

Worksheet 1: Indoor Season Bests 2010 2011

Indoor Season Bests 2010 2011

INDOOR SEASON BESTS 2010/2011

MARK	NAME	Y OF B	DATE	MEET
Female 60 m	09/10 N Charlesworth 7.97			
7.98	Sarah Hughes	1994	4-Dec	Dino #1
8.00f	Nicky Charlesworth	1994	29-Jan	Dino #3
8.23	Ellie Hirst	1995	29-Jan	Dino #3
8.26s	Meghan Lim	1997	12-Mar	Provincials
8.27s	Melissa Hazen	1994	12-Mar	Provincials
8.38s	Nicole Squires	1995	12-Mar	Provincials
8.39f	Melanie Craig	1990	29-Jan	Dino #3
8.40p	Emily Wilson-Bodnar	1996	12-Mar	Provincials
8.46s	Jessica Kalmakoff	1995	12-Mar	Provincials
8.51p	Antha Dietrich-Henderson	1996	12-Mar	Provincials
8.65	Jasmine Galey	1995	12-Mar	Provincials
8.65p	Quinn Rausch	1996	12-Feb	AB Indoor
8.85	Emma Chong	1998	8-Jan	Dino #2
8.93	Lauren Garnett	1995	29-Jan	Dino #3
9.07ME	Mia Hull	1998	12-Feb	AB Indoor
9.08	Siri Svensson	1996	4-Dec	Dino #1
9.10	Lauren Fridman	1996	4-Dec	Dino #1
9.10	Georgia Dupuis	1998	8-Jan	Dino #2
9.25	Marissa Stirling	1998	4-Dec	Dino #1
9.28	Delainy Conibear	1997	4-Dec	Dino #1
9.37	Rita Guistainis	1996	8-Jan	Dino #2
9.39	Anna Glover	1997	29-Jan	Dino #3
9.45	Sarah Voglewede	1997	4-Dec	Dino #1
9.48	Madelaine Yee	1997	12-Mar	Provincials
9.54ME	Lauren Yardley	1999	12-Mar	Provincials
9.57	Jill Girgulis	1997	12-Feb	AB Indoor
9.62	Lauren Kruger	1997	12-Mar	Provincials
9.62	Ashley Sherlow	1995	29-Jan	Dino #3
9.64ME	Grace Hilton	1999	12-Feb	AB Indoor
9.68	Leah Rush	1995	4-Dec	Dino #1
9.71ME	Heather Wood	1998	12-Feb	AB Indoor
9.95ME	Kiannah Wright	1998	12-Feb	AB Indoor

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9.95	Hailey Allegro	1995	4-Dec	Dino #1
9.97ME	Caitlin Yardley	1998	12-Mar	Provincials
10.00	Claudia Belanger	1996	29-Jan	Dino #3
10.44ME	Cameron Knowles	1999	12-Mar	Provincials
10.68	Stella Jones	2000	8-Jan	Dino #2
10.87ME	Kate Conway	1998	12-Mar	Provincials
11.25	Alex Matsuoka	2002	29-Jan	Dino #3
12.06	Verity Boylan	2002	29-Jan	Dino #3
12.26	Sarah Bodnar	2001	29-Jan	Dino #3

Female 150m 09/10 E. Wilson-Bodnar 21.31

22.34	Emma Chong	1998	29-Jan	Dino #3
22.53ME	Georgia Dupuis	1998	12-Mar	Provincials
22.63ME	Mia Hull	1998	12-Mar	Provincials
22.87	Marissa Stirling	1998	29-Jan	Dino #3
23.25	Anna Glover	1997	4-Dec	Dino #1
23.64ME	Grace Hilton	1999	12-Mar	Provincials
23.84ME	Caitlin Yardley	1998	12-Mar	Provincials
24.04	Madelaine Yee	1997	4-Dec	Dino #1
24.29	Heather Wood	1998	29-Jan	Dino #3
24.40ME	Kiannah Wright	1998	12-Mar	Provincials
24.57ME	Lauren Yardley	1999	12-Mar	Provincials
25.16	Lauren Yardley	1999	29-Jan	Dino #3
26.51	Cameron Knowles	1999	8-Jan	Dino #2
27.43ME	Kate Conway	1998	12-Mar	Provincials
27.61	Stella Jones	2000	8-Jan	Dino #2
28.98	Alex Matsuoka	2002	29-Jan	Dino #3
29.51	Marie-May Arnaud	2001	29-Jan	Dino #3
32.25	Verity Boylan	2002	29-Jan	Dino #3
34.60	Sarah Bodnar	2001	29-Jan	Dino #3

Female 200m 09/10 M Beatch 26.16

26.68	Ellie Hirst	1995	12-Mar	Provincials
26.81	Sarah Hughes	1994	12-Mar	Provincials
26.94	Nicky Charlesworth	1994	22-Jan	Golden Bear
27.58	Jessica Kalmakoff	1995	12-Mar	Provincials

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27.73	Nicole Squires	1995	12-Mar	Provincials
27.87	Meghan Lim	1997	12-Mar	Provincials
28.11	Antha Dietrich-Henderson	1996	12-Mar	Provincials
28.14	Melissa Hazen	1994	12-Mar	Provincials
28.81	Jasmine Galey	1995	12-Mar	Provincials
29.60p	Emily Wilson-Bodnar	1996	22-Jan	Golden Bear
29.69	Rachel Yee	1992	12-Mar	Provincials
29.93	Quinn Rausch	1996	12-Mar	Provincials
31.69	Sarah Voglewede	1997	12-Mar	Provincials
32.38	Madelaine Yee	1997	12-Mar	Provincials

Female 300m 06/07 H. Ratzlaff 40.32

40.99	Holly Ratzlaff	1984	5-Feb	Bison Classic
42.84f	Sarah Hughes	1994	12-Feb	AB Indoor
43.20	Ellie Hirst	1995	29-Jan	Dino #3
43.87	Melanie Craig	1990	29-Jan	Dino #3
44.12	Gloria Kanuka	1991	29-Jan	Dino #3
44.77p	Nicole Squires	1995	12-Feb	AB Indoor
44.85p	Antha Dietrich-Henderson	1996	12-Feb	AB Indoor
45.53	Nikki Barlow	1990	22-Jan	Golden Bear
46.37	Jasmine Galey	1995	4-Dec	Dino #1
46.47	Rachel Yee	1992	22-Jan	Golden Bear
47.38	Meghan Lim	1997	29-Jan	Dino #3
47.71	Lauren Fridman	1996	12-Mar	Provincials
47.88	Quinn Rausch	1996	12-Feb	AB Indoor
48.44	Siri Svensson	1996	4-Dec	Dino #1
49.12	Emily Wilson-Bodnar	1996	8-Jan	Dino #2
49.60	Sarah Voglewede	1997	12-Mar	Provincials
49.87	Rita Gustainis	1996	29-Jan	Dino #3
50.17	Claudia Belanger	1996	29-Jan	Dino #3
51.13	Delainy Conibear	1997	29-Jan	Dino #3
51.23	Lauren Kruger	1997	12-Mar	Provincials
51.55	Ashley Sherlow	1995	29-Jan	Dino #3
51.79	Anna Glover	1997	8-Jan	Dino #2
52.01	Leah Rush	1995	29-Jan	Dino #3
56.29	Deniz Kaya	1992	29-Jan	Dino #3

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Female 400m 09/10 M Beatch 59.20

1.00.54	Ellie Hirst	1995	12-Mar	Provincials
1.03.47	Nikki Barlow	1990	12-Mar	Provincials
1.04.14	Nicole Squires	1995	12-Mar	Provincials
1.05.25	Jasmine Galey	1995	12-Mar	Provincials
1.05.47	Rachel Yee	1992	12-Mar	Provincials

Female 600m 06/07 H. Ratzlaff 1.29.51

1.36.33	Holly Ratzlaff	1984	12-Feb	AB Indoor
1.37.82	Gloria Kanuka	1991	25-Feb	CW's
1.41.71	Nikki Barlow	1990	5-Feb	Bison Classic
1.43.37	Melanie Craig	1990	12-Feb	AB Indoor
1.43.43	Katelyn Campbell	1995	12-Feb	AB Indoor
1.44.27	Adrienne Erdman	1994	8-Jan	Dino #2
1.48.43	Rachel Yee	1992	22-Jan	Golden Bear
1.51.46	Lauren Fridman	1996	8-Jan	Dino #2
1.54.96	Jill Girgulis	1997	12-Feb	AB Indoor
1.55.30ME	Grace Hilton	1999	12-Mar	Provincials
1.56.34	Claudia Belanger	1996	8-Jan	Dino #2
1.58.43ME	Caitlin Yardley	1998	12-Mar	Provincials
2.05.79ME	Lauren Yardley	1999	12-Mar	Provincials
2.06.60ME	Heather Wood	1998	12-Feb	AB Indoor
2.07.38	Sarah Voglewede	1997	8-Jan	Dino #2
2.08.59ME	Mia Hull	1998	12-Mar	Provincials
2.08.61ME	Georgia Dupuis	1998	12-Feb	AB Indoor
2.08.70ME	Emma Chong	1998	12-Mar	Provincials
2.09.67ME	Kiannah Wright	1998	12-Feb	AB Indoor
2.14.63	Cameron Knowles	1999	12-Mar	Provincials
2.17.93	Stella Jones	2000	8-Jan	Dino #2
2.33.44ME	Kate Conway	1998	12-Feb	AB Indoor

Female 800m 08/09 H. Sim 2.17.18

2.29.22	Katie Campbell	1995	12-Mar	Provincials
2.30.71	Adrienne Erdman	1994	12-Mar	Provincials
2.33.25	Nikki Barlow	1990	12-Mar	Provincials

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2.34.20	Claudia Belanger	1996	12-Mar	Provincials
2.34.50CE	Nicky Charlesworth	1994	12-Feb	AB Indoor
2.37.41	Lauren Fridman	1996	12-Mar	Provincials
2.39.39	Jill Girgulis	1997	12-Mar	Provincials
2.46.93CE	Emily Wilson-Bodnar	1996	12-Feb	AB Indoor
2.47.61ME	Grace Hilton	1999	12-Mar	Provincials
2.47.86	Sarah Voglewede	1997	4-Dec	Dino #1
2.48.88	Jessica Kalmakoff	1995	4-Dec	Dino #1
2.51.43ME	Lauren Yardley	1999	12-Mar	Provincials
2.51.50ME	Caitlin Yardley	1998	12-Mar	Provincials
2.53.82	Marissa Stirling	1998	4-Dec	Dino #1
2.57.93	Lauren Garnett	1995	4-Dec	Dino #1
3.02.42	Delainy Conibear	1997	4-Dec	Dino #1
3.03.11	Leah Rush	1995	4-Dec	Dino #1
3.07.94ME	Georgia Dupuis	1998	12-Mar	Provincials
3.10.50ME	Cameron Knowles	1999	12-Mar	Provincials
3.10.69CE	Madelaine Yee	1997	12-Feb	AB Indoor
3.20.61	Kiannah Wright	1998	4-Dec	Dino #1

Female 1000m 08/09 H Sim 2.49.87

2.57.39	Gloria Kanuka	1991	25-Feb	CW's
3.13.53	Adrienne Erdman	1994	12-Feb	AB Indoor
3.20.25	Claudia Belanger	1996	12-Feb	AB Indoor
3.30.80	Lauren Fridman	1996	29-Jan	Dino #3
3.35.13	Sarah Voglewede	1997	12-Feb	AB Indoor
3.40.22	Katie Campbell	1995	29-Jan	Dino #3
3.46.02	Marissa Stirling	1998	29-Jan	Dino #3
3.48.38	Jill Girgulis	1997	29-Jan	Dino #3
3.52.37	Caitlin Yardley	1998	29-Jan	Dino #3
3.53.00	Leah Rush	1995	29-Jan	Dino #3
3.56.75	Delainy Conibear	1997	29-Jan	Dino #3
3.57.71	Grace Hilton	1999	29-Jan	Dino #3
3.59.46	Lauren Yardley	1999	29-Jan	Dino #3
4.10.80	Kiannah Wright	1998	29-Jan	Dino #3
4.14.89	Heather Wood	1998	29-Jan	Dino #3
4.18.71	Cameron Knowles	1999	29-Jan	Dino #3
5.09.55	Sarah Bodnar	2001	29-Jan	Dino #3

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Female 1200m 10/11 C Belanger 4.02.84

4.02.84	Claudia Belanger	1996	12-Feb	AB Indoor
4.15.28	Jill Girgulis	1997	12-Feb	AB Indoor
4.21.44	Sarah Voglewede	1997	12-Mar	Provincials
4.43.52	Marissa Stirling	1998	8-Jan	Dino #2
5.02.52	Stella Jones	2000	8-Jan	Dino #2

Female 1500m 08/09 H Sim 4.31.15

5.05.30	Adrienne Erdman	1994	12-Feb	AB Indoor
5.42.32	Katelyn Campbell	1995	12-Mar	Provincials
6.04.00	Leah Rush	1995	8-Jan	Dino #2

Female Mile 08/09 H Sim 4.52.21

Female 2000m 10/11 C Belanger 7.04.47

7.04.47	Claudia Belanger	1996	12-Mar	Provincials
7.41.03	Jill Girgulis	1997	12-Mar	Provincials
7.52.77	Sarah Voglewede	1997	12-Mar	Provincials

Female 3000m 06/07 9.58.28 T. Dressler

12.33.61	Katie Campbell	1995	12-Feb	AB Indoor
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Female 60m h 10/11 N Charlesworth 8.73 30"
10/11 N Charlesworth 9.08 33"

9.08p	33"	Nicky Charlesworth	1994	18-Feb	Simplot
8.73f	30"	Nicky Charlesworth	1994	12-Mar	Provincials
9.74p	30"	Nicole Squires	1995	12-Mar	Provincials
10.09	30"	Emily Wilson-Bodnar	1996	12-Mar	Provincials
10.56CE	30"	Laurern Garnett	1995	12-Feb	AB Indoor
11.09	30"	Meghan Lim	1997	12-Mar	Provincials
11.49	30"	Jessica Kalmakoff	1995	12-Mar	Provincials

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11.88 30" Sarah Voglewede 1997 12-Mar Provincials

Female LJ 10/11 N Charlesworth 5.58

5.58 Nicky Charlesworth 1994 12-Mar Provincials
 5.18 Melissa Hazen 1994 12-Mar Provincials
 4.42 Antha Dietrich-Henderson 1996 12-Mar Provincials
 4.32 Jessica Kalmakoff 1995 12-Mar Provincials
 4.32CE Emily Wilson-Bodnar 1996 12-Feb AB Indoor
 4.07 Sarah Voglewede 1997 12-Mar Provincials
 3.98CE Lauren Garnett 1995 12-Feb AB Indoor
 3.96 Mia Hull 1998 12-Feb AB Indoor
 3.85 Quinn Rausch 1996 12-Mar Provincials
 3.81 Lauren Fridman 1996 12-Mar Provincials
 3.77ME Emma Chong 1998 12-Mar Provincials
 3.69ME Grace Hilton 1999 12-Mar Provincials
 3.65 Meghan Lim 1997 12-Mar Provincials
 3.55ME Lauren Yardley 1999 12-Mar Provincials
 3.52ME Georgia Dupuis 1998 12-Mar Provincials
 3.49 Heather Wood 1998 12-Feb AB Indoor
 3.47 Delainy Conibear 1997 12-Feb AB Indoor
 3.46CE Madelaine Yee 1997 12-Feb AB Indoor
 3.42 Emma Chong 1998 12-Feb AB Indoor
 3.33 Claudia Belanger 1996 12-Mar Provincials
 3.22ME Caitlin Yardley 1998 12-Mar Provincials
 3.21 Lauren Kruger 1997 12-Mar Provincials
 3.15ME Kate Conway 1998 12-Mar Provincials
 2.59ME Kiannah Wright 1998 12-Mar Provincials
 2.30ME Cameron Knowles 1999 12-Mar Provincials

Female TJ 07/08 K. Tse 11.69

9.78 Melissa Hazen 1994 12-Mar Provincials

Female HJ 09/10 N Charlesworth 1.72

1.71CE Nicky Charlesworth 1994 12-Feb AB Indoor
 1.50 Melissa Hazen 1994 12-Feb AB Indoor

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1.44CE	Emily Wilson-Bodnar	1996	12-Feb	AB Indoor
1.40	Lauren Fridman	1996	12-Mar	Provincials
1.35	Quinn Rausch	1996	12-Mar	Provincials
1.35ME	Emma Chong	1998	12-Feb	AB Indoor
1.30	Sarah Voglewede	1997	12-Mar	Provincials
1.29CE	Lauren Garnett	1995	12-Feb	AB Indoor
1.25ME	Mia Hull	1998	12-Feb	AB Indoor
1.25	Meghan Lim	1997	12-Mar	Provincials
1.20	Madelaine Yee	1997	12-Mar	Provincials
1.20ME	Lauren Yardley	1999	12-Mar	Provincials
1.10ME	Grace Hilton	1999	12-Mar	Provincials
1.10ME	Georgia Dupuis	1998	12-Feb	AB Indoor
1.10ME	Caitlin Yardley	1998	12-Mar	Provincials
1.10ME	Cameron Knowles	1999	12-Mar	Provincials
1.10	Jill Girgulis	1997	12-Mar	Provincials
1.10ME	Kate Conway	1998	12-Mar	Provincials
1.10ME	Heather Wood	1998	12-Feb	AB Indoor
1.10ME	Kiannah Wright	1998	12-Feb	AB Indoor

Female SP 06/07 Jenna Wamsley 10.31

7.19CE 4kg	Nicky Charlesworth	1994	12-Feb	AB Indoor
6.12CE 4kg	Lauren Garnett	1995	12-Feb	AB Indoor
8.88 3kg	Madelaine Yee	1997	12-Mar	Provincials
7.41CE 3kg	Emily Wilson-Bodnar	1996	12-Feb	AB Indoor
7.10CE 3kg	Sarah Voglewede	1997	12-Feb	AB Indoor
7.02ME 3kg	Mia Hull	1998	12-Feb	AB Indoor
5.54ME 3kg	Georgia Dupuis	1998	12-Mar	Provincials
5.49ME 3kg	Grace Hilton	1999	12-Feb	AB Indoor
5.12 3kg	Jill Girgulis	1997	12-Mar	Provincials
5.12ME 3kg	Emma Chong	1998	12-Feb	AB Indoor
4.57ME 3kg	Kiannah Wright	1998	12-Feb	AB Indoor
4.55ME 3kg	Caitlin Yardley	1998	12-Mar	Provincials
4.42ME 3kg	Lauren Yardley	1999	12-Mar	Provincials
4.36ME 3kg	Heather Wood	1998	12-Feb	AB Indoor
4.01ME 3kg	Kate Conway	1998	12-Mar	Provincials
3.07ME 3kg	Cameron Knowles	1999	12-Mar	Provincials

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Female MB 10/11 M Hull 6.04

6.04	Mia Hull	1998	12-Mar	Provincials
4.32	Georgia Dupuis	1998	12-Mar	Provincials
4.28	Kiannah Wright	1998	12-Mar	Provincials
4.13	Grace Hilton	1999	12-Mar	Provincials
3.91	Caitlin Yardley	1998	12-Mar	Provincials
3.86	Kate Conway	1998	12-Mar	Provincials
3.76	Heather Wood	1998	12-Feb	AB Indoor
3.65	Emma Chong	1998	12-Mar	Provincials
3.45	Lauren Yardley	1999	12-Mar	Provincials
3.41	Cameron Knowles	1999	12-Mar	Provincials

Female WT 10/11 M Yee 7.37 7.26kg

7.37 7.26kg	Madelaine Yee	1997	12-Mar	Provincials
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Female PV 08/09 L. Schneider 3.20

Female Jumps Tetrathalon 06/07 Nicola Charlesworth 965

Female Speed Tetrathalon 06/07 Nicola Charlesworth 1016

Female Stamina Tetrathalon 07/08 Allison Stephen 920

Female Indoor Pentathalon 08/09 N. Charlesworth 3179 Midget

10/11 N Charlesworth 3400 Youth

3400	Nicky Charlesworth	1994	12-Feb	AB Indoor	Youth
2511	Emily Wilson-Bodnar	1996	12-Feb	AB Indoor	Midget
1926	Lauren Garnett	1995	12-Feb	AB Indoor	Youth
1842	Sarah Voglewede	1997	12-Feb	AB Indoor	Midget
1627	Madelaine Yee	1997	12-Feb	AB Indoor	Midget

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Male 60m 10/11 I. Rynn 7.13

7.13sf	Isaac Rynn	1989	12-Feb	AB Indoor
7.40f	Steven Clark	1991	12-Mar	Provincials
7.40p	Alex Smith	1996	22-Jan	Golden Bear
7.47	Nicholas Buettner	1995	4-Dec	Dino #1
7.60	Bryce Clements	1994	8-Jan	Dino #2
7.62	Casey Yuen	1994	29-Jan	Dino #3
7.66	Alex Ivan	1994	12-Mar	Provincials
7.68f	Taylor LaRiviere	1994	12-Feb	AB Indoor
7.69	Paul Boudreau	1994	22-Jan	Golden Bear
7.7	Drew Crawford	1994	12-Mar	Provincials
7.72	Rui Dong	1995	4-Dec	Dino #1
7.80	Thomas Kellner	1994	4-Dec	Dino #1
7.84	Abtin Motamedi	1996	8-Jan	Dino #2
7.87	Tyler Sklenka	1996	29-Jan	Dino #3
7.88	Jordan Graham	1995	8-Jan	Dino #2
8.09	Karl Wagner	1995	4-Dec	Dino #1
8.17	Matthew Springer	1995	4-Dec	Dino #1
8.20	Brent Stephen	1996	8-Jan	Dino #2
8.21	Martin Steger	1996	12-Feb	AB Indoor
8.45	James Faul	1995	4-Dec	Dino #1
8.49	Robin Robertson	1996	8-Jan	Dino #2
8.52	Kevin Yoo	1994	4-Dec	Dino #1
8.72	Harvir Nijjar	1995	4-Dec	Dino #1
8.94	Bruce Marsden	1995	4-Dec	Dino #1
8.95	Charlie Meister	1995	29-Jan	Dino #3
9.16	Sean Thuna	1997	4-Dec	Dino #1
9.17	Ben Meister	1998	4-Dec	Dino #1
9.18	Nathan Kalmakoff	1997	29-Jan	Dino #3
9.19	Addison Wilton	1997	4-Dec	Dino #1
9.25	Sahad Vasanji	1997	29-Jan	Dino #3
9.26	Patrick Meister	1997	12-Feb	AB Indoor
9.28	Max Vogelgesang	1997	4-Dec	Dino #1
9.30	Ben Meister	1998	8-Jan	Dino #2
9.39	Harrison Matsuoka	1998	29-Jan	Dino #3
10.06	Ross Ferguson	1999	29-Jan	Dino #3
10.19ME	Adeem Vasanji	2000	12-Mar	Provincials

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10.31	Matt Voglewede	1998	8-Jan	Dino #2
10.79	Reid Ferguson	2001	29-Jan	Dino #3
10.90	Dominic Boylan	2000	29-Jan	Dino #3

Male 150 09/10 C Stevens 20.31

22.71	Ben Meister	1998	4-Dec	Dino #1
22.75	Addison Wilton	1997	4-Dec	Dino #1
23.21ME	Harrison Matsuoka	1998	12-Mar	Provincials
23.38	Nathan Kalmakoff	1997	4-Dec	Dino #1
23.44	Patrick Meister	1997	4-Dec	Dino #1
25.42ME	Adeem Vasanji	2000	12-Mar	Provincials
25.61	Ross Ferguson	1999	29-Jan	Dino #3
25.87	Matt Voglewede	1998	29-Jan	Dino #3
27.71	Dominic Boylan	2000	29-Jan	Dino #3
28.07	Reid Ferguson	2001	29-Jan	Dino #3

Male 200m 09/10 S Clark 23.09

23.47	Steven Clark	1991	12-Mar	Provincials
23.51	Alex Ivan	1994	12-Mar	Provincials
24.19p	Alex Smith	1993	22-Jan	Golden Bear
24.44p	Bryce Clements	1994	22-Jan	Golden Bear
25.16	Nicholas Buettner	1995	12-Mar	Provincials
25.18	Drew Crawford	1994	12-Mar	Provincials
25.20	Taylor LaRiviere	1994	12-Mar	Provincials
25.54	Paul Boudreau	1994	22-Jan	Golden Bear
25.56	Casey Yuen	1994	12-Mar	Provincials
26.30	Jordan Graham	1995	12-Mar	Provincials
26.85	Abtin Motamedi	1996	12-Mar	Provincials
26.97	Martin Steger	1996	12-Mar	Provincials
27.51	Robin Robertson	1996	12-Mar	Provincials
29.70	Charlie Meister	1995	12-Mar	Provincials
32.21	Nathan Kalmakoff	1997	12-Mar	Provincials
32.54	Sean Thuna	1997	12-Mar	Provincials

Male 300m 07/08 Trent Ratzlaff 34.50

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35.65	Mike Saizew	1987	4-Dec	Dino #1
36.60f	Alex Smith	1993	12-Feb	AB Indoor
36.77	Isaac Rynn	1989	29-Jan	Dino #3
38.63	Alex Ivan	1994	4-Dec	Dino #1
39.29	Brandon Fong	1993	12-Feb	AB Indoor
39.41	Mike Young	1988	4-Dec	Dino #1
39.42	Bryce Clements	1994	8-Jan	Dino #2
40.15	Scott Ratzlaff	1990	22-Jan	Golden Bear
40.32	Casey Yuen	1994	29-Jan	Dino #3
40.44	Stephen Huang	1990	29-Jan	Dino #3
40.71	Casey Yuen	1994	12-Feb	AB Indoor
40.72	Nicholas Buettner	1995	12-Feb	AB Indoor
40.82p	Tyler Sklenka	1996	12-Feb	AB Indoor
41.11	Richard Reid	1985	29-Jan	Dino #3
41.84	Abtin Motamedi	1996	29-Jan	Dino #3
41.97	Martin Steger	1996	12-Mar	Provincials
42.35	Thomas Kellner	1994	8-Jan	Dino 32
42.62	Jordan Graham	1995	29-Jan	Dino #3
43.25	Robin Robertson	1996	12-Mar	Provincials
43.52	Brent Stephen	1996	29-Jan	Dino #3
43.75	Matthew Springer	1995	29-Jan	Dino #3
44.09	Kevin Yoo	1994	29-Jan	Dino #3
45.11	Karl Wagner	1995	8-Jan	Dino #2
48.63	Patrick Meister	1997	29-Jan	Dino #3
48.67	Sahad Vasanji	1997	29-Jan	Dino #3
48.70	Addison Wilton	1997	29-Jan	Dino #3
50.17	Nathan Kalmakoff	1997	13-Feb	AB Indoor
51.79	Sean Thuna	1997	8-Jan	Dino #2

Male 400m 08/09 T Ratzlaff 48.00

52.45	Alex Smith	1993	12-Mar	Provincials
53.67	Alex Ivan	1994	12-Mar	Provincials
55.99	Thomas Kellner	1994	12-Mar	Provincials
56.47	Bryce Clements	1994	12-Mar	Provincials
57.90	Casey Yuen	1994	12-Mar	Provincials
1.00.52	Nicholas Buettner	1995	12-Mar	Provincials

Indoor Season Bests 2010 2011

Male 600m 08/09 T Ratzlaff 1.18.49

1.20.74	Mike Saizew	1987	12-Feb	AB Indoor
1.20.76	Madison Theriault	1988	12-Feb	AB Indoor
1.30.27	Chris Fitzgibbon	1994	8-Jan	Dino #2
1.31.01	Scott Ratzlaff	1990	12-Feb	AB Indoor
1.32.16	Mike Young	1988	22-Jan	Golden Bear
1.34.52	Harvir Nijjar	1995	12-Feb	AB Indoor
1.47.00	Jordan Graham	1995	8-Jan	Dino #2
1.47.81	Charlie Meister	1995	8-Jan	Dino #2
1.53.69	Patrick Meister	1997	12-Feb	AB Indoor
1.58.43	Ben Meister	1998	8-Jan	Dino #2
1.59.19ME	Harrison Matsuoka	1998	12-Mar	Provincials
1.59.46	Sean Thuna	1997	12-Feb	AB Indoor
2.00.00	Rees Goertzen	2000	8-Jan	Dino #2
2.05.78	Sean Thuna	1997	8-Jan	Dino #2
2.11.57ME	Matt Voglewede	1998	12-Mar	Provincials
2.32.86ME	Adeem Vasanji	2000	12-Mar	Provincials

Male 800m 08/09 M Saizew 1.53.64

1.54.75	Mike Saizew	1987	12-Mar	Provincials
1.57.87	Madison Theriault	1988	4-Dec	Dino#1
2.05.98	Chris Fitzgibbon	1994	12-Mar	Provincials
2.09.73	Sean Foster	1994	4-Dec	Dino#1
2.10.49	Cuauhti Olguin	1995	4-Dec	Dino#1
2.13.58	Harvir Nijjar	1995	12-Mar	Provincials
2.15.54	Thomas Kellner	1994	12-Mar	Provincials
2.20.33	James Faul	1995	4-Dec	Dino#1
2.28.79	Robin Robertson	1996	4-Dec	Dino#1
2.31.06	Jordan Graham	1995	4-Dec	Dino#1
2.31.77	Matthew Springer	1995	4-Dec	Dino#1
2.32.39	Bruce Marsden	1995	4-Dec	Dino#1
2.32.96	Charlie Meister	1995	4-Dec	Dino#1
2.38.89	Sahad Vasanji	1997	4-Dec	Dino#1
2.43.22	Patrick Meister	1997	12-Mar	Provincials
2.43.63	Max Vogelgesang	1997	4-Dec	Dino#1
2.43.81ME	Harrison Matsuoka	1998	12-Mar	Provincials

Indoor Season Bests 2010 2011

2.50.79	Graeme Saxberg	1998	4-Dec	Dino#1
2.53.34	Sean Thuna	1997	4-Dec	Dino#1
3.09.59ME	Matt Voglewede	1998	12-Mar	Provincials
3.42.45ME	Adeem VasANJI	2000	12-Mar	Provincials
Male 1000m	10/11 M Theriault 2.28.37			
2.28.37	Madison Theriault	1988	22-Jan	Golden Bear
2.38.35	Gareth Hadfield	1992	12-Feb	AB Indoor
2.43.99	Chris Fitzgibbon	1994	12-Feb	AB Indoor
2.45.82	Cuauhti Olguin	1995	12-Feb	AB Indoor
2.50.18	Kedir Ababushan	1994	29-Jan	Dino #3
2.51.65	Merhau Tume	1992	29-Jan	Dino #3
2.51.82	Sean Foster	1994	5-Feb	Bison Classic
3.01.50	Kevin Yoo	1994	29-Jan	Dino #3
3.25.80	Sahad VasANJI	1997	29-Jan	Dino #3
3.36.68CE	Abtin Motamedi	1996	12-Feb	AB Indoor
3.30.65	Matthew Springer	1995	12-Feb	AB Indoor
3.43.81CE	Jordan Graham	1995	12-Feb	AB Indoor
3.44.15CE	Karl Wagner	1995	12-Feb	AB Indoor
3.45.78	Harrison Matsuoka	1998	29-Jan	Dino #3
3.48.14	Sean Thuna	1997	29-Jan	Dino #3
3.53.03	Rees Goertzen	2000	29-Jan	Dino #3
4.11.44	Matt Voglewede	1998	29-Jan	Dino #3
4.29.91	Ross Ferguson	1999	29-Jan	Dino #3
4.50.44	Reid Ferguson	2001	29-Jan	Dino #3
Male 1200m	09/10 C Olguin 3.38.18			
4.06.90	Sahad VasANJI	1997	12-Mar	Provincials
4.37.79	Harrison Matsuoka	1998	8-Jan	Dino #2
4.48.30	Sean Thuna	1997	12-Mar	Provincials
Male 1500m	10/11 M Theriault 3.56.93			
3.56.93	Madison Theriault	1988	5-Feb	Bison Classic
4.11.51	Gareth Hadfield	1992	12-Feb	AB Indoor
4.12.39	Matt Galea	1993	22-Jan	Golden Bear

Indoor Season Bests 2010 2011

4.19.48	Merhau Tume	1992	12-Feb	AB Indoor			
4.21.66	Chris Fitzgibbon	1994	12-Mar	Provincials			
4.24.38	Cuauhti Olguin	1995	12-Mar	Provincials			
4.26.59	Sean Foster	1994	12-Mar	Provincials			
4.39.87	Harvir Nijjar	1995	12-Mar	Provincials			
4.53.93	Kevin Yoo	1994	8-Jan	Dino #2			
5.36.03	Matthew Springer	1995	8-Jan	Dino #2			
Male Mile	10/11 M Theriault 4.13.05						
4.13.05	Madison Theriault	1988	30-Jan	Seattle			
Male 2000m	06/07 Gareth Hadfield 6.47.55						
7.20.39	Sahad VasANJI	1997	12-Mar	Provincials			
Male 3000m	10/11 G Hadfield 8.45.20						
8.45.20	Gareth Hadfield	1992	25-Feb	CW's			
9.03.67	Matt Galea	1993	5-Feb	Bison Classic			
9.22.67	Merhau Tume	1992	22-Jan	Golden Bear			
9.40.76	Sean Foster	1994	12-Mar	Provincials			
10.34.26	Harvir Nijjar	1995	12-Feb	AB Indoor			
11.10.01	Kevin Yoo	1994	4-Dec	Dino #1			
Male 60mH	08/09 E. Clark 8.30 39"	all results	with age class	specs	Bantam 30"	Juv 36"	Sen 42"
	09/10 A Smith 8.56 36"				Mid 33"	Jun 39"	
	09/10 B Clements 9.20 33"						
8.67f 39"	Alex Smith	1993	19-Feb	Simplot			
9.03 36"	Bryce Clements	1994	22-Jan	Golden Bear			
9.75 36"?	Abtin Motamedi	1996	12-Feb	AB Indoor			
9.78 36"	Nicholas Buettner	1995	12-Mar	Provincials			
10.24 36"	Karl Wagner	1995	12-Feb	AB Indoor			
10.87CE 36"	Karl Wagner	1995	12-Feb	AB Indoor			
11.28CE 36"	Jordan Graham	1995	12-Feb	AB Indoor			
12.07 36"	Sean Thuna	1997	12-Mar	Provincials			
12.35 36"	Nathan Kalmakoff	1997	12-Mar	Provincials			

Indoor Season Bests 2010 2011

9.83	33"	Karl Wagner	1995	4-Dec	Dino #1
9.89	33"	Abtin Motamedi	1996	4-Dec	Dino #1
10.18	33"	Rui Dong	1995	4-Dec	Dino #1
10.39	33"	Nicholas Buettner	1995	4-Dec	Dino #1

Male LJ 09/10 R McKay 6.50

6.15	Alex Smith	1993	22-Jan	Golden Bear
5.47	Taylor LaRiviere	1994	12-Feb	AB Indoor
5.42	Drew Crawford	1994	12-Mar	Provincials
5.40	Thomas Kellner	1994	12-Feb	AB Indoor
5.11	Matthew Springer	1995	12-Feb	AB Indoor
5.05CE	Karl Wagner	1995	12-Feb	AB Indoor
4.99	Paul Boudreau	1994	22-Jan	Golden Bear
4.84CE	Jordan Graham	1995	12-Feb	AB Indoor
4.73CE	Abtin Motamedi	1996	12-Feb	AB Indoor
4.64	Martin Steger	1996	12-Mar	Provincials
4.63	Harvir Nijjar	1995	12-Mar	Provincials
4.12	Nathan Kalmakoff	1997	12-Mar	Provincials
3.86	Brent Stephen	1996	12-Feb	AB Indoor
3.84	Sahad Vasanji	1997	12-Mar	Provincials
3.76ME	Harrison Matsuoka	1998	12-Mar	Provincials
3.75	Patrick Meister	1997	12-Feb	AB Indoor
3.71	Sean Thuna	1997	12-Feb	AB Indoor
3.70ME	Ben Meister	1998	12-Mar	Provincials
3.03ME	Matt Voglewede	1998	12-Mar	Provincials
2.99ME	Adeem Vasanji	2000	12-Mar	Provincials

Male TJ 09/10 R McKay 13.76

11.91	Thomas Kellner	1994	12-Mar	Provincials
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Male HJ 09/10 S Babcock 1.90

1.69	Karl Wagner	1995	12-Feb	AB Indoor
1.62CE	Jordan Graham	1995	12-Feb	AB Indoor
1.50	Drew Crawford	1994	12-Feb	AB Indoor
1.50	Matthew Springer	1995	12-Feb	AB Indoor

Indoor Season Bests 2010 2011

1.40	Nathan Kalmakoff	1997	12-Feb	AB Indoor
1.38CE	Abtin Motamedi	1996	12-Feb	AB Indoor
1.25	Brent Stephen	1996	12-Feb	AB Indoor
1.20ME	Harrison Matsuoka	1998	12-Mar	Provincials
1.10ME	Ben Meister	1998	12-Mar	Provincials
1.10ME	Matt Voglewede	1998	12-Mar	Provincials
.90ME	Adeem VasANJI	2000	12-Mar	Provincials

Male SP 09/10 A Bymoen 12.29 5 kg
 09/10 R Sceviour 13.27 4 kg
 10/11 H Matsuoka 7.26 3kg
 10/11 A Vasnaji 7.29 2kg

8.77 5 kg	Jordan Graham	1995	12-Mar	Provincials
7.32CE 5kg	Karl Wagner	1995	12-Feb	AB Indoor
7.12 5kg	Matthew Springer	1995	12-Feb	AB Indoor
6.86 5kg	Charlie Meister	1995	12-Feb	AB Indoor
9.97 4kg	Matthew Schalm	1996	12-Mar	Provincials
8.27CE 4kg	Abtin Motamedi	1996	12-Feb	AB Indoor
7.01 4kg	Nathan Kalmakoff	1997	12-Feb	AB Indoor
6.92 4kg	Robin Robertson	1996	12-Mar	Provincials
6.58 4kg	Sahad VasANJI	1997	12-Mar	Provincials
4.87 4kg	Sean Thuna	1997	12-Feb	AB Indoor
4.55 4kg	Patrick Meister	1997	12-Feb	AB Indoor
7.26ME 3kg	Harrison Matsuoka	1998	12-Mar	Provincials
6.72ME 3kg	Ben Meister	1998	12-Mar	Provincials
6.25ME 3kg	Matt Voglewede	1998	12-Mar	Provincials
7.29ME 2kg	Adeem VasANJI	2000	12-Mar	Provincials

Male WT 10/11 M Schalm 9.56 7.26kg

9.56 7.26kg	Matthew Schalm	1996	12-Mar	Provincials
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Male Med Ball 09/10 P. Meister 4.07

4.95ME	Ben Meister	1998	12-Mar	Provincials
4.76ME	Harrison Matsuoka	1998	12-Mar	Provincials

Indoor Season Bests 2010 2011

4.58ME	Matt Voglewede	1998	12-Mar	Provincials	
4.50ME	Adeem Vasanji	2000	12-Mar	Provincials	

Male PV 08/09 M. Baerg 4.32

Male Indoor Pentathlon 07/08 Sam Babcock 2966 Prov Record Midget
All done in own age group

1957	Abtin Motamedi	1996	12-Feb	AB Indoor	Midget
1909	Karl Wagner	1995	12-Feb	AB Indoor	Youth
1854	Jordan Graham	1995	12-Feb	AB Indoor	Youth

Male Bantam Speed 06/07 1250 Alex Bymoan

Male Bantam Stamina Indoor Prov Record ***1329*** Alex B 06/07

Worksheet 2: Outdoor Season Bests 2011

Outdoor Season Bests 2011

Outdoor Season Bests 2010

MARK	NAME	Y OF B	DATE	MEET
Female 50m	2010 A. Martin 8.37			
8.63	Lisa Cozma	2001	29-May	City Hershies
Female 60m	2010 A. Martin 9.37			
10.16	Nicole Perks	2000	11-Jun	Classic
Female 80m	2010 E. Martin 11.12			
11.57	Emma Chong	1998	11-Jun	Classic
11.58	Mia Hull	1998	11-Jun	Classic
11.97	Emma Chong	1998	14-May	Spring Challenge
11.97	Mia Hull	1998	14-May	Spring Challenge
12.01	Marissa Stirling	1998	11-Jun	Classic
12.13	Anise Parker	1998	11-Jun	Classic
12.34	Caitlin Yardley	1998	11-Jun	Classic
12.37	Nikki Abbott	1998	11-Jun	Classic
12.42	Grace Hilton	1999	11-Jun	Classic
12.42	Hanna Svensson	1999	11-Jun	Classic
12.60	Lauren Yardley	1999	11-Jun	Classic
12.62	Heather Wood	1998	11-Jun	Classic
12.68	Hanna Svensson	1999	24-Jul	Prov.
12.68	Hawaa Zaroul	1998	11-Jun	Classic
12.70	Reagan Chicoine	1998	11-Jun	Classic
12.85	Kirsten Chicoine	1998	11-Jun	Classic
12.85	Caitlin Yardley	1998	14-May	Spring Challenge
13.08	Reagan Chicoine	1998	14-May	Spring Challenge
13.08	Hanna Svensson	1999	14-May	Spring Challenge
13.08	Lauren Yardley	1999	14-May	Spring Challenge
13.14	Kiannah Wright	1998	11-Jun	Classic
13.16	Kirsten Chicoine	1998	14-May	Spring Challenge
13.43	Rhea Foster	1998	11-Jun	Classic

Outdoor Season Bests 2011

13.63	Heather Wood	1998	14-May	Spring Challenge
13.89	Cam Knowles	1999	11-Jun	Classic
14.19	Monique Zumwalt	2001	11-Jun	Classic
14.40	Rhea Foster	1998	24-Jul	Prov.
14.49	Marissa Stirling	1998	2-Jun	CAA

Female 100m 2011 S Hughes 12.60

12.60f	Sarah Hughes	1994	28-May	HS Cities
12.64f	Ellie Hirst	1995	11-Jun	Classic
12.69p	Ellie Hirst	1995	11-Jun	Classic
12.70p	Sarah Hughes	1994	11-Jun	Classic
12.70f	Sarah Hughes	1994	11-Jun	Classic
12.70f	Sarah Hughes	1994	June	HS Prov
12.74p	Sarah Hughes	1994	June	HS Prov
12.76p	Sarah Hughes	1994	28-May	HS Cities
12.82p	Melissa Hazen	1994	11-Jun	Classic
12.88	Sarah Hughes	1994	17-May	CISAA
12.91	Sarah Hughes	1994	6-Jul	NB #3
13.01f	Melissa Hazen	1994	28-May	HS Cities
13.03p	Melissa Hazen	1994	28-May	HS Cities
13.16f	Melissa Hazen	1994	19-May	HS Div
13.17f	Melissa Hazen	1994	11-Jun	Classic
13.19f	Sarah Hughes	1994	24-Jul	Prov.
13.20p	Sarah Hughes	1994	24-Jul	Prov.
13.20p	Melissa Hazen	1994	19-May	HS Div
13.27	Melissa Hazen	1994	6-Jul	NB #3
13.28f	Sarah Hughes	1994	14-May	Spring Challenge
13.37p	Emily Wilson-Bodnar	1996	11-Jun	Classic
13.39f	Emily Wilson-Bodnar	1996	2-Jun	CAA
13.44f	Melissa Hazen	1994	24-Jul	Prov.
13.47p	Jessica Kalmakoff	1995	11-Jun	Classic
13.52p	Meghan Lim	1997	11-Jun	Classic
13.53p	Quinn Rausch	1996	2-Jun	CAA
13.57f	Jessica Kalmakoff	1995	2-Jul	Kelowna
13.57f	Meghan Lim	1997	11-Jun	Classic
13.58f	Antha Dietrich-Henderson	1996	2-Jul	Kelowna
13.59f	Emily Wilson-Bodnar	1996	11-Jun	Classic

Outdoor Season Bests 2011

13.61p	Jessica Kalmakoff	1995	2-Jul	Kelowna
13.63f	Meghan Lim	1997	24-Jul	Prov.
13.64p	Emily Wilson-Bodnar	1996	2-Jun	CAAA
13.65	Meghan Lim	1997	7-May	NB #1
13.67p	Sarah Hughes	1994	14-May	Spring Challenge
13.68	Jessica Kalmakoff	1995	19-May	HS Div
13.69f	Jessica Kalmakoff	1995	11-Jun	Classic
13.70p	Meghan Lim	1997	24-Jul	Prov.
13.72p	Antha Dietrich-Henderson	1996	24-Jul	Prov.
13.74	Antha Dietrich-Henderson	1996	7-May	NB #1
13.78f	Quinn Rausch	1996	2-Jun	CAAA
13.78f	Quinn Rausch	1996	11-Jun	Classic
13.78p	Antha Dietrich-Henderson	1996	11-Jun	Classic
13.82f	Antha Dietrich-Henderson	1996	11-Jun	Classic
13.82p	Melissa Hazen	1994	24-Jul	Prov.
13.86p	Antha Dietrich-Henderson	1996	2-Jul	Kelowna
13.86f	Melissa Hazen	1994	14-May	Spring Challenge
13.89p	Quinn Rausch	1996	24-Jul	Prov.
13.96	Antha Dietrich-Henderson	1996	6-Jul	NB #3
13.96	Quinn Rausch	1996	6-Jul	NB #3
13.98	Jessica Kalmakoff	1995	24-Jul	Prov.
14.00f	Meghan Lim	1997	14-May	Spring Challenge
14.02	Jessica Kalmakoff	1995	6-Jul	NB #3
14.02p	Quinn Rausch	1996	11-Jun	Classic
14.10	Dana Gerlitz	1997	11-Jun	Classic
14.11p	Melissa Hazen	1994	14-May	Spring Challenge
14.12CE	Quinn Rausch	1996	14-May	Spring Challenge
14.13f	Antha Dietrich-Henderson	1996	24-Jul	Prov.
14.17f	Quinn Rausch	1996	24-Jul	Prov.
14.21p	Meghan Lim	1997	14-May	Spring Challenge
14.23p	Quinn Rausch	1996	14-May	Spring Challenge
14.31	Siri Svensson	1996	24-Jul	Prov.
14.32	Jasmine Galey	1995	6-Jul	NB #3
14.35	Siri Svensson	1996	11-Jun	Classic
14.35p	Jessica Kalmakoff	1995	14-May	Spring Challenge
14.36f	Jessica Kalmakoff	1995	14-May	Spring Challenge
14.39f	Quinn Rausch	1996	14-May	Spring Challenge
14.52	Dana Gerlitz	1997	6-Jul	NB #3

Outdoor Season Bests 2011

14.60	Kendall Chong	1996	7-May	NB #1
14.62	Emma Chong	1998	6-Jul	NB #3
14.66	Dana Gerlitz	1997	7-May	NB #1
14.67	Dana Gerlitz	1997	24-Jul	Prov.
14.68	Kendall Chong	1996	11-Jun	Classic
14.78	Meghan Lim	1997	29-May	City Hershies
14.79	Anna Glover	1997	11-Jun	Classic
14.81	Dana Gerlitz	1997	29-May	City Hershies
14.85	Anise Parker	1998	29-May	City Hershies
14.85p	Janessa Tiberio	1996	14-May	Spring Challenge
14.87	Emma Chong	1998	29-May	City Hershies
14.92	Antha Dietrich-Henderson	1996	14-May	Spring Challenge
14.95f	Janessa Tiberio	1996	14-May	Spring Challenge
15.01p	Lauren Garnett	1995	14-May	Spring Challenge
15.02	Anna Glover	1997	24-Jul	Prov.
15.05	Siri Svensson	1996	14-May	Spring Challenge
15.10	Madelaine Yee	1997	7-May	NB #1
15.12	Dana Gerlitz	1997	14-May	Spring Challenge
15.13	Mia Hull	1998	6-Jul	NB #3
15.13	Anise Parker	1998	7-May	NB #1
15.14	Melanie Craig	1990	14-May	Spring Challenge
15.15	Anna Glover	1997	7-May	NB #1
15.15p	Lisa Cozma	2001	18-Jun	Prov Hershey
15.20f	Lauren Garnett	1995	14-May	Spring Challenge
15.24	Kendall Chong	1996	14-May	Spring Challenge
15.27	Anna Glover	1997	6-Jul	NB #3
15.28	Madelaine Yee	1997	24-Jul	Prov.
15.44	Jill Girgulis	1997	7-May	NB #1
15.47	Madelaine Yee	1997	6-Jul	NB #3
15.49	Delainy Conibear	1997	7-May	NB #1
15.54	Delainy Conibear	1997	11-Jun	Classic
15.64	Marissa Stirling	1998	6-Jul	NB #3
15.69f	Lisa Cozma	2001	18-Jun	Prov Hershey
15.69	Madelaine Yee	1997	14-May	Spring Challenge
15.73	Anna Glover	1997	14-May	Spring Challenge
15.89	Anika Vogelgesang	1999	29-May	City Hershies
15.95	Kirsten Chicoine	1998	29-May	City Hershies
16.00	Reagan Chicoine	1998	29-May	City Hershies

Outdoor Season Bests 2011

16.06	Delainy Conibear	1997	14-May	Spring Challenge
16.27	Mia Hull	1998	29-May	City Hershies
16.28	Hawaa Zaroual	1997	6-Jul	NB #3
16.36	Hazel Sherritt	1999	29-May	City Hershies
16.48	Lisa Cozma	2001	29-May	City Hershies
16.58	Nicole Perks	2000	29-May	City Hershies
16.88	Rhea Foster	1998	7-May	NB #1
16.90f	Jasper Crockford	2001	18-Jun	Prov Hershey
16.96	Jasper Crockford	2001	29-May	City Hershies
17.23p	Jasper Crockford	2001	18-Jun	Prov Hershey
17.70	Rhea Foster	1998	29-May	City Hershies
18.37	Rebecca Pewar	2000	29-May	City Hershies
18.58	Monique Zumwalt	2001	18-Jun	Prov Hershey
18.62	Kristen Pewar	2000	29-May	City Hershies
19.33	Monique Zumwalt	2001	29-May	City Hershies
19.71	Maya Wilson	2001	29-May	City Hershies

Female 150m 2010 E. Martin 20.79

23.14	Anise Parker	1998	14-May	Spring Challenge
23.15	Emma Chong	1998	14-May	Spring Challenge
23.28	Lauren Yardley	1999	2-Jun	CAAA
23.50	Hanna Svensson	1999	24-Jul	Prov.
23.99	Mia Hull	1998	14-May	Spring Challenge
24.44	Grace Hilton	1999	14-May	Spring Challenge
24.49	Nikki Abbott	1998	14-May	Spring Challenge
24.91	Hanna Svensson	1999	14-May	Spring Challenge
26.10	Nicole Perks	2000	11-Jun	Classic
27.00	Rhea Foster	1998	24-Jul	Prov.
27.03	Hawaa Zaroual	1998	14-May	Spring Challenge
28.10	Monique Zumwalt	2001	11-Jun	Classic
29.46	Rebecca Pewar	2000	11-Jun	Classic
30.00	Kristen Pewar	2000	11-Jun	Classic

Female 200m 2011 S Hughes 25.84

25.84	Sarah Hughes	1994	16-May	CISAA
25.89f	Ellie Hirst	1995	28-May	HS Cities

Outdoor Season Bests 2011

25.92p	Sarah Hughes	1994	11-Jun	Classic
25.92f	Ellie Hirst	1995	11-Jun	Classic
25.94	Ellie Hirst	1995	21-May	NB #2
26.04p	Ellie Hirst	1995	28-May	HS Cities
26.09	Ellie Hirst	1995	7-May	NB #1
26.10p	Ellie Hirst	1995	11-Jun	Classic
26.14f	Ellie Hirst	1995	19-May	HS Div
26.15f	Sarah Hughes	1994	11-Jun	Classic
26.19	Nicky Charlesworth	1994	21-May	NB #2
26.37f	Ellie Hirst	1995	24-Jul	Prov.
26.40f	Sarah Hughes	1994	14-May	Spring Challenge
26.59f	Sarah Hughes	1994	24-Jul	Prov.
26.66p	Ellie Hirst	1995	19-May	HS Div
26.67f	Melissa Hazen	1994	11-Jun	Classic
26.69f	Ellie Hirst	1995	June	HS Prov
26.70p	Sarah Hughes	1994	24-Jul	Prov.
26.73p	Ellie Hirst	1995	24-Jul	prov.
26.77f	Melissa Hazen	1994	19-May	HS Div
26.83f	Jessica Kalmakoff	1995	28-May	HS Cities
26.88p	Melissa Hazen	1994	11-Jun	Classic
26.86f	Melissa Hazen	1994	28-May	HS Cities
26.87p	Sarah Hughes	1994	14-May	Spring Challenge
26.88p	Ellie Hirst	1995	June	HS Prov
27.04f	Jessica Kalmakoff	1995	11-Jun	Classic
27.12p	Melissa Hazen	1994	19-May	HS Div
27.18p	Jessica Kalmakoff	1995	11-Jun	Classic
27.19p	Melissa Hazen	1994	28-May	HS Cities
27.27	Jessica Kalmakoff	1995	2-Jul	Kelowna
27.43p	Jessica Kalmakoff	1995	28-May	HS Cities
27.47CE	Nicky Charlesworth	1994	14-May	Spring Challenge
27.5	Melissa Hazen	1994	21-May	NB #2
27.54	Melissa Hazen	1994	7-May	NB #1
27.66	Jessica Kalmakoff	1995	21-May	NB #2
27.87	Antha Dietrich-Henderson	1996	21-May	NB #2
27.95f	Jessica Kalmakoff	1995	19-May	HS Div
28.10p	Jessica Kalmakoff	1995	19-May	HS Div
28.15	Melissa Hazen	1994	14-May	Spring Challenge
28.20	Jessica Kalmakoff	1995	7-May	NB #1

Outdoor Season Bests 2011

28.23f	Meghan Lim	1997	11-Jun	Classic
28.23	Jessica Kalmakoff	1995	24-Jul	Prov.
28.24	Antha Dietrich-Henderson	1996	2-Jul	Kelowna
28.30p	Meghan Lim	1997	11-Jun	Classic
28.41	Siri Svensson	1996	24-Jul	Prov.
28.45	Emily Wilson-Bodnar	1996	7-May	NB #1
28.52p	Quinn Rausch	1996	24-Jul	prov.
28.53	Antha Dietrich-Henderson	1996	24-Jul	Prov.
28.56	Jessica Kalmakoff	1995	14-May	Spring Challenge
28.62	Jasmine Galey	1995	7-May	NB #1
28.78	Jasmine Galey	1995	24-Jul	Prov.
28.79p	Quinn Rausch	1996	11-Jun	Classic
28.80p	Antha Dietrich-Henderson	1996	11-Jun	Classic
28.83f	Emily Wilson-Bodnar	1996	14-May	Spring Challenge
28.89p	Emily Wilson-Bodnar	1996	14-May	Spring Challenge
28.89f	Quinn Rausch	1996	24-Jul	Prov.
28.96	Antha Dietrich-Henderson	1996	7-May	NB #1
29.00	Melanie Craig	1990	14-May	Spring Challenge
29.29	Nikki Barlow	1990	11-Jun	Classic
29.33	Kendall Chong	1996	11-Jun	Classic
29.36f	Rachel Yee	1992	24-Jul	Prov.
29.42	Kendall Chong	1996	2-Jul	Kelowna
29.45	Siri Svensson	1996	11-Jun	Classic
29.56	Jasmine Galey	1995	14-May	Spring Challenge
29.58	Kendall Chong	1996	7-May	NB #1
29.69f	Siri Svensson	1996	14-May	Spring Challenge
29.76	Rachel Yee	1992	21-May	NB #2
29.90	Dana Gerlitz	1997	29-May	City Hershies
29.92	Janessa Tiberio	1996	11-Jun	Classic
30.00	Rachel Yee	1992	11-Jun	Classic
30.09p	Rachel Yee	1992	24-Jul	Prov.
30.11f	Quinn Rausch	1996	11-Jun	Classic
30.12p	Siri Svensson	1996	14-May	Spring Challenge
30.30f	Dana Gerlitz	1997	14-May	Spring Challenge
30.40	Nikki Abbott	1998	29-May	City Hershies
30.50	Delainy Conibear	1997	29-May	City Hershies
30.66f	Kendall Chong	1996	14-May	Spring Challenge
30.80	Hanna Svennson	1999	29-May	City Hershies

Outdoor Season Bests 2011

30.88	Anna Glover	1997	24-Jul	Prov.
30.89p	Dana Gerlitz	1997	14-May	Spring Challenge
30.92p	Kendall Chong	1996	14-May	Spring Challenge
30.96	Janessa Tiberio	1996	14-May	Spring Challenge
31.09	Maria Jacso	1995	11-Jun	Classic
31.10	Delainy Conibear	1997	11-Jun	Classic
31.19	Anna Glover	1997	11-Jun	Classic
31.40	Annette Berry	2000	29-May	City Hershies
31.57	Marissa Stirling	1998	29-May	City Hershies
31.74	Delainy Conibear	1997	24-Jul	Prov.
31.80	Delainy Conibear	1997	14-May	Spring Challenge
31.80	Kirsten Chicoine	1998	29-May	City Hershies
31.82	Anna Glover	1997	14-May	Spring Challenge
32.17	Madelaine Yee	1997	14-May	Spring Challenge
32.62	Hanna Svennson	1999	18-Jun	Prov Hershey
33.10	Hazel Sherritt	1999	29-May	City Hershies
33.20	Lisa Cozma	2001	29-May	City Hershies
33.80	Hawaa Zaroual	1998	7-May	NB #1
33.90	Hawaa Zaroul	1998	29-May	City Hershies
34.20	Jasper Crockford	2001	29-May	City Hershies
34.49	Jasper Crockford	2001	18-Jun	Prov Hershey
34.90	Nicole Perks	2000	29-May	City Hershies
35.03	Kiannah Wright	1998	7-May	NB #1
36.28	Rhea Foster	1998	7-May	NB #1
36.60	Monique Zumwalt	2001	29-May	City Hershies
37.29	Kate Conway	1998	7-May	NB #1
37.40	Rhea Foster	1998	29-May	City Hershies
38.65	Monique Zumwalt	2001	18-Jun	Prov Hershey

Female 300m 2010 E. Hirst 41.78

46.08	Siri Svensson	1996	6-Jul	NB #3
46.50	Quinn Rausch	1996	24-Jul	Prov.
46.59	Siri Svensson	1996	24-Jul	Prov.
46.94	Antha Dietrich-Henderson	1996	11-Jun	Classic
46.99	Quinn Rausch	1996	21-May	NB #2
47.10	Quinn Rausch	1996	6-Jul	NB #3
47.74	Siri Svensson	1996	14-May	Spring Challenge

Outdoor Season Bests 2011

47.77	Quinn Rausch	1996	11-Jun	Classic
47.98	Siri Svensson	1996	11-Jun	Classic
48.34	Caitlin Yardley	1998	21-May	NB #2
49.00	Quinn Rausch	1996	14-May	Spring Challenge
49.13	Caitlin Yardley	1998	6-Jul	NB #3
49.25	Grace Hilton	1999	21-May	NB #2
49.31	Janessa Tiberio	1996	21-May	NB #2
49.51	Janessa Tiberio	1996	11-Jun	Classic
49.56	Delainy Conibear	1997	11-Jun	Classic
49.69	Anna Glover	1997	21-May	NB #2
49.81	Quinn Rausch	1996	2-Jun	CAAA
50.04	Anise Parker	1998	6-Jul	NB #3
50.27	Anna Glover	1997	11-Jun	Classic
50.39	Delainy Conibear	1997	21-May	NB #2
50.46	Emma Chong	1998	21-May	NB #2
50.79	Janessa Tiberio	1996	14-May	Spring Challenge
51.34	Delainy Conibear	1997	24-Jul	Prov.
51.91	Lauren Yardley	1999	6-Jul	NB 3
52.50	Delainy Conibear	1997	14-May	Spring Challenge
52.63	Lauren Kruger	1997	21-May	NB #2
54.31	Lauren Kruger	1997	11-Jun	Classic
54.63	Lauren Kruger	1997	6-Jul	NB 33
1.02.62	Marissa Stirling	1998	21-May	NB #2
1.14.80	Kate Conway	1998	21-May	NB #2

Female 400m 2007 H Ratzlaff 55.71

56.48	Ellie Hirst	1995	6-Jul	NB #3
56.88	Ellie Hirst	1995	11-Jun	Classic
57.55	Ellie Hirst	1995	Aug	Legion Nat
57.57p	Ellie Hirst	1995	9-Jul	Jun Nat
57.80f	Ellie Hirst	1995	9-Jul	Jun Nat
58.15	Ellie Hirst	1995	24-Jul	Prov.
59.31	Ellie Hirst	1995	21-May	NB #2
1.04.18	Jasmine Galey	1995	24-Jul	Prov.
1.04.93	Nikki Barlow	1990	11-Jun	Classic
1.05.40	Jasmine Galey	1995	6-Jul	NB #3
1.05.68	Rachel Yee	1992	6-Jul	NB #3

Outdoor Season Bests 2011

1.05.72	Rachel Yee	1992	11-Jun	Classic
1.06.14	Rachel Yee	1992	24-Jul	Prov.
1.06.28	Rachel Yee	1992	2-Jul	Kelowna
1.06.33	Jasmine Galey	1995	28-May	HS Cities
1.06.93	Jasmine Galey	1995	11-Jun	Classic
1.07.08	Jasmine Galey	1995	18-May	HS Div
1.07.63	Jasmine Galey	1995	14-May	Spring Challenge
1.09.00	Grace Hilton	1999	29-May	City Hershies
1.11.33	Grace Hilton	1999	18-Jun	Prov Hershey
1.12.02	Annette Berry	2000	29-May	City Hershies
1.13.50	Hanna Svennson	1999	29-May	City Hershies
1.17.19	Lauren Yardley	1999	18-Jun	Prov Hershey
1.25.30	Cam Knowles	1999	29-May	City Hershies
1.36.20	Suna Ikeda	1999	29-May	City Hershies

Female 600m 2007 R Romero 1.36.68

2.21.47	Nicole Perks	2000	11-Jun	Classic
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Female 800m 2009 H Ratzlaff 2.06.98

2.18.78	Adrienne Erdman	1994	24-Jul	Prov.
2.20.40	Adrienne Erdman	1994	2-Jul	Kelowna
2.25.75	Adrienne Erdman	1994	June	HS Prov
2.27.82	Katie Campbell	1995	7-May	NB #1
2.28.20	Katie Campbell	1995	24-Jul	Prov.
2.28.51	Adrienne Erdman	1994	28-May	HS Cities
2.29.02	Adrienne Erdman	1994	19-May	HS Div
2.29.35	Katie Huang	1992	24-Jul	Prov.
2.31.37	Lauren Fridman	1996	2-Jul	Kelowna
2.31.97	Katie Huang	1992	11-Jun	Classic
2.32.00	Katie Campbell	1995	19-May	HS Div
2.32.31	Katie Campbell	1995	2-Jul	Kelowna
2.32.48	Katie Campbell	1995	11-Jun	Classic
2.32.60	Katie Huang	1992	2-Jul	Kelowna
2.33.38	Lauren Fridman	1996	24-Jul	Prov.
2.34.21	Katie Campbell	1995	28-May	HS Cities
2.34.93	Lauren Fridman	1996	11-Jun	Classic

Outdoor Season Bests 2011

2.35.87	Lauren Fridman	1996	16-Jul	TriProvince
2.38.10	Rachel Yee	1992	2-Jul	Kelowna
2.38.66	Lauren Fridman	1996	14-May	Spring Challenge
2.38.91	Emily Craig	1996	7-May	NB #1
2.39.47	Jill Girgulis	1997	11-Jun	Classic
2.39.61CE	Nicky Charlesworth	1994	14-May	Spring Challenge
2.37.80	Grace Hilton	1999	29-May	City Hershies
2.40.22	Emily Wilson-Bodnar	1996	6-Jul	NB #3
2.40.09	Grace Hilton	1999	14-May	Spring Challenge
2.41.28	Grace Hilton	1999	7-May	NB #1
2.41.83	Lauren Yardley	1999	14-May	Spring Challenge
2.42.74	Caitlin Yardley	1998	14-May	Spring Challenge
2.43.70	Grace Hilton	1999	18-Jun	Prov Hershey
2.45.83	Caitlin Yardley	1998	18-Jun	Prov Hershey
2.45.91	Grace Hilton	1999	11-Jun	Classic
2.46.02	Lauren Yardley	1999	7-May	NB #1
2.46.96	Jasmine Galey	1995	18-May	HS Div
2.47.09	Caitlin Yardley	1998	2-Jun	CAAA
2.47.43	Lauren Yardley	1999	11-Jun	Classic
2.47.60	Annette Berry	2000	29-May	City Hershies
2.47.60	Delainy Conibear	1997	6-Jul	NB #3
2.47.95	Caitlin Yardley	1998	6-Jul	NB #3
2.49.42	Caitlin Yardley	1998	7-May	NB #1
2.50.09	Jasmine Galey	1995	28-May	HS Cities
2.51.00	Anna Glover	1997	11-Jun	Classic
2.52.19	Lauren Yardley	1999	6-Jul	NB #3
2.52.40	Nikki Abbott	1998	29-May	City Hershies
2.52.42	Lauren Yardley	1999	2-Jun	CAAA
2.52.62CE	Quinn Rausch	1996	14-May	Spring Challenge
2.52.69	Caitlin Yardley	1998	11-Jun	Classic
2.53.64	Anna Glover	1997	6-Jul	NB #3
2.54.07	Marissa Stirling	1998	14-May	Spring Challenge
2.55.21	Delainy Conibear	1997	11-Jun	Classic
2.55.90	Delainy Conibear	1997	29-May	City Hershies
2.56.08	Anna Glover	1997	24-Jul	Prov.
2.58.10	Anika Vogelgesang	1999	29-May	City Hershies
2.58.90	Laura Kruger	1997	29-May	City Hershies
2.59.64	Hawaa Zaroual	1997	6-Jul	NB #3

Outdoor Season Bests 2011

3.00.03	Lauren Kruger	1997	6-Jul	NB #3
3.00.71	Anna Glover	1997	14-May	Spring Challenge
3.01.74	Anna Glover	1997	7-May	NB #1
3.01.90	Anna Glover	1997	29-May	City Hershies
3.03.32	Delainy Conibear	1997	7-May	NB #1
3.06.08	Reagan Chicoine	1998	11-Jun	Classic
3.06.37	Lauren Kruger	1997	7-May	NB #1
3.06.70	Cam Knowles	1999	29-May	City Hershies
3.07.18	Lauren Kruger	1997	11-Jun	Classic
3.09.08	Cam Knowles	1999	14-May	Spring Challenge
3.09.69	Lauren Yardley	1999	18-Jun	Prov Hershey
3.11.27	Kiannah Wright	1998	7-May	NB #1
3.15.07	Kiannah Wright	1998	14-May	Spring Challenge
3.17.02	Cam Knowles	1999	11-Jun	Classic
3.17.28	Rhea Foster	1998	24-Jul	Prov.
3.18.51	Kirsten Chicoine	1998	11-Jun	Classic
3.19.45	Anise Parker	1998	11-Jun	Classic
3.29.20	Marissa Stirling	1998	11-Jun	Classic
3.32.90	Kiannah Wright	1998	29-May	City Hershies
3.33.90	Rebecca Pekar	2000	29-May	City Hershies
3.41.50	Kristen Pekar	2000	29-May	City Hershies
3.41.79	Kiannah Wright	1998	11-Jun	Classic
3.56.10	Suna Ikeda	1999	29-May	City Hershies

Female 1000m 2007 H Sim 2.55.80

4.21.92	Nicole Perks	2000	11-Jun	Classic
4.42.48	Kristen Pekar	2000	11-Jun	Classic
4.44.11	Rebecca Pekar	2000	11-Jun	Classic
4.59.00	Monique Zumwalt	2001	11-Jun	Classic

Female 1200m 2009 A Erdman 3.53.70

4.15.87	Grace Hilton	1999	21-May	NB #2
4.16.09	Caitlin Yardley	1998	11-Jun	Classic
4.16.66	Lauren Fridman	1996	11-Jun	Classic
4.16.70	Jill Girgulis	1997	21-May	NB #2
4.17.32	Lauren Yardley	1999	11-Jun	Classic

Outdoor Season Bests 2011

4.24.07	Lauren Yardley	1999	21-May	NB #2
4.28.65	Caitlin Yardley	1998	2-Jun	CAAA
4.30.47	Marissa Stirling	1998	11-Jun	Classic
4.35.34	Marissa Stirling	1998	14-May	Spring Challenge
4.36.12	Marissa Stirling	1998	2-Jun	CAAA
4.37.37	Marissa Stirling	1998	21-May	NB #2
4.39.94	Jill Girgulis	1997	11-Jun	Classic
4.45.99	Delainy Conibear	1997	21-May	NB #2
4.49.67	Hawaa Zaroul	1998	11-Jun	Classic
4.51.99	Cam Knowles	1999	21-May	NB #2
4.53.47	Delainy Conibear	1997	14-May	Spring Challenge
5.03.33	Kiannah Wright	1998	21-May	NB #2
5.03.64	Cam Knowles	1999	14-May	Spring Challenge
5.04.30	Anika Vogelgesang	1999	11-Jun	Classic
5.04.55	Anise Parker	1998	11-Jun	Classic
5.10.20	Kiannah Wright	1998	14-May	Spring Challenge
5.19.11	Hanna Svensson	1999	11-Jun	Classic
5.23.96	Heather Wood	1998	11-Jun	Classic
5.25.90	Kiannah Wright	1998	11-Jun	Classic
5.31.97	Heather Wood	1998	14-May	Spring Challenge

Female 1500m 2008 H Sim 4.25.07

4.50.64	Adrienne Erdman	1994	June	HS Prov
4.50.99	Deirdre Moran	1989	24-Jul	Prov
4.52.48	Adrienne Erdman	1994	2-Jul	Kelowna
4.57.43	Tara Dressler	1984	11-Jun	Classic
4.58.88	Deirdre Moran	1989	11-Jun	Classic
5.05.15	Adrienne Erdman	1994	19-May	HS Div
5.10.26	Adrienne Erdman	1994	11-Jun	Classic
5.10.88	Adrienne Erdman	1994	28-May	HS Cities
5.19.10	Katie Huang	1992	2-Jul	Kelowna
5.21.30	Katie Huang	1992	24-Jul	Prov
5.37.96	Katie Campbell	1995	2-Jul	Kelowna
5.38.59	Katie Campbell	1995	24-Jul	Prov
5.43.01	Katie Campbell	1995	11-Jun	Classic
5.45.33	Katie Campbell	1995	28-May	HS Cities
5.53.09	Katie Campbell	1995	19-May	HS Div

Outdoor Season Bests 2011

Female 1600m 2009 C O'Brien 5.45.83

5.48.30	Jill Girgulis	1997	29-May	City Hershies
5.54.20	Marissa Stirling	1998	29-May	City Hershies
6.31.32	Caitlin Yardley	1998	18-Jun	Prov Hershey
7.11.80	Kiannah Wright	1998	29-May	City Hershies

Female Mile 2009 H Sim 5.05.90

Female 2000m 2009 A Erdman 6.54.04

7.48.32	Jill Girgulis	1997	11-Jun	Classic
7.57.27	Jill Girgulis	1997	14-May	Spring Challenge
8.04.17	Jill Girgulis	1997	7-May	NB #1
8.16.78	Marissa Stirling	1998	2-Jun	CAAA
8.32.82	Marissa Stirling	1998	6-Jul	NB #3
8.43.21	Kendall Chong	1996	24-Jul	Prov
9.01.69	Marissa Stirling	1998	7-May	NB #1

Female 3000m 2007 L Ogradnik 9.59.39

10.30.82	Deirdre Moran	1989	11-Jun	Classic
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Female 5000m 2007 F Stenning 17.15.55

17.51.38	Deirdre Moran	1989	24-Jul	Prov
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Female 60mH 2010 A. Martin 12.19

**Female 80mH 2011 N. Charlesworth 11.49 30"
2011 E. Chong 14.77 27"**

11.49f 30"	Nicky Charlesworth	1994	19-May	HS Div
11.59f 30"	Nicky Charlesworth	1994	28-May	HS Cities
11.60p 30"	Nicky Charlesworth	1994	19-May	HS Div

Outdoor Season Bests 2011

12.12f 30"	Nicky Charlesworth	1994	June	HS Prov
12.19p 30"	Nicky Charlesworth	1994	June	HS Prov
12.21p 30"	Shaunie Morrison	1995	June	HS Prov
12.24f 30"	Shaunie Morrison	1995	June	HS Prov
12.66p 30"	Emily Wilson-Bodnar	1996	11-Jun	Classic
12.67f 30"	Nicole Squires	1995	18-May	HS Div
11.68p 30"	Nicky Charlesworth	1994	28-May	HS Cities
12.71p 30"	Nicole Squires	1995	28-May	HS Cities
12.78f 30"	Emily Wilson-Bodnar	1996	11-Jun	Classic
12.83 30"	Emily Wilson-Bodnar	1996	16-Jul	TriProvince
12.83 30"	Emily Wilson-Bodnar	1996	14-May	Spring Challenge
12.88p 30"	Nicole Squires	1995	18-May	HS Div
12.97f 30"	Nicole Squires	1995	28-May	HS Cities
13.03 30"	Emily Wilson-Bodnar	1996	7-May	NB #1
13.11 30"	Emily Wilson-Bodnar	1996	24-Jul	Prov
13.16	Emily Wilson-Bodnar	1996	2-Jun	CAAA
14.07 30"	Lauren Garnett	1995	28-May	HS Cities
14.08p 30"	Lauren Garnett	1995	28-May	HS Cities
14.47f 30"	Lauren Garnett	1995	19-May	HS Div
14.64p 30"	Lauren Garnett	1995	19-May	HS Div
14.84f 30"	Meghan Lim	1997	11-Jun	Classic
14.86 30"	Meghan Lim	1997	24-Jul	Prov
14.96 30"	Emma Chong	1998	7-May	NB #1
15.00 30"	Kendall Chong	1996	7-May	NB #1
15.07p 30"	Meghan Lim	1997	11-Jun	Classic
15.28 30"	Kendall Chong	1996	11-Jun	Classic
15.31 30"	Kendall Chong	1996	2-Jul	Kelowna
15.32 30"	Meghan Lim	1997	7-May	NB #1
15.66 30"	Kendall Chong	1996	14-May	Spring Challenge
15.74 30"	Meghan Lim	1997	14-May	Spring Challenge
15.89 30"	Emma Chong	1998	14-May	Spring Challenge
16.01	Lauren Yardley	1999	2-Jun	CAAA
16.26 30"	Grace Hilton	1999	7-May	NB #1
17.01 30"	Grace Hilton	1999	14-May	Spring Challenge
17.55 30"	Lauren Kruger	1997	7-May	NB #1
17.64 30"	Caitlin Yardley	1998	7-May	NB #1
17.65 30"	Lauren Yardley	1999	14-May	Spring Challenge
18.08 30"	Lauren Kruger	1997	11-Jun	Classic

Outdoor Season Bests 2011

18.15	30"	Lauren Yardley	1999	7-May	NB #1
18.17	30"	Caitlin Yardley	1998	14-May	Spring Challenge
18.49	30"	Reagan Chicoine	1998	14-May	Spring Challenge
18.57	30"	Kirsten Chicoine	1998	14-May	Spring Challenge
20.24	30"	Kate Conway	1998	7-May	NB #1
20.70	30"	Kate Conway	1998	14-May	Spring Challenge
14.77	27"	Emma Chong	1998	11-Jun	Classic
15.34	27"	Marissa Stirling	1998	11-Jun	Classic
15.73	27"	Anika Vogelgesang	1999	11-Jun	Classic
16.01	27"	Anise Parker	1998	11-Jun	Classic
16.41	27"	Hawaa Zaroul	1998	11-Jun	Classic
16.44	27"	Caitlin Yardley	1998	11-Jun	Classic
16.84	27"	Hanna Svensson	1999	11-Jun	Classic
16.94	27"	Lauren Yardley	1999	11-Jun	Classic
16.97	27"	Mia Hull	1998	11-Jun	Classic

Female 100mH **2011 S Morrison 14.30** **30"**
 2011 N Charlesworth 14.63 **33"**

14.63p	33"	Nicky Charlesworth	1994	9-Jul	Jun Nat
14.90	33"	Nicky Charlesworth	1994	6-Jul	NB #3
14.99	33"	Nicky Charlesworth	1994	June	Sen Nat
14.30f	30"	Shaunie Morrison	1995	11-Jun	Classic
14.36f	30"	Nicky Charlesworth	1994	11-Jun	Classic
14.37p	30"	Nicky Charlesworth	1994	11-Jun	Classic
14.40f	30"	Nicky Charlesworth	1994	Aug	Legion Nat
14.49p	30"	Nicky Charlesworth	1994	Aug	Legion Nat
14.63	30"	Shaunie Morrison	1995	6-Jul	NB #3
14.65f	30"	Shaunie Morrison	1995	24-Jul	Prov
14.69f	30"	Nicky Charlesworth	1994	24-Jul	Prov
14.75	30"	Nicky Charlesworth	1994	7-May	NB #1
14.79f	30"	Nicky Charlesworth	1994	9-Jul	Jun Nat
14.82	30"	Nicky Charlesworth	1994	14-Apr	Mt Sac
14.93CE	30"	Nicky Charlesworth	1994	14-May	Spring Challenge
14.97p	30"	Nicky Charlesworth	1994	24-Jul	Prov
15.01p	30"	Shaunie Morrison	1995	11-Jun	Classic
15.09p	30"	Shaunie Morrison	1995	24-Jul	Prov
17.38	30"	Lauren Garnett	1995	11-Jun	Classic

Outdoor Season Bests 2011

17.55	30"	Lauren Garnett	1995	7-May	NB #1
17.88	30"	Hawaa Zaroual	1998	7-May	NB #1
18.29	30"	Nicole Squires	1995	14-May	Spring Challenge
20.12	30"	Maria Jacso	1995	11-Jun	Classic

Female 200mH 2009 KA Meeuwisse 29.72

31.06		Emily Wilson-Bodnar	1996	16-Jul	TriProvince
31.52		Emily Wilson-Bodnar	1996	11-Jun	Classic
31.55		Meghan Lim	1997	24-Jul	Prov
31.78		Emily Wilson-Bodnar	1996	14-May	Spring Challenge
31.99		Emily Wilson-Bodnar	1996	2-Jun	CAAA
32.05		Meghan Lim	1997	11-Jun	Classic
32.95		Emily Wilson-Bodnar	1996	21-May	NB #2
33.56		Kendall Chong	1996	11-Jun	Classic
33.82		Kendall Chong	1996	21-May	NB #2
34.40		Grace Hilton	1999	21-May	NB #2
35.08		Kendall Chong	1996	14-May	Spring Challenge
35.84		Anise Parker	1998	21-May	NB #2
36.57		Lauren Kruger	1997	21-May	NB #2
36.59		Caitlin Yardley	1998	2-Jun	CAAA
38.84		Lauren Kruger	1997	11-Jun	Classic
42.87		Hawaa Zaroual	1998	14-May	Spring Challenge
45.37		Kiannah Wright	1998	14-May	Spring Challenge

Female 300mH 2011 S Morrison 46.09

46.09		Shaunie Morrison	1995	24-Jul	Prov
50.58		Jasmine Galey	1995	24-Jul	Prov
51.05		Jasmine Galey	1995	11-Jun	Classic
52.84		Jasmine Galey	1995	21-May	NB #2
53.79		Jasmine Galey	1995	14-May	Spring Challenge

Female 400mH 2007 H Ratzlaff 1.01.27

Female 1500SC 2007 T Dressler 4.57.93

Outdoor Season Bests 2011

Female 2000SC 2011 A Erdman 6.48.29

6.48.29	Adrienne Erdman	1994	Aug	Legion Nat
7.21.85	Tara Dressler	1984	21-May	NB #2
7.24.93	Adrienne Erdman	1994	24-Jul	Prov
7.32.30	Adrienne Erdman	1994	June	Classic

Female 3000SC 2007 T Dressler 10.31.12

11.28.31	Tara Dressler	1984	June	Sen Nat
11.30.23	Tara Dressler	1984	11-Jun	Classic

Female 1500 RW 2009 E Chappell 10.02.36

Female 5k RW 2008 K Samoilo 26.59.80

Female 20k RW 2008 K Samoilo 2:00.01.00

**Female LJ 1 m Take Off
2010 A Martin 3.86**

Female LJ 2006 Nikki M 5.36

5.31CE	Nicky Charlesworth	1994	14-May	Spring Challenge
5.30	Nicky Charlesworth	1994	6-Jul	NB #3
5.29	Nicky Charlesworth	1994	19-May	HS Div
5.26	Nicky Charlesworth	1994	28-May	HS Cities
5.21	Nicky Charlesworth	1994	14-Apr	Mt Sac
5.15	Nicky Charlesworth	1994	9-Jul	Jun Nat
5.12	Melissa Hazen	1994	11-Jun	Classic
5.07	Melissa Hazen	1994	24-Jul	Prov
5.03	Nicky Charlesworth	1994	June	HS Prov
5.01	Melissa Hazen	1994	6-Jul	NB #3

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5.00	Melissa Hazen	1994	19-May	HS Div
5.00	Nicky Charlesworth	1994	7-May	NB #1
4.99	Melissa Hazen	1994	2-Jul	Kelowna
4.98	Melissa Hazen	1994	7-May	Spring Challenge
4.96	Nicky Charlesworth	1994	Aug	Legion Nat
4.88	Melissa Hazen	1994	June	HS Prov
4.78	Melissa Hazen	1994	28-May	HS Cities
4.73	Melissa Hazen	1994	7-May	NB #1
4.63	Antha Dietrich-Henderson	1996	6-Jul	NB #3
4.55	Antha Dietrich-Henderson	1996	24-Jul	Prov
4.40	Antha Dietrich-Henderson	1996	16-Jul	TriProvince
4.36	Antha Dietrich-Henderson	1996	11-Jun	Classic
4.35	Antha Dietrich-Henderson	1996	2-Jul	Kelowna
4.26	Sarah Hughes	1994	28-May	HS Cities
4.22	Quinn Rausch	1996	6-Jul	NB #3
4.21	Lauren Garnett	1995	11-Jun	Classic
4.18	Quinn Rausch	1996	2-Jun	CAAA
4.18	Siri Svensson	1996	24-Jul	Prov
4.16	Emily Wilson-Bodnar	1996	6-Jul	NB #3
4.12	Antha Dietrich-Henderson	1996	7-May	NB #1
4.08	Kendall Chong	1996	2-Jul	Kelowna
4.06	Siri Svensson	1996	14-May	Spring Challenge
4.02	Kendall Chong	1996	7-May	NB #1
4.01	Emma Chong	1998	6-Jul	NB #3
4.00	Quinn Rausch	1996	24-Jul	Prov
3.98	Kendall Chong	1996	14-May	Spring Challenge
3.97	Quinn Rausch	1996	11-Jun	Classic
3.96	Maria Jacso	1995	14-May	Spring Challenge
3.96	Siri Svensson	1996	6-Jul	NB #3
3.94	Meghan Lim	1997	7-May	NB #1
3.94	Siri Svensson	1996	11-Jun	Classic
3.94	Kendall Chong	1996	11-Jun	Classic
3.91	Emma Chong	1998	11-Jun	Classic
3.89CE	Quinn Rausch	1996	14-May	Spring Challenge
3.83	Dana Gerlitz	1997	14-May	Spring Challenge
3.82	Hanna Svensson	1999	11-Jun	Classic
3.81	Jessica Kalmakoff	1995	14-May	Spring Challenge
3.76	Emma Chong	1998	7-May	NB #1

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3.76	Marissa Stirling	1998	7-May	NB #1
3.75	Hanna Svensson	1999	24-Jul	Prov
3.74	Kate Conway	1998	14-May	Spring Challenge
3.73	Meghan Lim	1997	24-Jul	Prov
3.72	Jessica Kalmakoff	1995	7-May	NB #1
3.72	Hawaa Zaroual	1998	7-May	NB #1
3.71	Mia Hull	1998	6-Jul	NB #3
3.69	Mia Hull	1998	11-Jun	Classic
3.68	Maria Jacso	1995	11-Jun	Classic
3.66	Hawaa Zaroual	1998	11-Jun	Classic
3.66	Anise Parker	1998	6-Jul	NB #3
3.66	Maria Jacso	1995	19-May	HS Div
3.62	Anise Parker	1998	14-May	Spring Challenge
3.62	Anise Parker	1998	11-Jun	Classic
3.61	Dana Gerlitz	1997	11-Jun	Classic
3.60	Anise Parker	1998	7-May	NB #1
3.59	Marissa Stirling	1998	11-Jun	Classic
3.59	Anika Voegesang	1999	11-Jun	Classic
3.52	Emma Chong	1998	14-May	Spring Challenge
3.49	Marissa Stirling	1998	6-Jul	NB #3
3.44	Grace Hilton	1999	7-May	NB #1
3.43	Grace Hilton	1999	14-May	Spring Challenge
3.41	Delainy Conibear	1997	11-Jun	Classic
3.40	Hanna Svensson	1999	14-May	Spring Challenge
3.36	Dana Gerlitz	1997	7-May	NB #1
3.29	Madelaien Yee	1997	14-May	Spring Challenge
3.26	Lauren Yardley	1999	11-Jun	Classic
3.22	Delainy Conibear	1997	7-May	NB #1
3.20	Delainy Conibear	1997	14-May	Spring Challenge
3.19	Lauren Kruger	1997	7-May	NB #1
3.18	Jessica Kalmakoff	1995	11-Jun	Classic
3.12	Marissa Stirling	1998	14-May	Spring Challenge
3.08	Reagan Chicoine	1998	14-May	Spring Challenge
3.08	Nicole Perks	2000	11-Jun	Classic
3.03	Mia Hull	1998	14-May	Spring Challenge
3.02	Caitlin Yardley	1998	11-Jun	Classic
2.98	Kate Conway	1998	7-May	NB #1
2.78	Lauren Kruger	1997	11-Jun	Classic

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2.73	Heather Wood	1998	14-May	Spring Challenge
2.72	Monique Zumwalt	2001	11-Jun	Classic
2.68	Kiannah Wright	1998	14-May	Spring Challenge
2.65	Kiannah Wright	1998	7-May	NB #1
2.61	Kaylie Resta	2002	11-Jun	Classic
2.45	Kirsten Chicoine	1998	14-May	Spring Challenge
2.37	Kiannah Wright	1998	11-Jun	Classic
2.26	Cam Knowles	1999	14-May	Spring Challenge

Female Standing Long Jump

2008 N Charlesworth 2.36

2.25	Meghan Lim	1997	18-Jun	Prov Hershey
2.09	Anise Parker	1998	29-May	City Hershies
2.06	Anise Parker	1998	18-Jun	Prov Hershey
2.00	Meghan Lim	1997	29-May	City Hershies
1.97	Grace Hilton	1999	18-Jun	Prov Hershey
1.94	Hanna Svennson	1999	18-Jun	Prov Hershey
1.90	Grace Hilton	1999	29-May	City Hershies
1.86	Emma Chong	1998	29-May	City Hershies
1.86	Hanna Svennson	1999	29-May	City Hershies
1.83	Anika Vogelgesang	1999	29-May	City Hershies
1.79	Lauren Kruger	1997	29-May	City Hershies
1.75	Kirsten Chicoine	1998	29-May	City Hershies
1.74	Reagan Chicoine	1998	29-May	City Hershies
1.73	Mia Hull	1998	29-May	City Hershies
1.72	Nikki Abbott	1998	29-May	City Hershies
1.70	Marissa Stirling	1998	29-May	City Hershies
1.69	Nicole Perks	2000	29-May	City Hershies
1.66	Jill Girgulis	1997	29-May	City Hershies
1.63	Hawaa Zaroul	1998	29-May	City Hershies
1.60	Lisa Cozma	2001	18-Jun	Prov Hershey
1.54	Kristen Pekar	2000	29-May	City Hershies
1.51	Monique Zumwalt	2001	18-Jun	Prov Hershey
1.49	Monique Zumwalt	2001	29-May	City Hershies
1.39	Jasper Crockford	2001	29-May	City Hershies
1.38	Hazel Sherritt	1999	29-May	City Hershies

Female TJ

2007 K Tse 11.69

Outdoor Season Bests 2011

10.96	Melissa Hazen	1994	24-Jul	Prov
10.67	Melissa Hazen	1994	Aug	Legion Nat
10.64	Melissa Hazen	1994	2-Jul	Kelowna
10.08	Antha Dietrich-Henderson	1996	24-Jul	Prov
10.08	Antha Dietrich-Henderson	1996	11-Jun	Classic
10.04	Antha Dietrich-Henderson	1996	16-Jul	TriProvince
9.98	Antha Dietrich-Henderson	1996	2-Jul	Kelowna
9.66	Lauren Garnett	1995	11-Jun	Classic
8.86	Antha Dietrich-Henderson	1996	21-May	NB #2
8.40	Maria Jacso	1995	14-May	Spring Challenge
7.97	Maria Jacso	1995	11-Jun	Classic

Female HJ 2009 N Charlesworth 1.70

1.65	Nicky Charlesworth	1994	21-May	NB #2
1.65	Nicky Charlesworth	1994	19-May	HS Div
1.64	Nicky Charlesworth	1994	11-Jun	Classic
1.63	Nicky Charlesworth	1994	Aug	Legion Nat
1.61CE	Nicky Charlesworth	1994	14-May	Spring Challenge
1.61	Nicky Charlesworth	1994	June	Sen Nat Qual.
1.60	Nicky Charlesworth	1994	24-Jul	Prov
1.60	Nicky Charlesworth	1994	9-Jul	Jun Nat
1.60	Nicky Charlesworth	1994	June	HS Prov
1.55	Nicky Charlesworth	1994	28-May	HS Cities
1.54	Nicky Charlesworth	1994	14-Apr	Mt Sac
1.52	Emily Wilson-Bodnar	1996	21-May	NB #2
1.50	Melissa Hazen	1994	11-Jun	Classic
1.50	Melissa Hazen	1994	14-May	Spring Challenge
1.45	Emily Wilson-Bodnar	1996	16-Jul	TriProvince
1.45	Emily Wilson-Bodnar	1996	24-Jul	Prov
1.43CE	Quinn Rausch	1996	14-May	Spring Challenge
1.40	Lauren Fridman	1996	14-May	Spring Challenge
1.40	Emily Wilson-Bodnar	1996	11-Jun	Classic
1.40	Emily Wilson-Bodnar	1996	2-Jun	CAAA
1.40	Emily Wilson-Bodnar	1996	14-May	Spring Challenge
1.38	Quinn Rausch	1996	21-May	NB #2
1.37	Quinn Rausch	1996	14-May	Spring Challenge

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1.35	Kendall Chong	1996	11-Jun	Classic
1.35	Lauren Fridman	1996	24-Jul	Prov
1.35	Lauren Fridman	1996	2-Jul	Kelowna
1.35	Lauren Fridman	1996	11-Jun	Classic
1.32	Kendall Chong	1996	14-May	Spring Challenge
1.30	Lauren Fridman	1996	16-Jul	TriProvince
1.30	Kendall Chong	1996	21-May	NB #2
1.30	Quinn Rausch	1996	2-Jun	CAAA
1.30	Quinn Rausch	1996	24-Jul	Prov
1.30	Kendall Chong	1996	24-Jul	Prov
1.30	Quinn Rausch	1996	11-Jun	Classic
1.27	Janessa Tiberio	1996	14-May	Spring Challenge
1.27	Madelaine Yee	1997	14-May	Spring Challenge
1.25	Emma Chong	1998	14-May	Spring Challenge
1.25	Kendall Chong	1996	2-Jul	Kelowna
1.25	Lauren Kruger	1997	21-May	NB #2
1.25	Anise Parker	1998	11-Jun	Classic
1.25	Janessa Tiberio	1996	21-May	NB #2
1.25	Emma Chong	1998	11-Jun	Classic
1.25	Emma Chong	1998	21-May	NB #2
1.25	Madelaine Yee	1997	11-Jun	Classic
1.25	Meghan Lim	1997	24-Jul	Prov
1.22	Meghan Lim	1997	14-May	Spring Challenge
1.20	Anna Glover	1997	21-May	NB #2
1.20	Mia Hull	1998	11-Jun	Classic
1.20	Lauren Kruger	1997	11-Jun	Classic
1.20	Anise Parker	1998	14-May	Spring Challenge
1.20	Janessa Tiberio	1996	11-Jun	Classic
1.20	Caitlin Yardley	1998	21-May	NB #2
1.20	Lauren Yardley	1999	21-May	NB #2
1.20	Anise Parker	1998	21-May	NB #2
1.20	Madelaine Yee	1997	24-Jul	Prov
1.17	Anna Glover	1997	14-May	Spring Challenge
1.15	Kate Conway	1998	21-May	NB #2
1.15	Lauren Yardley	1999	2-Jun	CAAA
1.12	Antha Dietrich-Henderson	1996	14-May	Spring Challenge
1.10	Rhea Foster	1998	11-Jun	Classic
1.10	Rhea Foster	1998	24-Jul	Prov

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1.10	Grace Hilton	1999	11-Jun	Classic
1.10	Mia Hull	1998	14-May	Spring Challenge
1.10	Cam Knowles	1999	14-May	Spring Challenge
1.10	Marissa Stirling	1998	11-Jun	Classic
1.10	Caitlin Yardley	1998	11-Jun	Classic
1.10	Hawaa Zaroul	1998	11-Jun	Classic
1.00	Rhea Foster	1998	14-May	Spring Challenge
1.00	Grace Hilton	1999	14-May	Spring Challenge
1.00	Heather Wood	1998	11-Jun	Classic
1.00	Kiannah Wright	1998	14-May	Spring Challenge
1.00	Lauren Yardley	1999	11-Jun	Classic
0.90	Kiannah Wright	1998	21-May	NB #2
0.90	Nicole Perks	2000	11-Jun	Classic
0.90	Kristen Pewar	2000	11-Jun	Classic
0.90	Rebecca Pewar	2000	11-Jun	Classic
0.90	Kiannah Wright	1998	11-Jun	Classic
0.90	Monique Zumwalt	2001	11-Jun	Classic

Female SP

2007 T Johnson 10.12 4kg
2011 S Svensson 9.63 3kg
2011 N Perks 5.10 2kg

9.36CE 4kg	Nicky Charlesworth	1994	14-May	Spring Challenge
6.99 4kg	Maria Jacso	1995	14-May	Spring Challenge
6.71 4kg	Maria Jacso	1995	11-Jun	Classic
5.48 4kg	Lauren Garnett	1995	14-May	Spring Challenge
9.63 3kg	Siri Svensson	1996	24-Jul	Prov
9.53 3kg	Madelaine Yee	1997	6-Jul	NB #3
9.34 3kg	Siri Svensson	1996	16-Jul	TriProvince
9.23 3kg	Siri Svensson	1996	6-Jul	NB #3
9.22 3kg	Madelaine Yee	1997	16-Jul	TriProvince
9.04 3kg	Siri Svensson	1996	14-May	Spring Challenge
9.00 3kg	Siri Svensson	1996	11-Jun	Classic
8.85 3kg	Madelaine Yee	1997	11-Jun	Classic
8.70 3kg	Madelaine Yee	1997	24-Jul	Prov
8.64 3kg	Mia Hull	1998	6-Jul	NB #3
8.64 3kg	Madelaine Yee	1997	14-May	Spring Challenge
8.54 3kg	Madelaine Yee	1997	21-May	NB #2

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8.04	3kg	Mia Hull	1998	11-Jun	Classic
7.95	3kg	Dana Gerlitz	1997	14-May	Spring Challenge
7.93	3kg	Dana Gerlitz	1997	24-Jul	Prov
7.76	3kg	Dana Gerlitz	1997	21-May	NB #2
7.66	3kg	Dana Gerlitz	1997	6-Jul	NB #3
7.64	3kg	Anise Parker	1998	6-Jul	NB #3
7.36	3kg	Mia Hull	1998	14-May	Spring Challenge
7.12	3kg	Anise Parker	1998	21-May	NB #2
7.09	3kg	Dana Gerlitz	1997	11-Jun	Classic
7.00	3kg	Anise Parker	1998	11-Jun	Classic
6.79	3kg	Anthia Dietrich-Henderson	1996	21-May	NB #2
6.58	3kg	Anise Parker	1998	14-May	Spring Challenge
6.52	3kg	Hanna Svensson	1999	24-Jul	Prov
6.45	3kg	Hanna Svensson	1999	11-Jun	Classic
6.24	3kg	Hanna Svensson	1999	14-May	Spring Challenge
6.17CE	3kg	Quinn Rausch	1996	14-May	Spring Challenge
6.15	3kg	Jill Girgulis	1997	21-May	NB #2
6.14	3kg	Mariissa Stirling	1998	11-Jun	Classic
5.54	3kg	Emma Chong	1998	11-Jun	Classic
5.24	3kg	Emma Chong	1998	14-May	Spring Challenge
4.98	3kg	Rhea Foster	1998	24-Jul	Prov
4.91	3kg	Anika Vogelgesang	1999	11-Jun	Classic
4.77	3kg	Caitlin yardley	1998	11-Jun	Classic
4.73	3kg	Hawaa Zaroul	1998	11-Jun	Classic
4.66	3kg	Rhea Foster	1998	14-May	Spring Challenge
4.62	3kg	Rhea Foster	1998	11-Jun	Classic
4.56	3kg	Kiannah Wright	1998	11-Jun	Classic
4.40	3kg	Lauren Yardley	1999	11-Jun	Classic
3.89	3kg	Heather Wood	1998	11-Jun	Classic
5.10	2kg	Nicole Perks	2000	11-Jun	Classic
4.41	2kg	Monique Zumwalt	2001	11-Jun	Classic
4.29	2kg	Kristen Pewar	2000	11-Jun	Classic
3.93	2kg	Rebecca Pewar	2000	11-Jun	Classic
Female Javelin					
		2007 J Wamsley 32.57	600g		
		2011 D Gerlitz 26.80	500g		
27.00	600g	Lauren Fridman	1996	24-Jul	Prov

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26.57	600g	Lauren Fridman	1996	2-Jul	Kelowna
26.36	600g	Lauren Fridman	1996	11-Jun	Classic
24.76	600g	Dana Gerlitz	1997	24-Jul	Prov
24.38	600g	Dana Gerlitz	1997	11-Jun	Classic
24.31	600g	Lauren Fridman	1996	14-May	Spring Challenge
23.84	600g	Alanna Pearson	1994	11-Jun	Classic
23.75	CE 600g	Nicky Charlesworth	1994	14-May	Spring Challenge
19.63	600g	Siri Svensson	1996	24-Jul	Prov
19.61	600g	Madelaine Yee	1997	14-May	Spring Challenge
19.05	600g	Siri Svensson	1996	11-Jun	Classic
18.77	600g	Maria Jacso	1995	11-Jun	Classic
18.30	600g	Maria Jacso	1995	14-May	Spring Challenge
17.29	600g	Dana Gerlitz	1997	14-May	Spring Challenge
16.23	600g	Maria Jacso	1995	19-May	HS Div
11.61	600g	Madelaine Yee	1997	11-Jun	Classic
11.39	600g	Jessica Kalmakoff	1995	14-May	Spring Challenge
8.05	600g	Lauren Garnett	1995	14-May	Spring Challenge
26.80	500g	Dana Gerlitz	1997	16-Jul	TriProvince
26.25	500g	Lauren Fridman	1996	16-Jul	TriProvince
25.56	500g	Dana Gerlitz	1997	6-Jul	NB #3
24.69	500g	Siri Svensson	1996	6-Jul	NB #3
23.19	500g	Madelaine Yee	1997	21-May	NB #2
22.98	500g	Madelaine Yee	1997	6-Jul	NB #3
15.15	500g	Dana Gerlitz	1997	21-May	NB #2
13.66	500g	Kendall Chong	1996	21-May	NB #2
11.38	500g	Antha Dietrich-Henderson	1996	21-May	NB #2

Female Discus **2007 T Johnson 33.15** **1 kg**
 2011 M Yee 28.81 **750g**

25.21	1kg	Siri Svensson	1996	24-Jul	Prov
23.99	1kg	Madelaine Yee	1997	24-Jul	Prov
23.13	1kg	Madelaine Yee	1997	14-May	Spring Challenge
22.63	1kg	Dana Gerlitz	1997	24-Jul	Prov
22.19	1kg	Madelaine Yee	1997	11-Jun	Classic
21.78	1kg	Dana Gerlitz	1997	11-Jun	Classic
20.12	1kg	Siri Svensson	1996	14-May	Spring Challenge
18.32	1kg	Siri Svensson	1996	11-Jun	Classic

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17.86	1kg	Maria Jacso	1995	14-May	Spring Challenge
16.38	1kg	Dana Gerlitz	1997	14-May	Spring Challenge
13.09	1kg	Mehan Lim	1997	11-Jun	Classic
28.81	750g	Madelaine Yee	1997	16-Jul	TriProvince
27.30	750g	Dana Gerlitz	1997	16-Jul	TriProvince
27.09	750g	Madelaine Yee	1997	7-May	NB #1
24.26	750g	Siri Svensson	1996	16-Jul	TriProvince
20.62	750g	Mia Hull	1998	11-Jun	Classic
18.28	750g	Mia Hull	1998	14-May	Spring Challenge
18.11	750g	Dana Gerlitz	1997	7-May	NB #1
15.95	750g	Anise Parker	1998	7-May	NB #1
15.61	750g	Anise Parker	1998	11-Jun	Classic