

Alberta Indoor Records - Men

Event	Performance	Name	Affiliation	Venue	Date
50m	5.67	Sam Effah (88)	UC Athletic Club	Saskatoon, SK	Feb 3 2011
60m	6.57	Sam Effah (88)	UC Athletic Club	Windsor, On	Mar 11 2010
200m	21.09	Jeremiah Lauzon (00)	Alberta Speed School	Lubbock, TX	Feb 19 2023
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 AC	New York, NY	Feb 13 2021
1500m	3'38.51	Aaron Ahl (99)	Caltaf	Boston, MA	Feb 26 2023
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	6'44.47	Glen Bodet (61)	Edmonton Racewalk	Edmonton, AB	Nov 30 2013
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	5.42	Deryk Theoreore (89)	Edmonton International	Edmonton, AB	Feb 11 2018
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	Ron Richards (65) Sean Sereda (65) Jay Wallace (65) John Graham (65)	Calgary Spartans	Saskatoon, SK	Dec 27 1984
4x800m	7'35.95	Craig Sully Dave Stevart James Aldridge Rob Swartz	University of Alberta	Toronto, ON	Mar 9 1993
4x800m - Club	8'05.52	Jason Ushko (02) Matthew Wafer (02) Nicholas Cook (01) Skyler York (01)	Edmonton Harriers	Edmonton, AB	Nov 17 2018
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 Indoor Records - Women

Event	Performance Name	Affiliation	Venue	Date	
50m	6.41	Karen Clarke (71)	Calgary Spartans	Ottawa, ON	Jan 18 1992
	6.41	Atia Weeks (80)	Calgary International	Saskatoon, SK	Jan 9 1999
60m	7.34	Dawn Richardson Wilsc	UC Athletic Club	Saskatoon, SK	Feb 25 2023
200m	23.77	Loudia Laarman (91)	Unattached	Fayetteville, AR	Feb 14 2014
300m	37.08	Sage Watson (94)	Unattached	New York, NY	Feb 3 2018
400m	51.69	Jillian Richardson (65)	Calgary Spartans	Birmingham, GBR	Feb 22 1992
600m	1'28.29	Jenna Westaway (94)	Calgary International	Albuquerque, NM	Jan 20 2018
800m	2'01.22	Jenna Westaway (94)	Calgary International	Roxbury, MA	Feb 10 2018
1000m	2'42.02	Jenna Westaway (94)	Calgary International	New York, NY	Feb 4 2017
1500m	4'20.51	Karen Dunston (66)	Calgary Spartans	Edmonton, AB	Feb 17 1990
3000m	8'46.50	Jessica O'Connell (89)	UC Athletic Club	New York, NY	Feb 9 2019
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 (90)	Unattached	Moscow, ID	Feb 1 2008
	7.96	Angela Whyte (90)	Unattached	Paris, FRA	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	16.74	Georgette Reed (67)	Calgary Spartans	Winnipeg, MB	Jan 20 1995
Weight Throw	20.28	Heather Steacy (88)	Chinook Track	Winnipeg, MB	Mar 4 2011

Pentathlon	4386	Jessica Zelinka (81) (8.39 - 1.78 - 14.12 - 5.85 - 2'22.79)	University of Calgary	Winnipeg, MB	Feb 23 2007
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	9'10.43	Ariana Dirk (94) Jessica Baraskewich (92) Sydney Banister (95) Emma Cook-Clarke (93)	UC Athletics Club	Saskatoon, SK	Feb 27 2016
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