

Alberta Outdoor Records - Men

| Event | Performance | | Name | Affiliation | Venue | Date |
|---------------------|-------------|-----|---|------------------------|---------------------|--------------|
| 100m | 10.06 | 1.7 | Sam Effah (88) | UC Athletics Club | Miramar, Florida | July 9 2010 |
| 200m | 20.31 | 0.2 | Bryan Barnett (87) | Capital City | Osaka, Japan | Aug 27 2007 |
| 400m | 44.44 | | Tyler Christopher (83) | UA Athletics Club | Helsinki, Finland | Aug 12 2005 |
| 800m | 1'45.25 | | Marco Arop (98) | Voleo | Eugene, OR | June 9 2018 |
| 1500m | 3'40.15 | | Peter Corrigan (89) | Running Room AC | Toronto, ON | July 7 2012 |
| 5000m | 13'38.31 | | Jeremy Deere (75) | Calgary Spartans | Victoria, BC | Aug 11 2000 |
| 10000m | 28'12.0h | | Peter Butler (58) | Calgary Spartans | Vancouver, BC | July 18 1981 |
| Marathon | 2:10'56 | | Stefan Fekner (52) | Edmonton Road Runners | Okanagan, BC | May 21 1995 |
| 110m Hurdles | 14.18 | | Kendal Beckles (75) | Calgary International | Victoria, BC | Aug 11 2000 |
| 400m Hurdles | 48.24 | | Adam Kunkel (81) | Legacy Athletics | Rio de Janeiro, BRA | July 27 2007 |
| 3000m SC | 8'38.8h | | Rob Evans (59) | Calgary Spartans | Seattle, WA | May 17 1980 |
| 20km RW | 1:21'46 | | Tim Berrett (65) | Leduc Track | Victoria, BC | Aug 13 2000 |
| 50km RW | 3:50'20 | | Tim Berrett (65) | Leduc Track | Tijuana, Mexico | Mar 21 2004 |
| High Jump | 2.22 | | Cory Siermachesky (69) | Capital City | Calgary, AB | July 23 1989 |
| Pole Vault | 5.46 | | Spencer Allen (93) | Edmonton International | Calgary, AB | May 27 2018 |
| Long Jump | 7.90 | 2.0 | Kyle McDuffie (60) | Edmonton Olympic Club | Ottawa, On | Aug 3 1985 |
| Triple Jump | 16.29 | | Oral O'Gilvie (69) | Capital City | Modesto, CA | May 10 1997 |
| Discus | 55.89 | | Jim Steacy (84) | Chinook Track | Victoria, BC | July 10 2004 |
| Hammer | 79.13 | | Jim Steacy (84) | Chinook Track | Lethbridge, AB | May 16 2008 |
| Javelin | 74.84 | | Kyle Nielsen (89) | Chinook Track | Lethbridge, AB | May 18 2014 |
| Shot Put | 18.44 | | Chris Meisner (83) | Chinook Track | Victoria, BC | July 19 2003 |
| Decathlon | 8626 | | Michael Smith (69) (11.23 - 7.72 - 16.94 - 1.97 - 48.69 - 14.77 - 52.90 - 4.90- 71.71- 4'41.95) | Calgary Track West | Gotzis, Austria | May 6 1996 |

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|--|---------|---|-----------------------|-------------------|--------------|
| 4x100m | 40.02 | James Dutton Brad McCuaig (70) Kofi Yekakpro Ricardo Greenidge | Calgary International | Calgary, AB | June 20 1999 |
| 4x100m - Club | 40.02 | James Dutton Brad McCuaig (70) Kofi Yekakpro Ricardo Greenidge | Calgary International | Calgary, AB | June 20 1999 |
| 4x200m | 1'36.32 | Yembeh Moiba (90) Elliot Ward (98) Clayton Hayes (88) Marin Boucher (00) | Capital City | Sherwood Park, AB | June 13 2015 |
| 4x200m - Club | 1'36.32 | Yembeh Moiba (90) Elliot Ward (98) Clayton Hayes (88) Marin Boucher (00) | Capital City | Sherwood Park, AB | June 13 2015 |
| 4x400m | 3'10.90 | Ian Gordon G. Bell R. Jacson Brian Cookshaw | Team Alberta | Sudbury, ON | Aug 24 1974 |
| 4x400m - Club | 3'11.63 | | Calgary Spartans | Winnipeg, MB | July 1 1984 |
| 4x800m | 8'46.72 | | Edmonton Harriers | Sherwood Park, AB | June 13 2015 |
| 4x800m - Club | 8'46.72 | | Edmonton Harriers | Sherwood Park, AB | June 13 2015 |
| 4x1500m | Vacant | | | | |
| 4x1500m - Club | Vacant | | | | |
| Medley 400m x 200m x 200m x 800m | 3'38.21 | Colesen Faunt (98) Chubba Hubbard (99) Mehrddad Shokooi (99) Ryan Smeeton (98) | Team Alberta Midgets | Langley, BC | Aug 11 2013 |
| Medley - Club 400m x 200m x 200m x 800m | 4'04.04 | Enkh-Orgil Erdenebat (03) Caiden Schultz (03) Alexander Leote (03) Emiliano Velazquez (03) | Caltaf | Sherwood Park, AB | July 29 2018 |

Alberta Outdoor Records - Women

| Event | Performance | | Name | Affiliation | Venue | Date |
|---------------------|-------------|-----|---------------------------|-----------------------------|-------------------|--------------|
| 100m | 11.37 | | Esmie Lawrence (61) | Calgary Spartans | Rabat, Morocco | July 14 1989 |
| 200m | 23.07 | | Atia Weeks (80) | Calgary International | Flagstaff, AZ | July 9 1998 |
| 400m | 49.91 | | Jillian Richardson (65) | Calgary Spartans | Seoul, Korea | Aug 25 1988 |
| 800m | 2'01.61 | | Jenna Westaway (94) | Calgary International | Ottawa, ON | July 8 2018 |
| 1500m | 4'05.65 | | Malindi Elmore (80) | UC Athletics Club | Paris, France | July 6 2007 |
| 5000m | 15'06.44 | | Jessica O'Connell (89) | UC Athletics Club | Stanford, CA | May 2 2015 |
| 10000m | 32'30.08 | | Aster Demisse (83) | Edmonton Thunder | Vancouver, BC | June 4 2005 |
| Marathon | 2:33'51 | | Sandy Jacobson (66) | Calgary Spartans | Paris, France | Aug 31 2003 |
| 100m Hurdles | 12.63 | 1.4 | Angela Whyte (80) | Unattached Alberta | Carson, CA | May 20 2007 |
| 400m Hurdles | 54.55 | | Sage Watson (94) | Unattached Alberta | Oslo, Norway | June 7 2018 |
| 3000m SC | 9'43.63 | | Maria Bernard (93) | UC Athletic Club | Portland, OR | June 16 2017 |
| 10km RW | 51'01 | | Holly Gerke (64) | Edmonton Racewalk | Vancouver, BC | May 2 2004 |
| 20km RW | 1:34'50 | | Janice McCaffrey (59) | Calgary Track West | Victoria, BC | Aug 13 2000 |
| High Jump | 1.86 | | Christina Livingston (67) | Calgary Track West | Calgary, AB | June 22 1997 |
| | 1.86 | | Whitney Evans (80) | Calgary Warriors | Sacramento, CA | June 14 2003 |
| | 1.86 | | Whitney Evans (80) | Calgary Warriors | Claremont, CA | Apr 15 2005 |
| Pole Vault | 4.35 | | Lindsay Mix (89) | Edmonton International | Tempe, AZ | Apr 9 2016 |
| Long Jump | 6.62 | 0.3 | Krysha Bayley (84) | Legacy Athletics | Edmonton, AB | Aug 6 2001 |
| Triple Jump | 13.12 | | Nancy Lanovaz (63) | Rocky Mountain Royals | Ottawa, ON | June 11 1993 |
| Discus | 56.82 | | Rachel Andres (87) | Airdrie Aces Athletics Club | Ottawa, On | July 6 2018 |
| Hammer | 72.16 | | Heather Stacey (88) | Chinook Track | Tempe, AZ | Apr 6 2012 |
| Javelin | 64.83 | | Elizabeth Gleadle (88) | Chinook Track | Kawasaki, Japan | May 10 2015 |
| Shot Put | 17.01 | | Georgette Reed (67) | Calgary Spartans | Sydney, Australia | Feb 11 1996 |

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| Heptathlon | 6314 | Jessica Zelinka (81) (13.32 (-0.1) - 1.76 - 14.32 - 24.22 (-2.1) - 6.19 (0.1) - 41.52 - 2'12.48) | UC Athletics Club | Gotzis, Austria | May 27 2006 |
| 4x100m | 45.62 | Maxine Scringler (68) Esmie Lawrence (61) Cathy Chrusch (60) Gail Harris (66) | Calgary Spartans | Phoenix, AZ | Apr 5 1986 |
| 4x100m - Club | 45.62 | Maxine Scringler (68) Esmie Lawrence (61) Cathy Chrusch (60) Gail Harris (66) | Calgary Spartans | Phoenix, AZ | Apr 5 1986 |
| 4x200m | 1'47.19 | | UC Athletics Club | Calgary, AB | July 4 2012 |
| 4x200m - Club | 1'47.19 | | UC Athletics Club | Calgary, AB | July 4 2012 |
| 4x400m | 3'37.26 | Maxine Scringler (68) Esmie Lawrence (61) Gail Harris (66) Cathy Chrusch (60) | Calgary Spartans | Phoenix, AZ | Apr 5 1986 |
| 4x400m - Club | 3'37.26 | Maxine Scringler (68) Esmie Lawrence (61) Gail Harris (66) Cathy Chrusch (60) | Calgary Spartans | Phoenix, AZ | Apr 5 1986 |
| 4x800m | 10'15.59 | | Edmonton Harriers | Sherwood Park, AB | June 13 2015 |
| 4x800m - Club | 10'15.59 | | Edmonton Harriers | Sherwood Park, AB | June 13 2015 |
| 4x1500m | Vacant | | | | |
| 4x1500m - Club | Vacant | | | | |
| Medley 400m x 200m x 200m x 800m | 4'05.40 | Candace Wonago (01) Allie Ruptash (02) Julia Lovsin (01) Olivia Cooper (01) | Team Alberta Midgets | Ste Therese, QC | Aug 6 2016 |
| Medley - Club 400m x 200m x 200m x 800m | Vacant | | | | |