



2009 CANADIAN INDOOR JUNIOR MEN RECORDS As of December 31, 2009

Note:

*CIS(CIAU) indoor rules differ from AC/IAAF in short events over 200m and up to 600m, including relays.

Event Événement	PERF	Name Nom	Venue Endroit	Date
50m	5.83	Ben Johnson	North York ON	17.02.80
	5.83	Nicolas Macrozonaris	Montreal QC	07.03.99
60m	6.63	Sebastien Caron	Sherbrooke QC	26.02.99
200m	21.37	Courtney Brown	Winnipeg MB	11.02.84
300m	33.45	Brian Barnett*	Edmonton AB	12.02.06
400m	47.98	Nathan Vadebonceur	Winnipeg MB	16.12.03
600m	1:18.20	Byron Goodwin	Winnipeg MB	13.03.92
800m	1:48.16	Graham Hood	Indianapolis IN	03.03.91
1000m	2:25.72	Jeremy Rae	Toronto ON	07.03.09
1500m	3:43.06	Kevin Sullivan	Toronto ON	06.02.93
Mile	4:00.30	Ryan Hayden	Fayetteville ON	10.02.01
3000m	8:04.3	Ian Clarke	Toronto ON	17.02.79
5000m	14:23.3	Robert Earl	London ON	04.02.78
50mH	6.93	Jeff Glass	Edmonton AB	29.02.81
60mH	7.90	Adam Kunkel	Toronto ON	16.12.00
5000mRW	22.08.46	Chris McKay	Windsor ON	21.02.88
4x200m	1:28.58	Etobicoke H-Striders Randy Brookes, Erik Frempong, K. Pennycooke, Marlon Dechausay	North York ON	13:02.94
4x400m	3:16.84	Calgary Spartans Ron Richards Sean Sereda Jay Wallace John Graham	Saskatoon SK Knight's of Columbus Indoor	27.12.84
4x800m	7:44.77	Phoenix TC Vernon Stephen,	Toronto ON	11.02.01

		Shala Hussein, Derek Lincoln, Matt Lincoln		
High Jump	2.28	Alain Metellus	Montreal QC	26.02.84
Pole Vault	5.00	Jamie Johnson	Edmonton AB	25.11.00
	5.00=	David Foley	Sherbrooke QC	28.01.01
	5.00=	David Foley	Montreal QC	02.03.02
	5.00=	Taylor Petrucha	Saskatoon SK	11.03.06
Long Jump	7.71	James McAndrew	Toronto ON	18.01.75
Triple Jump	15.65	Edrick Floreal	Hanover NH	06.01.85
Shot Put (7.26 kg)	17.13	Robert Venier	Toronto ON	20.12.85
Shot Put (6 kg)	18.35	Michael Barns	Toronto ON	04.12.04
WT (35lb)	20.72	James Steacy	Edmonton AB	28.02.03
Heptathlon	4695	Shaun Moore	Saskatoon SK	15/16.02.92
	(60m: 7.38 / LJ: 6.39 / SP: 10.71 / HJ: 1.85 / 60mH: 9.01 / PV: 3.80 / 1000m: 2:49.96)			