

ATHLETICS - Female						
Event	Result Notes	Record	Name	Age	District	Competition
50m		00:08.62	Amea Harrison	19	Saskatoon	2001 SOS Provincial Summer Games
60m	Indoor Event Only	00:09.06	Lindsay Kinnear	31	Regina	2019 Lipsett Cartage Classic Regina
100m		00:14.13	Lindsay Kinnear	26	Regina	2014 SOC National Summer Games - Vancouver, BC
200m		00:29.43	Lindsay Kinnear	29	Regina	2017 SOS Provincial Summer Games
400m		1:09.41	Lauren Weigel	17	Prairie Central	2009 SOS Provincial Summer Games
800m		2:38.30	Lauren Weigel	19	Prairie Central	2011 SOI World Summer Games - Athens
1500m		6:32.70	Lauren Weigel	18	Prairie Central	2010 SOC National Summer Games - London, ON
3000m		16:23.30	Lauren Weigel	18	Prairie Central	2010 SOC National Summer Games - London, ON
5000m						
10000m						
100m Hurdles		00:19.83	Lauren Wiegel	22	Prairie Central	2014 SOC National Summer Games - Vancouver, BC
Running Long Jump		4.14m	Lindsay Kinnear	25	Regina	2013 SOS Provincial Summer Games
Standing Long Jump		1.77m	Amea Harrison	20	Saskatoon	2002 SOC National Summer Games - Prince Albert, SK
High Jump		1.05m	Joanne Lautermilch			2001 SOS Provincial Summer Games
Shot Put		6.83m	Lindsay Kinnear	25	Regina	2013 SOS Provincial Summer Games
Pentathlon						
25m Wheelchair race		00:11.30	Lesley Beaulieu	30	Regina	2017 SOS Provincial Summer Games
30m Wheelchair race		00:16.10	Lesley Beaulieu	30	Regina	2017 SOS Provincial Summer Games
200M Wheelchair		00:59.15	Lesley Beaulieu	31	Regina	2018 Kinsmen Indoor Track Meet
4X100m Relay		1:27.60	Deborah Banda			2005 SOS Provincial Summer Games
			Krystal Peterson	22	Parkland	
			Naomi Gates	27	Regina	
			Kristin Hancock	20	Rivers West	
4X400m Relay		7:34.90	Krystal Peterson	22	Parkland	2005 SOS Provincial Summer Games
			Deborah Banda			
			Naomi Gates	27	Regina	
			Kristin Hancock	20	Rivers West	
ATHLETICS - Men						
Event	Result Notes	Record	Name	Age	District	Competition
50m		00:08.75	Lorin Bussiere	23	Lakeland	2001 SOS Provincial Summer Games

60m	Indoor Event Only	00:07.43	Bradyn Giraudier	20	Regina	2019 Kinsmen Indoor Track Meet
100m		00:12.72	Bradyn Giraudier	20	Regina	2019 Canada West Challenge
200m		00:25.53	Bradyn Giraudier	20	Regina	2019 Kinsmen Indoor Track Meet
400m		1:00.01	Tyler Tsannie	23	Northern	2018 SOC National Summer Games - Antigonish, NS
800m		2:27.73	Tyler Tsannie	23	Northern	2018 SOC National Summer Games - Antigonish, NS
1500m		5:08.22	Tyler Tsannie	23	Northern	2018 Saskatchewan ATF Indoor Championships
3000m		11:12.13	Tyler Tsannie	23	Northern	2018 SOC National Summer Games - Antigonish, NS
5000m						
10000m						
110m Hurdles						
Running Long Jump		5.27m	Brayden Giraudier	20	Regina	2019 Kinsmen Indoor Track Meet
Standing Long Jump		1.80m	Neil Sullivan	39	Lakeland	2001 SOS Provincial Summer Games
High Jump		1.50m	Kalim Keays	20	Lakeland	2002 SOC National Summer Games - Prince Albert, SK
Shot Put		12.08m	Kalim Keays	23	Lakeland	2005 SOS Provincial Summer Games
Pentathlon						
25m Wheelchair race						
30m Wheelchair race						
4X100m Relay		00:58.30	Andrew Bender	16	Regina	2005 SOS Provincial Summer Games
			Dale Neufeld	19	Regina	
			Jayson Mercer	18	Regina	
			Robert Kaye	25	Regina	
4X400m Relay		6:53.60	Corwin Nickolayou	31	Parkland	2005 SOS Provincial Summer Games
			Dennis Novakowski	46	Parkland	
			Eddie Cote	47	Parkland	
			Fergus Wilson	25	Parkland	
RHYTHMIC GYMNASTICS - Female						
Event	Result Notes	Record	Name	Age	District	Competition
All Around		31.175	Victoria Sarty	22	Regina	2018 SOC National Summer Games - Antigonish, NS
Rhythmic Ball		8.075	Victoria Sarty	22	Regina	2018 SOC National Summer Games - Antigonish, NS
Rhythmic Group Ball		8.350	Victoria Sarty	22	Regina	2018 SOC National Summer Games - Antigonish, NS
Rhythmic Hoop		8.575	Victoria Sarty	22	Regina	2018 SOC National Summer Games - Antigonish, NS
Rhythmic Ribbon		6.625	Victoria Sarty	22	Regina	2018 SOC National Summer Games - Antigonish, NS
Rhythmic Rope		7.900	Victoria Sarty	22	Regina	2018 SOC National Summer Games - Antigonish, NS

SWIMMING - Female						
Event	Result Notes	Record	Name	Age	District	Competition
Freestyle 25m		00:18.27	Samantha Fisher	19	Prairie Central	2018 SOC National Summer Games - Antigonish, NS
Freestyle 50m		00:34.05	Rose Brass	15	Lakeland	2001 Canada Summer Games - London, ON
Freestyle 100m		1:14.06	Rose Brass	16	Lakeland	2002 SOC National Summer Games - Prince Albert, SK
Freestyle 200m		2:43.23	Rose Brass	16	Lakeland	2002 SOC National Summer Games - Prince Albert, SK
Freestyle 400m		8:36.32	Tianna Zimmerman	16	Prairie Central	2018 SOC National Summer Games - Antigonish, NS
Freestyle 800m		18:22.34	Tianna Zimmerman	17	Prairie Central	2019 SOI World Summer Games - Abu Dhabi
Freestyle 1500m						
Backstroke 25m		00:20.72	Samantha Fisher	19	Prairie Central	2018 SOC National Summer Games - Antigonish, NS
Backstroke 50m		00:40.81	Samantha Fisher	19	Prairie Central	2018 SOC National Summer Games - Antigonish, NS
Backstroke 100m		1:30.55	Rose Brass	16	Lakeland	2002 SOC National Summer Games - Prince Albert, SK
Backstroke 200m		3:49.49	Colleen Morstad	29	South West	2010 SOC National Summer Games - London
Breaststroke 25m		00:30.59	Tia Zimmerman	16	Prairie Central	2018 SOC National Summer Games - Antigonish, NS
Breaststroke 50m		00:51.57	Colleen Morstad	28	South West	2009 Canada Games - Charlottetown, PEI
Breaststroke 100m		1:50.80	Colleen Morstad	26	Lakeland	2007 Western Canada Summer Games - Strathcona, AB
Breaststroke 200m		3:46.60	Colleen Morstad	26	Lakeland	2007 Western Canada Summer Games - Strathcona, AB
Butterfly Stroke 25m		00:25.07	Jenae Ruetz	22	Southwest	2017 SOS Provincial Summer Games
Butterfly Stroke 50m		00:41.50	Rose Brass	16	Lakeland	2002 SOC National Summer Games - Prince Albert, SK
Butterfly Stroke 100m		1:41.69	Lindsay Reimer	24	Riverwest	2018 SOC National Summer Games - Antigonish, NS
Butterfly Stroke 200m						
Individual Medley 100m		1:46.19	Lindsay Reimer	24	Rivers West	2018 SOC National Summer Games - Antigonish, NS
Individual Medley 200m		3:45.48	Lindsay Reimer	24	Rivers West	2018 SOC National Summer Games - Antigonish, NS
Freestyle Relay 4X25m		1:41.05	Erin Kon	20	Rivers West	2006 SOC National Summer Games - Brandon, MB
			Lorraine Beauchesne	48	Saskatoon	
			Colleen Morstad	25	Lakeland	
			Ricky Maathius	26	Saskatoon	
Freestyle Relay 4 X 50m						
Freestyle Relay 4X100m						
Medley Relay 4X50m		4:18.38	Lorraine Beauchesne	48	Saskatoon	2006 SOC National Summer Games - Brandon
			Erin Kon	20	Rivers West	
			Colleen Morstad	25	Lakeland	
			Ricky Maathius	26	Saskatoon	

SWIMMING - Male						
Event	Result Notes	Record	Name	Age	District	Competition
Freestyle 25m		00:20.76	Robert Purves	36	Regina	2005 SOS Provincial Summer Games
Freestyle 50m		00:28.12	Michael Qing	25	Regina	2018 SOC National Summer Games - Antigonish, NS
Freestyle 100m		00:59.70	Michael Qing	17	Regina	2010 SOC National Summer Games - London, ON
Freestyle 200m		2:11.48	Michael Qing	21	Regina	2014 SOC National Summer Games - Vancouver, BC
Freestyle 400m		4:42.21	Michael Qing	20	Regina	2013 SOS Provincial Summer Games
Freestyle 800m		10:20.63	Michael Qing	26	Regina	2019 SOI World Summer Games - Abu Dhabi
Freestyle 1500m		20:08.92	Michael Qing	26	Regina	2019 SOI World Summer Games - Abu Dhabi
Backstroke 25m		00:20.23	Colby Kosteniuk	16	Regina	2018 SOC National Summer Games - Antigonish, NS
Backstroke 50m		00:40.52	Michael Qing	13	Regina	2006 SOC National Summer Games - Brandon, MB
Backstroke 100m		1:18.20	Michael Qing	14	Regina	2007 Western Canada Summer Games - Strathcona, AB
Backstroke 200m		3:19.69	Darius Dube	17	Lakeland	2013 SOS Provincial Summer Games
Breaststroke 25m		00:22.28	Evan Chouinard	16	Parkland Valley	2002 SOC National Summer Games - Prince Albert, SK
Breaststroke 50m		00:45.55	Michael Qing	13	Regina	2006 SOC National Summer Games - Brandon, MB
Breaststroke 100m		1:18.20	Micahel Qing	14	Regina	2007 Western Canada Summer Games - Strathcona, AB
Breaststroke 200m		2:52.20	Michael Qing	17	Regina	2010 SOC National Summer Games - London, ON
Butterfly Stroke 25m		00:18.73	Jordan Vassell	27	Saskatoon	2018 SOC National Summer Games - Antigonish, NS
Butterfly Stroke 50m		00:42.01	Darius Dube	17	Lakeland	2013 SOS Provincial Summer Games
Butterfly Stroke 100m		1:04.46	Michael Qing	25	Regina	2018 SOC National Summer Games - Antigonish, NS
Butterfly Stroke 200m		2:23.43	Michael Qing	22	Regina	2014 SOC National Summer Games - Vancouver, BC
Individual Medley 100m		1:08.93	Michael Qing	25	Regina	2018 SOC National Summer Games - Antigonish, NS
Individual Medley 200m		2:26.21	Michael Qing	22	Regina	2014 SOC National Summer Games - Vancouver, BC
Freestyle Relay 4X25m		1:19.75	Trevor McNally	18	Saskatoon	2006 SOC National Summer Games - Brandon, MB
			Joel Birtles	31	Saskatoon	
			Michael Qing	13	Regina	
			Ryan Roznowsky			
Freestyle Relay 4 X 50m		4:41.02	Robert Purves	32	Regina	2001 SOS Provincial Summer Games
			Lyle Holowka	43	Regina	
			Adam Sanden	21	Regina	
			David Schultz	38	Regina	
Freestyle Relay 4X100m						
Medley Relay 4x50m		3:22.50	Joel Birtles	31	Saskatoon	2006 SOC National Summer Games - Brandon, MB

			Ryan Roznowsky			
			Michael Qing	14	Regina	
			Trevor McNally	18	Saskatoon	
10 PIN BOWLING- Female						
Event	Result Notes	Record	Name	Age	District	Competition
Singles	3 Games Scratch	417	Dawn Rieben	46	Regina	2018 SOC National Summer Games - Antigonish, NS
Singles	6 Games Scratch	731	Reagan Pike	32	Saskatoon	2013 SOS Provincial Summer Games
Singles	9 Games Scratch					
Team - Female	3 Games Scratch	1178	Susan Meckling	46	Regina	2009 SOS Provincial Summer Games
			Marg Forgay	44		
			Dawn Rieben	37		
			Michelle Shepherd	38		
Doubles - Female	3 Games Scratch	595	Susan Meckling	46	Regina	2009 SOS Provincial Summer Games
			Michelle Shepherd	38		
10 PIN BOWLING - Male						
Event	Result Notes	Record	Name	Age	District	Competition
Singles	3 Games Scratch	625	Dwight Safronuik	40	Saskatoon	2009 SOS Provincial Summer Games
Singles	6 Games Scratch	1157	Dwight Safronuik	44	Saskatoon	2013 SOS Provincial Summer Games
Singles	9 Games Scratch	1905	Robert Purves	45	Regina	2014 SOC National Summer Games - Vancouver, BC
Team - Male	3 Games Scratch	1624	Dwight Safronuik	40	Saskatoon	2009 SOS Provincial Summer Games
			Michael Snell	32		
			Craig Peters	36		
			Cody Gusikoski	26		
Doubles - Male	3 Games Scratch	1090	Tim Carlson	34	Saskatoon	2009 SOS Provincial Summer Games
			Dwight Safronuik	40		
10 PIN BOWLING - Mixed						

Event	Result Notes	Record	Name	Age	District	Competition
Team - Mixed	3 Games Scratch	1702	Chris Sayers	34	Saskatoon	2009 SOS Provincial Summer Games
			Tim Carlson	34		
			Richard Sayers	38		
			Nadine Maclaren	29		
Doubles - Mixed	3 Games Scratch	944	Richard Dolan	30	Saskatoon	2018 SOC National Summer Games - Antigonish, NS
			Donna Shulhan	42		
GOLF - Female						
Event	Result Notes	Record	Name	Age	District	Competition
9 Hole Competition						
GOLF - Male						
Event	Result Notes	Record	Name	Age	District	Competition
9 Hole Competition	3 rounds	154	Taylor Carter	25	Regina	2018 SOC National Summer Games - Antigonish, NS
POWERLIFTING - Female						
Deadlift - weight class	Result Notes	Record	Name	Age	District	Competition
Up to 43.0 kg						
47.0 kg						
52.0 kg						
57.0 kg						
63.0 kg		42.5 kg	Shari Debelser	45	Rivers West	2018 Syngery Open
72.0 kg						
84.0 kg						
84.0+ kg						
Bench Press - weight class						

Up to 43.0 kg						
47.0 kg						
52.0 kg						
57.0 kg						
63.0 kg		31 kg	Shari Debelser	45	Rivers West	2018 Syngery Open
72.0 kg						
84.0 kg						
84.0+ kg						
Squat - weight class						
Up to 43.0 kg						
47.0 kg						
52.0 kg						
57.0 kg						
63.0 kg		28.5 kg	Shari Debelser	45	Rivers West	2018 Syngery Open
72.0 kg						
84.0 kg						
84.0+ kg						
Total (Bench, Deadlift, Squat) - weight class						
Up to 43.0 kg						
47.0 kg						
52.0 kg						
57.0 kg						
63.0 kg		102 kg	Shari Debelser	45	Rivers West	2018 Syngery Open
72.0 kg						
84.0 kg						
84.0+ kg						
POWERLIFTING - Male						
Deadlift - weight class	Result Notes	Record	Name	Age	District	Competition
Up tp 53.0 kg						
59.0 kg		117.5 kg	Randy Luzny	41	Southwest	2009 SOS Provincial Summer Games
66.0 kg		62.5 kg	Ben Sheard	28	Saskatoon	2018 Synergy Open
74.0 kg		132.5 kg	Braden Skilliter	29	Saskatoon	2017 SOS Provincial Summer Games
83.0 kg		100.0 kg	Tom Wright	27	Regina	2019 SPA Provincial Championships
93.0 kg		160.0 kg	Carl Paulhus	24	Southwest	2009 SOS Provincial Summer Games

105.0 kg		175.0 kg	Aaron Higgins	29	Regina	2019 SPA Provincial Championships
120.0 kg		145.0 kg	Peter Mark	26	Regina	2018 Trench Fitness Open
120.0+ kg		150.0 kg	Travis Scott			2009 SOS Provincial Summer Games
Bench Press - weight class						
Up tp 53.0 kg						
59.0 kg		72.5 kg	Randy Luzny	41	Southwest	2009 SOS Provincial Summer Games
66.0 kg		42.5 kg	Ben Sheard	28	Saskatoon	2018 Synergy Open
74.0 kg		72.5 kg	Braden Skilliter	29	Saskatoon	2017 SOS Provincial Summer Games
83.0 kg		65.0 kg	Tom Wright	27	Regina	2019 SPA Provincial Championships
93.0 kg		85.0 kg	Carl Paulhus	24	Southwest	2009 SOS Provincial Summer Games
105.0 kg		117.5 kg	Aaron Higgins	28	Regina	2018 SOC National Summer Games - Antigonish, NS
120.0 kg		85.0 kg	Peter Mark	26	Regina	2019 SPA Provincial Championships
120.0+ kg		90.0 kg	Robin Latimer			2009 SOS Provincial Summer Games
Squat - weight class						
Up tp 53.0 kg						
59.0 kg		85.0 kg	Randy Luzny	41	Southwest	2009 SOS Provincial Summer Games
66.0 kg		45 kg	Ben Sheard	28	Saskatoon	2018 Synergy Open
74.0 kg		80 kg	Braden Skilliter	29	Saskatoon	2018 Synergy Open
83.0 kg		92.5 kg	Tom Wright	27	Regina	2019 SPA Provincial Championships
93.0 kg		137.5 kg	Carl Paulhus	25	Southwest	2010 SOC National Summer Games - London, ON
105.0 kg		172.5 kg	Aaron Higgins	28	Regina	2018 SOC National Summer Games - Antigonish, NS
120.0 kg		117.5 kg	Peter Mark	26	Regina	2019 SPA Provincial Championships
120.0+ kg		115.0 kg	Robin Latimer			2009 SOS Provincial Summer Games
Total (Bench, Deadlift, Squat) - weight class						
Up tp 53.0 kg						
59.0 kg		275.0 kg	Randy Luzny	42	Southwest	2009 SOS Provincial Summer Games
66.0 kg		150.0 kg	Ben Sheard	28	Saskatoon	2018 Synergy Open
74.0 kg		275.0 kg	Braden Skilliter	29	Saskatoon	2018 Synergy Open
83.0 kg		257.5 kg	Tom Wright	27	Regina	2019 SPA Provincial Championships
93.0 kg		292.5 kg	Carl Paulhus	25	Southwest	2010 SOC National Summer Games - London, ON
105.0 kg		455.0 kg	Aaron Higgins	28	Regina	2018 SOC National Summer Games - Antigonish, NS
120.0 kg		342.5 kg	Peter Mark	26	Regina	2019 SPA Provincial Championships
120.0+ kg						