

**2011 Outdoor Rankings
Master Women**

Time/Dist		Athlete			Date	Meet
100 Metres						
14.87	0.5	Lafayette-Boyd, Carol	42	EXCL	06/07/2011	World Masters
15.81	-1.9	Tremblay, Rhonda	51	STFC	28/06/2011	STFC Twilite #1
Wind/No Wind						
17.11	NWI	Coward, Selina	55	EXCL	18/06/2011	SK Provincials
200 Metres						
31.05	1.6	Lafayette-Boyd, Carol	42	EXCL	06/07/2011	World Masters
36.24	-2.8	Coward, Selina	55	EXCL	18/06/2011	SK Provincials
400 Metres						
1:07.03		Meloche, Laurie	61	EXCL	06/07/2011	World Masters
800 Metres						
2:37.60		Meloche, Laurie	61	EXCL	06/07/2011	World Masters
High Jump						
1.15m		Lafayette-Boyd, Carol	42	EXCL	08/06/2011	Regina All Comers #1
Long Jump						
4.18m	2	Lafayette-Boyd, Carol	42	EXCL	06/07/2011	World Masters
Triple Jump						
Wind/No Wind						
8.45m	2.9	Lafayette-Boyd, Carol	42	EXCL	18/06/2011	SK Provincials
Shot Put						
9.60m		Coward, Selina	55	EXCL	18/06/2011	SK Provincials
8.56m		Tosh, Marg	37	UNSK	06/07/2011	World Masters
Discus						
23.71m		Tosh, Marg	37	UNSK	18/06/2011	SK Provincials

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Time/Dist	Athlete	Date	Meet
Hammer			
27.57m	Tosh, Marg	37 UNSK 18/06/2011	SK Provincials
Javelin			
25.33m	Tosh, Marg	37 UNSK 06/07/2011	World Masters
Weight Throw			
12.46m	Tosh, Marg	37 UNSK 06/07/2011	World Masters
Weight Pentathlon			
4277pts	Tosh, Marg	37 UNSK 06/07/2011	World Masters HT - 23.87m;SP - 8.12m;DT - 21.84m;JT - 25.33m;WT - 12.06m