

Ocean Athletics Club Records

Open Women

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|---------------|----------|--------------------|------------|----------------|
| 100m | 11.64 | Valda Kaydee Kabia | 2019/04/20 | Amarillo, TX |
| 200m | 23.49 | Valda Kaydee Kabie | 2019/04/06 | Amarillo, TX |
| 400m | 55.07 | Valda Kaydee Kabie | 2018/05/26 | Charlotte, NC |
| 800m | 2:05.17 | Devan Wiebe | 2019/05/13 | Portland, OR |
| 1500m | 4:22.71 | Devan Wiebe | 2018/06/15 | Portland, OR |
| 3000m | 9:34.10 | Samantha Walkow | 2013/02/23 | Geneva, OH |
| 5000m | 16:52.47 | Samantha Walkow | 2013/02/23 | Geneva, OH |
| 100mH(33") | 13.87 | Kathryn Van Ryswyk | 2013/07/21 | Kamloops, BC |
| 400mH(30") | 1:00.84 | Meghan Palesch | 2013/04/20 | Eugene, OR |
| 3000mSC(30") | 11:48.90 | Samantha Walkow | 2010/05/16 | Arlington, TX |
| High Jump | 1.75m | Alexa Porpaczy | 2016/03/12 | Richmond, BC |
| Long Jump | 5.38m | Alana Pattison | 2008/05/14 | Abbotsford, BC |
| Triple Jump | 11.40m | Andrea Vicic | 2008/05/31 | Burnaby, BC |
| Pole Vault | 3.75m | Kathryn Van Ryswyk | 2013/08/16 | Sherbrooke, QC |
| Discus(1kg) | 37.69m | Christina Juert | 2017/08/13 | Surrey, BC |
| Hammer(4kg) | 49.24m | Christina Juert | 2017/08/13 | Surrey, BC |
| Javelin(600g) | 31.70m | Alana Pattison | 2008/07/13 | Kamloops, BC |
| Shot(4kg) | 10.41m | Christina Juert | 2017/08/13 | Surrey, BC |
| Heptathlon | 4581 | Alana Pattison | 2008/07/27 | Abbotsford, BC |
| 4x100m | 50.29 | | 2016/07/17 | Nanaimo, BC |

Gabrielle Hack, Jessica Williams, Lisa Seidelmann, Danielle Steer

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|--------|---------|--|------------|------------|
| 4x400m | 4:02.04 | | 2013/08/11 | Surrey, BC |
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Camila Lesyk, Sarah Korpach, Elise Burgert, Jessica Williams

Open Men

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|---------------|----------|---------------------|------------|------------------|
| 100m | 11.00 | Matthew McLean | 2014/06/25 | Surrey, BC |
| 200m | 21.75 | Jake Hanna | 2014/07/13 | Kamloops, BC |
| 400m | 48.25 | Jake Hanna | 2014/07/13 | Kamloops, BC |
| 800m | 1:50.54 | Lucas Bruchet | 2013/07/23 | Karlstad, SWE |
| 1500m | 3:43.96 | Lucas Bruchet | 2013/07/27 | Ninove BEL |
| 3000m | 8:23.57 | Lucas Bruchet | 2012/07/04 | Surrey, BC |
| 5000m | 14:49.45 | Deon Clifford | 2013/04/20 | Atlanta, GA |
| 110mH(42") | 19.43 | Delling Ingvaldson | 2012/05/26 | Burnaby, BC |
| 400mH(36") | 55.79 | Sebastian Adugalski | 2013/06/30 | Kelowna, BC |
| 3000mSC(36") | 8:59.29 | Deon Clifford | 2014/05/31 | Jacksonville, FL |
| High Jump | 2.10m | Joel Della Siega | 2016/07/08 | Edmonton, AB |
| Long Jump | 7.06m | Landon Gill | 2018/07/03 | Ottawa, ON |
| Triple Jump | 13.36m | Elija De Hoog | 2017/07/16 | Coquitlam, BC |
| Pole Vault | 4.80m | Riley Van Ryswyk | 2015/06/28 | Kelowna, BC |
| Discus(2kg) | 43.89m | Delling Ingvaldson | 2011/06/11 | Coquitlam, BC |
| Hammer(7.26k) | 55.63m | Alex Butler | 2010/05/06 | Irvine, CA |
| Javelin(800g) | 45.21m | Jake Hanna | 2015/06/06 | Langley, BC |
| Shot(7.26kg) | 13.81m | Delling Ingvaldson | 2012/05/05 | Burnaby, BC |

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| Decathlon | 5264 | Delling Ingvaldson | 2012/05/26 | Burnaby, BC |
| 4x100m | 42.77 | | 2014/08/16 | Langley, BC |
| Matthew McLean, Jake Hanna, Elias Ellison, Michael Aono | | | | |
| 4x400m | 3:28.85 | | 2010/07/18 | Abbotsford, BC |

High School Women

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|---------------|----------|--------------------|------------|----------------|
| 100m | 12.46 | Valda Kaydee Kabia | 2014/05/30 | Surrey, BC |
| 200m | 25.33 | Valda Kaydee Kabie | 2014/06/08 | Coquitlam, BC |
| 400m | 55.46 | Jessica Williams | 2017/06/03 | Langley, BC |
| 800m | 2:12.76 | Allison Williams | 2011/07/01 | Vancouver, BC |
| 1500m | 4:38.63 | Madelyn Bonikowsky | 2019/06/09 | Coquitlam, BC |
| 3000m | 10:20.17 | Samantha Walkow | 2008/05/31 | Burnaby, BC |
| 100mH(33") | 13.87 | Kathryn Van Ryswyk | 2013/07/21 | Kamloops, BC |
| 400mH(30") | 1:00.84 | Meghan Palesch | 2013/04/20 | Eugene, OR |
| 1500mSC(30") | 5:01.80 | Maya Kobylanski | 2019/05/16 | Langley, BC |
| 2000mSC(30") | 6:55.05 | Maya Kobylanski | 2019/06/16 | Langley, BC |
| 1500mRW | 8:45.48 | Colleen Butler | 2011/05/19 | Coquitlam, BC |
| High Jump | 1.75m | Alexa Porpaczy | 2016/03/12 | Richmond, BC |
| Long Jump | 5.38m | Alana Pattison | 2008/05/14 | Abbotsford, BC |
| Triple Jump | 11.40m | Andrea Vicic | 2008/05/31 | Burnaby, BC |
| Pole Vault | 3.75m | Kathryn Van Ryswyk | 2013/08/16 | Sherbrooke, QC |
| Discus(1kg) | 34.11m | Jallisa Clifford | 2009/04/25 | Surrey, BC |
| Hammer(4kg) | 39.83m | Florence Clifford | 2009/07/12 | Abbotsford, BC |
| Javelin(600g) | 31.70m | Alana Pattison | 2008/07/13 | Kamloops, BC |
| Shot(4kg) | 9.64m | Christina Juert | 2009/05/14 | Langley, BC |
| Heptathlon | 4581 | Alana Pattison | 2008/07/27 | Abbotsford, BC |
| 4x100m | 50.29 | | 2016/07/17 | Nanaimo, BC |

Gabrielle Hack, Jessica Williams, Lisa Seidelmann, Danielle Steer

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|--------|---------|--|------------|------------|
| 4x400m | 4:02.04 | | 2013/08/11 | Surrey, BC |
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Camila Lesyk, Sarah Korpach, Elise Burgert, Jessica Williams

High School Men

| | | | | |
|---------------|----------|---------------------|------------|----------------|
| 100m | 11.00 | Matthew McLean | 2014/06/25 | Surrey, BC |
| 200m | 21.75 | Jake Hanna | 2014/07/13 | Kamloops, BC |
| 400m | 48.25 | Jake Hanna | 2014/07/13 | Kamloops, BC |
| 800m | 1:51.98 | Lucas Bruchet | 2009/06/16 | Abbotsford, BC |
| 1500m | 3:50.10 | Lucas Bruchet | 2009/06/14 | Burnaby, BC |
| 3000m | 8:47.63 | Deon Clifford | 2011/06/04 | Burnaby, BC |
| 100mH(36") | 14.79 | Sebastian Adugalski | 2012/07/15 | Coquitlam, BC |
| 400mH(36") | 55.79 | Sebastian Adugalski | 2013/06/30 | Kelowna, BC |
| 2000mSC(30") | 5:51.47 | Deon Clifford | 2011/07/06 | Lille, FRA |
| 1500mRW | 6:26.36 | Tyler Wilson | 2019/05/03 | Surrey, BC |
| 5000mRW | 23:19.74 | Tyler Wilson | 2019/05/12 | Victoria, BC |
| High Jump | 2.10m | Joel Della Siega | 2016/07/08 | Edmonton, AB |
| Long Jump | 6.81m | Ryan Pederson | 2019/06/01 | Kelowna, BC |
| Triple Jump | 13.36m | Elija De Hoog | 2017/07/16 | Coquitlam, BC |
| Pole Vault | 4.10m | Glen Johnston | 2014/04/19 | Eugene, OR |
| Discus(1.75k) | 50.97m | Ryan Sommer | 2011/06/11 | Coquitlam, BC |

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|---------------|---------|---|------------|----------------|
| Hammer(6kg) | 45.74m | Ryan Sommer | 2011/05/22 | Lethbridge, AB |
| Javelin(800g) | 45.21m | Jake Hanna | 2015/06/06 | Langley, BC |
| Shot(6kg) | 13.88m | Landon Gill | 2018/07/03 | Ottawa, ON |
| Decathlon | 5816 | Aneel Gillan | 2019/05/25 | Surrey, BC |
| 4x100m | 42.77 | | 2014/08/16 | Langley, BC |
| | | Matthew McLean, Jake Hanna, Elias Ellison, Michael Aono | | |
| 4x400m | 3:28.85 | | 2010 | Jamboree |

U16 Women

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|---------------|----------|--------------------|------------|----------------|
| 100m | 12.48 | Jade Duncanson | 2013/06/01 | Langley, BC |
| 200m | 25.26 | Katie Reid | 2008/07/27 | Kelowna, BC |
| 300m | 40.40 | Jessica Williams | 2014/07/08 | Surrey, BC |
| 400m | 55.84 | Katie Reid | 2008/08/10 | Sherbrooke, QC |
| 800m | 2:13.59 | Alison Williams | 2010/06/16 | Vancouver, BC |
| 1200m | 3:41.07 | Madelyn Bonikowsky | 2018/07/15 | Coquitlam, BC |
| 1500m | 4:43.25 | Julia Greer | 2013/06/01 | Langley, BC |
| 2000m | 6:37.48 | Madelyn Bonikowsky | 2018/07/21 | Duncan, BC |
| 3000m | 10:26.62 | Maya Kobylanski | 2017/06/03 | Langley, BC |
| 80mH(30") | 12.06 | Meghan Palesch | 2010/08/08 | Ottawa, ON |
| 200mH(30") | 27.88 | Meghan Palesch | 2010/08/08 | Ottawa, ON |
| 300mH(30") | 45.52 | Meghan Palesch | 2010/05/20 | Abbotsford, BC |
| 1500mSC(30") | 4:59.84 | Maya Kobylanski | 2017/08/13 | Brandon, MB |
| 1500mRW | 9:41.29 | Colleen Butler | 2010/06/13 | Coquitlam, BC |
| High Jump | 1.74m | Alexa Porpaczy | 2015/06/28 | Kelowna, BC |
| Long Jump | 5.11m | Meghan Palesch | 2010/07/25 | Surrey, BC |
| Triple Jump | 11.19m | Gabrielle Hack | 2015/07/26 | Surrey, BC |
| Pole Vault | 3.00m | Olivia Van Ryswyk | 2016/07/19 | Surrey, BC |
| Discus(1kg) | 36.30m | Eilish MacDonald | 2008/05/14 | Abbotsford, BC |
| Hammer(3kg) | 40.18m | Eilish MacDonald | 2008/06/15 | Langley, BC |
| Javelin(600g) | 26.34m | Eilish MacDonald | 2008/05/14 | Abbotsford, BC |
| Shot(3kg) | 13.15m | Eilish MacDonald | 2008/05/22 | Surrey, BC |
| Pentathlon | 3246 | Meghan Palesch | 2010/07/25 | Surrey, BC |
| 4x100m | 53.19 | | 2015/07/17 | Kamloops, BC |

Irene Nduikale, Angela Peters, Katherine Deslauriers, Laysha Tunti
 4x400m 4:22.94 2019/07/07 Kamloops, BC

Mackenzie Hack, Jade Spragge-Putman, Abigail Yakemchuk, Julia Mackie

U16 Men

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|------------|---------|---------------|------------|-------------------|
| 100m | 11.40 | Roy Jiang | 2018/07/01 | Surrey, BC |
| 200m | 22.78 | Jake Hanna | 2012/07/22 | Surrey, BC |
| 300m | 35.49 | Jake Hanna | 2012/08/18 | Charlottetown, PE |
| 400m | 51.05 | Jake Hanna | 2012/06/02 | Burnaby, BC |
| 800m | 1:57.68 | Owen Pinto | 2017/07/16 | Coquitlam, BC |
| 1200m | 3:14.14 | Owen Pinto | 2017/07/16 | Coquitlam, BC |
| 1500m | 4:06.65 | Deon Clifford | 2009/06/14 | Burnaby, BC |
| 2000m | 5:52.43 | Caiden Lee | 2019/08/10 | Sydney, NS |
| 3000m | 9:03.38 | Deon Clifford | 2009/07/12 | Abbotsford, BC |
| 100mH(33") | 13.86 | Adam Pederson | 2018/08/12 | Brandon, MB |

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|---------------|---------|---------------------|------------|-------------------|
| 200mH(30") | 24.40 | Jake Hanna | 2012/08/18 | Charlottetown, PE |
| 300mH(30") | 42.21 | Aidan Turner | 2019/07/07 | Kamloops, BC |
| 1500mSC(30") | 4:30.37 | Michael Milic | 2013/06/16 | Surrey, BC |
| 1500mRW | 6:41.42 | Tyler Wilson | 2017/08/13 | Brandon, MB |
| High Jump | 1.83m | Ryan Denman | 2016/07/17 | Nanaimo, BC |
| Long Jump | 6.24m | Ryan Denman | 2016/06/04 | Nanaimo, BC |
| Triple Jump | 11.68m | Ben Carr | 2019/06/19 | Langley, BC |
| Pole Vault | 3.75m | Cayden Arnold | 2019/06/30 | Kelowna, BC |
| Discus(1kg) | 50.06m | Benjamin Ingvaldson | 2011/07/17 | Coquitlam, BC |
| Hammer(4kg) | 51.35m | Benjamin Ingvaldson | 2011/08/07 | Ottawa, ON |
| Javelin(600g) | 52.37m | Maxwell Hanna | 2010/06/10 | Surrey, BC |
| Shot(4kg) | 15.92m | Benjamin Ingvaldson | 2011/08/07 | Ottawa, ON |
| Pentathlon | 2973 | Aneel Gillan | 2017/08/13 | Brandon, MB |
| 4x100m | 47.51 | | 2011/07/03 | Kelowna, BC |

Hunter Walkow, Liam McKay, Richard Roberts, Jake Hanna

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|--------|---------|--|------------|-------------|
| 4x400m | 3:46.08 | | 2016/07/17 | Nanaimo, BC |
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Ryan Denman, Ryan Pederson, Cedric Iyumva, Kaelan House

U14 Women

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|---------------|---------|-------------------|------------|-----------------|
| 100m | 13.16 | Laysha Tunti | 2016/07/03 | Surrey, BC |
| 200m | 26.93 | Jade Duncanson | 2010/08/01 | Kamloops, BC |
| 300m | 43.32 | Danielle Steer | 2012/06/10 | Coquitlam, BC |
| 800m | 2:20.70 | Cayla Smith | 2014/06/29 | Kelowna, BC |
| 1200m | 3:49.51 | Maella Hodgson | 2019/05/05 | Burnaby, BC |
| 2000m | 6:45.25 | Maella Hodgson | 2019/06/09 | Coquitlam, BC |
| 80mH(30") | 12.40 | Laysha Tunti | 2016/07/31 | Surrey, BC |
| 200mH(27") | 29.20 | Cayla Snow | 2013/06/09 | Coquitlam, BC |
| 800mRW | 5:05.72 | Rori Denness | 2013/07/14 | Nanaimo, BC |
| High Jump | 1.60m | Emma De Boer | 2016/04/23 | Vancouver, BC |
| Long Jump | 4.76m | Laysha Tunti | 2016/06/12 | Coquitlam, BC |
| Triple Jump | 9.88m | Amy Vicic | 2009/05/17 | Surrey, BC |
| Pole Vault | 2.41m | Olivia Van Ryswyk | 2015/06/28 | Kelowna, BC |
| Discus(750g) | 35.35m | Eilish MacDonald | 2007/07/15 | Kamloops, BC |
| Hammer(3kg) | 36.84m | Nicolett Duchesne | 2015/05/17 | Kamloops, BC |
| Javelin(400g) | 44.08m | Rori Denness | 2014/07/27 | Surrey, BC |
| Shot(3kg) | 11.66m | Eilish MacDonald | 2007/05/13 | Maple Ridge, BC |
| Pentathlon | 2584 | Laysha Tunti | 2016/06/25 | Chilliwack, BC |
| 4x100m | 53.19 | | 2015/07/17 | Kamloops, BC |

Irene Nduikale, Angela Peters, Katherine Deslauriers, Laysha Tunti

U14 Men

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|-----------|---------|--------------|------------|---------------|
| 100m | 11.86 | Roy Jiang | 2016/06/19 | Langley, BC |
| 200m | 24.34 | Roy Jiang | 2016/07/03 | Surrey, BC |
| 300m | 41.16 | David Diza | 2019/07/21 | Surrey, BC |
| 800m | 2:06.89 | Owen Pinto | 2016/06/12 | Coquitlam, BC |
| 1200m | 3:18.71 | Connor Nicol | 2019/07/21 | Surrey, BC |
| 2000m | 5:53.61 | Connor Nicol | 2019/07/21 | Surrey, BC |
| 80mH(30") | 12.14 | Caiden Lee | 2018/07/01 | Surrey, BC |

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|---------------|---------|-----------------|------------|---------------|
| 200mH(27") | 27.56 | Caiden Lee | 2018/06/10 | Coquitlam, BC |
| 800mRW | 5:30.98 | Zaiah Dobson | 2016/07/31 | Surrey, BC |
| High Jump | 1.62m | Andrew Carr | 2018/07/29 | Kelowna, BC |
| Long Jump | 4.80m | Ryan Denman | 2014/06/08 | Coquitlam, BC |
| Triple Jump | 11.47m | Ben Carr | 2018/07/29 | Kelowna, BC |
| Pole Vault | 2.80m | Aidan Turner | 2018/07/08 | Burnaby, BC |
| Discus(1kg) | 24.18m | Bryan Niwinski | 2012/06/10 | Coquitlam, BC |
| Hammer(3kg) | 44.33m | Rocco Wesnoski | 2017/06/11 | Coquitlam, BC |
| Javelin(500g) | 37.60m | Arjan Gillan | 2019/07/21 | Surrey, BC |
| Shot(3kg) | 12.03m | Connor Sinclair | 2012/06/17 | Surrey, BC |
| Pentathlon | 3319 | Caiden Lee | 2018/06/23 | Surrey, BC |
| 4x100m | 52.45 | | 2018/07/29 | Kelowna, BC |

Ranuga Silva, Connor Nicol, Aidan Turner, Caiden Lee

U12 Women

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|---------------|---------|---------------------|------------|--------------|
| 60m | 8.50 | Taylor Kleinschmidt | 2016/07/31 | Surrey, BC |
| 100m | 13.66 | Taylor Kleinschmidt | 2016/07/31 | Surrey, BC |
| 200m | 28.21 | Taylor Kleinschmidt | 2016/07/03 | Kelowna, BC |
| 600m | 1:47.31 | Cayla Smith | 2012/07/29 | Richmond, BC |
| 1000m | 3:15.28 | Cayla Smith | 2012/06/17 | Langley, BC |
| 60mH(24") | 10.06 | Nicoletti Duchesne | 2013/06/22 | Surrey, BC |
| High Jump | 1.43m | Tayla Kempf | 2018/06/23 | Surrey, BC |
| Long Jump | 4.21m | Nicolett Duchesne | 2013/07/07 | Burnaby, BC |
| Discus(750g) | 29.92m | Isabelle Forsyth | 2014/07/27 | Surrey, BC |
| Javelin(400g) | 29.69m | Rori Denness | 2012/07/08 | Burnaby, BC |
| Shot(2kg) | 11.56m | Lindsay Cyr | 2016/07/19 | Surrey, BC |
| Pentathlon | 2174 | Nicolett Duchesne | 2013/06/22 | Surrey, BC |

U12 Men

| | | | | |
|---------------|---------|-----------------------|------------|----------------|
| 60m | 8.34 | Nicholas Palovic | 2015/07/19 | Kamloops, BC |
| 100m | 13.40 | Nicholas Palovic | 2015/07/19 | Kamloops, BC |
| 200m | 27.50 | Nicholas Palovic | 2015/07/19 | Kamloops, BC |
| 600m | 1:45.17 | Brandt Muncey-Buckley | 2013/06/16 | Surrey, BC |
| 1000m | 3:09.88 | Brandt Muncey-Buckley | 2013/07/07 | Burnaby, BC |
| 60mH(24") | 10.38 | Oscar Antscherl | 2019/06/16 | Langley, BC |
| 800mRW | 5:30.98 | Zaiah Dobson | 2016/07/31 | Surrey, BC |
| High Jump | 1.50m | Connor Nicol | 2017/07/23 | Surrey, BC |
| Long Jump | 4.58m | Andrew Carr | 2016/07/10 | Burnaby, BC |
| Discus(750g) | 31.17m | Ryan Cyr | 2016/06/12 | Coquitlam, BC |
| Javelin(400g) | 28.85m | Andrew Carr | 2016/06/12 | Coquitlam, BC |
| Shot(2kg) | 11.94m | Ryan Cyr | 2016/07/19 | Surrey, BC |
| Pentathlon | 2293 | Andrew Carr | 2016/06/25 | Chilliwack, BC |