

## Alberta Indoor Records - Men

Event	Performance Name	Affiliation	Venue	Date
<b>50m</b>	5.67	Sam Effah (88)	UC Athletic Club	Saskatoon, SK Feb 3 2011
<b>60m</b>	6.55	Malachi Murray (00)	Capital City	Edmonton, AB Feb 11 2024
<b>200m</b>	21.05	Austin Cole (98)	Capital City	Albuquerque, NM Jan 31 2025
<b>300m</b>	32.53	Tyler Christopher (83)	Legacy Athletics	Winnipeg, MB Feb 2 2008
<b>400m</b>	45.67	Tyler Christopher (83)	Legacy Athletics	Valencia, Spain Mar 9 2008
<b>600m</b>	1'17.52	Ian Newhouse (56)	Edmonton Olympic	Saskatoon, SK Mar 13 1981
<b>800m</b>	1'45.50	Marco Arop (98)	Running Room AC	Fayetteville, AR Jan 27 2024
<b>1000m</b>	2'17.10	Marco Arop (98)	Running Room AC	New York, NY Feb 13 2021
<b>1500m</b>	3'38.51	Aaron Ahl (99)	Caltaf	Boston, MA Feb 26 2023
<b>3000m</b>	7'49.13	Rory Linkletter	Unattached	Louisville, KY Feb 12 2022
<b>5000m</b>	13'50.20	Dean Childs (57)	Calgary Spartans	Houston, TX Feb 16 1980
<b>50m Hurdles</b>	6.8h	Gord Fuller (61)	Edmonton Olympic	Edmonton, AB Feb 17 1979
<b>60m Hurdles</b>	7.91	Ryan Wright (02)	Calgary Spartans	Edmonton, AB Jan 17 2025
<b>1500m RW</b>	6'44.47	Glen Bodet (61)	Edmonton Racewalk	Edmonton, AB Nov 30 2013
<b>3000m RW</b>	11'45.60	Tim Berrett (65)	Leduc Track	Edmonton, AB Mar 4 2006
<b>High Jump</b>	2.22	Noel Vanderzee	UCAC	Edmonton, AB Feb 24 2024
<b>Pole Vault</b>	5.42	Deryk Theorore (89)	Edmonton International	Edmonton, AB Feb 11 2018
<b>Long Jump</b>	7.75	Kyle McDuffie (60)	Edmonton Olympic	Edmonton, AB Feb 21 1987
<b>Triple Jump</b>	16.07	Oral O'Gilvie (69)	Leduc Track	Edmonton, AB Feb 9 1997
<b>Shot Put</b>	18.46	Chris Meisner (83)	Chinook Track	Windsor, ON Mar 11 2004
<b>Weight Throw</b>	24.08	Jim Steacy (84)	Chinook Track	Windsor, ON Mar 12 2009
<b>Heptathlon</b>	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 January 2025

<b>Pentathlon</b>	3834	Trevor Phillips (80) (8.36 - 6.90 - 13.66 - 1.94 - 2'57.04)	University of Calgary	Windsor, ON	Mar 13 2003
<b>4x100m</b>	43.46		University of Calgary	Saskatoon, SK	Jan 4 1985
<b>4x100m - Club</b>	43.78		Edmonton Olympic		
<b>4x200m</b>	1'26.73	Austin Cole (98) Josh Li (98) Justin Rose (01) Evan Essapa (99)	University of Alberta	Saint John, NB	Apr 2 2022
<b>4x200m - Club</b>	1'28.0h		Edmonton Olympic	Edmonton, AB	Feb 23 1979
<b>4x400m</b>	3'14.12	Sam Effah (88) Evan Kimick (89) Michael Saizew (87) Trent Ratzlaff (86)	University of Calgary	Montreal, PQ	Mar 7 2008
<b>4x400m - Club</b>	3'16.84	Ron Richards (65) Sean Sereda (65) Jay Wallace (65) John Graham (65)	Calgary Spartans	Saskatoon, SK	Dec 27 1984
<b>4x800m</b>	7'35.95	Craig Sully Dave Stevart James Aldridge Rob Swartz	University of Alberta	Toronto, ON	Mar 9 1993
<b>4x800m - Club</b>	8'05.52	Jason Ushko (02) Matthew Wafer (02) Nicholas Cook (01) Skyler York (01)	Edmonton Harriers	Edmonton, AB	Nov 17 2018
<b>Medley 400m x 200m x 200m x 800m</b>	3'32.21	Tyler Cocker Rory Carroll (88) Brian Roppelt (83) Jaden Ostapowich (89)	Edmonton Thunder	Edmonton, AB	Feb 7 2009
<b>Medley - Club 400m x 200m x 200m x 800m</b>	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
<b>50m</b>	6.37	Dawn Richardson Wilson	(99 Running Room AC	Saskatoon, SK	Jan 27 2024
<b>60m</b>	7.34	Dawn Richardson Wilson	(99 UC Athletic Club	Saskatoon, SK	Feb 25 2023
<b>200m</b>	23.40	Grace Konrad	(99 Capital City	Albuquerque, NM	Jan 24 2025
<b>300m</b>	36.60	Grace Konrad	(99 Capital City	Albuquerque, NM	Jan 25 2025
<b>400m</b>	51.69	Jillian Richardson	(65) Calgary Spartans	Birmingham, GBR	Feb 22 1992
<b>600m</b>	1'28.29	Jenna Westaway	(94) Calgary International	Albuquerque, NM	Jan 20 2018
<b>800m</b>	2'01.22	Jenna Westaway	(94) Calgary International	Roxbury, MA	Feb 10 2018
<b>1000m</b>	2'42.02	Jenna Westaway	(94) Calgary International	New York, NY	Feb 4 2017
<b>1500m</b>	4'20.51	Karen Dunston	(66) Calgary Spartans	Edmonton, AB	Feb 17 1990
<b>3000m</b>	8'46.50	Jessica O'Connell	(89) UC Athletic Club	New York, NY	Feb 9 2019
<b>5000m</b>	15'25.15	Megan Metcalfe	(82) Edmonton Thunder	Boston, MA	Feb 12 2011
<b>50m Hurdles</b>	7.1h	Sue Farley	(58) Edmonton Olympic	Edmonton, AB	Feb 4 1977
<b>60m Hurdles</b>	7.96	Angela Whyte	(90) Unattached	Moscow, ID	Feb 1 2008
	7.96	Angela Whyte	(90) Unattached	Paris, FRA	Feb 13 2009
<b>1500m RW</b>	6'03.80	Janice McCaffery	(59) Calgary Track West	Ottawa, ON	Jun 18 1992
<b>3000m RW</b>	12'47.60	Janice McCaffery	(59) Calgary Track West	Cambridge, MA	Jan 23 1993
<b>High Jump</b>	1.88	Coralea Brown	(72) Sherwood Park Cheetahs	Windsor, ON	Feb 21 1988
<b>Pole Vault</b>	4.40	Rachel Hyink	Edmonton International	Edmonton, AB	Feb 11 2022
<b>Long Jump</b>	6.39	Krysha Bayley	(84) Legacy Athletics	Edmonton, AB	Feb 2 2011
<b>Triple Jump</b>	12.68	Makela Nkemdirim	(75) Caltaf	Edmonton, AB	Mar 3 1993
<b>Shot Put</b>	16.74	Georgette Reed	(67) Calgary Spartans	Winnipeg, MB	Jan 20 1995
<b>Weight Throw</b>	20.28	Heather Steacy	(88) Chinook Track	Winnipeg, MB	Mar 4 2011

<b>Pentathlon</b>	4386	Jessica Zelinka (81) (8.39 - 1.78 - 14.12 - 5.85 - 2'22.79)	University of Calgary	Winnipeg, MB	Feb 23 2007
<b>4x100m</b>	48.83		Calgary Spartans	Saskatoon, SK	Dec 27 1982
	48.83		University of Calgary	Edmonton, AB	Jan 20 1984
<b>4x100m - Club</b>	48.83		Calgary Spartans	Saskatoon, SK	Dec 27 1982
<b>4x200m</b>	1'37.65		Calgary International	Saskatoon, SK	Feb 3 2005
<b>4x200m - Club</b>	1'37.65		Calgary International	Saskatoon, SK	Feb 3 2005
<b>4x400m</b>	3'44.30		Calgary Spartans	Edmonton, AB	Feb 21 1987
<b>4x400m - Club</b>	3'44.30		Calgary Spartans	Edmonton, AB	Feb 21 1987
<b>4x800m</b>	8'48.17	Maureen Cush Sue Kallal Mary Burzminski (60) Birgit Otto	University of Alberta	Toronto, ON	Mar 10 1983
<b>4x800m - Club</b>	9'10.43	Ariana Dirk (94) Jessica Baraskewich (92) Sydney Banister (95) Emma Cook-Clarke (93)	UC Athletics Club	Saskatoon, SK	Feb 27 2016
<b>Medley 400m x 200m x 200m x 800m</b>	4'05.10		Edmonton Olympic	Edmonton, AB	Nov 26 1982
<b>Medley - Club 400m x 200m x 200m x 800m</b>	4'05.10		Edmonton Olympic	Edmonton, AB	Nov 26 1982