

2022 WOMEN'S INDOOR RECORDS

*400m – U20 Women

New:	55.05oversized	Savannah Sutherland (03) MI/STF	Geneva, Ohio	25/02/22
Old:	55.50	Gail Harris 66 YOR	Toronto	25/02/84

*600m – U20 Women

New:	1:29.41	Avery Pearson (03) US	Winnipeg	26/02/22
New:	1:30.15oversized	Savannah Sutherland (03) MI/STF	Lexington, KY	28/01/22
New:	1:30.38	Avery Pearson (03) US	Winnipeg	19/03/22
New:	1:30.46	Avery Pearson (03) US	St. John, NB	31/03/22
New:	1:30.49	Avery Pearson (03) US	Edmonton	11/02/22
New:	1:31.84	Avery Pearson (03) US	Edmonton	21/01/22
New:	1:31.87	Savannah Sutherland (03) MI/STF	Ann Hrbor, MI	15/01/22
New:	1:32.63	Savannah Sutherland (03) MI/STF	Ann Hrbor, MI	22/01/22
Old:	1:32.75	Clara Wall 65 US	Sherbrooke	10/03/84

*1000m – U20 Women

New:	2:48.82	Avery Pearson (03) US	St. John, NB	01/04/22
New:	2:49.08	Avery Pearson (03) US	Winnipeg	18/03/22
New:	2:49.90	Avery Pearson (03) US	Winnipeg	25/02/22
New:	2:51.70	Avery Pearson (03) US	Edmonton	22/01/22
Old:	2:56.22	Natalia McCullough (01) UR	Saskatoon	10/01/20

*4x800m – Senior Women

New:	8:48.76	University of Saskatchewan	St. John, NB	01/04/22
		(Olivia Moyse 00, Kaitlyn Harrison 01, Courtney Hufsmith 98, Avery Pearson 03)		
Old:	8:57.18	University of Saskatchewan	Saskatoon	04/03/83
		(Donna Balezantis 65, Teresa Hlady 64, Leila Preston 61, Lesia Pillipow 63)		

2022 OPEN WOMEN'S INDOOR RECORDS

*600m – U20 Women

New:	1:29.41	Avery Pearson (03) US	Winnipeg	26/02/22
New:	1:30.38	Avery Pearson (03) US	Winnipeg	19/03/22
New:	1:30.46	Avery Pearson (03) US	St. John, NB	31/03/22
New:	1:30.49	Avery Pearson (03) US	Edmonton	11/02/22
Old:	1:31.06	Maxine Scringer 68 AB-UC	Saskatoon	14/03/87

*1000m – U20 Women

New:	2:48.82	Avery Pearson (03) US	St. John, NB	01/04/22
New:	2:49.08	Avery Pearson (03) US	Winnipeg	18/03/22
New:	2:49.90	Avery Pearson (03) US	Winnipeg	25/02/22
Old:	2:50.21	Trish Wellman (64) BC-UV	Saskatoon	04/03/83

2022 MASTER WOMEN'S INDOOR RECORDS

*300m – W45

New:	45.86	Andrea Kozan (72) 49 EXCL	Winnipeg	04/03/22
Old:	47.65	Kelly Silcox (66) 49	Regina	13/02/16

*600m – W45

New:	1:47.86	Andrea Kozan (72) 49 EXCL	Winnipeg	05/03/22
Old:	1:54.23	Andrea Kozan (72) 46 EXCL	Saskatoon	11/01/19

*60m Hurdles – W45

New:	11.03	Sandi Arnason (73) 49 RIVA	St. John, NB	26/03/22
Old:	11.11	Sandi Arnason (73) 46 RIVA	Edmonton	16/02/20

*60m - W55

New:	8.59	Kelly Silcox (66) 55 FLCR	Saskatoon	28/01/22
New:	8.67	Kelly Silcox (66) 55 FLCR	Regina	12/02/22
New:	8.73	Kelly Silcox (66) 55 FLCR	Saskatoon	04/12/21
Old:	9.02	Muriel Gieni (58) 56 RIVA	Regina	14/02/15

*200m - W55

New:	29.45	Kelly Silcox (66) 55 FLCR	Saskatoon	28/01/22
Old:	30.33	Carol Lafayette-boyd (42) 59	Regina	10/03/02

*60m Hurdles – W60

New:	10.55 CAN REC	Muriel Gieni (58) 63 RIVA	Saskatoon	18/02/22
Old:	10.65 CAN REC	Muriel Gieni (58) 61 RIVA	Edmonton	08/02/20

*High Jump – W60

New:	1.27m	Muriel Gieni (58) 63 RIVA	Edmonton	06/02/22
New:	1.27m	Muriel Gieni (58) 63 RIVA	St. John, NB	26/03/22
Old:	1.25m	Muriel Gieni (58) 61 RIVA	Edmonton	08/02/20

*Pentathlon – W60

New:	3886pts CAN REC	Muriel Gieni (58) 63 RIVA	ST. John, NB	26/03/22
	(10.67 – 60m H, 1.27m – HJ, 9.25m – SP, 3.96m – LJ, 3:43.13 – 800m)			

New:	3728pts CAN REC	Muriel Gieni (58) 63 RIVA	Edmonton	06/02/22
	(10.74 – 60m H, 1.27m – HJ, 8.98m – SP, 3.83m – LJ, 3:51.71 – 800m)			

2022 MASTER WOMEN'S INDOOR RECORDS

*1 Mile – W65

New:	7:13.56	Lynne Wawryk-Epp (55) 66TNMC	Saskatoon	28/01/22
Old:	7:20.69	Judy Warick (49) 65 SCTM	Saskatoon	24/01/15

*600m – W70

New:	2:46.22	Judy Warick (49) 72 TNMC	Saskatoon	11/03/22
New:	2:51.72	Judy Warick (49) 72 TNMC	Saskatoon	14/01/22

*1000m – W70

New:	5:10.67	Judy Warick (49) 72 TNMC	Saskatoon	28/01/22
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2022 MEN'S INDOOR RECORDS

*800m – U16 Men

New:	1:59.53	Killian Naughton (06) EXCL	Regina	11/12/21
Old:	2:00.09	Vaughn Taylor (00) QCS	Regina	06/12/14

*60m – U18 Men

New:	6.94	Storm Zablocki (04) PA Athletics	Saskatoon	04/12/21
Old:	6.97	Dami Ogunbiyi (01) EXCL	Regina	08/12/18

*60m – U20 Men

New:	6.89	Storm Zablocki (04) PA Athletics	Edmonton	05/03/22
New:	6.91	Storm Zablocki (04) PA Athletics	Saskatoon	11/03/22
New:	6.93	Storm Zablocki (04) PA Athletics	Saskatoon	28/01/22
Old:	6.93	Eric Clark (87) UR/EXA	Regina	02/12/06

*Weight Throw (25lbs) – Junior Men

New:	19.97m	Hunter Wallster (02) UNSK	Sasaktoon	18/12/21
Old:	18.99m	Tory Shewfelt (95) UR	Winnipeg	01/03/14

*60m Hurdles (42") – Senior Men

New:	7.90	Payne Wylie (00) RIVA/UNSK	Allendale, MI	11/02/22
Old:	7.90	Kayden Johnson (96) UNSK	Windsor	09/03/18

2022 OPEN MEN'S INDOOR RECORDS

*800m – U16 Men

New:	1:59.53	Killian Naughton (06) EXCL	Regina	11/12/21
Old:	2:00.09	Vaughn Taylor (00) QCS	Regina	06/12/14

*Weight Throw (20lbs) – U18 Men

New:	22.46m	Jake McEachern (05) SPLI-ALB	Sasktoon	18/12/21
Old:	21.68m	Tory Shewfelt (95) EXCL	Regina	01/12/12

*Weight Throw (25lbs) – Junior Men

New:	19.97m	Hunter Wallster (02) UNSK	Sasktoon	18/12/21
Old:	18.99m	Tory Shewfelt (95) UR	Winnipeg	01/03/14

2022 MASTER MEN'S INDOOR RECORDS

*300m - M30

New:	38.57	Jayden Wiebe (91) 30 UNSK	Saskatoon	14/01/22
Old:	40.23	Curtis Buhs 33 UNSK	Saskatoon	12/01/19

*60m Hurdles - M30

New:	9.15	Jayden Wiebe (91) 30 UNSK	Winnipeg	26/02/22
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*Long Jump - M30

New:	6.14m	Jayden Wiebe (91) 30 UNSK	Saskatoon	18/02/22
Old:	6.09m	Jeff Harder 33 UNSK	Saskatoon	26/01/19

*Triple Jump - M30

New:	12.22m	Jayden Wiebe (91) 30 UNSK	Saskatoon	11/03/22
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*60m – M40

New:	7.32	Mike Taylor (81) 40 PA Athletics	Saskatoon	11/03/22
New:	7.32	Mike Taylor (81) 40 PA Athletics	Saskatoon	14/01/22
New:	7.36	Mike Taylor (81) 40 PA Athletics	Saskatoon	28/01/22
New:	7.38	Mike Taylor (81) 40 PA Athletics	St. John, NB	27/03/22
New:	7.39	Mike Taylor (81) 40 PA Athletics	Saskatoon	04/12/21
New:	7.40	Mike Taylor (81) 40 PA Athletics	Edmonton	05/03/22
New:	7.42	Mike Taylor (81) 40 PA Athletics	Regina	12/02/22
Old:	7.54	Chad Kichula (76) 42 EXCL	Saskatoon	25/01/19

*200m – M40

New:	23.89	Mike Taylor (81) 40 PA Athletics	Edmonton	06/03/22
New:	24.25	Mike Taylor (81) 40 PA Athletics	St. John, NB	26/03/22
New:	24.36	Mike Taylor (81) 40 PA Athletics	Regina	11/02/22
Old:	24.97	Chad Kichula (76) 41	Toronto	11/03/18

*400m – M40

New:	56.84	Trevor Jacek (81) 40 RWAC	Regina	11/02/22
New:	56.94	Trevor Jacek (81) 40 RWAC	New York	18/03/22

*800m – M40

New:	2:06.87	Trevor Jacek (81) 40 RWAC	New York	20/03/22
Old:	2:07.43	Allen Johnston 40	Saskatoon	29/04/94

2022 MASTER MEN'S INDOOR RECORDS

*1 Mile – M40

New:	4:56.25	Trevor Jacek (81) 40 RWAC	New York	19/03/22
Old:	4:57.13	Flemming Sondergaard (78) 41	Saskatoon	11/01/20

*60m – M45

New:	7.60	Chad Kichula (76) 45 FLCR	Saskatoon	14/01/22
New:	7.60	Chad Kichula (76) 45 FLCR	Saskatoon	28/01/22
New:	7.63	Chad Kichula (76) 45 FLCR	Regina	12/02/22
Old:	7.77	John Headley 50 RivA	Edmonton	06/03/04

*200m – M45

New:	25.04	Chad Kichula (76) 45 FLCR	Saskatoon	28/01/22
Old:	25.30	Brian Berquist 45 RivA	Regina	19/02/99

*1mile – M45

New:	5:04.13	Jason Warick (73) 48 UNSK	Saskatoon	28/01/22
Old:	5:08.33	Ron Balezantis 48	Saskatoon	27/01/12

*60m – M50

New:	7.79	Colin Ellis (67) 53 EXCL	Regina	11/12/21
Old:	7.84	John Headley 50 RIV	Edmonton	04/03/06

*300m – M70

New:	50.72	Garth Cantrill (49) 72 TNMC	Saskatoon	11/03/22
Old:	51.13	Hylke Van Der Wal 71	Regina	13/02/10

2022 WOMEN'S OUTDOOR RECORDS

*800m – U20 Women

New:	2:05.48	Avery Pearson (03) Uof S	Calgary	10/07/22
Old:	2:06.42	Avery Pearson (03) UNSK/CAN	Nairobi, KEN	21/08/21

400m Hurdles – U20 Women

New:	57.27	Savannah Sutherland (03) STFC/CAN	Nairobi, KEN	22/08/21
Old:	57.27	Savannah Sutherland (03) STFC/CAN	Nairobi, KEN	22/08/21

*100m - Senior Women

New:	11.40 (+1.7)	Michelle Harrison (92) STFC	Edmonton	03/07/22
Old:	11.58 (+1.4)	Jenni Hucul (88) STFC	Saskatoon	04/07/03

800m - Senior Women

New:	2:00.88	Julianne Labach (96) UNSK	Memphis, TN	15/08/21
Old:	2:00.88	Julianne Labach (96) UNSK	Memphis, TN	15/08/21

*100m Hurdles - Senior Women

New:	12.74 (+0.3)	Michelle Harrison (92) STFC	Eugene	24/07/22
New:	12.80 (+0.5)	Michelle Harrison (92) STFC	Guelph	08/06/22
New:	12.89 (+1.4)	Michelle Harrison (92) STFC	Montreal	04/06/22
New:	12.89 (+1.8)	Michelle Harrison (92) STFC	Windsor	21/05/22
New:	12.90 (-1.1)	Michelle Harrison (92) STFC	Edmonton	03/07/22
Old:	12.93 (+0.5)	Brianne Theisen-Eaton (88) UNSK	Gotzis	28/05/16

2022 OPEN WOMEN'S OUTDOOR RECORDS

*800m – U20 Women

New:	2:05.48	Avery Pearson (03) Uof S	Calgary	10/07/22
Old:	2:06.42	Avery Pearson (03) UNSK/CAN	Nairobi, KEN	21/08/21

400m Hurdles – U20 Women

New:	57.27	Savannah Sutherland (03) STFC/CAN	Nairobi, KEN	22/08/21
Old:	57.27	Savannah Sutherland (03) STFC/CAN	Nairobi, KEN	22/08/21

*100m - Senior Women

New:	11.40 (+1.7)	Michelle Harrison (92) STFC	Edmonton	03/07/22
Old:	11.50	Patricia Loverock (53) BC	Regina	11/08/75

800m - Senior Women

New:	2:00.88	Julianne Labach (96) UNSK	Memphis, TN	15/08/21
Old:	2:00.88	Julianne Labach (96) UNSK	Memphis, TN	15/08/21

*100m Hurdles - Senior Women

New:	12.74 (+0.3)	Michelle Harrison (92) STFC	Eugene	24/07/22
New:	12.80 (+0.5)	Michelle Harrison (92) STFC	Guelph	08/06/22
New:	12.89 (+1.4)	Michelle Harrison (92) STFC	Montreal	04/06/22
New:	12.89 (+1.8)	Michelle Harrison (92) STFC	Windsor	21/05/22
New:	12.90 (-1.1)	Michelle Harrison (92) STFC	Edmonton	03/07/22
Old:	12.93 (+0.5)	Brianne Theisen-Eaton (88) UNSK	Gotzis	28/05/16

2022 MASTER WOMEN'S OUTDOOR RECORDS

*800m – W30

New:	2:03.59	Adrea Propp (92) 30 UNSK	Edmonton	03/07/22
New:	2:03.96	Adrea Propp (92) 30 UNSK	Burnaby	24/06/22
New:	2:04.19	Adrea Propp (92) 30 UNSK	Burnaby	25/06/22
New:	2:05.16	Adrea Propp (92) 30 UNSK	Burnaby	14/06/22
New:	2:06.51	Adrea Propp (92) 30 UNSK	Saskatoon	16/07/22
New:	2:06.66	Adrea Propp (92) 30 UNSK	Victoria	16/06/22
New:	2:08.12	Adrea Propp (92) 30 UNSK	Calgary	12/06/22
Old:	2:21.91	Carla Nicholls 33	Edmonton	24/06/01

*1500m – W30

New:	4:23.26	Jessica Furlan (90) 32 UNSK	Azusa	15/04/22
New:	4:26.92	Jessica Furlan (90) 32 UNSK	Tucson	09/04/22
New:	4:33.67	Jessica Furlan (90) 32 UNSK	Tucson	19/03/22
Old:	4:50.37	Olivia Yuel 31	Regina	06/05/00

*400m Hurdles – W30

New:	59.41	Adrea Propp (92) 30 UNSK	Calgary	26/06/22
New:	59.89	Adrea Propp (92) 30 UNSK	Calgary	12/06/22
New:	60.34	Adrea Propp (92) 30 UNSK	Langely	25/06/22
New:	60.73	Adrea Propp (92) 30 UNSK	Burnaby	14/06/22

*3000m Steeplechase – W30

New:	9:34.32	Jessica Furlan (90) 32 UNSK	Walnut, CA	19/05/22
New:	9:38.43	Jessica Furlan (90) 32 UNSK	Palo Alto	29/04/22
New:	9:49.22	Jessica Furlan (90) 32 UNSK	Walnut	16/04/22
New:	10:15.33	Jessica Furlan (90) 32 UNSK	Rempe	26/03/22

*5000m – W35

New:	18:49.23	Elizabeth Tomczak (87) 35 JPRC	Regina	31/07/22
Old:	19:01.82	Joan Cochrane 38	Saskatoon	05/07/98

*10,000m – W35

New:	41:11.14	Elizabeth Tomczak (87) 35 JPRC	Regina	29/07/22
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*Shot Put 4kg – W40

New:	11.99m	Karla Johnson-Kabruch (78) 44 UNSK	Saskatoon	15/07/22
New:	11.36m	Karla Johnson-Kabruch (78) 44 UNSK	Regina	29/07/22
Old:	9.97m	Marjorie Swab 44	Regina	06/05/00

2022 MASTER WOMEN'S OUTDOOR RECORDS

*Discus 1Kg – W40

New:	34.61m	Karla Johnson-Kabruch (78) 44 UNSK	Saskatoon	17/07/22
New:	33.41m	Karla Johnson-Kabruch (78) 44 UNSK	Regina	29/07/22
Old:	27.19m	Bonnie Dagg 43	Saskatoon	12/06/04

*Hammer 4kg – W40

New:	45.26m	Karla Johnson-Kabruch (78) 44 UNSK	Saskatoon	15/07/22
New:	40.94m	Karla Johnson-Kabruch (78) 44 UNSK	Regina	29/07/22
Old:	21.64m	Pearleen Baptiste 41	Saskatoon	26/06/04

*Javelin 600gm – W40

New:	27.70m	Karla Johnson-Kabruch (78) 44 UNSK	Saskatoon	17/07/22
New:	26.35m	Karla Johnson-Kabruch (78) 44 UNSK	Regina	29/07/22
Old:	20.25m	Jennifer Tondevold 43	Regina	22/06/19

*Weight Throw 9kg – W40

New:	13.52m CR	Karla Johnson-Kabruch (78) 44 UNSK	Regina	29/07/22
Old:	6.45m	Pearleen Baptiste 41	Calgary	18/07/04

*Weight Pentathlon – W40

New:	3539 pts CR (HT – 40.94m, SP – 11.36m, DT – 33.41m, JT – 26.35m, WT – 13.52m)	Karla Johnson-Kabruch (78) 44 UNSK	Regina	29/07/22
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*80m Hurdles 30" – W45

New:	14.72 (1.9)	Sandi Arnason (73) 49 RIVA	Saskatoon	16/07/22
Old:	14.88 (2.0)	Sandi Arnason (73) 48 RIVA	Edmonton	07/08/21

*High Jump – W45

New:	1.31m	Sandi Arnason (73) 49 RIVA	Saskatoon	15/07/22
Old:	1.30m	Sandi Arnason (73) 46 RIVA	Toronto	19/07/19

*Pentathlon – W45

New:	2486 pts	Sandi Arnason (73) 49 RIVA	Regina	29/07/22
Old:	2352 pts (80m H – 15.77 (-1.3), HJ – 1.30m, SP – 7.84m, LJ – 3.98m (2.0), 800m – 3:21.42)	Sandi Arnason (73) 46 RIVA	Toronto	19/07/19

2022 MASTER WOMEN'S OUTDOOR RECORDS

*Weight Pentathlon – W45

New:	2217 pts	Jennifer Tondevold (75) 46 EXCEL	Regina	29/07/22
		(HT – 20.62m, SP – 8.77m, DT – 23.74m, JT – 21.19m, WT – 6.54m)		

*400m – W50

New:	64.21	Andrea Kozan (72) 50 EXCEL	Saskatoon	15/07/22
New:	1:05.58	Andrea Kozan (72) 50 EXCEL	Regina	30/07/22
Old:	67.03	Laurie Meloche 50	Sacramento	11/07/11

*800m – W50

New:	2:30.53	Andrea Kozan (72) 50 EXCEL	Regina	31/07/22
New:	2:35.39	Andrea Kozan (72) EXCEL	Saskatoon	16/07/22
Old:	2:37.60	Laurie Meloche 50	Sacramento	13/07/11

*100m – W55

New:	13.75 (0.9)	Kelly Silcox (66) 56 FLCR	Regina	30/07/22
Old:	13.97 (1.6)	Kelly Silcox (66) FLCR	Regina	26/06/21

*200m – W55

New:	28.94 (0.7)	Kelly Silcox (66) FLCR	56	Regina	31/07/22
New:	28.98 (1.8)	Kelly Silcox (66) FLCR	56	Saskatoon	15/07/22
New:	29.98 (1.1)	Kelly Silcox (66) FLCR	55	Regina	14/05/22
Old:	30.11	Carol Lafeyette-Boyd (42) EXA		Saskatoon	05/07/98

*Javelin 500gm – W55

New:	21.86m	Michelle Van De Meutter (66) 55 NBL	Regina	14/05/22
Old:	18.35m	Colleen Moniuk (61)	Saskatoon	08/09/18

*Discus 1kg – W55

New:	27.85m	Michelle Van De Meutter (66) 55 NBL	Regina	14/05/22
Old:	23.47m	Joan Vogel (59)	Kamloops	19/08/00

*Hammer 3kg – W55

New:	32.82m	Michelle Van De Meutter (66) 55 NBL	Regina	14/05/22
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*Weight Throw 16lbs – W55

New:	11.50m	Michelle Van De Meutter (66) 55 NBL	Regina	14/05/22
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2022 MASTER WOMEN'S OUTDOOR RECORDS

*400m – W60

New:	1:20.92	Rhonda Tremblay (60) 62 EXCEL	Regina	30/07/22
Old:	1:25.25	Joan Vogel 60	St.George,UT	09/10/01

*1500m – W60

New:	6:41.04	Gay Renouf (61) 61 UNSK	Regina	30/07/22
Old:	6:55.78	Judy Warick 64	Regina	27/07/13

*3000m – W60

New:	15:18.47	Heather Osborne (61) 60 TNMC	Saskatoon	15/07/22
New:	15:43.13	Heather Osborne (61) 60 TNMC	Regina	14/05/22

*5000m – W60

New:	24:03.01	Jan Smith (60) 62 UNSK	Regina	31/07/22
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*2000m Steeplechase 30" – W60

New:	9:39.91	Jan Smith (60) 62 UNSK	Regina	30/07/22
Old:	9:51.8	Judy Warick (49) 60	Kamloops	19/07/09

*High Jump – W60

New:	1.21m	Muriel Gieni (58) 64 RIVA	Saskatoon	15/07/22
Old:	1.20m	Muriel Gieni (58) 63 RIVA	Calgary	24/07/21

*Pentathlon – W60

New:	3737 Pts CR (80m H – 14.16 (-1.6), HJ – 1.24m, SP – 8.66m, LJ – 3.87m (1.2), 800m - 3:36.45)	Muriel Gieni (58) 64 RIVA	Regina	29/07/22
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*800m – W65

New:	3:14.87	Lynne Wawryk-Epp (55) 67 TNMC	Saskatoon	16/07/22
Old:	3:17.99	Grace Butcher 66	Kamloops	18/08/00

*1500m – W65

New:	6:31.06	Lynne Wawryk-Epp (55) 67 TNMC	Saskatoon	17/07/22
Old:	7:15.95	Judy Warick 67	Saskatoon	07/06/16

2022 MASTER WOMEN'S OUTDOOR RECORDS

*800m – W70

New:	3:59.22	Judy Warick (49) 73TNMC	Regina	31/07/22
Old:	4:15.02	Joan Matlock 70	Kamloops	17/07/09

*1500m – W70

New:	8:30.81	Judy Warick (49) 73TNMC	Regina	30/07/22
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*100m – W80

New:	16.23 (1.6) WR CR	Carol LaFayette-Boyd (42) EXCEL 80	Regina	30/07/22
Old:	27.78 (-1.3)	Gwen Boivin (34) 84 UNSK	Regina	09/06/18

*200m – W80

New:	34.38 (0.5) WR CR	Carol LaFayette-Boyd (42) EXCEL 80	Regina	31/07/22
New:	34.90 (1.8) WR CR	Carol LaFayette-Boyd (42) EXCEL 80	Saskatoon	15/07/22

*Long Jump – W80

New:	3.69m (0.9) WR CR	Carol LaFayette-Boyd (42) EXCEL 80	Regina	30/07/22
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*Triple Jump – W80

New:	7.45m (-3.0) WR CR	Carol LaFayette-Boyd (42) EXCEL 80	Saskatoon	17/07/22
New:	6.93m (0.3) WR CR	Carol LaFayette-Boyd (42) EXCEL 80	Regina	31/07/22
Old:	3.79m	Gwen Boivin (34) 84	Regina	09/06/18

*100m – W85

New:	33.67 (1.6)	Gwen Boivin (34) 88 UNSK	Regina	30/07/22
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*Long Jump – W85

New:	1.23m (1.1)	Gwen Boivin (34) 88 UNSK	Regina	30/07/22
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*Triple Jump – W85

New:	3.89m (-0.1)	Gwen Boivin (34) 88 UNSK	Regina	31/07/22
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2022 MEN'S OUTDOOR RECORDS

*Decathlon – U18 Men

New: 5843 Pts Josh Tam (05) STFC Sherwood Park 23/07/22
(100m–11.68 (+0.0), LJ–6.04m (0.9), SP–10.74m, HJ–1.79m, 400m–54.95, 110mH–15.54 (-0.5), DT–28.06m, PV–4.20m, JT–37.94m, 1500m–5:13.10)

New: 5481 Pts Josh Tam (05) STFC Sherwood Park 23/07/22
(100m–11.74 (-0.6), LJ–6.32m (1.2), SP–11.06m, HJ–1.77m, 400m–55.72, 110mH–15.43 (2.1), DT–23.23m, PV–3.83m, JT–28.51m, 1500m–5:25.69)

Old: 5091 Pts Jordan Dasiuk (01) RIVA Calgary 14/15/07/18
(100m–11.52 (1.0), LJ–5.74m (+2.2), SP–10.89m, HJ–1.56m, 400m–54.42, 110mH–16.43 (1.2), DT–27.66m, PV–2.90m, JT–45.53m, 1500m–5:54.38)

*100m – Junior Men

New: 10.61 (+1.3) Storm Zablocki (04) PAAC Langley 25/06/22
New: 10.64 (0.1) Storm Zablocki (04) PAAC Sherwood Park 22/07/22
New: 10.68 (0.9) Storm Zablocki (04) PAAC Regina 03/06/22
Old: 10.74 Mike Taylor (81) STFC Edmonton 29/07/00

*110m Hurdles – Senior Men

New: 14.22 (1.8) Payne Wylie (00) UNSK Bloomington 26/05/22
New: 14.27 (-1.4) Payne Wylie (00) UNSK Kalamazoo 14/05/22
Old: 14.28 (0.5) Payne Wylie (00) UNSK San Marcos, TX 25/03/21

2022 OPEN MEN'S OUTDOOR RECORDS

*Decathlon – U18 Men

New: 5843 Pts Josh Tam (05) STFC Sherwood Park 23/07/22
(100m–11.68 (+0.0), LJ–6.04m (0.9), SP–10.74m, HJ–1.79m, 400m–54.95, 110mH–15.54 (-0.5), DT–28.06m, PV–4.20m, JT–37.94m, 1500m–5:13.10)

New: 5481 Pts Josh Tam (05) STFC Sherwood Park 23/07/22
(100m–11.74 (-0.6), LJ–6.32m (1.2), SP–11.06m, HJ–1.77m, 400m–55.72, 110mH–15.43 (2.1), DT–23.23m, PV–3.83m, JT–28.51m, 1500m–5:25.69)

Old: 50.91 Pts Jordan Dasiuk (01) RIVA Calgary 14/15/07/18
(100m–11.52 (1.0), LJ–5.74m (+2.2), SP–10.89m, HJ–1.56m, 400m–54.42, 110mH–16.43 (1.2), DT–27.66m, PV–2.90m, JT–45.53m, 1500m–5:54.38)

*100m – Senior Men

New: 10.28 (1.8) Usheoritse Itsekiri (98) Nigeria Regina, SK 14/05/22
Old: 10.39 Desai Williams (59) On-SO Regina 02/08/81

*110m Hurdles – Senior Men

New: 14.22 (1.8) Payne Wylie (00) UNSK Bloomington 26/05/22
New: 14.27 (-1.4) Payne Wylie (00) UNSK Kalamazoo 14/05/22
Old: 14.28 (0.5) Payne Wylie (00) UNSK San Marcos, TX 25/03/21

2022 MASTER MEN'S OUTDOOR RECORDS

*Long Jump - M30

New:	5.98m (0.2)	Jayden Wiebe (91) 30 STFC	Regina	30/07/22
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*Triple Jump - M30

New:	12.82m (0.1)	Jayden Wiebe (91) 30 STFC	Regina	31/07/22
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*Shot Put - M30

New:	14.25m	Chris Pickering (89) 33 UNSK	Regina	31/07/22
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*5000m – M60

New:	18:45.62	Gerry Nagy (62) 60 JPRC	Regina	31/07/22
New:	19:03.68	Gerry Nagy (62) 60 JPRC	Regina	14/05/22
New:	19:09.01	Gerry Nagy (62) 60 JPRC	Saskatoon	15/07/22
Old:	20:10.73	Keith Meszaros (60)	Vancouver	29/08/16

*10,000m – M60

New:	39:48.38	Gerry Nagy (62) 60 JPRC	Regina	29/07/22
Old:	44:15.51	Dave Olsen (60)	St. Catherine's	18/07/15

*Javelin – M70 500gm

New:	33.27m	James McLane (51) 71 UNSK	Regina	31/07/22
Old:	30.00m	Ted Rowan (33)	Regina	28/06/08

*Shot Put – M70 4kg

New:	11.19m	James McLane (51) 71 UNSK	Regina	31/07/22
Old:	10.59m	Art Battiste (42)	Regina	13/05/17

*200m – M85

New:	45.09 (0.1)	Joseph Koza (36) 86 UNSK	Regina	31/07/22
Old:	58.11	Howard West 85 UNSK	Saskatoon	05/07/98