

2009 Outdoor Rankings

Senior Women

100 Metres

Time/Dist	Athlete	Date	Meet
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Native Outdoor	11.58 Jul-04-03 Jenni Hucul STFC
Open Outdoor	11.50 Aug-11-75 Patricia Loverock BC

11.83	-2.3	Gitlin, Nicky	82	STFC	13/07/2009	Israel Games
12.22	0.5	Ruller, Amanda	87	URC	10/06/2009	Kajaks Review
12.79	-1.2	Siemens, Sharai	88	STFC	11/07/2009	09 CSG Trials
13.26	-2.7	Hucul, Jenni	88	STFC	11/07/2009	09 CSG Trials

Athlete with a Disability

14.52	2.0	Rennebohm, Jacqueline	89	EXA	25/06/2009	09 Sr Nationals
14.90	-1.9	Kinnear, Lindsay	88	SSO	11/07/2009	09 CSG Trials
17.46	-1.9	Deusterbeck, Kim	88	SSO	11/07/2009	09 CSG Trials
17.94	0.6	Frie, Keira-Lyn	87	CRTC	11/07/2009	ON Para-Athletics Championships
18.53	1.4	Duff, Ilana	86	CRTC	25/06/2009	09 Sr Nationals

Wind/No Wind

12.92	NWI	Bewcyk, Laura	86	EXA	13/06/2009	PeeWee/Bantam/C/E
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200 metres

Native Outdoor	23.13 Jun-24-01 LaDonna Antoine-Watkins RAT
Open Outdoor	22.85 Aug-02-81 Angella Taylor ON

24.10	1.3	Theisen, Brianne	88	STFC	11/06/2009	NCAA
24.34	1.0	Gitlin, Nicky	82	STFC	13/07/2009	Israel Games
24.96	-0.5	Ruller, Amanda	87	EXA	11/07/2009	09 CSG Trials
25.02	-0.5	Siemens, Sharai	88	STFC	11/07/2009	09 CSG Trials
25.03	-0.3	Omene, Eseroghene	85	EXA	11/07/2009	09 CSG Trials
25.76	-0.5	Valois, Chelsea	87	EXA	11/07/2009	09 CSG Trials
26.25	0.3	Smits, Veronika	89	US	24/08/2009	CSG 09
26.29	-1.9	Gerstmar, Ashley	89	RIV	16/05/2009	Spring C/E
26.69	0.1	Friesen, Julene	89	RIV	25/07/2009	Sk Prov Championships

27.26	-2.2	Bewcyk, Laura	86	EXA	13/06/2009	PeeWee/Bantam/C/E
27.94	-0.3	Herron, Amanda	88	RIV	11/07/2009	09 CSG Trials
28.31	-2.2	Robson, Karen	87	RIV	13/06/2009	PeeWee/Bantam/C/E
Athlete with a Disability						
30.42	-4.9	Rennebohm, Jacqueline	89	EXA	25/06/2009	09 Sr Nationals
31.06	-2.5	Kinnear, Lindsay	88	SSO	11/07/2009	09 CSG Trials
33.54	-2.6	Frie, Keira-Lyn	87	CRTC	11/07/2009	Boiling Point
33.69	1.5	Duff, Ilana	86	CRTC	18/06/2009	Swiss#1
36.50	-2.5	Deusterbeck, Kim	88	SSO	11/07/2009	09 CSG Trials
41.13	-0.6	Harrower, Cory	89	CRTC	24/08/2009	CSG 09
Wind/No Wind						
24.02	4.9	Theisen, Brianne	88	STFC	09/05/2009	U of Oregon
2009 Outdoor Rankings						
Senior Women						
400 Metres						
Time/Dist		Athlete		Date		Meet
		Native Outdoor	50.92	Sep-23-00	LaDonna Antoine	RAT
		Open Outdoor	50.92	Sep-23-00	LaDonna Antoine	RAT
55.53		Theisen, Brianne	88	STFC	09/05/2009	U of Oregon
56.45		Omene, Eseroghene	85	EXA	11/07/2009	09 CSG Trials
56.61		Siemens, Sharai	88	US	8/24/2009	CSG 09
57.83		Friesen, Julene	89	US	8/24/2009	CSG 09
59.69		Gerstmar, Ashley	89	US	16/05/2009	Spring C/E
1:00.01		Brennan, Olivia	89	QCS	11/07/2009	09 CSG Trials
1:00.06		Buchko, Amanda	89	STFC	13/06/2009	PeeWee/Bantam/C/E
1:00.56		Smits, Veronika	89	STFC	11/07/2009	09 CSG Trials
1:01.34		Hanbidge, Helen	88	RIV	11/07/2009	09 CSG Trials
1:03.03		Calver, Christina	87	RIV	13/06/2009	PeeWee/Bantam/C/E
Athlete with a Disability						
1:03.54		Frie, Keira-Lyn	87	CRTC	18/06/2009	Swiss#1

1:08.34		Duff, Ilana	86	CRTC	25/06/2009	09 Sr Nationals
1:08.63		Rennebohm, Jacqueline	89	EXA	25/06/2009	09 Sr Nationals
1:17.54		Harrower, Cory	89	CRTC	8/8/2009	Tri Province
800 Metres						
Native Outdoor 2:05.40 Apr-07-07 Amber McGown TIS						
Open Outdoor 2:05.40 Aug-12-75 Amber McGown TIS						
2:08.39		McGown, Amber	83	TIS	09/05/2009	Oregon Twilight
2:10.83		Smith, Kailey	86	US	10/06/2009	Victoria International
2:10.97		Friesen, Julene	89	US	8/8/2009	Tri Province
2:11.89		Hinther, Ashley	84	UNA	24/07/2009	Virton, BEL
2:12.62		Theisen, Brianne	88	STFC	8/15/2009	World Championships
2:15.77		Souter, Jenn	84	US	10/06/2009	Kajaks Review
2:18.08		Brennan, Olivia	89	QCS	11/07/2009	09 CSG Trials
2:19.91		Hanbidge, Helen	88	RIV	13/06/2009	PeeWee/Bantam/C/E
2:21.93		Calver, Christina	87	RIV	13/06/2009	PeeWee/Bantam/C/E
2:30.18		Roske, Alicia	88	EXA	13/06/2009	PeeWee/Bantam/C/E
2:32.99		Valois, Chelsea	87	URC	29/05/2009	America's C/E 09
2:46.95		Smits, Veronika	89	US	24/08/2009	CSG 09
Athlete with a Disability						
2:09.04		Frie, Keira-Lyn	87	CRTC	15/07/2009	IWAS Pre Meet
1000 Metres						
2:46.70		Hinther, Ashley	84	UNA	15/07/2009	Liege, BEL
2009 Outdoor Rankings						
Senior Women						
1500 Metres						
Time/Dist		Athlete		Date		Meet
		Native Outdoor	4:14.39	Mar-31-07	Amber McGown	TIS
		Open Outdoor	4:14.39	Mar-31-07	Amber McGown	TIS

4:21.55		McGown, Amber	83	TIS	25/06/2009	09 Sr Nationals
4:21.97		Hinther, Ashley	84	UNA	26/07/2009	Flanders Cup
4:32.13		Souter, Jodi	88	US	25/06/2009	09 Sr Nationals
4:37.34		Souter, Jenn	84	US	14/06/2009	Harry Jerome
4:41.11		Richards, Marcia	78	US	25/06/2009	09 Sr Nationals
4:41.52		Novak, Shantelle	87	PPT	25/06/2009	09 Sr Nationals
4:48.25		Roske, Alicia	88	EXA	11/07/2009	09 CSG Trials
4:56.86		Warkentin, Caitlin	89	US	11/07/2009	09 CSG Trials
5:00.15		Foth, Christine	89	STFC	16/05/2009	Spring C/E
5:01.56		Humphreys, Erin	89	US	11/07/2009	09 CSG Trials
5:15.73		Hultman, Tina	81	US	11/07/2009	09 CSG Trials
Athlete with a Disability						
4:14.24		Frie, Keira-Lyn	87	CRTC	18/06/2009	Swiss#1
5:09.76		Harrower, Cory	89	CRTC	24/08/2009	CSG 09
3000 Metres						
		Native Outdoor	9:13.3h	Mar-13-82	Lynn Kanuka	PGC
		Open Outdoor	9:13.3h	Mar-13-82	Lynn Kanuka	PGC
9:13.19		Doetzel, Danette	86	QCS	26/07/2009	Flanders Cup
9:39.35		McGown, Amber	83	TIS	21/03/2009	Eugene
10:07.26		Souter, Jodi	88	US	8/8/2009	Tri Province
5000 Metres						
		Native Outdoor	15:52.08	Jun-10-05	Danette Doetzel	QCS
		Open Outdoor	15:52.08	Mar-7 -81	Danette Doetzel	QCS
15:46.76		Doetzel, Danette	86	QCS	18/04/2009	MtSac Relays
17:06.39		Souter, Jodi	88	US	24/08/2009	CSG 09
18:20.67		Roske, Alicia	88	EXA	24/08/2009	CSG 09
18:20.84		Warkentin, Caitlin	89	US	11/07/2009	09 CSG Trials
18:33.84		Novak, Shantelle	87	PPT	25/04/2009	Hillsdale College Relays
2009 Outdoor Rankings						
Senior Women						
10,000 Metres						

Time/Dist		Athlete			Date	Meet
		Native Outdoor	33:27.64	Aug-14-89	Danette Doetzel	QCS
		Open Outdoor	33:27.64	Aug-14-89	Danette Doetzel	QCS
33:23.22		Doetzel, Danette	86	QCS	02/05/2009	Philadelphia
100m Hurdles .84m						
		Native Outdoor	13.52	May-28-92	Seema Kamal	STFC
		Open Outdoor	13.52	May-28-92	Seema Kamal	STFC
13.56	1.9	Theisen, Brianne	88	STFC	29/05/2009	Eugene
14.56	1.4	Hucul, Jenni	88	STFC	24/08/2009	CSG 09
14.83	0.8	Smits, Veronika	89	US	24/08/2009	CSG 09
14.85	1.3	Valois, Chelsea	87	URC	8/8/2009	Tri Province
16.40	-1.4	Herron, Amanda	88	RIV	11/07/2009	09 CSG Trials
18.59	0.1	Robson, Karen	87	RIV	13/06/2009	PeeWee/Bantam/C/E
Time/Dist		Athlete			Date	Meet
Wind/No Wind						
13.47	NWI	Theisen, Brianne	88	STFC	5/29/2009	Eugene
400m Hurdles .76m						
		Native Outdoor	56.10	Jul-11-83	Gwen Wall	RIV
		Open Outdoor	56.10	Jul-11-83	Gwen Wall	RIV
1:03.79		Hawrysh, Cassie	84	EXA	17/06/2009	Lafarge Int'l
1:08.43		Hanbidge, Helen	88	US	16/05/2009	Spring C/E
1:10.54		Calver, Christina	87	RIV	13/06/2009	PeeWee/Bantam/C/E
1:13.84		Liebrecht, Stephanie	89	SMA	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
7:14.25		Foth, Christine	89	STFC	11/07/2009	09 CSG Trials

2009 Outdoor Rankings

Senior Women

High Jump

Time/Dist	Athlete	Date	Meet
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	Native Outdoor	1.87m Aug-22-75 Diane Jones STFC	
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	Open Outdoor	1.87m Aug-22-75 Diane Jones STFC	
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1.79m	Theisen, Brianne	88	STFC	25/03/2009	Big Green
1.67m	Valois, Chelsea	87	URC	24/08/2009	CSG 09
1.52m	Smits, Veronika	89	US	24/08/2009	CSG 09

Pole Vault

	Native Outdoor	4.55m Jul-12-05 Kelsie Hendry RIV	
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	Open Outdoor	4.55m Jun-27-04 Kelsie Hendry RIV	
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4.45m	Hendry, Kelsie	80	RIV	17/07/2009	Ergebnisliste
3.90m	Vause, Leah	87	US	14/06/2009	Harry Jerome

Long Jump

	Native Outdoor	6.62m Jul-22-99 Vanessa Monar-Enweani U of S	
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	Open Outdoor	6.62m Jul-22-99 Vanessa Monar-Enweani U of S	
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6.02m	1.7	Theisen, Brianne	88	STFC	25/04/2009	Oregon
5.76m	0.0	Valois, Chelsea	87	URC	24/08/2009	CSG 09
5.27m	-0.7	Smits, Veronika	89	US	24/08/2009	CSG 09

4.90m	1.4	Harder, Laurie	87	US	11/07/2009	09 CSG Trials
4.76m	-1.0	Jestadt, Alison	89	EXA	13/06/2009	PeeWee/Bantam/C/E
1.60m	0.2	Vause, Leah	87	RIV	11/07/2009	09 CSG Trials
Wind/No Wind						
6.16m	2.8	Theisen, Brianne	88	STFC	5/9/2009	U of Oregon
5.31m	nwi	Vause, Leah	87	RIV	7/26/2009	SA Provincials
Triple Jump						
Native Outdoor			12.74m	Apr-30-94 Tracy Dulmage RAT		
Open Outdoor			12.74m	Apr-30-94 Tracy Dulmage RAT		
11.63m	-0.2	Bauck, Robyn	87	URC	24/08/2009	CSG 09
11.26m	2.0	Jestadt, Alison	89	EXA	11/07/2009	09 CSG Trials
2009 Outdoor Rankings						
Senior Women						
Shot Put 4kg						
Time/Dist		Athlete			Date	Meet
Native Outdoor			15.98m	Aug-04-95 Shannon K-Kristiansen RAT		
Open Outdoor			16.25m	Aug-02-81 Carmen Ionesco QU		
13.12m		Revoy, Chelsey	89	TIS	7/25/2009	SA Provincials
12.51m		Fowler, Caitlin	87	EXA	13/06/2009	PeeWee/Bantam/C/E
12.12m		Theisen, Brianne	88	STFC	11/06/2009	NCAA
10.87m		Valois, Chelsea	87	URC	8/8/2009	Tri Provincied
10.01m		Smits, Veronika	89	STFC	11/07/2009	09 CSG Trials
Discus 1kg						
Native Outdoor			57.70m	Sept-08-88 Gale Dolegiewicz TS		
Open Outdoor			57.70m	Sept-08-88 Gale Dolegiewicz TS		
49.29m		Spies, Chantel	84	US	18/04/2009	Long Beach Invite
35.62m		Fowler, Caitlin	87	EXA	13/06/2009	PeeWee/Bantam/C/E
33.91m		Klimm, Sarah	88	EXA	13/06/2009	PeeWee/Bantam/C/E
31.10m		Revoy, Chelsey	89	TIS	13/06/2009	PeeWee/Bantam/C/E

Hammer 4kg						
Native Outdoor 61.74m Jun-18-06 Megan Reid STFC						
Open Outdoor 61.74m Jun-18-06 Megan Reid STFC						
57.17m	Dubourt, Liz	86	US	25/06/2009	09 Sr Nationals	
43.13m	Klimm, Sarah	88	EXA	02/05/2009	Spring Classic	
42.78m	Mackie, Kristen	89	US	15/05/2009	Chinook Throws	
41.78m	Revoy, Chelsey	89	TIS	25/06/2009	09 Sr Nationals	
41.63m	Fowler, Caitlin	87	URC	15/05/2009	Chinook Throws	
Javelin 600g						
Native Outdoor 52.30m Jul-27-94 Stephanie Proctor UNA						
Open Outdoor 57.76m Jun-14-81 Tessa Sanderson GBR						
45.11m	Theisen, Brianne	88	STFC	11/06/2009	NCAA	
40.31m	Valois, Chelsea	87	URC	24/08/2009	CSG 09	
33.68m	Thompson, Abra	89	UNA	11/07/2009	09 CSG Trials	
29.52m	Smits, Veronika	89	STFC	25/06/2009	09 Sr Nationals	
24.37m	Revoy, Chelsey	89	TIS	11/07/2009	09 CSG Trials	
23.85m	Fowler, Caitlin	87	EXA	13/06/2009	PeeWee/Bantam/C/E	
Weight Throw						
48.15m	Spies, Chantel	84	US	21/02/2009	Albritton Invitational	
2009 Outdoor Rankings						
Senior Women						
Heptathlon						
Time/Dist	Athlete	Date	Meet			
Native Indoor	5779	Aug-02-01	Brianne Theisen STFC			

Open Outdoor		5991 Aug-23-87 Anita Behrbaum USA				
6086		Theisen, Brianne	88	STFC	11/06/2009	NCAA
13.72 100mH (0.9);1.75m HJ;12.12m SP;24.10 (1.3) 200m						
6.00m LJ (1.6);45.11m JT;2:14.77 800m						
4944		Valois, Chelsea	87	URC	24/08/2009	CSG 09
14.90 100mH (0.8);1.67m HJ;10.49m SP;25.96 (0.3) 200m						
5.44m (0.3) LJ;36.94m JT;2:36.34 800m						
4333		Smits, Veronika	89	US	24/08/2009	CSG 09
14.83 100mH (0.8);1.52m HJ;9.20m SP;26.25 (0.3) 200m						
5.27m LJ (-0.7);28.24m JT;2:46.95 800m						