

STFC Jump Top Ten Lists

MEN

Long Jump

| | | | |
|------------------|------|-----------|------|
| Lyndon McDowell | 7.12 | Minnesota | 2002 |
| Livy Johnston | 6.85 | Windsor | 1996 |
| Pat O'Donaghue | 6.75 | Windsor | 1985 |
| Kevin White | 6.70 | Indiana | 1982 |
| Mat West | 6.60 | Toronto | 2012 |
| Keith Kunkel | 6.21 | Ottawa | 2001 |
| Sam Myles | 6.21 | Cambridge | 2018 |
| Barry McLaughlin | 6.20 | Guelph | 1999 |
| Brendan Rea | 6.10 | London | 2004 |
| Mike Middleboro | 6.08 | London | 1995 |

Triple Jump

| | | | |
|------------------|-------|------------|------|
| Kevin White | 14.56 | Kitchener | 1982 |
| Calvert Walters | 14.10 | Sudbury | 1986 |
| Ian Janssen | 13.40 | Etobicoke | 1990 |
| Livy Johnston | 12.93 | Kincardine | 1996 |
| Barry McLaughlin | 12.85 | Sarnia | 1998 |
| Sam Myles | 12.68 | Cambridge | 2018 |
| Alex Gebhardt | 12.61 | York | 2011 |
| Dan Loosemore | 12.50 | York | 1988 |
| Tyrell Smith | 12.46 | London | 2010 |
| Adam Kunkel | 12.45 | Windsor | 1998 |

High Jump

| | | | |
|------------------|------|------------|------|
| Pat O'Donaghue | 2.14 | Edmonton | 1987 |
| Lyndon McDowell | 2.13 | Sarnia | 1999 |
| Drew White | 2.08 | Calgary | 2001 |
| Mat West | 1.97 | London | 2009 |
| Ryan Scott | 1.96 | Sarnia | 2001 |
| Steve McKague | 1.95 | York | 1987 |
| Barry McLaughlin | 1.90 | Windsor | 1997 |
| Cory Lachlan | 1.90 | Juv-Sr's | 1994 |
| Scott Gilstorf | 1.90 | Kincardine | 2018 |
| Jason Lash | 1.86 | Kincardine | 1990 |

Pole Vault

| | | | |
|---------------------|------|------------|------|
| Lyndon McDowell | 4.50 | Texas | 2001 |
| Pat O'Donaghue | 4.25 | Toronto | 1989 |
| Mike Cardy | 4.00 | Hamilton | 1989 |
| Mat West | 3.60 | Windsor | 2012 |
| Richard Menheniotte | 3.15 | OFSAA | 1983 |
| Livy Johnston | 2.93 | Kincardine | 1996 |
| Nathan Draper | 2.90 | | 1991 |
| Arthur Turland | 2.90 | Kitchener | 1997 |

Paralympic

Long jump

| | | | |
|-----------------|------|---------|------|
| Rick Carr | 5.87 | Guelph | 2012 |
| Rick Carr | 5.29 | London | 2006 |
| Harry Mattiussi | 3.95 | Calgary | 2012 |

High Jump

| | | | |
|-----------|------|--------|------|
| Rick Carr | 1.60 | London | 2008 |
|-----------|------|--------|------|

Triple Jump

| | | | |
|-----------|-------|--------|--|
| Rick Carr | 10.90 | Guelph | |
| 2007 | | | |

WOMEN

Long Jump

| | | | |
|-------------------------|------|-------------|------|
| Donalda Duprey | 5.70 | Michigan | 1985 |
| Alex Morrow | 5.52 | Brockville | 2012 |
| Nina Gruter | 5.36 | Windsor | 1988 |
| Rita Rudell | 5.21 | Toronto | 2010 |
| Jamie Lewis | 5.19 | Ottawa | 2002 |
| Jennifer Kopplin | 5.13 | York | 1987 |
| Simone Cowan | 5.02 | London | 1983 |
| Kelly Dinsmore | 5.02 | York | 1990 |
| Alison Van Sligtenhorst | 4.51 | Guelph | 2012 |
| Aleesha Ferrier | 4.43 | Mississauga | 2016 |

Triple Jump

| | | | |
|-------------------------|-------|------------|------|
| Kelly Dinsmore | 12.99 | BC | 1993 |
| Emily MacLeod | 10.81 | Kitchener | 2010 |
| Jen Cottrill | 10.65 | Etobicoke | 1990 |
| Jamie Lewis | 10.60 | Ottawa | 2002 |
| Kayla Smith | 10.59 | London | 2009 |
| Nina Gruter | 10.45 | Windsor | 1988 |
| Alex Morrow | 10.23 | London | 2011 |
| Carolyn Hodgson | 10.06 | Toronto | 2007 |
| Aleesha Ferrier | 10.05 | St. Thomas | 2016 |
| Kayla Smith | 9.98 | Oshawa | 2007 |
| Alison VanSlingtenhorst | 9.92 | Guelph | 2012 |

High Jump

| | | | |
|------------------------|------|---------------|------|
| Rita Rudell | 1.78 | Charlottetown | 2009 |
| Emily Branderhorst | 1.74 | Windsor | 2018 |
| Debbie Pegg | 1.70 | London | 1984 |
| Donalda Duprey | 1.63 | Toronto | 1985 |
| Jen Burgess | 1.62 | Ottawa | 1986 |
| Erika French | 1.61 | Hamilton | 2008 |
| Jen Rolufs | 1.60 | Sarnia | 1999 |
| Alison VanSligtenhorst | 1.60 | Guelph | 2012 |
| Carolyn Hodgson | 1.58 | Toronto | 2005 |
| Bev Barrett | 1.55 | London | 1985 |
| Jordan Fawcett | 1.55 | Toronto | 2009 |
| Alex Morrow | 1.55 | Toronto | 2013 |

Pole Vault

| | | | |
|--------------|------|--|------|
| Jen Cottrill | 2.20 | | 1994 |
|--------------|------|--|------|