

Spruce Capital Records

2026

Girls 9 60 Meter Dash	9.63	2009	Mikayla Capelle - Dawson Creek
Boys 9 60 Meter Dash	10.05	2024	Connor Wood - UN
Girls 10 60 Meter Dash	9.39	2010	Mikayla Capelle - Unattached
Boys 10 60 Meter Dash	9.73	2025	Mackie Pearce - UN
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	13.03	2024	Sarah Aka - 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
Women 20-34 100 Meter Dash	13.08	2025	Danae McCroy - PGTF
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
Men 80-84 100 Meter Dash	15.91	2025	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	23.87	2025	Nic Scarpino - 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	25.85	2025	Danae McCroy - PGTF

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Men 75-79 200 Meter Dash	31.08	2022	Tuomas Ukonmaanaho - PGTF
Men 80-84 200 Meter Dash	38.00	2025	Arthur Gee - Greyhounds
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
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 - PGTF
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 - PGTF
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 - PGTF
Boys 16-17 800 Meter Run	01:56.94	1993	Ryan Press - PG Track
Women 18-19 800 Meter Run	2:27.10	2026	Kionae Roberts - PGTF
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 35-99 800 Meter Run	2:17.16	2025	Bryce Gladdish - PGTF
Girls 9 1000 Meter Run	04:09.90	2014	Grace Cross - PG Track
Boys 9 1000 Meter Run	3:42.70	2026	Leo Boyd - 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	03:45.90	2025	Grace Gunderson - 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

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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	03:31.27	2026	Henry Toews - UN
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
Men 18-19 1500 Meter Run	04:11.01	2016	Cole Dinsdale - Css
Women 20 -34 1500 Meter Run	6:00.00	2024	Olivia Wankling - UN
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	09:13.78	2026	Jack Bolton - PGTF
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
Men 40-44 3000 Meter Run	9:58.00	2025	Bryce Gladdish - PGTF
Women 18-19 5000 Meter Run	22:47.68	2024	Ashley Charlston – PGTF
Men 35-99 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
Women 70-74 1500 Meter Race Walk	10:19.15	2024	Suzanne Sharp – Greyhounds
Men 18-19 1500 Meter Race Walk	07:23.77	2011	Kevin A. Gaiesky - PG Track
Men 70-74 1500m Race Walk	9:51.03	2024	Bob Currie – UN
Girls 9 60 Meter Hurdles 6 x 21" - .5	12.33	2002	Nyagoa Nguot - PG Track

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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
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 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	1.55m	2025	Paige Bueckert - UN
Boys 14-15 High Jump	1.73m	2016	Nic Scarpino - PGTF
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
Men 50-54 High Jump	1.35m	2026	Colin Heise - PGTF
Men 80-84 High Jump	1.05m	2025	Arthur Gee - Greyhounds
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
Girls 14-15 Long Jump	5.03m	2010	Laura Sharman - Tumbler ridge
Boys 14-15 Long Jump	5.57m	2013	Omar Medina - PG Track
Girls 16-17 Long Jump	5.47m	2010	Jennifer Fetaz - Tumbler ridge

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Men 16-17 Long Jump	6.85m	2003	Quinton Gamble - Fort St. John
Women 18-19 Long Jump	4.49m	2024	Danae McCroy - PGTF
Men 18-19 Long Jump	5.76m	2017	Jason Rioux - UN
Men 20-34 Long Jump	5.81m	2022	Sagardeep Singh - PGTF
Men 35-54 Long Jump	4.29m	2023	Rahul Poojary – Prince George
Men 80-84 Long Jump	3.07m	2025	Arthur Gee - Greyhounds
Women 85-89 Long Jump	2.68	2025	Christa Bortignon West Van
Men 13 Pole Vault	2.05m	2025	Prem Milligan - PGTF
Women 14-15 Pole Vault	2.30m	2024	Ava Matthews - PGTF
Men 14-15 Pole Vault	2.40m	2024	Carson Cserhazi - PGTF
Women 16-17 Pole Vault	2.70m	2026	Ava Matthews - PGTF
Men 16-17 Pole Vault	2.70m	2026	Carson Cserhazi - PGTF
Women 18-19 Pole Vault	2.00m	2024	Danae McCroy - PGTF
Women 20-34 Pole Vault	2.30m	2025	Danae McCroy - PGTF
Men 40-44 Pole Vault	4.00m	2025	Quinn Matthews - PGTF
Men 45-49 Pole Vault	2.60m	2024	Adam Hogarth - UN
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 1-19 Discus Throw	26.32m	2026	Adrianna Faggliani - UN
Women 20-34 Discus Throw 1kg	21.22m	2025	Aralynn Taylor - UN
Women 35-54 Discus Throw	27.73m	2024	Devi Milligan - UN
Men 40-44 Discus Throw	30.11m	2024	Charles Kramer - UN
Men 45-49 Discus Throw	29.25m	2026	Charles Kramer - UN
Men 50-54 Discus Throw	18.61m	2026	Colin Heise - 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

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Girls 14-15 Hammer Throw 3 kg	42.96m	2025	Madelin Standish - PGTF
Boys 14-15 Hammer Throw 4 kg	29.59m	2014	Cole Stone - Quesnel
Girls 16-17 Hammer Throw 3 kg	43.34m	2025	Kali Forgrave - UN
Boys 16-17 Hammer Throw 5 kg	45.18m	2005	Tyrel Pohl - Dawson Creek
Men 18-19 Hammer Throw	44.45m	2011	Mitch Elliot PGTF
Women 20-34 Hammer Throw 4 kg	27.00m	2023	Cassandra O'Brien - PGTF
Men 40-44 Hammer Throw see chart	33.02m	2025	Charles Kramer - UN
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 18-19 Javelin Throw 600 g	26.74m	2026	Ellia Garland - UN
Men 18-19 Javelin	40.44m	2019	Max Schonewille - PGTF
Women 20-34 Javelin Throw	15.75m	2025	Aralynn Taylor - UN
Men 18-19 Javelin Throw 800 g	35.55m	2009	Dusty Bruhs - Dawson Creek
Men 40-44 Javelin Throw	35.81m	2025	Charles Kramer - UN
Men 45-49 Javelin Throw	35.24m	2026	Charles Kramer - UN
Men 50-54 Javelin Throw	19.67m	2026	Colin Heise - PGTF
Men 75-79 Javelin Throw 800g	28.24m	2023	Tuomas Ukonmaanaho - PGTF
Men 80-84 Javelin Throw	27.05m	2024	Tuomas Ukonmaanaho - PGTF
Girls 9 Shot Put 2 kg	5.23m	2025	Lillian Der - PGTF
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	9.89m	2025	Madelin Standish - PGTF

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Boys 14-15 Shot Put 4 kg	11.03m	2026	Graham Pryschlak - PGTF
Girls 16-17 Shot Put 3 kg	11.06m	2026	Kali Forgrave - UN
Boys 16-17 Shot Put 5 kg	13.87m	2003	Rob Negrin - PG Track
Men 45-49 Shot Put	9.39m	2025	Charles Kramer - PGTF
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	9.41m	2026	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	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 - UN
Women 35-39 Throws Pentathlon	1519	2026	Cassandra O'Brien - PGTF
Men 40-44 Throws Pentathlon	2018	2024	Charles Kramer - UN
Men 45-50 Throws Pentathlon	2644	2026	Charles Kramer - UN
Women 50-54 Throws Pentathlon	1039	2025	Jacqueline Pettersen PGTF
Men 50-54 Throws Pentathlon	2364	2026	Charles Beck - Kamloops
Women 55-59 Throws Pentathlon	1558	2026	Jacqueline Pettersen - PGTF
Men 55-59 Throws Pentathlon	2365	2023	Brad Frenkel - PGTF
Women 60-64 Throws Pentathlon	2990	2025	Joan Harris - PGTF
Men 60-64 Throws Pentathlon	2648	2025	Brad Frenkel - PGTF
Men 80-84 Throws Pentathlon	2777	2023	James Dyer - unattached
Women 85 + Throws Pentathlon	3841	2023	Myrtle Acton - unattached