

Dinos Track and Field  
 Quadrathlon  
 Event All Time List  
 (As of November 6, 2019)

MEN		STJ
Ezeta	Mariano	10.20
Nkwonta	Sody	10.20
Fraser	Paul	10.06
Nkwonta	Sody	10.05
Minton	Corey	10.00
Unruh	Collin	10.00
Lethebe	Cole	9.95
Johnson	Wale	9.80
Choo	Felix	9.80
Brajic	Andrej	9.80
Minton	Corey	9.80
Lethebe	Cole	9.80
Ricord	Kyle	9.76
Doyle	Scott	9.75
Bymoan	Alexander	9.75
Unruh	Colin	9.70
Effah	Sam	9.70
Ezeta	Mariano	9.70
Lethebe	Cole	9.70
Nkwonta	Sody	9.65
Lane	Carter	9.60
Kupchanko	Sean	9.60
Joseph	Nigel	9.60
Brajic	Andrej	9.60
Phillips	Trevor	9.59
Banks	Liam	9.55
Foreman	Scott	9.53
Dargie	Andrew	9.53
Van Roessel	Quinn	9.50

		SLJ
Unruh	Colin	3.25
Fraser	Paul	3.25
Choo	Felix	3.20
Ezeta	Mariano	3.20
Smith	Glenn	3.15
Johnson	Wale	3.15
Breski	Josh	3.15
Unruh	Collin	3.15
Foreman	Scott	3.14
Van Roessel	Quinn	3.10
Lethebe	Cole	3.10
Lethebe	Cole	3.10
Unruh	Colin	3.10
Nkwonta	Sody	3.10
Nkwonta	Sody	3.10
Unruh	Colin	3.10
Ricord	Kyle	3.10
Ezeta	Mariano	3.10
Brajic	Andrej	3.08
Phillips	Trevor	3.07
Breski	Josh	3.06
Nkwonta	Sody	3.05
Abodunwa	Paul	3.05
Unruh	Colin	3.05
Lethebe	Cole	3.05
Unruh	Colin	3.05
Doyle	Scott	3.05
Vandermerwe	Juan	3.05
Brajic	Andrej	3.05
Woo	John	3.05
Link	Steven	3.05
Booth	Riley	3.05
Breski	Josh	3.05
Bymoan	Alexander	3.05
Lethebe	Cole	3.05
Nkwonta	Sody	3.05
Lethebe	Cole	3.05
Abosi	Stephen	3.05
Dargie	Andrew	3.03
Ratzlaff	Trent	3.03
Banks	Liam	3.00
Samson	Jordan	3.00
Abosi	Stephen	3.00
Lane	Carter	3.00
Van Roessel	Quinn	3.00
Abodunwa	Paul	3.00
Igwe	Chuma	3.00

		30m
Effah	Sam	3.56
Sinclair	Justin	3.57
Phillips	Trevor	3.61
Ezetah	Chinedu	3.62
Fraser	Paul	3.63
Choo	Felix	3.63
Sumani	Hafeez	3.65
Brajic	Andrej	3.66
Spierenburg	Kai	3.67
Rynn	Isaac	3.67
Brajic	Andrej	3.68
Clark	Adam	3.68
Clark	Adam	3.68
Johnston	Trent	3.69
Bury-Jones	Stewart	3.69
Nkwonta	Sody	3.69
Lethebe	Cole	3.69
Spierenburg	Kai	3.70
Kung	James	3.70
Weins	Matt	3.70
Ezeta	Mariano	3.70
Minton	Corey	3.70
Ezetah	Chinedu	3.70
Spierenburg	Kai	3.71
Ezeta	Mariano	3.71
Swanlund	Mark	3.72
Mayer	Bastian	3.72
Mayer	Bastian	3.72
Spierenburg	Kai	3.73
Smith	Glenn	3.73
Mayer	Bastian	3.73
Bell	Ryley	3.73
Johnson	Wale	3.74
Kimick	Evan	3.74
Rizkalla	Joshua	3.74

		OHBT
Brajic	Andrej	16.76
Brajic	Andrej	16.45
Banks	Liam	16.30
Banks	Liam	16.30
Woo	John	16.12
Young	Robert	16.10
Phillips	Trevor	16.09
Banks	Liam	16.00
Woo	John	15.63
Smith	Glenn	15.56
Vandermerwe	Juan	15.50
Link	Steven	15.43
Banks	Liam	15.40
Lethebe	Cole	15.40
Brajic	Andrej	15.32
Banks	Liam	15.30
Lethebe	Cole	15.25
Grennon	Josh	15.15
Violato	Emilio	15.10
Banks	Liam	15.00
Pyc	Jack	14.97
Link	Steven	14.93
Clark	Rhys	14.92
Link	Steven	14.85
Banks	Liam	14.80
Lethebe	Cole	14.75
Violato	Emilio	14.75
Lethebe	Cole	14.70
McDonald	Sheldon	14.65
Burnett	Wilson	14.63
Foreman	Scott	14.62
Rouhi	Armin	14.60
Lethebe	Cole	14.55
Lethebe	Cole	14.50
Grennon	Josh	14.40
Fraser	Paul	14.31
Clark	Rhys	14.23
McClintock	Guy	14.13
Samson	Jordan	14.10

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Samson	Jordan	3.00
Nkwonta	Sody	3.00
Unruh	Colin	3.00
Bosch	Daniel	3.00
Lane	Cartter	3.00
Nkwonta	Sody	3.00
Krupity	Denver	3.00
Lane	Carter	3.00
Lethebe	Cole	3.00
Lethebe	Cole	3.00
Clark	Adam	3.00
Kupchanko	Sean	3.00
Bury-Jones	Stewart	3.00
Mayer	Bastian	3.00
Harder	Jeff	3.00
Minton	Corey	3.00
Bell	Ryley	3.00

Dinos Track and Field  
 Quadrathlon  
 Event All Time List  
 (As of November 6, 2019)

WOMEN		STJ
Zimmer	Jennifer	8.30
Zelinka	Jessica	8.16
Zimmer	Jennifer	8.15
Groeneveld	Samantha	8.15
Kublik	Kristi	8.10
Groeneveld	Samantha	8.00
Groeneveld	Samantha	8.00
Kolodinsky	Jamie	8.00
Machin	Rachel	7.95
Ly	Ashley	7.90
Mitchell	Arielle	7.80
Zimmer	Jennifer	7.80
Kolodinsky	Jamie	7.80
Kolodinsky	Jamie	7.75
Ratzlaff	Holly	7.70
Nelson	Amonn	7.70
Groenveld	Samme	7.70
Zimmer	Jennifer	7.70
Webster	Robyn	7.70
Groenveld	Samme	7.70
Ridout	Paige	7.70
Webster	Robyn	7.70
Machin	Rachel	7.70
Machin	Rachel	7.70
Oudenaarden	Niki	7.70
Machin	Rachel	7.70
Friesen	Jodi	7.68
Webster	Robyn	7.60
Zimmer	Jennifer	7.60
Charlesworth	Nicole	7.60
Kolodinsky	Jamie	7.60
Baerg	Karen	7.59
Hernandez	Isabella	7.55
Gruber	Diana	7.54
Van Hal	Melissa	7.54
Palmer	Patricia	7.52
Pearson	Erika	7.50
Tom	Carolyn	7.50
Zimmer	Jenn	7.50
Lehner	Katetlyn	7.50
Bewski	Nicole	7.50
Kendall	Allison	7.45
Browne	Madeleine	7.40
Ly	Ashley	7.40
Pon	Stephanie	7.40
Oudenaarden	Niki	7.40

		SLJ
Zelinka	Jessica	2.70
Groeneveld	Samantha	2.65
Kolodinsky	Jamie	2.60
Kolodinsky	Jamie	2.60
Kublik	Kristi	2.60
Omosun	Osereme	2.55
Machin	Rachel	2.55
Groeneveld	Samantha	2.55
Machin	Rachel	2.55
Charlesworth	Nicola	2.55
Kolodinsky	Jamie	2.55
Kolodinsky	Jamie	2.55
Groeneveld	Samantha	2.54
Mitchell	Arielle	2.52
Baerg	Karen	2.52
Ratzlaff	Holly	2.51
Oudenaarden	Nikki	2.50
Omosun	Osereme	2.50
Nelson	Amonn	2.50
Machin	Rachel	2.50
Groenveld	Samme	2.50
Charlesworth	Nicole	2.50
Kolodinsky	Jamie	2.50
Machin	Rachel	2.50
Oudenaarden	Niki	2.50
Kolodinsky	Jamie	2.50
Tom	Carolyn	2.49
Palmer	Patricia	2.48
Saskia	Winkelmann	2.47
Yackel	Katelyn	2.45
Machin	Rachel	2.45
Lehner	Katelyn	2.45
Webster	Robyn	2.45
Zimmer	Jennifer	2.45
Oudenaarden	Nikki	2.45
Van Hal	Melissa	2.44
Kolodinsky	Jamie	2.44
Zimmer	Jennifer	2.43
Laverty	Candice	2.42
Salus	Jill	2.42
Machin	Rachel	2.42
Ridout	Paige	2.42
Bertram	Keightley	2.42
Frone	Elizabeth	2.40
Mayr	Maddison	2.40
Omosun	Osereme	2.40

		30m
Zelinka	Jessica	3.83
Gruber	Diana	3.99
Zimmer	Jennifer	3.99
King	Jessica	4.00
Kendall	Danielle	4.00
Hunter	Jackie	4.03
Fox	Kristin	4.06
Frone	Elizabeth	4.06
Bovell	Logan	4.06
Zimmer	Jennifer	4.06
Groeneveld	Samantha	4.07
Kolodinsky	Jamie	4.07
Frone	Elizabeth	4.08
Corry	Shannon	4.08
Webster	Robyn	4.08
Van Hal	Melissa	4.09
Kublik	Kristi	4.09
Lehner	Katetlyn	4.09
Nelson	Amonn	4.10
Hernandez	Isabella	4.10
Bovell	Logan	4.11
Tom	Carolyn	4.11
Machin	Rachel	4.11
Savage	Robyn	4.12
Makasa	Evodie	4.12
Breland	Melissa	4.12
Owens	Katie	4.12
Lotwin	Kelsey	4.13
Zimmer	Jennifer	4.13
Lehner	Katetlyn	4.13
Miller	Lacey	4.13
Lehner	Katelyn	4.13
Slessor	Katelyn	4.14
Baerg	Karen	4.14
Foggo	Richina	4.14
Russell	Karly	4.14
Miller	Lacey	4.14
Groeneveld	Samantha	4.14
Charlesworth	Nicola	4.14
Webster	Robyn	4.15
Lotwin	Kelsey	4.15
Nelson	Kayla	4.15
Zimmer	Jennifer	4.15
Groeneveld	Samantha	4.15
Machin	Rachel	4.15

		OHBT
Groeneveld	Samantha	16.32
Groenveld	Samme	16.30
Groeneveld	Samantha	15.58
Machin	Rachel	15.15
Oudenaarden	Nikki	15.15
Machin	Rachel	15.01
Oudenaarden	Nikki	15.00
Groeneveld	Samantha	15.00
Kublik	Kristi	14.91
Groenveld	Samme	14.59
Oudenaarden	Niki	14.50
Waine	Jamie	14.33
Charlesworth	Nicola	14.29
Waine	Jamie	14.27
Machin	Rachel	14.15
Omosun	Osereme	14.00
Omosun	Osereme	14.00
Tom	Carolyn	14.00
Machin	Rachel	13.83
King	Jessica	13.80
Groenveld	Samme	13.78
Salus	Jill	13.75
Palmer	Patricia	13.62
Foggo	Richina	13.57
Kendall	Allison	13.53
Zelinka	Jessica	13.40
Van Hal	Melissa	13.31
Kretzer	Megan	13.30
Foggo	Richina	13.28
Baker	Lee Ann	13.20
Anderson	Samantha	13.20
Machin	Rachel	13.16
Omosun	Osereme	13.10
Mulhall	Allison	13.00
Brown	Chyna	13.00
Kendall	Allison	13.00
Kendall	Allison	13.00
Nelson	Amonn	12.95
McIntosh	Rachael	12.95
Waine	Jamie	12.93
Kolodinsky	Jamie	12.90
Farrington	Courtenay	12.90
Kendall	Daneille	12.85
Russell	Karly	12.81
Frone	Elizabeth	12.80
Duffield	Kelsey	12.80

Dinos Track and Field  
Quadrathlon  
Event All Time List  
(As of November 6, 2019)

Roberts	Princess	2.40
Omosun	Osereme	2.40
Bovell	Logan	2.40
Baker	Lee Ann	2.40
Bovell	Logan	2.40
Horton	Skylar	2.40
Horton	Skylar	2.40
Kretzer	Megan	2.40
Kendall	Allison	2.40
Nelson	Amonn	2.40
Foggo	Richina	2.40
Zimmer	Jennifer	2.40
Ridout	Paige	2.40
Pon	Stephanie	2.40
Russell	Karly	2.40
Webster	Robyn	2.40
Hernandez	Isabella	2.40
Horton	Skylar	2.40

Charlesworth	Nicole	12.76
Kolodinsky	Jamie	12.75
Duffield	Kelsey	12.75
Browne	Madeleine	12.70
Stephenson	Kimberly	12.70
Foggo	Richina	12.59
Russell	Karly	12.57
Ridout	Paige	12.57
Kendall	Danielle	12.55
McIntosh	Rachael	12.53
Parrish	Danielle	12.48
Baker	Lee Ann	12.45
Baerg	Karen	12.45