



CANADIAN OUTDOOR RANKING STATISTIQUES EN PLAIN AIR 2007 - WOMEN / FEMMES -

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Cecil Smith (cecilsmith@rogers.com)
(corrections gratefully received/ Les corrections sont toujours bienvenues)

100m

11.53	1.9	Yvonne Mensah	BC	85	1	Big10	Philadelphia	May 13
11.59a	1.7	Adrienne Power	NS	81	1	La Loma	San Luis MEX	May 15
11.60	1.1	Toyin Olupona	ON	83	1		Abilene TX	
11.60	0.9	Olupona			1	CanC	Windsor	Jul 14
11.61	1.4	Jessica Czaikowski	ON	84	1h2	Classic	Charlotte NC	Mar 16
11.65	1.5	Olupona			8		Eugene OR	Jun
11.66	1.7	Power			1	Loma	San Luis MEX	May 17
11.68a	1.7	Genevieve Thibault	QC	86	1	La Loma	San Luis	May 17
11.68	1.5	Sherrine Pencil	ON	85	1	HsChp	Ottawa	Jun 08
11.69	1.7	Esther Akinsulie	ON	84	1		Ottawa	Aug 15
11.70a	1.7	Thibault			2	La Loma	San Luis MEX	May 15
11.70	1.9	Krysha Bayley	ON	84	1	Top3	Toronto(MC)	Jun 16
11.71	0.9	Pencil	ON	85	2	CanC	Windsor	Jul 14
11.73	0.4	Mensah			2h5	TexR	Austin	Apr 06
11.74	-0.3	Power			h2	Meag	Halifax NS	Jul 06
11.76	0.0	Mensah			1r4	Coll	Berkley CA	Apr 28
11.76	0.2	Louise Ayetotche	AB	75	2h1	Bush	Eagle Rock	Jun 03
11.76	0.9	Bailey			2	CanC	Windsor	Jul 14
11.76	0.9	Power			3	CanC	Windsor	Jul 14
11.78	0.9	Czaikowski	ON	84	4	CanC	Windsor	Jul 14
11.81	2.0	Pencil			4r1	Aztec	San Diego	Mar 17
11.82	1.4	Natalie Issajenko	ON	89	1	Top3	Toronto(MC)	Jun 16
11.82	-1.1	Olupona			1h2	CanC	Windsor	Jul 13
11.82	1.0	Loudia Laarman	AB	91	2h2		Ostrava	Jul 11
11.83	-1.1	Ayetotche			1	PomP	Claremont	Apr 07
11.84	-0.2	Bayley			1	Ochps	Ottawa	Jun 29
11.84	1.4	Sabrina Netley	BC	90	2h	WYC	Ostrava	Jul 11
11.85	1.4	Tenisha Peart	AB	86				
11.87	1.5	Miana Griffiths	ON	90	2	Hschps	Ottawa	Jun 08
11.88	0.3	Danielle Harrison	ON	87	1h1	NAIA	Fresno CA	May 25
11.88	-1.0	Wells			1	Ochps	Ottawa	Jun 29
11.88	0.0	Loudia Laarman	AB	91	1h	CanJ	Abbotsford	Jul 28
11.90	0.7	Netley S			3h	WYC	Ostrava CZE	Jul 11
11.91	0.8	Netley S			5h	WYC	Ostrava CZE	Jul 12
11.93	-0.5	Wells			1q	Ochps	Ottawa	Jun 29
11.95a	1.7	Kimberly Hyacinthe	QC	89	3	La Loma	San Luis	May 15
11.96	0.9	Issajenko			8	CanC	Windsor	Jul 13
11.96	0.9	Laarman			7h	WYC	Ostrava CZE	Jul 12
11.96	1.2	Laarman			3h	WYC	Ostrava CZE	Jul 11
11.98	0.9	Netley S			1	Forem	Seattle WA	May 12
11.98	1.9	Chantal Grant	MB	89	3	WCG	Sherwood Pk AB	Aug 08
11.99	0.2	Peart			5r1		Azusa CA	Apr 13
12.03	-1.6	Billie Whitegibson	BC	88	2h	CanJ	Abbotsford	Jul 28
12.06	2.0	Rhonda-Kaye Trusty	ON	88	8r1	Aztec	San Diego CA	Mar 17
12.07	1.5	Shantel Llewellyn	ON	89	1		Toronto(MC)	Jul 07
12.08	0.1	Jenna Martin	NS	88	2r1	Sham	Conway SC	Mar 17
12.15	1.2	Whitney Wellington	BC	88	5r2	JJK	Westwood CA	Apr 14

12.18	2.0	Christabel Nettey	BC	91	1h2	LegC	Oromocto NB	Aug 11
12.19	-1.0	Cheria Morgan	ON	89	3	Ochps	Ottawa	Jun 29
12.20	1.5	Allyson Howatt	NB	88	4	AmerE	Baltimore	May 05
12.22	1.2	Jenn O,Brien	ON	84				
12.22	2.0	Marissa Walter	NB	90	2h2	LegC	Oromocto NB	Aug 11
12.23	0.0	Simone Holder	ON	88	9h	CanC	Abbotsford	Jul 27
12.34	1.4	Leah Walkeden	AB	93	1h	LegC	Oromocto NB	Aug 12
12.37	0.9	Tia Semplonius	ON		1	HsChps	Ottawa	Jun 08
12.48	1.6	Ema Roung	ON		1	Hschps	Ottawa	Jun 08
12.48	1.0	Nikkia Jones	NS	92	2h	LegC	Oromocto NB	Aug 12

Wind aided - No Wind / Vent non légal ou sans information sur le vent

11.26		Olupona			8		Fort Worth	Jun 07
11.41	2.8	Mensah			3r1	KanR	Lawrence	Apr 21
11.42	2.8	Mensah					Champaign	Apr 15
11.42		Broomfield			1		Windsor	May 12
11.58		Broomfield			ZGA		Lauderdale FL	Apr 07
11.58		Mensah			3	Chall	Berkeley	Apr 29
11.75	2.6	Pencil			6r1	Coll	Berkley CA	Apr 28
11.85		Olupona			8		Eugene OR	May 27

Junior

11.82	1.4	Issajenko (Above)						
11.95	1.7	Hyacinthe (Above)						
11.96	0.9	Issajenki (Above)						
11.98	1.9	Grant (Above)						
12.03	-1.6	Whitegibson (Above)						
12.06	2.0	Trusty (Above)						
12.07	1.5	Llewellyn (Above)						
12.08	0.1	Martin (Above)						
12.15	1.2	Wellington (Above)						
12.19	-1.0	Morgan (Above)						
12.20	1.5	Howatt (Above)						
12.23	0.0	Holder (Above)						

Youth

11.84	1.4	Nettey (Above)						
11.87	1.5	Griffiths (Above)						
11.88	0.0	Laarman (Above)						
11.90	0.7	Nettey (Above)						
11.91	0.8	Nettey (Above)						
11.96	0.9	Laarman (Above)						
11.96	1.2	Laarman (Above)						
12.18	2.0	Nettey (Above)						
12.22	2.0	Walter (Above)						
12.34	1.4	Walkeden (Above)						
12.48	1.0	Jones (Above)						

200m

23.06a	1.4	Adrienne Power	NS	81	2	La Loma	San Luis MEX	May 15
23.16a	0.8	Power				La Loma	St Luis MEX	May 17
23.51	0.7	Power			5h2	PAG	Rio de Jan	Jul 25
23.56	-1.3	Esther Akinsulie	ON	84	1	CanC	Windsor	Jul 15
23.60	0.7	Angela Whyte	AB	80	1h	CanC	Windsor	Jul 15
23.64	0.7	Yvonne Mensah	BC	81	1r1	HFrog	Fort Worth TX	Mar 24
23.64	0.4	Power			2h4	PAG	Rio de Jan	Jul 25
23.66	1.4	Mensah			3r1	Coll	Berkley CA	Apr 28
23.71	1.9	Sherraine Pencil	ON	85	3h1		Eugene OR	May 25
23.73	-1.1	Louise Ayetotche	AB	75	1		Claremont	Apr 07
23.73	-1.3	Power			2	CanC	Windsor	Jul 15
23.74	0.9	Akinsulie			1		Ottawa	Aug 08
23.75	-1.1	Ayetotche			1	PomP	Claremont	Apr 07
23.78	0.0	Sherine Wells	ON	88	1	HChps	Ottawa	Jun 08
23.81	-0.9	Power	NS	81	h2	Meag	Halifax NS	Jul 06
23.84	-0.1	Wells S			1h2	Ochps	Ottawa	Jun 30
23.88a	0.8	Kimberly Hyacinthe	QC	89		Loma	San Luis	May 17
23.92	0.7	Pencil			1	Cal/Nev	Fresno CA	Mar 31
23.97	0.0	Power			1h1	CanC	Windsor	Jul 14
23.98	1.1	Toyin Olupona	ON	83	4		Fort Worth	Apr 21
23.99	0.1	Pencil			3r2	Coll	Berkley CA	Apr 28
24.00	0.6	Pencil			1h4	CanC	Windsor	Jul 15

24.01	-0.1	Jessica Czaikowski	ON	81	4	Big E	Storrs CT	May 06
24.05	-1.9	Power			1s2	CanC	Windsor	Jul 15
24.06	0.9	Akinsulie					Ottawa	May 10
24.07	-0.4	Jessica Zelinka	AB	81	h	PAG	Rio de Jan	Jul 24
24.09	-1.0	Natalie Issajenko	ON	89	1	Top3	Toronto(MC)	Jun 17
24.14	0.0	Issajenko			2h1	CanC	Windsor	Jul 15
24.16	-1.0	Erica Broomfield	ON	77		Top3	Toronto(MC)	Jun 17
24.17	1.4	Hyacinthe			2	Loma	San Luis	May 15
24.22	-1.3	Issajenko			3	CanC	Windsor	Jul 14
24.27	1.3	Jenna Martin	NS	88	5r2	SEC	Tuscaloosa AL	May 10
24.28	1.3	Ammon Nelson	AB	88	1	WCG	Sherwood PK AB	Aug 10
24.31	0.0	Martine Cloutier-Leblanc	QC	80	h	CanC	Windsor	Jul 14
24.31	-1.0	Krysha Bayley	ON	84	3	Top 3	Toronto(MC)	Jun 17
24.31	-1.3	Pencil			4	CanC	Windsor	Jul 14
24.32	-0.3	Ruky Abdulai	BC		3	ViCIN	Victoria	Jun 06
24.34a	2.0	Tenesha Peart	AB	86	1	NB	Calgary	May 05
24.36	-1.3	Cloutier-Leblanc			5	CanC	Windsor	Jul 14
24.37	1.0	Patricia Mayers	ON	85	3		Abilene TX	May 10
24.37	0.0	Hyacinthe	QC	89	1	CanJ	Abbotsford	Jul 29
24.37	0.7	Peart			2h3	CanC	Windsor	Jul 13
24.39	1.7	Phylicia George	ON	87	3		Storrs CT	Apr 21
24.44	-0.1	Shantel Llewellyn	ON	89	2	HSChps	Ottawa	Jun 08
24.46	0.1	Omoye Ugiagbe	ON	87	6r2	Coll	Berkley CA	Apr 28
24.54	0.0	Natalie Geiger	ON	90	4r2		Windsor	Apr 28
24.54	0.0	Sarah Wells	ON	89			Windsor	May 12
24.55	-0.2	Rhonda-Kaye Trusty	ON	88	2r3		Iowa City	Apr 21
24.62	1.0	Noelle Montcalm	ON	88	3		Columbus OH	May 05
24.62	0.6	Danielle Harrison	ON	87	3h	CanC	Windsor	Jul 14
24.63	0.0	Nettey S	BC	90	3	CanJ	Abbotsford	Jul 29
24.73a	1.6	Ashley Patterson	AB	87	3		Ogden UT	Apr 07
24.82	-0.1	Christiane Lela	ON	88	4	Ochps	Ottawa	Jun 30
24.89	-0.1	Jenn O'Brien	ON	84	1r2	Top3	Toronto(MC)	Jun 17
24.91	0.0	Asey Wills	ON	89	3	Hschp	Ottawa	Jun 08
24.94	0.2	Billie Whitegibson	BC	88	??		????	Jun 23
24.95	0.0	Athena McBean	ON	89	4	Hschp	Ottawa	Jun 08
24.96	0.0	Lauren Seibel	ON	82	1	Kajln	Richmond	Jun 03
24.96	0.6	Simone Holder	ON	88	5	Top3	Toronto(MC)	Jun 17
24.98	1.1	Witney Wellington	BC	88	3r1	JJK	Westwood CA	Apr 13
24.99	-0.1	Cheria Morgan	ON	89	6	Ochps	Ottawa	Jun 30
25.18	-0.7	Megan Clarke	??	85	1r2		Iowa City	Apr 21

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23.57	2.4	Erica Broomfield	ON	77	1		Ann Arbor	May 05
23.57		Mensah			1	Big10	Philadelphia	May 15
23.58		Pencil					Eugene	May 26
23.62	4.3	Mensah			1r1		Champaign	Apr 15
23.71		Pencil					Eugene OR	May 25
23.81	2.8	Pencil			3r5	MtS	Walnut	Apr 15
24.16	2.9	Angela Whyte	AB	80	h	Call	Azusa CA	Apr 10
24.17	2.3	Sherraine Pencil	ON	85	3r5		San Diego	Mar 17
24.23	2.3	Rhonda-Kaye Trusty	ON	88	5	Aztec	San Diego	Mar 17
25.09	1.7	Gibson	BC	88	??	BCC	Abbotsford BC	Jul 23
25.12	-2.2	Sabrina Nettey	BC	90	2h	CanJ	Abbotsford	Jul 28
25.14		Sabrina Nettey	BC	90	6	Pacific	Azusa	Apr 13

Junior

23.78	0.0	Wells (Above)						
23.84	-0.1	Wells (Above)						
23.88 a	0.8	Hyacinthe (Above)						
24.09	-1.0	Issajenko (Above)						
24.14	0.0	Issajenko (Above)						
24.17	1.4	Hyacinthe (Above)						
24.22	-1.3	Issajenko (Above)						
24.27	1.3	Martin (Above)						
24.28	1.3	Nelson (Above)						
24.37	0.0	Hyacinthe (Above)						
24.44	-0.1	Llewellyn (Above)						
24.54	0.0	Wells (Above)						
24.55	-0.2	Trusty (Above)						
24.62	1.0	Montcalm (Above)						
24.82	-0.1	Lela (Above)						
24.83	2.0	Nelson (Above)						

24.91	0.0	Wills (Above)
24.94	0.2	Whitegibson (Above)
24.95	0.0	McBean (Above)
24.96	0.6	Holder (Above)
24.98	1.1	Wellington (Above)
24.99	-0.1	Morgan (Above)
25.09	1.7	Gibson (Above)

Youth

25.12	-2.2	Nettey						
24.54	0.0	Geiger(Above)						
24.63	0.0	Nettey (Above)						
25.12	-2.2	Nettey S. (Above)						
25.23a	2.0	Loudia Laarman	AB	91	3		Calgary	May 05
25.24	2.0	Miana Griffiths		90	1h	LegC	Ottawa	Jul 20
25.27	0.8	Tia Semplonius	ON	91	1	Hschp	Ottawa	Jun 08
25.34	0.3	Marissa Walter	NS	90	1h	LegC	Oromocto NB	Jul 12

400m

51.72a		Esther Akinsulie	ON	84	1	LaLoma	San Luis MEX	May 17
51.85a		Adrienne Power	NS	81	1	La Loma	San Luis MEX	May 19
51.91		Jenna Martin	NS	88	2	PAJ	Sao Paulo BRA	Jul 09
52.03a		Carline Muir	AB	87	2	LaLoma	San Luis MEX	May 17
52.22a		Akinsulie					San Luis MEX	May 15
52.38a		Muir				LaLoma	San Luis MEX	May
52.40		Ruky Abdulai	BC	84	1		Fresno CA	May 27
52.43a		Muir					San Luis MEX	May 15
52.58a		Muir				Loma	San Luis MEX	May 19
52.60		Martin			4	HS	Columbia MO	May 26
52.77		Akinsulie			5h	PAG	Rio de Jan	Jul 24
52.81		Akinsulie			1	CanC	Windsor	Jul 14
52.87		Martin			1q	PAJ	Sao Paulo BRA	Jul 06
52.95a		Nadia Cunningham	QC		3	La Loma	San Luis MEX	May 15
52.98		Martin			6s2	NCAA	Sacramento	Jun 08
53.05		Martin			4		Columbia MO	May 26
53.18		Martin			2h4	SEC	Tuscaloosa AL	May 11
53.37		Erica Broomfield	ON	77	1		Windsor	May 12
53.43		Abdulai			1	BCC	Kamloops	Jun 25
53.43		Muir			1h2	CanC	Windsor	Jul 14
53.53		Martin J			1h1	NCAA	Sacramento	Jun 06
53.65		Sherraine Pencil	ON	85			Eugene OR	May 26
53.66		Muir			2	CanC	Windsor	Jul 14
53.67		Pencil			5h5	NCAA	Sacramento	Jun 06
53.83		Pencil					Eugene OR	May 25
53.87		Akinsulie			9	FlorR	Gainesville	Apr 07
53.88		Akinsulie			1h1	CanC	Windsor	Jul 13
53.90		MartinJ	NS	88	2r1	Tiger	Auburn	Apr 07
54.03		Pencil			3	CanC	Windsor	Jul 14
54.07		Pencil			5	MW	San Diego	May 12
54.21		Martin J			7	SeaR	Knoxville TN	Apr 14
54.33aa		Martine Cloutier-Leblanc	QC	80	4	LaLoma	San Luis MX	May 15
54.42		Omoye Ugiagbe	ON	87	5r1	Coll	Berkley CA	Apr 27
54.50		Abdulai	BC	84	3	Lafa	Abbotsford	Jun 10
54.61		MartinJ			5r1	Yell/J	Atlanta	Mar 31
54.82		Nathalie Geiger	ON	90	5	WYC	Ostrava	Jul 13
54.84		Lauren Seibel	BC	82	4r3	FloR	Gainesville FL	Apr 06
55.28		Alicia Brown	ON	90	2r1	AIR	Tuscaloosa AL	Mar 24
55.28		Tousaw	ON	89	3	CanJ	Abbotsford	Jul 28
55.30		Patricia Mayers	ON	85	3	NAIA	Fresno	May 26
55.31		Ashley Patterson	AB	87	7	MW	San Diego	May 12
55.46		Geiger			1	CanJ	Abbotsford	Jul 28
55.55		Christiane Lela			2	CanJ	Abbotsford	Jul 28
55.56		Mandy Upuu	BC	82	5r5	MtSac	Walnut	Apr 15
55.61		Kate Ruediger	ON	87	3h1	CanC	Windsor	Jul 13
55.67		Alyssa Johnson	MB	91	1	WCG	Sherwood PK	Aug 09
55.80		Anastasia Pearce	BC	88	2	WCG	Sherwood PK	Aug 09
55.88		Pearce			4	CanJ	Abbotsford	Jul 27
55.91a		Holly Ratzlaff	BC	84	1		Calgary	May 20
55.91		Julia Tousaw	ON	89	6	CanC	Windsor	Jul 14

56.00	Caitlin Bailey	ON	88	1		Dedham	Jun
56.01	Johnson			2		Winnipeg	Jun 05
56.20	Kaitlin Nelson	BC	91	1	Dail	Port Alberni	May 27
56.33	Geiger			1		Windsor	Apr 28
56.50	Rebecca Johnstone	BC	84	1		Burnaby	Mar 31
56.51	Stephanie Romanson	MB	90	3	CAG	Sherwood PK	Aug 09
56.52	Nelson			5	Lefar	Abbotsford	Jun 10
56.53	Pearse			1	WCGT	Nanaimo	Jul 08
56.59	Christiane Lela	ON	88	1	Ochps	Ottawa	Jul 01
56.62a	Danielle Kendall	AB	90	2		Calgary	May 20
56.66	Annie Leblanc	QC	92	1	Hume	Sherbrooke	Jun 16
56.69	Laura Affeld	AB	92	1	LegC	Oromocto NB	Aug 12
56.79	ChristineLela	ON	88	1h	CanJ	Abbotsford	Jul 27
56.80	Tousaw			2h	CanJ	Abbotsford	Jul 27
56.82	Ventururelli Emilie	QC	82	1	Hume	Sherbrooke	Jun 16
56.86	Romanson			3h	WCG	Sherwood Park AB	Aug 08
57.00	Keesha Danso-Dapaah	ON	90	1	HS	Saint Catherine	May 26
57.02a	Tessa Gray	AB	83	4		Calgary	May 20
57.07	Jessica Buttinger	ON	92	3	Ochps	Ottawa	Jul 01
57.09	Jackie Todd	ON		1	HS	Etobicoke	May 16
57.27	Brianna Kane	BC	89	2	Hschps	Burnaby	Jun 02
57.30	Jenessa Olson	ON	91	4	Ochps	Ottawa	Jul 01
57.31	Kayti Simonson	AB	89	4	WCG	Sherwood PK	Aug 09
57.34	Claudia Richard	BC	87	3	Form	Seattle WA	May 12
57.36	Julia Hart	SK	90	5	WCG	Sherwood PK	Aug 09
57.40	Emillie Halle	ON	90	1	ONChps	Toronto(MC)	Aug 05
57.48	Alyssa Shury	BC	90	3	Hschps	Burnaby	Jun 01
57.59	Alicia Dobranowski	NS		4	VicIN	Victoria	Jun 06
57.60	Fiona Callender	ON	92	1h2	Hschp	Ottawa	Jun 08
57.60	Shari Siemens	SK	88	8h	CanJ	Abbotsford	Jul 27
57.62	Shauna Malek	ON	90	6	Ochps	Ottawa	Jul 01
57.67	Campbell			1	Hchps	Ottawa	Jun 08
57.70	Lianne Heale	ON	84	5	Top3	Toronto(M)	Jun 17
57.78	Emma Vogt	BC		9h	CanJ	Abbotsford	Jul 27
57.87	Alexa Winik	ON	90	2	ONChps	Toronto(MC)	Aug 06
57.87	Lauren Leon	ON	90	3	ONChps	Toronto(MC)	Aug 06
58.00	Nana Momoh	ON	85	1		Sherbrooke	Jul 04
58.03	Kelsey Balkwell	ON	92	2h2	Hschps	Ottawa	Jun 08
58.09	Jennifer Rayner	ON	89	1	ONchps	Toronto(MC)	Aug 05
58.14	Wendy Clarke	ON	83	1		St Catherines	May 27
58.15	Sara Louden	AB	91	5	LegC	Oromocto	Aug 12
58.16	Christine Lowe	BC	90	2		Burnaby	Mar 31
58.17	Paula McLaughlin	ON	80	1	Kaj	Richmond	Jun 03
58.17	Simone Holder	ON	88	2	Onchps	Toronto(MC)	Aug 05
58.18	Lisa Grieve	ON	88	13h	CanJ	Abbotsford	Jul 27
58.22	Kelsey Lotwin	AB	89	6h	CWG	Sherwood PK	Aug 08
58.26	Amanda Buchko	SK	89	6	WCG	Sherwood PK	Aug 09
58.32	Jennifer Perrault	ON	88	8	Ochps	Ottawa	Jul 01
58.41	Cassie Keeping	BC	89	3	WCGT	Nanaimo	Jul 08
58.55	Alana Pattison	BC	90	2h	WCGT	Nanaimo	Jul 08
58.59	Chisomo Mchaina	ON	92	2	Hshps	Ottawa	Jun 08
58.65	Balkwill			1	Hschp	Ottawa	Jun 08
58.69a	Catherine Drouin-Audet	QC	88	5	La Loma	San Luis	May 17
58.69	Leanne Fernandes	ON	92	2	HS	Ottawa	Jun 04

Junior

51.91	Martin (Above)
52.60	Martin (Above)
52.87	Martin (Above)
52.98	Martin (Above)
53.05	Martin (Above)
53.18	Martin (Above)
53.53	Martin (Above)
53.90	Martin (Above)
54.21	Martin (Above)
54.61	Martin (Above)
55.28	Tousaw (Above)
55.55	Lela (Above)
55.80	Pearce (Above)
55.88	Pearce (Above)
55.91	Tousaw (Above)

56.00	Bailey (Above)							
56.53	Pearce (Above)							
56.59	Lela (Above)							
56.79	Lela (Above)							
56.80	Tousaw (Above)							
57.27	Kane (Above)							
57.31	Simonson (Above)							
57.60	Siemens (Above)							
58.09	Rayner (Above)							
58.17	Holder (Above)							
58.18	Grieve (Above)							
58.22	Lotwin (Above)							
58.26	Buchki (Above)							
58.32	Perrault (Above)							
58.41	Keeping (Above)							
58.69	Drouin-Audet (Above)							
59.94	Allyson Howatt	NB	88	7	Aztec	San Diego CA		Apr 16

Youth

54.82	Geiger (Above)
55.28	Brown(Above)
55.46	Geiger(Above)
55.67	Johnson (Above)
56.01	Johnson (Above)
56.20	Nelson (Above)
56.33	Geiger (Above)
56.51	Romanson (Above)
56.52	Nelson (Above)
56.62	Kendall (Above)
56.66	LeBlanc (Above)
56.69	Affeld (Above)
56.86	Romanson (Above)
57.00	Danso-Dapaah (Above)
57.07	Buttinger (Above)
57.30	Olson (Above)
57.36	Hart (Above)
57.40	Halle (Above)
57.48	Shury (Above)
57.60	Callender (Above)
57.62	Malek (Above)
57.87	Winik (Above)
57.87	Leon (Above)
58.03	Balkwill (Above)
58.15	Louden (Above)
58.16	Lowe (Above)
58.55	Pattison (Above)
58.59	Machaina (Above)
58.69	Fernandes (Above)

800m

1:59.75	Diane Cummins		74	1	PAG	Rio de Jan	Jul 24
2:00.36	Cummins			3	Reebok	New York City	Jun 02
2:00.38	Cummins			3h	WorldC	Osaka	Aug 25
2:00.51	Cummins			7h1	WorldC	Osaka JAP	Aug 26
2:00.80	Cummins			6	Pre	Eugene OR	Jun 10
2:00.85	Aimee Teteris	BC	79	3	Olympic	Thessaloniki GRE	Jul 30
2:00.90	Cummins			5	Weltklasse	SUI	Sep 07
2:01.17	Cummins			4		Eugene OR	May 27
2:01.58	Cummins			4		Rieti ITA	Sep 09
2:02.20	Hilary Stellingwerff	ON	81	1	Ninova	Belgium BEL	Aug 11
2:02.25	Cummins			7	Athletisme SWI	Lausanne SWI	Jul 10
2:02.49	Cummins			1	CanC	Windsor	Jul 15
2:02.80	Cummins			1s	PAG	Rio de Jan	Jul 23
2:02.81	Teteris					Valmier LAT	Aug 04
2:03.12	Rebecca Johnstone	BC	84	1a	Flanders	Brasschaat BEL	Jul 21
2:03.18	Johnstone			3	Jamaica INV	Kingston JAM	May 05
2:03.25	Johnstone			5		Naimette BEL	Jul 25
2:03.37	Teteris	BC	79	6		Naimette BEL	Jul 25
2:03.47	Teteris			7		Eugene OR	May 27

2:03.58	Teteris			3b	Flanders	Brasschaat BEL	Jul 21
2:03.60	Johnstone			1	Jerome	Burnaby	Jun 08
2:03.61	Julia Howard	BC	83	1		Burnaby	Jun 19
2:03.65	Cummins			6		Zagreb CRO	Jul 07
2:03.68	Teteris					Sollentuna SWE	Jun 27
2:03.69	Teteris			1		Amsterdam NED	Aug 01
2:03.94	Teteris			2	VicIN	Victoria	Jun 06
2:03.95	Teteris			2	CanC	Windsor	Jul 15
2:04.00	Howard						
2:04.16	Teteris			3		Cottbus GER	Jun 20
2:04.19	Leanna MacLean	NS	82	5	Kelen	Netherland	Aug 04
2:04.24	Johnstone			3	CanC	Windsor	Jul 15
2:04.34	Howard			10		Naimette BEL	Jul 25
2:04.47	Johnstone			8	FISU	Bangkok THA	Aug 14
2:04.68	Johnstone			3	VicIN	Victoria	Jun 06
2:05.11	Johnstone			1	Pacific	Azusa	Apr 13
2:05.18	Caitlin Bailey	ON	88	5s2	NCAA	Sacramento	Jun 07
2:05.32	Howard			5	VicIN	Victoria	Jun 06
2:05.39	Teteris			3	Arhus Games	Arhus DEN	Jun 29
2:05.42	Johnstone			1	Laf	Abbotsford	Jun 10
2:05.64	Howard			4	CanC	Windsor	Jul 15
2:05.66	Heather Henniger	MB	73	5	CanC	Windsor	Jul 15
2:05.91	Johnstone			3r6	MtS	Walnut	Apr 15
2:06.02	Heather Henniger	MB	73	6		Ninove BEL	Aug 11
2:06.09	Raeleen Hunter	AB	87	3	Jerome	Burnaby	Jun 08
2:06.09	Nicole Edwards	MB	86	3		Ypsilanti	Apr 21
2:06.09	MacLean			6	VicIN	Victoria	Jun 06
2:06.30	Carmen Douma-Hussar	ON	77	2	CAAGP	Algiers	Jun 21
2:06.51	Teteris			1h	CanC	Windsor	Jul 15
2:06.54	Cummins			2h	CanC	Windsor	Jul 15
2:06.56	Mandy Upuu	BC	82	2r1	Coll	Berkley	Apr 28
2:06.57	MacLean	NS		1	Meagher	ST Mary NS	Jul 06
2:06.59	MacLean			1h2	Amst	Amsterdam NETH	Aug 01
2:06.71	Lem Lem Ogbasilassie	QC	87	6	CanC	Windsor	Jul 15
2:06.72	Bailey			5h3	NCAA	Sacramento	Jun 06
2:06.79	Megan Brown	ON	85	4	Lafa	Abbotsford	Jun 10
2:07.27	Jessica Smith	BC	89	2	PAJ	Sao Paulo	Jul 07
2:07.29	Paula McLaughlin	ON	80	5rA		Karlstad	Jul 26
2:07.38	Edwards			4r1		Palo Alto	Mar 30
2:07.47	Amber McGown	SK	83	1	Pepsi	Eugene	Apr 07
2:07.52	Paula McLaughlin	ON	80	3r2	Amst	Amsterdam	Aug 01
2:07.52	pyCR Jessica Parry	ON	91	2h5	WYC	Ostrava CZ	Jul 13
2:07.57	Teteris			2	KanR	Lawrence	Apr 21
2:07.67	Bailey			1h2	ACC	College Pk	Apr 20
2:07.76	McLaughlin	ON	80	8	CanC	Windsor	Jul 15
2:07.80	Henninger			8	VicIN	Victoria	Jun 06
2:08.13	Sheila Reid	ON	89	3	PAJ	Sao Paulo	Jul 07
2:08.29	Parry			1	Hschps	Ottawa	Jun 09
2:08.52	Parry J			1	HS	Windsor	Jun 01
2:08.81	Smith J					Langley BC	Jun 16
2:09.07	Rose-Marie Jarry	QC	83	1		Ottawa	Aug 15
2:09.20	Esther Vermeer	ON	90	5h	WYC	Ostrava CZ	Jul 13
2:09.51	Reid S			2	Top3	Toronto(MC)	Jun 17
2:09.85	Vermeer			1		St Catharines	May 27
2:09.88	Liane Heale	ON	84	3	Top3	Toronto(MC)	Jun 17
2:09.95	Jessica Buttinger	ON	92	1	Ochps	Ottawa	Jun 29
2:10.08	Hunter			5h2	CanC	Windsor	Jul 14
2:10.48	Hunter			4	Kaj	Richmond	Jun 03
2:10.49	Jennifer Kemp	AB	83	q	CanC	Windsor	Jul 14
2:10.51	Melissa Bishop	ON	88	1		Ottawa	Jul 18
2:10.67	Madeline Wallace	ON	89	1	HS		Jun 01
2:10.80	Jennifer Biewald	ON	88	28		Palo Alto	May 30
2:10.80	Holly Ratzlaff	AB	84	7r5	Mt Sac	Walnut	Apr 15
2:10.84	Kja Isaacson	MB	85		CanC	Windsor	Jul 14
2:10.93	Jessica Zelinka	AB	81	hep	Hypo	Goetzis AUT	May 28
2:11.14	Catherine Drouin -Audet	QC	88			Montreal(CR)	Jul 20
2:11.61	Justine Johnson	BC	91	8	Lafarge	Abbotsford	Jun 10
2:11.64	Edyta Sieminska	AB	81	5	Kaj	Richmond	Jun 03
2:11.71	Sarah Howell		69	3		Charlotte NC	May 25
2:11.74	Dana Buchanan	ON	84	3b		Stanford	May 26

2:11.90	Katie Engel	ON	87	7	KanR	Lawrence	Apr 15
2:12.05	Heather Mancell	BC	87	5	MtS	Walnut	Apr 14
2:12.07	Leila Angrand	ON	84		CanC	Windsor	Jul 14
2:12.20	Keesha Danso-Dapaah	ON	90	5	Top3	Toronto(MC)	Jun 15
2:12.23	Lindsay Carson	ON	89	3	Ochp	Ottawa	Jun 29
2:12.31	Laura Affeld	AB	92	1h	CanJ	Abbotsford	Jul 28
2:12.40	Mariko Takahashi	ON	90		CanC	Windsor	Jul 14
2:12.44	Annie Leblanc	QC	92	1	Hume	Sherbrooke	Jun 16
2:12.51	Jennifert Vanos	ON	86		CanC	Windsor	Jul 14
2:12.61	Darolyn Trembath	MB	82	7	Kaj	Richmond	Jun 03
2:12.67	Drouin-Audet			9h	CanJ	Abbotsford	Jul 28
2:12.68	Kendra Schaaf	SK	90		Hchps	Yorkton	Jun 02
2:12.71	Jillian Wyman	MB	89	5		Toronto(UT))	Jul 08
2:12.88	Kate van Buskirk	ON	87	14	ECAC	Princeton NJ	May 12
2:12.91	Stephanie Romanson	MB	90	1		Winnipeg	May 08
2:13.04	Kelly Young	ON	84	2		Sherbrooke	Jul 04
2:13.15	Affeld			1	LegC	Oromocto NB	Aug 12
2:13.18	Tarah McKay	ON	87	1	Card	Louisville	Apr 21
2:13.30	Shannon Gribbons	ON	88	5	Ochps	Ottawa	Jul 01
2:13.47	Celia Peters	NS	87	6	VicHPj	Victoria	Jun 05
2:13.47	Katie Anderson	ON	90	1	Onchps	Toronto(MC)	Aug 05
2:13.52	Carmen Ballard	ON	86		Howell	New Jersey	Apr 06
2:13.56	Sarah Healy	ON	90	2	ONchps	Toronto(MC)	Aug 05
2:13.65	Shannon Kennedy	ON	92	7h	CanJ	Abbotsford	Jul 28
2:13.72	JacQCeline Todd	ON	90	11h	Can J	Abbotsford	Jul 27
2:13.88	Amanda Ottoni	QN	89	3	Hume	Sherbrooke	Jun 16
2:13.92	Holly Benson	ON	90	1	LegRC	Ottawa	Jul 20
2:13.93	Vanessa Piacentre	ON	91	8h	CanJ	Abbotsford	Jul 28
2:13.96	Alexan. Desmarais-Gagnon	QC	90	7	Ochps	Ottawa	Jul 01
2:14.11	Keltie John	ON	90	8	Ochps	Ottawa	Jul 01
2:14.12	Chantel Widney	AB	79	7	VicHP	Victoria	Jun 05
2:14.17	Rachel Aubry	ON	90	12h	CanJ	Abbotsford	Jul 27
2:14.23	Hayley Degaust	AB	90	9	Lafa	Abbotsford	Jun 10
2:14.39	Katie Germain	QC	84	3		Sherbrooke	Jul 04
2:14.52	Sarah Healey	ON	90	2	LegC	Ottawa	Jul 20
2:14.67	Hannah Eberhard	ON		5		Eugene OR	May 05

Junior

2:05.18	Bailey (Above)
2:06.72	Bailey (Above)
2:07.27	Smith (Above)
2:07.67	Bailey (Above)
2:08.13	Reid (Above)
2:08.81	Smith (Above)
2:10.51	Bishop (Above)
2:10.67	Wallace (Above)
2:10.80	Biewald (Above)
2:11.14	Drouin-Audet (Above)
2:12.59	Smith J (Above)
2:12.67	Drouin-Audet (Above)
2:12.71	Wyman (Above)
2:13.30	Gribbons (Above)
2:13.88	Ottoni (Above)

Youth

2:07.52	pcYR Parry (Above)
2:09.20	Vermeer (Above)
2:09.85	Vermeer (Above)
2:09.95	Buttinger (Above)
2:11.61	Johnson (Above)
2:12.20	Danso-Dapaah (Above)
2:12.23	Carson (Above)
2:12.31	Affeld (Above)
2:12.40	Takahashi (Above)
2:12.44	Leblanc (Above)
2:12.68	Schaaf (Above)
2:12.91	Romanson (Above)
2:13.15	Affeld (Above)
2:13.47	Anderson (Above)
2:13.56	Healy (Above)
2:13.65	Kennedy (Above)

2:13.72 Todd (Above)
 2:13.81 Kennedy (Above)
 2:13.92 Benson (Above)
 2:13.92 Piacentre (Above)
 2:13.96 Desmarais-Gagnon (Above)
 2:14.11 John (Above)
 2:14.17 Aubry (Above)
 2:14.23 Degaust (Above)
 2:14.52 Healey (Above)

Mixed race / Course mixte

2:06.00 Jessfca Parry ON 91 1 Windsor Jul 24

1000m

2:37.66 Diane Cummins BC 77 3 Huelva ESP Sep 13
 2:42.53 Carmen Douma-Hussar ON 77 7 Gugl Linz AUT Sep 11

1500m

4:05.65 Malindi Elmore AB 80 10 Gaz St Denis FRA Jul 06
 4:05.69 Hilary Stellingwerff ON 81 11 Gaz Saint Denis Jul 06
 4:05.90 Elmore 5 Athletisme Lausanne SWI Jul 10
 4:05.91 Carmen Douma-Hussar ON 77 6 Bislett Oslo NOR Jun 15
 4:07.01 Elmore AB 80 1 Reebok New York City Jun 02
 4:07.87 Douma-Hussa 9 Rieti ITA Sep 09
 4:08.13 Elmore 5 Pre Eugene OR Jun 10
 4:08.74 Douma-Hussar 4 Reebok New York City Jun 02
 4:08.33 Douma-Hussar 9 WAF Stuttgart GER Sep 22
 4:09.60 Stellingwerff 5h WorldC Osaka JAP Aug 29
 4:10.10 Stellingwerff 12 Athletisme Lausanne Swl Jul 10
 4:10.20 Stellingwerff 12 Bislett Oslo NOR Jun 15
 4:10.22 Douma-Hussar 6 Doha Qatar May 11
 4:10.95 Elmore 11 Herculis Monaco FRA Jul 25
 4:11.10 Stellingwerff
 4:11.17 Elmore
 4:11.48 Megan Metcalfe AB 82 1 Manchester GBR Jun 16
 4:12.06 Elmore 2 Jordan Stanford Apr 29
 4:12.10 Douma-Hussar 10h WorldC Osaka JAP Aug 29
 4:12.32 Julia Howard BC 83 9 KBC-Nacht Huesden BEL Jul 28
 4:12.66 Stellingwerff 1 CanC Windsor Jul 14
 4:12.83 Stellingworff 10 Weltklasse Zurich SUI Sep 07
 4:12.99 Megan Brown ON 85 2 Manchester GBR Jun 16
 4:13.16 Elmore 2 CanC Windsor Jul 14
 4:13.12 Brown 6 FISU Bangkok THA Aug 12
 4:13.54 Brown 5h FISU Bangkok THA Aug 09
 4:13.54 Brown 5h1 FISU Bangkok THA Aug 09
 4:14.09 Stellingwerff 10 Reebok New York City Jun 02
 4:14.85 Andrea Grove MB 73 2 Hengelo NETH Aug 04
 4:15.17 Metcalfe 1 VicIN Victoria Jun 06
 4:15.42 Nicole Edwards MB 86 3 CanC Windsor Jul 14
 4:15.99 Stellingwerff 6h WorldC Osaka JAP Aug 31
 4:16.13 Amber McGown SK 83 3 Inv Palo Alto Mar 31
 4:16.18 Megan Brown ON 85 4 CanC Windsor Jul 15
 4:16.28 Metcalfe AB 82 3r1 Or Eugene Apr 20
 4:16.32 Diane Cummins BC 74 6 Jordan Stanford Apr 29
 4:16.43 Edwards 1 Columbia MO May 26
 4:16.47 Edwards 4 Inv Palo Alto Mar 31
 4:16.87 McGown 3 Manchester GBR Jun 16
 4:17.33 Edwards 7 NCAA Sacramento Jun 09
 4:17.90 McGown 4r1 Or Eugene OR Apr 21
 4:18.04 Metcalfe 5 CanC Windsor Jul 15
 4:18.96 McGown 6 CanC Windsor Jul 15
 4:19.21 Metcalfe 1 Spring Fairfax Mar 31
 4:19.64 Julia Howard NF 83 8 MtSac Walnut Apr 15
 4:19.67 Brown 1h CanC Windsor Jul 13
 4:19.91 Edwards 2h CanC Windsor Jul 13
 4:20.18 Elmore 3h CanC Windsor Jun 13
 4:20.49 Stellingwerff 81 4h CanC Windsor Jul 13
 4:20.55 Lindsay Carson ON 89 1 Top3 Toronto(MC) Jun 17
 4:20.87 McGown 5h CanC Windsor Jul 13

4:20.95	Diane Nukuri	ON		1	Aztec	San Diego	Mar 17
4:21.36	Heather Henniger	MB	73	10	Flanders	Brasschaat BEL	Jul 21
4:21.48	Carson			1	Ochps	Ottawa	Jun 29
4:21.69	Darolyn Trembath	MB	82	h		Windsor	Jul 13
4:22.12	Vicky Lynch-Pounds	BC	70	13	Jordan	Stanford	Apr 29
4:22.14	Carson			1	Espoire	Newfoundland	Aug 03
4:22.32	Edyta Sieminski	AB	81	4		Manchester GBR	Jun 16
4:22.39	Alex Becker	ON	87	6	DrakeR	Des Moines IW	Apr 28
4:22.89	Kate Engel	ON	87	1	Chall	Berkeley	Apr 29
4:22.92	Sieminska			8	CanC	Windsor	Jul 14
4:23.05	Becker			4	McD	Fayetteville	Apr 21
4:23.33	Carmen Ballard	ON	86	9	East	Gainesville FL	May 25
4:23.47	Meredith Macgregor	BC	85	11	MtSac	Walnut	Apr 15
4:23.49	Jessica O'Connell	AB	89	5	Jerome	Vancouver	Jun 08
4:23.50	Heather Henniger	MB	73	6	Jerome	Vancouver	Jun 08
4:24.31	O'Connell			6	VicHP	Victoria	Jun 06
4:24.98	Darolyn Trembath	MB	82	7	VicHP	Victoria	Jun 06
4:25.00	Tarah McKay	ON	87	2	Card	Louisville	Apr 21
4:25.22	Rebecca Johnstone	BC	84	19	KBC-Nacht	Huesden BEL	Jul 28
4:25.32	Marie-Louise Asselin	ON	88	6r2	East	Gainesville	May 25
4:25.37	Danelle Woods	ON	89	2	Ochps	Ottawa	Jun 29
4:25.68	Jessica O'Driscoll	ON	88	1	Brown	Providence RH	Apr 29
4:25.78	Kate Van Buskirk	ON	87	3			
4:25.84	Ashley Hinther	AB	84	10	CanC	Windsor	Jul 14
4:25:87	Tara Dressler	AB	84	3	Inv	Eugene OR	May 05
4:26.85	Daniele Riendeau	ON				Eugene OR	May 05
4:27.60	Chantel Widney	AB	79	8	VicIN	Victoria	Jun 06
4:28.35	Jessica Parry	ON	91	1	HS	Windsor	Jun 01
4:28.38	Lise Ogrodnick	ON	87	11	CanC	Windsor	Jul 14
4:28.58	Ballard			12	MtSac	Walnut	Apr 13
4:28.93	Meredith McGregor	BC	85	9		Manchester GBR	Jun 16
4:29.15	McKay			2r4	MtS	Walnut	Apr 15
4:29.21	Jackie Malette	ON	86	8	Inv	Eugene OR	May 05
4:29.63	O'Driscoll			10b	Inv	Palo Alto	Mar 31
4:29.63	Kendra Schaaf	SK	90	4	CanJ	Abbotsford	Jul 28
4:29.99	Paula McLaughlin	ON	80	4b	Flanders	Brasschaat BEL	Jul 21
4:30.23	Heather Sim	AB	85	12	CanC	Windsor	Jul 14
4:30.24	Schaaf			1h	CanJ	Abbotsford	Jul 27
4:30.75	Riendeau	ON				StnV	Mar 31
4:30.90	Genevieve Lalonde	NB	91	10	WYC	Ostrava CZE	Jul 13
4:30.95	Beth Wightman	ON	81	1	VicHP	Victoria	Jun 05
4:31.17	Dana Buchanan	ON	84	29	Inv	Palo Alto	Mar 31
4:31.62	Leila Angrand	ON	84	2	Espoir	Newfoundland	Aug 03
4:32.03	Jennie Biewald	ON	88	6		Ypsilanti MI	Apr 21
4:32.11	Amanda Truelove	ON	90	3h	CanJ	Abbotsford	Jul 27
4:32.12	Jean Wilson	ON	75	5		Toronto(UT)	Jul 08
4:32.22	Amy Kohlmeier	ON	84	1		Notre Dame	Mar 14
4:33.36	Kristen Kolstad	BC	86	1	WCGT	Nanaimo	Jul 08
4:33.55	Shannon Gribbons	ON	88	6		Toronto(UT)	Jul 08
4:34.26	Sheila Reid	ON	89	3	Hchps	Ottawa	Jun 08
4:34.83	Chantelle Groenwoud	BC	89	12	Jerome	Jerome	Jun 08
4:34.91	Lalonde			4		Boston	Jun 09
4:35.15	Tara Dressler	AB	84			Long Beach	Apr 14
4:35.41	Jessica Smith	BC	89	11	VicHP	Victoria	Jun 06
4:35.44	Claire Percival		87	1		Lewisburg PA	Apr 21
4:36.21	Breanna Langley	AB	89	7h	CanJ	Abbotsford	Jul 27
4:36.29	Rebecca Coady	NS	89	5		Boston	Jun 09
4:36.32h	Jessica O'Connell	BC	89	4h	CanJ	Abbotsford	Jul 27
4:36.39	Keltie John	ON	90	9h	CanJ	Abbotsford	Jul 27
4:38.45	Mariko Takahashi	ON	90	10h	CanJ	Abbotsford	Jul 27
4:38.80	Jessica Belliveau	NB	88	1	QCad	Worcester	Apr 21
4:38.89	Jillian Wyman	ON	89	1	Ochps	Ottawa	Jun 30
4:38.93	Hayley Degaut	AB	90	2	LegC	Oromocto NB	Jul 12
4:39.27	Gabrielle Simoneau	QC	90	3	LegC	Oromocto NB	Jul 12
4:39.84	Deborah Lightman	ON				Montreal(MG)	Jun 13
4:40.19	Arianne Raby	QU	90			Montreal	
4:40.42	Valerie Belanger	QC	89	2	Ochps	Ottawa	Jun 30
4:41.29	Rachel Cliff	BC		2	BCC	Kamloops	Jun 25
4:41.29	Liana Ouellet-Gaston	ON	??	1	Hchps	Ottawa	Jun 08
4:41.70	Marilyn Arsenault	BC	70	1	DogW	Victoria	May 12

Junior

4:20.55	Carson (Above)
4:21.48	Carson(Above)
4:22.14	Carson (Above)
4:23.49	O'Connell (Above)
4:24.31	O'Connell (Above)
4:25.32	Asselin (Above)
4:25.37	Woods (Above)
4:25.68	O'Driscoll (Above)
4:29.63	O'Driscoll (Above)
4:32.03	Biewald (Above)
4:33.55	Gribbons (Above)
4:34.26	Reid (Above)
4:34.83	Groenwoud (Above)
4:35.41	Smith (Above)
4:36.21	Langley (Above)
4:36.29	Coady (Above)
4:36.32	O'Connell (Above)
4:38.80	Belliveau (Above)
4:38.89	Wyman(Above)
4:40.42	Bélanger (Above)

Youth

4:28.35	Parry (Above)
4:29.63	Schaaf (Above)
4:30.24	Schaaf (Above)
4:30.90	Lalonde (Above)
4:32.11	Truelove (Above)
4:32.36	Schaaf(Above)
4:33.62	Lalonde(Above)
4:34.91	Lalonde (Above)
4:36.39	John (Above)
4:38.45	Takahashi (Above)
4:38.93	Degaust(Above)
4:39.27	Simoneau (Above)
4:40.19	Raby (Above)
4:40.69	John (Above)
4:41.29	Ouellet-Gaston (Above)
4:42.22	Justine Johnson
4:43.02	Victoria Samyn
4:44.30	Kaitlin O'Hagen
4:44.97	Brittany Therrien
4:45.67	Marie-Michelle Jobin
4:45.76	Megan Beverly

BC	91	3	Hschp	Burnaby	Jun 02
ON	92	2	HS	Ottawa	Jun 02
	92	1	LegC	Ottawa	Jul 20
BC	90	1	WCGT	Nanaimo	Jul 08
QC	90	5	LegC	Oromocto NB	Jul 12
ON	??	1q	Hschp	Ottawa	Jun 08

One Mile

4:26.76	Carmen Douma-Hussar	ON	77	8	Van Damme	Brussels Bel	Sep 14
4:28.62	Hilary Stellingwerff	ON	81	12	Van Damme	Brussels BEL	Sep 14

3000m

8:55.46	Malindi Elmore	AB	80	9	NorwichU	London GBR	Aug 03
9:01.49	Megan Metcalfe	AB	82	2		Carson City CA	May 20
9:13.12	Andrea Grove	MB	73	10		Roverta ITA	Sep 12
9:22.73	Nicole Edwards	MB	86	1		Tempe AZ	Mar 24
9:23.91	Diane Nukuri	ON					
9:26.09	Marie-Louise Asselin	ON	88	2	PAJ	Sao Paulo BRA	Jul 09
9:26.79	Asselin			1		Charleston WV	Jun 15
9:37.97	Jessica O'Connell	BC	89	4	Kaj	Richmond BC	Jun 03
9:38.13	Lindsay Carson	ON	89	1	CanJ	Abbotsford	Jul 28
9:38.89	Danelle Woods	ON	89	1	Hschps	Ottawa	Jun 09
9:39.69	Julia Hicks	ON	85	1	Van	Nashville	Apr 20
9:39.69	Carson			1	RowG	Toronto	Apr 28
9:40.45	Sarah-Anne Brault	MB	89		CanJ	Abbotsford	Jul 28
9:43.33	Woods			1	HS	Belleville	Jun 01
9:45.59	Ashley Hinthier	AB	84	6	Kaj	Richmond	Jun 03
9:45.69	Paula Findlay	AB	89	3	CanJ	Abbstford	Jul 28
9:46.02	Jessica Parry	ON	91			Toronto(ET)	Apr 28

9:46.19	Lauren King	ON	82	1		London(ON)	Jun 05
9:47.59	Kendra Schaaf	SK	90	1	WCG	Sherwood PK	Aug 08
9:49.80	Karrisa LePage	SK	91	2		Madison WI	May 05
9:50.66	Amanda Truelove	ON	90	1	LegC	Oromocto NB	Jul 12
9:50.98	Kristen Kolstad	BC	86	1	Form	Seattle WA	May 11
9:51.54	Jayne Grebinski	SK	88	4			
9:53.86	Dana Buchanan	ON	84	2		Ottawa	Jul 18
9:54.86	Genevieve Lalonde	NB	91	5	PenR	Philadelphia	Apr 26
9:55.32	Leila Angrand	ON	84	1	Espoir	Newfoundland	Aug 03
9:55.40	Meredith Macgregor	BC	85	2	Form	Seattle WA	May 12
9:56.02	Carmen Ballard	ON	86	5	IvyL	Princeton NJ	May 05
9:57.75	Caitlyn Rennie	ON	90	6	CanJ	Abbotsford	Jul 28
9:58.62	Amy Schneeberg	ON	81	7	Kaj	Richmond	Jun 03
9:59.18	Caitlin Price	ON	88	16	PenR	Philadelphia	Apr 26
10:01.69	Kristen Kolstad	BC	86	1	BCC	Kamloops	Jun 25
10:03.20	Marie-Michelle Jobin	QC	90	3	LegC	Oromocto	Jul 12

Junior

9 :26.09	Asselin (Above)
9 :26.79	Asselin (Above)
9 :37.97	O'Connell (Above)
9 :38.13	Carson (Above)
9 :38.89	Woods (Above)
9 :39.69	Carson (Above)
9 :40.45	Brault (Above)
9 :43.33	Woods (Above)
9 :45.69	Findlay (Above)
9 :51.54	Grebinski (Above)
9 :59.18	Price (Above)

Youth

9 :46.02	Parry (Above)
9 :47.59	Schaaf (Above)
9 :49.80	LePage (Above)
9 :50.66	Truelove (Above)
9 :54.86	Lalonde (Above)
9 :57.75	Rennie (Above)
10 :03.20	Jobin (Above)

5000m

15:12.12	Malindi Elmore	AB	80	3r3	MtSac	Walnut	Apr 13
15:15.73	Megan Metcalfe	AB	82	4r3	MtSac	Walnut	Apr 13
15:34.41	Andrea Grove	MB	73	4	Flanders	Brasschaat	Jul 21
15:35.78	Metcalfe			1	PAG	Rio de Jan	Jul 27
15:38.78	Metcalfe			4	Reebook	New York City	Jun 02
15:40.0	Elmore			4	MtSac	Carlsbad	Mar 31
15:45.14	Metcalfe			1	CanC	Windsor	Jul 15
15:55.91	Beth Wightman	ON	81	1	CanC	Windsor	May 12
15:56.34	Megan Brown	ON					
16:00.02	Grove			2	CanC	Windsor	Jul 13
16:00.03	Anita Campbell	BC	87	10s1		Palo Alto	Mar
16:00.34	Alex Becker	ON	87	7	NCAA	Sacramento	Jun 08
16:10.89	Wightman			4	CanC	Windsor	Jul 13
16:14.57	Danette Doetzel	SK	86	12h1	NCAA	Sacramento	Jun 06
16:15.28	Diane Nukuri	ON		1	DraeR	Des Moines IW	Apr 28
16:19.58	Lisa Kroll			18s1		Palo Alto	Mar 31
16:28.02	Amy Kohlmeier	ON	84				
16:28.80	Rebecca Stallwood	ON	78	21s1		Palo Alto	Mar 31
16:38.75	Nicola Tufts		86	8s2		Palo Alto	Mar 31
16:39.01	Danette Doetzel	SK	86	1	WCG	Sherwood PK	Aug 08
16:42.74	Kendra Schaaf	SK	90	2	WCG	Sherwood PK	Aug 08
16:47.05	Emily Tallen	ON	80	2	Ochps	Ottawa	Jun 29
16:57.87	Lanni Marchant	ON	84	16		Columbia	May 25
17:00.44	Julia Hicks	ON	86	6	CanC	Windsor	Jul 13
17:04.98	Jackie Malette	ON	86	18r2		Stanford	Apr 29
17:06.49	Chantel Widney	AB	79	13	MtSac	Walnut	Apr 13
17:15.55	Faye Stenning	AB	89	3	PomP	Claremont	Apr 07
17:17.26	Kristen Kolstad	BC	86	23	MtSac	Walnut	Apr 13
17:40.28	Marie-Louise Asselin	ON	88	1	PAJ	Sao Paulo	Jul 08

Junior

17:15.55 Stenning (Above)
 17:40.28 Asselin (Above)
Youth
 16:42.74 Schaaf (Above)

10000m

33:30.52	Beth Wightman	ON	81	1	NatC	Abbotsford	Jun 10
33:31.69	Diane Nukuri	ON		11s1		Palo Alto	Mar 31
33:57.81	Lauren King	ON	82	19r2		Stanford	Apr 28
34:18.67	Lanni Marchant	ON	84	19s1		Palo Alto	Mar 31
35:04.16	Nikki Tufts		86	9	ACC	College Park	Apr 19
35:32.44	Lauren King	ON	82	2	NatC	Abbotsford	Jun 10

Marathon

2:31:57	Lioudmila Kortchaguina	ON	71	1	CanC	Ottawa	May 27
2:33:00	Jean-Nicolas Duval	QC		8			
2:44.31	Denise Robson	NS	68	18		Berlin	Sep 30
2:45:38	Suzanne Evans	BC		1	Royal Vic	Victoria	Oct 07
2:46:21	Evans		72	2	CanC	Ottawa	May 27
2:48.48	Lisa Harvey	AB	70	9	Waterfront	Toronto	Sep 30
2:48:56	Harvey			3	CanC	Ottawa	May 27
2:49.39	Janelle Morrison	BC	77	10	Waterfront	Toronto	Sep 30
2:51:21	Isabelle Ledroit	QC	66	7	CanC	Ottawa	May 27
2:53:44	Liz Maguire			9	CanC	Ottawa	May 27
2:54.01	Petra Green			25		Boston	Oct 07
2:54:02	Myriam Grenon			10	CanC	Ottawa	May 27
2:54:24	Janelle Morrison	BC	77	11	CanC	Ottawa	May 27
2:56.29	Morrison			10	Waterfront	Toronto	Sep 29
2:57:19	Michelle Schuler			12	CanC	Ottawa	May 27
2:57.57	Laura McIntyre			5	Koice	Kosice	Oct 07

3000m Race walk/Marche

16:06.72	Heather Warwick	BC	90	1		Burnaby	Mar 31
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5km Race walk/Marche

22:48	Rachel Lavallee	ON	86	1	Ochps	Ottawa	Jun 29
26:13t	Heather Warwick	BC	90	1		Vancouver	May 06
27:28	Joanne Lamontagne	ON	82	1	Keay	Toronto(ISL)	May 27
28:01	Kathryn Jackman	ON	89	6	USA/CAN Dual	Long Island NY	Aug 12
28:09	Kitty Cashman	ON	60	2	Keay	Toronto(ISL)	May 27
29:18	Marie-Helene Ratel	QC	89	8	Can/USA Dual	Long Island NY	Aug 12
31:22.04	Nicola Evangelista	BC	88	1	WCGT	Nanaimo	Jul 08

Junior

28:01 Jackman (Above)
 31:22.04 Evangelista (Above)

Youth

26:13 Warwick (Above)

10km Race walk/ Marche

50:10.39	Rachel Lavallee	ON	86	1	Hume	Sherbrooke	Jun 16
50:54.15	Marina Crivello	QC	79	2	Hume	Sherbrooke	Jun 16
51:01	Lavalle			1	CAN/USA Dual	Long Island NY	Aug 12
53:40	Jeanie Harris	AB	69	1		Vancouver	May 06
55:54	Heathjer Warwick	BC	90	2		Victoria	Feb 25

Youth

55:54 Warwick (Above)

20km Race walk / Marche

1:40:04	Rachel Lavallee	Qc	86	3	50kRWChamp	Chula vista	Jan 28
1:43:52	Marina Crivello	QC	79	1	Rose City	Welland	Sep 23

1:44:10	Crivello			1	Keay	Toronto(Isl)	May 25
1:44:16	Rachel Lavallee	ON	86	10	PamW	Brazil	Apr 21
1:44:27	Lavalle			1	CanC	Windsor	Jul 15
1:45:36	Crivello			2	CanC	Windsor	Jul 15
1:49:28	Crivello			15	PamW	Brazil	Apr 21

100mh(0.84)

12.49	0.1	Perdita Felicien	ON	80	2	WorldC	Osaka Jap	Aug 29
12.61	0.1	Felicien			2	WorldC	Osaka(Jap)	Aug 28
12.63	1.4	Angela Whyte	AB	82	4	Adi	Carson CA	May 20
12.65	0.0	Felicien			2	PAG	Rio de Jan	Jul 25
12.66	0.1	Whyte			8	WorldC	OsakaJap	Aug 29
12.65	0.5	Whyte			2h	WorldC	OsakaJAP	
12.68	0.9	Whyte			1h	PAG	Rio de Jan	Jul 24
12.69	0.2	Felicien			1h	PAG	Rio de Jan	Jul 24
12.69	0.5	Whyte			4	Van Damme	Brussels (BEL)	Sep 14
12.71	-0.2	Felicien			4	Welt	Zurich SUI	Sep 07
12.72	0.0	Whyte			3	PAG	Rio de Jan	Jul 25
12.73	0.8	Felicien			1h	WorldC	Osaka Jap	Aug 27
12.73	-0.3	Felicien			1	Gugli	Austria	Sep 11
12.75	1.7	Felicien			2		Kingston JAM	May 05
12.75	0.9	Whyte			5	ISTAF	Berlin GER	Sep 16
12.80	1.4	Felicien			6		Carson City	May
12.80	-0.8	Whyte			1h	CanC	Windsor	Jul 13
12.81	0.2	Whyte			2h	WorldC	OsakaC	Aug 27
12.82	0.9	Priscilla Lopes	ON	82	1	PAG	Rio de Jan	May 13
12.83		Felicien			4	WAF	Stuttgart GER	Sep 24
12.86	0.0	Felicien			6=	Athletissimo	Lausanne SWI	Jul 07
12.87	-0.1	Whyte			4	Bislett	Oslo NOR	Jun 15
12.87	-0.3	Whyte			3	Gugli	Austria	Sep 11
12.88	-0.2	Felicien			5	Gaz	Saint Denis	Jul 06
12.89	0.9	Felicien			9	ISTAF	Berlin GER	Sep 16
12.94	0.2	Lopes			5h	WorldC	Osaka JAP	Aug 27
12.95	1.9	Whyte	AB	80		Cal	Azusa	Apr 10
12.95	1.2	Lopes	ON	82	2	PennR	Philadelphia	Apr 28
12.97		Whyte			1		Belgrade SER	May 29
12.97	0.9	Felicien					Zagreb CRO	Jul 07
12.99	-0.5	Whyte			2		Palo Alto	Mar 31
13.02	0.2	Felicien			2	Spike	Ostrava	Jun 27
13.03	0.2	Felicien			2		Zagreb CRO	Jul 07
13.03	0.0	Lopes			8	Athletissima	Lausanne SWI	Jul 07
13.10	-0.2	Lopes			7	GAZ	Saint Denis	Jul 06
13.21	-1.3	Felicien			1h2	CanC	Windsor	Jul 13
13.24	-1.3	Lopes			2h2	CanC	Windsor	Jul 13
13.25	1.3	Jessica Zelinka	AB	81	1	MtSac	Walnut	Apr 15
13.27	0.2	Lopes			6		Zagreb CRO	Jul 07
13.36	1.7	Jessica Czaikowski	ON	84	1h1	BigE	Storrs	May 05
13.37	1.3	Czaikowski			5h4	NCAA	Sacramento	Jun 06
13.39	1.3	Zelinka			1	Pacific	Azusa	Apr 13
13.42	-0.8	Czaikowski			2h1	CanC	Windsor	Jul 13
13.44	1.9	Nikkit Holder	ON	87	2	KanR	Lawrence	Apr 21
13.45	1.9	Czaikowski			1h4	TexR	Austin	Apr 06
13.49	1.2	Christabel Nettey	BC	91	1h3	Wchamp	Ostrava	Jul 14
13.52	1.3	Czaikowski			1		Charlotte NC	Mar 17
13.53	1.9	Czaikowski			1h4		Palo Alto	Mar 31
13.53	0.5	Holder			3		Berkeley	Apr 28
13.56	-1.2	Czaikowski			3	SeaR	Knoxville TN	Apr 14
13.67	-0.8	Marie-Eve Dugas	QC	85	3h	CanC	Windsor	Jul 14
13.76	0.3	Dugas			4h2	FISU	Bangkok THA	Aug 09
13.83	1.4	Dugas			6h1		Sotteville	Jun 05
13.90	0.0	Christie Gordon	AB	86	2h2	Coug	Pullman WA	Apr 21
13.99	-0.9	Heather Bergland	AB	87	1h1	WAC	Fresno CA	May 11
14.06	0.0	Sarah Wells	ON	89	1h	CanJ	Abbotsford	Jul 27
14.08	1.4	Andrea Vinet	BC	82	8	StafG	Stavanger NOR	Jun 13
14.08	1.4	Vinet	BC	82	1h2		Bedford GBR	May 06
14.09	2.0	Susan Coltman	ON	81			Krommenie NETH	Sep 02
14.14	0.9	Jillian Drouin	ON	86	h	NCAA	Sacramento CA	Jun 07
14.19	-1.0	Dugas			1	Hume	Sherbrooke	Jun 16

14.25	-0.8	Christabel Nettey	BC	91	1	Hchps	Burnaby	Jun 01
14.28	0.0	Jenni Hucul	SK	88	1	CanJ	Abbotsford	Jul 28
14.28	0.8	Hucul			1	WCG	Sherwood PK	Aug 09
14.31	0.0	Nettey C			2	CanJ	Abbotsford	Jul 28
14.32	0.3	Hucul			2h	WCG	Sherwood PK	Aug 09
14.37	0.0	Wells			3	CanJ	Abbotsford	Jul 28
14.43	0.0	Esther Akinsulie	ON	84	1		Ottawa	Aug 15
14.55	-1.1	Jessica Olfert	BC	85	2h1	NAIA	Fresno CA	May 24
14.57	0.0	Ammon Nelson	AB	88	3h1	Bush	Eagle Rock	Jun 03
14.59	0.0	Noelle Montcalm	ON	88	4h	CanJ	Abbotsford	Jul 28
14.63	-1.8	Karelle Edwards	ON	90	5h	CanJ	Abbotsford	Jul 27
14.77	0.8	Zaria Stoffman	BC	89	2	WCG	Sherwood PK	Aug 09
14.79	0.0	Amilia Dichiar	ON	90	7h	CanJ	Abbotsford	Jul 27
14.85	0.0	Danielle Fonseca	ON	88	5	Can J	Abbotsford	Jul 28
14.86	0.0	Emily Coxhead	ON	88	1h	Ochps	Ottawa	Jun 29

Wind aided - No Wind / Vent non légal ou sans information sur le vent

12.64	2.2	Lopes	ON	82	1		Belem BRA	May 20
12.82		Lopes			1			
12.84	3.8	Lopes			3	KanR	Lawrence	Apr 21
12.87	2.7	Whyte			2	DrakeR	Des Moines IW	Apr 27
12.88	2.1	Angela Whyte			3	MtSac	Walnut	Apr 15
13.93		Wells			2		Toronto(MC)	May 30
13.94	2.7	Andrea Vinet			1		Bedford GBR	May 07
14.29		Wells					Windsor	May 12
14.59		Jessica Olfert	BC	85				
14.67	2.1	Montcalm			1h		Hillsdale	Apr 28

Junior(0.84)

14.69	-0.9	Natasha Miller	BC	89	1h1	Hchps	Burnaby	Jun 02
14.77	0.8	Zaria Stoffman	BC	89	2	WCG	Sherwood PK	Aug 09
14.46	1.9	Amilia DiChiar	ON	90	1	Ochps	Ottawa	Jul 21
14.79	0.0	Amilia Di Chiara	ON	90	3h	CanC	Abbotsford	Jul 27
14.87	0.0	Noelle Montcalm	ON	88	5h	Ochps	Ottawa	Jun 30
15.33	-1.2	Jenelle McCalla	ON	91	6	Ochps	Ottawa	Jun 30
15.40	-1.1	Danielle Fonseca	ON	88	4	Ochps	Ottawa	Jun 30
15.56	0.8	Charelle Anobile	ON	89	7	Owen	Columbus OH	May 05

Youth(0.76)

13.49	1.2	Christabel Nettey	BC	91	3h	WYC	Ostrava CZE	Jul 14
13.53	0.0	Nettey C	BC	91	2h	WYC	Ostrava CZE	Jul 14
13.90	1.8	Nettey C			1h	LegC	Oromocto	Jul 12
14.20	-0.1	Karelle Edwards			6h	WYC	Ostrava CZE	Jul 14
14.28	-1.3	Edwards			1	Onchps	Toronto	Aug 06
14.32	-1.3	Amilia Di Chiara	ON	90	2	Onchps	Toronto(MC)	Aug 05
14.42	0.6	Nettey C			8	WYC	Ostrava CZE	Jul 08
14.48	0.2	Jill MacEachen	AB	91			Calgary	Jun 17
14.55	0.0	Katherine Murphy	BC	90	1	Hschps	Burnaby	Jun 01
14.56	1.9	Meghan Harris		90	2	LegRC	Ottawa	Jul 20
14.61	0.8	Laurence Beaudet	QC	90	2h	LegC	Oromocto NB	Jul 12
14.73	1.9	Jenelle McCalla		90	3	LegC	Ottawa	Jul 20
14.75	0.6	Murphy			1	DogW	Victoria	May 12
14.82	1.9	Olivea Charnuski	90		4	LegC	Ottawa	Jul 20
14.88	0.2	Rita Rudell	ON	91	h	Ochps	Toronto(MC)	Jun 17
14.89	1.9	Jessica Caterini	ON	90	5	LegC	Ottawa	Jul 20
15.15	-0.6	Adrienne Payne	ON	90	1		Chatham	May 24

Wind aided - No Wind / Vent non légal ou sans information sur le vent

14.19	2.4	Amilia Di Chiara	ON	90	2	LegC	Oromocto NB	Aug 11
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400mh(0.76)

58.26		Sarah Wells	ON	89	4	PAJ	Sao Poula BRA	Jul 09
58.81		Wells			1	Top3	Toronto(MC)	Jun 17
59.06		Wells			1	CanC	Windsor	Jul 15
59.14		Wells			2s	PAJ	Sao Paulo BRA	Jul 07
59.38		Tawa Dortch	BC	79	1		Norman OK	Apr 28
59.45		Chandra Ewing	ON	86	1		Houston TX	May 12
59.92		Ewing	ON	86	1	Bayou		Mar
60.35		Corri Campbell-Fell	BC	87	5		Amsterdam NED	Aug 01
60.61		Andrea White	ON	86	2	CanC	Windsor	Jul 15
60.67		Campbell-Fell			5	Kelen	Netherland	Aug 04
60.79		Dortch			3		Fort Worth	Apr 21

60.92	Anastasia Pearce	BC	88	2	CanJ	Abbotsford	Jul 28
61.05	Julia Tousaw	ON	89	1	HS	Windsor	Jun 02
61.60	Tessa Gray	AB	83	4	CanC	Windsor	Jul 15
61.93	Shauna Malek	ON	90	2	Top3	Toronto(MC)	Jun 17
61.98	Lauren Welch	BC	85	4h1	Or	Eugene	Apr 21
62.41	Jean Van Den Bulk	BC	77	2	BCC	Kamloops	Jun 25
62.49	Kayti Simonson	AB	89	2h	WCG	Sherwood PK	Aug 11
62.91	Jenelle McCalla	ON	91	4	CanJ	Abbotsford	Jul 29
63.15	Holly Ratzlaff	AB	84	1		Calgary	May 20
63.19	Maddie Buttinger	ON	89	2	Hchps	Windsor	Jun 02
63.36	Traci Boss	BC	87	3	WCGT	Nanaimo	Jul 08
63.46	Rita Rudell	ON	91	3	Hchps	Windsor	Jun 02
63.69	Christine Lowe	BC	90	2	LegC	Oromocto NB	Jul 12
63.91	Danielle Fonseca	ON	88	3	Ochps	Ottawa	Jun 30
63.88	Jenessa Olson	ON	91	4	Ochps	Ottawa	Jun 30
64.40	Charelle Anobile	ON	89	2h3		Hillsdale Mli	May
64.57	Jennifer Campbell	MB	87	5h	WCG	Sherwood PK	Aug 11

2000msc

6:36.05	Danelle Woods	ON	89	1	CanJ	Abbotsford	Jul 29
6:38.47	Woods			1	Ochps	Ottawa	Jun 29
6:39.36	Jessica Furlan	SK	90	2	CanJ	Abbotsford	Jul 29
6:42.12	Furlan			14	WYC	Ostrava CZE	Jul 14
6:43.60	Woods			1	Top3	Toronto(MC)	Jun 16
7:07.03	Chantelle Groenewould	BC	89	3	CanJ	Abbotsford	Jul 29
7:08.15	Rebecca Coady	NS		2		Hartford CT	May 12
7:08.51	Deanna Zidar	ON	90	1	LegRC	Ottawa	Jul 20
7:09.42	Ariel Beauregard-Breton	QC	91	1	LegC	Oromocto NB	Jul 12
7:10.14	Annie Riopel-Meunier	QC	86	1	Hume	Sherbrooke	Jun 16

Junior

6 :36.05	Woods (Above)
6 :38.47	Woods (Above)
6 :43.60	Woods (Above)
7 :07.03	Groenewould (Above)

Youth

6 :39.36	Furlan (Above)
6 :42.12	Furlan (Above)
7 :09.42	Beauregard-Breton (Above)

3000msc

10:13.98 CR	Danelle Woods	ON	89	1	PAJ	Sao Paulo	Jul 07
10:17.24	Woods			1	CanC	Windsor	Jul 15
10:23.95	Bevin Kennelly	BC	84	6	Jordan	Stanford	Apr 28
10:24.01	Claire Percival	ON	87	11		Gainesville FL	May 26
10:26.83	Meredith Macgregor	BC	85	1	NAIA	Fresno CA	
10:27.83	Claire Percival		87	5	Big10	Philadelphia	May 12
10:29.02	Kennelly			2	CanC	Windsor	Jul 15
10:30.46	Macgregor			1r2	Mt Sac	Walnut	Apr 13
10:31.12	Tara Dressler		84	3	CanC	Windsor	Jul 15
10:32.42	Lydia Willemse	ON	86	13		Gainesville FL	May 26
10:45.52	Lydia Willemse	ON	86	9		College Park	Apr 20
11:00.50	Rebecca Coady	NS	89	2	FlorR	Gainesville	Mar 23

Junior

10:13.98	Woods (Above)
10:17.24	Woods (Above)
11:00.50	Coady (Above)

4x100m

45.48	Composite Team			1	Jerome	Burnaby	Jun 08
	Teneshia Peart, Genevieve Thibault, Erica Broomfield, Billie Whitegibson						
47.79	Composite Team			1h1	PomP	Claremont	Apr 07
	Tessa Gray, Beige Smith, Sara Louden, Tenesiah. Peart						

4X400m

3:32.37	Canada		6	PAG	Rio de Jan	Jul 28
	Adrienne Power, Esther Akinsulie, Carline Muir, Diane Cummins					
3:35.26	Composite Team		6	PennR	Philadelphia	Apr 28
	Esther Akinsulie, Carline Muir, Adrienne Power, Lauren Siebel					
3:38.85	Canada Jrs		4	PAJ	Sao Paulo BRA	Jul 08
	Sarah Wells, Jessica Smith, Jenna Martin, Kimberly Hyacinthe					
3:51.45	Composite Team		1h1	Mt SacR	Stanford CA	Apr 15
	Tessa Gray, Tenesha Peart, Sarah Louden , Beige Smith,					
3:52.67	Composite Team		4	PennR	Philadelphia	Apr 28
	Teneshia Peart, Erica Broomfield, Martine Cloutier-Leblanc, Holly Ratzlaff					
3:55:03	Calgary Intl. Track Club		1h1	PomP	Claremount	Apr 07
	Perri Ford, Tessa Grey, Teneshia Peart, Beige Smith					

High Jump / Saut en hauteur

1.97	Nicole Forrester	ON	76	2	Olymp	Thessaloniki GRE	Jul 30
1.95	Forrester			2	Metro	Villeneuve d'A Fra	Jun 08
1.95	Forrester			2	PAG	Rio de Jan	Jul 25
1.93	Forrester			1	ModR	Modesto	May 05
1.92	Forrester			1	Can Chps	Windsor	Jul 15
1.92	Forrester			5	Galan	Stockholm SWE	Aug 07
1.92	Forrester			2	KBC-Nacht	Heusden BEL	Jul 28
1.89	Forrester			2		Herrera Esp	May 20
1.89	Marisa Cadienhead	ON	86	2	CanC	Windsor	Jul 15
1.88	Forrester			9	GAZ	Saint Denis	Jul 06
1.87	Jillian Drouin	ON	86	h	NCAA	Sacramento	Jun
1.86	Whitney Evans	AB	80	3	CanC	Windsor	Jul 15
1.85	Forrester			5	Doha	Qatar	May 11
1.85	Ruky Abdulai	BC	85	1		Fresno CA	May 25
1.85	Cadienhead			1		Noisey-L-G Fra	Jun 12
1.85	Forrester			8	Bislett	Oslo NOR	Jun 15
1.85	Cadienhead			5		Cork City IRE	Jun
1.85	Forrester			5		Zagreb CRO	Jul 07
1.84	Drouin			h	BigE	Storrs CT	May 05
1.84	Forrester			28q	WorldC	Osaka JAP	Aug 31
1.83	Evans			1	Kaj	Richmond	Jun 03
1.83	Abdulai			4	CanC	Windsor	Jul 15
1.81	Evans			1		Calgary	May 20
1.80	Drouin			h	FastT	Chapel Hill	Apr 13
1.80	Evans			6c3	MtSac	Walnut	Apr 15
1.80	Evans			1	Pacific	Azusa	Apr 13
1.80	Kristen Mathews	ON	82	1	HS	Toronto(ET)	May 29
1.80	Drouin			9	NCAA	Sacramento	Jun 08
1.80	Mathews			1	Ochps	Ottawa	Jul 01
1.80	Michelle Moody	ON	85	2	Ochps	Ottawa	Jul 01
1.80	Sarah Boyle	ON	87	5	CanC	Windsor	Jul 15
1.80	Abdulai			1	BCC	Kamloops	Jun 25
1.80	Cadienhead			1	Kidd/Crothers	Toronto(TO)	Jul 08
1.80	Moody			4q	FISU	Bangkok THA	Aug 11
1.79	Jessica Zelinka	AB	81	hep	Hypo	Goetzis	May 27
1.78	Emily Sheppard	BC	88	1c2	MtR	Walnut	Apr 15
1.78	Drouin			2	BigE	Storrs CT	May 06
1.78	Caidenhead			1		Windsor	May 12
1.77	Abdulai			1		Burnaby	Mar 31
1.76	Alexandria Treasure	BC	92	1	LegC	Oromocto NB	Aug 12
1.75	Sheppard			3		Azusa	Apr 13
1.75	Sheppard			1	WAC	Fresno CA	May 12
1.75	Mathews			1		Hamilton	May 26
1.75	Boyle			1	Top3	Toronto(MC)	Jun 16
1.75	Moody			2		Toronto	May 22
1.75	Jehy Telfer	ON		1	HS	Etobicoke	May 16
1.75	Michelle Theophile	ON	91	1	Hchps	Ottawa	Jun 09
1.75	Treasure			1	BCC	Kamloops	Jun 25
1.73	Maddie Buttinger	ON	89	2=		Windsor	May 12
1.73	Emma Kimoto	BC	91	1	Hchps	Burnaby	Jun 01
1.73	Lauren Colyn	ON	85			Grand Rapids MI	Apr 30
1.73	Rita Rudell	ON	91	2	HSchps	Ottawa	Jun 09
1.73	Brittney Hopley	ON	91	1	HS	Toronto(ET)	May 04

1.73	Shappard			5	PAJ	Sao Paulo BRA	Jul 09
1.71	Alecia Beckford-Stuart	ON	87	7			May 12
1.71	Gabrielle Payne	BC	89	1	WCGT	Nanaimo	Jul 08
1.71	Lindsey Bergevin	AB	89	2	CanJ	Abbotsford	Jul 27
1.70	Holly Parent	BC	91	1		Victoria	May 09
1.70	Michelle Moody	ON		1		Guelph	Jun 03
1.70	Nicole Riley	QC	90	1		St. Laurent	Jun 09

Junior

1.78	Sheppard (Above)
1.75	Sheppard (Above)
1.75	Sheppard (Above)
1.73	Buttinger (Above)
1.73	Sheppard (Above)
1.71	Payne (Above)
1.71	Bergevin (Above)

Youth

1.76	Treasure (Above)
1.75	Theophile (Above)
1.75	Treasure (Above)
1.73	Kimoto (Above)
1.73	Rudell (Above)
1.73	Hopley (Above)
1.70	Parent (Above)
1.70	Riley (above)

Pole Vault / Saut à la perche

4.52	pjCR	Dana Ellis-Buller	ON	79	1	HPC/OTC	Chula Vista CA	Aug 18
4.46		Ellis-Buller			1	TerrR	Beaumont	Apr 26
4.45		Carly Dockendorf	BC	83	2q1		Livermore	Jun 02
4.40		Ellis-Buller			1		Chula Vista CA	Aug 21
4.35		Kelsie Hendry	BC	82	1		Saskatoon	Jul 06
4.31		Hendry			1	CanC	Windsor	Jul 14
4.30		Hendry			1	SunA	Tempe	Apr 14
4.30		Ellis-Buller	BC	79	1	AlumG	Baton Rouge	Apr 21
4.30		Hendry			1	Tri	La Jolla	Apr 21
4.30		Hendry			4	FISU	Bangkok TAI	Aug 10
4.21		Ellis-Buller			2	CanC	Windsor	Jul 14
4.20	pjCR	Gabriella Duclos-Las.	BC	88	1		Tempe AZ	Apr 28
4.20	pjCR	Duclos-Lasnier			1	Pac10	Stanford	May 13
4.20		Stephanie McCann	BC	77	1		Fortaleza	May 16
4.20		Hendry						
4.16		Hendry			1	VicHP	Victoria	Jun 06
4.16	pjCR	Duclos-Lasnier			3	CanC	Windsor	Jul 14
4.15		Ellis-Buller			1		Lafayette MI	Mar 17
4.15	pjCR	Duclos -Lasnier			3		El Paso	Apr 14
4.15		Hendry			2		AlbuQCerQCe	Apr 28
4.15		Duclos Lasnier			2	PAJ	Sao Paulo	Jul 08
4.10		Duclos Lasnier			1		Tucson AZ	Mar 03
4.10		Dockendorf			5	GP	Osaka Jap	May 05
4.10		Hendry			7	ModR	Modesto	May 05
4.10		Adriane Vangool	SK	85	3		Saskatoon	Jul 06
4.10		Vangool			3		Burnaby	Jun 08
4.10		Leah Vause	SK	87	1	SK/MB Dual	Regina SK	Jul 21
4.06		Duclos-Lasnier			3		Eugene OR	May 26
4.06		Vause			1	CanL	Oromocto NB	Jul 12
4.05		Duclos-Lasnier			10	NCAA	Sacramento	Jun 08
4.00		Duclos-Lasnier			1	Williams	Tucson AZ	Mar 17
4.00		Duclos-Lasnier			1		Tucson AZ	Mar 31
4.00		McCann			6c3	MtSac	Walnut	Apr 15
4.00		Duclos-Lasnier			2=	NCAA	Sacramento	Jun 08
4.00		Vangool			4	Tri	La Jolla	Apr 21
4.00		Dockendorf			1	Or	Eugene	Apr 21
4.00		Vangool			4=	Tri	La Jolla	Apr 21
4.00		Duclos-Lasnier			1q	NCAA	Sacramento	Jun 06
4.00		Vause			2	Lafa	Abbotsford	Jun 10
4.00		Vangool			3	Lafa	Abbotsford	Jun 10
3.95		Janice Creighton	ON	83	1		Windsor	Jun 03
3.86		Suzanne Fish	ON	82	8	CanC	Windsor	Jul 14

3.86	Simona Kovacic	ON	80	6		Windsor	Jul 14
3.85	Ariane Beaumont-Courteau	QC	90	1	CC	Montreal(CR)	Jul 21
3.80	Stacey Irvine	BC	89	1	Hschps	Burnaby	Jun 01
3.80	Janice Creighton	ON	83	1	Ochps	Ottawa	Jun 29
3.80	Simona Kovacic	ON	80	2	Ochps	Ottawa	Jun 29
3.75	Melanie Blouin	QC	90	1	QC	Sepp-Iles	Aug 09
3.70	Ariane Beaumont-Courteau	QC	90	1	Espoir	Newfoundland	Aug 03
3.70	Blouin			1		Sherbrooke	Jul 24
3.70	Leanne Carriere	AB	85	1		Calgary	May 20
3.70	Heather Hamilton	BC	88	2	CanJ	Abbotsford	Jul 27
3.66	Caroline Jean		80	9	CanC	Windsor	Jul 14
3.66	Michelle Gerwing	AB	87	10	CanC	Windsor	Jul 15
3.60	Erica Rutley	BC	89	2		Phoenix	Apr 07
3.60	Jen House	ON	89	2	Espoir	Newfoundland	Aug 03

Junior

4.20	pjCR	Duclos-Lasnier(Above)
4.16		Duclos-Lasnier (Above)
4.15		Duclos-Lasnier (Above)
4.10		Duclos-Lasnier (Above)
4.06		Duclos-Lasnier (Above)
4.05		Duclos-Lasnier (Above)
4.00		Duclos-Lasnier (Above)
3.80		Irvine (Above)
3.70		Hamilton (Above)
3.60		Rutley (Above)
3.60		House (Above)

Youth

3.85		Beaumont-Courteau (Above)						
3.75		Blouin (Above)						
3.70		Beaumont-Courteau (Above)						
3.70		Blouin (Above)						
3.50		Stephanie Vause	SK	90	1	LegC	Oromocto	Aug 12
3.40		Vause S			3=	CanJ	Abbotsford	Jul 28
3.30		Vause S			3		Calgary	Jun 16
3.30		Emma Crombeen	ON	90	1	Onchps	Toronto	Aug 05

Long Jump / Saut à longueur

6.70**	1.0	Ruky Abdulai	BC	82	1	NAIA	Fresno CA	May 24
6.52	-0.9	Tabia Charles	ON	85	1	CanC	Windsor	Jul 14
6.51	1.0	Alice Falaiye	ON	78	2		El Paso	Apr 14
6.42	1.4	Falaiye			2		Lake Charles Lou	May 12
6.38	-0.5	Falaiye			1	La Loma	St Luis MEX	May 19
6.36	1.5	Falaiye(in series)			1		Austin	Apr 21
6.33	1.4	Charles (legal within series)		85	3		Guadeloupe	May 01
6.31	0.8	Falaiye			2	CanC	Windsor	Jul 14
6.28	-0.6	Charles			2		Santo Dom	May 12
6.28	0.9	Charles			1pre	CanC	Windsor	Jul 14
6.20	1.6	Charles	ON	85	2	Ponce	Puerto Rico	May 19
6.21	1.4	Yvonne Mensah	BC	85	3	Big10	State College PA	May 12
6.15	1.5	Angela Whyte	AB	80	1	Frye	Delaware	Apr 06
6.15		Jessica Zelinka	AB	81	hep	Hypo	Gotzis AUT	May 27
6.14	0.6	Christabel Nettey	BC	91	1		Surrey BC	Apr 28
6.12	0.6	Nettey C	BC	91	1	MtR	Walnut	Apr 14
6.10	1.4	Susan Coltman	ON	81			Krommenie	Sep 02
6.07	0.0	Alexandr Rozefort	QC	84			Auburn GA	Mar 24
6.07	0.6	Sabrina Nettey	BC	90	5q	WYC	Ostrava CZE	Jul 14
6.07	1.3	Drouin			H			
6.07	-0.1	Nettey C			1	CanJ	Abbotsford	Jul 28
6.05	0.0	Abdulai			1		Burnaby	Mar 30
6.03	0.3	Sabrina Nettey	BC	90	1	Hchps	Burnaby	Jun 02
6.02	1.6	Brianne Theisen	SK	88	1		Yorkton	Jun 02
6.00	0.2	Nettey S	BC	90		Forem	Seattle	May 12
5.97	1.5	Kimberly Hyacinthe	QC	89	2	La Loma	St Luis MEX	May 19
5.95	0.0	Christabel Nettey	BC	91	2	Hchps	Burnaby	Jun 02
5.93	1.8	Jennifer Rogers	BC		2	BigE	Storrs CT	May 05
5.93	0.2	Coltman		81	2		Amsterdam NED	Jun 30
5.86	-1.8	Zelinka			2c3	MtR	Walnut	Apr 15
5.84	1.2	Jillian Drouin	ON	86		TigC	Baton Rouge	Mar

5.76	-0.2	Michelle Moody	ON	85	5	CanC	Windsor	Jul 14
5.74	1.7	Katrelle Edwards	ON	90	3		Ithaca NY	Apr 29
5.72	1.4	Laurence Beaudet	QC	90	2	LegC	Oromocto NB	Aug 12
5.67	-2.4	JaninePolichuk		85	6	Can C	Windsor	Jul 14
5.66	1.1	Camille Richard	BC	87	5	Heps	Princeton NJ	May 05
5.64	0.0	Aleisha Cobb	BC	91	1	BCC	Windsor	Jun 25
5.52	0.0	Clemence Paiement	QC	95	1	Hume	Sherbrooke	Jun 16
5.52	-0.4	Alicia Smith	ON	88	1	Ochps	Ottawa	Jun 29
5.51	1.4	Ana-Maria Ayram	QC	86	2		Sherbrooke	Jul 04
5.50	0.0	Alyssa Johnson	MB	91	6		Moorehead MIN	May 05
5.50	0.2	Samantha Cross	ON	88	2	Ochps	Ottawa	Jun 29
5.50	-0.5	Claire Donner	BC	90	3	BCC	Kamloops	Jun 25

** Not a Canadian citizen-no record

Wind aided - No Wind / Vent non légal ou sans information sur le vent

6.70		Abdulai	BC	83	1		Fresno CA	May 26
6.57	4.4	Falaiye			1		Austin	Apr 21
6.46	2.1	Charles			3		Guadeloupe	May 01
6.39	4.2	Falaiye			2		Baton Rouge	Mar 31
6.35		Ruky Abdulai			2	Pacific	Azusa	Apr 13
6.28		Christabel Nettey	BC	91	1	LegC	Oromocto NB	Aug 12
6.22		Falaiye	ON	78	2		Seattle WA	Mar 03
6.06	4.4	Jennifer Rogers	BC		2	Big East	Storrs	May 05
5.87		Drouin			2	Ellis	New Jersey	Apr 21
5.70		Jill MacEachern	AB	91	1	HS	Calgary	May 23
5.66	2.2	Jillian Drouin	ON	86	9	Hurric Inv	Miami Fla	Mar 16

Junior

5.97	1.5	Hyacinthe (Above)						
5.52	-0.4	Smith (Above)						
5.50	0.2	Cross (Above)						

Youth

6.14	0.6	Nettey C. (Above)						
6.12	0.6	Nettey C. (Above)						
6.07	0.6	Nettey S. (Above)						
6.07	-0.1	Nettey C. (Above)						
6.03	0.3	Nettey S. (Above)						
6.00	0.2	Nettey S. (Above)						
5.95	0.0	Nettey C (Above)						
5.74	1.7	Edwards (Above)						
5.72	1.4	Beaudet (Above)						
5.64	0.0	Cobb (Above)						
5.52	0.0	Paiement (Above)						
5.50	0.0	Johnson (Above)						
5.50	-0.5	Donner (Above)						

Triple Jump / Triple saut

13.89	CR 1.6	Charles(In series above)	ON	85	3		Uberlandia BRA	May 06
13.52	0.6	Simideli Adeagbo		85	1	MtR	Walnut	Apr 15
13.48	0.7	Huijing Qiu		85	1	KajInt	Richmond	Jun 03
13.32	0.0	Tabia Charles	ON	85	3	Pre	Eugene OR	Jun 10
13.11	0.0	Yvonne Mensah	BC	85	10q	NCAA	Sacramento	Jun 08
13.08	0.5	Colleen Ramharak	ON	82	1		Emporia KS	May 02
12.96	-1.0	Mensah			1	Big10	Philadelphia	May 13
12.80	0.9	Ramharak			1	Ochps	Ottawa	Jun 29
12.44	-0.2	Janine Polischuk	SK	85	2	CanC	Windsor	Jul 15
12.41	-1.0	Neb Zacharia	ON	87	1		Guelph	Jun 03
12.24	-0.7	Camille Richard	BC	87	6	ICAC	Princeton NJ	May 12
12.18	0.0	Natasha Miller	BC	89	1	Hschps	Burnaby	Jun 01
12.17	1.6	Polischuk			2	Kaj	Richmond	Jun 03
12.10	1.8	Alanna Boudreau	MB	83	5	CanC	Windsor	Jul 13
12.04	0.9	Mary Egbo-Egbo	ON	85	1	Onchps	Toronto(MC)	Aug 05
12.03	-2.2	Jaideen Lowe	ON	89	1	Ochps	Ottawa	Jun 29
12.01	1.2	Tiffany Sprenkels	BC	89	2	Hschps	Burnaby	Jun 01
11.93	0.0	Chloe Hetherton	SK	92	1	LegC	Oromocto	Aug 12
11.80	-1.4	Alicia Smith	ON	88	3	CanJ	Abbotsford	Jul 29
11.73	0.0	Alyxandria Treasure	BC	92	2	LegC	Oromocto NB	Aug 12
11.72	-1.3	Taylor Neely		92	3	Ochps	Ottawa	Jul
11.68	-2.9	Alana Stewart	ON	??	1	Hschps	Ottawa	Jun 09

11.54	0.8	Katie Flemington	ON	92	3	LegC	Oromocto NB	Aug 12
11.43	0.2	Emma Dobson	ON	??	4	CanJ	Abbotsford	Jul 25
11.41	0.0	Chiazo Nnadi	MB	86	3	WCG	Sherwood PK	Aug 08
11.15	0.2	Sherri Garrett	ON	83	2	Onchps	Toronto(MC)	Aug 05
11.12	0.1	Mila Simulik	ON	90	1	Onchps	Toronto(MC)	Aug 05

Wind aided - No Wind / Vent non légal ou sans information sur le vent

14.24	4.6	Charles			3		Uberlandia BRA	May 06
13.60	3.1	Charles			1	CanC	Windsor	Jul 14
13.50	2.7	Adeagbo			1		Palo Alto	Mar 31
12.59		Jennifer Rogers	BC		2	BigE	Storrs CT	May 06

Junior

12.18	0.0	Miller (Above)						
12.03	-2.2	Lowe (Above)						
12.01	1.2	Sprenkels (Above)						
11.80	-1.4	Smith (Above)						

Youth

11.93	0.0	Hetherton (Above)						
11.73	0.0	Treasure (Above)						
11.72	-1.3	Neely (Above)						
11.54	0.8	Flemington (Above)						
11.12	0.1	Simulik (Above)						

Shot put / Poids

17.83	pCR	Lieja Tunks	ON	76	2	Papendal G	Arnhem NETH	Jun 13
17.80		Tunks			1		Forest City ON)	Sep 29
17.57		Tunks			1		London(ON)	Jul 18
17.55		Tunks			1		London(ON)	Jul 07
17.43		Tunks			1	CanC	Windsor	Jul 14
17.14		Tunks			3	Gspike	Leiden NED	Jun 09
17.10		Tunks			1	Lane	Arlington TX	Mar 31
15.16		Meghan Weaver	ON	85	2	CanC	Windsor	Jul 14
14.97		Jessica Zelinka	AB	81	3	PAG	Rio de Jan	Jul 24
14.70		Weaver	ON	85	2		London(ON)	Jul 07
14.62		Weaver	ON	85	1		Los Angeles	Apr 12
14.54		Kaitlyn Andrews	ON	88		NorthW	Natchitoches	Mar 03
14.52		Marie-Josée Le Jour	QU	79	1	QC	Sherbrooke	Jul 27
14.46		Julie Labonte	QC	90	1	Hume	Sherbrooke	Jun 16
14.40		Andrews			4		Houston	Apr 26
14.26		Novelle Murray	BC	84	3	WAC	Fresno CA	May 11
14.24		Marie-Josée Le Jour	QC	79	3	CanC	Windsor	Jul 14
14.11		Emily Turland	ON	82		GladslV		Mar 14
13.95		Labonte			1	LegC	Oromocto NB	Aug 12
13.93		Zelinka			4	Pacific	Azusa	Apr 13
13.91		Weaver			5	WAC	Fresno	May 11
13.89		Chantel Spies	SK	84	1		Calgary	Jun 17
13.59		Megann VanderVliet	ON	85		NCAA(3)	Oshkosh WI	May 26
13.83		Beth Stroud	ON	77	1	Ochps	Ottawa	Jun 29
13.74		Heather Patterson	ON	86	4		London(ON)	Jul 07
13.70		Stephanie Jackson	ON	85	2		London(ON)	Jul 26

* No Can. Rec. technical violation

17.45		Lieja Tunks	ON	76	1		London(ON)	May 06
		(17.39, 17.45, 17.33, 17.31, 17.13, 17.31)						
18.02		Tunks	ON	76	1		London(ON)	Jul 26
		(18.02, 17.63, f,f,f, p)						

Junior(4kg)

14.54		Andrews(Above)						
14.19		Steward Hunter	ON	??	2	HS	Brockville ON	May 24
13.05		DominiQCe Thibault	ON	88	2	CanJ	Abbotsford	Jul 28
12.98		Chelsey Revoy	SK	89	1		Regina	May 05
12.55		Caitlin Fowler	SK	88	2	WCG	Sherwood PK	Aug 09
12.53		Diana Lane	ON	88	3	CanJ	Abbotsford	Jul 27
12.10		Nicole Larade	NS	88	1		Port Williams NS	Jun 12

Youth(4kg)

14.46		Labonte (Above)						
13.59		Labonte(Above)						
12.49		Laura Macauley	BC	90			Duncan BC	

12.33	Taryn Suttie	SK	90	1		Prince Albert SK	May 12
12.20	Susan Chan-Du	ON	90	2	LegRC	Ottawa	Jul 20
12.05	Alanna Kovacs	ON	90	2	LegC	Oromocto NB	Aug 12

Discus / Disque

56.56	Leija tunks	ON	76	2		Salinas CA	May 17
56.48	Tunks			1		London(ON)	Jul 07
56.44	Novelle Murray	BC	84	1	WAC	Fresno CA	May 12
55.96	Tunks			6		Salinas CA	May 16
55.84	Tunks			1		London(ON)	May 06
55.59	Tunks			6		Salinas CA	May 16
54.91	Tunks			1	CanC	Windsor	Jul 15
54.57	Tunks			1		London(ON)	Jul 18
54.52	Tunks			1		London(ON)	Jul 26
54.50	Murray			1	Tri	La Jolla	Apr 21
54.34	Marie-Josée Le Jour	QU	79	2		London(ON)	Jul 08
54.31	Tunks			2	Gspike	Leiden NED	Jun 09
54.01	Tunks			1	Jackson	Abilene TX	Mar 24
53.79	Murray			6		Northridge	Mar 17
50.95	Marie LeJour-McDonagh	ON	79	5	MtSac	Walnut	Apr 15
50.68	McDonagh			2		London(ON)	Jul 07
50.18	Tunks			1		Northridges CA	Mar 17
49.09	Chantel Spies	SK	84	3	CanC	Windsor	Jul 15
48.59	Meghan Weaver	ON	85	3		London	Jul 08
46.76	Caitlin Van Dodewaar	ON	89	1		Renfiew ON	May 23
46.64	Myriam Dumont-Breton	ON	88	2	Hume	Sherbrooke	Jun 15
46.07	Megann VanderVliet	ON				Grand Rapids MI	Mar 31
45.64	Meghan Weaver	ON	85	5	CanC	Windsor	Jul 15
44.83	Daisy VanRavenswaay	ON	84	9	Coll	Berkley CA	Apr
44.47	Dumont-Breton		88	4	PAJ	Sao Paulo BRA	Jul 06
44.19	Emily Turland	ON	82	6	SeaR	Knoxville TN	Apr 14
43.96	Lara ter Laak	BC	88	3fl	NAIA	Fresno	May 26
43.49	Kaitlyn Andrews	ON	88	8	SCC	Nacogdoches TX	May 05
42.94	Andrews			6		Houston	Apr 26

Junior (1kg)

46.76	Van Dodewaar(Above)
46.64	Dumont-Breton(Above)
43.96	Ter Laak(Above)
43.49	Andrews(Above)

Youth (1kg)

41.28	Alanna Kovacs	ON	90	1		London(ON)	May 06
41.01	Meredith Allan	ON	90	1		London(ON)	Jul 07
40.86	Laura Macauley	BC	90	1	Dail	Port Alberni	May 26
39.43	Katie Klodnicki	ON	92	1	LegRC	Ottawa	Jul 20
38.80	Julie Labonte	QC	90	2	LegC	Oromocto NB	Aug 12

Hammer(4kg)

68.60	pCR Crystal Smith	BC	81	1		Lexington KY	Jun 14
68.47	Smith			3		Tucson AZ	May 19
68.12	Smith			1		Windsor	May 12
67.92	Sultana Frizell	ON	84	1		Lethbridge	May 20
67.37	Frizell			1		Lethbridge	May 27
67.08	Smith			2		Indianapolis IND	Jun 10
66.75	Frizell			1		Lethbridge	May 26
66.67	Smith			1	Lake E. Chps	Cleveland	Jul 07
66.05	Frizell			3	Tri	La Jolla	Apr 20
65.62	Frizell			1	Duke	Durham NC	Apr 06
65.22	Smith				PennR	Philadelphia	Apr
65.19	Frizell			2	SpecT	Athens GA	Apr 14
64.91	Frizell			1		Luzern SUI	Aug 18
64.78	Smith			6	PAG	Rio de Jan	Jul 24
64.50	Smith C			2	Sham	Shamrock SC	Mar 17
63.87	Frizell			1	CanC	Windsor	Jul 12
63.72	Smith			2	CanC	Windsor	Jul 12
63.25	Frizell			7	PAG	Rio de Jan	Jul 24
60.36	Emily Turland	ON	82	2	Baldy		Mar 16
59.76	Novelle Murray	BC	84	2	WAC	Fresno CA	May 12

56.79	Caltha Seymour	ON	77	2	MtR		Apr
56.23	Rochelle Kokayko	BC	87	1	ClemR	Clemson	Mar 24
56.11	Murray			6c4		Stanford	Mar 31
56.01	Heather Steacy	AB	88	1		Edmonton	Jun 01
55.34	Marie Le Jour	ON	79	1	Onchps	Toronto(MC)	Aug 05
54.51	Steacy			2		Lethbridge	May 26
54.49	Steacy			3	PAJ	Sao Paulo BRA	Jul 08
53.12	Emma MacCorQCodale	BC	90	1	LegC	Oromocto NB	Aug 12
52.80	Jennilee Way	AB		1		Calgary	Jun 17
52.45	MacCorQCodale			1	Hchps	Burnaby	Jun 01
51.22	Jennifer Johnstone	ON	82	1		London(ON)	Jul 07
50.31	Meghan Weaver	ON	85	7		Northridge	Mar 17
50.22	Catrina Chisholm	BC	85	11		Win-Salem	Mar 24

Junior(4kg)

56.01	Steacy H(Above)						
54.51	Steacy H (Above)						
54.49	Steacy H (Above)						
53.12	MacCorQCodale(Above)						
52.45	MacCorQCodale (Above)						
46.26	Lara Ter Laak	BC	88	3		Seattle WA	May 12
45.34	Kaylee Hansen	BC	88	4		Seattle WA	May 12
45.30	Michelle Vollman	SK	88	2	CanJ	Abbotsford	Jul 27

Youth(4kg)

50.92	Emma MacCorkuodale	BC	93	1	KajInt	Richmond	Jun 03
44.18	Joanna Franke	BC	93	2	KajInt	Richmond	Jun 03
43.19	Taryn Suttie	SK	90	1		Prince Albert SK	May 12
42.92	Sarah Gallagher	BC	90	1	WCGT	Nanaimo	Jul 08
39.65	Suttie	SK	90	1		Regina	May 05

Javelot

56.06 pCR	Krista Woodward	BC	84	1	AlaR	Tuscaloosa	Mar 25
54.89	Woodward			1	CanC	Windsor	Jul 15
54.87	Woodward					Athens GA	Mar 17
54.14	Woodward			1	Tri	La Jolla	Apr 21
53.24	Woodward			3	NCAA	Sacramento	Jun 09
52.36 pCR	Liz Gleadle	BC	88	1	Mt Sac	Walnut	Apr 13
50.33	DominiQCe Biladeau	QC	79	6c2	MtS	Walnut	Apr 15
49.44	Gleadle			2a	Inv	Palo Alto	Mar 31
47.98	Brooke Pighin	BC	89	2	CanC	Windsor	Jul 15
47.08	Laura Macauley	BC	90	1	CanJ	Abbotsford	Jul 29
46.85	Amy Tiffin			4	CanC	Windsor	Jul 15
46.61	Deanna Zelinka			5	CanC	Windsor	Jul 15
46.44	Nicolle Fraser	BC	90	1	Kaj	Richmond	Jun 03
46.11	Pighan			1	Coug	Pullman	Apr 21
45.03	Vanessa Roelofson	ON	85	1	MAC	Oxford OH	May 11
43.67	Jessica Zelinka	AB	85		PanAm	Brazil	
43.64	Jessica Zelinka	AB	81	2	Ochps	Ottawa	Jun 29
43.48	Bethanie Wachna	ON	88	5	CanC	Windsor	Jul 15
43.40	Elise PetitJean	QC		1	Hume	Sherbrooke	Jun 16

Junior(600g)

52.36	Gleadle(Above)						
49.44	Gleadle (Above)						
47.98	Pighin (Above)						
46.44	Fraser(Above)						
46.11	Pighin (Above)						
47.59	Pighin(Above)						
44.81	Maggie Mullen	ON	89	2	Hschps	Ottawa	Jun 09
43.48	Wachna (Above)						

Youth(600g)

47.08	Macauley(Above)						
43.88	Nicolle Fraser	BC	90	1	WCGT	Nanaimo	Jul 08
41.30	Alanna Kovacs	ON	90	2	LegC	Oromocto NB	Aug 12
41.20	Catherine Belanger	QC	91	3	LegC	Oromocto NB	Aug 12
39.95	Kirstie Redlick	SK	92	1	LegC	Oromocto NB	Aug 12
39.75	Michelle Stuart	BC	91	2	WCGT	Nanaimo	Jul 08

Heptathlon

6343	CR	Jessica Zelinka	AB	81	4	Hypo	Goetzis AUT	May 27
		13.34, 1.79, 13.98, 24.39(3777)		6.15, 42.71, 2:10.93(-1.4, -1.3, -0.5)				
6218		Zelinka			2		Arles FRA	Jun 02
		13.19, 1.73, 14.26, 23.82(3796)		5.79, 42.29, 2:12.76(4.5, 5.2, 0.2)				
6136		Zelinka			1	PAG	Rio de Jan	Jul 25
		13.26, 1.71, 14.97, 24.07 (3786)		5.70, 43.67, 2:17.86(-0.4, -0.4, 0.5)				
5890		Jill Drouin	ON	86	2	BigE	Storrs	May 04
		13.88, 1.84, 12.22, 24.71(3614)		6.07, 41.13, 2:28.16(4.6, nwi, 1.3)				
5822		Drouin			3	NCAA	Sacramento	Jun 07
		14.14, 1.87, 11.99, 25.02(3671)		6.01, 38.16, 2:24.33(0.9, 3.9, 3.1)				
5620		Susan Coltman		81	12		Arles FRA	Jun 02
		14.81, 1.70, 12.65, 25.27()		6.09, 36.82, 2:18.17(6.1, 4.1, 2.0)				
5572		Coltman					Woerden Neth	Aug 25
		14.12, 1.58, 12.52, 24.99()		5.84, 38.58, 2:16.36(0.8, 1.1, 1.8)				
5495		Coltman			1	CanC	Windsor	Jul 13
		14.28, 1.65, 12.35, 25.27()		5.77, 38.05, 2:21.35(-0.1, -1.4, 0.2)				
5413		Brianne Theisen		88	1	PAJ	Sao Paulo	Jul 07
		14.29, 1.76, 10.80, 25.05(3330)		5.54, 39.56, 2:28.52((0.0,)				
5221		Jill Drouin	ON		2	TigC	Baton Rouge	Mar 30
		14.82, 1.73, 11.93, 26.25()		5.84, 36.16, 2:34.50(1.0, 0.1, 1.2)				
5167		Brianne Theisen		88	1	CanJ	Abbotsford	Jul 27
		14.66, 1.71, 10.59, 26.07()		5.55, 38.32, 2:29.09(-1.7, -1.2, 0.6)				
5023		Fortin			2	CanC	Windsor	Jul 13
		15.00, 1.59, 11.65, 26.14()		5.19, 40.29, 2:25.60(-0.1, -0.7, -0.1)				
4950		Jen Cotten	ON	87	3	CanC	Windsor	Jul 13
		14.40, 1.59, 9.36, 25.64()		5.53, 25.79, 2:19.93(1.6, -1.4, 0.7)				
4928		Alecia Beckford Stewart	ON	87	4	CanC	Windsor	Jul 13
		14.70, 1.62, 11.57, 25.86()		5.86, 28.60, 2:38.69(-0.1, -1.4, 0.0)				
4694		Adrienne Bethune	ON		6	CanC	Windsor	Jul 12
		14.88, 1.53, 10.84, 25.57()		5.26, 31.50, 2:35.57(1.6, -0.7, 1.0)				
4664		Jen Cotten	ON		1	Top3	Toronto	Jun 21
4569		Bethune	ON		2	CanJ	Abbotsford	Jul 27
		15.23, 1.59, 10.19, 26.19()		5.28, 31.27, 2:39.95(-1.7, -1.2, 0.6)				
4418		Alana Pattison	BC	90	1	Hschps	Burnaby	Jun 01
4379		Louise PrevotEAU	BC		2	Hschps	Burnaby	Jun 01
4357		Marlene Romano-Hurteau	QC	82	1	Hume	Sherbrooke	Jun 16
4324		Adelle Johns	BC	88	1	BCC	Kamloops	Jun 25
4320		Rita Rudell	ON	91	1	Top3	Toronto(MC)	Jun 17
		14.88, 1.60, 9.28, 26.17()		4.53, 22.03, 2:29.53(0.2, 1.0, 0.9)				
4289		Adelle Johns	SK	88	1	WCG	Sherwood PK	Aug 07
4216		Mylene Brosseau	QC	86	2	Hume	Sherbrooke	Jun 17
4174		Lauren Simpson	AB	91	1	LegC	Oromocto NB	Aug 12
4063		Virginie Aubin	QC	90	3	LegC	Oromocto NB	Aug 12
4106		Danielle O'Donnell	MB	90	2	LegC	Oromocto NB	Aug 12
4014		Holly Parent	BC	91	1	WCGT	Nanaimo BC	Jul 08
		16.55, 1.62, 8.81, 28.86()		4.64, 30.10, 2:33.72(04(NWI)				
3936		Melissa Clifford	ON	81	4	Top3	Toronto(MC)	Jun 17
3910		Arian Beaumont-Courteau	QC	90	1	Hume	Sherbrooke	Jun 15
3827		Laurence Beaudet	QC	90		Hume	Sherbrooke	Jun 15
3781		Lauren Simpson	BC	91	1		Calgary	May 19
		16.73, 1.46, 8.62, 28.04(2272)		4.71, 30.43, 2:42.75(0.0, -2.7, -1.3)				
3517		Adrienne Payne	ON		8		Hillsdale	May 26
ABN		Angela Whyte	ON		abn	MtSacR	Azusa	Apr 11
		12.95, 1.66, 11.85, 24.16 (3554)		(1.9, 2.9)				

Junior

5413 Theisen (Above)
5167 Theisen (Above)
4324 Johns (Above)
4289 Johns (Above)

Youth

4418 Pattison (Above)
4320 Rudell (Above)
4174 Simpson (Above)
4063 Aubin (Above)
4106 O'Donnell (Above)
4014 Parent (Above)
3910 Beaumont-Courteau
3827 Beaudet (Above)
3781 Simpson (Above)