

## 2010 Outdoor Rankings

### Junior Women

#### 100 Metres

Time/Dist	Athlete	Date	Meet
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Native Outdoor    11.58 Jul-04-03 Jenni Hucul STFC

Open Outdoor    11.58 Jul-04-03 Jenni Hucul STFC

11.96	1.9	Young, Michelle	92	STFC	15/05/2010	Spring Challenge&C/E
12.19	2.0	Margetts, Merissa	91	EXA	08/06/2010	STFC Twilite #1
12.64	1.2	Rhode, Mercedes	92	STFC	04/06/2010	SHSAA Provincials
12.84	1.2	Bohachewski, Kelsey	92	BBT	04/06/2010	SHSAA Provincials
12.96	0.2	Ritchie, Katrin	92	STFC	24/04/2010	Rice Twilight
13.24	1.2	White, Julia	92	QCS	04/06/2010	SHSAA Provincials
13.26	1.2	Wiens, Courtney	92	RIV	04/06/2010	SHSAA Provincials
13.43	1.2	Jestadt, Gina	92	EXA	04/06/2010	SHSAA Provincials
13.61	-3.7	Callele, Yasmin	92	RIV	12/06/2010	Sask Trials
14.38	-4.7	Olson, Alica	92	TIS	19/07/2010	SA Prov
15.13	-3.7	Henares, Jami-Dawn	92	STFC	12/06/2010	Sask Trials

#### Wind/No Wind

12.79	3.0	Ritchie, Katrin	92	STFC	7/7/2010	STFC Twilite #3
13.10	2.8	Wiens, Courtney	92	RIV	04/06/2010	SHSAA Provincials
13.18	2.6	Jestadt, Gina	92	EXA	04/06/2010	SHSAA Provincials
13.21	2.6	White, Julia	92	QCS	04/06/2010	SHSAA Provincials

#### 200 Metres

Native Outdoor    24.19 Aug-10-91 Ladonna Antoine RAT

Open Outdoor    23.85 Aug-02-81 Angela Bailey UT

24.66	0.7	Young, Michelle	92	STFC	04/06/2010	SHSAA Provincials
25.11	0.9	Margetts, Merissa	91	EXA	22/06/2010	STFC Twilite #2
26.15	-0.5	Ritchie, Katrin	92	STFC	18/06/2010	CALTAF
26.81	0.7	Bohachewski, Kelsey	92	BBT	04/06/2010	SHSAA Provincials
27.01	0.0	Wylie, Amber	92	STFC	04/06/2010	SHSAA Provincials
27.43	-3.8	Propp, Adrea	92	EXA	12/06/2010	Sask Trials

27.46	1.2	Wiens, Courtney	92	RIV	04/06/2010	SHSAA Provincials
27.58	1.2	Koza, Nicole	92	EXA	04/06/2010	SHSAA Provincials
<b>Wind/No Wind</b>						
24.58	2.1	Young, Michelle	92	STFC	04/06/2010	SHSAA Provincials
26.09	2.1	Ritchie, Katrin	92	STFC	04/06/2010	SHSAA Provincials
26.56	2.1	Bohachewski, Kelsey	92	BBT	04/06/2010	SHSAA Provincials
28.00	3.0	Callele, Yasmin	92	RIV	19/07/2010	SA Prov
30.24	3.0	Olson, Alica	92	TIS	19/07/2010	SA Prov
<b>400 Metres</b>						
Native Outdoor 54.52 Jul-04-82 Lisa Kroll STFC						
Open Outdoor 52.96 Aug-02-81 Jillian Richardson AB						
56.44		Young, Michelle	92	STFC	04/06/2010	SHSAA Provincials
58.18		Simon, Ashlynn	92	QCS	04/06/2010	SHSAA Provincials
<b>2010 Outdoor Rankings</b>						
<b>Junior Women</b>						
<b>400 Metres Cont'd</b>						
<b>Time/Dist</b>		<b>Athlete</b>			<b>Date</b>	<b>Meet</b>
58.23		Ritchie, Katrin	92	STFC	12/06/2010	Sask Trials
58.35		Propp, Adrea	92	EXA	19/07/2010	SA Prov
59.54		Flavel, Meghan	92	STFC	12/06/2010	Sask Trials
1:08.20		Kujawa, Kate	91	EXA	19/07/2010	SA Prov
1:15.49		Olson, Alica	92	TIS	19/07/2010	SA Prov
<b>800 Metres</b>						
Native Outdoor 2:09.8h Jul-15-73 Linda Halvorson STFC						
Open Outdoor 2:07.60 Jul-08-89 Vicky Lynch AB						
2:13.73		Flavel, Meghan	92	STFC	18/06/2010	CALTAF
2:14.13		Simon, Ashlynn	92	QCS	02/07/2010	Junior Nationals
2:22.73		Charles, Elecktra	92	RIV	04/06/2010	SHSAA Provincials
2:24.21		Kujawa, Kate	91	EXA	12/06/2010	Sask Trials

2:28.71		Thiel, Danielle	92	EXA	04/06/2010	SHSAA Provincials
2:31.89		Miller, Abby	92	RIV	04/06/2010	SHSAA Provincials
2:34.82		Elliott, Brittany	91	CCT	12/06/2010	Sask Trials
<b>1500 Metres</b>						
Native Outdoor 4:18.61 Jun-10-09 Kendra Schaaf QCS						
Open Outdoor 4:18.61 Jun-10-09 Kendra Schaaf QCS						
4:36.77		Kujawa, Kate	91	EXA	14/05/2010	Big 12 Championships
4:50.05		Thiel, Danielle	92	EXA	02/07/2010	Junior Nationals
4:51.14		Simon, Ashlynn	92	QCS	04/06/2010	SHSAA Provincials
4:52.15		Miller, Abby	92	RIV	04/06/2010	SHSAA Provincials
5:05.21		Elliott, Brittany	91	CCT	12/06/2010	Sask Trials
5:13.62		Charles, Elecktra	92	RIV	19/07/2010	SA Prov
5:29.30		Sirois, Jocelyn	92	STFC	08/05/2010	Spring Classic
<b>3000 Metres</b>						
Native Outdoor 9:14.62 Jul-18-09 Kendra Schaaf QCS						
Open Outdoor 9:14.62 Jul-18-09 Kendra Schaaf QCS						
10:54.10		Thiel, Danielle	92	EXA	02/07/2010	Junior Nationals
10:59.33		Miller, Abby	92	RIV	19/07/2010	SA Prov
11:17.32		Elliott, Brittany	91	CCT	04/06/2010	SHSAA Provincials
11:43.04		Turmel, Nicole	92	EXA	04/06/2010	SHSAA Provincials
<b>5000 Metres</b>						
Native Outdoor 15:52.08 Jun-10-05 Danette Doetzel QCS						
Open Outdoor 15:52.08 Jul-05-03 Danette Doetzel QCS						
17:57.99		Kujawa, Kate	91	EXA	14/05/2010	Big 12 Championships
18:46.54		Edwards, Rachael	91	RIV	12/06/2010	Sask Trials
18:56.56		Traves, Joanne	91	RIV	12/06/2010	Sask Trials
<b>2010 Outdoor Rankings</b>						
<b>Junior Women</b>						
<b>5000 Metres Cont'd</b>						

Time/Dist		Athlete			Date		Meet
20:28.73		Miller, Abby	92	RIV	12/06/2010	Sask Trials	
<b>100m Hurdles .84m</b>							
Native Outdoor 13.78 June-26-04 Jaime Cruickshank STFC							
Open Outdoor 13.57 Jul-24-04 Frances Keating ON							
14.20	0.8	Young, Michelle	92	STFC	24/04/2010	Rice Twilight	
14.91	0.8	Mann, Jenna	92	STFC	24/04/2010	Rice Twilight	
16.11	-2.9	Callele, Yasmin	92	RIV	12/06/2010	Sask Trials	
16.45	-2.9	Kowalchuk, Shaylyn	91	EXA	12/06/2010	Sask Trials	
17.95	-2.0	Wylie, Amber	92	STFC	19/07/2010	SA Prov	
<b>Wind/No Wind</b>							
14.9h	NWI	Kowalchuk, Shaylyn	91	EXA	08/05/2010	Spring Classic	
15.70	2.5	Wylie, Amber	92	STFC	18/06/2010	CALTAF	
<b>400m Hurdles .76m</b>							
Native Outdoor 58.49 July-10-82 Gwen Wall RIV							
Open Outdoor 58.49 July-10-82 Gwen Wall RIV							
1:05.20		Flavel, Meghan	92	STFC	18/06/2010	CALTAF	
<b>2000m Steeple Chase</b>							
Native Outdoor 6:39.36 July-29-07 Jessica Furlan EXA							
Open Outdoor 6:39.36 July-29-07 Jessica Furlan EXA							
6:55.62		Kujawa, Kate	91	EXA	02/07/2010	Junior Nationals	
<b>3000m Steeple Chase</b>							
Native Outdoor 10:16.32 July-23-06 Jessica Furlan EXA							
Open Outdoor 10:16.32 July-23-06 Jessica Furlan EXA							
11:00.71		Kujawa, Kate	91	EXA	20/06/2010	Langley Invite	
<b>High Jump</b>							



<b>Wind/No Wind</b>							
5.43m	3.3	Mann, Jenna	92	STFC	24/04/2010	Rice Twilight	
<b>Triple Jump</b>							
Native Outdoor 12.71m Jun-07-02 Chloe Hetherton SMA							
Open Outdoor 12.71m Jun-07-02 Chloe Hetherton SMA							
11.65m	1.9	Hetherton, Chloe	92	STFC	04/06/2010	SHSAA Provincials	
10.88m	1.8	Kowalchuk, Shaylyn	91	EXA	08/05/2010	Spring Classic	
9.78m	0.5	Foraie, Richelle	91	URC	26/05/2010	Regina Twilight	
<b>Wind/No Wind</b>							
10.50m	4.5	Jestadt, Gina	92	EXA	04/06/2010	SHSAA Provincials	
9.63m	2.1	Propp, Adrea	92	EXA	08/05/2010	Spring Classic	
<b>Shot Put 4kg</b>							
Native Outdoor 13.58m Aug-08-07 Taryn Suttie STFC							
Open Outdoor 14.67m Aug-02-81 Cindy Crapper RWCK							
11.05m		Rak, Breanna	91	US	08/06/2010	STFC Twilite #1	
10.58m		Bohachewski, Kelsey	92	BBT	04/06/2010	SHSAA Provincials	
8.78m		Cote, Rachel	92	MLT	04/06/2010	SHSAA Provincials	
<b>2010 Outdoor Rankings</b>							
<b>Junior Women</b>							
<b>Shot Put 4kg Cont'd</b>							
<b>Time/Dist</b>		<b>Athlete</b>			<b>Date</b>	<b>Meet</b>	
9.41m		Wolfe, Danika	92	EXA	21/05/2010	Chinook Throws	
<b>Discus 1kg</b>							
Native Outdoor 43.80m July-22-84 Shannon Kekula STFC							
Open Outdoor 47.72m June-12-82 Sandy Ketterer AB							

45.42m		Rak, Breanna	91	US	02/07/2010	Junior Nationals
38.16m		Dyck, Emma	91	EXA	02/07/2010	Junior Nationals
27.58m		Cote, Rachel	92	MLT	12/06/2010	Sask Trials
27.55m		White, Julia	92	QCS	04/06/2010	SHSAA Provincials
<b>Hammer 4kg</b>						
Native Outdoor 52.57m July-05-05 Elisabeth Dubourt STFC						
Open Outdoor 57.41m Aug-16-05 Marie-Eve Boisselle QUE						
32.83m		Dyck, Emma	91	EXA	02/07/2010	Junior Nationals
<b>Javelin 600gm</b>						
Native Outdoor 45.90m July-14-94 Karry Schrader RWCK						
Open Outdoor 50.25m July-04-03 Krista Woodward BC						
32.18m		Rhode, Mercedes	92	STFC	22/06/2010	STFC Twilte #2
29.63m		Cote, Rachel	92	MLT	12/06/2010	Sask Trials
29.41m		Charles, Elecktra	92	RIV	04/06/2010	SHSAA Provincials
25.18m		Flavel, Meghan	92	STFC	19/07/2010	SA Prov