



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	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	7.42	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	2:04.68	Jan 29-22	VICTORIA TACHINSKI	PENN STATE	UNIVERSITY PK
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	2:49.16	Jan-17-20	TRACY TOWNS	UNATTACHED	IOWA CITY
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
<b>U16</b>	<b>1200m</b>	<b>3:41:11</b>	<b>Mar-4-23</b>	<b>ANNIKA DE SMET</b>	<b>WPG OPTIMIST</b>	<b>WINNIPEG</b>



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	Event	Mark	Date Set	Record Holder	Affiliation	Location	
<b>Women</b>							
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	
<b>U16</b>	<b>2000m</b>	<b>6:38.62</b>	<b>Jan-21-23</b>	<b>ANNIKA DE SMET</b>	<b>WPG OPTIMIST</b>	<b>WINNIPEG</b>	
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	9:36.83	Dec-4-21	MARINA GROSS	LAST MILE AC	BOSTON	
U18	3000m	9:36.83	Dec-4-21	MARINA GROSS	LAST MILE AC	BOSTON	
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
U18	60mH	30"-8.0m	9.10	Feb-24-89	LINDSAY INGRAM	TAKUS TC	SASKATOON
U16	60mH	30"-7.5m	9.45	Dec-08-06	ALYSSA JOHNSON	FLYING M	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	WINNIPEG
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	WINNIPEG
Senior	4x200m	Relay	1:38.30	Feb-24-18	U OF MANITOBA	T.Turner, T.Babalola, S.Mbahaali, R.McLeod	WINNIPEG
U20	4x200m	Relay	1:44.96	Mar-14-82	TAKUS TC	T.Scott, N. McCuaig, L.Allison, D.MacKenzie	EDMONTON
U18	4x200m	Relay	1:45.59	Feb-1-20	WINNIPEG OPTIMIST	Z.Nonato, K.Stefaniuk, A.Jiang, M.Dalkie	WINNIPEG
U16	4x200m	Relay	1:47.53	Mar-07-09	SA TOUGH TRACK	A.Andrushko, C.Zajac, A.Graceffo, S.Wanigasekara	WINNIPEG



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	Event	Mark	Date Set	Record Holder	Affiliation	Location	
<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	
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	
U16	4x400m Relay	4:04.16	Dec 14-20	WINNIPEG OPTIMIST	Z.Nonato, A.Jiang, R.Tufford, K.Stefaniuk	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	<b>High Jump</b>	<b>1.80m</b>	<b>Mar-11-23</b>	<b>MADISSON LAWRENCE</b>	<b>U OF MANITOBA</b>	<b>SASKATOON</b>	
	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	
	High Jump	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	5.68m	Feb-01-20	DEBORAH ADEKAYODE	WPG OPTIMIST	WINNIPEG	
U16	Long Jump	5.36m	Dec-10-11	ROBYN WEAR	WPG OPTIMIST	WINNIPEG	
	Long Jump	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	4kg	13.69m	Mar-7-15	TAYLOR HEAD	FLYING M	WINNIPEG
U18	Shot Put	3kg	14.27m	Mar-5-16	TAYLOR HEAD	FLYING M	WINNIPEG
U16	Shot Put	4kg	12.68m	Feb-13-14	TAYLOR HEAD	FLYING M	WINNIPEG
U16	Shot Put	3kg	14.93m	Dec-7-14	TAYLOR HEAD	FLYING M	WINNIPEG



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	Event	Mark	Date Set	Record Holder	Affiliation	Location
<b>Women</b>						
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	9.07kg	12.93m	Mar-7-15	TAYLOR HEAD	FLYING M 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	<b>Pentathlon</b>	<b>4114</b>	<b>Mar-9-23</b>	<b>MADISSON LAWRENCE</b>	<b>U of MANITOBA</b>	<b>SASKATOON</b>
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	
<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	
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	22.43	Dec-11-21	GRANT WHITE	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	COURNTEY 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	50.77	Dec 10-21	NOAH NEVES	TOUGH TRACK 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	1:23.84	Dec 4-21	NOAH NEVES	TOUGH TRACK WINNIPEG	



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	Event	Mark	Date Set	Record Holder	Affiliation	Location	
<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	
U20	800m	1:50.07	Feb- 9-02	ERIK SPROLL	KANSAS STATE	AMES	
<b>U18</b>	<b>800m</b>	<b>1:52.95</b>	<b>Feb-11-23</b>	<b>NOAH NEVES</b>	<b>TOUGH TRACK</b>	<b>BOSTON</b>	
U16	800m	1:59.51	Dec 10-21	NOAH NEVES	TOUGH TRACK	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	8:04.33	Feb-2-19	SAM VINCENT	SA TOUGH TRACK	BOSTON	
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	
<b>Senior</b>	<b>5000m</b>	<b>14:06.70</b>	<b>Feb-11-23</b>	<b>SAM VINCENT</b>	<b>TOUGH TRACK</b>	<b>BOSTON</b>	
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
U18	60mH	36"-8.5m	8.40	Mar-10-20	ADAM ANDRES	RIVER EAST	WINNIPEG
U16	60mH	33"-8.5m	8.90	Mar-16-17	CONNER KLASSEN	GARDEN CITY	WINNIPEG



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	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
U20	4x100m	Relay	44.06	Feb-02-91	AOTC	WINNIPEG
U18	4x100m	Relay	45.25	Mar-04-11	SISLER HIGH SCHOOL	WINNIPEG
U16	4x100m	Relay	47.25	Dec-05-09	WPG OPTIMIST	K.Dela Cruz, J.M.Francisco, R.Anderson, B.Cuaresma, Kyle Leech, Robert Anderson, Bravden Schindel, Levi Sader
Open	4x200m	Relay	1:25.65	Mar-10-12	U OF OTTAWA	O.Makinde, Robertson, Biocchi, T.Makinde
Senior	4x200m	Relay	1:26.89	Mar-19-22	U OF MANITOBA	J.Soufi,S.Regnier, A.Chahid, T.Cox-Yestrau
U20	4x200m	Relay	1:33.14	Dec-12-09	KELVIN HIGH SCHOOL	P.Duncan, M.Fitkowsky, R.Wilmott, Ben Allen
U18	4x200m	Relay	1:33.14	Dec-12-09	KELVIN HIGH SCHOOL	P.Duncan, M.Fitkowsky, R.Wilmott, Ben Allen
U16	4x200m	Relay	1:38.45	Dec-07-07	KELVIN HIGH SCHOOL	P.Duncan, M.Fitkowsky, V.Cannata, Ben Allen
Open	4x400m	Relay	3:13.74	Mar-11-96	U OF MANITOBA	K.Crerar, S.Trepel, B.Goodwin, A.Davis
Senior	4x400m	Relay	3:13.31	Jan-31-87	RAIDERS TC	P.Stovel, G.Orlikow, A.Smith, C.Langford
U20	4x400m	Relay	3:23.37	Mar-06-88	TAKUS	WINNIPEG
U18	4x400m	Relay	3:29.78	Dec-14-19	WPG OPTIMIST	J.Bryant, K.Cadman, G.Nash, F.Zemilduck
U16	4x400m	Relay	3:38.1h	Dec-30-80	AOTC	L.Rivard, G.Bryson, D.McKenzie, C.Brown
Open	4x800m	Relay	7:29.23	Mar-10-95	U OF MANITOBA	J.Giesbrecht, M.Kemp, J.Dyck, Chris Weber
Senior	4x800m	Relay	7:29.23	Mar-10-95	U OF MANITOBA	J.Giesbrecht, M.Kemp, J.Dyck, Chris Weber



# Manitoba Indoor Records

as of April 2023

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

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

**Red Indicates record set during the 2022-2023 Indoor season**

The Events Highlighted in Grey are no longer recognized as Age Appropriate Events

Age Class	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	2.20m	Jan-12-17	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	14.79m	Feb-29-20	DAXX TURNER	UNATTACHED	WINNIPEG	
U18	Triple Jump	14.58m	Dec-14-19	DAXX TURNER	UNATTACHED	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	15.88kg	14.74m	Feb- 8-86	BOJAN PAUNOVIC	AOTC	WINNIPEG
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	17.45m	Feb-08-20	DYLAN BARNYCH	WPG OPTIMIST	REGINA
U16	Wt Throw	7.26kg	19.51m	Feb-29-20	DYLAN BARNYCH	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	