



# Athletics Manitoba Outdoor Records

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|--------------|-------|------|---------|------------|------------------------|-------------------|------------------|
| <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         |
| U20          | 100m  |      | 11.70   | Jul-20-82  | TANYA BROTHERS         | GALAXY TC         | COLORADO SPRINGS |
| U18          | 100m  |      | 11.96   | Jul-12-80  | TANYA BROTHERS         | GALAXY TC         | SUDBURY          |
| U16          | 100m  | 0.4  | 12.27   | Jul -17-11 | TEGAN TURNER           | MANITOBA          | REGINA           |
| Open         | 200m  |      | 22.83   | Jul-28-99  | DEBBIE FERGUSON        | BAHAMAS           | WINNIPEG         |
| Senior       | 200m  |      | 23.45   | Jul-20-82  | TANYA BROTHERS         | GALAXY TC         | COLORADO SPRINGS |
| U20          | 200m  |      | 23.45   | Jul-20-82  | TANYA BROTHERS         | GALAXY TC         | COLORADO SPRINGS |
| U18          | 200m  | 0.4  | 24.51   | Aug 27-09  | CARLY PARACHOLSKI      | MANITOBA          | CHARLOTTETOWN    |
| U16          | 200m  | -1.9 | 25.15   | Jul-5-14   | VICTORIA TACHINSKI     | SA TOUGH TRACK    | WINNIPEG         |
| U16          | 300m  |      | 39.10   | Aug-16-14  | VICTORIA TACHINSKI     | MANITOBA          | LANGLEY          |
| Open         | 400m  |      | 50.77   | Jun-30-84  | MARITA PAYNE           | YORK OPTIMISTS    | WINNIPEG         |
| Senior       | 400m  |      | 52.67   | May-28-92  | ALANNA YAKIWCHUK       | RAIDERS TC        | PROVO            |
| U20          | 400m  |      | 53.38   | Aug-06-16  | VICTORIA TACHINSKI     | SA TOUGH TRACK    | Ste-Therese, QC  |
| U18          | 400m  |      | 53.38   | Aug-06-16  | VICTORIA TACHINSKI     | SA TOUGH TRACK    | Ste-Therese, QC  |
| U16          | 400m  |      | 54.51   | Apr-19-14  | VICTORIA TACHINSKI     | SA TOUGH TRACK    | NORWALK, CA      |
| Open         | 800m  |      | 1:59.95 | Jul-25-99  | LETITIA VRIESDE        | SURINAME          | WINNIPEG         |
| Senior       | 800m  |      | 2:01.84 | Aug-3-13   | NICOLE SIFUENTES       | UNATTACHED        | GENT, BELGIUM    |
| U20          | 800m  |      | 2:03.58 | Jun-25-16  | VICTORIA TACHINSKI     | SA TOUGH TRACK    | NASHVILLE, TN    |
| U18          | 800m  |      | 2:05.88 | Jun-25-16  | VICTORIA TACHINSKI     | SA TOUGH TRACK    | NASHVILLE, TN    |
| U16          | 800m  |      | 2:07.91 | Aug-17-14  | VICTORIA TACHINSKI     | MANITOBA          | LANGLEY          |
| U16          | 1200m |      | 3:36.45 | Aug-09-13  | JENNIE BARAGAR-PETRASH | MANITOBA          | LANGLEY          |
| 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            |
| U20          | 1500m |      | 4:16.49 | May-25-13  | JULIA ZRINYI           | U. OF CONNECTICUT | GREENSBORO, NC   |
| U18          | 1500m |      | 4:23.7h | Jun-22-79  | ANGELA CHALMERS        | SUNDOWNERS TC     | VANCOUVER        |
| U16          | 1500m |      | 4:27.3h | Aug- 5-78  | ANGELA CHALMERS        | CANADA            | MONTREAL         |
| Senior       | 2000m |      | 5:34.49 | Sep-4-94   | ANGELA CHALMERS        | CANADA            | SHEFFIELD        |
| U16          | 2000m |      | 6:25.59 | Aug-10-13  | JENNIE BARAGAR-PETRASH | MANITOBA          | LANGLEY          |



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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          |            |
| U20          | 3000m  |             | 9:14.81  | Aug-16-85 | PAM KLASSEN            | MANITOBA                 | ST. JOHN'S        |            |
| U18          | 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          |            |
| Senior       | 5000m  |             | 15:27.58 | Apr 26-13 | NICOLE SIFUENTES       | UNATTACHED               | STANFORD, CA      |            |
| U20          | 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     |            |
| U20          | 10000m |             | 34:29.13 | Mar-31-01 | MICHELLE CARSON        | UNATTACHED               | STANFORD          |            |
| U16          | 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          |            |
| U20          | 100mH  | 0.84m-8.5m  | 13.88    | Jul-20-91 | JANNA NIKKEL           | CANADA                   | KINGSTON          |            |
| U18          | 100mH  | 0762m-8.5m  | -2.5     | 15.01     | Aug 11-19              | FATOYE OLUWATONI         | MANITOBA          | SYDNEY     |
| U16          | 200mH  | 0.762m-35m  | 29.42    | Jul 11-09 | MICHELLE HEBERT        | MANITOBA                 | MEDICINE HAT      |            |
| U18          | 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  | 58.65    | Apr-17-15 | MELISSA KITCHING       | NORTH DAKOTA STATE       | NORWALK, CA       |            |
| U20          | 400mH  | 0.762m-35m  | 59.66    | Jul-27-85 | RUTH HADDEN            | TAKUS TC                 | BURNABY           |            |
| U18          | 400mH  | 0.762m-35m  | 1:01.68  | Jul-30-89 | LISA OMICHINSKI        | MANITOBA                 | SHERWOOD PARK     |            |
| U16          | 1500m  | StplCh      | no water | 5:06.38   | Aug-13-17              | MARGRETT WATT            | WPG OPTIMIST      | BRANDON    |
| Senior       | 2000m  | StplCh      |          | 6:45.40   | Aug-16-13              | ERIN TESCHUK             | MANITOBA          | SHERBROOKE |
| U20          | 2000m  | StplCh      |          | 6:45.40   | Aug-16-13              | ERIN TESCHUK             | MANITOBA          | SHERBROOKE |
| U18          | 2000m  | StplCh      |          | 6:51.97   | Jun-8-19               | CECILIA HOWES            | WINNIPEG OPTIMIST | COQUITLAM  |
| U16          | 2000m  | StplCh      |          | 7:53.66   | May 25-09              | TAYLOR SPRAGUE           | SA TOUGH TRACK    | WINNIPEG   |
| Open         | 3000m  | StplCh      |          | 10:17.55  | Jun-27-99              | KAREN HARVEY             | S. WINDSOR KC     | WINNIPEG   |
| Senior       | 3000m  | StplCh      |          | 9:40.07   | Aug-24-15              | ERIN TESCHUK             | CANADA            | BEIJING    |
| U20          | 3000m  | StplCh      |          | 10:47.19  | Jul-26-19              | CECILIA HOWES            | WINNIPEG OPTIMIST | MONTREAL   |
| U18          | 3000m  | StplCh      |          | 10:47.19  | Jul-26-19              | CECILIA HOWES            | WINNIPEG OPTIMIST | MONTREAL   |



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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 |      | 46.18   | Aug-3-17   | MANITOBA      | RACHAEL MCLEOD, TAYO BABALOLA, TEGAN TURNER, BRIANNA TYNES                             | WINNIPEG         |
| U20          | 4x100m Relay |      | 47.15   | Aug-10-15  | MANITOBA      | TEGAN TURNER, SCIERA OPALEKE, KYIA GILES, RACHEL MCLEOD                                | WOOD BUFFALO, AB |
| U18          | 4x100m Relay |      | 47.26   | Jun-21-80  | MANITOBA      | TANYA BROTHERS FAYE ROBERTS  | WINNIPEG         |
| U16          | 4x100m Relay |      | 48.98   | Jul-29-18  | MANITOBA      | ELYSA JAMEN CHANTAL ASTON<br>D.ADEKAYODE, M.DALKIE, B.SUMKA, J.HOAD                    | SHERWOOD PARK    |
| 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         |
| U20          | 4x200m Relay |      | 1:45.8h | Jul-10-77  | WINGS TC      | MONA COCHINGYAN, LISA POLESCHUK, KAREN POWELL, PENNY                                   | WINNIPEG         |
| U18          | 4x200m Relay |      | 1:47.8h | May-01-81  | TAKUS TC      | LESLIE ALISON DOROTHY MACKENZIE  | WINNIPEG         |
| U16          | 4x200m Relay |      | 1:48.20 | Jun-14-87  | TAKUS TC      | ANDREA PACI NANCY MCCUAIG<br>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 |      | 3:43.65 | Aug-3-17   | MANITOBA      | TAYO BABALOLA, ERIN WHITE, SOPHIA MBABAALI, VICTORIA                                   | WINNIPEG         |
| U20          | 4x400m Relay |      | 3:50.5h | Aug- 1-77  | MANITOBA      | MAVIS CURTIS, MAUREEN HOUGHTON, ROSANNE MURPHY, M                                      | ST. JOHN'S       |
| U18          | 4x400m Relay |      | 3:51.75 | Aug - 7-11 | MANITOBA      | AMY ANDRUSHKO, ERIN TESCHUK, JULIA ZRINYI, MELANIE BARAN                               | OTTAWA           |
| U16          | 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         |
| U20          | 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. BRAITHWAITE, BRENDA BAKER | WINNIPEG        |
| Senior       | 1600m Sprt Medly | 4-2-2-8   | 4:09.3h  | May-14-88 | RAIDERS TC         | NANCY TAYLOR, HEATHER LEE-KIN, M. BRAITHWAITE, BRENDA BAKER | WINNIPEG        |
| U20          | 1600m Sprt Medly | 4-2-2-8   | 4:10.2h  | May-14-88 | RAIDERS TC         | CHERYL MURPHY, LEANNE HARRISON, TRISHA BEST. A. PERNITSKY   | WINNIPEG        |
| U18          | 1600m Sprt Medly | 4-2-2-8   | 4:26.75  | Jun-16-01 | MANITOBA           | MANITOBA  | BRANDON         |
| U16          | 1600m Sprt Medly | 4-2-2-8   | 4:08.09  | Aug 10-08 | MANITOBA/NWO       | MEAGAN PARACHOLSKI, MELISSA KITCHING. AMY ANDRUSHKO. CARLY  | SHERBROOKE      |
| Open         | 4000m Dist Medly | 4-8-12-16 | 12:52.7h | May-14-88 | RAIDERS TC         | CAROL BOYLE, VICKI AGAR, CHERYL MURPHY, VELVET CADRE        | WINNIPEG        |
| Senior       | 4000m Dist Medly | 4-8-12-16 | 12:52.7h | May-14-88 | RAIDERS TC         | CAROL BOYLE, VICKI AGAR, CHERYL MURPHY, VELVET CADRE        | WINNIPEG        |
| Open         | High Jump        |           | 1.94m    | Jul-01-84 | DEBBIE BRILL       | BC  | WINNIPEG        |
| Senior       | High Jump        |           | 1.79m    | Aug-20-97 | TAMMY MAHON        | MANITOBA  | BRANDON         |
| U20          | High Jump        |           | 1.79m    | Aug-20-97 | TAMMY MAHON        | MANITOBA  | BRANDON         |
| U18          | High Jump        |           | 1.79m    | Aug-20-97 | TAMMY MAHON        | MANITOBA  | BRANDON         |
| U16          | High Jump        |           | 1.73m    | Jul- 1-95 | TAMMY MAHON        | TREHERNE  | WINNIPEG        |
| Open         | Pole Vault       |           | 4.51m    | Jul-15-05 | DANA BULLER        | KITCHENER   | WINNIPEG        |
| Senior       | Pole Vault       |           | 4:30m    | Jun-30-12 | VICTORIA DRESSLER  | WOA   | CALGARY         |
| U20          | Pole Vault       |           | 3.65m    | Jun 25-13 | SAMANTHA ALLEGRO   | WOA   | WINNIPEG        |
| U18          | Pole Vault       |           | 3.41m    | Jul 3-09  | SARAH BOILA        | WOA   | WINNIPEG        |
| U16          | 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 |
| U20          | Long Jump        |           | 5.83m    | Aug- 1-68 | KAY THOMSON        | FLYING M AC   | TORONTO         |
|              |                  |           | 5.83m    | Jul-28-13 | JOY BECKER         | MANITOBA  | CALGARY         |
| U18          | Long Jump        |           | 5.78m    | Jun-23-90 | JANNA NIKKEL       | MANITOBA  | BLAINE, WA      |
| U16          | Long Jump        |           | 5.43m    | Jun-23-18 | DEBRA ADEKAYODE    | WPG OPTIMIST  | 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 |
| U20          | Triple Jump      | 0.9       | 12.51m   | Jul-15-17 | REBEKAH ECKERT     | MANITOBA  | WINNIPEG        |
| U18          | Triple Jump      | 0.0       | 11.98m   | Jul-26-19 | LARA DENBOW        | PRAIRIE STORM   | MONTREAL        |
| U16          | 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       |
| U20          | Shot Put   | 4kg  | 13.82m | Apr-29-89 | SUSANNE DANDENAULT      | U OF WASHINGTON          | FLAGSTAFF, AZ |
| U18          | Shot Put   | 4kg  | 13.61m | May-07-16 | TAYLOR HEALD            | Flying M AC              | MOORHEAD      |
| U18          | Shot Put L | 3kg  | 14.74m | Jun-26-16 | TAYLOR HEALD            | Flying M AC              | WINNIPEG      |
| U16          | Shot Put   | 4kg  | 12.55m | Jun-26-85 | SUSANNE DANDENAULT      | AOTC                     | WINNIPEG      |
| U16          | Shot Put L | 3kg  | 14.48m | Aug-16-14 | TAYLOR HEALD            | MANITOBA                 | LANGLEY       |
| Open         | Hammer     | 4kg  | 67.79m | Jul-08-00 | DAWN ELLERBE            | NYAC                     | WINNIPEG      |
| Senior       | Hammer     | 4kg  | 56.26m | Jun-11-93 | THERESA BRICK           | AOTC                     | WINNIPEG      |
| U20          | Hammer     | 4kg  | 46.86m | Jun-30-93 | NOREENA BODAGLO         | AOTC                     | COQUITLAM     |
| U18          | Hammer     | 4kg  | 39.01m | May 07-16 | TAYLOR HEALD            | Flying M AC              | MOORHEAD      |
| U18          | Hammer L   | 3kg  | 50.43m | May-18-13 | MADELINE BEAUVAIS       | STRIDE AHEAD TOUGH TRACK | LETHBRIDGE    |
| U16          | Hammer     | 4kg  | 23.58m | Aug- 7-94 | RAPHAEL DICOSMO         | MANITOBA                 | OTTAWA        |
| U16          | Hammer L   | 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      |
| U20          | Discus     | 1kg  | 50.08m | May- 6-89 | SUSANNE DANDENAULT      | U OF WASHINGTON          | SEATTLE, WA   |
| U18          | Discus     | 1kg  | 47.57m | May 26-16 | TAYLOR HEALD            | Flying M AC              | LETHBRIDGE    |
| U16          | Discus     | 1kg  | 38.92m | Jul-20-14 | TAYLOR HEALD            | MANITOBA                 | SASKATOON     |
| Open         | Javelin    | 600g | 65.85m | Jul-25-99 | OSLEIDYS MENENDEZ       | CUBA                     | WINNIPEG      |
| Senior       | Javelin    | 600g | 48.08m | May-18-16 | BROOKE-LYNN BOYD        | WPG OPTIMIST             | WINNIPEG      |
| U20          | Javelin    | 600g | 44.17m | Jun-27-15 | BROOKE-LYNN BOYD        | WPG OPTIMIST             | WINNIPEG      |
| U18          | Javelin    | 600g | 35.51m | Aug-6-10  | AMY GRACEFFO            | MANITOBA / N.W.O.        | OTTAWA        |
| U18          | Javelin L  | 500g | 34.60m | Jul-20-14 | TAYLOR HEALD            | MANITOBA                 | SASKATOON     |
| U16          | Javelin    | 600g | 30.10m | Jul-21-07 | JODY ADAMSON            | MANITOBA                 | REGINA        |
| U16          | Javelin L  | 500g | 34.60m | Jul-20-14 | TAYLOR HEALD            | MANITOBA                 | SASKATOON     |
| Open         | Heptathlon |      | 6290   | Jul-28-99 | MAGALYS GARCIA LELIEBRE | CUBA                     | WINNIPEG      |
| Senior       | Heptathlon |      | 4980   | Jul-12-81 | JANET SCOTT             | PRAIRIES                 | WINNIPEG      |
| U20          | Heptathlon |      | 4712   | Jul-29-12 | AMY GRACEFFO            | SA TOUGH TRACK           | WINNIPEG      |
| U18          | Heptathlon |      | 4785   | Jul-6-13  | ROBYN WEAR              | WPG OPTIMIST             | WINNIPEG      |
| U16          | 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             |
|            |             | 1.1  | 10.33        | Jul-7-19         | LUXON GLOR          | CANADA             | QUERETARO, MEXICO |
| U20        | 100m        | 0.9  | 10.55        | Jul-4-15         | EVAN RATZLAFF       | BISON ATHLETICS    | EDMONTON          |
| U18        | 100m        |      | 10.84        | Jul- 3-82        | COURTNEY BROWN      | AOTC               | WINNIPEG          |
| U16        | 100m        |      | 11.06        | Aug-13-80        | COURTNEY BROWN      | AOTC               | WINNIPEG          |
| Open       | 200m        |      | 20.30        | Jul-28-99        | CLAUDINEI SILVA     | BRAZIL             | WINNIPEG          |
| Senior     | 200m        |      | 20.51        | May-25-85        | COURTNEY BROWN      | RAIDERS TC         | PROVO             |
| U20        | 200m        |      | 20.81        | Jun-30-84        | COURTNEY BROWN      | RAIDERS TC         | WINNIPEG          |
| U18        | 200m        |      | 20.93        | Aug- 1-82        | COURTNEY BROWN      | CANADA             | BERQUISIMETO      |
| U16        | 200m        | 0.4  | 23.25        | Aug-11-19        | GRANT WHITE         | MANITOBA           | SYDNEY            |
| U16        | <b>300m</b> |      | <b>36.88</b> | <b>Aug 4-21</b>  | <b>NOAH NEVES</b>   | <b>TOUGH TRACK</b> | <b>WINNIPEG</b>   |
| Open       | 400m        |      | 44.59        | Jul-25-99        | GREGORY HAUGHTON    | JAMAICA            | WINNIPEG          |
| Senior     | 400m        |      | 45.87        | May-23-87        | COURTNEY BROWN      | RAIDERS TC         | HOUSTON           |
| U20        | 400m        |      | 47.06        | Jul-19-03        | NATHAN VADEBONCOEUR | WOA                | BRIDGEPORT        |
| U18        | 400m        |      | 48.45        | Aug-12-00        | ERIK SPROLL         | MB/NWO             | CALGARY           |
| U16        | <b>400m</b> |      | <b>51.21</b> | <b>Jul 22-21</b> | <b>NOAH NEVES</b>   | <b>TOUGH TRACK</b> | <b>WINNIPEG</b>   |
| Open       | 800m        |      | 1:45.38      | Jul-25-99        | JOHNNY GRAY         | USA                | WINNIPEG          |
| Senior     | 800m        |      | 1:46.65      | Jul- 7-01        | DARRYL FILLION      | UNATTACHED         | MONTREAL          |
| U20        | 800m        |      | 1:49.17      | May-25-01        | ERIK SPROLL         | MANITOBA           | VICTORIA          |
| U18        | 800m        |      | 1:50.44      | Jun-6-14         | SHANE DILLON        | SA TOUGH TRACK     | GREENSBORO, NC    |
| U16        | 800m        |      | 1:58.51      | Aug-19-12        | JAY ORT             | MANITOBA           | CHARLOTTETOWN     |
| U16        | 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          |
| U20        | 1500m       |      | 3:47.1h      | Jun-13-86        | HENRY KLASSEN       | TAKUS TC           | VICTORIA          |
| U18        | 1500m       |      | 3:55.65      | Jul 31-14        | JAY ORT             | UNATTACHED         | WINNIPEG          |
| U16        | 1500m       |      | 4:10.4h      | Aug- 7-98        | ERIK SPROLL         | MANITOBA           | PRINCE GEORGE     |
| U16        | 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            |
| U20        | 3000m       |      | 8:23.76      | Aug- 20-14       | JAY ORT             | CANADA             | CHINA             |
| U18        | 3000m       |      | 8:23.76      | Aug- 20-14       | JAY ORT             | CANADA             | CHINA             |



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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   |
| U20        | 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             |
| U20        | 10000m |              | 30:16.6h | Jul-06-74 | RICK BOURRIER      | MANITOBA          | SASKATOON            |
| U16        | 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 | 2.0      | 13.54     | Aug-15-05          | JARED MACLEOD     | CANADA / WOA         |
| U20        | 110mH  | 0.991m-9.14m | -0.8     | 14.10     | Aug-24-13          | ERIC GUY          | CANADA               |
| U18        | 110mH  | 0.914m-9.14m | 0.0      | 14.60     | Jun-23-12          | ERIC GUY          | WPG OPTIMIST         |
| U16        | 200mH  | 0.762m       | -1.1     | 26.71     | Aug 13-17          | CONNER KLASSEN    | MANITOBA             |
| U18        | 300mH  | 0.84m        | 40.25    | Aug-17-14 | ZACHARY MEDAL      | MANITOBA          | LANGLEY              |
| 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 |
| U20        | 400mH  | 0.914m       | 53.0h    | Jun-28-81 | DAN MOROZ          | TAKUS TC          | TORONTO              |
| U18        | 400mH  | 0.84m        | 56.07    | Jul-14-19 | KIRK CADMAN        | MANITOBA          | REGINA               |
| U18        | 1500m  | StplCh       | 4:18.3h  | Aug-11-73 | LAWRIE LEWIS       | MANITOBA          | BURNABY              |
| U16        | 1500m  | StplCh       | no water | 4:26.67   | Aug-13-17          | JOSHUA GONZALES   | WPG OPTIMIST         |
| U18        | 2000m  | StplCh       | 0.84m    | 6:01.77   | Jul-14-19          | WILLIAM BOYLE     | MANITOBA             |
| U16        | 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              |
| U20        | 3000m  | StplCh       | 9:02.76  | Jun- 2-02 | KRISTJAN HUNTER    | MANITOBA          | BURNABY              |
| U18        | 3000m  | StplCh       | 10:02.76 | Jun-24-06 | GREG MILLER        | WOA               | WINNIPEG             |
| U18        | 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,<br>C. SILVA                                    | WINNIPEG          |
| Senior     | 4x100m Relay  |      | 40.71    | Jul-31-83 | MANITOBA      |   | CALGARY           |
| U20        | 4x100m Relay  |      | 41.95    | Aug-8-07  | MANITOBA WCSG | ZACHARIE DURAND, DAVID<br>SZCZEPANIAK, KIERAN MOOLCHAN,<br>M.INDOME, T.MIDDLETON, | STRATHCONA COUNTY |
| U18        | 4x100m Relay  |      | 43.09    | Jul-29-18 | MANITOBA      | T.TOMLINSON. G. HUTCHISON-<br>T.TOMLINSON, R.BROOKS,                              | SHERWOOD PARK     |
| U16        | 4x100m Relay  |      | 45.02    | Aug-15-17 | MANITOBA      | G.HUTCHISON-CAMPBELL  | WINNIPEG          |
| Open       | 4x200m Relay  |      | 1:31.2h  | Jul-19-69 | RAZORBACK TC  |   | WINNIPEG          |
| Senior     | 4x200m Relay  |      | 1:24.3h  | Jul-26-69 | MANITOBA      |   | CALGARY           |
| U20        | 4x200m Relay  |      | 1:31.2h  | Jul-19-69 | RAZORBACK TC  |   | WINNIPEG          |
| U18        | 4x200m Relay  |      | 1:36.7h  | Jun-22-70 | WINGS TC      |   | WINNIPEG          |
| U16        | 4x200m Relay  |      | 1:42.3h  | May-01-82 | AOTC          | DOUG MACKENZIE, RON DELL, DEREK<br>ROLSTONE, DAVID NEWBERRY                       | WINNIPEG          |
| Open       | 4x400m Relay  |      | 2:57.97  | Jul-30-99 | JAMAICA       | M. MCDONALD, G. HAUGHTON, D.<br>MCFARLANE, D. CLARKE                              | WINNIPEG          |
| Senior     | 4x400m Relay  |      | 3:12.60  | Aug-21-97 | MANITOBA      |   | BRANDON           |
| U20        | 4x400m Relay  |      | 3:19.5h  | Aug-13-77 | MANITOBA      | DAVE KOZUSKA, BRENT KONANTZ,<br>DAVE MORGAN, JIM PARTAKER                         | ST.JOHN'S         |
| U18        | 4x400m        |      | 3:21.72  | Jul-14-19 | MANITOBA      | F.Zemliduk, D.Turon, J.Bryant, T.<br>Cox-Yestrau                                  | Regina            |
| U16        | 4x400m Relay  |      | 3:41.6h  | Jul-29-84 | MANITOBA      | JAMIE STEER, RON KING, DAVID<br>POWELL, SCOTT BREAKLY                             | WINNIPEG          |
| Open       | 4x800m Relay  |      | 7:44.3h  | Jun-26-85 | RAIDERS TC    | GREG ATHAYDE, ROB GUY, WYNN<br>GMITROSKI, RODGER LOURENZO                         | WINNIPEG          |
| Senior     | 4x800m Relay  |      | 7:44.3h  | Jun-26-85 | RAIDERS TC    | GREG ATHAYDE, ROB GUY, WYNN<br>GMITROSKI, RODGER LOURENZO                         | WINNIPEG          |
| U20        | 4x800m Relay  |      | 7:55.4h  | Jul-31-72 | RAZORBACK TC  | LAURIE LEWIS, ELTON NOGA, CRAIG<br>JOHNSTON, MURRAY ARDIES                        | WINNIPEG          |
| U18        | 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,<br>WAYNE MCMAHON, LARRY SWITZER                     | WINNIPEG          |
| Senior     | 4x1500m Relay |      | 16:01.5h | May-11-87 | RAIDERS TC    | CHAD JOHNSTON, GLEN REDPATH,<br>ROB GUY, KEVIN CHRISTIANSON                       | RICHMOND          |





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| <b>MEN</b> |                   |           |          |           |                            |  |                 |
| Open       | 1600m Sprt Medley | 4-2-2-8   | 3:28.8h  | May-14-88 | RAIDERS TC                 | DWAYNE FALK, CAL LANGFORD,<br>GENE DE LA SIEGGA, DOUG                  | WINNIPEG        |
| Senior     | 1600m Sprt Medley | 4-2-2-8   | 3:28.8h  | May-14-88 | RAIDERS TC                 | DWAYNE FALK, CAL LANGFORD,<br>GENE DE LA SIEGGA, DOUG                  | WINNIPEG        |
| U20        | 1600m Sprt Medley | 4-2-2-8   | 3:40.0h  | Aug-23-70 | MANITOBA                   |  | ABBOTSFORD      |
| U18        | 1600m Sprt Medley | 4-2-2-8   | 3:33.20  | May-6-11  | KELVIN                     | Mathew Fitkowsky, Levi Neufeld,<br>Patrick Duncan, Riel Willmott       | ST. LOUIS, MO   |
| U16        | 1600m Sprt Medley | 4-2-2-8   | 3:47.19  | Jul-30-16 | MANITOBA                   | Trey Friesen, Benjamin Perrett, Dasan<br>Jesmer-McFarlane, Ethan Clark | REGINA          |
| Open       | 4000m Dist Medley | 4-8-12-16 | 10:20.0h | May-17-88 | RAIDERS TC                 | BUDDY VOTH, CAL LANGFORD, RIC<br>CHAPMAN, DARCY READY                  | WINNIPEG        |
| Senior     | 4000m Dist Medley | 4-8-12-16 | 10:20.0h | May-17-88 | RAIDERS TC                 | BUDDY VOTH, CAL LANGFORD, RIC<br>CHAPMAN, DARCY READY                  | WINNIPEG        |
| Open       | High Jump         |           | 2.26m    | Jun-30-84 | MILT OTTEY                 | YO   | WINNIPEG        |
| Senior     | High Jump         |           | 2.19m    | Jul-28-13 | ALHAJI MANSARAY            | MANITOBA   | CALGARY         |
| U20        | High Jump         |           | 2.19m    | Jul-28-13 | ALHAJI MANSARAY            | MANITOBA   | CALGARY         |
| U18        | High Jump         |           | 2.04m    | Jul-11-07 | LUCAS RODEWALD             | CANADA   | OSTRAVA, CZR    |
| U16        | 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        |
| U20        | Pole Vault        |           | 4.40m    | Jul-31-82 | DON LAWSON                 | CANADA   | BERQUISIMETO    |
| U18        | Pole Vault        |           | 4.50m    | Jun-14-11 | VITALIY BILENKO            | WPG OPTIMIST   | FLORENCE, ITALY |
| U16        | Pole Vault        |           | 3.41m    | Jul-6-13  | JAMES KENNY                | WPG OPTIMIST   | WINNIPEG        |
| 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   |
| U20        | Long Jump         |           | 7.33m    | Jul-21-06 | NATHAN LABBE               | WOA  | SHERBROOKE      |
| U18        | Long Jump         |           | 7.00m    | Jun-25-05 | NATHAN LABBE               | UNATTACHED   | WINNIPEG        |
| U16        | Long Jump         |           | 6.47m    | Jun-20-86 | JASON BOGEN                | ROBERT ANDREWS   | WINNIPEG        |
| Senior     | Triple Jump       |           | 15.92m   | Aug- 1-87 | DEXTOR BELTON              | MANITOBA   | OTTAWA          |
| U20        | Triple Jump       | 2.0       | 15.04m   | Jul-6-19  | DAXX TURNER                | PRAIRIE STORM  | WINNIPEG        |
| U18        | Triple Jump       | 2.0       | 15.04m   | Jul-6-19  | DAXX TURNER                | PRAIRIE STORM  | WINNIPEG        |
| U16        | Triple Jump       | 0.3       | 12.65m   | Jun-10-17 | GRAHAM HUTCHISOON-CAMPBELL | WPG OPTIMIST   | WINNIPEG        |



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| <b>MEN</b> |           |        |        |           |                      |                |                  |
| Open       | Shot Put  | 7.26kg | 19.93m | Jul-24-99 | BRADLEY MEARS        | USA            | WINNIPEG         |
| Senior     | Shot Put  | 7.26kg | 19.88m | Aug-13-85 | BRUCE PIRNIE         | MANITOBA       | REGINA           |
| U20        | Shot Put  | 6kg    | 16.70m | Jun-16-13 | CURTIS URNIEZIUS     | UNATTACHED     | LETHBRIDGE       |
| U18        | Shot Put  | 5kg    | 15.77m | Jul-21-85 | BOJAN PAUNOVIC       | AOTC           | EDMONTON         |
| U16        | Shot Put  | 4kg    | 15.03m | Jun-27-87 | DAVID GRAYSTONE      | AOTC           | MOOSE JAW        |
| Open       | Hammer    | 7.26kg | 79.61m | Jul-27-99 | LANCE DEAL           | USA            | WINNIPEG         |
| Senior     | Hammer    | 7.26kg | 66.58m | Aug-31-89 | DAREN MCFEE          | RAIDERS TC     | WINNIPEG         |
| U20        | Hammer    | 6kg    | 60.46m | May-25-13 | CURTIS URNIEZIUS     | UNATTACHED     | WINNIPEG         |
| U18        | Hammer    | 5kg    | 50.28m | Jul-26-11 | CURTIS URNIEZIUS     | BISON T&F      | WINNIPEG         |
| U16        | Hammer    | 5kg    | 42.97m | Jul-6-19  | DYLAN BARNYCH        | UNATTACHED     | WINNIPEG         |
| U16        | Hammer    | 4kg    | 47.64m | Jun-22-19 | DYLAN BARNYCH        | UNATTACHED     | 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          |
| U20        | Discus    | 1.75kg | 52.86m | Jun-26-75 | CHUCK SIGFUSSON      | UNATTACHED     | WINNIPEG         |
| U18        | Discus    | 1.5kg  | 49.54m | Jul-21-73 | CHUCK SIGFUSSON      | UNATTACHED     | WINNIPEG         |
| U16        | Discus    | 1kg    | 54.00m | Aug-12-18 | KYLE NOVAK           | UNATTACHED     | BRANDON          |
| Open       | Javelin   | 800g   | 79.30m | Jul-08-92 | ED KOMINSKI          | USA            | WINNIPEG         |
| Senior     | Javelin   | 800g   | 73.76m | May- 7-88 | MIKE BRENNAN         | AOTC           | WINNIPEG         |
| U20        | Javelin   | 800g   | 59.69m | Aug 10-15 | BORZAH YANKEY        | MANITOBA       | WOOD BUFFALO, AB |
| U18        | Javelin   | 700g   | 57.74m | Jul-24-10 | MAX COTE             | TEAM MANITOBA  | WINNIPEG         |
| U16        | Javelin   | 600g   | 52.34m | Jul-29-18 | JESSE BULAWKA-LEPINE | MANITOBA       | SHERWOOD PARK    |
| Open       | Decathlon |        | 8170   | Jul-25-99 | CHRIS HUFFINS        | USA            | WINNIPEG         |
| Senior     | Decathlon |        | 7741   | May-24-87 | GORD ORLIKOW         | CANADA         | GOTZIS           |
| U20        | Decathlon |        | 6397   | Jul-09-89 | JASON KINASH         | AOTC           | SASKATOON        |
| U18        | Octathlon |        | 5587   | Aug-07-04 | STEPHAN ARNASON      | MANITOBA/NWO   | SUDBURY          |