

Alberta Age Class Outdoor Records - Men

Event	Age	Performance	Name	Affiliation	Venue	Date
100m	U23	10.19	1.5 Malachi Murray	Capital City	Langley, BC	June 25 2022
	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		20.87	-0.1 Daniel Kidd (04)	Running Room Ath	Medicine Hat, AB	June 4 2022
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	35.68	Mats Swanson (04)	Leduc Track Club	Sydney, NS
	14	37.02	Nicolas Serezlis Bracoviche (04)	Calgary International	Sherbrooke, QC	Aug 7 2022
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	47.70	Jett Hasiuk (06)	Caltaf	Langley, BC	July 28 2023
	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 Smilijanic (73)	Caltaf	Montreal, QC	Aug 8 1990
	16	1'52.35	Mark Lynch (68)	Leduc Track Club	Edmonton, AB	July 22 1984
	15	1'56.06	Mats Swanson (04)	Leduc Track Club	Kamloops, BC	July 7 2019
	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		3'17.01	Evan Kingsmith (08)	Calgary Spartans	Sherbrooke, QC	Aug 5 2022
1500m	U23	3'38.74	Aaron Ahl (99)	Caltaf	Montreal, QC	June 29 2021
	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 2015
	16	3'53.46	Mark Lynch (68)	Leduc Track Club	Edmonton, AB	June 21 1984

2000m						
	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						
110m 42"	U23	14.14	1.6 Ryan Wright (02)	Calgary Spartans	London, ON	May 28 2023
110m 39"	19	14.32	1.6 Ryan Wright (02)	Calgary Warriors	Calgary, AB	June 13 2021
110m 39"	18	14.31	1.4 Khymani Reid (00)	Calgary International	Calgary, AB	June 17 2018
110m 36"	17	13.98	0.7 Callum McNabb (97)	Capital City	Langley, BC	Aug 15 2014
110m 36"	16	14.42	1.4 Keon Rude (05)	Calgary International	Sherwood Park, AB	Aug 8 2021
100m 33"	15	13.48	0.0 Aaron Marcynuk (00)	Edmonton Columbians	Ste Therese, QC	Aug 7 2015
100m 33"	14	14.39	0.3 Mehrdad Shokoohi (99)	Caltaf	Langley, BC	Aug 10 2013
Intermediate Hurdles						
400m 36"	U23	49.86	John Graham (65)	Calgary Spartans	Ottawa, ON	Aug 4 1985
400m 36"	19	50.98	John Graham (65)	Calgary Spartans	Provo, UT	May 22 1984
400m 36"	18	52.71	Matthew Knapik (97)	Chinook Track Club	Wood Buffalo, AB	Aug 11 2015
400m 33"	17	53.87	Scott Dixon (00)	Capital City	Calgary, AB	June 18 2017
400m 33"	16	54.54	Kai Spierenburg (99)	Calgary Warriors	Kelowna, BC	June 28 2015
200m 30"	15	25.36	0.0 Josh Quarles (97)	Calgary Spartans	Charlottetown, PE	Aug 18 2012
200m 30"	14	26.16	-0.6 Mehrdad Shokoohi (99)	Caltaf	Calgary, AB	May 18 2013
Steeple Chase						
3000m	U23	8'38.8 (h)	Rob Evans (59)	Calgary Spartans	Seattle, WA	May 17 1980
3000m	19	8'52.05	Robbie Nissen (83)	Capital City	Kingston, JAM	July 15 2002
3000m	18	9'13.26	Gareth Hadfield (92)	Caltaf	Toronto, ON	July 30 2010
2000m	19	5'36.80	Stephen Conwell (67)	Calgary Spartans	Athens, GRE	July 20 1986
2000m	18	5'53.73	Gareth Hadfield (92)	Caltaf	Bressanone, ITA	June 27 2009
2000m	17	5'53.73	Gareth Hadfield (92)	Caltaf	Bressanone, ITA	June 27 2009
2000m	16	6'06.47	Gareth Hadfield (92)	Caltaf	Sherbrooke, QC	Aug 9 2008
1500m	15	4'21.85	Scott Chalupiac (99)	Airdrie Aces Athletics Club	Kelowna, BC	June 24 2014
1500m	14	4'26.57	Scott Chalupiac (99)	Airdrie Aces Athletics Club	Langley, BC	July 9 2013

Race Walk

10000m	U23	58'21.65	Ian Novakowski (99)	Heartland Racewalk	Edmonton, AB	July 9 2016
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
	4.40	Tekoa Kornelsen (04)	Edmonton International	Sherwood Park, AB	Aug 8 2021
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	7.12	1.2 Iasaiah Baker (06)	Calgary Spartans	Sherbrooke, QC	Aug 13 2023
17	7.12	1.2 Iasaiah Baker (06)	Calgary Spartans	Sherbrooke, QC	Aug 13 2023
16	6.64	0.2 Sodiemye 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
	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

<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	50.92	Jake Mceachern (05)	Split City Sonics	Langley, BC	July 27 2023
<i>1.5kg</i>	17	55.48	Jake Mceachern (05)	Split City Sonics	Sherbrooke, QC	Aug 7 2022
<i>1.5kg</i>	16	48.46	Jake Mceachern (05)	Split City Sonics	Sherwood Park, AB	Aug 8 2021
<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	72.74	Jake Mceachern (05)	Split City Sonics	Calgary, AB	July 10 2022
<i>5kg</i>	16	65.31	Jake Mceachern (05)	Split City Sonics	Sherwood Park, AB	Aug 8 2021
<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	56.03	Erik Solomon (07)	Calgary Spartans	Sherbrooke, QC	Aug 7 2022
<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	15.44	Jake Mceachern (05)	Split City Sonics	Calgary, AB	July 25 2021
<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) (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)	Calgary Spartans	Ottawa, ON	July 4 2018
<i>Dec</i>	18	6832	Denver Krupity (00) (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)	Calgary Spartans	Ottawa, ON	July 4 2018
<i>Dec</i>	17	5822	Winston Clarke (11.74 (-1.5) - 6.17 (1.8) - 11.77 - 1.66 - 50.84 - 16.02 (1.4) - 31.87 - 2.80 - 30.13 - 4'25.62)	Calgary Warriors	Calgary, AB	May 12 2019
<i>Dec</i>	16	5650	Denver Krupity (00) (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)	Calgary Spartans	Calgary, AB	May 15 2016
<i>Pent</i>	15	3244	Aaron Marcynuk (00) (13.63 (1.3) - 5.79 (1.7) - 11.76 - 1.78 - 3'04.77)	Edmonton Columbians	Ste Therese, QC	Aug 9 2015
<i>Pent</i>	14	2391	Alexander Leote (03) (15.77 (0.1) - 5.31 (0.0) - 9.11 - 1.57 - 3'23.59)	Caltaf	Sherwood Park, AB	July 23 2017

4x100m

	U23	41.32	L. Roett, D. Bubelenyi, G. McKay, I. Harriott JR	Team Alberta	Winnipeg, MB	July 19 2015
	19	41.45	M. Schaeffer, B Williams, B. Bullen, S. Ohrt	Team Alberta	Kamloops, BC	Aug 9 2011
	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, T. McDougall, K. Gales	Team Alberta Midgets	Saskatoon, SK	Aug 5 1983
	15	43.3 (h)	B. McCuaig, G. Laxton, T. McDougall, K. Gales	Team Alberta Midgets	Saskatoon, SK	Aug 5 1983
	14	54.04		Lethbridge Track Club	Red Deer, AB	June 13 1986

4x100m - Club

	U23	41.3 (h)	D. Burton, I. Gordon, V. Quon, F. VanDorn	Calgary Spartans	Regina, SK	Aug 28 1976
	19	42.40		Calgary Spartans	Walnut, CA	Apr 21 1990
	18	43.67	D. Bubelenyi, D. Guan, P. Li, D. Zhang	Edmonton Royals	Sherwood Park, AB	July 21 2013
	17	43.67	D. Bubelenyi, D. Guan, P. Li, D. Zhang	Edmonton Royals	Sherwood Park, AB	July 21 2013
	16	44.84	C. Hunter, D. Freeman, M. Prajea, K. Matieshin	Calgary Warriors	Edmonton, AB	June 23 2007
	15	45.25	S. Babcock, A. Smith, A. Bymoan, R. McKay	Caltaf	Calgary, AB	June 15 2008
	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

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, A. Dargie, J. Sinclair	Caltaf	Saskatoon, SK	July 23 2004
17	3'28.56	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				

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				

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

Alberta Age Class Outdoor Records - Women

Event		Performance		Name	Affiliation	Venue	Date
100m							
U23	11.40	1.0	Atia Weekes (80)	Calgary International	Victoria, BC	Aug 12 2000	
19	11.51	0.0	Amy Candrllic (04)	Caltaf	Cali, Colombia	Aug 2 2022	
18	11.51	0.0	Amy Candrllic (04)	Caltaf	Cali, Colombia	Aug 2 2022	
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	38.71		Monica Antoinette Galouon-Eta (08)	Nova	Sherbrooke, QC	Aug 13 2023	
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	2'05.29		Sorcha Shiu (05)	Calgary Spartans	Guelph, ON	June 21 2023	
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	4'22.42		Charlotte Sinke (05)	Calgary Spartans	Langley, BC	July 29 2023	
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	9'18.73		Charlotte Sinke (05)	Calgary Spartans	Eugene, OR June 18 2023
	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	16'10.23		Chloe Turner (05)	Caltaf	Irvine, CA Apr 29 2023
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	U23	13.37		Angela Whyte (80)	Unattached	Provo, UT May 19 2000
100m	19	13.76	0.2	Deshaunda Morrison (95)	Calgary International	Regina, SK June 17 2012
100m	18	13.76	0.2	Deshaunda Morrison (95)	Calgary International	Regina, SK June 17 2012
100m	17	13.87	1.1	Sienna MacDonald	Calgary Warriors	Calgary, AB June 16 2019
100m	16	13.92	1.6	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB May 11 2014
80m	15	11.61	2.0	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB July 28 2013
80m	14	12.04		Robin Tratman (64)	Calgary Spartans	Edmonton, AB July 29 1979
Intermediate Hurdles						
400m	U23	56.81		Sage Watson (94)	Calgary International	Medellin, COL Aug 23 2013
400m	19	56.81		Sage Watson (94)	Calgary International	Medellin, COL Aug 23 2013
400m	18	57.87		Erica Peterson (73)	Passtrak	Kingston, JAM July 19 1991
400m	17	59.00		Sage Watson (94)	Calgary International	Abbotsford, BC June 8 2011
400m	16	60.69		Julia Lovsin (01)	Edmonton Harriers	Kelowna, BC July 2 2017
200m	15	27.73	0.2	Julia Lovsin (01)	Edmonton Harriers	Ste Therese, QC Aug 6 2016
200m	14	29.04	-1.1	Allie Ruptash (02)	Edmonton Harriers	Leduc, AB July 16 2016
Steeple Chase						
3000r	U23	10'02.62		Maria Bernard (93)	UC Athletics Club	Vancouver, BC Mar 30 2014
3000r	19	11'02.53		Adrienne Erdman (94)	Caltaf	Vancouver, BC June 8 2012
3000r	18	11'02.53		Adrienne Erdman (94)	Caltaf	Vancouver, BC June 8 2012
2000r	19	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON Aug 7 2011
2000r	18	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON Aug 7 2011
2000r	17	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON Aug 7 2011
2000r	16	7'04.26		Sorcha Shiu (05)	Calgary Warriors	Sherwood Park, AB Aug 8 2021
1500r	15	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB Aug 13 2017
1500r	14	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB Aug 13 2017

Race Walk

1000C	U23	57'13	Katie Samoil (86)	Caltaf	Montreal, QC	July 8 2005
1000C	19	57'13	Katie Samoil (86)	Caltaf	Montreal, QC	July 8 2005
1000C	18	61'06	Katie Samoil (86)	Leduc Track Club	Saskatoon, SK	July 24 2004
5000r	19	26'18	Katie Samoil (86)	Leduc Track Club	Vancouver, BC	June 12 2005
5000r	18	27'36	Katie Samoil (86)	Leduc Track Club	Vancouver, BC	May 2 2004
3000r	17	15'40.2	Katie Samoil (86)	Leduc Track Club	Edmonton, AB	June 21 2003
3000r	16	Vacant				
1500r	15	Vacant				
1500r	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	4.10	Rachel Grenke (03)	Edmonton International	Sherwood Park, AB	July 7 2023
19	4.00	Rachel Hyink (98)	Edmonton International	Lima, Peru	Aug 21 2017
18	3.85	Meghan Lim (97)	Edmonton International	Sherwood Park, AB	July 22 2015
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, F	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, P	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						
1kg	U23	56.90	Gabrielle Rains (98)	Throw It Track Club	Jacksonville, FL	Mar 25 2019
1kg	19	53.10	Gabrielle Rains (98)	Throw It Track Club	Coral Gables, FL	Mar 17 2017
1kg	18	49.53	Gabrielle Rains (98)	Throw It Track Club	Edmonton, AB	July 8 2016
1kg	17	46.34	Gabrielle Rains (98)	Throw It Track Club	Sherwood Park, /	June 13 2015
1kg	16	43.40	Nicole Chimko (78)	Caltaf	Ottawa, ON	July 3 1994
1kg	15	39.27	Jinaye Shomachuk (03)	Airdrie Aces	Brandon, MB	Aug 12 2018
1kg	14	36.83	Jennifer Jefferson (63)	Caltaf	Oromocto, NB	Aug 27 1977
Hammer						
4kg	U23	61.61	Tanessa Morris (99)	Unattached	Bozeman, Monta	May 5 2021
4kg	19	56.01	Heather Stacey (88)	Chinook Track	Edmonton, AB	June 1 2007
4kg	18	52.67	Jinaye Shomachuk (03)	Caltaf	Sherwood Park, /	Aug 8 2021
3kg	17	62.53	Jinaye Shomachuk (03)	Airdrie Aces	Calgary, AB	Sep 27 2020
3kg	16	52.40	Jinaye Shomachuk (03)	Airdrie Aces	Sherwood Park, /	July 29 2018
3kg	15	52.40	Jinaye Shomachuk (03)	Airdrie Aces	Sherwood Park, /	July 29 2018
3kg	14	43.77	Jinaye Shomachuk (03)	Airdrie Aces	Brandon, MB	Aug 13 2017
Javelin						
600g	U23	53.92	Nicole Chimko (78)	Caltaf	Columbus, OH	May 22 1998
600g	19	49.27	Niki Oudenaarden (94)	Capital City	Calgary, AB	June 6 2012
600g	18	49.27	Niki Oudenaarden (94)	Capital City	Calgary, AB	June 6 2012
500g	17	43.72	Skylar Sieben (00)	Caltaf	Brandon, MB	Aug 13 2017
500g	16	40.91	Andrea Jacob (08)	St. Albert Mustangs	Sherbrooke, QC	Aug 13 2023
500g	15	40.91	Andrea Jacob (08)	St. Albert Mustangs	Sherbrooke, QC	Aug 13 2023
500g	14	37.60	Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	June 28 2008
Shot Put						
4kg	U23	14.86	Suzanne Pecht (67)	South West Athletics	Antony, FR	May 10 1986
4kg	19	14.86	Suzanne Pecht (67)	South West Athletics	Antony, FR	May 10 1986
4kg	18	14.67	Suzanne Pecht (67)	South West Athletics	Calgary, AB	June 8 1985
3kg	17	14.02	Gabrielle Rains (98)	Fog Volleyball Track Club	Calgary, AB	June 21 2015
3kg	16	13.09	Gabrielle Rains (98)	Fog Volleyball Track Club		2014
3kg	15	12.45	Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	May 16 2009
3kg	14	11.30	Jinaye Shomachuk (03)	Airdrie Aces	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	3215	Gabby Paterson	St. Albert Mustangs	Edmonton, AB	June 19 2022
			(12.05 (0.9) - 1.61 - 9.94 - 5.09 (0.0) - 2'43.70)			
<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, A. Taylor, B. Marks	Calgary Thunderbolts	Vancouver, BC	July 21 1997
17	3'50.1 (h)	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, /	June 13 2015
19	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
18	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
17	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
16	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
15	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
14	Vacant				

4x800m - Club

U23	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
19	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
18	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
17	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
16	10'15.59		Edmonton Harriers	Sherwood Park, /	June 13 2015
15	10'15.59		Edmonton Harriers	Sherwood Park, /	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

