



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

INDOOR RECORDS FOR MEN

Open: The best performance by any athlete within the province of Manitoba

Age Categories: The best performance by an Athletics Manitoba member anywhere

	Event			Mark	Date Set	Record Holder	Affiliation	Location
Open	50m Dash			5.82	Feb-17-79	STEVE RIDDICK	USA	WINNIPEG
Open	50m Dash			5.82	Jan-21-89	WAYNE CRUMP	RAIDERS TC	WINNIPEG
Senior	50m Dash			5.82	Jan-21-89	WAYNE CRUMP	RAIDERS TC	WINNIPEG
Junior	50m Dash			5.90	Feb-26-83	COURTNEY BROWN	AOTC	SHERBROOK
Juvenile	50m Dash			5.98	Dec-28-82	COURTNEY BROWN	AOTC	SASKATOON
Midget	50m Dash			6.23	Dec-30-80	COURTNEY BROWN	AOTC	SASKATOON
Open	60m Dash			6.59	Feb-20-93	BRUNY SURIN	VIDE	WINNIPEG
Senior	60m Dash			6.69	Feb-21-87	RICK JONES	RAIDERS TC	EDMONTON
Juvenile	60m Dash			6.83	Dec-29-82	COURTNEY BROWN	AOTC	SASKATOON
Junior	60m Dash			6.83	Dec-29-82	COURTNEY BROWN	AOTC	SASKATOON
Midget	60m Dash			7.35	Dec-27-86	JASON BOGEN	FLYING M AC	SASKATOON
Open	200m Dash			21.27	Feb-15-87	CYPRIAN ENWEANI	SASKATCHEWAN	WINNIPEG
Senior	200m Dash			21.36	Feb-11-84	CAL LANGFORD	RAIDERS TC	WINNIPEG
Junior	200m Dash			21.37	Feb-11-84	COURTNEY BROWN	AOTC	WINNIPEG
Juvenile	200m Dash			22.45	Mar- 2-01	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Midget	200m Dash			23.60	Dec-11-99	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Open	300m Dash			32.95	Jan-31-04	TYLER CHRISTOPHER	EDMONTON INTERNATIONAL	WINNIPEG
Senior	300m Dash			33.62	Feb-09-85	ANDRE SMITH	RAIDERS TC	WINNIPEG
Junior	300m Dash			34.1h	Jan-26-84	COURTNEY BROWN	AOTC	WINNIPEG
Juvenile	300m Dash			35.55	Dec-01-01	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Midget	300m Dash			37.25	Dec-29-80	COURTNEY BROWN	AOTC	SASKATOON
Open	400m Dash			47.07	Feb-20-93	MARK JACKSON	PHOENIX	WINNIPEG
Senior	400m Dash			47.08	Feb-06-88	ANDRE SMITH	RAIDERS TC	WINNIPEG
Junior	400m Dash			47.98	Dec-16-03	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Juvenile	400m Dash			49.53	Mar-04-00	ERIK SPROLL	ST. PAULS HS	WINNIPEG
Midget	400m Dash			52.1h	Dec-29-73	GARRY KOENIG	RAZORBACK TC	SASKATOON
Midget	400m Dash			52.1h	Mar-20-87	BRAD CUMMINGS	WESTDALE JR HIGH	WINNIPEG
Open	600m Run			1:16.10	Mar-11-95	BYRON GOODWIN	U OF MANITOBA	WINNIPEG
Senior	600m Run			1:16.10	Mar-11-95	BYRON GOODWIN	U OF MANITOBA	WINNIPEG
Junior	600m Run			1:19.92	Mar-08-91	BYRON GOODWIN	U OF MANITOBA	WINDSOR
Midget	600m Run			1:28.67	Jan-13-96	JORDAN FIERCE	WOA	WINNIPEG
Juvenile	600m Run			1:20.5h	Dec-02-00	ERIK SPROLL	UNATTACHED	WINNIPEG
Open	800m Run			1:49.22	Feb-30-93	KEVIN SULLIVAN	BRANTFORD	WINNIPEG
Senior	800m Run			1:48.16	Feb-12-05	ERIK SPROLL	KANSAS STATE	AMES
Junior	800m Run			1:50.07	Feb- 9-02	ERIK SPROLL		AMES
Juvenile	800m Run			1:53.40	Feb- 5-00	ERIK SPROLL		WINNIPEG
Midget	800m Run			2:01.50	Feb-17-96	JORDAN FIERCE		WINNIPEG
Open	1000m Run			2:23.2h	Mar-09-90	MIKE BURKE	U OF TORONTO	WINNIPEG
Senior	1000m Run			2:23.03	Feb-23-96	DARYL FILLION	U OF MANITOBA	EDMONTON
Junior	1000m Run			2:26.21	Feb-28-03	KRISTJAN HUNTER	IOWA STATE	LINCOLN
Juvenile	1000m Run			2:32.40	Dec-04-99	ERIK SPROLL	PRAIRIE FIRE	WINNIPEG
Midget	1000m Run			2:41.5h	Dec-11-87	DEAN GURNEY	PACESETTER	WINNIPEG
Open	1500m Run			3:41.87	Feb- 6-88	DOUG CONSIGLIO	U OF ARKANSAS	WINNIPEG
Senior	1500m Run			3:47.35	Mar-09-90	HENRY KLASSEN	PACESETTER	WINNIPEG
Junior	1500m Run			3:53.6h	Feb-09-80	CAREY PENNER	DAKOTA COLLEGIATE	WINNIPEG
Juvenile	1500m Run			3:57.32	Mar-03-01	KRISTJAN HUNTER	WOA	WINNIPEG
Midget	1500m Run			4:10.4h	Nov-26-71	ED ROMANOWSKI	WINGS TC	WINNIPEG



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Open	3000m	Run		8:01.89	Feb- 1-03	GRAHAM HOOD	PACIFIC ATHLETICS	WINNIPEG
Senior	3000m	Run		8:08.31	Mar- 8-91	DARREN KLASSEN	U OF MANITOBA	WINDSOR
Junior	3000m	Run		8:19.09	Feb- 7-87	DARREN KLASSEN	GWA	WINNIPEG
Juvenile	3000m	Run		8:35.68	Mar- 6-98	WILL THRIFT	WOA	WINNIPEG
Midget	3000m	Run		9:02.11	Dec-15-01	PABLO BATISTA	WOA	WINNIPEG
Open	5000m	Run		14:25.1h	Jan-10-88	DARREN KLASSEN	U OF MANITOBA	WINNIPEG
Senior	5000m	Run		14:10.0h	Jan-18-92	CHAD JOHNSTON	PACESETTER	MINNEAPOLIS
Junior	5000m	Run		14:46.2h	Dec-19-86	DARREN KLASSEN	GWA	WINNIPEG
Open	50m	Hurdles	42"-9.13m	6.63	Feb-17-79	CHARLES FOSTER	USA	WINNIPEG
Senior	50m	Hurdles	42"-9.13m	6.90	Mar-07-92	JARETT BACON	RAIDERS TC	WINNIPEG
Junior	50m	Hurdles	39"-9.13m	7.13	Mar-08-80	SCOTT FLAGEL	CCI	EDMONTON
Juvenile	50m	Hurdles	36"-8.5m	7.30	Mar-06-97	KELLY LOEWEN	WOA	WINNIPEG
Midget	50m	Hurdles	33"-8m	7.86	Mar-06-98	JUSTIN ROSS	WOA	WINNIPEG
Open	60m	Hurdles	42"-9.13m	7.80	Feb-21-93	TIM KROEKER	VANCOUVER OC	WINNIPEG
Senior	60m	Hurdles	42"-9.13m	7.70	Jan-28-06	JARED MCLEOD	WOA	LEXINGTON, KY
Junior	60m	Hurdles	39"-9.13m	8.38	Mar-15-86	KURT MAZUR	U OF MB	EDMONTON
Juvenile	60m	Hurdles	36"-9.13m	8.87	Mar-3-06	KIERAN MOOLCHAN	WOA	WINNIPEG
Juvenile	60m	Hurdles	36"-8.5m	8.75	Feb-10-04	STEFAN ARNASON	WOA	WINNIPEG
Midget	60m	Hurdles	33"-8.5m	9.16	Mar-3-06	JR VALDEZ	SISLER	WINNIPEG
Midget	60m	Hurdles	33"-8m	9.33	Mar- 4-99	THOM ETUK	GRANT PARK	WINNIPEG
Open	4x100m	Relay		42.55	Feb- 4-89	RAIDERS TC		WINNIPEG
Senior	4x100m	Relay		42.55	Feb-04-89	RAIDERS TC		WINNIPEG
Junior	4x100m	Relay		44.06	Feb-02-91	AOTC		WINNIPEG
Juvenile	4x100m	Relay		45.31	Feb-02-90	SISLER HS		WINNIPEG
Midget	4x100m	Relay		48.14	Dec-28-86	FLYING M AC	JEFF BOOK, JASON BOGEN, GREG HODGES, GREG YOUNKA	SASKATOON
Open	4x200m	Relay		1:27.05	Jan-29-94	CANADIAN JUNIOR TEAM		WINNIPEG
Senior	4x200m	Relay		1:28.01	Mar-11-89	U OF MANITOBA	PETER ROBERTSON, DWAYNE FALK, OLSON JARVIS, ED MOGE	SHERBROOKE
Junior	4x200m	Relay		1:35.49	Mar-13-82	AOTC	GREG BRYSON, DAVE MCILRAITH, DAVE MCKENZIE, COURNTEY BROWN	EDMONTON
Juvenile	4x200m	Relay		1:35.49	Mar-13-82	AOTC	GREG BRYSON, DAVE MCILRAITH, DAVE MCKENZIE, COURNTEY BROWN	EDMONTON
Midget	4x200m	Relay		1:42.9h	Mar-18-89	JEFFERSON JHS		WINNIPEG
Open	4x400m	Relay		3:15.94	Mar-14-92	U OF MANITOBA	WAYNE CRUMP, SIMON TREPPEL, BRUCE PLAXTON, BYRON GOODWIN	WINNIPEG
Senior	4x400m	Relay		3:13.31	Jan-31-87	RAIDERS TC	PETER STOVEL, GORD ORLIKOW, ANDRE SMITH, CAL LANGFORD	SHERBROOKE
Junior	4x400m	Relay		3:23.37	Mar-06-88	TAKUS		WINNIPEG
Juvenile	4x400m	Relay		3:35.5h	Dec-29-79	FLYING M	MIKE DOWSE, CHRIS STAPLEY, ROGER DAWES, MARTIN KROWINA	SASKATOON
Midget	4x400m	Relay		3:38.1h	Dec-30-80	AOTC	LOUIS RIVARD, GREY BRYSON, DAVE MCKENZIE, COURTNEY BROWN	SASKATOON



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Open	4x800m Relay		7:29.23	Mar-10-95	U OF MANITOBA	JEFF GIESBRECHT, MIKE KEMP, JIM DYCK, CHRIS WEBER	WINNIPEG
Senior	4x800m Relay		7:29.23	Mar-10-95	U OF MANITOBA	JEFF GIESBRECHT, MIKE KEMP, JIM DYCK, CHRIS WEBER	WINNIPEG
Open	High Jump		2.24m	Feb-22-75	DWIGHT STONES	PACIFIC COAST	WINNIPEG
Senior	High Jump		2.16m	Feb-15-03	MICHAEL KIZINKEWICH	KANSAS STATE	AMES
Junior	High Jump		2.09m	Dec-15-01	MICHAEL KIZINKEWICH	WOA	WINNIPEG
Juvenile	High Jump		2.04m	Dec-29-90	FRANK MACLEAN	FLYING M AC	SASKATOON
Midget	High Jump		1.90m	Dec-30-80	LOUIS RIVARD	AOTC	SASKATOON
Open	Pole Vault		5.65m	Mar-13-92	DOUG WOOD	YORK U	WINNIPEG
Senior	Pole Vault		4.87m	Feb-14-76	JOHN FELLING	CANADA	WINNIPEG
Junior	Pole Vault		4.40m	Feb-27-82	DANNY LAWSON	KILDONAN EAST	BRANDON
Juvenile	Pole Vault		3.96m	Mar- 1-80	DANNY LAWSON	KILDONAN TC	BRANDON
Midget	Pole Vault		2.80m	Feb-10-06	PIERCE WRIGHT	ROAD TO GOLD	WINNIPEG
Open	Long Jump		7.77m	Feb-21-93	IAN JAMES	UTTC	WINNIPEG
Senior	Long Jump		7.61m	Mar- 6-98	MIKE LABERGE	FLYING M	WINNIPEG
Junior	Long Jump		6.97m	Dec-11-88	JASON BOGEN	FLYING M	WINNIPEG
Juvenile	Long Jump		6.74m	Dec-03-05	NATHAN LABBE	WOA	WINNIPEG
Midget	Long Jump		6.31m	Dec-08-05	DAVID WALFORD	BISON TRACK & FIELD	WINNIPEG
Open	Triple Jump		16.35m	Feb-21-93	EDRICK FLOREAL	VIDE	WINNIPEG
Senior	Triple Jump		16.06m	Feb-23-86	DEXTER BELTON	FLYING M AC	EDMONTON
Junior	Triple Jump		14.36m	Feb-28-82	HUGH MAGUIRE	U OF MANITOBA	SASKATOON
Juvenile	Triple Jump		13.67m	Dec-30-80	HUGH MAGUIRE	FLYING M AC	SASKATOON
Midget	Triple Jump		12.56m	Dec-09-05	DAVID WALFORD	BISON TRACK & FIELD	WINNIPEG
Open	Shot Put	7.27kg	21.26m	Feb-23-74	GEORGE WOODS	PACIFIC COAST CLUB	WINNIPEG
Senior	Shot Put	7.27kg	19.58m	Feb-08-75	BRUCE PIRNIE	UNATTACHED	MINNEAPOLIS
Junior	Shot Put	6kg	14.96m	Mar-15-87	BOJAN PAUNOVIC	U OF MANITOBA	SASKATOON
Juvenile	Shot Put	5kg	15.96m	Dec-28-95	BOJAN PAUNOVIC	AOTC	SASKATOON
Midget	Shot Put	4kg	15.76m	Nov-22-86	GERRY FERRIS	VET	WINNIPEG
Open	Wght Thr	15.91kg	21.86m	Feb-27-04	Jim Steacy	U of Lethbridge	WINNIPEG
Senior	Wght Thr	15.91kg	18.47m	Feb-22-87	DARREN MCFEE	U OF MANITOBA	EDMONTON
Junior	Wght Thr	15.91kg	14.74m	Feb- 8-86	BOJAN PAUNOVIC	AOTC	WINNIPEG
Juvenile	Wght Thr	9.09kg	16.50m	Dec-06-03	MATTHEW WEIRSEMA	WOA	WINNIPEG
Midget	Wght Thr	9.09kg	16.34m	Dec-16-03	MATTHEW WEIRSEMA	WOA	WINNIPEG
Open	Heptathlon		5305	Feb-20-93	RICHARD HESKETH	CALGARY TRACK	WINNIPEG
Senior	Heptathlon		5528	Feb-21-97	GORD ORLIKOW	RAIDERS TC	EDMONTON
Junior	Heptathlon		4695	Feb-15-91	SHAUN MOORE	AOTC	SASKATOON
Open	Pentathlon		3777	Feb-25-00	GREG URBANCZYK	U OF ALBERTA	WINNIPEG
Senior	Pentathlon		3869	Jan-25-03	CLIFF CAINES	WOA	SASKATOON
Junior	Pentathlon		3304	Jan-25-06	STEFAN ARNASON	WOA	WINNIPEG
Juvenile	Pentathlon		3478	Jan-23-04	STEFAN ARNASON	WOA	SASKATOON
Midget	Pentathlon		2910	Mar-30-02	STEFAN ARNASON	WOA	WINNIPEG