

Worksheet 1: Indoor Season Bests 2010 2011

Indoor Season Bests 2010 2011

INDOOR SEASON BESTS 2010/2011

| MARK | NAME | Y OF B | DATE | MEET |
|--------------------|---------------------------|--------|--------|-------------|
| Female 60 m | 09/10 N Charlesworth 7.97 | | | |
| 7.98 | Sarah Hughes | 1994 | 4-Dec | Dino #1 |
| 8.00f | Nicky Charlesworth | 1994 | 29-Jan | Dino #3 |
| 8.23 | Ellie Hirst | 1995 | 29-Jan | Dino #3 |
| 8.26s | Meghan Lim | 1997 | 12-Mar | Provincials |
| 8.27s | Melissa Hazen | 1994 | 12-Mar | Provincials |
| 8.38s | Nicole Squires | 1995 | 12-Mar | Provincials |
| 8.39f | Melanie Craig | 1990 | 29-Jan | Dino #3 |
| 8.40p | Emily Wilson-Bodnar | 1996 | 12-Mar | Provincials |
| 8.46s | Jessica Kalmakoff | 1995 | 12-Mar | Provincials |
| 8.51p | Antha Dietrich-Henderson | 1996 | 12-Mar | Provincials |
| 8.65 | Jasmine Galey | 1995 | 12-Mar | Provincials |
| 8.65p | Quinn Rausch | 1996 | 12-Feb | AB Indoor |
| 8.85 | Emma Chong | 1998 | 8-Jan | Dino #2 |
| 8.93 | Lauren Garnett | 1995 | 29-Jan | Dino #3 |
| 9.07ME | Mia Hull | 1998 | 12-Feb | AB Indoor |
| 9.08 | Siri Svensson | 1996 | 4-Dec | Dino #1 |
| 9.10 | Lauren Fridman | 1996 | 4-Dec | Dino #1 |
| 9.10 | Georgia Dupuis | 1998 | 8-Jan | Dino #2 |
| 9.25 | Marissa Stirling | 1998 | 4-Dec | Dino #1 |
| 9.28 | Delainy Conibear | 1997 | 4-Dec | Dino #1 |
| 9.37 | Rita Guistainis | 1996 | 8-Jan | Dino #2 |
| 9.39 | Anna Glover | 1997 | 29-Jan | Dino #3 |
| 9.45 | Sarah Voglewede | 1997 | 4-Dec | Dino #1 |
| 9.48 | Madelaine Yee | 1997 | 12-Mar | Provincials |
| 9.54ME | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 9.57 | Jill Girgulis | 1997 | 12-Feb | AB Indoor |
| 9.62 | Lauren Kruger | 1997 | 12-Mar | Provincials |
| 9.62 | Ashley Sherlow | 1995 | 29-Jan | Dino #3 |
| 9.64ME | Grace Hilton | 1999 | 12-Feb | AB Indoor |
| 9.68 | Leah Rush | 1995 | 4-Dec | Dino #1 |
| 9.71ME | Heather Wood | 1998 | 12-Feb | AB Indoor |
| 9.95ME | Kiannah Wright | 1998 | 12-Feb | AB Indoor |

Indoor Season Bests 2010 2011

| | | | | |
|---------|------------------|------|--------|-------------|
| 9.95 | Hailey Allegro | 1995 | 4-Dec | Dino #1 |
| 9.97ME | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 10.00 | Claudia Belanger | 1996 | 29-Jan | Dino #3 |
| 10.44ME | Cameron Knowles | 1999 | 12-Mar | Provincials |
| 10.68 | Stella Jones | 2000 | 8-Jan | Dino #2 |
| 10.87ME | Kate Conway | 1998 | 12-Mar | Provincials |
| 11.25 | Alex Matsuoka | 2002 | 29-Jan | Dino #3 |
| 12.06 | Verity Boylan | 2002 | 29-Jan | Dino #3 |
| 12.26 | Sarah Bodnar | 2001 | 29-Jan | Dino #3 |

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

| | | | | |
|---------|------------------|------|--------|-------------|
| 22.34 | Emma Chong | 1998 | 29-Jan | Dino #3 |
| 22.53ME | Georgia Dupuis | 1998 | 12-Mar | Provincials |
| 22.63ME | Mia Hull | 1998 | 12-Mar | Provincials |
| 22.87 | Marissa Stirling | 1998 | 29-Jan | Dino #3 |
| 23.25 | Anna Glover | 1997 | 4-Dec | Dino #1 |
| 23.64ME | Grace Hilton | 1999 | 12-Mar | Provincials |
| 23.84ME | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 24.04 | Madelaine Yee | 1997 | 4-Dec | Dino #1 |
| 24.29 | Heather Wood | 1998 | 29-Jan | Dino #3 |
| 24.40ME | Kiannah Wright | 1998 | 12-Mar | Provincials |
| 24.57ME | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 25.16 | Lauren Yardley | 1999 | 29-Jan | Dino #3 |
| 26.51 | Cameron Knowles | 1999 | 8-Jan | Dino #2 |
| 27.43ME | Kate Conway | 1998 | 12-Mar | Provincials |
| 27.61 | Stella Jones | 2000 | 8-Jan | Dino #2 |
| 28.98 | Alex Matsuoka | 2002 | 29-Jan | Dino #3 |
| 29.51 | Marie-May Arnaud | 2001 | 29-Jan | Dino #3 |
| 32.25 | Verity Boylan | 2002 | 29-Jan | Dino #3 |
| 34.60 | Sarah Bodnar | 2001 | 29-Jan | Dino #3 |

Female 200m 09/10 M Beatch 26.16

| | | | | |
|-------|--------------------|------|--------|-------------|
| 26.68 | Ellie Hirst | 1995 | 12-Mar | Provincials |
| 26.81 | Sarah Hughes | 1994 | 12-Mar | Provincials |
| 26.94 | Nicky Charlesworth | 1994 | 22-Jan | Golden Bear |
| 27.58 | Jessica Kalmakoff | 1995 | 12-Mar | Provincials |

Indoor Season Bests 2010 2011

| | | | | |
|--------|--------------------------|------|--------|-------------|
| 27.73 | Nicole Squires | 1995 | 12-Mar | Provincials |
| 27.87 | Meghan Lim | 1997 | 12-Mar | Provincials |
| 28.11 | Antha Dietrich-Henderson | 1996 | 12-Mar | Provincials |
| 28.14 | Melissa Hazen | 1994 | 12-Mar | Provincials |
| 28.81 | Jasmine Galey | 1995 | 12-Mar | Provincials |
| 29.60p | Emily Wilson-Bodnar | 1996 | 22-Jan | Golden Bear |
| 29.69 | Rachel Yee | 1992 | 12-Mar | Provincials |
| 29.93 | Quinn Rausch | 1996 | 12-Mar | Provincials |
| 31.69 | Sarah Voglewede | 1997 | 12-Mar | Provincials |
| 32.38 | Madelaine Yee | 1997 | 12-Mar | Provincials |

Female 300m 06/07 H. Ratzlaff 40.32

| | | | | |
|--------|--------------------------|------|--------|---------------|
| 40.99 | Holly Ratzlaff | 1984 | 5-Feb | Bison Classic |
| 42.84f | Sarah Hughes | 1994 | 12-Feb | AB Indoor |
| 43.20 | Ellie Hirst | 1995 | 29-Jan | Dino #3 |
| 43.87 | Melanie Craig | 1990 | 29-Jan | Dino #3 |
| 44.12 | Gloria Kanuka | 1991 | 29-Jan | Dino #3 |
| 44.77p | Nicole Squires | 1995 | 12-Feb | AB Indoor |
| 44.85p | Antha Dietrich-Henderson | 1996 | 12-Feb | AB Indoor |
| 45.53 | Nikki Barlow | 1990 | 22-Jan | Golden Bear |
| 46.37 | Jasmine Galey | 1995 | 4-Dec | Dino #1 |
| 46.47 | Rachel Yee | 1992 | 22-Jan | Golden Bear |
| 47.38 | Meghan Lim | 1997 | 29-Jan | Dino #3 |
| 47.71 | Lauren Fridman | 1996 | 12-Mar | Provincials |
| 47.88 | Quinn Rausch | 1996 | 12-Feb | AB Indoor |
| 48.44 | Siri Svensson | 1996 | 4-Dec | Dino #1 |
| 49.12 | Emily Wilson-Bodnar | 1996 | 8-Jan | Dino #2 |
| 49.60 | Sarah Voglewede | 1997 | 12-Mar | Provincials |
| 49.87 | Rita Gustainis | 1996 | 29-Jan | Dino #3 |
| 50.17 | Claudia Belanger | 1996 | 29-Jan | Dino #3 |
| 51.13 | Delainy Conibear | 1997 | 29-Jan | Dino #3 |
| 51.23 | Lauren Kruger | 1997 | 12-Mar | Provincials |
| 51.55 | Ashley Sherlow | 1995 | 29-Jan | Dino #3 |
| 51.79 | Anna Glover | 1997 | 8-Jan | Dino #2 |
| 52.01 | Leah Rush | 1995 | 29-Jan | Dino #3 |
| 56.29 | Deniz Kaya | 1992 | 29-Jan | Dino #3 |

Indoor Season Bests 2010 2011

Female 400m 09/10 M Beatch 59.20

| | | | | |
|---------|-----------------|------|--------|-------------|
| 1.00.54 | Ellie Hirst | 1995 | 12-Mar | Provincials |
| 1.03.47 | Nikki Barlow | 1990 | 12-Mar | Provincials |
| 1.04.14 | Nicole Squires | 1995 | 12-Mar | Provincials |
| 1.05.25 | Jasmine Galeley | 1995 | 12-Mar | Provincials |
| 1.05.47 | Rachel Yee | 1992 | 12-Mar | Provincials |

Female 600m 06/07 H. Ratzlaff 1.29.51

| | | | | |
|-----------|------------------|------|--------|---------------|
| 1.36.33 | Holly Ratzlaff | 1984 | 12-Feb | AB Indoor |
| 1.37.82 | Gloria Kanuka | 1991 | 25-Feb | CW's |
| 1.41.71 | Nikki Barlow | 1990 | 5-Feb | Bison Classic |
| 1.43.37 | Melanie Craig | 1990 | 12-Feb | AB Indoor |
| 1.43.43 | Katelyn Campbell | 1995 | 12-Feb | AB Indoor |
| 1.44.27 | Adrienne Erdman | 1994 | 8-Jan | Dino #2 |
| 1.48.43 | Rachel Yee | 1992 | 22-Jan | Golden Bear |
| 1.51.46 | Lauren Fridman | 1996 | 8-Jan | Dino #2 |
| 1.54.96 | Jill Girgulis | 1997 | 12-Feb | AB Indoor |
| 1.55.30ME | Grace Hilton | 1999 | 12-Mar | Provincials |
| 1.56.34 | Claudia Belanger | 1996 | 8-Jan | Dino #2 |
| 1.58.43ME | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 2.05.79ME | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 2.06.60ME | Heather Wood | 1998 | 12-Feb | AB Indoor |
| 2.07.38 | Sarah Voglewede | 1997 | 8-Jan | Dino #2 |
| 2.08.59ME | Mia Hull | 1998 | 12-Mar | Provincials |
| 2.08.61ME | Georgia Dupuis | 1998 | 12-Feb | AB Indoor |
| 2.08.70ME | Emma Chong | 1998 | 12-Mar | Provincials |
| 2.09.67ME | Kiannah Wright | 1998 | 12-Feb | AB Indoor |
| 2.14.63 | Cameron Knowles | 1999 | 12-Mar | Provincials |
| 2.17.93 | Stella Jones | 2000 | 8-Jan | Dino #2 |
| 2.33.44ME | Kate Conway | 1998 | 12-Feb | AB Indoor |

Female 800m 08/09 H. Sim 2.17.18

| | | | | |
|---------|-----------------|------|--------|-------------|
| 2.29.22 | Katie Campbell | 1995 | 12-Mar | Provincials |
| 2.30.71 | Adrienne Erdman | 1994 | 12-Mar | Provincials |
| 2.33.25 | Nikki Barlow | 1990 | 12-Mar | Provincials |

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| | | | | |
|-----------|---------------------|------|--------|-------------|
| 2.34.20 | Claudia Belanger | 1996 | 12-Mar | Provincials |
| 2.34.50CE | Nicky Charlesworth | 1994 | 12-Feb | AB Indoor |
| 2.37.41 | Lauren Fridman | 1996 | 12-Mar | Provincials |
| 2.39.39 | Jill Girgulis | 1997 | 12-Mar | Provincials |
| 2.46.93CE | Emily Wilson-Bodnar | 1996 | 12-Feb | AB Indoor |
| 2.47.61ME | Grace Hilton | 1999 | 12-Mar | Provincials |
| 2.47.86 | Sarah Voglewede | 1997 | 4-Dec | Dino #1 |
| 2.48.88 | Jessica Kalmakoff | 1995 | 4-Dec | Dino #1 |
| 2.51.43ME | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 2.51.50ME | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 2.53.82 | Marissa Stirling | 1998 | 4-Dec | Dino #1 |
| 2.57.93 | Lauren Garnett | 1995 | 4-Dec | Dino #1 |
| 3.02.42 | Delainy Conibear | 1997 | 4-Dec | Dino #1 |
| 3.03.11 | Leah Rush | 1995 | 4-Dec | Dino #1 |
| 3.07.94ME | Georgia Dupuis | 1998 | 12-Mar | Provincials |
| 3.10.50ME | Cameron Knowles | 1999 | 12-Mar | Provincials |
| 3.10.69CE | Madelaine Yee | 1997 | 12-Feb | AB Indoor |
| 3.20.61 | Kiannah Wright | 1998 | 4-Dec | Dino #1 |

Female 1000m 08/09 H Sim 2.49.87

| | | | | |
|---------|------------------|------|--------|-----------|
| 2.57.39 | Gloria Kanuka | 1991 | 25-Feb | CW's |
| 3.13.53 | Adrienne Erdman | 1994 | 12-Feb | AB Indoor |
| 3.20.25 | Claudia Belanger | 1996 | 12-Feb | AB Indoor |
| 3.30.80 | Lauren Fridman | 1996 | 29-Jan | Dino #3 |
| 3.35.13 | Sarah Voglewede | 1997 | 12-Feb | AB Indoor |
| 3.40.22 | Katie Campbell | 1995 | 29-Jan | Dino #3 |
| 3.46.02 | Marissa Stirling | 1998 | 29-Jan | Dino #3 |
| 3.48.38 | Jill Girgulis | 1997 | 29-Jan | Dino #3 |
| 3.52.37 | Caitlin Yardley | 1998 | 29-Jan | Dino #3 |
| 3.53.00 | Leah Rush | 1995 | 29-Jan | Dino #3 |
| 3.56.75 | Delainy Conibear | 1997 | 29-Jan | Dino #3 |
| 3.57.71 | Grace Hilton | 1999 | 29-Jan | Dino #3 |
| 3.59.46 | Lauren Yardley | 1999 | 29-Jan | Dino #3 |
| 4.10.80 | Kiannah Wright | 1998 | 29-Jan | Dino #3 |
| 4.14.89 | Heather Wood | 1998 | 29-Jan | Dino #3 |
| 4.18.71 | Cameron Knowles | 1999 | 29-Jan | Dino #3 |
| 5.09.55 | Sarah Bodnar | 2001 | 29-Jan | Dino #3 |

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Female 1200m 10/11 C Belanger 4.02.84

| | | | | |
|---------|------------------|------|--------|-------------|
| 4.02.84 | Claudia Belanger | 1996 | 12-Feb | AB Indoor |
| 4.15.28 | Jill Girgulis | 1997 | 12-Feb | AB Indoor |
| 4.21.44 | Sarah Voglewede | 1997 | 12-Mar | Provincials |
| 4.43.52 | Marissa Stirling | 1998 | 8-Jan | Dino #2 |
| 5.02.52 | Stella Jones | 2000 | 8-Jan | Dino #2 |

Female 1500m 08/09 H Sim 4.31.15

| | | | | |
|---------|------------------|------|--------|-------------|
| 5.05.30 | Adrienne Erdman | 1994 | 12-Feb | AB Indoor |
| 5.42.32 | Katelyn Campbell | 1995 | 12-Mar | Provincials |
| 6.04.00 | Leah Rush | 1995 | 8-Jan | Dino #2 |

Female Mile 08/09 H Sim 4.52.21

Female 2000m 10/11 C Belanger 7.04.47

| | | | | |
|---------|------------------|------|--------|-------------|
| 7.04.47 | Claudia Belanger | 1996 | 12-Mar | Provincials |
| 7.41.03 | Jill Girgulis | 1997 | 12-Mar | Provincials |
| 7.52.77 | Sarah Voglewede | 1997 | 12-Mar | Provincials |

Female 3000m 06/07 9.58.28 T. Dressler

| | | | | |
|----------|----------------|------|--------|-----------|
| 12.33.61 | Katie Campbell | 1995 | 12-Feb | AB Indoor |
|----------|----------------|------|--------|-----------|

Female 60m h 10/11 N Charlesworth 8.73 30"
10/11 N Charlesworth 9.08 33"

| | | | | | |
|---------|-----|---------------------|------|--------|-------------|
| 9.08p | 33" | Nicky Charlesworth | 1994 | 18-Feb | Simplot |
| 8.73f | 30" | Nicky Charlesworth | 1994 | 12-Mar | Provincials |
| 9.74p | 30" | Nicole Squires | 1995 | 12-Mar | Provincials |
| 10.09 | 30" | Emily Wilson-Bodnar | 1996 | 12-Mar | Provincials |
| 10.56CE | 30" | Laurern Garnett | 1995 | 12-Feb | AB Indoor |
| 11.09 | 30" | Meghan Lim | 1997 | 12-Mar | Provincials |
| 11.49 | 30" | Jessica Kalmakoff | 1995 | 12-Mar | Provincials |

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11.88 30" Sarah Voglewede 1997 12-Mar Provincials

Female LJ 10/11 N Charlesworth 5.58

5.58 Nicky Charlesworth 1994 12-Mar Provincials
 5.18 Melissa Hazen 1994 12-Mar Provincials
 4.42 Antha Dietrich-Henderson 1996 12-Mar Provincials
 4.32 Jessica Kalmakoff 1995 12-Mar Provincials
 4.32CE Emily Wilson-Bodnar 1996 12-Feb AB Indoor
 4.07 Sarah Voglewede 1997 12-Mar Provincials
 3.98CE Lauren Garnett 1995 12-Feb AB Indoor
 3.96 Mia Hull 1998 12-Feb AB Indoor
 3.85 Quinn Rausch 1996 12-Mar Provincials
 3.81 Lauren Fridman 1996 12-Mar Provincials
 3.77ME Emma Chong 1998 12-Mar Provincials
 3.69ME Grace Hilton 1999 12-Mar Provincials
 3.65 Meghan Lim 1997 12-Mar Provincials
 3.55ME Lauren Yardley 1999 12-Mar Provincials
 3.52ME Georgia Dupuis 1998 12-Mar Provincials
 3.49 Heather Wood 1998 12-Feb AB Indoor
 3.47 Delainy Conibear 1997 12-Feb AB Indoor
 3.46CE Madelaine Yee 1997 12-Feb AB Indoor
 3.42 Emma Chong 1998 12-Feb AB Indoor
 3.33 Claudia Belanger 1996 12-Mar Provincials
 3.22ME Caitlin Yardley 1998 12-Mar Provincials
 3.21 Lauren Kruger 1997 12-Mar Provincials
 3.15ME Kate Conway 1998 12-Mar Provincials
 2.59ME Kiannah Wright 1998 12-Mar Provincials
 2.30ME Cameron Knowles 1999 12-Mar Provincials

Female TJ 07/08 K. Tse 11.69

9.78 Melissa Hazen 1994 12-Mar Provincials

Female HJ 09/10 N Charlesworth 1.72

1.71CE Nicky Charlesworth 1994 12-Feb AB Indoor
 1.50 Melissa Hazen 1994 12-Feb AB Indoor

Indoor Season Bests 2010 2011

| | | | | |
|--------|---------------------|------|--------|-------------|
| 1.44CE | Emily Wilson-Bodnar | 1996 | 12-Feb | AB Indoor |
| 1.40 | Lauren Fridman | 1996 | 12-Mar | Provincials |
| 1.35 | Quinn Rausch | 1996 | 12-Mar | Provincials |
| 1.35ME | Emma Chong | 1998 | 12-Feb | AB Indoor |
| 1.30 | Sarah Voglewede | 1997 | 12-Mar | Provincials |
| 1.29CE | Lauren Garnett | 1995 | 12-Feb | AB Indoor |
| 1.25ME | Mia Hull | 1998 | 12-Feb | AB Indoor |
| 1.25 | Meghan Lim | 1997 | 12-Mar | Provincials |
| 1.20 | Madelaine Yee | 1997 | 12-Mar | Provincials |
| 1.20ME | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 1.10ME | Grace Hilton | 1999 | 12-Mar | Provincials |
| 1.10ME | Georgia Dupuis | 1998 | 12-Feb | AB Indoor |
| 1.10ME | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 1.10ME | Cameron Knowles | 1999 | 12-Mar | Provincials |
| 1.10 | Jill Girgulis | 1997 | 12-Mar | Provincials |
| 1.10ME | Kate Conway | 1998 | 12-Mar | Provincials |
| 1.10ME | Heather Wood | 1998 | 12-Feb | AB Indoor |
| 1.10ME | Kiannah Wright | 1998 | 12-Feb | AB Indoor |

Female SP 06/07 Jenna Wamsley 10.31

| | | | | |
|------------|---------------------|------|--------|-------------|
| 7.19CE 4kg | Nicky Charlesworth | 1994 | 12-Feb | AB Indoor |
| 6.12CE 4kg | Lauren Garnett | 1995 | 12-Feb | AB Indoor |
| 8.88 3kg | Madelaine Yee | 1997 | 12-Mar | Provincials |
| 7.41CE 3kg | Emily Wilson-Bodnar | 1996 | 12-Feb | AB Indoor |
| 7.10CE 3kg | Sarah Voglewede | 1997 | 12-Feb | AB Indoor |
| 7.02ME 3kg | Mia Hull | 1998 | 12-Feb | AB Indoor |
| 5.54ME 3kg | Georgia Dupuis | 1998 | 12-Mar | Provincials |
| 5.49ME 3kg | Grace Hilton | 1999 | 12-Feb | AB Indoor |
| 5.12 3kg | Jill Girgulis | 1997 | 12-Mar | Provincials |
| 5.12ME 3kg | Emma Chong | 1998 | 12-Feb | AB Indoor |
| 4.57ME 3kg | Kiannah Wright | 1998 | 12-Feb | AB Indoor |
| 4.55ME 3kg | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 4.42ME 3kg | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 4.36ME 3kg | Heather Wood | 1998 | 12-Feb | AB Indoor |
| 4.01ME 3kg | Kate Conway | 1998 | 12-Mar | Provincials |
| 3.07ME 3kg | Cameron Knowles | 1999 | 12-Mar | Provincials |

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Female MB 10/11 M Hull 6.04

| | | | | |
|------|-----------------|------|--------|-------------|
| 6.04 | Mia Hull | 1998 | 12-Mar | Provincials |
| 4.32 | Georgia Dupuis | 1998 | 12-Mar | Provincials |
| 4.28 | Kiannah Wright | 1998 | 12-Mar | Provincials |
| 4.13 | Grace Hilton | 1999 | 12-Mar | Provincials |
| 3.91 | Caitlin Yardley | 1998 | 12-Mar | Provincials |
| 3.86 | Kate Conway | 1998 | 12-Mar | Provincials |
| 3.76 | Heather Wood | 1998 | 12-Feb | AB Indoor |
| 3.65 | Emma Chong | 1998 | 12-Mar | Provincials |
| 3.45 | Lauren Yardley | 1999 | 12-Mar | Provincials |
| 3.41 | Cameron Knowles | 1999 | 12-Mar | Provincials |

Female WT 10/11 M Yee 7.37 7.26kg

| | | | | |
|-------------|---------------|------|--------|-------------|
| 7.37 7.26kg | Madelaine Yee | 1997 | 12-Mar | Provincials |
|-------------|---------------|------|--------|-------------|

Female PV 08/09 L. Schneider 3.20

Female Jumps Tetrathalon 06/07 Nicola Charlesworth 965

Female Speed Tetrathalon 06/07 Nicola Charlesworth 1016

Female Stamina Tetrathalon 07/08 Allison Stephen 920

Female Indoor Pentathalon 08/09 N. Charlesworth 3179 Midget
10/11 N Charlesworth 3400 Youth

| | | | | | |
|------|---------------------|------|--------|-----------|--------|
| 3400 | Nicky Charlesworth | 1994 | 12-Feb | AB Indoor | Youth |
| 2511 | Emily Wilson-Bodnar | 1996 | 12-Feb | AB Indoor | Midget |
| 1926 | Lauren Garnett | 1995 | 12-Feb | AB Indoor | Youth |
| 1842 | Sarah Voglewede | 1997 | 12-Feb | AB Indoor | Midget |
| 1627 | Madelaine Yee | 1997 | 12-Feb | AB Indoor | Midget |

Indoor Season Bests 2010 2011

Male 60m 10/11 I. Rynn 7.13

| | | | | |
|---------|-------------------|------|--------|-------------|
| 7.13sf | Isaac Rynn | 1989 | 12-Feb | AB Indoor |
| 7.40f | Steven Clark | 1991 | 12-Mar | Provincials |
| 7.40p | Alex Smith | 1996 | 22-Jan | Golden Bear |
| 7.47 | Nicholas Buettner | 1995 | 4-Dec | Dino #1 |
| 7.60 | Bryce Clements | 1994 | 8-Jan | Dino #2 |
| 7.62 | Casey Yuen | 1994 | 29-Jan | Dino #3 |
| 7.66 | Alex Ivan | 1994 | 12-Mar | Provincials |
| 7.68f | Taylor LaRiviere | 1994 | 12-Feb | AB Indoor |
| 7.69 | Paul Boudreau | 1994 | 22-Jan | Golden Bear |
| 7.7 | Drew Crawford | 1994 | 12-Mar | Provincials |
| 7.72 | Rui Dong | 1995 | 4-Dec | Dino #1 |
| 7.80 | Thomas Kellner | 1994 | 4-Dec | Dino #1 |
| 7.84 | Abtin Motamedi | 1996 | 8-Jan | Dino #2 |
| 7.87 | Tyler Sklenka | 1996 | 29-Jan | Dino #3 |
| 7.88 | Jordan Graham | 1995 | 8-Jan | Dino #2 |
| 8.09 | Karl Wagner | 1995 | 4-Dec | Dino #1 |
| 8.17 | Matthew Springer | 1995 | 4-Dec | Dino #1 |
| 8.20 | Brent Stephen | 1996 | 8-Jan | Dino #2 |
| 8.21 | Martin Steger | 1996 | 12-Feb | AB Indoor |
| 8.45 | James Faul | 1995 | 4-Dec | Dino #1 |
| 8.49 | Robin Robertson | 1996 | 8-Jan | Dino #2 |
| 8.52 | Kevin Yoo | 1994 | 4-Dec | Dino #1 |
| 8.72 | Harvir Nijjar | 1995 | 4-Dec | Dino #1 |
| 8.94 | Bruce Marsden | 1995 | 4-Dec | Dino #1 |
| 8.95 | Charlie Meister | 1995 | 29-Jan | Dino #3 |
| 9.16 | Sean Thuna | 1997 | 4-Dec | Dino #1 |
| 9.17 | Ben Meister | 1998 | 4-Dec | Dino #1 |
| 9.18 | Nathan Kalmakoff | 1997 | 29-Jan | Dino #3 |
| 9.19 | Addison Wilton | 1997 | 4-Dec | Dino #1 |
| 9.25 | Sahad Vasanji | 1997 | 29-Jan | Dino #3 |
| 9.26 | Patrick Meister | 1997 | 12-Feb | AB Indoor |
| 9.28 | Max Vogelgesang | 1997 | 4-Dec | Dino #1 |
| 9.30 | Ben Meister | 1998 | 8-Jan | Dino #2 |
| 9.39 | Harrison Matsuoka | 1998 | 29-Jan | Dino #3 |
| 10.06 | Ross Ferguson | 1999 | 29-Jan | Dino #3 |
| 10.19ME | Adeem Vasanji | 2000 | 12-Mar | Provincials |

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| | | | | |
|-------|----------------|------|--------|---------|
| 10.31 | Matt Voglewede | 1998 | 8-Jan | Dino #2 |
| 10.79 | Reid Ferguson | 2001 | 29-Jan | Dino #3 |
| 10.90 | Dominic Boylan | 2000 | 29-Jan | Dino #3 |

Male 150 09/10 C Stevens 20.31

| | | | | |
|---------|-------------------|------|--------|-------------|
| 22.71 | Ben Meister | 1998 | 4-Dec | Dino #1 |
| 22.75 | Addison Wilton | 1997 | 4-Dec | Dino #1 |
| 23.21ME | Harrison Matsuoka | 1998 | 12-Mar | Provincials |
| 23.38 | Nathan Kalmakoff | 1997 | 4-Dec | Dino #1 |
| 23.44 | Patrick Meister | 1997 | 4-Dec | Dino #1 |
| 25.42ME | Adeem Vasanji | 2000 | 12-Mar | Provincials |
| 25.61 | Ross Ferguson | 1999 | 29-Jan | Dino #3 |
| 25.87 | Matt Voglewede | 1998 | 29-Jan | Dino #3 |
| 27.71 | Dominic Boylan | 2000 | 29-Jan | Dino #3 |
| 28.07 | Reid Ferguson | 2001 | 29-Jan | Dino #3 |

Male 200m 09/10 S Clark 23.09

| | | | | |
|--------|-------------------|------|--------|-------------|
| 23.47 | Steven Clark | 1991 | 12-Mar | Provincials |
| 23.51 | Alex Ivan | 1994 | 12-Mar | Provincials |
| 24.19p | Alex Smith | 1993 | 22-Jan | Golden Bear |
| 24.44p | Bryce Clements | 1994 | 22-Jan | Golden Bear |
| 25.16 | Nicholas Buettner | 1995 | 12-Mar | Provincials |
| 25.18 | Drew Crawford | 1994 | 12-Mar | Provincials |
| 25.20 | Taylor LaRiviere | 1994 | 12-Mar | Provincials |
| 25.54 | Paul Boudreau | 1994 | 22-Jan | Golden Bear |
| 25.56 | Casey Yuen | 1994 | 12-Mar | Provincials |
| 26.30 | Jordan Graham | 1995 | 12-Mar | Provincials |
| 26.85 | Abtin Motamedi | 1996 | 12-Mar | Provincials |
| 26.97 | Martin Steger | 1996 | 12-Mar | Provincials |
| 27.51 | Robin Robertson | 1996 | 12-Mar | Provincials |
| 29.70 | Charlie Meister | 1995 | 12-Mar | Provincials |
| 32.21 | Nathan Kalmakoff | 1997 | 12-Mar | Provincials |
| 32.54 | Sean Thuna | 1997 | 12-Mar | Provincials |

Male 300m 07/08 Trent Ratzlaff 34.50

Indoor Season Bests 2010 2011

| | | | | |
|--------|-------------------|------|--------|-------------|
| 35.65 | Mike Saizew | 1987 | 4-Dec | Dino #1 |
| 36.60f | Alex Smith | 1993 | 12-Feb | AB Indoor |
| 36.77 | Isaac Rynn | 1989 | 29-Jan | Dino #3 |
| 38.63 | Alex Ivan | 1994 | 4-Dec | Dino #1 |
| 39.29 | Brandon Fong | 1993 | 12-Feb | AB Indoor |
| 39.41 | Mike Young | 1988 | 4-Dec | Dino #1 |
| 39.42 | Bryce Clements | 1994 | 8-Jan | Dino #2 |
| 40.15 | Scott Ratzlaff | 1990 | 22-Jan | Golden Bear |
| 40.32 | Casey Yuen | 1994 | 29-Jan | Dino #3 |
| 40.44 | Stephen Huang | 1990 | 29-Jan | Dino #3 |
| 40.71 | Casey Yuen | 1994 | 12-Feb | AB Indoor |
| 40.72 | Nicholas Buettner | 1995 | 12-Feb | AB Indoor |
| 40.82p | Tyler Sklenka | 1996 | 12-Feb | AB Indoor |
| 41.11 | Richard Reid | 1985 | 29-Jan | Dino #3 |
| 41.84 | Abtin Motamedi | 1996 | 29-Jan | Dino #3 |
| 41.97 | Martin Steger | 1996 | 12-Mar | Provincials |
| 42.35 | Thomas Kellner | 1994 | 8-Jan | Dino 32 |
| 42.62 | Jordan Graham | 1995 | 29-Jan | Dino #3 |
| 43.25 | Robin Robertson | 1996 | 12-Mar | Provincials |
| 43.52 | Brent Stephen | 1996 | 29-Jan | Dino #3 |
| 43.75 | Matthew Springer | 1995 | 29-Jan | Dino #3 |
| 44.09 | Kevin Yoo | 1994 | 29-Jan | Dino #3 |
| 45.11 | Karl Wagner | 1995 | 8-Jan | Dino #2 |
| 48.63 | Patrick Meister | 1997 | 29-Jan | Dino #3 |
| 48.67 | Sahad Vasanji | 1997 | 29-Jan | Dino #3 |
| 48.70 | Addison Wilton | 1997 | 29-Jan | Dino #3 |
| 50.17 | Nathan Kalmakoff | 1997 | 13-Feb | AB Indoor |
| 51.79 | Sean Thuna | 1997 | 8-Jan | Dino #2 |

Male 400m 08/09 T Ratzlaff 48.00

| | | | | |
|---------|-------------------|------|--------|-------------|
| 52.45 | Alex Smith | 1993 | 12-Mar | Provincials |
| 53.67 | Alex Ivan | 1994 | 12-Mar | Provincials |
| 55.99 | Thomas Kellner | 1994 | 12-Mar | Provincials |
| 56.47 | Bryce Clements | 1994 | 12-Mar | Provincials |
| 57.90 | Casey Yuen | 1994 | 12-Mar | Provincials |
| 1.00.52 | Nicholas Buettner | 1995 | 12-Mar | Provincials |

Indoor Season Bests 2010 2011

Male 600m 08/09 T Ratzlaff 1.18.49

| | | | | |
|-----------|-------------------|------|--------|-------------|
| 1.20.74 | Mike Saizew | 1987 | 12-Feb | AB Indoor |
| 1.20.76 | Madison Theriault | 1988 | 12-Feb | AB Indoor |
| 1.30.27 | Chris Fitzgibbon | 1994 | 8-Jan | Dino #2 |
| 1.31.01 | Scott Ratzlaff | 1990 | 12-Feb | AB Indoor |
| 1.32.16 | Mike Young | 1988 | 22-Jan | Golden Bear |
| 1.34.52 | Harvir Nijjar | 1995 | 12-Feb | AB Indoor |
| 1.47.00 | Jordan Graham | 1995 | 8-Jan | Dino #2 |
| 1.47.81 | Charlie Meister | 1995 | 8-Jan | Dino #2 |
| 1.53.69 | Patrick Meister | 1997 | 12-Feb | AB Indoor |
| 1.58.43 | Ben Meister | 1998 | 8-Jan | Dino #2 |
| 1.59.19ME | Harrison Matsuoka | 1998 | 12-Mar | Provincials |
| 1.59.46 | Sean Thuna | 1997 | 12-Feb | AB Indoor |
| 2.00.00 | Rees Goertzen | 2000 | 8-Jan | Dino #2 |
| 2.05.78 | Sean Thuna | 1997 | 8-Jan | Dino #2 |
| 2.11.57ME | Matt Voglewede | 1998 | 12-Mar | Provincials |
| 2.32.86ME | Adeem Vasanji | 2000 | 12-Mar | Provincials |

Male 800m 08/09 M Saizew 1.53.64

| | | | | |
|-----------|-------------------|------|--------|-------------|
| 1.54.75 | Mike Saizew | 1987 | 12-Mar | Provincials |
| 1.57.87 | Madison Theriault | 1988 | 4-Dec | Dino#1 |
| 2.05.98 | Chris Fitzgibbon | 1994 | 12-Mar | Provincials |
| 2.09.73 | Sean Foster | 1994 | 4-Dec | Dino#1 |
| 2.10.49 | Cuauhti Olguin | 1995 | 4-Dec | Dino#1 |
| 2.13.58 | Harvir Nijjar | 1995 | 12-Mar | Provincials |
| 2.15.54 | Thomas Kellner | 1994 | 12-Mar | Provincials |
| 2.20.33 | James Faul | 1995 | 4-Dec | Dino#1 |
| 2.28.79 | Robin Robertson | 1996 | 4-Dec | Dino#1 |
| 2.31.06 | Jordan Graham | 1995 | 4-Dec | Dino#1 |
| 2.31.77 | Matthew Springer | 1995 | 4-Dec | Dino#1 |
| 2.32.39 | Bruce Marsden | 1995 | 4-Dec | Dino#1 |
| 2.32.96 | Charlie Meister | 1995 | 4-Dec | Dino#1 |
| 2.38.89 | Sahad Vasanji | 1997 | 4-Dec | Dino#1 |
| 2.43.22 | Patrick Meister | 1997 | 12-Mar | Provincials |
| 2.43.63 | Max Vogelgesang | 1997 | 4-Dec | Dino#1 |
| 2.43.81ME | Harrison Matsuoka | 1998 | 12-Mar | Provincials |

Indoor Season Bests 2010 2011

| | | | | |
|-------------------|---------------------------|------|--------|---------------|
| 2.50.79 | Graeme Saxberg | 1998 | 4-Dec | Dino#1 |
| 2.53.34 | Sean Thuna | 1997 | 4-Dec | Dino#1 |
| 3.09.59ME | Matt Voglewede | 1998 | 12-Mar | Provincials |
| 3.42.45ME | Adeem VasANJI | 2000 | 12-Mar | Provincials |
| Male 1000m | 10/11 M Theriault 2.28.37 | | | |
| 2.28.37 | Madison Theriault | 1988 | 22-Jan | Golden Bear |
| 2.38.35 | Gareth Hadfield | 1992 | 12-Feb | AB Indoor |
| 2.43.99 | Chris Fitzgibbon | 1994 | 12-Feb | AB Indoor |
| 2.45.82 | Cuauhti Olguin | 1995 | 12-Feb | AB Indoor |
| 2.50.18 | Kedir Ababushan | 1994 | 29-Jan | Dino #3 |
| 2.51.65 | Merhau Tume | 1992 | 29-Jan | Dino #3 |
| 2.51.82 | Sean Foster | 1994 | 5-Feb | Bison Classic |
| 3.01.50 | Kevin Yoo | 1994 | 29-Jan | Dino #3 |
| 3.25.80 | Sahad VasANJI | 1997 | 29-Jan | Dino #3 |
| 3.36.68CE | Abtin Motamedi | 1996 | 12-Feb | AB Indoor |
| 3.30.65 | Matthew Springer | 1995 | 12-Feb | AB Indoor |
| 3.43.81CE | Jordan Graham | 1995 | 12-Feb | AB Indoor |
| 3.44.15CE | Karl Wagner | 1995 | 12-Feb | AB Indoor |
| 3.45.78 | Harrison Matsuoka | 1998 | 29-Jan | Dino #3 |
| 3.48.14 | Sean Thuna | 1997 | 29-Jan | Dino #3 |
| 3.53.03 | Rees Goertzen | 2000 | 29-Jan | Dino #3 |
| 4.11.44 | Matt Voglewede | 1998 | 29-Jan | Dino #3 |
| 4.29.91 | Ross Ferguson | 1999 | 29-Jan | Dino #3 |
| 4.50.44 | Reid Ferguson | 2001 | 29-Jan | Dino #3 |
| Male 1200m | 09/10 C Olguin 3.38.18 | | | |
| 4.06.90 | Sahad VasANJI | 1997 | 12-Mar | Provincials |
| 4.37.79 | Harrison Matsuoka | 1998 | 8-Jan | Dino #2 |
| 4.48.30 | Sean Thuna | 1997 | 12-Mar | Provincials |
| Male 1500m | 10/11 M Theriault 3.56.93 | | | |
| 3.56.93 | Madison Theriault | 1988 | 5-Feb | Bison Classic |
| 4.11.51 | Gareth Hadfield | 1992 | 12-Feb | AB Indoor |
| 4.12.39 | Matt Galea | 1993 | 22-Jan | Golden Bear |

Indoor Season Bests 2010 2011

| | | | | | | | |
|-------------------|-------------------------------|-------------|----------------|---------------|------------|---------|---------|
| 4.19.48 | Merhau Tume | 1992 | 12-Feb | AB Indoor | | | |
| 4.21.66 | Chris Fitzgibbon | 1994 | 12-Mar | Provincials | | | |
| 4.24.38 | Cuauhti Olguin | 1995 | 12-Mar | Provincials | | | |
| 4.26.59 | Sean Foster | 1994 | 12-Mar | Provincials | | | |
| 4.39.87 | Harvir Nijjar | 1995 | 12-Mar | Provincials | | | |
| 4.53.93 | Kevin Yoo | 1994 | 8-Jan | Dino #2 | | | |
| 5.36.03 | Matthew Springer | 1995 | 8-Jan | Dino #2 | | | |
| Male Mile | 10/11 M Theriault 4.13.05 | | | | | | |
| 4.13.05 | Madison Theriault | 1988 | 30-Jan | Seattle | | | |
| Male 2000m | 06/07 Gareth Hadfield 6.47.55 | | | | | | |
| 7.20.39 | Sahad Vasanji | 1997 | 12-Mar | Provincials | | | |
| Male 3000m | 10/11 G Hadfield 8.45.20 | | | | | | |
| 8.45.20 | Gareth Hadfield | 1992 | 25-Feb | CW's | | | |
| 9.03.67 | Matt Galea | 1993 | 5-Feb | Bison Classic | | | |
| 9.22.67 | Merhau Tume | 1992 | 22-Jan | Golden Bear | | | |
| 9.40.76 | Sean Foster | 1994 | 12-Mar | Provincials | | | |
| 10.34.26 | Harvir Nijjar | 1995 | 12-Feb | AB Indoor | | | |
| 11.10.01 | Kevin Yoo | 1994 | 4-Dec | Dino #1 | | | |
| Male 60mH | 08/09 E. Clark 8.30 39" | all results | with age class | specs | Bantam 30" | Juv 36" | Sen 42" |
| | 09/10 A Smith 8.56 36" | | | | Mid 33" | Jun 39" | |
| | 09/10 B Clements 9.20 33" | | | | | | |
| 8.67f 39" | Alex Smith | 1993 | 19-Feb | Simplot | | | |
| 9.03 36" | Bryce Clements | 1994 | 22-Jan | Golden Bear | | | |
| 9.75 36"? | Abtin Motamedi | 1996 | 12-Feb | AB Indoor | | | |
| 9.78 36" | Nicholas Buettner | 1995 | 12-Mar | Provincials | | | |
| 10.24 36" | Karl Wagner | 1995 | 12-Feb | AB Indoor | | | |
| 10.87CE 36" | Karl Wagner | 1995 | 12-Feb | AB Indoor | | | |
| 11.28CE 36" | Jordan Graham | 1995 | 12-Feb | AB Indoor | | | |
| 12.07 36" | Sean Thuna | 1997 | 12-Mar | Provincials | | | |
| 12.35 36" | Nathan Kalmakoff | 1997 | 12-Mar | Provincials | | | |

Indoor Season Bests 2010 2011

| | | | | | |
|-------|-----|-------------------|------|-------|---------|
| 9.83 | 33" | Karl Wagner | 1995 | 4-Dec | Dino #1 |
| 9.89 | 33" | Abtin Motamedi | 1996 | 4-Dec | Dino #1 |
| 10.18 | 33" | Rui Dong | 1995 | 4-Dec | Dino #1 |
| 10.39 | 33" | Nicholas Buettner | 1995 | 4-Dec | Dino #1 |

Male LJ 09/10 R McKay 6.50

| | | | | |
|--------|-------------------|------|--------|-------------|
| 6.15 | Alex Smith | 1993 | 22-Jan | Golden Bear |
| 5.47 | Taylor LaRiviere | 1994 | 12-Feb | AB Indoor |
| 5.42 | Drew Crawford | 1994 | 12-Mar | Provincials |
| 5.40 | Thomas Kellner | 1994 | 12-Feb | AB Indoor |
| 5.11 | Matthew Springer | 1995 | 12-Feb | AB Indoor |
| 5.05CE | Karl Wagner | 1995 | 12-Feb | AB Indoor |
| 4.99 | Paul Boudreau | 1994 | 22-Jan | Golden Bear |
| 4.84CE | Jordan Graham | 1995 | 12-Feb | AB Indoor |
| 4.73CE | Abtin Motamedi | 1996 | 12-Feb | AB Indoor |
| 4.64 | Martin Steger | 1996 | 12-Mar | Provincials |
| 4.63 | Harvir Nijjar | 1995 | 12-Mar | Provincials |
| 4.12 | Nathan Kalmakoff | 1997 | 12-Mar | Provincials |
| 3.86 | Brent Stephen | 1996 | 12-Feb | AB Indoor |
| 3.84 | Sahad VasANJI | 1997 | 12-Mar | Provincials |
| 3.76ME | Harrison Matsuoka | 1998 | 12-Mar | Provincials |
| 3.75 | Patrick Meister | 1997 | 12-Feb | AB Indoor |
| 3.71 | Sean Thuna | 1997 | 12-Feb | AB Indoor |
| 3.70ME | Ben Meister | 1998 | 12-Mar | Provincials |
| 3.03ME | Matt Voglewede | 1998 | 12-Mar | Provincials |
| 2.99ME | Adeem VasANJI | 2000 | 12-Mar | Provincials |

Male TJ 09/10 R McKay 13.76

| | | | | |
|-------|----------------|------|--------|-------------|
| 11.91 | Thomas Kellner | 1994 | 12-Mar | Provincials |
|-------|----------------|------|--------|-------------|

Male HJ 09/10 S Babcock 1.90

| | | | | |
|--------|------------------|------|--------|-----------|
| 1.69 | Karl Wagner | 1995 | 12-Feb | AB Indoor |
| 1.62CE | Jordan Graham | 1995 | 12-Feb | AB Indoor |
| 1.50 | Drew Crawford | 1994 | 12-Feb | AB Indoor |
| 1.50 | Matthew Springer | 1995 | 12-Feb | AB Indoor |

Indoor Season Bests 2010 2011

| | | | | |
|--------|-------------------|------|--------|-------------|
| 1.40 | Nathan Kalmakoff | 1997 | 12-Feb | AB Indoor |
| 1.38CE | Abtin Motamedi | 1996 | 12-Feb | AB Indoor |
| 1.25 | Brent Stephen | 1996 | 12-Feb | AB Indoor |
| 1.20ME | Harrison Matsuoka | 1998 | 12-Mar | Provincials |
| 1.10ME | Ben Meister | 1998 | 12-Mar | Provincials |
| 1.10ME | Matt Voglewede | 1998 | 12-Mar | Provincials |
| .90ME | Adeem Vasanji | 2000 | 12-Mar | Provincials |

Male SP 09/10 A Bymoen 12.29 5 kg
 09/10 R Sceviour 13.27 4 kg
 10/11 H Matsuoka 7.26 3kg
 10/11 A Vasanji 7.29 2kg

| | | | | |
|------------|-------------------|------|--------|-------------|
| 8.77 5 kg | Jordan Graham | 1995 | 12-Mar | Provincials |
| 7.32CE 5kg | Karl Wagner | 1995 | 12-Feb | AB Indoor |
| 7.12 5kg | Matthew Springer | 1995 | 12-Feb | AB Indoor |
| 6.86 5kg | Charlie Meister | 1995 | 12-Feb | AB Indoor |
| 9.97 4kg | Matthew Schalm | 1996 | 12-Mar | Provincials |
| 8.27CE 4kg | Abtin Motamedi | 1996 | 12-Feb | AB Indoor |
| 7.01 4kg | Nathan Kalmakoff | 1997 | 12-Feb | AB Indoor |
| 6.92 4kg | Robin Robertson | 1996 | 12-Mar | Provincials |
| 6.58 4kg | Sahad Vasanji | 1997 | 12-Mar | Provincials |
| 4.87 4kg | Sean Thuna | 1997 | 12-Feb | AB Indoor |
| 4.55 4kg | Patrick Meister | 1997 | 12-Feb | AB Indoor |
| 7.26ME 3kg | Harrison Matsuoka | 1998 | 12-Mar | Provincials |
| 6.72ME 3kg | Ben Meister | 1998 | 12-Mar | Provincials |
| 6.25ME 3kg | Matt Voglewede | 1998 | 12-Mar | Provincials |
| 7.29ME 2kg | Adeem Vasanji | 2000 | 12-Mar | Provincials |

Male WT 10/11 M Schalm 9.56 7.26kg

| | | | | |
|-------------|----------------|------|--------|-------------|
| 9.56 7.26kg | Matthew Schalm | 1996 | 12-Mar | Provincials |
|-------------|----------------|------|--------|-------------|

Male Med Ball 09/10 P. Meister 4.07

| | | | | |
|--------|-------------------|------|--------|-------------|
| 4.95ME | Ben Meister | 1998 | 12-Mar | Provincials |
| 4.76ME | Harrison Matsuoka | 1998 | 12-Mar | Provincials |

Indoor Season Bests 2010 2011

| | | | | | |
|--------|----------------|------|--------|-------------|--|
| 4.58ME | Matt Voglewede | 1998 | 12-Mar | Provincials | |
| 4.50ME | Adeem Vasanji | 2000 | 12-Mar | Provincials | |

Male PV 08/09 M. Baerg 4.32

Male Indoor Pentathlon 07/08 Sam Babcock 2966 Prov Record Midget
All done in own age group

| | | | | | |
|------|----------------|------|--------|-----------|--------|
| 1957 | Abtin Motamedi | 1996 | 12-Feb | AB Indoor | Midget |
| 1909 | Karl Wagner | 1995 | 12-Feb | AB Indoor | Youth |
| 1854 | Jordan Graham | 1995 | 12-Feb | AB Indoor | Youth |

Male Bantam Speed 06/07 1250 Alex Bymoan

Male Bantam Stamina Indoor Prov Record ***1329*** Alex B 06/07

Worksheet 2: Outdoor Season Bests 2011

Outdoor Season Bests 2011

Outdoor Season Bests 2010

| MARK | NAME | Y OF B | DATE | MEET |
|--|------------------|---------------|-------------|---------------|
| Female 50m 2010 A. Martin 8.37 | | | | |
| 8.63 | Lisa Cozma | 2001 | 29-May | City Hersbies |
| Female 60m 2010 A. Martin 9.37 | | | | |
| 10.16 | Nicole Perks | 2000 | 11-Jun | Classic |
| Female 80m 2010 E. Martin 11.12 | | | | |
| 11.57 | Emma Chong | 1998 | 11-Jun | Classic |
| 11.58 | Mia Hull | 1998 | 11-Jun | Classic |
| 12.01 | Marissa Stirling | 1998 | 11-Jun | Classic |
| 12.13 | Anise Parker | 1998 | 11-Jun | Classic |
| 12.34 | Caitlin Yardley | 1998 | 11-Jun | Classic |
| 12.37 | Nikki Abbott | 1998 | 11-Jun | Classic |
| 12.42 | Grace Hilton | 1999 | 11-Jun | Classic |
| 12.42 | Hanna Svensson | 1999 | 11-Jun | Classic |
| 12.60 | Lauren Yardley | 1999 | 11-Jun | Classic |
| 12.62 | Heather Wood | 1998 | 11-Jun | Classic |
| 12.68 | Hawaa Zaroul | 1998 | 11-Jun | Classic |
| 12.70 | Reagan Chicoine | 1998 | 11-Jun | Classic |
| 12.85 | Kirsten Chicoine | 1998 | 11-Jun | Classic |
| 13.14 | Kiannah Wright | 1998 | 11-Jun | Classic |
| 13.43 | Rhea Foster | 1998 | 11-Jun | Classic |
| 13.89 | Cam Knowles | 1999 | 11-Jun | Classic |
| 14.19 | Monique Zumwalt | 2001 | 11-Jun | Classic |
| Female 100m 2011 S Hughes 12.60 | | | | |
| 12.60f | Sarah Hughes | 1994 | 28-May | HS Cities |
| 12.64f | Ellie Hirst | 1995 | 11-Jun | Classic |
| 12.82p | Melissa Hazen | 1994 | 11-Jun | Classic |

Outdoor Season Bests 2011

| | | | | |
|--------|--------------------------|------|--------|------------------|
| 13.37p | Emily Wilson-Bodnar | 1996 | 11-Jun | Classic |
| 13.47p | Jessica Kalmakoff | 1995 | 11-Jun | Classic |
| 13.52p | Meghan Lim | 1997 | 11-Jun | Classic |
| 13.53p | Quinn Rausch | 1996 | 2-Jun | CAAA |
| 13.58f | Antha Dietrich-Henderson | 1996 | 2-Jul | Kelowna |
| 13.78f | Quinn Rausch | 1996 | 2-Jun | CAAA |
| 14.10 | Dana Gerlitz | 1997 | 11-Jun | Classic |
| 14.31 | Siri Svensson | 1996 | 24-Jul | Prov. |
| 14.32 | Jasmine Galey | 1995 | 6-Jul | NB #3 |
| 14.60 | Kendall Chong | 1996 | 7-May | NB #1 |
| 14.62 | Emma Chong | 1998 | 6-Jul | NB #3 |
| 14.79 | Anna Glover | 1997 | 11-Jun | Classic |
| 14.85 | Anise Parker | 1998 | 29-May | City Hershies |
| 14.85p | Janessa Tiberio | 1996 | 14-May | Spring Challenge |
| 15.01p | Lauren Garnett | 1995 | 14-May | Spring Challenge |
| 15.10 | Madelaine Yee | 1997 | 7-May | NB #1 |
| 15.13 | Mia Hull | 1998 | 6-Jul | NB #3 |
| 15.14 | Melanie Craig | 1990 | 14-May | Spring Challenge |
| 15.15p | Lisa Cozma | 2001 | 18-Jun | Prov Hershey |
| 15.44 | Jill Girgulis | 1997 | 7-May | NB #1 |
| 15.49 | Delainy Conibear | 1997 | 7-May | NB #1 |
| 15.64 | Marissa Stirling | 1998 | 6-Jul | NB #3 |
| 15.89 | Anika Vogelgesang | 1999 | 29-May | City Hershies |
| 15.95 | Kirsten Chicoine | 1998 | 29-May | City Hershies |
| 16.00 | Reagan Chicoine | 1998 | 29-May | City Hershies |
| 16.28 | Hawaa Zaroual | 1997 | 6-Jul | NB #3 |
| 16.36 | Hazel Sherritt | 1999 | 29-May | City Hershies |
| 16.58 | Nicole Perks | 2000 | 29-May | City Hershies |
| 16.88 | Rhea Foster | 1998 | 7-May | NB #1 |
| 16.90f | Jasper Crockford | 2001 | 18-Jun | Prov Hershey |
| 18.37 | Rebecca Pewart | 2000 | 29-May | City Hershies |
| 18.58 | Monique Zumwalt | 2001 | 18-Jun | Prov Hershey |
| 19.71 | Maya Wilson | 2001 | 29-May | City Hershies |

Female 150m 2010 E. Martin 20.79

| | | | | |
|-------|--------------|------|--------|------------------|
| 23.14 | Anise Parker | 1998 | 14-May | Spring Challenge |
| 23.15 | Emma Chong | 1998 | 14-May | Spring Challenge |

Outdoor Season Bests 2011

| | | | | |
|-------|-----------------|------|--------|------------------|
| 23.28 | Lauren Yardley | 1999 | 2-Jun | CAAA |
| 23.50 | Hanna Svensson | 1999 | 24-Jul | Prov. |
| 23.99 | Mia Hull | 1998 | 14-May | Spring Challenge |
| 24.44 | Grace Hilton | 1999 | 14-May | Spring Challenge |
| 24.49 | Nikki Abbott | 1998 | 14-May | Spring Challenge |
| 26.10 | Nicole Perks | 2000 | 11-Jun | Classic |
| 27.00 | Rhea Foster | 1998 | 24-Jul | Prov. |
| 27.03 | Hawaa Zaroual | 1998 | 14-May | Spring Challenge |
| 28.10 | Monique Zumwalt | 2001 | 11-Jun | Classic |
| 29.46 | Rebecca Pewar | 2000 | 11-Jun | Classic |
| 30.00 | Kristen Pewar | 2000 | 11-Jun | Classic |

Female 200m 2011 S Hughes 25.84

| | | | | |
|--------|--------------------------|------|--------|------------------|
| 25.84 | Sarah Hughes | 1994 | 16-May | CISAA |
| 25.89f | Ellie Hirst | 1995 | 28-May | HS Cities |
| 26.19 | Nicky Charlesworth | 1994 | 21-May | NB #2 |
| 26.67f | Melissa Hazen | 1994 | 11-Jun | Classic |
| 26.83f | Jessica Kalmakoff | 1995 | 28-May | HS Cities |
| 27.87 | Antha Dietrich-Henderson | 1996 | 21-May | NB #2 |
| 28.23f | Meghan Lim | 1997 | 11-Jun | Classic |
| 28.41 | Siri Svensson | 1996 | 24-Jul | Prov. |
| 28.45 | Emily Wilson-Bodnar | 1996 | 7-May | NB #1 |
| 28.52p | Quinn Rausch | 1996 | 24-Jul | prov. |
| 28.62 | Jasmine Galey | 1995 | 7-May | NB #1 |
| 29.00 | Melanie Craig | 1990 | 14-May | Spring Challenge |
| 29.29 | Nikki Barlow | 1990 | 11-Jun | Classic |
| 29.33 | Kendall Chong | 1996 | 11-Jun | Classic |
| 29.36f | Rachel Yee | 1992 | 24-Jul | Prov. |
| 29.90 | Dana Gerlitz | 1997 | 29-May | City Hershies |
| 29.92 | Janessa Tiberio | 1996 | 11-Jun | Classic |
| 30.40 | Nikki Abbott | 1998 | 29-May | City Hershies |
| 30.50 | Delainy Conibear | 1997 | 29-May | City Hershies |
| 30.80 | Hanna Svennson | 1999 | 29-May | City Hershies |
| 30.88 | Anna Glover | 1997 | 24-Jul | Prov. |
| 31.09 | Maria Jacso | 1995 | 11-Jun | Classic |
| 31.40 | Annette Berry | 2000 | 29-May | City Hershies |
| 31.57 | Marissa Stirling | 1998 | 29-May | City Hershies |

Outdoor Season Bests 2011

| | | | | |
|-------|------------------|------|--------|------------------|
| 31.80 | Kirsten Chicoine | 1998 | 29-May | City Hershies |
| 32.17 | Madelaine Yee | 1997 | 14-May | Spring Challenge |
| 33.10 | Hazel Sherritt | 1999 | 29-May | City Hershies |
| 33.20 | Lisa Cozma | 2001 | 29-May | City Hershies |
| 33.80 | Hawaa Zaroual | 1998 | 7-May | NB #1 |
| 34.20 | Jasper Crockford | 2001 | 29-May | City Hershies |
| 34.90 | Nicole Perks | 2000 | 29-May | City Hershies |
| 35.03 | Kiannah Wright | 1998 | 7-May | NB #1 |
| 36.28 | Rhea Foster | 1998 | 7-May | NB #1 |
| 36.60 | Monique Zumwalt | 2001 | 29-May | City Hershies |
| 37.29 | Kate Conway | 1998 | 7-May | NB #1 |

Female 300m 2010 E. Hirst 41.78

| | | | | |
|---------|--------------------------|------|--------|------------------|
| 46.08 | Siri Svensson | 1996 | 6-Jul | NB #3 |
| 46.50 | Quinn Rausch | 1996 | 24-Jul | Prov. |
| 46.94 | Antha Dietrich-Henderson | 1996 | 11-Jun | Classic |
| 48.34 | Caitlin Yardley | 1998 | 21-May | NB #2 |
| 49.25 | Grace Hilton | 1999 | 21-May | NB #2 |
| 49.31 | Janessa Tiberio | 1996 | 21-May | NB #2 |
| 49.56 | Delainy Conibear | 1997 | 11-Jun | Classic |
| 49.69 | Anna Glover | 1997 | 21-May | NB #2 |
| 50.04 | Anise Parker | 1998 | 6-Jul | NB #3 |
| 50.46 | Emma Chong | 1998 | 21-May | NB #2 |
| 51.91 | Lauren Yardley | 1999 | 6-Jul | NB 3 |
| 52.50 | Delainy Conibear | 1997 | 14-May | Spring Challenge |
| 52.63 | Lauren Kruger | 1997 | 21-May | NB #2 |
| 1.02.62 | Marissa Stirling | 1998 | 21-May | NB #2 |
| 1.14.80 | Kate Conway | 1998 | 21-May | NB #2 |

Female 400m 2007 H Ratzlaff 55.71

| | | | | |
|---------|---------------|------|--------|---------------|
| 56.48 | Ellie Hirst | 1995 | 6-Jul | NB #3 |
| 1.04.18 | Jasmine Galey | 1995 | 24-Jul | Prov. |
| 1.04.93 | Nikki Barlow | 1990 | 11-Jun | Classic |
| 1.05.68 | Rachel Yee | 1992 | 6-Jul | NB #3 |
| 1.09.00 | Grace Hilton | 1999 | 29-May | City Hershies |
| 1.12.02 | Annette Berry | 2000 | 29-May | City Hershies |

Outdoor Season Bests 2011

| | | | | |
|---------|----------------|------|--------|---------------|
| 1.13.50 | Hanna Svennson | 1999 | 29-May | City Hershies |
| 1.17.19 | Lauren Yardley | 1999 | 18-Jun | Prov Hershey |
| 1.25.30 | Cam Knowles | 1999 | 29-May | City Hershies |
| 1.36.20 | Suna Ikeda | 1999 | 29-May | City Hershies |

Female 600m 2007 R Romero 1.36.68

| | | | | |
|---------|--------------|------|--------|---------|
| 2.21.47 | Nicole Perks | 2000 | 11-Jun | Classic |
|---------|--------------|------|--------|---------|

Female 800m 2009 H Ratzlaff 2.06.98

| | | | | |
|-----------|---------------------|------|--------|------------------|
| 2.18.78 | Adrienne Erdman | 1994 | 24-Jul | Prov. |
| 2.27.82 | Katie Campbell | 1995 | 7-May | NB #1 |
| 2.29.35 | Katie Huang | 1992 | 24-Jul | Prov. |
| 2.31.37 | Lauren Fridman | 1996 | 2-Jul | Kelowna |
| 2.38.10 | Rachel Yee | 1992 | 2-Jul | Kelowna |
| 2.38.91 | Emily Craig | 1996 | 7-May | NB #1 |
| 2.39.47 | Jill Girgulis | 1997 | 11-Jun | Classic |
| 2.39.61CE | Nicky Charlesworth | 1994 | 14-May | Spring Challenge |
| 2.37.80 | Grace Hilton | 1999 | 29-May | City Hershies |
| 2.40.22 | Emily Wilson-Bodnar | 1996 | 6-Jul | NB #3 |
| 2.41.83 | Lauren Yardley | 1999 | 14-May | Spring Challenge |
| 2.42.74 | Caitlin Yardley | 1998 | 14-May | Spring Challenge |
| 2.46.96 | Jasmine Galey | 1995 | 18-May | HS Div |
| 2.47.60 | Annette Berry | 2000 | 29-May | City Hershies |
| 2.47.60 | Delainy Conibear | 1997 | 6-Jul | NB #3 |
| 2.51.00 | Anna Glover | 1997 | 11-Jun | Classic |
| 2.52.40 | Nikki Abbott | 1998 | 29-May | City Hershies |
| 2.52.62CE | Quinn Rausch | 1996 | 14-May | Spring Challenge |
| 2.54.07 | Marissa Stirling | 1998 | 14-May | Spring Challenge |
| 2.58.10 | Anika Vogelgesang | 1999 | 29-May | City Hershies |
| 2.58.90 | Laura Kruger | 1997 | 29-May | City Hershies |
| 2.59.64 | Hawaa Zaroual | 1997 | 6-Jul | NB #3 |
| 3.06.08 | Reagan Chicoine | 1998 | 11-Jun | Classic |
| 3.06.70 | Cam Knowles | 1999 | 29-May | City Hershies |
| 3.11.27 | Kiannah Wright | 1998 | 7-May | NB #1 |
| 3.17.28 | Rhea Foster | 1998 | 24-Jul | Prov. |
| 3.18.51 | Kirsten Chicoine | 1998 | 11-Jun | Classic |

Outdoor Season Bests 2011

| | | | | |
|---------|----------------|------|--------|---------------|
| 3.19.45 | Anise Parker | 1998 | 11-Jun | Classic |
| 3.33.90 | Rebecca Pewart | 2000 | 29-May | City Hershies |
| 3.41.50 | Kristen Pewart | 2000 | 29-May | City Hershies |
| 3.56.10 | Suna Ikeda | 1999 | 29-May | City Hershies |

Female 1000m 2007 H Sim 2.55.80

| | | | | |
|---------|-----------------|------|--------|---------|
| 4.21.92 | Nicole Perks | 2000 | 11-Jun | Classic |
| 4.42.48 | Kristen Pewart | 2000 | 11-Jun | Classic |
| 4.44.11 | Rebecca Pewart | 2000 | 11-Jun | Classic |
| 4.59.00 | Monique Zumwalt | 2001 | 11-Jun | Classic |

Female 1200m 2009 A Erdman 3.53.70

| | | | | |
|---------|-------------------|------|--------|---------|
| 4.15.87 | Grace Hilton | 1999 | 21-May | NB #2 |
| 4.16.09 | Caitlin Yardley | 1998 | 11-Jun | Classic |
| 4.16.66 | Lauren Fridman | 1996 | 11-Jun | Classic |
| 4.16.70 | Jill Girgulis | 1997 | 21-May | NB #2 |
| 4.17.32 | Lauren Yardley | 1999 | 11-Jun | Classic |
| 4.30.47 | Marissa Stirling | 1998 | 11-Jun | Classic |
| 4.45.99 | Delainy Conibear | 1997 | 21-May | NB #2 |
| 4.49.67 | Hawaa Zaroul | 1998 | 11-Jun | Classic |
| 4.51.99 | Cam Knowles | 1999 | 21-May | NB #2 |
| 5.03.33 | Kiannah Wright | 1998 | 21-May | NB #2 |
| 5.04.30 | Anika Vogelgesang | 1999 | 11-Jun | Classic |
| 5.04.55 | Anise Parker | 1998 | 11-Jun | Classic |
| 5.19.11 | Hanna Svensson | 1999 | 11-Jun | Classic |
| 5.23.96 | Heather Wood | 1998 | 11-Jun | Classic |

Female 1500m 2008 H Sim 4.25.07

| | | | | |
|---------|-----------------|------|--------|---------|
| 4.50.64 | Adrienne Erdman | 1994 | June | HS Prov |
| 4.50.99 | Deirdre Moran | 1989 | 24-Jul | Prov |
| 4.57.43 | Tara Dressler | 1984 | 11-Jun | Classic |
| 5.19.10 | Katie Huang | 1992 | 2-Jul | Kelowna |
| 5.37.96 | Katie Campbell | 1995 | 2-Jul | Kelowna |

Female 1600m 2009 C O'Brien 5.45.83

Outdoor Season Bests 2011

| | | | | |
|---------|------------------|------|--------|---------------|
| 5.48.30 | Jill Girgulis | 1997 | 29-May | City Hershies |
| 5.54.20 | Marissa Stirling | 1998 | 29-May | City Hershies |
| 6.31.32 | Caitlin Yardley | 1998 | 18-Jun | Prov Hershey |
| 7.11.80 | Kiannah Wright | 1998 | 29-May | City Hershies |

Female Mile 2009 H Sim 5.05.90

Female 2000m 2009 A Erdman 6.54.04

| | | | | |
|---------|------------------|------|--------|---------|
| 7.48.32 | Jill Girgulis | 1997 | 11-Jun | Classic |
| 8.16.78 | Marissa Stirling | 1998 | 2-Jun | CAAA |
| 8.43.21 | Kendall Chong | 1996 | 24-Jul | Prov |

Female 3000m 2007 L Ogradnik 9.59.39

| | | | | |
|----------|---------------|------|--------|---------|
| 10.30.82 | Deirdre Moran | 1989 | 11-Jun | Classic |
|----------|---------------|------|--------|---------|

Female 5000m 2007 F Stenning 17.15.55

| | | | | |
|----------|---------------|------|--------|------|
| 17.51.38 | Deirdre Moran | 1989 | 24-Jul | Prov |
|----------|---------------|------|--------|------|

Female 60mH 2010 A. Martin 12.19

**Female 80mH 2011 N. Charlesworth 11.49 30"
2011 E. Chong 14.77 27"**

| | | | | |
|------------|---------------------|------|--------|-----------|
| 11.49f 30" | Nicky Charlesworth | 1994 | 19-May | HS Div |
| 12.21p 30" | Shaunie Morrison | 1995 | June | HS Prov |
| 12.66p 30" | Emily Wilson-Bodnar | 1996 | 11-Jun | Classic |
| 12.67f 30" | Nicole Squires | 1995 | 18-May | HS Div |
| 14.07 30" | Lauren Garnett | 1995 | 28-May | HS Cities |
| 14.84f 30" | Meghan Lim | 1997 | 11-Jun | Classic |
| 14.96 30" | Emma Chong | 1998 | 7-May | NB #1 |
| 15.00 30" | Kendall Chong | 1996 | 7-May | NB #1 |
| 16.01 | Lauren Yardley | 1999 | 2-Jun | CAAA |

Outdoor Season Bests 2011

| | | | | | |
|---------------------|-----|----------------------------------|------|--------|------------------|
| 16.26 | 30" | Grace Hilton | 1999 | 7-May | NB #1 |
| 17.55 | 30" | Lauren Kruger | 1997 | 7-May | NB #1 |
| 17.64 | 30" | Caitlin Yardley | 1998 | 7-May | NB #1 |
| 18.49 | 30" | Reagan Chicoine | 1998 | 14-May | Spring Challenge |
| 18.57 | 30" | Kirsten Chicoine | 1998 | 14-May | Spring Challenge |
| 20.24 | 30" | Kate Conway | 1998 | 7-May | NB #1 |
| 14.77 | 27" | Emma Chong | 1998 | 11-Jun | Classic |
| 15.34 | 27" | Marissa Stirling | 1998 | 11-Jun | Classic |
| 15.73 | 27" | Anika Vogelgesang | 1999 | 11-Jun | Classic |
| 16.01 | 27" | Anise Parker | 1998 | 11-Jun | Classic |
| 16.41 | 27" | Hawaa Zaroul | 1998 | 11-Jun | Classic |
| 16.44 | 27" | Caitlin Yardley | 1998 | 11-Jun | Classic |
| 16.84 | 27" | Hanna Svensson | 1999 | 11-Jun | Classic |
| 16.94 | 27" | Lauren Yardley | 1999 | 11-Jun | Classic |
| 16.97 | 27" | Mia Hull | 1998 | 11-Jun | Classic |
| Female 100mH | | 2011 S Morrison 14.30 | | | 30" |
| | | 2011 N Charlesworth 14.63 | | | 33" |
| 14.63p | 33" | Nicky Charlesworth | 1994 | 9-Jul | Jun Nat |
| 14.30f | 30" | Shaunie Morrison | 1995 | 11-Jun | Classic |
| 14.36f | 30" | Nicky Charlesworth | 1994 | 11-Jun | Classic |
| 17.38 | 30" | Lauren Garnett | 1995 | 11-Jun | Classic |
| 17.88 | 30" | Hawaa Zaroual | 1998 | 7-May | NB #1 |
| 18.29 | 30" | Nicole Squires | 1995 | 14-May | Spring Challenge |
| 20.12 | 30" | Maria Jacso | 1995 | 11-Jun | Classic |
| Female 200mH | | 2009 KA Meeuwisse 29.72 | | | |
| 31.06 | | Emily Wilson-Bodnar | 1996 | 16-Jul | TriProvince |
| 31.55 | | Meghan Lim | 1997 | 24-Jul | Prov |
| 33.56 | | Kendall Chong | 1996 | 11-Jun | Classic |
| 34.40 | | Grace Hilton | 1999 | 21-May | NB #2 |
| 35.84 | | Anise Parker | 1998 | 21-May | NB #2 |
| 36.57 | | Lauren Kruger | 1997 | 21-May | NB #2 |
| 36.59 | | Caitlin Yardley | 1998 | 2-Jun | CAAA |
| 42.87 | | Hawaa Zaroual | 1998 | 14-May | Spring Challenge |

Outdoor Season Bests 2011

| | | | | |
|-----------------------|---------------------------------|------|--------|------------------|
| 45.37 | Kiannah Wright | 1998 | 14-May | Spring Challenge |
| Female 300mH | 2011 S Morrison 46.09 | | | |
| 46.09 | Shaunie Morrison | 1995 | 24-Jul | Prov |
| 50.58 | Jasmine Galey | 1995 | 24-Jul | Prov |
| Female 400mH | 2007 H Ratzlaff 1.01.27 | | | |
| Female 1500SC | 2007 T Dressler 4.57.93 | | | |
| Female 2000SC | 2011 A Erdman 6.48.29 | | | |
| 6.48.29 | Adrienne Erdman | 1994 | Aug | Legion Nat |
| 7.21.85 | Tara Dressler | 1984 | 21-May | NB #2 |
| Female 3000SC | 2007 T Dressler 10.31.12 | | | |
| 11.28.31 | Tara Dressler | 1984 | June | Sen Nat |
| Female 1500 RW | 2009 E Chappell 10.02.36 | | | |
| Female 5k RW | 2008 K Samoil 26.59.80 | | | |
| Female 20k RW | 2008 K Samoil 2:00.01.00 | | | |
| Female LJ | 1 m Take Off | | | |
| | 2010 A Martin 3.86 | | | |
| Female LJ | 2006 Nikki M 5.36 | | | |
| 5.31CE | Nicky Charlesworth | 1994 | 14-May | Spring Challenge |
| 5.12 | Melissa Hazen | 1994 | 11-Jun | Classic |

Outdoor Season Bests 2011

| | | | | |
|------|--------------------------|------|--------|------------------|
| 4.63 | Antha Dietrich-Henderson | 1996 | 6-Jul | NB #3 |
| 4.26 | Sarah Hughes | 1994 | 28-May | HS Cities |
| 4.22 | Quinn Rausch | 1996 | 6-Jul | NB #3 |
| 4.21 | Lauren Garnett | 1995 | 11-Jun | Classic |
| 4.18 | Siri Svensson | 1996 | 24-Jul | Prov |
| 4.16 | Emily Wilson-Bodnar | 1996 | 6-Jul | NB #3 |
| 4.08 | Kendall Chong | 1996 | 2-Jul | Kelowna |
| 4.01 | Emma Chong | 1998 | 6-Jul | NB #3 |
| 3.96 | Maria Jacso | 1995 | 14-May | Spring Challenge |
| 3.94 | Meghan Lim | 1997 | 7-May | NB #1 |
| 3.83 | Dana Gerlitz | 1997 | 14-May | Spring Challenge |
| 3.82 | Hanna Svensson | 1999 | 11-Jun | Classic |
| 3.81 | Jessica Kalmakoff | 1995 | 14-May | Spring Challenge |
| 3.76 | Marissa Stirling | 1998 | 7-May | NB #1 |
| 3.74 | Kate Conway | 1998 | 14-May | Spring Challenge |
| 3.73 | Meghan Lim | 1997 | 24-Jul | Prov |
| 3.72 | Hawaa Zaroual | 1998 | 7-May | NB #1 |
| 3.71 | Mia Hull | 1998 | 6-Jul | NB #3 |
| 3.66 | Anise Parker | 1998 | 6-Jul | NB #3 |
| 3.59 | Anika Voogesang | 1999 | 11-Jun | Classic |
| 3.44 | Grace Hilton | 1999 | 7-May | NB #1 |
| 3.41 | Delainy Conibear | 1997 | 11-Jun | Classic |
| 3.29 | Madelaine Yee | 1997 | 14-May | Spring Challenge |
| 3.26 | Lauren Yardley | 1999 | 11-Jun | Classic |
| 3.19 | Lauren Kruger | 1997 | 7-May | NB #1 |
| 3.08 | Reagan Chicoine | 1998 | 14-May | Spring Challenge |
| 3.08 | Nicole Perks | 2000 | 11-Jun | Classic |
| 3.02 | Caitlin Yardley | 1998 | 11-Jun | Classic |
| 2.98 | Kate Conway | 1998 | 7-May | NB #1 |
| 2.73 | Heather Wood | 1998 | 14-May | Spring Challenge |
| 2.72 | Monique Zumwalt | 2001 | 11-Jun | Classic |
| 2.68 | Kiannah Wright | 1998 | 14-May | Spring Challenge |
| 2.61 | Kaylie Resta | 2002 | 11-Jun | Classic |
| 2.45 | Kirsten Chicoine | 1998 | 14-May | Spring Challenge |
| 2.26 | Cam Knowles | 1999 | 14-May | Spring Challenge |

Female Standing Long Jump

2008 N Charlesworth 2.36

Outdoor Season Bests 2011

| | | | | |
|------|-------------------|------|--------|---------------|
| 2.25 | Meghan Lim | 1997 | 18-Jun | Prov Hershey |
| 2.09 | Anise Parker | 1998 | 29-May | City Hershies |
| 1.97 | Grace Hilton | 1999 | 18-Jun | Prov Hershey |
| 1.94 | Hanna Svennson | 1999 | 18-Jun | Prov Hershey |
| 1.86 | Emma Chong | 1998 | 29-May | City Hershies |
| 1.83 | Anika Vogelgesang | 1999 | 29-May | City Hershies |
| 1.79 | Lauren Kruger | 1997 | 29-May | City Hershies |
| 1.75 | Kirsten Chicoine | 1998 | 29-May | City Hershies |
| 1.74 | Reagan Chicoine | 1998 | 29-May | City Hershies |
| 1.73 | Mia Hull | 1998 | 29-May | City Hershies |
| 1.72 | Nikki Abbott | 1998 | 29-May | City Hershies |
| 1.70 | Marissa Stirling | 1998 | 29-May | City Hershies |
| 1.69 | Nicole Perks | 2000 | 29-May | City Hershies |
| 1.66 | Jill Girgulis | 1997 | 29-May | City Hershies |
| 1.63 | Hawaa Zaroul | 1998 | 29-May | City Hershies |
| 1.60 | Lisa Cozma | 2001 | 18-Jun | Prov Hershey |
| 1.54 | Kristen Pewar | 2000 | 29-May | City Hershies |
| 1.51 | Monique Zumwalt | 2001 | 18-Jun | Prov Hershey |
| 1.39 | Jasper Crockford | 2001 | 29-May | City Hershies |
| 1.38 | Hazel Sherritt | 1999 | 29-May | City Hershies |

Female TJ 2007 K Tse 11.69

| | | | | |
|-------|--------------------------|------|--------|------------------|
| 10.96 | Melissa Hazen | 1994 | 24-Jul | Prov |
| 10.08 | Antha Dietrich-Henderson | 1996 | 24-Jul | Prov |
| 9.66 | Lauren Garnett | 1995 | 11-Jun | Classic |
| 8.40 | Maria Jacso | 1995 | 14-May | Spring Challenge |

Female HJ 2009 N Charlesworth 1.70

| | | | | |
|--------|---------------------|------|--------|------------------|
| 1.65 | Nicky Charlesworth | 1994 | 21-May | NB #2 |
| 1.52 | Emily Wilson-Bodnar | 1996 | 21-May | NB #2 |
| 1.50 | Melissa Hazen | 1994 | 11-Jun | Classic |
| 1.43CE | Quinn Rausch | 1996 | 14-May | Spring Challenge |
| 1.40 | Lauren Fridman | 1996 | 14-May | Spring Challenge |
| 1.35 | Kendall Chong | 1996 | 11-Jun | Classic |
| 1.27 | Janessa Tiberio | 1996 | 14-May | Spring Challenge |
| 1.27 | Madelaine Yee | 1997 | 14-May | Spring Challenge |

Outdoor Season Bests 2011

| | | | | |
|------|--------------------------|------|--------|------------------|
| 1.25 | Emma Chong | 1998 | 14-May | Spring Challenge |
| 1.25 | Lauren Kruger | 1997 | 21-May | NB #2 |
| 1.25 | Anise Parker | 1998 | 11-Jun | Classic |
| 1.25 | Madelaine Yee | 1997 | 11-Jun | Classic |
| 1.25 | Meghan Lim | 1997 | 24-Jul | Prov |
| 1.20 | Anna Glover | 1997 | 21-May | NB #2 |
| 1.20 | Mia Hull | 1998 | 11-Jun | Classic |
| 1.20 | Caitlin Yardley | 1998 | 21-May | NB #2 |
| 1.20 | Lauren Yardley | 1999 | 21-May | NB #2 |
| 1.15 | Kate Conway | 1998 | 21-May | NB #2 |
| 1.12 | Antha Dietrich-Henderson | 1996 | 14-May | Spring Challenge |
| 1.10 | Rhea Foster | 1998 | 11-Jun | Classic |
| 1.10 | Grace Hilton | 1999 | 11-Jun | Classic |
| 1.10 | Cam Knowles | 1999 | 14-May | Spring Challenge |
| 1.10 | Marissa Stirling | 1998 | 11-Jun | Classic |
| 1.10 | Hawaa Zaroul | 1998 | 11-Jun | Classic |
| 1.00 | Heather Wood | 1998 | 11-Jun | Classic |
| 1.00 | Kiannah Wright | 1998 | 14-May | Spring Challenge |
| 0.90 | Nicole Perks | 2000 | 11-Jun | Classic |
| 0.90 | Kristen Pewar | 2000 | 11-Jun | Classic |
| 0.90 | Rebecca Pewar | 2000 | 11-Jun | Classic |
| 0.90 | Monique Zumwalt | 2001 | 11-Jun | Classic |

Female SP
2007 T Johnson 10.12 4kg
2011 S Svensson 9.63 3kg
2011 N Perks 5.10 2kg

| | | | | |
|------------|--------------------------|------|--------|------------------|
| 9.36CE 4kg | Nicky Charlesworth | 1994 | 14-May | Spring Challenge |
| 6.99 4kg | Maria Jacso | 1995 | 14-May | Spring Challenge |
| 5.48 4kg | Lauren Garnett | 1995 | 14-May | Spring Challenge |
| 9.63 3kg | Siri Svensson | 1996 | 24-Jul | Prov |
| 9.53 3kg | Madelaine Yee | 1997 | 6-Jul | NB #3 |
| 8.64 3kg | Mia Hull | 1998 | 6-Jul | NB #3 |
| 7.95 3kg | Dana Gerlitz | 1997 | 14-May | Spring Challenge |
| 7.64 3kg | Anise Parker | 1998 | 6-Jul | NB #3 |
| 6.79 3kg | Antha Dietrich-Henderson | 1996 | 21-May | NB #2 |
| 6.52 3kg | Hanna Svensson | 1999 | 24-Jul | Prov |
| 6.17CE 3kg | Quinn Rausch | 1996 | 14-May | Spring Challenge |

Outdoor Season Bests 2011

| | | | | | |
|-----------------------|------|-----------------------------|-------------|--------|------------------|
| 6.15 | 3kg | Jill Girgulis | 1997 | 21-May | NB #2 |
| 6.14 | 3kg | Mariissa Stirling | 1998 | 11-Jun | Classic |
| 5.54 | 3kg | Emma Chong | 1998 | 11-Jun | Classic |
| 4.98 | 3kg | Rhea Foster | 1998 | 24-Jul | Prov |
| 4.91 | 3kg | Anika Vogelgesang | 1999 | 11-Jun | Classic |
| 4.77 | 3kg | Caitlin Yardley | 1998 | 11-Jun | Classic |
| 4.73 | 3kg | Hawaa Zaroul | 1998 | 11-Jun | Classic |
| 4.66 | 3kg | Rhea Foster | 1998 | 14-May | Spring Challenge |
| 4.56 | 3kg | Kiannah Wright | 1998 | 11-Jun | Classic |
| 4.40 | 3kg | Lauren Yardley | 1999 | 11-Jun | Classic |
| 3.89 | 3kg | Heather Wood | 1998 | 11-Jun | Classic |
| 5.10 | 2kg | Nicole Perks | 2000 | 11-Jun | Classic |
| 4.41 | 2kg | Monique Zumwalt | 2001 | 11-Jun | Classic |
| 4.29 | 2kg | Kristen Pewar | 2000 | 11-Jun | Classic |
| 3.93 | 2kg | Rebecca Pewar | 2000 | 11-Jun | Classic |
| Female Javelin | | 2007 J Wamsley 32.57 | 600g | | |
| | | 2011 D Gerlitz 26.80 | 500g | | |
| 27.00 | 600g | Lauren Fridman | 1996 | 24-Jul | Prov |
| 25.56 | 600g | Dana Gerlitz | 1997 | 6-Jul | NB #3 |
| 24.69 | 600g | Siri Svensson | 1996 | 6-Jul | NB #3 |
| 23.84 | 600g | Alanna Pearson | 1994 | 11-Jun | Classic |
| 23.75CE | 600g | Nicky Charlesworth | 1994 | 14-May | Spring Challenge |
| 22.98 | 600g | Madelaine Yee | 1997 | 6-Jul | NB #3 |
| 18.77 | 600g | Maria Jacso | 1995 | 11-Jun | Classic |
| 11.39 | 600g | Jessica Kalmakoff | 1995 | 14-May | Spring Challenge |
| 8.05 | 600g | Lauren Garnett | 1995 | 14-May | Spring Challenge |
| 26.80 | 500g | Dana Gerlitz | 1997 | 16-Jul | TriProvince |
| 26.25 | 500g | Lauren Fridman | 1996 | 16-Jul | TriProvince |
| 23.19 | 500g | Madelaine Yee | 1997 | 21-May | NB #2 |
| 13.66 | 500g | Kendall Chong | 1996 | 21-May | NB #2 |
| 11.38 | 500g | Antha Dietrich-Henderson | 1996 | 21-May | NB #2 |
| Female Discus | | 2007 T Johnson 33.15 | 1 kg | | |
| | | 2011 M Yee 28.81 | 750g | | |
| 25.21 | 1kg | Siri Svensson | 1996 | 24-Jul | Prov |

Outdoor Season Bests 2011

| | | | | | |
|------------------------|------|----------------------------------|------------|--------|------------------|
| 23.99 | 1kg | Madelaine Yee | 1997 | 24-Jul | Prov |
| 22.63 | 1kg | Dana Gerlitz | 1997 | 24-Jul | Prov |
| 17.86 | 1kg | Maria Jacso | 1995 | 14-May | Spring Challenge |
| 13.09 | 1kg | Mehan Lim | 1997 | 11-Jun | Classic |
| 28.81 | 750g | Madelaine Yee | 1997 | 16-Jul | TriProvince |
| 27.30 | 750g | Dana Gerlitz | 1997 | 16-Jul | TriProvince |
| 24.26 | 750g | Siri Svensson | 1996 | 16-Jul | TriProvince |
| 20.62 | 750g | Mia Hull | 1998 | 11-Jun | Classic |
| 15.95 | 750g | Anise Parker | 1998 | 7-May | NB #1 |
| 15.34 | 750g | Hanna Svensson | 1999 | 24-Jul | Prov |
| 14.03 | 750g | Kirsten Chicoine | 1998 | 11-Jun | Classic |
| 13.73 | 750g | Marissa Stirling | 1998 | 11-Jun | Classic |
| 11.02 | 750g | Grace Hilton | 1999 | 11-Jun | Classic |
| 10.92 | 750g | Emma Chong | 1998 | 11-Jun | Classic |
| 10.61 | 750g | Reagan Chicoine | 1998 | 11-Jun | Classic |
| 10.39 | 750g | Nikki Abbott | 1998 | 11-Jun | Classic |
| 9.10 | 750g | Lauren Yardley | 1999 | 11-Jun | Classic |
| 8.92 | 750g | Caitlin Yardley | 1998 | 11-Jun | Classic |
| 8.22 | 750g | Monique Zumwalt | 2001 | 11-Jun | Classic |
| 7.76 | 750g | Kiannah Wright | 1998 | 11-Jun | Classic |
| 7.20 | 750g | Heather Wood | 1998 | 11-Jun | Classic |
| 6.09 | 750g | Nicole Perks | 2000 | 11-Jun | Classic |
| 4.68 | 750g | Kaylie Resta | 2002 | 11-Jun | Classic |
| Female HT | | 2007 T Johnson 35.71 | 4kg | | |
| | | 2011 M Yee 35.05 | 3kg | | |
| 35.05 | 3kg | Madelaine Yee | 1997 | 24-Jul | Prov |
| 18.43 | 3kg | Quinn Rausch | 1996 | 24-Jul | Prov |
| 17.56 | 3kg | Dana Gerlitz | 1997 | 16-Jul | Tri Province |
| Fem. Ball Throw | | 2008 N Charlesworth 43.66 | | | |
| 34.75 | | Dana Gerlitz | 1997 | 29-May | City Hershies |
| 21.54 | | Kiannah Wright | 1998 | 29-May | City Hershies |
| 16.73 | | Rebecca Pekar | 2000 | 29-May | City Hershies |
| 9.95 | | Suna Ikeda | 1999 | 29-May | City Hershies |

Outdoor Season Bests 2011

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 Midget

2131 Midget Quinn Rausch 1996 14-May Spring Challenge

**Female Hep 2007 J Green 2200 - Midget
2011 N Charlesworth 4340 - Youth**

4340 Youth Nicky Charlesworth 1994 14-May Spring Challenge

Male 50m 2011 T Sherritt 8.44

8.44 Thomas Sherritt 2001 29-May City Hershies

9.09 Reid Ferguson 2001 29-May City Hershies

Male 60m 2011 R Goertzen 9.36

9.36 Rees Goertzen 2000 11-Jun Classic

Outdoor Season Bests 2011

| | | | | |
|-------|---------------|------|--------|---------|
| 10.01 | Adeem Vasanji | 2000 | 11-Jun | Classic |
| 10.57 | Ty Fitzgerald | 2000 | 11-Jun | Classic |
| 10.88 | Austin Galey | 2000 | 11-Jun | Classic |
| 11.06 | Levi Sawatzky | 2001 | 11-Jun | Classic |

Male 80m 2010 A Charlesworth 11.60

| | | | | |
|-------|-----------------|------|--------|------------------|
| 12.68 | Tyler Sawatzky | 1998 | 11-Jun | Classic |
| 12.96 | Braden Gerlitz | 1999 | 11-Jun | Classic |
| 13.00 | Ben Meister | 1998 | 14-May | Spring Challenge |
| 13.39 | Matt Voglewede | 1998 | 11-Jun | Classic |
| 14.05 | Jeremey Schalm | 1999 | 14-May | Spring Challenge |
| 17.07 | Matthew Bustard | 1999 | 11-Jun | Classic |

Male 100m

Para-Athlete

2011 C Johnson 15.73

Canadian Record Holder 2011

| | | | | |
|-------|--------------|------|-------|---------------|
| 15.73 | Cory Johnson | 1974 | 9-Jul | Boiling Point |
|-------|--------------|------|-------|---------------|

Male 100m 2009 R McKay 11.07

| | | | | |
|---------|-------------------|------|--------|------------------|
| 11.28p | Isaac Rynn | 1989 | 11-Jun | Classic |
| 11.45f | Taylor LaRiviere | 1994 | 28-May | HS Cities |
| 11.68p | Nicholas Buettner | 1995 | 11-Jun | Classic |
| 11.99 | Drew Crawford | 1994 | 28-May | HS Cities |
| 12.08 | Paul Boudreau | 1994 | 11-Jun | Classic |
| 12.10 | Casey Yuen | 1994 | 11-Jun | Classic |
| 12.13 | Bryce Clements | 1994 | 11-Jun | Classic |
| 12.16 | Spencer Hunter | 1995 | 11-Jun | Classic |
| 12.25p | Tyler Sklenka | 1996 | 11-Jun | Classic |
| 12.45 | Jordan Graham | 1995 | 7-May | NB #1 |
| 12.81p | Brent Stephen | 1996 | 2-Jul | Kelowna |
| 12.90CE | Abtin Motamedi | 1996 | 14-May | Spring Challenge |
| 12.93 | Austin Ost | 1995 | 11-Jun | Classic |
| 13.12 | Martin Steger | 1996 | 2-Jul | Kelowna |
| 13.23 | Joel Lemire | 1997 | 11-Jun | Classic |
| 13.37CE | Brennan Undseth | 1996 | 14-May | Spring Challenge |
| 14.54 | Sean Thuna | 1997 | 29-May | City Hershies |

Outdoor Season Bests 2011

| | | | | |
|---------|--------------------|------|--------|------------------|
| 14.65 | Nathan Kalmakoff | 1997 | 2-Jul | Kelowna |
| 14.77CE | Lyle Wiggers | 1997 | 14-May | Spring Challenge |
| 14.83 | Nathanael Eckstein | 1996 | 6-Jul | NB #3 |
| 14.95p | Patrick Meister | 1997 | 24-Jul | Prov |
| 16.44 | Thomas Sherritt | 2001 | 29-May | City Hershies |
| 16.46 | Braden Gerlitz | 1999 | 29-May | City Hershies |
| 16.76 | Adeem VasANJI | 2000 | 29-May | City Hershies |
| 17.05 | Evan McNeil | 2000 | 29-May | City Hershies |
| 17.35 | Austin Galey | 2000 | 29-May | City Hershies |
| 17.64 | Joey Zumwalt | 2001 | 29-May | City Hershies |
| 17.86 | Reid Ferguson | 2001 | 29-May | City Hershies |
| 18.33 | Ty Fitzgerald | 2000 | 29-May | City Hershies |
| 19.63 | Brenden Trenchuk | 1999 | 29-May | City Hershies |
| 20.48 | Zachary McNeil | 2003 | 29-May | City Hershies |
| 21.60 | Matthew Bustard | 1999 | 29-May | City Hershies |

Male 150m 2010 A Charlesworth 21.73

| | | | | |
|-------|------------------|------|--------|------------------|
| 22.33 | Rees Goertzen | 2000 | 11-Jun | Classic |
| 22.96 | Ben Meister | 1998 | 24-Jul | Prov |
| 23.94 | Harry Matsuoka | 1998 | 14-May | Spring Challenge |
| 25.07 | Braden Gerlitz | 1999 | 24-Jul | Prov |
| 26.31 | Adeem VasANJI | 2000 | 24-Jul | Prov |
| 26.79 | Ty Fitzgerald | 2000 | 11-Jun | Classic |
| 27.88 | Austin Galey | 2000 | 11-Jun | Classic |
| 28.00 | Beck Vogelgesang | 2002 | 11-Jun | Classic |
| 28.02 | Joey Zumwalt | 2001 | 11-Jun | Classic |

Male 200m 2010 M Saizew 22.51

| | | | | |
|--------|-------------------|------|--------|------------------|
| 22.86 | Isaac Rynn | 1989 | 7-May | NB #1 |
| 22.94f | Lincoln Kwasney | 1994 | 28-May | HS Cities |
| 23.47 | Alex Smith | 1994 | 21-May | NB #2 |
| 23.59f | Steven Clark | 1991 | 14-May | Spring Challenge |
| 23.88f | Taylor LaRiviere | 1994 | 11-Jun | Classic |
| 23.90f | Nicholas Buettner | 1995 | 11-Jun | Classic |
| 24.04p | Thomas Kellner | 1994 | 28-May | HS Cities |
| 24.04p | Lincoln Kwasney | 1994 | June | HS Prov |

Outdoor Season Bests 2011

| | | | | |
|--------|--------------------|------|--------|------------------|
| 24.12f | Casey Yuen | 1994 | 19-May | HS Div |
| 24.28 | Alex Ivan | 1994 | 7-May | NB #1 |
| 24.60 | Bryce Clements | 1994 | 7-May | NB #1 |
| 24.74 | Spencer Hunter | 1995 | 11-Jun | Classic |
| 24.85 | Paul Boudreau | 1994 | 11-Jun | Classic |
| 24.85 | Drew Crawford | 1994 | 7-May | NB #1 |
| 25.21p | Scott Ratzlaff | 1990 | 14-May | Spring Challenge |
| 25.40 | Tyler Sklenka | 1996 | 21-May | NB #2 |
| 25.71 | Jordan Graham | 1995 | 7-May | NB #1 |
| 25.83 | Brent Stephen | 1996 | 2-Jul | Kelowna |
| 26.15f | Martin Steger | 1996 | 24-Jul | Prov |
| 26.29 | Matthew Springer | 1995 | 7-May | NB #1 |
| 27.33 | Joel Lemire | 1997 | 11-Jun | Classic |
| 28.20 | Charlie Meister | 1995 | 24-Jul | Prov |
| 29.10 | Rees Goertzen | 2000 | 29-May | City Hershies |
| 29.63 | Nathanael Eckstein | 1996 | 11-Jun | Classic |
| 29.70 | Nathan Kalmakoff | 1997 | 29-May | City Hershies |
| 29.72 | Joel Lemire | 1997 | 7-May | NB #1 |
| 30.40 | Patrick Meister | 1997 | 2-Jul | Kelowna |
| 31.00 | Max Vogelgesang | 1994 | 7-May | NB #1 |
| 31.23 | Sean Thuna | 1997 | 7-May | NB #1 |
| 32.40 | Beck Vogelgesang | 2002 | 29-May | City Hershies |
| 33.50 | Braden Gerlitz | 1999 | 29-May | City Hershies |
| 33.80 | Evan McNeil | 2000 | 29-May | City Hershies |
| 35.80 | Joey Zumwalt | 2001 | 29-May | City Hershies |
| 38.70 | Matt Voglewede | 1998 | 7-May | NB #1 |
| 38.80 | Zachary McNeil | 2003 | 29-May | City Hershies |
| 38.90 | Ty Fitzgerald | 2000 | 29-May | City Hershies |
| 40.50 | Brenden Trenchuk | 1999 | 29-May | City Hershies |

Male 300m 2007 A Duhault 38.72

| | | | | |
|-------|--------------------|------|--------|------------------|
| 41.30 | Martin Steger | 1996 | 24-Jul | Prov |
| 41.40 | Brent Stephen | 1996 | 6-Jul | NB #3 |
| 44.23 | Nathanael Eckstein | 1996 | 24-Jul | Prov |
| 49.14 | Max Vogelgesang | 1997 | 14-May | Spring Challenge |
| 51.32 | Nathan Kalmakoff | 1997 | 14-May | Spring Challenge |
| 52.05 | Sean Thuna | 1997 | 11-Jun | Classic |

Outdoor Season Bests 2011

Male 400m 2008 T Ratzlaff 47.07

| | | | | |
|-----------|-------------------|------|--------|------------------|
| 48.76 | Mike Saizew | 1987 | 11-Jun | Classic |
| 49.19 | Madison Theriault | 1988 | 6-Jul | NB #3 |
| 50.22 | Isaac Rynn | 1989 | 21-May | NB #2 |
| 50.59 | Alex Ivan | 1994 | 11-Jun | Classic |
| 51.77 | Scott Ratzlaff | 1990 | 24-Jul | Prov. |
| 52.36 | Abdel Dib | 1989 | 6-Jul | NB #3 |
| 54.28 | Thomas Kellner | 1994 | 14-May | Spring Challenge |
| 54.48 | Bryce Clements | 1994 | 24-Jul | Prov. |
| 54.67 | Casey Yuen | 1994 | 28-May | HS Cities |
| 54.83 | Steven Clark | 1991 | 14-May | Spring Challenge |
| 56.36 | Kedir Ababushan | 1994 | 28-May | HS Cities |
| 57.74 | Bryce Clements | 1994 | 14-May | Spring Challenge |
| 58.12 | Nicholas Buettner | 1995 | 21-May | NB #2 |
| 1.02.46 | Matthew Springer | 1995 | 21-May | NB #2 |
| 1.02.76CE | Jordan Graham | 1995 | 14-May | Spring Challenge |
| 1.06.80 | Rees Goertzen | 2000 | 29-May | City Hershies |
| 1.13.87 | Jeremy Kinnear | 1999 | 18-Jun | Prov Hershey |
| 1.17.70 | Beck Vogelgesang | 2002 | 29-May | City Hershies |
| 1.23.50 | Zack Grosky | 2003 | 29-May | City Hershies |
| 1.28.70 | Marshal Kalynchuk | 2003 | 29-May | City Hershies |

Male 600m 2007 M Saizew 1.21.08

| | | | | |
|---------|----------------|------|--------|------------------|
| 2.01.35 | Rees Goertzen | 2000 | 11-Jun | Classic |
| 2.10.68 | Ty Fitzgerald | 2000 | 11-Jun | Classic |
| 2.12.11 | Braden Gerlitz | 1999 | 24-Jul | Prov. |
| 2.24.49 | Austin Galey | 2000 | 14-May | Spring Challenge |
| 2.35.39 | Levi Sawatzky | 2001 | 11-Jun | Classic |
| 2.37.31 | Adeem Vasanji | 2000 | 24-Jul | Prov. |

Male 800m 2011 M Saizew 1.49.60

| | | | | |
|---------|-------------------|------|--------|------------------|
| 1.49.60 | Mike Saizew | 1987 | June | Victoria Classic |
| 1.51.39 | Madison Theriault | 1988 | 6-Jul | NB #3 |
| 1.57.02 | Abdel Dib | 1989 | 24-Jul | Prov |

Outdoor Season Bests 2011

| | | | | |
|---------|--------------------|------|--------|------------------|
| 1.59.04 | Alex Ivan | 1994 | 24-Jul | Prov |
| 2.01.55 | Matt Galea | 1993 | June | HS Prov |
| 2.01.65 | Chris Fitzgibbon | 1994 | 11-Jun | Classic |
| 2.03.88 | Scott Ratzlaff | 1990 | 24-Jul | Prov |
| 2.06.05 | Cuauhti Olguin | 1995 | 7-May | NB #1 |
| 2.07.46 | Merhau Tume | 1992 | 11-Jun | Classic |
| 2.07.50 | Sean Foster | 1994 | 11-Jun | Classic |
| 2.07.64 | Brennan Undseth | 1996 | 24-Jul | Prov |
| 2.07.87 | Matthew Shaw | 1994 | 6-Jul | NB #3 |
| 2.09.22 | Kedir Ababushan | 1994 | 28-May | HS Cities |
| 2.14.03 | James Faul | 1995 | 11-Jun | Classic |
| 2.16.95 | Harvir Nijjar | 1995 | 19-May | HS Div |
| 2.18.60 | Matt Shaw | 1995 | 24-Jul | Prov |
| 2.27.41 | Nathanael Eckstein | 1996 | 11-Jun | Classic |
| 2.28.77 | Matthew Springer | 1995 | 11-Jun | Classic |
| 2.32.15 | Sahad VasANJI | 1997 | 11-Jun | Classic |
| 2.35.90 | Andrew Bustard | 1997 | 29-May | City Hershies |
| 2.36.50 | Sean Thuna | 1997 | 29-May | City Hershies |
| 2.40.58 | Eric Foster | 1996 | 11-Jun | Classic |
| 2.43.09 | Max Vogelgesang | 1997 | 14-May | Spring Challenge |
| 2.53.68 | Jeremy Kinnear | 1999 | 11-Jun | Classic |
| 3.05.05 | Braden Gerlitz | 1999 | 24-Jul | Prov. |
| 3.05.41 | Tyler Sawatzky | 1998 | 11-Jun | Classic |
| 3.05.58 | Matt Voglewede | 1998 | 6-Jul | NB #3 |
| 4.01.58 | Matthew Bustard | 1999 | 11-Jun | Classic |

Male 1000m 2007 M Sinclair 2.28.16

| | | | | |
|-----------|-----------------|------|--------|------------------|
| 2.59.81CE | Brennan Undseth | 1996 | 14-May | Spring Challenge |
| 3.26.56CE | Abtin Motamedi | 1996 | 14-May | Spring Challenge |
| 3.26.71 | Rees Goertzen | 2000 | 11-Jun | Classic |
| 3.29.68CE | Jordan Graham | 1995 | 14-May | Spring Challenge |
| 3.41.79CE | Lyle Wiggers | 1997 | 14-May | Spring Challenge |
| 4.15.65 | Ty Fitzgerald | 2000 | 11-Jun | Classic |
| 4.25.05 | Joey Zumwalt | 2001 | 11-Jun | Classic |
| 4.44.08 | Adeem VasANJI | 2000 | 11-Jun | Classic |

Outdoor Season Bests 2011

Male 1200m 2011 B Undseth 3.24.76

| | | | | |
|---------|--------------------|------|--------|--------------|
| 3.24.76 | Brennan Undseth | 1996 | 16-Jul | Tri Province |
| 3.57.06 | Nathanael Eckstein | 1996 | 24-Jul | Prov |
| 4.00.80 | Sahad VasANJI | 1997 | 21-May | NB #2 |
| 4.10.01 | Andrew Bustard | 1997 | 21-May | NB #2 |
| 4.21.86 | Eric Foster | 1996 | 11-Jun | Classic |
| 4.22.03 | Lyle Wiggers | 1997 | 21-May | NB #2 |
| 4.27.74 | Harrison Matsuoka | 1998 | 11-Jun | Classic |
| 4.28.86 | Sean Thuna | 1997 | 24-Jul | Prov |
| 5.01.93 | Matt Voglewede | 1998 | 11-Jun | Classic |

Male 1500m 2007 M Sinclair 3.46.64

| | | | | |
|---------|-------------------|------|--------|------------|
| 3.53.44 | Madison Theriault | 1988 | June | Sen Nat |
| 4.06.66 | Abdel Dib | 1989 | June | Victoria |
| 4.07.06 | Gareth Hadfield | 1992 | April | Long Beach |
| 4.11.46 | Matt Galea | 1993 | June | HS Prov |
| 4.12.24 | Merhau Tume | 1992 | 24-Jul | Prov |
| 4.16.05 | Nyial Majock | 1990 | 24-Jul | Prov |
| 4.19.42 | Chris Fitzgibbon | 1994 | 11-Jun | Classic |
| 4.19.65 | Sean Foster | 1994 | 24-Jul | Prov |
| 4.32.63 | Cuauhti Olguin | 1995 | 28-May | HS Cities |
| 4.52.38 | Matt Shaw | 1995 | 2-Jul | Kelowna |
| 4.52.97 | Harvir Nijjar | 1995 | 19-May | HS Div |
| 5.30.31 | Matthew Springer | 1995 | 11-Jun | Classic |

Male 1600m 2008 G Hadfield 4.38.89

| | | | | |
|---------|----------------|------|--------|---------------|
| 5.40.00 | Sahad VasANJI | 1997 | 29-May | City Hershies |
| 5.54.80 | Andrew Bustard | 1997 | 29-May | City Hershies |
| 7.03.90 | Matt Voglewede | 1998 | 29-May | City Hershies |

Male Mile 2008 N Majock 4.25.52

| | | | | |
|---------|------------------|------|--------|-------|
| 6.05.68 | Matthew Springer | 1995 | 21-May | NB #2 |
|---------|------------------|------|--------|-------|

Outdoor Season Bests 2011

Male 2000m 2011 B Undseth 6.13.35

| | | | | |
|---------|-----------------|------|--------|------------------|
| 6.13.35 | Brennan Undseth | 1996 | 2-Jul | Kelowna |
| 7.06.83 | Sahad VasANJI | 1997 | 14-May | Spring Challenge |
| 7.28.47 | Andrew Bustard | 1997 | 11-Jun | Classic |
| 7.45.42 | Lyle Wiggers | 1997 | 11-Jun | Classic |

Male 3000m 2006 Nyial M 8.29.20

| | | | | |
|----------|------------------|------|--------|-----------|
| 8.36.39 | Nyial Majock | 1990 | Aug | WCSG |
| 8.39.21 | Gareth Hadfield | 1992 | Aug | WCSG |
| 9.01.19 | Matt Galea | 1993 | June | HS Prov |
| 9.07.73 | Merhau Tume | 1992 | June | HS Prov |
| 9.28.80 | Chris Fitzgibbon | 1994 | 19-May | HS Div |
| 9.33.98 | Sean Foster | 1994 | 24-Jul | Prov |
| 9.43.29 | Cuauhti Olguin | 1995 | June | HS Prov |
| 9.47.32 | Sean Foster | 1994 | 2-Jul | Kelowna |
| 9.47.59 | Kedir Abubashan | 1994 | 28-May | HS Cities |
| 10.09.00 | Brennan Undseth | 1996 | 1-Jun | CISAA |
| 10.33.27 | Harvir Nijjar | 1995 | 28-May | HS Cities |

Male 5000m 2010 N Majock 14.33.53

| | | | | |
|----------|--------------|------|-------|---------|
| 15.06.61 | Nyial Majock | 1990 | Aug | WCSG |
| 15.40.04 | Matt Galea | 1993 | 9-Jul | Jun Nat |
| 15.50.14 | Merhau Tume | 1992 | June | Sen Nat |

Male 10000m 2008 N Majock 30.13.42

Male 60mH 2010 T Fitzgerald 12.89

| | | | | |
|-----------|--------------|------|--------|------------------|
| 14.06 27" | Austin Galey | 2000 | 14-May | Spring Challenge |
|-----------|--------------|------|--------|------------------|

**Male 80mH 2010 A Charlesworth 13.72 27"
2010 A Charlesworth 13.74 30"**

| | | | | |
|-----------|-------------|------|-------|---------|
| 15.81 30" | Ben Meister | 1998 | 2-Jul | Kelowna |
|-----------|-------------|------|-------|---------|

Outdoor Season Bests 2011

| | | | | | |
|-------------------|-----|------------------------------|------------|--------|------------------|
| 16.72 | 27" | Tyler Sawatzky | 1998 | 11-Jun | Classic |
| 17.00 | 27" | Harrison Matsuoka | 1998 | 11-Jun | Classic |
| 17.47 | 27" | Braden Gerlitz | 1999 | 11-Jun | Classic |
| 19.16 | 27" | Matt Voglewede | 1998 | 11-Jun | Classic |
| Male 100mH | | 2008 E Clark 13.59 | 36" | | |
| | | 2010 R McKay 13.40 | 33" | | |
| 13.89f | 36" | Alex Smith | 1993 | June | HS Prov |
| 13.52f | 33" | Lincoln Kwasney | 1994 | 28-May | HS Cities |
| 13.78 | 33" | Bryce Clements | 1994 | 28-May | HS Cities |
| 14.73f | 33" | Karl Wagner | 1995 | 28-May | HS Cities |
| 15.00 | 33" | Drew Crawford | 1994 | 28-May | HS Cities |
| 15.51p | 33" | Bryce Clements | 1994 | June | HS Prov |
| 18.42 | 33" | Taylor LaRiviere | 1994 | 19-May | HS Div |
| 19.13 | 33" | Sean Thuna | 1997 | 7-May | NB #1 |
| 23.53 | 33" | Nathan Kalmakoff | 1997 | 24-Jul | Prov |
| Male 110mH | | 2010 R McKay 14.77 | 36" | | |
| | | 2008 E Clark 14.34 | 39" | | |
| | | 2010 T Ratzlaff 15.36 | 42" | | |
| 15.23p | 39" | Alex Smith | 1993 | 11-Jun | Classic |
| 15.21p | 36" | Alex Smith | 1993 | 9-Jul | Jun Nat |
| 15.28p | 36" | Lincoln Kwasney | 1995 | 11-Jun | Classic |
| 17.45p | 36" | Drew Crawford | 1994 | 11-Jun | Classic |
| 17.51 | 36" | Karl Wagner | 1995 | 7-May | NB #1 |
| 19.76p | 36" | Austin Ost | 1995 | 11-Jun | Classic |
| 21.26CE | 36" | Jordan Graham | 1995 | 14-May | Spring Challenge |
| 16.08 | 42" | Steven Clark | 1991 | 7-May | NB #1 |
| Male 200mH | | 2009 B Clements 27.18 | 30" | | |
| 29.01 | | Brent Stephen | 1996 | 2-Jul | Kelowna |
| 34.36 | | Ben Meister | 1998 | 2-Jul | Kelowna |
| 34.57 | | Sean Thuna | 1997 | 24-Jul | Prov |
| 35.37 | | Patrick Meister | 1997 | 2-Jul | Kelowna |

Outdoor Season Bests 2011

Male 300mH 2010 A Smith 39.57

| | | | | |
|-------|----------------|------|--------|---------|
| 40.71 | Bryce Clements | 1994 | 11-Jun | Classic |
| 47.99 | Karl Wagner | 1995 | 11-Jun | Classic |

Male 400mH 2009 T Ratzlaff 51.67

| | | | | |
|---------|--------------|------|--------|---------|
| 1.00.71 | Steven Clark | 1991 | 11-Jun | Classic |
|---------|--------------|------|--------|---------|

Male 1500m SC 2010 A Dib 4.24.42

| | | | | |
|---------|---------------|------|--------|-------|
| 4.26.31 | Abdel Dib | 1989 | 6-Jul | NB #3 |
| 5.24.41 | Sahad VasANJI | 1997 | 24-Jul | Prov |
| 6.12.14 | Lyle Wiggers | 1997 | 6-Jul | NB #3 |

Male 2000m SC 2009 G Hadfield 5.53.73

| | | | | |
|---------|----------------|------|--------|---------|
| 6.43.86 | Cuauhti Olguin | 1995 | 24-Jul | Prov |
| 7.33.64 | Matt Shaw | 1995 | 2-Jul | Kelowna |

Male 3000m SC 2011 G Hadfield 9.05.56

| | | | | |
|---------|-----------------|------|-------|---------|
| 9.05.56 | Gareth Hadfield | 1992 | 9-Jul | Jun Nat |
| 9.37.30 | Abdel Dib | 1989 | 2-Jul | Kelowna |

Male 2000m Race Walk

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

| | | | | |
|------|---------------|------|--------|------------------|
| 3.00 | Adeem VasANJI | 2000 | 14-May | Spring Challenge |
| 2.88 | Austin Galey | 2000 | 14-May | Spring Challenge |

Male LJ 2009 R McKay 6.40

| | | | | |
|------|----------------|------|--------|-------|
| 5.70 | Austin Ost | 1995 | 24-Jul | Prov |
| 5.58 | Thomas Kellner | 1994 | 17-May | CISAA |
| 5.41 | Drew Crawford | 1994 | 24-Jul | Prov |

Outdoor Season Bests 2011

| | | | | |
|--------|--------------------|------|--------|------------------|
| 5.24 | Brennan Undseth | 1996 | 24-Jul | Prov |
| 5.17 | Matthew Springer | 1995 | 6-Jul | NB #3 |
| 5.15 | Karl Wagner | 1995 | 11-Jun | Classic |
| 5.11 | Paul Boudreau | 1994 | 24-Jul | Prov |
| 5.11 | Taylor LaRiviere | 1994 | 19-May | HS Div |
| 5.08 | Martin Steger | 1996 | 24-Jul | Prov |
| 4.98 | Joel Lemire | 1997 | 11-Jun | Classic |
| 4.72CE | Jordan Graham | 1995 | 14-May | Spring Challenge |
| 4.39CE | Abtin Motamedi | 1996 | 14-May | Spring Challenge |
| 4.24 | Nathanael Eckstein | 1996 | 6-Jul | NB #3 |
| 4.21 | Max Vogelgesang | 1997 | 14-May | Spring Challenge |
| 4.12 | Nathan Kalmakoff | 1997 | 6-Jul | NB #3 |
| 3.92 | Patrick Meister | 1997 | 6-Jul | NB #3 |
| 3.83 | Lyle Wiggers | 1997 | 7-May | NB #1 |
| 3.82 | Sean Thuna | 1997 | 24-Jul | Prov |
| 3.78 | Ben Meister | 1998 | 6-Jul | NB #3 |
| 3.69 | Patrick Meister | 1997 | 7-May | NB #1 |
| 3.69 | Harrison Matsuoka | 1998 | 11-Jun | Classic |
| 3.69 | Sahad VasANJI | 1997 | 11-Jun | Classic |
| 3.55 | Rees Goertzen | 2000 | 11-Jun | Classic |
| 3.52 | Jeremy Kinnear | 1999 | 11-Jun | Classic |
| 3.31 | Braden Gerlitz | 1999 | 24-Jul | Prov |
| 3.22 | Jeremey Schalm | 1999 | 7-May | NB #1 |
| 3.11 | Matt Voglewede | 1998 | 11-Jun | Classic |
| 3.07 | Adeem VasANJI | 2000 | 11-Jun | Classic |
| 3.00 | Ty Fitzgerald | 2000 | 11-Jun | Classic |
| 2.86 | Austin Galey | 2000 | 11-Jun | Classic |
| 2.83 | Braden Gerlitz | 1999 | 11-Jun | Classic |
| 2.63 | Andrew Bustard | 1997 | 11-Jun | Classic |
| 2.34 | Levi Sawatzky | 2001 | 11-Jun | Classic |
| 2.16 | Joey Zumwalt | 2001 | 11-Jun | Classic |

Standing LJ 2010 S McClure 2.44

| | | | | |
|------|------------------|------|--------|---------------|
| 2.08 | Nathan Kalmakoff | 1997 | 29-May | City Hershies |
| 2.04 | Sean Thuna | 1997 | 18-Jun | Prov hershey |
| 1.81 | Andrew Bustard | 1997 | 29-May | City Hershies |
| 1.74 | Braden Gerlitz | 1999 | 29-May | City Hershies |

Outdoor Season Bests 2011

| | | | | |
|------|-------------------|------|--------|---------------|
| 1.71 | Rees Goertzen | 2000 | 29-May | City Hershies |
| 1.67 | Jeremy Kinnear | 1999 | 29-May | City Hershies |
| 1.64 | Matt Voglewede | 1998 | 29-May | City Hershies |
| 1.58 | Thomas Sherritt | 2001 | 29-May | City Hershies |
| 1.46 | Ty Fitzgerald | 2000 | 29-May | City Hershies |
| 1.42 | Zack Grosky | 2003 | 29-May | City Hershies |
| 1.40 | Joey Zumwalt | 2001 | 29-May | City Hershies |
| 1.29 | Zachary McNeil | 2003 | 29-May | City Hershies |
| 1.20 | Marshal Kalynchuk | 2003 | 29-May | City Hershies |

Male TJ 2010 R McKay 13.60

| | | | | |
|-------|------------------|------|--------|---------|
| 12.37 | Austin Ost | 1995 | 21-May | NB #2 |
| 12.00 | Thomas Kellner | 1994 | 17-May | CISAA |
| 10.83 | Karl Wagner | 1995 | 19-May | HS Div |
| 9.94 | Martin Steger | 1996 | 24-Jul | Prov |
| 9.70 | Brent Stephen | 1996 | 24-Jul | Prov |
| 8.88 | Nathan Kalmakoff | 1997 | 2-Jul | Kelowna |

Male HJ 2010 J Brewster 1.93

| | | | | |
|--------|------------------|------|--------|------------------|
| 1.70 | Austin Ost | 1995 | 11-Jun | Classic |
| 1.65 | Karl Wagner | 1995 | 11-Jun | Classic |
| 1.65 | Brennan Undseth | 1996 | 2-Jul | Kelowna |
| 1.60 | Matthew Springer | 1995 | 21-May | NB #2 |
| 1.50 | Lyle Wiggers | 1997 | 11-Jun | Classic |
| 1.47CE | Jordan Graham | 1995 | 14-May | Spring Challenge |
| 1.40 | Nathan Kalmakoff | 1997 | 14-May | Spring Challenge |
| 1.37CE | Abtin Motamedi | 1996 | 14-May | Spring Challenge |
| 1.30 | Max Vogelgesang | 1997 | 11-Jun | Classic |
| 1.20 | Harry Matsuoka | 1998 | 14-May | Spring Challenge |
| 1.10 | Ty Fitzgerald | 2000 | 11-Jun | Classic |
| 1.00 | Austin Galey | 2000 | 11-Jun | Classic |
| 1.00 | Rees Goertzen | 2000 | 11-Jun | Classic |
| 1.00 | Adeem VasANJI | 2000 | 11-Jun | Classic |
| 1.00 | Beck Vogelgesang | 2002 | 11-Jun | Classic |
| 1.00 | Matt Voglewede | 1998 | 11-Jun | Classic |
| 0.90 | Joey Zumwalt | 2001 | 11-Jun | Classic |

Outdoor Season Bests 2011

| | | | | | | |
|----------------------|------------------------|--------------|---------------|--------|------------------|--|
| Male Shot Put | 2011 A Vasanji | 8.21 | 2kg | | | |
| | 2007 A Bymoan | 11.43 | 3kg | | | |
| | 2010 R Sceviour | 13.35 | 4kg | | | |
| | 2010 V Khudych | 12.73 | 5kg | | | |
| | 2011 B Bracko | 11.86 | 5.44kg | | | |
| | 2011 B Bracko | 11.16 | 6kg | | | |
| | 2011 P Sze | 11.25 | 7.26kg | | | |
| 11.25 7.26kg | Paul Sze | | Coach | 11-Jun | Classic | |
| 11.16 6kg | Brandon Bracko | | 1992 | 24-Jul | Prov | |
| 11.86 5.44kg | Brandon Bracko | | 1992 | 28-May | HS Cities | |
| 11.64 5.44kg | Brandon Bracko | | 1992 | 19-May | HS Div | |
| 11.34 5kg | Austin Ost | | 1995 | 24-Jul | Prov | |
| 8.22CE 5kg | Jordan Graham | | 1995 | 14-May | Spring Challenge | |