

# Calgary Warriors Outdoor Club Records Girls/Women

As of: 11-Aug-2019

	Record	Wind	Athlete	YoB	Meet	Location	Date	Specs
<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	10.87	-0.8	Raven Akalonu	06	CALTAF Track Classic	Calgary, AB	16-Jun-2019	
150m	19.90	0.0	Raven Akalonu	06	Calgary Spring Challenge & CE	Calgary, AB	12-May-2019	
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	33.43	-1.8	Bryn Macaulay	06	Calgary Spring Challenge & CE	Calgary, AB	12-May-2019	.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	
200m	25.86	0.6	Alexandra Carruthers	00	Canadian Youth Championships	Langley, BC	15-Aug-2014	
300m	42.90		Elizabeth Orubor	98	Alberta Outdoor Championships	Sherwood Park, AB	21-Jul-2019	
800m	2:15.32		Mandeep Sangha	05	Foote Field Open	Edmonton, AB	29-Jun-2019	
1200m	3:35.48		Mandeep Sangha	05	BC Championships	Kamloops, BC	06-Jul-2019	
2000m	6:24.89		Mandeep Sangha	05	Canadian Youth Championships	Sydney, NS	10-Aug-2019	
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
1500m Steeple	4:54.13		Sorcha Shiu	05	Canadian Youth Championships	Sydney, NS	11-Aug-2019	no water
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
Javelin Throw	29.16m		Evonne Henning	04	Jack Brow Memorial	Kelowna, BC	30-Jun-2018	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							
<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	2:15.32		Mandeep Sangha	05	Foote Field Open	Edmonton, AB	29-Jun-2019	
1200m	3:35.48		Mandeep Sangha	05	BC Championships	Kamloops, BC	06-Jul-2019	
2000m	6:19.37		Erika Cunniam	03	Canadian Youth/Midget Championships	Brandon, MB	11-Aug-2018	
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
1500m Steeple	4:54.13		Sorcha Shiu	05	Canadian Youth Championships	Sydney, NS	11-Aug-2019	no water
High Jump	1.68m		Whitney Evans	80	Alberta Outdoor Championships	Calgary, AB	nn-Jul-1995	
Long Jump	5.27m	-0.7	Verona Valero	03	Western Canada Tri=Province	Sherwood Park, AB	29-Jul-2018	
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	33.83m		Evonne Henning	04	BC Championships	Kamloops, BC	07-Jul-2019	500g
Pentathlon	2957 pts		Reagan Bliss	04	BC Championships	Kamloops, BC	06-Jul-2019	.76m, 3kg

12.24 (-0.5), 1.55, 8.03, 4.51 (0.1), 2:33.57

#### Youth - 16 and under

100m	12.56	1.6	Alexandra Carruthers	00	New Balance Athletic Series #1	Calgary, AB	24-May-2015	
200m	25.27	2.0	Charlotte Innes	03	ASAA Provincial Championships	Calgary, AB	07-Jun-2019	
400m	58.04		Gina Barnett	84	CALTAF Track Classic	Calgary, AB	June 17, 2000	
800m	2:15.32		Mandeep Sangha	05	Foote Field Open	Edmonton, AB	29-Jun-2019	
1500m	4:33.06		Erika Cunniam	03	Foote Field Open	Edmonton, AB	30-Jun-2019	
3000m	9:53.19		Erika Cunniam	03	CALTAF Track Classic	Calgary, AB	16-Jun-2019	
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	33.83m		Evonne Henning	04	BC Championships	Kamloops, BC	07-Jul-2019	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	12.34	1.6	Sienna MacDonald	01	ASAA Provincial Championships	Calgary, AB	08-Jun-2019	
200m	25.27	2.0	Charlotte Innes	03	ASAA Provincial Championships	Calgary, AB	07-Jun-2019	
400m	57.73		Kayti Simonson	89	Alberta/NWT Legion Camp	Calgary, AB	16-Jul-2006	
800m	2:15.32		Mandeep Sangha	05	Foote Field Open	Edmonton, AB	29-Jun-2019	
1500m	4:33.06		Erika Cunniam	03	Foote Field Open	Edmonton, AB	30-Jun-2019	
3000m	9:53.19		Erika Cunniam	03	CALTAF Track Classic	Calgary, AB	16-Jun-2019	
100m Hurdles	13.87*	1.1	Sienna MacDonald	01	CALTAF Track Classic	Calgary, AB	15-Jun-2019	.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	5.73m	1.4	Madison Mayr	01	Sherwood Park Track Classic	Sherwood Park, AB	29-Jul-2018	
Triple Jump	11.66m	NA	Whitney Evans	80	ASAA Provincial Championships	Edmonton, AB	14-Jun-1997	
Shot Put	12.43m		Sienna MacDonald	01	ASAA Provincial Championships	Calgary, AB	08-Jun-2019	3kg
Javelin Throw	39.92m		Sienna MacDonald	01	CALTAF Track Classic	Calgary, AB	15-Jun-2019	500g
Heptathlon	4895 pts		Sienna MacDonald	01	Canadian Youth Championships	Sydney, NS	10-Aug-2019	

14.18 (-2.0), 1.46, 11.99, 26.10 (0.0), 5.08 (1.6), 39.16, 2:30.59

\* denotes a provincial record

#### Junior - 18 and under

100m	12.27	1.8	Zophie Kindrachuk	98	Calgary Spring Challenge & CE	Calgary, AB	15-May-2016	
200m	25.27	2.0	Charlotte Innes	03	ASAA Provincial Championships	Calgary, AB	07-Jun-2019	
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	14.22	-0.1	Sienna MacDonald	01	Foote Field Open	Edmonton, AB	29-Jun-2019	.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	5.73m	1.4	Madison Mayr	01	Sherwood Park Track Classic	Sherwood Park, AB	29-Jul-2018	
Triple Jump	11.66m	NA	Whitney Evans	80	ASAA Provincial Championships	Edmonton, AB	14-Jun-1997	
Javelin Throw	39.14m		Sienna MacDonald	02	BC Championships	Kamloops, BC	06-Jul-2019	600g
Heptathlon	3047		Shannon Greer	87	Calgary Spring Challenge & CE	Calgary, AB	May 14, 2005	

#### Junior - 19 and under

100m	12.27	1.8	Zophie Kindrachuk	98	Calgary Spring Challenge & CE	Calgary, AB	15-May-2016	
200m	25.04	1.2	Whitney Evans	80	NCAA T&F Championships	Boise, ID	June 4, 1999	
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	14.22	-0.1	Sienna MacDonald	01	Foote Field Open	Edmonton, AB	29-Jun-2019	.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	5.73m	1.4	Madison Mayr	01	Sherwood Park Track Classic	Sherwood Park, AB	29-Jul-2018	
Triple Jump	11.66m	NA	Whitney Evans	80	ASAA Provincial Championships	Edmonton, AB	14-Jun-1997	
Shot Put	11.86m		Skylar Sieben	00	PAC-12 Championships	Tucson, AZ	04-May-2019	4kg
Javelin Throw	39.20m		Skylar Sieben	00	PAC-12 Championships	Tucson, AZ	05-May-2019	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	25.04	1.2	Whitney Evans	80	NCAA T&F Championships	Boise, ID	June 4, 1999	
400m	56.08		Charlotte Terek	96	Calgary Spring Challenge & CE	Calgary, AB	09-May-2015	
100m Hurdles	14.22	-0.1	Sienna MacDonald	01	Foote Field Open	Edmonton, AB	29-Jun-2019	.84m
High Jump	1.86m		Whitney Evans	80	Pomona-Pitzer Invitational	Claremont, CA	15-Apr-2003	
Shot Put	11.86m		Skylar Sieben	00	PAC-12 Championships	Tucson, AZ	04-May-2019	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:	11-Aug-2019	
	Record	Wind	Athlete	YoB	Meet	Location	Date	Specs	
<b>Bantam - 12 and under</b>									
80m	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	23.31m		Brian Akalonu	04	Indo-Canadian T&F Meet	Calgary, AB	July 29, 2017		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		
100m	11.96	0.4	Tope Toriola	04	Sherwood Park Track Classic	Sherwood Park, AB	29-Jul-2018		
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	14.58	-0.6	Tope Toriola	04	Sherwood Park Track Classic	Sherwood Park, AB	29-Jul-2018		.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	12.21m*	0.0	Zackary Poirier	02	Western Canadian Championships	Regina, SK	13-Jul-2016		
Shot Put	11.21m		Daniel Haig	92	New Balance Athletic Series #2	Calgary, AB	23-May-2006		4kg
Javelin Throw	24.01m		Zackary Poirier	02	New Balance Athletic Series #1	Calgary, AB	May 29, 2016		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	23.64	-0.1	Santiago Castellanos	99	CALTAF Track Classic	Calgary, AB	16-Jun-2019		
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
Discus Throw	25.94m		Brian Akalonu	04	New Balance Athletic Series #3	Calgary, AB	08-Jun-2019	1kg
Javelin Throw	30.83m		Brian Akalonu	04	Calgary Spring Challenge & CE	Calgary, AB	11-May-2019	600g
Pentathlon	2113 pts		Ryan Wright	02	Calgary Spring Challenge & CE	Calgary, AB	May 13, 2017	
			15.32 (1.1), 4.80 (2.3), 7.16, 1.44, 3:25.83)					

#### 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	1:58.37		Winston Clarke	02	ASAA Provincial Championships	Red Deer, AB	01-Jun-2018	
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	15.10	-1.3	Ryan Wright	02	Sherwood Park Track Classic	Sherwood Park, AB	29-Jul-2018	.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	22.56	1.9	Ryan Wright	02	CALTAF Track Classic	Calgary, AB	12-Jun-2019	
400m	50.32		Kai Spierenburg	99	CALTAF Track Classic	Calgary, AB	20-Jun-2015	
800m	1:56.44		Winston Clarke	02	ASAA Provincial Championships	Calgary, AB	07-Jun-2019	
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	14.34	0.9	Ryan Wright	02	BC Championshis	Kamloops, BC	06-Jul-2019	.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	6.49m	1.3	Zackary Poirier	02	Aztec Invitational	San Diego, CA	22-Mar-2019	
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	34.66m		Jack Wesolowski	02	Canadian Youth Championships	Sydney, NS	10-Aug-2019	1.5kg
Javelin Throw	43.49m		Jack Wesolowski	02	Canadian Youth Championships	Sydney, NS	10-Aug-2019	700g
Decathlon	6194 pts		Winston Clarke	02	Calgary Spring Challenge & CE	Calgary, AB	12-May-2019	
	11.90 (-3.0), 6.44 (NWI), 11.46, 1.71, 50.81, 15.68 (-0.3), 32.87, 3.30, 39.18, 4:24.09							

#### Junior - 18 and under

100m	11.05	2.0	Matthew Reckord	95	CALTAF Track Classic	Calgary, AB	11-Jun-2011	
200m	22.56	1.9	Ryan Wright	02	CALTAF Track Classic	Calgary, AB	12-Jun-2019	
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	15.26	0.6	Ryan Wright	02	New Balance Athletic Series #1	Calgary, AB	26-May-2019	.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	6.56m	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	
<b>Junior - 19 and under</b>								
100m	11.05	2.0	Matthew Reckord	95	CALTAF Track Classic	Calgary, AB	11-Jun-2011	
200m	22.56	1.9	Ryan Wright	02	CALTAF Track Classic	Calgary, AB	12-Jun-2019	
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	15.26	0.6	Ryan Wright	02	New Balance Athletic Series #1	Calgary, AB	26-May-2019	.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	
<b>Senior - 35 and under</b>								
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	
<b>Masters - 35 +</b>								
200m								
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
Long Jump	5.47m	1.8	Matthew Townlwy-Smit	82	Alberta Championships	Calgary, AB	14-Jul-2018	

\* denotes Provincial Record

Updated: 04-Sep-2019