

## 2023 WOMEN'S INDOOR RECORDS

### \*Distance Medley 400m-200m-200m-800m – U16

New: 4:54.37 Riversdale Athletics Track & Field Club Saskatoon 25/03/23  
(Lexi Bantle 10, Kacie Semkiw 09, Amanada Nagy 09, Naysa Woods 08)

### \*Mixed 4x200m – U18

New: 1:39.77 Saskatoon Track & Field Club Edmonton 05/02/23  
(Michael Tetrault 06, Logan Kok 06, Taya Green 07, Sarah Leverton 07)

### \*Distance Medley 400m-200m-200m-800m – U18

New: 4:35.36 Saskatoon Track & Field Club Saskatoon 25/03/23

### \*Mixed 4x200m – U20

New: 1:39.73 Saskatoon Track & Field Club Edmonton 05/02/23  
(Katiana Gilbert 05, Kendyl Dziadyk 05, Ashwin Witt 05, Lukas Gurski 05)

### \*200m – Senior Women

New: 23.51 oversized Savannah Sutherland (03) MU/SK Geneva 25/02/23  
New: 23.66 Savannah Sutherland (03) MU/SK Louisville, KY 28/01/23  
Old: 23.90 Ladonna Antoine (74) RAT USA 31/01/97

### \*400m – Senior Women

New: 51.41 oversized Savannah Sutherland (03) MU/SK Geneva 24/02/23  
New: 51.60 Savannah Sutherland (03) MU/SK Albuquerque, NM 11/03/23  
New: 52.23 Savannah Sutherland (03) MU/SK Clemson 10/02/23  
New: 53.01 Savannah Sutherland (03) MU/SK Ann Arbor, MI 21/01/23  
Old: 53.05 Ladonna Antoine (74) RAT Idaho 12/02/94

### \*5000m – Senior Women

New: 15:38.59 Jasmine Fehr (99) UNSK Boston 10/02/23  
Old: 16:00.45 Danette Doetzel (86) PROV/QCS Texas 13/03/09

## 2023 OPEN WOMEN'S INDOOR RECORDS

### \*Distance Medley 400m-200m-200m-800m – U16

New: 4:54.37 Riversdale Athletics Track & Field Club Saskatoon 25/03/23  
(Lexi Bantle 10, Kacie Semkiw 09, Amanada Nagy 09, Naysa Woods 08)

### \*Mixed 4x200m – U18

New: 1:39.77 Saskatoon Track & Field Club Edmonton 05/02/23  
(Michael Tetrault 06, Logan Kok 06, Taya Green 07, Sarah Leverton 07)

### \*Distance Medley 400m-200m-200m-800m – U18

New: 4:35.36 Saskatoon Track & Field Club Saskatoon 25/03/23

### \*Mixed 4x200m – U20

New: 1:39.73 Saskatoon Track & Field Club Edmonton 05/02/23  
(Katiana Gilbert 05, Kendyl Dziadyk 05, Ashwin Witt 05, Lukas Gurski 05)

### \*200m – Senior Women

New: 23.66 Savannah Sutherland (03) MU/SK Louisville, KY 28/01/23  
Old: 23.68 Kaltouma Nadjina CHAD Saskatoon 04/02/10

### \*400m – Senior Women

New: 51.60 Savannah Sutherland (03) MU/SK Albuquerque, NM 11/03/23  
New: 52.23 Savannah Sutherland (03) MU/SK Clemson 10/02/23  
Old: 52.78 Jillian Richardson (65) AB-CS Saskatoon 08/01/93

### \*600m – Senior Women

New: 1:28.11 Emma Dagenais Laval Saskatoon 11/03/23  
Old: 1:28.70 Julianne Labach (96) US Winnipeg 09/03/23

### \*5000m – Senior Women

New: 15:38.59 Jasmine Fehr (99) UNSK Boston 10/02/23  
Old: 16:00.45 Danette Doetzel (86) PROV/QCS Texas 13/03/09

### \*4x400m – Senior Women

New: 3:41.63 Guelph Gryphons Saskatoon 11/03/23  
(Nicole McKenzie, Sadie-Jane Hickson, Tyra Boug, Zoe Sherar)

Old: 3:44.25 University of Saskatchewan Edmonton 07/03/20

## 2023 MASTER WOMEN'S INDOOR RECORDS

### \*60m – W30 Women

New:	7.57	Michelle Harrison (92) STFC	Saskatoon	14/01/23
Old:	7.88	Vanessa Monar-Enweani 30	Saskatoon	29/01/00

### \*400m – W30

New:	57.95	Adrea Propp (92) 30 UNSK	Saskatoon	28/01/23
Old:	64.00	Colleen Ridgway 32	Regina	17/02/96

### \*800m – W30

New:	2:25.97	Sheridan Lillyman (92) 30 RIVA	Saskatoon	27/01/23
Old:	2:26.31	Denise Mitchell 31	Regina	11/02/94

### \*60m Hurdles – W30 Women

New:	8.10	Michelle Harrison (92) STFC	New York	11/02/23
New:	8.10	Michelle Harrison (92) STFC	Boston	04/02/23
Old:	8.59	Seema Kamal 30	Edmonton	12/02/00

### \*Pole Vault – W35

New:	3.40m	Teresa Hill (87) 35 RIVA	Saskatoon	25/03/23
New:	3.30m	Teresa Hill (87) 35 RIVA	Saskatoon	28/01/23

### \*50m – W40 Women

New:	7.14	Kerri Lovelace (82) UNSK	Saskatoon	25/03/23
Old:	7.23	Amanda Stalwick (72) 43	Saskatoon	19/03/16

### \*60m – W40 Women

New:	8.25	Kerri Lovelace (82) UNSK	Saskatoon	28/01/23
Old:	8.35	Amanda Stalwick (72) 44	Saskatoon	03/12/16

### \*1 Mile – W40

New:	5:45.62	Brandi Venne (81) 42 RWAC	Saskatoon	14/01/23
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### \*Shot Put – W40

New:	11.58m	Karla Johnson-Gabruch (78) 44 UNSK	Saskatoon	17/12/22
Old:	11.06m	Marg Swab 42	Regina	05/12/98

## 2023 MASTER WOMEN'S INDOOR RECORDS

### \*Weight Throw – W40

New:	13.89m	Karla Johnson-Gabruch (78) 44UNSK	Saskatoon	17/12/22
Old:	8.41m	Pearleen Baptiste 42	Saskatoon	18/12/04

### \*50m Hurdles – W45

New:	9.23	Sandi Arnason (73) 49 RIVA	Toronto	26/02/23
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### \*60m Hurdles – W45

New:	10.86	Sandi Arnason (73) 49 RIVA	Saskatoon	13/01/23
New:	10.96	Sandi Arnason (73) 49 RIVA	Saskatoon	28/01/23
New:	11.03	Sandi Arnason (73) 49 RIVA	Toronto	25/02/23
Old:	11.03	Sandi Arnason (73) 49 RIVA	St. John, NB	26/03/22

### \*Pentathlon – W45

New:	1656pts	Sandi Arnason (73) 49 RIVA	Edmonton	05/02/23
		(11.27 – 60m H, 1.26m – HJ, 7.42m – SP, 4.05m – LJ, 3:33.85 – 800m)		

### \*50m – W50 Women

New:	7.34	Valerie Hardy (69) 54 RIVA	Saskatoon	25/03/23
Old:	7.60	Valerie Hardy (69) 50 RIVA	Saskatoon	16/03/19

### \*60m – W50 Women

New:	8.61	Valerie Hardy (69) 54 RIVA	Edmonton	04/03/23
Old:	8.62	Valerie Hardy (69) 50 RIVA	Saskatoon	24/01/20

### \*400m – W50

New:	1:07.97	Andrea Kozan (72) 50 EXCL	Regina	04/02/23
Old:	1:09.13	Rhonda Tremblay (60) 50 RIV	Kamloops	05/03/10

### \*High Jump – W50

New:	1.24m	Sandi Arnason (73) 50 RIVA	Edmonton	05/03/23
New:	1.20m	Sandi Arnason (73) 50 RIVA	Saskatoon	25/03/23
Old:	1.18m	Alison Klassen 51 RIVA	Edmonton	09/03/19

### \*200m - W55

New:	29.33	Kelly Silcox (66) 56 FLCR	Saskatoon	27/01/23
Old:	29.45	Kelly Silcox (66) 55 FLCR	Saskatoon	28/01/22

## 2023 MASTER WOMEN'S INDOOR RECORDS

### \*300m - W55

New:	48.81	Kelly Silcox (66) 56 FLCR	Saskatoon	13/01/23
Old:	51.77	Rhonda Tremblay (60) 58 RIVA	Edmonton	03/03/18

### \*500m - W60

New:	1:49.89	Heather Osborne (61) 61 TNMC	Saskatoon	01/04/23
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### \*600m - W60

New:	2:16.42	Heather Osborne (61) 61 TNMC	Regina	10/12/22
Old:	2:23.60	Judy Warick (49) 64	Saskatoon	07/12/13

### \*1000m - W60

New:	4:03.90	Jan Smith (59) 63 UNSK	Saskatoon	24/03/23
New:	4:07.62	Heather Osborne (61) 61 TNMC	Saskatoon	13/01/23
Old:	4:23.92	Judy Warick (49) 64	Saskatoon	07/12/13

### \*500m - W65

New:	2:39.84	Deb Howes (57) 65 TNMC	Saskatoon	01/04/23
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### \*800m - W65

New:	3:14.25	Lynne Wawryk-Epp (55) 67TNMC	Regina	10/12/22
Old:	3:17.90	Judy Warick (49) 66 TNMC	Saskatoon	20/03/15

### \*1500m - W65

New:	6:29.34	Lynne Wawryk-Epp (55) 67TNMC	Saskatoon	28/01/23
New:	6:34.05	Lynne Wawryk-Epp (55) 67TNMC	Torun, Pol	01/04/23
Old:	6:59.86	Judy Warick (49) 65	Saskatoon	15/03/14

### \*1 Mile - W65

New:	7:10.39	Lynne Wawryk-Epp (55) 67TNMC	Saskatoon	14/01/23
Old:	7:13.56	Lynne Wawryk-Epp (55) 66TNMC	Saskatoon	28/01/22

### \*800m - W70

New:	3:29.53	Gwyneth Woodson (51) 71 UNSK	Regina	10/12/22
New:	3:31.29	Gwyneth Woodson (51) 71 UNSK	Saskatoon	03/12/22
Old:	3:37.79	Judy Warick (49) 70 TNMC	Saskatoon	24/01/20

## 2023 MASTER WOMEN'S INDOOR RECORDS

### \*1500m – W70

New:	6:54.45	Gwyneth Woodson (51) 71 TNMC	Saskatoon	28/01/23
Old:	8:25.88	Judy Warick (49) 70 TNMC	Saskatoon	11/01/20

### \*50m – W80

New:	8.61 <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	04/02/23
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### \*60m – W80

New:	9.89 <b>WR</b> <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	04/02/23
New:	9.98 <b>WR</b> <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	10/12/22
Old:	18.24	Doreen Erskine 82	Kamloops	02/03/10

### \*200m – W80

New:	35.51 <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	03/02/23
New:	35.82 <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	10/12/22

### \*Long Jump – W80

New:	3.54m <b>WR</b> <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	10/12/22
New:	3.53m <b>WR</b> <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	04/02/23

### \*Triple Jump – W80

New:	7.66m <b>WR</b> <b>CR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	03/02/23
New:	6.98m	Carol LaFayette-Boyd (42) EXCEL 80	Regina	10/12/22

## 2023 MEN'S INDOOR RECORDS

### \*Distance Medley 400m-200m-200m-800m – U16

New:	4:11.56	Saskatoon Track & Field Club	Saskatoon	25/03/23
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### \*600m – U18 Men

New:	1:21.89	Michael Hussey (06) STFC	Edmonton	04/03/23
Old:	1:21.92	Jordan Wand (94) QCS	Saskatoon	10/12/11

### \*800m – U18 Men

New:	1:56.05	Michael Hussey (06) STFC	Saskatoon	24/03/23
New:	1:56.52	Killian Naughton (06) EXCL	Winnipeg	04/03/23
Old:	1:56.56	Darren Mazzei (88) QCS	Regina	12/03/05

### \*Distance Medley 400m-200m-200m-800m – U18

New:	3:48.04	Saskatoon Track & Field Club	Saskatoon	25/03/23
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### \*50m – U20 Men

New:	5.82	Storm Zablocki (04) Uof Regina	Saskatoon	27/01/23
Old:	5.87	Rueben Mayes (63) NBL	Saskatoon	28/02/82

### \*60m – U20 Men

New:	6.71	Storm Zablocki (04) Uof Regina	Saskatoon	09/03/23
New:	6.74	Storm Zablocki (04) Uof Regina	Saskatoon	28/01/23
New:	6.76	Storm Zablocki (04) Uof Regina	Saskatoon	25/02/23
New:	6.78	Storm Zablocki (04) Uof Regina	Edmonton	21/01/23
New:	6.83	Storm Zablocki (04) Uof Regina	Saskatoon	03/12/22
New:	6.84	Storm Zablocki (04) Uof Regina	Saskatoon	14/01/23
Old:	6.89	Storm Zablocki (04) PA Athletics	Edmonton	05/03/22

### \*1000m – U20 Men

New:	2:25.20	Jonathan Podbielski (04) UofR	Boston	10/02/23
Old:	2:26.9	Bob Reindl (58) RIV	Saskatoon	29/12/77

### \*50m – Senior Men

New:	5.82	Storm Zablocki (04) Uof Regina	Saskatoon	27/01/23
Old:	5.86	Cyprian Enweani (64) TMSK	Saskatoon	28/12/84

### \*1000m – Senior Men

New:	2:22.13	Quintan Fast (04) UofS	Boston	10/02/23
Old:	2:24.84	Greg Hetterley (97) UR	Boston	09/02/19

## 2023 MEN'S INDOOR RECORDS

*Weight Throw (35lbs) – Senior Men
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New:	20.06m	Hunter Wallster (02) UNSK	South Dakota 25/02/23
New:	19.38m	Hunter Wallster (02) UNSK	North Dakota 18/02/23
New:	19.29m	Hunter Wallster (02) UNSK	Vermillion, SD04/02/23
New:	19.25m	Hunter Wallster (02) UNSK	Brookings, SD21/01/23
New:	18.94m	Hunter Wallster (02) UNSK	Sanford, SD 11/02/23
Old:	18.70m	Mark Lowe (65) RIV	Saskatoon 27/01/95



## 2023 OPEN MEN'S INDOOR RECORDS

### \*Distance Medley 400m-200m-200m-800m – U16

New:	4:11.56	Saskatoon Track & Field Club	Saskatoon	25/03/23
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### \*60m Hurdles (36") – U18 Men

New:	7.77	Keon Rude (05) Calgary Int/ALB	Regina	10/12/22
Old:	7.95	Payne Wylie (00) RIVA	Montreal	18/02/17

### \*800m – U18 Men

New:	1:56.05	Michael Hussey (06) STFC	Saskatoon	24/03/23
New:	1:56.52	Killian Naughton (06) EXCL	Winnipeg	04/03/23
Old:	1:56.56	Darren Mazzei (88) QCS	Regina	12/03/05

### \*Weight Throw (20lbs) – U18 Men

New:	23.53m	Jake McEachern (05) SPLI-ALB	Sasaktoon	17/12/21
Old:	22.46m	Jake McEachern (05) SPLI-ALB	Sasaktoon	18/12/21

### \*Distance Medley 400m-200m-200m-800m – U18

New:	3:48.04	Saskatoon Track & Field Club	Saskatoon	25/03/23
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### \*50m – U20 Men

New:	5.82	Storm Zablocki (04) Uof Regina	Saskatoon	27/01/23
Old:	5.82	Akeem Hayes (92) CIT	Saskatoon	04/02/10

### \*60m – U20 Men

New:	6.71	Storm Zablocki (04) Uof Regina	Saskatoon	09/03/23
New:	6.74	Storm Zablocki (04) Uof Regina	Saskatoon	28/01/23
New:	6.76	Storm Zablocki (04) Uof Regina	Saskatoon	25/02/23
Old:	6.77	Akeem Hayes (92) CIT	Saskatoon	05/02/10

### \*1000m – U20 Men

New:	2:25.20	Jonathan Podbielski (04) UofR	Boston	10/02/23
Old:	2:26.9	Bob Reindl (58) RIV	Saskatoon	29/12/77

### \*1000m – Senior Men

New:	2:22.13	Quintan Fast (04) UofS	Boston	10/02/23
Old:	2:24.03	Dave Mather (65) ON-Queens	Saskatoon	14/03/87

## 2023 MASTER MEN'S INDOOR RECORDS

### \*5000m – M35

New:	17:54.93	Tanner Schatz (86) 36 UNSK	Saskatoon	02/04/23
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### \*50m – M40

New:	6.34	Mike Taylor (81) 41 PA Athletics	Saskatoon	25/03/23
New:	6.43	Mike Taylor (81) 41 PA Athletics	Regina	04/02/23
Old:	6.66	Doug McLaren 40 UNSK	Saskatoon	29/01/16

### \*60m – M40

New:	7.30	Mike Taylor (81) 41 PA Athletics	Edmonton	04/03/23
Old:	7.32	Mike Taylor (81) 40 PA Athletics	Saskatoon	11/03/22

### \*400m – M40

New:	56.11	Trevor Jacek (81) 41 RWAC	Torun, Poland	26/03/23
New:	56.17	Trevor Jacek (81) 41 RWAC	Saskatoon	28/01/23
New:	56.32	Trevor Jacek (81) 41 RWAC	Toronto	26/02/23
Old:	56.84	Trevor Jacek (81) 40 RWAC	Regina	11/02/22

### \*800m – M40

New:	2:06.20	Trevor Jacek (81) 41 RWAC	Torun, Poland	29/03/23
New:	2:06.62	Trevor Jacek (81) 41 RWAC	Toronto	25/02/23
Old:	2:06.87	Trevor Jacek (81) 40 RWAC	New York	20/03/22

### \*1000m – M50

New:	3:12.44	Shayne Burwell (69) 53 RWAC	Saskatoon	13/01/23
Old:	3:14.25	Harvey Weber (65) 54 RWAC	Saskatoon	24/01/20

### \*1 Mile – M50

New:	5:23.79	Shayne Burwell (69) 53 RWAC	Saskatoon	14/01/23
Old:	5:30.42	Shayne Burwell (69) 50 UNSK	Saskatoon	11/01/20

### \*5000m – M50

New:	17:55.42	Shayne Burwell (69) 53 RWAC	Saskatoon	02/04/23
Old:	21:22.24	Grant Van Eaton 54 EXCEL	Winnipeg	08/03/15

## 2023 MASTER MEN'S INDOOR RECORDS

### \*60m – M55

New:	7.95	Colin Ellis (67) 55 EXCL	Saskatoon	28/01/23
New:	8.00	Colin Ellis (67) 55 EXCL	Regina	04/02/23
Old:	8.05	John Headley 56 RIVA	Edmonton	11/03/11

### \*200m – M55

New:	26.35	Colin Ellis (67) 55 EXCL	Regina	03/02/23
Old:	26.60	John Headley 56 RIVA	Saskatoon	18/03/11

### \*300m – M55

New:	42.40	Colin Ellis (67) 55 EXCL	Saskatoon	13/01/23
Old:	42.96	Marcel D'eon (53) 55 RIV	Saskatoon	23/01/09

### \*500m – M55

New:	1:24.12	Harvey Weber (65) 57 RWAC	Saskatoon	01/04/23
Old:	1:27.96	Doug Renwick (42) 59	Saskatoon	27/04/01

### \*600m – M55

New:	1:42.09	Harvey Weber (65) 57 RWAC	Edmonton	11/02/23
Old:	1:44.06	Keith Meszaros (56) 59	Saskatoon	30/01/15

### \*1000m – M55

New:	3:08.83	Harvey Weber (65) 57 RWAC	Edmonton	04/03/23
Old:	3:14.26	Keith Meszaros (56) 56	Regina	10/02/12

### \*1500m – M55

New:	5:00.20	Harvey Weber (65) 57 RWAC	Saskatoon	25/03/23
Old:	5:06.51	Keith Meszaros (56) 56	Regina	10/02/12

### \*5000m – M60

New:	19:13.11	Gerry Nagy (62) 61 JPRC	Saskatoon	02/04/23
Old:	20:41.42	Dave Olsen (55) 61UNSK	Winnipeg	03/03/17

### \*60m – M65

New:	8.75	Don Friesen (57) 65 UNSK	Saskatoon	28/01/23
Old:	8.76	Marcel D'Eon (53) 65 RIVA	Saskatoon	01/12/18

## 2023 MASTER MEN'S INDOOR RECORDS

### \*50m Hurdles – M65

New:	10.68	Dale Lawrence (58) 65 UNSK	Toronto	26/02/23
Old:	11.89	Roland Delhomeau (45) 69 UNSK	Toronto	14/03/14

### \*60m Hurdles – M65

New:	12.37	Dale Lawrence (58) 65 UNSK	Regina	03/02/23
New:	12.63	Dale Lawrence (58) 65 UNSK	Toronto	25/02/23
Old:	12.76	Doug Renwick (42) 65 UNSK	Edmonton	10/02/07

### \*High Jump – M65

New:	1.38m	Dale Lawrence (58) 65 UNSK	Toronto	25/02/23
New:	1.36m	Dale Lawrence (58) 65 UNSK	Regina	03/02/23
Old:	1.35m	Roland Delhomeau (45) 65 UNSK	Kamloops	02/03/10

### \*Long Jump – M65

New:	4.30m	Dale Lawrence (58) 65 UNSK	Toronto	25/02/23
New:	4.18m	Dale Lawrence (58) 65 UNSK	Saskatoon	27/01/23
New:	4.14m	Dale Lawrence (58) 65 UNSK	Regina	04/02/23
Old:	4.02m	Doug Renwick (42) 66 UNSK	Saskatoon	15/03/08

### \*Triple Jump – M65

New:	8.62m	Dale Lawrence (58) 65 UNSK	Toronto	26/02/23
New:	8.61m	Dale Lawrence (58) 65 UNSK	Regina	03/02/23
New:	8.53m	Dale Lawrence (58) 65 UNSK	Saskatoon	28/01/23
Old:	8.07m	Doug Renwick (42) 65 UNSK	Edmonton	04/03/07

### \*Shot Put – M65

New:	10.55m	Dale Lawrence (58) 65 UNSK	Regina	03/02/23
Old:	9.93m	Brian Berquist () 65 UNSK	Edmonton	09/03/19

### \*Shot Put 3kg – M80

New:	10.18m	Art Battiste (42) 80 TNMC	Saskatoon	24/03/23
New:	10.17m	Art Battiste (42) 80 TNMC	Saskatoon	28/01/23
New:	9.79m	Art Battiste (42) 80 TNMC	Saskatoon	13/01/23
Old:	8.65m	Ted Rowan (37) 80	Toronto	14/03/14

### \*Weight Throw 12lbs – M80

New:	11.96m	Art Battiste (42) 80 TNMC	Saskatoon	27/01/23
New:	11.93m	Art Battiste (42) 80 TNMC	Saskatoon	14/01/23
Old:	11.22m	Ted Rowan (37) 80	Saskatoon	14/12/13

## 2023 WOMEN'S OUTDOOR RECORDS

### \*800m – U16 Women

New:	2:12.24	Hannah Gates (08) TMSK	Sherbrooke	13/08/23
New:	2:12.96	Hannah Gates (08) TMSK	Regina	21/07/23
Old:	2:14.17	Alexis Lewans (04) TMSK	Regina	23/06/19

### \*1200m – U16 Women

New:	3:35.30	Hannah Gates (08) TMSK	Sherbrooke	11/08/23
Old:	3:39.65	Natalia McCullough (01) TMSK	Regina	30/07/16

### \*Shot Put 3kg – U16 Women

New:	13.12m	Ademide Adewumi (08) TMSK	Sherbrooke	12/08/23
New:	12.76m	Ademide Adewumi (08) TMSK	Regina	21/07/23
Old:	12.33m	Taryn Suttie (90) TMSK	Edmonton	06/08/05

### \*Mixed Relay U18 – 4x400m

New:	3:43.19	Team Sask	Regina	23/07/23
(Hailee Woodhouse 07, Carter Tuplin 06, Vienna Selland 07, Killian Naughton 06)				

### \*Long Jump – U20 Women

New:	6.12m (+1.3)	Daniella Oyenuga (04) UNSK	Philadelphia	06/05/23
Old:	6.02m (+1.7)	Ope Adelugba (98) STFC	Yorkton	06/06/15
	6.02m (+1.6)	Brianne Theisen (88) STFC	Yorkton	02/06/07

### \*100m - Senior Women

New:	11.36 (+1.7)	Michelle Harrison (92) STFC	Sweden	11/06/23
Old:	11.40 (+1.7)	Michelle Harrison (92) STFC	Edmonton	03/07/22

### \*400m Hurdles – Senior Women

New:	54.45	Savannah Sutherland (03) UNSK	Austin, TX	10/06/23
New:	54.99	Savannah Sutherland (03) CANADA	Budapest	22/08/23
New:	55.36	Savannah Sutherland (03) UNSK	Florida	31/03/23
New:	55.60	Savannah Sutherland (03) UNSK	Edmonton	02/07/23
New:	55.85	Savannah Sutherland (03) CANADA	Budapest	21/08/23
New:	56.06	Savannah Sutherland (03) UNSK	Jacksonville, FL	27/05/23
Old:	56.10	Gwen Wall (63) RIV	Edmonton	11/07/83

## 2023 OPEN WOMEN'S OUTDOOR RECORDS

### \*800m – U16 Women

New:	2:12.24	Hannah Gates (08) TMSK	Sherbrooke	13/08/23
New:	2:12.96	Hannah Gates (08) TMSK	Regina	21/07/23
Old:	2:13.00	Stephanie Romanson (90) TMMB	Regina	15/08/05

### \*1200m – U16 Women

New:	3:35.30	Hannah Gates (08) TMSK	Sherbrooke	11/08/23
Old:	3:37.77	Olivia Cooper (01) TMAB	Regina	30/07/16

### \*Mixed Relay U18 – 4x400m

New:	3:43.19	Team Sask	Regina	23/07/23
		(Hailee Woodhouse 07, Carter Tuplin 06, Vienna Selland 07, Killian Naughton 06)		

### \*100m - Senior Women

New:	11.36 (+1.7)	Michelle Harrison (92) STFC	Sweden	11/06/23
Old:	11.40 (+1.7)	Michelle Harrison (92) STFC	Edmonton	03/07/22

### \*400m Hurdles – Senior Women

New:	54.45	Savannah Sutherland (03) UNSK	Austin, TX	10/06/23
New:	54.99	Savannah Sutherland (03) CANADA	Budapest	22/08/23
New:	55.36	Savannah Sutherland (03) UNSK	Florida	31/03/23
New:	55.60	Savannah Sutherland (03) UNSK	Edmonton	02/07/23
New:	55.85	Savannah Sutherland (03) CANADA	Budapest	21/08/23
New:	56.06	Savannah Sutherland (03) UNSK	Jacksonville, FL	27/05/23
Old:	56.10	Gwen Wall (63) RIV	Edmonton	11/07/83

## 2023 MASTER WOMEN'S OUTDOOR RECORDS

### \*100m W30

New:	11.36 (+1.7)	Michelle Harrison (92) STFC	Sweden	11/06/23
New:	11.44 (0.6)	Michelle Harrison (92) 30 STFC	Regina	13/05/23
New:	11.56 (+0.1)	Michelle Harrison (92) 30 STFC	Langley	14/07/23
New:	11.68 (+0.8)	Michelle Harrison (92) 30 STFC	Langley	28/07/23
New:	11.79 (-1.6)	Michelle Harrison (92) 30 STFC	New Orleans	22/04/23
Old:	12.86	Caren Reindl (58) 34 RIV	Regina	19/07/92

### \*200m W30

New:	23.19 (1.3)	Michelle Harrison (92) 30 STFC	Regina	13/05/23
New:	24.01 (0.9)	Michelle Harrison (92) 30 STFC	New Orleans	29/04/23
Old:	26.07	Caren Reindl (58) 34 RIV	Regina	13/06/92

### \*100m Hurdles – 33” W30

New:	12.82 (0.6)	Michelle Harrison (92) 30 STFC	Graz, AUS	16/06/23
New:	12.82 (+1.3)	Michelle Harrison (92) 30 STFC	Sweden	11/06/23
New:	12.86 (1.6)	Michelle Harrison (92) 30 STFC	Langley	14/07/23
New:	12.86 (+0.8)	Michelle Harrison (92) 30 STFC	Copenhagen	07/06/23
New:	12.86 (0.5)	Michelle Harrison (92) 30 STFC	London, Ont	28/05/23
New:	12.88 (-0.4)	Michelle Harrison (92) 30 STFC	Kingston, JAM	03/06/23
New:	12.88 (+0.1)	Michelle Harrison (92) 30 CAN	Budapest	22/08/23
New:	12.93 (0.2)	Michelle Harrison (92) 30 STFC	New Orleans	29/04/23
New:	13.00 (0.7)	Michelle Harrison (92) 30 STFC	Langley	28/07/23
New:	13.04 (-1.8)	Michelle Harrison (92) 30 STFC	New Orleans	22/04/23
New:	13.05 (-0.4)	Michelle Harrison (92) 30 CAN	Budapest	23/08/23
New:	13.07 (-1.2)	Michelle Harrison (92) 30 STFC	Nancy, FR	18/06/23
New:	13.07 (-2.9)	Michelle Harrison (92) 30 STFC	Edmonton	02/07/23
Old:	13.72	Connie Graham 30	Ottawa	12/06/93

### \*400m Hurdles – W30

New:	58.83	Adrea Propp (92) 31 UNSK	Windsor	23/06/23
Old:	59.41	Adrea Propp (92) 30 UNSK	Calgary	26/06/22

### \*100m Hurdles – 33” W35

New:	19.64 (1.5)	Lindsay Williamson (86) 37 EXCEL	Regina	22/07/23
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### \*Pole Vault – W35

New:	3.55m	Teresa Hill (87) 35 RIVA	Saskatoon	14/07/23
New:	3.50m	Teresa Hill (87) 35 RIVA	Saskatoon	29/06/23
New:	3.45m	Teresa Hill (87) 35 RIVA	Saskatoon	01/06/23
Old:	2.60m	Janice MacDougall 35	Saskatoon	29/05/97

## 2023 MASTER WOMEN'S OUTDOOR RECORDS

### \*Long Jump – W40

New:	4.94m (1.6)	Kerri Lovelace (82) 41 UNSK	Saskatoon	15/07/23
New:	4.58m (1.9)	Kerri Lovelace (82) 41 UNSK	Regina	10/06/23
Old:	4.32m (+1.9)	Sandi Arnason (73) 43 RIVA	Saskatoon	13/07/16

### \*Long Jump – W50

New:	3.96m (-1.0)	Sandi Arnason (73) 50 RIVA	Edmonton	09/07/23
New:	3.87m (-0.9)	Sandi Arnason (73) 50 RIVA	Langley	12/08/23
New:	3.72m (+1.1)	Sandi Arnason (73) 50 RIVA	Langley	11/08/23
New:	3.61m (-0.0)	Sandi Arnason (73) 50 RIVA	Regina	10/06/23
Old:	3.48m (0.0)	Sharon Crook (55) 52 UNSK	Regina	02/08/08

### \*High Jump – W50

New:	1.26m	Sandi Arnason (73) 50 RIVA	Langley	12/08/23
New:	1.25m	Sandi Arnason (73) 50 RIVA	Langley	11/08/23
New:	1.24m	Sandi Arnason (73) 50 RIVA	Edmonton	07/07/23
New:	1.23m	Sandi Arnason (73) 50 RIVA	Saskatoon	14/07/23
New:	1.15m	Sandi Arnason (73) 50 RIVA	Regina	10/06/23

### \*Pentathlon – W50

New:	2464 age graded (80m H – 15.17 (-1.7), HJ – 1.25m, SP – 6.91m, LJ – 3.72m (+1.1), 800m - 3:26.59)	Sandi Arnason (73) 50 RIVA	Langley	11/08/23
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### \*High Jump – W55

New:	1.13m	Brenda Hudey (73) 55 EXCEL	Saskatoon	14/07/23
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### \*400m – W60

New:	1:18.49	Rhonda Tremblay (60) 62 RIVA	Langley	12/08/23
New:	1:20.20	Rhonda Tremblay (60) 62 RIVA	Saskatoon	14/07/23
Old:	1:20.92	Rhonda Tremblay (60) 62 RIVA	Regina	30/07/22

### \*800m – W60

New:	3:06.64	Jan Smith (59) 63 RWAC	Saskatoon	29/06/23
Old:	3:08.69	Grace Butcher 64 UNSK	Sasaktoon	05/07/98

### \*1500m – W60

New:	6:23.17	Jan Smith (59) 63 UNSK	Saskatoon	16/07/23
New:	6:31.73	Heather Osborne (61) 61 TNMC	Winnipeg	16/06/23
Old:	6:41.04	Gay Renouf (61) 61 UNSK	Regina	30/07/22



## 2023 MASTER WOMEN'S OUTDOOR RECORDS

### \*3000m – W60

New:	14:02.71	Jan Smith (59) 63 UNSK	Saskatoon	14/07/23
New:	14:35.72	Heather Osborne (61) 61 TNMC	Winnipeg	17/06/23
Old:	15:18.47	Heather Osborne (61) 60 TNMC	Saskatoon	15/07/22

### \*5000m – W60

New:	23:41.82	Jan Smith (59) 62 UNSK	Langley	12/08/23
New:	23:43.58	Heather Osborne (61) 60 TNMC	Regina	13/05/23
Old:	24:03.01	Jan Smith (59) 62 UNSK	Regina	31/07/22

### \*10,000m – W60

New:	52:48.82	Heather Osborne (61) 60 TNMC	Regina	11/06/23
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### \*2000m Steeplechase 30" – W60

New:	9:37.87	Jan Smith (59) 62 UNSK	Langley	12/08/23
Old:	9:39.91	Jan Smith (59) 62 UNSK	Regina	30/07/22

### \*80m Hurdles – W65

New:	14.38 (-1.1) <b>CR</b>	Muriel Gieni (58) 65 RIVA	Saskatoon	15/07/23
New:	14.63 (-2.5) <b>CR</b>	Muriel Gieni (58) 65 RIVA	Langley	11/08/23
New:	14.63 (1.1) <b>CR</b>	Muriel Gieni (58) 65 RIVA	Regina	10/06/23
New:	14.72 (1.5) <b>CR</b>	Muriel Gieni (58) 65 RIVA	Calgary	13/05/23

### \*High Jump – W65

New:	1.31m <b>CR</b>	Muriel Gieni (58) 65 RIVA	Langley	11/08/23
New:	1.27m <b>CR</b>	Muriel Gieni (58) 65 RIVA	Calgary	13/05/23
Old:	1.24m	Carol LaFayette-Boyd (42) EXCEL 69	Regina	12/05/12

### \*Triple Jump – W65

New:	8.87m (+1.3) <b>CR</b>	Muriel Gieni (58) 65 RIVA	Langley	13/08/23
New:	8.87m (+0.0) <b>CR</b>	Muriel Gieni (58) 65 RIVA	Regina	11/06/23
New:	8.68m (-2.4)	Muriel Gieni (58) 65 RIVA	Saskatoon	16/07/23
Old:	8.57m (-0.6)	Carol LaFayette-Boyd (42) EXCEL 67	Kamloops	19/07/09

## 2023 MASTER WOMEN'S OUTDOOR RECORDS

### \*Shot Put 3kg – W65

New:	9.57m	Muriel Gieni (58) 65 RIVA	Saskatoon	14/07/23
New:	9.48m	Muriel Gieni (58) 65 RIVA	Langley	12/08/23
New:	9.43m	Muriel Gieni (58) 65 RIVA	Calgary	13/05/23
New:	9.33m	Muriel Gieni (58) 65 RIVA	Regina	11/06/23
New:	9.07m	Muriel Gieni (58) 65 RIVA	Langley	11/08/23
Old:	8.80m	Margaret Tosh (37) 67	Edmonton	28/07/05

### \*Pentathlon – W65

New:	3990 Age graded <b>CR</b>	Muriel Gieni (58) 65 RIVA	Langley	11/08/23
	(80m H – 14.63 (-2.5), HJ – 1.31m, SP – 9.07m, LJ – 4.04m (+1.6), 800m - 3:51.55)			

### \*Heptathlon – W65

New:	2127 Pts <b>CR</b>	Muriel Gieni (58) 65 RIVA	Calgary	13-14/05/23
	(80m H – 14.72 (1.5), HJ – 1.27m, SP – 9.43m, 200m – 33.95 (3.0), LJ – 3.67m (-2.7), JT – 17.81m, 800m - 3:44.44)			

### \*Heptathlon – W65 New Age Graded Result

New:	5046 Pts <b>CR</b>	Muriel Gieni (58) 65 RIVA	Calgary	13-14/05/23
	(80m H – 14.72 (1.5), HJ – 1.27m, SP – 9.43m, 200m – 33.95 (3.0), LJ – 3.67m (-2.7), JT – 17.81m, 800m - 3:44.44)			

### \*800m – W70

New:	3:23.01	Gwyneth Woodson (51) 72 RWAC	Langley	13/08/23
New:	3:27.73	Gwyneth Woodson (51) 72 RWAC	Saskatoon	29/06/23
Old:	3:59.22	Judy Warick (49) 73TNMC	Regina	31/07/22

### \*1500m – W70

New:	6:58.67	Gwyneth Woodson (51) 72 TNMC	Langley	12/08/23
New:	7:00.43	Gwyneth Woodson (51) 72 TNMC	Saskatoon	16/07/23
Old:	8:30.81	Judy Warick (49) 73TNMC	Regina	30/07/22

### \*3000m – W70

New:	15:05.08	Gwyneth Woodson (51) 72 RWAC	Saskatoon	14/07/23
Old:	19:59.99	Dorothy Fitzer (37) 74	Regina	17/06/12

## 2023 MASTER WOMEN'S OUTDOOR RECORDS

### \*Javelin 500gm – W70

New:	20.23m	Vi Mizuno (51) 72 TNMC	Langley	13/08/23
New:	19.25m	Vi Mizuno (51) 72 TNMC	Langley	11/08/23
New:	17.51m	Vi Mizuno (51) 72 TNMC	Saskatoon	16/07/23
Old:	15.03m	Jean Healey (48) 70	Regina	22/06/19

### \*New Weight Pentathlon Scores – W70

New:	2779pts	Vi Mizuno (51) 72 TNMC	Langley	11/08/23
	(Hammer – 18.17m, SP – 6.30m, DT – 16.36m, JT – 19.25m, WT – 9.22m)			

### \*400m – W75

New:	2:06.22	Gladys McCarthy (47) 75 TNMC	Saskatoon	14/07/23
Old:	2:49.20	Gwendolyn Boivin 75	Kamloops	17/07/09

### \*800m – W75

New:	5:11.03	Gladys McCarthy (47) 75 TNMC	Regina	13/05/23
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### \*200m – W80

New:	33.93 (-0.8) <b>WR</b>	Carol LaFayette-Boyd (42) EXCEL 81	Saskatoon	15/07/23
Old:	34.38 (0.5) <b>WR</b>	Carol LaFayette-Boyd (42) EXCEL 80	Regina	31/07/22

### \*New Weight Pentathlon Scores – W80

New:	2779pts	Gillian Gracie (43) 80 TNMC	Langley	11/08/23
	(Hammer – 18.21m, SP – 7.15m, DT – 15.56m, JT – 13.12m, WT – 7.88m)			

## 2023 MEN'S OUTDOOR RECORDS

### \*Hammer 3kg - U14 Men

New:	25.37m	Avie Wadsworth (10) EXCEL	Regina	13/05/23
Old:	14.44m	Alex Tosh (98) UNSK	Saskatoon	08/06/10

### \*Hammer 4kg - U16 Men

New:	52.79m	Calder Johnston (08) EXCEL	Saskatoon	14/07/23
New:	51.21m	Calder Johnston (08) EXCEL	Sherbrooke	13/08/23
New:	49.31m	Calder Johnston (08) EXCEL	Regina	10/06/23
New:	49.10m	Calder Johnston (08) EXCEL	Regina	13/05/23
New:	48.42m	Calder Johnston (08) EXCEL	Regina	21/07/23
Old:	47.70m	Hunter Wallster (02) TMSI	Prince Albert	23/09/17

### \*800m – U18 Men

New:	1:51.68	Michael Hussey (06) STFC	Regina	11/06/23
Old:	1:52.12	Jordan Wand (94) QCS	Ottawa	07/08/11

### \*Mixed Relay U18 – 4x400m

New:	3:43.19	Team Sask	Regina	23/07/23
(Hailee Woodhouse 07, Carter Tuplin 06, Vienna Selland 07, Killian Naughton 06)				

### \*Decathlon – U18

New:	6188 Pts	Logan Kok (06) TMSK	Sherbrooke	11-12/08/23
<small>(100m – 11.70 (-0.9), LJ – 6.25m (+2.8), SP – 11.60m, HJ – 1.71m, 400m – 51.70, 110m H – 15.06 (-1.5), DT – 36.65m, PV – 3.60m, JT – 39.65m, 1500m – 4:56.73)</small>				
Old:	5843 Pts	Josh Tam (05) STFC	Sherbrooke	05-06/08/22
<small>(100m – 11.68 (+0.0), LJ – 6.04m (0.9), SP – 10.74m, HJ – 1.79m, 400m – 54.95, 110m H – 15.54 (-0.5), DT – 28.06m, PV – 4.20m, JT – 37.94m, 1500m – 5:13.10)</small>				

### \*100m – Junior Men

New:	10.25 (+1.4)	Storm Zablocki (04) URTC	London, Ont	28/05/23
New:	10.48 (+1.1)	Storm Zablocki (04) URTC	Edmonton	24/06/23
New:	10.49 (+1.9)	Storm Zablocki (04) URTC	Regina	10/06/23
New:	10.56 (+1.7)	Storm Zablocki (04) URTC	Calgary	18/06/23
Old:	10.61 (+1.3)	Storm Zablocki (04) PAAC	Langley	25/06/22

### \*200m – Junior Men

New:	21.11 (-0.7)	Storm Zablocki (04) URTC	Saskatoon	15/07/23
Old:	21.18	Cyprian Enweani (64) STC	USA	24/06/83

## 2023 MEN'S OUTDOOR RECORDS

### \*100m – Senior Men

New:	10.25 (+1.4)	Storm Zablocki (04) URTC	London, Ont	28/05/23
Old:	10.45	Cyprian Enweani (64) TMSk	Ottawa	07/08/89

### \*110m Hurdles – Senior Men

New:	14.09 (0.3)	Payne Wylie (00) UNSK	Akron	13/05/23
Old:	14.22 (1.8)	Payne Wylie (00) UNSK	Bloomington	26/05/22

### \*Hammer – Senior Men

New:	63.12m	Hunter Wallster (02) UNSK	North Dakota	11/05/23
Old:	62.68m	Brad Marshall 65 HTS	Saskatoon	07/07/91

## 2023 OPEN MEN'S OUTDOOR RECORDS

### \*Hammer 3kg - U14 Men

New:	25.37m	Avie Wadsworth (10) EXCEL	Regina	13/05/23
Old:	14.44m	Alex Tosh (98) UNSK	Saskatoon	08/06/10

### \*Hammer 4kg - U16 Men

New:	52.79m	Calder Johnston (08) EXCEL	Saskatoon	14/07/23
New:	51.21m	Calder Johnston (08) EXCEL	Sherbrooke	13/08/23
New:	49.31m	Calder Johnston (08) EXCEL	Regina	10/06/23
New:	49.10m	Calder Johnston (08) EXCEL	Regina	13/05/23
New:	48.42m	Calder Johnston (08) EXCEL	Regina	21/07/23
Old:	47.70m	Hunter Wallster (02) TMSI	Prince Albert	23/09/17

### \*800m – U18 Men

New:	1:51.68	Michael Hussey (06) STFC	Regina	11/06/23
Old:	1:52.12	Jordan Wand (94) QCS	Ottawa	07/08/11

### \*Mixed Relay U18 – 4x400m

New:	3:43.19	Team Sask	Regina	23/07/23
(Hailee Woodhouse 07, Carter Tuplin 06, Vienna Selland 07, Killian Naughton 06)				

### \*Decathlon – U18

New:	6188 Pts	Logan Kok (06) TMSK	Sherbrooke	11-12/08/23
<small>(100m – 11.70 (-0.9), LJ – 6.25m (+2.8), SP – 11.60m, HJ – 1.71m, 400m – 51.70, 110m H – 15.06 (-1.5), DT – 36.65m, PV – 3.60m, JT – 39.65m, 1500m – 4:56.73)</small>				
Old:	5843 Pts	Josh Tam (05) STFC	Sherbrooke	05-06/08/22
<small>(100m – 11.68 (+0.0), LJ – 6.04m (0.9), SP – 10.74m, HJ – 1.79m, 400m – 54.95, 110m H – 15.54 (-0.5), DT – 28.06m, PV – 4.20m, JT – 37.94m, 1500m – 5:13.10)</small>				

### \*100m – Junior Men

New:	10.25 (+1.4)	Storm Zablocki (04) URTC	London, Ont	28/05/23
Old:	10.38 (+1.9)	Hank Palmer (85) PQ-SLS	Saskatoon	23/07/04

### \*200m – Junior Men

New:	21.11 (-0.7)	Storm Zablocki (04) URTC	Saskatoon	15/07/23
Old:	21.18	Cyprian Enweani (64) STC	USA	24/06/83

### \*100m – Senior Men

New:	10.25 (+1.4)	Storm Zablocki (04) URTC	London, Ont	28/05/23
Old:	10.28 (1.8)	Usheoritse Itsekiri (98) Nigeria	Regina, SK	14/05/22

## 2023 OPEN MEN'S OUTDOOR RECORDS

*110m Hurdles – Senior Men
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New:	14.09 (0.3)	Payne Wylie (00) UNSK	Akron	13/05/23
Old:	14.22 (1.8)	Payne Wylie (00) UNSK	Bloomington	26/05/22

## 2023 MASTER MEN'S OUTDOOR RECORDS

### \*Hammer 16lbs - M30

New:	42.55m	Chris Pickering (89) 34 UNSK	Regina	13/05/23
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### \*800m – M35

New:	1:59.44	Russell Neff (85) 37 EXCEL	Regina	22/07/23
Old:	2:00.7	Allen Johnston 38 UNSK	Saskatoon	08/07/92

### \*Shot Put 7.26kg - M35

New:	14.87m	Justin Greif (88) 35 UNSK	Saskatoon	14/07/23
Old:	12.59m	Winchester Johnson 38	Saskatoon	18/06/99

### \*Hammer 7.26kg - M35

New:	55.51m	Justin Greif (88) 35 UNSK	Saskatoon	14/07/23
Old:	36.26m	Doug Medernach 37	Saskatoon	19/06/11

### \*110m Hurdles – M45

New:	19.68 (-0.9)	Doug McLaren (76) 47 UNSK	Langley	12/08/23
Old:	19.89	Brian Berquist (53) 45 RIV	Calgary	16/05/98

### \*1500m – M50

New:	4:43.53	Jason Warick (73) 50 TNMC	Langley	12/08/23
Old:	4:53.80	Roland Muzzolini 50	Edmonton	07/08/94

### \*100m – M55

New:	12.83 (0.6)	Colin Ellis (67) 55 EXCEL	Regina	22/07/23
Old:	12.94 (-3.0)	Brian Berquist (53) 55 RIV	Las Vegas	02/10/09

### \*1 mile – M55

New:	5:55.70	Harvey Weber (65) 57 RWAC	Winnipeg	08/07/23
Old:	6:00.09	Harvey Weber (65) 55 RWAC	Saskatoon	16/07/21

### \*100m – M65

New:	13.88 (0.0)	Ron Kelly (57) 65 DATC	Saskatoon	01/06/23
Old:	13.99 (1.9)	Marcel D'eon (53) 65 RIV	Hawaii	26/03/19



## 2023 MASTER MEN'S OUTDOOR RECORDS

### \*100m Hurdles – M65

New:	21.29 (1.5)	Dale Lawrence (58) 65 UNSK	Regina	22/07/23
New:	21.56 (-2.0)	Dale Lawrence (58) 65 UNSK	Saskatoon	15/07/23
New:	22.14 (-0.1)	Dale Lawrence (58) 65 UNSK	Regina	10/06/23
Old:	22.75 (-1.7)	Doug Renwick (42) 66	Prince Albert	14/06/08

### \*High Jump – M65

New:	1.38m	Dale Lawrence (58) 65 UNSK	Saskatoon	14/07/23
New:	1.37m	Dale Lawrence (58) 65 UNSK	Regina	11/06/23
Old:	1.36m	Roland Delhomeau (45) 65	Saskatoon	16/07/10

### \*Triple Jump – M65

New:	9.02m (+0.3)	Dale Lawrence (58) 65 UNSK	Saskatoon	16/07/23
New:	8.76m (+0.0)	Dale Lawrence (58) 65 UNSK	Regina	11/06/23
New:	8.66m (0.9)	Dale Lawrence (58) 65 UNSK	Regina	13/05/23
Old:	8.26m (0.0)	Roland Delhomeau (45) 65	Saskatoon	16/07/10

### \*Long Jump – M65

New:	4.30m (1.7)	Dale Lawrence (58) 65 UNSK	Saskatoon	15/07/23
Old:	4.14m (1.8)	Doug Renwick (42) 66	Regina	01/08/08

### \*Javelin – M65

New:	31.82m	Dale Lawrence (58) 65 UNSK	Regina	13/05/23
New:	31.27m	Dale Lawrence (58) 65 UNSK	Regina	10/06/23
Old:	30.21m	Brian Berquist (53) 65	Kelowna	29/06/18

### \*Pentathlon – M70-74 New Age Graded Result

New:	2378 pts	Brian Berquist (53) 70 RIVA	Kelowna	30-2/06/23
		(HT – 24.32m, SP – 9.49m, DT – 28.69m, JT – 28.79, WT – 7.17m)		

### \*Shot Put – M80

New:	9.80m	Art Battiste (42) 80 TNMC	Regina	11/06/23
New:	9.52m	Art Battiste (42) 80 TNMC	Saskatoon	14/07/23
Old:	9.12m	Ted Rowan (33) 80	Regina	15/06/14

## 2023 MASTER MEN'S OUTDOOR RECORDS

### \*Hammer 3kg – M80

New:	26.88m	Art Battiste (42) 80 TNMC	Regina	11/06/23
New:	26.51m	Art Battiste (42) 80 TNMC	Saskatoon	14/07/23
Old:	23.93m	Ted Rowan (33) 80	Saskatoon	07/09/14

### \*200m Hurdles 27" – M85

New:	1:39.38	Hylke Van Der Wal (38) 85 UNSK	Langley	13/08/23
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### \*2000m Steeplechase 30" – M85

New:	26:14.67	Hylke Van Der Wal (38) 85 UNSK	Langley	12/08/23
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