

## Alberta Age Class Indoor Records - Men

Event	Age	Performance	Name	Affiliation	Venue	Date
<b>50m</b>						
	U23	5.71	Sam Effah (88)	UC Atheltic Club	Saskatoon, SK	Feb 4 2010
	19	5.82	Akeem Haynes (92)	Calgary International	Saskatoon, SK	Feb 4 2010
	18	5.82	Akeem Haynes (92)	Calgary International	Saskatoon, SK	Feb 4 2010
	17	6.01	Brad McCuaig (70)	Caltaf	Calgary, AB	Nov 21 1987
	16	6.05	Abi Isaac (74)	Edmonton Olympic	Edmonton, AB	Dec 8 1990
	15	6.0h	Sean Kehoe (58)	Edmonton Olympic	Edmonton, AB	Feb 11 1973
	14	6.53	Dean Klassen (76)	Lethbridge Track	Calgary, AB	Dec 16 1989
<b>60m</b>						
	U23	6.57	Sam Effah (88)	UC Atheltic Club	Windsor, ON	Mar 11 2010
	19	6.73	Sam Effah (88)	UC Atheltic Club	Calgary, AB	Dec 8 2007
		6.73	Akeem Haynes (92)	Calgary International	Calgary, AB	Jan 9 2010
	18	6.73	Akeem Haynes (92)	Calgary International	Calgary, AB	Jan 9 2010
	17	6.93	Akeem Haynes (92)	Calgary International	Calgary, AB	Jan 3 2008
	16	6.95	Brad McCuaig (70)	Okotoks Track	Saskatoon, SK	Dec 27 1986
	15	7.18	Brad McCuaig (70)	Okotoks Track	Saskatoon, SK	Dec 28 1985
	14	7.25	Michael King McKenzie	Edmonton Harriers	Edmonton, AB	Nov 29 2008
<b>200m</b>						
	U23	21.22	Tyler Christopher (83)	Edmonton International	Saskatoon, SK	Feb 7 2004
	19	21.42	Brad McCuaig (70)	Caltaf	Winnipeg, MB	Feb 6 1988
	18	21.42	Brad McCuaig (70)	Caltaf	Winnipeg, MB	Feb 6 1988
	17	21.77	Abi Issac (74)	Edmonton Olympic	Saskatoon, SK	Feb 17 1991
	16	22.57	Brad McCuaig (70)	Okotoks Track	Saskatoon, SK	Mar 2 1986
	15	23.01	Abi Issac (74)	Edmonton Olympic	Edmonton, AB	Mar 5 1989
	14	24.18	Chris Lem (98)	Unattached Alberta	Edmonton, AB	Jan 20 2013
<b>300m</b>						
	U23	32.89	Austin Cole (98)	Capital City	Winnipeg, MB	Mar 9 2019
	19	33.45	Brian Barnett (87)	Capital City	Edmonton, AB	Feb 12 2006
	18	33.50	Brad McCuaig (70)	Caltaf	Saskatoon, SK	Jan 8 1988
	17	34.34	Brad McCuaig (70)	Okotoks Track	Edmonton, AB	Dec 28 1986
	16	34.34	Brad McCuaig (70)	Okotoks Track	Edmonton, AB	Dec 28 1986
	15	36.61	Brad McCuaig (70)	Okotoks Track	Edmonton, AB	Dec 29 1985
	14	38.00	Eric Lorscheider (70)	Calgary Spartans	Edmonton, AB	Dec 29 1984
<b>400m</b>						
	U23	47.62	Dave Anderson (73)	Calgary Spartans	Winnipeg, MB	Jan 30 1993
	19	48.49	Brian Barnett (87)	Capital City	Edmonton, AB	Mar 4 2006
	18	48.90	Brad McCuaig (70)	Caltaf	Calgary, AB	Dec 5 1988
	17	49.46	Dave Anderson (73)	Calgary Spartans	Winnipeg, MB	Mar 3 1990
	16	51.28	Ryder Horton (00)	St Albert Mustangs	Edmonton, AB	Nov 20 2016
	15	52.40	Erik Lorscheider (70)	Calgary Spartans	Winnipeg, MB	Feb 9 1985
	14	53.10	Sasha Smilijanac (73)	Caltaf	Calgary, AB	Dec 5 1987
<b>600m</b>						
	U23	1'18.44	Mike McLean (70)	Edmonton Olympic	Winnipeg, MB	Mar 2 1990

	19	1'18.59	Darren Clarke (81)	University of Calgary	Montreal, PQ	Mar 11 2000
	18	1'19.64	Tyler Smith (94)	Leduc Track	Edmonton, AB	Jan 21 2012
	17	1'19.6h	Doug Wournell (61)	Calgary Thunderbolts	Edmonton, AB	Dec 16 1978
	16	1'21.36	Mark Lynch (68)	Leduc Track	Saskatoon, SK	Dec 29 1984
	15	1'23.85	Mats Swanson (04)	Leduc Track	Edmonton, AB	Feb 10 2019
	14	1'27.77	Mats Swanson (04)	Leduc Track	Edmonton, AB	Mar 4 2018
<b>800m</b>						
	U23	1'45.90	Marco Arop (98)	Voleo	Clemson, SC	Feb 9 2019
	19	1'49.46	Tyler Smith (94)	Leduc Track	Edmonton, AB	Feb 18 2012
	18	1'49.46	Tyler Smith (94)	Leduc Track	Edmonton, AB	Feb 18 2012
	17	1'53.97	Mark Lynch (68)	Leduc Track	Edmonton, AB	Feb 8 1985
	16	1'56.1h	Doug Wournell (61)	Calgary Thunderbolts	Edmonton, AB	Mar 6 1977
	15	1'58.51	Mats Swanson (04)	Leduc Track	Pocatello, ID	Feb 16 2019
	14	2'00.91	Scott Chalupiak (99)	Airdrie Aces Athletics Club	Calgary, AB	Dec 14 2013
<b>1000m</b>						
	U23	2'23.36	Scott Jensen (74)	University of Calgary	Edmonton, AB	Feb 23 1996
	19	2'27.74	Scott Jensen (74)	Calgary Track West	Winnipeg, MB	Mar 13 1992
	18	2'27.74	Scott Jensen (74)	Calgary Track West	Winnipeg, MB	Mar 13 1992
	17	2'27.97	Scott Jensen (74)	Calgary Track West	Calgary, AB	Jan 26 1991
	16	2'29.90	Mark Lynch (68)	Leduc Track	Edmonton, AB	Dec 2 1984
	15	2'38.62	Scott Chalupiak (99)	Airdrie Aces Athletics Club	Calgary, AB	Jan 26 2014
	14	2'42.97	Ryan Fyfe (86)	Leduc Track	Edmonton, AB	Dec 16 2000
<b>1200m</b>						
	15	3'13.99	Scott Chalupiak (99)	Airdrie Aces Athletics Club	Edmonton, AB	Nov 30 2014
	14	3'25.92	Scott Chalupiak (99)	Airdrie Aces Athletics Club	Edmonton, AB	Jan 19 2013
<b>1500m</b>						
	U23	3'52.22	Jeremy Deere (75)	Calgary Spartans	Saskatoon, SK	Feb 25 1995
	19	3'52.90	Adrian Shorter (62)	Edmonton Harriers	Edmonton, AB	Feb 21 1981
	18	3'54.62	Alex Mowat (68)	Calgary Track West	Winnipeg, MB	Mar 1 1985
	17	3'54.62	Alex Mowat (68)	Calgary Track West	Winnipeg, MB	Mar 1 1985
	16	3'57.39	Mark Lynch (68)	Leduc Track	Saskatoon, SK	Dec 19 1984
	15	4'11.96	Jaden Ostapowich (89)	Wetaskawin Track	Edmonton, AB	Nov 27 2004
	14	4'20.90	Ryan Fyfe (86)	Leduc Track	Edmonton, AB	Nov 25 2000
<b>2000m</b>						
	15	5'50.46	Brandon Vail (99)	Edmonton Harriers	Edmonton, AB	Nov 30 2014
	14	6'31.15	Maximus Thiessen (00)	Edmonton Harriers	Edmonton, AB	Nov 30 2014
<b>3000m</b>						
	U23	8'08.06	Angus Rawling (97)	Caltaf	Boston, MA	Feb 10 2018
	19	8'16.2h	Dean Childs (57)	Calgary Spartans	Edmonton, AB	Feb 22 1976
	18	8'20.4h	Peter Butler (58)	Calgary Spartans	Edmonton, AB	Feb 8 1976
	17	8'35.30	Alex Mowat (68)	Calgary Track West	Winnipeg, MB	Mar 1 1985
	16	8'36.9h	Rob Evans (59)	Calgary Spartans	Saskatoon, SK	Dec 29 1975
	15	9'06.32	Nyial Majock (90)	Caltaf	Calgary, AB	Dec 10 2005
	14	9'34.79	Aaron Robson (86)	Edmonton Harriers	Edmonton, AB	Nov 26 2000
<b>60m Hurdles</b>						
<b>42"</b>	U23	8.13	Stephen Ezeji-Okoye (63)	Norwesters	Saskatoon, SK	Dec 29 1982
<b>39"</b>	19	8.14	Khymani Reid (00)	Calgary International	Calgary, AB	Jan 6 2019

<b>39"</b>	18	8.16	Ryan Wright (02)	Calgary Warriors	Pocatello, ID	Feb 13 2020
<b>36"</b>	17	8.18	Adrian Melca (89)	Rocky Mountain Royals	Edmonton, AB	Mar 5 2006
<b>36"</b>	16	8.45	Chris Lem (98)	Capital City	Edmonton, AB	Mar 8 2015
		8.45	Ryan Wright (02)	Calgary Warriors	Edmonton, AB	Mar 4 2018
<b>33"</b>	15	8.52	Keon Rude (05)	Calgary International	Edmonton, AB	Feb 9 2020
<b>33"</b>	14	8.72	Aaron Marcynuk (00)	Edmonton Columbians	Edmonton, AB	Jan 25 2015
<b>Race Walk</b>						
<i>3000m</i>	U23	16'25.01	Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	Mar 6 2016
<i>3000m</i>	19	16'25.01	Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	Mar 6 2016
<i>3000m</i>	18	16'25.01	Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	Mar 6 2016
<i>3000m</i>	17	16'25.01	Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	Mar 6 2016
<i>3000m</i>	16	Vacant				
<i>1500m</i>	15	8'24.9	Sheldon Clark (87)	Peace Country	Edmonton, AB	Nov 30 2002
<i>1500m</i>	14	9'19.4	Eric Kerlake (65)	Edmonton Olympic	Edmonton, AB	Jan 6 1979
<b>High Jump</b>						
	U23	2.21	Cory Siermachesky (69)	Capital City	Edmonton, AB	Feb 18 1990
	19	2.15	Wesley Calef (99)	Green and Gold Track Club	Edmonton, AB	Feb 11 2018
	18	2.05	Tyler Weir (73)	Edmonton Olympic	Edmonton, AB	Mar 3 1991
		2.05	Jesse Lipscombe (80)	St Albert Track	Pocatello, ID	Feb 15 1997
	17	2.05	Jesse Lipscombe (80)	St Albert Track	Pocatello, ID	Feb 15 1997
	16	2.01	Jesse Lipscombe (80)	St Albert Track	Edmonton, AB	Nov 30 1996
	15	1.88	Matthew Cardoza (89)	Edmonton Harriers	Edmonton, AB	Nov 27 2004
	14	1.80	Jason Nadeau (76)	Norwesters	Edmonton, AB	Mar 3 1990
		1.80	Jesse Lipscombe (80)	St Albert Track	Edmonton, AB	Jan 22 1994
<b>Pole Vault</b>						
	U23	5.07	Jamie Johnson (80)	Capital City	Regina, SK	Feb 23 2001
	19	5.00	Jamie Johnson (80)	Capital City	Edmonton, AB	Nov 25 2000
	18	4.70	Deryk Theodore (89)	Edmonton International	Edmonton, AB	Dec 1 2007
	17	4.05	Deryk Theodore (89)	Edmonton International	Edmonton, AB	Nov 25 2006
	16	3.70	Brad Young (77)	Capital City	Edmonton, AB	Nov 12 1993
	15	3.65	Tekoa Kornelsen (04)	Edmonton International	Edmonton, AB	Feb 10 2019
	14	3.50	Sean Steacy (86)	Chinook	Edmonton, AB	Feb 9 2001
<b>Long Jump</b>						
	U23	7.41	Barry Boyd (52)	Edmonton Olympic		Mar 16 1972
	19	7.22	Aaron Hernandez (95)	Chinook	Pocatello, ID	Feb 16 2013
	18	7.22	Aaron Hernandez (95)	Chinook	Pocatello, ID	Feb 16 2013
	17	6.90	Matthew Cardoza (89)	Capital City	Edmonton, AB	Nov 25 2006
	16	6.80	George Spakowsky (66)	Calgary Spartans	Edmonton, AB	Mar 13 1982
	15	6.28	Isaac Ikram (78)	DUN	Edmonton, AB	Dec 11 1993
	14	6.19	Charles Bazerd (89)	Sherwood Park Trackers	Edmonton, AB	Nov 29 2003
<b>Triple Jump</b>						
	U23	15.91	Oral O'Gilvie (69)	Capital City	Edmonton, AB	Feb 18 1989
	19	15.03	Aaron Hernandez (95)	Chinook	Edmonton, AB	Feb 22 2014
	18	14.45	Sodienye Nkwonta (98)	Caltaf	Saskatoon, SK	Feb 27 2016
	17	13.76	Ryan McKay (73)	Caltaf	Edmonton, AB	Mar 13 2010

	16	13.58	Calvin Caunt (65)	Edmonton Columbians	Edmonton, AB	Dec 12 1981
	15	12.81	Zackary Poirier (02)	Calgary Warriors	Edmonton, AB	Feb 11 2017
	14	11.76	Dean Klassen(76)	Lethbridge Track	Edmonton, AB	Mar 2 1990
<b>Shot Put</b>						
<b>7.26kg</b>	U23	18.46	Chris Meisner (83)	Chinook	Windsor, ON	Mar 11 2004
<b>6kg</b>	19	16.47	Chris Meisner (83)	Chinook	Edmonton, AB	Feb 3 2002
<b>6kg</b>	18	15.42	Matt Doherty (85)	Red Deer Titans	Edmonton, AB	Mar 9 2003
<b>5kg</b>	17	16.64	Matt Doherty (85)	Red Deer Titans	Edmonton, AB	Feb 2 2002
<b>5kg</b>	16	14.60	Henry Ferreira (88)	Northeast Alberta Track	Edmonton, AB	Nov 27 2004
<b>4kg</b>	15	18.68	Lanny Tron (60)	Lethbridge Track	Edmonton, AB	Dec 18 1976
<b>4kg</b>	14	14.10	Dwight Midgley (80)	Caltaf	Edmonton, AB	Dec 11 1993
<b>Weight Throw</b>						
<b>35lbs</b>	U23	22.02	Jim Steacy (84)	Chinook	Saskatoon, SK	Feb 7 2004
<b>25lbs</b>	19	23.08	Jim Steacy (84)	Chinook	Lethbridge,AB	Dec 8 2001
<b>25lbs</b>	18	23.08	Jim Steacy (84)	Chinook	Lethbridge,AB	Dec 8 2001
<b>20lbs</b>	17	22.11	Andreas Troschke (99)	Airdrie Aces Athletics Club	Edmonton, AB	Feb 13 2016
<b>20lbs</b>	16	17.94	Pedro Riaz (93)	UC Athletic Club	Edmonton, AB	Mar 7 2009
<b>16lbs</b>	15	16.71	Kurt Schultz (00)	Airdrie Aces Athletics Club	Edmonton, AB	Jan 25 2015
<b>16lbs</b>	14	14.32	Sean Steacy(86)	Chinook	Lethbridge,AB	Dec 10 2000
<b>Pentathlon</b>						
	U23	3812	Trevor Phillips (80)	University of Calgary	Sherbrooke, PQ	Mar 13 2003
	19	3414	Brayden Posyluzny (97)	Red Deer Titans	Edmonton, AB	Feb 14 2015
	18	3414	Brayden Posyluzny (97)	Red Deer Titans	Edmonton, AB	Feb 14 2015
	17	3356	Lewis Collin (98)	St. Albert Mustangs	Edmonton, AB	Feb 14 2015
	16	3151	Aaron Marcynuk (00)	Edmonton Columbians	Edmonton, AB	Feb 7 2016
	15	3108	Aaron Marcynuk (00)	Edmonton Columbians	Edmonton, AB	Feb 14 2015
	14	2475	Aaron Marcynuk (00)	Edmonton Columbians	Edmonton, AB	Feb 8 2014
<b>Heptathlon</b>						
	U23	Vacant				
	19	4898	Denver Krupity (00)	Calgary Spartans	Edmonton, AB	Feb 18 2018
	18	4898	Denver Krupity (00)	Calgary Spartans	Edmonton, AB	Feb 18 2018
<b>4x100m</b>						
	U23	45.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	19	45.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	18	45.84	C. Hunter, D. Freeman,	Calgary Warriors	Edmonton, AB	Feb 9 2008

	17	45.84	M. Prajea, K. Matieshin C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	16	48.13		Lloydminster Olympic	Edmonton, AB	Dec 28 1985
	15	48.13		Lloydminster Olympic	Edmonton, AB	Dec 28 1085
	14	51.62		Northeastern Stars	Saskatoon, SK	Dec 29 1983
<b>4x100m - Club</b>						
	U23	45.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	19	45.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	18	45.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	17	45.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	Feb 9 2008
	16	48.13		Lloydminster Olympic	Edmonton, AB	Dec 28 1985
	15	48.13		Lloydminster Olympic	Edmonton, AB	Dec 28 1085
	14	51.62		Northeastern Stars	Saskatoon, SK	Dec 29 1983
<b>4x200m</b>						
	U23	1'27.50	D. Bubelenyi, A. Cole E. Vela, S. Dixon	University of Alberta	Winnipeg, MB	Mar 7 2019
	19	1'30.01		Team Alberta	Saskatoon, SK	Mar 1 1986
	18	1'33.55		Caltaf	Edmonton, AB	Dec 13 1997
	17	1'33.55		Caltaf	Edmonton, AB	Dec 13 1997
	16	1'35.91	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Calgary, AB	Dec 8 2007
	15	1'38.24	G. Li, G. Frechette, E. Samson, B Thompson	Edmonton Columbians	Edmonton, AB	Feb 18 2018
	14	1'44.17	M. Shokoohi, T. Oglinzanu, L. Murray, J. Zang	Caltaf	Edmonton, AB	Dec 14 2013
<b>4x200m - Club</b>						
	U23	1'30.46		Caltaf	Winnipeg, MB	Feb 5 1988
	19	1'30.46		Caltaf	Winnipeg, MB	Feb 5 1988
	18	1'33.55		Caltaf	Edmonton, AB	Dec 13 1997
	17	1'33.55		Caltaf	Edmonton, AB	Dec 13 1997
	16	1'35.91	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Calgary, AB	Dec 8 2007
	15	1'38.24	G. Li, G. Frechette, E. Samson, B Thompson	Edmonton Columbians	Edmonton, AB	Feb 18 2018
	14	1'44.17	M. Shokoohi, T. Oglinzanu, L. Murray, J. Zang	Caltaf	Edmonton, AB	Dec 14 2013
<b>4x400m</b>						
	U23	3'14.12	S. Effah, S. Kimick, M. Saizew, T. Ratzlaff	University of Calgary	Montreal, PQ	Mar 7 2008
	19	3'16.84	R. Richards, S. Sereda, J. Wallace, J. Graham	Calgary Spartans	Saskatoon, SK	Dec 27 1984
	18	3'29.60		Team Alberta	Saskatoon, SK	Dec 29 1984
	17	3'32.74		Calgary Track West	Saskatoon, SK	Dec 29 1984

16	3'36.04		Calgary Track West	Edmonton, AB	Mar 4 1979
15	3'46.57		Lethbridge Track	Edmonton, AB	Mar 12 1977
	3'46.57		Caltaf	Edmonton, AB	Mar 7 2004
14	4'09.15	T. Huard, M. Shokoohi, J. Cook, R. Wright	Caltaf	Edmonton, AB	Feb 10 2013

#### 4x400m - Club

U23	3'16.84		Calgary Spartans	Winnipeg, MB	Mar 2 1985
19	3'16.84		Calgary Spartans	Winnipeg, MB	Mar 2 1985
18	3'29.60	M. Sinclair, A. Dargie, B. Bateson, T. Ratzlaff	Caltaf	Edmonton, AB	Mar 7 2004
17	3'32.74		Calgary Track West	Saskatoon, SK	Dec 29 1984
16	3'36.04		Calgary Track West	Edmonton, AB	Mar 4 1979
15	3'46.57		Lethbridge Track	Edmonton, AB	Mar 12 1977
	3'46.57		Caltaf	Edmonton, AB	Mar 7 2004
14	4'09.15	T. Huard, M. Shokoohi, J. Cook, R. Wright	Caltaf	Edmonton, AB	Feb 10 2013

#### 4x800m

U23	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
19	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
18	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
17	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
16					
15					
14					

#### 4x800m - Club

U23	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
19	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
18	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018
17	8'05.52	J, Ushko, M. Wafer, N. Cook, S. York	Edmonton Harriers	Edmonton, AB	Nov 17 2018

N. Cook, S. York

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### Medley

U23	3'36.54	C. MacNab, E. Vela, P. Radulovic, B. Calef	Capital City	Edmonton, AB	Feb 14 2015
19	3'36.54	C. MacNab, E. Vela, P. Radulovic, B. Calef	Capital City	Edmonton, AB	Feb 14 2015
18	3'40.22		Edmonton Harriers	Edmonton, AB	Feb 7 2009
17	3'40.22		Edmonton Harriers	Edmonton, AB	Feb 7 2009
16	3'56.95	A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak	Airdrie Aces Athletics Club	Edmonton, AB	Feb 8 2014
15	3'56.95	A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak	Airdrie Aces Athletics Club	Edmonton, AB	Feb 8 2014
14	4'14.50	M. Rembowski, T. McIntosh, D. Schlacter, M. Lynch	Leduc Track	Edmonton, AB	Mar 13 1982

### Medley - Club

U23	3'36.54	C. MacNab, E. Vela, P. Radulovic, B. Calef	Capital City	Edmonton, AB	Feb 14 2015
19	3'36.54	C. MacNab, E. Vela, P. Radulovic, B. Calef	Capital City	Edmonton, AB	Feb 14 2015
18	3'40.22		Edmonton Harriers	Edmonton, AB	Feb 7 2009
17	3'40.22		Edmonton Harriers	Edmonton, AB	Feb 7 2009
16	3'56.95	A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak	Airdrie Aces Athletics Club	Edmonton, AB	Feb 8 2014
15	3'56.95	A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak	Airdrie Aces Athletics Club	Edmonton, AB	Feb 8 2014
14	4'14.50	M. Rembowski, T. McIntosh, D. Schlacter, M. Lynch D. Schlacter, M. Lynch	Leduc Track	Edmonton, AB	Mar 13 1982

## Alberta Age Class Indoor Records - Women

Event	Age	Performance	Name	Affiliation	Venue	Date
<b>50m</b>	U23	6.41	Karen Clarke (71)	Calgary Spartans	Ottawa, ON	Jan 18 1992
	19	6.48	Loudia Laarman (91)	Calgary International	Saskatoon, SK	Feb 4 2010
	18	6.53	Teneshia Peart (86)	Calgary International	Saskatoon, SK	Feb 7 2004
	17	6.2h	Lori Chaki (59)	Lethbridge Track	Edmonton, AB	Jan 13 1979
	16	6.4h	Heather McKay (53)	Edmonton Harriers	Calgary, AB	Mar 28 1969
		6.4h	Brenda Walsh (54)	Edmonton Onlympic	Edmonton, AB	Apr 11 1970
	15	6.5h	Jillian Richardson (65)	Calgary Spartans	Edmonton, AB	Feb 1 1980
	14	6.93	Cheryl Allen (72)	Edmonton Harriers	Edmonton, AB	Mar 9 1985
<b>60m</b>	U23	7.40	Sandy Latrace (97)	Chinook Track Club	Winnipeg, MB	Mar 9 2019
	19	7.41	Loudia Laarman (91)	Calgary International	Pocatello, ID	Feb 18 2010
	18	7.45	Loudia Laarman (91)	Lethbridge Track	Pocatello, ID	Feb 16 2008
	17	7.45	Loudia Laarman (91)	Lethbridge Track	Pocatello, ID	Feb 16 2008
	16	7.58	Loudia Laarman (91)	Lethbridge Track	Calgary, AB	Jan 13 2007
	15	7.67	Loudia Laarman (91)	Lethbridge Track	Calgary, AB	Dec 9 2006
	14	7.86	Loudia Laarman (91)	Lethbridge Track	Calgary, AB	Dec 10 2005
			Loudia Laarman (91)	Lethbridge Track	Calgary, AB	Dec 10 2005
<b>200m</b>	U23	23.93	Atia Weekes (80)	Calgary International	Pocatello, ID	Feb 21 1998
	19	23.93	Atia Weekes (80)	Calgary International	Pocatello, ID	Feb 21 1998
	18	23.93	Atia Weekes (80)	Calgary International	Pocatello, ID	Feb 21 1998
	17	24.65	Mame Twumasi (75)	Calgary Spartans	Saskatoon, SK	Feb 16 1992
	16	24.78	Jillian Richardson (65)	Calgary Spartans	Edmonton, AB	Mar 1 1981
	15	25.25	Cheryl Allen (72)	Edmonton Olympic	Edmonton, AB	Mar 8 1987
	14	25.81	Cheryl Allen (72)	Edmonton Harriers	Edmonton, AB	Mar 1 1986
			Cheryl Allen (72)	Edmonton Harriers	Edmonton, AB	Mar 1 1986
<b>300m</b>	U23	38.23	Amonn Nelson (88)	University of Calgary	Montreal, PQ	Mar 7 2008
	19	38.39	Atia Weekes (80)	Calgary International	Edmonton, AB	Feb 14 1998
	18	38.39	Atia Weekes (80)	Calgary International	Edmonton, AB	Feb 14 1998
	17	38.74	Jillian Richardson (65)	Calgary Spartans	Saskatoon, SK	Dec 29 1982
	16	39.15	Jillian Richardson (65)	Calgary Spartans	Saskatoon, SK	Dec 30 1981
	15	40.92	Janice Zawaski (82)	Leduc Track	Edmonton, AB	Jan 18 1997
	14	40.7h	Cheryl Allen (72)	Edmonton Harriers	Edmonton, AB	Mar 2 1986
			Cheryl Allen (72)	Edmonton Harriers	Edmonton, AB	Mar 2 1986
<b>400m</b>	U23	53.00	Jillian Richardson (65)	Calgary Spartans	Sherbrooke, PQ	Feb 26 1983
	19	53.00	Jillian Richardson (65)	Calgary Spartans	Sherbrooke, PQ	Feb 26 1983
	18	53.00	Jillian Richardson (65)	Calgary Spartans	Sherbrooke, PQ	Feb 26 1983
	17	54.54	Sage Watson (94)	Calgary International	Pocatello, ID	Feb 12 2011
	16	55.59	Cheryl Allen (72)	Edmonton Olympic	Windsor, ON	Feb 20 1988
	15	55.68	Janice Zawaski (82)	Leduc Track	Pocatello, ID	Feb 5 1997
	14	57.49	Cheryl Allen (72)	Edmonton Harriers	Saskatoon, SK	Mar 1 1986
			Cheryl Allen (72)	Edmonton Harriers	Saskatoon, SK	Mar 1 1986
<b>600m</b>	U23	1'28.40	Rachel Francois (92)	Unattached AB	Edmonton, AB	Mar 8 2014



	19	1'29.91	Jenna Westaway (94)	Calgary International	Edmonton, AB	Mar 9 2013
	18	1'30.48	Jenna Westaway (94)	Calgary International	Winnipeg, MB	Feb 4 2012
	17	1'31.84	Tanya Wright (81)	Leduc Track	Edmonton, AB	Feb 14 1998
	16	1'35.24	Tanya Wright (81)	Leduc Track	Edmonton, AB	Dec 28 1997
	15	1'36.89	Sophie Sigfstead (00)	Edmonton Harriers	Calgary, AB	Feb 1 2015
	14	1'38.41	Mandeep Sangha (05)	Calgary Warriors	Edmonton, AB	Mar 10 2019
<b>800m</b>	U23	2'01.89	Jenna Westaway (94)	Calgary International	New York, NY	Feb 15 2014
	19	2'06.8h	Linda Halverson (54)	Calgary Spartans	Edmonton, AB	Feb 9 1971
	18	2'06.8h	Linda Halverson (54)	Calgary Spartans	Edmonton, AB	Feb 9 1971
	17	2'06.8h	Linda Halverson (54)	Calgary Spartans	Edmonton, AB	Feb 9 1971
	16	2'09.5h	Linda Halverson (54)	Calgary Spartans	Edmonton, AB	Dec 15 1970
	15	2'14.13	Sophie Sigfstead (00)	Edmonton Harriers	Calgary, AB	Dec 6 2014
	14	2'14.13	Sophie Sigfstead (00)	Edmonton Harriers	Calgary, AB	Dec 6 2014
<b>1000m</b>	U23	2'42.96	Jenna Westaway (94)	Calgary International	Toronto, ON	Mar 12 2016
	19	2'50.39	Madeleine Sumner (98)	Calgary International	Staten Island, NY	Jan 14 2017
	18	2'50.4h	Linda Halverson (54)	Calgary Spartans	Edmonton, AB	Feb 2 1971
	17	2'50.4h	Linda Halverson (54)	Calgary Spartans	Edmonton, AB	Feb 2 1971
	16	2'52.36	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	15	2'52.36	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	14	3'03.94	Kamila Olguin (99)	Caltaf	Edmonton, AB	Feb 9 2013
<b>1200m</b>	15	3'37.49	Sadie Sigfstead (03)	Edmonton Harriers	Edmonton, AB	Mar 4 2018
	14	3'38.52	Sadie Sigfstead (03)	Edmonton Harriers	Edmonton, AB	Jan 22 2017
<b>1500m</b>	U23	4'27.95	Brigit Otto (61)	Edmonton Olympic	Edmonton, AB	Feb 17 1983
	19	4'29.63	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	18	4'29.63	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	17	4'29.63	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	16	4'29.63	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	15	4'29.63	Sophie Sigfstead (00)	Edmonton Harriers	Edmonton, AB	Jan 23 2015
	14	4'39.98	Sadie Sigfstead (03)	Edmonton Harriers	Edmonton, AB	Feb 11 2017
<b>2000m</b>	15	6'18.66	Sadie Sigfstead (03)	Edmonton Harriers	Edmonton, AB	Feb 18 2018
	14	6'24.83	Sadie Sigfstead (03)	Edmonton Harriers	Edmonton, AB	Feb 19 2017
<b>3000m</b>	U23	9'16.40	Lisa Harvey (70)	Calgary Spartans	Winnipeg, MB	Mar 10 1990
	19	9'34.47	Lisa Harvey (70)	Calgary Spartans	Saskatoon, SK	Feb 24 1989
	18	9'36.63	Jennifer Christensen (68)	Caltaf	Winnipeg, MB	Mar 2 1985
	17	9'36.63	Jennifer Christensen (68)	Caltaf	Winnipeg, MB	Mar 2 1985
	16	9'52.97	Jennifer Christensen (68)	Caltaf	Edmonton, AB	Mar 11 1984
	15	10'00.36	Jennifer Christensen (68)	Caltaf	Saskatoon, SK	Dec 29 1983
	14	10'27.66	Ciara Kary (92)	Calgary Spartans	Edmonton, AB	Jan 22 2006
<b>60m Hurdles</b>						
<b>33"</b>	U23	8.41	Alexa Hrycun (94)	Green and Gold Track	Albuquerque, NM	Feb 6 2016
		8.41	Hailey Hitchings (97)	Edmonton Thunder	Windsor, ON	Mar 10 2018

<b>33"</b>	19	8.49	Hailey Hitchings (97)	Edmonton Thunder	Toronto, ON	Mar 12 2016
<b>33"</b>	18	8.56	Deshaunda Morrison (95)	Calgary International	Seattle, WA	Feb 24 2013
<b>30"</b>	17	8.53	Deshaunda Morrison (95)	Calgary International	Edmonton, AB	Mar 11 2012
<b>30"</b>	16	8.87	Nicola Charlesworth (94)	Caltaf	Calgary, AB	Dec 5 2009
<b>30"</b>	15	8.99	Natasha Gatzke (02)	Calgary Warriors	Calgary, AB	Dec 10 2017
<b>30"</b>	14	9.30	Alexandra Carruthers (00)	Calgary Warriors	Calgary, AB	Dec 6 2014
		9.30	Catherine Carruthers (00)	Calgary Warriors	Calgary, AB	Dec 6 2014
<b>Race Walk</b>						
<i>3000m</i>	U23	15'55.81	Katie Samoil (86)	Leduc Track Club	Edmonton, AB	Mar 6 2004
<i>3000m</i>	19	15'55.81	Katie Samoil (86)	Leduc Track Club	Edmonton, AB	Mar 6 2004
<i>3000m</i>	18	15'55.81	Katie Samoil (86)	Leduc Track Club	Edmonton, AB	Mar 6 2004
<i>3000m</i>	17	Vacant				
<i>3000m</i>	16	Vacant				
<i>1500m</i>	15	8'59.9	Stephanie Keenan (91)	Kinsman Race Walk	Edmonton, AB	Nov 30 2002
<i>1500m</i>	14	8'59.9	Stephanie Keenan (91)	Kinsman Race Walk	Edmonton, AB	Nov 30 2002
<b>High Jump</b>						
	U23	1.88	Coralea Brown (72)	Sherwood Park Cheatahs	Windsor, ON	Feb 21 1988
	19	1.88	Coralea Brown (72)	Sherwood Park Cheatahs	Windsor, ON	Feb 21 1988
	18	1.88	Coralea Brown (72)	Sherwood Park Cheatahs	Windsor, ON	Feb 21 1988
	17	1.88	Coralea Brown (72)	Sherwood Park Cheatahs	Windsor, ON	Feb 21 1988
	16	1.88	Coralea Brown (72)	Sherwood Park Cheatahs	Windsor, ON	Feb 21 1988
	15	1.80	Coralea Brown (72)	Sherwood Park Cheatahs	Edmonton, AB	Mar 8 1987
	14	1.68	Angie Collinge (83)	Split City Sonics	Edmonton, AB	Dec 1 1996
<b>Pole Vault</b>						
	U23	4.10	Meghan Lim (97)	Edmonton International	Windsor, ON	Mar 10 2018
	19	3.81	Madison Evans (96)	Calgary International	Windsor, ON	Mar 14 2015
		3.81	Meghan Lim (97)	Edmonton International	Toronto, ON	Mar 12 2016
	18	3.75	Karla McGee (82)	Lethbridge Track	Saskatoon, SK	Jan 29 2000
	17	3.60	Karla McGee (82)	Lethbridge Track	Winnipeg, MB	Mar 22 1998
	16	3.60	Karla McGee (82)	Lethbridge Track	Winnipeg, MB	Mar 22 1998
	15	3.20	Cassandra Hordal	Edmonton International	Edmonton, AB	Jan 19 2014
	14	3.20	Cassandra Hordal	Edmonton International	Edmonton, AB	Jan 19 2014
<b>Long Jump</b>						
	U23	6.17	Sandy Latrace (97)	Chinook Track	Edmonton, AB	Jan 24 2016
	19	6.17	Sandy Latrace (97)	Chinook Track	Edmonton, AB	Jan 24 2016
	18	6.10	Niki Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Mar 13 2010
	17	6.10	Niki Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Mar 13 2010
	16	6.10	Niki Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Mar 13 2010
	15	5.55	Joanne Otto (61)	Edmonton Olympic	Edmonton, AB	Dec 13 1981
	14	5.49	Niki Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Nov 29 2003
<b>Triple Jump</b>						
	U23	12.68	Makela Nkemdirim (75)	Caltaf	Edmonton, AB	Mar 7 1993
	19	12.68	Makela Nkemdirim (75)	Caltaf	Edmonton, AB	Mar 7 1993
	18	12.68	Makela Nkemdirim (75)	Caltaf	Edmonton, AB	Mar 7 1993

	17	11.70	Natalie Thompson (00)	Lakeland Yellow Jackets	Edmonton, AB	Feb 19 2017
	16	11.42	Tiana Pisoni (96)	Medicine Hat Track	Edmonton, AB	Mar 2 2013
	15	11.11	Tiana Pisoni (96)	Medicine Hat Track	Edmonton, AB	Dec 2 2011
	14	10.80	Leah Walkeden (93)	Edmonton Harriers	Edmonton, AB	Dec 1 2007
<b>Shot Put</b>						
<b>4kg</b>	U23	15.08	Suzanne Pecht (67)	Southwest Athletics	Edmonton, AB	Feb 7 1987
<b>4kg</b>	19	14.88	Suzanne Pecht (67)	Southwest Athletics	Edmonton, AB	Feb 16 1985
<b>4kg</b>	18	14.88	Suzanne Pecht (67)	Southwest Athletics	Edmonton, AB	Feb 16 1985
<b>3kg</b>	17	13.94	Nicole Oudenaarden (94)	Capital City	Edmonton, AB	Jan 22 2011
<b>3kg</b>	16	12.99	Jinaye Shomachuk (03)	Airdrie Aces Athletic Club	Edmonton, AB	Mar 10 2019
<b>3kg</b>	15	12.17	Jinaye Shomachuk (03)	Airdrie Aces Athletic Club	Edmonton, AB	Nov 17 2018
<b>3kg</b>	14	11.72	Nicole Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Nov 29 2008
<b>Weight Throw</b>						
<b>20lbs</b>	U23	17.93	Heather Steacy (88)	Chinook Track	Montreal, PQ	Mar 6 2008
<b>20lbs</b>	19	16.38	Heather Steacy (88)	Chinook Track	Lethbridge, AB	Mar 2 2007
<b>20lbs</b>	18	16.63	Jinaye Shomachuk (03)	Airdrie Aces Athletic Club	Edmonton, AB	Jan 19 2020
<b>16lbs</b>	17	18.93	Jinaye Shomachuk (03)	Airdrie Aces Athletic Club	Edmonton, AB	Mar 1 2020
<b>16lbs</b>	16	18.46	Jinaye Shomachuk (03)	Airdrie Aces Athletic Club	Edmonton, AB	Jan 20 2019
<b>16lbs</b>	15	17.36	Jinaye Shomachuk (03)	Airdrie Aces Athletic Club	Edmonton, AB	Nov 17 2018
<b>16lbs</b>	14	14.83	Heather Steacy (88)	Chinook Track	Edmonton, AB	Nov 30 2002
<b>Pentathlon</b>						
	U23	3969	Niki Oudenaarden (94)	Capital City	Boise, ID	Feb 21 2013
			(8.86 - 1.56 - 13.71 - 5.98 - 2'27.59)			
	19	3969	Niki Oudenaarden (94)	Capital City	Boise, ID	Feb 21 2013
			(8.86 - 1.56 - 13.71 - 5.98 - 2'27.59)			
	18	3969	Niki Oudenaarden (94)	Capital City	Boise, ID	Feb 21 2013
			(8.86 - 1.56 - 13.71 - 5.98 - 2'27.59)			
	17	3789	Niki Oudenaarden (94)	Capital City	Edmonton, AB	Feb 12 2011
			(8.77 - 1.62 - 10.69 - 5.87 - 2'30.53)			
	16	3192	Kiera Greenaway (98)	Capital City	Edmonton, AB	Feb 8 2014
			(9.70 - 1.53 - 10.83 - 4.84 - 2'31.99)			
	15	3345	Nicole Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Feb 7 2009
			(8.21 - 1.61 - 10.99 - 5.32 - 2'40.19)			
	14	3189	Nicole Oudenaarden (94)	Edmonton Olympic	Edmonton, AB	Feb 9 2008
			(8.30 - 1.65 - 9.90 - 5.15 - 2'45.46)			
<b>4x100m</b>						
	U23	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	19	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	18	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	17	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992

	16	52.76		Capital City	Saskatoon, SK	Dec 28 1986
	15	51.12	D. Clonfero, J. Guinchard, N, Oudenaarden, S. Clarke	Edmonton Olympic	Edmonton, AB	Feb 9 2008
	14	54.76	Makowsky, Halwa, T. Wright, J. Zawaski	Leduc Track	Edmonton, AB	Jan 22 1995
<b>4x100m - Club</b>						
	U23	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	19	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	18	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	17	50.38		Calgary Spartans	Saskatoon, SK	Jan 4 1992
	16	52.76		Capital City	Saskatoon, SK	Dec 28 1986
	15	51.12	D. Clonfero, J. Guinchard, N, Oudenaarden, S. Clarke	Edmonton Olympic	Edmonton, AB	Feb 9 2008
	14	54.76	Makowsky, Halwa, T. Wright, J. Zawaski	Leduc Track	Edmonton, AB	Jan 22 1995
<b>4x200m</b>						
	U23	1'39.05	R. Webster, D. Kendall, A. Nelson, K. Lotwin	University of Calgary	Windsor, ON	Mar 3 2010
	19	1'43.13		Team Alberta	Saskatoon, SK	Mar 1 1986
	18	1'43.33	D. Clonfero, B. Colville, N. Oudenaarden, S. Clarke	Edmonton Olympic Club	Edmonton, AB	Feb 14 2010
	17	1'43.5h	K. Aiken, S. Jefferies, B. Lewis, J. Richardson	Calgary Spartans	Edmonton, AB	Feb 10 1980
	16	1'46.9h		Edmonton Olympic	Edmonton, AB	Jan 18 1975
	15	1'46.9h		Edmonton Olympic	Edmonton, AB	Jan 18 1975
	14	1'50.30	J. Hill-Durand, A. Jokic, T. Sinnatamby, K. Tan	Edmonton Columbians	Edmonton, AB	Nov 30 2014
<b>4x200m - Club</b>						
	U23	1'41.67	A. Whiteman, C. Grenke, J. Rozsell, G. Muamba	Capital City	Edmonton, AB	Feb 14 2015
	19	1'43.33	D. Clonfero, B. Colville, N. Oudenaarden, S. Clarke	Edmonton Olympic Club	Edmonton, AB	Feb 14 2010
	18	1'43.33	D. Clonfero, B. Colville, N. Oudenaarden, S. Clarke	Edmonton Olympic Club	Edmonton, AB	Feb 14 2010
	17	1'43.5h	K. Aiken, S. Jefferies, B. Lewis, J. Richardson	Calgary Spartans	Edmonton, AB	Feb 10 1980
	16	1'46.9h		Edmonton Olympic	Edmonton, AB	Jan 18 1975
	15	1'46.9h		Edmonton Olympic	Edmonton, AB	Jan 18 1975
	14	1'50.30	J. Hill-Durand, A. Jokic, T. Sinnatamby, K. Tan	Edmonton Columbians	Edmonton, AB	Nov 30 2014
<b>4x400m</b>						
	U23	3'46.30	K. Saizew, M. Seifert, A. Nelson, D. Kendall	University of Calgary	Windsor, ON	Mar 3 2010
	19	3'51.10		Calgary Spartans	Winnipeg, MB	Mar 2 1985
	18	3'52.51		Calgary Spartans	Saskatoon, SK	Dec 29 2984
	17	3'52.51		Calgary Spartans	Saskatoon, SK	Dec 29 2984

	16	4'05.01	J. Kemp, T. Wright, J. Zawaski, J. Van Kempen	Leduc Track	Edmonton, AB	Dec 6 1997
	15	4'07.30		Team Northern Alberta	Edmonton, AB	Mar 12 1977
	14	4'18.53		Leduc Track	Edmonton, AB	Feb 4 1995
<b>4x400m - Club</b>						
	U23	3'48.9h		Calgary Spartans	Montreal, PQ	Mar 5 1978
	19	3'51.10		Calgary Spartans	Winnipeg, MB	Mar 2 1985
	18	3'52.51		Calgary Spartans	Saskatoon, SK	Dec 29 2984
	17	3'52.51		Calgary Spartans	Saskatoon, SK	Dec 29 2984
	16	4'05.01	J. Kemp, T. Wright, J. Zawaski, J. Van Kempen	Leduc Track	Edmonton, AB	Dec 6 1997
	15	4'13.77		Leduc Track	Saskatoon, SK	Apr 29 1995
	14	4'18.53		Leduc Track	Edmonton, AB	Feb 4 1995
<b>4x800m</b>						
	U23	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
	19	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
	18	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
	17	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
	16	10'23.36	J. Chipiuk, I. Seiler, M. Drebert, L. Dunn	Leduc Track	Edmonton, AB	Nov 17 2018
	15	10'23.36	J. Chipiuk, I. Seiler, M. Drebert, L. Dunn	Leduc Track	Edmonton, AB	Nov 17 2018
	14	10'23.36	J. Chipiuk, I. Seiler, M. Drebert, L. Dunn	Leduc Track	Edmonton, AB	Nov 17 2018
<b>4x800m - Club</b>						
	U23	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
	19	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
	18	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018

17	9'26.07	O. Cooper, M. Ford, S. Sigfstead, C. Palmer	Edmonton Harriers	Edmonton, AB	Feb 11 2018
16	10'23.36	J. Chipiuk, I. Seiler, M. Drebert, L. Dunn	Leduc Track	Edmonton, AB	Nov 17 2018
15	10'23.36	J. Chipiuk, I. Seiler, M. Drebert, L. Dunn	Leduc Track	Edmonton, AB	Nov 17 2018
14	10'23.36	J. Chipiuk, I. Seiler, M. Drebert, L. Dunn	Leduc Track	Edmonton, AB	Nov 17 2018

### Medley

U23	4'10.2h	C. Livingstone, W. Gordon, S. Farley, H. Smith	Edmonton, Olympic	Edmonton, AB	Dec 15 1979
19	4'15.16	S. Krill, D. Morrison, M. Mackay, M. Bernard	Calgary Warriors	Edmonton, AB	Feb 12 2011
18	4'15.16	S. Krill, D. Morrison, M. Mackay, M. Bernard	Calgary Warriors	Edmonton, AB	Feb 12 2011
17	4'16.31	G. Muamba, C. Grenke, K. Greenaway, E. McGoey	Capital City	Edmonton, AB	Feb 8 2014
16	4'21.97	H. Leote, E. Binder, D. Chu, K. Olguin	Caltaf	Edmonton, AB	Feb 8 2014
15	4'21.97	H. Leote, E. Binder, D. Chu, K. Olguin	Caltaf	Edmonton, AB	Feb 8 2014
14	4'35.38	D. Flint, H. Keirstead, N. Cakmak, N. Smallwood	Leduc Track	Edmonton, AB	Feb 13 2010

### Medley - Club

U23	4'10.2h	C. Livingstone, W. Gordon, S. Farley, H. Smith	Edmonton, Olympic	Edmonton, AB	Dec 15 1979
19	4'15.16	S. Krill, D. Morrison, M. Mackay, M. Bernard	Calgary Warriors	Edmonton, AB	Feb 12 2011
18	4'15.16	S. Krill, D. Morrison, M. Mackay, M. Bernard	Calgary Warriors	Edmonton, AB	Feb 12 2011
17	4'16.31	G. Muamba, C. Grenke, K. Greenaway, E. McGoey	Capital City	Edmonton, AB	Feb 8 2014
16	4'21.97	H. Leote, E. Binder, D. Chu, K. Olguin	Caltaf	Edmonton, AB	Feb 8 2014
15	4'21.97	H. Leote, E. Binder, D. Chu, K. Olguin	Caltaf	Edmonton, AB	Feb 8 2014
14	4'35.38	D. Flint, H. Keirstead, N. Cakmak, N. Smallwood	Leduc Track	Edmonton, AB	Feb 13 2010