

INDOOR SEASON BESTS 2010/2011

MARK	NAME	Y OF B	DATE
Female 60 m	11/12 S Hughes 7.77		
7.77f	Sarah Hughes	1994	03-Dec
8.03	Nicky Charlesworth	1994	03-Dec
8.11f	Meghan Lim	1997	10-Mar
8.19p	Melissa Hazen	1994	10-Mar
8.27	Ellie Hirst	1995	07-Jan
8.49p	Merel Schuurman Hess	1997	10-Mar
8.51	Emily Wilson-Bodnar	1996	03-Dec
8.55s	Jessica Kalmakoff	1995	10-Mar
8.56	Antha Dietrich-Henderson	1996	03-Dec
8.60	Jasmine Galey	1995	03-Dec
8.60p	Emma Chong	1998	10-Mar
8.67p	Mia Hull	1998	10-Mar
8.80p	Sarah Choate	1998	10-Mar
8.84	Dana Gerlitz	1997	28-Jan
8.87	Anise Parker	1998	28-Jan
8.90	Lauren Garnett	1995	10-Mar
8.95	Siri Svensson	1996	10-Mar
9.05	Marissa Stirling	1998	28-Jan
9.06	Hanna Svensson	1999	10-Mar
9.38	Brynn McLellan	1997	28-Jan
9.44	Lauren Yardley	1999	03-Dec
9.46	Delainy Conibear	1997	03-Dec
9.46	Caitlin Yardley	1998	03-Dec
9.51	Jillian Cowan	1996	10-Mar
9.51	Grace Hilton	1999	03-Dec
9.57	Hawaa Zaroual	1998	07-Jan
9.60	Erica Dotson	1997	03-Dec
9.70	Annette Berry	2000	28-Jan
9.83	Kiannah Wright	1998	29-Apr
9.87	Jessica Cameron	1998	10-Mar
9.88	Abby Harrison	1999	28-Apr
10.08	Sydney Mohagen	1998	03-Dec
10.12	Cameron Knowles	1999	28-Apr
10.46	Madeline Lee	1998	28-Jan
10.47	Bronte Richardson-Dobie	1999	28-Jan
10.71	Alex Matsuoka	2002	28-Jan
10.75	Emily Stirling	2001	11-Feb
11.60	Abbie Gingras	2001	28-Jan
11.65	Emma Stalker	1999	28-Jan
11.67	Elizabeth Harper	2002	28-Jan
11.89	Chloe Deschamps	2003	28-Jan
Female 150m	09/10 E. Wilson-Bodnar 21.31		
22.07	Hanna Svensson	1999	07-Jan
22.62	Mia Hull	1998	03-Dec
23.24	Grace Hilton	1999	28-Jan

23.37	Lauren Yardley	1999	28-Apr
23.71	Abby Harrison	1999	28-Apr
24.16	Annette Berry	2000	28-Jan
24.94	Cameron Knowles	1999	10-Mar
26.66	Bronte Richardson-Dobie	1999	28-Jan
26.94	Alex Matsuoka	2002	28-Jan
27.64	Emily Stirling	2001	03-Dec
29.91	Elizabeth Harper	2002	28-Jan

Female 200m 09/10 M Beach 26.16

26.19	Sarah Hughes	1994	10-Mar
26.22	Ellie Hirst	1995	10-Mar
27.10	Meghan Lim	1997	10-Mar
28.41	Jessica Kalmakoff	1995	10-Mar
28.50	Jasmine Galey	1995	10-Mar
28.55	Emily Wilson Bodnar	1996	10-Mar
29.05	Merel Schuurman Hess	1997	10-Mar
29.31	Anise Parker	1998	10-Mar
29.52	Mia Hull	1998	10-Mar
29.82	Dana Gerlitz	1997	21-Jan
29.97	Sarah Choate	1998	10-Mar
30.02	Antha Dietrich-Henderson	1996	03-Dec
30.08	Siri Svensson	1996	10-Mar
30.21	Emma Chong	1998	21-Jan
30.32	Rachel Yee	1992	03-Dec
34.34	Kiannah Wright	1998	10-Mar

Female 300m 06/07 H. Ratzlaff 40.32

40.79	Ellie Hirst	1995	11-Feb
41.50	Sarah Hughes	1994	04-Feb
44.56	Meghan Lim	1997	28-Jan
45.11	Jasmine Galey	1995	11-Feb
45.74	Merel Schuurman Hess	1997	10-Mar
46.91	Marissa Stirling	1998	28-Jan
48.19	Anise Parker	1998	28-Jan
48.93	Caitlin Yardley	1998	28-Jan
48.97	Mia Hull	1998	28-Jan
49.16	Siri Svensson	1996	28-Jan
49.42	Lauren Fridman	1996	07-Jan
50.17	Brynn McLellan	1997	28-Jan
50.51	Hawaa Zaroual	1998	28-Jan
50.79	Emma Chong	1998	28-Jan
50.94	Delainy Conibear	1997	28-Jan
53.80	Sydney Mohagen	1998	28-Jan
54.91	Kiannah Wright	1998	11-Feb
55.64	Madeline Lee	1998	28-Jan
55.70	Kiannah Wright	1998	10-Mar

Female 400m 09/10 M Beach 59.20

59.69	Ellie Hirst	1995	10-Mar
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1.04.86	Jasmine Galey	1995	10-Mar
1.05.93	Marissa Stirling	1998	28-Apr

Female 600m 06/07 H. Ratzlaff 1.29.51

1.41.13	Nikki Barlow	1990	04-Feb
1.44.52	Katie Campbell	1995	11-Feb
1.48.57	Grace Hilton	1999	10-Mar
1.52.72	Caitlin Yardley	1998	11-Feb
1.53.36	Kendall Seasons	1995	11-Feb
1.54.62	Lauren Fridman	1996	07-Jan
1.55.30	Lauren Yardley	1999	11-Feb
2.01.71	Hawaa Zaroual	1998	07-Jan
2.01.88	Cameron Knowles	1999	10-Mar
2.04.87	Mia Hull	1998	07-Jan
2.17.64	Emily Stirling	2001	11-Feb

Female 800m 08/09 H. Sim 2.17.18

2.27.11	Gillian Ceyhan	1996	10-Mar
2.30.39	Katie Campbell	1995	10-Mar
2.32.60	Grace Hilton	1999	10-Mar
2.34.08	Claudia Belanger	1996	03-Dec
2.40.05	Kendall Seasons	1995	10-Mar
2.41.37CE	Marissa Stirling	1998	11-Feb
2.43.70	Abby Harrsion	1999	28-Apr
2.45.29	Lauren Yardley	1999	28-Apr
2.45.90CE	Emily Wilson-Bodnar	1996	11-Feb
2.51.15	Meghan Lim	1997	28-Apr
2.54.02	Cameron Knowles	1999	28-Apr
2.54.43	Caitlin Yardley	1998	03-Dec
2.57.34CE	Mia Hull	1998	11-Feb
2.59.53	Erica Dotson	1997	03-Dec
2.59.68	Delainy Conibear	1997	03-Dec
3.00.90CE	Anise Parker	1998	11-Feb
3.07.50	Madeline Lee	1998	03-Dec
3.11.89	Hawaa Zaroual	1998	03-Dec
3.14.10	Mia Hull	1998	03-Dec
3.16.97CE	Emma Chong	1998	11-Feb
3.28.22CE	Kiannah Wright	1998	11-Feb

Female 1000m 08/09 H Sim 2.49.87

3.10.26	Claudia Belanger	1996	11-Feb
3.14.14	Nikki Barlow	1990	11-Feb
3.17.42	Katie Campbell	1995	11-Feb
3.22.63	Marissa Stirling	1998	28-Jan
3.29.16	Grace Hilton	1999	11-Feb
3.29.45	Kendall Seasons	1995	11-Feb
3.32.02	Lauren Fridman	1996	28-Jan
3.33.83	Brynn McLellan	1997	28-Jan
3.34.89	Caitlin Yardley	1998	11-Feb
3.35.50	Lauren Yardley	1999	11-Feb

3.44.47	Hawaa Zaroual	1998	28-Jan
3.46.68	Madeline Lee	1998	11-Feb
3.54.77	Annette Berry	2000	28-Jan
3.54.96	Cam Knowles	1999	11-Feb
4.42.33	Elizabeth Harper	2002	28-Jan
Female 1200m	10/11 C Belanger 4.02.84		
4.22.85	Marissa Stirling	1998	07-Jan
4.34.31	Lauren Yardley	1999	07-Jan
4.38.48	Caitlin Yardley	1998	07-Jan
5.49.01	Katie Campbell	1995	10-Mar
Female 1500m	08/09 H Sim 4.31.15		
4.55.89	Claudia Belanger	1996	10-Mar
5.07.06	Adrienne Erdman	1994	10-Mar
5.11.43	Gillian Ceyhan	1996	10-Mar
5.45.78	Kendall Seasons	1995	10-Mar
Female Mile	08/09 H Sim 4.52.21		
Female 2000m	10/11 C Belanger 7.04.47		
Female 3000m	06/07 9.58.28 T. Dressler		
10.36.37	Claudia Belanger	1996	10-Mar
Female 60m h	10/11 N Charlesworth 8.73	30"	
	11/12 N Charlesworth 8.86	33"	
8.86 33"	Nicky Charlesworth	1994	11-Feb
9.39 33"	Melissa Hazen	1994	10-Mar
8.76 30"	Nicky Charlesworth	1994	03-Dec
9.39p 30"	Emily Wilson-Bodnar	1996	10-Mar
10.07f 30"	Meghan Lim	1997	10-Mar
10.50f 30"	Lauren Garnett	1995	10-Mar
10.56f 30"	Emma Chong	1998	10-Mar
11.19 30"	Marissa Stirling	1998	11-Feb
12.09 30"	Anise Parker	1998	28-Jan
12.89 30"	Caitlin Yardley	1998	28-Jan
Standing LJ	11/12 E Stirling 1.67		
1.67	Emily Stirling	2001	11-Feb
Female LJ	10/11 N Charlesworth 5.58		
5.25	Melissa Hazen	1994	11-Feb
4.67	Antha Dietrich-Henderson	1996	11-Feb
4.45	Anise Parker	1998	10-Mar

4.35CE	Emily Wilson-Bodnar	1996	11-Feb
4.35	Merel Schuurman Hess	1997	10-Mar
4.34	Emma Chong	1998	10-Mar
4.30	Marissa Stirling	1998	10-Mar
4.11	Mia Hull	1998	22-Jan
4.04	Hanna Svensson	1999	10-Mar
3.87	Siri Svensson	1996	10-Mar
3.78	Jillian Cowan	1996	10-Mar
3.55	Sarah Choate	1998	10-Mar
2.78	Kiannah Wright	1998	10-Mar

Female TJ 07/08 K. Tse 11.69

9.85	Anise Parker	1998	10-Mar
9.55	Lauren Garnett	1995	10-Mar
8.08	Sarah Choate	1998	10-Mar

Female HJ 09/10 N Charlesworth 1.72

1.58	Nicky Charlesworth	1994	18-Dec
1.45	Emily Wilson-Bodnar	1996	10-Mar
1.40	Emma Chong	1998	10-Mar
1.35	Jillian Cowan	1996	10-Mar
1.30	Mia Hull	1998	10-Mar
1.30	Meghan Lim	1997	10-Mar
1.30	Merel Schuurman Hess	1997	10-Mar
1.30	Marissa Stirling	1998	10-Mar
1.30	Hanna Svensson	1999	10-Mar
1.20	Grace Hilton	1999	11-Feb
1.15	Cam Knowles	1999	10-Mar
1.13CE	Kiannah Wright	1998	11-Feb
1.10	Lauren Yardley	1999	11-Feb

Female SP 06/07 Jenna Wamsley 10.31
11/12 S Svensson 7.98

		3 kg	
		4kg	
7.98 4kg	Siri Svensson	1996	18-Dec
7.59 4kg	Dana Gerlitz	1997	18-Dec
10.20 3kg	Siri Svensson	1996	10-Mar
9.88 3kg	Mia Hull	1998	10-Mar
9.38 3kg	Emily Wilson-Bodnar	1996	10-Mar
8.39 3kg	Dana Gerlitz	1997	10-Mar
8.28 3kg	Lauren Fridman	1996	18-Dec
7.67 3kg	Meghan Lim	1997	10-Mar
7.67 3kg	Hanna Svensson	1999	10-Mar
7.58 3kg	Alanna Pearson	1995	11-Feb
7.55CE 3kg	Anise Parker	1998	11-Feb
6.62CE 3kg	Marissa Stirling	1998	11-Feb
6.09CE 3kg	Emma Chong	1998	11-Feb
5.71 3kg	Grace Hilton	1999	11-Feb
5.59CE 3kg	Kiannah Wright	1998	11-Feb
5.37 3kg	Lauren Yardley	1999	11-Feb
4.25 3kg	Cam Knowles	1999	10-Mar

Female MB	10/11 M Hull 6.04		
	5.67	Hanna Svensson	1999 10-Mar
	3.94	Emily Stirling	2001 11-Feb

Female WT	11/12 S Svensson 8.53	7.26kg	
	8.53 7.26kg	Siri Svensson	1996 10-Mar
	6.76 7.26kg	Mia Hull	1997 10-Mar
	6.61 7.26kg	Dana Gerlitz	1997 11-Feb
	5.20 7.26kg	Kiannah Wright	1998 10-Mar

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
10/11 N Charlesworth 3400

2631 Youth	Emily Wilson-Bodnar	1996	11-Feb
2088 Midget	Mia Hull	1998	11-Feb
2024 Midget	Marissa Stirling	1998	11-Feb
1986 Midget	Emma Chong	1998	11-Feb
1647 Midget	Anise Parker	1998	11-Feb
1072 Midget	Kiannah Wright	1998	11-Feb

Male 60m	10/11 I. Rynn 7.13		
	7.18f	Isaac Rynn	1989 03-Dec
	7.42s	Kyle Visvanathan	1996 10-Mar
	7.46	Taylor LaRiviere	1994 10-Mar
	7.48p	Nicholas Buettner	1995 10-Mar
	7.53	Steven Clark	1991 07-Jan
	7.56	Drew Crawford	1994 03-Dec
	7.71p	Brent Stephen	1996 11-Feb
	7.81	Austin Ost	1994 28-Apr
	7.81	Paul Boudreau	1994 03-Dec
	7.93	Casey Yuen	1994 03-Dec
	7.94	Martin Steger	1996 28-Jan
	7.95	Spencer Hunter	1995 03-Dec
	7.96	Karl Wagner	1995 28-Jan
	7.99s	Sam Vito	1995 10-Mar
	8.00	Jordan Graham	1995 11-Feb
	8.21s	Igor Cardoso Espinosa	1998 10-Mar

8.34	Matthew Dotson	1995	03-Dec
8.37	Liam Robertson	1996	10-Mar
8.37f	Stephen Calkins	1998	11-Feb
8.57	Charlie Meister	1995	10-Mar
8.59	Mehrdad Shokoohi	1999	28-Apr
8.60	Sean Thuna	1997	03-Dec
8.61p	Harrison Matsuoka	1998	10-Mar
8.73	Nathan Kalmakoff	1997	11-Feb
8.72	Lyle Wiggers	1997	28-Apr
8.99	Nathan Calkins	2000	10-Mar
9.08	Patrick Meister	1997	10-Mar
9.08	Ethan Nishimura	1998	03-Dec
9.15	Liam Connors	1998	28-Jan
9.28	Ben Meister	1998	11-Feb
9.46	Cory Johnson T36	1974	11-Feb
9.47	Ethan Peacock	1998	03-Dec
9.57	Riley Desrochers	1994	22-Jan
9.70	Braden Gerlitz	1999	03-Dec
9.79	Adeem VasANJI	2000	10-Mar
9.91	Matt Voglewede	1998	07-Jan
9.92	Austin Galey	2000	28-Apr
9.93	Cory Johnson T36	1974	07-Jan
10.18	Jeremy Kinnear	1999	03-Dec
10.28	Charles Voglewede	2000	10-Mar
10.76	Simon Jacso	1999	03-Dec
10.93	Max Konwitschny	2003	28-Jan
11.00	Jarvis Chantler	2003	28-Jan
11.17	Ben Konwitschny	2003	28-Jan

Male 150 09/10 C Stevens 20.31

21.52	Mehrdad Shokoohi	1999	10-Mar
21.74	Nathan Calkins	2000	10-Mar
22.09	Harrison Matsuoka	1998	03-Dec
22.93	Ben Meister	1998	03-Dec
23.84	Braden Gerlitz	1999	07-Jan
24.63	Adeem VasANJI	2000	10-Mar
25.38	Austin Galey	2000	28-Apr
26.92	Charles Voglewede	2000	10-Mar
27.10	Jarvis Chantler	2003	28-Jan
27.11	Max Konwitschny	2003	28-Jan
29.52	Ben Konwitschny	2003	28-Jan
30.20	Sam Yardley	2003	28-Jan

Male 200m 11/12 A Dargie 22.78

22.78p	Andrew Dargie	1987	22-Jan
23.44	Alex Ivan	1994	10-Mar
23.70	Steven Clark	1991	10-Mar
23.71	Taylor LaRiviere	1994	10-Mar
24.05	Nicholas Buettner	1995	10-Mar
24.91	Thomas Kellner	1994	03-Dec
24.97	Brent Stephen	1996	10-Mar

25.09	Kyle Visvanathan	1996	10-Mar
25.11	Drew Crawford	1994	10-Mar
25.76	Spencer Hunter	1995	10-Mar
26.65	Robin Robertson	1996	10-Mar
26.98	Igor Cardoso Espinosa	1998	10-Mar
27.93	Charlie Meister	1995	10-Mar
28.00	Matthew Dotson	1995	03-Dec
28.52	Liam Robertson	1996	10-Mar
30.09	Patrick Meister	1997	10-Mar
30.62	Sean Thuna	1997	03-Dec
30.68	Ben Meister	1998	10-Mar

Male 300m 07/08 Trent Ratzlaff 34.50

34.52	Andrew Dargie	1987	11-Feb
35.96	Alex Ivan	1994	04-Feb
37.27	Steven Clark	1991	11-Feb
37.90	Thomas Kellner	1994	11-Feb
38.30	Taylor LaRiviere	1994	11-Feb
39.30	Nicholas Buettner	1995	11-Feb
39.44	Kyle Visvanathan	1996	11-Feb
40.47	Brent Stephen	1996	28-Jan
40.73	Martin Steger	1996	11-Feb
41.96	Stephen Calkins	1998	11-Feb
42.60	Robin Robertson	1996	07-Jan
43.70	Igor Cardoso Espinosa	1998	11-Feb
46.15	Harrison Matsuoka	1998	28-Jan
47.01	Ethan Nishimura	1998	28-Jan
47.49	Sean Thuna	1997	11-Feb
51.86	Liam Connors	1998	28-Jan
55.15	Matt Voglewede	1998	07-Jan
55.46	Cory Johnson T36	1974	11-Feb

Male 400m 08/09 T Ratzlaff 48.00

49.82	Andrew Dargie	1987	22-Jan
50.86	Alex Ivan	1994	10-Mar
53.07	Steven Clark	1991	10-Mar
56.16	Brent Stephen	1996	10-Mar
56.78	Taylor LaRiviere	1994	10-Mar
57.33	Matt Shaw	1994	10-Mar
59.16	Robin Robertson	1996	10-Mar
59.76	Jordan Graham	1995	10-Mar
1.21.30	Matt Voglewede	1998	28-Apr

Male 600m 08/09 T Ratzlaff 1.18.49

1.20.52	Andrew Dargie	1987	04-Feb
1.21.54	Madison Theriault	1988	11-Feb
1.23.94	Alex Ivan	1994	04-Feb
1.31.10	Thomas Kellner	1994	04-Feb
1.35.34	Matt Shaw	1994	07-Jan

1.44.06	Robin Robertson	1996	07-Jan
1.46.43	Ethan Nishamura	1998	11-Feb
1.50.33	Patrick Meister	1997	11-Feb
2.01.93	Jeremy Kinnear	1999	07-Jan
2.04.19	Nathan Calkins	2000	11-Feb
2.07.44	Charles Voglewede	2000	10-Mar
2.16.28	Adeem VasANJI	2000	11-Feb
2.22.72	Matt Voglewede	1998	07-Jan

Male 800m 11/12 M Theriault 1.52.44

1.52.44	Madison Theriault	1988	10-Mar
2.02.46	Brennan Undseth	1996	10-Mar
2.04.22	Chris Fitzgibbon	1994	10-Mar
2.06.75	James Faul	1995	10-Mar
2.14.30	Matt Shaw	1994	03-Dec
2.21.34	Robin Robertson	1996	10-Mar
2.24.42	Graham Seasons	1997	03-Dec
2.26.04	Harrison Matsuoka	1998	10-Mar
2.29.59	Sahad VasANJI	1997	03-Dec
2.33.67	Ethan Nishimura	1998	03-Dec
2.34.73	Lyle Wiggers	1997	28-Apr
2.48.03	Matt Springer	1996	28-Apr
2.57.68	Charles Vogelwede	2000	10-Mar
2.58.76	Matt Voglewede	1998	10-Mar
3.01.70	Nathan Calkins	2000	10-Mar
3.01.84	Jeremy Kinnear	1999	03-Dec
3.02.92	Liam Connors	1998	03-Dec
3.09.19	Braden Gerlitz	1999	03-Dec

Male 1000m 10/11 M Theriault 2.28.37

2.29.94	Madison Theriault	1988	11-Feb
2.35.81	Gareth Hadfield	1992	11-Feb
2.37.15	Brennan Undseth	1996	11-Feb
2.42.02	Chris Fitzgibbon	1994	11-Feb
2.45.79	James Faul	1995	11-Feb
2.53.86	Cuauhti Olguin	1995	11-Feb
2.55.26	Matthew Shaw	1994	28-Jan
3.00.78	Graham Seasons	1997	11-Feb
3.11.81	Sahad VasANJI	1997	11-Feb
3.13.88CE	Karl Wagner	1995	11-Feb
3.17.34CE	Drew Crawford	1994	11-Feb
3.18.32 CE	Austin Ost	1995	11-Feb
3.21.64CE	Lyle Wiggers	1997	11-Feb
3.29.68	Ethan Nishimura	1998	11-Feb
3.53.52CE	Matt Voglewede	1998	11-Feb
4.00.22	Charles Voglewede	2000	28-Jan
4.11.52	Jarvis Chantler	2003	28-Jan
4.42.33	Max Konwitschny	2003	28-Jan
4.46.84	Skylar Paul	2000	28-Jan
4.46.84	Sam Yardley	2003	28-Jan

Male 1200m 11/12 G Seasons 3.37.16

3.37.16	Graham Seasons	1997	10-Mar
3.58.44	Lyle Wiggers	1997	10-Mar
4.01.87	Sahad Vasanji	1997	11-Feb
4.18.78	Ethan Nishimura	1998	07-Jan
4.23.43	Harrison Matsuoka	1998	07-Jan

Male 1500m 10/11 M Theriault 3.56.93

3.58.79	Madison Theriault	1988	04-Feb
4.05.60	Gareth Hadfield	1992	11-Feb
4.10.50	Merhau Tume	1992	11-Feb
4.13.86	Chris Fitzgibbon	1994	10-Mar
4.15.85	Brennan Undseth	1996	10-Mar
4.26.13	James Faul	1995	10-Mar
4.26.68	Sean Foster	1994	10-Mar

Male Mile 10/11 M Theriault 4.13.05**Male 2000m** 11/12 G Seasons 6.31.38

6.31.38	Graham Seasons	1997	10-Mar
7.14.35	Sahad Vasanji	1997	10-Mar

Male 3000m 10/11 G Hadfield 8.45.20

8.47.04	Gareth Hadfield	1992	04-Feb
9.03.60	Merhau Tume	1992	11-Feb
9.44.29	Sean Foster	1994	10-Mar

Male 60mH 11/12 S Clark 9.24 42"
08/09 E. Clark 8.30 39"
09/10 A Smith 8.56 36"
09/10 B Clements 9.20 33"

9.24 42"	Steven Clark	1991	11-Feb
9.24CE 39"	Drew Crawford	1994	11-Feb
9.29 39"	Bryce Clements	1994	11-Feb
9.16 36"	Karl Wagner	1995	10-Mar
9.40 36"	Austin Ost	1995	10-Mar
10.37 36"	Matthew Dotson	1995	03-Dec
10.89 36"	Igor Cardoso Espinosa	1998	10-Mar
11.14 36"	Harrison Matsuoka	1998	10-Mar
11.42 36"	Ben Meister	1998	11-Feb
11.57 36"	Nathan Kalmakoff	1997	10-Mar
11.86 36"	Ben Meister	1998	10-Mar

Male LJ 09/10 R McKay 6.50

5.87CE	Austin Ost	1995	11-Feb
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5.69	Drew Crawford	1994	10-Mar
5.56CE	Karl Wagner	1995	11-Feb
5.17	Martin Steger	1996	11-Feb
4.99	Igor Cardoso Espinosa	1998	10-Mar
4.60	Nathan Kalmakoff	1997	11-Feb
4.56	Harrison Matsuoka	1998	10-Mar
4.45	Mehrdad Shokoohi	1999	10-Mar
4.39	Sean Thuna	1997	11-Feb
4.33CE	Lyle Wiggers	1997	11-Feb
4.14	Patrick Meister	1997	10-Mar
4.03	Sean Thuna	1997	10-Mar
3.76	Nathan Calkins	2000	11-Feb
3.69CE	Matt Voglewede	1998	11-Feb
3.30	Charles Voglewede	2000	11-Feb
3.17	Adeem Vasanji	2000	10-Mar

Male TJ 09/10 R McKay 13.76

11.38	Karl Wagner	1995	10-Mar
9.36	Stephen Calkins	1998	11-Feb

Male HJ 09/10 S Babcock 1.90

1.80	Austin Ost	1995	10-Mar
1.75	Karl Wagner	1995	10-Mar
1.65	Sam Vito	1995	10-Mar
1.60	Stephen Calkins	1998	11-Feb
1.55	Lyle Wiggers	1997	10-Mar
1.51	Drew Crawford	1994	11-Feb
1.45	Nathan Kalmakoff	1997	10-Mar
1.40	Brent Stephen	1996	11-Feb
1.35	Mehrdad Shokoohi	1999	11-Mar
1.30	Nathan Calkins	2000	10-Mar
1.25	Harrison Matsuoka	1998	10-Mar
1.10	Charles Voglewede	2000	11-Feb
1.09CE	Matt Voglewede	1998	11-Feb
1.00	Adeem Vasanji	2000	11-Feb

Male SP 11/12 D Crawford 8.37 6KG
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

8.37CE 6kg	Drew Crawford	1994	11-Feb
11.37 5kg	Austin Ost	1995	10-Mar
10.06 5kg	Spencer Hunter	1995	10-Mar
9.71 5kg	Matt Schalm	1996	10-Mar
9.70 5kg	Jordan Graham	1995	11-Feb
8.01 5kg	Charlie Meister	1995	11-Feb
8.00CE 5kg	Karl Wagner	1995	11-Feb
9.76 4kg	Igor Cardoso Espinosa	1998	10-Mar
9.32 4kg	Lyle Wiggers	1997	10-Mar

8.87	4kg	Nathan Kalmakoff	1997	10-Mar
7.16	4kg	Harrison Matsuoka	1998	10-Mar
6.30	CE 4kg	Matt Voglewede	1998	11-Feb
7.09	3kg	Adeem Vasanji	2000	11-Feb
6.78	3kg	Nathan Calkins	2000	11-Feb
5.38	3kg	Charles Voglewede	2000	11-Feb

Male WT 10/11 M Schalm 9.56 7.26kg
11/12 M Schalm 12.41 9.08 kg

12.41	9.08kg	Matt Schalm	1996	10-Mar
11.65	9.08kg	Jordan Graham	1995	10-Mar

Male Med Ball 11/12 N Calkins 4.81 3kg

4.81	Nathan Calkins	2000	10-Mar
4.78	Adeem Vasanji	2000	10-Mar
4.23	Charles Voglewede	2000	10-Mar

Male PV 08/09 M. Baerg 4.32

Male Indoor Pentathlon

07/08 Sam Babcock 2966 Prov Recc
11/12 K Wagner 2568 Youth
11/12 D Crawford 2457 Junior

2457	Junior	Drew Crawford	1994	11-Feb
2700	Youth	Austin Ost	1995	11-Feb
2568	Youth	Karl Wagner	1995	11-Feb
1863	Midget	Lyle Wiggers	1997	11-Feb
912	Midget	Matt Voglewede	1998	11-Feb

Male Bantam Speed

06/07 1250 Alex Bymoen

Male Bantam Stamina

Indoor Prov Record ***1329*** Alex E

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Outdoor Season Bests 2012

MARK	NAME	Y OF B	DATE	MEET
Female 50m	2010 A. Martin 8.37			
Female 60m	2010 A. Martin 9.37			
9.58	Lisa Cozma	2001	09-Jun	Classic
10.60	Emily Stirling	2001	Jun e9	Classic
10.81	Emily Stirling	2001	12-May	Spring Challenge
Female 80m	2010 E. Martin 11.12			
11.57	Hanna Svensson	1999	23-Jun	Prov
11.57	Hanna Svensson	1999	09-Jun	Classic
11.58	Hanna Svensson	1999	12-May	Spring Challenge
12.00	Abby Harrison	1999	09-Jun	Classic
12.16	Nicole Perks	2000	09-Jun	Classic
12.18	Skylar Sieben	2000	09-Jun	Classic
12.23	Grace Hilton	1999	09-Jun	Classic
12.27	Annette Berry	2000	23-Jun	Prov
12.31	Skylar Sieben	2000	23-Jun	Prov
12.51	Nicole Perks	2000	23-Jun	Prov
12.67	Abby Harrison	1999	12-May	Spring Challenge
12.83	Deia Hida	1999	23-Jun	Prov
12.87	Natalie Sebastian	1999	09-Jun	Classic
12.99	Cam Knowles	1999	09-Jun	Classic
13.04	Tyra Bliss	2000	09-Jun	Classic
13.15	Tyra Bliss	2000	12-May	Spring Challenge
13.24	Bronte Richardson-Dobie	1999	09-Jun	Classic
13.41	Cam Knowles	1999	12-May	Spring Challenge
Female 100m				
12.39f	Sarah Hughes	1994	09-Jun	Classic
12.40p	Sarah Hughes	1994	09-Jun	Classic
12.65	Sarah Hughes	1994	28-Apr	SD Triton
12.75	Sarah Hughes	1994	29-Apr	S Scott
12.75f	Meghan Lim	1997	23-Jun	Prov
12.76f	Meghan Lim	1997	09-Jun	Classic
12.78	Sarah Hughes	1994	03-Jun	NB #4
12.81p	Meghan Lim	1997	09-Jun	Classic
12.85p	Sarah Hughes	1994	12-May	Spring Challenge
12.94f	Sarah Hughes	1994	12-May	Spring Challenge
13.01p	Meghan Lim	1997	23-Jun	Prov
13.07p	Meghan Lim	1997	12-May	Spring Challenge
13.09	Nicky Charlesworth	1994	03-May	Dino HS Red
13.11	Meghan Lim	1997	27-May	NB #3
13.12f	Jessica Kalmakoff	1995	09-Jun	Classic

13.13f	Meghan Lim	1997	12-May	Spring Challenge
13.14p	Melissa Hazen	1994	17-May	Red HS Divisions
13.18	Melissa Hazen	1994	24-Mar	Hawaii
13.25f	Melissa Hazen	1994	17-May	Red HS Divisions
13.31	Meghan Lim	1998	03-Jun	NB #4
13.31p	Ellie Hirst	1995	17-May	Red HS Divisions
13.31	Melissa Hazen	1994	03-May	Dino HS Red
13.41	Melissa Hazen	1994	29-Apr	S Scott
13.42f	Ellie Hirst	1995	17-May	Red HS Divisions
13.53f	Jessica Kalmakoff	1995	17-May	Red HS Divisions
13.61	Jessica Kalmakoff	1995	23-Jun	Prov
13.63	Ellie Hirst	1995	03-May	Dino HS Red
13.68p	Jessica Kalmakoff	1995	09-Jun	Classic
13.72	Teagan McNeill	1998	09-Jun	Classic
13.73p	Jessica Kalmakoff	1995	17-May	Red HS Divisions
13.74f	Emma Chong	1998	16-Jun	Hershey Prov
13.75p	Emma Chong	1998	23-Jun	Prov
13.76	Emily Wilson-Bodnar	1996	03-May	Dino HS Red
13.81p	Sarah Choate	1998	23-Jun	Prov
13.86	Emma Chong	1998	09-Jun	Classic
13.88	Athena Fourlas	1997	03-Jun	NB #4
13.94	Emma Chong	1998	27-May	NB #3
13.95p	Emma Chong	1998	16-Jun	Hershey Prov
13.95	Emily Wilson-Bodnar	1996	24-Mar	Hawaii
13.99	Mia Hull	1998	27-May	NB #3
14.03	Lauren Garnett	1995	17-May	Red HS Divisions
14.03	Sarah Choate	1998	09-Jun	Classic
14.05	Anise Parker	1998	03-Jun	NB #4
14.08f	Sarah Choate	1998	23-Jun	Prov
14.09	Anise Parker	1998	09-Jun	Classic
14.15	Sarah Choate	1998	03-Jun	NB #4
14.15	Anise Parker	1998	12-May	Spring Challenge
14.16	Lauren Garnett	1995	03-May	Dino HS Red
14.23	Mia Hull	1998	23-Jun	Prov
14.26	Emma Chong	1998	27-May	Hershey Zones
14.28	Jessica Kalmakoff	1995	03-May	Dino HS Red
14.39	Mia Hull	1998	03-Jun	NB #4
14.43	Jasmine Galey	1995	03-May	Dino HS Red
14.48	Mia Hull	1998	09-Jun	Classic
14.54	Dana Gerlitz	1997	27-May	NB #3
14.58	Emma Chong	1998	12-May	Spring Challenge
14.64	Dana Gerlitz	1997	12-May	Spring Challenge
14.93	Antha Dietrich-Henderson	1996	03-May	Dino HS Red
14.97	Sarah Choate	1998	12-May	Spring Challenge
15.01	Bethany Fitzpatrick	1998	09-Jun	Classic
15.20	Jillian Cowan	1996	23-Jun	Prov
15.22	Nicole Perks	2000	Juen 16	Hershey Prov
15.49	Lisa Cozma	2001	27-May	Hershey Zones
15.52	Rhea Foster	1998	03-Jun	NB #4
15.54	Rhea Foster	1998	23-Jun	Prov
15.57	Kiannah Wright	1998	09-Jun	Classic
15.58	Rhea Foster	1998	09-Jun	Classic
15.60	Nicole Perks	2000	27-May	Hershey Zones

15.64	Bethany Fitzpatrick	1998	27-May	NB #3
16.09	Skylar Sieben	2000	27-May	Hershey Zones
16.09	Bethany Fitzpatrick	1998	27-May	Hershey Zones
16.11	Samantha Wright	2001	27-May	Hershey Zones
16.45	Kiannah Wright	1998	12-May	Spring Challenge
16.58	Amanda Monteith	1998	09-Jun	Classic
16.63	Amanda Monteith	1998	27-May	NB #3
16.88	Cam Knowles	1999	27-May	Hershey Zones
17.18	Amanda Monteith	1998	12-May	Spring Challenge
17.80	Collette Benko	2000	27-May	Hershey Zones
18.20	Lisa Van der Wissel	2003	27-May	Hershey Zones
22.57	Lauren Van der Wissel	2003	27-May	Hershey Zones

Female 150m 2010 E. Martin 20.79

21.49	Hanna Svensson	1999	23-Jun	Prov
21.74	Hanna Svensson	1999	12-May	Spring Challenge
22.54	Lisa Cozma	2001	09-Jun	Classic
23.39	Abby Harrison	1999	12-May	Spring Challenge
23.52	Annette Berry	2000	23-Jun	Prov
23.63	Grace Hilton	1999	23-Jun	Prov
23.9	Skylar Sieben	2000	23-Jun	Prov
23.94	Nicole Perks	2000	23-Jun	Prov
24.71	Cam Knowles	1999	12-May	Spring Challenge
24.71	Deia Hida	1999	23-Jun	Prov
26.13	Cam Knowles	1999	23-Jun	Prov
26.47	Emily Stirling	2001	09-Jun	Classic
27.12	Emily Stirling	2001	12-May	Spring Challenge

Female 200m

25.16f	Ellie Hirst	1995	09-Jun	Classic
25.43p	Ellie Hirst	1995	09-Jun	Classic
25.48f	Sarah Hughes	1994	09-Jun	Classic
25.53f	Ellie Hirst	1995	May	Prov HS
25.58f	Sarah Hughes	1994	12-May	Spring Challenge
25.68p	Sarah Hughes	1994	09-Jun	Classic
25.78p	Ellie Hirst	1995	23-Jun	Prov
25.93	Sarah Hughes	1994	29-Apr	S Scott
25.95f	Ellie Hirst	1995	12-May	Spring Challenge
26.02f	Ellie Hirst	1995	23-Jun	Prov
26.03	Ellie Hirst	1995	May	Cities HS
26.11p	Sarah Hughes	1994	12-May	Spring Challenge
26.12	Sarah Hughes	1994	28-Apr	SD Triton
26.12	Ellie Hirst	1995	29-Apr	S Scott
26.15p	Ellie Hirst	1995	May	Prov HS
26.53p	Meghan Lim	1997	09-Jun	Classic
26.58p	Meghan Lim	1997	23-Jun	Prov
26.61p	Ellie Hirst	1995	12-May	Spring Challenge
26.71f	Meghan Lim	1997	23-Jun	Prov
26.80f	Melissa Hazen	1994	09-Jun	Classic
26.91f	Meghan Lim	1997	12-May	Spring Challenge
26.93f	Ellie Hirst	1995	17-May	Red HS Divisions

26.95p	Emily Wilson-Bodnar	1996	09-Jun	Classic
27.12f	Jessica Kalmakoff	1995	09-Jun	Classic
27.25p	Melissa Hazen	1994	09-Jun	Classic
27.29p	Meghan Lim	1997	17-May	Spring Challenge
24.44p	Jessica Kalmakoff	1995	09-Jun	Classic
27.46p	Ellie Hirst	1995	17-May	Red HS Divisions
27.47f	Athena Fourlas	1997	09-Jun	Classic
27.68p	Athena Fourlas	1997	09-Jun	Classic
27.68f	Emily Wilson-Bodnar	1996	09-Jun	Classic
27.71f	Emily Wilson-Bodnar	1996	12-May	Spring Challenge
27.91f	Teagan McNeill	1998	09-Jun	Classic
27.91p	Teagan McNeill	1998	09-Jun	Classic
27.93	Jessica Kalmakoff	1995	23-Jun	Prov
27.96f	Jessica Kalmakoff	1995	17-May	Red HS Divisions
27.97	Nikki Barlow	1990	27-May	NB #3
28.15p	Emily Wilson-Bodnar	1996	12-May	Spring Challenge
28.35p	Jessica Kalmakoff	1995	17-May	Red HS Divisions
28.36	Emily Wilson-Bodnar	1996	09-May	Dino HS Gold
28.53	Mia Hull	1998	27-May	NB #3
28.78	Mia Hull	1998	09-Jun	Classic
28.80	Sarah Choate	1998	09-Jun	Classic
28.87	Anise Parker	1998	09-Jun	Classic
28.95	Jessica Kalmakoff	1995	09-May	Dino HS Gold
29.14	Sarah Choate	1998	27-May	NB #3
29.14p	Anise Parker	1998	23-Jun	Prov
29.35f	Sarah Choate	1998	12-May	Spring Challenge
29.4	Anise Parker	1998	27-May	Hershey Zones
29.47p	Sarah Choate	1998	12-May	Spring Challenge
29.47p	Sarah Choate	1998	23-Jun	Prov
29.54	Anise Parker	1998	12-May	Spring Challenge
29.56	Rachel Yee	1992	27-May	NB #3
29.65f	Anise Parker	1998	23-Jun	Prov
30.00	Siri Svensson	1996	12-May	Spring Challenge
30.17	Dana Gerlitz	1997	12-May	Spring Challenge
30.24	Rachel Yee	1992	09-Jun	Classic
30.35	Anise Parker	1998	16-Jun	Hershey Prov
30.78f	Sarah Choate	1998	23-Jun	Prov
31.90	Lisa Cozma	2001	27-May	Hershey Zones
33.00	Nicole Perks	2000	27-May	Hershey Zones
34.30	Natalie Sebastian	2000	27-May	Hershey Zones
34.63	Amanda Monteith	1998	09-Jun	Classic
34.83	Amanda Monteith	1998	27-May	NB #3
35.80	Monique Zumwalt	2001	27-May	Hershey Zones
36.10	Lisa Van der Wissell	2003	27-May	Hershey Zones
36.50	Collette Benko	2000	27-May	Hershey Zones
37.70	Hannah Johnsen	2001	27-May	Hershey Zones
40.50	Lauren Van der Wissel	2003	27-May	Hershey Zones

Female 300m 2010 E. Hirst 41.78

45.38	Teagan McNeill	1998	09-Jun	Classic
46.43	Sarah Choate	1998	23-Jun	Prov
46.72	Marissa Stirling	1998	09-Jun	Classic

47.37	Sarah Choate	1998	12-May	Spring Challenge
48.46	Annette Berry	2000	03-Jun	NB #4
49.96	Sarah Choate	1998	09-Jun	Classic
54.94	Rhea Foster	1998	03-Jun	NB #4

Female 400m 2007 H Ratzlaff 55.71

56.41	Ellie Hirst	1995	23-Jun	Prov
57.51	Ellie Hirst	1995	09-Jun	Classic
57.74	Ellie Hirst	1995	12-May	Spring Challenge
57.86	Ellie Hirst	1995	28-Apr	SD Triton
58.12	Ellie Hirst	1995	May 16th	Prov HS
58.99	Ellie Hirst	1995	29-Apr	S Scott
1.00.12	Katie Campbell	1995	23-Jun	Prov
1.00.17	Ellie Hirst	1995	May 16th	Prov HS
1.00.27	Ellie Hirst	1995	May 16th	Cities HS
1.00.64	Katie Campbell	1995	09-Jun	Classic
1.00.66	Ellie Hirst	1995	17-May	Red HS Divisions
1.00.73	Katie Campbell	1995	12-May	Spring Challenge
1.01.03	Katie Campbell	1995	03-Jun	NB #4
1.01.92	Ellie Hirst	1995	24-Mar	Hawaii
1.02.09	Jasmine Galey	1995	12-May	Spring Challenge
1.03.14	Jasmine Galey	1995	May 16th	Cities HS
1.03.15f	Jasmine Galey	1995	May 16th	Prov HS
1.03.22	Nikki Barlow	1990	09-Jun	Classic
1.03.58	Jasmine Galey	1995	May 16th	Blue HS Divisions
1.03.65	Jasmine Galey	1995	09-Jun	Classic
1.03.88	Jasmine Galey	1995	23-Jun	Prov
1.04.26p	Jasmine Galey	1995	May 16th	Cprov HS
1.06.03	Jessica Kalmakoff	1995	23-Jun	Prov
1.06.08	Jasmine Galey	1995	03-May	Dino HS Red
1.07.00	Lauren Fridman	1996	03-Jun	NB #4
1.07.00	Rachel Yee	1992	03-Jun	NB #4
1.08.37	Rachel Yee	1992	12-May	Spring Challenge
1.08.79	Lauren Fridman	1996	12-May	Spring Challenge
1.09.00	Lauren Fridman	1996	23-Jun	Prov
1.09.56	Rachel Yee	1992	09-Jun	Classic
1.11.00	Annette Berry	2000	27-May	Hershey Zones
1.18.00	Samantha Wright	2001	27-May	Hershey Zones
1.25.00	Monique Zumwalt	2001	27-May	Hershey Zones
1.31.00	Hannah Johnsen	2001	27-May	Hershey Zones

Female 600m 2007 R Romero 1.36.68

2.17.93	Lisa Cozma	2001	09-Jun	Classic
2.19.57	Emily Stirling	2001	09-Jun	Classic
2.19.77	Emily Stirling	2001	12-May	Spring Challenge

Female 800m 2009 H Ratzlaff 2.06.98

2.16.88	Katie Campbell	1995	May	Prov HS
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2.19.03	Heather Sim	1985	09-Jun	Classic
2.19.30	Katie Campbell	1995	23-Jun	Prov
2.20.53	Gillian Ceyhan	1996	May	Prov HS
2.21.50	Gloria Kanuka	1991	12-May	Spring Challenge
2.21.77	Gillian Ceyhan	1996	23-Jun	Prov
2.21.82	Katie Campbell	1995	09-Jun	Classic
2.22.07	Katie Campbell	1995	May	Cities HS
2.23.36	Adrienne Erdman	1994	17-May	Red HS Divisions
2.23.99	Adrienne Erdman	1994	29-Apr	Sscott
2.24.76	Gillian Ceyhan	1996	29-Apr	S Scott
2.24.87	Adrienne Erdman	1994	09-May	Dino HS Gold
2.25.05	Gillian Ceyhan	1996	28-Apr	SD Triton
2.26.22	Gillian Ceyhan	1996	24-Mar	Hawaii
2.26.74	Katie Campbell	1995	09-May	Dino HS Gold
2.27.14	Nikki Barlow	1990	28-Apr	SD Triton
2.27.52	Katie Campbell	1995	12-May	Spring Challenge
2.28.64	Gillian Ceyhan	1995	May	Cities HS
2.28.76	Gillian Ceyhan	1996	12-May	Spring Challenge
2.32.53	Grace Hilton	1999	09-Jun	Classic
2.32.66	Grace Hilton	1999	23-Jun	Prov
2.34.68	Katie Campbell	1995	24-Mar	Hawaii
2.35.46	Abby Harrison	1999	09-Jun	Classic
2.35.55	Grace Hilton	1999	16-Jun	Hershey Prov
2.36.78	Lauren Fridman	1996	12-May	Spring Challenge
2.37.33	Annette Berry	2000	23-Jun	Prov
2.40.94	Delainy Conibear	1997	12-May	Spring Challenge
2.41.32	Abby Harrison	1999	12-May	Spring Challenge
2.42.00	Grace Hilton	1999	27-May	Hershey Zones
2.42.64	Marissa Stirling	1998	09-Jun	Classic
2.42.90	Lauren Fridman	1996	23-Jun	Prov
2.43.90	Lauren Yardley	1999	12-May	Spring Challenge
2.45.13 Pent	Marissa Stirling	1998	12-May	Spring Challenge
2.45.39	Lauren Yardley	1999	09-Jun	Classic
2.45.55	Katie Campbell	1995	17-May	Red HS Divisions
2.48.06	Delainy Conibear	1997	27-May	NB #3
2.49.00	Annette Berry	2000	27-May	Hershey Zones
2.51.02	Cam Knowles	1999	23-Jun	Prov
2.51.77 Pent	Mia Hull	1998	12-May	Spring Challenge
2.52.43	Cam Knowles	1999	12-May	Spring Challenge
2.53.00	Cam Knowles	1999	27-May	Hershey Zones
2.53.83	Cam Knowles	1999	09-Jun	Classic
2.58.04	Deia Hida	1999	23-Jun	Prov
3.00.06	Skylar Sieben	2000	09-Jun	Classic
3.00.16	Natalie Sebastian	1999	09-Jun	Classic
3.03.84	Skylar Sieben	2000	23-Jun	Prov
3.08.67	Tyra Bliss	2000	09-Jun	Classic
3.08.80	Rhea Foster	1998	12-May	Spring Challenge
3.09.21	Rhea Foster	1998	23-Jun	Prov
3.17.00	Suna Ikeda	1999	27-May	Hershey Zones

Female 1000m 2007 H Sim 2.55.80

4.10.30	Lisa Cozma	2001	09-Jun	Classic
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4.23.98	Emily Stirling	2001	12-May	Spring Challenge
4.28.85	Emily Stirling	2001	09-Jun	Classic

Female 1200m 2009 A Erdman 3.53.70

4.03.41	Grace Hilton	1999	23-Jun	Prov
4.03.60	Abby Harrison	1999	09-Jun	Classic
4.10.18	Abby Harrison	1999	12-May	Spring Challenge
4.19.14	Kamila Olguin	1999	09-Jun	Classic
4.23.83	Annette Berry	2000	23-Jun	Prov
4.26.38	Marissa Stirling	1998	12-May	Spring Challenge
4.42.22	Hawaa Zaroual	1998	12-May	Spring Challenge
4.43.84	Cam Knowles	1999	12-May	Spring Challenge
4.44.71	Deia Hida	1999	23-Jun	Prov
4.47.84	Deia Hida	1999	09-Jun	Classic
4.48.95	Skylar Sieben	2000	23-Jun	Prov
4.50.79	Skylar Sieben	2000	09-Jun	Classic
4.52.71	Cam Knowles	1999	23-Jun	Prov
5.19.42	Tyra Bliss	2000	12-May	Spring Challenge

Female 1500m 2008 H Sim 4.25.07

4.43.90	Claudia Belanger	1996	29-Apr	S Scott
4.45.66	Claudia Belanger	1996	May	Prov HS
4.47.16	Heather Sim	1985	12-May	Spring Challenge
4.48.46	Gloria Kanuka	1991	09-Jun	Classic
4.53.37	Gloria Kanuka	1991	12-May	Spring Challenge
4.56.19	Claudia Belanger	1996	12-May	Spring Challenge
4.58.25	Adrienne Erdman	1994	24-Mar	Hawaii
4.58.96	Gillian Ceyhan	1996	May	Prov HS
4.59.13	Claudia Belanger	1996	24-Mar	Hawaii
4.59.80	Adrienne Erdman	1994	12-May	Spring Challenge
4.59.72	Heather Sim	1985	09-Jun	Classic
5.05.37	Gillian Ceyhan	1996	23-Jun	Prov
5.05.50	Katie Campbell	1995	May	Prov HS
5.08.73	Gillian Ceyhan	1996	12-May	Spring Challenge
5.09.88	Claudia Belanger	1996	May	Cities HS
5.11.44	Gillian Ceyhan	1996	May	Cities HS
5.12.81	Adrienne Erdman	1994	03-May	Dino HS Red
5.13.65	Katie Campbell	1995	17-May	Red HS Divisions
5.17.25	Katie Campbell	1995	May	Cities HS

Female 1600m 2009 C O'Brien 5.45.83

5.55.48	Grace Hilton	1999	16-Jun	Hershey Prov
6.19.00	Grace Hilton	1999	27-May	Hershey Zones
7.19.00	Suna Ikeda	1999	27-May	Hershey Zones

Female Mile 2009 H Sim 5.05.90

5.28.63	Gloria Kanuka	1991	03-Jun	NB #4
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Female 2000m 2009 A Erdman 6.54.04

Female 3000m 2007 L Ogradnik 9.59.39

10.18.56	Claudia Belanger	1996	May	Prov HS
10.22.63	Claudia Belanger	1996	28-Apr	SD Triton
10.39.34	Adrienne Erdman	1994	May	Prov HS
11.06.97	Claudia Belanger	1996	May	Cities HS
11.07.23	Adrienne Erdman	1994	17-May	Red HS Divisions
11.09.10	Adrienne Erdman	1994	May	Cities HS

Female 5000m 2007 F Stenning 17.15.55**Female 60mH 2010 A. Martin 12.19****Female 80mH 33"**

2011 N. Charlesworth 11.49 30"
2011 E. Chong 14.77 27"

11.61 33"	Nicky Charlesworth	1994	09-May	Dino HS Gold
11.89 33"	Nicky Charlesworth	1994	May	Prov HS
12.08p 33"	Nicky Charlesworth	1994	17-May	Red HS Divisions
12.23p 33"	Nicky Charlesworth	1994	May	Prov HS
12.24f 33"	Nicky Charlesworth	1994	17-May	Red HS Divisions
12.56 33"	Melissa Hazen	1994	09-May	Dino HS Gold
12.74p 33"	Melissa Hazen	1994	17-May	Red HS Divisions
13.13f 33"	Melissa Hazen	1994	17-May	Red HS Divisions
12.22p 30"	Emily Wilson-Bodnar	1996	May	Prov HS
12.58f 30"	Emily Wilson-Bodnar	1996	May	Prov HS
12.69f 30"	Emily Wilson-Bodnar	1996	17-May	Red HS Divisions
12.74p 30"	Emily Wilson-Bodnar	1996	17-May	Red HS Divisions
12.80 30"	Emily Wilson-Bodnar	1996	May	Cities HS
12.91f 30"	Athena Fourlas	1997	09-Jun	Classic
13.10p 30"	Athena Fourlas	1997	09-Jun	Classic
13.27 30"	Emily Wilson-Bodnar	1996	09-May	Dino HS Gold
13.66 30"	Lauren Garnett	1995	09-May	Dino HS Gold
13.68 30"	Lauren Garnett	1995	17-May	Red HS Divisions
13.94 30"	Lauren Garnett	1995	17-May	Red HS Divisions
14.15 30"	Emma Chong	1998	27-May	NB #3
14.20f 30"	Emma Chong	1998	09-Jun	Classic
14.24 30"	Jasmine Galey	1995	09-May	Dino HS Gold
14.27p 30"	Jasmine Galey	1995	16-May	Blue HS Divisions
14.28 30"	Meghan Lim	1997	12-May	Spring Challenge
14.36p 30"	Emma Chong	1998	09-Jun	Classic
14.37 30"	Meghan Lim	1997	05-May	NB #1 Lethbridge
14.52f 30"	Emma Chong	1998	23-Jun	Prov
14.59 30"	Emma Chong	1998	12-May	Spring Challenge
14.68p 30"	Emma Chong	1998	23-Jun	Prov
14.73 30"	Hailey Bouelle	1997	09-Jun	Classic
14.77 30" Pent	Marissa Stirling	1998	12-May	Spring Challenge

15.15	30"	Hailey Bourelle	1997	12-May	Spring Challenge
15.20	30"	Teagan Mcneill	1998	09-Jun	Classic
15.67	30"	Anise Parker	1998	12-May	Spring Challenge
16.13	30" Pent	Mia Hull	1998	12-May	Spring Challenge
16.43	30"	Bethany Fitzpatrick	1998	27-May	NB #3
16.97	30"	Hailey Bourelle	1997	05-May	NB #1 Lethbridge
18.46f	30"	Jasmine Galey	1995	16-May	Blue HS Divisions
19.27	30"	Amanda Monteith	1998	12-May	Spring Challenge
19.63	30"	Amanda Monteith	1998	09-Jun	Classic
16.75	27"	Hanna Svensson	1999	09-Jun	Classic
16.79	27"	Skylar Sieben	2000	09-Jun	Classic
17.54	27"	Deia Hida	1999	09-Jun	Classic
18.21	27"	Natalie Sebastian	1999	09-Jun	Classic

Female 100mH

2011 S Morrison 13.77
2011 N Charlesworth 14.63

30"
33"

15.09	30"	Emily Wilson-Bodnar	1996	09-Jun	Classic
15.52p	30"	Emily Wilson-Bodnar	1996	09-Jun	Classic
15.81	30"	Emily Wilson-Bodnar	1996	12-May	Spring Challenge
16.07f	30"	Emily Wilson-Bodnar	1996	23-Jun	Prov
16.16p	30"	Emily Wilson-Bodnar	1996	23-Jun	Prov
17.65	30"	Lauren Garnett	1995	09-Jun	Classic
17.85	30"	Lauren Garnett	1995	23-Jun	Prov
15.32	33"	Melissa Hazen	1994	27-May	NB #3
15.33	33"	Melissa Hazen	1994	12-May	Spring Challenge
15.50	33"	Melissa Hazen	1994	09-Jun	Classic
15.52	33"	Melissa Hazen	1994	29-Apr	S Scott
16.30	33"	Melissa Hazen	1994	28-Apr	SD Triton

Female 200mH

28.97		Meghan Lim	1997	23-Jun	Prov
28.98		Meghan Lim	1997	03-Jun	NB #4
29.20		Meghan Lim	1997	09-Jun	Classic
29.60		Athena Fourlas	1997	03-Jun	NB #4
29.66		Athena Fourlas	1997	23-Jun	Prov
30.36		Athena Fourlas	1997	09-Jun	Classic
31.76		Marissa Stirling	1998	09-Jun	Classic
34.49		Annette Berry	2000	03-Jun	NB #4
34.58		Lauren Yardley	1999	03-Jun	NB #4
35.33		Anise Parker	1998	12-May	Spring Challenge
35.50		Nicole Perks	2000	03-Jun	NB #4

Female 300mH

2011 S Morrison 46.09

48.03		Emily Wilson Bodnar	1996	23-Jun	Prov
49.12		Jasmine Galey	1995	12-May	Spring Challenge
49.27		Jasmine Galey	1995	03-Jun	NB #4
49.78		Jasmine Galey	1995	23-Jun	Prov

Female 400mH 2007 H Ratzlaff 1.01.27
 1.10.37 Jasmine Galey 1995 09-Jun Classic

Female 1500SC 2007 T Dressler 4.57.93

Female 2000SC 2010 A Erdman 6:48.29

Female 3000SC 2007 T Dressler 10.31.12

11.02.53 Adrienne Erdman 1994 08-Jun PreJerome
 11.12.45 Adrienne Erdman 1994 28-Apr SD Triton
 11.26.74 Adrienne Erdman 1994 16-Jun Langley

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

5.41 Melissa Hazen 1994 09-Jun Classic
 5.35 Nicky Charlesworth 1994 17-May Red HS Divisions
 5.33 Nicky Charlesworth 1994 03-May Dino HS Red
 5.32 Melissa Hazen 1994 03-May Dino HS Red
 5.29 Melissa Hazen 1994 17-May Red HS Divisions
 5.27 Nicky Charlesworth 1994 May Cities HS
 5.25 Nicky Charlesworth 1994 May Prov HS
 5.24 Melissa Hazen 1994 12-May Spring Challenge
 5.19 Melissa Hazen 1994 28-Apr SD Triton
 4.75 Antha Dietrich-Henderson 1996 17-May Red HS Divisions
 4.70 Antha Dietrich-Henderson 1996 03-May Dino HS Red
 4.68 Pent Mia Hull 1998 12-May Spring Challenge
 4.66p Meghan Lim 1997 09-Jun Classic
 4.66f Meghan Lim 1997 09-Jun Classic
 4.65 Meghan Lim 1997 27-May NB #3
 4.53 Mia Hull 1998 23-Jun Prov
 4.50 Mia Hull 1998 27-May NB #3
 4.41 Emma Chong 1998 27-May NB #3
 4.38 Mia Hull 1998 09-Jun Classic
 4.27 Hanna Svensson 1999 09-Jun Classic
 4.05 Anise Parker 1998 23-Jun Prov

4.05	Emma Chong	1998	12-May	Spring Challenge
4.03 Pent	Marissa Stirling	1998	12-May	Spring Challenge
4.01	Anise Parker	1998	12-May	Spring Challenge
3.98	Emma Chong	1998	23-Jun	Prov
3.96	Anise Parker	1998	09-Jun	Classic
3.94	Hanna Svensson	1999	12-May	Spring Challenge
3.90	Jillian Cowan	1996	23-Jun	Prov
3.90	Cam Knowles	1999	12-May	Spring Challenge
3.79	Teagan McNeill	1998	09-Jun	Classic
3.74	Hailey Bouelle	1997	12-May	Spring Challenge
3.74	Hanna Svensson	1999	23-Jun	Prov
3.72	Bethany Fitzpatrick	1998	09-Jun	Classic
3.69	Delainy Conibear	1997	12-May	Spring Challenge
3.57	Rhea Foster	1998	23-Jun	Prov
3.57	Skylar Sieben	2000	09-Jun	Classic
3.50	Bethany Fitzpatrick	1998	27-May	NB #3
3.49	Nicole Perks	2000	23-Jun	Prov
3.44	Deia Hida	1999	09-Jun	Classic
3.42	Rhea Foster	1998	09-Jun	Classic
3.38	Annette Berry	2000	23-Jun	Prov
3.37	Lisa Cozma	2001	09-Jun	Classic
3.27	Deia Hida	1999	23-Jun	Prov
3.23	Tyra Bliss	2000	12-May	Spring Challenge
3.17	Emily Stirling	2001	12-May	Spring Challenge
3.14	Abby Harrison	1999	12-May	Spring Challenge
3.12	Cam Knowles	1999	23-Jun	Prov
3.04	Skylar Sieben	2000	23-Jun	Prov
2.83	Natalie Sebastian	1999	09-Jun	Classic
2.72	Emily Stirling	2001	09-Jun	Classic
2.40	Bronte Richardson-Dobie	1999	09-Jun	Classic

Female Standing Long Jump

2008 N Charlesworth 2.36

1.87	Nicole Perks	2000	16-Jun	Hershey Prov
1.86	Anise Parker	1998	16-Jun	Hershey Prov
1.85	Anise Parker	1998	27-May	Hershey Zones
1.79	Annette Berry	2000	27-May	Hershey Zones
1.78	Nicole Perks	2000	27-May	Hershey Zones
1.78	Samantha Wright	2001	27-May	Hershey Zones
1.76	Bethany Fitzpatrick	1998	27-May	Hershey Zones
1.73	Grace Hilton	1999	27-May	Hershey Zones
1.72	Skylar Sieben	2000	27-May	Hershey Zones
1.69	Emily Stirling	2001	12-May	Spring Challenge
1.65	Lisa Cozma	2001	27-May	Hershey Zones
1.58	Natalie Sebastian	2000	27-May	Hershey Zones
1.44	Monique Zumwalt	2001	27-May	Hershey Zones
1.36	Lauren Van der Wissel	2003	27-May	Hershey Zones
1.19	Collette Benko	2000	27-May	Hershey Zones

Female TJ

2007 K Tse 11.69

10.29	Antha Dietrich-Henderson	1996	17-May	Red HS Divisions
10.19	Emily Wilson-Bodnar	1996	17-May	Red HS Divisions

10.10	Anthia Dietrich-Henderson	1996	09-May	Dino HS Gold
9.90	Emily Wilson-Bodnar	1996	09-May	Dino HS Gold
9.87	Anise Parker	1998	23-Jun	Prov
9.63	Lauren Garnett	1995	23-Jun	Prov
9.47	Anise Parker	1998	03-Jun	NB #4
9.32	Anise Parker	1998	12-May	Spring Challenge
9.30	Anise Parker	1998	09-Jun	Classic
9.21	Lauren Garnett	1995	09-Jun	Classic
9.21	Lauren Garnett	1995	17-May	Red HS Divisions
9.14	Emma Chong	1998	09-Jun	Classic
9.04	Emma Chong	1998	03-Jun	NB #4
9.01	Emma Chong	1998	23-Jun	Prov
8.73	Sarah Choate	1998	09-Jun	Classic
8.60	Sarah Choate	1998	03-Jun	NB #4
8.50	Lauren Garnett	1995	09-May	Dino HS Gold
8.29	Annette Berry	2000	03-Jun	NB #4
8.23	Sarah Choate	1998	23-Jun	Prov

Female HJ**2009 N Charlesworth 1.70**

1.62	Nicky Charlesworth	1994	May	Prov HS
1.60	Nicky Charlesworth	1994	17-May	Red HS Divisions
1.60	Nicky Charlesworth	1994	May	Cities HS
1.50	Emily Wilson-Bodnar	1996	03-May	Dino HS Red
1.45	Emma Chong	1998	23-Jun	Prov
1.41	Emily Wilson-Bodnar	1996	17-May	Red HS Divisions
1.40	Emma Chong	1998	03-Jun	NB #4
1.39 Pent	Mia Hull	1998	12-May	Spring Challenge
1.35	Emma Chong	1998	12-May	Spring Challenge
1.35	Emma Chong	1998	09-Jun	Classic
1.30	Mia Hull	1998	03-Jun	NB #4
1.30	Hanna Svensson	1999	12-May	Spring Challenge
1.28	Hailey Bouelle	1997	09-Jun	Classic
1.27 Pent	Marissa Stirling	1998	12-May	Spring Challenge
1.25	Hailey Bouelle	1997	12-May	Spring Challenge
1.20	Annette Berry	2000	23-Jun	Prov
1.20	Meghan Lim	1998	03-Jun	NB #4
1.20	Nicole Perks	2000	23-Jun	Prov
1.20	Marissa Stirling	1998	09-Jun	Classic
1.20	Hanna Svensson	1999	09-Jun	Classic
1.15	Annette Berry	2000	03-Jun	NB #4
1.15	Nicole Perks	2000	03-Jun	NB #4
1.15	Nicole Perks	2000	09-Jun	Classic
1.11	Lisa Cozma	2001	09-Jun	Classic
1.10	Abby Harrison	1999	12-May	Spring Challenge
1.10	Skylar Sieben	2000	23-Jun	Prov
1.10	Skylar Sieben	2000	09-Jun	Classic
1.00	Cam Knowles	1999	23-Jun	Prov
1.05	Tyra Bliss	2000	09-Jun	Classic

Female SP**2007 T Johnson 10.12**

4kg
3kg
2.7kg

2kg

9.90	4kg	Siri Svensson	1996	16-May	Blue HS Divisions
9.39	4kg	Siri Svensson	1996	May	Prov HS
9.15	4kg	Siri Svensson	1996	May	Cities HS
8.14	4kg	Siri Svensson	1996	09-May	Dino HS Gold
6.17	4 kg	Alanna Pearson	1995	09-May	Dino HS Gold
11.54	3kg	Siri Svensson	1996	23-Jun	Prov
11.35	3kg	Siri Svensson	1996	09-Jun	Classic
10.43	3kg	Siri Svensson	1996	19-May	Throws Gala
10.01	3kg	Mia Hull	1998	19-May	Throws Gala
9.91	3kg	Siri Svensson	1996	12-May	Spring Challenge
9.91	3kg	Mia Hull	1998	27-May	NB #3
9.67	3kg	Mia Hull	1998	23-Jun	Prov
9.53	3kg	Dana Gerlitz	1997	23-Jun	Prov
9.41	3kg	Mia Hull	1998	09-Jun	Classic
9.70	3kg	Siri Svensson	1996	27-May	NB #3
9.38	3kg Pent	Mia Hull	1998	12-May	Spring Challenge
9.35	3kg	Mia Hull	1998	12-May	Spring Challenge
8.95	3kg	Dana Gerlitz	1997	27-May	NB #3
8.93	3kg	Dana Gerlitz	1997	19-May	Throws Gala
8.70	3kg	Lauren Fridman	1996	12-May	Spring Challenge
8.64	3kg	Meghan Lim	1997	12-May	Spring Challenge
8.61	3kg	Dana Gerlitz	1997	09-Jun	Classic
8.53	3kg	Dana Gerlitz	1997	12-May	Spring Challenge
8.29	3kg	Lauren Fridman	1996	27-May	NB #3
8.18	3kg	Hanna Svensson	1999	09-Jun	Classic
8.05	3kg	Hanna Svensson	1999	12-May	Spring Challenge
7.67	3kg	Hanna Svensson	1999	23-Jun	Prov
7.60	3kg	Meghan Lim	1997	09-Jun	Classic
7.21	3kg	Amanda Monteith	1998	09-Jun	Classic
6.83	3kg	Amanda Monteith	1998	27-May	NB #3
6.57	3kg Pent	Marissa Stirling	1998	12-May	Spring Challenge
6.56	3kg	Abby Harrison	1999	12-May	Spring Challenge
6.40	3kg	Skylar Sieben	2000	23-Jun	Prov
6.22	3kg	Amanda Monteith	1998	12-May	Spring Challenge
6.10	3kg	Marissa Stirling	1998	09-Jun	Classic
5.82	3kg	Kiannah Wright	1998	09-Jun	Classic
5.69	3kg	Grace Hilton	1999	23-Jun	Prov
5.63	3kg	Rhea Foster	1998	23-Jun	Prov
5.44	3kg	Kiannah Wright	1998	12-May	Spring Challenge
5.42	3kg	Rhea Foster	1998	09-Jun	Classic
5.36	3kg	Nicole Perks	2000	23-Jun	Prov
4.65	3kg	Annette Berry	2000	23-Jun	Prov
4.54	3kg	Deia Hida	1999	23-Jun	Prov
4.03	3kg	Cam Knowles	1999	12-May	Spring Challenge
3.95	3kg	Cam Knowles	1999	23-Jun	Prov
3.18	3kg	Natalie Sebastian	1999	09-Jun	Classic
7.25	2.7kg	Hanna Svensson	1999	May 5th	NB #1 Lethbridge
5.75	2kg	Lisa Cozma	2001	09-Jun	Classic
4.95	2kg	Emily Stirling	2001	12-May	Spring Challenge
4.50	2kg	Emily Stirling	2001	09-Jun	Classic

Female Javelin**2007 J Wamsley 32.57****600g
500g**

32.26	600g	Lauren Fridman	1996	27-May	NB #3
30.24	600g	Siri Svensson	1996	23-Jun	Prov
29.83	600g	Dana Gerlitz	1997	27-May	NB #3
29.24	600g	Lauren Fridman	1996	23-Jun	Prov
29.17	600g	Alanna Pearson	1995	17-May	Red HS Divisions
28.74	600g	Siri Svensson	1996	27-May	NB #3
26.55	600g	Alanna Pearson	1995	09-May	Dino HS Gold
24.80	600g	Siri Svensson	1996	16-May	Blue HS Divisions
19.57	600g	Esther Choi	1994	17-May	Red HS Divisions
18.40	wt?	Siri Svensson	1996	09-May	Dino HS Gold
34.03	500g	Dana Gerlitz	1997	09-Jun	Classic
31.87	500g	Dana Gerlitz	1997	12-May	Spring Challenge
30.82	500g	Dana Gerlitz	1997	23-Jun	Prov
21.57	500g	Mia Hull	1998	23-Jun	Prov
30.53	500g	Dana Gerlitz	1997	19-May	Throws Gala
27.09	500g	Siri Svensson	1996	09-Jun	Classic
26.41	500g	Alanna Pearson	1995	19-May	Throws Gala
26.14	500g	Lauren Fridman	1996	12-May	Spring Challenge
24.47	500g	Siri Svensson	1996	19-May	Throws Gala
23.26	500g	Mia Hull	1998	09-Jun	Classic
22.51	500g	Alanna Pearson	1995	09-Jun	Classic
20.73	500g	Mia Hull	1998	19-May	Spring Challenge
20.21	500g	Mia Hull	1998	12-May	Spring Challenge
19.45	500g	Siri Svensson	1996	12-May	Spring Challenge

Female Discus**2007 T Johnson 33.15****1 kg
750g****2011 M Yee 28.81**

28.80	1 kg	Siri Svensson	1996	May	Cities HS
28.75	1kg	Siri Svensson	1996	23-Jun	Prov
28.11	1kg	Siri Svensson	1996	12-May	Spring Challenge
27.57	1kg	Siri Svensson	1996	09-Jun	Classic
27.52	1kg	Siri Svensson	1996	03-Jun	NB #4
27.01	1kg	Siri Svensson	1996	May	Prov HS
26.80	1kg	Siri Svensson	1996	16-May	Blue HS Divisions
26.63	1kg	Siri Svensson	1996	19-May	Throws Gala
25.98	1kg	Dana Gerlitz	1997	23-Jun	Prov
23.86	1kg	Mia Hull	1998	23-Jun	Prov
23.46	1kg	Dana Gerlitz	1997	19-May	Throws Gala
23.14	1kg	Dana Gerlitz	1997	03-Jun	NB #4
23.04	1kg	Dana Gerlitz	1997	12-May	Spring Challenge
23.01	1kg	Dana Gerlitz	1997	09-Jun	Classic
22.72	1kg	Esther Choi	1994	17-May	Red HS Divisions
22.07	1kg	Mia Hull	1998	03-Jun	NB #4
22.01	1kg	Alanna Pearson	1995	17-May	Red HS Divisions
21.15	1kg	Mia Hull	1998	19-May	Throws Gala
20.29	1kg	Mia Hull	1998	09-Jun	Classic
19.58	1kg	Amanda Monteith	1998	09-Jun	Classic
19.29	wt?	Alanna Pearson	1995	03-May	Dino HS Red

15.69	1kg	Nicole Perks	2000	03-Jun	NB #4
25.15	750g	Hanna Svensson	1999	23-Jun	Prov
20.70	750g	Hanna Svensson	1999	12-May	Spring Challenge
15.93	750g	Skylar Sieben	2000	23-Jun	Prov
15.48	750g	Abby Harrison	1999	12-May	Spring Challenge
13.78	750g	Nicole Perks	2000	23-Jun	Prov
11.29	750g	Annette Berry	2000	23-Jun	Prov
7.34	750g	Emily Stirling	2001	12-May	Spring Challenge

Female HT **2007 T Johnson 35.71** **4kg**
2011 M Yee 35.05 **3kg**

29.40	4kg	Siri Svensson	1996	23-Jun	Prov
21.63	4kg	Siri Svensson	1996	03-Jun	NB #4
32.06	3kg	Siri Svensson	1996	09-Jun	Classic
24.43	3kg	Siri Svensson	1996	12-May	Spring Challenge
23.42	3 kg	Siri Svensson	1996	05-May	NB #1 Lethbridge
22.84	3kg	Mia Hull	1998	12-May	Spring Challenge
21.37	3kg	Mia Hull	1998	23-Jun	Prov
19.03	3 kg	Mia Hull	1998	05-May	NB #1 Lethbridge
18.71	3kg	Mia Hull	1998	03-Jun	NB #4
16.05	3kg	Kiannah Wright	1998	09-Jun	Classic
12.53	3kg	Kiannah Wright	1998	12-May	Spring Challenge

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

28.45	Natalie Sebastian	1999	27-May	Hershey Zones
27.92	Skylar Sieben	2000	27-May	Hershey Zones
27.52	Skylar Sieben	2000	09-Jun	Classic
27.09	Abby Harrison	1999	09-Jun	Classic
27.04	Natalie Sebastian	1999	09-Jun	Classic
21.90	Bronte Richardson-Dobie	1999	09-Jun	Classic
20.78	Hanna Svensson	1999	09-Jun	Classic
18.92	Nicole Perks	2000	09-Jun	Classic
18.78	Cam Knowles	1999	09-Jun	Classic
17.98	Grace Hilton	1999	09-Jun	Classic
17.71	Lisa Cozma	2001	09-Jun	Classic
17.54	Lauren Yardley	1999	09-Jun	Classic
16.05	Lisa Van de Wissel	2003	27-May	Hershey Zones
13.85	Emily Striling	2001	09-Jun	Classic
10.16	Tyra Bliss	2000	09-Jun	Classic

Female PV **2009 L Schneider 3.30**

2.05	Antha Dietrich-Henderson	1996	17-May	Red HS Divisions
1.80	Jasmine Galey	1995	09-May	Dino HS Gold
1.80	Antha Dietrich-Henderson	1996	09-May	Dino HS Gold

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**

2224 Midget	Mia Hull	1998	12-May	Spring Challenge
1977 Midget	Marissa Stirling	1998	12-May	Spring Challenge

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

Male 50m **2011 T Sherritt 8.44**

Male 60m **2011 R Goertzen 9.36**

10.23	Michael Restauero	2001	09-Jun	Classic
10.35	Ryan Forgeron	2001	09-Jun	Classic

Male 80m

10.74	Mehrdad Shokoohi	1999	09-Jun	Classic
10.78	Mehrdad Shokoohi	1999	23-Jun	Prov
11.19	Mehrdad Shokoohi	1999	12-May	Spring Challenge
11.84	Nathan Calkins	2000	09-Jun	Classic
11.89	Nathan Calkins	2000	12-May	Spring Challenge
11.99	Will Hazen	2000	09-Jun	Classic
12.13	Will Hazen	2000	23-Jun	Prov
12.25	Will Hazen	2000	12-May	Spring Challenge
12.55	Jonah Burkart	1999	12-May	Spring Challenge
12.72	Adeem VasANJI	2000	09-Jun	Classic
12.84	Austin Galey	2000	09-Jun	Classic
12.88	Adeem VasANJI	2000	12-May	Spring Challenge
13.27	Simon Jacso	1999	09-Jun	Classic
13.33	Austin Galey	2000	12-May	Spring Challenge

Male 100m
Para-Athlete

T36

15.33	Cory Johnson	1974	09-Jun	Classic
15.76	Cory Johnson	1974	12-May	Spring Challenge
17.02	Cory Johnson	1974	05-May	NB #1 Lethbridge

Male 100m

11.03f	Isaac Rynn	1989	09-Jun	Classic
11.16p	Isaac Rynn	1989	09-Jun	Classic
11.33f	Walt Fenton	1995	23-Jun	Prov
11.34	Isaac Rynn	1989	12-May	Spring Challenge
11.37	Isaac Rynn	1989	27-May	NB #3
11.39p	Walt Fenton	1995	23-Jun	Prov
11.39	Taylor LaRiviere	1994	24-Mar	Hawaii
11.41	Taylor LaRiviere	1994	09-Jun	Classic
11.45p	Kyle Visvanathan	1996	09-Jun	Classic
11.47p	Taylor LaRiviere	1994	17-May	Red HS Divisions
11.57f	Nicholas Buettner	1995	09-Jun	Classic
11.59p	Nicholas Buettner	1995	09-Jun	Classic
11.60f	Kyle Visvanathan	1996	09-Jun	Classic
11.62p	Walt Fenton	1995	09-Jun	Classic
11.73	Drew Crawford	1994	24-Mar	Hawaii
11.76p	Taylor LaRiviere	1994	May	Prov HS
11.78p	Drew Crawford	1994	17-May	Red HS Divisions
11.79f	Taylor LaRiviere	1994	17-May	Red HS Divisions
11.80f	Steven Clark	1991	12-May	Spring Challenge
11.85	Walt Fenton	1995	May	Cities HS
11.86p	Steven Clark	1991	12-May	Spring Challenge
11.87	Nicholas Buettner	1995	23-Jun	Prov
11.87	Drew Crawford	1994	09-Jun	Classic
11.87f	Taylor LaRiviere	1994	May	Prov HS
11.95f	Kyle Visvanathan	1996	16-May	Blue HS Divisions
11.97p	Nicholas Buettner	1995	12-May	Spring Challenge
11.97p	Kyle Visvanathan	1996	16-May	Blue HS Divisions
11.99	Walt Fenton	1995	May	Prov HS
12.00	Spencer Hunter	1995	24-Mar	Hawaii
12.03	Nicholas Buettner	1995	03-Jun	NB #4
12.11	Spencer Hunter	1995	17-May	Red HS Divisions
12.15	Taylor LaRiviere	1994	03-May	Dino HS Red
12.16	Spencer Hunter	1995	27-May	NB #3
12.15	Drew Crawford	1994	03-May	Dino HS Red
12.18f	Nicholas Buettner	1995	12-May	Spring Challenge
12.25f	Drew Crawford	1994	17-May	Red HS Divisions
12.27	Spencer Hunter	1995	23-Jun	Prov
12.28	Spencer Hunter	1995	03-Jun	NB #4
12.41	Sam Vito	1995	09-Jun	Classic
12.43	Spencer Hunter	1995	03-May	Dino HS Red
12.60 Octa	Austin Ost	1995	12-May	Spring Challenge
12.65f	Drayden Dafoe	1997	09-Jun	Classic
12.70	Liam Robertson	1996	16-May	Blue HS Divisions
12.70p	Drayden Dafoe	1997	09-Jun	Classic
12.84	Matthew Dotson	1995	16-May	Blue HS Divisions
12.87	Drayden Dafoe	1997	03-Jun	NB #4
12.89	Nathan Monteith	1996	27-May	NB #3

12.99	Liam Robertson	1996	09-Jun	Classic
13.02	Karl Wagner	1995	03-May	Dino HS Red
13.13p	Stephen Calkins	1998	12-May	Spring Challenge
13.34f	Stephen Calkins	1998	12-May	Spring Challenge
13.55	Liam Robertson	1996	03-May	Dino HS Red
13.58	Matthew Dotson	1995	03-May	Dino HS Red
13.87	Harrison Matsuoka	1998	03-Jun	NB #4
14.23	Nicholas Hansen	1997	12-May	Spring Challenge
14.24	Mehrdad Shokoohi	1999	27-May	Hershey Zones
14.27	Liam Connors	1998	09-Jun	Classic
15.40	Liam Connors	1998	12-May	Spring Challenge
15.61	Will Hazen	2000	27-May	Hershey Zones
16.56	Sam Gardiner	2000	27-May	Hershey Zones
17.31	Michael Restauero	2001	27-May	Hershey Zones

Male 150m

21.04	Mehrdad Shokoohi	1999	23-Jun	Prov
21.98	Nathan Calkins	2000	12-May	Spring Challenge
23.34	Will Hazen	2000	23-Jun	Prov
24.44	Adeem VasANJI	2000	12-May	Spring Challenge
24.88	Austin Galey	2000	12-May	Spring Challenge

Male 200m Para-Athlete

32.29	Cory Johnson	1974	09-Jun	Classic
32.72	Cory Johnson	1974	12-May	Spring Challenge
33.96	Cory Johnson	1974	27-May	SATT

Male 200m

21.89	Andrew dargie	1987	27-May	NB #3
22.23	Andrew dargie	1987	16-Jun	Langley
22.30f	Isaac Rynn	1989	09-Jun	Classic
22.58f	Walt Fenton	1995	09-Jun	Classic
22.61p	Isaac Rynn	1989	09-Jun	Classic
22.67	Isaac Rynn	1989	27-May	NB #3
22.67f	Isaac Rynn	1989	12-May	Spring Challenge
22.71f	Taylor LaRiviere	1994	May	Prov HS
22.72f	Walt Fenton	1995	May	Prov HS
22.77p	Isaac Rynn	1989	12-May	Spring Challenge
22.78p	Taylor LaRiviere	1994	09-Jun	Classic
22.92p	Walt Fenton	1995	May	Prov HS
22.93p	Taylor LaRiviere	1994	May	Prov HS
22.97f	Taylor LaRiviere	1994	09-Jun	Classic
22.99p	Walt Fenton	1995	09-Jun	Classic
23.01f	Walt Fenton	1995	23-Jun	Prov
23.14	Steven Clark	1991	24-Mar	Hawaii
23.15	Walt Fenton	1995	May	Cities HS
23.22	Steven Clark	1991	27-May	NB #3
23.27	Isaac Rynn	1989	28-Apr	SD Triton
23.29p	Taylor LaRiviere	1994	17-May	Red HS Divisions

23.51	Taylor LaRiviere	1994	May	Cities HS
23.57p	Walt Fenton	1995	23-Jun	Prov
23.58f	Nicholas Buettner	1995	10-Jun	Classic
23.68	Steven Clark	1991	12-May	Spring Challenge
23.70p	Nicholas Buettner	1995	09-Jun	Classic
23.72	Alex Ivan	1994	May	Cities HS
23.75f	Taylor LaRiviere	1994	17-May	Red HS Divisions
23.79f	Kyle Visvanathan	1996	09-Jun	Classic
23.91p	Nicholas Buettner	1995	23-Jun	Prov
23.96f	Nicholas Buettner	1995	23-Jun	Prov
24.13	Thomas Kellner	1994	12-May	Spring Challenge
24.16	Thomas Kellner	1994	09-Jun	Classic
24.17p	Kyle Visvanathan	1996	09-Jun	Classic
24.20	Thomas Kellner	1994	27-May	NB #3
24.22p	Nicholas Buettner	1995	12-May	Spring Challenge
24.37	Brent Stephen	1996	09-May	Dino HS Gold
24.39f	Nicholas Buettner	1995	12-May	Spring Challenge
24.41f	Kyle Visvanathan	1996	16-May	Blue HS Divisions
24.56f	Spencer Hunter	1995	09-Jun	Classic
24.57p	Spencer Hunter	1995	09-Jun	Classic
24.75	Drew Crawford	1994	09-May	Dino HS Gold
24.84p	Kyle Visvanathan	1996	16-May	Blue HS Divisions
25.01	Spencer Hunter	1995	23-Jun	Prov
25.01p	Spencer Hunter	1995	17-May	Red HS Divisions
25.44	Sam Vito	1995	09-Jun	Classic
25.46f	Spencer Hunter	1995	17-May	Red HS Divisions
26.01f	Igor Cardoso Espinosa	1998	16-Jun	Hershey Prov
26.17	Liam Robertson	1996	16-May	Blue HS Divisions
26.18	Robin Robertson	1996	16-May	Blue HS Divisions
26.28p	Igor Cardoso Espinosa	1998	16-Jun	Hershey Prov
26.36	Liam Robertson	1996	09-May	Dino HS Gold
26.70	Nathan Monteith	1996	27-May	NB #3
26.98p	Stephen Calkins	1998	12-May	Spring Challenge
27.19	Matthew Dotson	1995	09-May	Dino HS Gold
27.25	Liam Robertson	1996	09-Jun	Classic
27.40	Matthew Dotson	1995	09-Jun	Classic
27.56f	Stephen Calkins	1998	12-May	Spring Challenge
28.36	Nicholas Hansen	1997	09-Jun	Classic
28.50	Mehrdad Shokoohi	1999	27-May	Hershey Zones
28.91p	Nicholas Hansen	1997	12-May	Spring Challenge
29.52	Alex Ivan	1994	May	Prov HS
29.88f	Nicholas Hansen	1997	12-May	Spring Challenge
29.70	Jacob Hazen	1998	27-May	Hershey Zones
30.15	Liam Connors	1998	09-Jun	Classic
30.52	Sean Thuna	1997	12-May	Spring Challenge
30.70	James King	1998	09-Jun	Classic
30.99	Liam Connors	1998	12-May	Spring Challenge
31.30	Nathan Calkins	2000	27-May	Hershey Zones
31.50	Ty Fitzgerald	2000	27-May	Hershey Zones
31.61	Ty Fitzgerald	2000	16-Jun	Hershey Prov
32.20	Will Hazen	2000	27-May	Hershey Zones
34.30	Sam Gardiner	2000	27-May	Hershey Zones
37.20	Viggo Hansen	2000	27-May	Hershey Zones

38.90	Michael Restauro	2001	27-May	Hershey Zones
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Male 300m 2007 A Duhault 38.72

41.66	Igor Cardoso Espinosa	1998	09-Jun	Classic
44.08	Ethan Nishimura	1998	12-May	Spring Challenge
44.63	Ethan Nishimura	1998	23-Jun	Prov
49.07	Liam Connors	1998	12-May	Spring Challenge
45.51	Jacob Hazen	1998	12-May	Spring Challenge
48.96	Sean Thuna	1997	12-May	Spring Challenge
49.17	Liam Connors	1998	09-Jun	Classic
54.97	Matthew Voglewede	1998	03-Jun	NB #4

Male 400m 2008 T Ratzlaff 47.07

47.32	Andrew Dargie	1987	03-Jun	NB #4
47.71	Andrew Dargie	1987	10-Jun	Harry Jerome
48.00	Andrew Dargie	1987	08-Jun	PreJerome
49.61	Isaac Rynn	1989	03-Jun	NB #4
49.68	Alex Ivan	1994	28-Apr	SD Triton
49.95	Madison Theriault	1988	03-Jun	NB #4
50.05	Alex Ivan	1994	29-Apr	S Scott
50.09	Alex Ivan	1994	12-May	Spring Challenge
50.42p	Alex Ivan	1994	May	Prov HS
50.47	Isaac Rynn	1989	29-Apr	S Scott
50.59f	Alex Ivan	1994	May	Prov HS
51.10	Isaac Rynn	1989	28-Apr	SD Triton
51.58	Thomas Kellner	1994	03-Jun	NB #4
53.56	Thomas Kellner	1994	12-May	Spring Challenge
54.35	Bryce Clements	1994	12-May	Spring Challenge
54.39	Alex Ivan	1994	May	Cities HS
54.69	Taylor LaRiviere	1994	03-May	Dino HS Red
55.66	Brent Stephen	1996	17-May	Red HS Divisions
55.99	Brent Stephen	1996	12-May	Spring Challenge
56.56	Matt Shaw	1994	09-Jun	Classic
56.89	Brent Stephen	1996	03-May	Dino HS Red
59.53 Octa	Austin Ost	1995	12-May	Spring Challenge
1.22.00	Joey Zumwalt	2001	27-May	Hershey Zones
1.27.00	Viggo Hansen	2000	27-May	Hershey Zones

Male 600m 2007 M Saizew 1.21.08

2.10.92	Ryan Forgeron	2001	09-Jun	Classic
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Male 800m 2011 M Saizew 1.49.60

1.50.20	Madison Theriault	1988	27-May	NB #3
1.51.76	Madison Theriault	1988	12-May	Spring Challenge
1.52.70	Madison Theriault	1988	29-Apr	S Scott
1.58.92	Andrew Dargie	1987	24-Mar	Hawaii
1.59.32	James Faul	1995	May	Prov HS
1.59.37	James Faul	1995	23-Jun	Prov
2.00.85	Brennan Undseth	1996	09-Jun	Classic

2.00.90	Chris Fitzgibbon	1994	09-Jun	Classic
2.01.05	James Faul	1995	12-May	Spring Challenge
2.01.20	James Faul	1995	May	Cities HS
2.01.24	Brennan Undseth	1996	May	Cities HS
2.01.53	James Faul	1995	09-Jun	Classic
2.02.11	Madison Theriault	1988	05-May	NB #1 Lethbridge
2.02.31	Brennan Undseth	1996	May	Prov HS
2.04.22	Brennan Undseth	1996	23-Jun	Prov
2.05.29	Chris Fitzgibbon	1994	09-May	Dino HS Gold
2.05.76	Chris Fitzgibbon	1994	17-May	Red HS Divisions
2.05.92	James Faul	1995	24-Mar	Hawaii
2.07.35	James Faul	1995	09-May	Dino HS Gold
2.07.86	Chris Fitzgibbon	1994	24-Mar	Hawaii
2.09.23	Cuauhti Olguin	1995	17-May	Red HS Divisions
2.09.96	Cuauhti Olguin	1995	09-May	Dino HS Gold
2.10.29	James Faul	1995	05-May	NB #1 Lethbridge
2.11.03	Graham Seasons	1997	27-May	NB #3
2.11.62	James Faul	1995	17-May	Red HS Divisions
2.11.82	Sean Foster	1994	09-May	Dino HS Gold
2.19.56	Robin Robertson	1996	16-May	Blue HS Divisions
2.22.73	Matt Shaw	1995	24-Mar	Hawaii
2.23.11	Robin Robertson	1996	09-Jun	Classic
2.24.47	Ethan Nishimura	1998	12-May	Spring Challenge
2.25.04	Eric Foster	1996	23-Jun	Prov
2.27.33	Eric Foster	1996	27-May	NB #3
2.27.37	Eric Foster	1996	09-Jun	Classic
2.27.71	Eric Foster	1996	12-May	Spring Challenge
2.28.31	Ethan Nishimura	1998	09-Jun	Classic
2.29.96	Ethan Nishimura	1998	23-Jun	Prov
2.30.77	Harrison Matsuoka	1998	09-Jun	Classic
2.30.90	Jacob Hazen	1998	23-Jun	Prov
2.33.00	Jacob Hazen	1998	12-May	Spring Challenge
2.47.61	Ty Fitzgerald	2000	09-Jun	Classic
2.50.87	Ty Fitzgerald	2000	16-Jun	Hershey Prov
2.53.00	Ty Fitzgerald	2000	12-May	Hershey Zones
2.54.00	Kevin Falkenberg	1999	27-May	Hershey Zones
2.58.00	Matt Voglewede	1998	27-May	Hershey Zones
3.11.60	Matt Voglewede	1998	09-Jun	Classic
3.20.00	Joey Zumwalt	2001	27-May	Hershey Zones

Male 1000m 2007 M Sinclair 2.28.16

3.16.36 Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
3.18.20 Octa	Austin Ost	1995	12-May	Spring Challenge

Male 1200m 2011 B Undseth 3.24.76

3.35.08	Graham Seasons	1997	12-May	Spring Challenge
3.54.47	Ethan Nishimura	1998	12-May	Spring Challenge

3.57.90	Ethan Nishimura	1998	23-Jun	Prov
4.01.00	Jacob Hazen	1998	23-Jun	Prov
4.04.38	Sahad Vasanji	1997	12-May	Spring Challenge
4.05.28	Ethan Nishimura	1998	09-Jun	Classic
4.06.19	Jonah Burkart	1999	09-Jun	Classic
4.07.46	Jacob Hazen	1998	09-Jun	Classic
4.13.53	James King	1998	09-Jun	Classic
4.16.22	Jonah Burkart	1999	12-May	Spring Challenge
4.33.97	Mehrdad Shokoohi	1999	23-Jun	Prov
4.45.66	Matt Voglewede	1998	09-Jun	Classic

Male 1500m 2007 M Sinclair 3.46.64

3.51.80	Madison Theriault	1988	29-Apr	S Scott
3.55.48	Madison Theriault	1988	12-May	Spring Challenge
3.56.40	Madison Theriault	1988	09-Jun	Classic
3.56.75	Madison Theriault	1988	28-Apr	SD Triton
4.00.74	Gareth Hadfield	1992	12-May	Spring Challenge
4.00.95	Gareth Hadfield	1992	29-Apr	S Scott
4.07.81	Brennan Undseth	1996	23-Jun	Prov
4.09.83	James Faul	1995	23-Jun	Prov
4.09.92	Brennan Undseth	1996	09-Jun	Classic
4.10.93	Brennan Undseth	1996	12-May	Spring Challenge
4.11.22	Matt Galea	1993	09-Jun	Classic
4.11.58	James Faul	1995	12-May	Spring Challenge
4.12.60	James Faul	1995	09-Jun	Classic
4.15.09	Sean Foster	1994	May	Prov HS
4.15.24	James Faul	1995	May	Prov HS
4.15.98	Brennan Undseth	1996	May	Prov HS
4.17.10	Chris Fitzgibbon	1994	12-May	Spring Challenge
4.20.96	Cuauhti Olguin	1995	May	Prov HS
4.21.37	Chris Fitzgibbon	1994	09-Jun	Classic
4.21.42	Chris Fitzgibbon	1994	May	Cities HS
4.22.05	Brennan Undseth	1996	May	Cities HS
4.22.21	James Faul	1995	May	Cities HS
4.23.01	Chris Fitzgibbon	1994	May	Prov HS
4.23.13	Sean Foster	1994	12-May	Spring Challenge
4.24.37	Chris Fitzgibbon	1994	17-May	Red HS Divisions
4.25.67	James Faul	1995	17-May	Red HS Divisions
4.25.71	Cuauhti Olguin	1995	May	Cities HS
4.26.75	Matt Galea	1993	12-May	Spring Challenge
4.26.72	Sean Foster	1994	09-Jun	Classic
4.26.77	Sean Foster	1994	29-Apr	S Scott
4.29.07	Chris Fitzgibbon	1994	03-May	Dino HS Red
4.32.98	Cuauhti Olguin	1995	09-Jun	Classic
4.33.84	Cuauhti Olguin	1995	17-May	Red HS Divisions
4.35.30	Sean Foster	1994	03-May	Dino HS Red
4.41.36	Sean Foster	1994	May	Cities HS
4.45.42	Cuauhti Olguin	1995	24-Mar	Hawaii
4.46.32	James Faul	1995	03-May	Dino HS Red
5.06.50	Eric Foster	1996	09-Jun	Classic
5.06.84	Eric Foster	1996	23-Jun	Prov

5.09.99	Eric Foster	1996	12-May	Spring Challenge
Male 1600m	2008 G Hadfield 4.38.89			
5.46.00	James King	1998	27-May	Hershey Zones
5.47.00	Jacob Hazen	1998	27-May	Hershey Zones
5.47.05	James King	1998	Juen 16	Hershey Prov
6.14.00	Kevin Falkenberg	1999	27-May	Hershey Zones
7.11.00	Matt Voglewede	1998	27-May	Hershey Zones
Male Mile				
4.16.97	Madison Theriault	1988	03-Jun	NB #4
4.22.22	Gareth Hadfield	1992	03-Jun	NB #4
5.40.59	Eric Foster	1996	03-Jun	NB #4
5.44.61	Jacob Hazen	1998	03-Jun	NB #4
Male 2000m	2011 B Undseth 6.13.35			
7.40.92	Jacob Hazen	1998	09-Jun	Classic
Male 3000m	2006 Nyal M 8.29.20			
9.01.60	Matt Galea	1993	09-Jun	Classic
9.05.34	Chris Fitzgibbon	1994	May	Prov HS
9.08.08	Matt Galea	1993	27-May	NB #3
9.09.62	Merhau Tume	1992	09-Jun	Classic
9.12.13	Merhau Tume	1992	27-May	NB #3
9.14.33	Brennan Undseth	1996	May	Prov HS
9.19.24	Brennan Undseth	1996	23-Jun	Prov
9.26.40	Sean Foster	1994	May	Cities Prov
9.30.28	Chris Fitzgibbon	1994	17-May	Red HS Divisions
9.31.23	Chris Fitzgibbon	1994	May	Cities HS
9.33.37	Cuauhti Olguin	1995	May	Prov HS
9.40.83	Sean Foster	1994	27-May	NB #3
9.47.36	Cuauhti Olguin	1995	May	Cities HS
9.47.65	Sean Foster	1994	May	Cities HS
9.48.68	Cuauhti Olguin	1995	17-May	Red HS Divisions
9.50.06	Brennan Undseth	1996	May	Cities HS
Male 5000m	2010 N Majock 14.33.53			
15.25.39	Matt Galea	1993	13-Jun	Victoria
16.14.47	Sean Foster	1994	28-Apr	SD Triton
17.01.41	Sean Foster	1994	24-Mar	Hawaii
Male 10000m	2008 N Majock 30.13.42			
Male 60mH	2010 T Fitzgerald 12.89			

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

13.60 27"	Mehrdad Shokoohi	1999	09-Jun	Classic
16.26 27"	Nathan Calkins	2000	09-Jun	Classic
17.29 27"	Ty Fitzgerald	2000	09-Jun	Classic
17.99 27"	Will Hazen	2000	09-Jun	Classic
18.30 27"	Simon Jacso	1999	09-Jun	Classic
18.91 27"	Adeem VasANJI	2000	09-Jun	Classic
19.72 27"	Austin Galey	2000	09-Jun	Classic

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

14.67f 36"	Bryce Clements	1994	May	Prov HS
14.80p 36"	Bryce Clements	1994	May	Prov HS
14.93f 36"	Drew Crawford	1994	17-May	Red HS Divisions
14.95 36"	Drew Crawford	1994	09-May	Dino HS Gold
15.00 36"	Bryce Clements	1994	May	Cities HS
15.05p 36"	Drew Crawford	1994	17-May	Red HS Divisions
18.87 36"	Taylor LaRiviere	1994	09-May	Dino HS Gold
14.64f 33"	Karl Wagner	1995	17-May	Red HS Divisions
14.67 33"	Karl Wagner	1995	09-May	Dino HS Gold
14.85p 33"	Karl Wagner	1995	17-May	Red HS Divisions
15.60 33"	Matthew Dotson	1995	09-May	Dino HS Gold
15.98 33"	Matthew Dotson	1995	16-May	Blue HS Divisions
16.41 33"	Spencer Hunter	1995	09-May	Dino HS Gold
16.65f 33"	Drayden Dafoe	1997	09-Jun	Classic
16.96p 33"	Spencer Hunter	1995	17-May	Red HS Divisions
17.11p 33"	Drayden Dafoe	1997	09-Jun	Classic
17.15p 33"	Igor Cardoso Espinosa	1998	09-Jun	Classic
17.37f 33"	Spencer Hunter	1995	17-May	Red HS Divisions
18.15f	Igor Cardoso Espinosa	1998	09-Jun	Classic
18.19f 33"	Harrison Matsuoka	1998	09-Jun	Classic
19.18p 33"	Harrison Matsuoka	1998	09-Jun	Classic
19.21 33"	Sean Thuna	1997	12-May	Spring Challenge
19.51 33"	Sean Thuna	1997	09-Jun	Classic
19.53 33" Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
19.65 33"	Riley Desrochers	1994	17-May	Red HS Divisions
20.47 33"	Riley Desrochers	1994	09-May	Dino HS Gold

Male 110mH**2010 R McKay 14.77****36"****2008 E Clark 14.34****39"****2010 T Ratzlaff 15.36****42"**

16.14f 36	Karl Wagner	1995	09-Jun	Classic
16.27f 36"	Austin Ost	1995	09-Jun	Classic
16.51 36"	Karl Wagner	1995	27-May	NB #3
16.52p 36"	Austin Ost	1995	09-Jun	Classic
16.62p 36"	Karl Wagner	1995	09-Jun	Classic
17.49f 36"	Karl Wagner	1995	23-Jun	Prov
17.72 36" Octa	Austin Ost	1995	12-May	Spring Challenge
18.63p 36"	Karl Wagner	1995	23-Jun	Prov

18.64	36"	Karl Wagner	1995	12-May	Spring Challenge
18.98f	36"	Matthew Dotson	1995	09-Jun	Classic
19.44p	36"	Matthew Dotson	1995	09-Jun	Classic
20.15	36"	Karl Wagner	1995	05-May	NB #1 Lethbridge
20.31	36"	Matthew Dotson	1995	12-May	Spring Challenge
21.29	36"	Brent Stephen	1996	27-May	NB #3
17.16p	39"	Drew Crawford	1994	09-Jun	Classic
15.73	42"	Steven Clark	1991	27-May	NB #3
16.70	42"	Steven Clark	1991	12-May	Spring Challenge

Male 200mH 2009 B Clements 27.18 30"

31.50	Harrison Matsuoka	1998	03-Jun	NB #4
31.57	Harrison Matsuoka	1998	09-Jun	Classic
33.26	Sean Thuna	1997	09-Jun	Classic

Male 300mH 2010 A Smith 39.57

43.71	Brent Stephen	1996	12-May	Spring Challenge
44.59	Brent Stephen	1996	23-Jun	Prov

Male 400mH 2009 T Ratzlaff 51.67

57.53	Bryce Clements	1994	03-Jun	NB #4
58.49	Steven Clark	1991	09-Jun	Classic
59.15	Steven Clark	1991	03-Jun	NB #4
1.00.60	Bryce Clements	1994	12-May	Spring Challenge
1.01.82	Bryce Clements	1994	24-Mar	Hawaii

Male 1500m SC 2010 A Dib 4.24.42

Male 2000m SC 2009 G Hadfield 5.53.73

6.02.78	Gareth Hadfield	1992	09-Jun	Classic
6.34.11	Cuahti Olguin	1995	23-Jun	Prov
6.54.30	Cuahti Olguin	1995	09-Jun	Classic

Male 3000m SC

8.58.77	Gareth Hadfield	1992	13-Jun	Victoria
9.07.68	Gareth Hadfield	1992	26-May	Windsor Open
9.07.99	Gareth Hadfield	1992	28-Apr	SD Triton

Male 2000m Race Walk

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

Male LJ 2009 R McKay 6.40

6.25	Austin Ost	1995	09-Jun	Classic
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5.99	Karl Wagner	1995	17-May	Red HS Divisions
5.98	Karl Wagner	1995	12-May	Spring Challenge
5.92	Austin Ost	1995	23-Jun	Prov
5.89	Karl Wagner	1995	27-May	NB #3
5.88	Austin Ost	1995	May	Prov HS
5.88	Austin Ost	1995	16-May	Blue HS Divisions
5.86	Karl Wagner	1995	09-Jun	Classic
5.86	Austin Ost	1995	May	Cities HS
5.85	Karl Wagner	1995	23-Jun	Prov
5.75	Drew Crawford	1994	17-May	Red HS Divisions
5.63 Octa	Austin Ost	1995	12-May	Spring Challenge
5.48	Walt Fenton	1995	23-Jun	Prov
5.25	Karl Wagner	1995	09-May	Dino HS Gold
5.23	Igor Cardoso Espinosa	1998	09-Jun	Classic
4.93	Sam Vito	1995	08-Jun	Classic
4.88	Stephen Calkins	1998	12-May	Spring Challenge
4.76	Mehrdad Shokoohi	1999	23-Jun	Prov
4.62	Mehrdad Shokoohi	1999	09-Jun	Classic
4.57	Nathan Kalmakoff	1997	23-Jun	Prov
4.57	Nathan Kalmakoff	1997	09-Jun	Classic
4.49	Jacob Hazen	1998	09-Jun	Classic
4.47	Will Hazen	2000	12-May	Spring Challenge
4.45	Jacob Hazen	1998	12-May	Spring Challenge
4.44	Nathan Kalmakoff	1997	27-May	NB #3
4.37	Mehrdad Shokoohi	1999	12-May	Spring Challenge
4.35	Sean Thuna	1997	09-Jun	Classic
4.30	Max Vogelgesang	1997	27-May	NB #3
4.26	Harrison Matsuoka	1998	09-Jun	Classic
4.21	Riley Desrochers	1994	17-May	Red HS Divisions
4.21	Sean Thuna	1997	12-May	Spring Challenge
4.11	Nathan Kalmakoff	1997	12-May	Spring Challenge
4.08	Riley Desrochers	1994	09-May	Dino HS Gold
4.04	James King	1998	09-Jun	Classic
4.02	Nathan Calkins	2000	12-May	Spring Challenge
3.98 Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
3.89	Ty Fitzgerald	2000	09-Jun	Classic
3.88	Patrick Meister	1997	27-May	NB #3
3.87	Jonah Burkart	1999	12-May	Spring Challenge
3.84	Patrick Meister	1997	23-Jun	Prov
3.73	Will Hazen	2000	23-Jun	Prov
3.73	Jonah Burkart	1999	09-Jun	Classic
3.43	Adeem VasANJI	2000	12-May	Spring Challenge
3.40	Will Hazen	2000	09-Jun	Classic
3.28	Nathan Calkins	2000	09-Jun	Classic
3.27	Adeem VasANJI	2000	09-Jun	Classic
3.24	Austin Galey	2000	12-May	Spring Challenge
3.12	Simon Jacso	1999	09-Jun	Classic
3.03	Ryan Forgeron	2001	09-Jun	Classic

Standing LJ

2010 S McClure 2.44

2.30	Igor Cardoso Espinosa	1998	16-Jun	Hershey Prov
1.95	Mehrdad Shokoohi	1999	27-May	Hershey Zones

1.91	Ty Fitzgerald	2000	16-Jun	Hershey Prov
1.73	Ty Fitzgerald	2000	27-May	Hershey Zones
1.55	Viggo Hansen	2000	27-May	Hershey Zones
1.49	Sam Gardiner	2000	27-May	Hershey Zones
1.30	Joey Zumwalt	2001	27-May	Hershey Zones

Male TJ 2010 R McKay 13.60

12.82	Austin Ost	1995	May	Prov HS
12.75	Austin Ost	1995	03-May	Dino HS Red
12.56	Austin Ost	1995	16-May	Blue HS Divisions
12.30	Karl Wagner	1995	23-Jun	Prov
12.12	Austin Ost	1995	May	Cities HS
11.83	Karl Wagner	1995	03-Jun	NB #4
11.75	Karl Wagner	1995	03-May	Dino HS Red
11.61	Karl Wagner	1995	09-Jun	Classic
11.53	Karl Wagner	1995	12-May	Spring Challenge

Male HJ 2010 J Brewster 1.93

1.85	Austin Ost	1995	23-Jun	Prov
1.83 Octa	Austin Ost	1995	12-May	Spring Challenge
1.80	Austin Ost	1995	09-Jun	Classic
1.80	Austin Ost	1995	16-May	Blue HS Divisions
1.70	Sam Vito	1995	16-May	Blue HS Divisions
1.70	Karl Wagner	1995	03-Jun	NB #4
1.70	Karl Wagner	1995	12-May	Spring Challenge
1.70	Austin Ost	1995	09-May	Dino HS Gold
1.65	Karl Wagner	1995	23-Jun	Prov
1.65	Austin Ost	1995	05-May	NB #1 Lethbridge
1.65	Karl Wagner	1995	09-Jun	Classic
1.65	Karl Wagner	1995	17-May	Red HS Divisions
1.60	Andrew LaRiviere	1997	09-Jun	Classic
1.60	Sam Vito	1995	09-Jun	Classic
1.60	Karl Wagner	1995	09-May	Dino HS Gold
1.55	Karl Wagner	1995	05-May	NB #1 Lethbridge
1.55	Liam Robertson	1996	12-May	Spring Challenge
1.55	Liam Robertson	1996	16-May	Blue HS Divisions
1.55	Drayden Dafoe	1997	09-Jun	Classic
1.50	Jacob Hazen	1998	23-Jun	Prov
1.50	Drayden Dafoe	1997	03-Jun	NB #4
1.50	Stephen Calkins	1998	12-May	Spring Challenge
1.50	Nathan Kalmakoff	1997	12-May	Spring Challenge
1.50	Liam Robertson	1996	09-Jun	Classic
1.45	Nathan Monteith	1996	05-May	NB #1 Lethbridge
1.45	Andrew LaRiviere	1997	23-Jun	Prov
1.45	Jacob Hazen	1998	03-Jun	NB #4
1.45	Jacob Hazen	1998	12-May	Spring Challenge
1.45	Nathan Kalmakoff	1997	09-Jun	Classic
1.45	Nathan Kalmakoff	1997	03-Jun	NB #4
1.45	Igor Coardoso Espinosa	1998	09-Jun	Classic
1.40	Nathan Kalmakoff	1997	23-Jun	Prov
1.40	Jacob Hazen	1998	09-Jun	Classic

1.30	Mehrdad Shokoohi	1999	23-Jun	Prov
1.30	Nathan Calkins	2000	09-Jun	Classic
1.30	Mehrdad Shokoohi	1999	09-Jun	Classic
1.28 Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
1.25	Nathan Calkins	2000	12-May	Spring Challenge
1.10	Will Hazen	2000	23-Jun	Prov
1.10	Ty Fitzgerald	2000	09-Jun	Classic
1.10	Simon Jacso	1999	09-Jun	Classic
1.10	Adeem VasANJI	2000	12-May	Spring Challenge
1.00	Austin Galey	2000	09-Jun	Classic
1.00	Austin Galey	2000	12-May	Spring Challenge
1.00	Adeem VasANJI	2000	09-Jun	Classic

Male Shot Put	2011 A VasANJI 8.21	2kg
	2007 A BymoEN 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

9.68 5.44kg	Matthew Schalm	1996	17-May	Red HS Divisions
12.23 5kg	Austin Ost	1995	23-Jun	Prov
11.61 5kg Octa	Austin Ost	1995	12-May	Spring Challenge
11.39 5kg	Austin Ost	1995	19-May	Throws Gala
10.75 5kg	Matthew Schalm	1996	19-May	Throws Gala
10.23 5kg	Matthew Schalm	1996	09-Jun	Classic
10.19 5kg	Matthew Schalm	1996	23-Jun	Prov
10.02 5kg	Matthew Schalm	1996	12-May	Spring Challenge
9.42 wt?	Cole Huse	1995	03-May	Dino HS Red
9.36 wt?	Matthew Schalm	1996	03-May	Dino HS Red
11.12 4kg	Igor Cardoso Espinosa	1998	09-Jun	Classic
10.88 4kg	Stephen Calkins	1998	12-May	Spring Challenge
9.58 4kg	Nathan Kalmakoff	1997	27-May	NB #3
9.26 4kg	Nathan Kalmakoff	1997	Juen 9	Classic
9.10 4kg	Nathan Kalmakoff	1997	23-Jun	Prov
8.99 4kg	Nathan Kalmakoff	1997	12-May	Spring Challenge
7.79 4kg Pent	Harrison Matsuoka	1998	12-May	Spring Challenge
6.66 4kg	Matt Voglewede	1998	09-Jun	Classic
7.37 3kg	Adeem VasANJI	2000	09-Jun	Classic
7.15 3kg	Simon Jacso	1999	09-Jun	Classic
7.04 3kg	Nathan Calkins	2000	12-May	Spring Challenge
6.72 3kg	Adeem VasANJI	2000	12-May	Spring Challenge
6.33 3kg	Jonah Burkart	1999	09-Jun	Classic
6.11 3kg	Nathan Calkins	2000	09-Jun	Classic
5.99 3kg	Will Hazen	2000	12-May	Spring Challenge
5.93 3kg	Will Hazen	2000	09-Jun	Classic

Male Javelin	2010 A Ost 45.27	600g
		700g
		800g

34.35 600g	Nathan Kalmakoff	1997	23-Jun	Prov
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31.11	600g	Nathan Kalmakoff	1997	09-Jun	Classic
30.63	600g	Nathan Kalmakoff	1997	27-May	NB #3
29.32	600g	Nathan Kalmakoff	1997	12-May	Spring Challenge
24.20	600g	Patrick Meister	1997	23-Jun	Prov
23.22	600g	Patrick Meister	1997	27-May	NB #3
53.64	700g	Austin Ost	1995	19-May	Throws Gala
49.03	700g	Austin Ost	1995	23-Jun	Prov
48.95	700g	Austin Ost	1995	09-Jun	Classic
47.11	700g Octa	Austin Ost	1995	12-May	Spring Challenge
43.19	700g	Cole Huse	1995	09-Jun	Classic
32.60	700g	Charlie Meister	1995	23-Jun	Prov
32.60	700g	Matthew Schalm	1996	19-May	Throws Gala
31.62	700g	Matthew Schalm	1996	09-Jun	Classic
31.12	700g	Matthew Schalm	1996	12-May	Spring Challenge
31.00	700g	Charlie Meister	1995	09-Jun	Classic
30.44	700g	Charlie Meister	1995	27-May	NB #3
30.12	700g	Matthew Schalm	1996	23-Jun	Prov
51.21	800g	Jesse Rogers	1993	May	Cities HS
49.98	800g	Austin Ost	1995	03-May	Dino HS Red
49.78	800g	Austin Ost	1995	May	Cities HS
49.44	800g	Austin Ost	1995	27-May	NB #3
48.69	800g	Austin Ost	1995	16-May	Blue HS Divisions
48.38	800g	Jesse Rogers	1993	09-Jun	Classic
48.12	800g	Jesse Rogers	1993	12-May	Spring Challenge
47.79	800g	Austin Ost	1995	May	Prov HS
47.71	800g	Jesse Rogers	1993	May	Prov HS
46.45	800g	Cole Huse	1995	17-May	Red HS Divisions
45.40	800g	Jesse Rogers	1993	27-May	NB #3
43.44	800g	Cole Huse	1995	May	Cities HS
43.32	800g	Cole Huse	1995	May	Prov HS
41.76	800g	Cole Huse	1995	03-May	Dino HS Red
38.48	800g	Cole Huse	1995	27-May	NB #3
34.06	wt?	Matthew Schalm	1996	03-May	Dino HS Red
32.71	800g	Stefan Brzezinski	1993	09-Jun	Classic
32.38	800g	Matthew Schalm	1996	17-May	Red HS Divisions
19.92	800g	Liam Robertson	1996	16-May	Blue HS Divisions

Male Discus **2011 P Sze 36.95** **2 kg**
Male Discus **2011 B Bracko 32.95** **1.75 kg**
 2011 B Bracko 35.62 **1.614kg**
 1.5 kg
 2010 R Sceviour 35.78 **1 kg**
 2010 A Charlesworth 22.32 750g

23.56	1.75kg	Stefan Brzezinski	1993	09-Jun	Classic
28.65	1.614kg	Cole Huse	1995	17-May	Red HS Divisions
26.66	1.614kg	Matthew Schalm	1996	17-May	Red HS Divisions
36.71	1.5kg	Austin Ost	1995	23-Jun	Prov
33.11	1.5kg	Austin Ost	1995	09-Jun	Classic
32.05	1.5kg	Austin Ost	1995	19-May	Throws Gala
28.86	1.5kg	Matthew Schalm	1996	09-Jun	Classic
27.79	1.5kg	Matthew Schalm	1996	12-May	Spring Challenge

27.37	1.5kg	Matthew Schalm	1996	23-Jun	Prov
27.08	1.5kg	Matthew Schalm	1996	19-May	Throws Gala
24.77	wt?	Matthew Schalm	1996	09-May	Dino HS Gold
26.21	wt?	Cole Huse	1995	09-May	Dino HS Gold
19.00	1.5kg	Nathan Monteith	1996	09-Jun	Classic
33.21	1kg	Nathan Kalmakoff	1997	23-Jun	Prov
32.27	1kg	Nathan Kalmakoff	1997	09-Jun	Classic
31.28	1kg	Nathan Kalmakoff	1997	12-May	Spring Challenge
30.46	1kg	Nathan Kalmakoff	1997	03-Jun	NB #4
29.16	1kg	Igor Cardoso Espinosa	1998	09-Jun	Classic
19.83	1kg	Matthew Voglewede	1998	03-Jun	NB #4
17.06	1kg	Adeem VasANJI	2000	03-Jun	NB #4
16.37	1kg	Matthew Voglewede	1998	09-Jun	Classic
15.38	1kg	Matthew Voglewede	1998	12-May	Spring Challenge
19.18	750g	Adeem VasANJI	2000	12-May	Spring Challenge
16.81	750g	Will Hazen	2000	12-May	Spring Challenge
15.56	750g	Nathan Calkins	2000	12-May	Spring Challenge
12.65	750g	Austin Galey	2000	12-May	Spring Challenge

Hammer Throw:

5kg
2009 D Yee 32.22
4kg
2009 A Toms 20.28
6kg

39.58	5 kg	Matthew Schalm	1996	19-May	Throws Gala
30.54	5kg	Matthew Schalm	1996	12-May	Spring Challenge
25.11	5kg	Matthew Schalm	1996	23-Jun	Prov
24.44	5kg	Matthew Schalm	1996	09-Jun	Classic

Male PV **2007 F Li 2.80**

Male Ball Throw **2008 A Bymoan 59.32**

55.75	Igor Cardoso Espinosa	1998	16-Jun	Hershey prov
34.89	Michael Restauo	2001	16-Jun	Hershey Prov
34.07	Matt Voglewede	1998	27-May	Hershey Zones
33.93	Simon Jacso	1999	09-Jun	Classic
33.71	Michael Restauo	2001	09-Jun	Classic
32.92	Michael Restauo	2001	27-May	Hershey Zones
32.85	Adeem VasANJI	2000	09-Jun	Classic
31.21	Will Hazen	2000	09-Jun	Classic
26.63	Austin Galey	2000	09-Jun	Classic
25.53	Ryan Forgeron	2001	Juen 9	Classic
17.89	Kevin Falkenberg	1999	27-May	Hershey Zones

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 **Midget**
1575 Midget Harrison Matsuoka 1998 12-May Spring Challenge

Male Octathalon **Youth**
4305 Youth Austin Ost 1995 12-May Spring Challenge