

100m							
Senior	O	9.91	Linford Christie	60	England	8/23/1994	Victoria
	N	10.0	Harry Jerome	40	VOS	7/15/1960	Saskatoon
Junior	O	10.37	Carlton Chambers	75	England	7/29/1984	Victoria
	N	10.38	Nathan Taylor	83	BC/CVA	8/20/2001	London, ON
Youth	O	10.41	Peter Ogilvie	72	BC/VOC	6/8/1989	Ottawa
	N	10.41	Peter Ogilvie	72	BC/VOC	6/8/1989	Ottawa
Midget	O	11.82 (0.5)	Peter Ogilvie	72	VOC	6/12/2009	Richmond, BC
	N	10.91	Peter Ogilvie	72	VOC	7/18/1987	Springfield
200m							
Senior	O	19.97	Frankie Fredericks		Namibia	8/26/1994	Victoria BC
	N	20.46	Peter Ogilvie	72	Can/VOC	7/19/1992	Ingolstadt, Ger
Junior	O	20.62(a)	Peter Ogilvie	72	Can/VOC	5/21/1991	Provo
	N	20.62(a)	Peter Ogilvie	72	Can/VOC	5/21/1991	Provo
Youth	O	20.94(a)	Peter Ogilvie	72	Can/VOC	5/27/1989	Provo
	N	20.94(a)	Peter Ogilvie	72	Can/VOC	5/27/1989	Provo
Midget	O	21.96	Peter Ogilvie	72	VOC	7/19/1987	Springfield
	N	21.96	Peter Ogilvie	72	VOC	7/19/1987	Springfield
400m							
Senior	O	44.86	Shane Niemi	78	CAN/UBCT	7/21/2001	Ottawa, ON
	N	44.86	Shane Niemi	78	CAN/UBCT	7/21/2001	Ottawa, ON
Junior	O	45.83	Shane Niemi	78	Canada	7/19/1997	Havana, Cuba
	N	45.83	Shane Niemi	78	Canada	7/19/1997	Havana, Cuba
Youth	O	46.69	Shane Niemi	78	Kam T&F	9/2/1995	Santiago, Chile
	N	46.69	Shane Niemi	78	Kam T&F	9/2/1995	Santiago, Chile
Midget	O	49.90	Scott Mooney	78	Ridge Meadow	6/5/1993	Burnaby
	N	49.90	Scott Mooney	78	Ridge Meadow	6/5/1993	Burnaby
800m							
Senior							
2008 RECORD	O/N	1:43.68	Gary Reed	81	PATH	7/29/2008	Monaco
	O	1:44.03	Gary Reed	81	PATH	7/28/2007	Heusden BEL
	O	1:44.03	Gary Reed	81	PATH	7/28/2007	Heusden BEL
Junior	O	2:05.19	Zach Whitmarsh	77	Canada	8/24/1996	Australia
	N	1:47:33	Zach Whitmarsh	77	Canada	8/24/1996	Australia
Youth	O	1:50.28	Kevin Robinson	68	Valley Royals	7/27/1985	Burnaby
	N	1:50.28	Kevin Robinson	68	Valley Royals	7/27/1985	Burnaby
Midget	O	1:54.43	Kevin Sullivan	74	Ontario	8/6/1989	Victoria
	N	1:55.51	Kevin Robinson	68	Valley Royals	7/10/1983	Eugene
1000m							
1500m							
Senior	O	3:34.98	Graham Hood	72	PACSPORT	7/8/2001	Nikaia, Fr.
	N	3:34.98	Graham Hood	72	PACSPORT	7/8/2001	Nikaia, Fr.
Junior	O	3:41.58	Kevin Sullivan	74	ON/BRNT	8/1/1993	Coquitlam
	N	3:42.8	Ryan Hayden	82	KAJ	8/5/2000	Burnaby
Youth	O	3:45.9	Ryan Hayden	82	KAJ	7/27/1999	Burnaby
	N	3:45.9	Ryan Hayden	82	KAJ	7/27/1999	Burnaby
Midget	O	3:59.80	Kevin Robinson	68	Valley Royals	7/24/1983	Burnaby
	N	3:59.80	Kevin Robinson	68	Valley Royals	7/24/1983	Burnaby
Mile							
Senior	O	3:52.34	Mike Hillardt		Australia	7/16/1984	Burnaby
	N	3:54.62	Graham Hood	72	U	5/27/2001	Eugen, Or.
Junior	O	4:01.47	Ryan Hayden	82	VIL/KAJ	5/14/2001	Philadelphia, PA
	N	4:01.47	Ryan Hayden	82	VIL/KAJ	5/14/2001	Philadelphia, PA
Youth	O	4:12.34	Kevin Robinson	68	Valley Royals	6/18/1985	Burnaby
	N	4:12.34	Kevin Robinson	68	Valley Royals	6/18/1985	Burnaby
Midget	O	4:22.2	Richard Ritchie	51	VOC	8/24/1966	Vancouver
	N	4:22.2	Richard Ritchie	51	VOC	8/24/1966	Vancouver

2000m							
Juvenile	O	6:07.78	Justin Marpole-Bird	88	Tbird	4/6/2005	
	N	6:07.78	Justin Marpole-Bird	88	Tbird	4/6/2005	
3000m							
Senior	O	7:43.22	Jeff Schiebler	73	KAJAKS	8/25/1998	Lusanne
	N	7:43.22	Jeff Schiebler	73	KAJAKS	8/25/1998	Lusanne
Junior	O	8:12.3	Jeff Schiebler	73	KAJ	5/9/1992	Richmond
	N	8:12.3	Jeff Schiebler	73	KAJ	5/9/1992	Richmond
Youth	O	8:20.00	Justin Marpole-Bird	88	Tbird	2/8/2005	Burnaby
	N	8:20.00	Justin Marpole-Bird	88	Tbird	2/8/2005	Burnaby
Midget	O	8:35.78	Jeff Schiebler	73	UNA	7/17/1988	Richmond
	N	8:35.78	Jeff Schiebler	73	UNA	7/17/1988	Richmond
5000m							
Senior	O	13:13.96	Jeff Schiebler	73	KAJAKS	9/1/1998	Berlin
	N	13:13.96	Jeff Schiebler	73	KAJAKS	9/1/1998	Berlin
Youth	O	14:11.72	Toshiyuki Hayata	68	Japan	7/12/1987	Richmond
	N	14:13.48	Jeff Schiebler	73	KAJ	6/15/1992	Montreal
Juvenile	O	14:29.67	Greg Anderson	68	Ont/HOC	7/14/1985	Burnaby
	N	14:29.69	Jeff Schiebler	73	Can/KAJ	6/1/1990	Columbus, Ohio
10000m							
Senior	O	26:36.01	Jeff Schiebler	73	KAJ	5/4/2001	Palo Alto, Ca.
	N	27:36.01	Jeff Schiebler	73	KAJ	5/4/2001	Palo Alto, Ca.
Junior	O	29:31.24	Kenji Ayabe	63	Japan	7/11/1987	Richmond
	N	29:56.70	Jeff Schiebler	73	KAJ	6/27/1991	Burnaby
Youth	O	30:15.25	Jeff Schiebler	73	KAJ	6/8/1990	Burnaby
	N	30:15.25	Jeff Schiebler	73	KAJ	6/8/1990	Burnaby
Marathon							
Senior	O	2h10:56	Peter Butler	58	Valley Royals	12/8/1985	Sacramento
	N	2h10:56	Peter Butler	58	Valley Royals	12/8/1985	Sacramento
1500m SC							
Junior	O	4:12.98	Christopher Winter	86	NORW	8/9/2003	Abbotsford
	N	4:12.98	Christopher Winter	86	NORW	8/9/2003	Abbotsford
Youth	O	4:12.98	Christopher Winter	86	NORW	8/9/2003	Abbotsford
	N	4:12.98	Christopher Winter	86	NORW	8/9/2003	Abbotsford
Midget	O	4:19.60	Christopher Winter	86	NORW	7/20/2001	Langley, BC
	N	4:19.60	Christopher Winter	86	NORW	7/20/2001	Langley, BC
2000m SC							
Junior	O	5:38.67	Rick Mulvey	66	USA	7/26/1985	Burnaby
	N	5:43.4	Brian Blamey	57	VicMer	8/20/1977	St. John's, NFLD
3000m SC							
Senior	O	8:12.58	Graeme Fell	59	Can/VR	8/28/1985	Koblentz
	N	8:12.58	Graeme Fell	59	Can/VR	8/28/1985	Koblentz
Junior	O	8:37.83	Alexandre Genest	86		6/14/2005	Burnaby
	N	8:37.83	Alexandre Genest	86		6/14/2005	Burnaby
Youth	O	10:31.61	Roberto Phillips	88	NORW	06/25/05	Abbotsford
	N	10:31.61	Roberto Phillips	88	NORW	06/25/05	Abbotsford
100m Hurdles							
2008 RECORD O 13.58 (-1.1) Nick Blackburn 93 CVC 7/25/2008 Kelowna							
Midget	O	13.4 (h)	Craig Jacobsen			6/2/1980	BCSG's Kelowna
	N	13.4 (h)	Craig Jacobsen			6/2/1980	BCSG's Kelowna
110m Hurdles 39"							
Junior	O	14.84	Dan Mezheritsky	84	STG/TBIRD	5/31/2002	Burnaby
	N	14.84	Dan Mezheritsky	84	STG/TBIRD	5/31/2002	Burnaby
Youth	O	14.92	K.wenu Jon Turkson	80	LAS	7/13/1997	Abbotsford

	N	14.92	K.wenu Jon Turkson	80	LAS	7/13/1997	Abbotsford
110m Hurdles							
Senior	O	13.08	Colin Jackson	67	Wales	8/23/1994	Victoria
	N	13.68	Tim Kroeker	71	VOC	5/14/1994	Flagstaff
Junior	O	13.87	James Purvis	66	USA	7/26/1985	Burnaby
	N	14.40	Tim Kroeker	71	Can/VOC	7/28/1990	Columbus
Youth							
2009 RECORD O/N 110mH (1.4) Sebastian Munro 92 7/12/2009 Abbotsford							
	O	14.46	Marc Noble	85	BC/NORW	8/17/2002	Sherbrooke
	N	14.46	Marc Noble	85	BC/NORW	8/17/2002	Sherbrooke
Midget	O	14.8					
	N	14.8					
300m Hurdles							
Midget	O	38.49	Josh Guggenheimer	82	PGTF	7/13/1997	Kamloops
	N	38.49	Josh Guggenheimer	82	PGTF	7/13/1997	Kamloops
400m Hurdles							
Senior	O	49.46	Bernie Holloway	61	USA/ACCSP	6/10/1986	Burnaby
	N	49.83	Lloyd Guss	59	CAN	8/25/1985	Provo
Junior	O	50.21	Patrick McGhee		USA	7/27/1985	Burnaby
	N	51.97	Lloyd Guss	59	KAJ	7/28/1978	Etobicoke
Youth	O	53.02	Josh Guggenheimer	81	PGTF	8/15/1998	Prince George
	N	53.02	Josh Guggenheimer	81	PGTF	8/15/1998	Prince George
Midget							
2009 RECORD O/N 49.21 Brendon Restall 94 PATH 6/6/2009 Burnaby							
	O	54.9					
	N	54.9					
1500m Racewalk (Track)							
Youth	O	6:11.37	Martin St. Pierre	72	Quebec	8/6/1989	Victoria
	N	6:34.86	Gomez Inaki	88	U	3/6/2005	Burnaby
New Record	O	6:07.94	Evan Dunfee	90	KAJ	7/4/2006	Burnaby
	N	6:07.94	Evan Dunfee	90	KAJ	7/4/2006	Burnaby
Midget	O	6:41.40	Evan Dunfee	90	KAJ	12/6/2005	Richmond
	N	6:41.40	Evan Dunfee	90	KAJ	12/6/2005	Richmond
3000m Racewalk (Track)							
Youth	O	13:33.87	Evan Dunfee	90	KAJ	06/27/2006	Burnaby
	N	13:33.87	Evan Dunfee	90	KAJ	06/27/2006	Burnaby
5000m Racewalk (Track)							
Senior							
2009 RECORD O/N 20:09.96 Inaki Gomez 88 RW 4/4/2009 Burnaby							
Senior	O	20:41.94	Alberto Cruz		Mexico	7/11/1987	Richmond
	N	20:41.94	Alberto Cruz		Mexico	7/11/1987	Richmond
Junior							
2009 RECORD O/N 20:21:02 Evan Dunfee 90 KAJ 4/4/2009 Burnaby							
	O	21:42.82	Inaki Gomez	88	RW	6/25/2007	Kamloops
	N	21:42.82	Inaki Gomez	88	RW	6/25/2007	Kamloops
Youth	O	22:45.56	Evan Dunfee	90	KAJ	8/9/2007	Sherwood Park AB
	N	22:45.56	Evan Dunfee	90	KAJ	8/9/2007	Sherwood Park AB
Midget	O	27:44.23	Evan Dunfee	90	KAJ	12/6/2005	Richmond
	N	27:44.23	Evan Dunfee	90	KAJ	12/6/2005	Richmond
10km Racewalk (Track)							
Senior	O	40:52.0	Tim Berret	65	Brainsport	7/29/1994	Victoria
	N	44:02.9	Blair Miller	76	RW	4/22/2001	Seattle, Wa.
Junior							
	O	46:30.1	Jim Heys	81	UOW/U	4/29/2000	Pittsburgh
	N	46:30.1	Jim Heys	81	UOW/U	4/29/2000	Pittsburgh
20km Racewalk (Track)							
Senior	O	1h26:07	Tim Berret	65	AB	7/11/2004	Victoria

	N	1h28:07	Dorel Firica	59	Unattached	1996	Edmonds
High Jump							
Senior	O	2.31m	Brent Harken		USA/LWPC	6/5/1988	Burnaby
	N	2.27m	Michael Mason	86	VR	6/4/2008	Kalamata GR
	N	2.27m	Michael Mason	86	VR	7/14/2007	Windsor ON
Junior	O	2.21m	Michael Mason	86	VR	7/15/2004	Grosseto ITA
	N	2.21m	Michael Mason	86	VR	7/15/2004	Grosseto ITA
Youth	O	2.12m	Michael Mason	86	BALL/VR	6/1/2002	Burnaby
	N	2.12m	Michael Mason	86	BALL/VR	6/1/2002	Burnaby
Midget	O	1.96m	Michael Mason	86	OTF	7/20/2001	Langley, BC
	O	1.96m	Shawn Swartz	89	CC	7/16/2004	Abbotsford
	N	1.96m	Michael Mason	86	OTF	7/20/2001	Langley, BC
	N	1.96m	Shawn Swartz	89	CC	7/16/2004	Abbotsford
Long Jump							
Senior	O	7.90m	Eric Metcalf	68	USA	7/11/1987	Richmond
	N	7.80m	Mike Mason	48	BC/VOC	Apr-72	Walnut
Junior	O	7.90m	Eric Metcalf	68	USA	7/11/1987	Richmond
	N	7.55m	Craig Taylor	60			
Youth	O	7.25m	Shane Niemi	78	KAM	8/6/1994	Ottawa, On
	N	7.25m	Shane Niemi	78	KAM	8/6/1994	Ottawa, On
Midget	O	6.82m	Jared Heldman	92	VR	8/12/2007	Oromocto NB
	N	6.82m	Jared Heldman	92	VR	8/12/2007	Oromocto NB
Triple Jump							
Senior	O	16.91m	Joseph Taiwo		Nigeria	6/8/1988	Burnaby
	N	15.64m	Hugh Maguire	63	South Fraser	7/30/1994	Victoria
Junior	O	15.88m	Marcus Hooks		USA	7/12/1987	Richmond
	N	14.75m	Tim Moran	74	KAJ	6/26/1993	Kamloops
Youth	O	14.04m	Philip Lum	63	Gold River	6/22/1980	Victoria
	N	14.04m	Philip Lum	63	Gold River	6/22/1980	Victoria
Midget	O	13.37m	Luke Meyer	71	NorWesters	7/20/1986	Eugene
	N	13.37m	Luke Meyer	71	NorWesters	7/20/1986	Eugene
Pole Vault							
Senior	O	5.75m	Kory Tarpenning	62	Eugene	5/31/1992	Burnaby
	N	5.35m	Owen Clements	65	VTF	7/13/1996	Abbotsford
Junior	O	4.95m	Ken Wenman	55	South Fraser	8/13/1974	Edmonton
	N	4.95m	Ken Wenman	55	South Fraser	8/13/1974	Edmonton
Youth	O	4.75m	Matthew Clifford	84	VR	8/12/2000	Calgary
	N	4.75m	Matthew Clifford	84	VR	8/12/2000	Calgary
Midget	O	3.95m	Matthew Clifford	83	Unattached	7/17/1998	Maple Ridge
	N	3.95m	Matthew Clifford	83	Unattached	7/17/1998	Maple Ridge
Shot Put							
Senior							
2008 RECORD	O/N	21.04m	Dylan Armstrong	81	KAM	8/15/2008	Beijing, CH
Senior	O	20.85m	Kevin Toth	67	DJ Elite/USA	5/31/1992	Burnaby
	N	20.72m	Dylan Armstrong	81	KAM	6/8/2007	Burnaby BC
Junior (7.26kg)	O	17.00m	Cottrell Hunter	68	USA	7/12/1987	Richmond
	N	16.92m	Jeffrey Wallis	83	BC/NAN	8/24/2001	London, ON
Junior (6kg)	O	17.37m	Jeffrey Wallis	83	U	6/15/2002	Langley
	N	17.37m	Jeffrey Wallis	83	U	6/15/2002	Langley
Youth (5kg)	O	18.20m	Tom Willcox	92	CC	7/12/2008	Kamloops
NEW RECORD	O	18.20m	Tom Willcox	92	CC	7/12/2008	Kamloops
Youth (12lb)	O	17.84m	Stu Hunnings	48	VOS	9/4/1965	Trail
	N	17.84m	Stu Hunnings	48	VOS	9/4/1965	Trail
Midget (4kg)	O	18.70m	Delore Lakusta	68	SOF	7/31/1983	Maple Ridge
	N	18.70m	Delore Lakusta	68	SOF	7/31/1983	Maple Ridge
Discus							
Senior (2kg)	O	63.93m	Jason Tunks	75	ONT	7/10/2004	Victoria
	N	63.47	Dariusz Slowik	77	KAJ	7/20/2006	Esbjerg DEN

Junior (2kg)	O	54.60m	Dylan Armstrong	81	CAN/KAM	7/18/2000	Montreal
	N	54.60m	Dylan Armstrong	81	CAN/KAM	7/18/2000	Montreal
Junior (1.75kg)	O	52.28m	Tyrell Mara	87	KAJ	6/25/2005	Abbotsford
	N	52.28m	Tyrell Mara	87	KAJ	6/25/2005	Abbotsford
Junior (1.61kg)	O/N	53.18m	Angus Taylor	90	KAJ	5/30/2008	Burnaby
Youth (1.6k)	O	52.90m	Angus Taylor	90	KAJ	4/14/2007	Walnut CA
	N	52.90m	Angus Taylor	90	KAJ	4/14/2007	Walnut CA
Youth (1.5kg)	O	56.41m	Angus Taylor	90	KAJ	5/5/2007	Abbotsford
	N	56.41m	Angus Taylor	90	KAJ	5/5/2007	Abbotsford
Midget (1.62k)	O	46.36					
	N	43.96m	Janne Nikula	72	CC	8/2/1987	Nanaimo
Midget (1kg)	O	59.38m	Dylan Armstrong	81	KAM	6/14/1996	Langley
	N	59.38m	Dylan Armstrong	81	KAM	6/14/1996	Langley
Old Javelin							
Senior	O	89.18m	Einer Vilhjalmsson	60	Iceland	6/16/1983	Burnaby
	N	87.76m	Phil Olsen	57	Canada	7/25/1976	Montreal
Junior	O	87.76m	Phil Olsen	57	Canada	7/25/1976	Montreal
	N	87.76m	Phil Olsen	57	Canada	7/25/1976	Montreal
Youth	O	77.72n	Phil Olsen	57	Canada	7/14/1974	C1-Ferrand Fr.
	N	77.72m	Phil Olsen	57	Canada	7/14/1974	C1-Ferrand Fr.
Midget	O	74.48m					
	N	74.48m					
New Javelin							
Senior	O	84.58m	Tom Pukstys		USA	6/2/1993	Port Alberni
	N	79.52m	Erin Bevans	70	CC	1998	New Zealand
Junior	O	68.37m	Curtis Moss	87	WCP	3/7/2005	Regina, Sk
	N	68.37m	Curtis Moss	87	WCP	3/7/2005	Regina, Sk
Youth (800g)	O	60.50m	Pascal LaFond		Quebec	8/6/1989	Victoria
	N	60.98m	Kyle Nielsen	89	CC	6/3/2006	Burnaby
Youth (700g)	O	68.29m	Curtis Moss	87	WCP	8/8/2004	Sudbury
	N	68.29m	Curtis Moss	87	WCP	8/8/2004	Sudbury
Midget (800g)	O	50.30m	Mike Dice	73	CVAC	5/6/1988	Victoria
	N	50.30m	Mike Dice	73	CVAC	5/6/1988	Victoria
Midget (600g)	O	55.88m	Kris Burleigh	90	KAJ	04/23/05	Surrey
	N	55.88m	Kris Burleigh	90	KAJ	04/23/05	Surrey
Hammer							
Senior (16lb)	O	79.41m	Lance Deal		USA	6/4/2000	Burnaby
	N	73.79m	Derek Woodske	76	USA	11/6/2005	Bloomington
Junior (16lb)	O	70.66m	Dylan Armstrong	81	KAMTF	7/3/2000	Flagstaff
	N	70.66m	Dylan Armstrong	81	KAMTF	7/3/2000	Flagstaff
	8 O	65.51m	Sean La Forest	85	VR	7/3/2004	Kelowna
	N	65.51m	Sean La Forest	85	VR	7/3/2004	Kelowna
Youth (12lb)	O	71.36m	Dylan Armstrong	81	KAMTF	6/13/1998	Sacramento
	N	71.36m	Dylan Armstrong	81	KAMTF	6/13/1998	Sacramento
Youth (5kg)	O	67.45m	Trey Henderson	89	KAJ	08/11-13/2006	Burnaby
	N	67.45m	Trey Henderson	89	KAJ	08/11-13/2006	Burnaby
Youth (6kg)	O	56.72m	Trey Henderson	89	KAJ	6/25/2005	Abbotsford
	N	56.72m	Trey Henderson	89	KAJ	6/25/2005	Abbotsford
Midget (12lb)	O	54.76m	Dylan Armstrong	81	Zone 2	7/27/1996	Trail
	N	54.76m	Dylan Armstrong	81	Zone 2	7/27/1996	Trail
Midget (4kg)	O	62.78m	Trey Henderson	89	KAJ	7/23/2004	Kamloops
	N	62.78m	Trey Henderson	89	KAJ	7/23/2004	Kamloops
* Best Performances Athletics Canada Rule #311 - Canadian Best Performances for men and women are kept for the following: Sr. & Jr. Road Events - Distance - 10000m, 20000m, Marathon, Half Marathon (21.1k) and for Walks - 10km, 20km, 30km, 50km.							

4x100m						
Senior	O	38.59	Santa Monica Track	USA	5/31/1993	Coquitlam
	N	40.28	J. Nelson(79), D. Mensah(79), E. Aguilera(78), W. Ryan(78)	BC/CC	8/21/1997	Winnipeg, MB
	C	40.28	J. Nelson(79), D. Mensah(79), E. Aguilera(78), W. Ryan(78)	BC/CC	8/21/1997	Winnipeg, MB
Junior	O	39.32	F. Heard, R. Burell, D. Mitchell, J. Simpson	USA	7/26/1985	Burnaby
	N	42.21	L. meyer(71), A. Rivas(71), J. Pierre(71), P.Ogilvie(72)	BC	8/13/1988	Quebec City
	N	42.1h		BC "A"	6/8/1988	Sherwood Pk. AB
	C	11.82 (0.5)		BC "A"	6/8/1988	6/12/2009
Youth	O	42.21	L. meyer(71), A. Rivas(71), J. Pierre(71), P.Ogilvie(72)	BC	8/13/1988	Quebec City
	C	42.21	L. meyer(71), A. Rivas(71), J. Pierre(71), P.Ogilvie(72)	BC	8/13/1988	Quebec City
	C	42.1h		BC "A"	6/8/1988	Sherwood Pk. AB
Midget	O	44.55	N. Rychkun(69), P. Locke(69), D. Reid(69), J. Francis(69)	CC	4/18/1984	Burnaby
	N	44.55	N. Rychkun(69), P. Locke(69), D. Reid(69), J. Francis(69)	CC	4/18/1984	Burnaby
	C	44.55	N. Rychkun(69), P. Locke(69), D. Reid(69), J. Francis(69)	CC	4/18/1984	Burnaby
4x200m						
Senior	O	1:29.9				
	N	1:30.4				
Junior	O	1:29.9				
	N	1:30.4				
Youth	O	1:29.9				
	N	1:30.4				
Midget	O	1:35.4				
	N	1:35.4				
4x400m						
Senior	O	3:01.49	Jones,Couts,Davis,Busby	USA	6/1/2002	Burnaby
	N	3:10.32	Jeremiah, Hale,Derouin,Amphlett	BC	8/20/1993	Kamloops
	C	3:12.31	Chad VanTongerren, Graeme Wells, Neal Hurtubise, Iain McLellan	SFU	5/25/2002	Olathe, Kansas,
Junior	O	3:04.05	M. Spangler, D. Lee, D. Mitchell, T. Allan	USA	7/27/1985	Burnaby
	N	3:13.88	J. Guggenheimer (82), G. Reed (81), B. Jackson (81), C. Williams (81)	BC	7/14/2000	Montreal
	C	3:22.5	B. Rowe, A. Smith, L. Sparks, P. Hall	SOF	6/6/1971	Victoria
Youth	O	3:18.57	R. Hayden(82), J. Guggenheimer(82), N. Hurtubise(82), G. Wells(83)	BC	8/14/1999	Sudbury
	N	3:18.57	R. Hayden(82), J. Guggenheimer(82), N. Hurtubise(82), G. Wells(83)	BC	8/14/1999	Sudbury
	C	3:32.49	R. Grant, G. Day(70), J. Hurov, S. Anderson(71)			
Midget	O	2:05.19	S. Ayouba-Bell(71), K. Fuller(71), G. Bodell(71), K. Mohammad(71)	Zone 5	7/13/1986	Cranbrook
	N	3:32.26	S. Ayouba-Bell(71), K. Fuller(71), G. Bodell(71), K. Mohammad(71)	Zone 5	7/13/1986	Cranbrook
	C	3:50.01		ABB "A"	6/11/1988	Abbotsford
4x800m						
Senior	O	7:28.47	P. Thola(66), R. Nelson(67), A. Dawson(64), S Nagy(67)	SFU	4/25/1987	Walnut, CA
	N	7:28.47	P. Thola(66), R. Nelson(67), A. Dawson(64), S Nagy(67)	SFU	4/25/1987	Walnut, CA
	C	7:28.47	P. Thola(66), R. Nelson(67), A. Dawson(64), S Nagy(67)	SFU	4/25/1987	Walnut, CA
Junior	O	7:56.2				
	N	7:56.2				
	C					
Youth	O	7:57.6	B. Sanders, P. Alden, P. Favell, H. Wilson(58)	VOC	6/25/1975	Richmond
	N	7:57.6	B. Sanders, P. Alden, P. Favell, H. Wilson(58)	VOC	6/25/1975	Richmond
	C	7:57.6	B. Sanders, P. Alden, P. Favell, H. Wilson(58)	VOC	6/25/1975	Richmond
4x1500m						
Senior	O	15:59.0	A. Weicker, G. Lister, P. Spir, D. Weicker	VOC	6/28/1975	Richmond
	N	15:59.0	A. Weicker, G. Lister, P. Spir, D. Weicker	VOC	6/28/1975	Richmond
	C	15:59.0	A. Weicker, G. Lister, P. Spir, D. Weicker	VOC	6/28/1975	Richmond
Youth	O	16:54.8	H. Wilson, P. Alden, B. Byfield, P. Favell(58)	VOC	6/28/1957	Richmond
	N	16:54.8	H. Wilson, P. Alden, B. Byfield, P. Favell(58)	VOC	6/28/1957	Richmond
	C	16:54.8	H. Wilson, P. Alden, B. Byfield, P. Favell(58)	VOC	6/28/1957	Richmond
Sprint Medley Relay						
Senior	O	3:24.8		U of Portland	5/18/1985	Burnaby
	N	3:25.0		VOC	1960	
	C	3:25.0		VOC	1960	
Youth	O	3:37.20		BC	8/15/1992	Calgary
	N	3:27.20		BC	8/15/1992	Calgary
Distance Medley Relay						

100m							
Senior	O	11.03	Philomena Mensah	75	CAN/CC	8/10/1999	Sierra Nevada, Sp.
	N	11.03	Philomena Mensah	75	CAN/CC	8/10/1999	Sierra Nevada, Sp.
Junior	O	11.3	Caryl Smith		USA	7/11/1987	Richmond
	N	11.30(h)	Patty Loverock	53	BC/VOC	6/25/1971	Richmond
Youth	O	11.66	Krysha Bayley	84	BC/CC	6/22/2001	Edmonton, AB
	N	11.66	Krysha Bayley	84	BC/CC	6/22/2001	Edmonton, AB
2008 RECORD	O/N	11.82 (0.5)	Shai Davis	93	KAJ	6/12/2009	Richmond, BC
Midget	O	11.98	Krysha Bayley	84	CC	7/17/1999	Kamloops
	N	11.98	Krysha Bayley	84	CC	7/17/1999	Kamloops
200m							
Senior	O	22.35	Merlene Ottey-Paige	60	Jamaica	7/16/1984	Burnaby
	N	22.6	Patty Loverock		VOC	8/10/1976	Quebec City
Junior	O	23.3	Stephanie Berto		BC/VOC	8/22/1971	Winnipeg
	N	23.3	Stephanie Berto		BC/VOC	8/22/1971	Winnipeg
Youth	O	24:00	Krysha Bayley	84	CC	7/8/2000	Burnaby
	N	24:00	Krysha Bayley	84	CC	7/8/2000	Burnaby
Midget	O	24.50	Krysha Bayley	84	CC	7/4/1999	Burnaby
	N	24.50	Krysha Bayley	84	CC	7/4/1999	Burnaby
400m							
Senior	O	50.38	Catherine Freeman		Australia	8/23/1994	Victoria
	N	50.57	Charmaine Crooks	62	KAJ	8/4/1990	Montreal
Junior	O	51.88	Camille Noel	74	UCLA	5/21/1993	Berkley
	N	51.88	Camille Noel	74	UCLA	5/21/1993	Berkley
Youth	O	53.11	Camille Noel	74	LAS	5/25/1991	Provo
	N	53.11	Camille Noel	74	LAS	5/25/1991	Provo
Midget	O	54.79	Camille Noel	74	CAN/LAS	6/23/1989	Sante Fe, Argentina
	N	54.79	Camille Noel	74	CAN/LAS	6/23/1989	Sante Fe, Argentina
800m							
Senior	O	1:58.39	Diane Cummins	74	PACSPORT	9/2/2001	Rieti, IT
	N	1:58.39	Diane Cummins	74	PACSPORT	9/2/2001	Rieti, IT
Junior							
2009 RECORD	O/N	2:05.19	Helen Crofts	91	CAN/BC	8/2/2009	Port o' Spain, TR
2008 RECORD	O/N	2:05.48	Jessica Smith	89	NORW	6/1/2008	Eugene, OR
	O	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
	N	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
Youth	O	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
	N	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
Midget	O	2:09.93	Malindi Elmore	80	KELTF	7/1/1995	Kelowna
	N	2:09.93	Malindi Elmore	80	KELTF	7/1/1995	Kelowna
1000m							
Senior	O	2:34.14	Diane Cummins	74	PacificSport	9.2.2001	Rieti, IT
1500m							
Senior	O	4:00.27	Lynn Williams	60	VR	8/30/1985	Brussels
	N	4:00.27	Lynn Williams	60	VR	8/30/1985	Brussels
Junior	O	4:15.40	Lori Durward	72		6/13/1991	Montreal
	N	4:15.40	Lori Durward	72		6/13/1991	Montreal
Youth	O	4:18.7	Heather deGeest	77	VR	7/7/1994	Seattle
	N	4:18.7	Heather deGeest	77	VR	7/7/1994	Seattle
Midget	O	4:26.33	Malindi Elmore	80	KELTF	7/1/1995	Kelowna
	N	4:26.33	Malindi Elmore	80	KELTF	7/1/1995	Kelowna
Mile							
Senior	O	4:22.30	Mary Decker Slaney	58	USA	6/18/1985	Burnaby

	N	4:23.28	Leah Pells	64	Unattached	8/17/1996	Zurich, Switzerland
Junior	O	4:34.99	Sharon Dalton	68	Australia	6/18/1985	Burnaby
	N	4:56.4	Brenda Batchelor	56	Richmond	6/9/1973	Portland
Youth	O	5:05.6	Cheryl Spowage		KAJ	8/2/1968	Nanaimo
	N	5:05.6	Cheryl Spowage		KAJ	8/2/1968	Nanaimo
2000m							
Senior	O	5:39.90	Debbie Scott Bowker	58	VR	8/5/1986	Gateshead
	N	5:39.90	Debbie Scott Bowker	58	VR	8/5/1986	Gateshead
3000m							
Senior	O	8:32.17	Angela Chalmers	63	VTC	8/23/1994	Victoria
	N	8:32.17	Angela Chalmers	63	VTC	8/23/1994	Victoria
Junior	O	9:12.39	Brenda Shackleton	67	BC/KELTF	8/16/1985	St. John, N.B.
	N	9:12.39	Brenda Shackleton	67	BC/KELTF	8/2/1983	St. John, N.B.
Youth	O	9:22.9	Tonya Todd	71	AR	7/12/1987	Richmond
	N	9:22.9	Tonya Todd	71	AR	7/12/1987	Richmond
Midget	O	9:42.8	Caroline Wallis	63	Magee	4/28/1978	Burnaby
	N	9:42.8	Caroline Wallis	63	Magee	4/28/1978	Burnaby
5000m							
Senior	O	14:54.98	Courtney Babcock	72	BC	8/30/2003	Paris
	N	14:54.98	Courtney Babcock	72	BC	8/30/2003	Paris
Junior	O	15:52.08	Danette Doetzel	86		6/10/2005	Victoria
	N	16:45.6h	Margaret Butler	78	KAJ	3/23/1997	Stanford
10000m							
Senior	O	31:44.74	Courtney Babcock	72	BC	5/2/2003	Palo Alto Ca
	N	31:44.74	Courtney Babcock	72	BC	5/2/2003	Palo Alto Ca
Junior	O	35:33.5	Maria Del Carmen Diaz		Mexico	7/11/1987	Richmond
	N	36:58.6	Frederique Schmidt	67	BC/KAJ	6/26/1985	Burnaby
Marathon							
Senior	O	2:34:43	Tina Connelly	70	NIKE	12/4/1999	Sacramento
	N	2:34:43	Tina Connelly	70	NIKE	12/4/1999	Sacramento
3000m SC							
Senior	O	10:09.29	Margaret Butler	78	KAJ	7/9/2002	Montreal
	N	10:09.29	Margaret Butler	78	KAJ	7/9/2002	Montreal
2000m SC							
Junior	O	7:00.55	Merideth MacGregor	85	VR	7/24/2004	Saskatoon
	N	7:00.55	Merideth MacGregor	85	VR	7/24/2004	Saskatoon
Youth	O	7:07.15	Melissa Appelt	87	SOF	7/24/2004	Saskatoon
	N	7:07.15	Melissa Appelt	87	SOF	7/24/2004	Saskatoon
1500m SC							
Youth	O	5:03.71	Melissa Appelt	87	HCSS/SOF	6/4/2004	Burnaby
	N	5:03.71	Melissa Appelt	87	HCSS/SOF	6/4/2004	Burnaby
80m Hurdles							
Youth	O	11.4	Maureen Donaldson	58	WC	6/22/1974	Victoria
	N	11.4	Maureen Donaldson	58	WC	6/22/1974	Victoria
Midget	O	11.50	Michaela Colluney	72	SOF	7/5/1986	Bellingham
	N	11.50	Michaela Colluney	72	SOF	7/5/1986	Bellingham
100m Hurdles							
Senior	O	12.60	Perdita Felicien		ONT	7/9/2004	Victoria
	N	13.67	Yvonne Mensah	85	KAJ	4/23/2004	Des Moines IW

Junior	O	13.67	Yvonne Mensah	85	KAJ	4/23/2004	Des Moines IW
	N	13.67	Yvonne Mensah	85	KAJ	4/23/2004	Des Moines IW
Youth							
2008 RECORD	O/N	14.19 (1.0)	Christable Nettey	91	KAJ	6/8/2008	Kelowna
	O	14.53 (-0.5)	Yvonne Mensah	85	SOF	7/6/2002	Burnaby
	N	14.53 (-0.5)	Yvonne Mensah	85	SOF	7/6/2002	Burnaby
100m Hurdles (30")							
Youth	O	13.49 (1.2)	Christabel Nettey	91	KAJ/Cda	7/14/2007	Estrava CZE
	N	13.49 (1.2)	Christabel Nettey	91	KAJ/Cda	7/14/2007	Estrava CZE
200m Hurdles							
Midget	O	27.92	Michaela Colluney	72	SOF	7/19/1986	Eugene
	N	27.92	Michaela Colluney	72	SOF	7/19/1986	Eugene
300m Hurdles							
Midget	O	42.9	Katherine Murphy	90	PATH	6/11/2005	Richmond
	N	42.9	Katherine Murphy	90	PATH	6/11/2005	Richmond
400m Hurdles							
Senior	O	55.29	Rosey Edeh	66	QU-UNA	7/31/1993	Coquitlam
2008 RECORD	N	56.12	Yvonne Mensah	85	UN-BC	4/19/2008	Lawrence, KS
	N	57.13	Terra Barter	73	VR	7/14/1995	Arizona
Junior	O	57.56	Erica Peterson	73	AB/PAS	8/15/1992	Coquitlam
	N	59.22	Corri-Ann Campbell-Fell	87	TBIR	08/15/2006	Beijing
Youth	O	60.54	Natalie Jackson	82	BC/VR	7/2/1999	Burnaby
	N	60.54	Natalie Jackson	82	BC/VR	7/2/1999	Burnaby
1500m Racewalk (Track)							
Youth	O	06:28.6	Megan Huzzey	85	VTF	6/21/2002	Sidney
	N	06:28.6	Megan Huzzey	85	VTF	6/21/2002	Sidney
Midget	O	07:53.2	Kaitlin Huzzey	87	VTF	7/26/2002	Langley
	O	07:53.2	Kaitlin Huzzey	87	VTF	7/26/2002	Langley
3000m Racewalk (Track)							
Senior	O	13:30.13	Karen Foan	79	UBC	4/12/2003	SFU
	N	13:30.13	Karen Foan	79	UBC	4/12/2003	SFU
Junior	O	13:48.14	Gabrielle Blythe	69	Australia	7/11/1987	Richmond
	N	14:08.51	Megan Huzzey	85	UBC/VTF	4/10/2004	SFU
Youth	O	15:58.51	Heather Warwick	90	KAJ	7/22/2007	Sherwood Park AB
	N	15:58.51	Heather Warwick	90	KAJ	7/22/2007	Sherwood Park AB
5000m Racewalk (Track)							
Senior	O	22:41.9	Pascale Grand	67	Sherbrooke	6/9/1990	Burnaby
	N	24:33.72	Karen Foan	79	BC/NAN	7/18/1998	Kitchener
Junior	O	24:00.00	Megan Huzzey	85	UBC/VTF	2/29/2004	Victoria
	N	24:00.00	Megan Huzzey	85	UBC/VTF	2/29/2004	Victoria
10000m Racewalk (Track)							
Senior	O	45:17.0	Janice McCaffery		Calgary	7/29/1994	Victoria
	N	48:41.8	Karen Foan	79	RW	4/19/2003	Seattle
Junior	O	49:25.50	Megan Huzzey	85	VTF	7/16/2004	Grosseto ITA
	N	49:25.50	Megan Huzzey	85	VTF	7/16/2004	Grosseto ITA
		<small>20:09.96</small>	<small>Inaki Gomez</small>	<small>88</small>	<small>RW</small>		
10000m Racewalk (Road)							
Senior	BP	49:10.4	Karen Foan	79	NAN	4/4/1999	Vancouver
20km Racewalk (Track)							

20km Racewalk (Road)							
Senior	BP	1:38.09	Karen Foan	79	CAN/RW	8/9/2001	Edmonton, AB
High Jump							
Senior	O	1.98m	Debbie Brill	53	VOC	9/2/1984	Rieti
	N	1.98m	Debbie Brill	53	VOC	9/2/1984	Rieti
Junior	O	1.85m	Debbie Brill	53	CAN/VOC	8/2/1971	California
Youth							
2008 RECORD	O/N	1.82m	Alyx Treasure	92	PGTF	5/30/2008	Burnaby
	O	1.80m	Emily Sheppard	88	NORW	7/23/2005	Abbotsford
	N	1.80m	Emily Sheppard	88	NORW	7/23/2005	Abbotsford
Midget	O	1.76m	Emily Sheppard	88	NORW	7/7/2003	Burnaby
	N	1.76m	Emily Sheppard	88	NORW	7/7/2003	Burnaby
Long Jump							
Senior							
2009 RECORD	O/N	6.74m	Ruky Abdulai	85	VR/SFU	5/30/2009	New York NY
2008 RECORD	O/N	6.72m (2.0)	Ruky Abdulai	85	VR/SFU	4/18/2008	Azusa CA
	O	6.70m	Ruky Abdulai	82	VR/SFU	5/24/2007	Fresno CA
	N	6.70m	Ruky Abdulai	82	VR/SFU	5/24/2007	Fresno CA
Junior	O	6.38m	Krysha Bayley	84	UOG/CC	3/29/2003	Athens GA
	N	6.38m	Krysha Bayley	84	UOG/CC	3/29/2003	Athens GA
Youth	O	6.27m	Krysha Bayley	84	CAN/CC	7/21/2001	Ottawa, ON
	N	6.27m	Krysha Bayley	84	CAN/CC	7/21/2001	Ottawa, ON
Midget	O	6.17m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	6.17m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
Triple Jump							
Senior	O	13.32m	Althea Williams		ONT	7/11/2004	Victoria
	N	13.11m	Yvonne Mensah	85	NCAA	6/8/2007	Sacramento GA
Junior	O	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
Youth	O	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
Midget	O	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
Pole Vault							
Senior	O	4.45m	Carly Dockendorf	83	UN-BC	6/2/2007	Livermore CA
	N	4.45m	Carly Dockendorf	83	UN-BC	6/2/2007	Livermore CA
Junior	O	3.80m	Stacey Irvine	89	5450	6/1/2007	Burnaby
	N	3.80m	Stacey Irvine	89	5450	6/1/2007	Burnaby
Youth	O	3.80m	Stacey Irvine	89	5450	07/15-16/2006	Abbotsford
	N	3.80m	Stacey Irvine	89	5450	07/15-16/2006	Abbotsford
Midget							
	O/N	3.15m	Shawni Hayhurst	93	5450	5/30/2008	Burnaby
	O	3.15m	Karlyn Underdahl	81	VTC	7/10/1996	Kamloops
	N	3.15m	Karlyn Underdahl	81	VTC	7/10/1996	Kamloops
Shot Put							
Senior	O	17.43m	Pam Dukes		Nike	5/31/1992	Burnaby
	N	16.34m	Nona Abashidze	55	Kajaks	6/29/1996	Kelowna
Junior	O	14.92m	Lisamarie Viznari		Australia	7/4/1987	Burnaby
	N	14.66m	Joan Pavelich	53	VOC	7/1/1971	Berkeley
Youth	O	14.32m	Kelly Anne Kempf	70	Langley	8/15/1987	Regina

	N	14.32m	Kelly Anne Kempf	70	Langley	8/15/1987	Regina	
Midget (6lb)	O	15.22m	Nicole Munro	69	Z6	7/20/1984	Burnaby	
	N	15.22m	Nicole Munro	69	Z6	7/20/1984	Burnaby	
Midget (3kg)	O	13.46m	Emma McQuorquodale	90	U	11/6/2005	Duncan	
	N	13.46m	Emma McQuorquodale	90	U	11/6/2005	Duncan	
Discus								
Senior	O	58.32m	Pam Dukes		Nike Coast	5/31/1992	Burnaby	
	N	56.44m	Novelle Murray	84	KAJ	5/12/2007	Walnut CA	
Junior	O	51.70M	Joan Pavelich	53	VOC	4/25/1971	Walnut	
	N	51.70m	Joan Pavelich	53	VOC	4/25/1971	Walnut	
Youth	O	48.24m	Joan Pavelich	53	KAJ	7/1/1969	East York	
	N	48.24m	Joan Pavelich	53	KAJ	7/1/1969	East York	
Midget	O	42.88m	Joan Pavelich	53	KAJ	7/13/1968	Yakima	
	N	42.88m	Joan Pavelich	53	KAJ	7/13/1968	Yakima	
Old Javelin								
Senior	O	57.44m	Laurie Kern	57	Kajaks	7/17/1980	Philadelphia	
	N	57.44m	Laurie Kern	57	Kajaks	7/17/1980	Philadelphia	
Junior	O	54.92m	Alison Hayward	58	Can/VOC	8/11/1977	Mexico	
	N	54.92m	Alison Hayward	58	Can/VOC	8/11/1977	Mexico	
Youth	O	49.18m	Laurie Kern	57	BC/Kajaks	8/12/1973	Burnaby	
	N	49.18m	Laurie Kern	57	BC/Kajaks	8/12/1973	Burnaby	
Midget	O	41.66m	Laurie Kern	57	Richmond	9/18/1970	Victoria	
	N	41.66m	Laurie Kern	57	Richmond	9/18/1970	Victoria	
New Javelin								
			<i>Beginning 1/1/99</i>					
Senior								
2009 RECORD	O/N	58.21m	Elizabeth Gleadle	89	TBIRD	9/1/2009	Belgrade, SB	
	O	56.06m	Krista Woodward	84	UN-BC	3/25/2007	Tuscaloosa AL	
	N	56.06m	Krista Woodward	84	UN-BC	3/25/2007	Tuscaloosa AL	
Junior	O	52.36m	Elizabeth Gleadle	88	TBIRD	4/13/2007	Walnut CA	
	N	52.36m	Elizabeth Gleadle	88	TBIRD	4/13/2007	Walnut CA	
Youth	O	50.53m	Elizabeth Gleadle	88	Tbird	7/17/2005	Marrakech	
	N	50.53m	Elizabeth Gleadle	88	Tbird	7/17/2005	Marrakech	
Midget	O	41.91m	Nicole Fraser	90	CC	1/7/2005	Kelowna	
	N	41.91m	Nicole Fraser	90	CC	1/7/2005	Kelowna	
Hammer								
Senior (4kg)	O	70.36m	Erin Gilreath		USA	7/1/2004	Harry Jerome	
2009 RECORD	N	70.35m	Jennifer Joyce	80	KAJ	7/4/2009	Madrid ESP	
2008 RECORD	N	68.73m	Jennifer Joyce	80	KAM	4/7/2008	Windsor	
	N	68.60m	Crystal Smith	81	UN-BC	6/14/2007	Lexington KY	
Junior (4kg)	O	58.84m	Jennifer Joyce	80	UCB/KAJ	5/21/1999	Phoenix, AZ	
	N	58.84m	Jennifer Joyce	80	UCB/KAJ	7/18/1998	Phoenix, AZ	
Youth (4kg)	O	56.15m	Rochelle Kokayko	87	KEL	8/8/2004	Sudbury	
	N	56.15m	Rochelle Kokayko	87	KEL	8/8/2004	Sudbury	
Midget (4kg)	O	51.71m	Emma MacCorquodale	90	U	3/6/2005	Burnaby	
	N	51.71m	Emma MacCorquodale	90	U	3/6/2005	Burnaby	
Midget (3kg)	O	50.30m	Kristen Johnston	87	NAN	08.88	Maple Ridge	
	N	50.30m	Kristen Johnston	87	NAN	08.88	Maple Ridge	
* Best Performances Athletics Canada Rule #311 - Canadian Best Performances for men and women are kept for the following: Sr. & Jr. Road Events - Distance - 10000m, 20000m, Marathon, Half Marathon (21.1k) and for Walks - 10km, 20km, 30km, 50km.								

Heptathlon (Old) <i>Prior to 4/1/85 - Old Javelin prior to 1/1/86</i>													
				100mH	HJ	SP	200m	LJ	JT	800m			
	N	5751	Connie Polman-Tuin (63)	13.9	1.67	13.19	24.6	5.85	35.38	02:25.0	PR	8/22-23/83	Oceanside
			Wind	(-3.55)									
	N	5751	Connie Polman-Tuin (63)	13.9	1.67	13.19	24.6	5.85	35.38	02:25.0	PR	8/22-23/83	Oceanside
			Wind	(-3.55)									
			11.82 (0.5)			#####	hmond, BC						
Jr	O	5433	Connie Polman-Tuin (63)	14.54	1.62m	12.66m	25.09	5.61m	34.26m	02:27.9	PowR	7/11/1981	Winnipeg
	N	5433	Connie Polman-Tuin (63)	14.54	1.62m	12.66m	25.09	5.61m	34.26m	02:27.9	PowR	7/11/1981	Winnipeg
Yth	O	5162	Allison Eades (65)	14.9	1.58m	10.91m	25.5	5.04m	33.72m	02:20.2	CAN/VOC	6/5-6/82	London
	N	5162	Allison Eades (65)	14.9	1.58m	10.91m	25.5	5.04m	33.72m	02:20.2	CAN/VOC	6/5-6/82	London
Heptathlon (New) <i>From 4/1/85 - New Javelin from 1/1/86 - New Javelin 1/1/99 tables do not change</i>													
				100mH	HJ	SP	200m	LJ	JT	800m			
Sr	O	6325	Denise Lewis								ENG	8/22-23/94	Victoria
	N	5862	Connie Polman-Tuin									8/9-10/87	Indianapolis
Jr	O	5269	Angela Anoliefoh	15.34	1.74m	10.78m	25.21	5.68m	30.66m	2:16.07	PUR/VR	5/18-19/2001	Bloomingtondale, IL
	N	5269	Angela Anoliefoh	15.34	1.74m	10.78m	25.21	5.68m	30.66m	2:16.07	PUR/VR	5/18-19/2001	Bloomingtondale, IL
Yth	O	5015	Kelly Ann Kempf (70)								LM	1985	
	N	5015	Kelly Ann Kempf (70)								LM	1985	
Mid	O	5015	Kelly Ann Kempf (70)								LM	1985	
	N	5015	Kelly Ann Kempf (70)								LM	1985	

4x100m						
Senior	O	44.75	K. Johnson(63), J. Fleming(65), M. Chapman(63), J. Flaherty,(60)	Australia	6/18/1985	Burnaby
	N	45.3	I. Piotrowsk, P. May, G. Turney, S. Berto	BC	9/3/1971	Palermo
	C	45.9	R. Jerome, D. McKinnon, J. Sparling, K. Beatch	VOC	7/7/1973	Victoria
Junior	O	44.88	K. Anderson, A. Thomas, C. Taffe, F. Gareau	Canada	7/26/1985	Burnaby
	N	46.9	R. Jerome, K. Beatch, J. Sparling, J. Pelland	BC	8/21/1971	Winnipeg
	C	47.3	J. Sadowick, E. Smith, D. McKinnon, L. Wilson	SFU	6/7/1970	Victoria
Youth	O	11.82 (0.5)	Y Mensah(85), C. Borowsky(86), C Hewitt(85), J. Rogers(85)	BC	8/18/2002	6/12/2009
	N	47.12	Y Mensah(85), C. Borowsky(86), C Hewitt(85), J. Rogers(85)	BC	8/18/2002	Sherbrooke
	C	49.1	C. Palmgren(56), G. Gummer(58), J. Turner(56), C. Druce(57)	Victoria Track	7/4/1971	Calgary
Midget						
2009 RECORD O/N 48.29 J. Vaughn, K. Reid, H. Stewart, S. Davis Team BC 8/10/2009 Sherbrooke						
	O	48.87	C.Nettey(91), J.Webster(91), C.Law(91), K.Nelson(91)	Team BC	8/13/2006	Burnaby BC
	N	48.87	C.Nettey(91), J.Webster(91), C.Law(91), K.Nelson(91)	Team BC	8/13/2006	Burnaby BC
	C	50.7	J. Turner(56), C. Druce(57), C. Palmgren(56), G. Gummer(58)	Victoria Track	6/20/1970	Victoria
4x200m						
Senior	O	1:39.0		VOC	6/5/1978	Burnaby
	N	1:39.0		VOC	6/5/1978	Burnaby
	C	1:39.0		VOC	6/5/1978	Burnaby
Junior	O	1:40.7				
	N	1:41.5	S. Berto, D. McKinnon, K. Beatch, J. Sadowick	SFU	1973	
	C	1:41.5	S. Berto, D. McKinnon, K. Beatch, J. Sadowick	SFU	1973	
Youth	O	1:41.5				
	N	1:41.6	A. McLaughlin, M. Robb, S. Berto, T. Fynn	VOC	5/26/1965	
	C	1:41.6	A. McLaughlin, M. Robb, S. Berto, T. Fynn	VOC	5/26/1965	
Midget	O	1:45.0				
	N	1:45.0				
4x400M						
Senior	O	3:32.11		Valley Royals	6/30/1985	Burnaby
	N	3:32.11		Valley Royals	6/30/1985	Burnaby
	C	3:32.11		Valley Royals	6/30/1985	Burnaby
Junior	O	3:36.03	S. Brydon, K. Berge, L. Maxie, S. Saleem	USA	7/27/1985	Burnaby
	N	3:46.5	C. McCarthy(59), S. Vandenbos(60), J. Tobacco(61), D. Campbell(58)	BC	8/12/1977	St. John's, NFLD
	C	4:00.9	D. Bower (68), P. Wallace (65), D. Fejfar (66), C. Wagner (67)	South Fraser	7/18/1982	Burnaby
Youth	O	3:53.17	M. Upuu (82), N. Jackson (82), N. Fedoruk (82), A. Anoliefoh (82)	Team BC	8/14/1999	Sudbury ON
	N	2:05.19	M. Upuu (82), N. Jackson (82), N. Fedoruk (82), A. Anoliefoh (82)	Team BC	8/14/1999	Sudbury ON
	C	4:00.9	D. Bower(68), P. Wallace(65), D. Fejfar(66), C. Wagner(67)	South Fraser	7/18/1982	Burnaby
Midget	O	4:01.9	J. Melhado(69), S. Kring(69), J. Swan(70), A. Krempf(70)	Zone 3	7/22/1984	Burnaby
	N	4:01.9	J. Melhado(69), S. Kring(69), J. Swan(70), A. Krempf(70)	Zone 3	7/22/1984	Burnaby
	C	4:06.72		Valley Royals	6/11/1988	Abbotsford
4x800m						
Senior	O	8:41.7	T. Wellman(64), C. McCarthy(59), R. Meagher(67), D. Bowker(58)	Vikes 'A'	5/14/1988	Richmond
	N	8:41.7	T. Wellman(64), C. McCarthy(59), R. Meagher(67), D. Bowker(58)	Vikes 'A'	5/14/1988	Richmond
	C	8:41.7	T. Wellman(64), C. McCarthy(59), R. Meagher(67), D. Bowker(58)	Vikes 'A'	5/14/1988	Richmond
Junior	O	9:14.2		Richmond	3/15/1975	
	N	9:14.2		Richmond	3/15/1975	
	C	9:14.2		Richmond	3/15/1975	
Youth	O	9:38.5	K. Sheridan(62), B. Otto(61), c. Grant(63), S. Boothroyd(61)	NorWesters	6/12/1975	Surrey
	N	9:38.5	K. Sheridan(62), B. Otto(61), c. Grant(63), S. Boothroyd(61)	NorWesters	6/12/1975	Surrey
	C	9:38.5	K. Sheridan(62), B. Otto(61), c. Grant(63), S. Boothroyd(61)	NorWesters	6/12/1975	Surrey
Midget	O	9:16.8				
	N	9:16.8				
4x1500m						
Senior	O	18:24.8	T. Wellman(64), C. McCarthy(59), R. Meagher(67), D. Bowker(58)	Vikes 'A'	5/14/1988	Richmond
	N	18:24.8	T. Wellman(64), C. McCarthy(59), R. Meagher(67), D. Bowker(58)	Vikes 'A'	5/14/1988	Richmond
	C	18:24.8	T. Wellman(64), C. McCarthy(59), R. Meagher(67), D. Bowker(58)	Vikes 'A'	5/14/1988	Richmond
Sprint Medley Relay (400m, 200m, 200m, 800m)						
Senior	O	3:24.08				
	N	3:25.0				
	C	3:25.0				
Youth	O	4:08.90		BC Juvenile	8/15/1992	Calgary
	N	4:08.90		BC Juvenile	8/15/1992	Calgary
Distance Medley Relay (400m, 800m, 1200m, 1600m)						