

## 2013 Outdoor Rankings Senior Women

Time/Dist	Athlete	Date	Location
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### 100 Metres

Native Outdoor 11.58 Jul-04-03 Jenni Hucul STFC  
Open Outdoor 11.50 Aug-11-75 Patricia Loverock BC

12.05	1.3	Margetts, Merissa	91	URTC	27/07/2013	Alberta
12.10	1.7	Ruller, Amanda	88	URTC	06/07/2013	Saskatoon
12.65	-0.2	Young, Michelle	92	STFC	11/05/2013	Regina
12.70	-2.9	Ritchie, Katrin	92	TCSG	12/08/2013	Quebec
12.81	1.7	Kowalchik, Shaylyn	91	EXCL	06/07/2013	Saskatoon
12.89	-0.3	Promhouse, Ashley	93	UFOS	14/06/2013	Alberta
12.95	-2.2	Gee, Danielle	93	STFC	15/06/2013	Regina
14.50	-2.4	Kinnear, Lindsay	88	TCSG	12/08/2013	Quebec
23.41	-0.8	Reitmeier, Stephanie	88	TCSG	12/08/2013	Quebec

Wind/No Wind

11.98	2.1	Margetts, Merissa	91	URTC	27/07/2013	Alberta
12.67	3.0	Ritchie, Katrin	92	STFC	06/07/2013	Saskatoon
12.68	3.0	Kowalchuk, Shaylyn	91	EXCL	06/07/2013	Saskatoon
12.79	3.0	Promhouse, Ashley	93	STFC	06/07/2013	Saskatoon

Athlete with a Disability

23.41	NWI	Frotten, Jessica	88	CRTC	15/06/2013	Regina
36.14	NWI	Richter, Becky	82	CRTC	15/06/2013	Regina

### 200 Metres

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

24.18	0.0	Theisen, Brianne	88	UNSK	10/08/2013	Russia
24.91	-0.9	Margetts, Merissa	91	TCSG	12/08/2013	Quebec
25.47	-2.7	Ruller, Amanda	88	URTC	15/06/2013	Regina
25.50	-1.0	Mann, Jenna	92	UNSK	17/04/2013	Oregon
26.08	0.4	Ritchie, Katrin	92	UOFS	14/06/2013	Alberta
26.11	-2.7	Gee, Danielle	93	STFC	15/06/2013	Regina
26.60	-0.7	Rumpel, Megan	93	TCSG	12/08/2013	Quebec
26.68	-1.3	Promhouse, Ashley	93	UOFS	26/06/2013	Saskatoon
27.14	-0.7	Taylor, Lauren	91	TCSG	12/08/2013	Quebec
29.61	-1.4	Kinnear, Lindsay	88	TCSG	12/08/2013	Quebec
50.55	-2.6	Reitmeier, Stephanie	88	TCSG	12/08/2013	Quebec

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### 200 Metres Cont'd

Wind/No Wind

24.98	2.1	Mann, Jenna	92	UNSK	11/05/2013	Nebraska
26.49	3.6	Gee, Danielle	93	STFC	06/07/2013	Saskatoon
26.86	3.6	Promhouse, Ashley	93	STFC	06/07/2013	Saskatoon

Athlete with a Disability

41.20	-1.2	Frotten, Jessica	88	TCSG	12/08/2013	Quebec
1:09.08	-0.2	Richter, Becky	82	CRTC	15/06/2013	Regina

### 400 Metres

Native Outdoor 50.92 Sep-23-00 LaDonna Antoine RAT  
Open Outdoor 50.92 Sep-23-00 LaDonna Antoine RAT

54.17		Omene, Ese	85	UNSK	20/06/2013	New Brunswick
56.70		Ritchie, Katrin	92	TCSG	12/08/2013	Quebec
59.70		Charles, Elecktra	92	UOFS	09/07/2013	Saskatoon
1:01.75		Gee, Danielle	93	STFC	02/06/2013	Alberta

Athlete with a Disability

1:16.78		Frotten, Jessica	88	TCSG	12/08/2013	Quebec
2:30.36		Richter, Becky	82	CRTC	15/06/2013	Regina

### 800 Metres

Native Outdoor 2:05.40 Apr-07-07 Amber McGown TIS  
Open Outdoor 2:05.40 Apr-07-07 Amber McGown TIS

2:09.03		Theisen, Brianne	88	UNSK	10/08/2013	Russia
2:13.47		Charles, Elecktra	92	RIVA	06/07/2013	Saskatoon
2:23.96		Mann, Jenna	92	UNSK	11/05/2013	Nebraska
2:32.85		Rumpel, Megan	93	URTC	20/06/2013	New Brunswick
2:23.26		Traves, Joanne	91	STFC	26/06/2013	Saskatoon
2:36.49		Taylor, Lauren	91	TCSG	12/08/2013	Quebec

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### 800 Metres Cont'd

Athlete with a Disability

2:52.05	Frotten, Jessica	88	CRTC	15/06/2013	Regina
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### 1500 Metres

Native Outdoor 4:14.39 Mar-31-07 Amber McGown TIS

Open Outdoor 4:14.39 Mar-31-07 Amber McGown TIS

4:15.17	Furlan, Jessica	90	EXCL	27/04/2013	Iowa
4:25.91	Kujawa, Kate	91	EXCL	17/04/2013	Oregon
4:41.81	Thiel, Danielle	92	UNSK	15/06/2013	Regina
4:44.95	Souter, Jodi	88	QCST	06/07/2013	Saskatoon
4:45.22	Kennelly, Bevin	84	UOFR	15/06/2013	Regina
4:53.49	Westberg, Avery	93	URTC	15/06/2013	Regina
5:16.09	Elliott, Brittany	91	RIVA	06/07/2013	Saskatoon
5:16.28	Traves, Joanne	91	UOFS	11/06/2013	Saskatoon

Athlete with a Disability

5:06.99	Frotten, Jessica	88	TCSG	12/08/2013	Quebec
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### 3000 Metres

Native Outdoor 9:13.19 Jul-26-09 Danette Doetzel QCST

Open Outdoor 9:13.19 Jul-26-09 Danette Doetzel QCST

9:14.65	Furlan, Jessica	90	EXCL	17/07/2013	Finland
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### 5000 Metres

Native Outdoor 15:46.76 Apr-18-09 Danette Doetzel QCST

Open Outdoor 15:46.76 Apr-18-09 Danette Doetzel QCST

17:13.76	Schaaf, Kendra	90	QCST	28/04/2013	Conneticut
17:34.34	Souter, Jodi	88	QCST	28/04/2013	Conneticut
17:50.86	Thiel, Danielle	92	TCSG	12/08/2013	Quebec
20:50.95	Elliott, Brittany	91	RIVA	06/07/2013	Saskatoon

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### 10,000 Metres

Native Outdoor 33:23.22 May-02-09 Danette Doetzel QCST  
Open Outdoor 33:23.22 May-02-09 Danette Doetzel QCST

37:14.57	Schaaf, Kendra	90	QCST	11/05/2013	Nebraska
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### 100m Hurdles 0.84m

Native Outdoor 13..09 Jun-27-12 Brianne Theisen STFC  
Open Outdoor 13.09 Jun-27-12 Brianne Theisen STFC

13.13	-0.6	Theisen, Brianne	88	UNSK	10/08/2013	Russia
13.64	1.1	Mann, Jenna	92	UNSK	26/04/2013	Colorado
13.81	0.5	Young, Michelle	92	TCSG	12/08/2013	Quebec
14.16	-0.1	Margetts, Merissa	91	URTC	10/05/2013	California
14.53	1.1	Kowalchuk, Shaylyn	91	EXCL	26/06/2013	Saskatoon
14.74	1.0	Abrams, Andrea	90	UNSK	11/05/2013	Oregon
14.77	-0.7	Rumpel, Megan	93	URTC	20/06/2013	New Brunswick
15.41	1.0	Wiens, Courtney	92	STFC	06/07/2013	Saskatoon
15.88	-2.3	Taylor, Lauren	91	TCSG	12/08/2013	Quebec

### 400m Hurdles

Native Outdoor 56.10 Jul-11-83 Gwen Wall RIV  
Open Outdoor 56.10 Jul-11-83 Gwen Wall RIV

1:01.79	Propp, Adrea	92	TCSG	12/08/2013	Quebec
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### 2000m Steeple Chase

Native Outdoor 6:39.36 Jul-29-07 Jessica Furlan EXCL  
Open Outdoor 6:39.36 Jul-29-07 Jessica Furlan EXCL

6:53.12	Westberg, Avery	93	TCSG	12/08/2013	Quebec
8:28.36	Traves, Joanne	91	UOFS	06/07/2013	Saskatoon

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### Senior Women

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#### 3000m Steeple Chase

Native Outdoor 10:03.70 Jun-13-12 Jessica Furlan EXCL  
 Open Outdoor 10:03.70 Jun-13-12 Jessica Furlan EXCL

9:52.81	Furlan, Jessica	90	EXCL	28/07/2013	Belgium
10:15.45	Kujawa, Kate	91	EXCL	23/05/2013	Texas
13:22.41	Traves, Joanne	91	STFC	15/06/2013	Regina

#### High Jump

Native Outdoor 1.87m Aug-22-75 Diane Jones STFC  
 Open Outdoor 1.87m Aug-22-75 Diane Jones STFC

1.85m	Theisen, Brianne	88	UNSK	20/06/2013	New Brunswick
1.70m	Rumpel, Megan	93	URTC	11/05/2013	Regina
1.65m	Taylor, Lauren	91	UOFS	01/06/2013	Ontario
1.60m	Haselhan, Shalane	91	TCSG	12/08/2013	Quebec
1.58m	Mann, Jenna	92	UNSK	17/04/2013	Oregon

#### Pole Vault

Native Outdoor 4.55m Jul-12-05 Kelsie Hendry RIV  
 Open Outdoor 4.55m Jul-12-05 Kelsie Hendry RIV

4.50m	Hendry, Kelsie	82	RIVA	06/06/2013	California
3.70m	Erickson, Courtney	93	RIVA	09/07/2013	Saskatoon
3.40m	Hill, Teresa	87	RIVA	11/06/2013	Saskatoon
3.30m	Le Roux, Mignon	93	RIVA	15/06/2013	Regina
3.10m	Loran, Noelle	92	RIVA	26/06/2013	Saskatoon

#### Long Jump

Native Outdoor 6.62m Jul-22-99 Vanessa Monar-Enweani UofS  
 Open Outdoor 6.62m Jul-22-99 Vanessa Monar-Enweani UofS

6.37m	0.5	Theisen, Brianne	88	UNSK	10/08/2013	Russia
5.76m	1.9	Mann, Jenna	92	UNSK	03/05/2013	Wyoming
5.55m	0.8	Rhode, Mercedes	92	UNSK	20/04/2013	California
5.32m	0.0	Haselhan, Shalane	91	URTC	15/06/2013	Regina
5.27m	0.9	Wiens, Courtney	92	STFC	06/07/2013	Saskatoon
5.13m	0.6	Rumpel, Megan	93	URTC	24/05/2013	Manitoba

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### Long Jump Cont'd

5.13m	1.9	White, Julia	92	URTC	11/05/2013	Regina
5.03m	1.2	Manske, Naomi	93	STFC	06/07/2013	Saskatoon
4.86m	-0.2	Taylor, Lauren	91	TCSG	12/08/2013	Quebec

Wind/No Wind

5.34m	NWI	Haselhan, Shalane	91	URTC	24/05/2013	Manitoba
5.18m	NWI	White, Julia	92	URTC	24/05/2013	Manitoba

### Triple Jump

Native Outdoor 12.74m Apr-30-94 Tracy Dulmage RAT  
Open Outdoor 12.74m Apr-30-94 Tracy Dulmage RAT

11.43m	0.0	Manske, Naomi	93	TCSG	12/08/2013	Quebec
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### Shot Put 4kg

Native Outdoor 16.24m Jun-08-12 Taryn Suttie STFC  
Open Outdoor 16.25m Aug-02-81 Carmen Ionesco QU

16.25m		Suttie, Taryn	90	UNSK	20/05/2013	British Columbia
14.14m		Rak, Breanna	91	STFC	15/06/2013	Regina
13.07m		Theisen, Brianne	88	UNSK	10/08/2013	Russia
12.52m		Labrecque, Chantelle	91	URTC	17/05/2013	Alberta
11.03m		Olchowy, Janelle	89	UOFS	17/05/2013	Alberta

### Discus 1kg

Native Outdoor 57.70m Sep-08-88 Gale Dolegiewicz Team SK  
Open Outdoor 57.70m Sep-08-88 Gale Dolegiewicz Team SK

48.32m		Rak, Breanna	91	STFC	06/07/2013	Saskatoon
41.02m		Dyck, Emma	91	STFC	11/06/2013	Saskatoon
36.95m		Labrecque, Chantelle	91	URTC	11/05/2013	Regina

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### Hammer 4kg

Native Outdoor 61.74m Jun-18-06 Megan Reid STFC  
 Open Outdoor 61.74m Jun-18-06 Megan Reid STFC

43.48m	Olchowy, Janelle	89	STFC	06/07/2013	Saskatoon
43.13m	Dyck, Emma	91	STFC	06/07/2013	Saskatoon
41.38m	Labrecque, Chantelle	91	URTC	23/07/2013	Regina

### Javelin 600gm

Native Outdoor 52.30m Jul-27-94 Stephanie Proctor UNA  
 Open Outdoor 57.76m Jun-14-81 Tessa Sanderson GBR

45.64m	Theisen, Brianne	88	UNSK	10/08/2013	Russia
37.08m	Rak, Branna	91	TCSG	12/08/2013	Quebec
35.34m	Charles, Elecktra	92	RIVA	26/06/2013	Saskatoon
33.89m	Mann, Jenna	92	UNSK	11/05/2013	Nebraska
31.23m	Rumpel, Megan	93	URTC	20/06/2013	New Brunswick
30.79m	Taylor, Lauren	91	STFC	01/06/2013	Ontario

### Heptathlon

Native Outdoor 6440 Jun-06-12 Brianne Theisen UNSK  
 Open Outdoor 6440 Jun-06-12 Brianne Theissen UNSK

6530	Theisen, Brianne	88	UNSK	10/08/2013	Russia
	100m H 13.17 (-0.6); 1.83m HJ; 13.07m SP; 200m 24.18 (0.0) 6.37m (-0.5) LJ; 45.64m JT; 2:09.03 800m				
5200	Mann, Jenna	92	UNSK	11/05/2013	Nebraska
	100m H 13.92 (-0.5); 1.58m HJ; 10.84m SP; 24.98 (2.1); 5.51m LJ (1.9); 33.89m JT; 2:23.96 800m				
4586	Rumpel, Megan	93	URTC	20/06/2013	New Brunswick
	100m H 14.77 (-0.7); 1.61m HJ; 10.14m SP; 26.91 (-1.8); 4.97m LJ (1.5); 31.23m JT; 2:32.85 800m				
4284	Taylor, Lauren	91	STFC	01/06/2013	Ontario
	100m H 15.98 (1.8); 1.65m HJ; 10.81m SP; 27.94 (0.4); 4.69m LJ (1.2); 30.79m JT; 2:39.02 800m				