

Outdoor U20 Mens

		NAME	YEAR	PERF.	DATE	LOCATION
UNDER 20	1	ANDREAS THOME	2001	11.53	21-May-19	EDMONTON
MEN	2	DAREK GLOWACKI	1973	11.68	23-May-92	CALGARY
100M	3	JAYDEN FAUCHER	2000	11.81	28-Jul-18	SHERWOOD PARK
	4	ELIJAH APORTADERA	1995	11.83	08-Jun-13	CALGARY
	5	ARLO OSTAPOWICH	1973	11.90	23-May-92	CALGARY
	6	MADDOX PACKARD	2006	11.91	02-Jun-24	LEDUC
	7	CONNOR BOLE	2002	11.92	17-Jul-21	LEDUC
	8	JAMIE ROBERTSON	1977	12.43	20-May-95	CALGARY
	9	ETHAN GATZKE	2006	12.47	05-May-24	EDMONTON
	10	HASLYN KLASS	1977	12.61	02-Jul-95	KELOWNA
	11	DARREN DELLEZAY	1977	12.73	20-May-95	CALGARY
UNDER 20	1	MATS SWANSON	2004	21.69	21-Apr-23	BATON ROUGE
MEN	2	BRANDEN HANSEN	1993	23.59	03-Jul-11	KELOWNA
200M	3	ALEX ANDRES	1995	23.92	20-Jul-13	SHERWOOD PARK
	4	NICK ADAMS	1977	24.03	17-Jun-95	CALGARY
	5	JAYDEN FAUCHER	2000	24.16	22-Jun-18	EDMONTON
	6	KURTIS NISHIYAMA	1988	24.28	06-Jun-06	EDMONTON
	7	ANDREAS THOME	2001	24.34	21-May-19	EDMONTON
	8	ADAM WARD	1991	24.76	09-May-09	ST. ALBERT
	9	DARREN DELLEZAY	1977	24.96	16-Jul-95	CALGARY
	10	ARLO OSTAPOWICH	1973	25.11	29-Jun-91	KELOWNA
	11	HASLYN KLASS	1977	25.71	16-Jul-95	CALGARY
	12	LANDON HILL	1991	25.84	09-May-09	ST. ALBERT
UNDER 20	1	MATS SWANSON	2005	47.10	11-May-23	BATON ROUGE
MEN	2	TYLER SMITH	1994	48.67	02-Jun-12	EDMONTON
400M	3	MICHAEL NISHIYAMA	1989	49.71	23-Jun-07	EDMONTON
	4	NOLAN FYFE	1983	49.79	30-Jun-01	KELOWNA
	5	JORDEN HANSEN	1996	50.44	15-Jun-14	CALGARY
	6	ALEX ANDRES	1995	50.91	31-May-14	ST. ALBERT
	7	MARK LYNCH	1968	51.03	25-May-86	SASKATOON
	8	BRANDEN HANSEN	1993	51.94	07-May-11	LETHBRIDGE
	9	QUENTIN WOOD	1975	52.00	04-Jul-93	KELOWNA
	10	KYLE NISHIYAMA	1985	52.41	21-Jun-03	EDMONTON
	11	TIMURLANE CAKMAK	1995	52.55	02-Jun-13	ST. ALBERT
	12	CONNOR BOLE	2002	52.66	12-Sep-20	LEDUC
	13	DEREK BURGESS	1975	52.77	27-Jun-93	RED DEER
	14	WARREN BOHM	1987	52.88	01-Jul-05	KELOWNA
	15	ADAM WARD	1991	52.90	12-Jun-09	CALGARY
	16	JORDAN FRIZZELL	1981	52.97	30-Jun-00	KELOWNA

	17	RHYS DUNN	2001	53.76	16-Jun-19	CALGARY
	18	HARRY MALHI	2000	53.78	30-Jun-19	EDMONTON
	19	DARRYL TRAUTMAN	1993	54.17	24-Jul-11	SHERWOOD PARK
	20	ARLO OSTAPOWICH	1973	54.64	24-Jul-92	WINNIPEG
UNDER 20	1	TYLER SMITH	1994	1:47.96	16-Jun-12	EDMONTON
800M	2	MATS SWANSON	2004	1:50.72	25-Mar-23	BATON ROUGE
MEN	3	NOLAN FYFE	1983	1:50.75	09-Jul-02	MONTREAL
	4	KARL ROBERTSON	1991	1:52.08	05-Jun-10	VICTORIA
	5	MARK LYNCH	1968	1:52.48	13-Jul-86	CALGARY
	6	MICHAEL NISHIYAMA	1989	1:55.01	26-Jul-08	ABBOTSFORD
	7	ALEX ANDRES	1995	1:55.10	08-Jun-14	CALGARY
	8	AARON ROBSON	1986	1:56.10	04-Jun-04	CALGARY
	9	DEREK BURGESS	1975	1:56.95	24-Jul-93	CALGARY
	10	TRAVIS MCKAY	1985	1:57.30	25-May-03	ST. ALBERT
	11	DONOVAN HACKING	1992	1:58.55	04-Jun-10	MEDICINE HAT
	12	ADAM WARD	1991	1:58.81	17-Jul-09	CHARLOTTETOWN
	13	JORDAN FRIZZELL	1981	1:59.18	30-Jun-00	KELOWNA
	14	TIMURLANE CAKMAK	1995	1:59.25	06-Apr-13	ARCADIA
	15	KYLE NISHIYAMA	1985	1:59.33	21-Jun-03	EDMONTON
	16	CONOR MCKAIGNEY	1980	2:00.28	26-Jun-99	KELOWNA
	17	CLAYTON PARADIS	1969	2:00.55	01-Jul-88	CALGARY
	18	DEREK PARKER	2000	2:00.68	24-May-18	EDMONTON
	19	BRANDEN HANSEN	1993	2:01.00	12-Jun-11	CALGARY
	20	MATT MACLELLAN	1999	2:01.16	23-Jul-17	SHERWOOD PARK
UNDER 20	1	KARL ROBERTSON	1991	3:50.85	10-Jun-09	VICTORIA
MEN	2	AARON ROBSON	1986	3:51.58	01-Jul-04	HARRY JEROME
1500M	3	TRAVIS MCKAY	1985	3:54.68	10-Apr-04	STARKSVILLE
	4	TYLER SMITH	1994	3:55.13	13-May-12	CALGARY
	5	MARK LYNCH	1968	3:58.85	12-Jul-86	CALGARY
	6	NOLAN FYFE	1983	4:03.63	09-Jun-01	EDMONTON
	7	DEREK BURGESS	1975	4:03.89	18-Jun-94	CALGARY
	8	ALEX ANDRES	1995	4:09.15	13-Jul-14	SHERWOOD PARK
	9	CONOR MCKAIGNEY	1980	4:09.71	26-Jun-99	KELOWNA
	10	KELSEY KELEMAN	1980	4:10.44	26-Jun-99	KELOWNA
	11	MATT MACLELLAN	1999	4:12.25	03-Jun-17	EDMONTON
	12	DONOVAN HACKING	1992	4:13.38	04-Jun-10	MEDICINE HAT
	13	MICHAEL NISHIYAMA	1989	4:14.10	30-Jun-07	KELOWNA
	14	ADAM WARD	1991	4:17.32	27-Jun-09	KELOWNA
	15	SHAUN GREGORY	1981	4:19.10	26-Jun-99	KELOWNA

	16	TOM WILLOWS	1968	4:19.15	25-May-86	SASKATOON
	17	ANDRE LOCKER	1985	4:19.60	30-Jun-03	KELOWNA
	18	KIM GENTES	1967	4:20.17	29-Jun-85	CALGARY
	19	JORDAN FRIZZELL	1981	4:28.00	26-Jun-99	KELOWNA
	20	GREG ZAWASKI	1984	4:31.62	15-Jun-02	CALGARY
UNDER 20	1	AARON ROBSON	1986	8:30.90	26-Jun-04	ABBOTSFORD
MEN	2	TRAVIS MCKAY	1985	8:56.72	08-Aug-04	GLASGOW
3000M	3	LORRIS WILLIAMS	1981	9:09.08	11-Jun-99	CALGARY
	4	MATT MACLELLAN	1999	9:12.03	02-Jun-17	EDMONTON
	5	NOLAN FYFE	1983	9:15.65	09-Jun-01	EDMONTON
	6	ALEX ANDRES	1995	9:18.72	07-Jun-13	CALGARY
	7	KELSEY KELEMAN	1981	9:21.78	11-Jun-99	CALGARY
	8	ANDRE LOCKER	1985	9:21.82	30-Jun-03	KELOWNA
	9	ADAM WARD	1991	10:04.24	04-Jul-10	KELOWNA
	10	EZRA ALEBA	1991	10:04.59	09-May-09	ST. ALBERT
	11	TIMURLANE CAKMAK	1995	10:12.99	02-Jun-13	ST ALBERT
	12	BRENDAN ROBERTSON	1989	11:23.89	28-Jun-08	KELOWNA
UNDER 20	1	KELSEY KELEMAN	1980	15:36.37	02-Jul-99	VANCOUVER
MEN	2	LORRIS WILLIAMS	1981	15:48.79	02-Jul-99	VANCOUVER
5000M	3	KIM GENTES	1967	16:44.06	29-Jun-85	CALGARY
	4	ANDRE LOCKER	1985	16:46.17	25-Jun-04	CALGARY
	5	DEREK ANDERSON	1972	16:51.90	28-May-88	BURNABY
	6	MARK LYNCH	1968	16:56.58	14-Aug-82	EDMONTON
	7	CLAYTON PARADIS	1969	17:03.08	18-Jun-88	RED DEER
	8	BILL NICHOLL	1964	17:52.48	10-May-80	OKOTOKS
	9	JAMIE ROBERTSON	1977	18:19.70	25-Jun-94	RED DEER
	10	BRYCE BOYD	1978	18:25.30	25-Jun-94	RED DEER
UNDER 20	1	NICK ADAMS	1977	15.22	16-Jul-95	CALGARY
MEN	2	ARLO OSTAPOWICH	1973	16.34	7-Jul-92	SASKATOON
110M HURDLES	3	DAREK GLOWACKI	1973	18.32	23-May-92	CALGARY
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UNDER 20	1	JORDEN HANSEN	1996	58.25	11-May-14	CALGARY
MEN	2	NICK ADAMS	1977	58.73	16-Jul-95	CALGARY
400M HURDLES	3	QUENTIN WOOD	1975	59.24	04-Jul-93	KELOWNA
	4	BRANDEN HANSEN	1993	59.44	03-Jul-11	KELOWNA
	5	DEREK PARKER	2000	59.77	01-Jul-18	KELOWNA

	6	KURTIS NISHIYAMA	1988	59.79	10-Aug-07	SHERWOOD PARK
UNDER 20 MEN 3000M STEEPLE	1	TRAVIS MCKAY	1985	09:06.80	22-Apr-04	PENN RELAYS
UNDER 20 MEN HIGH JUMP	1	ANDREAS THOME	2001	1.95	16-JUN-19	CALGARY
	1	JEFF BEGG	1974	1.95	18-Jul-93	CALGARY
	1	KURTIS NISHIYAMA	1988	1.95	26-Jun-07	EDMONTON
	4	ETHAN GATZKE	2006	1.92	16-JUN-24	EDMONTON
	5	NOLAN FYFE	1983	1.85	9-Jun-01	EDMONTON
	6	ARLO OSTAPOWICH	1973	1.82	24-Jul-92	WINNIPEG
	7	DAREK GLOWACKI	1973	1.80	23-May-92	CALGARY
	8	HASLYN KLASS	1977	1.75	16-Jul-95	CALGARY
	9	ALEX ANDRES	1995	1.70	20-JUL-13	SHERWOOD PARK
	10	JAMIE ROBERTSON	1977	1.60	3-Jul-95	KELOWNA
	10	DARREN DELLEZAY	1977	1.60	16-Jul-95	CALGARY
UNDER 20 MEN LONG JUMP	1	ANDREAS THOME	2001	6.81	12-MAY-19	CALGARY
	2	STEWART MARKHAM	1971	6.59	10-Jun-89	CALGARY
	3	ARLO OSTAPOWICH	1973	6.28	26-Jun-92	KELOWNA
	4	DAREK GLOWACKI	1973	6.25	28-May-92	CALGARY
	5	ELIJAH APORTADERA	1995	6.18	8-JUN-13	CALGARY
	6	DAVID COWAN	1968	6.15	12-Jul-86	CALGARY
	7	ETHAN GATZKE	2006	6.06	19-JUL-24	WINNIPEG
	8	KURTIS NISHIYAMA	1988	5.99	15-Jun-07	CALGARY
	9	JEFF BEGG	1974	5.73	26-Jun-92	KELOWNA
	10	DEREK BURGESS	1975	5.63	1-Jul-94	KELOWNA
	11	ADAM WARD	1991	5.55	9-May-09	ST. ALBERT
	12	DARREN DELLEZAY	1977	5.52	3-Jul-95	KELOWNA
	13	JAMIE ROBERTSON	1977	5.50	20-May-95	CALGARY
		DARRYL CYRE	1968	5.40	14-Jun-86	EDMONTON
		HASLYN KLASS	1977	5.32	3-Jul-95	KELOWNA
UNDER 20 MEN TRIPLE JUMP	1	DAVID COWAN	1968	13.71	26-Jul-86	WINNIPEG
	2	STEWART MARKHAM	1971	12.49	24-Jun-89	RED DEER
	3	HASLYN KLASS	1977	11.85	03-Jul-95	KELOWNA
UNDER 20 MEN POLE VAULT	1	ARLO OSTAPOWICH	1973	3.85	24-Jul-92	WINNIPEG
	2	DAREK GLOWACKI	1973	3.80	23-May-92	CALGARY
	3	DEREK PARKER	2000	3.75	29-Jul-18	SHERWOOD PARK

	4	DARREN DELLEZAY	1977	3.45	07-Jun-96	EDMONTON
	5	DARRYL CYRE	1968	3.20	26-Jul-86	WINNIPEG
UNDER 20	1	CHRIS BEGG	1971	13.67	10-Jun-89	CALGARY
MEN	2	SCOTT BUCYK	1969	13.48	09-Jul-88	EDMONTON
SHOT	3	MATT KUSHAK	1993	12.05	24-Jul-11	SHERWOOD PARK
	4	STEWART MARKHAM	1971	11.34	05-May-90	CALGARY
	5	DAREK GLOWACKI	1973	10.87	23-May-92	CALGARY
	6	JOHN FINDLAY	1967	10.67	10-May-86	EDMONTON
	7	ARLO OSTAPOWICH	1973	10.58	24-Jul-92	WINNIPEG
	8	JAMIE ROBERTSON	1977	9.44	20-May-95	CALGARY
	9	DARREN DELLEZAY	1977	8.58	29-Jun-96	KELOWNA
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UNDER 20	1	STEWART MARKHAM	1971	38.48	10-Jun-89	CALGARY
MEN	2	SCOTT BUCYK	1969	37.86	01-Jul-88	CALGARY
DISCUS	3	JOHN FINDLAY	1967	35.82	25-May-86	SASKATOON
	4	MATT KUSHAK	1993	35.06	15-May-11	CALGARY
	5	DAREK GLOWACKI	1973	32.78	16-Aug-92	COQUITLAM
	6	ARLO OSTAPOWICH	1973	30.48	26-Jun-92	KELOWNA
	7	DARREN DELLEZAY	1977	29.32	29-Jun-96	KELOWNA
	8					
UNDER 20	1	STEWART MARKHAM	1971	61.98	20-Jul-90	SHERWOOD PARK
MEN	2	DARREN DELLEZAY	1977	45.22	07-Jun-96	EDMONTON
JAVELIN	3	ARLO OSTAPOWICH	1973	44.28	24-Jul-92	WINNIPEG
	4	DAREK GLOWACKI	1973	41.00	06-Aug-92	COQUITLAM
	5	JOHN FINDLAY	1967	35.28	14-Jun-86	EDMONTON
	6	CONOR MCKAIGNEY	1980	33.04	26-Jun-99	KELOWNA
	7	JAMIE ROBERTSON	1977	32.80	20-May-95	CALGARY
	8	LANDON HILL	1991	27.91	27-Jun-09	KELOWNA
	9					
UNDER 20	1	SCOTT BUCYK	1969	60.90	09-Jul-88	EDMONTON
MEN	2	IAN MAPLETHORPE	1966	51.10	29-Jun-85	CALGARY
HAMMER	3	MATT KUSHAK	1993	43.01	03-Jul-11	KELOWNA
	4	JEFF BEGG	1974	27.00	24-Jul-93	CALGARY

	5	STEWART MARKHAM	1971	21.30	06-May-89	CALGARY
UNDER 20	1	AARON ROBSON	1986	4:14:18	09-Apr-04	ARCADIA
MEN	2	BRADY KELLER	2007	4:24:06	08-Apr-23	ARCADIA
MILE						Updated Oct 28 2024