



Manitoba Indoor Records

as of April 2019

Age Categories: The best performance by an Athletics Manitoba member anywhere

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

These are the recognized Age appropriate event records as per our LTAD Model

Red Indicates record set during the 2018-2019 Indoor season

Age Class	Event	Mark	Date Set	Record Holder	Affiliation	Location
Women						
Open	60m	7.35	Feb- 6-88	ESMIE LAWRENCE	SPARTANS TC	WINNIPEG
Senior	60m	7.42	Feb-25-17	TEGAN TURNER	U OF MANITOBA	REGINA
U20	60m	7.53	Feb-17-90	ANGELA MORRIS	RAIDERS TC	EDMONTON
U18	60m	7.64	Mar-16-11	TEGAN TURNER	NELSON MCINTYRE	WINNIPEG
U16	60m	7.86	Dec-14-04	CHANTAL GRANT	WPG OPTIMIST	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
U20	200m	24.44	Mar-01-08	CHANTAL GRANT	WPG OPTIMIST	WINNIPEG
U18	200m	24.48	Mar-11-16	VICTORIA TACHINSKI	SA TOUGH TRACK	NEW YORK
U16	200m	25.49	Mar-01-14	VICTORIA TACHINSKI	SA TOUGH TRACK	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
U20	300m	38.48	Feb-7-15	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
U18	300m	38.48	Feb-7-15	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
U16	300m	40.28	Mar-02-14	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
Open	400m	53.47	Feb- 3-01	KALTOUMA NADJINA	CALGARY INTL. TC	WINNIPEG
Senior	400m	53.40	Feb-18-17	VICTORIA TACHINSKI	SA TOUGH TRACK	POCATELLO
U20	400m	53.40	Feb-18-17	VICTORIA TACHINSKI	SA TOUGH TRACK	POCATELLO
U18	400m	53.97	Mar-13-16	VICTORIA TACHINSKI	SA TOUGH TRACK	NEW YORK
U16	400m	55.42	Mar-15-14	VICTORIA TACHINSKI	SA TOUGH TRACK	NEW YORK
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
U20	600m	1:30.28	Feb-7-15	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
U18	600m	1:30.28	Feb-7-15	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
U16	600m	1:36.69	Dec-7-14	VICTORIA TACHINSKI	SA TOUGH TRACK	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
U20	800m	2:06.67	Feb-12-05	NICOLE EDWARDS	U OF MICHIGAN	UNIVERSITY PK
U18	800m	2:09.72	Mar-6-15	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
U16	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
U20	1000m	2:49.51	Feb-18-04	NICOLE EDWARDS	WPG OPTIMIST	WINNIPEG
U18	1000m	2:53.61	Feb-02-02	NICOLE EDWARDS	WPG OPTIMIST	WINNIPEG
U16	1000m	2:59.0h	Dec-11-88	ANDREA GROVE	TAKUS TC	SASKATOON
U16	1200m	3:43:61	Mar-02-13	JENNIE BARAGAR-PETRASH	WPG OPTIMIST	WINNIPEG

updated Dec 2019



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Women							
Open	1500m	4:13.6h	Feb- 9-80	JAN MERRILL	USA	WINNIPEG	
Senior	1500m	4:07.61	Mar-3-14	NICOLE SIFUENTES	UNATTACHED	POLAND	
U20	1500m	4:21.0h	Feb-09-80	NANCY RETTIE	RAIDERS TC	WINNIPEG	
U18	1500m	4:32.5h	Dec-28-79	NANCY RETTIE	RAIDERS TC	SASKATOON	
U16	1500m	4:40.4h	Dec-14-01	NICOLE EDWARDS	WPG OPTIMIST	WINNIPEG	
U16	2000m	6:44.02	Mar-1-13	JENNIE BARAGAR-PETRASH	WPG OPTIMIST	WINNIPEG	
Open	3000m	9:04.88	Mar-12-88	BRENDA SHACKLETON	U OF VICTORIA	WINNIPEG	
Senior	3000m	8:57.17	Feb-2-16	NICOLE SIFUENTES	UNATTACHED	BOSTON	
U20	3000m	9:45.03	Mar-13-82	CAROL HOWE		EDMONTON	
U18	3000m	9:45.03	Mar-13-82	CAROL HOWE		EDMONTON	
U16	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	15:42.31	DEC-04-15	NICOLE SIFUENTES	UNATTACHED	ALLENDALE, MI	
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
		33"-8.5m	8.45	Feb-25-94	JANNA NIKKEL	U OF MANITOBA	EDMONTON
U20	60mH	33"-8.5m	8.56	Feb-28-92	JANNA NIKKEL	TAKUS TC	SASKATOON
U18	60mH	30"-8.5m	9.03	Mar-1-08	ALYSSA JOHNSON	SISLER HS	WINNIPEG
U16	60mH	30"-8.0m	9.61	Mar-06-09	MICHELLE HEBERT	WPG OPTIMIST	WINNIPEG
			9.61	Mar-2-13	EMILY REKRUT-PRESSEY	KELVIN HS	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	
U20	4x100m	Relay	49.49	Mar-05-94	RAIDERS TC	WINNIPEG	
U18	4x100m	Relay	49.12	Mar-02-19	WINNIPEG OPTIMIST	D.Adekayode, R.Agboola, A.Nfon, R.Lange	
U16	4x100m	Relay	51.13	Feb-06-88	TAKUS TC	WINNIPEG	
Open	4x200m	Relay	1:38.05	Feb-24-18	U OF ALBERTA	C.Kluyts, R.Rosin, A.Hrycun, C.Grenke	
Senior	4x200m	Relay	1:38.30	Feb-24-18	U OF MANITOBA	T.Turner, T.Babalola, S.Mbabaali, R.McLeod	
U20	4x200m	Relay	1:44.96	Mar-14-82	TAKUS TC	T.Scott, N. McCuaig, L.Allison, D.MacKenzie	
U18	4x200m	Relay	1:48.29	Jan-09-19	WINNIPEG OPTIMIST	M.Dalkie, Z.Nonato, T.Gagne, A.Jiang	
U16	4x200m	Relay	1:47.53	Mar-07-09	SA TOUGH TRACK	A.Andrushko, C.Zajac, A.Graceffo, S.Wanigasekara	



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Women							
Open	4x400m Relay	3:42.2h	Feb-11-84	TAKUS TC		WINNIPEG	
Senior	4x400m Relay	3:42.2h	Feb-11-84	TAKUS TC		WINNIPEG	
U20	4x400m Relay	3:56.85	Mar 5-11	SA TOUGH TRACK	J.Zrinyi, A.Andrusko, S. Wanigasekara, M.Baron	WINNIPEG	
U18	4x400m Relay	3:56.85	Mar 5-11	SA TOUGH TRACK	J.Zrinyi, A.Andrusko, S. Wanigasekara, M.Baron	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.Isaccson, J-R Cassidy, D.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	
U20	High Jump	1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG	
U18	High Jump	1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG	
U16	High Jump	1.70m	Nov-21-86	ANDRA YOUNES	FLYING M AC	WINNIPEG	
		1.70m	Jan-20-18	LARA DENBOW	PRAIRIE STORM	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	
U20	Pole Vault	3.70m	Mar-09-12	MELISSA RICHARDS	WPG OPTIMIST	WINNIPEG	
U18	Pole Vault	3.28m	Feb-14-09	SARAH BOILA	WPG OPTIMIST	WINNIPEG	
U16	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	6.08m	Feb-27-16	JOY BECKER	UNATTACHED	SASKATOON	
U20	Long Jump	5.87m	Mar-08-13	JOY BECKER	BISON TRACK & FIELD	WINNIPEG	
U18	Long Jump	5.65m	Mar- 8-80	TANYA BROTHERS	GALAXT TC	EDMONTON	
U16	Long Jump	5.36m	Dec-10-11	ROBYN WEAR	WPG OPTIMIST	WINNIPEG	
		5.36m	Dec-01-18	DEBORAH ADEKAYODE	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	
U20	Triple Jump	12.32m	Mar-11-17	REBEKAH ECKERT	U OF MANITOBA	EDMONTON	
U18	Triple Jump	11.53m	Mar-19-15	REBEKAH ECKERT	UNATTACHED	WINNIPEG	
U16	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
U20	Shot Put	4kg	14.77m	Jan-05-68	MAUREEN DOWDS	U OF MANITOBA	EDMONTON
U18	Shot Put	3kg	14.27m	Mar-5-16	TAYLOR HEAD	FLYING M	WINNIPEG
U16	Shot Put	3kg	14.93m	Dec-7-14	TAYLOR HEAD	FLYING M	WINNIPEG



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<u>Women</u>							
Open	Wt Throw	9.07kg	20.28m	Feb-4-11	HEATHER STEACY	CHINOOK T & F	WINNIPEG
Senior	Wt Throw	9.07kg	17.04m	Mar- 6-98	NOREENA BODAGLO	U OF MANITOBA	WINNIPEG
U20	Wt Throw	9.07kg	14.25m	Mar- 6-10	KAREN FERRIS	U OF MANITOBA	WINNIPEG
U18	Wt Throw	7.26kg	16.08m	Mar-5-16	TAYLOR HEAD	FLYING M	WINNIPEG
U16	Wt Throw	7.26kg	12.29m	Dec-7-14	TAYLOR HEAD	FLYING M	WINNIPEG
Open	Pentathlon	3978	Feb-27-04	JESSICA ZELINKA	U OF CALGARY	WINNIPEG	
Senior	Pentathlon	3701	Feb-23-19	MADISSON LAWRENCE	WPG OPTIMIST	EDMONTON	
U20	Pentathlon	3458	Feb-2-14	ROBYN WEAR	WPG OPTIMIST	REGINA	
U18	Pentathlon	3305	Jan-18-13	ROBYN WEAR	WPG OPTIMIST	WINNIPEG	
U16	Pentathlon	2800	Dec-10-11	ROBYN WEAR	WPG OPTIMIST	WINNIPEG	
<u>Men</u>							
Open	60m	6.59	Feb-20-93	BRUNY SURIN	VIDE	WINNIPEG	
Senior	60m	6.69	Feb-21-87	RICK JONES	RAIDERS TC	EDMONTON	
U20	60m	6.83	Dec-29-82	COURTNEY BROWN	AOTC	SASKATOON	
U18	60m	6.83	Dec-29-82	COURTNEY BROWN	AOTC	SASKATOON	
U16	60m	7.31	Dec-08-07	BEN ALLEN	KELVIN	WINNIPEG	
		7.31	Dec-9-17	TRAE TOMLINSON	WOAC	WINNIPEG	
Open	200m	21.27	Feb-15-87	CYPRIAN ENWEANI	SASKATCHEWAN	WINNIPEG	
Senior	200m	21.36	Feb-11-84	CAL LANGFORD	RAIDERS TC	WINNIPEG	
U20	200m	21.37	Feb-11-84	COURTNEY BROWN	AOTC	WINNIPEG	
U18	200m	22.45	Mar- 2-01	NATHAN VADEBONCOEUR	WPG OPTIMIST	WINNIPEG	
U16	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	
U20	300m	34.1h	Jan-26-84	COURTNEY BROWN	AOTC	WINNIPEG	
U18	300m	35.55	Dec-01-01	NATHAN VADEBONCOEUR	WPG OPTIMIST	WINNIPEG	
U16	300m	36.77	Dec-07-18	JAYDEN BRYANT	WPG OPTIMIST	WINNIPEG	
Open	400m	47.07	Feb-20-93	MARK JACKSON	PHOENIX	WINNIPEG	
Senior	400m	47.08	Feb-06-88	ANDRE SMITH	RAIDERS TC	WINNIPEG	
U20	400m	47.98	Dec-16-03	NATHAN VADEBONCOEUR	WPG OPTIMIST	WINNIPEG	
U18	400m	49.53	Mar-04-00	ERIK SPROLL	ST. PAULS HS	WINNIPEG	
U16	400m	52.1h	Dec-29-73	GARRY KOENIG	RAZORBACK TC	SASKATOON	
U16	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	
U20	600m	1:19.39	Mar-8-07	FERGUSON, QUIN	U OF MANITOBA	MONTREAL	
U18	600m	1:20.5h	Dec-02-00	ERIK SPROLL	UNATTACHED	WINNIPEG	
U16	600m	1:25.69	Dec-08-18	JAYDEN BRYANT	WPG OPTIMIST	WINNIPEG	

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Men							
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	
U20	800m	1:50.07	Feb- 9-02	ERIK SPROLL	KANSAS STATE	AMES	
U18	800m	1:53.40	Feb- 5-00	ERIK SPROLL	UNATTACHED	WINNIPEG	
U16	800m	2:01.25	Dec-08-12	JAY ORT	UNATTACHED	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	
U20	1000m	2:26.21	Feb-28-03	KRISTJAN HUNTER	IOWA STATE	LINCOLN	
U18	1000m	2:31.23	Dec-7-14	SHANE DILLON	SA TOUGH TRACK	WINNIPEG	
U16	1000m	2:39.8h	Dec-01-12	JAY ORT	UNATTACHED	WINNIPEG	
U16	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	
U20	1500m	3:53.6h	Feb-09-80	CAREY PENNER	DAKOTA COLLEGIATE	WINNIPEG	
U18	1500m	3:57.32	Mar-03-01	KRISTJAN HUNTER	WPG OPTIMIST	WINNIPEG	
U16	1500m	4:10.4h	Nov-26-71	ED ROMANOWSKI	WINGS TC	WINNIPEG	
U16	2000m	6:23.06	Mar-3-18	HAYDN LYSIUK	UNATTACHED	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	
U20	3000m	8:19.09	Feb- 7-87	DARREN KLASSEN	GWA	WINNIPEG	
U18	3000m	8:35.68	Mar- 6-98	WILL THRIFT	WPG OPTIMIST	WINNIPEG	
U16	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	
U20	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
U20	60mH	39"-9.14m	8.14	Mar-02-13	ERIC GUY	WPG OPTIMIST	WINNIPEG
U18	60mH	36"-9.14m	8.20	Mar-2-12	ERIC GUY	WPG OPTIMIST	WINNIPEG
U16	60mH	33"-8.5m	8.90	Mar-16-17	CONNER KLASSEN	GARDEN CITY	WINNIPEG



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Men						
Open	4x100m	Relay	42.55	Feb- 4-89	RAIDERS TC	WINNIPEG
Senior	4x100m	Relay	42.55	Feb-04-89	RAIDERS TC	WINNIPEG
U20	4x100m	Relay	44.06	Feb-02-91	AOTC	WINNIPEG
U18	4x100m	Relay	45.25	Mar-04-11	SISLER HIGH SCHOOL	K.Dela Cruz, J.M.Francisco, WINNIPEG
U16	4x100m	Relay	47.25	Dec-05-09	WPG OPTIMIST	Kyle Leech, Robert Anderson, WINNIPEG
Open	4x200m	Relay	1:25.65	Mar-10-12	U OF OTTAWA	O.Makinde, Robertson, Biocchi, T.Makinde WINNIPEG
Senior	4x200m	Relay	1:27.63	Mar-07-08	U OF MANITOBA	D.Szczepaniak, Z.Durand, N.Labbe, Q.Ferguson MONTREAL
U20	4x200m	Relay	1:33.14	Dec-12-09	KELVIN HIGH SCHOOL	P.Duncan, M.Fitkowsky, WINNIPEG
U18	4x200m	Relay	1:33.14	Dec-12-09	KELVIN HIGH SCHOOL	P.Duncan, M.Fitkowsky, R.Wilmott, Ben Allen WINNIPEG
U16	4x200m	Relay	1:38.45	Dec-07-07	KELVIN HIGH SCHOOL	P.Duncan, M.Fitkowsky, V.Cannata, Ben Allen WINNIPEG
Open	4x400m	Relay	3:13.74	Mar-11-96	U OF MANITOBA	K.Crerar, S.Trepel, B.Goodwin, A.Davis WINNIPEG
Senior	4x400m	Relay	3:13.31	Jan-31-87	RAIDERS TC	P.Stovel, G.Orlikow, A.Smith, C.Langford SHERBROOKE
U20	4x400m	Relay	3:23.37	Mar-06-88	TAKUS	WINNIPEG
U18	4x400m	Relay	3:32.00	Nov-30-13	SA TOUGH TRACK	J.Ahlbaum-Ateah, S.Dillon, S. Johnson, C.Boyd WINNIPEG
Open	4x800m	Relay	7:29.23	Mar-10-95	U OF MANITOBA	J.Dyck, Chris Weber WINNIPEG
Senior	4x800m	Relay	7:29.23	Mar-10-95	U OF MANITOBA	J.Giesbrecht, M.Kemp, J.Dyck, Chris Weber WINNIPEG



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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	
		2.17m	Feb-2-15	ALHAJI MANSARAY	U OF MANITOBA	WINNIPEG	
U20	High Jump	2.09m	Dec-15-01	MICHAEL KIZINKEWICH	WPG OPTIMIST	WINNIPEG	
U18	High Jump	2.06m	Dec-07-07	LUCAS RODEWALD	WPG OPTIMIST	WINNIPEG	
U16	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	
U20	Pole Vault	4.50m	Feb-13-13	VITALY BILENKO	WPG OPTIMIST	WINNIPEG	
U18	Pole Vault	4.10m	Feb-4-11	VITALY BILENKO	WPG OPTIMIST	WINNIPEG	
U16	Pole Vault	3.30m	Nov-30-13	JAMES KENNY	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	
U20	Long Jump	7.26m	Feb-23-07	NATHAN LABBE	U OF MANITOBA	WINNIPEG	
U18	Long Jump	6.74m	Dec-03-05	NATHAN LABBE	WPG OPTIMIST	WINNIPEG	
U16	Long Jump	6.46m	Mar-17-16	MATHIEU INDOME	WPG OPTIMIST	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	EDMONTON	
U20	Triple Jump	14.44m	Mar-1-19	DAXX TURNER	PRAIRIE STORM	WINNIPEG	
U18	Triple Jump	14.44m	Mar-1-19	DAXX TURNER	PRAIRIE STORM	WINNIPEG	
U16	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
U20	Shot Put	6kg	16.32m	Nov-30-13	CURTIS URNIEZIUS	UNATTACHED	SASKATOON
U18	Shot Put	5kg	15.96m	Dec-28-95	BOJAN PAUNOVIC	AOTC	SASKATOON
U16	Shot Put	4kg	15.76m	Nov-22-86	GERRY FERRIS	VET	WINNIPEG
Open	Wt Throw	15.88kg	23.62m	Feb-3-07	JIM STEACY	U OF LETHBRIDGE	WINNIPEG
Senior	Wt Throw	15.88kg	20.02m	Mar-10-01	DARIUS SLOWIK	U OF MANITOBA	SHERBROOKE
U20	Wt Throw	11.34kg	20.02m	Mar-02-13	CURTIS URNIEZIUS	UNATTACHED	WINNIPEG
U18	Wt Throw	9.07kg	19.76m	Dec-7-14	JARED ALLARY	FLYING M	WINNIPEG
U16	Wt Throw	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
U20	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
U20	Pentathlon		3432	Feb-14-15	CHAD ENNS	U OF MANITOBA	REGINA
U18	Pentathlon		3478	Jan-23-04	STEFAN ARNASON	WPG OPTIMIST	SASKATOON
U16	Pentathlon		2910	Mar-30-02	STEFAN ARNASON	WPG OPTIMIST	WINNIPEG

updated Dec 2019