

## Indoor Track Senior Mens

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	07-Jan-94	SASKATOON
	3 ARLO OSTAPOWICH	1973	7.42	05-Feb-95	EDMONTON
	4 DAREK GLOWACKI	1973	7.76	07-Feb-93	EDMONTON
200M	1 ANDRE FRANCOIS	1964	21.75	20-Feb-94	EDMONTON
	2 ORAL OGILVIE	1969	23.88	01-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	06-Mar-94	EDMONTON
	3 RICK CHAMNEY	1970	38.37	04-Jan-91	SASKATOON
	4 KEN FYFE	1958	40.55	11-Jan-98	SASKATOON
	5 VIVEK KOHLI	1971	41.26	06-Jan-95	SASKATOON
400M	1 ANDRE FRANCOIS	1964	50.92	02-Dec-95	EDMONTON
	2 MARK LYNCH	1968	51.76	06-Jan-89	SASKATOON
500M	1 KEN FYFE	1958	73.68	24-Apr-98	SASKATOON
600M	1 TYLER SMITH	1994	01:18.2	11-Mar-17	EDMONTON
	2 MICHAEL NISHIYAMA	1989	01:21.5	27-Feb-10	TORONTO
	3 MARK LYNCH	1968	01:22.0	27-Jan-89	SASKATOON
	4 CONNOR BOLE	2002	01:22.9	05-Mar-23	EDMONTON
	5 ALEX ANDRES	1995	01:23.1	24-Jan-15	EDMONTON
	6 DEREK BURGESS	1975	01:24.0	21-Jan-95	EDMONTON
	7 JAMIE FLOWER	1968	01:26.1	29-Jan-88	SASKATOON
	8 KYLE NISHIYAMA	1985	01:28.2	26-Nov-05	KINGSTON
	9 KEN FYFE	1958	01:29.5	25-Jan-98	EDMONTON
	10 VIVEK KOHLI	1971	01:30.9	21-Jan-95	EDMONTON
	11 MAKARTHY BRIDGES	1997	1:34:43	07-Dec-19	CALGARY

800M

1	TYLER SMITH	1994	1:49:45	10-Feb-17	SEATTLE
2	MARK LYNCH	1968	01:53.8	06-Jan-89	SASKATOON
3	ALEX ANDRES	1995	01:58.4	08-Mar-15	EDMONTON
4	DEREK BURGESS	1975	01:59.3	05-Feb-95	EDMONTON
5	JAMIE FLOWER	1968	02:03.4	16-Jan-88	EDMONTON
6	VIVEK KOHLI	1971	02:03.7	05-Feb-95	EDMONTON
7	DAVID KRUIZENGA	1968	02:11.5	16-Jan-88	EDMONTON
8	KEN FYFE	1958	02:14.2	15-Jan-98	CALGARY

1000M

1	TYLER SMITH	1994	2:25:14	10-Feb-18	SEATTLE
2	MARK LYNCH	1968	02:27.7	29-Apr-88	SASKATOON
3	DEREK BURGESS	1975	02:33.2	09-Feb-97	EDMONTON
4	MICHAEL NISHIYAMA	1989	02:33.2	06-Feb-10	TORONTO
5	ALEX ANDRES	1995	02:37.1	23-Jan-15	EDMONTON
6	JAMIE FLOWER	1968	02:37.3	29-Jan-88	SASKATOON
7	MARK COLEMAN	1971	02:38.3	14-Jan-96	SASKATOON
8	VIVEK KOHLI	1971	02:42.8	20-Jan-95	EDMONTON
9	CONOR MCKAIGNEY	1980	02:44.5	01-May-99	SASKATOON
10	KEN FYFE	1958	02:54.0	11-Jan-98	SASKATOON
11	ARLO OSTAPOWICH	1973	03:13.6	05-Feb-95	EDMONTON

1500M

1	MARK LYNCH	1968	03:51.3	16-Feb-91	SASKATOON
2	KARL ROBERTSON	1991	03:51.7	11-Mar-12	WINNIPEG
3	TRAVIS MCKAY	1985	04:01.2	05-Mar-05	TALLAHASSEE
4	MARK COLEMAN	1972	04:08.8	20-Jan-96	EDMONTON
5	ALEX ANDRES	1975	04:15.3	08-Mar-15	EDMONTON
6	DEREK BURGESS	1995	04:15.8	04-Feb-95	EDMONTON
7	VIVEK KOHLI	1971	04:18.1	21-Jan-95	EDMONTON
8	JAMIE FLOWER	1968	04:19.6	16-Jan-88	EDMONTON
9	CONOR MCKAIGNEY	1980	04:20.3	30-Apr-99	SASKATOON
10	DAVE KRUIZINGA	1968	04:27.9	18-Mar-88	EDMONTON
11	KEN FYFE	1958	04:29.6	25-Jan-98	EDMONTON

3000M

1	MARK COLEMAN	1971	09:00.2	14-Jan-96	SASKATOON
2	VIVEK KOHLI	1971	09:24.6	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	07-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	1.9	07-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	07-Feb-93	EDMONTON
4	ARLO OSTAPOWICH	1973	6.41	07-Feb-93	EDMONTON
5	DAVID COWAN	1968	6.34	03-Mar-89	EDMONTON
6	CHAD STEWART	1974	6.3	05-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	14-Feb-87	EDMONTON
3	JOHN PATON	1959	4.35	24-Jan-86	EDMONTON
4	DAREK GLOWACKI	1973	4.2	05-Mar-93	EDMONTON
4	ARLO OSTAPOWICH	1973	4.2	05-Feb-95	EDMONTON

## 16LB SHOT

1	CHRIS BEGG	1971	14.81	06-Mar-93	EDMONTON
2	ARLO OSTAPOWICH	1973	12.91	05-Mar-96	EDMONTON
3	JOHN FINDLAY	1967	12.7	03-Feb-90	EDMONTON
4	SCOTT BUCYK	1969	12.24	14-Jan-89	EDMONTON
5	DAREK GLOWACKI	1973	11.12	05-Mar-93	EDMONTON
6	DAVID COWAN	1968	9.82	03-Mar-89	EDMONTON
7	DOUG LUNDE	1962	8.35	10-Dec-94	EDMONTON

## WEIGHT THROW

1	IAN MAPLETHORPE	1966	20.77	10-Feb-01	EDMONTON
2	SCOTT BUCYK	1969	16.01	04-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	02-Dec-95	EDMONTON
6	STEWART MARKHAM	1971	10.42	12-Mar-91	EDMONTON
7	NARESH BHARDWAJ	1959	10.06	01-Mar-85	WINNIPEG