

Outdoor Track and Field U16 Female

FEMALE 100M UNDER 16

	NAME	YEAR	PERF.	DATE	LOCATION
1	JANICE ZAWASKI	1982	12.47	12-Jul-96	CALGARY
2	VANESSA BARR	1993	12.98	12-May-07	ST.ALBERT
2	BRIANNA CATHCART	2008	12.98	21-Jul-23	OKOTOKS
4	BREANNE CARTER	1988	12.99	30-Jun-03	KELOWNA
5	CHRISTI FERGUSON	1970	13.01	08-Jul-85	CALGARY
6	KELSEY RICHARD	1992	13.02	30-Jun-07	KELOWNA
7	GWYNNE FEDORUK	1969	13.04	24-Jul-83	LETHBRIDGE
7	DACIA DELLEZAY	1979	13.04	28-May-94	ST. ALBERT
9	TATYJANIA KHOUNVISETH	1998	13.08	28-Jul-13	CALGARY
10	KAMI GAINSFORTH	1995	13.19	15-May-10	CALGARY
11	KATERINE DRAGON	2009	13.21	17-Jun-23	CALGARY
12	ERIKA OSWALD	1990	13.24	20-Jun-04	RED DEER
13	COLLETTE GOUDREAU	1974	13.28	03-Jul-88	CALGARY
14	ANGIE REMBOWSKI	1965	13.34	21-Jul-79	CALGARY
14	LYNN MURRAY	1964	13.34	21-Jul-79	CALGARY
14	NICOLLE HARYSH	1995	13.34	15-May-10	CALGARY
17	CHELSY LINK	1979	13.4	17-May-94	RED DEER
18	DAWN CHITRINA	1983	13.44	30-May-98	ST ALBERT
19	SHEENA CODY	1986	13.49	30-Jun-00	KELOWNA
20	JENNIFER METZ	1975	13.53	24-Jun-89	RED DEER

FEMALE 200M UNDER 16

	NAME	YEAR	PERF.	DATE	LOCATION
1	JANICE ZAWASKI	1982	25.1	09-Jun-96	CALGARY
2	TATYJANIA KHOUNVISETH	1998	26.39	06-Jul-13	MEDICINE HAT
3	NICOLLE HARYSH	1995	26.48	18-Jun-10	CALGARY
4	ARIELLE BOCK	1994	26.53	30-May-09	MEDICINE HAT
5	CHRISTI FERGUSON	1970	26.97	24-Jun-84	LANGLEY
6	VANESSA BARR	1993	27	13-May-07	ST. ALBERT
7	ABIOLA OMOYAYI	2009	27	11-Jun-23	LEDUC
8	CHELSEA LINK	1979	27.09	17-Jul-94	CALGARY
9	KELSEY RICHARD	1992	27.21	01-Jul-07	KELOWNA
10	LYNN MURRAY	1964	27.24	21-Jul-79	CALGARY
11	ANGIE REMBOWSKI	1965	27.34	21-Jul-79	CALGARY
12	VICKY LYNCH	1970	27.34	29-Jun-84	CALGARY
13	TANYA WRIGHT	1981	27.34	27-May-95	ST. ALBERT
14	BREANNE CARTER	1988	27.37	21-Jun-03	EDMONTON
15	GWYNNE FEDORUK	1969	27.44	23-Jul-83	LETHBRIDGE
16	BREANNA CATHCART	2008	27.44	09-Jul-23	SHERWOOD PARK
17	BARB DROLET	1972	27.44	04-Jul-87	EDMONTON
18	ERIKA OSWALD	1990	27.5	29-May-04	ST.ALBERT
19	KATERINE DRAGON	2009	27.63	28-May-23	ST ALBERT
20	MEAGHAN MACKENZIE	1993	27.74	07-Jun-08	MEDICINE HAT

**FEMALE
300M
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	TATYJANIA KHOUNVISETH	1998	41.54	11-Aug-13	LANGLEY
2	NICOLLE HARYSH	1995	41.69	19-Jun-10	CALGARY
3	ABIOLA OMOYAYI	2009	42.09	21-Jul-23	OKOTOKS
4	NATASHA SMALLWOOD	1996	42.37	12-Jun-11	CALGARY
5	GINELLE DEMONE	1998	43.37	06-Jul-13	MEDICINE HAT
6	NOELLE CAKMAK	1997	44.2	17-Jul-11	REGINA
7	ARIELLE BOCK	1994	44.36	11-Jul-09	MEDICINE HAT
8	MARY MACLEAN	2008	44.59	21-Jul-23	OKOTOKS
9	LIBBY DUNN	2006	44.74	24-Jul-21	CALGARY
10	IZZY SEILER	2006	45	12-Sep-20	LEDUC
11	BRYNN HEBERT	2002	45.19	23-Jul-17	SHERWOOD PARK
12	OLIVIA LAKE	2004	45.2	09-Jun-18	LEDUC
13	ALYCIA SWANSON	1998	45.34	06-Jul-13	MEDICINE HAT
14	JORDAN TAYLOR	1995	45.39	12-Jun-09	CALGARY
15	CHAVA PARMAR	1997	45.9	24-Jun-12	ST ALBERT
16	CHEYENNE GOH	1999	45.96	02-Jun-13	ST.ALBERT
17	JULIANA CHIPIUK	2005	46.86	02-Jun-19	LEDUC
18	JOSIE PLITT	2005	47.16	16-Jun-19	CALGARY
19	KYRA HERMAN	1999	47.09	02-Jun-13	ST.ALBERT
20	MADISON OXTON	1997	48.11	24-Jul-11	SHERWOOD PARK

**FEMALE
400M
UNDER 16**

1	JANICE ZAWASKI	1982	54.96	02-Aug-97	CALGARY
2	TANYA WRIGHT	1981	58.53	27-Jul-96	CALGARY
3	VICKY LYNCH	1970	59.1	14-Jul-84	CALGARY
4	JENNIFER KEMP	1983	59.69	15-Jul-98	CALGARY
5	JENNY VANKEMPEN	1982	59.96	01-Aug-97	CALGARY
6	BARB DROLET	1972	60.4	08-Aug-87	CALGARY
7	GWYNNE FEDORUK	1969	60.58	23-Jul-83	LETHBRIDGE
8	DEBBIE FOSTER	1978	61.06	17-Jul-93	CALGARY
9	NATASHA SMALLWOOD	1996	61.09	07-May-11	LETHBRIDGE
10	RAELEEN HUNTER	1987	61.22	30-Jun-02	KELOWNA
11	CARA GIBSON	1977	61.27	03-Jul-92	RED DEER
12	NOELLE CAKMAK	1997	61.8	23-Mar-12	LAS VEGAS
13	CANDICE JONES	1973	61.99	03-Jul-88	CALGARY
14	JENNY ZAWASKI	1977	62.22	03-Jul-92	RED DEER
15	DEANNA MONSON	1971	62.49	26-Jul-86	WINNIPEG
16	CHRISTINE ZAWASKI	1981	62.79	25-Jun-94	RED DEER
17	RILEY LAFORGE	1994	62.85	28-Jun-08	KELOWNA
18	VANESSA HALWA	1979	63.03	17-Jul-94	CALGARY
19	ERIKA OSWALD	1990	63.2	25-Jun-04	CALGARY
20	HEATHER WEGNER	1972	63.65	29-Jun-86	KELOWNA

**FEMALE
800M
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	JENNIFER KEMP	1983	02:10.4	25-Jul-98	CAYMAN ISLANDS
2	TANYA WRIGHT	1981	02:12.5	10-Aug-96	SHERBROOKE
3	NATASHA SMALLWOOD	1996	02:14.7	06-Aug-11	OTTAWA
4	GINELLE DEMONE	1998	02:15.3	11-Aug-13	LANGLEY
5	MEADOW DREBERT	2006	2:16:42	10-Jul-21	EDMONTON
6	VICKI LYNCH	1970	02:16.6	03-Aug-85	SASKATOON
7	JANICE ZAWASKI	1982	02:16.6	29-Jun-96	KELOWNA
8	HALEY KEIRSTEAD	1999	02:17.2	16-Aug-14	LANGLEY
9	JENNY VAN KEMPEN	1982	02:17.3	10-Aug-96	SHERBROOKE
10	ADRIA SNOWDON	1986	02:19.7	14-Apr-01	ARCADIA
11	MARY MACLEAN	2008	2:20:23	25-Jun-23	EDMONTON
12	ALYCIA SWANSON	1998	02:20.8	20-Jul-13	SHERWOOD PARK
13	DEANNA MONSON	1971	02:21.1	13-Jul-86	CALGARY
14	BARB DROLET	1972	02:22.5	11-Jul-87	EDMONTON
15	BRYNN HEBERT	2002	02:22.6	01-Jul-17	KELOWNA
16	JULIANA CHIPIUK	2005	02:22.8	14-Jul-19	REGINA
17	LIBBY DUNN	2006	2:23:06	12-Sep-20	LEDUC
18	GWYNNE FEDORUK	1969	02:23.1	24-Jul-83	LETHBRIDGE
19	DEBBY FOSTER	1978	02:23.6	15-Aug-93	SASKATOON
20	RILEY LAFORGE	1994	02:23.6	13-Jun-08	CALGARY

**FEMALE
1200M
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	HALEY KEIRSTEAD	1999	03:40.1	15-Aug-14	LANGLEY
2	GINELLE DEMONE	1998	03:46.1	09-Aug-13	LANGLEY
3	BRYNN HEBERT	2002	03:46.7	22-Jul-17	SHERWOOD PARK
4	JULIANA CHIPIUK	2005	03:47.4	16-Jun-19	CALGARY
5	ALYCIA SWANSON	1998	03:50.6	06-Jul-13	MEDICINE HAT
6	NATASHA SMALLWOOD	1996	03:51.6	24-Jun-10	WINNIPEG
7	MADDY OXTON	1997	03:57.0	27-Jul-12	LETHBRIDGE
8	LIBBY DUNN	2006	3:57:08	24-Jul-21	CALGARY
9	KYRA SHEPPARD	2007	03:57.8	14-May-22	CALGARY
10	RILEY LAFORGE	1994	03:58.4	11-Jul-09	MEDICINE HAT
11	DEVIN FLINT	1996	04:00.8	15-May-10	CALGARY
12	ASHLYNN UDHOLM	1995	04:06.5	20-Jul-10	PEACE RIVER
13	CHRISTINE SIMARD	1996	04:09.5	03-Jul-11	KELOWNA
14	REEGAN BROADBENT	2002	04:10.2	15-Jul-16	LEDUC
15	SIERRA HALWA	1997	04:14.4	28-May-11	CALGARY
16	GEMMA MORAN	1996	04:21.4	26-Jun-10	ST.ALBERT
17	BROOKLYN JOHNSTON	2007	04:25.0	29-May-22	ST ALBERT
18	EMRIE HAMPTON	2007	04:26.3	26-Jun-22	LEDUC
19	KATIE ELDER	1994	04:55.4	30-May-09	MEDICINE HAT
20	SABYLLA MITCHELL	2007	05:26.5	26-Jun-22	LEDUC

**FEMALE
1500M
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	TANYA WRIGHT	1981	04:44.2	29-Jun-96	KELOWNA
2	VICKY LYNCH	1970	04:46.3	03-Aug-85	SASKATOON
3	JENNIFER KEMP	1983	04:49.4	25-Jul-98	CALGARY
4	MEADOW DREBERT	2006	04:49.9	06-Aug-21	SHERWOOD PARK
5	BARB DROLET	1972	04:51.9	11-Jul-87	EDMONTON
6	JENNY VAN KEMPEN	1982	04:54.5	01-Jun-96	VANCOUVER
7	RILEY LAFORGE	1994	04:56.1	28-Jun-08	KELOWNA
8	NICOLE MARVIN	1981	04:58.3	15-Jul-95	CALGARY
9	CHRISTINE ZAWASKI	1980	04:59.6	15-Jul-95	CALGARY
10	DEANNA MONSON	1971	04:59.9	10-Aug-86	SUDBURY
11	STEPHANIE AITKEN	1987	05:03.4	15-Jun-02	CALGARY
12	BRETT FOLEY	1982	05:04.2	25-Jul-97	LLOYDMINSTER
13	TASHA WATSON	1975	05:07.9	24-Jun-89	RED DEER
14	ADRIA SNOWDON	1986	05:08.5	27-May-00	ST. ALBERT
15	JOELLE STENGER	1988	05:08.9	30-Jun-03	KELOWNA
16	KYLA CUNNINGHAM	1977	05:10.4	31-Jul-92	CALGARY
17	HEATHER KRUEGER	1978	05:10.9	04-Jul-93	KELOWNA
18	TANYA ANDERSON	1971	05:12.7	26-Jul-86	WINNIPEG
19	TARA LABRANCHE	1985	05:13.4	08-Jul-00	EDMONTON
20	JODY ARBUCKLE	1976	05:13.6	18-May-91	VANCOUVER

**FEMALE
2000M
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	HALEY KEIRSTEAD	1999	06:33.1	12-Aug-14	LANGLEY
2	MEADOW DREBERT	2006	6:41:15	12-Sep-20	LEDUC
3	JULIANA CHIPIUK	2005	06:44.1	26-May-19	ST ALBERT
4	ALYCIA SWANSON	1998	06:51.5	10-Aug-13	LANGLEY
5	RILEY LAFORGE	1994	07:00.5	11-Jul-09	MEDICINE HAT
6	BRYNN HEBERT	2002	07:01.7	15-Jul-17	WINNIPEG
7	KYRA SHEPPARD	2007	7:17:29	26-Jun-22	LEDUC
8	DEVIN FLINT	1996	07:20.2	20-Jul-10	PEACE RIVER
9	CHRISTINE SIMARD	1996	07:24.1	12-Jun-11	CALGARY
10	MADDY OXTON	1997	07:24.9	27-Jul-12	LETHBRIDGE
11	MARY MACLEAN	2008	7:27:49	29-May-22	ST ALBERT
12	ASHLYNN UDHOLM	1995	07:28.6	12-Jun-09	CALGARY
13	GINELLE DEMONE	1998	07:29.3	13-May-12	CALGARY
14	REEGAN BROADBENT	2002	07:34.6	29-May-16	ST. ALBERT
15	SIERRA HALWA	1997	07:55.5	15-May-11	CALGARY
16	BROOKLYN JOHNSTON	2007	08:09.6	12-Jun-22	KELOWNA
17	LAUREN DELLEZAY	2005	8:25:53	29-Jun-18	CALGARY

**FEMALE
3000M
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	JENNIFER KEMP	1983	10:38.3	30-Jun-98	KELOWNA
2	BARB DROLET	1972	10:40.5	10-Aug-86	SUDBURY
3	BRETT FOLEY	1982	10:58.9	29-Jun-97	KELOWNA
4	NICOLE MARVIN	1981	10:59.6	16-Jul-95	CALGARY
5	CHRISTINE ZAWASKI	1980	11:09.3	21-Jul-95	CALGARY
6	HALEY KEIRSTEAD	1999	11:09.6	17-May-14	EDMONTON
7	STEPHANIE AITKEN	1987	11:10.7	17-Aug-02	CAMROSE
8	JAMIE JOHNSEN	1983	11:14.0	30-Jun-98	KELOWNA
9	RILEY LAFORGE	1994	11:14.3	04-Jul-09	EDMONTON
10	DEANNA MONSON	1971	11:18.1	24-May-86	LEDUC
11	TASHA WATSON	1975	11:19.1	24-Jun-89	RED DEER
12	TANYA ANDERSON	1971	11:30.5	26-Jul-86	WINNIPEG
13	TARA LABRANCHE	1985	11:42.4	30-Jun-00	KELOWNA
14	AMY BROHMAN	1986	11:50.5	21-Jul-00	GRANDE PRAIRIE
15	JENNY ZAWASKI	1977	11:52.0	29-Jun-91	KELOWNA
16	HEATHER KRUEGER	1978	12:03.3	26-Jun-92	KELOWNA
17	KATIE ELDER	1994	12:08.5	10-May-08	ST.ALBERT
18	CARLEEN HARVEY	1978	12:24.8	26-Jun-93	RED DEER
19	KYLA CUNNINGHAM	1977	12:30.1	26-Jun-92	KELOWNA
20	MANDY HEATH	1972	12:32.0	15-Jun-86	RED DEER

**FEMALE
HIGH JUMP
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	DEANNA MONSON	1971	1.6	26-Jul-86	WINNIPEG
2	JODIE ARBUCKLE	1976	1.53	12-Jul-91	CALGARY
3	LYNN YAKOWESHEN	1974	1.52	17-Jun-89	LETHBRIDGE
4	ANGIE LACHMAN	1979	1.5	04-Jul-93	KELOWNA
4	KELSEY RICHARD	1992	1.5	12-May-07	ST. ALBERT
4	RILEY LAFORGE	1994	1.5	07-Jun-08	MEDICINE HAT
7	MICHELLE MAKOWSKY	1981	1.48	27-May-95	ST. ALBERT
7	TANYA WRIGHT	1981	1.48	27-May-95	ST. ALBERT
7	JENNIFER POMERLEAU	1983	1.48	25-Jul-97	LLOYDMINSTER
7	KRISTIN VAN ECK	1983	1.48	24-May-97	ST. ALBERT
11	REESE HJERTAAS	2004	1.46	09-Jun-18	LEDUC
11	LAUREN DELLEZAY	2005	1.46	13-Aug-19	CAPE BRETON
13	TERRI ANN SANDERS	1977	1.45	26-Jun-92	KELOWNA
13	HEATHER WEGNER	1972	1.45	24-May-86	LEDUC
13	RAELEEN HUNTER	1987	1.45	30-Jun-02	KELOWNA
13	NOELLE CAKMAK	1997	1.45	28-May-11	ST.ALBERT
17	MEGHAN MACKENZIE	1993	1.41	17-May-08	CALGARY
18	SHEENA CODY	1986	1.4	30-Jun-00	KELOWNA
18	MARY MUGFORD	1970	1.4	14-Jul-84	CALGARY
18	NATASHA SMALLWOOD	1996	1.4	03-Jul-10	KELOWNA
18	CHRISTINE SIMARD	1996	1.4	03-Jul-11	KELOWNA
18	ISABELLA HJERTAAS	2002	1.4	19-Jun-16	CALGARY

**FEMALE
LONG JUMP
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	GWYNNE FEDORUK	1969	5.17	20-Aug-83	OTTAWA
2	ARIELLE BOCK	1994	5.03	17-May-08	CALGARY
3	AMANDA GUENTHER	1983	5.01	25-Jul-97	LLOYDMINSTER
4	DACIA DELLEZAY	1979	4.87	27-May-94	ST. ALBERT
5	JENNIFER METZ	1975	4.85	10-Jun-90	ST. ALBERT
6	HEATHER WEGNER	1972	4.84	29-Jun-86	KELOWNA
7	KAMI GAINSFORTH	1995	4.8	24-Jul-10	WINNIPEG
8	MELANIE HALWA	1982	4.74	08-Jul-96	CALGARY
9	MARY MUGFORD	1970	4.73	14-Jul-84	CALGARY
10	DAWN CHITRINA	1983	4.71	25-Jul-97	LLOYDMINSTER
11	SHEENA CODY	1986	4.71	30-Jun-00	KELOWNA
12	COLLETTE GOUDREAU	1973	4.67	10-Jun-88	ST. ALBERT
13	SAMARA PAYNE	2000	4.66	21-Jun-15	CALGARY
14	BREANNE CARTER	1988	4.64	21-Jun-03	EDMONTON
15	GINELLE DEMONE	1998	4.62	16-Jun-13	CALGARY
15	BRANDY CLAPPERTON	1977	4.6	12-May-91	ST. ALBERT
17	CHEYENNE GOH	1999	4.59	02-Jun-13	ST ALBERT
18	CARA GIBSON	1977	4.58	26-Jun-92	KELOWNA
19	VANESSA HALWA	1979	4.54	27-May-94	ST. ALBERT
20	JENNY ZAWASKI	1977	4.51	31-Jul-92	CALGARY

**FEMALE
TRIPLE JUMP
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	KAMI GAINSFORTH	1995	10.19	11-Jul-10	SHERWOOD PARK
2	CHEYENNE GOH	1999	10.09	12-Jul-14	SHERWOOD PARK
3	JANICE ZAWASKI	1982	9.96	29-Jun-96	KELOWNA
4	DAWN CHITRINA	1983	9.81	28-Jun-98	KELOWNA
5	MELANIE HALWA	1982	9.8	29-Jun-96	KELOWNA
6	VANESSA HALWA	1979	9.76	01-Jul-94	KELOWNA
7	DACIA DELLEZAY	1979	9.73	01-Jul-94	KELOWNA
8	GINELLE DEMONE	1998	9.61	01-Jul-12	KELOWNA
9	TAMARA WRIGHT	1984	9.56	26-Jun-99	KELOWNA
10	AMANDA GUENTHER	1983	9.54	29-Jun-97	KELOWNA
11	SAMARA PAYNE	2000	9.52	01-Jun-14	ST.ALBERT
12	SHEENA CODY	1986	9.51	30-Jun-00	KELOWNA
13	CHELSEY LINK	1979	9.41	01-Jul-94	KELOWNA
14	SHAY OSTAPOWICH	1976	9.37	12-Jul-91	CALGARY
15	ASHLEY PEARSON	1984	9.37	28-Jun-98	KELOWNA
16	MAEGAN PATTISON	1990	9.37	02-Jul-04	KELOWNA
17	CHELSEA SHURGOT	1980	9.31	03-Jul-95	KELOWNA
18	HEATHER SHURGOT	1983	9.29	29-Jun-97	KELOWNA
19	JODY ARBUCKLE	1976	9.29	12-Jul-91	CALGARY
20	CARA GIBSON	1977	9.22	26-Jun-92	KELOWNA

**FEMALE
SHOT 4K
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	COLETTE BREDIN	1978	9.98	26-Jun-92	KELOWNA
2	MICHELLE RIVARD	1965	8.94	21-Jul-79	CALGARY
3	LYNN MURRAY	1964	8.9	21-Jul-79	CALGARY
4	BRETT FOLEY	1982	8.86	29-Jun-97	KELOWNA
5	JENNIFER POMERLEAU	1983	8.85	28-Jun-98	KELOWNA
6	MICHELLE MAKOWSKY	1981	8.69	27-May-95	ST. ALBERT
7	MELANIE HALWA	1982	8.67	29-Jun-96	KELOWNA
8	HEATHER SHURGOT	1983	8.66	25-Jul-97	LLOYDMINSTER
9	LYNN YAKOWESHEN	1974	8.35	11-Jun-89	ST. ALBERT
10	DEBBIE STEVENS	1969	8.18	29-Jun-84	CALGARY
11	COLLETTE GOUDREAU	1973	8.16	14-Jul-87	EDMONTON
12	LAUREEN WARD	1965	8.14	21-Jul-79	CALGARY
13	MARY MUGFORD	1970	8.12	29-Jun-85	CALGARY
14	CARLA SERNA	1967	7.98	18-Jul-81	EDMONTON
15	KARI RESVICK	1971	7.9	29-Jun-86	KELOWNA
16	LAUREN LUTIC	1988	7.9	30-Jun-03	KELOWNA
17	KARLE YOUNG	1974	7.88	18-Jun-88	RED DEER
18	TARYN FOLEY	1984	7.84	28-Jun-98	KELOWNA
19	MAELYNN HODGINS	1970	7.7	29-Jun-85	CALGARY
20	JODIE ARBUCKLE	1976	7.41	10-Jun-90	ST. ALBERT

**FEMALE
SHOT 3K
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	ANDREA JACOB	2008	9.88	14-May-22	CALGARY
2	LAUREN DELLEZAY	2005	8.32	11-Aug-19	CAPE BRETON
3	KATERINE DRAGON	2009	7.96	09-Jul-23	SHERWOOD PARK
4	REEGAN BROADBENT	2002	7.88	15-Jun-16	LEDUC
5	CHAVA PARMAR	1997	7.83	24-Jun-12	ST.ALBERT
6	AVA SONNENBERG	2008	7.5	28-May-22	ST ALBERT
7	TYLER MITCHELL	2005	7.48	02-Jun-19	LEDUC
8	JORDAN TAYLOR	1995	7.29	04-Jul-10	KELOWNA
9	KENNA BOLE	2004	7.06	12-May-19	CALGARY
10	LAUREN FABI	2004	6.48	09-Jun-18	LEDUC
11	SABYLLA MITCHELL	2007	5.3	08-Aug-21	SHERWOOD PARK
12	COURTNEY SETTER	2002	4.91	15-May-16	CALGARY

**FEMALE
DISCUS
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	COLETTE BREDIN	1978	27.46	05-Aug-93	WETASKIWIN
2	LYNN YAKOWESHEN	1974	26.56	17-Jun-89	LETHBRIDGE
3	ANGIE LACHMAN	1979	26.42	04-Jul-93	KELOWNA
4	MICHELLE RIVARD	1965	26.22	10-May-80	OKOTOKS
5	DEANNA MONSON	1971	25	29-Jun-85	CALGARY
6	GWYNNE FEDORUK	1969	24.72	24-Jul-83	LETHBRIDGE
7	DEBBIE STEVENS	1969	24.4	29-Jun-84	CALGARY
8	CARLA SERNA	1967	24.38	29-May-82	SHERWOOD PARK
9	VICKI LYNCH	1970	23.8	29-Jun-84	CALGARY
10	MAELYNN HODGINS	1970	22.86	29-Jun-85	CALGARY
11	JENNIFER METZ	1975	22.42	24-Jun-89	RED DEER
12	LAUREEN WARD	1965	21.81	21-Jul-79	CALGARY
13	KARLE YOUNG	1974	21.8	18-Jun-88	RED DEER
14	JENNA LUNDE	1985	21.79	08-May-99	LETHBRIDGE
15	KATIE SAMOIL	1986	21.24	30-Jun-01	KELOWNA
16	ISABELLA HJERTAAS	2002	21	29-Jul-16	REGINA
17	BRETT FOLEY	1982	20.98	01-Jun-96	LETHBRIDGE
18	JENNY MINCHAU	1978	20.68	29-May-93	ST. ALBERT
19	KYLA CUNNINGHAM	1977	20.68	18-Jul-92	CALGARY
20	VANESSA HALWA	1979	20.4	28-May-94	ST. ALBERT

**FEMALE
JAVELIN
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	ISABELLA HJERTAAS	2002	35.26	14-Jul-17	WINNIPEG
2	ANGIE LACHMAN	1979	30.32	05-Aug-93	WETASKIWIN
3	ANDREA JACOB	2008	29.28	22-Jul-22	SHERWOOD PARK
4	KENNA BOLE	2004	28.53	12-May-19	CALGARY
5	COLETTE BREDIN	1978	28.4	05-Aug-93	WETASKIWIN
6	ARIELLE BOCK	1994	26.89	30-May-09	MEDICINE HAT
7	MICHELLE RIVARD	1965	25.9	10-May-80	OKOTOKS
8	REESE HJERTAAS	2004	24.62	09-Jun-18	LEDUC
9	ALEX O'BRIEN	2002	23.88	01-Jul-17	KELOWNA
10	ANDREA GOLLY	1978	22.94	27-Jun-93	RED DEER
11	CARLA SERNA	1967	22.2	29-May-82	SHERWOOD PARK
12	LISE DOLEN	1963	21.96	01-Jul-78	CALGARY
13	SHAY OSTAPOWICH	1976	21.95	15-Jun-91	EDMONTON
14	JENNIFER METZ	1975	21.76	12-May-90	LETHBRIDGE
15	DARA LEE GEAKE	1970	21.32	14-Jul-84	CALGARY
16	GWYNNE FEDORUK	1969	21.23	18-Jun-83	LEDUC
17	TERRI ANN SANDERS	1977	21.1	26-Jun-92	KELOWNA
18	ISABELLA HJERTAAS	2002	21	29-Jul-16	REGINA
19	LAUREN DELLEZAY	2005	20.95	29-Jun-19	KELOWNA
20	ELISA THOMPSON	1974	20.94	01-Jul-88	CALGARY

**FEMALE
80M HURDLES
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	CARA GIBSON	1977	12.82	15-Aug-92	CALGARY
2	TERRI ANN SANDERS	1977	13.14	18-Jul-92	CALGARY
3	CHEYENNE GOH	1999	13.16	11-May-14	CALGARY
4	DAWN CHITRINA	1983	13.17	20-Jun-98	CALGARY
5	ANGIE LACHMAN	1979	13.41	04-Jul-93	KELOWNA
6	BRITTANY THOMAS	1988	13.52	22-Jun-03	EDMONTON
7	COLLEEN ROGERS	1965	14.04	10-May-80	OKOTOKS
8	KIM LOGAN	1969	14.26	14-Jul-84	CALGARY
9	KENDRA PATRICK	1987	14.26	30-Jun-02	KELOWNA
10	JANICE ZAWASKI	1982	14.3	29-Jun-96	KELOWNA
11	JENNY ZAWASKI	1977	14.34	26-Jun-92	KELOWNA
12	AMANDA GUENTHER	1983	14.41	29-Jun-97	KELOWNA
13	HEATHER SHURGOT	1983	14.44	25-Jul-97	LLOYDMINSTER
14	MICHELLE MAKOWSKY	1981	14.46	03-Jul-95	KELOWNA
15	CARLA SERNA	1967	14.48	29-May-82	SHERWOOD PARK
16	LYNN YAKOWESHEN	1974	14.74	17-Jun-89	LETHBRIDGE
17	SHAY OSTAPOWICH	1976	14.94	16-Jun-90	RED DEER
18	DARA LEE GEAKE	1970	15	14-Jul-84	CALGARY
19	JOSIE PLITT	2005	15.2	29-Jun-19	KELOWNA
20	ANDREA JACOB	2008	15.23	19-Jun-22	EDMONTON

**FEMALE
300M HURDLES
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	JANICE ZAWASKI	1982	45.35	12-Jun-96	CALGARY
2	CARA GIBSON	1977	46.42	31-Jul-92	CALGARY
3	TANYA WRIGHT	1981	48.28	27-May-95	ST. ALBERT
4	RAELEEN HUNTER	1987	48.81	30-Jun-02	KELOWNA
5	JENNY VAN KEMPEN	1982	49.62	29-Jun-96	KELOWNA
6	ARIELLE BOCK	1994	49.93	07-Jun-08	MEDICINE HAT
7	DEANNA MONSON	1971	50.19	26-Jul-86	WINNIPEG
8	TERRI ANN SANDERS	1977	51.08	26-Jun-92	KELOWNA
9	ASHLEY MOROZ	1987	51.1	30-Jun-01	KELOWNA
10	KIM LOGAN	1969	51.19	14-Jul-84	CALGARY
11	SHAY OSTAPOWICH	1976	51.82	24-Jun-89	RED DEER
12	ANGIE LACHMAN	1979	52.18	26-Jun-92	KELOWNA
13	DARA LEE GEAKE	1970	52.43	14-Jul-84	CALGARY
14	JORDAN TAYLOR	1995	52.83	27-Jun-09	KELOWNA
15	JOSIE PLITT	2005	53.12	29-Jun-19	KELOWNA
16	ERIN DAWSON	1972	54.01	14-Jun-87	RED DEER
17	KATIE ELDER	1994	54.07	28-Jun-08	KELOWNA
18	CHELSEA LINK	1979	54.57	04-Jul-93	KELOWNA
19	JENNI MINCHAU	1978	56.58	26-Jun-92	KELOWNA
20	JESSICA NUGENT	1979	59.28	26-Jun-92	KELOWNA

**FEMALE
1500M STEEPLE
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	MEADOW DREBERT	2006	5:07:45	21-Jul-19	SHERWOOD PARK
2	BRYNN HEBERT	2002	05:20.3	22-Jul-17	SHERWOOD PARK
3	LIBBY DUNN	2006	5:24:25	26-May-19	ST ALBERT
4	NATASHA SMALLWOOD	1996	05:28.8	17-Jul-11	REGINA
5	CHEYENNE GOH	1999	06:00.9	27-Jun-14	KELOWNA
6	LAUREN DELLEZAY	2005	6:02:14	29-Jun-19	KELOWNA
7	CHRISTINE SIMARD	1996	06:06.1	24-Jul-11	SHERWOOD PARK
8	KYRA HERMAN	1999	06:19.3	30-Jun-13	KELOWNA

**FEMALE
2000M STEEPLE
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	MEADOW DREBERT	2006	7:53:55	11-Jul-21	EDMONTON
2	RILEY LAFORGE	1994	08:17.2	07-Jul-08	CALGARY
3	ALANA MORTON	1990	09:15.8	04-Jul-05	CALGARY
4	HEATHER MYATT	1991	09:17.9	04-Jul-05	CALGARY

**FEMALE
HAMMER
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	JENNIFER POMERLEAU	1983	23.08	29-Jun-98	KELOWNA
2	LAUREN DELLEZAY	2005	22.59	29-Jun-19	KELOWNA
3	BRETT FOLEY	1982	20.32	29-Jun-97	KELOWNA
4	ISABELLA HJERTAAS	2002	19.92	15-Jul-16	LEDUC
5	HEATHER SHURGOT	1983	19.28	29-Jun-97	KELOWNA
6	ALEX O'BRIEN	2002	17.95	30-Jun-17	KELOWNA
7	TYLER MITCHELL	2005	16.49	02-Jun-19	LEDUC

**FEMALE
PENTATHLON
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	ERIKA OSWALD	1990	2515	04-May-05	CALGARY
2	LAUREN DELLEZAY	2005	2259	11-Aug-19	CAPE BRETON
3	JORDAN TAYLOR	1995	1843	20-Jul-10	PEACE RIVER
4	KENNA BOLE	2004	1640	11-May-19	CALGARY

**FEMALE
200M HURDLES
UNDER 16**

	NAME	YEAR	PERF.	DATE	LOCATION
1	CHEYENNE GOH	1999	29.95	30-Jun-13	KELOWNA
2	ARYONNAH KNEE	2009	31.28	09-Jul-23	SHERWOOD PARK
3	NATASHA SMALLWOOD	1996	31.88	15-May-11	CALGARY
4	JOSIE PLITT	2005	32.91	27-May-18	ST. ALBERT
5	ISABELLA HJERTAAS	2002	33.08	29-May-16	ST. ALBERT
6	ANDREA JACOB	2008	33.64	10-Jul-22	CALGARY
7	KYRA HERMAN	1999	35.68	30-Jun-13	KELOWNA
8	MADISON OXTON	1997	36.74	28-May-11	ST. ALBERT

**FEMALE
MILE
UNDER 16**

1	MEADOW DREBERT	2006	5:12:22	26-Jun-21	CALGARY
2	BROOKLYN JOHNSTON	2007	6:25:22	2026-06-21	CALGARY