

**BC SUMMER GAMES
ATHLETICS RECORDS — MEN**

[Revised August 2004]

EVENT	RECORD	RECORD HOLDER	HOMETOWN	YEAR	ZONE
100 metres	11.06	Peter Ogilvie	Burnaby	1987	4
200 metres	22.58	Peter Ogilvie	Burnaby	1987	4
400 metres	50.39	Josh Guggenheimer	Prince George	1997	8
800 metres	1:58.9	Mark Buschewitz	Vancouver	1980	5
1500 metres	4:02.2	Mark Buschewitz	Vancouver	1980	5
3000 metres	9:01.6	Jason Schultz	Trail	1987	1
1500 m Racewalk	7:15.63	Evan Dunfee	Richmond	2004	4
1500 m Steeplechase	4:32.66	Jay Gibson	Mission	1992	3
100 m Hurdles	13.4	Craig Jacobson	Richmond	1980	4
300 m Hurdles	39.78	Paul Cagna	Courtenay	1996	6
High Jump	1.96 m	Shawn Swartz	Port Coquitlam	2004	3
Long Jump	6.54 m	Aaron Hart	Port Coquitlam	1992	3
Triple Jump	13.07 m	Shane Niemi	Kamloops	1993	2
Pole Vault	3.75 m	Matt Clifford	Abbotsford	1998	3
Discus ~ 1 kg	58.32 m	Dylan Armstrong	Kamloops	1996	2
Hammer ~ 4 kg	59.67 m	Nolan Henderson	Richmond	2004	4
Hammer ~ 12 lb.	54.76 m	Dylan Armstrong	Kamloops	1996	2
Javelin ~ 600 g	53.68 m	Shawn McIsaac	Chilliwack	2000	3
Shot Put 4 kg	18.70 m	Delore Lakusta	Delta	1983	4
Pentathlon	4011 points	Aaron Dixon	Mackenzie	2002	1
4 x 100 m Relay	45.23	Zone 4 Team	Fraser River-Delta Team	1987	4
4 x 400 m Relay	3:32.26	Zone 5 Team	Vancouver-Squamish Team	1986	5

**BC SUMMER GAMES
ATHLETICS RECORDS — WOMEN**

[Revised August 2004]

EVENT	RECORD	RECORD HOLDER	HOMETOWN	YEAR	ZONE
100 metres	12.26	Sandra Vu	Vancouver	1991	5
200 metres	25.14	Yvonne Mensah	Surrey	2000	3
400 metres	56.65	Hazel Hanson-Monnie	Port Moody	1994	3
800 metres	2:13.1	Pat Wellman	Victoria	1979	6
1500 metres	4:34.3	Pat Wellman	Victoria	1979	6
3000 metres	10:08.3	Juliet Smith	Coquitlam	1980	3
1500 RW	7.27.48	Megan Huzzey	Victoria	2000	6
1500 Steeplechase	5:07.98	Samantha Lotnick	Langley	2004	3
80 m Hurdles	11.67	Yvonne Mensah	Surrey	2000	3
300 m Hurdles [7]	45.92	Traci Boss	Port Coquitlam	2002	3
300 m Hurdles	44.07	Natalie Jackson	Burnaby	1996	4
High Jump	1.71 m	Emily Sheppard	North Vancouver	2002	5
Long Jump	5.47 m	Sabrina Nettey	Surrey	2004	3
Triple Jump	12.33 m	Sabrina Nettey	Surrey	2004	3
Pole Vault	2.95 m	Jessica Moreland	Victoria	1998	6
Discus ~ 1 kg	38.51 m	Caroline Hay	North Vancouver	1998	5
Javelin ~ 600 g	40.11 m	Nicolle Fraser	Port Coquitlam	2004	3
Shot Put ~ 3 kg	12.33 m	Laura Macauley	Port Alberni	2004	6
Hammer ~ 3 kg	50.14 m	Rochelle Kokayko	Kelowna	2002	2
Pentathlon	3215 points	Erin Bell	North Vancouver	1989	5
4 x 100 m Relay	49.86	Turner/Barton/ Bayley/Mensah	Fraser Valley Team	2000	3
4 x 400 Relay [Corrected]	3:55.80	Ange Boylan, Heather Dennis, Hazel Hanson-Monnie Courtney Inman	Fraser Valley Team	1994	3