

Indoor Match

Men

60 m	6.66	Erik Hagberg	SWE	Rud, NOR	2015	
200 m	20.72	Jonathan Åstrand	FIN	Växjö, SWE	2013	*
	20.87	Jonathan Åstrand	FIN	Tampere, FIN	2011	#
400 m	45.65	Karsten Warholm	NOR	Rud, NOR	2019	*
	46.58	Benjamin Lobo Veder	DEN	Tampere, FIN	2017	#
800 m	1:47.57	Erik Martinsson	SWE	Uppsala, SWE	2022	*
	1:49.54	Thomas Rooth	NOR	Tampere, FIN	2011	#
1500 m	3:36.21	Jakob Ingebrigtsen	NOR	Rud, NOR	2019	*
	3:45.49	Jonas Hamm	FIN	Tampere, FIN	2011	#
3000 m	7:49.73	Filip Ingebrigtsen	NOR	Rud, NOR	2019	*
	8:00.51	Niclas Sandells	FIN	Tampere, FIN	2011	#
60 m hurdles	7.70	Elmo Lakka	FIN	Rud, NOR	2019	
300 m hurdles=	36.18	Nicklas Åkerström	FIN	Tampere, FIN	2011	#
High jump	2.33	Osku Torro	FIN	Tampere, FIN	2011	
Pole vault	5.83	Pål Haugen Lillefosse	NOR	Uppsala, SWE	2022	
Long jump	8.05	Thobias Nilsson Montler	SWE	Rud, NOR	2019	
Triple jump	16.76	Simo Lipsanen	FIN	Tampere, FIN	2017	
Shot put	20.74	Marcus Thomsen	NOR	Uppsala, SWE	2022	
Weight Throw	23.12	Ragnar Carlsson	SWE	Uppsala, SWE	2022	

From 2018 relays are no longer part of the match

4x200 m relay	1:24.59	Norway	Växjö, SWE	2016	*
4x300 m relay	2:14.84	Sweden	Tampere, FIN	2011	#
	2:15.28\$	Norway	Tampere, FIN	2017	#

Women

60 m	7.27	Ezinne Okparaebo	NOR	Steinkjer, NOR	2012	
200 m	23.22	Ida Karstoft	DEN	Uppsala, SWE	2022	*
	23.55	Helene Rønningen	NOR	Tampere, FIN	2017	#
400 m	52.59	Sara Slott Petersen	DEN	Växjö, SWE	2016	*
	53.71	Josefin Magnusson	SWE	Tampere, FIN	2011	#
800 m	2:01.59	Anita Hinriksdóttir	ISL	Växjö, SWE	2016	*
	2:02.74	Stina Troest	DEN	Tampere, FIN	2017	#
1500 m	4:12.61	Linn Nilsson	SWE	Uppsala, SWE	2018	*
	4:17.12	Charlotta Fougberg	SWE	Tampere, FIN	2017	#
3000 m	8:44.68	Karoline Bjerkeli Grøvdal	NOR	Rud, NOR	2019	*
	9:19.03	Ulrika Johansson	SWE	Tampere, FIN	2011	#
60 m hurdles	7.92	Christina Vukicevic	NOR	Tampere, FIN	2011	
300 m hurdles=	40.09	Stine Tomb	NOR	Tampere, FIN	2011	#
High jump	1.94	Sofie Skoog	SWE	Växjö, SWE	2016	
Pole vault	4.75	Michaela Meijer	SWE	Rud, NOR	2019	
Long jump	6.53	Tilde Johansson	SWE	Uppsala, SWE	2022	
Triple jump	13.89	Kristiina Mäkälä	FIN	Tampere, FIN	2017	
Shot put	18.86	Fanny Roos	SWE	Uppsala, SWE	2022	
Weight throw	21.51	Silja Kosonen	FIN	Uppsala, SWE	2022	

From 2018 relays are no longer part of the match

4x200 m relay	1:35.60	Norway	Växjö, SWE	2016	*
4x300 m relay	2:34.97	Norway	Tampere, FIN	2014	#
	2:35.26\$	Norway	Tampere, FIN	2017	#

* 200m banked track, # 300m unbanked track (oversized), = when included in the match,

\$ 250m+300m+300m+350m