

	Outdoor U16 Girls					
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
100M	1	JANICE ZAWASKI	1982	12.47	12-Jul-96	CALGARY
UNDER 16	2	KATHERINE DRAGON	2009	12.76	06-Jul-24	EDMONTON
	3	VANESSA BARR	1993	12.98	12-May-07	ST.ALBERT
	3	BRIANNA CATHCART	2008	12.98	21-Jul-23	OKOTOKS
	5	BREANNE CARTER	1988	12.99	30-Jun-03	KELOWNA
	6	CHRISTI FERGUSON	1970	13.01	08-Jul-85	CALGARY
	7	KELSEY RICHARD	1992	13.02	30-Jun-07	KELOWNA
	8	GWYNNE FEDORUK	1969	13.04	24-Jul-83	LETHBRIDGE
	8	DACIA DELLEZAY	1979	13.04	28-May-94	ST. ALBERT
	10	TATYJANIA KHOUNVISET	1998	13.08	28-Jul-13	CALGARY
	11	KAMI GAINSFORTH	1995	13.19	15-May-10	CALGARY
	12	KATERINE DRAGON	2009	13.21	17-Jun-23	CALGARY
	13	ERIKA OSWALD	1990	13.24	20-Jun-04	RED DEER
	14	COLLETTE GOUDREAU	1974	13.28	03-Jul-88	CALGARY
	15	ANGIE REMBOWSKI	1965	13.34	21-Jul-79	CALGARY
	15	LYNN MURRAY	1964	13.34	21-Jul-79	CALGARY
	15	NICOLLE HARYSH	1995	13.34	15-May-10	CALGARY
	18	CHELSY LINK	1979	13.40	17-May-94	RED DEER
	19	DAWN CHITRINA	1983	13.44	30-May 98	ST ALBERT
	20	SHEENA CODY	1986	13.49	30-Jun-00	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
200M	1	JANICE ZAWASKI	1982	25.10	09-Jun-96	CALGARY
UNDER 16	2	ABIOLA OMOYAYI	2009	26.04	20-Jul-24	CALGARY
	3	TATYJANIA KHOUNVISET	1998	26.39	06-Jul-13	MEDICINE HAT
	4	NICOLLE HARYSH	1995	26.48	18-Jun-10	CALGARY
	5	ARIELLE BOCK	1994	26.53	30-May-09	MEDICINE HAT
	6	KATERINE DRAGON	2009	26.87	02-Jun-24	LEDUC
	7	CHRISTI FERGUSON	1970	26.97	24-Jun-84	LANGLEY
	8	VANESSA BARR	1993	27.00	13-May-07	ST. ALBERT
	9	CHELSEA LINK	1979	27.09	17-Jul-94	CALGARY
	10	KELSEY RICHARD	1992	27.21	01-Jul-07	KELOWNA
	11	LYNN MURRAY	1964	27.24	21-Jul-79	CALGARY
	12	ANGIE REMBOWSKI	1965	27.34	21-Jul-79	CALGARY
	12	VICKY LYNCH	1970	27.34	29-Jun-84	CALGARY
	12	TANYA WRIGHT	1981	27.34	27-May-95	ST. ALBERT
	15	BREANNE CARTER	1988	27.37	21-Jun-03	EDMONTON
	16	GWYNNE FEDORUK	1969	27.44	23-Jul-83	LETHBRIDGE
	16	BREANNA CATHCART	2008	27.44	09-Jul-23	SHERWOOD PARK
	16	BARB DROLET	1972	27.44	04-Jul-87	EDMONTON
	19	ERIKA OSWALD	1990	27.50	29-May-04	ST.ALBERT
	20	MEAGHAN MACKENZIE	1993	27.74	07-Jun-08	MEDICINE HAT
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
300M	1	ABIOLA OMOYAYI	2009	40.93	10-Aug-24	CALGARY

UNDER 16	2	TATYJANIA KHOUNVISET	1998	41.54	11-Aug-13	LANGLEY
	3	NICOLLE HARYSH	1995	41.69	19-Jun-10	CALGARY
	4	NATASHA SMALLWOOD	1996	42.37	12-Jun-11	CALGARY
	5	HANNAH GREGORY	2010	43.37	30-Jun-24	KELOWNA
	5	GINELLE DEMONE	1998	43.37	06-Jul-13	MEDICINE HAT
	7	NOELLE CAKMAK	1997	44.20	17-Jul-11	REGINA
	8	ARIELLE BOCK	1994	44.36	11-Jul-09	MEDICINE HAT
	9	MARY MACLEAN	2008	44.59	21-Jul-23	OKOTOKS
	10	LIBBY DUNN	2006	44.74	24-Jul-21	CALGARY
	11	IZZY SEILER	2006	45.00	12-Sep-20	LEDUC
	12	ARYONNAH KNEE	2009	45.04	12-May-24	CALGARY
	13	BRYNN HEBERT	2002	45.19	23-Jul-17	SHERWOOD PARK
	14	OLIVIA LAKE	2004	45.20	09-Jun-18	LEDUC
	15	ALYCIA SWANSON	1998	45.34	06-Jul-13	MEDICINE HAT
	16	JORDAN TAYLOR	1995	45.39	12-Jun-09	CALGARY
	17	CHAVA PARMAR	1997	45.90	24-Jun-12	ST ALBERT
	18	CHEYENNE GOH	1999	45.96	02-Jun-13	ST.ALBERT
	19	JULIANA CHIPIUK	2005	46.86	02-Jun-19	LEDUC
	20	JOSIE PLITT	2005	47.16	16-Jun-19	CALGARY

FEMALE

400M	1	JANICE ZAWASKI	1982	54.96	02-Aug-97	CALGARY
UNDER 16	2	TANYA WRIGHT	1981	58.53	27-Jul-96	CALGARY
	3	VICKY LYNCH	1970	59.10	14-Jul-84	CALGARY
	4	JENNIFER KEMP	1983	59.69	15-Jul-98	CALGARY
	5	JENNY VANKEMPEN	1982	59.96	01-Aug-97	CALGARY
	6	BARB DROLET	1972	60.40	08-Aug-87	CALGARY
	7	GWYNNE FEDORUK	1969	60.58	23-Jul-83	LETHBRIDGE
	8	DEBBIE FOSTER	1978	61.06	17-Jul-93	CALGARY
	9	NATASHA SMALLWOOD	1996	61.09	07-May-11	LETHBRIDGE
	10	RAELEEN HUNTER	1987	61.22	30-Jun-02	KELOWNA
	11	CARA GIBSON	1977	61.27	03-Jul-92	RED DEER
	11	ABIOLA OMOYAYI	2009	61.27	26-May-24	ST ALBERT
	13	NOELLE CAKMAK	1997	61.80	23-Mar-12	LAS VEGAS
	14	CANDICE JONES	1973	61.99	03-Jul-88	CALGARY
	15	JENNY ZAWASKI	1977	62.22	03-Jul-92	RED DEER
	16	DEANNA MONSON	1971	62.49	26-Jul-86	WINNIPEG
	17	CHRISTINE ZAWASKI	1981	62.79	25-Jun-94	RED DEER
	18	RILEY LAFORGE	1994	62.85	28-Jun-08	KELOWNA
	19	VANESSA HALWA	1979	63.03	17-Jul-94	CALGARY
	20	ERIKA OSWALD	1990	63.20	25-Jun-04	CALGARY

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
800M	1	JENNIFER KEMP	1983	2:10.39	25-Jul-98	CAYMAN ISLANDS
UNDER 16	2	TANYA WRIGHT	1981	2:12.54	10-Aug-96	SHERBROOKE
	3	NATASHA SMALLWOOD	1996	2:14.73	06-Aug-11	OTTAWA
	4	GINELLE DEMONE	1998	2:15.26	11-Aug-13	LANGLEY
	5	MEADOW DREBERT	2006	2:16.42	10-Jul-21	EDMONTON

	6	VICKI LYNCH	1970	2:16.58	03-Aug-85	SASKATOON
	7	JANICE ZAWASKI	1982	2:16.63	29-Jun-96	KELOWNA
	8	HALEY KEIRSTEAD	1999	2:17.16	16-Aug-14	LANGLEY
	9	JENNY VAN KEMPEN	1982	2:17.34	10-Aug-96	SHERBROOKE
	10	ADRIA SNOWDON	1986	2:19.71	14-Apr-01	ARCADIA
	11	MARY MACLEAN	2008	2:20.23	25-Jun-23	EDMONTON
	12	ALYCIA SWANSON	1998	2:20.81	20-Jul-13	SHERWOOD PARK
	13	DEANNA MONSON	1971	2:21.10	13-Jul-86	CALGARY
	14	HANNAH GREGORY	2010	2:21.40	14-Jul-24	SHERWOOD PARK
	15	BARB DROLET	1972	2:22.48	11-Jul-87	EDMONTON
	16	BRYNN HEBERT	2002	2:22.61	01-Jul-17	KELOWNA
	17	JULIANA CHIPIUK	2005	2:22.78	14-Jul-19	REGINA
	18	LIBBY DUNN	2006	2:23.06	12-Sep-20	LEDUC
	19	GWYNNE FEDORUK	1969	2:23.08	24-Jul-83	LETHBRIDGE
	20	DEBBY FOSTER	1978	2:23.57	15-Aug-93	SASKATOON

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
1200M	1	HALEY KEIRSTEAD	1999	3:40.14	15-Aug-14	LANGLEY
UNDER 16	2	GINELLE DEMONE	1998	3:46.11	09-Aug-13	LANGLEY
	3	BRYNN HEBERT	2002	3:46.73	22-Jul-17	SHERWOOD PARK
	4	JULIANA CHIPIUK	2005	3:47.42	16-Jun-19	CALGARY
	5	HANNAH GREGORY	2010	3:50.61	12-Jul-24	SHERWOOD PARK
	6	ALYCIA SWANSON	1998	3:50.63	06-Jul-13	MEDICINE HAT
	7	NATASHA SMALLWOOD	1996	3:51.57	24-Jun-10	WINNIPEG
	8	MADDY OXTON	1997	3:56.97	27-Jul-12	LETHBRIDGE
	9	LIBBY DUNN	2006	3:57.08	24-Jul-21	CALGARY
	10	KYRA SHEPPARD	2007	3:57.85	14-May-22	CALGARY
	11	RILEY LAFORGE	1994	3:58.36	11-Jul-09	MEDICINE HAT
	12	CLAIR KELLER	2010	3:59.88	02-Jun-24	LEDUC
	13	DEVIN FLINT	1996	4:00.80	15-May-10	CALGARY
	14	ASHLYNN UDHOLM	1995	4:06.53	20-Jul-10	PEACE RIVER
	15	CHRISTINE SIMARD	1996	4:09.52	03-Jul-11	KELOWNA
	16	REEGAN BROADBENT	2002	4:10.20	15-Jul-16	LEDUC
	17	SIERRA HALWA	1997	4:14.41	28-May-11	CALGARY
	18	GEMMA MORAN	1996	4:21.44	26-Jun-10	ST.ALBERT
	19	BROOKLYN JOHNSTON	2007	4:24.97	29-May-22	ST ALBERT
	20	EMRIE HAMPTON	2007	4:26.32	26-Jun-22	LEDUC

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
1500M	1	TANYA WRIGHT	1981	4:44.20	29-Jun-96	KELOWNA
UNDER 16	2	VICKY LYNCH	1970	4:46.35	03-Aug-85	SASKATOON
	3	JENNIFER KEMP	1983	4:49.38	25-Jul-98	CALGARY
	4	MEADOW DREBERT	2006	4:49.87	06-Aug-21	SHERWOOD PARK
	5	BARB DROLET	1972	4:51.95	11-Jul-87	EDMONTON
	6	JENNY VAN KEMPEN	1982	4:54.47	01-Jun-96	VANCOUVER
	7	RILEY LAFORGE	1994	4:56.06	28-Jun-08	KELOWNA
	8	NICOLE MARVIN	1981	4:58.31	15-Jul-95	CALGARY
	9	CHRISTINE ZAWASKI	1980	4:59.59	15-Jul-95	CALGARY

	10	DEANNA MONSON	1971	4:59.85	10-Aug-86	SUDBURY
	11	STEPHANIE AITKEN	1987	5:03.44	15-Jun-02	CALGARY
	12	BRETT FOLEY	1982	5:04.18	25-Jul-97	LLOYDMINSTER
	13	TASHA WATSON	1975	5:07.95	24-Jun-89	RED DEER
	14	ADRIA SNOWDON	1986	5:08.48	27-May-00	ST. ALBERT
	15	JOELLE STENGER	1988	5:08.95	30-Jun-03	KELOWNA
	16	KYLA CUNNINGHAM	1977	5:10.35	31-Jul-92	CALGARY
	17	HEATHER KRUEGER	1978	5:10.94	04-Jul-93	KELOWNA
	18	TANYA ANDERSON	1971	5:12.70	26-Jul-86	WINNIPEG
	19	TARA LABRANCHE	1985	5:13.40	08-Jul-00	EDMONTON
	20	JODY ARBUCKLE	1976	5:13.64	18-May-91	VANCOUVER

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
2000M	1	HALEY KEIRSTEAD	1999	6:33.12	12-Aug-14	LANGLEY
UNDER 16	2	MEADOW DREBERT	2006	6:41:15	12-Sep-20	LEDUC
	3	JULIANA CHIPIUK	2005	6:44.13	26-May-19	ST ALBERT
	4	HANNAH GREGORY	2010	6:45:23	21-Jul-24	WINNIPEG
	5	ALYCIA SWANSON	1998	6:51.51	10-Aug-13	LANGLEY
	6	RILEY LAFORGE	1994	7:00.50	11-Jul-09	MEDICINE HAT
	7	BRYNN HEBERT	2002	7:01.70	15-Jul-17	WINNIPEG
	8	KYRA SHEPPARD	2007	7:17:29	26-Jun-22	LEDUC
	9	DEVIN FLINT	1996	7:20.17	20-Jul-10	PEACE RIVER
	10	CHRISTINE SIMARD	1996	7:24.06	12-Jun-11	CALGARY
	11	MADDY OXTON	1997	7:24.93	27-Jul-12	LETHBRIDGE
	12	MARY MACLEAN	2008	7:27:49	29-May-22	ST ALBERT
	13	ASHLYNN UDHOLM	1995	7:28.58	12-Jun-09	CALGARY
	14	GINELLE DEMONE	1998	7:29.32	13-May-12	CALGARY
	15	REEGAN BROADBENT	2002	7:34.57	29-May-16	ST. ALBERT
	16	SIERRA HALWA	1997	7:55.51	15-May-11	CALGARY
	17	BROOKLYN JOHNSTON	2007	8:09.60	12-Jun-22	KELOWNA
	18	LAUREN DELLEZAY	2005	8:25:53	29-Jun-18	CALGARY

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
3000M	1	JENNIFER KEMP	1983	10:38.27	30-Jun-98	KELOWNA
UNDER 16	2	BARB DROLET	1972	10:40.51	10-Aug-86	SUDBURY
	3	BRETT FOLEY	1982	10:58.91	29-Jun-97	KELOWNA
	4	NICOLE MARVIN	1981	10:59.57	16-Jul-95	CALGARY
	5	CHRISTINE ZAWASKI	1980	11:09.27	21-Jul-95	CALGARY
	6	HALEY KEIRSTEAD	1999	11:09.64	17-May-14	EDMONTON
	7	STEPHANIE AITKEN	1987	11:10.71	17-Aug-02	CAMROSE
	8	JAMIE JOHNSEN	1983	11:14.00	30-Jun-98	KELOWNA
	9	RILEY LAFORGE	1994	11:14.25	04-Jul-09	EDMONTON
	10	DEANNA MONSON	1971	11:18.08	24-May-86	LEDUC
	11	TASHA WATSON	1975	11:19.06	24-Jun-89	RED DEER
	12	TANYA ANDERSON	1971	11:30.48	26-Jul-86	WINNIPEG
	13	TARA LABRANCHE	1985	11:42.41	30-Jun-00	KELOWNA

	14	AMY BROHMAN	1986	11:50.48	21-Jul-00	GRANDE PRAIRIE
	15	JENNY ZAWASKI	1977	11:52.04	29-Jun-91	KELOWNA
	16	HEATHER KRUEGER	1978	12:03.30	26-Jun-92	KELOWNA
	17	KATIE ELDER	1994	12:08.54	10-May-08	ST.ALBERT
	18	CARLEEN HARVEY	1978	12:24.78	26-Jun-93	RED DEER
	19	KYLA CUNNINGHAM	1977	12:30.10	26-Jun-92	KELOWNA
	20	MANDY HEATH	1972	12:31.98	15-Jun-86	RED DEER
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
HIGH JUMP	1	DEANNA MONSON	1971	1.60	26-Jul-86	WINNIPEG
UNDER 16	2	JODIE ARBUCKLE	1976	1.53	12-Jul-91	CALGARY
	3	LYNN YAKOWESHEN	1974	1.52	17-Jun-89	LETHBRIDGE
	4	ANGIE LACHMAN	1979	1.50	04-Jul-93	KELOWNA
	4	KELSEY RICHARD	1992	1.50	12-May-07	ST. ALBERT
	4	RILEY LAFORGE	1994	1.50	07-Jun-08	MEDICINE HAT
	7	MICHELLE MAKOWSKY	1981	1.48	27-May-95	ST. ALBERT
	7	TANYA WRIGHT	1981	1.48	27-May-95	ST. ALBERT
	7	JENNIFER POMERLEAU	1983	1.48	25-Jul-97	LLOYDMINSTER
	7	KRISTIN VAN ECK	1983	1.48	24-May-97	ST. ALBERT
	11	REESE HJERTAAS	2004	1.46	09-Jun-18	LEDUC
	11	LAUREN DELLEZAY	2005	1.46	13-Aug-19	CAPE BRETON
	13	TERRI ANN SANDERS	1977	1.45	26-Jun-92	KELOWNA
	13	HEATHER WEGNER	1972	1.45	24-May-86	LEDUC
	13	RAELEEN HUNTER	1987	1.45	30-Jun-02	KELOWNA
	13	NOELLE CAKMAK	1997	1.45	28-May-11	ST.ALBERT
	17	ABIOLA OMOYAYI	2009	1.43	14-Jul-24	SHERWOOD PARK
	18	MEGHAN MACKENZIE	1993	1.41	17-May-08	CALGARY
	19	SHEENA CODY	1986	1.40	30-Jun-00	KELOWNA
	19	MARY MUGFORD	1970	1.40	14-Jul-84	CALGARY
	19	NATASHA SMALLWOOD	1996	1.40	03-Jul-10	KELOWNA
	19	CHRISTINE SIMARD	1996	1.40	03-Jul-11	KELOWNA
	19	ISABELLA HJERTAAS	2002	1.40	19-Jun-16	CALGARY
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
LONG JUMP	1	GWYNNE FEDORUK	1969	5.17	20-Aug-83	OTTAWA
UNDER 16	2	ARIELLE BOCK	1994	5.03	17-May-08	CALGARY
	3	AMANDA GUENTHER	1983	5.01	25-Jul-97	LLOYDMINSTER
	4	DACIA DELLEZAY	1979	4.87	27-May-94	ST. ALBERT
	5	JENNIFER METZ	1975	4.85	10-Jun-90	ST. ALBERT
	6	HEATHER WEGNER	1972	4.84	29-Jun-86	KELOWNA
	7	KAMI GAINSFORTH	1995	4.80	24-Jul-10	WINNIPEG
	8	MELANIE HALWA	1982	4.74	08-Jul-96	CALGARY
	9	MARY MUGFORD	1970	4.73	14-Jul-84	CALGARY
	10	DAWN CHITRINA	1983	4.71	25-Jul-97	LLOYDMINSTER
	10	SHEENA CODY	1986	4.71	30-Jun-00	KELOWNA
	12	ABIOLA OMOYAYI	2009	4.68	14-Jul-24	SHERWOOD PARK
	13	COLLETTE GOUDREAU	1973	4.67	10-Jun-88	ST. ALBERT
	14	SAMARA PAYNE	2000	4.66	21-Jun-15	CALGARY
	15	BREANNE CARTER	1988	4.64	21-Jun-03	EDMONTON
	16	GINELLE DEMONE	1998	4.62	16-Jun-13	CALGARY
	17	BRANDY CLAPPERTON	1977	4.60	12-May-91	ST. ALBERT

	18	CHEYENNE GOH	1999	4.59	02-Jun-13	ST ALBERT
	19	CARA GIBSON	1977	4.58	26-Jun-92	KELOWNA
	20	VANESSA HALWA	1979	4.54	27-May-94	ST. ALBERT
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
TRIPLE JUMP	1	KAMI GAINSFORTH	1995	10.19	11-Jul-10	SHERWOOD PARK
UNDER 16	2	CHEYENNE GOH	1999	10.09	12-Jul-14	SHERWOOD PARK
	3	JANICE ZAWASKI	1982	9.96	29-Jun-96	KELOWNA
	4	DAWN CHITRINA	1983	9.81	28-Jun-98	KELOWNA
	5	MELANIE HALWA	1982	9.80	29-Jun-96	KELOWNA
	6	VANESSA HALWA	1979	9.76	01-Jul-94	KELOWNA
	7	DACIA DELLEZAY	1979	9.73	01-Jul-94	KELOWNA
	8	GINELLE DEMONE	1998	9.61	01-Jul-12	KELOWNA
	9	TAMARA WRIGHT	1984	9.56	26-Jun-99	KELOWNA
	10	AMANDA GUENTHER	1983	9.54	29-Jun-97	KELOWNA
	11	SAMARA PAYNE	2000	9.52	01-Jun-14	ST.ALBERT
	12	SHEENA CODY	1986	9.51	30-Jun-00	KELOWNA
	13	CHELSEY LINK	1979	9.41	01-Jul-94	KELOWNA
	14	SHAY OSTAPOWICH	1976	9.37	12-Jul-91	CALGARY
	15	ASHLEY PEARSON	1984	9.37	28-Jun-98	KELOWNA
	16	MAEGAN PATTISON	1990	9.37	02-Jul-04	KELOWNA
	17	CHELSEA SHURGOT	1980	9.31	03-Jul-95	KELOWNA
	18	HEATHER SHURGOT	1983	9.29	29-Jun-97	KELOWNA
	19	JODY ARBUCKLE	1976	9.29	12-Jul-91	CALGARY
	20	CARA GIBSON	1977	9.22	26-Jun-92	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
SHOT 4K	1	COLETTE BREDIN	1978	9.98	26-Jun-92	KELOWNA
UNDER 16	2	MICHELLE RIVARD	1965	8.94	21-Jul-79	CALGARY
	3	LYNN MURRAY	1964	8.90	21-Jul-79	CALGARY
	4	BRETT FOLEY	1982	8.86	29-Jun-97	KELOWNA
	5	JENNIFER POMERLEAU	1983	8.85	28-Jun-98	KELOWNA
	6	MICHELLE MAKOWSKY	1981	8.69	27-May-95	ST. ALBERT
	7	MELANIE HALWA	1982	8.67	29-Jun-96	KELOWNA
	8	HEATHER SHURGOT	1983	8.66	25-Jul-97	LLOYDMINSTER
	9	LYNN YAKOWESHEN	1974	8.35	11-Jun-89	ST. ALBERT
	10	DEBBIE STEVENS	1969	8.18	29-Jun-84	CALGARY
	11	COLLETTE GOUDREAU	1973	8.16	14-Jul-87	EDMONTON
	12	LAUREEN WARD	1965	8.14	21-Jul-79	CALGARY
	13	MARY MUGFORD	1970	8.12	29-Jun-85	CALGARY
	14	CARLA SERNA	1967	7.98	18-Jul-81	EDMONTON
	15	KARI RESVICK	1971	7.90	29-Jun-86	KELOWNA
	16	LAUREN LUTIC	1988	7.90	30-Jun-03	KELOWNA
	17	KARLE YOUNG	1974	7.88	18-Jun-88	RED DEER
	18	TARYN FOLEY	1984	7.84	28-Jun-98	KELOWNA
	19	MAELYNN HODGINS	1970	7.70	29-Jun-85	CALGARY
	20	JODIE ARBUCKLE	1976	7.41	10-Jun-90	ST. ALBERT



	3	ANDREA JACOB	2008	29.28	22-Jul-22	SHERWOOD PARK
	4	KENNA BOLE	2004	28.53	12-May-19	CALGARY
	5	COLETTE BREDIN	1978	28.40	05-Aug-93	WETASKIWIN
	6	ARIELLE BOCK	1994	26.89	30-May-09	MEDICINE HAT
	7	MICHELLE RIVARD	1965	25.90	10-May-80	OKOTOKS
	8	REESE HJERTAAS	2004	24.62	09-Jun-18	LEDUC
	9	ALEX O'BRIEN	2002	23.88	01-Jul-17	KELOWNA
	10	ANDREA GOLLY	1978	22.94	27-Jun-93	RED DEER
	11	CARLA SERNA	1967	22.20	29-May-82	SHERWOOD PARK
	12	LISE DOLEN	1963	21.96	01-Jul-78	CALGARY
	13	SHAY OSTAPOWICH	1976	21.95	15-Jun-91	EDMONTON
	14	JENNIFER METZ	1975	21.76	12-May-90	LETHBRIDGE
	15	DARA LEE GEAKE	1970	21.32	14-Jul-84	CALGARY
	16	GWYNNE FEDORUK	1969	21.23	18-Jun-83	LEDUC
	17	TERRI ANN SANDERS	1977	21.10	26-Jun-92	KELOWNA
	18	ISABELLA HJERTAAS	2002	21.00	29-Jul-16	REGINA
	19	LAUREN DELLEZAY	2005	20.95	29-Jun-19	KELOWNA
	20	ELISA THOMPSON	1974	20.94	01-Jul-88	CALGARY

19

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
80M HURDLES	1	CARA GIBSON	1977	12.82	15-Aug-92	CALGARY
UNDER 16	2	TERRI ANN SANDERS	1977	13.14	18-Jul-92	CALGARY
	3	CHEYENNE GOH	1999	13.16	11-May-14	CALGARY
	4	DAWN CHITRINA	1983	13.17	20-Jun-98	CALGARY
	5	ANGIE LACHMAN	1979	13.41	04-Jul-93	KELOWNA
	6	BRITTANY THOMAS	1988	13.52	22-Jun-03	EDMONTON
	7	ABIOLA OMOYAYI	2009	13.60	14-Jul-24	SHERWOOD PARK
	8	COLLEEN ROGERS	1965	14.04	10-May-80	OKOTOKS
	9	KIM LOGAN	1969	14.26	14-Jul-84	CALGARY
	10	KENDRA PATRICK	1987	14.26	30-Jun-02	KELOWNA
	11	JANICE ZAWASKI	1982	14.30	29-Jun-96	KELOWNA
	12	JENNY ZAWASKI	1977	14.34	26-Jun-92	KELOWNA
	13	AMANDA GUENTHER	1983	14.41	29-Jun-97	KELOWNA
	14	HEATHER SHURGOT	1983	14.44	25-Jul-97	LLOYDMINSTER
	15	MICHELLE MAKOWSKY	1981	14.46	03-Jul-95	KELOWNA
	16	CARLA SERNA	1967	14.48	29-May-82	SHERWOOD PARK
	17	LYNN YAKOWESHEN	1974	14.74	17-Jun-89	LETHBRIDGE
	18	SHAY OSTAPOWICH	1976	14.94	16-Jun-90	RED DEER
	19	DARA LEE GEAKE	1970	15.00	14-Jul-84	CALGARY
	20	PEYTON HOLST	2009	15.04	02-Jun-24	LEDUC

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
300M HURDLES	1	JANICE ZAWASKI	1982	45.35	12-Jun-96	CALGARY
UNDER 16	2	CARA GIBSON	1977	46.42	31-Jul-92	CALGARY
	3	TANYA WRIGHT	1981	48.28	27-May-95	ST. ALBERT
	4	RAELEEN HUNTER	1987	48.81	30-Jun-02	KELOWNA
	5	JENNY VAN KEMPEN	1982	49.62	29-Jun-96	KELOWNA



	6	ARIELLE BOCK	1994	49.93	07-Jun-08	MEDICINE HAT
	7	DEANNA MONSON	1971	50.19	26-Jul-86	WINNIPEG
	8	TERRI ANN SANDERS	1977	51.08	26-Jun-92	KELOWNA
	9	ASHLEY MOROZ	1987	51.10	30-Jun-01	KELOWNA
	10	KIM LOGAN	1969	51.19	14-Jul-84	CALGARY
	11	SHAY OSTAPOWICH	1976	51.82	24-Jun-89	RED DEER
	12	ANGIE LACHMAN	1979	52.18	26-Jun-92	KELOWNA
	13	DARA LEE GEAKE	1970	52.43	14-Jul-84	CALGARY
	14	JORDAN TAYLOR	1995	52.83	27-Jun-09	KELOWNA
	15	JOSIE PLITT	2005	53.12	29-Jun-19	KELOWNA
	16	ERIN DAWSON	1972	54.01	14-Jun-87	RED DEER
	17	KATIE ELDER	1994	54.07	28-Jun-08	KELOWNA
	18	CHELSEA LINK	1979	54.57	04-Jul-93	KELOWNA
	19	JENNI MINCHAU	1978	56.58	26-Jun-92	KELOWNA
	20	JESSICA NUGENT	1979	59.28	26-Jun-92	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
1500M STEEPLE	1	MEADOW DREBERT	2006	5:07:45	21-Jul-19	SHERWOOD PARK
UNDER 16	2	BRYNN HEBERT	2002	5:20.28	22-Jul-17	SHERWOOD PARK
	3	LIBBY DUNN	2006	5:24:25	26-May-19	ST ALBERT
	4	NATASHA SMALLWOOD	1996	5:28.85	17-Jul-11	REGINA
	5	CHEYENNE GOH	1999	6:00.86	27-Jun-14	KELOWNA
	6	LAUREN DELLEZAY	2005	6:02:14	29-Jun-19	KELOWNA
	7	CHRISTINE SIMARD	1996	6:06.09	24-Jul-11	SHERWOOD PARK
	8	KYRA HERMAN	1999	6:19.30	30-Jun-13	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
2000M STEEPLE	1	MEADOW DREBERT	2006	7:53:55	11-Jul-21	EDMONTON
UNDER 16	2	RILEY LAFORGE	1994	8:17.16	07-Jul-08	CALGARY
	3	ALANA MORTON	1990	9:15.80	04-Jul-05	CALGARY
	4	HEATHER MYATT	1991	9:17.92	04-Jul-05	CALGARY
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
HAMMER	1	JENNIFER POMERLEAU	1983	23.08	29-Jun-98	KELOWNA
UNDER 16	2	LAUREN DELLEZAY	2005	22.59	29-Jun-19	KELOWNA
	3	BRETT FOLEY	1982	20.32	29-Jun-97	KELOWNA
	4	ISABELLA HJERTAAS	2002	19.92	15-Jul-16	LEDUC
	5	HEATHER SHURGOT	1983	19.28	29-Jun-97	KELOWNA

