

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	10.43	1.1	Keon Rude (05)	Calgary International	Edmonton, AB	Jun 13 2024
	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	10.98	0.2	Benny Allangba (09)	Nova Athletics	Winnipeg, MB	Jul 21 2024
	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	Aug 27 2007
	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	35.40		Benny Allangba (09)	Nova Athletics	Winnipeg, MB	Jul 21 2024
	14	37.02		Nicolas Serezlis Bracoviche (08)	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 Smilijanac (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	Aug 9 2013
	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						
<i>110m</i>	42 U23	14.14	1.6	Ryan Wright (02)	Calgary Spartans	London, ON May 28 2023
<i>110m</i>	39 19	13.84	0.2	Keon Rude (05)	Calgary International	Montreal, QC Jun 29 2024
<i>110m</i>	39 18	14.31	1.4	Khymani Reid (00)	Calgary International	Calgary, AB June 17 2018
<i>110m</i>	36 17	13.98	0.7	Callum McNabb (97)	Capital City	Langley, BC Aug 15 2014
<i>110m</i>	36 16	14.42	1.4	Keon Rude (05)	Calgary International	Sherwood Park, AB Aug 8 2021
<i>100m</i>	33 15	13.48	0.0	Aaron Marcynuk (00)	Edmonton Columbians	Ste Therese, QC Aug 7 2015
<i>100m</i>	33 14	14.39	0.3	Mehrdad Shokoohi (99)	Caltaf	Langley, BC Aug 10 2013
Intermediate Hurdles						
<i>400m</i>	36 U23	49.86		John Graham (65)	Calgary Spartans	Ottawa, ON Aug 4 1985
<i>400m</i>	36 19	50.98		John Graham (65)	Calgary Spartans	Provo, UT May 22 1984
<i>400m</i>	36 18	52.71		Matthew Knapik (97)	Chinook Track Club	Wood Buffalo, AB Aug 11 2015
<i>400m</i>	33 17	53.87		Scott Dixon (00)	Capital City	Calgary, AB June 18 2017
<i>400m</i>	33 16	54.54		Kai Spierenburg (99)	Calgary Warriors	Kelowna, BC June 28 2015
<i>200m</i>	30 15	25.36	0.0	Josh Quarles (97)	Calgary Spartans	Charlottetown, PE Aug 18 2012
<i>200m</i>	30 14	26.16	-0.6	Mehrdad Shokoohi (99)	Caltaf	Calgary, AB May 18 2013
Steeple Chase						
<i>3000m</i>	U23	8'38.8 (h)		Rob Evans (59)	Calgary Spartans	Seattle, WA May 17 1980
<i>3000m</i>	19	8'52.05		Robbie Nissen (83)	Capital City	Kingston, JAM July 15 2002
<i>3000m</i>	18	9'13.26		Gareth Hadfield (92)	Caltaf	Toronto, ON July 30 2010
<i>2000m</i>	19	5'36.80		Stephen Conwell (67)	Calgary Spartans	Athens, GRE July 20 1986
<i>2000m</i>	18	5'53.73		Gareth Hadfield (92)	Caltaf	Bressanone, ITA June 27 2009
<i>2000m</i>	17	5'53.73		Gareth Hadfield (92)	Caltaf	Bressanone, ITA June 27 2009
<i>2000m</i>	16	6'06.47		Gareth Hadfield (92)	Caltaf	Sherbrooke, QC Aug 9 2008
<i>1500m</i>	15	4'21.85		Scott Chalupiac (99)	Airdrie Aces Athletics Club	Kelowna, BC June 24 2014
<i>1500m</i>	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	3.82	Tekoa Kornelsen (04)	Edmonton International	Sydney, NS	Aug 9 2019
14	3.50	Tekoa Kornelsen (04)	Edmonton International	Sherwood Park, AB	July 29 2018

Long Jump

U23	7.39	1.4	Alesandro Williams-Cardosa (07)	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
19	7.39	1.4	Alesandro Williams-Cardosa (07)	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
18	7.39	1.4	Alesandro Williams-Cardosa (07)	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
17	7.39	1.4	Alesandro Williams-Cardosa (07)	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
16	6.64	0.2	Sodienye 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	14.66	-0.2	Alesandro Williams-Cardosa (07)	Calgary Spartans	Winnipeg, MB	Jul 21 2024
	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

2kg	U23	55.89		Jim Steacy (84)	Chinook Track Club	Victoria, BC	July 10 2004
1.75kg	19	55.26		Jim Steacy (84)	Chinook Track Club	Bridgetown, BAR	July 19 2003
1.75kg	18	50.92		Jake Mceachern (05)	Split City Sonics	Langley, BC	July 27 2023
1.5kg	17	55.48		Jake Mceachern (05)	Split City Sonics	Sherbrooke, QC	Aug 7 2022
1.5kg	16	48.46		Jake Mceachern (05)	Split City Sonics	Sherwood Park, AB	Aug 8 2021
1kg	15	55.78		Lee Andrews (71)	Calgary Spartans	Calgary, AB	July 13 1986
1kg	14	47.62		Lee Andrews (71)	Calgary Spartans	Saskatoon, SK	Aug 9 1985

Hammer

7.26kg	U23	70.98		Jim Steacy (84)	Chinook Track Club	Calgary, AB	June 19 2004
6kg	19	74.09		Jim Steacy (84)	Chinook Track Club	Edmonton, AB	June 21 2003
6kg	18	70.23		Jim Steacy (84)	Chinook Track Club	Kitchener, ON	June 27 2002
5kg	17	72.74		Jake Mceachern (05)	Split City Sonics	Calgary, AB	July 10 2022
5kg	16	65.31		Jake Mceachern (05)	Split City Sonics	Sherwood Park, AB	Aug 8 2021
4kg	15	53.04		Andreas Troschke (99)	Airdrie Aces Athletics Club	Kelowna, BC	June 29 2014
4kg	14	43.68		David Gruninger (85)	Chinook Track Club	Calgary, AB	July 22 1999

Javelin

800g	U23	65.45		Dillon Mayhew (95)	Chinook Track Club	Lethbridge, AB	May 16 2014
800g	19	65.45		Dillon Mayhew (95)	Chinook Track Club	Lethbridge, AB	May 16 2014
800g	18	63.32		Marcus Watson (92)	UC Athletics Club	Calgary, AB	June 6 2010
700g	17	61.48		Ian Vanderhoek (96)	Unattached	Calgary, AB	July 27 2013
700g	16	54.29		Justin Breault (01)	Unattached	Edmonton, AB	June 3 2017
600g	15	56.03		Erik Solomon (07)	Calgary Spartans	Sherbrooke, QC	Aug 7 2022
600g	14	44.09		Coltan LaBoucane (90)	Unattached	High River, AB	July 23 2004

Shot Put

7.26kg	U23	18.44		Chris Meisner (83)	Chinook Track Club	Victoria, BC	July 19 2003
6kg	19	19.10		Chris Meisner (83)	Chinook Track Club	Calgary, AB	June 26 2002
6kg	18	16.03		Matt Doherty (85)	Red Deer Titans	Saskatoon, SK	July 5 2003
5kg	17	17.88		Matt Doherty (85)	Red Deer Titans	Calgary, AB	July 6 2002
5kg	16	15.44		Jake Mceachern (05)	Split City Sonics	Calgary, AB	July 25 2021
4kg	15	15.49		Matt Doherty (85)	Red Deer Titans	Calgary, AB	June 29 2000
4kg	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	6242	Nolan Rosenegger (07) (12.15 (-1.1) - 5.95 (1.7) - 12.91 - 1.80 - 52.68 - 16.41 (-1.0) - 43.29 - 3.61 - 41.27 - 4'41.09)	Caltaf	Calgary, AB	Aug 10 2024
<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	Saskatoon, SK	Aug 3 1985
	17	41.8 (h)		Team Alberta	Saskatoon, SK	Aug 3 1985
	16	43.3 (h)	B. McCuaig, G. Laxton, T. McDougall, K. Gales	Team Alberta	Saskatoon, SK	Aug 5 1983
	15	43.3 (h)	B. McCuaig, G. Laxton, T. McDougall, K. Gales	Team Alberta	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. Bymoen, 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	3'15.61	J. Ruest, J. Phudjo J. Gillard, R. Rattee	Running Room	Montreal, QC	Jun 30 2024
18	3'19.86	T. Ratzlaff, M. Bateson, A. Dargie, J. Sinclair	Caltaf	Saskatoon, SK	July 23 2004
17	3'20.68	A. Nayarko, E. Kingsmith T. Daradich, F. Abdi	Team Alberta	Calgary, AB	Aug 10 2024
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	3'15.61	J. Ruest, J. Phudjo J. Gillard, R. Rattee	Running Room	Montreal, QC	Jun 30 2024
19	3'15.61	J. Ruest, J. Phudjo J. Gillard, R. Rattee	Running Room	Montreal, QC	Jun 30 2024
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	8'28.30	M. Briar, T. Sharpe Y. Bahta, V. Gouttin	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
19	8'34.59	N. Heuver, G. Forero-Tarazona N. Heuver, A. Hayato	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
18	8'34.59	N. Heuver, G. Forero-Tarazona N. Heuver, A. Hayato	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
17	8'34.59	N. Heuver, G. Forero-Tarazona N. Heuver, A. Hayato	Calgary Spartans	Sherwood Park, AB	Jul 14 2024
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	Langley, BC	Aug 11 2013
19	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta	Langley, BC	Aug 11 2013
18	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta	Langley, BC	Aug 11 2013
17	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta	Langley, BC	Aug 11 2013
16	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta	Langley, BC	Aug 11 2013
15	3'38.21	C. Faunt, C. Hubbard, M. Shokoohi, R. Smeeton	Team Alberta	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	Age	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 Candrlic (04)	Caltaf	Cali, Colombia	Aug 2 2022
	18	11.51	0.0 Amy Candrlic (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	15'59.02	Sadie Sigfstead (03)	Unattached	Salem, NC	Apr 19 2024
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 33	U23	13.13	1.9	Sienna MacDonald (02)	UC Athletics Club	Calgary, AB	May 12 2024
100m 33	19	13.76	0.2	Deshaunda Morrison (95)	Calgary International	Regina, SK	June 17 2012
100m 33	18	13.76	0.2	Deshaunda Morrison (95)	Calgary International	Regina, SK	June 17 2012
100m 30	17	13.87	1.1	Sienna MacDonald (02)	Calgary Warriors	Calgary, AB	June 16 2019
100m 30	16	13.92	1.6	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB	May 11 2014
80m 30"	15	11.61	2.0	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB	July 28 2013
80m 30"	14	12.04		Robin Tratman (64)	Calgary Spartans	Edmonton, AB	July 29 1979

Intermediate Hurdles

400m 30	U23	56.81		Sage Watson (94)	Calgary International	Medellin, COL	Aug 23 2013
400m 30	19	56.81		Sage Watson (94)	Calgary International	Medellin, COL	Aug 23 2013
400m 30	18	57.87		Erica Peterson (73)	Passtrak	Kingston, JAM	July 19 1991
400m 30	17	59.00		Sage Watson (94)	Calgary International	Abbotsford, BC	June 8 2011
400m 30	16	60.69		Julia Lovsin (01)	Edmonton Harriers	Kelowna, BC	July 2 2017
200m 30	15	27.73	0.2	Julia Lovsin (01)	Edmonton Harriers	Ste Therese, QC	Aug 6 2016
200m 30	14	29.04	-1.1	Allie Ruptash (02)	Edmonton Harriers	Leduc, AB	July 16 2016

Steeple Chase

3000m	U23	10'02.62		Maria Bernard (93)	UC Athletics Club	Vancouver, BC	Mar 30 2014
3000m	19	11'02.53		Adrienne Erdman (94)	Caltaf	Vancouver, BC	June 8 2012
3000m	18	11'02.53		Adrienne Erdman (94)	Caltaf	Vancouver, BC	June 8 2012
2000m	19	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON	Aug 7 2011
2000m	18	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON	Aug 7 2011
2000m	17	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON	Aug 7 2011
2000m	16	7'04.26		Sorcha Shiu (05)	Calgary Warriors	Sherwood Park, /	Aug 8 2021
1500m	15	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB	Aug 13 2017
1500m	14	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB	Aug 13 2017

Race Walk

10000m	U23	57'13	Katie Samoil (86)	Caltaf	Montreal, QC	July 8 2005
10000m	19	57'13	Katie Samoil (86)	Caltaf	Montreal, QC	July 8 2005
10000m	18	61'06	Katie Samoil (86)	Leduc Track Club	Saskatoon, SK	July 24 2004
5000m	19	26'18	Katie Samoil (86)	Leduc Track Club	Vancouver, BC	June 12 2005
5000m	18	27'36	Katie Samoil (86)	Leduc Track Club	Vancouver, BC	May 2 2004
3000m	17	15'40.2	Katie Samoil (86)	Leduc Track Club	Edmonton, AB	June 21 2003
3000m	16	18'35.71	Maria Viteri (08)	Caltaf	Calgary, AB	Aug 10 2024
1500m	15	Vacant				
1500m	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	4.28	Rachel Grenke (03)	Edmonton International	Montreal, QC	Jun 28 2024
19	4.00	Rachel Hyink (98)	Edmonton International	Lima, Peru	Aug 21 2017
18	3.85	Meghan Lim (97)	Edmonton International	Sherwood Park, /	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	6.27	0.0	Sienna MacDonald (02)	UC Athletics Club	Tuscon, AZ	April 27 2024
	6.19	-0.3	Sandy Latrace (97)	Chinook Track Club	Sherwood Park, /	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	5.72	1.3	Elizabeth Okemakinde (09)	Calgary Spartans	Calgary, AB	Aug 10 2024
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

<i>1kg</i>	U23	56.90	Gabrielle Rains (98)	Throw It Track Club	Jacksonville, FL	Mar 25 2019
<i>1kg</i>	19	53.10	Gabrielle Rains (98)	Throw It Track Club	Coral Gables, FL	Mar 17 2017
<i>1kg</i>	18	49.53	Gabrielle Rains (98)	Throw It Track Club	Edmonton, AB	July 8 2016
<i>1kg</i>	17	46.34	Gabrielle Rains (98)	Throw It Track Club	Sherwood Park, /	June 13 2015
<i>1kg</i>	16	43.40	Nicole Chimko (78)	Caltaf	Ottawa, ON	July 3 1994
<i>1kg</i>	15	39.27	Jinaye Shomachuk (03)	Airdrie Aces	Brandon, MB	Aug 12 2018
<i>1kg</i>	14	36.83	Jennifer Jefferson (63)	Caltaf	Oromocto, NB	Aug 27 1977

Hammer

<i>4kg</i>	U23	61.61	Tanessa Morris (99)	Unattached	Bozeman, Monta	May 5 2021
<i>4kg</i>	19	56.01	Heather Stacey (88)	Chinook Track	Edmonton, AB	June 1 2007
<i>4kg</i>	18	52.67	Jinaye Shomachuk (03)	Caltaf	Sherwood Park, /	Aug 8 2021
<i>3kg</i>	17	62.53	Jinaye Shomachuk (03)	Airdrie Aces	Calgary, AB	Sep 27 2020
<i>3kg</i>	16	52.40	Jinaye Shomachuk (03)	Airdrie Aces	Sherwood Park, /	July 29 2018
<i>3kg</i>	15	52.40	Jinaye Shomachuk (03)	Airdrie Aces	Sherwood Park, /	July 29 2018
<i>3kg</i>	14	43.77	Jinaye Shomachuk (03)	Airdrie Aces	Brandon, MB	Aug 13 2017

Javelin

<i>600g</i>	U23	53.92	Nicole Chimko (78)	Caltaf	Columbus, OH	May 22 1998
<i>600g</i>	19	49.27	Niki Oudenaarden (94)	Capital City	Calgary, AB	June 6 2012
<i>600g</i>	18	49.27	Niki Oudenaarden (94)	Capital City	Calgary, AB	June 6 2012
<i>500g</i>	17	43.72	Skylar Sieben (00)	Caltaf	Brandon, MB	Aug 13 2017
<i>500g</i>	16	42.51	Andrea Jacob (08)	St. Albert Mustangs	Sherwood Park, /	July 17 2024
<i>500g</i>	15	40.91	Andrea Jacob (08)	St. Albert Mustangs	Sherbrooke, QC	Aug 13 2023
<i>500g</i>	14	37.60	Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	June 28 2008

Shot Put

<i>4kg</i>	U23	14.86	Suzanne Pecht (67)	South West Athletics	Antony, FR	May 10 1986
<i>4kg</i>	19	14.86	Suzanne Pecht (67)	South West Athletics	Antony, FR	May 10 1986
<i>4kg</i>	18	14.67	Suzanne Pecht (67)	South West Athletics	Calgary, AB	June 8 1985
<i>3kg</i>	17	14.02	Gabrielle Rains (98)	Fog Volleyball Track Club	Calgary, AB	June 21 2015
<i>3kg</i>	16	13.09	Gabrielle Rains (98)	Fog Volleyball Track Club	Langley, BC	Aug 16 2014
<i>3kg</i>	15	12.45	Niki Oudenaarden (94)	Edmonton Olympic Club	Calgary, AB	May 16 2009
<i>3kg</i>	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	Kamloops, BC	Aug 9 2011
	19	45.88	A. Ntiamoah, L. Walkeden, S. Clarke, I. Fofanah	Team Alberta	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	Saskatoon, SK	July 20 2014
	16	48.35	J. Richardson, R. Warnock, W. Jerke, R. Trautman	Team Alberta	Saskatoon, SK	Aug 12 1990
	15	48.64	A. Collis, L. Penner A. Omoyayi, E. Okemakinde	Team Alberta	Calgary, AB	Aug 10 2024
	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, /	June 6 2013
15	1'53.96		Edmonton Harriers	Sherwood Park, /	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, /	June 6 2013
15	1'53.96		Edmonton Harriers	Sherwood Park, /	June 6 2013
14	Vacant				

4x400m

U23	3'38.46	R. Fracois, K. Martin, J. Westaway, S. Watson	Team Alberta CSG	Sherbrooke, 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	Ste Therese, QC	Aug 6 2016
19	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta	Ste Therese, QC	Aug 6 2016
18	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta	Ste Therese, QC	Aug 6 2016
17	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta	Ste Therese, QC	Aug 6 2016
16	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta	Ste Therese, QC	Aug 6 2016
15	4'05.40	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta	Ste Therese, QC	Aug 6 2016
14	Vacant				

Medley - Club

U23 Vacant

19 Vacant

18 Vacant

17 Vacant

16 Vacant

15 Vacant

14 Vacant

