

	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	U12	1	GWYNNE FEDORUK	1969	7.34	30-Dec-80	SASKATOON
	50M	2	AMANDA GUENTHER	1983	7.64	13-Feb-94	EDMONTON
		3	SANDRA PAHAL	1973	7.64	2-Dec-84	EDMONTON
		4	ELLA STEEL DOUGLAS	2007	7.71	18-Feb-18	EDMONTON
		5	MICHELLE MAKOWSKY	1981	7.74	8-Feb-92	EDMONTON
		6	COLLETTE GOUDREAU	1973	7.74	2-Dec-84	EDMONTON
		7	JAYME BIALIK	2007	7.96	18-Feb-18	EDMONTON
		8	JEANNINE BROD	1981	8.04	26-Jan-92	CALGARY
		9	ELIZABETH THOMPSON	1974	8.06	23-Mar-85	EDMONTON
		10	LEE EVANS	1976	8.06	14-Feb-87	EDMONTON
		11	ANDREA JACOB	2008	8.08	19-Feb-19	EDMONTON
		12	ABIOLA OMOYAYI	2009	8.12	10-Mar-19	EDMONTON
		13	SHAUNA BEGG	1977	8.14	17-Dec-88	EDMONTON
		14	SHAY OSTAPOWICH	1976	8.14	15-Jan-87	EDMONTON
		15	JANICE ZAWASKI	1982	8.15	12-Dec-92	EDMONTON
		16	DEBBIE FOSTER	1978	8.16	9-Dec-89	EDMONTON
		17	HEATHER WEGNER	1972	8.20	12-Feb-83	EDMONTON
		18	LEONA MUGFORD	1974	8.21	23-Mar-85	EDMONTON
		19	LYNN YAKOWESHEN	1974	8.32	23-Mar-85	EDMONTON
		19	HEIDI WILKES	1974	8.38	23-Mar-85	EDMONTON
		20	MARY MACLEAN	2008	8.39	10-Mar-19	EDMONTON
	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	60M	1	MELANIE HALWA	1982	8.68	4-Dec-93	CALGARY
		2	ELLA STEEL DOUGLAS	2007	8.79	17-Nov-18	EDMONTON
		3	CHELSEA SHURGOT	1980	8.82	19-Dec-91	EDMONTON

		4	JANICE ZAWASKI	1982	8.83	4-Dec-93	CALGARY
		5	JAYME BIALIK	2007	8.83	17-Nov-18	EDMONTON
		6	ANGIE LACHMAN	1979	8.84	2-Dec-90	CALGARY
		7	LIBBY DUNN	2006	8.84	10-Dec-17	CALGARY
		8	MERCEDES FOWLER	2001	8.95	24-Nov-12	EDMONTON
		9	HEATHER SHURGOT	1983	9.00	10-Dec-94	EDMONTON
		10	MAEGAN PATTISON	1990	9.03	28-Apr-01	SASKATOON
		11	AMANDA GUENTHER	1983	9.10	29-Apr-94	SASKATOON
		12	MICHELLE MAKOWSKY	1981	9.11	27-Nov-92	CALGARY
		13	ARIELLE BOCK	1994	9.18	10-Dec-05	CALGARY
		14	ABIOLA OMOYAYI	2009	9.20	26-Jan-20	CALGARY
		15	MARIE CHALIFOUX	1984	9.24	9-Dec-95	CALGARY
		16	IZZY SEILER	2006	9.26	10-Dec-17	CALGARY
		17	CARA PATTERSON	1992	9.30	13-Dec-03	CALGARY
		18	JENNA LUNDE	1985	9.34	9-Dec-95	CALGARY
		19	NATASHA SMALLWOOD	1996	9.34	8-Dec-07	CALGARY
		20	ALLEGRA PETASKY	2010	9.37	5-Dec-21	CALGARY

	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	150M	1	LIBBY DUNN	2006	21.72	10-Dec-17	CALGARY
		2	MERCEDES FOWLER	2001	21.99	1-Dec-12	CALGARY
		3	JAYME BIALIK	2007	22.08	10-Dec-17	CALGARY
		4	ABIOLA OMOYAYI	2009	22.29	16-Feb-20	EDMONTON
		5	ELLA STEEL DOUGLAS	2007	22.40	18-Feb-18	EDMONTON
		6	ARYONNAH KNEE	2009	22.62	1-Mar-20	EDMONTON

		7	ALLEGRA PETASKY	2010	23.04	5-Dec-21	CALGARY
		8	IZZY SEILER	2006	23.04	10-Dec-17	CALGARY
		9	ELLA ROSS	2005	23.26	20-Nov-16	EDMONTON
		10	JOSIE PLITT	2005	23.27	4-Dec-16	CALGARY
		11	MAELLE DREBERT	2011	23.50	4-Dec-22	CALGARY
		12	JULIANA CHIPIUK	2005	23.56	4-Dec-16	CALGARY
		13	LANIYAH BRUCE	2012	23.80	4-Mar-23	EDMONTON
		14	MARLEA DREBERT	2014	24.16	9-Feb-25	EDMONTON
		15	CADY MCCUBBING	2002	24.26	14-Dec-13	CALGARY
		16	MARY MACLEAN	2008	24.29	8-Dec-18	CALGARY
		17	KENNA BOLE	2004	24.37	7-Mar-15	EDMONTON
		18	ANDREA JACOB	2008	24.50	3-Mar-18	EDMONTON
		19	ISABELLA SHEPTAK	2002	24.60	14-Dec-13	CALGARY
		20	BROOKLYN JOHNSTON	2007	24.80	20-Nov-16	EDMONTON
	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	200M	1	MELANIE HALWA	1982	28.72	4-Dec-93	CALGARY
		2	GWYNNE FEDORUK	1969	29.14	17-Feb-79	EDMONTON
		3	JANICE ZAWASKI	1982	29.71	4-Dec-93	CALGARY
		4	JAYME BIALIK	2007	29.71	17-Mar-18	EDMONTON
		5	ANGIE LACHMAN	1979	29.88	8-Dec-90	EDMONTON
		6	MICHELLE MAKOWSKY	1981	30.13	12-Dec-92	EDMONTON
		7	CHELSEA SHURGOT	1980	30.24	19-Dec-91	EDMONTON
		8	AMANDA GUENTHER	1983	30.86	5-Mar-94	EDMONTON

		9	MAEGAN PATTISON	1990	30.88	17-Mar-01	EDMONTON
		10	HEATHER SHURGOT	1983	31.26	5-Mar-94	EDMONTON
		11	MARIE CHALIFOUX	1984	31.71	2-Dec-95	EDMONTON
		12	NATASHA SMALLWOOD	1996	31.83	17-Mar-07	CALGARY
		13	ELIZABETH THOMPSON	1974	31.88	23-Mar-85	EDMONTON
		14	ANDREA JACOB	2008	32.01	18-Feb-19	EDMONTON
		15	CALLIE LAWRENCE	1982	32.15	4-Dec-93	CALGARY
		16	LEE EVANS	1976	32.16	14-Feb-87	EDMONTON
		17	ELLA ROSS	2005	32.26	20-Nov-16	EDMONTON
		18	CHRISTINE ZAWASKI	1980	32.41	1-Dec-91	CALGARY
		19	SHERRY POMERLEAU	1986	32.52	7-Dec-96	CALGARY
		20	HEATHER WEGNER	1972	32.70	12-Feb-83	EDMONTON

	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	300M	1	MELANIE HALWA	1982	45.67	1-May-93	SASKATOON
		2	GWYNNE FEDORUK	1969	46.46	29-Dec-80	SASKATOON
		3	JANICE ZAWASKI	1982	48.48	1-May-93	SASKATOON
		4	NATASHA SMALLWOOD	1996	49.56	8-Dec-07	CALGARY
		5	ABIOLA OMOYAYI	2009	49.59	16-Feb-20	EDMONTON
		6	HEATHER SHURGOT	1983	50.07	29-Apr-94	SASKATOON
		7	ARYONNAH KNEE	2009	50.16	16-Feb-20	EDMONTON
		8	AMANDA GUENTHER	1983	50.72	29-Apr-94	SASKATOON
		9	ZARA ROCKWELL	1971	52.14	27-Nov-82	EDMONTON
		10	CALLIE LAWRENCE	1982	52.40	23-Jan-93	EDMONTON
		11	ARIELLE BOCK	1994	52.83	10-Dec-05	CALGARY
		12	PAM FISS	1974	53.37	27-Dec-85	SASKATOON
		13	JENNY ANDERSON	1982	53.50	1-May-93	SASKATOON

		14	LANIYAH BRUCE	2012	53.62	4-Mar-23	EDMONTON
		15	HEATHER WEGNER	1972	53.64	27-Nov-82	EDMONTON
		16	SHERRY POMERLEAU	1986	55.04	20-Jan-95	EDMONTON
		17	KJELTI WILKES	1973	55.34	2-Dec-84	EDMONTON
		18	MAELLE DREBERT	2011	55.61	16-Feb-20	EDMONTON
		19	TARYN FOLEY	1984	55.75	20-Jan-95	EDMONTON
		20	NOELLE CAKMAK	1997	55.76	6-Dec-08	CALGARY
	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	400M	1	MELANIE HALWA	1982	65.00	11-Dec-93	EDMONTON
		2	GWYNNE FEDORUK	1969	68.34	26-Apr-80	GRANDE PRAIRIE
		3	JANICE ZAWASKI	1982	69.88	5-Mar-93	EDMONTON
		4	ARYONNAH KNEE	2009	70.24	29-Feb-20	EDMONTON
		5	CHELSEA SHURGOT	1980	70.64	18-Dec-91	EDMONTON
		6	SHAY OSTAPOWICH	1976	70.81	7-Mar-87	EDMONTON
		7	MAELLE DREBERT	2011	71.70	5-Feb-22	EDMONTON
		8	CALLIE LAWRENCE	1982	71.84	14-Feb-93	EDMONTON
		9	SHERRY POMERLEAU	1986	72.17	6-Dec-97	EDMONTON
		10	HEATHER SHURGOT	1983	72.86	5-Mar-94	EDMONTON
		11	MICHELLE MAKOWSKY	1981	73.24	15-Jan-92	EDMONTON
		12	MARIE CHALIFOUX	1984	73.28	2-Dec-95	EDMONTON
		13	LEE EVANS	1976	73.73	7-Mar-87	EDMONTON
		14	AMANDA GUENTHER	1983	73.74	14-Feb-93	EDMONTON
		15	LIBBY DUNN	2006	73.77	8-Jan-17	CALGARY
		16	NICOLE MARVIN	1981	74.34	6-Mar-92	EDMONTON
		17	ELIZABETH THOMPSON	1974	75.21	23-Mar-85	EDMONTON

	FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
	600M	1	JANICE ZAWASKI	1982	1:49.87	4-Dec-93	CALGARY
		2	GWYNNE FEDORUK	1969	1:52.30	20-Dec-80	EDMONTON
		3	MELANIE HALWA	1982	1:52.54	4-Dec-93	CALGARY
		4	LIBBY DUNN	2006	1:52.73	5-Mar-17	EDMONTON
		5	MAELLE DREBERT	2011	1:53.43	28-Nov-21	EDMONTON
		6	ARYONNAH KNEE	2009	1:53.88	15-Feb-20	EDMONTON
		7	MARY MACLEAN	2008	1:56.02	16-Nov-19	EDMONTON
		8	AVA SONNENBERG	2008	1:57.21	16-Nov-19	EDMONTON
		9	ABIOLA OMOYAYI	2009	1:57.26	15-Feb-20	EDMONTON
		10	ELLA ROSS	2005	1:57.35	20-Nov-16	EDMONTON
		11	JAYME BIALIK	2006	1:58.46	17-Feb-18	EDMONTON
		12	NATASHA SMALLWOOD	1996	1:58.47	28-Apr-07	CALGARY
		13	KENNA BOLE	2004	1:58.64	21-Nov-15	EDMONTON
		14	CLAIR KELLER	2010	1:59.98	28-Nov-21	EDMONTON
		15	MERCEDES FOWLER	2001	2:00.36	24-Nov-12	EDMONTON
		16	GABRIELLE SHEPTAK	2003	2:00.64	30-Nov-13	EDMONTON
		17	JOSIE PLITT	2005	2:00.91	7-Mar-15	EDMONTON
		18	JULIANA CHIPIUK	2005	2:01.26	7-Feb-16	EDMONTON
		19	CALLIE LAWRENCE	1982	2:01.80	23-Jan-93	EDMONTON
		20	PAM FISS	1974	2:01.82	27-Dec-85	SASKATOON

	800M	1	LIBBY DUNN	2006	2:30:42	10-Dec-17	CALGARY
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		2	JANICE ZAWASKI	1982	2:32.96	11-Dec-93	EDMONTON
		3	MARY MACLEAN	2008	2:39:57	16-Mar-19	EDMONTON
		4	NICOLE MARVIN	1981	2:40.52	12-Dec-92	EDMONTON
		5	AVA SONNENBERG	2008	2:40.70	16-Mar-19	EDMONTON
		6	GABRIELLE SHEPTAK	2003	2:41.14	15-Mar-14	EDMONTON
		7	KENNA BOLE	2004	2:41.46	6-Dec-15	CALGARY
		8	GWYNNE FEDORUK	1969	2:42.74	26-Apr-80	GRANDE PRAIRIE
		9	CHRISTINE ZAWASKI	1980	2:42.84	18-Dec-91	EDMONTON
		10	SHAY OSTAPOWICH	1976	2:43.01	11-Dec-87	EDMONTON
		11	ABIOLA OMOYAYI	2009	2:43.85	19-Feb-20	EDMONTON
		12	MELANIE HALWA	1982	2:44.13	5-Mar-93	EDMONTON
		13	SHERRY POMERLEAU	1986	2:44.31	1-Mar-97	EDMONTON
		14	ARYONNAH KNEE	2009	2:44.44	19-Feb-20	EDMONTON
		15	NATASHA SMALLWOOD	1996	2:45.00	1-Dec-07	EDMONTON
		16	ISABELLA SEILER	2006	2:45.06	10-Dec-17	CALGARY
		17	CALLIE LAWRENCE	1982	2:46.04	14-Feb-93	EDMONTON
		18	RILEY LAFORGE	1994	2:46.43	26-Nov-05	EDMONTON
		19	JULIANA CHIPIUK	2005	2:46.49	12-Mar-16	EDMONTON
		20	MEADOW DREBERT	2006	2:46.93	10-Dec-17	CALGARY
	1000M	1	CHRISTINE ZAWASKI	1980	3:34.54	26-Apr-91	SASKATOON
		2	LIBBY DUNN	2006	3:35:02	29-Jan-17	CALGARY
		3	NICOLE MARVIN	1981	3:35.50	18-Jan-92	EDMONTON
		4	SHERRY POMERLEAU	1986	3:38.92	13-Dec-97	CALGARY

		5	MARY MACLEAN	2008	3:38.93	12-Jan-19	SASKATOON
		6	CALLIE LAWRENCE	1982	3:38.98	1-May-93	SASKATOON
		7	ABIOLA OMOYAYI	2009	3:39:27	12-Jan-19	SASKATOON
		8	ZARA ROCKWELL	1971	3:40.54	27-Nov-82	EDMONTON
		9	JANICE ZAWASKI	1982	3:42.30	16-Jan-93	CALGARY
		10	TARYN FOLEY	1984	3:44.18	9-Dec-95	CALGARY
		11	HEATHER SHURGOT	1983	3:44.34	3-Dec-94	CALGARY
		12	HALEY KEIRSTEAD	1999	3:44.74	9-Jan-10	CALGARY
		13	IZABELLA SEILER	2006	3:45.47	29-Jan-17	CALGARY
		14	JEANNINE BROD	1981	3:45.67	18-Jan-92	EDMONTON
		15	MARIE CHALIFOUX	1984	3:46.18	9-Dec-95	CALGARY
		16	AMANDA GUENTHER	1983	3:46.48	5-Feb-94	CALGARY
		17	ARYONNAH KNEE	2009	3:46.92	11-Jan-20	SASKATOON
		18	KENNA BOLE	2004	3:50.71	19-Jan-15	CALGARY
		19	MICHELLE MAKOWSKY	1981	3:51.20	26-Jan-92	CALGARY
		20	NATASHA SMALLWOOD	1996	3:51.65	13-Jan-07	CALGARY
				4:56:49			

1200M		1	HALEY KEIRSTEAD	1999	4:29.63	23-Jan-10	CALGARY
		2	MARLEA DREBERT	2014	4:54.59	5-Jan-25	CALGARY
		3	LEXI DREBERT	2016	4:56.49	5-Jan-25	CALGARY
1500M		1	NICOLE MARVIN	1981	5:16.88	12-Dec-92	EDMONTON
		2	JANICE ZAWASKI	1982	5:28.08	11-Dec-93	EDMONTON

[illegible]

	HIGH JUMP	1	MICHELLE MAKOWSKY	1981	1.36	12-Dec-92	EDMONTON
		2	HEATHER SHURGOT	1983	1.31	6-Mar-94	EDMONTON
		3	MAEGAN PATTISON	1990	1.30	2-Dec-01	EDMONTON
		4	SHAY OSTAPOWICH	1976	1.25	7-Mar-87	EDMONTON
		5	MELANIE HALWA	1982	1.25	5-Mar-93	EDMONTON
		6	SANDRA PAHAL	1973	1.25	2-Dec-84	EDMONTON
		7	ELISE EVANS	1988	1.20	27-Nov-99	EDMONTON
		8	JENNA LUNDE	1985	1.20	3-Mar-96	EDMONTON
		9	AMANDA GUENTHER	1983	1.20	5-Mar-93	EDMONTON
		10	LYNN YAKOWESHEN	1974	1.20	23-Mar-85	EDMONTON
		11	ALLISON RACE	1968	1.18	3-Mar-79	EDMONTON
		12	TARYN FOLEY	1984	1.17	2-Dec-95	EDMONTON
		13	SHAUNA LOGAN	1974	1.15	23-Mar-85	EDMONTON
		14	LEONA MUGFORD	1974	1.15	23-Mar-85	EDMONTON
		15	GWYNNE FEDORUK	1969	1.15	3-Mar-79	EDMONTON

		16	KENNA BOLE	2004	1.15	21-Nov-15	EDMONTON
		17	LIBBY DUNN	2006	1.15	5-Mar-17	EDMONTON
		18	HEATHER WEGNER	1972	1.12	13-Feb-83	EDMONTON
		19	ARIELLE BOCK	1994	1.12	17-Jan-04	EDMONTON
		20	JAYME BIALIK	2007	1.10	5-Mar-17	EDMONTON
	LONG JUMP	1	MELANIE HALWA	1982	4.57	11-Dec-93	EDMONTON
		2	ELLA STEEL-DOUGLAS	2007	4.53	17-Mar-18	EDMONTON
		3	GWYNNE FEDORUK	1969	4.45	20-Dec-80	EDMONTON
		4	HEATHER SHURGOT	1983	4.30	10-Dec-94	EDMONTON
		5	SANDRA PAHAL	1973	4.29	2-Dec-84	EDMONTON
		6	MICHELLE MAKOWSKY	1981	4.25	12-Dec-92	EDMONTON
		7	AMANDA GUENTHER	1983	4.16	11-Dec-93	EDMONTON
		8	ANGIE LACHMAN	1979	4.02	8-Dec-90	EDMONTON
		9	ARIELLE BOCK	1994	3.95	26-Nov-05	EDMONTON
		10	ARYONNAH KNEE	2009	3.90	15-Feb-20	EDMONTON
		11	MAEGAN PATTISON	1990	3.88	2-Dec-01	EDMONTON
		12	JENNA LUNDE	1985	3.85	21-Jan-95	EDMONTON
		13	MERCEDES FOWLER	2001	3.83	24-Nov-12	EDMONTON
		14	LEE EVANS	1976	3.81	14-Feb-87	EDMONTON
		15	SHERRY POMERLEAU	1986	3.75	1-Dec-96	EDMONTON
		16	HEATHER WEGNER	1972	3.66	27-Nov-82	EDMONTON
		17	ABIOLA OMOYAYI	2009	3.64	15-Feb-20	EDMONTON
		18	GABRIELLE SHEPTAK	2003	3.63	30-Nov-13	EDMONTON
		19	NATASHA SMALLWOOD	1996	3.61	10-Feb-07	EDMONTON

		20	LYNNYAKOWESHEN	1974	3.58	23-Mar-85	EDMONTON
		20	KENNA BOLE	2004	3.58	21-Nov-15	EDMONTON
		20	ELLA ROSS	2005	3.58	20-Nov-16	EDMONTON

	SHOT	1	SANDRA PAHAL	1973	7.97	2-Dec-84	EDMONTON
	6LB	2	JILL METZ	1977	7.59	17-Dec-88	EDMONTON
		3	MICHELLE MAKOWSKY	1981	7.04	12-Dec-92	EDMONTON
		4	MELANIE HALWA	1982	6.80	5-Mar-93	EDMONTON
		5	JENNIFER POMERLEAU	1983	6.79	10-Dec-94	EDMONTON
		6	HEATHER SHURGOT	1983	6.63	10-Dec-94	EDMONTON
		7	CARA PATTERSON	1992	6.27	29-Nov-03	EDMONTON
		8	ARIELLE BOCK	1994	6.09	6-Mar-04	EDMONTON
		9	ELIZABETH THOMPSON	1974	6.03	23-Mar-85	EDMONTON
		10	LEE EVANS	1976	6.03	11-Dec-87	EDMONTON
		11	LYNN YAKOWESHEN	1974	6.02	2-Dec-84	EDMONTON
		12	ELISE EVANS	1988	5.81	17-Jan-99	EDMONTON
		13	MAEGAN PATTISON	1990	5.79	2-Dec-01	EDMONTON
		14	HEATHER KRUEGER	1978	5.79	9-Dec-89	EDMONTON
		15	SHERRY POMERLEAU	1986	5.78	11-Jan-97	SASKATOON
		16	BRETT FOLEY	1982	5.59	11-Dec-93	EDMONTON
		17	AMANDA GUENTHER	1983	5.53	10-Dec-94	EDMONTON
		18	LEONA MUGFORD	1974	5.47	23-Mar-85	EDMONTON
		19	TARYN FOLEY	1984	5.28	29-Apr-95	SASKATOON
		20	VANESSA BOUDREAU	1983	5.26	5-Mar-94	EDMONTON

	SHOT	1	ARIELLE BOCK	1994	7.95	26-Nov-05	EDMONTON
	2K	2	ELLA ROSS	2005	7.58	20-Nov-16	EDMONTON
		3	MAELLE DREBERT	2011	7.30	5-Mar-22	EDMONTON
		4	NOELLE CAKMAK	1997	6.81	29-Nov-08	EDMONTON
		5	EMILIJA HIRSSONE	2010	6.71	15-Feb-20	EDMONTON
		6	LIBBY DUNN	2006	6.70	4-Mar-17	EDMONTON
		7	MARLEA DREBERT	2014	6.69	19-Jan-25	EDMONTON
		8	NATASHA SMALLWOOD	1996	6.50	3-Mar-07	EDMONTON
		9	SAMANTHA BENDORITIS	1996	6.42	3-Mar-07	EDMONTON
		10	ANDREA JACOB	2008	6.32	17-Feb-19	EDMONTON
		11	VLADA URVANOVA	2012	6.15	3-Dec-23	EDMONTON
		12	DEVIN FLINT	1996	6.12	1-Dec-07	EDMONTON
		13	MARY MACLEAN	2008	6.08	10-Mar-19	EDMONTON
		14	CHRISTINE SAMARD	1996	6.00	1-Dec-07	EDMONTON
		15	MACY MCCUBBING	2004	5.94	21-Nov-15	EDMONTON
		16	ELLA STEEL-DOUGLAS	2007	5.92	4-Mar-18	EDMONTON
		17	ARYONNAH KNEE	2009	5.91	15-Feb-20	EDMONTON
		18	RILEY LAForge	1994	5.89	26-Nov-05	EDMONTON
		19	ISABELLA SHEPTAK	2002	5.72	3-Mar-13	EDMONTON
		20	ABIOLA OMOYAYI	2009	5.70	15-Feb-20	EDMONTON

			LEDUC TRACK INDOOR RECORDS			
	PEE WEE GIRLS					
		NAME	YEAR	PERFORMANCE	DATE	LOCATION
	50M	GWYNNE FEDORUK	1969	7.34	30-Dec-80	SASKATOON
	60M	MELANIE HALWA	1982	8.68	4-Dec-93	CALGARY
	150M	MERCEDES FOWLER	2001	21.99	1-Dec-12	CALGARY
	200M	MELANIE HALWA	1982	28.72	4-Dec-93	CALGARY
	300M	MELANIE HALWA	1982	45.67	1-May-93	SASKATOON
	400M	MELANIE HALWA	1982	65.00	11-Dec-93	EDMONTON
	500M	JANICE ZAWASKI	1982	1:31.67	1-May-93	SASKATOON
	600M	JANICE ZAWASKI	1982	1:49.87	4-Dec-93	CALGARY
	800M	JANICE ZAWASKI	1982	2:32.96	11-Dec-93	EDMONTON
	1000M	CHRISTINE ZAWASKI	1980	3:34.54	26-Apr-91	SASKATOON
	1200M	HALEY KEIRSTEAD	1999	4:29.63	23-Jan-10	CALGARY
	1500M	NICOLE MARVIN	1981	5:16.88	12-Dec-92	EDMONTON
	HIGH JUMP	MICHELLE MAKOWSKY	1981	1.36	12-Dec-92	EDMONTON
	LONG JUMP	MELANIE HALWA	1982	4.57	11-Dec-93	EDMONTON
	SHOT 6LB	SANDRA PAHAL	1973	7.97	2-Dec-84	EDMONTON
	SHOT 2K	ARIELLE BOCK	1994	7.95	26-Nov-05	EDMONTON

