

Outdoor Trackand Field Mens Open

	NAME	YEAR	PERF.	DATE	LOCATION
SENIOR MEN 100M	1 ANDRE FRANCOIS	1964	10.74	17-May-94	RED DEER
	2 RAN HUGET	1972	11.45	18-Jun-94	CALGARY
	3 ORAL OGILVIE	1969	11.49	26-Jun-92	KELOWNA
	4 ARLO OSTAPOWICH	1973	11.6	07-Jul-96	SASKATOON
	5 TRISTAN SUTHERLAND	1999	11.75	25-Jun-22	LEDUC
	6 BRENT ELDER	1968	13.89	01-Jul-05	KELOWNA

SENIOR MEN 200M	1 ANDRE FRANCOIS	1964	21.23	17-Jun-95	CALGARY
	2 TRISTAN SUTHERLAND	1999	24.18	10-Jul-22	CALGARY

SENIOR MEN 400M	1 ANDRE FRANCOIS	1964	48.92	21-May-94	VANCOUVER
	2 ALEX ANDRES	1995	50.37	31-May-15	CALGARY
	3 MICHAEL NISHIYAMA	1989	51.33	16-May-09	CALGARY
	4 CONNOR BOLE	2002	52.02	27-May-23	ST. ALBERT
	5 ARLO OSTAPOWICH	1973	52.83	16-Jun-95	MONTREAL
	6 VIVEK KOHLI	1971	55.84	03-Jul-95	KELOWNA
	7 KEN FYFE	1958	56.38	30-May-98	ST. ALBERT
	8 TRISTAN SUTHERLAND	1999	56.97	22-Jul-22	SHERWOOD PARK

SENIOR MEN 800M	1 TYLER SMITH	1994	01:47.7	10-May-14	LOS ANGELES
	2 MARK LYNCH	1968	01:52.6	03-Jul-88	CALGARY
	3 NOLAN FYFE	1983	01:53.3	11-Jun-03	VICTORIA
	4 MICHAEL NISHIYAMA	1989	01:54.3	16-Jun-09	ABBOTSFORD
	5 DEREK BURGESS	1975	01:56.2	29-Jun-96	KELOWNA
	6 ALEX ANDRES	1995	01:56.5	10-May-15	CALGARY
	7 JAMIE FLOWER	1968	01:59.1	03-Jul-88	CALGARY
	8 CONNOR BOLE	2002	2:00:53	16-Jun-22	EDMONTON
	9 VIVEK KOHLI	1971	02:03.6	02-Jul-95	KELOWNA
	10 KEN FYFE	1948	02:03.8	28-Jun-98	KELOWNA
	11 MARK COLEMAN	1972	02:04.4	02-Jul-95	KELOWNA
	12 GREG CONROY	1950	02:32.3	29-Jun-96	KELOWNA
	13 JIM HARVEY		02:41.4	02-Jul-95	KELOWNA
	14 BRENDON WARD	1960	02:47.9	04-Jul-10	KELOWNA
	15 SERGE PARMAR	1961	04:03.7	04-Jul-10	KELOWNA

**SENIOR MEN
1500M**

1	TRAVIS MCKAY	1985	03:45.2	21-Apr-07	AUBURN
2	MARK LYNCH	1968	03:52.9	13-May-89	SASKATOON
3	MARK COLEMAN	1973	04:08.9	03-Jul-95	KELOWNA
4	DEREK BURGESS	1975	04:12.8	03-Jul-95	KELOWNA
5	JAMIE FLOWER	1968	04:13.4	18-Jun-88	RED DEER
6	ALEX ANDRES	1995	04:17.8	10-May-15	CALGARY
7	VIVEK KOHLI	1971	04:18.2	03-Jul-95	KELOWNA
8	KEN FYFE	1948	04:28.8	30-May-98	ST. ALBERT
9	ARLO OSTAPOWICH	1973	04:46.4	14-Jun-95	MONTREAL
10	TRISTAN SUTHERLAND	1999	04:59.9	16-Jul-22	EDMONTON
11	JAMES KEIRSTEAD	1968	05:08.3	04-Jul-10	KELOWNA
12	ERIC HARDEN	1953	05:08.4	30-Jun-98	KELOWNA
13	GREG CONROY	1950	05:21.8	03-Jul-95	KELOWNA
14	JIM HARVEY		05:24.8	03-Jul-95	KELOWNA
15	JOHN KAMINSKI	1965	05:39.7	01-Jul-06	KELOWNA
16	BRENT ELDER	1968	05:53.8	01-Jul-06	KELOWNA
17	BRENDON WARD	1960	05:58.2	30-Jun-07	KELOWNA

**SENIOR MEN
110H**

1	ARLO OSTAPOWICH	1973	15.97	16-Aug-95	ABBOTSFORD
2	AARON RAWLICK	1973	16.66	17-Jul-94	CALGARY
3	TRISTAN SUTHERLAND	1999	23.12	16-Jul-22	EDMONTON

**SENIOR MEN
400H**

1	ARLO OSTAPOWICH	1973	59.14	04-Jul-93	KELOWNA
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**SENIOR MEN
3000M**

1	TRAVIS MCKAY	1985	08:22.2	29-Mar-08	STARKVILLE
2	MARK LYNCH	1968	08:44.1	26-Jun-92	KELOWNA
3	JAMES KEIRSTEAD	1968	11:17.4	04-Jul-10	KELOWNA
4	GREG CONROY	1950	12:02.6	29-Jun-01	KELOWNA
5	DAVE AITKEN	1962	12:11.1	29-Jun-01	KELOWNA
6	ALVIN MOROZ	1951	12:18.1	29-Jun-01	KELOWNA
7	JOHN KAMINSKI	1965	12:21.7	01-Jul-06	KELOWNA
8	BRENDON WARD	1960	12:26.1	30-Jun-07	KELOWNA
9	PERRY NISHIYAMA	1957	12:44.8	29-Jun-01	KELOWNA
10	PETER BALDING		12:59.0	29-Jun-01	KELOWNA
11	HAL WRIGHT	1955	14:23.2	29-Jun-01	KELOWNA

**SENIOR MEN
5000M**

1	TRAVIS MCKAY	1985	14:25.1	04-May-06	TALLAHASSEE
2	KELSEY KELEMAN	1980	15:36.4	02-Jul-99	VANCOUVER
3	LORRIS WILLIAMS	1981	15:48.8	02-Jul-99	VANCOUVER
4	KIM GENTES	1967	16:44.1	29-Jun-85	CALGARY
5	ANDRE LOCKER	1985	16:46.2	25-Jun-04	CALGARY
6	DEREK ANDERSON	1972	16:51.9	28-May-88	BURNABY
7	MARK LYNCH	1968	16:56.6	14-Aug-82	EDMONTON
8	VIVEK KOHLI	1971	16:59.0	29-Jun-96	KELOWNA
9	CLAYTON PARADIS	1969	17:03.1	18-Jun-88	RED DEER
10	ERIC HARDEN	1953	17:22.4	30-Jun-00	KELOWNA
11	BILL NICHOLL	1964	17:52.5	10-May-80	OKOTOKS
12	JAMIE ROBERTSON	1977	18:19.7	25-Jun-94	RED DEER
13	BRYCE BOYD	1978	18:25.3	25-Jun-94	RED DEER
14	GREG CONROY	1950	19:47.2	30-Jun-98	KELOWNA
15	JIM HARVEY		20:11.8	30-Jun-95	KELOWNA
16	GEORGE POMERLEAU	1956	22:24.9	30-Jun-98	KELOWNA
17	PERRY NISHIYAMA	1957	22:25.6	30-Jun-00	KELOWNA
18	ROGER MARVIN	1955	23:04.1	01-Jul-94	KELOWNA
19	GARY KWASNECHA	1954	23:33.7	30-Jun-00	KELOWNA

**SENIOR MEN
3000M STEEPLE**

1	TRAVIS MCKAY	1985	08:52.2	13-Apr-07	MOUNT SAC
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**SENIOR MEN
HIGH JUMP**

1	JESSE LIPSCOMBE	1980	2.26	12-May-07	SANTO DOMINGO
2	ARLO OSTAPOWICH	1973	1.9	01-Jul-94	KELOWNA
3	TRISTAN SUTHERLAND	1999	1.6	10-Jul-22	CALGARY
4	KEN FYFE	1958	1.45	28-Jun-98	KELOWNA

**SENIOR MEN
LONG JUMP**

1	RAN HUGET	1972	7.3	02-Jul-94	OTTAWA
2	JESSE LIPSCOMBE	1980	6.91	17-May-08	CALGARY
3	ORAL OGILVIE	1969	6.89	26-Jun-92	KELOWNA
4	ANDRE FRANCOIS	1964	6.53	26-Jun-92	KELOWNA
5	ARLO OSTAPOWICH	1973	6.52	18-Jul-93	CALGARY
6	DAREK GLOWACKI	1973	5.96	04-Jul-93	KELOWNA
7	TRISTAN SUTHERLAND	1999	5.79	22-Jul-22	SHERWOOD PARK
8	DARREN DELLEZAY	1978	5.28	29-Jun-19	KELOWNA
9	VIVEK KOHLI	1971	4.4	29-Jun-97	KELOWNA
10	BRENT ELDER	1968	4.22	01-Jul-05	KELOWNA

**SENIOR MEN
TRIPLE JUMP**

1	ORAL OGALVIE	1969	16.12	10-Jun-92	EDMONTON
2	RAN HUGET	1972	14.8	25-May-94	VICTORIA
3	ARLO OSTAPOWICH	1973	12.68	04-Jul-93	KELOWNA
4	DARREN DELLEZAY	1978	9.85	29-Jun-19	KELOWNA
5	VIVEK KOHLI	1971	9.56	29-Jun-97	KELOWNA

**SENIOR MEN
POLE VAULT**

1	ROB PIKE	1970	5.25	22-Jul-95	CALGARY
2	MARVIN BEYER	1959	4.6	29-Jun-85	CALGARY
3	JOHN PATON	1959	4.3	1986-07-25 0:00	EDMONTON
4	ARLO OSTAPOWICH	1973	4.3	04-Jun-95	MONTREAL
5	TRISTAN SUTHERLAND	1999	2.83	24-Jul-22	SHERWOOD PARK

**SENIOR MEN
16LB SHOT**

1	CHRIS BEGG	1971	13.5	04-Jul-93	KELOWNA
2	JOHN FINDLAY	1967	12.74	17-Jun-90	RED DEER
3	ARLO OSTAPOWICH	1973	12.37	01-Jul-94	KELOWNA
4	MAREK GLOWACKI		12.05	29-Jun-97	KELOWNA
5	DAREK GLOWACKI	1973	10.36	04-Jul-93	KELOWNA
6	JAMES KEIRSTEAD	1968	8.81	04-Jul-10	KELOWNA
7	DOUG LUNDE		8.42	29-Jun-97	KELOWNA
8	GEORGE POMERLEAU	1956	7.45	28-Jun-98	KELOWNA
9	GREG CONROY	1950	7.2	29-Jun-96	KELOWNA
10	TRISTAN SUTHERLAND	1999	7.01	22-Jul-22	SHERWOOD PARK

**SENIOR MEN
DISCUS**

1	IAN MAPLETHORPE	1966	49.44	06-May-89	CALGARY
2	JOHN FINDLAY	1967	43	22-Jul-90	SHERWOOD PARK
3	MAREK GLOWACKI		38.54	29-Jun-97	KELOWNA
4	ARLO OSTAPOWICH	1973	38.26	30-Jun-02	KELOWNA
5	JAMES LITVAK	1962	36.86	05-Jul-86	EDMONTON
6	CHRIS BEGG	1971	36.18	18-Jul-93	CALGARY
7	KARSTEN KELM	1962	32.62	05-Jul-86	EDMONTON
8	DAREK GLOWACKI	1973	27.54	04-Jul-93	KELOWNA
9	GREG CONROY	1950	25.69	30-Jun-00	KELOWNA
10	DOUG LUNDE		21.8	29-Jun-97	KELOWNA
11	JAMES KEIRSTEAD	1968	19.87	04-Jul-10	KELOWNA
12	GEORGE POMERLEAU	1956	17.38	28-Jun-98	KELOWNA

**SENIOR MEN
JAVELIN**

1	STEWART MARKHAM	1971	54.18	18-Jul-93	CALGARY
2	JOHN FINDLAY	1967	48.54	16-Jun-90	RED DEER
3	ARLO OSTAPOWICH	1973	47.04	09-Jun-96	CALGARY
4	DARREN DELLEZAY	1977	42.21	29-May-22	ST. ALBERT
5	DAREK GLOWACKI	1973	41.4	29-Jun-96	KELOWNA
6	MAREK GLOWACKI		36.6	29-Jun-96	KELOWNA
7	GREG CONROY	1950	32.04	29-Jun-96	KELOWNA
8	TRISTAN SUTHERLAND	1999	21.87	29-May-22	ST. ALBERT

**SENIOR MEN
HAMMER**

1	IAN MAPLETHORPE	1966	66.82	06-Jul-96	SASKATOON
2	SCOTT BUCYK	1969	58.34	02-Jun-89	EDMONTON
3	JAMES LITVAK	1962	46.52	13-Jul-86	CALGARY
4	KARSTEN KELM	1962	43.9	06-Jul-86	EDMONTON
5	ARLO OSTAPOWICH	1973	41.02	29-Jun-96	KELOWNA
6	MARVIN BEYER	1959	39.58	06-Jul-86	EDMONTON
7	NARESH BHARDWAJ	1959	32.04	29-Jun-85	CALGARY
8	DAREK GLOWACKI	1973	31.78	18-Jul-93	CALGARY

**SENIOR MEN
DECATHLON**

1	TRISTAN SUTHERLAND	1999	3904	24-Jul-22	SHERWOOD PARK
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Update Oct 2023