



# ASAA PROVINCIAL CHAMPIONSHIPS

## RETIRED TRACK & FIELD RECORDS

Girls Events	Name	School / Zone	Year	Record
Jr - 100 m Hurdles*	Jane Loskot	Bishop Carroll, Calgary	1991	14.30 secs
Jr - Discus (1 kg)+	Sherri Umeris	Lethbridge Collegiate Inst., South	1984	39.78 m
Jr - Shot Put (4 kg)+	Suzanne Pecht	Lethbridge Collegiate Inst., South	1983	11.90 m
Jr - Javel in (600 g)+	Leslie Taylor	Spruce Grove, Edmonton	1986	43.40 m
Int - 100 m Hurdles*	Erica Oeterson	Crowsnest Consolidated, South	1978	13.90 secs
Int - Discus (1 kg)+	Sandy Ketterer	St. Joseph, Edmonton	1980	41.87 m
Int - Shot Put (4 kg)+	Heather Fairbairn	Ross Sheppard, Edmonton	1987	12.78 m
Int - Javel in (600 g)+	Niki Oudenaarden	Paul Kane, Edmonton	2011	42.87 m
Sr - Medley Relay**	Elisa Warwick Sarah Falk Christine Zawaski Shawna Pho	Edmonton Zone	1996	4:20.34 secs

Boys Events	Name	School / Zone	Year	Record
Jr - 110 m Hurdles*	Kendall Beckles	Western Canada, Calgary	1991	14.30 secs
Int - 110 m Hurdles*	Vic Quan	Dr E.P. Scarlett, Calgary	1978	13.90 secs
Int - 110 m Hurdles*	Tom Pennie	Strathcona, Edmonton	1984	13.90 secs
Sr - 110 m Hurdles***	Aaron Rawlake	Grande Centre High, NE	1992	14.20 secs
Sr - Medley Relay**	Justin Sinclair Roger Woon Tom Prince Adrian Jorgenson	Calgary Zone	1996	3:39.37 secs
Sr - Discus (1.613 kg)	Kris Watson	Western Canada, Calgary	1992	49.52 m
Sr - Shot Put (5.44 kg)	Lanny Tron	Winston Churchill, South	1978	17.13 m

\*Weight Discontinued After 1998    \*\*Weight Discontinued After 1996    \*\*\*Weight Discontinued After 2004

+Weight Changed in 2013/ 14

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(i.e. +.24 sec to 100 m and 200 m ; +.14 sec to 400 m times)



# ASAA

# PROVINCIAL

# CHAMPIONSHIPS

## GIRLS TRACK & FIELD RECORDS

Junior Girls	Name	School / Zone	Year	Record
100 m	Loudia Laarman	Winston Churchill, South	2008	11.92 secs
200 m	Jillian Richardson	Central Memorial, Calgary	1981	24.44 secs*
400 m	Kendra Clarke	Holy Trinity, Edmonton	2013	54.47 secs
80 m Hurdles	Katelyn Slessor	Central Memorial, Calgary	2014	11.55 secs
800 m	Tayna Wright	Beaumont, Edmonton	1997	2:08.69 secs
1500 m	Madeleine Sumner	Western Canada, Calgary	2014	4:36.52 secs
3000 m	Claudia Belanger	Strathcona Tweedsmuir, SC	2012	10:18.56 secs
Long Jump	Niki Oudenaarden	Paul Kane, Edmonton	2010	5.75 m
Triple Jump	Makela Nikedirim	William Aberhart, Calgary	1992	11.48 m
High Jump	Whitney Evans	Western Canada, Calgary	1996	1.75 m
Pole Vault	Megan Lim	Western Canada, Calgary	2014	3.15 m
Shot Put (3 kg)	Jinaya Shaomachuk	Bert Church High, SC	2019	13.22 m
Discus (1 kg)	Jinaya Shaomachuk	Bert Church High, SC	2019	40.30 m
Javelin (500 g)	Kathryn Philott	Brooks Composite, SC	2016	38.81 m
4 x 100 m	Janelle Lee Pong	St. Francis Xavier, Edmonton	2006	49.42 secs
	Marilyn Rusterholz			
	Michelle Doroshuk			
	Jackie Gibeau			

Intermediate Girls	Name	School / Zone	Year	Record
100 m	Atia Weekes	Crescent Heights, Calgary	1997	11.84 secs
200 m	Atia Weekes	Crescent Heights, Calgary	1997	24.11 secs
400 m	Kendra Clarke	Holy Trinity, Edmonton	2014	54.66 secs
80 m Hurdles	Shaunie Morrison	Bishop O'Byrne, Calgary	2012	11.26 secs
800 m	Ginelle Demone	Leduc Composite, Edmonton	2015	2:09.57 secs
1500 m	Emma Hubbard	William Aberhart, Calgary	2017	4:37.66 secs
3000 m	Emily Kroshus	Western Canada, Calgary	1999	9:49.52 secs
Long Jump	Tiana Pisoni	Monsignor McCoy, South	2013	5.61 m
Triple Jump	Tiana Pisoni	Monsignor McCoy, South	2013	11.98 m
High Jump	Whitney Evans	Western Canada, Calgary	1997	1.77 m
Pole Vault	Megan Lim	Western Canada, Calgary	2015	3.70 m
Shot Put (3 kg)	Gabrielle Rains	Bev Facey, Edmonton	2015	13.74 m
Discus (1 kg)	Gabrielle Rains	Bev Facey, Edmonton	2015	45.47 m
Javelin (500 g)	Paige Greig	Dewberry, North East	2014	41.48 m
4 x 100 m	Corrine Barrett	Calgary Zone	1984	49.70 secs
	Jaria Smith			
	Mia Shragge			
	Vivian Stevenson			

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# ASAA

# PROVINCIAL

# CHAMPIONSHIPS

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Senior Girls	Name	School / Zone	Year	Record
100 m	Cathy Chrush	Queen Elizabeth, Calgary	1978	11.94 secs
200 m	Atia Weekes	Crescent Heights, Calgary	1998	23.58 secs
400 m	Sage Watson	Medicine Hat High, South	2012	54.22 secs
80 m Hurdles	Deshaunda Morrison	Bishop O'Byrne, Calgary	2013	11.46 secs
800 m	Jenna Westaway	Rundle College, Calgary	2012	2:11.60 secs
1500 m	Jessica O'Connell	Western Canada, Calgary	2007	4:35.16 secs
3000 m	Ellen Pennock	Henry Wise Wood, Calgary	2011	9:49.07 secs
Long Jump	Esther Medema	Mallaig, North East	1989	5.80 m
Triple Jump	Tiana Pisoni	Monsignor McCoy, South	2014	11.87 m
High Jump	Whitney Evans	Western Canada, Calgary	1998	1.83 m
Pole Vault	Kirstin Flesher	Strathcona, Edmonton	2006	3.55 m
Shot Put (4 kg)	Suzanne Pecht	Lethbridge Collegiate Inst., South	1985	14.67 m
Discus (1 kg)	Gabrielle Rains	Bev Facey, Edmonton	2016	48.96 m
Javelin (600 g)	Paige Greig	Dewberry, North East	2015	40.00 m
4 x 100 m	Sapna Dayd Leah McLeod Jane Laskot Mame Twumasi	Calgary Zone	1992	48.46 secs

Para Girls Open	Name	School / Zone	Year	Record
100 m (T20 )	Jose Meredith	George McDougall, SC	2019	15.92 secs
100 m (Wheelchair)	Britney Volkman	New Sarepta Community, NC	2019	23.15 secs
200 m (T20 )	Jose Meredith	George McDougall, SC	2019	35.13 secs
200 m (Wheelchair)	Britney Volkman	New Sarepta, NC	2019	23.15 secs
Shot Put (3 kg) (F20)	Torie Langdale	Mayerthorpe High, NC	2016	7.03 m
Shot Put (3 kg) (Wheelchair)	Anikka Cassidy	Western Canada, Calgary	2019	6.11 m

Girls Open	Name	School / Zone	Year	Record
300 m Hurdles	Julia Lovsin	St . Peter the Apostle, Edmonton	2018	42.53 secs
Pentathlon	Sienna MacDonald	George McDougall, SC	2019	3398 m
4 x 100 m	Cary Anderson Samantha Anderson Amy Barnett Katie McDonald	Calgary Zone	1999	3:57.44 secs

Mixed Open	Name	School / Zone	Year	Record
4 x 100 m Unified	A. Miguel, C. Orland	Medicine Hat High, South	2017	54.65 secs

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# ASAA

# PROVINCIAL

# CHAMPIONSHIPS

## BOYS TRACK & FIELD RECORDS

Junior Boys	Name	School / Zone	Year	Record
100 m	Chubba Hubbard	Bev Facey, Edmonton	2015	10.68 secs
200 m	Kudakwashe Murasiranwa	Holy Trinity, Edmonton	2014	21.83 secs
400 m	Sheldon Louza	Crescent Heights, Calgary	2016	49.90 secs
100 m Hurdles	Mehrdad Shokoohi	William Aberhart, Calgary	2015	13.25 secs
800 m	Scott Chalupiak	George McDougall, SC	2015	1:52.86 secs
1500 m	Alex Mowat	William Aberhart, Calgary	1984	4:03.00 secs
3000 m	Nyial Majock	Jack James, Calgary	2006	8:53.47 secs
Long Jump	Lewis Colin	Edmonton Christian, Edmonton	2015	6.72 m
Triple Jump	Sodienye Nkwonta	Calgary Christian, Calgary	2013	13.28 m
High Jump	Charlie Kambata	Ernest Manning, Calgary	2015	2.01 m
Pole Vault	John Moss	Strathcona Composite, Edmonton	1991	3.92 m
Shot Put (5 kg)	Jacob Berdahl	Eckville, Central	2017	13.83 m
Discus (1.5 kg)	Adam Sleik	George McDougall, SC	2014	40.53 m
Javelin (700 g)	Justin Breault	Holy Redeemer, NC	2017	54.29 m
4 x 100 m	Myles Browne	Notre Dame, Calgary	2013	44.04 secs
	Bowan Lewis			
	Colton Burr			
	Colton Hunchak			

Intermediate Boys	Name	School / Zone	Year	Record
100 m	Akeem Haynes	Crescent Heights, Calgary	2009	10.59 secs
200 m	Akeem Haynes	Crescent Heights, Calgary	2009	21.41 secs
400 m	Justin Rose	Jasper Place, Edmonton	2018	48.67 secs
100 m Hurdles	Mehrdad Shokoohi	William Aberhart, Calgary	2016	13.06 secs
800 m	Tyler Smith	Wetaskiwin Composite, Central	2011	1:52.58 secs
1500 m	Rob Evans	Central Memorial, Calgary	1976	3:56.80 secs
3000 m	Aaron Robson	Harry Ainlay, Edmonton	2003	8:38.50 secs
Long Jump	Hendric Tronsson	Crescent Heights, Calgary	2014	6.93 m
Triple Jump	Oral Ogilvie	Harry Ainlay, Edmonton	1986	14.01 m
High Jump	Jesse Lipscombe	St. Albert Catholic, Edmonton	1997	2.07 m
Pole Vault	Deryk Theodore	Strathcona Composite, Edmonton	2006	4.40 m
Shot Put (5kg)	Taner Dambrauskas	Ernest Manning, Calgary	2015	14.73 m
Discus (1.5kg)	Nathan Kalmakoff	Sir Winston Churchill, Calgary	2014	43.38 m
Javelin (700 g)	Justin Breault	Holy Redeemer, NC	2018	54.18 m
4 x 100 m	Colin Amsbaugh	Edmonton Zone	2001	43.19 secs
	Mark Cocks			
	Chris Howell			
	Jefferey Leong			

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# ASAA

# PROVINCIAL

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Senior Boys	Name	School / Zone	Year	Record
100 m	Rayon Marshall	Bishop Grandin, Calgary	1991	10.64 secs*
200 m	Jeff Halverson	Grande Prairie Comp, NW	2001	21.60 secs
400 m Dash	Justin Rose	Jasper Place, Edmonton	2019	47.81 secs
100 m Hurdles	Callum Macnab	Strathcona Composite, Edmonton	2015	13.10 secs
800 m	Tyler Smith	Wetaskiwin Composite, Central	2012	1:51.27 secs
150 m	Doug Drav	Lethbridge Collegiate Inst., South	1982	3:57.10 secs
3000 m	Aaron Robson	Harry Ainlay, Edmonton	2004	8:31.23 secs
Long Jump	Selwyn Taylor	Harry Ainlay, Edmonton	1987	7.24 m
Triple Jump	Aaron Hernandez	Kate Andrews, South	2013	14.86 m
High Jump	Jesse Lipscombe	St. Albert Catholic, Edmonton	1998	2.10 m
Pole Vault	Jamie Johnson	Strathcona Composite, Edmonton	1999	4.55 m
Shot Put (6 kg)	Chris Andrews	Lacombe Composite, Central	2015	15.39 m
Discus (1.75 kg)	Andreas Troschke	Olds High, SC	2017	42.52 m
Javelin (800 g)	Nelson Stockwell	Strathmore, Calgary	1977	58.56 m
4 x 100 m	Lawrence Deck	Calgary Zone	1996	42.37 secs
	Justin Sinclair			
	Curtis Stone			
	Ahmed Marshall			

Para Boys Open	Name	School / Zone	Year	Record
100 m (T35-38)	Erick Seed	Louis St. Laurent, Edmonton	2019	19.78 secs
100 m Dash (T20)	Luc Harris	Strathmore, South Central	2019	13.10 secs
100 m (Wheelchair)	Hunter Graves	Raymond, South	2017	27.74 secs
200 m (T20)	Antonio Miguel	Medicine Hat High, South	2017	28.30 secs
200 m (Wheelchair)	Hunter Graves	Raymond, South	2017	54.49 secs
Shot Put (4 kg) (F20)	Joseph Morin	Blessed Sacrament, Central	2017	9.25 m
Shot Put (4 kg) (Seated)	Hunter Graves	Raymond, South	2017	7.18 m

Boys Open	Name	School / Zone	Year	Record
300 m Hurdles	Scott Dixon	Strathcona, Edmonton	2017	38.31 secs
Pentathlon	Ryan Evans	Lethbridge Collegiate Inst., South	2019	3037 m
4 x 100 m	Mark Johnston	North Zone	1986	3:21.30 secs
	Mark Lynch			
	Rene Teague			
	Gordon Laxton			

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