

60 - 64 YEAR OLD MALE (OUTDOOR)

| 50M | | |
|-------------|------------------|-------------|
| 2013 | Al Percival | 7.01 |
| 2014 | Al Percival | 7.05 |
| 2012 | Al Percival | 7.08 |
| 2016 | Al Percival | 7.28 |
| 2017 | Edwin Liu | 7.57 |
| 2013 | Hardev Sandhu | 7.70 |
| 2013 | Hardev Sandhu | 7.70 |
| 2016 | David Dickey | 8.26 |

| 100M | | |
|-------------|-------------------|--------------|
| 2003 | Harold Morioka | 12.43 |
| 2014 | Al Percival | 12.80 |
| 2013 | Al Percival | 12.81 |
| 2001 | Herb Gee | 12.85 |
| 2012 | Al Percival | 12.93 |
| 2015 | Al Percival | 13.08 |
| 2003 | Herb Gee | 13.15 |
| 2002 | Herb Gee | 13.26 |
| 2005 | Harold Morioka | 13.28 |
| 2006 | Sewa Birring | 13.28 |
| 2003 | Tony Badowski | 13.48 |
| 2010 | John Winfield | 13.55 |
| 2011 | Roy Turkington | 13.55 |
| 2014 | Roy Turkington | 13.66 |
| 2007 | Sewa Birring | 13.67 |
| 2016 | Al Percival | 13.73 |
| 2008 | John Winfield | 13.83 |
| 2013 | Bruno Gartner | 13.93 |
| 2011 | Jagtar Cheema | 13.95 |
| 2017 | Edwin Lie | 13.96 |
| 2015 | Bruno Gartner | 14.02 |
| 2013 | Reidar Zapf-Gilje | 14.04 |
| 2017 | David Wall | 14.04 |
| 2015 | Roy Turkington | 14.06 |
| 2015 | Reidar Zapf-Gilje | 14.07 |
| 2010 | Sewa Birring | 14.09 |
| 2000 | Les Friesen | 14.12 |
| 2012 | Hardev Sandhu | 14.13 |
| 2000 | Larry Forseille | 14.16 |
| 2016 | Bruno Gartner | 14.51 |
| 2010 | Hardev Sandhu | 14.52 |
| 2013 | Hardev Sandhu | 14.79 |
| 2009 | Les Fowler | 14.88 |
| 2008 | Les Fowler | 15.00 |
| 2010 | Les Fowler | 15.01 |
| 2010 | Bruce Hill | 15.03 |
| 2011 | Hardev Sandhu | 15.08 |
| 2016 | David Dickey | 15.15 |
| 2014 | Bruno Gartner | 15.18 |
| 2015 | David Dickey | 15.19 |
| 2011 | Les Fowler | 16.04 |
| 2012 | Orlando Naranjo | 17.57 |

| 200M | | |
|-------------|-----------------------|--------------|
| 2003 | Harold Morioka | 25.36 |
| 2001 | Herb Gee | 26.02 |
| 2012 | Al Percival | 26.56 |
| 2001 | Herb Gee | 26.61 |
| 2013 | Al Percival | 26.66 |
| 2014 | Al Percival | 26.80 |
| 2006 | Sewa Birring | 26.85 |
| 2002 | Herb Gee | 26.92 |
| 2003 | Herb Gee | 26.97 |
| 2015 | Al Percival | 27.33 |
| 2009 | John Winfield | 27.51 |
| 2008 | John Winfield | 27.64 |
| 2010 | John Winfield | 27.75 |
| 2003 | Tony Badowski | 27.79 |
| 2010 | Sewa Birring | 28.01 |
| 2007 | Sewa Birring | 28.05 |
| 2017 | David Wall | 28.32 |
| 2011 | Jagtar Cheema | 28.83 |
| 2015 | Reidar Zapf-Gilje | 29.01 |
| 2013 | Bruno Gartner | 29.02 |
| 2012 | Hardev Sandhu | 29.08 |
| 2000 | Les Friesen | 29.10 |
| 2016 | David Wall | 29.13 |
| 2016 | Al Percival | 29.19 |
| 2013 | Reidar Zapf-Gilje | 29.20 |
| 2011 | Jagtar Cheema | 29.32 |
| 2000 | Larry Forseille | 29.34 |
| 2016 | Bruno Gartner | 29.34 |
| 2010 | Hardev Sandhu | 29.63 |
| 2015 | Bruno Gartner | 29.66 |
| 2013 | Hardev Sandhu | 29.85 |
| 2014 | Bruno Gartner | 29.88 |
| 2017 | Edwin Liu | 30.02 |
| 2009 | Les Fowler | 30.32 |
| 2008 | Les Fowler | 30.82 |
| 2010 | Les Fowler | 31.10 |
| 2016 | David Dickey | 31.38 |
| 2011 | Hardev Sandhu | 31.54 |
| 2010 | Bruce Hill | 31.92 |
| 2015 | David Dickey | 31.94 |
| 2014 | David Dickey | 32.01 |
| 2016 | Harjinder Kang | 32.35 |
| 2011 | Les Fowler | 32.60 |
| 2017 | Harjinder Kang | 32.99 |
| 2014 | Harjinder Kang | 33.45 |
| 2015 | Harjinder Kang | 34.15 |

| 400M | | |
|-------------|-----------------------|----------------|
| 2003 | Harold Morioka | 55.04 |
| 2006 | Sewa Birring | 1:00.39 |
| 2002 | Herb Gee | 1:02.46 |
| 2003 | Herb Gee | 1:03.57 |
| 2017 | David Wall | 1:03.67 |
| 2016 | David Wall | 1:03.87 |
| 2001 | Herb Gee | 1:04.10 |
| 2008 | John Winfield | 1:04.20 |
| 2010 | Sewa Birring | 1:04.35 |
| 2013 | Reidar Zapf-Gilje | 1:04.36 |
| 2000 | Larry Forseille | 1:04.44 |
| 2000 | Les Friesen | 1:04.90 |
| 2010 | John Winfield | 1:05.46 |
| 2000 | Les Friesen | 1:05.64 |
| 2000 | Larry Forseille | 1:05.85 |
| 2001 | Bill McNamara | 1:08.00 |
| 2011 | Jagtar Cheema | 1:08.76 |
| 2013 | Bruno Gartner | 1:10.41 |
| 2015 | Bruno Gartner | 1:12.15 |
| 2015 | David Dickey | 1:12.26 |
| 2016 | David Dickey | 1:12.38 |
| 2014 | Bruno Gartner | 1:12.42 |
| 2017 | Kelly Sharp | 1:12.97 |
| 2016 | Bruno Gartner | 1:13.25 |
| 2013 | Hardev Sandhu | 1:13.35 |
| 2017 | Harjinder Kang | 1:13.54 |
| 2009 | Bruce Hill | 1:13.72 |
| 2016 | Harjinder Kang | 1:14.25 |
| 2015 | Harjinder Kang | 1:15.29 |
| 2014 | Phil Bell | 1:15.30 |
| 2013 | Phil Bell | 1:15.34 |
| 2014 | Harjinder Kang | 1:16.79 |

| 800M | | |
|-------------|-----------------------|----------------|
| 2003 | Harold Morioka | 2:12.33 |
| 2013 | Reidar Zapf-Gilje | 2:29.91 |
| 2015 | Reidar Zapf-Gilje | 2:30.50 |
| 2014 | Reidar Zapf-Gilje | 2:30.63 |
| 2017 | David Wall | 2:33.39 |
| 2001 | Bill McNamara | 2:41.40 |
| 2016 | David Wall | 2:44.63 |
| 2017 | Kelly Sharp | 2:48.49 |
| 2009 | Bruce Hill | 2:51.54 |
| 2016 | Harjinder Kang | 3:00.56 |
| 2015 | Harjinder Kang | 3:00.79 |
| 2017 | Harjinder Kang | 3:03.61 |
| 2014 | Harjinder Kang | 3:05.10 |

| 1000M | | |
|-------------|---------------------|----------------|
| 2017 | David Dickey | 3:59.18 |

| 1500M | | |
|-------------|--------------------|----------------|
| 2015 | Reidar Zapf-Gilje | 5:13.42 |
| 2013 | Reidar Zapf-Gilje | 5:14.34 |
| 2014 | Reidar Zapf-Gilje | 5:16.35 |
| 2001 | Bill McNamara | 5:53.30 |
| 2017 | Kelly Sharp | 5:57.18 |
| 2014 | Harjinder Kang | 6:12.81 |
| 2012 | Orlando Naranjo | 6:25.99 |
| 2015 | Harjinder Kang | 6:27.01 |
| 2001 | Ed White | 6:58.73 |

(... cont'd) 60 - 64 YEAR OLD MALE (OUTDOOR)

| 3000M | | | 5000M | | | 10K ROAD RACE | | |
|-------|--------------------|-----------------|-------|--------------------|----------|---------------|-------------|----------|
| 2015 | Harjinder Kang | 12:41.78 | 2001 | Ed White | 22:23.94 | 2017 | Kelly Sharp | 51:09.00 |
| 2017 | Kelly Sharp | 13:00.66 | 2017 | Kelly Sharp | 23:07.32 | | | |
| 2012 | Orlando Naranjo | 13:41.02 | 2014 | Harjinder Kang | 24:33.80 | | | |
| 2011 | Orlando Naranjo | 14:00.67 | 2015 | Harjinder Kang | 25:04.34 | | | |

| 2000M STEEPLE CHASE (30") | | | 100M HURDLES (33" @8.0m) | | | 300M HURDLES (30") | | |
|---------------------------|-------------------|---------|--------------------------|---------------------|--------------|--------------------|-------------------|-------|
| 2015 | Reidar Zapf-Gilje | 7:55.08 | 2015 | Reidar Zapf-Gilje | 18.32 | 2003 | Harold Morioka | 45.33 |
| 2013 | Reidar Zapf-Gilje | 7:57.92 | 2013 | Reidar Zapf-Gilje | 18.43 | 2013 | Reidar Zapf-Gilje | 50.18 |
| | | | 2016 | David Dickey | 19.48 | 2015 | Reidar Zapf-Gilje | 52.07 |
| | | | 2003 | Tony Badowski | 19.59 | 2003 | Tony Badowski | 53.74 |
| | | | 2015 | David Dickey | 20.34 | 2013 | Bruno Gartner | 54.12 |
| | | | 2017 | David Dickey | 21.00 | 2014 | Bruno Gartner | 55.92 |
| | | | 2017 | Edwin Liu | 21.95 | 2016 | Bruno Gartner | 57.72 |

| STANDING LONG JUMP | | | HIGH JUMP | | | LONG JUMP | | |
|--------------------|---------------|------|-----------|---------------------|-------------|-----------|---------------------|-------------|
| 2017 | Edwin Liu | 2.35 | 2013 | Reidar Zapf-Gilje | 1.42 | 2002 | Herb Gee | 4.95 |
| 2013 | Hardev Sandhu | 1.90 | 2015 | Reidar Zapf-Gilje | 1.35 | 2011 | Roy Turkington | 4.90 |
| | | | 2003 | Harold Morioka | 1.30 | 2002 | Herb Gee | 4.86 |
| | | | 2001 | Herb Gee | 1.30 | 2014 | Roy Turkington | 4.72 |
| | | | 2015 | David Dickey | 1.30 | 2015 | Reidar Zapf-Gilje | 4.68 |
| | | | 2016 | David Dickey | 1.30 | 2015 | Roy Turkington | 4.66 |
| | | | 2017 | David Dickey | 1.30 | 2013 | Reidar Zapf-Gilje | 4.58 |
| | | | 2011 | Jagtar Cheema | 1.20 | 2001 | Herb Gee | 4.47 |
| | | | 2012 | David Ullis | 1.20 | 2017 | Edwin Liu | 4.29 |
| | | | 2000 | John Ekstedt | 1.15 | 2016 | David Dickey | 4.13 |
| | | | 2011 | Hardev Sandhu | 1.10 | 2000 | Les Friesen | 4.10 |
| | | | 2013 | Hardev Sandhu | 1.10 | 2011 | Jagtar Cheema | 4.08 |
| | | | 2001 | John Ekstedt | 1.05 | 2000 | John Ekstedt | 3.98 |
| | | | 2011 | Hardev Sandhu | 1.05 | 2015 | David Dickey | 3.95 |
| | | | 2012 | Hardev Sandhu | 1.05 | 2017 | David Dickey | 3.75 |
| | | | 2001 | Ray Kennedy | 1.00 | 2012 | Hardev Sandhu | 3.73 |
| | | | | | | 2013 | Hardev Sandhu | 3.48 |
| | | | | | | 2014 | David Dickey | 2.03 |

(... cont'd) 60 - 64 YEAR OLD MALE (OUTDOOR)

| TRIPLE JUMP | | |
|-------------|-------------------|-------------|
| 2015 | Reidar Zapf-Gilje | 9.98 |
| 2013 | Reidar Zapf-Gilje | 9.58 |
| 2017 | Edwin Liu | 9.07 |
| 2015 | David Dickey | 8.74 |
| 2016 | David Dickey | 8.55 |
| 2015 | Roy Turkington | 8.25 |
| 2012 | Hardev Sandhu | 7.82 |
| 2013 | Hardev Sandhu | 7.72 |

| POLE VAULT | | |
|-------------|---------------------|-------------|
| 2015 | Reidar Zapf-Gilje | 2.70 |
| 2013 | Reidar Zapf-Gilje | 2.60 |
| 2017 | David Dickey | 2.05 |
| 2011 | Hardev Sandhu | 2.00 |
| 2016 | David Dickey | 1.90 |
| 2013 | Hardev Sandhu | 1.83 |
| 2012 | Hardev Sandhu | 1.60 |
| 2017 | Edwin Liu | 1.55 |

| SHOT PUT (5kg) | | |
|----------------|---------------------|-------------|
| 2015 | Dave McDonald | 12.26 |
| 2014 | Dave McDonald | 11.69 |
| 2013 | Reidar Zapf-Gilje | 11.64 |
| 2015 | Reidar Zapf-Gilje | 11.42 |
| 2011 | Hardev Sandhu | 11.18 |
| 2012 | David Ulis | 10.70 |
| 2014 | Alan Essex | 10.48 |
| 2006 | Sewa Birring | 10.23 |
| 2007 | Sewa Birring | 10.20 |
| 2011 | David Ulis | 10.38 |
| 2003 | Harold Morioka | 9.99 |
| 2016 | Andrew Natale | 9.59 |
| 2011 | Hardev Sandhu | 9.21 |
| 2013 | Hardev Sandhu | 8.81 |
| 2012 | Hardev Sandhu | 8.75 |
| 2000 | Don Armstrong | 8.74 |
| 2001 | Herb Gee | 8.64 |
| 2002 | Herb Gee | 8.52 |
| 2000 | John Ekstedt | 8.50 |
| 2017 | David Dickey | 7.33 |
| 2015 | David Dickey | 6.04 |

| DISCUS (1kg) | | |
|--------------|-----------------------|--------------|
| 2014 | Dave McDonald | 43.89 |
| 2015 | Dave McDonald | 41.67 |
| 2015 | Reidar Zapf-Gilje | 39.39 |
| 2013 | Reidar Zapf-Gilje | 37.76 |
| 2014 | Alan Essex | 37.61 |
| 2003 | Harold Morioka | 36.09 |
| 2015 | Alan Essex | 34.53 |
| 2016 | Alan Essex | 33.34 |
| 2011 | David Ulis | 32.92 |
| 2012 | David Ulis | 32.83 |
| 2001 | Herb Gee | 32.34 |
| 2016 | Andrew Natale | 32.33 |
| 2002 | Herb Gee | 30.56 |
| 2012 | Hardev Sandhu | 27.22 |
| 2013 | Hardev Sandhu | 26.71 |
| 2011 | Hardev Sandhu | 26.12 |
| 2017 | David Dickey | 25.26 |
| 2015 | David Dickey | 24.04 |
| 2017 | Harjinder Kang | 22.58 |
| 2000 | Don Armstrong | 21.36 |

| JAVELIN (600g) | | |
|----------------|---------------------|--------------|
| 2014 | Dave McDonald | 42.55 |
| 2015 | Dave McDonald | 40.04 |
| 2015 | Reidar Zapf-Gilje | 38.05 |
| 2015 | John Hodgson | 36.70 |
| 2011 | David Ulis | 33.17 |
| 2003 | Harold Morioka | 32.79 |
| 2012 | David Ulis | 30.07 |
| 2000 | Don Armstrong | 29.14 |
| 2000 | John Ekstedt | 25.73 |
| 2001 | Ray Kennedy | 25.45 |
| 2016 | Andrew Natale | 25.01 |
| 2001 | Herb Gee | 24.74 |
| 2011 | Hardev Sandhu | 22.16 |
| 2013 | Hardev Sandhu | 20.69 |
| 2012 | Hardev Sandhu | 19.60 |
| 2017 | David Dickey | 12.52 |
| 2014 | Al Essex | 11.86 |

| HAMMER THROW (5kg) | | |
|--------------------|---------------------|--------------|
| 2014 | Dave McDonald | 43.80 |
| 2015 | Dave McDonald | 43.47 |
| 2015 | Reidar Zapf-Gilje | 34.87 |
| 2015 | Alan Essex | 31.79 |
| 2013 | Hardev Sandhu | 28.84 |
| 2011 | Hardev Sandhu | 28.74 |
| 2012 | Hardev Sandhu | 28.69 |
| 2012 | David Ulis | 28.10 |
| 2016 | Andrew Natale | 26.94 |
| 2011 | David Ulis | 26.50 |
| 2000 | Don Armstrong | 22.28 |
| 2017 | David Dickey | 19.19 |

| WEIGHT THROW (20lbs) | | |
|----------------------|-------------------|-------|
| 2015 | Dave McDonald | 16.95 |
| 2014 | Dave McDonald | 16.22 |
| 2015 | Reidar Zapf-Gilje | 14.23 |
| 2015 | Alan Essex | 14.06 |
| 2013 | Hardev Sandhu | 12.82 |
| 2011 | Hardev Sandhu | 12.20 |
| 2012 | David Ulis | 12.06 |
| 2012 | Hardev Sandhu | 11.75 |
| 2011 | David Ulis | 11.73 |
| 2016 | Andrew Natale | 11.67 |

| SUPER WEIGHT THROW (44lbs) | | |
|----------------------------|---------------|------|
| 2015 | Dave McDonald | 8.19 |
| 2014 | Dave McDonald | 7.46 |

| THROWS TRIATHLON (SP, DT, JT) | | |
|-------------------------------|---------------------|------------|
| 2017 | David Dickey | 858 |

| WEIGHT PENTATHLON (HT, SP, DT, JT, WT) | | |
|--|-------------------|------|
| 2014 | Dave McDonald | 3608 |
| 2015 | Dave McDonald | 3606 |
| 2015 | Reidar Zapf-Gilje | 3295 |
| 2014 | Alan Essex | 2542 |
| 2016 | Andrew Natale | 2210 |
| 2000 | Don Armstrong | 2145 |

| PENTATHLON (LJ, JT, 200M, DT, 1500M) | | |
|--------------------------------------|-------------------|------|
| 2015 | Reidar Zapf-Gilje | 3575 |
| 2012 | David Ulis | 1752 |
| 2001 | John Ekstedt | 1659 |

| DECATHLON <small>(100M, LJ, SP, HL, 400M, HT, DT, PV, JT, 1500M)</small> | | |
|--|-------------------|------|
| 2013 | Reidar Zapf-Gilje | 6723 |

| 4X100M RELAY | | |
|--------------|--|-------|
| 2001 | Herb Gee (60), Larry Forseille (64), Les Friesen (64), Doug Fraser (63) | 53.03 |
| 2000 | Salam Hasham (60), Merv Armstrong (61), Les Friesen (63), Larry Forseille (63) | 56.36 |

| 4X400M RELAY | | |
|--------------|--|---------|
| 2000 | James Pascoe (62), Merv Armstrong (61), Les Friesen (63), Larry Forseille (63) | 4:47.86 |

60 - 64 YEAR OLD MALE (INDOOR)

| 50M | | |
|------|-----------------------|--------------|
| 2015 | Al Percival | 7.19 |
| 2013 | Roy Turkington | 7.24 |
| 2015 | Roy Turkington | 7.31 |
| 2016 | David Dickey | 8.29 |
| 2017 | Harjinder Kang | 10.78 |

| 60M | | |
|------|---------------------|-------------|
| 2003 | Harold Morioka | 7.80 |
| 2002 | Herb Gee | 8.18 |
| 2001 | Herb Gee | 8.30 |
| 2014 | Al Percival | 8.31 |
| 2013 | Roy Turkington | 8.34 |
| 2015 | Al Percival | 8.38 |
| 2012 | Al Percival | 8.50 |
| 2012 | Roy Turkington | 8.56 |
| 2015 | Roy Turkington | 8.59 |
| 2016 | Al Percival | 8.67 |
| 2011 | John Winfield | 8.77 |
| 2017 | Brent Davy | 8.88 |
| 2017 | Edwin Liu | 9.02 |
| 2011 | Hardev Sandhu | 9.20 |
| 2013 | Hardev Sandhu | 9.26 |
| 2016 | David Dickey | 9.50 |
| 2015 | David Dickey | 9.57 |
| 2017 | David Dickey | 9.58 |
| 2011 | Les Fowler | 9.63 |
| 2012 | Hardev Sandhu | 9.65 |

| 200M | | |
|------|-----------------------|--------------|
| 2003 | Harold Morioka | 25.09 |
| 2015 | Al Percival | 27.96 |
| 2014 | Al Percival | 28.04 |
| 2010 | John Winfield | 28.29 |
| 2011 | John Winfield | 28.43 |
| 2017 | Brent Davy | 29.79 |
| 2011 | Hardev Sandhu | 31.16 |
| 2011 | Les Fowler | 31.73 |
| 2016 | David Dickey | 32.37 |
| 2012 | Hardev Sandhu | 32.47 |
| 2017 | David Dickey | 33.30 |
| 2015 | David Dickey | 33.55 |
| 2015 | Harjinder Kang | 34.11 |
| 2017 | Harjinder Kang | 34.12 |

| 300M | | |
|------|---------------------|--------------|
| 2017 | David Dickey | 53.83 |

| 400M | | |
|------|-----------------------|----------------|
| 2003 | Harold Morioka | 54.56 |
| 2011 | John Winfield | 1:06.26 |
| 2017 | David Wall | 1:08.21 |
| 2016 | David Dickey | 1:12.73 |
| 2015 | Harjinder Kang | 1:15.70 |
| 2017 | Kelly Sharp | 1:16.33 |
| 2017 | Harjinder Kang | 1:16.83 |
| 2011 | Les Fowler | 1:20.01 |

| 800M | | |
|------|-----------------------|----------------|
| 2003 | Harold Morioka | 2:14.42 |
| 2017 | Kelly Sharp | 2:56.46 |
| 2015 | Harjinder Kang | 3:00.92 |
| 2017 | David Dickey | 3:04.02 |
| 2017 | Harjinder Kang | 3:04.58 |

| 1000M | | |
|-------|---------------------|----------------|
| 2016 | David Dickey | 3:56.84 |
| 2017 | David Dickey | 4:01.86 |

| 1500M | | |
|-------|--------------------|----------------|
| 2015 | Harjinder Kang | 6:25.53 |
| 2017 | Kelly Sharp | 7:25.57 |

| 3000M | | |
|-------|----------------|----------|
| 2015 | Harjinder Kang | 14:08.90 |

| 50M HURDLES (33") | | |
|-------------------|--------------|------|
| 2016 | David Dickey | 9.91 |

| 60M HURDLES (33") | | |
|-------------------|---------------------|--------------|
| 2017 | David Dickey | 11.70 |
| 2016 | David Dickey | 11.90 |
| 2015 | David Dickey | 12.14 |
| 2017 | Edwin Liu | 13.18 |

| HIGH JUMP | | |
|-----------|---------------------|-------------|
| 2015 | David Dickey | 1.37 |
| 2016 | David Dickey | 1.30 |
| 2017 | David Dickey | 1.28 |
| 2013 | Hardev Sandhu | 1.15 |
| 2011 | Hardev Sandhu | 1.05 |
| 2012 | Hardev Sandhu | 1.05 |

| LONG JUMP | | |
|-----------|---------------------|-------------|
| 2012 | Roy Turkington | 5.11 |
| 2015 | Roy Turkington | 4.57 |
| 2017 | Edwin Liu | 4.01 |
| 2016 | David Dickey | 3.83 |
| 2015 | David Dickey | 3.81 |
| 2017 | David Dickey | 3.62 |
| 2012 | Hardev Sandhu | 3.61 |
| 2011 | Hardev Sandhu | 3.06 |
| 2013 | Hardev Sandhu | 2.03 |

| TRIPLE JUMP | | |
|-------------|---------------------|-------------|
| 2016 | David Dickey | 8.66 |
| 2015 | Roy Turkington | 8.47 |
| 2017 | Edwin Liu | 8.44 |
| 2017 | David Dickey | 8.22 |
| 2013 | Hardev Sandhu | 7.83 |
| 2012 | Hardev Sandhu | 7.52 |
| 2011 | Hardev Sandhu | 6.71 |

| SHOT PUT (3kg) | | |
|----------------|---------------------|-------------|
| 2011 | Hardev Sandhu | 9.43 |
| 2016 | Andrew Natale | 9.43 |
| 2016 | Al Essex | 9.37 |
| 2012 | Hardev Sandhu | 8.97 |
| 2016 | David Dickey | 6.32 |
| 2017 | David Dickey | 6.08 |

| WEIGHT THROW (20lbs) | | |
|----------------------|---------------|-------|
| 2015 | Dave McDonald | 14.84 |
| 2016 | Al Essex | 12.05 |
| 2013 | Hardev Sandhu | 12.01 |
| 2012 | Hardev Sandhu | 10.26 |
| 2011 | Hardev Sandhu | 9.73 |
| 2016 | Andrew Natale | 9.55 |

| POLE VAULT | | |
|------------|---------------------|-------------|
| 2017 | David Dickey | 2.15 |
| 2013 | Hardev Sandhu | 1.80 |
| 2012 | Hardev Sandhu | 1.50 |

| INDOOR PENTATHLON (60MH, LJ, HJ, SP, 1000M) | | |
|---|---------------------|-------------|
| 2017 | David Dickey | 2450 |
| 2016 | David Dickey | 2331 |

| 4X200M RELAY | | |
|--------------|--|---------|
| 2009 | Herb Gee (68), Tony Badowski (66), Harold Morioka (66), Sewa Birring (63) | 1:56.12 |
| 2011 | Hardev Sandhu (62), Les Fowler (64), John Hawkins (61), John Winfield (64) | 2:02.83 |
| 2012 | Roy Turkington (60), Les Fowler (65), Hardev Sandhu (63), Al Percival (60) | 2:05.23 |