

**WCSSAA**  
**ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES**  
**2004 -2022**

**SENIOR GIRLS LONG JUMP**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
GRAHOVAC, Tamara	CHCI	5.27	1	2018	*
ROEDER, Nicole	WCI	5.23	1	2008	*
RODRIGUE, Maia	GRCI	5.23	1	2019	
LARRSON, Anna	SJAM	5.16	1	2015	
BRUGGER, Courtney	JHSS	5.14	1	2014	
STEVENS, Sam	GRCI	4.99	2	2008	
THIEL, Payton	SJAM	4.95	1	2011	
LYN, Isabelle	WCI	4.95	2	2019	
WRIGHT, Courtney	JHSS	4.94	2	2015	
DE LOS SANTOS, Leah	CHCI	4.93	1	2013	
BAILEY, Gabrielle	GRCI	4.93	1	2022	
PESTELL, Nadia	SJAM	4.93	2	2014	

**JUNIOR GIRLS LONG JUMP**

SHADD-CERES, Trinity	CHCI	5.94	1	2022	*
PAINE, Nicole	GCI	5.27	1	2018	*
RODRIGUE, Maia	GRCI	5.24	2	2018	
ROEDER, Nicole	WCI	5.02	1	2006	*
WRIGHT, Courtney	JHSS	5.01	1	2013	
GRAHOVAC, Tamara	CHCI	4.92	1	2016	
SMITH, Devyn	JHSS	4.91	2	2022	
ELIZAROV, Jennifer	SJAM	4.88	1	2019	
TODOROVIC, Lilijana	GRCI	4.86	1	2005	*
HARLEY, Courtney	SSS	4.80	1	2011	

**NOVICE GIRLS LONG JUMP**

WEILER, Katie	EDSS	5.03	1	2004	*
STEVENS, Sam	GRCI	4.96	1	2005	
BYERS, Abbygail	EDSS	4.96	1	2019	
MCLEAN, Micaela	HHSS	4.85	1	2011	
ROEDER, Nicole	WCI	4.83	2	2005	
MCLEOD, Haley	BCI	4.74	2	2011	
BUSH, Erin	CHCI	4.72	1	2008	
ELIZAROV, Jennifer	SJAM	4.72	1	2018	
DELOS SANTA, Sarah	FHCI	4.71	1	2012	
ALY, Jasmyn	SJAM	4.71	2	2019	

### SENIOR BOYS LONG JUMP

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
O'DONNELL, Mitch	FHCI	7.11	1	2011	*
TAYLOR, Ryan	HHSS	7.04	1	2016	
YANG, Jeremy	BCI	6.88	1	2007	*
SIHARATH, Kenny	CHCI	6.85	2	2017	
MAPP, Isaac	PHS	6.67	3	2017	
GOETZ, Jason	PHS	6.55	1	2004	*
CRAWFORD, Jamie	EDSS	6.52	1	2022	
KHAN, Shamir	GPSS	6.50	1	2019	
MU, Steven	LHSS	6.50	2	2022	
COK, Braden	SJAM	6.41	1	2013	

### JUNIOR BOYS LONG JUMP

O'DONNELL, Mitch	FHCI	6.50	1	2010	*
YANG, Jeremy	BCI	6.42	1	2005	*
KHAN, Shamir	GPSS	6.42	1	2016	
SIHARATH, Kenny	CHCI	6.39	1	2015	
FLANIGAN, Markeiths	GPSS	6.06	1	2019	
JOHNSON, Keyan	CHCI	6.03	2	2019	
GARRICK, Darnell	FHCI	5.96	2	2005	
COK, Braden	SJAM	5.96	1	2011	
BONDOGO, Sam	GCI	5.95	1	2022	
MAPP, Isaac	PHS	5.95	2	2016	

### NOVICE BOYS LONG JUMP

YANG, Jeremy	BCI	6.27	1	2004	*
VARGA, Tyler	CHCI	6.08	1	2008	
DAVIS, Josiah	HHSS	6.06	1	2018	
MCHAINA, Madalitso	SSS	5.91	1	2011	
FLANIGAN, Markeiths	GPSS	5.91	2	2018	
KHAN, Shamir	GPSS	5.88	1	2015	
NORONHA, Jalen	CHCI	5.87	1	2010	
LO, Chris	JHSS	5.85	1	2007	
DESLANDES, Myles	GCI	5.75	2	2011	
INTHAVONGKY, Barney	FHCI	5.74	2	2008	
MUSSELMAN, Aaron	BCI	5.74	1	2005	