



CDL Track & Field RECORDS



Junior (c.11 - 12 years old)					
Boys			Girls		
60m	Muls M.	8.49 s	2022	Attanasio K.	9.08 s 2012
80m	Adebayo B.	11.31 s	2010	Emordi P.	11.41 s 1988
100m	Pettersen S.	13.01 s	1992	Vengochea	13.95 s 1984
200m	Sambwa S.	28.03 s	1988	Emordi P.	29.01 s 1988
400m	Sambwa S.	1.07 m	1988	Vengochea	1:13.00 m 1984
800m	Fischer F.	2.36 m	2011	Geene A.	2:46.00 m 2011
1500m	Heyl J.	5.47 m	1995	Allen A.	6:20.00 m 1999
High Jump	Hevl J.	1.41 m	1996	Fell J.	1.37 m 2002
	Nwokeabia M.	1.41 m	2012		
Long Jump	Jeavons A.	4.63 m	2014	de Rothschild O.	4.16 m 2014
Shot	Woode E.	8.05 m	1996	Chiluba H.	7.10 m 1994
Ball Throw	Sequiera T.	57.08 m	1989	Chiluba H.	38.75 m 1994
4 x 100m	CDL Jr.	56.04 s	1996	CDL Jr.	1:01.78 m 2005

Junior Varsity (c.13 - 14 years old)					
Boys			Girls		
60m	Gordon-Astbury D.	7.52 s	2012	Geene A.	8.22 s 2013
80m	Greenfield L.	10.07 s	2000	Oz N.	11.30 s 2000
100m	Harari V.	12.88 s	2004	Gerber L.	13.97 s 1993
200m	Kalindaga A.	27.05 s	2005	Inglese C.	28.25 s 2007
400m	Fisher R.	1:02.09 m	2000	Eubanks M.	1:03.61 m 2010
800m	Boschung P.	2:21.15 m	1994	Riordan D.	2:40.00 m 2011
1500m	Adelman J.	4.33 m	2017	Dugas L.	5:28 m 2022
High Jump	Ringer T.	1.70 m	1984	Protasenia A.	1.50 m 2002
	Vilogorac N.	1.70 m	1994		
Long Jump	Gordon D.	5.3 m	2012	Geene A.	4.90 m 2013
Shot	Greenfield L.	13.07 m	2000	Thompson O.	9.05 m 2008
Discus	Witt E.	33.35 m	1994	Chiluba H.	26.98 m 1996
Javelin	Gomez M.	38.45 m	1998	Chiluba H.	17.01 m 1996
Ball Throw	Needham M.	62.49 m	2013	Hiranuma K.	33.85 m 2018
4 x 100m	CDL JV	51.94 s	2012	CDL JV	58.25 s 2012
4 x 400m	CDL JV	5:21.00 m	2003	CDL JV	5:31.00 m 2003

Moyen Varsity (c.15 - 16 years old)					
Boys			Girls		
100m	Gomo S.	11.82 s	2022	Moreillon A.	13.31 s 2006
200m	Gomo S.	24.29 s	2022	Sambwa L.	28.23 s 1983
400m	Jean J.	55.54 s	1998	Eubanks M.	1:05.31 m 2011
800m	Burdet J.	2:06.39 m	1991	McDonnah C.	2:39.33 m 2005
1500m	Holsten V.	4.30 m	2022	Eaton C.	5:30.34 m 2012
3000m	Gilmour M.	10.30 m	1995		
High Jump	Sims M.	1.90 m	1986	Diedrichs M.	1.49 m 1993
Long Jump	Nwokeabia B.	6.15 m	2011	Emordi P.	4.41 m 1991
Shot	Greenfield L.	13.32 m	2001	Emordi C.	10.60 m 1984
Discus	Zamudio E.	31.89 m	1983	Burgeat V.	20.89 m 1984
Javelin	Moore C.	45.39 m	1991	Chiluba H.	31.80 m 1997
4 x 100m	CDL	48.37 s	1985	CDL	56.08 s 1983
4 x 400m	CDL	4.02 m	2002	CDL	5:10.00 s 2005

Varsity (c.17 - 18 years old)					
Boys			Girls		
100m	Eketebi M.	11.12 s	1980	Vrethammar L.	12.31 s 1985
200m	Eketebi M.	22.32 s	1980	Vrethammar L.	27.00 s 1985
400m	Sambwa J.	52.59 s	1984	Vrethammar L.	1:04.40 s 1985
800m	Burdet J.	1:59.70 m	1994	Eaton C.	2:30.11 m 2014
1500m	Burdet J.	4.17 m	1993	Loftus S.	5:27.88 m 2002
3000m	Benhima S.	10:13.50 m	1993		
High Jump	Sambwa J.	1.93 m	1985	Diedrichs M.	1.52 m 1994
Long Jump	Sambwa J.	6.12 m	1985	Vrethammar L.	5.46 m 1985
Shot	Aksunl.	13.37 m	1982	Ferri S.	10.43 m 1994
Discus	Al Abdali M.	35.70 m	1985	Ungell-Rabbe N.	24.99 m 1995
Javelin	Esseid N.	44.08 m	1993	Ungell-Rabbe N.	30.29 m 1995
4 x 100m	CDL	45.50 s	1984	CDL	53.92 s 1985
4 x 400m	CDL	3:42.12 m	2005	CDL	4:55.00 s 2005