



2009 CANADIAN RANKINGS
STATISTIQUES 2009
MEN / HOMMES

Last update Jan 21 2010/ Dernière mise à jour le 21 Jan 2010

Andrew Cameron (results@athletics.ca)

corrections gratefully received / Les corrections sont toujours bienvenues

Performance Missing? [Click here](#) for more information

Performance manquante? Veuillez [cliquer ici](#) pour plus d'information

* Non-Canadian

HC – Hand-time Converted

UV – Unverified

100m

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|--------------------|------|-----|------|---|--------------------|--------|
| 10.22 | -0.1 | Brian Barnett | AB | 87 | 4fA | Meeting Citta di Padova | Padova, ITA | Aug 30 |
| 10.23 | 2.0 | Oluseyi Smith | ON | 87 | 1sf2 | BUCS – Athletics Champs | Sheffield, UK | May 03 |
| 10.26 | 1.6 | Jared Connaughton | PEI | 85 | 4 | 82 nd Clyde Littlefield Texas Relays | Austin, TX | Apr 04 |
| 10.27 | 0.5 | Brian Barnett | AB | 87 | 4 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 10.27 | 0.0 | Brian Barnett | AB | 87 | 2 | Kajaks Review International | Richmond, BC | Jun 10 |
| 10.28 | -2.0 | Brian Barnett | AB | 87 | 1 | New Balance Athletics Series | Calgary, AB | May 03 |
| 10.28 | -1.1 | Brian Barnett | AB | 87 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.29 | 1.1 | Gavin Smellie | ON | 86 | 1 | Sun Belt Conference | Murfreesboro, TN | May 10 |
| 10.29 | 0.1 | Brian Barnett | AB | 87 | 2 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 10.29 | 0.6 | Brian Barnett | AB | 87 | 5 | Zagreb 2009 | Zagreb, CRO | Aug 31 |
| 10.30 | 0.4 | Sam Effah | AB | 88 | 1r1 | High Performance Inv | Brockville, ON | May 30 |
| 10.30 | 0.9 | *Ben-Youssef Meite | QC | 84 | 1 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 10.30 | -1.1 | Brian Barnett | AB | 87 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 10.30 | 0.1 | Sam Effah | AB | 88 | 3 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 10.30 | 1.4 | Sam Effah | AB | 88 | 1 | Trinidad and Tobago National Champs | Port of Spain, TRI | Jun 21 |
| 10.32 | 1.2 | Oluseyi Smith | ON | 87 | 1 | BUCS – Athletics Champs | Sheffield, UK | May 03 |
| 10.32 | -0.5 | Gavin Smellie | ON | 86 | 1H3 | Sun Belt Conference | Murfreesboro, TN | May 10 |
| 10.32 | 1.1 | Brian Barnett | AB | 87 | 2h1 | Meeting Citta di Padova | Padova, ITA | Aug 30 |
| 10.33 | -1.0 | Sam Effah | AB | 88 | 1r1 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 10.33 | 0.9 | Oluseyi Smith | ON | 87 | 4 | Athletic AG | Geneve, SUI | Jun 06 |
| 10.33 | 0.0 | Hank Palmer | QC | 85 | 1sf | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.34 | 0.9 | Hank Palmer | QC | 85 | 2 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 10.34 | 1.1 | Shannon King | ON | 86 | 1 | Asian Community Games | Toronto, ON | Jul 18 |
| 10.35 | 1.1 | Charles Allen | ON | 77 | 2 | Asian Community Games | Toronto, ON | Jul 18 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|----------------------|------|-----|-----|---|--------------------|--------|
| 10.35 | -0.3 | Brian Barnett | AB | 87 | 5h1 | Zagreb 2009 | Zagreb, CRO | Aug 31 |
| 10.36 | -2.0 | Sam Effah | AB | 88 | 2 | New Balance Athletics Series | Calgary, AB | May 03 |
| 10.36 | 1.1 | Jason Kerr | ON | 86 | 3 | Asian Community Games | Toronto, ON | Jul 18 |
| 10.37 | 0.0 | Brian Barnett | AB | 87 | 1 | 2009 ASU Invitational | Tempe, AZ | Mar 28 |
| 10.37 | 0.5 | Anson Henry | ON | 79 | 7 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 10.38 | 1.9 | Jarid Vaughan | BC | 85 | 2H | 82 nd Clyde Littlefield Texas Relays | Austin, TX | Apr 03 |
| 10.38 | -0.1 | Oluseyi Smith | ON | 87 | 1h4 | Universiade | Belgrade, SER | Jul 07 |
| 10.38 | 0.1 | Nicolas Macrozonaris | QC | 80 | 1h1 | OTTL Brook Twilight #4 | Ottawa, ON | Jul 15 |
| 10.38 | 0.1 | Jared Connaughton | PEI | 85 | 2h1 | OTTL Brook Twilight #4 | Ottawa, ON | Jul 15 |
| 10.39 | 2.0 | Pierre Browne | ON | 80 | 6 | Georgia Inv | Athens, GA | May 09 |
| 10.39 | 1.8 | Jarid Vaughan | BC | 85 | 2 | 2009 Southland Conference | Austin, TX | May 10 |
| 10.39 | 0.0 | Hank Palmer | QC | 85 | 1F2 | New Jersey International | Holmdel, NJ | Jun 06 |
| 10.39 | 0.2 | Brian Barnett | AB | 87 | 2sf | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.39 | 0.1 | Brian Barnett | AB | 87 | 3h1 | OTTL Brook Twilight #4 | Ottawa, ON | Jul 15 |
| 10.40 | -1.1 | Hank Palmer | QC | 85 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.40 | 1.4 | Oluseyi Smith | ON | 87 | 2 | Trinidad and Tobago National Champs | Port of Spain, TRI | Jun 21 |
| 10.40 | 0.0 | Brian Barnett | AB | 87 | 1 | Vorbereitungs Sportfest | Dusseldorf, GER | Aug 10 |
| 10.41 | -1.1 | Sam Effah | AB | 88 | 3 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 10.41 | 0.2 | Jared Connaughton | PEI | 85 | 3sf | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.42 | -0.5 | Brian Barnett | AB | 87 | 5h9 | World Championships | Berlin, GER | Aug 15 |
| 10.43 | 1.8 | Tyrone Halstead | ON | 89 | 1 | York U T&F Sumer Twilight Series #1 | Toronto, ON | May 19 |
| 10.43 | 0.3 | Oluseyi Smith | ON | 87 | 5r1 | Papaflessia | Kalamata, GRE | May 30 |
| 10.43 | 0.2 | Oluseyi Smith | ON | 87 | 4S2 | Universiade | Belgrade, SER | Jul 09 |
| 10.44 | 0.5 | Hank Palmer | QC | 85 | 9 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 10.44 | -1.5 | Jared Connaughton | PEI | 85 | 6 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 10.44 | 1.7 | Richard Adu-Bobie | ON | 85 | 1r2 | High Performance Inv | Brockville, ON | May 30 |
| 10.44 | 0.4 | Hank Palmer | QC | 85 | 2r1 | High Performance Inv | Brockville, ON | May 30 |
| 10.44 | 1.9 | Shannon King | ON | 86 | 1 | Pfingstsportfest | Rehlingen, GER | Jun 01 |
| 10.44 | 1.4 | Richard Adu-bobie | ON | 85 | 3 | Trinidad and Tobago National Champs | Port of Spain, TRI | Jun 21 |
| 10.45 | 1.7 | Don Pitter | ON | 82 | 2 | High Performance Inv | Brockville, ON | May 30 |
| 10.45 | -0.2 | Oluseyi Smith | ON | 87 | 2 | UKA Super 8 | Cardiff, UK | Jun 10 |
| 10.45 | 1.4 | Tyrone Halstead | ON | 89 | 4 | Trinidad and Tobago National Champs | Port of Spain, TRI | Jun 21 |
| 10.47 | -1.1 | Jared Connaughton | PEI | 85 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.47 | -1.1 | Sam Effah | AB | 88 | 4 | Canadian National Champs | Toronto, ON | Jun 27 |
| 10.47 | 1.9 | Shannon King | ON | 86 | 1 | Summer Games Tune Up | Windsor, ON | Aug 08 |
| 10.48 | 0.5 | Richard Adu-Bobie | ON | 85 | 10 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 10.48 | 2.0 | Richard Adu-Bobie | ON | 85 | 1H | AO Nationals Jr & Sr Qual | Toronto, ON | Jun 14 |
| 10.48 | -0.7 | Oluseyi Smith | ON | 87 | 8 | Universiade | Belgrade, SER | Jul 09 |
| 10.48 | 0.3 | Justyn Warner | ON | 87 | 15h | NCAA Division I | Norman, OK | May 30 |
| 10.49 | 0.0 | Brian Barnett | AB | 87 | 4 | 30 th Sun Angel Track Classic | Tempe, AZ | Apr 11 |
| 10.49 | 1.7 | Charles Allen | ON | 77 | 3 | High Performance Inv | Brockville, ON | May 30 |
| 10.49 | 0.5 | Richard Adu-Bobie | ON | 85 | 2 | AO Nationals Jr & Sr Qual | Toronto, ON | Jun 14 |
| 10.49 | 0.8 | Jason Kerr | ON | 86 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 10.49 | 0.9 | Jason Kerr | ON | 86 | 1H | Asian Community Games | Toronto, ON | Jul 18 |
| 10.50 | 0.9 | David Pedneault | QC | 86 | 3 | Ian Hume Inv | Sherbrooke, | Jun 14 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|----------------------|------|-----|-----|---|------------------------|--------|
| 10.51 | -0.9 | Jared Connaughton | PEI | 85 | 6 | Festival of Excellence | QC Toronto, ON | Jun 11 |
| 10.51 | 0.0 | Hank Palmer | QC | 85 | 1H | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 10.52 | 0.8 | Charles Allen | ON | 77 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 10.52 | 0.7 | Tyrone Halstead | ON | 89 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 10.52 | 1.0 | Shannon King | ON | 86 | 2H | Asian Community Games | Toronto, ON | Jul 18 |
| 10.53 | 1.1 | Jarid Vaughan | BC | 85 | 3H | 2009 Southland Conference | Austin, TX | May 10 |
| 10.53 | 0.5 | Charles Allen | ON | 77 | 1 | Ottawa Springtime Open | Ottawa, ON | May 17 |
| 10.53 | 1.3 | Shannon King | ON | 86 | 1H | Pfingstsportfest | Rehlingen, GER | Jun 01 |
| 10.53 | 1.6 | David Pedneault | QC | 86 | 2H2 | Meeting Internazionale di Athletic Leggera | Vellerti, ITA | Jul 18 |
| 10.54 | 0.0 | *Ben-Youssef Meite | QC | 84 | 3H | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 10.54 | -1.1 | EJ Parris | AB | 83 | 5 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 10.54 | -2.0 | EJ Parris | AB | 83 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 10.54 | 1.1 | Don Pitter | ON | 82 | 4 | Asian Community Games | Toronto, ON | Jul 18 |
| 10.54 | 0.3 | Nicolas Macrozonaris | QC | 80 | 2H5 | Jeux de la Francophonie | Beirut, LIB | Oct 01 |
| 10.55 | 1.9 | Jason Kerr | ON | 86 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 10.55 | -0.6 | Shannon King | ON | 86 | 1H | University of Windsor Open | Windsor, ON | May 16 |
| 10.57 | 1.7 | Sam Effah | AB | 88 | 1H | Calgary Spring Challenge | Calgary, AB | May 17 |
| 10.57 | -0.9 | Anson Henry | ON | 79 | 7 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.58 | 0.7 | Oluseyi Smith | ON | 87 | 1H3 | BUCS – Athletics Champs | Sheffield, UK | May 03 |
| 10.59 | 1.2 | Charles Allen | ON | 77 | 1 | Ottawa Springtime Open | Ottawa, ON | May 17 |
| 10.60 | -2.4 | Bryan Barnett | AB | 87 | 2 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 10.61 | 0.5 | Charles Allen | ON | 77 | 16 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 10.62 | 1.3 | Tyrone Halstead | ON | 89 | 2 | Canada Games | Charlottetown , PEI | Aug 24 |
| 10.65 | -2.4 | Oluseyi Smith | ON | 87 | 1H | Canadian National Champs | Toronto, ON | Jun 26 |
| 10.66 | 1.3 | Olu Ajayi | ON | 81 | 1 | Summer Twilight Series #3 | Toronto, ON | Jun 30 |
| 10.66 | -4.3 | Hank Palmer | QC | 85 | 2H | Canadian National Champs | Toronto, ON | Jun 26 |
| 10.66 | 1.4 | Joel Senick | SK | 89 | 1 | Saskatchewan Provincials | Saskatoon, SK | Jul 26 |
| 10.67 | 0.5 | Michael Robertson | ON | 89 | 2 | Ottawa Springtime Open | Ottawa, ON | May 17 |
| 10.67 | -2.4 | Jared Connaughton | PEI | 85 | 3 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 10.67 | 0.4 | David Pedneault | QC | 86 | 1F2 | Meeting Citta'Di Pergine | Pergine, ITA | Jul 25 |
| 10.67 | 0.1 | Seon Holmes | ON | 89 | 1 | Flying Angels Community Games | Toronto, ON | Aug 16 |
| 10.68 | -2.1 | Sam Effah | AB | 88 | 3H | Canadian National Champs | Toronto, ON | Jun 26 |
| 10.70 | 1.9 | Tyrone Halstead | ON | 89 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 10.70 | 1.9 | Mathew Stiver-Balla | ON | 84 | 3 | Summer Games Tune Up | Windsor, ON | Aug 08 |
| 10.71 | 2.0 | Justyn Warner | ON | 87 | 4 | Horned Frog Inv | Fort Worth, TX | Mar 21 |
| 10.71 | 0.3 | David Pedneault | QC | 86 | 3s2 | Weltklasse hinterm Deich | Cuxhaven, GER | Jul 22 |
| 10.71 | 0.4 | David Pedneault | QC | 86 | 1H4 | Meeting Citta'Di Pergine | Pergine, ITA | Jul 25 |
| 10.72 | 0.1 | David Pedneault | QC | 86 | 7f1 | Weltklasse hinterm Deich | Cuxhaven, GER | Jul 22 |
| 10.73 | 0.0 | David Pedneault | QC | 86 | 5r2 | Spitzen Leichathletik | Luzern, SUI | Jul 15 |
| 10.74 | 0.9 | David Pedneault | QC | 86 | 5H4 | Jeux de la Francophonie | Beirut, LIB | Oct 01 |
| 10.75 | 1.3 | Seon Holmes | ON | 89 | 2 | Summer Twilight Series #3 | Toronto, ON | Jun 30 |
| 10.76 | 0.3 | Justyn Warner | ON | 87 | 13 | TCU Inv | Fort Worth, TX | Apr 18 |
| 10.77 | 1.9 | Randolph Fajardo | ON | 87 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 10.77 | 0.8 | David Pedneault | QC | 86 | 4h1 | Mettings National De | FRA | Jul 30 |
| 10.78 | 1.2 | Justyn Warner | ON | 87 | 16 | Penn State Relays | Philadelphia, | Apr 25 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------------|------|-----|-----|--|------------------------|--------|
| 10.78 | 1.8 | Mat Stiver-Balla | ON | 84 | 4 | York U T&F Sumer Twilight Series #1 | PA Toronto, ON | May 19 |
| 10.80 | -0.3 | David Pedneault | QC | 86 | 2H | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 10.80 | 1.3 | Mason Foote | NS | 89 | 4 | Canada Games | Charlottetown , PEI | Aug 24 |
| 10.81 | 1.4 | Graeme Rinholm | SK | 85 | 2 | Saskatchewan Provincials | Saskatoon, SK | Jul 26 |
| 10.84 | 2.0 | Damian Warner | ON | 89 | 9H | AO Nationals Jr & Sr Qual | Toronto, ON | Jun 14 |
| 10.84 | 1.3 | Julian Reddy | AB | 88 | 5 | Canada Games | Charlottetown , PEI | Aug 24 |
| 10.85 | 0.0 | Justyn Warner | ON | 87 | 18H | LSU Tiger Relays | Fort Worth, TX | Mar 28 |
| 10.88 | -0.5 | Julian Reddy | AB | 88 | 23H | 2009 Sun Belt Conference | Murfreesboro, TN | May 10 |
| 10.88 | 0.4 | Michael Robertson | ON | 89 | 8 | High Performance Inv | Brockville, ON | May 30 |
| 10.89 | 1.7 | Seon Holmes | ON | 89 | 3H | Flying Angels Community Games | Toronto, ON | Aug 16 |
| 10.92 | 1.4 | Les Andersen | SK | 87 | 3 | Saskatchewan Provincials | Saskatoon, SK | Jul 26 |
| 10.98 | 1.4 | Julian Reddy | AB | 88 | 10 | 2009 Warhawk Classic | Monroe, LA | Apr 25 |
| 10.99 | 1.6 | Michael Giuffre | BC | 87 | 2 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 11.00 | 1.6 | Matt Stiver-Balla | ON | 84 | 9 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 11.00 | -2.0 | Nathan Labbe | ON | 88 | 4 | New Balance Athletic Series | Calgary, AB | May 03 |
| 11.03 | 0.4 | Michael Giuffre | BC | 87 | 1F4 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 11.04 | -2.4 | Hank Palmer | QC | 85 | 5 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 11.06 | 1.3 | Julian Reddy | AB | 88 | 23 | Alabama Relays | Tuscaloosa, AL | Mar 26 |
| 11.10 | -2.0 | Nathan Vadeboncoeur | MB | 84 | 6 | New Balance Athletics Series | Calgary, AB | May 03 |
| 11.11 | 0.9 | Kevin Lim | BC | 88 | 12 | Oregon Relays | Eugene, OR | Apr 25 |
| 11.11 | 0.7 | Ira Thomson | BC | 84 | 3F2 | Oregon Relays | Eugene, OR | Apr 25 |
| 11.12 | 1.6 | Mark Chenery | BC | 88 | 4 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 11.12 | 1.5 | Curtis Helmer-Peschier | ON | 89 | 15H | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 11.14 | -0.5 | Andrew Boss | BC | 89 | 5 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 11.16 | -0.1 | Michael Giuffre | BC | 87 | 3F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 11.19 | 0.9 | Mike Giuffre | BC | 87 | 5 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 11.20 | -0.5 | Curtis Helmer-Peschier | ON | 89 | 12 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 11.25 | -1.4 | Mike Giuffre | BC | 87 | 40 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 11.44 | 0.1 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 11.49 | 0.9 | Shawn Swartz | ON | 87 | 22 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 11.65 | 0.5 | Reid Gustavson | BC | 88 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 11.72 | 0.6 | Reid Gustavson | BC | 88 | 7 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 11.88 | 0.7 | Adam Street | BC | 76 | 8F2 | Oregon Relays | Eugene, OR | Apr 25 |
| 12.04 | -1.0 | Farhan Umedaly | BC | 81 | 3 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 12.13 | -0.6 | Reid Gustavson | BC | 88 | 12 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 12.32 | 0.7 | Doron Peynado | AB | 84 | 5 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 12.44 | 0.3 | Doron Peynado | AB | 84 | 3F2 | All Comers Meet #1 | Calgary, AB | May 27 |

100m - Junior

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|--------------------|------|-----|-----|--------------------------|----------------|--------|
| 10.47 | 1.6 | Oluwasegun Makinde | ON | 91 | 1 | OFSAA East Regionals | Brockville, ON | May 29 |
| 10.49 | 1.5 | Oluwasegun Makinde | ON | 91 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 10.54 | 1.3 | Dushane Farrier | ON | 90 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|--------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 10.58 | 0.7 | Dushane Farrier | ON | 90 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 10.61 | 1.1 | Dushane Farrier | ON | 90 | 5 | Asian Community Games | Toronto, ON | Jul 18 |
| 10.62 | 1.2 | Ramon Monsour | ON | 90 | 1 | OTTL Twilight Series #6 | Ottawa, ON | Jul 29 |
| 10.63 | 1.3 | Wayndale Bennett | ON | 90 | 1sf | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 10.64 | 1.3 | Rohan Stewart | BC | 90 | 1F3 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 10.65 | 1.5 | Phillip Hayle | ON | 91 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 10.67 | -1.4 | Dushane Farrior | ON | 90 | 1 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.70 | 1.8 | Oluwasegun Makinde | ON | 91 | 2H | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 10.70 | 0.3 | Oluwasegun Makinde | ON | 91 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 10.71 | 1.5 | Oluwasegun Makinde | ON | 91 | 1H | OFSAA East Regionals | Brockville, ON | May 29 |
| 10.71 | 0.7 | Carlisle Stanford | ON | 90 | 5 | AO Sr Champs | Windsor, ON | Jul 05 |
| 10.73 | -1.4 | Oluwasegun Makinde | ON | 91 | 3 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.73 | 1.3 | Wayndale Bennett | ON | 90 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 10.73 | 0.3 | Wayndale Bennett | ON | 90 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 10.74 | 0.0 | Oluwasegun Makinde | ON | 91 | 1S | NCSSAA East Conf Champ | Ottawa, ON | May 13 |
| 10.75 | -0.2 | Oluwasegun Makinde | ON | 91 | 1H | NCSSAA East Conf Champ | Ottawa, ON | May 13 |
| 10.77 | 1.3 | Carlisle Stanford | ON | 90 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 10.78 | 0.0 | Oluwasegun Makinde | ON | 91 | 1 | NCSSAA East Conf Champ | Ottawa, ON | May 13 |
| 10.78 | -0.6 | Wayndale Bennett | ON | 90 | 2H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 10.80 | -0.1 | Rohan Stewart | BC | 90 | 1F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 10.80 | 1.5 | Carlisle Stanford | ON | 90 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 10.81 | 1.3 | Tyler MacLeod | ON | 91 | 5 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 10.85 | 1.3 | Dmitry Issajenko | ON | 91 | 3 | Summer Twilight Series #3 | Toronto, ON | Jun 30 |
| 10.88 | 1.5 | Tyler MacLeod | ON | 91 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 10.88 | 0.3 | Leonae Nichol | ON | 90 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 10.89 | 0.3 | Andrew Nathan | BC | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 10.90 | -1.4 | Phillip Hayle | ON | 91 | 5 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.92 | -0.9 | Rohan Stewart | BC | 90 | 5 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 10.99 | -1.4 | Wayndale Bennett | ON | 90 | 6 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.99 | 1.5 | Vushaun Landrum | ON | 90 | 7 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 11.00 | -1.4 | Tyler MacLeod | ON | 91 | 8 | Festival of Excellence | Toronto, ON | Jun 11 |
| 11.05 | 1.6 | Norman Morton | BC | 90 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 11.05 | 0.3 | Vushaun Landrum | ON | 90 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 11.09 | 0.4 | Alex Hastings Mate | AB | 90 | 1F1 | All Comers Meet #1 | Calgary, AB | May 27 |
| 11.09 | 0.3 | Tyler MacLeod | ON | 91 | 8 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 11.12 | 1.0 | Derek Drouin | ON | 90 | 17 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 11.21 | -1.0 | Tyler MacLeod | ON | 91 | 2S | WECSAA T&F | Windsor, ON | May 14 |
| 11.25 | 0.7 | Ethan Rutley | BC | 90 | 5F2 | Oregon Relays | Eugene, OR | Apr 25 |
| 11.31 | -1.6 | Norman Morton | BC | 90 | 6 | Linfield Erik Anderson Icebreaker | McMinnville, OR | Mar 07 |
| 11.36 | -1.5 | Tyler MacLeod | ON | 91 | 1H | WECSAA T&F | Windsor, ON | May 14 |
| 11.36 | -2.2 | Alex Hastings Mate | AB | 90 | 1H2 | All Comers Meet #1 | Calgary, AB | May 27 |
| 11.52 | -1.0 | Randy Henley | NS | 90 | 5 | Disney World Invitational | Buena Vista, FL | Mar 21 |
| 11.58 | -0.4 | Jordan Kan | BC | 91 | 1F9 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 11.63 | 1.6 | Rohan Stewart | BC | 90 | 60 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------|------|-----|-----|---------------------------------------|--------------|--------|
| 11.91 | -1.0 | Tyler Morey | BC | 91 | 2F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 12.08 | 0.6 | Dylan Schoonover | BC | 91 | 8 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 12.09 | 1.6 | Ross Enns | BC | 90 | 9 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 12.09 | 0.1 | Ross Rnns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 12.10 | -0.1 | Dylan Schoonover | BC | 91 | 9 | PLU Invitational | Parkland, WA | Apr 18 |

100m – Youth

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------------|------|----------------------|------|-----|-----|---|------------------------|--------|
| 10.46 npcr | 0.7 | Aaron Brown | ON | 92 | 1Q4 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 10.47 | 1.3 | Akeem Haynes | AB | 92 | 1 | Canada Games | Charlottetown , PEI | Aug 24 |
| 10.49 | 1.3 | Aaron Brown | ON | 92 | 1S2 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 10.49 | 0.3 | Akeem Haynes | AB | 92 | 1 | Canadian Jr Champs | Charlottetown , PEI | Jul 18 |
| 10.55 | 1.3 | Aaron Brown | ON | 92 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 10.56 | -0.1 | Aaron Brown | ON | 92 | 1H4 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 10.59 | 1.0 | Akeem Haynes | AB | 92 | 1 | ASAA T&F Champs | Calgary, AB | Jun 06 |
| 10.60 | 1.5 | Aaron Brown | ON | 92 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 10.64 | 0.0 | Akeem Haynes | AB | 92 | 1 | New Balance Athletics #2 | Calgary, AB | May 24 |
| 10.72 | -1.0 | Akeem Haynes | AB | 92 | 2 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 10.73 | -1.4 | Aaron Brown | ON | 92 | 2 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.74 | -1.2 | Aaron Brown | ON | 92 | 2 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 10.75 | 0.6 | Akeem Haynes | AB | 92 | 2H | Calgary Spring Challenge | Calgary, AB | May 17 |
| 10.77 | 1.3 | Marlon Laidlaw-Allen | ON | 93 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 10.77 | -1.4 | Akeem Haynes | AB | 92 | 4 | Festival of Excellence | Toronto, ON | Jun 11 |
| 10.83 | -2.0 | Akeem Haynes | AB | 92 | 3 | New Balance Athletics Series | Calgary, AB | May 03 |
| 10.92 | 0,3 | Ike Omoruna | ON | 93 | 6 | Canadian Jr Champs | Charlottetown , PEI | Jul 18 |
| 10.93 | 0.8 | Jared Heldman | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 10.95 | 0.0 | Jared Heldman | BC | 92 | 1H | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 10.97 | 0.3 | Marlon Laidlaw-Allen | ON | 93 | 2h | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 10.98 | -0.1 | Jared Heldman | BC | 92 | 3h8 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 10.99 | -1.4 | Marlon Laidlaw-Allen | ON | 93 | 6 | Festival of Excellence | Toronto, ON | Jun 11 |
| 11.01 | -0.9 | Jared Heldman | BC | 92 | 7 | Lafarge Abbotsford Int'l | Abbotsford, BC | Jun 17 |
| 11.17 | 0.8 | Jared Heldman | BC | 92 | 7q1 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 11.17 | -1.7 | Tyler Hayle | ON | 93 | 1 | AO Bantam Mdgt Yth Champs | Timmins, ON | Jul 26 |
| 11.19 | -1.7 | Toluwalope Makinde | ON | 93 | 2 | AO Bantam Mdgt Yth Champs | Timmins, ON | Jul 26 |
| 11.33 | -0.3 | Toluwalope Makinde | ON | 93 | 4h | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 11.64 | 1.5 | Eugene Su | BC | 93 | 62 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |

200m

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|-------------------|------|-----|-----|--|------------------------|--------|
| 20.45 | 0.4 | Gavin Smellie | ON | 86 | 1 | NCAA I – MidEast Regionals | Louisville, KY | May 30 |
| 20.57 | -0.2 | Gavin Smellie | ON | 86 | 7S | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 20.58 | 1.1 | Gavin Smellie | ON | 86 | 1H2 | 2009 Sun Belt Conference | Murfreesboro, TN | May 10 |
| 20.65 | 0.7 | Gavin Smellie | ON | 86 | 1H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 20.65 | 0.6 | Sam Effah | AB | 88 | 1 | Canada Games | Charlottetown , PEI | Aug 24 |
| 20.67 | 0.9 | Gavin Smellie | ON | 86 | 1S1 | Universiade | Belgrade, SER | Jul 10 |
| 20.68 | 0.4 | Jared Connaughton | PEI | 85 | 1f1 | Vorbereitungs Sportfest | Dusseldorf, GER | Aug 10 |
| 20.71 | 1.2 | Brian Barnett | AB | 87 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |
| 20.71 | -0.7 | Gavin Smellie | ON | 86 | 3h9 | World Championships | Berlin, GER | Aug 18 |
| 20.73 | 1.5 | Gavin Smellie | ON | 86 | 1 | 2009 Sun Belt Conference | Murfreesboro, TN | May 10 |
| 20.74 | 1.0 | Sam Effah | AB | 88 | 1 | High Performance Inv | Brockville, ON | May 30 |
| 20.75 | -1.0 | Sam Effah | AB | 88 | 1 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 20.75 | -0.2 | Sam Effah | AB | 88 | 2S2 | Universiade | Belgrade, SER | Jul 10 |
| 20.76 | 0.7 | Jared Connaughton | PEI | 85 | 1 | OTTL Brook Twilight #4 | Ottawa, ON | Jul 15 |
| 20.77 | 1.2 | Jarid Vaughan | BC | 85 | 1 | 2009 Southland Conference | Austin, TX | May 10 |
| 20.78 | 1.2 | Jared Connaughton | PEI | 85 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 20.78 | 0.4 | Gavin Smellie | ON | 86 | 2f1 | Vorbereitungs Sportfest | Dusseldorf, GER | Aug 10 |
| 20.80 | -0.2 | Sam Effah | AB | 88 | 3h5 | World Championships | Berlin, GER | Aug 18 |
| 20.81 | 0.3 | Tyler Christopher | AB | 83 | 5R2 | Grande Premio Brasil Caixa | Belem, BRA | May 24 |
| 20.82 | -1.2 | Brian Barnett | AB | 87 | 1 | New Balance Athletics Series | Calgary, AB | May 03 |
| 20.82 | 0.2 | Brian Barnett | AB | 87 | 1 | Kajaks Review International | Richmond, BC | Jun 10 |
| 20.82 | -0.9 | Jared Connaughton | PEI | 85 | 1h8 | World Championships | Berlin, GER | Aug 18 |
| 20.83 | 0.1 | Sam Effah | AB | 88 | 5 | Universiade | Belgrade, SER | Jul 10 |
| 20.84 | 0.1 | Gavin Smellie | ON | 86 | 6 | Universiade | Belgrade, SER | Jul 10 |
| 20.85 | 0.4 | Sam Effah | AB | 88 | 1f2 | Vorbereitungs Sportfest | Dusseldorf, GER | Aug 10 |
| 20.87 | -0.0 | Jared Connaughton | PEI | 85 | 2 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 20.87 | 0.0 | Sam Effah | AB | 88 | 1 | New Balance Athletics Series Meet 2 | Calgary, AB | May 24 |
| 20.92 | 1.6 | Richard Adu-Bobie | ON | 85 | 10 | Texas Invitational 2009 | Austin, TX | May 02 |
| 20.92 | 0.6 | Daniel Harper | ON | 89 | 2 | Canada Games | Charlottetown , PEI | Aug 24 |
| 20.93 | 0.5 | Oluseyi Smith | ON | 87 | 4r2 | Athletic AG | Geneve, SUI | Jun 06 |
| 20.95 | 0.7 | Jared Connaughton | PEI | 85 | 1H | Canadian National Champs | Toronto, ON | Jun 28 |
| 20.96 | -1.6 | Gavin Smellie | ON | 86 | 5 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 20.96 | 1.0 | Sam Effah | AB | 88 | 1h1 | Universiade | Belgrade, SER | Jul 09 |
| 20.97 | 1.4 | Oluseyi Smith | ON | 87 | 2r2 | Papaflessia | Kalamata, GRE | May 30 |
| 20.97 | 1.6 | Sam Effah | AB | 88 | 1h2 | Universiade | Belgrade, SER | Jul 09 |
| 20.98 | 1.4 | Tyler Christopher | AB | 83 | 3R2 | GP Rio Caixa de Atletismo | Rio de Janeiro, BRA | May 17 |
| 20.99 | -1.2 | Sam Effah | AB | 88 | 2 | New Balance Athletics Series | Calgary, AB | May 03 |
| 21.00 | 0.1 | Oluseyi Smith | ON | 87 | 2 | McCain Loughborough International | Loughborough , UK | May 17 |
| 21.02 | 1.2 | Sam Effah | AB | 88 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 21.03 | 1.6 | Sam Effah | AB | 88 | 2H | Canadian National Champs | Toronto, ON | Jun 28 |
| 21.03 | 0.6 | Tyrone Halstead | ON | 89 | 3 | Canada Games | Charlottetown , PEI | Aug 24 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------------|------|-----|-----|--|--------------------|--------|
| 21.06 | 0.0 | Tyler Christopher | ON | 85 | 7R1 | GP Caixa | Uberlandia, BRA | May 20 |
| 21.11 | 0.6 | Richard Adu-Bobie | ON | 85 | 7 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 21.13 | 1.0 | Richard Adu-Bobie | ON | 85 | 2 | High Performance Inv | Brockville, ON | May 30 |
| 21.13 | 1.2 | Oluseyi Smith | ON | 87 | 4 | Canadian National Champs | Toronto, ON | Jun 28 |
| 21.19 | 0.4 | Sam Effah | AB | 88 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 21.27 | -1.4 | Sam Effah | AB | 88 | 1H | Calgary Spring Challenge | Calgary, AB | May 17 |
| 21.30 | 0.6 | Michael Robertson | ON | 89 | 1 | Ottawa Springtime Open | Ottawa, ON | May 17 |
| 21.34 | 0.6 | Joel Senick | SK | 89 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 21.36 | -0.5 | Shannon King | ON | 86 | 1 | University of Windsor Open | Windsor, ON | May 16 |
| 21.44 | -0.3 | Jarid Vaughan | BC | 85 | 2H | 2009 Southland Conference | Austin, TX | May 10 |
| 21.48 | -0.3 | Daniel Harper | ON | 89 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 21.50 | 0.7 | Joel Senick | SK | 89 | 2H | 2009 America East Outdoor T&F | Binghamton, NY | May 03 |
| 21.63 | 1.2 | Don Pitter | ON | 82 | 1 | Asian Community Games | Toronto, ON | Jul 18 |
| 21.71 | -0.1 | Joel Senick | SK | 89 | 4 | 2009 America East Outdoor T&F | Binghamton, NY | May 03 |
| 21.74 | -2.1 | Nathan Vadeboncoeur | MB | 84 | 2H2 | 2009 BYU Robinson Invit | Provo, UT | Apr 23 |
| 21.74 | 1.2 | Jason Kerr | ON | 86 | 2 | Asian Community Games | Toronto, ON | Jul 18 |
| 21.75 | -1.2 | Nathan Vadeboncoeur | MB | 84 | 3 | New Balance Athletics Series | Calgary, AB | May 03 |
| 21.82 | 2.0 | Andrew Boss | BC | 89 | 2F3 | 1 st Annual Bryan Clay Invit | Azusa, CA | Apr 17 |
| 21.83 | 1.1 | Julian Reddy | AB | 88 | 17H | 2009 Sun Belt Conference | Murfreesboro, TN | May 10 |
| 21.94 | 2.0 | Julian Reddy | AB | 88 | 7 | 2009 Warhawk Classic | Monroe, LA | Apr 25 |
| 21.96 | -1.8 | Quin Ferguson | MB | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 21.97 | -0.4 | Andrew Boss | BC | 89 | 1 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 22.02 | 0.1 | Andrew Boss | BC | 89 | 3 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 22.04 | 0.9 | Joel Senick | SK | 89 | 4 | Husky Select Invit | Storrs, CT | Apr 18 |
| 22.07 | 0.1 | Julian Reddy | AB | 88 | 39 | Old Miss Invitational | Oxford, MS | Apr 11 |
| 22.08 | 0.0 | Dontae Richards-Kwok | ON | 89 | 4 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 22.12 | 1.7 | Curtis Helmer-Peschier | ON | 89 | 9 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.24 | 0.9 | Ira Thomson | BC | 84 | 6F1 | Oregon Relays | Eugene, OR | Apr 25 |
| 22.30 | 1.9 | Evan Kimick | AB | 89 | 1 | AB T&F Champs | Edmonton, AB | Jul 05 |
| 22.31 | 0.4 | Abdulhafeez Sumani | AB | 88 | 3 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 22.31 | 1.5 | Andre Pelland | ON | 89 | 13 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.35 | -0.2 | Jamie Adjetey-Nelson | ON | 84 | 25 | Jesse Owens Track Classic | Columbus, OH | May 02 |
| 22.37 | -1.8 | Ricardo Charles | AB | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 22.38 | 1.1 | Tyson Unruh | SK | 89 | 1F4 | 1 st Annual Bryan Clay Invit | Azusa, CA | Apr 17 |
| 22.42 | -1.8 | Kevin Lim | BC | 88 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 22.45 | -2.5 | Julian Reddy | AB | 88 | 19 | Alabama Relays | Tuscaloosa, AL | Mar 26 |
| 22.49 | -0.4 | Michael Giuffre | BC | 87 | 4 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 22.55 | -0.1 | Andrew Boss | BC | 89 | 3 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 22.55 | -1.0 | Evan Kimick | AB | 89 | 4 | Calgary Spring Challenge | Calgary, AB | May 16 |
| 22.55 | -1.8 | Landon Hretsina | SK | 89 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 22.56 | -1.8 | David Szczepaniak | MB | 88 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 22.67 | 0.0 | Andrew Boss | BC | 89 | 3 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 22.73 | -0.4 | Tyson Unruh | SK | 89 | 5 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 22.79 | -1.2 | Nathan Labbe | MB | 88 | 5 | New Balance Athletic Series | Calgary, AB | May 03 |
| 23.02 | 0.1 | Tyson Unruh | SK | 89 | 5 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 23.07 | 0.3 | David Mayer | ON | 88 | 18 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 23.20 | 0.3 | Shawn Swartz | ON | 87 | 21 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 23.23 | -0.1 | Tyson Unruh | SK | 89 | 5 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 23.23 | -1.0 | Andrew Boss | BC | 89 | 43 | VS Athletics-Long Beach | Norwalk, CA | Apr 18 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|--------------|------|-----|-----|---|-------------|--------|
| 23.24 | -0.4 | Tyson Unruh | SK | 89 | 44 | Invitational VS Athletics-Long Beach | Norwalk, CA | Apr 18 |
| 23.24 | 2.0 | David Mayer | ON | 88 | 20 | Invitational Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 23.35 | -0.8 | Duncan Bays | BC | 88 | 1F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 23.42 | 2.0 | Shawn Swartz | ON | 87 | 22 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |

200m – Junior

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|--------------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 20.99 | 0.4 | Oluwasegun Makinde | ON | 91 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 21.20 | 0.6 | Rohan Stewart | BC | 90 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 21.24 | 1.9 | Rohan Stewart | BC | 90 | 1F2 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 21.24 | 1.4 | Rohan Stewart | BC | 90 | 7 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 21.27 | 1.9 | Oluwasegun Makinde | ON | 91 | 1 | OFSAA East Regionals | Brockville, ON | May 29 |
| 21.28 | 0.5 | Oluwasegun Makinde | ON | 91 | 1H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 21.29 | 1.4 | Oluwasegun Makinde | ON | 91 | 8 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 21.36 | 1.0 | Wayndale Bennett | ON | 90 | 7 | Canadian National Champs | Toronto, ON | Jun 28 |
| 21.43 | 0.4 | Wayndale Bennett | ON | 90 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 21.53 | -2.5 | Rohan Stewart | BC | 90 | 3H2 | Jeux de la Francophonie | Beirut, LIB | Oct 01 |
| 21.55 | 0.1 | Rohan Stewart | BC | 90 | 1F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 21.56 | 0.4 | Tyler MacLeod | ON | 91 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 21.56 | -3.0 | Oluwasegun Makinde | ON | 91 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 21.62 | -1.0 | Oluwasegun Makinde | ON | 91 | 1H | NCSSAA East Conf Champ | Ottawa, ON | May 13 |
| 21.70 | -1.1 | Oluwasegun Makinde | ON | 91 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 21.74 | 0.0 | Oluwasegun Makinde | ON | 91 | 1 | NCSSAA East Conf Champ | Ottawa, ON | May 13 |
| 21.83 | 0.8 | Wayndale Bennett | ON | 90 | 4H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 21.85 | 1.9 | Oluwasegun Makinde | ON | 91 | 1H | OFSAA East Regionals | Brockville, ON | May 29 |
| 21.98 | 1.9 | Tyler MacLeod | ON | 91 | 1 | WECSSAA | Windsor, ON | May 12 |
| 21.98 | 0.5 | Michael Trnkus | ON | 91 | 5H | OFSAA T&F Champs | Toronto, ON | Jun 06 |
| 21.98 | 0.0 | Phillip Perron-Roelandts | QC | 90 | 1 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 22.00 | 0.4 | Michael Trnkus | ON | 91 | 5 | OFSAA T&F Champs | Toronto, ON | Jun 06 |
| 22.01 | -3.0 | Tyler MacLeod | ON | 91 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.02 | 0.0 | Phillip Perron-Roelandts | QC | 90 | 1 | Soiree Select #1 | Saint-Laurent, QC | May 23 |
| 22.05 | -3.0 | Wayndale Bennett | ON | 90 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.08 | 1.2 | Dmitry Issajenko | ON | 91 | 3 | Asian Community Games | Toronto, ON | Jul 18 |
| 22.09 | -0.1 | Wayndale Bennett | ON | 90 | 2H | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.17 | -1.0 | Phillip Hayle | ON | 91 | 4H | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.34 | 1.4 | Christian Desulme | ON | 90 | 2 | Soiree Select #1 | Saint-Laurent, QC | May 23 |
| 22.76 | 0.6 | Vushaun Landrum | ON | 90 | 10H | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 22.89 | -0.6 | Alex Hastings | AB | 90 | 2 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 22.90 | 0.8 | Sheldon Seymour | BC | 91 | 2 | World Athletics Day | Surrey, BC | May 20 |
| 22.93 | -2.1 | Norman Morton | BC | 90 | 2 | Linfield Erik Anderson Icebreaker | McMinnville, OR | Mar 07 |
| 23.31 | -0.1 | Alex Hastings | AB | 90 | 2H | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 23.65 | -0.8 | Tyler Morey | BC | 91 | 3F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 24.88 | -0.6 | Dylan Schoonover | BC | 91 | 13 | PLU Invitational | Parkland, WA | Apr 18 |

200m – Youth

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------------|------|----------------------|------|-----|-----|--------------------------|----------------|--------|
| 21.41 npcr | -0.6 | Akeem Haynes | AB | 92 | 1 | ASAA T&F Champs | Calgary, AB | Jun 06 |
| 21.48 | 0.0 | Aaron Brown | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 21.72 | 1.8 | Marlon Laidlaw-Allen | ON | 93 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 21.86 | -1.0 | Akeem Haynes | AB | 92 | 2 | Calgary Spring Challenge | Calgary, AB | May 17 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------------|------|-----|-----|------------------------------|----------------|--------|
| 21.88 | 0.0 | Marlon Laidlaw-Allen | ON | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 21.93 | 0.6 | Marlon Laidlaw-Allen | ON | 93 | 6s1 | World Youth Champs | Sudtirol, ITA | Jul 11 |
| 21.94 | 0.4 | Marlon Laidlaw-Allen | ON | 93 | 5h9 | World Youth Champs | Sudtirol, ITA | Jul 10 |
| 21.97 | 0.0 | Jared Heldman | BC | 92 | 1H | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 22.01 | 0.0 | Akeem Haynes | AB | 92 | 2H | Calgary Spring Challenge | Calgary, AB | May 17 |
| 22.12 | 0.8 | Jared Heldman | BC | 92 | 1 | World Athletics Day | Surrey, BC | May 20 |
| 22.15 | 0.2 | Jared Heldman | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 22.15 | -0.6 | Toluwalope Makinde | ON | 93 | 1 | AO Bantam Mdgt Yth Champs | Timmins, ON | Jul 26 |
| 22.23 | 0.0 | Toluwalope Makinde | ON | 93 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 22.77 | 0.0 | Matthew Fitkowsky | MB | 93 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 22.79 | 0.0 | Christopher Sutherland | BC | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 22.94 | 0.6 | Adam Gaudes | NB | 92 | 1 | NBIAA Champs | Gagetown, NB | Jun 06 |
| 23.17 | -3.2 | Garrett King | AB | 93 | 1 | Alberta Prov Champs | Edmonton, AB | Jul 05 |
| 23.24 | 1.1 | Eugene Su | BC | 93 | 2H8 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 23.29 | -1.6 | Garrett King | AB | 93 | 2 | ASAA T&F Champs | Calgary, AB | Jun 06 |
| 23.39 | 1.0 | Garrett King | AB | 93 | 2H | ASAA T&F Champs | Calgary, AB | Jun 06 |
| 23.39 | -3.2 | Ryan McKay | AB | 93 | 2 | Alberta Prov Champs | Edmonton, AB | Jul 05 |
| 23.59 | -3.2 | Alfred Kamara | AB | 92 | 3 | Alberta Prov Champs | Edmonton, AB | Jul 05 |
| 23.62 | -0.1 | Garrett King | AB | 93 | 1 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 23.66 | 0.0 | Garrett King | AB | 93 | 1H | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 24.92 | 1.1 | Karn Kang | BC | 92 | 7H8 | Bryan Clay Invitational | Azusa, CA | Apr 17 |

400m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|---------------------|------|-----|-----|--|-----------------------|--------|
| 45.85 | Tyler Christopher | AB | 83 | 2 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 46.20 | Tyler Christopher | AB | 83 | 5 | Festival of Excellence | Toronto, ON | Jun 11 |
| 46.22 | Daniel Harper | ON | 89 | 3 | Universiade | Belgrade, SER | Jul 11 |
| 46.42 | Daniel Harper | ON | 89 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 46.52 | Nathan Vadeboncoeur | MB | 84 | 1H2 | 2009 BYU Robinson Invit | Provo, UT | Apr 23 |
| 46.72 | Daniel Harper | ON | 89 | 1 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 46.84 | Michael Robertson | ON | 89 | 2 | AO Jr & Sr Qual | Toronto, ON | Jun 14 |
| 46.93 | Nathan Vadeboncoeur | MB | 84 | 5 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 46.93 | Daniel Harper | ON | 89 | 2S1 | Universiade | Belgrade, SER | Jul 08 |
| 49.96 | Michael Robertson | ON | 89 | 1 | SLU Twilight | Canton, NY | May 09 |
| 46.99 | Nathan Vadeboncoeur | MB | 84 | 5S2 | Universiade | Belgrade, SER | Jul 08 |
| 47.00 | Nathan Vadeboncoeur | MB | 84 | 5 | Papaflessia | Kalamata, GRE | May 30 |
| 47.06 | Nathan Vadeboncoeur | MB | 84 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 47.06 | Daniel Harper | ON | 89 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 47.15 | Daniel Harper | ON | 89 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 47.19 | Nathan Vadeboncoeur | MB | 84 | 3r2 | Venzelia | Chania, GRE | Jun 01 |
| 47.20 | Michael Robertson | ON | 89 | 1 | High Performance Inv | Brockville, ON | May 30 |
| 47.20 | Nathan Vadeboncoeur | MB | 84 | 2H1 | Universiade | Belgrade, SER | Jul 07 |
| 47.26 | Joel Senick | SK | 89 | 2 | 2009 America East Outdoor T&F | Binghamton, NY | May 03 |
| 47.27 | Daniel Harper | ON | 89 | 1H | Canadian National Champs | Toronto, ON | Jun 26 |
| 47.31 | Michael Robertson | ON | 89 | 2 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 47.32 | Daniel Harper | ON | 89 | 1 | Summer Twilight Series Meet #1 | Toronto, ON | May 20 |
| 47.32 | Daniel Harper | ON | 89 | 1H2 | Universiade | Belgrade, SER | Jul 07 |
| 47.32 | Quin Ferguson | MB | 88 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 47.38 | Nathan Vadeboncoeur | MB | 84 | 3 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 17 |
| 47.42 | Andrew Dargie | AB | 87 | 6 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 47.43 | Joel Senick | SK | 89 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 47.52 | Quin Ferguson | MB | 88 | 2 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 47.53 | Gary Reed | BC | 81 | 3 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 47.56 | Quin Ferguson | MB | 88 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 47.60 | Joel Senick | SK | 89 | 1H | 2009 America East Outdoor T&F | Binghamton, NY | May 03 |
| 47.64 | Tyler Christopher | AB | 83 | 2H | Canadian National Champs | Toronto, ON | Jun 26 |
| 47.67 | Trent Ratzlaff | AB | 86 | 3 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 47.72 | Quin Ferguson | MB | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 47.77 | Trent Ratzlaff | AB | 86 | 2 | UCSD Triton Inv | La Jolla, CA | Apr 24 |
| 47.78 | Trent Ratzlaff | AB | 86 | 6 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 47.78 | Joel Senick | SK | 89 | 1 | New England Outdoor Championships | Amherst, MA | May 08 |
| 47.85 | Joel Senick | SK | 89 | 1H | New England Outdoor Championships | Amherst, MA | May 08 |
| 47.87 | Trent Ratzlaff | AB | 86 | 4 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 17 |
| 47.94 | Joel Halcro | BC | 82 | 5S1 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 21 |
| 47.97 | Andrew Boss | BC | 89 | 6S2 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 23 |
| 48.13 | Trent Ratzlaff | AB | 86 | 1 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 48.23 | Joel Halcro | BC | 82 | 2H1 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 21 |
| 48.25 | Trent Ratzlaff | AB | 86 | 1 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 48.27 | Daniel Harper | ON | 89 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 48.34 | Andrew Dargie | AB | 87 | 1 | 115 th Big Meet | Stanford, CA | Apr 18 |
| 48.34 | Nathan Vadeboncoeur | MB | 84 | 3H | Canadian National Champs | Toronto, ON | Jun 26 |
| 48.37 | Andrew Boss | BC | 89 | 3H1 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 23 |
| 48.37 | Abdulhafeez Sumani | AB | 88 | 1 | New Balance Athletic Series Meet #2 | Calgary, AB | May 24 |
| 48.38 | Andrew Dargie | AB | 87 | 4 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 48.40 | Kevin Lim | BC | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 48.43 | Mark Harris | ON | 83 | 1 | Asian Community Games | Toronto, ON | Jul 18 |
| 48.45 | Mark Harris | ON | 83 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 48.45 | Joel Senick | SK | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|----------------------|------|-----|-----|--|--------------------|--------|
| 48.47 | Mitchell Tome | ON | 89 | 1 | Windsor Twilight #1 | Windsor, ON | Jun 23 |
| 48.50 | Trent Ratzlaff | AB | 86 | 4r1 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 48.50 | Biano Richard | QC | 88 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 48.54 | Landon Hretsina | SK | 89 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 48.56 | Andrew Boss | BC | 89 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 48.56 | Kevin Lim | BC | 88 | 5 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 48.59 | Joel Senick | SK | 89 | 6 | Spec Towns National Team Invit | Athens, GA | Apr 11 |
| 48.62 | Mike Saizew | AB | 87 | 2 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 48.65 | Mark Harris | ON | 83 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 48.68 | Mark Harris | ON | 83 | 3 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 48.69 | Evan Kimick | AB | 89 | 2 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 48.75 | Andrew Dargie | AB | 87 | 19 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 48.76 | Tyson Unruh | SK | 89 | 18H | NAIA Outdoor T&F Champ | Edwardsville, IL | May 21 |
| 48.78 | Abdulhafeez Sumani | AB | 88 | 1 | New Balance Athletic Series Meet #3 | Calgary, AB | Jun 07 |
| 48.78 | Kyle Smith | ON | 85 | 2 | American Sprint Club Series | Indianapolis, IN | Jun 13 |
| 48.78 | Andre Pelland | ON | 89 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 48.87 | Joel Senick | SK | 89 | 1 | Husky Select Invit | Storrs, CT | Apr 18 |
| 48.89 | Tyson Unruh | SK | 89 | 5F1 | 1 st Annual Bryan Clay Invit | Azusa, CA | Apr 17 |
| 48.89 | Andrew Boss | BC | 90 | 14 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 48.91 | Evan Kimick | AB | 89 | 2 | New Balance Athletic Series Meet #3 | Calgary, AB | Jun 07 |
| 48.96 | Joel Senick | SK | 89 | 3 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 48.98 | Andrew Boss | BC | 89 | 3F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 49.02 | Andrew Boss | BC | 89 | 3F2 | 1 st Annual Bryan Clay Invit | Azusa, CA | Apr 17 |
| 49.03 | Kyle Murray | AB | 89 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 49.16 | Bianco Richard | QC | 88 | 1 | Crepuscule Fleur De Lys | Montreal, QC | May 09 |
| 49.24 | Evan Kimick | AB | 89 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 49.25 | Abdulhafeez Sumani | AB | 88 | 3 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 49.27 | Dontae Richards-Kwok | ON | 89 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 49.30 | Tyson Unruh | SK | 89 | 4F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 49.38 | Tyson Unruh | SK | 89 | 6F1 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 49.43 | Brendan Dills | ON | 88 | 6 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 49.48 | Andrew Boss | BC | 89 | 7F1 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 49.48 | Dustin Gamble | ON | 85 | 7 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 49.52 | Nick Vaartnou | BC | 88 | 17 | 2009 Steve Scott Inv | Irvine, CA | May 03 |
| 49.53 | Nick Vaartnou | BC | 88 | 13 | UCSD Triton Inv | La Jolla, CA | Apr 24 |
| 49.56 | Andrew Young | ON | 81 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 49.61 | Tyson Unruh | SK | 89 | 22 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 49.64 | Tyson Unruh | SK | 89 | 1 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 49.64 | Evan Kimick | AB | 89 | 5 | Calgary Spring Challenge | Calgary, AB | May 16 |
| 49.73 | Andrew Boss | BC | 89 | 2 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 49.81 | Tyson Unruh | SK | 89 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 49.85 | Andre Pelland | ON | 89 | 5 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 50.09 | Tyson Unruh | SK | 89 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 50.58 | Jared Lewis | ON | 83 | 6 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 50.83 | Reid Gustavson | BC | 88 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 51.04 | Reid Gustavson | BC | 88 | 2 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 51.48 | David Mayer | ON | 88 | 17 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 51.79 | David Mayer | ON | 88 | 8 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 52.05 | Duncan Bays | BC | 88 | 3F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 55.55 | Chad Hipwell | BC | 86 | 4 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 58.35 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |

400m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------|-----|-----|-----------|----------|------|
|------|------|------|-----|-----|-----------|----------|------|

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|---------------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 47.37 | Andre Hamilton | ON | 90 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 47.58 | Michael Trnkus | ON | 91 | 6 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 47.61 | Andre Hamilton | ON | 90 | 9H | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 47.69 | Andre Hamilton | ON | 90 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 47.71 | Michael Trnkus | ON | 91 | 4 | Canadian National Champs | Toronto, ON | Jun 28 |
| 47.72 | Michael Trnkus | ON | 91 | 6H | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 47.85 | Rohan Stewart | BC | 90 | 3 | Lafarge Int'l Track Meet | Abbotsford, BC | Jun 17 |
| 47.96 | Rohan Stewart | BC | 90 | 1F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 48.01 | Michael Trnkus | ON | 91 | 1 | AO National Jr & Sr Qual | London, ON | Jun 13 |
| 48.03 | Michael Trnkus | ON | 91 | 4H | Canadian National Champs | Toronto, ON | Jun 28 |
| 48.12 | Rohan Stewart | BC | 90 | 1F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 48.15 | Philip Perron-Roelandts | QC | 90 | 1 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 48.20 | Michael Trnkus | ON | 91 | 1H | OFSAA T&F Champs | Toronto, ON | Jun 04 |
| 48.24 | Michael Trnkus | ON | 91 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 04 |
| 48.29 | Michael Trnkus | ON | 91 | 1 | GHAC | Burlington, ON | May 20 |
| 48.35 | Joseph Triumbari | ON | 91 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 48.54 | Gabriel El Hanbli | QC | 90 | 1 | Soiree NCAA | Nice, FRA | Jun 03 |
| 48.61 | Michael Trnkus | ON | 91 | 2F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 48.85 | Andre Hamilton | ON | 90 | 3F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 49.05 | Joseph Triumbari | ON | 91 | 4F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 49.18 | Philip Osei | ON | 90 | 2 | Asian Community Games | Toronto, ON | Jul 18 |
| 49.24 | Philippe Perron-Roelandts | QC | 90 | 5F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 49.30 | Gabriel El Hanbli | QC | 90 | 2 | Crepuscule Fleur De Lys | Montreal, QC | May 09 |
| 49.38 | Dushane Farrier | ON | 90 | 2 | TDCAA T&F Champ | Toronto, ON | May 19 |
| 48.39 | Andre Hamilton | ON | 90 | 2 | AO National Jr & Sr Qual | London, ON | Jun 13 |
| 49.48 | Rowan Forseth | BC | 91 | 2 | Langley Pacific Inv | Langley, BC | Jun 21 |
| 49.49 | Anthony Romaniv | ON | 91 | 5 | AO National Jr & Sr Qual | London, ON | Jun 13 |
| 49.42 | Anthony Romaniv | ON | 91 | 2 | GHAC | Burlington, ON | May 20 |
| 49.46 | Andre Hamilton | ON | 90 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 49.71 | Jeffrey Homer | AB | 90 | 3 | New Balance Athletic Series Meet #3 | Calgary, AB | Jun 07 |
| 50.03 | Trent Sayers | ON | 90 | 1 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 50.03 | Jordan Langridge | ON | 90 | 4 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 50.14 | Richard West | ON | 90 | 5 | Asian Community Games | Toronto, ON | Jul 18 |
| 50.34 | Jamie McMaster | MB | 91 | 2 | MHSAA | Winnipeg, MB | Jun 05 |
| 50.37 | Jordan Langridge | ON | 90 | 2 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 50.90 | Brett Montrose | BC | 91 | 6 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 51.25 | Randy Henley | NS | 90 | 2 | Disney World Invitational | Buena Vista, FL | Mar 21 |
| 51.54 | John Pratt | BC | 90 | 28 | 2009 Steve Scott Inv | Irvine, CA | May 03 |
| 51.58 | Tim Smith | BC | 91 | 49 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 51.66 | Hubert Chevrette-Belisle | QC | 90 | 6 | Soiree NCAA | Nice, FRA | Jun 03 |
| 51.86 | Ethan Rutley | BC | 90 | 4F6 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 51.89 | Jason Steward | AB | 90 | 1 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 51.97 | Randy Henley | NS | 90 | 5 | Disney Showcase | Buena Vista, FL | Mar 14 |
| 52.03 | Alex Hastings | AB | 90 | 2 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 52.69 | Ryan Leigh | BC | 91 | 8 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 53.01 | Andrew Tree | NB | 91 | 32h | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 53.13 | Derek Drouin | ON | 90 | 12 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 53.56 | Brynlynn Pitt | BC | 90 | 5F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 54.02 | Randy Henley | NS | 90 | 5 | NTC Collegiate Series #1 | Clermont, FL | Mar 07 |
| 54.19 | Ross Enns | BC | 90 | 6F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 54.71 | Ross Enns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |

400m - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|----------------|------|-----|-----|------------------|-------------|--------|
| 47.77 | Alistair Moona | ON | 92 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 04 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|----------------------|------|-----|-----|---|--------------------|--------|
| 48.25 | Alistair Moona | ON | 92 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 48.55 | Benjamin Ayesu-Attah | ON | 93 | 3H1 | World Youth Champs | Sudtiro, ITA | Jul 08 |
| 48.57 | Alistair Moona | ON | 92 | 2H | OFSAA T&F Champs | Toronto, ON | Jun 04 |
| 48.72 | Benjamin Ayesu-Attah | ON | 93 | 7H2 | World Youth Champs | Sudtiro, ITA | Jul 09 |
| 48.89 | Benjamin Ayesu-Attah | BC | 93 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 48.92 | Adam Gaudes | NB | 92 | 3 | New Balance Boston Twilight Series | Waltham, MA | Jun 13 |
| | | | | | #3 | | |
| 49.01 | Benjamin Ayesu-Attah | ON | 93 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 49.09 | Tremaine Harris | ON | 92 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 04 |
| 49.24 | Tremaine Harris | ON | 92 | 4 | AO National Jr & Sr Qual | London, ON | Jun 13 |
| 49.32 | Adam Gaudes | NB | 92 | 1 | NBIAA Champs | Gagetown, NB | Jun 06 |
| 49.46 | Matthew Fitkowsky | MB | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 49.56 | Tremaine Harris | ON | 92 | 7H | OFSAA T&F Champs | Toronto, ON | Jun 04 |
| 49.62 | Benjamin Ayesu-Attah | BC | 93 | 1 | 2009 Valley Royals HS Inv | Abbotsford, BC | May 02 |
| 49.64 | Devin Biocchi | ON | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 49.67 | Daniel Drozdowsky | ON | 92 | 3 | TDCAA T&F Champ | Toronto, ON | May 19 |
| 49.73 | Adam Gaudes | NB | 92 | 5H4 | World Youth Champs | Sudtiro, ITA | Jul 08 |
| 50.03 | Benjamin Ayesu-Attah | BC | 93 | 3H | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 50.06 | Daniel Drozdowsky | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 50.22 | Adam Gaudes | NB | 92 | 7F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 50.27 | Eracles Glaude | QC | 93 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 50.38 | Chris Sutherland | BC | 92 | 1 | Fraser Valley T&F Championships | Langley, BC | May 14 |
| 50.40 | Joseph McDonough | ON | 93 | | MB Canada Games Trials | Winnipeg, MB | Jul 04 |
| 50.46 | Evan Roesch | AB | 92 | 1 | AB Outdoor Champs | Edmonton, AB | Jul 05 |
| 50.53 | Matthew Fitkowsky | MB | 93 | 1 | MB Canada Games Trials | Winnipeg, MB | Jul 04 |
| 50.56 | Benjamin Ayesu-Attah | BC | 93 | 1 | Fraser Valley T&F Championships | Langley, BC | May 14 |
| 50.56 | Joseph Brunetta | QC | 93 | 5 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 50.76 | Stuart Ellenwood | BC | 93 | 2 | 2009 Valley Royals HS Inv | Abbotsford, BC | May 02 |
| 50.81 | Stuart Ellenwood | BC | 93 | 2 | Fraser Valley T&F Championships | Langley, BC | May 14 |
| 50.92 | Benjamin Ajugo | AB | 92 | 2 | AB Outdoor Champs | Edmonton, AB | Jul 05 |
| 50.95 | Spencer Smith | PEI | 92 | 3F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 50.99 | Devin Viocchi | ON | 92 | 4F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 51.23 | Stuart Ellenwood | BC | 93 | 5F2 | Oregon Preview | Eugene, OR | Mar 21 |
| 51.60 | Stuart Ellenwood | BC | 93 | 1 | 35 th Annual Don Holder Invitational | Yakima, WA | Mar 28 |
| 51.69 | Benjamin Ajugo | AB | 92 | 1 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 51.75 | Terrence Sampson | MB | 92 | 3 | MHSAA | Winnipeg, MB | Jun 05 |
| 51.76 | Garret King | AB | 93 | 3 | AB Outdoor Champs | Edmonton, AB | Jul 05 |
| 51.79 | Cameron MacLennan | NS | 92 | 28H | AO Jr & Sr Qual | London, ON | Jun 14 |
| 52.62 | Nick Blackburn | BC | 93 | 1 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 52.76 | Nick Blackburn | BC | 93 | 1 | Bob Dailey Meet 2009 | Port Alberni, BC | May 02 |
| 52.79 | Cameron MacLennan | NS | 92 | 4 | Disney World Invitational | Buena Vista, FL | Mar 21 |
| 52.82 | Sean Keane | BC | 93 | 1 | Langley Pacific Inv | Langley, BC | Jun 21 |
| 53.2 | Doug Patterson | AB | 92 | 1 | Avond Meeting | Ninove, BEL | Jul 24 |
| 53.41 | Trent Corney | ON | 93 | 1 | RCL Ontario Champs - Octathlon | Hamilton, ON | Jun 11 |
| 53.48 | Travis Vugteveen | BC | 92 | 6 | 35 th Annual Don Holder Invitational | Yakima, WA | Mar 28 |
| 55.12 | Elijah Bond | NS | 93 | 14 | Disney World Invitational | Buena Vista, FL | Mar 21 |
| 55.35 | Alex Economou | BC | 93 | 12 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 56.33 | Cam Kroeker | BC | 93 | 13 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |

800m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|------|--|-------------------|--------|
| 1:43.95 | Gary Reed | BC | 81 | 3 | Athens Grand Prix | Athens, GRE | Jul 13 |
| 1:44.26 | Gary Reed | BC | 81 | 5 | Weltklasse Zürich | Zürich, SUI | Aug 28 |
| 1:45.23 | Gary Reed | BC | 81 | 2 | World Athletics Final | Thessaloniki, GRE | Sep 12 |
| 1:45.40 | Gary Reed | BC | 81 | 4 | Athletissima 2009 | Lausanne, SUI | Jul 07 |
| 1:45.60 | Gary Reed | BC | 81 | 4sf3 | World Championships | Berlin, GER | Aug 21 |
| 1:45.76 | Gary Reed | BC | 81 | 1h3 | World Championships | Berlin, GER | Aug 20 |
| 1:45.85 | Gary Reed | BC | 81 | 1 | Aviva London Grand Prix | London, GBR | Jul 24 |
| 1:45.95 | Gary Reed | BC | 81 | 1 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 1:46.22 | Gary Reed | BC | 81 | 2 | 2009 Reebok Grand Prix | New York, NY | May 30 |
| 1:46.37 | Gary Reed | BC | 81 | 4 | Prefontaine Classic | Eugene, OR | Jun 07 |
| 1:46.61 | Nate Brannen | ON | 82 | 9 | Athens Grand Prix | Athens, GRE | Jul 13 |
| 1:46.70 | Nate Brannen | ON | 82 | 5 | 2009 Reebok Grand Prix | New York, NY | May 30 |
| 1:47.45 | Gary Reed | BC | 81 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 1:49.9 | Geoff Harris | NS | 87 | 6r2 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 1:47.99 | Geoff Harris | NS | 87 | 6 | Festival of Excellence | Toronto, ON | Jun 11 |
| 1:48.11 | Geoff Harris | NS | 87 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 1:48.28 | Geoff Harris | NS | 87 | 2F2 | American Milers Club Series | Indianapolis, IN | Jun 13 |
| 1:48.34 | Kyle Smith | ON | 85 | 1r2 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 1:48.39 | Adam Currie | QC | 84 | 2r2 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 1:48.44 | Justin Duncan | ON | 88 | 1 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 1:48.6 | Adam Currie | QC | 84 | 7r2 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 1:48.68 | Adam Currie | QC | 84 | 5F2 | American Milers Club Series | Indianapolis, IN | Jun 13 |
| 1:48.71 | Adam Currie | QC | 84 | 4H1 | Guldensporen meeting | Kortrijk, BEL | Jul 11 |
| 1:48.78 | Kyle Smith | ON | 85 | 2F3 | American Milers Club Series | Indianapolis, IN | Jun 17 |
| 1:48.79 | Kyle Smith | ON | 85 | 5H1 | Guldensporen meeting | Kortrijk, BEL | Jul 11 |
| 1:48.80 | Adam Currie | QC | 84 | 5FB | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 1:48.89 | Brian Roppelt | AB | 83 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 1:48.90 | Geoff Harris | NS | 87 | 1rB | Meeting INT'L de la Prov Liege | Liege, BEL | Jul 15 |
| 1:48.97 | Geoff Martinson | BC | 86 | 1 | Pacific Athletics Open | Victoria, BC | May 30 |
| 1:49.11 | Kyle Smith | ON | 85 | 1 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 1:49.11 | Jaden Ostapowich | AB | 89 | 4 | Canadian National Champs | Toronto, ON | Jun 27 |
| 1:49.28 | Michael Del Monte | ON | 86 | 7r1 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 1:49.35 | Geoff Harris | NS | 87 | 3 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 1:49.37 | Geoff Harris | NS | 87 | 1F2 | 2009 Sun Devil Invitational | Tempe, AZ | Apr 25 |
| 1:49.37 | Kyle Smith | ON | 85 | 3H1 | Memorial Leon Buyle | Oordegen, BEL | Jul 04 |
| 1:49.44 | Olivier Collins | QC | 89 | 1 | Crepuscule 5 | Sherbrooke, QC | Aug 14 |
| 1:49.47 | Olivier Collins | QC | 89 | 3 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 1:49.51 | Adam Currie | QC | 84 | 1 | USATF – Michigan Masters | Hillsdale, MI | Jun 06 |
| 1:49.59 | Geoff Harris | NS | 87 | 7H1 | Guldensporen meeting | Kortrijk, BEL | Jul 11 |
| 1:49.62 | Andrew Heaney | ON | 88 | 4F1 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 1:49.64 | Taylor Milne | ON | 81 | 1H3 | Guldensporen Meeting | Kortrijk, BEL | Jul 11 |
| 1:49.71 | Jaden Ostapowich | AB | 89 | 1 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 1:49.80 | Michael Del Monte | ON | 86 | 6F2 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 1:49.83 | Matt Lincoln | ON | 82 | 3 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 1:49.86 | Nate Brannen | ON | 82 | 1 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 1:49.93 | Olivier Collins | QC | 89 | 4 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 1:50.09 | Tommy Lecours | QC | 88 | 1 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 1:50.11 | Kyle Smith | ON | 85 | 4 | 2009 SeaRay Relays | Knoxville, TN | Apr 10 |
| 1:50.12 | Brian Roppelt | AB | 83 | 7 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 1:50.16 | Darren Mazzei | SK | 88 | 9r2 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 1:50.20 | Andrew Heaney | ON | 88 | 5 | 2009 SeaRay Relays | Knoxville, TN | Apr 10 |
| 1:50.20 | Kyle Smith | ON | 85 | 4F2 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 1:50.37 | Geoffrey Harris | NS | 87 | 1H | Canadian National Champs | Toronto, ON | Jun 26 |
| 1:50.43 | Geoff Harris | NS | 87 | 5 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 1:50.43 | Adam Currie | QC | 84 | 8 | Festival of Excellence | Toronto, ON | Jun 11 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------------|------|-----|-----|--|--------------------|--------|
| 1:50.49 | Geoffrey Harris | NS | 87 | 1H3 | Saint-Mard Nocturne #3 | Virton, BEL | Jul 24 |
| 1:50.55 | Adam Currie | QC | 84 | 7 | 2009 Brutus Hamilton Inv | Berkley, CA | Apr 25 |
| 1:50.59 | Geoff Harris | NS | 87 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1:50.65 | Mike Saizew | AB | 87 | 2r4 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 1:50.68 | Saheed Khan | ON | 84 | 3r3 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 1:50.73 | Mike Saizew | AB | 87 | 4r3 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 1:50.74 | Charles-Olivier Laporte | QC | 86 | 3 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 1:50.88 | Tommy Lecours | QC | 88 | 1H | Canada Games | Charlottetown, PEI | Aug 24 |
| 1:50.89 | Kyle Smith | ON | 85 | 2h5 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 1:50.93 | Olivier Collin | QC | 89 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1:50.94 | Tommy Lecours | QC | 88 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1:50.98 | Gary Reed | BC | 81 | 2H | Canadian National Champs | Toronto, ON | Jun 26 |
| 1:51.07 | Michael Del Monte | ON | 86 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 1:51.08 | Jaden Ostapowich | AB | 89 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1:51.18 | Darren Mazzei | SK | 88 | 4r4 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 1:51.26 | Mike Saizew | AB | 87 | 2 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 1:51.28 | Iain McCromick | SK | 85 | 3 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 1:51.30 | Michael Del Monte | ON | 86 | 1H4 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 1:51.34 | Darren Mazzei | SK | 88 | 9 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 1:51.34 | Brian Roppelt | AB | 83 | 4 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 1:51.38 | Mark Davidson | ON | 88 | 1 | 13 th Annual Tom Botts Invitational | Columbia, MO | Apr 11 |
| 1:51.41 | Geoff Martinson | BC | 86 | 4h5 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 1:51.49 | Andrew Maloney | ON | 82 | 13 | John McDonnell Invitational | Fayetteville, AR | |
| 1:51.60 | Mitchell Tome | ON | 89 | 5 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 1:51.61 | Adam Currie | QC | 84 | 3H | Canadian National Champs | Toronto, ON | Jun 26 |
| 1:51.61 | Michael Del Monte | ON | 86 | 4 | Saint-Mard Nocturne #3 | Virton, BEL | Jul 24 |
| 1:51.66 | Jaden Ostapowich | AB | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1:51.70 | Michael Saizew | AB | 87 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1:51.71 | Tim Konoval | ON | 84 | 5 | Kajaks Review Int'l | Richmond, BC | Jun 10 |
| 1:51.76 | Graeme Wells | BC | 83 | 8 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 1:51.84 | Darren Mazzei | SK | 88 | 4h4 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 1:51.97 | Geoffrey Harris | NS | 87 | 4H2 | Jeux de la Francophonie | Beirut, LIB | Oct 04 |
| 1:52.03 | Graeme Wells | BC | 83 | 1 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 1:52.06 | Mitchell Tome | ON | 89 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 1:52.06 | Michael Saizew | AB | 87 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1:52.18 | Jean-Marc Doiron | NB | 88 | 5 | New Balance Boston Twilight Series #3 | Waltham, MA | Jun 13 |
| 1:52.21 | Mathieu Raymond | QC | 87 | 6 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 1:52.43 | Brian Roppelt | AB | 83 | 6H1 | Jeux de la Francophonie | Beirut, LIB | Oct 04 |
| 1:52.47 | Darren Mazzei | SK | 88 | 6 | 2009 OSAA T&F State Champ | Eugene, OR | May 23 |
| 1:52.50 | Darren Mazzei | SK | 88 | 9H3 | Guldensporen Meeting | Kortrijk, BEL | Jul 11 |
| 1:52.51 | Mike Del Monte | ON | 86 | 2 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 1:52.65 | Mark Wilkie | BC | 84 | 3F1 | Ken Shannon-Ken Foreman | Seattle, WA | May 08 |
| 1:52.66 | Saheed Khan | ON | 84 | 3 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 1:52.87 | Saheed Khan | ON | 84 | 1 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 1:52.95 | Sean Young | ON | 83 | 1 | Brockville HP Inv | Brockville, ON | May 30 |
| 1:53.02 | Brian Roppelt | AB | 83 | 1 | New Balance Athletics Series | Calgary, AB | May 03 |
| 1:53.27 | Ryan Finn | ON | 87 | 5 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 1:53.28 | Trent Ratzlaff | AB | 86 | 2 | New Balance Athletics Series | Calgary, AB | May 03 |
| 1:53.34 | Mike Del Monte | ON | 86 | 7 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 1:53.41 | Mitchell Tome | ON | 89 | 2 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 1:53.60 | Adam Kellar | NB | 84 | 3 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 1:53.85 | Mark Wilkie | BC | 84 | 10 | Oregon Relays | Eugene, OR | Apr 25 |
| 1:53.92 | Dustin Gamble | ON | 85 | 4 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 1:54.35 | Ryan Russell | AB | 88 | 8 | 2009 Pomona-Pitzer T&F Invitational | Claremont, CA | Apr 04 |
| 1:54.38 | Jean-Marc Doiron | NB | 88 | 7h1 | Jeux de la Francophonie | Beirut, LIB | Oct 01 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|-----|---|----------------|--------|
| 1:54.40 | Adam Currie | QC | 84 | 7H2 | Jeux de la Francophonie | Beirut, LIB | Oct 04 |
| 1:54.64 | Tommy Lecours | QC | 88 | 7F4 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 1:54.81 | Mitchell Culley | BC | 89 | 5F1 | 1 st Annual Bryan Clay Invit | Azusa, CA | Apr 17 |
| 1:55.16 | Stuart Pearson | ON | 89 | 2 | OTTL Brooks Twilight #6 | Ottawa, ON | Jul 29 |
| 1:55.84 | Nigel Hoel | BC | 89 | 2F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1:55.99 | Adam Wasylyshyn | Bc | 89 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1:56.39 | Mitchell Culley | BC | 89 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 1:56.47 | Mitch Culley | BC | 89 | 4F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1:56.48 | Mitchell Culley | BC | 89 | 7 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 1:56.74 | Ryan Brockerville | NL | 89 | 2 | SFU Spring Open #1 | Burnaby, BC | May 28 |
| 1:57.11 | Mitchell Culley | BC | 89 | 9F4 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 1:57.13 | Mitchell Culley | BC | 89 | 40 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 1:58.12 | Michael Adair | BC | 87 | 5F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1:59.03 | Ben Thistlewood | BC | 87 | 7F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 2:00.77 | Mitch Culley | BC | 89 | 7 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 2:00.85 | Kevin Montgomery | ON | 87 | 28 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 2:01.30 | Ben Thistlewood | BC | 87 | 19 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 2:01.74 | Kevin Montgomery | ON | 87 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 2:02.22 | Andrew Robert | QC | 86 | 9 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 2:02.50 | Shane McCluskie | BC | 89 | 24 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 2:03.17 | Shane McCluskie | BC | 89 | 4F2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 2:03.55 | Shane McCluskie | BC | 89 | 10 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 2:04.56 | Shane McCluskie | BC | 89 | 9 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |

800m – Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|-----|--------------------------------------|---------------------|--------|
| 1:50.50 | Richard West | ON | 90 | 12H | 2009 ECAC and IC4A T&F | Princeton, NJ | May 17 |
| 1:50.52 | Jeremy Rae | ON | 91 | 1 | OFSAA South Regional's | St. Catharine's, ON | May 29 |
| 1:50.80 | Richard West | ON | 90 | 12H | Big East Championships | Philadelphia, PA | May 03 |
| 1:50.82 | Anthony Romaniw | ON | 91 | 2 | OFSAA South Regional's | St. Catharine's, ON | May 29 |
| 1:51.65 | Richard West | ON | 90 | 6F1 | American Milers Club Series | Indianapolis, IN | Jun 17 |
| 1:51.71 | Anthony Romaniw | ON | 91 | 1 | RCLDS #5 | London, ON | Jul 10 |
| 1:51.98 | Lucas Bruchet | BC | 91 | 2 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 1:52.00 | Richard West | ON | 90 | 6F1 | American Milers Club Series | Indianapolis, IN | Jun 13 |
| 1:52.10 | James Clark | BC | 90 | 3 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 1:52.24 | Trent Sayer | ON | 91 | 1 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 1:52.39 | Anthony Romaniw | ON | 91 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 1:52.47 | Anthony Romaniw | ON | 91 | 2 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 1:52.51 | Anthony Romaniw | ON | 91 | 1F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1:52.86 | Trent Sayer | ON | 91 | 1 | OFSAA Central Regionals | Midland, ON | May 28 |
| 1:52.88 | Robert Jackson | ON | 90 | 2 | RCLDS #5 | London, ON | Jul 10 |
| 1:52.92 | Karl Robertson | AB | 91 | 3 | 2009 Arcadia Invitational | Maricopa, AZ | Apr 11 |
| 1:53.11 | Rowan Forseth | BC | 91 | 1 | Comox Valley Cougars Meet | Courtenay, BC | Jun 28 |
| 1:53.21 | Anthony Romaniw | ON | 91 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 1:53.22 | Ryan Charlton | ON | 90 | 2 | OFSAA Central Regionals | Midland, ON | May 28 |
| 1:53.23 | Anthony Romaniw | ON | 91 | 4 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 1:53.27 | Jordan Langridge | ON | 90 | 3 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 1:52.28 | Jordan Langridge | ON | 90 | 2F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1:53.39 | Rowan Forseth | BC | 91 | 2 | Garriock Meet | Duncan, BC | Jun 14 |
| 1:53.59 | Rowan Forseth | BC | 91 | 2 | BCA Champs Jamboree | Abbotsford, BC | Jul 12 |
| 1:53.87 | John Paul Malette | ON | 91 | 1 | AO Nationals Jr & Sr Qual | London, ON | Jun 14 |
| 1:53.97 | Adam Leroux | NS | 90 | 29 | Georgia Tech Inv | Atlanta, GA | May 16 |
| 1:54.03 | Jordan Langridge | ON | 90 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|--------------------|------|-----|-----|--|---------------------|--------|
| 1:54.08 | Chris Miedema | ON | 91 | 3 | OFSAA South Regional's | St. Catharine's, ON | May 29 |
| 1:54.15 | James Clark | BC | 90 | 1 | 4 th Annual Sam Adams Classic | Spokane, WA | Apr 04 |
| 1:54.21 | Cameron Mitchell | BC | 90 | 6F3 | Occidental Invitational | Los Angeles, CA | May 09 |
| 1:54.23 | Trent Sayer | ON | 91 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 1:54.41 | Jordan Langridge | ON | 90 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 1:54.41 | John Paul Malette | ON | 91 | 3F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1:54.42 | Anthony Romaniw | ON | 91 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 1:45.45 | Rowan Forseth | BC | 91 | 4F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1:54.61 | Andrew Cruickshank | ON | 90 | 2 | Metros Inv 800m | Toronto, ON | May 26 |
| 1:54.66 | Andrew Cruickshank | ON | 90 | 3 | RCLDS #5 | London, ON | Jul 10 |
| 1:54.77 | Lucas Bruchet | BC | 91 | 2 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 1:54.76 | Rowan Forseth | BC | 91 | 1 | Pacific Athletics Open | Victoria, BC | May 30 |
| 1:54.79 | Jordan Langridge | ON | 90 | 1H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 1:54.88 | John Paul Malette | ON | 91 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 1:54.93 | Andrew Cruickshank | ON | 90 | 10 | AO Sr Champs | Windsor, ON | Jul 05 |
| 1:55.05 | Adam Leroux | NS | 90 | 5 | Georgia Inv | Athens, GA | May 09 |
| 1:55.06 | Isaak Kornelsen | AB | 91 | 5F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1:55.33 | Isaak Kornelsen | AB | 91 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1:55.58 | Wyatt Baiton | SK | 91 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1:55.63 | Jordan Langridge | ON | 90 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 1:55.95 | Adam Leroux | NS | 90 | 8 | 2009 New Balance Big South | Radford, VA | Apr 18 |
| 1:55.95 | Timothy Smith | BC | 91 | 3F1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1:56.11 | Mihai Prajea | AB | 91 | 1r2 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 1:56.70 | Andrew Cruickshank | ON | 92 | 5 | York Twilight Meet #2 | Toronto, ON | Jun 15 |
| 1:57.91 | Andrew Cruickshank | ON | 90 | 5 | University of Windsor Open | Windsor, ON | May 16 |
| 1:57.92 | Adam Leroux | NS | 90 | 6H | 2009 New Balance Big South | Radford, VA | Apr 18 |
| 1:58.62 | Guillaume Menard | QC | 91 | 17 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 1:58.67 | Tim Smith | BC | 91 | 7F3 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 1:59.49 | Trevor Salmon | ON | 91 | 10 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 2:01.63 | Jonathan Zidar | ON | 90 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 2:04.23 | Nathan Wanuch | ON | 90 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 2:04.53 | Doug Oxland | BC | 91 | 12 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 2:05.14 | David Slade | BC | 91 | 13 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |

800m – Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|--------------------|------|-----|-----|-------------------------------------|----------------|--------|
| 1:53.14 | Travis Vugteveen | BC | 92 | 4 | Lafarge Int'l Inv | Abbotsford, BC | Jun 16 |
| 1:53.44 | Travis Vugteveen | BC | 92 | 7s1 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 1:53.50 | Travis Vugteveen | BC | 92 | 3 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 1:54.12 | Travis Vugteveen | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 1:54.30 | BJ Cunliffe | ON | 92 | 4 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 1:54.57 | Merid Seleshi | ON | 92 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 1:54.66 | Andrew Cackette | ON | 92 | 6 | UoT Twilight Meet #1 | Toronto, ON | Jun 02 |
| 1:54.68 | Mohamed Souleiman | ON | 93 | 1 | OTTL Brooks Twilight #6 | Ottawa, ON | Jul 29 |
| 1:54.81 | Merid Selshi | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1:54.88 | Travis Vugteveen | BC | 92 | 4h7 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 1:54.90 | Mike Jacobs | NB | 92 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 1:55.08 | Paul Janikowski | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1:55.13 | Paul La Marra | ON | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1:55.24 | Merid Seleshi | ON | 92 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 1:55.30 | BJ Cunliffe | ON | 92 | 8H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 1:55.40 | Kyle Grieve | ON | 93 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 1:55.48 | Cole Peterson | AB | 93 | 2 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 1:55.67 | Kyle Grieve | ON | 93 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 1:55.79 | Andrew Cruickshank | ON | 92 | 3 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 1:55.89 | Paul Janikowski | ON | 92 | 15 | AO Sr Champs | Windsor, ON | Jul 05 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|-----|---|--------------------|--------|
| 1:55.90 | Benjamin Raymond | QC | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1:55.92 | Travis Vugteveen | BC | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1:56.01 | Benjamin Raymond | QC | 92 | 13 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 1:56.17 | Andrew Cackette | ON | 92 | 3 | OFSAA Central Regionals | Midland, ON | May 28 |
| 1:56.39 | Cole Peterson | AB | 93 | 7 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1:56.41 | Andrew Cackette | ON | 92 | 3 | York Twilight Meet #2 | Toronto, ON | Jun 15 |
| 1:56.50 | Paul LA Marra | ON | 92 | 4 | York Twilight Meet #2 | Toronto, ON | Jun 15 |
| 1:56.59 | Sean Keane | BC | 93 | 8 | Lafarge Int'l Inv | Abbotsford, BC | Jun 16 |
| 1:56.60 | BJ Cunliffe | ON | 92 | 4 | OFSAA Central Regionals | Midland, ON | May 28 |
| 1:56.71 | BJ Cunliffe | ON | 92 | 4 | Brockville High Performance Inv | Brockville, ON | May 30 |
| 1:56.83 | Simon Bill | BC | 92 | 9 | Lafarge Int'l Inv | Abbotsford, BC | Jun 16 |
| 1:57.01 | Andrew Cackette | ON | 92 | 3 | 2009 Dwyer T&F Inv | Oshawa, ON | May 13 |
| 1:57.29 | Cole Peterson | AB | 93 | 1 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 1:57.44 | Sean Keane | BC | 93 | 3 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 1:57.45 | Andrew Cackette | ON | 92 | 7 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 1:57.52 | Sean Keane | BC | 93 | 6h | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 1:57.60 | Simon Bill | BC | 92 | 20 | Kajaks Review International | Richmond, BC | Jun 10 |
| 1:57.60 | Chris Dulhanty | ON | 92 | 4 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 1:57.68 | Thomas Riva | BC | 92 | 1 | Portland Track Festival | Portland, OR | Jun 13 |
| 1:57.83 | Simon Bill | BC | 92 | 5 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 1:57.85 | Keffri Neal | BC | 93 | 4F2 | BCA Champs Jamboree | Abbotsford, BC | Jul 12 |
| 1:57.90 | Simon Bill | BC | 92 | 8H | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 1:58.03 | Ross Proudfoot | ON | 92 | 1 | AO Bantam Midget Youth Champs | Timmins, ON | Jul 26 |
| 1:58.03 | Sean Keane | BC | 93 | 6 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 1:58.08 | Paul La Marra | ON | 92 | 3F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1:58.10 | Connor Outhit | ON | 92 | 13 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 1:58.45 | Andrew Cackette | ON | 92 | 2 | AO Bantam Midget Youth Champs | Timmins, ON | Jul 26 |
| 1:58.50 | Robert Denault | ON | 93 | 3 | AO Bantam Midget Youth Champs | Timmins, ON | Jul 26 |
| 1:58.52 | Gareth Hadfield | AB | 92 | 2 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 1:58.55 | Cole Peterson | AB | 93 | 1 | ASAA T&F Champs | Calgary, AB | Jun 05 |
| 1:58.56 | Stuart Ellenwood | BC | 93 | 1 | Fraser Valley T&F Championships | Langley, BC | May 14 |
| 1:58.64 | Connor Clerke | BC | 92 | 3 | 2009 Valley Royals High School Inv | Abbotsford, BC | May 02 |
| 1:58.64 | Donovan Hacking | AB | 92 | 3 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 1:58.73 | Jackson Bocksnick | AB | 92 | 4 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 1:59.18 | Cameron MacLennan | NS | 92 | 20 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 1:59.19 | Ian Forbes | NB | 92 | 14 | New Balance Boston Twilight Series #3 | Waltham, MA | Jun 13 |
| 1:59.20 | Thomas Riva | BC | 92 | 7 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 1:59.24 | Ryan Tapley | ON | 93 | 5F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2:00.22 | Cameron MacLennan | NS | 92 | 4 | Disney World Invitational | Buena Vista, FL | Mar 21 |
| 2:00.24 | Sebastian Diebel | ON | 93 | 26 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 2:00.37 | Connor Outhit | ON | 92 | 16 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 2:00.51 | Kyle Grieve | ON | 93 | 8F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2:00.71 | Keffri Neal | BC | 93 | 2 | Fraser Valley T&F Championships | Langley, BC | May 14 |
| 2:00.87 | Cameron MacLennan | NS | 92 | 2 | Disney Showcase | Buena Vista, FL | Mar 14 |
| 2:01.86 | Cameron MacLennan | NS | 92 | 10F | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2:04.06 | Stuart Ellenwood | BC | 93 | 3 | 35 th Annual Don Holder Invitational | Yakima, WA | Mar 28 |
| 2:06.81 | Cody Therrien | BC | 92 | 14 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 2:07.15 | Gurjpot Bal | BC | 92 | 11 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 2:07.41 | Brydent Tate | NS | 93 | 5 | Disney World Invitational | Buena Vista, FL | Mar 21 |
| 2:10.54 | Nick Campbell | BC | 92 | 17 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 2:11.15 | Travis Fraser | BC | 93 | 18 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 2:11.74 | Bryden Tate | NS | 93 | 21 | Disney Showcase | Buena Vista, FL | Mar 14 |
| 2:11.93 | Bryden Tate | NS | 93 | 3 | NTC Collegiate Series #1 | Clermont, FL | Mar 07 |

1000m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|----------------|------|-----|-----|-----------|----------------|--------|
| 2:17.87 | Nathan Brannen | ON | 82 | 9 | DN Galan | Stockholm, SWE | Jul 31 |

1500m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------|------|-----|-----|--|-------------------|--------|
| 3:36.53 | Nate Brannen | ON | 82 | 1 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 3:37.03 | Nate Brannen | ON | 82 | 2 | Adidas Track Classic | Carson, CA | May 16 |
| 3:37.26 | Taylor Milne | ON | 81 | 7 | 2009 Reebok Grand Prix | New York, NY | May 30 |
| 3:38.35 | Nate Brannen | ON | 82 | 7h4 | World Championships | Berlin, GER | Aug 15 |
| 3:38.44 | Matt Lincoln | ON | 82 | 8F1 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 3:38.97 | Nate Brannen | ON | 82 | 9h1 | World Championships | Berlin, GER | Aug 17 |
| 3:39.62 | Milne Taylor | ON | 81 | 3r2 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 3:39.77 | Nathan Brannen | ON | 82 | 5 | Athletissima 2009 | Lausanne, SUI | Jul 07 |
| 3:39.80 | Matt Lincoln | ON | 82 | 3r1 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 3:40.12 | Nathan Brannen | ON | 82 | 9 | World Athletics Final | Thessaloniki, GRE | Sep 12 |
| 3:40.55 | Kyle Boorsma | ON | 88 | 3 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:41.03 | Matt Lincoln | ON | 82 | 4H2 | Guldensporen Meeting | Kortrijk, BEL | Jul 11 |
| 3:41.19 | Matt Lincoln | ON | 82 | 7FB | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 3:41.48 | Tim Konoval | ON | 84 | 4 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:41.56 | Geoff Martinson | BC | 86 | 5 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:41.78 | Geoff Martinson | BC | 86 | 5r1 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 3:41.79 | Tim Konoval | ON | 84 | 6r1 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 3:41.85 | Geoff Martinson | BC | 86 | 6 | Guldensporen Meeting | Kortrijk, BEL | Jun 30 |
| 3:41.87 | Geoff Martinson | BC | 86 | 1 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 3:41.90 | Kyle Boorsma | ON | 88 | 7r2 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 3:41.93 | Nathan Brannen | ON | 82 | 5 | Aviva British Grand Prix | Gateshead, GBR | Aug 31 |
| 3:41.97 | Geoff Martinson | BC | 86 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 3:42.07 | Matt Lincoln | ON | 82 | 4 | Meeting National D1 de Metz Moselle | Athlelor, FRA | Jul 03 |
| 3:42.53 | Kevin Sullivan | ON | 74 | 1 | Seminole Invite | Tallahassee, FL | Apr 11 |
| 3:42.53 | Tim Konoval | ON | 84 | 2r1 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 3:42.62 | Taylor Milne | ON | 81 | 10 | Meeting de Atletismo | Madrid, ESP | Jul 04 |
| 3:42.77 | Kurt Benninger | ON | 85 | 2 | 30 th Sun Angel Track Classic | Tempe, AZ | Apr 11 |
| 3:43.33 | Taylor Milne | ON | 81 | 1 | University of Windsor Open | Windsor, ON | May 16 |
| 3:43.96 | Daniel Mallie | BC | 87 | 3 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 3:44.01 | Mark Steeds | ON | 86 | 1 | Oregon Twilight | Eugene, OR | May 09 |
| 3:44.05 | Geoff Martinson | BC | 86 | 1 | 2009 OSAA T&F State Champ | Eugene, OR | May 23 |
| 3:44.09 | Matthew Leeder | ON | 89 | 3 | Georgia Tech Invitational | Atlanta, GA | May 16 |
| 3:44.21 | Daniel Mallie | BC | 87 | 3 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 3:44.27 | Geoff Martinson | BC | 86 | 4r1 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 3:44.37 | Eric Gillis | ON | 80 | 1r2 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 3:44.43 | Tim Konoval | ON | 84 | 5 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 3:44.62 | Mark Davidson | ON | 88 | 8 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 3:44.73 | Matt Lincoln | ON | 82 | 6F1 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 3:44.84 | Matt Lincoln | ON | 82 | 6 | 2009 SeaRay Relays | Knoxville, TN | Apr 10 |
| 3:44.85 | Kyle Boorsma | ON | 88 | 2 | University of Windsor Open | Windsor, ON | May 16 |
| 3:45.26 | Kyle Boorsma | ON | 88 | 1 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:45.66 | Tim Konoval | ON | 84 | 2 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:45.91 | Justin Duncan | ON | 88 | 17H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 3:46.31 | Olivier Collin | QC | 89 | 1 | Crepusculeherbrooke 1 | Sherbrooke, QC | May 23 |
| 3:46.42 | Allan Brett | ON | 88 | 1 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 3:46.55 | Robin Watson | ON | 83 | 3 | University of Windsor Open | Windsor, ON | May 16 |
| 3:46.63 | Peter Corrigan | AB | 89 | 1 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:46.82 | Mark Davidson | ON | 88 | 4 | John McDonnell Invitational | Fayetteville, AR | Apr 18 |
| 3:46.82 | Scott Arnald | ON | 82 | 2 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:46.88 | Tim Konoval | ON | 84 | 4 | University of Windsor Open | Windsor, ON | May 16 |
| 3:46.96 | Allan Brett | ON | 88 | 1 | RCLDS London Series Finale | London, ON | Jul 10 |
| 3:47.01 | Mark Davidson | ON | 88 | 2 | 2009 Drake Relays | Des Moines, IA | Apr 25 |
| 3:47.04 | Adam Kellar | NB | 84 | 6 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 3:47.31 | Dan Mallie | BC | 87 | 4 | 2009 OSAA T&F State Champ | Eugene, OR | May 23 |
| 3:47.73 | Nathan Brannen | ON | 82 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|------|--|-----------------------|--------|
| 3:47.83 | Scott Arnald | ON | 82 | 4 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 3:47.85 | Adam Kellar | NB | 84 | 3 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:47.89 | Cameron Levins | BC | 89 | 6F1 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 3:47.91 | Eric Gillis | ON | 80 | 3 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:47.95 | Olivier Bernard | QC | 89 | 1 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 3:48.33 | Adam Kellar | NB | 84 | 5 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 3:48.46 | Peter Corrigan | AB | 89 | 9 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 3:48.46 | Allan Brett | ON | 88 | 1 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:48.48 | Scott Arnald | ON | 82 | 3H1 | Guldensporen meeting | Kortrijk, BEL | Jul 11 |
| 3:48.63 | Justin Duncan | ON | 88 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 3:48.78 | Scott Arnald | ON | 82 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:48.88 | Taylor Milne | ON | 81 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 3:48.93 | Matt Walters | ON | 89 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:49.19 | Geoff Kerr | AB | 84 | 4 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:49.22 | Logan Burke | BC | 85 | 11 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 3:49.26 | Saheed Khan | ON | 84 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:49.31 | Olivier Collin | QC | 89 | 2 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 3:49.31 | Tommy Lecours | QC | 88 | 3 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 3:49.34 | Cameron Levins | BC | 89 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 3:49.48 | Peter Corrigan | AB | 89 | 6 | 2009 OSAA T&F State Champ | Eugene, OR | May 23 |
| 3:49.72 | Derek Nakluski | ON | 82 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:49.72 | Saheed Khan | ON | 84 | 4r3 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 3:49.77 | Michael Del Monte | ON | 86 | 6H1 | Guldensporen Meeting | Kortrijk, BEL | Jul 11 |
| 3:49.85 | Michael Del Monte | ON | 86 | 2 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:49.89 | Tim Konoval | ON | 84 | 6F3 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 3:50.07 | Olivier Lavoie | QC | 88 | 4 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 3:50.12 | Logan Burke | BC | 85 | 7 | 2009 OSAA T&F State Champ | Eugene, OR | May 23 |
| 3:50.21 | Scott Arnald | ON | 82 | 8 | University of Windsor Open | Windsor, ON | May 16 |
| 3:50.21 | Adam Kellar | NB | 84 | 5 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:50.30 | Josh Roundell | ON | 86 | 6 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:50.36 | Allan Brett | ON | 88 | 10 | University of Windsor Open | Windsor, ON | May 16 |
| 3:50.39 | Saheed Khan | ON | 84 | 1 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 3:50.46 | Tommy Lecours | QC | 88 | 2 | Crepusculeherbrooke 1 | Sherbrooke, QC | May 23 |
| 3:50.48 | Mike Del Monte | ON | 85 | 11 | University of Windsor Open | Windsor, ON | May 16 |
| 3:50.59 | Josh Roundell | ON | 86 | 12 | University of Windsor Open | Windsor, ON | May 16 |
| 3:50.60 | Scott Arnald | ON | 82 | 10r3 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 3:50.61 | Josh Roundell | ON | 86 | 5 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 3:50.62 | Scott Emberley | ON | 87 | 4 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:50.86 | Scott Arnald | ON | 82 | 4 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:50.86 | Josh Roundell | ON | 86 | 5 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:50.90 | Josh Roundell | ON | 86 | 2 | RCLDS London Series Finale | London, ON | Jul 10 |
| 3:50.94 | Derek Snider | ON | 85 | 6 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:51.38 | Sean Fleming | SK | 88 | 5F5 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 3:51.84 | Stephane Colle | QC | 88 | 5 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 3:52.15 | Cliff Childs | BC | 89 | 8 | 2009 OSAA T&F State Champ | Eugene, OR | May 23 |
| 3:52.15 | Allan Brett | ON | 88 | 7 | AO Sr Champs | Windsor, ON | Jul 05 |
| 3:52.23 | Matt Walters | ON | 89 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 3:52.38 | Alex Genest | ON | 86 | 6 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:53.38 | Allan Brett | ON | 88 | 7 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:52.40 | Derek Snider | ON | 85 | 13 | University of Windsor Open | Windsor, ON | May 16 |
| 3:52.41 | Olivier Bernard | QC | 89 | 5 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 3:52.49 | Maxime Paquette | ON | 84 | 3 | RCLDS London Series Finale | London, ON | Jul 10 |
| 3:52.89 | Stephane Colle | QC | 88 | 6 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 3:52.93 | Sean Sweeney | ON | 89 | 4 | RCLDS London Series Finale | London, ON | Jul 10 |
| 3:52.95 | Olivier Bernard | QC | 89 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|------|--|--------------------|--------|
| | | | | | | PEI | |
| 3:53.02 | Brandon Laan | ON | 83 | 5 | RCLDS London Series Finale | London, ON | Jul 10 |
| 3:53.61 | Matthew Lincoln | ON | 82 | 3 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 3:53.68 | Jamie Epp | SK | 80 | 4 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 3:53.71 | Timothy Konoval | ON | 84 | 4 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 3:54.16 | Olivier Collin | QC | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| | | | | | | PEI | |
| 3:54.35 | Peter Corrigan | AB | 89 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 3:54.54 | Logan Burke | BC | 85 | 12 | Guldensporen meeting | Kortrijk, BEL | Jul 11 |
| 3:54.88 | Eric Gillis | ON | 80 | 16 | University of Windsor Open | Windsor, ON | May 16 |
| 3:55.78 | Adam Brunsting | ON | 87 | 9 | RCLDS #3 | London, ON | Jun 09 |
| 3:55.83 | Rob Kitz | ON | 85 | 1 | York Summer Twilight Series #1 | Toronto, ON | May 19 |
| 3:55.95 | Olivier Bernard | QC | 89 | 6F1 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 3:56.70 | Maxime Paquette | ON | 84 | 14 | RCLDS #3 | London, ON | Jun 09 |
| 3:56.75 | Ryan Brockerville | NL | 89 | 1 | Azusa Inv | Azusa, CA | Apr 17 |
| 3:56.81 | Olivier Lavoie | QC | 88 | 1F2 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 3:57.43 | Scott Nicol | AB | 88 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 3:57.82 | Ryan Brockerville | NL | 89 | 1 | SFU vs UBC Dual | Richmond, BC | Apr 26 |
| 3:58.49 | Adam Kellar | NB | 84 | 11 | Jeux de la Francophonie | Beirut, LIB | Oct 01 |
| 3:58.69 | Ryan Brockerville | NL | 89 | 1 | SFU Spring Open #2 | Burnaby, BC | Apr 04 |
| 3:59.59 | Nigel Wray | ON | 82 | 24 | RCLDS #3 | London, ON | Jun 09 |
| 3:59.73 | Tommy Lecours | QC | 88 | 4F2 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 3:59.79 | Ben Thistlewood | BC | 87 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 4:00.12 | Ben Thistlewood | BC | 87 | 3F2 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 4:00.14 | Sean Sweeney | ON | 89 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4:01.09 | Cliff Childs | BC | 89 | 13 | OTC Elite High Performance | Eugene, OR | Jun 06 |
| 4:02.30 | Ben Thistlewood | BC | 87 | 6 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 4:02.54 | Ben Thistlewood | BC | 87 | 3 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 4:02.99 | Lee McCarron | NS | 88 | 18 | University of Windsor Open | Windsor, ON | May 16 |
| 4:05.52 | Derek Naklusi | ON | 82 | 18r3 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 4:08.44 | Eric Cameron | BC | 88 | 19 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 4:15.51 | Eric Cameron | BC | 88 | 7 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 4:21.95 | Erik Bean | BC | 89 | 11 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 4:29.72 | Billy Regan | BC | 89 | 13 | The Achilles Cup | Burnaby, BC | Apr 26 |

1500m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|--------------------|------|-----|-----|--|--------------------|--------|
| 3:45.57 | Jeremy Rae | ON | 91 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:45.85 | John Paul Malette | ON | 91 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:47.19 | Rob Jackson | ON | 90 | 3 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 3:47.36 | Rob Jackson | ON | 90 | 5 | University of Windsor Open | Windsor, ON | May 16 |
| 3:48.26 | James Clark | BC | 90 | 4F1 | Ken Shannon-Ken Foreman 2009 | Seattle, WA | May 08 |
| 3:48.29 | Jeremy Rae | ON | 91 | 2 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 3:49.76 | Rob Jackson | ON | 90 | 4 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 3:50.10 | Lucas Bruchet | BC | 91 | 5 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:50.33 | Aleksandr Kuternin | ON | 90 | 11H | Canadian National Champs | Toronto, ON | Jun 28 |
| 3:50.61 | Rob Jackson | ON | 90 | 3 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:50.85 | Karl Robertson | AB | 91 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 3:51.05 | Jeremy Rae | ON | 91 | 1 | OFSAA South Regional's | St. Catharines, ON | May 29 |
| 3:51.18 | Lucas Bruchet | BC | 91 | 1 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 3:51.31 | James Clark | BC | 90 | 21 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 17 |
| 3:51.80 | Rob Jackson | ON | 90 | 5 | Guelph All-Comers | Guelph, ON | May 31 |
| 3:51.90 | Aleksandr Kuternin | ON | 90 | 1 | AO Nationals Jr & Sr Qual | London, ON | Jun 14 |
| 3:53.21 | James Clark | BC | 90 | 3 | Western Athletic Conference | Logan, UT | May 16 |
| 3:53.49 | Mohamed Ahmed | ON | 91 | 2 | OFSAA South Regional's | St. Catharines, ON | May 29 |
| 3:53.94 | Jeremy Rae | ON | 91 | 1F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|--------------------|------|-----|-----|-------------------------------------|--------------------|--------|
| 3:54.07 | Mohammed Ahmed | ON | 91 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:54.14 | John Paul Malette | ON | 91 | 1 | WECSSAA T&F | Windsor, ON | May 14 |
| 3:54.42 | Karl Robertson | AB | 91 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 3:54.43 | Karl Robertson | AB | 91 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 3:54.61 | James Clark | BC | 90 | 4F5 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 3:54.99 | Lucas Bruchet | BC | 91 | 1F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 3:55.27 | Alastair Brown | MB | 90 | 11 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:55.37 | Mohammed Ahmed | ON | 91 | 7 | RCLDS #3 | London, ON | Jun 09 |
| 3:55.82 | Jordan Smith | BC | 90 | 8H2 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 23 |
| 3:55.84 | Aleks Kuternin | ON | 90 | 3F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 3:55.84 | Wyatt Baiton | SK | 91 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 3:56.05 | John Paul Malette | ON | 91 | 4F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 3:56.28 | Daryl Smith | ON | 91 | 11 | RCLDS #3 | London, ON | Jun 09 |
| 3:57.02 | Trent Sayers | ON | 91 | 1 | 2009 OFSAA Central Regional's | Midland, ON | May 28 |
| 3:57.15 | Jordan Smith | BC | 90 | 2 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 3:57.38 | Aleksandr Kuternin | ON | 90 | 2 | Twilight Meet #1 | Toronto, ON | Jun 02 |
| 3:57.42 | Jordan Smith | BC | 90 | 10 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 23 |
| 3:57.47 | Mattias Wolter | NS | 91 | 8 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 3:57.75 | Barry Britt | NB | 90 | 9 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 3:57.81 | Aleksandr Kuternin | ON | 90 | 11 | Canadian National Champs | Toronto, ON | Jun 28 |
| 3:58.03 | Issak Kornelson | AB | 91 | 1 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 3:58.26 | Adam Leroux | NS | 90 | 12 | High Point Inv 2009 | High Point, NC | May 02 |
| 3:58.40 | Karl Robertson | AB | 91 | 5F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 3:58.47 | Anthony Romaniv | ON | 91 | 21 | RCLDS #3 | London, ON | Jun 09 |
| 3:58.50 | Lucas Bruchet | BC | 91 | 7 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 3:58.86 | Jeremy Rae | ON | 91 | 1H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:59.05 | Adam Leroux | NS | 90 | 10H | 2009 New Balance Big South | Radford, VA | Apr 18 |
| 3:59.94 | Jacob Smith | ON | 90 | | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 4:00.26 | Adam Leroux | NS | 90 | 10 | 2009 New Balance Big South | Radford, VA | Apr 18 |
| 4:00.73 | Sam Dorosz | AB | 90 | 2 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 4:02.85 | Adam Leroux | NS | 90 | 41 | Georgia Tech Inv | Atlanta, GA | May 16 |
| 4:03.50 | Dylan Haight | BC | 91 | 4 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:04.40 | Rowan Forseth | BC | 91 | 1 | Trevor Craven Memorial T&F Meet | Burnaby, BC | Jul 05 |
| 4:04.51 | Isaak Kornelsen | AB | 91 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 4:04.86 | Cole Peterson | AB | 93 | 9 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4:05.09 | Manpreet Dhaliwal | BC | 91 | 5 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:05.80 | Simon Bill | BC | 91 | 6 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:20.99 | Mihai Prajea | AB | 91 | 5 | Avond Meeting | Ninove, BEL | Jul 24 |
| 4:21.95 | Ahmed Mohamoud | BC | 90 | 8 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 4:57.02 | Derek Drouin | ON | 90 | 6 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 5:05.87 | Ross Enns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |

1500m - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|----------------|------|-----|-----|-------------------------------------|----------------|--------|
| 3:53.10 | Eric Dillon | ON | 92 | 3 | RCLDS #3 | London, ON | Jun 09 |
| 3:53.53 | Evan Esselink | ON | 92 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 3:53.87 | Eric Dillon | ON | 92 | 11 | World Youth Champs | Sudtirol, ITA | Jul 12 |
| 3:54.61 | Eric Dillon | ON | 92 | 6h2 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 3:54.67 | Merid Seleshi | ON | 92 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:54.91 | Evan Esselink | ON | 92 | 5 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:55.05 | Merid Seleshi | ON | 92 | 6 | RCLDS #3 | London, ON | Jun 09 |
| 3:55.38 | Robert Denault | ON | 93 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:55.52 | Robert Denault | ON | 93 | 8 | RCLDS #3 | London, ON | Jun 09 |
| 3:56.80 | Evan Esselink | ON | 92 | 1 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 3:57.07 | Evan Esselink | ON | 92 | 16 | RCLDS #3 | London, ON | Jun 09 |
| 3:57.23 | Eric Dillon | ON | 92 | 2 | 2009 OFSAA Central Regional's | Midland, ON | May 28 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|----------------------|------|-----|------|-------------------------------------|--------------------|--------|
| 3:57.36 | Xavier King | ON | 93 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:57.47 | Kyle Grieve | ON | 93 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3:57.51 | Merid Seleshi | ON | 92 | 9h1 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 3:58.16 | Ross Proudfoot | ON | 92 | 1 | AO Bantam Midget Youth Champs | Timmins, ON | Jul 26 |
| 3:58.19 | Paul Janikowski | ON | 92 | 2 | WECSSAA T&F | Windsor, ON | May 14 |
| 3:58.51 | Evan Esselink | ON | 92 | 1 | High Performance Inv | Brockville, ON | May 30 |
| 3:58.67 | Eric Dillon | ON | 92 | 2 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 3:58.70 | Ross Proudfoot | ON | 92 | 1 | NOSSA TF Champ | North Bay, ON | May 28 |
| 3:59.11 | Benjamin Raymond | QC | 92 | 10 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 3:59.38 | Merid Seleshi | ON | 92 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4:00.13 | Jeff Stone | ON | 92 | 2 | AO Bantam Midget Youth Champs | Timmins, ON | Jul 26 |
| 4:00.14 | Cole Peterson | AB | 93 | 1 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 4:00.15 | Paul Janikowski | ON | 92 | 6F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4:00.16 | Evan Esselink | ON | 92 | 7H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 4:00.17 | Robert Denault | ON | 93 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4:00.24 | Merid Seleshi | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4:00.29 | Merid Selshi | ON | 92 | 2H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 4:00.47 | Paul Janikowski | ON | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4:00.90 | Evan Esselink | ON | 92 | 3 | 2009 OFSAA Central Regional's | Midland, ON | May 28 |
| 4:00.91 | Thomas De Vries | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4:01.25 | Christopher Dulhanty | ON | 92 | 3 | AO Bantam Midget Youth Champs | Timmins, ON | Jul 26 |
| 4:01.54 | Robert Denault | ON | 93 | 11F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4:01.81 | Connor Clerke | BC | 92 | 2 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:01.92 | Thomas DE Vries | ON | 92 | 28 | RCLDS #3 | London, ON | Jun 09 |
| 4:01.93 | Stephen Hosier | ON | 92 | 4 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 4:02.20 | Paul La Marra | ON | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4:02.35 | Justin Kent | BC | 92 | 3 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:02.64 | Jay Boychuk | ON | 92 | 5 | Twilight Meet #1 | Toronto, ON | Jun 02 |
| 4:03.71 | Connor Clerke | BC | 92 | 3 | BC HS T&F Chaps | Burnaby, BC | Jun 06 |
| 4:03.99 | Ross Proudfoot | ON | 92 | 12F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4:04.40 | Benjamin Raymond | QC | 92 | 1F2 | Championnat Provincial Civil | Montreal, QC | Jul 26 |
| 4:04.86 | Connor Outhit | ON | 92 | 2 | Windsor Twilight | Windsor, ON | Jun 29 |
| 4:05.46 | Nicolas Deshaies | QC | 92 | 2F2 | Championnat Provincial Civil | Montreal, QC | Jul 26 |
| 4:05.80 | Simon Bill | BC | 92 | 6 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:06.03 | Sean Keane | BC | 93 | 7 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 4:06.47 | Sean Keane | BC | 93 | 4 | Langley Pacific Inv | Langley, BC | Jun 21 |
| 4:08.13 | James Leakos | SK | 92 | 5 | AB Champs | Edmonton, AB | Jul 04 |
| 4:08.30 | Sean Keane | BC | 93 | 2 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 4:09.45 | Cole Peterson | AB | 93 | 8 | New Balance Athletes Series Meet #2 | Calgary, AB | May 24 |
| 4:09.77 | Cole Peterson | AB | 93 | 1 | CALTAF Track Classic | Calgary, AB | Jun 13 |
| 4:10.22 | Dave Boily | QC | 93 | 3F2 | Championnat Provincial Civil | Montreal, QC | Jul 26 |
| 4:11.25 | Connor Clerke | BC | 92 | 1 | 2009 Valley Royals High School Inv | Abbotsford, BC | May 02 |
| 4:15.40 | Ryan Cassidy | NB | 93 | 1 | NB Champs | Gagetown, NB | Jul 11 |
| 4:23.38 | Matthew McNeil | NB | 93 | 2 | NB Champs | Gagetown, NB | Jul 11 |

1 Mile

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------|------|-----|-----|-------------------------|-------------|--------|
| 3:52.63 | Nathan Brannen | ON | 82 | 3 | Prefontaine Classic | Eugene, OR | Jun 07 |
| 3:53.18 | Nathan Brannen | ON | 82 | 6 | Bislett Games | Oslo, NOR | Jul 03 |
| 3:54.57 | Nathan Brannen | ON | 82 | 5 | Aviva London Grand Prix | London, GBR | Jul 24 |
| 3:55.07 | Nathan Brannen | ON | 82 | 1 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:56.54 | Taylor Milne | ON | 81 | 2 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:57.18 | Kurt Benninger | ON | 85 | 5 | Festival of Excellence | Toronto, ON | Jun 11 |
| 3:59.67 | Kyle Boorsma | ON | 88 | 8 | Festival of Excellence | Toronto, ON | Jun 11 |
| 4:00.83 | Matt Lincoln | ON | 82 | 11 | Festival of Excellence | Toronto, ON | Jun 11 |
| 4:01.55 | Geoff Martinson | | | | | | |
| 4:04.73 | Graeme Wells | BC | 83 | 6 | Oregon Relays | Eugene, OR | Apr 25 |

1 Mile - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|------------|------|-----|-----|------------------------|------------------|--------|
| 4:06.44 | Jeremy Rae | ON | 91 | 12 | Festival of Excellence | Toronto, ON | Jun 11 |
| 4:08.13 | Jeremy Rae | ON | 91 | 1 | Penn State Relays | Philadelphia, PA | Apr 25 |

1 Mile - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|---------------|------|-----|-----|--------------------|------------|--------|
| 4:21.83 | Evan Esselink | ON | 92 | 1 | 2009 Dwyer T&F Inv | Oshawa, ON | May 13 |

3000m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|-----------------|------|-----|------|--|---------------|--------|
| 7:56.78 | Eric Gillis | ON | 80 | 1 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 8:00.28 | Ryan McKenzie | BC | 78 | 2 | Aileen Meagher Int'l | Halifax, NS | Jul 01 |
| 8:06.06 | Scott Arnard | ON | 82 | 11r1 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 8:24.98 | Mark Davidson | ON | 88 | 1 | 13 th Annual Tom Botts Invitational | Columbia, MO | Apr 11 |
| 8:26.18 | Derek Nakluski | ON | 82 | 6r2 | Uitslag Gentse Feesten Meeting | Gent, BEL | Jul 21 |
| 8:30.85 | Sean Sweeney | ON | 89 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 8:46.46 | Scott Nicol | AB | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 8:52.37 | Samir Marin | SK | 89 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 9:08.13 | Desire Dugigoma | MB | 88 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 9:21.07 | Erik Bean | BC | 89 | 4 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 9:30.78 | Paul Cochrane | ON | 89 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 9:43.47 | Billy Regan | BC | 89 | 6 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 10:28.76 | Ihor Palahnyuk | ON | 86 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |

3000m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------------|------|-----|-----|-------------------------------------|----------------|--------|
| 8:32.21 | Andrew deGroot | ON | 91 | 1 | 2009 OFSAA Central Regional's | Midland, ON | May 28 |
| 8:36.81 | Jacob Smith | ON | 90 | 1 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 8:38.51 | Andrew Nixon | ON | 91 | 8 | OFSAA Champs | Toronto, ON | Jun 06 |
| 8:38.58 | Emmanuel Boisvert | QC | 91 | 6 | New Balance Boston Twilight | Waltham, MA | Jun 06 |
| 8:38.73 | Daryl Smith | ON | 91 | 1 | Neil McNeil John Rowland Games | Toronto, ON | Apr 25 |
| 8:44.0h | Jean-Samuel Lapointe | QC | 91 | 1 | Crepuscule Rouge et Or | Montreal, QC | May 16 |
| 8:47.30 | DeLohnni Nicol-Samuel | MB | 91 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 8:51.42 | Chantry Cargill | ON | 90 | 2 | Ottawa Lions Springtime Open | Ottawa, ON | May 17 |
| 8:51.86 | Marc Bonwick | BC | 91 | 2 | BC HS T&F Champs | Burnaby, BC | Jun 06 |

3000m - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------|------|-----|------|-------------------------------------|----------------|--------|
| 8:31.64 | Stephen Hosier | ON | 92 | 5H3 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 8:32.83 | Evan Esselink | ON | 92 | 2 | York Twilight Meet #2 | Toronto, ON | Jun 15 |
| 8:32.98 | Stephen Hosier | ON | 92 | 3 | York Twilight Meet #2 | Toronto, ON | Jun 15 |
| 8:33.25 | Eric Dillion | ON | 92 | 2 | 2009 OFSAA Central Regional's | Midland, ON | May 28 |
| 8:33.41 | Xavier King | ON | 93 | 1 | RCLDS #4 | London, ON | Jun 24 |
| 8:35.22 | Evan Esselink | ON | 92 | 3 | 2009 OFSAA Central Regional's | Midland, ON | May 28 |
| 8:35.49 | Stephen Hosier | ON | 92 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 8:37.69 | Stephen Hosier | ON | 92 | 2 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 8:38.05 | Evan Esselink | ON | 92 | 6 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 8:38.67 | Eric Dillon | ON | 92 | 3 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 8:39.24 | Thomas De Vries | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 8:41.51 | Ross Proudfoot | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 8:43.07 | Evan Esselink | ON | 92 | 10H2 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 8:43.58 | Eric Dillon | ON | 92 | 2 | Neil McNeil John Rowland Games | Toronto, ON | Apr 25 |
| 8:43.95 | Ross Proudfoot | ON | 92 | 1 | Ottawa Lions Springtime Open | Ottawa, ON | May 17 |
| 8:45.59 | Evan Esselink | ON | 92 | 3 | Neil McNeil John Rowland Games | Toronto, ON | Apr 25 |
| 8:45.81 | Robert Denault | ON | 93 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 8:47.56 | Evan Esselink | ON | 92 | 4 | 33 rd Kinsmen-Hungerford | Brockville, ON | May 09 |
| 8:50.54 | Ryan Cassidy | NB | 93 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 8:57.45 | Connor Clerke | BC | 92 | 4 | BC HS T&F Champs | Burnaby, BC | Jun 06 |
| 9:03.84 | Ryan Cassidy | NB | 93 | 1 | NB Champs | Gagetown, NB | Jul 11 |
| 9:09.18 | Matthew McNeil | NB | 93 | 2 | NB Champs | Gagetown, NB | Jul 11 |
| 9:10.81 | Jeremy Cooper | ON | 93 | 3 | Ottawa Lions Springtime Open | Ottawa, ON | May 17 |

5000m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|------------------|------|-----|------|--|--------------------|--------|
| 13:30.27 | Kurt Benninger | ON | 85 | 6F1 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 13:31.30 | Kevin Sullivan | ON | 74 | 6 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 13:32.31 | Kurt Benninger | ON | 85 | 9 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 13:39.23 | Simon Bairu | SK | 83 | 1 | Canadian National Champs | Toronto, ON | Jun 26 |
| 13:40.21 | Eric Gillis | ON | 80 | 10r1 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 13:40.33 | Robin Watson | ON | 83 | 20 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 13:45.10 | Eric Gillis | ON | 80 | 5 | Festival of Excellence | Toronto, ON | Jun 11 |
| 13:46.85 | Mark Steeds | ON | 86 | 8F1 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 13:47.75 | Taylor Milne | ON | 81 | 17F1 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 13:49.45 | Eric Gillis | ON | 80 | 2 | Canadian National Champs | Toronto, ON | Jun 26 |
| 13:51.04 | Eric Gillis | ON | 80 | 9h1 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 13:54.42 | Matt Leeder | ON | 89 | 1F3 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 13:54.92 | Kyle Boorsma | ON | 88 | 12F2 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 13:57.23 | Kyle Boorsma | ON | 88 | 10 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 14:01.33 | Taylor Milne | ON | 81 | 28 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 14:01.41 | Mark Steeds | ON | 86 | 13H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 14:02.57 | Matt Leeder | ON | 89 | 14H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 14:02.8 | Ryan McKenzie | BC | 78 | 1 | Black Press 5000m | Victoria, BC | May 15 |
| 14:05.50 | Eric Gillis | ON | 80 | 2 | Trofeo International Atletismo Ayto | Barakaldo, SPA | Jul 10 |
| 14:08.54 | Mark Steeds | ON | 86 | 3 | Canadian National Champs | Toronto, ON | Jun 26 |
| 14:08.88 | Derek Nakluski | ON | 82 | 3 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 14:18.56 | Geoff Kerr | AB | 84 | 15 | 2009 Brutus Hamilton Invitational | Berkeley, CA | Apr 25 |
| 14:19.01 | Cameron Levins | BC | 89 | 1 | Stanford University Invitational | Stanford, CA | Mar 28 |
| 14:20.23 | Mark Steeds | ON | 86 | 11 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 14:21.7 | Scott Simpson | BC | 79 | 2 | Black Press 5000m | Victoria, BC | May 15 |
| 14:23.01 | Cameron Levins | BC | 89 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14:23.19 | Matt Leeder | ON | 89 | 16 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 14:25.90 | Rob Kitz | ON | 85 | 1 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 14:27.26 | Stephane Colle | QC | 88 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14:28.66 | Adrian Walton | ON | 84 | 2 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 14:29.77 | Kyle O'Neill | ON | 89 | 5 | Canadian National Champs | Toronto, ON | Jun 26 |
| 14:31.93 | Derek Snider | ON | 85 | 3 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 14:32.20 | Nigel Sharp | SK | 89 | 31 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 17 |
| 14:32.50 | Spencer Morrison | ON | 83 | 5 | Oregon Twilight | Eugene, OR | May 09 |
| 14:33.08 | Allan Brett | ON | 88 | 9 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 14:34.05 | Derek Nakluski | ON | 82 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14:34.86 | Kyle O'Neill | ON | 89 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14:35.57 | Matt Brunsting | ON | 87 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14:37.22 | Robert Kitz | ON | 85 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14:37.3 | Kyle Jones | BC | | | | | |
| 14:37.42 | Saheed Khan | ON | 84 | 14 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 14:39.27 | Derek Snider | ON | 85 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14:40.09 | Sean Fleming | SK | 85 | 17 | NCAA Div I – MidWest Regionals | Norman, OK | May 30 |
| 14:42.61 | Steve Koziarski | ON | 84 | 5 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 14:47.55 | Fethi Oukid | QC | 76 | 1 | Crepuscule Fleur de Lys | Montreal, QC | May 09 |
| 14:48.33 | Scott Arnald | ON | 82 | 19 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 14:49.81 | Stephane Colle | QC | 88 | 2 | Crepuscule Fleur de Lys | Montreal, QC | May 09 |
| 14:54.99 | Sean Fleming | SK | 88 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 15:01.90 | Cleve Thorson | ON | 81 | 24 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 15:06.23 | Derek Snider | ON | 85 | 25 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 15:46.08 | Adam Stacey | NB | 81 | 18 | New Balance Boston Twilight Series #3 | Waltham, MA | Jun 13 |
| 15:49.69 | Ben Thistlewood | BC | 87 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |

5000m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|--------------------|------|-----|-----|--|--------------------|--------|
| 14:11.84 | Mohammed Ahmed | ON | 91 | 4 | Canadian National Champs | Toronto, ON | Jun 26 |
| 14:12.11 | Mohammed Ahmed | ON | 91 | 1 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 14:26.03 | Aleksandr Kuternin | ON | 90 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14:27.13 | Mohammed Ahmed | ON | 91 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14:37.81 | Mohammed Ahmed | ON | 91 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14:43.56 | Alexandr Kuternin | ON | 90 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14:58.28 | Barry Britt | NB | 90 | 10 | New Balance Boston Twilight Series #3 | Waltham, MA | Jun 13 |
| 14:58.44 | Barry Britt | NB | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14:58.39 | Nyial Majock | AB | 90 | 38 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 15:03.98 | Emmanuel Boisvert | QC | 91 | 5 | Crepuscule Fleur de Lys | Montreal, QC | May 09 |
| 15:09.94 | Andrew Nixon | ON | 91 | 10 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 15:15.41 | Andrew Nixon | ON | 91 | 5 | AO Sr Champs | Windsor, ON | Jul 05 |
| 15:15.96 | Emmanuel Biosvert | QC | 91 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 15:17.56 | Barry Bitts | NB | 90 | 8 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 15:18.22 | Thomas De Vries | ON | 92 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 15:18.81 | Andrew Kowalsky | ON | 92 | 6 | AO Sr Champs | Windsor, ON | Jul 05 |
| 15:23.91 | Andrew Kowalsky | ON | 92 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 15:27.02 | Michael Psce | ON | 92 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 15:53.88 | Chantry Cargill | ON | 90 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |

5000m Race Walk

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|--------------------|------|-----|-----|------------------------|------------------|--------|
| 20:41.11 | Inaki Gomez | BC | 88 | 1 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 22 |
| 22:48.92 | Creighton Connolly | BC | 88 | 5 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 22 |

5000m Race Walk - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|-------------|------|-----|-----|------------------------|------------------|--------|
| 20:41.15 | Evan Dunfee | BC | 90 | 2 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 22 |

#

10000m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|-------------------|------|-----|------|----------------------------------|----------------|--------|
| 27:50.76 | Simon Bairu | SK | 83 | 2 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 28:58.49 | Dylan Wykes | ON | 83 | 15F1 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 29:12.17 | Steve Osaduik | BC | 79 | 15F2 | Payton Jordan Cardinal Inv | Stanford, CA | May 02 |
| 29:15.27 | Steve Osaduik | BC | 79 | 15F2 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 29:20.81 | Reid Coolsaet | ON | 79 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 29:29.39 | Andrew Smith | ON | 79 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 29:36.52 | Richard Mosley | BC | 82 | 21F2 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 29:45.67 | Dylan Wykes | ON | 83 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 29:53.40 | Derek Nakluski | ON | 82 | 1 | AO 10,000m Champ | London, ON | May 09 |
| 29:55.54 | Andrew Smith | ON | 79 | 2 | AO 10,000m Champ | London, ON | May 09 |
| 30:47.31 | Stephen Koziarski | ON | 85 | 3 | AO 10,000m Champ | London, ON | May 09 |
| 33:38.77 | Nigel Sharp | SK | 89 | 5 | Summit League Outdoor T&F Champ | Cedar City, UT | May 14 |

10000m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------|-----|-----|-----------|----------|------|
|------|------|------|-----|-----|-----------|----------|------|

10000m Race Walk

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------|-----|-----|-----------|----------|------|
|------|------|------|-----|-----|-----------|----------|------|

10000m Race Walk - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|-------------|------|-----|-----|----------------------|--------------------|--------|
| 43:27.04 | Evan Dunfee | BC | 90 | 6 | Pan American Juniors | Port of Spain, TRI | Aug 02 |

10000m Race Walk - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|----------------|------|-----|-----|-------------------|------------------|--------|
| 51:12.38 | Bruno Carriere | QC | 92 | 2 | Penn State Relays | Philadelphia, PA | Apr 25 |

110mH - 1.067m

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|----------------------|------|-----|-----|--|--------------------|--------|
| 13.56 | -0.1 | Jared MacLeod | MB | 80 | 1 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 13.62 | 1.1 | Jared MacLeod | MB | 80 | 2 | Zeulenroda Meeting | Zeulenroda, GER | Jul 26 |
| 13.62 | 1.8 | Jared MacLeod | MB | 80 | 1rB | Via Col Vento Meeting INT'L | Donnas, ITA | Jul 12 |
| 13.64 | 1.2 | Jared MacLeod | MB | 80 | 2h1 | Loughborough EAP Meet | Loughborough, UK | Jul 29 |
| 13.67 | 1.5 | Karl Jennings | ON | 79 | 1 | Georgia Invitational | Athens, GA | May 12 |
| 13.67 | -0.1 | Jared MacLeod | MB | 80 | 1r2 | Spitzen Leichtathletik | Luzern, SUI | Jul 15 |
| 13.69 | 0.2 | Jared MacLeod | MB | 80 | 3 | Abuja CAA Super Grand Prix | Abuja, NGR | Jul 18 |
| 13.71 | 1.8 | Jared MacLeod | MB | 80 | 2 | Meeting INT'L Groupama | Argentan, FRA | Jun 20 |
| 13.71 | 1.5 | Karl Jennings | ON | 79 | 2h2 | Meeting d'Albertville Palyrimmo | Albertville, FRA | Jul 09 |
| 13.73 | 0.9 | Jared MacLeod | MB | 80 | 5 | Loughborough EAP Meet | Loughborough, UK | Jul 29 |
| 13.74 | 1.2 | Jared MacLeod | MB | 80 | 2h1 | Zeulenroda Meeting | Zeulenroda, GER | Jul 26 |
| 13.78 | 0.2 | Jared MacLeod | MB | 80 | 1H1 | Meeting INT'L Groupama | Argentan, FRA | Jun 20 |
| 13.81 | 1.9 | Karl Jennings | ON | 79 | 1 | Smoky Mountain Men's Twilight | Knoxville, TN | May 05 |
| 13.82 | 1.8 | Jared MacLeod | MB | 80 | 2 | 30 th Sun Angel Track Classic | Tempe, AZ | Apr 10 |
| 13.82 | -0.2 | Karl Jennings | ON | 79 | 4H1 | Gedruckt | Ried, AUS | Jul 17 |
| 13.84 | -1.4 | Karl Jennings | ON | 79 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 13.85 | 0.5 | Jared MacLeod | MB | 80 | 2 | Cezmi Or Memorial | Istanbul, TUR | Jun 13 |
| 13.86 | -1.2 | Jared MacLeod | MB | 80 | 5 | Meeting National D1 de Castres | Castres, FRA | Aug 08 |
| 13.91 | 1.8 | Karl Jennings | ON | 79 | 4 | Meeting INT'L Groupama | Argentan, FRA | Jun 20 |
| 13.93 | -1.4 | Jared MacLeod | MB | 80 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 13.96 | -0.2 | Jared MacLeod | MB | 80 | 6 | Venezelia | Chania, GRE | Jun 01 |
| 13.96 | -1.8 | Jared MacLeod | MB | 80 | 1H | Canadian National Champs | Toronto, ON | Jun 26 |
| 14.20 | 1.3 | Karl Jennings | ON | 79 | 2H2 | Meeting INT'L Groupama | Argentan, FRA | Jun 20 |
| 14.25 | -2.7 | Karl Jennings | ON | 79 | 2H | Canadian National Champs | Toronto, ON | Jun 26 |
| 14.27 | -1.1 | Jared MacLeod | MB | 80 | 5 | Folksam Grand Prix 2009 | Karlstad, SUI | Jul 23 |
| 14.42 | 1.9 | Christopher Theriau | NS | 87 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.47 | -0.3 | Stuart Pearson | ON | 89 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14.51 | 1.9 | Justin Baker | SK | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.63 | -0.3 | Tyler Fawcett | ON | 88 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14.64 | 1.9 | Stuart Pearson | ON | 89 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.69 | -0.3 | Matthew Brisson | ON | 88 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14.72 | -1.4 | Jackson Hinton | AB | 81 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 14.73 | -0.3 | Andrew VandenDool | ON | 81 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14.76 | 2.0 | Stuart Pearson | ON | 89 | 8 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 14.76 | -0.3 | Simon Leveille | QC | 90 | 5 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14.79 | -2.2 | Paul Whitty | ON | 82 | 3H | Canadian National Champs | Toronto, ON | Jun 26 |
| 14.82 | 1.1 | Derek Drouin | ON | 90 | 3 | Indiana University Invitational | Bloomington, IN | Apr 18 |
| 14.86 | 0.0 | Jackson Hinton | AB | 81 | 1 | Kajaks Review Int'l | Richmond, BC | Jun 10 |
| 14.87 | 1.4 | Justin Baker | SK | 89 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 15.00 | -0.1 | Jamie Adjetey-Nelson | ON | 84 | 14 | Jesse Owens Track Classic | Columbus, OH | May 02 |
| 15.04 | 1.4 | Ryan Wolowidnyk | AB | 87 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 15.06 | -0.3 | Derek Druoin | ON | 90 | 6 | AO Sr Champs | Windsor, ON | Jul 05 |
| 15.23 | -0.6 | Mark Chenery | BC | 88 | 14 | UCSD Triton Inv | La Jolla, CA | Apr 24 |
| 15.24 | 1.4 | Jordan Nosbush | SK | 89 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 15.40 | 0.0 | Mark Chenery | BC | 88 | 2 | Kajaks Review Int'l | Richmond, BC | Jun 10 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------------|------|-----|-----|---------------------------------------|----------------|--------|
| 15.45 | 1.4 | Keegan Sharp | SK | 89 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 15.51 | 0.8 | Derek Drouin | ON | 90 | 2 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 15.68 | -1.0 | Matthew Daly-Grafstein | BC | 91 | 1F5 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 15.79 | 0.0 | Paul Woytkowiak | BC | 89 | 3 | Kajaks Review Int'l | Richmond, BC | Jun 10 |
| 16.14 | 1.4 | Kieran Moolchan | MB | 89 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 16.69 | 0.8 | Reid Gustavson | BC | 88 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 17.42 | 0.8 | Ross Enns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 17.48 | 0.8 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |

110mH - Junior - 0.991m

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------------|------|--------------------------|------|-----|-----|----------------------|--------------------|--------|
| 13.72 | 1.6 | Gregory MacNeill | ON | 92 | 1 | AO Jr & Sr Qual | London, ON | Jun 14 |
| npcr | | | | | | | | |
| 13.82 | 1.5 | Gregory MacNeill | ON | 92 | 1F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 13.85 | 1.5 | Simon Leveille | QC | 90 | 4H | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 13.95 | 1.5 | Simon Leveille | QC | 90 | 2F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 13.96 | 2.0 | Simon Leveille | QC | 90 | 6 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 14.02 | 1.6 | Oluwasegun Makinde | ON | 91 | 2 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 14.11 | 1.8 | Gregory MacNeill | ON | 92 | 1H | AO Jr & Sr Qual | London, ON | Jun 14 |
| 14.24 | 1.5 | Ingvar Moseley | ON | 91 | 3F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14.33 | 1.5 | Gabriel El Hanbli | QC | 90 | 4F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14.38 | 1.9 | Simon Leveille | QC | 90 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.47 | 1.9 | Cabriel El Hanbli | QC | 90 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.52 | 1.5 | Derek Drouin | ON | 90 | 5F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14.64 | 1.5 | Hubert Chevrette-Belisle | QC | 90 | 6F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14.59 | 0.8 | Oluwasegun Makinde | ON | 91 | 2H | AO Jr & Sr Qual | London, ON | Jun 14 |

110mH - Youth - 0.914m

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------------------|------|-------------------------|------|-----|-----|---------------------------------------|-------------------|--------|
| 13.43 npcr | 1.6 | Gregory MacNeill | ON | 92 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 13.49 | 0.8 | Gregory MacNeill | ON | 92 | 1H3 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 13.51 | 0.6 | Gregory MacNeill | ON | 92 | 3 | World Youth Champs | Sudtirol, ITA | Jul 10 |
| 13.65 | -0.5 | Gregory MacNeill | ON | 92 | 3S2 | World Youth Champs | Sudtirol, ITA | Jul 10 |
| 13.75 | 1.2 | Gregory MacNeill | ON | 92 | 1H | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 13.87 | 0.3 | Gregory MacNeill | ON | 92 | 1 | St. Patrick's HS 13 th Inv | Sarnia, ON | May 06 |
| 13.88 | 1.1 | Gregory MacNeill | ON | 92 | 1H | OFSAA West Regionals | Kitchener, ON | May 30 |
| 14.01 | 0.7 | Jonathon Cabral | ON | 92 | 5 | USATF Youth Trials | Ypsilanti, MI | Jul 01 |
| 14.61 | 1.9 | Rabriel Tesfaye | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 14.73 | 1.9 | Gabriel Slythe-Leveille | QC | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 14.77 | 1.0 | Garrett King | AB | 93 | 1 | AB & NWT Legion Camp | Calgary, AB | Jul 15 |
| 14.79 | 1.9 | Matthew Bellfontaine | NS | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 14.85 | 1.3 | Sebastian Munro | BC | 92 | 2h | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 14.88 | 1.8 | Garrett King | AB | 93 | 1 | AB Outdoor Champs | Edmonton, AB | Jul 05 |
| 14.99 | 0.0 | Ian Mclellan | SK | 92 | 5h | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 15.09 | 1.8 | Alex Smith | AB | 93 | 2 | AB Outdoor Champs | Edmonton, AB | Jul 05 |
| 15.10 | 1.9 | Ian Mclellan | SK | 92 | 4 | Youth and Legion Champs | Sherbrooke, | Aug 09 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------|------|-----|-----|-------------------------------|----------------------|--------|
| 15.11 | 1.9 | Marvin Muschette | ON | 92 | 5 | Youth and Legion Champs | QC Sherbrooke, QC | Aug 09 |
| 15.25 | -1.8 | Jeff Vela | AB | 92 | 1 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 15.38 | -0.4 | Garrett King | AB | 93 | 1H | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 15.45 | 0.4 | Jeff Vela | AB | 92 | 1 | Calgary Spring Challenge & CE | Calgary, AB | May 17 |
| 15.64 | -0.3 | Garrett King | AB | 93 | 1 | All Comers Meet #1 | Calgary, AB | May 27 |
| 15.72 | 1.8 | Diego Castillo | AB | 92 | 3 | AB Outdoor Champs | Edmonton, AB | Jul 05 |
| 15.79 | 0.4 | Garrett King | AB | 93 | 2 | Calgary Spring Challenge & CE | Calgary, AB | May 17 |
| 15.80 | 0.8 | Nick Blackburn | BC | 93 | 1 | Bob Dailey Meet 2009 | Port Alberni, BC | May 02 |
| 16.03 | 0.0 | Nick Blackburn | BC | 93 | 1 | 2009 Dogwood Meet | Victoria, BC | May 10 |
| 16.03 | 1.0 | Diego Castillo | AB | 92 | 2 | AB & NWT Legion Camp | Calgary, AB | Jul 15 |
| 16.13 | 1.0 | Jeff Vela | AB | 92 | 3 | AB & NWT Legion Camp | Calgary, AB | Jul 15 |
| 16.26 | -0.2 | Garrett King | AB | 93 | 1 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |

400mH - 0.914m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------|------|-----|-----|--|---------------------|--------|
| 49.13 | *Quevedo Camilo | ON | 86 | 4 | Campeonato Centroamericano | GUA | Jun 13 |
| 50.32 | Adam Kunkel | AB | 81 | 5 | Grande Premio Brasil Caixa de Atletismo | Belem, BRA | May 24 |
| 50.57 | Adam Kunkel | AB | 81 | 4 | GP Rio Caixa de Atletismo | Rio de Janeiro, BRA | May 17 |
| 51.06 | Nigel Joseph | AB | 86 | 1 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 51.40 | Adam Kunkel | AB | 81 | 8r1 | IX European Athletics Festival | Budgoszcz, POL | Jun 10 |
| 51.67 | Trent Ratzlaff | AB | 86 | 1H1 | Swiss Meeting Bern | Bern, SUI | Jul 18 |
| 51.77 | Trent Ratzlaff | AB | 86 | 1H2 | Guldensporen Meeting | Kortrijk, BEL | Jul 11 |
| 51.79 | Trent Ratzlaff | AB | 86 | 1 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 51.82 | Nigel Joseph | AB | 86 | 15 | NCAA Div I – MidWest Regionals | Norman, OK | May 30 |
| 51.87 | Nigel Joseph | AB | 86 | 7 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 51.98 | Trent Ratzlaff | AB | 86 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |
| 52.15 | Nigel Joseph | AB | 86 | 2H1 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 52.29 | Stuart Pearson | ON | 89 | 1H | Canadian National Champs | Toronto, ON | Jun 27 |
| 52.34 | Stuart Pearson | ON | 89 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 52.41 | Nigel Joseph | AB | 86 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 52.46 | Stuart Pearson | ON | 89 | 4 | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| 52.54 | Nigel Joseph | AB | 86 | 2H | Canadian National Champs | Toronto, ON | Jun 27 |
| 52.72 | Stuart Pearson | ON | 89 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 52.75 | Trent Ratzlaff | AB | 86 | 3H | Canadian National Champs | Toronto, ON | Jun 27 |
| 53.54 | Stuart Pearson | ON | 89 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 53.56 | *Camilo Quevedo | ON | 86 | 8 | Jesse Owens Track Classic | Columbus, OH | May 02 |
| 54.04 | Stuart Pearson | ON | 89 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 54.35 | Evan Kimick | AB | 89 | 2 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 54.40 | Evan Kimick | AB | 89 | 1 | New Balance Athletic Series #2 | Alberta, AB | May 24 |
| 54.40 | Leslie Andersen | SK | 87 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 54.77 | Evan Kimick | AB | 89 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 55.01 | *Camilo Quevedo | ON | 86 | 2 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 55.63 | Paul Woytkowiak | BC | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 55.80 | Evan Kimick | AB | 89 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 56.24 | Jared Coyne | ON | 87 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 56.31 | Jared Coyne | ON | 87 | 1 | York Twilight Meet #2 | Toronto, ON | Jun 15 |
| 56.58 | Jack Ohlsen | ON | 88 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 56.87 | Kyle Knuff | ON | 89 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 56.73 | Clayton Hayes | AB | 88 | 2 | New Balance Athletic Series #2 | Alberta, AB | May 24 |
| 56.87 | Jared Coyne | ON | 87 | 4 | AO National Jr & Sr Qual | Toronto, ON | Jun 14 |
| 56.92 | Matt Brisson | ON | 88 | 2 | Power Speed Series Meet #5 | London, ON | Jul 10 |
| 56.95 | Jared Coyne | ON | 87 | 4 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 57.28 | Zacharie Durand | MB | 89 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 57.52 | Brynlynn Pitt | BC | 90 | 7 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 57.86 | Kevin Lim | BC | 88 | 6F2 | Oregon Relays | Eugene, OR | Apr 25 |
| 58.45 | Jared Coyne | ON | 88 | 2 | Inaugural York U Lions Spring Open | Toronto, ON | May 02 |
| 58.82 | Duncan Bays | BC | 87 | 9 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 1:02.91 | Kevin Lim | BC | 88 | 8F1 | Bryan Clay Invitational | Azusa, CA | Apr 17 |

400mH - Junior - 0.914m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|-----------------------------|--------------------|--------|
| 51.02 | Gabriel El Hanbli | QC | 90 | 5 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 51.32 | Gabriel El Hanbli | QC | 90 | 1H2 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 51.57 | Gabriel El Hanbli | QC | 90 | 5 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 51.79 | Gabriel El Hanbli | QC | 90 | 1F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 52.61 | Gabriel El Hanbli | QC | 90 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 52.68 | Gabriel El Hanbli | QC | 90 | 4 | Championnats de France FFSU | Nice, FRA | May 30 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|--------------------------|------|-----|-----|--------------------------------|--------------------|--------|
| 53.36 | Scott Leitch | ON | 90 | 2F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 53.45 | Daniel Chan | ON | 91 | 3F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 53.87 | Scott Leitch | ON | 90 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 53.97 | Scott Leitch | ON | 90 | 1 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 54.23 | Daniel Chan | ON | 91 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 54.51 | Scott Leitch | ON | 90 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 54.64 | Tait Nystuen | SK | 91 | 4F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 54.66 | Tait Nystuen | SK | 91 | 1 | AB Champs | Edmonton, AB | Jul 04 |
| 54.86 | Ingvar Moseley | ON | 91 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 54.89 | Cameron Smithers | ON | 91 | 5 | AO Sr Champs | Windsor, ON | Jul 05 |
| 55.19 | Andrew Arndt | SK | 90 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 55.27 | Gregory MacNeill | ON | 92 | 1 | 2009 WOSSAA | London, ON | May 22 |
| 55.28 | Mihai Prajea | AB | 91 | 5F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.33 | Spencer Bell | ON | 91 | 6F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.54 | Dyson Barnes | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 55.54 | Hubert Chevrette-Belisle | QC | 90 | 7F2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.60 | Cameron Smither | ON | 91 | 1F1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.70 | Mihai Prajea | AB | 91 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 55.86 | Taylor Harris | ON | 91 | 1 | Power Speed Series Meet #5 | London, ON | Jul 10 |
| 55.96 | Gregory MacNeill | ON | 92 | 1 | OFSAA West Regionals | Kitchener, ON | May 30 |
| 56.30 | Taylor Harris | ON | 91 | 6 | AO Sr Champs | Windsor, ON | Jul 05 |
| 56.30 | Mihai Prajea | AB | 91 | 6 | Canada Games | Charlottetown, PEI | Aug 24 |
| 56.31 | Vincent Parent-Pichette | QC | 91 | 7 | Canada Games | Charlottetown, PEI | Aug 24 |
| 56.39 | Branden Wilhelm | ON | 92 | 2 | OFSAA West Regionals | Kitchener, ON | May 30 |
| 56.41 | Branden Wilhelm | ON | 92 | 2 | 2009 WOSSAA | London, ON | May 22 |
| 56.50 | Taylor Harris | ON | 91 | | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 57.56 | Mihai Prajea | AB | 91 | 3 | New Balance Athletic Series #2 | Alberta, AB | May 24 |
| 1:01.74 | Ethan Rutley | BC | 90 | 6F2 | Oregon Relays | Eugene, OR | Apr 25 |
| 1:04.49 | Chris Rodojewski | ON | 92 | 3 | York University Twilight #4 | Toronto, ON | Jul 28 |

400mH - Youth - 0.840m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|----------------------------------|------------------|--------|
| 54.54 | Dyson Barnes | BC | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 54.71 | Dyson Barnes | BC | 92 | | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 17 |
| 54.71 | Dyson Barnes | BC | 92 | 4h3 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 54.73 | Dyson Barnes | BC | 92 | 7s2 | World Youth Champs | Sudtirol, ITA | Jul 09 |
| 54.83 | Branden Hansen | AB | 93 | 1 | All-Comers Meet | Edmonton, AB | Jun 17 |
| 55.36 | Branden Hansen | AB | 93 | 1 | CALTA Track Classic | Calgary, AB | Jun 14 |
| 55.44 | Branden Hansen | Ab | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 55.45 | Dyson Barnes | BC | 92 | | World Athletics Day | Surrey, BC | May 20 |
| 55.49 | Joseph Friis | QC | 93 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 55.55 | Nick Blackburn | BC | 93 | 1 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 55.57 | Branden Hansen | AB | 93 | 2 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 55.63 | Branden Hansen | AB | 93 | 5h4 | World Youth Champs | Sudtirol, ITA | Jul 08 |
| 56.16 | Garrett King | AB | 93 | 1 | Langley Pacific Inv | Langley, BC | Jun 21 |
| 56.72 | Jeff Vela | AB | 92 | 1 | New Balance Athletics Series #2 | Calgary, AB | May 24 |
| 56.80 | Cameron MacLennan | NS | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 56.81 | Ian Mclellan | SK | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 56.93 | Nick Blackburn | BC | 93 | 1 | Bob Dailey Meet 2009 | Port Alberni, BC | May 02 |
| 57.00 | Nick Blackburn | BC | 93 | 1 | 2009 Dogwood Meet | Victoria, BC | May 10 |
| 57.70 | Nick Blackburn | BC | 93 | 1 | Vancouver Island T&F Champ | Victoria, BC | May 21 |
| 57.73 | Terrence Sampson | MB | 92 | 1 | MB-SK Youth Dual & Legion Trials | Winnipeg, MB | Jul 19 |
| 57.91 | Branden Hansen | AB | 93 | 1 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 58.11 | Garrett King | AB | 93 | 2 | New Balance Athletics Series #2 | Calgary, AB | May 24 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------------|------------------|-------------|------------|------------|----------------------------------|-----------------|-------------|
| 58.22 | Terrence Sampson | MB | 92 | 1 | MB Outdoor Grand Prix #4 & #5 | Winnipeg, MB | Jun 13 |
| 58.37 | Nick Blackburn | BC | 93 | 1 | BC Maters Championships | Victoria, BC | May 23 |
| 59.72 | Jeff Vela | AB | 92 | 3 | Calgary Spring Challenge | Calgary, AB | May 17 |
| 59.86 | Garrett King | AB | 93 | 2 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 1:00.64 | Samual Testa | ON | 93 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 1:00.64 | Scott Entz | MB | 92 | 2 | MB-SK Youth Dual & Legion Trials | Winnipeg, MB | Jul 19 |
| 1:00.95 | Branden Wilhelm | ON | 92 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |

1500m Steeple Chase - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------|-----|-----|-----------|----------|------|
|------|------|------|-----|-----|-----------|----------|------|

1500m Steeple Chase - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------|-----|-----|-----------|----------|------|
|------|------|------|-----|-----|-----------|----------|------|

2000m Steeple Chase – Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------|------|-----|-----|------------------|-------------|--------|
| 5:49.00 | Jacob Smith | ON | 90 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 5:52.33 | Jordan Collison | ON | 91 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 5:53.88 | Andrew deGroot | ON | 91 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |

2000m Steeple Chase – Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|-----|--------------------------|----------------|--------|
| 5:53.73 | Gareth Hadfield | AB | 92 | 9 | World Youth Champs | Sudtirol, ITA | Jul 12 |
| 5:55.12 | Chris Dulhanty | ON | 92 | 11 | World Youth Champs | Sudtirol, ITA | Jul 12 |
| 5:56.09 | Gareth Hadfield | AB | 92 | 6H1 | World Youth Champs | Sudtirol, ITA | Jul 10 |
| 5:56.29 | Chris Dulhanty | ON | 92 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 5:57.29 | Chris Dulhanty | ON | 92 | 4H2 | World Youth Champs | Sudtirol, ITA | Jul 10 |
| 6:01.62 | Gareth Hadfield | AB | 92 | 1 | Langley Pacific Inv | Langley, BC | Jun 19 |
| 6:01.78 | Justin Kent | BC | 92 | 2 | Langley Pacific Inv | Langley, BC | Jun 19 |
| 6:02.58 | Gareth Hadfield | AB | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6:05.94 | Nicolas Deshaies | QC | 92 | 1 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 6:06.81 | Chris Dulhanty | ON | 92 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 6:06.82 | Gareth Hadfield | AB | 92 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 6:09.51 | Justin Kent | BC | 92 | 1 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 6:10.22 | Nicolas Deshaies | QC | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6:11.79 | Chris Balestrini | ON | 92 | 8 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 6:18.08 | Justin Kent | BC | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6:22.46 | Jonas Golf-Myers | BC | 92 | 2 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 6:23.51 | Patrick Fortune | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6:24.46 | Jake Bruchet | BC | 93 | 3 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 6:27.41 | Evan Hall | BC | 93 | 4 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 6:27.68 | Jake Bruchet | BC | 93 | 3 | Langley Pacific Inv | Langley, BC | Jun 19 |
| 6:27.91 | Jackson Bocksnick | AB | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 7:00.63 | Louis-Erik Demers | QC | 93 | 2 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 7:00.86 | Jean-Simon Roy | QC | 93 | 3 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |
| 7:53.43 | Joel Therrien | QC | 92 | 4 | Ian Hume Inv | Sherbrooke, QC | Jun 14 |

3000m Steeple Chase

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|------|--|--------------------|--------|
| 8:27.09 | Robin Watson | ON | 83 | 4 | Prefontaine Classic | Eugene, OR | Jun 07 |
| 8:27.53 | Alex Genest | QC | 86 | 4 | Universiade | Belgrade, SER | Jul 11 |
| 8:28.24 | Robin Watson | ON | 83 | 6 | KBC Nacht van de Atletiek | Heusden, BEL | Jul 18 |
| 8:28.83 | Robin Watson | ON | 83 | 14 | Miting Internacional d'Atletisme Ciutat de Barcelona | Barcelona, ESP | Jul 25 |
| 8:29.55 | Robin Watson | ON | 83 | 2 | Trofeo International Atletismo Ayto | Barakaldo, SPA | Jul 10 |
| 8:29.63 | Robin Watson | ON | 83 | 3F1 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 8:32.87 | Robin Watson | ON | 83 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |
| 8:34.32 | Robin Watson | ON | 83 | 1 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 8:37.96 | Alex Genest | QC | 86 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 8:40.16 | Josh Karanja | ON | 89 | 6 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 8:41.38 | Alex Genest | QC | 86 | 11F1 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 8:44.30 | Alex Genest | QC | 86 | 1 | University of Windsor Open | Windsor, ON | May 16 |
| 8:44.73 | Robin Watson | ON | 83 | 10h2 | World Championships | Berlin, GER | Aug 16 |
| 8:45.08 | Josh Karanja | ON | 83 | 10H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 8:45.87 | Chris Winter | BC | 86 | 13H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 8:46.06 | Chris Winter | BC | 86 | 9 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 8:47.20 | Alex Genest | QC | 86 | 1 | Portland Track Festival | Portland, OR | Jun 13 |
| 8:47.27 | Matthew Brunsting | ON | 87 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 8:49.89 | Matt Hughes | ON | 89 | 18H | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 8:50.52 | Alex Genest | QC | 86 | 6 | Folksam Grand Prix 2009 | Karlstad, SUI | Jul 23 |
| 8:53.08 | Kyle O'Neill | ON | 89 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 8:53.19 | Joshua Karanja | ON | 83 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 8:58.37 | Ryan Brockerville | NL | 89 | 11F2 | Payton Jordan Cardinal Invitational | Stanford, CA | May 02 |
| 8:59.90 | Josh Karanja | ON | 83 | 5 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 9:01.47 | Joel Bourgeois | NB | 71 | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 9:02.10 | Matthew Brunsting | ON | 87 | 2 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 9:04.38 | Dave Weston | ON | 87 | 3 | University of Windsor Open | Windsor, ON | May 16 |
| 9:05.19 | Ryan Brockerville | NL | 89 | 7 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 16 |
| 9:10.84 | Matthew Brunsting | ON | 87 | 4 | University of Windsor Open | Windsor, ON | May 16 |
| 9:12.08 | Alex Genest | QC | 86 | 7 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 9:13.11 | Max Paquette | ON | 84 | 23 | Inaugural York University Lions Spring Open | Toronto, ON | May 02 |
| 9:14.46 | Matt Brunsting | ON | 87 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:15.47 | Max Paquette | ON | 84 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 9:17.81 | Max Paquette | ON | 84 | 5 | University of Windsor Open | Windsor, ON | May 16 |
| 9:20.65 | Ryan Brockerville | NL | 89 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:21.02 | Nigel Wray | ON | 82 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 9:26.90 | Stephane Colle | QC | 88 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:31.36 | Cody Murray | ON | 87 | 26 | Inaugural York University Lions Spring Open | Toronto, ON | May 02 |
| 9:31.39 | Abdelkader Dib | AB | 89 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 9:32.36 | Abdelkader Dib | AB | 89 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:34.29 | Owen Delange | AB | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 9:38.98 | Nigel Wray | ON | 82 | 5 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 9:36.92 | Stephane Colle | QC | 88 | 4 | Crepusculeherbrooke 1 | Sherbrooke, QC | May 23 |
| 9:39.47 | Jamie Switzer | ON | 88 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 9:43.33 | Cody Murray | ON | 87 | 6 | RCLDS #2 Summer Kick-Off | London, ON | Jun 03 |
| 9:46.34 | Maxime Paquette | ON | 84 | 15 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 9:47.73 | Stephane Gerard | SK | 89 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 9:50.77 | Calvary DeJong | MB | 86 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 9:53.71 | Cody Murray | ON | 87 | 7 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|----------|-------------|------|-----|-----|--|----------------|--------|
| 10:08.14 | Erik Bean | BC | 89 | 6 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 10:14.72 | Billy Regan | BC | 89 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 10:25.59 | Billy Regan | BC | 89 | 7 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 10:31.13 | Erik Bean | BC | 89 | 3 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |

3000m Steeple Chase - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|-----|--------------------------|--------------------|--------|
| 9:05.28 | Mattias Wolter | NS | 91 | 1 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 9:07.58 | Mattias Wolter | NS | 91 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 9:14.68 | Daryl Smith | ON | 91 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 9:18.14 | Mattias Wolter | NS | 91 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:21.64 | Daryl Smith | ON | 91 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:23.34 | Dylan Haight | BC | 91 | 3 | Portland Track Festival | Portland, OR | Jun 13 |
| 9:23.84 | Daryl Smith | ON | 91 | 5 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 9:25.16 | Jacob Smith | ON | 90 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 9:25.31 | Mattias Wolter | NS | 91 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:25.52 | Jacob Smith | ON | 90 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:25.60 | Andrew Degroot | ON | 91 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 9:27.98 | Dylan Haight | BC | 91 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:34.47 | Andrew Degroot | ON | 91 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:37.47 | Dylan Haight | BC | 91 | 6 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:38.54 | Ryan Cassidy | NB | 93 | 7 | Canada Games | Charlottetown, PEI | Aug 24 |
| 9:45.21 | Frederic Bouchard | QC | 91 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:48.07 | Nathan Wanuch | ON | 90 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:50.92 | Justin Kent | BC | 92 | 8 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 9:56.51 | Graeme Law | AB | 90 | 10 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |

4x100m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-----------------------|------|-----|-----|-------------------------|--------------------|--------|
| 38.39 | Canada | | | 5 | World Championships | Berlin, GER | Aug 22 |
| | Sam Effah | AB | 87 | | | | |
| | Oluseyi Smith | ON | 87 | | | | |
| | Jared Connaughton | PEI | 85 | | | | |
| | Brian Barnett | AB | 87 | | | | |
| 38.60 | Canada | | | 2h2 | World Championships | Berlin, GER | Aug 21 |
| | Hank Palmer | QC | 85 | | | | |
| | Oluseyi Smith | ON | 87 | | | | |
| | Jared Connaughton | PEI | 85 | | | | |
| | Brian Barnett | AB | 87 | | | | |
| 38.62 | Canada | | | 4 | Aviva London Grand Prix | London, GBR | Jul 24 |
| | Hank Palmer | QC | 85 | | | | |
| | Oluseyi Smith | ON | 87 | | | | |
| | Jared Connaughton | PEI | 85 | | | | |
| | Brian Barnett | AB | 87 | | | | |
| 38.85 | Canada Red | | | 4 | Penn State Relays | Philadelphia, PA | Apr 25 |
| | Hank Palmer | QC | 85 | | | | |
| | Anson Henry | ON | 79 | | | | |
| | Jared Connaughton | PEI | 85 | | | | |
| | Brian Barnett | AB | 87 | | | | |
| 39.26 | Canada Black | | | 5 | Penn State Relays | Philadelphia, PA | Apr 25 |
| | Sam Effah | AB | 88 | | | | |
| | Richard Adu-Bobie | ON | 85 | | | | |
| | Oluseyi Smith | ON | 87 | | | | |
| | Charles Allen | ON | 77 | | | | |
| 39.37 | Canada A | | | | LSU - 2009 Alumni Gold | Baton Rouge, LA | Apr 18 |
| | Hank Palmer | QC | 85 | | | | |
| | Anson Henry | ON | 79 | | | | |
| | Jared Connaughton | PEI | 85 | | | | |
| | Pierre Browne | ON | 80 | | | | |
| 40.67 | Canada | | | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 03 |
| | Nigel Joseph | AB | 86 | | | | |
| | Gabriel El Hanbli | QC | 90 | | | | |
| | Rohan Stewart | BC | 90 | | | | |
| | Hank Palmer | QC | 85 | | | | |
| 40.91 | Canada | | | 3H1 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| | Jared MacLeod | MB | 80 | | | | |
| | Christopher Greenaway | QC | 87 | | | | |
| | Rohan Stewart | BC | 90 | | | | |
| | Hank Palmer | QC | 85 | | | | |
| 41.35 | Alberta | | | 1H | Canada Games | Charlottetown, PEI | Aug 24 |
| | Akeem Haynes | AB | 92 | | | | |
| | Julian Reddy | AB | 88 | | | | |
| | Ricardo Charles | AB | 88 | | | | |
| | Sam Effah | AB | 88 | | | | |
| 41.37 | Alberta | | | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Akeem Haynes | AB | 92 | | | | |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|--------------|--------------------|--------|
| | Julian Reddy | AB | 88 | | | | |
| | Ricardo Charles | AB | 88 | | | | |
| | Sam Effah | AB | 88 | | | | |
| 41.77 | British Columbia | | | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Brandt Fralick | BC | 87 | | | | |
| | Rohan Stewart | BC | 90 | | | | |
| | Andrew Nathan | BC | 90 | | | | |
| | Kevin Lim | BC | 88 | | | | |
| 41.93 | Quebec | | | 2H | Canada Games | Charlottetown, PEI | Aug 24 |
| | Dominic Allard | QC | 90 | | | | |
| | Gabriel El Hanbli | QC | 90 | | | | |
| | Jonathan Charest | QC | 88 | | | | |
| | Sebastien Sevigny | QC | 91 | | | | |
| 41.95 | Quebec | | | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Dominic Allard | QC | 90 | | | | |
| | Gabriel El Hanbli | QC | 90 | | | | |
| | Jonathan Charest | QC | 88 | | | | |
| | Bianco Richard | QC | 88 | | | | |
| 42.04 | Manitoba | | | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| | David Szczepaniak | MB | 88 | | | | |
| | Quin Ferguson | MB | 88 | | | | |
| | Kieran Moolchan | MB | 89 | | | | |
| | Nathan Labbe | MB | 88 | | | | |
| 42.23 | Saskatchewan | | | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Landon Hretsina | SK | 89 | | | | |
| | Joel Senick | SK | 89 | | | | |
| | Leslie Andersen | SK | 87 | | | | |
| | Eric Clark | SK | 84 | | | | |

4x100m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------------|------|-----|-----|----------------------|--------------------|--------|
| 41.60 | Canada | | | 6 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| | Simon Leveille | QC | 90 | | | | |
| | Oluwasegun Makinde | ON | 91 | | | | |
| | Andre Hamilton | ON | 90 | | | | |
| | Rohan Stewart | BC | 90 | | | | |
| 42.40 | Take flight Athletics | | | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Kadeem Douglas | ON | 90 | | | | |
| | Wayndale Bennett | ON | 90 | | | | |
| | Jacob Zorzella | ON | 90 | | | | |
| | Kyle Bennett | ON | 93 | | | | |
| 42.45 | Edmonton Sprint Academy | | | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Kevin Blimke | AB | 90 | | | | |
| | Mason Torres | AB | 91 | | | | |
| | Taylor Ferniuk | AB | 90 | | | | |
| | Stephen McPhee | AB | 91 | | | | |
| 42.52 | Ottawa Lions | | | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------------------------|------|-----|-----|--------------------|--------------------|--------|
| | Devin Biocchi | ON | 92 | | | | |
| | Oluwasegun Makinde | ON | 91 | | | | |
| | Cameron Smithers | ON | 91 | | | | |
| | Ramon Monsour | ON | 90 | | | | |
| 43.53 | London Legion T&F | | | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Gregory MacNeill | ON | 92 | | | | |
| | Scott Leitch | ON | 90 | | | | |
| | Taylor Stewart | ON | 91 | | | | |
| | Gabriel Tesfaye | ON | 92 | | | | |
| 43.80 | New Brunswick | | | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Alex Stuart | NB | 92 | | | | |
| | Jason Bouchard | NB | 90 | | | | |
| | Alexandre Doucet | NB | 92 | | | | |
| | Richard Ivey | NB | 90 | | | | |
| 45.56 | Nova Scotia | | | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Justin Hirtle | NS | 90 | | | | |
| | Luke Demetre | NS | 90 | | | | |
| | Randy Henley | NS | 90 | | | | |
| | Matthew Bellefontaine | NS | 92 | | | | |
| 45.58 | BC Athletics | | | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Matthew Daly-Grafstein | BC | 91 | | | | |
| | Andrew Nathan | BC | 90 | | | | |
| | Nathan Filipek | BC | 91 | | | | |
| | Robert Gallagher | BC | 91 | | | | |

4x100m - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------------------------|------|-----|-----|-------------------------|----------------|--------|
| 43.45 | British Columbia | | | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Spencer Prince | BC | 92 | | | | |
| | Delling Ingvaldson | BC | 92 | | | | |
| | Christopher Sutherland | BC | 92 | | | | |
| | Brennan Gademans | BC | 93 | | | | |
| 44.82 | Ontario | | | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Calvin Arsenault | ON | 93 | | | | |
| | Marvin Muschette | ON | 92 | | | | |
| | Gabriel Tesfaye | ON | 92 | | | | |
| | Ike Omoruna | ON | 92 | | | | |
| 45.58 | Saskatchewan | | | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Ian McLellan | SK | 92 | | | | |
| | Ben Palibroda | SK | 92 | | | | |
| | James Chamney | SK | 93 | | | | |
| | Lex Ewen | SK | 92 | | | | |
| 45.84 | Alberta | | | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Ryan McKay | AB | 93 | | | | |
| | Marcus Watson | AB | 92 | | | | |
| | Diego Castilo | AB | 92 | | | | |
| | Evan Roesch | AB | 92 | | | | |

4x400m

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------------------|------|-----|-----|-------------------------|--------------------|--------|
| 3:11.65 | Canada | | | 5 | Jeux de la Francophonie | Beirut, LIB | Oct 05 |
| | Geoffrey Harris | NS | 87 | | | | |
| | Gabriel El Hanbli | QC | 90 | | | | |
| | Nigel Joseph | AB | 86 | | | | |
| | Rohan Stewart | BC | 90 | | | | |
| 3:13.29 | Ontario | | | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Stuart Pearson | ON | 89 | | | | |
| | Mitchell Tome | ON | 89 | | | | |
| | Andre Hamilton | ON | 90 | | | | |
| | Daniel Harper | ON | 89 | | | | |
| 3:14.47 | SK Summer Games | | | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| | Leslie Andersen | MB | 87 | | | | |
| | Chris Crossley | SK | 87 | | | | |
| | Landon Hretsina | SK | 89 | | | | |
| | Joel Senick | SK | 89 | | | | |
| 3:14.53 | Alberta | | | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Michael Saizew | AB | 87 | | | | |
| | Evan Kimick | AB | 89 | | | | |
| | Sam Effah | AB | 88 | | | | |
| | Jaden Ostapowich | AB | 89 | | | | |
| 3:15.11 | British Columbia | | | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Kevin Lim | BC | 88 | | | | |
| | Reid Gusavson | BC | 88 | | | | |
| | Andrew Boss | BC | 89 | | | | |
| | Rohan Stewart | BC | 90 | | | | |
| 3:15.81 | Quebec | | | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Bianco Richard | QC | 88 | | | | |
| | Gabriel El Hanbli | QC | 90 | | | | |
| | Vincent Parent- Pichette | QC | 91 | | | | |
| | Philippe Perron- Roelandts | QC | 90 | | | | |
| 3:16.03 | Saskatchewan | | | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Joel Senick | SK | 89 | | | | |
| | Landon Hretsina | SK | 89 | | | | |
| | Leslie Andersen | SK | 87 | | | | |
| | Nathan Scott | SK | 87 | | | | |

4x400m - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------|------|-----|-----|----------------------|--------------------|--------|
| 3:09.05 | Canada | | | 3 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| | Michael Trnkus | ON | 91 | | | | |
| | Gabriel El Hanbli | QC | 90 | | | | |
| | Andre Hamilton | ON | 90 | | | | |
| | Rohan Stewart | ON | 90 | | | | |
| 3:18.88 | Ontario Select | | | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Joseph Triumbari | ON | 91 | | | | |
| | Ryan Charlton | ON | 90 | | | | |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-------------------------|------|-----|-----|--------------------|--------------------|--------|
| | Andre Hamilton | ON | 90 | | | | |
| | Michael Trnkus | ON | 91 | | | | |
| 3:20.05 | Ottawa Lions A | | | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Oluwasegun Makinde | ON | 91 | | | | |
| | Devin Biocchi | ON | 92 | | | | |
| | Michal Warchol | ON | 90 | | | | |
| | Gordon Cave | ON | 91 | | | | |
| 3:21.10 | BC Athletics | | | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Nathan Filipek | ON | 91 | | | | |
| | Lucas Bruchet | ON | 91 | | | | |
| | Rowan Forseth | ON | 91 | | | | |
| | Rohan Stewart | ON | 90 | | | | |
| 3:23.82 | Edmonton Sprint Academy | | | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Kevin Blimke | AB | 90 | | | | |
| | Justin Dymond | AB | 91 | | | | |
| | Adrien Schadeck | AB | 91 | | | | |
| | Mike Karakochuk | AB | 91 | | | | |
| 3:25.39 | Team Alberta | | | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Bastian Mayer | AB | 90 | | | | |
| | Karl Robertson | AB | 91 | | | | |
| | Scott Ratzlaff | AB | 90 | | | | |
| | Jeffrey Homer | AB | 90 | | | | |
| 3:28.85 | Ottawa Lions B | | | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Ramon Monsour | ON | 90 | | | | |
| | Spencer Bell | ON | 91 | | | | |
| | Cameron Smithers | ON | 91 | | | | |
| | Bukhosi Mabaleka | ON | 90 | | | | |
| 3:29.85 | Nova Scotia | | | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Matthew Reddy | NS | 90 | | | | |
| | Luke Demetre | NS | 90 | | | | |
| | Justin Hirtle | NS | 90 | | | | |
| | Randy Henley | NS | 90 | | | | |
| 3:30.05 | Laurel Creek T&F | | | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Oliver Grant | ON | 91 | | | | |
| | Trevor Salmon | ON | 91 | | | | |
| | Connor Outhit | ON | 92 | | | | |
| | Phil O'Donnell | ON | 91 | | | | |
| 3:30.34 | New Brunswick | | | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Alexandre Coholan | NB | 93 | | | | |
| | David Wang | NB | 90 | | | | |
| | Alex Stuart | NB | 92 | | | | |
| | Adam Gaudes | NB | 92 | | | | |
| 3:30.50 | Windsor Legion T&F | | | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Andrew Paterson | ON | 90 | | | | |
| | Daryl Smith | ON | 91 | | | | |
| | Paul Janikowski | ON | 92 | | | | |
| | Tyler Macleod | ON | 91 | | | | |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|-----------------|------|-----|-----|--------------------|--------------------|--------|
| 3:30.60 | London Legion | | | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Branden Wilhelm | ON | 92 | | | | |
| | Austin Roth | On | 90 | | | | |
| | Paul La Marra | ON | 92 | | | | |
| | Scott Leitch | ON | 90 | | | | |

4x400m - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|---------|------------------------|------|-----|-----|-------------------------|----------------|--------|
| 3:22.13 | British Columbia | | | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Dyson Barnes | BC | 92 | | | | |
| | Travis Vugteveen | BC | 92 | | | | |
| | Christopher Sutherland | BC | 92 | | | | |
| | Benjamin Ayesu-Attah | BC | 93 | | | | |
| 3:25.01 | Manitoba | | | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Joseph McDonough | MB | 93 | | | | |
| | Kelvin Fergusson | MB | 92 | | | | |
| | Matthew Fitkowsky | MB | 93 | | | | |
| | Terrence Sampson | MB | 92 | | | | |
| 3:26.82 | Alberta | | | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Evan Roesch | AB | 92 | | | | |
| | Ryan McKay | AB | 93 | | | | |
| | Cole Peterson | AB | 93 | | | | |
| | Jackson Bocksnick | AB | 92 | | | | |
| 3:34.99 | Saskatchewan | | | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Ian Mclellan | SK | 92 | | | | |
| | Davis Guenther | SK | 93 | | | | |
| | James Chamney | SK | 93 | | | | |
| | Ben Palibroda | SK | 92 | | | | |
| 3:37.29 | Ontario | | | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Calvin Arsenault | ON | 93 | | | | |
| | Thomas De Vries | ON | 92 | | | | |
| | Patrick Fortune | ON | 92 | | | | |
| | Paul Janikowski | ON | 92 | | | | |
| 3:40.66 | NLD | | | 6 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Jesse Walsh | NLD | 92 | | | | |
| | Liam Delaney | NLD | 93 | | | | |
| | William Forsey | NLD | 93 | | | | |
| | Stephen Bursey | NLD | 92 | | | | |

High Jump / Saut en hauteur

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|-------------------|------|-----|-----|--|-----------------------|--------|
| 2.25 | Mike Mason | BC | 86 | 4 | Grande Premio Brasil Caixa de Atletismo | Belem, BRA | May 24 |
| 2.25 | Mike Mason | BC | 86 | 4 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 2.23 | Mike Mason | BC | 86 | 2 | Universiade | Belgrade, SER | Jul 11 |
| 2.21 | Mark Dillon | ON | 84 | 3 | Meeting National à Thème Bouvet | Thonon-les-Bains, FRA | May 23 |
| 2.20 | Mike Mason | BC | 86 | 5 | Festival of Excellence | Toronto, ON | Jun 11 |
| 2.20 | Mark Dillon | ON | 84 | 8 | Festival of Excellence | Toronto, ON | Jun 11 |
| 2.20 | Mark Dillon | ON | 84 | 3 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 2.18 | Derek Watkins | ON | 83 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 2.17 | Mike Mason | BC | 86 | 5 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 2.17 | Mark Dillon | ON | 84 | 6 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 2.17 | Mike Mason | BC | 86 | 1 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 17 |
| 2.15 | Mike Mason | BC | 86 | 4 | GP Caixa | Uberlandia, BRA | May 20 |
| 2.15 | Derek Watkins | ON | 83 | 1 | University of Windsor Open | Windsor, ON | May 16 |
| 2.15 | Mark Dillon | ON | 84 | 6 | Pfingstsportfest | Rehlingen, GER | Jun 01 |
| 2.15 | Mark Dillon | ON | 84 | 1 | AO Jr & Sr Qual | Toronto, ON | Jun 14 |
| 2.15 | Derek Watkins | ON | 83 | 6 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 2.15 | Mark Dillon | ON | 84 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 2.15 | Mike Mason | BC | 86 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 2.15 | Derek Watkins | ON | 83 | 1 | Asian Community Games | Toronto, ON | Jul 18 |
| 2.15 | Derek Watkins | ON | 83 | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 2.14 | Derek Watkins | ON | 83 | 1 | AO Sr Champs | Windsor, ON | Jul 04 |
| 2.14 | Paul Little | BC | 88 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 2.12 | Derek Watkins | ON | 83 | 2 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 17 |
| 2.10 | Justin Darlington | QC | 88 | 1 | Soiree Select #1 | Saint-Laurent, QC | May 23 |
| 2.10 | Derek Watkins | ON | 83 | 1 | Power Speed Series Meet #3 | London, ON | Jun 09 |
| 2.05 | Paul Little | BC | 88 | 1F1 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 2.05 | Jesse Lipscombe | AB | 80 | 9 | Meeting International Region Guadeloupe | Guadeloupe, FR | May 01 |
| 2.05 | Justin Darlington | QC | 88 | 1 | New Jersey International | Holmdel, NJ | Jun 06 |
| 2.05 | Justin Darlington | QC | 88 | 6 | Meeting Internazionale di Athletic Leggera | Vellerti, ITA | Jul 18 |
| 2.00 | Justin Darlington | QC | 88 | 3 | AO Sr Champs | Windsor, ON | Jul 04 |
| 1.95 | Paul Little | BC | 88 | 1 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 1.95 | Paul Little | BC | 88 | 11 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 1.95 | Reid Gustavson | BC | 88 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 1.90 | Paul Little | BC | 88 | 1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1.90 | Isaac Tyler | AB | 89 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1.88 | Reid Gustavson | BC | 88 | 2 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 1.80 | Reid Gustavson | BC | 88 | 5 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1.80 | Justin Khouw | BC | 87 | 5 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1.80 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 1.80 | Tyrone Welchinski | MB | 89 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1.80 | Todd Rigaux | AB | 90 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1.70 | Sviato Moldanovav | BC | 89 | 9 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1.70 | Casey Marsden | ON | 89 | 5 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 1.65 | Curtis Moss | BC | 87 | 10 | The Achilles Cup | Burnaby, BC | Apr 26 |

High Jump / Saut en hauteur - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------------------|--------------|------|-----|-----|-------------------------------|--------------------|--------|
| 2.27 <i>npcr</i> | Derek Drouin | ON | 90 | 1 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 2.22 | Derek Drouin | ON | 90 | 1 | NCAA Div I- MidEast Regionals | Louisville, KY | May 30 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|--------------------|------|-----|-----|------------------------------------|--------------------|--------|
| 2.19 | Derek Drouin | ON | 90 | 1 | 2009 Big 10 Championships | Columbus, OH | May 16 |
| 2.15 | Derek Drouin | ON | 90 | 1 | Billy Hayes Inv | Bloomington, IN | May 08 |
| 2.15 | Derek Drouin | ON | 90 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2.14 | Derek Drouin | ON | 90 | 2 | Indiana University Invitational | Bloomington, IN | Apr 18 |
| 2.13 | Derek Drouin | ON | 90 | 1 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 2.13 | Derek Drouin | ON | 90 | 1 | 2009 Drake Relays | Des Moines, IA | Apr 25 |
| 2.11 | Derek Drouin | ON | 90 | 2 | AO Sr Champs | Windsor, ON | Jul 04 |
| 2.08 | Simon Watts | NS | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2.07 | Jeremy Eckert | SK | 90 | 1 | PeeWee, Bantam & C/E Champs | Regina, SK | Jun 14 |
| 2.07 | Jeremy Eckert | SK | 90 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 2.05 | Derek Drouin | ON | 90 | 4 | 2009 SeaRay Relays | Knoxville, TN | Apr 10 |
| 2.05 | Mike Lopatowski | ON | 90 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 06 |
| 2.05 | Derek Drouin | ON | 90 | 15 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 2.05 | Jeremy Eckert | SK | 90 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2.00 | Mike Lopatowski | ON | 90 | 3 | OFSAA West Regionals | Kitchener, ON | May 30 |
| 2.00 | Jharyl Bowry | ON | 90 | 3 | AO Sr Champs | Windsor, ON | Jul 04 |
| 2.00 | Charles Akomolase | ON | 91 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 2.00 | Jharyl Bowry | ON | 90 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 2.00 | Simon Watts | NS | 90 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 2.00 | Jeremy Eckert | SK | 90 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1.95 | Michael Lopatowski | ON | 90 | 5 | AO Sr Champs | Windsor, ON | Jul 04 |
| 1.95 | Taylor Corney | ON | 91 | 6 | AO Sr Champs | Windsor, ON | Jul 04 |
| 1.95 | Simon Watts | NS | 90 | 1 | NS Champs | Dartmouth, NS | Jul 04 |
| 1.95 | Simon Watts | NS | 90 | 2 | NS Canada Games Trials | Dartmouth, NS | Jul 12 |
| 1.95 | Jharyl Bowry | ON | 90 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.90 | Michael Lopatowski | ON | 90 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.90 | Brendan Dickson | AB | 91 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.90 | Simon Watts | Ns | 90 | 11 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 1.89 | Taylor Corney | ON | 91 | 1 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 1.87 | Ian Miller | BC | 91 | 6 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 17 |
| 1.86 | Ross Enns | BC | 90 | 2 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 1.85 | Sam Hawkins | BC | 90 | 4 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1.85 | Jonathan Graham | ON | 91 | 10 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.85 | Brendan Dickson | AB | 91 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 1.75 | Sam Hawkins | BC | 90 | 4 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 1.74 | Ross Enns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 1.70 | Sam Hawkins | BC | 90 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 1.65 | Ross Enns | BC | 90 | 10 | The Achilles Cup | Burnaby, BC | Apr 26 |

High Jump / Saut en hauteur – Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|-----------------|------|-----|-----|---|--------------------|--------|
| 2.17 | Django Lovett | BC | 92 | 3 | World Youth Champs | Sudtiroil, ITA | Jul 08 |
| npcr | | | | | | | |
| 2.16 | Django Lovett | BC | 92 | 1 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 2.15 | Branden Wilhelm | ON | 92 | 1 | OFSAA West Regionals | Kitchener, ON | May 30 |
| 2.15 | Django Lovett | BC | 92 | 6 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 2.15 | Branden Wilhelm | ON | 92 | 4 | Canadian National Champs | Toronto, ON | Jun 27 |
| 2.11 | Django Lovett | BC | 92 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 2.10 | Django Lovett | BC | 92 | 1 | 35 th Annual Don Holder Invitational | Yakima, WA | Mar 28 |
| 2.10 | Django Lovett | BC | 92 | 1 | 2009 Valley Royals HS Inv | Abbotsford, BC | May 02 |
| 2.10 | Branden Wilhelm | ON | 92 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 2.09 | Branden Wilhelm | ON | 92 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 2.08 | Branden Wilhelm | ON | 92 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 06 |
| 2.07 | Django Lovett | BC | 92 | 3 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 2.07 | Django Lovett | BC | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 2.05 | Django Lovett | BC | 92 | 1 | World Athletics Day | Surrey, BC | May 20 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------------------|------|-----|-----|---|--------------------|--------|
| 2.05 | Branden Wilhelm | ON | 92 | 1 | 2009 WOSSAA | London, ON | May 21 |
| 2.05 | Django Lovett | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 2.00 | Branden Wilhelm | ON | 92 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.95 | James Gillis | NS | 92 | 1 | NS Canada Games Trials | Dartmouth, NS | Jul 12 |
| 1.93 | Matheson West | ON | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1.90 | James Gillis | NS | 92 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.90 | Mat West | ON | 93 | 1 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 1.90 | Benjamin Withers | ON | 92 | 3 | AO National Jr & Sr Qualifier | London, ON | Jun 14 |
| 1.90 | James Gillis | NS | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1.90 | David McKay | BC | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1.90 | Steven Olsen | MB | 93 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 1.90 | James Gillis | NS | 92 | 10 | Canada Games | Charlottetown, PEI | Aug 24 |
| 1.89 | Jacob Borgdorff | ON | 93 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 1.85 | David McKay | BC | 92 | 1 | Vancouver Island HS Champ | Victoria, BC | May 21 |
| 1.85 | Sammy Babcock | AB | 93 | 1 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 1.85 | Jacob Borgdorff | ON | 93 | 10 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.82 | James Gillis | NS | 92 | 9 | Hartford Public HS Inv | New Britain, CT | May 09 |
| 1.82 | Trent Corney | ON | 93 | 1 | RCL Ontario Champs - Octathlon | Hamilton, ON | Jun 11 |
| 1.81 | Jonathon Wolf | ON | 93 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 1.80 | Sammy Babcock | AB | 93 | 1 | Calgary Spring Challenge &CE | Calgary, AB | May 16 |
| 1.80 | Devon Martell | NS | 93 | 12 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.75 | Jacob Powrie | BC | 93 | 7 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 1.75 | Nathan Musoke | Ns | 92 | 13 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 1.68 | Spencer Prince | BC | 92 | 15 | 35 th Annual Don Holder Invitational | Yakima, WA | Mar 28 |

Long Jump / Saut en longueur

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|-----------------------|------|-----|-----|----------------------------------|------------------------|--------|
| 7.72 | 1.2 | Christopher Greenaway | QC | 87 | 4 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 7.63 | 1.4 | Brian Chibudu | ON | 87 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 7.62 | 0.0 | Clayton Latham | ON | 80 | 1 | Power Speed Series #2 | London, ON | Jun 03 |
| 7.60 | 1.0 | Christopher Greenaway | QC | 87 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 7.53 | 1.8 | Osi Tadinma Nriagu | ON | 81 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 7.48 | 2.0 | Clayton Latham | ON | 80 | 1 | Asian Community Games | Toronto, ON | Jul 18 |
| 7.46 | 0.5 | Clayton Latham | ON | 80 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.44 | 0.0 | Brian Chibudu | ON | 87 | 3H | Canadian National Champs | Toronto, ON | Jun 26 |
| 7.38 | 1.6 | Nathan Labbe | MB | 88 | 1 | Grand Prix #2 and #3 | Winnipeg, MB | May 25 |
| 7.36 | 1.7 | Nathan Labbe | MB | 88 | 1 | UoWindsor Open | Windsor, ON | May 16 |
| 7.36 | 1.3 | Christopher Greenaway | QC | 87 | 2 | Canada Games | Charlottetown , PEI | Aug 24 |
| 7.34 | -0.3 | Wade Huber | SK | 85 | 1 | Kajaks Review International | Richmond, BC | Jun 10 |
| 7.34 | 0.0 | Nathan Labbe | MB | 88 | 1 | Kajaks Review International | Richmond, BC | Jun 10 |
| 7.32 | 1.5 | Mark Scherle | ON | 84 | 2 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 7.32 | 1.0 | Osi Tadinma Nriagu | ON | 81 | 2 | Asian Community Games | Toronto, ON | Jul 18 |
| 7.31 | 1.2 | Nathan Labbe | MB | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 7.28 | 1.0 | Osi Tadinma Nriagu | ON | 81 | 2 | Jesse Owens Track Classic | Columbus, OH | May 2 |
| 7.25 | 1.9 | Wade Huber | SK | 85 | 1 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 7.24 | 1.5 | Mark Scherle | ON | 84 | 2 | Power Speed Series #2 | London, ON | Jun 03 |
| 7.24 | 0.5 | Osi Tadinma Nriagu | ON | 81 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 7.24 | 2.0 | Nathan Labbe | MB | 88 | 3 | Canada Games | Charlottetown , PEI | Aug 24 |
| 7.23 | -0.5 | Nathan Labbe | MB | 88 | 1 | St. Albert Challenge 2009 | St. Albert, AB | May 10 |
| 7.22 | 1.0 | Clayton Latham | ON | 80 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 7.21 | 1.3 | Andrew Judge | ON | 85 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.21 | 0.0 | Damian Warner | ON | 89 | 5 | AO Nationals Jr & Sr Qual | Toronto, ON | Jun 14 |
| 7.21 | 0.3 | Wade Huber | SK | 85 | 5 | AO Sr Champs | Windsor, ON | Jul 05 |
| 7.19 | 1.1 | Andrew Judge | ON | 85 | 4 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 7.19 | 0.8 | Sean Collette | ON | 89 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 7.18 | 1.2 | Osi Tadinma Nriagu | ON | 81 | 1 | Power Speed Series Meet #3 | London, ON | Jun 09 |
| 7.18 | 0.5 | Damian Warner | ON | 89 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.17 | 0.0 | Osi Tadinma Nriagu | ON | 81 | | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.17 | 0.7 | Anthony Bernard | PEI | 88 | 5 | Canada Games | Charlottetown , PEI | Aug 24 |
| 7.16 | 1.8 | Wade Huber | SK | 85 | 1 | SK Canada Summer Games Trials | Regina, SK | Jul 12 |
| 7.15 | 1.4 | Olivier Gauthier-Kwan | ON | 89 | 6 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.15 | 0.0 | Mark Ramos | BC | 82 | 3 | Kajaks Review International | Richmond, BC | Jun 10 |
| 7.12 | 1.0 | Paul Whitty | ON | 82 | | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.10 | 1.5 | Kenen Shadd | ON | 83 | 7 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.05 | -0.7 | Jamie Adjetey-Nelson | ON | 84 | 6 | Jesse Owens Track Classic | Columbus, OH | May 02 |
| 7.03 | 0.3 | Clayton Latham | ON | 80 | 2 | 2009 Power Speed Series M#1 | London, ON | May 09 |
| 7.03 | -1.6 | Joshua Gundrum | MB | 89 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 7.02 | 0.1 | Brian Richards | ON | 89 | 8 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.01 | 1.9 | Odon Makwene | ON | 82 | 9 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.00 | 1.3 | Nathan Labbe | MB | 88 | 2 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 6.96 | 0.7 | Andrew Judge | ON | 85 | 5 | Power Speed Series #2 | London, ON | Jun 03 |
| 6.95 | 0.3 | Paul Whitty | ON | 82 | | Power Speed Series #2 | London, ON | Jun 03 |
| 6.93 | 1.7 | Mark Chenery | BC | 88 | 1 | 2009 Garriock Meet | Duncan, BC | Jun 14 |
| 6.92 | 2.0 | Damian Warner | ON | 89 | 6 | Power Speed Series #2 | London, ON | Jun 03 |
| 6.90 | 0.9 | Ben Warnock | ON | 85 | 6 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 6.84 | 1.3 | Mark Chenery | BC | 88 | 3 | UCSD Triton Inv | La Jolla, CA | Apr 24 |
| 6.78 | -0.7 | Reid Gustavson | BC | 88 | | Willamette Multi Event - | Salem, OR | May 04 |

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-----------|------|--------------------|------|-----|-----|---|-------------------|--------|
| Decathlon | | | | | | | | |
| 6.77 | 1.9 | Ben Warnock | ON | 85 | 11 | Jesse Owens Track Classic | Columbus, OH | May 02 |
| 6.74 | 0.0 | Justin Khouw | BC | 87 | 6F2 | Bryan Clay Invitational | Azusa, CA | Apr 17 |
| 6.73 | 0.6 | Mark Chenery | BC | 88 | 1 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 6.63 | 1.3 | Odon Makwene | ON | 86 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 6.63 | -0.3 | Keegan Sharp | SK | 89 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 6.60 | 0.3 | Justin Khouw | BC | 87 | 2 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 6.51 | 1.1 | Reid Gustavson | BC | 88 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 6.43 | 0.0 | Justin Khouw | BC | 89 | 1 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 6.28 | -0.6 | Reid Gustavson | BC | 88 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 6.22 | -0.6 | Elliott Svob | BC | 88 | 4 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 6.16 | -0.2 | Elliott Svob | BC | 88 | 2 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 5.83 | 0.3 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 5.79 | 0.2 | Sviatoslav Moldava | BC | 89 | 7 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 5.58 | 1.1 | Gary Silvester | BC | 68 | 8 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |

Long Jump / Saut en longueur - Junior

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------------------|------|-----|-----|---------------------------------------|--------------------|--------|
| 7.59 | 1.5 | Jharyl Bowry | ON | 90 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.49 | 1.7 | Jharyl Bowry | ON | 90 | 6 | Canadian National Champs | Toronto, ON | Jun 28 |
| 7.48 | 1.9 | Kadeem Douglas | ON | 90 | 7 | Canadian National Champs | Toronto, ON | Jun 28 |
| 7.44 | 0.8 | Kadeem Douglas | ON | 90 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 7.43 | 1.7 | Taylor Stewart | ON | 91 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.41 | 1.1 | Kadeem Douglas | ON | 90 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 7.34 | 0.7 | Jharyl Bowry | ON | 90 | 7 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 7.33 | 0.0 | Jharyl Bowry | ON | 90 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 7.31 | 0.6 | Kadeem Douglas | ON | 90 | | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 7.30 | 0.9 | Kadeem Douglas | ON | 90 | | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 7.26 | -0.8 | Kadeem Douglas | ON | 90 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 7.26 | 0.7 | Jharyl Bowry | ON | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 7.20 | -2.5 | Taylor Stewart | ON | 91 | 1 | OFSAA West Regionals | Kitchener, ON | May 30 |
| 7.21 | 0.0 | Taylor Stewart | ON | 91 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 7.06 | -0.8 | Ehis Adada | ON | 91 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 7.05 | 1.8 | Taylor Stewart | ON | 91 | | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 6.97 | 1.2 | Robert Gallagher | BC | 91 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 6.95 | -1.2 | Taylor Stewart | ON | 91 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 6.73 | 0.8 | Derek Drouin | ON | 90 | 4 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 6.73 | 1.6 | Andrew Dandie | ON | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 6.66 | -0.9 | Stephen McPhee | AB | 91 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 6.65 | 2.0 | Vincent Schnabl | BC | 91 | 1 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 6.65 | 1.4 | Brett Galloway | SK | 91 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 6.60 | 1.4 | A.J. Beasley | ON | 90 | 2 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 6.49 | 0.7 | Jared Chapman | ON | 90 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 6.49 | 1.1 | Derek Drouin | ON | 90 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 6.02 | 0.6 | Sam Hawkins | BC | 90 | 5 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 5.83 | -1.0 | Sam Hawkins | BC | 90 | 4 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 5.58 | 0.0 | Ross Enns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 5.40 | 0.2 | Peter D'Arcy | BC | 91 | 9 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |

Long Jump / Saut en longueur - Youth

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|------|------------------|------|-----|-----|-----------------------------------|--------------------|--------|
| 7.05 | 0.2 | Jared Heldman | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 6.80 | -2.0 | Jeremy Thibodeau | QC | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6.74 | 0.0 | Cole Pellett | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6.74 | -0.8 | Brian Okeny | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6.59 | -1.7 | Steve Campbell | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6.58 | -0.5 | Arren Young | ON | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 6.39 | 1.0 | Trent Corney | ON | 93 | 1 | RCL Ontario Champs - Octathlon | Hamilton, ON | Jun 11 |
| 6.30 | 1.7 | Kale Skory | AB | 92 | 1 | New Balance Athletic Series | Calgary, AB | May 03 |
| 6.25 | 0.6 | Nicholas Macadam | NS | 92 | 9 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 6.14 | 2.0 | Sammy Babcock | AB | 93 | 5 | CALTA Track Classic | Calgary, AB | Jun 14 |
| 6.11 | 0.9 | Ben Withers | ON | 93 | 2 | RCL Ontario Champs - Octathlon | Hamilton, ON | Jun 11 |
| 6.08 | 1.5 | Rodney Fajardo | ON | 93 | 12 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 5.87 | 0.2 | Karn Kang | BC | 92 | 6 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 5.59 | -1.0 | Jesaiah Coy | AB | 93 | 1 | Calgary Spring Challenge &CE | Calgary, AB | May 16 |
| 5.55 | -1.3 | Sammy Babcock | AB | 93 | 2 | Calgary Spring Challenge &CE | Calgary, AB | May 16 |
| 5.06 | 0.6 | Jacob Powrie | BC | 93 | 10 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |

Triple Jump / Triple Saut

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|--------------------|------|-----|-----|--|--------------------|--------|
| 15.29 | 2.0 | David St Bernard | ON | 85 | 1H | Canadian National Champs | Toronto, ON | Jun 27 |
| 15.09 | -1.2 | Sean Jestadt | SK | 81 | 2H | Canadian National Champs | Toronto, ON | Jun 28 |
| 15.02 | -1.8 | Kurt McCormack | PEI | 86 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 14.93 | 1.2 | Kurt McCormack | PEI | 86 | 8 | 30 th Sun Angel Track Classic | Tempe, AZ | Apr 11 |
| 14.87 | 0.8 | Kurt McCormack | PEI | 86 | | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.83 | 1.0 | Sean Jestadt | SK | 81 | 1 | Ward Haylett Inv | Manhattan, KS | May 09 |
| 14.82 | 1.4 | Sean Jestadt | SK | 81 | 3H | Canadian National Champs | Toronto, ON | Jun 27 |
| 14.73 | 0.0 | Sean Jestadt | SK | 81 | 12 | Georgia Tech Inv | Atlanta, GA | May 16 |
| 14.66 | 1.6 | Kenen Shadd | ON | 83 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 14.61 | 1.6 | Joshua Gundrum | MB | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.37 | 1.0 | Kenen Shadd | ON | 83 | 1 | 2009 Jack Phillips Classic | Midland, ON | May 16 |
| 14.34 | 1.7 | David St Bernard | ON | 85 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 14.22 | 0.5 | Sviatoslav Moldava | BC | 89 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.17 | 1.4 | David St Bernard | ON | 85 | 3 | 2009 Sun Devil Invitational | Tempe, AZ | Apr 25 |
| 13.96 | -0.7 | Joshua Gundrum | MB | 89 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 13.75 | -1.1 | Sviatoslav Moldava | BC | 89 | 3 | WWU Twilite Meet | Bellingham, WA | Apr 24 |
| 13.70 | 1.7 | Odon Makwene | ON | 86 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 13.39 | 0.7 | Sviatoslav Moldava | BC | 89 | 1 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 13.23 | 0.0 | Sviatoslav Moldava | BC | 89 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 12.94 | 0.3 | Isaac Tyler | AB | 89 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |

Triple Jump / Triple Saut - Junior

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|-------------------|------|-----|-----|--------------------------|--------------------|--------|
| 15.16 | -0.8 | Taylor Stewart | ON | 91 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 15.14 | 0.9 | Jacob Zorzella | ON | 90 | 1H | Canadian National Champs | Toronto, ON | Jun 28 |
| 15.05 | 1.1 | Taylor Stewart | ON | 91 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.93 | 0.5 | Jacob Zorzella | ON | 90 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 14.92 | 0.9 | Jacob Zorzella | ON | 90 | 7 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 14.89 | -1.1 | Charles Akomolafe | ON | 91 | 3 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 14.77 | 1.2 | Jacob Zorzella | ON | 90 | | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.13 | 1.3 | Charles Akomolase | ON | 91 | | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 13.64 | -0.2 | Brett Mykety | NS | 91 | 1 | NS Champs | Dartmouth, NS | Jul 04 |
| 13.60 | -0.5 | Cossy Nachilobe | SK | 91 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 13.52 | 1.70 | Brandon Rosenburg | NS | 90 | 2 | NS Canada Games Trials | Dartmouth, NS | Jul 12 |
| 12.23 | -1.7 | Todd Rigaux | AB | 90 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |

Triple Jump / Triple Saut - Youth

| Perf | Wind | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------|------------------|------|-----|-----|-----------------------------|----------------|--------|
| 14.25 | 0.5 | Marvin Muschette | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 13.46 | 0.1 | Brian Okeny | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 13.39 | 0.0 | Cole Pellett | ON | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 13.34 | 0.8 | Patrick Dufresne | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 13.30 | 0.0 | Brandon Choghri | ON | 93 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 13.09 | 0.3 | Garrick Mok | ON | 92 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 12.90 | 0.6 | Ryan McKay | AB | 93 | 1 | AB/NWT Legion Camp | Calgary, AB | Jul 16 |
| 12.81 | 0.0 | George Kinley | AB | 92 | 2 | AB/NWT Legion Camp | Calgary, AB | Jul 16 |
| 12.27 | 0.0 | Dean Sanders | AB | 92 | 4 | AB/NWT Legion Camp | Calgary, AB | Jul 16 |

Pole Vault / Saut à la perche

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|--------------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 5.50 | Jason Wurster | ON | 84 | 3 | Pfingstsportfest | Rehlingen, GER | Jun 01 |
| 5.40 | Jason Wurster | ON | 84 | 6 | Universiade | Belgrade, SER | Jul 11 |
| 5.31 | Kristian Wilson | ON | 76 | 1 | Windsor Twilight #2 | Windsor, ON | Jul 09 |
| 5.30 | Jason Wurster | ON | 84 | 4 | Sparkassen Gala | Regensburg, GER | Jun 07 |
| 5.30 | Jason Wurster | ON | 84 | 8 | Weltklasse hinterm Deich | Cuxhaven, GER | Jul 22 |
| 5.20 | Jason Wurster | ON | 84 | 5 | Konigs Wusetnausen | Allemagne, GER | Jun 12 |
| 5.20 | Kristian Wilson | ON | 76 | 1 | AO Sr Champs | Windsor, ON | Jul 04 |
| 5.20 | Jason Wurster | ON | 84 | 2 | Flanders Cup | Brasschaat, BEL | Jul 26 |
| 5.20 | Jason Wurster | ON | 84 | 8 | Bayer Meeting | Leverkusen, GER | Jul 31 |
| 5.20 | Jason Wurster | ON | 84 | 2 | Vorbereitungs Sportfest | Dusseldorf, GER | Aug 10 |
| 5.11 | Kristian Wilson | ON | 76 | 1 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 5.10 | Joshua Kirkpatrick | ON | 87 | 2 | AO Sr Champs | Windsor, ON | Jul 04 |
| 5.01 | David Foley | QC | 84 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |
| 5.00 | Kristian Wilson | ON | 76 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.91 | Kristian Wilson | ON | 76 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 4.90 | Taylor Petrucha | SK | 87 | 10 | UCSD Triton Inv | La Jolla, CA | Apr 24 |
| 4.90 | Deryk Theodore | AB | 89 | 1 | GCC Gaucho Relay | Glendale, AZ | Mar 20 |
| 4.90 | Massimo Bertocchi | ON | 85 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4.90 | Doug Creighton | ON | 85 | 3 | AO Sr Champs | Windsor, ON | Jul 04 |
| 4.85 | Jeff Vukasovic | ON | 84 | 2 | Windsor Twilight #2 | Windsor, ON | Jul 09 |
| 4.80 | Jason Wurster | ON | 84 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4.80 | Dough Creighton | ON | 85 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.80 | Jeff Vukasovic | ON | 85 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.80 | Donald Moon | ON | 86 | 4 | AO Sr Champs | Windsor, ON | Jul 04 |
| 4.76 | Ryan Vu | BC | 88 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 4.76 | Deryk Theodore | AB | 89 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 4.76 | Doug Creighton | ON | 85 | 5 | Canadian National Champs | Toronto, ON | Jun 28 |
| 4.76 | Joshua Kirkpatrick | ON | 87 | 5 | Canadian National Champs | Toronto, ON | Jun 28 |
| 4.75 | Taylor Petrucha | SK | 87 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 4.70 | Deryk Theodore | AB | 89 | 10 | 2009 ASU Invitational | Tempe, AZ | Mar 28 |
| 4.70 | Jeff Vukasovic | ON | 85 | 5 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 4.70 | Doug Creighton | ON | 85 | 8 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 4.70 | Josh Dorion | ON | 84 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.70 | Kristian Wilson | ON | 76 | 1H | Canadian National Champs | Toronto, ON | Jun 26 |
| 4.70 | Rene Gauthier | SK | 81 | 2H | Canadian National Champs | Toronto, ON | Jun 26 |
| 4.65 | Kristian Wilson | ON | 76 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4.60 | Taylor Petrucha | SK | 87 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 4.60 | Kyle Tomasello | ON | 89 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.60 | Joshua Kirkpatrick | ON | 87 | 3H | Canadian National Champs | Toronto, ON | Jun 26 |
| 4.55 | Deryk Theodore | AB | 89 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 4.45 | Kyle Tomasello | ON | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 4.45 | Maxime Beaumont-Courteau | QC | 87 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 4.35 | Donald Moon | ON | 86 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4.35 | Jeff Hayhoe | ON | 73 | 5 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 4.30 | Maxime Beaumont-Courteau | QC | 87 | 1 | Crepuscule ARAM | Montreal, QC | May 15 |
| 4.30 | Josh Dorion | ON | 84 | 3 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 4.30 | Donald Moon | ON | 86 | 4 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 4.30 | Kyle Tomasello | ON | 89 | 5 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 4.30 | Taylor Petrucha | SK | 87 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 4.25 | Reid Gustavson | VC | 88 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 4.02 | Lyndon Allen | QC | 83 | 2 | Crepuscule ARAM | Montreal, QC | May 15 |

Pole Vault / Saut à la perche - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|--------------------|------|-----|-----|----------------------------------|--------------------|--------|
| 4.80 | Lane Britnell | SK | 90 | 3 | GCC Gaucho Relay | Glendale, AZ | Mar 20 |
| 4.70 | Lane Britnell | SK | 91 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 4.65 | Lane Britnell | SK | 90 | 1 | SHSAA | Prince Albert, SK | Jun 05 |
| 4.60 | Lane Britnell | SK | 90 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.60 | Lane Britnell | SK | 90 | 5 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 4.50 | Michael Lopatowski | ON | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.50 | Nathan Filipek | BC | 91 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.40 | Michael Lopatowski | ON | 90 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.40 | Cody Fridgen | ON | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.35 | Nathan Filipek | BC | 91 | 1 | Trevor Craven Memorial T&F | Burnaby, BC | Jul 05 |
| 4.34 | Nathan Filipek | BC | 91 | 1 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 4.32 | Gavin Vaesen | BC | 91 | 1 | 6 th Annual Doug Wood | Victoria, BC | Jun 09 |
| 4.27 | Ian Miller | BC | 91 | 2 | Jack Brow Memorial | Kelowna, BC | Jun 28 |
| 4.25 | Gavin Vaesen | BC | 91 | 1 | Raul Estrada PV Mini Meet | Victoria, BC | Sep 25 |
| 4.20 | Nathan Filipek | BC | 91 | 2 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 4.20 | Gavin Vaesen | BC | 91 | 3 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 4.18 | Gavin Vaesen | BC | 91 | 2 | 2009 Lower Island Champ | Victoria, BC | May 13 |
| 4.10 | Ian Miller | BC | 91 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.01 | Gavin Vaesen | BC | 91 | 1 | Segei Bubka PV Mini Meet | Victoria, BC | Sep 11 |
| 4.00 | Dylan Erb | ON | 91 | 6 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 4.00 | Ian Miller | BC | 91 | 3 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 4.00 | Emmett Proulx | BC | 90 | 1 | Thierry Vigneron PV Mini Meet | Victoria, BC | Sep 04 |
| 3.80 | Gavin Vaesen | BC | 91 | 2 | Thierry Vigneron PV Mini Meet | Victoria, BC | Sep 04 |
| 3.75 | Derek Drouin | ON | 90 | 11 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 3.70 | Dylan Erb | ON | 91 | 6 | Summer Twilight Series #1 | Toronto, ON | May 19 |

Pole Vault / Saut à la perche - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|----------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 4.55 | David McKay | BC | 92 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 4.50 | David McKay | BC | 92 | 2 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 4.50 | David McKay | BC | 92 | 1 | BCA Champs Jamboree | Abbotsford, BC | Jul 11 |
| 4.50 | David McKay | BC | 92 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.45 | David McKay | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 4.45 | Matthew Diston | ON | 92 | 1 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 4.45 | David McKay | BC | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4.45 | Matthew Diston | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 4.40 | David McKay | BC | 92 | 1 | Thierry Vigneron PV Mini Meet | Victoria, BC | Sep 04 |
| 4.43 | David McKay | BC | 92 | 1 | Vancouver Island HS Champ | Victoria, BC | May 21 |
| 4.40 | Jake Pfaff | ON | 92 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.30 | Jake Pfaff | ON | 92 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 4.25 | David McKay | BC | 92 | 1 | Raul Estrada PV Mini Meet | Victoria, BC | Sep 25 |
| 4.20 | David McKay | BC | 92 | 1 | Lower Island HS | Victoria, BC | May 13 |
| 4.18 | David McKay | BC | 92 | 1 | 2009 Lower Island Champ | Victoria, BC | May 13 |
| 4.10 | Matthew Diston | ON | 92 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 4.00 | Jake Pfaff | ON | 92 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 3.90 | Taylor Sorgini | ON | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 3.85 | Curtis Anthony | QC | 92 | 3 | Champ. Prov. Épreuves Combinées | Sherbrooke, QC | Aug 01 |
| 3.60 | Erwan Le Mouel | QC | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |

Discus / Lancer du disque – 2.00 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|---|--------------------|--------|
| 63.65 | Jason Tunks | ON | 75 | 1 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 62.88 | Jason Tunks | ON | 75 | 1 | 51 st Annual Mt. SAC Relays | Walnut, CA | Apr 18 |
| 62.28 | Jason Tunks | ON | 75 | 1 | Olympic Fitness Series #2 | London, ON | May 17 |
| 62.06 | Jason Tunks | ON | 75 | 1 | Olympic Fitness Series #4 | London, ON | Jun 20 |
| 60.91 | Jason Tunks | ON | 75 | 2 | 2009 Baldy Castillo Invitational | Tempe, AZ | Mar 21 |
| 60.91 | Jason Tunks | ON | 75 | 1 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 60.60 | Jason Tunks | ON | 75 | 1 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 60.09 | Greg Pilling | ON | 83 | 2 | NCAA Div I – MidEast Regional's | Louisville, KY | May 30 |
| 58.44 | Greg Pilling | ON | 83 | 7P | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 58.25 | Greg Pilling | ON | 83 | 2 | Len Paddock Invitational | Ann Arbor, MI | May 09 |
| 57.44 | Jason Tunks | ON | 75 | 1 | Guelph Track All Comers | Guelph, ON | May 31 |
| 57.39 | Arthur Turland | ON | 82 | 2 | Olympic Fitness Series #4 | London, ON | Jun 20 |
| 56.88 | Arthur Turland | ON | 82 | 1 | SSD Twilight #2 | Midland, ON | Jun 21 |
| 56.52 | Arthur Turland | ON | 82 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 56.14 | Jason Tunks | ON | 75 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |
| 56.03 | Mike Ransky | ON | 70 | 2 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 55.90 | Mike Ransky | ON | 70 | 2 | Guelph Track All Comers | Guelph, ON | May 31 |
| 55.89 | Greg Pilling | ON | 83 | 8 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 55.80 | Arthur Turland | ON | 82 | 2 | Kentucky USATF T&F Champs | Louisville, KY | Jun 07 |
| 54.96 | Greg Pilling | ON | 83 | 5 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 53.59 | Owen Willems | ON | 84 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 53.05 | Mike Ransky | ON | 70 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 55.03 | Arthur Turland | ON | 82 | 2 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 54.73 | Arthur Turland | ON | 82 | 1 | 2009 Sea Ray Relays | Knoxville, TN | Apr 11 |
| 54.49 | Owen Willems | ON | 84 | 3 | Guelph Track All Comers | Guelph, ON | May 31 |
| 53.46 | Owen Willems | ON | 84 | 3 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 53.37 | Owen Willems | ON | 84 | 2 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 52.54 | Owen Willems | ON | 84 | 3 | Sacramento State Open | Sacramento, CA | May 09 |
| 52.28 | Arthur Turland | ON | 82 | 3 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 52.20 | Owen Willems | ON | 84 | 18 | UCSD Triton Invitational 2009 | La Jolla, CA | Apr 25 |
| 51.32 | Owen Willems | ON | 84 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 51.17 | Owen Willems | ON | 84 | 2 | Olympic Fitness Series #2 | London, ON | May 17 |
| 50.96 | Owen Willems | ON | 84 | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 50.96 | Michael Ransky | ON | 70 | 7 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 50.88 | Owen Willems | ON | 84 | 1 | University of Windsor Open | Windsor, ON | May 16 |
| 49.41 | Geoffrey Myatt | NS | 91 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 49.00 | Mark Young | ON | 86 | 3 | Olympic Fitness Series #2 | London, ON | May 17 |
| 48.89 | Owen Willems | ON | 84 | 3 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 48.58 | David Skermer | BC | 87 | 1 | Terry Albritton Invitational | HI | Feb 21 |
| 48.28 | David Skermer | BC | 87 | 13 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 48.20 | Matt Doherty | AB | 85 | 1 | Field of Dreams Series Meet #1 | Port Williams, NS | May 16 |
| 48.03 | Damian Anisko | ON | 81 | 9 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 47.99 | Mark Young | ON | 86 | 4 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 47.95 | Craig Slaunwhite | NS | 81 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 47.90 | Justin Greif | SK | 88 | 1 | SK Canada Summer Games Trials | Regina, SK | Jul 12 |
| 47.27 | Angus Taylor | BC | 90 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 46.77 | David Skermer | BC | 87 | 5 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 46.72 | Matt Doherty | AB | 85 | 1 | Field of Dreams Series Meet #2 | Port Williams, NS | May 23 |
| 46.70 | Andrew Dabrowski | ON | 80 | 12 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 46.91 | Justin Greif | SK | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 46.25 | Angus Taylor | BC | 90 | 7 | WSU-UW Dual Meet 2009 | Seattle, WA | May 02 |
| 46.07 | Patrick Arbour | ON | 88 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 45.92 | Massimo Bertocchi | ON | 85 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 45.87 | Mark Young | ON | 86 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 45.79 | David Skermer | BC | 87 | 6F1 | Bryan Clay Invitational | Azusa, CA | Apr 17 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|---|--------------------|--------|
| 45.45 | David Skermer | BC | 87 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 45.32 | Damian Anisko | ON | 83 | 5 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 45.17 | Angus Taylor | BC | 90 | 10 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 44.31 | Brad Millar | ON | 87 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 44.24 | Angus Taylor | BC | 90 | 4 | Oregon Relays | Eugene, OR | Apr 25 |
| 44.03 | Andrew Dabrowski | ON | 80 | 6 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 43.36 | Andrew Smith | SK | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 43.22 | Suyi Georgewill | ON | 90 | 17 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 42.99 | Damien Anisko | ON | 83 | 4 | Marquette Twilight | Milwaukee, WI | Apr 25 |
| 42.94 | Curtis Moss | BC | 90 | 9 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 40.73 | Tyler Koskenoja | ON | 84 | 7 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 40.28 | Jarod Judson | ON | 79 | 4 | Olympic Fitness Series #2 | London, ON | May 17 |
| 39.24 | Andrej Brajic | AB | 89 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 39.17 | Nolan Machiskinic | SK | 91 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 38.10 | Garth suppes | MB | 87 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 32.98 | Reid Gustavson | BC | 88 | 18 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 30.20 | Ron Walker | AB | 91 | 2 | St. Albert Challenge 2009 | St. Albert, AB | May 09 |
| 25.18 | Derek Drouin | ON | 90 | 13 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |

Discus / Lancer du disque – Junior – 1.75 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|----------------------|------|-----|-----|--------------------------------|--------------------|--------|
| 56.29 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series Final | London, ON | Jul 26 |
| npcr | | | | | | | |
| 54.29 | Brent Roubos | ON | 90 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 52.71 | Zack Russell-Ford | ON | 90 | 1 | Guelph Track All Comers | Guelph, ON | May 31 |
| 51.80 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series #2 | London, ON | May 17 |
| 51.44 | Zack Russell-Ford | ON | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 51.21 | Suyi Georgewill | ON | 90 | 2 | Twilight Meet #1 | Toronto, ON | Jun 02 |
| 51.05 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 51.03 | Matt Marcoccia | ON | 90 | 2 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 50.61 | Angus Taylor | BC | 90 | 1 | BCA Champs Jamboree | Abbotsford, BC | Jul 12 |
| 50.54 | Gurinder Dosanjh | BC | 90 | 2 | BCA Champs Jamboree | Abbotsford, BC | Jul 12 |
| 50.51 | Brent Roubos | ON | 90 | 2 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 50.39 | Angus Taylor | BC | 90 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 50.26 | Tom Willcox | BC | 91 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 49.90 | Zachary Russell-Ford | ON | 90 | 8 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 49.72 | Suyi Georgewill | ON | 90 | 2 | Guelph Track All Comers | Guelph, ON | May 31 |
| 49.49 | Mathieu Marcoccia | ON | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 48.42 | Geoffrey Myatt | NS | 91 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 47.98 | Brent Roubos | ON | 90 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 47.72 | Nolan Machiskinic | SK | 91 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 47.35 | Seth London | NS | 90 | 8 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 46.89 | Geoff Myatt | NS | 91 | 1 | NS Champs | Dartmouth, NS | Jul 04 |
| 46.11 | Brent Roubos | ON | 90 | 9 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 45.73 | Suyi Georgewill | ON | 90 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 44.86 | Gurinder Dosanjh | BC | 90 | 9 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 44.37 | Marc-Antoin Dugas | QC | 91 | 10 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 43.77 | Seth London | NS | 90 | 2 | NS Champs | Dartmouth, NS | Jul 04 |
| 43.59 | Alexander Pilar | ON | 91 | 3 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 43.39 | Alex Pilar | ON | 91 | 11 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 42.31 | Taylor Corney | ON | 91 | 1 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 42.28 | Alexander Pilar | ON | 91 | 2 | 2009 Jack Phillips Classic | Midland, ON | May 16 |
| 38.85 | Drew Welch | ON | 91 | 2 | Olympic Fitness Series #2 | London, ON | May 17 |
| 38.80 | Chris Preece | ON | 92 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |

Discus / Lancer du disque - Youth - 1.50 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|--------------------|------|-----|-----|--------------------------------|----------------|--------|
| 55.75 | Jordan Young | ON | 93 | 1 | Guelph Track All Comers | Guelph, ON | May 31 |
| 55.52 | Jordan Young | ON | 93 | 7qA | World Youth Champs | Sudtirool, ITA | Jul 08 |
| 54.44 | Jordan Young | ON | 93 | 1 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 51.21 | Jordan Young | ON | 93 | 1 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 51.19 | Delling Ingvaldson | BC | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 49.62 | Jordan Young | ON | 93 | 1 | Olympic Fitness Series #2 | London, ON | May 17 |
| 48.28 | Adam Karakolis | ON | 92 | 2 | Olympic Fitness Series #2 | London, ON | May 17 |
| 47.97 | Adam Karakolis | ON | 92 | 2 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 47.73 | Adam Karakolis | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 46.82 | Adam Karakolis | ON | 92 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 46.74 | Stefan Palios | ON | 92 | 2 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 46.72 | Jordan Young | ON | 93 | 2 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 46.70 | Jordan Young | ON | 93 | 1 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 46.69 | Andrew MacDonald | NS | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 45.30 | Stefan Palios | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 44.97 | Chris Preece | ON | 92 | 3 | Guelph Track All Comers | Guelph, ON | May 31 |
| 44.96 | Jordan Young | ON | 93 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 43.38 | Kevin Bowman | ON | 93 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 43.34 | Stefan Palios | ON | 92 | 3 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 41.81 | Andrew MacDonald | NS | 92 | 1 | NS Champs | Dartmouth, NS | Jul 04 |
| 41.62 | Patrick Thompson | ON | 92 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 40.13 | Patrick Thompson | ON | 92 | 4 | Guelph Track All Comers | Guelph, ON | May 31 |
| 39.52 | Alex Welch | ON | 93 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 35.60 | Alex Welch | ON | 93 | 3 | Olympic Fitness Series #2 | London, ON | May 17 |

Javelin / Javelot - 800 g

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|--------------------------|------|-----|-----|---|--------------------|--------|
| 78.32 | Curtis Moss | BC | 87 | 1 | Copenhagen Athletics Games | Copenhagen, DEN | Aug 06 |
| 75.74 | Curtis Moss | BC | 87 | 2 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 75.26 | Curtis Moss | BC | 87 | 2 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 75.08 | Scott Russell | ON | 79 | 1 | 2009 Kansas Relays | Lawrence, KS | Apr 18 |
| 74.30 | Curtis Moss | BC | 87 | 1 | BCA Champs Jamboree | Abbotsford, BC | Jul 10 |
| 72.90 | Kyle Nielsen | BC | 89 | 1 | 2009 Jim Click Shootout | Tucson, AZ | Apr 04 |
| 72.90 | Kyle Nielsen | BC | 89 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 72.01 | Kyle Nielsen | BC | 89 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 71.01 | Kyle Nielsen | BC | 89 | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 70.56 | Kyle Nielsen | BC | 89 | 6 | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 70.40 | Curtis Moss | BC | 87 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 70.34 | Kyle Nielsen | BC | 89 | 1 | WSU-UW Dual Meet 2009 | Seattle, WA | May 02 |
| 70.22 | Curtis Moss | BC | 87 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 69.51 | Curtis Moss | BC | 87 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 69.30 | Kyle Nielsen | BC | 89 | 3 | Oregon Relays | Eugene, OR | Apr 25 |
| 69.25 | Curtis Moss | BC | 87 | 1 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 68.89 | Kyle Nielsen | BC | 89 | 1 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 68.70 | Curtis Moss | BC | 87 | 1 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 68.85 | Kyle Nielsen | BC | 89 | 2 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 68.62 | Kyle Nielsen | BC | 89 | 4P | NCAA Div I Champs | Fayetteville, AR | Jun 13 |
| 68.59 | Kyle Nielsen | BC | 89 | 5 | Copenhagen Athletics Games | Copenhagen, DEN | Aug 06 |
| 67.79 | Curtis Moss | BC | 87 | 2 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 22 |
| 67.67 | Adam Wolkins | NS | 86 | 1 | 2009 Nebraska Invitational | Lincoln, NE | Apr 11 |
| 67.60 | Kyle Nielsen | BC | 89 | 2 | BCA Champs Jamboree | Abbotsford, BC | Jul 10 |
| 67.04 | Kyle Nielsen | BC | 89 | 1H | Canadian National Champs | Toronto, ON | Jun 26 |
| 66.33 | Curtis Moss | BC | 87 | 1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 65.98 | *Nery Gustavo Kennedy | QC | 73 | 1 | Crepuscule Lancers 4 | Montreal, QC | Jun 17 |
| 65.90 | Geoff Peet | SK | 89 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 65.26 | Curtis Moss | BC | 87 | 2 | Lafarge Int'l Track Classic | Abbotsford, BC | Jun 16 |
| 65.05 | Jared Baird | NS | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 64.62 | Curtis Moss | BC | 87 | 2H | Canadian National Champs | Toronto, ON | Jun 26 |
| 64.27 | Jared Baird | NS | 89 | 3 | 2009 SeaRay Relays | Knoxville, TN | Apr 11 |
| 63.78 | John Hustler | ON | 75 | 3 | Canadian National Champs | Toronto, ON | Jun 27 |
| 63.78 | John Hustler | ON | 75 | 1 | AO Sr Champs | Windsor, ON | Jul 04 |
| 63.61 | Patrick Arbour | ON | 88 | 2 | AO Sr Champs | Windsor, ON | Jul 04 |
| 62.92 | Geoff Peet | SK | 89 | 1 | SK Canada Summer Games Trials | Regina, SK | Jul 11 |
| 62.88 | Lorand Traian Bartha | QC | 79 | 2 | Crepuscule Lancers 4 | Montreal, QC | Jun 17 |
| 62.77 | Graham Morfitt | BC | 67 | 1 | Garriock | Duncan, BC | Jun 14 |
| 62.19 | Stephen Burns | ON | 84 | 1 | York U T&F Sumer Twilight Series #1 | Toronto, ON | May 19 |
| 62.14 | Geoff Peet | SK | 89 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 62.10 | Graham Morfitt | BC | 67 | 2 | Linfield Erik Anderson Icebreaker | McMinnville, OR | Mar 07 |
| 62.09 | Ben Charbonneau | ON | 89 | 3 | AO Sr Champs | Windsor, ON | Jul 04 |
| 61.96 | John Hustler | ON | 75 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 61.60 | Henry Ferreira | AB | 88 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 61.42 | Casey Garbaty | ON | 89 | 4 | AO Sr Champs | Windsor, ON | Jul 04 |
| 60.75 | Ben Charbonneau | ON | 89 | 1 | Len Paddock Inv | Ann Arbor, MI | May 08 |
| 60.04 | Geoff Peet | SK | 89 | 1 | PeeWee, Bantam & CE Champs | Saskatchewan, SK | Jun 14 |
| 60.00 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 59.48 | Curtis Moss | BC | 87 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 58.98 | Curtis Moss | BC | 87 | 3 | VS Athletics-Long Beach Invitational | Norwalk, CA | Apr 18 |
| 58.39 | Henry Ferreira | AB | 88 | 2 | UNM Tailwind Invitational | Albuquerque, NM | Apr 11 |
| 58.28 | Tyler Koskenoja | ON | 84 | 2 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 58.27 | Henry Ferreira | AB | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 58.25 | Steve Burns | ON | 84 | 1 | York U T&F Sumer Twilight Series #1 | Toronto, ON | May 19 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|------------------------------|------------------|--------|
| 57.24 | Steve Burns | ON | 84 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 57.21 | Alex Stewart | ON | 89 | 11 | NAIA Outdoor T&F Champ | Edwardsville, IL | May 22 |
| 56.92 | Alex Stewart | ON | 89 | 1 | Dick Young Track Classic | Grinnel, IA | Apr 18 |
| 55.61 | Alex Stewart | ON | 89 | 3 | Jim Duncan Invitational 2009 | Los Angeles, CA | Apr 11 |
| 56.44 | Richard Parkinson | ON | 64 | 4 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 55.25 | Henry Ferreira | AB | 88 | 1 | Gem City Duals | Laramie, WY | Apr 19 |
| 55.15 | Richard Parkinson | ON | 64 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 54.31 | Josh Farrell | ON | 85 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 53.94 | Brandon O'Donnell | SK | 91 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 53.82 | Richard Parkinson | ON | 64 | 3 | University of Buffalo Open | Buffalo, NY | Apr 18 |
| 53.19 | Alex Stewart | ON | 89 | 2F3 | Dick Young Track Classic | Grinnel, IA | Apr 18 |
| 53.12 | Andrew Dabrowski | ON | 80 | 3 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 52.60 | Richard Parkinson | ON | 64 | 3 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 52.43 | Richard Parkinson | ON | 64 | 4 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 51.34 | Mark Chenery | BC | 88 | 2 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 51.14 | David Skermer | BC | 87 | 2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 49.33 | Justin Massar | ON | 91 | 5 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 48.97 | Kevin Morgan | BC | 63 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 48.45 | Arthur Buchanan | MB | 91 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 47.42 | Travis Waterhouse | MB | 88 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 45.48 | Dale McRoberts | BC | 54 | 3 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 40.31 | Mark Chenery | BC | 88 | 2 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |

Javelin / Javelot - Junior - 800 g

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 65.98 | Caleb Jones | NB | 91 | 7 | Jeux de la Francophonie | Beirut, LIB | Oct 05 |
| 65.10 | Caleb Jones | NB | 91 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 64.70 | Caleb Jones | NB | 91 | 1 | NBIAA Champs | Gagetown, NB | Jun 06 |
| 63.96 | Caleb Jones | NB | 91 | 1 | NBIAA SouthWest Regional Champ | Gagetown, NB | May 30 |
| 63.73 | Caleb Jones | NB | 91 | 4 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 62.87 | Ray Dykstra | ON | 92 | 2 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 59.96 | Taylor Corney | ON | 91 | 5 | AO Sr Champs | Windsor, ON | Jul 04 |
| 59.34 | Taylor Corney | ON | 91 | 1 | AO National Jr & Sr Qual - Decathlon | London, ON | Jun 14 |
| 57.58 | Charles Mainville | QC | 91 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 57.16 | Taylor Corney | ON | 91 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 56.92 | Adam Kovacs | ON | 92 | 4 | OFSAA T&F Champs | Toronto, ON | Jun 05 |
| 56.58 | Mitchell Broser | ON | 90 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 56.47 | Cody Parker | BC | 92 | 1 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 56.08 | Adam Kovacs | ON | 92 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.51 | Taylor Corney | ON | 91 | 1 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 55.38 | Mitchell Broser | ON | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.33 | Vincent Schnabl | BC | 91 | 2 | BC HS T&F Champs | Burnaby, BC | Jun 05 |
| 55.26 | Scott Rumble | ON | 91 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 53.49 | Scott Rumble | ON | 91 | 1 | 2009 WOSSAA | London, ON | May 21 |
| 52.09 | Evan Mascaro | On | 92 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 51.97 | Scott Rumble | ON | 91 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 51.97 | Vincent Schnabl | BC | 91 | 2 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 50.89 | Justin Massar | ON | 91 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 50.75 | Paul Ausman | ON | 91 | 8 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 49.95 | Paul Ausman | ON | 91 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 48.76 | Justin Massar | ON | 91 | 9 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 48.21 | Axel Mbongo | QC | 91 | 10 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 47.83 | Adam Engel | ON | 92 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 47.33 | Erik Nielsen | BC | 91 | 4 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 47.22 | Marcus Watson | AB | 92 | 11 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 46.89 | Reid Gustavson | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|---------------|------|-----|-----|---------------------------------|--------------------|--------|
| 46.13 | Mitch Quigg | NB | 92 | 3 | Canadian Jr Champs - Decathlon | Charlottetown, PEI | Jul 18 |
| 45.99 | Eric Nielsen | BC | 91 | 3 | NTC Collegiate Series #1 | Clermont, FL | Mar 07 |
| 45.70 | Derek Argue | SK | 91 | 12 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 45.02 | Derek Drouin | ON | 90 | 8 | Indiana University Invitational | Bloomington, IN | Apr 18 |
| 44.42 | Derek Drouin | ON | 90 | 9 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 44.36 | Justin Massar | ON | 91 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 43.82 | Ross Enns | BC | 90 | 5 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |

Javelin / Javelot - Youth - 700 g

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|---------------------|------|-----|------|--------------------------------|-------------------|--------|
| 69.35 | Raymond Dykstra | ON | 92 | 8 | World Youth Champs | Sudtirol, ITA | Jul 12 |
| 67.55 | Raymond Dykstra | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 67.12 | Raymond Dykstra | ON | 92 | 1 | RCL ON District B Champs | Niagara, ON | Jun 20 |
| 67.10 | Trent Corney | ON | 93 | 1 | Brockville Legion Throws Meet | Brockville, ON | Jun 10 |
| 66.67 | Raymond Dykstra | ON | 92 | 1 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 64.19 | Cody Parker | BC | 92 | 12qB | World Youth Champs | Sudtirol, ITA | Jul 11 |
| 63.30 | Cody Parker | BC | 92 | 1 | Garriock Meet | Duncan, BC | Jun 14 |
| 63.14 | Trent Corney | ON | 93 | 2 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 61.78 | Cody Parker | BC | 92 | 1 | Langley Pacific Inv | Langley, BC | Jun 21 |
| 61.26 | Marc-Andre Charest | QC | 92 | 1 | Crepuscule Lancers 4 | Montreal, QC | Jun 17 |
| 61.08 | Marc-Andre Charest | QC | 92 | 1 | Crepuscule #2 | Sherbrooke, QC | Jun 03 |
| 61.00 | Adam Kovacs | ON | 92 | 1 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 60.70 | Adam Kovacs | ON | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 60.01 | Adam Kovacs | ON | 92 | 3 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 60.00 | Marc-Andre Charest | QC | 92 | 1 | Championnat Prov Scolaire | Arvida, QC | Jun 21 |
| 59.17 | Marc-Andre Charest | QC | 92 | 1 | Rendez-Vous Select 2009 | Saint-Laurent, QC | Jun 06 |
| 59.11 | Marc-Andre Charest | QC | 93 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 58.99 | Marc-Andre Charest | QC | 92 | 3 | Brown Springtime Invitational | Providence, RI | Apr 26 |
| 58.15 | Marc-Andre Charest | QC | 92 | 1 | Ian Hume Invitational | Sherbrooke, QC | Jun 14 |
| 58.03 | Marc-Andre Charest | QC | 92 | 1 | Crepuscule Lancers 1 | Montreal, QC | May 13 |
| 57.61 | Marc-Andre Charest | QC | 92 | 1 | Crepuscule Lancers 2 | Montreal, QC | May 20 |
| 57.39 | Trent Corney | ON | 93 | 2 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 57.37 | Adam Kovacs | ON | 92 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 57.24 | Evan Mascaro | ON | 92 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 56.80 | Marcus Watson | AB | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 56.64 | Marc-Andre Charest | QC | 92 | 2 | Princeton Elite T&F Meet | Princeton, NJ | May 02 |
| 56.49 | Trent Corney | ON | 93 | 1 | RCL Ontario Champs - Octathlon | Hamilton, ON | Jun 11 |
| 56.32 | Joel Dueck | AB | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 56.31 | Christian Hackney | ON | 92 | 3 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 56.25 | Christian Hackney | ON | 92 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 55.49 | Adam Kovacs | ON | 92 | 1 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 55.45 | Adam Engel | ON | 92 | 4 | AO Jr & Sr Qual | London, ON | Jun 14 |
| 55.42 | Christian Hackney | ON | 92 | 1 | RCL ON District A Champs | Chatham, ON | Jun 27 |
| 54.90 | Adam Kovacs | ON | 92 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 53.61 | Adam Kovacs | ON | 92 | 1 | Guelph All Comers | Guelph, ON | May 31 |
| 53.36 | Adam Engel | ON | 92 | 2 | Summer Twilight Series #1 | Toronto, ON | May 19 |
| 50.27 | Mat West | ON | 93 | 5 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 50.13 | Brad Kreitzer | ON | 93 | 6 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 49.72 | Marc-Andre Charest | QC | 92 | X | UVM @ Middlebury | Middlebury, VT | Apr 11 |
| 49.46 | Sebastien Neradilek | QC | 92 | 2 | Crepuscule Lancers 1 | Montreal, QC | May 13 |
| 47.90 | Mat West | ON | 93 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 47.58 | Pat Thompson | On | 92 | 3 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 46.67 | Sebastien Neradilek | QC | 92 | 5 | Princeton Elite T&F Meet | Princeton, NJ | May 02 |

Hammer / Marteau - 7.260 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|----------------------|------|-----|-----|--|--------------------|--------|
| 74.88 | James Steacy | AB | 84 | 2 | Universiade | Belgrade, SER | Jul 07 |
| 74.09 | James Steacy | AB | 84 | 1 | Chinook Throws Gala | Lethbridge, AB | May 17 |
| 73.56 | James Steacy | AB | 84 | 1 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 73.54 | James Steacy | AB | 84 | 2 | 2009 Tucson Elite Throwers Classic | Tucson, AZ | May 21 |
| 73.46 | James Steacy | AB | 84 | 1 | Chinook Throws Gala | Lethbridge, AB | May 16 |
| 73.36 | James Steacy | AB | 84 | 1H | Canadian National Champs | Toronto, ON | Jun 27 |
| 73.00 | James Steacy | AB | 84 | 1 | Canadian National Champs | Toronto, ON | Jun 28 |
| 72.83 | James Steacy | AB | 84 | 1 | Chinook Throws Gala | Lethbridge, AB | May 15 |
| 64.82 | Sean Steacy | AB | 86 | 1 | Chinook Throws Gala | Lethbridge, AB | May 16 |
| 64.79 | Brad Millar | ON | 87 | 4 | 30 th Sun Angel Track Classic | Tempe, AZ | Apr 10 |
| 64.56 | Brad Millar | ON | 87 | 3 | Louisville Twilight | Louisville, KY | May 15 |
| 64.55 | Sean Steacy | AB | 86 | 2 | Chinook Throws Gala | Lethbridge, AB | May 16 |
| 64.05 | Matthew Doherty | AB | 85 | 2 | Canadian National Champs | Toronto, ON | Jun 28 |
| 63.94 | Brad Millar | ON | 87 | 4P | 30 th Sun Angel Track Classic | Tempe, AZ | Apr 10 |
| 63.45 | Sean Steacy | AB | 86 | 1 | 2009 Rocky Mountain Relays | Medicine Hat, AB | May 31 |
| 63.33 | Matt Doherty | AB | 85 | 2 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 62.72 | Sean Steacy | AB | 86 | 2 | Chinook Throws Gala | Lethbridge, AB | May 15 |
| 62.47 | Sean Steacy | AB | 86 | 3 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 62.42 | Brad Millar | ON | 87 | 3 | UTA Bobby Lane T&F Invitational | Arlington, TX | Mar 28 |
| 62.42 | Sean Steacy | AB | 86 | 2 | Chinook Throws Gala | Lethbridge, AB | May 17 |
| 62.26 | Nolan Trey Henderson | BC | 89 | 5 | Pac-10 Track & Field Champ | Eugene, OR | May 17 |
| 61.95 | Nathan Lennie | ON | 79 | 1 | Power Speed Meet #5 | London, ON | Jul 10 |
| 61.88 | Matt Doherty | AB | 85 | 7 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 61.55 | Jamie Fahie | ON | 69 | 2H | Canadian National Champs | Toronto, ON | Jun 27 |
| 61.46 | Matt Doherty | AB | 85 | 1 | Field of Dreams Series Meet #2 | Port Williams, NS | May 23 |
| 61.21 | Nolan Trey Henderson | BC | 89 | 2 | USC vs UCLA Dual Meet | Los Angeles, CA | May 02 |
| 61.04 | Brad Millar | ON | 87 | 3 | Canadian National Champs | Toronto, ON | Jun 28 |
| 61.03 | Brad Millar | ON | 87 | 1 | Marquette Twilight | Milwaukee, WI | Apr 25 |
| 60.75 | Justin Greif | SK | 88 | 1 | Saskatchewan Provincials | Saskatoon, Sask | Jul 26 |
| 60.69 | Matt Doherty | AB | 85 | 1 | Field of Dreams Series Meet #1 | Port Williams, NS | May 16 |
| 60.69 | Sean Steacy | AB | 86 | 4 | Canadian National Champs | Toronto, ON | Jun 28 |
| 60.29 | Matthew Doherty | AB | 85 | 3H | Canadian National Champs | Toronto, ON | Jun 27 |
| 59.89 | James Fahie | ON | 69 | 1 | Cornell Outdoor Invitational | Ithaca, NY | May 02 |
| 59.64 | Nathan Lennie | ON | 79 | 5 | Hillsdale College "GINA" Relays | Hillsdale, MI | Apr 25 |
| 59.55 | Angus Taylor | BC | 90 | 3 | WSU-UW Dual Meet 2009 | Seattle, WA | May 02 |
| 58.99 | Ian Maplethorpe | AB | 66 | 4 | CALTAF Track Classic | Calgary, AB | Jun 14 |
| 58.80 | Angus Taylor | BC | 90 | 10 | Pac-10 Track & Field Champ | Eugene, OR | May 17 |
| 58.57 | *Alexandr Bepalov | QC | 85 | 1 | Crepuscule Lancers 4 | Montreal, QC | Jun 17 |
| 57.79 | Sean Steacy | AB | 86 | 8 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| 57.53 | Mathew Caseley | PEI | 88 | 1 | Atlantic Championships | Oromocto, NB | Aug 02 |
| 57.41 | Jason Baines | ON | 78 | 1 | Challenge Jean-Paul Baert | St-Laurent, QC | Sep 16 |
| 57.25 | Nathan Lennie | ON | 79 | 2 | University of Windsor Open | Windsor, ON | May 16 |
| 57.09 | Angus Taylor | BC | 90 | 12 | Stanford University Invitational | Palo Alto, CA | Mar 28 |
| 56.75 | Greg Pilling | ON | 83 | 4 | Len Paddock Invitational | Ann Arbor, MI | May 09 |
| 56.55 | Matthew Caseley | PEI | 88 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 56.32 | Angus Taylor | BC | 90 | 1 | Oregon Relays | Eugene, OR | Apr 25 |
| 56.23 | Nathan Lennie | ON | 79 | 1 | Power Speed Series Meet #3 | London, ON | Jun 09 |
| 56.16 | Jason Baines | ON | 78 | 1 | Corsaire Chaparal Inv | Montreal, QC | Jul 11 |
| 56.10 | Dustin McCrank | ON | 85 | 1 | York University Twilight Meet #2 | Toronto, ON | Jun 15 |
| 55.88 | Angus Taylor | BC | 90 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 55.80 | Nolan Henderson | BC | 89 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 55.73 | Nathan Lennie | ON | 79 | 1 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 53.53 | Justin Greif | SK | 88 | 1 | SK Canada Summer Games Trials | Regina, SK | Jul 12 |
| 55.29 | Daniel Novia | ON | 89 | 1 | Lions Throws Meet #3 | Toronto, ON | Aug 04 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-----------------|------|-----|-----|--------------------------------------|---------------------|--------|
| 55.15 | Dustin McCrank | ON | 85 | 2 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 55.01 | Dustin McCrank | ON | 85 | 2 | Power Speed Series Meet #3 | London, ON | Jun 09 |
| 54.57 | Brad Millar | ON | 87 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 54.14 | Dustin McCrank | ON | 85 | 3 | Penn State Open | University Park, PA | May 09 |
| 54.05 | Dustin McCrank | ON | 85 | 3 | University of Windsor Open | Windsor, ON | May 16 |
| 53.94 | Dustin McCrank | ON | 85 | 1 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 53.84 | Dustin McCrank | ON | 85 | 1 | Guelph Track All Comers | Guelph, ON | May 31 |
| 52.65 | Damian Anisko | ON | 83 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 52.19 | Damian Anisko | ON | 83 | 2 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 52.16 | Daniel Novia | ON | 89 | 1 | Summer Games Tune Up | Windsor, ON | Aug 08 |
| 52.12 | Damian Anisko | ON | 83 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 51.89 | Suyi Georgewill | ON | 90 | 8 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 51.73 | Justin Greif | SK | 88 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 51.72 | Daniel Novia | ON | 89 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 51.04 | Damian Anisko | ON | 83 | 2 | Marquette Twilight | Milwaukee, WI | Apr 25 |
| 50.01 | Wilson Burnett | AB | 80 | 6 | UTA Bobby Lane T&F Invitational | Arlington, TX | Mar 28 |
| 50.01 | Maxime Haran | QC | 89 | 2 | Corsaire Chaparal Inv | Montreal, QC | Jul 11 |
| 49.95 | Dustin McCrank | ON | 85 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 49.95 | Wilson Burnett | AB | 80 | 3 | Chinook Throws Gala | Lethbridge, AB | May 16 |
| 49.60 | Josh Archer | ON | 88 | 3 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 49.59 | Wilson Burnett | AB | 80 | 4 | Chinook Throws Gala | Lethbridge, AB | May 17 |
| 49.11 | Daniel Novia | ON | 89 | 4 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 48.82 | Josh Archer | ON | 88 | 3 | Power Speed Series Meet #3 | London, ON | Jun 09 |
| 48.05 | Justin Greif | SK | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 47.01 | Daniel Novia | ON | 89 | 3 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 45.18 | Andrew Smith | SK | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 42.63 | Andrew Smith | SK | 88 | 5 | Chinook Throws Gala | Lethbridge, AB | May 17 |

Hammer / Marteau - Junior - 6.000 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|--------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 64.32 | Angus Taylor | BC | 90 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 61.48 | Angus Taylor | BC | 90 | 1 | Kajaks Review International | Richmond, BC | Jun 10 |
| 58.99 | Suyi Georgewill | ON | 90 | 1 | Summer Twilight Series #3 | Toronto, ON | Jun 30 |
| 57.69 | Suyi Georgewill | ON | 90 | 1 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 56.88 | Suyi Georgewill | ON | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 55.70 | Ryan Tarnava | AB | 91 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 54.83 | Marc-Antoine Dugas | QC | 91 | 1 | Challenge Jean-Paul Baert | St-Laurent, QC | Sep 16 |
| 54.78 | Suyi Georgewill | ON | 90 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 51.68 | Ryan Tamava | AB | 91 | 1 | Chinook Throws Gala | Lethbridge, AB | May 15 |
| 51.60 | Suyi Georgewill | ON | 90 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 50.71 | Alex Pilar | ON | 91 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 49.33 | Alexandre Gagne | QC | 91 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 48.81 | Suyi Georgewill | ON | 90 | 1 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 48.77 | Alex Pilar | ON | 91 | 1 | 2009 Jack Phillips Classic | Midland, ON | May 16 |
| 48.69 | Marc-Antoine Dugas | QC | 91 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 47.28 | Seb Pilon | ON | 91 | 1 | SSD Twilight #2 | Midland, ON | Jun 21 |
| 46.06 | Tim Hendry | ON | 90 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 45.42 | Eric Braithwaite | ON | 91 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 45.18 | Alex Pilar | ON | 91 | 1 | 2009 Power Speed Series M#1 | London, ON | May 09 |
| 44.99 | Alex Pilar | ON | 91 | 2 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 44.54 | Adam Kovacs | ON | 92 | 8 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 44.11 | Adam Kovacs | ON | 92 | 2 | SSD Twilight #2 | Midland, ON | Jun 21 |
| 42.91 | Seb Pilon | ON | 91 | 3 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 42.77 | Mathieu Marcoccia | ON | 90 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 41.93 | Seb Pilon | ON | 91 | 2 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 41.49 | Seb Pilon | ON | 91 | 2 | 2009 Power Speed Series M#1 | London, ON | May 09 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|--------------|------|-----|-----|-----------------------------|--------------------|--------|
| 41.27 | Alex Pilar | ON | 91 | 3 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 41.15 | Chris Preece | ON | 92 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 35.91 | Codey Pakula | SK | 90 | 2 | Chinook Throws Gala | Lethbridge, AB | May 15 |
| 34.53 | Simon Audet | NB | 92 | 9 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |

Hammer / Marteau - Youth - 5.000 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|------------------------|------|-----|-----|--------------------------------------|----------------|--------|
| 64.11 | Spencer Prince | BC | 92 | 1 | 2009 Valley Royals HS Inv | Abbotsford, BC | May 09 |
| 62.50 | Kevin Bowman | ON | 93 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 60.99 | Kevin Bowman | ON | 93 | 1 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 62.05 | Kevin Bowman | ON | 93 | 1 | SSD Twilight #2 | Midland, ON | Jun 21 |
| 57.55 | Spencer Prince | BC | 92 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 57.25 | Kevin Bowman | ON | 93 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 56.41 | Kevin Bowman | ON | 93 | 1 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 55.75 | Pedro Jose Diaz-Dallos | AB | 93 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 54.57 | Kevin Bowman | ON | 93 | 1 | 2009 Power Speed Series M#1 | London, ON | May 09 |
| 48.44 | Chris Preece | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 48.25 | Chris Preece | ON | 92 | 2 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 47.31 | Adam Kovacs | ON | 92 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 47.05 | Adam Kovacs | ON | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 44.17 | Alexis Cardinal | QC | 93 | 6 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 43.89 | Adam Kovacs | ON | 92 | 3 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |

Shot Put / Poids – 7.260 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|------|--------------------------------------|--------------------|--------|
| 20.92 | Dylan Armstrong | BC | 81 | 1 | Victoria International Track Classic | Victoria, BC | Jun 10 |
| 20.76 | Dylan Armstrong | BC | 81 | 2 | Sondershausen | Sondershausen, GER | Aug 26 |
| 20.68 | Dylan Armstrong | BC | 81 | 1 | Förderverein Brandberge | Halle, GER | May 23 |
| 20.63 | Dylan Armstrong | BC | 81 | 5 | Prefontaine Classic | Eugene, OR | Jun 07 |
| 20.60 | Dylan Armstrong | BC | 81 | 2 | Thum | Thum, GER | Aug 28 |
| 20.58 | Dylan Armstrong | BC | 81 | 1 | Harry Jerome Track Classic | Vancouver, BC | Jun 14 |
| 20.49 | Dylan Armstrong | BC | 81 | 1 | Artur Takac Memorial | Belgrade, SRB | May 29 |
| 20.42 | Dylan Armstrong | BC | 81 | 4 | DN Galan | Stockholm, SWE | Jul 31 |
| 20.41 | Dylan Armstrong | BC | 81 | 2 | Bad Kostritz | Bad Kostritz, GER | Aug 29 |
| 20.37 | Dylan Armstrong | BC | 81 | 4 | Qatar Sporting Club | Doha, QAT | May 08 |
| 20.34 | Dylan Armstrong | BC | 81 | 7 | Aviva London Grand Prix | London, GBR | Jul 24 |
| 20.30 | Dylan Armstrong | BC | 81 | 1 | Canadian National Champs | Toronto, ON | Jun 27 |
| 20.21 | Dylan Armstrong | BC | 81 | 4 | Fanny Blanker-Koen Games | Hengelo, NED | Jun 01 |
| 20.20 | Dylan Armstrong | BC | 81 | 2 | | Engers, GER | Aug 25 |
| 19.95 | Dylan Armstrong | BC | 81 | 6 | Zagreb 2009 | Zagreb, CRO | Aug 31 |
| 19.86 | Dylan Armstrong | BC | 81 | 12QA | World Championships | Berlin, GER | Aug 15 |
| 19.61 | Dylan Armstrong | BC | 81 | 8 | World Athletics Final | Thessaloniki, GRE | Sep 12 |
| 19.24 | *Justin Rodhe | BC | 84 | 2 | Canadian National Champs | Toronto, ON | Jun 27 |
| 17.49 | Andrew Smith | SK | 88 | 1 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 17.16 | Justin Greif | SK | 88 | 1 | SK Canada Summer Games Trials | Regina, SK | Jul 12 |
| 17.14 | Andrew Smith | SK | 88 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| 16.96 | Andrew Smith | SK | 88 | 2 | SK Canada Summer Games Trials | Regina, SK | Jul 12 |
| 16.65 | Patrick Szpak | ON | 86 | 1 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 16.47 | Patrick Szpak | ON | 86 | 1 | Guelph Track All Comers | Guelph, ON | May 31 |
| 16.36 | Andy Ysebaert | ON | 86 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 16.30 | Matthew Doherty | AB | 86 | 3 | Canadian T&F Champs | Toronto, ON | Jun 25 |
| 16.25 | Patrick Szpak | ON | 86 | 1 | Power Speed Series #3 | London, ON | Jun 09 |
| 16.23 | Justin Greif | SK | 88 | 1 | PeeWee, Bantam & CE Champs | Saskatchewan, SK | Jun 14 |
| 16.20 | Andy Ysebaert | ON | 86 | 1 | Power Speed Meet #5 | London, ON | Jun 10 |
| 16.15 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 16.13 | Andy Ysebaert | ON | 86 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 16.06 | Justin Greif | SK | 87 | 5 | Canadian National Champs | Toronto, ON | Jun 27 |
| 16.05 | Drew Welch | ON | 91 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 16.03 | Justin Greif | SK | 88 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| 16.02 | Andy Ysebaert | ON | 86 | 6 | Canadian National Champs | Toronto, ON | Jun 27 |
| 15.96 | Mike Miller | ON | 86 | 7 | Canadian National Champs | Toronto, ON | Jun 27 |
| 15.93 | Andrew Smith | SK | 88 | 1 | Chinook Throws Gala | Lethbridge, AB | May 16 |
| 15.91 | Mike Miller | ON | 86 | 1 | Olympic Fitness Series #4 | London, ON | Jun 20 |
| 15.88 | Patrick Szpak | ON | 86 | 8 | Canadian National Champs | Toronto, ON | Jun 27 |
| 15.82 | Patrick Szpak | ON | 86 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 15.81 | Owen Willems | ON | 84 | 1 | York U Lions' Throws Meet #1 | Toronto, ON | May 26 |
| 15.79 | Justin Greif | SK | 88 | 2 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 15.77 | Andy Ysebaert | ON | 86 | 2 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 15.76 | Mike Miller | ON | 86 | 2 | Power Speed Series #3 | London, ON | Jun 09 |
| 15.70 | Mike Miller | ON | 86 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 15.69 | Matt Doherty | AB | 85 | 5 | Jeux de la Francophonie | Beirut, LIB | Oct 05 |
| 15.64 | Owen Willems | ON | 84 | 3 | University of Windsor Open | Windsor, ON | May 16 |
| 15.60 | Matt Doherty | AB | 85 | 1 | Field of Dreams Series Meet #1 | Port Williams, NS | May 16 |
| 15.60 | Andrew Ysebaert | ON | 86 | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 05 |
| 15.58 | Owen Willems | ON | 84 | 3 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 15.50 | Owen Willems | ON | 84 | 3 | Power Speed Series #3 | London, ON | Jun 09 |
| 15.45 | Andy Ysebaert | ON | 86 | 1 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 15.37 | Owen Willems | ON | 84 | 1 | Summer Twilight Series Meet #1 | Toronto, ON | May 20 |
| 15.29 | Umar Khan | ON | 89 | 4 | University of Buffalo Open | Buffalo, NY | Apr 18 |
| 15.17 | Umar Khan | ON | 89 | 2 | Power Speed Series Meet #2 | London, ON | Jun 03 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|---|--------------------|--------|
| 15.15 | Owen Willems | ON | 84 | 1 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 15.15 | Umar Khan | ON | 89 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.98 | Umar Khan | ON | 89 | 4 | Power Speed Series #3 | London, ON | Jun 09 |
| 14.95 | Patrick Szpak | ON | 86 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 14.95 | Daniel Novia | ON | 89 | 3 | Power Speed Series Meet #2 | London, ON | Jun 03 |
| 14.94 | Daniel Novia | ON | 89 | 5 | Power Speed Series #3 | London, ON | Jun 09 |
| 14.90 | Daniel Novia | ON | 89 | 1 | Summer Games Tune Up | Windsor, ON | Aug 08 |
| 14.81 | Garrett Ramey | NS | 89 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.76 | Umar Khan | ON | 89 | 2 | Summer Twilight Series Meet #1 | Toronto, ON | May 20 |
| 14.75 | Owen Willems | ON | 84 | 8 | Jeux de la Francophonie | Beirut, LIB | Oct 05 |
| 14.74 | Daniel Novia | ON | 89 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 14.73 | Massimo Bertocchi | ON | 85 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 14.69 | Daniel Novia | ON | 89 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14.61 | Owen Willems | ON | 84 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 14.60 | Andrew Smith | SK | 88 | 1 | Chinook Throws Gala | Lethbridge, AB | May 16 |
| 14.57 | Daniel Novia | ON | 89 | 3 | York U T&F Sumer Twilight Series #1 | Toronto, ON | May 19 |
| 14.43 | Umar Khan | ON | 89 | 15 | Len Paddock Inv | Ann Arbor, MI | May 09 |
| 14.38 | Craig Slaunwhite | NS | 81 | 3 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 13.36 | Umar Khan | ON | 89 | 2 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 14.35 | Garrett Ramey | NS | 89 | 1 | NS Canada Games Trials | Dartmouth, NS | Jul 12 |
| 14.18 | Tim Hendry | ON | 90 | 4 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 14.12 | Garth Suppes | MB | 87 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
| 14.11 | Umar Khan | ON | 89 | 5 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 14.04 | Garret Ramey | NS | 89 | 2 | Field of Dreams Series Meet #1 | Port Williams, NS | May 16 |
| 13.53 | Andrew MacDonald | NS | 92 | 6 | Canada Games | Charlottetown, PEI | Aug 24 |
| 13.44 | Henry Ferreira | AB | 88 | 3 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 12.92 | Nolan Machiskinic | SK | 91 | 4 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 12.82 | Curtis Moss | BC | 87 | 1 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 12.69 | Curtis Moss | BC | 87 | 1 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 12.65 | Wilson Burnett | AB | 80 | 13 | UTA Bobby Lane T&F Invitational | Arlington, TX | Mar 28 |
| 12.65 | Curtis Moss | BC | 87 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 12.15 | Reid Gustavson | BC | 88 | 2 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 11.94 | Ross Enns | BC | 90 | 3 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 11.92 | Ross Enns | BC | 90 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 11.76 | Reid Gustavson | BC | 88 | 2 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 11.59 | Curtis Moss | BC | 87 | 14 | 28 th Annual WWU Ralph Vernacchia T&F | Bellingham, WA | Apr 10 |
| 11.51 | Reid Gustavson | BC | 88 | | Willamette Multi Event - Decathlon | Salem, OR | May 04 |
| 11.38 | Ron Walker | AB | 71 | 1 | All Comers Meet #3 | Edmonton, AB | Jun 17 |
| 11.21 | Andrej Brajic | AB | 89 | 5 | CSG Quad Province | Saskatoon, SK | Aug 09 |
| 11.15 | Gary Silvester | BC | 68 | 2 | SFU Spring Open 2009 | Burnaby, BC | Apr 04 |
| 10.89 | John Hawkins | BC | 49 | 3 | SFU Spring Open 2009 Meet #1 | Burnaby, BC | Mar 28 |
| 10.14 | Ross Enns | BC | 90 | 4 | The Achilles Cup | Burnaby, BC | Apr 26 |
| 10.04 | Derek Drouin | ON | 90 | 16 | Alabama Relays 2009 - Decathlon | Tuscaloosa, AL | Mar 27 |
| 8.35 | Tyson Unruh | SK | 89 | 5 | The Achilles Cup | Burnaby, BC | Apr 26 |

Shot Put / Poids - Junior - 6.000 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|-------------------|------|-----|-----|------------------------------|--------------------|--------|
| 19.00 | Tim Nedow | ON | 90 | 3 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 18.27 | Zack Russell-Ford | ON | 90 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 18.23 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series #4 | London, ON | Jun 20 |
| 18.10 | Drew Welch | On | 91 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 18.05 | Drew Welch | ON | 91 | 2 | Olympic Fitness Series #4 | London, ON | Jun 20 |
| 18.01 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series #2 | London, ON | May 17 |
| 17.97 | Zack Russell-Ford | ON | 90 | 1 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 17.95 | Drew Welch | ON | 91 | 1 | Olympic Fitness Series Final | London, ON | Jul 26 |

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|----------------------|------|-----|-----|--------------------------------------|--------------------|--------|
| 17.66 | Tim Nedow | ON | 90 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 17.61 | Timothy Hendry | ON | 90 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 17.34 | Tim Hendry | ON | 90 | 2 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 17.29 | Timothy Nedow | ON | 90 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 17.17 | Matt Marcoccia | ON | 90 | 3 | Olympic Fitness Series #4 | London, ON | Jun 20 |
| 17.16 | Zachary Russell-Ford | ON | 90 | 8 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| 17.01 | Drew Welch | ON | 91 | 2 | Olympic Fitness Series #2 | London, ON | May 17 |
| 16.96 | Tim Hendry | ON | 90 | 2 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 16.86 | Mathieu Marcoccia | ON | 90 | 3 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 16.86 | Zack Russell-Ford | ON | 90 | 2 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 16.48 | Matt Marcoccia | ON | 90 | 3 | Olympic Fitness Series #3 | London, ON | Jun 13 |
| 16.34 | Tim Hendry | ON | 90 | 1 | York University Lions Throws Meet #1 | Toronto, ON | May 26 |
| 16.19 | Mathieu Marcoccia | ON | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 16.18 | Tim Hendry | ON | 90 | 1 | Summer Twilight Series Meet #1 | Toronto, ON | May 20 |
| 16.06 | Zack Russell-Ford | ON | 90 | 4 | Canadian National Champs | Toronto, ON | Jun 27 |
| 16.04 | Mathieu Maroccia | ON | 90 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 16.02 | Tom Willcox | BC | 91 | 6 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 15.56 | Nolan Machiskinic | SK | 91 | 7 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| 14.41 | Gray Jackson | ON | 91 | 4 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14.40 | Brent Roubos | ON | 90 | 5 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| 14.27 | Suyi Georgewill | ON | 90 | 2 | York U T&F Sumer Twilight Series #1 | Toronto, ON | May 19 |
| 13.26 | Eric Braithwaite | ON | 91 | 1 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |
| 12.73 | Brent Roubos | ON | 90 | 2 | Inaugural YU Lions Spr Open | Toronto, ON | May 02 |

Shot Put / Poids - Youth - 5.000 kg

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|-------|--------------------|------|-----|-----|-------------------------------------|-------------------|--------|
| 16.97 | Stefan Palios | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 16.64 | Stefan Palios | ON | 92 | 1 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 16.43 | Jordan Young | ON | 93 | 1 | Olympic Fitness Series Final | London, ON | Jul 26 |
| 16.36 | Jordan Young | ON | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 16.03 | Delling Ingvaldson | BC | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 15.74 | Jordan Young | ON | 93 | 2 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 15.69 | Andrew MacDonald | NS | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 15.61 | Jordan Young | ON | 93 | 1 | RCL ON District A Champs | Chatham, ON | Jun 27 |
| 15.45 | Stefan Palios | ON | 92 | 1 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 15.36 | Jordan Young | ON | 93 | 2 | Olympic Fitness Series Meet #1 | London, ON | Apr 12 |
| 15.25 | Alex Welch | ON | 93 | 1 | AO Sr Champs | Windsor, ON | Jul 05 |
| 15.25 | Spencer Prince | BC | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| 15.12 | Stefan Palios | ON | 92 | 1 | York U T&F Sumer Twilight Series #1 | Toronto, ON | May 19 |
| 14.82 | Alex Welch | ON | 93 | 1 | Olympic Fitness Series #2 | London, ON | May 17 |
| 14.82 | Alex Welch | ON | 93 | 4 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 14.65 | Andrew MacDonald | NS | 92 | 1 | NS Champs | Dartmouth, NS | Jul 04 |
| 14.40 | Andrew MacDonald | NS | 92 | 1 | Field of Dreams Series Meet #1 | Port Williams, NS | May 16 |
| 14.03 | Adam Kovacs | ON | 92 | 1 | York University Twilight #4 | Toronto, ON | Jul 28 |
| 13.91 | Adam Kovacs | ON | 92 | 2 | AO Sr Champs | Windsor, ON | Jul 05 |
| 13.89 | Kevin Bowman | ON | 93 | 5 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 13.69 | Adam Karakolis | ON | 92 | 2 | Olympic Fitness Series #2 | London, ON | May 17 |
| 13.68 | Geoff Myatt | NS | 91 | 1 | NS Champs | Dartmouth, NS | Jul 04 |
| 13.59 | Adam Kovacs | ON | 92 | 6 | RCL Ontario T&F Champs | Hamilton, ON | Jul 11 |
| 13.45 | Christian Hackney | ON | 92 | 3 | AO Sr Champs | Windsor, ON | Jul 05 |
| 13.28 | Kevin Bowman | ON | 93 | 4 | AO Sr Champs | Windsor, ON | Jul 05 |
| 12.66 | Trent Corney | ON | 93 | 1 | RCL Ontario Champs - Octathlon | Hamilton, ON | Jun 11 |

Decathlon

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|----------------------|--------------|-------------|-----|--------------------------|---------------|--------|
| 7602 | Jamie Adjetey-Nelson | ON | 84 | 3 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| | Perf | Event | Wind | | | | |
| 883 | 10.90 | 100m | 1.2 | | | | |
| 869 | 7.23 | LJ | 2.3 | | | | |
| 745 | 14.27 | SP | | | | | |
| 822 | 2.02 | HJ | | | | | |
| 773 | 50.91 | 400m | | | | | |
| 835 | 15.12 | 110mH | 0.8 | | | | |
| 757 | 44.52 | DT | | | | | |
| 702 | 4.30 | PV | | | | | |
| 667 | 55.28 | JT | | | | | |
| 549 | 5:01.87 | 1500m | | | | | |
| 7474 | Jamie Adjetey-Nelson | ON | 84 | 1 | AO Jr & Sr Qual | Toronto, ON | Jun 14 |
| | Perf | Event | Wind | | | | |
| 858 | 11.01 | 100m | 1.8 | | | | |
| 821 | 7.03 | LJ | 1.5 | | | | |
| 741 | 14.21 | SP | | | | | |
| 822 | 2.02 | HJ | | | | | |
| 765 | 51.08 | 400m | | | | | |
| 845 | 15.04 | 110mH | -0.6 | | | | |
| 750 | 44.19 | DT | | | | | |
| 716 | 4.35 | PV | | | | | |
| 624 | 52.36 | JT | | | | | |
| 532 | 5:04.82 | 1500m | | | | | |
| 7378 | Jamie Adjetey-Nelson | ON | 84 | | Universiade | Belgrade, SER | Jul 09 |
| | Perf | Event | Wind | | | | |
| 850 | 11.05 | 100m | -2.2 | | | | |
| 746 | 6.71 | LJ | -2.1 | | | | |
| 701 | 13.56 | SP | | | | | |
| 758 | 1.95 | HJ | | | | | |
| 824 | 49.80 | 400m | | | | | |
| 843 | 15.05 | 110mH | 0.3 | | | | |
| 732 | 43.28 | DT | | | | | |
| 617 | 4.00 | PV | | | | | |
| 716 | 58.57 | JT | | | | | |
| 591 | 4:54.56 | 1500m | | | | | |
| 7146 | Reid Gustavson | BC | 88 | 1 | Canadian National Champs | Toronto, ON | Jun 26 |
| | Perf | Event | Wind | | | | |
| 784 | 11.35 | 100m | 1.3 | | | | |
| 871 | 7.24 | LJ | 2.3 | | | | |
| 608 | 12.03 | SP | | | | | |
| 794 | 1.99 | HJ | | | | | |
| 873 | 48.76 | 400m | | | | | |
| 679 | 16.49 | 110mH | -2.5 | | | | |
| 552 | 34.44 | DT | | | | | |
| 645 | 4.10 | PV | | | | | |
| 665 | 61.00 | JT | | | | | |
| 675 | 4:40.77 | 1500m | | | | | |
| 6896 | Marcus Cunningham | AB | 86 | 2 | Canadian National Champs | Toronto, ON | Jun 26 |
| | Perf | Event | Wind | | | | |
| 771 | 11.41 | 100m | 1.1 | | | | |
| 778 | 6.85 | LJ | 0.1 | | | | |

| | | | |
|-----|---------|-------|------|
| 516 | 10.51 | SP | |
| 636 | 1.81 | HJ | |
| 828 | 49.70 | 400m | |
| 836 | 15.11 | 110mH | -2.5 |
| 657 | 39.64 | DT | |
| 645 | 4.10 | PV | |
| 570 | 48.77 | JT | |
| 659 | 4:43.35 | 1500m | |

| | | | | | | | |
|------|-----------------|----|----|---|--------------------------|-------------|--------|
| 6827 | Tyler Koskenoja | ON | 84 | 3 | Canadian National Champs | Toronto, ON | Jun 26 |
|------|-----------------|----|----|---|--------------------------|-------------|--------|

| Perf | Event | Wind |
|------|-------|------|
|------|-------|------|

| | | | |
|-----|---------|-------|------|
| 711 | 11.70 | 100m | 1.3 |
| 659 | 6.33 | LJ | 1.9 |
| 631 | 12.40 | SP | |
| 636 | 1.81 | HJ | |
| 828 | 49.70 | 400m | |
| 777 | 15.61 | 110mH | -2.5 |
| 622 | 37.92 | DT | |
| 590 | 3.90 | PV | |
| 685 | 56.50 | JT | |
| 659 | 4:43.35 | 1500m | |

| | | | | | | | |
|------|----------------|----|----|---|-------------------------|-------------|--------|
| 6770 | Reid Gustavson | BC | 88 | 6 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
|------|----------------|----|----|---|-------------------------|-------------|--------|

| Perf | Event | Wind |
|------|-------|------|
|------|-------|------|

| | | | |
|-----|---------|-------|-----|
| 780 | 11.37 | 100m | 1.2 |
| 811 | 6.99 | LJ | 1.1 |
| 593 | 11.78 | SP | |
| 767 | 1.96 | HJ | |
| 787 | 50.60 | 400m | |
| 659 | 16.67 | 110mH | 0.8 |
| 507 | 32.13 | DT | |
| 645 | 4.10 | PV | |
| 548 | 47.26 | JT | |
| 673 | 4:41.15 | 1500m | |

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|------|-----------------|----|----|----|---|----------------|--------|
| 6718 | Tyler Koskenoja | ON | 84 | 12 | 1 st America's Combined Events Cup | La Habana, CUB | May 30 |
|------|-----------------|----|----|----|---|----------------|--------|

| Perf | Event | Wind |
|------|-------|------|
|------|-------|------|

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|-----|---------|-------|------|
| 699 | 11.76 | 100m | 0.2 |
| 670 | 6.38 | LJ | 0.3 |
| 600 | 11.90 | SP | |
| 627 | 1.80 | HJ | |
| 722 | 52.07 | 400m | |
| 749 | 15.86 | 110mH | -0.3 |
| 643 | 38.93 | DT | |
| 617 | 4.00 | PV | |
| 674 | 55.76 | JT | |
| 717 | 4:34.20 | 1500m | |

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|------|-------------------|----|----|----|---|----------------|--------|
| 6587 | Marcus Cunningham | AB | 86 | 13 | 1 st America's Combined Events Cup | La Habana, CUB | May 30 |
|------|-------------------|----|----|----|---|----------------|--------|

| Perf | Event | Wind |
|------|-------|------|
|------|-------|------|

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|-----|-------|-------|------|
| 730 | 11.61 | 100m | 0.1 |
| 807 | 6.97 | LJ | 1.3 |
| 588 | 11.70 | SP | |
| 627 | 1.80 | HJ | |
| 812 | 50.06 | 400m | |
| 817 | 15.27 | 110mH | -0.5 |
| 609 | 37.27 | DT | |
| 562 | 3.80 | PV | |

| | | | | | | | |
|------|----------------|--------------|-------------|---|------------------------|--------------------|--------|
| 400 | 37.07 | JT | | | | | |
| 635 | 4:47.30 | 1500m | | | | | |
| 6551 | Reid Gustavson | BC | 88 | 1 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Perf | Event | Wind | | | | |
| 780 | 11.37 | 100m | 0.0 | | | | |
| 783 | 6.87 | LJ | -0.7 | | | | |
| 587 | 11.68 | SP | | | | | |
| 644 | 1.82 | HJ | | | | | |
| 781 | 50.74 | 400m | | | | | |
| 668 | 16.59 | 110mH | 0.9 | | | | |
| 503 | 31.96 | DT | | | | | |
| 617 | 4.00 | PV | | | | | |
| 551 | 47.42 | JT | | | | | |
| 637 | 4:47.02 | 1500m | | | | | |
| 6513 | Mark Chenery | BC | 88 | 2 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Perf | Event | Wind | | | | |
| 791 | 11.32 | 100m | 0.0 | | | | |
| 750 | 6.73 | LJ | 1.6 | | | | |
| 562 | 11.26 | SP | | | | | |
| 696 | 1.88 | HJ | | | | | |
| 735 | 51.77 | 400m | | | | | |
| 785 | 15.54 | 110mH | 0.9 | | | | |
| 617 | 37.67 | DT | | | | | |
| 457 | 3.40 | PV | | | | | |
| 600 | 50.75 | JT | | | | | |
| 520 | 5:07.10 | 1500m | | | | | |
| 6502 | Reid Gustavson | BC | 88 | 1 | Willamette Multi Event | Salem, OR | May 04 |
| | Perf | Event | Wind | | | | |
| 721 | 11.65 | 100m | 0.5 | | | | |
| 762 | 6.78 | LJ | -0.7 | | | | |
| 577 | 11.51 | SP | | | | | |
| 758 | 1.95 | HJ | | | | | |
| 777 | 50.83 | 400m | | | | | |
| 657 | 16.69 | 110mH | 0.8 | | | | |
| 485 | 31.03 | DT | | | | | |
| 688 | 4.25 | PV | | | | | |
| 589 | 50.01 | JT | | | | | |
| 488 | 5:14.94 | 1500m | | | | | |
| 6413 | Keegan Sharp | SK | 89 | 3 | Canada Games | Charlottetown, PEI | Aug 24 |
| | Perf | Event | Wind | | | | |
| 723 | 11.64 | 100m | 0.0 | | | | |
| 713 | 6.57 | LJ | -0.5 | | | | |
| 556 | 11.17 | SP | | | | | |
| 670 | 1.85 | HJ | | | | | |
| 732 | 51.84 | 400m | | | | | |
| 808 | 15.35 | 110mH | 0.9 | | | | |
| 413 | 27.37 | DT | | | | | |
| 562 | 3.80 | PV | | | | | |
| 513 | 44.86 | JT | | | | | |
| 723 | 4:33.31 | 1500m | | | | | |
| 6318 | Derek Drouin | ON | 90 | 3 | Alabama Relays 2009 | Tuscaloosa, AL | Mar 27 |
| | Perf | Event | Wind | | | | |
| 687 | 11.82 | 100m | 1.0 | | | | |

| | | | |
|-----|---------|-------|-----|
| 750 | 6.73 | LJ | 0.8 |
| 488 | 10.04 | SP | |
| 925 | 2.13 | HJ | |
| 676 | 53.13 | 400m | |
| 789 | 15.51 | 110mH | 0.8 |
| 371 | 25.18 | DT | |
| 549 | 3.75 | PV | |
| 506 | 44.42 | JT | |
| 577 | 4:57.02 | 1500m | |

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|------|----------------------|----|----|----|-------------------------------|----------------|--------|
| 6239 | Jamie Adjetey-Nelson | ON | 84 | 15 | America's Combined Events Cup | La Habana, CUB | May 30 |
|------|----------------------|----|----|----|-------------------------------|----------------|--------|

| | Perf | Event | Wind |
|-----|-------|-------|------|
| 852 | 11.04 | 100m | 0.2 |
| 910 | 7.40 | LJ | 0.0 |
| 723 | 13.92 | SP | |
| 785 | 1.98 | HJ | |
| 775 | 50.86 | 400m | |
| 837 | 15.10 | 110mH | -0.1 |
| 737 | 43.56 | DT | |
| 0 | | PV | |
| 620 | 52.12 | JT | |
| 0 | DNF | 1500m | |

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|------|----------------|----|----|---|--------------|--------------------|--------|
| 6189 | Patrick Arbour | ON | 88 | 4 | Canada Games | Charlottetown, PEI | Aug 24 |
|------|----------------|----|----|---|--------------|--------------------|--------|

| | Perf | Event | Wind |
|-----|---------|-------|------|
| 628 | 12.12 | 100m | -0.1 |
| 624 | 6.17 | LJ | -0.1 |
| 667 | 13.00 | SP | |
| 619 | 1.79 | HJ | |
| 625 | 54.35 | 400m | |
| 703 | 16.27 | 110mH | 0.9 |
| 694 | 41.47 | DT | |
| 509 | 3.60 | PV | |
| 679 | 56.05 | JT | |
| 441 | 5:21.69 | 1500m | |

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|------|-------------|----|----|---|------------------------|-----------|--------|
| 5984 | Curtis Moss | BC | 87 | 4 | Willamette Multi Event | Salem, OR | May 04 |
|------|-------------|----|----|---|------------------------|-----------|--------|

| | Perf | Event | Wind |
|-----|---------|-------|------|
| 765 | 11.44 | 100m | 0.1 |
| 550 | 5.83 | LJ | 0.3 |
| 646 | 12.65 | SP | |
| 627 | 1.80 | HJ | |
| 471 | 58.35 | 400m | |
| 575 | 17.48 | 110mH | 0.8 |
| 655 | 39.53 | DT | |
| 469 | 3.45 | PV | |
| 738 | 60.00 | JT | |
| 488 | 5:12.82 | 1500m | |

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|------|----------------|----|----|---|--------------|--------------------|--------|
| 5829 | Anthony Dandie | ON | 88 | 5 | Canada Games | Charlottetown, PEI | Aug 24 |
|------|----------------|----|----|---|--------------|--------------------|--------|

| | Perf | Event | Wind |
|-----|-------|-------|------|
| 763 | 11.45 | 100m | 0.0 |
| 700 | 6.51 | LJ | -0.1 |
| 512 | 10.44 | SP | |
| 619 | 1.79 | HJ | |
| 688 | 52.84 | 400m | |
| 770 | 15.67 | 110mH | 0.9 |
| 445 | 29.02 | DT | |

| | | |
|-----|---------|-------|
| 357 | 3.00 | PV |
| 380 | 35.69 | JT |
| 595 | 4:53.91 | 1500m |

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|------|-------------|--------------|-------------|---|------------------------|-----------|--------|
| 5418 | Ross Enns | BC | 90 | 6 | Willamette Multi Event | Salem, OR | May 04 |
| | Perf | Event | Wind | | | | |
| 633 | 12.09 | 100m | 0.1 | | | | |
| 498 | 5.58 | LJ | 0.0 | | | | |
| 602 | 11.92 | SP | | | | | |
| 577 | 1.74 | HJ | | | | | |
| 611 | 54.71 | 400m | | | | | |
| 580 | 17.43 | 110mH | 0.8 | | | | |
| 550 | 34.33 | DT | | | | | |
| 298 | 2.75 | PV | | | | | |
| 543 | 46.89 | JT | | | | | |
| 526 | 5:05.87 | 1500m | | | | | |

Decathlon - Junior

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|---------------|--------------|-------------|--------|--------------------------|--------------------|--------|
| 6391 | Taylor Corney | ON | 91 | 1 | AO National Jr & Sr Qual | London, ON | Jun 14 |
| | Perf | Event | Wind | | | | |
| 761 | 11.46 | 100m | 0.8 | | | | |
| 597 | 6.05 | LJ | 2.2 | | | | |
| 714 | 13.77 | SP | | 6kg | | | |
| 714 | 1.90 | HJ | | | | | |
| 726 | 51.96 | 400m | | | | | |
| 765 | 15.72 | 110mH | 0.6 | 0.99m | | | |
| 555 | 34.56 | DT | | 1.75kg | | | |
| 321 | 2.85 | PV | | | | | |
| 728 | 59.34 | JT | | 800g | | | |
| 510 | 5:08.74 | 1500m | | | | | |
| | | | | | | | |
| 6220 | Ross Enns | BC | 90 | 2 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Perf | Event | Wind | | | | |
| 695 | 11.78 | 100m | 1.3 | | | | |
| 582 | 6.98 | LJ | 1.4 | | | | |
| 653 | 12.76 | SP | | 6kg | | | |
| 679 | 1.86 | HJ | | | | | |
| 653 | 53.68 | 400m | | | | | |
| 668 | 16.59 | 110mH | 2.9 | 0.99m | | | |
| 629 | 38.25 | DT | | 1.75kg | | | |
| 535 | 3.70 | PV | | | | | |
| 511 | 44.73 | JT | | 800g | | | |
| 615 | 4:50.64 | 1500m | | | | | |
| | | | | | | | |
| 6157 | Ross Enns | BC | 90 | 7 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| | Perf | Event | Wind | | | | |
| 663 | 11.94 | 100m | 0.0 | | | | |
| 597 | 6.05 | LJ | 1.3 | | | | |
| 662 | 12.91 | SP | | 6kg | | | |
| 644 | 1.82 | HJ | | | | | |
| 682 | 52.98 | 400m | | | | | |
| 676 | 16.51 | 110mH | 3.5 | 0.99m | | | |
| 629 | 38.24 | DT | | 1.75kg | | | |
| 457 | 3.40 | PV | | | | | |
| 536 | 46.42 | JT | | 800g | | | |
| 611 | 4:51.27 | 1500m | | | | | |

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|------|-------------|--------------|-------------|--------|----------------|-------------|--------|
| 5736 | Ross Enns | BC | 90 | 1 | CALTAF Classic | Calgary, AB | Jun 14 |
| | Perf | Event | Wind | | | | |
| 620 | 12.16 | 100m | -0.4 | | | | |
| 516 | 5.67 | LJ | -0.5 | | | | |
| 606 | 12.00 | SP | | 6kg | | | |
| 661 | 1.84 | HJ | | | | | |
| 631 | 54.22 | 400m | | | | | |
| 606 | 17.18 | 110mH | 1.0 | 0.99m | | | |
| 597 | 36.64 | DT | | 1.75kg | | | |
| 359 | 3.01 | PV | | | | | |
| 592 | 50.23 | JT | | 800g | | | |
| 548 | 5:01.96 | 1500m | | | | | |

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|------|--------------|--------------|-------------|--------|----------------|-------------|--------|
| 5709 | Craig Thomas | AB | 90 | 2 | CALTAF Classic | Calgary, AB | Jun 14 |
| | Perf | Event | Wind | | | | |
| 584 | 12.35 | 100m | -0.4 | | | | |
| 613 | 3.12 | LJ | 0.0 | | | | |
| 588 | 11.69 | SP | | 6kg | | | |
| 560 | 1.72 | HJ | | | | | |
| 595 | 55.09 | 400m | | | | | |
| 672 | 16.55 | 110mH | 1.0 | 0.99m | | | |
| 484 | 31.01 | DT | | 1.75kg | | | |
| 485 | 3.51 | PV | | | | | |
| 483 | 42.84 | JT | | 800g | | | |
| 645 | 4:45.66 | 1500m | | | | | |

Octathlon - Youth

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|-----------------|--------------|-------------|-----|-------------------------|----------------|--------|
| 5442 | Branden Wilhelm | ON | 92 | 1 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Perf | Event | Wind | | | | |
| 771 | 11.41 | 100m | 0.1 | | | | |
| 661 | 6.34 | LJ | 2.9 | | | | |
| 567 | 11.35 | SP | | | | | |
| 743 | 51.58 | 400m | | | | | |
| 830 | 15.16 | 110mH | -1.1 | | | | |
| 850 | 2.05 | HJ | | | | | |
| 436 | 39.59 | JT | | | | | |
| 584 | 3:08.48 | 1000m | | | | | |
| 5238 | Trent Corney | ON | 93 | 2 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Perf | Event | Wind | | | | |
| 744 | 11.54 | 100m | 0.1 | | | | |
| 644 | 6.26 | LJ | 3.2 | | | | |
| 609 | 12.04 | SP | | | | | |
| 710 | 52.34 | 400m | | | | | |
| 683 | 16.45 | 110mH | -1.1 | | | | |
| 714 | 1.90 | HJ | | | | | |
| 583 | 49.63 | JT | | | | | |
| 551 | 3:12.07 | 1000m | | | | | |
| 5135 | Trent Corney | ON | 93 | 1 | RCL Ontario Champs | Hamilton, ON | Jun 11 |
| | Perf | Event | Wind | | | | |
| 663 | 11.94 | 100m | 1.0 | | | | |

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|-----|---------|-------|------|
| 673 | 6.39 | LJ | 1.0 |
| 647 | 12.66 | SP | |
| 664 | 53.41 | 400m | |
| 702 | 16.28 | 110mH | -1.9 |
| 644 | 1.82 | HJ | |
| 685 | 56.49 | JT | |
| 457 | 3:23.01 | 1000m | |

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|------|-------------|--------------|-------------|---|-------------------------|----------------|--------|
| 5021 | Mitch Quigg | NB | 92 | 3 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Perf | Event | Wind | | | | |
| 699 | 11.76 | 100m | 0.1 | | | | |
| 546 | 5.81 | LJ | 1.3 | | | | |
| 686 | 13.30 | SP | | | | | |
| 578 | 55.52 | 400m | | | | | |
| 754 | 15.81 | 110mH | -1.1 | | | | |
| 585 | 1.75 | HJ | | | | | |
| 539 | 46.64 | JT | | | | | |
| 634 | 3:03.14 | 1000m | | | | | |

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|------|------------------|--------------|-------------|---|-------------------------------|------------|--------|
| 4983 | Benjamin Withers | ON | 92 | 2 | AO National Jr & Sr Qualifier | London, ON | Jun 14 |
| | Perf | Event | Wind | | | | |
| 679 | 11.86 | 100m | 1.8 | | | | |
| 732 | 6.65 | LJ | 2.1 | | | | |
| 594 | 11.79 | SP | | | | | |
| 550 | 56.24 | 400m | | | | | |
| 700 | 16.29 | 110mH | 0.7 | | | | |
| 714 | 1.90 | HJ | | | | | |
| 508 | 44.53 | JT | | | | | |
| 506 | 3:17.14 | 1000m | | | | | |

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|------|-------------|--------------|-------------|---|-------------------------|----------------|--------|
| 4741 | Brent Bates | ON | 92 | 4 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Perf | Event | Wind | | | | |
| 683 | 11.84 | 100m | 0.1 | | | | |
| 531 | 5.74 | LJ | 1.6 | | | | |
| 562 | 11.27 | SP | | | | | |
| 709 | 52.37 | 400m | | | | | |
| 781 | 15.58 | 110mH | -1.1 | | | | |
| 396 | 1.51 | HJ | | | | | |
| 392 | 36.49 | JT | | | | | |
| 687 | 2:57.65 | 1000m | | | | | |

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|------|-------------|--------------|-------------|---|--------------------|--------------|--------|
| 4696 | Ben Withers | ON | 93 | 2 | RCL Ontario Champs | Hamilton, ON | Jun 11 |
| | Perf | Event | Wind | | | | |
| 603 | 12.25 | 100m | 1.0 | | | | |
| 610 | 6.11 | LJ | 0.9 | | | | |
| 569 | 11.38 | SP | | | | | |
| 500 | 57.56 | 400m | | | | | |
| 745 | 15.89 | 110mH | -1.0 | | | | |
| 619 | 1.79 | HJ | | | | | |
| 585 | 49.75 | JT | | | | | |
| 465 | 3:21.99 | 1000m | | | | | |

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|------|-----------------|--------------|-------------|---|-------------------------|----------------|--------|
| 4543 | Alexander Clews | AB | 92 | 5 | Youth and Legion Champs | Sherbrooke, QC | Aug 09 |
| | Perf | Event | Wind | | | | |
| 721 | 11.65 | 100m | 0.1 | | | | |
| 617 | 6.14 | LJ | 1.8 | | | | |
| 523 | 10.62 | SP | | | | | |
| 587 | 55.29 | 400m | | | | | |

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|-----|---------|-------|------|
| 604 | 17.20 | 110mH | -1.1 |
| 512 | 1.66 | HJ | |
| 424 | 38.74 | JT | |
| 555 | 3:11.64 | 1000m | |

Decathlon - Wind Assisted

| Perf | Name | Prov | YOB | Plc | Meet Name | Location | Date |
|------|-------------------|--------------|-------------|--------|-------------------------|--------------------|--------|
| 8053 | Massimo Bertocchi | ON | 85 | 1 | Jeux de la Francophonie | Beirut, LIB | Oct 02 |
| | Perf | Event | Wind | | | | |
| 897 | 10.84 | 100m | 1.2 | | | | |
| 922 | 7.45 | LJ | 4.4 | | | | |
| 747 | 14.31 | SP | | | | | |
| 794 | 1.99 | HJ | | | | | |
| 861 | 49.00 | 400m | | | | | |
| 916 | 14.46 | 110mH | 0.8 | | | | |
| 810 | 47.08 | DT | | | | | |
| 819 | 4.70 | PV | | | | | |
| 630 | 52.78 | JT | | | | | |
| 657 | 4:43.74 | 1500m | | | | | |
| | | | | | | | |
| 6982 | Mark Chenery | BC | 88 | 5 | Claremont Classic | Claremont, CA | May 02 |
| | Perf | Event | Wind | | | | |
| 843 | 11.08 | 100m | 2.5 | | | | |
| 764 | 6.79 | LJ | 3.5 | | | | |
| 603 | 11.94 | SP | | | | | |
| 785 | 1.98 | HJ | | | | | |
| 779 | 50.79 | 400m | | | | | |
| 846 | 15.03 | 110mH | 0.9 | | | | |
| 652 | 39.40 | DT | | | | | |
| 509 | 3.60 | PV | | | | | |
| 597 | 50.59 | JT | | | | | |
| 604 | 4:52.46 | 1500m | | | | | |
| | | | | | | | |
| 6764 | Taylor Corney | ON | 91 | 3 | Pan American Juniors | Port of Spain, TRI | Aug 02 |
| | Perf | Event | Wind | | | | |
| 744 | 11.54 | 100m | 0.0 | | | | |
| 707 | 6.54 | LJ | 3.3 | | | | |
| 706 | 13.64 | SP | | 6kg | | | |
| 749 | 1.94 | HJ | | | | | |
| 687 | 52.88 | 400m | | | | | |
| 822 | 15.23 | 110mH | 3.3 | 0.99m | | | |
| 668 | 40.16 | DT | | 1.75kg | | | |
| 381 | 3.10 | PV | | | | | |
| 696 | 57.18 | JT | | 800g | | | |
| 604 | 4:52.46 | 1500m | | | | | |
| | | | | | | | |
| 6430 | Taylor Corney | ON | 91 | 1 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Perf | Event | Wind | | | | |
| 757 | 11.48 | 100m | 2.0 | | | | |
| 679 | 6.42 | LJ | 2.9 | | | | |
| 661 | 12.89 | SP | | 6kg | | | |
| 705 | 1.89 | HJ | | | | | |
| 686 | 52.90 | 400m | | | | | |
| 724 | 16.08 | 110mH | 2.9 | 0.99m | | | |
| 712 | 42.31 | DT | | 1.75kg | | | |
| 309 | 2.80 | PV | | | | | |
| 671 | 55.51 | JT | | 800g | | | |

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|------|-----------------|--------------|-------------|--------|--------------------|--------------------|--------|
| 526 | 5:05.97 | 1500m | | | | | |
| 5909 | Vincent Schnabl | BC | 91 | 3 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Perf | Event | Wind | | | | |
| 639 | 12.06 | 100m | 2.0 | | | | |
| 732 | 6.65 | LJ | 2.0 | | | | |
| 588 | 11.70 | SP | | 6kg | | | |
| 577 | 1.74 | HJ | | | | | |
| 617 | 54.55 | 400m | | | | | |
| 772 | 16.05 | 110mH | 2.9 | 0.99m | | | |
| 370 | 25.14 | DT | | 1.75kg | | | |
| 457 | 3.40 | PV | | | | | |
| 618 | 51.97 | JT | | 800g | | | |
| 539 | 5:03.61 | 1500m | | | | | |
| 5870 | A.J. Beasley | ON | 90 | 4 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Perf | Event | Wind | | | | |
| 769 | 11.42 | 100m | 2.0 | | | | |
| 720 | 6.60 | LJ | 1.4 | | | | |
| 570 | 11.40 | SP | | 6kg | | | |
| 552 | 1.71 | HJ | | | | | |
| 685 | 52.92 | 400m | | | | | |
| 843 | 15.05 | 110mH | 2.9 | 0.99m | | | |
| 369 | 25.09 | DT | | 1.75kg | | | |
| 264 | 2.60 | PV | | | | | |
| 496 | 43.69 | JT | | 800g | | | |
| 602 | 4:52.71 | 1500m | | | | | |
| 5832 | Craig Thomas | AB | 90 | 5 | Canadian Jr Champs | Charlottetown, PEI | Jul 18 |
| | Perf | Event | Wind | | | | |
| 612 | 12.20 | 100m | 1.3 | | | | |
| 686 | 6.45 | LJ | 2.1 | | | | |
| 656 | 12.81 | SP | | 6kg | | | |
| 552 | 1.71 | HJ | | | | | |
| 554 | 56.14 | 400m | | | | | |
| 727 | 16.05 | 110mH | 2.9 | 0.99m | | | |
| 512 | 32.43 | DT | | 1.75kg | | | |
| 406 | 3.20 | PV | | | | | |
| 480 | 42.59 | JT | | 800g | | | |
| 647 | 4:45.37 | 1500m | | | | | |