

## Top 10 all Time

### Men's Indoor

Men's Indoor 60m			
<b>1.</b>	<b>6.79</b>	<b>Niko Dowhos</b>	<b>2022</b>
2.	7.00	Braeden Prochnicki	2020
3.	7.09	Justin Grochowski	2010
<b>4.</b>	<b>7.13</b>	<b>Hunter McLean</b>	<b>2021</b>
5.	7.17	Simon Boyle	2000
6.	7.19	Justin Szezpanski	2017
7.	7.22	Tyson Mayer	2020
8.	7.25	Josh Hutchinson	2018
8.	7.25	Andrew Nordin	2008
<b>10.</b>	<b>7.28</b>	<b>Tim Shaw</b>	<b>2021</b>

Men's Indoor 200m			
1.	22.65	Andrew Nordin	2008
2.	22.83	Braeden Prochnicki	2018
3.	23.03	Niko Dowhos	2020
4.	23.05	Joe McDonough	2011
5.	23.11	Justin Grochowski	2010
6.	23.26	Devon Hoier	2018
7.	23.31	Josh Strain	2013
8.	23.34	Josh Hutchinson	2018
9.	23.38	Tim Shaw	2019
10.	23.43	Ryan Scott	2013

Men's Indoor 300m			
1.	35.39	Tim McNeil	1995
2.	35.83	Andrew Nordin	2008
3.	35.98	Steve Hoggett	2007
4.	36.08	Joe McDonough	2010
5.	36.12	Dennis Peddle	2007
6.	36.20	Bill Smilsky	1976
7.	36.50	Anthony Lombardo	2008
8.	36.70	Josh Grant	2019
9.	36.82	Braedan Prochnicki	2020
10.	36.88	Tyler Pirie	2020

Men's Indoor 400m			
1.	51.11	Joe McDonough	2011
2.	51.83	Devon Hoier	2018
3.	51.98	Will McDonough	2017
4.	52.74	Ryan Scott	2013
5.	52.95	Hunter McLean	2017
6.	53.28	Tyler Pirie	2019
7.	53.36	Geoff Chambers-Bedard	2013
8.	54.17	Shane Pattyson	2006
9.	54.18	Dylan Ford	2019
10.	54.55	Jacob Turek	2020

Men's Indoor 600m			
1.	1:20.86	Joe McDonough	2017
2.	1:20.99	Kip Sigsworth	1996
<b>3.</b>	<b>1:22.47</b>	<b>Aiden Webster</b>	<b>2022</b>
4.	1:22.55	Travis Roske	2012
5.	1:22.62	Tony Valente	2003
6.	1:23.22	Nigel Rhoede	2007
7.	1:23.55	Will McDonough	2017
8.	1:24.05	Jesse John	2007
9.	1:24.15	Geoff Chambers-Bedard	2012
10.	1:24.19	Ryan Scott	2012

Men's Indoor 1000m			
1.	2:24.57	Alastair Brown	2012
2.	2:30.49	Will McDonough	2019
3.	2:30.8	Kip Sigsworth	1996
4.	2:31.25	Colin Warwick	2020
<b>5.</b>	<b>2:31.30</b>	<b>Aiden Webster</b>	<b>2022</b>
6.	2:31.67	Travis Roske	2012
7.	2:32.34	Joe McDonough	2017
8.	2:32.5	Jason Martin	2001
9.	2:34.29	Chris Brown	2014
10.	2:34.69	Nathan Jowett	2003

**Men's Indoor 1500m**

1.	3:48.98	Alastair Brown	2012
2.	3:55.26	Mason Quarrell	2016
3.	3:57.13	Chris Brown	2014
4.	3:57.94	Bill Britten	1975
5.	2:58.74	Dalton Rismey	2012
6.	3:58.83	Dylan Brown	2013
7.	3:59.20	Tyler White	2016
8.	3:59.42	Jordan Macintosh	2016
9.	3:59.77	Kevin Tree	2013
10.	4:00.48	Derek Patterson	2017

**Men's Indoor 3000m**

1.	8:15.59	Kevin Tree	2016
2.	8:25.00	Bill Britten	1975
3.	8:26.00	Kimmo Britten	1999
4.	8:29.65	Dylan Brown	2013
5.	8:34.01	Mason Quarrell	2014
6.	8:36.90	Alastair Brown	2012
7.	8:40.74	Jonas Holmberg	2007
8.	8:40.90	Derek Patterson	2018
9.	8:40.92	Tyler White	2016
10.	8:41.31	Andrew Nixon	2010

## Woman's Indoor

Woman's Indoor 60m			
1.	7.78	Christiana Collins	2020
2.	7.87	Kim Kacerik	2004
3.	7.92	Maya Grunys	2020
4.	8.03	Madison Smodis	2018
5.	8.04	Kerry Kuluski	2008
6.	8.05	Madison Newman	2018
7.	8.07	Janet Chukwu	2019
8.	8.09	Kirsten Clouthier	2020
8.	8.09	Jessica Baraskewich	2012
<b>10.</b>	<b>8.11</b>	<b>Olivia Brassard</b>	<b>2021</b>

Woman's Indoor 200m			
1.	25.22	Christiana Collins	2020
2.	25.59	Amy Stieh	2019
3.	25.80	Maya Grunys	2020
4.	25.90	Tia Lampo	2020
5.	26.14	Sydney White	2018
6.	26.41	Heather Maxfield	2010
7.	26.61	Madison Newman	2018
8.	26.71	Megan Bryson	2018
9.	26.91	Vanessa Ivec	2008
10.	26.99	Janet Chukwu	2019

Woman's Indoor 300m			
1.	38.99	Amy Stieh	2020
2.	40.48	Heather Maxfield	2012
3.	40.72	Tia Lampo	2020
4.	40.96	Sydney White	2019
5.	41.36	Christiana Collins	2020
<b>6.</b>	<b>41.67</b>	<b>Aly daSilva</b>	<b>2022</b>
7.	42.10	Kerry Kuluski	2004
8.	42.91	Maya Grunys	2020
9.	42.97	Vanessa Ivec	2010
10.	43.20	Madison Smodis	2017

Woman's Indoor 400m			
1.	56.19	Amy Stieh	2019
2.	57.00	Tia Lampo	2018
3.	1:00.03	Sydney White	2019
4.	1:00.10	Heather Maxfield	2009
5.	1:00.88	Aly DaSilva	2019
6.	1:01.88	Jessica Baraskewich	2012
7.	1:01.90	Vanessa Ivec	2007
8.	1:02.87	Katie Darcis	2012
9.	1:03.88	Meredith Menard	2018
10.	1:04:43	Maija Niemi	2020

Woman's Indoor 600m			
1.	1:32.12	Heather Maxfield	2013
2.	1:32.72	Amy Stieh	2020
3.	1:35.17	Tia Lampo	2020
4.	1:37.80	Vanessa Ivec	2012
5.	1:38.57	Ria Diening	2000
6.	1:38.73	Jessica Campbell-Rodgers	2003
7.	1:40.00	Maija Niemi	2017
8.	1:40.64	Loriana Costanzo	2004
9.	1:40.81	Megan Melnyk	2003
10.	1:40.87	Liz VanEvery	2009

Woman's Indoor 1000m			
1.	2:55.14	Ria Diening	2001
2.	2:56.00	Tess Naroski	2012
3.	2:59.21	Liz Van Every	2009
4.	2:59.63	Loriana Costanzo	2008
5.	3:00.0	Ali Salfi	2003
6.	3:00.1	Jaclyn Hutton	2001
7.	3:04.20	Danielle Thiel	2012
8.	3:04.58	Sarah Swan	2007
<b>9.</b>	<b>3:05.08</b>	<b>Paige Kobe</b>	<b>2022</b>
10.	3:05.1	Jessica Sheppard	2004

<b>Woman's Indoor 1500m</b>			
1.	4:37.14	Hanna Johnston	2016
2.	4:38.32	Danielle Thiel	2014
3.	4:39.23	Tess Naroski	2012
4.	4:40.10	Keltie John	2007
5.	4:41.01	Rebekkah Pyle	2019
6.	4:42.12	Jaclyn Hutton	2002
7.	4:44.00	Ria Diening	2001
8.	4:44.24	Megan Yuan	2012
9.	4:45.39	Becky Carr	2012
10.	4:48.81	Heather Maxfield	2020

<b>Woman's Indoor 3000m</b>			
1.	9:46.50	Danielle Thiel	2014
2.	9:50.91	Rebekkah Pyle	2019
3.	9:59.98	Hanna Johnston	2016
4.	10:03.19	Jaclyn Hutton	2013
5.	10:08.42	Becky Carr	2012
6.	10:15.21	Megan Yuan	2011
7.	10:16.01	Lisa Alaimo	2013
8.	10:16.54	Tess Naroski	2012
9.	10:18.7	Kayla Gallo	2017
10.	10:21.09	Callie Roelfsema	2015

## Men's Outdoor Sprints

Men's Outdoor 100m			
<b>1.</b>	<b>10.74</b>	<b>Niko Dowhos</b>	<b>2022</b>
2.	10.98	Justin Grochowski	2011
3.	11.01	Braedan Prochnicki	2019
4.	11.17	Justin Szezpanski	2017
5.	11.27	Tim Shaw	2019
6.	11.28	Josh Hamilton	2017
<b>7.</b>	<b>11.32</b>	<b>Jacob Turek</b>	<b>2022</b>
8.	11.34	Erik Saarimaki	2017
9.	11.35	Jake McKee	2013
10.	11.36	Josh Hutchinson	2017

Men's Outdoor 200m			
1.	22.02	Justin Grochowski	2010
2.	22.11	Braedan Prochnicki	2018
3.	22.74	Niko Dowhos	2019
4.	22.84	Joe McDonough	2011
5.	22.88	Justin Szezpanski	2017
5.	22.88	Tim Shaw	2019
<b>5.</b>	<b>22.88</b>	<b>Jacob Turek</b>	<b>2022</b>
8.	22.98	Erik Saarimaki	2017
9.	22.95	Josh Hutchinson	2018
10.	23.03	Jon Potvin	2005

Men's Outdoor 400m			
1.	49.70	Jon Potvin	2007
2.	49.98	Joe McDonough	2009
3.	50.59	Anthony Lombardo	2005
<b>4.</b>	<b>50.67</b>	<b>Aiden Webster</b>	<b>2022</b>
5.	51.29	Ryan Scott	2012
6.	51.35	Will McDonough	2016
7.	51.53	Geoff Chambers-Bedard	1912
8.	52.12	Hunter Campbell	2017
9.	52.22	Hunter McLean	2019
10.	53.20	Shane Pattyson	2007

Men's Outdoor 800m			
1.	1:51.28	Alastair Brown	2011
2.	1:54.34	Joe McDonough	2017
3.	1:54.38	Jordan MacIntosh	2016
4.	1:54.41	Mason Quarrel	2014
5.	1:54.53	Will McDonough	2017
6.	1:55.42	Travis Roske	2011
<b>7.</b>	<b>1:55.58</b>	<b>Aiden Webster</b>	<b>2022</b>
8.	1:55.60	Nick Kondrat	2013
9.	1:56.20	Geoff Chambers-Bedard	2012
10.	1:56.25	Thomas Hill	2007

Men's Outdoor 1500m			
1.	3:48.92	Alastair Brown	2012
2.	3:51.13	Mason Quarrell	2014
3.	3:52.66	Jordan MacIntosh	2016
4.	3:55.47	Derek Patterson	2018
5.	3:56.57	Chris Brown	2012
6.	3:56.42	Nick Kondrat	2013
7.	3:58.77	Jordan Macintosh	2017
8.	4:03.75	Colin Warwick	2018
9.	4:03.91	Conner Macintosh	2018
10.	4:03.66	Andrew Nixon	2009

Men's Outdoor 3000m			
1.	8:27.72	Mason Quarrell	2014
2.	8:41.32	Nick Kondrat	2014
3.	8:49.78	Andrew Nixon	2008
4.	8:53.88	Conner Macintosh	2018
5.	9:02.25	Derek Patterson	2015
6.	9:10.36	Dominique Aulagnon	2011
7.	9:14.50	Jett Dobson	2019
8.	9:17.22	Peter Esposti	2014
9.	9:17.73	Jordan Macintosh	2015
<b>10.</b>	<b>9:26.64</b>	<b>Nicholas Lightwood</b>	<b>2022</b>



## Woman's Outdoor Sprints

Woman's Outdoor 100m			
1.	12.42	Christiana Collins	2019
<b>2.</b>	<b>12.52</b>	<b>Maya Grunys</b>	<b>2022</b>
<b>3.</b>	<b>12.65</b>	<b>Alexa Sheare</b>	<b>2022</b>
<b>4.</b>	<b>12.67</b>	<b>Olivia Brassard</b>	<b>2022</b>
5.	12.74	Heather Schmidt	2006
6.	12.75	Madison Newman	2018
7.	12.80	Sydney White	2018
8.	12.84	Madison Smodis	2017
9.	12.90	Rachel Romu	2009
10.	12.91	Megan Bryson	2018
<b>10.</b>	<b>12.91</b>	<b>Sydney Stewart</b>	<b>2022</b>

Woman's Outdoor 200m			
1.	24.70	Amy Stieh	2019
2.	25.33	Sydney White	2018
<b>3.</b>	<b>25.39</b>	<b>Maya Grunys</b>	<b>2022</b>
4.	25.46	Christiana Collins	2019
5.	25.70	Heather Schmidt	2006
6.	25.74	Heather Maxfield	2011
7.	25.77	Tia Lampo	2018
<b>8.</b>	<b>25.84</b>	<b>Sara Clouthier</b>	<b>2022</b>
9.	26.10	Madison Newman	2017
<b>10.</b>	<b>26.21</b>	<b>Aly daSilva</b>	<b>2022</b>

Woman's Outdoor 400m			
<b>1.</b>	<b>55.33</b>	<b>Amy Stieh</b>	<b>2022</b>
2.	56.19	Heather Maxfield	2011
3.	57.88	Tia Lampo	2018
<b>4.</b>	<b>57.93</b>	<b>Aly DaSilva</b>	<b>2022</b>
<b>5.</b>	<b>58.50</b>	<b>Sara Clouthier</b>	<b>2022</b>
6.	59.50	Megan Bates	2008
621.	59.50	Sydney White	2019
8.	59.90	Vanessa Ivec	2007
9.	1:00.10	Jessica Grochowski	2007
10.	1:00.68	Anna Stewart	2018

Woman's Outdoor 800m			
1.	2:11.24	Heather Maxfield	2012
2.	2:12.25	Megan Yuan	2016
3.	2:17.62	Hanna Johnston	2017
4.	2:18.67	Vanessa Ivec	2012
5.	2:19.22	Amy Stieh	2017
6.	2:20.17	Maija Niemi	2017
7.	2:20.35	Jessica Baraskewich	2013
8.	2:22.73	Riley Speziale	2009
9.	2:22.98	Lisa MacDonald	2011
10.	2:23.63	Saige Niemi	2018

Woman's Outdoor 1500m			
1.	4:32.14	Hanna Johnston	2016
2.	4:39.06	Heather Maxfield	2018
3.	4:44.47	Rebekkah Pyle	2019
4.	4:47.29	Tess Naroski	2012
5.	4:40.40	Megan Yuan	2011
6.	4:52.05	Kayla Gallo	2016
7.	4:52.91	Keltie John	2008
8.	4:53.03	Callie Roelfsema	2012
9.	4:54.05	Michelle Krezonoski	2009
<b>10.</b>	<b>4:54.88</b>	<b>Min Dobson</b>	<b>2022</b>

Woman's Outdoor 3000m			
1.	9:57.84	Hanna Johnston	2016
2.	10:20.54	Hilary Quirion	2011
3.	10:25.86	Karoline Hoy	2007
4.	10:34.57	Tess Naroski	2011
5.	10:36.38	Megan Yuan	2012
6.	10:44.78	Lisa Alaimo	2011
<b>7.</b>	<b>10:51.97</b>	<b>Min Dobson</b>	<b>2022</b>
<b>8.</b>	<b>10:58.94</b>	<b>Mackenzie Thompson</b>	<b>2022</b>
9.	10:58.94	Michelle Krezonoski	2009
10.	11:18.17	Kim Krezonoski	2010