



2009 CANADIAN JUNIOR CHAMPIONSHIPS - MEN RECORDS
As of December 31, 2009

Event Événement	PERF	Wind Vent	Name Nom	Venue Endroit	Date
100m	10.33	1.1	Eric Frempong-Manso	Ottawa	1994
200m	20.65	1.8	Eric Frempong	Ottawa	1994
400m	46.55		Brian Barnett	Ottawa	2006
800m	1:49.72		Kevin Sullivan	Winnipeg	1992
1500m	3:46.48		Andrew McGuigan	Burnaby	1985
5000m	14:11.77		John Castellano	Montreal	1983
10,000m	30:13.89		Janik Lambert	Winnipeg	1991
10kmRW	42:37.4		Guillaume Leblanc	Winnipeg	1982
110mH(106 cm)	14.22	1.2	Kevin Reid	Edmonton	1984
110mH(99cm)	13.83	1.5	Gregory MacNeill	Charlottetown	18 Jul 2009
400mH	51.28		John Graham	Edmonton	1984
2000msc	5:39.64		Stephen Conwell	St John	1986
3000msc	8:49.20		Alex Genest	Montreal (CR)	2005
4x100m	42.40		Take Flight Athletics Kadeem Douglas Wayndale Bennett Jacob Zorzella Kyle Bennett	Charlottetown	18 Jul 2009
4x400m	3:18.88		Ontario Select Joseph Triumbari Ryan Charlton Andre Hamilton Michael Trnkus	Charlottetown	18 Jul 2009
HJ	2.24		Alex Zaliauskas	Saint-John	1990
PV	5.00 5.00		Jamie Johnson David Foley	Montreal Calgary	2000 2001
LJ	7.61 7.48	5.2 0.1	Mark Ramos* Andrew Channer	Calgary Ottawa	2001 1994
TJ	15.96	0.3	Bruny Surin	Saint-John	1986
SP(7.25 kg)	17.34		Brad Snyder	Abbotsford	1995
SP(6 kg)	18.79		Chris Meisner	Kitchener	2002
DT(2k)	52.66		Jason Tunks	Ottawa	1994
DT(1.75k)	54.29		Brent Roubos	Charlottetown	18 Jul 2009
HT(7.25k)	65.98		Dylan Armstrong	Montreal	2000

HT(6k)	71.03	Jim Steacy	Saskatoon	2003
JT	68.82	Scott Russell	Kitchener (New Jav)	1998
Decathlon	7239	Michael Smith	Saint-John	1986
(100m: 11.08/ LJ: 7.31w/ SP: 12.42/ HJ: 2.02/ 400m: 50.05/ - (4027) –				
110mH: 15.48/ DT: 34.38/ PV: 3.65/ JT: 56.46/ 1500m: 4:42.90)				
Decathlon	6840	Daniel Mezheritsky	Saskatoon	2003
Junior Implements (100m: 11.50 (2.0)/ LJ: 6.09 (-0.3)/ SP(6k): 14.41/ HJ: 1.81/ 400m 51.73/ - (3485) -				
110mH(99cm): 15.07 (1.0)/ DT(1.75k): 42.12/ PV: 4.30/ JT: 48.97/ 1500m: 5:05.03)				

* Championship Best Performance in all conditions (windy/nwi)