

WCSSAA
ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES
2004 -2018

SENIOR GIRLS 3000 METERS

| Athlete | School | Performance | Place | Year | Record/Notes |
|----------------------|---------------|--------------------|--------------|-------------|---------------------|
| McKAY, Tarah | EDSS | 10:11.2 | 1 | 2005 | * HT |
| DOHERTY, Lauren | GCI | 10:36.32 | 1 | 2009 | ET |
| MASON, Danielle | GCI | 10:46.0 | 1 | 2007 | HT |
| GHAZARIAN, Madeleine | PHS | 10:57.27 | 1 | 2016 | ET |
| DAVIES, Juliette | CHCI | 11:04.49 | 1 | 2017 | ET |
| HURAS, Emily | WODSS | 11:09.43 | 2 | 2017 | ET |
| SWEENEY, Paige | CHCI | 11:20.47 | 1 | 2018 | ET |
| BROWN, Vanessa | HHSS | 11:20.99 | 3 | 2017 | ET |
| McCUAIG, Sarah | SJAM | 11:21.0 | 2 | 2007 | HT |
| LYONS, Breanne | GPSS | 11:25.80 | 1 | 2012 | ET |

JUNIOR GIRLS 3000 METERS

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|----------------------|------|----------|---|------|------|
| GHAZARIAN, Madeleine | PHS | 10:18.35 | 1 | 2015 | * ET |
| DAVIES, Juliette | CHCI | 10:50.64 | 2 | 2015 | ET |
| GIBSON, Laura | CHCI | 11:04.3 | 1 | 2006 | * HT |
| MASON, Danielle | GCI | 11:10.6 | 2 | 2006 | HT |
| MACGILLIVRAY, Holly | SJAM | 11:18.44 | 1 | 2018 | ET |
| MARTIN, Taylor | CHCI | 11:20.19 | 1 | 2010 | ET |
| HILDEBRAND, Alex | EDSS | 11:25.84 | 1 | 2012 | ET |
| DRYGALA, Marina | BCI | 11:38.61 | 2 | 2010 | ET |
| HILDEBRAND, Julia | EDSS | 11:39.49 | 2 | 2012 | ET |
| HURAS, Emily | EDSS | 11:44.27 | 1 | 2016 | ET |

MIDGET GIRLS 3000 METERS

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|------------------|-------|----------|---|------|------|
| DOHERTY, Lauren | GCI | 10:56.8 | 1 | 2006 | * HT |
| CARSON, Lindsay | SSS | 11:07.0 | 1 | 2004 | * HT |
| HURAS, Emily | WODSS | 11:16.63 | 1 | 2015 | ET |
| DAVIES, Juliette | CHCI | 11:24.80 | 1 | 2014 | ET |
| DAY, Maya | GRCI | 11:32.16 | 1 | 2013 | ET |
| MARTIN, Taylor | CHCI | 11:39.00 | 1 | 2009 | ET |
| CHAPMAN, Sarah | WCI | 11:48.86 | 1 | 2017 | ET |
| YARDLEY, Rebecca | CHCI | 11:52.6 | 1 | 2007 | HT |
| CAMPBELL, Tara | CHCI | 11:55.0 | 2 | 2007 | HT |
| WARR, Laura | WODSS | 11:57.78 | 1 | 2008 | ET |

SENIOR BOYS 3000 METERS

| Athlete | School | Performance | Place | Year | Record/Notes |
|------------------|--------|-------------|-------|------|--------------|
| DEKKER, Kyle | GRCI | 8:49.6 | 1 | 2005 | * HT |
| ZAGHLOL, Abdu | JHSS | 9:04.06 | 1 | 2010 | ET |
| BANNON, Matt | EDSS | 9:04.89 | 1 | 2012 | ET |
| THORNTON, Jason | JHSS | 9:07.54 | 2 | 2010 | ET |
| SHEPHERD, Andrew | CHCI | 9:07.95 | 1 | 2016 | ET |
| SOHAIB, Ikram | WCI | 9:21.83 | 2 | 2009 | ET |
| MARTIN, Jon | CHCI | 9:22.74 | 3 | 2009 | ET |
| KIRK, James | GPSS | 9:23.97 | 1 | 2008 | ET |
| BREDIN, Etienne | KCI | 9:25.1 | 2 | 2004 | HT |
| SHIELDS, Gavin | PHS | 9:25.19 | 1 | 2011 | ET |

JUNIOR BOYS 3000 METERS

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|------------------|------|---------|---|------|------|
| ARNDT, Scott | WCI | 9:32.60 | 1 | 2017 | * ET |
| BANNON, Matt | EDSS | 9:35.82 | 1 | 2011 | * ET |
| ZAGHLOL, Abdu | JHSS | 9:37.54 | 1 | 2008 | * ET |
| SHEPHERD, Andrew | CHCI | 9:40.20 | 1 | 2014 | ET |
| HAYES, Reid | SJAM | 9:44.74 | 1 | 2010 | ET |
| THORNTON, Jason | JHSS | 9:49.15 | 2 | 2008 | ET |
| KIRK, James | GPSS | 9:53.4 | 1 | 2005 | * HT |
| IKRAM, Usama | WCI | 9:56.37 | 2 | 2010 | ET |
| ARMOUR, Andrew | GCI | 9:56.4 | 2 | 2005 | HT |
| FOX, Jordan | CHCI | 9:57.2 | 1 | 2004 | * HT |

MIDGET BOYS 3000 METERS

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|-----------------|------|----------|---|------|------|
| BANNON, Matt | EDSS | 9:34.08 | 1 | 2010 | * ET |
| SHIELDS, Gavin | PHS | 9:52.31 | 1 | 2009 | * ET |
| QAHWASH, Osama | GRCI | 9:57.4 | 1 | 2007 | * HT |
| THORNTON, Jason | JHSS | 9:57.6 | 2 | 2007 | HT |
| BEDI, Nick | WCI | 10:06.06 | 1 | 2011 | ET |
| ZAGHOL, Abdu | JHSS | 10:06.3 | 3 | 2007 | HT |
| WING, Tanner | CHCI | 10:11.04 | 2 | 2011 | ET |
| SCHROEDER, Nick | FHCI | 10:15.26 | 2 | 2010 | ET |
| MOTZ, Chris | WCI | 10:15.42 | 3 | 2011 | ET |
| WEBSTER, Joel | SSS | 10:19.76 | 2 | 2009 | ET |