

WOMEN'S OUTDOOR TRACK RECORDS

as of DECEMBER 2011

80 METRES

BANTAM	11.07 (0.2)	COURTNEY THRUN	98	EXA	REGINA	14/05/11
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100 METRES

BANTAM	12.21 (-0.9)	JENNI HUCUL	88	STFC	SASKATOON	09/06/01
MIDGET	11.58 (1.4)	JENNI HUCUL	88	STFC	SASKATOON	04/07/03
JUVENILE	11.58 (1.4)	JENNI HUCUL	88	STFC	SASKATOON	04/07/03
JUNIOR	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

BANTAM	21.68 (-4.3)	SARA MURRAY	97	STFC	PRINCE ALBERT	13/06/10
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200 METRES

MIDGET	24.50 (1.2)	JENNI HUCUL	88	STFC	HOUSTON	26/04/03
	24.5	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	12/08/80
JUVENILE	24.19	LADONNA ANTOINE	74	RAT	TORONTO, ONT	10/08/91
JUNIOR	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

MIDGET	42.69	CIERRA WYLIE	95	RIV	PRINCE ALBERT	12/06/10
	42.63	NATASHA SMALLWOOD	96	TMALB	REGINA	16/07/11

400 METRES

MIDGET	58.67	KATIE ROOKS	85	STFC	CALGARY	12/08/00
	57.5	GWEN WALL	63	RIV	CALGARY, AB	20/08/77
	56.26	*CHERYL ALLEN	72	AB	SASKATOON	03/08/85
JUVENILE	54.52	LISA KROLL	65	STC	WINNIPEG, MB	04/07/82
	52.96	*JILLIAN RICHARDSON	65	AB-CS	REGINA	02/08/81
JUNIOR	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

BANTAM	2:21.7	JENNIFER STAKIW	81	CEN	OTTAWA, ONT	06/08/94
MIDGET	2:14.79	DEIDRE EMERSON	79	CEN	KAMLOOPS, BC	17/08/93
	2:13.00	STEPHANIE ROMANSON	90	TEAM-MAN	REGINA	15/08/05
JUVENILE	2:11.25	MORGAN BOLEN	89	TEAM-SK	REGINA	18/08/05
	2:10.15	*NICOLE EDWARDS	86	MAN-WO	SASKATOON	06/07/03
JUNIOR	2:09.79	ASHLYNN SIMON	92	TS/QCS	KAMLOOPS	08/08/11
	2:07.60	*VICKY LYNCH	70	AB-LED	SASKATOON	08/07/89
SENIOR	2:05.40	AMBER MCGOWN	83	TIS/OR	OREGON	29/05/08

1200 METRES

BANTAM	4:08.78	SANTANA GRAVELLE	98	QCS	SASKATOON	18/06/11
MIDGET	3:52.48	ADRIANA DAVIS	96	QCS	WINNIPEG	24/07/10
	3:49.17	LAURIN THORNE	97	TMALB	REGINA	16/07/11

1500 METRES

BANTAM	4:38.16	JENNIFER STAKIW	81	CEN	OTTAWA	06/08/84
MIDGET	4:37.95	DEIDRE EMERSON	79	CEN	OTTAWA	06/08/94
	4:36.53	*STEPHANIE SMITH	90	ONT-YORK	SASKATOON	25/07/04
JUVENILE	4:29.63	KENDRA SCHAAF	90	QCS	ABBOTSFORD	28/07/07
JUNIOR	4:18.61	KENDRA SCHAAF	90	QCS	VICTORIA	10/06/09
SENIOR	4:14.39	AMBER MCGOWN	83	TIS	BURNABY	21/06/08

2000 METRES

MIDGET	6:47.96	ADRIANA DAVIS	96	QCS	CALGARY	11/06/11
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3000 METRES

MIDGET	10:11.66	KARISSA LEPAGE	91	QCS	MOOSE JAW	03/06/06
	10:00.60	*JENNIFER ARMSTRONG	71	ONT	SASKATOON	03/08/85
JUVENILE	9:47.59	KENDRA SCHAAF	90	QCS	SHERWOOD PARK	11/08/07
JUNIOR	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

JUNIOR	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

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

3km RACE WALK

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

5km RACE WALK

JUNIOR	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

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

BANTAM	13.22 (0.8)	YASMIN CALLELE	92	PRA	REGINA	24/06/05
MIDGET	11.96 (0.5)	JAIME CRUICKSHANK	86	RAT	SHERBROOKE	11/08/01
JUVENILE	12.11	ANNE-MARIE LAMBERT	74	NBL	ETOBICOKE, ONT	03/08/91

100 METRE HURDLES 30"

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

JUVENILE	14.30 (1.4)	JENNA MANN	92	CSG/STFC	CHARLETTETOWN	24/08/09
JUNIOR	13.78 (1.4)	JAIME CRUICKSHANK	86	STFC	SASKATOON	26/06/04
	13.57 (0.9)	*FRANCES KEATING	85	ON-GFPA	SASKATOON	24/07/04
SENIOR	13.39 (0.2)	BRIANNE THEISEN	88	STFC / OR	OREGON	09/06/10

200 METRE HURDLES

MIDGET	28.54 (+0.6)	KATELYN LEHNER	95	CCT/TS	WINNIPEG	25/08/10
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300 METRE HURDLES

MIDGET	45.88	JENNIFER STAKIW	81	PR	KELOWNA, BC	28/06/96
JUVENILE	46.42	YASMIN CALLELE	92	ZONE 6	LLOYDMINSTER	06/08/08

400 METRE HURDLES

MIDGET	1:03.42	JENNIFER STAKIW	81	PR	SASKATOON	14/06/96
JUVENILE	1:01.57	MICHELLE YOUNG	92	STFC	CALGARY	17/05/09
	1:01.0	GWEN WALL	63	RIV	REGINA	24/06/78
	1:01.17	*MICHAELA COLLUNEY	72	BC	SASKATOON	19/08/89
JUNIOR	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"

MIDGET	5:44.55	BRYNN LATIMER	96	TS	REGINA	16/07/11
	5:26.29	HANNAH LEGGATT	96	TMALB	REGINA	16/07/11

2000 METRE STEEPLECHASE 30"

JUVENILE	6:39.36	JESSICA FURLAN	90	EXCEL	ABBOTSFORD	29/07/07
JUNIOR	6:39.36	JESSICA FURLAN	90	EXCEL	ABBOTSFORD	29/07/07
SENIOR	6:39.36	JESSICA FURLAN	90	EXCEL	ABBOTSFORD	29/07/07

3000 METRE STEEPLECHASE 30"

JUNIOR	10:16.32	JESSICA FURLAN	90	CANADA/EXA	POLAND	10/07/08
SENIOR	10:16.32	JESSICA FURLAN	90	CANADA/EXA	POLAND	10/07/08

WOMEN'S OUTDOOR FIELD RECORDS

as of DECEMBER 2011

LONG JUMP

BANTAM	4.98m (-2.5)	COURTNEY THRUN	98	EXA	REGINA	05/07/11
MIDGET	5.68m	JANINE POLISCHUK	85	RAT	REGINA	06/05/00
JUVENILE	5.86m (+1.1)	JANINE POLISCHUK	85	RAT	REGINA	06/07/02
	6.41m	*NICOLE ALI	64	ON-SO	REGINA	02/08/81
JUNIOR	6.02m (1.6)	BRIANNE THEISEN	88	STFC	YORKTON	02/06/07
	6.41m	*NICOLE ALI	64	ON-SO	REGINA	02/08/81
SENIOR	6.62m	VANESSA MONAR-ENWEANI	69	US	FLAGSTAFF	09/07/99

TRIPLE JUMP

MIDGET	11.93m (0.0)	CHLOE HETHERTON	92	SMA	OROMOCTO, NB	11/08/07
JUVENILE	12.71m (-2.0)	CHLOE HETHERTON	92	STFC	REGINA	06/06/08
JUNIOR	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

BANTAM	1.63m	ANGIE COLLINGE	83	UNA	SHERBROOKE, QUE	11/08/96
MIDGET	1.71m	JANINE POLISCHUK	85	RAT	SASKATOON	02/06/00
	1.72m	*CORALEA BROWN	72	AB-LED	SASKATOON	03/08/85
JUVENILE	1.73m	BRANDY WEHRHAHN	75	BIG	SASKATOON	05/06/92
	1.85m	*WHITNEY EVANS	80	AB-WAR	SASKATOON	09/08/97
JUNIOR	1.80m	VANESSA MONAR	69	UNA	SASKATOON	26/06/88
	1.85m	*WHITNEY EVANS	80	AB-WAR	SASKATOON	09/08/97
SENIOR	1.87m	DIANE JONES	51	STC	SUDBURY, ONT	22/08/75

POLE VAULT

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

SHOT PUT

BANTAM 3kg	8.68m	COURTNEY THRUN	98	EXA	REGINA	08/06/11
BAN	11.50m	NAOMI DUBOURT	83	PAO	SASKATOON	05/07/96
MIDGET 3kg	12.33m	TARYN SUTTIE	90	TS/RIV	EDMONTON	06/08/05
MIDGET 4kg	11.73m	SHANNON KEKULA	66	MMT	THUNDER BAY, ONT	15/08/81
	11.90m	*SUZANNE DANDENAULT	70	MB	SASKATOON	03/08/85
JUVENILE	12.54m	CHRISTINA KALUZA	78	WCK	CALGARY, AB	22/07/95
	12.77m	*PAM YOUNG	66	AB-LTH	SASKATOON	28/05/83
JUNIOR	14.91m	TARYN SUTTIE	90	STFC	CHARLOTTETOWN	18/07/09
SENIOR	15.98m	SHANNON KEKULA	66	RAT	SASKATOON	04/08/95
	16.25m	*CARMEN IONESCO	51	QU-ESSA	REGINA	02/08/81

DISCUS

BANTAM750	21.37m	KANNA JORDE	97	BBT	PRINCE ALBERT	12/06/10
BANTAM	28.68m	SHERRI LEONARD	74	HTS	SASKATOON	10/05/87
MIDGET 750gm	33.14m	HAYLEA SALAMON	96	STFC	SASKATOON	19/06/11
MIDGET 1kg	39.94m	SHERRI LEONARD	74	HTS	SASKATOON	12/06/89
JUVENILE	43.30m	SHERRI LEONARD	74	HTS	SASKATOON	26/05/91
	44.08m	*LIZ POLYAK	64	ON-BRAN	REGINA	28/05/83
JUNIOR	45.42m	BREANNA RAK	91	STFC/CAN	MONCTON	03/07/10
	47.72m	*SANDY KETTERER	63	AB-EC	SASKATOON	12/06/82
SENIOR	57.70m	GALE DOLEGIEWICZ	59	TM.SK	SASKATOON	08/09/88

JAVELIN

BANTAM 400gm	24.78m	COURTNEY THRUN	98	EXA	REGINA	05/07/11
MIDGET 500gm	40.40m	KIRSTIE REDLICK	92	TS / UNA	RED DEER	07/07/07
MIDGET	40.52m	KIRSTIE REDLICK	92	TS / UNA	SIMON FRASER, BC	13/08/06
JUVENILE	43.54m	SHELLEY THOEN	60	VISCOUNT	ST. JOHNS	13/08/77
	47.70m	*VALERIE TULLOCH	72	ON-AI	SASKATOON	08/07/89
JUNIOR	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

MIDGET 3kg	33.22m	PATTY CHATFIELD	92	TS/TIS	RED DEER	07/07/07
MIDGET	30.06m	BECKY SLOWSKI	86	TIS	SASKATOON	14/07/01
JUVENILE	43.19m	TARYN SUTTIE	90	RIV	PRINCE ALBERT	12/05/07
	53.34m	*RACHELLE KOKAYKO	87	BC-KEL	SASKATOON	25/07/04
JUNIOR	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

JR (HT)	3504	LESIA PILLIPOW	63	WYN	WINNIPEG, MB	1-2/8/80
		100m HURDLES 15.3			LONG JUMP 4.95m	
		SHOT PUT 8.84m			800 METRES 2:17.8	
		HIGH JUMP 1.58m				
JUNIOR	3385	LESIA PILLIPOW	63	WYN	SHERBROOKE	13-14/6/80
		100m HURDLES 15.60			LONG JUMP 4.95m	
		SHOT PUT 6.82m			800 METRES 2:13.90	
		HIGH JUMP 1.58m				
SENIOR	4639	DIANE JONES KONIHOWSKI	51	PGC	AUSTRIA	21/05/77
		100m HURDLES 13.94			LONG JUMP 6.55m	
		SHOT PUT 15.31m			800 METRES 2:13.8	
		HIGH JUMP 1.70m				

HEPTATHLON

JUVENILE	4946 pts	JANINE POLISCHUK	85	RAT	CALGARY	11-12/05/02
		33" 100m HURDLES 15.15 (0.3)			LONG JUMP 5.69m (-0.5)	
		SHOT PUT 8.40m			JAVELIN 31.92m	
		HIGH JUMP 1.68m			800 METRES 2:22.40	
		200 METRES 25.86 (-1.1)				
JUVENILE	4928 pts	BRIANNE THEISEN	88	STFC	SASKATOON	10-11/06/05
		100m 30" HURDLES 14.97 (-3.1)			LONG JUMP 5.29m (1.1)	
		SHOT PUT 10.09m			JAVELIN 34.51m	
		HIGH JUMP 1.61m			800 METRES 2:26.67	
		200 METRES 25.26 (0.3)				
JUNIOR	5413 pts	BRIANNE THEISEN	88	STFC	SAO PAULO	07-08//07/07
		100m HURDLES 14.29 (+0.0)			LONG JUMP 5.54m (0.8)	
		HIGH JUMP 1.76m			JAVELIN 39.56m	
		SHOT PUT 10.80m			800 METRES 2:28.52	
		200 METRES 25.05 (0.5)				

SENIOR	6094	BRIANNE THEISEN	88	OR/STFC	OREGON	09-10/06/10
		100m HURDLES 13.39 (0.2)		LONG JUMP 6.10m (2.6)		
		SHOT PUT 12.13m		JAVELIN 42.35m		
		HIGH JUMP 1.75m		800 METRES 2:15.40		
		200 METRES 24.18 (2.6)				

WOMEN'S OUTDOOR RELAY RECORDS

as of DECEMBER 2011

4 x 100 METRE RELAY

BANTAM	51.91	RIVERSDALE ATHLETIC CLUB INC.		SASKATOON	01/06/03
		MORGAN HEDMAN			
		ERICA CROTEAU			
		JOCELYN BELLAMY			
		LEAH WECKWORTH			
MIDGET	50.02	SASKATCHEWAN TEAM		SHERBROOKE	12/08/96
		TAMMY LAYCOCK	81		
		REBECCA BROCKMAN	81		
		NADINE WALKER	81		
		JANESSA LEPP	81		
JUVENILE	48.28	SASKATCHEWAN TEAM		SHERBROOKE	12/08/96
		AMY BROCKMAN	79		
		DANIELLE KOT	79		
		LISA SORON	79		
		MEAGEN ATKINSON	80		
JUNIOR	47.17	TEAM SASK		BURNABY	04/07/99
		NICOLE BUCHHOLZ	82		
		JANESSA LEPP	81		
		KARLYN SERBY	81		
		DEANNE MENGEL	80		
SENIOR	46.64	SASKATCHEWAN TEAM		BRANDON	21/08/97
		DEANNE MENGEL	80		
		DANIELLE KOT	79		
		KIM MOFFATT	77		
		KAREEN WARREN	76		
	46.30	*ONTARIO TEAM		SASKATOON	19/08/89
		STACEY BOWEN			
		NADINE HALLIDAY			
		NICOLE DEVONISH			
		VAL BECKLES			

4 x 200 METRE RELAY

MIDGET	1:52.3	RIVERSDALE TRACK CLUB	SASKATOON	27/06/70
MIDGET	1:47.5	*TEAM MANITOBA	REGINA	17/07/11
JUVENILE	1:52.3	RIVERSDALE TRACK CLUB	SASKATOON	27/06/70
JUVENILE	1:47.5	*CALGARY SPARTANS	SASKATOON	25/05/80
JUNIOR	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
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DIEDRE DORATY	56
SANDRA BOHUN	56
CAREN RATHIE	58
SHERRIE DUTTON	58

4 x 400 METRE RELAY

MIDGET	4:07.67	TEAM SASK	CALGARY	20/06/99
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ANNA JOHNSON	84
BRANDI ARMSTRONG	84
AMBER MOSEWICH	84
DANIELLE MCFADYEN	84

JUVENILE	3:53.5	SASKATCHEWAN TEAM	EDMONTON	14/08/82
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GAIL HARRIS	66
LISA KROLL	65
NICOLE BLAIS	66
DONNA BALEZANTIS	65

	3:50.2	*CALGARY SPARTANS	SASKATOON	25/05/80
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JUNIOR	3:47.58	SASKATCHEWAN TEAM	THUNDER BAY	15/08/81
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JANICE ZUNTI	62
CLARA WALL	65
GWEN WALL	63
LISA KROLL	65

SENIOR	3:38.41	SASKATCHEWAN TEAM	SASKATOON	15/08/79
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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(400,200,200,800)			
MIDGET	4:14.95	SASKATCHEWAN TEAM		PRINCE GEORGE	08/08/98
		BRANDI ARMSTRONG	83		
		DANIELLE MCFAYDEN	84		
		NICOLE MCKELL	84		
		AMBER MCGOWAN	83		
	4:13.18	*ONTARIO		SASKATOON	14/08/93
JUV & JR	4:06.0	SASKATCHEWAN TEAM		HAMILTON	19/08/81
		CLARA WALL	65		
		LISA KROLL	65		
		GAIL HARRIS	66		
		DONNA BALEZANTIS	65		
JUV & JR	4:03.7	*ONTARIO		SASKATOON	13/08/80
SENIOR	4:05.29	SASKATCHEWAN TEAM		SASKATOON	10/07/82
		CAREN REINDL	58		
		LISA KROLL	65		
		GWEN WALL	63		
		DONNA BALEZANTIS	65		
	4:02.0	*ALBERTA TEAM		SASKATOON	05/07/75