

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 | 21.14 | Jeremiah Lauzon (00) | Red Deer Titans | Lubbock, TX | Feb 26 2022 |
| 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 | 1'45.90 | Marco Arop (98) | Voleo | Clemson, SC | Feb 9 2019 |
| 1000m | 2'17.10 | Marco Arop (98) | Running Room Athletic Club | Staten Island, NY | Feb 13 2021 |
| 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 |

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|--|---------|--|-----------------------|---------------|-------------|
| 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 | Date |
|--------------|-------------|-----------------------------|------------------------|------------------|-------------|
| 50m | 6.41 | Karen Clarke (71) | Calgary Spartans | Ottawa, ON | Jan 18 1992 |
| 60m | 7.34 | Dawn Richardson Wilson (99) | UC Athletic Club | Saskatoon, SK | Feb 25 2023 |
| 200m | 23.77 | Loudia Laarman (91) | Unattached AB | Fayetteville, AR | Feb 14 2014 |
| 300m | 37.17 | Jillian Richardson (65) | Calgary Spartans | Sindelfing | Feb 5 1988 |
| 400m | 51.69 | Jillian Richardson (65) | Calgary Spartans | Birmingham | Feb 22 1992 |
| 600m | 1'28.40 | Rachel Francois (92) | Unattached AB | Edmonton, AB | Mar 8 2014 |
| 800m | 2'01.89 | Jenna Westaway (94) | Calgary International | New York, NY | Feb 15 2014 |
| 1000m | 2'44.55 | Jenna Westaway (94) | Calgary International | Edmonton, AB | Feb 22 2014 |
| 1500m | 4'20.51 | Karen Dunston (66) | Calgary Spartans | Edmonton, AB | Feb 17 1990 |
| 3000m | 8'48.56 | Megan Metcalfe (82) | Edmonton Thunder | Valencia, Spain | Mar 7 2008 |
| 5000m | 15'25.15 | Megan Metcalfe (82) | Edmonton Thunder | Boston, MA | Feb 12 2011 |
| 50m Hurdles | 7.1h | Sue Farley (58) | Edmonton Olympic | Edmonton, AB | Feb 4 1977 |
| 60m Hurdles | 7.96 | Angela Whyte (80) | Unattached AB | Moscow, ID | Feb 1 2008 |
| | 7.96 | Angela Whyte (80) | Unattached AB | Paris, France | Feb 13 2009 |
| 1500m RW | 6'03.80 | Janice McCaffery (59) | Calgary Track West | Ottawa, ON | Jun 18 1992 |
| 3000m RW | 12'47.60 | Janice McCaffery (59) | Calgary Track West | Cambridge, MA | Jan 23 1993 |
| High Jump | 1.88 | Coralea Brown (72) | Sherwood Park Cheetahs | Windsor, ON | Feb 21 1988 |
| Pole Vault | 4.40 | Rachel Hyink | Edmonton International | Edmonton, AB | Feb 11 2022 |
| Long Jump | 6.39 | Krysha Bayley (84) | Legacy Athletics | Edmonton, AB | Feb 2 2011 |
| Triple Jump | 12.68 | Makela Nkemdirim (75) | Caltaf | Edmonton, AB | Mar 3 1993 |
| Shot Put | 16.73 | Georgette Reed (67) | Calgary Spartans | Winnipeg, MA | Feb 5 1995 |
| Weight Throw | 20.28 | Heather Steacy (88) | Chinook Track | Winnipeg, MA | Mar 4 2011 |
| Pentathlon | 4386 | Jessica Zelinka (81) | University of Calgary | Winnipeg, MA | Feb 23 2007 |

Updated February 2023

(8.39 - 1.78 - 14.12 - 5.85 - 2'22.79)

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|--|---------|---|-----------------------|---------------|-------------|
| 4x100m | 48.83 | | Calgary Spartans | Saskatoon, SK | Dec 27 1982 |
| | 48.83 | | University of Calgary | Edmonton, AB | Jan 20 1984 |
| 4x100m - Club | 48.83 | | Calgary Spartans | Saskatoon, SK | Dec 27 1982 |
| 4x200m | 1'37.65 | | Calgary International | Saskatoon, SK | Feb 3 2005 |
| 4x200m - Club | 1'37.65 | | Calgary International | Saskatoon, SK | Feb 3 2005 |
| 4x400m | 3'44.30 | | Calgary Spartans | Edmonton, AB | Feb 21 1987 |
| 4x400m - Club | 3'44.30 | | Calgary Spartans | Edmonton, AB | Feb 21 1987 |
| 4x800m | 8'48.17 | Maureen Cush Sue Kallal Mary Burzminski (60) Birgit Otto | University of Alberta | Toronto, ON | Mar 10 1983 |
| 4x800m - Club | | | | | |
| Medley 400m x 200m x 200m x 800m | 4'05.10 | | Edmonton Olympic | Edmonton, AB | Nov 26 1982 |
| Medley - Club 400m x 200m x 200m x 800m | 4'05.10 | | Edmonton Olympic | Edmonton, AB | Nov 26 1982 |