

# Spruce Capital Records

# 2023

|                            |       |      |  |
|----------------------------|-------|------|--|
| Girls 9 60 Meter Dash      | 9.63  | 2009 | Mikayla Capelle - Dawson Creek                 |
| Boys 9 60 Meter Dash       | 10.29 | 2009 | Adam Lee - PG Track                            |
| Girls 10 60 Meter Dash     | 9.39  | 2010 | Mikayla Capelle - Unattached                   |
| Boys 10 60 Meter Dash      | 9.83  | 2010 | Colburn Pearce - PG Track                      |
| Girls 11 60 Meter Dash     | 9.36  | 2014 | Makenna MacWhinnie - Unattached                |
| Boys 11 60 Meter Dash      | 9.03  | 2022 | Kasieobi Udumaga - PGTF                        |
| Girls 9 100 Meter Dash     | 15.30 | 1992 | Fran Hanson-Monnie - Coquitlam                 |
| Boys 9 100 Meter Dash      | 14.50 | 1992 | Matthew Bewsey - Bowser                        |
| Girls 10 100 Meter Dash    | 13.80 | 1992 | Natalie Jackson - Burnaby Striders             |
| Boys 10 100 Meter Dash     | 13.90 | 1992 | Andrew Njume - Powell River                    |
| Girls 11 100 Meter Dash    | 13.50 | 1992 | Leigh Koopman - Richmond Kajaks                |
| Boys 11 100 Meter Dash     | 12.65 | 1999 | Tijan Pinnock - PG Track                       |
| Girls 12 100 Meter Dash    | 13.10 | 1992 | Heather Dennis - Chilliwack                    |
| Boys 12 100 Meter Dash     | 12.70 | 1992 | Brock Armstrong - Track 54.50/Smithers         |
| Girls 13 100 Meter Dash    | 12.50 | 1992 | Yolande Gaynes - South Fraser                  |
| Boys 13 100 Meter Dash     | 11.40 | 1992 | Joel Nelson - South Fraser                     |
| Girls 14-15 100 Meter Dash | 13.10 | 2023 | Kionae Roberts - PGTF                          |
| Boys 14-15 100 Meter Dash  | 12.43 | 2023 | Jack Bowler - PGTF                             |
| Girls 16-17 100 Meter Dash | 12.34 | 1998 | L McGregor/C Borowsky - Pgt/Mackenzie/Kamloops |
| Boys 16-17 100 Meter Dash  | 10.76 | 2002 | Rob Drapala - Armstrong                        |
| Girls 18-19 100 Meter Dash | 13.51 | 2016 | Casey Richert - Css                            |
| Boys 18-19 100 Meter Dash  | 11.8  | 2011 | Shaun Cormier - PG Track                       |
| Men 20-34 100 Meter Dash   | 11.53 | 2022 | Sagardeep Singh - PGTF                         |
| Men 55-59 100 Meter Dash   | 15.25 | 2022 | Todd Patterson - Okanagan Ath                  |
| Men 75-79 100 Meter Dash   | 14.97 | 2022 | Tuomas Ukonmaanaho - PGTF                      |
| Women 85-89 100 Meter Dash | 18.77 | 2022 | Christa Bortignon - Greyhounds M               |
| Girls 11 200 Meter Dash    | 29.20 | 1997 | Allison Kraby - Pgt/McBride                    |
| Boys 11 200 Meter Dash     | 28.80 | 1991 | Brock Armstrong - Track 54.50/Smithers         |
| Girls 12 200 Meter Dash    | 27.50 | 1992 | Heather Dennis - Chilliwack                    |
| Boys 12 200 Meter Dash     | 26.44 | 2023 | Kasieobi Udumaga - PGTF                        |
| Girls 13 200 Meter Dash    | 26.30 | 1992 | Hazel Hanson-Monnie - Coquitlam                |
| Boys 13 200 Meter Dash     | 24.20 | 1992 | Joel Nelson - South Fraser                     |
| Girls 14-15 200 Meter Dash | 26.41 | 2023 | Kionae Roberts - PGTF                          |
| Boys 14-15 200 Meter Dash  | 25.37 | 2023 | Jack Bowler - PGTF                             |
| Girls 16-17 200 Meter Dash | 25.47 | 1998 | Luci McGregor - Pgt/Mackenzie                  |
| Boys 16-17 200 Meter Dash  | 22.57 | 2002 | Rob Drapala - Armstrong                        |
| Men 18-19 200 Meter Dash   | 23.98 | 2010 | Shaun Cormier - PG Track                       |
| Women 20-34 200 Meter Dash | 31.23 | 2011 | Caroline Cardin - PG Track                     |
| Men 75-79 200 Meter Dash   | 31.08 | 2022 | Tuomas Ukonmaanaho - PGTF                      |
| Women 85-89 200 Meter Dash | 39.58 | 2022 | Christa Bortignon - Greyhounds M               |
| Girls 12 300 Meter Run     | 47.82 | 2011 | Shelby Jansen - PG Track                       |
| Boys 12 300 Meter Run      | 53.17 | 2011 | Cole Rader - PG Track                          |
| Girls 13 300 Meter Run     | 46.36 | 2014 | Brooklyn Stauffer - Athletics No               |
| Boys 13 300 Meter Run      | 45.77 | 2014 | Simon Nemethy - PG Track                       |

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|                            |          |      |                                  |
|----------------------------|----------|------|----------------------------------|
| Girls 14-15 300 Meter Run  | 42.56    | 2022 | Kionae Roberts - PGTF            |
| Boys 14-15 300 Meter Run   | 40.46    | 2011 | Sean K. Gaiesky - PG Track       |
| Girls 14-15 400 Meter Run  | 1.13.22  | 2023 | Claire Barbosa - unattached      |
| Boys 14-15 400 Meter Run   | 58.55    | 2023 | Jinichi Cronje - PGTF            |
| Girls 16-17 400 Meter Run  | 58.26    | 1999 | Farrah Kohorst - PG Track        |
| Boys 16-17 400 Meter Run   | 49.94    | 1998 | Josh Guggenheimer - Pgt/Quesnel  |
| Men 18-19 400 Meter Run    | 51.94    | 2016 | Ryan Gaiesky - PG Track          |
| Women 20-34 400 Meter Run  | 1.09.25  | 2011 | Caroline Cardin - PG Track       |
| Men 20-34 400 Meter Run    | 55.89    | 2014 | Zachary Matyas - PG Track        |
| Girls 9 600 Meter Run      | 2.16.21  | 2014 | Morgan Wiebe - PG Track          |
| Boys 9 600 Meter Run       | 2.14.98  | 2014 | Caleb Emon - PG Track            |
| Girls 10 600 Meter Run     | 2.02.77  | 2014 | Morgan Wiebe - PG Track          |
| Boys 10 600 Meter Run      | 1.59.51  | 2016 | Adam Sieben - PG Track           |
| Girls 11 600 Meter Run     | 2.00.37  | 2016 | Stephanie Arronge - PG Track     |
| Boys 11 600 Meter Run      | 01:56.43 | 2011 | Brady Miller - PG Track          |
| Girls 12 800 Meter Run     | 02:29.40 | 1992 | Kristina Andersen - South Fraser |
| Boys 12 800 Meter Run      | 02:22.40 | 1992 | Wyatt Hartley - Norwesters       |
| Girls 13 800 Meter Run     | 02:28.50 | 1995 | Janice Zawaski - Leduc, AB       |
| Boys 13 800 Meter Run      | 02:17.85 | 2001 | Ross Wiens - Pgt/Vanderhoof      |
| Girls 14-15 800 Meter Run  | 02:25.35 | 2014 | Hannah Pow - BV Athletics        |
| Boys 14-15 800 Meter Run   | 02:12.51 | 2023 | James Reed – Nechako Valley      |
| Girls 16-17 800 Meter Run  | 02:18.40 | 1999 | Justine Boulin - Pgt/Quesnel     |
| Boys 16-17 800 Meter Run   | 01:56.94 | 1993 | Ryan Press - PG Track            |
| Women 18-19 800 Meter Run  | 03:35.60 | 2011 | Caitlin Frenkel - PG Track       |
| Men 18-19 800 Meter Run    | 01:59.95 | 2014 | Zachary Matyas - PG Track        |
| Women 20-34 800 Meter Run  | 02:52.66 | 2011 | Caroline Cardin - PG Track       |
| Men 20-34 800 Meter Run    | 02:01.47 | 2016 | Zachary Matyas - Langley Must    |
| Women 35 + 800 Meter Run   | 03:26.83 | 2023 | Laurie Bare – Prince George      |
| Girls 14-15 1200 Meter Run | 03:53.46 | 2010 | Emma Balazs - PG Track           |
| Boys 14-15 1200 Meter Run  | 03:36.58 | 2011 | Sean K. Gaiesky - PG Track       |
| Girls 9 1000 Meter Run     | 04:09.90 | 2014 | Grace Cross - PG Track           |
| Boys 9 1000 Meter Run      | 04:04.80 | 2014 | Jake Arsenault - PG Track        |
| Girls 10 1000 Meter Run    | 03:51.24 | 2016 | Grace Cross - PG Track           |
| Boys 10 1000 Meter Run     | 03:43.92 | 2016 | Adam Sieben - PG Track           |
| Girls 11 1000 Meter Run    | 03:52.89 | 2016 | Morgan Wiebe - PG Track          |
| Boys 11 1000 Meter Run     | 03:38.75 | 2011 | Brady Miller - PG Track          |
| Girls 12 1200 Meter Run    | 04:42.78 | 2014 | Jett McCall - Quesnel            |
| Boys 12 1200 Meter Run     | 04:17.60 | 2022 | Sawyer Roberts - PGTF            |
| Girls 13 1200 Meter Run    | 04:46.28 | 2014 | Jett McCall - Qtfc               |
| Boys 13 1200 Meter Run     | 03:48.43 | 2014 | Simon Nemethy - PG Track         |
| Girls 14-15 1200 Meter Run | 04:37.21 | 2023 | Claire Barbosa - unattached      |
| Girls 16-17 1500 Meter Run | 04:40.00 | 1999 | Justine Boulin - Pgt/Quesnel     |
| Boys 16-17 1500 Meter Run  | 04:12.23 | 2002 | Geoff Martinson - PG Track       |
| Women 18-19 1500 Meter Run | 07:12.04 | 2011 | Caitlin Frenkel - PG Track       |

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|  |          |      |                                       |
|--|----------|------|---------------------------------------|
| Men 18-19 1500 Meter Run               | 04:11.01 | 2016 | Cole Dinsdale - Ccss                  |
| Men 20-34 1500 Meter Run               | 04:18.68 | 2014 | Zachary Matyas - PG Track             |
| Women 35 + 1500 Meter Run              | 06:57.01 | 2023 | Laurie Bare – Prince George           |
| Men 35-99 1500 Meter Run               | 04:41.90 | 2011 | Brian Nemethy - PG Track              |
| Girls 13 2000 Meter Run                | 08:29.21 | 2014 | Jett McCall - Qtfc                    |
| Girls 14-15 2000 Meter Run             | 07:01.36 | 2010 | Emma Balazs - PG Track                |
| Boys 14-15 2000 Meter Run              | 06:31.44 | 2022 | Ethan Peregrym - Kamloops Tra         |
| Girls 16-17 3000 Meter Run             | 10:05.60 | 1999 | Justine Boulin - Pgt/Quesnel          |
| Boys 16-17 3000 Meter Run              | 09:23.50 | 1991 | Greg Johnson - Kamloops               |
| Men 18-19 3000 Meter Run               | 09:21.37 | 2016 | Cole Dinsdale - Ccss                  |
| Women 20-34 3000 Meter Run             | 12:03.23 | 2014 | Wendy Giesbrecht - Unattached B       |
| Men 20-34 3000 Meter Run               | 09:51.21 | 2016 | Sam Goodrich - Unattached B           |
| Girls 10 800 Meter Race Walk           | 06:07.06 | 2011 | Jillian Hepburn - PG Track            |
| Girls 11 800 Meter Race Walk           | 05:16.43 | 1996 | Marnie Thwaites - PG Track            |
| Girls 12 800 Meter Race Walk           | 04:56.15 | 2000 | Megan Crawley - PG Track              |
| Boys 10 800 Meter Race Walk            | 06:42.33 | 2022 | Jaxon Kirkby - PGTF                   |
| Boys 11 800 Meter Race Walk            | 05:02.00 | 2001 | Kyle O'Meara - PG Track               |
| Boys 12 800 Meter Race Walk            | 04:46.99 | 2000 | Wade Palmer - PG Track                |
| Girls 13 1500 Meter Race Walk          | 10:18.30 | 1999 | Theresa Wiens - Pgt/Vanderhoof (Bcjd) |
| Boys 13 1500 Meter Race Walk           | 10:28.98 | 1998 | Reid Byman - PG Track                 |
| Girls 14-15 1500 Meter Race Walk       | 10:19.31 | 2011 | Kelsey Steeves - Tumbler ridge        |
| Boys 14-15 1500 Meter Race Walk        | 10:27.01 | 2010 | Anton Wolf - Una                      |
| Girls 16-17 1500 Meter Race Walk       | 09:05.83 | 2009 | Crystal Fry - Tumbler Ridge           |
| Boys 16-17 1500 Meter Race Walk        | 06:44.04 | 2009 | Kevin Gaiesky - PG Track              |
| Women 18-99 1500 Meter Race Walk       | 07:59.44 | 2011 | Crystal Fry - Tumbler ridge           |
| Men 18-99 1500 Meter Race Walk         | 07:23.77 | 2011 | Kevin A. Gaiesky - PG Track           |
| Girls 9 60 Meter Hurdles 6 x 21" - .5  | 12.33    | 2002 | Nyagoa Nguot - PG Track               |
| Boys 9 60 Meter Hurdles 6 x 21" - .5   | 11.85    | 2001 | Ian Smith - Kamloops                  |
| Girls 10 60 Meter Hurdles 6 x 24" - .6 | 12.75    | 2014 | Makenna Macwhinnie - Athletics No     |
| Boys 10 60 Meter Hurdles 6 x 24" - .6  | 12.36    | 2010 | Colburn Pearce - PG Track             |
| Girls 11 60 Meter Hurdles 6 x 24" - .6 | 11.39    | 2014 | Makenna MacWhinnie - Unattached       |
| Boys 11 60 Meter Hurdles 6 x 24" - .6  | 11.35    | 2009 | Jax Bailey - PG Track                 |
| Girls 12 80 Meter Hurdles 8 x 27       | 13.10    | 1992 | Tamsin Anstey - Norwesters            |
| Boys 12 80 Meter Hurdles 8 x 27"       | 13.50    | 1992 | Anthony Jackson - Burnaby Strider     |
| Girls 13 80 Meter Hurdles 8 x 30"      | 13.30    | 1992 | Elna Wang - Vancouver Olympic         |
| Boys 13 80 Meter Hurdles 8 x 30"       | 11.90    | 1992 | Nick Wikes - Rmt                      |
| Girls 14-15 80 Meter Hurdles 8 x 30"   | 12.53    | 2010 | Laura Sharman - Tumbler ridge         |
| Girls 16-17 100 Meter Hurdles 10 x 30" | 14.22    | 2001 | Bevin Kennelly - Pgt/Quesnel          |
| Women 18-99 100 Meter Hurdles 10 x 33" | 19.25    | 2011 | Chassity Mohan - South Peace          |
| Boys 14-15 100 Meter Hurdles 10 x 33"  | 16.68    | 2014 | Ryan Elden - Quesnel                  |
| Boys 16-17 110 Meter Hurdles 10 x 36"  | 15.41    | 2004 | Aaron Dixon - PG Track                |
| Boys 12 200 Meter Hurdles 5 x 24"      | 36.09    | 2014 | Mitchell Stella - PG Track            |
| Girls 12 200 Meter Hurdles 5 x 24"     | 33.61    | 2014 | Erica Turgeon - PG Track              |
| Girls 13 200 Meter Hurdles 5 x 27"     | 30.00    | 1992 | Melanie Szirony - Chilliwack          |

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|  |          |      |  |
|--|----------|------|--|
| Boys 13 200 Meter Hurdles 5 x 27"      | 27.20    | 1992 | Nick Wilkes - Rmt                      |
| Girls 14-15 300 Meter Hurdles 7 x 30"  | 30.86    | 2014 | Lindsay King - PG Track                |
| Boys 14-15 300 Meter Hurdles 7 x 30"   | 30.73    | 2010 | Keenan Render - Tumbler ridge          |
| Girls 16-17 400 Meter Hurdles 10 x 30" | 51.68    | 2011 | Kelsey Legault - Tumbler ridge         |
| Boys 16-17 400 Meter Hurdles 10 x 33"  | 50.27    | 2011 | Thomas Williams - South Peace Sen      |
| Men 18-19 400 Meter Hurdles 10x36"     | 58.83    | 2014 | Jeremy Matte - PG Track                |
| Girls 14-15 1500 Meter Steeplechase    | 05:14.28 | 2010 | Emma Balazs - PG Track                 |
| Boys 14-15 1500 Meter Steeplechase     | 05:08.10 | 2010 | Sean K. Gaiesky - PG Track             |
| Girls 16-17 2000 Meter Steeplechase    | 05:25.78 | 2001 | Bevin Kennelly - Pgt/Quesnel           |
| Boys 16-17 2000 Meter Steeplechase     | 04:38.15 | 2002 | Cam Swift - PG Track                   |
| Girls 9 High Jump                      | 1.18m    | 1992 | Shannon Martin - South Fraser          |
| Boys 9 High Jump                       | 1.20m    | 1992 | Andrew Cooke - Vancouver Olympic       |
| Girls 10 High Jump                     | 1.24m    | 1992 | Jennifer Cook - Coquitlam              |
| Boys 10 High Jump                      | 1.32m    | 1991 | Dylan Armstrong - Kamloops             |
| Girls 11 High Jump                     | 1.41m    | 1992 | Karlyn Underdahl - Victoria            |
| Boys 11 High Jump                      | 1.45m    | 1992 | Dylan Armstrong - Kamloops             |
| Girls 12 High Jump                     | 1.45m    | 2004 | Alyx Treasure - PG Track               |
| Boys 12 High Jump                      | 1.45m    | 1992 | Wyatt Hartley - Norwesters             |
| Girls 13 High Jump                     | 1.59m    | 2005 | Alyx Treasure - PG Track               |
| Boys 13 High Jump                      | 1.70m    | 1992 | Nick Wilkes - Rmt                      |
| Girls 14-15 High Jump                  | 1.45m    | 2011 | Carlee Campbell - Kamloops Tra         |
| Boys 14-15 High Jump                   | 1.72m    | 2016 | Bazil Spencer - Quesnel                |
| Girls 16-17 High Jump                  | 1.70m    | 2009 | Alyx Treasure - PG Track               |
| Boys 16-17 High Jump                   | 1.91m    | 2022 | Caleb Emon - PGTF                      |
| Men 18-19 High Jump                    | 1.90m    | 2023 | Caleb Emon - PGTF                      |
| Girls 9 Long Jump                      | 3.38m    | 2001 | Alyx Treasure - PG Track               |
| Boys 9 Long Jump                       | 3.72m    | 1992 | Andrew Cooke - Vancouver Olympic Club  |
| Girls 10 Long Jump                     | 4.03m    | 1995 | Jenna Lunde - Leduc, AB                |
| Boys 10 Long Jump                      | 4.11m    | 1996 | Quinton Gamble - Fort St. John         |
| Girls 11 Long Jump                     | 3.89m    | 1992 | Karlyn Underdahl - Victoria            |
| Boys 11 Long Jump                      | 4.34m    | 1995 | Chris Glover - Bella Coola             |
| Girls 12 Long Jump                     | 4.24m    | 1992 | Tamsin Anstey - Norwesters             |
| Boys 12 Long Jump                      | 4.87m    | 1992 | Brock Armstrong - Track 54.50/Smithers |
| Girls 13 Long Jump                     | 4.60m    | 2005 | Alyx Treasure - PG Track               |
| Boys 13 Long Jump                      | 5.29m    | 1992 | Nick Wilkes - Rmt                      |
| Girls 14-15 Long Jump                  | 5.03m    | 2010 | Laura Sharman - Tumbler ridge          |
| Boys 14-15 Long Jump                   | 5.27m    | 2010 | Eric Kidwell - PG Track                |
| Girls 16-17 Long Jump                  | 5.47m    | 2010 | Jennifer Fetaz - Tumbler ridge         |
| Men 16-17 Long Jump                    | 6.85m    | 2003 | Quinton Gamble - Fort St. John         |
| Men 20-34 Long Jump                    | 5.81m    | 2022 | Sagardeep Singh - PGTF                 |
| Men 35+ Long Jump                      | 4.29m    | 2023 | Rahul Poojary - Prince George          |
| Girls 13 Triple Jump                   | 9.71m    | 2000 | Kate Borden - PG Track                 |
| Boys 13 Triple Jump                    | 11.11m   | 1992 | Isaac Payne - Richmond Kajaks          |
| Girls 14-15 Triple Jump                | 9.56m    | 2011 | Carly Frenkel - PG Track               |

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|                                    |        |      |                                   |
|------------------------------------|--------|------|-----------------------------------|
| Boys 14-15 Triple Jump             | 11.39m | 2010 | Duncan Elliot - PG Track          |
| Girls 16-17 Triple Jump            | 10.66m | 1998 | Farrah Kohorst - PG Track         |
| Boys 16-17 Triple Jump             | 13.05m | 1998 | Josh Guggenheimer - Pgt/Quesnel   |
| Women 18-19 Triple Jump            | 8.60m  | 2023 | Emma Ward - PGTF                  |
| Men 20-34 Triple Jump              | 13.66  | 2023 | Sagardeep Singh - PGTF            |
| Women 85-89 Triple Jump            | 6.35m  | 2022 | Christa Bortignon - Greyhounds M  |
| Men 75-79 Pole Vault               | 2.26m  | 2023 | Tuomas Ukonmaanaho - PGTF         |
| Girls 10 Discus Throw 750 g        | 13.97m | 2004 | Phoebe Andy - Bella Coola         |
| Boys 10 Discus Throw 750 g         | 16.92m | 2000 | Tyler Henly - PG Track            |
| Girls 11 Discus Throw 750 g        | 19.14m | 2001 | Callan Lansdowne - Bella Coola    |
| Boys 11 Discus Throw 750 g         | 21.70m | 2001 | Erling Skuggedal - PG Track       |
| Girls 12 Discus Throw 750 g        | 23.29m | 1992 | Jillian Renouf - Richmond Kajaks  |
| Boys 12 Discus Throw 1 kg          | 27.85m | 1992 | Pasha Bains - Richmond Kajaks     |
| Girls 13 Discus Throw 750 g        | 27.88m | 2000 | Jesse MacKay - PG Track           |
| Boys 13 Discus Throw 1 kg          | 40.62m | 1992 | Garrett Collier - Richmond Kajaks |
| Girls 14-15 Discus Throw 1 kg      | 25.38m | 2016 | Erica Turgeon - PG Track          |
| Boys 14-15 Discus Throw 1 kg       | 33.60m | 2014 | Seth Williams - Nisгаа            |
| Girls 16-17 Discus Throw 1 kg      | 32.56m | 2000 | Tenille Hunter - Kamloops         |
| Boys 16-17 Discus Throw 1.5 kg     | 48.92m | 2004 | David Skermer - Penticton         |
| Women 20-34 Discus Throw 1kg       | 19.43m | 2022 | Cassandra O'Brien - PGTF          |
| Men 55-59 Discus Throw See chart   | 30.80m | 2022 | Brad Frenkel - PGTF               |
| Women 60-64 Discus Throw 2 kg      | 21.01m | 2022 | Joan Harris - PGTF                |
| Men 80-84 Discus Throw See chart   | 22.74m | 2022 | James Dyer - Indépendant          |
| Girls 12 Hammer Throw 3 kg         | 23.11m | 2014 | Casidy Campbell - PG Track        |
| Boys 12 Hammer Throw 3 kg          | 7.55m  | 2010 | Leighton Wolf - Una               |
| Girls 13 Hammer Throw 3 kg         | 30.67m | 2016 | Casidy Campbell - PG Track        |
| Boys 13 Hammer Throw 3 kg          | 37.19m | 2011 | Keiran Leboe - PG Track           |
| Girls 14-15 Hammer Throw 3 kg      | 31.04m | 2016 | Kendal Zemenchik - BV Athletics   |
| Boys 14-15 Hammer Throw 4 kg       | 29.59m | 2014 | Cole Stone - Quesnel              |
| Girls 16-17 Hammer Throw 3 kg      | 41.76m | 2000 | Tenille Hunter - Kamloops         |
| Boys 16-17 Hammer Throw 5 kg       | 45.18m | 2005 | Tyrel Pohl - Dawson Creek         |
| Women 20-34 Hammer Throw 4 kg      | 27.00m | 2023 | Cassandra O'Brien - PGTF          |
| Men 40-44 Hammer Throw see chart   | 21.76m | 2022 | Ryan Harris - PGTF                |
| Women 55-59 Hammer Throw see chart | 29.19m | 2022 | Christine Dalglish - PGTF         |
| Men 55-59 Hammer Throw see chart   | 29.10m | 2022 | Brad Frenkel - PGTF               |
| Women 60-64 Hammer Throw see chart | 26.73m | 2022 | Joan Harris - PGTF                |
| Men 80-84 Hammer Throw see chart   | 29.51m | 2022 | James Dyer - Indépendant          |
| Girls 10 Javelin Throw 400 g       | 14.76m | 2010 | Mikayla Capelle - Unattached      |
| Boys 10 Javelin Throw 400 g        | 22.71m | 2003 | Reece Molland - Bella Coola       |
| Girls 11 Javelin Throw 400 g       | 18.96m | 2000 | Kaitlyn Widsten - Bella Coola     |
| Boys 11 Javelin Throw 400 g        | 29.11m | 2002 | Oliver Anderson - Fort Fraser     |
| Girls 12 Javelin Throw 400 g       | 25.10m | 2002 | Annika Granander - Bella Coola    |
| Boys 12 Javelin Throw 500 g        | 33.17m | 2010 | Keiran Leboe - PG Track           |
| Girls 13 Javelin Throw 400 g       | 32.00m | 2003 | Annika Granander - Bella Coola    |

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|                                  |        |      |  |
|----------------------------------|--------|------|--|
| Boys 13 Javelin Throw 500 g      | 40.09m | 1993 | Brock Armstrong - Track 54.50 /smithers  |
| Girls 14-15 Javelin Throw 500 g  | 28.78m | 2010 | Sarah Frost - PG Track                   |
| Boys 14-15 Javelin Throw 600 g   | 39.16m | 2023 | Josh Wu - unattached                     |
| Girls 16-17 Javelin Throw 500 g  | 37.84m | 1994 | Christine Deverson - Fort St. James      |
| Boys 16-17 Javelin Throw 700 g   | 52.27m | 1991 | R. Constantinescu - Kelowna              |
| Women 18-99 Javelin Throw 600 g  | 23.63m | 2009 | Katherine Driediger - Unattached         |
| Men 18-99 Javelin Throw 800 g    | 35.55m | 2009 | Dusty Bruhs - Dawson Creek               |
| Men 75-79 Javelin Throw 800g     | 28.24m | 2023 | Tuomas Ukonmaanaho - PGTF                |
| Girls 9 Shot Put 2 kg            | 4.87m  | 2009 | Mikayla Capelle - Dawson Creek           |
| Boys 9 Shot Put 2 kg             | 6.36m  | 2005 | Olin Erricson - Prince George/Unattached |
| Girls 10 Shot Put 2 kg           | 7.12m  | 2001 | Maddie Ferguson - Kamloops               |
| Boys 10 Shot Put 2 kg            | 8.73m  | 2001 | Oliver Anderson - Fort Fraser            |
| Girls 11 Shot Put 2 kg           | 8.24m  | 2014 | Casidy Campbell - PG Track               |
| Boys 11 Shot Put 2 kg            | 10.00m | 2002 | Oliver Anderson - Fort Fraser            |
| Girls 12 Shot Put 3 kg           | 8.94m  | 2000 | Hayley Hills - Pgt/Quesnel               |
| Boys 12 Shot Put 3 kg            | 10.20m | 2010 | Keiran Leboe - PG Track                  |
| Girls 13 Shot Put 3 kg           | 10.71m | 1998 | Maria Stinson - PG Track                 |
| Boys 13 Shot Put 3 kg            | 12.57m | 1998 | Matt Bartsch - Quesnel                   |
| Girls 14-15 Shot Put 3 kg        | 9.39m  | 2011 | Keana Trudel - Tumbler ridge             |
| Boys 14-15 Shot Put 4 kg         | 11.00m | 2014 | Seth Williams - Nisgaa                   |
| Girls 16-17 Shot Put 3 kg        | 10.11m | 2002 | Alia Dalin - Kamloops                    |
| Boys 16-17 Shot Put 5 kg         | 13.87m | 2003 | Rob Negrin - PG Track                    |
| Men 40-44 Shot Put See chart     | 9.70m  | 2022 | Ryan Harris - PGTF                       |
| Women 60-64 Shot Put See chart   | 8.54m  | 2022 | Joan Harris - PGTF                       |
| Men 75-79 Shot Put See chart     | 9.24m  | 2022 | Tuomas Ukonmaanaho - PGTF                |
| Men 80-84 Shot Put See chart     | 7.94m  | 2022 | James Dyer - Indépendant                 |
| Men 35-49 Weight Throw 15.88 kg  | 9.76m  | 2022 | Ryan Harris - PGTF                       |
| Women 50-59 Weight Throw 7.26 kg | 10.02m | 2022 | Garrett Collier - Richmond Kajaks        |
| Men 50-59 Weight Throw 11.34 kg  | 9.85m  | 2022 | Brad Frenkel - PGTF                      |
| Women 60-74 Weight Throw 5.45 kg | 9.00m  | 2022 | Joan Harris - PGTF                       |
| Men 80-99 Weight Throw 5.45 kg   | 11.90m | 2022 | James Dyer - Indépendant                 |
| Women 60-64 Throws Pentathlon    | 2722   | 2023 | Joan Harris - PGTF                       |
| Women 85 + Throws Pentathlon     | 3841   | 2023 | Myrtle Acton - unattached                |
| Men 55-59 Throws Pentathlon      | 2365   | 2023 | Brad Frenkel - PGTF                      |
| Men 80-84 Throws Pentathlon      | 2777   | 2023 | James Dyer - unattached                  |