

2009 Outdoor Rankings

Junior Women

100 Metres

Time/Dist	Athlete	Date	Meet
	Native Outdoor	11.58 Jul-04-03 Jenni Hucul STFC	
	Open Outdoor	11.58 Jul-04-03 Jenni Hucul STFC	
12.54	1.7 Margetts, Merissa	91 EXA 5/2/2009	Spring Classic
12.89	1.3 Abrams, Andrea	90 STFC 04/04/2009	SFU Spring Open
13.02	-1.1 Sjodin, Jasmin	91 STFC 13/06/2009	PeeWee/Bantam/C/E
13.10	-1.1 Stone, Danny	90 UNA 13/06/2009	PeeWee/Bantam/C/E
13.14	-1.1 Nosbush, Mahlena	91 STFC 13/06/2009	PeeWee/Bantam/C/E
13.54	0.5 Haselhan, Shalane	91 EST 05/06/2009	SHSAA
14.23	1.7 McCarthy, Katherine	90 EXA 02/05/2009	Spring Classic
Wind/No Wind			
12.34	3.6 Margetts, Merissa	91 EXA 7/25/2009	SA Provincials
200 metres			
	Native Outdoor	24.19 Aug-10-91 Ladonna Antoine RAT	
	Open Outdoor	23.85 Aug-02-81 Angela Bailey UT	
25.82	1.1 Margetts, Merissa	91 EXA 17/07/2009	Jr Nats
26.34	1.5 Schellenberg, Leanne	90 US 17/07/2009	Jr Nats
26.54	-0.8 Stone, Danny	90 UNA 11/07/2009	09 CSG Trials
26.64	-0.3 Abrams, Andrea	90 STFC 11/07/2009	09 CSG Trials
26.88	-0.8 Davis, Tennille	90 EXA 11/07/2009	09 CSG Trials
27.98	1.1 Sjodin, Jasmin	91 STFC 17/07/2009	Jr Nats
28.54	-2.5 Kowalchuk, Shaylyn	91 EXA 16/05/2009	Spring C/E
30.64	1.2 McCarthy, Katherine	90 EXA 02/05/2009	Spring Classic
Wind/No Wind			
25.49	4.1 Margetts, Merissa	91 EXA 17/07/2009	Jr Nats
26.23	NWI Schellenberg, Leanne	90 RIV 13/06/2009	PeeWee/Bantam/C/E
27.29	NWI Sjodin, Jasmin	91 STFC 05/06/2009	SHSAA

27.69	NWI	Shewchuk, Nicole	91	YLTC	05/06/2009	SHSAA
28.16	NWI	Kowalchuk, Shaylyn	91	EXA	13/06/2009	PeeWee/Bantam/C/E
28.32	NWI	Haselhan, Shalane	91	EST	13/06/2009	PeeWee/Bantam/C/E
400 Metres						
Native Outdoor 54.52 Jul-04-82 Lisa Kroll STFC						
Open Outdoor 52.96 Aug-02-81 Jillian Richardson AB						
1:00.05		Davis, Tennille	90	EXA	11/07/2009	09 CSG Trials
1:01.27		Sjodin, Jasmin	91	STFC	13/06/2009	PeeWee/Bantam/C/E
1:03.47		Shewchuk, Nicole	91	YLTC	05/06/2009	SHSAA
1:04.96		Banks, Amanda	91	FLSH	05/06/2009	SHSAA
2009 Outdoor Rankings						
Junior Women						
800 Metres						
Time/Dist		Athlete		Date		Meet
Native Outdoor 2:09.8h Jul-15-73 Linda Halvorson STFC						
Open Outdoor 2:07.60 Jul-08-89 Vicky Lynch AB						
2:11.8h		Schaaf, Kendra	90	QCS	11/07/2009	09 CSG Trials
2:18.17		Kujawa, Kate	91	EXA	11/07/2009	09 CSG Trials
2:18.35		Furlan, Jessica	90	EXA	11/04/2009	Nebraska Invite
2:34.57		Calver, Ronelle	91	STFC	05/06/2009	SHSAA
2:37.09		Banks, Amanda	91	FLSH	05/06/2009	SHSAA
2:38.47		Elliott, Brittany	91	CCT	05/06/2009	SHSAA
2:39.22		Schellenberg, Leanne	90	US	17/07/2009	Jr Nats
2:39.92		Fedorchuk, Megan	91	YLTC	05/06/2009	SHSAA
3:07.96		Kowalchuk, Shaylyn	91	EXA	13/06/2009	PeeWee/Bantam/C/E
3:30.42		Haselhan, Shalane	91	EST	13/06/2009	PeeWee/Bantam/C/E
1500 Metres						
Native Outdoor 4:20.27 Aug-02-81 Kendra Schaaf QCS						

Open Outdoor 4:20.27 Aug-02-81 Kendra Schaaf QCS						
4:18.61	Schaaf, Kendra	90	QCS	10/06/2009	Victoria International	
4:32.93	Furlan, Jessica	90	EXA	11/04/2009	Nebraska Invite	
4:48.74	Kujawa, Kate	91	EXA	17/07/2009	Jr Nats	
5:17.28	Elliott, Brittany	91	CCT	05/06/2009	SHSAA	
5:21.88	Fedorchuk, Megan	91	YLTC	05/06/2009	SHSAA	
5:25.56	Sjodin, Courtney	91	STFC	05/06/2009	SHSAA	
6:04.03	Westberg, Carly	90	YLTC	05/06/2009	SHSAA	
3000 Metres						
Native Outdoor 9:29.46 Jul-08-05 Kendra Schaaf QCS						
Open Outdoor 9:24.32 Aug-19-89 Lisa Harvey AB						
9:14.62	Schaaf, Kendra	90	QCS	17/07/2009	Jr Nats	
10:09.42	Kujawa, Kate	91	EXA	17/07/2009	Jr Nats	
10:32.11	Furlan, Jessica	90	EXA	13/06/2009	PeeWee/Bantam/C/E	
10:55.37	Brenaut, Nadine	90	RIV	7/25/2009	SA Provincials	
11:24.28	Elliott, Brittany	91	CCT	05/06/2009	SHSAA	
11:39.44	Sjodin, Courtney	91	STFC	05/06/2009	SHSAA	
11:55.09	Fedorchuk, Megan	91	YLTC	05/06/2009	SHSAA	
13:02.84	Westberg, Carly	90	YLTC	05/06/2009	SHSAA	
5000 Metres						
Native Outdoor 15:52.08 Jun-10-05 Danette Doetzel QCS						
Open Outdoor 15:52.08 Jul-05-03 Danette Doetzel QCS						
15:52.74	Schaaf, Kendra	90	QCS	25/06/2009	09 Sr Nationals	
2009 Outdoor Rankings						
Junior Women						
100m Hurdles .84m						
Time/Dist	Athlete			Date	Meet	

			Native Outdoor	13.78	Jun-26-04	Jaime Cruickshank	STFC				
			Open Outdoor	13.57	Jul-24-04	Frances Keating	ON				
15.32	0.2		Kowalchuk, Shaylyn	91	EXA	17/07/2009				Jr Nats	
15.56	1.3		Abrams, Andrea	90	STFC	8/9/2009				CSG Tri Province	
15.95	-2.1		Keeler, Jessica	90	STFC	7/11/2009				09 CSG Trials	
16.31	1.6		Schellenberg, Leanne	90	US	17/07/2009				Jr Nats	
17.07	0.1		Nosbush, Mahlena	91	STFC	13/06/2009				PeeWee/Bantam/C/E	
20.16	0.9		Haselhan, Shalane	91	EST	13/06/2009				PeeWee/Bantam/C/E	
Wind/No Wind											
18.52	2.6		McCarthy, Katherine	90	EXA	02/05/2009				Spring Classic	
400m Hurdles .76m											
			Native Outdoor	58.49	Jul-10-82	Gwen Wall	RIV				
			Open Outdoor	58.49	Jul-10-82	Gwen Wall	RIV				
1:05.68			Keeler, Jessica	90	STFC	11/07/2009				09 CSG Trials	
1:13.58			Calver, Ronelle	91	STFC	11/07/2009				09 CSG Trials	
1:14.31			Davis, Tennille	90	EXA	13/06/2009				PeeWee/Bantam/C/E	
2000m Steeple Chase											
			Native Outdoor	6:39.36	Jul-29-07	Jessica Furlan	EXA				
			Open Outdoor	6:39.36	Jul-29-07	Jessica Furlan	EXA				
6:50.73			Furlan, Jessica	90	EXA	24/08/2009				CSG 09	
7:20.10			LePage, Karissa	91	PPT	11/07/2009				09 CSG Trials	
3000m Steeple Chase											
			Native Outdoor	10:16.32	Jul-23-06	Jessica Furlan	EXA				
			Open Outdoor	10:16.32	Jul-23-06	Jessica Furlan	EXA				
10:34.7			Furlan, Jessica	90	EXA	5/2/2009				Payton Jordan Stanford	
High Jump											
			Native Outdoor	1.80m	Jun-26-88	Vanessa Monar	UNA				
			Open Outdoor	1.85m	Aug-09-97	Whitney Evans	AB				

1.66m		Haselhan, Shalane	91	EST	11/07/2009	09 CSG Trials
1.60m		Kowalchuk, Shaylyn	91	EXA	11/07/2009	09 CSG Trials
1.60m		Stevenson, Hannah	91	BBT	02/05/2009	Spring Classic
1.57m		Lang, Angie	91	BBT	05/06/2009	SHSAA
1.41m		Schellenberg, Leanne	90	US	17/07/2009	Jr Nats
1.40m		Foraie, Richelle	91	EXA	13/06/2009	PeeWee/Bantam/C/E
2009 Outdoor Rankings						
Junior Women						
Pole Vault						
Time/Dist		Athlete		Date		Meet
		Native Outdoor	4.11m	Jun-25-04	Adrienne Vangool	RIV
		Open Outdoor	4.11m	Jun-25-04	Adrienne Vangool	RIV
3.45m		Vause, Stephanie	90	RIV	11/07/2009	09 CSG Trials
3.05m		Brousseau, Raven	91	RIV	05/06/2009	SHSAA
3.00m		Garchinski, Jenelle	90	RIV	13/06/2009	PeeWee/Bantam/C/E
2.80m		Engele, Raeann	91	RIV	11/07/2009	09 CSG Trials
2.45m		Kowalchuk, Shaylyn	91	EXA	05/06/2009	SHSAA
1.80m		Fedorchuk, Megan	91	YLTC	05/06/2009	SHSAA
Long Jump						
		Native Outdoor	6.02m	Jun-02-07	Brianne Theisen	STFC
		Open Outdoor	6.41m	Aug-02-81	Nicole Ali	ON
5.40m	1.5	Haselhan, Shalane	91	EST	7/11/2009	CSG Trials
5.02m	0.5	Jelinski, Jenna	90	EXA	11/07/2009	09 CSG Trials
4.94m	-0.1	Kowalchuk, Shaylyn	91	EXA	13/06/2009	PeeWee/Bantam/C/E
4.76m	1.5	Nicoud, Isaline	91	STFC	05/06/2009	SHSAA
4.71m	0.5	Prefontaine, Kirstie	90	STFC	13/06/2009	PeeWee/Bantam/C/E
4.32m	1.5	Schellenberg, Leanne	90	US	17/07/2009	Jr Nats
4.29m	0.0	Foraie, Richelle	91	EXA	13/06/2009	PeeWee/Bantam/C/E
Wind/No Wind						

4.90m	3.1	Hipkins, Victoria	91	BBT	05/06/2009	SHSAA
4.86m	2.3	Ferguson, Jamie	91	UNA	05/06/2009	SHSAA
Triple Jump						
		Native Outdoor	12.71m	Jun-07-02	Chloe Hetherton	SMA
		Open Outdoor	12.71m	Jun-07-02	Chloe Hetherton	SMA
10.83m	0.3	Kowalchuk, Shaylyn	91	EXA	05/06/2009	SHSAA
10.70m	-0.2	Stevenson, Hannah	91	BBT	13/06/2009	PeeWee/Bantam/C/E
10.48m	1.8	Jelinski, Jenna	90	EXA	11/07/2009	09 CSG Trials
9.52m	0.0	Nicoud, Isaline	91	STFC	05/06/2009	SHSAA
Wind/No Wind						
10.96m	2.4	Kowalchuk, Shaylyn	91	EXA	17/07/2009	Jr Nats
9.91m	2.5	Prefontaine, Kirstie	90	STFC	11/07/2009	09 CSG Trials
8.89m	2.9	McCarthy, Katherine	90	EXA	02/05/2009	Spring Classic
Shot Put 4kg						
		Native Outdoor	13.58m	Aug-08-07	Taryn Suttie	STFC
		Open Outdoor	14.67m	Aug-02-81	Cindy Crapper	SWCK
14.91m		Suttie, Taryn	90	US	17/07/2009	Jr Nats
12.92m		Rak, Breanna	91	STFC	13/06/2009	PeeWee/Bantam/C/E
2009 Outdoor Rankings						
Junior Women						
Shot Put 4kg						
Time/Dist		Athlete			Date	Meet
12.63m		Elliott, Kim	90	STFC	11/07/2009	09 CSG Trials
11.38m		Labrecque, Chantelle	91	KIN	02/05/2009	Spring Classic
10.71m		Ecklund, Kirsten	90	EXA	13/06/2009	PeeWee/Bantam/C/E
10.47m		Dyck, Emma	91	EXA	11/07/2009	09 CSG Trials
9.97m		Schellenberg, Leanne	90	US	17/07/2009	Jr Nats
9.10m		Haselhan, Shalane	91	EST	02/05/2009	Spring Classic
8.67m		Kowalchuk, Shaylyn	91	EXA	16/05/2009	Spring C/E

Discus 1kg						
		Native Outdoor	43.80m	Jul-22-84	Shannon Kekula	STFC
		Open Outdoor	47.72m	Jun-12-82	Sandy Ketterer	AB
42.95m		Rak, Breanna	91	STFC	8/8/2009	CSG Tri Province
38.00m		Elliott, Kim	90	US	17/07/2009	Jr Nats
36.26m		Dyck, Emma	91	EXA	17/07/2009	Jr Nats
34.50m		Labrecque, Chantelle	91	KIN	02/05/2009	Spring Classic
30.55m		Ecklund, Kirsten	90	EXA	13/06/2009	PeeWee/Bantam/C/E
Hammer 4kg						
		Native Outdoor	52.57m	Jul-05-05	Elisabeth Dubourt	STFC
		Open Outdoor	57.41m	Aug-16-05	Marie-Eve Boisselle	QUE
49.76m		Suttie, Taryn	90	US	15/05/2009	Chinook Throws
37.94m		Ecklund, Kirsten	90	URC	17/07/2009	Jr Nats
34.33m		Dyck, Emma	91	EXA	17/07/2009	Jr Nats
Javelin 600g						
		Native Outdoor	45.90m	Jul-14-94	Karry Schrader	RWCK
		Open Outdoor	50.25m	Jul-04-03	Krista Woodward	BC
38.50m		Rak, Breanna	91	STFC	05/07/2009	AB Prov Championships
28.33m		Ecklund, Kirsten	90	URC	17/07/2009	Jr Nats
27.33m		Schellenberg, Leanne	90	RIV	13/06/2009	PeeWee/Bantam/C/E
23.04m		Dyck, Emma	91	EXA	17/07/2009	Jr Nats
21.94m		Haselhan, Shalane	91	EST	13/06/2009	PeeWee/Bantam/C/E
18.27m		Kowalchuk, Shaylyn	91	EXA	16/05/2009	Spring C/E
Heptathlon						
		Native Outdoor	5413	Jul-08-07	Brianne Theisen	STFC
		Open Outdoor	5413	Jul-08-07	Brianne Theisen	STFC/CAN
3873		Schellenberg, Leanne	90	US	17/07/2009	Jr Nats
		16.31 (1.6) 100mH;9.97m SP;1.41m HJ;26.34 (1.5) 200m				
		4.32m (1.5) LJ;26.60m JT;2:39.22 800m				
3620		Kowalchuk, Shaylyn	91	EXA	13/06/2009	PeeWee/Bantam/C/E
		15.35 (0.0) 100mH;8.52m SP;1.56m HJ;28.16 (NW1) 200m				

4.94m (-0.1) LJ;17.66m JT; 3:07.96 800m

2009 Outdoor Rankings

Junior Women

Heptathlon

Time/Dist	Athlete	Date	Meet
3052	Haselhan, Shalane 91 EST	13/06/2009	PeeWee/Bantam/C/E
20.17 (0.9) 100mH;8.27m SP;1.59m HJ;28.32 (NWI) 200m			
4.99m (-1.4) lj;21.94m JT;3:30.43 800m			