

Saugeen Track and Field Club Records 18 year olds

Event	Name	Time/Dist	Yr/Venue	Name	Time/Dist	Yr/Venue
100m	V. Stephens	12.09	1990/York	L. Card	10.78	1998/Sarnia
200m	D.Duprey	24.50	1985/Brantford	L. Card	21.6	1998/Sarnia
400m				L. Card	47.09	1998/Arizona
800m	E. Diemert	2:12.69	2013/London	K. Benninger	1:51.63	2003/Kitch
1500m	S. Gribbons	4:30.51	2006/Sherbrooke	K. Benninger	3:49.08	2003/Barbados
3000m	P. Kuntz	9:38.8	1992/York	K. Benninger	8:10.50	2003/Halifax
5000m	J. Martin	17:27 (R)	1997/Toronto	W. McComb	14:39.27	1998/Mtl
10000m	MJ Middlekoop	41:37	1993/Ottawa	J. Wepler	32:22	1994/Kitch
100mH	D. Duprey	13.98	1986/Ottawa	A. Kunkel	14.1	1999/Kinc
110mH				A. Kunkel	14.25	1999/Etob
300mH						
400mH	D. Duprey	58.84	1985/BC	A. Kunkel	51.89	1999/Kit
2000s/c	K.McCormack	8:24.20	1998/Sarnia	J. Collison	5:52.33	2009/Toronto
3000s/c				S. Gerth	9:33.99	1999/BC
Long Jump	D. Duprey	5.70	1985/Mich	P.O'Donaghue	6.75	1987/Windsor
Triple Jump	K. Dinsmore	11.82	1990/York	A. Gebhardt	12.61	2011/Toronto
High Jump	R. Rudell	1.78	2009/PEI	P. O'Donaghue	2.14	1987/Edmtn
Javelin	T. Young	42.76 (600g)	1996/London	S. Sylvester	61.19 (800g)	2003/St. Cath
Shot Put	L. Evans	12.56 (4k)	1999/Guelph	Jason Farrell	13.46 (7.26k)	1991/York
				K. Bowman	14.48 (6k)	2011/Guelph
				K. Bowman	14.93 (12lbs.)	2011/Sudbury
Discus	K. Gribbons	47.03 (1k)	2013/Toronto	S. Sylvester	50.45 (1.62k)	2003/Etobicoke
				B. Millar	45.70 (1.75k)	2005/PE
				A. Turland	40.97 (2k)	2000/Montreal
Weight Throw	C. Bailey	10.98 (4k)	2006/Windsor	K. Bowman	20.73m(25lb)	2011/Toronto
				Seb Pilon	13.33(15.88k)	2009/London

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Hammer	H. Diebold	43.33 (4k)	2016/Edmonton	K. Bowman	58.89 (6k)	2011/Toronto
				A. Turland	45.04 (7.26k)	2000/Kitch
				B. Millar	51.48 (12lb.)	2005/PE
				T. Elliott	47.87 (16lb)	2017/Windsor
Decathlon				M. West	6624	2011/Miramar
Pole Vault				M. West	3.50	2011/Miramar