

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 | 6.55 | Malachi Murray (00) | Capital City | Edmonton, AB | Feb 11 2024 |
| 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 | 1'45.50 | Marco Arop (98) | Running Room AC | Fayetteville, AR | Jan 27 2024 |
| 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 | 7'49.13 | Rory Linkletter | Unattached | Louisville, KY | Feb 12 2022 |
| 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 | 7.92 | Justin Rose (01) | Green and Gold | Edmonton, AB | Feb 24 2024 |
| 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 | 2.22 | Noel Vanderzee | UCAC | Edmonton, AB | Feb 24 2024 |
| Pole Vault | 5.42 | Deryk Theorore (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 |

Updated December 2024

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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 | 6.37 | Dawn Richardson Wilson (99 Running Room AC | Saskatoon, SK | Jan 27 2024 |
| 60m | 7.34 | Dawn Richardson Wilson (99 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 |

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|--|---------|---|-----------------------|---------------|-------------|
| 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 |