

## 2025 WOMEN'S INDOOR RECORDS

### \*Shot Put – U14

|      |        |                                  |           |          |
|------|--------|----------------------------------|-----------|----------|
| New: | 11.54m | Rylee Mercredi (12) PA Athletics | Regina    | 06/12/25 |
| New: | 11.40m | Rylee Mercredi (12) PA Athletics | Saskatoon | 13/12/25 |
| Old: | 11.21m | Rylee Mercredi (12) PA Athletics | Saskatoon | 05/04/25 |

### \*Weight Throw – U16

|      |        |                                  |        |          |
|------|--------|----------------------------------|--------|----------|
| New: | 15.93m | Rylee Mercredi (12) PA Athletics | Regina | 06/12/25 |
| Old: | 15.36m | Rylee Mercredi (12) PA Athletics | Regina | 07/02/25 |

### \*3000m – U18 Women

|      |         |                         |          |          |
|------|---------|-------------------------|----------|----------|
| New: | 9:56.51 | Hannah Gates (08) Excel | Regina   | 06/12/25 |
| Old: | 9:57.24 | Karissa Lepage (91) QCS | Winnipeg | 04/03/06 |

### \*Shot Put – U18

|      |        |                              |           |          |
|------|--------|------------------------------|-----------|----------|
| New: | 13.69m | Ademide Adewumi (08) MJR     | Regina    | 06/12/25 |
| Old: | 13.35m | Nicole Kramchynsky (01) STFC | Saskatoon | 15/12/18 |

### Weight Throw – U18

|      |        |                          |          |          |
|------|--------|--------------------------|----------|----------|
| New: | 16.09m | Lucille Regier (08) STFC | Edmonton | 02/03/25 |
| Old: | 16.09m | Lucille Regier (08) STFC | Edmonton | 02/03/25 |

### \*200m – U20 Women

|      |       |                               |           |          |
|------|-------|-------------------------------|-----------|----------|
| New: | 24.07 | Hailee Woodhouse (07) UofS    | Saskatoon | 06/12/25 |
| Old: | 24.50 | Savannah Sutherland (03) STFC | Winnipeg  | 29/02/20 |

### 800m – U20 Women

|      |         |                         |        |          |
|------|---------|-------------------------|--------|----------|
| New: | 2:11.01 | Hannah Gates (08) Excel | Boston | 15/03/25 |
| Old: | 2:11.01 | Hannah Gates (08) Excel | Boston | 15/03/25 |

### 1500m – U20 Women

|      |         |                         |           |          |
|------|---------|-------------------------|-----------|----------|
| New: | 4:31.15 | Hannah Gates (08) Excel | Saskatoon | 11/01/25 |
| Old: | 4:31.15 | Hannah Gates (08) Excel | Saskatoon | 11/01/25 |

### One Mile – U20 Women

|      |         |                               |              |          |
|------|---------|-------------------------------|--------------|----------|
| New: | 4:56.69 | Hannah Gates (08) Excel       | Boston       | 13/03/25 |
| Old: | 4:57.95 | Jessica Furlan (90) Excel/NEB | Fayetteville | 13/02/09 |

## 2025 WOMEN'S INDOOR RECORDS

### 4x400m – U20 Women

|      |         |                                                                            |          |          |
|------|---------|----------------------------------------------------------------------------|----------|----------|
| New: | 4:02.75 | Excel Athletika                                                            | Winnipeg | 01/03/25 |
|      |         | (Jenna Conrad 07, Hannah Gates 08, Vienna Selland 07, Hailee Woodhouse 07) |          |          |
| Old: | 4:02.75 | Excel Athletika                                                            | Winnipeg | 01/03/25 |
|      |         | (Jenna Conrad 07, Hannah Gates 08, Vienna Selland 07, Hailee Woodhouse 07) |          |          |

### 60m – Senior Women

|      |      |                                  |               |         |
|------|------|----------------------------------|---------------|---------|
| New: | 7.34 | Savannah Sutherland (03) UNSK/MU | Ann Arbor, MI | 8/02/25 |
| Old: | 7.34 | Savannah Sutherland (03) UNSK/MU | Ann Arbor, MI | 8/02/25 |

### 200m – Senior Women

|      |       |                                  |         |          |
|------|-------|----------------------------------|---------|----------|
| New: | 23.26 | Savannah Sutherland (03) UNSK/MU | Indiana | 25/01/25 |
| Old: | 23.26 | Savannah Sutherland (03) UNSK/MU | Indiana | 25/01/25 |

### 400m – Senior Women

|      |       |           |                                  |          |          |
|------|-------|-----------|----------------------------------|----------|----------|
| New: | 51.23 | <b>CR</b> | Savannah Sutherland (03) UNSK/MU | Virginia | 15/03/25 |
| Old: | 51.23 | <b>CR</b> | Savannah Sutherland (03) UNSK/MU | Virginia | 15/03/25 |

### 600m – Senior Women

|      |         |                         |            |          |
|------|---------|-------------------------|------------|----------|
| New: | 1:27.34 | Avery Pearson (03) UofS | U Park, PA | 01/02/25 |
| Old: | 1:27.34 | Avery Pearson (03) UofS | U Park, PA | 01/02/25 |

### 800m – Senior Women

|      |         |                         |            |          |
|------|---------|-------------------------|------------|----------|
| New: | 2:05.91 | Avery Pearson (03) UofS | U Park, PA | 31/01/25 |
| Old: | 2:05.91 | Avery Pearson (03) UofS | U Park, PA | 31/01/25 |

### 1500m – Senior Women

|      |         |                             |               |          |
|------|---------|-----------------------------|---------------|----------|
| New: | 4:17.14 | Courtney Hufsmith (98) UNSK | Dortmund, GDR | 18/01/25 |
| Old: | 4:17.14 | Courtney Hufsmith (98) UNSK | Dortmund, GDR | 18/01/25 |

### One Mile – Senior Women

|      |         |                           |          |          |
|------|---------|---------------------------|----------|----------|
| New: | 4:41.48 | Amber McGown (83) Tis/Org | Arkansas | 10/03/06 |
| Old: | 4:41.48 | Amber McGown (83) Tis/Org | Arkansas | 10/03/06 |

## 2025 OPEN WOMEN'S INDOOR RECORDS

### \*Shot Put – U14

|      |        |                                  |           |          |
|------|--------|----------------------------------|-----------|----------|
| New: | 11.54m | Rylee Mercredi (12) PA Athletics | Regina    | 06/12/25 |
| New: | 11.40m | Rylee Mercredi (12) PA Athletics | Saskatoon | 13/12/25 |
| Old: | 11.21m | Rylee Mercredi (12) PA Athletics | Saskatoon | 05/04/25 |

### Weight Throw – U16

|      |        |                                  |           |          |
|------|--------|----------------------------------|-----------|----------|
| New: | 16.81m | Collis Allyna (09) St Albert, AB | Saskatoon | 14/12/24 |
| Old: | 16.81m | Collis Allyna (09) St Albert, AB | Saskatoon | 14/12/24 |

### \*3000m – U18 Women

|      |         |                         |          |          |
|------|---------|-------------------------|----------|----------|
| New: | 9:56.51 | Hannah Gates (08) Excel | Regina   | 06/12/25 |
| Old: | 9:57.24 | Karissa Lepage (91) QCS | Winnipeg | 04/03/06 |

### \*Shot Put – U18

|      |        |                              |           |          |
|------|--------|------------------------------|-----------|----------|
| New: | 13.69m | Ademide Adewumi (08) MJR     | Regina    | 06/12/25 |
| Old: | 13.35m | Nicole Kramchynsky (01) STFC | Saskatoon | 15/12/18 |

### \*200m – U20 Women

|      |       |                               |           |          |
|------|-------|-------------------------------|-----------|----------|
| New: | 24.07 | Hailee Woodhouse (07) UofS    | Saskatoon | 06/12/25 |
| Old: | 24.40 | Jillian Richardson (65) AB-CS | Saskatoon | 28/01/83 |

### One Mile – U20 Women

|      |         |                               |              |          |
|------|---------|-------------------------------|--------------|----------|
| New: | 4:56.69 | Hannah Gates (08) Excel       | Boston       | 13/03/25 |
| Old: | 4:57.95 | Jessica Furlan (90) Excel/NEB | Fayetteville | 13/02/09 |

### Weight Throw – U18

|      |        |                          |          |          |
|------|--------|--------------------------|----------|----------|
| New: | 16.09m | Lucille Regier (08) STFC | Edmonton | 02/03/25 |
| Old: | 16.09m | Lucille Regier (08) STFC | Edmonton | 02/03/25 |

### 400m – Senior Women

|      |       |                                  |          |          |
|------|-------|----------------------------------|----------|----------|
| New: | 51.23 | Savannah Sutherland (03) UNSK/MU | Virginia | 15/03/25 |
| Old: | 51.23 | Savannah Sutherland (03) UNSK/MU | Virginia | 15/03/25 |

### 600m – Senior Women

|      |         |                         |            |          |
|------|---------|-------------------------|------------|----------|
| New: | 1:27.34 | Avery Pearson (03) UofS | U Park, PA | 01/02/25 |
| Old: | 1:27.34 | Avery Pearson (03) UofS | U Park, PA | 01/02/25 |

## 2025 OPEN WOMEN'S INDOOR RECORDS

|                         |
|-------------------------|
| One Mile – Senior Women |
|-------------------------|

|      |         |                           |          |          |
|------|---------|---------------------------|----------|----------|
| New: | 4:41.48 | Amber McGown (83) Tis/Org | Arkansas | 10/03/06 |
| Old: | 4:41.48 | Amber McGown (83) Tis/Org | Arkansas | 10/03/06 |

|                             |
|-----------------------------|
| Weight Throw – Senior Women |
|-----------------------------|

|      |        |                  |           |          |
|------|--------|------------------|-----------|----------|
| New: | 22.75m | Jalani Davis USA | Saskatoon | 24/01/25 |
| Old: | 22.75m | Jalani Davis USA | Saskatoon | 24/01/25 |

## 2025 MASTER WOMEN'S INDOOR RECORDS

### 50m – W40 Women

|      |                |                             |        |          |
|------|----------------|-----------------------------|--------|----------|
| New: | 6.87 <b>CR</b> | Kerri Lovelace (82) 42 STFC | Regina | 07/02/25 |
| Old: | 6.87 <b>CR</b> | Kerri Lovelace (82) 42 STFC | Regina | 07/02/25 |

### \*60m – W40 Women

|      |      |                             |           |          |
|------|------|-----------------------------|-----------|----------|
| New: | 7.92 | Kerri Lovelace (82) 43 STFC | Saskatoon | 06/12/25 |
| Old: | 7.92 | Kerri Lovelace (82) 42 STFC | Saskatoon | 25/01/25 |

### 300m – W50 Women

|      |       |                            |           |          |
|------|-------|----------------------------|-----------|----------|
| New: | 47.70 | Andrea Kozan (72) 53 EXCEL | Saskatoon | 10/01/25 |
| Old: | 47.70 | Andrea Kozan (72) 53 EXCEL | Saskatoon | 10/01/25 |

### 1500m – W50

|      |         |                          |        |          |
|------|---------|--------------------------|--------|----------|
| New: | 7:38.94 | Andrea Wolf (70) 54 UNSK | Regina | 07/12/24 |
| Old: | 7:38.94 | Andrea Wolf (70) 54 UNSK | Regina | 07/12/24 |

### Pole Vault – W50

|      |       |                            |          |          |
|------|-------|----------------------------|----------|----------|
| New: | 1.83m | Sandi Arnason (73) 51 RIVA | Winnipeg | 01/03/25 |
| Old: | 1.83m | Sandi Arnason (73) 51 RIVA | Winnipeg | 01/03/25 |

### Heptathlon – W50

|      |          |                                                                                             |             |             |
|------|----------|---------------------------------------------------------------------------------------------|-------------|-------------|
| New: | 3460 pts | Sandi Arnason (73) 51 RIVA                                                                  | Kenosha, WI | 11-12/01/25 |
|      |          | (60m – 9.43, LJ – 4.01m, SP – 8.52m, HJ – 1.27m, 60m H – 11.79, PV – 1.60m, 800m – 3:27.55) |             |             |
| Old: | 3460 pts | Sandi Arnason (73) 51 RIVA                                                                  | Kenosha, WI | 11-12/01/25 |
|      |          | (60m – 9.43, LJ – 4.01m, SP – 8.52m, HJ – 1.27m, 60m H – 11.79, PV – 1.60m, 800m – 3:27.55) |             |             |

### 400m – W55 Women

|      |         |                            |           |          |
|------|---------|----------------------------|-----------|----------|
| New: | 1:11.33 | Valerie Hardy (69) 56 RIVA | Saskatoon | 25/01/25 |
| Old: | 1:11.33 | Valerie Hardy (69) 56 RIVA | Saskatoon | 25/01/25 |

### 500m – W65

|      |         |                        |           |          |
|------|---------|------------------------|-----------|----------|
| New: | 1:46.31 | Jan Smith (59) 65 RWAC | Saskatoon | 05/04/25 |
| Old: | 1:46.31 | Jan Smith (59) 65 RWAC | Saskatoon | 05/04/25 |

## 2025 MASTER WOMEN'S INDOOR RECORDS

### \*800m – W65

|      |         |                        |           |          |
|------|---------|------------------------|-----------|----------|
| New: | 3:04.65 | Jan Smith (59) 66 RWAC | Saskatoon | 06/12/25 |
| Old: | 3:05.73 | Jan Smith (59) 65 RWAC | Saskatoon | 22/03/25 |

### 1500m – W65

|      |         |                        |           |          |
|------|---------|------------------------|-----------|----------|
| New: | 6:24.30 | Jan Smith (59) 65 RWAC | Saskatoon | 25/01/25 |
| Old: | 6:24.30 | Jan Smith (59) 65 RWAC | Saskatoon | 25/01/25 |

### 1 Mile – W65

|      |         |                        |           |          |
|------|---------|------------------------|-----------|----------|
| New: | 7:00.37 | Jan Smith (59) 65 RWAC | Saskatoon | 11/01/25 |
| Old: | 7:00.37 | Jan Smith (59) 65 RWAC | Saskatoon | 11/01/25 |

### 3000m – W65

|      |          |                        |        |          |
|------|----------|------------------------|--------|----------|
| New: | 14:02.86 | Jan Smith (59) 65 RWAC | Regina | 08/02/25 |
| Old: | 14:02.86 | Jan Smith (59) 65 RWAC | Regina | 08/02/25 |

### 500m – W70

|      |         |                              |           |          |
|------|---------|------------------------------|-----------|----------|
| New: | 2:00.63 | Gwyneth Woodson (51) 73 RIVA | Saskatoon | 05/04/25 |
| Old: | 2:00.63 | Gwyneth Woodson (51) 73 RIVA | Saskatoon | 05/04/25 |

### 800m – W70

|      |         |                              |           |          |
|------|---------|------------------------------|-----------|----------|
| New: | 3:20.31 | Gwyneth Woodson (51) 73 RIVA | Saskatoon | 24/01/25 |
| Old: | 3:20.31 | Gwyneth Woodson (51) 73 RIVA | Saskatoon | 24/01/25 |

### 300m – W75

|      |         |                              |           |          |
|------|---------|------------------------------|-----------|----------|
| New: | 1:20.41 | Gladys McCarthy (47) 77 TNMC | Saskatoon | 10/01/25 |
| Old: | 1:20.41 | Gladys McCarthy (47) 77 TNMC | Saskatoon | 10/01/25 |

### 400m – W75

|      |         |                              |           |          |
|------|---------|------------------------------|-----------|----------|
| New: | 2:05.11 | Gladys McCarthy (47) 77 TNMC | Saskatoon | 25/01/25 |
| Old: | 2:05.11 | Gladys McCarthy (47) 77 TNMC | Saskatoon | 25/01/25 |

### 800m – W75

|      |         |                     |           |          |
|------|---------|---------------------|-----------|----------|
| New: | 3:59.39 | Judy Warick (49) 75 | Saskatoon | 22/03/25 |
| Old: | 3:59.39 | Judy Warick (49) 75 | Saskatoon | 22/03/25 |

## 2025 MASTER WOMEN'S INDOOR RECORDS

### 1 Mile – W75

|      |         |                     |           |          |
|------|---------|---------------------|-----------|----------|
| New: | 9:10.13 | Judy Warick (49) 75 | Saskatoon | 11/01/25 |
| Old: | 9:10.13 | Judy Warick (49) 75 | Saskatoon | 11/01/25 |

### 200m – W80

|      |                 |                                      |                |          |
|------|-----------------|--------------------------------------|----------------|----------|
| New: | 35.51 <b>WR</b> | Carol Lafayette-Boyd (42)82 EXCL/CAN | Gainsville, FL | 28/03/25 |
| Old: | 35.51 WR        | Carol Lafayette-Boyd (42)80 EXCL     | Regina         | 03/02/23 |

### 60m – W90

|      |       |                          |        |          |
|------|-------|--------------------------|--------|----------|
| New: | 20.71 | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |
| Old: | 20.71 | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |

### Long Jump – W90

|      |       |                          |        |          |
|------|-------|--------------------------|--------|----------|
| New: | 1.07m | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |
| Old: | 1.07m | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |

### Triple Jump – W90

|      |       |                          |        |          |
|------|-------|--------------------------|--------|----------|
| New: | 3.08m | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |
| Old: | 3.08m | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |

### \*Shot Put - W90 (2kg)

|      |       |                          |        |          |
|------|-------|--------------------------|--------|----------|
| New: | 3.75m | Gwen Boivin (34) 90 UNSK | Regina | 06/12/25 |
| Old: | 3.43m | Gwen Boivin (34) 90 UNSK | Regina | 07/12/24 |

## 2025 MEN'S INDOOR RECORDS

### \*60m Hurdles – U16 Men

|      |      |                          |           |          |
|------|------|--------------------------|-----------|----------|
| New: | 8.43 | Hayden Jalbert (10) STFC | Saskatoon | 06/12/25 |
| Old: | 8.62 | Tiago Dimande (04) STFC  | Winnipeg  | 01/03/19 |

### Long Jump – U16 Men

|      |       |                        |           |          |
|------|-------|------------------------|-----------|----------|
| New: | 6.40m | Kyler Duclos (09) SCSS | Saskatoon | 14/12/24 |
| Old: | 6.40m | Kyler Duclos (09) SCSS | Saskatoon | 14/12/24 |

### \*800m – U18 Men

|      |         |                             |           |          |
|------|---------|-----------------------------|-----------|----------|
| New: | 1:54.87 | Brody McDonald (08) EXCEL   | Regina    | 06/12/25 |
| Old: | 1:55.95 | Mate Trejo Monroy (07) STFC | Saskatoon | 26/01/24 |

### 600m – U20 Men

|      |                   |                          |            |          |
|------|-------------------|--------------------------|------------|----------|
| New: | 1:18.17 <b>CR</b> | Michael Hussey (06) UofS | U Park, PA | 01/02/25 |
| Old: | 1:18.17 <b>CR</b> | Michael Hussey (06) UofS | U Park, PA | 01/02/25 |

### \*3000m – U20 Men

|      |         |                         |          |          |
|------|---------|-------------------------|----------|----------|
| New: | 8:21.74 | Ian Teichler (06) EXCEL | Boston   | 06/12/25 |
| Old: | 8:22.56 | Simon Bairu (83) HAR    | Winnipeg | 02/02/02 |

### \*Shot Put – U20 Men 6.0kg

|      |        |                          |           |          |
|------|--------|--------------------------|-----------|----------|
| New: | 18.11m | Nathan Pinno (06) RWAC   | Saskatoon | 13/12/25 |
| Old: | 16.82m | Chris Pickering (89) UNA | Regina    | 06/12/08 |

### \*Weight Throw – U20 Men 25lbs

|      |        |                           |           |          |
|------|--------|---------------------------|-----------|----------|
| New: | 20.11m | Wyatt Behiel (06) RWAC    | Saskatoon | 13/12/25 |
| Old: | 19.97m | Hunter Wallster (02) UNSK | Saskatoon | 18/12/21 |

### 1500m – Senior Men

|      |         |                               |        |          |
|------|---------|-------------------------------|--------|----------|
| New: | 3:44.37 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |
| Old: | 3:44.37 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |

### One Mile – Senior Men

|      |         |                               |        |          |
|------|---------|-------------------------------|--------|----------|
| New: | 4:00.01 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |
| Old: | 4:00.01 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |

## 2025 OPEN MEN'S INDOOR RECORDS

### \*60m Hurdles – U16 Men

|      |      |                          |           |          |
|------|------|--------------------------|-----------|----------|
| New: | 8.43 | Hayden Jalbert (10) STFC | Saskatoon | 06/12/25 |
| Old: | 8.62 | Tiago Dimande (04) STFC  | Winnipeg  | 01/03/19 |

### Pole Vault – U16 Men

|      |       |                          |           |          |
|------|-------|--------------------------|-----------|----------|
| New: | 4.11m | Tyler Hvidston (09) PETF | Saskatoon | 07/12/24 |
| Old: | 4.11m | Tyler Hvidston (09) PETF | Saskatoon | 07/12/24 |

### Long Jump – U16 Men

|      |       |                        |           |          |
|------|-------|------------------------|-----------|----------|
| New: | 6.40m | Kyler Duclos (09) SCSS | Saskatoon | 14/12/24 |
| Old: | 6.40m | Kyler Duclos (09) SCSS | Saskatoon | 14/12/24 |

### Weight Throw 7.26kg - U16 Men

|      |        |                        |           |          |
|------|--------|------------------------|-----------|----------|
| New: | 20.98m | Connor Woods (09) LLYJ | Saskatoon | 14/12/24 |
| Old: | 20.98m | Connor Woods (09) LLYJ | Saskatoon | 14/12/24 |

### \*800m – U18 Men

|      |         |                             |           |          |
|------|---------|-----------------------------|-----------|----------|
| New: | 1:54.87 | Brody McDonald (08) EXCEL   | Regina    | 06/12/25 |
| Old: | 1:55.95 | Mate Trejo Monroy (07) STFC | Saskatoon | 26/01/24 |

### 600m – U20 Men

|      |                   |                          |            |          |
|------|-------------------|--------------------------|------------|----------|
| New: | 1:18.17 <b>CR</b> | Michael Hussey (06) UofS | U Park, PA | 01/02/25 |
| Old: | 1:18.17 <b>CR</b> | Michael Hussey (06) UofS | U Park, PA | 01/02/25 |

### One Mile – U20 Men

|      |         |                       |              |          |
|------|---------|-----------------------|--------------|----------|
| New: | 4:13.94 | Sean Fleming (88) QCS | Fayetteville | 20/01/07 |
| Old: | 4:13.94 | Sean Fleming (88) QCS | Fayetteville | 20/01/07 |

### 1500m – Senior Men

|      |         |                               |        |          |
|------|---------|-------------------------------|--------|----------|
| New: | 3:44.37 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |
| Old: | 3:44.37 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |

### One Mile – Senior Men

|      |         |                               |        |          |
|------|---------|-------------------------------|--------|----------|
| New: | 4:00.01 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |
| Old: | 4:00.01 | Jonathan Podbielski (04) UofR | Boston | 08/02/25 |

## 2025 MASTER MEN'S INDOOR RECORDS

### 800m – M30

|      |         |                           |        |          |
|------|---------|---------------------------|--------|----------|
| New: | 1:59.21 | Shawn McLean (94) 30 UNSK | Regina | 08/02/25 |
| Old: | 1:59.21 | Shawn McLean (94) 30 UNSK | Regina | 08/02/25 |

### 1500m – M35

|      |         |                           |        |          |
|------|---------|---------------------------|--------|----------|
| New: | 4:15.20 | Justin Sawka (89) 35 JPRC | Regina | 07/02/25 |
| Old: | 4:15.20 | Justin Sawka (89) 35 JPRC | Regina | 07/02/25 |

### \*Pole Vault – M35

|      |       |                          |           |          |
|------|-------|--------------------------|-----------|----------|
| New: | 3.80m | Jacob Lang (88) 37 EXCEL | Regina    | 06/12/25 |
| Old: | 3.80m | Rick Petrucha 37 RIV     | Saskatoon | 10/04/92 |
|      | 3.80m | Stacey Borger 36 RWAC    | Edmonton  | 06/03/04 |
|      | 3.80m | Kent Kowalski 39         | Saskatoon | 20/03/10 |

### 400m – M40

|      |       |                           |                 |          |
|------|-------|---------------------------|-----------------|----------|
| New: | 54.34 | Trevor Jacek (81) 42 RWAC | Gainesville, FL | 29/03/25 |
| Old: | 54.34 | Trevor Jacek (81) 42 RWAC | Gainesville, FL | 29/03/25 |

### 500m – M40

|      |         |                           |           |          |
|------|---------|---------------------------|-----------|----------|
| New: | 1:11.46 | Trevor Jacek (81) 43 RWAC | Saskatoon | 05/04/25 |
| Old: | 1:11.46 | Trevor Jacek (81) 43 RWAC | Saskatoon | 05/04/25 |

### Weight Throw – M40

|      |        |                              |           |          |
|------|--------|------------------------------|-----------|----------|
| New: | 10.21m | David Kerelchuk (83) 41 UNSK | Saskatoon | 24/01/25 |
| Old: | 10.21m | David Kerelchuk (83) 41 UNSK | Saskatoon | 24/01/25 |

### 400m – M45

|      |       |                          |          |          |
|------|-------|--------------------------|----------|----------|
| New: | 58.83 | Devon Ernst (78) 46 RWAC | Winnipeg | 01/03/25 |
| Old: | 58.83 | Devon Ernst (78) 46 RWAC | Winnipeg | 01/03/25 |

### 500m – M45

|      |         |                          |           |          |
|------|---------|--------------------------|-----------|----------|
| New: | 1:17.70 | Devon Ernst (78) 46 RWAC | Saskatoon | 05/04/25 |
| Old: | 1:17.70 | Devon Ernst (78) 46 RWAC | Saskatoon | 05/04/25 |

### 1 Mile – M50

|      |         |                           |           |          |
|------|---------|---------------------------|-----------|----------|
| New: | 5:08.41 | Jason Warick (73) 51 UNSK | Saskatoon | 11/01/25 |
| Old: | 5:08.41 | Jason Warick (73) 51 UNSK | Saskatoon | 11/01/25 |

## 2025 MASTER MEN'S INDOOR RECORDS

### 50m – M55

|      |      |                          |        |          |
|------|------|--------------------------|--------|----------|
| New: | 6.75 | Colin Ellis (67) 57 SPME | Regina | 07/02/25 |
| Old: | 6.75 | Colin Ellis (67) 57 SPME | Regina | 07/02/25 |

### \*60m – M55

|      |      |                          |           |          |
|------|------|--------------------------|-----------|----------|
| New: | 7.73 | Colin Ellis (67) 57 SPME | Regina    | 06/12/25 |
| Old: | 7.83 | Colin Ellis (67) 57 SPME | Saskatoon | 11/01/25 |

### 200m – M55

|      |       |                          |          |          |
|------|-------|--------------------------|----------|----------|
| New: | 25.98 | Colin Ellis (67) 58 SPME | Winnipeg | 02/03/25 |
| Old: | 25.98 | Colin Ellis (67) 58 SPME | Winnipeg | 02/03/25 |

### 300m – M55

|      |       |                          |           |          |
|------|-------|--------------------------|-----------|----------|
| New: | 42.24 | Colin Ellis (67) 58 SPME | Saskatoon | 10/01/25 |
| Old: | 42.24 | Colin Ellis (67) 58 SPME | Saskatoon | 10/01/25 |

### 400m – M80

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 1:49.38 | Roland Delhomeau (45) 80 TNMC | Saskatoon | 25/01/25 |
| Old: | 1:49.38 | Roland Delhomeau (45) 80 TNMC | Saskatoon | 25/01/25 |

### 500m – M80

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 2:38.28 | Roland Delhomeau (45) 80 TNMC | Saskatoon | 05/04/25 |
| Old: | 2:38.28 | Roland Delhomeau (45) 80 TNMC | Saskatoon | 05/04/25 |

### 800m – M80

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 4:11.03 | Roland Delhomeau (45) 80 TNMC | Saskatoon | 22/03/25 |
| Old: | 4:11.03 | Roland Delhomeau (45) 80 TNMC | Saskatoon | 22/03/25 |

## 2025 WOMEN'S OUTDOOR RECORDS

### \*Shot Put – U14 3kg

|      |        |                             |           |          |
|------|--------|-----------------------------|-----------|----------|
| New: | 12.06m | Rylee Mercredi (12) PAAC/TS | Calgary   | 09/08/25 |
| New: | 11.29m | Rylee Mercredi (12) PAAC    | Regina    | 29/06/25 |
| New: | 10.60m | Rylee Mercredi (12) PAAC/TS | Edmonton  | 19/07/25 |
| New: | 10.28m | Rylee Mercredi (12) PAAC    | Saskatoon | 14/06/25 |
| New: | 10.21m | Rylee Mercredi (12) PAAC    | Regina    | 10/05/25 |
| Old: | 10.06m | Alexis Paul (12) PAAC       | Regina    | 15/06/24 |

### \*Discus – U14 - .750gm

|      |        |                          |           |          |
|------|--------|--------------------------|-----------|----------|
| New: | 31.80m | Rylee Mercredi (12) PAAC | Saskatoon | 15/06/25 |
| Old: | 29.39m | Alexis Paul (12) PAAC    | Regina    | 16/06/24 |

### \*Discus – U14 1kg

|      |        |                             |           |          |
|------|--------|-----------------------------|-----------|----------|
| New: | 31.69m | Rylee Mercredi (12) PAAC/TS | Edmonton  | 18/07/25 |
| New: | 28.96m | Rylee Mercredi (12) PAAC/TS | Calgary   | 08/08/25 |
| Old: | 28.68m | Sherri Leonard (74) HTS     | Saskatoon | 10/05/87 |

### \*Hammer – U14 3kg

|      |        |                             |           |          |
|------|--------|-----------------------------|-----------|----------|
| New: | 35.81m | Rylee Mercredi (12) PAAC/TS | Calgary   | 10/08/25 |
| New: | 35.35m | Rylee Mercredi (12) PAAC    | Regina    | 10/05/25 |
| New: | 34.16m | Ellise Dyrland (11) STFC/TS | Edmonton  | 19/07/25 |
| New: | 34.15m | Rylee Mercredi (12) PAAC/TS | Edmonton  | 19/07/25 |
| New: | 32.70m | Sidney Wilson (12) Excel    | Regina    | 28/06/25 |
| New: | 32.44m | Ellise Dyrland (11) STFC    | Saskatoon | 14/06/25 |

### \*800m – U18 Women

|      |         |                            |           |          |
|------|---------|----------------------------|-----------|----------|
| New: | 2:05.88 | Naysa Woods (08) Riva      | Saskatoon | 15/06/25 |
| New: | 2:05.98 | Hannah Gates (08) Excel    | Edmonton  | 18/07/25 |
| New: | 2:07.86 | Hannah Gates (08) Excel    | Calgary   | 10/08/25 |
| Old: | 2:08.71 | Avery Pearson (03) Team SK | Sydney    | 11/08/19 |

### \*1500m – U18 Women

|      |         |                              |            |          |
|------|---------|------------------------------|------------|----------|
| New: | 4:19.75 | Hannah Gates (08) Excel/TMSK | St.John's  | 22/08/25 |
| New: | 4:25.95 | Hannah Gates (08) Excel      | Saskatoon  | 14/06/25 |
| New: | 4:29.54 | Hannah Gates (08) Excel      | Edmonton   | 19/07/25 |
| Old: | 4:29.63 | Kendra Schaaf (90) QCS       | Abbotsford | 28/07/07 |

### \*Shot Put – U18 3kg

|      |        |                              |         |          |
|------|--------|------------------------------|---------|----------|
| New: | 14.08m | Ademide Adewumi (08) MJR/TS  | Calgary | 09/08/25 |
| Old: | 13.97m | Nicole Kramchynsky (01) STFC | Brandon | 11/08/18 |

## 2025 WOMEN'S OUTDOOR RECORDS

### \*200m – U20 Women

|      |              |                                  |           |          |
|------|--------------|----------------------------------|-----------|----------|
| New: | 23.60 (1.1)  | Hailee Woodhouse (07) EXCEL/TMSK | St.John's | 23/08/25 |
| New: | 23.70 (1.1)  | Hailee Woodhouse (07) EXCEL      | Ottawa    | 03/08/25 |
| Old: | 24.17 (+1.4) | Savannah Sutherland (03) STFC    | Saskatoon | 28/05/21 |
|      | 23.8         | Joanne McTaggart (54) STC        | Montreal  | 18/08/72 |
|      | 23.85        | Angela Bailey (54) ON-UT         | Regina    | 02/08/81 |

### \*4x400m – U20 Women

|      |         |                                                                         |               |          |
|------|---------|-------------------------------------------------------------------------|---------------|----------|
| New: | 3:47.48 | Team Sask                                                               | St.John's, NF | 20/08/25 |
|      |         | (Happy Oluwasikun 07, Naysa Woods 08, Hannah Gates 08, Tayen Werner 06) |               |          |
| Old: | 3:47.58 | Team Sask                                                               | Thunder Bay   | 15/08/81 |
|      |         | (Janice Zunti 62, Clara Wall 65, Gwen Wall 63, Lisa Kroll 65)           |               |          |

### \*400m – Senior Women

|      |       |                               |             |          |
|------|-------|-------------------------------|-------------|----------|
| New: | 50.62 | Savannah Sutherland (03) STFC | Edmonton    | 13/07/25 |
| Old: | 50.92 | LaDonna Antoine (74) RAT      | Sydney. AUS | 23/09/00 |

### \*400m Hurdles – Senior Women

|      |                   |                                       |            |          |
|------|-------------------|---------------------------------------|------------|----------|
| New: | 52.46 <b>CANR</b> | Savannah Sutherland (03) MICHGAN/STFC | Eugene, OR | 14/06/25 |
| Old: | 53.26 <b>CANR</b> | Savannah Sutherland (03) MICHGAN/STFC | Eugene, OR | 08/06/24 |

### \*4x100m – Senior Women

|      |       |                                                                              |               |          |
|------|-------|------------------------------------------------------------------------------|---------------|----------|
| New: | 46.14 | Team Sask                                                                    | St.John's, NF | 22/08/25 |
|      |       | (Selena Keyowski 04, Timi Adelugba 02, Hailee Woodhouse 07, Grace Igbiki 04) |               |          |
| Old: | 46.39 | Team Sask                                                                    | Sherbrooke    | 15/08/13 |
|      |       | (Michelle Young 92, Jenna Mann 92, Katrin Ritchie 92, Merissa Margetts 91)   |               |          |

## 2025 OPEN WOMEN'S OUTDOOR RECORDS

### \*Shot Put – U14 3kg

|      |        |                             |           |          |
|------|--------|-----------------------------|-----------|----------|
| New: | 12.06m | Rylee Mercredi (12) PAAC/TS | Calgary   | 09/08/25 |
| New: | 11.29m | Rylee Mercredi (12) PAAC    | Regina    | 29/06/25 |
| New: | 10.60m | Rylee Mercredi (12) PAAC/TS | Edmonton  | 19/07/25 |
| New: | 10.28m | Rylee Mercredi (12) PAAC    | Saskatoon | 14/06/25 |
| New: | 10.21m | Rylee Mercredi (12) PAAC    | Regina    | 10/05/25 |
| Old: | 10.06m | Alexis Paul (12) PAAC       | Regina    | 15/06/24 |

### \*Discus – U14 1kg

|      |        |                             |           |          |
|------|--------|-----------------------------|-----------|----------|
| New: | 31.69m | Rylee Mercredi (12) PAAC/TS | Edmonton  | 18/07/25 |
| New: | 28.96m | Rylee Mercredi (12) PAAC/TS | Calgary   | 08/08/25 |
| Old: | 28.68m | Sherri Leonard (74) HTS     | Saskatoon | 10/05/87 |

### \*Hammer – U14 3kg

|      |        |                             |           |          |
|------|--------|-----------------------------|-----------|----------|
| New: | 35.81m | Rylee Mercredi (12) PAAC/TS | Calgary   | 10/08/25 |
| New: | 35.35m | Rylee Mercredi (12) PAAC    | Regina    | 10/05/25 |
| New: | 34.16m | Ellise Dyrland (11) STFC/TS | Edmonton  | 19/07/25 |
| New: | 34.15m | Rylee Mercredi (12) PAAC/TS | Edmonton  | 19/07/25 |
| New: | 32.70m | Sidney Wilson (12) Excel    | Regina    | 28/06/25 |
| New: | 32.44m | Ellise Dyrland (11) STFC    | Saskatoon | 14/06/25 |

### \*800m – U18 Women

|      |         |                            |           |          |
|------|---------|----------------------------|-----------|----------|
| New: | 2:05.88 | Naysa Woods (08) Riva      | Saskatoon | 15/06/25 |
| New: | 2:05.98 | Hannah Gates (08) Excel    | Edmonton  | 18/07/25 |
| New: | 2:07.86 | Hannah Gates (08) Excel    | Calgary   | 10/08/25 |
| Old: | 2:08.71 | Avery Pearson (03) Team SK | Sydney    | 11/08/19 |

### \*1500m – U18 Women

|      |         |                              |            |          |
|------|---------|------------------------------|------------|----------|
| New: | 4:19.75 | Hannah Gates (08) Excel/TMSK | St.John's  | 22/08/25 |
| New: | 4:25.95 | Hannah Gates (08) Excel      | Saskatoon  | 14/06/25 |
| New: | 4:29.54 | Hannah Gates (08) Excel      | Edmonton   | 19/07/25 |
| Old: | 4:29.63 | Kendra Schaaf (90) QCS       | Abbotsford | 28/07/07 |

### \*Shot Put – U18 3kg

|      |        |                              |         |          |
|------|--------|------------------------------|---------|----------|
| New: | 14.08m | Ademide Adewumi (08) MJR/TS  | Calgary | 09/08/25 |
| Old: | 13.97m | Nicole Kramchynsky (01) STFC | Brandon | 11/08/18 |

## 2025 OPEN WOMEN'S OUTDOOR RECORDS

### \*200m – U20 Women

|      |              |                                  |           |          |
|------|--------------|----------------------------------|-----------|----------|
| New: | 23.60 (1.1)  | Hailee Woodhouse (07) EXCEL/TMSK | St.John's | 23/08/25 |
| New: | 23.70 (1.1)  | Hailee Woodhouse (07) EXCEL      | Ottawa    | 03/08/25 |
| Old: | 24.17 (+1.4) | Savannah Sutherland (03) STFC    | Saskatoon | 28/05/21 |
|      | 23.85        | Angela Bailey (54) ON-UT         | Regina    | 02/08/81 |

### \*4x400m – U20 Women

|      |         |                                                                         |               |          |
|------|---------|-------------------------------------------------------------------------|---------------|----------|
| New: | 3:47.48 | Team Sask                                                               | St.John's, NF | 20/08/25 |
|      |         | (Happy Oluwasikun 07, Naysa Woods 08, Hannah Gates 08, Tayen Werner 06) |               |          |
| Old: | 3:47.58 | Team Sask                                                               | Thunder Bay   | 15/08/81 |
|      |         | (Janice Zunti 62, Clara Wall 65, Gwen Wall 63, Lisa Kroll 65)           |               |          |

### \*400m – Senior Women

|      |       |                               |             |          |
|------|-------|-------------------------------|-------------|----------|
| New: | 50.62 | Savannah Sutherland (03) STFC | Edmonton    | 13/07/25 |
| Old: | 50.92 | LaDonna Antoine (74) RAT      | Sydney. AUS | 23/09/00 |

### \*400m Hurdles – Senior Women

|      |                   |                                       |            |          |
|------|-------------------|---------------------------------------|------------|----------|
| New: | 52.46 <b>CANR</b> | Savannah Sutherland (03) MICHGAN/STFC | Eugene, OR | 14/06/25 |
| Old: | 53.26 <b>CANR</b> | Savannah Sutherland (03) MICHGAN/STFC | Eugene, OR | 08/06/24 |

### \*4x100m – Senior Women

|      |       |                                                                              |               |          |
|------|-------|------------------------------------------------------------------------------|---------------|----------|
| New: | 46.14 | Team Sask                                                                    | St.John's, NF | 22/08/25 |
|      |       | (Selena Keyowski 04, Timi Adelugba 02, Hailee Woodhouse 07, Grace Igbiki 04) |               |          |
| Old: | 46.30 | Team Ontario                                                                 | Saskatoon     | 19/08/89 |
|      |       | (Stacey Bowen, Nadine Halliday, Nicole Devonish, Val Beckles)                |               |          |

## 2025 MASTER WOMEN'S OUTDOOR RECORDS

### \*1500m – W35

|      |         |                              |           |          |
|------|---------|------------------------------|-----------|----------|
| New: | 4:25.76 | Jessica Furlan (90) 35 EXCEL | Burnaby   | 15/07/25 |
| New: | 4:27.06 | Jessica Furlan (90) 35 EXCEL | Vancouver | 18/06/25 |
| Old: | 4:59.47 | Janet Christ 36 STFC         | Saskatoon | 10/06/94 |

### \*100m – W40

|      |             |                             |             |          |
|------|-------------|-----------------------------|-------------|----------|
| New: | 12.68 (1.4) | Kerri Lovelace (82) 43 STFC | Sherwood PK | 05/07/25 |
| New: | 12.75 (1.0) | Kerri Lovelace (82) 43 STFC | Saskatoon   | 14/06/25 |
| New: | 12.88 (1.6) | Kerri Lovelace (82) 43 STFC | Regina      | 10/05/25 |
| New: | 12.89 (0.5) | Kerri Lovelace (82) 43 STFC | Saskatoon   | 04/06/25 |
| Old: | 13.02 (1.7) | Amanda Stalwick 44          | Saskatoon   | 13/07/16 |

### \*200m – W40

|      |              |                             |             |          |
|------|--------------|-----------------------------|-------------|----------|
| New: | 27.17 (-1.4) | Kerri Lovelace (82) 43 STFC | Sherwood PK | 06/07/25 |
| Old: | 27.33 (1.8)  | Amanda Stalwick 44          | Saskatoon   | 13/07/16 |

### \*1500m – W50

|      |         |                           |        |          |
|------|---------|---------------------------|--------|----------|
| New: | 5:59.06 | Andrea Kozan (72) 52 EXCL | Regina | 10/05/25 |
|------|---------|---------------------------|--------|----------|

### \*Pole Vault – W50

|      |       |                            |                |          |
|------|-------|----------------------------|----------------|----------|
| New: | 1.85m | Sandi Arnason (73) 52 RIVA | Huntsville, AL | 20/07/25 |
| New: | 1.80m | Sandi Arnason (73) 52 RIVA | Regina         | 10/05/25 |
| New: | 1.67m | Sandi Arnason (73) 52 RIVA | Saskatoon      | 15/06/25 |

### \*800m – W60

|      |         |                                |           |          |
|------|---------|--------------------------------|-----------|----------|
| New: | 2:53.27 | Danielle Johnston (65) 60 RWAC | Saskatoon | 15/06/25 |
| Old: | 3:00.28 | Jan Smith (59) 64 RWAC         | Sweden    | 15/08/24 |

### \*1500m – W60

|      |         |                                |           |          |
|------|---------|--------------------------------|-----------|----------|
| New: | 6:10.16 | Danielle Johnston (65) 60 RWAC | Saskatoon | 14/06/25 |
| Old: | 6:23.17 | Jan Smith (59) 63 RWAC         | Saskatoon | 16/07/23 |

### \*Hammer 3kg – W60

|      |        |                           |           |          |
|------|--------|---------------------------|-----------|----------|
| New: | 23.31m | Laurie Hayes (60) 64 TNMC | Calgary   | 30/08/25 |
| Old: | 22.94m | Vi Mizuno 63              | Saskatoon | 07/09/14 |

## 2025 MASTER WOMEN'S OUTDOOR RECORDS

### \*800m – W65

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 3:04.96 | Jan Smith (59) 65 RWAC        | Saskatoon | 04/06/25 |
| New: | 3:05.16 | Jan Smith (59) 65 RWAC        | Laval     | 03/08/25 |
| Old: | 3:14.87 | Lynne Wawryk-Epp (55) 67 TNMC | Saskatoon | 16/07/22 |

### \*1500m – W65

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 6:10.72 | Jan Smith (59) 65 RWAC        | Regina    | 28/06/25 |
| Old: | 6:31.06 | Lynne Wawryk-Epp (55) 67 TNMC | Saskatoon | 17/07/22 |

### \*5000m – W65

|      |          |                              |           |          |
|------|----------|------------------------------|-----------|----------|
| New: | 22:58.20 | Jan Smith (59) 65 RWAC       | Saskatoon | 15/06/25 |
| Old: | 25:49.21 | Gwyneth Woodson (51) 68 RWAC | Regina    | 23/06/19 |

### \*2000m Steeplechase 30" – W65

|      |          |                        |           |          |
|------|----------|------------------------|-----------|----------|
| New: | 9:27.58  | Jan Smith (59) 65 RWAC | Saskatoon | 14/06/25 |
| New: | 9:33.62  | Jan Smith (59) 65 RWAC | Laval     | 02/08/25 |
| Old: | 10:07.43 | Judy Warick (49) 65    | Toronto   | 12/07/14 |

### \*400m – W70

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 1:24.63 | Lynne Wawryk-Epp (55) 70 RWAC | Laval     | 02/08/25 |
| New: | 1:25.79 | Lynne Wawryk-Epp (55) 70 RWAC | Regina    | 10/05/25 |
| New: | 1:26.32 | Lynne Wawryk-Epp (55) 70 RWAC | Saskatoon | 14/06/25 |
| Old: | 1:50.50 | Joan Matlock 70               | Kamloops  | 17/07/09 |

### \*800m – W70

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 3:13.51 | Lynne Wawryk-Epp (55) 70 RWAC | Laval     | 03/08/25 |
| New: | 3:15.19 | Lynne Wawryk-Epp (55) 70 RWAC | Saskatoon | 15/06/25 |
| New: | 3:18.05 | Lynne Wawryk-Epp (55) 70 RWAC | Regina    | 29/06/25 |
| Old: | 3:23.01 | Gwyneth Woodson (51) 72 RWAC  | Langley   | 13/08/23 |

### \*1500m – W70

|      |         |                               |           |          |
|------|---------|-------------------------------|-----------|----------|
| New: | 6:36.78 | Lynne Wawryk-Epp (55) 70 RWAC | Laval     | 02/08/25 |
| New: | 6:42.82 | Lynne Wawryk-Epp (55) 70 RWAC | Regina    | 28/06/25 |
| New: | 6:48.65 | Gwyneth Woodson (51) 74 RIVA  | Saskatoon | 15/06/25 |
| New: | 6:55.24 | Lynne Wawryk-Epp (55) 70 RWAC | Saskatoon | 08/08/25 |
| Old: | 6:58.67 | Gwyneth Woodson (51) 72 RWAC  | Langley   | 12/08/23 |

## 2025 MASTER WOMEN'S OUTDOOR RECORDS

### \*3000m – W70

|      |                    |                              |          |          |
|------|--------------------|------------------------------|----------|----------|
| New: | 14:35.24 <b>CR</b> | Gwyneth Woodson (51) 74 RIVA | Regina   | 29/06/25 |
| New: | 14:58.17           | Gwyneth Woodson (51) 74 RIVA | Edmonton | 06/07/25 |
| Old: | 15:05.08           | Gwyneth Woodson (51) 73 RWAC | Sweden   | 17/08/24 |

### \*400m – W75

|      |         |                              |           |          |
|------|---------|------------------------------|-----------|----------|
| New: | 1:59.67 | Gladys McCarthy (47) 77 TNMC | Saskatoon | 14/06/25 |
| Old: | 2:06.22 | Gladys McCarthy (47) 75 TNMC | Saskatoon | 14/07/23 |

### \*5000m – W75

|      |          |                     |           |          |
|------|----------|---------------------|-----------|----------|
| New: | 31:56.43 | Judy Warick (49) 75 | Saskatoon | 15/06/25 |
|------|----------|---------------------|-----------|----------|

### \*Triple Jump - W90

|      |              |                          |        |          |
|------|--------------|--------------------------|--------|----------|
| New: | 3.09m (+1.0) | Gwen Boivin (34) 90 UNSK | Regina | 10/05/25 |
|------|--------------|--------------------------|--------|----------|

### \*Shot Put - W90

|      |       |                          |        |          |
|------|-------|--------------------------|--------|----------|
| New: | 3.28m | Gwen Boivin (34) 90 UNSK | Regina | 10/05/25 |
|------|-------|--------------------------|--------|----------|

## 2025 MEN'S OUTDOOR RECORDS

### \*80m – U14 Men

|      |              |                        |         |          |
|------|--------------|------------------------|---------|----------|
| New: | 9.95 (0.6)   | Rylan Knutson (12) PAA | Regina  | 10/05/25 |
| Old: | 10.00 (-0.6) | Ryder Hardy (04) RIVA  | Calgary | 18/06/17 |

### \*100m Hurdles 33" – U16 Men

|      |              |                           |                 |          |
|------|--------------|---------------------------|-----------------|----------|
| New: | 13.54 (-0.4) | Hayden Jalbert (10) STFC  | Calgary         | 08/08/25 |
| New: | 13.59 (0.5)  | Hayden Jalbert (10) STFC  | Calgary         | 10/08/25 |
| Old: | 13.75 (0.0)  | Vaughn Taylor (00) QCS/TS | Ste. Therese, Q | 08/08/15 |

### \*800m – U20 Men

|      |         |                          |             |          |
|------|---------|--------------------------|-------------|----------|
| New: | 1:48.03 | Michael Hussey (06) STFC | Guelph      | 18/06/25 |
| Old: | 1:48.88 | Michael Hussey (06) STFC | Sherwood Pk | 14/07/24 |

### \*3000m – U20 Men

|      |         |                       |          |          |
|------|---------|-----------------------|----------|----------|
| New: | 8:14.71 | Ian Teichler (06) UR  | Victoria | 22/06/25 |
| Old: | 8:18.10 | Carey Nelson (63) RIV | Houston  | 24/07/82 |

### \*Shot Put – U20 Men 6.0kg

|      |        |                            |               |          |
|------|--------|----------------------------|---------------|----------|
| New: | 18.64m | Nathan Pinno (06) RWAC     | Ottawa        | 03/08/25 |
| Old: | 18.20m | Justin Greif (88) Can/STFC | Sao Paulo, BR | 06/07/07 |

### \*Shot Put – U20 Men 7.26kg

|      |        |                             |             |          |
|------|--------|-----------------------------|-------------|----------|
| New: | 16.48m | Nathan Pinno (06) RWAC/TMSK | St.John's   | 19/08/25 |
| Old: | 16.11m | Quinn Magnuson (71) HTS     | St.John, NB | 14/07/90 |

### \*1500m – Senior Men

|      |         |                                |          |          |
|------|---------|--------------------------------|----------|----------|
| New: | 3:38.16 | Jonathan Podbielski (04) Excel | Burnaby  | 15/07/25 |
| New: | 3:39.16 | Jonathan Podbielski (04) EXCEL | Guelph   | 18/06/25 |
| Old: | 3:40.74 | Colin Mathieson (69) TMSK      | Montreal | 08/08/89 |

### \*One Mile – Senior Men

|      |         |                |         |      |
|------|---------|----------------|---------|------|
| New: | 4:17.90 | Ray Rohatinsky | Yorkton | 1964 |
|------|---------|----------------|---------|------|

### \*4x100m – Senior Men

|      |       |           |               |          |
|------|-------|-----------|---------------|----------|
| New: | 40.95 | Team Sask | St.John's, NF | 22/08/25 |
|------|-------|-----------|---------------|----------|

(Olufemi Akinloye 06, Geovanne Powell 04, Liam Oster 05, Williams Ogunnubi 05)

Old: 41.09 Team Sask Sherbrooke 15/08/13  
(Connor Bloom 93, Preston Liebrecht 93, Alex Fedyk 94, Lenny Williams 92)

## 2025 OPEN MEN'S OUTDOOR RECORDS

### \*80m – U14 Men

New: 9.95 (0.6) Rylan Knutson (12) PAA Regina 10/05/25  
Old: 10.00 (-0.6) Ryder Hardy (04) RIVA Calgary 18/06/17

### \*100m Hurdles 33" – U16 Men

New: 13.54 (-0.4) Hayden Jalbert (10) STFC Calgary 08/08/25  
New: 13.59 (0.5) Hayden Jalbert (10) STFC Calgary 10/08/25  
Old: 13.75 (0.0) Vaughn Taylor (00) QCS/TS Ste. Therese, Q08/08/15

### \*800m – U20 Men

New: 1:48.03 Michael Hussey (06) STFC Guelph 18/06/25  
Old: 1:48.82 Michael McLean (70) AB Saskatoon 15/08/89

### \*3000m – U20 Men

New: 8:14.71 Ian Teichler (06) UR Victoria 22/06/25  
Old: 8:18.10 Carey Nelson (63) RIV Houston 24/07/82

### \*Shot Put – U20 Men 6.0kg

New: 18.64m Nathan Pinno (06) RWAC Ottawa 03/08/25  
Old: 18.44m Kyle Helf (86) ONT-SS Saskatoon 24/07/04

### \*Shot Put – U20 Men 7.26kg

New: 16.48m Nathan Pinno (06) RWAC/TMSK St.John's 19/08/25  
Old: 16.11m Quinn Magnuson (71) HTS St.John, NB 14/07/90

### \*1500m – Senior Men

New: 3:38.16 Jonathan Podbielski (04) EXCEL Burnaby 15/07/25  
New: 3:39.16 Jonathan Podbielski (04) EXCEL Guelph 18/06/25  
Old: 3:40.74 Colin Mathieson (69) TMSK Montreal 08/08/89

### \*One Mile – Senior Men

New: 4:17.90 Ray Rohatinsky Yorkton 1964

## 2025 MASTER MEN'S OUTDOOR RECORDS

### \*800m – M30

|      |         |                           |           |          |
|------|---------|---------------------------|-----------|----------|
| New: | 1:55.67 | Shawn McLean (94) 30 UNSK | Winnipeg  | 28/06/25 |
| New: | 1:56.45 | Shawn McLean (94) 30 UNSK | Calgary   | 20/06/25 |
| New: | 1:56.56 | Shawn McLean (94) 30 UNSK | Regina    | 10/05/25 |
| New: | 1:56.71 | Shawn McLean (94) 30 UNSK | Saskatoon | 04/06/25 |
| Old: | 2:04.87 | Louis Christ 34           | Saskatoon | 20/07/94 |

### \*Long Jump – M40

|      |              |                          |           |          |
|------|--------------|--------------------------|-----------|----------|
| New: | 5.67m (+0.2) | Mike Taylor (81) 43 PAAC | Laval     | 02/08/25 |
| Old: | 5.35m (1.9)  | Doug McLaren 40          | Vancouver | 28/08/16 |

### \*Hammer – M40 7.26kg

|      |        |                         |           |          |
|------|--------|-------------------------|-----------|----------|
| New: | 19.76m | David Kerelchuk (83) 41 | Saskatoon | 14/06/25 |
|------|--------|-------------------------|-----------|----------|

### \*Javelin – M45

|      |        |                          |           |          |
|------|--------|--------------------------|-----------|----------|
| New: | 48.12m | Michael Ehr (79) 45 UNSK | Regina    | 29/06/25 |
| New: | 47.10m | Michael Ehr (79) 45 UNSK | Saskatoon | 15/06/25 |
| New: | 45.86m | Michael Ehr (79) 45 UNSK | Regina    | 10/05/25 |
| Old: | 42.13m | Winchester Johnson 47    | Regina    | 01/08/08 |

### \*100m – M55

|      |              |                          |           |          |
|------|--------------|--------------------------|-----------|----------|
| New: | 12.28 (1.1)  | Colin Ellis (67) 57 SPME | Saskatoon | 14/06/25 |
| Old: | 12.45 (-0.9) | Colin Ellis (67) 55 SPME | Regina    | 15/06/24 |

### \*200m – M55

|      |              |                          |        |          |
|------|--------------|--------------------------|--------|----------|
| New: | 26.03 (+1.2) | Colin Ellis (67) 55 SPME | Laval  | 03/08/25 |
| New: | 26.07 (0.8)  | Colin Ellis (67) 55 SPME | Regina | 10/05/25 |
| Old: | 26.33 (0.1)  | Marcel D'eon 55 RIVA     | Sydney | 17/10/09 |

### \*3000m Steeplechase – M55

|      |          |                           |               |          |
|------|----------|---------------------------|---------------|----------|
| New: | 12:55.32 | Todd Stewart (67) 56 UNSK | Wakefield, GB | 17/05/25 |
| Old: | 14:15.55 | Hylke Van Der Wal 56      | Edmonton      | 05/08/94 |

### \*Shot Put – M65

|      |        |                          |           |          |
|------|--------|--------------------------|-----------|----------|
| New: | 10.20m | Brent Craig (59) 65 TNMC | Regina    | 10/05/25 |
| Old: | 10.15m | Brian Berquist (53) 65   | Las Vegas | 09/06/18 |

## 2025 MASTER MEN'S OUTDOOR RECORDS

|                                |
|--------------------------------|
| *Weight Throw Pentathlon – M70 |
|--------------------------------|

|      |         |                                                                                           |         |            |
|------|---------|-------------------------------------------------------------------------------------------|---------|------------|
| New: | 2384pts | Brian Berquist (53) 72<br>(HT – 25.57m, SP – 8.92m, DT – 28.48m, JT – 25.72m, WT – 8.95m) | Calgary | 30/08/25   |
| Old: | 2378pts | Brian Berquist (53) 70                                                                    | Kelowna | 30-2/06/23 |

|             |
|-------------|
| *800m – M80 |
|-------------|

|      |         |                               |        |          |
|------|---------|-------------------------------|--------|----------|
| New: | 4:25.68 | Roland Delhomeau (45) 80 TNMC | Regina | 10/05/25 |
| Old: | 5:14.73 | Max Coates (23) 84            | Regina | 03/05/08 |

|                    |
|--------------------|
| *Triple Jump – M80 |
|--------------------|

|      |              |                               |           |          |
|------|--------------|-------------------------------|-----------|----------|
| New: | 5.62m (1.0)  | Roland Delhomeau (45) 80 TNMC | Regina    | 10/05/25 |
| New: | 5.46m (+0.0) | Roland Delhomeau (45) 80 TNMC | Saskatoon | 14/06/25 |
| Old: | 4.02m        | Harry Miller 80               | Saskatoon | 12/06/98 |