

2013 Outdoor Rankings

Master Men

| Time/Dist | | Athlete | | | Date | Location |
|-------------------|------|------------------|----|------|-------------|------------|
| 50 Metres | | | | | | |
| 6.63 | -0.4 | Peters, Darren | 77 | EXCL | 15/06/2013 | Regina |
| 6.90 | -0.4 | Ellis, Colin | 67 | EXCL | 15/06/2013 | Regina |
| 7.48 | -0.4 | Berquist, Brian | 53 | RIVA | 15/06/2013 | Regina |
| 8.25 | -0.4 | Rowan, Ted | 33 | SCTM | 15/06/2013 | Regina |
| Wind/No Wind | | | | | | |
| 7.88 | 1.7 | Ruston, Howard | 60 | UNSK | 06/07/02013 | Saskatoon |
| 100 Metres | | | | | | |
| 12.05 | -1.2 | McLaren, Doug | 76 | UNSK | 26/07/2013 | Regina |
| 12.52 | -2.2 | Blackburn, Dave | 71 | UNSK | 09/07/2013 | Saskatoon |
| 12.72 | -1.4 | Ellis, Colin | 67 | EXCL | 15/06/2013 | Regina |
| 13.05 | 1.8 | Headley, John | 56 | RIVA | 06/07/02013 | Saskatoon |
| 13.08 | 1.8 | D'Eon, Marcel | 53 | RIVA | 06/07/02013 | Saskatoon |
| 14.19 | 1.8 | Ruston, Howard | 60 | UNSK | 06/07/02013 | Saskatoon |
| 14.27 | -3.7 | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| 15.62 | -1.4 | Rowan, Ted | 33 | SCTM | 15/06/2013 | Regina |
| 15.87 | -3.5 | Epp, Ken | 36 | SCTM | 26/07/2013 | Regina |
| 16.55 | -3.5 | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina |
| 16.97 | -2.4 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 200 Metres | | | | | | |
| 24.38 | -1.3 | Ibarreta, Xavier | 76 | UNSK | 12/05/2013 | Washington |
| 24.49 | 0.0 | Peters, Darren | 77 | EXCL | 26/07/2013 | Regina |
| 25.85 | -1.6 | Blackburn, Dave | 71 | UNSK | 26/07/2013 | Regina |
| 26.61 | -1.6 | Ellis, Colin | 67 | EXCL | 26/07/2013 | Regina |
| 26.81 | -1.5 | D'Eon, Marcel | 53 | RIVA | 26/06/2013 | Saskatoon |
| 27.19 | 0.9 | Headley, John | 56 | RIVA | 06/07/2013 | Saskatoon |
| 28.50 | 0.0 | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| 32.17 | -2.7 | Rowan, Ted | 33 | SCTM | 26/07/2013 | Regina |
| 32.87 | -1.4 | Epp, Ken | 36 | SCTM | 26/07/2013 | Regina |

2013 Outdoor Rankings

Master Men

| Time/Dist | Athlete | | | Date | Location |
|--------------------|--------------------|----|------|------------|------------|
| 400 Metres | | | | | |
| 54.52 | Ibarreta, Xavier | 76 | UNSK | 12/05/2013 | Washington |
| 54.89 | Shakotko, Jesse | 73 | UNSK | 26/07/2013 | Regina |
| 1:01.31 | D'Eon, Marcel | 53 | RIVA | 09/07/2013 | Saskatoon |
| 1:01.77 | Headley, John | 56 | RIVA | 09/07/2013 | Saskatoon |
| 1:06.85 | Mezaros, Keith | 56 | UNSK | 06/07/2013 | Saskatoon |
| 1:09.91 | Lewis, Steven | 51 | SCTM | 26/07/2013 | Regina |
| 1:16.34 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 1:24.08 | Epp, Ken | 36 | SCTM | 06/07/2013 | Saskatoon |
| 1:24.41 | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina |
| 1:30.58 | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |
| 800 Metres | | | | | |
| 2:11.37 | Shakotko, Jesse | 73 | UNSK | 26/07/2013 | Regina |
| 2:26.99 | Meszaros, Keith | 56 | SCTM | 26/07/2013 | Regina |
| 2:30.37 | Smith, Lyndon | 61 | UNSK | 26/07/2013 | Regina |
| 2:35.36 | Lewis, Steven | 51 | SCTM | 26/07/2013 | Regina |
| 2:39.14 | Svec, John | 65 | UNSK | 26/07/2013 | Regina |
| 2:44.39 | Van Eaton, Grant | 60 | JRPC | 26/07/2013 | Regina |
| 2:48.48 | Luchka, Ken | 59 | SCTM | 26/06/2013 | Saskatoon |
| 2:55.16 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 3:40.14 | Ross, Dale | 46 | UNSK | 26/07/2013 | Regina |
| 4:08.54 | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |
| 1500 Metres | | | | | |
| 5:03.51 | Mezaros, Keith | 56 | UNSK | 26/07/2013 | Regina |
| 5:15.35 | Smith, Lyndon | 61 | UNSK | 26/07/2013 | Regina |
| 5:16.80 | Svec, John | 65 | UNSK | 26/07/2013 | Regina |
| 5:30.06 | Olsen, Dave | 55 | UNSK | 26/07/2013 | Regina |
| 5:45.21 | Van Eaton, Grant | 60 | JRPC | 26/07/2013 | Regina |
| 5:46.85 | Luchka, Ken | 59 | SCTM | 26/07/2013 | Regina |
| 5:58.23 | Peters, Darren | 77 | EXCL | 26/07/2013 | Regina |
| 6:16.77 | Renwick, Doug | 42 | SCTM | 06/07/2013 | Saskatoon |
| 7:03.40 | Delhomeau, Roland | 45 | SCTM | 26/07/2013 | Regina |
| 8:12.49 | Ross, Dale | 46 | UNSK | 26/07/2013 | Regina |
| 8:14.65 | Rowan, Ted | 33 | UNSK | 26/07/2013 | Regina |
| 8:53.94 | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |

2013 Outdoor Rankings

Master Men

| Time/Dist | | Athlete | | | Date | Location |
|----------------------------|------|--------------------|----|------|------------|-----------|
| 3000 Metres | | | | | | |
| 12:14.35 | | Puttick, Hal | 55 | SCTM | 09/07/2013 | Saskatoon |
| 12:54.34 | | Luchka, Ken | 59 | SCTM | 09/07/2013 | Saskatoon |
| 13:38.93 | | Renwick, Doug | 42 | SCTM | 09/07/2013 | Saskatoon |
| 5000 Metres | | | | | | |
| 17:31.79 | | Jaleta, Ted | 54 | JRPC | 26/07/2013 | Regina |
| 18:52.20 | | Svec, John | 65 | UNSK | 26/07/2013 | Regina |
| 19:47.07 | | Olsen, Dave | 55 | UNSK | 26/07/2013 | Regina |
| 21:58.08 | | Puttick, Hal | 55 | SCTM | 26/07/2013 | Regina |
| 22:37.53 | | Luchka, Ken | 59 | SCTM | 26/07/2013 | Regina |
| 23:28.02 | | Warick, Randy | 49 | SCTM | 26/07/2013 | Regina |
| 10,000 Metres | | | | | | |
| 38:44.37 | | Svec, John | 65 | UNSK | 26/07/2013 | Regina |
| 43:00.01 | | Olsen, Dave | 55 | UNSK | 26/07/2013 | Regina |
| 43:10.24 | | Van Eaton, Grant | 60 | JRPC | 26/07/2013 | Regina |
| 80m Hurdles - .76m | | | | | | |
| 18.19 | 1.4 | Renwick, Doug | 42 | SCTM | 06/07/2013 | Saskatoon |
| 110m Hurdles - .99m | | | | | | |
| 15.37 | 0.9 | McLaren, Doug | 76 | UNSK | 06/07/2013 | Saskatoon |
| 200m Hurdles | | | | | | |
| 37.02 | -0.2 | Renwick, Doug | 42 | SCTM | 06/07/2013 | Saskatoon |
| 41.92 | -0.2 | Van der Wal, Hylke | 38 | AIAS | 06/07/2013 | Saskatoon |
| 300m Hurdles | | | | | | |
| 58.02 | | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| 1:00.68 | | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 1:10.18 | | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |
| 2000m Steeple Chase | | | | | | |
| 7:43.10 | | Svec, John | 65 | UNSK | 06/07/2013 | Saskatoon |
| 10:05.96 | | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |

2013 Outdoor Rankings Master Men

| Time/Dist | Athlete | | | Date | Location | |
|-----------------------------------|--------------------|--------------------|------|------------|------------|-----------|
| 2000m Steeple Chase Cont'd | | | | | | |
| 14:13.29 | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina | |
| 3000m Steeple Chase | | | | | | |
| 12:06.79 | Svec, John | 65 | UNSK | 26/07/2013 | Regina | |
| High Jump | | | | | | |
| 1.70m | McLaren, Doug | 76 | UNSK | 26/07/2013 | Regina | |
| 1.28m | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina | |
| 1.28m | East, Allan | 67 | UNSK | 26/07/2013 | Regina | |
| 1.19m | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina | |
| Pole Vault | | | | | | |
| 3.50m | Kowalski, Kent | 70 | RIVA | 26/06/2013 | Saskatoon | |
| 2.10m | Renwick, Doug | 42 | SCTM | 26/06/2013 | Saskatoon | |
| 1.46m | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina | |
| Long Jump | | | | | | |
| 5.99m | 0.9 | Peters, Darren | 77 | EXCL | 26/07/2013 | Regina |
| 4.88m | 0.6 | Ellis, Colin | 67 | EXCL | 26/07/2013 | Regina |
| 4.23m | 1.0 | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| 3.97m | -0.2 | Rowan, Ted | 33 | SCTM | 06/07/2013 | Saskatoon |
| 3.50m | 1.1 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 3.14m | -0.4 | Van der Wal, Hylke | 38 | AIAS | 06/07/2013 | Saskatoon |
| Wind/No Wind | | | | | | |
| 4.16m | 3.0 | East, Allan | 67 | UNSK | 26/07/2013 | Regina |
| 3.89m | 2.7 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 3.77m | 4.6 | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina |
| 3.33m | 3.1 | Delhomeau, Roland | 45 | SCTM | 26/07/2013 | Regina |
| Triple Jump | | | | | | |
| 8.22m | 2.0 | East, Allan | 67 | RIVA | 26/07/2013 | Regina |
| 7.55m | 2.0 | Rowan, Ted | 33 | SCTM | 06/07/2013 | Saskatoon |
| 7.49m | 1.9 | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina |
| 7.48m | 1.3 | Delhomeau, Roland | 45 | SCTM | 26/07/2013 | Regina |

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| Time/Dist | | Athlete | | | Date | Location |
|-----------|--|---------|--|--|------|----------|
|-----------|--|---------|--|--|------|----------|

Triple Jump Cont'd

Wind/No Wind

| | | | | | | |
|-------|-----|---------------|----|------|------------|-----------|
| 6.79m | 2.9 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 5.66m | 2.9 | Edwards, Bob | 40 | YLTC | 06/07/2013 | Saskatoon |

Shot Put

| | | | | | | |
|--------|--|-------------------|----|------|------------|-----------|
| 10.78m | | Berquist, Brian | 53 | RIVA | 15/06/2013 | Regina |
| 9.29m | | Mountjoy, Terry | 48 | EXCL | 17/05/2013 | Alberta |
| 8.92m | | Edwards, Bob | 40 | YLTC | 17/05/2013 | Alberta |
| 7.99m | | Epp, Ken | 36 | SCTM | 26/07/2013 | Regina |
| 7.63m | | Delhomeau, Roland | 45 | SCTM | 11/06/2013 | Saskatoon |
| 6.98m | | Smith, Lyndon | 61 | UNSK | 26/07/2013 | Regina |

Discus

| | | | | | | |
|--------|--|--------------------|----|------|------------|-----------|
| 40.16m | | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| 33.00m | | Peters, Darren | 77 | EXCL | 15/06/2013 | Regina |
| 32.98m | | Mountjoy, Terry | 48 | EXCL | 26/07/2013 | Regina |
| 29.14m | | Delhomeau, Roland | 45 | SCTM | 09/07/2013 | Saskatoon |
| 26.49m | | Ross, Dale | 46 | SCTM | 06/07/2013 | Saskatoon |
| 26.43m | | Edwards, Bob | 40 | YLTC | 11/05/2013 | Regina |
| 26.40m | | Rowan, Ted | 33 | SCTM | 26/07/2013 | Regina |
| 19.94m | | Epp, Ken | 36 | SCTM | 26/07/2013 | Regina |
| 19.69m | | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 16.21m | | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina |
| 15.19m | | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |

Hammer

| | | | | | | |
|--------|--|-------------------|----|------|------------|-----------|
| 31.38m | | Edwards, Bob | 40 | YLTC | 17/05/2013 | Alberta |
| 30.06m | | Mountjoy, Terry | 48 | EXCL | 06/07/2013 | Saskatoon |
| 18.45m | | Delhomeau, Roland | 45 | SCTM | 11/06/2013 | Saskatoon |

Javelin

| | | | | | | |
|--------|--|-------------------|----|------|------------|--------|
| 43.64m | | Peters, Darren | 77 | EXCL | 26/07/2013 | Regina |
| 35.82m | | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| 31.86m | | Ellis, Colin | 67 | EXCL | 15/06/2013 | Regina |
| 27.79m | | Delhomeau, Roland | 45 | SCTM | 26/07/2013 | Regina |
| 26.02m | | Mountjoy, Terry | 48 | EXCL | 26/07/2013 | Regina |
| 24.89m | | Rowan, Ted | 33 | SCTM | 26/07/2013 | Regina |

2013 Outdoor Rankings

Master Men

| Time/Dist | Athlete | | | Date | Location |
|-----------|---------|--|--|------|----------|
|-----------|---------|--|--|------|----------|

Javelin Cont'd

| | | | | | |
|--------|--------------------|----|------|------------|---------|
| 21.27m | Koza, Joe | 35 | UNSK | 26/07/2013 | Regina |
| 20.37m | Edwards, Bob | 40 | YLTC | 17/05/2013 | Alberta |
| 19.37m | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| 18.49m | Epp, Ken | 36 | SCTM | 26/07/2013 | Regina |
| 15.77m | Smith, Lyndon | 61 | UNSK | 26/07/2013 | Regina |
| 12.94m | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |

Weight Throw

| | | | | | |
|--------|-------------------|----|------|------------|--------|
| 12.00m | Edwards, Bob | 40 | YLTC | 15/06/2013 | Regina |
| 10.89m | Mountjoy, Terry | 48 | EXCL | 26/07/2013 | Regina |
| 9.18m | Delhomeau, Roland | 45 | SCTM | 26/07/2013 | Regina |

Weight Pentathlon

| | | | | | |
|------|--|----|------|------------|--------|
| 2819 | Berquist, Brian | 53 | RIVA | 04/10/2013 | Nevada |
| | Hammer 25.65m/Shot Put 10.66m/Discus 37.33m/ Javelin 34.94m/ Weight Throw 10.19m | | | | |
| 2587 | Edwards, Bob | 40 | YLTC | 26/07/2013 | Regina |
| | Hammer 29.20m/Shot Put 8.79m/Discus 25.15m/ Javelin 19.56m/ Weight Throw 10.51m | | | | |
| 2458 | Mountjoy, Terry | 48 | EXCL | 26/07/2013 | Regina |
| | Hammer 28.25m/Shot Put 9.17m/Discus 29.86m/ Javelin 26.02m/ Weight Throw 10.89m | | | | |

Pentathlon

| | | | | | |
|------|---|----|------|------------|--------|
| 3506 | Rowan, Ted | 33 | SCTM | 26/07/2013 | Regina |
| | 3.52m (NWI) LJ; 21.03m JT; 32.17 200m; 24.31m DT; 8:14.65 1500m | | | | |
| 2618 | Peters, Darren | 77 | EXCL | 26/07/2013 | Regina |
| | 5.99m (NWI) LJ; 43.64m JT; 24.49 200m; 32.48m DT; 5:58.23 1500m | | | | |
| 2547 | Berquist, Brian | 53 | RIVA | 26/07/2013 | Regina |
| | 4.23m (NWI) LJ; 35.82m JT; 28.51 200m; 37.32m DT; DNF 1500m | | | | |
| 2481 | Renwick, Doug | 42 | SCTM | 26/07/2013 | Regina |
| | 3.50m (NWI) LJ; 19.37m JT; 34.36 200m; 19.69m DT; 6:33.01 1500m | | | | |
| 2090 | Delhomeau, Roland | 45 | SCTM | 26/07/2013 | Regina |
| | 3.06m (NWI) LJ; 27.79m JT; 36.17 200m; 27.95m DT; 7:03.40 1500m | | | | |
| 1787 | Van der Wal, Hylke | 38 | AIAS | 26/07/2013 | Regina |
| | 2.92m (NWI) LJ; 12.94m JT; 36.09 200m; 15.19m DT; 8:53.95 1500m | | | | |