

| <b>Women</b>   |                      |  |                 |                 | <b>Men</b>   |             |                                  |                 |             |
|--|----------------------|--|-----------------|-----------------|--|-------------|----------------------------------|-----------------|-------------|
|  | <b>Mark</b>          | <b>Name</b>                            | <b>Location</b> | <b>Date</b>     |  | <b>Mark</b> | <b>Name</b>                      | <b>Location</b> | <b>Date</b> |
| 60 m   | 8.20                 | Sydney Spencer                         | Edmonton        | Mar 2009        | 60 m   | 7.66        | Ranon Cook                       | Edmonton        | Feb 2009    |
| 200m   | 27.86                | Sydney Spencer                         | Edmonton        | Mar 2009        | 200m   | 23.22       | Adrain Schadeck                  | Edmonton        | Mar 2010    |
| 300m   | 45.28                | Megan Crawley                          | Edmonton        | Jan 2008        | 300m   | 37.48       | Joren POS Manz                   | Edmonton        | Jan 2013    |
| 400m   | 1:03.9               | Jamie Wigmore                          | Edmonton        | Mar 2014        | 400m   | 52.06       | Joren Manz                       | Edmonton        | Mar 2013    |
|  | <b>1:03.5 (sp)</b>   | <b>Jamie Wigmore</b>                   | <b>Edmonton</b> | <b>Jan 2015</b> | 600m   | 1:25.24     | Joren Manz                       | Edmonton        | Jan 2013    |
|  | <b>1:00.4 (r sp)</b> | <b>Jamie Wigmore</b>                   | <b>Edmonton</b> | <b>Feb 2015</b> | 800m   | 2:00.17     | Joren Manz                       | Edmonton        | Mar 2013    |
| <b>600m</b>  | <b>1:37.47</b>       | <b>Jamie Wigmore</b>                   | <b>Edmonton</b> | <b>Jan 2015</b> | 1000m  | 2:50.4      | Sanchez Hollowell                | Grande Prairie  | Jan 2013    |
| 800m   | 2:18.38              | Jamie Wigmore                          | Edmonton        | Mar 2014        | 1500m  | 4:08.87     | Sanchez Hollowell                | Edmonton        | Mar 2014    |
| <b>1000m</b>   | <b>2:59.77</b>       | <b>Jamie Wigmore</b>                   | <b>Edmonton</b> | <b>Jan 2015</b> | 3000m  | 9:10.21     | Sanchez Hollowell                | Edmonton        | Jan 2014    |
| <b>1500m</b>   | <b>4:44.84</b>       | <b>Mirelle Martens</b>                 | <b>Edmonton</b> | <b>Jan 2015</b> |  |             |                                  |                 |             |
| 3000m  | 10:04.00             | Fiona Benson                           | Edmonton        | Feb 2011        |  |             |                                  |                 |             |
|  |                      |  |                 |                 | 60m Hurdles  |             |                                  |                 |             |
| 60m Hurdles  | 11.33                | Carina Ness                            | Edmonton        | Dec 2007        |  |             |                                  |                 |             |
| 4 x 100m   | ?                    | Connell, Urness, Ness, Carias          | Edmonton        | Feb 2009        | 4 x 200m   |             |                                  |                 |             |
| 4 x 200m   | 2:03.30              | Crawley, Carias, Scott, Connell        | Edmonton        | Jan 2008        | 4 x 400m   | 3:50.76     | Woodland, Murray, Martinek, Paul | Edmonton        | Mar 2011    |
| <b>4 x 400m</b>  | <b>4:16.3</b>        | <b>Benning, Martens, Manz, Wigmore</b> | <b>Edmonton</b> | <b>Feb 2015</b> |  |             |                                  |                 |             |
| LJ   | 4.41m                | Carina Ness                            | Edmonton        | Mar 2008        | HJ   | 1.60m       | Matt Detling                     | Edmonton        | Mar 2010    |
| TJ   | 10.14m               | Carina Ness                            | Edmonton        | Dec 2007        | LJ   | 5.46m       | Ranon Cook                       | Edmonton        | Feb 2009    |
| SP   | 11.93m               | Rigel Carias                           | Edmonton        | Mar 2009        | TJ   |             |                                  |                 |             |
|  |                      |  |                 |                 | SP   | 10.95m      | Ranon Cook                       | Edmonton        | Feb 2009    |
| WT   |                      |  |                 |                 | SP - 6 kg  | 8.38 m      | Guy Speneceer                    | Edmonton        | Mar 2009    |
|  |                      |  |                 |                 | WT   |             |                                  |                 |             |
| 1500 Walk  | 10:31.55             | Tiffany Hetenyi                        | Edmonton        | Dec 2008        | 1500 Walk  |             |                                  |                 |             |
| 3000 Walk  | 22:54.68             | Tiffany Hetenyi                        | Edmonton        | Mar 2009        |  |             |                                  |                 |             |
| <b>Mercier Tables - Best Ever Performance - Female</b> |                      |  |                 |                 | <b>Mercier Tables - Best Ever Performance - Male</b> |             |                                  |                 |             |
| 697 - Fiona Benson - 3000m                             |                      |  |                 |                 | 640 - Joren Manz - 600m                              |             |                                  |                 |             |
| updated Mar. 16,2013                                   |                      |  |                 |                 |  |             |                                  |                 |             |