

Alberta Age Class Outdoor Records - Men

Event	Age	Performance	Name	Affiliation	Venue	Date	
100m	U23	10.23	0.9	Akeem Haynes (92)	Calgary International	Guadalajara, Mex	July 8 2012
	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	Aug 27 2007
	19	20.76	0.4	Brian Barnett (87)	Capital City	Ottawa, ON	Aug 6 2006
	18	21.09 A		Brad McCuaig (70)	Okotoks Track	Provo, UT	May 21 1988
	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	35.74		Tavell Grant (00)	Calgary Royals	Calgary, AB	June 21 2015
	14	37.26		Eric Stephens (99)	Edmonton Thunder	Sherwood Park, AB	July 21 2013
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	48.46		Dave Anderson (73)	Calgary Spartans	Calgary, AB	July 23 1990
	16	48.70		Todd Faunt (69)	Calgary Spartans	Calgary, AB	July 6 1985
800m	U23	1'47.08		Marco Arop (98)	Voleo	Lima, Per	July 22 2017
	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	1'57.33		Ryder Horton (00)	St Albert Track Club	Winnipeg, MB	July 19 2015
	14	1'59.69		Luc Harris (01)	Caltaf	Ottawa, ON	June 17 2015
1200m	15	3'10.82		Ryan Smeeton (98)	UC Athletics Club	Langley, BC	Aug 9 2013
	14	3'22.06		Aiden Good (02)	Airdrie Aces Athletics Club	Sherwood Park, AB	July 23 2017
1500m	U23	3'44.83		Jeremy Deere (75)	Calgary Spartans	Montreal, QC	July 10 1995
	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 1915
	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 42"</i>	U23	14.39		Jonathan Hylton (79)	Calgary International	Edmonton, AB	June 23 2001
<i>110m 39"</i>	19	14.34	1.3	Evan Clark (90)	Caltaf	Ottawa, ON	June 20 2008
<i>110m 39"</i>	18	14.34	1.3	Evan Clark (90)	Caltaf	Ottawa, ON	June 20 2008
<i>110m 36"</i>	17	13.98	0.7	Callum McNabb (97)	Capital City	Langley, BC	Aug 15 2014
<i>110m 36"</i>	16	14.64	0.8	Mehrdad Shokoohi (99)	Caltaf	Sherwood Park, AB	July 26 2015
<i>100m 33"</i>	15	13.48	0.0	Aaron Marcynuk (00)	Edmonton Columbians	Ste Therese, QC	Aug 7 2015
<i>100m 33"</i>	14	14.39	0.3	Mehrdad Shokoohi (99)	Caltaf	Langley, BC	Aug 10 2013
Intermediate Hurdles							
<i>400m 36"</i>	U23	49.86		John Graham (65)	Calgary Spartans	Ottawa, ON	Aug 4 1985
<i>400m 36"</i>	19	50.98		John Graham (65)	Calgary Spartans	Provo, UT	May 22 1984
<i>400m 36"</i>	18	52.71		Matthew Knapik (97)	Chinook Track Club	Wood Buffalo, AB	Aug 11 2015
<i>400m 33"</i>	17	53.87		Scott Dixon (00)	Capital City	Calgary, AB	June 18 2017
<i>400m 33"</i>	16	54.54		Kai Spierenburg (99)	Calgary Warriors	Kelowna, BC	June 28 2015
<i>200m 30"</i>	15	25.36	0.0	Josh Quarles (97)	Calgary Spartans	Charlottetown, PE	Aug 18 2012
<i>200m 30"</i>	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	2.15		Jesse Lipscombe (80)	St Albert Track Club	Montreal, QC	July 31 1998
	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
	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	2.90		Sean Steacy (86)	Chinook Track Club	Edmonton, AB	July 29 2000

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	6.95	-0.3	Matthew Hawiuk (99)	Voleo	Ottawa, ON	July 8 2017
	17	6.93	1.9	Sodienye Nkwonta (98)	Caltaf	Lethbridge, AB	June 6 2015
	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	14.38	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	44.26	John Bender (87)	UA Athletics Club	Montreal, QC	July 8 2005
<i>1.5kg</i>	17	46.16	Matt Doherty (85)	Red Deer Titans	Sherbrooke, QC	Aug 17 2002
<i>1.5kg</i>	16	42.99	Stephen McPhee (91)	Red Deer Titans	Kelowna, BC	July 1 2007
<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	63.40	Jim Steacy (84)	Chinook Track Club	Debrecen, HUN	July 14 2001
<i>5kg</i>	16	56.87	Sean Steacy (86)	Chinook Track Club	Sherbrooke, QC	Aug 17 2002
<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	49.34	Henry Ferreira (88)	North East Alberta Track	St. Albert, AB	May 24 2003
<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	15.15	John Bender (87)	Unattached	Kitchener, ON	Aug 9 2003
<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	6513	Henry Ferreira (88)	North East Alberta Track	Abbotsford, BC	June 22 2006
			(12.08 (-1.3) - 6.22 (0.7) - 14.39 - 1.80 - 53.03 - 15.94 (-1.5) - 36.22 - 3.60 - 53.67 - 4'36.29)			
<i>Dec</i>	18	6055	Henry Ferreira (88)	North East Alberta Track	Sherbrooke, QC	Aug 9 2008
			(12.04 (0.6) - 5.80 (0.0) - 12.64 - 1.73 - 53.60 - 16.39 (0.8) - 36.83 - 3.20 - 52.15 - 4'40.13)			
<i>Dec</i>	17	5762	Wayne Van Meter (77)	Caltaf	Calgary, AB	1994
<i>Dec</i>	16	5650	Denver Krupity (00)	Calgary Spartans	Calgary, AB	May 15 2016
			(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)			
<i>Pent</i>	15	3244	Aaron Marcynuk (00)	Edmonton Columbians	Ste Therese, QC	Aug 9 2015
			(13.63 (1.3) - 5.79 (1.7) - 11.76 - 1.78 - 3'04.77)			
<i>Pent</i>	14	2391	Alexander Leote (03)	Caltaf	Sherwood Park, AB	July 23 2017
			(15.77 (0.1) - 5.31 (0.0) - 9.11 - 1.57 - 3'23.59)			

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		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. 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	3'16.46		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 Vacant

19 Vacant

18 Vacant

17 Vacant

16 Vacant

15 Vacant

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	11.64	0.0	Loudia Laarman (91)	Calgary International	Moncton, NB	July 19 2010
	18	11.73	0.8	Loudia Laarman (91)	Calgary International	Port of Spain, TRI	July 31 2009
	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	38.89		Morgan Walker (96)	Edmonton Olympic Club	Ottawa, ON
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
19		2'04.3 (h)		Ranza Clark (60)	Calgary Thunderbolts	Walnut, CA	June 16 1979
18		2'05.3 (h)		Ranza Clark (60)	Calgary Thunderbolts	Walnut, CA	June 16 1978
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
	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	4'23.49		Jessica O'Connell (89)	UC Athletic Club	Vancouver, BC	June 8 2007
	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	9'21.69		Emily Kroshus (83)	Calgary Spartans	Eugene, OR Apr 29 2000
	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	17'09.76		Tara Struyk (81)	Edmonton Thunder	Burnaby, BC July 2 1999
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						
<i>100m 33"</i>	U23	13.37		Angela Whyte (80)	Unattached	Provo, UT May 19 2000
<i>100m 33"</i>	19	13.76	0.2	Deshaunda Morrison (95)	Calgary International	Regina, SK June 17 2012
<i>100m 33"</i>	18	13.76	0.2	Deshaunda Morrison (95)	Calgary International	Regina, SK June 17 2012
<i>100m 30"</i>	17	13.92	1.6	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB May 11 2014
<i>100m 30"</i>	16	13.92	1.6	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB May 11 2014
<i>80m 30"</i>	15	11.61	2.0	Katelyn Slessor (98)	Calgary Warriors	Calgary, AB July 28 2013
<i>80m 30"</i>	14	12.04		Robin Tratman (64)	Calgary Spartans	Edmonton, AB July 29 1979
Intermediate Hurdles						
<i>400m 30"</i>	U23	56.81		Sage Watson (94)	Calgary International	Medellin, COL Aug 23 2013
<i>400m 30"</i>	19	56.81		Sage Watson (94)	Calgary International	Medellin, COL Aug 23 2013
<i>400m 30"</i>	18	57.87		Erica Peterson (73)	Passtrak	Kingston, JAM July 19 1991
<i>400m 30"</i>	17	59.00		Sage Watson (94)	Calgary International	Abbotsford, BC June 8 2011
<i>400m 30"</i>	16	60.69		Julia Lovsin (01)	Edmonton Harriers	Kelowna, BC July 2 2017
<i>200m 30"</i>	15	27.73	0.2	Julia Lovsin (01)	Edmonton Harriers	Ste Therese, QC Aug 6 2016
<i>200m 30"</i>	14	29.04	-1.1	Allie Ruptash (02)	Edmonton Harriers	Leduc, AB July 16 2016
Steeple Chase						
<i>3000m</i>	U23	10'02.62		Maria Bernard (93)	UC Athletics Club	Vancouver, BC Mar 30 2014
<i>3000m</i>	19	11'02.53		Adrienne Erdman (94)	Caltaf	Vancouver, BC June 8 2012
<i>3000m</i>	18	11'02.53		Adrienne Erdman (94)	Caltaf	Vancouver, BC June 8 2012
<i>2000m</i>	19	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON Aug 7 2011
<i>2000m</i>	18	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON Aug 7 2011
<i>2000m</i>	17	6'48.29		Adrienne Erdman (94)	Caltaf	Ottawa, ON Aug 7 2011
<i>2000m</i>	16	7'06.35		Hayley Degauast (90)	Edmonton Harriers	Vancouver, BC Aug 12 2006
<i>1500m</i>	15	4'42.83		Sadie Sigfstead (03)	Edmonton Harriers	Brandon, MB Aug 13 2017
<i>1500m</i>	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	Vacant					
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	4.00		Kimberly Stephenson (91)	UC Athletics Club	Sherwood Park, AB	July 21 2013
		4.00		Rachel Hyink (98)	Edmonton International	Lima, Peru	Aug 21 2017
	19	4.00		Rachel Hyink (98)	Edmonton International	Lima, Peru	Aug 21 2017
	18	3.75		Karla McGee (82)	Lethbridge Track Club	Edmonton, AB	July 30 2000
	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
	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, FR	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, PE	Aug 18 2012
	15	11.01		Tiana Pisoni (96)	Bulldogs Track Club	Ottawa, ON	Aug 5 2011
	14	10.64		Kory Whites (98)	Fog Volleyball Track Club	Medicine Hat, AB	July 15 2012

Discus

<i>1kg</i>	U23	53.10	Gabrielle Rains (98)	Throw It Track Club	Coral Gables, FL	Mar 17 2017
<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, AB	June 13 2015
<i>1kg</i>	16	43.40	Nicole Chimko (78)	Caltaf	Ottawa, ON	July 3 1994
<i>1kg</i>	15	38.68	Nicole Chimko (78)	Caltaf	Calgary, AB	July 24 1993
<i>1kg</i>	14	36.83	Jennifer Jefferson (63)	Caltaf	Oromocto, NB	Aug 27 1977

Hammer

<i>4kg</i>	U23	56.01	Heather Stacey (88)	Chinook Track	Edmonton, AB	June 1 2007
<i>4kg</i>	19	56.01	Heather Stacey (88)	Chinook Track	Edmonton, AB	June 1 2007
<i>4kg</i>	18	52.31	Heather Stacey (88)	Chinook Track	Edmonton, AB	June 8 2006
<i>3kg</i>	17	56.05	Heather Stacey (88)	Chinook Track	Calgary, AB	June 18 2005
<i>3kg</i>	16	51.69	Heather Stacey (88)	Chinook Track	Lethbridge, AB	May 31 2003
<i>3kg</i>	15	51.69	Heather Stacey (88)	Chinook Track	Lethbridge, AB	May 31 2003
<i>3kg</i>	14	39.27	Heather Stacey (88)	Chinook Track	Calgary, AB	May 11 2002

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	39.99	Paige Greig (97)	Split City Sonics	Langley, BC	Aug 9 2013
<i>500g</i>	15	38.56	Madison Hnatiuk (02)	Unattached	Sherwood Park, AB	July 23 2017
<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		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 Athletics Club	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	3139	Skylar Sieben (00)	Caltaf	Ste Therese, QC	Aug 9 2015
						(12.54 (1.1) - 1.47 - 11.60 - 4.93 (0.7) - 2'35.79)
<i>Pent</i>	14	2900	Verona Valero (03)	Calgary Warriors	Brandon, MB	Aug 13 2017
						(12.72 (0.4) - 1.41 - 9.77 - 4.86 (1.5) - 2'36.58)

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	50.70	A. Jokic, T. Sinnatamby J. Hill Durand, K. Tan	Edmonton Columbians	Airdrie, AB	July 26 2014
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, AB	June 13 2015
19	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
18	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
17	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
16	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
15	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
14	Vacant			

4x800m - Club

U23	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
19	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
18	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
17	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
16	10'15.59	Edmonton Harriers	Sherwood Park, AB	June 13 2015
15	10'15.59	Edmonton Harriers	Sherwood Park, AB	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	4'06.26	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
19	4'06.26	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
18	4'06.26	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
17	4'06.26	C. Wonago, A. Ruptash, J. Lovsin, O. Cooper	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
16	4'06.26	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