

Provincial Rural Track & Field Records

Junior Varsity Girls

Events	Time/Distance	Year	Athlete/s	School
80 m hurdles	00:12.13	2004	Miranda Lajoie	Stonewall
100 metres	00:12:42	1989	Jen Froese	Garden Valley
200 metres	00:25:22	1984	Betty Jo Prawdzik	Grandview
400 metres	00:59:49	1987	Leanne Harrison	Stonewall
800 metres	02:15:70	1979	Angela Chalmers	Neelin
1500 metres	04:45:70	1979	Angela Chalmers	Neelin
3000m	10:51:20	1995	Carman Hurd	Vincent Massey (Bdn)
4 x 100 m relay	00:52:10	1982	Neepawa Coll.	Neepawa
4 x 400 m relay	04:18:00	1991	Edward Schreyer	Edward Schreyer
Shot Put (6 lbs)	12.69	1992	Charlene Barr	Glenboro
Shot Put (4kg)	9.81	2006	Kristi-Lyn Pollock	Virden
Discus	35.29	1986	Carolyn O'Hara	Frontier Coll.
Javelin	37.68	1981	Laverne McMahon	Teulon
Long Jump	5.07	1989	Anita Sudfield	R.D. Parker
Triple Jump	10.82	2006	Courtney Sanders	Nellie McClung
High Jump	1.73	1997	Tammy Mahon	Treherne
Medley	04:30:27	1992	Edward Schreyer	Edward Schreyer
Multi Event	1867 points	2008	Kayliegh Wiens	Garden Valley

Varsity Girls

Events	Time/Distance	Year	Athlete/s	School
80 m hurdles	00:12.22	2004	Amber Anseeuw	Sanford
100 metres	00:12:09	1984	Caroline Booth	Pinawa
200 metres	00:25:34	1984	Caroline Booth	Pinawa
400 metres	00:57:80	1979	Cheryl Giesbrecht	MacGregor
800 metres	02:14:57	1981	Angela Chalmers	Neelin
1500 metres	04:36:42	1981	Angela Chalmers	Neelin
3000m	10:03.57	2004	Kerri Earl	Morden
4 x 100 m relay	00:51:62	1981	Teulon Coll.	Teulon
4 x 400 m relay	04:23:80	2001	Warren Coll.	Warren
Shot Put	12.24	1994	Shannon Morgan	Warren
Discus	37.84	2008	Karen Ferris	Treherne
Javelin	40.41	1997	Erin Sigvaldason	Gimli
Long Jump	5.60	1993	Melissa Habok	Crocus Plains
Triple Jump	11.57	1993	Melissa Habok	Crocus Plains
High Jump	1.70	1998	Tammy Mahon	Treherne
Medley	04:29:49	1992	Warren Coll	Warren
Multi Event	1883 points	2008	Kathleen Hyndman	Rivers

Junior Varsity Boys

Events	Time/Distance	Year	Athlete/s	School
100 m hurdles	00:14:70	2002	Stefan Arnason	Gimli
100 metres	00:10:88	2002	Kyle Pawluk	Vincent Massey (Bdn)
200 metres	00:22:78	1989	Maurice Welch	St.Pauls Coll.
400 metres	00:51:33	1986	Darryl Kostiuk	Edward Schreyer
800 metres	02:05:79	1989	Paul Koshel	Margaret Barbour
1500 metres	04:15:90	1985	Jerry Novak	Hapnot
3000m	09:14:40	1979	Darcy Ready	Neelin
4 x 100 m relay	00:46:10	1986	Virden Coll.	Virden
4 x 400 m relay	03:43:80	1977	Edward Schreyer	Edward Schreyer
Shot Put	17.63	1987	Gerry Ferris	Elkhorn
Discus (1.6 kg)	42.01	1985	David Rowan	Elkhorn
Discus (1.5 kg)	40.78	2008	Drew Sidor	Ste. Rose
Javelin (800g)	48.30	1985	David Rowan	Elkhorn
Javelin (700g)	47.45	2008	Jesse Fallis	Warren
Long Jump	6.40	2003	Stefan Arnason	Gimli
Triple Jump	12.67	2003	Stefan Arnason	Gimli
High Jump	1.90	2004	Kevin Tymofichuk	Shevchenko
Pole Vault	3.17	1987	Robert Yatikorsky	Arborg
Medley	03:55.57	1996	Roseau Valley	Roseau Valley
Multi Event	2199	2006	Ross Robertson	Erickson

Varsity Boys

Events	Time/Distance	Year	Athlete/s	School
100 m hurdles	00:13:66	2004	Justin Rosing	Warren
100 metres	00:10:60	2002	Bryce Shepherd	Elkhorn
200 metres	00:22:40	1977	Greg Haydenluck	Arthur Meighen
400 metres	00:50:80	1977	Greg Haydenluck	Arthur Meighen
800 metres	01:57:36	1987	Lloyd Letkeman	Vincent Massey (Bdn)
1500 metres	04:10:10	1987	Lloyd Letkeman	Vincent Massey (Bdn)
3000m	08:56:10	1980	Glen Newton	Neepawa
4 x 100 m relay	00:44:91	2002	Shevchenko	Shevchenko
4 x 400 m relay	03:33.59	2004	Warren	Warren
Shot Put (12 lbs)	15.98	1989	Gerry Ferris	Elkhorn
Shot Put (5 kg)	14.67	2006	Terrel Weik	Arborg
Discus (1.6 kg)	47.31	2001	Cory Michiels	Treherne
Discus (1.5 kg)	50.85	2006	Matthew Sidor	Ste. Rose
Javelin (800g)	56.62	1987	David Rowan	Elkhorn
Javelin (700g)	53.59	2007	Justin Twiss	Elm Creek
Long Jump	7.15	2006	Nathan Labbe	McCreary
Triple Jump	14.15	2006	Nathan Labbe	McCreary
High Jump	2.00	1994	Scott Brown	Carberry
Pole Vault	4.28	1977	Greg Haydenluck	Arthur Meighen
Medley	3:44:00	1993	Stonewall Coll.	Stonewall
Multi Event	2312 points	2008	James Gethin	Stonewall