

2009 Indoor Rankings Master Women by Top Mark

Women 60m Sprint

27-Apr-09

Mark	Name	Team	Age	Rd	Pl	Meet	Location	Begin Date	Specs
8.44	Lee Pong, Noella	EH	W48	F	14	Snow Fling 2009	Edmonton, AB	15-Feb-09	
8.68	Francois, Julie	EH	W50	F	2	Edmonton Journal Games	Edmonton, AB	14-Mar-09	
8.83	Burnett, Evelyn	CS	W50	F	1	Dino Classic	Calgary, AB	3-Jan-09	
9.42	Jolicoeur, Jovette	CS	W49	F	1	Jack Simpson Open	Calgary, AB	24-Jan-09	
9.43	Lauridsen, Susanne	CS	W51	F	2	Kamloops Indoor Championships	Kamloops, BC	21-Feb-09	
9.56	Dargie, Betty	UCAC	W66	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
9.67	Oudenaarden, Monica	MAS	W46	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	
9.92	Amerongen, Loretta	UAAC	W55	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
9.95	Burton, Lucille	MAS	W67	F	2	Edmonton Journal Games	Edmonton, AB	14-Mar-09	
10.08	Hopchin, Maria	MAS	W64	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
13.74	McQuarrie, Betty	MAS	W80	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Women 200m Sprint

28.94	Francois, Julie	EH	W50	F	1	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
30.31	Burnett, Evelyn	CS	W51	F	1	Kamloops Indoor Championships	Kamloops, BC	21-Feb-09	
33.42	Lauridsen, Susanne	CS	W51	F	2	Kamloops Indoor Championships	Kamloops, BC	21-Feb-09	
34.50	Hopchin, Maria	MAS	W64	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
35.78	Burton, Lucille	MAS	W67	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
48.30	McQuarrie, Betty	MAS	W80	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Women 300m Sprint

45.42	Francois, Julie	EH	W50	F	5	Snow Fling 2009	Edmonton, AB	15-Feb-09	
51.49	Jolicoeur, Jovette	CS	W49	F	1	Dino Classic	Calgary, AB	3-Jan-09	
52.62	Lauridsen, Susanne	CS	W50	F	15	Jack Simpson Open	Calgary, AB	24-Jan-09	

Women 400m Sprint

1:05.87	Francois, Julie	EH	W50	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
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Women 800m Run

2:32.48	Dixon, Donna	CRR	W46	F	6	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
2:50.45	Freeman, B.J.	CS	W50	M		Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
2:59.47	Jolicoeur, Jovette	CS	W49	M		Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
3:48.52	Amerongen, Loretta	UAAC	W55	M		Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	

Women 1000m Run

3:20.72	Dixon, Donna	CRR	W46	F	1	Dino Classic	Calgary, AB	3-Jan-09	
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Women 1500m Run

5:09.75	Dixon, Donna	CRR	W46	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	
5:44.66	Flanigan, Teresa	ET	W37	F	1	Last Chance Meet	Edmonton, AB	29-Nov-08	
6:08.63	Kornelsen, Nikki	ET	W44	F	3	Last Chance Meet	Edmonton, AB	29-Nov-08	

Women 3000m Run

11:14.63	Dixon, Donna	CRR	W46	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
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Women 1500m Walk

7:49.53	Flipsen, Johanna	HRC	W54	F	1	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
8:15.79	Wilson, Hope	KRW	W44	F	3	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
8:55.80	Chiozza, Teresa	ARA	W58	F	3	Golden Bear Open	Edmonton, AB	16-Jan-09	
9:01.59	Rodrigue-Poscente, Michelle	HRC	W49	F	5	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
9:05.79	Ayles, Ellen	KRW	W59	F	2	Last Chance Meet	Edmonton, AB	29-Nov-08	
9:21.26	Chichak, Marianne	KRW	W60	F	6	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
9:23.78	Walters, Lisa	ARA	W40	F	4	Last Chance Meet	Edmonton, AB	29-Nov-08	

Women 3000m Walk

16:23.72	Flipsen, Johanna	HRC	W54	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
18:29.38	Chiozza, Teresa	ARA	W58	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
18:51.27	Wilson, Hope	KRW	W44	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
19:31.27	Walters, Lisa	ARA	W41	F	4	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
19:35.74	Klaassen, Diana	ARA	W41	F	5	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
20:10.36	Crerar, Joanne	ARA	W55	F	4	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Women 60m Hurdles

9.96	Freeman, B.J.	CS	W50	M	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	.76/7.0m
11.92	Lauridsen, Susanne	CS	W51	F	1 Kamloops Indoor Championships	Kamloops, BC	21-Feb-09	.76/7.0m
12.52	Jolicoeur, Jovette	CS	W49	F	2 Kamloops Indoor Championships	Kamloops, BC	21-Feb-09	.76/7.0m
13.85	Amerongen, Loretta	UAAC	W55	M	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	.76/7.0m

Women High Jump

1.26m	Jolicoeur, Jovette	CS	W49	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
1.27m	Amerongen, Loretta	UAAC	W55	F	2 Snow Fling 2009	Edmonton, AB	15-Feb-09	
1.41m	Freeman, B.J.	CS	W50	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Women Long Jump

4.10m	Amerongen, Loretta	UAAC	W55	F	2 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
4.18m	Jolicoeur, Jovette	CS	W49	F	2 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
4.43m	Linaker, Launa	EH	W45	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
4.77m	Freeman, B.J.	CS	W50	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Women Shot Put

10.10m	King, Tracy	EH	W50	F	3 Snow Fling 2009	Edmonton, AB	15-Feb-09	3kg
10.07m	Freeman, B.J.	CS	W50	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	3kg
9.77m	King, Tracy	EH	W50	F	1 Last Chance Meet	Edmonton, AB	29-Nov-08	3kg
9.19m	McBlain, Liz	MAS	W61	F	2 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	3kg
9.01m	Roberts, Catherine	MAS	W62	F	3 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	3kg
8.74m	Jolicoeur, Jovette	CS	W49	M	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	3kg
8.73m	Amerongen, Loretta	UAAC	W55	F	4 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	3kg
7.97m	Lee Pong, Noella	EH	W48	F	7 Snow Fling 2009	Edmonton, AB	15-Feb-09	4kg
7.43m	King, Laureen	MAS	W47	F	2 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	4kg
6.81m	Oudenaarden, Monica	MAS	W46	F	5 Last Chance Meet	Edmonton, AB	29-Nov-08	4kg
6.68m	Spaj-Muth, Dana	MAS	W39	F	6 Last Chance Meet	Edmonton, AB	29-Nov-08	4kg
6.46m	Timmer, Corrine	UN-AB	W41	F	2 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	4kg

Women Weight Throw

11.00m	McBlain, Liz	MAS	W61	F	1 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	5.54kg
8.89m	Roberts, Catherine	MAS	W62	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	5.54kg
6.97m	Jolicoeur, Jovette	CS	W49	F	1 Alberta Indoor Championships	Edmonton, AB	7-Mar-09	7.26kg
6.95m	Amerongen, Loretta	UAAC	W55	F	2 Snow Fling 2009	Edmonton, AB	15-Feb-09	7.26kg

Women Pentathlon

2657	Freeman, B.J.	CS	W50	F	1 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
1761	Jolicoeur, Jovette	CS	W49	F	2 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
1297	Amerongen, Loretta	UAAC	W55	F	3 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	

Women Pentathlon - Age Graded

4168	Freeman, B.J.	CS	W50	F	1 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
2986	Amerongen, Loretta	UAAC	W55	F	3 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
2698	Jolicoeur, Jovette	CS	W49	F	2 Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	

2009 Indoor Rankings Master Men by Top Mark

Men 60m Sprint

Mark	Name	Team	Age	Rd	Pl	Meet	Location	Begin Date	Specs
7.26	Francois, Andre	EH	M44	F	1	Edmonton Journal Games	Edmonton, AB	14-Mar-09	
7.63	Brown, Dave	UN-AB	M51	P	31	Jack Simpson Open	Calgary, AB	24-Jan-09	
7.68	Starchuk, Darren	EH	M43	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
7.71	Van Bakel, James	MAS	M34	F	1	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
7.87	Jeske, Wolfgang	MAS	M55	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
7.84	Posyluzny, Darren	RED	M40	F	1	Dino Indoor Challenge	Calgary, AB	25-Apr-09	
7.97	Harris, Brian	CS	M38	F	3	Golden Bear Open	Edmonton, AB	16-Jan-09	
8.04	St Amant, Paul	LYJ	M45	F	1	Last Chance Meet	Edmonton, AB	29-Nov-08	
8.17	LeePong, David	EH	M53	F	3	Last Chance Meet	Edmonton, AB	29-Nov-08	
8.22	Meyers, Darcy	CS	M46	F	7	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
8.24	Cox, Doug	EH	M47	F	4	Last Chance Meet	Edmonton, AB	29-Nov-08	
8.25	Burte, Thomas	RED	M51	F	1	Dino Classic	Calgary, AB	3-Jan-09	
8.27	Matheson, Gerald	ESA	M42	P	19	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
8.29	Black, Murray	MAS	M49	F	5	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
8.31	Coy, Christopher	COTC	M48	F	5	Dino Classic	Calgary, AB	3-Jan-09	
8.36	Bednorski, Mark	MAS	M40	F	5	Golden Bear Open	Edmonton, AB	16-Jan-09	
8.39	Thiessen, Rick	UN-AB	M38	F	6	Dino Classic	Calgary, AB	3-Jan-09	
8.41	Trapp, Robert	MAS	M47	F	6	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
8.66	Black, David	UN-AB	M47	F	5	Dino Indoor Challenge	Calgary, AB	25-Apr-09	
8.68	Freeman, Sean	MED	M36	F	4	Jack Simpson Open	Calgary, AB	24-Jan-09	
8.76	Mintz, Bruce	MAS	M62	F	3	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
8.99	Dunn, Dave	MAS	M72	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	
9.65	Nett, Arnold	MAS	M76	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Men 200m Sprint

23.14	Francois, Andre	EH	M44	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
24.96	Van Bakel, James	MAS	M34	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
25.39	Brown, Dave	UN-AB	M51	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
25.42	Jeske, Wolfgang	MAS	M55	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
26.08	Starchuk, Darren	EH	M43	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
26.35	Black, Murray	MAS	M49	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
26.52	St Amant, Paul	LYJ	M45	F	2	Last Chance Meet	Edmonton, AB	29-Nov-08	
26.79	Harris, Brian	CS	M38	F	2	Golden Bear Open	Edmonton, AB	16-Jan-09	
27.40	Coy, Christopher	COTC	M48	F	3	Golden Bear Open	Edmonton, AB	16-Jan-09	
27.58	Matheson, Gerald	ESA	M42	F	9	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
27.90	Meyers, Darcy	CS	M46	F	5	Golden Bear Open	Edmonton, AB	16-Jan-09	
28.47	Mintz, Bruce	MAS	M62	F	3	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
28.81	Kunysz, Waldemar	COTC	M50	F	4	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
29.38	Burte, Thomas	RED	M51	F	5	Golden Bear Open	Edmonton, AB	16-Jan-09	
30.64	Dunn, Dave	MAS	M72	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Men 300m Sprint

36.45	Francois, Andre	EH	M44	F	2	Snow Fling 2009	Edmonton, AB	15-Feb-09	
40.34	Brown, Dave	UN-AB	M51	F	14	Jack Simpson Open	Calgary, AB	24-Jan-09	
40.44	Jeske, Wolfgang	MAS	M55	F	6	Snow Fling 2009	Edmonton, AB	15-Feb-09	
44.56	Thiessen, Rick	UN-AB	M38	F	3	Dino Classic	Calgary, AB	3-Jan-09	
45.18	Mintz, Bruce	MAS	M62	F	8	Snow Fling 2009	Edmonton, AB	15-Feb-09	
45.49	Black, David	UN-AB	M47	F	23	Jack Simpson Open	Calgary, AB	24-Jan-09	
45.82	Meyers, Darcy	CS	M46	F	24	Jack Simpson Open	Calgary, AB	24-Jan-09	
47.28	Kunysz, Waldemar	COTC	M50	F	2	Dino Opener	Calgary, AB	6-Dec-08	
47.36	Burte, Thomas	RED	M51	F	3	Dino Opener	Calgary, AB	6-Dec-08	
1:05.01	Mintz, Bruce	MAS	M62	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	

Men 400m Sprint

54.78	Francois, Andre	EH	M44	F	7	Last Chance Meet	Edmonton, AB	29-Nov-08
57.04	Dong, Walter	ET	M47	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09
57.38	Van Bakel, James	MAS	M34	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
58.32	Brown, Dave	UN-AB	M51	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
59.02	Jeske, Wolfgang	MAS	M55	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
1:30.64	Roberts, Richard	MAS	M66	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09

Men 600m Run

1:51.67	Fenning, Darrell	UCAC	M45	F	2	Jack Simpson Open	Calgary, AB	24-Jan-09
1:59.34	Freeman, Sean	MED	M36	F	3	Jack Simpson Open	Calgary, AB	24-Jan-09

Men 800m Run

2:25.44	Russell, Cliff	ET	M55	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
2:25.51	Holmes, Bob	ET	M54	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
2:35.78	Fenning, Darrell	UCAC	M45	F	22	Dino Opener	Calgary, AB	29-Nov-08
3:06.06	Milne, Peter	MAS	M60	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09

Men 1000m Run

3:09.03	Bickley, Ed	CRR	M50	F	3	Dino Classic	Calgary, AB	3-Jan-09
3:13.21	Dargie, Barrie	CRR	M64	F	4	Dino Classic	Calgary, AB	3-Jan-09
3:16.84	Black, David	UN-AB	M47	F	6	Dino Classic	Calgary, AB	3-Jan-09
3:26.03	Fenning, Darrell	UCAC	M45	F	7	Dino Classic	Calgary, AB	3-Jan-09
4:13.79	Freeman, Sean	MED	M36	F	4	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09

Men 1500m Run

4:46.46	Corcoran, Bill	WS	M47	F	13	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09
4:53.81	Corcoran, Bill	WS	M47	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
4:56.05	St Amant, Paul	LYJ	M45	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
5:02.00	Corcoran, Bill	WS	M47	F	2	Golden Bear Open	Edmonton, AB	16-Jan-09
5:04.03	St. Amant, Paul	LYJ	M45	F	3	Golden Bear Open	Edmonton, AB	16-Jan-09
5:15.79	Lindsey, Charles	MAS	M53	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
6:24.60	Milne, Peter	MAS	M60	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09

Men 1 Mile Run

4:58.19	Kornelsen, Kevin	ET	M46	F	1	Edmonton Journal Games	Edmonton, AB	14-Mar-09
5:20.87	Holmes, Bob	ET	M54	F	2	Edmonton Journal Games	Edmonton, AB	14-Mar-09
5:25.55	Russell, Cliff	ET	M55	F	3	Edmonton Journal Games	Edmonton, AB	14-Mar-09

Men 3000m Run

10:19.05	McGrath, Niall	UN-AB	M36	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
10:43.38	St Amant, Paul	LYJ	M45	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09

Men 1500m Walk

6:59.67	Kenney, James	ARA	M52	F	1	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09
7:14.24	Keenan, Dave	HRC	M51	F	2	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09
8:17.41	Landry, Malcolm	KRW	M60	F	3	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09
8:50.21	Roberts, Richard	MAS	M66	F	3	Last Chance Meet	Edmonton, AB	29-Nov-08
9:25.03	Marshall, Michael	ARA	M58	F	4	Last Chance Meet	Edmonton, AB	29-Nov-08

Men 3000m Walk

14:37.33	Kenney, James	ARA	M52	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
15:23.31	Keenan, Dave	HRC	M51	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
16:58.92	Landry, Malcolm	KRW	M60	F	3	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
18:24.00	Marshall, Michael	ARA	M58	F	4	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
19:25.16	Davis, Gary	KRW	M54	F	6	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
19:34.42	Harmse, Albert	NEAT	M54	F	7	Alberta Indoor Championships	Edmonton, AB	7-Mar-09
20:41.45	Roberts, Richard	MAS	M66	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09

Men 60m Hurdles

9.73	Dong, Walter	ET	M47	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	.99/9.14m
11.19	Jeske, Wolfgang	MAS	M55	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	.91/8.5m
11.77	Freeman, Sean	MED	M36			Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	.99/9.14m

Men High Jump

1.58m	Black, Murray	MAS	M49	F	2	Last Chance Meet	Edmonton, AB	29-Nov-08	
1.57m	Peter, Heinz-Juergen	UN-AB	M60	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
1.50m	Peter, Heinz-Juergen	UN-AB	M60	F	2	Snow Fling 2009	Edmonton, AB	15-Feb-09	
1.40m	Freeman, Sean	MED	M36	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
1.15m	Nett, Arnold	MAS	M76	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Men Long Jump

4.91m	Black, Murray	MAS	M49	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	
4.85m	Matheson, Gerald	ESA	M42	F	1	Golden Bear Open	Edmonton, AB	16-Jan-09	
4.49m	Meyers, Darcy	CS	M46	F	2	Golden Bear Open	Edmonton, AB	16-Jan-09	
4.45m	Mintz, Bruce	MAS	M62	F	10	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
4.41m	Trapp, Robert	MAS	M47	F	11	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
4.21m	Freeman, Sean	MED	M36	F	4	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
4.20m	Peter, Heinz-Juergen	UN-AB	M60	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
3.15m	Roberts, Richard	MAS	M66	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	

Men Triple Jump

10.35m	Black, Murray	MAS	M49	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	
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Men Shot Put

12.25m	Smolinski, Frank	UN-AB	M70	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	4kg
11.57m	Walker, Ron	UN-AB	M37	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	7.26kg
11.07m	Posyluzny, Darren	RED	M40	F	1	Last Chance Meet	Edmonton, AB	29-Nov-08	7.26kg
10.99m	LeePong, David	EH	M53	F	2	Last Chance Meet	Edmonton, AB	29-Nov-08	6kg
10.28m	Wilson, Kier	UN-AB	M37	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	7.26kg
10.16m	Chmielewski, Ron	LTH	M60	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	5kg
9.01m	Carias, Rafael	WS	M50	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	7.26kg
7.86m	Freeman, Sean	MED	M36	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	7.26kg
7.67m	Roberts, Richard	MAS	M66	F	3	Last Chance Meet	Edmonton, AB	29-Nov-08	5kg
7.58m	Corcoran, Bill	WS	M47	F	2	Last Chance Meet	Edmonton, AB	29-Nov-08	7.26kg

Men Weight Throw

11.11m	Wilson, Kier	UN-AB	M37	F	2	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	15.88kg
10.72m	Chmielewski, Ron	LTH	M60	F	1	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	9.08kg
6.84m	Roberts, Richard	MAS	M66	F	2	Alberta Indoor Championships	Edmonton, AB	7-Mar-09	9.08kg

Men Pentathlon

1243	Freeman, Sean	MED	M36	F	3	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
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Men Pentathlon - Age Graded

1383	Freeman, Sean	MED	M36	F	3	Indoor CE & Relays Championships	Edmonton, AB	7-Feb-09	
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