

# WOMEN'S INDOOR TRACK RECORDS

as of DECEMBER 2022

## 50 METRES

U14	7.10	JULEAH DUESING	02	QCS	SASKATOON	21/03/15
U16, U18	6.38	JENNI HUCUL	88	STFC	SASKATOON	08/02/03
U20	6.38	JENNI HUCUL	88	STFC	SASKATOON	08/02/03
	6.3	JOANNE McTAGGART	54	STC	EDMONTON	10/02/73
	6.3	JOANNE McTAGGART	54	STC	EDMONTON	11/03/73
SENIOR	6.38	JENNI HUCUL	88	STFC	SASKATOON	08/02/03
	6.3	JOANNE McTAGGART	54	STC	EDMONTON	10/02/73
	6.3	JOANNE McTAGGART	54	STC	EDMONTON	11/03/73
	6.3	DIEDRE DORATY	56	RIV	EDMONTON	06/02/76
	6.3	JOANNE McTAGGART	54	PGC	MONTREAL	04/03/78
	6.3	ROSALIE FLYNN	58	US	EDMONTON	17/02/79
	6.18	*PHILOMENA MENSAH	62	BC-CC	SASKATOON	09/01/99

## 60 METERS

U14	7.77	JENNI HUCUL	88	STFC	SASKATOON	08/12/01
U16, U18, U20	7.45	JENNI HUCUL	88	STFC	SASKATOON	09/02/03
SENIOR	7.45	JENNI HUCUL	88	STFC	SASKATOON	09/02/03
	7.18	*CARLETTE GUIDRY		ADIDAS	SASKATOON	14/01/96
	7.18	*PHILOMENA MENSAH	62	BC-CC	SASKATOON	10/01/99

## 150 METRES

U14	19.71	JULEAH DUESING	02	QCS	WINNIPEG	07/03/15
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## 200 METRES

U16	24.69	JENNI HUCUL	88	STFC	WINNIPEG	07/03/03
U18	24.50	SAVANNAH SUTHERLAND	03	STFC	WINNIPEG	29/02/20
U20	24.50	SAVANNAH SUTHERLAND	03	STFC	WINNIPEG	29/02/20
	24.40	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	28/01/83
SENIOR	23.90	LADONNA ANTOINE	74	RAT	USA	31/01/97
	23.68	*KALTOUMA NADJINA		CHAD	SASKATOON	04/02/10

## 300 METRES

U16	39.72	JENNI HUCUL	88	STFC	EDMONTON	15/02/03
	39.01	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	30/12/80
U18	39.41	SAVANNAH SUTHERLAND	03	STFC	EDMONTON	09/03/19
	39.01	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	30/12/80
U20	38.79	LISA KROLL	65	US	SASKATOON	03/03/84
	37.97	*ANGELA BAILEY	58	ON-UTTC	SASKATOON	30/12/81
SENIOR	37.47	BRIANNE THEISEN-EATON	88	UNA	BOSTON	14/02/16
	36.91	*ANGELA TAYLOR	58	ON-SO	SASKATOON	30/12/80

## 400 METRES

U16	58.17	SAVANNAH SUTHERLAND	03	STFC	REGINA	10/02/18
	57.49	*CHERYL ALLEN	72	AB-EH	SASKATOON	01/03/86

**400 METRES CON'T**

U18	56.99	LISA KROLL	65	STC	EDMONTON, AB	13/03/82
	55.3	BEV BRITTON	61	RIV	MONTREAL, QUE	04/03/78
	55.69	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	28/02/82
U20	55.50	GAIL HARRIS	66	YOR	TORONTO, ONT	25/02/84
SENIOR	53.05	LADONNA ANTOINE	74	RAT	IDAHO	12/02/94
	52.78	*JILLIAN RICHARDSON	65	AB-CS	SASKATOON	08/01/93

**500 METRES**

U16	1:18.69	JENNIFER STAKIW	81	CEN	SASKATOON	28/04/95
	1:17.84	*JANICE ZAWASKI	82	AB-LED	SASKATOON	26/04/96
U18	1:17.59	BRANDI ARMSTRONG	84	STFC	SASKATOON	27/04/01
	1:15.48	*JANICE ZAWASKI	82	AB-LED	SASKATOON	30/04/99
U20	1:16.49	JENNIFER STAKIW	81	PRA	SASKATOON	30/04/99
	1:15.00	*TANYA WRIGHT	81	AB-LED	SASKATOON	30/04/99
SENIOR	1:12.04	GWEN WALL	63	RIV/US	SASKATOON	29/12/84
	1:10.93	*MOLLY KILLINGBECK	59	ON-YUO	SASKATOON	29/12/84

**600 METRES**

U16	1:37.24	JENNIFER STAKIW	81	BRA	SASKATOON	27/01/95
U18	1:36.38	DEIDRE EMERSON	79	CEN	SASKATOON	26/01/96
	1:35.46	*JILL MCDERMID	68	AB-CS	SASKATOON	28/12/85
<b>U20</b>	<b>1:29.41</b>	<b>AVERY PEARSON</b>	<b>03</b>	<b>US</b>	<b>WINNIPEG</b>	<b>26/02/22</b>
SENIOR	1:28.70	JULIANNE LABACH	96	US	WINNIPEG	09/03/19

**800 METRES**

U14	2:24.82	NATALIA MCCULLOUGH	01	QCS	REGINA	06/12/14
	2:23.94	*JENNIFER PAUL	94	C'INT	REGINA	24/03/07
U16	2:15.65	KAILEY SMITH	86	MJR	WINNIPEG, MB	01/03/01
U18	2:15.14	CHLOE MCEACHERN	00	QCS	IDAHO	19/02/16
	2:08.0	*GLENDA REISER	55	ON-OKH	SASKATOON	29/12/72
U20	2:13.90	ASHLYNN SIMON	92	QCS	WINNIPEG	05/03/10
	2:08.0	*GLENDA REISER	55	ON-OKH	SASKATOON	29/12/72
SENIOR	2:06.26	JULIANNE LABACH	96	US	BOSTON	09/02/19
	2:03.72	*CHARMAINE CROOKS	62	BC-KAJ	SASKATOON	17/02/91

**1000 METRES**

U14	3:08.37	BRANDIE ARMSTRONG	84	MEL	SASKATOON	31/01/97
	3:06.35	*JENNIFER PAUL	94	C'INT	SASKATOON	16/03/07
U16	3:01.52	AMBER MCGOWN	83	TIS	SASKATOON	25/04/98
	3:01.45	*JENNIFER KEMP	83	LEDUC	SASKATOON	25/04/98
U18	2:58.89	DEIDRE EMERSON	79	EAG	SASKATOON	27/01/95
	2:55.91	*TANYA WRIGHT	81	AB-LED	SASKATOON	26/04/97
<b>U20</b>	<b>2:48.82</b>	<b>AVERY PEARSON</b>	<b>03</b>	<b>US</b>	<b>ST. JOHN, NB</b>	<b>01/04/22</b>
SENIOR	2:39.98	JULIANNE LABACH	96	US	BOSTON	08/02/19

**1200 METRES**

U14	3:51.90	MOLLY LAKUSTIAK	04	RMSC	REGINA	02/12/17
U16	3:42.88	ALEXIS LEWANS	04	RIVA	EDMONTON	09/03/19

**1500 METRES**

U14	4:58.17	GABRIELLE EDWARDS	94	RIV	SASKATOON	16/03/07
U16	4:42.61	KARISSA LEPAGE	91	QCS	WINNIPEG	03/03/06
U18	4:38.9	JANE BOLSTAD	63	WCK	REGINA	08/02/80
	4:31.3	*GLENDA REISER	55	ON-OKH	SASKATOON	29/12/71
U20	4:31.56	DANETTE DOETZEL	86	QCS	WINNIPEG	05/03/04
	4:16.3	*GLENDA REISER	55	ON-OKH	SASKATOON	29/12/73
SENIOR	4:18.66	COURTNEY HUFSMITH	98	US	WINNIPEG	09/03/19
	4:16.3	*GLENDA REISER	55	ON-OKH	SASKATOON	29/12/73

**2000 METRES**

U16	6:34.71	ALEXIS LEWANS	04	RIVA	EDMONTON	10/03/19
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**3000 METRES**

U16	9:57.24	KARISSA LEPAGE	91	QCS	WINNIPEG	04/03/06
U18	9:57.24	KARISSA LEPAGE	91	QCS	WINNIPEG	04/03/06
U20	9:39.30	KENDRA SCHAAF	90	QCS	WINNIPEG	02/02/08
	9:38.08	*MARGARET McDONALD	62	NB-UNB	SASKATOON	14/03/81
SENIOR	9:08.47	COURTNEY HUFSMITH	98	US	BOSTON	08/02/19

**5000 METRES**

SENIOR	16:00.45	DANETTE DOETZEL	86	PROV/QCS	TEXAS	13/03/09
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**3km RACE WALK**

U16	18:15.06	BRANDI ARMSTRONG	84	CEN	SASKATOON	30/01/98
U18	16:33.67	CAITLIN WARKENTIN	89	RIV	EDMONTON	06/03/05
U20	16:33.67	CAITLIN WARKENTIN	89	RIV	EDMONTON	06/03/05
SENIOR	16:33.67	CAITLIN WARKENTIN	89	RIV	EDMONTON	06/03/05

**50 METRE HURDLES**

U16	8.23	ANNE-MARIE LAMBERT	74	NBL	EDMONTON	09/12/89
U18	7.57	ANNE-MARIE LAMBERT	74	NBL	EDMONTON	08/12/90
U20	7.64	SHELLEY RUECKER	64	YOR	EDMONTON	13/03/82
	7.50	*NANCY MCGUAIG	65	MA-TAK	SASKATOON	03/03/84
SENIOR	7.09	DIANE JONES	51	PGC	EDMONTON	09/03/75

### 60 METRE HURDLES

U14	9.46	JANINE POLISCHUK	85	RAT	REGINA	20/02/98
U16	8.78	SAVANNAH SUTHERLAND	03	STFC	SASKATOON	01/12/18
U18 30"	8.42	SAVANNAH SUTHERLAND	03	STFC	WINNIPEG	24/01/20
U18 33"	8.56	SAVANNAH SUTHERLAND	03	STFC	SASKATOON	10/01/20
U20	8.56	SAVANNAH SUTHERLAND	03	STFC	SASKATOON	25/01/20
	8.50	*CASSANDRA GRENKE	97	ALB-LEGA	SASKATOON	27/02/16
SENIOR	8.04	BRIANNE THEISEN-EATON	88	UNSK	PORTLAND	18/03/16

### WOMEN'S INDOOR FIELD RECORDS

as of DECEMBER 2022

#### POLE VAULT

U16	3.40m	THERESA WIEBE	87	RIV	SASKATOON	07/12/02
U18	3.71m	LEAH VAUSE	87	RIV	SASKATOON	21/12/04
U20	4.00m	ADRIANNE VANGOOL	85	RIV	SASKATOON	08/07/03
	4.00m	ADRIANNE VANGOOL	85	RIV/US	WINDSOR	12/03/04
SENIOR	4.60m	KELSIE HENDRY	82	RIVA	FLAGSTAFF, AZ	16/02/12

#### HIGH JUMP

U14	1.66m	MICHELLE DUNLOP	62	YOR	SASKATOON	29/12/75
U16	1.68m	ANGELLA COLLINGE	83	UNA	EDMONTON	28/11/98
	1.68m	JANINE POLISCHUK	85	RAT	WINNIPEG	04/03/99
	1.75m	*CORALEA BROWN	72	AB-SPC	SASKATOON	15/03/87
U18	1.71m	SHELLEY RUECKER	64	YOR	SASKATOON	30/12/80
	1.71m	BRANDY WEHRHAHN	75	BIG	SASKATOON	03/01/92
	1.71m	ANGELLA COLLINGE	83	UNA	EDMONTON	06/03/99
	1.80m	*WHITNEY EVANS	80	AB-WAR	SASKATOON	11/01/97
U20	1.74m	ANGELLA COLLINGE	83	US	EDMONTON	09/02/02
	1.80m	*WHITNEY EVANS	80	AB-WAR	SASKATOON	11/01/97
SENIOR	1.88m	BRIANNE THEISEN	88	ORE/UNA	IDAHO	10/03/12
	<del>1.91m</del>	<del>*DORIS HERBOLD</del>	<del>53</del>	<del>BBC</del>	<del>SASKATOON</del>	<del>29/12/77</del>

#### LONG JUMP

U14	5.06m	JANINE POLISCHUK	85	RAT	REGINA	05/12/98
U16	5.57m	JANINE POLISCHUK	85	RAT	SASKATOON	29/01/00
U18	5.68m	JANINE POLISCHUK	85	RAT	SASKATOON	12/01/02
U20	5.83m	KATELYN LEHNER	95	UNSK	EDMONTON	21/02/14
SENIOR	6.42m	BRIANNE THEISEN-EATON	88	UNA	PORTLAND	18/03/16

#### TRIPLE JUMP

U16	11.72m	CHLOE HETHERTON	92	SMA	SASKATOON	16/03/07
U18	12.28m	CHLOE HETHERTON	92	SMA	SASKATOON	26/01/08
U20	12.74m	CHLOE HETHERTON	92	UA/STFC	LEXINGTON	14/01/11
SENIOR	12.87m	TRACY DULMAGE	71	RAT	WYOMING	20/01/95

**SHOT PUT**

U14 3kg	11.16m	MELISSA CROWDIS	03	YLTC	SASKATOON	17/12/16
U14 6lbs	13.16m	MEGAN JORDISON	85	CVC	SASKATOON	29/11/98
U16 3kg	12.66m	MELISSA CROWDIS	03	YLTC	SASKATOON	14/12/19
U16 4kg	11.56m	SHANNON KEKULA	66	MMT	SASKATOON	30/12/81
	11.87m	*SUZANNE DANDENAULT	70	MB-AOT	SASKATOON	28/12/85
U18 3kg	13.35m	NICOLE KRAMCHYNSKY	01	STFC	SASKATOON	15/12/18
U18 4kg	12.56m	TARYN SUTTIE	90	RIV	SASKATOON	17/03/07
	12.90m	*SUZANNE DANDENAULT	70	MB-AOT	SASKATOON	28/12/86
U20 4kg	14.68m	TARYN SUTTIE	90	US/STFC	SASKATOON	19/12/09
SENIOR 4kg	17.66m	TARYN SUTTIE	90	UNSK	FINDLAY,OH	12/02/16

**WEIGHT THROW**

U18 16lb	14.93m	BROOKE SHATKOWSKI	97	EXCEL	REGINA	08/02/14
U18 20lb	13.82m	CHELSEA REVOY	89	TIS	REGINA	02/12/06
U20 20lb	17.32m	TARYN SUTTIE	90	US/STFC	SASKATOON	19/12/09
SENIOR20lb	19.55m	TARYN SUTTIE	90	US / STFC	SHERBROOKE	10/03/11

**PENTATHLON**

U16	2644PTS	RACHEL ALBERTSON	03	STFC	EDMONTON	18/02/18
		60M HURDLES - 8.34 HIGH JUMP - 1.38m SHOT PUT - 7.52m LONF JUMP - 4.95m 800m - 2:47.27				
U18	3543	JANINE POLISCHUK	85	RAT	EDMONTON	09/02/02
		60 METER HURDLES 9.15 SHOT PUT 9.48m HIGH JUMP 1.61m LONG JUMP 5.58m 800 METERS 2:29.54				
U20	3756	NICOLE OSTERTAG	00	US	WINNIPEG	07/03/19
		60 METER HURDLES 8.78 HIGH JUMP 1.64m SHOT PUT 10.21m LONG JUMP 5.48m 800 METERS 2:23.23				
SENIOR	4881 CAN REC	BRIANNE THEISEN	88	UNSK	PORTLAND	18/03/16
		60 METER HURDLES 8.043 SHOT PUT 13.70m HIGH JUMP 1.85m LONG JUMP 6.42m 800 METERS 2:09.99				

1  
2  
3

# WOMEN'S INDOOR RELAY RECORDS

## as of December 2022

### 4 X 100 METER RELAY

U14	53.02	RIVERSDALE ATHLETIC CLUB		SASKATOON	06/12/03
		MORGAN HEDMAN	90		
		ERICA CROTEAU	90		
		JOCELYN BELLAMY	90		
		LEAH WECKWORTH	90		
U16	50.82	SASKATOON TRACK CLUB		WINNIPEG	04/03/17
		SAVANNAH SUTHERLAND	03		
		PAIGE WILLEMS	02		
		JOELIE HELMECZI	02		
		KYLA HEIDT	02		
U18	48.71	SASKATOON TRACK & FIELD		WINNIPEG, MB	08/03/03
		JAIME CRUICKSHANK	86		
		JENNI HUCUL	88		
		JAYNE REGIER	87		
		AYANFE OLUBOBOKUN	86		
U20	47.32	RIVERSDALE ATHLETICS		WINNIPEG	05/03/99
		NICOLE BUCHHOLZ	82		
		LINDSAY BOYD	80		
		KARLYN SERBY	81		
		DEANNE MENGEL	80		
SENIOR	47.32	RIVERSDALE ATHLETICS		WINNIPEG	05/03/99
		NICOLE BUCHHOLZ	82		
		LINDSAY BOYD	80		
		KARLYN SERBY	81		
		DEANNE MENGEL	80		

### 4 X 200 METERS

U14	2:02.47	EXCEL ATHLETIKA		WINNIPEG	29/02/20
		VIENNA SELLAND	07		
		REESE SOMMER	07		
		JENNA CONRAD	07		
		EMILEE RIEGER	07		
U16	1:47.51	SASKATOON TRACK FC		SASKATOON	12/01/18
		SAVANNAH SUTHERLAND	03		
		RACHEL ALBERTSON	03		
		OLAMIDE OLALOKU	03		
		TEAGAN JASIENIUKE	03		

U18	1:45.80	SASKATOON TRACK CLUB		EDMONTON	16/02/20
		OLAMIDE OLALOKU	03		
		RACHEL ALBERTSON	03		
		LEXI DERENOSKI	04		
		DANIELLA OYENUGA	04		
U20	1:39.72	RIVERSDALE ATHLETICS		WINNIPEG	06/03/99
		NICOLE BUCHHOLZ	82		
		LINDSAY BOYD	80		
		KARLYN SERBY	81		
		DEANNE MENGEL	80		
SENIOR	1:37.57	UNIV OF SASK		MONTREAL	11/03/00
		LINDSAY BOYD	80		
		KIM MOFFATT	77		
		KARLYN SERBY	81		
		DEANNE MENGEL	80		
	1:37.16	*USA		SASKATOON	04/02/06
		<b>4 X 400 METER RELAY</b>			
U16	4:14.95	RIVERSDALE ATHLETIC CLUB		SASKATOON	24/01/04
		AMANDA BUCHKO	89		
		MCKENZIE HEDMAN	89		
		KATE JOHNSON	89		
		LISA BRASSINGTON	89		
	4:13.77	*LEDUC TRACK CLUB		SASKATOON	29/04/95
U18 U20	4:03.41	SASKATOON TRACK CLUB		WINNIPEG	03/03/13
		ERICA LADHAM	97		
		RACHEL ROSIN	96		
		EMILY COGHILL	99		
		SARA MURRAY	97		
U18 & U20	3:52.51	*CALGARY SPARTANS		SASKATOON	28/12/84
		JILL MCDERMID	68		
		HEATHER MCDERMID	68		
		MAXINE SCRINGER	68		
		CHERYL CURDA	68		
SENIOR	3:44.25	UNIV OF SASK		EDMONTON	07/03/20
		ASHLYN MOONEY	99		
		MICHELLE HARRISON	92		
		LEADAN CHARTIER	91		
		KENDRA FARMER	99		

**4 X 800 METER RELAY**

U16	10:13.50	RIVERSDALE ATHLETICS		SASKATOON	24/01/03
		MCKENZIE HEDMAN	89		
		LISA BRASSINGTON	89		
		KATE JOHNSON	89		
		MAGGIE MCBRIDE	88		
U18	9:51.37	RIVERSDALE ATHLETICS		SASKATOON	25/01/08
		GABRIELLE EDWARDS	94		
		KIMBERLY DMYTERKO	93		
		ABBY MILLER	92		
		RACHAEL EDWARDS	91		
U20	9:28.4h	UOFS		SASKATOON	25/01/13
		GABRIELLE EDWARDS	94		
		MACKENZIE CHARTIER	94		
		TYE BUETTNER	94		
		BROOKE MENTANKO	94		
<b>SENIOR</b>	<b>8:48.76</b>	<b>UNIV OF SASK</b>		<b>ST. JOHN, NB</b>	<b>01/04/22</b>
		<b>OLIVIA MOYSE</b>	<b>00</b>		
		<b>KAITLYN HARRISON</b>	<b>01</b>		
		<b>COURTNEY HUFSMITH</b>	<b>98</b>		
		<b>AVERY PEARSON</b>	<b>03</b>		
SENIOR	8:46.94	*VICTORIA UNIVERSITY		REGINA	22/02/13
		RACHEL FRANCOIS	93		
		KENDRA POMFRET	93		
		GRACE ANNEAR	93		
		JENICA MOORE	93		

**MEDLEY RELAYS****(200 - 100 - 100 - 400)**

U14	1:57.87	SASKATOON TRACK CLUB		SASKATOON	28/12/84
		LORNA CZINKOTA	71		
		CARRIE BEDIER	71		
		DEBRA UMPHERVILLE	71		
		HANNAH STEWART	71		



**MEDLEY RELAYS**

**(200 - 100 - 100 - 400)**

U16	1:52.50	STFC	SASKATOON	17/03/18
		RACHEL ALBERSTON	03	
		OLAMIDE OLALOKU	03	
		SHAYNE CROSS-WOROBEC	04	
		SAVANNAH SUTHERLAND	03	

**(200 - 100 - 100 - 400)**

U18	1:51.42	SASKATOON TRACK CLUB	SASKATOON	21/03/09
		MICHELLE YOUNG	92	
		JENNA MANN	92	
		JANELLE LOWEN	92	
		MEGAN FLAVEL	92	

**(400 - 200 - 200 - 800)**

U20 & SR	4:27.1	SASKATOON TRACK CLUB	SASKATOON	14/02/81
		JEANNE McSHEFFREY	63	
		DONNA BALEZANTIS	65	
		LISA KROLL	65	
		BRENDA CHERNENKOFF	63	

SENIOR	3:59.81	UNIV OF WATERLOO	SASKATOON	14/03/81
		FAYE BLACKWOOD	57	
		LESLIE ESTWICK	60	
		ANDREA PAGE	56	
		LISA AMSDEN	59	

**ELEMENTARY SCHOOL  
RELAYS**

**4 X 100 METER RELAYS**

UNDER 13 YRS	56.00	BROWNELL SCHOOL	SASKATOON	31/01/95
UNDER 15 YRS	53.03	BISHOP KLEIN	SASKATOON	11/04/81
H.S. FRESHMEN	53.69	ADEN BOWMAN	SASKATOON	28/12/85
HIGH SCHOOL	52.34	HOLY CROSS	SASKATOON	31/01/81

**8 X 100 METER RELAYS**

UNDER 13 YRS	1:56.77	ST. ANNE SCHOOL	SASKATOON	01/03/86
UNDER 15 YRS	1:50.43	ROLAND MICHENER	SASKATOON	01/05/99