

# Calgary Warriors Outdoor Club Records Girls/Women

As of: 18-Jun-2017

|                               | Record                                       | Wind | Athlete                        | YoB | Meet                                | Location         | Date        | Specs     |
|-------------------------------|--|------|--------------------------------|-----|-------------------------------------|------------------|-------------|-----------|
| <b>Pee Wee - 11 and under</b> |  |      |                                |     |                                     |                  |             |           |
| Long Jump                     | 3.28m  | NA   | Julie Tom                      | 89  | New Balance Athletic Series #1      | Calgary, AB      | 24-May-1998 |           |
| Shot Put                      | 5.99m  |      | Harriet Stanley                | 91  | Rocky Mountain Relays               | Lethbridge, AB   | 01-Jun-2002 | 2kg       |
|                               |  |      | NA = Information Not Available |     |                                     |                  |             |           |
|                               |  |      | # = converted hand time        |     |                                     |                  |             |           |
| <b>Bantam - 12 and under</b>  |  |      |                                |     |                                     |                  |             |           |
| 600m                          | 1:54.23                                      |      | Allison Remington              | 02  | CALTAF Track Classic                | Calgary, AB      | 13-Jun-2014 |           |
| 800m                          | 2:41.45                                      |      | Allison Remington              | 02  | New Balance Athletic Series #1      | Calgary, AB      | 25-May-2014 |           |
| 1200m                         | 4:38.96                                      |      | Allison Remington              | 02  | Calgary Spring Challenge & CE       | Calgary, AB      | 10-May-2014 |           |
| Long Jump                     | 3.92m  | NWI  | Logan Reynolds                 | 88  | Alberta Outdoor Championships       | Edmonton, AB     | 08-Jul-2000 |           |
|                               | 3.92m  | NA   | Paige Ridout                   | 93  | Alberta Outdoor Championships       | Calgary, AB      | 25-Jun-2005 |           |
| Shot Put                      | 6.83m  |      | Logan Reynolds                 | 88  | Alberta Outdoor Championships       | Edmonton, AB     | 08-Jul-2000 | 3kg       |
|                               |  | NWI  | = No Wind Indicated            |     |                                     |                  |             |           |
| <b>Bantam - 13 and under</b>  |  |      |                                |     |                                     |                  |             |           |
| 80m                           | 11.12  | 0.0  | Natalie McDougall              | 97  | Alberta Outdoor Championships       | St. Albert, AB   | 26-Jun-2010 |           |
| 150m                          | 20.59  | NWI  | Natalie McDougall              | 97  | Alberta Outdoor Championships       | St. Albert, AB   | 26-Jun-2010 |           |
| 600m                          | 1:46.72                                      |      | Evonne Henning                 | 04  | CALTAF Track Classic                | Calgary, AB      | 18-Jun-2017 |           |
| 800m                          | 2:21.84                                      |      | Jennifer Paul                  | 94  | Jack Brow Memorial                  | Kelowna, BC      | 29-Jun-2007 |           |
| 1200m                         | 4:06.02                                      |      | Evonne Henning                 | 04  | Leduc Track Meet                    | Leduc, AB        | 10-Jun-2017 |           |
| 80m Hurdles                   | 13.09  | NA   | Andrea Sputek                  | 80  | AB Summer Games Trials              | Calgary, AB      | 13-Jun-1993 | .76m      |
| 200m Hurdles                  | 35.74  | -5.0 | Katelyn Yackel                 | 98  | Calgary Spring Challenge & CE       | Calgary, AB      | 14-May-2011 | .76m      |
| High Jump                     | 1.44m  |      | Whitney Evans                  | 80  | Bantam Provincial Championships     | Red Deer, AB     | nn-Jul-1993 |           |
| Long Jump                     | 4.23m  | NWI  | Logan Reynolds                 | 88  | Alberta Outdoor Championships       | Edmonton, AB     | 07-Jul-2001 |           |
| Triple Jump                   | 8.50m  | 0.0  | Logan Reynolds                 | 88  | New Balance Athletic Series #2      | Calgary, AB      | 26-May-2001 |           |
| Shot Put                      | 8.33m  |      | Logan Reynolds                 | 88  | Rocky Mountain Relays               | Lethbridge, AB   | 02-Jun-2001 | 3kg       |
| Discus Throw                  | 22.63m                                       |      | Lisa Cozma                     | 01  | New Balance Athletic Series #2      | Calgary, AB      | 31-May-2014 | 1kg       |
| Javelin Throw                 | 22.72m                                       |      | Mimi Gbobaniyi                 | 03  | Sherwood Park Track Classic         | Edmonton, AB     | 07-Mar-2016 | 400g      |
| Turbo Javelin                 | 19.34m                                       |      | Evonne Henning                 | 04  | Calgary Spring Challenge & CE       | Calgary, AB      | 13-May-2017 | 400g      |
| Ball Throw                    | 30.94m                                       |      | Jennifer Paul                  | 94  | Alberta Outdoor Championships       | Edmonton, AB     | 23-Jun-2007 | ball      |
| <b>Midget - 14 and under</b>  |  |      |                                |     |                                     |                  |             |           |
| 100m                          | 12.76  | -1.3 | Alexandra Carruthers           | 00  | Canadian Youth Championships        | Langley, BC      | 15-Aug-2014 |           |
| 100m                          | 12.76  | NA   | Kelly Smith                    | 79  | Alberta Outdoor Championships       | Calgary, AB      | 17-Jul-1993 |           |
| 200m                          | 25.86  | 0.6  | Alexandra Carruthers           | 00  | Canadian Youth Championships        | Langley, BC      | 15-Aug-2014 |           |
| 300m                          | 43.47  |      | Katie Yackel                   | 98  | New Balance Athletic Series #5      | Calgary, AB      | 04-Jul-2012 |           |
| 800m                          | 2:21.08                                      |      | Jennifer Paul                  | 94  | Midget Dual                         | Calgary, AB      | 28-Jun-2008 |           |
| 1200m                         | 4:06.02                                      |      | Evonne Henning                 | 04  | Leduc Track Meet                    | Leduc, AB        | 10-Jun-2017 |           |
| 80m Hurdles                   | 12.41  | -1.4 | Catherine Carruthers           | 00  | Canadian Youth Championships        | Langley, BC      | 15-Aug-2014 | .76m      |
| 200m Hurdles                  | 29.74  | -0.5 | Katie Yackel                   | 98  | SAC/Alberta Outdoor Championships   | St. Albert, AB   | 23-Jun-2012 | .76m      |
| High Jump                     | 1.59m  |      | Whitney Evans                  | 80  | Alberta Outdoor Championships       | Calgary, AB      | nn-Jul-1994 |           |
| Long Jump                     | 5.10m  | 1.3  | Verona Valero                  | 03  | Jack Brow Memorial                  | Kelowna, BC      | 01-Jul-2017 |           |
| Triple Jump                   | 10.48m                                       | -0.1 | Katie Yackel                   | 98  | Western Canadian Championships      | Medicine Hat, AB | 14-Jul-2012 |           |
| Shot Put                      | 9.77m  |      | Verona Valero                  | 03  | Canadian Youth/Midget Championships | Brandon, MB      | 13-Aug-2017 | 3kg       |
| Discus Throw                  | 22.63m                                       |      | Lisa Cozma                     | 01  | New Balance Athletic Series #2      | Calgary, AB      | 31-May-2014 | 1kg       |
| Pentathlon                    | 2900 pts*                                    |      | Verona Valero                  | 03  | Canadian Youth/Midget Championships | Brandon, MB      | 13-Aug-2017 | .76m, 3kg |
|                               | 12.72 (0.4), 1.41, 9.77, 4.86 (1.5), 2:36.58 |      |                                |     |                                     |                  |             |           |
| <b>Midget - 15 and under</b>  |  |      |                                |     |                                     |                  |             |           |
| 100m                          | 12.56  | 1.6  | Alexandra Carruthers           | 00  | New Balance Athletic Series #1      | Calgary, AB      | 24-May-2015 |           |
| 200m                          | 25.86  | 0.6  | Alexandra Carruthers           | 00  | Canadian Youth Championships        | Langley, BC      | 15-Aug-2014 |           |
| 300m                          | 41.08  |      | Katherine Smith                | 99  | CALTAF Track Classic                | Calgary, AB      | 13-Jun-2014 |           |
| 800m                          | 2:21.08                                      |      | Jennifer Paul                  | 94  | Midget Dual                         | Calgary, AB      | 28-Jun-2008 |           |
| 1200m                         | 4:06.02                                      |      | Evonne Henning                 | 04  | Leduc Track Meet                    | Leduc, AB        | 10-Jun-2017 |           |
| 80m Hurdles                   | 11.61*                                       | 2.0  | Katelyn Slessor                | 98  | Western Canada Championships        | Calgary, AB      | 26-Jul-2013 | .76m      |
| 200m Hurdles                  | 28.23*                                       | 0.5  | Katie Yackel                   | 98  | CALTAF Track Classic                | Calgary, AB      | 14-Jun-2013 | .76m      |
| High Jump                     | 1.68m  |      | Whitney Evans                  | 80  | Alberta Outdoor Championships       | Calgary, AB      | nn-Jul-1995 |           |
| Long Jump                     | 5.14m  | 1.2  | Megan MacKay                   | 94  | Alberta/NWT Legion Camp             | Calgary, AB      | 14-Jul-2009 |           |
| Triple Jump                   | 10.60m                                       | 0.8  | Elisabeth Vathje               | 94  | Rocky Mountain Relays               | Medicine Hat, AB | 30-May-2009 |           |
| Shot Put                      | 10.66m                                       |      | Ashley Ashman                  | 90  | Rocky Mountain Relays               | Lethbridge, AB   | 11-Jun-2005 | 3kg       |
| Discus Throw                  | 26.18m                                       |      | Sara Paul                      | 92  | CALTAF Track Classic                | Calgary, AB      | 15-Jun-2007 | 750g      |
| Javelin Throw                 | 31.99m                                       |      | Sara Paul                      | 92  | Rocky Mountain Relays               | Lethbridge, AB   | 26-May-2007 | 500g      |
| Pentathlon                    | 2900 pts*                                    |      | Verona Valero                  | 03  | Canadian Youth/Midget Championships | Brandon, MB      | 13-Aug-2017 | .76m, 3kg |
|                               | 12.72 (0.4), 1.41, 9.77, 4.86 (1.5), 2:36.58 |      |                                |     |                                     |                  |             |           |

**Youth - 16 and under**

|               |   |     |                      |    |                                |                   |             |      |
|---------------|---|-----|----------------------|----|--------------------------------|-------------------|-------------|------|
| 100m          | 12.56   | 1.6 | Alexandra Carruthers | 00 | New Balance Athletic Series #1 | Calgary, AB       | 24-May-2015 |      |
| 200m          | 25.54   | 1.1 | Katelyn Slessor      | 98 | Sherwood Park Track Classic    | Sherwood Park, AB | 12-Jul-2014 |      |
| 400m          | 59.26   |     | Madison Evans        | 96 | ASAA Provincial Championships  | Edmonton, AB      | 01-Jun-2012 |      |
| 800m          | 2:18.83   |     | Claire Brideson      | 92 | CALTAF Track Classic           | Calgary, AB       | 13-Jun-2008 |      |
| 1500m         | 4:57.44   |     | Jean Bolen           | 91 | Jack Brow Memorial             | Kelowna, BC       | 29-Jun-2007 |      |
| 3000m         | 11:45.42  |     | Stephanie Graham     | 92 | CALTAF Track Classic           | Calgary, AB       | 13-Jun-2008 |      |
| 100m Hurdles  | 13.92*  | 1.6 | Katelyn Slessor      | 98 | Calgary Spring Challenge & CE  | Calgary, AB       | 10-May-2014 | .76m |
| 400m Hurdles  | 64.50   |     | Kayti Simonson       | 89 | National Legion Championships  | Edmonton, AB      | 07-Aug-2005 | .76m |
| High Jump     | 1.75m   |     | Whitney Evans        | 80 | ASAA Provincial Championships  | Edmonton, AB      | 06-Jun-1996 |      |
| Pole Vault    | 2.80m   |     | Morgan Kravtsov      | 98 | CALTAF Track Classic           | Calgary, AB       | 13-Jun-2014 |      |
| Long Jump     | 5.34m   | 1.6 | Rachel Machin        | 92 | Alberta/NWT Legion Camp        | Calgary, AB       | 08-Jul-2008 |      |
| Triple Jump   | 11.46m  | 1.9 | Katie Yackel         | 98 | Canadian Youth Championships   | Langley, BC       | 15-Aug-2014 |      |
| Shot Put      | 10.66m  |     | Ashley Ashman        | 90 | Rocky Mountain Relays          | Lethbridge, AB    | 11-Jun-2005 | 3kg  |
| Javelin Throw | 31.99m  |     | Sara Paul            | 92 | Rocky Mountain Relays          | Lethbridge, AB    | 26-May-2007 | 500g |
| Heptathlon    | 4301 pts  |     | Rachel Machin        | 92 | Calgary Spring Challenge & CE  | Calgary, AB       | 17-May-2008 |      |
|               | 15.09 (2.0), 1.67, 8.35, 27.61 (1.1 ), 5.18 (1.1), 25.54, 2.40.44 |     |                      |    |                                |                   |             |      |

**Youth - 17 and under**

|               |          |      |                      |    |                                |                |             |      |
|---------------|----------|------|----------------------|----|--------------------------------|----------------|-------------|------|
| 100m          | 12.56    | 1.6  | Alexandra Carruthers | 00 | New Balance Athletic Series #1 | Calgary, AB    | 24-May-2015 |      |
| 100m          | 12.56    | NA   | Leanne Halligey      | 79 | Track City Classic             | Eugene, OR     | nn-Jul-1996 |      |
| 200m          | 25.35    | 1.6  | Madison Evans        | 96 | ASAA Provincial Championships  | Calgary, AB    | 07-Jun-2013 |      |
| 400m          | 57.73    |      | Kayti Simonson       | 89 | Alberta/NWT Legion Camp        | Calgary, AB    | 16-Jul-2006 |      |
| 800m          | 2:15.89  |      | Maria Bernard        | 93 | New Balance Athletic Series #3 | Calgary, AB    | 15-Jul-2010 |      |
| 1500m         | 4:42.15  |      | Maria Bernard        | 93 | Western Canada Championships   | Winnipeg, MB   | 24-Jul-2010 |      |
| 3000m         | 10:09.83 |      | Maria Bernard        | 95 | Pacific Invitational           | Langley, BC    | 19-Jun-2010 |      |
| 100m Hurdles  | 13.92*   | 1.6  | Katelyn Slessor      | 98 | Calgary Spring Challenge & CE  | Calgary, AB    | 10-May-2014 | .76m |
| 400m Hurdles  | 63.96    |      | Kayti Simonson       | 89 | Alberta Legion Camp            | Calgary, AB    | 18-Jul-2006 | .76m |
| High Jump     | 1.85m    |      | Whitney Evans        | 80 | Canada Summer Games            | Brandon, MB    | 16-Aug-1997 |      |
| Pole Vault    | 2.80m    |      | Morgan Kravtsov      | 98 | CALTAF Track Classic           | Calgary, AB    | 13-Jun-2014 |      |
| Long Jump     | 5.60m    | -0.4 | Jill MacEachen       | 91 | ASAA Provincial Championships  | Calgary, AB    | 30-May-2008 |      |
| Triple Jump   | 11.66m   | NA   | Whitney Evans        | 80 | ASAA Provincial Championships  | Edmonton, AB   | 14-Jun-1997 |      |
| Shot Put      | 11.80m   |      | Alexandra Carruthers | 00 | Calgary Spring Challenge & CE  | Calgary, AB    | 13-May-2017 | 3kg  |
| Javelin Throw | 31.99m   |      | Sara Paul            | 92 | Rocky Mountain Relays          | Lethbridge, AB | 26-May-2007 | 500g |
| Heptathlon    | 4307     |      | Whitney Evans        | 80 | Spring CE Meet                 | Calgary, AB    | 17-May-1997 | hept |

**Junior - 18 and under**

|              |          |      |                   |    |                               |                   |             |      |
|--------------|----------|------|-------------------|----|-------------------------------|-------------------|-------------|------|
| 100m         | 12.27    | 1.8  | Zophie Kindrachuk | 98 | Calgary Spring Challenge & CE | Calgary, AB       | 15-May-2016 |      |
| 200m         | 25.35    | 1.6  | Madison Evans     | 96 | ASAA Provincial Championships | Calgary, AB       | 07-Jun-2013 |      |
| 400m         | 57.07    |      | Charlotte Terek   | 96 | CALTAF Track Classic          | Calgary, AB       | 13-Jun-2014 |      |
| 800m         | 2:10.32  |      | Maria Bernard     | 93 | CALTAF Track Classic          | Calgary, AB       | 12-Jun-2011 |      |
| 1500m        | 4:31.63  |      | Maria Bernard     | 93 | Western Canada Summer Games   | Kamloops, BC      | 05-Aug-2011 |      |
| 3000m        | 9:46.93  |      | Maria Bernard     | 93 | Jack Brow Memorial            | Kelowna, BC       | 03-Jul-2011 |      |
| 100m Hurdles | 14.43    | -1.1 | Katelyn Slessor   | 98 | Canadian Junior Championships | Edmonton, AB      | 10-Jul-2016 | .84m |
| 400m Hurdles | 62.49    |      | Kayti Simonson    | 89 | Western Canada Summer Games   | Sherwood Park, AB | 08-Aug-2007 | .76m |
| 3000m SC     | 11:03.74 |      | Maria Bernard     | 93 | Western Canada Summer Games   | Kamloops, BC      | 05-Aug-2011 |      |
| High Jump    | 1.85m    |      | Whitney Evans     | 80 | Canada Summer Games           | Brandon, MB       | 16-Aug-1997 |      |
| Pole Vault   | 2.80m    |      | Morgan Kravtsov   | 98 | Calgary Spring Challenge & CE | Calgary, AB       | 15-May-2016 |      |
| Long Jump    | 5.67m    | -0.3 | Jill MacEachen    | 91 | Open Avondmeeting             | Ninove, BEL       | 25-Jul-2009 |      |
| Triple Jump  | 11.66m   | NA   | Whitney Evans     | 80 | ASAA Provincial Championships | Edmonton, AB      | 14-Jun-1997 |      |

**Junior - 19 and under**

|              |          |      |                   |    |                               |                  |             |      |
|--------------|----------|------|-------------------|----|-------------------------------|------------------|-------------|------|
| 100m         | 12.27    | 1.8  | Zophie Kindrachuk | 98 | Calgary Spring Challenge & CE | Calgary, AB      | 15-May-2016 |      |
| 200m         | 25.35    | 1.6  | Madison Evans     | 96 | ASAA Provincial Championships | Calgary, AB      | 07-Jun-2013 |      |
| 400m         | 56.08    |      | Charlotte Terek   | 96 | Calgary Spring Challenge & CE | Calgary, AB      | 09-May-2015 |      |
| 800m         | 2:10.32  |      | Maria Bernard     | 93 | CALTAF Track Classic          | Calgary, AB      | 12-Jun-2011 |      |
| 1500m        | 4:21.45  |      | Maria Bernard     | 93 | Harry Jerome Track Classic    | Burnaby, BC      | 10-Jun-2012 |      |
| 3000m        | 9:46.93  |      | Maria Bernard     | 93 | Jack Brow Memorial            | Kelowna, BC      | 03-Jul-2011 |      |
| 5000m        | 18:15.14 |      | Sarah Caine       | 86 | Jack Brow Memorial            | Kelowna, BC      | 02-Jul-2005 |      |
| 10000m       | 38:48.80 |      | Sarah Caine       | 86 | Jack Brow Memorial            | Kelowna, BC      | 02-Jul-2005 |      |
| 100m Hurdles | 14.43    | -1.1 | Katelyn Slessor   | 98 | Canadian Junior Championships | Edmonton, AB     | 10-Jul-2016 | .84m |
| 400m Hurdles | 1:01.41  |      | Charlotte Terek   | 96 | Western Canada Summer Games   | Wood Buffalo, AB | 11-Aug-2015 | .76m |
| 3000m SC     | 11:03.74 |      | Maria Bernard     | 93 | Western Canada Summer Games   | Kamloops, BC     | 05-Aug-2011 |      |
| High Jump    | 1.85m    |      | Whitney Evans     | 80 | Canada Summer Games           | Brandon, MB      | 16-Aug-1997 |      |
| Pole Vault   | 2.80m    |      | Morgan Kravtsov   | 98 | Calgary Spring Challenge & CE | Calgary, AB      | 15-May-2016 |      |
| Long Jump    | 5.70m    | 0.3  | Jill MacEachen    | 91 | OVC Championships             | Cookeville, TN   | 30-Apr-2010 |      |
| Triple Jump  | 11.66m   | NA   | Whitney Evans     | 80 | ASAA Provincial Championships | Edmonton, AB     | 14-Jun-1997 |      |
| Shot Put     | 10.48m   |      | Whitney Evans     | 80 | NCAA Championships            | Boise, ID        | 04-Jun-1999 | 4kg  |

|               |   |  |               |    |                    |           |             |      |
|---------------|---|--|---------------|----|--------------------|-----------|-------------|------|
| Javelin Throw | 37.21m  |  | Whitney Evans | 80 | NCAA Championships | Boise, ID | 04-Jun-1999 | 600g |
| Heptathlon    | 5579 pts**  |  | Whitney Evans | 80 | NCAA Championships | Boise, ID | 04-Jun-1999 |      |
|               | 14.51 (3.7), 1.81, 10.48, 25.04 (1.2), 5.77 (3.4), 37.21, 2:18.90 |  |               |    |                    |           |             |      |

**Senior - 35 and under**

|               |   |      |                 |    |                               |               |             |      |
|---------------|---|------|-----------------|----|-------------------------------|---------------|-------------|------|
| 200m          | 25.35   | 1.6  | Madison Evans   | 96 | ASAA Provincial Championships | Calgary, AB   | 07-Jun-2013 |      |
| 400m          | 56.08   |      | Charlotte Terek | 96 | Calgary Spring Challenge & CE | Calgary, AB   | 09-May-2015 |      |
| 100m Hurdles  | 14.43   | -1.1 | Katelyn Slessor | 98 | Canadian Junior Championships | Edmonton, AB  | 10-Jul-2016 | .84m |
| High Jump     | 1.86m   |      | Whitney Evans   | 80 | Pomona-Pitzer Invitational    | Claremont, CA | 15-Apr-2003 |      |
| Shot Put      | 11.16m  |      | Whitney Evans   | 80 | Baldy Castillo Invitational   | Tempe, AZ     | 22-Mar-2001 | 4kg  |
| Javelin Throw | 39.60m  |      | Whitney Evans   | 80 | Pac-10 Multi Championships    | Berkley, CA   | 19-May-2001 | 600g |
| Heptathlon    | 5579 pts  |      | Whitney Evans   | 80 | NCAA Championships            | Boise, ID     | 04-Jun-1999 |      |
|               | 14.51 (3.7), 1.81, 10.48, 25.04 (1.2), 5.77 (3.4), 37.21, 2:18.90 |      |                 |    |                               |               |             |      |

\* denotes Provincial Record

\*\* denotes Canadian Record (at that time)

# Calgary Warriors Outdoor Club Records Boys/Men

As of: 18-Jun-2017

|                               | Record  | Wind | Athlete                 | YoB | Meet                                | Location          | Date        | Specs |
|-------------------------------|---------|------|-------------------------|-----|-------------------------------------|-------------------|-------------|-------|
| <b>Pee Wee - 11 and under</b> |         |      |                         |     |                                     |                   |             |       |
| Long Jump                     | 3.91m   | NA   | Sheldon Seymour         | 91  | Rocky Mountain Relays               | Lethbridge, AB    | 01-Jun-2002 |       |
| Shot Put                      | 6.57m   |      | Sheldon Seymour         | 91  | Rocky Mountain Relays               | Lethbridge, AB    | 01-Jun-2002 | 2kg   |
|                               |         |      | NA = Not Available      |     |                                     |                   |             |       |
|                               |         |      | NWI = No Wind Indicated |     |                                     |                   |             |       |
| <b>Bantam - 12 and under</b>  |         |      |                         |     |                                     |                   |             |       |
| 80m                           | 11.93   | 3.7  | Bryn Samuel             | 04  | CALTAF Track Classic                | Calgary, AB       | 17-Jun-2016 |       |
|                               | 12.02   | -0.6 | Bryn Samuel             | 04  | Sherwood Park Track Classic         | Sherwood Park, AB | 02-Jul-2016 |       |
| 150m                          | 21.66   | 1.4  | Bryn Samuel             | 04  | Sherwood Park Track Classic         | Sherwood Park, AB | 02-Jul-2016 |       |
| 600m                          | 1:46.02 |      | Bryn Samuel             | 04  | Sherwood Park Track Classic         | Sherwood Park, AB | 02-Jul-2016 |       |
| 800m                          | 2:29.13 |      | Bryn Samuel             | 04  | CALTAF Track Classic                | Calgary, AB       | 17-Jun-2016 |       |
| 1200m                         | 4:05.60 |      | Lucas Krayacich         | 03  | Calgary Spring Challenge & CE       | Calgary, AB       | 09-May-2015 |       |
| 80m Hurdles                   | 15.69   |      | David Holm              | 86  | Jack Brow Memorial                  | Kelowna, BC       | 26-Jun-1998 | .76m  |
| 80m Hurdles                   | 15.24   | -1.4 | Bryn Samuel             | 04  | Sherwood Park Track Classic         | Sherwood Park, AB | 02-Jul-2016 | .69m  |
| 200m Hurdles                  | 38.73   | -3.9 | Payton Price            | 00  | Calgary Spring Challenge & CE       | Calgary, AB       | 12-May-2012 |       |
| High Jump                     | 1.20m   |      | Bryn Samuel             | 04  | CALTAF Track Classic                | Calgary, AB       | 17-Jun-2016 |       |
| Long Jump                     | 3.96m   |      | Bryn Samuel             | 04  | Sherwood Park Track Classic         | Sherwood Park, AB | 02-Jul-2016 |       |
| Shot Put                      | 6.43m   |      | Payton Price            | 00  | CALTAF Track Classic                | Calgary, AB       | 08-Jun-2012 | 3kg   |
| Discus Throw                  | 16.33m  |      | Payton Price            | 00  | Calgary Spring Challenge & CE       | Calgary, AB       | 12-May-2012 | 750g  |
| Javelin Throw                 | 21.50m  |      | Bryn Samuel             | 04  | Sherwood Park Track Classic         | Sherwood Park, AB | 02-Jul-2016 | 400g  |
| <b>Bantam - 13 and under</b>  |         |      |                         |     |                                     |                   |             |       |
| 80m                           | 10.70   | -0.9 | Scott MacKay            | 96  | Alberta Outdoor Championships       | Edmonton, AB      | 04-Jul-2009 |       |
| 80m                           | 10.70   |      | Brian Akalonu           | 04  | Calgary Spring Challenge & CE       | Calgary, AB       | 13-May-2017 |       |
| 150m                          | 19.50   | -0.6 | Scott MacKay            | 96  | CALTAF Track Classic                | Calgary, AB       | 12-Jun-2009 |       |
| 600m                          | 1:43.95 |      | Bryn Samuel             | 04  | CALTAF Track Classic                | Calgary, AB       | 13-May-2017 |       |
| 800m                          | 2:19.51 |      | Ryan Smeeton            | 98  | Jack Brow Memorial                  | Kelowna, BC       | 02-Jul-2011 |       |
| 1200m                         | 3:39.91 |      | Ryan Smeeton            | 98  | Jack Brow Memorial                  | Kelowna, BC       | 03-Jul-2011 |       |
| 80m Hurdles                   | 13.44   | -1.0 | Scott MacKay            | 96  | CALTAF Track Classic                | Calgary, AB       | 13-Jun-2009 | .76m  |
| 200m Hurdles                  | 34.62   | -8.5 | Ryan Smeeton            | 98  | Calgary Spring Challenge & CE       | Calgary, AB       | 14-May-2011 | .76m  |
| High Jump                     | 1.58m   |      | Mark MacEachen          | 93  | Rocky Mountain Relays               | Lethbridge, AB    | 10-Jun-2006 |       |
| Long Jump                     | 4.81m   | 2.0  | Zackary Poirier         | 03  | New Balance Athletic Series #2      | Calgary, AB       | 31-May-2015 |       |
| Triple Jump                   | 9.76m   | 0.9  | Zackary Poirier         | 03  | New Balance Athletic Series #3      | Calgary, AB       | 07-Jul-2015 |       |
| Shot Put                      | 9.05m   |      | Scott MacKay            | 92  | CALTAF Track Classic                | Calgary, AB       | 13-Jun-2009 | 3kg   |
| Discus Throw                  | 18.98m  |      | Scott MacKay            | 92  | Alberta Outdoor Championships       | Edmonton, AB      | 04-Jul-2009 | 750g  |
| Javelin Throw                 | 18.13m  |      | Brian Akalonu           | 04  | New Balance Athletic Series #1      | Calgary, AB       | 20-May-2017 |       |
| Ball Throw                    | 34.70m  |      | Mark MacEachen          | 93  | Senior-Juv-Ban-PW Championships     | Calgary, AB       | 7/15/2006   |       |
| <b>Midget - 14 and under</b>  |         |      |                         |     |                                     |                   |             |       |
| 100m                          | 11.96   | 1.2  | Kai Spierenburg         | 99  | Sherwood Park Track Classic         | Sherwood Park, AB | 20-Jul-2013 |       |
| 200m                          | 24.41   | 1.6  | Kai Spierenburg         | 99  | CALTAF Track Classic                | Calgary, AB       | 14-Jun-2013 |       |
| 300m                          | 38.13   |      | Kai Spierenburg         | 99  | Sherwood Park Track Classic         | Sherwood Park, AB | 20-Jul-2013 |       |
| 800m                          | 2:08.74 |      | Scott MacKay            | 96  | CALTAF Track Classic                | Calgary, AB       | 18-Jun-2010 |       |
| 1200m                         | 3:24.36 |      | Ryan Smeeton            | 98  | CALTAF Track Classic                | Calgary, AB       | 08-Jun-2012 |       |
| 2000m                         | 5:59.82 |      | Ryan Smeeton            | 98  | Western Canadian Championships      | Medicine Hat, AB  | 14-Jul-2012 |       |
| 100m Hurdles                  | 15.49   | 0.5  | Kai Spierenburg         | 99  | CALTAF Track Classic                | Calgary, AB       | 14-Jun-2013 | .84m  |
| 200m Hurdles                  | 27.36   | 0.8  | Kai Spierenburg         | 99  | Sherwood Park Track Classic         | Sherwood Park, AB | 20-Jul-2013 | .76m  |
| 1500m St/Ch                   | 4:44.41 |      | Ryan Smeeton            | 98  | SAC/Alberta Outdoor Championships   | St. Albert, AB    | 23-Jun-2012 | .76m  |
| High Jump                     | 1.80m   |      | Mark MacEachen          | 93  | Calgary Spring Challenge            | Calgary, AB       | 19-May-2007 |       |
| Pole Vault                    | 2.05m   |      | David Holm              | 86  | Alberta Legion Camp                 | Calgary, AB       | 18-Jul-2000 |       |
| Long Jump                     | 6.08m*  | 1.0  | Zackary Poirier         | 02  | Airdrie Twilight                    | Airdrie, AB       | 20-Jul-2016 |       |
| Triple Jump                   | 12.07m* | 0.0  | Zackary Poirier         | 02  | Sherwood Park Track Classic         | Sherwood Park, AB | 07-Mar-2016 |       |
| Shot Put                      | 11.21m  |      | Daniel Haig             | 92  | New Balance Athletic Series #2      | Calgary, AB       | 23-May-2006 | 4kg   |
| Javelin Throw                 | 21.90m  |      | Daniel Haig             | 92  | New Balance Athletic Series #2      | Calgary, AB       | 23-May-2006 | 600g  |
| <b>Midget - 15 and under</b>  |         |      |                         |     |                                     |                   |             |       |
| 100m                          | 11.69   | 0.5  | Kai Spierenburg         | 99  | New Balance Athletic Series #1      | Calgary, AB       | 25-May-2014 |       |
| 200m                          | 23.72   | -2.9 | Kai Spierenburg         | 99  | CALTAF Track Classic                | Calgary, AB       | 13-Jun-2014 |       |
| 300m                          | 37.00   |      | Kai Spierenburg         | 99  | Western Tri-Province Meet           | Saskatoon, SK     | 18-Jul-2014 |       |
| 800m                          | 2:01.12 |      | Winston Clarke          | 02  | Canadian Youth/Midget Championships | Brandon, MB       | 13-Aug-2017 |       |
| 1200m                         | 3:18.97 |      | Winston Clarke          | 02  | Canadian Youth/Midget Championships | Brandon, MB       | 11-Aug-2017 |       |
| 2000m                         | 5:59.82 |      | Ryan Smeeton            | 98  | Western Canadian Championships      | Medicine Hat, AB  | 14-Jul-2012 |       |

|               |         |      |                 |    |                                     |                   |             |      |
|---------------|---------|------|-----------------|----|-------------------------------------|-------------------|-------------|------|
| 100m Hurdles  | 13.70*  | 1.3  | Kai Spierenburg | 99 | Sherwood Park Track Classic         | Sherwood Park, AB | 12-Jul-2014 | .84m |
| 200m Hurdles  | 25.77   | 1.5  | Kai Spierenburg | 99 | Sherwood Park Track Classic         | Sherwood Park, AB | 12-Jul-2014 | .76m |
| 1500m St/Ch   | 4:36.50 |      | Matthew Hopkins | 02 | Sherwood Park Track Classic         | Sherwood Park, AB | 22-Jul-2017 | .76m |
| High Jump     | 1.80m   |      | Mark MacEachen  | 93 | Calgary Spring Challenge            | Calgary, AB       | 19-May-2007 |      |
| Pole Vault    | 2.40m   |      | James Albers    | 98 | Jack Brow Memorial                  | Kelowna, BC       | 28-Jun-2013 |      |
| Long Jump     | 6.23m   | 1.1  | Zackary Poirier | 02 | Canadian Youth/Midget Championships | Brandon, MB       | 13-Aug-2017 |      |
| Triple Jump   | 12.86m* | -0.1 | Zackary Poirier | 02 | Canadian Youth/Midget Championships | Brandon, MB       | 11-Aug-2017 |      |
| Shot Put      | 11.21m  |      | Daniel Haig     | 92 | New Balance Athletic Series #2      | Calgary, AB       | 23-May-2006 | 4kg  |
| Javelin Throw | 22.39m  |      | Joel Poirier    | 00 | New Balance Athletic Series #1      | Calgary, AB       | 24-May-2015 | 600g |

#### Youth - 16 and under

|               |          |      |                 |    |                                     |                   |             |       |
|---------------|----------|------|-----------------|----|-------------------------------------|-------------------|-------------|-------|
| 100m          | 11.05    | 2.0  | Matthew Reckord | 95 | CALTAF Track Classic                | Calgary, AB       | 11-Jun-2011 |       |
| 200m          | 22.91    | -0.6 | Kai Spierenburg | 99 | ASAA Provincial Championships       | Lethbridge, AB    | 06-Jun-2015 |       |
| 400m          | 50.32    |      | Kai Spierenburg | 99 | CALTAF Track Classic                | Calgary, AB       | 20-Jun-2015 |       |
| 800m          | 1:59.83  |      | Mihai Prajea    | 91 | ASAA Provincial Championships       | Medicine Hat, AB  | 02-Jun-2007 |       |
| 1000m         | 3:09.23  |      | Brian Turnbull  | 86 | Alberta Outdoor CE Championships    | Calgary, AB       | 12-May-2002 |       |
| 1500m         | 4:05.87  |      | Ryan Russell    | 88 | Alberta Legion Camp                 | Calgary, AB       | 05-Jul-2004 |       |
| 3000m         | 8:59.36  |      | Ryan McKay      | 85 | ASAA Provincial Championships       | Edmonton, AB      | 06-Jun-2001 |       |
| 5000m         | 17:23.73 |      | Matthew Galea   | 94 | CALTAF Track Classic                | Calgary, AB       | 13-Jun-2009 |       |
| 110m Hurdles  | 15.72    | -1.5 | James Albers    | 86 | New Balance Athletic Series #3      | Calgary, AB       | 08-Jun-2014 | .91m  |
| 400m Hurdles  | 54.54    |      | Kai Spierenburg | 99 | Jack Brow Memorial                  | Kelowna, BC       | 27-Jun-2015 | .84m  |
| 2000m St/Ch   | 7:03.97  |      | Graham Ross     | 96 | SAC/Alberta Outdoor Championships   | St. Albert, AB    | 23-Jun-2012 | .84m  |
| High Jump     | 1.80m    |      | Garrett McNaull | 85 | HS City Championships               | Calgary, AB       | 02-Jun-2001 |       |
|               | 1.80m    |      | Mark MacEachen  | 93 | Calgary Spring Challenge            | Calgary, AB       | 19-May-2007 |       |
| Pole Vault    | 3.20m    |      | James Albers    | 98 | Sherwood Park Track Classic         | Sherwood Park, AB | 12-Jul-2014 |       |
| Long Jump     | 6.23m    | 1.1  | Zackary Poirier | 02 | Canadian Youth/Midget Championships | Brandon, MB       | 13-Aug-2017 |       |
| Triple Jump   | 12.86m*  | -0.1 | Zackary Poirier | 02 | Canadian Youth/Midget Championships | Brandon, MB       | 11-Aug-2017 |       |
| Shot Put      | 10.06m   |      | Dima Kagan      | 86 | Alberta Legion Camp                 | Calgary, AB       | 16-Jul-2003 | 5kg   |
| Discus Throw  | 29.32m   |      | Alister McQueen | 91 | Alberta Outdoor Championships       | Edmonton, AB      | 6/23/2007   | 1.5kg |
| Javelin Throw | 43.22m   |      | Brett Nishikawa | 89 | CALTAF Track Classic                | Calgary, AB       | 18-Jun-2005 | 700g  |

#### Youth - 17 and under

|               |          |      |                 |    |                                     |                |             |       |
|---------------|----------|------|-----------------|----|-------------------------------------|----------------|-------------|-------|
| 100m          | 11.05    | 2.0  | Matthew Reckord | 95 | CALTAF Track Classic                | Calgary, AB    | 11-Jun-2011 |       |
| 200m          | 23.02    | 1.7  | Joel Jackson    | 83 | CALTAF Track Classic                | Calgary, AB    | 18-Jun-2000 |       |
| 400m          | 50.32    |      | Kai Spierenburg | 99 | CALTAF Track Classic                | Calgary, AB    | 20-Jun-2015 |       |
| 800m          | 1:58.08  |      | Mihai Prajea    | 91 | ASAA Provincial Championships       | Calgary, AB    | 30-May-2008 |       |
| 1000m         | 3:03.28  |      | Brian Turnbull  | 86 | Alberta Legion Camp                 | Calgary, AB    | 16-Jul-2003 |       |
| 1500m         | 3:59.99  |      | Ryan McKay      | 85 | National Legion Championships       | Sherbrooke, QB | 17-Aug-2002 |       |
| 3000m         | 8:46.85  |      | Ryan McKay      | 85 | Jack Brow Memorial                  | Kelowna, BC    | 29-Jun-2002 |       |
| 5000m         | 17:23.73 |      | Matthew Galea   | 93 | CALTAF Track Classic                | Calgary, AB    | 13-Jun-2009 |       |
| 110m Hurdles  | 15.23    | -0.5 | Garrett McNaull | 85 | Alberta Outdoor Championships       | Calgary, AB    | 05-Jul-2002 | .91m  |
| 400m Hurdles  | 54.43    |      | David Holm      | 86 | Alberta Legion Camp                 | Calgary, AB    | 16-Jul-2003 | .84m  |
| 2000m St/Ch   | 7:00.99  |      | Cody Crook      | 95 | SAC/Alberta Outdoor Championships   | St. Albert, AB | 23-Jun-2012 | .84m  |
| High Jump     | 1.93m    |      | Mark MacEachen  | 93 | Alberta Outdoor Championships       | St. Albert, AB | 26-Jun-2010 |       |
| Pole Vault    | 3.65m    |      | James Albers    | 98 | New Balance Athletic Series #3      | Calgary, AB    | 07-Jun-2015 |       |
| Long Jump     | 6.40m    | NA   | Brian Turnbull  | 86 | ASAA HS Provincials                 | Camrose, AB    | 06-Jun-2003 |       |
| Triple Jump   | 12.86m   | -0.1 | Zackary Poirier | 02 | Canadian Youth/Midget Championships | Brandon, MB    | 11-Aug-2017 |       |
| Shot Put      | 12.09m   |      | Garrett McNaull | 85 | Alberta Outdoor Championships       | Calgary, AB    | 05-Jul-2002 | 5kg   |
| Discus Throw  | 29.32m   |      | Alister McQueen | 91 | Alberta Outdoor Championships       | Edmonton, AB   | 23-Jun-2007 | 1.5kg |
| Javelin Throw | 43.22m   |      | Brett Nishikawa | 89 | CALTAF Track Classic                | Calgary, AB    | 18-Jun-2005 | 700g  |

#### Junior - 18 and under

|              |          |     |                 |    |                               |                    |             |      |
|--------------|----------|-----|-----------------|----|-------------------------------|--------------------|-------------|------|
| 100m         | 11.05    | 2.0 | Matthew Reckord | 95 | CALTAF Track Classic          | Calgary, AB        | 11-Jun-2011 |      |
| 200m         | 22.73    | 1.6 | Joel Jackson    | 83 | Canadian Junior Championships | Calgary, AB        | 29-Jul-2001 |      |
| 400m         | 50.32    |     | Kai Spierenburg | 99 | CALTAF Track Classic          | Calgary, AB        | 20-Jun-2015 |      |
| 800m         | 1:55.50  |     | David Holm      | 86 | Jack Brow Memorial            | Kelowna, BC        | 03-Jul-2004 |      |
| 1000m        | 2:36.13  |     | Mihai Prajea    | 91 | 2e avondinstuif               | Heiloo, NED        | 31-Jul-2009 |      |
| 1500m        | 3:57.04  |     | Ryan McKay      | 85 | Jack Brow Memorial            | Kelowna, BC        | 27-Jun-2003 |      |
| 3000m        | 8:36.43  |     | Ryan McKay      | 85 | Mt. SAC Relays                | Walnut, CA         | 18-Apr-2003 |      |
| 5000m        | 15:17.10 |     | Ryan McKay      | 85 | Alberta Outdoor Championships | Edmonton, AB       | 21-Jun-2003 |      |
| 110m Hurdles | 15.50    | NA  | Greg Moore      | 85 | Jack Brow Memorial            | Kelowna, BC        | 27-Jun-2003 | .99m |
| 110m Hurdles | 15.65    | 0.0 | Dima Kagan      | 86 | CALTAF Track Classic          | Calgary, AB        | 19-Jun-2004 | .99m |
| 110m Hurdles | 14.87    | 0.0 | Dima Kagan      | 86 | ASAA Provincial Championships | Calgary, AB        | 04-Jun-2004 | .91m |
| 400m Hurdles | 55.28    |     | Mihai Prajea    | 91 | Canadian Junior Championships | Charlottetown, PEI | 17-Jul-2009 | .91m |
| Pole Vault   | 4.10m    |     | James Albers    | 98 | ASAA Provincial Championships | Edmonton, AB       | 04-Jun-2016 |      |
| Long Jump    | 6.56m    | 1.5 | Brian Turnbull  | 86 | Alberta Outdoor Championships | Calgary, AB        | 25-Jun-2004 |      |
| Triple Jump  | 13.03m   | 0.5 | Brian Turnbull  | 86 | CALTAF Track Classic          | Calgary, AB        | 19-Jun-2004 |      |

**Junior - 19 and under**

|              |          |      |                 |    |                               |                    |             |      |
|--------------|----------|------|-----------------|----|-------------------------------|--------------------|-------------|------|
| 100m         | 11.05    | 2.0  | Matthew Reckord | 95 | CALTAF Track Classic          | Calgary, AB        | 11-Jun-2011 |      |
| 200m         | 22.57    | -1.1 | Cory Minton     | 91 | Sherwood Park Track Classic   | Sherwood Park, AB  | 09-Jul-2010 |      |
| 400m         | 50.32    |      | Kai Spierenburg | 99 | CALTAF Track Classic          | Calgary, AB        | 20-Jun-2015 |      |
| 800m         | 1:51.82  |      | David Holm      | 86 | Canadian Junior Championships | Montreal, QB       | 08-Jul-2005 |      |
| 1500m        | 3:57.04  |      | Ryan McKay      | 85 | Jack Brow Memorial            | Kelowna, BC        | 27-Jun-2003 |      |
| 3000m        | 8:36.43  |      | Ryan McKay      | 85 | Mt. SAC Relays                | Walnut, CA         | 18-Apr-2003 |      |
| 5000m        | 15:04.89 |      | Ryan McKay      | 85 | Pomona-Pitzer Invitational    | Claremont, CA      | 16-Apr-2004 |      |
| 110m Hurdles | 15.50    | NA   | Greg Moore      | 85 | Jack Brow Memorial            | Kelowna, BC        | 27-Jun-2003 | .99m |
| 400m Hurdles | 55.28    |      | Mihai Prajea    | 91 | Canadian Junior Championships | Charlottetown, PEI | 17-Jul-2009 | .91m |
| Pole Vault   | 4.10m    |      | James Albers    | 98 | ASAA Provincial Championships | Edmonton, AB       | 04-Jun-2016 |      |
| Long Jump    | 6.62m    | 1.9  | Brian Turnbull  | 86 | Alberta Outdoor Championships | Calgary, AB        | 25-Jun-2005 |      |
| Triple Jump  | 13.03m   | 0.5  | Brian Turnbull  | 86 | CALTAF Track Classic          | Calgary, AB        | 19-Jun-2004 |      |

**Senior - 35 and under**

|             |          |      |                 |    |                                |                |             |  |
|-------------|----------|------|-----------------|----|--------------------------------|----------------|-------------|--|
| 100m        | 10.29    | 0.2  | Oluseyi Smith   | 87 | New Balance Athletic Series #3 | Calgary, AB    | 07-Jul-2015 |  |
| 400m        | 50.32    |      | Kai Spierenburg | 99 | CALTAF Track Classic           | Calgary, AB    | 20-Jun-2015 |  |
| 800m        | 1:49.84  |      | David Holm      | 86 | CALTAF Track Classic           | Calgary, AB    | 12-Jun-2011 |  |
| 1500m       | 3:51.67  |      | David Holm      | 86 | EIU Big Blue Classic           | Charleston, IL | 04-Apr-2008 |  |
| 5000m       | 15:04.89 |      | Ryan McKay      | 85 | Pomona-Pitzer Invitational     | Claremont, CA  | 16-Apr-2004 |  |
| Triple Jump | 13.24m   | -0.7 | Corey Minton    | 91 | New Balance Athletic Series #2 | Calgary, AB    | 21-May-2011 |  |

**Masters - 35 +**

|       |          |  |                  |    |                                |                   |             |     |
|-------|----------|--|------------------|----|--------------------------------|-------------------|-------------|-----|
| 800m  | 2:21.68  |  | Erwann Lemenager | 72 | New Balance Athletic Series #1 | Calgary, AB       | 04-May-2013 | M40 |
| 3000m | 10:39.95 |  | Erwann Lemenager | 72 | New Balance Athletic Series #3 | Calgary, AB       | 02-Jun-2013 | M40 |
| 5000m | 18:32.58 |  | Erwann Lemenager | 72 | Sherwood Park Track Classic    | Sherwood Park, AB | 20-Jul-2013 | M40 |

\* denotes Provincial Record