

**Outdoor U20
Womens**

		NAME	YEAR	PERF.	DATE	LOCATION
UNDER 20	1	BREANNE CARTER	1987	12.71	01-Jul-06	KELOWNA
WOMEN	2	BRITTNEY HARYSH	1989	13.22	12-May-07	ST. ALBERT
100M	3	SARAH FALK	1980	14.18	28-Jun-98	KELOWNA
	4	ERIKA OSWALD	1990	14.25	28-Jun-08	KELOWNA
	5					
UNDER 20	1	ASHLEY PATTERSON	1987	25.09	12-May-06	PROVO
WOMEN	2	JANICE ZAWASKI	1982	25.51	18-Jun-00	CALGARY
200M	3	BREANNE CARTER	1987	25.64	03-Jun-06	EDMONTON
	4	TATYJANIA KHOUNVISETH	1998	26.13	04-Jun-16	EDMONTON
	5	BRITTNEY HARYSH	1989	26.39	26-Jun-07	EDMONTON
	6	VICKY LYNCH	1970	26.63	08-Jul-88	EDMONTON
	7	KIRSTEN LINDBERG	1973	28.11	25-Jul-92	WINNIPEG
	8	ERIKA OSWALD	1990	28.47	13-Jun-08	CALGARY
	9	CARA GIBSON	1977	28.61	09-Jun-96	CALGARY
	10	CINDY GLOECKLER	1977	28.84	12-Jun-96	EDMONTON
	11	SARAH FALK	1980	29.16	28-Jun-98	KELOWNA
UNDER 20	1	TANYA WRIGHT	1981	56.12	26-Jun-99	KELOWNA
WOMEN	2	ASHLEY PATTERSON	1987	56.57	12-May-06	PROVO
400M	3	JANICE ZAWASKI	1982	57.21	30-Jun-00	KELOWNA
	4	RAELEEN HUNTER	1987	57.37	25-Jun-05	CALGARY
	5	TATYJANIA KHOUNVISETH	1998	57.61	04-Jun-16	EDMONTON
	6	VICKY LYNCH	1970	58.20	03-Jul-88	CALGARY
	7	JENNY KEMP	1983	58.53	15-Jun-02	CALGARY
	8	MEADOW DREBERT	2006	58.72	08-Jun-24	EDMONTON
	9	CARLE EVANS	1984	59.28	14-Jun-03	CALGARY
	10	NATASHA SMALLWOOD	1996	59.66	15-Jun-14	CALGARY
	11	LIBBY DUNN	2006	60.21	30-Jun-24	KELOWNA
	12	JENNY ZAWASKI	1977	60.69	15-Jul-95	CALGARY
	13	BRYNN HEBERT	2002	60.73	13-Jun-21	CALGARY
	14	BRITTNEY HARYSH	1989	62.11	23-Jun-07	EDMONTON
	15	CARA GIBSON	1977	62.14	17-Jun-95	CALGARY
	16	CINDY GLOECKLER	1977	62.67	17-Jun-95	CALGARY
	17	SHAY OSTAPOWICH	1976	65.08	03-Jul-95	KELOWNA
	18	CHANTELL WIDNEY	1979	65.88	20-Jun-98	CALGARY
	19	KAYLA NEUFELD	1983	66.03	30-Jun-01	KELOWNA
	20	ERIKA OSWALD	1990	67.04	13-Jun-08	CALGARY

UNDER 20	1	VICKY LYNCH	1970	2:05.51	04-Aug-89	OTTAWA
WOMEN	2	TANYA WRIGHT	1981	2:06.37	10-Jul-99	TAMPA
800M	3	JENNY KEMP	1983	2:08.85	19-May-02	WEST VIRGINIA
	4	RAELEEN HUNTER	1987	2:08.91	06-May-06	STORRS
	5	GINELLE DEMONE	1998	2:10.63	10-Jul-16	EDMONTON
	6	MEADOW DREBERT	2006	2:10.63	15-Jun-24	EUGENE
	7	JENNY VAN KEMPEN	1982	2:13.19	16-Jul-00	MONTREAL
	8	NATASHA SMALLWOOD	1996	2:16.58	07-Jun-14	CALGARY
	9	JENNY ZAWASKI	1977	2:16.85	28-Jul-95	ABBOTSFORD
	10	JOELLE STENGER	1988	2:17.44	21-Jul-06	SHERBROOKE
	11	CARLE EVANS	1984	2:20.17	21-Jun-03	EDMONTON
	12	LIBBY DUNN	2006	2:21.08	08-Jun-24	EDMONTON
	13	MEGGAN HODGE	1983	2:24.68	30-Jun-01	KELOWNA
	14	CHANTELL WIDNEY	1979	2:24.96	29-Jun-97	KELOWNA
	15	BRYNN HEBERT	2002	2:25.44	13-Jun-21	CALGARY
	16	CINDY GLOECKLER	1977	2:26.28	28-Jul-95	ABBOTSFORD
	17	DEBBIE FOSTER	1978	2:29.08	07-Jun-96	EDMONTON
	18	SHAY OSTAPOWICH	1976	2:29.78	02-Jul-95	KELOWNA
	19	KIRSTEN LINDBERG	1973	2:31.59	25-Jul-92	WINNIPEG
	20	KAYLA NEUFELD	1983	2:33.23	30-Jun-01	KELOWNA
UNDER 20	1	MEADOW DREBERT	2006	4:32:54	12-Jun-24	CALGARY
WOMEN	2	VICKY LYNCH	1970	4:34.10	08-Jul-89	SASKATOON
1500M	3	TANYA WRIGHT	1981	4:35.72	30-Jun-00	KELOWNA
	4	JENNY VAN KEMPEN	1982	4:38.33	30-Jun-00	KELOWNA
	5	JENNY KEMP	1983	4:46.52	30-Jun-02	KELOWNA
	6	GINELLE DEMONE	1998	4:47:07	04-Jun-16	EDMONTON
	7	CHRISTINE ZAWASKI	1980	4:48.06	26-Jun-99	KELOWNA
	8	MEGGAN HODGE	1983	4:51.33	15-Jun-02	CALGARY
	9	JOELLE STENGER	1988	4:51.38	01-Jul-06	KELOWNA
	10	TANYA ANDERSON	1971	4:52.75	20-May-89	VANCOUVER
	11	JULIANNA CHIPIUK	2005	4:57:19	09-Aug-23	SHERWOOD PARK
	12	BRYNN HEBERT	2002	5:04:56	06-Aug-21	SHERWOOD PARK
	13	CHANTELL WIDNEY	1979	5:08.04	29-Jun-97	KELOWNA
	14	SHAY OSTAPOWICH	1976	5:09.36	03-Jul-95	KELOWNA
	15	DEBBIE FOSTER	1978	5:13.11	29-Jun-96	KELOWNA
	16	STEPHANIE AITKEN	1987	5:13.22	01-Jul-06	KELOWNA
	17	NATASHA SMALLWOOD	1996	5:16.70	11-May-14	CALGARY

	18	HEATHER KRUEGER	1978	5:25.68	29-Jun-96	KELOWNA
	19	SHAUNA BLACKLOCK	1969	5:25.72	20-Jun-87	EDMONTON
	20	JANELLE BERENDT	1984	5:32.18	31-May-03	EDMONTON
UNDER 20	1	CHRISTINE ZAWASKI	1980	10:04.70	26-Jun-99	KELOWNA
WOMEN	2	JENNY VAN KEMPEN	1982	10:10.88	30-Jun-00	KELOWNA
3000M	3	MEGGAN HODGE	1983	10:15.84	29-Jun-01	KELOWNA
	4	JENNY KEMP	1983	10:18.52	29-Jun-01	KELOWNA
	5	JULIANNA CHIPIUK	2005	10:30:39	26-May-23	EDMONTON
	6	JOELLE STENGER	1988	11:01.00	01-Jul-06	KELOWNA
	7	STEPHANIE AITKEN	1987	11:02.37	01-Jul-06	KELOWNA
	8	CHANTELL WIDNEY	1979	11:08.84	29-Jun-97	KELOWNA
	9	HEATHER KRUEGER	1978	11:51.42	29-Jun-96	KELOWNA
	10	KAYLA NEUFELD	1983	12:12.41	29-Jun-02	KELOWNA
	11	TAMARA MODRY	1969	12:19.36	03-Jul-88	CALGARY
	12	CARLEEN HARVEY	1978	12:52.35	29-Jun-96	KELOWNA
	13					
	14					
	15					
UNDER 20	1	LINDSEY BERGEVIN	1989	1.77	27-Jul-08	ABBOTSFORD
WOMEN	2	KIRSTEN LINDBERG	1973	1.68	13-May-92	CALGARY
HIGH JUMP	3	LAUREN DELLEZAY	2005	1.45	June 2, 2024	LEDUC
	4					
UNDER 20	1	BREANNE CARTER	1988	4.80	7-Jul-06	EDMONTON
WOMEN	2	CHANTELL WIDNEY	1979	4.73	28-Jun-98	KELOWNA
LONG JUMP	3	BRITTNEY HARYSH	1989	4.54	19-Jun-07	CALGARY
	4	JENNIFER ZAWASKI	1977	4.53	3-Jul-95	KELOWNA
	5	LAUREN DELLEZAY	2005	4.15	2-JUN-24	LEDUC
UNDER 20	1	ASHLEY PATTERSON	1987	11.28	3-Jun-05	EDMONTON
WOMEN	2	BRITTNEY HARYSH	1989	10.91	26-Jun-07	EDMONTON
TRIPLE JUMP	3	LINDSEY BERGEVIN	1989	10.63	12-Jun-07	ST. ALBERT
	4	CARA GIBSON	1977	9.41	29-Jun-96	KELOWNA
	5					
UNDER 20	1	KRISTEN LINDBERG	1973	10.89	16-Aug-92	COQUITLAM
WOMEN	2	MEGAN HEBERT	2001	10.82	09-Jun-19	CALGARY

SHOT	3	RENE DESNOYERS	1973	10.14	08-Jun-91	EDMONTON
	4	COLLETTE GOUDREAU	1973	9.59	08-Jun-91	EDMONTON
	5	ERIKA OSWALD	1990	8.90	28-Jun-08	KELOWNA
	6	CHANTELL WIDNEY	1979	8.62	28-Jun-98	KELOWNA
	7	LAUREN DELLEZAY	2005	8.58	14-Jul-24	SHERWOOD PARK
UNDER 20	1	RENE DESNOYERS	1973	36.53	8-Jun-91	EDMONTON
WOMEN	2	LAUREN DELLEZAY	2005	32.72	12-MAY-24	CALGARY
DISCUS	3	MEGAN HEBERT	2001	28.70	9-JUN-19	CALGARY
	4	KATIE SAMOIL	1986	26.24	4-Jun-04	CALGARY
	5	COLLETTE GOUDREAU	1973	25.45	12-Jul-91	CALGARY
UNDER 20	1	CHANTELL WIDNEY	1979	31.68	29-Jun-97	KELOWNA
WOMEN	2	KIRSTEN LINDBERG	1973	31.22	23-May-92	CALGARY
JAVELIN	3	SHAY OSTAPOWICH	1976	26.74	15-Jul-95	CALGARY
	4	LAUREN DELLEZAY	2005	24.62	12-MAY-24	CALGARY
UNDER 20	1	KIRSTEN LINDBERG	1973	16.41	24-Jul-92	WINNIPEG
WOMEN	2	CARA GIBSON	1977	17.30	2-Jul-95	KELOWNA
100M HURDLES	3	LAUREN DELLEZAY	2005	18.70	14-JUL-24	SHERWOOD PARK
UNDER 20	1	RAELEEN HUNTER	1987	61.69	18-Jun-05	CALGARY
WOMEN	2	CARA GIBSON	1977	65.92	15-Jul-95	CALGARY
400M HURDLES	3	ERIKA OSWALD	1990	74.06	13-Jun-08	CALGARY
	4	LAUREN DELLEZAY	2005	81.67	2-JUN-24	LEDUC
UNDER 20	1	LINDSEY BERGEVIN	1989	3.40	30-Jun-07	KELOWNA
WOMEN	2	MEGAN HEBERT	2001	2.80	28-Jun-19	EDMONTON
POLE VAULT	3	LAUREN DELLEZAY	2005	2.35	26-MAY-24	ST. ALBERT
UNDER 20	1	KATIE SAMOIL	1986	26:18.11	12-Jun-05	VANCOUVER
WOMEN	2					
5000M RACE WALK	3					
UNDER 20	1	KATIE SAMOIL	1986	57:13.80	08-Jul-05	MONTREAL
WOMEN	2					
10000M RACE WAL	3					

UNDER 20	1	NATASHA SMALLWOOD	1996	8:27.36	27-Jun-14	KELOWNA
WOMEN	2					
2000M STEEPLE	3					
3000M STEEPLE	1	BRYNN HEBERT	2002	12:11.40	08-Aug-21	SHERWOOD PARK
						Updated Oct 28 2024