

**2010/2011 Indoor Rankings  
Senior Women**

**60 Metres**

Time/Dist	Athlete	Club	Date	Meet
	Native Indoor	7.45 Feb-09-03 Jenni Hucul STFC		
	Open Indoor	7.18 Jan-14-96 Carlette Guidry BC-Philomena Mensah Adidas		
7.63	Ruller, Amanda	88 UOFR	21/01/2011	Golden Bear
7.73	Margetts, Merissa	91 UOFR	10/03/2011	CIS
7.87	Siemens, Sharai	88 STFC	21/01/2011	Golden Bear
7.95	Kuspira, Katelyn	88 STFC	21/01/2011	Golden Bear
7.97	Omene, Ese	85 UNSK	03/02/2011	K of C Indoor Games
7.97	Valois, Chelsea	87 UOFR	21/01/2011	Golden Bear
8.04	Davis, Tennille	91 UOFR	04/12/2010	Regina Friendship Games
8.07	Olson, Christine	91 UOFS	28/01/2011	Sled Dog
8.08	Bewcyk, Laura	86 EXCL	11/02/2011	Queen City Kinsmen
8.16	Yuzik, Carrie	89 UOFS	25/02/2011	Canada West
8.16	Herron, Amanda	88 UOFS	21/01/2011	Golden Bear
8.21	Bauck, Sarah	89 UOFR	11/02/2011	Queen City Kinsmen
8.33	Hill, Teresa	87 UOFS	11/02/2011	Queen City Kinsmen
8.41	Robson, Karen	87 UOFS	21/01/2011	Golden Bear
8.47	Jestadt, Alison	89 UOFR	21/01/2011	Golden Bear
8.49	Schellenberg, Leanne	91 UOFS	11/12/2010	Green & White Meet
8.71	Olson, Alica	91 TIST	11/02/2011	Queen City Kinsmen
8.89	Prefontaine, Kirstie	91 UOFS	11/12/2010	Green & White Meet
9.35	Liebrecht, Stephanie	89 UOFS	28/01/2011	Sled Dog
13.07	Czaya-Wolly, Addison	90 SSOC	03/02/2011	K of C Indoor Games

**60 Metres Wheelchair**

12.18	Frie, Keira	88 CRTC	11/12/2010	Green & White Meet
12.80	Maiboll, Marianne	77 CRTC	03/02/2011	K of C Indoor Games
23.34	Richter, Becky	83 CRTC	11/12/2010	Green & White Meet

**200 Metres**

	Native Indoor	23.90 Feb-26-97 LaDonna Antoine RAT		
	Open indoor	23.68 Feb-04-10 Kaltouma Nadjina CHAD		
25.28	Omene, Ese	85 UNSK	03/02/2011	K of C Indoor Games
25.43	Siemens, Sharai	88 STFC	11/02/2011	Queen City Kinsmen
25.79	Ruller, Amanda	89 UOFR	04/12/2010	Regina Friendship Games
26.23	Kuspira, Katelyn	88 STFC	11/02/2011	Queen City Kinsmen
28.09	Hanbidge, Helen	88 UOFS	11/02/2011	Queen City Kinsmen
28.27	Olson, Christine	91 UOFS	11/02/2011	Queen City Kinsmen
28.47	Hanbidge, Katie	90 UOFS	11/02/2011	Queen City Kinsmen

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**200 Metres Wheelchair**

Time/Dist	Athlete	Club	Date	Meet
32.60	Frie, Keira	88 CRTC	11/12/2010	Green & White Meet
33.45	Maiboll, Marianne	77 CRTC	03/02/2011	K of C Indoor Games
1:08.97	Richter, Becky	82 CRTC	03/02/2011	K of C Indoor Games

**300 Metres**

Native Indoor	38.54 Jan-30-98 Ladonna Antoine RAT
Open Indoor	36.91 Dec-30-80 Angella Taylor ON

39.14	Margetts, Merissa	91 UOFR	04/02/2011	Bison Classic
40.36	Siemens, Sharai	88 STFC	28/01/2011	Sled Dog
40.90	Ruller, Amanda	88 UOFR	21/01/2011	Golden Bear
42.10	Schellenberg, Leanne	90 UOFS	25/02/2011	Canada West
44.45	Olson, Christine	91 UOFS	04/02/2011	Bison Classic
44.47	Hanbidge, Katie	90 UOFS	28/01/2011	Sled Dog

**400 Metres**

Native Indoor	53.05 Feb-12-94 LaDonna Antoine RAT
Open Indoor	52.78 Jan-08-93 Jillian Richardson AB-CS

55.90	Omene, Ese	85 UNSK	20/02/2011	AO Youth Sr Championships
56.38	Siemens, Sharai	88 STFC	04/03/2011	Boeing Indoor Classic
1:00.04	Banks, Amanda	91 UOFS	11/02/2011	Queen City Kinsmen
1:00.57	Hanbidge, Helen	88 UOFS	11/02/2011	Queen City Kinsmen
1:02.50	Hanbidge, Katie	90 UOFS	11/02/2011	Queen City Kinsmen
1:06.98	Olson, Christine	91 UOFS	11/02/2011	Queen City Kinsmen

**400 Metres Wheelchair**

1:04.11	Frie, Keira	88 CRTC	11/12/2010	Green & White Meet
1:04.65	Maiboll, Marianne	77 CRTC	03/02/2011	K of C Indoor Games
1:06.34	Richter, Becky	82 CRTC	03/02/2011	K of C Indoor Games

**600 Metres**

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

1:32.88	Siemens, Sharai	88 STFC	21/01/2011	Golden Bear
1:35.56	Banks, Amanda	91 UOFS	25/02/2011	Canada West
1:37.74	Hart, Julia	90 UOFR	25/02/2011	Canada West

**2010/2011 Indoor Rankings  
Senior Women**

**600 Metres Cont'd**

Time/Dist	Athlete	Club	Date	Meet
1:39.78	Hanbidge, Helen	88 UOFS	04/02/2011	Bison Classic
1:43.07	Hanbidge, Katie	90 UOFS	28/01/2011	Sled Dog

**800 Metres**

Native Indoor	2:10.72	Feb-25-84	Teresa Hlady	U of S
Open Indoor	2:03.72	Dec-17-91	Charmaine Crooks	BC

2:14.50	Theisen, Brianne	88 UNSK	28/01/2011	UW Invitational
2:20.64	Hart, Julia	91 UOFR	04/12/2010	Regina Friendship Games
2:30.55	Valois, Chelsea	87 UOFR	10/03/2011	CIS
2:36.83	Sjodin, Courtney	91 STFC	04/03/2011	Boeing Indoor Classic
2:44.68	Smits, Veronika	89 UOFS	10/03/2011	CIS
3:00.24	Haselhan, Shalane	91 UOFR	21/01/2011	Golden Bear

**1000 Metres**

Native Indoor	2:47.60	Feb-27-04	Edyta Sieminska	U of S
Open Indoor	2:44.68	Mar-14-87	Paula Schnurr	ON

2:49.16	Furlan, Jessica	90 EXCL	25/02/2011	Big 12 Indoor
2:54.64	Richards, Marcia	88 UOFS	25/02/2011	Canada West
3:06.07	Edwards, Rachael	91 UOFS	21/01/2011	Golden Bear
3:06.89	Brenaut, Nadine	90 UOFS	21/01/2011	Golden Bear
3:08.09	Humphreys, Erin	89 UOFS	28/01/2011	Sled Dog
3:09.05	LePage, Karissa	91 UOFR	21/01/2011	Golden Bear
3:15.65	Criddle, Kaytlyn	89 UOFR	11/02/2011	Queen City Kinsmen
3:21.21	Benz, Lisa	85 UOFR	28/01/2011	Sled Dog
3:24.73	Calver, Ronelle	91 UOFS	11/02/2011	Queen City Kinsmen
3:27.64	Silversides, Katelyn	90 UOFR	21/01/2011	Golden Bear
3:34.33	Armstrong, Andrea	89 UOFS	11/02/2011	Queen City Kinsmen

**1500 Metres**

Native Indoor	4:25.30	Feb-15-92	Janice Beland	U of S
Open Indoor	4:16.3h	Dec-29-73	Glenda Reiser	ON

4:35.52	Richards, Marcia	88 UOFS	25/02/2011	Canada West
4:40.01	Souter, Jennifer	83 QCST	28/01/2011	Sled Dog
4:40.17	Kennelly, Bevin	84 UNSK	11/02/2011	Queen City Kinsmen
4:41.77	Warkentin, Caitlin	89 UOFS	11/02/2011	Queen City Kinsmen
4:44.26	Souter, Jodi	88 QCST	28/01/2011	Sled Dog

**2010/2011 Indoor Rankings  
Senior Women**

**1500 Metres Cont'd**

Time/Dist	Athlete		Club	Date	Meet
4:51.68	Humphreys, Erin	89	UOFS	28/01/2011	Sled Dog
4:51.76	Traves, Joanne	91	UOFS	28/01/2011	Sled Dog
4:53.96	Edwards, Rachael	91	UOFS	21/01/2011	Golden Bear
4:54.58	Brenaut, Nadine	90	UOFS	28/01/2011	Sled Dog
4:59.44	LePage, Karissa	91	UOFR	21/01/2011	Golden Bear
5:04.60	Criddle, Kaytlyn	89	UOFR	04/02/2011	Bison Classic
5:07.06	Benz, Lisa	85	UOFR	21/01/2011	Golden Bear
5:13.26	Sjodin, Courtney	91	STFC	04/03/2011	Boeing Indoor Classic
5:21.04	Calver, Ronelle	91	UOFS	04/02/2011	Bison Classic
5:24.02	Silversides, Katelyn	90	UOFR	28/01/2011	Sled Dog
5:24.62	Mitchelson, Nicole	82	JPRC	11/02/2011	Queen City Kinsmen
5:40.97	Armstrong, Andrea	89	UOFS	11/02/2011	Queen City Kinsmen

**3000 Metres**

Native Indoor 9:13.12 Feb-22-09 Danette Doetzel RI/QCS  
Open Indoor 9:13.12 Feb-22-09 Danette Doetzel RI/QCS

9:38.70	Furlan, Jessica	90	EXCL	22/01/2011	Adidas Classic
9:56.67	Kennelly, Bevin	84	UNSK	04/02/2011	Bison Classic
9:58.10	Warkentin, Caitlin	89	UOFS	25/02/2011	Canada West
10:23.27	Edwards, Rachael	91	UOFS	04/02/2011	Bison Classic
10:38.08	Humphreys, Erin	89	UOFS	25/02/2011	Canada West
10:44.21	Traves, Joanne	91	UOFS	11/02/2011	Queen City Kinsmen
10:54.36	Benz, Lisa	85	UOFR	21/01/2011	Golden Bear
12:16.03	Mysko, Barbara	78	JPRC	04/12/2010	Regina Friendship Games

**1 Mile**

4:46.84	Furlan, Jessica	90	EXCL	12/02/2011	Texas A&M Challenge
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**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

8.35	Theisen, Brianne	88	UNSK	25/02/2011	Dempsey Indoor
8.82	Margetts, Merissa	91	UOFR	11/02/2011	Queen City Kinsmen
8.91	Valois, Chelsea	87	UOFR	10/03/2011	CIS
8.95	Smits, Veronika	89	UOFS	25/02/2011	Canada West
9.01	Herron, Amanda	88	UOFS	25/02/2011	Canada West
9.08	Breker, Nicole	89	UOFR	25/02/2011	Canada West

**2010/2011 Indoor Rankings  
Senior Women**

**60m Hurdles .84m Cont'd**

Time/Dist	Athlete	Club	Date	Meet
9.37	Robson, Karen	87 UOFS	25/02/2011	Canada West
9.37	Bauck, Sarah	89 UOFR	11/02/2011	Queen City Kinsmen
9.89	Haselhan, Shalane	91 UOFR	21/01/2011	Golden Bear
10.15	Schellenberg, Leanne	90 UOFS	21/01/2011	Golden Bear
10.16	Liebrecht, Stephanie	90 UOFS	11/12/2010	Green & White Meet

**High Jump**

Native Indoor	1.86m Dec-28-75 Diane Jones U of S
Open Indoor	1.91m Dec-29-77 Debbie Brill BC

1.83m	Theisen, Brianne	88 UNSK	28/01/2011	UW Invitational
1.70m	Valois, Chelsea	87 UOFR	25/02/2011	Canada West
1.65m	Haselhan, Shalane	91 UOFR	25/02/2011	Canada West
1.61m	Smits, Veronika	89 UOFS	25/02/2011	Canada West
1.55m	Lang, Angie	91 UOFS	28/01/2011	Sled Dog

**Pole Vault**

Native Indoor	4.55m Feb-19-10 Kelsie Hendry RIV
Open Indoor	4.55m Feb-19-10 Kelsie Hendry RIV

3.95m	Vause, Leah	87 RIVA	28/01/2011	Sled Dog
3.75m	Hill, Teresa	87 UOFS	03/02/2011	K of C Indoor Games
3.46m	Vause, Stephanie	90 UOFS	25/02/2011	Canada West
3.05m	Engle, Raeann	91 UOFS	03/02/2011	K of C Indoor Games

**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 UNSK	28/01/2011	UW Invitational
5.66m	Valois, Chelsea	87 UOFR	11/02/2011	Queen City Kinsmen
5.55m	Breker, Nicole	89 UOFR	04/02/2011	Bison Classic
5.47m	Smits, Veronika	89 UOFS	25/02/2011	Canada West
5.44m	Polischuk, Janine	85 EXCL	11/02/2011	Queen City Kinsmen
5.30m	Haselhan, Shalane	91 UOFR	04/02/2011	Bison Classic
4.79m	Prefontaine, Kirstie	91 UOFS	21/01/2011	Golden Bear
4.61m	Jestadt, Alison	90 UOFR	04/12/2010	Regina Friendship Games
4.32m	Ritchie, Shona	92 UOFS	11/02/2011	Queen City Kinsmen
4.23m	Epp, Maria	91 UOFS	11/02/2011	Queen City Kinsmen

**2010/2011 Indoor Rankings  
Senior Women**

**Triple Jump**

Time/Dist	Athlete	Club	Date	Meet
	Native Indoor	12.87m	Jan-20-95	Tracy Dulmage RAT
	Open Indoor	12.87m	Jan-20-95	Tracy Dulmage RAT
11.55m	Breker, Nicole	89 UOFR	10/03/2011	CIS
11.13m	Jestadt, Alison	89 UOFR	25/02/2011	Canada West
10.39m	Prefontaine, Kirstie	90 UOFS	11/02/2011	Queen City Kinsmen
9.59m	Epp, Maria	91 UOFS	11/02/2011	Queen City Kinsmen

**Shot Put 4kg**

	Native Indoor	16.23m	Feb-26-77	Diane Jones PGC
	Open Indoor	16.23m	Feb-26-77	Diane Jones PGC
15.72m	Suttie, Taryn	90 UOFS	10/03/2011	CIS
13.27m	Rak, Breanna	91 UOFS	10/03/2011	CIS
12.79m	Johnson-Gabruch, Karla	78 STFC	18/12/2010	Santa Claus Throws
12.70m	Theisen, Brianne	88 UNSK	28/01/2011	UW Invitational
12.53m	Labrecque, Chantelle	91 UOFR	25/02/2011	Canada West
12.38m	Valois, Chelsea	87 UOFR	10/03/2011	CIS
12.13m	Fowler, Caitlin	88 UOFR	11/02/2011	Queen City Kinsmen
11.11m	Dyck, Emma	91 UOFR	25/02/2011	Canada West
10.65m	Ecklund, Kirsten	90 UOFR	25/02/2011	Canada West
10.20m	Haselhan, Shalane	91 UOFR	21/01/2011	Golden Bear
10.11m	Olchoway, Janelle	90 UOFS	18/12/2010	Santa Claus Throws
9.95m	Smits, Veronika	90 UOFS	18/12/2010	Santa Claus Throws
4.16m	Czaya-Wolly, Addison	90 SSOC	03/02/2011	K of C Indoor Games

**Weight Throw 20lb**

	Native Indoor	19.11m	Feb-12-05	Megan Reid U of S/STFC
	Open Indoor	19.11m	Feb-12-05	Megan Reid U of S/STFC
19.55m	Suttie, Taryn	90 UOFS	10/03/2011	CIS
16.41m	Mackie, Kristen	89 UOFS	10/03/2011	CIS
15.74m	Johnson-Gabruch, Karla	78 STFC	18/12/2010	Santa Claus Throws
14.13m	Fowler, Caitlin	88 UOFR	21/01/2011	Golden Bear
13.81m	Labrecque, Chantelle	91 UOFR	25/02/2011	Canada West
13.54m	Ecklund, Kirsten	90 UOFR	11/02/2011	Queen City Kinsmen
12.83m	Olchoway, Janelle	90 UOFS	18/12/2010	Santa Claus Throws
12.56m	Ferguson, Jamie	91 UOFS	28/01/2011	Sled Dog

**2010/2011 Indoor Rankings  
Senior Women**

**Indoor Pentathlon**

Time/Dist	Athlete	Club	Date	Meet
	Native Indoor	4396	Mar-13-10	Brianne Theisen OR/STFC
	Open Indoor	4396	Mar-13-10	Brianne Theisen OR/STFC
4507	Theisen, Brianne	88 UNSK	28/01/2011	UW Invitational
	8.45 H;1.83m HJ; 6.02m LJ; 12.70m SP; 2:14.50 800m			
3778	Valois, Chelsea	87 UOFR	10/03/2011	CIS
	8.91 H;1.66m HJ; 5.40m LJ; 12.38m SP; 2:30.55 800m			
3390	Smits, Veronika	89 UOFS	25/02/2011	Canada West
	8.95 H;1.61m HJ; 5.47m LJ; 9.91m SP; 2:45.82 800m			
3007	Haselhan, Shalane	91 UOFR	21/01/2011	Golden Bear
	9.89 H;1.62m HJ; 5.18m LJ; 10.20m SP; 3:00.24 800m			