

2008/2009 Indoor Rankings

Junior Women

50m

Time/Dist	Athlete	Club	Date	Meet
7.11	Sjodin, Jasmin	91 STFC	20/03/2009	Stoon Kinsmen Indoor
7.21	Kowalchuk, Shaylyn	91 EXA	20/03/2009	Stoon Kinsmen Indoor
7.27	Haselhan, Shalane	91 EST	20/03/2009	Stoon Kinsmen Indoor

60m

		Native Indoor	7.45 Feb-09-03 Jenni Hucul STFC	
		Open Indoor	7.45 Feb-09-03 Jenni Hucul STFC	
8.05	Margetts, Merissa	91 EXA	05/03/2009	Boeing Classic
8.08	Wilkie, Nikki	90 URC	06/12/2008	Regina Friendship Games
8.09	Davis, Tennille	90 URC	06/12/2008	Regina Friendship Games
8.16	Nosbush, Mahlena	91 STFC	23/01/2009	Sled Dog
8.26	Croteau, Erica	90 US	31/01/2009	Cargill Open
8.30	Sjodin, Jasmin	91 STFC	23/01/2009	Sled Dog
8.38	Haselhan, Shalane	91 EST	04/04/2009	Regina Athletic Festival
8.48	Shewchuk, Nicole	91 YLTC	23/01/2009	Sled Dog
8.92	Prefontaine, Kirstie	90 US	23/01/2009	Sled Dog
8.95	McCarthy, Katherine	90 EXA	04/04/2009	Regina Athletic Festival
8.97	Hipkins, Victoria	91 BBT	23/01/2009	Sled Dog
9.62	Rennebohm, Jacqueline	90 EXA	04/04/2009	Regina Athletic Festival
12.28	Schuler, Morgan	91 SASO	08/01/2009	K of C Indoor Games

200m

		Native Indoor	24.69 Mar-07-03 Jenni Hucul STFC	
		Open Indoor	24.40 Jan-28-83 Jillian Richardson AB	

26.66	Margetts, Merissa	91	EXA	05/03/2009	Boeing Classic
26.96	Wilkie, Nikki	90	URC	06/12/2008	Regina Friendship Games
27.00	Davis, Tennille	90	URC	06/12/2008	Regina Friendship Games
27.60	Sjodin, Jasmin	91	STFC	06/02/2009	Regina QC Kinsmen Ind
27.88	Olson, Christine	91	RIV	07/03/2009	AB Age Class
28.05	Jelinski, Jenna	90	URC	06/12/2008	Regina Friendship Games
28.64	Shewchuk, Nicole	91	YLTC	06/02/2009	Regina QC Kinsmen Ind
29.53	Kujawa, Kate	91	EXA	05/03/2009	Boeing Classic
29.83	McCarthy, Katherine	90	EXA	05/03/2009	Boeing Classic
29.85	Kowalchuk, Shaylyn	91	EXA	20/03/2009	Stoon Kinsmen Indoor
31.02	Grebinski, Lauren	90	URC	06/12/2008	Regina Friendship Games
2008/2009 Indoor Rankings					
Junior Women					
200m Cont'd					
Time/Dist	Athlete		Club	Date	Meet
31.44	Rennebohm, Jacqueline	90	EXA	04/04/2009	Regina Athletic Festival
300m					
	Native Indoor		38.79 Mar-03-84 Lisa Kroll U of S		
	Open Indoor		37.97 Dec-30-81 Angela Bailey ON		
43.11	Wilkie, Nikki	90	URC	16/01/2009	Golden Bear
44.55	Shewchuk, Nicole	91	YLTC	23/01/2009	Sled Dog
44.93	Sjodin, Jasmin	91	STFC	23/01/2009	Sled Dog
46.03	Olson, Christine	91	RIV	23/01/2009	Sled Dog
48.92	Hipkins, Victoria	91	BBT	23/01/2009	Sled Dog
400m					

		Native Indoor	55.50	Feb-25-84	Gail Harris	Yorkton
		Open Indoor	55.50	Feb-25-84	Gail Harris	Yorkton
1:01.72	Hart, Julia	90	URC	06/02/2009	Regina QC Kinsmen Ind	
1:01.83	Sjodin, Jasmin	91	STFC	20/03/2009	Stoon Kinsmen Indoor	
1:05.23	Olson, Christine	91	RIV	07/03/2009	AB Age Class	
1:05.39	Keeler, Jessica	90	STFC	06/02/2009	Regina QC Kinsmen Ind	
1:05.91	Banks, Amanda	91	FLSH	06/02/2009	Regina QC Kinsmen Ind	
1:07.61	Arnold, Taya	91	EXA	20/03/2009	Stoon Kinsmen Indoor	
600m						
		Native Indoor	1:32.75	Mar-10-84	Clara Wall	U of S
		Open Indoor	1:31.06	Mar-14-87	Maxine Scringer	AB
1:37.94	Hart, Julia	90	URC	31/01/2009	Cargill Open	
1:43.52	Kujawa, Kate	91	EXA	06/02/2009	Regina QC Kinsmen Ind	
1:44.07	Brenaut, Nadine	90	US	23/01/2009	Sled Dog	
1:49.31	Banks, Amanda	91	FLSH	06/02/2009	Regina QC Kinsmen Ind	
1:51.26	Calver, Ronelle	91	STFC	23/01/2009	Sled Dog	
1:54.42	Olson, Christine	91	RIV	23/01/2009	Sled Dog	
2008/2009 Indoor Rankings						
Junior Women						
800m						
Time/Dist	Athlete		Club	Date	Meet	
		Native Indoor	2:14.28	Jan-25-03	Brandi Armstrong	STFC/RICE

			Open Indoor	2:08.0h	Dec-29-72	Glenda Reiser	ON		
2:15.76	Furlan, Jessica	90	EXA		20/02/2009			Lincoln	
2:19.70	Hart, Julia	90	URC		06/02/2009			Regina QC Kinsmen Ind	
2:25.25	Brenaut, Nadine	90	RIV		20/03/2009			Stoon Kinsmen Indoor	
2:29.20	Kujawa, Kate	91	EXA		05/03/2009			Boeing Classic	
2:35.73	Calver, Ronelle	91	STFC		05/03/2009			Boeing Classic	
2:36.37	Arnold, Taya	91	EXA		20/03/2009			Stoon Kinsmen Indoor	
2:40.26	Banks, Amanda	91	FLSH		06/02/2009			Regina QC Kinsmen Ind	
2:43.22	Schellenberg, Leanne	90	US		06/02/2009			Regina QC Kinsmen Ind	
2:46.11	Sjodin, Courtney	91	STFC		05/03/2009			Boeing Classic	
2:51.32	Rennebohm, Jacqueline	90	EXA		04/04/2009			Regina Athletic Festival	
3:42.87	Haselhan, Shalane	91	EST		06/02/2009			Regina QC Kinsmen Ind	
1000m									
			Native Indoor	2:56.96	Mar-04-83	Donna Balezantis	U of S		
			Open Indoor	2:50.21	Mar-04-83	Trish Wellman	BC		
2:54.04	Furlan, Jessica	90	NEB / EXA		7/2/2009			Lincoln	
3:04.53	Brenaut, Nadine	90	US		31/01/2009			Cargill Open	
3:25.15	Calver, Ronelle	91	STFC		23/01/2009			Sled Dog	
1500m									
			Native Indoor	4:31.56	Mar-05-04	Danette Doetzel	QCS		
			Open Indoor	4:16.3h	Dec-29-73	Glenda Reiser	ON		
4:57.30	Brenaut, Nadine	90	RIV		20/03/2009			Stoon Kinsmen Indoor	
4:58.35	Kujawa, Kate	91	EXA		05/03/2009			Boeing Classic	
5:05.73	LePage, Karissa	91	PPT		06/02/2009			Regina QC Kinsmen Ind	
5:16.73	Elliott, Brittany	91	CCT		23/01/2009			Sled Dog	
5:20.81	Calver, Ronelle	91	STFC		05/03/2009			Boeing Classic	
5:25.40	Fedorchuk, Megan	91	YLTC		06/02/2009			Regina QC Kinsmen Ind	

5:26.54	Sjodin, Courtney	91	STFC	05/03/2009	Boeing Classic
5:39.89	Arnold, Taya	91	EXA	05/03/2009	Boeing Classic
6:12.16	Lukash, Alecia	91	RIV	07/03/2009	AB Age Class
6:16.38	Westberg, Carly	90	YLTC	23/01/2009	Sled Dog
2008/2009 Indoor Rankings					
Junior Women					
3000m					
Time/Dist	Athlete		Club	Date	Meet
Native Indoor 9:39.30 Feb-12-05 Kendra Schaaf QCS					
Open Indoor 9:38.08 Mar-14-81 Margaret McDonald NB					
11:05.0	LePage, Karissa	91	PPT	31/01/2009	Cargill Open
11:43.5	Westberg, Carly	90	YLTC	23/01/2009	Sled Dog
11:57.8	Elliott, Brittany	91	CCT	23/01/2009	Sled Dog
11:57.8	Lukash, Alecia	91	RIV	23/01/2009	Sled Dog
12:09.0	Fedorchuk, Megan	91	YLTC	23/01/2009	Sled Dog
1 Mile					
4:57.95	Furlan, Jessica	90	EXA	13/02/2009	Fayetteville
60m Hurdles .84m					
Native Indoor 8.63 Mar-10-07 Jenni Hucul UofS/STFC					
Open Indoor 8.56 Feb-28-92 Janna Nikel MB					
9.38	Abrams, Andrea	90	STFC	14/02/2009	Seattle
9.73	Jelinski, Jenna	90	URC	31/01/2009	Cargill Open
9.79	Schellenberg, Leanne	90	US	06/02/2009	Regina QC Kinsmen Ind
9.89	Keeler, Jessica	90	STFC	05/03/2009	Boeing Classic

10.15	Kowalchuk, Shaylyn	91	EXA	20/03/2009	Stoon Kinsmen Indoor
10.16	Shewchuk, Nicole	91	YLTC	23/01/2009	Sled Dog
10.20	Margetts, Merissa	91	EXA	05/03/2009	Boeing Classic
10.24	Nicoud, Isaline	91	STFC	23/01/2009	Sled Dog
11.05	McCarthy, Katherine	90	EXA	05/03/2009	Boeing Classic
11.27	Haselhan, Shalane	91	EST	06/02/2009	Regina QC Kinsmen Ind
High Jump					
Native Indoor 1.74m Feb-09-02 Angella Collinge U of S					
Open Indoor 1.80m Jan-11-97 Whitney Evans AB					
1.62m	Haselhan, Shalane	91	EST	06/02/2009	Regina QC Kinsmen Ind
1.58m	Stevenson, Hannah	91	BBT	06/02/2009	Regina QC Kinsmen Ind
1.55m	Lang, Angie	91	BBT	04/04/2009	Regina Athletic Festival
1.55m	Kowalchuk, Shaylyn	91	EXA	06/02/2009	Regina QC Kinsmen Ind
1.50m	Grebinski, Lauren	90	URC	16/01/2009	Golden Bear
1.50m	Sommerfeld, Amber	90	UNA	06/02/2009	Regina QC Kinsmen Ind
2008/2009 Indoor Rankings					
Junior Women					
High Jump Con'td					
Time/Dist	Athlete		Club	Date	Meet
1.42m	Schellenberg, Leanne	90	US	16/01/2009	Golden Bear
1.30m	Hipkins, Victoria	91	BBT	23/01/2009	Sled Dog
Pole Vault					
Native Indoor 4.00m Dec-03-03 Adrienne Vangool RIV					
Open Indoor 4.00m Jul-08-03 Adrienne Vangool RIV					
3.53m	Vause, Stephanie	90	US	23/01/2009	Sled Dog
3.13m	Brousseau, Raven	91	RIV	23/01/2009	Sled Dog

3.07m	Garchinski, Jenelle	90	RIV	06/02/2009	Regina QC Kinsmen Ind
2.80m	Engele, Raeann	91	RIV	20/03/2009	Stoon Kinsmen Indoor
2.45m	Philipenkko, Brianne	91	RIV	08/01/2009	K of C Indoor Games
Long Jump					
Native Indoor		5.80m Jan-17-03 Janine Polischuck RAT			
Open Indoor		5.80m Jan-17-03 Janine Polischuk RAT			
5.33m	Haselhan, Shalane	91	EST	06/02/2009	Regina QC Kinsmen Ind
4.93m	Prefontaine, Kirstie	90	US	16/01/2009	Golden Bear
4.83m	Jelinski, Jenna	90	URC	16/01/2009	Golden Bear
4.79m	Nicoud, Isaline	91	STFC	23/01/2009	Sled Dog
4.78m	Stevenson, Hannah	91	BBT	23/01/2009	Sled Dog
4.76m	Hipkins, Victoria	91	BBT	23/01/2009	Sled Dog
4.76m	Kowalchuk, Shaylyn	91	EXA	20/03/2009	Stoon Kinsmen Indoor
4.55m	Ferguson, Jamie	91	STFC	20/03/2009	Stoon Kinsmen Indoor
4.55m	Schellenberg, Leanne	90	US	23/01/2009	Sled Dog
4.37m	Lang, Angie	91	BBT	23/01/2009	Sled Dog
1.22m	Schuler, Morgan	91	SASO	08/01/2009	K of C Indoor Games
Triple Jump					
Native Indoor		12.28m Mar-09-02 Chloe Hetheron SMA			
Open Indoor		12.28m Mar-09-02 Chloe Hetheron SMA			
10.82m	Jelinski, Jenna	90	URC	31/01/2009	Cargill Open
10.30m	Stevenson, Hannah	91	BBT	06/02/2009	Regina QC Kinsmen Ind
10.19m	Ferguson, Jamie	91	STFC	20/03/2009	Stoon Kinsmen Indoor
9.97m	Prefontaine, Kirstie	90	US	23/01/2009	Sled Dog
2008/2009 Indoor Rankings					
Junior Women					
Triple Jump Con'td					

Time/Dist	Athlete		Club	Date	Meet
9.22m	McCarthy, Katherine	90	EXA	06/02/2009	Regina QC Kinsmen Ind
Shot Put 4kg					
		Native Indoor	13.17m	Mar-24-07	Taryn Suttie STFC
		Open Indoor	14.11m	Mar-1-86	Suzanne Pecht AB
14.26m	Suttie, Taryn	90	US	12/03/2009	CIS Championships
13.14m	Rak, Breanna	91	STFC	23/01/2009	Sled Dog
12.17m	Elliott, Kim	90	US	06/02/2009	Regina QC Kinsmen Ind
11.63m	Labrecque, Chantelle	91	KIN	20/03/2009	Stoon Kinsmen Indoor
10.40m	Heatcoat, Jillian	90	US	20/12/2008	Santa Claus Throws
10.28m	Ecklund, Kirsten	90	URC	31/01/2009	Cargill Open
9.81m	Schellenberg, Leanne	90	US	06/02/2009	Regina QC Kinsmen Ind
9.43m	Dyck, Emma	91	EXA	04/04/2009	Regina Athletic Festival
8.60m	Haselhan, Shalane	91	EST	04/04/2009	Regina Athletic Festival
8.38m	Kowalchuk, Shaylyn	91	EXA	06/02/2009	Regina QC Kinsmen Ind
6.23m	Schuler, Morgan	91	SASO	08/01/2009	K of C Indoor Games
Weight Throw 20lb					
		Native Indoor	16.68m	Elisabeth Dubourt	Feb-26-05 UofS
		Open Indoor	16.68m	Elisabeth Dubourt	Feb-26-05 UofS
17.07m	Suttie, Taryn	90	US	12/03/2009	CIS Championships
13.77m	Heatcoat, Jillian	90	US	06/02/2009	Regina QC Kinsmen Ind
11.83m	Ecklund, Kirsten	90	URC	31/01/2009	Cargill Open
11.62m	Labrecque, Chantelle	91	KIN	04/04/2009	Regina Athletic Festival
11.38m	Elliott, Kim	90	US	23/01/2009	Sled Dog
9.73m	Dyck, Emma	91	EXA	04/04/2009	Regina Athletic Festival
Indoor Pentathlon					

		Native Indoor	3709	Feb-21-87	Lesya Mayes	NBLT		
		Open Indoor	3719	Jan-20-07	Brianne Theisen	STFC		
2644	Schellenberg, Leanne	90	US		06/02/2009	Regina QC Kinsmen Ind		
		9.80 60mH;1.38m HJ;9.81m SP;4.18m LJ;2:43.23 800m						
2373	Haselhan, Shalane	91	EST		06/02/2009	Regina QC Kinsmen Ind		
		11.27 60mH;1.62m HJ;7.99m SP;5.33m LJ;3:42.87 800m						