

2008/2009 Indoor Rankings

Senior Women

50m

Time/Dist	Athlete		Club	Date	Meet
		Native Indoor	6.38 Feb-08-03 Jenni Hucul STFC		
		Open Indoor	6.18 Jan-09-99 Philomena Mensah BC		
6.84	Somogyi, Jolean	86	PRA	20/03/2009	Stoon Kinsmen Indoor
6.99	Serby, Karlyn	81	STFC	20/03/2009	Stoon Kinsmen Indoor
7.05	Herron, Amanda	88	RIV	20/03/2009	Stoon Kinsmen Indoor

60m

		Native Indoor	7.45 Feb-09-03 Jenni Hucul STFC		
		Open Indoor	7.18 Jan-14-96 Carlette Guidry - Philomena Mensah Adidas - BC		
7.67	Ruller, Amanda	87	URC	27/02/2009	Can West
7.85	Bewcyk, Laura	86	URC	27/02/2009	Can West
7.94	Siemens, Sharai	88	US	06/02/2009	Regina QC Kinsmen Ind
7.98	Kuspira, Katelyn	88	US	06/02/2009	Regina QC Kinsmen Ind
8.14	Yuzik, Carrie	89	US	31/01/2009	Cargill Open
8.18	Herron, Amanda	88	RIV	23/01/2009	Sled Dog
8.31	Robson, Karen	87	US	23/01/2009	Sled Dog
8.36	Donaldson, Leah	89	URC	31/01/2009	Cargill Open
8.37	Vause, Leah	87	US	16/01/2009	Golden Bear
8.53	Sharp, Keisha	84	URC	31/01/2009	Cargill Open
8.59	Bauck, Sarah	89	URC	31/01/2009	Cargill Open
8.61	Jestadt, Alison	89	URC	08/01/2009	K of C Indoor Games
8.70	Liebrecht, Stephanie	89	US	23/01/2009	Sled Dog
9.48	Kinnear, Lindsay	88	SSO	08/01/2009	K of C Indoor Games
11.76	Stevens, Tammi	89	SASO	08/01/2009	K of C Indoor Games

29.39	Gelsinger, Bobbi	89	URC	06/12/2008	Regina Friendship Games
29.42	Sharp, Keisha	84	URC	06/12/2008	Regina Friendship Games
29.66	Bauck, Sarah	89	URC	06/12/2008	Regina Friendship Games
33.26	Kinnear, Lindsay	88	SSO	08/01/2009	K of C Indoor Games
200m Wheelchair					
32.98	Duff, Ilana	86	CRTC	08/01/2009	K of C Indoor Games
34.17	Frie, Keira-Lyn	87	CRTC	08/01/2009	K of C Indoor Games
1:19.44	Richter, Becky	82	CRTC	08/01/2009	K of C Indoor Games
300m					
Native Indoor		38.54 Jan-30-98 Ladonna Antoine RAT			
Open Indoor		36.91 Dec-30-80 Angella Taylor ON			
39.73	Omene, Eseroghene	85	URC	31/01/2009	Cargill Open
40.23	Siemens, Sharai	88	US	12/03/2009	CIS Championships
41.23	Friesen, Julene	89	US	06/02/2009	Regina QC Kinsmen Ind
41.78	Gerstmar, Ashley	89	US	31/01/2009	Cargill Open
41.86	Ruller, Amanda	87	URC	06/02/2009	Regina QC Kinsmen Ind
42.69	Kuspira, Katelyn	88	US	31/01/2009	Cargill Open
42.75	Hanbidge, Helen	88	US	16/01/2009	Golden Bear
42.83	Yuzik, Carrie	89	US	16/01/2009	Golden Bear
43.45	Hawrysh, Cassie	84	EXA	31/01/2009	Cargill Open
43.53	Donaldson, Leah	89	URC	16/01/2009	Golden Bear
2008/2009 Indoor Rankings					
Senior Women					
300m Cont'd					
Time/Dist	Athlete		Club	Date	Meet
43.58	Macintosh, Alison	85	US	16/01/2009	Golden Bear

43.64	Rooks, Katie	85	US	31/01/2009	Cargill Open
45.04	Hedman, Mackenzie	89	RIV	06/02/2009	Regina QC Kinsmen Ind
400m					
Native Indoor 53.05 Feb-12-94 LaDonna Antoine RAT					
Open indoor 52.78 Jan-08-93 Jillian Richardson AB					
56.76	Theisen, Brianne	88	STFC	17/01/2009	Dempsey Indoor
58.14	Omene, Eseroghene	85	URC	06/02/2009	Regina QC Kinsmen Ind
59.45	Gerstmar, Ashley	89	US	31/01/2009	Cargill Open
59.54	Hanbidge, Helen	88	US	06/02/2009	Regina QC Kinsmen Ind
59.79	Macintosh, Alison	85	US	31/01/2009	Cargill Open
1:02.07	Rooks, Katie	85	US	31/01/2009	Cargill Open
1:02.14	Hedman, Mackenzie	89	RIV	20/03/2009	Stoon Kinsmen Indoor
1:02.73	Calver, Christina	87	US	06/02/2009	Regina QC Kinsmen Ind
1:02.86	Hawrysh, Cassie	84	URC	06/02/2009	Regina QC Kinsmen Ind
1:03.04	Peterson, Melissa	86	URC	06/02/2009	Regina QC Kinsmen Ind
1:03.97	Johnson, Kate	89	US	31/01/2009	Cargill Open
1:04.85	Shaw, Kassandra	87	URC	06/02/2009	Regina QC Kinsmen Ind
400m Wheelchair					
1:06.57	Frie, Keira-Lyn	87	CRTC	08/01/2009	K of C Indoor Games
1:06.85	Duff, Ilana	86	CRTC	08/01/2009	K of C Indoor Games
600m					
Native Indoor 1:28.76 Jan-15-84 Gwen Wall U of S					
Open Indoor 1:28.76 Jan-15-84 Gwen Wall U of S					
1:31.77	Smith, Kailey	86	US	31/01/2009	Cargill Open
1:32.57	Friesen, Julene	89	US	31/01/2009	Cargill Open
1:37.04	Hanbidge, Helen	88	US	31/01/2009	Cargill Open

1:38.43	Brennan, Olivia	89	QCS	14/02/2009	Seattle
1:39.82	Calver, Christina	87	US	31/01/2009	Cargill Open
1:40.38	Macintosh, Alison	85	US	31/01/2009	Cargill Open
1:43.28	Johnson, Kate	89	US	23/01/2009	Sled Dog
1:44.31	Anderson, Dionne	86	US	23/01/2009	Sled Dog
2008/2009 Indoor Rankings					
Senior Women					
600m Cont'd					
Time/Dist	Athlete		Club	Date	Meet
1:45.00	Rooks, Katie	85	US	23/01/2009	Sled Dog
1:46.60	Gerstmar, Ashley	89	US	16/01/2009	Golden Bear
1:51.00	Shaw, Kassandra	87	URC	08/01/2009	K of C Indoor Games
1:57.13	Hill, Dalyce	84	US	23/01/2009	Sled Dog
800m					
Native Indoor 2:10.72 Feb-25-84 Teresa Hlady U of S					
Open Indoor 2:03.72 Dec-17-91 Charmaine Crooks BC					
2:14.92	Souter, Jenn	84	US	14/02/2009	Seattle
2:17.37	Theisen, Brianne	88	STFC	13/03/2009	NCAA Indoors
2:17.45	Brennan, Olivia	89	QCS	31/01/2009	UW Indoor Invitational
2:20.19	Roske, Alicia	88	UNA	14/02/2009	Seattle
2:20.37	Peterson, Melissa	86	URC	06/02/2009	Regina QC Kinsmen Ind
2:23.68	Calver, Christina	87	US	06/02/2009	Regina QC Kinsmen Ind
2:28.73	Valois, Chelsea	87	URC	12/03/2009	CIS Championships
2:34.64	Tasker, Lindsay	86	US	12/03/2009	CIS Championships
2:39.84	Shaw, Kassandra	87	URC	06/12/2008	Regina Friendship Games
2:43.79	Harder, Laurie	87	US	06/02/2009	Regina QC Kinsmen Ind
2:47.99	Hutchinson, Caitlin	85	US	16/01/2009	Golden Bear
2:49.57	Guenther, Amber	86	US	06/02/2009	Regina QC Kinsmen Ind

3000m Cont'd					
Time/Dist	Athlete		Club	Date	Meet
11:37.4	Lawson, Karen	89	URC	08/01/2009	K of C Indoor Games
5000m					
	Native Indoor	16:15.52	Jan-28-06	Danette Doetzel	QCS
	Open Indoor	16:15.52	Jan-28-06	Danette Doetzel	QCS
16:00.4	Doetzel, Danette	86	QCS	13/03/2009	NCAA Indoors
1 Mile					
5:03.23	Souter, Jodi	88	US	14/02/2009	Seattle
60m Hurdles .84m					
	Native Indoor	8.39	Feb-24-95	Tanya Lipka	U of S
	Open Indoor	8.08	Feb-04-06	Damu Cherry	US
8.45	Vinet, Andrea	82	STFC	15/03/2009	UK Championships
8.54	Theisen, Brianne	88	STFC	13/03/2009	NCAA Indoors
8.62	Polischuk, Janine	85	URC	12/03/2009	CIS Championships
8.90	Somogyi, Jolean	86	PRA	20/03/2009	Stoon Kinsmen Indoor
9.02	Valois, Chelsea	87	URC	12/03/2009	CIS Championships
9.09	Herron, Amanda	88	RIV	20/03/2009	Stoon Kinsmen Indoor
9.34	Breker, Nicole	89	URC	31/01/2009	Cargill Open
9.42	Bauck, Robyn	84	URC	31/01/2009	Cargill Open
9.44	Robson, Karen	87	US	06/02/2009	Regina QC Kinsmen Ind
9.50	Tasker, Lindsay	86	US	12/03/2009	CIS Championships
9.52	Kuspira, Katelyn	88	US	16/01/2009	Golden Bear
9.88	Hutchinson, Caitlin	85	US	16/01/2009	Golden Bear

		Open Indoor		4.38m Feb-18-05 Kelsie Hendry UofS/RIV		
4.03m	Vause, Leah	87	US	23/01/2009	Sled Dog	
3.37m	Hill, Teresa	87	US	08/01/2009	K of C Indoor Games	
3.30m	Erlandson, Marta	83	US	16/01/2009	Golden Bear	
Long Jump						
		Native Indoor		6.37m Feb-26-77 Diane Jones PGC		
		Open Indoor		6.39m Feb-16-92 Tonia Redhead ON		
6.02m	Theisen, Brianne	88	STFC	13/03/2009	NCAA Indoors	
5.91m	Polischuk, Janine	85	URC	31/01/2009	Cargill Open	
5.47m	Valois, Chelsea	87	URC	12/03/2009	CIS Championships	
5.40m	Breker, Nicole	89	URC	06/02/2009	Regina QC Kinsmen Ind	
5.24m	Kuspira, Katelyn	88	US	06/02/2009	Regina QC Kinsmen Ind	
5.05m	Sharp, Keisha	84	URC	16/01/2009	Golden Bear	
5.00m	Harder, Laurie	87	US	06/02/2009	Regina QC Kinsmen Ind	
4.83m	Tasker, Lindsay	86	US	06/02/2009	Regina QC Kinsmen Ind	
4.81m	Jestadt, Alison	89	URC	16/01/2009	Golden Bear	
4.72m	Guenther, Amber	86	US	08/01/2009	K of C Indoor Games	
4.64m	Gelsinger, Bobbi	89	URC	08/01/2009	K of C Indoor Games	
2008/2009 Indoor Rankings						
Senior Women						
Long Jump Cont'd						
Time/Dist	Athlete		Club	Date	Meet	
4.42m	Hutchinson, Caitlin	85	US	08/01/2009	K of C Indoor Games	
4.30m	Fontaine, Chantal	87	US	23/01/2009	Sled Dog	
2.63m	Kinnear, Lindsay	88	SSO	08/01/2009	K of C Indoor Games	
1.85m	Stevens, Tammi	89	SASO	08/01/2009	K of C Indoor Games	

2008/2009 Indoor Rankings

Senior Women

Weight Throw

Time/Dist	Athlete	Club	Date	Meet
------------------	----------------	-------------	-------------	-------------

	Native Indoor	19.11m	Feb-12-05	Megan Reid	UofS/STFC
--	---------------	--------	-----------	------------	-----------

	Open Indoor	19.11m	Feb-12-05	Megan Reid	UofS/STFC
--	-------------	--------	-----------	------------	-----------

18.09m	Dubourt, Liz	86	US	12/03/2009	CIS Championships
14.72m	Klimm, Sarah	87	URC	28/02/2009	Can West
14.45m	Fowler, Caitlin	87	URC	31/01/2009	Cargill Open
13.98m	Mackie, Kristen	89	US	08/01/2009	K of C Indoor Games
13.37m	Spies, Chantel	84	US	20/12/2008	Santa Claus Throws
12.21m	Clow, Nicole	84	URC	31/01/2009	Cargill Open
12.34m	Good, Laura	87	US	23/01/2009	Sled Dog

Indoor Pentathlon

	Native Indoor	3951	Feb-18-84	Janet Scott	RIV
--	---------------	------	-----------	-------------	-----

	Open Indoor	4326	Feb-26-05	Jessica Zelinka	Calgary
--	-------------	------	-----------	-----------------	---------

4321	Theisen, Brianne	88	STFC	13/03/2009	NCAA Indoors
	8.54 60mH;1.81m HJ;11.16m SP;6.02m LJ;2:17.37 800m				
3621	Valois, Chelsea	87	URC	12/03/2009	CIS Championships
	9.02 60mH;1.62m HJ;10.40m SP;5.47m LJ;2:28.73 800m				
2994	Tasker, Lindsay	86	US	06/02/2009	Regina QC Kinsmen Ind
	9.57 60mH;1.44m HJ;9.75m SP;4.83m LJ;2:36.14 800m				
2661	Harder, Laurie	87	US	06/02/2009	Regina QC Kinsmen Ind
	10.45 60mH;1.41m HJ;8.31m SP;5.00m LJ;2:43.79 800m				
2583	Guenther, Amber	86	US	06/02/2009	Regina QC Kinsmen Ind
	10.54 60mH;1.44m HJ;9.15m SP;4.67m LJ;2:49.58 800m				
2565	Hutchinson, Caitlin	85	US	16/01/2009	Golden Bear
	9.88 60mH;1.48m HJ;7.54m SP;4.29m LJ;2:47.99 800m				