

Saugeen Track and Field Club Records 19 year olds

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	MJ Middlekoop	10:25.5	1994/	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	R. Rudell	1.73	2010/London	L. McDowell	2.05	1996/OFSAA
Javelin	T. Young	45.94	1997/Sud	J. Farrell	59.58	2004 Etobicoke
Shot Put	L. Evans	13.02	2000/Lon	A.Turland	16.08(5.45k)	2001/Windsor
				K. Bowman	14.01(7.26k)	2012/Guelph
				Josh Farrell	14.23 (6K)	2004/Toronto
Discus	L. Evans	40.57	2000/Wind	A. Pilar	55.94(1.62k)	2010/P. Elgin
				A. Turland	44.70 (2k)	2001/Calgary
				B. Millar	49.40 (1.75k)	2006/PE
Hammer	L. Evans	41.24	2000/Wind	B. Millar	60.44(6k)	2006/Windsor
				B. Millar	51.07 (16lb)	2006/Ottawa
Weight Throw	S.McIntosh	13.35	2007/London	K. Bowman	21.11(25lb)	2012/Guelph
				B. Millar	16.82(35lb)	06/Notre Dame
Pole Vault				P. O'Donaghue	3.80	1988/Wind
Heptathlon	R. Rudell	4665	2010/Toronto			
Pentathlon				M. West	3525	2012/Ohio