

2019 Outdoor Rankings Senior Women

Time/Dist		Athlete			Date	Location
100 Meters						
		Native Outdoor	11.58	Jul-04-03	Jenni Hucul	STFC
		Open Outdoor	11.50	Aug-11-75	Patricia Loverock	BC
11.90	+1.1	Merissa Margetts	91	URTC	2019-07-25	Montreal
11.91	+1.3	Michelle Harrison	92	STFC	2019-04-17	Azusa
12.08	+1.8	Astrid Nyame	94	STFC	2019-05-10	Azusa
12.27	-0.2	Katelyn Lehner	95	U of S	2019-06-28	Edmonton
12.46	-1.9	Kendra Farmer	99	STFC	2019-07-14	Regina
12.89	-1.1	Rebecca Barkway	99	STFC	2019-06-22	Regina
Athlete with a Disability						
14.49	2.2	Lindsay Kinnear	88	EXCL	2019-05-11	Regina
17.61	0.0	Jessica Frotten	88	CRTC	2019-08-02	Quebec City
150 Meters						
17.91	-0.3	Merissa Margetts	91	URTC	2019-06-02	Calgary
18.50	-0.3	Kendra Farmer	99	STFC	2019-06-02	Calgary
200 Metres						
		Native Outdoor	23.13	Jun-24-01	LaDonna Antoine-Watkins	RAT
		Open Outdoor	22.85	Aug-02-81	Angela Taylor	ON
24.28	+0.9	Michelle Harrison	92	STFC	2019-05-13	Los Angeles
24.36	+1.2	Kendra Farmer	99	STFC	2019-06-28	Edmonton
24.50	+1.8	Merissa Margetts	91	URTC	2019-07-25	Montreal
24.69	+1.1	Travia Jones	95	UNSK	2019-07-25	Montreal
24.98	+0.1	Ashlyn Mooney	99	STFC	2019-07-17	Edmonton
25.77	-0.7	Joely Welburn	99	UOFR	2019-04-26	Irvine
26.79	-1.8	Rebecca Barkway	99	STFC	2019-06-15	Prince Albert
31.31	+0.7	Lindsay Kinnear	88	EXCL	2019-05-11	Regina
Wind/NoWind						
24.03	2.8	Travia Jones	95	UNSK	2019-03-30	Gainesville

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200 Metres Cont'd				
24.57	+3.1	Jansen Ziola	99 UNSK	2019-05-08 Farmington

Athlete with a Disability

30.38	-0.1	Lindsay Kinnear	88 EXCL	2019-07-14 Regina
31.73	+0.7	Jessica Frotten	88 CRTC	2019-01-22 Canberra

400 Metres

Native Outdoor 50.92 Sep-23-00 LaDonna Antoine RAT
Open Outdoor 50.92 Sep-23-00 LaDonna Antoine RAT

53.53		Travia Jones	95 UNSK	2019-05-18 Les Abymes
55.99		Kendra Farmer	99 STFC	2019-06-28 Edmonton
1:00.19		Robyn Ham	98 UOFR	2019-06-05 Calgary
1:03.75		Hannah Strinholm	99 UOFR	2019-07-14 Regina

Athlete with a Disability

56.78		Jessica Frotten	88 CRTC	2019-01-21 Canberra
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800 Metres

Native Outdoor 2:02.07 Jul-8-18 Julianne Labach STFC
Open Outdoor 2:02.07 Jul-8-18 Julianne Labach STFC

2:02.78		Adrea Propp	92 UNSK	2019-08-05 Hamilton
2:03.08		Julianne Labach	96 STFC	2019-07-25 Montreal
2:04.66		Courtney Hufsmith	98 STFC	2019-07-31 Montreal
2:09.63		Jasmine Fehr	99 STFC	2019-07-25 Montreal
2:13.33		Michaela Allen	97 URTC	2019-07-14 Regina
2:16.92		Robyn Ham	98 UOFR	2019-06-28 Edmonton
2:20.63		Jansen Ziola	99 UNSK	2019-04-17 Azuza
2:20.67		Kaila Neigum	99 URTC	2019-06-22 Regina
2:25.26		Adriana Davis	96 URTC	2019-05-11 Regina

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800 Metres Cont'd

Athlete with a Disability

1:53.56	Jessica Frotten	88	CRTC	2019-01-22	Canberra
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1500 Metres

Native Open	4:11.83	Jun-27-18	Courtney Hufsmith	STFC	
Open Outdoor	4:11.83	Jun-27-18	Courtney Hufsmith	STFC	

4:10.25	Courtney Hufsmith	98	STFC	2019-08-02	Quebec City
4:13.88	Julianne Labach	96	STFC	2019-08-02	Quebec City
4:21.43	Jasmine Fehr	99	STFC	2019-07-25	Montreal
4:22.86	Jessica Furlan	90	EXCL	2019-07-16	Victoria
4:35.49	Kaila Neigum	99	UNSK	2019-07-14	Regina
4:51.41	Robyn Ham	98	UOFR	2019-07-14	Regina
5:06.50	Hillary Mehlhorn	95	STFC	2019-06-22	Regina

Athlete with a Disability

3:34.50	Jessica Frotten	88	CRTC	2019-01-22	Canberra
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3000 Metres

10:18.37	Kaila Neigum	99	UNSK	2019-08-15	Swift Current
11:24.26	Natallia Bidulka	99	STFC	2019-06-15	Prince Albert

100m Hurdles

Native Outdoor	12.93	May-28-16	Brienne Theisen-Eaton	UNSK	
Open Outdoor	12.93	May-28-16	Brienne Theisen-Eaton	UNSK	

13.13	+0.3	Michelle Harrison	92	STFC	2019-06-07	Guelph
13.24	+1.9	Astrid Nyame	94	STFC	2019-05-10	Azusa
13.64	+1.5	Katelyn Lehner	95	STFC	2019-05-10	Azusa
14.03	-2.0	Jansen Ziola	99	UNSK	2019-05-11	Missoula
14.31	0.0	Joely Welburn	99	UOFR	2019-06-23	Regina
14.53	+0.3	Rebecca Barkway	99	STFC	2019-08-18	Swift Current

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100m Hurdles Cont'd

15.01	+1.4	Ashlyn Mooney	99 STFC	2019-05-26	Calgary
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Wind/No Wind

13.50	+2.5	Katelyn Lehner	95 STFC	2019-07-17	Edmonton
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400m Hurdles

Native Outdoor	56.10	Jul-11-83	Gwen Wall	RIVA
Open Outdoor	56.10	Jul-11-83	Gwen Wall	RIVA

1:01.50	Adrea Propp	92 UNSK	2019-05-26	Nanaimo
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3000m Steeplechase

Native Outdoor	9:33.45	Jul-19-14	Jessica Furlan	EXCL
Open Outdoor	9:33.45	Jul-19-14	Jessica Furlan	EXCL

9:44.37	Jessica Furlan	90 EXCL	2019-08-23	Brussels
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High Jump

Native Outdoor	1.89m	May-30-15	Brienne Theisen-Eaton	UNSK
Open Outdoor	1.89m	May-30-15	Brienne Theisen-Eaton	UNSK

1.66m	Joely Welburn	99 UOFR	2019-06-09	Calgary
1.63m	Jansen Ziola	99 UNSK	2019-04-19	Azusa
1.50m	Adriana Quiring	99 URTC	2019-05-11	Regina

Pole Vault

Native Outdoor	4.55m	Jul-12-05	Kelsie Hendry	RIVA
Open Outdoor	4.55m	Jul-12-05	Kelsie Hendry	RIVA

3.70m	Leadon Chartier	98 STFC	2019-06-23	Regina
2.90m	Taylor de Jong	99 RIVA	2019-08-18	Swift Current

2019 Outdoor Rankings

Senior Women

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Long Jump					
		Native Outdoor	6.72m	May-31-15	Brianne Theisen-Eaton UNSK
		Open Outdoor	6.72m	May-31-15	Brianne Theisen-Eaton UNSK
6.03m	+1.0	Jansen Ziola	99	UNSK	2019-05-11 Missoula
5.84m	+1.9	Joely Welburn	99	UOFR	2019-05-26 Calgary
5.67m	+0.7	Katelyn Lehner	95	STFC	2019-05-26 Calgary
5.46m	+0.9	Kendra Farmer	99	STFC	2019-05-26 Calgary
4.95m	+2.0	Jules Hansen	98	URTC	2019-05-11 Regina
4.82m	-0.1	Rebecca Barkway	99	STFC	2019-06-16 Prince Albert

Triple Jump

		Native Outdoor	12.74m	Apr-30-94	Tracy Dulmage RAT
		Open Outdoor	12.74m	Apr-30-94	Tracy Dulmage RAT
11.68m	+0.9	Erika Stockhorst	98	UOFR	2019-05-10 Azusa
10.37m	+0.7	Jules Hansen	98	URTC	2019-05-11 Regina
9.99m	+1.3	Taylor de Jong	99	RIVA	2019-08-18 Swift Current

Shot Put 4kg

		Native Outdoor	17.88m	Apr-04-16	Taryn Suttie UNSK
		Open Outdoor	17.88m	Apr-4-16	Taryn Suttie UNSK
12.47m		Jennifer Weber	96	UOFS	2019-06-30 Edmonton
10.24m		Danielle Fedak	99	UOFR	2019-07-14 Regina
10.20m		Emmarae Dale	97	STFC	2019-07-14 Regina
9.40m		Jansen Ziola	99	UNSK	2019-05-11 Missoula

Discus 1kg

		Native Outdoor	57.70	Sep-08-88	Gale Dolegiewicz TMSK
		Open Outdoor	57.70	Sep-08-88	Gale Dolegiewicz TMSK
37.52m		Danielle Fedak	99	UOFR	2019-05-18 Lethbridge
29.52m		Emmarae Dale	97	STFC	2019-05-18 Lethbridge

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Hammer 4kg			
	Native Outdoor	61.74m Jun-18-06	Megan Reid STFC
	Open Outdoor	62.15m Aug-9-09	Heather Steacy TM AB
52.20m	Emmarae Dale	97 STFC	2019-07-14 Regina
44.79m	Danielle Fedak	99 UOFR	2019-08-18 Swift Current
43.95m	Jennifer Weber	96 STFC	2019-07-21 Sherwood Parl

Javelin 600g

	Native Outdoor	52.30m Jul-27-94	Stephanie Proctor UNSK
	Open Outdoor	57.76m Jun-14-81	Tessa Sanderson GBR
27.35m	Jansen Ziola	99 UNSK	2019-05-11 Missoula

Heptathlon

	Native Outdoor	6808pts May-31-2015	Brianne Theisen-Eaton UNSK
	Open Outdoor	6808pts May-31-2015	Brianne Theisen-Eaton UNSK
5027 pts	Jansen Ziola	99 UNSK	2019-05-11 Missoula
	14.04 (+0.0) 100mH/1.56m HJ/9.40m SP/24.57 (+3.1) 200m 5.60 (+0.9) LJ/ 27.35m JT/ 2:22.33 800m		

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