

TRACK WARS
ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES
2013 -2022

SENIOR GIRLS 100 METER HURDLES

Athlete	School	Performance	Place	Year	Record/Notes
BOUG, Tyra	HHSS	14.21	1	2018	*
OVERHOLT, Brooke	SMCSS	14.25	2	2018	
AITKEN, Lexi	SACSS	14.32	1	2013	*
MCLEAN, Micaela	HHSS	14.45	1	2014	
BAMIGBADE, Tomi	CHCI	14.64	1	2017	
MELVIN, Alissa	SDCSS	14.70	2	2017	
EFREMENKO, Bella	CHCI	14.75	2	2014	
PARSONS, Megan	HHSS	14.85	3	2013	
BULTEN, Rheanna	PHS	14.97	4	2013	
BOWERMAN, Emily	JFR	15.24	5	2013	

JUNIOR GIRLS 80 METER HURDLES

BOUG, Tyra	HHSS	12.10	1	2016	*
MELVIN, Alissa	SDCSS	12.46	1	2015	*
EFREMENKO, Bella	CHCI	12.49	1	2013	*
LARSSON, Anna	SJAM	12.62	2	2013	
ROGERS, Aaliyah	GRCI	12.81	1	2014	
HANNAM, Tiffany	Banting	12.85	3	2013	
McKAY, Emily	WCI	13.01	4	2013	
HENDERSON, Brooke	Banting	13.08	5	2013	
CHANTHAVONG, Phorntip	CHCI	13.14	2	2014	
SHANTZ, Mackeely	WODSS	13.17	1	2017	

NOVICE GIRLS 80 METER HURDLES

BEST, Ashlan	GCVI	12.46	1	2014	*
ASUMANG, Ella	KCI	12.71	1	2019	
STEPHAN, Kendall	ESS	12.81	1	2015	
BOUG, Tyra	HHSS	12.81	2	2015	
SHANTZ, Mackeely	WODSS	13.17	1	2017	
RODGERS, Aaliyah	GRCI	13.19	1	2013	*
LLOYD, Anastasia	CHCI	13.23	2	2017	
RAMSEYER, Jessie	CHCI	13.34	3	2017	
NOSAKHARE, Eseosa	Bluevale	13.45	2	2014	
BISHOP, Charlotte	GPSS	13.45	2	2019	

SENIOR BOYS 110 METER HURDLES

Athlete	School	Performance	Place	Year	Record/Notes
GREEN, Chris	CHCI	14.11	1	2013	*
MATHER, Liam	LCSS	14.17	1	2018	
SHERWOOD, Jordan	CHCI	14.29	2	2013	
EXLEY, Adam	RCSS	14.93	2	2018	
BUTCHER, Locky	LCSS	15.06	3	2013	
ZWART, Ben	JFR	15.27	3	2018	
KREBS, Evan	SACSS	15.38	1	2017	
POTTER, Will	PHS	15.41	4	2013	
VAN DORP, Casey	SACSS	15.47	1	2019	
FRYER-DAVIS, Christian	CHCI	15.53	1	2014	

JUNIOR BOYS 100 METER HURDLES

DANIELS, Joey	CHCI	13.76	1	2014	*
LEE, Adam	JFR	14.24	1	2015	
SHI, Tony	WCI	14.61	2	2015	
VANNESTE, Brandon	SACSS	14.86	1	2017	
AKHTAR, Maher	CHCI	14.90	1	2013	*
BUTT, Zeyan	HHSS	14.99	3	2015	
HERNANDEZ, Daniel	SBCSS	15.15	1	2019	
FREDE, Trent	WCI	15.17	2	2019	
ROWE, Dawson	CHCI	15.20	3	2019	
PONNAMBALAM, Ildemaro	SDCSS	15.22	2	2013	

NOVICE BOYS 100 METER HURDLES

ROBERTSON, Seth	JHSS	15.20	1	2016	*
EXLEY, Adam	RCSS	15.21	2	2016	
BAHADUR, Dominik	RCSS	15.28	1	2022	
KANHAI, Marcus	SJAM	15.38	1	2019	
BUTT, Zeyan	HHSS	15.49	1	2014	*
GOROS, Spiros	SBCSS	15.64	2	2019	
HERNANDEZ, Daniel	PHS	15.71	1	2018	
DOUGALL, Adam	SJAM	15.72	2	2014	
GORGI, Ryan	LOLO	15.84	3	2014	
SHI, Tony	WCI	15.92	4	2014	