

2026 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

*300m – U20 Women

New:	38.47	Hailee Woodhouse (07) UofS	Saskatoon	09/01/26
Old:	38.79	Lisa Kroll (65) US	Saskatoon	03/03/84

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

2026 WOMEN'S INDOOR RECORDS

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

4x400m – U20 Women

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

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 CR	Savannah Sutherland (03) UNSK/MU	Virginia	15/03/25
Old:	51.23 CR	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

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

2026 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

2026 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

2026 MASTER WOMEN'S INDOOR RECORDS

50m – W40 Women

New:	6.87 CR	Kerri Lovelace (82) 42 STFC	Regina	07/02/25
Old:	6.87 CR	Kerri Lovelace (82) 42 STFC	Regina	07/02/25

*60m – W40 Women

New:	7.86	Kerri Lovelace (82) 43 STFC	Saskatoon	10/01/26
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)				

*300m – W55 Women

New:	48.81	Kelly Silcox (66) 59 SPMI	Saskatoon	09/01/26
Old:	48.81	Kelly Silcox (66) 56 SPMI	Saskatoon	13/01/23

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

*600m – W65

New:	2:09.35	Jan Smith (59) 65 RWAC	Saskatoon	09/01/26
Old:	2:17.98	Lynne Wawryk-Epp (55) 68 TNMC	Saskatoon	13/01/24

2026 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

*1000m – W65

New:	3:58.30	Jan Smith (59) 66 RWAC	Saskatoon	10/01/26
Old:	4:10.96	Lynne Wawryk-Epp (55) 68 TNMC	Saskatoon	12/01/24

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

*1 Mile – W70

New:	7:12.28CR	Lynne Wawryk-Epp (55) 70 RWAC	Saskatoon	10/01/26
Old:	7:29.14	Sue Ashburner (53) 70	Saskatoon	13/01/24

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

2026 MASTER WOMEN'S INDOOR RECORDS

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

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 WR	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

2026 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 CR	Michael Hussey (06) UofS	U Park, PA	01/02/25
Old:	1:18.17 CR	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

2026 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 CR	Michael Hussey (06) UofS	U Park, PA	01/02/25
Old:	1:18.17 CR	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

2026 MASTER MEN'S INDOOR RECORDS

*600m – M30

New:	1:25.42	Mackenzie Dawson (94) 31 RWAC	Saskatoon	10/01/26
Old:	1:27.06	Russell Neff 33 UNSK	Regina	08/12/18

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

*3000m – M30

New:	8:46.92	Daniel Block (91) 34 UNSK	Saskatoon	09/01/26
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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	Gainsville, FL	29/03/25
Old:	54.34	Trevor Jacek (81) 42 RWAC	Gainsville, 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

2026 MASTER MEN'S INDOOR RECORDS

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

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	09/01/26
Old:	42.24	Colin Ellis (67) 58 SPME	Saskatoon	10/01/25

*300m – M80

New:	1:15.25	Roland Delhomeau (45) 80 TNMC	Saskatoon	09/01/26
Old:	1:23.47	Howard West 81 UNSK	Saskatoon	27/01/95

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

*1 Mile – M80

New:	9:38.71	Roland Delhomeau (45) 80 TNMC	Saskatoon	10/01/26
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2026 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

2026 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 CANR	Savannah Sutherland (03) MICHGAN/STFC	Eugene, OR	14/06/25
Old:	53.26 CANR	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)		

2026 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

2026 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 CANR	Savannah Sutherland (03) MICHGAN/STFC	Eugene, OR	14/06/25
Old:	53.26 CANR	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)		

2026 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
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*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
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Old:	22.94m	Vi Mizuno 63	Saskatoon	07/09/14
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2026 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

2026 MASTER WOMEN'S OUTDOOR RECORDS

*3000m – W70

New:	14:35.24 CR	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
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*Triple Jump - W90

New:	3.09m (+1.0)	Gwen Boivin (34) 90 UNSK	Regina	10/05/25
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*Shot Put - W90

New:	3.28m	Gwen Boivin (34) 90 UNSK	Regina	10/05/25
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2026 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
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*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)			

2026 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
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2026 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
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*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

2026 MASTER MEN'S OUTDOOR RECORDS

*Weight Throw Pentathlon – M70

New:	2384pts (HT – 25.57m, SP – 8.92m, DT – 28.48m, JT – 25.72m, WT – 8.95m)	Brian Berquist (53) 72	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