

Female	U16		U18		U20 + Open	
Indoor Records						
60m	8.09	Kirsten Clouthier	7.78	Christiana Collins	7.87	Kerry Kuluski
200m	27.08	Kirsten Clouthier	25.22	Christiana Collins	25.59	Amy Stieh
300m	43.23	Amy Stieh	40.96	Sydney White	38.99	Amy Stieh
400m			57.46	Amy Stieh	56.19	Amy Stieh
600m	1:40.00	Maija Niemi	1:36.78	Amy Stieh	1:32.12	Heather Maxfield
1000m					2:55.14	Ria Dening
1500m			4:37.14	Hannah Johnston	4:37.14	Hannah Johnston
3000m			9:59.98	Hannah Johnston	9:46.50	Danielle Thiel
60mH	10.25	Aly DaSilva	9.46	Jo-Jo Ertl	9.60	Jo-Jo Ertl
Long Jump	4.87m	Kirsten Clouthier	5.65m	Christiana Collins	5.65m	Christiana Collins
Triple Jump	9.99m	Kirsten Clouthier	11.33m	Rachel Romu	10.95m	Rachel Romu
High Jump	1.60m	Rachel Romu	1.63m	Jocelyn Ertl	1.55m	Jocelyn Ertl
4x200m	1:50.22	Clouthier, DaSilva, Sheare, Michaelis	1:47.13	Michaelis, Collins, Grunys, Campbell	1:42.23	Lampo, Stieh, White, DaSilva
4x400m						
Outdoor Records						
100m	12.67	Olivia Brassard	12.42	Christiana Collins	12.42	Christiana Collins
200m	26.24	Olivia Brassard	25.33	Sydney White	24.70	Amy Stieh
300m	42.98	Maija Niemi				
400m	57.63	Amy Stieh	55.96	Amy Stieh	55.33	Amy Stieh
800m	2:20.13	Maija Niemi	2:17.54	Hana Johnston	2:11.09	Vanessa Ivec
1500m	4:52.91	Keltie John	4:40.40	Megan Yuan	4:32.14	Hana Johnston
3000m	10:51.97	Minn Dobson	10:36.38	Megan Yuan	9:57.84	Hana Johnston
80mH	13.94	Lyndsey Gerry				
100mH			15.64	Jo-Jo Ertl	15.87	Jo-Jo Ertl
200mH	30.84	Aly DaSilva				
300mH	53.32	Georgia Campbell	48.08	Aly DaSilva		

400mH			1:09.11	Tia Lampo	1:03.59	Tia Lampo
4x100m						
4x400m						
Long Jump	4.74m	Olivia Brassard	5.81m	Rachel Romu	5.81m	Rachel Romu
Triple Jump	12.00m	Rachel Romu	12.00m	Rachel Romu	12.00m	Rachel Romu
High Jump	1.66m	Rachel Romu	1.67m	Rachel Romu	1.67m	Rachel Romu

Male	U16		U18		U20 + Open	
Indoor Records						
60m	7.59	Noah McWhirter	7.00	Niko Dowhos	6.87	Niko Dowhos
200m	24.95	Aidan Raygorodetsky	23.11	Joe McDonough	22.65	Andrew Nordin
300m	38.41	Jacob Turek	36.08	Joe McDonough	35.39	Tim McNeil
400m			51.36	Joe McDonough	51.11	Joe McDonough
600m	1:38.10	Hunter McLean	1:24.96	Joe McDonough	1:20.86	Joe McDonough
1000m					2:24.57	Alastair Brown
1500m					3:48.98	Alastair Brown
3000m			9:01.10	Dom Aulagnon	8:15.59	Kevin Tree
60mH			9.21	Nicholas Battigelli		
Long Jump	5.01m	Josh Hutchinson	5.85m	Josh Hutchinson	5.98	Josh Hutchinson
Triple Jump	10.35m	Josh Hutchinson	12.26m	Josh Hutchinson	11.93m	Colton Dowhoszya
High Jump			1.65m	Liam Krawchuk	1.75m	Tyson Mayer
4x200m					1:32.57	Prochnicki, Dowhos, Ford, Pirie
4x400m						
Outdoor Records						
100m	11.48	Dylan Scocchia	11.02	Niko Dowhos	10.74	Niko Dowhos
200m	23.22	Dylan Scocchia	22.88 22.88	Tim Shaw Jacob Turek	22.02	Justin Grochowski
300m	38.78	Will McDonough				
400m	53.16	Will McDonough	50.40	Joe McDonough	49.70	Jon Potvin
800m	2:04.22	Nick Kondrat	1:54.39	Jordan MacIntosh	1:51.32	Alistair Brown
1500m	4:06.76	Nick Kondrat	3:52.66	Jordan MacIntosh	3:48.92	Alistair Brown
3000m			9:14.50	Jett Dobson	8:27.72	Mason Quarrel
80mH						
110mH						
200mH						

300mH				
400mH				
Long Jump	5.82m Matt Mulawyshyn	6.26m Matt Mulawyshyn	6.54m	Colton Dowhoszya
Triple Jump	10.92m Matt Mulawyshyn	12.68m Josh Hutchinson	12.68m	Josh Hutchinson
High Jump			1.81m	Tyson Mayer
4x100m				
4x400m				