

## 2023 Outdoor Rankings U16 Women

Time/Dist		Athlete			Date	Location
<b>80 Metres</b>						
10.89	1.9	Sasha Wilson	09	LTNL	18-07-2023	Halifax
<b>Wind/No Wind</b>						
10.83	2.6	Sasha Wilson	09	LTNL	18-07-2023	Halifax
<b>100 Metres</b>						
		Native Outdoor	11.58	Jul-04-03	Jenni Hucul	STFC
		Open Outdoor	11.58	Jul-04-03	Jenni Hucul	STFC
12.38	0.6	Bauer Gavel	08	LTNL	21-07-2023	Regina
12.72	0.6	Tyia Thomas	08	LTNL	21-07-2023	Regina
12.94	1.1	Haylie Seibel	08	EXCL	13-05-2023	Regina
13.07	1.3	Raedyn Reddekopp	09	PAAC	21-07-2023	Regina
13.14	1.3	Keira Van Nortwick	08	NBLT	21-07-2023	Regina
13.16	1.3	Brooklyn Leppa	08	UNSK	21-07-2023	Regina
13.27	1.3	Kate Ashton	09	EXCL	21-07-2023	Regina
13.28	-2.6	Syanna Roberts	08	STFC	14-07-2023	Saskatoon
13.31	1.3	Sasha Wilson	09	LTNL	24-06-2023	Edmonton
13.37	-1.2	Morgan McCleary	08	STFC	02-06-2023	Saskatoon
13.38	-1.2	Hunter Kajner	08	PAAC	02-06-2023	Saskatoon
13.49	1.1	Emerson Williamson	08	EXCL	21-07-2023	Regina
13.56	0.7	Folashade Akinloye	09	EXCL	13-05-2023	Regina
13.67	1.1	Ava-Lynn Phaneuf	08	EXCL	13-05-2023	Regina
13.69	1.3	Harlee Puetz	08	STFC	21-07-2023	Regina
13.76	-1.2	Hailey Burton	08	LTAC	02-06-2023	Saskatoon
13.77	-1.0	Cambria Struehler	08	MJRT	02-06-2023	Saskatoon
14.15	1.1	Ava Flottorp	09	EXCL	13-05-2023	Regina
14.25	1.1	Taelyn Vanthuyne	09	EXCL	13-05-2023	Regina
14.27	1.3	Aubree Ohryn	08	RIVA	21-07-2023	Regina
14.55	1.0	Sage Miller	08	RIVA	01-06-2023	Saskatoon
14.58	1.0	Kacie Semkiw	09	RIVA	01-06-2023	Saskatoon
14.93	-2.6	Arielle Dennis	09	STFC	14-07-2023	Saskatoon

## 2023 Outdoor Rankings U16 Women

Time/Dist	Athlete	Date	Location
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### 100 Metres - Cont'd

#### Wind/No Wind

13.00	NWI	Raedyn Reddekopp	09	PAAC	10-06-2023	Regina
13.32	NWI	Morgan McCleary	08	STFC	10-06-2023	Regina
13.53	5.8	Vanesa Cemerkaite	08	STFC	16-06-2023	Calgary
13.63	NWI	Ava-Lynn Phaneuf	08	EXCL	10-06-2023	Regina
13.88	NWI	Lucille Regier	08	STFC	10-06-2023	Regina
14.44	NWI	Tesola Fadeyi	08	STFC	10-06-2023	Regina
14.92	NWI	Marlee Basko	08	STFC	10-06-2023	Regina
16.53	3.0	Charlotte Lane	08	STFC	16-06-2023	Calgary

### 150 Metres

20.50	1.6	Sasha Wilson	09	LTNL	18-07-2023	Halifax
23.05	-1.3	Anaeya Duesing	09	EXCL	18-07-2023	Halifax

### 200 Metres

Native Outdoor	24.50 Apr-26-03 Jenni Hucul STFC
Open Outdoor	24.50 Apr-26-03 Jenni Hucul STFC

26.15	1.1	Bauer Gavel	08	LTNL	21-07-2023	Regina
26.23	0.0	Rosalie Braun (Biata)	08	UNSK	11-08-2023	Sherbrooke
26.65	-1.4	Tyia Thomas	08	LTNL	10-06-2023	Regina
27.22	0.1	Elan Pacholka	08	LTNL	21-07-2023	Regina
27.32	-1.4	Raedyn Reddekopp	09	PAAC	10-06-2023	Regina
27.87	-0.8	Keira Van Nortwick	08	NBLT	10-06-2023	Regina
27.93	1.0	Cambria Stuehler	08	MJRT	02-06-2023	Saskatoon
28.02	-0.4	Hunter Kajner	08	PAAC	02-06-2023	Saskatoon
28.26	0.1	Emerson Williamson	08	EXCL	13-05-2023	Regina
28.33	-0.2	Brooklyn Leppa	08	UNSK	21-07-2023	Regina
28.39	0.1	Morgan McCleary	08	STFC	21-07-2023	Regina
29.11	0.5	Julia Milnthorp	09	RIVA	01-06-2023	Saskatoon
29.51	-0.4	Lydia Stack-Michasiw	08	STFC	16-06-2023	Calgary
29.65	-0.8	Taelyn Vanthuyne	09	EXCL	10-06-2023	Regina
29.65	0.1	Lola Klein	08	EXCL	13-05-2023	Regina

**2023 Outdoor Rankings  
U16 Women**

Time/Dist	Athlete	Date	Location
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**200 Metres - Cont'd**

29.69	0.1	Brooke Glen	09	LTNL	21-07-2023	Regina
29.80	-0.3	Elaine King	08	RIVA	10-06-2023	Regina
29.85	0.5	Tasia Fedak	09	RIVA	01-06-2023	Saskatoon
30.03	-0.8	Tesola Fadeyi	08	STFC	10-06-2023	Regina
30.23	-1.8	Sage Miller	08	RIVA	21-07-2023	Regina
30.27	-0.9	Aubree Ohryn	08	RIVA	21-07-2023	Regina
30.28	0.1	Aybria Murza	08	RIVA	21-07-2023	Regina
30.49	0.1	Anaeya Duesing	09	EXCL	13-05-2023	Regina
30.79	0.5	Kacie Semkiw	09	RIVA	01-06-2023	Saskatoon
32.78	-0.3	Thinuli Kudalugodaarachchi	09	EXCL	10-06-2023	Regina
34.52	0.1	Darian Rosca	08	EXCL	13-05-2023	Regina
35.38	0.6	Charlotte Lane	08	STFC	16-06-2023	Calgary
35.71	0.1	Georgina Grahame-King	09	EXCL	13-05-2023	Regina

**Wind/No Wind/Hand Time**

27.96	2.5	Lydia Stack-Michasiw	08	STFC	16-06-2023	Calgary
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**300 Metres**

Native Outdoor	39.27	Jul-28-18	Savannah Sutherland	STFC
Open Outdoor	39.27	Jul-28-18	Savannah Sutherland	STFC

42.05		Elan Pacholka	08	LTNL	24-06-2023	Edmonton
44.67		Lydia Stack-Michasiw	08	STFC	16-06-2023	Calgary
45.37		Ava Flottorp	09	EXCL	10-06-2023	Regina
46.07		Elaine King	08	RIVA	10-06-2023	Regina
46.48		Taelyn Vanthuynne	09	EXCL	10-06-2023	Regina
47.36		Aybria Murza	08	RIVA	10-06-2023	Regina
47.70		Brooke Glen	09	LTNL	21-07-2023	Regina
48.29		Tesola Fadeyi	08	STFC	21-07-2023	Regina
49.46		Sage Miller	08	RIVA	21-07-2023	Regina
55.01		Darian Rosca	08	EXCL	13-05-2023	Regina
55.87		Georgina Grahame-King	09	EXCL	13-05-2023	Regina

## 2023 Outdoor Rankings U16 Women

Time/Dist	Athlete	Date	Location
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### 400 Metres

Native Outdoor 57.36 May-12-18 Savannah Sutherland STFC  
Open Outdoor 56.26 Aug-03-85 Cheryl Allen AB

59.50	Hannah Gates	08	EXCL	02-06-2023	Saskatoon
1:03.28	Lydia Stack-Michasiw	08	STFC	02-06-2023	Saskatoon
1:11.37	Aubree Ohryn	08	RIVA	02-06-2023	Saskatoon

### 800 Metres

Native Outdoor 2:14.19 Jun-23-19 Alexis Lewans TS  
Open Outdoor 2:13.00 Aug-15-05 Stephanie Romanson TMMB

2:12.24	Hannah Gates	08	EXCL	11-08-2023	Sherbrooke
2:21.64	Naysa Woods	08	RIVA	21-07-2023	Regina
2:25.83	Sofia Ouellet	08	EXCL	02-06-2023	Saskatoon
2:27.64	Hampton Lebell	08	EXCL	13-05-2023	Regina
2:27.92	Hailey Haas	09	LTNL	10-06-2023	Regina
2:33.60	Lydia Stack-Michasiw	08	STFC	16-06-2023	Calgary
2:39.12	Avery Scammell	08	STFC	10-06-2023	Regina
2:39.87	Olivia Trann	09	PAAC	18-07-2023	Halifax
2:41.60	Eryn Firnesz	08	EXCL	13-05-2023	Regina
2:44.66	Ava Flottorp	09	EXCL	10-06-2023	Regina
2:44.70	Aybria Murza	08	RIVA	21-07-2023	Regina
2:46.86	Kyrie Burton	08	LTAC	02-06-2023	Saskatoon
2:47.50	Jaida Lafleur	08	EXCL	21-07-2023	Regina
2:49.18	Kenzie Woods	08	MJRT	02-06-2023	Saskatoon
2:50.09	Marlaa Miller	09	UNSK	01-06-2023	Saskatoon
2:51.14	Thinuli Kudalugodaarachchi	09	EXCL	10-06-2023	Regina
2:51.89	Kaley Starr	08	UNSK	18-07-2023	Halifax
3:04.25	Sage Miller	08	RIVA	14-07-2023	Saskatoon

### 1200 Metres

Native Outdoor 3:39.65 Jul-30-16 Natalia McCullough TS  
Open Outdoor 3:37.77 Jul-30-16 Olivia Cooper TMAB

3:35.30	Hannah Gates	08	EXCL	11-08-2023	Sherbrooke
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**2023 Outdoor Rankings**  
**U16 Women**

Time/Dist	Athlete	Date	Location
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**1200 Metres - Cont'd**

3:45.88	Naysa Woods	08 RIVA	10-06-2023	Regina
3:56.65	Hampton Lebell	08 EXCL	10-06-2023	Regina
3:59.98	Hailey Haas	09 LTNL	21-07-2023	Regina
4:18.56	Sabrina Dykstra	08 STFC	10-06-2023	Regina
4:27.71	Eryn Firnesz	08 EXCL	13-05-2023	Regina
4:28.02	Olivia Trann	09 PAAC	18-07-2023	Halifax
4:28.44	Mila Stonechild	09 PAAC	18-07-2023	Halifax
4:29.92	Avery Scammell	08 STFC	16-06-2023	Calgary
4:30.18	Marlaa Miller	09 RIVA	10-06-2023	Regina
4:43.82	Kaley Starr	08 UNSK	18-07-2023	Halifax

**1500 Metres**

Native Outdoor 4:37.95 Aug-06-94 Deidre Emerson CEN  
Open Outdoor 4:36.53 Jul-25-04 Stephanie Smith ONT-YORK

4:53.10	Hannah Gates	08 EXCL	02-06-2023	Saskatoon
4:56.54	Sofia Ouellet	08 EXCL	02-06-2023	Saskatoon
5:02.90	Naysa Woods	08 RIVA	02-06-2023	Saskatoon
5:57.70	Kyrie Burton	08 LTAC	02-06-2023	Saskatoon

**2000 Metres**

Native Outdoor 6:30.49 Aug-5-22 Skylar Dyck STFC  
Open Outdoor 6:22.94 Jul-18-14 Sophie Sigfstead TMAB

6:47.11	Naysa Woods	08 RIVA	11-08-2023	Sherbrooke
7:10.40	Hampton Lebell	08 EXCL	21-07-2023	Regina
7:37.69	Sabrina Dykstra	08 STFC	10-06-2023	Regina
7:42.87	Avery Scammell	08 STFC	10-06-2023	Regina
9:07.19	Kaley Starr	08 UNSK	18-07-2023	Halifax

## 2023 Outdoor Rankings U16 Women

Time/Dist	Athlete			Date	Location
<b>3000 Metres</b>					
	Native Outdoor	10:11.66	3-Jun-06	Karissa Lepage	QCS
	Open Outdoor	10:00.60	3-Aug-85	Jennifer Armstrong	ONT
10:55.40	Naysa Woods	08	RIVA	02-06-2023	Saskatoon
11:20.08	Hampton Lebell	08	EXCL	02-06-2023	Saskatoon
11:27.59	Sofia Ouellet	08	EXCL	02-06-2023	Saskatoon
12:38.51	Sabrina Dykstra	08	STFC	02-06-2023	Saskatoon

### 80 Metres Hurdles .76

	Native Outdoor	11.27	Aug-10-18	Savannah Sutherland	STFC	
	Open Outdoor	11.27	Aug-10-18	Savannah Sutherland	STFC	
12.67	0.8	Charlotte Wildeman	08	STFC	21-07-2023	Regina
12.75	1.2	Keira Van Nortwick	08	NBLT	21-07-2023	Regina
13.09	0.8	Aubree Ohryn	08	RIVA	21-07-2023	Regina
13.21	0.8	Adrianna Schmidt	09	RIVA	21-07-2023	Regina
13.57	0.8	Harlee Puetz	08	STFC	21-07-2023	Regina
14.73	-1.1	Arielle Dennis	09	STFC	14-07-2023	Saskatoon
14.76	1.1	Marlee Basko	08	STFC	10-06-2023	Regina
15.34	0.8	Brooklyn Leppa	08	UNSK	21-07-2023	Regina
17.83	1.1	Fallon Borowski	09	STFC	10-06-2023	Regina
18.05	-1.4	Darian Rosca	08	EXCL	13-05-2023	Regina

### 200 Metres Hurdles

	Native Outdoor	27.66	Aug-12-18	Savannah Sutherland	STFC	
	Open Outdoor	27.66	Aug-12-18	Savannah Sutherland	STFC	
31.98	0.2	Harlee Puetz	08	STFC	21-07-2023	Regina
32.57	0.4	Vanesa Cemerkaite	08	STFC	16-06-2023	Calgary
33.37	0.2	Jaida Lafleur	08	EXCL	21-07-2023	Regina
33.48	0.2	Lola Klein	08	EXCL	21-07-2023	Regina
34.96	-1.2	Brigette Parks	08	EXCL	13-08-2023	Sherbrooke

**2023 Outdoor Rankings  
U16 Women**

**Time/Dist      Athlete      Date      Location**

**200 Metres Hurdles - Cont'd**

**Wind/No Wind**

32.89      NWI      Fallon Borowski      09      STFC      10-06-2023      Regina

**1500 Metre Steeplechase (No water Jump)**

Native Outdoor    5:08.77 Jul-12-19    Jadyne Palaschuk    TMSK  
Open Outdoor      4:58.97 Jul-12-19    Sorcha Shiu        TMAB

5:32.52      Hampton Lebell      08      EXCL      11-08-2023      Sherbrooke  
6:18.91      Jaida Lafleur      08      EXCL      21-07-2023      Regina

**High Jump**

Native Outdoor    1.71m Jun-2-00    Janine Polischuk    RAT  
Open Outdoor      1.72m Aug-3-85    Coralea Brown      AB

1.48m      Adrianna Schmidt      09      RIVA      21-07-2023      Regina  
1.45m      Hailey Burton      08      LTAC      02-06-2023      Saskatoon  
1.44m      Kaileah Ulmer-Lutudromu    08      LTNL      14-07-2023      Saskatoon  
1.35m      Marlee Basko      08      STFC      16-06-2023      Calgary  
1.35m      Hailey Roney      09      UNSK      10-06-2023      Regina  
1.30m      Leighton Beaudry      08      UNSK      18-07-2023      Halifax  
1.30m      Mila Stonechild      09      PAAC      18-07-2023      Halifax  
1.25m      Lauren Proctor      08      UNSK      10-06-2023      Regina

**Pole Vault**

Native Outdoor    3.55m Jul-07-02    Theresa Wiebe      RIV  
Open Outdoor      3.55m Jul-07-02    Theresa Wiebe      RIV

2.60m      Charlotte Wildeman      08      STFC      02-06-2023      Saskatoon  
2.21m      Lauren Proctor      08      UNSK      14-07-2023      Saskatoon  
2.20m      Marlee Basko      08      STFC      21-07-2023      Regina  
1.80m      Vanesa Cemerkaite      08      STFC      10-06-2023      Regina  
1.80m      Harlee Puetz      08      STFC      10-06-2023      Regina

## 2023 Outdoor Rankings U16 Women

Time/Dist	Athlete	Date	Location
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### Long Jump

Native Outdoor	5.68m	May-6 -00	Janine Polischuk RAT
Open Outdoor	5.68m	May-6 -00	Janine Polischuk RAT

5.16m	0.0	Bauer Gavel	08	LTNL	11-08-2023	Sherbrooke
5.02m	1.4	Sasha Wilson	09	LTNL	18-07-2023	Halifax
4.75m	0.0	Keira Van Nortwick	08	NBLT	21-07-2023	Regina
4.74m	1.3	Morgan McCleary	08	STFC	21-07-2023	Regina
4.71m	0.0	Tyia Thomas	08	LTNL	21-07-2023	Regina
4.66m	0.6	Elan Pacholka	08	LTNL	14-07-2023	Saskatoon
4.66m	0.1	Raelyn Reddekopp	09	PAAC	14-07-2023	Saskatoon
4.63m	1.2	Charlotte Wildeman	08	STFC	10-06-2023	Regina
4.60m	1.7	Hannah Gates	08	EXCL	13-05-2023	Regina
4.56m	1.1	Brooklyn Leppa	08	UNSK	21-07-2023	Regina
4.54m	1.5	Kate Ashton	09	EXCL	10-06-2023	Regina
4.54m	0.0	Haylie Seibel	08	EXCL	10-06-2023	Regina
4.47m	-0.1	Lucille Regier	08	STFC	14-07-2023	Saskatoon
4.45m	1.5	Lola Klein	08	EXCL	13-05-2023	Regina
4.43m	1.2	Brooke Glen	09	LTNL	21-07-2023	Regina
4.30m	1.9	Vanesa Cemerkaite	08	STFC	16-06-2023	Calgary
4.17m	0.1	Folashade Akinloye	09	EXCL	13-05-2023	Regina
4.16m	1.7	Hunter Kajner	08	PAAC	18-07-2023	Halifax
4.11m	1.8	Tesola Fadeyi	08	STFC	10-06-2023	Regina
4.02m	0.7	Sage Miller	08	RIVA	21-07-2023	Regina
3.95m	0.4	Adrianna Schmidt	09	RIVA	21-07-2023	Regina
3.87m	1.8	Kate Ashton	09	EXCL	13-05-2023	Regina
3.80m	0.6	Taelyn Vanthuyne	09	EXCL	13-05-2023	Regina
3.66m	0.0	Lauren Proctor	08	UNSK	14-07-2023	Saskatoon
3.37m	1.7	Darian Rosca	08	EXCL	13-05-2023	Regina

### Wind/No Wind

5.44m	3.2	Bauer Gavel	08	LTNL	24-06-2023	Edmonton
4.72m	2.2	Charlotte Wildeman	08	STFC	10-06-2023	Regina
4.26m	2.7	Hunter Kajner	08	PAAC	18-07-2023	Halifax



## 2023 Outdoor Rankings U16 Women

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### Triple Jump

Native Outdoor	11.93m	Aug-11-07	Chloe Hetherton SMAT
Open Outdoor	11.93m	Aug-11-07	Chloe Hetherton SMAT

11.28m	1.2	Hannah Gates	08	EXCL	11-08-2023	Sherbrooke
10.37m	0.7	Haylie Seibel	08	EXCL	13-05-2023	Regina
10.11m	0.8	Keira Van Nortwick	08	NBLT	21-07-2023	Regina
9.92m	0.4	Sasha Wilson	09	LTNL	24-06-2023	Edmonton
9.87m	1.4	Harlee Puetz	08	STFC	02-06-2023	Saskatoon
9.83m	0.6	Morgan McCleary	08	STFC	21-07-2023	Regina
9.76m	0.7	Kate Ashton	09	EXCL	21-07-2023	Regina
9.40m	0.0	Charlotte Wildeman	08	STFC	02-06-2023	Saskatoon
9.37m	0.4	Elan Pacholka	08	LTNL	10-06-2023	Regina
9.33m	-2.2	Lola Klein	08	EXCL	13-05-2023	Regina
9.29m	-1.2	Leighton Beaudry	08	UNSK	18-07-2023	Halifax
9.19m	0.3	Tesola Fadeyi	08	STFC	21-07-2023	Regina
8.86m	1.4	Ava-Lynn Phaneuf	08	EXCL	10-06-2023	Regina
8.75m	1.6	Lucille Regier	08	STFC	16-07-2023	Saskatoon
7.77m	1.4	Marlee Basko	08	STFC	10-06-2023	Regina

### Wind/No Wind

9.30m	2.8	Ava-Lynn Phaneuf	08	EXCL	10-06-2023	Regina
8.80m	2.2	Lucille Regier	08	STFC	10-06-2023	Regina
8.14m	NWI	Marlee Basko	08	STFC	16-06-2023	Calgary

### Shot Put 3kg

Native Outdoor	12.33m	Aug-06-05	Taryn Suttie RIVA
Open Outdoor	13.84m	Aug-06-05	Taylor Heald TMMB

13.12m		Ademide Adewumi	08	UNSK	11-08-2023	Sherbrooke
10.80m		Lauren Proctor	08	UNSK	02-06-2023	Saskatoon
10.03m		Amber Spray	08	UNSK	21-07-2023	Regina
9.12m		Artisa Henderson	08	RWAC	18-07-2023	Halifax
8.93m		Raedyn Reddekopp	09	PAAC	10-06-2023	Regina
8.67m		Brooke Bigoraj	08	STFC	21-07-2023	Regina
8.30m		Madison Bouvier	08	UNSK	18-07-2023	Halifax

**2023 Outdoor Rankings**  
**U16 Women**

Time/Dist	Athlete	Date	Location
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**Shot Put 3kg - Cont'd**

7.55m	Darian Rosca	08	EXCL	13-05-2023	Regina
6.06m	Anaeya Duesing	09	EXCL	18-07-2023	Halifax

**Discus 750gm**

Native Outdoor	34.11m	Jun-16-12	Jessica Parson	KATC
Open Outdoor	38.92m	Jul-19-14	Taylor Heald	TMMAN

31.53m	Ademide Adewumi	08	UNSK	21-07-2023	Regina
28.17m	Raedyn Reddekopp	09	PAAC	21-07-2023	Regina
28.15m	Mila Stonechild	09	PAAC	18-07-2023	Halifax
27.76m	Brooke Bigoraj	08	STFC	21-07-2023	Regina
27.01m	Amber Spray	08	UNSK	21-07-2023	Regina
19.68m	Lauren Proctor	08	UNSK	10-06-2023	Regina
16.00m	Anaeya Duesing	09	EXCL	13-05-2023	Regina

**Discus 1kg**

Native Outdoor	39.94m	Jun-12-89	Sherri Leonard	HTS
Open Outdoor	39.94m	Jun-12-89	Sherri Leonard	HTS

28.39m	Ademide Adewumi	08	UNSK	11-08-2023	Sherbrooke
19.23m	Artisa Henderson	08	RWAC	18-07-2023	Halifax
18.68m	Madison Bouvier	08	UNSK	18-07-2023	Halifax

**Hammer 3kg**

Native Outdoor	38.31m	Jul-25-16	Naomi Klassen	TMSK
Open Outdoor	45.38m	Jul-30-16	MacKenna Leslie	TMAB

29.21m	Brooke Bigoraj	08	STFC	21-07-2023	Regina
23.73m	Amber Spray	08	UNSK	21-07-2023	Regina

**Javelin 400gm**

27.63m	Mila Stonechild	09	PAAC	18-07-2023	Halifax
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**2023 Outdoor Rankings**  
**U16 Women**

<b>Time/Dist</b>	<b>Athlete</b>			<b>Date</b>	<b>Location</b>
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**Javelin 500gm**

Native Outdoor	40.40m	Jul-07-07	Kirstie Redlick	TMSK	
Open Outdoor	40.40m	Jul-07-07	Kirstie Redlick	TMSK	

32.55m	Amber Spray	08	UNSK	21-07-2023	Regina
23.22m	Madison Bouvier	08	UNSK	18-07-2023	Halifax
17.20m	Artisa Henderson	08	RWAC	18-07-2023	Halifax