

**INDOOR SEASON BESTS 2010/2011**

<b>MARK</b>	<b>NAME</b>	<b>Y OF B</b>	<b>DATE</b>	<b>MEET</b>
<b>Female 60 m</b>	09/10 N Charlesworth	7.97		
7.98	Sarah Hughes	1994	04-Dec	Dino #1
8.06	Nicky Charlesworth	1994	08-Jan	Dino #2
8.08	Sarah Hughes	1994	08-Jan	Dino #2
8.27	Ellie Hirst	1995	04-Dec	Dino #1
8.41	Ellie Hirst	1995	08-Jan	Dino #2
8.46	Melissa Hazen	1994	04-Dec	Dino #1
8.55	Jessica Kalmakoff	1995	04-Dec	Dino #1
8.57	Melissa Hazen	1994	08-Jan	Dino #2
8.58	Nicole Squires	1995	08-Jan	Dino #2
8.61f	Melanie Craig	1990	04-Dec	Dino #1
8.63	Emily Wilson-Bodnar	1996	04-Dec	Dino #1
8.65p	Melanie Craig	1990	04-Dec	Dino #1
8.69	Jasmine Galey	1995	04-Dec	Dino #1
8.69	Quinn Rausch	1996	08-Jan	Dino #2
8.70	Antha Dietrich-Henderson	1996	08-Jan	Dino #2
8.71	Emily Wilson-Bodnar	1996	08-Jan	Dino #2
8.77	Jasmine Galey	1995	08-Jan	Dino #2
8.85	Emma Chong	1998	08-Jan	Dino #2
9.08	Siri Svensson	1996	04-Dec	Dino #1
9.09	Lauren Garnett	1995	04-Dec	Dino #1
9.10	Lauren Fridman	1996	04-Dec	Dino #1
9.10	Georgia Dupuis	1998	08-Jan	Dino #2
9.13	Emma Chong	1998	04-Dec	Dino #1
9.13	Mia Hull	1998	08-Jan	Dino #2
9.19	Mia Hull	1998	04-Dec	Dino #1
9.25	Marissa Stirling	1998	04-Dec	Dino #1
9.28	Delainy Conibear	1997	04-Dec	Dino #1
9.35	Marissa Stirling	1998	08-Jan	Dino #2
9.37	Rita Guistainis	1996	08-Jan	Dino #2
9.44	Anna Glover	1997	08-Jan	Dino #2
9.45	Anna Glover	1997	04-Dec	Dino #1
9.45	Sarah Voglewede	1997	04-Dec	Dino #1
9.51	Rita Guistainis	1996	04-Dec	Dino #1
9.52	Maddy Yee	1997	04-Dec	Dino #1
9.68	Leah Rush	1995	04-Dec	Dino #1
9.72	Sarah Voglewede	1997	08-Jan	Dino #2
9.76	Ashley Sherlow	1995	04-Dec	Dino #1
9.81	Leah Rush	1995	08-Jan	Dino #2
9.94	Heather Wood	1998	08-Jan	Dino #2
9.95	Hailey Allegro	1995	04-Dec	Dino #1
10.04	Claudia Belanger	1996	08-Jan	Dino #2
10.10	Delainy Conibear	1997	08-Jan	Dino #2
10.15	Kiannah Wright	1998	08-Jan	Dino #2
10.23	Kiannah Wright	1998	04-Dec	Dino #1

10.23	Lauren Yardley	1999	08-Jan	Dino #2
10.34	Caitlin Yardley	1998	04-Dec	Dino #1
10.46	Lauren Yardley	1999	04-Dec	Dino #1
10.68	Stella Jones	2000	08-Jan	Dino #2
11.26	Kate Conway	1998	04-Dec	Dino #1
11.35	Kate Conway	1998	08-Jan	Dino #2

**Female 150m** 09/10 E. Wilson-Bodnar 21.31

22.67	Mia Hull	1998	08-Jan	Dino #2
22.79	Mia Hull	1998	04-Dec	Dino #1
22.92	Marissa Stirling	1998	08-Jan	Dino #2
23.01	Georgia Dupuis	1998	08-Jan	Dino #2
23.22	Emma Chong	1998	08-Jan	Dino #2
23.25	Anna Glover	1997	04-Dec	Dino #1
23.30	Emma Chong	1998	04-Dec	Dino #1
24.04	Maddy Yee	1997	04-Dec	Dino #1
24.85	Heather Wood	1998	08-Jan	Dino #2
26.03	Lauren Yardley	1999	08-Jan	Dino #2
26.41	Lauren Yardley	1999	04-Dec	Dino #1
26.51	Cameron Knowles	1999	08-Jan	Dino #2
27.61	Stella Jones	2000	08-Jan	Dino #2
28.22	Kate Conway	1998	04-Dec	Dino #1
28.83	Kate Conway	1998	08-Jan	Dino #2

**Female 200m** 09/10 M Beatch 26.16

**Female 300m** 06/07 H. Ratzlaff 40.32

43.09	Sarah Hughes	1994	04-Dec	Dino #1
43.32	Ellie Hirst	1995	04-Dec	Dino #1
44.80	Melanie Craig	1990	08-Jan	Dino #2
44.95	Nicole Squires	1995	04-Dec	Dino #1
45.24	Nicole Squires	1995	08-Jan	Dino #2
45.73	Melanie Craig	1990	04-Dec	Dino #1
46.05	Nikki Barlow	1990	04-Dec	Dino #1
46.37	Jasmine Galey	1995	04-Dec	Dino #1
47.02	Antha Dietrich-Henderson	1996	08-Jan	Dino #2
47.45	Jasmine Galey	1995	08-Jan	Dino #2
47.97	Rachel Yee	1992	04-Dec	Dino #1
48.16	Quinn Rausch	1996	04-Dec	Dino #1
48.44	Siri Svensson	1996	04-Dec	Dino #1
48.52	Quinn Rausch	1996	08-Jan	Dino #2
49.12	Emily Wilson-Bodnar	1996	08-Jan	Dino #2
49.57	Emily Wilson-Bodnar	1996	04-Dec	Dino #1
50.00	Rita Gustainis	1996	08-Jan	Dino #2
51.10	Claudia Belanger	1996	08-Jan	Dino #2
51.43	Sarah Voglewede	1997	08-Jan	Dino #2
51.79	Anna Glover	1997	08-Jan	Dino #2

58.45	Delainy Conibear	1997	08-Jan	Dino #2
<b>Female 400m</b>	09/10 M Beatch	59.20		
<b>Female 600m</b>	06/07 H. Ratzlaff	1.29.51		
1.38.11	Gloria Kanuka	1991	08-Jan	Dino #2
1.44.27	Adrienne Erdman	1994	08-Jan	Dino #2
1.48.95	Nikki Barlow	1990	08-Jan	Dino #2
1.51.46	Lauren Fridman	1996	08-Jan	Dino #2
1.52.02	Rachel Yee	1992	08-Jan	Dino #2
1.53.47	Katelyn Campbell	1995	08-Jan	Dino #2
1.56.34	Claudia Belanger	1996	08-Jan	Dino #2
2.07.38	Sarah Voglewede	1997	08-Jan	Dino #2
2.12.88	Mia Hull	1998	08-Jan	Dino #2
2.15.33	Lauren Yardley	1999	08-Jan	Dino #2
2.16.05	Georgia Dupuis	1998	08-Jan	Dino #2
2.17.57	Emma Chong	1998	08-Jan	Dino #2
2.17.93	Stella Jones	2000	08-Jan	Dino #2
2.19.57	Cameron Knowles	1999	08-Jan	Dino #2
2.23.88	Heather Wood	1998	08-Jan	Dino #2
2.25.47	Kiannah Wright	1998	08-Jan	Dino #2
2.51.77	Kate Conway	1998	08-Jan	Dino #2
<b>Female 800m</b>	08/09 H. Sim	2.17.18		
2.41.67	Katie Campbell	1995	04-Dec	Dino #1
2.42.50	Lauren Fridman	1996	04-Dec	Dino #1
2.47.86	Sarah Voglewede	1997	04-Dec	Dino #1
2.48.88	Jessica Kalmakoff	1995	04-Dec	Dino #1
2.53.82	Marissa Stirling	1998	04-Dec	Dino #1
2.56.75	Caitlin Yardley	1998	04-Dec	Dino #1
2.57.93	Lauren Garnett	1995	04-Dec	Dino #1
3.02.42	Delainy Conibear	1997	04-Dec	Dino #1
3.03.11	Leah Rush	1995	04-Dec	Dino #1
3.20.61	Kiannah Wright	1998	04-Dec	Dino #1
<b>Female 1000m</b>	08/09 H Sim	2.49.87		
<b>Female 1200m</b>	09/10 C O'Brien	4.05.71		
4.12.77	Claudia Belanger	1996	08-Jan	Dino #2
4.42.14	Sarah Voglewede	1997	08-Jan	Dino #2
4.43.52	Marissa Stirling	1998	08-Jan	Dino #2
5.02.52	Stella Jones	2000	08-Jan	Dino #2
<b>Female 1500m</b>	08/09 H Sim	4.31.15		

5.56.70	Katelyn Campbell	1995	08-Jan	Dino #2
6.04.00	Leah Rush	1995	08-Jan	Dino #2

**Female Mile** 08/09 H Sim 4.52.21

**Female 2000m** 09/10 C O'Brien 7.16.61

**Female 3000m** 06/07 9.58.28 T. Dressler

13.05.64	Katie Campbell	1995	04-Dec	Dino #1
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**Female 60m h** 09/10 N Charlesworth 8.87 Specs are different for age classes

8.86	30"	Nicky Charlesworth	1994	04-Dec	Dino #1
9.87	30"	Nicole Squires	1995	04-Dec	Dino #1
10.65	30"	Emily Wilson-Bodnar	1996	04-Dec	Dino #1
11.25	30"	Laurern Garnett	1995	04-Dec	Dino #1

**Female LJ** 05/06 K. Tse 5.33

**Female TJ** 07/08 K. Tse 11.69

**Female HJ** 09/10 N Charlesworth 1.72

1.71	Nicky Charlesworth	1994	04-Dec	Dino #1
1.50	Melissa Hazen	1994	04-Dec	Dino #1

**Female SP** 06/07 Jenna Wamsley 10.31

**Female MB** 09/10 M Hull 4.85

**Female PV** 08/09 L. Schneider 3.20

**Female Jumps Tetrathlon** 06/07 Nicola Charlesworth 965

**Female Speed Tetrathlon** 06/07 Nicola Charlesworth 1016

**Female Stamina Tetrathlon** 07/08 Allison Stephen 920

**Female Indoor Pentathlon**

08/09 N. Charlesworth 3179

**Male 60m** 09/10 R McKay 7.16

7.19p	Isaac Rynn	1989	08-Jan	Dino #2
7.21f	Isaac Rynn	1989	08-Jan	Dino #2
7.28p/f	Isaac Rynn	1989	04-Dec	Dino #1
7.40	Alex Smith	1993	04-Dec	Dino #1
7.47	Nicholas Buettner	1995	04-Dec	Dino #1
7.48	Steven Clark	1991	04-Dec	Dino #1
7.57	Alex Smith	1993	08-Jan	Dino #2
7.59	Nicholas Buettner	1995	08-Jan	Dino #2
7.60	Bryce Clements	1994	08-Jan	Dino #2
7.69	Alex Ivan	1994	04-Dec	Dino #1
7.70	Paul Boudreau	1994	08-Jan	Dino #2
7.72	Rui Dong	1995	04-Dec	Dino #1
7.73	Paul Boudreau	1994	04-Dec	Dino #1
7.77	Drew Crawford	1994	04-Dec	Dino #1
7.8	Casey Yuen	1994	08-Jan	Dino #2
7.80	Thomas Kellner	1994	04-Dec	Dino #1
7.84	Abtin Motamedi	1996	08-Jan	Dino #2
7.88	Jordan Graham	1995	08-Jan	Dino #2
7.93	Jordan Graham	1995	04-Dec	Dino #1
7.94	Thomas Kellner	1994	08-Jan	Dino #2
8.09	Karl Wagner	1995	04-Dec	Dino #1
8.13	Abtin Motamedi	1996	04-Dec	Dino #1
8.17	Matthew Springer	1995	04-Dec	Dino #1
8.20	Brent Stephen	1996	08-Jan	Dino #2
8.21	Matthew Springer	1995	08-Jan	Dino #2
8.32	Karl Wagner	1995	08-Jan	Dino #2
8.40	Martin Steger	1996	08-Jan	Dino #2
8.45	James Faul	1995	04-Dec	Dino #1
8.49	Robin Robertson	1996	08-Jan	Dino #2
8.49	Robin Robertson	1996	04-Dec	Dino #1
8.52	Kevin Yoo	1994	04-Dec	Dino #1
8.52	Brent Stephen	1996	04-Dec	Dino #1
8.72	Harvir Nijjar	1995	04-Dec	Dino #1
8.94	Bruce Marsden	1995	04-Dec	Dino #1
9.07	Charlie Meister	1995	08-Jan	Dino 32
9.16	Charlie Meister	1995	04-Dec	Dino #1
9.16	Sean Thuna	1997	04-Dec	Dino #1
9.17	Ben Meister	1998	04-Dec	Dino #1
9.19	Addison Wilton	1997	04-Dec	Dino #1
9.23	Sean Thuna	1997	08-Jan	Dino #2
9.28	Max Vogelgesang	1997	04-Dec	Dino #1
9.30	Patrick Meister	1997	08-Jan	Dino #2
9.30	Patrick Meister	1997	04-Dec	Dino #1
9.30	Ben Meister	1998	08-Jan	Dino #2
9.31	Sahad VasANJI	1997	04-Dec	Dino #1

9.33	Sahad Vasanji	1997	08-Jan	Dino #2
9.37	Nathan Kalmakoff	1997	04-Dec	Dino #1
9.42	Nathan Kalmakoff	1997	08-Jan	Dino #2
9.53	Harrison Matsuoka	1998	04-Dec	Dino #1
9.81	Harrison Matsuoka	1998	08-Jan	Dino #2
10.31	Matt Voglewede	1998	08-Jan	Dino #2
10.60	Matt Voglewede	1998	04-Dec	Dino #1

**Male 150** 09/10 C Stevens 20.31

22.71	Ben Meister	1998	04-Dec	Dino #1
22.75	Addison Wilton	1997	04-Dec	Dino #1
23.38	Nathan Kalmakoff	1997	04-Dec	Dino #1
23.44	Patrick Meister	1997	04-Dec	Dino #1
23.54	Ben Meister	1998	08-Jan	Dino #2
24.13	Harrison Matsuoka	1998	08-Jan	Dino #2
26.50	Matt Voglewede	1998	08-Jan	Dino #2
26.57	Matt Voglewede	1998	04-Dec	Dino #1

**Male 200m** 09/10 S Clark 23.09

**Male 300m** 07/08 Trent Ratzlaff 34.50

35.65	Mike Saizew	1987	04-Dec	Dino #1
37.84	Isaac Rynn	1989	04-Dec	Dino #1
37.91	Alex Smith	1993	08-Jan	Dino #2
38.63	Alex Ivan	1994	04-Dec	Dino #1
39.41	Mike Young	1988	04-Dec	Dino #1
39.42	Bryce Clements	1994	08-Jan	Dino #2
40.5	Bryce Clements	1994	04-Dec	Dino #1
41.02	Casey Yuen	1994	08-Jan	Dino #2
41.25	Nicholas Buettner	1995	04-Dec	Dino #1
41.59	Casey Yuen	1994	04-Dec	Dino #1
41.97	Abtin Motamedi	1996	04-Dec	Dino #1
42.35	Thomas Kellner	1994	08-Jan	Dino 32
42.56	Abtin Motamedi	1996	08-Jan	Dino #2
43.83	Martin Steger	1996	08-Jan	Dino #2
44.65	Robin Robertson	1996	08-Jan	Dino #2
45.11	Karl Wagner	1995	08-Jan	Dino #2
46.38	Bruce Marsden	1995	04-Dec	Dino #1
46.66	Brent Stephen	1996	04-Dec	Dino #1
50.79	Nathan Kalmakoff	1997	08-Jan	Dino #2
51.79	Sean Thuna	1997	08-Jan	Dino #2

**Male 400m** 08/09 T Ratzlaff 48.00

**Male 600m** 08/09 T Ratzlaff 1.18.49

1.22.36	Madison Theriault	1988	08-Jan	Dino #2
1.30.27	Chris Fitzgibbon	1994	08-Jan	Dino #2
1.47.00	Jordan Graham	1995	08-Jan	Dino #2
1.47.81	Charlie Meister	1995	08-Jan	Dino #2
1.57.64	Patrick Meister	1997	08-Jan	Dino #2
1.58.43	Ben Meister	1998	08-Jan	Dino #2
2.00.00	Rees Goertzen	2000	08-Jan	Dino #2
2.05.78	Sean Thuna	1997	08-Jan	Dino #2
2.31.51	Matt Voglewede	1998	08-Jan	Dino #2

**Male 800m** 08/09 M Saizew 1.53.64

1.57.87	Madison Theriault	1988	04-Dec	Dino#1
2.09.73	Sean Foster	1994	04-Dec	Dino#1
2.10.49	Cuauhti Olguin	1995	04-Dec	Dino#1
2.19.55	Harvir Nijjar	1995	04-Dec	Dino#1
2.20.33	James Faul	1995	04-Dec	Dino#1
2.28.79	Robin Robertson	1996	04-Dec	Dino#1
2.31.06	Jordan Graham	1995	04-Dec	Dino#1
2.31.77	Matthew Springer	1995	04-Dec	Dino#1
2.32.39	Bruce Marsden	1995	04-Dec	Dino#1
2.32.96	Charlie Meister	1995	04-Dec	Dino#1
2.38.89	Sahad VasANJI	1997	04-Dec	Dino#1
2.43.63	Max Vogelgesang	1997	04-Dec	Dino#1
2.48.48	Harrison Matsuoka	1998	04-Dec	Dino#1
2.50.79	Graeme Saxberg	1998	04-Dec	Dino#1
2.53.34	Sean Thuna	1997	04-Dec	Dino#1

**Male 1000m** 08/09 M Theriault 2.29.32

**Male 1200m** 09/10 C Olguin 3.38.18

4.21.00	Sahad VasANJI	1997	08-Jan	Dino #2
4.37.79	Harrison Matsuoka	1998	08-Jan	Dino #2

**Male 1500m** 09/10 M Theriault 4.01.42

4.15.36	Gareth Hadfield	1992	08-Jan	Dino #2
4.16.14	Matt Galea	1993	08-Jan	Dino #2
4.27.88	Cuauhti Olguin	1995	08-Jan	Dino #2
4.53.93	Kevin Yoo	1994	08-Jan	Dino #2
5.36.03	Matthew Springer	1995	08-Jan	Dino #2

**Male 2000m** 06/07 Gareth Hadfield 6.47.55

**Male 3000m** 06/07 8.46.18 Nyial Majock

11.04.61	Harvir Nijjar	1995	04-Dec	Dino #1
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11.10.01	Kevin Yoo	1994	04-Dec	Dino #1
<b>Male 60mH</b>	08/09 E. Clark 8.30 39" 09/10 A Smith 8.56 36" 09/10 B Clements 9.20 33"	all results	with age class	specs
9.83 33"	Karl Wagner	1995	04-Dec	Dino #1
9.89 33"	Abtin Motamedi	1996	04-Dec	Dino #1
10.18 33"	Rui Dong	1995	04-Dec	Dino #1
10.39 33"	Nicholas Buettner	1995	04-Dec	Dino #1
<b>Male LJ</b>	09/10 R McKay 6.50			
<b>Male TJ</b>	09/10 R McKay 13.76			
<b>Male HJ</b>	09/10 S Babcock 1.90			
<b>Male SP</b>	09/10 R Sceviour 13.27 4 kg 09/10 A Bymoen 12.29 5 kg 09/10 B. Meister 5.42 3 kg 09/10 D O'Brien 5.05 2 kg			
<b>Male Med Ball</b>	09/10 P. Meister 4.07			
<b>Male PV</b>	08/09 M. Baerg 4.32			
<b>Male Indoor Pentathlon</b>		07/08 Sam Babcock 2966	Prov Record	Midget
	All done in own age group			
<b>Male Bantam Speed</b>		06/07 1250	Alex Bymoen	
<b>Male Bantam Stamina</b>		Indoor Prov Record ***1329***	Alex B	06/07

















Bantam 30" Juv 36" Sen 42"  
Mid 33" Jun 39"



## Outdoor Season Bests 2010

MARK	NAME	Y OF B	DATE	MEET
<b>Female 50m</b>	<b>2010 A. Martin 8.37</b>			
8.37	Alison Martin	2000	30-May	Hershey-Zone
9.83	Julia Martin	2003	30-May	Hershey-Zone
10.74	Gillian Emerson	2000	30-May	Hershey-Zone
<b>Female 60m</b>	<b>2010 A. Martin 9.37</b>			
9.37	Alison Martin	2000	15-May	Spring Challenge
9.96	Hanna Svensson	1999	June	Prov
11.22	Julia Martin	2003	18-Jun	Classic
11.58	Cameron Knowles	1999	18-Jun	Classic
12.19	Annette Berry	2000	18-Jun	Classic
<b>Female 80m</b>	<b>2010 E. Martin 11.12</b>			
11.12	Emma Martin	1997	June	Prov
11.66	Dana Gerlitz	1997	18-Jun	Classic
11.94	Mia Hull	1998	18-Jun	Classic
12.12	Emma Chong	1998	18-Jun	Classic
12.45	Delainey Conibear	1997	18-Jun	Classic
12.45	Anna Glover	1997	June	Prov
12.54	Maddie Yee	1997	June	Prov
12.57	Heather Wood	1998	18-Jun	Classic
13.41	Steph Berry	1997	15-May	Spring Challenge
13.90	Rhea Foster	1998	18-Jun	Classic
<b>Female 100m</b>	<b>2010 M. Beatch 12.75</b>			
12.75	Megan Beatch	1986	March	Las Vegas
12.99	Sarah Hughes	1994	18-Jun	Classic
13.10	Ellie Hirst	1995	24-Jul	Mid/Youth Champ
13.18	Nicole Squires	1995	18-Jun	Classic
13.24	Allison Stephen	1995	24-Jul	Mid/Youth Champ
13.41	Steph Berry	1997	15-May	Spring Challenge
13.51	Katherine Heinrichs	1992	18-Jun	Classic
13.54	Jasmine Galey	1995	18-Jun	Classic
13.70	Jessica Kalmakoff	1995	18-Jun	Classic
13.74	Antha Dietrich-Henderson	1996	15-May	Spring Challenge
13.94	Janessa Tiberio	1996	15-May	Spring Challenge
13.99	Emily Wilson-Bodnar	1996	15-May	Spring Challenge
14.04	Siri Svennson	1996	15-May	Spring Challenge
14.08	Melissa Torrance	1995	18-Jun	Classic
14.20	Kendall Chong	1996	18-Jun	Classic
14.30	Bailey Birkkjaer	1996	18-Jun	Classic
14.66	Kennedy Dunkle	1996	15-May	Spring Challenge

14.67	Lauren Garnett	1995	June	Prov
14.72	Emma Martin	1997	08-May	NB 1
14.79	Dana Gerlitz	1997	15-Jul	NB #3
14.80	Julia Bayne	1996	18-Jun	Classic
15.13	Mia Hull	1998	30-May	Hershey Zone
15.39	Josie Robostan	1996	15-May	Spring Challenge
15.50	Anna Glover	1997	15-Jul	NB #3
15.51	Heidi Halstead	1992	18-Jun	Classic
15.72	Emma Chong	1998	08-May	NB 1
16.13	Madelaine Yee	1997	15-Jul	NB #3
16.35	Heather Wood	1998	08-May	NB 1
16.41	Delainy Conibear	1997	08-May	NB 1
16.50	Alison Martin	2000	30-May	Hershey Zone
17.74	Jasper Crockford	2001	30-May	Hershey Zone
18.39	Alia Sims	2001	30-May	Hershey Zone
18.54	Rhea Foster	1998	08-May	NB 1
19.01	Julia Martin	2003	30-May	Hershey Zone
19.62	Gillian Emerson	2000	30-May	Hershey Zone
22.58	Zoe Lord	2001	30-May	Hershey Zone

**Female 150m 2010 E. Martin 20.79**

20.79	Emma Martin	1997	June	Prov
22.37	Dana Gerlitz	1997	June	Prov
22.65	Mia Hull	1998	June	Prov
22.77	Emma Chong	1998	15-May	Spring Challenge
23.42	Delainy Conibear	1997	June	Prov
23.59	Anna Glover	1997	June	Prov
23.75	Heather Wood	1998	June	Prov
24.05	Alison Martin	2000	15-May	Spring Challenge
24.19	Madelaine Yee	1997	15-May	Spring Challenge
24.64	Hanna Svensson	1999	June	Prov
26.32	Steph Berry	1997	15-May	Spring Challenge
27.27	Rhea Foster	1998	15-May	Spring Challenge

**Female 200m 2007 B. Pagsisihan 26.21**

26.30	Megan Beatch	1986	15-May	Spring Challenge
26.54	Allison Stephen	1995	10-Jul	Sen Prov
26.72	Sarah Hughes	1994	June	Prov
26.84	Nicky Charlesworth	1994	15-May	Spring Challenge
26.86	Holly Ratzlaff	1984	15-May	Spring Challenge
27.29	Ellie Hirst	1995	24-Jul	Mid/Youth Champ
27.61	Nicole Squires	1995	June	Prov
27.95	Jasmine Galey	1995	08-May	NB 1
28.00	Emma Martin	1997	30-May	Hershey Zone
28.29	Katherine Heinrichs	1992	18-Jun	Classic
28.52	Jessica Kalmakoff	1995	22-May	NB 2
28.64	Nikki Barlow	1990	08-May	NB 1
28.72	Katherine Heinrichs	1994	22-May	NB 2

28.86	Janessa Tiberio	1996	24-Jul	Summer Games
28.99	Antha Dietrich-Henderson	1996	June	Prov
29.23	Siri Svensson	1996	15-May	Spring Challenge
29.50	Emily Wilson-Bodnar	1996	30-May	Hershey Zone
29.50	Melissa Torrance	1995	18-Jun	Classic
29.82	Rachel Yee	1992	22-May	NB 2
29.96	Kendall Chong	1996	June	Prov
30.22	Jenna Demchuk	1992	15-May	Spring Challenge
30.36	Bailey Birkkjaer	1996	15-May	Spring Challenge
30.69	Lauren Fridman	1996	22-May	NB 2
30.53	Dana Gerlitz	1997	22-May	NB 2
30.92	Lauren Garnett	1995	18-Jun	Classic
30.95	Kennedy Dunkle	1996	15-May	Spring Challenge
31.16	Mia Hull	1998	22-May	NB 2
31.66	Josie Robostan	1996	18-Jun	Classic
32.60	Delainy Conibear	1997	22-May	NB 2
32.96	Madelaine Yee	1997	22-May	NB 2
33.14	Anna Glover	1997	22-May	NB 2
33.98	Heather Wood	1998	22-May	NB 2
36.00	Jasper Crockford	2001	30-May	Hershey Zone
38.61	Steph Berry	1997	08-May	NB 1
40.00	Alia Sims	2001	30-May	Hershey Zone
41.21	Rhea Foster	1998	08-May	NB 1

**Female 300m 2010 E. Hirst 41.78**

41.78	Ellie Hirst	1995	06-Aug	Legion Nat
42.23	Allison Stephen	1995	15-May	Spring Challenge
43.42	Nicole Squires	1995	24-Jul	Mid/Youth Champ
44.36	Jasmine Galey	1995	24-Jul	Mid/Youth Champ
45.35	Jessica Kalmakoff	1995	18-Jun	Classic
46.09	Janessa Tiberio	1996	15-May	Spring Challenge
46.61	Siri Svensson	1996	15-May	Spring Challenge
48.02	Lauren Fridman	1996	15-Jul	NB #3
48.34	Melissa Torrance	1995	18-Jun	Classic
48.71	Emily Wilson-Bodnar	1996	15-May	Spring Challenge
48.76	Kendall Chong	1996	15-May	Spring Challenge
48.87	Antha Dietrich-Henderson	1996	18-Jun	Classic
51.85	Delainy Conibear	1997	22-May	NB 2
52.31	Mia Hull	1998	22-May	NB 2

**Female 400m 2007 H Ratzlaff 55.71**

56.25	Holly Ratzlaff	1984	03-Jul	Abbotsford
58.61	Megan Beatch	1986	15-May	Spring Challenge
1.00.94	Gloria Kanuka	1991	June	Prov
1.01.57	Allison Stephen	1995	15-Jul	NB #3
1.01.59	Heather Sim	1985	15-May	Spring Challenge
1.02.64	Sarah Hughes	1994	18-Jun	Classic
1.03.32	Jackie Wigg	1989	22-May	NB 2

1.03.53	Gloria Kanuka	1991	15-May	Spring Challenge
1.04.05	Nikki Barlow	1990	15-May	Spring Challenge
1.05.65	Jasmine Galey	1995	March	Las Vegas
1.06.91	Rachel Yee	1992	14-May	Dino HS
1.07.12	Jenna Demchuk	1992	14-May	Dino HS
1.08.62	Amy Johnson	1994	14-May	Dino HS
1.19.50	Stella Jones	2000	30-May	Hershey Zone
1.21.00	Britnee Litzenberger	1999	30-May	Hershey Zone

**Female 600m 2007 R Romero 1.36.68**

1.59.07	Annette Berry	2000	18-Jun	Classic
2.05.96	Alison Martin	2000	18-Jun	Classic
2.11.42	Hanna Svensson	1999	June	Prov
2.38.87	Cameron Knowles	1999	18-Jun	Classic
2.46.56	Julia Martin	2003	18-Jun	Classic

**Female 800m 2009 H Ratzlaff 2.06.98**

2.08.20	Holly Ratzlaff	1984	31-Jul	Sen Nat
2.13.54	Heather Sim	1985	05-Jul	Harry Jerome
2.14.74	Gloria Kanuka	1991	15-Jul	NB #3
2.20.14	Holly Stockall	1990	June	Prov
2.23.29	Adrienne Erdman	1994	June	Prov
2.29.52	Katelyn Campbell	1995	18-Jun	Classic
2.31.10	Emma Martin	1997	15-May	Spring Challenge
2.31.32	Katie Huang	1992	18-Jun	Classic
2.34.90	Ellie Hirst	1995	15-May	Spring Challenge
2.35.80	Lauren Fridman	1996	15-Jul	NB #3
2.35.88	Rachel Yee	1992	June	HS Cities
2.49.28CE	Lauren Garnett	1995	15-May	Spring Challenge
2.50.00	Jane Kuppe	1996	30-May	Hershey Zone
2.57.48	Amy Johnson	1994	12-May	Dino HS
2.58.18	Mia Hull	1998	18-Jun	Classic
2.58.77	Delainy Conibear	1997	June	Prov
3.02.31	Emma Chong	1998	18-Jun	Classic
3.07.92	Deniz Kaya	1992	12-May	Dino HS
3.10.76	Anna Glover	1997	June	Prov
3.10.79	Heather Wood	1998	June	Prov
3.15.11	Maddie Yee	1997	18-Jun	Classic
3.20.00	Cameron Knowles	1999	30-May	Hershey Zone

**Female 1000m 2007 H Sim 2.55.80**

3.50.50	Stella Jones	2000	18-Jun	Classic
3.57.54	Alison Martin	2000	18-Jun	Classic
4.40.38	Cameron Knowles	1999	18-Jun	Classic

**Female 1200m 2009 A Erdman 3.53.70**

4.04.97	Katelyn Campbell	1995	15-May	Spring Challenge
4.06.89	Emma Martin	1997	15-May	Spring Challenge
4.08.72	Lauren Fridman	1996	24-Jul	Summer Games
4.13.12	Chase O'Brien	1996	18-Jun	Classic
4.32.44	Jane Kuppe	1996	18-Jun	Classic
4.39.6h	Delainy Conibear	1997	June	Prov
4.56.04	Heather Wood	1998	15-May	Spring Challenge
5.01.96	Madelaine Yee	1997	June	Prov
5.08.1h	Anna Glover	1997	June	Prov

**Female 1500m 2008 H Sim 4.25.07**

4.31.78	Heather Sim	1985	07-Jul	Victoria
4.38.05	Tara Dressler	1984	18-Jun	Classic
4.55.60	Holly Stockall	1990	18-Jun	Classic
4.59.55	Adrienne Erdman	1994	June	HS Prov
5.27.17	Katie Huang	1992	June	Prov

**Female 1600m 2009 C O'Brien 5.45.83**

5.57.00	Emma Martin	1997	30-May	Hershey Zone
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**Female Mile 2009 H Sim 5.05.90****Female 2000m 2009 A Erdman 6.54.04**

7.18.13	Katelyn Campbell	1995	24-Jul	Mid/Youth Champ
7.20.79	Chase O'Brien	1996	18-Jun	Classic
9.49.17	Heather Wood	1998	08-May	NB 1

**Female 3000m 2007 L Ogradnik 9.59.39****Female 5000m 2007 F Stenning 17.15.55****Female 60mH 2010 A. Martin 12.19**

12.19	Alison Martin	2000	18-Jun	Classic
13.12	Stella Jones	2000	18-Jun	Classic
14.72	Cameron Knowles	1999	18-Jun	Classic

**Female 80mH 2010 N. Charlesworth 11.95 30"  
2010 E. Chong 15.71 27"**

11.95	Nicky Charlesworth	1994	June	HS Prov
12.62	Nicole Squires	1995	24-Jul	Mid/Youth Champ

13.69	Emily Wilson-Bodnar	1996	24-Jul	Summer Games
14.65	Lauren Garnett	1995	18-Jun	Classic
14.90	Kendall Chong	1996	18-Jun	Classic
15.27	Bailey Birkkjaer	1996	15-May	Spring Challenge
15.71	Emma Chong	1998	18-Jun	Classic
16.14	Emma Martin	1997	18-Jun	Classic
16.49	Mia Hull	1998	18-Jun	Classic
16.62	Jessica Kalmakoff	1995	15-May	Spring Challenge
17.00	Maddie Yee	1997	18-Jun	Classic
17.35	Heather Wood	1998	18-Jun	Classic
19.09	Steph Berry	1997	15-May	Spring Challenge

**Female 100mH 2010 N Charlesworth 14.40 30"**

14.40	Nicky Charlesworth	1994	06-Aug	Legion Nat
17.90	Katelyn Bymoen	1992	March	Las Vegas

**Female 200mH 2009 KA Meeuwisse 29.72**

30.76	Nicole Squires	1995	June	Prov
31.69	Jasmine Galey	1995	24-Jul	Mid/Youth Champ
32.58	Emily Wilson-Bodnar	1996	24-Jul	Summer Games
33.47	Allison Stephen	1995	22-May	NB 2
33.68	Kendall Chong	1996	24-Jul	Summer Games
33.80	Lauren Garnett	1995	22-May	NB 2

**Female 300mH 2009 KA Meeuwisse 47.55**

49.07	Adrienne Erdman	1994	22-May	NB 2
49.22	Nicky Charlesworth	1994	March	Las Vegas
55.64	Katelyn Bymoen	1992	March	Las Vegas

**Female 400mH 2007 H Ratzlaff 1.01.27**

1.05.33	Holly Ratzlaff	1984	15-May	Spring Challenge
1.05.44	Megan Beatch	1986	15-May	Spring Challenge

**Female 1500SC 2007 T Dressler 4.57.93**

5.11.27	Tara Dressler	1984	15-Jul	NB #3
5.40.38	Katelyn Campbell	1995	24-Jul	Mid/Youth Champ

**Female 2000SC 2008 T Dressler 7.07.01**

7.07.99	Tara Dressler	1984	08-May	NB 1
7.25.49	Adrienne Erdman	1994	24-Jul	Mid/Youth Champ

**Female 3000SC 2007 T Dressler 10.31.12**

10.57.40	Tara Dressler	1984	10-Jul	Sen Prov
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**Female 1500 RW 2009 E Chappell 10.02.36****Female 5k RW 2008 K Samoilo 26.59.80****Female 20k RW 2008 K Samoilo 2:00.01.00****Female LJ 1 m Take Off  
2010 A Martin 3.86**

3.86	Alison Martin	2000	18-Jun	Classic
3.85	Annette Berry	2000	18-Jun	Classic
3.50	Hanna Svensson	1999	18-Jun	Classic
2.88	Julia Martin	2003	18-Jun	Classic
2.70	Cameron Knowles	1999	18-Jun	Classic
2.60	Lindsay Williams	1999	18-Jun	Classic
2.33	Abigail Williams	2001	18-Jun	Classic

**Female LJ 2006 Nikki M 5.36**

5.16	Nicky Charlesworth	1994	18-Jun	Classic
4.53	Ellie Hirst	1995	15-Jul	NB #3
4.28	Chase O'Brien	1996	18-Jun	Classic
4.20	Katherine Heinrichs	1992	18-Jun	Classic
4.16	Emma Martin	1997	18-Jun	Classic
4.14	Kendall Chong	1996	June	Prov
4.09	Jessica Kalmakoff	1995	15-May	Spring Challenge
4.07	Siri Svennson	1996	18-Jun	Classic
4.03	Antha Dietrich-Henderson	1996	18-Jun	Classic
3.97	Melissa Torrance	1995	18-Jun	Classic
3.88	Emily Wilson-Bodnar	1996	15-May	Spring Challenge
3.85	Allison Stephen	1995	10-Jul	Sen Prov
3.71	Emma Martin	1997	June	Prov
3.69	Josie Robostan	1996	18-Jun	Classic
3.68	Lauren Garnett	1995	June	Prov
3.65	Emma Chong	1998	15-May	Spring Challenge
3.62	Kennedy Dunkle	1996	15-May	Spring Challenge
3.58	Madelaine Yee	1997	15-May	Spring Challenge
3.52	Mia Hull	1998	18-Jun	Classic
3.51	Dana Gerlitz	1997	15-Jul	NB #3
3.48	Teaghan Stack	1997	18-Jun	Classic
3.46	Heather Wood	1998	15-May	Spring Challenge
3.46	Alison Martin	2000	15-May	Spring Challenge

3.44	Heidi Halstead	1992	18-Jun	Classic
3.39	Anna Glover	1997	15-May	Spring Challenge
3.22	Delainy Conibear	1997	18-Jun	Classic
3.18	Steph Berry	1997	15-May	Spring Challenge
2.91	Rhea Foster	1998	15-May	Spring Challenge
2.71	Bailey Birkkjaer	1996	15-May	Spring Challenge

**Female Standing Long Jump      2008 N Charlesworth 2.36**

2.19	Emily Wilson-Bodnar	1996	30-May	Hershey Zone
1.96	Emma Chong	1998	30-May	Hershey Zone
1.95	Hanna Svensson	1999	30-May	Hershey Zone
1.80	Stella Jones	2000	30-May	Hershey Zone
1.77	Alison Martin	2000	15-May	Spring Challenge
1.60	Jasper Crockford	2001	30-May	Hershey Zone

**Female TJ      2007 K Tse 11.69**

10.89	Kim Tse	1986	18-Jun	Classic
9.28	Emily Wilson-Bodnar	1996	June	Prov
8.79	Allison Stephen	1995	June	Prov
8.45	Antha Dietrich-Henderson	1996	June	Prov

**Female HJ      2009 N Charlesworth 1.70**

1.65	Nicky Charlesworth	1994	June	HS Prov
1.46	Kendall Chong	1996	June	Prov
1.45	Lauren Fridman	1996	18-Jun	Classic
1.40	Emily Wilson-Bodnar	1996	15-May	Spring Challenge
1.30CE	Lauren Garnett	1995	15-May	Spring Challenge
1.30	Janessa Tiberio	1996	15-May	Spring Challenge
1.25	Ellie Hirst	1995	15-May	Spring Challenge
1.20	Julia Bayne	1996	18-Jun	Classic
1.20	Emma Martin	1997	June	Prov
1.20	Mia Hull	1998	18-Jun	Classic
1.20	Rebecca Silver	1997	18-Jun	Classic
1.20	Emma Chong	1998	15-May	Spring Challenge
1.15	Antha Dietrich-Henderson	1996	June	Prov
1.15	Madelaine Yee	1997	18-Jun	Classic
1.15	Anna Glover	1997	22-May	NB 2
1.15	Emma Martin	1997	18-Jun	Classic
1.15	Heather Wood	1998	18-Jun	Classic
1.00	Alison Martin	2000	18-Jun	Classic
0.95	Cameron Knowles	1999	18-Jun	Classic
0.90	Stella Jones	2000	18-Jun	Classic
0.80	Julia Martin	2003	18-Jun	Classic

**Female SP      2007 T Johnson 10.12 4kg**

**2010 M Jacso 8.69 3 kg**

**2010 A Martin 4.73 2 kg**



8.69	Maria Jacso	1995	15-May	Spring Challenge	3 kg
8.05	Madelaine Yee	1997	18-Jun	Classic	3 kg
7.98	Siri Svensson	1996	June	Prov	3 kg
7.46	Teaghan Stack	1997	18-Jun	Classic	3 kg
7.32	Emma Martin	1997	18-Jun	Classic	3 kg
6.76	Dana Gerlitz	1997	June	Prov	3 kg
6.62	Antha Dietrich-Henderson	1996	15-May	Spring Challenge	3 kg
6.36	Hanna Svensson	1999	June	Prov	3kg
6.35	Deniz Kaya	1992	12-May	Dino HS	4 kg
6.11CE	Lauren Garnett	1995	15-May	Spring Challenge	3 kg
5.89	Delainy Conibear	1997	June	Prov	3 kg
5.63	Jessica Kalmakoff	1995	24-Jul	Summer Games	3 kg
5.34	Anna Glover	1997	18-Jun	Classic	3 kg
5.31	Mia Hull	1998	22-May	NB 2	3 kg
4.73	Alison Martin	2000	15-May	Spring Challenge	2 kg
4.23	Rhea Foster	1998	June	Prov	3 kg
3.67	Annette Berry	2000	18-Jun	Classic	3 kg
3.27	Lindsay Williams	1999	18-Jun	Classic	3 kg
3.26	Abigail Williams	2001	18-Jun	Classic	3 kg
3.00	Cameron Knowles	1999	18-Jun	Classic	3 kg
2.30	Julia Martin	2003	18-Jun	Classic	3 kg

**Female Javelin 2007 J Wamsley 32.57**

17.89	Lauren Fridman	1996	June	Prov	
17.81	Jenny Steele-Kyle	1994	18-Jun	Classic	
17.67	Madelaine Yee	1997	10-Jul	Sen Prov	
15.91	Dana Gerlitz	1997	June	Prov	
15.42	Maria Jacso	1995	18-Jun	Classic	
13.87	Teaghan Stack	1997	18-Jun	Classic	
12.60	Bailey Birkkjaer	1996	18-Jun	Classic	
12.32	Antha Dietrich-Henderson	1996	22-May	NB 2	
9.64	Lauren Garnett	1995	June	Prov	

**Female Discus 2007 T Johnson 33.15 1 kg  
2010 M Yee 23.52 750g**

23.52	Madelaine Yee	1997	10-Jul	Sen Prov	750g
21.88	Madelaine Yee	1997	15-May	Spring Challenge	1 kg
21.35	Maria Jacso	1995	15-May	Spring Challenge	1 kg
20.76	Deniz Kaya	1992	14-May	Dino HS	1 kg
20.67	Jenny Steele-Kyle	1994	18-Jun	Classic	1 kg
19.32	Teaghan Stack	1997	18-Jun	Classic	750g
17.79	Dana Gerlitz	1997	18-Jun	Classic	750g
17.38	Emma Martin	1997	June	Prov	750g
14.52	Mia Hull	1997	18-Jun	Classic	750g
9.40	Stella Jones	2000	18-Jun	Classic	750 g
8.48	Alison Martin	2000	18-Jun	Classic	750 g
7.07	Cameron Knowles	1999	18-Jun	Classic	750 g

3.92 Julia Martin 2003 18-Jun Classic 750 g

**Female HT 2007 T Johnson 35.71**

**Fem. Ball Throw 2008 N Charlesworth 43.66**

27.77	Madelaine Yee	1997	15-May	Spring Challenge
23.57	Emma Martin	1997	15-May	Spring Challenge
18.73	Steph Berry	1997	15-May	Spring Challenge
18.10	Alison Martin	2000	30-May	Hershey Zone
15.83	Stella Jones	2000	30-May	Hershey Zone
15.65	Rhea Foster	1998	15-May	Spring Challenge
14.60	Hanna Svensson	1999	June	Prov
8.65	Julia Martin	2003	30-May	Hershey Zone

**Female PV 2009 L Schneider 3.30**

**Female Speed Tetrathlon 2008 B Toffolo 1009**

**Female Speed Triathlon 2009 A Parker 435**

**Female Throws Tetrathlon 2007 N Charlesworth 876**

**Female Jumps Tetrathlon 2007 KA Meeuwisse 977**

**Female Stamina Tetrathlon 2008 A stephen 1075**

**Female Stamina Triathlon 2008 E Martin 455**

**Female Pent 2008 N Charlesworth 2848**

1886	Lauren Garnett	1995	15-May	Spring Challenge
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**Female Hep 2007 J Green 2200**

**Male 50m 2009 P Brierlay 8.70**

**Male 60m 2010 B O'Yeung 9.58**

9.58	Brennan O'Yeung	1999	18-Jun	Classic
10.32	Kieran Murphy	2001	18-Jun	Classic
10.43	Ty Fitzgerald	2000	18-Jun	Classic

**Male 80m      2010 A Charlesworth 11.60**

11.60	Alex Charlesworth	1997	18-Jun	Classic
11.65	Liam Kuppe	1998	18-Jun	Classic
12.07	Lockie McClave	1997	15-May	Spring Challenge
12.44	Nathan Kalmakoff	1997	18-Jun	Classic
12.52	Sean Thuna	1997	15-May	Spring Challenge
12.99	Ben Meister	1998	15-May	Spring Challenge

**Male 100m      2009 R McKay 11.07**

11.18	Ryan McKay	1993	June	HS Cities
11.25	Alex Bymoen	1994	March	Las Vegas
11.65P	Alex Smith	1993	18-Jun	Classic
11.76P	Nicholas Buettner	1995	18-Jun	Classic
11.79P	Bryce Clements	1994	18-Jun	Classic
12.07	Alex Ivan	1994	15-Jul	NB #3
12.10	Isaac Rynn	1989	08-May	NB 1
12.32P	Tyler Sklenka	1996	June	Prov
12.33F	Paul Boudreau	1994	15-May	Spring Challenge
12.48F	Drew Crawford	1994	15-May	Spring Challenge
12.53	Casey Yuen	1994	15-May	Spring Challenge
12.56	Daniel Yee	1994	18-Jun	Classic
12.59	Rui Dong	1995	15-Jul	NB #3
12.61	Tim Newman	1995	18-Jun	Classic
12.80	Thomas Kellner	1994	March	Las Vegas
12.84	Alex McDuffie	1996	18-Jun	Classic
12.90	Austin Ost	1995	15-Jul	NB #3
12.90	Scott McClure	1996	18-Jun	Classic
12.99	Rhykel Biedermann	1994	14-May	Dino HS
13.18	Patrick Lyster	1996	24-Jul	Summer Games
13.27	Abtin Motamedi	1996	June	Prov
13.44	Matthew Springer	1995	18-Jun	Classic
13.55CE	Rowan McClave	1995	15-May	Spring Challenge
14.11	Jackson Shulz	1996	18-Jun	Classic
14.19	Thomas Wood	1994	18-Jun	Classic
14.61	Alex Charlesworth	1997	08-May	NB 1
14.80	Liam Kuppe	1998	30-May	Hershey Zone
15.85	Lockie McClave	1997	08-May	NB 1
15.95	Nathan Kalmakoff	1997	08-May	NB 1
17.23	Ty Fitzgerald	2000	30-May	Hershey Zone
17.36	Eric Foster	1996	08-May	NB 1
18.55	Matthew Schalm	1996	08-May	NB 1

**Male 150m      2010 A Charlesworth 21.73**

21.73	Alex Charlesworth	1997	June	Prov
23.10	Patrick Meister	1997	15-May	Spring Challenge
23.19	Nathan Kalmakoff	1997	15-May	Spring Challenge
23.25	Sean Thuna	1997	15-May	Spring Challenge
25.41	Michael Bhatla	1997	15-May	Spring Challenge

**Male 200m      2010 M Saizew 22.51**

22.51	Mike Saizew	1987	22-May	NB 2
23.00	Trent Ratzlaff	1986	08-May	NB 1
23.02F	Ryan McKay	1993	15-May	Spring Challenge
23.27P	Alex Smith	1993	June	HS Prov
23.58	Dillon Popkes	1991	18-Jun	Classic
23.42	Alex Bymoer	1994	June	HS Cities
24.11	Steven Clark	1991	08-May	NB 1
24.11P	Alex Ivan	1994	June	Prov
24.47P	Bryce Clements	1994	18-Jun	Classic
24.51P	Felix Li	1989	15-May	Spring Challenge
24.64	Isaac Rynn	1989	08-May	NB 1
24.76P	Nicholas Buettner	1995	June	Prov
25.44	Paul Boudreau	1994	June	Prov
25.76P	Tyler Sklenka	1996	15-May	Spring Challenge
25.76	Casey Yuen	1994	22-May	NB 2
26.08	Tim Newman	1995	18-Jun	Classic
26.51	Rui Dong	1995	15-May	Spring Challenge
26.52	Alex McDuffie	1996	June	Prov
26.96	Scott McClure	1996	15-May	Spring Challenge
27.17	Thomas Kellner	1994	08-May	NB 1
27.57	Yoga Budiman	1994	12-May	Dino HS
28.06	Abtin Motamedi	1996	June	Prov
28.30	Brent Stephen	1996	15-May	Spring Challenge
29.97	Jackson Shulz	1996	22-May	NB 2
30.00	Liam Kuppe	1998	30-May	Hershey Zone
30.13	Charlie Meister	1995	15-May	Spring Challenge
30.38	Thomas Wood	1994	22-May	NB 2
30.99	Alex Charlesworth	1997	08-May	NB 1
34.37	Eric Foster	1996	15-May	Spring Challenge
35.00	Ty Fitzgerald	2000	30-May	Hershey Zone

**Male 300m      2007 A Duhault 38.72**

40.26	Nicholas Buettner	1995	25-Jul	Mid/Youth Champ
40.27	Tyler Sklenka	1996	24-Jul	Summer Games
41.36	Tim Newman	1995	18-Jun	Classic
41.59	Rui Dong	1995	15-May	Spring Challenge
43.04	Alex McDuffie	1996	18-Jun	Classic
43.37	Patrick Lyster	1996	18-Jun	Classic
44.27	Abtin Motamedi	1996	June	Prov
45.02	Brent Stephen	1996	15-May	Spring Challenge

45.03	Matthew Springer	1995	15-May	Spring Challenge
48.74	Brent Bester	1995	15-May	Spring Challenge
49.13	Scott McClure	1996	15-May	Spring Challenge
49.24	Jackson Schulz	1996	16-Jun	Classic

**Male 400m      2008 T Ratzlaff 47.07**

48.36	Mike Saizew	1987	18-Jun	Classic
49.08	Trent Ratzlaff	1986	18-Jun	Classic
51.42	Alex Smith	1993	10-Jul	Sen Prov
52.38	Alex Ivan	1994	18-Jun	Classic
52.91	Brandon Fong	1993	18-Jun	Classic
52.92	Steven Clark	1991	15-May	Spring Challenge
53.49	Scott Ratzlaff	1990	10-Jul	Sen Prov
54.92	Bryce Clements	1994	15-May	Spring Challenge
55.50	Mike Young	1988	10-Jul	Sen Prov
55.84	Jeff Melling	1994	June	Prov
56.27	Thomas Kellner	1994	18-Jun	Classic
57.90	Paul Boudreau	1994	15-May	Spring Challenge
59.08	Casey Yuen	1994	15-May	Spring Challenge
1.26.00	Aidan MacNichol	2000	30-May	Hershey Zone

**Male 600m      2007 M Saizew 1.21.08**

2.08.85	Brennan O'Yeung	1999	18-Jun	Classic
2.13.19	Ty Fitzgerald	2000	18-Jun	Classic
2.16.57	Kieran Murphy	2001	18-Jun	Classic

**Male 800m      2010 M Saizew 1.49.68**

1.49.68	Mike Saizew	1987	07-Jul	Victoria
1.53.12	Trent Ratzlaff	1986	16-Apr	Mt Sac
1.58.18	Gareth Hadfield	1992	June	HS Prov
1.58.61	Abdel Dib	1989	10-Jul	Sen prov
1.58.83	Chris Fitzgibbon	1994	15-Jul	NB #3
1.59.19	Calum Neff	1984	08-May	NB 1
2.00.46	Nyial Majock	1990	18-Jun	Classic
2.03.69	Brandon Fong	1993	June	Prov
2.04.86	Sean Foster	1994	18-Jun	Classic
2.05.72	Scott Ratzlaff	1990	18-Jun	Classic
2.08.24	Kedir Ababushan	1994	June	Prov
2.10.26	Merhau Tume	1992	15-May	Spring Challenge
2.11.49	Mike Young	1988	10-Jul	Sen prov
2.12.43	Thomas Kellner	1994	24-Jul	Summer Games
2.15.77	Cuauhti Olguin	1995	12-May	Dino HS
2.27.42	Bahlbi Tume	1994	15-Jul	NB #3
2.28.03	Patrick Lyster	1996	18-Jun	Classic
2.31.96	Brent Bester	1995	18-Jun	Classic
2.43.22	Liam Kuppe	1998	18-Jun	Classic
2.49.00	Patrick Meister	1997	15-May	Spring Challenge

2.49.94	Matthew Springer	1995	18-Jun	Classic
2.55.56	Sean Thuna	1997	18-Jun	Classic
2.56.85	Nathan Kalmakoff	1997	15-May	Spring Challenge
3.02.23	Eric Foster	1996	June	Prov
3.05.07	Michael Bhatla	1997	15-May	Spring Challenge

**Male 1000m 2007 M Sinclair 2.28.16**

3.15.76CE	Patrick Lyster	1996	24-Jul	Summer Games
3.55.48CE	Rowan McClave	1995	15-May	Spring Challenge
3.55.51CE	Jackson Shulz	1996	15-May	Spring Challenge
4.09.36	Ty Fitzgerald	2000	18-Jun	Classic

**Male 1200m 2010 C Olguin 3.24.90**

3.24.90	Cuauhti Olguin	1995	24-Jul	Summer Games
3.47.00	Brent Bester	1995	24-Jul	Summer Games
3.54.45	Patrick Lyster	1996	15-May	Spring Challenge
4.19.07	Matthew Springer	1995	June	Prov
4.28.10	Brent Stephen	1996	18-Jun	Classic
4.30.79	Sean Thuna	1997	15-May	Spring Challenge
4.39.18	Alex Charlesworth	1997	18-Jun	Classic
4.42.36	Ben Meister	1998	15-May	Spring Challenge
4.55.90	Nathan Kalmakoff	1997	18-Jun	Classic
5.07.59	Eric Foster	1996	June	Prov
5.15.10	Michael Bhatla	1997	18-Jun	Classic

**Male 1500m 2007 M Sinclair 3.46.64**

3.58.06	Abdel Dib	1989	18-Jun	Classic
3.59.50	Nyial Majock	1990	05-Jul	Harry Jerome
4.06.29	Gareth Hadfield	1992	June	HS Prov
4.08.20	Calum Neff	1984	15-May	Spring Challenge
4.18.72	Sean Foster	1994	10-Jul	Sen prov
4.19.04	Chris Fitzgibbon	1994	June	Prov
4.24.96	Merhau Tume	1992	June	HS Cities
4.31.73	Kedir Ababushan	1994	June	Prov
4.45.00	Kbrom Dengts	1994	18-Jun	Classic

**Male 1600m 2008 G Hadfield 4.38.89**

5.51.00	Patrick Lyster	1996	30-May	Hershey Zone
7.16.00	Eric Foster	1996	30-May	Hershey Zone

**Male Mile 2008 N Majock 4.25.52**

4.27.16	Abdel Dib	1989	22-May	NB 2
4.54.74	Merhau Tume	1992	22-May	NB 2

**Male 2000m 2009 S Foster 6.24.82**

6.26.80	Cuauhti Olguin	1995	18-Jun	Classic
6.55.38	Brent Bester	1995	18-Jun	Classic
8.11.64	Matthew Springer	1995	June	Prov

**Male 3000m 2006 Nyial M 8.29.20**

9.10.84	Gareth Hadfield	1992	June	HS Prov
9.13.73	Nyial Majock	1990	15-Jul	NB #3
9.16.45	Merhau Tume	1992	June	HS Prov
9.50.66	Kedir Ababushan	1994	June	Prov
10.17.01	Kbrom Dengts	1994	18-Jun	Classic

**Male 5000m 2010 N Majock 14.33.53**

14.33.53	Nyial Majock	1990	31-Jul	Sen Nat
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**Male 10000m 2008 N Majock 30.13.42****Male 60mH 2010 T Fitzgerald 12.89**

12.89	Ty Fitzgerald	2000	18-Jun	Classic	27"
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**Male 80mH 2010 A Charlesworth 13.72 27"  
2010 A Charlesworth 13.74 30"**

13.72	Alex Charlesworth	1997	18-Jun	Classic	27"
13.74	Alex Charlesworth	1997	15-May	Spring Challenge	30"
15.37	Sean Thuna	1997	18-Jun	Classic	27"
16.18	Nathan Kalmakoff	1997	18-Jun	Classic	27"
16.78	Sean Thuna	1997	15-May	Spring Challenge	30"
17.45	Michael Bhatla	1997	18-Jun	Classic	27"
17.58	Nathan Kalmakoff	1997	15-May	Spring Challenge	30"

**Male 100mH 2008 E Clark 13.59 36"  
2010 R McKay 13.40 33"**

13.40	Ryan McKay	1993	June	HS Cities
13.67F	Alex Smith	1993	June	HS Prov
16.14F	Abtin Motamedi	1996	18-Jun	Classic
16.84CE	Patrick Lyster	1996	24-Jul	Summer Games
16.85P	Austin Ost	1995	18-Jun	Classic
17.29P	Rui Dong	1995	June	Prov
17.59F	Nicholas Buettner	1995	18-Jun	Classic
17.68P	Scott McClure	1996	18-Jun	Classic
20.21	Brent Stephen	1996	June	Prov
20.43	Rowan McClave	1995	08-May	NB 1
21.00	Matthew Springer	1995	15-May	Spring Challenge

21.00	Brent Bester	1995	15-May	Spring Challenge	
<b>Male 110mH</b>	<b>2008 E Clark 14.34 39"</b> <b>2010 R McKay 14.77 36"</b> <b>2010 T Ratzlaff 15.36 42"</b>				
14.77F	Ryan McKay	1993	18-Jun	Classic	36"
14.96F	Alex Smith	1993	18-Jun	Classic	36"
15.36P	Trent Ratzlaff	1986	18-Jun	Classic	42"
15.45P	Ryan McKay	1993	18-Jun	Classic	36"
15.52	Stephen Clark	1991	March	Las Vegas	
16.74	Bryce Clements	1994	15-Jul	NB #3	36"
16.94	Felix Li	1989	18-Jun	Classic	42"
17.16	Patrick Lyster	1996	24-Jul	Summer Games	
<b>Male 200mH</b>	<b>2009 B Clements 27.18</b>				
28.85	Rui Dong	1995	June	Prov	
29.69	Abtin Motamedi	1996	June	Prov	
29.94	Austin Ost	1995	15-May	Spring Challenge	
30.36	Patrick Lyster	1996	June	Prov	
31.87	Brent Stephen	1996	15-May	Spring Challenge	
34.48	Brent Bester	1995	22-May	NB 2	
37.60	Sean Thuna	1997	15-May	Spring Challenge	
38.17	Lockie McClave	1997	15-May	Spring Challenge	
<b>Male 300mH</b>	<b>2010 A Smith 39.57</b>				
39.57	Alex Smith	1993	June	Prov	
41.61	Bryce Clements	1994	24-Jul	Summer Games	
<b>Male 400mH</b>	<b>2009 T Ratzlaff 51.67</b>				
53.82	Trent Ratzlaff	1986	18-Jun	Classic	
<b>Male 1500m SC</b>	<b>2010 A Dib 4.24.42</b>				
4.24.42	Abdel Dib	1989	15-Jul	NB #3	
4.28.79	Gareth Hadfield	1992	15-Jul	NB #3	
4.59.83	Cuauhti Olguin	1995	15-Jul	NB #3	
5.09.69	Trent Ratzlaff	1986	15-Jul	NB #3	
5.17.54	Brent Bester	1995	18-Jun	Classic	1496m act
<b>Male 2000m SC</b>	<b>2009 G Hadfield 5.53.73</b>				
6.10.62	Abdel Dib	1989	08-May	NB 1	
6.10.63	Gareth Hadfield	1992	08-May	NB 1	
<b>Male 3000m SC</b>	<b>2010 G Hadfield 9.13.26</b>				



9.13.26	Gareth Hadfield	1992	31-Jul	Sen Nat
9.13.28	Abdel Dib	1989	31-Jul	Sen Nat
10.01.22	Nyial Majock	1990	15-May	Spring Challenge

### Male 2000m Race Walk

#### Male LJ      1m Take Off 2010 T Fitzgerald 3.46

3.46	Ty Fitzgerald	2000	18-Jun	Classic
3.46	Brennan O'Yeung	1999	18-Jun	Classic
2.95	Kieran Murphy	2001	18-Jun	Classic

#### Male LJ      2009 R McKay 6.40

6.34	Ryan McKay	1993	June	HS Prov
6.00	Dillon Popkes	1991	18-Jun	Classic
5.55	Austin Ost	1995	25-Jul	Mid/Youth Champ
5.50	Drew Crawford	1994	14-May	Dino HS
5.49	Thomas Kellner	1994	June	Prov
5.46	Jake Brewster	1994	18-Jun	Classic
5.30	Alex Bymoen	1994	18-Jun	Classic
5.21	Tim Newman	1995	18-Jun	Classic
5.20	Drew Crawford	1994	15-May	Spring Challenge
5.03	Rui Dong	1995	08-May	NB 1
4.90	Matthew Springer	1995	June	Prov
4.75	Abtin Motamedi	1996	15-Jul	NB #3
4.60	Scott McClure	1996	18-Jun	Classic
4.50	Tynan Stack	1995	18-Jun	Classic
4.42	Thomas Wood	1994	08-May	NB 1
4.37CE	Patrick Lyster	1996	15-May	Spring Challenge
4.32	Alex Charlesworth	1997	18-Jun	Classic
4.27CE	Rowan McClave	1995	15-May	Spring Challenge
4.24	Cuauhti Olguin	1995	24-Jul	Summer Games
4.24	Alex McDuffie	1996	18-Jun	Classic
3.82	Jackson Shulz	1996	15-May	Spring Challenge
3.82	Brent Bester	1995	15-May	Spring Challenge
3.81	Sean Thuna	1997	15-May	Spring Challenge
3.55	Lockie McClave	1997	08-May	NB 1
3.53	Nathan Kalmakoff	1997	18-Jun	Classic
3.50	Ben Meister	1998	15-May	Spring Challenge
3.32	Brent Stephen	1996	June	Prov

#### Standing LJ      2010 S McClure 2.44

2.44	Scott McClure	1996	30-May	Hershey Zone
2.39	Alex McDuffie	1996	30-May	Hershey Zone
2.21	Patrick Lyster	1996	30-May	Hershey Zone
2.12	Sean Thuna	1997	30-May	Hershey Zone

2.03	Ben Meister	1998	30-May	Hershey Zone
1.74	Ty Fitzgerald	2000	30-May	Hershey Zone

**Male TJ                    2010 R McKay 13.60**

13.60	Ryan McKay	1993	June	Prov
11.88	Austin Ost	1995	06-Aug	Legion Nat
10.76	Thomas Kellner	1994	24-Jul	Summer Games
9.82	Tynan Stack	1995	18-Jun	Classic

**Male HJ                    2010 J Brewster 1.93**

1.93	Jake Brewster	1994	June	Prov
1.80	Dillon Popkes	1991	18-Jun	Classic
1.60	Alex Ivan	1994	June	Prov
1.55	Matthew Springer	1995	15-May	Spring Challenge
1.55	Alex McDuffie	1996	18-Jun	Classic
1.50	Drew Crawford	1994	18-Jun	Classic
1.50	Austin Ost	1995	June	Prov
1.50	Thomas Kellner	1994	24-Jul	Summer Games
1.45	Alex Charlesworth	1997	18-Jun	Classic
1.39CE	Rowan McClave	1995	15-May	Spring Challenge
1.35	Nathan Kalmakoff	1997	22-May	NB 2
1.35	Thomas Wood	1994	22-May	NB 2
1.30CE	Patrick Lyster	1996	15-May	Spring Challenge
1.25	Michael Bhatla	1997	15-May	Spring Challenge
1.15CE	Jackson Shulz	1996	15-May	Spring Challenge
1.15	Lockie McClave	1997	15-May	Spring Challenge
1.15	Sean Thuna	1997	June	Prov
1.10	Ty Fitzgerald	2000	18-Jun	Classic

**Male Shot Put            2007 A Bymoen 11.43 - 3 kg**  
**2010 R Sceviour 13.35 - 4 kg**  
**2010 V Khudych 12.73 - 5 kg**

13.35	Ryan Sceviour	1995	18-Jun	Classic	4kg
12.73	Volodymyr Khudych	1993	18-Jun	Classic	5kg
11.84	Tynan Stack	1995	18-Jun	Classic	4kg
11.71	Alex Bymoen	1994	June	Prov	5 kg
10.47	Austin Ost	1995	25-Jul	Mid/Youth Champ	4kg
10.39	James Tiberio	1994	15-May	Spring Challenge	5 kg
10.04	Daniel Yee	1994	18-Jun	Classic	5 kg
8.61	Alex Charlesworth	1997	15-May	Spring Challenge	3 kg
8.39	Matthew Schalm	1996	18-Jun	Classic	4kg
8.2	Rowan McClave	1995	22-May	NB 2	4 kg
7.47	Brent Bester	1995	15-May	Spring Challenge	4 kg
7.36	Nolan Osiowy	1997	18-Jun	Classic	3 kg
7.31	Nathan Kalmakoff	1997	18-Jun	Classic	3 kg
6.25CE	Patrick Lyster	1996	24-Jul	Summer Games	
6.09	Brent Stephen	1996	June	Prov	4kg

5.96	Brennan O'Yeung	1999	18-Jun	Classic	3 kg
5.77	Sean Thuna	1997	18-Jun	Classic	3 kg
5.59	Eric Foster	1996	15-May	Spring Challenge	4 kg
5.50CE	Jackson Shulz	1996	15-May	Spring Challenge	4 kg
4.87	Michael Bhatla	1997	15-May	Spring Challenge	3 kg
4.19	Ty Fitzgerald	2000	18-Jun	Classic	3 kg
3.34	Kieran Murphy	2001	18-Jun	Classic	3 kg

**Male Javelin**  
**2010 A Ost 45.27 600g**  
**2010 A Ivan 40.53 700g**  
**2010 V Khudych 37.98 800g**

45.27	Austin Ost	1995	18-Jun	Classic	600g
40.53	Alex Ivan	1994	18-Jun	Classic	700g
37.98	Volodymyr Khudych	1994	June	HS Prov	800g
36.04	Tynan Stack	1995	18-Jun	Classic	600g
32.98	James Tiberio	1994	18-Jun	Classic	700g
32.67	Daniel Yee	1994	18-Jun	Classic	700g
31.65	Drew Crawford	1994	18-Jun	Classic	700g
29.97	Matthew Schalm	1996	24-Jul	Summer Games	
28.84	Abdel Dib	1989	22-May	NB 2	
19.31	Rowan McClave	1995	22-May	NB 2	600g
13.69	Eric Foster	1996	June	Prov	600g

**Male Discus**  
**2010 R Sceviour 35.78 1kg**  
**2010 D Yee 28.85 1.5kg**  
**2010 A Charlesworth 22.32 750g**

35.78	Ryan Sceviour	1995	18-Jun	Classic	1 kg
31.74	Tynan Stack	1995	18-Jun	Classic	1 kg
31.53	Scott McClure	1996	08-May	NB 1	
29.11	Austin Ost	1995	25-Jul	Mid/Youth Champ	
28.85	Daniel Yee	1994	10-Jul	Sen Prov	1.5 kg
27.51	James Tiberio	1994	18-Jun	Classic	1.5kg
26.32	Matthew Schalm	1996	24-Jul	Summer Games	
22.97	Rui Dong	1995	15-May	Spring Challenge	1 kg
22.32	Alexander Charlesworth	1997	18-Jun	Classic	750g
21.33	Nathan Kalmakoff	1997	18-Jun	Classic	750g
20.46	Matthew Springer	1995	15-May	Spring Challenge	1 kg
18.77	Rowan McClave	1995	08-May	NB 1	
18.77	Nolan Osiowy	1997	18-Jun	Classic	750g
14.65	Sean Thuna	1997	18-Jun	Classic	750g
13.52	Eric Foster	1996	18-Jun	Classic	1 kg
12.88	Lockie McClave	1997	08-May	NB 1	
11.80	Michael Bhatla	1997	18-Jun	Classic	750g
9.87	Ty Fitzgerald	2000	18-Jun	Classic	750g

**Hammer Throw**  
**2010 D Yee 33.27 5kg**  
**2009 D Yee 32.22 4 kg**

**2009 A Toms 20.28 6 kg**

33.27	Daniel Yee	1994	10-Jul	Sen Prov	5kg
23.69	Tynan Stack	1995	18-Jun	Classic	4 kg

**Male PV 2007 F Li 2.80****Male Ball Throw 2008 A Bymoen 59.32**

50.56	Matthew Schalm	1996	30-May	Hershey Zone
46.53	Alex Charlesworth	1997	15-May	Spring Challenge
35.32	Nathan Kalmakoff	1997	15-May	Spring Challenge
33.72	Ben Meister	1998	15-May	Spring Challenge
23.99	Lockie McClave	1997	15-May	Spring Challenge
22.04	Aidan MacNichol	2000	30-May	Hershey Zone

**Male Strength Triathlon 2008 A Charlesworth 693****Male Stamina Triathlon 2008 A Charlesworth 651****Male Speed Triathlon 2008 A Charlesworth 640****Male Speed Tetrathlon 2007 A Bymoen 1355****Male Stamina Tetrathlon 2007 A Bymoen 1320****Male Throws Tetrathlon 2007 A Bymoen 1328****Male Jumps Tetrathlon 2008 A Ost 565****Male Pent 2008 S Babcock 2913**

1685	Patrick Lyster	1996	24-Jul	Summer Games
1534	Rowan McClave	1995	15-May	Spring Challenge
898	Jackson Shulz	1996	15-May	Spring Challenge

**Male Octathalon**











































