

**TRACK WARS**  
**ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES**  
**2009 -2022**

**SENIOR GIRLS SHOT PUT 4KG (2009-2022)**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
VAN DAMME, Jill	Bluevale	11.66	1	2012	*
RIDGWELL, Kyra	Erin	10.97	1	2015	
AGYEIPAH, Nana-Afia	SBCSS	10.85	1	2018	
IRWIN, Sam	Elmvale	10.68	1	2013	
SMOLOVIC, Kristina	Barton	10.63	1	2010	*
WEDEL, Lisa	JFR	10.34	1	2016	
ROWLAND, Brooke	Westside	10.13	2	2011	
KRUEGGER, Brin	OLOL	9.97	2	2016	
CAPELLETTI, Melissa	JHSS	9.72	3	2010	
ADAMS, Maddy	JHSS	9.57	2	2018	

**JUNIOR GIRLS SHOT PUT 4KG (2009-2014)**

HUTCHINGS, Breanne	MDCSS	10.04	1	2010	*
IRWIN, Sam	Elmvale	9.89	2	2010	
RIDGWELL, Kyra	Erin	9.80	1	2013	
DICESARE, Alyssa	Westmount	9.65	3	2010	
SAY, Madeleine	CCH	9.34	4	2010	
ROZMAN, Melanie	LCSS	9.00	1	2009	*
ROSS, Nikki	CHCI	8.74	5	2010	
HOUGHTON, Liz	SJAM	8.55	1	2012	
GRAY, Alex	WSS	8.50	6	2010	
DRESCHER, Kelly	GRCI	8.27	1	2014	

**JUNIOR GIRLS SHOT PUT 3KG (2015-2022)**

SPOOZAK, Lily	CCH	10.76	1	2018	*
GREEN, Meghan	PJCVS	10.74	2	2018	
COOLMAN, Madison	HHSS	10.56	1	2017	*
van STUYVENBERG, Hannah	Madill	10.48	3	2018	
WEDEL, Lisa	JFR	10.09	1	2015	*
TERREY, Catie	JFR	10.08	2	2015	
ADAMS, Madeline	JHSS	9.69	1	2016	
GRANT, Serena	ECI	9.66	1	2019	
PEJIN, Anastasia	CHCI	9.63	2	2016	
WHITE, Emily	SDCSS	9.60	3	2016	

### NOVICE GIRLS SHOT PUT 4KG (2009-2014)

PICCO, Andrea	St. Marcellinus	9.86	1	2009	*
RUMBLE, Mara	Woodstock	8.93	2	2009	
HUTCHINGS, Breanne	MDCSS	8.30	3	2009	
LEU, Ashley	WODSS	8.18	1	2014	
BLUEMKE, Emma	Bluevale	7.98	1	2010	
MORRISON, Rebecca	Erin	7.81	1	2011	
KOUZNETSOSA, Maria	CHCI	7.78	4	2009	
WEDEL, Lisa	JFR	7.70	2	2014	
KATERBERG, Nicole	LDSS	7.62	1	2012	
MUROVEC, Brandy	SMHS	7.62	2	2011	

### NOVICE GIRLS SHOT PUT 3KG (2015-2022)

NICOLE, Kelly	BCI	10.31	1	2016	*
HASTINGS, Avery	Bluevale	10.07	1	2019	
JOHNSTON, Kate	SACSS	9.85	2	2019	
SCHNURR, Elizabeth	CCVI	9.83	2	2016	
GREYDANUS, Natalie	WCHS	9.80	1	2022	
LAVERY, Kay	RCSS	9.70	3	2016	
AGYEIPAH, Nana-Afia	SBCSS	9.54	1	2015	*
GRANT, Serena	ECI	9.46	1	2018	
HOYTE, Maya	JHSS	9.45	4	2016	
PAYNE, Rayna	SJAM	9.40	3	2019	

### SENIOR BOYS SHOT PUT 12LB

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
BELKWELL, Cole	SMHS	16.60	1	2017	*
JOHNSON, Nathaniel	ODSS	15.50	1	2013	*
LEBBINK, Alex	NDSS	14.88	1	2012	*
JACKLIN, Ryan	Madill	14.36	1	2019	
BAGGIO, Austin	LOLO	14.21	2	2013	
McGILL, Jake	SJAM	13.64	1	2014	
MONTECALVO, Mike	St. Marcellinus	13.56	1	2009	*
NAY, Jamie	CHCI	13.25	1	2011	
CAMPBELL, Drew	GPSS	13.17	2	2009	
GRAHAM, Liam	MTCSS	13.17	2	2014	

### **JUNIOR BOYS SHOT PUT 4KG**

JACKLIN, Ryan	Madill	18.33	1	2018	*
BELKWELL, Cole	SMHS	16.64	1	2016	*
EASTON, Henry	Banting	15.04	1	2013	*
NITZ, Max	GPSS	13.94	2	2018	
FORBES, Ryley	JHSS	13.86	1	2017	
OGINI, Michael	St. Augustine	13.72	1	2010	*
TRANTER-ALLEN, John	Erin	13.69	2	2016	
MONTECALVO, Mike	St. Marcellinus	13.56	1	2009	*
GREYDANUS, Murray	WCHS	13.52	1	2019	
LINDBERG, Brandon	SDCSS	13.50	1	2012	

### **NOVICE BOYS SHOT PUT 4KG**

GREYDANUS, Murray	WCHS	12.61	1	2018	*
ATCHISON, Jacob	EDSS	12.52	1	2012	*
KARLEY, Gavin	Bluevale	12.48	1	2014	
BROWN, Zach	SDCSS	12.31	1	2019	
ANSELMO, Cory	SDCSS	12.31	2	2014	
TAYLOR, Harrison	SSS	12.28	3	2014	
MILLER, Josh	ODSS	12.26	1	2013	
AVERY, Xavier	HHSS	12.08	1	2017	
ROSS, Matthew	CHCI	12.05	1	2011	*
ROY, Mac	Bluevale	11.93	2	2019	