

Table 1

	SENIOR MEN		NAME	YEAR	PERF	DATE	LOCATION
	50M	1	ANDRE FRANCOIS	1964	6.03	12-Dec-92	EDMONTON
	60M	1	ANDRE FRANCOIS	1964	6.94	14-Jan-96	SASKATOON
		2	RAN HUGET	1972	7.15	7-Jan-94	SASKATOON
		3	ARLO OSTAPOWICH	1973	7.42	5-Feb-95	EDMONTON
		4	DAREK GLOWACKI	1973	7.76	7-Feb-93	EDMONTON
	200M	1	ANDRE FRANCOIS	1964	21.75	20-Feb-94	EDMONTON
		2	ORAL OGILVIE	1969	23.88	1-Feb-92	EDMONTON
		3	RICK CHAMNEY	1970	25.33	14-Feb-92	POCATELLO
	300M	1	ANDRE FRANCOIS	1964	34.54	22-Jan-94	EDMONTON
		2	JUDE SPIERS	1973	36.32	6-Mar-94	EDMONTON
		3	CONNOR BOLE	2002	37.12	7-Feb-25	EDMONTON
		4	RICK CHAMNEY	1970	38.37	4-Jan-91	SASKATOON
		5	KEN FYFE	1958	40.55	11-Jan-98	SASKATOON
		6	VIVEK KOHLI	1971	41.26	6-Jan-95	SASKATOON

	400M	1	ANDRE FRANCOIS	1964	50.92	2-Dec-95	EDMONTON
		2	MARK LYNCH	1968	51.76	6-Jan-89	SASKATOON
	500M	1	KEN FYFE	1958	73.68	24-Apr-98	SASKATOON

	600M	1	TYLER SMITH	1994	1:18.23	11-MAR-17	EDMONTON
		2	CONNOR BOLE	2002	1:21.18	10-FEB-24	EDMONTON
		3	MICHAEL NISHIYAMA	1989	1:21.48	27-Feb-10	TORONTO
		4	MARK LYNCH	1968	1:22.02	27-Jan-89	SASKATOON
		5	ALEX ANDRES	1995	1:23.13	24-Jan-15	EDMONTON
		6	DEREK BURGESS	1975	1:24.02	21-Jan-95	EDMONTON
		7	JAMIE FLOWER	1968	1:26.06	29-Jan-88	SASKATOON
		8	KYLE NISHIYAMA	1985	1:28.21	26-Nov-05	KINGSTON
		9	KEN FYFE	1958	1:29.49	25-Jan-98	EDMONTON
		10	VIVEK KOHLI	1971	1:30.90	21-Jan-95	EDMONTON
		11	MAKARTHY BRIDGES	1997	1:34:43	Dec 7, 19	CALGARY
	800M	1	TYLER SMITH	1994	1:49:45	10-Feb-17	SEATTLE
		2	MARK LYNCH	1968	1:53.76	6-Jan-89	SASKATOON
		3	CONNOR BOLE	2002	1:58.03	9-Mar-24	EDMONTON

		4	ALEX ANDRES	1995	1:58.42	8-Mar-15	EDMONTON
		5	DEREK BURGESS	1975	1:59.33	5-Feb-95	EDMONTON
		6	JAMIE FLOWER	1968	2:03.40	16-Jan-88	EDMONTON
		7	VIVEK KOHLI	1971	2:03.65	5-Feb-95	EDMONTON
		8	DAVID KRUIZENGA	1968	2:11.52	16-Jan-88	EDMONTON
		9	KEN FYFE	1958	2:14.19	15-Jan-98	CALGARY

	1000M	1	TYLER SMITH	1994	2:25:14	10-Feb-18	SEATTLE
		2	MARK LYNCH	1968	2:27.70	29-Apr-88	SASKATOON
		3	DEREK BURGESS	1975	2:33.18	9-Feb-97	EDMONTON
		4	MICHAEL NISHIYAMA	1989	2:33.18	6-Feb-10	TORONTO
		5	ALEX ANDRES	1995	2:37.13	23-Jan-15	EDMONTON
		6	JAMIE FLOWER	1968	2:37.34	29-Jan-88	SASKATOON

		7	MARK COLEMAN	1971	2:38.30	14-Jan-96	SASKATOON
		8	CONNOR BOLE	2002	2:38.89	10-Feb-23	EDMONTON
		9	VIVEK KOHLI	1971	2:42.79	20-Jan-95	EDMONTON
		10	CONOR MCKAIGNEY	1980	2:44.55	1-May-99	SASKATOON
		11	KEN FYFE	1958	2:53.98	11-Jan-98	SASKATOON
		12	ARLO OSTAPOWICH	1973	3:13.64	5-Feb-95	EDMONTON
	1500M	1	MARK LYNCH	1968	3:51.30	16-Feb-91	SASKATOON
		2	KARL ROBERTSON	1991	3:51.70	11-Mar-12	WINNIPEG
		3	TRAVIS MCKAY	1985	4:01.22	5-Mar-05	TALLAHASSEE
		4	MARK COLEMAN	1972	4:08.84	20-Jan-96	EDMONTON
		5	ALEX ANDRES	1975	4:15.26	8-Mar-15	EDMONTON
		6	DEREK BURGESS	1995	4:15.78	4-Feb-95	EDMONTON
		7	VIVEK KOHLI	1971	4:18.15	21-Jan-95	EDMONTON
		8	JAMIE FLOWER	1968	4:19.60	16-Jan-88	EDMONTON
		9	CONOR MCKAIGNEY	1980	4:20.35	30-Apr-99	SASKATOON
		10	WILLIAM BRAGER	2004	4:24.03	3-Mar-24	EDMONTON
		11	DAVE KRUIZINGA	1968	4:27.91	18-Mar-88	EDMONTON
		12	KEN FYFE	1958	4:29.59	25-Jan-98	EDMONTON

	3000M	1	MARK COLEMAN	1971	9:00.15	14-Jan-96	SASKATOON
		2	VIVEK KOHLI	1971	9:24.57	10-Dec-94	EDMONTON
		3	MAKARTHY BRIDGES	1997	10:40:49	17-Jan-20	EDMONTON
	60M HURDLES	1	ROB PIKE	1970	8.53	20-Jan-95	EDMONTON
		2	ARLO OSTAPOWICH	1973	8.83	7-Jan-94	SASKATOON
		3	DAREK GLOWACKI	1973	9.24	23-Jan-93	EDMONTON
	HIGH JUMP	1	JEFF BEGG	1974	1.96	20-Jan-95	EDMONTON
		2	CHAD STEWART	1974	1.92	20-Feb-94	EDMONTON
		3	ARLO OSTAPOWICH	1973	1.90	7-Jan-94	SASKATOON
		4	KURTIS NISHIYAMA	1988	1.85	29-Nov-08	MONTREAL
		5	CHRIS BEGG	1971	1.82	23-Jan-93	EDMONTON
		6	DAREK GLOWACKI	1973	1.77	23-Jan-93	EDMONTON
	LONG JUMP	1	RAN HUGET	1972	7.28	20-Jan-95	EDMONTON
		2	ORAL OGILVIE	1969	6.97	23-Jan-93	EDMONTON
		3	DAREK GLOWACKI	1973	6.49	7-Feb-93	EDMONTON
		4	ARLO OSTAPOWICH	1973	6.41	7-Feb-93	EDMONTON
		5	DAVID COWAN	1968	6.34	3-Mar-89	EDMONTON
		6	CHAD STEWART	1974	6.30	5-Feb-95	EDMONTON

	TRIPLE JUMP	1	ORAL OGALVIE	1969	15.99	15-Feb-92	SASKATOON
		2	RAN HUGET	1972	15.05	19-Feb-94	EDMONTON
		3	DAVID COWAN	1968	13.52	29-Jan-88	SASKATOON

	POLE VAULT	1	ROB PIKE	1970	5.25	24-Feb-96	MOSCOW
		2	MARVIN BEYER	1959	5.00	14-Feb-87	EDMONTON
		3	JOHN PATON	1959	4.35	24-Jan-86	EDMONTON
		4	DAREK GLOWACKI	1973	4.20	5-Mar-93	EDMONTON
		4	ARLO OSTAPOWICH	1973	4.20	5-Feb-95	EDMONTON
	16LB SHOT	1	CHRIS BEGG	1971	14.81	6-Mar-93	EDMONTON
		2	ARLO OSTAPOWICH	1973	12.91	5-Mar-96	EDMONTON
		3	JOHN FINDLAY	1967	12.70	3-Feb-90	EDMONTON
		4	SCOTT BUCYK	1969	12.24	14-Jan-89	EDMONTON
		5	DAREK GLOWACKI	1973	11.12	5-Mar-93	EDMONTON

		6	DAVID COWAN	1968	9.82	3-Mar-89	EDMONTON
		7	DOUG LUNDE	1962	8.35	10-Dec-94	EDMONTON
	WEIGHT	1	IAN MAPLETHORPE	1966	20.77	10-Feb-01	EDMONTON
	THROW	2	SCOTT BUCYK	1969	16.01	4-Feb-89	EDMONTON
		3	KARSTEN KELM	1966	13.52	23-Feb-86	EDMONTON
		4	MATT KUSHAK	1993	12.99	29-Jan-11	SASKATOON
		5	ARLO OSTAPOWICH	1973	11.13	2-Dec-95	EDMONTON
		6	STEWART MARKHAM	1971	10.42	12-Mar-91	EDMONTON
		7	NARESH BHARDWAJ	1959	10.06	1-Mar-85	WINNIPEG