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## Rankings include NON CIS Equivalent Events

Note: \* indicates a Standard and (HT) indicates a Hand Time

### **Best Women's 60m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 7.61)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	7.35 *		Geneviève Thibault	Laval	19-Feb-2010	Tomlinson Fieldhouse
2	7.50 *		Sarah Peirce	Guelph	26-Feb-2010	Toronto Track and Field Centre
3	7.55 *		Noelle Montcalm	Windsor	26-Feb-2010	Toronto Track and Field Centre
3	7.59 *		Amonn Nelson	Calgary	26-Feb-2010	U of A Butterdome
3	7.60 *		Amanda Ruller	Regina	26-Feb-2010	U of A Butterdome
6	7.61 *		Caley Miskimmin	Manitoba	06-Feb-2010	Max Bell Field House
6	7.61 *		Billie White-Gibson	Windsor	26-Feb-2010	Toronto Track and Field Centre
8	7.66		Nicole Sassine	Windsor	13-Feb-2010	St. Denis Athletic Centre
8	7.68		Susan Sobey	Dalhousie	06-Feb-2010	Toronto Track and Field Centre
8	7.69		Lisa Wong	Manitoba	23-Jan-2010	Bierman Field House
11	7.72		Danielle Harrison	Windsor	04-Dec-2009	St. Denis Athletic Centre
12	7.75		Thandiwe Vela	Toronto	26-Feb-2010	Toronto Track and Field Centre
13	7.76		Jenn Zimmer	Calgary	05-Dec-2009	Jack Simpson Track
13	7.78		Veronica Catry	Queen's	26-Feb-2010	Toronto Track and Field Centre
13	7.79		Christine Bushie	Alberta	26-Feb-2010	U of A Butterdome
13	7.79		Chelsea Valois	Regina	09-Jan-2010	Saskatoon Field House
13	7.80		Sharai Siemens	Saskatchewan	09-Jan-2010	Saskatoon Field House
13	7.82		Brenna Thomson	Western	26-Feb-2010	Toronto Track and Field Centre
13	7.83		Merissa Margetts	Regina	29-Jan-2010	Saskatoon Field House
20	7.85		Jeannette Goode	Guelph	26-Feb-2010	Toronto Track and Field Centre
20	7.85		Hayley Warren	McGill	27-Feb-2010	Tomlinson Fieldhouse
20	7.85		Katelyn Kuspira	Saskatchewan	29-Jan-2010	Saskatoon Field House
20	7.86		Jen Cotten	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
20	7.87		Brittany Pepper	York	26-Feb-2010	Toronto Track and Field Centre
20	7.87		Mila Simulik	Western	26-Feb-2010	Toronto Track and Field Centre
20	7.88		Courtney Smith	Alberta	26-Feb-2010	U of A Butterdome
20	7.91		Michelle Williamson	Manitoba	26-Feb-2010	U of A Butterdome

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20	7.91		Camille Wallace	Windsor	20-Feb-2010	Michigan Track and Field Centre
20	7.91		Marissa Walter	Queen's	08-Jan-2010	Barton Hall
30	7.92		Charelle Anobile	Windsor	04-Dec-2009	St. Denis Athletic Centre
30	7.92		Pascale Delisle	Sherbrooke	23-Jan-2010	PEPS
30	7.93		Kathryn McCaffrey	Alberta	10-Jan-2010	U of A Butterdome
30	7.93		Rachel Oppong-Agyei	York	26-Feb-2010	Toronto Track and Field Centre
30	7.95		Vanessa Brathwaite	Western	26-Feb-2010	Toronto Track and Field Centre
35	7.96		Sabrina Lavoie	McGill	27-Feb-2010	Tomlinson Fieldhouse
35	7.96		Christiane Lela	Ottawa	19-Dec-2009	Louis Riel Dome
35	7.96		Kelsey Lotwin	Calgary	23-Jan-2010	Jack Simpson Track
35	7.96		Meaghan Woo	Manitoba	26-Feb-2010	U of A Butterdome
39	7.97		Robyn Webster	Calgary	12-Feb-2010	Regina Field House
39	8.00		Jen Rintoul	Alberta	10-Jan-2010	U of A Butterdome
39	8.00		Ashley Drouillard	Windsor	13-Feb-2010	St. Denis Athletic Centre
39	8.01		Cassandra McCaig	Western	19-Feb-2010	Uof T Athletic Centre
39	8.01		Natoya Whittingham	Windsor	04-Dec-2009	St. Denis Athletic Centre
39	8.01		Amanda Herron	Saskatchewan	09-Jan-2010	Saskatoon Field House
39	8.02		Kelsi Mayne	Windsor	22-Jan-2010	Grand Valley State University
39	8.02		Tennille Davis	Regina	15-Jan-2010	U of A Butterdome
39	8.02		Genevieve Blanchard	McGill	27-Feb-2010	Tomlinson Fieldhouse
39	8.03		Iman Blackman	Windsor	04-Dec-2009	St. Denis Athletic Centre
49	8.04		Melissa Breland	Calgary	12-Feb-2010	Regina Field House
49	8.05		Carrie Yuzik	Saskatchewan	05-Dec-2009	Saskatoon Field House
51	8.06		Mireille Bergeron	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
51	8.06		Kayla Nelson	Calgary	05-Dec-2009	Jack Simpson Track
51	8.07		Morgan Hall	Western	29-Jan-2010	Tomlinson Field House
51	8.07		Amanda Jahraus	Alberta	26-Feb-2010	U of A Butterdome
51	8.08		Alicia Boxill	Manitoba	06-Feb-2010	Max Bell Field House
51	8.08		Laurie Daudelin-Gauthier	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
51	8.09		Melanie Lui	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
51	8.09		Kimberley Stephenson	Calgary	05-Dec-2009	Jack Simpson Track
51	8.11		Marina Savic	Windsor	04-Dec-2009	St. Denis Athletic Centre
51	8.11		Tomeizel Barry	Guelph	05-Dec-2009	Toronto Track and Field Centre
51	8.12		Eugenia Renderos	St. FX	27-Feb-2010	CEPS
62	8.14		Jen Perrault	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
62	8.14		Jaide Lyons	Windsor	04-Dec-2009	St. Denis Athletic Centre

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64	8.15		Aly McPhee	McGill	27–Nov–2009	Louis Riel Dome
64	8.15		Jennifer Adebajo	Waterloo	26–Feb–2010	Toronto Track and Field Centre
64	8.15		Richina Foggo	Calgary	05–Dec–2009	Jack Simpson Track
64	8.15		Majenta Whyte Potter–Mal	McGill	27–Feb–2010	Tomlinson Fieldhouse
64	8.15		Jan Stirling	Queen's	29–Jan–2010	Tomlinson Field House
69	8.17	7.63 (55m)	Catherine Gauthier	Sherbrooke	12–Feb–2010	B U TrackCenter
69	8.17		Latisha Rhooms	McMaster	26–Feb–2010	Toronto Track and Field Centre
69	8.17		Sherelle Solomon	Western	05–Dec–2009	Thompson Recreation and Athletic Centre
69	8.18		Pauliina Beretta	Queen's	26–Feb–2010	Toronto Track and Field Centre
69	8.18		Joy Ogundare	Queen's	15–Jan–2010	St. Denis Athletic Centre
69	8.19		Eve–Lyne Robitaille–Beaumier	Sherbrooke	27–Feb–2010	Tomlinson Fieldhouse
69	8.20		Leah Harpelle	Manitoba	06–Feb–2010	Max Bell Field House
69	8.20		Caitlin Fortier	Windsor	13–Feb–2010	St. Denis Athletic Centre
69	8.21		Alicia Smith	Western	05–Dec–2009	Thompson Recreation and Athletic Centre
69	8.21		Alexa–Maude Mallais	Moncton	27–Feb–2010	CEPS
79	8.23		Kimberly–Ann Bordun	Manitoba	17–Jan–2010	Bison Sports Arena
79	8.24		Kari Kluge	Lakehead	23–Jan–2010	UWS Fieldhouse
79	8.24		Kirklin Maclise	Alberta	29–Jan–2010	Saskatoon Field House
79	8.24		Stephanie Baello	York	29–Jan–2010	Tomlinson Field House
79	8.25		Marina Yacob	Ottawa	13–Feb–2010	Louis Riel Dome
79	8.26		Shalane Haselhan	Regina	09–Jan–2010	Saskatoon Field House
79	8.27		Marcia Davis	Alberta	29–Jan–2010	Saskatoon Field House
86	8.28		Meaghan Rempel	Manitoba	05–Dec–2009	Max Bell Field House
86	8.28		Katrina Vandervoort	Waterloo	19–Feb–2010	Tomlinson Fieldhouse
88	8.29		Courtney Wilkes	Alberta	28–Nov–2009	Universiade Pavillion
88	8.29		Sarah Bauck	Regina	09–Jan–2010	Saskatoon Field House
88	8.29		Jenessa Olson	Western	15–Jan–2010	St. Denis Athletic Centre
88	8.30		Emily Coxhead	Western	29–Jan–2010	Tomlinson Field House
92	8.33		Zaria Stoffman	McGill	05–Dec–2009	Tomlinson Fieldhouse
93	8.34		Heather Schmidt	Guelph	13–Feb–2010	St. Denis Athletic Centre
94	8.35		Sarah Ducasse	Ottawa	26–Feb–2010	Toronto Track and Field Centre
94	8.35		Jessica Burke–Trell	Windsor	04–Dec–2009	St. Denis Athletic Centre
94	8.35		Acacia Hill	York	13–Feb–2010	St. Denis Athletic Centre
97	8.37		Angela King	Queen's	05–Dec–2009	Tomlinson Fieldhouse
97	8.38		Vanessa Ivec	Lakehead	23–Jan–2010	UWS Fieldhouse
97	8.38		Sandra Vanessa Ndikumasabo	Ottawa	29–Jan–2010	Tomlinson Field House

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97	8.38		Tomi Morris	Calgary	23-Jan-2010	Jack Simpson Track
101	8.39		Stephanie Pon	Calgary	12-Feb-2010	Regina Field House
101	8.39		Alison Cameron-Vendrig	McGill	27-Feb-2010	Tomlinson Fieldhouse
101	8.39		Lesley d'Apollonia	Dalhousie	20-Feb-2010	Dalplex
104	8.41		Ali Comeault	Manitoba	05-Dec-2009	Max Bell Field House
104	8.42		Caroline Ssemanda	McMaster	29-Jan-2010	Tomlinson Field House
104	8.42		Fasuba Olamide	Lethbridge	15-Jan-2010	U of A Butterdome
104	8.43		Krystal Christopher	York	15-Jan-2010	St. Denis Athletic Centre
104	8.44		Marissa Roberts	Calgary	12-Feb-2010	Regina Field House
104	8.47		Jocelyn Westwood	Alberta	28-Nov-2009	Universiade Pavillion
110	8.49		Lacey VanDerMarel	Western	15-Jan-2010	St. Denis Athletic Centre
110	8.50		Josée-Anne Sarrazin-Coté	Sherbrooke	16-Jan-2010	Centre Sportif
110	8.52		Carmen Siu	Western	29-Jan-2010	Tomlinson Field House
110	8.53		Rachel Lorimer	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
110	8.54		Jaclyn Phillips	St. FX	20-Feb-2010	Dalplex
115	8.56		Amanda Schneck	Alberta	28-Nov-2009	Universiade Pavillion

## **Best Women's 300m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 39.93)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	37.93 *		Amonn Nelson	Calgary	06-Feb-2010	Max Bell Field House
2	38.02 *	24.10 (200m)	Noelle Montcalm	Windsor	05-Feb-2010	Loftus Centre
3	39.32 *		Alicia Brown	Toronto	26-Feb-2010	Toronto Track and Field Centre
4	39.50 *		Sharai Siemens	Saskatchewan	26-Feb-2010	U of A Butterdome
5	39.75 *	25.20 (200m)	Danielle Harrison	Windsor	05-Feb-2010	Loftus Centre
5	39.89 *		Sarah Wells	Toronto	05-Feb-2010	Loftus Centre
7	39.96	25.33 (200m)	Nicole Sassine	Windsor	22-Jan-2010	Grand Valley State University
8	40.10		Laurélie Harvey	Laval	27-Feb-2010	Tomlinson Fieldhouse
8	40.18		Athena McBean	Toronto	13-Feb-2010	Louis Riel Dome
10	40.25		Nana Momoh	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
10	40.28		Jen Cotten	Western	05-Feb-2010	Loftus Centre
10	40.28		Brenna Thomson	Western	26-Feb-2010	Toronto Track and Field Centre
13	40.29	25.54 (200m)	Lisa Wong	Manitoba	11-Dec-2009	Max Bell Field House
14	40.33		Danielle Kendall	Calgary	26-Feb-2010	U of A Butterdome
15	40.42		Kelsey Lotwin	Calgary	06-Feb-2010	Max Bell Field House
16	40.45		Christiane Lela	Ottawa	19-Feb-2010	Tomlinson Fieldhouse
17	40.61	25.74 (200m)	Meaghan Woo	Manitoba	12-Feb-2010	Lied Recreation Centre

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18	40.62	25.75 (200m)	Iman Blackman	Windsor	22-Jan-2010	Grand Valley State University
19	40.64	25.76 (200m)	Veronica Catry	Queen's	12-Feb-2010	Barton Hall
20	40.64		Jenn Zimmer	Calgary	09-Jan-2010	Jack Simpson Track
21	40.65	25.77 (200m)	Sarah Peirce	Guelph	05-Dec-2009	Toronto Track and Field Centre
21	40.69		Jen Perrault	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
23	40.71		Jan Stirling	Queen's	26-Feb-2010	Toronto Track and Field Centre
24	40.73		Lisa Grieve	Western	26-Feb-2010	Toronto Track and Field Centre
25	40.79		Pascale Delisle	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
26	40.85		Charelle Anobile	Windsor	05-Feb-2010	Loftus Centre
27	40.87	25.91 (200m)	Chelsea Valois	Regina	05-Dec-2009	Regina Field House
27	40.91		Sabrina Lavoie	McGill	27-Feb-2010	Tomlinson Fieldhouse
29	40.92	57.50 (400m)	Jennifer Campbell	Manitoba	12-Feb-2010	Lied Recreation Centre
30	41.03		Marissa Walter	Queen's	27-Nov-2009	Louis Riel Dome
31	41.04		Cassandra McCaig	Western	29-Jan-2010	Tomlinson Field House
32	41.13		Jenessa Olson	Western	29-Jan-2010	Tomlinson Field House
33	41.17	26.10 (200m)	Amanda Ruller	Regina	05-Dec-2009	Regina Field House
34	41.21		Shauna Malek	Guelph	29-Jan-2010	Tomlinson Field House
35	41.26		Kirklin Maclise	Alberta	12-Feb-2010	Regina Field House
36	41.40	26.24 (200m)	Natoya Whittingham	Windsor	20-Feb-2010	Michigan Track and Field Centre
37	41.46	26.28 (200m)	Eve-Lyne Robitaille-Beaumier	Sherbrooke	12-Feb-2010	B U TrackCenter
38	41.46		Julene Friesen	Saskatchewan	09-Jan-2010	Saskatoon Field House
39	41.58	26.36 (200m)	Carrie Yuzik	Saskatchewan	05-Dec-2009	Saskatoon Field House
40	41.59		Jennifer Barrow	Queen's	26-Feb-2010	Toronto Track and Field Centre
40	41.61		Ashley Gerstmar	Saskatchewan	06-Feb-2010	Max Bell Field House
42	41.74	26.46 (200m)	Merissa Margetts	Regina	05-Dec-2009	Regina Field House
42	41.81		Donia Oumesrour	Windsor	13-Feb-2010	St. Denis Athletic Centre
44	41.83		Kimberly-Ann Bordun	Manitoba	05-Dec-2009	Max Bell Field House
45	41.85		Veronika (Nika) Smits	Saskatchewan	29-Jan-2010	Saskatoon Field House
46	41.89		Jaide Lyons	Windsor	13-Feb-2010	St. Denis Athletic

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						Centre
47	42.00		Amanda Kanters	Windsor	04-Dec-2009	St. Denis Athletic Centre
47	42.03		Jessica Caterini	Toronto	15-Jan-2010	St. Denis Athletic Centre
47	42.04		Sherelle Solomon	Western	19-Feb-2010	Uof T Athletic Centre
50	42.09		Tennille Davis	Regina	06-Feb-2010	Max Bell Field House
51	42.11	59.17 (400m)	Dana Baker	Manitoba	12-Feb-2010	Lied Recreation Centre
52	42.18	26.74 (200m)	Billie White-Gibson	Windsor	22-Jan-2010	Grand Valley State University
53	42.22	26.76 (200m)	Laurie Daudelin-Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
54	42.24		Corinne Smith	Guelph	26-Feb-2010	Toronto Track and Field Centre
55	42.26	26.79 (200m)	Vanessa Brathwaite	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
56	42.27		Anne Ruggirello	McGill	27-Feb-2010	Tomlinson Fieldhouse
57	42.29	26.81 (200m)	Susan Sobey	Dalhousie	28-Nov-2009	CFB Gagetown Indoor Facility
58	42.32		Christine Bushie	Alberta	23-Jan-2010	Jack Simpson Track
59	42.1 (HT)		Eugenia Renderos	St. FX	06-Feb-2010	Dalplex
60	42.36	26.85 (200m)	Camille Wallace	Windsor	22-Jan-2010	Grand Valley State University
61	42.37	26.86 (200m)	Alicia Boxill	Manitoba	11-Dec-2009	Max Bell Field House
62	42.39		Alison Cameron-Vendrig	McGill	13-Feb-2010	Louis Riel Dome
63	42.40		Michelle Seifert	Calgary	09-Jan-2010	Jack Simpson Track
64	42.42	26.89 (200m)	Melanie Lui	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
64	42.42	26.89 (200m)	Leah Harpelle	Manitoba	23-Jan-2010	Bierman Field House
66	42.51		Richina Foggo	Calgary	06-Feb-2010	Max Bell Field House
67	42.52	26.95 (200m)	Katelyn Kuspira	Saskatchewan	05-Dec-2009	Saskatoon Field House
68	42.55	26.97 (200m)	Ashley Drouillard	Windsor	22-Jan-2010	Grand Valley State University
69	42.57		Andrina Slegers	Windsor	15-Jan-2010	St. Denis Athletic Centre
70	42.4 (HT)		Joelle Marshall	St. FX	17-Jan-2010	Dalplex
71	42.64	27.03 (200m)	Caitlin Fortier	Windsor	29-Jan-2010	Findlay Fieldhouse
72	42.67	27.05 (200m)	Caley Miskimmin	Manitoba	17-Jan-2010	Bison Sports Arena
73	42.78		Amanda Jahraus	Alberta	12-Feb-2010	Regina Field House
74	42.80		Rachel Aubry	Guelph	09-Jan-2010	UofT Athletic Centre
75	42.88		Jessica Tat	McMaster	29-Jan-2010	Tomlinson Field House
76	42.94		Brittany Pepper	York	06-Feb-2010	

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						Toronto Track and Field Centre
77	42.97		Vanessa Ivec	Lakehead	06-Feb-2010	Max Bell Field House
78	43.01		Melissa Bishop	Windsor	04-Dec-2009	St. Denis Athletic Centre
79	43.08		Amanda Spriel	Guelph	26-Feb-2010	Toronto Track and Field Centre
80	43.10	27.32 (200m)	Alison McCart	Guelph	05-Dec-2009	Toronto Track and Field Centre
81	43.13		Angela King	Queen's	05-Dec-2009	Tomlinson Fieldhouse
82	43.18		Genevieve Blanchard	McGill	29-Jan-2010	Tomlinson Field House
83	43.22		Lesley d'Apollonia	Dalhousie	20-Feb-2010	Dalplex
84	43.23	27.40 (200m)	Meaghan Rempel	Manitoba	24-Feb-2010	Max Bell Field House
85	43.0 (HT)		Jen Ricks	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
85	43.32		Amilia Di Chiara	Windsor	04-Dec-2009	St. Denis Athletic Centre
85	43.33		Danielle Vanos	Western	06-Feb-2010	Toronto Track and Field Centre
88	43.38		Dana Hislop	McMaster	26-Feb-2010	Toronto Track and Field Centre
88	43.40	27.51 (200m)	Pauliina Beretta	Queen's	12-Feb-2010	Barton Hall
90	43.41		Diandra Forde	York	26-Feb-2010	Toronto Track and Field Centre
91	43.49		Katie Housley	Toronto	13-Feb-2010	Louis Riel Dome
92	43.52	27.59 (200m)	Mireille Bergeron	Sherbrooke	12-Feb-2010	B U TrackCenter
93	43.59		Amanda Buchko	Alberta	29-Jan-2010	Saskatoon Field House
94	43.61		Amanda Banks	Saskatchewan	15-Jan-2010	U of A Butterdome
95	43.70		Hilary Kellar-Parsons	McGill	05-Dec-2009	Tomlinson Fieldhouse
95	43.70		Jenica Moore	Victoria	26-Feb-2010	U of A Butterdome
97	43.72		Aly McPhee	McGill	27-Nov-2009	Louis Riel Dome
98	43.79		Raeleen Hunter	Windsor	04-Dec-2009	St. Denis Athletic Centre
99	43.88		Vicky Siemon	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
100	43.90		Marianne Savard	Montreal	29-Jan-2010	Tomlinson Field House
100	43.92		Heidi Stirling	St. FX	29-Jan-2010	Tomlinson Field House
102	43.7 (HT)		Celeste Black	St. FX	17-Jan-2010	Dalplex
102	43.99		Marina Yacob	Ottawa	27-Nov-2009	Louis Riel Dome
104	44.00		Heather Kurpe	Windsor	04-Dec-2009	St. Denis Athletic

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						Centre
105	44.05	27.92 (200m)	Nicole Breker	Regina	05-Dec-2009	Regina Field House
106	44.08	27.94 (200m)	Katrina Vandervoort	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
106	44.08	27.94 (200m)	Jamie Ferguson	Saskatchewan	05-Dec-2009	Saskatoon Field House
106	44.10		Morgan Van Mierlo	McMaster	15-Jan-2010	St. Denis Athletic Centre
109	44.18		Rachel Lorimer	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
110	44.19	28.01 (200m)	Kari Kluge	Lakehead	23-Jan-2010	UWS Fieldhouse
111	44.19		Allison Greene	McGill	29-Jan-2010	Tomlinson Field House
112	44.22		Nadine Johnson	Ottawa	13-Feb-2010	Louis Riel Dome
113	44.23		Alana Battiston	McGill	27-Nov-2009	Louis Riel Dome
114	44.25		Johanna Dobransky	Ottawa	13-Feb-2010	Louis Riel Dome
115	44.27		Reba Timbrell	Ottawa	13-Feb-2010	Louis Riel Dome
116	44.1 (HT)		Jaclyn Phillips	St. FX	06-Feb-2010	Dalplex
117	44.42		Majenta Whyte Potter-Mal	McGill	29-Jan-2010	Tomlinson Field House
118	44.44	28.17 (200m)	Morgan Hall	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
119	44.44		Heather McCurdy	McGill	05-Dec-2009	Tomlinson Fieldhouse
119	44.46	28.18 (200m)	Robyn Bauck	Regina	05-Dec-2009	Regina Field House
121	44.46		Catherine Drouin-Audet	McGill	16-Jan-2010	Centre Sportif
121	44.49	28.20 (200m)	Catherine Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
123	44.53		Jacqueline Wigg	Calgary	29-Jan-2010	Saskatoon Field House
124	44.54		Kayla Nelson	Calgary	05-Dec-2009	Jack Simpson Track
125	44.57	28.25 (200m)	Joy Ogundare	Queen's	12-Feb-2010	Barton Hall
126	44.60	28.27 (200m)	Heather Schmidt	Guelph	05-Dec-2009	Toronto Track and Field Centre
127	44.63	28.29 (200m)	Christine Olson	Saskatchewan	05-Dec-2009	Saskatoon Field House
128	44.64	28.30 (200m)	Latisha Rhooms	McMaster	05-Dec-2009	Thompson Recreation and Athletic Centre
128	44.74		Nikki Barlow	Calgary	09-Jan-2010	Jack Simpson Track
128	44.77		Stephanie Baello	York	29-Jan-2010	Tomlinson Field House
131	44.88	28.45 (200m)	Katie Hanbidge	Saskatchewan	05-Dec-2009	Saskatoon Field House
131	45.15		Sarah Schweter	Toronto	06-Feb-2010	Toronto Track and Field Centre
133	45.19		Kylie Rains	Ottawa	16-Jan-2010	Louis Riel Dome

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134	45.31	28.72 (200m)	Sarah Ducasse	Ottawa	23-Jan-2010	Newell Field House
135	45.50	28.84 (200m)	Sandra Vanessa Ndikumasabo	Ottawa	23-Jan-2010	Newell Field House
136	45.62		Becky Van Zeyl	Laurentian	19-Feb-2010	Uof T Athletic Centre
137	45.73		Jaclyn Fedorus	Alberta	12-Feb-2010	Regina Field House
138	45.74		Christina Calver	Saskatchewan	15-Jan-2010	U of A Butterdome
139	45.75		Elizabeth Cauley	McGill	27-Feb-2010	Tomlinson Fieldhouse
139	45.6 (HT)		Katherine Barnstead	St. FX	17-Jan-2010	Dalplex
141	45.87		Fiona Emes	Toronto	15-Jan-2010	St. Denis Athletic Centre
142	45.93		Brittney Lawrence	Windsor	04-Dec-2009	St. Denis Athletic Centre
143	46.00		Emily Coleman	Ottawa	27-Nov-2009	Louis Riel Dome
143	46.17		Kelsey Hawryluk	Queen's	05-Dec-2009	Tomlinson Fieldhouse
145	46.21		Alexa-Maude Mallais	Moncton	27-Feb-2010	CEPS
146	46.1 (HT)		Sarah Deveau	St. FX	17-Jan-2010	Dalplex
147	46.40	29.41 (200m)	Marie-Eve Gauthier	Ottawa	23-Jan-2010	Newell Field House
148	46.40		Acacia Hill	York	29-Jan-2010	Tomlinson Field House
149	46.41		Anne Marie Gosselin	Moncton	27-Feb-2010	CEPS
150	46.42		Hana Gegolick	Lethbridge	15-Jan-2010	U of A Butterdome
151	46.43		Krystal Christopher	York	26-Nov-2009	Toronto Track and Field Centre
152	46.45		Jennifer Brown	McGill	29-Jan-2010	Tomlinson Field House
153	46.52		Nathalie Larouche	Laval	13-Feb-2010	Louis Riel Dome
154	46.54		Paulina Maher	Toronto	13-Feb-2010	Louis Riel Dome
155	46.57		Krystal Goodwin	Windsor	04-Dec-2009	St. Denis Athletic Centre
156	47.02		Meghan Butters	McGill	27-Nov-2009	Louis Riel Dome
156	47.02		Laurie-Michèle Mimeault	Laval	29-Jan-2010	Tomlinson Field House
158	47.26		Lindsay Morrison	Windsor	04-Dec-2009	St. Denis Athletic Centre
159	47.40		Chantel Pilon	Waterloo	26-Feb-2010	Toronto Track and Field Centre
160	47.53		Nathalie Larouche	Laval	29-Jan-2010	Tomlinson Field House
161	47.55		Peggy Hamilton	Manitoba	05-Dec-2009	Max Bell Field House
162	47.60		Caroline Cardin	Laval	13-Feb-2010	Louis Riel Dome
163	47.62		Carina Vigna	Calgary	23-Jan-2010	Jack Simpson Track
164	47.69		Cassie Ostrom	Lakehead	23-Jan-2010	UWS Fieldhouse
165	47.83		Leanne Sinclair	Waterloo	26-Feb-2010	Toronto Track and Field Centre

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166	47.85		Kim Kallio	Queen's	05-Dec-2009	Tomlinson Fieldhouse
167	48.12		Tasha Bell	Queen's	27-Nov-2009	Louis Riel Dome
168	48.29	30.61 (200m)	Jennifer Adebajo	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
169	48.32		Trina Kennedy	St. FX	09-Jan-2010	CEPS
170	48.62		Sara Ellick	Ottawa	13-Feb-2010	Louis Riel Dome
171	48.85		Jacqueline Rennebohm	Western	06-Feb-2010	Toronto Track and Field Centre
172	49.33	31.27 (200m)	Maria Epp	Saskatchewan	05-Dec-2009	Saskatoon Field House
173	50.16		Amy Thorton	Royal Military College	13-Feb-2010	Louis Riel Dome
174	50.29		Golbom Moltaji	Windsor	04-Dec-2009	St. Denis Athletic Centre
175	51.81		Elizabeth Ultee	Queen's	05-Dec-2009	Tomlinson Fieldhouse
176	52.04	32.99 (200m)	Anne-Marie Young	Manitoba	23-Jan-2010	Max Bell Field House
177	52.33		Karine Boulay	Moncton	27-Feb-2010	CEPS
178	54.30	1:16.29 (400m)	Kristin Loeper	Ottawa	10-Jan-2010	Leverone Fieldhouse
179	1:39.99		Megan Andrews	Queen's	27-Nov-2009	Louis Riel Dome

## **Best Women's 600m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 1:33.45)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:28.90 *	2:05.88 (800m)	Melissa Bishop	Windsor	05-Feb-2010	Loftus Centre
2	1:29.03 *	1:11.27 (500m)	Amonn Nelson	Calgary	13-Feb-2010	Louis Riel Dome
3	1:30.95 *	2:08.79 (800m)	Raeleen Hunter	Windsor	05-Feb-2010	Loftus Centre
4	1:31.38 *	55.55 (400m)	Sharai Siemens	Saskatchewan	13-Feb-2010	Dempsey Field House
5	1:31.44 *	2:09.49 (800m)	Rachel Aubry	Guelph	05-Feb-2010	Loftus Centre
6	1:32.14 *	2:10.47 (800m)	Kailey Smith	Saskatchewan	13-Feb-2010	Dempsey Field House
7	1:32.23 *		Celia Peters	Dalhousie	27-Feb-2010	CEPS
8	1:32.34 *	2:10.76 (800m)	Julene Friesen	Saskatchewan	13-Feb-2010	Dempsey Field House
9	1:32.37 *		Sarah Wells	Toronto	13-Feb-2010	Louis Riel Dome
10	1:33.49		Nana Momoh	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
11	1:33.76	1:15.06 (500m)	Jan Stirling	Queen's	12-Feb-2010	Barton Hall
12	1:33.85		Jen Perrault	Western	26-Feb-2010	Toronto Track and Field Centre
13	1:34.01		Jen Cotten	Western	13-Feb-2010	St. Denis Athletic Centre
14	1:34.55	57.48 (400m)	Christiane Lela	Ottawa	10-Jan-2010	Leverone Fieldhouse
15	1:34.81		Ashley Ryer	St. Mary's	29-Jan-2010	Tomlinson Field House
16	1:34.88		Andrina Slegers	Windsor	22-Jan-2010	Grand Valley State University

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17	1:34.99		Shauna Malek	Guelph	26-Feb-2010	Toronto Track and Field Centre
18	1:35.16		Jen Ricks	Western	13-Feb-2010	St. Denis Athletic Centre
19	1:35.41		Kelsey Lotwin	Calgary	26-Feb-2010	U of A Butterdome
20	1:35.45		Heather Kurpe	Windsor	22-Jan-2010	Grand Valley State University
21	1:35.72		Amanda Kanters	Windsor	22-Jan-2010	Grand Valley State University
22	1:35.75		Anne Ruggirello	McGill	13-Feb-2010	Louis Riel Dome
23	1:35.78		Amanda Banks	Saskatchewan	06-Feb-2010	Max Bell Field House
24	1:35.79		Jennifer Campbell	Manitoba	26-Feb-2010	U of A Butterdome
25	1:35.93		Emma Tallman	Laurentian	26-Feb-2010	Toronto Track and Field Centre
26	1:36.07	2:16.04 (800m)	Katie Housley	Toronto	05-Feb-2010	Loftus Centre
27	1:36.16		Charlene Puel	McGill	27-Feb-2010	Tomlinson Fieldhouse
28	1:36.19		Meaghan Woo	Manitoba	23-Jan-2010	Bierman Field House
29	1:36.27		Michelle Lavoie	Manitoba	06-Feb-2010	Max Bell Field House
30	1:36.36		Catherine Drouin-Audet	McGill	27-Feb-2010	Tomlinson Fieldhouse
31	1:36.52		Sabrina Lavoie	McGill	27-Feb-2010	Tomlinson Fieldhouse
31	1:36.74		Alicia Kallos	Queen's	06-Feb-2010	Toronto Track and Field Centre
33	1:36.8 (HT)		Joelle Marshall	St. FX	17-Jan-2010	Dalplex
34	1:37.16		Michelle Seifert	Calgary	06-Feb-2010	Max Bell Field House
35	1:37.67	2:18.30 (800m)	Julia Malleck	Ottawa	23-Jan-2010	Newell Field House
36	1:37.89		Corinne Smith	Guelph	13-Feb-2010	St. Denis Athletic Centre
37	1:37.98		Gloria Kanuka	Calgary	23-Jan-2010	Jack Simpson Track
38	1:38.03		Laurélie Harvey	Laval	16-Jan-2010	Centre Sportif
39	1:38.10		Hayley Degaust	Alberta	10-Jan-2010	U of A Butterdome
40	1:38.13		Kim Volterman	McMaster	26-Feb-2010	Toronto Track and Field Centre
41	1:38.15		Marilaine Savard	Sherbrooke	29-Jan-2010	Tomlinson Field House
42	1:38.34		Jillian Wyman	McMaster	29-Jan-2010	Tomlinson Field House
43	1:38.38		Jenni Vanos	Guelph	26-Feb-2010	Toronto Track and Field Centre
44	1:38.40		Aimee Castro	McGill	27-Feb-2010	Tomlinson Fieldhouse
45	1:38.42		Christina Calver	Saskatchewan	06-Feb-2010	Max Bell Field House
46	1:38.45		Lauren Beaulieu	Victoria	29-Jan-2010	Saskatoon Field House
47	1:38.6 (HT)		Jackie Adamson	Manitoba	05-Dec-2009	Max Bell Field House
48	1:38.86		Valerie Hurdle	Calgary	26-Feb-2010	U of A Butterdome

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49	1:39.00		Helen Hanbidge	Saskatchewan	06-Feb-2010	Max Bell Field House
50	1:39.13		Vicky Siemon	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
51	1:39.20		Kelsey Desjarlais	York	23-Jan-2010	Thompson Recreation and Athletic Centre
52	1:39.25		Celeste Black	St. FX	20-Feb-2010	Dalplex
53	1:39.54		Julia Hart	Regina	26-Feb-2010	U of A Butterdome
54	1:39.63		Chantal Auger	Manitoba	06-Feb-2010	Max Bell Field House
55	1:39.64		Kendra Pomfret	Victoria	06-Feb-2010	Max Bell Field House
56	1:39.70		Paulina Maher	Toronto	29-Jan-2010	Findlay Fieldhouse
57	1:39.71		Courtney Long	Western	06-Feb-2010	Toronto Track and Field Centre
57	1:39.83		Heather Bijman	Queen's	06-Feb-2010	Toronto Track and Field Centre
59	1:39.85		Jackie Todd	Western	29-Jan-2010	Tomlinson Field House
59	1:39.85		Maureen McCulligh	Victoria	14-Feb-2010	Dempsey Field House
61	1:40.24	2:21.95 (800m)	Ashley Kellam	Windsor	20-Feb-2010	Michigan Track and Field Centre
62	1:40.46		Heather McCurdy	McGill	05-Dec-2009	Tomlinson Fieldhouse
63	1:40.54		Jenica Moore	Victoria	14-Feb-2010	Dempsey Field House
64	1:40.68		Jean Bolen	Alberta	06-Feb-2010	Max Bell Field House
64	1:40.79		Hilary Kellar-Parsons	McGill	27-Nov-2009	Louis Riel Dome
66	1:40.81		Riley McQueen	Calgary	26-Feb-2010	U of A Butterdome
67	1:40.83		Jennifer Bays	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
68	1:40.99		Nikki Barlow	Calgary	06-Feb-2010	Max Bell Field House
69	1:41.01		Josée Picard-Arsenault	Laval	23-Jan-2010	PEPS
69	1:41.01		Kalesia Hilborn	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
71	1:41.27		Stephanie Hinton	Waterloo	26-Feb-2010	Toronto Track and Field Centre
72	1:41.31		Sarah Haliburton	McMaster	26-Feb-2010	Toronto Track and Field Centre
73	1:41.99	1:21.65 (500m)	Jennifer Barrow	Queen's	08-Jan-2010	Barton Hall
74	1:42.36	2:24.94 (800m)	Elizabeth Parenteau	Sherbrooke	12-Feb-2010	B U TrackCenter
75	1:42.99	2:25.84 (800m)	Kim Kallio	Queen's	23-Jan-2010	Newell Field House
76	1:43.20		Danielle Vanos	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
77	1:43.22		Katherine Barnstead	St. FX	27-Feb-2010	CEPS
78	1:43.44		Claire Laurence	McGill	27-Feb-2010	Tomlinson Fieldhouse
79	1:43.47	2:26.52 (800m)	Heather Stroeder	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
80	1:43.76		Kate MacNaughton	Ottawa	26-Feb-2010	

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						Toronto Track and Field Centre
81	1:44.23		Catherine Gauthier	Sherbrooke	19-Dec-2009	Tomlinson Fieldhouse
82	1:44.33		Sarah Deveau	St. FX	29-Jan-2010	Tomlinson Field House
83	1:44.54		Diandra Forde	York	06-Feb-2010	Toronto Track and Field Centre
84	1:45.00		Lorelle Convery	Western	13-Feb-2010	St. Denis Athletic Centre
85	1:45.60		Myriam Tremblay	Laval	23-Jan-2010	PEPS
86	1:46.10		Virginie-O Gauthier	Sherbrooke	29-Jan-2010	Tomlinson Field House
87	1:46.57		Jacqueline Wigg	Calgary	23-Jan-2010	Jack Simpson Track
88	1:47.09		Paula MacDonald	St. FX	29-Jan-2010	Tomlinson Field House
89	1:47.48	1:05.34 (400m)	Eve-Lyne Robitaille-Beaumier	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
90	1:47.50		Reba Timbrell	Ottawa	19-Dec-2009	Louis Riel Dome
91	1:47.60	2:32.36 (800m)	Maggie Robins	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
92	1:48.09	1:26.53 (500m)	Alex Gatza	Queen's	08-Jan-2010	Barton Hall
93	1:48.30		Audrey-Ann Rioux	Laval	19-Feb-2010	Tomlinson Fieldhouse
94	1:48.1 (HT)		Trina Kennedy	St. FX	17-Jan-2010	Dalplex
95	1:48.55		Hana Gegolick	Lethbridge	15-Jan-2010	U of A Butterdome
96	1:48.6 (HT)		Vanessa Ivec	Lakehead	09-Jan-2010	Lakehead Hangar
97	1:49.01		Jennifer Brown	McGill	27-Feb-2010	Tomlinson Fieldhouse
98	1:49.14		Marie-Christine Carette	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
99	1:50.09		Charelle Anobile	Windsor	04-Dec-2009	St. Denis Athletic Centre
100	1:50.12		Sara Ellick	Ottawa	13-Feb-2010	Louis Riel Dome
101	1:50.15		Ronelle Calver	Saskatchewan	05-Dec-2009	Saskatoon Field House
102	1:50.56		Lindsay Morrison	Windsor	04-Dec-2009	St. Denis Athletic Centre
103	1:50.99		Laura-Ellen Devries	McMaster	05-Dec-2009	Thompson Recreation and Athletic Centre
103	1:50.99		Jessica Shantz	McMaster	09-Jan-2010	UofT Athletic Centre
105	1:51.29		Breanna Langley	St. FX	09-Jan-2010	CEPS
106	1:51.88		Breanna Hall	McMaster	05-Dec-2009	Thompson Recreation and Athletic Centre
107	1:51.95		Ariane Piché-Jutras	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
108	1:52.12		Leanne Hildenbrandt	Alberta	23-Jan-2010	Jack Simpson Track
109	1:53.14	2:40.21 (800m)	Cheryl Coulas	Ottawa	10-Jan-2010	Leverone Fieldhouse
110	1:54.12		Nathalie Larouche	Laval	23-Jan-2010	PEPS
111	1:54.63		Golbom Moltaji	Windsor	04-Dec-2009	

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						St. Denis Athletic Centre
112	1:54.4 (HT)		Kailey Kroeker	Manitoba	05-Dec-2009	Max Bell Field House
113	1:54.91		Emily Brown	Lethbridge	15-Jan-2010	U of A Butterdome
114	1:55.54	2:43.61 (800m)	Johanna Dobransky	Ottawa	10-Jan-2010	Leverone Fieldhouse
115	1:56.50		Katie Myatt	St. Mary's	27-Feb-2010	CEPS
116	1:58.23		Jacqueline Rennebohm	Western	19-Feb-2010	Uof T Athletic Centre
117	1:59.54		Aly McPhee	McGill	19-Dec-2009	Tomlinson Fieldhouse
118	2:00.78		Marie-Lou Piché	Laval	19-Dec-2009	Tomlinson Fieldhouse
119	2:00.79		Kristin Loeper	Ottawa	16-Jan-2010	Louis Riel Dome
120	2:02.4 (HT)		Cassie Ostrom	Lakehead	09-Jan-2010	Lakehead Hangar
121	2:03.59		Karine Boulay	Moncton	27-Feb-2010	CEPS
122	2:09.60	1:18.79 (400m)	Angelica Garcia Varganova	Manitoba	12-Dec-2009	Max Bell Field House
123	2:22.70		Donia Oumesrou	Windsor	04-Dec-2009	St. Denis Athletic Centre
124	2:22.80		Brittney Lawrence	Windsor	04-Dec-2009	St. Denis Athletic Centre
125	2:26.66		Nicole Sassine	Windsor	04-Dec-2009	St. Denis Athletic Centre
126	2:26.72		Jaide Lyons	Windsor	04-Dec-2009	St. Denis Athletic Centre
127	3:00.56		Lindsay Acheson	Alberta	06-Feb-2010	Max Bell Field House

## **Best Women's 1000m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 2:51.08)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2:46.61 *		Megan Brown	Toronto	26-Feb-2010	Toronto Track and Field Centre
2	2:47.04 *		Melissa Bishop	Windsor	26-Feb-2010	Toronto Track and Field Centre
3	2:48.50 *		Raeleen Hunter	Windsor	26-Feb-2010	Toronto Track and Field Centre
4	2:49.73 *		Kailey Smith	Saskatchewan	14-Feb-2010	Dempsey Field House
5	2:50.19 *		Julia Malleck	Ottawa	13-Feb-2010	Louis Riel Dome
6	2:50.24 *	2:09.24 (800m)	Celia Peters	Dalhousie	12-Feb-2010	B U TrackCenter
7	2:50.86 *		Ashley Ryer	St. Mary's	20-Feb-2010	Dalplex
8	2:51.50		Nadine Frost	Guelph	29-Jan-2010	Tomlinson Field House
9	2:52.32		Jess Vanhie	Guelph	05-Feb-2010	Loftus Centre
10	2:52.44		Melanie Hughes	Sherbrooke	12-Feb-2010	B U TrackCenter
11	2:52.49		Lydia Frost	Guelph	05-Feb-2010	Loftus Centre
12	2:52.80		Jillian Wyman	McMaster	05-Feb-2010	Loftus Centre
13	2:53.14		Alicia Kallos	Queen's	26-Feb-2010	

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						Toronto Track and Field Centre
14	2:54.63		Emma Tallman	Laurentian	26-Feb-2010	Toronto Track and Field Centre
15	2:55.27		Caroline Schlosser	Dalhousie	20-Feb-2010	Dalplex
16	2:55.68		Charlene Puel	McGill	05-Feb-2010	The Armory Track Field Center
17	2:55.69		Katie Anderson	McMaster	05-Feb-2010	Loftus Centre
18	2:55.87		Catherine Drouin-Audet	McGill	05-Feb-2010	The Armory Track Field Center
19	2:55.91		Riley McQueen	Calgary	14-Feb-2010	Dempsey Field House
20	2:56.76		Katie Housley	Toronto	05-Feb-2010	Loftus Centre
21	2:56.7 (HT)		Monika Preibischova	St. FX	17-Jan-2010	Dalplex
22	2:57.27		Lindsay Acheson	Alberta	26-Feb-2010	U of A Butterdome
23	2:57.29		Tamara Jewett	Toronto	05-Feb-2010	Loftus Centre
24	2:57.80		Jodi Souter	Saskatchewan	29-Jan-2010	Saskatoon Field House
25	2:57.84		Sarah McCuaig	McGill	19-Feb-2010	Tomlinson Fieldhouse
26	2:58.01		Madeline MacDonald	Calgary	14-Feb-2010	Dempsey Field House
27	2:58.29		Brittany Therrien	Victoria	26-Feb-2010	U of A Butterdome
28	2:58.30		Jen Ricks	Western	05-Feb-2010	Loftus Centre
29	2:58.68		Aimee Castro	McGill	19-Feb-2010	Tomlinson Fieldhouse
30	2:58.82		Jacky Phalen	Manitoba	26-Feb-2010	U of A Butterdome
31	2:59.19		Carly Gill	Windsor	05-Feb-2010	Loftus Centre
32	2:59.72		Jenni Vanos	Guelph	19-Feb-2010	Uof T Athletic Centre
32	2:59.72		Tara MacDonald	Guelph	19-Feb-2010	Uof T Athletic Centre
34	2:59.81		Lauren Beaulieu	Victoria	06-Feb-2010	Max Bell Field House
35	2:59.84		Josée Picard-Arsenault	Laval	12-Feb-2010	B U TrackCenter
36	3:00.03		Leah Larocque	Queen's	29-Jan-2010	Tomlinson Field House
37	3:00.11		Ashley Kellam	Windsor	05-Feb-2010	Loftus Centre
38	3:00.33		Sarah Haliburton	McMaster	13-Feb-2010	St. Denis Athletic Centre
38	3:00.60		Caroline Gendron	Sherbrooke	12-Feb-2010	B U TrackCenter
40	3:00.83		Marcia Richards	Saskatchewan	26-Feb-2010	U of A Butterdome
41	3:00.97		Madeleine Cummings	McGill	19-Feb-2010	Tomlinson Fieldhouse
42	3:01.16		Alana Soderberg	Alberta	26-Feb-2010	U of A Butterdome
43	3:01.36		Maggie Robins	Laurentian	22-Jan-2010	UofT Athletic Centre
44	3:01.50		Gloria Kanuka	Calgary	06-Feb-2010	Max Bell Field House
45	3:01.77		Valerie Hurdle	Calgary	12-Feb-2010	Regina Field House
46	3:01.89	2:18.09 (800m)	Kelly Laing	Windsor	22-Jan-2010	Grand Valley State University
47	3:01.8 (HT)	2:18.0 (800m)	Melissa Petersen	Regina	12-Feb-2010	Regina Field House

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48	3:02.56		Caitlin Warkentin	Saskatchewan	29-Jan-2010	Saskatoon Field House
49	3:02.59		Christina Calver	Saskatchewan	29-Jan-2010	Saskatoon Field House
50	3:02.87		Lisa Giles	McMaster	19-Feb-2010	Uof T Athletic Centre
51	3:02.90		Rachel Lamb	McMaster	06-Feb-2010	Toronto Track and Field Centre
52	3:02.92		Alycia Roske	Victoria	26-Feb-2010	U of A Butterdome
52	3:02.92		Jean Bolen	Alberta	13-Feb-2010	U of A Butterdome
54	3:03.56		Kim Kallio	Queen's	06-Feb-2010	Toronto Track and Field Centre
55	3:03.62		Vicky Siemon	Western	29-Jan-2010	Tomlinson Field House
56	3:03.64		Jennifer Bays	Western	29-Jan-2010	Tomlinson Field House
57	3:03.67		Alyssa Thrasher	Windsor	15-Jan-2010	St. Denis Athletic Centre
58	3:03.83		Justine Stromberg	Manitoba	06-Feb-2010	Max Bell Field House
59	3:03.87		Nadine Brenault	Saskatchewan	06-Feb-2010	Max Bell Field House
60	3:04.03		Anne Ruggirello	McGill	19-Feb-2010	Tomlinson Fieldhouse
61	3:04.23		Patricia Roney	Queen's	26-Feb-2010	Toronto Track and Field Centre
62	3:04.43		Alyssa Giuliani	Western	19-Feb-2010	Uof T Athletic Centre
63	3:04.57		Jackie Adamson	Manitoba	17-Jan-2010	Bison Sports Arena
64	3:04.86		Laura Mitic	Victoria	26-Feb-2010	U of A Butterdome
65	3:04.94		Rebecca Reeves	Dalhousie	20-Feb-2010	Dalplex
66	3:05.82		Heather Bijman	Queen's	29-Jan-2010	Tomlinson Field House
67	3:06.23		Heather Kurpe	Windsor	29-Jan-2010	Findlay Fieldhouse
68	3:06.38		Debby Querengesser	Calgary	09-Jan-2010	Jack Simpson Track
69	3:06.58		Annie Croteau-Carignan	Laval	12-Feb-2010	B U TrackCenter
70	3:06.61		Maureen McCulligh	Victoria	26-Feb-2010	U of A Butterdome
71	3:06.67		Alex Gatza	Queen's	27-Nov-2009	Louis Riel Dome
72	3:06.86		Grace Kary	Calgary	09-Jan-2010	Jack Simpson Track
73	3:06.88		Jackie Todd	Western	15-Jan-2010	St. Denis Athletic Centre
74	3:07.40		Alex DiGiacomo	Toronto	29-Jan-2010	Findlay Fieldhouse
75	3:07.73		Courtney Long	Western	06-Feb-2010	Toronto Track and Field Centre
76	3:08.02	2:22.74 (800m)	Kendra Pomfret	Victoria	16-Jan-2010	Dempsey Field House
77	3:08.32		Melanie Myrand	McGill	19-Feb-2010	Tomlinson Fieldhouse
78	3:08.93		Heather McCurdy	McGill	13-Feb-2010	Louis Riel Dome
79	3:09.09		Paulina Maher	Toronto	19-Feb-2010	Uof T Athletic Centre

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80	3:09.19		Marilaine Savard	Sherbrooke	16-Jan-2010	Centre Sportif
80	3:09.19		Lauren Coutts	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
82	3:09.27		Tiffany Locke	Ottawa	27-Nov-2009	Louis Riel Dome
83	3:09.31		Virginie-O Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
84	3:09.33		Tess Naroski	Lakehead	23-Jan-2010	UWS Fieldhouse
85	3:09.39		Nikki Barlow	Calgary	13-Feb-2010	U of A Butterdome
86	3:09.99		Kate MacNaughton	Ottawa	13-Feb-2010	Louis Riel Dome
87	3:10.12		Rachel Windsor	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
88	3:10.28		Haley Cadwallader	Windsor	29-Jan-2010	Findlay Fieldhouse
89	3:10.38		Kalesia Hilborn	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
90	3:10.64		Kim Volterman	McMaster	29-Jan-2010	Tomlinson Field House
91	3:11.02		Breanna Langley	St. FX	27-Feb-2010	CEPS
92	3:11.58		Kelly MacDonald	St. FX	09-Jan-2010	CEPS
93	3:12.00		Blaire Robertshaw	Western	13-Feb-2010	St. Denis Athletic Centre
94	3:13.09		Gina Pinsonnault-Bilodeau	McGill	19-Feb-2010	Tomlinson Fieldhouse
95	3:13.49		Jill Seymour	Ottawa	27-Nov-2009	Louis Riel Dome
96	3:13.72		Heather Stroeder	Laurentian	22-Jan-2010	UofT Athletic Centre
97	3:13.6 (HT)		Alice Sherwin	Manitoba	05-Dec-2009	Max Bell Field House
98	3:14.05		Becky Carr	Manitoba	06-Feb-2010	Max Bell Field House
99	3:15.32		Elizabeth Parenteau	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
100	3:16.36		Sarah Bernard-Brouillard	Laval	29-Jan-2010	Tomlinson Field House
101	3:16.4 (HT)		Paula MacDonald	St. FX	17-Jan-2010	Dalplex
102	3:16.72		Courtney Post	McGill	19-Feb-2010	Tomlinson Fieldhouse
103	3:16.83		Caitlin Tino	Queen's	27-Nov-2009	Louis Riel Dome
104	3:16.8 (HT)		Alyssa Altomare	Manitoba	05-Dec-2009	Max Bell Field House
105	3:17.05		Virgine Gauthier	Sherbrooke	19-Dec-2009	Tomlinson Fieldhouse
106	3:17.70		Michelle Seifert	Calgary	09-Jan-2010	Jack Simpson Track
107	3:17.80		Monica Bolejszo	Waterloo	29-Jan-2010	Tomlinson Field House
108	3:18.26		Leslie Gray	Waterloo	09-Jan-2010	UofT Athletic Centre
109	3:18.44		Nicole Badry	Ottawa	13-Feb-2010	Louis Riel Dome
110	3:19.41		Kathryn Pistor	York	26-Nov-2009	Toronto Track and Field Centre
111	3:19.43		Lisa Alaimo	Lakehead	23-Jan-2010	UWS Fieldhouse
112	3:19.46		Marjorie Lessard	Sherbrooke	23-Jan-2010	PEPS
113	3:19.75		Erin MacNeil	St. FX	09-Jan-2010	CEPS
114	3:20.07		Marina Rioux-Castonguay	Laval	23-Jan-2010	PEPS

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115	3:20.69		Michelle Kowanda	McGill	19-Feb-2010	Tomlinson Fieldhouse
116	3:21.81		Andrina Slegers	Windsor	04-Dec-2009	St. Denis Athletic Centre
117	3:22.42		Helena Fiore	St. FX	09-Jan-2010	CEPS
118	3:23.87		Hannah McCurdy-Adams	Laurentian	06-Feb-2010	Toronto Track and Field Centre
119	3:24.44		Dara Mikituk	Calgary	09-Jan-2010	Jack Simpson Track
120	3:24.84		Jennifer Allan	Royal Military College	22-Jan-2010	UofT Athletic Centre
121	3:25.28		Marie-Christine Carette	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
122	3:25.50		Donia Oumesrour	Windsor	04-Dec-2009	St. Denis Athletic Centre
123	3:27.66		Stephanie Hinton	Waterloo	09-Jan-2010	UofT Athletic Centre
124	3:28.43		Mari Mesri	McGill	19-Feb-2010	Tomlinson Fieldhouse
125	3:29.42		Mary Sun	Royal Military College	22-Jan-2010	UofT Athletic Centre
126	3:30.76		Rebecca Hartshorn	Lethbridge	15-Jan-2010	U of A Butterdome
127	3:31.29		Sara Ellick	Ottawa	29-Jan-2010	Tomlinson Field House
128	3:31.90		Audrey-Ann Rioux	Laval	16-Jan-2010	Centre Sportif
129	3:35.89		Lexi Thomas	Lethbridge	15-Jan-2010	U of A Butterdome
130	3:37.51		Ariane Piché-Jutras	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
131	3:40.03		Emily Brown	Lethbridge	15-Jan-2010	U of A Butterdome
132	3:55.37		Amanda Kanters	Windsor	04-Dec-2009	St. Denis Athletic Centre
133	4:55.45		Alex Bell	Manitoba	10-Feb-2010	Max Bell Field House
134	5:16.40		Andrea Hesketh	Manitoba	10-Feb-2010	Max Bell Field House
135	5:18.16		Latesha Francis	Windsor	04-Dec-2009	St. Denis Athletic Centre

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## **Best Women's 1500m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 4:32.61)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	4:24.20 *		Megan Brown	Toronto	13-Feb-2010	Louis Riel Dome
2	4:26.30 *		Rachel Cliff	Guelph	09-Jan-2010	UofT Athletic Centre
3	4:29.74 *		Julia Malleck	Ottawa	16-Jan-2010	Louis Riel Dome
4	4:30.10 *	4:47.55 (Mile)	Julia Tszchanz	Victoria	29-Jan-2010	Dempsey Field House
5	4:30.1 * (HT)		Ashley Ryer	St. Mary's	06-Feb-2010	Dalplex
6	4:30.9 * (HT)		Caroline Schlosser	Dalhousie	06-Feb-2010	Dalplex
7	4:32.73		Jess Vanhie	Guelph	26-Feb-2010	Toronto Track and Field Centre
8	4:32.6 (HT)		Kelly MacDonald	St. FX	06-Feb-2010	Dalplex
9	4:34.05		Melanie Hughes	Sherbrooke	29-Jan-2010	Tomlinson Field House
10	4:34.38		Katie Anderson	McMaster	19-Feb-2010	Uof T Athletic Centre
11	4:34.84		Claire Jean	Victoria	06-Feb-2010	Max Bell Field House
12	4:35.26		Jodi Souter	Saskatchewan	06-Feb-2010	Max Bell Field House
13	4:35.5 (HT)		Monika Preibischova	St. FX	06-Feb-2010	Dalplex
14	4:36.25		Nadine Frost	Guelph	09-Jan-2010	UofT Athletic Centre
15	4:36.48		Jillian Wyman	McMaster	09-Jan-2010	UofT Athletic Centre
16	4:37.00		Sara Giovannetti	McMaster	29-Jan-2010	Tomlinson Field House
17	4:36.9 (HT)		Leah Larocque	Queen's	19-Feb-2010	Tomlinson Fieldhouse
18	4:38.01		Sarah McCuaig	McGill	13-Feb-2010	Louis Riel Dome
19	4:38.44		Tamara Jewett	Toronto	26-Feb-2010	Toronto Track and Field Centre
20	4:39.94		Marcia Richards	Saskatchewan	06-Feb-2010	Max Bell Field House
21	4:40.00		Katrina Bruckschwaiger	Manitoba	26-Feb-2010	U of A Butterdome
22	4:40.13		Lydia Frost	Guelph	19-Feb-2010	Uof T Athletic Centre
23	4:41.96		Alana Soderberg	Alberta	06-Feb-2010	Max Bell Field House
24	4:42.64		Brittany Therrien	Victoria	26-Feb-2010	U of A Butterdome
25	4:43.23		Courtney Laurie	Guelph	13-Feb-2010	St. Denis Athletic Centre
26	4:43.30		Melissa Petersen	Regina	06-Feb-2010	Max Bell Field House
27	4:43.67		Melanie Gregoire	Manitoba	06-Feb-2010	Max Bell Field House
28	4:44.2 (HT)		Stephanie Hulse	Queen's	19-Feb-2010	Tomlinson Fieldhouse
29	4:44.3 (HT)		Liza Howard	Queen's	19-Feb-2010	Tomlinson Fieldhouse
30	4:44.81		Tiffany Locke	Ottawa	13-Feb-2010	Louis Riel Dome
31	4:45.09		Heather Bijman	Queen's	13-Feb-2010	Louis Riel Dome
32	4:45.25		Tara MacDonald	Guelph	13-Feb-2010	St. Denis Athletic Centre
33	4:45.46		Dayna Pidhoreshy	Windsor	13-Feb-2010	St. Denis Athletic Centre

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34	4:45.47		Alicia Kallos	Queen's	29-Jan-2010	Tomlinson Field House
35	4:45.50		Madeleine Cummings	McGill	13-Feb-2010	Louis Riel Dome
36	4:46.37		Melanie Myrand	McGill	13-Feb-2010	Louis Riel Dome
37	4:46.3 (HT)		Cara Groves	Dalhousie	06-Feb-2010	Dalplex
38	4:46.73		Josée Picard-Arsenault	Laval	29-Jan-2010	Tomlinson Field House
39	4:46.74		Rachel Lamb	McMaster	29-Jan-2010	Tomlinson Field House
40	4:46.86		Lindsay Acheson	Alberta	26-Feb-2010	U of A Butterdome
41	4:46.98		Caitlin Warkentin	Saskatchewan	29-Jan-2010	Saskatoon Field House
42	4:47.00		Alyssa Giuliani	Western	26-Feb-2010	Toronto Track and Field Centre
43	4:47.05		Ashley Kellam	Windsor	26-Feb-2010	Toronto Track and Field Centre
44	4:47.37		Jacky Phalen	Manitoba	26-Feb-2010	U of A Butterdome
45	4:47.44		Samantha Beattie	Guelph	15-Jan-2010	St. Denis Athletic Centre
46	4:48.25		Debby Querengesser	Calgary	26-Feb-2010	U of A Butterdome
47	4:49.42		Jennifer Bays	Western	19-Feb-2010	Uof T Athletic Centre
48	4:49.90		Lacey Ginter	Manitoba	06-Feb-2010	Max Bell Field House
49	4:50.25		Gabrielle Foran	Guelph	13-Feb-2010	St. Denis Athletic Centre
49	4:50.35		Karoline Hoy	Guelph	09-Jan-2010	UofT Athletic Centre
51	4:50.85		Patricia Roney	Queen's	29-Jan-2010	Tomlinson Field House
52	4:51.33	5:10.15 (Mile)	Alycia Roske	Victoria	14-Feb-2010	Dempsey Field House
53	4:51.70		Caroline Gendron	Sherbrooke	29-Jan-2010	Tomlinson Field House
54	4:51.72		Victoria Coates	McMaster	13-Feb-2010	St. Denis Athletic Centre
55	4:51.85		Lynn Mockler	Western	29-Jan-2010	Tomlinson Field House
56	4:52.29		Faye Stenning	Calgary	23-Jan-2010	Jack Simpson Track
57	4:53.70		Nadine Brenault	Saskatchewan	29-Jan-2010	Saskatoon Field House
58	4:53.80	5:12.78 (Mile)	Laura Mitic	Victoria	14-Feb-2010	Dempsey Field House
59	4:53.87		Alex DiGiacomo	Toronto	22-Jan-2010	UofT Athletic Centre
60	4:53.89		Nicole Dubois	Manitoba	06-Feb-2010	Max Bell Field House
61	4:54.03		Madeline MacDonald	Calgary	06-Feb-2010	Max Bell Field House
62	4:54.39		Rebecca Reeves	Dalhousie	20-Feb-2010	Dalplex
63	4:54.2 (HT)		Bre Bates	St. FX	06-Feb-2010	Dalplex
64	4:54.51		Breanna Langley	St. FX	20-Feb-2010	Dalplex

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65	4:54.82		Monica Bolejszo	Waterloo	26-Feb-2010	Toronto Track and Field Centre
66	4:55.01		Grace Kary	Calgary	23-Jan-2010	Jack Simpson Track
67	4:55.06		Erin Ready	Dalhousie	20-Feb-2010	Dalplex
68	4:55.33		Tess Naroski	Lakehead	06-Feb-2010	Max Bell Field House
69	4:55.35		Lorelle Convery	Western	29-Jan-2010	Tomlinson Field House
70	4:55.38		Manon Letourneau	Laval	29-Jan-2010	Tomlinson Field House
71	4:55.41		Justine Stromberg	Manitoba	12-Feb-2010	Regina Field House
72	4:55.2 (HT)		Sarah Currie	Dalhousie	06-Feb-2010	Dalplex
73	4:55.61		Gracie Tetzlaff	Laurentian	13-Feb-2010	Louis Riel Dome
74	4:56.32		Megan Andrews	Queen's	13-Feb-2010	Louis Riel Dome
75	4:56.46		Erin MacNeil	St. FX	20-Feb-2010	Dalplex
76	4:56.93		Nadia Tatlow	Queen's	15-Jan-2010	St. Denis Athletic Centre
77	4:57.14		Lindsay Furtado	Guelph	06-Feb-2010	Toronto Track and Field Centre
78	4:57.0 (HT)		Grace Keenleyside	Queen's	19-Feb-2010	Tomlinson Fieldhouse
79	4:57.32		Erin Humphreys	Saskatchewan	06-Feb-2010	Max Bell Field House
80	4:57.37		Gina Pinsonnault-Bilodeau	McGill	13-Feb-2010	Louis Riel Dome
81	4:57.61		Lauren Coutts	Western	13-Feb-2010	St. Denis Athletic Centre
82	4:57.75		Kelly Laing	Windsor	13-Feb-2010	St. Denis Athletic Centre
83	4:57.91		Meaghan Morand	Windsor	15-Jan-2010	St. Denis Athletic Centre
84	4:57.97		Alex Bell	Manitoba	06-Feb-2010	Max Bell Field House
85	4:58.08		Sara Grand'Maison	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
86	4:58.18		Kathryn Pistor	York	15-Jan-2010	St. Denis Athletic Centre
87	4:58.24		Stephanie MacNeill	McMaster	13-Feb-2010	St. Denis Athletic Centre
88	4:58.30		Heather Stroeder	Laurentian	22-Jan-2010	UofT Athletic Centre
89	4:58.37		Gina Tessmann	Manitoba	06-Feb-2010	Max Bell Field House
90	4:58.46	5:17.74 (Mile)	Laura Gill	Windsor	29-Jan-2010	Findlay Fieldhouse
91	4:58.85		Natalia Szykarczuk	Alberta	26-Feb-2010	U of A Butterdome
92	4:59.08		Raeleen Hunter	Windsor	04-Dec-2009	St. Denis Athletic Centre
93	4:59.67	5:19.03 (Mile)	Krystal Goodwin	Windsor	29-Jan-2010	Findlay Fieldhouse
94	5:00.18		Hailey Cummings	Western	13-Feb-2010	St. Denis Athletic Centre
95	5:00.27	5:19.67 (Mile)	Jen Corrick	Windsor	29-Jan-2010	Findlay Fieldhouse
96	5:00.54		Alyssa Altomare	Manitoba	06-Feb-2010	Max Bell Field House

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97	5:00.56		Hayley Degaust	Alberta	13-Feb-2010	U of A Butterdome
98	5:00.97		Alex Gatza	Queen's	05-Dec-2009	Tomlinson Fieldhouse
99	5:01.65		Alice Sherwin	Manitoba	12-Dec-2009	Max Bell Field House
100	5:02.25		Jill Seymour	Ottawa	13-Feb-2010	Louis Riel Dome
101	5:02.26		Alicia Knox	Western	15-Jan-2010	St. Denis Athletic Centre
102	5:02.66		Cassandra Tomas	Alberta	28-Nov-2009	Universiade Pavillion
103	5:03.07		Kirstie Lithgow	Alberta	28-Nov-2009	Universiade Pavillion
104	5:03.08		Robin Mildren	Guelph	06-Feb-2010	Toronto Track and Field Centre
105	5:03.31		Leslie Gray	Waterloo	15-Jan-2010	St. Denis Athletic Centre
106	5:03.6 (HT)		Helena Fiore	St. FX	06-Feb-2010	Dalplex
107	5:04.41		Rachel Windsor	Western	06-Feb-2010	Toronto Track and Field Centre
108	5:06.11		Stephanie Flieler	Laurentian	06-Feb-2010	Toronto Track and Field Centre
109	5:06.51		Maggie Robins	Laurentian	22-Jan-2010	UofT Athletic Centre
110	5:06.74	5:26.56 (Mile)	Emily Klassen	Queen's	08-Jan-2010	Barton Hall
111	5:07.40		Vanessa de Hoog	Queen's	13-Feb-2010	Louis Riel Dome
112	5:07.73	5:27.61 (Mile)	Lisa Alaimo	Lakehead	23-Jan-2010	UWS Fieldhouse
113	5:07.76		Emma Tallman	Laurentian	06-Feb-2010	Toronto Track and Field Centre
114	5:08.68		Annie Croteau-Carignan	Laval	29-Jan-2010	Tomlinson Field House
115	5:08.78		Gloria Kanuka	Calgary	15-Jan-2010	U of A Butterdome
116	5:09.01		Julia Britton	Ottawa	26-Feb-2010	Toronto Track and Field Centre
117	5:09.24		Lyndsey Pearsall	McGill	27-Feb-2010	Tomlinson Fieldhouse
118	5:09.25		Blaire Robertshaw	Western	06-Feb-2010	Toronto Track and Field Centre
119	5:09.46		Laura Desjardins	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
120	5:09.49		Jeanne Mercier	Laval	29-Jan-2010	Tomlinson Field House
121	5:09.77		Sara Weselake	Alberta	15-Jan-2010	U of A Butterdome
122	5:09.97		Caitlin Tino	Queen's	05-Dec-2009	Tomlinson Fieldhouse
123	5:09.98		Carly Gill	Windsor	04-Dec-2009	St. Denis Athletic Centre
124	5:10.11		Sarah Bernard-Brouillard	Laval	29-Jan-2010	Tomlinson Field House
125	5:10.31		Courtney Post	McGill	13-Feb-2010	Louis Riel Dome
126	5:11.12		Nicole Badry	Ottawa	13-Feb-2010	Louis Riel Dome
127	5:11.38		Celine Best		19-Feb-2010	Tomlinson Fieldhouse

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				Royal Military College		
128	5:12.27		Kristin Bodell	Lethbridge	15-Jan-2010	U of A Butterdome
129	5:12.52		Theresa Fritz-Endres	Queen's	05-Dec-2009	Tomlinson Fieldhouse
130	5:12.3 (HT)		Erin Maguire	Dalhousie	06-Feb-2010	Dalplex
131	5:12.60		Katie Anker	Calgary	15-Jan-2010	U of A Butterdome
132	5:12.83		Haley Cadwallader	Windsor	04-Dec-2009	St. Denis Athletic Centre
133	5:14.87		Hayley Green	Windsor	04-Dec-2009	St. Denis Athletic Centre
134	5:15.16		Mari Mesri	McGill	27-Feb-2010	Tomlinson Fieldhouse
135	5:15.0 (HT)		Brittany Morris	St. FX	06-Feb-2010	Dalplex
136	5:15.70		Katie Jameson	Calgary	12-Feb-2010	Regina Field House
137	5:15.71		Michelle Kowanda	McGill	27-Feb-2010	Tomlinson Fieldhouse
138	5:16.07		Natalie Kannenberg	St. FX	09-Jan-2010	CEPS
139	5:16.57		Alison Ludzki	McMaster	06-Feb-2010	Toronto Track and Field Centre
140	5:16.65		Feyisayo Oni	Ottawa	05-Dec-2009	Tomlinson Fieldhouse
141	5:17.42		Dara Mikituk	Calgary	12-Feb-2010	Regina Field House
142	5:18.34	5:38.91 (Mile)	Maggie Hutton	Queen's	08-Jan-2010	Barton Hall
143	5:19.52		Bronwen Douglas	McMaster	06-Feb-2010	Toronto Track and Field Centre
144	5:19.91	5:40.58 (Mile)	Kate MacNaughton	Ottawa	12-Dec-2009	Newell Field House
145	5:20.00		Paris Adams	Queen's	27-Nov-2009	Louis Riel Dome
146	5:20.42		Talia Webber	Calgary	23-Jan-2010	Jack Simpson Track
147	5:21.24		Jennifer Allan	Royal Military College	13-Feb-2010	Louis Riel Dome
148	5:25.66		Andrea Armstrong	Saskatchewan	05-Dec-2009	Saskatoon Field House
149	5:25.70		Marina Rioux-Castonguay	Laval	16-Jan-2010	Centre Sportif
150	5:26.30		Hannah McCurdy-Adams	Laurentian	19-Feb-2010	Uof T Athletic Centre
151	5:28.80		Mary Sun	Royal Military College	22-Jan-2010	UofT Athletic Centre
152	5:31.43		Hilary Kilbreath	Laurentian	22-Jan-2010	UofT Athletic Centre
153	5:32.72		Meggie Soehl	St. FX	09-Jan-2010	CEPS
154	5:38.84		Sarah Quinn	Windsor	14-Feb-2010	St. Denis Athletic Centre
155	5:39.65	6:01.59 (Mile)	Becky Carr	Manitoba	17-Jan-2010	Bison Sports Arena
156	5:41.08		Lindsay McNicoll	Calgary	12-Feb-2010	Regina Field House
157	5:41.27		Amanda Pinch	Ottawa	16-Jan-2010	Louis Riel Dome
158	5:46.56		Lexi Thomas	Lethbridge	15-Jan-2010	U of A Butterdome
159	5:50.03		Marylène Doucet	Moncton	27-Feb-2010	CEPS
160	5:52.36		Katie Samoil	Alberta	15-Jan-2010	U of A Butterdome

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161	5:59.05	6:22.24 (Mile)	Tanis Smith	Windsor	20-Feb-2010	Michigan Track and Field Centre
162	6:01.40		Jessica Schmidt	Windsor	04-Dec-2009	St. Denis Athletic Centre
163	6:01.83		Anna Watkins	Lethbridge	15-Jan-2010	U of A Butterdome
164	6:14.18		Josée Poitras	Moncton	27-Feb-2010	CEPS
165	6:16.03		Marie-Claude Rioux	Moncton	27-Feb-2010	CEPS

## **Best Women's 3000m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 9:43.88)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	9:19.67 *		Megan Brown	Toronto	19-Feb-2010	Uof T Athletic Centre
2	9:20.82 *		Rachel Cliff	Guelph	05-Feb-2010	Loftus Centre
3	9:33.45 *		Genevieve Lalonde	Guelph	26-Feb-2010	Toronto Track and Field Centre
4	9:41.38 *		Julia Tschanz	Victoria	16-Jan-2010	Dempsey Field House
5	9:44.22		Claire Jean	Victoria	29-Jan-2010	Dempsey Field House
6	9:45.59		Monika Preibischova	St. FX	12-Feb-2010	B U TrackCenter
7	9:46.14		Katrina Bruckschwaiger	Manitoba	12-Feb-2010	Lied Recreation Centre
8	9:51.44		Jodi Souter	Saskatchewan	13-Feb-2010	Dempsey Field House
9	9:52.93		Courtney Laurie	Guelph	05-Feb-2010	Loftus Centre
10	9:55.66		Sara Giovannetti	McMaster	05-Feb-2010	Loftus Centre
11	9:56.59		Debby Querengesser	Calgary	06-Feb-2010	Max Bell Field House
12	9:57.22		Erin McClure	Toronto	05-Dec-2009	Barton Hall
13	9:57.69		Melanie Myrand	McGill	05-Feb-2010	The Armory Track Field Center
14	9:58.08		Samantha Beattie	Guelph	19-Feb-2010	Uof T Athletic Centre
15	9:58.43		Caroline Schlosser	Dalhousie	29-Jan-2010	Tomlinson Field House
16	9:58.74		Jessica Pearo	McMaster	05-Feb-2010	Loftus Centre
17	9:58.78		Kelly MacDonald	St. FX	20-Feb-2010	Dalplex
18	9:59.11		Deirdre Moran	Victoria	06-Feb-2010	Max Bell Field House
19	10:00.56		Tamara Jewett	Toronto	26-Feb-2010	Toronto Track and Field Centre
20	10:01.32		Lynn Mockler	Western	26-Feb-2010	Toronto Track and Field Centre
21	10:01.92		Cara Groves	Dalhousie	20-Feb-2010	Dalplex
22	10:03.62		Dayna Pidhoreshy	Windsor	22-Jan-2010	Grand Valley State University
23	10:04.05		Valerie Belanger	Sherbrooke	29-Jan-2010	Tomlinson Field House
24	10:06.22		Liza Howard	Queen's	23-Jan-2010	Newell Field House
25	10:10.08		Melanie Hughes	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
26	10:11.99		Lorelle Convery	Western	15-Jan-2010	St. Denis Athletic Centre

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27	10:12.04		Madeleine Cummings	McGill	27-Feb-2010	Tomlinson Fieldhouse
28	10:12.16		Faye Stenning	Calgary	06-Feb-2010	Max Bell Field House
29	10:13.02		Caitlin Warkentin	Saskatchewan	06-Feb-2010	Max Bell Field House
30	10:13.06		Karoline Hoy	Guelph	15-Jan-2010	St. Denis Athletic Centre
31	10:13.70		Victoria Coates	McMaster	05-Feb-2010	Loftus Centre
32	10:13.84		Emily Klassen	Queen's	21-Nov-2009	Louis Riel Dome
33	10:18.20		Tiffany Locke	Ottawa	10-Jan-2010	Leverone Fieldhouse
34	10:18.29		Manon Letourneau	Laval	29-Jan-2010	Tomlinson Field House
35	10:18.69		Natalia Szykarczuk	Alberta	13-Feb-2010	U of A Butterdome
36	10:18.82		Melanie Gregoire	Manitoba	23-Jan-2010	Bierman Field House
37	10:19.46		Shauna Skinner	Victoria	14-Feb-2010	Dempsey Field House
38	10:20.00		Stephanie Hulse	Queen's	12-Feb-2010	Barton Hall
39	10:21.57		Alana Soderberg	Alberta	15-Jan-2010	U of A Butterdome
40	10:22.81		Lacey Ginter	Manitoba	23-Jan-2010	Bierman Field House
41	10:23.30		Gabrielle Foran	Guelph	19-Feb-2010	Uof T Athletic Centre
42	10:24.18		Meaghan Morand	Windsor	20-Feb-2010	Michigan Track and Field Centre
43	10:24.77		Grace Kary	Calgary	06-Feb-2010	Max Bell Field House
44	10:25.29		Jen Corrick	Windsor	05-Feb-2010	Loftus Centre
45	10:25.60		Gina Tessmann	Manitoba	12-Feb-2010	Lied Recreation Centre
46	10:26.39		Stephanie MacNeill	McMaster	15-Jan-2010	St. Denis Athletic Centre
47	10:27.26		Nadia Tatlow	Queen's	15-Jan-2010	St. Denis Athletic Centre
48	10:27.33		Patricia Roney	Queen's	15-Jan-2010	St. Denis Athletic Centre
49	10:28.4 (HT)		Bre Bates	St. FX	17-Jan-2010	Dalplex
50	10:29.44		Lindsay Furtado	Guelph	19-Feb-2010	Uof T Athletic Centre
51	10:29.57		Alyssa Giuliani	Western	29-Jan-2010	Tomlinson Field House
52	10:29.78		Tess Naroski	Lakehead	13-Feb-2010	St Scholastica Fieldhouse
53	10:30.25		Erin MacNeil	St. FX	20-Feb-2010	Dalplex
54	10:31.43		Kathryn Pistor	York	06-Feb-2010	Toronto Track and Field Centre
55	10:31.56		Grace Keenleyside	Queen's	13-Feb-2010	Louis Riel Dome
56	10:31.59		Laura Gill	Windsor	22-Jan-2010	Grand Valley State University
57	10:34.36		Leslie Gray	Waterloo	15-Jan-2010	St. Denis Athletic Centre
58	10:36.24		Erin Ready	Dalhousie	20-Feb-2010	Dalplex
59	10:36.42		Gina Pinsonnault-Bilodeau	McGill	05-Feb-2010	The Armory Track Field Center
60	10:39.95		Hilary Quirion	Lakehead	26-Feb-2010	Toronto Track and Field Centre
61	10:40.70		Alice Sherwin	Manitoba	11-Dec-2009	Max Bell Field House
62	10:41.15		Hailey Cummings	Western	19-Feb-2010	Uof T Athletic Centre
63	10:41.53		Erin Humphreys	Saskatchewan	09-Jan-2010	Saskatoon Field House

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64	10:42.01		Alicia Knox	Western	15-Jan-2010	St. Denis Athletic Centre
65	10:43.61		Laura Desjardins	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
66	10:43.84		Sara Grand'Maison	Sherbrooke	29-Jan-2010	Tomlinson Field House
67	10:44.82		Lisa Alaimo	Lakehead	13-Feb-2010	St Scholastica Fieldhouse
68	10:45.12		Stephanie Flieler	Laurentian	06-Feb-2010	Toronto Track and Field Centre
69	10:48.75		Jeanne Mercier	Laval	12-Feb-2010	B U TrackCenter
70	10:50.70		Rachel Lamb	McMaster	09-Jan-2010	UofT Athletic Centre
71	10:52.89		Jill Seymour	Ottawa	10-Jan-2010	Leverone Fieldhouse
72	10:52.94		Helena Fiore	St. FX	27-Feb-2010	CEPS
73	10:53.39		Nadine Brenault	Saskatchewan	12-Feb-2010	Regina Field House
74	10:54.3 (HT)		Sarah Currie	Dalhousie	17-Jan-2010	Dalplex
75	10:54.86		Julia Britton	Ottawa	13-Feb-2010	Louis Riel Dome
75	10:55.1 (HT)		Natalie Kannenberg	St. FX	17-Jan-2010	Dalplex
77	10:57.92		Maggie Hutton	Queen's	23-Jan-2010	Newell Field House
78	10:59.43		Alyssa Altomare	Manitoba	11-Dec-2009	Max Bell Field House
79	11:02.29		Cassandra Tomas	Alberta	13-Feb-2010	U of A Butterdome
80	11:02.63		Nicole Barrett	Manitoba	11-Dec-2009	Max Bell Field House
81	11:03.18		Katie Anker	Calgary	12-Feb-2010	Regina Field House
82	11:05.24		Nicole Dubois	Manitoba	12-Feb-2010	Regina Field House
83	11:06.00		Kaylie Iserhoff	Lakehead	23-Jan-2010	UWS Fieldhouse
83	11:06.29		Caroline Gendron	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
85	11:06.1 (HT)		Tafline Tong	Lakehead	09-Jan-2010	Lakehead Hangar
86	11:06.64		Melanie McLean	Lakehead	13-Feb-2010	St Scholastica Fieldhouse
87	11:07.19		Kristin Bodell	Lethbridge	15-Jan-2010	U of A Butterdome
88	11:07.53		Alex Bell	Manitoba	23-Jan-2010	Max Bell Field House
89	11:07.90		Marina Rioux-Castonguay	Laval	12-Feb-2010	B U TrackCenter
90	11:10.1 (HT)		Breanna Langley	St. FX	17-Jan-2010	Dalplex
91	11:10.73		Theresa Fritz-Endres	Queen's	23-Jan-2010	Newell Field House
92	11:11.17		Katie Jameson	Calgary	12-Feb-2010	Regina Field House
93	11:11.25		Feyisayo Oni	Ottawa	21-Nov-2009	Louis Riel Dome
94	11:11.43		Courtney Post	McGill	29-Jan-2010	Tomlinson Field House
95	11:12.15		Laura Estey	Victoria	14-Feb-2010	Dempsey Field House
96	11:13.61		Nicole Badry	Ottawa	16-Jan-2010	Louis Riel Dome
97	11:15.78		Brittany Morris	St. FX	29-Jan-2010	Tomlinson Field House
98	11:16.45		Madeline MacDonald	Calgary	15-Jan-2010	U of A Butterdome
99	11:16.4 (HT)		Meggie Soehl	St. FX	17-Jan-2010	Dalplex
100	11:18.51		Ashley Kellam	Windsor	04-Dec-2009	St. Denis Athletic Centre
101	11:18.63		Kelly Laing	Windsor	04-Dec-2009	St. Denis Athletic Centre
102	11:18.65		Annie Croteau-Carignan	Laval	19-Dec-2009	Tomlinson Fieldhouse

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103	11:20.73		Heather Stroeder	Laurentian	06-Feb-2010	Toronto Track and Field Centre
104	11:21.91		Lindsay McNicoll	Calgary	12-Feb-2010	Regina Field House
105	11:22.99		Krystal Goodwin	Windsor	22-Jan-2010	Grand Valley State University
106	11:25.36		Bronwen Douglas	McMaster	09-Jan-2010	UofT Athletic Centre
107	11:26.01		Dara Mikituk	Calgary	12-Feb-2010	Regina Field House
108	11:28.92		Hayley Green	Windsor	04-Dec-2009	St. Denis Athletic Centre
109	11:32.82		Lyndsey Pearsall	McGill	06-Feb-2010	Centre Claude Robillard
110	11:36.41		Rachel Windsor	Western	15-Jan-2010	St. Denis Athletic Centre
111	11:38.1 (HT)		Christina Asmussen	Lakehead	09-Jan-2010	Lakehead Hangar
112	11:46.18		Hannah McCurdy-Adams	Laurentian	13-Feb-2010	Louis Riel Dome
113	11:46.88		Michelle Kowanda	McGill	29-Jan-2010	Tomlinson Field House
113	11:47.00		Richelle Ready	Manitoba	05-Dec-2009	Max Bell Field House
115	11:52.41		Tanis Smith	Windsor	04-Dec-2009	St. Denis Athletic Centre
116	12:05.10		Mari Mesri	McGill	16-Jan-2010	Centre Sportif
117	12:17.98		Brittney Adams	Lethbridge	15-Jan-2010	U of A Butterdome
118	12:26.25		Zeena Rashid	Ottawa	13-Feb-2010	Louis Riel Dome
119	12:30.19		Marylène Doucet	Moncton	27-Feb-2010	CEPS
120	13:13.09		Amanda Canfield	Ottawa	21-Nov-2009	Louis Riel Dome
121	13:14.60		Josée Poitras	Moncton	09-Jan-2010	CEPS
122	13:39.71		Marie-Claude Rioux	Moncton	09-Jan-2010	CEPS
123	16:57.62		Alicia Boxill	Manitoba	26-Feb-2010	U of A Butterdome
124	59:59.99		Catherine Cormier	Laval	19-Dec-2009	Tomlinson Fieldhouse

## **Best Women's 60mH Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 8.84)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	8.40 *		Noelle Montcalm	Windsor	26-Feb-2010	Toronto Track and Field Centre
2	8.55 *		Jen Cotten	Western	26-Feb-2010	Toronto Track and Field Centre
3	8.72 *		Charelle Anobile	Windsor	26-Feb-2010	Toronto Track and Field Centre
4	8.73 *		Kathryn McCaffrey	Alberta	26-Feb-2010	U of A Butterdome
5	8.78 *		Hayley Warren	McGill	27-Feb-2010	Tomlinson Fieldhouse
6	8.82 *		Amanda Herron	Saskatchewan	26-Feb-2010	U of A Butterdome
6	8.85		Courtney Wilkes	Alberta	26-Feb-2010	U of A Butterdome
8	8.86		Tori Merrill	Toronto	26-Feb-2010	Toronto Track and Field Centre
9	8.88		Nicole Breker	Regina	12-Feb-2010	Regina Field House
10	8.93		Chelsea Valois	Regina	05-Dec-2009	Regina Field House
10	8.93		Amilia Di Chiara	Windsor	26-Feb-2010	Toronto Track and Field Centre
12	8.96		Jolean Somogyi	Saskatchewan	05-Dec-2009	Saskatoon Field House
12	8.96		Emily Coxhead	Western	26-Feb-2010	Toronto Track and Field Centre

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14	8.97		Tamara Cap	Montreal	27-Feb-2010	Tomlinson Fieldhouse
14	8.98		Melissa Breland	Calgary	12-Feb-2010	Regina Field House
16	9.00		Veronika (Nika) Smits	Saskatchewan	15-Jan-2010	U of A Butterdome
17	9.02		Pascale Delisle	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
18	9.04		Robyn Bauck	Regina	12-Feb-2010	Regina Field House
19	9.06		Kelsi Mayne	Windsor	20-Feb-2010	Michigan Track and Field Centre
19	9.11		Hannah Bagnall	Windsor	26-Feb-2010	Toronto Track and Field Centre
19	9.13		Merissa Margetts	Regina	06-Feb-2010	Max Bell Field House
19	9.16		Christa Acquah	York	26-Feb-2010	Toronto Track and Field Centre
19	9.17		Meg Harris	Guelph	26-Feb-2010	Toronto Track and Field Centre
19	9.19		Jessica Caterini	Toronto	26-Feb-2010	Toronto Track and Field Centre
19	9.29		Tomeizel Barry	Guelph	13-Feb-2010	St. Denis Athletic Centre
19	9.30		Danielle Villalta	York	26-Feb-2010	Toronto Track and Field Centre
19	9.30		Lacey VanDerMarel	Western	26-Feb-2010	Toronto Track and Field Centre
28	9.33		Shannon Mueller	Windsor	13-Feb-2010	St. Denis Athletic Centre
29	9.35		Amanda Schneck	Alberta	26-Feb-2010	U of A Butterdome
29	9.35		Karen Robson	Saskatchewan	29-Jan-2010	Saskatoon Field House
29	9.36		Katerine Dugas	Montreal	27-Feb-2010	Tomlinson Fieldhouse
32	9.42		Sarah Bauck	Regina	06-Feb-2010	Max Bell Field House
32	9.44		Jessica May	Guelph	26-Feb-2010	Toronto Track and Field Centre
32	9.47		Leanne Hildenbrandt	Alberta	26-Feb-2010	U of A Butterdome
32	9.50		Kelly Morrison	Windsor	13-Feb-2010	St. Denis Athletic Centre
36	9.53		Alison Cameron-Vendrig	McGill	27-Feb-2010	Tomlinson Fieldhouse
36	9.53		Jessica Keeler	Saskatchewan	09-Jan-2010	Saskatoon Field House
36	9.55		Erica Rutley	Alberta	26-Feb-2010	U of A Butterdome
39	9.56		Marissa Roberts	Calgary	15-Jan-2010	U of A Butterdome
39	9.56		Juliana Bergin	Toronto	26-Feb-2010	Toronto Track and Field Centre
41	9.61		Alana Battiston	McGill	29-Jan-2010	Tomlinson Field House
41	9.62		Tomi Morris	Calgary	15-Jan-2010	U of A Butterdome
43	9.64		Lindsay Tasker	Saskatchewan	12-Feb-2010	Regina Field House
44	9.67		Alex Allen	Manitoba	13-Jan-2010	Max Bell Field House
44	9.67		Maple Liu	Calgary	05-Dec-2009	Jack Simpson Track
44	9.68		Johanna Dobransky	Ottawa	26-Feb-2010	Toronto Track and Field Centre
44	9.68		Mackenzie Baert	Alberta	26-Feb-2010	U of A Butterdome
44	9.70		Deondra Twerdun	Manitoba	26-Feb-2010	U of A Butterdome
49	9.71		Mila Simulik	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
49	9.71		Julia Hayman	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
51	9.73		Kelsi Hurlbut	Guelph	12-Feb-2010	Barton Hall
51	9.74		Leanne Schellenberg	Saskatchewan	12-Feb-2010	Regina Field House

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53	9.79		Emma Dobson	Guelph	22-Jan-2010	UofT Athletic Centre
53	9.82		Shalane Haselhan	Regina	06-Feb-2010	Max Bell Field House
53	9.83		Catherine Gauthier	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
56	9.88		Aly McPhee	McGill	29-Jan-2010	Tomlinson Field House
56	9.91		Jenessa Olson	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
58	9.95		Thandiwe Vela	Toronto	05-Dec-2009	Toronto Track and Field Centre
58	9.96		Lesley d'Apollonia	Dalhousie	27-Feb-2010	CEPS
58	9.96		Taylor Whitley	Ottawa	05-Dec-2009	Tomlinson Fieldhouse
61	9.99		Laurie Harder	Saskatchewan	26-Feb-2010	U of A Butterdome
62	10.04		Laura Maessen	Toronto	26-Feb-2010	Toronto Track and Field Centre
62	10.13		Katie Johnson	Western	26-Feb-2010	Toronto Track and Field Centre
62	10.14		Cheryl Coulas	Ottawa	26-Feb-2010	Toronto Track and Field Centre
65	10.19		Alana Kelly	Windsor	15-Jan-2010	St. Denis Athletic Centre
65	10.19		Brittany Hicks	McMaster	06-Feb-2010	Toronto Track and Field Centre
67	10.30		Alana Stewart	Toronto	12-Feb-2010	Barton Hall
68	10.37		Anne Marie Gosselin	Moncton	27-Feb-2010	CEPS
69	10.44		Mylene Brosseau	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
69	10.44		Caleigh Shaw	Alberta	13-Feb-2010	U of A Butterdome
69	10.48		Meagan King	Queen's	05-Dec-2009	Tomlinson Fieldhouse
72	10.53		Chrissy Richardson	St. Mary's	20-Feb-2010	Dalplex
73	10.54		Amanda Gundrum	Manitoba	05-Dec-2009	Max Bell Field House
73	10.54		Cheryl Coulas	Ottawa	16-Jan-2010	Louis Riel Dome
75	10.84		Angelica Lang	Saskatchewan	15-Jan-2010	U of A Butterdome
76	10.90		Jess Puddister	Dalhousie	09-Jan-2010	CEPS
77	10.92		Sarah Deveau	St. FX	27-Feb-2010	CEPS
78	10.96		Taya McGillivray	Queen's	06-Feb-2010	Toronto Track and Field Centre
79	10.98		Amanda Poulin	Alberta	28-Nov-2009	Universiade Pavillion
80	11.02		Debbie Trang	Alberta	15-Jan-2010	U of A Butterdome
81	11.42		Larah Maunder	McGill	13-Feb-2010	Louis Riel Dome
82	11.43		Jocelyn Westwood	Alberta	28-Nov-2009	Universiade Pavillion
83	11.47		Trina Kennedy	St. FX	27-Feb-2010	CEPS
84	11.64		Stephanie Loy Son	McMaster	06-Feb-2010	Toronto Track and Field Centre
84	11.81		Sara Miller	Moncton	27-Feb-2010	CEPS
86	12.07		Caroline Ssemenda	McMaster	05-Dec-2009	Thompson Recreation and Athletic Centre
87	12.22		Lindsay Braul	Regina	05-Dec-2009	Regina Field House
88	12.32		Shermiah Balthazar	McMaster	09-Jan-2010	UofT Athletic Centre
89	12.59		Alexis Prychitko	Manitoba	05-Dec-2009	Max Bell Field House
90	14.72		Marie-Lou Piché	Laval	16-Jan-2010	Centre Sportif
91	45.00		Kathryn Pistor	York	26-Feb-2010	Toronto Track and Field Centre

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## Best Women's 4x200m Result for All Athletes as of 14-Mar-2010 00:12:22 (Standard: 1:41.86)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:40.00 *		Windsor Lancers	Windsor	13-Feb-2010	St. Denis Athletic Centre
2	1:40.59 *		Calgary Dinos	Calgary	06-Feb-2010	Max Bell Field House
3	1:42.02		Alberta Pandas	Alberta	06-Feb-2010	Max Bell Field House
4	1:42.12		Western Mustangs	Western	29-Jan-2010	Tomlinson Field House
5	1:42.50		Toronto Varsity Blues	Toronto	13-Feb-2010	Louis Riel Dome
5	1:42.70		Manitoba Bisons	Manitoba	06-Feb-2010	Max Bell Field House
7	1:42.76		University of Saskatchewan Huskies	Saskatchewan	29-Jan-2010	Saskatoon Field House
8	1:43.14		Queen's Gaels	Queen's	26-Feb-2010	Toronto Track and Field Centre
9	1:43.40		McGill University	McGill	27-Feb-2010	Tomlinson Fieldhouse
9	1:44.47		York Lions	York	26-Feb-2010	Toronto Track and Field Centre
11	1:45.32		Sherbrooke Vert Or	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
12	1:45.46		University of Regina	Regina	12-Feb-2010	Regina Field House
13	1:46.11		Guelph Gryphons	Guelph	26-Feb-2010	Toronto Track and Field Centre
14	1:46.64		McMaster Marauders	McMaster	26-Feb-2010	Toronto Track and Field Centre
15	1:46.89		Ottawa Gee Gees	Ottawa	29-Jan-2010	Tomlinson Field House
16	1:46.99		Dalhousie Tigers	Dalhousie	29-Jan-2010	Tomlinson Field House
17	1:48.9 (HT)		StFX University	St. FX	06-Feb-2010	Dalplex
18	1:53.41		Waterloo Warriors	Waterloo	29-Jan-2010	Tomlinson Field House
19	1:54.05		Rouge et Or Université Laval	Laval	13-Feb-2010	Louis Riel Dome
20	1:55.06		University de Moncton	Moncton	27-Feb-2010	CEPS
21	5:43.25		Noelle Montcalm	Windsor	15-Jan-2010	St. Denis Athletic Centre
22	10:43.29		Queen's Golden Gaels	Queen's	27-Nov-2009	Louis Riel Dome

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## **Best Women's 4x400m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 3:52.68)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	3:46.17 *		Toronto Varsity Blues	Toronto	05-Feb-2010	Loftus Centre
2	3:48.51 *		Western Mustangs	Western	05-Feb-2010	Loftus Centre
3	3:49.92 *		Calgary Dinos	Calgary	26-Feb-2010	U of A Butterdome
4	3:50.92 *		Windsor Lancers	Windsor	26-Feb-2010	Toronto Track and Field Centre
5	3:51.39 *		University of Saskatchewan Huskies	Saskatchewan	26-Feb-2010	U of A Butterdome
5	3:51.59 *		Queen's Gaels	Queen's	26-Feb-2010	Toronto Track and Field Centre
7	3:53.06		Manitoba Bisons	Manitoba	12-Feb-2010	Lied Recreation Centre
8	3:53.84		Guelph Gryphons	Guelph	05-Feb-2010	Loftus Centre
9	3:56.32		McGill University	McGill	27-Feb-2010	Tomlinson Fieldhouse
10	3:58.33		Sherbrooke Vert Or	Sherbrooke	12-Feb-2010	B U TrackCenter
11	4:03.66		McMaster Marauders	McMaster	13-Feb-2010	St. Denis Athletic Centre
12	4:04.44		Alberta Pandas	Alberta	26-Feb-2010	U of A Butterdome
13	4:07.62		York Lions	York	26-Feb-2010	Toronto Track and Field Centre
14	4:09.29		StFX University	St. FX	27-Feb-2010	CEPS
15	4:11.02		Ottawa Gee Gees	Ottawa	29-Jan-2010	Tomlinson Field House
16	4:16.78		Rouge et Or Université Laval	Laval	29-Jan-2010	Tomlinson Field House
17	4:31.60		Lakehead University	Lakehead	23-Jan-2010	UWS Fieldhouse
18	4:32.20		Waterloo Warriors	Waterloo	15-Jan-2010	St. Denis Athletic Centre
19	4:54.00		University de Moncton	Moncton	27-Feb-2010	CEPS
20	40:06.81		Queen's Golden Gaels	Queen's	08-Jan-2010	Barton Hall

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## **Best Women's 4x800m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 9:06.92)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	9:02.64 *		Windsor Lancers	Windsor	26-Feb-2010	Toronto Track and Field Centre
2	9:04.42 *		Guelph Gryphons	Guelph	15-Jan-2010	St. Denis Athletic Centre
3	9:07.40		McGill University	McGill	05-Feb-2010	The Armory Track Field Center
4	9:12.18		University of Saskatchewan Huskies	Saskatchewan	06-Feb-2010	Max Bell Field House
5	9:13.98		McMaster Marauders	McMaster	26-Feb-2010	Toronto Track and Field Centre
6	9:16.57		Kendra Pomfret	Victoria	06-Feb-2010	Max Bell Field House
7	9:16.67		Alberta Pandas	Alberta	26-Feb-2010	U of A Butterdome
8	9:20.04		Manitoba Bisons	Manitoba	26-Feb-2010	U of A Butterdome
9	9:20.25		Queen's Gaels	Queen's	26-Feb-2010	Toronto Track and Field Centre
10	9:22.48		Calgary Dinos	Calgary	06-Feb-2010	Max Bell Field House
11	9:22.55		Western Mustangs	Western	26-Feb-2010	Toronto Track and Field Centre
12	9:24.04		Sherbrooke Vert Or	Sherbrooke	29-Jan-2010	Tomlinson Field House
13	9:25.99		Toronto Varsity Blues	Toronto	26-Feb-2010	Toronto Track and Field Centre
14	9:37.49		StFX University	St. FX	27-Feb-2010	CEPS
15	9:56.05		Ottawa Gee Gees	Ottawa	21-Nov-2009	Louis Riel Dome
16	10:42.49		Lakehead University	Lakehead	06-Feb-2010	Max Bell Field House
17	12:17.31		Victoria Vikes	Victoria	26-Feb-2010	U of A Butterdome
18	12:20.04		Alex Bell	Manitoba	26-Feb-2010	U of A Butterdome
19	12:50.01		University de Moncton	Moncton	27-Feb-2010	CEPS
20	40:39.99		Carly Gill	Windsor	29-Jan-2010	Madison Square Garden

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## **Best Women's High Jump Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 1.69)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	0.01		Jessica Massicote	Laval	16-Jan-2010	Centre Sportif
2	1.30		Taya McGillivray	Queen's	29-Jan-2010	Tomlinson Field House
2	1.30		Nathalie Larouche	Laval	23-Jan-2010	PEPS
2	1.30		Brittany Hicks	McMaster	29-Jan-2010	Tomlinson Field House
5	1.35		Laurie Harder	Saskatchewan	05-Dec-2009	Saskatoon Field House
5	1.35		Mylene Brosseau	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
5	1.35		Leanne Schellenberg	Saskatchewan	05-Dec-2009	Saskatoon Field House
5	1.35		Juliana Bergin	Toronto	12-Feb-2010	Barton Hall
9	1.36		Alana Stewart	Toronto	29-Jan-2010	Findlay Fieldhouse
10	1.37		Jessica Caterini	Toronto	05-Dec-2009	Barton Hall
11	1.40		Marie-Lou Piché	Laval	23-Jan-2010	PEPS
11	1.40		Jessica May	Guelph	05-Dec-2009	Toronto Track and Field Centre
11	1.40		Alexis Prychitko	Manitoba	22-Jan-2010	Max Bell Field House
11	1.40		Caleigh Shaw	Alberta	13-Feb-2010	U of A Butterdome
11	1.40		Larah Maunder	McGill	16-Jan-2010	Centre Sportif
11	1.40		Richelle Foraie	Regina	15-Jan-2010	U of A Butterdome
11	1.40		Haley Sigurdson	Manitoba	05-Dec-2009	Max Bell Field House
11	1.40		Hannah Bagnall	Windsor	06-Feb-2010	Toronto Track and Field Centre
11	1.40		Meg Harris	Guelph	09-Jan-2010	UofT Athletic Centre
11	1.40		Sara Miller	Moncton	27-Feb-2010	CEPS
21	1.42		Megan Scott	Manitoba	23-Jan-2010	Bierman Field House
21	1.42		Lauren Grebinski	Regina	26-Feb-2010	U of A Butterdome
21	1.42		Tori Merrill	Toronto	22-Jan-2010	UofT Athletic Centre
21	1.42		Lindsay Tasker	Saskatchewan	26-Feb-2010	U of A Butterdome
21	1.45		Toni Bocek	Regina	06-Feb-2010	Max Bell Field House
21	1.45		Amanda Poulin	Alberta	10-Jan-2010	U of A Butterdome
21	1.45		Veronika (Nika) Smits	Saskatchewan	09-Jan-2010	Saskatoon Field House
21	1.45		Josée-Anne Sarrazin-Coté	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
21	1.45		Lauren Simpson	Alberta	15-Jan-2010	U of A Butterdome
21	1.45		Ashley Deschamps	Lethbridge	07-Feb-2010	Olympic Oval
21	1.45		Lacey VanDerMarel	Western	29-Jan-2010	Tomlinson Field House
21	1.45		Deondra Twerdun	Manitoba	12-Dec-2009	Max Bell Field House
21	1.45		Erika Reiser	Windsor	04-Dec-2009	St. Denis Athletic Centre
21	1.45		Alex Poetschke	Western	06-Feb-2010	Toronto Track and Field Centre
21	1.45		Leanne Hildenbrandt	Alberta	10-Jan-2010	U of A Butterdome
21	1.45		Mairead Davidson	St. FX	20-Feb-2010	Dalplex

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37	1.46		Marie-Eve Chainey	Ottawa	16-Jan-2010	Louis Riel Dome
37	1.46		Diana Titova	Ottawa	27-Nov-2009	Louis Riel Dome
37	1.46		Suzette Janse van Rensburg	Queen's	27-Nov-2009	Louis Riel Dome
37	1.47		Meredith Stoesz	Manitoba	12-Feb-2010	Regina Field House
37	1.47		Alex Allen	Manitoba	12-Feb-2010	Regina Field House
37	1.48		Tayler Whitley	Ottawa	26-Feb-2010	Toronto Track and Field Centre
37	1.48		Johanna Dobransky	Ottawa	26-Feb-2010	Toronto Track and Field Centre
37	1.48		Jen Galt	Western	13-Feb-2010	St. Denis Athletic Centre
37	1.48		Jackie Anderson	Windsor	13-Feb-2010	St. Denis Athletic Centre
37	1.48		Karen Belfall	Waterloo	15-Jan-2010	St. Denis Athletic Centre
37	1.49		Chelsea Valois	Regina	12-Feb-2010	Regina Field House
37	1.50		Rebecca Bell	St. FX	29-Jan-2010	Tomlinson Field House
37	1.50		Natoya Whittingham	Windsor	04-Dec-2009	St. Denis Athletic Centre
37	1.50		Katie Kaiser	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
37	1.50		Emma Dobson	Guelph	09-Jan-2010	UofT Athletic Centre
37	1.50		Cheryl Coulas	Ottawa	21-Nov-2009	Louis Riel Dome
37	1.50		Angelica Lang	Saskatchewan	05-Dec-2009	Saskatoon Field House
37	1.50		Alana Battiston	McGill	16-Jan-2010	Centre Sportif
37	1.50		Mackenzie Baert	Alberta	15-Jan-2010	U of A Butterdome
37	1.50		Amanda Schneck	Alberta	29-Jan-2010	Saskatoon Field House
37	1.50		Pascale Gendron-Daigneault	Sherbrooke	16-Jan-2010	Centre Sportif
37	1.50		Kelsi Hurlbut	Guelph	09-Jan-2010	UofT Athletic Centre
37	1.50		Danielle Villalta	York	06-Feb-2010	Toronto Track and Field Centre
37	1.50		Alana Kelly	Windsor	06-Feb-2010	Toronto Track and Field Centre
61	1.52		Lauren Taylor	Saskatchewan	26-Feb-2010	U of A Butterdome
61	1.52		Shalane Haselhan	Regina	26-Feb-2010	U of A Butterdome
61	1.53		Jess Puddister	Dalhousie	09-Jan-2010	CEPS
61	1.53		Audrey Morin-Lemay	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
61	1.53		Kelly Morrison	Windsor	15-Jan-2010	St. Denis Athletic Centre
61	1.53		Pascale Delisle	Sherbrooke	12-Feb-2010	B U TrackCenter
61	1.53		Katie Johnson	Western	15-Jan-2010	St. Denis Athletic Centre
68	1.55		Lindsey MacDonald	Alberta	15-Jan-2010	U of A Butterdome
68	1.55		Julia Wallace	Guelph	09-Jan-2010	UofT Athletic Centre
68	1.55		Brooke Wilson	Western	06-Feb-2010	Toronto Track and Field Centre
68	1.55		Sherelle Solomon	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
68	1.55		Sarah Oag	Toronto	12-Feb-2010	Barton Hall

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68	1.55		Isabel Pett	McGill	16-Jan-2010	Centre Sportif
68	1.57		Tamara Cap	Montreal	29-Jan-2010	Tomlinson Field House
68	1.57		Jen Cotten	Western	29-Jan-2010	Tomlinson Field House
68	1.58		Laura Maessen	Toronto	26-Feb-2010	Toronto Track and Field Centre
68	1.58		Teresa Logozar	Manitoba	22-Jan-2010	Max Bell Field House
68	1.58		Emilie Dufour-Chouinard	Sherbrooke	23-Jan-2010	PEPS
68	1.60		Katerine Dugas	Montreal	05-Dec-2009	Tomlinson Fieldhouse
68	1.60		Aly McPhee	McGill	16-Jan-2010	Centre Sportif
68	1.64		Shaneista Haye	Guelph	13-Feb-2010	St. Denis Athletic Centre
68	1.65		Lindsey Bergevin	Alberta	12-Feb-2010	Regina Field House
68	1.70 *		Sarah Boyle	Toronto	22-Jan-2010	UofT Athletic Centre

## **Best Women's Pole Vault Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 3.62)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1.95		Karine Boulay	Moncton	09-Jan-2010	CEPS
2	2.00		Sara Miller	Moncton	09-Jan-2010	CEPS
3	2.40		Marie-Chantale Genest	Sherbrooke	16-Jan-2010	Centre Sportif
4	2.51		Melanie Banville	Ottawa	27-Nov-2009	Louis Riel Dome
5	2.57		Shannon Mueller	Windsor	04-Dec-2009	St. Denis Athletic Centre
6	2.60		Rebecca Wong	Manitoba	11-Dec-2009	Max Bell Field House
7	2.62		Katherine Kerr	Saskatchewan	05-Dec-2009	Saskatoon Field House
8	2.72		Rachel Lariviere	Windsor	04-Dec-2009	St. Denis Athletic Centre
9	2.75		Taralyn Cook	Manitoba	11-Dec-2009	Max Bell Field House
10	2.80		Marina Savic	Windsor	13-Feb-2010	St. Denis Athletic Centre
10	2.80		Rosemonde Lareau-Dussault	Sherbrooke	29-Jan-2010	Tomlinson Field House
12	2.87		Julia Hayman	Western	15-Jan-2010	St. Denis Athletic Centre
12	2.87		Chelsea Paterson	Windsor	04-Dec-2009	St. Denis Athletic Centre
14	2.91		Victoria Crowe	McGill	27-Nov-2009	Louis Riel Dome
15	3.00		Melissa Radu	Guelph	26-Feb-2010	Toronto Track and Field Centre
15	3.00		Erika Fiedler	Guelph	05-Dec-2009	Toronto Track and Field Centre
15	3.00		Stacey Head	Alberta	28-Nov-2009	Universiade Pavillion
15	3.00		Mylene Brosseau	Sherbrooke	29-Jan-2010	Tomlinson Field House
19	3.01		Melinda Megan Rock	McGill	27-Nov-2009	Louis Riel Dome
20	3.05		Emilie Dufour-Chouinard	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
21	3.13		Laura Barclay	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
22	3.17		Meghan Richey	Saskatchewan	05-Dec-2009	Saskatoon Field House
22	3.17		Jenn Tomayer	Windsor	15-Jan-2010	St. Denis Athletic Centre

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22	3.17		Jenn House	Western	15-Jan-2010	St. Denis Athletic Centre
22	3.17		Alex Poetschke	Western	15-Jan-2010	St. Denis Athletic Centre
22	3.17		Erika Reiser	Windsor	15-Jan-2010	St. Denis Athletic Centre
22	3.17		Teresa Hill	Saskatchewan	05-Dec-2009	Saskatoon Field House
22	3.30		Emma Crombeen	York	29-Jan-2010	Livestock Arena
22	3.30		Carmen Siu	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
30	3.32		Kimberley Stephenson	Calgary	29-Jan-2010	Saskatoon Field House
30	3.32		Keightley Bertram	Calgary	26-Feb-2010	U of A Butterdome
30	3.32		Stephanie Vause	Saskatchewan	26-Feb-2010	U of A Butterdome
30	3.35		Alex Allen	Manitoba	10-Feb-2010	Max Bell Field House
30	3.37		Erica Rutley	Alberta	15-Jan-2010	U of A Butterdome
30	3.37		Robyn Webster	Calgary	15-Jan-2010	U of A Butterdome
30	3.47		Lindsey Bergevin	Alberta	26-Feb-2010	U of A Butterdome
30	3.50		Teresa Logozar	Manitoba	10-Feb-2010	Max Bell Field House
30	3.55		Heather Hamilton	York	26-Nov-2009	Toronto Track and Field Centre
39	3.72 *		Leah Vause	Saskatchewan	05-Dec-2009	Saskatoon Field House

## **Best Women's Long Jump Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 5.65)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	0.01		Jessica Massicote	Laval	23-Jan-2010	PEPS
2	2.17		Emma Crombeen	York	26-Nov-2009	Toronto Track and Field Centre
3	3.46		Rachel Oppong-Agyei	York	09-Jan-2010	UofT Athletic Centre
4	3.62		Anne-Marie Young	Manitoba	06-Feb-2010	Max Bell Field House
5	3.82		Sarah Ducasse	Ottawa	29-Jan-2010	Tomlinson Field House
6	3.83		Peggy Hamilton	Manitoba	06-Feb-2010	Max Bell Field House
6	3.85		Marie-Lou Piché	Laval	19-Dec-2009	Tomlinson Fieldhouse
8	3.86		Mylene Brosseau	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
9	3.90		Jennifer Adebajo	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
10	3.99		Veronika (Nika) Smits	Saskatchewan	26-Feb-2010	U of A Butterdome
11	4.03		Christine Joannou	Queen's	05-Dec-2009	Tomlinson Fieldhouse
12	4.08		Dalvis Dalbanka	York	29-Jan-2010	Tomlinson Field House
12	4.08		Haley Sigurdson	Manitoba	06-Feb-2010	Max Bell Field House
14	4.17		Karen Belfall	Waterloo	09-Jan-2010	UofT Athletic Centre
15	4.20		Brittany Hicks	McMaster	06-Feb-2010	Toronto Track and Field Centre
15	4.20		Tomeizel Barry	Guelph	06-Feb-2010	Toronto Track and Field Centre

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15	4.20		Meaghan Woo	Manitoba	24-Feb-2010	Max Bell Field House
18	4.21		Michelle Williamson	Manitoba	13-Jan-2010	Max Bell Field House
19	4.23		Lindsay Braul	Regina	21-Nov-2009	Regina Field House
20	4.24		Leanne Schellenberg	Saskatchewan	12-Feb-2010	Regina Field House
20	4.25		Toni Bocek	Regina	05-Dec-2009	Regina Field House
22	4.26		Priscilla Ma	McGill	29-Jan-2010	Tomlinson Field House
22	4.26		Sandra Vanessa Ndikumasabo	Ottawa	29-Jan-2010	Tomlinson Field House
24	4.27		Taya McGillivray	Queen's	06-Feb-2010	Toronto Track and Field Centre
24	4.27		Stéphanie Landry	Moncton	09-Jan-2010	CEPS
24	4.29		Sarah Bauck	Regina	21-Nov-2009	Regina Field House
27	4.30		Suzette Janse van Rensburg	Queen's	27-Nov-2009	Louis Riel Dome
28	4.32		Richina Foggo	Calgary	06-Feb-2010	Max Bell Field House
28	4.32		Rebecca Bell	St. FX	09-Jan-2010	CEPS
28	4.35		Cheryl Coulas	Ottawa	21-Nov-2009	Louis Riel Dome
31	4.36		Meg Harris	Guelph	22-Jan-2010	UofT Athletic Centre
31	4.36		Wendy Zhang	Ottawa	16-Jan-2010	Louis Riel Dome
33	4.38		Megan Scott	Manitoba	06-Feb-2010	Max Bell Field House
34	4.39		Kristin Obrochta	York	26-Nov-2009	Toronto Track and Field Centre
35	4.41		Mairead Davidson	St. FX	09-Jan-2010	CEPS
36	4.43		Angelica Lang	Saskatchewan	26-Feb-2010	U of A Butterdome
36	4.43		Taylor Whitley	Ottawa	21-Nov-2009	Louis Riel Dome
36	4.43		Danielle Parrish	Calgary	29-Jan-2010	Saskatoon Field House
36	4.43		Bobbi Gelsinger	Regina	05-Dec-2009	Regina Field House
36	4.46		Ginhette Reyes	Toronto	06-Feb-2010	Toronto Track and Field Centre
41	4.47		Kelly Morrison	Windsor	15-Jan-2010	St. Denis Athletic Centre
42	4.48		Alana Kelly	Windsor	22-Jan-2010	Grand Valley State University
42	4.48		Mélanie Bois	Moncton	13-Feb-2010	CFB Gagetown Indoor Facility
44	4.49		Iesha Branford	Calgary	29-Jan-2010	Saskatoon Field House
44	4.49		Nancy Spreitzer	Waterloo	29-Jan-2010	Tomlinson Field House
44	4.49		Meghan Butters	McGill	29-Jan-2010	Tomlinson Field House
47	4.50		Richelle Foraie	Regina	21-Nov-2009	Regina Field House
48	4.51		Alex Allen	Manitoba	05-Dec-2009	Max Bell Field House
49	4.52		Marina Savic	Windsor	29-Jan-2010	Findlay Fieldhouse
49	4.52		Charesse Bloomfield	York	26-Nov-2009	Toronto Track and Field Centre
51	4.53		Christa Acquah	York	26-Nov-2009	Toronto Track and Field Centre
51	4.54		Camille Wallace	Windsor	20-Feb-2010	Michigan Track and Field Centre

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51	4.55		Kylie Rains	Ottawa	05-Dec-2009	Tomlinson Fieldhouse
51	4.55		Mackenzie Baert	Alberta	12-Feb-2010	Regina Field House
51	4.55		Katie Johnson	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
56	4.56		Stephanie Pon	Calgary	15-Jan-2010	U of A Butterdome
56	4.56		Heather McDonald	Lethbridge	15-Jan-2010	U of A Butterdome
56	4.56		Katrina Vandervoort	Waterloo	15-Jan-2010	St. Denis Athletic Centre
56	4.56		Laura Maessen	Toronto	26-Feb-2010	Toronto Track and Field Centre
60	4.57		Jessica May	Guelph	15-Jan-2010	St. Denis Athletic Centre
61	4.58		Juliana Bergin	Toronto	15-Jan-2010	St. Denis Athletic Centre
61	4.58		Hannah Bagnall	Windsor	15-Jan-2010	St. Denis Athletic Centre
63	4.61		Majenta Whyte Potter-Mal	McGill	27-Nov-2009	Louis Riel Dome
63	4.62		Jackie Anderson	Windsor	22-Jan-2010	Grand Valley State University
63	4.63		Jessica Caterini	Toronto	05-Dec-2009	Barton Hall
66	4.65		Victoria Tschirhart	McMaster	29-Jan-2010	Tomlinson Field House
66	4.65		Jess Puddister	Dalhousie	09-Jan-2010	CEPS
66	4.65		Amanda Poulin	Alberta	28-Nov-2009	Universiade Pavillion
66	4.66		Lindsay Tasker	Saskatchewan	12-Feb-2010	Regina Field House
66	4.67		Julia Wallace	Guelph	09-Jan-2010	UofT Athletic Centre
66	4.67		Deondra Twerdun	Manitoba	23-Jan-2010	Bierman Field House
66	4.68		Audrey Morin-Lemay	Sherbrooke	23-Jan-2010	PEPS
66	4.68		Sherfieldann John	Windsor	04-Dec-2009	St. Denis Athletic Centre
66	4.69		Ali Comeault	Manitoba	11-Dec-2009	Max Bell Field House
66	4.69		Erika Reiser	Windsor	04-Dec-2009	St. Denis Athletic Centre
66	4.72		Quinnie Rwahwire	Windsor	22-Jan-2010	Grand Valley State University
66	4.72		Kirstie Prefontaine	Saskatchewan	12-Feb-2010	Regina Field House
66	4.72		Aly McPhee	McGill	29-Jan-2010	Tomlinson Field House
66	4.75		Katie Kaiser	Western	29-Jan-2010	Tomlinson Field House
66	4.75		Emma Dobson	Guelph	26-Feb-2010	Toronto Track and Field Centre
66	4.76		Sara Miller	Moncton	27-Feb-2010	CEPS
66	4.76		Amanda Schneck	Alberta	10-Jan-2010	U of A Butterdome
66	4.76		Kim Richardson	Guelph	06-Feb-2010	Toronto Track and Field Centre
84	4.77		Alana Battiston	McGill	29-Jan-2010	Tomlinson Field House
84	4.77		Johanna Dobransky	Ottawa	26-Feb-2010	Toronto Track and Field Centre
86	4.78		Lacey VanDerMarel	Western	13-Feb-2010	St. Denis Athletic Centre
87	4.79		Ashley Drouillard	Windsor	29-Jan-2010	Findlay Fieldhouse
87	4.79		Alana Stewart	Toronto	15-Jan-2010	St. Denis Athletic Centre
89	4.81		Melanie Zunti	Alberta	15-Jan-2010	U of A Butterdome

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89	4.82		Khadija Sheikh	Windsor	15-Jan-2010	St. Denis Athletic Centre
89	4.83		Sarah Sylvester	Western	06-Feb-2010	Toronto Track and Field Centre
89	4.83		Tori Merrill	Toronto	05-Dec-2009	Barton Hall
89	4.83		Keisha Sharp	Regina	15-Jan-2010	U of A Butterdome
94	4.84		Alison Jestadt	Regina	05-Dec-2009	Regina Field House
94	4.84		Shalane Haselhan	Regina	05-Dec-2009	Regina Field House
94	4.85		Kelsi Hurlbut	Guelph	26-Feb-2010	Toronto Track and Field Centre
94	4.85		Danielle Villalta	York	23-Jan-2010	Thompson Recreation and Athletic Centre
94	4.85		Amanda Gundrum	Manitoba	23-Jan-2010	Bierman Field House
94	4.86		Laurie Daudelin-Gauthier	Sherbrooke	16-Jan-2010	Centre Sportif
94	4.88		Lisa Wong	Manitoba	13-Jan-2010	Max Bell Field House
101	4.90		Elizabeth Petrov	York	26-Nov-2009	Toronto Track and Field Centre
102	4.92		Laurie Harder	Saskatchewan	09-Jan-2010	Saskatoon Field House
102	4.92		Pascale Delisle	Sherbrooke	16-Jan-2010	Centre Sportif
102	4.92		Josée-Anne Sarrazin-Coté	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
102	4.94		Courtney Wilkes	Alberta	28-Nov-2009	Universiade Pavillion
106	4.96		Robyn Bauck	Regina	05-Dec-2009	Regina Field House
106	4.96		Leanne Hildenbrandt	Alberta	29-Jan-2010	Saskatoon Field House
106	4.97		Brittany Pepper	York	26-Nov-2009	Toronto Track and Field Centre
106	4.97		Erika Fiedler	Guelph	19-Feb-2010	Uof T Athletic Centre
106	5.01		Jaideene Lowe	Windsor	15-Jan-2010	St. Denis Athletic Centre
111	5.03		Ashley Deschamps	Lethbridge	07-Feb-2010	Olympic Oval
111	5.06		Heather Hamilton	York	26-Nov-2009	Toronto Track and Field Centre
111	5.08		Pascale Gendron-Daigneault	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
114	5.15		Leah Vause	Saskatchewan	29-Jan-2010	Saskatoon Field House
114	5.17		Natoya Whittingham	Windsor	22-Jan-2010	Grand Valley State University
114	5.21		Dana Baker	Manitoba	11-Dec-2009	Max Bell Field House
114	5.25		Alicia Smith	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
118	5.29		Morgan Hall	Western	05-Dec-2009	Thompson Recreation and Athletic Centre
118	5.30		Mila Simulik	Western	05-Feb-2010	Loftus Centre
120	5.31		Chelsea Valois	Regina	12-Feb-2010	Regina Field House
120	5.36		Nicole Breker	Regina	05-Dec-2009	Regina Field House
122	5.44		Tamara Cap	Montreal	10-Jan-2010	Leverone Fieldhouse
122	5.49		Kathryn McCaffrey	Alberta	29-Jan-2010	Saskatoon Field House
122	5.56		Esther Renaud	Sherbrooke	16-Jan-2010	Centre Sportif

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125	5.72 *		Jen Cotten	Western	26-Feb-2010	Toronto Track and Field Centre
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## **Best Women's Triple Jump Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 11.45)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	8.51		Anne-Marie Young	Manitoba	06-Feb-2010	Max Bell Field House
2	9.01		Ginhette Reyes	Toronto	06-Feb-2010	Toronto Track and Field Centre
3	9.02		Melinda Megan Rock	McGill	19-Feb-2010	Tomlinson Fieldhouse
4	9.25		Emilie Dufour-Chouinard	Sherbrooke	16-Jan-2010	Centre Sportif
5	9.35		Mélanie Bois	Moncton	13-Feb-2010	CFB Gagetown Indoor Facility
6	9.41		Bobbi Gelsinger	Regina	05-Dec-2009	Regina Field House
7	9.42		Charesse Bloomfield	York	15-Jan-2010	St. Denis Athletic Centre
8	9.43		Stephanie Pon	Calgary	15-Jan-2010	U of A Butterdome
9	9.45		Mairead Davidson	St. FX	09-Jan-2010	CEPS
9	9.45		Kirstie Prefontaine	Saskatchewan	09-Jan-2010	Saskatoon Field House
9	9.45		Karen Belfall	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
12	9.47		Stéphanie Landry	Moncton	29-Jan-2010	Tomlinson Field House
12	9.47		Toni Bocek	Regina	21-Nov-2009	Regina Field House
14	9.51		Dalvis Dalbanka	York	22-Jan-2010	UofT Athletic Centre
15	9.52		Meghan Butters	McGill	13-Feb-2010	Louis Riel Dome
16	9.61		Rebecca Bell	St. FX	09-Jan-2010	CEPS
16	9.61		Richelle Foraie	Regina	05-Dec-2009	Regina Field House
18	9.74		Natoya Whittingham	Windsor	04-Dec-2009	St. Denis Athletic Centre
19	9.75		Pascale Gendron-Daigneault	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
19	9.85		Brittany Pepper	York	06-Feb-2010	Toronto Track and Field Centre
21	9.91		Megan Scott	Manitoba	23-Jan-2010	Bierman Field House
22	9.97		Victoria Tschirhart	McMaster	09-Jan-2010	UofT Athletic Centre
23	9.99		Quinnie Rwahwire	Windsor	29-Jan-2010	Findlay Fieldhouse
23	10.00		Suzette Janse van Rensburg	Queen's	27-Nov-2009	Louis Riel Dome
25	10.04		Shannon Mueller	Windsor	04-Dec-2009	St. Denis Athletic Centre
25	10.04		Ali Comeault	Manitoba	12-Dec-2009	Max Bell Field House
25	10.06		Katrina Vandervoort	Waterloo	09-Jan-2010	UofT Athletic Centre
28	10.08		Deondra Twerdun	Manitoba	12-Dec-2009	Max Bell Field House
28	10.08		Brooke Wilson	Western	29-Jan-2010	Tomlinson Field House
30	10.09		Ashley Drouillard	Windsor	15-Jan-2010	St. Denis Athletic Centre
31	10.13		Alana Stewart	Toronto	29-Jan-2010	Findlay Fieldhouse
31	10.15		Jackie Anderson	Windsor	15-Jan-2010	St. Denis Athletic Centre

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33	10.20		Amanda Gundrum	Manitoba	12-Dec-2009	Max Bell Field House
33	10.21		Danielle Parrish	Calgary	29-Jan-2010	Saskatoon Field House
33	10.21		Tomeizel Barry	Guelph	19-Feb-2010	Uof T Athletic Centre
33	10.26		Alison Jestadt	Regina	21-Nov-2009	Regina Field House
37	10.27		Melanie Zunti	Alberta	15-Jan-2010	U of A Butterdome
37	10.27		Nancy Spreitzer	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
39	10.39		Khadija Sheikh	Windsor	06-Feb-2010	Toronto Track and Field Centre
40	10.41		Julia Wallace	Guelph	15-Jan-2010	St. Denis Athletic Centre
40	10.44		Keisha Sharp	Regina	15-Jan-2010	U of A Butterdome
42	10.58		Josée-Anne Sarrazin-Coté	Sherbrooke	16-Jan-2010	Centre Sportif
43	10.62		Sara Miller	Moncton	27-Feb-2010	CEPS
44	10.63		Heather McCurdy	McGill	29-Jan-2010	Tomlinson Field House
44	10.68		Emma Dobson	Guelph	20-Nov-2009	Gryphon Dome
46	10.77		Robyn Bauck	Regina	21-Nov-2009	Regina Field House
46	10.80		Katie Kaiser	Western	26-Feb-2010	Toronto Track and Field Centre
46	10.82		Audrey Morin-Lemay	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
49	10.86		Tori Merrill	Toronto	26-Feb-2010	Toronto Track and Field Centre
50	10.89		Sarah Sylvester	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
51	11.00		Kim Richardson	Guelph	09-Jan-2010	UofT Athletic Centre
52	11.20		Alicia Smith	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
53	11.23		Nicole Breker	Regina	21-Nov-2009	Regina Field House
54	11.62 *		Courtney Wilkes	Alberta	29-Jan-2010	Saskatoon Field House
55	11.73 *		Mila Simulik	Western	23-Jan-2010	Thompson Recreation and Athletic Centre
56	11.75 *		Jaideene Lowe	Windsor	22-Jan-2010	Grand Valley State University

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## **Best Women's Shot Put Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 12.93)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	4.17		Diandra Forde	York	26-Nov-2009	Toronto Track and Field Centre
2	4.53		Raeleen Hunter	Windsor	04-Dec-2009	St. Denis Athletic Centre
3	4.90		Laura Gill	Windsor	04-Dec-2009	St. Denis Athletic Centre
4	5.21		Caitlin Fortier	Windsor	04-Dec-2009	St. Denis Athletic Centre
5	5.30		Chelsea Paterson	Windsor	04-Dec-2009	St. Denis Athletic Centre
6	5.49		Nathalie Séguin	Laval	05-Dec-2009	Tomlinson Fieldhouse
7	5.52		Carly Gill	Windsor	04-Dec-2009	St. Denis Athletic Centre
8	5.58		Ashley Kellam	Windsor	04-Dec-2009	St. Denis Athletic Centre
9	5.61		Kelly Laing	Windsor	04-Dec-2009	St. Denis Athletic Centre
10	5.90		Krystal Goodwin	Windsor	04-Dec-2009	St. Denis Athletic Centre
11	6.24		Haley Cadwallader	Windsor	04-Dec-2009	St. Denis Athletic Centre
12	6.28		Alana Stewart	Toronto	05-Dec-2009	Barton Hall
13	6.29		Andrina Slegers	Windsor	04-Dec-2009	St. Denis Athletic Centre
14	6.34		Jenn Tomayer	Windsor	04-Dec-2009	St. Denis Athletic Centre
15	6.50		Andréanne Roy	Moncton	29-Jan-2010	Tomlinson Field House
16	6.63		Nicole Sassine	Windsor	04-Dec-2009	St. Denis Athletic Centre
17	6.64		Danielle Harrison	Windsor	04-Dec-2009	St. Denis Athletic Centre
18	6.67		Kathryn Pistor	York	26-Nov-2009	Toronto Track and Field Centre
19	6.74		Rachel Lariviere	Windsor	04-Dec-2009	St. Denis Athletic Centre
19	6.74		Rachel Oppong-Agyei	York	26-Nov-2009	Toronto Track and Field Centre
21	6.77		Melissa Bishop	Windsor	04-Dec-2009	St. Denis Athletic Centre
22	6.80		Séguin Nathalie	Laval	13-Feb-2010	Louis Riel Dome
23	6.88		Kelsi Mayne	Windsor	04-Dec-2009	St. Denis Athletic Centre
24	6.90		Donia Oumesrour	Windsor	04-Dec-2009	St. Denis Athletic Centre
25	6.93		Angelica Lang	Saskatchewan	15-Jan-2010	U of A Butterdome
26	7.05		Jessica Caterini	Toronto	05-Dec-2009	Barton Hall
27	7.13		Tayler Whitley	Ottawa	21-Nov-2009	Louis Riel Dome
28	7.26		Jaclyn Fedorus	Alberta	10-Jan-2010	U of A Butterdome
29	7.32		Natoya Whittingham	Windsor	04-Dec-2009	St. Denis Athletic Centre
30	7.36		Aly McPhee	McGill	29-Jan-2010	Tomlinson Field House
31	7.43		Marie-Lou Piché	Laval	16-Jan-2010	Centre Sportif
32	7.51		Kelly Morrison	Windsor	29-Jan-2010	Findlay Fieldhouse
32	7.53		Vanissa Tang	Waterloo	06-Feb-2010	Toronto Track and Field Centre
34	7.55		Cheryl Coulas	Ottawa	29-Jan-2010	Tomlinson Field House
34	7.55		Mackenzie Baert	Alberta	15-Jan-2010	U of A Butterdome
36	7.59		Amanda Kanters	Windsor	04-Dec-2009	St. Denis Athletic Centre
37	7.65		Hannah Bagnall	Windsor	04-Dec-2009	St. Denis Athletic Centre
37	7.71		Ashley Deschamps	Lethbridge	07-Feb-2010	Olympic Oval

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39	7.75		Erika Reiser	Windsor	04-Dec-2009	St. Denis Athletic Centre
40	7.83		Amber Blackwell	Waterloo	15-Jan-2010	St. Denis Athletic Centre
40	7.83		Amanda Bradley	Regina	05-Dec-2009	Regina Field House
42	7.92		Ciera Heshka-Wolf	Alberta	15-Jan-2010	U of A Butterdome
43	8.03		Katie Johnson	Western	15-Jan-2010	St. Denis Athletic Centre
43	8.03		Camille Wallace	Windsor	04-Dec-2009	St. Denis Athletic Centre
43	8.03		Jess Puddister	Dalhousie	06-Feb-2010	Dalplex
46	8.16		Sara Miller	Moncton	27-Feb-2010	CEPS
46	8.19		Charesse Bloomfield	York	26-Nov-2009	Toronto Track and Field Centre
48	8.20		Leanne Hildenbrandt	Alberta	15-Jan-2010	U of A Butterdome
49	8.21		Emma Dobson	Guelph	15-Jan-2010	St. Denis Athletic Centre
50	8.34		Danielle Gyemi	Windsor	04-Dec-2009	St. Denis Athletic Centre
50	8.34		Justyna Surzyn	Toronto	22-Jan-2010	UofT Athletic Centre
52	8.46		Johanna Dobransky	Ottawa	21-Nov-2009	Louis Riel Dome
53	8.50		Valerie Chartrand	Ottawa	27-Nov-2009	Louis Riel Dome
54	8.51		Shannon Galea	McMaster	09-Jan-2010	UofT Athletic Centre
55	8.54		Alana Kelly	Windsor	22-Jan-2010	Grand Valley State University
56	8.55		Brittany Hicks	McMaster	13-Feb-2010	St. Denis Athletic Centre
57	8.57		Meg Harris	Guelph	07-Jan-2010	Gryphon Dome
57	8.60		Latesha Francis	Windsor	04-Dec-2009	St. Denis Athletic Centre
59	8.66		Jaideene Lowe	Windsor	04-Dec-2009	St. Denis Athletic Centre
60	8.71		Juliana Bergin	Toronto	26-Feb-2010	Toronto Track and Field Centre
61	8.76		Laura Maessen	Toronto	09-Jan-2010	UofT Athletic Centre
62	8.78		Jessica May	Guelph	26-Feb-2010	Toronto Track and Field Centre
63	8.79		Michelle Williamson	Manitoba	13-Jan-2010	Max Bell Field House
64	8.83		Melinda Megan Rock	McGill	19-Feb-2010	Tomlinson Fieldhouse
65	8.84		Lacey VanDerMarel	Western	15-Jan-2010	St. Denis Athletic Centre
65	8.84		Shalane Haselhan	Regina	06-Feb-2010	Max Bell Field House
67	8.89		Janelle Olchow	Saskatchewan	19-Dec-2009	Saskatoon Field House
68	8.92		Cherelle Cadrain	Saskatchewan	19-Dec-2009	Saskatoon Field House
69	8.97		Alicia Wilson	St. Mary's	06-Feb-2010	Dalplex
70	8.98		Cara Marcantonio	Western	26-Feb-2010	Toronto Track and Field Centre
71	9.10		Danielle Villalta	York	23-Jan-2010	Thompson Recreation and Athletic Centre
72	9.12		Sophie Arsenault	Moncton	29-Jan-2010	Tomlinson Field House
73	9.15		Amanda Schneck	Alberta	29-Jan-2010	Saskatoon Field House
73	9.20		Leanne Schellenberg	Saskatchewan	15-Jan-2010	U of A Butterdome
75	9.21		Kelsi Hurlbut	Guelph	15-Jan-2010	St. Denis Athletic Centre
75	9.29		Brit Herd	Guelph	20-Nov-2009	Gryphon Dome
77	9.32		Christa Acquah	York	26-Nov-2009	Toronto Track and Field Centre
78	9.39		Lauren Simpson	Alberta	15-Jan-2010	U of A Butterdome

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78	9.43		Lindsay Chupa	Manitoba	05-Dec-2009	Max Bell Field House
80	9.45		Jen Cotten	Western	15-Jan-2010	St. Denis Athletic Centre
81	9.46		Maple Liu	Calgary	07-Feb-2010	Olympic Oval
81	9.46		Veronika (Nika) Smits	Saskatchewan	19-Dec-2009	Saskatoon Field House
83	9.51		Chantel Paris	St. FX	29-Jan-2010	Tomlinson Field House
84	9.52		Stacey Martin	Manitoba	13-Jan-2010	Max Bell Field House
85	9.61		Sara McCallum	Lakehead	23-Jan-2010	UWS Fieldhouse
85	9.64		Bobby-Jo Cronk	St. FX	17-Jan-2010	Dalplex
87	9.68		Tori Merrill	Toronto	29-Jan-2010	Findlay Fieldhouse
87	9.68		Chelsea Keeley	Guelph	15-Jan-2010	St. Denis Athletic Centre
89	9.69		Lindsay Tasker	Saskatchewan	12-Feb-2010	Regina Field House
89	9.69		Kirsten Ecklund	Regina	15-Jan-2010	U of A Butterdome
89	9.69		Emilee Bendell	St. Mary's	29-Jan-2010	Tomlinson Field House
92	9.70		Laurie Harder	Saskatchewan	15-Jan-2010	U of A Butterdome
92	9.72		Elizabeth MacDonald	Dalhousie	06-Feb-2010	Dalplex
92	9.77		Taya McGillivray	Queen's	19-Feb-2010	Tomlinson Fieldhouse
92	9.81		Alana Battiston	McGill	29-Jan-2010	Tomlinson Field House
96	9.88		Chantelle Labrecque	Regina	06-Feb-2010	Max Bell Field House
97	9.90		Ami Schimanski	Windsor	13-Feb-2010	St. Denis Athletic Centre
98	9.97		Emma Dyck	Regina	12-Feb-2010	Regina Field House
98	10.06		AbiOla Bello	Regina	26-Feb-2010	U of A Butterdome
98	10.06		Meg Lowry	Guelph	15-Jan-2010	St. Denis Athletic Centre
101	10.08		Breanna Rak	Saskatchewan	12-Feb-2010	Regina Field House
101	10.08		Pascale Delisle	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
103	10.21		Chelsea Valois	Regina	06-Feb-2010	Max Bell Field House
104	10.40		Chelcie Kucharchuk	Alberta	15-Jan-2010	U of A Butterdome
104	10.40		Jaime Johns	Lakehead	23-Jan-2010	UWS Fieldhouse
104	10.45		Deondra Twerdun	Manitoba	26-Feb-2010	U of A Butterdome
107	10.46		Mylene Brosseau	Sherbrooke	12-Feb-2010	B U TrackCenter
108	10.50		Tamara Cap	Montreal	29-Jan-2010	Tomlinson Field House
109	10.52		Celine Gibb	Windsor	29-Jan-2010	Findlay Fieldhouse
110	10.56		Shealyn McLaughlin	Windsor	29-Jan-2010	Findlay Fieldhouse
111	10.59		Juliana Bergin	Toronto	09-Jan-2010	UofT Athletic Centre
112	10.63		Kristin Obrochta	York	26-Nov-2009	Toronto Track and Field Centre
113	10.80		Tara Penney	Guelph	05-Dec-2009	Toronto Track and Field Centre
114	11.01		Lydia Foley	Western	29-Jan-2010	Tomlinson Field House
114	11.10		Rigel Carias	Alberta	15-Jan-2010	U of A Butterdome
116	11.11		Michelle Ocran	Manitoba	26-Feb-2010	U of A Butterdome
117	11.28		Annie Larose	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
118	11.39		Jaime Waive	Calgary	15-Jan-2010	U of A Butterdome
119	11.69		Caitlin Fowler	Regina	09-Jan-2010	Saskatoon Field House

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120	11.79		Myriam Dumont-Breton	Sherbrooke	23-Jan-2010	PEPS
121	12.11		Isabelle Boudreau	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
122	12.22		Steffi Stephenson	Windsor	22-Jan-2010	Grand Valley State University
123	12.30		Cynthia Appiah	York	05-Dec-2009	Toronto Track and Field Centre
124	12.45		Kimberly Elliott	Saskatchewan	12-Feb-2010	Regina Field House
125	13.53 *		Taryn Suttie	Saskatchewan	12-Feb-2010	Regina Field House
126	13.92 *		Elizabeth Petrov	York	05-Dec-2009	Toronto Track and Field Centre

## Best Women's Weight Throw Result for All Athletes as of 14-Mar-2010 00:12:22 (Standard: 17.05)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	6.00		Bobby-Jo Cronk	St. FX	17-Jan-2010	Dalplex
2	6.24		Stacey Martin	Manitoba	12-Dec-2009	Max Bell Field House
3	6.70		Nathalie Séguin	Laval	16-Jan-2010	Centre Sportif
4	7.25		Victoria Crowe	McGill	19-Feb-2010	Tomlinson Fieldhouse
5	7.52		Amber Blackwell	Waterloo	06-Feb-2010	Toronto Track and Field Centre
6	7.58		Emilee Bendell	St. Mary's	17-Jan-2010	Dalplex
7	8.56		Sara McCallum	Lakehead	06-Feb-2010	Max Bell Field House
8	8.65		Chantel Paris	St. FX	17-Jan-2010	Dalplex
9	8.74		Tara Penney	Guelph	20-Nov-2009	Gryphon Dome
10	8.77		Jaclyn Fedorus	Alberta	12-Feb-2010	Regina Field House
11	8.82		Mylene Brosseau	Sherbrooke	29-Jan-2010	Tomlinson Field House
12	8.88		Séguin Nathalie	Laval	13-Feb-2010	Louis Riel Dome
13	8.96		Janelle Olchoway	Saskatchewan	19-Dec-2009	Saskatoon Field House
14	9.00		Celine Gibb	Windsor	04-Dec-2009	St. Denis Athletic Centre
15	9.07		Isabelle Boudreau	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
16	9.14		Lindsay Chupa	Manitoba	12-Dec-2009	Max Bell Field House
17	9.69		Michelle Ocran	Manitoba	05-Dec-2009	Max Bell Field House
18	10.33		AbiOla Bello	Regina	09-Jan-2010	Saskatoon Field House
19	10.35		Sophie Arsenault	Moncton	09-Jan-2010	CEPS
20	10.40		Lydia Foley	Western	29-Jan-2010	Tomlinson Field House
21	10.77		Rigel Carias	Alberta	06-Feb-2010	Max Bell Field House
22	10.78		Chantelle Labrecque	Regina	06-Feb-2010	Max Bell Field House
23	11.29		Kirsten Ecklund	Regina	09-Jan-2010	Saskatoon Field House
24	11.36		Emma Dyck	Regina	09-Jan-2010	Saskatoon Field House
25	11.39		Valerie Chartrand	Ottawa	27-Nov-2009	Louis Riel Dome
26	11.61		Ciera Heshka-Wolf	Alberta	26-Feb-2010	U of A Butterdome
27	11.77		Karen Ferris	Manitoba	12-Dec-2009	Max Bell Field House
28	11.82		Ami Schimanski	Windsor	29-Jan-2010	Findlay Fieldhouse
29	12.07		Kimberly Elliott	Saskatchewan	19-Dec-2009	Saskatoon Field House
29	12.07		Meg Lowry	Guelph	26-Feb-2010	Toronto Track and Field Centre

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31	12.18		Shealyn McLaughlin	Windsor	15-Jan-2010	St. Denis Athletic Centre
31	12.39		Breanna Rak	Saskatchewan	12-Feb-2010	Regina Field House
33	12.50		Elizabeth MacDonald	Dalhousie	09-Jan-2010	CEPS
34	12.90		Chelsea Keeley	Guelph	07-Jan-2010	Gryphon Dome
35	12.97		Chelcie Kucharchuk	Alberta	06-Feb-2010	Max Bell Field House
36	12.98		Melinda Megan Rock	McGill	16-Jan-2010	Centre Sportif
37	13.00		Elizabeth Petrov	York	05-Dec-2009	Toronto Track and Field Centre
38	13.19		Caitlin Fowler	Regina	26-Feb-2010	U of A Butterdome
39	13.28		Steffi Stephenson	Windsor	04-Dec-2009	St. Denis Athletic Centre
39	13.31		Jenine McCutcheon	Western	15-Jan-2010	St. Denis Athletic Centre
41	13.53		Brit Herd	Guelph	07-Jan-2010	Gryphon Dome
41	13.53		Myriam Dumont-Breton	Sherbrooke	16-Jan-2010	Centre Sportif
43	13.65		Kristen Mackie	Saskatchewan	29-Jan-2010	Saskatoon Field House
44	13.81		Jaime Waine	Calgary	12-Feb-2010	Regina Field House
44	13.98		Cynthia Appiah	York	26-Nov-2009	Toronto Track and Field Centre
46	15.28		Cara Marcantonio	Western	29-Jan-2010	Tomlinson Field House
47	15.55		Kristin Obrochta	York	06-Feb-2010	Toronto Track and Field Centre
47	15.55		Annie Larose	Sherbrooke	06-Feb-2010	Centre Claude Robillard
49	16.32		Taryn Suttie	Saskatchewan	26-Feb-2010	U of A Butterdome

## **Best Women's Pentathlon Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 3414.00)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1327.00		Mylene Brosseau	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
2	1864.00		Marie-Lou Piché	Laval	16-Jan-2010	Centre Sportif
3	2000.00		Kelly Morrison	Windsor	26-Feb-2010	Toronto Track and Field Centre
4	2118.00		Tori Merrill	Toronto	12-Feb-2010	Barton Hall
5	2212.00		Leanne Schellenberg	Saskatchewan	12-Feb-2010	Regina Field House
6	2267.00		Alana Kelly	Windsor	29-Jan-2010	Findlay Fieldhouse
7	2277.00		Brittany Hicks	McMaster	29-Jan-2010	Tomlinson Field House
8	2334.00		Taylor Whitley	Ottawa	21-Nov-2009	Louis Riel Dome
9	2353.00		Taya McGillivray	Queen's	29-Jan-2010	Tomlinson Field House
10	2366.00		Laurie Harder	Saskatchewan	15-Jan-2010	U of A Butterdome
11	2411.00		Cheryl Coulas	Ottawa	21-Nov-2009	Louis Riel Dome
12	2424.00		Angelica Lang	Saskatchewan	15-Jan-2010	U of A Butterdome
13	2436.00		Alana Stewart	Toronto	22-Jan-2010	UofT Athletic Centre
14	2443.00		Juliana Bergin	Toronto	22-Jan-2010	UofT Athletic Centre
15	2465.00		Meg Harris	Guelph	26-Feb-2010	Toronto Track and Field Centre
16	2508.00		Laura Maessen	Toronto	26-Feb-2010	Toronto Track and Field Centre
17	2662.00		Jess Puddister	Dalhousie	27-Feb-2010	CEPS
18	2729.00		Jessica Caterini	Toronto	05-Dec-2009	Barton Hall

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19	2778.00		Leanne Hildenbrandt	Alberta	15-Jan-2010	U of A Butterdome
20	2786.00		Aly McPhee	McGill	29-Jan-2010	Tomlinson Field House
21	2791.00		Jessica May	Guelph	22-Jan-2010	UofT Athletic Centre
22	2793.00		Katie Johnson	Western	29-Jan-2010	Tomlinson Field House
23	2864.00		Shalane Haselhan	Regina	12-Feb-2010	Regina Field House
24	2869.00		Mackenzie Baert	Alberta	12-Feb-2010	Regina Field House
25	2897.00		Lacey VanDerMarel	Western	29-Jan-2010	Tomlinson Field House
26	2920.00		Johanna Dobransky	Ottawa	10-Jan-2010	Leverone Fieldhouse
27	2967.00		Veronika (Nika) Smits	Saskatchewan	26-Feb-2010	U of A Butterdome
28	2998.00		Kelsi Hurlbut	Guelph	26-Feb-2010	Toronto Track and Field Centre
29	3032.00		Danielle Villalta	York	29-Jan-2010	Tomlinson Field House
30	3045.00		Lindsay Tasker	Saskatchewan	15-Jan-2010	U of A Butterdome
31	3059.00		Deondra Twerdun	Manitoba	26-Feb-2010	U of A Butterdome
32	3113.00		Emma Dobson	Guelph	22-Jan-2010	UofT Athletic Centre
33	3152.00		Hannah Bagnall	Windsor	29-Jan-2010	Findlay Fieldhouse
34	3302.00		Amanda Schneck	Alberta	15-Jan-2010	U of A Butterdome
35	3307.00		Tamara Cap	Montreal	29-Jan-2010	Tomlinson Field House
36	3321.00		Pascale Delisle	Sherbrooke	16-Jan-2010	Centre Sportif
36	3321.00		Chelsea Valois	Regina	12-Feb-2010	Regina Field House
38	3324.00		Alana Battiston	McGill	29-Jan-2010	Tomlinson Field House
39	3718.00 *		Jen Cotten	Western	26-Feb-2010	Toronto Track and Field Centre

## **Best Women's 55m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 7.07)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	7.63		Catherine Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
2	7.75		Marina Yacob	Ottawa	23-Jan-2010	Newell Field House
3	7.76		Kari Kluge	Lakehead	13-Feb-2010	St Scholastica Fieldhouse
4	7.85		Eve-Lyne Robitaille-Beaumier	Sherbrooke	12-Feb-2010	B U TrackCenter
5	7.89		Mireille Bergeron	Sherbrooke	12-Feb-2010	B U TrackCenter
5	7.89		Sarah Ducasse	Ottawa	23-Jan-2010	Newell Field House
7	7.90		Vanessa Ivec	Lakehead	13-Feb-2010	St Scholastica Fieldhouse
8	8.07		Nadine Johnson	Ottawa	23-Jan-2010	Newell Field House
9	8.16		Mylene Brosseau	Sherbrooke	12-Feb-2010	B U TrackCenter
10	8.17		Becky Van Zeyl	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
11	8.19		Marie-Eve Gauthier	Ottawa	23-Jan-2010	Newell Field House

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## **Best Women's 200m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 24.99)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	24.10 *		Noelle Montcalm	Windsor	05-Feb-2010	Loftus Centre
2	25.06		Sharai Siemens	Saskatchewan	14-Feb-2010	Dempsey Field House
3	25.20		Danielle Harrison	Windsor	05-Feb-2010	Loftus Centre
4	25.33		Nicole Sassine	Windsor	22-Jan-2010	Grand Valley State University
4	25.47		Athena McBean	Toronto	05-Feb-2010	Loftus Centre
6	25.54		Lisa Wong	Manitoba	11-Dec-2009	Max Bell Field House
7	25.74		Meaghan Woo	Manitoba	12-Feb-2010	Lied Recreation Centre
8	25.75		Iman Blackman	Windsor	22-Jan-2010	Grand Valley State University
9	25.76		Alicia Brown	Toronto	29-Jan-2010	Findlay Fieldhouse
9	25.76		Veronica Catry	Queen's	12-Feb-2010	Barton Hall
11	25.77		Sarah Peirce	Guelph	05-Dec-2009	Toronto Track and Field Centre
12	25.91		Chelsea Valois	Regina	05-Dec-2009	Regina Field House
13	25.98		Christiane Lela	Ottawa	23-Jan-2010	Newell Field House
14	26.10		Amanda Ruller	Regina	05-Dec-2009	Regina Field House
15	26.15		Jennifer Campbell	Manitoba	12-Feb-2010	Lied Recreation Centre
16	26.24		Natoya Whittingham	Windsor	20-Feb-2010	Michigan Track and Field Centre
17	26.28		Eve-Lyne Robitaille-Beaumier	Sherbrooke	12-Feb-2010	B U TrackCenter
18	26.36		Carrie Yuzik	Saskatchewan	05-Dec-2009	Saskatoon Field House
19	26.46		Merissa Margetts	Regina	05-Dec-2009	Regina Field House
20	26.54		Kimberly-Ann Bordun	Manitoba	12-Feb-2010	Lied Recreation Centre
21	26.55		Charelle Anobile	Windsor	22-Jan-2010	Grand Valley State University
21	26.55		Marissa Walter	Queen's	08-Jan-2010	Barton Hall
23	26.69		Cassandra McCaig	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
24	26.74		Billie White-Gibson	Windsor	22-Jan-2010	Grand Valley State University
25	26.76		Laurie Daudelin-Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
26	26.79		Vanessa Brathwaite	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
27	26.80		Sherelle Solomon	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
28	26.81		Susan Sobey	Dalhousie	28-Nov-2009	CFB Gagetown Indoor Facility
29	26.83		Jenessa Olson	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
30	26.85		Camille Wallace	Windsor	22-Jan-2010	

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						Grand Valley State University
31	26.86		Alicia Boxill	Manitoba	11-Dec-2009	Max Bell Field House
31	26.86		Jaide Lyons	Windsor	20-Feb-2010	Michigan Track and Field Centre
33	26.89		Melanie Lui	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
33	26.89		Leah Harpelle	Manitoba	23-Jan-2010	Bierman Field House
35	26.95		Katelyn Kuspira	Saskatchewan	05-Dec-2009	Saskatoon Field House
36	26.97		Ashley Drouillard	Windsor	22-Jan-2010	Grand Valley State University
37	27.00		Lisa Grieve	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
38	27.03		Caitlin Fortier	Windsor	29-Jan-2010	Findlay Fieldhouse
39	27.04		Donia Oumesrour	Windsor	22-Jan-2010	Grand Valley State University
40	27.05		Caley Miskimmin	Manitoba	17-Jan-2010	Bison Sports Arena
41	27.15		Tennille Davis	Regina	05-Dec-2009	Regina Field House
42	27.17		Shauna Malek	Guelph	05-Dec-2009	Toronto Track and Field Centre
43	27.30		Dana Baker	Manitoba	11-Dec-2009	Max Bell Field House
44	27.32		Alison McCart	Guelph	05-Dec-2009	Toronto Track and Field Centre
45	27.40		Meaghan Rempel	Manitoba	24-Feb-2010	Max Bell Field House
45	27.51		Pauliina Beretta	Queen's	12-Feb-2010	Barton Hall
47	27.59		Mireille Bergeron	Sherbrooke	12-Feb-2010	B U TrackCenter
48	27.91		Marina Yacob	Ottawa	23-Jan-2010	Newell Field House
49	27.92		Nicole Breker	Regina	05-Dec-2009	Regina Field House
50	27.94		Katrina Vandervoort	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
50	27.94		Jamie Ferguson	Saskatchewan	05-Dec-2009	Saskatoon Field House
52	28.01		Kari Kluge	Lakehead	23-Jan-2010	UWS Fieldhouse
53	28.06		Amanda Spriel	Guelph	05-Dec-2009	Toronto Track and Field Centre
54	28.17		Morgan Hall	Western	24-Nov-2009	Thompson Recreation and Athletic Centre
55	28.18		Robyn Bauck	Regina	05-Dec-2009	Regina Field House
56	28.20		Catherine Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
56	28.20		Johanna Dobransky	Ottawa	23-Jan-2010	Newell Field House
58	28.25		Joy Ogundare	Queen's	12-Feb-2010	Barton Hall
59	28.27		Heather Schmidt	Guelph	05-Dec-2009	Toronto Track and Field Centre
60	28.29		Christine Olson	Saskatchewan	05-Dec-2009	Saskatoon Field House
61	28.30		Latisha Rhooms	McMaster	05-Dec-2009	

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						Thompson Recreation and Athletic Centre
62	28.31		Morgan Van Mierlo	McMaster	05-Dec-2009	Thompson Recreation and Athletic Centre
63	28.45		Katie Hanbidge	Saskatchewan	05-Dec-2009	Saskatoon Field House
64	28.53		Reba Timbrell	Ottawa	23-Jan-2010	Newell Field House
65	28.58		Nadine Johnson	Ottawa	23-Jan-2010	Newell Field House
66	28.72		Sarah Ducasse	Ottawa	23-Jan-2010	Newell Field House
67	28.84		Sandra Vanessa Ndikumasabo	Ottawa	23-Jan-2010	Newell Field House
68	29.10		Becky Van Zeyl	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
69	29.41		Marie-Eve Gauthier	Ottawa	23-Jan-2010	Newell Field House
70	30.61		Jennifer Adebajo	Waterloo	05-Dec-2009	Thompson Recreation and Athletic Centre
71	31.27		Maria Epp	Saskatchewan	05-Dec-2009	Saskatoon Field House
72	32.99		Anne-Marie Young	Manitoba	23-Jan-2010	Max Bell Field House

## **Best Women's 400m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 56.02)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	55.55 *		Sharai Siemens	Saskatchewan	13-Feb-2010	Dempsey Field House
2	57.48		Christiane Lela	Ottawa	10-Jan-2010	Leverone Fieldhouse
3	57.50		Jennifer Campbell	Manitoba	12-Feb-2010	Lied Recreation Centre
4	57.89		Alicia Brown	Toronto	29-Jan-2010	Findlay Fieldhouse
5	58.06		Kirklin Maclise	Alberta	28-Nov-2009	Universiade Pavillion
6	58.21		Jan Stirling	Queen's	08-Jan-2010	Barton Hall
7	58.40		Meaghan Woo	Manitoba	12-Feb-2010	Lied Recreation Centre
8	59.04		Kimberly-Ann Bordun	Manitoba	12-Feb-2010	Lied Recreation Centre
9	59.08		Athena McBean	Toronto	29-Jan-2010	Findlay Fieldhouse
9	59.08		Ashley Gerstmar	Saskatchewan	12-Feb-2010	Regina Field House
11	59.17		Dana Baker	Manitoba	12-Feb-2010	Lied Recreation Centre
12	59.23		Shauna Malek	Guelph	05-Dec-2009	Toronto Track and Field Centre
13	59.45		Amanda Banks	Saskatchewan	12-Feb-2010	Regina Field House
14	1:00.06		Michelle Lavoie	Manitoba	12-Dec-2009	Max Bell Field House
15	1:01.49		Jaide Lyons	Windsor	29-Jan-2010	Findlay Fieldhouse
16	1:02.22		Amanda Spriel	Guelph	05-Dec-2009	Toronto Track and Field Centre
17	1:03.09		Alison McCart	Guelph	05-Dec-2009	Toronto Track and Field Centre
18	1:03.76		Reba Timbrell	Ottawa	23-Jan-2010	Newell Field House
19	1:04.59		Chantal Auger	Manitoba	12-Dec-2009	Max Bell Field House

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20	1:05.34		Catherine Gauthier	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
20	1:05.34		Eve-Lyne Robitaille-Beaumier	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
22	1:16.29		Kristin Loeper	Ottawa	10-Jan-2010	Leverone Fieldhouse
23	1:18.79		Angelica Garcia Varganova	Manitoba	12-Dec-2009	Max Bell Field House

## **Best Women's 500m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 1:14.51)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:11.27 *		Amonn Nelson	Calgary	13-Feb-2010	Louis Riel Dome
2	1:14.86		Nana Momoh	Sherbrooke	12-Feb-2010	B U TrackCenter
3	1:15.06		Jan Stirling	Queen's	12-Feb-2010	Barton Hall
4	1:17.10		Amanda Kanters	Windsor	05-Feb-2010	Loftus Centre
5	1:19.03		Andrina Slegers	Windsor	05-Feb-2010	Loftus Centre
6	1:21.65		Jennifer Barrow	Queen's	08-Jan-2010	Barton Hall
7	1:25.36		Kim Kallio	Queen's	08-Jan-2010	Barton Hall
8	1:26.53		Alex Gatza	Queen's	08-Jan-2010	Barton Hall

## **Best Women's 800m Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 2:11.56)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2:05.88 *		Melissa Bishop	Windsor	05-Feb-2010	Loftus Centre
2	2:08.79 *		Raeleen Hunter	Windsor	05-Feb-2010	Loftus Centre
3	2:09.24 *		Celia Peters	Dalhousie	12-Feb-2010	B U TrackCenter
4	2:09.49 *		Rachel Aubry	Guelph	05-Feb-2010	Loftus Centre
5	2:10.47 *		Kailey Smith	Saskatchewan	13-Feb-2010	Dempsey Field House
6	2:10.76 *		Julene Friesen	Saskatchewan	13-Feb-2010	Dempsey Field House
7	2:16.04		Katie Housley	Toronto	05-Feb-2010	Loftus Centre
8	2:16.05		Julia Malleck	Ottawa	10-Jan-2010	Leverone Fieldhouse
9	2:16.24		Heather Kurpe	Windsor	05-Feb-2010	Loftus Centre
10	2:17.44		Michelle Lavoie	Manitoba	12-Feb-2010	Lied Recreation Centre
11	2:17.68		Carly Gill	Windsor	22-Jan-2010	Grand Valley State University
12	2:18.09		Kelly Laing	Windsor	22-Jan-2010	Grand Valley State University
13	2:18.0 (HT)		Melissa Petersen	Regina	12-Feb-2010	Regina Field House
14	2:19.21		Emma Tallman	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
15	2:19.73		Lauren Beaulieu	Victoria	16-Jan-2010	Dempsey Field House
16	2:20.52		Ashley Kellam	Windsor	22-Jan-2010	Grand Valley State University
17	2:22.16		Chantal Auger	Manitoba	12-Feb-2010	Lied Recreation Centre
18	2:22.74		Kendra Pomfret	Victoria	16-Jan-2010	Dempsey Field House
19	2:22.97		Maureen McCulligh	Victoria	16-Jan-2010	Dempsey Field House
20	2:23.05		Valerie Hurdle	Calgary	05-Dec-2009	Jack Simpson Track
21	2:23.0 (HT)		Nadine Brenault	Saskatchewan	12-Feb-2010	Regina Field House

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22	2:23.32		Michelle Seifert	Calgary	05-Dec-2009	Jack Simpson Track
23	2:23.85		Jackie Adamson	Manitoba	23-Jan-2010	Bierman Field House
24	2:23.97		Kim Kallio	Queen's	12-Feb-2010	Barton Hall
25	2:24.94		Elizabeth Parenteau	Sherbrooke	12-Feb-2010	B U TrackCenter
26	2:25.24		Alyssa Thrasher	Windsor	22-Jan-2010	Grand Valley State University
27	2:25.34		Haley Cadwallader	Windsor	22-Jan-2010	Grand Valley State University
28	2:25.78		Nikki Barlow	Calgary	05-Dec-2009	Jack Simpson Track
29	2:26.52		Heather Stroeder	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
30	2:27.09		Paulina Maher	Toronto	20-Feb-2010	Toronto Track and Field Centre
31	2:29.47		Corinne Smith	Guelph	05-Dec-2009	Toronto Track and Field Centre
32	2:31.08		Kate MacNaughton	Ottawa	10-Jan-2010	Leverone Fieldhouse
33	2:32.36		Maggie Robins	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
34	2:40.00		Sara Ellick	Ottawa	23-Jan-2010	Newell Field House
35	2:40.21		Cheryl Coulas	Ottawa	10-Jan-2010	Leverone Fieldhouse
36	2:43.61		Johanna Dobransky	Ottawa	10-Jan-2010	Leverone Fieldhouse
37	2:51.69		Kristin Loeper	Ottawa	23-Jan-2010	Newell Field House

## **Best Women's Mile Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 4:54.68)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	4:47.55 *		Julia Tschanz	Victoria	29-Jan-2010	Dempsey Field House
2	4:53.15 *		Jess Vanhie	Guelph	05-Feb-2010	Loftus Centre
3	4:56.99		Jodi Souter	Saskatchewan	14-Feb-2010	Dempsey Field House
4	4:58.70		Tamara Jewett	Toronto	29-Jan-2010	Findlay Fieldhouse
5	5:01.48		Brittany Therrien	Victoria	16-Jan-2010	Dempsey Field House
6	5:05.44		Julia Malleck	Ottawa	10-Jan-2010	Leverone Fieldhouse
7	5:05.63		Katrina Bruckschwaiger	Manitoba	17-Jan-2010	Bison Sports Arena
8	5:09.23		Leah Larocque	Queen's	08-Jan-2010	Barton Hall
9	5:10.15		Alycia Roske	Victoria	14-Feb-2010	Dempsey Field House
10	5:12.78		Laura Mitic	Victoria	14-Feb-2010	Dempsey Field House
11	5:12.94		Melanie Gregoire	Manitoba	12-Feb-2010	Lied Recreation Centre
12	5:13.19		Lacey Ginter	Manitoba	12-Feb-2010	Lied Recreation Centre
13	5:17.74		Laura Gill	Windsor	29-Jan-2010	Findlay Fieldhouse
14	5:18.71		Meaghan Morand	Windsor	29-Jan-2010	Findlay Fieldhouse
15	5:18.95		Tiffany Locke	Ottawa	23-Jan-2010	Newell Field House
16	5:19.03		Krystal Goodwin	Windsor	29-Jan-2010	Findlay Fieldhouse
17	5:19.67		Jen Corrick	Windsor	29-Jan-2010	Findlay Fieldhouse
18	5:19.71		Patricia Roney	Queen's	08-Jan-2010	Barton Hall
19	5:20.16		Gina Tessmann	Manitoba	12-Feb-2010	Lied Recreation Centre
20	5:20.72		Nadia Tatlow	Queen's	08-Jan-2010	Barton Hall
21	5:23.35		Alex Bell	Manitoba	17-Jan-2010	Bison Sports Arena

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22	5:23.48		Jill Seymour	Ottawa	12-Dec-2009	Newell Field House
23	5:24.24		Tess Naroski	Lakehead	23-Jan-2010	UWS Fieldhouse
24	5:26.56		Emily Klassen	Queen's	08-Jan-2010	Barton Hall
25	5:27.61		Lisa Alaimo	Lakehead	23-Jan-2010	UWS Fieldhouse
26	5:27.80		Kelly Laing	Windsor	20-Feb-2010	Michigan Track and Field Centre
27	5:32.44		Grace Keenleyside	Queen's	08-Jan-2010	Barton Hall
28	5:32.73		Sarah Bernard-Brouillard	Laval	12-Feb-2010	B U TrackCenter
29	5:35.70		Julia Britton	Ottawa	23-Jan-2010	Newell Field House
30	5:38.18		Justine Stromberg	Manitoba	17-Jan-2010	Bison Sports Arena
31	5:38.91		Maggie Hutton	Queen's	08-Jan-2010	Barton Hall
32	5:40.58		Kate MacNaughton	Ottawa	12-Dec-2009	Newell Field House
33	6:01.59		Becky Carr	Manitoba	17-Jan-2010	Bison Sports Arena
34	6:03.86		Hannah McCurdy-Adams	Laurentian	16-Jan-2010	Arbuckle Student Activity Center
35	6:22.24		Tanis Smith	Windsor	20-Feb-2010	Michigan Track and Field Centre

## **Best Women's 55mH Result for All Athletes as of 14-Mar-2010 00:12:22** (Standard: 8.18)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	8.75		Pascale Delisle	Sherbrooke	12-Feb-2010	B U TrackCenter
2	9.27		Johanna Dobransky	Ottawa	23-Jan-2010	Newell Field House
3	9.36		Catherine Gauthier	Sherbrooke	12-Feb-2010	B U TrackCenter
4	9.82		Cheryl Coulas	Ottawa	23-Jan-2010	Newell Field House

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