

Women					Men				
	Mark	Name	Location	Date		Mark	Name	Location	Date
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	44.8	Jamie Wigmore	Edmonton	Feb 2015	300m	37.05	Lil B Tufford	Edmonton	Mar 2019
400m	1:03.0	Jamie Wigmore	Grande Prairie	Feb 2015	400m	52.06	Joren Manz	Edmonton	Mar 2013
	1:00.4 (r sp)	Jamie Wigmore	Edmonton	Feb 2015		52.05 (r sp)	Lil B Tufford	Calgary	Mar 2019
600m	1:37.47	Jamie Wigmore	Edmonton	Jan 2015	600m	1:23.63	Lil B Tufford	Calgary	Mar 2019
800m	2:18.38	Jamie Wigmore	Edmonton	Mar 2014	800m	1:58.98	Lil B Tufford	Edmonton	Mar 2019
1000m	2:57.41	Jamie Wigmore	Edmonton	Feb 2015	1000m	2:47.10	Miguel Macedo*	Edmonton	Jan 2019
1500m	4:40.30	Jamie Wigmore	Edmonton	Feb 2015	1500m	4:08.87	Sanchez Hollowell	Edmonton	Mar 2014
3000m	10:04.00	Fiona Benson	Edmonton	Feb 2011	3000m	9:10.21	Sanchez Hollowell	Edmonton	Jan 2014
60m Hurdles	11.33	Carina Ness	Edmonton	Dec 2007	60m Hurdles				
4 x 100m	?	Connell, Urness, Ness, Carias	Edmonton	Feb 2009	4 x 200m				
4 x 200m	2:01.9	Benning, Patteson, Manz, Wigmore	Grande Prairie	Feb 2015	4 x 400m	3:38.41	Wilkes, That Mex Kid*, Joelmanz,	Calgary	Mar 2019
4 x 400m	4:16.3	Benning, Martens, Manz, Wigmore	Edmonton	Feb 2015					
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				
WT					SP	10.95m	Ranon Cook	Edmonton	Feb 2009
					SP - 6 kg	8.38 m	Guy Spenecer	Edmonton	Mar 2009
1500 Walk	10:31.55	Tiffany Hetenyi	Edmonton	Dec 2008	WT				
3000 Walk	22:54.68	Tiffany Hetenyi	Edmonton	Mar 2009	1500 Walk				
Mercier Tables - Best Ever Performance - Female					Mercier Tables - Best Ever Performance - Male				
701- Wiggie Smalls 1500m					679 - Brandon Tufford- 600m				
updated Mar. 17, 2019									