

Alberta Open Indoor Records - Men

Event	Performance	Name	Affiliation	Venue	Date
50m	5.71	Sam Effah (88)	UC Athletic Club	Saskatoon, SK	Feb 4 2010
60m	6.57	Sam Effah (88)	UC Athletic Club	Windsor, On	Mar 11 2010
200m	21.20	Tyler Christopher (83)	Edmonton International	Saskatoon, SK	Feb 7 2004
300m	32.53	Tyler Christopher (83)	Legacy Athletics	Winnipeg, MB	Feb 2 2008
400m	45.67	Tyler Christopher (83)	Legacy Athletics	Valencia, Spain	Mar 9 2008
600m	1'17.52	Ian Newhouse (56)	Edmonton Olympic	Saskatoon, SK	Mar 13 1981
800m	1'49.46	Tyler Smith (94)	Leduc Track	Edmonton, AB	Feb 18 2012
<i>Oversized Track</i>	1'48.86	David Holm (86)	Calgary Warriors	Ames, IA	Feb 12 2009
1000m	2'23.36	Scott Jensen (74)	University of Calgary	Edmonton, AB	Feb 23 1996
1500m	3'44.58	Brad Bickley (91)	Unattached AB	Montreal, PQ	Jan 25 2014
3000m	7'59.2h	Dean Childs (57)	Calgary Spartans	New York, NY	Jan 19 1980
5000m	13'50.20	Dean Childs (57)	Calgary Spartans	Houston, TX	Feb 16 1980
50m Hurdles	6.8h	Gord Fuller (61)	Edmonton Olympic	Edmonton, AB	Feb 17 1979
60m Hurdles	7.94	Jonathon Hylton (79)	Calgary International	Edmonton, AB	Feb 15 2003
1500m RW	7'07.00	Dave Keenan (57)	Edmomton Racewalk	Edmonton, AB	Nov 27 2004
3000m RW	11'45.60	Tim Berrett (65)	Leduc Track	Edmonton, AB	Mar 4 2006
High Jump	2.21	Cory Siermachesky (69)	Capital City	Edmonton, AB	Feb 18 1990
Pole Vault	5.25	Rob Pike (69)	Leduc Track	Moscow, ID	Feb 24 1996
Long Jump	7.75	Kyle McDuffie (60)	Edmonton Olympic	Edmonton, AB	Feb 21 1987
Triple Jump	16.07	Oral O'Gilvie (69)	Leduc Track	Edmonton, AB	Feb 9 1997
Shot Put	18.46	Chris Meisner (83)	Chinook Track	Windsor, ON	Mar 11 2004
Weight Throw	24.08	Jim Steacy (84)	Chinook Track	Windsor, ON	Mar 12 2009
Heptathlon	5409	Rich Hesketh (62) (7.21 - 6.87 - 13.35 - 1.94 - 8.62 - 4.45 - 2'26.67)	Calgary Spartans	Edmonton, AB	Feb 17/18 1990

Pentathlon	3834	Trevor Phillips (80) (8.36 - 6.90 - 13.66 - 1.94 - 2'57.04)	University of Calgary	Windsor, ON	Mar 13 2003
4x100m	43.46		University of Calgary	Saskatoon, SK	Jan 4 1985
4x100m - Club	43.78		Edmonton Olympic		
4x200m	1'26.82	Neville Wright (77) Rob Fisher (78) Nathan Cross (80) Ryan Adams	University of Alberta	Winnipeg, MB	Mar 11 2005
4x200m - Club	1'28.0h		Edmonton Olympic	Edmonton, AB	Feb 23 1979
4x400m	3'14.12	Sam Effah (88) Evan Kimick (89) Michael Saizew (87) Trent Ratzlaff (86)	University of Calgary	Montreal, PQ	Mar 7 2008
4x400m - Club	3'16.84		Calgary Spartans	Winnipeg, MB	Mar 2 1985
4x800m	7'35.95	Craig Sully Dave Stevart James Aldridge Rob Swartz	University of Alberta	Toronto, ON	Mar 9 1993
4x800m - Club					
Medley 400m x 200m x 200m x 800m	3'32.21	Tyler Cocker Rory Carroll (88) Brian Roppelt (83) Jaden Ostapowich (89)	Edmonton Thunder	Edmonton, AB	Feb 7 2009
Medley - Club 400m x 200m x 200m x 800m	3'32.21	Tyler Cocker Rory Carroll (88) Brian Roppelt (83) Jaden Ostapowich (89)	Edmonton Thunder	Edmonton, AB	Feb 7 2009

Alberta Open Indoor Records - Women

Event	Performance	Name	Affiliation	Venue
50m	6.41	Karen Clarke (71)	Calgary Spartans	Ottawa, ON
60m	7.35	Esmie Lawrence (61)	Calgary Spartans	Winnipeg, MB
200m	23.77	Loudia Laarman (91)	Unattached AB	Fayetteville, AR
300m	37.17	Jillian Richardson (65)	Calgary Spartans	Sindelfing
400m	51.69	Jillian Richardson (65)	Calgary Spartans	Birmingham
600m	1'28.40	Rachel Francois (92)	Unattached AB	Edmonton, AB
800m	2'01.89	Jenna Westaway (94)	Calgary International	New York, NY
1000m	2'44.55	Jenna Westaway (94)	Calgary International	Edmonton, AB
1500m	4'20.51	Karen Dunston (66)	Calgary Spartans	Edmonton, AB
3000m	8'48.56	Megan Metcalfe (82)	Edmonton Thunder	Valencia, Spain
5000m	15'25.15	Megan Metcalfe (82)	Edmonton Thunder	Boston, MA
50m Hurdles	7.1h	Sue Farley (58)	Edmonton Olympic	Edmonton, AB
60m Hurdles	7.96	Angela Whyte (80)	Unattached AB	Moscow, ID
	7.96	Angela Whyte (80)	Unattached AB	Paris, France
1500m RW	6'03.80	Janice McCaffery (59)	Calgary Track West	Ottawa, ON
3000m RW	12'47.60	Janice McCaffery (59)	Calgary Track West	Cambridge, MA
High Jump	1.88	Coralea Brown (72)	Sherwood Park Cheetahs	Windsor, ON
Pole Vault	4.20	Leanna Carriere (85)	Running Room AC	Saskatoon, Sk
Long Jump	6.39	Krysha Bayley (84)	Legacy Athletics	Edmonton, AB
Triple Jump	12.68	Makela Nkemdirim (75)	Caltaf	Edmonton, AB
Shot Put	16.73	Georgette Reed (67)	Calgary Spartans	Winnipeg, MA
Weight Throw	20.28	Heather Steacy (88)	Chinook Track	Winnipeg, MA
Pentathlon	4386	Jessica Zelinka (81) (8.39 - 1.78 - 14.12 - 5.85 - 2'22.79)	University of Calgary	Winnipeg, MA

4x100m	48.83 48.83		Calgary Spartans University of Calgary	Saskatoon, SK Edmonton, AB
4x100m - Club	48.83		Calgary Spartans	Saskatoon, SK
4x200m	1'37.65		Calgary International	Saskatoon, SK
4x200m - Club	1'37.65		Calgary International	Saskatoon, SK
4x400m	3'44.30		Calgary Spartans	Edmonton, AB
4x400m - Club	3'44.30		Calgary Spartans	Edmonton, AB
4x800m	8'48.17	Maureen Cush Sue Kallal Mary Burzminski (60) Birgit Otto	University of Alberta	Toronto, ON
4x800m - Club				
Medley 400m x 200m x 200m x 800m	4'05.10		Edmonton Olympic	Edmonton, AB
Medley - Club 400m x 200m x 200m x 800m	4'05.10		Edmonton Olympic	Edmonton, AB

Check against the following results for sure

Date

GBO records

Jan 18 1992 CIS 2016, 2014, 13, 92
CW 2006, ?

Feb 2 1988 Former Canadian Indoor Champs

Feb 14 2014

Feb 5 1988

Feb 22 1992

Mar 8 2014

Feb 15 2014

Feb 22 2014

Feb 17 1990

Mar 7 2008

Feb 12 2011

Feb 4 1977

Feb 1 2008

Feb 13 2009

Jun 18 1992

Jan 23 1993

Feb 21 1988

Mar 21 2015

Feb 2 2011

Mar 3 1993

Feb 5 1995

Mar 4 2011

Feb 23 2007

Dec 27 1982
Jan 20 1984

Dec 27 1982

Feb 3 2005

Feb 3 2005

Feb 21 1987

Feb 21 1987

Mar 10 1983

Nov 26 1982

Nov 26 1982