

Alberta Age Class Indoor Records - Men

| Event | Age | Performance | Name | Affiliation | Venue | Date |
|-------------|-----|-------------|-----------------------|-----------------------|------------------|-------------|
| 50m | | | | | | |
| | U23 | 5.71 | Sam Effah (88) | UC Atheltic Club | Saskatoon, SK | Feb 4 2010 |
| | 19 | 5.82 | Akeem Haynes (92) | Calgary International | Saskatoon, SK | Feb 4 2010 |
| | 18 | 5.82 | Akeem Haynes (92) | Calgary International | Saskatoon, SK | Feb 4 2010 |
| | 17 | 6.01 | Brad McCuaig (70) | Caltaf | Calgary, AB | Nov 21 1987 |
| | 16 | 6.05 | Abi Isaac (74) | Edmonton Olympic | Edmonton, AB | Dec 8 1990 |
| | 15 | 6.0h | Sean Kehoe (58) | Edmonton Olympic | Edmonton, AB | Feb 11 1973 |
| | 14 | 6.53 | Dean Klassen (76) | Lethbridge Track | Calgary, AB | Dec 16 1989 |
| 60m | | | | | | |
| | U23 | 6.57 | Sam Effah (88) | UC Atheltic Club | Windsor, ON | Mar 11 2010 |
| | 19 | 6.73 | Sam Effah (88) | UC Atheltic Club | Calgary, AB | Dec 8 2007 |
| | | 6.73 | Akeem Haynes (92) | Calgary International | Calgary, AB | Jan 9 2010 |
| | 18 | 6.73 | Akeem Haynes (92) | Calgary International | Calgary, AB | Jan 9 2010 |
| | 17 | 6.93 | Akeem Haynes (92) | Calgary International | Calgary, AB | Jan 3 2008 |
| | 16 | 6.95 | Brad McCuaig (70) | Okotoks Track | Saskatoon, SK | Dec 27 1986 |
| | 15 | 7.18 | Brad McCuaig (70) | Okotoks Track | Saskatoon, SK | Dec 28 1985 |
| | 14 | 7.25 | Michael King McKenzie | Edmonton Harriers | Edmonton, AB | Nov 29 2008 |
| 200m | | | | | | |
| | U23 | 21.14 | Jeremiah Lauzon (00) | Red Deer Titans | Lubbock, TX | Feb 26 2022 |
| | 19 | 21.42 | Brad McCuaig (70) | Caltaf | Winnipeg, MB | Feb 6 1988 |
| | 18 | 21.42 | Brad McCuaig (70) | Caltaf | Winnipeg, MB | Feb 6 1988 |
| | 17 | 21.77 | Abi Issac (74) | Edmonton Olympic | Saskatoon, SK | Feb 17 1991 |
| | 16 | 22.57 | Brad McCuaig (70) | Okotoks Track | Saskatoon, SK | Mar 2 1986 |
| | 15 | 23.01 | Abi Issac (74) | Edmonton Olympic | Edmonton, AB | Mar 5 1989 |
| | 14 | 24.18 | Chris Lem (98) | Unattached Alberta | Edmonton, AB | Jan 20 2013 |
| 300m | | | | | | |
| | U23 | 32.89 | Austin Cole (98) | Capital City | Winnipeg, MB | Mar 9 2019 |
| | 19 | 33.45 | Brian Barnett (87) | Capital City | Edmonton, AB | Feb 12 2006 |
| | 18 | 33.50 | Brad McCuaig (70) | Caltaf | Saskatoon, SK | Jan 8 1988 |
| | 17 | 34.34 | Brad McCuaig (70) | Okotoks Track | Edmonton, AB | Dec 28 1986 |
| | 16 | 34.34 | Brad McCuaig (70) | Okotoks Track | Edmonton, AB | Dec 28 1986 |
| | 15 | 36.61 | Brad McCuaig (70) | Okotoks Track | Edmonton, AB | Dec 29 1985 |
| | 14 | 38.00 | Eric Lorscheider (70) | Calgary Spartans | Edmonton, AB | Dec 29 1984 |
| 400m | | | | | | |
| | U23 | 47.62 | Dave Anderson (73) | Calgary Spartans | Winnipeg, MB | Jan 30 1993 |
| | 19 | 47.86 | Mats Swanson (04) | Leduc Track | Fayetteville, AK | Feb 11 2023 |
| | 18 | 48.90 | Brad McCuaig (70) | Caltaf | Calgary, AB | Dec 5 1988 |
| | 17 | 49.46 | Dave Anderson (73) | Calgary Spartans | Winnipeg, MB | Mar 3 1990 |
| | 16 | 51.28 | Ryder Horton (00) | St Albert Mustangs | Edmonton, AB | Nov 20 2016 |
| | 15 | 52.40 | Erik Lorscheider (70) | Calgary Spartans | Winnipeg, MB | Feb 9 1985 |
| | 14 | 53.10 | Sasha Smilijanac (73) | Caltaf | Calgary, AB | Dec 5 1987 |

600m

| | | | | | |
|-----|---------|--------------------|-----------------------|---------------|-------------|
| U23 | 1'18.44 | Mike McLean (70) | Edmonton Olympic | Winnipeg, MB | Mar 2 1990 |
| 19 | 1'18.59 | Darren Clarke (81) | University of Calgary | Montreal, PQ | Mar 11 2000 |
| 18 | 1'19.64 | Tyler Smith (94) | Leduc Track | Edmonton, AB | Jan 21 2012 |
| 17 | 1'19.6h | Doug Wournell (61) | Calgary Thunderbolts | Edmonton, AB | Dec 16 1978 |
| 16 | 1'21.36 | Mark Lynch (68) | Leduc Track | Saskatoon, SK | Dec 29 1984 |
| 15 | 1'23.85 | Mats Swanson (04) | Leduc Track | Edmonton, AB | Feb 10 2019 |
| 14 | 1'27.77 | Mats Swanson (04) | Leduc Track | Edmonton, AB | Mar 4 2018 |

800m

| | | | | | |
|-----|---------|----------------------|--------------|---------------|-------------|
| U23 | 1'45.90 | Marco Arop (98) | Voleo | Clemson, SC | Feb 9 2019 |
| 19 | 1'49.46 | Tyler Smith (94) | Leduc Track | Edmonton, AB | Feb 18 2012 |
| 18 | 1'49.46 | Tyler Smith (94) | Leduc Track | Edmonton, AB | Feb 18 2012 |
| 17 | 1'53.97 | Mark Lynch (68) | Leduc Track | Edmonton, AB | Feb 8 1985 |
| 16 | 1'56.06 | Mats Swanson (04) | Leduc Track | Pocatello, ID | Feb 15 2020 |
| 15 | 1'58.51 | Mats Swanson (04) | Leduc Track | Pocatello, ID | Feb 16 2019 |
| 14 | 2'00.91 | Scott Chalupiak (99) | Airdrie Aces | Calgary, AB | Dec 14 2013 |

1000m

| | | | | | |
|-----|---------|----------------------|-----------------------|--------------|-------------|
| U23 | 2'23.36 | Scott Jensen (74) | University of Calgary | Edmonton, AB | Feb 23 1996 |
| 19 | 2'27.74 | Scott Jensen (74) | Calgary Track West | Winnipeg, MB | Mar 13 1992 |
| 18 | 2'27.74 | Scott Jensen (74) | Calgary Track West | Winnipeg, MB | Mar 13 1992 |
| 17 | 2'27.97 | Scott Jensen (74) | Calgary Track West | Calgary, AB | Jan 26 1991 |
| 16 | 2'29.90 | Mark Lynch (68) | Leduc Track | Edmonton, AB | Dec 2 1984 |
| 15 | 2'38.62 | Scott Chalupiak (99) | Airdrie Aces | Calgary, AB | Jan 26 2014 |
| 14 | 2'42.97 | Ryan Fyfe (86) | Leduc Track | Edmonton, AB | Dec 16 2000 |

1200m

| | | | | | |
|----|---------|----------------------|--------------|--------------|-------------|
| 15 | 3'13.99 | Scott Chalupiak (99) | Airdrie Aces | Edmonton, AB | Nov 30 2014 |
| 14 | 3'25.89 | Eric Lutz (98) | Airdrie Aces | Edmonton, AB | Mar 11 2012 |

1500m

| | | | | | |
|-----|---------|---------------------|--------------------|---------------|-------------|
| U23 | 3'51.05 | Eric Lutz (98) | Unattached | Saskatoon, SK | Feb 22 2020 |
| 19 | 3'52.90 | Adrian Shorter (62) | Edmonton Harriers | Edmonton, AB | Feb 21 1981 |
| 18 | 3'54.62 | Alex Mowat (68) | Calgary Track West | Winnipeg, MB | Mar 1 1985 |
| 17 | 3'54.62 | Alex Mowat (68) | Calgary Track West | Winnipeg, MB | Mar 1 1985 |
| 16 | 3'57.39 | Mark Lynch (68) | Leduc Track | Saskatoon, SK | Dec 19 1984 |
| 15 | 4'20.24 | Evan Kingsmith (08) | Calgary Spartans | Boston, MA | Mar 12 2023 |
| 14 | 4'20.90 | Ryan Fyfe (86) | Leduc Track | Edmonton, AB | Nov 25 2000 |

2000m

| | | | | | |
|----|---------|-------------------|-------------------|--------------|-------------|
| 15 | 5'50.46 | Brandon Vail (99) | Edmonton Harriers | Edmonton, AB | Nov 30 2014 |
| 14 | 6'22.77 | Jett Hasiuk (06) | Unattached | Edmonton, AB | Mar 1 2020 |

3000m

| | | | | | |
|-----|---------|--------------------|--------------------|---------------|-------------|
| U23 | 8'08.06 | Angus Rawling (97) | Caltaf | Boston, MA | Feb 10 2018 |
| 19 | 8'16.2h | Dean Childs (57) | Calgary Spartans | Edmonton, AB | Feb 22 1976 |
| 18 | 8'20.4h | Peter Butler (58) | Calgary Spartans | Edmonton, AB | Feb 8 1976 |
| 17 | 8'35.30 | Alex Mowat (68) | Calgary Track West | Winnipeg, MB | Mar 1 1985 |
| 16 | 8'36.9h | Rob Evans (59) | Calgary Spartans | Saskatoon, SK | Dec 29 1975 |
| 15 | 9'06.32 | Nyial Majock (90) | Caltaf | Calgary, AB | Dec 10 2005 |
| 14 | 9'34.79 | Aaron Robson (86) | Edmonton Harriers | Edmonton, AB | Nov 26 2000 |

60m Hurdles

| | | | | | | |
|------------|-----|------|---------------------|-----------------------|---------------|-------------|
| 42" | U23 | 8.07 | Ryan Wright (02) | Calgary Spartans | Saskatoon, SK | Jan 28 2023 |
| 39" | 19 | 7.86 | Keon Rude (05) | Calgary International | Pocatello, ID | Feb 16 2023 |
| 39" | 18 | 7.86 | Keon Rude (05) | Calgary International | Pocatello, ID | Feb 16 2023 |
| 36" | 17 | 7.77 | Keon Rude (05) | Calgary International | Regina, SK | Dec 10 2022 |
| 36" | 16 | 8.08 | Keon Rude (05) | Calgary International | Calgary, AB | Dec 5 2021 |
| 33" | 15 | 8.52 | Keon Rude (05) | Calgary International | Edmonton, AB | Feb 9 2020 |
| 33" | 14 | 8.72 | Aaron Marcynuk (00) | Edmonton Columbians | Edmonton, AB | Jan 25 2015 |

Race Walk

| | | | | | | |
|--------------|-----|----------|---------------------|--------------------|--------------|-------------|
| <i>3000m</i> | U23 | 16'25.01 | Ian Novakowski (99) | Heartland Racewalk | Edmonton, AB | Mar 6 2016 |
| <i>3000m</i> | 19 | 16'25.01 | Ian Novakowski (99) | Heartland Racewalk | Edmonton, AB | Mar 6 2016 |
| <i>3000m</i> | 18 | 16'25.01 | Ian Novakowski (99) | Heartland Racewalk | Edmonton, AB | Mar 6 2016 |
| <i>3000m</i> | 17 | 16'25.01 | Ian Novakowski (99) | Heartland Racewalk | Edmonton, AB | Mar 6 2016 |
| <i>3000m</i> | 16 | Vacant | | | | |
| <i>1500m</i> | 15 | 8'24.9 | Sheldon Clark (87) | Peace Country | Edmonton, AB | Nov 30 2002 |
| <i>1500m</i> | 14 | 9'19.4 | Eric Kerslake (65) | Edmonton Olympic | Edmonton, AB | Jan 6 1979 |

High Jump

| | | | | | | |
|--|-----|------|------------------------|---------------------------|---------------|-------------|
| | U23 | 2.21 | Cory Siermachesky (69) | Capital City | Edmonton, AB | Feb 18 1990 |
| | 19 | 2.15 | Wesley Calef (99) | Green and Gold Track Club | Edmonton, AB | Feb 11 2018 |
| | 18 | 2.05 | Tyler Weir (73) | Edmonton Olympic | Edmonton, AB | Mar 3 1991 |
| | | 2.05 | Jesse Lipscombe (80) | St Albert Track | Pocatello, ID | Feb 15 1997 |
| | 17 | 2.05 | Jesse Lipscombe (80) | St Albert Track | Pocatello, ID | Feb 15 1997 |
| | 16 | 2.01 | Jesse Lipscombe (80) | St Albert Track | Edmonton, AB | Nov 30 1996 |
| | 15 | 1.88 | Matthew Cardoza (89) | Edmonton Harriers | Edmonton, AB | Nov 27 2004 |
| | 14 | 1.80 | Jason Nadeau (76) | Norwesters | Edmonton, AB | Mar 3 1990 |
| | | 1.80 | Jesse Lipscombe (80) | St Albert Track | Edmonton, AB | Jan 22 1994 |

Pole Vault

| | | | | | | |
|--|-----|------|----------------------|------------------------|--------------|-------------|
| | U23 | 5.07 | Jamie Johnson (80) | Capital City | Regina, SK | Feb 23 2001 |
| | 19 | 5.00 | Jamie Johnson (80) | Capital City | Edmonton, AB | Nov 25 2000 |
| | 18 | 4.70 | Deryk Theodore (89) | Edmonton International | Edmonton, AB | Dec 1 2007 |
| | 17 | 4.05 | Deryk Theodore (89) | Edmonton International | Edmonton, AB | Nov 25 2006 |
| | 16 | 3.70 | Brad Young (77) | Capital City | Edmonton, AB | Nov 12 1993 |
| | 15 | 3.65 | Tekoa Kornelsen (04) | Edmonton International | Edmonton, AB | Feb 10 2019 |
| | 14 | 3.50 | Sean Steacy (86) | Chinook | Edmonton, AB | Feb 9 2001 |

Long Jump

| | | | | | | |
|--|-----|------|-----------------------|------------------------|---------------|-------------|
| | U23 | 7.41 | Barry Boyd (52) | Edmonton Olympic | | Mar 16 1972 |
| | 19 | 7.22 | Aaron Hernandez (95) | Chinook | Pocatello, ID | Feb 16 2013 |
| | 18 | 7.22 | Aaron Hernandez (95) | Chinook | Pocatello, ID | Feb 16 2013 |
| | 17 | 6.90 | Matthew Cardoza (89) | Capital City | Edmonton, AB | Nov 25 2006 |
| | 16 | 6.80 | George Spakowsky (66) | Calgary Spartans | Edmonton, AB | Mar 13 1982 |
| | 15 | 6.28 | Isaac Ikram (78) | DUN | Edmonton, AB | Dec 11 1993 |
| | 14 | 6.19 | Charles Bazerd (89) | Sherwood Park Trackers | Edmonton, AB | Nov 29 2003 |

Triple Jump

| | | | | | |
|-----|-------|-----------------------|---------------------|---------------|-------------|
| U23 | 15.91 | Oral O'Gilvie (69) | Capital City | Edmonton, AB | Feb 18 1989 |
| 19 | 15.03 | Aaron Hernandez (95) | Chinook | Edmonton, AB | Feb 22 2014 |
| 18 | 14.45 | Sodienye Nkwonta (98) | Caltaf | Saskatoon, SK | Feb 27 2016 |
| 17 | 13.76 | Ryan McKay (73) | Caltaf | Edmonton, AB | Mar 13 2010 |
| 16 | 13.58 | Calvin Caunt (65) | Edmonton Columbians | Edmonton, AB | Dec 12 1981 |
| 15 | 12.81 | Zackary Poirier (02) | Calgary Warriors | Edmonton, AB | Feb 11 2017 |
| 14 | 11.76 | Dean Klassen(76) | Lethbridge Track | Edmonton, AB | Mar 2 1990 |

Shot Put

| | | | | | | |
|---------------|-----|-------|---------------------|-------------------------|---------------|-------------|
| 7.26kg | U23 | 18.46 | Chris Meisner (83) | Chinook | Windsor, ON | Mar 11 2004 |
| 6kg | 19 | 16.47 | Chris Meisner (83) | Chinook | Edmonton, AB | Feb 3 2002 |
| 6kg | 18 | 15.42 | Matt Doherty (85) | Red Deer Titans | Edmonton, AB | Mar 9 2003 |
| 5kg | 17 | 17.16 | Jake Mceachern (05) | Split City Sonics | Saskatoon, SK | Dec 19 2022 |
| 5kg | 16 | 14.60 | Henry Ferreira (88) | Northeast Alberta Track | Edmonton, AB | Nov 27 2004 |
| 4kg | 15 | 18.68 | Lanny Tron (60) | Lethbridge Track | Edmonton, AB | Dec 18 1976 |
| 4kg | 14 | 14.10 | Dwight Midgley (80) | Caltaf | Edmonton, AB | Dec 11 1993 |

Weight Throw

| | | | | | | |
|--------------|-----|-------|---------------------|---------------------|---------------|-------------|
| 35lbs | U23 | 22.02 | Jim Steacy (84) | Chinook | Saskatoon, SK | Feb 7 2004 |
| 25lbs | 19 | 23.08 | Jim Steacy (84) | Chinook | Lethbridge,AB | Dec 8 2001 |
| 25lbs | 18 | 23.08 | Jim Steacy (84) | Chinook | Lethbridge,AB | Dec 8 2001 |
| 20lbs | 17 | 23.59 | Jake Mceachern (05) | Split City Sonics | Edmonton, AB | Nov 26 2022 |
| 20lbs | 16 | 18.61 | Tiege King (08) | St. Albert Mustangs | Edmonton, AB | Feb 11 2024 |
| 16lbs | 15 | 19.62 | Tiege King (08) | St. Albert Mustangs | Saskatoon, SK | Dec 16 2023 |
| 16lbs | 14 | 14.32 | Sean Steacy(86) | Chinook | Lethbridge,AB | Dec 10 2000 |

Pentathlon

| | | | | | |
|-----|------|--|-----------------------|----------------|-------------|
| U23 | 3812 | Trevor Phillips (80) | University of Calgary | Sherbrooke, PQ | Mar 13 2003 |
| | | (?) | | | |
| 19 | 3414 | Brayden Posyluzny (97) | Red Deer Titans | Edmonton, AB | Feb 14 2015 |
| | | (8.81 - 6.64 - 12.24 - 1.79 - 3'00.79) | | | |
| 18 | 3414 | Brayden Posyluzny (97) | Red Deer Titans | Edmonton, AB | Feb 14 2015 |
| | | (8.81 - 6.64 - 12.24 - 1.79 - 3'00.79) | | | |
| 17 | 3361 | Nolan Rosenegger (07) | Caltaf | Edmonton, AB | Feb 4 2024 |
| | | (9.18 - 5.74 - 13.05 - 1.81 - 2'45.12) | | | |
| 16 | 3151 | Aaron Marcynuk (00) | Edmonton Columbians | Edmonton, AB | Feb 7 2016 |
| | | (8.81 - 6.05 - 9.84 - 1.82 - 3'01.90) | | | |
| 15 | 3108 | Aaron Marcynuk (00) | Edmonton Columbians | Edmonton, AB | Feb 14 2015 |
| | | (7.63 - 6.22 - 11.25 - 1.76 - 3'01.68) | | | |
| 14 | 2475 | Aaron Marcynuk (00) | Edmonton Columbians | Edmonton, AB | Feb 8 2014 |
| | | (7.83 - 5.22 - 9.61 - 1.57 - 3'13.60) | | | |

Heptathlon

| | | | | | |
|-----|------|--|------------------|--------------|-------------|
| U23 | 4914 | Winston Clarke (02) | UCAC | Windsor, ON | Feb 24 2024 |
| | | (7.41 - 6.72 - 11.36 - 1.82 - 9.05 - 4.11 - 2'44.06) | | | |
| 19 | 4898 | Denver Krupity (00) | Calgary Spartans | Edmonton, AB | Feb 18 2018 |
| | | (7.19 - 6.74 - 13.74 - 1.72 - 9.00 - 3.90 - 2'54.27) | | | |
| 18 | 4898 | Denver Krupity (00) | Calgary Spartans | Edmonton, AB | Feb 18 2018 |
| | | (7.19 - 6.74 - 13.74 - 1.72 - 9.00 - 3.90 - 2'54.27) | | | |

| | | | | | | |
|----------------------|-----|---------|---|-----------------------|---------------|-------------|
| 4x100m | | | | | | |
| | U23 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 19 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 18 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 17 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 16 | 48.13 | | Lloydminster Olympic | Edmonton, AB | Dec 28 1985 |
| | 15 | 48.13 | | Lloydminster Olympic | Edmonton, AB | Dec 28 1985 |
| | 14 | 51.62 | | Northeastern Stars | Saskatoon, SK | Dec 29 1983 |
| 4x100m - Club | | | | | | |
| | U23 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 19 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 18 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 17 | 45.84 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Edmonton, AB | Feb 9 2008 |
| | 16 | 48.13 | | Lloydminster Olympic | Edmonton, AB | Dec 28 1985 |
| | 15 | 48.13 | | Lloydminster Olympic | Edmonton, AB | Dec 28 1985 |
| | 14 | 51.62 | | Northeastern Stars | Saskatoon, SK | Dec 29 1983 |
| 4x200m | | | | | | |
| | U23 | 1'27.50 | D. Bubelenyi, A. Cole E. Vela, S. Dixon | University of Alberta | Winnipeg, MB | Mar 7 2019 |
| | 19 | 1'30.01 | | Team Alberta | Saskatoon, SK | Mar 1 1986 |
| | 18 | 1'33.55 | | Caltaf | Edmonton, AB | Dec 13 1997 |
| | 17 | 1'33.55 | | Caltaf | Edmonton, AB | Dec 13 1997 |
| | 16 | 1'35.91 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Calgary, AB | Dec 8 2007 |
| | 15 | 1'38.24 | G. Li, G. Frechette, E. Samson, B Thompson | Edmonton Columbians | Edmonton, AB | Feb 18 2018 |
| | 14 | 1'44.17 | M. Shokoohi, T. Oglinzanu, L. Murray, J. Zang | Caltaf | Edmonton, AB | Dec 14 2013 |
| 4x200m - Club | | | | | | |
| | U23 | 1'30.46 | | Caltaf | Winnipeg, MB | Feb 5 1988 |
| | 19 | 1'30.46 | | Caltaf | Winnipeg, MB | Feb 5 1988 |
| | 18 | 1'33.55 | | Caltaf | Edmonton, AB | Dec 13 1997 |
| | 17 | 1'33.55 | | Caltaf | Edmonton, AB | Dec 13 1997 |
| | 16 | 1'35.91 | C. Hunter, D. Freeman, M. Prajea, K. Matieshin | Calgary Warriors | Calgary, AB | Dec 8 2007 |
| | 15 | 1'38.24 | G. Li, G. Frechette, E. Samson, B Thompson | Edmonton Columbians | Edmonton, AB | Feb 18 2018 |
| | 14 | 1'44.17 | M. Shokoohi, T. Oglinzanu, L. Murray, J. Zang | Caltaf | Edmonton, AB | Dec 14 2013 |

| 4x400m | | | | | | |
|----------------------|-----|---------|--|-----------------------|---------------|-------------|
| | U23 | 3'14.12 | S. Effah, S. Kimick, M. Saizew, T. Ratzlaff | University of Calgary | Montreal, PQ | Mar 7 2008 |
| | 19 | 3'16.84 | R. Richards, S. Sereda, J. Wallace, J. Graham | Calgary Spartans | Saskatoon, SK | Dec 27 1984 |
| | 18 | 3'29.60 | | Team Alberta | Saskatoon, SK | Dec 29 1984 |
| | 17 | 3'32.74 | | Calgary Track West | Saskatoon, SK | Dec 29 1984 |
| | 16 | 3'36.04 | | Calgary Track West | Edmonton, AB | Mar 4 1979 |
| | 15 | 3'46.57 | | Lethbridge Track | Edmonton, AB | Mar 12 1977 |
| | | 3'46.57 | | Caltaf | Edmonton, AB | Mar 7 2004 |
| | 14 | 4'09.15 | T. Huard, M. Shokoohi, J. Cook, R. Wright | Caltaf | Edmonton, AB | Feb 10 2013 |
| 4x400m - Club | | | | | | |
| | U23 | 3'16.84 | | Calgary Spartans | Winnipeg, MB | Mar 2 1985 |
| | 19 | 3'16.84 | | Calgary Spartans | Winnipeg, MB | Mar 2 1985 |
| | 18 | 3'29.60 | M. Sinclair, A. Dargie, B. Bateson, T. Ratzlaff | Caltaf | Edmonton, AB | Mar 7 2004 |
| | 17 | 3'32.74 | | Calgary Track West | Saskatoon, SK | Dec 29 1984 |
| | 16 | 3'36.04 | | Calgary Track West | Edmonton, AB | Mar 4 1979 |
| | 15 | 3'46.57 | | Lethbridge Track | Edmonton, AB | Mar 12 1977 |
| | | 3'46.57 | | Caltaf | Edmonton, AB | Mar 7 2004 |
| | 14 | 4'09.15 | T. Huard, M. Shokoohi, J. Cook, R. Wright | Caltaf | Edmonton, AB | Feb 10 2013 |
| 4x800m | | | | | | |
| | U23 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| | 19 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| | 18 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| | 17 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| | 16 | | | | | |
| | 15 | | | | | |
| | 14 | | | | | |

4x800m - Club

| | | | | | |
|-----|---------|---|-------------------|--------------|-------------|
| U23 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| 19 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| 18 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| 17 | 8'05.52 | J, Ushko, M. Wafer, N. Cook, S. York | Edmonton Harriers | Edmonton, AB | Nov 17 2018 |
| 16 | | | | | |
| 15 | | | | | |
| 14 | | | | | |

Medley

| | | | | | |
|-----|---------|--|-----------------------------|--------------|-------------|
| U23 | 3'36.54 | C. MacNab, E. Vela, P. Radulovic, B. Calef | Capital City | Edmonton, AB | Feb 14 2015 |
| 19 | 3'36.54 | C. MacNab, E. Vela, P. Radulovic, B. Calef | Capital City | Edmonton, AB | Feb 14 2015 |
| 18 | 3'40.22 | | Edmonton Harriers | Edmonton, AB | Feb 7 2009 |
| 17 | 3'40.22 | | Edmonton Harriers | Edmonton, AB | Feb 7 2009 |
| 16 | 3'56.95 | A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak | Airdrie Aces Athletics Club | Edmonton, AB | Feb 8 2014 |
| 15 | 3'56.95 | A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak | Airdrie Aces Athletics Club | Edmonton, AB | Feb 8 2014 |
| 14 | 4'14.50 | M. Rembowski, T. McIntosh D. Schlacter, M. Lynch | Leduc Track | Edmonton, AB | Mar 13 1982 |

Medley - Club

| | | | | | |
|-----|---------|---|-----------------------------|--------------|-------------|
| U23 | 3'36.54 | C. MacNab, E. Vela, P. Radulovic, B. Calef | Capital City | Edmonton, AB | Feb 14 2015 |
| 19 | 3'36.54 | C. MacNab, E. Vela, P. Radulovic, B. Calef | Capital City | Edmonton, AB | Feb 14 2015 |
| 18 | 3'40.22 | | Edmonton Harriers | Edmonton, AB | Feb 7 2009 |
| 17 | 3'40.22 | | Edmonton Harriers | Edmonton, AB | Feb 7 2009 |
| 16 | 3'56.95 | A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak | Airdrie Aces Athletics Club | Edmonton, AB | Feb 8 2014 |
| 15 | 3'56.95 | A. Sleik, A. Troschke, T. Shomachuk, S. Chalupiak | Airdrie Aces Athletics Club | Edmonton, AB | Feb 8 2014 |
| 14 | 4'14.50 | M. Rembowski, T. McIntosh D. Schlacter, M. Lynch D. Schlacter, M. Lynch | Leduc Track | Edmonton, AB | Mar 13 1982 |

Alberta Age Class Indoor Records - Women

| Event | Age | Performance | Name | Affiliation | Venue | Date |
|-------------|-----|-------------|-------------------------|-----------------------|----------------|-------------|
| 50m | | | | | | |
| | U23 | 6.41 | Karen Clarke (71) | Calgary Spartans | Ottawa, ON | Jan 18 1992 |
| | 19 | 6.48 | Loudia Laarman (91) | Calgary International | Saskatoon, SK | Feb 4 2010 |
| | 18 | 6.53 | Teneshia Peart (86) | Calgary International | Saskatoon, SK | Feb 7 2004 |
| | 17 | 6.2h | Lori Chaki (59) | Lethbridge Track | Edmonton, AB | Jan 13 1979 |
| | 16 | 6.4h | Heather McKay (53) | Edmonton Harriers | Calgary, AB | Mar 28 1969 |
| | | 6.4h | Brenda Walsh (54) | Edmonton Onlympic | Edmonton, AB | Apr 11 1970 |
| | 15 | 6.5h | Jillian Richardson (65) | Calgary Spartans | Edmonton, AB | Feb 1 1980 |
| | 14 | 6.93 | Cheryl Allen (72) | Edmonton Harriers | Edmonton, AB | Mar 9 1985 |
| 60m | | | | | | |
| | U23 | 7.40 | Sandy Latrace (97) | Chinook Track Club | Winnipeg, MB | Mar 9 2019 |
| | 19 | 7.41 | Loudia Laarman (91) | Calgary International | Pocatello, ID | Feb 18 2010 |
| | 18 | 7.45 | Loudia Laarman (91) | Lethbridge Track | Pocatello, ID | Feb 16 2008 |
| | 17 | 7.45 | Loudia Laarman (91) | Lethbridge Track | Pocatello, ID | Feb 16 2008 |
| | 16 | 7.58 | Loudia Laarman (91) | Lethbridge Track | Calgary, AB | Jan 13 2007 |
| | 15 | 7.67 | Loudia Laarman (91) | Lethbridge Track | Calgary, AB | Dec 9 2006 |
| | 14 | 7.86 | Loudia Laarman (91) | Lethbridge Track | Calgary, AB | Dec 10 2005 |
| 200m | | | | | | |
| | U23 | 23.93 | Atia Weekes (80) | Calgary International | Pocatello, ID | Feb 21 1998 |
| | 19 | 23.93 | Atia Weekes (80) | Calgary International | Pocatello, ID | Feb 21 1998 |
| | 18 | 23.93 | Atia Weekes (80) | Calgary International | Pocatello, ID | Feb 21 1998 |
| | 17 | 24.61 | Ashley Odiase (06) | Calgary International | Edmonton, AB | Mar 5 2023 |
| | 16 | 24.78 | Jillian Richardson (65) | Calgary Spartans | Edmonton, AB | Mar 1 1981 |
| | 15 | 25.25 | Cheryl Allen (72) | Edmonton Olympic | Edmonton, AB | Mar 8 1987 |
| | 14 | 25.81 | Cheryl Allen (72) | Edmonton Harriers | Edmonton, AB | Mar 1 1986 |
| 300m | | | | | | |
| | U23 | 38.23 | Amonn Nelson (88) | University of Calgary | Montreal, PQ | Mar 7 2008 |
| | 19 | 38.39 | Atia Weekes (80) | Calgary International | Edmonton, AB | Feb 14 1998 |
| | 18 | 38.39 | Atia Weekes (80) | Calgary International | Edmonton, AB | Feb 14 1998 |
| | 17 | 38.74 | Jillian Richardson (65) | Calgary Spartans | Saskatoon, SK | Dec 29 1982 |
| | 16 | 39.15 | Jillian Richardson (65) | Calgary Spartans | Saskatoon, SK | Dec 30 1981 |
| | 15 | 40.92 | Janice Zawaski (82) | Leduc Track | Edmonton, AB | Jan 18 1997 |
| | 14 | 40.7h | Cheryl Allen (72) | Edmonton Harriers | Edmonton, AB | Mar 2 1986 |
| 400m | | | | | | |
| | U23 | 53.00 | Jillian Richardson (65) | Calgary Spartans | Sherbrooke, PQ | Feb 26 1983 |
| | 19 | 53.00 | Jillian Richardson (65) | Calgary Spartans | Sherbrooke, PQ | Feb 26 1983 |
| | 18 | 53.00 | Jillian Richardson (65) | Calgary Spartans | Sherbrooke, PQ | Feb 26 1983 |
| | 17 | 54.54 | Sage Watson (94) | Calgary International | Pocatello, ID | Feb 12 2011 |
| | 16 | 55.59 | Cheryl Allen (72) | Edmonton Olympic | Windsor, ON | Feb 20 1988 |
| | 15 | 55.68 | Janice Zawaski (82) | Leduc Track | Pocatello, ID | Feb 5 1997 |
| | 14 | 57.49 | Cheryl Allen (72) | Edmonton Harriers | Saskatoon, SK | Mar 1 1986 |

600m

| | | | | | |
|-----|---------|----------------------|-----------------------|--------------|-------------|
| U23 | 1'28.40 | Rachel Francois (92) | Unattached AB | Edmonton, AB | Mar 8 2014 |
| 19 | 1'28.61 | Ella Clayton (03) | Caltaf | Chicago, IL | Feb 12 2022 |
| 18 | 1'30.48 | Jenna Westaway (94) | Calgary International | Winnipeg, MB | Feb 4 2012 |
| 17 | 1'31.84 | Tanya Wright (81) | Leduc Track | Edmonton, AB | Feb 14 1998 |
| 16 | 1'35.24 | Tanya Wright (81) | Leduc Track | Edmonton, AB | Dec 28 1997 |
| 15 | 1'35.26 | Mandeep Sangha (05) | Calgary Warriors | Edmonton, AB | Feb 16 2020 |
| 14 | 1'36.54 | Meadow Drebert (06) | Leduc Track | Edmonton, AB | Mar 1 2020 |

800m

| | | | | | |
|-----|---------|-----------------------|-----------------------|--------------|-------------|
| U23 | 2'01.89 | Jenna Westaway (94) | Calgary International | New York, NY | Feb 15 2014 |
| 19 | 2'06.8h | Linda Halverson (54) | Calgary Spartans | Edmonton, AB | Feb 9 1971 |
| 18 | 2'06.8h | Linda Halverson (54) | Calgary Spartans | Edmonton, AB | Feb 9 1971 |
| 17 | 2'06.8h | Linda Halverson (54) | Calgary Spartans | Edmonton, AB | Feb 9 1971 |
| 16 | 2'09.5h | Linda Halverson (54) | Calgary Spartans | Edmonton, AB | Dec 15 1970 |
| 15 | 2'14.13 | Sophie Sigfstead (00) | Edmonton Harriers | Calgary, AB | Dec 6 2014 |
| 14 | 2'14.13 | Sophie Sigfstead (00) | Edmonton Harriers | Calgary, AB | Dec 6 2014 |

1000m

| | | | | | |
|-----|---------|-----------------------|-----------------------|--------------|-------------|
| U23 | 2'42.96 | Jenna Westaway (94) | Calgary International | Toronto, ON | Mar 12 2016 |
| 19 | 2'46.70 | Sorcha Shiu (05) | Calgary Spartans | Edmonton, AB | Mar 5 2023 |
| 18 | 2'46.70 | Sorcha Shiu (05) | Calgary Spartans | Edmonton, AB | Mar 5 2023 |
| 17 | 2'50.4h | Linda Halverson (54) | Calgary Spartans | Edmonton, AB | Feb 2 1971 |
| 16 | 2'52.36 | Sophie Sigfstead (00) | Edmonton Harriers | Edmonton, AB | Jan 23 2015 |
| 15 | 2'52.36 | Sophie Sigfstead (00) | Edmonton Harriers | Edmonton, AB | Jan 23 2015 |
| 14 | 2'59.26 | Meadow Drebert (06) | Leduc Track | Edmonton, AB | Feb 9 2020 |

1200m

| | | | | | |
|----|---------|---------------------|------------------|--------------|-------------|
| 15 | 3'35.70 | Mandeep Sangha (05) | Calgary Warriors | Edmonton, AB | Feb 16 2020 |
| 14 | 3'36.90 | Meadow Drebert (06) | Leduc Track | Edmonton, AB | Feb 16 2020 |

1500m

| | | | | | |
|-----|---------|-----------------------|-------------------|--------------|-------------|
| U23 | 4'26.92 | Mandeep Sangha (05) | Edmonton Olympic | Edmonton, AB | Feb 12 2023 |
| 19 | 4'26.92 | Mandeep Sangha (05) | Edmonton Olympic | Edmonton, AB | Feb 12 2023 |
| 18 | 4'26.92 | Mandeep Sangha (05) | Edmonton Olympic | Edmonton, AB | Feb 12 2023 |
| 17 | 4'29.63 | Sophie Sigfstead (00) | Edmonton Harriers | Edmonton, AB | Jan 23 2015 |
| 16 | 4'29.63 | Sophie Sigfstead (00) | Edmonton Harriers | Edmonton, AB | Jan 23 2015 |
| 15 | 4'29.63 | Sophie Sigfstead (00) | Edmonton Harriers | Edmonton, AB | Jan 23 2015 |
| 14 | 4'39.98 | Sadie Sigfstead (03) | Edmonton Harriers | Edmonton, AB | Feb 11 2017 |

2000m

| | | | | | |
|----|---------|----------------------|-------------------|--------------|-------------|
| 15 | 6'18.66 | Sadie Sigfstead (03) | Edmonton Harriers | Edmonton, AB | Feb 18 2018 |
| 14 | 6'24.83 | Sadie Sigfstead (03) | Edmonton Harriers | Edmonton, AB | Feb 19 2017 |

3000m

| | | | | | |
|-----|----------|---------------------------|------------------|---------------|-------------|
| U23 | 9'16.40 | Lisa Harvey (70) | Calgary Spartans | Winnipeg, MB | Mar 10 1990 |
| 19 | 9'34.47 | Lisa Harvey (70) | Calgary Spartans | Saskatoon, SK | Feb 24 1989 |
| 18 | 9'36.63 | Jennifer Christensen (68) | Caltaf | Winnipeg, MB | Mar 2 1985 |
| 17 | 9'36.63 | Jennifer Christensen (68) | Caltaf | Winnipeg, MB | Mar 2 1985 |
| 16 | 9'52.97 | Jennifer Christensen (68) | Caltaf | Edmonton, AB | Mar 11 1984 |
| 15 | 10'00.36 | Jennifer Christensen (68) | Caltaf | Saskatoon, SK | Dec 29 1983 |
| 14 | 10'27.66 | Ciara Kary (92) | Calgary Spartans | Edmonton, AB | Jan 22 2006 |

60m Hurdles

| | | | | | | |
|------------|-----|------|---------------------------|-----------------------|-----------------|-------------|
| 33" | U23 | 8.41 | Alexa Hrycun (94) | Green and Gold Track | Albuquerque, NM | Feb 6 2016 |
| | | 8.41 | Hailey Hitchings (97) | Edmonton Thunder | Windsor, ON | Mar 10 2018 |
| 33" | 19 | 8.49 | Hailey Hitchings (97) | Edmonton Thunder | Toronto, ON | Mar 12 2016 |
| 33" | 18 | 8.56 | Deshaunda Morrison (95) | Calgary International | Seattle, WA | Feb 24 2013 |
| 30" | 17 | 8.53 | Deshaunda Morrison (95) | Calgary International | Edmonton, AB | Mar 11 2012 |
| 30" | 16 | 8.87 | Nicola Charlesworth (94) | Caltaf | Calgary, AB | Dec 5 2009 |
| 30" | 15 | 8.99 | Natasha Gatzke (02) | Calgary Warriors | Calgary, AB | Dec 10 2017 |
| 30" | 14 | 9.30 | Alexandra Carruthers (00) | Calgary Warriors | Calgary, AB | Dec 6 2014 |
| | | 9.30 | Catherine Carruthers (00) | Calgary Warriors | Calgary, AB | Dec 6 2014 |

Race Walk

| | | | | | | |
|--------------|-----|----------|-----------------------|-------------------|--------------|-------------|
| <i>3000m</i> | U23 | 15'55.81 | Katie Samoil (86) | Leduc Track Club | Edmonton, AB | Mar 6 2004 |
| <i>3000m</i> | 19 | 15'55.81 | Katie Samoil (86) | Leduc Track Club | Edmonton, AB | Mar 6 2004 |
| <i>3000m</i> | 18 | 15'55.81 | Katie Samoil (86) | Leduc Track Club | Edmonton, AB | Mar 6 2004 |
| <i>3000m</i> | 17 | Vacant | | | | |
| <i>3000m</i> | 16 | Vacant | | | | |
| <i>1500m</i> | 15 | 8'59.9 | Stephanie Keenan (91) | Kinsman Race Walk | Edmonton, AB | Nov 30 2002 |
| <i>1500m</i> | 14 | 8'59.9 | Stephanie Keenan (91) | Kinsman Race Walk | Edmonton, AB | Nov 30 2002 |

High Jump

| | | | | | | |
|--|-----|------|---------------------|------------------------|--------------|-------------|
| | U23 | 1.88 | Coralea Brown (72) | Sherwood Park Cheatahs | Windsor, ON | Feb 21 1988 |
| | 19 | 1.88 | Coralea Brown (72) | Sherwood Park Cheatahs | Windsor, ON | Feb 21 1988 |
| | 18 | 1.88 | Coralea Brown (72) | Sherwood Park Cheatahs | Windsor, ON | Feb 21 1988 |
| | 17 | 1.88 | Coralea Brown (72) | Sherwood Park Cheatahs | Windsor, ON | Feb 21 1988 |
| | 16 | 1.88 | Coralea Brown (72) | Sherwood Park Cheatahs | Windsor, ON | Feb 21 1988 |
| | 15 | 1.80 | Coralea Brown (72) | Sherwood Park Cheatahs | Edmonton, AB | Mar 8 1987 |
| | 14 | 1.68 | Angie Collinge (83) | Split City Sonics | Edmonton, AB | Dec 1 1996 |

Pole Vault

| | | | | | | |
|--|-----|------|--------------------|------------------------|---------------|-------------|
| | U23 | 4.10 | Meghan Lim (97) | Edmonton International | Windsor, ON | Mar 10 2018 |
| | 19 | 3.81 | Madison Evans (96) | Calgary International | Windsor, ON | Mar 14 2015 |
| | | 3.81 | Meghan Lim (97) | Edmonton International | Toronto, ON | Mar 12 2016 |
| | 18 | 3.75 | Karla McGee (82) | Lethbridge Track | Saskatoon, SK | Jan 29 2000 |
| | 17 | 3.60 | Karla McGee (82) | Lethbridge Track | Winnipeg, MB | Mar 22 1998 |
| | 16 | 3.60 | Karla McGee (82) | Lethbridge Track | Winnipeg, MB | Mar 22 1998 |
| | 15 | 3.20 | Cassandra Hordal | Edmonton International | Edmonton, AB | Jan 19 2014 |
| | 14 | 3.20 | Cassandra Hordal | Edmonton International | Edmonton, AB | Jan 19 2014 |

Long Jump

| | | | | | | |
|--|-----|------|-----------------------|------------------|--------------|-------------|
| | U23 | 6.17 | Sandy Latrace (97) | Chinook Track | Edmonton, AB | Jan 24 2016 |
| | 19 | 6.17 | Sandy Latrace (97) | Chinook Track | Edmonton, AB | Jan 24 2016 |
| | 18 | 6.10 | Niki Oudenaarden (94) | Edmonton Olympic | Edmonton, AB | Mar 13 2010 |
| | 17 | 6.10 | Niki Oudenaarden (94) | Edmonton Olympic | Edmonton, AB | Mar 13 2010 |
| | 16 | 6.10 | Niki Oudenaarden (94) | Edmonton Olympic | Edmonton, AB | Mar 13 2010 |
| | 15 | 5.55 | Joanne Otto (61) | Edmonton Olympic | Edmonton, AB | Dec 13 1981 |
| | 14 | 5.49 | Niki Oudenaarden (94) | Edmonton Olympic | Edmonton, AB | Nov 29 2003 |

Triple Jump

| | | | | | | |
|--|-----|-------|-----------------------|-------------------------|--------------|-------------|
| | U23 | 12.68 | Makela Nkemdirim (75) | Caltaf | Edmonton, AB | Mar 7 1993 |
| | 19 | 12.68 | Makela Nkemdirim (75) | Caltaf | Edmonton, AB | Mar 7 1993 |
| | 18 | 12.68 | Makela Nkemdirim (75) | Caltaf | Edmonton, AB | Mar 7 1993 |
| | 17 | 11.70 | Natalie Thompson (00) | Lakeland Yellow Jackets | Edmonton, AB | Feb 19 2017 |
| | 16 | 11.42 | Tiana Pisoni (96) | Medicine Hat Track | Edmonton, AB | Mar 2 2013 |
| | 15 | 11.11 | Tiana Pisoni (96) | Medicine Hat Track | Edmonton, AB | Dec 2 2011 |
| | 14 | 10.80 | Leah Walkeden (93) | Edmonton Harriers | Edmonton, AB | Dec 1 2007 |

Shot Put

| | | | | | | |
|------------|-----|-------|-------------------------|---------------------|--------------|-------------|
| 4kg | U23 | 15.08 | Suzanne Pecht (67) | Southwest Athletics | Edmonton, AB | Feb 7 1987 |
| 4kg | 19 | 14.88 | Suzanne Pecht (67) | Southwest Athletics | Edmonton, AB | Feb 16 1985 |
| 4kg | 18 | 14.88 | Suzanne Pecht (67) | Southwest Athletics | Edmonton, AB | Feb 16 1985 |
| 3kg | 17 | 13.94 | Nicole Oudenaarden (94) | Capital City | Edmonton, AB | Jan 22 2011 |
| 3kg | 16 | 12.99 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Mar 10 2019 |
| 3kg | 15 | 12.17 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Nov 17 2018 |
| 3kg | 14 | 11.72 | Nicole Oudenaarden (94) | Edmonton Olympic | Edmonton, AB | Nov 29 2008 |

Weight Throw

| | | | | | | |
|--------------|-----|-------|----------------------------|---------------------|---------------|-------------|
| 20lbs | U23 | 18.90 | Jinaye Shomachuk (03) | Airdrie Aces | Saskatoon, SK | Feb 25 2023 |
| 20lbs | 19 | 16.63 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Jan 19 2020 |
| 20lbs | 18 | 16.63 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Jan 19 2020 |
| 16lbs | 17 | 18.93 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Mar 1 2020 |
| 16lbs | 16 | 18.46 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Jan 20 2019 |
| 16lbs | 15 | 17.36 | Jinaye Shomachuk (03) | Airdrie Aces | Edmonton, AB | Nov 17 2018 |
| 16lbs | 14 | 14.83 | Heather Steacy (88) | Chinook Track | Edmonton, AB | Nov 30 2002 |
| 12lbs | 15 | 16.36 | Allyna Collis (09) | St. Albert Mustangs | Edmonton, AB | Mar 3 2024 |
| 12lbs | 14 | 13.04 | Colby Pilsner Roberts (10) | Capital City | Edmonton, AB | Mar 3 2024 |

Pentathlon

| | | | | | | |
|--|-----|------|-------------------------|--|--------------|-------------|
| | U23 | 3969 | Niki Oudenaarden (94) | Capital City (8.86 - 1.56 - 13.71 - 5.98 - 2'27.59) | Boise, ID | Feb 21 2013 |
| | 19 | 3969 | Niki Oudenaarden (94) | Capital City (8.86 - 1.56 - 13.71 - 5.98 - 2'27.59) | Boise, ID | Feb 21 2013 |
| | 18 | 3969 | Niki Oudenaarden (94) | Capital City (8.86 - 1.56 - 13.71 - 5.98 - 2'27.59) | Boise, ID | Feb 21 2013 |
| | 17 | 3789 | Niki Oudenaarden (94) | Capital City (8.77 - 1.62 - 10.69 - 5.87 - 2'30.53) | Edmonton, AB | Feb 12 2011 |
| | 16 | 3192 | Kiera Greenaway (98) | Capital City (9.70 - 1.53 - 10.83 - 4.84 - 2'31.99) | Edmonton, AB | Feb 8 2014 |
| | 15 | 3345 | Nicole Oudenaarden (94) | Edmonton Olympic (8.21 - 1.61 - 10.99 - 5.32 - 2'40.19) | Edmonton, AB | Feb 7 2009 |
| | 14 | 3189 | Nicole Oudenaarden (94) | Edmonton Olympic (8.30 - 1.65 - 9.90 - 5.15 - 2'45.46) | Edmonton, AB | Feb 9 2008 |

| | | | | | |
|----------------------|---------|---|-----------------------|---------------|-------------|
| 4x100m | | | | | |
| U23 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 19 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 18 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 17 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 16 | 52.76 | | Capital City | Saskatoon, SK | Dec 28 1986 |
| 15 | 51.12 | D. Clonfero, J. Guinchard, N. Oudenaarden, S. Clarke | Edmonton Olympic | Edmonton, AB | Feb 9 2008 |
| 14 | 54.76 | Makowsky, Halwa, T. Wright, J. Zawaski | Leduc Track | Edmonton, AB | Jan 22 1995 |
| 4x100m - Club | | | | | |
| U23 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 19 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 18 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 17 | 50.38 | | Calgary Spartans | Saskatoon, SK | Jan 4 1992 |
| 16 | 52.76 | | Capital City | Saskatoon, SK | Dec 28 1986 |
| 15 | 51.12 | D. Clonfero, J. Guinchard, N. Oudenaarden, S. Clarke | Edmonton Olympic | Edmonton, AB | Feb 9 2008 |
| 14 | 54.76 | Makowsky, Halwa, T. Wright, J. Zawaski | Leduc Track | Edmonton, AB | Jan 22 1995 |
| 4x200m | | | | | |
| U23 | 1'39.05 | R. Webster, D. Kendall, A. Nelson, K. Lotwin | University of Calgary | Windsor, ON | Mar 3 2010 |
| 19 | 1'43.13 | | Team Alberta | Saskatoon, SK | Mar 1 1986 |
| 18 | 1'43.33 | D. Clonfero, B. Colville, N. Oudenaarden, S. Clarke | Edmonton Olympic Club | Edmonton, AB | Feb 14 2010 |
| 17 | 1'43.5h | K. Aiken, S. Jefferies, B. Lewis, J. Richardson | Calgary Spartans | Edmonton, AB | Feb 10 1980 |
| 16 | 1'46.9h | | Edmonton Olympic | Edmonton, AB | Jan 18 1975 |
| 15 | 1'46.9h | | Edmonton Olympic | Edmonton, AB | Jan 18 1975 |
| 14 | 1'50.30 | J. Hill-Durand, A. Jokic, T.Sinnatamby, K. Tan | Edmonton Columbians | Edmonton, AB | Nov 30 2014 |
| 4x200m - Club | | | | | |
| U23 | 1'41.67 | A. Whiteman, C. Grenke, J. Rozsell, G. Muamba | Capital City | Edmonton, AB | Feb 14 2015 |
| 19 | 1'43.33 | D. Clonfero, B. Colville, N. Oudenaarden, S. Clarke | Edmonton Olympic Club | Edmonton, AB | Feb 14 2010 |
| 18 | 1'43.33 | D. Clonfero, B. Colville, N. Oudenaarden, S. Clarke | Edmonton Olympic Club | Edmonton, AB | Feb 14 2010 |
| 17 | 1'43.5h | K. Aiken, S. Jefferies, B. Lewis, J. Richardson | Calgary Spartans | Edmonton, AB | Feb 10 1980 |
| 16 | 1'46.9h | | Edmonton Olympic | Edmonton, AB | Jan 18 1975 |
| 15 | 1'46.9h | | Edmonton Olympic | Edmonton, AB | Jan 18 1975 |
| 14 | 1'50.30 | J. Hill-Durand, A. Jokic, T.Sinnatamby, K. Tan | Edmonton Columbians | Edmonton, AB | Nov 30 2014 |

| | | | | | |
|----------------------|----------|--|-----------------------|---------------|-------------|
| 4x400m | | | | | |
| U23 | 3'46.30 | K. Saizew, M. Seifert, A. Nelson, D. Kendall | University of Calgary | Windsor, ON | Mar 3 2010 |
| 19 | 3'51.10 | | Calgary Spartans | Winnipeg, MB | Mar 2 1985 |
| 18 | 3'52.51 | | Calgary Spartans | Saskatoon, SK | Dec 29 2984 |
| 17 | 3'52.51 | | Calgary Spartans | Saskatoon, SK | Dec 29 2984 |
| 16 | 4'05.01 | J. Kemp, T. Wright, J. Zawaski, J. Van Kempen | Leduc Track | Edmonton, AB | Dec 6 1997 |
| 15 | 4'07.30 | | Team Northern Alberta | Edmonton, AB | Mar 12 1977 |
| 14 | 4'18.53 | | Leduc Track | Edmonton, AB | Feb 4 1995 |
| 4x400m - Club | | | | | |
| U23 | 3'48.9h | | Calgary Spartans | Montreal, PQ | Mar 5 1978 |
| 19 | 3'51.10 | | Calgary Spartans | Winnipeg, MB | Mar 2 1985 |
| 18 | 3'52.51 | | Calgary Spartans | Saskatoon, SK | Dec 29 2984 |
| 17 | 3'52.51 | | Calgary Spartans | Saskatoon, SK | Dec 29 2984 |
| 16 | 4'05.01 | J. Kemp, T. Wright, J. Zawaski, J. Van Kempen | Leduc Track | Edmonton, AB | Dec 6 1997 |
| 15 | 4'13.77 | | Leduc Track | Saskatoon, SK | Apr 29 1995 |
| 14 | 4'18.53 | | Leduc Track | Edmonton, AB | Feb 4 1995 |
| 4x800m | | | | | |
| U23 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 19 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 18 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 17 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 16 | 10'23.36 | J. Chipiuk, I. Seiler, M. Drebert, L. Dunn | Leduc Track | Edmonton, AB | Nov 17 2018 |
| 15 | 10'23.36 | J. Chipiuk, I. Seiler, M. Drebert, L. Dunn | Leduc Track | Edmonton, AB | Nov 17 2018 |
| 14 | 10'23.36 | J. Chipiuk, I. Seiler, M. Drebert, L. Dunn | Leduc Track | Edmonton, AB | Nov 17 2018 |

4x800m - Club

| | | | | | |
|-----|----------|--|-------------------|--------------|-------------|
| U23 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 19 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 18 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 17 | 9'26.07 | O. Cooper, M. Ford, S. Sigfstead, C. Palmer | Edmonton Harriers | Edmonton, AB | Feb 11 2018 |
| 16 | 10'23.36 | J. Chipiuk, I. Seiler, M. Drebert, L. Dunn | Leduc Track | Edmonton, AB | Nov 17 2018 |
| 15 | 10'23.36 | J. Chipiuk, I. Seiler, M. Drebert, L. Dunn | Leduc Track | Edmonton, AB | Nov 17 2018 |
| 14 | 10'23.36 | J. Chipiuk, I. Seiler, M. Drebert, L. Dunn | Leduc Track | Edmonton, AB | Nov 17 2018 |

Medley

| | | | | | |
|-----|---------|--|-------------------|--------------|-------------|
| U23 | 4'10.2h | C. Livingstone, W. Gordon, S. Farley, H. Smith | Edmonton, Olympic | Edmonton, AB | Dec 15 1979 |
| 19 | 4'15.16 | S. Krill, D. Morrison, M. Mackay, M. Bernard | Calgary Warriors | Edmonton, AB | Feb 12 2011 |
| 18 | 4'15.16 | S. Krill, D. Morrison, M. Mackay, M. Bernard | Calgary Warriors | Edmonton, AB | Feb 12 2011 |
| 17 | 4'16.31 | G. Muamba, C. Grenke, K. Greenaway, E. McGoey | Capital City | Edmonton, AB | Feb 8 2014 |
| 16 | 4'21.97 | H. Leote, E. Binder, D. Chu, K. Olguin | Caltaf | Edmonton, AB | Feb 8 2014 |
| 15 | 4'21.97 | H. Leote, E. Binder, D. Chu, K. Olguin | Caltaf | Edmonton, AB | Feb 8 2014 |
| 14 | 4'35.38 | D. Flint, H. Keirstead, N. Cakmak, N. Smallwood | Leduc Track | Edmonton, AB | Feb 13 2010 |

Medley - Club

| | | | | | |
|-----|---------|--|-------------------|--------------|-------------|
| U23 | 4'10.2h | C. Livingstone, W. Gordon, S. Farley, H. Smith | Edmonton, Olympic | Edmonton, AB | Dec 15 1979 |
| 19 | 4'15.16 | S. Krill, D. Morrison, M. Mackay, M. Bernard | Calgary Warriors | Edmonton, AB | Feb 12 2011 |
| 18 | 4'15.16 | S. Krill, D. Morrison, M. Mackay, M. Bernard | Calgary Warriors | Edmonton, AB | Feb 12 2011 |
| 17 | 4'16.31 | G. Muamba, C. Grenke, K. Greenaway, E. McGoey | Capital City | Edmonton, AB | Feb 8 2014 |
| 16 | 4'21.97 | H. Leote, E. Binder, D. Chu, K. Olguin | Caltaf | Edmonton, AB | Feb 8 2014 |
| 15 | 4'21.97 | H. Leote, E. Binder, D. Chu, K. Olguin | Caltaf | Edmonton, AB | Feb 8 2014 |
| 14 | 4'35.38 | D. Flint, H. Keirstead, N. Cakmak, N. Smallwood | Leduc Track | Edmonton, AB | Feb 13 2010 |

