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

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

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

*60m – W40 Women				
New:	**7.83 Can Rec**	Kerri Lovelace (82) 43 STFC	Saskatoon	24/01/26
New:	**7.83 Can Rec**	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 – 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

*5000m – W60				
New:	24:27.93	Heather Osborne (61) 64 TNMC	Winnipeg	16/01/26

*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

*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:	3:01.99	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

*600m – W75				
New:	3:00.52	Judy Warick (49) 75 TNMC	Regina	06/02/26

2026 MASTER WOMEN'S INDOOR RECORDS

*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

*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

*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:	**6.69CR**	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

2026 WOMEN'S OUTDOOR RECORDS

*Hammer – U16 3kg				
New:	42.03m	Ellise Dyrland (11) STFC/TS	Regina	09/08/26
New:	41.06m	Ellise Dyrland (11) STFC	Lethbridge	16/05/26
New:	40.66m	Ellise Dyrland (11) STFC/TS	Regina	18/07/26
New:	38.43m	Rylee Mercredi (12) PAAC	Regina	09/05/26
Old:	38.31m	Naomi Klassen (01) TS	Estevan	25/07/16

*1 Mile – Senior Women				
New:	4:37.64	Courtney Hufsmith (98) RWAC	Stirling, SO	05/09/26
Old:	4:54.53	Kendra Schaaf (90) QCS	Cambridge	14/06/08

2026 OPEN WOMEN'S OUTDOOR RECORDS

*800m – U16 Women

New:	2:09.87	Quinn Lavoie (11) Team Man	Regina	09/08/26
Old:	2:12.24	Hannah Gates (08) Excel/TS	Sherbrooke	13/08/23

*1200m – U16 Women

New:	3:30.85	Amelia Bazely (13) Team NFLD	Regina	08/08/26
Old:	3:35.30	Hannah Gates (08) Excel/TS	Sherbrooke	11/08/23

*2000m – U16 Women

New:	6:12.33	Amelia Bazely (13) Team NFLD	Regina	07/08/26
Old:	6:22.94	Sophie Sigfstead TMAB	Saskatoon	18/07/14

*1500m Racewalk – U16 Women

New:	7:44.72	Rowan Clarke (11) Nanaimo Trac	Regina	08/08/26
Old:	8:07.71	Brandi Armstrong (84) UNA	Calgary	13/08/00

*1500m Steeplechase – U16 Women

New:	4:50.47	Sawyer Nicholson (11) Team ONT	Regina	09/08/26
Old:	4:58.97	Sorcha Shiu (05) TMAB	Regina	12/07/19

*4x100 – U16 Women

New:	48.31	Team Quebec A	Regina	08/08/26
	(Virginie Dube 12, Aurelie Essouma 11, Sara-Kim Renald 11, Inah Ndong Mba 11)			
Old:	48.55	Team Sask	Sherwood Park	27/07/18
	(Olamide Olaloku 03, Shelaine Prichard 04, Rachel Albertson 03, Savannah Sutherland 03)			

*Medley 1600 - U16 Women

New:	4:05.37	Team Quebec A	Regina	09/08/26
	(Laurie Dufault 11, Aurelie Essouma 11, Inah Ndong Mba 11, Mia Lepage 12)			
Old:	4:12.20	Team Sask	Sherwood Park	27/07/18
	(Savannah Sutherland 03, Shelaine Prichard 04, Rachel Albertson 03, Stella McLeod 04)			

*Triple Jump – U16 Women

New:	12.38m (-0.0)	Chioma Uzozie (11) Team BC	Regina	09/08/26
Old:	11.93m (0.0)	Chloe Hetherton (92) SMA	Oromocto, NB	11/08/07

2026 OPEN WOMEN'S OUTDOOR RECORDS

*Discus 1kg – U16 Women

New:	40.92m	Alea Cullin (11) Team ONT	Regina	07/08/26
Old:	39.94m	Sherri Leonard (74) HTS	Saskatoon	12/06/89

*Javelin 500gm – U16 Women

New:	40.99m	Benita Malan (11) UNA Alb	Regina	08/08/26
Old:	40.40m	Kirstie Redlick (92) TS/UNA	Red Deer	07/07/07

*Hammer 3kg – U16 Women

New:	54.25m	Olivia Froemchen (11) Team ONT	Regina	09/08/26
Old:	45.38m	Mackenna Leslie (01) TMAB	Regina	30/07/16

*Pentathlon – U16 Women

New:	3497 pts	Chioma Uzozie (11) Team BC	Regina	09/08/26
	(80m H – 12.05 (0.0), HJ – 1.64m, SP – 10.57m, LJ – 5.45m (1.1), 800m – 2:34.78)			
Old:	3206pts	Emily Coghill (99) TS	Langley, BC	15/08/14

*200m – U18 Women

New:	23.61 (1.6)	Jaylah Dennis (10) Team BC	Regina	09/08/26
Old:	24.29	Ladonna Antoine (74) RAT	Toronto	10/08/91

*100m Hurdles .76 – U18 Women

New:	13.73 (0.8)	Maeva Scipio (09) Thorold Elite	Regina	07/08/26
Old:	13.86 (0.5)	Jaime Cruickshank (86) STFC/CAN	Sherbrooke	09/07/03

*400m Hurdles .76 – U18 Women

New:	58.63	Tanaz Aulakh-Kahlon (09) Team BC	Regina	09/08/26
Old:	61.17	Michaela Colluney (72) BC	Saskatoon	19/08/89

*3000m Racewalk – U18 Women

New:	14:03.61	Maya Piesik (09) Team BC	Regina	08/08/26
Old:	17:58.98	Caitlin Warkentin (89) RIV	Weyburn	10/08/04

2026 OPEN WOMEN'S OUTDOOR RECORDS

*4x100 – U18 Women

New:	46.30	Team Quebec A	Regina	08/08/26
	(Kayla Divine Kadji Majo 10, Pradjie Sarah Baptiste 09, Maitee Trepanier 09, Athea-Faye Tapa 10)			
Old:	47.44	Team Alberta		
	(Tegan Wilson, Katelyn Slessor, Cassandra Grenke, Gracia Muamba)			

*4x400 – U18 Women

New:	3:47.44	Team BC	Regina	09/08/26
	(Chloe Agbebaku 09, Amelia-Ahn Lou 09, Lea Vorster 09, Tanaz Aulakh-Kahlon 09)			
Old:	3:48.28	Team Sask		
	(Paige Willems 02, Rachel Alberston 03, Savannah Sutherland 03, Avery Pearson 03)			

*Shot Put 3kg – U18 Women

New:	15.75m	Adalee Turland (09) Team ONT	Regina	08/08/26
Old:	14.08m	Ademide Adewumi (08) MJR/TS	Calgary	09/08/25

*Hammer 3kg – U18 Women

New:	59.75m	Tara Gharehcheloo (09) Team ONT	Regina	09/08/26
Old:	52.31m	Tanessa Morris (99) Excel	Ste. Therese	07/08/16

*1 Mile – Senior Women

New:	4:37.64	Courtney Hufsmith (98) RWAC	Stirling, SO	05/09/26
Old:	4:54.53	Kendra Schaaf (90) QCS	Cambridge	14/06/08

2026 MASTER WOMEN'S OUTDOOR RECORDS

*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

*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

*100m – W60				
New:	14.23 (+0.0)	Kelly Silcox (66) 60 SPME	Regina	17/07/26
New:	14.27 (1.8)	Carol Lafayette-Boyd (42) 62 EXCEL	Saskatoon	12/06/04

*1500m – W60				
New:	6:03.02	Danielle Johnston (65) 61 RWAC	Laval, QC	01/08/26
Old:	6:10.16	Danielle Johnston (65) 60 RWAC	Saskatoon	14/06/25

*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

2026 MASTER WOMEN'S OUTDOOR RECORDS

*Hammer 3kg – W65				
New:	27.51m	Laurie Hayes (60) 65 TNMC	Saskatoon	04/07/26
New:	25.96m	Laurie Hayes (60) 65 TNMC	Calgary	31/08/26
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

*1500m – W70				
New:	6:29.10 **CR**	Lynne Wawryk-Epp (55) 71 RWAC	Saskatoon	13/06/26
Old:	6:36.78	Lynne Wawryk-Epp (55) 70 RWAC	Laval	02/08/25

*3000m – W70				
New:	13:57.39**CR**	Lynne Wawryk-Epp (55) 71 RWAC	Saskatoon	04/06/26
Old:	14:35.24**CR**	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 **CR**	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
New:	7:21.75	Gwyneth Woodson (51) 75 RIVA/CAN	Daegu, Korea	01/09/26

*1 Mile – W75				
New:	7:44.48 **CR**	Gwyneth Woodson (51) 75 RIVA	Saskatoon	04/07/26

*5000m – W75				
New:	27:48.64	Gwyneth Woodson (51) 75 RIVA/CAN	Daegu, Korea	27/08/26
Old:	31:56.43	Judy Warick (49) 75 TNMC	Saskatoon	15/06/25

*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 – U16 Men

New:	11.21 (1.6)	Sawyer Jalbert (11) STFC	Saskatoon	05/06/26
Old:	11.30 (0.8)	Ryder Hardy (04) RIVA	Prince Albert	15/06/19
Old:	11.30 (0.2)	Kyler Duclos (09) TMSK	Winnipeg	19/07/24

*Long Jump – U18 Men

New:	7.22m (1.0)	Kyler Duclos (09) UNSK	Regina	08/08/26
Old:	7.01m (0.0)	Jae Evans (98) TMSK	Ste. Therese	08/08/15
Old:	7.01m (1.7)	Rylan Fugel (08) STFC	Saskatoon	14/06/25

*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

*Decathlon – U18 Men (new Javelin)

New:	4597 pts	Oluwaferanmi Jolaolu (10) RWAC	Regina	08/08/26

(100 – 11.93 (0.0), LJ – 4.62m (-0.0), SP – 9.34m, HJ – 1.65m, 400m – 54.33, 110m H – 16.32 (0.4), DT – 26.24m, PV – 2.60m, JT – 25.68m, 1500m – 5:19.34)

*Hammer – U20 Men 6kg

New:	63.11m	Reise Dolan (07) UNSK	Calgary	26/07/26
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:	3:36.14	Jonathan Podbielski (04) UNSK/CAN	Kortrijk, Bel	11/07/26
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

*1 Mile – Senior Men

New:	4:00.87	Jonathan Podbielski (04) UNSK	London, Ont	31/05/26
Old:	4:17.9h	Ray Rohatinsky	Yorkton	1964

2026 OPEN MEN'S OUTDOOR RECORDS

*200m – U16 Men

New:	22.22 (0.8)	Jaydon Sutherland (11) Team Ont	Regina	09/08/26
Old:	22.70 (0.4)	Ryder Hardy (04) RIVA	Sydney, NS	11/08/19

*800m – U16 Men

New:	1:55.69	Lief Gustafsson (11) Team Ont	Regina	09/08/26
Old:	1:57.37	Vaughn Taylor (00) QCS/TS	Winnipeg	18/07/15

*1200m – U16 Men

New:	3:11.79	Nash Okkerse (11) Team Ont	Regina	08/08/26
Old:	3:14.48	Adam Mytopher (03) TMSK	Brandon	10/08/18

*2000m – U16 Men

New:	5:43.09	Nash Okkerse (11) Team Ont	Regina	07/08/26
Old:	5:49.34	Ron MacLean (01) EXCEL	Ste. Therese	06/08/16

*100m Hurdles 33"– U16 Men

New:	13.29 (1.1)	Nathan Fortier (11) Team Que	Regina	08/08/26
Old:	13.54 (-0.4)	Hayden Jalbert (10) STFC	Calgary	08/08/25

*1500m Steeplechase – U16 Men

New:	4:25.34	Julien Jacques (11) Team Que	Regina	09/08/26
Old:	4:31.82	Abraham Makaby (04) RIVA	Sydney, NS	11/08/19

*1500m Racewalk – U16 Men

New:	9:47.71	Robert Sivers (11) Team Ont	Regina	08/08/26

*4x100 – U16 Men

New:	42.98	Team Ont	Regina	07/08/26
	(Delano Smith 11, Xavier Sauer 11, Nathaniel Baptiste 11, Jaydon Sutherland 11)			
Old:	44.72	Team Sask	Regina	13/07/19
	(Mesele Klassen 04, Dayton Uchacz 04, Tiago Dimande 04, Ryder Hardy 04)			

2026 OPEN MEN'S OUTDOOR RECORDS

*1600m Medley – U16 Men

New:	3:34.44	Team Ont	Regina	08/08/26
	(Nash Okkerse 11, Jaydon Sutherland 11, Wyatt McInnes 11, Lief Gustafsson 11)			
Old:	3:45.93	Team Sask	Winnipeg	19/07/15
	(Vaughn Taylor 00, Payne Wylie 00, Shane Seilman 00, Brett Bantle 00)			

*High Jump – U16 Men

New:	1.90m	Kaelen Smith (12) UNA Ont	Regina	07/08/26
Old:	1.90m	Blake Cumming (78) POT	Saskatoon	10/07/93

*Triple Jump – U16 Men

New:	13.61m (-0.0)	Jorel Gautier (11) Team Que	Regina	09/08/26
Old:	13.16m (1.5)	Kyler Duclos (09) TMSK	Calgary	09/08/24

*Discus 1kg – U16 Men

New:	62.21m	Bowen Taylor (11) Team Nova Scotia	Regina	08/08/26
Old:	54.57m	Justin Greif (88) TIS	Kitchener	10/08/03

*Hammer 4kg – U16 Men

New:	59.70m	Ryan Gobin (11) Team Alberta	Regina	09/08/26
Old:	52.79m	Calder Johnston (08) EXCEL	Saskatoon	14/07/23

*Pentathlon – U16 Men

New:	3217 pts	Callum Williams (11) Team BC	Regina	09/08/26
	(100m H – 13.80 (1.1), LJ – 6.09m (1.7), SP – 11.89m, HJ – 1.64m, 1000m – 3:00.95)			
Old:	2817pts	Brayden Arnason (01) TS/RIV	Ste. Therese	6-7/08/16

*100m – U18 Men

New:	10.54 (-1.2)	Dennis Iriowen (09) South Simcoe	Regina	07/08/26
Old:	10.55	Brad McCuaig (70) ALB	Regina	14/08/87

*200m – U18 Men

New:	21.48 (0.8)	Dennis Iriowen (09) South Simcoe	Regina	09/08/26
Old:	21.48	Brad McCuaig (70) ALB	Regina	15/08/87

*400m – U18 Men

New:	47.62	Shaunrie Whynter (09) Team BC	Regina	07/08/26
Old:	47.92	Vaughn Taylor (00) Excel/Can	Bahamas	21/07/17

2026 OPEN MEN'S OUTDOOR RECORDS

*400m Hurdles 33" – U18 Men

New:	53.40	Julio Lai-Fang (09) Team Ont	Regina	09/08/26
Old:	54.06	Payne Wylie (00) Riv/TS	Brandon	13/08/17

*3000m Racewalk – U18 Men

New:	16:00.14	Robert Lazenby (10) Cowichan Valley	Regina	08/08/26

*4x400 – U18 Men

New:	3:19.37	Team BC	Regina	09/08/26
	(Kingston Smith 09, Finn Adamson 09, Simon Smallacombe 09, Shaunrie Whynter 09)			
Old:	3:19.38	Team Alb	Saskatoon	20/007/14

*Shot Put 5kg – U18 Men

New:	18.24m	Gursher Gabri (09) Team BC	Regina	07/08/26
Old:	17.00m	Justin Greif (88) TIS	Regina	25/06/05

*Hammer 5kg – U18 Men

New:	73.50m	Gursher Gabri (09) Team BC	Regina	09/08/26
New:	61.42m	Connor Woods (09) Chinnok/AB	Regina	17/07/26
Old:	58.82m	Justin Greif (88) TIS	Regina	07/05/05

*Javelin new 700gm – U18 Men

New:	55.23m	Levi Seel (10) Team BC	Regina	08/08/26
New:	49.59m	Reed Passmore (09) Man	Regina	19/07/26
New:	46.66m	Jonah Mulder (09) UNSK	Saskatoon	05/07/26
New:	37.96m	Jaden Heal (09) RIVA	Saskatoon	14/06/26

*Decathlon – U18 Men

New:	6713 pts	Reed Passmore (10) Team Man	Regina	08/08/26
	(100 – 11.56 (0.3), LJ – 6.30m (-0.0), SP – 13.25m, HJ – 1.74m, 400m – 50.48, 110m H – 14.68 (1.3), DT – 35.23m, PV – 3.50m, JT – 48.48m, 1500m – 4:27.09)			
Old:	6188pts	Logan Kok (06) TMSK	Sherbrooke	11-12/08/23

*1500m – Senior Men

New:	3:36.14	Jonathan Podbielski (04) UNSK/CAN	Kortrijk, Bel	11/07/26
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

2026 OPEN MEN'S OUTDOOR RECORDS

*1 Mile – Senior Men				
New:	4:00.87	Jonathan Podbielski (04) UNSK	London, Ont	31/05/26
Old:	4:17.9h	Ray Rohatinsky	Yorkton	1964

2026 MASTER MEN'S OUTDOOR RECORDS

*Pole Vault – M35				
New:	4.03m	Jacob Lang (88) 37 Excel	Regina	19/07/26
Old:	4.00m	Rick Petrucha 39 RIV	Edmonton	08/04/94

*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
New:	2:00.39	Iain McCormick (85) 41 STFC/CAN	Daegu, Korea	25/08/26
Old:	2:01.3	Hike Van Der Wal (38) 41 AIA	Saskatoon	02/12/23

*400m – M45				
New:	55.55	Trevor Jacek (81) 45 RWAC/CAN	Daegu, Korea	29/08/26
New:	55.78	Trevor Jacek (81) 45 RWAC/CAN	Daegu, Korea	28/08/26
Old:	56.73	Jean Lemieux 45 UNSK	Victoria	10/08/96

*800m – M45				
New:	2:08.74	Trevor Jacek (81) 45 RWAC/CAN	Daegu, Korea	24/08/26
Old:	2:10.9	Rick Hanna 46 UNSK	Saskatoon	08/07/92

*1 Mile – M45				
New:	5:18.24	Tyrell Bjarnason (80) 45 RWAC	Saskatoon	04/07/26

*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:	15.46 (+1.3)	Doug McLaren (81) 50 UNSK/CAN	Daegu, Korea	02/09/26
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
Old:	1.45m	Jack Walton 50 UNSK	Saskatoon	15/06/96

2026 MASTER MEN'S OUTDOOR RECORDS

*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

*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

*200m – M55				
New:	25.86 (-2.8)	Colin Ellis (67) 55 SPME	Regina	18/07/26
Od:	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	04/07/26
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
New:	4.77m (+1.9)	Colin Ellis (67) 58 SPME/CAN	Daegu, Korea	23/08/26
Old:	4.58m (0.0)	Brian Berquist (53) 55 RIVA	Las Vegas	02/10/09

*800m – M60				
New:	2:24.18	Harvey Weber (65) 60 RWAC/CAN	Daegu, Korea	25/08/26
New:	2:24.97	Harvey Weber (65) 60 RWAC/CAN	Daegu, Korea	24/08/26
Old:	2:25.41	Doug Renwick (42) 61 UNSK	Richmond	17/08/03

*1500m – M60				
New:	5:06.82	Harvey Weber (65) 60 RWAC/CAN	Daegu, Korea	27/08/26
New:	5:07.98	Harvey Weber (65) 60 RWAC	Laval	01/08/26
Old:	5:16.79	Doug Renwick (42) 63 UNSK	Edmonton	30/07/05

*1 Mile – M60				
New:	5:32.46	Harvey Weber (65) 60 RWAC	Saskatoon	04/07/26

*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

2026 MASTER MEN'S OUTDOOR RECORDS

*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

*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