

MENS INDOOR TRACK + FIELD RECORDS | U16-OPEN

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TRACK EVENTS

50M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6.49	JAKE HANNA	97		OATF	Richmond, BC	03.10.12
	U18	6.18	ADEYEMI TAYLOR-LEWIS	96		COQC	Richmond, BC	02.02.13
	U20	6.16	BRENNAN GADEMANS	93		LANG	Richmond, BC	03.12.11
	U23	5.67	ROBERT ESMIE	72		SFTC	Los Angeles, CA	02.19.94
	OPEN	5.67	ROBERT ESMIE	72		SFTC	Los Angeles, CA	02.19.94
60M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6.94	SPENCER GIBBS	05		TBIR	Toronto, ON	02.22.20
	U18	6.93	TASON TRAN	08		UNBC	Kamloops, BC	03.08.25
	U20	6.74	WILL FLOYD	04		UNBC	Spokane, WA	03.04.23
	U23	6.72	NICHOLAS TAYLOR	96		UNBC	Provo, UT	01.09.16
	OPEN	6.54	ROBERT ESMIE	72		SFTC	Paris, FRA	03.07.97
200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	23.24	PISHON HAUGHTON	06		OACS	Kamloops, BC	12.11.21
	U18	22.76	MASSIMO ARDIZZONI	07		TBIR	Edmonton, AB	03.03.24
	U20	20.80	WILL FLOYD	04		UNBC	Spokane, WA	03.04.23
	U23	20.80	WILL FLOYD	04		UNBC	Spokane, WA	03.04.23
	OPEN	20.80	WILL FLOYD	04		UNBC	Spokane, WA	03.04.23
300M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	36.10	BENJAMIN SMITH	08		TBIR	Windsor, ON	02.25.23
400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	53.92	ZACHARY KENNEDY	06		KJAK	Boston, MA	02.15.20
	U18	50.67	HODSON HARDING	94		COQC	Richmond, BC	03.12.11
	U20	47.64	QUINN LITHERLAND	99		UNBC	Boston, MA	03.04.18
	U23	45.24	WILL FLOYD	04		UNBC	College Station, TX	03.01.25
	OPEN	45.24	WILL FLOYD	04		UNBC	College Station, TX	03.01.25
600M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1:26.52	CAIDEN LEE	05		OATF	Richmond, BC	02.01.20
	U18	1:24.66	NICHOLAS ARON	02		CTC1	Richmond, BC	02.02.19
	U20	1:20.69	TAYLOR LYMAN	98		PIHR	New York, NY	01.23.16
	U23	1:16.83	MATTI ERICKSON	03		KCTC	Indianapolis, IN	03.01.25
	OPEN	1:16.83	MATTI ERICKSON	03		KCTC	Indianapolis, IN	03.01.25
800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	2:04.02	OWEN PINTO	03		OATF	Montreal, QC	02.10.28
	U18	1:58.57	JACOB ANDERSON	06		VOCA	Boston, MA	12.03.22
	U20	1:49.96	MATTI ERICKSON	03		KCTC	Chicago, IL	02.12.22
	U23	1:46.11	MATTI ERICKSON	03		KCTC	Viginia Beach, VA	03.15.25
	OPEN	1:46.11	MATTI ERICKSON	03		KCTC	Viginia Beach, VA	03.15.25
1000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	2:51.55	ROBERTO PELAYO-MAZZONE	99		TBIR	Richmond, BC	02.01.14
	U18	2:45.15	JACK COOPER	99		PIHR	New York, NY	01.23.16
	U20	2:25.97	KEFFRI NEAL	93		KJAK	Bloominton, IN	12.08.12
	U23	2:20.66	MATTI ERICKSON	03		KCTC	Lincoln, NE	01.18.25
	OPEN	2:20.66	MATTI ERICKSON	03		KCTC	Lincoln, NE	01.18.25

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1200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3:20.13	CAIDEN LEE	05		OATF	Richmond, BC	02.01.20
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4:33.74	MICHAEL MILIC	98		OATF	Richmond, BC	02.02.13
	U18	4:03.63	THOMAS NOBBS	99		VOCA	Kamloops, BC	02.14.16
	U20	3:58.18	DANIEL DAMIAN	03		VETC	Winnipeg, MB	03.19.22
	U23	3:46.34	RYAN HAYDEN	82		UNBC	Haverford, PA	01.20.02
	OPEN	3:35.80	KIERAN LUMB	98		TBIR	Boston, MA	02.21.25
MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4:43.66	RILEY SIMMONDS	08		VRTC	Seattle, WA	02.12.23
	U18	4:14.50	RILEY SIMMONDS	08		VRTC	Seattle, WA	01.18.25
	U20	4:00.30	RYAN HAYDEN	82		UNBC	Fayetteville, AR	02.10.01
	U23	3:58.99	KEFFRI NEAL	93		UNBC	Fayetteville, AR	03.14.15
	OPEN	3:52.39	KIERAN LUMB	98		TBIR	Boston, MA	02.21.25
2000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6:21.58	DYLAN URICH	02		TBIR	Kamloops, BC	04.02.17
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	10:17.08	JAIVEER TIWANA	02		CTC1	Kamloops, BC	02.19.17
	U18	8:41.04	THOMAS NOBBS	99		VOCA	Kamloops, BC	02.14.16
	U20	8:25.65	DANIEL DAMIAN	03		VETC	Winnipeg, MB	03.19.22
	U23	7:45.50	KIERAN LUMB	98		UBCT	Boston, MA	02.15.20
	OPEN	7:38.39	KIERAN LUMB	98		TBIR	Boston, MA	12.02.23
5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	14:18.92	TYLER DOZZI	99		UBCT	Boston, MA	12.01.18
	U23	13:54.44	KIERAN LUMB	98		UBCT	Boston, MA	12.07.19
	OPEN	13:16.59	KIERAN LUMB	98		TBIR	Boston, MA	01.27.24
60H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.84m 8.60	TYLER HVIDSTON	09		PETF	Kamloops, BC	12.14.24
	U18	0.91m 8.07	ANASTAS ELIOPOULOS	99		VOCA	Kamloops, BC	02.14.16
	U20	0.99m 8.01	CARTER BIRADE	03		UNBC	Chicago, IL	02.19.22
	U23	1.07m 8.00	CARTER BIRADE	03		UNBC	Albuquerque, NM	01.20.24
	OPEN	1.07m 7.88	JACKSON CHEUNG	96		UNBC	Seattle, WA	01.27.24
1500RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	7:44.31	TYLER WILSON	02		OATF	Richmond, BC	02.04.17
5000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	OPEN	19:23.44	EVAN DUNFEE	90		WALK	Montreal, QC	02.21.15
4 x 200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
		Researching...						
4 x 400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
		Researching...						
4 x 800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
		Researching...						

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JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6.01	TYSON CARR	05		OACS	Kamloops, BC	03.01.20
	U18	6.63	ANDREW DE VISSER	96		TBIR	Seattle, WA	02.10.13
	U20	7.39	AIDAN TURNER	92		VRTC	Colorado Springs, CO	01.20.24
	U23	7.56	NATHANIEL PARIS	04		UNBC	Louisville, KY	03.03.25
	OPEN	7.56	NATHANIEL PARIS	04		UNBC	Louisville, KY	03.03.25

TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	12.52	DIVINE ANIAMAKA	05		TBIR	Seattle, WA	02.22.20
	U18	15.00	PRAISE ANIAMAKA	03		TBIR	Seattle, WA	02.22.20
	U20	15.89	PRAISE ANIAMAKA	03		TBIR	Lexington, KY	01.26.22
	U23	16.50	DIVINE ANIAMAKA	05		TBIR	Milwaukee, WI	02.22.25
	OPEN	16.50	DIVINE ANIAMAKA	05		TBIR	Milwaukee, WI	02.22.25

HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1.80	WALKER BROWN	08		OACS	Kamloops, BC	12.16.23
	U18	2.06	AIDEN GROUT	02		LANG	Seattle WA	02.16.19
	U20	2.13	AIDEN GROUT	02		LANG	Bolton, ON	03.27.21
	U23	2.30	MICHAEL MASON	86		VRTC	Seattle WA	01.19.08
	OPEN	2.31	MICHAEL MASON	86		VRTC	New York, NY	02.14.15

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4.11	TYLER HVIDSTON	09		PETF	Saskatoon, SK	12.07.24
	U18	4.42	JASON CLARE	98		NTFC	Victoria, BC	03.26.15
	U20	4.61	AIDAN TURNER	05		KJAK	Spokane, WA	02.26.24
	U23	5.00	DAVID MCKAY	92		UNBC	Toronto, ON	02.25.12
	OPEN	5.38	ROBERT PIKE	70		LANG	Pocatello, ID	02.01.97

THROWING EVENTS

SHOT PUT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4.00K	17.31	GURSHER GABRI	09	UNBC	Kamloops, BC	03.09.24
	U18	5.00K	15.85	JARRETT CHONG	01	SOSA	Richmond, BC	02.03.18
	U20	6.00K	14.99	JARRETT CHONG	01	SOSA	Richmond, BC	02.02.19
	U23	7.26K	18.56	DYLAN ARMSTRONG	81	KAML	Seattle, WA	02.14.04
	OPEN	7.26K	21.39	DYLAN ARMSTRONG	81	KAML	Doha, QAT	03.13.10

WEIGHT THROW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	7.26K	21.84	KIAN ZABIHI	05	KAML	Kamloops, BC	12.19.20
	U18	9.07K	22.74	MICHAEL OGBEWI	04	SOSA	Kamloops, BC	11.30.21
	U20	11.34K	26.14	ETHAN KATZBERG	02	KAML	Kamloops, BC	11.29.21
	U23	15.88K	24.17	JEREMIAH NUBBE	03	KAML	Virginia Beach, VA	03.14.25
	OPEN	15.88K	24.17	JEREMIAH NUBBE	03	KAML	Virginia Beach, VA	03.14.25

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COMBINED EVENTS

PENTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	N/A	VACANT (researching...)					
	U18	3225	ANEEL GILLAN (8.66 - 823 / 13.61m - 704 / 1.67m - 520 / 5.78m / 540 / 3:02.68 - 638)	02		OATF	Montreal, QC	03.16.19
	U20	3493	ROSTAM TURNER (88.68 - 818 / 12.89m - 661 - 1.69m - 536 / 6.36m - 666 / 2:45.66 - 812)	95		OACS	Toronto, ON	02.22.14
	U23	4090	JAMES TURNER (8.26 - 917 / 14.22m - 742 / 2.00m - 803 / 6.93 m - 797 / 2:43.84 - 831)	93		OACS	Toronto, ON	02.28.15
	OPEN	4090	JAMES TURNER (8.26 - 917 / 14.22m - 742 / 2.00m - 803 / 6.93 m - 797 / 2:43.84 - 831)	93		OACS	Toronto, ON	02.28.15
HEPTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	5092	AIDAN TURNER (7.01 - 879 / 6.98m - 809 / 11.89m - 600 / 1.88m - 696 / 8.60 - 836 / 4.61m - 793 / 3:20.28 - 479)	05		KJAK	Spokane, WA	02.26.24
	U23	5858	NATHANIEL PARIS (6.88 - 925 / 7.50m - 935 / 12.70m - 649 / 2.06m - 859 / 8.19 - 935 / 4.47m - 751 / 2:46.32 - 804)	04		UNBC	Blacksburg, VA	02.08.25
	OPEN	5858	NATHANIEL PARIS (6.88 - 925 / 7.50m - 935 / 12.70m - 649 / 2.06m - 859 / 8.19 - 935 / 4.47m - 751 / 2:46.32 - 804)	04		UNBC	Blacksburg, VA	02.08.25

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TRACK EVENTS

60M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	7.20	BRIAN CARNATE	77	38	GREY	Richmond, BC	02.06.16
	M40	7.18	BRIAN CARNATE	77	41	GREY	Richmond, BC	02.02.19
	M45	7.38	BRIAN CARNATE	77	45	GREY	Toronto, ON	02.26.23
	M50	7.37	HAROLD MORIOKA	43	50	GREY	Bozeman, MT	03.20.93
	M55	7.62	TOM DICKSON	53	56	VRTC	Seattle, WA	01.18.10
	M60	7.80 T	HAROLD MORIOKA	43	60	GREY	Boston, MA	03.28.03
	M60	7.80 T	TOM DICKSON	53	60	VRTC	Budapest, HUN	03.30.14
	M65	8.12	TOM DICKSON	53	65	GREY	Seattle, WA	01.26.19
	M70	8.71	HAROLD MORIOKA	43	70	GREY	Richmond, BC	02.02.13
	M75	9.17	TOM UKONMAANAHO	44	75	PGTF	Kamloops, BC	02.29.20
	M80	9.90	NORM LESAGE	29	82	GREY	Kamloops, BC	02.18.12
	M85	10.68	NORM LESAGE	29	85	GREY	Richmond, BC	02.07.15
	M90	13.35	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	02.16.13
200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	24.03	JIMSON LEE	63	35	UNBC	Boston, MA	03.28.99
	M40	23.68	MARVIN JOHNSON	74	43	GREY	Kamloops, BC	11.03.18
	M45	23.82	HAROLD MORIOKA	43	47	GREY	Madison, WI	03.24.90
	M50	23.3h	HAROLD MORIOKA	43	50	GREY	Moscow, ID	02.13.93
	M50	23.76	HAROLD MORIOKA	43	50	GREY	Bozeman, MT	03.21.93
	M55	24.94	HAROLD MORIOKA	43	56	GREY	Boston, MA	03.28.99
	M60	25.09#	HAROLD MORIOKA	43	60	GREY	Seattle, WA	02.15.03
	M60	25.98	TOM DICKSON	53	60	VRTC	Budapest, HUN	03.28.14
	M65	28.39#	HERB GEE	41	65	UNBC	Seattle, WA	02.11.06
	M65	28.49	TOM UKONMAANAHO	44	69	PGTF	Kamloops, BC	02.16.14
	M70	29.50	TOM UKONMAANAHO	44	72	PGTF	Kamloops, BC	02.02.17
	M75	30.72	TOM UKONMAANAHO	44	75	PGTF	Kamloops, BC	03.01.20
	M80	33.82	NORM LESAGE	29	81	GREY	Kamloops, BC	03.19.11
	M85	38.60	KARL MEY	36	86	GREY	Torun, POL	03.31.23
	M90	48.38	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	02.17.13
400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	53.18	JIMSON LEE	63	35	UNBC	Boston, MA	03.27.99
	M40	50.16	NATHAN VADEBONCOEUR	84	40	UNBC	Winnipeg, MB	01.03.25
	M45	51.8h	HAROLD MORIOKA	43	46	GREY	Moscow, ID	02.18.89
	M45	52.42	HAROLD MORIOKA	43	48	GREY	Blaine, MN	03.23.91
	M50	52.2h	HAROLD MORIOKA	43	50	GREY	Moscow, ID	02.13.93
	M50	52.72	HAROLD MORIOKA	43	52	GREY	Reno, NV	02.25.95
	M55	54.36	HAROLD MORIOKA	43	56	GREY	Boston, MA	03.27.99
	M60	54.56#	HAROLD MORIOKA	43	60	GREY	Seattle, WA	02.15.03
	M60	55.62	HAROLD MORIOKA	43	60	GREY	Boston, MA	03.29.03
	M65	1:04.04	TONY BADOWSKI	42	65	UNBC	Kamloops, BC	02.16.08
	M70	1:09.29	ANDY AADMI	35	74	UNBC	Kamloops, BC	06.03.10
	M75	1:12.52	NORM LESAGE	29	75	GREY	Boise, ID	12.03.05
	M80	1:22.73	MARK STEWART	44	80	GREY	Kamloops, BC	08.03.25
	M85	1:37.76	KARL MEY	36	85	GREY	Kamloops, BC	04.02.22
	M90	2:03.84	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	02.16.13
800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	1:57.76	MATTHEW WINKLER	88	35	UNBC	Boston, MA	02.12.23
	M40	1:59.68#	WARREN MCCULLOCH	66	41	GREY	Seattle, WA	03.08.08

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800M (cont')	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M40	2:02.44	AARON HOLMGREN	82	41	PTFC	Montreal, QC	02.18.24
	M45	2:03.17	ERIK HURLEN	78	45	AVIC	Louisville, KY	12.03.23
	M50	2:08.58	CRAIG MACLEAN	71	53	UNBC	Gainesville, FL	03.24.25
	M55	2:11.71	HAROLD MORIOKA	43	56	GREY	Boston, MA	03.28.99
	M60	T2:14.42	HAROLD MORIOKA	43	60	GREY	Boston, MA	03.30.03
	M60	T2:14.42	MARK PINCKARD	60	61	OATF	New York, NY	03.20.22
	M65	2:47.10	FRED PAWLUK	47	66	KJAK	Kamloops, BC	02.16.14
	M70	2:48.97	MARK STEWART	44	71	GREY	Richmond, BC	12.03.16
	M75	2:56.97	MARK STEWART	44	75	GREY	Kamloops, BC	01.03.20
	M80	3:17.06	MARK STEWART	44	80	GREY	Kamloops, BC	08.03.25
	M85	4:10.23	HARRY THOMPSON	22	87	UNBC	Kamloops, BC	03.03.10
	M90	5:04.61	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	02.17.13
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	4:14.43	MATTHEW WINKLER	88	36	UNBC	Gainesville, FL	03.29.25
	M40	4:20.20	AARON HOLMGREN	82	40	PTFC	Richmond, BC	02.04.23
	M45	4:20.71	DAVID BEARDSSELL	63	47	UNBC	Kamloops, BC	06.03.10
	M50	4:14.98	CRAIG MACLEAN	71	53	UNBC	Gainesville, FL	03.29.25
	M55	4:39.78	PAUL REIMER	55	55	UNBC	Kamloops, BC	03.06.10
	M60	4:38.94	MARK PINCKARD	60	62	OATF	Torun, POL	01.04.23
	M65	5:51.17	FRED PAWLUK	47	66	KJAK	Kamloops, BC	02.15.14
	M70	5:56.34	MARK STEWART	44	71	GREY	Kamloops, BC	02.13.16
	M75	6:26.11	MARK STEWART	44	75	GREY	Kamloops, BC	02.29.20
	M80	7:26.94	PAT HARTON	41	82	UNBC	Kamloops, BC	09.03.24
	M85	8:35.48	DONALD CURRIE	34	86	UNBC	Kamloops, BC	02.29.20
	M90	10:33.10	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	02.16.13
MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	4:28.08	MATTHEW WINKLER	88	35	UNBC	Boston, MA	02.12.23
	M40	4:26.5 (h)	BARRY ADAMS	42	41	UNBC	Portland, OR	02.19.83
	M45	4:34.6 (h)	DON TRETHEWEY	37	46	UNBC	Portland, OR	02.19.83
	M50	4:36.61	CRAIG MACLEAN	71	52	UNBC	Chicago, IL	03.23.24
	M60	5:05.21	MARK PINCKARD	60	61	OATF	New York, NY	03.20.22
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	8:06.76	GRAEME FELL	59	35	KJAK	Hamilton, ON	01.13.95
	M40	9:38.17	MARK SHERMAN	69	41	UNBC	Kamloops, BC	03.03.10
	M45	9:45.48	RICHARD BREWSTER	65	45	UNBC	Kamloops, BC	03.04.10
	M50	9:16.10	CRAIG MACLEAN	71	53	UNBC	Gainesville, FL	03.25.25
	M55	10:08.06	PAUL REIMER	55	56	UNBC	Kamloops, BC	03.19.11
	M60	10:39.07	DAVID GUSS	60	64	KRCC	Kamloops, BC	03.07.25
	M65	12:57.58	DAVID OLSEN	55	66	UNBC	Kamloops, BC	03.08.24
	M70	12:43.22	MARK STEWART	44	71	GREY	Kamloops, BC	12.02.16
	M75	13:32.90	MARK STEWART	44	75	GREY	Kamloops, BC	02.28.20
	M80	14:58.76	PAT HARTON	41	81	UNBC	Kamloops, BC	02.24.23
	M85	20:15.9	LES LEYLAND	17	85	UNBC	Toronto, ON	03.08.03
	M90	24:53.52	HARRY THOMPSON	22	91	UNBC	Kamloops, BC	02.16.14
4 x 200M	AGE	RECORD	TEAM			CLUB	LOCATION	DATE
	M35	1:42.86	BRIAN CARNATE (39), JAY GUZMAN (42) LUKE WANG (44), MARVIN JOHNSON (42)			GREY	Richmond, BC	02.04.17
	M40	1:43.97	WILL HARROWER (40), SAM WALKER (40) RANDY SHELDON (40), PAUL TSHINYAMA (41)			UNBC	Kamloops, BC	02.18.12

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4 x 200M (cont'd)	AGE	RECORD	TEAM	CLUB	LOCATION	DATE			
	M45	1:47.31	FARAAZ TAIYAB(45), RANDY SHELDON(47) SAM WALKER(47), MARVIN JOHNSON(45)	UNBC	Kamloops, BC	03.31.19			
	M50	1:57.84	JESS AUJLA (54), STEVE LAW (57) MARK PHILLIPS (54), ROB SMITH (51)	UNBC	Kamloops, BC	03.31.19			
	M55	1:54.39	JORGE WOODS (59), BRENT DAVY (62) STEVE LAW (56), DAVID WALL (62)	UNBC	Kamloops, BC	03.11.18			
	M60	1:53.37	BRUNO GARTNER (60), ROY TURKINGTON (61) KEN CROCKETT (60), AL PERCIVAL (61)	UNBC	Kamloops, BC	04.03.13			
	M65	1:58.03	TOM UKONMAANAHO (68), JOHN WINFIELD (66) HAROLD MORIOKA (70), SEWA BIRRING (67)	UNBC	Kamloops, BC	04.03.13			
	M70	2:08.88	MARK STEWART (72), JOHN WINFIELD (70) FRANCISCO MACHADO (71), TOM UKONMAANAHO (72)	UNBC	Kamloops, BC	04.02.17			
	M75	2:19.66	TOM UKONMAANAHO (75), ARTHUR GEE (76) SURINDER SHAH (76), MARK STEWART (75)	UNBC	Kamloops, BC	03.01.20			
	M80	2:53.37	LARRY CHARLES (82), PHIL LEFEBURE (80) LES ROBSON (84), NORM LESAGE (82)	UNBC	Kamloops, BC	02.18.12			
4 x 400M	AGE	RECORD	TEAM	CLUB	LOCATION	DATE			
	M35	4:12.48	WILL HARROWER (39), LEN VAN RYSWYK (47) CHARLES OAMEN (36), SAM WALKER (39)	UNBC	Kamloops, BC	03.20.11			
	M40	4:22.09	LUKE WANG (49), JESSE TOCK (42) WILL HARROWER (50), MARVIN JOHNSON (47)	UNBC	Edmonton, AB	02.26.22			
	M45	5:05.38	MARK PHILLIPS (49), GORDON FLETT (54) HARJINDER KANG (60), STEVE BRIGGEMAN (55)	UNBC	Kamloops, BC	02.14.15			
	M55	4:48.55	JORGE WOODS (57), STEVE BRIGGEMAN (56) DAVID DICKEY (62), CAL WARREN (56)	UNBC	Kamloops, BC	02.13.16			
	M60	4:13.30	TONY BADOWSKI (65), JOHN WINFIELD (61) SEWA BIRRING (62), HAROLD MORIOKA (65)	UNBC	Kamloops, BC	03.11.08			
	M65	4:46.66	HARDEV SANDHU (65), FRED PAWLUK (66) HAROLD MORIOKA (71), SEWA BIRRING (68)	UNBC	Kamloops, BC	02.15.14			
	M70	5:12.10	SURINDER SHAH (71), BILL MCNAMARA (73) TOM UKONMAANAHO (70), MARK STEWART (70)	UNBC	Kamloops, BC	02.14.15			
	M75	5:24.52	MARK STEWART (77), TOM UKONMAANAHO (77) BARRIE DARGIE (77), PIARA BHULLAR (75)	UNBC	Kamloops, BC	02.26.22			
4 X 800M	AGE	RECORD	TEAM	CLUB	LOCATION	DATE			
	M35	8:34.01	ERIK HURLEN (45), PETER SINCLAIR (47) AARON HOLMGREN (41), MATTHEW WINKLER (35)	UNBC	Richmond, BC	02.03.24			
	M75	13:07.96	BARRIE DARGIE (77), TOM UKONMAANAHO (77) PAT HARTON (77), MARK STEWART (77)	UNBC	Kamloops, BC	02.25.22			
60H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE	
	M35	0.99m	8.11	TIM KROEKER	71	38	UNBC	Kamloops, BC	03.05.10
	M40	0.99m	10.31	GARY SILVESTER	68	41	GREY	Kamloops, BC	01.03.10
	M45	0.99m	9.93	YUI CHU	80	45	GREY	Kamloops, BC	12.13.25
	M50	0.91m	10.13	JESS BREWER	46	52	NTFC	Boston, MA	03.28.98
	M55	0.91m	9.83	WARREN HAMILL	46	55	UNBC	Boston, MA	03.23.01
	M60	0.84m	10.73	REIDAR ZAPF-GILJE	51	64	GREY	Richmond, BC	12.03.16
	M65	0.84m	11.02	JESS BREWER	46	65	NTFC	Kamloops, BC	03.20.11
	M70	0.76m	11.94	JESS BREWER	46	72	NTFC	Richmond, BC	03.02.18
	M75	0.76m	13.52	JESS BREWER	46	76	NTFC	Kamloops, BC	02.27.22
	M80	0.96m	13.94	LYNN THOMPSON	39	80	UNBC	Kamloops, BC	01.03.20
	M85	0.69m	15.00	LYNN THOMPSON	39	85	UNBC	Kamloops, BC	03.08.25

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1500RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	6:38.25	DMITRY BABENKO	73	38	UNBC	Kamloops, BC	03.19.11
	M40	6:15.06	DMITRY BABENKO	73	44	UNBC	Richmond, BC	02.04.17
	M45	6:25.58	DMITRY BABENKO	73	45	UNBC	Kamloops, BC	03.10.18
	M50	6:32.72	DMITRY BABENKO	73	52	UNBC	Winnipeg, MB	03.01.25
	M65	10:28.94	HARNEK TOOR	46	66	ULTR	Kamloops, BC	02.16.13
	M70	9:54.70	BOB CURRIE	52	70	UNBC	Kamloops, BC	02.25.23
	M80	10:44.45	DON CURRIE	34	81	UNBC	Kamloops, BC	02.14.15
	M90	19:20.25	HARRY THOMPSON	22	92	UNBC	Kamloops, BC	02.14.15

3000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	13:59.38	DMITRY BABENKO	73	38	UNBC	Kamloops, BC	03.20.11
	M40	13:06.63	DMITRY BABENKO	73	43	UNBC	Kamloops, BC	02.12.16
	M45	13:16.20	DMITRY BABENKO	73	45	UNBC	Kamloops, BC	03.09.18
	M50	13:25.39	DMITRY BABENKO	73	52	UNBC	Gainesville, FL	03.28.25
	M55	15:42.36	GERALD DRAGOMIR	51	58	WALK	Kamloops, BC	03.03.10
	M65	20:48.76	BOB CURRIE	52	69	UNBC	Kamloops, BC	02.25.22
	M70	20:33.21	JIM DYER	42	73	GREY	Kamloops, BC	02.12.16
	M75	23:28.01	JIM DYER	42	75	GREY	Kamloops, BC	03.09.18
	M80	21:31.36	DON CURRIE	22	81	UNBC	Kamloops, BC	02.13.15

JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	6.27	DWIGHT LIBURD	83	36	KAML	Edmonton, AB	03.08.19
	M40	6.10	SCOTT FOSTER	70	40	UNBC	Kamloops, BC	03.20.11
	M45	5.11	LARRY LEMOINE	65	45	UNBC	Kamloops, BC	03.20.11
	M50	6.16	JIM BISSENDEN	58	51	NTFC	Kamloops, BC	04.03.10
	M55	5.48	JOHN HAWKINS	49	57	UNBC	Kenosha, WI	03.03.07
	M60	5.11	ROY TURKINGTON	51	60	GREY	Kamloops, BC	02.19.12
	M65	4.34	ROY TURKINGTON	51	66	GREY	Athlone, IRL	03.10.18
	M70	3.88	ROY TURKINGTON	51	70	GREY	Kamloops, BC	02.27.22
	M75	3.41	ARTHUR GEE	44	75	GREY	Kamloops, BC	03.31.19
	M80	3.27	GORDON CHALMERS	29	80	UNBC	Kamloops, BC	03.04.10
	M85	3.02	LYNN THOMPSON	39	85	UNBC	Kamloops, BC	03.08.25

TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	11.73	DWIGHT LIBURD	83	37	KAML	Kamloops, BC	02.07.20
	M40	11.71	BYRON JACK	67	42	KJAK	Kamloops, BC	03.05.10
	M45	12.79	HUGH MAGUIRE	63	46	UNBC	Kamloops, BC	03.06.10
	M50	9.97	MARCEL KOSIERB	57	53	GREY	Kamloops, BC	03.19.11
	M55	10.75	WARREN HAMILL	46	55	UNBC	Boston, MA	03.25.01
	M60	9.75	JOHN HAWKINS	49	60	UNBC	Kamloops, BC	03.06.10
	M65	8.77	EDWIN LIU	56	66	GREY	Toronto, ON	02.26.23
	M70	8.10	HARNEK TOOR	46	71	ULTR	Kamloops, BC	03.10.18
	M75	7.30T	LYNN THOMPSON	39	76	UNBC	Kamloops, BC	02.13.16
	M75	7.30T	HARNEK TOOR	46	75	ULTR	Kamloops, BC	02.26.22
	M80	7.07	LYNN THOMPSON	39	80	UNBC	Kamloops, BC	02.29.20
	M85	6.7	LYNN THOMPSON	39	85	UNBC	Kamloops, BC	03.08.25
	M90	3.34	HARRY THOMPSON	22	92	UNBC	Kamloops, BC	02.14.15

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HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	1.60	JONATHAN SAWATZKY	80	39	UNBC	Kamloops, BC	02.29.20
	M40	1.85	JOHN HAWKINS	49	40	UNBC	Toronto, ON	12.03.90
	M45	1.82	JOHN HAWKINS	49	47	UNBC	Birmingham, GBR	02.03.97
	M50	1.74	JOHN HAWKINS	49	54	UNBC	Kenosha, WI	03.06.04
	M55	1.71	JOHN HAWKINS	49	55	UNBC	Kenosha, WI	03.05.05
	M60	1.65	JOHN HAWKINS	49	60	UNBC	Kamloops, BC	03.06.10
	M65	1.45	JOHN HAWKINS	49	66	UNBC	Kamloops, BC	02.13.16
	M70	1.38	HEINZ PETER	48	70	UNBC	Edmonton, AB	03.10.19
	M75	1.23	SVEN DONALDSON	49	75	NTFC	Edmonton, AB	01.25.25
	M80	1.08	ARTHUR GEE	44	80	GREY	Winnipeg, MB	02.03.25
	M85	1.06	KARL MEY	36	85	GREY	Kamloops, BC	12.10.21

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	4.33	OWEN CLEMENTS	65	39	AVIC	Victoria, BC	04.15.05
	M40	4.42	ROGER RUTH	28	44	UNBC	Seattle, WA	02.23.72
	M45	4.42	ROGER RUTH	28	45	UNBC	Seattle, WA	02.18.73
	M50	4.11	ROGER RUTH	28	50	UNBC	Victoria, BC	01.22.78
	M55	3.80	WARREN HAMILL	46	59	UNBC	Victoria, BC	03.17.05
	M60	3.40	WARREN HAMILL	46	62	UNBC	Victoria, BC	03.06.08
	M65	2.75	GERARD DUMAS	35	68	UNBC	Victoria, BC	03.11.03
	M70	2.75	GERARD DUMAS	35	70	UNBC	Victoria, BC	03.17.05
	M75	2.30	TOM UKONMAANAHO	44	75	PGTF	Kamloops, BC	02.28.20
	M80	2.12	GERARD DUMAS	35	80	UNBC	Victoria, BC	03.26.15
	M85	1.50	JOE GIEGERICH	32	85	NTFC	Kamloops, BC	03.09.18

THROWING EVENTS

SHOT PUT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE	
	M35	7.26K	12.57	JOHN SAARI	73	37	UNBC	Kamloops, BC	03.19.11
	M40	7.26K	11.60	PHILLIP VANNINI	74	43	AVIC	Richmond, BC	03.02.18
	M45	7.26K	12.42	SHANE WIEBE	70	48	UNBC	Kamloops, BC	03.09.18
	M50	6.00K	13.30	SHANE WIEBE	70	51	UNBC	Kamloops, BC	02.05.22
	M55	6.00K	12.93	JOHN HAWKINS	49	56	UNBC	Kenosha, WI	03.04.06
	M60	5.00K	13.07	JOHN HAWKINS	49	60	UNBC	Kamloops, BC	02.03.10
	M65	5.00K	11.88	MAREK GLOWACKI	40	69	UNBC	Kamloops, BC	03.03.10
	M70	4.00K	13.74	MAREK GLOWACKI	40	73	UNBC	Budapest, HUN	03.29.14
	M75	4.00K	11.76	MAREK GLOWACKI	40	77	UNBC	Edmonton, AB	03.03.18
	M80	3.00K	11.65	MAREK GLOWACKI	40	82	UNBC	Torun, POL	03.30.23
	M85	3.00K	8.42	BRUCE BUTCHER	34	85	KAML	Kamloops, BC	02.28.20
	M90	3.00K	7.21	BRUCE BUTCHER	34	90	KAML	Kamloops, BC	12.14.24

WEIGHT THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	15.88K	12.34	JOHN SAARI	73	37	UNBC	Kamloops, BC	02.18.11
	M40	15.88K	15.36	GLENN MCATEE	72	43	UNBC	Columbia, SC	03.23.16
	M45	15.88K	11.57	SHANE WIEBE	70	48	UNBC	Kamloops, BC	03.09.18
	M50	11.34K	14.51	SHAWN STEVENS	72	52	ULTR	Gainesville, FL	03.29.25
	M55	11.34K	15.70	MIKE DUFFALA	55	55	UNBC	Kamloops, BC	03.20.11
	M60	9.07K	15.55	DAVE MCDONALD	54	61	ULTR	Kamloops, BC	12.02.16
	M65	9.07K	13.47	HARNEK TOOR	46	69	ULTR	Kamloops, BC	12.02.16
	M70	7.26K	16.19	DAVE MCDONALD	54	70	ULTR	Kamloops, BC	03.08.24
	M75	7.26K	14.95	HARNEK TOOR	46	75	ULTR	Kamloops, BC	02.25.22
	M80	5.45K	15.24	MAREK GLOWACKI	40	82	UNBC	Torun, POL	03.26.23

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WT (cont'd)	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M85	5.45K	8.95	BRUCE BUTCHER	34	87	KAML	Kamloops, BC	02.25.22
	M90	5.45K	8.39	BRUCE BUTCHER	34	90	KAML	Kamloops, BC	03.07.25

SUPER WEIGHT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M50	15.88K	6.69	ANDREW ARTHUR	62	53	UNBC	Snohomish, WA	12.27.15
	M70	15.88K	3.86	WALTER JENKINS	21	72	UNBC	Bozeman, MT	03.21.93

COMBINED EVENTS

PENTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	1761	JAMES O'KANE (DNF - 0 / 5.13 m - 445 / 9.70m - 494 / 1.69m - 552 / 3:48.43 - 270)	75	35	UNBC	Kamloops, BC	03.19.11
	M40	2698	GARY SILVESTER (10.31 - 541 / 5.30m - 546 / 10.37m - 578 / 1/57m - 512 / 3:22.95 - 521)	68	41	GREY	Kamloops, BC	03.01.10
	M45	2147	MATTHEW BROWN (11.96 - 336 / 4.25m - 369 / 6.11m - 322 / 1.30m - 352 / 3:03.17 - 768)	77	45	GREY	Kamloops, BC	02.26.23
	M50	2527	GARY SILVESTER (10.70 - 583 / 4.00m - 365 / 11.38m - 676 / 1.49m - 577 / 4:07.07 - 326)	68	53	GREY	Kamloops, BC	02.27.22
	M55	3841	WARREN HAMMILL (9.83 0 827 / 5.37m - 814 / 11.26m - 727 / 1.66m - 840 / 3:34.10 - 633)	46	55	UNBC	Boston, MA	03.23.01
	M60	3736	JOHN HAWKINS (10.78 - 656 / 4.85m - 748 / 13.07m - 852 / 1.64m - 915 / 3:52.15 - 565)	49	60	UNBC	Kamloops, BC	03.02.10
	M65	2546	EDWIN LIU (12.93 - 400 / 4.11m - 602 / 7.74m - 504 / 1.32m - 627 / 4:24.93 - 413)	56	66	GREY	Toronto, ON	02.25.23
	M70	2083	SVEN DONALDSON (13.73 - 333 / 3.13m - 371 / 7.76m - 492 / 1.25m - 627 / 5:05.48 - 260)	49	70	NTFC	Kamloops, BC	03.01.20
	M75	2310	DANNY DANIELS (13.93 - 397 / 3.24m - 477 / 8.27m - 600 / 1.17m - 610 / 5:27.36 - 226)	29	77	UNBC	Linz, AUS	03.16.06
	M80	1919	DANNY DANIELS (14.52 - 445 / 2.70m - 378 / 7.87m - 541 / 1.05m - 536 / 7:04.80 - 19)	29	81	UNBC	Kamloops, BC	03.02.10
	M85	1409	JOE GIEGERICH (19.99 - 108 / 2.13m - 273 / 6.47m - 493 / 0.98m - 528 / 7:56.61 - 7)	32	85	NTFC	Kamloops, BC	03.11.18

HEPTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M40	2818	KEVIN KIRECHUK (8.47 - 484 / 4.55m - 380 / 8.49m - 452 / 1.36m - 345 / 11.29 - 376 / 2.70m - 331 / 3:31.66 - 450)	80	44	GREY	Kenosha, WI	01.12.25
	M45	2996	KEVIN KIRECHUK (8.54 - 520 / 4.65m - 459 / 8.40m - 483 / 1.38m - 411 - 11.00 - 484 / 2.35m - 277 / 3:52.18 - 362)	80	45	GREY	Edmonton, AB	01.26.25
	M50	4305	JOHN HAWKINS (8.51 - 589 / 5.07m - 637 / 11.26m - 667 / 1.68m - 767 / 11.66 - 425 / 3.60m - 714 / 3:41.39 - 506)	49	52	UNBC	Kenosha, WI	03.03.02
	M55	5089	JOHN HAWKINS (8.55/643, 5.30/792, 12.93/854, 1.71/896 & 11.25/564, 3.70/837, 3:50.87/503)	49	56	UNBC	Kenosha, WI	03.05.06
	M60	4593	JOHN HAWKINS (9.01/586, 5.04/811, 11.98/769, 1.49/740 & 11.25/574, 3.00/654, 4:06.90/459)	49	60	UNBC	Kenosha, WI	01.31.10
	M70	2375	SVEN DONALDSON (11.56 - 199 / 2.86m - 292 / 8.82m - 575 / 1.24m - 619 / 15.91 - 118 / 2.10m - 449 / 5:38.87 - 123)	49	74	NTFC	Edmonton, AB	02.04.24
	M75	2445	SVEN DONALDSON (12.17 - 171 / 2.85m - 348 / 6.71 - 465 / 1.23m - 687 / 16.42 - 142 / 2.15m - 551 / 6:08.90 - 81)	49	75	NTFC	Edmonton, AB	01.26.25