



## MANITOBA INDOOR RECORDS

as of May 2013

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|               | Event        | Mark           | Date Set         | Record Holder                 | Affiliation           | Location        |
|---------------|--------------|----------------|------------------|-------------------------------|-----------------------|-----------------|
| <b>Women</b>  |              |                |                  |                               |                       |                 |
| 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          | 7.64           | Mar-16-11        | TEGAN TURNER                  | NELSON MCINTYRE       | WINNIPEG        |
| Midget        | 60m          | 7.86           | Dec-14-04        | CHANTAL GRANT                 | WPG OPTIMIST          | WINNIPEG        |
| Midget        | 150m         | 19.59          | Mar-05-10        | SASANIE WANIGASEKARA          | SA TOUGH TRACK        | 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                 | WPG OPTIMIST          | 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        |
| <b>Midget</b> | <b>300m</b>  | <b>40.45</b>   | <b>Mar-02-13</b> | <b>VICTORIA TACHINSKI</b>     | <b>SA TOUGH TRACK</b> | <b>WINNIPEG</b> |
| 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         | 55.60          | Feb-27-10        | ALYSSA JOHNSON                | UNIVERSITY OF UTAH    | ALBUQUERQUE     |
| Youth         | 400m         | 56.26          | Mar-5-10         | CARLY PARACHOLSKI             | SISLER                | WINNIPEG        |
| Midget        | 400m         | 57.59          | Dec-07-06        | ALYSSA JOHNSON                | FLYING M AC           | WINNIPEG        |
| Open          | 600m         | 1:28.68        | Feb-02-04        | AIMEE TETERIS                 | PACIFIC ATHLETICS     | 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                | WPG OPTIMIST          | WINNIPEG        |
| Midget        | 600m         | 1:37.22        | Jan-29-05        | STEPHANIE ROMANSON            | WPG OPTIMIST          | 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                | WPG OPTIMIST          | WINNIPEG        |
| Open          | 1000m        | 2:42.81        | Mar-10-88        | PAULA SCHNURR                 | MCMASTER UNIVERSITY   | WINNIPEG        |
| Senior        | 1000m        | 2:42.31        | Jan-16-10        | NICOLE EDWARDS                | UNATTACHED            | PENN STATE      |
| Junior        | 1000m        | 2:49.51        | Feb-18-04        | NICOLE EDWARDS                | WPG OPTIMIST          | WINNIPEG        |
| Youth         | 1000m        | 2:53.61        | Feb-02-02        | NICOLE EDWARDS                | WPG OPTIMIST          | WINNIPEG        |
| Midget        | 1000m        | 2:59.0h        | Dec-11-88        | ANDREA GROVE                  | TAKUS TC              | SASKATOON       |
| <b>Midget</b> | <b>1200m</b> | <b>3:43:61</b> | <b>Mar-02-13</b> | <b>JENNIE BARAGAR-PETRASH</b> | <b>WPG OPTIMIST</b>   | <b>WINNIPEG</b> |



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|--------------|--------|----------|-----------|-------------------|-----------------|---|-------------|
| <b>Women</b> |        |          |           |                   |                 |   |             |
| 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    | WPG OPTIMIST    | WINNIPEG  |             |
| 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  | WPG OPTIMIST    | 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         | 60mH   | 33"-8.5m | 8.30      | Feb-21-93         | SONIA PAQUETTE  | QU-COCH   | WINNIPEG    |
| Senior       | 60mH   | 33"-8.5m | 8.45      | Mar-12-94         | JANNA NIKKEL    | U OF MANITOBA   | WINNIPEG    |
| Senior       | 60mH   | 33"-8.5m | 8.45      | Feb-25-94         | JANNA NIKKEL    | U OF MANITOBA   | EDMONTON    |
| Junior       | 60mH   | 33"-8.5m | 8.56      | Feb-28-92         | JANNA NIKKEL    | TAKUS TC  | SASKATOON   |
| Youth        | 60mH   | 30"-8.5m | 9.03      | Mar-1-08          | ALYSSA JOHNSON  | SISLER HS   | WINNIPEG    |
| Youth        | 60mH   | 30"-8.0m | 9.10      | Feb-24-89         | LINDSAY INGRAM  | TAKUS TC  | SASKATOON   |
| Midget       | 60mH   | 30"-7.5m | 9.45      | Dec-08-06         | ALYSSA JOHNSON  | FLYING M  | WINNIPEG    |
| Midget       | 60mH   | 30"-8.0m | 9.61      | Mar-06-09         | MICHELLE HEBERT | WPG OPTIMIST  | 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   | N.MCCUAIG, TANYA BROTHERS, CHERYL CROXFORD, R.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        |   | WINNIPEG    |
| Midget       | 4x200m | Relay    | 1:47.53   | Mar-07-09         | SA TOUGH TRACK  | A. ANDRUSHKO, C.ZAJAC, A.GRACEFFO S. WANIGASEKARA         | WINNIPEG    |



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| <b>Women</b>  |                  |       |              |                  |                    |   |                 |
| 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 | 3:56.85      | Mar 5-11         | SA Tough Track     | J.ZRINYI, A.ANDRUSKO,<br>S. WANIGASEKARA,<br>M.BARON            | WINNIPEG        |
| Youth         | 4x400m           | Relay | 3:56.85      | Mar 5-11         | SA Tough Track     | J.ZRINYI, A.ANDRUSKO,<br>S.WANIGASEKARA,<br>MELANIE BARON       | 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 | 8:53.06      | Mar-11-05        | U OF MANITOBA      | K.ISACCCSON, JANA-RAE<br>CASSIDY, DAROLYN<br>TREMBATH, L.WHALEN | 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        |
| 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        |
| Senior        | Pole Vault       |       | 4.16m        | Feb-2-12         | VICTORIA DRESSLER  | WPG OPTIMIST  | WINNIPEG        |
| Senior        | Pole Vault       |       | 4.16m        | Feb-2-12         | VICTORIA DRESSLER  | WPG OPTIMIST  | WINNIPEG        |
| Junior        | Pole Vault       |       | 3.70m        | Mar-09-12        | MELISSA RICHARDS   | WPG OPTIMIST  | WINNIPEG        |
| Youth         | Pole Vault       |       | 3.28m        | Feb-14-09        | SARAH BOILA        | WPG OPTIMIST  | WINNIPEG        |
| Midget        | Pole Vault       |       | 3.00m        | Feb-20-08        | CARISSA GAUTHIER   | WPG OPTIMIST  | 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     |
| <b>Junior</b> | <b>Long Jump</b> |       | <b>5.87m</b> | <b>Mar-08-13</b> | <b>JOY BECKER</b>  | <b>BISON TRACK &amp; FIELD</b>                                  | <b>WINNIPEG</b> |
| Youth         | Long Jump        |       | 5.65m        | Mar- 8-80        | TANYA BROTHERS     | GALAXT TC   | EDMONTON        |
| Midget        | Long Jump        |       | 5.36m        | Dec-10-11        | ROBYN WEAR         | WPG OPTIMIST  | 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    | WPG OPTIMIST  | WINNIPEG        |
| Youth         | Triple Jump      |       | 11.50m       | Mar-04-00        | ALANNA BOUDREAU    | WPG OPTIMIST  | 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       | SA TOUGH TRACK  | WINNIPEG        |



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| <b>Women</b> |                   |        |             |                  |                      |                                |
| Open         | Wght Thr          | 9.07kg | 20.28m      | Feb-4-11         | HEATHER STEACY       | CHINOOK TRACK & FIELD WINNIPEG |
| Senior       | Wght Thr          | 9.07kg | 17.04m      | Mar- 6-98        | NOREENA BODAGLO      | U OF MANITOBA WINNIPEG         |
| Junior       | Wght Thr          | 9.07kg | 14.25m      | Mar- 6-10        | KAREN FERRIS         | U OF MANITOBA WINNIPEG         |
| Youth        | Wght Thr          | 9.07kg | 10.84m      | Dec-04-10        | ALEXA MATWYCZUK      | 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         |
| <b>Youth</b> | <b>Pentathlon</b> |        | <b>3305</b> | <b>Jan-18-13</b> | <b>ROBYN WEAR</b>    | <b>WPG OPTIMIST WINNIPEG</b>   |
| Midget       | Pentathlon        |        | 2800        | Dec-10-11        | ROBYN WEAR           | WPG OPTIMIST WINNIPEG          |
| <b>Men</b>   |                   |        |             |                  |                      |                                |
| Open         | 60m               |        | 6.59        | Feb-20-93        | BRUNY SURIN          | VIDE WINNIPEG                  |
| Senior       | 60m               |        | 6.69        | Feb-21-87        | RICK JONES           | RAIDERS TC EDMONTON            |
| Junior       | 60m               |        | 6.83        | Dec-29-82        | COURTNEY BROWN       | AOTC SASKATOON                 |
| Youth        | 60m               |        | 6.83        | Dec-29-82        | COURTNEY BROWN       | AOTC SASKATOON                 |
| Midget       | 60m               |        | 7.31        | Dec-08-07        | BEN ALLEN            | KELVIN WINNIPEG                |
| Midget       | 150m              |        | 17.96       | Mar-05-10        | ROBERT ANDERSON      | SISLER 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  | WPG OPTIMIST WINNIPEG          |
| Midget       | 200m              |        | 22.90       | Dec-10-10        | JOSHUA AHLBAUM-ATEAH | SA TOUGH TRACK 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  | WPG OPTIMIST 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  | WPG OPTIMIST 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         |
| Youth        | 600m              |        | 1:20.5h     | Dec-02-00        | ERIK SPROLL          | UNATTACHED WINNIPEG            |
| Midget       | 600m              |        | 1:28.67     | Jan-13-96        | JORDAN FIERCE        | WPG OPTIMIST WINNIPEG          |



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| <b>Men</b>    |              |                  |                  |                   |                   |                     |                 |
| 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       | KANSAS STATE      | AMES                |                 |
| Youth         | 800m         | 1:53.40          | Feb- 5-00        | ERIK SPROLL       | UNATTACHED        | WINNIPEG            |                 |
| <b>Midget</b> | <b>800m</b>  | <b>2:01.25</b>   | <b>Dec-08-12</b> | <b>JAY ORT</b>    | <b>UNATTACHED</b> | <b>WINNIPEG</b>     |                 |
| 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            |                 |
| <b>Midget</b> | <b>1000m</b> | <b>2:39.8h</b>   | <b>Dec-01-12</b> | <b>JAY ORT</b>    | <b>UNATTACHED</b> | <b>WINNIPEG</b>     |                 |
| Midget        | 1200m        | 3:21.59          | Mar-03-12        | JAY ORT           | UNATTACHED        | REGINA              |                 |
| 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   | WPG OPTIMIST      | WINNIPEG            |                 |
| Midget        | 1500m        | 4:10.4h          | Nov-26-71        | ED ROMANOWSKI     | WINGS TC          | WINNIPEG            |                 |
| Midget        | 2000m        | 6:38.15          | Jan-20-12        | ALEXANDRE ROUGEAU | CENTRAL ATHLETICS | WINNIPEG            |                 |
| 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       | WPG OPTIMIST      | WINNIPEG            |                 |
| Midget        | 3000m        | 9:02.11          | Dec-15-01        | PABLO BATISTA     | WPG OPTIMIST      | 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     | PACESETTER        | MINNEAPOLIS         |                 |
| Junior        | 5000m        | 14:46.2h         | Dec-19-86        | DARREN KLASSEN    | GWA               | WINNIPEG            |                 |
| Open          | 60mH         | 42"-9.14m        | 7.77             | Feb-4-06          | JARED MCLEOD      | WPG OPTIMIST        | WINNIPEG        |
| Senior        | 60mH         | 42"-9.14m        | 7.70             | Jan-28-06         | JARED MCLEOD      | WPG OPTIMIST        | LEXINGTON, KY   |
| <b>Junior</b> | 60mH         | <b>39"-9.14m</b> | <b>8.14</b>      | <b>Mar-02-13</b>  | <b>ERIC GUY</b>   | <b>WPG OPTIMIST</b> | <b>WINNIPEG</b> |
| Youth         | 60mH         | 36"-9.14m        | 8.20             | Mar-2-12          | ERIC GUY          | WPG OPTIMIST        | WINNIPEG        |
| Youth         | 60mH         | 36"-8.5m         | 8.68             | Mar 24-10         | GRAHAM WOO        | JOHN TAYLOR         | WINNIPEG        |
| Midget        | 60mH         | 33"-8.5m         | 8.92             | Dec-11-09         | ERIC GUY          | WPG OPTIMIST        | WINNIPEG        |
| Midget        | 60mH         | 33"-8.0m         | 9.33             | Mar- 4-99         | THOM ETUK         | GRANT PARK          | WINNIPEG        |



## MANITOBA INDOOR RECORDS

*as of May 2013*

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 during the 2012-2013 indoor season

|            | Event        | Mark    | Date Set  | Record Holder        | Affiliation   | Location   |
|------------|--------------|---------|-----------|----------------------|---|------------|
| <b>Men</b> |              |         |           |                      |   |            |
| 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 | 45.25   | Mar-04-11 | SISLER HIGH SCHOOL   | Karl Dela Cruz, John Mar Francisco, Robert Anderson, Brendan    | WINNIPEG   |
| Midget     | 4x100m Relay | 47.25   | Dec-05-09 | WPG OPTIMIST         | 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 | 1:27.63 | Mar-07-08 | U OF MANITOBA        | David Szczepaniak, Zacharie Durand, Nathan Labbe, Quin Ferguson | MONTREAL   |
| 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, B. 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 | 3:33.33 | Dec-12-10 | KELVIN HIGH SCHOOL   | PATRICK DUNCAN, M.FITKOWSKY, RIEL WILMOTT, E.WHITESIDE          | WINNIPEG   |
| Midget     | 4x400m Relay | 3:38.1h | Dec-30-80 | AOTC                 | LOUIS RIVARD, GREY BRYSON, DAVE MCKENZIE, COURTNEY              | 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   |



## MANITOBA INDOOR RECORDS

as of May 2013

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 during the 2012-2013 indoor season

| Event                          | Mark          | Date Set         | Record Holder           | Affiliation         | Location         |
|--------------------------------|---------------|------------------|-------------------------|---------------------|------------------|
| <b>Men</b>                     |               |                  |                         |                     |                  |
| 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     | WPG OPTIMIST        | WINNIPEG         |
| Youth High Jump                | 2.06m         | Dec-07-07        | LUCAS RODEWALD          | WPG OPTIMIST        | 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         |
| <b>Junior Pole Vault</b>       | <b>4.50m</b>  | <b>Feb-13-13</b> | <b>VITALY BILENKO</b>   | <b>WPG OPTIMIST</b> | <b>WINNIPEG</b>  |
| Youth Pole Vault               | 4.10m         | Feb-4-11         | VITALY BILENKO          | WPG OPTIMIST        | WINNIPEG         |
| Midget Pole Vault              | 3.15m         | Feb-25-09        | VITALY BILENKO          | WPG OPTIMIST        | 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            | WPG OPTIMIST        | 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 7.26kg           | 21.26m        | Feb-23-74        | GEORGE WOODS            | PACIFIC COAST CLUB  | WINNIPEG         |
| Senior Shot Put 7.26kg         | 19.58m        | Feb-08-75        | BRUCE PIRNIE            | UNATTACHED          | MINNEAPOLIS      |
| <b>Junior Shot Put 6kg</b>     | <b>15.58m</b> | <b>Feb-10-13</b> | <b>CURTIS URNIEZIUS</b> | <b>UNATTACHED</b>   | <b>SASKATOON</b> |
| 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 15.88kg          | 23.62m        | Feb-3-07         | JIM STEACY              | U OF LETHBRIDGE     | WINNIPEG         |
| Senior Wght Thr 15.88kg        | 20.02m        | Mar-10-01        | DARIUS SLOWIK           | U OF MANITOBA       | SHERBROOKE       |
| Junior Wght Thr 15.88kg        | 14.74m        | Feb- 8-86        | BOJAN PAUNOVIC          | AOTC                | WINNIPEG         |
| <b>Junior Wght Thr 11.34kg</b> | <b>20.02m</b> | <b>Mar-02-13</b> | <b>CURTIS URNIEZIUS</b> | <b>UNATTACHED</b>   | <b>WINNIPEG</b>  |
| Youth Wght Thr 9.07kg          | 18.89m        | Dec-2-11         | CURTIS URNIEZIUS        | BISON TRACK & FIELD | WINNIPEG         |
| Midget Wght Thr 9.07kg         | 16.34m        | Dec-16-03        | MATTHEW WEIRSEMA        | WPG OPTIMIST        | 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            | WPG OPTIMIST        | SASKATOON        |
| Junior Pentathlon              | 3304          | Jan-25-06        | STEFAN ARNASON          | WPG OPTIMIST        | WINNIPEG         |
| Youth Pentathlon               | 3478          | Jan-23-04        | STEFAN ARNASON          | WPG OPTIMIST        | SASKATOON        |
| Midget Pentathlon              | 2910          | Mar-30-02        | STEFAN ARNASON          | WPG OPTIMIST        | WINNIPEG         |