

## 2022 Indoor Rankings

### Master Women

Time/Dist	Athlete			Date	Location
<b>60 Metres</b>					
8.58	Kari Zinkham	81	FLCR	12-02-2022	Regina
8.59	Kelly Silcox	66	FLCR	28-01-2022	Saskatoon
8.62	Sandi Arnason	73	RIVA	05-03-2022	Edmonton
8.66	Valerie Hardy	69	RIVA	05-02-2022	Edmonton
9.34	Raquel Boyko	74	EXCL	12-02-2022	Regina
9.83	Carol Lafayette-Boyd	42	EXCL	11-12-2021	Regina
10.11	Rhonda Tremblay	60	RIVA	18-02-2022	Saskatoon
<b>200 Metres</b>					
29.21	Kari Zinkham	81	FLCR	12-02-2022	Regina
29.33	Kelly Silcox	66	FLCR	12-02-2022	Regina
29.43	Valerie Hardy	69	RIVA	05-03-2022	Edmonton
29.76	Andrea Kozan	72	EXCL	12-02-2022	Regina
32.78	Muriel Gieni	58	RIVA	28-01-2022	Saskatoon
<b>300 Metres</b>					
45.86	Andrea Kozan	72	EXCL	04-03-2022	Winnipeg
48.02	Valerie Hardy	69	RIVA	18-02-2022	Saskatoon
<b>600 Metres</b>					
1:47.86	Andrea Kozan	72	EXCL	04-03-2022	Winnipeg
2:46.22	Judy Warick	49	TNMC	11-03-2022	Saskatoon
<b>800 Metres</b>					
2:37.84	Andrea Kozan	72	UNSK	11-12-2021	Regina
3:51.71	Muriel Gieni	58	RIVA	05-02-2022	Edmonton
<b>Mile</b>					
7:13.56	Lynne Wawryk-Epp	55	TNMC	28-01-2022	Saskatoon
10:27.22	Jean Healey	48	TNMC	28-01-2022	Saskatoon
<b>1000 Metres</b>					
5:10.67	Judy Warick	49	TNMC	28-01-2022	Saskatoon

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### Master Women

Time/Dist	Athlete			Date	Location
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#### 60m Hurdles

10.55	Muriel Gieni	58	RIVA	18-02-2022	Saskatoon
11.03	Sandi Arnason	73	RIVA	26-03-2022	Saint John

#### High Jump

1.30m	Sandi Arnason	73	RIVA	19-03-2022	New York
1.27m	Muriel Gieni	58	RIVA	05-02-2022	Edmonton

#### Long Jump

4.12m	Sandi Arnason	73	RIVA	05-03-2022	Edmonton
3.99m	Raquel Boyko	74	EXCL	12-02-2022	Regina
3.86m	Muriel Gieni	58	RIVA	05-03-2022	Edmonton
3.51m	Carol Lafayette-Boyd	42	EXCL	11-12-2021	Regina

#### Triple Jump

8.63m	Muriel Gieni	58	RIVA	26-03-2022	Saint John
8.32m	Sandi Arnason	73	RIVA	20-03-2022	New York
8.32m	Raquel Boyko	74	EXCL	11-12-2021	Regina
7.29m	Carol Lafayette-Boyd	42	EXCL	11-12-2021	Regina

#### Shot Put

9.73m	Muriel Gieni	58	RIVA	18-02-2022	Saskatoon
7.23m	Sandi Arnason	73	RIVA	05-02-2022	Edmonton

#### Pentathlon

3886	Muriel Gieni	58	RIVA	26-03-2022	Saint John
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10.67 - 60mH/ 1.27m - HJ/ 9.25m - SP/ 3.96m LJ/ 3:43.13 - 800m



