



TRACK AND FIELD | ROAD RUNNING | CROSS COUNTRY

MANITOBA INDOOR RECORDS

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
WOMEN							
Open	50m Dash		6.53	Feb-09-85	ESMIE LAWRENCE	CALGARY SPARTANS	WINNIPEG
Senior	50m Dash		6.46	Feb-27-82	SANDY GILKES	U OF MANITOBA	SASKATOON
Junior	50m Dash		6.51	Feb-28-81	TANYA BROTHERS	GALAXY TC	EDMONTON
Juvenile	50m Dash		6.59	Feb-23-80	TANYA BROTHERS	GALAXY TC	TORONTO
Midget	50m Dash		6.75	Dec-14-84	JACKIE HANNA	GLENLAWN COLL.	WINNIPEG
Open	60m Dash		7.35	Feb- 6-88	ESMIE LAWRENCE	SPARTANS TC	WINNIPEG
Senior	60m Dash		7.48	Feb-16-91	FAYE ROBERTS	RAIDERS TC	SASKATOON
Junior	60m Dash		7.53	Feb-17-90	ANGELA MORRIS	RAIDERS TC	EDMONTON
Juvenile	60m Dash		7.74	Mar-04-05	CHANTAL GRANT	WOA	WINNIPEG
Midget	60m Dash		7.86	Dec-14-04	CHANTAL GRANT	WOA	WINNIPEG
Open	200m Dash		23.71	Feb-14-86	FRANCE GAREAU	NB LEGION	WINNIPEG
Senior	200m Dash		24.20	Feb-26-83	TANYA BROTHERS	RAIDERS TC	SHERBROOK
Junior	200m Dash		24.44	Mar-1-08	CHANTAL GRANT	WOA	WINNIPEG
Juvenile	200m Dash		24.76	Jan-22-88	ANGELA MORRIS	GRANT PARK HS	WINNIPEG
Midget	200m Dash		25.52	Jan-16-86	ANGELA MORRIS	GRANT PARK HS	WINNIPEG
Open	300m Dash		37.09	Jan-29-05	KALTOUMA NADJINA	CALGARY INTL. TC	WINNIPEG
Senior	300m Dash		38.16	Mar-10-90	ALANNA YAKIWCHUK	U OF MANITOBA	WINNIPEG
Junior	300m Dash		39.88	Feb-22-02	SHARON DRAKE	U OF MANITOBA	SASKATOON
Juvenile	300m Dash		39.98	Feb-02-08	ALYSSA JOHNSON	FLYING M AC	WINNIPEG
Midget	300m Dash		41.57	Dec-02-06	ALYSSA JOHNSON	FLYING M AC	WINNIPEG
Open	400m Dash		53.47	Feb- 3-01	KALTOUMA NADJINA	CALGARY INTL. TC	WINNIPEG
Senior	400m Dash		54.39	Feb-20-93	ALANNA YAKIWCHUK	RAIDERS TC	WINNIPEG
Junior	400m Dash		56.62	Feb-09-80	SANDY GILKES	GALAXY TC	WINNIPEG
Juvenile	400m Dash		56.66	Mar-1-2008	ALYSSA JOHNSON	SISLER HS	WINNIPEG
Midget	400m Dash		57.59	Dec-07-06	ALYSSA JOHNSON	FLYING M AC	WINNIPEG
Open	600m Run		1:29.30	Feb-06-88	CAMILLE CATO	MAZDA OPTIMISTS	WINNIPEG
Senior	600m Run		1:29.94	Mar-13-92	ALANNA YAKIWCHUK	U OF MANITOBA	WINNIPEG
Junior	600m Run		1:31.76	Feb-26-05	NICOLE EDWARDS	U OF MICHIGAN	ANN ARBOR
Juvenile	600m Run		1:33.37	Feb-01-03	NICOLE EDWARDS	WOA	WINNIPEG
Midget	600m Run		1:37.22	Jan-29-05	STEPHANIE ROMANSON	WOA	WINNIPEG
Open	800m Run		2:04.56	Jan-31-04	Aimee Teteris	Pacific Athletics	WINNIPEG
Senior	800m Run		2:06.14	Feb- 8-86	CAROLYN COMEAU	AM	WINNIPEG
Junior	800m Run		2:06.67	Feb-12-05	NICOLE EDWARDS	U OF MICHIGAN	UNIVERSITY PK
Juvenile	800m Run		2:09.8h	Feb-25-79	ANGELA CHALMERS	SUNDOWNERS	EDMONTON
Midget	800m Run		2:16.36	Mar- 1-01	NICOLE EDWARDS	WOA	WINNIPEG
Open	1000m Run		2:42.81	Mar-10-88	PAULA SCHNURR	MCMASTER UNIVERSITY	WINNIPEG
Senior	1000m Run		2:43.08	Mar-09-85	NANCY RETTIE	RAIDERS TC	SYRACUSE
Junior	1000m Run		2:49.51	Feb-18-04	NICOLE EDWARDS	WOA	WINNIPEG
Juvenile	1000m Run		2:53.61	Feb-02-02	NICOLE EDWARDS	WOA	WINNIPEG
Midget	1000m Run		2:59.0h	Dec-11-88	ANDREA GROVE	TAKUS TC	SASKATOON
Open	1500m Run		4:13.6h	Feb- 9-80	JAN MERRILL	USA	WINNIPEG
Senior	1500m Run		4:15.46	Feb-07-87	CAROLYN COMEAU	RAIDERS TC	WINNIPEG
Junior	1500m Run		4:21.0h	Feb-09-80	NANCY RETTIE	RAIDERS TC	WINNIPEG
Juvenile	1500m Run		4:32.5h	Dec-28-79	NANCY RETTIE	RAIDERS TC	SASKATOON
Midget	1500m Run		4:40.4h	Dec-14-01	NICOLE EDWARDS	WOA	WINNIPEG



TRACK AND FIELD | ROAD RUNNING | CROSS COUNTRY

MANITOBA INDOOR RECORDS

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	3000m Run			9:04.88	Mar-12-88	BRENDA SHACKLETON	U OF VICTORIA	WINNIPEG
Senior	3000m Run			9:11.71	Feb-18-90	ANGELA CHALMERS		EDMONTON
Junior	3000m Run			9:45.03	Mar-13-82	CAROL HOWE		EDMONTON
Juvenile	3000m Run			9:45.03	Mar-13-82	CAROL HOWE		EDMONTON
Midget	3000m Run			10:34.72	Jan-21-01	LAUREN CHAMPAGNE		WINNIPEG
Open	5000m Run			16:29.5h	Dec-20-85	SANDY RETTIE	RAIDERS TC	WINNIPEG
Senior	5000m Run			16:29.5h	Dec-20-85	SANDY RETTIE	RAIDERS TC	WINNIPEG
Open	50m Hurdles			6.98	Feb-17-79	CANDY YOUNG	USA	WINNIPEG
Senior	50m Hurdles	33"-8.5m		7.34	Feb-29-96	JANNA NIKKEL	ECHO ATHLETICS	WINNIPEG
Senior	50m Hurdles	33"-8.5m		7.34	Mar-05-94	JANNA NIKKEL	TAKUS TC	WINNIPEG
Junior	50m Hurdles	33"-8.5m		7.41	Feb-19-83	NANCY MCCUAIG	TAKUS TC	EDMONTON
Juvenile	50m Hurdles	30"-8m		7.50	Feb-02-90	JANNA NIKKEL	TAKUS TC	WINNIPEG
Midget	50m Hurdles	30"-7.5m		8.24	Mar-06-98	ALANNA BOUDREAU	OAK PARK HS	WINNIPEG
Open	60m Hurdles	33"-8.5m		8.30	Feb-21-93	SONIA PAQUETTE	QU-COCH	WINNIPEG
Senior	60m Hurdles	33"-8.5m		8.45	Mar-12-94	JANNA NIKKEL	U OF MANITOBA	WINNIPEG
Senior	60m Hurdles	33"-8.5m		8.45	Feb-25-94	JANNA NIKKEL	U OF MANITOBA	EDMONTON
Junior	60m Hurdles	33"-8.5m		8.56	Feb-28-92	JANNA NIKKEL	TAKUS TC	SASKATOON
Juvenile	60m Hurdles	30"-8.5m	9.03	9.03	Mar-1-08	ALYSSA JOHNSON	SISLER HS	WINNIPEG
Juvenile	60m Hurdles	30"-8m		9.10	Feb-24-89	LINDSAY INGRAM	TAKUS TC	SASKATOON
Midget	60m Hurdles	30"-7.5m		9.45	Dec-08-06	Alyssa Johnson	Flying M	WINNIPEG
Open	4x100m Relay			48.20	Feb- 03-90	WC GAMES TEAM		WINNIPEG
Senior	4x100m Relay			48.20	Feb-03-90	WC GAMES TEAM		WINNIPEG
Junior	4x100m Relay			49.49	Mar-05-94	RAIDERS TC		WINNIPEG
Juvenile	4x100m Relay			50.37	Feb-02-90	TAKUS TC		WINNIPEG
Midget	4x100m Relay			51.13	Feb-06-88	TAKUS TC		WINNIPEG
Open	4x200m Relay			1:38.34	Mar-11-95	U OF WINDSOR		WINNIPEG
Senior	4x200m Relay			1:38.57	Mar-10-84	U OF MANITOBA	NANCY MCCUAIG, TANYA BROTHERS, CHERYL CROXFORD, RUTH HADDEN	QUEBEC CITY
Junior	4x200m Relay			1:44.96	Mar-14-82	TAKUS TC	THORNA SCOTT, NANCY MCCUAIG, LESLIE ALLISON, D. MACKENZIE	EDMONTON
Juvenile	4x200m Relay			1:49.7h	Mar-18-89	GLENLAWN COLL		WINNIPEG
Midget	4x200m Relay			1:50.81	Feb-16-08	STRIDE AHEAD TOUGH TRACK	A. ANDRUSHKO, M. KINZEL, H. MCLEAN, A. GRACEFFO	WINNIPEG
Open	4x400m Relay			3:42.2h	Feb-11-84	TAKUS TC		WINNIPEG
Senior	4x400m Relay			3:42.2h	Feb-11-84	TAKUS TC		WINNIPEG
Junior	4x400m Relay			4:00.12	Feb-20-83	WINGS TC	JODIE GRINDELL, ANDREA PACI, D. MACKENZIE, TRISA ZIMMERMAN	EDMONTON
Juvenile	4x400m Relay			4:02.8h	Jan-17-86	WINGS TC	LORNA SHAW, DIANA TOTH, TRISA ZIMMERMAN, SHERYL VAN NEST	WINNIPEG
Midget	4x400m Relay			4:09.9h	Dec-10-88	WINGS TC		WINNIPEG
Open	4x800m Relay			8:32.34	Jan-31-04	PACIFIC ATHLETICS		WINNIPEG
Senior	4x800m Relay			9:02.71	Mar-10-90	U OF MANITOBA	ANDREA PERNITSKY, LORNA SHAW, CHERYL MURPHY, BRENDA BAKER	WINNIPEG
Open	High Jump			1.95m	Feb- 9-80	DEBBIE BRILL	PACIFIC COAST CLUB	WINNIPEG
Senior	High Jump			1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG
Junior	High Jump			1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG
Juvenile	High Jump			1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG
Midget	High Jump			1.70m	Nov-21-86	ANDRA YOUNES	FLYING M AC	WINNIPEG



TRACK AND FIELD | ROAD RUNNING | CROSS COUNTRY

MANITOBA INDOOR RECORDS

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	Pole Vault			4.15m	Mar-02-02	JACKIE HONEY	WOA	WINNIPEG
Senior	Pole Vault			4.15m	Mar-02-02	JACKIE HONEY	WOA	WINNIPEG
Senior	Pole Vault			4.15m	Feb- 3-01	JACKIE HONEY	WOA	FLAGSTAFF
Junior	Pole Vault			3.00m	Feb-20-08	SARAH BOILA	WOA	WINNIPEG
Junior	Pole Vault			3.00m	Feb-20-08	GAUTHIER, CARISSA	WOA	WINNIPEG
Juvenile	Pole Vault			3.00m	Feb-20-08	SARAH BOILA	WOA	WINNIPEG
Juvenile	Pole Vault			3.00m	Feb-20-08	GAUTHIER, CARISSA	WOA	WINNIPEG
Midget	Pole Vault			3.00m	Feb-20-08	GAUTHIER, CARISSA	WOA	WINNIPEG
Open	Long Jump			6.12m	Feb-21-93	NICOLE DEVONISH	ON-EG	WINNIPEG
Senior	Long Jump			5.98m	Feb-21-91	KERRI DROSDOWECH	AOTC	MINNEAPOLIS
Junior	Long Jump			5.78m	Feb-25-00	JILL BROCK	U OF MANITOBA	WINNIPEG
Juvenile	Long Jump			5.65m	Mar- 8-80	TANYA BROTHERS	GALAXT TC	EDMONTON
Midget	Long Jump			5.27m	Jan-13-73	KIM SAUNDERS	ISAAC NEWTON	WINNIPEG
Open	Triple Jump			12.83m	Feb-21-93	KELLY DINSMORE	ONTARIO-BOARD	WINNIPEG
Senior	Triple Jump			12.89m	Feb-20-90	LAVERNE CLARKE	AOTC	FLAGSTAFF
Juvenile	Triple Jump			11.50m	Mar-04-00	ALANNA BOUDREAU	WOA	WINNIPEG
Junior	Triple Jump			11.50m	Mar-04-00	ALANNA BOUDREAU	WOA	WINNIPEG
Midget	Triple Jump			11.40m	Mar-02-93	TARA SCHWABE	RAIDERS TC	WINNIPEG
Open	Shot Put	4kg		16.74m	Jan-28-95	GEORGETTE REED	CALGARY SPARTANS	WINNIPEG
Senior	Shot Put	4kg		16.20m	Feb-21-88	MELODIE TORCOLACCI	MTC	WINDSOR
Junior	Shot Put	4kg		14.77m	Jan-05-68	MAUREEN DOWDS	U OF MANITOBA	EDMONTON
Juvenile	Shot Put	4kg		13.51m	Dec-12-86	SUSANNE DANDENAULT	AOTC	WINNIPEG
Midget	Shot Put	4kg		12.09m	Feb-08-85	SUSANNE DANDENAULT	AOTC	WINNIPEG
Midget	Shot Put	3kg		9.47m	Feb-16-08	DANIKA AIME	LOCKPORT SCHOOL	WINNIPEG
Open	Wght Thr	9.09kg		19.00m	Jan-29-05	Megan Reid	U of Saskatchewan	WINNIPEG
Senior	Wght Thr	9.09kg		17.04m	Mar- 6-98	NOREENA BODAGLO	U OF MANITOBA	WINNIPEG
Junior	Wght Thr	9.09kg		13.78m	Feb-20-93	NOREENA BODAGLO	AOTC	WINNIPEG
Juvenile	Wght Thr	9.09kg		9.78m	Dec-01-07	KAREN FERRIS	FLYING M ATHLETICS	WINNIPEG
Open	Pentathlon			3978	Feb-27-04	JESSICA ZELINKA	U OF CALGARY	WINNIPEG
Senior	Pentathlon			3513	Feb-27-99	MELANIE GREGG	U OF MANITOBA	EDMONTON
Junior	Pentathlon			3451	Feb-26-00	JILL BROCK	U OF MANITOBA	WINNIPEG
Juvenile	Pentathlon			2829	Jan-18-06	DANIELLE O'DONNELL	TOUGH TRACK	WINNIPEG
Midget	Pentathlon			2354	Dec-31-88	SUSAN CLARKE	AOTC	WINNIPEG



TRACK AND FIELD | ROAD RUNNING | CROSS COUNTRY

MANITOBA INDOOR RECORDS

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
MEN								
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			7.31	Dec-08-07	BEN ALLEN	KELVIN	WINNIPEG
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			32.53	Feb-02-08	TYLER CHRISTOPHER	LEGACY ATHLETICS	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			1:19.39	Mar-8-07	FERGUSON, QUIN	U OF MANITOBA	MONTREAL
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
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



TRACK AND FIELD | ROAD RUNNING | CROSS COUNTRY

MANITOBA INDOOR RECORDS

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
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	7.77	Feb-4-06	JARED MCLEOD	WOA	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	8.81	Dec-08-07	DALLAS CLEMENT	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		1:34.31	Feb-16-08	CDA GAMES PREP SQUAD	J.WATERS, M.PARTAKER, M.GAJADHAR, B.MOLYNEAUX	WINNIPEG
Juvenile	4x200m Relay		1:35.49	Mar-13-82	AOTC	GREG BRYSON, DAVE MCILRAITH, DAVE MCKENZIE, COURTNEY BROWN	EDMONTON
Midget	4x200m Relay		1:38.45	Dec-07-07	KELVIN HIGH SCHOOL	PATRICK DUNCAN, M.FITKOWSKY, VINNY CANNATA, BEN ALLEN	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
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		2.17m	Jan-9-04	MICHAEL KIZINKEWICH	KANSAS STATE	MANHATTAN, KANSAS
Junior	High Jump		2.09m	Dec-15-01	MICHAEL KIZINKEWICH	WOA	WINNIPEG
Juvenile	High Jump		2.06m	Dec-07-07	LUCAS RODEWALD	WOA	WINNIPEG
Midget	High Jump		1.90m	Dec-30-80	LOUIS RIVARD	AOTC	SASKATOON



TRACK AND FIELD | ROAD RUNNING | CROSS COUNTRY

MANITOBA INDOOR RECORDS

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	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		7.26m	Feb-23-07	NATHAN LABBE	U OF MANITOBA	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	23.62m	Feb-3-07	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