



**CANADIAN OUTDOOR RANKINGS  
STATISTIQUES EN PLAIN AIR 2005  
- WOMEN / FEMMES -**

**Jan 20 2006 / Dernier mis à jour: Jan 20 2006**

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(Updates/corrections gratefully received/ Les corrections sont toujours bienvenues)

**100m**

11.35	0.6	Toyin Olupona	ON	83	1	Chps	Winnipeg	Jul 15
11.37	-0.6	Olupona			3	Mideast	Bloomington IN	May 28
11.40	0.2	Olupona			1h2	SeaR	Knoxville TN	Apr 15
11.41	0.0	Olupona			5	NCAA	Sacramento CA	Jun 10
11.42	-0.4	Olupona			1s1	NCAA	Sacramento CA	Jun 08
11.44	-0.3	Olupona			5h1	NCAA	Sacramento CA	Jun 08
11.45	1.6	Erica Broomfield	ON	77	1h2	OSGT	Ottawa	Jul 02
11.47	0.0	Olupona			1	SeaR	Knoxville TN	Apr 15
11.48	0.5	Broomfield			1r1		Modesto CA	May 07
11.48	0.6	Olupona			5	SEC	Nashville TN	May 15
11.48	-1.6	Olupona			2	Mideast	Bloomington IN	May 27
11.55	1.6	Genevieve Thibault	QU	86	2h2	OSGT	Ottawa	Jul 02
11.57	2.0	Yvonne Mensah	BC	85	3h	Chps	Winnipeg	Jul 15
11.57	0.1	Olupona			7h3	WC	Helsinki FIN	Aug 08
11.59	2.0	Adrienne Power	NS	81	4h	Chps	Winnipeg	Jul 15
11.61	1.0	Olupona			3h8	WC	Helsinki FIN	Aug 07
11.62	0.2	Keri-Ann Mitchell	ON	83	5	Big 12	Manhattan KS	May 15
11.67	0.6	Thibault			5	Chps	Winnipeg	Jul 15
11.68	1.8	Daniella Carrington			6r2		Modesto CA	May 07
11.68	1.9	Ashley Purnell	ON	83	3h1	Pac10	Los Angeles CA	May 14
11.68	1.8	Daniella Vega	ON	80	6h2		Modesto CA	May 07
11.65	0.6	Mensah			3	Chps	Winnipeg	Jul 15
11.71	1.8	Mensah			2h4	Drake	Des Moines IA	Apr 29
11.71	0.1	Mitchell			4h1	Midwest	Norman OK	May 27
11.72	0.2	Pricilla Lopes	YN	82	7	Big12	Manhattan KA	May 15
11.75	1.4	Jocelyn Adu-Gyumfi	ON	81	1		Toronto(MC)	Jun 12
11.76	0.2	Mensah			6	Big 12	Manhattan KS	May 15
11.77	0.7	Purnell			3	StanD	Stanford CA	Mar 26
11.77	-0.1	Purnell			7	Pac10	Los Angeles CA	May 15
11.77	0.2	Lopes			7	Big 12	Manhattan KS	May 15
11.78	1.5	Kimberley Hyacinthe	QU	89	4h8	WYC	Marrakech	Jul 13
11.79	2.0	Karlyn Serby	SK	81	9h	Chps	Winnipeg	Jul 15
11.79	2.0	Nicole Buchholz	SK	82	8h	Chps	Winnipeg	Jul 15
11.80	0.8	Esther Akinsulie	ON	84	1	CG	Regina	Aug 15
11.83	0.7	Adu-Gyamfi			1		Toronto(MC)	Jul 12
11.84	1.6	Jessica Czaikowski	ON	84	1h1	Duke	Durham NC	Apr 09
11.84	0.0	Czaikowski			2	BigE	Piscataway NJ	May 08
11.84	1.2	Asha James	ON	79	2		Toronto(MC)	Jun 12
11.90	1.6	Marie-Eve Dugas	QU	85	1	CC	Montreal(CR)	Jul 02
11.91	0.0	Krysha Bayley	BC	84	4h1	SecC	Nashville TN	May 14
11.91	1.8	Martine Cloutier-Leblanc	QU	80	11h	Chps	Winnipeg	Jul 15
11.93	1.4	Whitney Wellington	BC	88	3h6	WYC	Marrakech	Jul 14

11.98	1.4	Rhonda-Kaye Trusty	ON	88	1		Toronto(MC)	Jun 12
12.00	1.3	Tabia Charles	ON	85	6h1		Miami FL	Apr 16
12.01	0..7	Billie Whitegibson	BC	88	2h	RCLC	Edmonton	Aug 06
12.02	1.2	Davia Allen	ON	85	3		Toronto(MC)	Jun 12
12.03	1.6	Marie-Andre Leblanc	QU	82	2h1		St Laurent	Jun 11
12.05	0.8	Vernee Samuel	ON	82	1		Moscow ID	May 07
12.06	-1.6	Chantelle Vernon	ON	82	2h3		Cullowhee NC	Apr 30
12.07	1.6	Tasha Monroe	ON	81	3h1	MSac	Walnut CA	Apr 17
12.12	1.4	Nikkita Holder	ON	87	2		Toronto(MC)	Jun 12
12.12	1.2	Leanne Huck	NS	84	3h2	CG	Regina	Aug 15
12.14	0.9	Teneshia Peart	AB	86	5h1	PomP	Claremont CA	Apr 15
12.17	-1.0	Omoye Ugiagbe	ON	87	2	HSC	LaSalle	Jun 03
12.17	0.4	Sherraine Pencil	ON	85	6h1		Walnut CA	Apr 16
12.18	1.2	Mavis Ayippey	ON	76	4		Toronto(MC)	Jun 12

### Wind/No Wind Info

11.30	3.8	Olupona			1h1	Chps	Winnipeg	Jul 15
11.38	3.7	Broomfield			1		Ottawa	Jul 02
11.48	3.7	Thibault			2		Ottawa	Jul 02
11.49	3.4	Broomfield			3h1	Gold	Baton Rouge LA	Apr 23
11.52	2.5	Mensa			2h1	Big10	Columbus OH	May 14
11.53	3.7	Mitchell			2h1	Big 12	Manhattan KS	May 14
11.53	3.7	Lopes			3h1	Big12	Manhattan KS	May 14
11.66	3.2	Mitchell			3h6		Arlington TX	Apr 02
11.68	3.7	Adu-Gyumfi			3		Ottawa	Jul 02
11.74	2.9	Hyacinthe		89	1	RCLC	Edmonton	Aug 06
11.85	5.4	Vernon			4		Cullowhee NC	May 01
11.87	2.9	Whitegibson		88	2	RCLC	Edmonton	Aug 06
11.94	2.4	Peart			3		Calgary	May 26
11.98a	3.5	Marium Salifu			1h2	CouG	Provo UT	Apr 01
11.98	3.1	Venolyn Clarke	ON	68	3h1		Ottawa	Jul 02
11.99	2.8	Charles			4h2	ACC	Tallahassee FL	Apr 22

### Junior

11.56	1.6	Thibault(Above)						
12.12	1.4	Holder(Above)						
12.14	0.9	Peart(Above)						
12.17	-1.0	Ugiagbe(Above)						

### Youth

11.55	1.6	Thibault(Above)						
11.78	1.5	Hyacinthe(Above)						
11.93	1.4	Wellington(Above)						
11.98	1.4	Trusty(Above)						
12.01	0.7	Whitegibson(Above)						
12.10	1.2	Allison Howatt	NB	88	2h2	CG	Regina	Aug 15
12.19	1.4	Chantal Grant	MB	89	3h3	CG	Regina	Aug 15
12.24	0.7	Natalia Issajenko	ON	89	6h	RCLC	Edmonton	Aug 06
12.26	1.5	Loudia Laarman	AB	88	1h	RCLC	Edmonton	Aug 06
12.30	1.4	Athena McBean	ON	89	3		Toronto(MC)	Jun 12
12.31	0.7	Alyson Howatt	QU	88	4h3	FGames	Naimey NIG	Dec 11
12.32		Jenni Hucul	SK	88	6h2		Houston TX	Apr 30

### Resident Foreigner

11.70	2.6	Kaltouma Nadjina	AB/Chad		1		Calgary	May 22
11.78	1.5	Winnet Dube	AB/ZIM		72		Calgary	Jun 26
11.85	0.5	Dube	AB/ZIM		3		Eagle Rock CA	Jun 05

### 200m

23.43	1.9	Ashley Purnell	ON	83	3h3	Pac10	Los Angeles CA	May 14
23.47	0.0	Erica Broomfield	ON	77	1	Meagh	Halifax	Jul 24

23.53	-2.2	Purnell			2h2		Eugene ORE	May 27
23.62	0.2	Adrienne Power	NS	81	6s1	FISU	Izmir TUR	Aug 18
23.64	1.5	Power			1h4	Gold	Baton Rouge LA	Apr 23
23.66	0.8	Power			3h3	FISU	Izmir TUR	Aug 17
23.72	0.8	Purnell			2h2	StanD	Stanford CA	Mar 26
23.77	-0.5	Esther Akinsulie	ON	84	1	CG	Regina	Aug 18
23.82	0.0	Akinsulie			3=	Meagh	Halifax	Jul 24
23.82	0.0	Power			3=	Meag	Halifax	Jul 24
23.88	1.4	Krysha Bayley	BC	84	5h1	YellJ	Atlanta GA	Apr 03
23.90	-0.2	Purnell			6	Pac10	Los Angeles CA	May15
23.95	1.3	Yvonne Mensah	BC	85	3	JJK	Westwood CA	Apr 08
23.95	0.8	Tasha Monroe	ON	81	3h1	WAC	Tulsa OK	May 14
23.96	1.5	Akinsulie			3		Modesto CA	May 07
24.04	0.1	Genevieve Thibault	QU	86	1	Hume	Sherbrooke	Jun 18
24.06	0.1	Moore			1		Eagle Rock	May 07
24.09	1.2	Jessica Zelinka	AB	81	h	IAAF	Arles FRA	Jun 04
24.12	1.0	Priscilla Lopes	ON	82	7r1	Jacobs	Norman OK	Apr 16
24.13	1.4	Kimberly Hyacinthe	QU	89	3h5	WYC	Marrakech MOR	Jul 16
24.17	1.0	Kerri Ann Mitchell	ON	83	8r1	Jacobs	Norman OK	Apr 16
24.22	0.2	Carline Muir	ON	87	1		Ottawa	Jul 03
24.27a	-0.3	Nicole Buchholz	SK	82	1		Calgary	May 15
24.34	1.3	Atia Weekes	AB		3h1	PomP	Claremont CA	Apr 15
24.34	1.8	Karlyn Serby	SK	81	3		Houston TX	Apr 30
24.36	2.0	Leblanc			1		St Laurent	Jun 12
24.52	0.0	Martine Cloutier-Leblanc	QU	80	5	Meagh	Halifax	Jul 24
24.54	1.4	Hyacinthe			1		St Laurent	Jun 22
24.55	-0.5	Lauren Seibel	BC	82	31	CG	Regina	Aug 18
24.58	1.3	Teneshia Peart	AB	86	4h1	PomP	Claremont CA	Apr 15
24.59	0.2	Asha James	ON	79	2		Hamilton	Jun 18
24.65	0.2	Alecia Brown	ON	85	3		Hamilton	Jun 18
24.69	0.7	Deana Sullivan	AB	88	3h2	WYC	Marakech	Jul 16
24.89	-2.3	Omaye Ugiagbe	ON	87	2	HSC	LaSalle	Jun 04
24.90a	0.6	Michelle Banga	AB	87	4		Calgary	May 22
24.93	0.7	Whitney Wellington	BC	88	1	MSac	Walnut CA	Apr
24.93	1.8	Sherraine Pencil	ON	85	2h2	Scott	Irvine CA	Apr 30
24.96	-3.1	Danielle McFadyen	SK	84	2		Regina	Jun 25
24.99a	0.4	Aimee McMillan	AB	84	4	ABCChps	Calgary	Jun 25
25.01	0.4	Natasha Issajenko	ON	89	4		Toronto(MC)	Jun 12
25.03	-2.9	Hyacinthe			1h		White Plains NY	May 13
25.03	1.1	Charlotte Plummer	ON	77	3h2		Ottwa	Jul 03
25.06	-1.0	Melissa Jeremy	AB	85	1h		Calgary	Jun 19
25.21	0.4	Shanica London	ON	86	5		Toronto(MC)	Jun 12
25.30	1.1	Corri Fell	BC	87	h		Abbotsford	May 27
25.30	-0.8	Athena McBean	ON	89	1		Toronto(MC)	Aug 07
25.31	-3.1	Brianne Thiesen	SK	88	3h	SKG	Regina	Jun 25
25.32	-0.3	Amber Mosewich	SK	84	3		Calgary	May 15
25.32	-0.5	Rebecca Johnston	ON	89	1h2	HSC	LaSalle	Jun 04
25.32	1.2	Amonn Nelson	AB	88	1		Calgary	Jun 19
25.34	1.2	Kari Roed	AB	87	3		Calgary	Jun 19
25.36	-0.6	Sabrina Nettey	BC	90	1		Suirrey	Apr 23
25.36	1.3	Natalie Geiger	ON	90	6		Toronto(MC)	Jun 12

#### Wind/No Wind Info

23.41	2.4	Power	NS		1	Chps	Winnipeg	Jul 17
23.45		Ashley Purnell	ON	83	5	West	Eugene ORE	May 28
23.56	2.8	Broomfield	ON	77	1h	Chps	Winnipeg	Jul 17
23.68	2.7	Toyin Olupona	ON	83	5	Gator	Knoxville TN	Apr 09
23.68	2.4	Ester Akinsulie	ON	84	3	Chps	Winnipeg	Jul 17
24.00	2.2	Mitchell			5h5	TCU	Fort Worth TX	Ar1 23
24.04	2.2	Hyacinthe		89	4h3	WYC	Marrkech MAR	Jul 16
24.46	3.1	Cloutier-Leblanc			1		St Laurent	Jun 12
24.53		Whitney Wellington	BC	88	1		Surrey	May 06
24.64	3.1	Vernee Samuel	ON	82	1	McD	Moscow ID	Apr 16

24.66	3.1	Marie-Andree Leblanc	QU	82				
24.73	2.9	Rose Glowacka			h	PomP	Claremont CA	Apr 15
24.75		Rowena Hamlet	ON	81	1		Edinburg	Mar 19
24.81		Emily Johnson	ON	87	2		Clarmont FL	Mar 19
25.19		Chantal Grant	MB	89	3		Clarmont FL	Mar 19
25.22	6.2	Kia James			3h5	Gold	Baton Rouge LA	Apr 23

### Junior

24.04	0.1	Thibault(Above)						
24.22	0.2	Muir(Above)						
24.58	1.3	Peart (Above)						
24.81		Johnson(Above)						
24.89	-2.3	Ugiagbe(Above)						
24.90	0.6	Banga(Above)						
24.94	1.9	Pencil(Above)						
25.21	0.4	London(Above)						
25.30	1.1	Fell(Above)						
25.34	1.2	Roed(Above)						

### Youth (World Youth Std-24.84)

24.13	1.4	Hyacinthe(Above)						
24.69	0.7	Sullivan(Above)						
24.93	0.7	Wellington(Above)						
25.01	0.4	Issajenko(Above)						
25.19		Grant(Above)						
25.30	-0.8	McBean(Above)						
25.31	-3.1	Thiesen(Above)						
25.32a	1.2	Nelson(Above)						
25.32	-0.5	Johnston(Above)						
25.32	1.2	Nelson(Above)						
25.36	-0.6	Nettey(Above)						
25.36	1.3	Geiger(Above)						

### Resident Foreigner

23.20a	1.9	Kaltouma Nadjina	AB/Chad		1		Calgary	Jun 19
24.58	1.3	Ruky Abdulai ?	AB		h	PomP	Claremont CA	Apr 15
24.08	0.4	Winnet Dube	AB/ZIM	72	5			Jun 26

### 400m

52.38		Carline Muir	ON	87	2	PAJ	Windsor	Jul 30
52.74		Muir			1		Toronto	May 28
52.91		Muir			1h	Chps	Winnipeg	Jul 15
52.91		Muir			3h1	PAJ	Windsor	Jul 30
53.29		Muir			1h1		Ottawa	Jul 02
53.35		Muir			1	HSC	LaSalle	Jun 03
53.41		Esther Akinsulie	ON	84	1	CG	Regina	Aug 16
53.42		Muir			1		Toronto	May 20
53.81		Tasha Monroe	ON	81	1		Eagle rock CA	May 07
53.88		Akinsulie			1	Chps	Winnipeg	Jul 16
53.96		Monroe			2h2	WAC	Tulsa OK	May 14
53.99		Patricia Mayers	ON	85	2	JUCO	Levelland TX	May 18
54.17		Akinsulie			1		Toronto(MC)	Aug 06
54.22		Charlotte Plummer	ON	77	1		Ottawa	Jul 02
54.32		Akinsulie			1		Toronto(MC)	Jun 12
54.52		Monroe			1h2		Ottawa	Jul 02
54.57		Lauren Seibel	BC	82	2h	Chps	Winnipeg	Jul 15
54.61		Samantha George	ON	76	1		Athens GA	May 07
54.62		Tawa Dortch	BC	79	4	Jerome	Burnaby	Jun 14
54.82a		Deanna Sullivan	AB	88	1		Calgary	Jun 19
54.83		Mayers			3		Lincoln NE	May 07

54.93	Danielle Kot	AB	79	5	TigR	Baton Rouge LA	Mar 26
55.04	Foy Williams	ON	73	6h	Chps	Winnipeg	Jul 15
55.10	Caitlin Bailey	ON	88	1h1	CanJ	Montreal(CR)	Jul 08
55.28	Mayers	ON	85	1	Tiger	Arkansas KS	Apr 02
55.32	Mayers			3	Wood	Wichita KS	Apr 16
55.37	Omoye Ugiagbe	ON	87	2	HSC	LaSalle	Jun 03
55.54	Sullivan			3h3	WYC	Marrakech	Jul14
55.54	Seibel			6	FGames	Naimey NIG	Dec 12
55.56	Bailey Lewis	ON	86	2h2	CanJ	Montreal(CR)	Jul 08
55.61	Sullivan			7s2	WYC	Marakech	Jul 14
55.64	Ashley Purnell	ON	83	1	Card	Stanford CA	May 01
55.64	Natalie Geiger	ON	90	3	CanJ	Montreal(CR)	Jul 09
55.80	Martine Cloutier-LeBlanc	QU	80	4		Ottawa	Jul 02
55.97	Alecia Brown	ON	85	2		Toronto(MC)	Jun 12
55.98	Tamisha Rose	ON	82		NAIA	Louiseville KY	May 28
56.06	Mandy Upuu	BC	82	2		Eagle rock CA	May 07
56.11	Sharon Drake	MB	83	7h	Chps	Winnipeg	Jul 15
56.15	Corri Fell	BC	87	1	HSC	Burnaby	Jun 02
56.30	Melissa Bishop	ON	88				May
56.32	Rebecca Johnston	ON	89	1	HSC	LaSalle	Jun 03
56.39	Grace Dunnigan	BC	83	2	PomP	Claremont CA	Apr 15
56.43	Lauren Welch	BC	85	2		Burnaby	Apr 30
56.65	Whitney Wellington	BC	88	2	HSC	Burnaby	Jun
56.50a	Holly Ratzlaff	AB	84	2		Calgary	Jun 19
56.74	Emilie Venturelli	QU	82	8h	Chps	Winnipeg	Juk 15
56.79	Amber Mosewich	SK	84	1	SKG	Regina	Jun 26
56.82	Jennifer Perrault	ON	88	1		St Catharines	Jul 15
56.84	Erin Payne	BC	87	1s15	BCChps	Abbotsford	Jul 25
56.86	Brianna Kane	BC	89	3	HSC	Burnaby	Jun 03
56.86	Carrah Bouma	AB	84	2		Calgary	Jun 26
57.01	Stephanie Romanson	MB	90	1	RCLC	Edmonton	Aug 06
57.03	Maddie Buttinger	ON	89	2	HSC	LaSalle	Jun 03
57.15	Christiane Lela	AB	88	1		Regina	Jul 23
57.21	Dianna Boultsbee	ON	91	4h1	CanJ	Montreal(CR)	Jul 08
57.29	Kailey Jasper	ON	88	5h1	CanJ	Montreal(CR)	Jul 08
57.34	Marie Rose Jarry	QU	??	1b	CG	Regina	Aug 16
57.43	Jennifer Kemp	AB	83	1h6		Long Beach Ca	Apr 16
57.48	Kja Isaacson	MB	85	2		Winnipeg	Jun 26
57.55	Paula McLaughlin	ON	80	6		Ottawa	Jul 02
57.56	Alana Pattison	BC	90	2	RCLC	Edmonton	Aug 06
57.58	Sherraine Pencil	AB	85	6h2		San Diego CA	Apr 23
57.62	Kaitlin Nelson	BC	91	4	HSC	Burnaby	Jun 03
57.68	Raeleen Hunter	AB	87	1	HSC	Edmonton	Jun 03
57.70	Megan Czajkowski	ON	82	10	PomP	Claremont CA	Apr 15
57.74	Sarah Katz	ON	78	6		Toronto(MC)	Jun 12

### Junior

52.38	Muir(Above)
55.37	Ugiagbe(Above)
55.56	Lewis(Above)
56.15	Fell(Above)
56.30	Bishop(Above)
56.84	Payne(Above)
57.68	Hunter(Above)

### Youth (World Youth Std-56.54)

54.82	Sullivan(Above)
55.10	Bailey(Above)
55.64	Geiger(Above)
56.30	Bishop(Above)
56.32	Johnston(Above)
56.65	Wellington(Above)

56.86	Kane(Above)						
57.01	Romanson(Above)						
57.03	Buttinger(Above)						
57.15	Lela(Above)						
57.21	Boultbee(Above)						
57.29	Jasper(Above)						
57.56	Pattison(Above)						
57.68	Hunter(Above)						
57.74	Perrault(Above)						
57.76	Jennie Biewald	ON	88	1		Toronto(MC)	Aug 06
57.84	Aimee Gore	ON	88?	1	RCL	Kitchener	Jun 18
57.62	Nelson(Above)						

### Resident Foreigner

51.44	Kaltouma Nadjina	AB/CHAD	76	1	Jerome	Burnaby	Jun 14
54.76	Ruky Abdulai	BC		1		Burnaby	Apr 30

### 800m

2:00.10	Diane Cummins(1st3+2fastest)	BC	74	4s2	WC	Helsinki FIN	Aug 07
2:00.10	Cummins			5		Rieti ITA	Aug 28
2:00.52	Cummins			3		Saville ESP	Jun 04
2:00.58	Cummins			3b		Rome ITA	Jul 08
2:00.72	Cummins			6	IAAF	Athina GRE	Jun 14
2:00.72	Cummins			3		Tallin EST	Aug 16
2:00.97	Cummins			6		Lausanne SWI	Jul 05
2:01.46	Cummins			4		Roverta ITA	Aug 31
2:01.62	Cummins			4	IAAF	Villen. D'Asq FRA	Jun 12
2:01.69	Cummins			3		Hengelo	May 29
2:01.71	Cummins(1st4+4fastest)			7h5	WC	Helsinki FIN	06 Aug
2:01.74	Cummins			4	GP	Doha QA	May 13
2:01.77	Cummins			7	ISTAF	Berlin GER	Sep 04
2:01.90	Aimee Teteris	ON	79	2	Jor	Palo Alto CA	May 30
2:02.17	Kate Vermuelen	BC	76	1		Victoria	May 14
2:02.55	Hilary Edmondson	ON	81	2		Oordegem BEL	Jul 30
2:02.77	Sarah Ali-Khan	QU	83?	1		Malmö SWE	Aug 16
2:02.99	Carmen Douma-Hussar	ON	77	4	NorU	London(CP)	Jul 22
2:03.4	Julia Howard	NF	83	1		Burnaby	Jul 26
2:03.98	Teteris			7a		Leverkusen GER	Jul 23
2:04.10	Vermuelen			4		Tenerife ESP	Jul 30
2:04.26	Teteris			3a		Soria ESP	Jul 27
2:04.28	Vermeulen			4		Soria ESP	Jul 27
2:04.30	Teteris			2	Chps	Winnipeg	Jul 16
2:04.31	Heather Hennigar	NS	73	4	Chps	Winnipeg	Jul 16
2:04.37	Samantha George	ON	76	4r1	Gtech	Atlanta GA	May 14
2:04.61	Vermuelen			1b		Leverkusen GER	Jul 23
2:04.72	Teteris			4	GP	Osaka JAP	May 07
2:04.80	Teteris			2		Victoria	May 14
2:04.92	Rebecca Johnstone	BC	84	1	NAIA	Louisville KY	May 28
2:05.44	Douma-Hussar			1		Colts Neck NJ-USA	Jun 11
2:05.67	Hennigar			1ra		Victoria	Jun 10
2:05.77	Howard			2ra		Victoria	Jun 10
2:05.6	Edmondson			1		Guelph	Jul 08
2:05.78	Teteris			4	Jerome	Burnaby	Jun 14
2:05.79	Johnstone			5	Jerome	Burnaby	Jun 14
2:06.10	Johnstone			1	Forem	Seattle WA	May 14
2:06.20	Jennifer Kemp	AB	83	1	ECAC	Princeton NJ	May 15
2:06.22	Howard			5	Chps	Winnipeg	Jul 16
2:06.23	Hennigar			4	Chps	Winnipeg	Jul 16
2:06.27	Kemp			6h1	NCAA	Sacramento CA	Jun 08
2:06.30	Kemp			1h2	East	New York NY	May 27
2:06.38	George			6	Chps	Winnipeg	Jul 16

2:06.47	Lisa Labreque	ON	77	1		Ottawa	Jul 03
2:06.50	Kemp			1h	ECAC	Princeton NJ	May 14
2:06.57	Hennigar			7		Kingston JAM	May 07
2:06.66	Khan			4	Review	Richmond	Jun 12
2:06.89	Hennigar			2r1	Lafarge	Abbotsford	Jun 16
2:06.92	Megan Brown	ON	85	1	OCGT	Ottawa	Jul 03
2:06.98	Johnstone			4h6	MSac	Walnut CA	Apr 15
2:07.02	Khan			5		Victoria	Jun 10
2:07.04	Howard			5h2	FISU	Izmir Turkey	Aug 17
2:07.09	Brown			1		Toronto(MC)	Jun 21
2:07.19	Johnstone			2	ORE	Eugene OR	Apr 23
2:07.31	Melina Thibodeau	BC	71	1	BCC	Abbotsford	Jun 26
2:07.34	Nicole Edwards	MB	86	4	PomP	Claremont CA	Apr 15
2:07.59	Paula McLaughlin	ON	80	6	Review	Richmaond	Jun 12
2:07.63	Brown			3	Meag	Halifax	Jul 24
2:08.06	Thibodeau			4r1	Lafarge	Abbotsford	Jun 16
2:08.30	Amber Mosewich	SK	84	2		Victoria	Jun 10
2:08.35	Jenni Biewald	ON	88	2	OCGT	Ottawa	Jul 03
2:08.36	Erica Jacobs	ON	85		Penn	Philadelphia PA	Apr 09
2:08.38	Lisa Egami	BC	88	3rb		Victoria	Jun 10
2:08.47	Tanya Wright	AB	81	4rb		Victoria	Jun 10
2:08.57	Courtney Inman	BC	80	6	PomP	Claremont CA	Apr 15
2:08.73	Kate Van Buskirk	ON	87	5	PAJ	Windsor	Jul 30
2:09.01	Raeleen Hunter	AB	87	6	PAJ	Windsor	Jul 30
2:09.15	Lem Lem Bereket	QU	87	1	CanJ	Montreal(CR)	Jul 08
2:09.25	Angela Shaw	BC	89	7rb		Victoria	Jun 10
2:09.30	Leanna MacLean	NS	82	1	CG	Regina	Aug 18
2:09.39	Darolyn Trembath	MB	82	1r2	Lafarge	Abbotsford	Jun 16
2:09.42	Alexandra Krasovska	BC	84	3	Oreg	Eugene OR	Apr 22
2:09.47a	Malindi Elmore	AB	80	2		Calgary	May 31
2:09.57	Caitlin Bailey	ON	88	1	CanJ	Montreal(MG)	Jul 09
2:09.64	Kja Isaacson	MB	85	3		Winnipeg	Jun 26
2:10.13	Tara McKay	ON	87	1		Ottawa	Jul 13
2:10.15	Katie Engel	ON	87	2		Ottawa	Jul 13
2:10.40	Jessica Driscoll	ON	88		OSGT	Ottawa	Jul 03
2:10.43	Heather Sim	AB	85	3	CG	Regina	Aug 18
2:10.54	Rose-Marie Jarry	QU	83	15	Chps	Winnipeg	Jul 15
2:10.64	Edyta Sieminska	SK	81	12	Review	Richmond	Jun 12
2:10.67	Egami			4r2	Lafarge	Abbotsford	Jun 16
2:10.67	Emilie Venturelli	QU	82	1	Hume	Sherbrooke	Jun 19
2:10.71	Shannon Popwich	AB	82			Calgary	May 2
2:11.05	Shannon Elmer	BC	85	7		Long Beach CA	Apr 16
2:11.15	Jessica Zelinka	AB	81	h	WC	Helsinki FIN	Aug 07
2:11.25	Morgan Bolen	SK	89	5	CG	Regina	Aug 18
2:11.29	Laura Maludzinski	ON	83	1	Bay	Houston TX	Apr 02
2:11.35	Dana Buchanan	ON	84	9		Long Beach	Apr 16
2:11.45	Tara Halls	ON	83	2b	StanD	Stanford CA	Mar 25
2:11.51	Heather Mancell	BC	87	12		Victoria	Jun 10
2:12.34	Shannon Popowich	AB	82	2		Regina	Jul 23
2:12.41	Johanna Shenstone	ON	89	7	CanJ	Montreal(CR)	Jul 09

### Mixed Race

2:03.72	Khan	QU	83	1		St Laurent	Jul 24
2:04.7	Hillary Edmonson	ON	81	1		Guelph	May 25
2:06.9	Lisa Labreque	ON	77			North Bay	May 14
2:08.6	Paula McLaughlin	ON	80	2		Guelph	May 25

### Junior

2:07.34	Edwards(Above)						
2:08.73	K Van Buskirk(Above)						
2:09.01	Hunter(Above)						
2:09.15	Bereket(Above)						
2:10.13	McKay(Above)						

2:10.69	Engel(Above)						
2:11.51	Mancell(Above)						
2:14.05	Alyson Kohlmeier	ON	86	4		Ottawa	Jul 03
2:14.38	Dawn Nagazina	AB	87	8	CanJ	Montreal(CR)	Jul 09
2:15.49	Avril Ogrodnick	QU	87	3h	Hume	Sherbrooke	Jun 19
2:14.53	Kelsey Daley	NB	87	8	Meag	Halifax	Jul 24
2:15.00	Lise Ogrodnick	QU	87	1		St Laurent	May 27
2:15.56	Kristen Kolstad	BC	86	6		Simon Fraser	Apr 10
2:15.95	Jennifer Vanos	ON	86	2		Toronto(MC)	Jun 12
2:16.02	Claudine Kamariz-Pearson	QU	86	8h1	CanJ	Montreal(CR)	Jul 08
2:16.43	Melissa Appelt	BC	87	8		Simon Fraser	Apr 10
2:16.69	Kailey Smith	SK	86	1		Saskatoon	Jun 11

### Youth(World Youth Std-2:11.48)

2:08.35	Biewald(Above)						
2:08.38	Egami(Above)						
2:09.25	Shaw(Above)						
2:09.57	Bailey(Above)						
2:10.40	Driscoll(Above)						
2:11.25	Bolen(Above)						
2:12.41	Shenstone(Above)						
2:13.00	Stephanie Romanson	MB	90	1h3	CG	Regina	Aug 15
2:14.31	Esther Vermeer	ON	90	1		St Catharines	Jul 16
2:14.27	Allison Letourneau	NS	88	2	RCLC	Edmonton	Aug 07
2:14.45	Jessica Belliveau	NB	88	13	CG	Regina	Aug 18
2:14.54	Diana Boultsbee	ON	91	2	RCLC	Edmonton	Aug 07
2:14.72	Sheila Reid	ON	89	3		Toronto(MC)	Jun 21
2:14.79	Stephanie Smith	ON	90	1	HSC	LaSalle	Jun 04
2:14.83	Kim Voss	AB	88	1	AChp	Edmonton	Jun 26
2:14.95	Danelle Woods	ON	89	4h1	OCGT	Ottawa	Jul 02
2:15.09	Lindsay Carson	ON	89	1		LaSalle	May 31
2:15.19	Jessica Smith	BC	89				
2:15.20	Carly Holman	AB	89	1		Calgary	Jun 18
2:15.27	Alana Pattison	BC	90	2	HSC	Burnaby	Jun 04
2:15.41	Kelsie Slater	ON	89	2		St Catharines	Jul 16
2:15.60	Keesha Danso-Dapaa	ON	90	3	HSC	LaSalle	Jun 04
2:15.76	Heather Mosher	NS	88	3	RCLC	Edmonton	Aug 07
2:15.96	Megan Stewart	ON		5h2	CanJ	Montreal(CR)	Jul 08

### 1000m

2:36.26	Carmen Douma-Hussar	ON	77	3		Linz AUT	Aug 23
2:37.63	Diane Cummins	BC	74	6		Linz AUT	Aug 23

### 1500m

4:02.29	Carmen -Douma Hussar	ON	77	10		Rieti ITA	Aug 28
4:03.10	Douma-Hussar			7	WAF	Monaco FRA	Sep 09
4:04.35	Douma-Hussar			5	IAAF	St Denis FRA	Jul 01
4:04.99	Douma-Hussar			9	IAAF	Asthina GRE	Jun 14
4:05.08	Douma-Hussar			9	WC	Helsinki FIN	Aug 14
4:06.73	Douma-Hussar			3		Helsinki FIN	Jul 25
4:07.77	Kate Vermuelen	BC	76	3	Hdep	Carson CA	May 22
4:07.82	Douma-Hussar			4		Lausanne SWI	Jul 05
4:07.96	Douma-Hussar			2		Zaragoza ESP	Jun 24
4:08.17	Vermuelen			3	Jor	Palo Alto	May 30
4:08.73	Douma-Hussar(1st5+2fastest times)			5h2	WC	Helsinki FIN	Aug 12
4:08.94	Hilary Edmondson	ON	81	6	Jor	Palo Alto CA	May 30
4:09.12	Edmondson			7		Helsinki FIN	Jul 25
4:10.25	Vermuelen			1	Card	Stanford CA	May 01
4:10.70	Edmondson			1		Victoria	Jun 10

4:11.98	Edmondson			3			Crystal Palace GBR	Aug 06
4:13.02	Malindi Elmore	AB	80	11	Hdep		Carson CA	May 22
4:13.18	Edmondson			1	Jerome		Burnaby	Jun 14
4:13.95	Elmore			7	Pre		Eugene ORE	Jun 05
4:15.40	Lisa Labrecque	ON	77	4			Victoria	Jun 10
4:16.54	Darolyn Trembath	MB	82	5			Victoria	Jun 10
4:17.15	Heather Hennigar	NS	73	10	Jor		Palo Alto CA	May 30
4:17.19	Courtney Babcock	BC	72	4	Bupa		Cork IRE	Jul 02
4:17.21	Courtney Inman	BC	80	5	Card		Stanford CA	May 01
4:17.30	Julia Howard	NF	83	6	Jerome		Burnaby	Jun 14
4:17.87	Hennigar						Brasschaatt BEL	Jul 24
4:18.19	Hennigar			7	Jerome		Burnaby	Jun 14
4:18.46	Megan Brown	ON	85	1			Ottawa	Jul 02
4:18.76	Trembath			1	Oreg		Eugene OR	Apr 23
4:19.28	Labrecque			8	Jerome		Burnaby	Jun 14
4:19.29	Nicole Edwards	MB	86	7	NCAA		Sacramento CA	Jun 09
4:21.30	Jennifer Kemp	AB	83	2h5	Msac		Walnut CA	Apr 15
4:22.28	Brown			1			Guelph	Jun 06
4:22.72	Edwards		86	3				
4:23.75	Rebecca Johnstone	BC	84	9			Victoria	Jun 10
4:23.81	Amber McGown	SK	83				Princeton NJ	May 14
4:24.66	Edwards			11	Duke		Durham NC	Apr 08
4:25.48	Lem Lem Bereket	QU	87	1	CanJ		Montreal(CR)	Jul 10
4:26.08	Kirsty Smith	BC	83	5h1	SeaR		Knoxville TN	Apr 15
4:26.96	Alison Kohlmeier	ON	86	1			London(ON)	Jun 19
4:27.03	Edyta Siemenska	SK	81	10			Victoria	Jun 10
4:27.12	Megan Metcalfe	AB	82	2	BigE		Piscataway NJ	May 08
4:27.63	Stephanie Smith	ON	90	1			Ottawa	Jun 22
4:27.64	Dana Buchanan	ON	84	5			Eagle Rock CA	May 07
4:27.87	Lindsay Carson	ON	89	2			London(ON)	Jun 19
4:28.24	Julia Hicks`	ON	85	2h2	SeaR		Knoxville TN	Apr 15
4:28.24	Shannon Popowich	AB	82	11			Victoria	Jun 10
4:28.38	Kohlmeier			2	Owens		Columbus OH	May 06
4:28.47	Danielle Woods	ON	89	2			Ottawa	Jun 22
4:28.71	Bereket			1	Hume		Sherbrooke	Jun 19
4:28.80	Tara McKay	ON	86	2			Ottawa	Jul 03
4:28.82	Lilliane Sparkes	ON	86	5	Gator		Knoxville	Apr 09
4:29.32	Meredith MacGregor	BC	85	1			Abbotsford(Swan)	Jul 23
4:30.04	Jenni Biewald	ON	88	3			Ottawa	
4:30.61	Mandy McBean	ON	87	2	HSC		LaSalle	Jun 03
4:30.70	Dana Buchanan	ON	84	4			Ottawa	Jun 22
4:30.88	Whitney Schnarr	ON	84	5	IC4A		Princeton NJ	May 15
4:31.05	Leanna MacLean	NS	82	5r1	Lafarge		Abbotsfordf	Jun 16
4:31.31	Heather Sim	AB		12	Chps		Winnipeg	Jul 17
4:31.35	Jessica Driscoll	ON	88	1			Toronto	May 26
4:31.63	Smith S			6h1	WYC		Marrakech	Jul 13
4:32.16	Kelsey Daley	NB	86	2	CanJ		Montreal(CR)	Jul 10
4:32.34	Kate van Buskirk	ON	87	3	HSC		Toronto(ET)	Jun 03
4:32.47	Lydia Willemse	ON	86	4			Ottawa	Jul 02
4:32.87	Tanya Wright	AB	81	5	Gold		Baton Rouge LA	Apr 23
4:32.56	Danielle Reindeau			5	SeaR		Knoxville TN	Apr 15
4:33.03	Kristen Kolstad	BC	86	3	CanJ		Montreal(CR)	Jul 10
4:33.27	Kelsie Slater	ON	89	1h2	CanJ		Montreal(CR)	Jul 08
4:33.75	Katie Engel	ON	87	7			Ottawa	Jul 02
4:33.77	Heather Mancell	BC	84	1	HSC		Burnaby	Jun 03
4:34.90	Amanda Truelove	ON	90	1			Toronto(MC)	May 10
4:34.91	Lisa Egami	BC	88	1	BCChps		Abbotsford	Jun 25
4:34.98	Janice Ashworth	NS	84	3	Meag		Halifax	Jul 24
4:35.58	Sabrina Reeve	BC	85				Northridge CA	Mar 16
4:35.82	Jessica Smith	BC	89	2	HSC		Burnaby	Jun 03
4:35.87	Sandy Wells	ON	76	9			Ottawa	Jul 02
4:35.93	Avril Ogradnick	QU	87	2	Hume		Sherbrooke	Jun 19

4:35.98	Marie-Louise Asselin	ON	88	5h2	CanJ	Montreal(CR)	Jul 08
4:36.15	Shannon Elmer	BC	85	5h2	NAIA	Louiseville	May 26
4:36.40	Justine Johnson	BC	91	3	HSC	Burnaby	Jun
4:36.43	Lise Ogrodnick	QU	87	3	Hume	Sherbrooke	Jun 19
4:36.47	Heather McEwen	BC		3		Burnaby	Apr 30
4:36.65	Genny McInnes	ON	78	10		Boston	Jun 04
4:36.65	Ashley Hinthier	SK	84	6	CG	Regina	Aug 19
4:37.12	Alex Becker	ON	87	7h2	CanJ	Montreal(CR)	Jul 08
4:37.14	Annie Riopel-Meunier	ON	86	2		Toronto(MC)	Aug 06
4:37.0	Shari Boyle	ON	73	1		Guelph	Jul 08
4:38.04	Nancy Fedoruk	BC	82	10r1	Lafarge	Abbotsford	Jun 16
4:38.11	Sheila Reid	ON	89	2	HSC	LaSalle	Jun 03
4:38.13	Tiffany Evans	BC	77	3		Victoria	Jun 10
4:38.33	Chantel Groenewoud	BC	88	4	HSC	Burnaby	Jun
4:38.34	Heather Mosher	NS	88	2	RCLC	Edmonton	Aug 06
4:38.36	Melina Thibodeau	BC	71	1		Victoria	May 14
4:38.54	Leah Boekermann	BC		9	Oreg	Eugene OR	Apr 23
4:38.78	Laura Maludzinski	ON	83	4		Houston TX	Mar 26

### Junior

4:19.29	Edwards(Above)
4:25.48	Bereket(Above)
4:26.96	Kohlmeier A (Above)
4:28.80	McKay(Above)
4:28.82	Sparkes(Above)
4:30.61	McBean(Above)
4:32.16	Daley(Above)
4:32.34	van Buskirk(Above)
4:32.47	Willemse(Above)
4:33.03	Kolstad(Above)
4:33.75	Engel(Above)
4:35.93	Ogrodnick A(Above)
4:36.43	Kolstad(Above)
4:36.43	Ogrodnick L(Above)
4:37.12	Becker(Above)
4:37.14	Ropel-Meunier(Above)

### Youth

4:27.63	Smith(Above)
4:27.87	Carson(Above)
4:28.47	Woods(Above)
4:30.04	Biewald(Above)
4:31.35	Driscoll(Above)
4:33.27	Slater(Above)
4:34.90	Truelove(Above)
4:34.91	Egami(Above)
4:35.82	Smith(J)(Above)
4:35.98	Asselin(Above)
4:36.40	Johnson(Above)
4:38.11	Reid(Above)
4:38.33	Groenewoud(Above)
4:38.34	Mosher(Above)

### Mile / Mille

5:00.31	Avril Ogrodnick	QU	87	5hs	PennR	Philadelphia PA	Apr 28
5:00.52	Lise Ogrodnick	QU	87	6hs	PennR	Philadelphia PA	Apr 28

### 3000m

8:53.83	Carmen Douma-Hussar	ON	77	9	WAF	Monaco FRA	Sep 10
9:25.09	Alyson Kohlmeier	ON	86	1	PAJ	Windsor	Jul 30
9:30.68	Danette Doetzel	SK	86	1	CanJ	Montreal(CR)	Jul 08
9:31.26	Mandy McBean	ON	87	2	CanJ	Montreal(CR)	Jul 08
9:31.73	Kohlmeier A			3	CanJ	Montreal(CR)	Jul 08
9:40.39	Julia Hicks	ON	85	2	Vander	Nashville TN	Apr 22
9:43.66	Beth Wightman	ON	81	3		Boston MA	Jun 04
9:46.75	Liliane Sparkes	ON	86	4	CanJ	Montreal(CR)	Jul 08
9:47.34	Sabrina Reeve	BC	85		RJ/JK	Los Angeles CA	Apr 08
9:47.87	Kristen Kolstad	BC	86	5	CanJ	Montreal(CR)	Jul 08
9:48.84	Kate van Buskirk	ON	87	1		Etobicoke(TO)	Apr 30
9:49.05	Stephanie Smith	ON	90	2		Etobicoke(TO)	Apr 30
9:49.20	Tara McKay	ON	86	3		Etobicoke(TO)	Apr 30
9:49.50	Heather McEwen	BC		3	Review	Richmond	Jun 10

### Junior

9:25.09	Kohlmeier(Above)
9:30.68	Doetzel(Above)
9:31.26	McBean(Above)
9:46.75	Sparkes (Above)
9:47.87	Kolstad(Above)
9:48.84	van Buskirk(Above)
9:49.20	McKay(Above)

### Youth

9:49.05	Smith(Above)						
9:51.12	Faye Stenning	AB	89	6	CanJ	Montreal(CR)	Jul 08
10:03.80	Kristen Sweetland	BC	89??	1	HSC	Burnaby	Jun 04
10:05.96	Jessica Smith	BC	89	2	HSC	Burnaby	Jun 04
10:06.44	Kate Harrison	ON	89	8	CanJ	Montreal(CR)	Jul 08
10:06.92	Rachel Cliff	BC	88	3	HSC	Burnaby	Jun 04
10:09.17	Danelle Woods	ON	89	1	HSC	Lasalle	Jun 04
10:10.09	Marie-Louise Asselin	ON	88				May
10:12.05	Sarah-Anne Brault	MB	89	1	HSC	Winnipeg	Jun 11
10:13.95	Justine Johnson	BC	91	4	HSC	Burnaby	Jun 04
10:14.74	Sheila Reid	ON	89	2	HSC	LaSalle	Jun 04

### 5000m

15:47.64	Megan Metcalfe	AB	82	1	East	New York NY	May 27
15:52.08	pcjr Danette Doetzel	SK	86	2		Victoria	Jun 10
16:00.45	Metcalfe			1	Chps	Winnipeg	Jul 17
16:02.90	Tara Quinn-Smith	ON	79	2	Chps	Winnipeg	Jul 17
16:06.93	Nicole Stevenson	ON	73	3	Chps	Winnipeg	Jul 17
16:10.18	Stevenson			1		London(ON)	Jun 19
16:16.87	Megan Brown	ON	85	1	CG	Regina	Aug 15
16:18.71	Metcalfe			1h	NCAA	Sacramento CA	Jun 08
16:37.50	Tara Struyk	AB	81	18	East	New York NY	May 27
16:44.95	Andrea Grove			4	Chps	Winnipeg	Jul 17
16:50.17	Heather Lee	AB	80	11h1	MSac	Walnut CA	Apr 15
16:52.14	Deborah Buhlers	ON	74	8	Gina	Hillsdale MI	Apr 30
16:53.52	Amanda Russell	ON	85	14	PennR	Philadelphia PA	Apr 28
16:54.81	Alyson Kohlmeier	QU	86	2		Hillsdale MI	Jun 08
17:01.83	Elizabeth Wightman	ON	81	6	Chps	Winnipeg	Jul 17
17:03.93	Lauren King	ON	82	1		West Lafayette IN	Apr 02
17:07.57	Melissa Armstorg	MB	78	8	Chps	Winnipeg	Jul 17
17:07.94	Russell			1		Richmond VA	Mar 25
17:08.12	Celia Ambery	BC	83	12	Oreg	Eugene OR	Apr 23
17:11.58	Natalie Rogers	BC	84	22	MSac	Walnut CA	Apr 15
17:12.09	Julia Hicks	ON	85	12	SEC	Nashville TN	May 15

17:12.75	Lilliane Sparkes	ON	86	4	PAJ	Windsor	Jul 30
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### 10000m

32:43.54	Tara Quinn-Smith	ON	79	12	Card	Stanford CA	May 01
33:34.05	Quinn-Smith	ON	79	1	CanChps	Abbotsford	Jun 17
33:56.95	Lauren King	ON	82	13	NCAA	Sacramento CA	Jun 09
34:11.78	King	82		15	MSac	Walnut CA	Apr 15
34:40.14	Tara Struyk			2	CanChps	Abbotsford	Jun 17
35:04.08	Megan Brown	ON	85	1	CG	Regina	Aug 18
35:06.13	Jenn Feenstra	BC	81	10b	PennR	Philadelphia PA	Apr 28
35:07.09	Amanda Russell	ON	85	2	Duke	Durham NC	Apr 08
35:44.34	Kristina Rody	ON		3	CanChps	Abbotsford	Jun 17
36:26.39	Rebecca Stallwood			4	CanChps	Abbotsford	Jun 17
36:34.71	Jessica Crate	ON	85	1	OCGT	Ottawa	Jul 02
37:01.96	Kerri Earl	MB	??	2	CG	Regina	Aug 18
37:19.56	Melanie Myrand	QU	??	3	CG	Regina	Aug 18
37:26.28	Erin MacLean	NS	84	1		Lower Sackville NS	May14
38:22.71	Kim Hill			5	CanChps	Abbotsford	Jun 17
38:04.33	Piper Hayes	BC	86	4	CG	Regina	Aug 18

### Junior

37:58.79	Donna Verge	NS	86	5	Gina	Hillsdale MI	Apr 30
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### Marathon

2:30.03	Lioudmila Kortchaguina	ON		1		Dallas TX	Dec 11
2:32.19	Kortchaguina			2	CanC	Ottawa	May 29
2:37:18	Kortchaguina			1		Toronto(WF)	Oct 16
2:38.50	Nicole Stevenson	ON		3	CanC	Ottawa	May 29
2:46:42	Stevenson			1	Casino	Niagra Falls	Oct 23
2:41:52	Tania Jones			2	LakeS	Toronto	Sep 25
2:43:07	Emily Kroshus	AB	83			Philadelphia	Nov 20
2:44:49	Elaine Coburn			8		Amsterdam NED	Oct 09
2:50:24	Suzanne Evans	BC		1		Victoria	Oct 09
2:51:28	Lisa Harvey			5		Detroit	Oct 23
2:51:47	Stephnie Hodge					Philadelphia	Nov 21/04
2:52:14	Carla Dunn			7		Sacramento	Dec 04
2:52:43	Kathryn MacNamara	ON		2		Toronto	Oct 16
2:53:09	Isabelle Ledroit	QU		3		Toronto	Oct 16
2:53:21	Judith Leroy	BC		2		Victoria	Oct 09
2:53:44	Rita Ivanauskas			8		Sacramento	Dec 04
2:55.08	Tina Kader	QU			CanC	Ottawa	May 29
2:55:44	Claire Quinn	ON		4		Toronto	Oct 16
2:56:14	Michelle Schuler	ON		4		Ottawa	May 29
2:56:56	Christina Clark	ON	75	12		Philadelphia PA	Nov 20
2:57:02	Pauline McLean			10		Las Vegas NV	Jan 30
2:57:31	Julieanne White	BC	63	2		San Diego CA	Jan 30
2:57:42	Heather Goodfellow	NS		5	CanC	Ottawa	May 29
2:57:43	Kim House	ON		9	CanC	Ottawa	May 29
2:58:29	Lynn Koyzan	BC		3		Victoria	Oct 09
2:58:56	Louise Voghel			36		Boston MA	
2:59:0	Leslie Black	BC		11		Sacramento CA	Dec 05

### Down Hill Course

2:32:13	Lioudmila Kortchaguina	ON		2		Las Vega NV	Jan 30
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### 100mh

12.58	-0.6	Perdita Felicien	ON	80	1	Pre	Eugene ORE	Jun 04
12.66	0.4	Felicien			2	IAAF	St Denis FRA	Jul 01

12.67	1.5	Felicien			1		Kingston JAM	May 07
12.71	0.1	Felicien			3	Hdep	Carson	May 22
12.73	1.4	Felicien			1	MSac	Walnut CA	Apr 17
12.74	0.4	Felicien			5	NorU	London(CP)	Jul 22
12.77	0.3	Felicien			1		Stockholm NOR	Jul 26
12.77	0.5	Felicien(1st 4+4 fastest times)			1h3	WC	Helsinki FIN	Aug 09
12.80	-0.8	Felicien			7	WAF	Monaco FRA	Sep 10
12.82	-0.6	Priscilla Lopes	ON	81	2	NCAA	Sacramento CA	Jun 10
12.82	-2.5	Felicien			1	Chps	Winnipeg	Jul 16
12.82	-0.6	Felicien			4	WK	Zurich SUI	Aug 19
12.83	-0.4	Felicien			1	EAA	Luzern SUI	Jun 14
12.85	-0.6	Lopes			1	Big12	Manhattan KS	May 15
12.85	-0.6	Lopes			1s2	NCAA	Swacramento CA	Jun 08
12.85	0.5	Lopes(1st 4+4 fastest times)			4h4	WC	Helsinki FIN	Aug 09
12.88	0.3	Angela Whyte(1st 4+4 fastest times)AB	80		4h5	WC	Helsinki FIN	Aug 09
12.88	0.2	Felicien			4	ISTAF	Berlin GER	Sep 04
12.89	0.0	Lopes			2	TexR	Austin TX	Apr 09
12.91	0.5	Lopes(1st 2+2 fastest times)			5s2	WC	Helsinki FIN	Aug 10
12.94	-0.5	Felicien(1st2+2 fastest times)			4s1	WC	Helsinki FIN	Aug 10
12.97	0.3	Lopes			1	PennR	Philadelphia PA	Apr 30
13.01	0.0	Lopes			1h1	PennR	Philadelphia PA	Apr 29
13.01	-2.5	Felicien			2	Chps	Winnipeg	Jul 16
13.02	1.0	Lopes			h2	Midwest	Norman OK	May 27
13.06	-1.7	Felicien			1h2		Ulm GER	Jun 12
13.13	-2.5	Whyte			3	Chps	Winnipeg	Jul 16
13.34	-0.4	Whyte			6	Jor	Palo Alto CA	May 30
13.42	1.1	Jessica Zelinka	AB	81	h	Hypo	Gotzis AUT	May 28
13.43	0.0	Jessica Czaikowski	ON	84	7	East	New York NY	May 28
13.46	1.8	Felicien			3	Drake	Des Moines IA	Apr 30
13.50	1.8	Yvonne Mensah	BC	85	1h1	Big10	Columbus OH	May 14
13.50	-0.6	Francis Keating	ON	85	3h1	Big12	Manhattan KS	May 15
13.51	1.9	Keating			1h1	KR	Lawrence KS	Apr 23
13.52	-3.3	Whyte(1st2+2 fastest times)			7s3	WC	Helsinki FIN	Aug 10
13.58	0.3	Keating			3	Midwest	Norman OK	May 27
13.67	0.1	Czaikowski			2	ECAC	Princeton PA	May 14
13.69	1.1	Mensah			5	Gat	Coral Gables FL	Apr 16
13.71	-0.3	Genevieve Thiabult	QU	86	1	CanJ	Montreal(CR)	Jul 09
13.72	-1.0	Mensah			1h1	Drake	Des Moines IA	Apr 29
13.75	0.6	Alison Beckford-Stewart	ON	87	h		Toronto(MC)	Jun 11
13.77	1.2	Thibault			1h1	PAJ	Windsor	Jul 29
13.86	1.6	Nikkita Holder	ON	87	3h1	PAJ	Windsor	Jul 30
13.89	0.4	Kelley Park	ON	82	1s1	NAIA	Louisville KY	May 27
13.82	0.1	Marie-Eve Dugas	QU	85	1	CG	Regina	Aug 16
14.00	-0.1	Andrea Vinet	SK	82	2	CG	Regina	Aug 16
14.07	-0.1	Christie Gordon	AB	86	3	CG	Regina	Aug16
14.19	0.9	Grace Vela	ON	82	3	Oreg	Eugene OR	Apr 23
14.29	0.2	Melanie Lachapelle	ON	82	2s2	NAIA	Louisville KY	May 27
14.30	1.6	Brianne Thiesen	SK	88	h	WYC	Marrakecch MAR	Jul 15
14.38	1.9	Jessica Olfert	BC	85	4		Long Beach CA	Apr 16
14.40	0.5	Corrie Fell	BC	87	h		Burnaby	May 27
14.41	0.0	Veronique Fortin	QU	78	h		Woerden NED	Aug 27
14.42	-0.3	Heather Bergland	AB	87	3	CanJ	Montreal(CR)	Jul 09
14.61	1.0	Jamie Cruickshank	SK	82	2		Calgary	May 15
14.61	-0.1	Sarah Wells	ON	89	6	CG	Regina	Aug 16
14.64	0.0	Janine Polischuk	SK	85	1h2	Scott	Irvine CA	Apr 30
14.68	1.4	Rowena Hamlet	ON	81	3		Austin TX	Mar 26
14.69	-0.1	Nana Momoh	QU	85	7	CG	Ottawa	Aug 16
14.75	1.3	Jenny Roehner	ON	82	2		Ottawa	Jul 02
14.76	1.7	Carly Czuba	SK	84	3	SKG	Regina	Jun 25

**Wind/No Wind Info**

12.75	3.1	Felicien			1h	Chps	Winnipeg	Jul 15
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12.91	2.9	Whyte			2h	Chps	Winnipeg	Jul 15
12.94		Lopes			1	Mid West		May 27
12.98		Lopes			1	Jerome	Burnaby	Jun 14
12.99	3.3	Lopes			1h2	Big12	Manhattan KS	May 14
13.15	2.9	Zelinka			H		Arles	Jun 04
13.38		Whyte			3	Jerome	Burnaby	Jun 14
13.50	2.1	Thibault			3	PAJ	Windsor	Jul 30
13.51		Czaikowski			4h2	East	New York NY	May 27
13.65	3.3	Czaikowski			1		Long Beach CA	Apr 16
13.78	2.1	Holder			7	PAJ	Windsor	Jul 30
13.83	2.9	Dugas			7h	Chps	Winnipeg	Jul 15

### Junior

13.71	-0.3	Thibault(Above)						
13.86	1.6	Holder(Above)						
14.07	-0.1	Gordon(Above)						
14.40	0.5	Fell(Above)						
14.42	-0.3	Bergland(Above)						
14.54	1.7	Thiesen(Above)						
14.61	-0.1	Sarah Wells	ON	89	6	CG	Regina	Aug 16
14.65a	2.9	Zaria Stoffman	AB	88	2		Calgary	Jun 19
14.88	0.5	Jillian Drouin	ON	88				
14.98	1.1	Danielle Fonseca	ON	88	2		Toronto(MC)	Jun 12

### Youth

13.87	1.0	Jenni Hucul	SK	88	1		Calgary	May 14
14.22	-1.8	Hucul			1h		Calgary	May 14
14.31	1.4	Alexandria Allen	ON	88	1		Toronto	Aug 06
14.35	0.3	Danielle Fonseca	ON	88	1h	RCLC	Edmonton	Aug 06
14.54	-1.5	Morgan Twitchell	BC	88	1		Abbotsford(Swan)	Jul 23
14.57	1.6	Katherine Murphy	BC	90	h		Abbotsford	Jul 23
14.60	-1.5	Zaria Stoffman	BC	88	1	HSC	Burnaby	Jun 04
14.63	0.3	Susanna Cere	QU	89	3h	RCLC	Edmonton	Aug 06
14.85	1.3	Valerie Kozina	ON	88	1h1		Toronto(MC)	Aug 06
14.90	1.4	Mari Fourie	ON	89	3		Toronto(MC)	Aug 06
14.94	0.5	Anobile Charelle	ON	89	2		Toronto(MC)	Jun 12

### Wind/No Wind Info

14.26	2.4	Cere		89	1	RCL	Edmonton	Aug 06
14.28	2.4	Fonseca		88	2	RCLC	Edmonton	Aug 06
14.32	2.9	Elizabeth Iginla	AB	88	1		Calgary	Jun 19
14.49	2.4	Morgan Twitchell	BC	88	3	RCLC	Edmonton	Aug 06

### Resident Foreigner

13.93	1.7	Ruky Abdulai	BC		1h3	NAIA	Louisville KY	May 26
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### 400mh

55.58		Tawa Dortch	BC	79	4s2	WC	Helsinki FIN	Aug 11
56.40		Dortch			1	Chps	Winnipeg	Jul 17
56.51		Dortch			4	Hdep	Carson CA	May 22
56.54		Dortch(1st4+4 fastest)			4h2	WC	Helsinki FIN	Aug 10
57.53		Dortch			1		Arlington TX	May 07
57.87		Frances Keating	ON	85	2	Big12	Manhattan KS	May 15
59.00		Keating			5h1	PennR	Philadelphia PA	Apr 28
60.08		Corri Fell	BC	87	1	CanJ	Montreal(CR)	Jul 09
60.44		Melissa Appelt	BC	87	2	HSC	Burnaby	Jun
60.54		Lauren Welch	BC	85	1		Long Beach CA	Apr 16
60.56	pcyr	Sarah Wells	ON	89	2	OCGT	Ottawa	Jul 02
60.84		Veronique St Pierre	AB	78	2	Chps	Winnipeg	Jul 17
61.00		Jennifer Cotton	ON	87	2	CanJ	Montreal(CR)	Jul 09

61.04	Andrea White	ON	86	1h4	CanJ	Montreal(CR)	Jul 09
61.19	Janine Polischuk	SK	85	5		Fort Collins CO	May 14
61.26	Madelaine Buttinger	ON	89	1		Toronto(MC)	Jun 21
61.27	Holly Ratzlaff	AB	84	1	CG	Regina	Aug 19
61.69	Raelene Hunter	AB	87	1		Calgary	Jun 19
62.06	Nana Aishefu Momoh	QU	85	1		Montreal(CR)	Jul 16
62.25	Victoria Merrill	ON	87	2h3	CanJ	Montreal(CR)	Jul 09
62.36	Ashley Steckle	ON	82	5	Gina	Hillsdale MI	Apr 30
62.47	Bailey Lewis	ON	86	5	CanJ	Montreal(CR)	Jul 09

### Junior

60.08	Fell(Above)						
60.44	Appelt(Above)						
61.00	Cotton(Above)						
61.69	Hunter(Above)						
61.95	White(Above)						
62.25	Merrill(Above)						
62.47	Lewis(Aove)						
63.66	Heather Bergland	AB	87	2		Pullman WA	Apr 23

### Youth(World Youth Std-62.50)

60.56	Wells(Above)						
61.26	Buttinger(Above)						
64.49	Kailey Jasper		88	3h3	CanJ	Montreal(CR)	Jul 09
64.51	Danielle Fonseca	ON	88	4		Toronto(MC)	Jun 12
64.60	Jessica Belliveau	NB	88	9	CG	Regina	Aug 19

### 2000msc

6:46.00	pcr	Janice Ashworth	NS	84	1	CG	Regina	Aug 18
6:48.98	pcjr	Lydia Willemse	ON	86	1	CanJ	Montreal(CR)	Jul 10
6:51.09		Kelsie Slater	ON	89	2	CanJ	Montreal(CR)	Jul 10
6:53.99		Tara Dressler	AB	84	2	CG	Regina	Aug 18
6:56.08		Dana Buchanan	ON	84	3	CG	Regina	Aug 18
6:56.10		Annie Riopel-Meunier	ON	86	4	CG	Regina	Aug 18
6:56.82		Meredith MacGregor	BC	85	1	BCChps	Abbotsford(Swan)	Jun 26
7:00.43		Jenni Vanos	ON	86	3	CanJ	Montreal(CR)	Jul 10
7:01.48		Shannon Elmer	BC	85	1		Abbotsford(Swan)	Jul 23
7:05.22		Claire Percival	ON	87	2s		Ottawa	Jul 03
7:05.52		Lise Ogrognick	QU	87	4	CanJ	Montreal(CR)	Jul 10
7:05.80		Jessica Furlan	SK	90	6	CG	Rgina	Aug 18
7:06.29		Melissa Appelt	BC	87	1	BCChps	Abbotsford(Swan)	Jun 26
7:10.69		Sara Leo	ON	88	6	CanJ	Montreal(CR)	Jul 10
7:11.80		Rebecca Coady	NS	89	9	CG	Regina	Aug 18
7:13.32		Letty Russell	SK	85	2	SKG	Regina	Jun 24
7:13.40		Amber Cushnie	ON	88	8	CanJ	Montreal(CR)	Jul 10
7:16.99		Morgan Bolen	SK	89	9	CanJ	Montreal(CR)	Jul 10
7:17.21		Charlotte Farquharson	ON	88	10	CanJ	Montreal(CR)	Jul 10
7:19.61		Alex Bell	MB	89	11	CG	Regina	Aug 18
7:20.11		Piper Hayes	BC	86	2		Abbotsford(Swan)	Jul 24
7:22.52		Rosie Mullins	NS	72	2		Sackville NS	May 14
7:24.95		Isabelle Cormier	NB	87	12	CG	Regina	Aug 18

### 3000msc

10:36.51		Meredith MacGregor	BC	85	2	NAIA	Louville KY	May 28
10:38.33		Tania Vander Meulen	AB	82	10r2	BigW	Eugene OR	May 28
10:40.26		Vander Meulen			2	Brutus	Berkeley CA	Apr 08
10:41.42		Michele Carson		82	14	StanfD	Stanford	Mar 25
10:45.05		Bevin Kennelly	BC	84	7	Oreg	Eugene OR	Apr 23
10:46.04		Meggan Hodge		83	8	SecC	Nashville TN	May 14

10:50.44	Hodge			1	AlaR	Auburn AL	Mar 19
10:53.48	Lydia Willemse	ON	86	5	PAJ	Windsor	Jul 31
10:57.20	Tara Dressler	AB	84	1		Salem NC	Mar 11
11:00.04	Lise Ogrodnick	QU	87	1	Chps	Winnipeg	Jul 17

### Illegal Layout

10:41.42	Carson		82	8	Drake	Des Moines IA	Apr 29
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### 4X100m

44.51	Athletics Canada(Composite Team) (Yvonne Mensah, Tawa Dortch, Samantha George, Carlene Muir)			1	Jerome	Burnaby	Jun 14
44.69	Athletics Canada(Composite Team) (Adrienne Power, Genevieve Thibault, Asha James, Erica Broomfield)			4h1	PennR	Philadelphia PA	Apr 30
44.78	Composite Team (Daniella Carrington, Esther Akinsulie, Karlyn Serby, Erica Broomfield)			2		Modesto CA	May 07
44.78	Canada (Martine Cloutier-Leblanc, Karlyn Serby, Nicole Buchholz, Adrienne Power)			4	FISU	Izmir TUR	Aug 20
45.59	Athletics Canada(Composite Team) (Adienne Power, Genevieve Thibault, Daniella Vega, Erica Broomfield)			3	Gold	Baton Rouge LA	Apr 23
46.16	Calgary INT(Composite Team)AB (Teneshia Peart, Winnet Dube, Atia Weekes, Kaltouma Nadjina)			3	PomP	Claremont CA	Apr 15
46.32	Canada(Jr) (Rhonda Trusty, Genevieve Thibault, Nikkita Holder, Billie Gibson-White)			5	PAJ	Windsor	Jul 31

### 4X400m

3:37.31	Athletics Canada(Composite Team) (Carline Muir, Samantha George, Aimee Teteris, Charlotte Plummer)			6	PennR	Philadelphia PA	Apr 30
3:38.63	Athletics Canada (Composite Team) (Yvonne Mensah, Tawa Dortch, Samantha George, Carline Muir)			1	Jerome	Burnaby	Jun 14
3:40.96	Athletics Canada (Lauren Seibel, Tasha Monroe, Melina Thyibodeau, Esher Akinsulie)			2	FGames	Naimey NIG	Dec 16
3:41.29	Canada(Jr) (Bailey Lewis, Corri Fell, Ugiabe Omoye, Carline Muir)			3	PAJ	Windsor	Jul 31
3:42.17	Athletics Canada(FISU)			5h	Fisu	Izmir Tur	Aug 19
3:44.14	Ontario (Alecia Brown, Andrea Brown, Sarah Wells, Esther Akinsule)			1	CG	Regina	Aug 19
3:46.64	British Columbia (Lauren Seibel, Whitney Wellington, Corri Fell, Lauren Welch)			2	CG	Regina	Aug 19
3:47.55	Manitoba (Stephanie Romanson, Kja Isaacson, Jana-Rae Cassidy, Sharon Drake)			3	CG	Regina	Aug 19
3:47.65	Athletics Canada Juniors-Composite Team (Melissa Bishop, Deanna Sullivan, Jenna Martin, Bailey Lewis)			1		Clermount FL	Mar 23

### 4x800m

8:43.99	Simon Fraser U TEAM??(Julia Howard, Rebecca Johnstone, Alexandra Krasovska,?????)			1	NAIA	Louisville KY	May 28
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### Medley Relay / Relais Medley - Not an IAAF event (200m, 200m, 400m, 800m)

3:49.67	Athletics Canada (Composite Team) (Adrienne Power, Erica Broomfield, Tawa Dortch(53.8), Sarah Ali-Khan(2:08.9))			4	PennR	Philadelphia PA	Apr 30
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### Medley-(400m, 300m, 200m, 100m)

2:12.89	Canada(Youth) (Whitney Wellington, Hyacinthe Kimberley, Deanna Sullivan, Melissa Bishop)			4h1	WYC	Marrakech MOR	Jul 16
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### 3km W/ 3Km Marche

14:53.98	Megan Huzzey	BC	85		NAIA	Louisville KY	May 27
15:31.30	Nanci PattenSweazey	ON	55	1		Toronto(MC)	Jun 11
15:35.44	Chelsea Rodriguez	ON	86	2		Toronto(MC)	Jun 11

### 5km W/ 5km Marche

24:54	Rachel Lavallee	ON	86	1		Hauppauge NY	Aug 14
25:03@	Lavallee		@	WeinCup		Dearborn MI	Oct 16
25:22.83	Lavallee		1			London(ON)	Jun 19
26:04	Nanci Sweazey	ON	55	1		Welland	Oct 01
26:41.49	Katie Samoil	AB	86	1		Calgary	Jun 25
26:35	Meghan Huzzey	BC	85	1		Victoria	Feb 27
27:34@	Chelsea Rodriguez	ON	86	@		Toronto ISL	May 28
27:44	Lauren Van Leeuwen	ON	89	2		Welland	Oct 01
27:51	Kaitlin Huzzey	BC	87	2		Victoria	Feb 27
28:12	Kathleen Samoil		88	9		Hauppauge NY	Aug 14

### Mixed Race

25:50.87	Sian Spacey	BC	64	1	Rev/BCSC	Richmond	Jun 12
26:18.11	Katie Samoil	AB		1	Rev/BCJC	Richmond	Jun 12
28:03.41	Kaitlin Huzzey	BC	87	2	Rev/BCJC	Richmond	Jun12
28:03.68	Megan Huzzey	BC	85	2	Rev/BCSC	Richmond	Jun 12

### 10km W / 10km Marche

47:37 <b>pjcr</b>	Rachel Lavallee	ON	86	1	PanAm	Lima Peru	May 08
49:03	Lavallee				US PamT	Hauppauge NY	Apr 03
49:20@	Marina Crivello	QU	79	@	PanAm	Lima Peru	May 08
52:16	Sian Spacey	BC	64	1		Vancouver	May 01
52:51	Chelsea Rodriguez	ON	86	16	PanAm	Lima Peru	May 08
51:04	Holly Gerke	AB	64	1		Victoria	Feb 27
53:23	Karen Foan	BC	79	1		Victoria	Feb 27

### 20km W / 20km Marche

1:40:13	Marina Crivello	QU	79	10	PanAm	Lima Peru	May 07
1:41:50	Crivello			4	USPamT	Hauppauge NY	Apr 03
1:43:02	Crivello			1		Toronto ISL	May 28
1:47:40	Rachel Lavallee	ON	86	1	ProvCh	Welland	Oct 01
1:49:54	Lavallee			2	Chps	Winnipeg	Jul 17

### High Jump / Saut en hauteur

1.90	Nicole Forrester	ON	76	8		Buhl GER	Jun 24
1.89	Forrester			8		Langen GER	Jun 26
1.88	Forrester			3=		Naimette BEL	Jul 20
1.86	Whitney Evans	AB	80	1	PomP	Claremont CA	Apr 15
1.86	Forrester			4		Dudelange GER	Jul 03
1.85	Forrester			5		Zagreb CRO	Jul 11
1.84	Forrester			4	Pre	Eugene ORE	Jun 04
1.83	Evans			7	MSac	Walnut CA	Apr 17
1.83	Evans			2		Loughborough GBR	May 22
1.83	Evans			1	FGames	Naimey NIG	Dec 12
1.82	Forrester			4		Brasschaat BEL	Jul 24
1.80	Kristen Mathews	ON	82	6=		Lugano SUI	Jun 04
1.80	Forrester			5		Monterrey MX	Jun 11
1.80	Mathews			1		Geneve SUI	Jun 11

1.80	Evans			3		Bedford GBR	Jun 12
1.80	pcyr Emily Sheppard	BC	88	1		Abbotsford(Swan)	Jul 24
1.80	Maresa Cadienhead	ON	76	1		Toronto(MC)	Aug 06
1.77	Cadienhead			3	Chps	Winnipeg	Jul 17
1.75	Sheppard			1	HSC	Burnaby	Jun 03
1.75	Annick Baragengana	QU	86	h		St Laurent	Jun 11
1.75	Baragengana			5	FGames	Naimey NIG	Dec 12
1.74	Nicole Walcott	ON	87	1		Toronto(MC)	May
1.74	Sarah Boyle	ON	87	1			May
1.74	Maddie Buttinger	ON	89	1	RCL	Kitchener	Jun 18
1.73	Sheppard			1	Msac	Walnut CA	Apr 15
1.73	Leanne Pare	ON	86	1	HSC	LaSalle	Jun 03
1.73	Michelle Moody	ON	85	1		Toronto(MC)	Jun 07
1.72	Brianne Theisen	SK	88	h	CG	Regina	Aug 18
1.71	Jessica Zelinka	AB	81	2		Calgary	May 14
1.71	Katie Gallagher	BC	88	h		Abbotsford	May 27
1.70	Heather Hamilton	ON	88	1		Etobicoke(TO)	May 11
1.70	Buttinger			1		LaSalle	Jun 04
1.70	Marlee Bragg	MB		1	HSC	Winnipeg	Jun 11
1.70	Marlene Romano-Hurteau	QU	82	1	Hume	Sherbrooke	Jun 20
1.70	Angela Collinge	SK	83	1	SKG	Regina	Jun 26
1.70	Jillian Drouin	ON	86	h	CanJ	Montreal(CR)	Jul 08
1.70	Karly Neveu	BC	89	1	Brow	Kelowna	Jul 02
1.70	Gabrielle Payne	BC	89	2	Brow	Kelowna	Jul 02
1.70	Amy Miller	AB	87	1	HSC	Edmonton	Jun 04
1.69	Veronique Fortin	QU	78	2		St Laurent	Jun 11
1.68	Nicole Riley	QU	90	1		White Plains NY	May 13
1.68	Kimberly Hyacinthe	QU	90	2		White Plains NY	May 13
1.68	Alana Pattison	BC	90	h		Abbotsford	May 27
1.68	Angela Anoliefoh	AB	82	h		Columbus OH	May 14

### Junior

1.75	Baragengana(Above)						
1.74	Walcott(Above)						
1.74	Boyle(Above)						
1.73	Pare(Above)						
1.70	Drouin(Above)						
1.70	Miller(Above)						

### Youth

1.80	Sheppard(Above)						
1.74	Burttinger(Above)						
1.72	Theisen(Above)						
1.71	Gallagher(Above)						
1.70	Hamilton(Above)						
1.70	Miller(Above)						
1.70	Neveu(Above)						
1.70	Payne(Above)						
1.68	Hyacinthe(Above)						
1.68	Riley(Above)						
1.68	Pattison(Above)						
1.66	Sarah Klassen	ON	88	5	CanJ	Montreal(CR)	Jul 10

### Resident Foreigner

1.85	Ruky Abdulai	BC/GHA		1		Abbotsford(Swan)	Jul 24
1.83	Abdulai			1	MSac	Walnut CA	Apr 16

### Pole Vault / Perche

4.51	pcr Dana Buller	AB	79	1	Chps	Winnipeg	Jul 15
4.50	pcr Buller			1	Hdep	CA	May 22

4.47	(4.20/2, 4.30/2, 4.40/1, 4.50/1, 4.61/f)				3=		London GBR	Jul 22
4.46	(4.02/1, 4.17/1, 4.32/2, 4.47/1, 4.60/f)				1		Saskatoon	Jul 12
4.45	Kelsie Hendry	SK	82		2	Jor	Palo Alto CA	May 30
4.40	Buller				2	MSac	Walnut CA	Apr 17
	(4.10/1, 4.25/2, 4.40/1, 4.50/xxx)							
4.40	Buller				3		Villen. D'Asq	Jun 12
4.40	Buller				4gb	WC	Helsinki FIN	Aug 07
4.35	Buller				3		Modesto CA	May 07
4.35	Buller				5	WC	Helsinki FIN	Aug 12
	(4.20/1, 4.35/1, 4.50/xxx)							
4.35	Buller				3		Moscow RUS	Sep 04
4.33	Buller				6	Vdamme	Bruxelles BEL	Aug 26
4.30	Buller				2	GSpoke	Ostrava	Jun 09
4.30	Buller				8		Lausanne SWI	Jul 05
4.30	Hendry				1		Saskatoon	Jun 30
4.30	Hendry				1		Saskatoon	Jul 08
4.28	Buller				2		Seville ESP	Jun 04
4.25	Hendry				6=		Modesto CA	May 07
4.25	Hendry				1		Victoria	Jun 10
4.25	Buller				2		Praha	Jun 15
4.20	Carly Dockendorf	BC	83		6	NCAA	Sacramento CA	Jun 11
4.20	Stephanie McCann	BC	77		1	NelG	Stadskanaal NED	Jul 03
4.20	McCann		1				Stadskanaal NED	Jul 03
4.15	Sue Kupper	AB	84		2	Chps	Winnipeg	Jul 15
4.15	Hendry				1	FGames	Naimey NIG	Dec 12
4.11	Dockendorf				1		Seattle WA	May 07
4.10	Dockendorf				Q	NCAA	Sacramento CA	Jun 09
4.10	Hendry				2	Jerome	Burnaby	Jun 14
4.10	Hendry				1	Lafarge	Abbotsford	Jun 16
4.05	Dockendorf				4	PAC10	Los Angeles	14 May
4.00	McCann		5=		GP		Doha QA	May 13
4.00	McCann		2				Loughborough GBR	May 22
4.00	Kupper				1		Calgary	Jun 18
4.00	Hendry				3	Chps	Winnipeg	Jul 15
4.00	Adrienne Vangoor	SK	85		4	Chps	Winnipeg	Jul 15
4.00	Hendry				14ga	WC	Helsinki FIN	Aug 07
3.95	Vangoor		85				Modesto CA	May 07
3.91	Gabriella Duclos	QU	88		1	Hume	Sherbrooke	Jun 19
3.90	Leah Vause	SK	87		1	SKG	Regina	Jun 25
3.90	Brynn Anderson	SK	82		1		Regina	Jul 23
3.85	Kupper				3	SunA	Tempe AZ	Apr 16
3.85	Amara Gossin	ON	83		1		Toronto(MC)	Jun 11
3.85	Patricia Gauthier	ON	84		1	OCGT	Ottawa	Jul 02
3.85	Caroline Jean	QU	80		1		Ottawa	Jul 02
3.85	Suzanne Fish	ON	82		5	Chps	Winnipeg	Jul 15
3.80	Theresa Wiebe	SK	87		1	CanJ	Montreal(CR)	Jul 10
3.75	Leanne Carriere	AB	85		2		Calgary	Jun 26
3.70	Heather Zavaduk	BC	86		1	Brow	Kelowna	Jul 03
3.65	Arianne Beaumont-Courteau	QU	90			Hume	Sherbrooke	Jun 18
3.65	Emilie Lefebvre-Bertrand	QU	83		1		Montreal	Jun 11
3.60	Kim Rawkins	BC	83				Prince George	Jun 12
3.55	Sara Clearly	QU	80		3	Hume	Sherbrooke	Jun 18
3.55	Kate Sauks	ON	84		3	Hume	Sherbrooke	Jun 18
3.55	Melanie Frigon	QU	82		3	Hume	Sherbrooke	Jun 18
3.50	Stacy Irvine	BC	89		13g2	WYC	Marrakech	Jul 14
3.50	Janice Creighton	ON	83		4		Toronto(MC)	Jun 11

## Junior

3.90	Vause(Above)
3.80	Wiebe(Above)

3.70	Zavaduk(Above)						
3.40	Marcie Veitch	ON	87	1		London	Apr 30
3.40	Kerri Clifford	BC	86	1		Victoria	May 14
3.20	Erika Reiser	ON	??	1	HSC	LaSalle	Jun 04
3.20	Michelle Gerwing	AB	88??	1	HSC	Edmonton	Jun 04

### Youth

3.91	Duclos(Above)						
3.65	Beaumont-Courteau(Above)						
3.50	Irvine(Above)						
3.40	Melanie Blouin	QU	90	4	CanJ	Montreal(CR)	Jul 10

### Mixed Competition

3.65	Emilie Bertrand-Lefebvre	QU	83	1			Jun
3.65	Gabriella Lasnier-Duclos	QU	88	2			Jun

### Long Jump / Saut en longueur

6.40	0.0	Falaiye			5		Monterrey MX	Jun 11
6.36		Falaiye(legal in series)				Gold	Baton Rouge LA	Apr 23
6.32	0.9	Falaiye			2		Guadeloupe FRA	May 01
6.25	0.0	Jocelyn Adu-Gyumfi	ON	81	1		Toronto(MC)	Jun 21
6.25	0.4	Adu-Gyumfi			5	FISU	Izmir TUR	Aug 16
6.21	0.0??	Falaiye			8		Fort de France	Apr 30
6.20	1.3	Krysha Bayley	BC	84	1		Clemson	Apr 09
6.20	-0.1	Adu-Gyumfi			6ga	FISU	Izmir TUR	Aug 15
6.18	0.8	Adu-Gyumfi			1		Toronto(MC)	Jun 12
6.17	pcyr 0.6	Sabrina Nettey	BC	90	1	MSac	Walnut CA	Apr
6.17	1.5	Adu-Gyumfi			1		La Chateua-de-Fonds SUI	Aug 21
6.14	0.9	Jessica Zelinka	AB	81	h	Hypo	Gotzis AUT	May 29
6.13	-1.0	Tabia Charles	ON	85	6	East	New York NY	May 27
6.06	0.0	Kelley Clark	ON	82	2	Gina	Hillsdale MI	Apr 30
6.06	1.4	Charles			14	NCAA	Sacramento CA	Jun 08
5.99	0.9	Monique Haan	ON	78	2		Toronto(MC)	Jun 12
5.96	0.4	Tasha Monroe	ON	81	4	WAC	Tulsa OK	May 13
5.96	0.8	Adeagbo			3		Tucson AZ	May 21
5.88	0.8	Monroe			7		Northridge CA	Mar 16
5.85	-0.5	Samanatha Cross	ON	88	2		Toront(MC)	Jun 21
5.82	-1.9	Nicole McKell	SK	84	1	CG	Regina	Aug 16
5.77	0.0	Melanie Lachapelle	ON	82	6	Gina	Hillsdale MI	Apr 30
5.74	1.7	Sarah Nelson	BC	85			Oxford MS	Apr 02
5.73	1.6	Alecia Beckford-Stewart	ON	87	3		Toronto(MC)	Jun 21
5.67	1.9	Anne Beecher	AB	70	1		Calgary	Jun 18
5.62	1.1	Zelinka			1		Calgary	May 15
5.61	1.0	Althea Williams	ON	75	3		Toronto(MC)	Jun 12
5.57	-0.6	Marlene Romano-Hurteau	QU	82	q	CG	Regina	Aug 16

### Wind/No Wind Info

6.64	4.7	Alice Falaiye	ON	78	1	Spira	El Paso TX	Apr 16
6.56	5.1	Falaiye			2	Gold	Baton Rouge LA	Apr 23
6.54	5.7	Falaiye			1	Chps	Winnipeg	Jul 16
6.31	2.9	Adu Gyamfi			2	Chps	Winnipeg	Jul 16
6.11		Semindele Adeagbo			7	Pre	Eugene ORE	Jun 04
6.10		Charles	ON	85	2	Gat	Coral Gables FL	Apr 16
6.09		Adeagbo			1	Bear	Berkeley CA	Apr 16
6.01		Colleen Ramharak	ON	82	1		Akron OH	Apr 23
5.96	7.0	Mandi Tuplin	SK	80	3	Chps	Winnipeg	Jul 16
5.82	3.9	Diana Gruber	AB	83	4	Chps	Winnipeg	Jul 16
5.74		Christabel Nettey	BC	91	1	MSac	Walnut CA	Apr 15
5.74	7.1	Nicole McKell	SK	84	5	Chps	Winnipeg	Jul 16
5.70	2.1	Grace Vela	ON	82	8	MSac	Walnut CA	Apr 15
5.70	2.9	Alecia Stewart	ON	87	1	HSC	LaSalle	Jun 04

5.62	2.3	Alexandra Rozefort	QU	84	1			Jun 11
<b>Resident Foreigner</b>								
6.28		Ruky Abdulai	BC/GHA		1	NAIA	Louisville KY	May 26

**Junior**

5.66	-0.5	Beckford(Above)						
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**Youth**

6.17	0.6	Nettey(Above)						
5.85	-0.5	Cross(Above)						
5.74		Nettey(Above)						
5.61	-0.9	Alana Pattison	BC	90	1	HSC	Burnaby	Jun 04

**Triple Jump / Triple saut**

13.50	0.7	Tabia Charles	ON	85	6	NCAA	Sacramento CA	Jun 11
13.39	1.2	Charles		1	6		Coral Gables FL	Apr 16
13.35	1.7	Charles			Q	NCAA	Sacramento CA	Jun 10
13.21	-0.2	Charles			2	ACC	Tallahassee FL	Apr 23
13.18	1.7	Charles			3	TxR	Austin TX	Apr 07
13.18	0.1	Colleen Ramharak	ON	82	3	MidEast	Bloomington IN	May 28
13.04	0.8	Semidele Adeagbo			1	Oreg	Eugene OR	Apr 23
13.01	2.0	Ramharak			Q	NCAA	Sacramento CA	Jun 10
12.99	0.7	Williams Althea	ON	75	1	Chps	Winnipeg	Jul 17
12.88	0.2	Williams		1			Ottawa	Jul 03
12.69	0.0	Jocelyn Adu-Gyumfi	ON	81	3	Chps	Winnipeg	Jul 17
12.57	1.0	Mary Egbo Egbo	ON	85	4	Chps	Winnipeg	Jul 17
12.38	0.5	Monique Haan	ON	78	1		Toronto(MC)	Jun 12
12.35	0.0	Sabrina Nettey	BC	90	1	MSac	Walnut CA	Apr 16
12.18	1.4	Alanna Boudreau	MB	83	5	Chps	Winnipeg	Jul 17
11.84	-0.7	Neb Zachariah	ON	87	4		Toronto(MC)	Jun 12
11.84	0.8	Camille Richard	BC	87	1	CanJ	Montreal(CR)	Jul 09
11.78	-1.4	Carly Youlton	ON	86	q	CG	Regina	Aug 18
11.77	-0.5	Jaime Gittens	ON	89	1	RCLC	Edmonton	Aug 07
11.76	-1.1	Grace Vela	ON	82	4		Seattle WA	Apr 30
11.72	-0.3	Katie Gallagher	BC	89	1	HSC	Burnaby	Jun 03
11.69	-0.3	Candice Laverty	AB	80	7	Chps	Winnipeg	Jul 17
11.61	0.1	Kimberley Tsu	AB	86	7	Chps	Winnipeg	Jul 17
11.56	-1.0	Victoria Merrill	ON	87	1	HSC	LaSalle	Jun 03
11.53	0.6	Holly Lipscomb			3	Scott	Irvine CA	Apr 30
11.40	-0.2	Desiree Garson	ON	86	2	HSC	LaSalle	Jun 03
11.32	0.5	Heather McCurdy	ON	86	1		Toronto(MC)	Aug 06

**Wind/No Wind Info**

13.41		Charles			2	East	New York NY	May 27
13.12	2.6	Ramharak			6	MSac	Walnut CA	Apr 16
12.95	2.5	Adu-Gyamfi			2		Toronto(MC)	Aug 06

**Junior**

11.84	-0.7	Zachariah(Above)						
11.84	0.8	Richard(Above)						
11.78	-1.4	Youlton(Above)						
11.61	0.0	Tsu(Above)						
11.56	-1.0	Merrill(Above)						
11.40	-0.2	Garson(Above)						
11.32	0.5	McCurdy(Above)						

**Youth**

12.35	0.0	Nettey(Above)						
11.77	-0.5	Gittens(Above)						
11.72	-0.3	Gallagher(Above)						
11.40	-0.2	Garson(Above)						

11.05	0.0	Tanya Simard	ON	88	1		Toronto(MC)	Aug 06
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### Shot Put / Poids

15.08	Meghan Weaver	ON	85		Reg	Eugene PR	May 28
14.96	Sultana Frizell	ON	84	1	PomP	Claremont CA	Apr 15
14.65	Caroline Larose	QU	78	1	Chps	Winnipeg	Jul 16
14.24	Daisy Van Ravensway	ON	84			Storrs CT	Apr 09
14.14	Megann VanderVliet	ON	85	3	Div3	Wartburg IA	May 27
13.94	Kaitlyn Andrews	ON	88	6	PAJ	Windsor	Jul 30
13.91	Jessica Zelinka	AB	81	h	Chps	Winnipeg	Jul 16
13.42	Megan Reid	SK	83	3	Chps	Winnipeg	Jul 16
13.24	Dominique Bilodeau	QU	79	h	WC	Helsinki FIN	Aug 06
12.99	Susan Du	ON	88	1		St Catharines	Jul 15
12.94	Angela Machaj	ON	82	8	Duke	Durham NC	Apr 09
12.90	Georgette Reed	AB	67	1		Calgary	Jun 18
12.88	Kelsey Decamillis	BC	85	3	Forem	Seattle WA	May 14
12.85	Melissa These	AB	80	2		Calgary	Jun 25
12.73	Novelle Murray	BC	84	10	Scott	Irvine CA	Apr 30
12.72	Nicole Walcott	ON	87	1		Toronto(MC)	May
12.71	Andrea Karpala	ON	82	11	Duke	Durham NC	Apr 09
12.66	Candis Witty	AB	85	3		Pullman WA	Apr 23
12.62	Karla Johnson-Gabruch	SK	78	1		Saskatoon	May 31
12.46	Heather Patterson	ON	86	4		Ottawa	Jul 03
12.45	Jana Konihowski	AB	84	4	CG	Regina	Aug 16
12.23	Roslyn Lundeen		83	h	PAC 10	Los Angeles CA	May 08
12.28	Dominique Thibault	ON	88	2		St Catharines	Jul 15
12.28	Chantal Spies	SK	84	3		Regina	Jul 23
12.26	Susanne Dandenault	MB	70	1		Winnipeg	Jul 04
12.21	Melanie Guy	QU	78	1		Montreal(CR)	Jul 15
12.13	Julie Landry	NB	82	1		Saint John	Jul 16
12.09	Jennilee Way	AB		7		Pullman WA	Apr 23

### Junior

12.72	Walcott(Above)						
12.46	Patterson(Above)						
11.78	Chelsea Payne	BC	87	1	HSC	Burnaby	Jun 04

### Youth(4.0kg)

13.94	Andrews(Above)						
12.99	Du(Above)						
12.28	Thibault(Above)						

### Resident Foreigner

18.59	Leija Tunks	ON/NED 76		1	CoomG	Stadskanaal NED	Jul 03
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### Discus / Disque

64.18	Lieja Tunks	ON	75	2		La Jolla CA	Apr 02
54.45	Novelle Murray	BC	84	1		Honolulu HI	May 03
54.24	Murray			8	Trinton	La Jolla CA	Apr 23
53.19	Murray			4	WAC	Tulsa OK	May 14
52.20	Murray			1G	MSac	Walnut CA	Apr 15
51.98	Murray			3	StanfD	Stanford CA	Mar 26
51.46	Daisy Van Ravensway	ON	84			Providence RI	Apr 16
50.45	Marie Le Jour McDonagh	QU	82	1	Chps	Winnipeg	Jul 15
50.15	Julie Bourgon	QU	80	2	Chps	Winnipeg	Jul 15
49.62	Marie-Josée Le Jour	QU	79	1		Montreal	Jun 20
48.90	Anna Dolegiewicz			1		Provo UT	Apr 23
46.49	Angela Machaj	ON	82	1	CG	Regina	Aug 19
45.93	Mikaela Patterson	BC	86	2		Abbotsford(Swan)	Jul 24

45.12	Sultana Frizell	ON	84	8	YellJ	Atlanta GA	Apr 02
45.06	Jennifer Joyce	BC	80	6		Tucson AZ	May 21
44.84	Chantal Spies	SK	84	1	RRel	Saskatoon	Jun 11
43.78	Meghan Weaver	ON	85	18		San Diego CA	Apr 23
43.67	Susanne Dandenault	MB	70	1		Winnipeg	Jul 04
43.53	Megann VanderVliet	ON	85	1		Holland MI	Apr 13

### Junior

45.93	Patterson(Above)						
40.73	Chelsea Payne	BC	87	3	CanJ	Montreal(CR)	Jul 09

### Youth(World Youth Std-40.50)

43.55	Kaitlyn Andrews	ON	88	1	CanJ	Montreal(CR)	Jul 09
43.21	Isabelle Boudreau	QU	89	1		Montreal	Jun 20
42.74	Myriam Dumont	QU	88	1	Hume	Sherbrooke	Jun 17
41.25	Andrews			1	HSC	LaSalle	Jun 02

### Hammer / Marteau

68.48 <b>pcr</b>	Jennifer Joyce	BC	80	1	Craven	Burnaby	Jul 09
	(68.48, F, F, 65.32, F, 66.46)						
68.10	Joyce			1	Card	Stanford CA	May 01
	(65.66, 67.08, 67.10, 67.27, 67.07, 68.10)						
67.32	Joyce			1	Brutus	Berkeley CA	Apr 08
67.28	Joyce			4	MSac	Walnut CA	Apr 16
67.04	Joyce			1		Sacramento CA	May 06
67.03	Joyce			1	Chps	Winnipeg	Jul 17
66.66	Joyce			5	Jor	Palo Alto CA	May 30
66.51	Joyce			1		Tucson AZ	May 21
66.42	Sultana Frizell	ON	84	2		Athens GA	May 07
	(54.00, 61.32, F, 65.97, 66.42, 63.09)						
65.31	Joyce			1		Davis CA	Jun 05
64.99	Frizell			1	SecC	Nashville TN	May 14
64.34	Joyce(std70m) or at least top 12)			11gb	WC	Helsinki FIN	Aug 10
	61.88, f, 64.34						
63.82	Frizell			2	MSac	Walnut CA	Apr 16
63.77	Frizell			2	Drake	Des Moines IW	Apr 29
63.74	Frizell			6	Towns	Athens GA	Apr 23
63.03	Crystal Smith	ON	81	2		Marietta GA	May 29
61.57	Smith			4	FGames	Naimey NIG	Dec 13`
61.42	Michelle Fournier	QU	77	1		Franconville FRA	May 08
61.16	Megan Reid	SK	83	1		Saskatoon	Aug 03
60.54	Amy Moses		82	1	Spira	El Paso TX	Apr 16
59.90	Reid			1		Saskatoon	Jul 05
59.86	Fournier		5	FGames		Naimey NIG	Dec 13
59.76	Anna Dolegiewicz			11	Chps	Carson CA	Jun 25
57.87	Kate Forbes	AB	82	1		Lethbridge	May 20
57.70	Marie-Eve Boisselle	QU	86	3	PAJ	Windsor	Jul 31
57.69	Caltha Seymour	ON/JAM	79	5	CAC	Bahamas	Jul 09
57.44	Novelle Murray	BC	84	2	Scott	Irvine CA	Apr 30
57.36	Seymour			5			
55.27	Rochelle Kokayko	BC	87	6	PAJ	Windsor	Jul 31
54.19	Andrea Karpala	ON	82	3		Lewisburg PA	Apr 16
54.01	Chelsea Payne	BC	87	3	CG	Regina	Aug 16
53.34	Andrea Engelmann		83		Conf		
52.87	Angela Machaj	ON	82	1	Horiz	Indianapolis IN	May 13
52.74	Catrina Chisholm	BC	85	8	ECAC	Princeton NJ	May 14
52.57	Alexandra Hunnings	BC	85	4		Berkeley CA	Apr 02
52.57	Elisabeth Dubourt	SK	86	2		Saskatoon	Jul 05
52.10	Mikaela Patterson	BC	86	2		Clemson	May 08
51.47	Anita Sudfeld	MB	73	1		Winnipeg	Jun

## Junior (4kg)

57.70	Boisselle(Above)
55.27	Kokayko(Above)
54.01	Payne(Above)
52.57	Dubourt(Above)
52.10	Patterson(Above)

## Youth (4kg) (World Youth Standard - 47.39)

51.71	Emmalynne MacCorquodale	BC	90	2	HSC	Burnaby	Jun 03
50.65	Heather Steacy	AB	88	1	RCLC	Edmonton	Aug 07
45.07	Kaylee Hansen	BC	88	1		Abbotsford(Swan)	Jul 24
43.61	Lara Ter Laak	BC	89	2		Abbotsford(Swan)	Jul 23
42.52	Myriam Dumont-Breton	QU	88	3	Hume	Sherbrooke	Jun 17
41.25	Sarah Klimm	SK	88		RCLC	Edmonton	Aug 07

?=Unsure of weight

## Javelin / Javelot

53.63	Dominque Bilodeau	QU	79	1	Chps	Winnipeg	Jul 17
52.46	Bilodeau			1	Hume	Sherbrooke	Jun 19
51.51	Krista Woodward	BC	84	1	BCChps	Abbotsford(Swan)	Jun 26
51.36	Woodward			1	SEC	Nashville TN	May 15
50.70	Bilodeau			1	Sea Ray	Knoxville TN	Apr 15
50.56	Alana Redfern	BC	83	3	MidW	Norman OK	May 27
50.53 <b>pcyr</b>	Elizabeth Gleadle	BC	88	5	WYC	Marrakech MAR	Jul 17
50.15	Woodward			5	NCAA	Sacramento CA	Jun 08
49.96	Woodward			2	East	New York NY	May 27
49.58	Roslyn Lundeen	BC	83	3	Pac10	Los angeles CA	May 14
49.46	Gleadle			1	HSC	Burnaby	Jun 03
49.30	Vanessa Roelefsen	ON	85				Mar 19
49.13	Sarah Emerson	ON	83	3		Houston TX	May 07
46.83	Caroline Larose	QU	78	6	FGames	Naimey NIG	Dec 11
45.40	Amy Tiffin	ON	84		Padd	Ann Arbor MI	May 06
44.74	Sultana Frizell	ON	84	3		Athens GA	May 07
44.26	Kelsey Best	NS	86	6	PAJ	Windsor	Jul 31
44.21	Sara Collins	ON	87				May
43.74	Daisy Van Ravensway	ON	84			Providence RI	Apr 16
43.06	Jenilee Way	AB	84	4		Pullman WA	Apr 23
43.00	Bethanie Wachna	ON	88	3	HSC	La Salle	Jun 03

## Junior

44.26	Best (Above)						
44.21	Collins(Above)						
42.83	Jaclyn Wolverton	SK	86	5	Chps	Winnipeg	Jul 17
42.46	Samantha Piquette	ON	86	1		Albany NY	Apr 16
40.74	Patricia Ares	QU	87	1	Hume	Sherbrooke	Jun 17
40.71	Charmaine Naytowhow	SK	87	1	SKG	Regina	Jun 25
40.67	Brigitte Lupuliak	SK	86	2	SKG	Regina	Jun 25
40.56	Kelsey Best	NS	86	1		Lower Sackville	May 15

## Youth

50.53	Gleadle(Above)						
43.00	Wachna(Above)						
41.29	Jessica Bond	QU	88	1		Sherbrooke	May 30

## Heptathlon(0.840)

6137	Jessica Zelinka	AB	81	11	Hypo	Gotzis AUT	May 29
	(13.42, 1.70, 13.41, 24.49(3606) 6.14, 42.74, 2:13.20(1.1, 1.7, 0.9)						
6097	Zelinka			11	WC	Helsinki FIN	Aug 06
	(8 <sup>th</sup> after 1 <sup>st</sup> day)(13.52, 1.70, 13.64, 24.13(3640)5.82, 42.42, 2:11.15 (-0.4, -1.0, 0.9						

6088	Zelinka		4	IAAF	Arles FRA	Jun 04
	(13.15, 1.67, 13.04, 24.09( )6.07, 42.88, 2:16.48(2.9, 1.2, 3.6)					
5753	Zelinka		1	Chps	Winnipeg	Jul 16
	(13.74, 1.69, 13.91, 24.59(3573)5.72, 36.69, 2:20.70(-3.3, -2.1, 0.7)					
5314	Angela Anoliefoh	AB	82	16 NAIA	Louisville KY	Jun 10
	(15.23, 1.66, 11.80, 25.33(3122)5.54, 38.70, 2:18.93(0.4, -0.9, 1.0)					
5256	Anoliefoh		3	Big10	Columbus OH	May 14
	15.19, 1.68, 10.77, 25.34( )5.42, 6, 38.52. 2:17.54(2.1, 2.4, 1.6)					
5254	Veronique Fortin	QU	78	15	Woerden NED	Aug 27
	14.41, 1.63, 11.61, 25.46( )5.35, 38.85, 2:23.26(0.0 )					
5181	Brianne Theisen	SK	88	1 CG	Regina	Aug 18
	(14.61, 1.72, 9.98, 25.64(3130) 5.72, 34.03, 2:26.81(-0.8, 0.0, 0.6)					
5143	Fortin		1			Jun 11
	(14.74, 1.69, 11.48, 25.75(3164)5.41, 37.04, 2:29.93(1.6, 2.0, 3.9)					
5092	Grace Vela	ON	82	6 Pac10	Los Angeles CA	May 08
	(14.40, 1.63, 9.83, 25.45(3058)5.76, 31.27, 2:25.03(0.2, -1.4, 1.5)					
5054	Janine Polischuk	SK	85	2 CG	Regina	Aug 18
	(14.69, 1.66, 10.22, 26.21(3012)5.48, 35.80, 2:24.70(-0.8, -0.1, 1.9)					
5050	Polischuk		3		Fort Collins CO	May 12
5036	Fortin		2	Chps	Winnipeg	Jul 16
	(14.66, 1.63, 11.38, 25.64(3107)5.40, 37.53, 2:34.43(-3.3, -2.1, -0.2)					
4968	Polischuk		9	MtSac	Azusa CA	Apr 13
	(14.76, 1.59, 10.47, 25.97(2958)5.59, 35.49, 2:29.21(1.6, 1.6, nwi)					
4935	Roslyn Lundeen		83	8 Pac10	Los Angeles CA	May 08
	(16.25, 1.54, 12.35, 28.13(2655)5.29, 48.46, 2:21.02(0.2, 1.4, 0.6)					
4811	Jillian Drouin	ON	86	4 PAJ	Windsor	Jul 30
	(14.88, 1.75, 11.06, 26.65(3114)5.30, 32.45, 2:43.73(0.5, 0.8, 3.2)					
4804	Patricia Palmer	AB	82	CG	Regina	Aug 18
	(15.72, 1.57, 10.11, 26.68(2726)5.42, 40.24, 2:27.15(0.0, 0.0, 1.3)					
4699	Mandi Tuplin	AB	80	3 Chps	Winnipeg	Jul 16
	(15.11, 1.45, 10.23, 26.06(2730)5.68, 32.21, 2:29.68(-3.3, -2.1, 2.4)					
4684	Melissa Van Hal	AB	81	4 Chps	Winnipeg	Jul 16
	(15.87, 1.63, 9.43, 27.09(2697)4.91, 38.99, 2:21.47(-3.2, -2.1, 2.0)					
4683	Cloe Hewitt	BC	85	6 NAIA	Louisville KY	May 26
	(15.79, 1.55, 10.02, 25.52( )5.02, 36.58, 2:27.32(-0.2, 0.4, NWI)					
4677	Tuplin		1		Calgary	May 14
	(15.73, 1.49, 9.99, 26.21( ), 5.68, 32.82, 2:27.22(-0.5, -2.4, 8.0)					
4666	Alison Beckford-Stewart	ON	87	5 PAJ	Windsor	Jul 30
	(14.91, 1.57, 10.92, 26.26(5.73, 35.60, 2:56.87(0.5, 0.8, 1.6)					
4644	Jennifer Cotten	ON	87	4 CG	Regina	Aug 18
	15.13, 1.60, 7.92, 25.96(2757)5.32, 23.55, 2:15.60(0.0, 0.0, 0.7)					
4617	Van Hal		2		Calgary	May 14
4615	Alicia Dobranowski	NS	84	5 CG	Regina	Aug 18
	(15.28, 1.60, 8.68, 26.03(2779)5.35, 28.33, 2:26.73(-0.8, 0.0, 0.3)					
	(15.70, 1.64, 9.83, 27.50( )5.01, 33.81, 2:22.98(nwi, -2.3, 1.3)					

### Junior(0.840)

5181	Theisen(Above)					
4811	Drouin(Above)					
4666	Beckford-Stewart(Above)					
4644	Cotten(Above)					
4578	Beckford-Stewart		1		Toronto(MC)	Jun 11
	(13.75, 1.56, 10.62, 26.10( )5.43, 32.73, 3:06.30(0.6, 1.8, 0.4)					
4536	Jessica Marricote	QU	86	1	St Laurent	Jun 11
	(16.16, 1.57, 10.45, 27.17(2653)5.17, 36.27, 2:30.99(2.9, 2.0, 1.6)					
4525	Drouin		1	CanJ	Montreal(CR)	Jul 08
	(15.41, 1.70, 10.21, 26.64(2928) 5.18, 31.54, 2:48.26(-1.7, 0.0, 0.2)					
4519	Pascale Delisle	QU	87	1	St Laurent	Jul 23
	15.06, 1.60, 10.43, 25.88(2936)5.43, 21.04, 2:38.05(-0.9, nwi, 0.0)					

4465	Annick Baragengana	QU	86	2		St Laurent	Jun 11
	16.08, 1.75, 9.34, 26.97(2820)5.55, 19.71, 2:33.80(2.9, 2.0, 2.3)						
4417	Corri Fell	BC	87	h		Abbotsford	May 27
	(14.40, 1.47, 7.99, 25.30(271505.01, 26.28, 2:26.80(0.5, 1.1, NWI)						
4368	Adelle Johns	BC	86	3	CanJ	Montreal(CR)	Jul 07
4212	Adrienne Bethune	ON	89	4	CanJ	Montreal(CR)	Jul 07
	(15.71, 1.43, 8.85, 25.86(2557) 5.33, 27.38, 2:39.63((-0.6, 0.0, 1.3)						

**Youth(0.762)**

4928	pcyr	Theisen		1	RRel	Saskatoon	Jun 10	
		(14.97, 1.61, 10.09, 25.26(2991)4.99, 34.51, 2:26.67(-3.1, 0.3, 0.9)						
4805		Theisen		17	WYC	Marrakech MOR	Jul 15	
		14.30, 1.57, 9.54, 25.29(2996) 5.23, 34.57, 2:35.70(1.6, -0.5, 0.7)						
4554		Katie Gallagher	BC	88	1	Abbotsford	May 27	
		(15.40, 1.71, 9.19, 26.90(2803)5.22, 29.80, 2:32.80(0.5, 1.1, -0.3)						
4463		Adrienne Bethune	ON	89	1	St Catharines	Jul 16	
		(14.86, 1.56, 9.58, 25.94(2854)5.34, 25.10, 2:40.28(3.9, -0.5, 1.0)						
4265		Katherine Murphy	BC	90		Abbotsford	Jul 23	
		(14.57, 1.59, 7.15, 26.89, 5.21, 19.96, 2:29.06(1.6, 0.0, 1.6)						
4249		Gallagher		29	WYC	Marrakech MOR	Jul 16	
		(15.41, 1.66, 7.85, 27.14(2684)4.99, 28.49, 2:41.17(1.4, 0.2, 0.9)						
4212		Abbie Lymburner	ON	88	2	St Catharines	Jul 16	
		(15.08, 1/62, 9.29, 27.80( )4.70, 26.60, 2:37.41(3.9, -0.5, 1.7)						