

Saugeen Track and Field Club Records 19 year olds

14.Event	Name	Time/ Dist	Yr/Venue	Name	Time/Dist	Yr/Venue
100m	V. Stephens	11.96	1991/Etob	A. Kunkel	10.55	2000/York
200m	R. Rudell	25.79	2010/Toronto	A. Kunkel	21.29	2000/York
400m	D. Duprey	55.50	1986/Bran	L. Card	46.82	1999/Wpg
800m	S.Gribbons	2:13.30	2007/Ottawa	A.McKessock	1:52.25	1998/Sarnia
1500m	S.Gribbons	4:33.55	2007/Toronto	K. Benninger	3:41.95	2004/Georgia
Mile	S. Gribbons	5:01.77	2007/NY	K. Benninger	4:01.33	2004/Burnaby
3000m	C. Hunter	10:16.9 8	2013/London	K. Benninger	8:15.42 (In)	2004
5000m				J. Wepler	15:06.57	1995/Kitchener
10000m	MJ Middlekoop	38:00.6	1997/Toronto	J. Wepler	31:52	1995/BC
100mH	D, Duprey	14.06	1986/Ottawa			
110mH				A. Kunkel	13.78 (39')	2000/Windsor
400mH	D. Duprey	56.55	1986/Scot	A. Kunkel	53.41	2000/
2000s/c				J. Collison	5:51.01	2010/London
3000s/c				S. Gerth	9:19.57	2000/Mtl
Long Jump	R. Rudell	5.21	2010/Toronto	K. White	6.70	1982/Indiana
Triple jump	K. Dinsmore	12.24	1991/Windsor	K. White	14.56	1982/Kitchener
High Jump	E. Branderhorst	1.74	2018/Windsor	L. McDowell	2.05	1996/OFSAA
Javelin	T. Young	45.94 (600g)	1997/Sud	J. Farrell	59.58 (800g)	2004 Etobicoke
Shot Put	L. Evans	13.02 (4k)	2000/Lon	K. Bowman K.Bowman K.Bowman K.Bowman	17.91(5.44k) 16.13(5.45k) 14.01 (7.26k) 16.81 (6K)	2012/OFSAA 2012/Guelph 2012/TTFC 2012/Winnipeg
Discus	K. Gribbons	45.33 (1k)	2014/London	A. Pilar A. Turland B. Millar	55.94(1.62k) 44.70 (2k) 49.40 (1.75k)	2010/P. Elgin 2001/Calgary 2006/PE
Hammer	H. Diebold	46.82 (4k)	2017/Wind	B. Millar B. Millar	60.44(6k) 51.07 (16lb)	2006/Windsor 2006/Ottawa
Weight Throw	H. Diebold	16.57 (20lb)	2017/London	K. Bowman B. Millar	21.11 (25lb) 16.82(35lb)	2012/Guelph 06/Notre Dame
Pole Vault				P. O'Donaghue	3.80	1988/Wind

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Heptathlon	R. Rudell	4665	2010/Toronto	
Pentathlon		M. West	3670	2012/York, OU's
Decathlon		M. West	6702	2012/Windsor