

**2011 Outdoor Rankings  
Senior Women**

Time/Dist	Athlete	Date	Meet
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**100 Metres**

Native Outdoor	11.58 Jul-04-03 Jenni Hucul STFC
Open Outdoor	11.50 Aug-11-75 Patricia Loverock BC

12.13	0.6	Ruller, Amanda	88	EXCL	16/07/2011	Tri Province
12.16	0.0	Margetts, Merissa	91	TeamSK	16/07/2011	Tri Province
12.44	1.5	Kuspira, Katelyn	88	STFC	13/06/2011	Caltaf
12.51	0.0	Siemens, Sharai	88	STFC	07/05/2011	New Balance Series
12.85	-1.9	Smits, Veronika	89	STFC	28/06/2011	STFC Twilite #1

**Athlete with a Disability**

17.59	1.4	Frie, Keira	87	CRTC	22/06/2011	Sr Nationals
18.40	1.4	Maiboll, Marianne	77	CRTC	22/06/2011	Sr Nationals
41.61	1.4	Richter, Becky	82	CRTC	22/06/2011	Sr Nationals

**200 Metres**

Native Outdoor	23.13 Jun-24-01 LaDonna Antoine-Watkins RAT
Open Outdoor	22.85 Aug-02-81 Angella Taylor ON

24.55	0.9	Omene, Ese	85	UNSK	12/06/2011	TO Jr/Sr Qualifier
24.61	0.0	Margetts, Merissa	91	TeamSK	16/07/2011	Tri Province
24.77	1.9	Ruller, Amanda	88	EXCL	13/06/2011	Caltaf
24.86	0.0	Siemens, Sharai	88	STFC	07/05/2011	New Balance Series
25.20	0.0	Kuspira, Katelyn	88	STFC	07/05/2011	New Balance Series
25.72	-1.8	Valois, Chelsea	87	EXCL	22/06/2011	Sr Nationals
27.36	-4.1	Herron, Amanda	88	UNSK	14/05/2011	Calgary C/E
27.71	0.0	Haselhan, Shalane	91	EXCL	14/05/2011	Regina Spring Classic
28.72	-3.2	Sjodin, Jasmin	91	UNSK	18/06/2011	SK Provincials
28.78	-3.2	Hanbidge, Katie	90	RIVA	18/06/2011	SK Provincials

**Wind/No Wind**

24.72	2.1	Omene, Ese	85	UNSK	15/07/2011	ON Sr championships
25.30	2.5	Valois, Chelsea	87	EXCL	03/06/2011	Cougar C/E
27.70	NWI	Haselhan, Shalane	91	TeamSK	05/08/2011	WCSG
29.79	NWI	Taylor, Lauren	91	RIVA	18/06/2011	SK Provincials

**Athlete with a Disability**

31.24	-1.7	Frie, Keira	87	CRTC	22/06/2011	Sr Nationals
32.71	-1.7	Maiboll, Marianne	77	CRTC	22/06/2011	Sr Nationals
1:05.52	-1.9	Richter, Becky	82	TeamSK	05/08/2011	WCSG

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**400 Metres**

Native Outdoor	50.92 Sep-23-00 LaDonna Antoine RAT
Open Outdoor	50.92 Sep-23-00 LaDonna Antoine RAT

54.80	Omene, Ese	85	UNSK	01/07/2011	Harry Jerome
55.81	Siemens, Sharai	88	STFC	22/06/2011	Sr Nationals
59.67	Banks, Amanda	91	RIVA	18/06/2011	SK Provincials
1:03.05	Hanbidge, Katie	90	UOFS	28/06/2011	STFC Twilite #1

**Athlete with a Disability**

1:01.62	Frie, Keira	87	CRTC	22/06/2011	Sr Nationals
1:03.71	Maiboll, Marianne	77	CRTC	22/06/2011	Sr Nationals
2:03.75	Richter, Becky	82	TeamSK	05/08/2011	WCSG

**800 Metres**

Native Outdoor	2:05.40 Apr-07-07 Amber McGown TIS
Open Outdoor	2:05.40 Aug-12-75 Amber McGown TIS

2:18.28	Banks, Amanda	91	RIVA	18/06/2011	SK Provincials
2:34.71	Valois, Chelsea	87	EXCL	03/06/2011	Cougar C/E
2:37.30	Sjodin, Courtney	91	STFC	13/06/2011	Caltaf
2:41.09	Taylor, Lauren	91	RIVA	18/06/2011	SK Provincials
3:02.68	Haselhan, Shalane	91	EXCL	05/08/2011	WCSG

**Athlete with a Disability**

2:04.27	Frie, Keira	87	CRTC	22/06/2011	Sr Nationals
2:07.79	Maiboll, Marianne	77	CRTC	22/06/2011	Sr Nationals
4:34.12	Richter, Becky	82	TeamSK	05/08/2011	WCSG

**1500 Metres**

Native Outdoor	4:14.39 Mar-31-07 Amber McGown TIS
Open Outdoor	4:14.39 Mar-31-07 Amber McGown TIS

4:22.14	Schaaf, Kendra	90	QCST	01/07/2011	Harry Jerome
4:20.85	Hinther, Ashley	84	PRAT	22/05/2011	LA High Performance
4:28.13	Souter, Jennifer	83	QCST	03/07/2011	Victoria Int Classic
4:37.22	Souter, Jodi	88	QCST	03/07/2011	Victoria Int Classic
4:38.85	Kennelly, Bevin	84	EXCL	14/05/2011	Regina Spring Classic
4:50.02	Traves, Joanne	91	TeamSK	16/07/2011	Tri Province
4:57.75	Kujawa, Kate	91	EXCL	08/06/2011	Regina All Comers #1

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**1500 Metres Cont'd**

5:12.14	Sjodin, Courtney	91 STFC	18/06/2011	SK Provincials
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**Athlete with a Disability**

4:03.00	Frie, Keira	87 CRTC	22/06/2011	Sr Nationals
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**3000 Metres**

Native Outdoor	9:13.19 Jul-26-09	Danette Doetzel	QCS
Open Outdoor	9:13.19 Jul-26-09	Danette Doetzel	QCS

10:22.19	Souter, Jodi	88 QCST	13/06/2011	Caltaf
10:35.23	Traves, Joanne	91 TeamSK	05/08/2011	WCSG
10:36.04	Kujawa, Kate	91 EXCL	13/06/2011	Caltaf

**5000 Metres**

Native Outdoor	15:46.76 Apr-18-09	Danette Doetzel	QCS
Open Outdoor	15:46.76 Apr-18-09	Danette Doetzel	QCS

15:52.33	Schaaf, Kendra	90 QCST	10/06/2011	NCAA Div I
16:17.71	Hinther, Ashley	84 PRAT	16/03/2011	Stanford Invite
17:24.02	Souter, Jodi	88 QCST	30/06/2011	UBC Pre-Jerome
17:50.80	Kujawa, Kate	91 TeamSK	05/08/2011	WCSG
18:41.43	Traves, Joanne	91 TeamSK	05/08/2011	WCSG
19:10.20	Edwards, Rachael	91 RIVA	18/06/2011	SK Provincials
19:47.80	Benz, Lisa	85 EXCL	18/06/2011	SK Provincials

**10,000 Metres**

Native Outdoor	33:23.22 May-02-09	Danette Doetzel	QCS
Open Outdoor	33:23.22 May-02-09	Danette Doetzel	QCS

33:57.81	Schaaf, Kendra	90 QCST	28/05/2011	NCAA East
36:40.42	Kennelly, Bevin	84 UNSK	22/06/2011	Sr Nationals

**100m Hurdles .84m**

Native Outdoor	13.39 Jun-09-10	Brianne Theisen	OR/STFC
Open Outdoor	13.39 Jun-09-10	Brianne Theisen	OR/STFC

14.48	0.0	Margetts, Merissa	91 TeamSK	05/08/2011	WCSG
14.79	-1.3	Valois, Chelsea	87 EXCL	22/06/2011	Sr Nationals

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**100m Hurdles .84m Cont'd**

14.92	1.2	Abrams, Andrea	90	UNSK	01/05/2011	Payton Cardinal Invite
14.99	0.0	Kowalchuk, Shaylyn	91	TeamSK	05/08/2011	WCSG
16.33	0.5	Haselhan, Shalane	91	TeamSK	05/08/2011	WCSG
19.59	-2.4	Taylor, Lauren	91	RIVA	18/06/2011	SK Provincials

**Wind/No Wind**

14.91	2.8	Kowalchuk, Shaylyn	91	TeamSK	05/08/2011	WCSG
15.26	2.5	Herron, Amanda	88	UNSK	13/06/2011	Caltaf

**3000m Steeple Chase**

Native Outdoor	10:16.32	Jul-23-06	Jessica Furlan	EXA
Open Outdoor	10:16.32	Jul-23-06	Jessica Furlan	EXA

10:22.29	Furlan, Jessica	90	EXCL	09/04/2011	Pepsi Invitational
10:44.30	Kennelly, Bevin	84	UNSK	22/06/2011	Sr Nationals
11:26.42	Kujawa, Kate	91	TeamSK	05/08/2011	WCSG

**High Jump**

Native Outdoor	1.87m	Aug-22-75	Diane Jones	STFC
Open Outdoor	1.87m	Aug-22-75	Diane Jones	STFC

1.67m	Valois, Chelsea	87	EXCL	22/06/2011	Sr Nationals
1.65m	Polischuk, Janine	85	EXCL	05/07/2011	Regina Twilite 2
1.65m	Haselhan, Shalane	91	TeamSK	05/08/2011	WCSG
1.60m	Kowalchuk, Shaylyn	91	TeamSK	05/08/2011	WCSG
1.59m	Taylor, Lauren	91	RIVA	18/06/2011	SK Provincials
1.58m	Smits, Veronika	89	STFC	18/06/2011	SK Provincials

**Pole Vault**

Native Outdoor	4.55m	Jul-12-05	Kelsie Hendry	RIV
Open Outdoor	4.55m	Jun-27-04	Kelsie Hendry	RIV

4.40m	Hendry, Kelsie	82	RIVA	19/05/2011	OTC Invite
4.07m	Vause, Leah	87	RIVA	09/06/2011	OTC Invite
3.80m	Hill, Teresa	87	RIVA	19/06/2011	SK Provincials
3.40m	Vause, Stephanie	90	RIVA	05/07/2011	Regina Twilite 2



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**Hammer 4kg Cont'd**

50.61m	Johnson-Gabruch, Karla	78	STFC	21/05/2011	Chinook Throws
48.40m	Mackie, Kristen	89	STFC	28/06/2011	STFC Twilite #1
43.46m	Ecklund, Kirsten	90	TeamSK	16/07/2011	Tri Province
39.98m	Dyck, Emma	91	TeamSK	05/08/2011	WCSG
35.48m	Olchoway, Janelle	89	STFC	08/06/2011	Regina All Comers #1

**Javelin 600gm**

Native Outdoor	52.30m Jul-27-94	Stephanie Proctor	UNA
Open Outdoor	50.25m Jul-04-03	Krista Woodward	BC

36.12m	Rak, Breanna	91	TeamSK	28/06/2011	STFC Twilite #1
34.74m	Valois, Chelsea	87	EXCL	14/05/2011	Calgary C/E
33.02m	Haselhan, Shalane	91	TeamSK	16/07/2011	Tri Province
26.03m	Mackie, Kristen	89	STFC	28/06/2011	STFC Twilite #1
19.63m	Taylor, Lauren	91	RIVA	18/06/2011	SK Provincials

**Heptathlon**

Native Outdoor	6094 Jun-09-10	Brianne Theisen	OR/STFC
Open Outdoor	6094 Jun-09-10	Brianne Theisen	STFC

4967pts	Valois, Chelsea	87	EXCL	22/06/2011	Sr Nationals
	100m H 14.79 (-1.3);HJ 1.67m;SP 10.77m;200m 25.72 (-1.8)				
	LJ 5.45m (0.0);JT 34.52m;800m 2:35.19				
4105pts	Haselhan, Shalane	91	TeamSK	05/08/2011	WCSG
	100m H 16.33 (0.5);HJ 1.63m;SP 10.15m;200m 27.70 (0.7)				
	LJ 5.34m (-0.6);JT 29.71m;800m 3:02.68				
3316pts	Taylor, Lauren	91	RIVA	18/06/2011	SK Provincials
	100m H 19.59 (-2.4);HJ 1.59m;SP 7.97m;200m 29.79 (NWI)				
	LJ 4.85m (1.6);JT 19.63m;800m 2:41.09				