



2009 CANADIAN INDOOR SENIOR WOMEN RECORDS As of December 31, 2009

Note:

(*)CIS(CIAU) indoor rules differ from AC/IAAF in short events over 200m and up to 600m, including relays.

Event Événement	PERF	Name Nom	Venue Endroit	Date
50m	6.05 [®]	Philomena Mensah	Lievin FRA	13.02.00
60m	7.02 7.02	Philomena Mensah Philomena Mensah	Maebashi JAP Ghent BEL	07.03.99 11.02.00
200m	23.32	Angela Bailey	Sherbrooke QC	15.01.84
300m	37.17	Jillian Richardson	Sindelfingen GER	05.02.88
400m	51.69	Jillian Richardson	Birmingham GBR	22.02.92
600m	1:27.63	Camille Cato	Sherbrooke QC	10.03.84
800m	2:00.66	Diane Cummins	Karlsruhe GER	28.02.03
1000m	2:38.24	Diane Cummins	Lieven FRA	23.02.03
1500m	4:08.18	Carmen Douma-Hussar	Budapest HUN	06.03.04
Mile	4:27.77	Lynn Williams	Los Angeles CA	18.01.86
3000m	8:48.56	Megan Metcalfe	Valencia SPA	07.03.08
5000m	15:37.02	Kathy Butler	Indianapolis IN	08.02.97
50mH	6.78 [®]	Keturah Anderson	Lievin FRA	21.02.99
60mH	7.75	Perdita Felicien	Budapest HUN	07.03.04
3000mRW	12:32.34	Ann Peel	Budapest HUN	04.03.89
4x200m	1:37.11	U. Windsor Venolyn Clarke, Lisa Laughton, Kelly Dinsmore, Irma Grant	Toronto ON	10.03.83
4x400m	3:36.03	Canada Karlene Haughton, Foy Williams, Candace Jones, Naabiana Salifu	Glasgow SCO	05.03.00

4x800m	8:41.66	U. of Victoria Tania Jones, Robyn Meagher, Brenda Shackleton, Trish Wellman	Winnipeg MB	11.03.88
High Jump	1.99	Debbie Brill	Edmonton AB	23.01.82
Pole Vault	4.41	Dana Buller	Albuquerque USA	03.02.07
Long Jump	6.57	Krysha Bayley	Clemnson USA	21.01.05
Triple Jump	14.02	Tabia Charles	Notre Dame USA	25.02.00
Shot Put	17.03	Leija Tunks	Toronto ON	03.02.08
Weigh Throw	21.84	Amy Moses	Gainesville USA	04.03.05
Pentathlon (60m:8.51/ HJ: 1.80/ SP: 12.14/ LJ: 6.32/ 800m: 2:11.80)	4550	Jill Ross-Giffen	Canyon USA	20.02.82

@ = achieved at longer distance