

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 |
| 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 |
| | 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 Smilijanac (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 |
| 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 | | | | | | | |
| <i>110m 42"</i> | U23 | 14.39 | | Jonathan Hylton (79) | Calgary International | Edmonton, AB | June 23 2001 |
| <i>110m 39"</i> | 19 | 14.34 | 1.3 | Evan Clark (90) | Caltaf | Ottawa, ON | June 20 2008 |
| <i>110m 39"</i> | 18 | 14.31 | 1.4 | Khymani Reid (00) | Calgary International | Calgary, AB | June 17 2018 |
| <i>110m 36"</i> | 17 | 13.98 | 0.7 | Callum McNabb (97) | Capital City | Langley, BC | Aug 15 2014 |
| <i>110m 36"</i> | 16 | 14.64 | 0.8 | Mehrdad Shokoohi (99) | Caltaf | Sherwood Park, AB | July 26 2015 |
| <i>100m 33"</i> | 15 | 13.48 | 0.0 | Aaron Marcynuk (00) | Edmonton Columbians | Ste Therese, QC | Aug 7 2015 |
| <i>100m 33"</i> | 14 | 14.39 | 0.3 | Mehrdad Shokoohi (99) | Caltaf | Langley, BC | Aug 10 2013 |
| Intermediate Hurdles | | | | | | | |
| <i>400m 36"</i> | U23 | 49.86 | | John Graham (65) | Calgary Spartans | Ottawa, ON | Aug 4 1985 |
| <i>400m 36"</i> | 19 | 50.98 | | John Graham (65) | Calgary Spartans | Provo, UT | May 22 1984 |
| <i>400m 36"</i> | 18 | 52.71 | | Matthew Knapik (97) | Chinook Track Club | Wood Buffalo, AB | Aug 11 2015 |
| <i>400m 33"</i> | 17 | 53.87 | | Scott Dixon (00) | Capital City | Calgary, AB | June 18 2017 |
| <i>400m 33"</i> | 16 | 54.54 | | Kai Spierenburg (99) | Calgary Warriors | Kelowna, BC | June 28 2015 |
| <i>200m 30"</i> | 15 | 25.36 | 0.0 | Josh Quarles (97) | Calgary Spartans | Charlottetown, PE | Aug 18 2012 |
| <i>200m 30"</i> | 14 | 26.16 | -0.6 | Mehrdad Shokoohi (99) | Caltaf | Calgary, AB | May 18 2013 |
| Steeple Chase | | | | | | | |
| <i>3000m</i> | U23 | 8'38.8 (h) | | Rob Evans (59) | Calgary Spartans | Seattle, WA | May 17 1980 |
| <i>3000m</i> | 19 | 8'52.05 | | Robbie Nissen (83) | Capital City | Kingston, JAM | July 15 2002 |
| <i>3000m</i> | 18 | 9'13.26 | | Gareth Hadfield (92) | Caltaf | Toronto, ON | July 30 2010 |
| <i>2000m</i> | 19 | 5'36.80 | | Stephen Conwell (67) | Calgary Spartans | Athens, GRE | July 20 1986 |
| <i>2000m</i> | 18 | 5'53.73 | | Gareth Hadfield (92) | Caltaf | Bressanone, ITA | June 27 2009 |
| <i>2000m</i> | 17 | 5'53.73 | | Gareth Hadfield (92) | Caltaf | Bressanone, ITA | June 27 2009 |
| <i>2000m</i> | 16 | 6'06.47 | | Gareth Hadfield (92) | Caltaf | Sherbrooke, QC | Aug 9 2008 |
| <i>1500m</i> | 15 | 4'21.85 | | Scott Chalupiac (99) | Airdrie Aces Athletics Club | Kelowna, BC | June 24 2014 |
| <i>1500m</i> | 14 | 4'26.57 | | Scott Chalupiac (99) | Airdrie Aces Athletics Club | Langley, BC | July 9 2013 |
| Race Walk | | | | | | | |
| <i>10000m</i> | 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

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|---------------|-----|-------|---------------------|--------------------|-----------------|--------------|
| <i>2kg</i> | U23 | 55.89 | Jim Steacy (84) | Chinook Track Club | Victoria, BC | July 10 2004 |
| <i>1.75kg</i> | 19 | 55.26 | Jim Steacy (84) | Chinook Track Club | Bridgetown, BAR | July 19 2003 |
| <i>1.75kg</i> | 18 | 44.26 | John Bender (87) | UA Athletics Club | Montreal, QC | July 8 2005 |
| <i>1.5kg</i> | 17 | 46.16 | Matt Doherty (85) | Red Deer Titans | Sherbrooke, QC | Aug 17 2002 |
| <i>1.5kg</i> | 16 | 42.99 | Stephen McPhee (91) | Red Deer Titans | Kelowna, BC | July 1 2007 |
| <i>1kg</i> | 15 | 55.78 | Lee Andrews (71) | Calgary Spartans | Calgary, AB | July 13 1986 |
| <i>1kg</i> | 14 | 47.62 | Lee Andrews (71) | Calgary Spartans | Saskatoon, SK | Aug 9 1985 |

Hammer

| | | | | | | |
|---------------|-----|-------|-----------------------|-----------------------------|----------------|--------------|
| <i>7.26kg</i> | U23 | 70.98 | Jim Steacy (84) | Chinook Track Club | Calgary, AB | June 19 2004 |
| <i>6kg</i> | 19 | 74.09 | Jim Steacy (84) | Chinook Track Club | Edmonton, AB | June 21 2003 |
| <i>6kg</i> | 18 | 70.23 | Jim Steacy (84) | Chinook Track Club | Kitchener, ON | June 27 2002 |
| <i>5kg</i> | 17 | 63.40 | Jim Steacy (84) | Chinook Track Club | Debrecen, HUN | July 14 2001 |
| <i>5kg</i> | 16 | 56.87 | Sean Steacy (86) | Chinook Track Club | Sherbrooke, QC | Aug 17 2002 |
| <i>4kg</i> | 15 | 53.04 | Andreas Troschke (99) | Airdrie Aces Athletics Club | Kelowna, BC | June 29 2014 |
| <i>4kg</i> | 14 | 43.68 | David Gruninger (85) | Chinook Track Club | Calgary, AB | July 22 1999 |

Javelin

| | | | | | | |
|-------------|-----|-------|-----------------------|--------------------------|----------------|--------------|
| <i>800g</i> | U23 | 65.45 | Dillon Mayhew (95) | Chinook Track Club | Lethbridge, AB | May 16 2014 |
| <i>800g</i> | 19 | 65.45 | Dillon Mayhew (95) | Chinook Track Club | Lethbridge, AB | May 16 2014 |
| <i>800g</i> | 18 | 63.32 | Marcus Watson (92) | UC Athletics Club | Calgary, AB | June 6 2010 |
| <i>700g</i> | 17 | 61.48 | Ian Vanderhoek (96) | Unattached | Calgary, AB | July 27 2013 |
| <i>700g</i> | 16 | 54.29 | Justin Breault (01) | Unattached | Edmonton, AB | June 3 2017 |
| <i>600g</i> | 15 | 49.34 | Henry Ferreira (88) | North East Alberta Track | St. Albert, AB | May 24 2003 |
| <i>600g</i> | 14 | 44.09 | Coltan LaBoucane (90) | Unattached | High River, AB | July 23 2004 |

Shot Put

| | | | | | | |
|---------------|-----|-------|--------------------|--------------------|----------------|--------------|
| <i>7.26kg</i> | U23 | 18.44 | Chris Meisner (83) | Chinook Track Club | Victoria, BC | July 19 2003 |
| <i>6kg</i> | 19 | 19.10 | Chris Meisner (83) | Chinook Track Club | Calgary, AB | June 26 2002 |
| <i>6kg</i> | 18 | 16.03 | Matt Doherty (85) | Red Deer Titans | Saskatoon, SK | July 5 2003 |
| <i>5kg</i> | 17 | 17.88 | Matt Doherty (85) | Red Deer Titans | Calgary, AB | July 6 2002 |
| <i>5kg</i> | 16 | 15.15 | John Bender (87) | Unattached | Kitchener, ON | Aug 9 2003 |
| <i>4kg</i> | 15 | 15.49 | Matt Doherty (85) | Red Deer Titans | Calgary, AB | June 29 2000 |
| <i>4kg</i> | 14 | 13.60 | Matt Doherty (85) | Red Deer Titans | St, Albert, AB | July 1 1999 |

Combined Evnets

| | | | | | | |
|------------|-----|------|---------------------|------------------|---------------|-------------|
| <i>Dec</i> | U23 | 6846 | Wade Mills (68) | Calgary Spartans | Saskatoon, SK | Aug 13 1988 |
| <i>Dec</i> | 19 | 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 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, Team Alberta Winnipeg, MB July 19 2015

G. McKay, I. Harriott JR

19 41.45 M. Schaeffer, B Williams, Team Alberta Kamloops, BC Aug 9 2011

B. Bullen, S. Ohrt

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, Team Alberta Midgets Saskatoon, SK Aug 5 1983

T. McDougall, K. Gales

15 43.3 (h) B. McCuaig, G. Laxton, Team Alberta Midgets Saskatoon, SK Aug 5 1983

T. McDougall, K. Gales

14 54.04 Lethbridge Track Club Red Deer, AB June 13 1986

4x100m - Club

U23 41.3 (h) D. Burton, I. Gordon, Calgary Spartans Regina, SK Aug 28 1976

V. Quon, F. VanDorn

19 42.40 Calgary Spartans Walnut, CA Apr 21 1990

18 43.67 D. Bubelenyi, D. Guan, Edmonton Royals Sherwood Park, AB July 21 2013

P. Li, D. Zhang

17 43.67 D. Bubelenyi, D. Guan, Edmonton Royals Sherwood Park, AB July 21 2013

P. Li, D. Zhang

16 44.84 C. Hunter, D. Freeman, Calgary Warriors Edmonton, AB June 23 2007

M. Prajea, K. Matieshin

15 45.25 S. Babcock, A. Smith, Caltaf Calgary, AB June 15 2008

A. Bymoan, R. McKay

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. Smijanac, 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

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|-----|---------|--------------------------|------------------|---------------|--------------|
| 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 | | | | |

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|---------------|---------|--|-------------------|-------------------|--------------|
| 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 | | | | |

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|----------------------|---------|--|-------------------|-------------------|--------------|
| 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, A. Leote, E. Velazquez | Caltaf | Sherwood Park, AB | July 29 2018 |

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

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 |
| 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 | | | | | | | |

| | | | | | | | |
|-----------------------------|-----|----------|------|-------------------------|-----------------------|------------------|--------------|
| | 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 | 17'09.17 | | 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 | 10'02.0 | | Maria Bernard (93) | UC Athletics Club | Vancouver, BC | Mar 30 2014 |
| 3000m | 19 | 11'02.53 | | Adrienne Erdman (94) | Caltaf | Vancouver, BC | June 8 2012 |
| 3000m | 18 | 11'02.53 | | Adrienne Erdman (94) | Caltaf | Vancouver, BC | June 8 2012 |
| 2000m | 19 | 6'48.29 | | Adrienne Erdman (94) | Caltaf | Ottawa, ON | Aug 7 2011 |
| 2000m | 18 | 6'48.29 | | Adrienne Erdman (94) | Caltaf | Ottawa, ON | Aug 7 2011 |
| 2000m | 17 | 6'48.29 | | Adrienne 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 |

| | | | | | | | |
|--------------------|-----|---------|--------------------------|------------------------|-----------------------|-------------------|--------------|
| 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 |

| | | | | | | |
|--|----|-------|------------------------|---------------------|-------------------|--------------|
| | 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

| | | | | | | |
|------------|-----|-------|-------------------------|-----------------------------|-------------------|--------------|
| <i>1kg</i> | U23 | 53.10 | Gabrielle Rains (98) | Throw It Track Club | Coral Gables, FL | Mar 17 2017 |
| <i>1kg</i> | 19 | 53.10 | Gabrielle Rains (98) | Throw It Track Club | Coral Gables, FL | Mar 17 2017 |
| <i>1kg</i> | 18 | 49.53 | Gabrielle Rains (98) | Throw It Track Club | Edmonton, AB | July 8 2016 |
| <i>1kg</i> | 17 | 46.34 | Gabrielle Rains (98) | Throw It Track Club | Sherwood Park, AB | June 13 2015 |
| <i>1kg</i> | 16 | 43.40 | Nicole Chimko (78) | Caltaf | Ottawa, ON | July 3 1994 |
| <i>1kg</i> | 15 | 39.27 | Jinaye Shomachuk (03) | Airdrie Aces Athletics Club | Brandon, MB | Aug 12 2018 |
| <i>1kg</i> | 14 | 36.83 | Jennifer Jefferson (63) | Caltaf | Oromocto, NB | Aug 27 1977 |

Hammer

| | | | | | | |
|------------|-----|-------|-----------------------|-----------------------------|-------------------|--------------|
| <i>4kg</i> | U23 | 56.01 | Heather Stacey (88) | Chinook Track | Edmonton, AB | June 1 2007 |
| <i>4kg</i> | 19 | 56.01 | Heather Stacey (88) | Chinook Track | Edmonton, AB | June 1 2007 |
| <i>4kg</i> | 18 | 52.31 | Heather Stacey (88) | Chinook Track | Edmonton, AB | June 8 2006 |
| <i>3kg</i> | 17 | 62.53 | Jinaye Shomachuk (03) | Airdrie Aces Athletics Club | Calgary, AB | Sep 27 2020 |
| <i>3kg</i> | 16 | 52.40 | Jinaye Shomachuk (03) | Airdrie Aces Athletics Club | Sherwood Park, AB | July 29 2018 |
| <i>3kg</i> | 15 | 52.40 | Jinaye Shomachuk (03) | Airdrie Aces Athletics Club | Sherwood Park, AB | July 29 2018 |
| <i>3kg</i> | 14 | 43.77 | Jinaye Shomachuk (03) | Airdrie Aces Athletics Club | Brandon, MB | Aug 13 2017 |

Javelin

| | | | | | | |
|-------------|-----|-------|-----------------------|-----------------------|-------------------|--------------|
| <i>600g</i> | U23 | 53.92 | Nicole Chimko (78) | Caltaf | Columbus, OH | May 22 1998 |
| <i>600g</i> | 19 | 49.27 | Niki Oudenaarden (94) | Capital City | Calgary, AB | June 6 2012 |
| <i>600g</i> | 18 | 49.27 | Niki Oudenaarden (94) | Capital City | Calgary, AB | June 6 2012 |
| <i>500g</i> | 17 | 43.72 | Skylar Sieben (00) | Caltaf | Brandon, MB | Aug 13 2017 |
| <i>500g</i> | 16 | 39.99 | Paige Greig (97) | Split City Sonics | Langley, BC | Aug 9 2013 |
| <i>500g</i> | 15 | 38.56 | Madison Hnatiuk (02) | Unattached | Sherwood Park, AB | July 23 2017 |
| <i>500g</i> | 14 | 37.60 | Niki Oudenaarden (94) | Edmonton Olympic Club | Calgary, AB | June 28 2008 |

Shot Put

| | | | | | | |
|------------|-----|-------|-----------------------|-----------------------------|-------------|--------------|
| <i>4kg</i> | U23 | 14.86 | Suzanne Pecht (67) | South West Athletics | Antony, FR | May 10 1986 |
| <i>4kg</i> | 19 | 14.86 | Suzanne Pecht (67) | South West Athletics | Antony, FR | May 10 1986 |
| <i>4kg</i> | 18 | 14.67 | Suzanne Pecht (67) | South West Athletics | Calgary, AB | June 8 1985 |
| <i>3kg</i> | 17 | 14.02 | Gabrielle Rains (98) | Fog Volleyball Track Club | Calgary, AB | June 21 2015 |
| <i>3kg</i> | 16 | 13.09 | Gabrielle Rains (98) | Fog Volleyball Track Club | | 2014 |
| <i>3kg</i> | 15 | 12.45 | Niki Oudenaarden (94) | Edmonton Olympic Club | Calgary, AB | May 16 2009 |
| <i>3kg</i> | 14 | 11.30 | Jinaye Shomachuk (03) | Airdrie Aces Athletics Club | Brandon, MB | July 13 2017 |

Combined Evnets

| | | | | | | |
|------------|-----|---|-----------------------|--------------|------------|-------------|
| <i>Hep</i> | 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) | | | | |
| <i>Hep</i> | 19 | 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) | | | | |
| <i>Hep</i> | 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) | | | | |
| <i>Hep</i> | 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) | | | | |
| <i>Hep</i> | 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) | | |
| <i>Pent</i> | 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) | | | | |
| <i>Pent</i> | 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