

Canadian Men's Decathlon Records

SEPT. 8, 2021

Group	Surname	Name	Age	Event	100M	LJ	SP	HJ	400M	Hurdles	DT	PV	JT	1500M
35-39	Myrick	Lee	39	Los Angeles, CA	12.62	6.04	12.19	1.64	58.07	18.26	38.38	2.83	49.83	5:48.74
	5335			08/09-10/2017	563	637	645	528	557	516	643	326	595	325
	O'Kane	James	38	Langley, BC	12.71	5.46	11.12	1.78	57.29	17.87	35.84	3.30	39.49	5:28.88
	5312			06/14-15/2013	547	508	578	644	586	553	591	444	442	419
40-44	Kemp	Steve	40	Miyazaki, JPN	12.08	5.75	10.33	1.56	57.51	16.72	32.36	3.00	46.06	4:50.85
	6112			10/07-08/1993	736	644	576	488	648	741	577	413	589	700
	No Previous Record													
45-49	Justason	Andrew	45	Saint John, NB	12.42	5.49	9.51	1.64	57.89	18.04	31.49	3.00	39.81	5:16.29
	6242			06/24-25/17	744	661	572	627	706	676	623	467	539	627
	Ritchie	Don	46	Joplin, MO	13.05	5.41	10.78	1.75	1:01.36	20.01	31.96	3.10	38.99	5:44.07
	5871			06/21-22/2008	628	639	665	731	577	494	634	496	525	482
50-54	Kemp	Steve	52	Donostia, ESP	12.70	5.17	11.49	1.54	57.62	15.96	35.77	3.20	41.63	5:23.22
	6801			08/23-24/2005	767	664	695	610	794	810	595	595	605	666
	Hawkins	John	53	Trenton, NJ	13.39	5.18	10.39	1.69	65.5	19.67	35.92	3.70	34.28	6:06.87
	5863			06/22-23/02	599	666	617	767	503	421	598	772	472	448
55-59	Hawkins	John	57	Seattle, WA	13.68	5.31	12.68	1.75	1:06.51	19.49	37.05	3.80	41.23	6:18.00
	7079			07/15-16/2006	669	804	858	934	550	525	688	910	665	476
	Hamill	Warren		Carolina, PR	13.14	5.00	11.61	1.56	61.83	16.92	34.6	3.4	37.46	6:10.50
	6946			07/02-03/2003	765	711	774	723	713	776	632	754	590	508
60-64	Hamill	Warren	60	Seattle, WA	13.83	4.90	11.57	1.57	1:05.9	17.38	42.12	3.30	37.97	6:32.24
	7243			07/15-16/2007	723	788	755	840	650	770	762	816	643	496
	Hering	Kurt	63	Eugene, OR	14.25	4.26	7.34	1.29	69.08	19.73	24.50	2.40	27.98	6:11.96
	5159			07/27-28/89	653	584	435	528	546	544	387	459	436	587
65-69	Hume	Ian	66	Sherbrooke, PQ	14.90	4.87	10.97	1.45	1:12.6	20.40	35.86	2.80	39.48	7:04.8
	6788			06/20-21/1981	595	908	785	813	521	541	700	711	763	451
	No Previous Record													
70-74	Hume	Ian	74	Eugene, OR	16.52	3.97	9.57	1.37	1:28.8	18.16	28.70	2.40	30.80	0
	5194			07/27-28/1989	492	707	622	831	225	472	597	634	614	0
	No Previous Record													
75-79	Ukonmaanaho	Tuomas	77	Surrey, BC	17.83	2.98	8.92	1.12	1:18.7	19.39	22.06	2.05	26.96	8:10.4
	5297			08/7-8/2021	456	455	636	610	600	425	496	573	604	442
	Renwick	Doug	75	Calgary, AB	16.46	3.44	6.37	1.15	80.35	21.38	18.53	1.80	16.69	6:47.24
	5071			05/13-14/17	612	628	420	653	555	271	397	449	322	764
80-84	Rowan	Ted	80	Neosho, MO	15.32	3.68	8.77	1.14	93.16	18.23	22.51	1.80	23.48	8:57.27
	6602			07/05-06/2014	933	888	679	767	438	705	604	551	577	460
	Daniels	Danny	80	Lahti, Finland	17.25	2.88	8.50	1.06	125.50	20.74	19.17	1.10	22.03	11:04.8
	4325			07/28-29/09	647	527	654	644	6	478	494	199	532	144
85-84	Rowan	Ted	85	Malaga, Spain	16.99	3.31	8.08	1.09	1:40.25	20.09	25.87	1.60	19.86	9:43.23
	7110	WR			878	893	705	840	574	648	880	560	565	567

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Canadian Men's Outdoor Pentathlon Records

Group	Surname	Name	Age	Event	LJ	JT	200M	DT	1500M
35-39	Johnson	Winchester	35	Saskatoon, SK	6.36	45.82	24.40	38.96	5:18.29
	3067			07/03/1998	711	535	692	655	474
	Rees	Greg	36	Spokane, WA	6.05	48.68	24	32.82	5:07.86
	2983			07/13/1992	639	578	707	529	530
40-44	Rees	Greg	40	Spokane, WA	5.88	45.80	24.24	32.00	4:56.82
	3266			08/15/1996	675	585	774	568	664
	Kemp	Steve	40	Provo, Utah	5.78	40.5	24.92	33.40	5:01.52
	3100			08/01/1993	650	500	714	599	637
45-49	Kemp	Steve	47	Eugene, OR	5.43	47.37	25.66	34.75	5:21.19
	3339			08/10/2000	646	670	720	703	600
	Burniston	Bob	45	Toronto, ON	5.25	40.26	28.14	34.24	5:29.50
	2918			07/13/1985	600	547	525	690	556
50-54	Kemp	Steve	50	Eugene, OR	5.33	43.32	25.80	38.96	5:31.37
	3407			08/07/2003	707	636	781	660	623
	Sundin	Alf	50	Toronto, ON	4.89	41.66	25.90	33.4	6:00.20
	2970			07/14/1984	587	606	752	546	479
55-59	Kemp	Steve	56	Oshkosh, WI	5.13	42.44	27.38	35.75	5:23.19
	3572			7/8/2009	750	690	726	658	748
	Kemp	Steve	55	Spokane, WA	4.92	40.88	25.33	33.91	0
	3514			07/08/2008	686	658	896	617	657
60-64	Zapf-Gilje	Reidar	63	Tonsberg, NOR	4.58	38.05	29.01	38.37	5:13.42
	3575			6/13/2015	684	645	677	680	889
	Adams	Barry	60	Orono, ME	3.61	38.56	28.09	29.55	5:09.88
	3203			08/08/2002	398	656	747	492	910
65-69	Zapf-Gilje	Reidar	65	Toronto, ON	4.39	37.08	29.88	39.57	5:14.80
	3802			08/11/2017	734	706	699	788	975
	Armstrong	Mervyn	66	Edmonton, AB	4.29	31.27	28.74	34.52	6:34.41
	3299			07/24-31/2005	700	571	783	668	577
70-74	Adams	Barry	71	Kamloops, BC	3.43	29.62	32.51	24.79	6:30.03
	2919			08/22/2013	512	5.85	619	498	705
	Warwas	Hans	70	Scarborough, ON	3.50	23.36	31.35	24.86	6:40.50
	2820			07/12/1987	535	431	697	499	658
75-79	Rowan	Ted	75	Kamloops, BC	3.77	26.84	32.05	26.68	8:28.75
	3149			07/17/2009	764	601	773	629	382
	Rowan	Ted	75	Regina, SK	3.73	26.19	33.09	26.34	8:11.37
	3092			08/01/2008	748	582	704	619	439
80-84	Rowan	Ted	80	Regina, SK	3.52	21.03	32.17	24.31	8:14.65
	3506			07/26/2013	811	501	928	664	602
	Trei	Karl	80	Raleigh, NC	3.46	7.82	36.58	24.72	0

Canadian Women's Indoor Heptathlon Records

Group	Surname	Name	Age	Event	60M	LJ	SP	HJ	60 Hurd.	PV	800M
45-49	Cochrane	Nancy	49	Kenosha, WI	10.31	3.43	5.80	1.27	13.21	1.45	3:23.54
	2553			03/02-03/2002	449	315	330	588	405	152	314
	No Previous Record										

Canadian Women's Indoor Pent Records (IAAF)

Group	Surname	Name	Age	Event	Hurdles	HJ	SP	LJ	800M
35-39	Whyte	Angela	37	Indiana U. Meet	8.49	1.63	12.8	5.86	02:27.6
	4327	Place	1	1/26/18	1086	867	745	896	733
	No Previous Record								
40-44	Linaker	Launa	41	Edmonton, AB	11.04	1.27	6.82	4.52	3:00.61
	2596			02/12/2005	710	512	372	562	440
	No Previous Record								
45-49	McBlain	Liz	45		11.09	1.44	9.29	4.20	2:53.5
	3276			03/05/1994	721	818	601	543	593
	No Previous Record								
50-54	Freeman	BJ	50	Edmonton, AB	9.96	1.40	9.55	4.65	2:50.46
	4037			02/07/2009	997	867	663	798	712
	Trott	Rhona	50	Boston, MA	12.68	1.22	7.99	3.67	3:03.94
	2715			03/28/2003	546	610	534	454	571
55-59	Jolicoeur	Jovette	59	AB Indoor Games	12.49	1.15	9.85	3.73	3:00.79
	3273			02/14/2015	650	610	761	559	693
	Trott	Rhona	59	Boston, MA	11.83	1.12	8.09	3.55	3:03.56
	3073		1	03/23/07	750	566	600	492	665
60-64	Trott	Rhona	61	Kamloops, BC	10.89	1.20	7.50	3.49	3:13.8
	3628			03/26/2010	989	795	612	565	667
	Trott	Rhona	60	Toronto, ON	11.49	1.12	8.04	3.66	3:08.49
	3572			02/16/2009	887	666	666	634	719
65-69	Hayley	Urith	67	Kamloops, BC	13.42	1.07	5.83	2.77	4:40.09
	2436			03/31/2019	684	701	508	379	164
	No Previous Record								
70-74	Bortignon	Christa	74	Albuquerque, NM	14.45	1.09	5.98	3.19	3:55.13
	3379			03/04/2011	641	879	601	671	587
	No Previous Record								
75-79	Bortignon	Christa	75	Bloomington, IN	13.39	1.06	7.62	3.39	3:47.46
	4494			03/16/12	904	991	791	953	855
	No Previous Record								
90-94	Kotelko	Olga	93	Jyväskylä, FIN	DNF	0.61	4.91	1.42	8:49.15
	2326			03/04/2012	0	523	783	464	556
	No Previous Record								

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