

2008/2009 Top 10 Indoor Rankings

Women

60m

Native Indoor 7.45 Feb-09-03 Jenni Hucul STFC

Open Indoor 7.18 Jan-14-96 Carlette Guidry - Philomena Mensah Adidas - BC

Time/Dist	Athlete	Club	Date	Meet
7.73	Ruller, Amanda	87 URC	12/03/2009	CIS Championships
7.91	Young, Michelle	92 STFC	1/8/2009	K of C Indoor Games
7.94	Bewcyk, Laura	86 URC	06/02/2009	Regina QC Kinsmen Ind
7.94	Siemens, Sharai	88 US	06/02/2009	Regina QC Kinsmen Ind
7.98	Kuspira, Katelyn	88 US	06/02/2009	Regina QC Kinsmen Ind
8.05	Margetts, Merissa	91 EXA	3/5/2009	Boeing Classic
8.08	Wilkie, Nikki	90 URC	12/6/2009	Regina Friendship Games
8.09	Davis, Tennille	90 URC	12/6/2009	Regina Friendship Games
8.09	Callele, Yasmin	92 RIV	3/7/2009	AB Age Class
8.13	Rhode, Mercedes	92 RIV	1/23/2009	Sled Dog

200m

Native Indoor 23.90 Feb-26-97 LaDonna Antoine RAT

Open Indoor 23.90 Feb-26-97 LaDonna Antoine RAT

25.13	Young, Michelle	92 STFC	05/03/2009	Boeing Classic
25.78	Omene, Eseroghene	85 URC	06/12/2008	Regina Friendship Games
25.94	Mann, Jenna	92 STFC	05/03/2009	Boeing Classic
26.43	Ruller, Amanda	87 URC	06/12/2008	Regina Friendship Games
26.52	Rhode, Mercedes	92 RIV	06/02/2009	Regina QC Kinsmen Ind
26.57	Friesen, Julene	89 US	06/02/2009	Regina QC Kinsmen Ind
26.66	Margetts, Merissa	91 EXA	05/03/2009	Boeing Classic
26.81	Valois, Chelsea	87 URC	06/12/2008	Regina Friendship Games
26.83	Macintosh, Alison	85 US	06/02/2009	Regina QC Kinsmen Ind

26.91	Bewcyk, Laura	86	URC	06/12/2008	Regina Friendship Games
400m					
Native Indoor 53.05 Feb-12-94 LaDonna Antoine RAT					
Open indoor 52.78 Jan-08-93 Jillian Richardson AB					
56.76	Theisen, Brianne	88	STFC	17/01/2009	Dempsey Indoor
57.43	Young, Michelle	92	STFC	05/03/2009	Boeing Classic
58.14	Omene, Eseroghene	85	URC	06/02/2009	Regina QC Kinsmen Ind
59.06	Mann, Jenna	92	STFC	05/03/2009	Boeing Classic
59.31	Simon, Ashlynn	92	QCS	05/03/2009	Boeing Classic
59.45	Gerstmar, Ashley	89	US	31/01/2009	Cargill Open
2008/2009 Top 10 Indoor Rankings					
Women					
400m Cont'd					
59.54	Hanbidge, Helen	88	US	06/02/2009	Regina QC Kinsmen Ind
59.79	Macintosh, Alison	85	US	31/01/2009	Cargill Open
1:00.48	Flavel, Meghan	92	STFC	20/03/2009	Stoon Kinsmen Indoor
1:01.72	Hart, Julia	90	URC	06/02/2009	Regina QC Kinsmen Ind
800m					
Native Indoor 2:10.72 Feb-25-84 Teresa Hlady U of S					
Open Indoor 2:03.72 Dec-17-91 Charmaine Crooks BC					
2:14.92	Souter, Jenn	84	US	14/02/2009	Seattle
2:15.76	Furlan, Jessica	90	EXA	20/02/2009	Lincoln
2:17.37	Theisen, Brianne	88	STFC	13/03/2009	NCAA Indoors
2:17.45	Brennan, Olivia	89	QCS	31/01/2009	UW Indoor Invitational
2:19.54	Chartier, Mackenzie	94	RIV	06/02/2009	Regina QC Kinsmen Ind
2:19.70	Hart, Julia	90	URC	06/02/2009	Regina QC Kinsmen Ind
2:20.19	Roske, Alicia	88	UNA	14/02/2009	Seattle

2:20.32	Edwards, Gabrielle	94	RIV	06/02/2009	Regina QC Kinsmen Ind
2:20.37	Peterson, Melissa	86	URC	06/02/2009	Regina QC Kinsmen Ind
2:23.68	Calver, Christina	87	US	06/02/2009	Regina QC Kinsmen Ind
1500m					
Native Indoor 4:25.30 Feb-15-92 Janice Beland U of S					
Open Indoor 4:16.3h Dec-29-73 Glenda Reiser ON					
4:39.91	Souter, Jodi	88	US	23/01/2009	Sled Dog
4:45.12	Richards, Marcia	78	US	31/01/2009	Cargill Open
4:47.90	Edwards, Gabrielle	94	RIV	23/01/2009	Sled Dog
4:49.01	Miller, Abby	92	RIV	23/01/2009	Sled Dog
4:50.57	Novak, Shantelle	87	PPT	30/01/2009	Tomlinson
4:53.51	Warkentin, Caitlin	89	US	06/02/2009	Regina QC Kinsmen Ind
4:56.40	Foth, Christine	89	US	31/01/2009	Cargill Open
4:57.30	Brenaut, Nadine	90	RIV	20/03/2009	Stoon Kinsmen Indoor
4:57.38	Westberg, Avery	93	YLTC	20/03/2009	Stoon Kinsmen Indoor
4:58.35	Kujawa, Kate	91	EXA	05/03/2009	Boeing Classic
2008/2009 Top 10 Indoor Rankings					
Women					
3000m					
Native Indoor 9:23.78 Jan-23-82 Lynn Kanuka PGC					
Open Indoor 9:15.43 Feb-27-88 Brenda Shackleton BC					
Time/Dist	Athlete		Club	Date	Meet

1.60m	Kowalchuk, Shaylyn	91	EXA	06/12/2008	Regina Friendship Games
1.58m	Stevenson, Hannah	91	BBT	06/02/2009	Regina QC Kinsmen Ind
1.55m	Smith, Bailey	89	STFC	06/02/2009	Regina QC Kinsmen Ind
2008/2009 Top 10 Indoor Rankings					
Women					
High Jump Cont'd					
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
1.55m	Anderson, Dagmar	93	EXA	06/02/2009	Regina QC Kinsmen Ind
1.55m	Lariviere, Jessica	93	QCS	05/03/2009	Boeing Classic
Pole Vault					
		Native Indoor	4.38m Feb-18-05 Kelsie Hendry U of S/RIV		
		Open Indoor	4.38m Feb-18-05 Kelsie Hendry UofS/RIV		
4.03m	Vause, Leah	87	US	23/01/2009	Sled Dog
3.53m	Vause, Stephanie	90	US	23/01/2009	Sled Dog
3.37m	Hill, Teresa	87	US	08/01/2009	K of C Indoor Games
3.30m	Erlandson, Marta	83	US	16/01/2009	Golden Bear
3.13m	Brousseau, Raven	91	RIV	23/01/2009	Sled Dog
3.07m	Garchinski, Jenelle	90	RIV	06/02/2009	Regina QC Kinsmen Ind
2.90m	Loran, Noelle	92	RIV	20/03/2009	Stoon Kinsmen Indoor
2.80m	Engele, Raeann	91	RIV	20/03/2009	Stoon Kinsmen Indoor
2.68m	Baranosky, Jessica	93	RIV	23/01/2009	Sled Dog
2.45m	Philipenkko, Brianne	91	RIV	08/01/2009	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	STFC	13/03/2009	NCAA Indoors

5.91m	Polischuk, Janine	85	URC	31/01/2009	Cargill Open
5.47m	Valois, Chelsea	87	URC	12/03/2009	CIS Championships
5.40m	Breker, Nicole	89	URC	06/02/2009	Regina QC Kinsmen Ind
5.33m	Haselhan, Shalane	91	EST	06/02/2009	Regina QC Kinsmen Ind
5.24m	Kuspira, Katelyn	88	US	06/02/2009	Regina QC Kinsmen Ind
5.14m	Manske, Naomi	93	RIV	07/03/2009	AB Age Class
5.13m	White, Julia	92	QCS	06/12/2008	Regina Friendship Games
5.06m	Wiens, Courtney	92	RIV	07/03/2009	AB Age Class
Triple Jump					
Native Indoor 12.87m Jan-20-95 Tracy Dulmage RAT					
Open Indoor 12.87m Jan-20-95 Tracy Dulmage RAT					
12.10m	Polischuk, Janine	85	URC	12/03/2009	CIS Championships
11.90m	Hetheron, Chloe	92	STFC	20/03/2009	Stoon Kinsmen Indoor
11.37m	Bauck, Robyn	84	URC	12/03/2009	CIS Championships
2008/2009 Top 10 Indoor Rankings					
Women					
Triple Jump Cont'd					
11.17m	Breker, Nicole	89	URC	31/01/2009	Cargill Open
11.17m	Sharp, Keisha	84	URC	31/01/2009	Cargill Open
11.09m	Jestadt, Alison	89	URC	31/01/2009	Cargill Open
10.82m	Jelinski, Jenna	90	URC	31/01/2009	Cargill Open
10.61m	Jestadt, Gina	92	EXA	06/02/2009	Regina QC Kinsmen Ind
10.55m	Lariviere, Jessica	93	QCS	20/03/2009	Stoon Kinsmen Indoor
10.44m	Chartier, Mackenzie	94	RIV	07/03/2009	AB Age Class
Shot Put 4kg					
Native Indoor 16.23m Feb-26-77 Diane Jones PGC					
Open Indoor 16.23m Feb-26-77 Diane Jones PGC					
14.26m	Suttie, Taryn	90	US	12/03/2009	CIS Championships

13.54m	Spies, Chantel	84	US	20/12/2008	Santa Claus Throws
13.14m	Rak, Breanna	91	STFC	23/01/2009	Sled Dog
12.49m	Fowler, Caitlin	87	URC	12/03/2009	CIS Championships
12.17m	Elliott, Kim	90	US	06/02/2009	Regina QC Kinsmen Ind
12.01m	Revoy, Chelsey	89	TIS	4/9/2009	Tisdale Indoor Throws
11.86m	Dubourt, Liz	86	US	06/02/2009	Regina QC Kinsmen Ind
11.63m	Labrecque, Chantelle	91	KIN	20/03/2009	Stoon Kinsmen Indoor
11.50m	Clow, Nicole	84	URC	06/02/2009	Regina QC Kinsmen Ind
11.24m	Theisen, Brianne	88	STFC	31/01/2009	UW Indoor Invitational

Weight Throw 20lb

Native Indoor	19.11m	Feb-12-05	Megan Reid	UofS/STFC
Open Indoor	19.11m	Feb-12-05	Megan Reid	UofS/STFC

18.09m	Dubourt, Liz	86	US	12/03/2009	CIS Championships
17.07m	Suttie, Taryn	90	US	12/03/2009	CIS Championships
14.45m	Fowler, Caitlin	87	URC	31/01/2009	Cargill Open
13.98m	Mackie, Kristen	89	US	08/01/2009	K of C Indoor Games
13.77m	Heatcoat, Jillian	90	US	06/02/2009	Regina QC Kinsmen Ind
13.71m	Klimm, Sarah	87	URC	16/01/2009	Golden Bear
13.37m	Spies, Chantel	84	US	20/12/2008	Santa Claus Throws
12.34m	Good, Laura	87	US	23/01/2009	Sled Dog
12.21m	Clow, Nicole	84	URC	31/01/2009	Cargill Open
11.83m	Ecklund, Kirsten	90	URC	31/01/2009	Cargill Open

2008/2009 Top 10 Indoor Rankings

Women

Indoor Pentathlon

Native Indoor	3951	Feb-18-84	Janet Scott	RIV
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Open Indoor 4326 Feb-26-05 Jessica Zelinka Calgary

Time/Dist	Athlete	Club	Date	Meet
4321	Theisen, Brianne	88 STFC	13/03/2009	NCAA Indoors
8.54 60mH;1.81m HJ;11.16m SP;6.02m LJ;2:17.37 800m				
3621	Valois, Chelsea	87 URC	12/03/2009	CIS Championships
9.02 60mH;1.62m HJ;10.40m SP;5.47m LJ;2:28.73 800m				
2994	Tasker, Lindsay	86 US	06/02/2009	Regina QC Kinsmen Ind
9.57 60mH;1.44m HJ;9.75m SP;4.83m LJ;2:36.14 800m				
2661	Harder, Laurie	87 US	06/02/2009	Regina QC Kinsmen Ind
10.45 60mH;1.41m HJ;8.31m SP;5.00m LJ;2:43.79 800m				
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				
2583	Guenther, Amber	86 US	06/02/2009	Regina QC Kinsmen Ind
10.54 60mH;1.44m HJ;9.15m SP;4.67m LJ;2:49.58 800m				
2565	Hutchinson, Caitlin	85 US	16/01/2009	Golden Bear
9.88 60mH;1.48m HJ;7.54m SP;4.29m LJ;2:47.99 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				