Alberta Age Class Outdoor Records - Men

Event	Age	Performance		Name	Affiliation	Venue	Date
100m							
	U23	10.23	0.9	Akeem Haynes (92)	Calgary International	Guadalajara, Mex	July 8 2012
	19	10.44	1.9	Akeem Haynes (92)	Calgary International	Calgary, AB	June 29 2011
	18	10.47	1.3	Akeem Haynes (92)	Calgary International	Charlottetown, PE	Aug 24 2009
	17	10.47	1.3	Akeem Haynes (92)	Calgary International	Charlottetown, PE	Aug 24 2009
	16	10.55	-0.2	Chubba Hubbard (99)	Edmonton Columbians	Cali, Col	July 15 2015
	15	11.10	2.0	Matthew Crosswhite (90)	Edmonton Harriers	Red Deer, AB	June 18 2005
	14	11.13	1.4	Chubba Hubbard (99)	Edmonton Columbians	Langley, BC	Aug 9 2013
200m							
	U23	20.31	0.2	Brian Barnett (87)	Capital City	Osaka, JAP	Aug 27 2007
	19	20.76	0.4	Brian Barnett (87)	Capital City	Ottawa, ON	Aug 6 2006
	18	21.09 A		Brad McCuaig (70)	Okotoks Track	Provo, UT	May 21 1988
	17	21.13		Brad McCuaig (70)	Okotoks Track	Richmond, BC	July 12 1987
	16	21.62		Brad McCuaig (70)	Okotoks Track	St. John's, NB	June 28 1986
	15	22.14		Brad McCuaig (70)	Okotoks Track	Saskatoon, SK	Aug 4 1985
	14	23.00		Chubba Hubbard (99)	Edmonton Columbians	Sherwood Park, AB	July 21 2013
300m							
	15	35.74		Tavell Grant (00)	Calgary Royals	Calgary, AB	June 21 2015
	14	37.26		Eric Stephens (99)	Edmonton Thunder	Sherwood Park, AB	July 21 2013
400m							
	U23	44.44		Tyler Christopher (83)	UA Athletics Club	Helsinki, Fin	Aug 12 2005
	19	46.17		Brian Barnett (87)	Capital City	Edmonton, AB	July 8 2006
	18	47.36		Dave Anderson (73)	Calgary Spartans	Calgary, AB	July 12 1991
	17	48.46		Dave Anderson (73)	Calgary Spartans	Calgary, AB	July 23 1990
	16	48.70		Todd Faunt (69)	Calgary Spartans	Calgary, AB	July 6 1985
800m							
	U23	1'45.25		Marco Arop (98)	Voleo	Eugene, OR	June 9 2018
	19	1'47.08		Marco Arop (98)	Voleo	Lima, Per	July 22 2017
	18	1'47.96		Tyler Smith (94)	Leduc Track Club	Edmonton, AB	July 15 2012
	17	1'48.07		Sasha Smilijanic (73)	Caltaf	Montreal, QC	Aug 8 1990
	16	1'52.35		Mark Lynch (68)	Leduc Track Club	Edmonton, AB	July 22 1984
	15	1'57.33		Ryder Horton (00)	St Albert Track Club	Winnipeg, MB	July 19 2015
	14	1'59.60		Mats Swanson (04)	Leduc Track Club	Brandon, MB	Aug 12 2018
1200m							
	15	3'10.82		Ryan Smeeton (98)	UC Athletics Club	Langley, BC	Aug 9 2013
	14	3'17.92		Mats Swanson (04)	Leduc Track Club	Brandon, MB	Aug 12 2018
1500m							
	U23	3'44.83		Jeremy Deere (75)	Calgary Spartans	Montreal, QC	July 10 1995
	19	3'46.98		Jeremy Deere (75)	Calgary Spartans	Victoria, BC	July 30 1994
	18	3'48.14		Spence Punter (70)	Calgary Spartans	Victoria, BC	June 6 1988
	17	3'53.06		Ryan Smeeton (98)	UC Athletics Club	London, ON	June 21 1915
	16	3'53.46		Mark Lynch (68)	Leduc Track Club	Edmonton, AB	June 21 1984
2000m							

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	15	5'43.43		Mathias Gelber (02)	Passtrak	Brandon, MB	Aug 13 2017
	14	5'59.82		Ryan Smeeton (98)	Calgary Warriors	Medicine Hat, AB	July 14 2012
3000m							
	17	8'28.0 (h)		Doug Kehler (63)	Calgray Track Club	Eugene, OR	July 14 1980
	16	8'35.56		Ryan Smeeton (98)	UC Athletics Club	Langley, BC	Aug 16 2014
5000m							
	U23	14'09.2 (h)		Louis Groarke (54)	Calgray Track Club	Lisbon, POR	July 21 1973
	19	14'09.2 (h)		Louis Groarke (54)	Calgray Track Club	Lisbon, POR	July 21 1973
	18	14'37.21		Nyial Majock (90)	Caltaf	Victoria, BC	June 19 2008
10000m							
	U23	29'01.1 (h)		Peter Butler (58)	Calgary Spartans	Kansas	May 31 1977
	19	29'01.1 (h)		Peter Butler (58)	Calgary Spartans	Kansas	May 31 1977
	18	30'13.40		Nyial Majock (90)	Caltaf	Bydgoszcz, POL	July 9 2008
Sprint Hurdles							
110m 42"	U23	14.39		Jonathan Hylton (79)	Calgary International	Edmonton, AB	June 23 2001
110m 39"	19	14.34	1.3	Evan Clark (90)	Caltaf	Ottawa, ON	June 20 2008
110m 39"	18	14.31	1.4	Khymani Reid (00)	Calgary International	Calgary, AB	June 17 2018
110m 36"	17	13.98	0.7	Callum NcNabb (97)	Capital City	Langley, BC	Aug 15 2014
110m 36"	16	14.64	0.8	Mehrdad Shokoohi (99)	Caltaf	Sherwood Park, AB	July 26 2015
100m 33"	15	13.48	0.0	Aaron Marcynuk (00)	Edmonton Columbians	Ste Therese, QC	Aug 7 2015
100m 33"	14	14.39	0.3	Mehrdad Shokoohi (99)	Caltaf	Langley, BC	Aug 10 2013
Intermediate Hurdles							
400m 36"	U23	49.86		John Graham (65)	Calgary Spartans	Ottawa, ON	Aug 4 1985
400m 36"	19	50.98		John Graham (65)	Calgary Spartans	Provo, UT	May 22 1984
400m 36"	18	52.71		Matthew Knapik (97)	Chinook Track Club	Wood Buffalo, AB	Aug 11 2015
400m 33"	17	53.87		Scott Dixon (00)	Capital City	Calgary, AB	June 18 2017
400m 33"	16	54.54		Kai Spierenburg (99)	Calgary Warriors	Kelowna, BC	June 28 2015
200m 30"	15	25.36	0.0	Josh Quarles (97)	Calgary Spartans	Charlottetown, PE	Aug 18 2012
200m 30"	14	26.16	-0.6	Mehrdad Shokoohi (99)	Caltaf	Calgary, AB	May 18 2013
Steeple Chase							
3000m	U23	8'38.8 (h)		Rob Evans (59)	Calgary Spartans	Seattle, WA	May 17 1980
3000m	19	8'52.05		Robbie Nissen (83)	Capital City	Kingston, JAM	July 15 2002
3000m	18	9'13.26		Gareth Hadfield (92)	Caltaf	Toronto, ON	July 30 2010
2000m	19	5'36.80		Stephen Conwell (67)	Calgary Spartans	Athens, GRE	July 20 1986
2000m	18	5'53.73		Gareth Hadfield (92)	Caltaf	Bressanone, ITA	June 27 2009
2000m	17	5'53.73		Gareth Hadfield (92)	Caltaf	Bressanone, ITA	June 27 2009
2000m	16	6'06.47		Gareth Hadfield (92)	Caltaf	Sherbrooke, QC	Aug 9 2008
1500m	15	4'21.85		Scott Chalupiac (99)	Airdrie Aces Athletics Club	Kelowna, BC	June 24 2014
1500m	14	4'26.57		Scott Chalupiac (99)	Airdrie Aces Athletics Club	Langley, BC	July 9 2013

Race Walk							
10000m	U23	58'21.65		Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	July 9 2016

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10000m	19	58'21.65		Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	July 9 2016
10000m	18	58'21.65		Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	July 9 2016
5000m	19	Vacant					
5000m	18	Vacant					
3000m	17	Vacant					
3000m	16	Vacant					
1500m	15	8'34.86		Keigo Matsumoto (99)	Edmonton Racewalk	Sherwood Park, AB	July 13 2014
1500m	14	Vacant					
High Jump							
	U23	2.22		Cory Siermachesky (69)	Capital City	Calgary, AB	July 23 1989
	19	2.16		Noel Vanderzee (99)	Chinook Track Club	Missoula, MT	May 4 2018
	18	2.15		Jesse Lipscombe (80)	St Albert Track Club	Montreal, QC	July 31 1998
	17	2.08		Jesse Lipscombe (80)	St Albert Track Club	Brandon, MB	Aug 18 1997
	16	2.00		Duane Hayes (64)	St Albert Track Club	Edmonton, AB	June 13 1980
		2.00		Derek Uzoh (98)	Caltaf	Saskatoon, SK	July 20 2014
	15	1.92		Matthew Cardoza (89)	Edmonton Harriers	Calgary, AB	June 25 2004
	14	1.87		Nathaniel Cross (96)	Calgary International	Peace River, AB	July 20 2010
Pole Vault							
	U23	5.11		Jamie Johnson (81)	Capital City	Montreal, QC	July 18 2000
	19	5.11		Jamie Johnson (81)	Capital City	Montreal, QC	July 18 2000
	18	4.70		Jamie Johnson (81)	Capital City	Burnaby, BC	July 2 1999
	17	4.40		Derryk Theodore (89)	Edmonton International	Edmonton, AB	June 2 2006
	16	3.75		Sean Steacy (86)	Chinook Track Club	Kelowna, BC	June 30 2001
	15	3.75		Sean Steacy (86)	Chinook Track Club	Kelowna, BC	June 30 2001
	14	3.50		Tekoa Kornelsen (04)	Edmonton International	Sherwood Park, AB	July 29 2018
Long Jump							
	U23	7.37		Brad Rose (71)	Edmonton Olympic Club	Winnipeg, MB	July 8 1990
	19	7.37		Brad Rose (71)	Edmonton Olympic Club	Winnipeg, MB	July 8 1990
	18	7.08	0.1	Denver Krupity (00)	Calgary Spartans	Ottawa, ON	July 3 2018
	17	6.93	1.9	Sodienye Nkwonta (98)	Caltaf	Lethbridge, AB	June 6 2015
	16	6.64	0.2	Sodienye Nkwonta (98)	Caltaf	Langley, BC	Aug 16 2014
	15	6.33		George Spakowski (66)	Calgary Spartans	Calgary, AB	Aug 2 1981
	14	6.26		George Spakowski (66)	Edmonton Olympic Club	Saskatoon, SK	Aug 12 1980

Triple Jump						
U23	16.12		Oral O'Gilvie (69)	Capital City	Knoxville, TN	May 19 1989
19	15.28		Oral O'Gilvie (69)	Capital City	Sudbury, ON	June 26 1988

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	18	14.86	0.0	Aaron Hernandez (95)	Chinook Track Club	Calgary, AB	June 8 2013
	17	14.38	0.0	Sodienye Nkwonta (98)	Caltaf	Lethbridge, AB	June 6 2015
	16	13.82	-1.3	Sodienye Nkwonta (98)	Caltaf	Saskatoon, SK	July 20 2014
	15	12.86	-0.1	Zackary Poirier (02)	Calgary Warriors	Brandon, MB	Aug 13 2017
	14	12.55	-0.6	Elic Ayomanor (03)	Bulldogs Track and Field	Sherwood Park, AB	July 23 2017
Discus							
2kg	U23	55.89		Jim Steacy (84)	Chinook Track Club	Victoria, BC	July 10 2004
1.75kg	19	55.26		Jim Steacy (84)	Chinook Track Club	Bridgetown, BAR	July 19 2003
1.75kg	18	44.26		John Bender (87)	UA Athletics Club	Montreal, QC	July 8 2005
1.5kg	17	46.16		Matt Doherty (85)	Red Deer Titans	Sherbrooke, QC	Aug 17 2002
1.5kg	16	42.99		Stephen McPhee (91)	Red Deer Titans	Kelowna, BC	July 1 2007
1kg	15	55.78		Lee Andrews (71)	Calgary Spartans	Calgary, AB	July 13 1986
1kg	14	47.62		Lee Andrews (71)	Calgary Spartans	Saskatoon, SK	Aug 9 1985
Hammer							
7.26kg	U23	70.98		Jim Steacy (84)	Chinook Track Club	Calgary, AB	June 19 2004
6kg	19	74.09		Jim Steacy (84)	Chinook Track Club	Edmonton, AB	June 21 2003
6kg	18	70.23		Jim Steacy (84)	Chinook Track Club	Kitchener, ON	June 27 2002
5kg	17	63.40		Jim Steacy (84)	Chinook Track Club	Debrecen, HUN	July 14 2001
5kg	16	56.87		Sean Steacy (86)	Chinook Track Club	Sherbrooke, QC	Aug 17 2002
4kg	15	53.04		Andreas Troschke (99)	Airdrie Aces Athletics Club	Kelowna, BC	June 29 2014
4kg	14	43.68		David Gruninger (85)	Chinook Track Club	Calgary, AB	July 22 1999
Javelin							
800g	U23	65.45		Dillon Mayhew (95)	Chinook Track Club	Lethbridge, AB	May 16 2014
800g	19	65.45		Dillon Mayhew (95)	Chinook Track Club	Lethbridge, AB	May 16 2014
800g	18	63.32		Marcus Watson (92)	UC Athletics Club	Calgary, AB	June 6 2010
700g	17	61.48		Ian Vanderhoek (96)	Unattached	Calgary, AB	July 27 2013
700g	16	54.29		Justin Breault (01)	Unattached	Edmonton, AB	June 3 2017
600g	15	49.34		Henry Ferreira (88)	North East Alberta Track	St. Albert, AB	May 24 2003
600g	14	44.09		Coltan LaBoucane (90)	Unattached	High River, AB	July 23 2004
Shot Put							
7.26kg	U23	18.44		Chris Meisner (83)	Chinook Track Club	Victoria, BC	July 19 2003
6kg	19	19.10		Chris Meisner (83)	Chinook Track Club	Calgary, AB	June 26 2002
6kg	18	16.03		Matt Doherty (85)	Red Deer Titans	Saskatoon, SK	July 5 2003
5kg	17	17.88		Matt Doherty (85)	Red Deer Titans	Calgary, AB	July 6 2002
5kg	16	15.15		John Bender (87)	Unattached	Kitchener, ON	Aug 9 2003
4kg	15	15.49		Matt Doherty (85)	Red Deer Titans	Calgary, AB	June 29 2000
4kg	14	13.60		Matt Doherty (85)	Red Deer Titans	St, Albert, AB	July 1 1999

Combined Evnets						
Dec	U23	6846	Wade Mills (68)	Calgary Spartans	Saskatoon, SK	Aug 13 1988
Dec	19	6832	Denver Krupity (00)	Calgary Spartans	Ottawa, ON	July 4 2018

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			(11.14 (1.3) - 7.08 (0.1) - 12.92 - 1.77 - 50.77 - 15.81 (0.1) - 36.60 - 4.05 - 42.42 - 4'41.93)			
Dec	18	6832	Denver Krupity (00)	Calgary Spartans	Ottawa, ON	July 4 2018
			(11.14 (1.3) - 7.08 (0.1) - 12.92 - 1.77 - 50.77 - 15.81 (0.1) - 36.60 - 4.05 - 42.42 - 4'41.93)			
Dec	17	5762	Wayne Van Meter (77)	Caltaf	Calgary, AB	1994
Dec	16	5650	Denver Krupity (00)	Calgary Spartans	Calgary, AB	May 15 2016
			(11.52 (1.6) - 6.24 (1.3) - 11.35 - 1.67 - 52.96 - 16.02 (1.6) - 31.06 - 3.10 - 30.86 - 4'55.42)			
Pent	15	3244	Aaron Marcynuk (00)	Edmonton Columbians	Ste Therese, QC	Aug 9 2015
			(13.63 (1.3) - 5.79 (1.7) - 11.76 - 1.78 - 3'04.77)			
Pent	14	2391	Alexander Leote (03)	Caltaf	Sherwood Park, AB	July 23 2017
			(15.77 (0.1) - 5.31 (0.0) - 9.11 - 1.57 - 3'23.59)			
4x100m						
	U23	41.32	L. Roett, D. Bubelenyi, G. McKay, I. Harriott JR	Team Alberta	Winnipeg, MB	July 19 2015
	19	41.45	M. Schaeffer, B Williams, B. Bullen, S. Ohrt	Team Alberta	Kamloops, BC	Aug 9 2011
	18	41.8 (h)		Team Alberta Youth	Saskatoon, SK	Aug 3 1985
	17	41.8 (h)		Team Alberta Youth	Saskatoon, SK	Aug 3 1985
	16	43.3 (h)	B. McCuaig, G. Laxton, T. McDougall, K. Gales	Team Alberta Midgets	Saskatoon, SK	Aug 5 1983
	15	43.3 (h)	B. McCuaig, G. Laxton, T. McDougall, K. Gales	Team Alberta Midgets	Saskatoon, SK	Aug 5 1983
	14	54.04		Lethbridge Track Club	Red Deer, AB	June 13 1986
4x100m - Club						
	U23	41.3 (h)	D. Burton, I. Gordon, V. Quon, F. VanDorn	Calgary Spartans	Regina, SK	Aug 28 1976
	19	42.40		Calgary Spartans	Walnut, CA	Apr 21 1990
	18	43.67	D. Bubelenyi, D. Guan, P. Li, D. Zhang	Edmonton Royals	Sherwood Park, AB	July 21 2013
	17	43.67	D. Bubelenyi, D. Guan, P. Li, D. Zhang	Edmonton Royals	Sherwood Park, AB	July 21 2013
	16	44.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	June 23 2007
	15	45.25	S. Babcock, A. Smith, A. Bymoen, R. McKay	Caltaf	Calgary, AB	June 15 2008
	14	54.04		Lethbridge Track Club	Red Deer, AB	June 13 1986
4x200m						
	U23	1'43.49		Edmonton Harriers	Sherwood Park, AB	June 13 2015
	19	1'43.49		Edmonton Harriers	Sherwood Park, AB	June 13 2015

18	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
17	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
16	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
15	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
14	Vacant				

4x200m - Club

U23	1'43.49		Edmonton Harriers	Sherwood Park, AB	June 13 2015
19	1'43.49		Edmonton Harriers	Sherwood Park, AB	June 13 2015
18	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
17	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
16	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
15	1'39.38		Edmonton Royals	Sherwood Park, AB	June 13 2015
14	Vacant				

4x400m

U23	3'13.51	D. Bruno, S. Jensen, S. Smijanic, C Lipscombe	Team Alberta	Kamloops, BC	Aug 20 1993
19	3'16.46		Calgary Spartans	Burnaby, BC	July 15 1985
18	3'19.86	T. Ratzlaff, M. Bateson, A. Dargie, J. Sinclair	Caltaf	Saskatoon, SK	July 23 2004
17	3'20.98	A. Ivan, T. Kong, M. King McKenzie, T. Smith	Team Alberta Youths	Ottawa, ON	Aug 7 2011
16	3'31.6 (h)	G. Laxton, B. McCuaig, T.McDougall, E. Lorscheider	Team Alberta Midgets	Winnipeg, MB	July 21 1986
15	3'31.6 (h)	G. Laxton, B. McCuaig, T.McDougall, E. Lorscheider	Team Alberta Midgets	Winnipeg, MB	July 21 1986
14	4'23.59	R. Hanna, C. Rockerbie, S. Huang, C. Bays	Team Alberta Midgets	Red Deer, AB	July 18 2005

4x400m - Club

U23	3'16.46		Calgary Spartans	Burnaby, BC	July 15 1985
19	3'16.46		Calgary Spartans	Burnaby, BC	July 15 1985
18	3'19.86	T. Ratzlaff, M. Bateson,	Caltaf	Saskatoon, SK	July 23 2004

17	3'28.56	A. Dargie, J. Sinclair M. Thompson, S. Punter, J. Woodrow, P. Fillion	Calgary Track West	Edmonton, AB	July 12 1987
16	3'37.34		Calgary Thunderbolts	Calgary, AB	July 20 1986
15	3'38.86		Calgary Track West	Calgary, AB	July 13 1996
14	Vacant				

4x800m

U23	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
19	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
18	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
17	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
16	Vacant			
15	Vacant			
14	Vacant			

4x800m - Club

U23	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
19	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
18	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
17	8'46.72	Edmonton Harriers	Sherwood Park, AB	June 13 2005
16	Vacant			
15	Vacant			
14	Vacant			

4x1500m

U23	Vacant			
19	Vacant			
18	Vacant			

17	Vacant				
16	Vacant				
15	Vacant				
14	Vacant				

4x1500m - Club

U23	Vacant				
19	Vacant				
18	Vacant				
17	Vacant				
16	Vacant				
15	Vacant				
14	Vacant				

Medley

U23	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta Midgets	Langley, BC	Aug 11 2013
19	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta Midgets	Langley, BC	Aug 11 2013
18	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta Midgets	Langley, BC	Aug 11 2013
17	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta Midgets	Langley, BC	Aug 11 2013
16	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta Midgets	Langley, BC	Aug 11 2013
15	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta Midgets	Langley, BC	Aug 11 2013
14	Vacant				

Medley - Club

U23	4'04.04	E. Erdenebat, C. Schultz, A. Leote, E. Velazquez	Caltaf	Sherwood Park, AB	July 29 2018
19	4'04.04	E. Erdenebat, C. Schultz, A. Leote, E. Velazquez	Caltaf	Sherwood Park, AB	July 29 2018
18	4'04.04	E. Erdenebat, C. Schultz, A. Leote, E. Velazquez	Caltaf	Sherwood Park, AB	July 29 2018
17	4'04.04	E. Erdenebat, C. Schultz,	Caltaf	Sherwood Park, AB	July 29 2018

		A. Leote, E. Velazquez			
16	4'04.04	E. Erdenebat, C. Schultz,	Caltaf	Sherwood Park, AB	July 29 2018
		A. Leote, E. Velazquez			
15	4'04.04	E. Erdenebat, C. Schultz,	Caltaf	Sherwood Park, AB	July 29 2018
		A. Leote, E. Velazquez			
14	Vacant				

Alberta Age Class Outdoor Records - Women

Event	Age	Performance		Name	Affiliation	Venue	Date
100m							
	U23	11.40	1.0	Atia Weekes (80)	Calgary International	Victoria, BC	Aug 12 2000
	19	11.64	0.0	Loudia Laarman (91)	Calgary International	Moncton, NB	July 19 2010
	18	11.73	0.8	Loudia Laarman (91)	Calgary International	Port of Spain, TRI	July 31 2009
	17	11.76		Atia Weekes (80)	Calgary International	Brandon, MB	Aug 18 1997
	16	11.91		Atia Weekes (80)	Calgary International	Kelowna, BC	June 20 1996
	15	12.00		Heather McKay (54)	Edmonton Harriers	Lethbridge, AB	July 19 1969
	15	12.00		Lori Chaki (62)	Lethbridge Track	Calgary, AB	July 19 1977
	15	12.00		Jillian Richardson (65)	Calgary Spartans	Saskatoon, SK	Aug 12 1980
	14	12.26	1.5	Loudia Laarman (91)	Lethbridge Track	Edmonton, AB	Aug 6 2005
200m							
	U23	23.07 A		Atia Weeks (80)	Calgary International	Flagstaff, AZ	July 9 1998
	19	23.07 A		Atia Weeks (80)	Calgary International	Flagstaff, AZ	July 9 1998
	18	23.07 A		Atia Weeks (80)	Calgary International	Flagstaff, AZ	July 9 1998
	17	23.36		Atia Weeks (80)	Calgary International	Brandon, MB	Aug 20 1997
	16	24.02		Mame Twumasi (75)	Calgary Spartans	Winnipeg, MB	July 26 1992
	15	24.41		Jillian Richardson (65)	Calgary Spartans	Saskatoon, SK	Aug 12 1980
	14	24.54*		Donna Barker (66)	Calgary Spartans	Winnipeg, MB	Aug 22 1980
300m							
	15	38.89		Morgan Walker (96)	Edmonton Olympic Club	Ottawa, ON	Aug 7 2011
	14	40.47		Ella Clayton (03)	Caltaf	Brandon, MB	Aug 13 2017
400m							
	U23	51.85		Jillian Richardson (65)	Calgary Spartans	Walnut, CA	July 25 1984
	19	51.85		Jillian Richardson (65)	Calgary Spartans	Walnut, CA	July 25 1984
	18	51.91		Jillian Richardson (65)	Calgary Spartans	Munich, GER	July 26 1983
	17	52.95		Jillian Richardson (65)	Calgary Spartans	Vancouver, BC	July 19 1981
	16	52.95		Jillian Richardson (65)	Calgary Spartans	Vancouver, BC	July 19 1981
800m							
	U23	2'01.97		Jenna Westaway (94)	Calgary International	Portland, OR	June 23 2016
	19	2'04.3 (h)		Ranza Clark (60)	Calgary Thunderbolts	Walnut, CA	June 16 1979
	18	2'05.3 (h)		Ranza Clark (60)	Calgary Thunderbolts	Walnut, CA	June 16 1978
	17	2'06.82		Sophie Sigfstead (00)	Edmonton Harriers	Victoria, BC	June 10 2015
	16	2'06.82		Sophie Sigfstead (00)	Edmonton Harriers	Victoria, BC	June 10 2015
	15	2'06.82		Sophie Sigfstead (00)	Edmonton Harriers	Victoria, BC	June 10 2015
	14	2'15.55		Sophie Sigfstead (00)	Edmonton Harriers	St. Albert, AB	June 1 2014
1200m							
	15	3'26.16		Sophie Sigfstead (00)	Edmonton Harriers	Ste Therese, QC	Aug 7 2015
	14	3'31.94		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB	Aug 13 2017
1500m							
	U23	4'12.00		Megan Metcalfe (82)	Unattached	Sacramento, CA	June 14 2003
	19	4'19.42		Jessica O'Connell (89)	UC Athletic Club	Victoria, BC	June 19 2008
	18	4'23.49		Jessica O'Connell (89)	UC Athletic Club	Vancouver, BC	June 8 2007
	17	4'25.01		Madeleine Sumner (98)	Calgary International	London, ON	June 21 2015
	16	4'29.60		Emily Kroshus (83)	Calgary Spartans	Burnaby, BC	July 2 1999
2000m							

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	15	6'06.59		Sophie Sigfstead (00)	Edmonton Harriers	Ste Therese, QC	Aug 8 2015
	14	6'11.78		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB	Aug 13 2017
3000m							
	U23	9'11.49		Lisa Harvey (70)	Calgary Spartans	Sweden	June 27 1990
	19	9'13.67		Lisa Harvey (70)	Calgary Spartans	Victoria, BC	June 8 1989
	18	9'21.69		Emily Kroshus (83)	Calgary Spartans	Eugene, OR	Apr 29 2000
	17	9'21.69		Emily Kroshus (83)	Calgary Spartans	Eugene, OR	Apr 29 2000
	16	9'37.35		Emily Kroshus (83)	Calgary Spartans	Bydgoszcz, POL	July 17 1999
5000m							
	U23	16'26.18		Jessica O'Connell (89)	UC Athletic Club	Jacksonville, FL	May 26 2010
	19	15'56.56		Emily Kroshus (83)	Calgary Spartans	Walnut, CA	Apr 14 2000
	18	17'09.76		Tara Struyk (81)	Edmonton Thunder	Burnaby, BC	July 2 1999
10000m							
	U23	32'30.08		Aster Demisse (83)	Edmonton Thunder	Vancouver, BC	June 5 2004
	19	33'46.34		Lisa Harvey (70)	Calgary Spartans	Walnut, CA	Apr 22 1989
	18						
Sprint Hurdles							
100m 33"	U23	13.37		Angela Whyte (80)	Unattached	Provo, UT	May 19 2000
100m 33"	19	13.76	0.2	Deshaunda Morrison (95	Calgary International	Regina, SK	June 17 2012
100m 33"	18	13.76	0.2	Deshaunda Morrison (95	Calgary International	Regina, SK	June 17 2012
100m 30"	17	13.87	1.1	Sienna MacDonald	Calgary Warriors	Calgary, AB	June 16 2019
100m 30"	16	13.92	1.6	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB	May 11 2014
80m 30"	15	11.61	2.0	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB	July 28 2013
80m 30"	14	12.04		Robin Tratman (64)	Calgary Spartans	Edmonton, AB	July 29 1979
Intermediate Hurdles							
400m 30"	U23	56.81		Sage Watson (94)	Calgary International	Medellin, COL	Aug 23 2013
400m 30"	19	56.81		Sage Watson (94)	Calgary International	Medellin, COL	Aug 23 2013
400m 30"	18	57.87		Erica Peterson (73)	Passtrak	Kingston, JAM	July 19 1991
400m 30"	17	59.00		Sage Watson (94)	Calgary International	Abbotsford, BC	June 8 2011
400m 30"	16	60.69		Julia Lovsin (01)	Edmonton Harriers	Kelowna, BC	July 2 2017
200m 30"	15	27.73	0.2	Julia Lovsin (01)	Edmonton Harriers	Ste Therese, QC	Aug 6 2016
200m 30"	14	29.04	-1.1	Allie Ruptash (02)	Edmonton Harriers	Leduc, AB	July 16 2016
Steeple Chase							
3000m	U23	10'02.62		Maria Bernard (93)	UC Athletics Club	Vancouver, BC	Mar 30 2014
3000m	19	11'02.53		Adrianne Erdman (94)	Caltaf	Vancouver, BC	June 8 2012
3000m	18	11'02.53		Adrianne Erdman (94)	Caltaf	Vancouver, BC	June 8 2012
2000m	19	6'48.29		Adrianne Erdman (94)	Caltaf	Ottawa, ON	Aug 7 2011
2000m	18	6'48.29		Adrianne Erdman (94)	Caltaf	Ottawa, ON	Aug 7 2011
2000m	17	6'48.29		Adrianne Erdman (94)	Caltaf	Ottawa, ON	Aug 7 2011
2000m	16	7'06.35		Hayley Degaust (90)	Edmonton Harriers	Vancouver, BC	Aug 12 2006
1500m	15	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB	Aug 13 2017
1500m	14	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB	Aug 13 2017
Race Walk							
10000m	U23	57'13		Katie Samoil (86)	Caltaf	Montreal, QC	July 8 2005

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10000m	19	57'13	Katie Samoil (86)	Caltaf	Montreal, QC	July 8 2005
10000m	18	61'06	Katie Samoil (86)	Leduc Track Club	Saskatoon, SK	July 24 2004
5000m	19	26'18	Katie Samoil (86)	Leduc Track Club	Vancouver, BC	June 12 2005
5000m	18	27'36	Katie Samoil (86)	Leduc Track Club	Vancouver, BC	May 2 2004
3000m	17	15'40.2	Katie Samoil (86)	Leduc Track Club	Edmonton, AB	June 21 2003
3000m	16	Vacant				
1500m	15	Vacant				
1500m	14	Vacant				
High Jump						
	U23	1.85	Coralea Brown (72)	Edmonton Olympic Club	Irvine, CA	June 4 1989
		1.85	Whitney Evans (80)	Calgary Warriors	Saskatoon, SK	Aug 9 1997
	19	1.85	Coralea Brown (72)	Edmonton Olympic Club	Irvine, CA	June 4 1989
		1.85	Whitney Evans (80)	Calgary Warriors	Saskatoon, SK	Aug 9 1997
	18	1.85	Coralea Brown (72)	Edmonton Olympic Club	Irvine, CA	June 4 1989
		1.85	Whitney Evans (80)	Calgary Warriors	Saskatoon, SK	Aug 9 1997
	17	1.85	Coralea Brown (72)	Edmonton Olympic Club	Irvine, CA	June 4 1989
		1.85	Whitney Evans (80)	Calgary Warriors	Saskatoon, SK	Aug 9 1997
	16	1.83	Coralea Brown (72)	Edmonton Olympic Club	Sudbury, ON	June 25 1988
	15	1.80	Coralea Brown (72)	Edmonton Olympic Club	Edmonton, AB	June 27 1987
	14	1.74	Coralea Brown (72)	Edmonton Olympic Club	Sudbury, ON	Aug 9 1986
Pole Vault						
	U23	4.00	Kimberly Stephenson (91)	UC Athletics Club	Sherwood Park, AB	July 21 2013
		4.00	Rachel Hyink (98)	Edmonton International	Lima, Peru	Aug 21 2017
		4.00	Meghan Lim (97)	Edmonton International	Edmonton, AB	June 23 2018
	19	4.00	Rachel Hyink (98)	Edmonton International	Lima, Peru	Aug 21 2017
	18	3.75	Karla McGee (82)	Lethbridge Track Club	Edmonton, AB	July 30 2000
	17	3.65	Karla McGee (82)	Lethbridge Track Club	Bydgoszcz, POL	July 17 1999
	16	3.55	Karla McGee (82)	Lethbridge Track Club	Brandon, MB	Aug 19 1998
	15	3.30	Kassandra Hordal (00)	Edmonton International	Saskatoon, SK	July 20 2014
	14	3.30	Kassandra Hordal (00)	Edmonton International	Saskatoon, SK	July 20 2014
Long Jump						
	U23	6.19	0.7 Sandy Latrace (97)	Chinook Track Club	Winnipeg, MB	Aug 4 2017
		6.19	-0.3 Sandy Latrace (97)	Chinook Track Club	Sherwood Park, AB	July 29 2018
	19	6.12	-0.7 Sandy Latrace (97)	Chinook Track Club	Edmonton, AB	July 15 2016
	18	5.93	Kim Wilkinson (61)	Calgary Spartans	La Pommeraye, FR	July 21 1979
	17	5.90	1.0 Niki Oudenaarden (94)	Edmonton Olympic Club	Azusa, CA	Apr 14 2010
	16	5.90	1.0 Niki Oudenaarden (94)	Edmonton Olympic Club	Azusa, CA	Apr 14 2010
	15	5.63	0.5 Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	June 12 2009
	14	5.54	Lori Chaki (62)	Lethbridge Track Club	Edmonton, AB	Aug 21 1976
Triple Jump						
	U23	12.27	Makela Nkemdirin (75)	Caltaf	Sherbrooke, QC	July 9 1993
	19	12.27	Makela Nkemdirin (75)	Caltaf	Sherbrooke, QC	July 9 1993

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	18	12.27		Makela Nkemdirin (75)	Caltaf	Sherbrooke, QC	July 9 1993
	17	11.98		Tiana Pisoni (96)	Bulldogs Track Club	Calgary, AB	Aug 6 2013
	16	11.58		Tiana Pisoni (96)	Bulldogs Track Club	Charlottetown, PE	Aug 18 2012
	15	11.01		Tiana Pisoni (96)	Bulldogs Track Club	Ottawa, ON	Aug 5 2011
	14	10.95	1.4	Madelyn Valpy (04)	Voleo	Calgary, AB	June 17 2018
Discus							
1kg	U23	53.10		Gabrielle Rains (98)	Throw It Track Club	Coral Gables, FL	Mar 17 2017
1kg	19	53.10		Gabrielle Rains (98)	Throw It Track Club	Coral Gables, FL	Mar 17 2017
1kg	18	49.53		Gabrielle Rains (98)	Throw It Track Club	Edmonton, AB	July 8 2016
1kg	17	46.34		Gabrielle Rains (98)	Throw It Track Club	Sherwood Park, AB	June 13 2015
1kg	16	43.40		Nicole Chimko (78)	Caltaf	Ottawa, ON	July 3 1994
1kg	15	39.27		Jinaye Shomachuk (03)	Airdrie Aces Athletics Club	Brandon, MB	Aug 12 2018
1kg	14	36.83		Jennifer Jefferson (63)	Caltaf	Oromocto, NB	Aug 27 1977
Hammer							
4kg	U23	56.01		Heather Stacey (88)	Chinook Track	Edmonton, AB	June 1 2007
4kg	19	56.01		Heather Stacey (88)	Chinook Track	Edmonton, AB	June 1 2007
4kg	18	52.31		Heather Stacey (88)	Chinook Track	Edmonton, AB	June 8 2006
3kg	17	62.53		Jinaye Shomachuk (03)	Airdrie Aces Athletics Club	Calgary, AB	Sep 27 2020
3kg	16	52.40		Jinaye Shomachuk (03)	Airdrie Aces Athletics Club	Sherwood Park, AB	July 29 2018
3kg	15	52.40		Jinaye Shomachuk (03)	Airdrie Aces Athletics Club	Sherwood Park, AB	July 29 2018
3kg	14	43.77		Jinaye Shomachuk (03)	Airdrie Aces Athletics Club	Brandon, MB	Aug 13 2017
Javelin							
600g	U23	53.92		Nicole Chimko (78)	Caltaf	Columbus, OH	May 22 1998
600g	19	49.27		Niki Oudenaarden (94)	Capital City	Calgary, AB	June 6 2012
600g	18	49.27		Niki Oudenaarden (94)	Capital City	Calgary, AB	June 6 2012
500g	17	43.72		Skylar Sieben (00)	Caltaf	Brandon, MB	Aug 13 2017
500g	16	39.99		Paige Greig (97)	Split City Sonics	Langley, BC	Aug 9 2013
500g	15	38.56		Madison Hnatiuk (02)	Unattached	Sherwood Park, AB	July 23 2017
500g	14	37.60		Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	June 28 2008
Shot Put							
4kg	U23	14.86		Suzanne Pecht (67)	South West Athletics	Antony. FR	May 10 1986
4kg	19	14.86		Suzanne Pecht (67)	South West Athletics	Antony. FR	May 10 1986
4kg	18	14.67		Suzanne Pecht (67)	South West Athletics	Calgary, AB	June 8 1985
3kg	17	14.02		Gabrielle Rains (98)	Fog Volleyball Track Club	Calgary, AB	June 21 2015
3kg	16	13.09		Gabrielle Rains (98)	Fog Volleyball Track Club		2014
3kg	15	12.45		Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	May 16 2009
3kg	14	11.30		Jinaye Shomachuk (03)	Airdrie Aces Athletics Club	Brandon, MB	July 13 2017

Combined Evnets

Hep	U23	5774	Niki Oudenaarden (94)	Capital City	Walnut, CA	Apr 18 2013
		(14.43 (1.2) - 1.59 - 13.46 - 24.73 (2.3) - 6.10 (2.1) - 44.63 - 2'19.81)				
Hep	19	5774	Niki Oudenaarden (94)	Capital City	Walnut, CA	Apr 18 2013

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		(14.43 (1.2) - 1.59 - 13.46 - 24.73 (2.3) - 6.10 (2.1) - 44.63 - 2'19.81)				
Hep	18	4923	Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	May 15 2010
		(15.54 (1.9) - 1.50 - 11.19 - 25.12 (1.6) - 5.88 (+0.0) - 39.14 - 2'39.21)				
Hep	17	5020	Skylar Sieben (00)	Caltaf	Brandon, MB	Aug 13 2017
		(14.75 (0.5) - 1.58 - 11.45 - 26.44 (-2.0) - 5.22 (+0.0) - 43.72 - 2'30.21)				
Hep	16	4923	Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	May 15 2010
		(15.54 (1.9) - 1.50 - 11.19 - 25.12 (1.6) - 5.88 (+0.0) - 39.14 - 2'39.21) (Jr Specs)				
Pent	15	3139	Skylar Sieben (00)	Caltaf	Ste Therese, QC	Aug 9 2015
		(12.54 (1.1) - 1.47 - 11.60 - 4.93 (0.7) - 2'35.79)				
Pent	14	3042	Sarah Feschuk (04)	Caltaf	Brandon, MB	Aug 12 2018
		(13.04 (-3.1) - 1.50 - 9.26 - 5.18 (2.1) - 2'33.56)				
4x100m						
	U23	45.88	A. Ntiamoah, L. Walkeden, S. Clarke, I. Fofanah	Team Alberta WCSG	Kamloops, BC	Aug 9 2011
	19	45.88	A. Ntiamoah, L. Walkeden, S. Clarke, I. Fofanah	Team Alberta WCSG	Kamloops, BC	Aug 9 2011
	18	46.35	L. Chaki, K. Wilkinson, T. More, C. Chrusch	Team Alberta	St John's, NB	Aug 13 1977
	17	47.44	T. Wilson, K. Slessor, C. Grenke, G. Muamba	Team Alberta Youths	Saskatoon, SK	July 20 2014
	16	48.35	J. Richardson, R. Warnock, W. Jerke, R. Trautman	Team Alberta	Saskatoon, SK	Aug 12 1990
	15	48.87	H. Buxton, J. King, J. Mathews, L. Halligey	Team Alberta	Ottawa, ON	Aug 19 1994
	14	50.50	J Dovichak, J Boucher, M Valpy, T Vela	Team Alberta	Brandon, MB	Aug 12 2018
4x100m - Club						
	U23	47.03	Mueller, Davis, Aiken, Richardson	Calgary Spartans	Winnipeg, MB	July 3 1982
	19	47.03	Mueller, Davis, Aiken, Richardson	Calgary Spartans	Winnipeg, MB	July 3 1982
	18	48.09		Calgary Spartans	Walnut, CA	Apr 18 1992
	17	48.09		Calgary Spartans	Walnut, CA	Apr 18 1992
	16	48.95	K. Tan, J. Hill Durand, A. Jokic, T. Sinnatamby	Edmonton Columbians	Ste Therese, QC	Aug 8 2015
	15	48.95	K. Tan, J. Hill Durand, A. Jokic, T. Sinnatamby	Edmonton Columbians	Ste Therese, QC	Aug 8 2015
	14	50.70	A. Jokic, T. Sinnatamby J. Hill Durand, K. Tan	Edmonton Columbians	Airdrie, AB	July 26 2014
4x200m						
	U23	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
	19	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012

18	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
17	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
16	1'53.96		Edmonton Harriers	Sherwood Park, AB	June 6 2013
15	1'53.96		Edmonton Harriers	Sherwood Park, AB	June 6 2013
14	Vacant				

4x200m - Club

U23	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
19	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
18	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
17	1'48.53	M. Evans, S. Krill, N, McDougall, J. Yackel	Calgary Warriors	Calgary, AB	July 4 2012
16	1'53.96		Edmonton Harriers	Sherwood Park, AB	June 6 2013
15	1'53.96		Edmonton Harriers	Sherwood Park, AB	June 6 2013
14	Vacant				

4x400m

U23	3'38.46	R. Fracois, K. Martin, J. Westaway, S. Watson	Team Alberta CSG	Sherbroke, QC	Aug 16 2013
19	3'42.14	J. Zawaski, T. Babatunde, A. Whyte, T. Wright	Team Alberta CSG	Brandon, MB	Aug 21 1997
18	3'42.14	J. Zawaski, T. Babatunde, A. Whyte, T. Wright	Team Alberta CSG	Brandon, MB	Aug 21 1997
17	3'45.32	E. Hirst, J. Westaway, A. Hrycun, S. Watson	Team Alberta Youths	Ottawa, ON	Aug 7 2011
16	4'05.72	N. Marvin, J. Czawaski, M. Halwa, T. Wright	Leduc Track Club	Saskatoon, SK	July 6 1995
15	4'05.72	N. Marvin, J. Czawaski, M. Halwa, T. Wright	Leduc Track Club	Saskatoon, SK	July 6 1995
14	4'05.72	N. Marvin, J. Czawaski, M. Halwa, T. Wright	Leduc Track Club	Saskatoon, SK	July 6 1995

4x400m - Club

U23	3'46.6 (h)	L. Aitkinson, K. Jeffery, C. Nelson, T. More	Calgary Spartans	Edmonton, AB	Aug 8 1976
19	3'46.7 (h)	R. Clark, C. Sterner, A. Taylor, B. Marks	Calgary Thunderbolts	Vancouver, BC	July 21 1997
18	3'46.7 (h)	R. Clark, C. Sterner,	Calgary Thunderbolts	Vancouver, BC	July 21 1997

17	3'50.1 (h)	A. Taylor, B. Marks J. Richardson, B. Lewis, N. Dimitric, K. Aiken	Calgary Spartans	Saskatoon, SK	May 24 1980
16	4'05.72	N. Marvin, J. Czawaski, M. Halwa, T. Wright	Leduc Track Club	Saskatoon, SK	July 6 1995
15	4'05.72	N. Marvin, J. Czawaski, M. Halwa, T. Wright	Leduc Track Club	Saskatoon, SK	July 6 1995
14	4'05.72	N. Marvin, J. Czawaski, M. Halwa, T. Wright	Leduc Track Club	Saskatoon, SK	July 6 1995

4x800m

U23	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
19	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
18	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
17	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
16	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
15	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
14	Vacant			

4x800m - Club

U23	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
19	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
18	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
17	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
16	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
15	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
14	Vacant			

4x1500m

U23	Vacant
19	Vacant
18	Vacant

17	Vacant				
16	Vacant				
15	Vacant				
14	Vacant				

4x1500m - Club

U23	Vacant				
19	Vacant				
18	Vacant				
17	Vacant				
16	Vacant				
15	Vacant				
14	Vacant				

Medley

U23	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
19	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
18	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
17	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
16	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
15	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
14	Vacant				

Medley - Club

U23	Vacant				
19	Vacant				
18	Vacant				
17	Vacant				

16 Vacant

15 Vacant

14 Vacant