

2020 Indoor Rankings Master Women

Time/Dist	Athlete			Date	Location
60 Metres					
8.62	Valerie Hardy	69	RIVA	23/01/2020	Saskatoon
8.68	Kelly Silcox	66	EXCL	07/12/2019	Regina
9.24	Sandi Arnason	73	RIVA	29/02/2020	Edmonton
9.31	Raquel Boyko	74	EXCL	23/01/2020	Saskatoon
9:42	Muriel Gieni	58	RIVA	10/01/2020	Saskatoon
9.75	Carol LaFayette-Boyd	42	EXCL	07/02/2020	Regina
9.78	Rhonda Tremblay	60	RIVA	10/01/2020	Saskatoon
10.98	Jo-Ann Kennedy	58	YLTC	07/02/2020	Regina
200 Metres					
29.61	Valerie Hardy	69	RIVA	01/03/2020	Edmonton
30.11	Andrea Kozan	72	EXCL	07/02/2020	Regina
30.13	Kelly Silcox	66	EXCL	07/12/2019	Regina
31.17	Sandi Arnason	73	RIVA	15/02/2020	Edmonton
33.92	Muriel Gieni	58	RIVA	17/01/2020	Edmonton
35.04	Carol LaFayette-Boyd	42	EXCL	08/02/2020	Regina
300 Metres					
47.70	Kelly Silcox	66	EXCL	23/01/2020	Saskatoon
48.40	Valerie Hardy	69	RIVA	23/01/2020	Saskatoon
52.74	Rhonda Tremblay	60	RIVA	10/01/2020	Saskatoon
400 Metres					
1:17.08	Rhonda Tremblay	60	RIVA	29/02/2020	Edmonton
800 Metres					
3:14.98	Lynne Wawryk-Epp	55	SCTM	07/12/2019	Regina
3:37.79	Judy Warick	49	SCTM	23/01/2020	Saskatoon
3:49.25	Lisa Davis	68	PAAC	07/02/2020	Regina
Mile					
7:11.67	Lynne Wawryk-Epp	55	SCTM	10/01/2020	Saskatoon
8:25.88	Judy Warick	49	SCTM	10/01/2020	Saskatoon

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60m Hurdles					
10.65	Muriel Gieni	58	RIVA	07/02/2020	Edmonton
11.11	Sandi Arnason	73	RIVA	15/02/2020	Edmonton
High Jump					
1.25m	Muriel Gieni	58	RIVA	09/02/2020	Edmonton
1.22m	Sandi Arnason	73	RIVA	29/02/2020	Edmonton
1.13m	Jo-Ann Kennedy	58	YLTC	07/02/2020	Regina
Long Jump					
4.14m	Sandi Arnason	73	RIVA	29/02/2020	Edmonton
4.09m	Muriel Gieni	58	RIVA	29/02/2020	Edmonton
4.04m	Raquel Boyko	74	EXCL	23/01/2020	Saskatoon
3.40m	Carol LaFayette-Boyd	42	EXCL	07/02/2020	Regina
Triple Jump					
8.20m	Sandi Arnason	73	RIVA	15/02/2020	Edmonton
6.47m	Jo-Ann Kennedy	58	YLTC	07/12/2019	Regina
Shot Put					
10.00m	Paulette Wilson	69	UNSK	07/02/2020	Regina
9.22m	Muriel Gieni	58	RIVA	16/12/2019	Saskatoon
Weight Throw					
11.70m	Paulette Wilson	69	UNSK	07/02/2020	Regina