MASTER'S INDOOR RECORDS

as of DECEMBER 2016

50 METRES

M30	6.19	MIKE TAYLOR (81)	33	SASKATOON	21/03/15
M35	**6.50**	**TIM SEBULSKY**	**38**	**SASKATOON**	**19/03/16**
M40	**6.66**	**DOUG MCLAREN**	**35**	**SASKATOON**	**29/01/16**
M45	6.76	WINCHESTER JOHNSON	45	SASKATOON	17/03/07
M50	6.80	JOHN HEADLEY	50	SASKATOON	01/04/06
M55	6.83	JOHN HEADLEY	56	SASKATOON	19/03/11
M60	7.28	MARCEL D'EON	61	SASKATOON	21/03/15
M65	7.88	DOUG RENWICK	65	SASKATOON	17/03/07
M70	7.76CR	TED ROWAN	72	SASKATOON	01/04/06
	7.76	TED ROWAN	73	SASKATOON	17/03/07
M75	7.97CR	TED ROWAN	75	SASKATOON	21/03/09
M80	8.13	TED ROWAN	80	TORONTO	14/03/14
M90	15.27CR	HOWARD WEST	90	SASKATOON	29/03/03
W35	7.79	DIANE CRAWFORD	39	SASKATOON	27/03/04
W40	**7.23**	**AMANDA STALWICK**	**43**	**SASKATOON**	**19/03/16**
W45	7.37	CAREN REINDL	45	SASKATOON	27/03/04
W50	7.93	MURIEL GIENI	54	SASKATOON	16/03/13
W55					
W60	7.73	CAROL LAFAYETTE-BOYD	60	SASKATOON	29/03/03
W65	7.90CR	CAROL LAFAYETTE-BOYD	66	SASKATOON	21/03/09

60 METRES

W30	7.88	VANESSA MONAR-ENWEANI	30	SASKATOON	29/01/00
W35	8.14	CAREN REINDL	36	SASKATOON	28/01/95
W40	**8.44**	**AMANDA STALWICK**	**43**	**EDMONTON**	**05/03/16**
W45	8.75	LAURIE MELOCHE	45	EDMONTON	03/03/07
W50	9.10	MURIEL GIENI	54	EDMONTON	02/03/13
W55	9.02	MURIEL GIENI	56	REGINA	14/02/15
W60	8.97	CAROL LAFAYETTE-BOYD	61	REGINA	21/02/04
W65	9.03 CR WR	CAROL LAFAYETTE-BOYD (42)	67	REGINA	13/02/10
W70	9.50 CR	CAROL LAFAYETTE-BOYD	70	REGINA	09/02/13
W75	12.22	GWEN BOIVIN	75	KAMLOOPS	02/03/10
W80	18.24	DOREEN ERSKINE	82	KAMLOOPS	02/03/10
M30	**7.18**	**MIKE TAYLOR**	**34**	**SASKATOON**	**16/01/16**
M35	7.14	CYPRIAN ENWEANI	35	EDMONTON	12/02/00
	7.1h	LUIS SIMON	35	REGINA	06/12/03
M40	7.79	COLIN ELLIS	44	WINNIPEG	03/03/12
M45	7.77	JOHN HEADLEY	48	EDMONTON	06/03/04
M50	7.84	JOHN HEADLEY	50	EDMONTON	04/03/06
	7.6h	GARY MILLER	52	REGINA	06/12/03
M55	8.05	JOHN HEADLEY	56	EDMONTON	11/03/11
M60	8.47	MARCEL D'EON	61	TORONTO	15/03/15
M65	9.30	DOUG RENWICK (42)	66	EDMONTON	01/03/08

60 METERS MEN

M70	9.15	TED ROWAN	72	REGINA	25/03/06
M75	9.19	TED ROWAN	75	REGINA	04/04/09
M80	9.63 CAN REC	TED ROWAN	81	KENOSHA, WI	07/03/15
M85	13.47	HOWARD WEST	85	SASKATOON	09/01/99
M90	16.77	HOWARD WEST	90	REGINA	10/01/04

200 METRES

W30	28.16	JERILYNNE MCBRIDE	30	SASKATOON	19/02/99
W35	26.46 CR	CAREN REINDL	36	REGINA	10/02/95
W40	**28.29**	**AMANDA STALWICK**	**43**	**SASKATOON**	**18/03/16**
W45	28.88	LAURIE MELOCHE	45	EDMONTON	04/03/07
W50	30.73	RHONDA TREMBLAY	50	SASKATOON	19/03/10
W55	30.33	CAROL LAFAYETTE-BOYD	59	REGINA	10/03/02
W60	30.41 CR	CAROL LAFAYETTE-BOYD	60	REGINA	11/01/03
W65	30.73 CR	CAROL LAFAYETTE-BOYD (42)	66	REGINA	04/04/09
W70	33.23 CR	CAROL LAFAYETTE-BOYD	70	REGINA	09/02/13
W75	51.85	GWEN BOIVIN	75	REGINA	12/02/10

M30	23.49	MIKE TAYLOR	33	SASKATOON	20/03/15
M35	22.80	CYPRIAN ENWEANI	35	EDMONTON	13/02/00
M40	25.57	BRIAN BERQUIST	41	REGINA	10/02/95
M45	25.30	BRIAN BERQUIST	45	REGINA	19/02/99
M50	25.99	JOHN HEADLEY	50	EDMONTON	05/03/06
M55	26.60	JOHN HEADLEY	56	SASKATOON	18/03/11
M60	27.45	MARCEL D’EON	61	TORONTO	14/03/15
M65	29.94	DOUG RENWICK	65	REGINA	24/03/07
M70	31.67	TED ROWAN	72	SASKATOON	10/12/05
M75	32.52	TED ROWAN	76	KAMLOOPS	03/03/10
M80	34.55	TED ROWAN	81	TORONTO	14/03/15
M85	57.88 CR	HOWARD WEST	85	REGINA	16/02/01

300 METRES

W35	42.26 CR	CAREN REINDL	36	SASKATOON	27/01/95
W40	45.08	LAURIE MELOCHE	43	REGINA	11/02/05
W45	**47.65**	**KELLY SILCOX**	**49**	**REGINA**	**13/02/16**
W50	50.67	RHONDA TREMBLAY	51	SASKATOON	28/01/11
W55	58.85	SELINA COWARD	55	REGINA	13/02/10
W60	52.48	CAROL LAFAYETTE-BOYD	61	REGINA	24/04/04
W65	52.57CR	CAROL LAFAYETTE-BOYD	67	REGINA	13/02/10
W70	57.15	CAROL LAFAYETTE-BOYD	71	REGINA	12/04/14
W75	1:53.52	GWEN BOIVIN	75	REGINA	13/02/10

300 METERS MEN

M35	38.68	ALLEN JOHNSTON	38	SASKATOON	29/02/92
M40	40.40	BRIAN BERQUIST	41	SASKATOON	28/04/95
M45	40.43	RICK SMITH	48	SASKATOON	28/04/95
M50	41.40	RICK SMITH	50	SASKATOON	11/01/97
M55	42.96	MARCEL D'EON	55	SASKATOON	23/01/09
M60	**44.84**	**MARCEL D'EON**	**62**	**SASKATOON**	**15/01/16**
M65	46.96	DOUG RENWICK	65	EDMONTON	11/02/07
M70	51.13	HYLKE VAN DER WAL	71	REGINA	13/02/10
M75	1:19.45	HARRY MILLER	79	SASKATOON	25/04/97
M80	1:23.47	HOWARD WEST	81	SASKATOON	27/01/95
M85	1:37.98	HOWARD WEST	85	SASKATOON	29/01/99

400 METRES

W30	1:04	COLLEEN RIDGWAY	32	REGINA	17/02/96
W35	59.28	CAREN REINDL	36	REGINA	10/02/95
W40	1:02.5	JUDY WARICK	40	SASKATOON	1989
W45	1:05.34	LAURIE MELOCHE	45	REGINA	24/03/07
W50	1:09.13	RHONDA TREMBLAY	50	KAMLOOPS	05/03/10
W55	1:32.45	JOAN VOGEL	57	REGINA	05/12/98
W65	76.96	CAROL LAFAYETTE-BOYD	67	KAMLOOPS	05/03/10
W70	1:27.28	CAROL LAFAYETTE-BOYD	71	BUDAPEST	29/03/14
W75	2:54.49	GWEN BOIVIN	75	KAMLOOPS	05/03/10
M35	54.80	ALLEN JOHNSTON	38	SASKATOON	28/02/92
M45	**59.47**	**COLIN ELLIS**	**48**	**SASKATOON**	**19/03/16**
M50	59.60	MARCEL D'EON (53)	54	EDMONTON	01/03/08
M55	1:00.76	MARCEL D'EON	55	SASKATOON	21/03/09
M60	1:03.16	MARCEL D'EON	61	TORONTO	15/03/15
M65	1:05.32	DOUG RENWICK	65	REGINA	24/03/07
M70	1:12.09	DOUG RENWICK	70	REGINA	11/02/12

500 METRES

W30	1:27.08	JODIE MACPHERSON	31	SASKATOON	28/03/03
W35	2:02.00	SUSAN SUCHAN	39	SASKATOON	30/04/99
W40	1:22.59	LAURIE MELOCHE	42	SASKATOON	26/03/04
M35	1:14.8H	WINCHESTER JOHNSON	37	SASKATOON	24/04/98
M40	1:18.3H	DON SYLVESTER	44	SASKATOON	24/04/98
M50	1:18.18	MARCEL D'EON	51	SASKATOON	22/04/05
M55	1:27.96	DOUG RENWICK	59	SASKATOON	27/04/01
M60	1:25.47	DOUG RENWICK	60	SASKATOON	28/03/03
M65	1:25.32	DOUG RENWICK	65	SASKATOON	16/03/07
M70	1:45.38	TED ROWAN	72	SASKATOON	31/03/06

600 METRES

W30	1:44.97	COLLEEN RIDGWAY	32	SASKATOON	25/01/96
W35	2:02.91	SHELLY WESTBERG	39	REGINA	06/12/03
W40	1:43.85	LAURIE MELOCHE	43	REGINA	26/11/04
W45	**2:09.52**	**BRENDA HUDEY**	**48**	**REGINA**	**12/02/16**
W60	2:23.60	JUDY WARICK	64	SASKATOON	07/12/13
W65	2:23.71	JUDY WARICK	65	SASKATOON	10/01/15
M35	**1:31.97**	**MICHAEL SCHWANDT**	**35**	**SASKATOON**	**29/01/16**
M40	1:29.43	ALLEN JOHNSTON	40	SASKATOON	15/01/94
M45	1:33.81	RICK SMITH	48	SASKATOON	13/01/95
M50	1:34.18	RICK SMITH	50	SASKATOON	31/01/97
M55	1:44.06	KEITH MESZAROS	59	SASKATOON	30/01/15
M60	1:47.42	DOUG RENWICK	62	SASKATOON	07/02/04
M65	1:47.63	DOUG RENWICK	65	SASKATOON	02/02/07
M70	1:57.72	DOUG RENWICK	70	SASKATOON	28/01/12

800 METRES

W30	2:26.31	DENISE MITCHELL	31	REGINA	11/02/94
W35	2:23.33	JUDY WARICK	39	WINNIPEG	04/02/89
W40	2:20.21	MARION CRAIG	40	WINNIPEG	03/03/02
W45	2:24.87	JUDY WARICK	46	SASKATOON	28/04/95
W50	2:44.54	JUDY WARICK	50	SASKATOON	28/01/00
W55	2:58.23	JUDY WARICK	57	SASKATOON	31/03/06
W60	3:09.81	JUDY WARICK	61	SASKATOON	05/02/10
W65	3:17.90	JUDY WARICK	66	SASKATOON	20/03/15
W70	4:18.33	JOAN MATLOCK	70	SASKATOON	05/02/10
M35	2:08.41	TED JALETA	38	SASKATOON	05/02/93
M40	2:07.43	ALLEN JOHNSTON	40	SASKATOON	29/04/94
M45	2:12.34	RICK SMITH	49	SASKATOON	26/01/96
M50	2:13.03	RICK SMITH	50	SASKATOON	31/01/97
M55	2:18.10	RICK SMITH	55	REGINA	10/03/02
M60	**2:28.40**	**KEITH MESZAROS**	**60**	**SASKATOON**	**16/01/16**
M65	2:32.83	DOUG RENWICK	65	SASKATOON	17/03/07
M70	2:45.41	DOUG RENWICK	70	SASKATOON	16/03/12
M75	**5:32.12**	**HYLKE VAN DER WAL**	**75**	**SASKATOON**	**15/01/16**
M80	4:18.55	MAX COATES	81	SASKATOON	22/04/05

1000 METRES

W30	2:49.12	JANICE BELAND	31	SASKATOON	31/01/98
W35	3:09.85	JOAN COCHRANE	37	SASKATOON	11/01/97
W40	3:04.98	MARION CRAIG	41	SASKATOON	09/02/03
W45	3:36.31	JUDY WARICK	49	SASKATOON	23/01/99
W50	3:52.93	JUDY WARICK	49	SASKATOON	10/01/04
W60	4:23.92	JUDY WARICK	64	SASKATOON	07/12/13
W65	4:27.20	JUDY WARICK	65	SASKATOON	10/01/15

1000 METERS MEN

M35	2:43.90	TED JALETA	38	SASKATOON	08/01/93
M40	2:46.54	TED JALETA	42	SASKATOON	11/01/97
M45	2:57.70	STEVEN WILSON	45	SASKATOON	23/04/05
M50	3:52.89	STEVE WILSON	54	SASKATOON	24/01/14
M55	3:14.26	KEITH MESZAROS	56	REGINA	10/02/12
M60	3:17.73	DOUG RENWICK	60	EDMONTON	09/02/03
M65	3:24.45	DOUG RENWICK	65	EDMONTON	10/02/07
M70	3:50.28	DOUG RENWICK	70	REGINA	11/02/12
M75	4:46.04	TED ROWAN (33)	75	EDMONTON	08/02/09
M80	5:17.69	TED ROWAN	81	KENOSHA, WI	08/03/15

1500 METRES

W30	4:43.55	OLIVIA YUEL	32	SASKATOON	27/01/01
W35	4:52.39	OLIVIA YUEL	35	SASKATOON	24/01/04
W40	4:49.76	MARION CRAIG	41	SASKATOON	25/01/03
W45	5:04.87	IRENE KOKOTAILO	46	SASKATOON	24/01/04
W60	6:35.98	JUDY WARICK	61	KAMLOOPS	06/03/10
W65	6:59.86	JUDY WARICK	65	SASKATOON	15/03/14
M35	4:17.55	TED JALETA	37	REGINA	07/02/92
M40	4:22.64	TED JALETA	41	REGINA	17/02/96
M45	4:45.08	STEVEN WILSON	45	SASKATOON	05/02/05
M50	4:42.48	GERRY NAGY	51	REGINA	08/02/14
M55	5:06.51	KEITH MESZAROS	56	REGINA	10/02/12
M60	**5:14.48**	**KEITH MESZAROS**	**60**	**SASKATOON**	**16/01/16**
M65	5:22.96	DOUG RENWICK (42)	66	EDMONTON	01/03/08
M70	6:04.36	DOUG RENWICK	70	REGINA	10/02/12

3000 METRES

W30	10:19.87	OLIVIA YUEL	32	EDMONTON	11/02/01
W35	10:47.00	JOAN COCHRANE	37	SASKATOON	25/01/97
W40	10:24.55	MARION CRAIG	40	REGINA	10/03/02
W45	10:46.45	IRENE KOKATAILO	47	SASKATOON	22/01/05
W55	15:04.71	REITA MACDONALD	59	KAMLOOPS	03/03/10
W60	14:49.96	JUDY WARICK	61	KAMLOOPS	03/03/10
W65	14:45.40	JUDY WARICK	65	SASKATOON	31/01/15
M35	8:50.75	TED JALETA	38	WINNIPEG	20/02/93
M40	8:53.97	TED JALETA	42	SASKATOON	11/01/97
M45	9:21.50	RIC HANNA	45	REGINA	07/02/92
M50	9:20.40	TED JALETA	50	WINNIPEG	29/01/05
M55	11:16.0H	DAVE OLSEN	56	REGINA	11/02/12
M60	11:36.16	DOUG RENWICK	60	EDMONTON	08/03/03
M65	12:02.03	DOUG RENWICK (42)	66	EDMONTON	02/03/08
M70	13:13.14	DOUG RENWICK	70	EDMONTON	11/03/12

5000 METRES

W40	17:56.26	MARION CRAIG	41	WINNIPEG	25/01/03
M45	17:32.86	KIRBY BAYNTON	45	WINNIPEG	08/03/03
M50	21:22.24	GRANT VAN EATON	54	WINNIPEG	08/03/15
M55	20:10.27	DAVE OLSEN	59	WINNIPEG	08/03/15
M60	**21:01.41**	**DAVE OLSEN**	**60**	**WINNIPEG**	**06/03/16**

1500 METRES RACEWALK

W60	14:24.50	JOAN VOGEL	60	SASKATOON	20/04/02
M60	13:16.97	DOUG RENWICK	60	SASKATOON	29/03/03

2000 METRES RACEWALK

W35	14:24.21	MAVIS DERKSEN	38	EDMONTON	08/03/03

3000 METRES RACEWALK

W35	22:05.08	MAVIS DERKSEN	38	REGINA	22/02/03

1 MILE

W30	**5:44.39**	**OLIVIA CHADWICK (81)**	**34**	**SASKATOON**	**16/01/16**
W55	6:46.76	JUDY WARICK	57	SASKATOON	20/01/07
W60	7:02.16	JUDY WARICK	60	SASKATOON	21/03/09
W65	7:20.69	JUDY WARICK (49)	65	SASKATOON	24/01/15
M35	5:32.06	MARKEL CHERNENKOFF	38	SASKATOON	20/01/07
M40	5:07.71	JAMES FUNK	41	SASKATOON	26/01/13
M45	5:08.33	RON BALEZANTIS	48	SASKATOON	27/01/12
M50	5:34.16	KIRBY BAYNTON	53	SASKATOON	27/01/12
M55	5:25.32	NEIL MCKAY	55	SASKATOON	19/03/10
M60	5:39.35	STEVE LEWIS	61	SASKATOON	26/01/13
M65	5:49.97	DOUG RENWICK (42)	66	SASKATOON	21/03/09
M70	6:39.49	DOUG RENWICK	70	SASKATOON	27/01/12

50M HURDLES

W50	9.00 CAN REC	MURIEL GIENI	54	SASKATOON	08/12/12
W55	8.86 CAN REC	MURIEL GIENI	56	TORONTO	15/03/15
M35	**7.70 CAN REC**	**DOUG MCLAREN**	**40**	**TORONTO**	**19/03/16**
M55	**9.63**	**DALE LAWRENCE**	**58**	**TORONTO**	**19/03/16**
M65	11.89	ROLAND DELHOMEAU	69	TORONTO	14/03/14
M70	11.23 CAN REC	DOUG RENWICK	71	SASKATOON	07/12/13
M80	11.21 CAN REC	TED ROWAN	81	TORONTO	15/03/15

60M HURDLES

W30	8.59	SEEMA KAMAL	30	EDMONTON	12/02/00
W40	12.11	DIANE CRAWFORD	40	REGINA	24/04/04
W45	11.13	MURIEL GIENI	46	EDMONTON	07/03/05

60M HURDLES WOMEN

W50	10.79	MURIEL GIENI	54	EDMONTON	03/03/13
W55	**10.40 CAN REC**	**MURIEL GIENI (58)**	**57**	**EDMONTON**	**24/01/16**

60M HURDLES MEN

M35	8.53	DOUG MCLAREN	35	KAMLOOPS	18/03/11
M40	**8.86 CAN REC**	**DOUG MCLAREN**	**40**	**TORONTO**	**20/03/16**
M45	10.50	BRIAN BERQUIST	45	SASKATOON	30/04/99
M55	11.31	BRIAN BERQUIST	56	KAMLOOPS	02/03/10
M60	11.55	BRIAN BERQUIST	61	TORONTO	14/03/15
M65	12.76	DOUG RENWICK	65	EDMONTON	10/02/07
M70	12.74	DOUG RENWICK	70	REGINA	11/02/12
M75	12.57	TED ROWAN (33)	75	REGINA	04/04/09
M80	12.93 CAN REC	TED ROWAN	81	TORONTO	14/03/15

LONG JUMP

W30	6.15m	VANESSA MONAR-ENWEANI	30	SASKATOON	29/01/00
W35	4.04m	DIANE CRAWFORD	39	REGINA	20/02/04
W40	4.52m	SANDI ARNASON	42	TORONTO	14/03/15
W45	4.27m	MURIEL GIENI	46	EDMONTON	05/03/05
W50	4.09m	MURIEL GIENI	54	SASKATOON	15/03/13
W55	4.39m CR	MURIEL GIENI	56	SASKATOON	23/01/15
W60	4.26m CR	CAROL LAFAYETTE-BOYD	64	REGINA	25/03/06
W65	4.28m CR WR	CAROL LAFAYETTE-BOYD (42)	67	REGINA	13/02/10
W70	3.99m CR	CAROL LAFAYETTE-BOYD	70	WINNIPEG	03/03/13
W75	2.84m	GWEN BOIVIN	77	REGINA	21/04/12

M35	6.22m	WINCHESTER JOHNSON	37	SASKATOON	24/04/98
M40	**5.49m**	**DONG MCLAREN**	**40**	**TORONTO**	**19/03/16**
M45	5.36m	WINCHESTER JOHNSON	48	KAMLOOPS	02/03/10
M50	4.93m	RUSS REGIER	50	REGINA	24/04/04
M55	**4.57m**	**DALE LAWRENCE**	**58**	**TORONTO**	**19/03/16**
M60	**4.36m**	**LARRY LONGMORE**	**64**	**REGINA**	**13/02/16**
M65	4.02m	DOUG RENWICK (42)	66	SASKATOON	15/03/08
M70	4.08m	TED ROWAN (33)	74	EDMONTON	09/02/08
M75	4.13m CR	TED ROWAN (33)	75	EDMONTON	07/03/09
M80	3.67m CAN REC	TED ROWAN	81	KENOSHA, WI	07/03/15
M85	1.11m	HARRY MILLER	86	REGINA	21/02/04

HIGH JUMP

W30	1.69m	CARLA NICHOLLS	31	SASKATOON	23/01/99
W35	1.40m	DIANE CRAWFORD	39	SASKATOON	27/03/04
W40	1.41m	SANDI ARNASON (73)	42	TORONTO	15/03/15
W45	1.30m	MURIEL GIENI	48	EDMONTON	04/03/07
W50	1.12m	MURIEL GIENI	53	REGINA	11/02/12
W60	1.15m	JUDY WARICK	60	REGINA	04/04/09
W65	1.25m CR	CAROL LAFAYETTE-BOYD	69	REGINA	21/04/12
W70	1.21m CR	CAROL LAFAYETTE-BOYD	71	BUDAPEST	29/03/14
W75	.95m	GWEN BOIVIN	75	KAMLOOPS	04/03/10

HIGH JUMP MEN

M35	1.90m	RUSS REGIER	36	SASKATOON	04/01/91
	1.90m	BOB POLISCHUK	39	SASKATOON	04/01/91
M40	1.76m	RUSS REGIER	40	SASKATOON	29/04/94
M45	1.75m	RUSS REGIER	48	SASKATOON	28/04/01
M50	1.65m	RUSS REGIER	50	SASKATOON	05/02/05
M55	1.35m	BRIAN BERQUIST	56	REGINA	12/02/10
M60	**1.42m**	**LARRY LONGMORE**	**64**	**REGINA**	**12/02/16**
M65	1.35m	ROLAND DELHOMEAU	65	KAMLOOPS	02/03/10
M70	1.30m	JOE KOZA	73	REGINA	06/12/08
M75	1.25m	JOE KOZA (35)	76	REGINA	03/12/11
M80	1.15m CR	TED ROWAN	80	TORONTO	14/03/14

TRIPLE JUMP

W35	8.84m	DIANE CRAWFORD	39	REGINA	21/02/04
W40	9.13m	SANDI ARNASON	42	TORONTO	15/03/15
	9.13m	**SANDI ARNASON**	**43**	**EDMONTON**	**06/03/16**
W45	9.04m CR	MURIEL GIENI (58)	49	EDMONTON	02/03/08
W50	9.23m	MURIEL GIENI	54	SASKATOON	16/03/13
W55	9.38m CR	MURIEL GIENI	56	TORONTO	15/03/15
W60	8.68mCR	CAROL LAFAYETTE-BOYD	62	REGINA	08/01/05
W65	8.65m CR	CAROL LAFAYETTE-BOYD (42)	66	SASKATOON	21/03/09
W70	8.18mCRWR	CAROL LAFAYETTE-BOYD	70	REGINA	09/02/13
W75	5.90m	GWEN BOIVIN	75	REGINA	12/02/10
M35	14.49m CR	BOB POLISCHUK	39	SASKATOON	04/01/91
M40	12.57m	BOB POLISCHUK	43	WINNIPEG	02/03/95
M45	11.22m	RUSS REGIER	49	SASKATOON	27/03/04
M50	9.93m	RUSS REGIER	50	REGINA	24/04/04
M55	**9.32m**	**DALE LAWRENCE**	**58**	**TORONTO**	**20/03/16**
M60	8.92m	ROLAND DELHOMEAU (45)	63	EDMONTON	02/03/08
M65	8.07m	DOUG RENWICK	65	EDMONTON	04/03/07
M70	8.44m	JOE KOZA	74	KAMLOOPS	06/03/10
M75	8.48m	TED ROWAN (33)	75	EDMONTON	08/03/09
M80	7.35m CR	TED ROWAN	80	TORONTO	14/03/14

POLE VAULT

W40	2.41m	CAREN REINDL	44	SASKATOON	25/04/03
W45	2.61m	CAREN REINDL	45	SASKATOON	07/02/04
W55	2.05m	MURIEL GIENI	56	SASKATOON	24/01/15
M35	3.80m	RICK PETRUCHA	37	SASKATOON	10/04/92
	3.80m	STACEY BORGER	36	EDMONTON	06/03/04
	3.80m	KENT KOWALSKI	39	SASKATOON	20/03/10
M40	3.91m	KENT KOWALSKI	40	SASKATOON	29/01/11
M45	3.40m	WINCHESTER JOHNSON	45	SASKATOON	17/03/07
M50	3.20m	RICK PETRUCHA	51	SASKATOON	17/03/07
M55	1.97m	TERRY MOUNTJOY	55	REGINA	24/04/04
M60	2.70m	DOUG RENWICK	63	SASKATOON	01/04/06
M65	2.62m	DOUG RENWICK	65	REGINA	24/03/07
M70	2.10m	DOUG RENWICK	70	EDMONTON	11/03/12
M80	1.55m	TED ROWAN	81	KENOSHA, WI	08/03/15

SHOT PUT - 16lb

M35	13.03m	WINCHESTER JOHNSON	38	SASKATOON	30/04/99
M40	11.48m	TED ROUATT	44	SASKATOON	07/04/00
M45	12.01m	ROBIN ADAIR	45	REGINA	19/02/00

SHOT PUT - 12lbs

M50	11.50m	TERRY MOUNTJOY	50	YORKTON	17/04/99
M60	8.90m	BOB EDWARDS	62	YORKTON	12/04/03

SHOT PUT – 2kg

W75	10.25mCR	MARG TOSH	75	SASKATOON	15/12/12

SHOT PUT - 3 kg

W50	10.22m	SELINA COWARD	54	WINNIPEG	07/03/09
W55	10.38m	SELINA COWARD	55	SASKATOON	05/02/10
W60	9.75m CR	SELINA COWARD	60	SASKATOON	30/01/15
W65	8.64m	MARGARET TOSH	69	SASKATOON	17/03/07
W70	9.18m CR	MARGARET TOSH (37)	71	SASKATOON	19/12/09
W75	4.29m	LIL FERGUSON	79	REGINA	21/04/12
W80	4.04m	DOREEN ERSKINE	82	REGINA	13/02/10

SHOT PUT – 3kg

M80	8.65m	TED ROWAN	80	TORONTO	14/03/14

SHOT PUT - 4 kg

W30	13.31m	KARLA GABRUCH	34	WINNIPEG	08/03/12
W35	12.90m	KARLA GABRUCH	35	SASKATOON	12/01/13
W40	11.06m	MARG SWAB	42	REGINA	05/12/98
W45	9.73m	MARJORIE SWAB	45	REGINA	16/02/01
W50	9.80m	SELINA COWARD	52	REGINA	25/03/06
W55	9.31m	JOAN VOGEL	59	REGINA	16/02/01
M55	7.81m	DOUG RENWICK	59	SASKATOON	27/04/01
M60	8.20m (4kg)	DOUG RENWICK	60	SASKATOON	19/04/02
M70	**10.63m**	**ART BATTISTE**	**73**	**SASKATOON**	**29/01/16**
M75	9.00m	TED ROWAN (33)	75	REGINA	08/02/09
M80	6.31m	HARRY MILLER	82	REGINA	19/02/00
M85	6.88m CR	HOWARD WEST	86	REGINA	19/02/00
M90	6.29mCR	HOWARD WEST	90	REGINA	10/01/04

SHOT PUT - 5 kg

M60	11.62m	DON BRODEUR	63	REGINA	11/04/15
M65	9.78m	BOB EDWARDS	65	WINNIPEG	25/03/06

SHOT PUT - 6 kg

M50	11.48m	MARTIN SACHER	51	SASKATOON	31/03/06
M55	10.62m	BRIAN BERQUIST	55	SASKATOON	20/03/09

WEIGHT THROW – 4.0kg

W75	14.24mCR	MARG TOSH	76	SASKATOON	01/02/14

WEIGHT THROW - 20LB

W30	16.70m	KARLA GABRUCH	34	WINNIPEG	08/03/12
W35	16.36m	KARLA GABRUCH	35	SASKATOON	12/01/13
W40	8.41m	PEARLEEN BAPTISTE	42	SASKATOON	18/12/04
W45	6.83m	DEBI HEIT	48	SASKATOON	30/04/99
W55	7.59m	JUDY WARICK	55	SASKATOON	23/04/05
W65	8.35m CR	MARGARET TOSH	69	SASKATOON	01/04/06

WEIGHT THROW - 12LB/5.45kg

W60	**10.54m**	**VI MIZUNO (51)**	**64**	**SASKATOON**	**30/01/16**
W65	10.39m	MARGARET TOSH	69	SASKATOON	16/03/07
W70	12.42m CRWR	MARGARET TOSH	74	SASKATOON	17/03/12
W75	5.12m	LIL FERGUSON	79	REGINA	21/04/12
M80	11.22m	TED ROWAN	80	SASKATOON	14/12/13
M85	11.46m	HOWARD WEST	89	SASKATOON	09/02/03
M90	10.98m CR	HOWARD WEST	90	SASKATOON	28/03/03

WEIGHT THROW - 16LB

M70	12.62m	ROLAND DELHOMEAU	70	REGINA	11/04/15
M75	**10.35m**	**BOB EDWARDS (45)**	**75**	**SASKATOON**	**15/01/16**

WEIGHT THROW - 20LB

M60	12.97m	TERRY MOUNTJOY	48	SASKATOON	17/03/12
M65	12.53m	BOB EDWARDS	65	REGINA	25/03/06
M85	6.84m	HOWARD WEST	87	SASKATOON	16/12/00

WEIGHT THROW - 25LB

M55	8.74m	BRIAN BERQUIST	55	REGINA	04/04/09

WEIGHT THROW - 35LB

M35	11.93m	DOUG MEDERNACH	38	SASKATOON	17/03/12
M45	8.00m	RICHARD KRAHN	49	REGINA	21/02/03
M50	13.63m	MARTIN SACHER	51	SASKATOON	01/04/06
M55	10.43m	TERRY MOUNTJOY	55	EDMONTON	07/03/04

PENTATHLON

W30	3641 PTS	CARLA NICHOLLS	31	EDMONTON	13/02/99
M40	2005PTS	BRIAN BERQUIST	44	SASKATOON	30/01/98
M45	2972 PTS	WINCHESTER JOHNSON	48	KAMLOOPS	02/03/10
M55	2746 PTS	BRIAN BERQUIST	56	KAMLOOPS	02/03/10
M60	1370PTS	DOUG RENWICK	61	SASKATOON	24/01/04
M65	1264PTS CR	DOUG RENWICK	65	EDMONTON	11/02/07
	3189 PTS CR Age Graded	DOUG RENWICK	65	EDMONTON	11/02/07
M70	917PTS	TED ROWAN	74	EDMONTON	09/02/08
M70	3001pts AGE GRADED	TED ROWAN	74	SASKATOON	09/02/08
M75	3586pts AGE GRADED	TED ROWAN	75	EDMONTON	08/02/09
M75	943pts CR	TED ROWAN	75	SASKATOON	08/02/09
		NEW TABLES 2011			
		PENTATHLON NEW AGE GRADING MARKS			
M35	2853 PTS	DOUG MCLAREN	35	KAMLOOPS	18/03/11
M40	**2817 PTS**	**DOUG MCLAREN**	**40**	**TORONTO**	**20/03/16**
M45					
M50					
M55					
M60	2619 PTS	BRIAN BERQUIST	61	TORONTO	14/03/15
M65	2625 PTS	ROLAND DELHOMEAU	66	KAMLOOPS	18/03/11
M70	3088 PTS CR	DOUG RENWICK	70	REGINA	10/02/12
M80	3601 PTS	TED ROWAN	80	TORONTO	14/03/14
		HEPTATHLON PENTATHLON			
M45	4014 PTS	BRIAN BERQUIST	48	KENOSHA, WI	04/03/02
M70	3018 PTS	ROLAND DELHOMEAU	70	KENOSHA, WI	07/03/15
M80	4825 PTS	TED ROWAN	81	KENOSHA, WI	07/03/15