

## 2022 Indoor Rankings Master Men

Time/Dist	Athlete			Date	Location
<b>60 Metres</b>					
7.32	Mike Taylor	81	PAAC	14-01-2022	Saskatoon
7.60	Chad Kichula	76	FLCR	14-01-2022	Saskatoon
7.79	Colin Ellis	67	EXCL	11-12-2021	Regina
8.06	Doug McLaren	76	UNSK	11-12-2021	Regina
8.26	Cory Gelowitz	73	EXCL	11-12-2021	Regina
9.42	Dale Lawrence	58	UNSK	26-03-2022	Saint John
9.64	Garth Cantrill	49	TNMC	18-02-2022	Saskatoon
11.04	Mark Sax	82	EXCL	11-12-2021	Regina
<b>Athlete with a Disability</b>					
8.21	Janz Stein	81	EXCL	28-01-2022	Saskatoon
<b>200 Metres</b>					
23.89	Mike Taylor	81	PAAC	05-03-2022	Edmonton
25.04	Chad Kichula	76	FLCR	28-01-2022	Saskatoon
26.59	Colin Ellis	67	EXCL	28-01-2022	Saskatoon
27.47	Ian Munro	83	EXCL	12-02-2022	Regina
31.65	Travis Sulewski	69	EXCL	12-02-2022	Regina
1:01.82	Hylke Van Der Wal	38	UNSK	11-12-2021	Regina
<b>300 Metres</b>					
40.59	Chad Kichula	76	FLCR	14-01-2022	Saskatoon
50.72	Garth Cantrill	49	TNMC	11-03-2022	Saskatoon
<b>400 Metres</b>					
56.84	Trevor Jacek	81	RWAC	12-02-2022	Regina
<b>600 Metres</b>					
1:30.24	Trevor Jacek	81	RWAC	05-03-2022	Edmonton
1:45.90	Harvey Weber	65	RWAC	11-03-2022	Saskatoon
1:56.37	Greg Nightingale	73	RWAC	11-03-2022	Saskatoon

## 2022 Indoor Rankings Master Men

Time/Dist	Athlete			Date	Location
<b>800 Metres</b>					
2:06.87	Trevor Jacek	81	RWAC	19-03-2022	New York
2:31.68	Harvey Weber	65	RWAC	05-03-2022	Edmonton
<b>1000 Metres</b>					
2:49.47	Trevor Jacek	81	RWAC	18-02-2022	Saskatoon
3:18.15	Harvey Weber	65	RWAC	28-01-2022	Saskatoon
3:33.90	Greg Nightingale	73	RWAC	18-02-2022	Saskatoon
<b>1500 Metres</b>					
4:36.33	Trevor Jacek	81	RWAC	12-02-2022	Regina
6:04.02	Dave Olsen	55	UNSK	11-12-2021	Regina
<b>3000 Metres</b>					
12:53.96	Dave Olson	55	UNSK	12-02-2022	Regina
<b>One Mile</b>					
4:56.25	Trevor Jacek	81	RWAC	18-03-2022	New York
5:04.13	Jason Warick	73	UNSK	28-01-2022	Saskatoon
6:11.02	Greg Nightingale	73	RWAC	28-01-2022	Saskatoon
6:33.80	Roldan Valentino	84	RWAC	28-01-2022	Saskatoon
<b>60m Hurdles</b>					
12.01	Dale Lawrence	58	UNSK	11-12-2021	Regina
25.28	Hylke Van Der Wal	38	UNSK	11-12-2021	Regina
<b>High Jump</b>					
1.40m	Dale Lawrence	58	UNSK	11-12-2021	Regina
<b>Pole Vault</b>					
2.40m	Colin Ellis	67	EXCL	11-12-2021	Regina

**2022 Indoor Rankings  
Master Men**

<b>Time/Dist</b>	<b>Athlete</b>	<b>Date</b>	<b>Location</b>
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**Long Jump**

4.51m	Cory Gelowitz	73	EXCL	11-12-2021	Regina
4.32m	Dale Lawrence	58	UNSK	12-02-2022	Regina
1.80m	Hylke Van Der Wal	38	UNSK	11-12-2021	Regina

**Athlete with a Disability**

5.96m	Janz Stein	81	EXCL	04-03-2022	Winnipeg
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**Triple Jump**

8.83m	Dale Lawrence	58	UNSK	11-12-2021	Regina
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**Shot Put**

9.96m	Dale Lawrence	58	UNSK	11-12-2021	Regina
7.23m	Roland Delhomeau	45	TNMC	18-12-2021	Saskatoon

**Weight Throw**

10.40m	Roland Delhomeau	45	TNMC	18-12-2021	Saskatoon
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