

| <b>ONT Indoor Records</b> |             |                         |             | <b>01-Sep-09</b>         |
|---------------------------|-------------|-------------------------|-------------|--------------------------|
| <b>50m</b>                |             |                         |             | Updates in <b>bold</b> . |
| <b>M35</b>                | <b>6.0</b>  | <b>Duane Napier</b>     | <b>2009</b> | <b>OMA Mini Meet #2</b>  |
| M40                       | 6.20        | Malik Crepsac           | 11-Feb-07   | Toronto, ON              |
| M45                       | 6.36        | Le Foon, Michael        | 12-Feb-06   | Toronto, ON              |
| M50                       | 6.39        | Kerry Smith             | 11-Feb-07   | Toronto, ON              |
| M55                       | 6.6         | Pientka, Peter          | 03-Feb-79   | Toronto, ON              |
| <b>M60</b>                | <b>7.03</b> | <b>Tony Powell</b>      | <b>2007</b> | <b>OMA Mini Meet #2</b>  |
| <b>M65</b>                | <b>7.19</b> | <b>Tony Powell</b>      | <b>2009</b> | <b>OMA Mini Meet #2</b>  |
| M70                       | 7.8         | Mackereth, Ben          | 04-Feb-89   | Ottawa, ON               |
| M80                       | 9.0         | Till, Blain             | 04-Feb-89   | Ottawa, ON               |
|                           |             |                         |             |                          |
| W35                       | 7.02        | Paquet, Vanessa         | 12-Feb-06   | Toronto, ON              |
| W40                       | 7.12        | Rodrique, Maureen       | 04-Apr-04   | Toronto, ON              |
| W45                       | 7.35        | DelGrande, Karla        | 09-Feb-03   | Toronto, ON              |
| W50                       | 7.15        | DelGrande, Karla        | 12-Feb-06   | Toronto, ON              |
| <b>W55</b>                | <b>7.41</b> | <b>Karla Del Grande</b> | <b>2009</b> | <b>OMA Mini Meet #2</b>  |
| W60                       |             |                         |             |                          |
| W70                       | 9.59        | Carmichael, Doreen      | 01-Feb-04   | Toronto, ON              |
| W75                       |             |                         |             |                          |
|                           |             |                         |             |                          |
| <b>60m</b>                |             |                         |             |                          |
| <b>M35</b>                | <b>6.98</b> | <b>Duane Napier</b>     | 2009        | <b>OMA Mini Meet #3</b>  |
| M40                       |             |                         |             |                          |
| M45                       | 7.29        | Lee Foon, Michael       | 18-Feb-06   | Toronto, ON              |
| M50                       | 7.35        | Smith, Kerry            | 18-Mar-06   | Linz, AUT                |
| <b>M55</b>                | <b>7.54</b> | <b>Kerry Smith</b>      | <b>2009</b> | <b>OMA Mini Meet #3</b>  |
| M60                       | 8.51        | Richard Lech            | 29-Mar-09   | Indoor Championships     |
| M65                       | 7.8         | Paul, Cecil             | 08-Mar-86   | Toronto, ON              |
| M70                       | 8.39        | O'Neill, John           | 05-Mar-94   | Toronto, ON              |
| M75                       | 8.92        | O'Neill, John           | 28-Mar-99   | Boston, MA               |
| M80                       | 10.2        | Till, Blain             | 05-Mar-88   | Toronto, ON              |
| M85                       | 12.48       | Trei, Karl              | 08-Mar-97   | Toronto, ON              |
| M90                       | 13.64       | Trei, Karl              | 28-Mar-99   | Boston, MA               |
|                           |             |                         |             |                          |
| W35                       |             |                         |             |                          |
| W40                       | 8.06        | Estwick, Leslie         | 24-Mar-01   | Boston, MA               |
| W45                       | 8.47        | Karla Del Grande        | 2003        | Indoor Championships     |
| W50                       | 8.21        | Karla Del Grande        | 18-Mar-06   | Linz, AUT                |
| W55                       | 8.54        | Karla Del Grande        | 29-Mar-09   | Indoor Championships     |
| W60                       | 9.67        | Edith Gray              | 1996        | OMA Indoor Championships |
| W65                       | 10.02       | Doreen Carmichael       | 1998        | Indoor Championships     |
| W70                       | 10.99       | Doreen Carmichael       | 08-Mar-03   | Toronto, ON              |
|                           |             |                         |             |                          |
| <b>60mH</b>               |             |                         |             |                          |
| M35                       | 8.86        | Yap, Andrew             | 06-Mar-99   | Indoor Championships     |
| M40                       | 9.11        | Chipkar, Glenn          | 02-Mar-02   | Indoor Championships     |
| M45                       | 8.98        | Tyler, Scott            | 11-Mar-89   | Indoor Championships     |
| M50                       | 8.83        | Tyler, Scott            | 09-Mar-91   | Indoor Championships     |
| M55                       | 9.27        | Tyler, Scott            | 04-Mar-95   | Indoor Championships     |
| M60                       | 10.77       | Jean-Pierre Mayer       | 2008        | Indoor Championships     |
|                           | 10.77       | Richard Lech            | 29-Mar-09   | Indoor Championships     |
| M65                       | 10.97       | Thomson, Andrew         | 09-Mar-91   | Indoor Championships     |
| M70                       |             |                         |             |                          |
| M75                       | 12.2        | Karl Trei               | 07-Mar-87   | Indoor Championships     |
| M80                       | 14.08       | Karl Trei               | 1993        | Indoor Championships     |
| M85                       | 14.36       | Karl Trei               | 04-Mar-95   | Indoor Championships     |
|                           |             |                         |             |                          |
| W35                       | 10.12       | Corry Fox               | 1996        | Indoor Championships     |
| W40                       | 8.95        | Estwick, Leslie         | 24-Mar-01   | Boston, MA               |
| W45                       |             |                         |             |                          |

|             |                |                    |                  |                                  |
|-------------|----------------|--------------------|------------------|----------------------------------|
| <b>W50</b>  | <b>12.51</b>   | <b>Rhona Trott</b> | <b>2003</b>      | <b>Indoor Championships</b>      |
| <b>W55</b>  | <b>11.29</b>   | <b>Rhona Trott</b> | <b>2008</b>      | <b>Indoor Pent Championships</b> |
| W60         | 11.33          | Rhona Trott        | 29-Mar-09        | Indoor Championships             |
|             |                |                    |                  |                                  |
| <b>200m</b> |                |                    |                  |                                  |
| M35         | 22.4           | Smith, Kerry       | 07-Mar-92        | Toronto, ON                      |
| M40         | 23.3           | Ray Cardinal       | 1987             | Indoor Championships             |
| M45         | 23.68          | Michael Lee Foon   | 12-Feb-06        | Toronto, ON                      |
| M50         | 24.33          | Kerry Smith        | 2004             | Indoor Championships             |
| M55         | 26.5           | Stan Egerton       | 1982 & 1983      | Indoor Championships             |
| M60         | 26.44          | Powell, Tony       | 03-Mar-07        | Indoor Championships             |
| <b>M65</b>  | <b>26.81</b>   | <b>Tony Powell</b> | <b>2009</b>      | <b>OMA Mini Meet #3</b>          |
| M70         | 28.46          | Earl Fee           | 28-Mar-99        | Boston, MA                       |
| M75         | 30.59          | Earl Fee           | 16-Mar-06        | Linz, AUT                        |
| M80         | 32.07          | Earl Fee           | 29-Mar-09        | Indoor Championships             |
|             |                |                    |                  |                                  |
| W35         |                |                    |                  |                                  |
| W40         | 27.37          | Rodrigue, Maureen  | 26-Mar-04        | Boston, MA                       |
| W45         | 28.55          | Karla Del Grande   | 2003             | Indoor Championships             |
| W50         | 26.56          | Karla Del Grande   | 16-Mar-06        | Linz, AUT                        |
| W55         | 28.15          | Karla Del Grande   | 29-Mar-09        | Indoor Championships             |
| W60         | 32.95          | Rhona Trott        | 29-Mar-09        | Indoor Championships             |
| W65         | 35.72          | Doreen Carmichael  | 1998             | Indoor Championships             |
| W70         | 36.41          | Jean Horne         | 12-Jan-03        | Toronto, ON                      |
|             |                |                    |                  |                                  |
| <b>400m</b> |                |                    |                  |                                  |
| M35         | 49.46          | Cardinal, Ray      | 26-Feb-83        | Sherbrooke, QC                   |
| M40         | 52.2           | Cardinal, Ray      | 07-Mar-87        | Indoor Championships             |
| <b>M45</b>  | <b>53.42</b>   | <b>Mike Sherar</b> | <b>2009</b>      | <b>OMA Mini Meet #1</b>          |
| M50         | 56.8           | Norm Baum          | 1978             | Indoor Championships             |
| M55         | 56.7           | Earl Fee           | 1988             | Indoor Championships             |
| M60         | 61.7           | Norm Baum          | 1987             | Indoor Championships             |
| M65         | 59.53          | Earl Fee           | 25-Feb-95        | Reno, NV                         |
| M70         | 61.31          | Earl Fee           | 27-Mar-99        | Boston, MA                       |
| M75         | 66.28          | Earl Fee           | 26-Mar-04        | Boston, MA                       |
| M80         | 71.23          | Earl Fee           | 29-Mar-09        | Indoor Championships             |
|             |                |                    |                  |                                  |
| W35         | 61.93          | Maureen Rodrigue   | 2002             | Indoor Championships             |
| W40         | 60.9           | Maureen Rodrigue   | 26-Mar-04        | Boston, MA                       |
| W45         | 61.62          | Karla Del Grande   | 22-Feb-03        | Toronto, ON                      |
| W50         | 61.38          | Karla Del Grande   | 26-Feb-05        | Indoor Championships             |
| W55         | 65.91          | Karla Del Grande   | 2009             | Mini Meet #3                     |
| W60         | 75.44          | Rhona Trott        | 29-Mar-09        | Indoor Championships             |
| W65         | 74.50          | Jean Horne         | 14-Mar-98        | Indoor Championships             |
| W70         | 81.63          | Jean Horne         | 12-Jan-03        | Toronto, ON                      |
|             |                |                    |                  |                                  |
| <b>800m</b> |                |                    |                  |                                  |
| M35         | 1:59.14        | Derek Hackshaw     | 2006             | Indoor Championships             |
| M40         | 1:55.83        | Newhouse, Ian      | 08-Feb-97        | Winnipeg, MB                     |
| <b>M45</b>  | <b>1:59.36</b> | <b>Mike Sherar</b> | <b>21-Feb-09</b> | <b>AO Senior Championships</b>   |
| M50         | 02:09.28       | Kooymans, Jerry    | 12-Feb-06        | Toronto, ON                      |
| M55         | 2:17.1         | Cliff Hall         | 1984             | Indoor Championships             |
| M60         | 2:16.3         | Earl Fee           | 1993             | Indoor Championships             |
| M65         | 02:16.80       | Earl Fee           | 27-Mar-94        | Columbia, MO                     |
| M70         | 02:20.45       | Earl Fee           | 28-Mar-99        | Boston, MA                       |
| M75         | 02:32.47       | Earl Fee           | 26-Mar-04        | Boston, MA                       |
| M80         | 03:41.95       | Robert Comber      | 29-Mar-09        | Indoor Championships             |
|             |                |                    |                  |                                  |
| W35         | 2:19.86        | Anna Cranton       | 2001             | Indoor Championships             |
| W40         | 2:25.36        | Annie Bunting      | 2008             | Indoor Championships             |
| W45         | 2:28.36        | Faith Nesdaoly     | 2005             | Indoor Championships             |
| W50         | 2:34.88        | Kathryn Martin     | 2002             | Indoor Championships             |

|                |          |                    |           |                      |
|----------------|----------|--------------------|-----------|----------------------|
| W55            | 02:31.73 | Kathryn Martin     | 25-Mar-07 | Boston, MA           |
| W60            | 02:52.4  | Horne, Jean        | 06-Mar-93 | Indoor Championships |
| W65            | 02:54.8  | Horne, Jean        | 14-Mar-98 | Indoor Championships |
| W70            | 03:13.00 | Horne, Jean (h)    | 26-Jan-03 | Toronto, ON          |
|                |          |                    |           |                      |
| <b>1500m</b>   |          |                    |           |                      |
| M35            | 4:03.2   | Tucker, Ray        | 02-Mar-85 | Indoor Championships |
| M40            | 03:58.6  | Stewart, Dave      | 09-Feb-90 | NJ, USA              |
| M45            | 4:17.50  | Ron Frid           | 1994      | Indoor Championships |
| M50            | 04:19.21 | Johns, Benjamin    | 31-Jan-87 | Ottawa, ON           |
| M55            | 4:45.2   | Ed Whitlock        | 1987      | Indoor Championships |
| M60            | 04:43.66 | Earl Fee           | 05-Mar-94 | Indoor Championships |
| M65            | 04:47.11 | Fee, Earl WR       | 26-Mar-94 | Columbia, MO         |
| M70            | 05:12.22 | Ed Whitlock WR     | 21-Feb-04 | Toronto, ON          |
| M75            | 5:20.04  | Ed Whitlock        | 17-Feb-07 | Toronto, ON          |
| M80            | 7:09.65  | Robert Comber      | 2007      | Indoor Championships |
|                |          |                    |           |                      |
| W35            | 04:40.94 | Takahashi, Janet   | 12-Feb-94 | Toronto, ON          |
| W40            | 4:49.0   | Linda Findlay      | 1988      | Indoor Championships |
| W45            | 5:00.11  | Christine Lavalee  | 2002      | Kathryn Martin       |
| W50            | 04:57.6  | Kathryn Martin     | 08-Feb-04 | Brenwood, NY         |
| W55            | 04:58.70 | Kathryn Martin     | 22-Feb-07 | New York, NY         |
| W60            | 05:55.92 | Horne, Jean        | 06-Mar-93 | Indoor Championships |
| W65            | 06:23.28 | Turner, Molly      | 03-Mar-01 | Indoor Championships |
| W70            | 7:09.82  | Dorly              | 1995      | Indoor Championships |
| W75            | 08:09.68 | Kazdan, Judith     | 04-Mar-95 | Indoor Championships |
| W80            | 09:12.97 | Kazdan, Judith     | 04-Mar-00 | Indoor Championships |
|                |          |                    |           |                      |
| <b>3000m</b>   |          |                    |           |                      |
| M35            | 8:41.23  | Bob Moore          | 1976      | Indoor Championships |
| <b>M40</b>     |          |                    |           |                      |
| M45            | 9:01.0   | Ed Whitlock        | 1979      | Indoor Championships |
| M50            | 09:05.43 | Jerry Kooymans     | 24-Mar-06 | Boston, MA           |
| M55            | 10:09.78 | Bob Moore          | 1996      | Indoor Championships |
| M60            | 10:05.3  | Ed Whitlock        | 05-Mar-94 | Indoor Championships |
| M65            | 10:11.60 | Ed Whitlock        | 09-Mar-96 | Indoor Championships |
| M70            | 10:52.40 | Ed Whitlock        | 26-Feb-05 | Indoor Championships |
| M75            | 11:17.21 | Ed Whitlock        | 03-Mar-07 | Indoor Championships |
| M80            | 15:50.14 | Robert Comber      | 03-Mar-07 | Indoor Championships |
|                |          |                    |           |                      |
| W35            | 10:00.6  | Linda Findley      | 1987      | Indoor Championships |
| W40            | 10:34.3  | Margarita Ekiss    | 1982      | Indoor Championships |
| W45            | 11:24.16 | Christine Lavalee  | 2002      | Indoor Championships |
| W50            | 10:23.84 | Kathryn Martin     | 06-Mar-04 | Boston, MA           |
| W55            | 10:35.76 | Kathryn Martin     | 23-Mar-07 | Boston, MA           |
| W60            | 12:08.8  | Turner, Molly      | 05-Mar-94 | Indoor Championships |
| W65            | 13:23.38 | Horne, Jean        | 14-Mar-98 | Indoor Championships |
| W70            | 14:51.1  | Turner, Molly      | 11-Mar-06 | Indoor Championships |
| W75            | 17:17.48 | Kazdan, Judith     | 09-Mar-96 | Indoor Championships |
| W80            | 19:34.94 | Kazdan, Judith     | 04-Mar-00 | Indoor Championships |
|                |          |                    |           |                      |
| <b>3000mRW</b> |          |                    |           |                      |
| M35            | 14:44.9  | Paul Guimond       | 04-Mar-95 | North York, ON       |
| M40            | 14:12.7  | Brad Lessard       | 02-Mar-85 | Toronto, ON          |
| M45            | 12:58.0  | Jaan Roos          | 28-Jan-84 | Toronto, ON          |
| M50            | 13:59.2  | Jaan Roos          | 01-Apr-89 | Columbus, OH         |
| M55            | 15:31.11 | Stuart Summerhayes | 04-Apr-92 | Columbus, OH         |
| M60            | 15:53.3  | Stuart Summerhayes | 04-Mar-95 | Toronto, ON          |
| M65            | 16:03.0  | Max Gould          | 28-Jan-84 | Toronto, ON          |
| M70            | 18:08.5  | Max Gould          | 09-Mar-91 | Toronto, ON          |
| M75            | 18:56.76 | Max Gould          | 06-Mar-93 | Toronto, ON          |
| M80            | 23:08.7  | Peter Fellows      | 26-Feb-05 | North York, ON       |

|                   |             |                      |                  |                               |
|-------------------|-------------|----------------------|------------------|-------------------------------|
| M90               | 23:43.8     | Joe Finkel           | 10-Dec-94        | North York, ON                |
| W35               | 13:55.4     | Joni Bender          | 14-Mar-98        | Toronto, ON                   |
| W40               | 15:24.6     | Nanci Patten Sweazey | 09-Mar-96        | Toronto, ON                   |
| W45               | 15:01.51    | Nanci Patten Sweazey | ??-Mar-03        | Boston, MA                    |
| W50               | 15:36.16    | Nanci Patten Sweazey | 18-Feb-06        | North York, ON                |
| W55               | 17:30.58    | Ann Marie Rosenitsch | 29-Mar-99        | Boston, Mass                  |
| W60               | 17:32.1     | Ann Marie Rosenitsch | 02-Mar-02        | Toronto, ON                   |
| W65               | 19:13.65    | Ann Marie Rosenitsch | 25-Feb-07        | North York, ON                |
| W70               | 20:40.6     | June-Marie Provost   | 24-Apr-05        | North York, ON                |
|                   |             |                      |                  |                               |
| <b>High Jump</b>  |             |                      |                  |                               |
| M35               | 1.76        | Steve Caws           | 1988             | Indoor Championships          |
| M40               | 1.60        | Marco DeChellis      | 29-Mar-09        | Indoor Championships          |
| M45               | 1.81        | Witold Klinger       | 1992             | Indoor Championships          |
| M50               | 1.85        | Istvan Major         | 2002             | Indoor Championships          |
| M55               |             |                      |                  |                               |
| <b>M60</b>        | <b>1.54</b> | <b>Stan Seitz</b>    | <b>2009</b>      | <b>OMA Mini Meet #3</b>       |
| M65               |             |                      |                  |                               |
| M70               |             |                      |                  |                               |
| M75               |             |                      |                  |                               |
| M80               |             |                      |                  |                               |
| M85               | 1.05        | Trei, Karl           | 04-Mar-95        | Toronto, ON                   |
| M90               | 0.89        | Trei, Karl           | 27-Mar-99        | Boston, MA                    |
| W35               | 1.55        | Gaby Szanto          | 2001             | Indoor Championships          |
| W40               | 1.55        | Leslie Estwick       | 2003             | Indoor Championships          |
| W45               |             |                      |                  |                               |
| W50               | 1.35        | Mallia, Maria        | 11-Mar-06        | Toronto, ON                   |
| <b>W55</b>        | <b>1.20</b> | <b>Rhona Trott</b>   | <b>12-Mar-05</b> | <b>USATF Indoors Boise ID</b> |
| W60               | 1.26        | Gray, Edith          | 28-Mar-96        | Greensboro, NC                |
| W65               | 1.15        | Pedel, Helgi         | 11-Mar-89        | Toronto, ON                   |
| W70               | 1.16        | Pedel, Helgi         | 05-Mar-94        | Toronto, ON                   |
| W75               | 1.08        | Pedel, Helgi         | 06-Mar-99        | Toronto, ON                   |
| W80               | 0.96        | Pedel, Helgi         | 06-Mar-04        | Toronto, ON                   |
|                   |             |                      |                  |                               |
| <b>Pole Vault</b> |             |                      |                  |                               |
| M35               | 4.80        | Lake, Kevin          | 25-Apr-05        |                               |
| M40               |             |                      |                  |                               |
| M45               | 4.00        | Vladimir Kostic      | 1981             | Indoor Championships          |
| M50               |             |                      |                  |                               |
| M55               |             |                      |                  |                               |
| M60               | 3.11        | Hugh Miller          | 29-Mar-09        | Indoor Championships          |
| M65               | 3.20        | Stan Egerton         | 09-Mar-91        | Indoor Championships          |
| M70               | 2.73        | Stan Egerton         | 1998             | Indoor Championships          |
| M75               | 2.60        | Stan Egerton         | 03-Mar-01        | Indoor Championships          |
| W35               | 3.00        | Gaby Szanto          | 08-Mar-03        | Indoor Championships          |
| W40               |             |                      |                  |                               |
| W45               |             |                      |                  |                               |
| W50               | 2.20        | Ann Marie Rosenitsch | 04-Mar-95        | Toronto, ON                   |
| W55               | 2.10        | Ann Marie Rosenitsch | 1996             | Indoor Championships          |
| W60               | 1.80        | Edith Gray           | 1996             | Indoor Championships          |
|                   |             |                      |                  |                               |
| <b>Long Jump</b>  |             |                      |                  |                               |
| M35               | 6.36        | Ron Thompson         | 1987 & 1988      | Indoor Championships          |
| M40               | 6.47        | Todd Crawford        | 2007             | Indoor Championships          |
| M45               | 6.06        | Kostic, Vladimir     | 14-Feb-81        | Indoor Championships          |
| M50               | 5.80        | Richard Lech         | 1998             | Indoor Championships          |
| M55               | 5.43        | Richard Lech         | 2003             | Indoor Championships          |
| M60               | 5.17        | Slater, Alan         | 04-Jan-03        | Toronto, ON                   |
| M65               |             |                      |                  |                               |

|                    |       |                         |             |                      |
|--------------------|-------|-------------------------|-------------|----------------------|
| M70                |       |                         |             |                      |
| M75                | 3.84  | Karl Trei               | 07-Mar-87   | Indoor Championships |
| M80                | 3.57  | Karl Trei               | 10-Mar-90   | Indoor Championships |
| M85                | 3.12  | Karl Trei               | 04-Mar-95   | Indoor Championships |
| M90                | 2.49  | Karl Trei               | 28-Mar-99   | Boston, MA           |
|                    |       |                         |             |                      |
| W35                | 4.60  | Ann Findley             | 29-Mar-09   | Indoor Championships |
| W40                | 5.54  | Estwick, Leslie         | 24-Mar-01   | Boston, MA           |
| W45                | 4.52  | Adri Rowswell           | 1987        | Indoor Championships |
| W50                | 4.16  | Maria Mallia            | 2005        | Indoor Championships |
| W55                | 3.72  | Rhona Trott             | 13-Jan-08   | Toronto, ON          |
| W60                | 3.77  | Edith Gray              | 1996        | Indoor Championships |
| W65                | 3.31  | Edith Gray              | 02-Mar-02   | Indoor Championships |
| W70                | 3.02  | Meri, Elga              | 03-Apr-92   | Columbus, OH         |
|                    |       |                         |             |                      |
|                    |       |                         |             |                      |
| <b>Triple Jump</b> |       |                         |             |                      |
| M35                | 12.88 | Ron Thompson            | 1988        | Indoor Championships |
| M40                | 12.79 | Todd Crawford           | 2007        | Indoor Championships |
| M45                | 12.06 | Slater, Alan            | 28-Aug-88   | Toronto, ON          |
| M50                | 12.54 | Boosey, Derek           | 06-Feb-93   | Syracuse, NY         |
| M55                | 10.92 | Slater, Alan            | 14-Mar-98   | Indoor Championships |
| M60                | 10.92 | Slater, Alan            | 04-Jan-03   | London, ON           |
| M65                |       |                         |             |                      |
| M70                |       |                         |             |                      |
| M75                |       |                         |             |                      |
| M80                | 7.31  | Karl Trei               | 10-Mar-90   | Toronto, ON          |
| M85                | 6.67  | Karl Trei               | 25-Mar-94   |                      |
| M90                | 5.18  | Karl Trei               | 28-Mar-99   | Boston, MA           |
|                    |       |                         |             |                      |
|                    |       |                         |             |                      |
| W35                | 12.07 | Michelle Hastick Cowell | 29-Mar-09   | Indoor Championships |
| W40                | 6.7   | Vera Cabanus            | 1992        | Indoor Championships |
| W45                |       |                         |             |                      |
| W50                |       |                         |             |                      |
| W55                |       |                         |             |                      |
| W60                |       |                         |             |                      |
| W65                | 6.74  | Pedel, Helgi            | 09-Mar-91   | Indoor Championships |
| W70                | 6.37  | Pedel, Helgi            | 05-Mar-94   | Indoor Championships |
|                    |       |                         |             |                      |
|                    |       |                         |             |                      |
| <b>Shot Put</b>    |       |                         |             |                      |
| M35                | 16.85 | Gintas Degutis          | Jan 18 2008 | UofT Track Classic   |
| M40                | 14.12 | Jacek Szadzivik         | 1993        | Indoor Championships |
| M45                | 12.81 | John Kasperski          | Feb 4 1989  | Ottawa               |
| M50                | 14.33 | Jean-Pierre Mayer       | Mar 25 2000 | Boston               |
| M55                | 14.10 | John Kasperski          | Mar 4 2000  | Indoor Championships |
| M60                | 13.72 | Art Jaago               | Mar 5 1988  | Indoor Championships |
| M65                | 10.99 | Helmut Lange            | 1995        | Indoor Championships |
| M70                | 12.79 | Garry Bachman           | Mar 5 1994  | Indoor Championships |
| M75                | 11.39 | Garry Bachman           | Mar 6 1999  | Indoor Championships |
| M80                | 10.05 | Garry Bachman           | 2003        | Indoor Championships |
| M85                | 9.97  | Garry Bachman           | Jan 22 2007 | Toronto              |
|                    |       |                         |             |                      |
|                    |       |                         |             |                      |
| W35                | 11.19 | Gaby Szanto             | 25-Jun-05   | Indoor Championships |
| W40                | 9.41  | Debi Heit               | 1992        | Indoor Championships |
| W45                |       |                         |             |                      |
| W50                | 9.20  | June Mayer              | 1990        | Indoor Championships |
| W55                | 9.00  | Adri Rowswell           | 1996        | Indoor Championships |
| W60                | 8.62  | Helgi Pedel             | 1984        | Indoor Championships |
| W65                | 8.38  | Helgi Pedel             | 1991        | Indoor Championships |
| W70                | 7.44  | Helgi Pedel             | 1995        | Indoor Championships |
| W75                | 7.33  | Velta Tomsons           | 2003        | Indoor Championships |
| W80                | 5.94  | Velta Tomsons           | 2009        | OMA Mini Meet #2     |
|                    |       |                         |             |                      |

| <b>Weight Throw</b> |             |                      |                  |                         |
|---------------------|-------------|----------------------|------------------|-------------------------|
| M35                 | 13.34       | Richard Parkinson    | 2004             | Indoor Championships    |
| M40                 | 12.54       | James Findlay        | 2001             | Indoor Championships    |
| M45                 | 10.67       | Danny Yoisten        | 29-Mar-09        | Indoor Championships    |
| M50                 | 18.10       | Jan Graczyk          | Mar 11 2006      | Indoor Championships    |
| M55                 | 17.79       | Jan Graczyk          | 29-Mar-09        | Indoor Championships    |
| M60                 |             |                      |                  |                         |
| M65                 |             |                      |                  |                         |
| M70                 | 14.84       | Helmut Lange         | 1998             | Indoor Championships    |
| M75                 | 10.05       | Max Woerle           | Feb 12 2006      | Toronto                 |
| M80                 | 13.67       | Garry Bachman        | Mar 13 2005      | Toronto                 |
| M85                 | 13.55 wrp   | Garry Bachman        | Feb 25 2007      | Toronto                 |
|                     |             |                      |                  |                         |
| W35                 | 10.78       | Diana Jaam-Shahriari | 2005             | Indoor Championships    |
| W45                 | 5.22        | Gean Hemming         | 1992             | Indoor Championships    |
| W50                 |             |                      |                  |                         |
| <b>W55</b>          | <b>8.42</b> | <b>Rhona Trott</b>   | <b>21-Jan-07</b> | <b>OMA Mini Meet #1</b> |
| W60                 | 12.03       | Rhona Trott          | 16-Mar-09        | Mini Meet #4            |
| W65                 | 7.50        | Mary Thompson        | 1995             | Indoor Championships    |