

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			