Lindsey Mix

Growing up in Leduc, Lindsey Mix (Bergevin) was involved in plenty of activities, from softball and soccer to dance and competitive gymnastics. She won several provincial gold medals in gymnastics before she joined the track team at the Leduc Composite High School in 2005-06. This was her first introduction to track and field, and she won the provincial triple jump that year.

In 2008 she received the Kathlene Yetman Memorial Trophy for being the University of Alberta's Female Academic All-Canadian of the Year. She was also the CanWest Rookie of the Year. Altogether she was a five-time Academic All-Canadian and four-time CanWest champion.

Lindsey continued to compete in high jumping and pole vaulting. In her rookie year, she broke the University of Alberta's high jump record with a height of 1.81 metres, and she is still the current record holder. In 2014, she won the Canadian national championship for women's open pole vaulting. Lindsey is also the current provincial record holder for women's outdoor pole vaulting with a height of 4.35 metres. Over the years she has won numerous provincial as well as national medals, and she competed in the world university games in 2009, 2013 and 2015.

Lindsey lives in Edmonton with her husband Dallas. They have a six-month-old son, Caleb. Once she's back from maternity leave, Lindsey plans to continue her work as a physiotherapist to help other young athletes achieve their goals. She also enjoys running, hiking and rock climbing.