



**CANADIAN OUTDOOR RANKINGS
STATISTIQUES EN PLAIN AIR 2006
- WOMEN / FEMMES -**

Last updated Nov 27 2006 / Dernier mis à jour: Nov 27 2006

Cecil Smith (cecilsmith@eol.ca)

(corrections gratefully received/ Les corrections sont toujours bienvenues)

100m

11.43	1.9	Erica Broomfield	ON	77	1s3	CG	Melbourne AUS	Mar20
11.45	1.8	Yvonne Mensah	BC	81	2h2	MidE	Knoxville TN	May 26
11.47	1.3	Genevieve Thibault	QU	86	1	CanC	Ottawa	Aug 05
11.49	0.2	Broomfield			6	CG	Melbourne AUS	Mar 20
11.51	1.2	Broomfield			3h5	CG	Melbourne AUS	Mar 19
11.51	1.4	Priscilla Lopes	ON	82	4	Big12	Waco TX	May 14
11.52	0.9	Lopes			2h2	Big12	Waco TX	May 13
11.56	1.5	Adrienne Power	NS	81	1	HP3	Ottawa	Jul 05
11.56	1.6	Broomfield			1h1	CanC	Ottawa	Aug 04
11.58	1.3	Broomfield			2	CanC	Ottawa	Aug 05
11.60	0.8	Thibault			1h2	CanC	Ottawa	Aug 04
11.62	1.0	Mensah			2	Big10	East lansing MI	May 14
11.62	0.2	Thibault			1	OC	Ottawa	Jul 02
11.64	1.0	Mensah			1h1	Big 10	East Lansing	May 13
11.66	0.3	Thibault			1		Sherbrooke	Jun ??
11.69	1.3	Power			1r2		Abbotsford	Jun 04
11.70	0.3	Mensah			5h2	NCAA	Sacramento CA	Jun 08
11.70	1.3	Nicole Buchholz	SK	82	3	CanC	Ottawa	Aug 05
11.71a	0.9	Louise Ayotche	AB	74	2		Calgary	Jun 18
11.71	1.8	Kimberly Hyacinthe	QU	89	1h	OC	Ottawa	Jul 02
11.72	1.0	Toyin Olupona	ON	83	6		Salamanca ESP	Jul 05
11.74	0.1	Jessica Czaikowski	ON	84	2h3	BigE	Storrs CT	May 06
11.76	0.3	Hyacinthe			1	Gsth	Orlando FL	Jun 03
11.77	1.3	Karlyn Serby	SK	81	4	CanC	Ottawa	Aug 05
11.79	-1.1	Mensah			7	MidE	Knoxville TN	May 27
11.81a	0.9	Nicole			3		Calgary	May 20
11.81	-0.1	Hyacinthe			1	Jrs	Sherbrooke	Jul 22
11.84	-0.1	Czaikowski			3h1	Duke	Durham NC	Apr 08
11.84	1.6	Serby			2h1	CanC	Ottawa	Aug 04
11.85	0.2	Olupona			3		Athens GA	May 06
11.87	0.1	Flings Owusu-Agyapong	ON	88	1	OC	Ottawa	Jul 02
11.87	0.6	Hyacinthe			6h8	WJ	Beijing CHN	Aug 15
11.88	-0.9	Lopes			1h1	Drake	Des Moines IA	Apr 28
11.90	-1.3	Olupona			2r1		Richmond	Jun 06
11.91	0.8	Marie-Andree Leblanc	QU	82	2h2	CanC	Ottawa	Aug 04
11.93	-0.3	Buchholz			1h3	Can C	Ottawa	Aug 04

11.93	1.7	Natasha Issajenko	ON	89	1	OBMJ	Windsor	Jul 29
11.97	1.3	Leblanc			5	CanC	Ottawa	Aug 05
11.98	1.6	Liza Whitehead	BC	87	3h1	CanC	Ottawa	Aug 04
11.98	0.9	Esther Akinsulie	ON	84	1		Ottawa	Aug 09
11.99	1.3	Whitehead			6	CanC	Ottawa	Aug 05
11.99	0.8	Issajenko			3h2	CanC	Ottawa	Aug 05
12.00	1.3	Issajenko			7	CanC	Ottawa	Aug 05
12.01	0.5	Whitney Wellington	BC	88	1s	Jrs	Sherbrooke	Jul 21
12.01	0.1	Wellington			5h7	WJ	Beijing CHN	Aug 15
12.01	1.7	Christina Harrison	ON	89	1	LegC	Simon Fraser	Jul 13
12.03	0.4	Billie Whitegibson	BC	88	1r2		Richmond	Jun 06
12.03	0.3	Chantal Grant	MB	89	1	Dual	Winnipeg	Jul 15
12.05	1.3	Tabia Charles	ON	85	1r6	Gtech	Atlanta GA	May 13
12.06	0.3	Sherraine Pencil	ON	85	2h2	StanI	Stanford CA	Apr 01
12.07	-0.3	Issajenko			1s1	OBMJ	Windsor	Jul 29
12.08	1.6	Lauren Siebel	BC	82	q	Brow	Kelowna	Jul 02
12.10a	0.3	Jessica Zelinka	AB	81	3		Calgary	Jun 25
12.10	-1.1	Loudia Laarman	AB	91	1	LegC	Simon Fraser	Aug 12
12.11a	0.6	Teneshia Peart	AB	86			Calgary	May 20
12.13.	1.6	Martin Cloutier-Leblanc	QU	80	2		Montreal(CR)	Jun 10
12.14	-1.2	Sabrina Nettey	BC	90	1h	BCJC	Burnaby	Jul 08
12.16	0.1	Phylicia George	ON	87	2h	OC	Ottawa	Jul 02
12.18	1.6	Marie -Eve Dugas	QU	85	2h		Sherbrooke	Jun ??
12.24	-3.8	Jenelle McCalla	ON	91	1	Oleg	Timmins	Jul 14
12.26	1.5	Nikitta Holder	ON	87	1h2			
12.27	-0.9	Paulina Kisielewska	BC	88	h	BCJC	Burnaby	Jul 08
12.28	0.1	Caitlin Fortier	ON	87	1		Ottawa(TF)	May 16
12.30	0.7	Sherine Wells	ON	88	2h	OHSC	Toronto(ET)	Jun 02
12.31	0.9	Celine Loyer	QU	89	3s	OBMJ	Windsor	Jul 29
12.32	0.5	Noelle Montcalm	ON	88	3s	Jrs	Sherbrooke	Ju21
12.33	0.5	Chanelle Kellyman	ON	90	4s	Jrs	Sherbrooke	Jul 21
12.33	0.9	Nicole Sassine	ON	89	3s	OBMJ	Windsor	Jul 29
12.34	1.7	Erica Croteau	SK	90	2	LegC	Simon Fraser	Aug 12
12.35	0.0	Danaka Porter	BC	86	4	BCHP	Abbotsford	Jul 15
12.35	1.5	Christianne Lela	ON	88	2		Ottawa	Aug 09
12.36	0.4	Shennaee Steele	ON	89	1	OC	Ottawa	Jul 02
12.36	0.5	Allyson Howatt	NB	89	3s	Jrs	Sherbrooke	Jul 21
12.38a	0.7	Courtney Smith	AB	?	1		Calgary	Jun 18
12.39	0.1	Cheria Morgan	ON	89	4h	OC	Ottawa	Jul 02
12.39	0.1	Simone Holder	ON	88	4h	OC	Ottawa	Jul 02

Wind aided - No Wind / Vent no legal au sans d'information du vent

11.40	2.2	Mensah			4	SeaR	Knoxville TN	Apr 15
11.54	2.5	Thibault	QU	86	1		Sherbrooke	Jun ??
11.66	2.6	Czaikowski		84	4	BigE	Storrs CT	May 07
11.69		Issajenko	ON	89	1		Toronto	May 14
11.76	4.3	Kimberly Hyacinthe	QU	89	4	CubC	Havanna CUB	May 05
1190	nwi	Shataya Hendricks	ON		1	Dis	Orlando FL	Mar 19
11.94	nwi	Jenna Martin	NS	88	2		Orlando FL	Mar 19

Junior

11.71	1.8	Hyacinthe(Above)						
11.87	0.1	Owusu-Agyapong(Above)						
11.93	1.7	Issajenko(Above)						
11.98	1.6	Whitehead(Above)						
12.01	0.5	Wellington(Above)						
12.01	1.7	Harrison(Above)						
12.03	0.3	Grant(Above)						

12.10	-1.1	Laarman(Above)
12.14	-1.2	Nettey(Above)
12.16	0.1	George(Above)
12.24	-3.8	McCalla(Above)
12.26	1.5	Holder(Above)
12.27	-0.9	Kisielewska(Above)
12.28	0.1	Fortier(Above)
12.30	0.7	Wells(Above)
12.31	0.9	Loyer(Above)
12.32	0.5	Montcalm(Above)
12.33	0.5	Kellyman(Above)
12.33	0.9	Sassine(Above)
12.34	1.7	Croteau(Above)
12.36	0.5	Howatt(Above)
12.39	0.1	Holder S(Above)

Youth

11.71	1.8	Hyacinthe(Above)
11.93	1.7	Issajenko(Above)
12.01	1.7	Harrison(Above)
12.03	0.3	Grant(Above)
12.10	-1.1	Laarman(Above)
12.14	-1.2	Nettey S(Above)
12.24	-3.8	McCalla(Above)
12.30	0.7	Wells(Above)
12.31	0.9	Loyer(Above)
12.33	0.5	Kellyman(Above)
12.33	0.9	Sassine(Above)
12.34	1.7	Croteau(Above)
12.36	0.4	Steele(Above)
12.36	0.5	Howatt(Above)
12.39	0.1	Morgan(Above)

200m

23.32	-0.5	Erica Broomfield	ON	77	2h4	CG	Melbourne AUS	Mar 22
23.60	2.0	Esther Akinsulie	ON	84	1	CanC	Ottawa	Aug 06
23.63	0.8	Broomfield			1h	OC	Ottawa	Jul 03
23.64	1.6	Angela Whyte		80	1h1	CanC	Ottawa	Aug 05
23.65	1.6	Akinsulie			2h1	CanC	Ottawa	Aug 05
23.70	0.5	Adrienne Power	NS	81	1h	OC	Ottawa	Jul 03
23.82	1.5	Jessica Czaikowski	ON	84	2h1	ECAC	Princeton NJ	May 13
23.82	-0.6	Power			1		Richmond	Jun 06
23.82	2.0	Power			1	HP5	Halifax	Jul 09
23.82	2.0	Whyte			2	CanC	Ottawa	Aug 06
23.83	0.3	Broomfield			5s1	CG	Melbourne AUS	Mar 22
23.86	0.6	Power			1	OC	Ottawa	Jul 03
23.88	0.0	pycr Kimberly Hyacinthe	QU	89	1		Sherbrooke	Jul 07
23.88	1.0	Genevieve Thibault	QU	86	1		London(ON)	Jun 28
23.96	0.9	Broomfield			1	AC2	Toronto(MC)	Jul 11
23.97a	0.6	Sherraine Pencil	ON	85	5	MWC	Provo UT	May 13
23.98	2.0	Hyacinthe			3	CanC	Ottawa	Aug 06
23.99	-1.5	Broomfield			1		Windsor	Jun 04
23.99	0.0	Akinsulie			1		Ottawa	Aug 09
24.01	0.9	Hyacinthe			1h2	CanC	Ottawa	Aug 05
24.03	0.9	Jessica Zelinka	AB	81	h	CG	Melbourne AUS	Mar 22
24.03a	-1.8	Louise Ayetotche	AB	75	1		Calgary	Jun 18

24.05	-0.6	Yvonne Mensah	BC	85	1r1		Champaign ILL	Apr 22
24.05	0.9	Lauren Seibel	BC	82	2h2	CanC	Ottawa	Aug 05
24.12	-0.9	Hyacinthe			2h3	WJ	Beijing CHN	Aug 17
24.15	1.2	Czaikowski			1h4	Duke	Durham NC	Apr 07
24.25	2.0	Nicole Buchholz	SK	82	6	CanC	Ottawa	Aug 05
24.35	2.0	Natasha Issajenko	ON	89	7	CanC	Ottawa	Aug 06
24.39	0.8	Akinsulie			2h	OC	Ottawa	Jul 03
24.39	2.0	Ruky Abdulai	BC	85	1	BCHP	Abbotsford	Jul 15
24.41	1.6	Karlynn Serby	SK	81	3h1	CanC	Ottawa	Aug 05
24.42	1.6	Issajenko			4h1	CanC	Ottawa	Aug 05
24.44	-0.6	Toyin Olupona	ON	83	3		Richmond	Jun 06
24.50a	-1.5	Carline Muir	ON	87	1		Calgary	May 14
24.53	0.9	Martine Cloutier-Leblanc	QU	80	5h2	CanC	Ottawa	Aug 05
24.53	-2.8	Hyacinthe			5s1	WJ	Beijing CHN	Aug 17
24.55	1.4	Phylicia George	ON	87	1	OHSC	Toronto(ET)	Jun 03
24.55	-0.9	Whitney Wellington	BC	88	1	BCJC	Burnaby	Jul 09
24.60	1.0	Amonn Nelson	AB	88??	4h	ABC	Edmonton	Jul 08
24.63a	-0.2	Teneshia Peart	AB	86	1		Calgary	May 20
24.65	0.3	Ayden Ollivier	QU	83	1r3		Lincoln NE	Apr 15
24.70	-0.4	Liza Whitehead	BC	87	1		San Diego CA	Mar 18
24.70	-0.9	Paulina Kisielewska	BC	88	2	BCJC	Burnaby	Jul 08
24.71	-0.2	Natalie Geiger	ON	90	2	Jrs	Sherbrooke	Jul 23
24.72	0.4	Elizabeth Iginla	AB	88	2	ABC	Edmonton	Jul 08
24.76	-0.7	Tabia Charles	ON	85	1r7		Coral Gables FL	Apr 15
24.81	0.9	Omoye Ugiagbe		87	5h2	Big10	East Lansing MI	May 13
24.89	0.0	Cristabel Nettey	BC	91			Chilliwack	Jul 23
24.90	0.9	Flings Owusu-Agapong	ON	88	3	AC2	Toronto(MC)	Jul 11
25.01	-2.8	Sarah Wells	ON	89	1		Sherbrooke	Jul 26
25.05	1.6	Noell Montcalm	ON	88	1		Windsor	Jul 09
25.07	-1.5	George			5h6	WJ	Beijing CHN	Aug 17

Wind aided-No Wind /Vent au sans d'information du vent

23.53	8.3	Zelinka	AB		h		Arles FRA	Jun04
23.58		Power		81	2		Victoria	
23.94	3.4	Mensah	BC	85	2r1	Ole M	Oxford Miss	Apr 08
24.06	2.4	Martin	NS	88	1	Hart	New Britain CT	May 13
24.25		Esther Akinsulie	ON	84				
24.25		Natalie`	ON	90	1	OHSC	Toronto(ET)	Jun 03
24.37		Alecia Brown	ON	85	2		Bowling GR	Apr 29
24.42	2.3	Tanya Cyrus			3		Colombia MO	Apr 15
24.72		Shataya Hendricks	ON		1	Disn	Orlando FL	Mar 18
24.81		Rebecca Johnston	ON	89	1		Sudbury	May 17

Junior

23.88	0.0	Hyacinthe(Above)						
24.35	2.0	Issajenko(Above)						
24.50a	-1.5	Muir(Above)						
24.55	1.4	George(Above)						
24.55	-0.9	Wellington(Above)						
24.60	1.0	Nelson(Above)						
24.70	-0.9	Kisielewska(Above)						
24.70	-0.4	Whitehead(Above)						
24.71	-0.2	Geiger(Above)						
24.72	0.4	Iginla(Above)						
24.81	0.9	Ugiagbe(Above)						
24.89	0.0	Nettey C(Above)						
24.90	0.9	Owusu-Agapong(Above)						
25.01	-2.8	Wells S(Above)						

25.05	1.6	Montcalm(Above)							
25.09	1.7	Chantal Grant	MB	89	1	MC	Winnipeg		Jun 25
25.10	1.4	Sherine Wells	ON	88	3	OHSC	Toronto(ET)		Jun 02
25.16	1.0	Courtney Smith	AB	?	2h	AHSC	Edmonton		Jun 02
25.17	-1.7	Christina Harrison	ON	90	1	LegC	Simon Fraser		Aug 13
25.27a	0.2	Deanna Sullivan	AB	88	4h		Calgary		Jun 18
25.27	0.0	Simone Holder	ON	88	2	ONQ	Toronto(MC)		Jun 11
25.34	0.0	Christianne Lela	ON	88	6		Sherbrooke		Jul 05
25.40	-0.3	Ellen Kleaver	AB	91?	1	AHSC	Edmonton		Jun 02
25.41	1.4	Adrienne Bethune	ON	89	5	OHSC	Toronto(ET)		Jun 03
25.46	1.6	Madelaine Buttinger	ON	89	2		Windsor		Jul 09
25.46	0.5	Shennae Steele	ON	89	3h	OC	Ottawa		Jul 02
25.47	0.0	Iman Blackman	ON	90	3	ONQ	Toronto(MC)		Jun 11
25.49a	-1.8	Brianne Thiesen	SK	88	4		Calgary		Jun 18
25.49	2.0	Athena McBean	ON	89	4h	OC	Ottawa		Jul 02
25.52	1.5	Dayna Lindskoog	AB	??	2h	AHSC	Edmonton		Jun 02
25.52	1.2	Kate Ruediger	ON	87	4	ONQ	Toronto(MC)		Jun 11

Youth

23.88	0.0	pycrHyacinthe(Above)							
24.35	1.4	Issajenko(Above)							
24.71	-0.2	Geiger(Above)							
24.89	0.0	Nettey(Above)							
25.01	2.8	Wells(Above)							
25.09	1.7	Grant(Above)							
25.17	1.7	Harrison(Above)							
25.40	-0.3	Kleaver(Above)							
25.41	1.4	Bethune(Above)							
25.46	0.5	Steele(Above)							
25.46	1.6	Buttinger(Above)							
25.47	0.0	Blackman(Above)							
25.49	2.0	McBean(Above)							

400m

52.90		Adrienne Power	NS	81	2	Jerome	Burnaby		Jun 08
52.91		Esther Akinsulie	ON	84	1	CanC	Ottawa		Aug 05
52.8		Carline Muir	ON	87	1	TucE	Tucson AZ		May 20
53.08		Carline Muir			2	CanC	Ottawa		Aug 05
53.22		Lauren Seibel	BC	82	3	CanC	Ottawa		Aug 05
53.25		Muir			2h4	WJ	Beijing CHN		Aug 15
53.37		Muir			4s2	WJ	Beijing CHN		Aug 16
53.57		Muir			1h2	CanC	Ottawa		Aug 04
53.86		Louise Ayetotche	AB	74	1	Achp	Edmonton		Jul 15
53.86		Muir			1h	Jrs	Sherbrooke		Jul 21
53.87		Akinsulie			1h1	CanC	Ottawa		Aug 04
54.03		Seibel			1	BCCH	Abbotsford		Jul 15
54.13		Seibel			1	Brow	Kelowna		Jul 01
54.19		Muir			1	Jrs	Sherbrooke		Jul 22
54.22		Tanya Cyrus		84	3	KR	Lawrence		Apr 21
54.27		Jenna Martin	NS	88			New Britain CT		May
54.50		Akinsulie			1	HP3	Ottawa		Jul 05
54.53		Alicia Brown	ON	85	1		Nashville TN		Apr 22
54.54		Aimee Teteris	ON	78	4		Nuoro		Jul 12
54.73		Cyrus			3h3	MidE	Knoxville TN		May 26
54.74		Cyrus			1	BulID	Starkville MS		Apr 01
54.74		Martin			1	HP5	Halifax		Jul 09

54.87a	Ayetotche			1		Calgary	Jun 25
54.93	Martin			1	Dis	Orlando FL	Mar 19
55.03	Brown			2	Sem	Tallahassee FL	Apr 08
55.12	Natalie Geiger	ON	90	2h	Jrs	Sherbrooke	Jul 22
55.20	Ayden Ollivier		83	4		Lincoln NE	Apr 15
55.29	Geiger			1		Toronto	May 26
55.31	Omoye Ugiagbe	ON	87	6	Big10	East Lansing MI	May 10
55.44	Rebecca Johnston	ON	89	1h	Jrs	Sherbrooke	Jul 21
55.55	Caitlin Bailey	ON	88	1h	OHSC	Toronto(ET)	Jun 02
55.61	Sheraine Pencil	ON	85	5	MtS	Walnut CA	Apr 13
55.62	Akinsulie			1h	OC	Ottawa	Jul 02
55.62	Martine Cloutier-Leblanc	QU	80	1	CC	Montreal(CR)	Jul 15
55.75	Ugiagbe			2h3	Big 10	East Lansing MI	May 13
55.78	Bailey			1	OHSC	Toronto(ET)	Jun 02
55.84	Christine Lowe	BC	90	1	BCHS	Burnaby	Jun 02
55.85	Patricia Mayers	ON	85	2r1		Las Vegas NV	Apr 01
55.86	Ugiagbe			3r4	SeaR	Knoxville TN	Apr 15
55.87	Ollivier			1			Apr
55.94	Johnston			2	OHSC	Toronto(ET)	Jun 02
55.96				1	LegG	Ottawa	Jun17
56.04	Geiger			1	OHSC	Toronto(ET)	Jun 02
56.05	Mayers			5h2	Big 12	Waco TX	May 13
56.11a	Tessa Gray	AB	83	2		Calgary	May 23
56.20	Deanna Sullivan	AB	88	1	AHSC	Edmonton	Jun 04
56.21	Holly Ratzlaff	AB	84	2	Achp	Edmonton	Jul 18
56.24	Carrah Bouma	AB	84	2	Brow	Kelowna	Jul 01
56.27	Ollivier			3r2		Tuscaloosa AL	Mar 18
56.28	Anastasia Pearse	BC	88	2	BCHS	Burnaby	Jun 02
56.34	Madelaine Buttinger	ON	89	3	OHSC	Toronto(ET)	Jun 02
56.35	Kaitlin Nelson	BC	91	3	BCHS	Burnaby	Jun 02
56.39	Christianne Lela	ON	88	6	CanC	Ottawa	Aug 05
56.42	Pencil			12	Duke	Durham NC	Apr 08
56.48	Julia Tousaw	ON	89	7	CanC	Ottawa	Aug 05
56.54a	Sullivan			1		Calgary	Jun 18
56.65	Teneshia Peart	AB	86	3	Achp	Edmonton	Jul 15
56.68	Lauren Welch	BC	85	5r2	MsR	Walnut CA	Apr 15
56.68	Kate Ruediger	ON	87	1	OC	Ottawa	Jul 03
56.74	Jennifer Perrault	ON	88	2	OC	Ottawa	Jul 03
56.76	Ashley Patterson	AB	88?	5h	Jrs	Sherbrooke	Jul 21
56.85	Mandy Upuu	BC	82	9r3	100l	Stanford CA	Mar 31
56.90	Emilie Venturelli	QU	82	5h2	CanC	Ottawa	Aug 04
56.96	Bailey			1	Row	Toronto	Apr 29
56.96	Victoria Siemon	ON	88	3h	OHSC	Toronto(ET)	Jun 02
57.04	Corrie Campbell-Fell	BC	87	9r1	Trit	San Diego CA	Apr 22
57.08	Mikaela Green	ON		2	Dis	Orlando FL	Mar 19
57.15	Brianna Kane	BC	89	4	BCHS	Burnaby	Jun 02
57.20	Shauna Malek	ON	90	2	LegC	Simon Fraser	Aug 13
57.23	Jeannette Van Den Bulk	BC	77	2	BCCH	Abbotsford	Jul 15
57.27	Chloe Allen	QU	86	2		Sherbrooke	Jun ??
57.45	Stephanie Romanson	MB	90	1	Dual	Winnipeg	Jul 15
57.56	Diana Boulton	ON	89	1	OHSC	Toronto(ET)	Jun 02
57.68	Raeleen Hunter	AB	87	1	AHSC	Edmonton	Jun 03
57.70	Alana Pattison	BC	90	5	BCHS	Burnaby	Jun 02
57.80	Kailey Jasper	ON	88?	8h	OHSC	Toronto(ET)	Jun 01
57.87	Sherene Wells	ON	88	9h	OHSC	Toronto(MC)	Jun 01
57.88	Sue Ruediger	ON	87			Guelph	Jun 04

57.94a	Noellie Mankuta	AB	81	3		Calgary	May 13
57.94	Shannon Davis	BC		6r1	NAIA	Fresno CA	May 25
57.95	Sarah Katz	ON	78	4h	OC	Ottawa	Jul 03
57.97	Alexa Winik	ON		1		Windsor	17 May
57.97	Stacey Russell	ON		10h	OHSC	Toronto(ET)	Jun 01
57.99	Amanda Buchko	SK	89	2	Dual	Winnipeg	Jul 15
58.10	Whitney Wellington	BC	88	3	BCCH	Abbotsford	Jul 15
58.19	Danielle Kendall	AB	90	5	PomP	Claremount CA	Apr 14
58.19	Kelsey Balkwell	ON	92	2	ONLeg	Timmins	Jul 15
58.47	Keisha Danso-dapaah	ON	90	3	OHSC	Toronto(ET)	Jun 02
58.51	Elizabeth Iginla	AB	88	3	ABC	Edmonton	Jul 09
58.61	Morgan Bolen	SK	89	3	Dual	Winnipeg	Jul 15
58.64	Laura Affeld	AB	92	1	LegC	Simon Fraser	Aug 12
58.67	Esther Vermeer	ON	89	4	OHSC	Toronto(ET)	Jun 02
58.69	Katherine Reidel	ON	86	5	OC	Ottawa	Jul 03
58.74	Adelaide Johnson	ON		1		Toronto	May 14
58.78	Joelle Marshall		84	2	HP5	Halifax	Jul 09
58.80	Jaclyn Harris	ON	??	2	OHSC	Toronto(ET)	Jun 02

Junior

52.8	Muir(Above)
53.08	Muir(Above)
54.27	Martin(Above)
55.12	Geiger(Above)
55.31	Ugiagbe(Above)
55.44	Johnston(Above)
55.55	Bailey(Above)
55.84	Lowe(Above)
56.20	Sullivan(Above)
56.28	Pearce(Above)
56.34	Buttinger(Above)
56.35	Nelson(Above)
56.39	Lela(Above)
56.48	Tousaw(Above)
56.68	Ruediger K(Above)
56.74	Perrault(Above)
56.76	Patterson(Above)
56.96	Siemon(Above)
57.04	Campbell-Fell(Above)
57.68	Hunter(Above)
57.70	Pattison(Above)
57.80	Kailey(Above)
57.80	Jasper(Above)
57.87	Wells(Above)
57.88	Ruediger S(Above)
57.99	Buchko(Above)
58.10	Wellington(Above)
58.19	Balkwell(Above)
58.47	Danso-dapaah(Above)
58.51	Iginla(Above)

Youth

55.12	Geiger(Above)
55.44	Johnston(Above)
55.84	Lowe(Above)
56.34	Buttinger(Above)
56.35	Nelson(Above)
56.48	Tousaw(Above)

57.15 Kane(Above)
 57.20 Malek(Above)
 57.45 Romanson(Above)
 57.56 Boulton(Above)
 57.70 Pattison(Above)
 57.99 Buchko(Above)
 58.19 Kendall(Above)
 58.19 Balkwell(Above)
 58.47 Danso-dapaah
 58.61 Bolen(Above)
 58.64 Affeld(Above)
 58.67 Vermeer(Above)
 58.80 Harris(Above)

800m

1:59.31	Diane Cummins	BC	74	5	CG	Melbourne AUS	Mar 24
1:59.73	Cummins			1	Vicl	Victoria	Jun 11
2:00.13	Cummins			9		Rieti ITA	Aug 27
2:00.21	Aimee Teteris	ON	78	3	Vicl	Victoria	Jun 11
2:00.57	Cummins			7		Helsinki FIN	Jul 26
2:00.88	Teteris			3		Lignano ITA	Jul 16
2:01.48	Cummins			4		Zagreb CRO	Aug 31
2:01.58	Cummins			2s2	CG	Melbourne AUS	Mar 23
2:01.65	Cummins			6	Pre	Eugene ORE	May 28
2:01.80	Rebecca Johnstone	BC	84	1	MsR	Walnut CA	Apr 15
2:01.83	Cummins			10	Ggala	Roma ITS	Jul 14
2:01.87	Cummins			3r1	AthL	Lausanne SUI	Jul 11
2:01.95	Cummins			2	AC	Melbourne AUS	Mar 09
2:01.98	Julia Howard	NF	83	8		Heusden BEL	Jul 22
2:02.13	Teteris			2		Naimette BEL	Jul 19
2:02.30	Teteris			9		Heusden BEL	Jul 22
2:02.43	Howard			3		Naimette BEL	Jul 19
2:02.9	Teteris			1	TucE	Tucson AZ	May 20
2:03.17	Hilary Stellingwerff		81	2		Albertville	Jul 12
2:03.31	Teteris			4		Kaunas LTU	Jul 01
2:03.57	Cummins			2		Tallin EST	Aug 15
2:04.03	Stellingwerff			5		Oordegem BEL	Jul 01
2:04.04	Teteris			3h3	CG	Melbourne AUS	Mar 22
2:04.07	Howard			1	ORInv	Eugene OR	Apr 22
2:04.26	Kate Vermeulen	BC	76	6	AC	Melbourne AUS	Mar 09
2:04.37	LemLem Bereket	QU	87	1		Montreal(MG)	Jun 29
2:04.68	Malindi Elmore	AB	80	9		Oordegem Bel	Jul 01
2:04.82	Elmore			6	Vicl	Victoria	Jun 11
2:04.85	Bereket			1	HP3	Ottawa	Jul 05
2:04.86	Howard			3		Kortrijk	Jul 14
2:05.08	Howard			1h2	MsR	Walnut CA	Apr 14
2:05.28	Elmore			4		Albertville	Jul 12
2:05.29	Carmen Douma-Hussar	ON	77	4	AC	Brisbane AUS	Mar 03
2:05.29	Vermeulen			4h4	CG	Melbourne AUS	Mar 22
2:05.29	Stellingwerf			5		Cottbus GER	Jun 02
2:05.42	Johnstone			1	NAIA	Fresno CA	May 26
2:05.64	Howard			1		Abbotsford	Jun 04
2:05.87	Vicki Lynch-Pounds	BC	70	5a	Card	Stanford CA	Apr 30
2:06.65	Lynch-Pounds				MsR	Stanford CA	Apr 15
2:07.07	Stellingwerff			1		Hengelo	Jun 25

2:07.09	Nicole Edwards	MB	86	1r1	StanI	Stanford CA	Mar 31
2:07.80	Amber McGown	SK	83	2		Eugene	May 06
2:07.82	Edwards			5	Big10	East Lansing MI	May 13
2:08.04	Paula McLaughlin	ON	80	5		Neerpelt BEL	Jun 05
2:08.63	Megan Metcalfe		82	5r1		Richmond	Jun 06
2:08.67	Darolyn Trembath	MB	82	6		Richmond	Jun 06
2:08.75	Chantell Widney	AB	79	4h1	CanC	Ottawa	Aug 05
2:08.81	Raeleen Hunter	AB	87	4h2	BigE	Storrs CT	May 06
2:08.85	Laura Maludzinski	ON	83	2	ECAC	Princeton NJ	May 14
2:08.85	Megan Brown	ON	85	5	NAC	Santo Domingo DOM	Jul 09
2:08.90	Jennifer Kemp	AB	83	4	MsR	Stanford CA	Apr 15
2:09.34	Melina Thibodeau	BC	71	2b	VicI	Victoria	Jun 11
2:09.86	Stephanie Romanson	MB	90	2	Jrs	Sherbrooke	Jul 23
2:10.15	Jennie Biewald	ON	88	8	CanC	Ottawa	Aug 06
2:10.23	Romanson			1		Winnipeg	Jul 05
2:10.27	Leanna MacLean	NS	82	2r2		Richmond	Jun 06
2:10.28	Angela Shaw	BC	89	3	MsR	Walnut	Apr 15
2:10.28	Jessica Smith	BC	89	1	LegC	Simon Fraser	Aug 13
2:10.70	Lisa Egami	BC	88	4	MsR	Stanford CA	Apr 14
2:10.70	Caitlin Bailey	BC	88	1	OHSC	Toronto(ET)	Jun 03
2:10.75	Jessica Zelinka	AB	81	h	CG	Melbourne AUS	Mar 22
2:10.76	Mary Kamau		79	2	WAC	Honolulu HI	May 13
2:10.89	Kate van Buskirk	ON	87	2	OHSC	Toronto(ET)	Jun 03
2:11.29	Heather Mancell	BC	87	2	BCJC	Burnaby	Jul 09
2:11.30	Rose-Marie Jarry	QU	83	6h2		CanC Ottawa	Aug 05
2:11.76	Morgan Bolen	SK	89	6	VicI	Victoria	Jun 11
2:11.76	Jessica O'Connell	AB	89	4	Jrs	Sherbrooke	Jul 23
2:11.93a	Mary Upuu	BC	82	4	MWC	Provo UT	May 13
2:12.44a	Noellie Mankuta	AB	81	1		Calgary	May 13
2:12.44	Madi Wallace	ON	89	5h	Jrs	Sherbrooke	Jul 22
2:12.47	Jenna Martin	NS	88	1	WAD	Lower Sackville NS	May 05
2:12.52	Teteris			8	AC	Brisbane	Mar 03
2:12.65	Kja Isaacson	MB	85	8	VicI	Victoria	Jun 11
2:12.77	Jessica Belliveau	NB	88	3	HP5	Halifax	Jul 09
2:12.70	Nadine Frost	NB	90	4	LegC	Simon Frasn	Aug 13
2:13.00	Ali Hudson	BC	87	4	Craven	Burnaby	09 Jul
2:13.22	Sarah Proctor	BC	87	9h	Jrs	Sherbrooke	Jul 22
2:13.2	Justine Johnson	BC	91	1		Nanaimo	May 28
2:13.49	Romanson			1	GP 1	Winnipeg	May 11
2:13.57	Diana Boulton	ON	89	1	LegC	Simon Fraser	Aug 13
2:14.04	Natalie Geiger	ON	90	1		Toronto(MC)	Jun 20
2:14.12	Arianne Raby	QU	88	1	Hume	Sherbrooke	Jun ??
2:14.29	Dana Buchanan	ON	84	3	OC	Ottawa	Jul 03
2:14.32	Alexandra Krasovskia	BC	84	8h1	MtS	Walnut CA	Apr 14
2:13.53	Katia Germain	QU	84	12h	CanC	Ottawa	Aug 05
2:13.78	Esther Vermeer	ON	89	1	OBMJ	Windsor	Jul 29
2:14.61	Keltie John		90	11h	Jrs	Sherbrooke	Jul 22
2:14.75	Keesha Danso	ON	90	1	OBMJ	Windsor	Jul 29
2:14.87	Sarah Katz	ON	78	4	CanC	Ottawa	Aug 05
2:14.89	Allison Letourneau	??	89	5	HP5	Halifax	Jul 09
2:15.03	Jennifer Driscoll	ON	88	1	OC	Ottawa	Jul 03
2:15.04	Stephanie Smith	ON	90	2	OHSC	Toronto(ET)	Jun 03
2:15.23	Jillian Wyman	ON	89	3	OBMJ	Windsor	Jul 29
2:15.42	Shannon Gibbons	ON	88	3	OC	Ottawa	Jul 03
2:15.59	Lydia Frost	NB	90	1		Sackville NS	Jul 29
2:15.70	Alexandre Desmarais-Gagnon	QU	90	2	Hume	Sherbrooke	Jun ?

2:15.71	Kim Vos	AB	90?	1	AHSC	Edmonton	Jun 02
2:15.74	Lindsay Carson	ON	89	4	OHSC	Toronto(ET)	Jun 03

Junior

2:04.37 Bereket(Above)
 2:08.81 HunterAbove)
 2:10.15 Biewald(Above)
 2:10.28 Shaw(Above)
 2:10.70 Egami(Above)
 2:10.70 Bailey(Above)
 2:10.89 van Buskirk(Above)
 2:11.29 Mancell(Above)
 2:11.76 Bolen(Above)
 2:11.76 O'Connell(Above)
 2:12.44 Wallace(Above)
 2:12.47 Martin(Above)
 2:12.70 Frost N(Above)
 2:12.77 Belliveau(Above)
 2:13.00 Hudosp(Above)
 2:13.22 Proctor(Above)
 2:13.2 Johnson J(Above)
 2:13.57 Boulton(Above)
 2:13.78 Vermeer(Above)
 2:14.04 Geiger(Above)
 2:14.12 Raby(Above)
 2:14.75 Danso(Above)
 2:14.89 Letourneau(Above).
 2:15.03 Driscoll(Above)
 2:15.04 Smith S(Above)
 2:15.23 Wyman(Above)
 2:15.42 Gribbons(Above)

Youth

2:09.86 Romanson(Above)
 2:10.28 Shaw(Above)
 2:10.28 Smith J (Above)
 2:11.76 Bolen(Above)
 2:11.76 O'Connell(Above)
 2:12.44 Wallace(Above)
 2:12.70 Frost N(Above)
 2:13.2 Johnson J(Above)
 2:13.57 Boulton(Above)
 2:13.78 Vermeer(Above)
 2:14.04 Geiger(Above)
 2:14.61 John(Above)
 2:14.75 Danso(Above)
 2:14.89 Letourneau(Above)
 2:15.04 Smith S(Above)
 2:15.23 Wyman(Above)
 2:15.59 Frost L(Above)
 2:15.70 D-Gagnon(Above)
 2:15.71 Voss(Above)
 2:15.74 Carson(Above)

1000m

2:39.73	Carmen Douma-Hussar	ON	77	7	Linz AUT	Aug 22
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1500m

4:03.82	Carmen Douma-Hussar	ON	77	9		St Denis FRA	Jul 08
4:05.86	Hilary Stellingwerf	ON	81	3		Thessalonika	Jul 24
4:07.13	Douma-Hussar			6	DNG	Stockholm SWE	Jul 28
4:07.19	Douma-Hussar			7	AthL	Lausanne SUI	Jul 11
4:07.34	Douma-Hiussar			12		Athens GRE	Jul 03
4:07.36	Douma-Hussar			6	WC	Athens GRE	Sep 17
4:07.48	Douma-Hussar			5	CG	Melbourne AUS	Mar 21
4:08.38	Douma-Hussar			14		Rieti ITA	Aug 27
4:08.42	Malindi Elmore	AB	80	9		Madrid ESP	Jul 17
4:08.89	Stellingwerff			1		Gent BEL	Jul 16
4:08.99	Stellingwerff			6		Luzern SUI	Jul 06
4:09.06	Elmore			8	CG	Melbourne AUS	Mar 21
4:09.39	Elmore			1		Flanders FRA	Aug 26
4:09.98	Douma-Hussar			1h1	CG	Melbourne AUS	Mar 20
4:10.65	Douma-Hussar			1	AC	Melbourne AUS	Mar 09
4:11.00	Courtney Babcock	BC	72	3	AC	Melbourne AUS	Mar 09
4:11.02	Douma-Hussar			14		Zurich SUI	Aug 18
4:11.02	Douma-Hussar			11=		Monaco MON	Aug 20
4:11.04	Andrea Grove	ON	73	4		Gent BEL	Jul 16
4:11.06	Megan Metcalfe	AB	82	5		Gent BEL	Jul 16
4:11.36	Elmore			7		Luzern SUI	Jul 06
4:11.48	Stellingwerf			11	CG	Melbourne AUS	Mar 21
4:11.75	Stellingwerf			3h2	CG	Melbourne AUS	Mar 20
4:12.51	Elmore			5h2	CG	Melbourne AUS	Mar 20
4:13.22	Metcalfe			1	Jerome	Burnaby	Jun 08
4:14.52	Grove			6		Cuxhaven GER	Jul 07
4:14.53	Julia Howard	NFL	83	1	MsR	Walnut CA	Apr 15
4:15.50	Howard			9		Gent BEL	Jul 16
4:16.06	Nicole Edwards	MB	86	4	NCAA	Sacramento CA	Jun 10
4:16.83	Edwards			1	Big10	East Lansing MI	May 14
4:17.04	Metcalfe			1a	Vicl	Victoria	Jun 11
4:17.08	Edwards			2h1	NCAA	Sacramento CA	Jun 08
4:17.32	Megan Brown	ON	85	4	CanC	Ottawa	Aug 05
4:17.73	Edwards			1	MidE	Knoxville TN	May 27
4:18.98	Edwards			1r2	StanI	Stanford CA	Mar 31
4:18.41	Amber McGown	SK	83	1h2	NCAA	Sacramento CA	Jun 08
4:19.00	McGown	SK	83	3	Pac10	Eugene OR	May 14
4:19.39	Darolyn Trembath	MB	82	7a	Card	Stanford CA	Apr 30
4:19.81	Trembath			3		Ninove BEL	Jul 29
4:20.18	Rebecca Johnstone	BC	84	3	ORInv	Eugene OR	Apr 21
4:21.52	McGown			5	ORInv	Eugene OR	Apr 21
4:22.26	Edyta Sieminska	AB	81	6	CanC	Ottawa	Aug 05
4:23.08	Johnstone			1h1	MsR	Walnut CA	Apr 13
4:23.52	LemLem Bereket	QU	87	1		Sherbrooke	Jun ??
4:23.88	Dana Buchanan	ON	84	9r2	Sinv	Stanford CA	Apr 01
4:24.02	Jacki Malette	ON	86	8	Vicl	Victoria	Jun 11
4:24.75	Tara Quinn-Smith	ON	79	2	OC	Ottawa	Jul 02
4:25.70	Laura Maludzinski	ON	83	8	Reg	Greensboro NC	May 26
4:25.56	Alex Becker	ON	87	1	Jrs	Sherbrooke	Jul 21
4:25.93	Leanna MacLean	NS	82	7	CanC	Ottawa	Aug 05
4:26.01	Jennie Biewald	ON	88	2	Jrs	Sherbrooke	Jul 21
4:26.19	Jessica O'Connell	AB	89	3	Jrs	Sherbrooke	Jul 22
4:27.40	Kate Van Buskirk	ON	87	1	OHSC	Toronto(ET)	Jun 02
4:27.58	Lindsay Carson	ON	89	1	AC2	Toronto(MC)	Jul 11

4:27.63	Mary Kamau		79	8r3	MsR	Walnut CA	Apr 15
4:27.84	Carson			4	Jrs	Sherbrooke	Jul 21
4:28.01	Rebecca Stallwood	ON	78	4	OC	Ottawa	Jul 03
4:28.78	Biewald			2		Sherbrooke	Jul 07
4:28.88	Tarah McKay	ON	87	2	OC	Ottawa	Jul 03
4:28.93	Jessica Smith	BC	89	1	BCHS	Burnaby	Jun 03
4:29.42	Carson			1h	Jrs	Sherbrooke	Jul 21
4:29.51	Avril Ogradnick	QU	87	8	ECAC	Princeton NJ	May 14
4:29.55	Amy Kohlmeier			4	Gina	Hillsdale MI	Apr 28
4:29.91	Shari Boyle	ON	73	3	HP5	Halifax	Jul 09
4:30.10	Julia Hicks		85	6r1	Drake	Des Moines IA	Apr 29
4:30.12	Smith J			3h	Jrs	Sherbrooke	Jul 21
4:30.51	Shannon Gibbons	ON	88	4h	Jrs	Sherbrooke	Jul 21
4:30.75	Tara Dressler	AB	84	4		Greensboro NC	May 13
4:30.70	Becker			9h3	WJ	Beijing CHN	Aug 18
4:31.01	Stephanie Smith	ON	90	5h2	Jrs	Sherbrooke	Jul 21
4:31.08	Diane Nukuri			1		Arkansas City KS	May 06
4:31.21	Danette Doetzel		86	3		Boston MA	May 27
4:31.50	Genevieve LaLonde	NB	91	6h	Jrs	Sherbrooke	Jul 21
4:31.68	Amanda Truelove	ON	90	7h	Jrs	Sherbrooke	Jul 21
4:31.71	Smith Jessica	BC	89	1b	Vicl	Victoria	Jun 11
4:32.55	Nicole Stevenson	ON	73	3	AC2	Toronto(MC)	Jul 11
4:32.56	Meredith MacGregor	BC	85	2	Ppit	Claremont CA	Apr 14
4:33.27	Heather Mancell	BC	87	5	MsR	Walnut CA	Apr 14
4:33.48	Carmen Ballard	BC	86	5		Princeton NJ	Apr 21
4:33.76	Kate Harrison`	ON	89	3h	OC	Ottawa	Jul 02
4:34.14	Biewald			7h	WJ	Beijing CHN	Aug 18
4:34.74	Jessica Driscoll	ON	88	7	Jrs	Sherbrooke	Jul 22
4:34.91	Nancy Fedoruk	BC	82	1		Victoria	Jun 17
4:34.9	Justine Johnson	BC	91	1		Victoria	Apr 13
4:35.67	Rosie Mullins	NS	86	8	OC	Ottawa	Jul 03
4:35.71	Erin MacLean	??	84	7	HP5	Halifax	Jul 09
4:35.89	Danelle Woods	ON	89	4	OHSC	Toronto(ET)	Jun 02
4:36.00	Kelsie Slater	ON	90	8h	Jrs	Sherbrooke	Jul 21
4:36.03	Madeline Wallace	ON	89	5h	Jrs	Sherbrooke	Jul 21
4:36.27	Lanni Marchant	ON	84	16		Atlanta GA	May 12
4:36.73	Caitlin Price	ON	88	9h	Jrs	Sherbrooke	Jul 21
4:36.76	Jessica Parry	ON	91	1	OHSC	Toronto(ET)	Jun 03
4:37.99	Lise Ogradnick	QU	87	7H4	MsR	Walnut CA	Apr 14
4:38.35	Johanna Shenstone	ON	89	7	OHSC	Toronto(ET)	Jun 02
4:38.73	Lauren Doherty	ON	91	2	OHSC	Toronto(ET)	Jun 02
4:38.90	Kelti John	ON	??	2	OHSC	Toronto(ET)	Jun 02
4:38.94	Martha McCabe	ON	??	1h	OHSC	Toronto(ET)	Jun 03
4:39.44	Jackie Adamson	MB	??	2	LegC	Simon Fraser	Aug 12
4:39.51	Sarah-Anne Brault	MB	89	1	Dual	Winnipeg	Jul 15
4:39.56	Tiffany Evans	BC	74	2	BCCH	Abbotsford	Jul 15
4:39.61	Faye Stenning	AB	89	2	Brow	Kelowna	Jul 02
4:39.66	Leah Boekermann	BC	??	6h2	MsR	Walnut CA	Apr 14
4:39.75	Jessica Furlan	SK	90	2	Dual	Winnipeg	Jul 15
4:39.92	Jayne Grebinski	SK	88	1	SHSC	Moose Jaw SK	Jun 02

Query

4:14.76??	Amy Rudolph??	CAN??		8		Gent BEL	Jul 16
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Junior

4:23.52	Bereket(Above)						
4:25.56	Becker(Above)						
4:26.01	Biewald(Above)						

4:26.19 O'Connell(Above)
 4:27.40 Van Buskirk(Above)
 4:27.58 Carson(Above)
 4:28.88 McKay(Above)
 4:28.93 Smith J(Above)
 4:29.51 Ogradnick A(Above)
 4:30.51 Gribbons(Above)
 4:31.01 Smith S(Above)
 4:31.50 LaLonde(Above)
 4:31.68 Truelove(Above)
 4:33.27 Mancell(Above)
 4:33.76 Harrison(Above)
 4:34.74 Driscoll(Above)
 4:34.9 Johnson(Above)
 4:35.89 Woods(Above)
 4:36.00 Slater(Above)
 4:36.03 Wallace(Above)
 4:36.73 Price(Above)
 4:36.76 Parry(Above)
 4:37.99 Ogradnick L(Above)
 4:38.35 Shenstone(Above)
 4:38.73 Doherty(Above)
 4:38.94 McCabe(Above)
 4:39.51 Brault(Above)
 4:39.61 Stenning(Above)
 4:39.75 Furlan(Above)
 4:39.92 Grebinski(Above)

Youth

4:26.19 O'Connell(Above)
 4:27.58 Carson(Above)
 4:28.93 Smith J(Above)
 4:31.50 LaLonde(Above)
 4:31.68 Truelove(Above)
 4:33.76 Harrison(Above)
 4:34.9 Johnson(Above)
 4:35.89 Woods(Above)
 4:36.00 Slater(Above)
 4:36.03 Wallace(Above)
 4:36.76 Parry(Above)
 4:38.35 Shenstone(Above)
 4:38.73 Doherty(Above)
 4:38.94 McCabe(Above)
 4:39.08 Smith(Above)
 4:39.18 Wallace(Above)
 4:39.51 Brault(Above)
 4:39.61 Stenning(Above)
 4:39.75 Furlani(Above)

4:40.09	Justine Johnson	BC	91	2		Burnaby	Jun 03
4:40.50	Chantelle Grooenewoud	BC	89	3	BCHS	Burnaby	Jun 03
4:41.19	Chantelle Maryuen	ON	89	1	ONQ	Toronto(MC)	Jun 10
4:41.64	Andrea Seccafien	ON	90	11h	Jrs	Sherbrooke	Jul 21
4:41.78	Cassie Wilbur	ON	90	4h	OHSC	Toronto(ET)	Jun 02
4:41.47	Holly Benson	ON	91	1	ONLeg	Timmins	Jul 14

Mile / Mille

4:38.1 Carmen Douma

4:41.2	Courtney Babcock							
3000m								
8:51.90	Malindi Elmore	AB	80	7		Roerto ITA		Aug 30
9:03.89	Andrea Grove		73	1		Reims FRA		Jul 25
9:04.90	Megan Metcalfe	AB	82	9	WC	Athens GRE		Sep 16
9:21.23	Grove			16	Adidas	Carson CA		May 21
9:23.65	Alyson Kohlmeier	ON	86	2	SprG	Irvine CA		Mar24
9:27.58	Tara-Quinn Smith	ON	79	1		Toronto(MC)		Jul 25
9:35.64	Emily Tallen	ON	80	2		Toronto(MC)		Jul 25
9:38.09	Dana Buchanan	ON	84	3	Prev	Eugene OR		Mar 18
9:38.80	Nicole Stevenson	ON	73	3		Toronto(MC)		Jul 25
9:39.27	Jackie Malette	ON	86	1		London(ON)		Jun 28
9:44.73	Lindsay Carson	ON	89	1	Row	Toronto(ET)		Apr 29
9:44.92	Darolyn Trembath	MB	82	1	GP 1	Winnipeg		May 11
9:46.50	Shari Boyle	ON	73	1	ONQ	Toronto(MC)		Jun 11
9:46.72	Sarah-Anne Brault	MB	89	2	Jrs	Sherbrooke		Jul 22
9:50.59	Rachel Cliff	BC	?	3	Jrs	Sherbrooke		Jul 22
9:50.93	Sarah Dillabaugh	ON	73	1	HP3	Ottawa		Jul 05
Junior								
9:44.73	Carson(Above)							
9:46.72	Brault(Above)							
9:50.59	Cliff(Above)							
9:56.36	Caitlin Price	ON	88	6	Jrs	Sherbrooke		Jul 22
10:06.69	Katherine Digby	BC	??	2	Craven	Burnaby		Jul 09
10:08.20	Lorell Convery	ON	88	3	OHSC	Toronto(ET)		Jun 02
10:09.41	Rachell Malette	ON	88	8	Jrs	Sherbrooke		Jul 22
10:19.02	Jayne Grebinski	SK	88	1	SHSC	Moose Jaw		Jun 03
Youth								
9:44.73	Carson(Above)							
9:46.72	Brault(Above)							
9:52.81	Amanda Truelove	ON	90	4	Jrs	Sherbrooke		Jul 22
9:54.29	Stephanie Smith	ON	90	1	HS	Toronto(ET)		Apr 29
9:56.64	Genevieve Lalonde	NB		1	LegC	Simon Fraser		Aug 12
9:58.96	Justine Johnson	BC	91	1	BCHS	Burnaby		Jun 02
10:00.40	Danelle Woods	ON	89	1	OHSC	Toronto(ET)		Jun 03
10:01.84	Kate Harrison	ON	89	7	Jrs	Sherbrooke		Jul 22
10:06.39	Stenning	AB	89	1	Brow	Kelowna		Jun 30
10:07.24	Jessica Parry	ON	91	1	OHSC	Toronto(ET)		Jun 03
10:08.44	Jessica Smith	BC	89	3	BCHS	Burnaby		Jun 03
10:11.66	Karissa Lepage	SK	91	1	SHSC	Moose Jaw		Jun 03
5000m								
15:30.65	Megan Metcalfe	AB	82	6		Naimette BEL		Jul 19
15:31.57	Andrea Grove		73	7		Naimette BEL		Jul 19
15:35.33	Metcalfe			3a	Card	Stanford CA		Apr 30
15:44.22	Courtney Babcock	BC	72	7	CG	Melbourne AUS		Mar 24
15:48.83	Grove			7	MsR	Walnut CA		Apr 13
15:54.76	Grove			3	Vicl	Victoria		Jun 11
16:05.45	Alyson Kohlmeier	ON	86	7r1	Sinv	Stanford CA		Apr 01
16:07.68	Kohlmeier A			2h1	NCAA	Sacramento CA		Jun 07
16:10.66	Tara Quinn-Smith	ON	79	3	CanC	Ottawa		Aug 04
16:12.13	Nicole Stevenson	ON	73	4	CanC	Ottawa		Aug 04
16:17.16	Amy Kohlmeier	ON	84	14	MsR	Walnut CA		Apr 13
16:26.31	Emily Tallen	??	80	6	CanC	Ottawa		Aug 04
16:27.12	Kohlmeier Al			3	MidE	Knoxville TN		May 26
16:29.91	Anita Campbell		87	12h1	NCAA	Sacramento CA		Jun 07

16:43.77	Laura Moulton	ON	84	2		Windsor	Jun 04
16:44.43	Rebecca Stallwood	ON	78	2		Hillsdale MI	Jun 10
16:45.22	Lanni Marchant	ON	84	1	SCC	Statesborough GA	Apr 30
16:45.49	Jackie Malette	ON	86	3	NAC	Santo Domingo DOM	Jul 08
16:47.66	Beth Wightman	ON	81	1		Kessel-Lo BEL	Jun 10
16:50.21	Campbell			6	Pac10	Eugene OR	May 14.
16:54.39	Julia Hicks		85	8	Drake	Des Moines IA	Apr 27
16:58.27	Sarah Dillabaugh	ON	73	7	CanC	Ottawa	Aug 04
17:05.29	Heather Lee	ON	80	1		Carson City CA	May 21

10000m

32:55.68	Tara Quinn-Smith	ON	79	5	Card	Stanford CA	Apr 30
33:15.50	Quinn-Smith			8	CG	Melbourne AUS	Mar 21
34:08.66	Quinn-Smith			1	NC	Abbotsfprd	Jun 04
34:10.64	Alyson Kohlmeier	ON	86	6	Big 10	East Lansing MI	May 12
34:16.36	Lanni Marchant	ON	84	23	StanI	Stanford CA	Apr 01
36:55.93	Shannon Elmer	BC	85	6	NAIA	Fresno CA	May 24
37:00.63	Elmer			12	MsR	Stanford CA	Apr 13

100mh (0.84)

12.58	0.6	Perdita Felicien	ON	80	3	WAF	Stuttgart GER	Sep 10
12.60	0.4	Priscilla Lopes	ON	82	2	NCAA	Sacramento CA	Jun 09
12.63	1.2	Lopes			1	Big12	Waco TX	May 14
12.64	0.7	Felicien			1	CanC	Ottawa	Aug 05
12.69	0.7	Angela Whyte	AB	80	2	CanC	Ottawa	Aug 05
12.69	0.1	Felicien			1		Linz AUT	Aug 22
12.71	1.3	Felicien			1h2	CanC	Ottawa	Aug 04
12.72	0.0	Lopes			5	Ggala	Roma ITA	Jul 14
12.74	0.6	Lopes			7	AthL	Lausanne SUI	Jul 11
12.75	-0.4	Felicien			3		Zurich SUI	Aug 18
12.75	-0.4	Felicien			3		Monaco MON	Aug 20
12.76	-0.6	Lopes			1s2	NCAA	Sacramento CA	Jun 07
12.77	-0.3	Lopes			4		St Denis FRA	Jul 08
12.77	1.3	Whyte			2h2	Can C	Ottawa	Aug 04
12.78	0.7	Lopes			3	CanC	Ottawa	Aug 05
12.78	-0.3	Felicien			6	VanD	Brussels BEL	Aug 25
12.78	0.0	Felicien			2		Zagreb CRO	Aug 31
12.80	1.0	Whyte			2h1	CG	Melbourne AUS	Mar 23
12.80	1.0	Felicien			2	ModR	Modesto CA	May 06
12.81	-0.8	Felicien			3	ISTAF	Berlin GER	Aug 03
12.87	0.1	Felicien			1	DNG	Stockholm SWE	Jul 25
12.93	0.8	Whyte			5	Pre	Eugene OR	May 28
12.94	-0.3	Whyte			2	CG	Melbourne AUS	Mar 24
12.94	1.5	Lopes			1h2	Big 12	Waco TX	May 13
12.95	-1.0	Lopes			1h1	NCAA	Sacramento CA	Jun 07
12.98	0.6	Lopes			1r1	TexR	Austin TX	Apr 07
12.99	0.5	Felicien			3		Tallin EST	Aug 15
13.07	0.6	Felicien			8	BisG	Oslo NOR	Jun 02
13.08	2.0	Jessica Zelinka	AB	81	h	CG	Melbourne AUS	Mar 22
13.12	-0.5	Whyte			5		New York	Jun 03
13.18	-0.9	Felicien			1	Gotag	Karlstad SWE	Jul 20
13.19	-1.8	Whyte			1	Achp	Edmonton	Jul 16
13.27	-3.2	Whyte			3	Drake	Des Moines IA	Apr 29
13.38	1.1	Felicien			6	Odloz	Prague CZE	Jun 05
13.40	-2.4	Whyte			2	AC	Melbourne AUS	Mar 09

13.42	1.6	Jessica Czaikowski	ON	84	1	BigE	Storrs CT	May 07
13.52	0.0	Zelinka			3	AC	Brisbane AUS	Mar 03
13.62	0.0	Czaikowski			1h1	BigE	Storrs CT	May 06
13.65	1.8	Czaikowski			1h2	Ecac	Princeton NJ	May 13
13.74	-0.3	Lopes			1h5	Drake	Des Moines IA	Apr 28
13.81	1.3	Czaikowski			1h1	Duke	Durham NC	Apr 08
13.85	0.7	Marie-Eve Dugas	QU	85	4	CanC	Ottawa	Aug 05
13.88	0.3	Nikita Holder	ON	87	3h2	NAIA	Fresno CA	May 26
13.93	1.3	Dugas			3h2	CanC	Ottawa	Aug 04
13.94	-1.6	Holder			4s1	WJ	Beijing CHN	Aug 18
13.97	0.5	Holder			4h2	WJ	Beijing CHN	Aug 17
13.98	1.2	Holder			1	Hayes	Bloomington IN	May 05
14.07a	0.5	Andrea Vinet	SK	82	1		Calgary	Jun 18
14.08	0.5	Jenni Hucul	SK	88	5h3	WJ	Beijing CHN	Aug 17
14.16	0.2	Hucul			2	Jrs	Sherbrooke	Jul 22
14.23a	0.5	Heather Bergland	AB	87	2		Calgary	Jun 18
14.33	1.3	Sarah Wells	ON	89	4h2	CanC	Ottawa	Aug 04
14.35	-0.3	Hucul			7s2	WJ	Beijing CHN	Aug 18
14.37	0.9	Hucul			1h	Jrs	Sherbrooke	21 Jul
14.38	0.9	Jessica Olfert	BC	85	5h1	NAIA	Fresno CA	May 26
14.40	-1.7	Christie Gordon	AB	86	1h2	WAC	Honolulu HI	May 13
14.45	0.0	Corri Campbell-Fell	BC	87	1		Burnaby	Jun 29
14.55a	0.7	Campbell-Fell			5h2	MWC	Provo UT	May 12
14.60	0.7	Krista Baker	SK	85	6	CanC	Ottawa	Aug 05
14.61	-0.5	Jillian Drouin	ON	86	h	NCAA	Sacramento CA	Jun 10
14.66a	0.5	Brianne Thiesen	SK	88	4		Calgary	Jun 18
14.66	1.0	Phylicia George	ON	87	2h	OC	Ottawa	Jul 03
14.67	-1.4	Jen Cotten	ON	87	h	SrCh	Sherbrooke	Jul 21
14.67	-1.3	Zaria Stoffman	BC	88	1		Langley	Jun 18
14.75	1.3	Jen Roehner	ON	82	1		Toronto(MC)	Jul 25
14.83	1.0	Alexandria Allen	ON	88	2h	Jrs	Sherbrooke	Jul 21
14.90	0.9	Adelle Johns	BC	86	h	NAC/23	Santo Domingo	Jul 07
14.93	-1.4	Christine Lowe	BC	90	1	Brow	Kelowna	Jun 30

Wind aided - no wind / Vent no legal au sans d'information du vent

12.70	2.2	Whyte			2	MsR	Standford CA	Apr 15
12.70	2.6	Lopes			1	MidW	Austin TX	May 27
12.72	2.3	Felicien			3	Adidas	Carson CA	May 21
12.77	5.0	Lopes			1h3	MidW	Austin TX	May 26
12.97	2.1	Felicien			5h1	BisG	Oslo NOR	Jun 02
13.18		Whyte			1	Jerome	Burnaby	Jun 08
13.36	2.2	Czaikowski			5	MsR	Standford CA	Apr 15
13.36	2.1	Lopes			1h2	TexR	Austin TEX	Apr 07
13.50	2.9	Holder			3	NAIA	Fresno CA	May 26
13.94	3.2	Holder			1		Edwardsville IL	Apr 29
13.99	3.9	Christie Gordon	AB	86	1		Moscow ID	May 06
14.48	2.9	Jessica Olfert			9	NAIA	Fresno CA	May 26

Junior (0.84)

13.88	0.3	Holder(Above)						
14.08	0.5	Hucul(Above)						
14.23a	0.5	Bergland(Above)						
14.45	0.0	Campbell-Fell(Above)						
14.66a	0.5	Thiesen(Above)						
14.66	1.3	George(Above)						
14.67	-1.4	Cotten(Above)						
14.67	-1.3	Stoffman(Above)						
14.83	1.0	Allen(Above)						
14.93	1.0	Danielle Fonseca	ON	88	4h	OC	Ottawa	Jul 03

Youth (0.762)

14.22	0.3	Sarah Wells	ON	89	1h	OHSC	Toronto(ET)	Jun 02
14.66	1.1	Mari Fourie	ON	89	1	OBMJ	Windsor	Jul 29
14.69	0.9	Katherine Murphy	BC	90	1h	BCHC	Burnaby	Jun 02
14.80	1.1	Olivia Charnuski	ON	90	2	OBMJ	Windsor	Jul 29
14.91	1.3	Susanna Cere	QU	89	1h		Montreal(CR)	Jun 11
14.93	-1.4	Christine Lowe	BC	90	1	Brow	Kelowna	Jun30
15.06	1.1	Adrienne Bethune	ON	89	3	OBMJ	Windsor	Jul 29
15.09	a1.4	Veronika Smits	SK	89	1		Calgary	Jun 18
15.12	1.0	Jackie Lesway	ON	89	1		Ottawa	Aug 09
15.22	1.1	Meghan Harris	ON	90	4	OBMJ	Windsor	Jul 29
15.42	0.0	Kendra Baker	MB	89		Dual	Winnipeg	Jul 15
15.43	0.0	Stacey Irvine	AB	89	1	LegC	Simone Fraser	Aug 12
15.44	1.1	Kelly Morrison	ON	90	5	OBMJ	Windsor	Jul 29
15.47a	1.9	Nicole Breker	SK	89	2		Calgary	Jun 18
15.47	1.1	Julia Tousaw	ON	89	6	OBMJ	Windsor	Jul 29

400mh

57.83		Tawa Dortch	BC	79	1	CanC	Ottawa	Aug 06
57.86		Dortch	BC	79	6		Puerto Rico	May 18
58.17		Dortch			4		Melbourne AUS	Mar 09
58.40		Dortch			6h1	CG	Melbourne AUS	Mar 22
59.17		Angela Whyte	AB	80	2	CanC	Ottawa	Aug 06
59.22		Corri Campbell-Fell	BC	88	5h1	WJ	Beijing CHN	Aug 15
59.48		Sarah Wells	ON	89	1	ONQ	Toronto(MC)	Jun 12
59.83		Lauren Welch	BC	85	1		Langley	Jun 18
59.96		Rowena Hamlet	ON	81			Houston	May 06
60.62		Wells			6h3	WJ	Beijing CHN	Aug 15
61.14		Tessa Gray	AB	83	5	Jerome	Burnaby	Jun 08
61.25		Andrea White	ON	86	1h2	CanC	Ottawa	Aug 05
61.60		Christine Lowe	BC	90	2		Langley	Jun 18
61.81		Chandra Ewing	ON	86	8	Duke	Durham NC	Apr 08
61.91		Madelaine Buttinger	ON	89	3	Jrs	Sherbrooke	Jul 23
62.16a		Jeanette Van Den Bulk	BC	77	1		Calgary	Jun 18
62.31		Julia Tousaw	ON	89	4	Jrs	Sherbrooke	Jul 23
62.96		Holly Ratzlaff	AB	84	2	Achps	Edmonton	Jul 15
63.42		Hilary Kellar-Parsons	ON	88	3		Kitchener	May 27

Junior

59.22		Campbell-Fell(Above)						
61.91		Buttinger(Above)						
62.31		Tousaw(Above)						

Youth

59.48		Wells(Above)						
61.60		Lowe(Above)						
63.42		Kellar-Parsons(Above)						
64.19		Shauna Malek	ON	90	3	LegC	Simon Fraser	Aug 12
64.31		Kayti Simonson	AB		4	LegC	Simon Fraser	Aug 12
64.51		Sarah Ferguson	ON	91	1		Windsor	Jul 09
64.85		Meghan Ritchey	BC	89	2	BCCH	Abbotsford	Jul 16
65.89		Heather Kurpe	ON	90	4	ONQ	Toronto(MC)	Jun 12
66.35		Anobile Charelle	ON	89	3	ONLeg	Timmins	Jul 15

2000msc

7:06.35		Hayley Degaust	AB	91	1	LegC	Simon Fraser	Aug 13
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7:12.38	Danelle Woods	ON	89	1	ONLeg	Timmins	Jul 14
7:15.04	Rebecca Coady	NS	89	2	LegC	Simon Fraser	Aug 13
7:15.94	Jessica Belliveau	NB	88	2		Sackville NS	Jul 29
7:21.11	Samantha Lotnick	BC	89	3	CanL	Simon Fraser	Aug 29
7:21.71	Jessica Furlan	SK	90			??	Jun 24
7:24.94	Rebecca Reeves	NS	?	1	Dis	Orlando FL	Mar 19
7:26.32	Amber Cushnie	ON	88	1	ONQ	Toronto(MC)	Jun 11
7:28.49	Cassie Wilbur	ON	90	2	ONLeg	Timmins	Jul 14

3000msc

10:15.77	Bevin Kennelly	BC	84	4	Card	Stanford CA	Apr 30
10:27.01	Lydia Willemse	ON	86	2		Winston-Salem	Apr 21
10:27.86*	Willemse			5	Penn	Philadelphia PA	Apr 27
10:27.78	Kennelly			19	NCAA	Sacramento CA	Jun 07
10:28.20	Willemse			6r1	Sinv	Stanford CA	Mar 31
10:33.77	Dana Buchanan	ON	84	1	Pepsi	Eugene OR	Apr 08
10:35.59	Buchanan			4	Pac10	Eugene OR	May 13
10:38.84 pcjr	Danelle Woods	ON	89	9h2	WJ	Beijing CHN	Aug 15
10:39.06	Tara Dressler	AB	84	2	RR	Raleigh NC	Mar 25
10:39.73 pcjr	Lise Ogradnick	QU	87	2	Duke	Durham NC	Apr 07
10:40.56	Sabrina Le Fort			2	SCC	Georgia	May 29
10:42.40	Woods			3	CanC	Ottawa	Aug 06
10:43.27	Jessica Furlan	SK	90	1	Jrs	Sherbrooke	Jul 23
10:49.38	Ogradnick L			5	BEast	Storrs CT	May 06
10:52.14	Meggan Hodge		83	7	SEC	Fayetteville AR	May 13
10:57.77	Meredith MacGregor	BC	85	5	CanC	Ottawa	Aug 06

*=Irregular layout

Marathon

2:29:42	Lioudmila Kortchaguina	ON	71	1	CanC	Ottawa	May 28
2:32.56	Nicole Stevenson	ON	73	1		Houston TX	Jan 15
2:36:43	Kortchaguina			6	CG	Melbourne AUS	Mar 19
2:40:58	Stevenson			11	CG	Melbourne AUS	Mar 19
2:42:57	Tania Jones	ON					
2:44:36	Denise Robson	NS		25		Chicago	Oct 22
2:47:05	Suzanne Evans	BC		1		Victoria	Oct 08
2:48:02	Kate McNamara			2		Niagra Falls	Oct 22
2:48.24	Beth Eburne			5	WaterF	Toronto	Sep 24
2:48:27	Caroline McIlroy						
2:51:00	Angela Swift			61		Chicago	Oct 22
2:51.09	Paula Wiltse	ON		7	CanC	Ottawa	May 28
2:51:55	Judith LeRoy	BC		5		Vancouver	May 02:
2:52:16	Laura McIntyre	ON		3		Houston	Jan 15
2:53:04	Elizabeth Ruel	QU		29		New York	Nov 05
2:53.42	Maria Regina Yamin			6	WaterF	Toronto	Sep 24
2:54:11	Leslie Gold	QU		76		Chicago	Oct 22
2:54.49	Hilary Burn-Dudley	ON		79		Chicago	Oct 22
2:54:55	Liz Maguire			83		Chicago	Oct 22
2:55:04	Natalie Goyer	QU					
2:55.19	Stephanie Hodge			33		New York	Nov 05
2:55:38	Laura McIntyre	ON		3		Boston	Apr 17
2:55:40	Karen Cowling						
2:56:45	Lisa Harvey	AB		3		Montreal	Sep 10
2:56.54	Nancy Baxendale	QU		8	CanC	Ottawa	May 28
2:57.18	Josiane Aboungono	ON		4		Montreal	Sep 12

2:58:15	Angie Ferraro	ON	2		Toronto	Oct 15
2:58:22	Myriam Grenolais ??					
2:58:38	Lisa Polizzi	BC	7		Vancouver	May 07
2:58:43	Angela Batsford	ON	3		Toronto	Oct 15
2:58:44	Mardi Graf	QU	40		Boston	Apr 17
2:58:45	Susan Pierson		10	CanC	Ottawa	May 28
2:59:02	Denise McHale	YUK				
2:59:34	Claudette Augert	AB	44		Boston	Apr 17

4x100m

44.51	Canada		1		Burnaby	Jun 08
	Genevieve Thibault, Erica Broomfield, Toya Olupona, Adrienne Power					
44.82	Canada		4r2	Penn	Philadelphia PA	Apr 29
	Adrienne Power, Genevieve Thibault, Esther Akinsule, Erica Broomfield					
45.26	Canada(jr)		4h2	WJ	Beijing China	Aug 19
	Whitney Wellington, Carline Muir, Phylcia George, Kimberly Hyacinthe					
46.67	Simon Fraser	BC	3	NAIA	Fresno CA	May 27
	Grace Dunnigan, Ruky Abdulai, Emily Johnson, Christine Stewart					
46.91	BC Athletics	BC	1	CanJ	Sherbrooke	Jul 23
	Liza Whitehead, Whitney Wellington, Corri-Ann Fell, Paulina Kisielewska					
47.24a	CITC	AB	1		Calgary	Jun 25
	Rochelle Dion, Elaina Hua, Beige Smith, Louise Ayototche)					
47.39a	CITC	AB	1		Calgary	Jun 18
	(Rochelle Dion, Elena Hua, Beige Smith, Louise Atetotche)					
48.21	CITC	AB			Claremont CA	Apr 14
	(Rochelle Daley, Tessa Grey, Teneshia Peart, Beige Smith)					

4X400m

3:37.56	Canada		5r3	Penn	Philadelphia PA	Apr 28
	Adrienne Power, Carline Muir, Esther Akinsule, Martine Cloutier-LeBlanc					
3:38.63	Canada		1		Burnaby	Jun 08
	Akinsulie, Diane Cummins, Aimee Teteris, Power					
3:41.25	Canada(JR)		4h1	WJ	Beijing CHN	Aug 19
	Carline Muir, Jennie Biewald, Corri-Ann Campbell-Fell, Sarah Wells					

4X800m

8:42.12	Simon Fraser U	BC	6	Penn	Philadelphia PA	Apr 29
	Kristen Kolstad, Heather Mancell, Julia Howard, Rebecca Johnstone)					

3000m Race walk / Marche

13:50.84	Rachel Lavallee	ON	86	1	ONQ	Toronto(MC)	Jun 10
13:53.27	Megan Huzzey	BC	85	1	NAIA	Fresno CA	May 26
16:24.48	Kathryn Jackman	ON	89	2	ONQ	Toronto(MC)	Jun 10
16:36.8@	Kitty Cashman	ON	60	1		Toronto(MC)	Apr 29
16:50.00	Heather Warwick	BC	90	3		Seattle WA	Jun 27

@-Enroute

5000m Race walk / Marche

23:22.93	Rachel Lavallee	ON	86	1	PenR	Philadelphia PA	Apr 29
25:03.53	Megan Huzzey	BC	85	7	PenR	Philadelphia PA	Apr 29
25:07@	Marina Crivello	QU	79	1		Welland	Oct 01

26:28	Kathryn Jackman	ON	89	4	V.USA	Minneapolis MN	Aug 20
26:49	Rachel Robichaud	ON	71	1		Welland	Oct 01
27:04	Johanna Flipsen	BC		1		Edmonton	Sep 16
27:07	Rebecca Christianson	ON	83	1	Keay	Toronto(HP)	May 28
27:10	Heather Warwick	BC	90	7	V.USA	Minneapolis MN	Aug 20
27:31	Meylina Kandoy	ON	64	2		Welland	Oct 01
27:43.1	Kitty Cashman	ON	60	1		Toronto(MC)	Apr 29
29:18	Laura Bright	BC	88	1		Vancouver	May 07
30:30@	Nathalie Lalond	ON	70	3		Welland	Oct 01
30:31@	Joanne Lamontagne	ON	82	2		Welland	Oct 01
30:59	Lily Whalen	ON	51	3		Welland	Oct 01

@=Enroute

10000m Race walk / Marche

50.10	Rachel Lavalie	ON	86	3		Niagara Falls	Jun 03
52:20	Lavallee			1		Welland	Oct 01
55:45	Rebecca Christensen	ON	83	4		Niagara Falls	Jun 03
56:50.42	Kathryn Jackman	ON	89	1	Jrs	Sherbrooke	Jul 21
56:29	Kitty Cashman	ON	60	5		Niagara Falls	Jun 03
56:54	Nanci Sweazey	ON	55	6		Niagara Falls	Jun 03
59:57	Nathalie Lalonde	ON	70	2		Welland	Oct 01

20 km Race walk / Marche

1:39:57	Rachel Lavallee	ON	86	1		Clermont FL	Feb 12
1:42:01	Marina Crivello	ON	79	1	OChps	Welland	Oct 01
1:43:19	Crivello			7	USATF	Hauppauga NY	Apr 09
1:44:20	Crivello			1	CanC	Ottawa	Aug 04
1:49:50	Lavallee			2	CanC	Ottawa	Aug 04
1:49:53	Lavallee				Wcup	La Corona MEX	May 13
1:57:49	Rebecca Christensen	ON	83	3	CanC	Ottawa	Aug 04
1:59:49	Kitty Cashman	ON	60	2	OChps	Welland	Oct 01

High Jump / Saut en hauteur

1.94	Nicole Forrester	ON	76	5	WC	Athens GRE	Sep 17
1.91	Forrester			7	NorU	Gateshead GBR	Jun 11
1.90	Forrester			4	MsR	Stanford CA	Apr 15
1.90	Forrester			5	AthL	Lausanne SUI	Jul 11
1.89	Forrester			8=	BisG	Oslo NOR	Jun 02
1.88	Forrester			1	CanC	Ottawa	Aug 06
1.88	Maresa Cadienhead	ON	76	2	CanC	Ottawa	Aug 06
1.88	Forrester			10		Eberstadt GER	Aug 20
1.86	Cadienhead			1	ONQ	Toronto(MC)	Jun 11
1.86	Forrester			1		Luzern SUI	Jul 06
1.86	Forrester			4		Madrid ESP	Jul 17
1.85	Forrester			5	AC	Melbourne AUS	Mar 09
1.85	Forrester			1	ModR	Modesto CA	May 06
1.85	Forrester			6	Pre	Eugene OR	May 28
1.85	Forrester			7=	DNG	Stockholm SWE	Jul 25
1.85	Forrester			11	ISTAF	Berlin GER	Sep 03
1.84	Cadienhead			2		Xalapa MEX	May 13
1.84	Whitney Evans	AB	80	1		Cell Ligure ITA	Jun 08
1.83	Evans			1		Calgary	Jun 25
1.83	Cadienhead			1	OC	Ottawa	Jul 03
1.83	Cadienhead			1		Flanders FRA	Aug 26

1.83	Kristen Mathews	ON	82	1		Toronto(MC)	Jul 25
1.82	Evans			2		Barcelona ESP	Jun 04
1.82	Evans			3		Bedford GBR	Jun 11
1.82	Evans			1	Achps	Edmonton	Jul 15
1.81	Jillian Drouin	ON	86	2	ECAC	Princeton NJ	May 14
1.81	Evans			1		Calgary	Jun 18
1.80	Ruky Abdulai	BC	85	1	MsR	Stanford CA	Apr 15
1.80	Evans	AB	80	10	MsR	Stanford CA	Apr 15
1.80	Evans			3		Xalapa MEX	May 13
1.80	Mathews			2	OC	Ottawa	Jul 03
1.76	Jessica Zelinka	AB	81	h	CG	Melbourne AUS	Mar 22
1.76	Sarah Boyle	ON	87	1	OC	Ottawa	Jul 03
1.76	Michele Moody	ON	85	5	CanC	Ottawa	Aug 06
1.76	Susan Coltman	ON	81	3		Leiden NED	Jun 10
1.75	Drouin				BigE	Storrs CT	May 07
1.75	Emily Sheppard	BC	88	1	Wac	Honolulu HI	May 12
1.75	Brianne Theisen	SK	88	2		Calgary	Jun 18
1.75	Gabrielle Payne	BC	89	1	BCCH	Abbotsford	Jul 16
1.73	Margaret Hyslop	ON	88	1		Toronto	May 26
1.73	Laura Maessen	NS	89	1		Lower Sackville NS	Jul 02
1.73	Madelaine Buttinger	ON	89	2	OC	Ottawa	Jul 03
1.73	Brittney Hopley	ON	91	1	OBMJ	Windsor	Jul 29
1.73	Holly Parent	BC	91	p	BCSG	Kamloops	Jul 29
1.72	Sheppard			1b	Sinv	Stanford CA	Mar 31
1.72	Karly Neveu	BC	89		MCR	Stanford	Apr
1.70	Theisen			1	SHSC	Moose Jaw	Jun 02
1.70	Amy Miller	AB	90?	1	AHSC	Edmonton	Jun 02
1.70	Jeske Neeb	ON	89	3	OC	Ottawa	Jul 03
1.70	Melissa Clifford	ON	83	4	OC	Ottawa	Jul 03
1.70	Emily McDiarmid	BC	78	1	BCCH	Abbotsford	Jul 16
1.70	Rita Rudell	ON	91	2	OBMJ	Windsor	Jul 29
1.70	Nicole Riley	QU		2	LegC	Simon Fraser	Aug 12
1.68	Annabelle Pellerin	ON	88	1=		Ottawa	May 16
1.68	Sarah Klassen	ON	88	1=		Ottawa	May 16
1.68	Fairan Moore	ON		1		Kitchener	May 27

Junior

1.76	Boyle(Above)
1.75	Theisen(Above)
1.75	Sheppard(Above)
1.75	Payne (Above)
1.73	Hyslop(Above)
1.68	Pellerin(Above)
1.68	Klassen(Above)
1.68	Moore(Above)

Youth

1.75	Payne(Above)
1.73	Buttinger(Above)
1.73	Maessen(Above)
1.73	Hopley(Above)
1.73	Parent(Above)
1.72	Neveu(Above)
1.70	Millar(Above)
1.70	Neeb(Above)
1.70	Rudell(Above)

Pole Vault / Saut à la perche

4.45	Dana Ellis (4.60f)	ON	79	1	Scott	Irvine CA	Apr 29
4.40	Ellis			3	ModR	Modesto CA	May 06
4.40	Ellis			6		Ostrava CZE	May 30
4.37	Stephanie McCann	BC	77	2	MsR	Stanford CA	Apr 15
4.35	McCann			3	VicI	Victoria	Jun 11
4.35	Ellis			2		Luzern SUI	Jul 06
4.35	<i>Jump off</i> McCann			1	CanC	Ottawa	Aug 05
4.32	Ellis			2		Lignano ITA	Jul 16
4.31	Ellis			1		Kortrijk BEL	Jul 14
4.30	McCann (4.10/2, 4.30/3(4.45/f))			1		Calgary	Jun 18
4.30	<i>Jump off</i> Ellis			2	CanC	Ottawa	Aug 05
4.29	Ellis			5		New York	Jun 03
4.26	Ellis			3	Adidas	Carson CA	May 21
4.25	McCann 4.14/1, 4.25/2, 4.35/f			3	CG	Melbourne AUS	Mar 25
4.25	Ellis 4.15/1, 4.25/3, 4.35/f			4=	CG	Melbourne AUS	Mar 25
4.25	Ellis			10	GP	Doha QAT	May 13
4.25	Kelsie Hendry	SK	82	1		Phoenix AZ	Feb 18
4.22	Ellis			7		Karlsruhe GER	Jul 26
4.20	McCann			2		Melbourne AUS	Mar 04
4.20	McCann			3		Melbourne AUS	Mar 09
4.20	McCann (4.05/1, 4.20/1, 4.30/f)			1		Calgary	Jun 17
4.20	Ellis			10	NorU	Crystal Palace GBR	Jul 28
4.20	McCann			4		Eugene ORE	Aug 08
4.17	Carly Dockendorf	BC	83	1		Tel Aviv ISR	Jul 11
4.16***	McCann			1		Tacoma WA	Jul 04
4.15	Hendry (4.00/1, 4.15/2, 4.25/f)			8	CG	Melbourne AUS	Mar 25
4.15	Dockendorf			2	Pac10	Eugene OR	May 14
4.15	Dockendorf			3	CanC	Ottawa	Aug 05
4.14	McCann			6=		New York	Jun 03
4.10	Dockendorf			Q	NCAA	Sacramento CA	Jun 08
4.06	Dockendorf			4	West	Provo UT	May 27
4.06	Gabriella Duclos-Lasnier	QU	88	6	West	Provo UT	May 27
4.05	Duclos-Lasnier			5	Pac10	Eugene OR	May 14
4.05	Hendry			1		Prince Albert	Jul 09
4.05	McCann			1	BCCH	Abbotsford	Jul 16
4.05	Hendry			4	CanC	Ottawa	Aug 05
4.05	Adrienne Vangool	SK	85	5	CanC	Ottawa	Aug 05
4.00	McCann			Qa	CG	Melbourne AUS	Mar 23
4.00	Ellis			Qb	CG	Melbourne AUS	Mar 23
4.00	Hendry			Qb	CG	Melbourne AUS	Mar 23
4.00	Duclos-Lasnier			2		Tucson AZ	Apr 29
4.00	McCann			1		Puerto Rico	May 18
4.00	Duclos-Lasnier			Q	NCAA	Sacramento CA	Jun 08
3.95	Suzanne Fish	ON	82	1	HP3	Ottawa	Jul 05
3.95	Leah Vause	SK	87	2		Prince Albert	Jul 09
3.95	Duclos-Lasnier			12q	WJ	Beijing CHN	Aug 16
3.90	Sue Kupper	BC	84	3		Calgary	Jun 18
3.90	Simona Kovacic	ON	80	1		Windsor	Jul 09
3.85	Janice Creighton	ON	83	1	AC2	Toronto(MC)	Jul 11
3.81	Patricia Gauthier	ON	85	1		Honolulu HI	Apr 08
3.80*	Creighton			1		Pottageville ON	May 20
3.80	Caroline Jean	QU	80	1		Sherbrooke	Jul 05

3.80	Stacey Irvine	BC	89	1	BCCH	Abbotsford	Jul 16
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*=Raised Runway
 ***Beach vault. Unsure of runway legality.

Junior

4.06	Duclos-Lasnier(Above)						
3.95	Vause(Above)						
3.75	Erica Rutley	BC	89	1	BCJC	Burnaby	Jul 09
3.70	Leah Vause			23q	WJ	Beijing	Aug 16
3.50	Heather Hamilton	ON	88	1=	OC	Ottawa	Jul 03

Youth

3.80	Irvine(Above)						
3.75	Melanie Blouin	QU	90	2		Sherbrooke	Jul 05
3.75	Rutley(Above)						
3.68	Erica Reiser	ON	89	1		Windsor	May 10
3.55	Ariane Beaumont-Courteau	QU	90	1		Montreal(CR)	Jun 01
3.55	Jennifer House	ON	89	3	Jrs	Sherbrooke	Jul 22

Long Jump / Saut a longueur

6.57	1.5	Alice Falaiye	ON	78	1		Geneve SUI	Jun 11
6.46	0.5	Tabia Charles	ON	85	1	CanC	Ottawa	Aug 05
6.43	1.5	Falaiye			4		Baie Manhault FRA	May01
6.35	1.1	Charles			1		Winston-Salem	Apr 21
6.34	1.3	Charles			4	NAC/2	Santo Domingo DOM	Jul 08
6.32	0.8	Falaiye			2	CanC	Ottawa	Aug 05
6.31	1.1	Falaiye			1	TucE	Tucson AZ	May 20
6.30	1.7	Falaiye			4		Baton Rouge LA	Apr 22
6.26	0.9	Charles			8	NCAA	Sacramento CA	Jun 08
6.26	1.9	Charles			12q	NCAA	Sacramento CA	Jun 07
6.23	0.6	Charles			4		Coral Gables	Apr 15
6.23	0.6	Yvonne Mensah	BC	85	1		Champaign ILL	Apr 22
6.23	0.9	Ruky Abdulai	BC	85	2	CanC	Ottawa	Aug 05
6.21	0.9	Mensah			1	Big 10	East Lansing MI	May 13
6.19	-0.1	Jessica Zelinka	ON	81	h	Achps	Edmonton	Jul 15
6.18	0.4	Charles			5a	TexR	Austin TX	Apr 07
6.15	1.1	Falaiye	ON	78	7		Fort de France FRA	Apr 29
6.12	-0.2	Cristabel Nettey	BC	91	1	BCSG	Kamloops	Jul 30
5.83	0.0	Alecia Beckford-Stewart	ON	87	1	OHSC	Toronto(ET)	Jun 02
5.76	0.8	Sabrina Nettey	BC	90			Langley	Jun 18
5.71	1.3	Janine Polischuk	SK		1		Regina	May 06
5.69	2.0	Alexandra Rozeford	QU	84	1	Hume	Sherbrooke	Jun??
5.67	1.4	Susan Coltman	ON	81	1		Zwolle NED	May 21
5.66	0.0	Adienne Bethune	ON	89	2	OHSC	Toronto(ET)	Jun 02
5.53	0.9	Jen Cotten	ON	87	1		Windsor	Jun 04

Wind Aided - No Wind / Vent no legal au sans d'information du vent

6.79	2.1	Abdulai			1	NAIA	Fresno	May 26
6.69	3.0	Falaiye			1		Donnas ITA	Jun 18
6.59	4.0	Charles			2	Reg	Greensboro NC	May 26
6.45	2.6	Falaiye			1	Housl	Houston TX	May 06
6.23		Mensah	BC	85	1		Champaigne ILL	Apr 22
6.23	2.5	Zelinka			h		Arles FRA	Jun04
6.15	w	Charles			2	Hurr	Coral Gables	Mar 18
5.59		Neb Zachariah	ON	87	1		Guelph	Jun 04
5.58	nwi	Alanna Pattison	BC	90	1	Dis	Orlando FL	Mar 11
5.46		Natoya Whittingham	ON	85	2		Guelph	Jun 04

Youth

6.12	0.9	C.Nettey(Above)						
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5.76	-0.8	S. Nettey(Above)							
5.48	1.0	Catherine Okoukoni	ON	??	1	OHSC	Toronto(ET)		Jun 02
5.45	1.5	Alanna Pattison	BC	90	1	BCHS	Burnaby		Jun 02
5.45	1.3	Jaime Gittens	ON	89	1	OBMJ	Windsor		Jul 30
5.43	0.0	Camille Richard	BC	87	1	BCJC	Burnaby		Jul 08
5.41	0.0	Samantha Cross	ON	88	3	OHSC	Toronto(ET)		Jun 02
5.37	1.6	Karelle Edwards	ON	90	2	OHSC	Toronto(ET)		Jun 02

Triple Jump / Triple saut

13.94	pcr1.7	Tabia Charles	ON	85	1	Penn	Philadelphia PA		Apr 29
13.70	1.7	Charles			1	NCAA	Sacramento CA		Jun 10
13.62	0.8	Charles			3	NAC	Santo Domingo DOM		Jul 07
13.61	0.0	Charles			1		Winston Salem		Apr 22
13.49	1.2	Charles			2	Reg	Greensboro NC		May 27
13.45	-1.8	Yvonne Mensah	BC	85	1	MidE	Knoxville TN		May 27
13.44	1.5	Charles			1	CanC	Ottawa		Aug 06
13.39	1.8	Charles			1	OC	Ottawa		Jul 03
13.27	0.4	Charles			1q	NCAA	Sacramento CA		Jun 09
13.18	0.8	Charles			1	Peps	Gainesville FL		Apr 01
13.09	-0.8	Charles			2	Gtech	Atlanta GA		May 13
13.00	0.0	Charles			1	TexR	Austin TX		Apr 08
12.82	1.0	Simidele Adeagbo		85	4	MsR	Stanford CA		Apr 15
12.80	2.0	Yvonne Mensah	BC	85	12q	NCAA	Sacramento CA		Jun 09
12.56	1.8	Neb Zachariah	ON	87	1	OC	Ottawa		Jul 03
12.12	1.2	Camille Richard	BC	87	5		Philadelphia		May 06
12.01	-0.5	Natasha Miller	BC	88	1	BCHS	Burnaby		Jun 02
12.00	0.3	Katie Gallagher	BC	88	2	Jrs	Sherbrooke		Jul 23
11.65	0.5	Karen Baerg	AB	83	1	Achps	Edmonton		Jul 15
11.51	0.6	Kimberley Tse	AB	86	1		Calgary		Jun 18

Wind Aided/No Wind / Vent no legal au sans d'information du vent

14.17	3.5	Charles			1	TexR	Austin TEX		Apr 08
13.66	4.9	Adeagbo			1		Eugene OR		Apr 21
13.53		Adeagbo			1	Bush	Eagle Rock CA		Jun 04
12.94	3.0	Yvonne Mensah		85	1	SeaR	Knoxville TN		Apr 15
12.56	2.2	Adeagbo			4	Peps	Gainesville FL		Apr 01
12.28		Zachariah	ON	87	2		Guelph		Jun 04
11.67		Jaime Gittens	ON	89	1	OHSC	Toronto(ET)		Jun 03

Junior

12.56	1.8	Zachariah(Above)							
12.12	1.2	Richard(Above)							
12.00	0.3	Gallagher(Above)							
11.38	1.0	Lydia Steele	ON	88	3	OC	Ottawa		Jul 03

Youth

11.97	-1.1	Tiffany Sprenkels	BC	89	2	BCHS	Burnaby		Jun 02
11.97	-1.0	Jaime Gittens	ON	89	1	LegC	Simon Fraser		Aug 13
11.59	1.6	Catherine Okoukoni	ON	90	2	ONLeg	Timmins		Jul 15
11.39	0.6	Taylor Neely	ON	92	1	OBMJ	Windsor		Aug 30
11.20	-1.1	Chloe Hetherton	SK	92	3	LegC	Simon Fraser		Aug 13
11.09	0.6	Venice Watson	ON	89	5	ONQ	Toronto(MC)		Jun 11
11.08	0.0	Ginnette Reyes	ON	90	2	OHSC	Toronto(MC)		Jun 01
11.04	-0.5	Katherine Murphy	BC	90	4	BCHS	Burnaby		Jun 02
11.01	1.7	Lindsayu Oxy	ON	90	3	OHSC	Toronto(ET)		Jun 01

Shot Put / Poids

16.63		Leija Tunks	ON	76	1		London(ON)		
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15.82	Sultana Frizell	ON	84	1		Ottawa	Jun 17
15.42	Meghan Weaver	ON	85	1	CanC	Ottawa	Aug 05
15.31	Weaver			1		London(ON)	Jul 16
15.26	Frizell			1	OC	Ottawa	Jul 02
15.06	Tunks			2	CanC	Ottawa	Aug 05
14.93	Daisy VanRavenswaay	ON	84	8	West	Provo UT	May 26
14.72	Frizell			1	ONQ	Toronto(MC)	Jun11
14.69	VanRavenswaay			3		Berkeley CA	Apr 22
14.59	Kaitlyn Andrews	ON	88	2	Penn	Philadelphia PA	Apr 27
14.54	VanRavenswaay			6	StanI	Stanford CA	Apr 01
14.54	Van Ravenswaay			7	Pac10	Eugene OR	May 13
14.53	Meghanr			2		Los Angeles CA	Apr 12
14.33	Andrews			1		St Catherines	May 26
14.32	Andrews			2		London(ON)	Jul 16
14.32	Jessica Zelinka	AB	81	h		Gotzis AUT	May 28
14.28	Weaver			11	West	Prov UT	May 26
13.99	Andrews			21q	WJ	Beijing CHN	Aug 15
13.82	Caroline Larose	ON	78	2	OC	Ottawa	Jul 03
13.74	Megann VanderVleet	ON	85	7	NCAA2	Lise IIL	May 26
13.46	Beth Stroud	ON	77	2	ONQ	Toronto(MC)	Jun 11
13.19	Marie Josee Le Jour	QU	79	3		London(ON)	Aug 26
13.00	Ashley Camd	ON	84	1	OBMJ	Windsor	Jul 29
12.93	Stephanie Jackson	ON	85	2	OBMJ	Windsor	Jul 28
12.84	Heather Patterson	ON	86	3	OC	Ottawa	Jul 03
12.67	Chantel Spies	SK	84	1		Lethbridge	May 20
12.67	Dominique Thibault	ON	88	2	Jrs	Sherbrooke	Jul 22
12.63	Laura Macauley	BC	90	1	BCJC	Burnaby	Jul 09
12.62	Jessica Pilling	ON	91	1	LegC	Simon Fraser	Aug 12
12.53	Chelsey Revoy	SK	89?	1	LegC	Simon Fraser	Aug 12
12.52	Jennilee Way	AB	84	1	Achps	Edmonton	Jul 15
12.51	Chelsea Whalen	ON	89	2	LegC	Simon Fraser	Aug 12
12.45	Taryn Suttie	SK	90	2	LegC	Simon Fraser	Aug 12
12.33	Andrea Matteliano	ON	?	1		Toronto(ET)	May 09
12.25	Caitlin Vandodewaard	ON	89	4	LegC	Simon Fraser	Aug 12
12.19	Julie-Ann Labonte	QU	?	4	LegC	Simon Fraser	Aug 12
12.15	Bethany Wachna	ON	88	1		Windsor	May 11
12.15	Nicole Larade	NS	88	1		Port William NS	Jun 07
12.12	Quinn Erickson	BC	91	3	LegC	Simon Fraser	Aug 12
12.07	Diana Lane	ON	88	4		Guelph	Jun 04
12.00	Josee Morneau	MB	74	1	MC	Winnipeg	Jun 25

Junior (4kg)

14.59	Andrews(Above)
12.62	Pilling(above)
12.53	Macauley(Above)
12.53	Reyoy(Above)
12.45	Suttie(Above)
12.25	Vandodewaard(Above)
12.19	Labonte(Above)
12.15	Wachna(Above)
12.15	Larade(Above)
12.07	Lane(Above)

Youth (4kg)

12.63	Macauley(Above)
12.62	Pilling(Above)
12.53	Reyoy(Above)
12.45	Suttie(Above)
12.25	Vandodewaard(Above)

12.19 Labonte(Above)
12.12 Erikson(Above)

Discus / Disque (1kg)

51.98	Marie-Josée Le jour-McDonagh	QU	79	1		Ottawa	Aug 09
51.39	Le Jour McDonald			1		London(ON)	Aug 26
51.26	Novelle Murray	BC	84	2	NAC	Santo Domingo DOM	Jul 08
50.90	Murray			1		Honolulu HI	May 06
50.85	Le jour-McDonagh			1	CanC	Ottawa	Aug 05
50.42	Le Jour McDonald			13		La Jolla CA	Apr 22
48.45	Emily Turland			1		Louisville KY	Apr 22
48.45	Marie-Josée Le			1	Hume	Sherbrooke	Jun ??
47.53	Leija Tunks	ON	76	1		London(ON)	Sep 09
47.12	Chantel Spies	SK	84	1		Lethbridge	May 20
46.68	Meghan Weaver	ON	85	4	WAC	Honolulu HI	May 13
46.14	Daisy Ravenswaay	ON	84	2	Math	San Franciscol	Apr 08
44.02	Sultana Frizell	ON	84	3		London(ON)	Aug 26
43.35	Megann VanderVliet	ON	85	1	Miaa	Albion MI	May 05
43.15	Myriam Dumont-Breton	QU	88	1	Jrs	Sherbrooke	Jul 22
43.04	Kailyn Andrews	ON	88	1	OHSC	Toronto(ET)	Jun 01
42.02	Dana Bee	ON	89	1	OBMJ	Windsor	Ju 29l
41.84	Laura MacCauley	BC	90	1q	Jrs	Sherbrooke	Jul 21
41.27	Lara Ter Laak	BC		2	Jrs	Sherbrooke	Jul 22
41.08	Jenilee Way	AB	84	1	Achps	Edmonton	Jul 15
40.49	Caitland Vandodewaad	ON	89	2	OBMJ	Windsor	Jul 27
40.22	Ashley Camden	ON	84	1	OBMJ	Windsor	Jul 30
39.87	Elizabeth MacDonald	NB	88?	4	Jrs	Sherbrooke	Jul 22
39.63	Danielle Harvat	ON	?	2	OHSC	Toronto(ET)	Jun 01
39.23	Nicole Larade	NS	88	1		Sackville NS	Jun 17
39.14	Alanna Kovacs	ON	90	2	OnLeg	Timmins	Jul 15
38.37	Isabelle Boudreau	QU	89	3h	Jrs	Sherbooke	Jul 21
38.10	Cara Marcantonio	ON	88	2	Mehoc	Ohio	Apr 01

Junior (1kg)

43.15 Dumont-Breton(Above)
43.04 Andrews(Above)
41.84 MacCauley(Above)
41.27 Ter Laak(Above)
40.49 Vandodewaad(Above)
39.87 MacDonald(Above)
39.23 Larade(Above)
39.14 Kovacs(Above)

Youth (1kg)

42.02 Bee(Above)
41.84 MacCauley(Above)
39.87 MacDonald(Above)
39.14 Kovacs(Above)
38.37 Boudreau(Above)

Hammer / Marteau (4kg)

68.09	Jennifer Joyce (68.09, F, F, 66.18, 66.45, F)	BC	80	3	Pre	Eugene OR	May 28
67.29	Joyce (F, 67.29, F, 64.93, 65.94, 65.83)			2	CG	Melbourne	Mar 20
66.47	Joyce			2	Bush	Eagle Rock CA	Jun 04
66.34	Crystal Smith	BC	81	1		Bloomington IN	Apr 08
66.30	Smith			1	Gina	Hillsdale MI	Apr 30
66.08	Joyce			3		Eugene OR	Aug 08

66.06	Joyce			2		Melbourne AUS	Mar 09
65.82	Smith			1		New Jersey	Jun 02
65.29	Joyce			2	ModR	Modesto CA	May 06
65.00	Joyce			7		Tallin EST	Aug 15
63.63	Sultana Frizell	ON	84	1		Ottawa	Aug 09
63.39	Frizell			1		London(ON)	Aug 26
62.43	Frizell			1		Ottawa	Aug 16
61.74	Frizell			1	LegG	Ottawa	Jun 17
61.74	Megan Reid	SK	83	1		Calgary	Jun 18
60.92	Frizell			1	ONQ	Toronto(MC)	Jun10
60.61	Frizell			4	NAC	Santo Domingo DOM	Jul 07
60.55	Frizell			2	OC	Ottawa	Jul 03
60.28	Reid			1		Lethbridge	May 19
59.22	Emily Turland			6	Penn	Philadelphia PA	Apr 27
57.92	Reid			1		Lethbridge	May 20
57.37	Marie-Eve Boisselle	QU	86	5	CanCh	Ottawa	Aug 05
55.99	Rochelle Kokayko	BC	87	3	YellJ	Atlanta GA	Mar 31
54.96	Meghan Weaver	ON	85	12		La Jolla CA	Apr 22
54.86	Jenilee Way	AB	84	1	Achps	Edmonton	Jul 15
54.84	Emma MacCorquodale	BC	90		GsthW	Albuquerque NM	Jun 03
52.37	Andrea Engelmann	BC	83	1	Craven	Burnaby	Jul 09
52.31	Heather Steacy	AB	88	1	ABC	Edmonton	Jul 08
52.10	Catrina Chisholm	BC	85	2	Heps	Philadelphia PA	May 06
50.85	Chisholm			2		Richmond	Jun 06
51.85	Raelene Warren	AB	78	1		Lethbridge	Jun 11
51.12	Chelsea Payne	BC	87	15	PomP	Claremont CA	Apr 14
50.97	Anita Sudefeld	MB	73			Winnipeg	Jun 07

Junior (4kg)

55.99	Kokayko(Above)						
54.84	MacCorquodale(Above)						
52.31	Steacy(Above)						
51.12	Payne(Above)						

Youth (4kg)

54.84	MacCorquodale(Above)						
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Javelin / Javelot (600g)

54.24	Krista Woodward	BC	84	3	NCAA	Sacramento CA	Jun 09
	50.25, 47.27, 54.24, f, 47.92, f						
53.63	Woodward			1		Athens GA	Apr 22
	48.42, F. 48.16, 53.63, 50.50, 51.63						
53.54	Woodward			1	CanC	Ottawa	Aug 05
51.78	Dominique Bilodeau	QU	79	2	CanC	Ottawa	Aug 05
51.71	Vannessa Roelofsen	ON	85	1	Gina	Hillsdale MI	Apr 29
51.67	Roelofsen			2		Akron OH	May 06
51.58	Woodward			1	ClemR	Clemson SC	Mar 24
51.26	Woodward			1	YellJ	Atlanta GA	Apr 01
51.22	Woodward			1		Burnaby	Jun 29
51.04	Woodward			1	Ginv	Athens GA	May 06
50.86	Elizabeth Gleadle	BC	88	1	Jrs	Sherbrooke	Jul 22
50.85	Roelofsen			1		Miami OH	Apr 08
50.26	Gleadle			2		Burnaby	Jun 29
49.99	Alana Redfern	BC	83	6	MidW	Austin TX	May 26
48.87	Gleadle			12q	WJ	Beijing CHN	Aug 15
48.77	Redfern			1		Baton Rouge LA	Apr 22
48.48	Gleadle			1		Richmond	Jun 06
48.29	Gleadle			8	MsR	Walnut CA	Apr 14

48.22	Roslyn Lundeen	BC	83	4	Pac10	Eugene OR	May 14
48.08	Gleadle			12	WJ	Beijing CHN	Aug 19
47.03	Amy Tiffin	ON	84	3	CanC	Ottawa	Aug 05
45.07	Bethanie Wachna	ON	88	1		Windsor	May 10
44.10	Nicolle Fraser	BC	90	1	LegC	Simon Fraser	Aug 12
43.67	Kelsey Best	NS	86	1		Port William NS	Jul 18
43.66	Zelinka			h		Arles FRA	Jun 04
43.57	Caroline Larose	ON	78	2	OC	Ottawa	Jul 03
43.47	Sultana Frizell	ON	84	3	OC	Ottawa	Jul 03
42.81	Sarah Collins	ON	87	2	Lund	Kingston	Apr 28
42.40	Jessica Bond	QU	88	1	OC	Ottawa	Jul 03
42.00	Maggie Mullen	ON	89	1	OBMJ	Windsor	Jul 27
41.84	Laura Macauley	BC	90	1q	Jrs	Sherbrooke	Jul 21
41.69	Jessica Bussey	NS	?	2	LegC	Simon Fraser	Aug 12
40.71	Janet Wong	BC	88	3	BCHS	Burnaby	Jun 04
40.65	Michelle Baird	ON	87	2		Liberty VA	Mar 11
40.61	Brook Phigin	BC	89	4	BCHS	Burnaby	Jun 04
40.52	Kristie Redlick	SK	92	1	LegC	Simon Fraser	Aug 13
40.30	Tricia Palmer	AB	82	1	Achps	Edmonton	Jul 15
39.84	Susan Coltman	ON	81			Sittard NED	May 25
39.64	Kate Weston	ON	88	3		Windsor	Apr 29

Junior (600g)

50.86	Gleadle(Above)
45.07	Wachna(Above)
42.81	Collins(Above)
42.40	Bond(Above)
42.00	Mullins(Above)
41.84	Macauley(Above)
40.71	Wong(Above)
40.65	Baird(Above)
40.61	Phigin(Above)
39.64	Weston(Above)

Youth (600g)

44.10	Fraser(Above)
42.00	Mullins(Above)
41.84	Macauley(Above)
41.69	Bussey(Above)
40.52	Redlick(Above)

Heptathlon (0.84)

6314 pcr	Jessica Zelinka	AB	81	4		Gotzis AUT	May 28
	13.31, 1.76, 14.32, 24.22(3781)6.19, 41.52, 2:12.48(-0.1, -2.1, -0.1)						
6314w	Zelinka			1		Arles FRA	Jun 04
	13.10, 1.72, 13.36, 23.53(3765)6.23, 43.66, 2:15.23(4.5, 8.3, 2.5)						
6213 pcr	Zelinka			4	CG	Melbourne AUS	Mar 22
	13.08, 1.76, 14.18, 24.03()5.78, 39.22, 2:10.75(2.0, 0.9, -1.2)						
5965	Zelinka			1	Srs	Sherbrooke	Jul 21
	13.71, 1.69, 13.82, 24.21(3605)5.76, 42.85, 2:17.28(-1.4, 1.9, 0.6)						
5960	Zelinka			7	Multi	Talence FRA	Sep 16
	13.56 1.72 12.62 24.3 ()6.10 42.57 2:20.82(-0.2, 2.5, -0.2)						
5289	Susan Coltman	ON	81	5	NACAC	Puerto Rico	Aug 27
	14.65, 1.70, 11.85, 25.69, 5.62, 34.75, 2:24.04(3.1, 1.7, 1.5)						
5287	Jillian Drouin	ON	86	2	Beast	Storrs CT	May 06
	14.24, 1.71, 11.57, 25.54()5.73, 36.97, 2:33.76), (2,2, 0.3, -1.3)						
5258	Coltman	ON	81	2	Snr	Sherbrooke	Jul 21
	14.52, 1.69, 11.82, 25.34(3253)5.62, 32.29, 2:25.56 (-1.4,1.9,1.0)						

5240	Brianne Theisen	SK	88	1	Jrs	Sherbrooke	Jul 21
	14.72, 1.69, 10.16, 25.47(3105)5.38, 40.32,2:21.93(-1.4,1.9,0.0)						
5149	Brianne Theisen		88	17	WJ	Beijing CHN	Aug 19
	14.67, 1.65, 9.87, 25.63(3032)5.66, 36.52, 2:24.08(-0.8,0.3, -0.1)						
4954	Drouin			1	Hurr	Miami FL	Mar 17
	14.86, 1.72, 11.82, 26.08()5.25, 34.32, 2:38.55(0.2, 0.0, 2.3)						
4923	Drouin			24	NCAA	Sacramento CA	Jun 10
	14.61 1.78 10.85 26.36()5.10 34.10 2:39.00(-0.5, -2.4, -0.7)						
4886	Trish Palmer	AB	82	3	Srs	Sherbrooke	Jul 21
	16.38, 1.51, 11.18, 26.01(2703)5.21, 45.13, 2:21.73(-2.2,3.8,0.0)						
4877	Veronique Fortin	QU	78	4	Srs	Sherbrooke	Jul 21
	15.07, 1.54, 11.76, 26.04(2937)5.20, 38.69, 2:30.68(-1.4, 1.9, 0.5)						
4780	Palmer			1	ONQ	Toronto(MC)	Jun 12
4776	Palmer			1		Calgary	May 14
	15.81, 1.54, 10.13, 26.62()5.24, 40.17, 2:22.27(3.4, -0.1, -1.5)						
4599	Annick Baragengana	QU	86	1	Hume	Sherbrooke	Jun 16
	15.64, 1.70, 10.09, 27.02()5.79, 21.27, 2:34.25(4.5, 1.4, 4.3)						
4582	Shellie Mcparland	ON	85	5	Srs	Sherbrooke	Jul 21
	15.40, 1.54, 10.42, 27.04(2701)5.11, 31.08, 2:23.63(-2.2,3.8,0.5)						
4567	Cotten			1		Toronto(MC)	Jun 12
	15.08 1.56 9.58 26.55() 05.12 22.38 2:16.59(1.1, -0.2, 0.0)						
4533	Cloe Hewitt	BC	85			Auza CA	Apr 12
4481	Jessica Massicotte	QU	86	2	Hume	Sherbrooke	Jun 16
	16.10, 1.67, 10.55, 28:.23()5.35, 32.98, 2:38.32(4.5, 1.4, 1.8)						
4417	Diana Gruber	AB		2		Calgary	May 14
	14.84, 1.60, 9.95, 26.17()5.44, 23.75, 2:49.54(3.4, -0.1, -0.8)						
4330	Chelsea Valois	SK	87	1		Calgary	May 14
	15.90, 1.57, 10.46, 26.41(2762)5.00, 25.39, 2:36.03(1.2, 3.8, 1.3)						

Junior (0.84)

5240	Theisen(Above)						
5149	Theisen(Above)						
4795	Jen Cotten	ON	87	2	Jrs	Sherbrooke	Jul 21
	(14.67, 1.54, 9.08, 26.05(2814)5.48, 26:26,2:15.86(-1.4,3.8,0.0)						
4690	Alecia . Beckford-Stewart	ON	87	3	Jrs	Sherbrooke	Jul 21
	(15.06, 1.63, 11.49, 26.21(3011)5.42, 28.63, 2:41.96(-1.4,1.9,0.6)						
4458	Pascale Deslisle	QU	87	1	Hume	Sherbrooke	Jun ??
	15.14, 1.58, 10.24, 26.73()5.32, 25.38, 2:37.08(4.5, 1.4, 4.4)						
4378	Katie Gallagher	BC	88	1	BCHS	Burnaby	Jun 02

4330 Valois(Above)

Youth (0.762)

4784	Adrienne Bethune	ON	84	1	ONLeg	Timmins	Jul 14
4502	Bethune			1	LegC	Simon Fraser BC	Jul 12
4499	Alana Pattison	BC	90	2	LegC	Simon Faser	Aug 12
4428	Pattison			1	BCchp	Nanaimo	Jul 01
4409	Katherine Murphy	BC	90	2	BCchp	Nanaimo	Jul 01

