



# Athletics Manitoba Outdoor Records

updated October 2013

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

Red Indicates record set this season (2013)

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
<b>WOMEN</b>							
Senior	100m		11.70	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
			11.70	Jul-26-91	FAYE ROBERTS	MANITOBA	MONTREAL
Junior	100m		11.70	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Youth	100m		11.96	Jul-12-80	TANYA BROTHERS	GALAXY TC	SUDBURY
Midget	100m	0.4	12.27	Jul -17-11	TEGAN TURNER	MANITOBA	REGINA
Midget	150m		19.11	Jul-10-10	SASANIE WANIGASEKARA	SA TOUGH TRACK	WINNIPEG
Open	200m		22.83	Jul-28-99	DEBBIE FERGUSON	BAHAMAS	WINNIPEG
Senior	200m		23.45	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Junior	200m		23.45	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Youth	200m	0.4	24.51	Aug 27-09	CARLY PARACHOLSKI	MANITOBA	CHARLOTTETOWN
Midget	200m	-1.7	25.36	Jun 08-08	CARLY PARACHOLSKI	SISLER	WINNIPEG
<b>Midget</b>	<b>300m</b>		<b>40.31</b>	<b>Aug-10-13</b>	<b>VICTORIA TACHINSKI</b>	<b>SA TOUGH TRACK</b>	<b>LANGLEY</b>
Open	400m		50.77	Jun-30-84	MARITA PAYNE	YORK OPTIMISTS	WINNIPEG
Senior	400m		52.67	May-28-92	ALANNA YAKIWCHUK	RAIDERS TC	PROVO
Junior	400m		54.95	Aug 25-09	CARLY PARACHOLSKI	MANITOBA	CHARLOTTETOWN
Youth	400m		54.95	Aug 25-09	CARLY PARACHOLSKI	MANITOBA	CHARLOTTETOWN
Midget	400m		56.06	Aug 09-08	CARLY PARACHOLSKI	MANITOBA / N.W.O.	SHERBROOKE
Open	800m		1:59.95	Jul-25-99	LETITIA VRIESDE	SURINAME	WINNIPEG
<b>Senior</b>	<b>800m</b>		<b>2:01.84</b>	<b>Aug-3-13</b>	<b>NICOLE SIFUENTES</b>	<b>UNATTACHED</b>	<b>GENT, BELGIUM</b>
<b>Junior</b>	<b>800m</b>		<b>2:04.38</b>	<b>Jun-2-12</b>	<b>JULIA ZRINYI</b>	<b>SA TOUGH TRACK</b>	<b>NASHVILLE, TN</b>
Youth	800m		2:05.88	Jul-21-10	CARLY PARACHOLSKI	SISLER	MONCTON
Midget	800m		2:13.00	Aug-15-05	STEPHANIE ROMANSON	WOA	WINNIPEG
<b>Midget</b>	<b>1200m</b>		<b>3:36.45</b>	<b>Aug-09-13</b>	<b>JENNIE BARAGAR-PETRASH</b>	<b>MANITOBA</b>	<b>LANGLEY</b>
Open	1500m		4:13.32	Jun-10-84	DEBBIE SCOTT	VIKINGS TC	WINNIPEG
Senior	1500m		4:01.61	Sep-3-94	ANGELA CHALMERS	CANADA	PARIS
<b>Junior</b>	<b>1500m</b>		<b>4:16.49</b>	<b>May-25-13</b>	<b>JULIA ZRINYI</b>	<b>U. OF CONNECTICUT</b>	<b>GREENSBORO, NC</b>
Youth	1500m		4:23.7h	Jun-22-79	ANGELA CHALMERS	SUNDOWNERS TC	VANCOUVER
Midget	1500m		4:27.3h	Aug- 5-78	ANGELA CHALMERS	CANADA	MONTREAL
Senior	2000m		5:34.49	Sep-4-94	ANGELA CHALMERS	CANADA	SHEFFIELD
<b>Midget</b>	<b>2000m</b>		<b>6:25.59</b>	<b>Aug-10-13</b>	<b>JENNIE BARAGAR-PETRASH</b>	<b>MANITOBA</b>	<b>LANGLEY</b>



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<b>WOMEN</b>							
Open	3000m		9:02.69	Jul-01-84	LYNNE WILLIAMS	VALLEY ROYALS	WINNIPEG
Senior	3000m		8:32.17	Aug-23-94	ANGELA CHALMERS	CANADA	VICTORIA
Junior	3000m		9:14.81	Aug-16-85	PAM KLASSEN	MANITOBA	ST. JOHN'S
Youth	3000m		9:29.0h	May-23-82	CAROL HOWE	RAIDERS TC	ST. JOHN'S
Open	5000m		15:56.19	Jun-26-99	KATHY BUTLER	PACIFIC STORM	WINNIPEG
<b>Senior</b>	<b>5000m</b>		<b>15:27.58</b>	<b>APR 26/13</b>	<b>NICOLE SIFUENTES</b>	<b>UNATTACHED</b>	<b>STANFORD, CA</b>
Junior	5000m		17:23.28	Aug-15-05	SARAH-ANNE BRAULT	COLLEGE LOUIS RIEL	REGINA
Open	10000m		32:56.51	Jul-28-99	N. ROCHA DE LA CRUZ	MEXICO	WINNIPEG
Senior	10000m		32:29.69	May 4-08	ANDREA GROVE-MCDONOUGH	MOUNTAIN WEST TRACK CLUB	PALO ALTO, CA
Junior	10000m		34:29.13	Mar-31-01	MICHELLE CARSON	UNATTACHED	STANFORD
Midget	80mH	0.762m-8.0m	12.10	Jul 11-09	MICHELLE HEBERT	MANITOBA	MEDICINE HAT
Open	100mH	0.84m-8.5m	12.76	Jun-26-99	KETURAH ANDERSON	PHOENIX ATHLETICS	WINNIPEG
Senior	100mH	0.84m-8.5m	13.83	Jun-26-99	JANNA NIKKEL	ECHO ATHLETICS	WINNIPEG
Junior	100mH	0.84m-8.5m	13.88	Jul-20-91	JANNA NIKKEL	CANADA	KINGSTON
<b>Youth</b>	<b>100mH</b>	<b>0762m-8.5m</b>	<b>-2.0</b>	<b>15.12</b>	<b>Aug-9-13</b>	<b>ROBYN WEAR</b>	<b>MANITOBA</b>
Midget	200mH	0.762m-35m	29.42	Jul 11-09	MICHELLE HEBERT	MANITOBA	MEDICINE HAT
Youth	300mH	0.762m-35m	43.65	Jul-21-10	MELISSA KITCHING	MANITOBA	WINNIPEG
Open	400mH	0.762m-35m	53.44	Jul-28-99	DAIMI PERNIA FIGUEROA	CUBA	WINNIPEG
Senior	400mH	0.762m-35m	59.48	May-26-86	RUTH HADDEN	TAKUS TC	PROVO
Junior	400mH	0.762m-35m	59.66	Jul-27-85	RUTH HADDEN	TAKUS TC	BURNABY
Youth	400mH	0.762m-35m	1:01.68	Jul-30-89	LISA OMICHINSKI	MANITOBA	SHERWOOD PARK
<b>Midget</b>	<b>1500m</b>	<b>StplCh</b>	<b>no water</b>	<b>5:33.69</b>	<b>Aug-10-13</b>	<b>RITHIKHA RAJAMOHAN</b>	<b>MANITOBA</b>
<b>Senior</b>	<b>2000m</b>	<b>StplCh</b>		<b>6:45.40</b>	<b>Aug-16-13</b>	<b>ERIN TESCHUK</b>	<b>MANITOBA</b>
<b>Junior</b>	<b>2000m</b>	<b>StplCh</b>		<b>6:45.40</b>	<b>Aug-16-13</b>	<b>ERIN TESCHUK</b>	<b>MANITOBA</b>
Youth	2000m	StplCh		7:19.61	Aug-15-05	ALEX BELL	REGINA
Midget	2000m	StplCh		7:53.66	May 25-09	TAYLOR SPRAGUE	SA TOUGH TRACK
Open	3000m	StplCh		10:17.55	Jun-27-99	KAREN HARVEY	S. WINDSOR KC
Senior	3000m	StplCh		10:22.92	Apr-10-04	MICHELLE CARSON	MICHIGAN STATE
Junior	3000m	StplCh		11:38.86	Aug-08-07	MÉLANIE GRÉGOIRE	MANITOBA WCSG
Youth	3000m	StplCh		11:56.89	Jun-24-06	JANELLE GAUDET	STRIDE AHEAD TOUGH TRACK



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<b>WOMEN</b>							
Open	4x100m Relay		42.62	Jul-30-99	JAMAICA	K. RICHARDS, A. BAILEY, B. GRANT, P. GOWDIE	WINNIPEG
Senior	4x100m Relay		46.32	Aug-15-81	MANITOBA	CHERYL CROXFORD SANDY GILKES TANYA BROTHERS FAYE ROBERTS	THUNDER BAY
Junior	4x100m Relay		47.26	Jun-21-80	MANITOBA	TANYA BROTHERS FAYE ROBERTS	WINNIPEG
Youth	4x100m Relay		47.26	Jun-21-80	MANITOBA	ELYSA JAMEN CHANTAL ASTON TANYA BROTHERS FAYE ROBERTS	WINNIPEG
Midget	4x100m Relay		49.89	Aug-09-09	MANITOBA	ELYSA JAMEN CHANTAL ASTON S. WANIGASEKARA, AMY ANDRUSHKO, MICHELLE HEBERT, KATIE STAUB	SHERBROOKE
Open	4x200m Relay		1:39.9h	May-01-82	GALAXY TC	SANDY GILKES, TANYA BROTHERS, CHANTEL ASTON, DONNA FERGUSON	WINNIPEG
Senior	4x200m Relay		1:39.9h	May-01-82	GALAXY TC	SANDY GILKES, TANYA BROTHERS, CHANTEL ASTON, DONNA FERGUSON	WINNIPEG
Junior	4x200m Relay		1:45.8h	Jul-10-77	WINGS TC	MONA COCHINGYAN, LISA POLESCHUK, KAREN POWELL, PENNY GILHULY	WINNIPEG
Youth	4x200m Relay		1:47.8h	May-01-81	TAKUS TC	LESLIE ALISON DOROTHY MACKENZIE	WINNIPEG
Midget	4x200m Relay		1:48.20	Jun-14-87	TAKUS TC	ANDREA PACI NANCY MCCUAIG JANNA NIKKEL, SHERRIE REIMER, LINDSAY INGRAM, CATHY ADAMS	WINNIPEG
Open	4x400m Relay		3:26.70	Jul-30-99	CUBA	J. DUPORTY, Z. CALATAYUD, I. BONNE, D. PERNIA	WINNIPEG
Senior	4x400m Relay		3:47.0h	Aug-14-79	MANITOBA	MAVIS CURTIS, C. MACPHERSON, NANCY RETTIE, ANGELA CHALMERS	SASKATOON
Junior	4x400m Relay		3:50.5h	Aug- 1-77	MANITOBA	MAVIS CURTIS, MAUREEN HOUGHTON, ROSANNE MURPHY, M COCHINGYAN	ST. JOHN'S
Youth	4x400m Relay		3:51.75	Aug - 7-11	MANITOBA	AMY ANDRUSHKO, ERIN TESCHUK, JULIA OTTAWA ZRINYI, MELANIE BARAN	
Midget	4x400m Relay		4:07.95	Jul 18-09	WPG OPTIMIST	KATIE TAKATCH, KATIE LAVALLEE, MICHELLE HEBERT, ERIN TESCHUK	WINNIPEG
Open	4x800m Relay		9:03.9h	May-01-82	RAIDERS TC	NANCY RETTIE, CAROL HOWE, VICKI AGAR, SANDY RETTIE	WINNIPEG
Senior	4x800m Relay		9:03.9h	May-01-82	RAIDERS TC	NANCY RETTIE, CAROL HOWE, VICKI AGAR, SANDY RETTIE	WINNIPEG
Junior	4x800m Relay		9:35.0h	May-14-88	RAIDERS TC	C. MURPHY, A. PERNITSKY, J. NEUFELD, M. BUISSON	WINNIPEG



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<b>WOMEN</b>							
Open	1600m	Sprt Medly	4-2-2-8	4:09.3h	May-14-88	RAIDERS TC	NANCY TAYLOR, HEATHER LEE-KIN, M. WINNIPEG
Senior	1600m	Sprt Medly	4-2-2-8	4:09.3h	May-14-88	RAIDERS TC	BRAITHWAITE, BRENDA BAKER NANCY TAYLOR, HEATHER LEE-KIN, M. WINNIPEG
Junior	1600m	Sprt Medly	4-2-2-8	4:10.2h	May-14-88	RAIDERS TC	BRAITHWAITE, BRENDA BAKER CHERYL MURPHY, LEANNE HARRISON, WINNIPEG
Youth	1600m	Sprt Medly	4-2-2-8	4:26.75	Jun-16-01	MANITOBA	TRISHA BEST, A. PERNITSKY MANITOBA BRANDON
Midget	1600m	Sprt Medly	4-2-2-8	4:08.09	Aug 10-08	MANITOBA/NWO	MEAGAN PARACHOLSKI, MELISSA SHERBROOKE
							KITCHING, AMY ANDRUSHKO, CARLY
Open	4000m	Dist Medly	4-8-12-16	12:52.7h	May-14-88	RAIDERS TC	CAROL BOYLE, VICKI AGAR, CHERYL WINNIPEG
Senior	4000m	Dist Medly	4-8-12-16	12:52.7h	May-14-88	RAIDERS TC	MURPHY, VELVET CADRE CAROL BOYLE, VICKI AGAR, CHERYL WINNIPEG
							MURPHY, VELVET CADRE
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
Senior	Pole Vault		4:30m	Jun-30-12	VICTORIA DRESSLER	WOA	CALGARY
<b>Junior</b>	<b>Pole Vault</b>		<b>3.65m</b>	<b>Jun 25-13</b>	<b>SAMANTHA ALLEGRO</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 GAUTHIER	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, NM
<b>Junior</b>	<b>Long Jump</b>		5.83m	Aug- 1-68	KAY THOMSON	FLYING M AC	TORONTO
			<b>5.83m</b>	<b>Jul-28-13</b>	<b>JOY BECKER</b>	<b>MANITOBA</b>	<b>CALGARY</b>
Youth	Long Jump		5.78m	Jun-23-90	JANNA NIKKEL	MANITOBA	BLAINE, WA
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, NM
Junior	Triple Jump		12.04m	Jul-30-93	MELISSA HABOK	BRANDON RIVALS	COQUITLAM
Youth	Triple Jump		11.55m	Aug - 7-11	SASANIE WANIGASEKARA	MANITOBA	OTTAWA
Midget	Triple Jump		11.07m	Jun 23-98	ALANNA BOUDREAU	WOA	WINNIPEG



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<b>WOMEN</b>							
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 DANDENAULT	U OF WASHINGTON	FLAGSTAFF, AZ
Youth	Shot Put	4kg	12.64m	Jun-29-86	SUSANNE DANDENAULT	AOTC	ST. JOHN
<b>Youth</b>	<b>NEW wt Shot Put</b>	<b>3kg</b>	<b>11.74m</b>	<b>Jul-28-13</b>	<b>DEANDRA HOWARD</b>	<b>MANITOBA</b>	<b>CALGARY</b>
Midget	Shot Put	4kg	12.55m	Jun-26-85	SUSANNE DANDENAULT	AOTC	WINNIPEG
<b>Midget</b>	<b>Shot Put</b>	<b>3kg</b>	<b>10.79m</b>	<b>Jun 25-13</b>	<b>KEARA ANDREW</b>	<b>WPG OPTIMIST</b>	<b>WINNIPEG</b>
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
Youth	Hammer	4kg	29.65m	Jul-25-10	ALEXA MATWYCZUK	MANITOBA	WINNIPEG
<b>Midget</b>	<b>NEW wt Hammer</b>	<b>3kg</b>	<b>50.43m</b>	<b>May-18-13</b>	<b>MADELINE BEAUVAIS</b>	<b>STRIDE AHEAD TOUGH TRACK</b>	<b>LETHBRIDGE</b>
Midget	Hammer	4kg	23.58m	Aug- 7-94	RAPHAEL DICOSMO	MANITOBA	OTTAWA
Midget	Hammer	3kg	45.50m	Aug-19-12	MADELINE BEAUVAIS	STRIDE AHEAD TOUGH TRACK	CHARLOTTETOWN
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 DANDENAULT	U OF WASHINGTON	SEATTLE, WA
Youth	Discus	1kg	47.56m	Jun-11-93	SAMI-JO SMALL	AOTC	WINNIPEG
Midget	Discus	1kg	36.64m	Jul-20-85	SUSANNE DANDENAULT	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	41.07m	Jul-29-12	AMY GRACEFFO	SA TOUGH TRACK	WINNIPEG
Youth	Javelin	600g	35.51m	Aug-6-10	AMY GRACEFFO	MANITOBA / N.W.O.	OTTAWA
<b>Youth</b>	<b>NEW wt Javelin</b>	<b>500g</b>	<b>31.66m</b>	<b>May-11-13</b>	<b>ROBYN WEAR</b>	<b>WPG OPTIMIST</b>	<b>CALGARY</b>
Midget	Javelin	600g	30.10m	Jul-21-07	JODY ADAMSON	MANITOBA	REGINA
Midget	NEW wt Javelin	500g	16.95m	Jul-21-12	MADELINE BEAUVAIS	WINNIPEG REGION	SWAN RIVER
Open	Heptathlon		6290	Jul-28-99	MAGALYS GARCIA LELIEBRE	CUBA	WINNIPEG
Senior	Heptathlon		4980	Jul-12-81	JANET SCOTT	PRAIRIES	WINNIPEG
Junior	Heptathlon		4712	Jul-29-12	AMY GRACEFFO	SA TOUGH TRACK	WINNIPEG
<b>Youth</b>	<b>Heptathlon</b>		<b>4785</b>	<b>Jul-6-13</b>	<b>ROBYN WEAR</b>	<b>WPG OPTIMIST</b>	<b>WINNIPEG</b>
Midget	Heptathlon		2843	Jun-24-06	JENNA GAUDET	STRIDE AHEAD TOUGH TRACK	WINNIPEG



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<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
Midget	150m		17.50	Jul 10-10	JOSHUA AHLBAUM-ATEAH	SA TOUGH TRACK	WINNIPEG
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	0.2	23.50	Jul-17-11	JOSHUA AHLBAUM-ATEAH	MANITOBA	REGINA
Midget	300m		37.25	Jul 11-09	LEVI SADER	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 /N.W.O.	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		1:58.51	Aug-19-12	JAY ORT	MANITOBA	CHARLOTTETOWN
Midget	1200m		3:13.05	Aug-17-12	JAY ORT	MANITOBA	CHARLOTTETOWN
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		6:03.72	Aug-18-12	ALEXANDRE ROUGEAU	MANITOBA	CHARLOTTETOWN
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		8:31.21	Aug 9-11	SAM VINCENT	MANITOBA	KAMLOOPS
<b>Youth</b>	<b>3000m</b>		<b>8:43.58</b>	<b>Aug- 10-13</b>	<b>JAY ORT</b>	<b>MANITOBA/N.W.O.</b>	<b>LANGLEY</b>





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<b>MEN</b>							
Open	5000m		13:42.04	Jul-24-99	GALVIN MARTINEZ	MEXICO	WINNIPEG
Senior	5000m		13:36.12	Jul- 2-95	CHRIS WEBER	RENEGADES	GATESHEAD, ENGIAND
Junior	5000m		14:14.4h	Jul-13-80	CAREY PENNER	MANITOBA	SUDBURY
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
Midget	100mH	0.84m-8.5m	14.25	Jul 10-10	ERIC GUY	WPG OPTIMIST	WINNIPEG
Open	110mH	1.067m-9.14m	13.17	Jul-30-99	ANIER GARCIA ORTIZ	CUBA	WINNIPEG
Senior	110mH	1.067m-9.14m	13.54	Aug-15-05	JARED MACLEOD	CANADA / WOA	ISTANBUL
Junior	<b>110mH</b>	<b>0.991m-9.14m</b>	<b>14.10</b>	<b>Aug-24-13</b>	<b>ERIC GUY</b>	<b>CANADA</b>	<b>MEDELLIN, COLUMBIA</b>
Youth	110mH	0.914m-9.14m	14.60	Jun-23-12	ERIC GUY	WPG OPTIMIST	WINNIPEG
Midget	200mH	0.762m	27.25	Jun-25-11	CHAD ENNS	WPG OPTIMIST	WINNIPEG
Youth	300mH	0.84m	40.35	Jul 24-10	BRENDAN CUARESMA	MANITOBA	WINNIPEG
Open	400mH	0.914m	48.23	Jul-28-99	ERONILDES ARAUJO	BRAZIL	WINNIPEG
Senior	400mH	0.914m	50.8h	Jun-18-68	WES BROOKER	MANITOBA	RANDALL'S ISLAND, NY
Junior	400mH	0.914m	53.0h	Jun-28-81	DAN MOROZ	TAKUS TC	TORONTO
Youth	400mH	0.84m	57.73	Jul 11-09	TERRENCE SAMPSON	MANITOBA	WINNIPEG
Youth	1500m	StplCh	4:18.3h	Aug-11-73	LAWRIE LEWIS	MANITOBA	BURNABY
Midget	1500m	StplCh	4:27.5h	Aug-27-71	LAWRIE LEWIS	MANITOBA	WINNIPEG
Youth	2000m	StplCh	6:03.94	Aug-12-06	GREG MILLER	MANITOBA / N.W.O.	BURNABY
Midget	2000m	StplCh	6:39.59	Aug-06-05	GREG MILLER	MANITOBA	EDMONTON
Open	3000m	StplCh	8:32.41	Jun-27-99	JOEL BOURGEOIS	MTL OLYMPIQUE	WINNIPEG
Senior	3000m	StplCh	8:35.39	Jun- 8-91	HENRY KLASSEN	AM	BURNABY
Junior	3000m	StplCh	9:02.76	Jun- 2-02	KRISTJAN HUNTER	MANITOBA	BURNABY
Youth	3000m	StplCh	10:02.76	Jun-24-06	GREG MILLER	WOA	WINNIPEG
Youth	1500m	Racewalk	7:57.89.	Aug-11-07	JASON REDPATH	MANITOBA / N.W.O.	OROMOCTO



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<b>MEN</b>							
Open	4x100m Relay		38.18	Jul-30-99	BRAZIL	R. OLIVIERA, C. SILVA, E. RIBEIRO, SILVA	C. WINNIPEG
Senior	4x100m Relay		40.71	Jul-31-83	MANITOBA		CALGARY
Junior	4x100m Relay		41.95	Aug-8-07	MANITOBA WCSG	ZACHARIE DURAND, DAVID SZCZEPANIAK, KIERAN MOOLCHAN,	STRATHCONA COUNTY
Youth	4x100m Relay		43.4h	Aug-21-82	MANITOBA	GREG BRYSON, ANDREW ENNS, DAVE MACKENZIE, COURTNEY BROWN	FREDERICTON
Midget	4x100m Relay		45.94	Aug-15-99	MANITOBA	R. SYLVESTER, A. FUNSTON, J. FIELDS, N. VADEBONCOEUR	SUDBURY
Open	4x200m Relay		1:31.2h	Jul-19-69	RAZORBACK TC		WINNIPEG
Senior	4x200m Relay		1:24.3h	Jul-26-69	MANITOBA		CALGARY
Junior	4x200m Relay		1:31.2h	Jul-19-69	RAZORBACK TC		WINNIPEG
Youth	4x200m Relay		1:36.7h	Jun-22-70	WINGS TC		WINNIPEG
Midget	4x200m Relay		1:42.3h	May-01-82	AOTC	DOUG MACKENZIE, RON DELL, DEREK ROLSTONE, DAVID NEWBERRY	WINNIPEG
Open	4x400m Relay		2:57.97	Jul-30-99	JAMAICA	M. MCDONALD, G. HAUGHTON, D. MCFARLANE, D. CLARKE	WINNIPEG
Senior	4x400m Relay		3:12.60	Aug-21-97	MANITOBA		BRANDON
Junior	4x400m Relay		3:19.5h	Aug-13-77	MANITOBA	DAVE KOZUSKA, BRENT KONANTZ, DAVE MORGAN, JIM PARTAKER	ST. JOHNS
<b>Youth</b>	<b>4x400m Relay</b>		<b>3:23.84</b>	<b>Aug-11-13</b>	<b>MANITOBA</b>	<b>J. AHLBAUM-ATEAH, S. JOHNSON, SHANE DILLON, CONNOR BOYD</b>	<b>LANGLEY</b>
Midget	4x400m Relay		3:41.6h	Jul-29-84	MANITOBA	JAMIE STEER, RON KING, DAVID POWELL, SCOTT BREAKLY	WINNIPEG
Open	4x800m Relay		7:44.3h	Jun-26-85	RAIDERS TC	GREG ATHAYDE, ROB GUY, WYNN GMITROSKI, RODGER LORENZO	WINNIPEG
Senior	4x800m Relay		7:44.3h	Jun-26-85	RAIDERS TC	GREG ATHAYDE, ROB GUY, WYNN GMITROSKI, RODGER LORENZO	WINNIPEG
Junior	4x800m Relay		7:55.4h	Jul-31-72	RAZORBACK TC	LAURIE LEWIS, ELTON NOGA, CRAIG JOHNSTON, MURRAY ARDIES	WINNIPEG
Youth	4x800m Relay		8:41.47	May-02-81	TAKUS TC		WINNIPEG
Open	4x1500m Relay		18:24.4h	May-20-72	RAZORBACK TC	RON MELNICHUK, BARRY STEWART, WAYNE MCMAHON, LARRY SWITZER	WINNIPEG
Senior	4x1500m Relay		16:01.5h	May-11-87	RAIDERS TC	CHAD JOHNSTON, GLEN REDPATH, ROB GUY, KEVIN CHRISTIANSON	RICHMOND





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<b>MEN</b>								
Open	1600m	Sprt Medly	4-2-2-8	3:28.8h	May-14-88	RAIDERS TC	DWAYNE FALK, CAL LANGFORD, GENE DE LA SIEGGA, DOUG MCKELLAN	WINNIPEG
Senior	1600m	Sprt Medly	4-2-2-8	3:28.8h	May-14-88	RAIDERS TC	DWAYNE FALK, CAL LANGFORD, GENE DE LA SIEGGA, DOUG MCKELLAN	WINNIPEG
Junior	1600m	Sprt Medly	4-2-2-8	3:40.0h	Aug-23-70	MANITOBA		ABBOTSFORD
Youth	1600m	Sprt Medly	4-2-2-8	3:33.20	May-6-11	KELVIN	MATTHEW FITKOWSKY, LEVI NEUFELD, PATRICK DUNCAN, RIEL WILLMOTT	ST. LOUIS, MO
Midget	1600m	Sprt Medly	4-2-2-8	3:50.81	Aug-18-02	MANITOBA	DREW NEUFELD, STEVE SYDORCHUK, STEFAN ARNASON, DAVID KURY	SHERBROOK
Open	4000m	Dist Medly	4-8-12-16	10:20.0h	May-17-88	RAIDERS TC	BUDDY VOTH, CAL LANGFORD, RIC CHAPMAN, DARCY READY	WINNIPEG
Senior	4000m	Dist Medly	4-8-12-16	10:20.0h	May-17-88	RAIDERS TC	BUDDY VOTH, CAL LANGFORD, RIC CHAPMAN, DARCY READY	WINNIPEG
Open	High Jump		2.26m	Jun-30-84	MILT OTTEY	YO		WINNIPEG
<b>Senior</b>	<b>High Jump</b>		<b>2.19m</b>	<b>Jul-28-13</b>	<b>ALHAJI MANSARAY</b>	<b>MANITOBA</b>		<b>CALGARY</b>
<b>Junior</b>	<b>High Jump</b>		<b>2.19m</b>	<b>Jul-28-13</b>	<b>ALHAJI MANSARAY</b>	<b>MANITOBA</b>		<b>CALGARY</b>
Youth	High Jump		2.04m	Jul-11-07	LUCAS RODEWALD	CANADA		OSTRAVA, CZR
Midget	High Jump		1.96m	Jun-29-74	GARRY SCOTT	MANITOBA		WINNIPEG
Open	Pole Vault		5.60m	Jul-27-99	PATRICK MANSON	USA		WINNIPEG
Senior	Pole Vault		4.78m	Jul-6-07	CLIFF CAINES	WOA		WINNIPEG
Junior	Pole Vault		4.40m	Jul-31-82	DON LAWSON	CANADA		BERQUISIMETO
Youth	Pole Vault		4.50m	Jun-14-11	VITALIY BILENKO	WPG OPTIMIST		FLORENCE, ITALY
<b>Midget</b>	<b>Pole Vault</b>		<b>3.41m</b>	<b>Jul-6-13</b>	<b>JAMES KENNY</b>	<b>WPG OPTIMIST</b>		<b>WINNIPEG</b>
Open	Long Jump		8.52m	Jul-25-99	IVAN PEDROSO SOLER	CUBA		WINNIPEG
Senior	Long Jump		7.93m	Jul-8-00	MIKE LABERGE	FLYING M AC		FLAGSTAFF, AZ
Junior	Long Jump		7.33m	Jul-21-06	NATHAN LABBE	WOA		SHERBROOKE
Youth	Long Jump		7.00m	Jun-25-05	NATHAN LABBE	UNATTACHED		WINNIPEG
Midget	Long Jump		6.47m	Jun-20-86	JASON BOGEN	ROBERT ANDREWS		WINNIPEG
Senior	Triple Jump		15.92m	Aug-1-87	DEXTOR BELTON	MANITOBA		OTTAWA
Junior	Triple Jump		14.51m	Jul-6-53	JACK SMYTH	WAA HOUNDS		WINNIPEG
<b>Youth</b>	<b>Triple Jump</b>		<b>13.65m</b>	<b>Jul-27-07</b>	<b>DAVID WALFORD</b>	<b>WOA</b>		<b>ABBOTSFORD</b>
			<b>13.65m</b>	<b>Jul-28-13</b>	<b>LUXON GLOR</b>	<b>TEAM MANITOBA</b>		<b>CALGARY</b>
<b>Midget</b>	<b>Triple Jump</b>		<b>12.60m</b>	<b>Aug-9-13</b>	<b>THOMAS WALSER</b>	<b>MANITOBA/NWO</b>		<b>LANGLEY</b>



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Open	Shot Put	7.27kg	19.93m	Jul-24-99	BRADLEY MEARS	USA	WINNIPEG
Senior	Shot Put	7.27kg	19.88m	Aug-13-85	BRUCE PIRNIE	Manitoba	REGINA
<b>Junior</b>	<b>Shot Put</b>	<b>6kg</b>	<b>16.70m</b>	<b>Jun-16-13</b>	<b>CURTIS URNIEZIUS</b>	<b>UNATTACHED</b>	<b>LETHBRIDGE</b>
Youth	Shot Put	5kg	15.77m	Jul-21-85	BOJAN PAUNOVIC	AOTC	EDMONTON
Midget	Shot Put	4kg	15.03m	Jun-27-87	DAVID GRAYSTONE	AOTC	MOOSE JAW
Open	Hammer	7.27kg	79.61m	Jul-27-99	LANCE DEAL	USA	WINNIPEG
Senior	Hammer	7.27kg	66.58m	Aug-31-89	DAREN MCFEE	RAIDERS TC	WINNIPEG
<b>Junior</b>	<b>Hammer</b>	<b>6kg</b>	<b>60.46m</b>	<b>May-25-13</b>	<b>CURTIS URNIEZIUS</b>	<b>UNATTACHED</b>	<b>WINNIPEG</b>
Youth	Hammer	5kg	50.28m	Jul-26-11	CURTIS URNIEZIUS	BISON T&F	WINNIPEG
Midget	Hammer	5kg	27.44m	Jun-26-04	CLINTON STEVENSON	PEGUIS CENTRAL	WINNIPEG
Midget	Hammer	4kg	40.30m	Jul-24-10	JAYDEN BUCHANAN	TEAM MANITOBA	WINNIPEG
Open	Discus	2kg	65.89m	Jul-15-05	JASON TUNKS	LONDON WESTERN	WINNIPEG
Senior	Discus	2kg	62.99m	May-18-05	DARIUSZ SLOWIK	WOA	SALINAS
Junior	Discus	1.75kg	52.86m	Jun-26-75	CHUCK SIGFUSSON	UNATTACHED	WINNIPEG
Youth	Discus	1.5kg	49.54m	Jul-21-73	CHUCK SIGFUSSON	UNATTACHED	WINNIPEG
Midget	Discus	1kg	45.50m	Jun-26-04	CLINTON STEVENSON	PEGUIS CENTRAL	WINNIPEG
Open	Javelin	800g	79.30m	Jul-08-92	ED KOMINSKI	USA	WINNIPEG
Senior	Javelin	800g	73.76m	May- 7-88	MIKE BRENNAN	AOTC	WINNIPEG
Junior	Javelin	800g	57.78m	Jul- 6-91	DALE BARNYCH	AOTC	WINNIPEG
Youth	Javelin	700g	57.74m	Jul-24-10	MAX COTE	TEAM MANITOBA	WINNIPEG
Midget	Javelin	600g	48.18m	Jun-20-87	DALE BARNYCH	MANITOBA	SASKATOON
Open	Decathlon		8170	Jul-25-99	CHRIS HUFFINS	USA	WINNIPEG
Senior	Decathlon		7741	May-24-87	GORD ORLIKOW	CANADA	GOTZIS
Junior	Decathlon		6397	Jul-09-89	JASON KINASH	AOTC	SASKATOON
Youth	Octathlon		5587	Aug-07-04	STEPHAN ARNASON	MANITOBA/NWO	SUDBURY