

## 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

### \*Medley – U16 Women

New:	4:46.49	Saskatoon Track Club (Antosia Mroz 11, Rayne Highway 12, Savina Edwards 11, Addison Vessay 12)	Saskatoon	21/03/26
Old:	4:51.89	Riversdale Track Club (Lexi Bantle 10, Kaci Semkiw 09, Skyla Noble 10, Lily Holman 09)	Saskatoon	23/03/24

### \*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:	24.50	Savannah Sutherland (03) STFC	Winnipeg	29/02/20

### \*300m – U20 Women

New:	37.92	<b>Can Rec</b> Hailee Woodhouse (07) UofS	Saskatoon	23/01/26
New:	38.29	Hailee Woodhouse (07) UofS	Winnipeg	31/01/26
New:	38.34	Hailee Woodhouse (07) UofS	Saskatoon	20/02/26
New:	38.37	Hailee Woodhouse (07) UofS	Winnipeg	06/03/26
New:	38.47	Hailee Woodhouse (07) UofS	Saskatoon	09/01/26
Old:	38.79	Lisa Kroll (65) US	Saskatoon	03/03/84

### \*400m – U20 Women

New:	55.07	Hailee Woodhouse (07) UofS	Saskatoon	24/01/26
Old:	55.50	Gail Harris (66) YOR	Tooronto	25/02/84

## 2026 WOMEN'S INDOOR RECORDS

### \*800m – U20 Women

New:	2:09.06	Hannah Gates (08) Excel	Boston	14/03/26
New:	2:10.74	Hannah Gates (08) Excel	Saskatoon	23/01/26
Old:	2:11.01	Hannah Gates (08) Excel	Boston	15/03/25

### \*3000m – U20 Women

New:	9:39.28	Katherine Rogers (07) RIVA	Boston	13/02/26
Old:	9:39.30	Kendra Schaaf (90) QCS	Winnipeg	02/02/08

### \*800m – Senior Women

New:	2:02.92	Avery Pearson (03) UNSK	Fayetteville	13/03/26
New:	2:02.99	Avery Pearson (03) UNSK	Kujawy, POM	20/03/26
New:	2:03.21	Avery Pearson (03) UNSK	Boston	14/02/26
New:	2:04.15	Avery Pearson (03) UNSK	Boston	30/01/26
Old:	2:05.91	Avery Pearson (03) UofS	U Park, PA	31/01/25

### \*Triple Jump – Senior Women

New:	12.88m	Olamide Olaloku (03) UofS	Winnipeg	07/03/26
Old:	12.87m	Tracy Dulmage (71) RAT	Wyoming	20/01/95

### \*4x200m – Senior Women

New:	1:36.74	University Saskatchewan Huskies	Winnipeg	30/01/26
		(Hailee Woodhouse 07, Emma Egert 05, Selena Keyowski 04, Hannah Hagerty 01)		
Old:	1:37.57	UofS	Montreal	11/03/00
		(Lindsay Boyd 80, Kim Moffatt 77, Karlyn Serby 81, Deanne Mengel 80)		

## 2026 OPEN'S 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

### \*Medley – U16 Women

New:	4:46.49	Saskatoon Track Club (Antosia Mroz 11, Rayne Highway 12, Savina Edwards 11, Addison Vessay 12)	Saskatoon	21/03/26
Old:	4:51.89	Riversdale Track Club (Lexi Bantle 10, Kaci Semkiw 09, Skyla Noble 10, Lily Holman 09)	Saskatoon	23/03/24

### \*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

### \*300m – U20 Women

New:	37.92 <b>Can Rec</b>	Hailee Woodhouse (07) UofS	Saskatoon	23/01/26
Old:	37.97	Angela Bailley (58) ON-UTTC	Saskatoon	30/12/81

### \*400m – U20 Women

New:	55.07	Hailee Woodhouse (07) UofS	Saskatoon	24/01/26
Old:	55.50	Gail Harris (66) YOR	Tooronto	25/02/84

### \*Shot Put – U20

New:	16.33m	Maria Rafailidou (08) Greece	Saskatoon	24/01/26
Old:	14.68m	Taryn Suttie (90) US/STFC	Saskatoon	19/12/09

## 2026 OPEN WOMEN'S INDOOR RECORDS

### \*800m – Senior Women

New:	2:02.92	Avery Pearson (03) UNSK	Fayetteville	13/03/26
Old:	2:03.72	Charmaine Crooks (62) BC-KAJ	Saskatoon	17/02/91

### \*Triple Jump – Senior Women

New:	12.88m	Olamide Olaloku (03) UofS	Winnipeg	07/03/26
Old:	12.87m	Tracy Dulmage (71) RAT	Wyoming	20/01/95

### \*Shot Put – Senior Women

New:	20.22m	Sarah Mitton Can	Saskatoon	24/01/26
Old:	17.66m	Taryn Suttie UNSK	Findlay, OH	12/02/16

### \*4x200m – Senior Women

New:	1:36.74	University Saskatchewan Huskies	Winnipeg	30/01/26
		(Hailee Woodhouse 07, Emma Egert 05, Selena Keyowski 04, Hannah Hagerty 01)		
Old:	1:37.16	USA	Saskatoon	04/02/06

## 2026 MASTER WOMEN'S INDOOR RECORDS

### \*50m – W40 Women

New:	6.78CR	Kerri Lovelace (82) 44 STFC	Saskatoon	14/03/26
Old:	6.87CR	Kerri Lovelace (82) 42 STFC	Regina	07/02/25

### \*60m – W40 Women

New:	<b>7.83 Can Rec</b>	Kerri Lovelace (82) 43 STFC	Saskatoon	24/01/26
New:	<b>7.83 Can Rec</b>	Kerri Lovelace (82) 43 STFC	Regina	07/02/26
New:	7.86	Kerri Lovelace (82) 43 STFC	Saskatoon	10/01/26
New:	7.89	Kerri Lovelace (82) 44 STFC	Albuquerque	20/02/26
New:	7.92	Kerri Lovelace (82) 43 STFC	Saskatoon	06/12/25
New:	7.92	Kerri Lovelace (82) 44 STFC	Saskatoon	21/03/26
Old:	7.92	Kerri Lovelace (82) 42 STFC	Saskatoon	25/01/25

### \*50m Hurdles – W50

New:	10.89	Sandi Arnason (73) 51 RIVA	Toronto	07/03/26
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### \*50m – W55 Women

New:	7.45	Valerie Hardy (69) 57 RIVA	Saskatoon	14/03/26
New:	7.62	Kelly Silcox (66) 59 SPMI	Toronto	07/03/26
Old:	8.43	Rhonda Tremblay (60) 69 RIVA	Saskatoon	16/03/19

### \*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

### \*Weight Throw – W55 Women

New:	7.67m	Brenda Hudey (67) 59 EXCEL	Saskatoon	21/03/26
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### \*5000m – W60

New:	24:27.93	Heather Osborne (61) 64 TNMC	Winnipeg	16/01/26
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### \*400m – W65

New:	1:15.38	Jan Smith (59) 66 RWAC	Saskatoon	24/01/26
Old:	1:16.96	Carol Lafayette-Boyd (42) 67	Kamloops	05/03/10

## 2026 MASTER WOMEN'S INDOOR RECORDS

### \*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

### \*800m – W65

New:	3:01.99	Jan Smith (59) 66 RWAC	Saskatoon	23/01/25
New:	3:03.18	Jan Smith (59) 66 RWAC	Toronto	07/03/26
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:	6:07.82	Jan Smith (59) 66 RWAC	Toronto	08/03/26
Old:	6:24.30	Jan Smith (59) 65 RWAC	Saskatoon	25/01/25

### \*3000m – W65

New:	13:16.01	Jan Smith (59) 65 RWAC	Saskatoon	20/03/26
Old:	14:02.86	Jan Smith (59) 65 RWAC	Regina	08/02/25

### \*800m – W70

New:	3:17.84	Lynne Wawryk-Epp (55) 70 RWAC	Toronto	07/03/26
Old:	3:20.31	Gwyneth Woodson (51) 73 RIVA	Saskatoon	24/01/25

### \*1500m – W70

New:	6:45.30	Lynne Wawryk-Epp (55) 70 RWAC	Toronto	08/03/26
Old:	6:54.45	Gwyneth Woodson (51) 71 RIVA	Saskatoon	27/01/23

### \*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

### \*400m – W75

New:	1:52.11	Judy Warick (49) 75 TNMC	Saskatoon	24/01/26
Old:	2:05.11	Gladys McCarthy (47) 77 TNMC	Saskatoon	25/01/25

## 2026 MASTER WOMEN'S INDOOR RECORDS

*600m – W75
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New:	3:00.52	Judy Warick (49) 75 TNMC	Regina	06/02/26
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*Shot Put - W90 (2kg)
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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

### \*50m – U16 Men

New:	6.31	Sawyer Jalbert (11) STFC	Saskatoon	14/03/26
Old:	6.36	Darryl Isbister (68) RIV	Saskatoon	28/01/83
Old:	6.36	Ryder Hardy (04) RIVA	Saskatoon	16/03/19

### \*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

### \*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

### \*50m Hurdles – U18 Men

New:	7.34	Hayden Jalbert (10) STFC	Saskatoon	14/03/26
Old:	7.52	Lindsay Tallon (80) STFC	Winnipeg	29/02/96

### \*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:	3:39.00	Jonathan Podbielski (04) UNSK	Boston	14/02/26
New:	3:40.01	Jonathan Podbielski (04) UNSK	Boston	31/01/26
Old:	3:44.37	Jonathan Podbielski (04) UofR	Boston	08/02/25

### \*One Mile – Senior Men

New:	3:55.42	Jonathan Podbielski (04) UNSK	Boston	30/01/26
New:	3:56.33	Jonathan Podbielski (04) UNSK	Boston	13/02/26
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

### \*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

### \*50m Hurdles – U18 Men

New:	7.34	Hayden Jalbert (10) STFC	Saskatoon	14/03/26
Old:	7.52	Lindsay Tallon (80) STFC	Winnipeg	29/02/96

### \*1500m – Senior Men

New:	3:39.00	Jonathan Podbielski (04) UNSK	Boston	14/02/26
New:	3:40.01	Jonathan Podbielski (04) UNSK	Boston	31/01/26
Old:	3:44.37	Jonathan Podbielski (04) UofR	Boston	08/02/25

### \*One Mile – Senior Men

New:	3:55.42	Jonathan Podbielski (04) UNSK	Boston	30/01/26
New:	3:56.33	Jonathan Podbielski (04) UNSK	Boston	13/02/26
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

### \*3000m – M30

New:	8:46.92	Daniel Block (91) 34 UNSK	Saskatoon	09/01/26
New:	8:48.60	Daniel Block (91) 34 UNSK	Saskatoon	23/01/26

### \*Pole Vault – M35

New:	4.05m	Jacob Lang (88) 37 EXCEL	Saskatoon	10/01/26
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

### \*600m – M40

New:	1:26.70	Iain McCormick (85) 40 STFC	Edmonton	28/02/26
Old:	1:28.07	Trevor Jacek (81) 42 RWAC	Edmonton	19/01/24

### \*800m – M40

New:	2:03.25	Iain McCormick (85) 41 STFC	Saskatoon	20/03/26
Old:	2:05.24	Trevor Jacek (81) 42 RWAC	Saskatoon	02/12/23

### \*1000m – M40

New:	2:38.80	Iain McCormick (85) 40 STFC	Edmonton	01/03/26
Old:	2:45.45	Trevor Jacek (81) 42 RWAC	Edmonton	20/01/24

### \*1500m – M40

New:	4:19.63	Iain McCormick (85) 40 STFC	Saskatoon	21/03/26
Old:	4:22.64	Ted Jaleta 41	Regina	17/02/96

### \*60m Hurdles – M45

New:	10.42	Doug McLaren (76) 49 UNSK	Edmonton	31/01/26
New:	10.47	Doug McLaren (76) 49 UNSK	Regina	07/02/26
Old:	10.50	Brian Berquist (53) 45 RIVA	Saskatoon	30/04/99

## 2026 MASTER MEN'S INDOOR RECORDS

### \*Pentathlon – M45

New:	2572pts	Doug McLaren (76) 49 UNSK	Edmonton	31/01/26
		(60mH – 10.42, LJ – 4.52m, SP – 8.77m, HJ – 1.51m, 1000m- 3:31.07)		

### \*50m Hurdles – M50

New:	8.14	Doug McLaren (76) 50 UNSK	Toronto	07/03/26
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### \*60m Hurdles – M50

New:	9.52	Doug McLaren (76) 50 UNSK	Toronto	07/03/26
New:	9.66	Doug McLaren (76) 50 UNSK	Saskatoon	21/03/26

### \*Long Jump – M50

New:	4.96m	Doug McLaren (76) 50 UNSK	Toronto	08/03/26
Old:	4.93m	Russ Regier 50	Regina	24/04/04

### \*Pentathlon – M50

New:	3142pts	Doug McLaren (76) 50 UNSK	Toronto	07/03/26
		(60mH – 9.61, LJ – 4.75m, SP – 9.24m, HJ – 1.54m, 1000m - 3:24.66)		

### \*50m – M55

New:	<b>6.69CR</b>	Colin Ellis (67) 58 SPME	Toronto	07/03/26
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
New:	7.79	Colin Ellis (67) 57 SPME	Regina	07/02/26
Old:	7.83	Colin Ellis (67) 57 SPME	Saskatoon	11/01/25

### \*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

### \*400m – M55

New:	60.39	Colin Ellis (67) 58 SPME	Saskatoon	24/01/26
Old:	60.76	Marcel D'Eon (53) 55 RIVA	Saskatoon	21/03/09

## 2026 MASTER MEN'S INDOOR RECORDS

### \*50m Hurdles – M65

New:	10.53	Dale Lawrence (58) 68 UNSK	Toronto	07/03/26
Old:	10.68	Dale Lawrence (58) 65 UNSK	Toronto	26/02/23

### \*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

### \*500m – M80

New:	2:34.21	Roland Delhomeau (45) 81 TNMC	Saskatoon	28/03/26
Old:	2:38.28	Roland Delhomeau (45) 80 TNMC	Saskatoon	05/04/25

### \*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

*Hammer – U16 3kg
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New:	41.06m	Ellise Dyrland (11) STFC	Lethbridge	16/05/26
New:	38.43m	Rylee Mercredi (12) PAAC	Regina	09/05/26
Old:	38.31m	Naomi Klassen (01) TS	Estevan	25/07/16

## 2026 WOMEN'S OUTDOOR RECORDS

400m – Senior Women
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New:	50.62	Savannah Sutherland (03) STFC	Edmonton	13/07/25
New:	50.62	Savannah Sutherland (03) STFC	Edmonton	13/07/25

400m Hurdles – Senior Women
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New:	52.46 <b>CANR</b>	Savannah Sutherland (03) MICHGAN/STFCEugene, OR	14/06/25
New:	52.46 <b>CANR</b>	Savannah Sutherland (03) MICHGAN/STFCEugene, OR	14/06/25

## 2026 OPEN WOMEN'S OUTDOOR RECORDS

### 400m – Senior Women

New:	50.62	Savannah Sutherland (03) STFC	Edmonton	13/07/25
New:	50.62	Savannah Sutherland (03) STFC	Edmonton	13/07/25

### 400m Hurdles – Senior Women

New:	52.46 <b>CANR</b>	Savannah Sutherland (03) MICHGAN/STFCEugene, OR	14/06/25
New:	52.46 <b>CANR</b>	Savannah Sutherland (03) MICHGAN/STFCEugene, OR	14/06/25

## 2026 MASTER WOMEN'S OUTDOOR RECORDS

### 1500m – W35

New:	4:25.76	Jessica Furlan (90) 35 EXCEL	Burnaby	15/07/25
Old:	4:25.76	Jessica Furlan (90) 35 EXCEL	Burnaby	15/07/25

### \*50m – W40

New:	6.88 (+0.0)	Kerri Lovelace (82) 44 STFC	Saskatoon	04/06/26
Old:	7.68 (-1.0)	Sandi Arnason (73) 41 RIVA	Regina	13/06/15

### \*100m – W40

New:	12.48 (1.8)	Kerri Lovelace (82) 44 STFC	Regina	09/05/26
New:	12.56 (0.0)	Kerri Lovelace (82) 44 STFC	Saskatoon	04/07/26
Old:	12.68 (1.4)	Kerri Lovelace (82) 43 STFC	Sherwood PK	05/07/25

### \*200m – W40

New:	26.39 (+0.0)	Kerri Lovelace (82) 44 STFC	Saskatoon	05/07/26
New:	26.62 (-0.4)	Kerri Lovelace (82) 44 STFC	Saskatoon	14/06/26
Old:	27.17 (-1.4)	Kerri Lovelace (82) 43 STFC	Sherwood PK	06/07/25

### \*Discus 1kg – W45

New:	30.25m	Cora Andreas (80) 45 UNA	Lethbridge	16/05/26
New:	29.44m	Cora Andreas (80) 45 UNA	Saskatoon	13/06/26
New:	28.85m	Cora Andreas (80) 45 UNA	Saskatoon	04/07/26
Old:	28.48m	Ruby Neumann 47	Edmonton	08/08/94

### Pole Vault – W50

New:	1.85m	Sandi Arnason (73) 52 RIVA	Huntsville, AL	20/07/25
Old:	1.85m	Sandi Arnason (73) 52 RIVA	Huntsville, AL	20/07/25

### \*50m – W55

New:	7.81 (+0.0)	Kelly Silcox (66) 59 SPME	Saskatoon	04/06/26
New:	8.01 (-0.4)	Muriel Gieni (58) 55 RIVA	Regina	15/06/13

### 800m – W60

New:	2:53.27	Danielle Johnston (65) 60 RWAC	Saskatoon	15/06/25
New:	2:53.27	Danielle Johnston (65) 60 RWAC	Saskatoon	15/06/25

## 2026 MASTER WOMEN'S OUTDOOR RECORDS

### \*1 Mile – W60

New:	6:32.18	Danielle Johnston (65) 61 RWAC	Saskatoon	04/07/26
Old:	7:01.73	Jan Smith (59) 61 STFC	Saskatoon	16/07/21

### 800m – W65

New:	3:04.96	Jan Smith (59) 65 RWAC	Saskatoon	04/06/25
New:	3:04.96	Jan Smith (59) 65 RWAC	Saskatoon	04/06/25

### 1500m – W65

New:	6:10.72	Jan Smith (59) 65 RWAC	Regina	28/06/25
New:	6:10.72	Jan Smith (59) 65 RWAC	Regina	28/06/25

### 5000m – W65

New:	22:58.20	Jan Smith (59) 65 RWAC	Saskatoon	15/06/25
New:	22:58.20	Jan Smith (59) 65 RWAC	Saskatoon	15/06/25

### 2000m Steeplechase 30" – W65

New:	9:27.58	Jan Smith (59) 65 RWAC	Saskatoon	14/06/25
New:	9:27.58	Jan Smith (59) 65 RWAC	Saskatoon	14/06/25

### \*Hammer 3kg – W65

New:	27.51m	Laurie Hayes (60) 65 TNMC	Saskatoon	04/07/26
New:	24.19m	Laurie Hayes (60) 65 TNMC	Saskatoon	12/06/26
Old:	23.77m	Margaret Tosh (37) 69 UNSK	Prince Albert	12/05/07

### 400m – W70

New:	1:24.63	Lynne Wawryk-Epp (55) 70 RWAC	Laval	02/08/25
New:	1:24.63	Lynne Wawryk-Epp (55) 70 RWAC	Laval	02/08/25

### 800m – W70

New:	3:13.51	Lynne Wawryk-Epp (55) 70 RWAC	Laval	03/08/25
New:	3:13.51	Lynne Wawryk-Epp (55) 70 RWAC	Laval	03/08/25

### \*1500m – W70

New:	6:29.10 <b>CR</b>	Lynne Wawryk-Epp (55) 71 RWAC	Saskatoon	13/06/26
Old:	6:36.78	Lynne Wawryk-Epp (55) 70 RWAC	Laval	02/08/25

## 2026 MASTER WOMEN'S OUTDOOR RECORDS

### \*3000m – W70

New:	13:57.39 <b>CR</b>	Lynne Wawryk-Epp (55) 71 RWAC	Saskatoon	04/06/26
Old:	14:35.24 <b>CR</b>	Gwyneth Woodson (51) 74 RIVA	Regina	29/06/25

### \*400m – W75

New:	1:58.08	Gladys McCarthy (47) 78 TNMC	Saskatoon	13/06/26
Old:	1:59.67	Gladys McCarthy (47) 77 TNMC	Saskatoon	14/06/25

### \*800m – W75

New:	3:27.73	Gwyneth Woodson (51) 75 RIVA	Saskatoon	14/06/26
Old:	5:11.03	Gladys McCarthy (47) 75 TNMC	Regina	13/05/23

### \*1500m – W75

New:	7:09.94	Gwyneth Woodson (51) 75 RIVA	Saskatoon	14/06/26
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### \*1 Mile – W75

New:	7:44.48	Gwyneth Woodson (51) 75 RIVA	Saskatoon	04/07/26
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### \*Shot Put - W90

New:	3.29m	Gwen Boivin (34) 91 UNSK	Regina	08/05/26
New:	3.28m	Gwen Boivin (34) 90 UNSK	Regina	10/05/25

## 2026 MEN'S OUTDOOR RECORDS

### 100m Hurdles 33" – U16 Men

New:	13.54 (-0.4)	Hayden Jalbert (10) STFC	Calgary	08/08/25
Old:	13.54 (-0.4)	Hayden Jalbert (10) STFC	Calgary	08/08/25

### \*Javelin new 700gm – U18 Men

New:	46.66m	Jonah Mulder (09) UNSK	Saskatoon	05/07/26
New:	37.96m	Jaden Heal (09) RIVA	Saskatoon	14/06/26

### \*Hammer – U20 Men 6kg

New:	62.20m	Reise Dolan (07) UNSK	Saskatoon	04/07/26
Old:	60.86m	Hunter Wallster (02) UNSK	Calgary	23/07/21

### \*1500m – Senior Men

New:	3:37.22	Jonathan Podbielski (04) UNSK/CAN	Lenven, Bel	04/07/26
Old:	3:38.16	Jonathan Podbielski (04) Excel	Burnaby	15/07/25

### One Mile – Senior Men

New:	4:17.90	Ray Rohatinsky	Yorkton	1964
Old:	4:17.90	Ray Rohatinsky	Yorkton	1964

## 2026 OPEN MEN'S OUTDOOR RECORDS

### 100m Hurdles 33"– U16 Men

New:	13.54 (-0.4)	Hayden Jalbert (10) STFC	Calgary	08/08/25
Old:	13.54 (-0.4)	Hayden Jalbert (10) STFC	Calgary	08/08/25

### \*Javelin new 700gm – U18 Men

New:	46.66m	Jonah Mulder (09) UNSK	Saskatoon	05/07/26
New:	37.96m	Jaden Heal (09) RIVA	Saskatoon	14/06/26

### \*1500m – Senior Men

New:	3:37.22	Jonathan Podbielski (04) UNSK/CAN	Lenven, Bel	04/07/26
Old:	3:38.16	Jonathan Podbielski (04) Excel	Burnaby	15/07/25

### One Mile – Senior Men

New:	4:17.90	Ray Rohatinsky	Yorkton	1964
Old:	4:17.90	Ray Rohatinsky	Yorkton	1964

## 2026 MASTER MEN'S OUTDOOR RECORDS

### 800m – M30

New:	1:55.67	Shawn McLean (94) 30 UNSK	Winnipeg	28/06/25
Old:	1:55.67	Shawn McLean (94) 30 UNSK	Winnipeg	28/06/25

### \*50m – M40

New:	6.49 (+0.0)	Mike Taylor (81) 44 PAAC	Saskatoon	04/06/26
Old:	6.56 (-1.7)	Doug McLaren (81) 40 UNSK	Saskatoon	13/07/16

### \*800m – M40

New:	1:59.72	Iain McCormick (85) 41 STFC	Saskatoon	05/07/26
Old:	2:01.3	Hike Van Der Wal (38) 41 AIA	Saskatoon	02/12/23

### Long Jump – M40

New:	5.67m (+0.2)	Mike Taylor (81) 43 PAAC	Laval	02/08/25
Old:	5.67m (+0.2)	Mike Taylor (81) 43 PAAC	Laval	02/08/25

### \*1 Mile – M45

New:	5:18.24	Tyrell Bjarnason (80) 45 RWAC	Saskatoon	04/07/26
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### \*50m – M50

New:	6.81 (+0.0)	Doug McLaren (81) 50 UNSK	Saskatoon	04/06/26
Old:	6.86 (0.5)	Colin Ellis (67) 51 UNSK	Regina	22/06/19

### \*100m Hurdles – M50

New:	15.68 (-1.6)	Doug McLaren (81) 50 UNSK	Saskatoon	04/06/26
Old:	19.09 (-0.9)	Brian Berquist (53) 50 RIVA	Calgary	11/05/03

### \*High Jump – M50

New:	1.51m	Doug McLaren (76) 50 UNSK	Regina	09/05/26
New:	1.48m	Doug McLaren (76) 50 UNSK	Saskatoon	12/06/26
New:	1.45m	Doug McLaren (76) 50 UNSK	Saskatoon	04/06/26
Old:	1.45m	Jack Walton 50 UNSK	Saskatoon	15/06/96

### \*Long Jump – M50

New:	5.16m (0.0)	Doug McLaren (76) 50 UNSK	Saskatoon	04/07/26
New:	5.03m (1.6)	Doug McLaren (76) 50 UNSK	Saskatoon	13/06/26
Old:	4.74 (-0.7)	Brian Berquist (53) 50 RIVA	Calgary	11/05/03

## 2026 MASTER MEN'S OUTDOOR RECORDS

### \*50m – M55

New:	6.93 (+0.0)	Colin Ellis (67) 58 SPME	Saskatoon	04/06/26
Old:	7.37 (0.0)	Brian Berquist (53) 55 RIVA	Utah	06/10/08

### 100m – M55

New:	12.28 (1.1)	Colin Ellis (67) 57 SPME	Saskatoon	14/06/25
Old:	12.28 (1.1)	Colin Ellis (67) 57 SPME	Saskatoon	14/06/25

### 200m – M55

New:	26.03 (+1.2)	Colin Ellis (67) 55 SPME	Laval	03/08/25
Old:	26.03 (+1.2)	Colin Ellis (67) 55 SPME	Laval	03/08/25

### \*1 Mile – M55

New:	5:22.24	James Funk (71) 55 RWAC	Saskatoon	04/07/27
Old:	5:55.70	Harvey Weber (65) 57 RWAC	Winnipeg	08/07/23

### \*Long Jump – M55

New:	4.78m (-0.3)	Colin Ellis (67) 58 SPME	Saskatoon	04/07/26
Old:	4.58m (0.0)	Brian Berquist (53) 55 RIVA	Las Vegas	02/10/09

### \*1 Mile – M60

New:	5:32.46	Harvey Weber (65) 60 RWAC	Saskatoon	04/07/26
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### \*3000m – M60

New:	11:28.88	Harvey Weber (65) 60 RWAC	Saskatoon	04/06/26
Old:	11:40.14	Keith Meszaros (56) 61	Regina	11/06/17

### \*50m – M70

New:	8.27 (+0.0)	Marcel D'Eon (53) 72 UNSK	Saskatoon	04/06/26
Old:	8.41 (0.0)	Doug Renwick 70 UNSK	Regina	12/05/12

### \*800m – M70

New:	2:52.56	Keith Meszaros (56) 70 RWAC	Saskatoon	14/06/26
Old:	2:55.16	Doug Renwick (42) 71 UNSK	Regina	28/07/13

## 2026 MASTER MEN'S OUTDOOR RECORDS

### \*1500m – M70

New:	6:01.47	Keith Meszaros (56) 70 RWAC	Saskatoon	13/06/26
Old:	6:04.92	Doug Renwick (42) 72 UNSK	St. George UT	06/10/14

### \*3000m – M70

New:	13:11.61	Keith Meszaros (56) 70 RWAC	Saskatoon	04/06/26
Old:	13:32.04	Doug Renwick (42) 72 UNSK	St. George UT	06/10/14

### \*1 Mile – M75

New:	10:14.09	Erroll Simington (47) 78 RWAC	Saskatoon	04/07/26
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### 800m – M80

New:	4:25.68	Roland Delhomeau (45) 80 TNMC	Regina	10/05/25
Old:	4:25.68	Roland Delhomeau (45) 80 TNMC	Regina	10/05/25

### Triple Jump – M80

New:	5.62m (1.0)	Roland Delhomeau (45) 80 TNMC	Regina	10/05/25
Old:	5.62m (1.0)	Roland Delhomeau (45) 80 TNMC	Regina	10/05/25