

## ONTARIO MASTERS COMBINED EVENTS RECORDS - based on WMA ver.2023 Tables

### Ontario Men's Decathlon Records

October 15, 2024

Group	Surname	Name	Event	100M	LJ	SP	HJ	400M	Hurd	DT	PV	JT	1500M
M35	Rosenberg	Jordan	Toronto, ON	12.28	5.13	9.07	1.44	53.99	20.67	29.91	2.90	42.86	4:38.64
	4862		14/07/2008	597	445	454	352	680	304	463	340	511	716
M40	Rosenberg	Jordan	Sacramento, CA	12.54	5.26	10.19	1.51	55.44	18.17	32.47	3.30	42.24	4:58.10
	5681		06/07/2011	626	537	566	464	692	577	525	490	550	654
M45	Ritchie	Don	Joplin, MO	13.05	5.41	10.78	1.75	1:01.36	20.01	31.96	3.10	38.99	5:44.07
	5743		21/06/2008	612	646	654	758	540	477	557	485	547	467
M50	Ritchie	Don	Toronto, ON	13.45	4.99	11.05	1.52	1:01.36	17.85	36.73	3.14	38.34	5:46.62
	5934		24/08/2013	622	615	653	610	612	598	604	557	546	517
M55	Cilevitz	Ralph	Toronto, ON	14.88	4.63	7.90	1.30	1:18.30	20.81	26.93	2.24	26.86	7:25.78
	3963		24/08/2013	470	595	474	464	195	414	450	328	385	188
M65	Zowkewych	Peter	Slippery Rock, PA	14.43	4.09	10.80	1.45	1:15.65	21.88	28.52	2.00	28.48	DNF
	4905		24/06/2017	701	595	752	785	384	381	468	350	489	0
M70	Hazen	Ward	Gothenburg, Swe	13.52	4.64	10.26	1.39	1:05.54	12.90	31.57	2.00	30.68	DNF
	6654		19/08/2024	945	891	690	803	772	985	605	408	555	0
M75	Trei	Karl	Ottawa, ON	17.55	3.34	9.18	1.16	DNF	19.47	27.52	DNF	25.62	DNF
	3696		18/08/1984	417	512	679	602	0	374	591	0	521	0

### Ontario Men's Outdoor Pentathlon Records

Group	Surname	Name	Event	LJ	JT	200M	DT	1500M
M35	Hopkins	Scott	Saskatoon, SK	5.02	41.30	26.56	27.92	4:59.13
	2448		03/07/1998	423	487	523	424	591
M40	Rosenberg	Jordan	Toronto, ON	4.88	46.36	25.46	34.36	4:47.65
	3030		16/07/2010	451	618	680	564	717
M45	Ritchie	Don	Orono, ME	5.39	38.48	26.97	33.74	5:38.40
	2896		02/08/2007	641	538	626	596	495
M50	Solomon	Livienne	Orono, ME,	4.86	33.59	26.32	25.26	4:54.77
	2967		02/08/2007	580	461	749	376	801
M55	Ritchie	Don	Toronto, ON	4.41	37.33	29.61	29.80	7:05.01
	2458		15/06/2019	533	590	569	512	254
M60	Urch	Bruce	Toronto, ON	4.13	29.01	30.38	27.43	6:16.17
	2462		11/08/2017	529	437	584	395	517
M65	Urch	Bruce	Toronto, ON	3.93	24.67	32.46	28.95	6:58.51
	2357		28/08/2022	544	405	517	477	414
M70	Flowers	Jim	Saskatoon, SK	2.78	20.26	34.01	24.98	9:42.20
	1578		03/07/1998	269	321	492	451	45

### Ontario Men's Indoor Heptathlon Records

Group	Surname	Name	Event	60M	LJ	SP	HJ	60H	PV	1000M
M45	Ritchie	Don	Toronto, ON	8.24	5.23	10.22	1.65	10.19	2.89	3:29.13
	4072		18/01/2008	604	602	614	661	629	426	536
M50	Ritchie	Don	Kenosha, WI	8.30	4.95	11.82	1.57	9.67	3.10	3:35.69
	4495		30/03/2012	646	604	707	661	781	546	550
M65	Zowkewych	Peter	Kenosha, WI	9.26	4.14	10.47	1.45	12.46	2.20	4:55.30
	3850		28/01/2017	595	613	725	785	466	421	245
M70	Seitz	Stan	Kenosha, WI	10.65	3.48	7.45	1.33	15.08	2.50	4:59.27
	3132		25/01/2020	357	479	468	731	187	620	290

### Ontario Men's Indoor Pentathlon Records

Group	Surname	Name	Event	60H	LJ	SP	HJ	1000M
M35	McDowall	Matthew	Toronto, ON	9.22	6.18	11.93	1.76	3:03.78
	3249		11/03/2018	698	677	636	610	628
M40	Rosenberg	Jordan	Toronto, ON	10.13	4.92	9.71	1.46	3:05.47
	2671		13/02/2011	574	459	534	426	678
M45	Ritchie	Don	Toronto, ON	9.89	5.18	11.36	1.64	3:25.05
	3196		13/02/2011	687	589	697	653	570
M50	Ritchie	Don	Toronto, ON	9.47	4.89	11.97	1.60	3:26.83
	3441		12/02/2012	720	429	619	661	326
M55	Ritchie	Don	Toronto, ON	10.38	4.02	9.83	1.50	4:17.19
	2755		19/02/2017	720	429	619	661	326
M60	Mayer	JP	Clermont, FR	10.24	5.17	13.93	1.48	4:04.43
	3735		10/02/2008	757	854	917	731	476
M65	Zowkewych	Peter	Toronto, ON	12.37	3.69	10.90	1.40	4:40.04
	2757		19/03/2016	479	471	760	723	324
M70	Zowkewych	Peter	Chicago, IL	13.58	3.21	11.33	1.30	5:45.02
	2309		21/03/2024	351	394	775	687	102

### Ontario Women's Outdoor Heptathlon Records

Group	Surname	Name	Event	Hurd	HJ	SP	200M	LJ	JT	800M
W50	Ethier	Kim	Malaga, ESP	13.82	1.31	10.95	31.46	4.14	32.21	3:28.98
	4423		12/09/2018	888	666	688	597	576	681	327

### Ontario Women's Outdoor Pentathlon Records

Group	Surname	Name	Event	Hurd	HJ	SP	LJ	800M
W50	Trott	Rhona	Eugene, OR	21.98	1.20	7.69	3.69	2:58.45
	2090		07/08/2003	87	523	445	431	604
W55	Trott	Rhona	Orono, ME	15.71	1.18	7.69	3.61	3:02.33
	2907		02/08/2007	713	577	496	474	647
W60	Trott	Rhona	Kamloops, BC	14.58	1.17	7.34	3.29	3:14.57
	3162		22/08/2010	942	644	525	438	613

### Ontario Women's Indoor Pentathlon Records

Group	Surname	Name	Event	60H	HJ	SP	LJ	800M
W35	Milne	Moira	Toronto, ON	11.23	1.27	7.40	4.09	3:06.96
	1950		13/01/2008	499	399	378	359	315
W40	Sivers	Laura	Toronto, ON	12.75	1.33	8.77	3.84	3:00.54
	2241		24/03/2024	405	534	516	350	436
W45	Szanto	Gaby	Toronto, ON	11.35	1.42	10.17	4.07	3:29.79
	2809		14/03/2015	675	724	678	477	255
W50	Trott	Rhona	Boston, MA	12.68	1.22	7.99	3.67	3:03.94
	2492		28/03/2003	498	555	467	423	549
W55	Trott	Rhona	Boston, MA	11.83	1.12	8.09	3.55	3:03.56
	2468		03/03/2007	623	429	475	388	553
W60	Trott	Rhona	Toronto, ON	10.89	1.20	7.50	3.49	3:13.80
	3285	3285	15/02/2009	925	689	539	511	621

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