

Alberta Outdoor Records - Men

Event	Performance		Name	Affiliation	Venue	Date
100m	10.06	1.7	Sam Effah (88)	UC Athletics Club	Miramar, Florida	July 9 2010
200m	20.31	0.2	Bryan Barnett (87)	Capital City	Osaka, Japan	Aug 27 2007
400m	44.44		Tyler Christopher (83)	UA Athletics Club	Helsinki, Finland	Aug 12 2005
800m	1'43.26		Marco Arop (98)	Running Room AC	Monaco, Monaco	Jul 19 2021
1500m	3'40.15		Peter Corrigan (89)	Running Room AC	Toronto, ON	July 7 2012
5000m	13'38.31		Jeremy Deere (75)	Calgary Spartans	Victoria, BC	Aug 11 2000
10000m	28'12.0h		Peter Butler (58)	Calgary Spartans	Vancouver, BC	July 18 1981
Marathon	2:10'56		Stefan Fekner (52)	Edmonton Road Runners	Okanagan, BC	May 21 1995
110m Hurdles	14.18		Kendal Beckles (75)	Calgary International	Victoria, BC	Aug 11 2000
400m Hurdles	48.24		Adam Kunkel (81)	Legacy Athletics	Rio de Janeiro, BRA	July 27 2007
3000m SC	8'38.8h		Rob Evans (59)	Calgary Spartans	Seattle, WA	May 17 1980
20km RW	1:21'46		Tim Berrett (65)	Leduc Track	Victoria, BC	Aug 13 2000
50km RW	3:50'20		Tim Berrett (65)	Leduc Track	Tijuana, Mexico	Mar 21 2004
High Jump	2.22		Cory Siermachesky (69)	Capital City	Calgary, AB	July 23 1989
Pole Vault	5.46		Spencer Allen (93)	Edmonton International	Calgary, AB	May 27 2018
Long Jump	7.90	2.0	Kyle McDuffie (60)	Edmonton Olympic Club	Ottawa, On	Aug 3 1985
Triple Jump	16.29		Oral O'Gilvie (69)	Capital City	Modesto, CA	May 10 1997
Discus	55.89		Jim Steacy (84)	Chinook Track	Victoria, BC	July 10 2004
Hammer	79.13		Jim Steacy (84)	Chinook Track	Lethbridge, AB	May 16 2008
Javelin	74.84		Kyle Nielsen (89)	Chinook Track	Lethbridge, AB	May 18 2014
Shot Put	18.44		Chris Meisner (83)	Chinook Track	Victoria, BC	July 19 2003
Decathlon	8626		Michael Smith (69) (11.23 - 7.72 - 16.94 - 1.97 - 48.69 - 14.77 - 52.90 - 4.90- 71.71- 4'41.95)	Calgary Track West	Gotzis, Austria	May 6 1996

4x100m	40.02	James Dutton Brad McCuaig (70) Kofi Yekakpro Ricardo Greenidge	Calgary International	Calgary, AB	June 20 1999
4x100m - Club	40.02	James Dutton Brad McCuaig (70) Kofi Yekakpro Ricardo Greenidge	Calgary International	Calgary, AB	June 20 1999
4x200m	1'36.32	Yembeh Moiba (90) Elliot Ward (98) Clayton Hayes (88) Marin Boucher (00)	Capital City	Sherwood Park, AB	June 13 2015
4x200m - Club	1'36.32	Yembeh Moiba (90) Elliot Ward (98) Clayton Hayes (88) Marin Boucher (00)	Capital City	Sherwood Park, AB	June 13 2015
4x400m	3'10.90	Ian Gordon G. Bell R. Jacson Brian Cookshaw	Team Alberta	Sudbury, ON	Aug 24 1974
4x400m - Club	3'11.63		Calgary Spartans	Winnipeg, MB	July 1 1984
4x800m	8'46.72		Edmonton Harriers	Sherwood Park, AB	June 13 2015
4x800m - Club	8'46.72		Edmonton Harriers	Sherwood Park, AB	June 13 2015
4x1500m	Vacant				
4x1500m - Club	Vacant				
Medley 400m x 200m x 200m x 800m	3'38.21	Colesen Faunt (98) Chubba Hubbard (99) Mehrddad Shokooi (99) Ryan Smeeton (98)	Team Alberta Midgets	Langley, BC	Aug 11 2013
Medley - Club 400m x 200m x 200m x 800m	4'04.04	Enkh-Orgil Erdenebat (03 Caltaf Caiden Schultz (03) Alexander Leote (03) Emiliano Velazquez (03)		Sherwood Park, AB	July 29 2018

Alberta Outdoor Records - Women

Event	Performance	Name	Affiliation	Venue	Date
100m	11.37	Esmie Lawrence (61)	Calgary Spartans	Rabat, Morocco	July 14 1989
200m	23.07	Atia Weeks (80)	Calgary International	Flagstaff, AZ	July 9 1998
400m	49.91	Jillian Richardson (65)	Calgary Spartans	Soeul, Korea	Aug 25 1988
800m	2'01.61	Jenna Westaway (94)	Calgary International	Ottawa, ON	July 8 2018
1500m	4'05.65	Malindi Elmore (80)	UC Athletics Club	Paris, France	July 6 2007
5000m	15'06.44	Jessica O'Connell (89)	UC Athletics Club	Stanford, CA	May 2 2015
10000m	32'30.08	Aster Demisse (83)	Edmonton Thunder	Vancouver, BC	June 4 2005
Marathon	2:33'51	Sandy Jacobson (66)	Calgary Spartans	Paris, France	Aug 31 2003
100m Hurdles	12.63	1.4 Angela Whyte (80)	Unattached Alberta	Carson, CA	May 20 2007
400m Hurdles	54.32	Sage Watson (94)	Unattached Alberta	Doha, QAT	Oct 2 2019
3000m SC	9'43.63	Maria Bernard (93)	UC Athletic Club	Portland, OR	June 16 2017
10km RW	51'01	Holly Gerke (64)	Edmonton Racewalk	Vancouver, BC	May 2 2004
20km RW	1:34'50	Janice McCaffrey (59)	Calgary Track West	Victoria, BC	Aug 13 2000
High Jump	1.86	Christina Livingston (67)	Calgary Track West	Calgary, AB	June 22 1997
	1.86	Whitney Evans (80)	Calgary Warriors	Sacramento, CA	June 14 2003
	1.86	Whitney Evans (80)	Calgary Warriors	Claremont, CA	Apr 15 2005
Pole Vault	4.35	Lindsay Mix (89)	Edmonton International	Tempe, AZ	Apr 9 2016
Long Jump	6.62	0.3 Krysha Bayley (84)	Legacy Athletics	Edmonton, AB	Aug 6 2001
Triple Jump	13.12	Nancy Lanovaz (63)	Rocky Mountain Royals	Ottawa, ON	June 11 1993
Discus	58.78	Rachel Andres (87)	Caltaf	Calgary, AB	Apr 21 2021
Hammer	72.16	Heather Stacey (88)	Chinook Track	Tempe, AZ	Apr 6 2012
Javelin	64.83	Elizabeth Gleadle (88)	Chinook Track	Kawasaki, Japan	May 10 2015
Shot Put	17.01	Georgette Reed (67)	Calgary Spartans	Sydney, Australia	Feb 11 1996

Heptathlon	6314	Jessica Zelinka (81) (13.32 (-0.1) - 1.76 - 14.32 - 24.22 (-2.1) - 6.19 (0.1) - 41.52 - 2'12.48)	UC Athletics Club	Gotzis, Austria	May 27 2006
4x100m	45.62	Maxine Scringer (68) Esmie Lawrence (61) Cathy Chrusch (60) Gail Harris (66)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
4x100m - Club	45.62	Maxine Scringer (68) Esmie Lawrence (61) Cathy Chrusch (60) Gail Harris (66)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
4x200m	1'47.19		UC Athletics Club	Calgary, AB	July 4 2012
4x200m - Club	1'47.19		UC Athletics Club	Calgary, AB	July 4 2012
4x400m	3'37.26	Maxine Scringer (68) Esmie Lawrence (61) Gail Harris (66) Cathy Chrusch (60)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
4x400m - Club	3'37.26	Maxine Scringer (68) Esmie Lawrence (61) Gail Harris (66) Cathy Chrusch (60)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
4x800m	10'15.59		Edmonton Harriers	Sherwood Park, AB	June 13 2015
4x800m - Club	10'15.59		Edmonton Harriers	Sherwood Park, AB	June 13 2015
4x1500m	Vacant				
4x1500m - Club	Vacant				
Medley 400m x 200m x 200m x 800m	4'05.40	Candace Wonago (01) Allie Ruptash (02) Julia Lovsin (01) Olivia Cooper (01)	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
Medley - Club 400m x 200m x 200m x 800m	Vacant				