

GIRLS PIRATES RELAYS MEET RECORDS (as of June 2019)

| Events | Midget Girls | | Junior Girls | | Senior Girls | |
|-----------------------|--|-----------------|---|-----------------|--|-----------------|
| Sprint Hurdles | 80m. Hurdles (2'6") Alannah McBride Col. By S.S. | :12.40 2010 | 80m. Hurdles (2'6") Shannon Mueller Rideau D.H.S. | :12.33 2005 | 100m. Hurdles (2'6") Cydney Taylor Sydenham H.S. | :15.68 2005 |
| 1500m. Steeple | Corine Schoneville Brockville C.I. | 5:29.79 2017 | | 2000m Steeple | Caitlyn Stowe Almonte | 08:04.6 2019 |
| 4 x 100m. Relay | Thousand Islands S.S. | :52.22 2012 | Carleton Place | 53.03 2019 | Thousand Islands S.S. | :50.86 2006 |
| 400-200-200-800 Relay | Thousand Islands S.S. | 4:28.24 2013 | Sydenham H.S. | 4:26.95 2013 | Renfrew C.I. | 4:27.94 2010 |
| Open 4 x 400m Relay | Thousand Islands S.S. | 4:14.62 2006 | | | | |
| High Jump | Lexi Kundlacz St. Mary C.H.S. | 1.55m. 2016 | Lilie Dixon Lasalle S.S. | 1.55m. 2013 | Portia Ball Lasalle S.S. | 1.65m. 2009 |
| | Maggie Sutcliffe Sydenham H.S. | 1.50m. 2013 | Devon Clark St. Mary C.H.S. | 1.55m. 2008 | | |
| Pole Vault | | | Bailey Stoneham Carleton Place | 2.50m 2019 | Lindsey Abercrombie Carleton Place H.S. | 2.65m. 2013 |
| Long Jump | Katherine Harper Thousand Islands S.S. | 4.72m. 2013 | Erika Kamenz South Grenville D.H.S. | 4.88m. 2005 | Meghan Dundon Ernestown | 5.20m 2019 |
| Triple Jump | Dani Gorrell North Grenville D.H.S. | 9.83m. 2008 | Dani Gorrell North Grenville D.H.S. | 10.34m. 2009 | Amanda Brydges Renfrew C.I. | 10.96m. 2008 |
| Shot Put | Hailee Banks Rideau D.H.S. | 10.61m. 2015 | Braiden Nichols Perth D.C.I. | 11.19m. 2015 | Sultana Frizell Perth D.C.I. | 14.73m. 2003 |
| Discus | Brittany Nash Sydenham H.S. | 40.84m. 2008 | Jessica Milligan Sydenham H.S. | 30.30m. 2012 | Caitlin VanDodewaard Renfrew C.I. | 41.18m. 2008 |
| Javelin | Julie Sleeth Sydenham H.S. | 25.74m. 2006 | Rebecca Perry St. Mary C.H.S. | 33.73m. 2008 | Sultana Frizell Perth D.C.I. | 38.60m. 2003 |

no longer contested

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| 100m. | Emelyn Fauvel Sydenham H.S. | :13.44 2010 | Tegan Kilpatrick Brockville C.I. | :13.59 2010 | Ashley Wilson St. Theresa | :12.79 2010 |
| Shot Put (4 kg.) | Julie Sleeth Sydenham H.S. | 10.84m. 2006 | Steph Stewart Frontenac S.S. | 10.08m. 2006 | | |

CO-ED PIRATES RELAYS MEET RECORDS (as of June 2014)

| Events | Midget Co-Ed | | Junior Co-Ed | | Senior Co-Ed | |
|-------------------------------|-----------------------|-----------------|-----------------------|------------------|-----------------------|-----------------|
| Coed-Ed 4 x 200m. Relay | Thousand Islands S.S. | 1:46.69 2016 | Thousand Islands S.S. | 1:45.14 2006 | Thousand Islands S.S. | 1:42.25 2004 |
| Co-Ed 4 x 800m. Relay | Thousand Islands S.S. | 9:48.00 2012 | Thousand Islands S.S. | 9:51.26 2017 | Thousand Islands S.S. | 9:18.80 2011 |
| Co-Ed Dist. Medley Open Relay | (1200-400-800-1600) | | Thousand Islands S.S. | 11:42.34 2012 | | |

no longer contested

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| Coed-Ed 4 x 1600m Relay | Thousand Islands S.S. | 20:59.47 2006 | | | | |
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