

2009/2010 Indoor Rankings

Senior Women

60 Metres

Time/Dist	Athlete	Club	Date	Meet	
	Native Indoor	7.45	Feb-09-03	Jenni Hucul STFC	
	Open Indoor	7.18	Jan-14-96	Carlette Guidry BC - Philomena Mensah Adidas	
7.59	Ruller, Amanda	88	URC	11/03/2010	CIS
7.72	Bauck, Robyn	87	URC	15/01/2010	Golden Bear
7.79	Valois, Chelsea	87	URC	09/01/2010	Prairie Dual
7.80	Siemens, Sharai	88	US	09/01/2010	Prairie Dual
7.85	Kuspira, Katelyn	88	US	29/01/2010	Sled Dog
8.01	Herron, Amanda	88	US	09/01/2010	Prairie Dual
8.02	Davis, Tennille	90	URC	15/01/2010	Golden Bear
8.04	Kuspira, Katelyn	88	US	15/01/2010	Golden Bear
8.05	Yuzik, Carrie	89	US	05/12/2009	Green/White
8.29	Bauck, Sarah	89	URC	09/01/2010	Prairie Dual
8.60	Jestadt, Alison	89	URC	09/01/2010	Prairie Dual
8.82	Richey, Meghan	89	US	09/01/2010	Prairie Dual
9.32	Winter, Antia	89	US	09/01/2010	Prairie Dual

60 Metres - Disabled Athletes

9.36	Kinnear, Lindsay	88	SSO	12/02/2010	Queen City Kinsmen
10.54	Harrison, Aimee	82	SSO	04/02/2010	K of C Games
11.42	Stevens, Tammi	83	SSO	04/02/2010	K of C Games
12.38	Frie, Keira	87	CRTC	19/03/2010	Kinsmen Indoor
13.95	Czaya-Wolly, Addison	90	SSO	04/02/2010	K of C Games
25.32	Richter, Becky	82	CRTC	04/02/2010	K of C Games

200 Metres

	Native Indoor	23.90	Feb-26-97	LaDonna Antoine RAT	
	Open Indoor	23.90	Feb-26-97	LaDonna Antoine RAT	
24.68	Theisen, Brianne	88	STFC	12/02/2010	Dempsey Indoor
26.36	Yuzik, Carrie	89	US	05/12/2009	Green/White
27.68	Olson, Christine	91	US	12/02/2010	Queen City Kinsmen

200 Metres - Disabled Athletes

31.50	Kinnear, Lindsay	88	SSO	12/02/2010	Queen City Kinsmen
33.22	Frie, Keira	87	CRTC	29/01/2010	Sled Dog
37.08	Harrison, Aimee	82	SSO	19/03/2010	Kinsmen Indoor
38.49	Stevens, Tammi	83	SSO	19/03/2010	Kinsmen Indoor
1:08.92	Richter, Becky	82	CRTC	19/03/2010	Kinsmen Indoor

300 Metres

	Native Indoor	38.54	Jan-30-98	Ladonna Antoine RAT	
	Open Indoor	36.91	Dec-30-80	Angella Taylor ON	
39.33	Siemens, Sharai	88	US	11/03/2010	CIS
41.46	Friesen, Julene	89	US	09/01/2010	Prairie Dual
41.50	Ruller, Amanda	88	URC	15/01/2010	Golden Bear

2009/2010 Indoor Rankings

Senior Women

300 Metres Cont'd

Time/Dist	Athlete	Club	Date	Meet
41.61	Gerstmar, Ashley	89 US	06/02/2010	Bison Classic
41.85	Smits, Veronika	89 US	29/01/2010	Sled Dog
42.01	Davis, Tennille	90 URC	09/01/2010	Prairie Dual
43.75	Keeler, Jessica	90 UNA	29/01/2010	Sled Dog
45.08	Hanbidge, Helen	88 US	09/01/2010	Prairie Dual
45.59	Hanbidge, Katie	90 US	29/01/2010	Sled Dog

400 Metres

Native Indoor 53.05 Feb-12-94 LaDonna Antoine RAT
Open Indoor 52.78 Jan-08-93 Jillian Richardson AB

55.55	Siemens, Sharai	88 US	12/02/2010	Dempsey Indoor
59.08	Gerstmar, Ashley	89 US	12/02/2010	Queen City Kinsmen
1:01.44	Hanbidge, Helen	88 UNA	12/02/2010	Queen City Kinsmen
1:01.70	Valois, Chelsea	87 URC	21/11/2009	Cougar Intrasquad
1:02.83	Calver, Christina	87 UNA	19/03/2010	Kinsmen Indoor
1:04.09	Hanbidge, Katie	90 US	12/02/2010	Queen City Kinsmen

400 Metres - Disabled Athletes

1:05.56	Frie, Keira	87 CRTC	29/01/2010	Sled Dog
1:13.30	Richter, Becky	82 CRTC	29/01/2010	Sled Dog

600 Metres

Native Indoor 1:28.76 Jan-15-84 Gwen Wall U of S
Open Indoor 1:28.76 Jan-15-84 Gwen Wall U of S

1:32.47	Friesen, Julene	89 US	12/02/2010	Dempsey Indoor
1:33.09	Smith, Kailey	86 US	11/03/2010	CIS
1:33.55	Siemens, Sharai	88 US	11/03/2010	CIS
1:38.42	Calver, Christina	87 US	06/02/2010	Bison Classic
1:39.00	Hanbidge, Helen	88 US	06/10/2002	Bison Classic
1:39.54	Hart, Julia	90 URC	26/02/2010	Can West
1:48.60	Cadrain, Tina	81 US	29/01/2010	Sled Dog

800 Metres

Native Indoor 2:10.72 Feb-25-84 Teresa Hlady U of S
Open Indoor 2:03.72 Dec-17-91 Charmaine Crooks BC

2:10.67	Smith, Kailey	86 US	12/02/2010	Dempsey Indoor
2:10.76	Friesen, Julene	89 US	12/02/2010	Dempsey Indoor
2:15.58	Theisen, Brianne	88 STFC	13/03/2010	Fayetteville
2:18.0h	Petersen, Melissa	86 URC	12/02/2010	Queen City Kinsmen
2:21.73	Calver, Christina	87 UNA	19/03/2010	Kinsmen Indoor
2:23.0h	Brenaut, Nadine	90 US	12/02/2010	Queen City Kinsmen
2:26.93	Tasker, Lindsey	86 US	26/02/2010	Can West
2:31.0h	Cadrain, Tina	81 US	12/02/2010	Queen City Kinsmen
2:33.37	Harder, Laurie	87 US	26/02/2010	Can West

2009/2010 Indoor Rankings

Senior Women

800 Metres Cont'd

Time/Dist	Athlete		Club	Date	Meet
2:36.74	Schellenberg, Leanne	90	US	15/01/2010	Golden Bear
2:37.68	Valois, Chelsea	87	URC	12/02/2010	Queen City Kinsmen
2:39.52	Smits, Veronika	89	US	15/01/2010	Golden Bear

800 Metres - Disabled Athletes

2:11.97	Frie, Keira	87	CRTC	19/03/2010	Kinsmen Indoor
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1000 Metres

Native Indoor	2:47.60	Feb-27-04	Edyta Sieminska	U of S
Open Indoor	2:44.68	Mar-14-87	Paula Schnurr	ON

2:56.16	Smith, Kailey	86	US	29/01/2010	Sled Dog
2:57.24	Souter, Jennifer	83	QCS	29/01/2010	Sled Dog
2:57.80	Souter, Jodi	88	US	29/01/2010	Sled Dog
3:00.83	Richards, Marcia	88	US	26/02/2010	Can West
3:02.56	Warkentin, Caitlin	89	US	29/01/2010	Sled Dog
3:02.59	Calver, Christina	87	US	29/01/2010	Sled Dog
3:03.57	Petersen, Melissa	86	URC	26/02/2010	Can West
3:03.87	Brenaut, Nadine	90	US	06/02/2010	Bison Classic
3:09.63	Humphreys, Erin	89	US	29/01/2010	Sled Dog
3:17.23	Miller, Miranda	88	US	12/02/2010	Queen City Kinsmen
3:23.18	Cadrain, Tina	81	US	29/01/2010	Sled Dog
3:26.60	Beech, Leah	88	RIV	29/01/2010	Sled Dog
3:28.69	Benz, Lisa	85	QCS	15/01/2010	Golden Bear

1500 Metres

Native Indoor	4:25.30	Feb-15-92	Janice Beland	U of S
Open Indoor	4:16.3h	Dec-29-73	Glenda Reiser	ON

4:34.36	Souter, Jodi	88	US	11/03/2010	CIS
4:39.29	Souter, Jennifer	83	QCS	06/02/2010	Bison Classic
4:39.94	Richards, Marcia	88	US	06/02/2010	Bison Classic
4:43.30	Petersen, Melissa	86	URC	06/02/2010	Bison Classic
4:46.98	Warkentin, Caitlin	89	US	29/01/2010	Sled Dog
4:53.70	Brenaut, Nadine	90	US	29/01/2010	Sled Dog
4:57.32	Humphreys, Erin	89	US	06/02/2010	Bison Classic
5:10.19	Benz, Lisa	85	QCS	29/01/2010	Sled Dog
5:11.49	Miller, Miranda	88	US	12/02/2010	Queen City Kinsmen

3000 Metres

Native Indoor	9:13.12	Feb-22-09	Danette Doetzel	RI/QCS
Open Indoor	9:13.12	Feb-22-09	Danette Doetzel	RI/QCS

9:20.53	Schaaf, Kendra	90	QCS	06/03/2010	Seattle
9:25.16	Hinther, Ashley	84	UNA	06/03/2010	Seattle
9:42.79	Souter, Jodi	88	US	11/03/2010	CIS
10:13.02	Warkentin, Caitlin	89	US	06/02/2010	Bison Classic

2009/2010 Indoor Rankings

Senior Women

3000 Metres Cont'd

Time/Dist	Athlete		Club	Date	Meet
10:41.53	Humphreys, Erin	89	US	09/01/2010	Prairie Dual
10:53.39	Brenaut, Nadine	90	US	12/02/2010	Queen City Kinsmen
10:57.82	Benz, Lisa	85	QCS	05/03/2010	Boeing Classic
11:52.05	Foth, Christine	89	US	09/01/2010	Prairie Dual

1 Mile

4:56.12	Souter, Jennifer	83	US	12/02/2010	Dempsey Indoor
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60m Hurdles .84m

Native Indoor	8.39 Feb-24-95 Tanya Lipka U of S
Open Indoor	8.08 Feb-04-06 Damu Cherry US

8.40	Theisen, Brianne	88	STFC	27/02/2010	Seattle
8.82	Herron, Amanda	88	US	26/02/2010	Can West
8.88	Breker, Nicole	89	URC	12/02/2010	Queen City Kinsmen
8.90	Somogyi, Jolean	86	US	11/03/2010	CIS
9.00	Smits, Veronika	89	US	15/01/2010	Golden Bear
9.04	Bauck, Robyn	87	URC	12/02/2010	Queen City Kinsmen
9.07	Valois, Chelsea	87	URC	11/03/2010	CIS
9.35	Robson, Karen	87	US	29/01/2010	Sled Dog
9.42	Bauck, Sarah	89	URC	06/02/2010	Bison Classic
9.46	Keeler, Jessica	90	UNA	29/01/2010	Sled Dog
9.64	Tasker, Lindsey	86	US	12/02/2010	Queen City Kinsmen
9.73	Schellenberg, Leanne	90	US	12/02/2010	Queen City Kinsmen
9.99	Harder, Laurie	87	US	26/02/2010	Can West
10.34	Liebrecht, Stephanie	89	US	09/01/2010	Prairie Dual

High Jump

Native Indoor	1.86m Dec-28-75 Diane Jones U of S
Open Indoor	1.91m Dec-29-77 Debbie Brill BC

1.79m	Theisen, Brianne	88	STFC	29/01/2010	Texas A&M Challenge
1.60m	Valois, Chelsea	87	URC	21/11/2009	Cougar Intrasquad
1.54m	Smits, Veronika	89	US	26/02/2010	Can West
1.51m	Bochek, Toni	84	URC	21/11/2009	Cougar Intrasquad
1.46m	Tasker, Lindsey	86	US	12/02/2010	Queen City Kinsmen
1.45m	Grebinski, Lauren	90	URC	15/01/2010	Golden Bear
1.45m	Harder, Laurie	87	US	09/01/2010	Prairie Dual
1.40m	Guenther, Amber	86	US	29/01/2010	Sled Dog
1.35m	Schellenberg, Leanne	90	US	29/01/2010	Sled Dog

Pole Vault

Native Indoor	4.38m Feb-18-05 Kelsie Hendry U of S/RIV
Open Indoor	4.38m Feb-18-05 Kelsie Hendry Uof S/RIV

4.55m	Hendry, Kelsie	82	RIV	12/02/2010	Air Force
4.02m	Vause, Leah	87	US	04/02/2010	K of C Games

2009/2010 Indoor Rankings

Senior Women

Pole Vault Cont'd

Time/Dist	Athlete		Club	Date	Meet
3.65m	Richey, Meghan	89	US	11/03/2010	CIS
3.47m	Vause, Stephanie	90	US	29/01/2010	Sled Dog
3.32m	Hill, Teresa	87	US	29/01/2010	Sled Dog
3.00m	Winter, Antia	89	US	27/03/2010	Athletic Festival
2.70m	Shymko, Sara	77	RIV	19/03/2010	Kinsmen Indoor
2.62m	Kerr, Katherine	80	US	09/01/2010	Prairie Dual

Long Jump

Native Indoor 6.37m Feb-26-77 Diane Jones PGC
Open Indoor 6.39m Feb-16-92 Tonia Redhead ON

6.08m	Theisen, Brianne	88	STFC	13/03/2010	Fayetteville
5.77m	Breker, Nicole	89	URC	11/03/2010	CIS
5.47m	Valois, Chelsea	87	URC	21/11/2009	Cougar Intrasquad
5.40m	Vause, Leah	87	US	15/01/2010	Golden Bear
5.40m	Harder, Laurie	87	US	26/02/2010	Can West
5.25m	Bauck, Robyn	87	URC	15/01/2010	Golden Bear
5.25m	Smits, Veronika	89	US	29/01/2010	Sled Dog
4.93m	Jestadt, Alison	89	URC	15/01/2010	Golden Bear
4.92m	Keeler, Jessica	90	UNA	29/01/2010	Sled Dog
4.86m	Tasker, Lindsey	86	US	26/02/2010	Can West
4.84m	Bauck, Sarah	89	URC	15/01/2010	Golden Bear
4.83m	Sharp, Keisha	87	URC	15/01/2010	Golden Bear
4.80m	Gelsinger, Bobbi	89	URC	21/11/2009	Cougar Intrasquad
4.72m	Prefontaine, Kirstie	90	US	12/02/2010	Queen City Kinsmen
4.58m	Schellenberg, Leanne	90	US	15/01/2010	Golden Bear
4.48m	Guenther, Amber	86	US	29/01/2010	Sled Dog

Long Jump - Disabled Athletes

3.81m	Kinnear, Lindsay	88	SSO	12/02/2010	Queen City Kinsmen
2.67m	Harrison, Aimee	82	SSO	19/03/2010	Kinsmen Indoor
2.24m	Stevens, Tammi	83	SSO	19/03/2010	Kinsmen Indoor

Triple Jump

Native Indoor 12.87m Jan-20-95 Tracy Dulmage RAT
Open Indoor 12.87m Jan-20-95 Tracy Dulmage RAT

12.17m	Bauck, Robyn	87	URC	26/02/2010	Can West
11.87m	Breker, Nicole	89	URC	11/03/2010	CIS
11.41m	Jestadt, Alison	89	URC	26/02/2010	Can West
11.39m	Sharp, Keisha	87	URC	26/02/2010	Can West
10.17m	Prefontaine, Kirstie	90	US	12/02/2010	Queen City Kinsmen
9.47m	Bochek, Toni	84	URC	21/11/2009	Cougar Intrasquad

2009/2010 Indoor Rankings

Senior Women

Shot Put 4kg

Time/Dist	Athlete	Club	Date	Meet
		Native Indoor	16.23m Feb-26-77 Diane Jones PGC	
		Open Indoor	16.23m Feb-26-77 Diane Jones PGC	
15.32m	Suttie, Taryn	90 US	11/03/2010	CIS
12.84m	Elliott, Kim	90 US	26/02/2010	Can West
12.65m	Theisen, Brianne	88 STFC	13/03/2010	Fayetteville
12.35m	Fowler, Caitlin	88 URC	26/02/2010	Can West
10.91m	Valois, Chelsea	87 URC	12/02/2010	Queen City Kinsmen
10.68m	Ecklund, Kirsten	90 URC	12/02/2010	Queen City Kinsmen
10.48m	Harder, Laurie	87 US	12/02/2010	Queen City Kinsmen
10.44m	Tasker, Lindsey	86 US	26/02/2010	Can West
10.37m	Smits, Veronika	89 US	11/03/2010	CIS
9.45m	Schellenberg, Leanne	90 US	12/02/2010	Queen City Kinsmen
8.82m	Olchowy, Janelle	89 US	12/02/2010	Queen City Kinsmen
8.45m	Bradley, Amanda	86 EXA	12/02/2010	Queen City Kinsmen
6.29m	Keeler, Jessica	90 US	09/01/2010	Prairie Dual

Shot Put 6lb - Disabled Athletes

5.96m	Kinnear, Lindsay	88 SSO	12/02/2010	Queen City Kinsmen
5.26m	Harrison, Aimee	82 SSO	19/03/2010	Kinsmen Indoor
4.27m	Czaya-Wolly, Addison	90 SSO	04/02/2010	K of C Games
2.71m	Stevens, Tammi	83 SSO	04/02/2010	K of C Games

Weight Throw 9.08kg

		Native Indoor	19.11m Feb-12-05 Megan Reid U of S/STFC	
		Open Indoor	19.11m Feb-12-05 Megan Reid U of S/STFC	
16.81m	Suttie, Taryn	90 US	12/02/2010	Queen City Kinsmen
13.78m	Ecklund, Kirsten	90 URC	06/02/2010	Bison Classic
13.18m	Elliott, Kim	90 US	29/01/2010	Sled Dog
13.69m	Fowler, Caitlin	88 URC	15/01/2010	Golden Bear
8.35m	Olchowy, Janelle	89 US	29/01/2010	Sled Dog

Indoor Pentathlon

		Native Indoor	4321 Mar-13-09 Brianne Theisen OR/STFC	
		Open Indoor	4326 Feb-26-05 Jessica Zelinka Calgary	
4396	Theisen, Brianne	88 STFC	13/03/2010	Fayetteville
			8.44 H;1.74m HJ;12.65m SP;6.08m LJ;2:15.58 800m	
3321	Valois, Chelsea	87 URC	12/02/2010	Queen City Kinsmen
			9.16 H;1.49m HJ;10.91m SP;5.31m JL;2:37.69 800m	
3303	Smits, Veronika	89 US	15/01/2010	Golden Bear
			9.00 H;1.54m HJ;10.25m SP;5.16m LJ;2:39.52 800m	
3125	Tasker, Lindsey	86 US	26/02/2010	Can West
			9.65 H;1.42m HJ;10.44m SP;4.86m LJ;2:26.93 800m	
3047	Harder, Laurie	87 US	26/02/2010	Can West
			9.99 H;1.39m HJ;10.04m;5.32m LJ;2:33.37 800m	
2265	Schellenberg, Leanne	90 US	15/01/2010	Golden Bear
			9.91 H;NH HJ;9.20m SP;4.58m LJ;2:36.74 800m	