

WOMEN'S OUTDOOR TRACK RECORDS

as of **DECEMBER 2019**

80 METRES

U14	10.72 (1.2)	MAKENNA MATHESON	99	STFC	REGINA	16/06/12
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100 METRES

U14	12.21 (-0.9)	JENNI HUCUL	88	STFC	SASKATOON	09/06/01
U16	11.58 (1.4)	JENNI HUCUL	88	STFC	SASKATOON	04/07/03
U18	11.58 (1.4)	JENNI HUCUL	88	STFC	SASKATOON	04/07/03
U20	11.58 (1.4)	JENNI HUCUL	88	STFC	SASKATOON	04/07/03
SENIOR	11.58 (1.4)	JENNI HUCUL	88	STFC	SASKATOON	04/07/03
	11.50	*PATRICIA LOVEROCK	53	BC	REGINA	11/08/75

150 METRES

U14	19.02 (1.7)	JULEAH DUESING	02	QCST	REGINA	10/05/14
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200 METRES

U16	24.50 (1.2)	JENNI HUCUL	88	STFC	HOUSTON	26/04/03
	24.5	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	12/08/80
U18	24.19	LADONNA ANTOINE	74	RAT	TORONTO, ONT	10/08/91
U20	24.19	LADONNA ANTOINE	74	RAT	TORONTO, ONT	10/08/91
	23.8	JOANNE McTAGGART	54	STC	MONTREAL, QUE	18/08/72
	23.85	*ANGELA BAILEY	54	ON-UT	REGINA	02/08/81
SENIOR	23.13 (+0.0)	LADONNA ANTOINE-WATKINS	74	RAT	EDMONTON	24/06/01
	22.8	JOANNE McTAGGART	54	US	QUEBEC	29/05/76
	22.85	*ANGELA TAYLOR	60	ON-SO	REGINA	02/08/81

300 METRES

U16	39.27	SAVANNAH SUTHERLAND	03	TS/STFC	SHERWOOD PARK	28/07/18
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400 METRES

U16	57.36	SAVANNAH SUTHERLAND	03	STFC	SASKATOON	12/05/18
	56.26	*CHERYL ALLEN	72	AB	SASKATOON	03/08/85
U18	54.52	LISA KROLL	65	STC	WINNIPEG, MB	04/07/82
	52.96	*JILLIAN RICHARDSON	65	AB-CS	REGINA	02/08/81
U20	54.52	LISA KROLL	65	STC	WINNIPEG, MB	04/07/82
	52.96	*JILLIAN RICHARDSON	65	AB-CS	REGINA	02/08/81
SENIOR	50.92	LADONNA ANTOINE	74	RAT	SYDNEY, AUS	23/09/00

800 METRES

U14	2:21.7	JENNIFER STAKIW	81	CEN	OTTAWA, ONT	06/08/94
U16	2:14.19	ALEXIS LEWANS	04	TS	REGINA	23/06/19
	2:13.00	*STEPHANIE ROMANSON	90	TEAM-MAN	REGINA	15/08/05
U18	2:08.71	AVERY PEARSON	03	TEAM-SK	SYDNEY, NS	11/08/19
	2:08.71	AVERY PEARSON	03	TMSK	SYDNEY, NS	11/08/19
	2:07.60	*VICKY LYNCH	70	AB-LED	SASKATOON	08/07/89
SENIOR	2:02.07	JULIANNE LABACH	96	STFC	OTTAWA	08/07/18

1200 METRES

U14	3:53.89	ALEXIS LEWANS	04	RIVA	REGINA	10/06/17
U16	3:39.65	NATALIA MCCULLOUGH	01	TS	REGINA	30/07/16
	3:37.77	*OLIVIA COOPER	01	TMAB	REGINA	30/07/16

1500 METRES

U14	4:38.16	JENNIFER STAKIW	81	CEN	OTTAWA	06/08/94
U16	4:37.95	DEIDRE EMERSON	79	CEN	OTTAWA	06/08/94
	4:36.53	*STEPHANIE SMITH	90	ONT-YORK	SASKATOON	25/07/04
U18	4:29.63	KENDRA SCHAAF	90	QCS	ABBOTSFORD	28/07/07
U20	4:18.61	KENDRA SCHAAF	90	QCS	VICTORIA	10/06/09
SENIOR	4:10.25	COURTNEY HUFSMITH	98	STFC	QUEBEC CITY	02/08/19

2000 METRES

U16	6:30.68	ALEXIS LEWANS	04	RIVA	PRINCE ALBERT	15/06/19
	6:22.94	*SOPHIE SIGFSTEAD		TMAB	SASKATOON	18/07/14

3000 METRES

U16	10:11.66	KARISSA LEPAGE	91	QCS	MOOSE JAW	03/06/06
	10:00.60	*JENNIFER ARMSTRONG	71	ONT	SASKATOON	03/08/85
U18	9:47.59	KENDRA SCHAAF	90	QCS	SHERWOOD PARK	11/08/07
U20	9:14.62	KENDRA SCHAAF	90	QCS	CHARLOTTETOWN	18/07/09
SENIOR	9:13.19	DANETTE DOETZEL	86	PROV/QCS	ZONDAG	26/07/09

5000 METRES

U20	15:52.08	DANETTE DOETZEL	86	QCS	VICTORIA	10/06/05
SENIOR	15:46.76	DANETTE DOETZEL	86	PROV/QCS	WALNUT	18/04/09

10,000 METRES

SENIOR	33:23.22	DANETTE DOETZEL	86	PROV/QCS	STANFORD	02/05/09
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MARATHON

SENIOR	2H45:28	JOI BELYK	56	SRR	VANCOUVER, BC	06/05/86
	2H44:26	*LINDA STAUDT	59	SWCK	REGINA	15/05/81

1500M RACE WALK

U14	8:09.43	BRANDI ARMSTRONG	84	CEN	PRINCE GEORGE	09/08/98
U16	8:07.71	BRANDI ARMSTRONG	84	UNA	CALGARY	13/08/00

3km RACE WALK

U16	17:58.98	CAITLIN WARKENTIN	89	RIV	WEYBURN	10/08/04
U18	17:58.98	CAITLIN WARKENTIN	89	RIV	WEYBURN	10/08/04
U18	16:46.15	HEATHER HAHN	78	OUT	SASKATOON	09/08/97

5km RACE WALK

U20	28:21.49	HEATHER HAHN	78	OUT	BRANDON	20/08/97
SENIOR	28:21.49	HEATHER HAHN	78	OUT	BRANDON	20/08/97
	23:26.04	*PASCALE GRAND	70	PQ	SASKATOON	18/08/89

10km RACE WALK

U20 OPEN	49:49.16	*MEGAN HUZZEY	85	BC-VIC	SASKATOON	25/07/04
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80 METRE HURDLES

U14	13.22 (0.8)	YASMIN CALLELE	92	PRA	REGINA	24/06/05
U16	11.27 (1.3)	SAVANNAH SUTHERLAND	03	TMSK/STFC	BRANDON	10/08/18
U18	12.11	ANNE-MARIE LAMBERT	74	NBL	ETOBICOKE, ONT	03/08/91

100 METRE HURDLES 30"

U18	13.86 (0.5)	JAIME CRUICKSHANK	86	STFC-CAN	SHERBROOKE	09/07/03
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100 METRE HURDLES 33"

U18	13.73 (0.5)	SAVANNAH SUTHERLAND	03	STFC	MONTREAL	27/07/19
U20	13.73 (0.5)	SAVANNAH SUTHERLAND	03	STFC	MONTREAL	27/07/19
	13.57 (0.9)	*FRANCES KEATING	85	ON-GFPA	SASKATOON	24/07/04
SENIOR	12.93 (+0.5)	BRIANNE THEISEN-EATON	88	UNSK	GOTZIS	28/05/16

200 METRE HURDLES

U16	27.66 (-2.6)	SAVANNAH SUTHERLAND	03	STFC/TS	BRANDON	12/08/18
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300 METRE HURDLES

U16	45.88	JENNIFER STAKIW	81	PR	KELOWNA, BC	28/06/96
U18	42.58	KATELYN LEHNER	95	SMAT	CHARLOTTETOWN	19/08/12

400 METRE HURDLES

U16	1:03.42	JENNIFER STAKIW	81	PR	SASKATOON	14/06/96
U18	1:01.23	SAVANNAH SUTHERLAND	03	STFC	REGINA	14/07/19
	1:01.0	GWEN WALL	63	RIV	REGINA	24/06/78
	1:01.17	*MICHAELA COLLUNEY	72	BC	SASKATOON	19/08/89
U20	58.49	GWEN WALL	63	RIV	SASKATOON	10/07/82
SENIOR	56.10	GWEN WALL	63	RIV	EDMONTON, AB	11/07/83

1500 METRE STEEPLECHASE NO WATER JUMP 30"

U16	5:08.77	JADYN PALASCHUK	05	TMSK	REGINA	12/07/19
	4:58.97	SORCHA SHIU	05	TMALB	REGINA	12/07/19

2000 METRE STEEPLECHASE 30"

U18	6:39.36	JESSICA FURLAN	90	EXCEL	ABBOTSFORD	29/07/07
U20	6:39.36	JESSICA FURLAN	90	EXCEL	ABBOTSFORD	29/07/07
SENIOR	6:25.28	JESSICA FURLAN	90	EXCEL	TEMPE, AZ	21/03/15

3000 METRE STEEPLECHASE 30"

U20	10:16.32	JESSICA FURLAN	90	CANADA/EXA	POLAND	10/07/08
SENIOR	9:33.45	JESSICA FURLAN	90	EXCEL/CAN	HEUSDEN-ZOLDER	19/07/14

WOMEN'S OUTDOOR FIELD RECORDS

as of DECEMBER 2019

LONG JUMP

U14	4.98m (-2.5)	COURTNEY THRUN	98	EXA	REGINA	05/07/11
U16	5.68m	JANINE POLISCHUK	85	RAT	REGINA	06/05/00
U18	6.02m (+1.7)	OPE ADELUGBA	98	STFC	YORKTON	06/06/15
	6.41m	*NICOLE ALI	64	ON-SO	REGINA	02/08/81
U20	6.02m (1.6)	BRIANNE THEISEN	88	STFC	YORKTON	02/06/07
	6.02m (+1.7)	OPE ADELUGBA	98	STFC	YORKTON	06/06/15
	6.41m	*NICOLE ALI	64	ON-SO	REGINA	02/08/81
SENIOR	6.72m (+0.9)	BRIANNE THEISEN-EATON	88	UNSK	GOTZIS, AUS	31/05/15

TRIPLE JUMP

U16	11.93m (0.0)	CHLOE HETHERTON	92	SMA	OROMOCTO, NB	11/08/07
U18	12.71m (-2.0)	CHLOE HETHERTON	92	STFC	REGINA	06/06/08
U20	12.71m (-2.0)	CHLOE HETHERTON	92	STFC	REGINA	06/06/08
SENIOR	12.74m	TRACY DULMAGE	71	RAT	USA	04/30/94

HIGH JUMP

U14	1.63m	ANGIE COLLINGE	83	UNA	SHERBROOKE, QUE	11/08/96
U16	1.71m	JANINE POLISCHUK	85	RAT	SASKATOON	02/06/00
	1.72m	*CORALEA BROWN	72	AB-LED	SASKATOON	03/08/85
U18	1.73m	BRANDY WEHRHAHN	75	BIG	SASKATOON	05/06/92
	1.85m	*WHITNEY EVANS	80	AB-WAR	SASKATOON	09/08/97
U20	1.80m	VANESSA MONAR	69	UNA	SASKATOON	26/06/88
	1.85m	*WHITNEY EVANS	80	AB-WAR	SASKATOON	09/08/97
SENIOR	1.89m	BRIANNE THEISEN-EATON	88	UNSK	GOTZIS, AUS	30/05/15

POLE VAULT

U16	3.55m	THERESA WIEBE	87	RIV	REGINA	07/07/02
U18	3.90m	THERESA WIEBE	87	RIV	BRANDON	19/06/04
U20	4.11m	ADRIANNE VANGOOL	85	RIV	SASKATOON	25/06/04
SENIOR	4.55m	KELSIE HENDRY	82	RIV	PRINCE ALBERT	14/06/08

SHOT PUT

U14 3kg	9.91m	RACHEL VANDERHOOF	03	TMSK	REGINA	29/07/16
U14	11.50m	NAOMI DUBOURT	83	PAO	SASKATOON	05/07/96
U16 3kg	12.33m	TARYN SUTTIE	90	TS/RIV	EDMONTON	06/08/05
	13.84m	*TAYLOR HEALD		TMMAN	SASKATOON	18/07/14
U16 4kg	11.73m	SHANNON KEKULA	66	MMT	THUNDER BAY, ONT	15/08/81
	11.92m	*ALEXIS JOHNSON	05	TMAB	SWIFT CURRENT	18/08/19
U18 3kg	13.97m	NICOLE KRAMCHYNSKY	01	STFC	BRANDON	11/08/18
U18	12.54m	CHRISTINA KALUZA	78	WCK	CALGARY, AB	22/07/95
	12.77m	*PAM YOUNG	66	AB-LTH	SASKATOON	28/05/83
U20	14.91m	TARYN SUTTIE	90	STFC	CHARLOTTETOWN	18/07/09
SENIOR	17.88m	TARYN SUTTIE	90	UNSK	ARIZONA	09/04/16

DISCUS

U14 750g	26.09m	RACHEL VANDERHOOF	03	EXCEL	REGINA	29/07/16
	32.36m	*MATEYA HAINZ		TMBC	REGINA	24/07/14
U14	28.68m	SHERRI LEONARD	74	HTS	SASKATOON	10/05/87
U16 750gm	34.11m	JESSICA PARSON	97	KATC	REGINA	16/06/12
	38.92m	*TAYLOR HEALD		TMMAN	SASKATOON	19/07/14
U16 1kg	39.94m	SHERRI LEONARD	74	HTS	SASKATOON	12/06/89
U18	43.30m	SHERRI LEONARD	74	HTS	SASKATOON	26/05/91
	44.65m	*TAYLOR HEAD	99	TM-MAN	REGINA	30/07/16
U20	47.21m	HAYLEA SALAMON	96	STFC	GEORGIA	09/05/15
	47.72m	*SANDY KETTERER	63	AB-EC	SASKATOON	12/06/82
SENIOR	57.70m	GALE DOLEGIEWICZ	59	TM SK	SASKATOON	08/09/88

JAVELIN

U14 400gm	30.56m	MACIE KUPPENBENDER	00	SLET	PRINCE ALBERT	21/09/13
U16 500gm	40.40m	KIRSTIE REDLICK	92	TS / UNA	RED DEER	07/07/07
U16	40.52m	KIRSTIE REDLICK	92	TS / UNA	SIMON FRASER, BC	13/08/06
U18 500gm	42.15m	LESLIE THOMAS	98	TMSK	WINNIPEG	17/07/15
U18	43.54m	SHELLEY THOEN	60	VISCOUNT	ST. JOHNS	13/08/77
	47.70m	*VALERIE TULLOCH	72	ON-AI	SASKATOON	08/07/89
U20	45.90m	KARRY SCHRADER	76	WCK	BUFFALO, USA	14/07/94
	50.25m	*KRISTA WOODWARD	84	BC	SASKATOON	04/07/03
SENIOR	52.30m	STEPHANIE PROCTOR	66	UNA	VICTORIA	27/07/94
	57.76m	*TESSA SANDERSON		GBR	SASKATOON	14/06/81

HAMMER

U16 3kg	38.31m	NAOMI KLASSEN	01	TSASKATOON	ESTEVAN	25/07/16
	45.38m	*MACKENNA LESLIE	01	TMAB	REGINA	30/07/16
U16	30.06m	BECKY SLOWSKI	86	TIS	SASKATOON	14/07/01
U18 3kg	52.31m	TANESSA MORRIS	99	EXCL	STE. THERESE	07/08/16
U18	43.19m	TARYN SUTTIE	90	RIV	PRINCE ALBERT	12/05/07
	53.34m	*RACHELLE KOKAYKO	87	BC-KEL	SASKATOON	25/07/04
U20	52.57m	ELISABETH DUBOURT	86	STFC	SASKATOON	05/07/05
	57.41m	*MARIE-EVE BOISSELLE	86	TEAM-QUE	REGINA	16/08/05
SENIOR	61.74m	MEGAN REID	83	STFC	CALGARY	18/06/06
	62.15m	*HEATHER STEACY	88	TEAM ALB	SASKATOON	09/08/09

PENTATHLON

U16	3206 PTS	EMILY COGHILL	99	TS	LANGLEY	15/08/14
		80m HURDLES 12.28 (0.1)				
		HIGH JUMP 1.57m				
		SHOT PUT 9.85m				
		LONG JUMP 4.95m (1.7)				
		800m 2:33.73				
U20 (HT)	3504	LESIA PILLIPOW	63	WYN	WINNIPEG, MB	1-2/8/80
		100m HURDLES 15.3				
		SHOT PUT 8.84m				
		HIGH JUMP 1.58m				
U20	3385	LESIA PILLIPOW	63	WYN	SHERBROOKE	13-14/6/80
		100m HURDLES 15.60				
		SHOT PUT 6.82m				
		HIGH JUMP 1.58m				
SENIOR	4639	DIANE JONES KONIHOWSKI	51	PGC	AUSTRIA	21/05/77
		100m HURDLES 13.94				
		SHOT PUT 15.31m				
		HIGH JUMP 1.70m				
		LONG JUMP 6.55m				
		800 METRES 2:13.8				

HEPTATHLON (DIFFERENT
EVENTS)

U18	4946 pts	JANINE POLISCHUK	85	RAT	CALGARY	11-12/05/02
		33" 100m HURDLES 15.15 (0.3) SHOT PUT 8.40m HIGH JUMP 1.68m 200 METRES 25.86 (-1.1)			LONG JUMP 5.69m (-0.5) JAVELIN 31.92m 800 METRES 2:22.40	
U18	4928 pts	BRIANNE THEISEN	88	STFC	SASKATOON	10-11/06/05
		100m 30" HURDLES 14.97 (-3.1) SHOT PUT 10.09m HIGH JUMP 1.61m 200 METRES 25.26 (0.3)			LONG JUMP 5.29m (1.1) JAVELIN 34.51m 800 METRES 2:26.67	
U18	4755 pts	SARA MURRAY	97	STFC/TS	LANGLEY	15/08/14
		100m H 30" 14.33 (-0.9) HJ – 1.48m SP 3kg – 11.91m 200m – 26.04 (-1.0) LJ – 4.96m (-1.2) JT 500gm – 33.30m 800m – 2:30.39				
U20	5413 pts	BRIANNE THEISEN	88	STFC	SAO PAULO	07-08//07/07
		100m HURDLES 14.29 (+0.0) HIGH JUMP 1.76m SHOT PUT 10.80m 200 METRES 25.05 (0.5)			LONG JUMP 5.54m (0.8) JAVELIN 39.56m 800 METRES 2:28.52	
SENIOR	6808	BRIANNE THEISEN-EATON	88	UNSK	GOTZIS, AUS	30-31/05/15
		100m HURDLES 13.05 (-0.2) SHOT PUT 13.73m HIGH JUMP 1.89m 200 METRES 23.34 (+1.4)			LONG JUMP 6.72m (+0.9) JAVELIN 42.96m 800 METRES 2:09.37	

WOMEN'S OUTDOOR RELAY RECORDS

as of DECEMBER 2019

4 x 100 METRE RELAY

U14	51.91	RIVERSDALE ATHLETIC CLUB INC.		SASKATOON		01/06/03
		MORGAN HEDMAN ERICA CROTEAU JOCELYN BELLAMY LEAH WECKWORTH				

U16	48.55	SASKATCHEWAN TEAM		SHERWOOD PARK	27/07/18
		OLAMIDE OLALOKU	03		
		SHELAIN PRICHARD	04		
		RACHEL ALBERSTON	03		
		SAVANNAH SUTHERLAND	03		
U18	47.76	SASKATCHEWAN TEAM		REGINA	13/07/19
		PAIGE WILLEMS	02		
		SAVANNAH SUTHERLAND	03		
		EMILY COLE-JOHNSON	02		
		KAILEE WOITAS	02		
	47.44	*TEAM ALBERTA			
		TEGAN WILSON			
		KATELYN SLESSOR			
		CASSANDRA GRENKE			
		GRACIA MUAMBA			
U20	47.17	TEAM SASK		BURNABY	04/07/99
		NICOLE BUCHHOLZ	82		
		JANESSA LEPP	81		
		KARLYN SERBY	81		
		DEANNE MENGEL	80		
SENIOR	46.39	SASKATCHEWAN TEAM		SHERBROOKE	15/08/13
		MICHELLE YOUNG	92		
		JENNA MANN	92		
		KATRIN RITCHIE	92		
		MERISSA MARGETTS	91		
	46.30	*ONTARIO TEAM		SASKATOON	19/08/89
		STACEY BOWEN			
		NADINE HALLIDAY			
		NICOLE DEVONISH			
		VAL BECKLES			
		4 x 200 METRE RELAY			
U16	1:49.31	SASKATOON TRACK CLUB		REGINA	13/05/17
		SAVANNAH SUTHERLAND	03		
		PAIGE WILLEMS	02		
		OLAMIDE OLALOKU	03		
		JOELEE HELMECZI	02		
U16	1:47.5	*TEAM MANITOBA		REGINA	17/07/11

4 X 200m RELAY

U18	1:52.3	RIVERSDALE TRACK CLUB	SASKATOON	27/06/70
U18	1:47.5	*CALGARY SPARTANS	SASKATOON	25/05/80
U20	1:42.3	RIVERSDALE TRACK CLUB	SASKATOON	07/07/74
		DIEDRE DORATY	56	
		SANDRA BOHUN	56	
		CAREN RATHIE	58	
		SHERRIE DUTTON	58	
SENIOR	1:42.3	RIVERSDALE TRACK CLUB	SASKATOON	07/07/74
		DIEDRE DORATY	56	
		SANDRA BOHUN	56	
		CAREN RATHIE	58	
		SHERRIE DUTTON	58	

4 x 400 METRE RELAY

U16	4:07.67	TEAM SASK	CALGARY	20/06/99
		ANNA JOHNSON	84	
		BRANDI ARMSTRONG	84	
		AMBER MOSEWICH	84	
		DANIELLE MCFADYEN	84	
U18	3:48.28	SASKATCHEWAN TEAM	SYDNEY, NS	11/08/19
		PAIGE WILLEMS	02	
		RACHEL ALBERSTON	03	
		SAVANNAH SUTHERLAND	03	
		AVERY PEARSON	03	
U20	3:47.58	SASKATCHEWAN TEAM	THUNDER BAY	15/08/81
		JANICE ZUNTI	62	
		CLARA WALL	65	
		GWEN WALL	63	
		LISA KROLL	65	
SENIOR	3:38.41	SASKATCHEWAN TEAM	SASKATOON	15/08/79
		SUZANNE BOUVIER	61	
		JAN HERRINGER	52	
		CAREN RATHIE	58	
		BEV BRITTON	61	
	3:37.87	*BRITISH COLUMBIA TEAM	SASKATOON	15/08/79
		ANNE MACKIE-MORELLI	55	
		CHERYL NOBLE	56	
		JUDY TOBACCO	61	
		DEBBIE CAMPBELL	58	

4 x 800 METRE RELAY

SENIOR	8:57.18	RIVERSDALE TRACK CLUB	SASKATOON	09/06/79
		JAN HERRINGER	52	
		CAREN RATHIE	58	
		BEV BRITTON	61	
		ALICE HUMENY	58	

MEDLEY RELAY (400,100,100,200)

U16	1:49.19	TEAM SASK	REGINA	14/07/19
		SHELAIN PRICHARD	04	
		DANIELLA OYENUGA	04	
		KATIANA GILBERT	05	
		ALEXIS LEWANS	04	

MEDLEY RELAY (400,200,200,800)

U16	4:12.20	SASKATCHEWAN TEAM	SHERWOOD PARK	27/07/18
		SAVANNAH SUTHERLAND	03	
		SHELAIN PRICHARD	04	
		RACHEL ALBERSTON	03	
		STELLA MCLEOD	04	

U18 & U20	4:06.0	SASKATCHEWAN TEAM	HAMILTON	19/08/81
		CLARA WALL	65	
		LISA KROLL	65	
		GAIL HARRIS	66	
		DONNA BALEZANTIS	65	

U18 & U20	4:03.7	*ONTARIO	SASKATOON	13/08/80
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SENIOR	4:02.07	SASKATCHEWAN TEAM	SWIFT CURRENT	17/08/19
		KENDRA FARMER	99	
		BRIANNA ANDREWS	00	
		OJAMALE ATTAH	01	
		JASMINE FEHR	99	

	4:02.0	*ALBERTA TEAM	SASKATOON	05/07/75
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