

55 - 59 YEAR OLD MALE (OUTDOOR)

50M

2020	Steve Colbert	6.82
2020	Jess Aujla	7.12
2016	Edwin Liu	7.49
2016	Stephen Whittemore	7.59
2017	Jack Laughlin	8.00

60M

2017	Jorge Woods	8.80
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300M

2023	Rob Smith	50.42
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100M

2001	Harold Morioka	12.02
1999	Harold Morioka	12.08
2000	Harold Morioka	12.10
2020	Steve Colbert	12.57
2021	Steve Colbert	12.62
2002	Harold Morioka	12.97
2000	Tony Badowski	13.07
2011	Al Percival	13.09
2021	Jess Aujla	13.11
2020	Jess Aujla	13.15
2011	Bruno Gartner	13.16
2020	Derek Prevost	13.18

100M (cont'd)

2000	Herb Gee	13.22
2017	Jorge Woods	13.23
2022	Jess Aujla	13.30
2017	Joe Hill	13.35
2018	Jorge Woods	13.41
2007	Jagtar Cheema	13.50
2002	Tony Badowski	13.63
2009	Jagtar Cheema	13.65
2015	Jorge Woods	13.66
2017	Gary Kuno	13.66
2023	Alex Galo	13.72
2008	Jagtar Cheema	13.74

100M (cont'd)

2001	Barry Meier	13.81
2021	Mark Phillips	14.25
2014	Jorge Woods	14.30
2016	Joe Hill	14.32
2016	Stephen Whittemore	14.33
2020	Mark Phillips	14.35
2016	Edwin Liu	14.36
2017	Jack Laughlin	14.78
2023	Rob Smith	14.80
2022	David Wall	15.30
2018	Chris Finding	15.47
2008	Phil Bell	15.83

200M

1999	Harold Morioka	24.44
2000	Harold Morioka	24.71
2001	Harold Morioka	25.02
2002	Harold Morioka	26.11
2001	Jess Brewer	26.64
2000	Tony Badowski	27.00
2011	Al Percival	27.28
2005	Sewa Birring	27.32
2020	Derek Prevost	27.35
2022	Alex Galo	27.38
2021	Jess Aujla	27.39
2020	Jess Aujla	27.49
2018	Jorge Woods	27.52

200M (cont'd)

2000	Herb Gee	27.61
2021	Alex Galo	27.62
2002	Tony Badowski	27.64
2017	Jorge Woods	27.64
2023	Alex Galo	27.74
2007	Jagtar Cheema	27.75
2011	Bruno Gartner	27.80
2017	Joe Hill	27.89
2004	Sewa Birring	27.93
2022	Jess Aujla	28.01
2009	Jagtar Cheema	28.15
2008	Jagtar Cheema	28.27
2003	Sewa Birring	28.70

200M (cont'd)

2015	Jorge Woods	29.01
2016	Joe Hill	29.31
2020	Mark Phillips	29.47
2021	Mark Phillips	29.56
2015	Jay Bains	30.00
2014	Jay Bains	30.04
2014	Jorge Woods	30.09
2016	Edwin Liu	30.09
2018	Chris Finding	30.38
2013	Jay Bains	30.55
2008	Phil Bell	31.09
2017	Jack Laughlin	31.11
2016	Stephen Whittemore	31.18
2023	Garret Gentle	35.02

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400M

1999	Harold Morioka	53.61
2000	Harold Morioka	54.07
2001	Harold Morioka	55.29
2002	Harold Morioka	56.82
2001	Jess Brewer	59.41
2005	Sewa Birring	1:00.33
2000	Tony Badowski	1:00.57
2021	Alex Galo	1:01.03
2023	Alex Galo	1:01.08
2022	Alex Galo	1:01.30

400M (cont'd)

2004	Sewa Birring	1:01.75
2002	Tony Badowski	1:02.21
2001	Barry Meier	1:02.31
2017	Joe Hill	1:03.01
2000	Barry Meier	1:03.39
2003	Sewa Birring	1:03.50
2011	Bruno Gartner	1:06.53
2014	Jay Bains	1:06.71
2008	Phil Bell	1:07.10
2000	Peter O'Reilly	1:07.76

400M (cont'd)

2017	Jorge Woods	1:08.72
2004	Harold Morioka	1:09.23
2014	Jorge Woods	1:09.45
2013	Jay Bains	1:09.48
2023	Rob Smith	1:12.35
2004	Bruce Hill	1:12.89
2015	Jorge Woods	1:13.41
2023	Garret Gentle	1:24.33

800M

1999	Harold Morioka	2:07.10
2000	Harold Morioka	2:11.56
2002	Harold Morioka	2:14.71
1999	Harold Morioka	2:16.85
2001	Harold Morioka	2:18.78
2000	Barry Meier	2:26.04
2001	Barry Meier	2:31.90
2000	Bill McNamara	2:39.94
2000	Peter O'Reilly	2:40.25
2008	Phil Bell	2:40.75
2013	Jay Bains	2:42.22
2023	Alan Schroeder	2:45.51
2015	Jorge Woods	3:08.15
2023	Garret Gentle	3:49.45
2018	Jeff Byington	3:59.18

1500M

2000	Barry Meier	5:09.56
2001	Barry Meier	5:18.37
2023	Alan Schroeder	5:38.50
2000	Bill McNamara	5:51.07
2020	Mark Phillips	6:36.96
2015	Jorge Woods	6:37.77
2013	Harjinder Kang	6:45.97

1500M RACE WALK

2018	Jeff Byington	11:16.83
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3000M

2013	Harjinder Kang	14:18.59
2022	Alan Schroeder	14:53.30

5000M

2004	John Winfield	20:47.57
2000	Peter O'Reilly	22:16.92

3000M STEEPLE CHASE (36")

2000	Bill McNamara	14:44.77
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100M HURDLES (36")

2015 Jay Bains 43.97

400M HURDLES (33")

2000 Harold Morioka 1:03.03
2001 Harold Morioka 1:17.51
2013 Jay Bains 1:46.68

STANDING LONG JUMP

2016 Edwin Liu 2.29

HIGH JUMP

2001 Harold Morioka 1.45
2000 Harold Morioka 1.35
2000 Tony Badowski 1.30
2016 Stephen Whittemore 1.30
2000 Herb Gee 1.15
2015 Jorge Woods 1.15

LONG JUMP

2000 Herb Gee 4.75
2000 Tony Badowski 4.64
2016 Stephen Whittemore 4.45
2001 Jess Brewer 4.39
2017 Siraj Majumdar 4.37
2016 Edwin Liu 4.36

TRIPLE JUMP

2016 Edwin Liu 9.44

SHOT PUT (6kg)

2012 Frank Ehrenreich 10.81
2013 Dave McDonald 10.26
2000 Harold Morioka 9.68
2002 Sewa Birring 9.65
2021 Ray Carroll 9.57
2016 Stephen Whittemore 9.29
2001 Harold Morioka 9.27
2019 Ray Carroll 9.15
2021 Pete Pretorius 9.15
2000 Herb Gee 8.28

DISCUS (1.5kg)

2014 Marcel Kosierb 37.11
2013 Dave McDonald 35.64
2015 Marcel Kosierb 35.50
2011 Dave McDonald 34.04
2016 Marcel Kosierb 32.63
2021 Pete Pretorius 28.07
2001 Harold Morioka 28.06
2012 Frank Ehrenreich 27.49
2017 Joe Hill 27.43
2000 Harold Morioka 25.99
2000 Herb Gee 25.09
2016 Stephen Whittemore 23.22

JAVELIN (700g)

2013 Dave McDonald 40.45
2021 Ray Carroll 37.94
2021 Pete Pretorius 37.73
2011 Dave McDonald 36.46
2019 Ray Carroll 33.76
2001 Harold Morioka 33.14
2000 Harold Morioka 31.47
2012 Frank Ehrenreich 26.59
2000 Herb Gee 23.81
2016 Stephen Whittemore 23.39

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HAMMER THROW (6kg)

2011	Dave McDonald	36.47
2013	Dave McDonald	35.39
2021	Pete Pretorius	24.83

WEIGHT THROW (25lbs)

2011	Dave McDonald	14.21
2011	Dave McDonald	14.21
2021	Pete Pretorius	9.51

SUPER WEIGHT THROW (56lbs)

2013	Dave McDonald	5.52
		5.05

THROWS PENTATHLON (HT, SP, DT, JT, WT)

2011	Dave McDonald	3182
2013	Dave McDonald	2905
2021	Pete Pretorius	2549

PENTATHLON (LJ, JT, 200M, DT, 1500M)

2003	Grant Lamothe	2640
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DECATHLON (100M, LJ, SP, HJ, 400M, 100MH, DT, PV, JT, 1500M)

2009	Grant Lamothe	5506
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