



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

MANITOBA INDOOR RECORDS as of DECEMBER, 2009

Open: The best performance by any athlete within the province of Manitoba
Age Categories: The best performance by an Athletics Manitoba member anywhere

WOMEN

	Event	Mark	Date Set	Record Holder	Affiliation	Location
Open	50m	6.53	Feb-09-85	ESMIE LAWRENCE	CALGARY SPARTANS	WINNIPEG
Senior	50m	6.46	Feb-27-82	SANDY GILKES	U OF MANITOBA	SASKATOON
Junior	50m	6.51	Feb-28-81	TANYA BROTHERS	GALAXY TC	EDMONTON
Youth	50m	6.59	Feb-23-80	TANYA BROTHERS	GALAXY TC	TORONTO
Midget	50m	6.75	Dec-14-84	JACKIE HANNA	GLENLAWN COLL.	WINNIPEG
Open	60m	7.35	Feb- 6-88	ESMIE LAWRENCE	SPARTANS TC	WINNIPEG
Senior	60m	7.48	Feb-16-91	FAYE ROBERTS	RAIDERS TC	SASKATOON
Junior	60m	7.53	Feb-17-90	ANGELA MORRIS	RAIDERS TC	EDMONTON
Youth	60m	7.74	Mar-04-05	CHANTAL GRANT	WOA	WINNIPEG
Midget	60m	7.86	Dec-14-04	CHANTAL GRANT	WOA	WINNIPEG
Midget	150m	19.71	Mar-06-09	KATIE STAUB	WOA	WINNIPEG
Open	200m	23.71	Feb-14-86	FRANCE GAREAU	NB LEGION	WINNIPEG
Senior	200m	24.20	Feb-26-83	TANYA BROTHERS	RAIDERS TC	SHERBROOK
Junior	200m	24.44	Mar-01-08	CHANTAL GRANT	WOA	WINNIPEG
Youth	200m	24.76	Jan-22-88	ANGELA MORRIS	GRANT PARK HS	WINNIPEG
Midget	200m	25.52	Jan-16-86	ANGELA MORRIS	GRANT PARK HS	WINNIPEG
Open	300m	37.09	Jan-29-05	KALTOUMA NADJINA	CALGARY INTI. TC	WINNIPEG
Senior	300m	38.16	Mar-10-90	ALANNA YAKIWCHUK	U OF MANITOBA	WINNIPEG
Junior	300m	39.88	Feb-22-02	SHARON DRAKE	U OF MANITOBA	SASKATOON
Youth	300m	39.98	Feb-02-08	ALYSSA JOHNSON	FLYING M AC	WINNIPEG
Midget	300m	41.57	Dec-02-06	ALYSSA JOHNSON	FLYING M AC	WINNIPEG
Open	400m	53.47	Feb- 3-01	KALTOUMA NADJINA	CALGARY INTL. TC	WINNIPEG
Senior	400m	54.39	Feb-20-93	ALANNA YAKIWCHUK	RAIDERS TC	WINNIPEG
Junior	400m	56.62	Feb-09-80	SANDY GILKES	GALAXY TC	WINNIPEG
Youth	400m	56.66	Mar-01-08	ALYSSA JOHNSON	SISLER HS	WINNIPEG
Midget	400m	57.59	Dec-07-06	ALYSSA JOHNSON	FLYING M AC	WINNIPEG
Open	600m	1:29.30	Feb-06-88	CAMILLE CATO	MAZDA OPTIMISTS	WINNIPEG
Senior	600m	1:29.94	Mar-13-92	ALANNA YAKIWCHUK	U OF MANITOBA	WINNIPEG
Junior	600m	1:31.76	Feb-26-05	NICOLE EDWARDS	U OF MICHIGAN	ANN ARBOR
Youth	600m	1:33.37	Feb-01-03	NICOLE EDWARDS	WOA	WINNIPEG
Midget	600m	1:37.22	Jan-29-05	STEPHANIE ROMANSON	WOA	WINNIPEG
Open	800m	2:04.56	Jan-31-04	AIMEE TETRIS	PACIFIC ATHLETICS	WINNIPEG
Senior	800m	2:06.14	Feb- 8-86	CAROLYN COMEAU	AM	WINNIPEG
Junior	800m	2:06.67	Feb-12-05	NICOLE EDWARDS	U OF MICHIGAN	UNIVERSITY PK
Youth	800m	2:09.8h	Feb-25-79	ANGELA CHALMERS	SUNDOWNERS	EDMONTON
Midget	800m	2:16.36	Mar- 1-01	NICOLE EDWARDS	WOA	WINNIPEG
Open	1000m	2:42.81	Mar-10-88	PAULA SCHNURR	MCMASTER UNIVERSITY	WINNIPEG
Senior	1000m	2:43.08	Mar-09-85	NANCY RETTIE	RAIDERS TC	SYRACUSE
Junior	1000m	2:49.51	Feb-18-04	NICOLE EDWARDS	WOA	WINNIPEG
Youth	1000m	2:53.61	Feb-02-02	NICOLE EDWARDS	WOA	WINNIPEG
Midget	1000m	2:59.0h	Dec-11-88	ANDREA GROVE	TAKUS TC	SASKATOON
Open	1500m	4:13.6h	Feb- 9-80	JAN MERRILL	USA	WINNIPEG
Senior	1500m	4:15.46	Feb-07-87	CAROLYN COMEAU	RAIDERS TC	WINNIPEG
Junior	1500m	4:21.0h	Feb-09-80	NANCY RETTIE	RAIDERS TC	WINNIPEG
Youth	1500m	4:32.5h	Dec-28-79	NANCY RETTIE	RAIDERS TC	SASKATOON
Midget	1500m	4:40.4h	Dec-14-01	NICOLE EDWARDS	WOA	WINNIPEG



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	Event	Mark	Date Set	Record Holder	Affiliation	Location
Open	3000m	9:04.88	Mar-12-88	BRENDA SHACKLETON	U OF VICTORIA	WINNIPEG
Senior	3000m	9:11.71	Feb-18-90	ANGELA CHALMERS		EDMONTON
Junior	3000m	9:45.03	Mar-13-82	CAROL HOWE		EDMONTON
Youth	3000m	9:45.03	Mar-13-82	CAROL HOWE		EDMONTON
Midget	3000m	10:34.72	Jan-21-01	LAUREN CHAMPAGNE		WINNIPEG
Open	5000m	16:29.5h	Dec-20-85	SANDY RETTIE	RAIDERS TC	WINNIPEG
Senior	5000m	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
Youth	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
Youth	60m Hurdles 30"-8.5m	9.03	Mar-1-08	ALYSSA JOHNSON	SISLER HS	WINNIPEG
Youth	60m Hurdles 30"-8.0m	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
Midget	60m Hurdles 30"-8.0m	9.61	Mar-06-09	MICHELLE HEBERT	WOA	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
Youth	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
Youth	4x200m Relay	1:49.7h	Mar-18-89	GLENLAWN COLL		WINNIPEG
Midget	4x200m Relay	1:47.53	Mar-07-09	SA TOUGH TRACK	A. ANDRUSHKO, C.ZAJAC, S. WANIGASEKARA, 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
Youth	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



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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	
Youth	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	
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	3.45m	Dec-11-09	ALEX ALLEN	WOA	WINNIPEG	
Youth	Pole Vault	3.28m	Feb-14-09	SARAH BOILA	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	
Youth	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	
Junior	Triple Jump	11.50m	Mar-04-00	ALANNA BOUDREAU	WOA	WINNIPEG	
Youth	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
Youth	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	9.65m	Mar-06-09	AMY GRACEFFO	STRIDE AHEAD TOUGH TRACK	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
Youth	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
Youth	Pentathlon		2829	Jan-18-06	DANIELLE O'DONNELL	TOUGH TRACK	WINNIPEG
Midget	Pentathlon		2354	Dec-31-88	SUSAN CLARKE	AOTC	WINNIPEG



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	Event	Mark	Date Set	Record Holder	Affiliation	Location
MEN						
Open	50m	5.82	Feb-17-79	STEVE RIDDICK	USA	WINNIPEG
Open	50m	5.82	Jan-21-89	WAYNE CRUMP	RAIDERS TC	WINNIPEG
Senior	50m	5.82	Jan-21-89	WAYNE CRUMP	RAIDERS TC	WINNIPEG
Junior	50m	5.90	Feb-26-83	COURTNEY BROWN	AOTC	SHERBROOK
Youth	50m	5.98	Dec-28-82	COURTNEY BROWN	AOTC	SASKATOON
Midget	50m	6.23	Dec-30-80	COURTNEY BROWN	AOTC	SASKATOON
Open	60m	6.59	Feb-20-93	BRUNY SURIN	VIDE	WINNIPEG
Senior	60m	6.69	Feb-21-87	RICK JONES	RAIDERS TC	EDMONTON
Youth	60m	6.83	Dec-29-82	COURTNEY BROWN	AOTC	SASKATOON
Junior	60m	6.83	Dec-29-82	COURTNEY BROWN	AOTC	SASKATOON
Midget	60m	7.31	Dec-08-07	BEN ALLEN	KELVIN	WINNIPEG
Midget	150m	17.97	Dec-12-08	KRISTOFF HUNTER	WOA	WINNIPEG
Open	200m	21.27	Feb-15-87	CYPRIAN ENWEANI	SASKATCHEWAN	WINNIPEG
Senior	200m	21.36	Feb-11-84	CAL LANGFORD	RAIDERS TC	WINNIPEG
Junior	200m	21.37	Feb-11-84	COURTNEY BROWN	AOTC	WINNIPEG
Youth	200m	22.45	Mar- 2-01	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Midget	200m	23.60	Dec-11-99	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Open	300m	32.53	Feb-02-08	TYLER CHRISTOPHER	LEGACY ATHLETICS	WINNIPEG
Senior	300m	33.62	Feb-09-85	ANDRE SMITH	RAIDERS TC	WINNIPEG
Junior	300m	34.1h	Jan-26-84	COURTNEY BROWN	AOTC	WINNIPEG
Youth	300m	35.55	Dec-01-01	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Midget	300m	37.25	Dec-29-80	COURTNEY BROWN	AOTC	SASKATOON
Open	400m	47.07	Feb-20-93	MARK JACKSON	PHOENIX	WINNIPEG
Senior	400m	47.08	Feb-06-88	ANDRE SMITH	RAIDERS TC	WINNIPEG
Junior	400m	47.98	Dec-16-03	NATHAN VADEBONCOEUR	WOA	WINNIPEG
Youth	400m	49.53	Mar-04-00	ERIK SPROLL	ST. PAULS HS	WINNIPEG
Midget	400m	52.1h	Dec-29-73	GARRY KOENIG	RAZORBACK TC	SASKATOON
Midget	400m	52.1h	Mar-20-87	BRAD CUMMINGS	WESTDALE JR HIGH	WINNIPEG
Open	600m	1:16.10	Mar-11-95	BYRON GOODWIN	U OF MANITOBA	WINNIPEG
Senior	600m	1:16.10	Mar-11-95	BYRON GOODWIN	U OF MANITOBA	WINNIPEG
Junior	600m	1:19.39	Mar-8-07	FERGUSON, QUIN	U OF MANITOBA	MONTREAL
Midget	600m	1:28.67	Jan-13-96	JORDAN FIERCE	WOA	WINNIPEG
Youth	600m	1:30.5h	Dec-02-00	ERIK SPROLL	UNATTACHED	WINNIPEG
Open	800m	1:49.22	Feb-30-93	KEVIN SULLIVAN	BRANTFORD	WINNIPEG
Senior	800m	1:48.16	Feb-12-05	ERIK SPROLL	KANSAS STATE	AMES
Junior	800m	1:50.07	Feb- 9-02	ERIK SPROLL		AMES
Youth	800m	1:53.40	Feb- 5-00	ERIK SPROLL		WINNIPEG
Midget	800m	2:01.50	Feb-17-96	JORDAN FIERCE		WINNIPEG
Open	1000m	2:23.2h	Mar-09-90	MIKE BURKE	U OF TORONTO	WINNIPEG
Senior	1000m	2:23.03	Feb-23-96	DARYL FILLION	U OF MANITOBA	EDMONTON
Junior	1000m	2:26.21	Feb-28-03	KRISTJAN HUNTER	IOWA STATE	LINCOLN
Youth	1000m	2:32.40	Dec-04-99	ERIK SPROLL	PRAIRIE FIRE	WINNIPEG
Midget	1000m	2:41.5h	Dec-11-87	DEAN GURNEY	PACESETTER	WINNIPEG
Open	1500m	3:41.87	Feb- 6-88	DOUG CONSIGLIO	U OF ARKANSAS	WINNIPEG
Senior	1500m	3:47.35	Mar-09-90	HENRY KLASSEN	PACESETTER	WINNIPEG
Junior	1500m	3:53.6h	Feb-09-80	CAREY PENNER	DAKOTA COLLEGIATE	WINNIPEG
Youth	1500m	3:57.32	Mar-03-01	KRISTJAN HUNTER	WOA	WINNIPEG
Midget	1500m	4:10.4h	Nov-26-71	ED ROMANOWSKI	WINGS TC	WINNIPEG



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Open	3000m	8:01.89	Feb- 1-03	GRAHAM HOOD	PACIFIC ATHLETICS	WINNIPEG	
Senior	3000m	8:08.31	Mar- 8-91	DARREN KLASSEN	U OF MANITOBA	WINDSOR	
Junior	3000m	8:19.09	Feb- 7-87	DARREN KLASSEN	GWA	WINNIPEG	
Youth	3000m	8:35.68	Mar- 6-98	WILL THRIFT	WOA	WINNIPEG	
Midget	3000m	9:02.11	Dec-15-01	PABLO BATISTA	WOA	WINNIPEG	
Open	5000m	14:25.1h	Jan-10-88	DARREN KLASSEN	U OF MANITOBA	WINNIPEG	
Senior	5000m	14:10.0h	Jan-18-92	CHAD JOHNSTON	PACSETTER	MINNEAPOLIS	
Junior	5000m	14:46.2h	Dec-19-86	DARREN KLASSEN	GWA	WINNIPEG	
Open	50m Hurdles	42"-9.14m	6.63	Feb-17-79	CHARLES FOSTER	USA	WINNIPEG
Senior	50m Hurdles	42"-9.14m	6.90	Mar-07-92	JARETT BACON	RAIDERS TC	WINNIPEG
Junior	50m Hurdles	39"-9.14m	7.13	Mar-08-80	SCOTT FLAGEL	CCI	EDMONTON
Youth	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"-9.14m	7.77	Feb-4-06	JARED MCLEOD	WOA	WINNIPEG
Senior	60m Hurdles	42"-9.14m	7.70	Jan-28-06	JARED MCLEOD	WOA	LEXINGTON, KY
Junior	60m Hurdles	39"-9.14m	8.38	Mar-15-86	KURT MAZUR	U OF MB	EDMONTON
Youth	60m Hurdles	36"-9.14m	8.81	Dec-08-07	DALLAS CLEMENT	WOA	WINNIPEG
Youth	60m Hurdles	36"-8.5m	8.75	Feb-10-04	STEFAN ARNASON	WOA	WINNIPEG
Midget	60m Hurdles	33"-8.5m	8.92	Dec-11-09	ERIC GUY	WOA	WINNIPEG
Midget	60m Hurdles	33"-8.0m	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	
Youth	4x100m Relay	45.31	Feb-02-90	SISLER HS		WINNIPEG	
Midget	4x100m Relay	47.25	Dec-05-09	WOA	KYLE LEECH, ROBERT ANDERSON, BRAYDEN SCHINDEL, LEVI SADER	WINNIPEG	
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	1.33.14	Dec-12-09	KELVIN HIGH SCHOOL	PATRICK DUNCAN, M.FITKOWSKY, RIEL WILMOTT, BEN ALLEN	WINNIPEG	
Youth	4x200m Relay	1.33.14	Dec-12-09	KELVIN HIGH SCHOOL	PATRICK DUNCAN, M.FITKOWSKY, RIEL WILMOTT, BEN ALLEN	WINNIPEG	
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	
Youth	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	



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

MANITOBA INDOOR RECORDS *as of DECEMBER, 2009*

Open: The best performance by any athlete within the province of Manitoba
 Age Categories: The best performance by an Athletics Manitoba member anywhere

WOMEN

	Event	Mark	Date Set	Record Holder	Affiliation	Location	
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	KANSAS	
Junior	High Jump	2.09m	Dec-15-01	MICHAEL KIZINKEWICH	WOA	WINNIPEG	
Youth	High Jump	2.06m	Dec-07-07	LUCAS RODEWALD	WOA	WINNIPEG	
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	
Youth	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	
Youth	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	
Youth	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
Youth	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
Youth	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	
Youth	Pentathlon	3478	Jan-23-04	STEFAN ARNASON	WOA	SASKATOON	
Midget	Pentathlon	2910	Mar-30-02	STEFAN ARNASON	WOA	WINNIPEG	