

Spruce Capital Records

2024

Girls 9 60 Meter Dash	9.63	2009	Mikayla Capelle - Dawson Creek
Boys 9 60 Meter Dash	10.05	2024	Connor Wood - unattached
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	12.10	2024	Jinichi Cronje - 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	12.58	2024	Danae McCroy - PGTF
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 35+ 100 Meter Dash	13.13	2024	Manpreet Kajla - 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
Women 18-19 200 Meter Dash	25.94	2024	Danae McCroy - PGTF
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

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Girls 13 300 Meter Run	46.36	2014	Brooklyn Stauffer - Athletics No
Boys 13 300 Meter Run	45.77	2014	Simon Nemethy - PG Track
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
Men 35+ 800 Meter Run	03:11.99	2024	Kelly Sharp - Greyhounds
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	03:53.46	2010	Emma Balazs - PG Track
Boys 14-15 1200 Meter Run	03:36.58	2011	Sean K. Gaiesky - PG Track
Girls 16-17 1500 Meter Run	04:40.00	1999	Justine Boulin - Pgt/Quesnel

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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
Men 18-19 1500 Meter Run	04:11.01	2016	Cole Dinsdale - Css
Women 20-34 1500 Meter Run	06:00.00	2024	Olivia Wankling - unattached
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 - Css
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
Women 16-17 5000 Meter Run	22:46.31	2024	Callie Peterson - PGTF
Men 16-17 5000 Meter Run	20:29.71	2024	Ransom Doherty - unattached
Women 18-19 5000 Meter Run	22:47.68	2024	Ashley Charlston - PGTF
Men 35+ 5000 Meter Run	17:17.65	2024	Bryce Gladdish - PGTF
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
Women 70-74 1500 Meter Race Walk	10:19.15	2024	Suzanne Sharp - Greyhounds
Men 70-74 1500 Meter Race Walk	09:06.86	2024	Bob Currie - unattached
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

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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
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	3.90m	2024	Zahara Ngosa - PGTF
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

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Girls 14-15 Long Jump	5.03m	2010	Laura Sharman - Tumbler ridge
Boys 14-15 Long Jump	5.29m	2024	Nic Scarpino - PGTF
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
Women 18-19 Long Jump	4.77m	2024	Danae McCroy - PGTF
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
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 18-19 Triple Jump	10.18m	2024	Connel Foster - PGTF
Men 20-34 Triple Jump	13.66	2023	Sagardeep Singh - PGTF
Women 85-89 Triple Jump	6.35m	2022	Christa Bortignon - Greyhounds M
Girls 14-15 Pole Vault	2.30m	2024	Ava Matthews - PGTF
Boys 14-15 Pole Vault	2.40m	2024	Carson Cserhazi - PGTF
Women 18-19 Pole Vault	2.00m	2024	Danae McCroy - PGTF
Men 40 -44 Pole Vault	3.60m	2024	Quinn Matthews - PGTF
Men 45-49 Pole Vault	2.60m	2024	Adam Hogarth - unattached
Men 75-79 Pole Vault	2.26m	2023	Tuomas Ukonmaanaho - PGTF
Men 80-84 Pole Vault	2.30m	2024	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 - Nisgaa
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
Women 35+ Discus Throw 1kg	27.73	2024	Devi Milligan - unattached
Men 40-44 Discus Throw 2 kg	30.11	2024	Charles Kramer - unattached
Men 55-59 Discus Throw See chart	30.80m	2022	Brad Frenkel - PGTF
Women 60-64 Discus Throw 1 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

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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 7.26 kg	24.05m	2024	Charles Kramer - unattached
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
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 40-44 Javelin Throw 800 g	31.58m	2024	Charles Kramer - unattached
Men 75-79 Javelin Throw 800g	28.24m	2023	Tuomas Ukonmaanaho - PGTF
Men 80-84 Javelin Throw 800g	27.05m	2024	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	2024	Madelin Standish - PGTF
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

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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	8.58m	2023	Tuomas Ukonmaanaho - PGTF
Men 35-49 Weight Throw 15.88 kg	9.76m	2022	Ryan Harris - PGTF
Women 50-59 Weight Throw 7.26 kg	tu	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
Men 40-44 Throws Pentathlon	2218	2024	Charles Kramer - unattached
Men 45-49 Throws Pentathlon	2263	2024	Adam Hogarth - unattached
Men 55-59 Throws Pentathlon	2365	2023	Brad Frenkel - PGTF
Women 60-64 Throws Pentathlon	2974	2024	Joan Harris - PGTF
Men 60-64 Throws Pentathlon	2670	2024	Brad Frenkel - PGTF
Women 85 + Throws Pentathlon	3841	2023	Myrtle Acton - unattached
Men 80-84 Throws Pentathlon	2777	2023	James Dyer - unattached