

## 2023 Outdoor Rankings Senior Women

Time/Dist	Athlete	Date	Location
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### 100 Meters

Native Outdoor 11.40 Jul-03-22 Michelle Harrison STFC  
 Open Outdoor 11.40 Jul-03-22 Michelle Harrison STFC

11.36	1.7	Michelle Harrison	92	STFC	11-06-2023	Sollentuna, Sweden
11.94	1.0	Paige Willems	02	STFC	10-06-2023	Regina
12.13	0.6	Heidi Branning	01	URTC	13-05-2023	Regina
12.20	0.0	Nicole Ostertag	00	STFC	14-07-2023	Saskatoon
12.25	1.0	Emnet Nixon	02	URTC	10-06-2023	Regina
12.38	-1.0	Kendra Farmer	99	RWAC	09-07-2023	Sherwood Park
12.60	1.5	Brianna Andrews	00	RWAC	24-06-2023	Edmonton
13.21	1.0	Livia Blechinger	03	STFC	01-06-2023	Saskatoon

### Wind/No Wind

12.04	4.5	Kendra Farmer	99	RWAC	13-05-2023	Calgary
12.58	2.1	Brianna Andrews	00	RWAC	24-06-2023	Edmonton
13.23	NWI	Janaya Dorsch	03	URTC	10-06-2023	Regina
13.44	5.8	Jessamy Sundby	02	RWAC	16-06-2023	Calgary

### 200 Metres

Native Outdoor 23.13 Jun-24-01 L. Antoine-Watkins RAT/22.8h May-29-76 J. McTaggart UofS  
 Open Outdoor 22.85 Aug-02-81 Angela Taylor ON

23.19	1.3	Michelle Harrison	92	STFC	13-05-2023	Regina
24.09	0.0	Paige Willems	02	STFC	14-07-2023	Saskatoon
24.19	1.8	Nicole Ostertag	00	STFC	27-07-2023	Langley
24.23	0.5	Kendra Farmer	99	RWAC	29-06-2023	Saskatoon
25.37	-1.6	Emnet Nixon	02	URTC	14-07-2023	Saskatoon
25.97	-0.6	Heidi Branning	01	URTC	10-06-2023	Regina
26.34	1.8	Brianna Andrews	00	RWAC	24-06-2023	Edmonton
26.72	-0.6	Livia Blechinger	03	STFC	10-06-2023	Regina
27.39	-1.1	Janaya Dorsch	03	URTC	10-06-2023	Regina

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### 200 Metres - Contd

#### Wind/NoWind/Hand Time

23.33	3.0	Savannah Sutherland	03	STFC	15-04-2023	Walnut, CA
24.08	2.3	Paige Willems	02	STFC	24-06-2023	Edmonton
24.20	2.6	Kendra Farmer	99	RWAC	13-05-2023	Calgary
26.31	2.3	Brianna Andrews	00	RWAC	24-06-2023	Edmonton

### 400 Metres

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

53.53	Paige Willems	02	STFC	24-06-2023	Edmonton
54.36	Kendra Farmer	99	RWAC	10-06-2023	Regina
54.57	Avery Pearson	03	STFC	24-06-2023	Edmonton
59.88	Kaitlyn Harrison	01	STFC	14-07-2023	Saskatoon
1:00.54	Livia Blechinger	03	STFC	10-06-2023	Regina
1:01.75	Alyssa Roney	02	RWAC	29-06-2023	Saskatoon
1:04.33	Eryn Kielo	03	STFC	29-06-2023	Saskatoon

### 800 Metres

Native Outdoor	2:00.88	Aug-14-21	Julianne Labach	STFC
Open Outdoor	2:00.88	Aug-14-21	Julianne Labach	STFC

2:04.99	Adrea Propp	92	UNSK	14-07-2023	Langley
2:05.83	Avery Pearson	03	STFC	14-07-2023	Langley
2:06.82	Julianne Labach	96	UNSK	16-07-2023	Victoria
2:08.82	Natalia McCullough	01	URTC	16-07-2023	Victoria
2:09.29	Kaila Neigum	99	URTC	16-06-2023	Calgary
2:11.73	Kaitlyn Harrison	01	STFC	27-07-2023	Langley
2:13.84	Nicole Ostertag	00	STFC	27-07-2023	Langley
2:20.95	Alyssa Roney	02	RWAC	14-07-2023	Saskatoon
2:21.45	Ellison Kozan	02	URTC	14-07-2023	Saskatoon
2:31.84	Allison Novecosky	03	STFC	01-06-2023	Saskatoon

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### 1500 Metres

Native Open 4:10.25 Aug-2-19 Courtney Hufsmith STFC  
 Open Outdoor 4:10.25 Aug-2-19 Courtney Hufsmith STFC

4:18.07	Kaila Neigum	99	URTC	14-07-2023	Langley
4:28.54	Kaitlyn Harrison	01	STFC	27-07-2023	Langley
5:00.04	Sheridan Lillyman	92	RIVA	14-07-2023	Saskatoon

### 10,000 Metres

Native Open 33:23.22 May-02-09 Danette Doetzel QCS  
 Open Outdoor 33:23.22 May-02-09 Danette Doetzel QCS

34:33.93	Jenna McFadyen	02	STFC	23-06-2023	Langley
35:24.89	Jasmine Fehr	99	STFC	13-05-2023	Baton Rouge, LA

### 100m Hurdles

Native Outdoor 12.74 Jul-24-22 Michelle Harrison STFC  
 Open Outdoor 12.74 Jul-24-22 Michelle Harrison STFC

12.82	1.3	Michelle Harrison	92	STFC	11-06-2023	Sollentuna, Sweden
13.12	1.6	Astrid Nyame	94	RWAC	31-03-2023	Stanford, CA
13.24	1.3	Nicole Ostertag	00	STFC	28-05-2023	London
17.31	-2.3	Naomi Brown	03	UNSK	10-06-2023	Langley
18.66	-2.1	Jessamy Sundby	02	RWAC	14-07-2023	Saskatoon

### 400m Hurdles

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

54.45	Savannah Sutherland	03	STFC	10-06-2023	Austin, TX
58.83	Adrea Propp	92	UNSK	24-06-2023	Windsor
1:09.12	Kaitlyn Harrison	01	STFC	27-07-2023	Saskatoon

## 2023 Outdoor Rankings Senior Women

Time/Dist		Athlete			Date	Location
<b>High Jump</b>						
		Native Outdoor	1.89m	May-30-15	Brianne Theisen-Eaton	UNSK
		Open Outdoor	1.89m	May-30-15	Brianne Theisen-Eaton	UNSK
1.76m		Nicole Ostertag		00	STFC	11-06-2023 Rvavallen, Sweden
<b>Long Jump</b>						
		Native Outdoor	6.72m	May-31-15	Brianne Theisen-Eaton	UNSK
		Open Outdoor	6.72m	May-31-15	Brianne Theisen-Eaton	UNSK
6.12m	0.7	Nicole Ostertag		00	STFC	11-06-2023 Rvavallen, Sweden
5.94m	-0.3	Astrid Nyame		94	RWAC	25-03-2023 Los Angeles, CA
5.86m	1.6	Sara Kozan		02	URTC	10-06-2023 Regina
5.69m	-0.7	Jada Roach		01	UNSK	30-05-2023 Toronto
4.83m	1.9	Janaya Dorsch		03	URTC	10-06-2023 Regina
4.76m	1.9	Marley Rumpel		03	URTC	10-06-2023 Regina
<b>Wind/No Wind</b>						
5.76m	2.4	Jada Roach		01	UNSK	20-06-2023 Toronto
4.77m	2.1	Marley Rumpel		03	URTC	10-06-2023 Regina
<b>Triple Jump</b>						
		Native Outdoor	12.74m	Apr-30-94	Tracy Dulmage	RAT
		Open Outdoor	12.74m	Apr-30-94	Tracy Dulmage	RAT
12.46m	1.6	Olamide Olaloku		03	STFC	14-07-2023 Saskatoon
11.98m	1.1	Jada Roach		01	UNSK	28-05-2023 London
9.93m	1.6	Adlegessa Yowin		02	STFC	14-07-2023 Saskatoon

## 2023 Outdoor Rankings Senior Women

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<b>Shot Put 4kg</b>					
	Native Outdoor	17.88m	Apr-04-16	Taryn Suttie	UNSK
	Open Outdoor	17.88m	Apr-4-16	Taryn Suttie	UNSK
13.49m	Jennifer Weber	96	STFC	14-07-2023	Saskatoon
13.25m	Nicole Ostertag	00	STFC	27-07-2023	Langley
10.08m	Jessica McBride	03	STFC	09-07-2023	Sherwood Park
8.70m	Jessamy Sundby	02	RWAC	16-06-2023	Calgary
8.18m	Jenna Gerwing	03	RWAC	13-05-2023	Regina
<b>Discus 1kg</b>					
	Native Outdoor	57.70	Sep-08-88	Gale Dolegiewicz	TMSK
	Open Outdoor	57.70	Sep-08-88	Gale Dolegiewicz	TMSK
31.00m	Jennifer Weber	96	STFC	14-07-2023	Saskatoon
<b>Hammer 4kg</b>					
	Native Outdoor	61.74m	Jun-18-06	Megan Reid	STFC
	Open Outdoor	62.15m	Aug-9-09	Heather Steacy	TM AB
27.89m	Jenna Gerwing	03	RWAC	13-05-2023	Regina
<b>Javelin 600g</b>					
	Native Outdoor	52.30m	Jul-27-94	Stephanie Proctor	UNSK
	Open Outdoor	57.76m	Jun-14-81	Tessa Sanderson	GBR
40.88m	Nicole Ostertag	00	STFC	14-05-2023	Calgary

**2023 Outdoor Rankings**  
**Senior Women**

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**Heptathlon**

Native Outdoor	6808pts	May-31-2015	Brianne Theisen-Eaton	UNSK
Open Outdoor	6808pts	May-31-2015	Brianne Theisen-Eaton	UNSK

6019pts	Nicole Ostertag	00	STFC	27-07-2023	Langley
	13.32- 100mH/1.70 - HJ/13.25m - SP/24.19 - 200m				
	6.03m - LJ/37.10m - JT/2:13.84 - 800m				