

Outdoor Open Men						
		NAME	YEAR	PERF.	DATE	LOCATION
SENIOR MEN	1	ANDRE FRANCOIS	1964	10.74	17-May-94	RED DEER
100M	2	RAN HUGET	1972	11.45	18-Jun-94	CALGARY
	3	ORAL OGILVIE	1969	11.49	26-Jun-92	KELOWNA
	4	ARLO OSTAPOWICH	1973	11.60	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	1	ANDRE FRANCOIS	1964	21.23	17-Jun-95	CALGARY
200M	2	MATS SWANSON	2004	21.56	29-Mar-24	BATON ROUGE
		TRISTAN SUTHERLAND	1999	24.18	10-Jul-22	CALGARY
SENIOR MEN	1	MATS SWANSON	2004	47.79	15-Mar-24	BATON ROUGE
400M	2	ANDRE FRANCOIS	1964	48.92	21-May-94	VANCOUVER
	3	ALEX ANDRES	1995	50.37	31-May-15	CALGARY
	4	MICHAEL NISHIYAMA	1989	51.33	16-May-09	CALGARY
	5	CONNOR BOLE	2002	52.02	27-May-23	ST. ALBERT
	6	ARLO OSTAPOWICH	1973	52.83	16-Jun-95	MONTREAL
	7	VIVEK KOHLI	1971	55.84	03-Jul-95	KELOWNA
	8	KEN FYFE	1958	56.38	30-May-98	ST. ALBERT
	9	TRISTAN SUTHERLAND	1999	56.97	22-Jul-22	SHERWOOD PARK
SENIOR MEN	1	TYLER SMITH	1994	1:47.71	10-May-14	LOS ANGELES
800M	2	MATS SWANSON	2004	1:48.78	20-Apr-24	BATON ROUGE
	3	MARK LYNCH	1968	1:52.62	03-Jul-88	CALGARY
	4	NOLAN FYFE	1983	1:53.30	11-Jun-03	VICTORIA
	5	MICHAEL NISHIYAMA	1989	1:54.30	16-Jun-09	ABBOTSFORD
	6	DEREK BURGESS	1975	1:56.15	29-Jun-96	KELOWNA
	7	ALEX ANDRES	1995	1:56.48	10-May-15	CALGARY
	8	CONNOR BOLE	2002	1:57.41	25-Jun-23	EDMONTON
	9	JAMIE FLOWER	1968	1:59.08	03-Jul-88	CALGARY
	10	VIVEK KOHLI	1971	2:03.55	02-Jul-95	KELOWNA
	11	KEN FYFE	1948	2:03.80	28-Jun-98	KELOWNA
	12	MARK COLEMAN	1972	2:04.40	02-Jul-95	KELOWNA
	13	GREG CONROY	1950	2:32.31	29-Jun-96	KELOWNA
	14	JIM HARVEY		2:41.39	02-Jul-95	KELOWNA
	15	BRENDON WARD	1960	2:47.86	04-Jul-10	KELOWNA
	16	SERGE PARMAR	1961	4:03.70	04-Jul-10	KELOWNA

SENIOR MEN	1	TRAVIS MCKAY	1985	3:45.25	21-Apr-07	AUBURN
1500M	2	MARK LYNCH	1968	3:52.90	13-May-89	SASKATOON
	3	MARK COLEMAN	1973	4:08.88	03-Jul-95	KELOWNA
	4	DEREK BURGESS	1975	4:12.78	03-Jul-95	KELOWNA
	5	JAMIE FLOWER	1968	4:13.38	18-Jun-88	RED DEER
	6	ALEX ANDRES	1995	4:17.76	10-May-15	CALGARY
	7	VIVEK KOHLI	1971	4:18.18	03-Jul-95	KELOWNA
	8	KEN FYFE	1948	4:28.78	30-May-98	ST. ALBERT
	9	ARLO OSTAPOWICH	1973	4:46.39	14-Jun-95	MONTREAL
	10	TRISTAN SUTHERLAND	1999	4:59.93	16-Jul-22	EDMONTON
	11	JAMES KEIRSTEAD	1968	5:08.27	04-Jul-10	KELOWNA
	12	ERIC HARDEN	1953	5:08.38	30-Jun-98	KELOWNA
	13	GREG CONROY	1950	5:21.78	03-Jul-95	KELOWNA
	14	JIM HARVEY		5:24.78	03-Jul-95	KELOWNA
	15	JOHN KAMINSKI	1965	5:39.75	01-Jul-06	KELOWNA
	16	BRENT ELDER	1968	5:53.79	01-Jul-06	KELOWNA
	17	BRENDON WARD	1960	5:58.22	30-Jun-07	KELOWNA
SENIOR MEN	1	ARLO OSTAPOWICH	1973	15.97	16-Aug-95	ABBOTSFORD
110H	2	AARON RAWLICK	1973	16.66	17-Jul-94	CALGARY
	3	TRISTAN SUTHERLAND	1999	23.12	16-Jul-22	EDMONTON
SENIOR MEN	1	ARLO OSTAPOWICH	1973	59.14	04-Jul-93	KELOWNA
400H						
SENIOR MEN	1	TRAVIS MCKAY	1985	08:22.15	29-Mar-08	STARKVILLE
3000M	2	MARK LYNCH	1968	08:44.07	26-Jun-92	KELOWNA
	3	JAMES KEIRSTEAD	1968	11:17.43	04-Jul-10	KELOWNA
	4	GREG CONROY	1950	12:02.56	29-Jun-01	KELOWNA
	5	DAVE AITKEN	1962	12:11.06	29-Jun-01	KELOWNA
	6	ALVIN MOROZ	1951	12:18.10	29-Jun-01	KELOWNA
	7	JOHN KAMINSKI	1965	12:21.73	01-Jul-06	KELOWNA
	8	BRENDON WARD	1960	12:26.08	30-Jun-07	KELOWNA
	9	PERRY NISHIYAMA	1957	12:44.81	29-Jun-01	KELOWNA
	10	PETER BALDING		12:59.00	29-Jun-01	KELOWNA
	11	HAL WRIGHT	1955	14:23.19	29-Jun-01	KELOWNA

SENIOR MEN	1	TRAVIS MCKAY	1985	14:25.14	04-May-06	TALLAHASSEE
5000M	2	KELSEY KELEMAN	1980	15:36.37	02-Jul-99	VANCOUVER
	3	LORRIS WILLIAMS	1981	15:48.79	02-Jul-99	VANCOUVER
	4	KIM GENTES	1967	16:44.06	29-Jun-85	CALGARY
	5	ANDRE LOCKER	1985	16:46.17	25-Jun-04	CALGARY
	6	DEREK ANDERSON	1972	16:51.90	28-May-88	BURNABY
	7	MARK LYNCH	1968	16:56.58	14-Aug-82	EDMONTON
	8	VIVEK KOHLI	1971	16:58.95	29-Jun-96	KELOWNA
	9	CLAYTON PARADIS	1969	17:03.08	18-Jun-88	RED DEER
	10	ERIC HARDEN	1953	17:22.42	30-Jun-00	KELOWNA
	11	BILL NICHOLL	1964	17:52.48	10-May-80	OKOTOKS
	12	JAMIE ROBERTSON	1977	18:19.70	25-Jun-94	RED DEER
	13	BRYCE BOYD	1978	18:25.30	25-Jun-94	RED DEER
	14	GREG CONROY	1950	19:47.19	30-Jun-98	KELOWNA
	15	JIM HARVEY		20:11.80	30-Jun-95	KELOWNA
	16	GEORGE POMERLEAU	1956	22:24.92	30-Jun-98	KELOWNA
	17	PERRY NISHIYAMA	1957	22:25.57	30-Jun-00	KELOWNA
	18	ROGER MARVIN	1955	23:04.10	01-Jul-94	KELOWNA
	19	GARY KWASNECHA	1954	23:33.71	30-Jun-00	KELOWNA
SENIOR MEN	1	TRAVIS MCKAY	1985	08:52.23	13-Apr-07	MOUNT SAC
3000M STEEPLE						
SENIOR MEN	1	JESSE LIPSCOMBE	1980	2.26	12-May-07	SANTO DOMINGO
HIGH JUMP	2	ARLO OSTAPOWICH	1973	1.90	01-Jul-94	KELOWNA
	3	TRISTAN SUTHERLAND	1999	1.60	10-Jul-22	CALGARY
	4	KEN FYFE	1958	1.45	28-Jun-98	KELOWNA
SENIOR MEN	1	RAN HUGET	1972	7.30	02-Jul-94	OTTAWA
LONG JUMP	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	4.40	29-Jun-97	KELOWNA
	10	BRENT ELDER	1968	4.22	01-Jul-05	KELOWNA
SENIOR MEN	1	ORAL OGALVIE	1969	16.12	10-Jun-92	EDMONTON
TRIPLE JUMP	2	RAN HUGET	1972	14.80	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	1	ROB PIKE	1970	5.25	22-Jul-95	CALGARY
POLE VAULT	2	MARVIN BEYER	1959	4.60	29-Jun-85	CALGARY
	3	JOHN PATON	1959	4.30	#####	EDMONTON
	4	ARLO OSTAPOWICH	1973	4.30	4-Jun-95	MONTREAL
	5	TRISTAN SUTHERLAND	1999	2.83	24-JUL-22	SHERWOOD PARK
SENIOR MEN	1	CHRIS BEGG	1971	13.50	04-Jul-93	KELOWNA
16LB SHOT	2	JOHN FINDLAY	1967	12.74	17-Jun-90	RED DEER
	3	ARLO OSTAPOWICH	1973	12.37	1-Jul-94	KELOWNA
	4	MAREK GLOWACKI		12.05	29-Jun-97	KELOWNA
	5	DAREK GLOWACKI	1973	10.36	4-Jul-93	KELOWNA
	6	JAMES KEIRSTEAD	1968	8.81	4-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	7.20	29-Jun-96	KELOWNA
	10	TRISTAN SUTHERLAND	1999	7.01	22-Jul-22	SHERWOOD PARK
SENIOR MEN	1	IAN MAPLETHORPE	1966	49.44	06-May-89	CALGARY
DISCUS	2	JOHN FINDLAY	1967	43.00	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		21.80	29-Jun-97	KELOWNA

	11	JAMES KEIRSTEAD	1968	19.87	4-Jul-10	KELOWNA
	12	GEORGE POMERLEAU	1956	17.38	28-Jun-98	KELOWNA
SENIOR MEN	1	STEWART MARKHAM	1971	54.18	18-Jul-93	CALGARY
JAVELIN	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	41.40	29-JUN-96	KELOWNA
	6	MAREK GLOWACKI		36.60	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	1	IAN MAPLETHORPE	1966	66.82	6-Jul-96	SASKATOON
HAMMER	2	SCOTT BUCYK	1969	58.34	2-Jun-89	EDMONTON
	3	JAMES LITVAK	1962	46.52	13-Jul-86	CALGARY
	4	KARSTEN KELM	1962	43.90	6-Jul-86	EDMONTON
	5	ARLO OSTAPOWICH	1973	41.02	29-Jun-96	KELOWNA
	6	MARVIN BEYER	1959	39.58	6-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	1	TRISTAN SUTHERLAND	1999	3904	24-JUL-22	SHERWOOD PARK
DECATHLON						
						Updated Oct 28 2024