elizabeth	1992

4x100m	Sr. Boys	42.69	Maple Ridge	Maple Ridge	1995
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Event	Category	Record	Name	School	Year
4x400m	Gr. 8 Girls	4:27.37	Walnut Grove	Walnut Grove	2017
4x400m	Gr. 8 Boys	3:55.51	Walnut Grove	Walnut Grove	2017
4x400m	Jr. Girls	4:07:92	Walnut Grove	Walnut Grove	2005
4x400m	Jr. Boys	3:30:00	Charles Best	Charles Best	1970
4x400m	Sr. Girls	4:00:31	Maple Ridge	Maple Ridge	2016
4x400m	Sr. Boys	3:25:20	Maple Ridge	Maple Ridge	2000

### **FIELD RECORDS**

Event	Category	Record	Name	School	Year
Shot Put	Gr. 8 Girls	11.12 m	Isabelle Forsyth	Semiahmoo	2017
Shot Put	Gr. 8 Boys	11.21 m	Charn Nijjar	Queen May Elem	2017
Shot Put	Jr. Girls	13.80 m	Dolly Gabri	Sullivan Heights	2016
Shot Put	Jr. Boys	18.55 m	Charles Best	Charles Best	1970
Shot Put	Sr. Girls	12.90 m	Signe MacNeil	Seaquam	1991
Shot Put	Sr. Boys	16.91 m	Tom Willcox	Centennial	2009

Event	Category	Record	Name	School	Year
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Discus	Gr. 8 Girls	35.65 m	Isabelle Forsyth	Semiahmoo	2017
Discus	Gr. 8 Boys	31.38 m	Jordan Dickhof	Langley Christian	2017
Discus	Jr. Girls	44.76 m	Dolly Gabri	Sullivan Heights	2015
Discus	Jr. Boys	46.10 m	Vikramjit Gondara	W.J. Mouat	2015
Discus	Sr. Girls	40.92 m	Olivia Moriconi	Pitt Meadows	2014
Discus	Sr. Boys	64.30 m	Don Allemeersch	Hope	1972

<b>Event</b>	<b>Categor y</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
Javelin	Gr. 8 Girls	31.02 m	Isabelle Forsyth	Semiahmoo	2017
Javelin	Gr. 8 Boys	39.45 m	Nicholas Monro	Walnut Grove	2017
Javelin	Jr. Girls	37.82 m	Krista Woodward	Burnsview	2000
Javelin	Jr. Boys	56.02 m	Mike McDonald	White Rock Jr.	1979
Javelin	Sr. Girls	40.92 m	Brittni Wolczyk	Archbishop Carney	2014
Javelin	Sr. Boys	64.30 m	Mike Mahovolich	Centennial	1978

<b>Event</b>	<b>Categor y</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
Hammer	Jr. Girls	55.64 m	Dolly Gabri	Sullivan Heights	2016
Hammer	Jr. Boys	57.19 m	Vikramjit Gondara	W.J. Mouat	2015
Hammer	Sr. Girls	52.43 m	Kaila Butler	Terry Fox	2015

Hammer	Sr. Boys	67.59 m	Wes Boudreau	Abbotsford Sr.	1993
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Event	Category	Record	Name	School	Year
Long Jump	Gr. 8 Girls	4.66m	Tara Wllack	Semiahmoo	2017
Long Jump	Gr. 8 Boys	5.57m	Mitchell Gibbs	Pacific Academy	2017
Long Jump	Jr. Girls	5.74m	Cristabel Nettey	Johnston Heights	2005
Long Jump	Jr. Boys	6.78m	Aaron Hart	George Pearkes	1993
Long Jump	Sr. Girls	5.96m	Cristabel Nettey	Johnston Heights	2006
Long Jump	Sr. Boys	6.91m	Dave Stafford	Queen Elizabeth	1988

Event	Category	Record	Name	School	Year
High Jump	Gr. 8 Girls	1.50m	Emma De Boer	Holy Cross	2017
High Jump	Gr. 8 Boys	1.75m	David Midgley	Walnut Grove	2017
High Jump	Jr. Girls	1.71m	Sarah McDiarmid	South Delta	1994
High Jump	Jr. Boys	2.00m	Nick Wilkes	Maple Ridge	1995
High Jump	Sr. Girls	1.80m	Debbie Brill Corinna Wolf	Garibaldi Abbotsford Sr.	2006 1990
High Jump	Sr. Boys	2.05m	Jas Gill	Mission	2000

Event	Category	Record	Name	School	Year
Triple Jump	Gr. 8	9.81	Kaylie Borotraeger	Sounthpoint	2017

	Girls			e	
Triple Jump	Gr. 8 Boys	12.33 m	Praise Aniamaka	Pacific Academy	2017
Triple Jump	Jr. Girls	11.89 m	Sabrina Nettey	Johnston Heights	2004
Triple Jump	Jr. Boys	13.23 m	Bryce MacKenzie	Mission	2016
Triple Jump	Sr. Girls	11.43 m	Kiana Bekar	Langley Christian	2016
Triple Jump	Sr. Boys	14.02 m	Jason Roberts	Tamanawis	1998

<b>Event</b>	<b>Category</b>	<b>Record</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
Pole Vault	Jr. Girls	3.00m	Emma Beckett	Asia Sumas Mtn.	2009
Pole Vault	Jr. Boys	3.86m	Mike McQuaid	Guildford Park	1978
Pole Vault	Sr. Girls	3.55m	Kerrie Clifford	W.J. Mouat	2004
Pole Vault	Sr. Boys	4.56m	Matt Clifford	W.J. Mouat	1998