

100m

SENIOR	O	9.91	Linford Christie	60	INT-ENG	Victoria, BC	23/08/1994
	N	10.0	Harry Jerome	40	BC-VOS	Saskatoon, SK	15/07/1960
JUNIOR	O	10.37	Carlton Chambers	75	INT-ENG	Victoria, BC	29/07/1984
	N	10.38	Nathan Taylor	83	BC-CXVC	London, ON	20/08/2001
YOUTH	O/N	10.41	Peter Ogilvie	72	BC-VOCA	Ottawa, ON	08/06/1989
MIDGET	O/N	10.91	Peter Ogilvie	72	BC-VOCA	Springfield, OR	18/07/1987

200m

SENIOR	O	19.97	Frankie Fredericks	67	INT-NAM	Victoria, BC	26/08/1994
	N	20.46	Peter Ogilvie	72	CAN-VOCA	Ingolstadt, GER	19/07/1992
JUNIOR	O/N	20.62(a)	Peter Ogilvie	72	CAN-VOCA	Provo, UT	21/05/1991
YOUTH	O/N	20.94(a)	Peter Ogilvie	72	CAN-VOCA	Provo, UT	27/05/1989
MIDGET	O/N	21.96	Peter Ogilvie	72	BC-VOCA	Springfield, OR	19/07/1987

300m * new event 2010

MIDGET	O/N	37.11	Jacob Houlton	95	BC-LANG	Ottawa, ON	08/08/2010
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400m

SENIOR	O/N	44.86	Shane Niemi	78	CAN-KAML	Ottawa, ON	21/07/2001
JUNIOR	O/N	45.83	Shane Niemi	78	CAN-KAML	Havana, CUB	19/07/1997
YOUTH	O/N	46.69	Shane Niemi	78	BC-KAML	Santiago, CHI	02/09/1995
MIDGET	O/N	49.21	Brendon Restall	94	BC-PATH	Burnaby, BC	06/06/2009

800m

SENIOR	O/N	1:43.68	Gary Reed	81	BC-PATH	Monaco, MON	29/07/2008
JUNIOR	O/N	1:47.33	Zach Whitmarsh	77	CAN-VTFC	Sydney, AUS	24/08/1997
YOUTH	O/N	1:50.28	Kevin Robinson	68	BC-VRTC	Burnaby, BC	27/07/1985
MIDGET	O	1:54.43	Kevin Sullivan	74	NTL-ON	Victoria, BC	06/08/1989
	N	1:55.51	Kevin Robinson	68	BC-VRTC	Eugene, OR	10/07/1983

1000m

YOUTH	O/N	2:49.88	James Turner	93	BC-OACS	Ottawa, ON	08/08/2010
MIDGET	O/N	2:54.55	James Hellner	96	BC-LANG	Langley, BC	25/06/2011
	O/N	2:58.84	Michael Muniak	96	BC-SFTC	Langley, BC	25/07/2010

1200m * new event 2010

MIDGET	O/N	3:14.10	Thomas Oxland	96	OTFC	Ottawa, ON	07/08/2011
	O/N	3:20.43	Thomas Oxland	96	OTFC	Abbotsford, BC	18/07/2010

1500m

SENIOR	O/N	3:34.98	Graham Hood	72	PACSPORT	Nikaia, FRA	08/07/2001
JUNIOR	O	3:41.58	Kevin Sullivan	74	NTL-ONT	Coquitlam, BC	01/08/1993
	N	3:42.80	Ryan Hayden	82	BC-KJAK	Burnaby, BC	05/08/2000
YOUTH	O/N	3:45.90	Ryan Hayden	82	BC-KJAK	Burnaby, BC	27/07/1999
MIDGET	O/N	3:59.80	Kevin Robinson	68	BC-VRTC	Burnaby, BC	24/07/1983

Mile

SENIOR	O	3:52.34	Mike Hillardt	61	INT-AUS	Burnaby, BC	16/07/1984
	N	3:54.62	Graham Hood	72	BC-UNA	Eugene, OR	27/05/2001
JUNIOR	O/N	4:01.47	Ryan Hayden	82	BC-KJAK	Philadelphia, PA	14/05/2001
YOUTH	O/N	4:12.34	Kevin Robinson	68	BC-VRTC	Burnaby, BC	18/06/1985
MIDGET	O/N	4:22.2	Richard Ritchie	51	BC-VOCA	Vancouver, BC	24/08/1966

2000m

MIDGET	O/N	5:48.33	Nathan Wadhvani	96	BC-GOLD	Ottawa, ON	07/08/2011
	O/N	6:03.47	Ephraim Tadesse	95	BC-VRTC	Langley, BC	7/25/2010

3000m

SENIOR	O/N	7:43.22	Jeff Schiebler	73	BC-KJAK	Lausanne, SUI	25/08/1998
JUNIOR	O/N	8:12.3	Jeff Schiebler	73	BC-KJAK	Richmond, BC	09/05/1992
YOUTH	O/N	8:20.00	Justin Marpole-Bird	88	BC-TBIR	Burnaby, BC	08/02/2005
MIDGET	O/N	8:35.78	Jeff Schiebler	73	BC-UNAT	Richmond, BC	17/07/1988

5000m

SENIOR	O/N	13:13.96	Jeff Schiebler	73	BC-KJAK	Berlin, GER	01/09/1998
JUNIOR	O	14:11.72	Toshiyuki Hayata	68	INT-JPN	Richmond, BC	12/07/1987
	N	14:13.48	Jeff Schiebler	73	BC-KJAK	Montreal, QC	15/06/1992
YOUTH	O	14:29.67	Greg Anderson	68	NTL-ONT	Burnaby, BC	14/07/1985
	N	14:29.69	Jeff Schiebler	73	CAN-KJAK	Columbus, OH	01/06/1990

10000m

SENIOR	O	26:36.01	Jeff Schiebler	73	BC-KJAK	Palo Alto, CA	04/05/2001
	N	27:36.01	Jeff Schiebler	73	BC-KJAK	Palo Alto, CA	04/05/2001
JUNIOR	O	29:31.24	Kenji Ayabe	63	INT-JPN	Richmond, BC	11/07/1987
	N	29:56.70	Jeff Schiebler	73	BC-KJAK	Burnaby, BC	27/06/1991
YOUTH	O/N	30:15.25	Jeff Schiebler	73	BC-KJAK	Burnaby, BC	08/06/1990

Marathon

SENIOR	O/N	2h10:56	Peter Butler	58	BC-VRTC	Sacramento, CA	08/12/1985
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1500m SC

JUNIOR	O/N	4:12.98	Christopher Winter	86	BC-NORW	Abbotsford, BC	09/08/2003
YOUTH	O/N	4:12.98	Christopher Winter	86	BC-NORW	Abbotsford, BC	09/08/2003
MIDGET	O/N	4:19.60	Christopher Winter	86	BC-NORW	Langley, BC	20/07/2001

1500m SC (no water jump) *new in 2010

MIDGET	O/N	4:20.90	Nathan Wadhvani	96	BC-GOLD	Coquitlam, BC	16/07/2011
	O/N	4:31.69	Scott Commandeur	95	BC-CXVC	Ottawa, BC	08/08/2010

2000m SC

JUNIOR	O	5:38.67	Rick Mulvey	66	INT-USA	Burnaby, BC	26/07/1985
	N	5:43.4	Brian Blamey	57	BC-VICM	St. John's, NL	20/08/1977
YOUTH	O/N	5:51.47	Deon Clifford	94	BC-OATF	Lille, FRA	06/07/2011
	O/N	6:05.61	Jake Bruchet	93	BC-OATF	Burnaby, BC	06/05/2010

3000m SC

SENIOR	O/N	8:12.58	Graeme Fell	59	CAN-VRTC	Koblenz, GER	28/08/1985
JUNIOR	O	8:37.83	Alexandre Genest	86	NTL-QUE	Burnaby, BC	14/06/2005
	N						
YOUTH	O/N	10:31.61	Roberto Phillips	88	BC-NORW	Abbotsford, BC	25/06/2005

100m Hurdles

MIDGET	O/N	13.58 (-1.1)	Nick Blackburn	93	CXVC	Kelowna, BC	25/07/2008
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110m Hurdles (39")

JUNIOR	O/N	14.84	Dan Mezheritsky	84	BC-TBIR	Burnaby, BC	31/05/2002
YOUTH	O/N	14.92	Kwenu Jon Turkson	80	BC-LASR	Abbotsford, BC	13/07/1997

110m Hurdles

SENIOR	O	13.08	Colin Jackson	67	INT-WAL	Victoria, BC	23/08/1994
	N	13.68	Tim Kroeker	71	BC-VOCA	Flagstaff, AZ	14/05/1994
JUNIOR	O	13.87	James Purvis	66	INT-USA	Burnaby, BC	26/07/1985
	N	14.40	Tim Kroeker	71	CAN-VOCA	Columbus, OH	28/07/1990
YOUTH	O/N	14.46 (1.8)	Marc Noble	85	BC-NORW	Sherbrooke, QC	17/08/2002
MIDGET	O/N	14.8					

200m Hurdles (0.762m) * new event 2010

MIDGET	O/N	25.34	Ethan Strome	96	BC-NWSA	Ottawa, ON	07/08/2011
	O/N	25.43	Sebastian Adugalski	95	BC-NWSA	Ottawa, ON	08/08/2010

300m Hurdles

MIDGET	O/N	38.49	Josh Guggenheimer	82	BC-PGTF	Kamloops, BC	13/07/1997
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300m Hurdles (0.84m) * new in 2010

YOUTH	O/N	38.53	Nick Blackburn	93	BC-CXVC	Ottawa, ON	08/08/2010
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400m Hurdles

SENIOR	O	49.46	Bernie Holloway	61	INT-USA	Burnaby, BC	10/06/1986
	N	49.83	Lloyd Guss	59	CAN-KJAK	Provo, UT	25/08/1985
JUNIOR	O	50.21	Patrick McGhee		INT-USA	Burnaby, BC	27/07/1985
	N	51.97	Lloyd Guss	59	BC-KJAK	Etobicoke, ON	28/07/1978
YOUTH	O/N	53.02	Josh Guggenheimer	81	BC-PGTF	Prince George, BC	15/08/1998
MIDGET	O/N	49.21	Brendon Restall	94	BC-PATH	Burnaby, BC	06/06/2009

1500m Racewalk (Track)

YOUTH	O/N	6:07.94	Evan Dunfee	90	BC-KJAK	Burnaby, BC	04/07/2006
MIDGET	O/N	6:41.40	Evan Dunfee	90	BC-KJAK	Richmond, BC	06/12/2005

3000m Racewalk (Track)

YOUTH	O/N	13:33.87	Evan Dunfee	90	BC-KJAK	Burnaby, BC	06/27/2006
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5000m Racewalk (Track)

SENIOR	O/N	19:19.44	Inaki Gomez	88	BC-WALK	Vancouver, BC	26/03/2011
	O/N	19:46.96	Inaki Gomez	88	BC-WALK	Burnaby, BC	3/27/10
JUNIOR	O/N	19:49.62	Benjamin Thorne	93	BC-WALK	Coquitlam, BC	17/07/2011
	O/N	20:21:02	Evan Dunfee	90	BC-KJAK	Burnaby, BC	04/04/2009
YOUTH	O/N	22:45.56	Evan Dunfee	90	BC-KJAK	Sherwood Park, AB	09/08/2007
MIDGET	O/N	27:44.23	Evan Dunfee	90	BC-KJAK	Richmond, BC	06/12/2005

10km Racewalk (Track)

SENIOR	O/N	40:01.58	Inaki Gomez	88	BC-WALK	Coquitlam, BC	07/17/2011
	O	40:52.0	Tim Berret	65	INT-USA	Victoria, BC	29/07/1994
	N	42:41./29	Evan Dunfee	90	BC-KJAK	Abbotsford, BC	07/18/2010
JUNIOR	O/N	46:30.1	Jim Heys	81	BC-UNAT	Pittsburgh, PA	29/04/2000

20km Racewalk (Track)

SENIOR	O/N	1:24:48.00	Inaki Gomez	88	BC-WALK	Coquitlam, BC	6/22/2010
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High Jump

SENIOR	O	2.31m	Brent Harken		INT-USA	Burnaby, BC	05/06/1988
	N	2.28m	Michael Mason	86	BC-VRTC	Coquitlam, BC	06/12/2010
JUNIOR	O/N	2.21m	Michael Mason	86	BC-VRTC	Grosseto, ITA	15/07/2004
YOUTH	O/N	2.17m	Django Lovett		BC-VRTC	Suditrol, ITA	08/07/2009
MIDGET	O/N	1.96m	Michael Mason	86	BC-OTFC	Langley, BC	20/07/2001
	O/N	1.96m	Shawn Swartz	89	BC-COQC	Abbotsford, BC	16/07/2004

Long Jump

SENIOR	O	7.90m	Eric Metcalf	68	INT-USA	Richmond, BC	11/07/1987
	N	7.80m	Mike Mason	48	BC-VOCA	Walnut, BC	01/04/1972
JUNIOR	O	7.90m	Eric Metcalf	68	INT-USA	Richmond, BC	11/07/1987
	N	7.55m	Craig Taylor	60			
YOUTH	O/N	7.25m	Shane Niemi	78	BC-KAML	Ottawa, On	06/08/1994
MIDGET	O/N	6.82m	Jared Heldman	92	BC-VRTC	Oromocto, NB	12/08/2007

Triple Jump

SENIOR	O	16.91m	Joseph Taiwo	59	INT-NGR	Burnaby, BC	08/06/1988
	N	15.64m	Hugh Maguire	63	BC-SFTC	Victoria, BC	30/07/1994
JUNIOR	O	15.88m	Marcus Hooks		INT-USA	Richmond, BC	12/07/1987
	N	14.75m	Tim Moran	74	BC-KJAK	Kamloops, BC	26/06/1993
YOUTH	O/N	14.55m	Nicholas Fyffe	94	BC-KJAK	Burnaby, BC	04/06/2011
	O/N	14.08m	Nicholas Fyffe	94	BC-KJAK	Ottawa, ON	08/08/2010
MIDGET	O/N	13.73m	Nicholas Fyffe	89	BC-KJAK	Sherbrooke, QC	09/08/2009

Pole Vault

SENIOR	O	5.75m	Kory Tarpenning	62	INT-USA	Burnaby, BC	31/05/1992
	N	5.35m	Owen Clements	65	BC-VTFC	Abbotsford, BC	13/07/1996
JUNIOR	O/N	4.95m	Ken Wenman	55	BC-SFTC	Edmonton, BC	13/08/1974
YOUTH	O/N	4.75m	Matthew Clifford	84	BC-VRTC	Calgary, AB	12/08/2000
MIDGET	O/N	3.95m	Matthew Clifford	83	BC-UNAT	Maple Ridge, BC	17/07/1998

Shot Put

SENIOR (7.26K)	O/N	22.21m	Dylan Armstrong	81	BC-KAML	Calgary, AB	28/06/2011
	O/N	21.58m	Dylan Armstrong	81	BC-KAML	Baunatal, GER	06/02/2010
JUNIOR (7.26K)	O	17.00m	Cottrell Hunter	68	INT-USA	Richmond, BC	12/07/1987
	N	16.92m	Jeffrey Wallis	83	BC-NTFC	London, ON	24/08/2001
JUNIOR (6.00K)	O/N	17.37m	Jeffrey Wallis	83	BC-NTFC	Langley, BC	15/06/2002
YOUTH (5.00K)	O/N	18.20m	Tom Willcox	92	BC-COQC	Kamloops, BC	12/07/2008
YOUTH (12 lb)	O/N	17.84m	Stu Hunnings	48	BC-VOS	Trail, BC	04/09/1965
MIDGET (4.00K)	O/N	18.70m	Delore Lakusta	68	BC-SFTC	Maple Ridge, BC	31/07/1983

Discus

MALE Individual Events

BC Athletics Track and Field Records

as of 29/11/2011

SENIOR (2.00K)	O	63.93m	Jason Tunks	75	NTL-ONT	Victoria, BC	10/07/2004
	N	63.47m	Dariusz Slowik	77	BC-KJAK	Esbjerg, DEN	20/07/2006
JUNIOR (2.00K)	O/N	54.60m	Dylan Armstrong	81	CAN-KAML	Montreal, QC	18/07/2000
JUNIOR (1.75K)	O/N	53.50m	Adam Keenan	93	BC-PATH	Coquitlam, BC	7/16/2011
	O/N	52.28m	Tyrell Mara	87	BC-KJAK	Abbotsford, BC	25/06/2005
JUNIOR (1.61K)	O/N	56.17m	Adam Keenan	93	BC-PATH	Burnaby, BC	03/06/2011
	O/N	53.18m	Angus Taylor	90	BC-KJAK	Burnaby, BC	30/05/2008
YOUTH (1.600K)	O/N	52.90m	Angus Taylor	90	BC-KJAK	Walnut, CA	14/04/2007
YOUTH (1.500K)	O/N	57.67m	Adam Keenan	90	BC-PATH	Duncan, BC	06/13/10
MIDGET (1.62K)	O	46.36m					
	N	43.96m	Janne Nikula	72	BC-COQC	Nanaimo, BC	02/08/1987
MIDGET (1.00K)	O/N	59.38m	Dylan Armstrong	81	BC-KAML	Langley, BC	14/06/1996

Old Javelin

SENIOR	O	89.18m	Einer Vilhjalmsson	60	Iceland	Burnaby	16/06/1983
	N	87.76m	Phil Olsen	57	Canada	Montreal	25/07/1976
JUNIOR	O/N	87.76m	Phil Olsen	57	Canada	Montreal	25/07/1976
YOUTH	O/N	77.72n	Phil Olsen	57	Canada	C1-Ferrand Fr.	14/07/1974
MIDGET	O/N	74.48m					

New Javelin

SENIOR (800g)	O	84.58m	Tom Pukstys	68	INT-USA	Port Alberni, BC	02/06/1993
	N	79.52m	Erin Bevans	70	BC-COQC	Wanganui, NZL	08/03/1998
JUNIOR (800g)	O/N	73.50m	Cody Parker	92	BC-CXVC	Miramar, FL	23/07/2011
	O/N	68.37m	Curtis Moss	87	BC-CEN	Regina, Sk	07/03/2005
YOUTH (800g)	O	60.50m	Pascal LaFond		NTL-QUE	Victoria, BC	06/08/1989
	N	60.98m	Kyle Nielsen	89	BC-COQC	Burnaby, BC	03/06/2006
YOUTH (700g)	O/N	68.29m	Curtis Moss	87	BC-CEN	Sudbury, ON	08/08/2004
MIDGET (800g)	O/N	50.30m	Mike Dice	73	BC-CVAC	Victoria, BC	06/05/1988
MIDGET (600g)	O/N	55.88m	Kris Burleigh	90	BC-KAJK	Surrey, BC	04/23/2005

Hammer

SENIOR (7.26K)	O	79.41m	Lance Deal	61	INT-USA	Burnaby, BC	04/06/2000
	N	73.79m	Derek Woodske	76	BC-UNAT	Bloomington, IN	06/11/2005
JUNIOR (7.26K)	O/N	70.66m	Dylan Armstrong	81	BC-KAML	Flagstaff, AZ	03/07/2000
JUNIOR (6.00K)	O/N	66.62m	Adam Keenan	93	BC-PATH	Miramar, FL	24/07/2011
	O/N	65.51m	Sean La Forest	85	BC-VRTC	Kelowna, BC	03/07/2004
YOUTH (12 lb)	O/N	71.36m	Dylan Armstrong	81	BC-KAML	Sacramento, CA	13/06/1998
YOUTH (5.00K)	O/N	67.45m	Trey Henderson	89	BC-KJAK	Burnaby, BC	08/11-13/2006
YOUTH (6.00K)	O/N	56.72m	Trey Henderson	89	BC-KJAK	Abbotsford, BC	25/06/2005
MIDGET (12 lb)	O/N	54.76m	Dylan Armstrong	81	BC-KAML	Trail, BC	27/07/1996
MIDGET (4.00K)	O/N	62.78m	Trey Henderson	89	BC-KJAK	Kamloops, BC	23/07/2004

* 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.

MALE Combined Events

**BC Athletics
Track and Field Records**

Updated as of 29/11/2011

Decathlon (Old) *Old Javelin - prior to 1986

EVENTS					100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m			
SENIOR	O/N	7809	Gerry Moro		11.1	7.11m	14.51m	1.90m	51.8	15.0	49.40m	4.75m	59.71m	4:48.8	BC-TTFC	Santa Maria, MEX	05/22-23/1972
					-	-	-	-	-	-	-	-	-	-			
JUNIOR	O/N	6917	Dave Steen	59	11.45	6.98m	10.87m	2.04m	53.45	16.63	35.02	4.20m	57.30m	4:45.6	BC-NWSA	St. John's, NB	07/09-10/1977
					-	-	-	-	-	-	-	-	-	-			
YOUTH	O/N	6649	Derek Evely	65	11.5	6.64	11.59m	1.73m	51.6	15.5	45.05m	3.60m	42.70m	4:50.2	BC-VOCA	Burnaby, BC	05/28-29/1982
					-	-	-	-	-	-	-	-	-	-			
MIDGET	O/N	5569	Graham Coveney	59	-	-	-	-	-	-	-	-	-	-	BC-VOCA	Vancouver, BC	07/19-20/1975
					-	-	-	-	-	-	-	-	-	-			

Decathlon (New) *New Javelin Rule Begin 01/01/1986 - New Tables into effect 04/01/1985

EVENTS					100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m			
SENIOR	O	8128	Michael Smith	67	11.00	6.94m	16.22m	1.98m	48.85	14.82	48.62m	5.10m	67.98m	4:47.38	NLT-ONT	Victoria, BC	07/27-28/1994
					(+0.8)	(+1.3)	-	-	-	(+0.5)	-	-	-	-			
	N	7520	David Cook	71	11.66	6.89m	12.76m	2.10m	51.84	15.01	40.74m	4.35m	61.94m	4:33.53		Philadelphia, PA	04/20-21/1975
					(0.0)	(+1.1)	-	-	-	(+1.58)	-	-	-	-			
JUNIOR	O/N	7001	Dan Mezheritsky	84	11.10	6.18m	14.34m	1.81m	51.40	14.70	41.27m	4.35m	49.01m	4:49.50	BC-VRTC	Abbotsford, BC	08/25-56/2003
					(0.0)	(+1.1)	-	-	-	(+0.5)	-	-	-	-			
YOUTH	O/N	6173	Mark Chenery	88	11.62	6.15m	11.87m	1.84m	53.02	16.35	39.34m	3.00m	52.85m	5:05.80	BC-PATH	Abbotsford, BC	07/23-24/2005
					(0.0)	(3.5)	-	-	-	(1.6)	-	-	-	-			
MIDGET	O/N	4427	Nick Wilks	79	12.29	5.57m	10.21m	1.74m	59.00	19.40	20.90m	2.73m	35.04m	5:13.08	BC-MRTC	Kamloops, BC	06/26-27/1993
					(+0.4)	(+0.9)	-	-	-	(-1.3)	-	-	-	-			

Decathlon - Jr -(New Weights) *Begin 01/01/2002 SP to 6.00KG / DT to 1.75KG

EVENTS					100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m			
JUNIOR	O/N	7080	Reid Gustavson	88	11.52	6.58m	13.88m	1.88m	49.35	15.72	33.92m	4.20m	51.26m	4:26.67	BC-TBIR	Sherbrooke, QC	07/21-23/2002
					(0.6)	(-0.7)	-	-	-	(0.8)	-	-	-	-			

Octathlon (Youth) *Begin 01/01/2004 SP to 5.00KG / DT to 1.50KG / JT 700G

EVENTS					100m	LJ	SP	HJ	400m	110mH	JT	1000m					
YOUTH	O/N	6006	James Turner	93	11.32	6.91m	13.57m	1.90m	51.31	15.51	57.18m	2:49.88					
					(-0.2)	(-1.5)	-	-	-	(+2.4)	-	-			BC-KTFC	Ottawa, ON	08/08/2010

MALE Combined Events

**BC Athletics
Track and Field Records**

Updated as of 29/11/2011

Pentathlon (Youth) *New in 2010 - SP 4.00KG / 110mH 10x33"

EVENTS					LJ	SP	HJ	110mH	1000m
YOUTH	O/N	2798	Michael Muniak	96	5.48m	9.74m	1.56m	15.7h (1.0)	2:58.84
					-	-	-		-

BC-SFTC Langley, BC

07/25/2010

Pentathlon

EVENTS					100mH	LJ	SP	HJ	1000m
MIDGET	O/N	3119	Ahmad Nizamani	96	14.68 (-0.3)	6.05m (+0.0)	9.58m	1.71m	3:05.12

BC-NWSA Surrey, BC

06/25/2011

MALE Relay Records

**BC Athletics
Track and Field Records**

Updated as of 29/11/2011

4 x 100m

SENIOR	O	38.59	Heard - Burrell - Marsh - Lewis (Santa Monica TC)	INT-USA	Coquitlam, BC	31/05/1993
	N/C	40.28	J.Nelson (79) - D.Mensah (79) - E.Aguilera (78) - E.Ryan (79)	BC-COQC	Winnipeg, MB	21/08/1997
JUNIOR	O	39.32	F.Heard - L.Burrell - D.Mitchell - J.Simpson	INT-USA	Burnaby, BC	26/07/1985
	N	42.21	L.Meyer (71) - A.Rivas (71) - J.Pierre (71) - P.Ogilvie (72)	BC-TMBC	Quebec City, QC	13/08/1988
YOUTH	N	42.1h	-	BC-TBCA	Sherwood Park, AB	08/06/1988
	O/N	42.21	L.Meyer (71) - A.Rivas (71) - J.Pierre (71) - P.Ogilvie (72)	BC-TMBC	Quebec City, QC	13/08/1988
MIDGET	C	42.1h	-	BC-TBCA	Sherwood Park, AB	08/06/1988
	O/N/C	44.55	N.Rychkun (69) - P.Locke(69) - D.Reid (69) - J.Francis (69)	BC-COQC	Burnaby, BC	18/04/1984

4 x 200m

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/N	1:35.4	-	-	-	-

4 x 400m

SENIOR	O	3:01.49	Jones - Coutts - Davis - Busby	INT-USA	Burnaby, BC	01/06/2002
	N	3:10.32	Jeremiah - Hale - Derouin - Amphlett	BC-TMBC	Kamloops, BC	20/08/1993
	C	3:12.31	McLellan	BC-SFUU	Olathe, KS	25/05/2002
JUNIOR	O	3:04.05	M.Spangler - D. Lee - D. Mitchell - T.Allan	INT-USA	Burnaby, BC	27/07/1985
	N	3:13.88	J.Guggenheimer (82) - R.Reed (81) - B.Jackson (81) - C.Williams (81)	BC-TMBC	Montreal, QC	17/07/2000
	C	3:22.5	B.Rowe - A.Smith - L.Sparks - P.Hall	BC-SFTC	Victoria, BC	06/06/1971
YOUTH	O/N	3:18.27	K.Joyce (94) - B.Restall (94) - M.Swanson (94) - C.Gravel (94)	BC-TMBC	Ottawa, ON	07/08/2011
	O/N	3:18.57	R.Hayden (82) - J.Guggenheimer (82) - N.Hurtubise (82) - G.Wells (83)	BC-TMBC	Sudbury, ON	14/08/1999
MIDGET	C	3:32.49	R.Grant - G.Day (70) - J.Hurov - S.Anderson (71)	-	-	-
	O/N	3:32.26	S.Ayouba-Bell (71) - K.Fuller (71) - G.Bodell (71) - K.Mohammad (71)	BC-ZNE5	Sudbury, ON	14/08/1999
	C	3:50.01	-	BC-ABBA	Abbotsford, BC	11/06/1988

4 x 800m

SENIOR	O/N/C	7:28.47	P.Thola (66) - R.Nelson (67) - A.Dawson (64) - S.Nagy (67)	BC-SFUU	Walnut, CA	25/04/1987
JUNIOR	O/N/C	7:56.20	-	-	-	-
YOUTH	O/N/C	7:57.60	B.Sanders - P.Alden - P.Favell - H.Wilson	BC-VOCA	Richmond, BC	25/06/1975

4 x 1500m

SENIOR	O/N/C	15:59.0	A.Weicker - G.Lister - P.Spir - D.Weicker	BC-VOCA	Richmond, BC	25/06/1975
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Sprint Medley Relay

SENIOR	O	3:24.8	University of Portland	INT-USA	Burnaby, BC	18/05/1985
	N	3:25.0	-	BC-VOCA	-	1960
	C	3:25.0	-	BC-VOCA	-	1960
YOUTH	O/N	3:27.2	-	BC-TMBC	Calgary, AB	15/08/1992

Distance Medley Relay

SENIOR O/N
JUNIOR O/N

100m

SENIOR	O/N	11.03	Philomena Mensah	75	CAN-COQC	Sierra Nevada, ESP	10.08.1999
JUNIOR	O	11.3	Caryl Smith		INT-USA	Richmond, BC	11.07.1987
	N	11.30(h)	Patty Loverock	53	BC-VOCA	Richmond, BC	25.06.1971
YOUTH	O/N	11.66	Krysha Bayley	84	BC-COQC	Edmonton, AB	22.06.2001
MIDGET	O/N	11.85	Shai Davis	93	BC-KJAK	Sherbrooke, QC	09.08.2008

200m

SENIOR	O	22.35	Merlene Ottey-Paige	60	INT-JAM	Burnaby, BC	16.07.1984
	N	22.6	Patty Loverock		BC-VOCA	Quebec City, QC	10.08.1976
JUNIOR	O/N	23.3	Stephanie Berto		BC-VOCA	Winnipeg, MB	22.08.1971
YOUTH	O/N	24:00	Krysha Bayley	84	BC-COQC	Burnaby, BC	08.07.2000
MIDGET	O/N	24.50	Krysha Bayley	84	BC-COQC	Burnaby, BC	04.07.1999

300m * New Event in 2010

MIDGET	O/N	39.90	Elisa Joyce	95	BC-UNAT	Langley, BC	7/25/2010
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400m

SENIOR	O	50.38	Catherine Freeman	-	INT-AUS	Victoria, BC	23.08.1994
	N	50.57	Charmaine Crooks	62	BC-KJAK	Montreal, QC	04.08.1990
JUNIOR	O/N	51.88	Camille Noel	74	BC-UCLA	Berkeley, CA	21.05.1993
YOUTH	O/N	53.11	Camille Noel	74	BC-LASR	Provo, UT	25.05.1991
MIDGET	O/N	54.79	Camille Noel	74	CAN-LASR	Santa Fe, ARG	23.06.1989

800m

SENIOR	O/N	1:58.39	Diane Cummins	74	BC-PACS	Rieti, ITA	02.09.2001
JUNIOR	O/N	2:05.19	Helen Crofts	91	BC-UNAT	Port of Spain, TRI	02.08.2009
YOUTH	O/N	2:06.46	Heather deGeest	77	BC-VRTC	Victoria, BC	04.06.1994
MIDGET	O/N	2:09.93	Malindi Elmore	80	BC-KTFC	Kelowna, BC	01.07.1995

1000m

SENIOR	O/N	2:34.14	Diane Cummins	74	BC-PACS	Rieti, ITA	09.02.2001
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1200m * New in 2010

MIDGET	O/N	3:36.07	Miryam Bassett	96	BC-OTFC	Ottawa, ON	07.08.2011
	O/N	3:37.40	Tanya Humeniuk	95	BC-UNAT	Langley, BC	07.25.2010

1500m

SENIOR	O/N	4:00.27	Lynn Williams	60	BC-VRTC	Brussels, BEL	30.08.1985
JUNIOR	O/N	4:15.40	Lori Durward	72	-	Montreal, QC	13.06.1991
YOUTH	O/N	4:18.7	Heather deGeest	77	BC-VRTC	Seattle, WA	07.07.1994
MIDGET	O/N	4:26.33	Malindi Elmore	80	BC-KTFC	Kelowna, BC	01.07.1995

Mile

SENIOR	O	4:22.30	Mary Decker Slaney	58	INT-USA	Burnaby, BC	18.06.1985
	N	4:23.28	Leah Pells	64	BC-UNAT	Zurich, SUI	17.08.1996
JUNIOR	O	4:34.99	Sharon Dalton	68	INT-AUS	Burnaby, BC	18.06.1985
	N	4:56.4	Brenda Batchelor	56	BC-KJAK	Portland, OR	09.06.1973
YOUTH	O/N	5:05.6	Cheryl Spowage	-	BC-KJAK	Nanimo, BC	02.08.1968

2000m *Midget added in 2010

SENIOR	O/N	5:39.90	Debbie Scott Bowker	58	BC-VRTC	Gateshead, GBR	05.08.1986
MIDGET	O/N	6:19.07	Tanya Humeniuk	95	BC-UNAT	Ottawa, ON	08.08.2010

3000m

SENIOR	O/N	8:32.17	Angela Chalmers	63	BC-VRTC	Victoria, BC	23.08.1994
JUNIOR	O/N	9:12.39	Brenda Shackleton	67	BC-KTFC	St. John, NB	16.08.1985
YOUTH	O/N	9:22.9	Tonya Todd	71	BC-ARTC	Richmond, BC	12.07.1987
MIDGET	O/N	9:42.8	Caroline Wallis	63	BC-MGEE	Burnaby, BC	28.04.1978

5000m

SENIOR	O/N	14:54.98	Courtney Babcock	72	BC-MTWT	Paris, FRA	30.08.2003
JUNIOR	O	15:52.08	Danette Doetzel	86	NL-SASK	Victoria, BC	10.06.2005
	N	16:45.6h	Margaret Butler	78	BC-KJAK	Palo Alto, CA	23.03.1997

10000m

SENIOR	O/N	31:44.74	Courtney Babcock	72	BC-MTWT	Palo Alto, CA	02.05.2003
Junior	O	35:33.5	Maria Del Carmen Diaz	-	INT-MEX	Richmond, BC	11.07.1987
	N	36:58.6	Frederique Schmidt	67	BC-KJAK	Burnaby, CA	26.06.1985

Marathon

SENIOR	O/N	2:34:43	Tina Connelly	70	BC-NIKE	Sacramento, CA	04.12.1999
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3000m SC

SENIOR	O/N	10:04.00	Chantelle Groenewoud	89	BC-UNAT	Des Moines, IA	09.06.2011
	O/N	10:09.29	Margaret Butler	78	BCKJAK	Montreal, QC	09.07.2002

2000m SC

JUNIOR	O/N	7:00.55	Merideth MacGregor	85	BC-VRTC	Saskatoon, SK	24.07.2004
YOUTH	O/N	7:07.15	Melissa Appelt	87	BC-SFTC	Saskatoon, SK	24.07.2004

2000m SC (0.762m) *New Event in 2010

YOUTH	O/N	6:59.50	Katelyn Hayward	94	BC-PATH	Victoria, BC	06.19.2010
MIDGET	O/N	7:26.72	Tanya Humeniuk	95	BC-UNAT	Surrey, BC	12.05.2011

1500m SC

YOUTH	O/N	5:03.71	Melissa Appelt	87	BC-SFTC	Burnaby, BC	04.06.2004
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1500m SC (no water jump) *New Event in 2010

MIDGET	O/N	4:51.41	Tanya Humeniuk	95	BC-UNAT	Langley, BC	07.25.2010
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80m Hurdles

YOUTH	O/N	11.4	Maureen Donaldson	58	BC-WCTC	Victoria, BC	22.06.1974
MIDGET	O/N	11.50	Michaela Colluney	72	BC-SFTC	Bellingham, WA	05.07.1986

100m Hurdles

SENIOR	O	12.60	Perdita Felicien	80	NTL-ONT	Victoria, BC	09.07.2004
	N	13.60	Ruky Abdulai	85	BC-VRTC	Daegu, KOR	29.08.2011
	N	13.67	Yvonne Mensah	85	BC-KJAK	Des Moines, IA	23.04.2004
JUNIOR	O/N	13.67	Yvonne Mensah	85	BC-KJAK	Des Moines IA	23.04.2004
YOUTH	O/N	14.19 (1.0)	Christable Nettey	91	BC-KJAK	Kelowna, BC	08.06.2008

100m Hurdles (30")

YOUTH	O/N	13.49 (1.2)	Christabel Nettey	91	CAN-KJAK	Ostrava, CZE	14.07.2007
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200m Hurdles

MIDGET	O/N	27.92	Michaela Colluney	72	BC-SFTC	Eugene, OR	19.07.1986
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200m Hurdles (0.762m) *New in 2010

MIDGET	O/N	27.88 (1.1)	Meghan Palesch	95	BC-OATF	Ottawa, ON	08.08.2010
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300m Hurdles (0.762m) *Youth New in 2010

MIDGET	O/N	42.9	Katherine Murphy	90	BC-PATH	Richmond, BC	11.06.2005
YOUTH	O/N	44.06	Jade Vaughan	93	BC-COQC	Kelowna, BC	07.04.2010

400m Hurdles

SENIOR	O	55.29	Rosey Edeh	66	NTL-QUE	Coquitlam, BC	31.07.1993
	N	56.12	Yvonne Mensah	85	BC-UNAT	Lawrence, KS	19.04.2008
	N	57.13	Terra Barter	73	BC-VRTC	Tuscon, AZ	14.07.1995
JUNIOR	O	57.56	Erica Peterson	73	NTL-ALB	Coquitlam, BC	15.08.1992
	N	59.22	Corri-Ann Campbell-Fell	87	BC-TBIR	Beijing, CHN	15.08.2006
YOUTH	O/N	60.54	Natalie Jackson	82	BC-VRTC	Burnaby, BC	02.07.1999

1500m Racewalk (Track)

YOUTH	O/N	6:28.60	Megan Huzzey	85	BC-VRTC	Sidney, BC	21.06.2002
MIDGET	O/N	7:49.87	Teagan Rasche	97	BC-COQC	Coquitlam, BC	17.07.2011
	O/N	7:53.20	Kaitlin Huzzey	87	BC-VRTC	Langley, BC	26.07.2002

3000m Racewalk (Track)

SENIOR	O/N	13:30.13	Karen Foan	79	BC-UBCU	Burnaby, BC	12.04.2003
JUNIOR	O	13:48.14	Gabrielle Blythe	69	INT-AUS	Richmond, BC	11.07.1987
	N	14:08.51	Megan Huzzey	85	BC-VTFC	Burnaby, BC	10.04.2004
YOUTH	O/N	15:41.22	Rachael Inglis	93	BC-UNAT	Victoria, BC	05.09.2010

5000m Racewalk (Track) *YOUTH New in 2010

SENIOR	O	22:41.9	Pascale Grand	67	NTL-QUE	Burnaby, BC	09.06.1990
	N	23:18.91	Nicola Evangelista	88	BC-WALK	Marion, IN	28.08.2011
		24:33.72	Karen Foan	79	BC-NTFC	Kitchener, ON	18.07.1998
JUNIOR	O/N	24:00.00	Megan Huzzey	85	BC-VTFC	Victoria, BC	29.02.2004
YOUTH	O/N	-	-	-	-	-	-

10000m Racewalk (Track)

SENIOR	O	45:17.0	Janice McCaffery	59	NTL-ONT	Victoria, BC	29.07.1994
	N	48:41.8	Karen Foan	79	BC-WALK	Seattle, BC	19.04.2003
JUNIOR	O/N	49:25.50	Megan Huzzey	85	BC-VTFC	Grosseto, ITA	16.07.2004

10000m Racewalk (Road)

SENIOR	BP	49:10.4	Karen Foan	79	BC-NTFC	Vancouver, BC	04.04.1999
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20km Racewalk (Track)

SENIOR	-	-	-	-	-	-	-
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20km Racewalk (Road)

SENIOR	BP	1:38.09	Karen Foan	79	CAN-WALK	Edmonton, AB	09.08.2001
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High Jump

SENIOR	O/N	1.98m	Debbie Brill	53	BC-VOCA	Rieti, ITA	02.09.1984
JUNIOR	O/N	1.85m	Debbie Brill	53	CAN-VOCA	Los Angeles, CA	02.08.1971
YOUTH	O/N	1.82m	Alyx Treasure	92	BC-PGTF	Burnaby, BC	30.05.2008
MIDGET	O/N	1.76m	Emily Sheppard	88	BC-NORW	Burnaby, BC	07.07.2003

Long Jump

SENIOR	O/N	6.74m(1.3)	Ruky Abdulai	85	BC-VRTC	Ponce, PUR	05.08.2010
JUNIOR	O/N	6.38m	Krysha Bayley	84	BC-COQC	Athens GA	29.03.2003
YOUTH	O/N	6.27m	Krysha Bayley	84	CAN-COQC	Ottawa, ON	21.07.2001
MIDGET	O/N	6.17m	Sabrina Nettey	90	BC-SFTC	Walnut CA	16.04.2005

Triple Jump

SENIOR	O	13.32m	Althea Williams		NTL-ONT	Victoria, BC	11.07.2004
	N	13.11m	Yvonne Mensah	85	BC-UILL	Sacramento, CA	08.06.2007
JUNIOR	O/N	12.35m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005
YOUTH	O/N	12.35m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005
MIDGET	O/N	12.35m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005

Pole Vault

SENIOR	O/N	4.45m	Carly Dockendorf	83	BC-UNAT	Seattle, WA	07.10.2010
JUNIOR	O/N	3.80m	Stacey Irvine	89	BC-5450	Burnaby, BC	01.06.2007
YOUTH	O/N	3.80m	Stacey Irvine	89	BC-5450	Abbotsford, BC	16.07.2000
MIDGET	O/N	3.15m	Shawni Hayhurst	93	BC-5450	Burnaby, BC	30.05.2008
	O/N	3.15m	Karlynn Underdahl	81	BC-VTFC	Kamloops, BC	10.07.1996

Shot Put

SENIOR	O	17.43m	Pam Dukes	-	INT-USA	Burnaby, BC	31.05.1992
	N	16.34m	Nona Abashidze	55	BC-KJAK	Kelowna, BC	29.06.1996
JUNIOR	O	14.92m	Lisa-Marie Vizaniari	71	INT-AUS	Burnaby, BC	04.07.1987
	N	14.66m	Joan Pavelich	53	BC-VOCA	Berkeley, CA	01.07.1971
YOUTH	O/N	14.32m	Kelly Anne Kempf	70	BC-LANG	Regina, SK	15.08.1987
MIDGET (6 lbs)	O/N	15.22m	Nicole Munro	69	BC-Z6TC	Burnaby, BC	20.07.1984
MIDGET (3.00K)	O/N	13.46m	Emma McQuorquodale	90	BC-UNAT	Duncan, BC	06.11.2005

Discus

SENIOR	O	58.32m	Pam Dukes	-	INT-USA	Burnaby, USA	31.05.1992
	N	56.44m	Novelle Murray	84	BC-KJAK	Fresno, CA	12.05.2007
JUNIOR	O/N	51.70M	Joan Pavelich	53	BC-VOCA	Walnut, CA	25.04.1971
YOUTH	O/N	48.24m	Joan Pavelich	53	BC-KJAK	East York, ON	01.07.1969
MIDGET	O/N	42.88m	Joan Pavelich	53	BC-KJAK	Yakima, WA	13.07.1968

Old Javelin

SENIOR	O/N	57.44m	Laurie Kern	57	BC-KJAK	Philadelphia, PA	17.07.1980
JUNIOR	O/N	54.92m	Alison Hayward	58	CAN-VOCA	Mexico	11.08.1977
YOUTH	O/N	49.18m	Laurie Kern	57	BC-KJAK	Burnaby, BC	12.08.1973
MIDGET	O/N	41.66m	Laurie Kern	57	BC-KJAK	Victoria, BC	18.09.1970

New Javelin *Rule Beginning 1/1/1999

SENIOR	O/N	58.64m	Krista Woodward	84	BC-KJAK	Walnut, CA	15.04.2011
	O/N	58.21m	Elizabeth Gleadle	89	BC-TBIR	Belgrade, SRB	01.09.2009
JUNIOR	O/N	52.36m	Elizabeth Gleadle	88	BC-TBIR	Walnut, CA	13.04.2007
YOUTH	O/N	50.53m	Elizabeth Gleadle	88	BC-TBIR	Marrakech, MOR	17.07.2005
MIDGET	O/N	41.91m	Nicole Fraser	90	BC-COQC	Kelowna, BC	07.01.2005

Hammer

SENIOR (4.00K)	O	70.36m	Erin Gilreath	80	INT-USA	Burnaby, BC	01.07.2004
	N	70.35m	Jennifer Joyce	80	BC-KJAK	Madrid ESP	04.07.2009
JUNIOR (4.00K)	O/N	58.84m	Jennifer Joyce	80	BC-UCAL	Phoenix, AZ	21.05.1999
YOUTH (4.00K)	O/N	56.15m	Rochelle Kokayko	87	BC-KTFC	Sudbury, ON	08.08.2004
MIDGET (4.00K)	O/N	51.71m	Emma MacCorquodale	90	BC-UNAT	Burnaby, BC	06.03.2005
MIDGET (4.00K)	O/N	55.69m	Asianna Covington	95	BC-KJAK	Langley, BC	7/25/2010

* 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.

FEMALE Combined Events

**BC Athletics
Track and Field Records**

Updated as of 29/11/2011

Heptathlon (Old) *Prior to 04/01/1985 - Old Javelin - prior to 1986

EVENTS						100mH	HJ	SP	200m	LJ	JT	800m
SENIOR	O/N	5751	Connie Polman-Tuin	63		13.9 (-3.55)	1.67m	13.19m	24.6	5.85m	35.38m	2:25.0
JUNIOR	O/N	5433	Connie Polman-Tuin	63		14.54	1.62m	12.66m	25.09	5.61m	34.26m	2:27.9
YOUTH	O/N	5162	Allison Eades	65		14.9	1.58m	10.91m	25.5	5.04m	33.72m	2:20.2

BC-PRTF Oceanside, BC 08.22-23.1983

BC-PRTF Winnipeg, MB 11.06-07.1981

CAN-VOCA London, GBR 06.05-06.1982

Heptathlon (New) *New Javelin Rule Begin 01/01/1999 - Tables do not Change

EVENTS						100mH	HJ	SP	200m	LJ	JT	800m
SENIOR	O	6325	Denise Lewis	72		-	-	-	-	-	-	-
	N	6212	Ruky Abdulai	85		13.60 (+1.6)	1.80m	11.72m	24.50 (-1.2)	6.30m (+0.7)	46.35m	2:15.29
	N	5862	Connie Polman-Tuin	63		-	-	-	-	-	-	-
JUNIOR	O/N	5269	Angela Anoliefoh	82		15.34	1.74m	10.78m	25.21	5.68m	30.66m	2:16.07
YOUTH	O/N	5043	Georgia Ellenwood	95		14.52 (0.4)	1.67m	9.14m	25.58 (0.2)	5.53m (0.8)	34.15m	2:25.67
YOUTH	O/N	5015	Kelly Ann Kempf	70		-	-	-	-	-	-	-
MIDGET	O/N	5015	Kelly Ann Kempf	70		-	-	-	-	-	-	-

INT-GBR Victoria, BC 08.22-23.1994

CAN-VRTC Daegu, KOR 08.29-30.2011

BC-PRTF Indianapolis, IN 08.09-10.1987

BC-VRTC Bloomingdale, IN 05.18-19.2001

BC-LANG Ottawa, ON 08.05-06.2011

BC- - 1985

BC- - 1985

Pentathlon *New Event 2010

EVENTS					80mH	HJ	SP	LJ	800m
MIDGET	O/N	3246	Meghan Palesch		11.52 (0.6)	6.58m (-0.7)	13.88m	1.88m	49.35

BC-OATF Langley, BC 07.24.2010

FEMALE Relay Records

BC Athletics Track and Field Records

Updated as of 29/11/2011

4 x 100m

SENIOR	O	44.75	K.Johnson (63) - J.Fleming (65) - M.Chapman (63) - J.Flaherty (60)	INT-AUS	Burnaby, BC	18/06/1985
	N	45.3	I. Piotrowsk - P. May - G. Turney - S. Berto	BC-TMBC	Palermo, ITA	03/09/1971
	C	45.9	R. Jerome - D. McKinnon - J. Sparling - K. Beatch	BC-VOCA	Victoria, BC	07/07/1973
JUNIOR	O	44.88	K. Anderson - A. Thomas - C. Taffe - F. Gareau	CAN-BC	Burnaby, BC	26/07/1985
	N	46.9	R. Jerome - K. Beatch - J. Sparling - J. Pelland	BC-TMBC	Winnipeg, MB	21/08/1971
	C	47.3	J. Sadowick - E. Smith - D. McKinnon - L. Wilson	BC-SFUU	Victoria, BC	07/06/1970
YOUTH	O/N	47.12	Y Mensah (85) - C. Borowsky (86) - C Hewitt (85) - J. Rogers (85)	BC-TMBC	Sherbrooke, QC	18/08/2002
	C	49.1	C. Palmgren (56) - G. Gummer(58) - J. Turner(56) - C. Druce(57)	BC-VTFC	Calgary, AB	04/07/1971
MIDGET	O/N	48.29	J. Vaughn - K. Reid - H. Stewart - S. Davis	BC-TMBC	Sherbrooke, QC	10/08/2009
	C	50.7	J. Turner(56) - C. Druce(57) - C. Palmgren(56) - G. Gummer(58)	BC-VTFC	Victoria, BC	20/06/1970

4 x 200m

SENIOR	O/N/C	1:39.0	-	BC-VOCA	Burnaby, BC	05/06/1978
JUNIOR	O	1:40.7	-	-	-	-
	N/C	1:41.5	S. Berto - D. McKinnon - K. Beatch - J. Sadowick	BC-SFUU	-	1973
YOUTH	O	1:41.5	-	-	-	-
	N/C	1:41.6	A. McLaughlin - M. Robb - S. Berto - T. Fynn	BC-VOCA	-	26/05/1965
MIDGET	O/N	1:45.0	-	-	-	-

4 x 400m

SENIOR	O/N/C	3:32.11	-	Valley Royals	Burnaby, BC	30/06/1985
JUNIOR	O	3:36.03	S. Brydon - K. Berge - L. Maxie - S. Saleem	INT-USA	Burnaby, BC	27/07/1985
	N	3:41.41	D.Delage (93) - C.Atkin (93) - D.Wiebe (93) - K. Reid (93)	BC-TMBC	Kamloops, BC	09/08/2011
	N	3:46.5	C. McCarthy(59) - S. Vandenbos(60) - J. Tobacco(61) - D. Campbell(58)	-	St. Johns NF	12/08/1977
	C	4:00.9	D. Bower (68) - P. Wallace (65) - D. Fejfar (66) - C. Wagner (67)	BC-SFTC	Burnaby, BC	18/07/1982
YOUTH	O/N	3:53.17	M.Upuu (82) - N.Jackson (82) - N.Fedoruk (82) - A.Anoliefoh (82)	BC-TMBC	Sudbury, ON	14/08/1999
	C	4:00.9	D.Bower(68) - P.Wallace (65) - D.Fejfar (66) - C.Wagner(67)	BC-SFTC	Burnaby, BC	18/07/1982
MIDGET	O/N	4:01.9	J.Melhado (69) - S. Kring (69) - J.Swan(70) - A.Krempf (70)	BC-ZNE3	Burnaby, BC	22/07/1984
	C	4:06.72	-	BC-VRTC	Abbotsford, BC	11/06/1988

4 x 800m

SENIOR	O/N/C	8:41.7	T.Wellman (64) - C.McCarthy (59) - R.Meagher(67) - D. Bowker (58)	BC-UVIC	Richmond, BC	14/05/1988
JUNIOR	O/N/C	9:14.2	-	BC-KJAK	-	15/03/1975
YOUTH	O/N/C	9:38.5	K.Sheridan (62) - B.Otto (61) - C.Grant (63) - S. Boothroyd (61)	BC-NORW	Surrey, BC	12/06/1975
MIDGET	O/N	9:16.8	-	-	-	-

4 x 1500m

SENIOR	O/N/C	18:24.8	T.Wellman (64) - C.McCarthy (59) - R.Meagher (67) - D.Bowker (58)	BC-UVIC	Richmond, BC	14/05/1988
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Sprint Medley Relay

SENIOR	O	3:24.08	-	-	-	-
	N/C	3:25.0	-	-	-	-
YOUTH	O/N	4:08.90	-	BC-TMBC	Calgary, AB	15/08/1992

Distance Medley Relay

SENIOR	O/N	-	-
JUNIOR	O/N	-	-

-	-	-
-	-	-