

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

Red Indicates record set this season (2010)

	Event			Mark	Date Set	Record Holder	Affiliation	Location
<b>WOMEN</b>								
Senior	100m			11.70	<b>Jul-20-82</b>	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
				11.70	<b>Jul-26-91</b>	FAYE ROBERTS	MANITOBA	MONTREAL
Junior	100m			11.70	<b>Jul-20-82</b>	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Youth	100m			11.96	<b>Jul-12-80</b>	TANYA BROTHERS	GALAXY TC	SUDBURY
Midget	100m		1.1	12.31	<b>Aug 09-08</b>	CARLY PARACHOLSKI	MANITOBA/NWO LEGION	SHERBROOKE
<b>Midget</b>	<b>150m</b>			<b>19.11</b>	<b>Jul-10-10</b>	<b>SASANIE WANIGASEKARA</b>	<b>SA TOUGH TRACK</b>	<b>WINNIPEG</b>
Open	200m			22.83	<b>Jul-28-99</b>	DEBBIE FERGUSON	BAHAMAS	WINNIPEG
Senior	200m			23.45	<b>Jul-20-82</b>	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Junior	200m			23.45	<b>Jul-20-82</b>	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Youth	200m		0.4	24.51	<b>Aug 27-09</b>	CARLY PARACHOLSKI	TEAM MANITOBA	CHARLOTTETOWN
Midget	200m		-1.7	25.36	<b>Jun 08-08</b>	CARLY PARACHOLSKI	SISLER	WINNIPEG
<b>Midget</b>	<b>300m</b>			<b>41.37</b>	<b>Jul 25-10</b>	<b>SASANIE WANIGASEKARA</b>	<b>SA TOUGH TRACK</b>	<b>WINNIPEG</b>
Open	400m			50.77	<b>Jun-30-84</b>	MARITA PAYNE	YO	WINNIPEG
Senior	400m			52.67	<b>May-28-92</b>	ALANNA YAKIWCHUK	RAIDERS TC	PROVO
Junior	400m			54.95	<b>Aug 25-09</b>	CARLY PARACHOLSKI	TEAM MANITOBA	CHARLOTTETOWN
Youth	400m			54.95	<b>Aug 25-09</b>	CARLY PARACHOLSKI	TEAM MANITOBA	CHARLOTTETOWN
Midget	400m			56.06	<b>Aug 09-08</b>	CARLY PARACHOLSKI	MANITOBA/NWO LEGION	SHERBROOKE
Open	800m			1:59.95	<b>Jul-25-99</b>	LETITIA VRIESDE	SURINAME	WINNIPEG
Senior	800m			2:02.34	<b>Aug- 9-88</b>	ANGELA CHALMERS	RAIDERS TC	MONTREAL
<b>Youth 800m</b>				<b>2:05.88</b>	<b>Jul-21-10</b>	<b>CARLY PARACHOLSKI</b>	<b>SISLER</b>	<b>MONCTON</b>
<b>Youth 800m</b>				<b>2:05.88</b>	<b>Jul-21-10</b>	<b>CARLY PARACHOLSKI</b>	<b>SISLER</b>	<b>MONCTON</b>
Midget	800m			2:13.00	<b>Aug-15-05</b>	STEPHANIE ROMANSON	WOA	WINNIPEG
Midget	1200m			3:49.58	<b>Jul 11-09</b>	JULIA ZRINYI	TEAM MANITOBA	MEDICINE HAT
Open	1500m			4:13.32	<b>Jun-10-84</b>	DEBBIE SCOTT	VIKINGS TC	WINNIPEG
Senior	1500m			4:03.18	<b>Aug-25-89</b>	ANGELA CHALMERS	RAIDERS TC	BRUSSELS
Junior	1500m			4:19.29	<b>Jun- 9-05</b>	Nicole Edwards	Michigan	SACRAMENTO
Youth	1500m			4:23.7h	<b>Jun-22-79</b>	ANGELA CHALMERS	SUNDOWNERS TC	VANCOUVER
Midget	1500m			4:27.3h	<b>Aug- 5-78</b>	ANGELA CHALMERS	CANADA	MONTREAL
Midget	2000m	new event		7:00.00	<b>Jul 11-09</b>	SARAH SODOWY	TEAM MANITOBA	MEDICINE HAT
Open	3000m			9:02.69	<b>Jul-01-84</b>	LYNNE WILLIAMS	VALLEY ROYALS	WINNIPEG
Senior	3000m			8:38.38	<b>Jan-28-90</b>	ANGELA CHALMERS	CANADA	AUCKLAND
Junior	3000m			9:14.81	<b>Aug-16-85</b>	PAM KLASSEN	MANITOBA	ST. JOHN'S
Youth	3000m			9:29.0h	<b>May-23-82</b>	CAROL HOWE	RAIDERS TC	ST. JOHN'S
Midget	3000m			10:25.25	<b>Jun-24-06</b>	JACLYN ADAMSON	WOA	WINNIPEG
Open	5000m			15:56.19	<b>Jun-26-99</b>	KATHY BUTLER	PACIFIC STORM	WINNIPEG
Senior	5000m			15:31.57	<b>Jul-19-06</b>	ANDREA GROVE-MCDONOUGH	MOUNTAIN WEST TRACK CLUB	Liege, Belgium
Junior	5000m			17:23.28	<b>Aug-15-05</b>	SARAH-ANNE BRAULT	COLLEGE LOUIS RIEL	REGINA
Youth	5000m			17:23.28	<b>Aug-15-05</b>	SARAH-ANNE BRAULT	COLLEGE LOUIS RIEL	REGINA
Open	10000m			32:56.51	<b>Jul-28-99</b>	N. ROCHA DE LA CRUZ	MEXICO	WINNIPEG
Senior	10000m			32:29.69	<b>May 4-08</b>	ANDREA GROVE-MCDONOUGH	MOUNTAIN WEST TRACK CLUB	PALO ALTO, CA
Junior	10000m			34:29.13	<b>Mar-31-01</b>	MICHELLE CARSON	UNATTACHED	STANFORD
Youth	80m	Hurdles	30"	12.14	<b>Jul-30-90</b>	LINDSAY INGRAM	MANITOBA	KELOWNA
Midget	80m	Hurdles	30"-8.0m	12.10	<b>Jul 11-09</b>	MICHELLE HEBERT	TEAM MANITOBA	MEDICINE HAT
Open	100m	Hurdles	33"-8.5m	12.76	<b>Jun-26-99</b>	KETURAH ANDERSON	PHOENIX ATHLETICS	WINNIPEG
Senior	100m	Hurdles	33"	13.83	<b>Jun-26-99</b>	Janna Nikkel	Echo Athletics	WINNIPEG
Junior	100m	Hurdles	33"	13.88	<b>Jul-20-91</b>	Janna Nikkel	Canada	KINGSTON
Youth	100m	Hurdles	30"-8.0m	15.42	<b>Jul-15-06</b>	KENDRA BAKER	MANITOBA	WINNIPEG
Midget	200m	Hurdles	30"-35m	29.42	<b>Jul 11-09</b>	MICHELLE HEBERT	TEAM MANITOBA	MEDICINE HAT
<b>Youth 300m</b>	<b>Hurdles</b>	<b>30"</b>		<b>43.65</b>	<b>Jul-21-10</b>	<b>MELISSA KITCHING</b>	<b>TEAM MANITOBA</b>	<b>WINNIPEG</b>
Midget	300m	Hurdles	30"	46.8h	<b>Aug-22-82</b>	Pam Glover	Manitoba	FREDERICTON
Open	400m	Hurdles		53.44	<b>Jul-28-99</b>	DAIMI PERNIA FIGUEROA	CUBA	WINNIPEG
Senior	400m	Hurdles		59.48	<b>May-26-86</b>	RUTH HADDEN	TAKUS TC	PROVO
Junior	400m	Hurdles		59.66	<b>Jul-27-85</b>	RUTH HADDEN	TAKUS TC	BURNABY
Youth	400m	Hurdles	30"	1:01.68	<b>Jul-30-89</b>	LISA OMICHINSKI	MANITOBA	SHERWOOD PARK

	Event			Mark	Date Set	Record Holder	Affiliation	Location
<b>Midget</b>	<b>1500m</b>	<b>StplCh</b>	<b>new</b>	<b>5:48.00</b>	<b>Jul-24-10</b>	<b>CARLYNNE MILLNS</b>	<b>WINNIPEG OPTIMIST</b>	<b>WINNIPEG</b>
Senior	2000m	StplCh		7:04.48	<b>Aug 27-09</b>	MELANIE GREGOIRE	TEAM MANITOBA	CHARLOTTETOWN
Junior	2000m	StplCh		7:19.61	<b>Aug-15-05</b>	ALEX BELL	MANITOBA	REGINA
Youth	2000m	StplCh		7:19.61	<b>Aug-15-05</b>	ALEX BELL	MANITOBA	REGINA
Midget	2000m	StplCh		7:53.66	<b>May 25-09</b>	TAYLOR SPRAGUE	SA TOUGH TRACK	WINNIPEG
Open	3000m	StplCh		10:17.55	<b>Jun-27-99</b>	KAREN HARVEY	S. WINDSOR KC	WINNIPEG
Senior	3000m	StplCh		10:22.92	<b>Apr-10-04</b>	MICHELLE CARSON	MICHIGAN STATE	EAST LANSING
Junior	3000m	StplCh		11:38.86	<b>Aug-08-07</b>	MÉLANIE GRÉGOIRE	MANITOBA WCSG	STRATHCONA COUNTY
Youth	3000m	StplCh		11:56.89	<b>Jun-24-06</b>	JANELLE GAUDET	STRIDE AHEAD TOUGH TRACK	WINNIPEG
Open	4x100m	Relay		42.62	<b>Jul-30-99</b>	JAMAICA	K. RICHARDS, A. BAILEY, B. GRANT, P. GOWDIE	WINNIPEG
Senior	4x100m	Relay		46.32	<b>Aug-15-81</b>	MANITOBA	CHERYL CROXFORD SANDY GILKES TANYA BROTHERS FAYE ROBERTS	THUNDER BAY
Junior	4x100m	Relay		47.26	<b>Jun-21-80</b>	MANITOBA	TANYA BROTHERS FAYE ROBERTS ELYSA JAMEN CHANTAL ASTON	WINNIPEG
Youth	4x100m	Relay		47.26	<b>Jun-21-80</b>	MANITOBA	TANYA BROTHERS FAYE ROBERTS ELYSA JAMEN CHANTAL ASTON	WINNIPEG
Midget	4x100m	Relay		49.89	Aug-09-09	MANITOBA	S. WANIGASEKARA, AMY ANDRUSHKO, MICHELLE HEBERT, KATIE STAUB	SHERBROOKE
Open	4x200m	Relay		1:39.9h	<b>May-01-82</b>	GALAXY TC	SANDY GILKES, TANYA BROTHERS, CHANTEL ASTON, DONNA FERGUSON	WINNIPEG
Senior	4x200m	Relay		1:39.9h	<b>May-01-82</b>	GALAXY TC	SANDY GILKES, TANYA BROTHERS, CHANTEL ASTON, DONNA FERGUSON	WINNIPEG
Junior	4x200m	Relay		1:45.8h	<b>Jul-10-77</b>	WINGS TC	MONA COCHINGYAN, LISA POLESCHUK, KAREN POWELL, PENNY GILHULY	WINNIPEG
Youth	4x200m	Relay		1:47.8h	<b>May-01-81</b>	TAKUS TC	LESLIE ALISON DOROTHY MACKENZIE ANDREA PACI NANCY MCCUAIG	WINNIPEG
Midget	4x200m	Relay		1:48.20	<b>Jun-14-87</b>	TAKUS TC	JANNA NIKKEL, SHERRIE REIMER, LINDSAY INGRAM, CATHY ADAMS	WINNIPEG
Open	4x400m	Relay		3:26.70	<b>Jul-30-99</b>	CUBA	J. DUPORTY, Z. CALATAYUD, I. BONNE, D. PERNIA	WINNIPEG
Senior	4x400m	Relay		3:47.0h	<b>Aug-14-79</b>	MANITOBA	MAVIS CURTIS, C. MACPHERSON, NANCY RETTIE, ANGELA CHALMERS	SASKATOON
Junior	4x400m	Relay		3:50.5h	<b>Aug- 1-77</b>	MANITOBA	MAVIS CURTIS, MAUREEN HOUGHTON, ROSANNE MURPHY, M COCHINGYAN	ST. JOHN'S
Youth	4x400m	Relay		3:56.68	<b>Jul-30-89</b>	MANITOBA		SHERWOOD PARK
Midget	4x400m	Relay		4:07.95	<b>Jul 18-09</b>	WPG OPTIMIST	KATIE TAKATCH, KATIE LAVALLEE, MICHELLE HEBERT, ERIN TESCHUK	WINNIPEG
Open	4x800m	Relay		9:03.9h	<b>May-01-82</b>	RAIDERS TC	NANCY RETTIE, CAROL HOWE, VICKI AGAR, SANDY RETTIE	WINNIPEG
Senior	4x800m	Relay		9:03.9h	<b>May-01-82</b>	RAIDERS TC	NANCY RETTIE, CAROL HOWE, VICKI AGAR, SANDY RETTIE	WINNIPEG
Junior	4x800m	Relay		9:35.0h	<b>May-14-88</b>	RAIDERS TC	C. MURPHY, A. PERNITSKY, J. NEUFELD, M. BUISSON	WINNIPEG
Open	1600m	SptMedlyf	4-2-2-8	4:09.3h	<b>May-14-88</b>	RAIDERS TC	NANCY TAYLOR, HEATHER LEE-KIN, M. BRAITHWAITE, BRENDA BAKER	WINNIPEG
Senior	1600m	SptMedlyf	4-2-2-8	4:09.3h	<b>May-14-88</b>	RAIDERS TC	NANCY TAYLOR, HEATHER LEE-KIN, M. BRAITHWAITE, BRENDA BAKER	WINNIPEG
Junior	1600m	SptMedlyf	4-2-2-8	4:10.2h	<b>May-14-88</b>	RAIDERS TC	CHERYL MURPHY, LEANNE HARRISON, TRISHA BEST, A. PERNITSKY	WINNIPEG
Youth	1600m	SptMedlyf	4-2-2-8	4:26.75	<b>Jun-16-01</b>	MANITOBA	MANITOBA	BRANDON
Midget	1600m	SptMedlyf	4-2-2-8	4:08.09	<b>Aug 10-08</b>	MANITOBA/NWO	MEAGAN PARACHOLSKI, MELISSA KITCHING, AMY ANDRUSHKO, CARLY PARACHOLSKI	SHERBROOKE
Open	4000m	DisMedlyf	4-8-12-16	12:52.7h	<b>May-14-88</b>	RAIDERS TC	CAROL BOYLE, VICKI AGAR, CHERYL MURPHY, VELVET CADRE	WINNIPEG
Senior	4000m	DisMedlyf	4-8-12-16	12:52.7h	<b>May-14-88</b>	RAIDERS TC	CAROL BOYLE, VICKI AGAR, CHERYL MURPHY, VELVET CADRE	WINNIPEG

	Event		Mark	Date Set	Record Holder	Affiliation	Location
Open	High Jump		1.94m	Jul-01-84	DEBBIE BRILL	BC	WINNIPEG
Senior	High Jump		1.79m	Aug-20-97	TAMMY MAHON	MANITOBA	BRANDON
Junior	High Jump		1.79m	Aug-20-97	TAMMY MAHON	MANITOBA	BRANDON
Youth	High Jump		1.79m	Aug-20-97	TAMMY MAHON	MANITOBA	BRANDON
Midget	High Jump		1.73m	Jul- 1-95	TAMMY MAHON	TREHERNE	WINNIPEG
			1.73m	Aug-10-96	TAMMY MAHON	UNATTACHED	KITCHENER
Open	Pole Vault		4.51m	Jul-15-05	DANA BULLER	KITCHENER	WINNIPEG
<b>Senior</b>	<b>Pole Vault</b>		<b>4.15m</b>	<b>Jun-13-10</b>	<b>VICTORIA ROBSON</b>	<b>WOA</b>	<b>TORONTO</b>
<b>Junior</b>	<b>Pole Vault</b>		<b>3.50m</b>	<b>Jul 10-10</b>	<b>SARAH BOILA</b>	<b>WOA</b>	<b>WINNIPEG</b>
Youth	Pole Vault		3.41m	Jul 3-09	SARAH BOILA	WOA	WINNIPEG
Midget	Pole Vault		2.95m	May 23-08	CARISSA GAULTIER	WOA	WINNIPEG
Open	Long Jump		6.59m	Jul-24-99	MAUREEN MAGGI	BRAZIL	WINNIPEG
Senior	Long Jump		6.39m	Apr-14-91	LAVERN CLARKE	U. OF NEW MEXICO	ALBUQUERQUE
Junior	Long Jump		5.83m	Aug- 1-68	KAY THOMSON	FLYING M AC	TORONTO
Youth	Long Jump		5.78m	Jun-23-90	JANNA NIKKEL	MANITOBA	BLAINE
Midget	Long Jump		5.42m	Jun- 8-88	GLADYS NORTEY	SISLER	WINNIPEG
Open	Triple Jump		14.77m	Jul-28-99	YAMILE ALDAMA POZA	CUBA	WINNIPEG
Senior	Triple Jump		13.04m	Mar-23-91	LAVERN CLARKE	U. OF NEW MEXICO	ALBUQUERQUE
Junior	Triple Jump		12.04m	Jul-30-93	MELISSA HABOK	BRANDON RIVALS	COQUITLAM
Youth	Triple Jump		11.50m	May 6-00	ALANNA BOUDREAU	WOA	APLEDOORN
Midget	Triple Jump		11.07m	Jun 23-98	ALANNA BOUDREAU	WOA	WINNIPEG
Open	Shot Put 4kg		19.06m	Jul-27-99	CONNIE PRICE-SMITH	USA	WINNIPEG
Senior	Shot Put 4kg		16.99m	Jun- 7-87	MELODY TORCOLACCI	MANITOBA	KELOWNA
Junior	Shot Put 4kg		13.82m	Apr-29-89	SUSANNE DANDENAU	U OF WASHINGTON	FLAGSTAFF
Youth	Shot Put 4kg		12.64m	Jun-29-86	SUSANNE DANDENAU	AOTC	ST. JOHN
Midget	Shot Put 4kg		12.55m	Jun-26-85	SUSANNE DANDENAU	AOTC	WINNIPEG
Midget	Shot Put 3kg		9.76m	Jul 11-09	AMY GRACEFFO	TEAM MANITOBA	MEDICINE HAT
Open	Hammer 4kg		67.79m	Jul-08-00	DAWN ELLERBE	NYAC	WINNIPEG
Senior	Hammer 4kg		56.26m	Jun-11-93	THERESA BRICK	AOTC	WINNIPEG
Junior	Hammer 4kg		46.86m	Jun-30-93	NOREENA BODAGLO	AOTC	COQUITLAM
<b>Youth</b>	<b>Hammer 4kg</b>		<b>29.65m</b>	<b>Jul-25-10</b>	<b>ALEXA MATWYCZUK</b>	<b>TEAM MANITOBA</b>	<b>WINNIPEG</b>
Midget	Hammer 4kg		23.58m	Aug- 7-94	RAPHAEL DICOSMO	MANITOBA	OTTAWA
Open	Discus 1kg		60.92m	Jul-30-99	ELISANGELA ADRIANO	BRAZIL	WINNIPEG
Senior	Discus 1kg		58.40m	Jun-11-93	THERESA BRICK	AOTC	WINNIPEG
Junior	Discus 1kg		50.08m	May- 6-89	SUSANNE DANDENAU	U OF WASHINGTON	SEATTLE
Youth	Discus 1kg		47.56m	Jun-11-93	SAMI-JO SMALL	AOTC	WINNIPEG
Midget	Discus 1kg		36.64m	Jul-20-85	SUSANNE DANDENAU	MANITOBA	EDMONTON
Open	Javelin 600g		65.85m	Jul-25-99	OSLEIDYS MENENDEZ	CUBA	WINNIPEG
Senior	Javelin 600g		45.87m	Aug-22-01	ERIN SIGNALDISON	MANITOBA	LONDON
Junior	Javelin 600g		40.26m	Jun- 1-05	DEBRA MULLIN	FLYING M	WINNIPEG
<b>Youth</b>	<b>Javelin 600g</b>		<b>35.51m</b>	<b>Aug-6-10</b>	<b>AMY GRACEFFO</b>	<b>MANITOBA/NWO LEGION</b>	<b>OTTAWA</b>
Midget	Javelin 600g		30.10m	Jul-21-07	JODY ADAMSON	MANITOBA Youth	REGINA
Open	Heptathlon		6290	Jul-28-99	MAGALYS GARCIA LELIEBRE	CUBA	WINNIPEG
Senior	Heptathlon		4980	Jul-12-81	JANET SCOTT	PRAIRIES	WINNIPEG
Junior	Heptathlon		4581	Aug-15-81	SUE GARDINER	MANITOBA	THUNDER BAY
Youth	Heptathlon		4318	Jul-13-80	SUE GARDINER	FLYING M ATHLETIC CLUB	SUDBURY
Midget	Heptathlon		2843	Jun-24-06	JENNA GAUDET	STRIDE AHEAD TOUGH TRACK	WINNIPEG

	Event			Mark	Date Set	Record Holder	Affiliation	Location
<b>MEN</b>								
Open	100m			10.08	Jul-25-99	BERNARD WILLIAMS	USA	WINNIPEG
Senior	100m			10.33	May-25-85	COURTNEY BROWN	RAIDERS TC	PROVO
Junior	100m			10.75	Aug-10-03	DONOVAN ALEXANDER	MANITOBA	SELKIRK
Youth	100m			10.84	Jul- 3-82	COURTNEY BROWN	AOTC	WINNIPEG
Midget	100m			11.06	Aug-13-80	COURTNEY BROWN	AOTC	WINNIPEG
<b>Midget</b>	<b>150m</b>			<b>17.50</b>	<b>Jul 10-10</b>	<b>JOSHUA AHLBAUM-ATEAH</b>	<b>SA TOUGH TRACK</b>	<b>WINNIPEG</b>
Open	200m			20.30	Jul-28-99	CLAUDINEI SILVA	BRAZIL	WINNIPEG
Senior	200m			20.51	May-25-85	COURTNEY BROWN	RAIDERS TC	PROVO
Junior	200m			20.81	Jun-30-84	COURTNEY BROWN	RAIDERS TC	WINNIPEG
Youth	200m			20.93	Aug- 1-82	COURTNEY BROWN	CANADA	BERQUISIMETO
Midget	200m			23.52	Jun-8-07	BEN ALLEN	KELVIN HS	WINNIPEG
Midget	300m			37.25	Jul 11-09	LEVI SADER	TEAM MANITOBA	MEDICINE HAT
Open	400m			44.59	Jul-25-99	GREGORY HAUGHTON	JAMAICA	WINNIPEG
Senior	400m			45.87	May-23-87	COURTNEY BROWN	RAIDERS TC	HOUSTON
Junior	400m			47.06	Jul-19-03	NATHAN VADEBONCOEUR	WOA	BRIDGEPORT
Youth	400m			48.45	Aug-12-00	ERIK SPROLL	MB/NWO	CALGARY
Midget	400m			51.26	Aug 09-08	MATTHEW FITKOWSKY	MANITOBA/NOW	SHERBROOKE
Open	800m			1:45.38	Jul-25-99	JOHNNY GRAY	USA	WINNIPEG
Senior	800m			1:46.65	Jul- 7-01	DARRYL FILLION	UNATTACHED	MONTREAL
Junior	800m			1:49.17	May-25-01	ERIK SPROLL	MANITOBA	VICTORIA
Youth	800m			1:50.61	Jul-16-00	ERIK SPROLL	MANITOBA	MONTREAL
Midget	800m			1:58.81	Jul-13-96	JORDAN FIERCE	WOA	KITCHENER
<b>Midget</b>	<b>1200m</b>			<b>3:16.91</b>	<b>Jul 24-10</b>	<b>BRAEDAN PETERS</b>	<b>TEAM MANITOBA</b>	<b>WINNIPEG</b>
Open	1500m			3:41.20	Jul-30-99	GRAHAM HOOD	CANADA	WINNIPEG
Senior	1500m			3:40.07	Aug- 8-90	CHRIS WEBER	PACESETTER	MONTREAL
Junior	1500m			3:47.1h	Jun-13-86	HENRY KLASSEN	TAKUS TC	VICTORIA
Youth	1500m			3:57.43	Jun- 2-01	KRISTJAN HUNTER	WOA	VANCOUVER
Midget	1500m			4:10.4h	Aug- 7-98	ERIK SPROLL	MANITOBA	PRINCE GEORGE
Midget	2000m			6:07.02	Jul 11-09	LEVI NEUFELD	TEAM MANITOBA	MEDICINE HAT
Open	3000m			8:06.19	May-21-91	CHRIS WEBER	AOTC	WINNIPEG
Senior	3000m			7:56.48	Jul-18-95	CHRIS WEBER	RENEGADES	FRANCE
Junior	3000m			8:40.81	Jun- 1-05	PETER DORSHUK	PARC	WINNIPEG
Youth	3000m			8:44.81	Aug- 7-98	WILL THRIFT	MANITOBA	PRINCE GEORGE
Midget	3000m			9:02.8h	Jun-14-74	GEORGE ANNECK	TEC VOC	WINNIPEG
Open	5000m			13:42.04	Jul-24-99	GALVIN MARTINEZ	MEXICO	WINNIPEG
Senior	5000m			13:36.12	Jul- 2-95	CHRIS WEBER	RENEGADES	GATESHEAD
Junior	5000m			14:14.4h	Jul-13-80	CAREY PENNER	MANITOBA	SUDBURY
Youth	5000m			17:07.08	May-25-07	DELOHNNI NICOL-SAMUEL	UNATTACHED	WINNIPEG
Open	10000m			28:43.50	Jul-27-99	ENENILSON SILVA	BRAZIL	WINNIPEG
Senior	10000m			28:16.51	Jul-25-75	CHRIS MCCUBBINS	CANADA	MONTREAL
Junior	10000m			30:16.6h	Jul-06-74	RICK BOURRIER	MANITOBA	SASKATOON
Youth	100m	Hurdles	36"	14.19	Jul-29-90	SHAUN MOORE	MANITOBA	KELOWNA
<b>Midget</b>	<b>100m</b>	<b>Hurdles</b>	<b>33"-8.5m</b>	<b>14.25</b>	<b>Jul 10-10</b>	<b>ERIC GUY</b>	<b>WPG OPTIMIST</b>	<b>WINNIPEG</b>
Open	110m	Hurdles	42"-9.14	13.17	Jul-30-99	ANIER GARCIA ORTIZ	CUBA	WINNIPEG
Senior	110m	Hurdles	42"-9.14	13.54	Aug-15-05	JARED MACLEOD	CANADA / WOA	ISTANBUL
Junior	110m	Hurdles	39"-9.14	14.35	Jun 14-08	KEIRAN MOOLCHAN	WOA	TORONTO
Youth	110m	Hurdles	36"-9.14	15.00	Aug-12-06	KIERAN MOOLCHAN	MANITOBA/NWO	BURNABY
Midget	200m	Hurdles	0.762m	28.10	Jul 11-09	ERIC GUY	TEAM MANITOBA	MEDICINE HAT
<b>Youth</b>	<b>300m</b>	<b>Hurdles</b>	<b>0.84m</b>	<b>40.35</b>	<b>Jul 24-10</b>	<b>BRENDAN CUARESMA</b>	<b>TEAM MANITOBA</b>	<b>WINNIPEG</b>
Midget	300m	Hurdles	30"	40.55	Aug- 3-85	Garth Glover	Takus TC	SASKATOON
Open	400m	Hurdles		48.23	Jul-28-99	ERONILDES ARAUJO	BRAZIL	WINNIPEG
Senior	400m	Hurdles	36"	50.8h	Jun-18-68	WES BROOKER	MANITOBA	RANDALL'S ISLAND
Junior	400m	Hurdles	36"	53.0h	Jun-28-81	DAN MOROZ	TAKUS TC	TORONTO
Youth	400m	Hurdles	36"	55.28	Aug-09-87	GARTH GLOVER	MANITOBA	CALGARY
Youth	400m	Hurdles	0.84m	57.73	Jul 11-09	TERRENCE SAMPSON	TEAM MANITOBA	WINNIPEG

	Event		Mark	Date Set	Record Holder	Affiliation	Location
Youth	1500m	StplCh	4:18.3h	<b>Aug-11-73</b>	LAWRIE LEWIS	MANITOBA	BURNABY
Midget	1500m	StplCh	4:27.5h	<b>Aug-27-71</b>	LAWRIE LEWIS	MANITOBA	WINNIPEG
Youth	2000m	StplCh	6:03.94	<b>Aug-12-06</b>	GREG MILLER	MANITOBA/ NWO	BURNABY
Midget	2000m	StplCh	6:39.59	<b>Aug-06-05</b>	GREG MILLER	MANITOBA/ WOA	EDMONTON
Open	3000m	StplCh	8:32.41	<b>Jun-27-99</b>	JOEL BOURGEOIS	MTL OLYMPIQUE	WINNIPEG
Senior	3000m	StplCh	8:35.39	<b>Jun- 8-91</b>	HENRY KLASSEN	AM	BURNABY
Junior	3000m	StplCh	9:02.76	<b>Jun- 2-02</b>	KRISTJAN HUNTER	MANITOBA	BURNABY
Youth	3000m	StplCh	10:02.76	<b>Jun-24-06</b>	GREG MILLER	WOA	WINNIPEG
Youth	1500m	Racewalk	7:57.89	<b>Aug-11-07</b>	JASON REDPATH	MANITOBA/NWO LEGION	OROMOCTO
Open	4x100m	Relay	38.18	<b>Jul-30-99</b>	BRAZIL	R. OLIVIERA, C. SILVA, E. RIBEIRO, C. SILVA	WINNIPEG
Senior	4x100m	Relay	40.71	<b>Jul-31-83</b>	MANITOBA		CALGARY
Junior	4x100m	Relay	41.95	<b>Aug-8-07</b>	MANITOBA WCSG	ZACHARIE DURAND, DAVID SZCZEPANIAK, KIERAN MOOLCHAN, NATHAN LABBE	STRATHCONA COUNTY
Youth	4x100m	Relay	43.4h	<b>Aug-21-82</b>	MANITOBA	GREG BRYSON, ANDREW ENNS, DAVE MACKENZIE, COURTNEY BROWN	FREDERICTON
Midget	4x100m	Relay	45.94	<b>Aug-15-99</b>	MANITOBA	R. SYLVESTER, A. FUNSTON, J. FIELDS, N. VADEBONCOEUR	SUDBURY
Open	4x200m	Relay	1:31.2h	<b>Jul-19-69</b>	RAZORBACK TC		WINNIPEG
Senior	4x200m	Relay	1:24.3h	<b>Jul-26-69</b>	MANITOBA		CALGARY
Junior	4x200m	Relay	1:31.2h	<b>Jul-19-69</b>	RAZORBACK TC		WINNIPEG
Youth	4x200m	Relay	1:36.7h	<b>Jun-22-70</b>	WINGS TC		WINNIPEG
Midget	4x200m	Relay	1:42.3h	<b>May-01-82</b>	AOTC	DOUG MACKENZIE, RON DELL, DEREK ROLSTONE, DAVID NEWBERRY	WINNIPEG
Open	4x400m	Relay	2:57.97	<b>Jul-30-99</b>	JAMAICA	M. MCDONALD, G. HAUGHTON, D. MCFARLANE, D. CLARKE	WINNIPEG
Senior	4x400m	Relay	3:12.60	<b>Aug-21-97</b>	MANITOBA		BRANDON
Junior	4x400m	Relay	3:19.5h	<b>Aug-13-77</b>	MANITOBA	DAVE KOZUSKA, BRENT KONANTZ, DAVE MORGAN, JIM PARTAKER	ST.JOHNS
Youth	4x400m	Relay	3:24.33	<b>Aug-12-00</b>	MANITOBA	RYAN WILSON, PATRICK BINNE, NATHAN VADEBONCOEUR, ERIK SPROLL	CALGARY
Midget	4x400m	Relay	3:41.6h	<b>Jul-29-84</b>	MANITOBA	JAMIE STEER, RON KING, DAVID POWELL, SCOTT BREAKLY	WINNIPEG
Open	4x800m	Relay	7:44.3h	<b>Jun-26-85</b>	RAIDERS TC	GREG ATHAYDE, ROB GUY, WYNN GMITROSKI, RODGER LOURENZO	WINNIPEG
Senior	4x800m	Relay	7:44.3h	<b>Jun-26-85</b>	RAIDERS TC	GREG ATHAYDE, ROB GUY, WYNN GMITROSKI, RODGER LOURENZO	WINNIPEG
Junior	4x800m	Relay	7:55.4h	<b>Jul-31-72</b>	RAZORBACK TC	Laurie Lewis, ELTON NOGA, CRAIG JOHNSTON, MURRAY ARDIES	WINNIPEG
Youth	4x800m	Relay	8:41.47	<b>May-02-81</b>	TAKUS TC		WINNIPEG
Open	4x1500m	Relay	18:24.4h	<b>May-20-72</b>	RAZORBACK TC	RON MELNICHUK, BARRY STEWART, WAYNE MCMAHON, LARRY SWITZER	WINNIPEG
Senior	4x1500m	Relay	16:01.5h	<b>May-11-87</b>	RAIDERS TC	CHAD JOHNSTON, GLEN REDPATH, ROB GUY, KEVIN CHRISTIANSON	RICHMOND
Open	1600m	SptMedlyf 4-2-2-8	3:28.8h	<b>May-14-88</b>	RAIDERS TC	DWAYNE FALK, CAL LANGFORD, LA SIEGGA, DOUG MCKELLAN	GENE DE WINNIPEG
Senior	1600m	SptMedlyf 4-2-2-8	3:28.8h	<b>May-14-88</b>	RAIDERS TC	DWAYNE FALK, CAL LANGFORD, LA SIEGGA, DOUG MCKELLAN	GENE DE WINNIPEG
Junior	1600m	SptMedlyf 4-2-2-8	3:40.0h	<b>Aug-23-70</b>	MANITOBA		ABBOTSFORD
Youth	1600m	SptMedlyf 4-2-2-8	3:40.80	<b>Aug-14-88</b>	MANITOBA		QUEBEC CITY
Midget	1600m	SptMedlyf 4-2-2-8	3:50.81	<b>Aug-18-02</b>	MANITOBA	DREW NEUFELD, STEVE SYDORCHUK, STEFAN ARNASON, DAVID KURY	SHERBROOK
Open	4000m	DisMedlyf 4-8-12-16	10:20.0h	<b>May-17-88</b>	RAIDERS TC	BUDDY VOTH, CAL LANGFORD, RIC CHAPMAN, DARCY READY	WINNIPEG
Senior	4000m	DisMedlyf 4-8-12-16	10:20.0h	<b>May-17-88</b>	RAIDERS TC	BUDDY VOTH, CAL LANGFORD, RIC CHAPMAN, DARCY READY	WINNIPEG

	Event		Mark	Date Set	Record Holder	Affiliation	Location
Open	High Jump		2.26m	<b>Jun-30-84</b>	MILT OTTEY	YO	WINNIPEG
Senior	High Jump		2.15m	<b>Aug-09-02</b>	MICHAEL KIZINKEWICH	WOA	SAN ANTONIO
			2.15m	<b>Aug- 8-96</b>	FRANK MCLEAN	MANITOBA	KITCHENER
Junior	High Jump		2.09m	<b>Jun-26-88</b>	STEVE WELCH	AOTC	OTTAWA
Youth	High Jump		2.04m	<b>May-25-07</b>	LUCAS RODEWALD	WOA	WINNIPEG
Youth	High Jump		2.04m	<b>Jul-11-07</b>	LUCAS RODEWALD	CANADA	OSTRAVA, CZR
Midget	High Jump		1.96m	<b>Jun-29-74</b>	GARRY SCOTT	MANITOBA	WINNIPEG
Open	Pole Vault		5.60m	<b>Jul-27-99</b>	PATRICK MANSON	USA	WINNIPEG
Senior	Pole Vault		4.78m	<b>Jul-6-07</b>	CLIFF CAINES	WOA	WINNIPEG
Junior	Pole Vault		4.40m	<b>Jul-31-82</b>	DON LAWSON	CANADA	BERQUISIMETO
Youth	Pole Vault		4.10m	<b>Aug-16-93</b>	AARON WARD	MANITOBA	KAMLOOPS
Midget	Pole Vault		3.40m	<b>Jul 3-09</b>	VITALIY BILENKO	WPG OPTIMIST	WINNIPEG
Open	Long Jump		8.52m	<b>Jul-25-99</b>	IVAN PEDROSO SOLER	CUBA	WINNIPEG
Senior	Long Jump		7.93m	<b>Jul- 8-00</b>	MIKE LABERGE	FLYING M AC	FLAGSTAFF
Junior	Long Jump		7.33m	<b>Jul-21-06</b>	NATHAN LABBE	WOA	SHERBROOKE
Youth	Long Jump		7.00m	<b>Jun-25-05</b>	NATHAN LABBE	UNATTACHED	WINNIPEG
Midget	Long Jump		6.47m	<b>Jun-20-86</b>	JASON BOGEN	ROBERT ANDREWS	WINNIPEG
Open	Triple Jump		17.19m	<b>Jul-30-99</b>	YOELBI QUESADA	CUBA	WINNIPEG
Senior	Triple Jump		15.92m	<b>Aug- 1-87</b>	DEXTOR BELTON	MANITOBA	OTTAWA
Junior	Triple Jump		14.51m	<b>Jul- 6-53</b>	JACK SMYTH	WAA HOUNDS	WINNIPEG
Youth	Triple Jump		13.65m	<b>Jul-27-07</b>	DAVID WALFORD	WOA	ABBOTSFORD
Midget	Triple Jump		12.53m	<b>Jul-11-86</b>	JASON BOGEN	ROBERT ANDREWS	WINNIPEG
Open	Shot Put 7.27kg		19.93m	<b>Jul-24-99</b>	BRADLEY MEARS	USA	WINNIPEG
Senior	Shot Put 7.27kg		19.88m	<b>Aug-13-85</b>	BRUCE PIRNIE	Manitoba	REGINA
Junior	Shot Put 6kg		14.85m	<b>Jun-14-90</b>	TREVOR NEUMANN	AOTC	WINNIPEG
Youth	Shot Put 5kg		15.77m	<b>Jul-21-85</b>	Bojan Paunovic	AOTC	EDMONTON
Midget	Shot Put 4kg		15.03m	<b>Jun-27-87</b>	DAVID GRAYSTONE	AOTC	MOOSE JAW
Open	Hammer 7.27kg		79.61m	<b>Jul-27-99</b>	LANCE DEAL	USA	WINNIPEG
Senior	Hammer 7.27kg		66.58m	<b>Aug-31-89</b>	DAREN MCFEE	RAIDERS TC	WINNIPEG
Junior	Hammer 6kg		49.24m	<b>Aug-14-87</b>	BOJAN PAUNOVIC	MANITOBA	REGINA
Youth	Hammer 5kg		47.62m	<b>Jul-30-89</b>	DALE BARNYCH	AOTC	SHERWOOD PARK
Midget	Hammer 5kg		27.44m	<b>Jun-26-04</b>	CLINTON STEVENSON	PEGUIS CENTRAL	WINNIPEG
<b>Midget</b>	<b>Hammer 4kg</b>		<b>40.30m</b>	<b>Jul-24-10</b>	<b>JAYDEN BUCHANAN</b>	<b>TEAM MANITOBA</b>	<b>WINNIPEG</b>
Open	Discus 2kg		65.89m	<b>Jul-15-05</b>	JASON TUNKS	LONDON WESTERN	WINNIPEG
Senior	Discus 2kg		62.99m	<b>May-18-05</b>	DARIUSZ SLOWIK	WOA	SALINAS
Junior	Discus 1.75kg		52.86m	<b>Jun-26-75</b>	CHUCK SIGFUSSON	UNATTACHED	WINNIPEG
Youth	Discus 1.5kg		49.54m	<b>Jul-21-73</b>	CHUCK SIGFUSSON	UNATTACHED	WINNIPEG
Midget	Discus 1kg		45.50m	<b>Jun-26-04</b>	CLINTON STEVENSON	PEGUIS CENTRAL	WINNIPEG
Open	Javelin 800g		79.30m	<b>Jul-08-92</b>	ED KOMINSKI	USA	WINNIPEG
Senior	Javelin 800g		73.76m	<b>May- 7-88</b>	MIKE BRENNAN	AOTC	WINNIPEG
Junior	Javelin 800g		57.78m	<b>Jul- 6-91</b>	DALE BARNYCH	AOTC	WINNIPEG
<b>Youth</b>	<b>Javelin 700g</b>		<b>57.74m</b>	<b>Jul-24-10</b>	<b>MAX COTE</b>	<b>TEAM MANITOBA</b>	<b>WINNIPEG</b>
Midget	Javelin 600g		48.18m	<b>Jun-20-87</b>	DALE BARNYCH	MANITOBA	SASKATOON
Open	Decathlon		8170	<b>Jul-25-99</b>	CHRIS HUFFINS	USA	WINNIPEG
Senior	Decathlon		7741	<b>May-24-87</b>	GORD ORLIKOW	CANADA	GOTZIS
Junior	Decathlon		6397	<b>Jul-09-89</b>	JASON KINASH	AOTC	SASKATOON
Youth	Octathlon		5587	<b>Aug-07-04</b>	STEPHAN ARNASON	MANITOBA/NWO	SUDBURY