

Outdoor Track and Field U20 Female

| | NAME | YEAR | PERF. | DATE | LOCATION | |
|------------------------------------|------|-----------------|-------|-------|-----------|------------|
| UNDER 20 WOMEN 100M | 1 | BREANNE CARTER | 1987 | 12.71 | 01-Jul-06 | KELOWNA |
| | 2 | BRITTNEY HARYSH | 1989 | 13.22 | 12-May-07 | ST. ALBERT |
| | 3 | SARAH FALK | 1980 | 14.18 | 28-Jun-98 | KELOWNA |
| | 4 | ERIKA OSWALD | 1990 | 14.25 | 28-Jun-08 | KELOWNA |
| | 5 | | | | | |

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|------------------------------------|----|-----------------------|------|-------|-----------|----------|
| UNDER 20 WOMEN 200M | 1 | ASHLEY PATTERSON | 1987 | 25.09 | 12-May-06 | PROVO |
| | 2 | JANICE ZAWASKI | 1982 | 25.51 | 18-Jun-00 | CALGARY |
| | 3 | BREANNE CARTER | 1987 | 25.64 | 03-Jun-06 | EDMONTON |
| | 4 | TATYJANIA KHOUNVISETH | 1998 | 26.13 | 04-Jun-16 | EDMONTON |
| | 5 | BRITTNEY HARYSH | 1989 | 26.39 | 26-Jun-07 | EDMONTON |
| | 6 | VICKY LYNCH | 1970 | 26.63 | 08-Jul-88 | EDMONTON |
| | 7 | KIRSTEN LINDBERG | 1973 | 28.11 | 25-Jul-92 | WINNIPEG |
| | 8 | ERIKA OSWALD | 1990 | 28.47 | 13-Jun-08 | CALGARY |
| | 9 | CARA GIBSON | 1977 | 28.61 | 09-Jun-96 | CALGARY |
| | 10 | CINDY GLOECKLER | 1977 | 28.84 | 12-Jun-96 | EDMONTON |
| | 11 | SARAH FALK | 1980 | 29.16 | 28-Jun-98 | KELOWNA |

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|------------------------------------|----|-----------------------|------|-------|-----------|----------|
| UNDER 20 WOMEN 400M | 1 | TANYA WRIGHT | 1981 | 56.12 | 26-Jun-99 | KELOWNA |
| | 2 | ASHLEY PATTERSON | 1987 | 56.57 | 12-May-06 | PROVO |
| | 3 | JANICE ZAWASKI | 1982 | 57.21 | 30-Jun-00 | KELOWNA |
| | 4 | RAELEEN HUNTER | 1987 | 57.37 | 25-Jun-05 | CALGARY |
| | 5 | TATYJANIA KHOUNVISETH | 1998 | 57.61 | 04-Jun-16 | EDMONTON |
| | 6 | VICKY LYNCH | 1970 | 58.2 | 03-Jul-88 | CALGARY |
| | 7 | JENNY KEMP | 1983 | 58.53 | 15-Jun-02 | CALGARY |
| | 8 | CARLE EVANS | 1984 | 59.28 | 14-Jun-03 | CALGARY |
| | 9 | NATASHA SMALLWOOD | 1996 | 59.66 | 15-Jun-14 | CALGARY |
| | 10 | JENNY ZAWASKI | 1977 | 60.69 | 15-Jul-95 | CALGARY |
| | 11 | BRYNN HEBERT | 2002 | 60.73 | 13-Jun-21 | CALGARY |
| | 12 | BRITTNEY HARYSH | 1989 | 62.11 | 23-Jun-07 | EDMONTON |
| | 13 | CARA GIBSON | 1977 | 62.14 | 17-Jun-95 | CALGARY |
| | 14 | CINDY GLOECKLER | 1977 | 62.67 | 17-Jun-95 | CALGARY |
| | 15 | SHAY OSTAPOWICH | 1976 | 65.08 | 03-Jul-95 | KELOWNA |
| | 16 | CHANTELL WIDNEY | 1979 | 65.88 | 20-Jun-98 | CALGARY |
| | 17 | KAYLA NEUFELD | 1983 | 66.03 | 30-Jun-01 | KELOWNA |
| | 18 | ERIKA OSWALD | 1990 | 67.04 | 13-Jun-08 | CALGARY |
| | 19 | TAMARA WRIGHT | 1984 | 71.13 | 15-Jun-02 | CALGARY |

**UNDER 20
WOMEN
800M**

| | | | | | |
|----|-------------------|------|---------|-----------|---------------|
| 1 | VICKY LYNCH | 1970 | 02:05.5 | 04-Aug-89 | OTTAWA |
| 2 | TANYA WRIGHT | 1981 | 02:06.4 | 10-Jul-99 | TAMPA |
| 3 | JENNY KEMP | 1983 | 02:08.9 | 19-May-02 | WEST VIRGINIA |
| 4 | RAELEEN HUNTER | 1987 | 02:08.9 | 06-May-06 | STORRS |
| 5 | GINELLE DEMONE | 1998 | 02:10.6 | 10-Jul-16 | EDMONTON |
| 6 | JENNY VAN KEMPEN | 1982 | 02:13.2 | 16-Jul-00 | MONTREAL |
| 7 | NATASHA SMALLWOOD | 1996 | 02:16.6 | 07-Jun-14 | CALGARY |
| 8 | JENNY ZAWASKI | 1977 | 02:16.9 | 28-Jul-95 | ABBOTSFORD |
| 9 | JOELLE STENGER | 1988 | 02:17.4 | 21-Jul-06 | SHERBROOKE |
| 10 | CARLE EVANS | 1984 | 02:20.2 | 21-Jun-03 | EDMONTON |
| 11 | MEGGAN HODGE | 1983 | 02:24.7 | 30-Jun-01 | KELOWNA |
| 12 | CHANTELL WIDNEY | 1979 | 02:25.0 | 29-Jun-97 | KELOWNA |
| 13 | BRYNN HEBERT | 2002 | 2:25:44 | 13-Jun-21 | CALGARY |
| 14 | CINDY GLOECKLER | 1977 | 02:26.3 | 28-Jul-95 | ABBOTSFORD |
| 15 | DEBBIE FOSTER | 1978 | 02:29.1 | 07-Jun-96 | EDMONTON |
| 16 | SHAY OSTAPOWICH | 1976 | 02:29.8 | 02-Jul-95 | KELOWNA |
| 17 | KIRSTEN LINDBERG | 1973 | 02:31.6 | 25-Jul-92 | WINNIPEG |
| 18 | KAYLA NEUFELD | 1983 | 02:33.2 | 30-Jun-01 | KELOWNA |
| 19 | CARA GIBSON | 1977 | 02:34.4 | 02-Jul-95 | KELOWNA |
| 20 | SHAUNA BLACKLOCK | 1969 | 02:34.5 | 14-Jun-87 | RED DEER |

**UNDER 20
WOMEN
1500M**

| | | | | | |
|----|-------------------|------|---------|-----------|---------------|
| 1 | VICKY LYNCH | 1970 | 04:34.1 | 08-Jul-89 | SASKATOON |
| 2 | TANYA WRIGHT | 1981 | 04:35.7 | 30-Jun-00 | KELOWNA |
| 3 | JENNY VAN KEMPEN | 1982 | 04:38.3 | 30-Jun-00 | KELOWNA |
| 4 | JENNY KEMP | 1983 | 04:46.5 | 30-Jun-02 | KELOWNA |
| 5 | GINELLE DEMONE | 1998 | 4:47:07 | 04-Jun-16 | EDMONTON |
| 6 | CHRISTINE ZAWASKI | 1980 | 04:48.1 | 26-Jun-99 | KELOWNA |
| 7 | MEGGAN HODGE | 1983 | 04:51.3 | 15-Jun-02 | CALGARY |
| 8 | JOELLE STENGER | 1988 | 04:51.4 | 01-Jul-06 | KELOWNA |
| 9 | TANYA ANDERSON | 1971 | 04:52.7 | 20-May-89 | VANCOUVER |
| 10 | JULIANNA CHIPIUK | 2005 | 4:57:19 | 09-Aug-23 | SHERWOOD PARK |
| 11 | BRYNN HEBERT | 2002 | 5:04:56 | 06-Aug-21 | SHERWOOD PARK |
| 12 | CHANTELL WIDNEY | 1979 | 05:08.0 | 29-Jun-97 | KELOWNA |
| 13 | SHAY OSTAPOWICH | 1976 | 05:09.4 | 03-Jul-95 | KELOWNA |
| 14 | DEBBIE FOSTER | 1978 | 05:13.1 | 29-Jun-96 | KELOWNA |
| 15 | STEPHANIE AITKEN | 1987 | 05:13.2 | 01-Jul-06 | KELOWNA |
| 16 | NATASHA SMALLWOOD | 1996 | 05:16.7 | 11-May-14 | CALGARY |
| 17 | HEATHER KRUEGER | 1978 | 05:25.7 | 29-Jun-96 | KELOWNA |
| 18 | SHAUNA BLACKLOCK | 1969 | 05:25.7 | 20-Jun-87 | EDMONTON |
| 19 | JANELLE BERENDT | 1984 | 05:32.2 | 31-May-03 | EDMONTON |
| 20 | CARLEEN HARVEY | 1978 | 06:07.4 | 29-Jun-96 | KELOWNA |

**UNDER 20
WOMEN
3000M**

| | | | | | |
|----|-------------------|------|----------|-----------|----------|
| 1 | CHRISTINE ZAWASKI | 1980 | 10:04.7 | 26-Jun-99 | KELOWNA |
| 2 | JENNY VAN KEMPEN | 1982 | 10:10.9 | 30-Jun-00 | KELOWNA |
| 3 | MEGGAN HODGE | 1983 | 10:15.8 | 29-Jun-01 | KELOWNA |
| 4 | JENNY KEMP | 1983 | 10:18.5 | 29-Jun-01 | KELOWNA |
| 5 | JULIANNA CHIPIUK | 2005 | 10:30:39 | 26-May-23 | EDMONTON |
| 6 | JOELLE STENGER | 1988 | 11:01.0 | 01-Jul-06 | KELOWNA |
| 7 | STEPHANIE AITKEN | 1987 | 11:02.4 | 01-Jul-06 | KELOWNA |
| 8 | CHANTELL WIDNEY | 1979 | 11:08.8 | 29-Jun-97 | KELOWNA |
| 9 | HEATHER KRUEGER | 1978 | 11:51.4 | 29-Jun-96 | KELOWNA |
| 10 | KAYLA NEUFELD | 1983 | 12:12.4 | 29-Jun-02 | KELOWNA |
| 11 | TAMARA MODRY | 1969 | 12:19.4 | 03-Jul-88 | CALGARY |
| 12 | CARLEEN HARVEY | 1978 | 12:52.3 | 29-Jun-96 | KELOWNA |
| 13 | | | | | |
| 14 | | | | | |
| 15 | | | | | |

**UNDER 20
WOMEN
HIGH JUMP**

| | | | | | |
|---|------------------|------|------|-----------|------------|
| 1 | LINDSEY BERGEVIN | 1989 | 1.77 | 27-Jul-08 | ABBOTSFORD |
| 2 | KIRSTEN LINDBERG | 1973 | 1.68 | 13-May-92 | CALGARY |
| 3 | | | | | |
| 4 | | | | | |

**UNDER 20
WOMEN
LONG JUMP**

| | | | | | |
|---|------------------|------|------|-----------|----------|
| 1 | BREANNE CARTER | 1988 | 4.8 | 07-Jul-06 | EDMONTON |
| 2 | CHANTELL WIDNEY | 1979 | 4.73 | 28-Jun-98 | KELOWNA |
| 3 | BRITTNEY HARYSH | 1989 | 4.54 | 19-Jun-07 | CALGARY |
| 4 | JENNIFER ZAWASKI | 1977 | 4.53 | 03-Jul-95 | KELOWNA |
| 5 | | | | | |

**UNDER 20
WOMEN
TRIPLE JUMP**

| | | | | | |
|---|------------------|------|-------|-----------|------------|
| 1 | ASHLEY PATTERSON | 1987 | 11.28 | 03-Jun-05 | EDMONTON |
| 2 | BRITTNEY HARYSH | 1989 | 10.91 | 26-Jun-07 | EDMONTON |
| 3 | LINDSEY BERGEVIN | 1989 | 10.63 | 12-Jun-07 | ST. ALBERT |
| 4 | CARA GIBSON | 1977 | 9.41 | 29-Jun-96 | KELOWNA |
| 5 | | | | | |

**UNDER 20
WOMEN
SHOT**

| | | | | | |
|---|-------------------|------|-------|-----------|-----------|
| 1 | KRISTEN LINDBERG | 1973 | 10.89 | 16-Aug-92 | COQUITLAM |
| 2 | MEGAN HEBERT | 2001 | 10.82 | 09-Jun-19 | CALGARY |
| 3 | RENE DESNOYERS | 1973 | 10.14 | 08-Jun-91 | EDMONTON |
| 4 | COLLETTE GOUDREAU | 1973 | 9.59 | 08-Jun-91 | EDMONTON |
| 5 | ERIKA OSWALD | 1990 | 8.9 | 28-Jun-08 | KELOWNA |
| 6 | CHANTELL WIDNEY | 1979 | 8.62 | 28-Jun-98 | KELOWNA |

**UNDER 20
WOMEN
DISCUS**

| | | | | | |
|---|-------------------|------|-------|-----------|----------|
| 1 | RENE DESNOYERS | 1973 | 36.53 | 08-Jun-91 | EDMONTON |
| 2 | MEGAN HEBERT | 2001 | 28.7 | 09-Jun-19 | CALGARY |
| 3 | KATIE SAMOIL | 1986 | 26.24 | 04-Jun-04 | CALGARY |
| 4 | COLLETTE GOUDREAU | 1973 | 25.45 | 12-Jul-91 | CALGARY |

**UNDER 20
WOMEN
JAVELIN**

| | | | | | |
|---|------------------|------|-------|-----------|---------|
| 1 | CHANTELL WIDNEY | 1979 | 31.68 | 29-Jun-97 | KELOWNA |
| 2 | KIRSTEN LINDBERG | 1973 | 31.22 | 23-May-92 | CALGARY |
| 3 | SHAY OSTAPOWICH | 1976 | 26.74 | 15-Jul-95 | CALGARY |

**UNDER 20
WOMEN
100M HURDLES**

| | | | | | |
|---|------------------|------|-------|-----------|----------|
| 1 | KIRSTEN LINDBERG | 1973 | 16.41 | 24-Jul-92 | WINNIPEG |
| 2 | CARA GIBSON | 1977 | 17.3 | 02-Jul-95 | KELOWNA |
| 3 | | | | | |

**UNDER 20
WOMEN
400M HURDLES**

| | | | | | |
|---|----------------|------|-------|-----------|---------|
| 1 | RAELEEN HUNTER | 1987 | 61.69 | 18-Jun-05 | CALGARY |
| 2 | CARA GIBSON | 1977 | 65.92 | 15-Jul-95 | CALGARY |
| 3 | ERIKA OSWALD | 1990 | 74.06 | 13-Jun-08 | CALGARY |
| 4 | | | | | |

**UNDER 20
WOMEN
POLE VAULT**

| | | | | | |
|---|------------------|------|-----|-----------|----------|
| 1 | LINDSEY BERGEVIN | 1989 | 3.4 | 30-Jun-07 | KELOWNA |
| 2 | MEGAN HEBERT | 2001 | 2.8 | 28-Jun-19 | EDMONTON |
| 3 | | | | | |

**UNDER 20
WOMEN
5000M RACE WA**

| | | | | | |
|---|--------------|------|---------|-----------|-----------|
| 1 | KATIE SAMOIL | 1986 | 26:18.1 | 12-Jun-05 | VANCOUVER |
| 2 | | | | | |
| 3 | | | | | |

**UNDER 20
WOMEN
10000M RACE WA**

| | | | | | |
|---|--------------|------|---------|-----------|----------|
| 1 | KATIE SAMOIL | 1986 | 57:13.8 | 08-Jul-05 | MONTREAL |
| 2 | | | | | |
| 3 | | | | | |

**UNDER 20
WOMEN
2000M STEEPLE**

| | | | | | |
|---|-------------------|------|---------|-----------|---------|
| 1 | NATASHA SMALLWOOD | 1996 | 08:27.4 | 27-Jun-14 | KELOWNA |
| 2 | | | | | |
| 3 | | | | | |

3000M STEEPLE

| | | | | | |
|---|--------------|------|---------|-----------|---------------|
| 1 | BRYNN HEBERT | 2002 | 12:11.4 | 08-Aug-21 | SHERWOOD PARK |
|---|--------------|------|---------|-----------|---------------|