

City & Provincial Champions
Michael A. Riffel Catholic High School

Year	Winning	Sport	Athlete
2018/19	City Champions 2A	Boys Soccer	
2017/18	City Champions	Hockey	
2017/18	City Champions	Senior Boys Track and Field	Matthew Exner
2017/18	City Champions	Midget Girls Track and Field	Brooke Bentz- javelin
2017/18	City Champions	Midget Girls Track and Field	Jadrienne Francisco- Javelin
2017/18	City Champions	Midget Girls Track and Field	Calem Phonsavdty- Shot Put
2017/18	City Champions	Junior Boys Track and Field	Kiarash Khandehroo- Hurdles, Javelin
2017/18	City Champions	Junior Boys Track and Field	Kion Khandehroo- Shot
2017/18	City Champions	Junior Boys Track and Field	Mitchell McGarry
2017/18	City Champions	Senior Boys Track and Field	Jaden Litzenberger
2017/18	City Champions	Senior Boys Track and Field	Payton O'Connor
2017/18	City Champions	Senior Boys Track and Field	Matthew Exner
2017/18	City Champions	Senior Boys Track and Field	Vaughn Taylor
2017/18	City Aggregate	Jr. Boys Aggregate	Kion Khandehroo
2017/18	City Champions	Cross Country Senior Boys	Matthew Exner
2016/17	City Champions	Midget Boys Track and Field	Kiarash Khandehroo- Hurdles, Javelin, Discus
2016/17	City Champions	Midget Boys Track and Field	Mitchell McGarry –Long Jump, High Jump
2016/17	City Champions	Midget Boys Track and Field	Jayden Vongphit –400m
2016/17	City Champions	Junior Boys Track and Field	Jaden Litzenberger –Pole Vault
2016/17	City Champions	Junior Boys Track and Field	Payton O'Connor –Shot Put, Quad
2016/17	City Champions	Senior Boys Track and Field	Toby Omoyefa - Hurdles
2016/17	City Champions	Senior Boys Track and Field	Vaughn Taylor –100m, 200m, 400m
2016/17	City Champions	Senior Boys Track and Field	Matthew Exner –800m, 1500m, 3000m

2016/17	City Champions	Senior Boys Track and Field	Tanner Schmekel –Shot Put
2016/17	City Champions	Senior Boys Track and Field	400m relay – Vaughn Taylor, Shane Seilman, Matthew Exner, Jayden Vongphit
2016/17	Prov. Champions	Senior Boys Track and Field	Matthew Exner –800m, 1500m, 3000m
2016/17	Prov. Aggregate Winner	Senior Boys Track and Field	Matthew Exner
2016/17	City Champions	Senior Boys Cross Country	Matthew Exner
2016/17	Prov. Champions	Senior Boys Cross Country	Matthew Exner
2016/17	City Champions	Track and Field	Riffel
2015/16	City Champions	Jr Boys Volleyball	
2015/16	City Champions	Sr Boys Curling	
2015/16	City Champions	Junior Boys Track and Field	Vaughn Taylor Hurdles, 200m, 400m
2015/16	City Champions	Junior Boys Track and Field	Matthew Exner 800m, 1500m, 3000m
2015/16	City Champions	Junior Boys Track and Field	Toby Omoyefa Discus
2015/16	City Champions	Junior Girls Track and Field	Sarrah Tremblay 800m, 1500m, 3000m
2015/16	City Champions	Junior Girls Track and Field	Kaitlynn Stricker Hurdles, High Jump
2015/16	City Champions	Senior Boys Track and Field	Lucas Nurkowski Hurdles
2015/16	City Champions	Midget Girls Track and Field	Blaze Lloyd Pole Vault
2015/16	Prov. Champions	Junior Boys Cross Country	Matthew Exner
2015/16	Prov. Champions	Junior Boys Track and Field	Matthew Exner 1500m, 3000m
2015/16	Prov. Aggregate Winner	Junior Girls Track and Field	Sarrah Tremblay
2015/16	Prov. Aggregate Winners	Junior Boys Track and Field	Matthew Exner and Vaughn Taylor
2015/16	Prov. Champions	Junior Boys Track and Field	Vaughn Taylor 200m, 400m, 800m
2015/16	City Champions	Track and Field	Riffel
2014/15	City Champion	Midget Boys Track and Field	Matt Exner 1500m, 3000m
2014/15	City Champion	Midget Boys Cross Country	Matt Exner

2014/15	Prov. Champion	Midget Boys Track and Field	Matthew Exner 1500m, 3000m
2014/15	Prov. Champion	Midget Boys Cross Country	Matthew Exner
2014/15	Prov. Champion	Midget Boys Track and Field	Vaughn Taylor 400m, 800m, hurdles
2014/15	City Champion	Midget Boys Track and Field	Vaughn Taylor 200m, 400m, 800m, hurdles
2014/15	City Champion	Jr. Boys Track and Field	Toby Omoyefa Shot Put
2014/15	City Champion	Jr. Boys Track and Field	Kyle Borsa 100m
2014/15	City Champion	Midget boys Track and Field	Shane Seilman 100m
2014/15	City Champion	Jr. Boys Curling	
2014/15	Prov. Champion	Cross Country	Riffel 3A
2013/14	City Champion	Sr. Girls Volleyball	
2013/14	City Champion	Sr. Men's Track and Field	Chad Teskey Javelin
2013/14	City Champion	Sr. Men's Track and Field	Dre Hein Shot Put
2012/13	City Champion	Cross Country	Sarah Slusar
2012/13	Prov. Champion	Cross Country	Sarah Slusar
2012/13	City Champion	Jr. Boys Volleyball	
2012/13	Prov. Champion	Junior Girls Track and Field	Sarah Slusar 800m, 1500m, and 3000m
2012/13	City Champion	Junior Girls Track and Field	Keely McCulloch high jump, long jump & triple jump
2011/12	City Champion	Football	
2011/12	Prov. Champion	Football	
2011/12	City Champions	Sr Men's Basketball	
2011/12	Prov. Champion	Sr Men's Basketball	
2011/12	LIT Champions	Sr Men's Basketball	
2011/12	City Champions	Cross Country Midget Girls	Sarah Slusar

2011/12	City Champions	Jr. Girls Track and Field	Rebecca Burns Shot Put
2011/12	City Champions	Midget Girls Track and Field	Sarah Slusar 400m, 800m, 1500m & 3000
2011/12	City Champion	Golf	Lisa Reid
2011/12	Prov. Champion	Golf	Lisa Reid
2011/12	Prov Champion	Cross Country	Sarah Slusar
2010/11	City Champion	Senior Girls Volleyball	
2010/11	City Champion	Junior Girls Basketball	
2010/11	City Champion	Cross Country Midget Girls	Sara Slusar
2010/11	Prov. Champion	Badminton Men's Singles	Jeremy Slyvester
2010/11	City Champion	Track & Field Midget Girls	Sara Slusar 3000m
2010/11	City Champion	Track & Field Midget Boys	Matthew Shelest 100m Hurdles
2010/11	City Champion	Golf	Lisa Reid
2010/11	City Champion	Cross Country	Sarah Slusar
2010/11	Prov. Champion	Cross Country	Sarah Slusar
2009/10	City Champion	Sr Girls Curling	
2009/10	City Champion	Track & Field Junior Girls	Rikki Wendel Javelin
2009/10	City Champion	Track & Field Junior Girls	Brooke Hoffman Triple Jump
2009/10	City Champion	Track & Field Midget Boys	Tori Dominguez 100m, 200m
2009/10	City Champion	Track & Field Midget Boys	Jacob Stephen Shot Put
2009/10	City Champion	Track & Field Junior Boys	Jordan Wand 400m, 800m, 1500m
2009/10	City Champion	Track & Field Senior Boys	Regan Bolen 200m, 100m Hurdles
2009/10	City Champion	Track & Field Senior Boys	Tyrel Perala Shot Put
2009/10	City Champion	Track & Field Senior Boys	Lex Ewen Long and Triple Jump
2009/10	City Champion	Track & Field Senior Boys	Relay Team 4 x 100m
2009/10	Prov. Champion	Track & Field Midget Boys	Jacob Stephen Shot Put
2009/10	Prov. Champion	Track & Field Senior Boys	Lex Ewen Triple Jump

2009/10	Prov. Champion	Grass Golf	Drew Kocur
2008/09	City Champion	Badminton Men's Doubles	Matt Sylvester and Drew Streleau
2008/09	City Champion	Badminton Mixed Doubles	Megan Arsenault and Caitlyn Todorovich
2008/09	City Champion	Track & Field Midget Boys	Jeff Hubic High Jump
2008/09	City Champion	Track & Field Midget Boys	Jeff Hubic Triple Jump
2008/09	City Champion	Track & Field Midget Boys	Brandon Thompson Shot Put
2008/09	City Champion	Track & Field Midget Girls	Brooke Hoffman Long Jump
2008/09	City Champion	Track & Field Senior Girls	Courtney Dunbar Shot Put
2008/09	City Champion	Track & Field Senior Boys	Joshua Eged Pole Vault
2008/09	City Champion	Track & Field Senior Boys	Lex Ewen Long Jump
2008/09	City Champion	Track & Field Senior Boys	Lex Ewen Triple Jump
2008/09	City Champion	Track & Field Senior Boys	Tyrel Perala Shot Put
2008/09	City Champion	Track & Field Senior Boys	4 x 100m Relay
2008/09	City Champion	Baseball	
2007/08	City Champion	Football	
2007/08	City Champion	Cross Country Senior Girls	Karissa Lepage Gold
2007/08	City Champion	Jr. Girls Basketball	
2007/08	City Champion	Badminton Ladies Doubles	Sam Tran and Tram Pham
2007/08	City Champion	Track & Field Midget Girls	Alycia Lowes 80m Hurdles
2007/08	City Champion	Track & Field Midget Girls	Madison Brown Triple Jump
2007/08	City Champion	Track & Field Midget Boys	Brett Tesky 100m, Long Jump, Triple Jump
2007/08	City Champion	Track & Field Midget Boys	Riley Schmidt High Jump
2007/08	City Champion	Track & Field Junior Girls	Brooke Walker 100m, 200m, 400m
2007/08	City Champion	Track & Field Junior Boys	Tyrel Perala Discus
2007/08	City Champion	Track & Field Junior Boys	Jens Johnson Long Jump

2007/08	City Champion	Track & Field Junior Boys	Lex Ewen 100m, Triple Jump
2007/08	City Champion	Track & Field Senior Girls	Kelsey Nijman 80m Hurdles
2007/08	City Champion	Baseball	
2006/07	City Champion	Junior Men's Volleyball	
2006/07	City Champion	Cross Country	Carissa Lepage Gold
2006/07	City Champion	Junior Boys Basketball	
2006/07	City Champion	Track & Field Junior Boys	Catlyn Todorovich Triple Jump
2006/07	City Champion	Track & Field Junior Girls	Kelsey Nijman Hurdles
2006/07	City Champion	Track & Field Junior Girls	Karissa Lepage 3000m,1500m,800m
2006/07	City Champion	Track & Field Junior Girls	Karissa Lepage Aggregate Winner
2006/07	City Champion	Track & Field Midget Boys	Brett Forst 400m
2006/07	City Champion	Track & Field Midget Boys	Lex Ewen Long Jump, High Jump
2006/07	City Champion	Track & Field Midget Boys	Tyrel Perala Shot Put, Discus
2006/07	City Champion	Track & Field Midget Girls	Brooke Walker 100m, 200m
2006/07	City Champion	Track & Field Midget Boys	Kasja Probe High Jump
2006/07	Prov. Champion	Track & Field Midget Boys	Lex Ewen Long Jump, High Jump
2006/07	Prov. Champion	Track & Field Junior Girls	Karissa Lepage 3000m,1500m,
2005/06	City Champion	Football	
2005/06	Prov. Champion	Football	
2005/06	City Champion	Badminton Mixed Doubles	Terry Letang / Ashley Wirtz
2005/06	City Champion	Badminton Men's Singles	Corey Yu
2005/06	City Champion	Badminton Team	
2005/06	City Champion	Girls Doubles	Sam Tran / Tram Pham
2005/06	City Champion	Track & Field Senior Men's	Darren Mazzei 400m, 800m
2005/06	City Champion	Track & Field Senior Men's	Thomas Cameron Triple Jump
2005/06	City Champion	Track & Field Senior Girls	Olivia Brennan 400m

2005/06	City Champion	Track & Field Junior Men's	Shawn Crites 100m
2005/06	City Champion	Track & Field Junior Men's	Garrett Bolen 400m, High Jump, Pole Vault
2005/06	City Champion	Track & Field Junior Men's	Garrett Bolen Aggregate Winner
2005/06	City Champion	Track & Field Junior Girls	Kelsey Nijman 100m, High Jump
2005/06	City Champion	Track & Field Junior Men's	Mark Beitel 3000m, 800m, 1500m
2005/06	City Champion	Track & Field Junior Girls	Jenna Jelinski 100m Hurdles, Triple and Long Jump
2005/06	City Champion	Track & Field Senior Girls	Ashley Emperingham Shot Put
2005/06	City Champion	Track & Field Senior Girls	Desiree Tuttosi Shot Put
2005/06	City Champion	Track & Field Senior Girls	Karissa Lepage 3000m, 800m, 1500m
2005/06	City Champion	Track & Field Midget Boys	Catlyn Todorovich Triple Jump
2005/06	Prov. Champion	Track & Field Midget Boys	Catlyn Todorovich Triple Jump
2005/06	Prov. Champion	Track & Field Senior Men's	Darren Mazzei 800m
2005/06	Prov. Champion	Track & Field Junior Womans	Karissa Lepage 3000m, 800m, 1500m
2005/06	City Champion	Men's Baseball	
2005/06	City Champion	Men's Hockey	
2004/05	City Champion	Cross Country Junior Girls	
2004/05	City Champion	Cross Country Senior Men's Team	
2004/05	City Champion	Cross Country Senior Men's	Darren Mazzei
2004/05	City Champion	Football	
2004/05	Prov. Champion	Football	
2004/05	City Champion	Men's Hockey	
2004/05	City Champion	Badminton Team	
2004/05	City Champion	Badminton Mixed Doubles	Terry Latang / Ashley Wirtz
2004/05	City Champion	Badminton Men's Singles	Corey Yu
2004/05	City Champion	Track & Field Senior Men's	Darren Mazzei Aggregate Winner
2004/05	Prov. Champion	Track & Field Senior Men's	Darren Mazzei 400, 800 & 1500m

2004/05	City Champion	Track & Field Midget Girls	Jenna Jelinski Aggregate Winner
2004/05	City Champion	Track & Field 100m	Jennie Ostapowich
2004/05	City Champion	Track & Field Shot Put	Rob Tait
2004/05	City Champion	Track & Field Midget Girls Triple Jump	Kelsey Nijman
2004/05	City Champion	Track & Field Midget Girls High Jump	Kelsey Nijman
2004/05	City Champion	Track & Field Midget Boys Triple Jump	Taylor Wandler
2004/05	City Champion	Track & Field Senior Girls Triple Jump	Elyse Edwards
2004/05	City Champion	Track & Field Senior Men's Pole-vault	Eric Mazzei
2004/05	City Champion	Men's Lacrosse	
2004/05	City Champion	Track & Field Midget Girls High Jump	Kelsey Nijman
2004/05	City Champion	Track And Field Midget Boys Triple Jump	Taylor Wandler
2003/04	City Champion	Football	
2003/04	City Champion	Cross Country Junior Boys	Neil Beitel
2003/04	City Champion	Cross Country Midget Girls	
2003/04	City Champion	Badminton Men's Doubles	Corey Yu/ Conrad Ford
2003/04	City Champion	Badminton Team	
2003/04	City Champion	Senior Girls Basketball	
2003/04	City Champion	Track & Field Junior Boys	Darren Mazzei 800 & 1500
2003/04	City Champion	Track & Field Junior Boys	Darren Mazzei Aggregate Winner
2003/04	Prov. Champion	Track & Field Junior Boys	Darren Mazzei 800 & 1500
2003/04	Prov. Champion	Track & Field Pole-vault	Eric Mazzei
2002/03	City Champion	Golf	Bryden Wright
2002/03	City Champion	Cross Country Junior Boys	
2002/03	City Champion	Cross Country Midget Boys	Neil Beitel
2002/03	City Champion	Cross Country Senior Girls	

2002/03	City Champion	Football	
2002/03	City Champion	Senior Girls Volleyball	
2002/03	City Champion	Senior Men's Curling	
2002/03	Prov. Champion	Track & Field	Darren Mazzei
2002/03	City Champion	Senior Men's Lacrosse	
2002/03	City Champion	Badminton Team	
2002/03	City Champion	Badminton Ladies Doubles	Brianna Anderson/Jessica Cheung
2002/03	City Champion	Badminton Men's Singles	Corey Yu
2002/03	City Champion	Badminton Men's Doubles	Derek Anaquad/Stephanie Reimer
2002/03	Prov. Champion	Badminton Men's Singles	Corey Yu
2001/02	Prov. Champion	Golf	Bryden Wright
2001/02	City Champion	Badminton Mixed Doubles	
2001/02	City Champion	Badminton Female Doubles	Brianna Anderson/Jessica Cheung
2001/02	City Champion	Badminton Team	
2001/02	City Champion	Badminton Men's Singles	Nam Nguyen
2001/02	City Champion	Senior Men's Curling	
2000/01	City Champion	Senior Boys Volleyball	
2000/01	City Champion	Girls Water polo	
2000/01	City Champion	Badminton Team	
2000/01	City Champion	Badminton Ladies Doubles	
2000/01	City Champion	Senior Boys Volleyball	
2000/01	City Champion	Men's Hockey	
2000/01	City Champion	Golf	Bryden Wright
2000/01	Prov. Champion	Golf	Bryden Wright
2000/01	City Champion	Track & Field	Danelle McFadden

1999/00	City Champion	Men's Hockey	
1999/00	City Champion	Senior Men's Lacrosse	
1998/99	City Champion	Senior Boys Volleyball	
1998/99	City Champion	Junior Boys Volleyball	
1998/99	City Champion	Senior Girls Cross Country	
1998/99	City Champion	Girls Water polo	
1998/99	City Champion	Senior Men's Lacrosse	
1997/98	City Champion	Men's Water polo	
1997/98	City Champion	Senior Men's Lacrosse	
1997/98	Prov. Champion	Senior Men's Lacrosse	
1996/97	City Champion	Junior Boys Volleyball	
1996/97	City Champion	Senior Boys Volleyball	
1996/97	City Champion	Senior Men's Lacrosse	
1996/97	Prov. Champion	Senior Men's Lacrosse	
1996/97	City Champion	Golf	Tyler Wright
1996/97	Prov. Champion	Golf	Tyler Wright
1994/95	City Champion	Golf	Tyler Wright
1994/95	City Champion	Senior Men's Lacrosse	
1993/94	City Champion	Cross Country	
1993/94	City Champion	Junior Boys Basketball	
1993/94	City Champion	Senior Girls Curling	
1993/94	City Champion	Track & Field	
1993/94	City Champion	Junior Men's Lacrosse	

1992/93	City Champion	Cross Country	
1992/93	City Champion	Junior Girls Basketball	
1992/93	City Champion	Track & Field	
1991/92	City Champion	Cross Country	
1991/92	City Champion	Track & Field	
1990/91	City Champion	Senior Girls Basketball	
1989/90	City Champion	Cross Country	
1989/90	City Champion	Football	
1989/90	Prov. Champion	Football	
1989/90	City Champion	Junior Boys Curling	
1989/90	City Champion	Junior Boys Basketball	
1989/90	City Champion	Senior Girls Basketball	
1989/90	City Champion	Track & Field	
1989/90	City Champion	Badminton	
1988/89	City Champion	Senior Girls Basketball	
1988/89	Prov. Champion	Senior Girls Basketball	
1987/88	City Champion	Senior Girls Basketball	
1986/87	City Champion	Senior Girls Volleyball	