



PLAYING REGULATIONS: MEN'S AND WOMEN'S INDOOR TRACK & FIELD

1. SPORT FORMAT

Canada West will follow rules of U SPORTS unless otherwise stated in this document. This document provides additional regulations that will also be followed or supersede an Athletics Canada and the ~~IAAF~~ **World Athletics** Regulation.

2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

The maximum team size shall be forty-nine (49) with a maximum of 29 of one gender. Members will pay standard entry fees as determined by the host to a maximum of ~~\$500-~~ **\$1000** for all member hosted competitions excluding the championships.

3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual) N/A

4. PLAYOFF / CHAMPIONSHIP FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

4.1. The meet schedule for the Canada West Track and Field Championships may start ~~no earlier than 2:00 pm, unless warranted by the venue or the number of entries,~~ but no later than 4:00 pm on the first day of competition. See Appendix A for the Meet Schedule.

4.2. The following events are to be held at the Canada West Championship:

MEN: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles, 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Toss, Heptathlon.

WOMEN: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles, 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Pole Vault Long Jump, Triple Jump, Shot Put, Weight Toss, Pentathlon.

~~NOTE: It is recommended that the host university include events for non-university athletes, and those not competing in Canada West events.~~

4.3. ENTRIES

1. Entry forms should be in the hands of the member universities one month prior to the meet.
2. Entries must be in the hands of the host university at least five (5) days prior to the meet.

In addition to the entry form, a team list with athletes' names and events should be included to facilitate assigning of numbers, and for inclusion in the program. This list should include the name(s) of the team coach(s) and manager(s). Full names (not just first initial) of each athlete must be used. Year of birth must be shown.

3. Each university can enter an unlimited number of competitors in each individual event and one (1) team in each relay event.
4. Universities submitting entries to the Canada West Track and Field Championships provide the entries in either Trackie format or in the Hy-Tek format. If entries are sent via Trackie or Hy-Tek electronically, then they are due five (5) days prior to the start of competition (Monday by noon).
5. Best performances during the current indoor season must be shown to aid in seeding. Following per D.10.1.4 of U SPORTS Playing Regulations: "Where an athlete or relay team has achieved a manual timed performance in events 200m or longer, .24 seconds should be added to the manual timed performance for ranking and seeding purposes". If current performances are not properly shown on the entry form for an athlete, the athlete shall be seeded into the slower timed sections in the running events, and flights to compete first in field events. Seed performances shall be distributed to all coaches attending the scratch meeting.
6. The names of personnel on each relay team, in order of running, shall be given to the meet manager/announcer's table, not less than ten (10) minutes before the event.
7. Changes in personnel from those entered on the official entry forms can be made at the Coaches Technical meeting of the Canada West Track and Field Championship. A coach shall not be allowed to add additional athletes after the scratch meeting. Substitutions shall be permitted for medical reasons or due to injury.
8. Where there are scratches after the coaches' meeting (for good reason - i.e., medical), it is recommended that seeding of heats be reassessed and changed if necessary.

4.4. SPECIFIC RULES

1. Seeding

- a) In timed section finals, the runners comprising the fastest section shall be those who have the fastest times in the light of their most recent performances, regardless of affiliation. Other sections shall be composed by means of the same seeding system. The fastest section shall be the last to compete.
- b) Where more than 14 competitors are entered into a horizontal jump or throw, it is recommended that flights of competitors be organized. The last flights must contain the top-seeded athletes and contain at least 8 athletes. Each flight consists of 3 trials each.

A sufficient warm-up period shall be allowed between the last flight and the final trials.

- c) When there are nine (9) or more competitors in a race, on a six (6) lane track, they will be divided into two groups, with one group, based on the bottom ranked 65% of field being on regular start line and the top seeded 35% are on the outside lanes of the track on a separated arced start line.

2. Jumps

- a) Height: The starting height and amount the bar is raised for each round shall be decided at the coaches' meeting. Motions concerning starting heights and increments shall be for the current championship only, unless it is specified that future championships are included.
- b) Distance: ~~IAAF~~ **World Athletics** Rules shall apply.
- c) Should 3 flights of Long Jump be required, the first flight (low seeds) will be placed at the start of the day with the 2 remaining flights following the normal schedule. This would be in the case where 29 or more athletes are entered in the event.

3. Throwing Events

- a) Athletics Canada Rules shall apply.
- b) Athletes may use their own implements provided, that they are presented at the time and location specified in the information circulated to member universities and that they meet ~~IAAF~~ **World Athletics** regulations. Once approved, the implement will be retained as part of the meet equipment until after the competition.

4. Running Events

- a) Times shall be recorded for all finishers in both heats and finals.
- b) Intermediate times should be called out during races 600 meters and longer, at 200-meter intervals from the start.
- c) The 3000 meters shall follow the system of lap scoring as outlined by Athletics Canada.
- d) A three (3) bend stagger shall be used for the 4x200m Relay, with the second runner free to cut in at the start of the backstretch on the second lap.
- e) A two (2) turn stagger start shall be used for the 600m with one (1) competitor per lane at the start. Events 300 meters or less shall be run in lanes all the way.
- f) For events where the starting runner will be running more than 600 meters, a curved starting line shall be used as outlined in ~~IAAF~~ **World Athletics** Rule 162.
- g) For relay exchanges in 4x200m, the receiving runners must start from inside a line 10m before the 200m lap distance. There shall be no limit to the exchange zone. In 4x400m and

4x800m the exchange zone shall be 20m as in ~~IAAF~~ **World Athletics** Rule 166.2. Tape for each outgoing runner can be used on the track for the purposes of marking for relays.

h) Advancement:

- In events 600 meters and longer, timed section finals shall be run where the number of competitors exceeds the number that can be run in a single race.
- In events run around the track, shorter than 600 meters, a two-timed section final shall be run with four (4) athletes per section and up to a maximum of eight (8) athletes, utilizing lanes three, four, five and six, based on advancement formulas from the heats. (advancement articulated later in section 9, place & time). The winners of each heat, plus the number of non-winners (based on time) shall advance. The winners from the heats shall be placed in the second section of a two-section final where feasible. If the number of winners exceeds the number of lanes available in the second (fast) section, the winners with the fastest times shall be placed in the second section. If the number of lanes in the second (fast) section, exceeds the number of heats, the winner of each heat, and the fastest loser(s), regardless of place, shall be placed in the second section run. If six (6) or more lanes are available a single final shall be run.
- In events run on the straight, at least two (2) competitors should advance from each heat to the next round.
- Where competitors advance to the next round, on the basis of time (i.e. fastest losers in the 300m), and two or more competitors are awarded the same time, but lanes are not sufficient to allow all those tied to advance, the following shall apply:
 - Times to the thousandth of a second shall be used to break the tie. If the tie cannot be broken using thousandths of a second, the following procedures shall be used:
 - If the competitors recorded the same time in the same heat, the competitor with the higher placing shall be given preference in advancement over the other competitor(s) with the same time.
 - If the competitors recorded the same time in different heats, the competitor with the higher placing shall be given preference in advancement over the other competitor(s) with the same time.
 - If the competitors recorded the same time and same placing in different heats, the competitor from the slower heat (i.e., heat with the slower winning time) shall be given preference in advancement over the other

- competitor(s) with the same time.
 - If the tie cannot be broken in the above manner, the competitors tying should run off against each other to determine who advances.
- i) Starting Positions:
- In straight away events, the preferred lanes shall be 3, 4, 5 and 6 for eight-lane tracks, and lanes 2, 3, 4 and 5 for six-lane tracks. In events around the track the preferred lanes shall be determined by the host. For the 300meters and shorter distances including the 4X200m relay, the preferred lanes shall be given in heats or first round using seed times. The lanes are to be determined by random draw within the preferred lanes and the remaining competitors drawn in the remaining lanes.
 - Exception: (1000m or more) per D.4.1.8.3 U SPORTS Playing Regulations:
"Where the number of starters necessitates more than one row, the competitors shall be divided into 2 groups with 1 group of approximately 65% of the competitors on the regular arced start line and the other group, made up of the fastest qualifiers, on a separate arced start line marked across the outer half of the track. The outer group should run as far as the end of the first bend on the outer half of the track".
 - Preferred Lanes In events where competitors advance from heats to finals, the winners of the heats shall be assigned to the preferred lanes for the final. If the number of winners exceeds the number of preferred lanes, the winners with the fastest times from the heats shall be assigned to the preferred lanes. If the number of preferred lanes exceeds the number of winners, the non-winners with the fastest times from the heats will be assigned to the remaining preferred lanes. The lanes are to be determined by random draw within the preferred lanes and the remaining competitors drawn in the remaining lanes.
 - Line Infractions:
The following 1983-84 IAAF **World Athletics** Rule regarding line infractions shall be used in Canada West Track and Field:
 - If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has deliberately run outside his/her lane, the Referee shall disqualify him/her; but if the Referee considers that such action was unintentional, he/she may at their discretion disqualify, if of the opinion that a material advantage was gained thereby.

MEN'S AND WOMEN'S INDOOR TRACK & FIELD REGULATIONS

Track 400
Metres Stride
inside of lane 2.30m
Number of Strides

Advantage Gained by Encroaching
1 cm on

	T=50m m	t=100m m	t=150m m	t=300m m
	mm	mm	mm	mm
1	4	7	11	22
2	7	14	22	44
3	11	22	33	66
4	14	29	44	88
5	18	36	54	109
6	22	44	65	131
7	25	51	76	153
8	29	58	87	175
9	33	65	98	19
10	36	72	109	219

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distance is shown in millimeters,

e.g., four strides 150mm inside gives an advantage of 44mm.

- j) In the 60m dash where greater than 3 semifinals are required, a preliminary round shall be contested. This preliminary round will comprise of athletes seeded rank 17 and down (slower), with the top 8 times advancing to the semifinal. The semifinal shall then be a 3 section semifinal.

~~k) In the 60m hurdles, the schedule spacing between women and men shall be increased if permitted.~~

5. Combined Events

- A combined event is to be held within the Canada West Championships.
- The event will be a Heptathlon for the men and Pentathlon for the women with the order of events being as follows: Men: Day one - 60 meters, long jump, shot put, high jump, Day two – 60-meter hurdles, pole vault, 1000m; Women: 60m hurdles, high jump, shot put, long jump, 800m.
- The Heptathlon/ Pentathlon must appear as an event on the entry form.
- The best performance for each event is scored on the ~~IAAF~~ **World Athletics** Scoring Tables for Combined Events.
- The total Heptathlon/Pentathlon results will be included as

scoring events, with full results included in the official results. The Pentathlon medals and team points will be awarded based on the total score for the seven events for men and five events for women.

6. Scoring

- a) Canada West Scoring will duplicate USPORT by scoring top 8. 10-8-6-5-4-3-2-1 for all events and schools can have unlimited scorers in each event.
- b) Team scoring shall be separate for men and women. A combined score should not be recorded.

5. UNIFORMS (Also refer to Policy 9 of Canada West Operations Manual)

5.1. Teams shall compete in proper uniforms, with **matching tops on each day of competition that are consistent with institutional branding.** ~~in the following colors:~~

Alberta	Green and Gold
Calgary	Red and Gold
Lethbridge	Blue and Gold
Manitoba	Brown and Yellow
Regina	Green and Black/Gold
Saskatchewan	Green and White
Victoria	Blue and White/Gold
Trinity Western	Blue and Yellow

5.2. All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

6. RULES

The 1983-84 ~~IAAF~~ **World Athletics** rule regarding line infractions shall be used in Canada West Track and Field. (See 4.4.9*)

7. AWARDS (Also refer to Policy 15 of the Canada West Operations Manual)

Teams competing in the Canada West Championship will be competing for the following trophies:

Women's Championship - Eleanor Haslam Trophy

Men's Championship - R.E. DuWors Trophy

7.1. Canada West All Stars:

1. Gold medalists in the men and women's events (including relays) at the Canada West Championship will make up the 1st Team All-Stars.
2. Silver medalists in the men and women's events (including relays) at the Canada West Championship will make up the 2nd Team All-Stars.
- ~~3. Alternates that competed are also listed as Conference All Stars.~~

7.2. Athlete of the Year

1. An Athlete of the Year in a “track event” and an Athlete of the Year in a “field event” in both the Men and Women’s events will be selected annually.

7.3. Outstanding Performance of the Meet – Male and Female

7.4. Rookie of the Year

1. Nominated athletes must be 21 years of age or under as of September 1st in the academic year of their rookie season
2. Nominated athletes must not have consumed any eligibility as defined by U SPORTS regulations.
3. Criteria for selection is based on the athlete’s performance during the season including the Canada West Championship.

7.5. Coach of the Year

1. Coach of the Year in both the Men and Women’s events will be selected annually.
2. Criteria for selection are based on the team’s performance during the season including the Canada West Championship.

7.6. Assistant Coach of the Year

1. One male and one female assistant coach will be selected annually.

7.7. Student-Athlete Community Award

1. This award will be offered to recognize outstanding contribution in athletics, academics, and community involvement.

7.8. Canada West award winners must be formally recognized at the Canada West Championship. It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

8. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

8.1. The host institution shall be responsible for providing officials.

8.2. The host University of the Canada West Championships should provide adequate facilities for team trainers (including ice) and where possible the host should have a meet trainer on duty.

8.3. The host University of the Canada West Championships must provide a recording device and playback unit, to be used by a qualified operator, in recording all track events (qualifying rounds and finals). The intent is to have a record of what

- happens during races to aid officials in decisions concerning placement and rule infractions.
- 8.4. In Canada West competition, the coach is free to advise an athlete at any time, provided this does not interfere with the meet.
 - 8.5. A **Technical Meeting** shall be held ~~at least three (3) hours prior to the start of the meet~~ **Thursday evening of the CW Championship**, for the purposes of making any changes in personnel and briefing as to meet procedure. Each competing university should have at least one representative at this meeting. The annual coaches meeting will be held following this meeting on the Thursday evening of the CW Championship. A second brief Technical Meeting shall be held on the morning of the second day of the Championships to present changes resulting from the first day of competition. Key officials (i.e., Track Referee, Field Referee, Chief Starter, Chief Umpire) should be present at the coaches' Technical Meeting(s).
 - 8.6. Coaches' Meeting - Refer to Committees Policy in the Canada West Operations Manual.
 - 8.7. Results
 1. Results of all preliminary rounds and finals should be published by the meet committee, with performances by all competitors shown.
 2. The results should be organized so that preliminary rounds and final results of each event are together. The events should appear, with the track events first in ascending order of distance, followed by the hurdles, followed by the relays, followed by the field events in the following order:
 - a) High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Toss.
 3. The individual results for the Pentathlon should also be reported in the same manner, as individual events.
 4. Records broken or tied should be noted clearly. The previous record and record holder should be noted along with the date and place that the previous record was set.
 5. The results should be available for distribution within two hours after the completion of the last event. A final copy of the results should be sent to all coaches, Athletic Directors, and the Canada West Sport Services Manager. The Canada West Associate Director, Communications and Marketing must be sent the full results of the meet by email prior to midnight on the final day of the Championship Meet. Also refer to Policy 13 of the Canada West Operations Manual for post-game reporting duties.
 - 8.8. Canada West records can be set only in the Championship meet. Current Canada West records are included in the Appendices. The host university is responsible for preparing and distributing an up-to-date list of Canada West Championship records within one (1) week after the competition. (Copy to be forwarded to Canada West

office for revisions to the Appendices).

9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

10. PROTESTS

Protests shall be managed in accordance with Athletic Canada/~~IAAF~~ **World Athletics** regulations.

11. FILM EXCHANGE

N/A

12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

12.1. Suspended/Ejected Coach or Player

1. A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):
 - a) Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.
 - b) Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.
 - NOTE: Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.
 - c) Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.
2. A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):
 - a) Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
 - b) Are not allowed within the field of play during competition.
 - c) Student athletes suspended can join in the locker room only after the game is complete.

3. An athlete that acquires an in-season suspension is ineligible to compete in non-conference or exhibition games until the suspension is fulfilled during a conference game.

13. APPENDICES

- A) Canada West Track Field Championship Schedule of Events
- B) Canada West Championships Records

MEN'S AND WOMEN'S INDOOR TRACK & FIELD REGULATIONS

APPENDIX A CANADA WEST TRACK AND FIELD CHAMPIONSHIPS

Schedule of Events

DAY ONE	FRIDAY		
11:00AM		<i>Long Jump (if needed)</i>	Flight 3
11:45AM	Women	Long Jump F1	Flight 1
12:30PM	Men	Weight Throw	Final
12:55PM	Women	Long Jump F2	Flight 2
1:35PM	Women	Long Jump Final	Final
1:50PM	Men	HEP - 60m	Timed Final
2:05PM	Women	60mH	Heats
2:15PM	Men	60mH	Heats
2:30PM	Women	PENT - 60mH	Timed Final
2:30PM	Men	HEP - Long Jump	Final
2:30PM	Women	Pole Vault	Final
3:00PM	Women	PENT - High Jump	Final
3:15PM	Women	60mH	Final
3:25PM	Men	60mH	Final
3:35PM	Women	1000m	Timed Final
3:45PM	Men	HEP - Shot Put	Final
3:50PM	Men	1000m	Timed Final
4:15PM	Men	Long Jump F1	Flight 1
4:15PM	Women	300m	Heats
4:30PM	Men	300m	Heats
5:25PM	Men	Long Jump F2	Flight 2
5:30PM	Men	HEP - High Jump	Final
5:30PM	Men	Pole Vault	Final
5:30PM	Women	PENT - Shot Put	Final
6:05PM	Men	Long Jump Final	Final
6:30PM	Women	3000m	Timed Final
6:45PM	Women	Shot Put	Final
6:55PM	Men	3000m	Timed Final
7:00PM	Women	PENT - Long Jump	Final
7:20PM	Women	300m	Final (2)
7:30PM	Men	300m	Final (2)
7:50PM	Women	4x800m	Timed Final
8:05PM	Men	4x800m	Timed Final
8:20PM	Women	PENT - 800m	Timed Final

MEN'S AND WOMEN'S INDOOR TRACK & FIELD REGULATIONS

DAY TWO

11:00AM		60m (<i>if needed</i>)	Prelim round
11:15AM	Men	HEP - 60mH	Timed Final
11:30AM	Women	High Jump	Final
11:30AM	Women	Weight Throw	Final
12:00PM	Men	Triple Jump	Final
12:20PM	Men	HEP - Pole Vault	Final
12:20PM	Women	60m	Semi Final
12:32PM	Men	60m	Semi Final
12:45PM	Women	600m	Timed Final
1:00PM	Men	600m	Timed Final
1:25PM	Women	60m	Final
1:30PM	Men	60m	Final
1:30PM	Men	Shot Put	Final
2:00PM	Men	High Jump	Final
2:25PM	Women	4x200m	Timed Final
2:30PM	Women	Triple Jump	Final
2:35PM	Men	4x200m	Timed Final
2:50PM	Women	1500m	Timed Final
3:05PM	Men	1500m	Timed Final
3:20PM	Men	HEP - 1000m	Timed Final
3:30PM	Women	4x400m	Timed Final
3:45PM	Men	4x400m	Timed Final

AWARDS

MULTIS SUMMARY

HEP

DAY ONE

1:50PM	HEP - 60m
2:30PM	HEP - Long Jump
3:45PM	HEP - Shot Put
5:30PM	HEP - High Jump

DAY TWO

11:15AM	HEP - 60mH
12:20PM	HEP - Pole Vault
3:20PM	HEP - 1000m

PENT

DAY ONE

2:30PM	PENT - 60mH
3:00PM	PENT - High Jump
5:30PM	PENT - Shot Put
7:00PM	PENT - Long Jump
8:20PM	PENT - 800m

APPENDIX B

CANADA WEST TRACK AND FIELD CHAMPIONSHIPS RECORDS

(Through 2023-24 season)



WOMEN'S – RECORDS BY EVENT

EVENT	TIME/DISTANCE/PTS	NAME(S)	SCHOOL	SEASON
60m	7.34	Dawn Richardson-Wilson	CGY	2022-23
300m	37.79	Carline Muir	ALB	2016-17
*600m	1:29.00	Gwen Wall	SSK	1983-84
		Jenna Westaway	CGY	2013-14
1000m	2:43.46	Jenna Westaway	CGY	2015-16
1500m	4:16.84	Sarah Inglis	TWU	2014-15
3000m	9:15.43	<i>Brenda Shackleton</i>	VIC	1987-88
60m hurdles	8.19	Sienna MacDonald	CGY	2023-24
4x200m	1:37.52	Selena Keyowski	SSK	2023-24
		Paige Willems		
		Timi Adelugba		
		Grace Igbiki		
4x400m	3:45.19	Danielle Kendal	CGY	2012-13
		Kelsey Lotwin		
		Rachael McIntosh		
		Jenna Westaway		
4x800m	8:46.91	Shauna McInnis	VIC	2014-15
		Kendra Pomfret		
		Nicole Soderberg		
		Rachel Francois		
High jump	1.85m	Emma Nutall	TWU	2012-13
Pole vault	4.20m	Kelsie Hendry	SSK	2004-05
Long jump	6.32m	Sabrina Nettey	TWU	2013-14
Triple jump	12.54m	Janine Polischuk	REG	2007-08
Shot put	16.05m	Taryn Suttie	SSK	2013-14
Weight throw	19.89m	Heather Steacy	LET	2010-11
Pentathlon	4386 pts.	Jessica Zelinka	CGY	2006-07

NOTES:

- Denotes record set in 2023-24
- * Denotes shared record
- *Italics denote longest standing CW women's record. Brenda Shackleton's record in the 3000m has stood since 1987-88.*

MEN'S AND WOMEN'S INDOOR TRACK & FIELD REGULATIONS

WOMEN'S – ATHLETES WITH MULTIPLE RECORDS

NAME (SCHOOL / NUMBER)	EVENTS	TIME/DISTANCE/PTS	SEASON
Jenna Westaway (CGY / 3)	*600m	1:29.00	2013-14
	1000m	2:43.45	2015-16
	4x400m	8:46.91	2012-13

WOMEN'S – RECORDS BY SCHOOL

SCHOOL (NUMBER)	EVENTS	NAME(S)	TIME/DISTANCE/PTS	SEASON
SASKATCHEWAN (4)	*600m	Gwen Wall	1:29.00	1983-84
	Pole vault	Kelsie Hendry	4.20m	2004-05
	Shot put	Taryn Suttie	16.05m	2013-14
	4X200	Selena Keyowski	1:37.52	2023-24
		Paige Willems		
		Timi Adelugba Grace Igbiki		
CALGARY (6)	60m	Dawn Richardson-Wilson	7.34	2022-23
	*600m	Jenna Westaway	1:29.00	2013-14
	1000m	Jenna Westaway	2:43.46	2015-16
	4x400m	Danielle Kendal	3:45.19	2012-13
		Kelsey Lotwin Rachael McIntosh Jenna Westaway		
		Pentathlon	Jessica Zelinka	4386 pts.
60m hurdles	Sienna MacDonald	8.19	2023-24	
TRINITY WESTERN (3)	1500m	Sarah Inglis	4:16.84	2014-15
	High jump	Emma Nutall	1.85m	2012-13
	Long jump	Sabrina Nettey	6.32m	2013-14
VICTORIA (2)	3000m	<i>Brenda Shackleton</i>	9:15.43	1987-88
	4x800m	Shauna McInnis	8:46.91	2014-15
		Kendra Pomfret Nicole Soderberg Rachel Francois		
		ALBERTA (1)	300m	Carline Muir
LETHBRIDGE (1)	Weight throw	Heather Steacy	19.89m	2010-11
REGINA (1)	Triple jump	Janine Polischuk	12.54m	2007-08

MEN'S AND WOMEN'S INDOOR TRACK & FIELD REGULATIONS

MEN'S – RECORDS BY EVENT

EVENT	TIME/DISTANCE/PTS	NAME(S)	SCHOOL	SEASON
60m	6.59	Sam Effah	CGY	2010-11
300m	33.07	Karson Lehner	SSK	2019-20
600m	1:17.25	Byron Goodwin	MAN	1993-94
1000m	2:22.84	Thomas Riva	VIC	2014-15
1500m	3:47.43	Eric Lutz	CGY	2021-22
3000m	8:06.87	Kelly Wiebe	REG	2012-13
60m hurdles	7.92	Justin Rose	ALB	2023-24
4x200m	1:26.74	Austin Cole Josh Li Justin Rose Evan Essapa	ALB	2021-22
4x400m	3:13.74	Kelly Crerar Byron Goodwin Anthony Davis Simon Trepel	MAN	1995-96
4x800m	7:34.83	Tim Longley Max Serviss Thomas Oxland Tyler Smith	VIC	2017-18
High jump	2.22m	Noel Vanderzee	CGY	2023-24
Pole vault	5.31m	Spencer Allen	ALB	2017-18
<i>Long jump</i>	<i>7.75m</i>	<i>Jonathan Moyle</i>	<i>ALB</i>	<i>1992-93</i>
Triple jump	15.65m	Shawn Peters	REG	2000-01
Shot put	18.71m	Andrew Smith	SSK	2010-11
Weight throw	23.42m	Jim Steacy	LET	2008-09
Pentathlon	4009 pts.	Chris Crossley	SSK	2009-10
^Heptathlon	5102 pts.	Kieran Johnston	SSK	2018-19

NOTES:

- **Denotes record set in 2023-24**
- ^ the 2015-16 CW Championships were the first that featured the heptathlon for men, replacing the pentathlon as the conference's multi-discipline event
- *Italics denote longest standing CW men's record. Jonathan Moyle's long jump record of 7.75m set during the 1992-93 season for Alberta.*

MEN'S – ATHLETES WITH MULTIPLE RECORDS

NAME (SCHOOL / NUMBER)	EVENTS	TIME/DISTANCE/PTS	SEASON
Byron Goodwin (MAN / 2)	600m 4x400m	1:17.25 3:13.74	1993-94 1995-96

MEN'S AND WOMEN'S INDOOR TRACK & FIELD REGULATIONS

MEN'S – RECORDS BY SCHOOL

SCHOOL (NUMBER)	EVENTS	NAME(S)	TIME/DISTANCE/PTS	SEASON
SASKATCHEWAN (4)	300m	Karson Lehner	33.07	2019-20
	Shot put	Andrew Smith	18.71m	2010-11
	Pentathlon	Chris Crossley	4009 pts.	2009-10
	Heptathlon	Kieran Johnston	5102 pts.	2018-19
ALBERTA (4)	<i>Long jump</i>	<i>Jonathon Moyle</i>	<i>7.75m</i>	<i>1992-93</i>
	Pole vault	Spencer Allen	5.31m	2017-18
	4x200m	Austin Cole	1:26.74	2021-22
		Josh Li		
		Justin Rose		
60m hurdles	Justin Rose	7.92	2023-24	
MANITOBA (2)	600m	Byron Goodwin	1:17.25	1983-84
	4x400m	Kelly Crerar	3:13.74	1995-96
		Byron Goodwin		
		Anthony Davis Simon Trepel		
CALGARY (3)	60m	Sam Effah	6.59	2010-11
	1500m	Eric Lutz	3:47.43	2021-22
	High jump	Noel Vanderzee	2.22m	2023-24
REGINA (2)	3000m	Kelly Wiebe	8:06.87	2012-13
	Triple jump	Shawn Peters	15.65m	2000-01
VICTORIA (2)	1000m	Thomas Riva	2:22.84	2014-15
	4x800m	Tim Longley	7:34:83	2017-18
		Max Serviss		
		Thomas Oxland Tyler Smith		
LETHBRIDGE (1)	Weight throw	Jim Steacy	23.42m	2008-09