

## 2015 Indoor Rankings Masters Men

Time/Dist	Athlete		Date	Location
<b>50 Metres</b>				
6.61	Tim Sebulsky	77 UNSK	21/03/2015	Saskatoon
6.67	Chad Kichula	76 EXCL	21/03/2015	Saskatoon
6.93	Colin Ellis	67 EXCL	21/03/2015	Saskatoon
7.28	Marcel D'Eon	53 RIVA	15/03/2015	Toronto
7.30	Jeffery Sauter	69 SCTM	21/03/2015	Saskatoon
8.36	Randy Warick	49 SCTM	21/03/2015	Saskatoon
8.38	Ted Rowan	33 SCTM	15/03/2015	Toronto
8.55	Dale Ross	46 SCTM	21/03/2015	Saskatoon
9.21	Roland Delhomeau	45 SCTM	21/03/2015	Saskatoon
<b>60 Metres</b>				
7.60	Tim Sebulsky	77 UNSK	11/04/2015	Regina
7.81	Chad Kichula	76 EXCL	11/04/2015	Regina
7.98	Colin Ellis	67 EXCL	13/02/2015	Regina
8.06	Jason Schneider	70 EXCL	13/02/2015	Regina
8.17	Janz Stein	81 UNSK	06/12/2014	Regina
8.33	Daniel Croteau	74 EXCL	06/03/2015	Winnipeg
8.47	Marcel D'Eon	53 RIVA	15/03/2015	Toronto
8.88	Brent McPherson	54 UNSK	13/02/2015	Regina
9.63	Ted Rowan	33 SCTM	07/03/2015	Wisconsin
9.93	Dale Ross	46 SCTM	29/01/2015	Saskatoon
10.37	Roland Delhomeau	45 SCTM	13/02/2015	Regina
<b>200 Metres</b>				
25.47	Chad Kichula	76 EXCL	11/04/2015	Regina
26.91	Colin Ellis	67 EXCL	21/03/2015	Saskatoon
27.28	Daniel Croteau	74 EXCL	11/04/2015	Regina
27.45	Marcel D'Eon	53 RIVA	15/03/2015	Toronto
29.48	Larry Longmore	51 EXCL	11/04/2015	Regina
30.75	John Svec	65 UNSK	06/12/2014	Regina
33.41	Randy Warick	49 SCTM	29/01/2015	Saskatoon
34.55	Ted Rowan	33 SCTM	15/03/2015	Toronto
36.51	Dale Ross	46 SCTM	29/01/2015	Saskatoon
<b>300 Metres</b>				
41.54	Tim Sebulsky	66 UNSK	06/02/2015	Winnipeg
43.70	Colin Ellis	67 EXCL	13/02/2015	Regina

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<b>300 Metres Cont'd</b>					
52.63	Doug Renwick	42	SCTM	23/01/2015	Saskatoon
52.69	Randy Warick	49	SCTM	23/01/2015	Saskatoon
<b>400 Metres</b>					
1:03.16	Marcel D'Eon	53	RIVA	15/03/2015	Toronto
1:03.75	Colin Ellis	67	EXCL	21/03/2015	Saskatoon
1:04.81	Keith Meszaros	56	SCTM	21/03/2015	Saskatoon
<b>600 Metres</b>					
1:44.06	Keith Meszaros	56	SCTM	29/01/2015	Saskatoon
1:50.64	Daniel Croteau	74	EXCL	13/02/2015	Regina
1:52.06	Steven Lewis	51	SCTM	06/12/2014	Saskatoon
<b>800 Metres</b>					
2:15.35	Michael Schwandt	80	UNSK	21/03/2015	Saskatoon
2:33.45	John Svec	65	UNSK	06/12/2014	Regina
2:34.37	Steven Lewis	51	UNSK	23/01/2015	Saskatoon
2:38.65	Daniel Croteau	74	EXCL	11/04/2015	Regina
2:48.84	Grant Van Eaton	60	EXCL	21/03/2015	Saskatoon
<b>1000 Metres</b>					
4:41.02	Roland Delhomeau	45	SCTM	07/03/2015	Wisconsin
5:17.69	Ted Rowan	33	SCTM	07/03/2015	Wisconsin
<b>1500 Metres</b>					
4:44.70	Michael Schwandt	80	UNSK	29/01/2015	Saskatoon
5:15.67	Keith Meszaros	56	SCTM	29/01/2015	Saskatoon
5:44.58	Ken Luchka	59	SCTM	21/03/2015	Saskatoon
6:00.85	Erroll Simington	47	SCTM	29/01/2015	Saskatoon
<b>3000 Metres</b>					
10:11.60	Gerry Nagy	62	JPRC	13/02/2015	Regina
11:02.80	John Svec	65	UNSK	29/01/2015	Saskatoon

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<b>5000 Metres</b>					
20:10.27	Dave Olsen	55	UNSK	06/03/2015	Winnipeg
21:22.24	Grant Van Eaton	60	EXCL	06/03/2015	Winnipeg
<b>1 Mile</b>					
6:44.28	Ken Luchka	59	SCTM	23/01/2015	Saskatoon
6:49.82	Erroll Simington	47	SCTM	23/01/2015	Saskatoon
7:18.10	Randy Warick	49	SCTM	23/01/2015	Saskatoon
<b>50m Hurdles</b>					
11.21	Ted Rowan	33	SCTM	15/03/2015	Toronto
12.01	Roland Delhomeau	45	SCTM	15/03/2015	Toronto
<b>60m Hurdles</b>					
10.93	Jeffery Sauter	69	SCTM	21/03/2015	Saskatoon
12.93	Ted Rowan	33	SCTM	15/03/2015	Toronto
14.42	Roland Delhomeau	45	SCTM	07/03/2015	Wisconsin
<b>High Jump</b>					
1.25m	Roland Delhomeau	45	SCTM	06/12/2014	Regina
1.12m	Ted Rowan	33	SCTM	15/03/2015	Toronto
<b>Pole Vault</b>					
3.50m	Kent Kowalski	70	RIVA	21/03/2015	Saskatoon
2.80m	Jeffery Sauter	69	SCTM	21/03/2015	Saskatoon
1.55m	Ted Rowan	33	SCTM	07/03/2015	Wisconsin
1.35m	Roland Delhomeau	45	SCTM	07/03/2015	Wisconsin
<b>Long Jump</b>					
4.51m	Jeffery Sauter	69	SCTM	29/01/2015	Saskatoon
4.35m	Daniel Croteau	74	EXCL	13/02/2015	Regina
4.00m	Brian Berquist	53	RIVA	29/01/2015	Saskatoon
3.67m	Ted Rowan	33	SCTM	07/03/2015	Wisconsin
2.92m	Roland Delhomeau	45	SCTM	07/03/2015	Wisconsin

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### Triple Jump

8.70m	Jeffery Sauter	69	SCTM	29/01/2015	Saskatoon
8.40m	Brian Berquist	53	RIVA	11/04/2015	Regina
7.50m	Roland Delhomeau	45	SCTM	06/12/2014	Regina
6.73m	Ted Rowan	33	SCTM	15/03/2015	Toronto

### Shot Put

11.16m	Don Brodeur	51	UNSK	11/04/2015	Regina
10.63m	Brian Berquist	53	RIVA	11/04/2015	Regina
8.83m	Bob Edwards	40	YLTC	13/02/2015	Regina
8.77m	Roland Delhomeau	45	SCTM	21/03/2015	Saskatoon
8.17m	Ted Rowan	33	SCTM	07/03/2015	Wisconsin
7.66m	Dale Ross	46	SCTM	23/01/2015	Saskatoon

### Weight Throw

12.74m	Don Brodeur	51	UNSK	11/04/2015	Regina
12.62m	Roland Delhomeau	45	SCTM	11/04/2015	Regina
11.05m	Bob Edwards	40	YLTC	23/01/2015	Saskatoon

### Pentathlon

2619 pts	Brian Berquist	53	RIVA	15/03/2015	Toronto
	11.55-60mH;1.30m-HJ;3.67m-LJ;10.42m-SP;4:25.95-1000m				
2624 pts	Roland Delhomeau	45	SCTM	15/03/2015	Toronto
	14.16-60mH;1.27m-HJ;3.27m-LJ;8.67m-SP;4:37.22-1000m				

### Heptathlon

4825 pts	Ted Rowan	33	SCTM	07/03/2015	Wisconsin
	9.63-60m;3.67m-LJ;8.17m-SP;1.06m-HJ;13.90-60mH;1.55m-PV;5:17.69-1000m				
3018 pts	Roland Delhomeau	45	SCTM	07/03/2015	Wisconsin
	10.65-60m;2.92m-LJ;8.18m-SP;1.21m-HJ;14.42-60h;1.35m-PV;4:41.02-1000m				