

## Calgary Warriors Indoor Club Records Girls/Women

	Record	Athlete	YoB	Meet	Location	Date	Specs
<b>Pee Wee - 11 and under</b>							
60m	8.80	Kristy Jenkinson	89	Lindsay Park Track Series #1	Calgary, AB	9-Dec-2000	
200m	33.98	Leah Nelner	87	Lindsay Park	Calgary, AB	17-Jan-1998	
300m	55.53	Leah Nelner	87	Lindsay Park	Calgary, AB	7-Mar-1998	
400m	1:14.35	Simran Sangha	08	Dino Opener	Calgary, AB	7-Dec-2019	
600m	2:37.34	Stephanie Rizotti	88	Lindsay Park	Calgary, AB	20-Feb-1999	
High Jump	1.02m	Leah Nelner	87	Alberta Indoor Championships	Edmonton, AB	24-Feb-1998	
Long Jump	3.33m	Leah Nelner	87	Alberta Indoor Championships	Edmonton, AB	24-Feb-1998	
Shot Put	5.42m	Leah Nelner	87	Alberta Indoor Championships	Edmonton, AB	24-Feb-1998	2kg
<b>Bantam - 12 and under</b>							
60m	8.50	Lisa Cozma	01	Dino Opener	Calgary, AB	14-Dec-2013	
150m	21.14	Lisa Cozma	02	Dino Opener	Calgary, AB	14-Dec-2013	
200m	29.35	Kristy Jenkinson	89	Golden Bear Open	Edmonton, AB	20-Jan-2001	
300m	51.05	Keeley Smith	91	Dino Open	Calgary, AB	1-Feb-2003	
400m	1:07.95	Kristy Jenkinson	89	Lindsay Park #4	Calgary, AB	9-Mar-2001	
600m	2:02.01	Simran Sangha	08	Dino Classic	Calgary, AB	26-Jan-2020	
800m	2:46.46	Allison Remington	02	Dino Opener	Calgary, AB	6-Dec-2014	
1000m	3:31.56	Vanessa Shewchuk	88	Lindsay Park Track Series #1	Calgary, AB	9-Dec-2000	
High Jump	1.02m	Leah Nelner	87	Alberta Indoor Championships	Edmonton, AB	24-Feb-1998	
Long Jump	3.67m	Kristy Jenkinson	89	Golden Bear Open	Edmonton, AB	20-Jan-2001	
Shot Put	6.71m	Kristy Jenkinson	89	Alberta Indoor Championships	Edmonton, AB	3-Mar-2001	2.7kg
<b>Bantam - 13 and under</b>							
60m	8.31	Catherine Carruthers	00	Dino Opener	Calgary, AB	14-Dec-2013	
150m	20.31	Catherine Carruthers	00	Dino Opener	Calgary, AB	14-Dec-2013	
200m	27.61	Kaili Lowe	90	Alberta Indoor Championships	Edmonton, AB	8-Mar-2003	
300m	45.29	Kaili Lowe	90	Dino Open	Calgary, AB	1-Feb-2003	
400m	1:02.11	Logan Reynolds	88	Lindsay Park #4	Calgary, AB	9-Mar-2001	
600m	1:53.85	Kaili Lowe	90	Talisman Meet #3	Calgary, AB	22-Feb-2003	
800m	2:29.79	Sorcha Shiu	05	Dino Opener	Calgary, AB	9-Dec-2018	
1000m	3:31.56	Vanessa Shewchuk	88	Lindsay Park Track Series #1	Calgary, AB	9-Dec-2000	
1200m	4:28.99	Allison Remington	02	Dino Indoor Challenge	Calgary, AB	1-Feb-2015	
High Jump	1.25m	Verona Valero Sanches	03	Alberta Indoor Championships	Edmonton, AB	6-Mar-2016	
Long Jump	4.36m	Kristy Jenkinson	89	Alberta Indoor Championships	Edmonton, AB	9-Feb-2002	
Shot Put	8.15m	Kristy Jenkinson	89	Alberta Indoor Championships	Edmonton, AB	9-Feb-2002	2.7kg
<b>Midget - 14 and under</b>							
60m	7.93	Alexandra Carruthers	00	Dino Opener	Calgary, AB	6-Dec-2014	
150m	20.31	Catherine Carruthers	00	Dino Opener	Calgary, AB	14-Dec-2013	
200m	26.29	Ashley Ashman	90	Alberta Indoor Championships	Edmonton, AB	6-Mar-2004	
300m	43.31	Rachel Walstra	86	Dino Opener	Calgary, AB	10-Dec-2005	
400m	1:02.10	Logan Reynolds	88	Lindsay Park #4	Calgary, AB	9-Mar-2001	
600m	1:38.41	Mandeep Sangha	05	Alberta Indoor Championships	Edmonton, AB	9-Mar-2019	
800m	2:19.96	Mandeep Sangha	05	Dino Opener	Calgary, AB	7-Dec-2019	
1000m	3:08.18	Jennifer Paul	94	Jack Simpson Open	Calgary, AB	2-Feb-2008	
1200m	3:43.03	Mandeep Sangha	05	Alberta Indoor Championships	Edmonton, AB	10-Mar-2019	
1500m	5:00.41	Jennifer Paul	94	Alberta Indoor Championships	Edmonton, AB	1-Mar-2008	
2000m	6:36.13	Mandeep Sangha	05	Alberta Indoor Championships	Edmonton, AB	9-Mar-2019	
60mH	9.30*	Catherine Carruthers	00	Dino Opener	Calgary, AB	6-Dec-2014	.76m
	9.30*	Alexandra Carruthers	00	Dino Opener	Calgary, AB	6-Dec-2014	
High Jump	1.64m	Whitney Evans	80	Alberta Indoor Championships	Edmonton, AB	5-Mar-1994	
Long Jump	4.64m	Alexandra Carruthers	00	Golden Bear Open	Edmonton, AB	17-Jan-2014	
Triple Jump	10.40m	Katie Yackel	98	Olympic Oval Field Meet	Calgary, AB	15-Dec-2012	
Shot Put	8.51m	Verona Valero	03	Alberta Indoor Championships	Edmonton, AB	4-Mar-2017	3kg
Pentathlon	2785 pts	Verona Valero	03	Alberta Indoor Games	Edmonton, AB	18-Feb-2017	
		8.49 - 1.51 - 7.90 - 4.44 - 2:34.03				(60m/HJ/SP/LJ/800m)	
	*	Provincial Record					

<b>Midget - 15 and under</b>						
60m	7.86	Charlotte Innes	03	Dino Opener	Calgary, AB	9-Dec-2018
150m	19.94	Catherine Carruthers	00	Dino Classic	Calgary, AB	3-Jan-2015
200m	26.24	Charlotte Innes	03	Dino Opener	Calgary, AB	9-Dec-2018
300m	42.87	Amy Barnett	81	Knights of Columbus	Saskatoon, SK	13-Jan-1996
400m	1:01.38	Mallory Hughes	86	Lindsay Park #4	Calgary, AB	9-Mar-2001
600m	1:35.26*	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	15-Feb-2020
800m	2:19.96	Mandeep Sangha	05	Dino Opener	Calgary, AB	7-Dec-2019
1000m	2:59.71	Mandeep Sangha	05	Dino Classic	Calgary, AB	26-Jan-2020
1200m	3:35.70*	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	16-Feb-2020
1500m	5:00.41	Jennifer Paul	94	Alberta Indoor Championships	Edmonton, AB	1-Mar-2008
2000m	6:24.97	Mandeep Sangha	05	Alberta Indoor Championships	Edmonton, AB	29-Feb-2020
60mH	8.98*	Natasha Gatzke	02	Dino Opener	Calgary, AB	10-Dec-2017
High Jump	1.73m	Whitney Evans	80	Alberta Indoor Championships	Edmonton, AB	1-Mar-1995
Long Jump	5.02m	Verona Valero	03	Alberta Indoor Championships	Edmonton, AB	4-Mar-2018
Triple Jump	10.44m	Rachel Mathieson	98	Alberta Indoor Games	Edmonton, AB	9-Feb-2013
Shot Put	9.30m	Logan Reynolds	88	Alberta Indoor Championships	Edmonton, AB	8-Mar-2003
Pentathlon	2785 pts	Verona Valero	03	Alberta Indoor Games	Edmonton, AB	18-Feb-2017
		8.49 - 1.51 - 7.90 - 4.44 - 2:34.03				(60m/HJ/SP/LJ/800m)
	*	Provincial Record				
<b>Youth - 16 and under</b>						
60m	7.86	Charlotte Innes	03	Dino Opener	Calgary, AB	9-Dec-2018
200m	25.62	Charlotte Innes	03	Simplot Games	Pocatello, ID	16-Feb-2019
300m	42.57	Kayti Simonson	89	Dino Opener	Calgary, AB	10-Dec-2005
400m	1:00.74	Kayti Simonson	89	Alberta Indoor Championships	Edmonton, AB	5-Mar-2005
600m	1:35.26	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	15-Feb-2020
800m	2:19.96	Mandeep Sangha	05	Dino Opener	Calgary, AB	7-Dec-2019
1000m	2:59.71	Mandeep Sangha	05	Dino Classic	Calgary, AB	26-Jan-2020
1500m	4:55.33	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	10-Mar-2019
3000m	10:14.40	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	9-Mar-2019
60mH	8.88	Katelyn Slessor	98	Dino Opener	Calgary, AB	6-Dec-2014
High Jump	1.73m	Whitney Evans	80	Alberta Indoor Championships	Edmonton, AB	1-Mar-1995
Pole Vault	2.50m	Morgan Kravtsov	98	Alberta Indoor Championships	Edmonton, AB	1-Mar-2014
Long Jump	5.29m	Rachel Machin	91	Provincial CE & Relay Championships	Edmonton, AB	9-Feb-2008
Triple Jump	10.86m	Katie Yackel	98	Alberta Indoor Championships	Edmonton, AB	1-Mar-2014
Shot Put	10.65m	Katie Yackel	98	Alberta Indoor Games	Edmonton, AB	02/08/2014
Pentathlon	3149 pts*	Rachel Machin	92	Provincial CE & Relay Championships	Edmonton, AB	9-Feb-2008
	*	Provincial Record				
<b>Youth - 17 and under</b>						
60m	7.70	Alexandra Carruthers	00	Dino Opener	Calgary, AB	10-Dec-2017
200m	25.58	Charlotte Innes	03	Simplot Games	Pocatello, ID	15-Feb-2020
300m	42.57	Kayti Simonson	89	Dino Opener	Calgary, AB	10-Dec-2005
400m	1:00.73	Kayti Simonson	89	Alberta Indoor Championships	Edmonton, AB	5-Mar-2005
600m	1:35.26	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	15-Feb-2020
800m	2:16.36	Maria Bernard	93	Dino Opener	Calgary, AB	4-Dec-2010
1000m	2:59.71	Mandeep Sangha	05	Dino Classic	Calgary, AB	26-Jan-2020
1500m	4:39.57	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	29-Feb-2020
3000m	9:54.06	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020
60mH	8.77	Katelyn Slessor	98	Alberta Indoor Championships	Edmonton, AB	8-Mar-2015
High Jump	1.75m	Whitney Evans	80	Alberta Indoor Championships	Edmonton, AB	2-Mar-1997
Pole Vault	2.60	Morgan Kravtsov	98	Alberta Indoor Games	Edmonton, AB	14-Feb-2015
Long Jump	5.64m	Jill MacEachen	91	Provincial CE & Relay Championships	Edmonton, AB	9-Feb-2008
Triple Jump	11.13	Rachel Mathieson	98	Golden Bear Open	Edmonton, AB	23-Jan-2015
Shot Put	11.96m	Sienna MacDonald	00	Alberta Indoor Championships	Edmonton, AB	9-Mar-2019
Pentathlon	3149 pts	Rachel Machin	92	Provincial CE & Relay Championships	Edmonton, AB	9-Feb-2008
<b>Junior - 18 and under</b>						
60m	7.70	Alexandra Carruthers	00	Dino Opener	Calgary, AB	10-Dec-2017
200m	25.58	Charlotte Innes	03	Simplot Games	Pocatello, ID	15-Feb-2020
300m	40.62	Gabrielle Wesolowski	01	Pandas Open	Edmonton, AB	9-Feb-2019
400m	59.62	Charlotte Terek	96	Simplot Games	Pocatello, ID	14-Feb-2014
600m	1:35.26	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	15-Feb-2020
800m	2:16.36	Maria Bernard	93	Dino Opener	Calgary, AB	4-Dec-2010
1000m	2:59.71	Mandeep Sangha	05	Dino Classic	Calgary, AB	26-Jan-2020
1500m	4:39.03	Maria Bernard	93	Golden Bear Open	Edmonton, AB	21-Jan-2011
3000m	9:54.06	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020
60mH	8.64	Sienna MacDonald	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020
High Jump	1.75m	Whitney Evans	80	Alberta Indoor Championships	Edmonton, AB	2-Mar-1997
Pole Vault	2.95m	Madison Evans	96	Alberta Indoor Championships	Edmonton, AB	8-Feb-2014
Long Jump	5.71m	Jill MacEachen	91	Alberta Indoor Championships	Edmonton, AB	7-Mar-2009
Triple Jump	11.13	Rachel Mathieson	98	Golden Bear Open	Edmonton, AB	23-Jan-2015
Shot Put	11.30m	Sienna MacDonald	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020
Pentathlon	2896 pts	Jill MacEachen	91	Provincial CE & Relay Championships	Edmonton, AB	7-Feb-2009

**Junior - 19 and under**

60m	7.70	Alexandra Carruthers	00	Dino Opener	Calgary, AB	10-Dec-2017	
200m	25.58	Charlotte Innes	03	Simplot Games	Pocatello, ID	15-Feb-2020	
300m	40.62	Gabrielle Wesolowski	01	Pandas Open	Edmonton, AB	9-Feb-2019	
400m	57.90	Charlotte Terek	96	Alberta Indoor Championships	Edmonton, AB	7-Mar-2015	
600m	1:35.26	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	15-Feb-2020	
800m	2:16.36	Maria Bernard	93	Dino Opener	Calgary, AB	4-Dec-2010	
1000m	2:59.71	Mandeep Sangha	05	Dino Classic	Calgary, AB	26-Jan-2020	
1500m	4:39.03	Maria Bernard	93	Golden Bear Open	Edmonton, AB	21-Jan-2011	
3000m	9:54.06	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	
60mH	8.64	Sienna MacDonald	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	.84m
High Jump	1.83m	Whitney Evans	80	NCAA Indoor Championships	Indianapolis	1999	
Pole Vault	2.95m	Madison Evans	96	Alberta Indoor Championships	Edmonton, AB	8-Feb-2014	
Long Jump	5.71m	Jill MacEachen	91	Alberta Indoor Championships	Edmonton, AB	7-Mar-2009	
Triple Jump	11.13	Rachel Mathieson	98	Golden Bear Open	Edmonton, AB	23-Jan-2015	
Shot Put	11.98m	Skylar Sieben	00	Texas Tech Shootout	Lubbock, TX	8-Feb-2019	4kg
Pentathlon	3755 pts	Skylar Sieben	00	Texas Tech Shootout	Lubbock, TX	8-Feb-2019	
		8.97 - 1.63 - 11.98 - 5.39 - 2:26.29					

**Under 23**

60m	7.70	Alexandra Carruthers	00	Dino Opener	Calgary, AB	10-Dec-2017	
200m	24.96	Skylar Sieben	00	Texas Tech Invitational	Lubbock, TX	1-Feb-2020	
300m	40.62	Gabrielle Wesolowski	01	Pandas Open	Edmonton, AB	9-Feb-2019	
400m	57.31	Skylar Sieben	00	Texas Tech Shootout	Lubbock, TX	15-Feb-2020	
600m	1:35.26	Mandeep Sangha	05	Alberta Indoor Games	Edmonton, AB	15-Feb-2020	
800m	2:16.36	Maria Bernard	93	Dino Opener	Calgary, AB	4-Dec-2010	
1000m	2:59.71	Mandeep Sangha	05	Dino Classic	Calgary, AB	26-Jan-2020	
1500m	4:39.03	Maria Bernard	93	Golden Bear Open	Edmonton, AB	21-Jan-2011	
3000m	9:54.06	Erika Cunniam	03	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	
60mH	8.64	Sienna MacDonald	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	.84m
High Jump	1.85m	Whitney Evans	80	NCAA Indoor Championships	Fayetteville	14-Mar-2003	
Long Jump	5.71m	Jill MacEachen	91	Alberta Indoor Championships	Edmonton, AB	7-Mar-2009	
	5.71m	Skylar Sieben	00	Texas Tech Shootout	Lubbock, TX	14-Feb-2020	
Triple Jump	11.13	Rachel Mathieson	98	Golden Bear Open	Edmonton, AB	23-Jan-2015	
Shot Put	12.09m	Skylar Sieben	00	MPST Championships	Seattle, WA	28-Feb-2020	4kg
Pentathlon	3978 pts*	Skylar Sieben	00	MPST Championships	Seattle, WA	28-Feb-2020	
		8.73 - 1.67 - 12.09 - 5.51 - 2:20.07					

\* Provincial Record

Updated:

6-Mar-2020

**Calgary Warriors Indoor Club Records Boys/Men**

	Record	Athlete	YoB	Meet	Location	Date	Specs
<b>Pee Wee - 10 and under</b>							
1000m	3:47.61	David Holm	86	Lindsay Park	Calgary, AB	7-Dec-1996	
<b>Pee Wee - 11 and under</b>							
60m	9.30	Jesse Lowe	92	Dino Opener	Calgary, AB	13-Dec-2003	
150m	22.59	Bryn Samuel	04	Dino Opener	Calgary, AB	5-Dec-2015	
200m	32.32	David Holm	86	Alberta Indoor Championships	Edmonton, AB	1-Mar-1997	
400m	1:17.57	David Holm	86	Lindsay Park	Calgary, AB	8-Mar-1997	
600m	2:17.93	David Holm	86	Lindsay Park	Calgary, AB	15-Feb-1997	
800m	3:20.89	David Holm	86	Lindsay Park	Calgary, AB	4-Jan-1997	
High Jump	1.09m	David Thalheimer	92	Alberta Indoor Championships	Edmonton, AB	15-Feb-2003	
Long Jump	3.33m	David Thalheimer	92	Golden Bear Open	Edmonton, AB	17-Jan-2003	
Shot Put	8.80m	David Thalheimer	92	Golden Bear Open	Edmonton, AB	17-Jan-2003	2kg
<b>Bantam - 12 and under</b>							
60m	8.61	Scott MacKay	96	Dino Opener	Calgary, AB	6-Dec-2008	
150m	22.59	Bryn Samuel	04	Dino Opener	Calgary, AB	5-Dec-2015	
200m	29.24	Matthew Brideson	94	Dino Opener	Calgary, AB	9-Dec-2006	
300m	44.76	Scott MacKay	96	Dino Opener	Calgary, AB	6-Dec-2008	
400m	1:05.99	Lavar Johnson	87	Lindsay Park	Calgary, AB	20-Mar-1999	
600m	1:55.38	Payton Price	00	Alberta Indoor Championships	Edmonton, AB	10-Mar-2012	
800m	2:31.19	Mark MacEachen	95	Dino Opener	Calgary, AB	10-Dec-2005	
1000m	3:26.27	Lavar Johnson	87	Lindsay Park	Calgary, AB	20-Mar-1999	
1500m	6:08.40	Lavar Johnson	87	Lindsay Park	Calgary, AB	23-Jan-1999	
60mH	11.48	Lavar Johnson	87	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	.76m
High Jump	1.30m	Lavar Johnson	87	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	
Long Jump	4.13m	Lavar Johnson	87	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	
Shot Put	7.36m	Lavar Johnson	87	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	

**Bantam - 13 and under**

60m	7.81	Tope Toriola	04	Dino Opener	Calgary, AB	10-Dec-2017	
150m	18.66	Tope Toriola	04	Dino Opener	Calgary, AB	10-Dec-2017	
200m	26.13	Scott MacKay	96	Last Chance Meet	Edmonton, AB	28-Nov-2009	
300m	43.66	Matthew Brideson	94	Dino Opener	Calgary, AB	8-Dec-2007	
400m	1:05.99	Lavar Johnson	87	Lindsay Park	Calgary, AB	20-Mar-1999	
600m	1:43.62	Ryan Smeeton	98	Alberta Indoor Games	Edmonton, AB	12-Feb-2011	
800m	2:19.72	Scott MacKay	96	Dino Opener	Calgary, AB	5-Dec-2009	
1000m	3:15.81	Ryan McKay	85	Lindsay Park	Calgary, AB	13-Dec-1998	
1200m	3:59.15	Ryan Smeeton	98	Dino Classic	Calgary, AB	8-Jan-2011	
1500m	5:02.70	Mark MacEachen	93	Jack Simpson Open	Calgary, AB	25-Mar-2006	
2000m	8:20.56	Evan Bellehumeur	05	Alberta Indoor Games	Edmonton, AB	17-Feb-2018	
60mH	10.88	David Holm	86	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	.76m
High Jump	1.30m	Lavar Johnson	87	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	
High Jump	1.30m	Scott MacKay	96	Last Chance Meet	Edmonton, AB	28-Nov-2009	
Long Jump	4.38m	Adam Wall	85	Alberta Indoor Championships	Edmonton, AB	4-Mar-1998	
Shot Put	9.34m	Scott MacKay	96	Last Chance Meet	Edmonton, AB	28-Nov-2009	3kg

**Midget - 14 and under**

60m	7.55	Kai Spierenburg	99	Dino Opener	Calgary, AB	14-Dec-2013	
150m	18.66	Tope Toriola	04	Dino Opener	Calgary, AB	10-Dec-2017	
200m	24.42	Kai Spierenburg	99	Dino Opener	Calgary, AB	14-Dec-2013	
300m	40.67	Scott MacKay	95	Alberta Indoor Championships	Edmonton, AB	13-Mar-2010	
400m	1:00.24	Ryan Smeeton	98	Dino Indoor Challenge	Calgary, AB	28-Apr-2012	
600m	1:39.27	Ryan Smeeton	98	Alberta Indoor Games	Edmonton, AB	11-Feb-2012	
800m	2:12.80	Ryan Smeeton	98	Dino Opener	Calgary, AB	1-Dec-2012	
1000m	3:02.88	Evan Bellehumeur	05	Dino Classic	Calgary, AB	27-Jan-2019	
1200m	3:30.84	Ryan Smeeton	98	Alberta Indoor Championships	Edmonton, AB	10-Mar-2012	
1500m	4:48.95	Ryan McKay	88	Alberta Indoor Championships	Edmonton, AB	6-Mar-1999	
2000m	6:28.73	Ryan Smeeton	98	Alberta Indoor Championships	Edmonton, AB	10-Mar-2012	
3000m	11:35.42	Cody Crook	95	Alberta Indoor Championships	Edmonton, AB	7-Mar-2009	
60mH	8.78	Tope Toriola	99	Alberta Indoor Championships	Edmonton, AB	3-Mar-2018	.84m
High Jump	1.75m	Mark MacEachen	93	Last Chance Meet	Edmonton, AB	1-Dec-2007	
Long Jump	6.16m	Zack Poirier	02	Last Chance Meet	Edmonton, AB	19-Nov-2016	
Triple Jump	12.11m	Zack Poirier	02	Last Chance Meet	Edmonton, AB	20-Nov-2016	
Shot Put	10.38m	Hayden Benoit	92	Alberta Indoor Championships	Edmonton, AB	4-Mar-2006	4kg
Pentathlon	2137 pts	Zack Poirier	03	Alberta Indoor Games	Edmonton, AB	6-Feb-2016	

**Midget - 15 and under**

60m	7.31	Matthew Reckord	95	Dino Opener	Calgary, AB	4-Dec-2010	
150m	18.14	Kai Spierenburg	99	Dino Classic	Calgary, AB	4-Jan-2014	
200m	23.85	Kai Spierenburg	99	Alberta Indoor Championships	Edmonton, AB	1-Mar-2014	
300m	38.28	Kai Spierenburg	99	Alberta Indoor Games	Edmonton, AB	8-Feb-2014	
400m	55.27	Kai Spierenburg	99	Dino Indoor Challenge	Calgary, AB	26-Apr-2014	
600m	1:30.91	Kai Spierenburg	99	Alberta Indoor Games	Edmonton, AB	8-Feb-2014	
800m	2:08.19	Ryan Russell	88	Lindsay Park Tack Series	Calgary, AB	13-Dec-2003	
1000m	2:53.93	Lucas Krayacich	03	Golden Bear Open	Edmonton, AB	19-Jan-2018	
1200m	3:30.76	Callum Drever	97	Alberta Indoor Championships	Edmonton, AB	10-Mar-2012	
1500m	4:41.42	Ryan Russell	88	Alberta Indoor Championships	Edmonton, AB	8-Mar-2003	
2000m	6:18.01	Lucas Krayacich	03	Golden Bear Open	Edmonton, AB	19-Jan-2018	
3000m	11:35.42	Cody Crook	95	Alberta Indoor Championships	Edmonton, AB	7-Mar-2009	
60mH	8.55*	Kai Spierenburg	99	Dino Opener	Calgary, AB	6-Dec-2014	.84m
High Jump	1.75m	Mark MacEachen	93	Last Chance Meet	Edmonton, AB	1-Dec-2007	
Long Jump	6.24m	Zack Poirier	02	Golden Bear Open	Edmonton, AB	21-Jan-2017	
Triple Jump	12.81m*	Zack Poirier	02	Golden Bear Challenge	Edmonton, AB	11-Feb-2017	
Shot Put	11.31m	Daniel Haigh	91	Alberta Indoor Championships	Edmonton, AB	4-Mar-2006	4kg
Pentathlon	2137 pts	Zack Poirier	03	Alberta Indoor Games	Edmonton, AB	6-Feb-2016	
	*	Provincial Record					

**Youth - 16 and under**

60m	7.21	Matthew Reckord	95	Golden Bear Open	Edmonton, AB	21-Jan-2011	
200m	23.75	Kai Spierenburg	99	Alberta Indoor Championships	Edmonton, AB	8-Mar-2015	
300m	36.55	Kai Spierenburg	99	Dino Indoor Challenge	Calgary, AB	1-Feb-2015	
400m	52.35	Kai Spierenburg	99	Alberta Indoor Championships	Edmonton, AB	7-Mar-2015	
600m	1:27.21	Winston Clarke	02	Dino Opener	Calgary, AB	9-Dec-2018	
800m	2:03.65	Mihai Prajea	91	Golden Bear Open	Edmonton, AB	21-Jan-2007	
1000m	2:45.97	Ryan Russell	88	Dino Classic	Calgary, AB	31-Jan-2004	
1500m	4:18.97	Ryan Russell	88	Golden Bear Open	Edmonton, AB	17-Jan-2004	
3000m	9:49.13	Matthew Galea	93	Dino Opener	Calgary, AB	5-Dec-2009	
60mH	8.45	Ryan Wright	01	Alberta Indoor Championships	Edmonton, AB	3-Mar-2018	.91m
High Jump	1.75m	Mark MacEachen	93	Last Chance Meet	Edmonton, AB	1-Dec-2007	
Pole Vault	3.30m	Luke McEachern	83	Knights of Columbus	Saskatoon, SK	9-Jan-1999	
Long Jump	6.27m	Zack Poirier	02	Pandas Open	Edmonton, AB	9-Feb-2018	
Triple Jump	12.81m	Zack Poirier	02	Golden Bear Challenge	Edmonton, AB	11-Feb-2017	
Shot Put	9.57m	Mike McEachern	86	High Performance & CE Meet	Edmonton, AB	9-Feb-2002	5kg
Pentathlon	2475 pts	Mike McEachern	86	High Performance & CE Meet	Edmonton, AB	9-Feb-2002	

**Youth - 17 and under**

60m	7.19	Joel Jackson	83	Lindsay Park Grand Prix #1	Calgary, AB	16-Dec-2000	
200m	23.61	Ryan Wright	01	Dino Opener	Calgary, AB	7-Dec-2019	
300m	36.55	Kai Spierenburg	99	Dino Indoor Challenge	Calgary, AB	1-Feb-2015	
400m	52.29	Mihai Prajea	91	Last Chance Meet	Edmonton, AB	29-Nov-2008	
600m	1:25.86	Winston Clarke	02	Dino Opener	Calgary, AB	7-Dec-2019	
800m	2:00.79	Mihai Prajea	91	Alberta Indoor Championships	Edmonton, AB	1-Mar-2008	
1000m	2:39.73	Winston Clarke	02	Alberta Indoor Championships	Edmonton, AB	9-Mar-2019	
1500m	4:12.18	Ryan McKay	85	Knights of Columbus	Saskatoon, SK	12-Jan-2002	
3000m	9:21.04	Ryan McKay	85	High Performance Meet	Edmonton, AB	9-Feb-2002	
60mH	8.30	Ryan Wright	01	Dino Opener	Calgary, AB	7-Dec-2019	.91m
High Jump	1.77m	Jack Wesolowski	02	Alberta Indoor Games	Edmonton, AB	16-Feb-2019	
Pole Vault	3.50m	James Albers	88	Alberta Indoor Championships	Edmonton, AB	7-Mar-2015	
	3.50m	Jack Wesolowski	02	Alberta Indoor Championships	Edmonton, AB	10-Mar-2019	
Long Jump	6.73m	Zack Poirier	02	Golden Bear Open	Edmonton, AB	18-Jan-2019	
Triple Jump	12.81m	Zack Poirier	02	Golden Bear Challenge	Edmonton, AB	11-Feb-2017	
Shot Put	10.93	Jack Wesolowski	02	Alberta Indoor Games	Edmonton, AB	16-Feb-2019	5kg
Pentathlon	3081 pts	Jack Wesolowski	02	Alberta Indoor Games	Edmonton, AB	16-Feb-2019	
	8.84 - 6.00 - 10.93 - 1.77 - 3:10.02			(60mH - LJ - SP - HJ - 1000m)			

**Junior - 18 and under**

60m	7.11	Joel Jackson	83	Alberta Indoor Championships	Edmonton, AB	3-Mar-2001	
200m	23.28	Ryan Wright	02	Golden Bear Open	Edmonton, AB	17-Jan-2020	
300m	36.37	Ryan Wright	02	Jack Simpson Open	Calgary, AB	5-Jan-2020	
400m	52.29	Mihai Prajea	91	Last Chance Meet	Edmonton, AB	29-Nov-2008	
600m	1:25.17	David Holm	86	Golden Bear Open	Calgary, AB	17-Jan-2004	
800m	1:57.54	Mihai Prajea	91	Dino Opener	Calgary, AB	5-Dec-2009	
1000m	2:39.64	Ryan McKay	85	Grand Prix Track Series #2 - Dino Open	Calgary, AB	1-Feb-2003	
1500m	4:12.18	Ryan McKay	85	Knights of Columbus	Saskatoon, SK	12-Jan-2002	
3000m	9:02.86	Ryan McKay	85	Alberta Indoor Championships	Edmonton, AB	8-Mar-2003	
60mH	8.16*	Ryan Wright	02	Simplot Games	Pocatello, ID	13-Feb-2020	.99m
High Jump	1.93m	Mark MacEachen	93	Oval Field Meet	Calgary, AB	18-Dec-2011	
Pole Vault	3.80m	James Albers	98	Alberta Indoor Championships	Edmonton, AB	5-Mar-2016	
Long Jump	6.73m	Zack Poirier	02	Golden Bear Open	Edmonton, AB	18-Jan-2019	
Triple Jump	12.81m	Zack Poirier	02	Golden Bear Challenge	Edmonton, AB	9-Feb-2018	
Shot Put	11.09m	Jack Wesolowski	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	6kg
Heptathlon	4521 pts	Jack Wesolowski	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	
	7.50 - 6.32 - 11.09 - 1.82 - 8.85 - 3.70 - 3:02.27			(60m - LJ - SP - HJ - 60mH - PV - 1000m)			
	* Provincial Record						

**Junior - 19 and under**

60m	7.11	Joel Jackson	83	Alberta Indoor Championships	Edmonton, AB	3-Mar-2001	
200m	23.20	Jake Sawatzky	02	Simplot Games	Pocatello, ID	14-Feb-2020	
300m	36.37	Ryan Wright	02	Jack Simpson Open	Calgary, AB	5-Jan-2020	
400m	51.55	David Holm	86	Alberta Indoor Championships	Edmonton, AB	5-Mar-2005	
600m	1:23.28	David Holm	86	High Performance Meet	Edmonton, AB	12-Feb-2005	
800m	1:57.54	Mihai Prajea	91	Dino Opener	Calgary, AB	5-Dec-2009	
1000m	2:35.49	Mihai Prajea	91	Dino Classic	Calgary, AB	9-Jan-2010	
1500m	4:07.09	Ryan McKay	85	Alberta Indoor Championships	Edmonton, AB	6-Mar-2004	
3000m	8:47.92	Ryan McKay	85	High Performance & CE Meet	Edmonton, AB	14-Feb-2004	
60mH	8.16	Ryan Wright	02	Simplot Games	Pocatello, ID	13-Feb-2020	.99m
High Jump	1.93m	Mark MacEachen	93	Oval Field Meet	Calgary, AB	18-Dec-2011	
Pole Vault	3.80m	James Albers	98	Alberta Indoor Championships	Edmonton, AB	5-Mar-2016	
Long Jump	6.73m	Zack Poirier	02	Golden Bear Open	Edmonton, AB	18-Jan-2019	
Triple Jump	12.81m	Zack Poirier	02	Golden Bear Challenge	Edmonton, AB	9-Feb-2018	
Shot Put	11.09m	Jack Wesolowski	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	6kg
Heptathlon	4521 pts	Jack Wesolowski	02	Alberta Indoor Championships	Edmonton, AB	1-Mar-2020	
	7.50 - 6.32 - 11.09 - 1.82 - 8.85 - 3.70 - 3:02.27			(60m - LJ - SP - HJ - 60mH - PV - 1000m)			

**Under 23**

200m	23.16	Corey Minton	91	Golden Bear Open	Edmonton, AB	21-Jan-2011	
300m	36.37	Ryan Wright	02	Jack Simpson Open	Calgary, AB	5-Jan-2020	
Long Jump	6.79m	Corey Minton	91	Golden Bear Open	Edmonton, AB	21-Jan-2011	

**Senior - 35 and under**

60m	6.78	Oluseyi Smith	87	Alberta Indoor Championships	Edmonton, AB	7-Mar-2015	
600m	1:20.56	David Holm	86	Friday Night Special	Charleston, IL	20-Feb-2009	
800m	1:48.86*	David Holm	86	ISU Track & Fiels Classic	Ames, IA	12-Feb-2009	
1000m	2:23.41	David Holm	86	Meyo Invitational	Notre Dame, IN	6-Feb-2009	
	* Provincial Record						

**Master - 35 and over**

3000m	10:36.80	Erwann Lemenager	72	Alberta Indoor Championships	Edmonton, AB	2-Mar-2013	
Triple Jump	11.96m	Matthew Townley-Smith	82	Golden Bear Open	Edmonton, AB	19-Jan-2018	

Updated: 6-Mar-2020