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## Rankings include NON CIS Equivalent Events

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

### Best CANWEST Women's 60m Result for All Athletes as of 12-Mar-2010 00:11:59 (Standard: 7.61)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	7.59 *		Amonn Nelson	Calgary	26-Feb-2010	U of A Butterdome
2	7.60 *		Amanda Ruller	Regina	26-Feb-2010	U of A Butterdome
3	7.61 *		Caley Miskimmin	Manitoba	06-Feb-2010	Max Bell Field House
4	7.69		Lisa Wong	Manitoba	23-Jan-2010	Bierman Field House
5	7.76		Jenn Zimmer	Calgary	05-Dec-2009	Jack Simpson Track
6	7.79		Chelsea Valois	Regina	09-Jan-2010	Saskatoon Field House
6	7.79		Christine Bushie	Alberta	26-Feb-2010	U of A Butterdome
6	7.80		Sharai Siemens	Saskatchewan	09-Jan-2010	Saskatoon Field House
9	7.83		Merissa Margetts	Regina	29-Jan-2010	Saskatoon Field House
9	7.85		Katelyn Kuspira	Saskatchewan	29-Jan-2010	Saskatoon Field House
9	7.88		Courtney Smith	Alberta	26-Feb-2010	U of A Butterdome
12	7.91		Michelle Williamson	Manitoba	26-Feb-2010	U of A Butterdome
13	7.93		Kathryn McCaffrey	Alberta	10-Jan-2010	U of A Butterdome
14	7.96		Meaghan Woo	Manitoba	26-Feb-2010	U of A Butterdome
14	7.96		Kelsey Lotwin	Calgary	23-Jan-2010	Jack Simpson Track
16	7.97		Robyn Webster	Calgary	06-Feb-2010	Max Bell Field House
17	8.00		Jen Rintoul	Alberta	10-Jan-2010	U of A Butterdome
17	8.01		Amanda Herron	Saskatchewan	09-Jan-2010	Saskatoon Field House
17	8.02		Tennille Davis	Regina	15-Jan-2010	U of A Butterdome
20	8.04		Melissa Breland	Calgary	12-Feb-2010	Regina Field House
20	8.05		Carrie Yuzik	Saskatchewan	05-Dec-2009	Saskatoon Field House
20	8.06		Kayla Nelson	Calgary	05-Dec-2009	Jack Simpson Track
20	8.07		Amanda Jahraus	Alberta	26-Feb-2010	U of A Butterdome
20	8.08		Alicia Boxill	Manitoba	06-Feb-2010	Max Bell Field House
20	8.09		Kimberley Stephenson	Calgary	05-Dec-2009	Jack Simpson Track
20	8.15		Richina Foggo	Calgary	05-Dec-2009	Jack Simpson Track
27	8.20		Leah Harpelle	Manitoba	06-Feb-2010	Max Bell Field House
28	8.23		Kimberly-Ann Bordun	Manitoba	17-Jan-2010	Bison Sports Arena
29	8.24		Kirklin Maclise	Alberta	29-Jan-2010	Saskatoon Field House
30	8.26		Shalane Haselhan	Regina	09-Jan-2010	Saskatoon Field House
31	8.27		Marcia Davis	Alberta	29-Jan-2010	Saskatoon Field House
31	8.28		Meaghan Rempel	Manitoba	05-Dec-2009	Max Bell Field House
31	8.29		Sarah Bauck	Regina	09-Jan-2010	Saskatoon Field House
31	8.29		Courtney Wilkes	Alberta	28-Nov-2009	Universiade Pavillion
35	8.38		Tomi Morris	Calgary	23-Jan-2010	Jack Simpson Track
36	8.39		Stephanie Pon	Calgary	12-Feb-2010	Regina Field House

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37	8.41		Ali Comeault	Manitoba	05-Dec-2009	Max Bell Field House
38	8.42		Fasuba Olamide	Lethbridge	15-Jan-2010	U of A Butterdome
39	8.44		Marissa Roberts	Calgary	12-Feb-2010	Regina Field House
40	8.47		Jocelyn Westwood	Alberta	28-Nov-2009	Universiade Pavillion
41	8.56		Amanda Schneck	Alberta	28-Nov-2009	Universiade Pavillion
41	8.56		Ashley Deschamps	Lethbridge	15-Jan-2010	U of A Butterdome
41	8.60		Alison Jestadt	Regina	09-Jan-2010	Saskatoon Field House
41	8.60		Amanda Gundrum	Manitoba	12-Dec-2009	Max Bell Field House
45	8.63		Jaclyn Fedorus	Alberta	10-Jan-2010	U of A Butterdome
45	8.63		Mackenzie Baert	Alberta	15-Jan-2010	U of A Butterdome
47	8.66		Jacqueline Wigg	Calgary	09-Jan-2010	Jack Simpson Track
48	8.67		Teresa Logozar	Manitoba	22-Jan-2010	Max Bell Field House
49	8.68		Leanne Hildenbrandt	Alberta	23-Jan-2010	Jack Simpson Track
49	8.69		Keightley Bertram	Calgary	09-Jan-2010	Jack Simpson Track
51	8.76		Debbie Trang	Alberta	15-Jan-2010	U of A Butterdome
51	8.82		Gillian McKercher	Calgary	09-Jan-2010	Jack Simpson Track
53	8.97		Alexis Prychitko	Manitoba	12-Dec-2009	Max Bell Field House
54	9.06		Cherelle Cadrain	Saskatchewan	05-Dec-2009	Saskatoon Field House
55	9.13		Lauren Grebinski	Regina	05-Dec-2009	Regina Field House
56	9.46		Rebecca Wong	Manitoba	12-Dec-2009	Max Bell Field House
57	9.53		Anne-Marie Young	Manitoba	06-Feb-2010	Max Bell Field House

## **Best CANWEST Women's 300m Result for All Athletes as of 12-Mar-2010 00:11:59** (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	39.50 *		Sharai Siemens	Saskatchewan	26-Feb-2010	U of A Butterdome
3	40.29	25.54 (200m)	Lisa Wong	Manitoba	11-Dec-2009	Max Bell Field House
4	40.33		Danielle Kendall	Calgary	26-Feb-2010	U of A Butterdome
5	40.42		Kelsey Lotwin	Calgary	06-Feb-2010	Max Bell Field House
6	40.61	25.74 (200m)	Meaghan Woo	Manitoba	12-Feb-2010	Lied Recreation Centre
7	40.64		Jenn Zimmer	Calgary	09-Jan-2010	Jack Simpson Track
8	40.87	25.91 (200m)	Chelsea Valois	Regina	05-Dec-2009	Regina Field House
9	40.92	57.50 (400m)	Jennifer Campbell	Manitoba	12-Feb-2010	Lied Recreation Centre
10	41.17	26.10 (200m)	Amanda Ruller	Regina	05-Dec-2009	Regina Field House
11	41.26		Kirklin Maclise	Alberta	12-Feb-2010	Regina Field House
12	41.46		Julene Friesen	Saskatchewan	09-Jan-2010	Saskatoon Field House
13	41.58	26.36 (200m)	Carrie Yuzik	Saskatchewan	05-Dec-2009	Saskatoon Field House
14	41.61		Ashley Gerstmar	Saskatchewan	06-Feb-2010	Max Bell Field House
15	41.74	26.46 (200m)	Merissa Margetts	Regina	05-Dec-2009	Regina Field House
16	41.83		Kimberly-Ann Bordun	Manitoba	05-Dec-2009	Max Bell Field House

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17	41.85		Veronika (Nika) Smits	Saskatchewan	29-Jan-2010	Saskatoon Field House
18	42.09		Tennille Davis	Regina	06-Feb-2010	Max Bell Field House
19	42.11	59.17 (400m)	Dana Baker	Manitoba	12-Feb-2010	Lied Recreation Centre
20	42.32		Christine Bushie	Alberta	23-Jan-2010	Jack Simpson Track
21	42.37	26.86 (200m)	Alicia Boxill	Manitoba	11-Dec-2009	Max Bell Field House
22	42.40		Michelle Seifert	Calgary	09-Jan-2010	Jack Simpson Track
23	42.42	26.89 (200m)	Leah Harpelle	Manitoba	23-Jan-2010	Bierman Field House
24	42.51		Richina Foggo	Calgary	06-Feb-2010	Max Bell Field House
25	42.52	26.95 (200m)	Katelyn Kuspira	Saskatchewan	05-Dec-2009	Saskatoon Field House
26	42.67	27.05 (200m)	Caley Miskimmin	Manitoba	17-Jan-2010	Bison Sports Arena
27	42.78		Amanda Jahraus	Alberta	12-Feb-2010	Regina Field House
28	43.23	27.40 (200m)	Meaghan Rempel	Manitoba	24-Feb-2010	Max Bell Field House
29	43.59		Amanda Buchko	Alberta	29-Jan-2010	Saskatoon Field House
29	43.61		Amanda Banks	Saskatchewan	15-Jan-2010	U of A Butterdome
31	43.70		Jenica Moore	Victoria	26-Feb-2010	U of A Butterdome
32	44.05	27.92 (200m)	Nicole Breker	Regina	05-Dec-2009	Regina Field House
33	44.08	27.94 (200m)	Jamie Ferguson	Saskatchewan	05-Dec-2009	Saskatoon Field House
34	44.46	28.18 (200m)	Robyn Bauck	Regina	05-Dec-2009	Regina Field House
35	44.53		Jacqueline Wigg	Calgary	29-Jan-2010	Saskatoon Field House
36	44.54		Kayla Nelson	Calgary	05-Dec-2009	Jack Simpson Track
37	44.63	28.29 (200m)	Christine Olson	Saskatchewan	05-Dec-2009	Saskatoon Field House
38	44.74		Nikki Barlow	Calgary	09-Jan-2010	Jack Simpson Track
39	44.88	28.45 (200m)	Katie Hanbidge	Saskatchewan	05-Dec-2009	Saskatoon Field House
40	45.73		Jaclyn Fedorus	Alberta	12-Feb-2010	Regina Field House
41	45.74		Christina Calver	Saskatchewan	15-Jan-2010	U of A Butterdome
42	46.42		Hana Gegolick	Lethbridge	15-Jan-2010	U of A Butterdome
43	47.55		Peggy Hamilton	Manitoba	05-Dec-2009	Max Bell Field House
44	47.62		Carina Vigna	Calgary	23-Jan-2010	Jack Simpson Track
45	49.33	31.27 (200m)	Maria Epp	Saskatchewan	05-Dec-2009	Saskatoon Field House
46	52.04	32.99 (200m)	Anne-Marie Young	Manitoba	23-Jan-2010	Max Bell Field House

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## **Best CANWEST Women's 600m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 1:33.45)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:29.03 *	1:11.27 (500m)	Amonn Nelson	Calgary	13-Feb-2010	Louis Riel Dome
2	1:31.38 *	55.55 (400m)	Sharai Siemens	Saskatchewan	13-Feb-2010	Dempsey Field House
3	1:32.14 *	2:10.47 (800m)	Kailey Smith	Saskatchewan	13-Feb-2010	Dempsey Field House
4	1:32.34 *	2:10.76 (800m)	Julene Friesen	Saskatchewan	13-Feb-2010	Dempsey Field House
5	1:35.41		Kelsey Lotwin	Calgary	26-Feb-2010	U of A Butterdome
6	1:35.78		Amanda Banks	Saskatchewan	06-Feb-2010	Max Bell Field House
7	1:35.79		Jennifer Campbell	Manitoba	26-Feb-2010	U of A Butterdome
8	1:36.19		Meaghan Woo	Manitoba	23-Jan-2010	Bierman Field House
9	1:36.27		Michelle Lavoie	Manitoba	06-Feb-2010	Max Bell Field House
10	1:37.16		Michelle Seifert	Calgary	06-Feb-2010	Max Bell Field House
11	1:37.98		Gloria Kanuka	Calgary	23-Jan-2010	Jack Simpson Track
12	1:38.10		Hayley Degaust	Alberta	10-Jan-2010	U of A Butterdome
13	1:38.42		Christina Calver	Saskatchewan	06-Feb-2010	Max Bell Field House
14	1:38.45		Lauren Beaulieu	Victoria	29-Jan-2010	Saskatoon Field House
15	1:38.6 (HT)		Jackie Adamson	Manitoba	05-Dec-2009	Max Bell Field House
16	1:38.86		Valerie Hurdle	Calgary	26-Feb-2010	U of A Butterdome
17	1:39.00		Helen Hanbidge	Saskatchewan	06-Feb-2010	Max Bell Field House
18	1:39.54		Julia Hart	Regina	26-Feb-2010	U of A Butterdome
19	1:39.63		Chantal Auger	Manitoba	06-Feb-2010	Max Bell Field House
20	1:39.64		Kendra Pomfret	Victoria	06-Feb-2010	Max Bell Field House
21	1:39.85		Maureen McCulligh	Victoria	14-Feb-2010	Dempsey Field House
22	1:40.54		Jenica Moore	Victoria	14-Feb-2010	Dempsey Field House
22	1:40.68		Jean Bolen	Alberta	06-Feb-2010	Max Bell Field House
24	1:40.81		Riley McQueen	Calgary	26-Feb-2010	U of A Butterdome
25	1:40.99		Nikki Barlow	Calgary	06-Feb-2010	Max Bell Field House
26	1:46.57		Jacqueline Wigg	Calgary	23-Jan-2010	Jack Simpson Track
27	1:48.55		Hana Gegolick	Lethbridge	15-Jan-2010	U of A Butterdome
28	1:50.15		Ronelle Calver	Saskatchewan	05-Dec-2009	Saskatoon Field House
29	1:52.12		Leanne Hildenbrandt	Alberta	23-Jan-2010	Jack Simpson Track
30	1:54.4 (HT)		Kailey Kroeker	Manitoba	05-Dec-2009	Max Bell Field House
31	1:54.91		Emily Brown	Lethbridge	15-Jan-2010	U of A Butterdome
32	2:09.60	1:18.79 (400m)	Angelica Garcia Varganova	Manitoba	12-Dec-2009	Max Bell Field House
33	3:00.56		Lindsay Acheson	Alberta	06-Feb-2010	Max Bell Field House

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## **Best CANWEST Women's 1000m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 2:51.08)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2:49.73 *		Kailey Smith	Saskatchewan	14-Feb-2010	Dempsey Field House
2	2:55.91		Riley McQueen	Calgary	14-Feb-2010	Dempsey Field House
3	2:57.27		Lindsay Acheson	Alberta	26-Feb-2010	U of A Butterdome
4	2:57.80		Jodi Souter	Saskatchewan	29-Jan-2010	Saskatoon Field House
5	2:58.01		Madeline MacDonald	Calgary	14-Feb-2010	Dempsey Field House
6	2:58.29		Brittany Therrien	Victoria	26-Feb-2010	U of A Butterdome
7	2:58.82		Jacky Phalen	Manitoba	26-Feb-2010	U of A Butterdome
8	2:59.81		Lauren Beaulieu	Victoria	06-Feb-2010	Max Bell Field House
9	3:00.83		Marcia Richards	Saskatchewan	26-Feb-2010	U of A Butterdome
10	3:01.16		Alana Soderberg	Alberta	26-Feb-2010	U of A Butterdome
11	3:01.50		Gloria Kanuka	Calgary	06-Feb-2010	Max Bell Field House
12	3:01.77		Valerie Hurdle	Calgary	12-Feb-2010	Regina Field House
13	3:01.8 (HT)	2:18.0 (800m)	Melissa Petersen	Regina	12-Feb-2010	Regina Field House
14	3:02.56		Caitlin Warkentin	Saskatchewan	29-Jan-2010	Saskatoon Field House
15	3:02.59		Christina Calver	Saskatchewan	29-Jan-2010	Saskatoon Field House
16	3:02.92		Alycia Roske	Victoria	26-Feb-2010	U of A Butterdome
16	3:02.92		Jean Bolen	Alberta	13-Feb-2010	U of A Butterdome
18	3:03.83		Justine Stromberg	Manitoba	06-Feb-2010	Max Bell Field House
19	3:03.87		Nadine Brenault	Saskatchewan	06-Feb-2010	Max Bell Field House
20	3:04.57		Jackie Adamson	Manitoba	17-Jan-2010	Bison Sports Arena
21	3:04.86		Laura Mitic	Victoria	26-Feb-2010	U of A Butterdome
22	3:06.38		Debby Querengesser	Calgary	09-Jan-2010	Jack Simpson Track
23	3:06.61		Maureen McCulligh	Victoria	26-Feb-2010	U of A Butterdome
24	3:06.86		Grace Kary	Calgary	09-Jan-2010	Jack Simpson Track
25	3:08.02	2:22.74 (800m)	Kendra Pomfret	Victoria	16-Jan-2010	Dempsey Field House
26	3:09.39		Nikki Barlow	Calgary	13-Feb-2010	U of A Butterdome
26	3:13.6 (HT)		Alice Sherwin	Manitoba	05-Dec-2009	Max Bell Field House
28	3:14.05		Becky Carr	Manitoba	06-Feb-2010	Max Bell Field House
29	3:16.8 (HT)		Alyssa Altomare	Manitoba	05-Dec-2009	Max Bell Field House
30	3:17.70		Michelle Seifert	Calgary	09-Jan-2010	Jack Simpson Track
31	3:24.44		Dara Mikituk	Calgary	09-Jan-2010	Jack Simpson Track
32	3:30.76		Rebecca Hartshorn	Lethbridge	15-Jan-2010	U of A Butterdome
33	3:35.89		Lexi Thomas	Lethbridge	15-Jan-2010	U of A Butterdome
34	3:40.03		Emily Brown	Lethbridge	15-Jan-2010	U of A Butterdome
35	4:55.45		Alex Bell	Manitoba	10-Feb-2010	Max Bell Field House
36	5:16.40		Andrea Hesketh	Manitoba	10-Feb-2010	Max Bell Field House

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## **Best CANWEST Women's 1500m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 4:32.61)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	4:30.10 *	4:47.55 (Mile)	Julia Tschanz	Victoria	29-Jan-2010	Dempsey Field House
2	4:34.84		Claire Jean	Victoria	06-Feb-2010	Max Bell Field House
3	4:35.26		Jodi Souter	Saskatchewan	06-Feb-2010	Max Bell Field House
4	4:39.94		Marcia Richards	Saskatchewan	06-Feb-2010	Max Bell Field House
5	4:40.00		Katrina Bruckschwaiger	Manitoba	26-Feb-2010	U of A Butterdome
6	4:41.96		Alana Soderberg	Alberta	06-Feb-2010	Max Bell Field House
7	4:42.64		Brittany Therrien	Victoria	26-Feb-2010	U of A Butterdome
8	4:43.30		Melissa Petersen	Regina	06-Feb-2010	Max Bell Field House
9	4:43.67		Melanie Gregoire	Manitoba	06-Feb-2010	Max Bell Field House
10	4:46.86		Lindsay Acheson	Alberta	26-Feb-2010	U of A Butterdome
11	4:46.98		Caitlin Warkentin	Saskatchewan	29-Jan-2010	Saskatoon Field House
12	4:47.37		Jacky Phalen	Manitoba	26-Feb-2010	U of A Butterdome
13	4:48.25		Debby Querengesser	Calgary	26-Feb-2010	U of A Butterdome
14	4:49.90		Lacey Ginter	Manitoba	06-Feb-2010	Max Bell Field House
15	4:51.33	5:10.15 (Mile)	Alycia Roske	Victoria	14-Feb-2010	Dempsey Field House
16	4:52.29		Faye Stenning	Calgary	23-Jan-2010	Jack Simpson Track
17	4:53.70		Nadine Brenault	Saskatchewan	29-Jan-2010	Saskatoon Field House
18	4:53.80	5:12.78 (Mile)	Laura Mitic	Victoria	14-Feb-2010	Dempsey Field House
19	4:53.89		Nicole Dubois	Manitoba	06-Feb-2010	Max Bell Field House
20	4:54.03		Madeline MacDonald	Calgary	06-Feb-2010	Max Bell Field House
21	4:55.01		Grace Kary	Calgary	23-Jan-2010	Jack Simpson Track
22	4:55.41		Justine Stromberg	Manitoba	12-Feb-2010	Regina Field House
23	4:57.32		Erin Humphreys	Saskatchewan	06-Feb-2010	Max Bell Field House
24	4:57.97		Alex Bell	Manitoba	06-Feb-2010	Max Bell Field House
25	4:58.37		Gina Tessmann	Manitoba	06-Feb-2010	Max Bell Field House
26	4:58.85		Natalia Szykarczuk	Alberta	26-Feb-2010	U of A Butterdome
27	5:00.54		Alyssa Altomare	Manitoba	06-Feb-2010	Max Bell Field House
28	5:00.56		Hayley Degaust	Alberta	13-Feb-2010	U of A Butterdome
29	5:01.65		Alice Sherwin	Manitoba	12-Dec-2009	Max Bell Field House
30	5:02.66		Cassandra Tomas	Alberta	28-Nov-2009	Universiade Pavillion
31	5:03.07		Kirstie Lithgow	Alberta	28-Nov-2009	Universiade Pavillion
32	5:08.78		Gloria Kanuka	Calgary	15-Jan-2010	U of A Butterdome
33	5:09.77		Sara Weselake	Alberta	15-Jan-2010	U of A Butterdome
34	5:12.27		Kristin Bodell	Lethbridge	15-Jan-2010	U of A Butterdome
35	5:12.60		Katie Anker	Calgary	15-Jan-2010	U of A Butterdome
36	5:15.70		Katie Jameson	Calgary	12-Feb-2010	Regina Field House
37	5:17.42		Dara Mikituk	Calgary	12-Feb-2010	Regina Field House
38	5:20.42		Talia Webber	Calgary	23-Jan-2010	Jack Simpson Track

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39	5:25.66		Andrea Armstrong	Saskatchewan	05-Dec-2009	Saskatoon Field House
40	5:39.65	6:01.59 (Mile)	Becky Carr	Manitoba	17-Jan-2010	Bison Sports Arena
41	5:41.08		Lindsay McNicoll	Calgary	12-Feb-2010	Regina Field House
42	5:46.56		Lexi Thomas	Lethbridge	15-Jan-2010	U of A Butterdome
43	5:52.36		Katie Samoil	Alberta	15-Jan-2010	U of A Butterdome
44	6:01.83		Anna Watkins	Lethbridge	15-Jan-2010	U of A Butterdome

## **Best CANWEST Women's 3000m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 9:43.88)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	9:41.38 *		Julia Tschanz	Victoria	16-Jan-2010	Dempsey Field House
2	9:44.22		Claire Jean	Victoria	29-Jan-2010	Dempsey Field House
3	9:46.14		Katrina Bruckschwaiger	Manitoba	12-Feb-2010	Lied Recreation Centre
4	9:51.44		Jodi Souter	Saskatchewan	13-Feb-2010	Dempsey Field House
5	9:56.59		Debby Querengesser	Calgary	06-Feb-2010	Max Bell Field House
6	9:59.11		Deirdre Moran	Victoria	06-Feb-2010	Max Bell Field House
7	10:12.16		Faye Stenning	Calgary	06-Feb-2010	Max Bell Field House
8	10:13.02		Caitlin Warkentin	Saskatchewan	06-Feb-2010	Max Bell Field House
9	10:18.69		Natalia Szykarczuk	Alberta	13-Feb-2010	U of A Butterdome
10	10:18.82		Melanie Gregoire	Manitoba	23-Jan-2010	Bierman Field House
11	10:19.46		Shauna Skinner	Victoria	14-Feb-2010	Dempsey Field House
12	10:21.57		Alana Soderberg	Alberta	15-Jan-2010	U of A Butterdome
13	10:22.81		Lacey Ginter	Manitoba	23-Jan-2010	Bierman Field House
14	10:24.77		Grace Kary	Calgary	06-Feb-2010	Max Bell Field House
15	10:25.60		Gina Tessmann	Manitoba	12-Feb-2010	Lied Recreation Centre
16	10:40.70		Alice Sherwin	Manitoba	11-Dec-2009	Max Bell Field House
17	10:41.53		Erin Humphreys	Saskatchewan	09-Jan-2010	Saskatoon Field House
18	10:53.39		Nadine Brenault	Saskatchewan	12-Feb-2010	Regina Field House
19	10:59.43		Alyssa Altomare	Manitoba	11-Dec-2009	Max Bell Field House
20	11:02.29		Cassandra Tomas	Alberta	13-Feb-2010	U of A Butterdome
21	11:02.63		Nicole Barrett	Manitoba	11-Dec-2009	Max Bell Field House
22	11:03.18		Katie Anker	Calgary	12-Feb-2010	Regina Field House
23	11:05.24		Nicole Dubois	Manitoba	12-Feb-2010	Regina Field House
24	11:07.19		Kristin Bodell	Lethbridge	15-Jan-2010	U of A Butterdome
25	11:07.53		Alex Bell	Manitoba	23-Jan-2010	Max Bell Field House
26	11:11.17		Katie Jameson	Calgary	12-Feb-2010	Regina Field House
27	11:12.15		Laura Estey	Victoria	14-Feb-2010	Dempsey Field House
28	11:16.45		Madeline MacDonald	Calgary	15-Jan-2010	U of A Butterdome
29	11:21.91		Lindsay McNicoll	Calgary	12-Feb-2010	Regina Field House
30	11:26.01		Dara Mikituk	Calgary	12-Feb-2010	Regina Field House
31	11:47.00		Richelle Ready	Manitoba	05-Dec-2009	Max Bell Field House

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32	12:17.98		Brittney Adams	Lethbridge	15-Jan-2010	U of A Butterdome
33	16:57.62		Alicia Boxill	Manitoba	26-Feb-2010	U of A Butterdome

## **Best CANWEST Women's 60mH Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 8.84)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	8.73 *		Kathryn McCaffrey	Alberta	26-Feb-2010	U of A Butterdome
2	8.82 *		Amanda Herron	Saskatchewan	26-Feb-2010	U of A Butterdome
3	8.85		Courtney Wilkes	Alberta	26-Feb-2010	U of A Butterdome
4	8.88		Nicole Breker	Regina	12-Feb-2010	Regina Field House
5	8.93		Chelsea Valois	Regina	05-Dec-2009	Regina Field House
6	8.96		Jolean Somogyi	Saskatchewan	05-Dec-2009	Saskatoon Field House
7	8.98		Melissa Breland	Calgary	12-Feb-2010	Regina Field House
8	9.00		Veronika (Nika) Smits	Saskatchewan	15-Jan-2010	U of A Butterdome
9	9.04		Robyn Bauck	Regina	12-Feb-2010	Regina Field House
10	9.13		Merissa Margetts	Regina	06-Feb-2010	Max Bell Field House
11	9.35		Karen Robson	Saskatchewan	29-Jan-2010	Saskatoon Field House
11	9.35		Amanda Schneck	Alberta	26-Feb-2010	U of A Butterdome
13	9.42		Sarah Bauck	Regina	06-Feb-2010	Max Bell Field House
14	9.47		Leanne Hildenbrandt	Alberta	26-Feb-2010	U of A Butterdome
15	9.53		Jessica Keeler	Saskatchewan	09-Jan-2010	Saskatoon Field House
16	9.55		Erica Rutley	Alberta	26-Feb-2010	U of A Butterdome
17	9.56		Marissa Roberts	Calgary	15-Jan-2010	U of A Butterdome
18	9.62		Tomi Morris	Calgary	15-Jan-2010	U of A Butterdome
19	9.64		Lindsay Tasker	Saskatchewan	12-Feb-2010	Regina Field House
20	9.67		Maple Liu	Calgary	05-Dec-2009	Jack Simpson Track
20	9.67		Alex Allen	Manitoba	13-Jan-2010	Max Bell Field House
22	9.68		Mackenzie Baert	Alberta	26-Feb-2010	U of A Butterdome
23	9.70		Deondra Twerdun	Manitoba	26-Feb-2010	U of A Butterdome
24	9.74		Leanne Schellenberg	Saskatchewan	12-Feb-2010	Regina Field House
24	9.82		Shalane Haselhan	Regina	06-Feb-2010	Max Bell Field House
26	9.99		Laurie Harder	Saskatchewan	26-Feb-2010	U of A Butterdome
27	10.44		Caleigh Shaw	Alberta	13-Feb-2010	U of A Butterdome
28	10.54		Amanda Gundrum	Manitoba	05-Dec-2009	Max Bell Field House
29	10.84		Angelica Lang	Saskatchewan	15-Jan-2010	U of A Butterdome
30	10.98		Amanda Poulin	Alberta	28-Nov-2009	Universiade Pavillion
31	11.02		Debbie Trang	Alberta	15-Jan-2010	U of A Butterdome
32	11.43		Jocelyn Westwood	Alberta	28-Nov-2009	Universiade Pavillion
33	12.22		Lindsay Braul	Regina	05-Dec-2009	Regina Field House
34	12.59		Alexis Prychitko	Manitoba	05-Dec-2009	Max Bell Field House

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## **Best CANWEST Women's 4x200m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 1:41.86)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:40.59 *		Calgary Dinos	Calgary	06-Feb-2010	Max Bell Field House
2	1:42.02		Alberta Pandas	Alberta	06-Feb-2010	Max Bell Field House
3	1:42.70		Manitoba Bisons	Manitoba	06-Feb-2010	Max Bell Field House
4	1:42.76		University of Saskatchewan Huskies	Saskatchewan	29-Jan-2010	Saskatoon Field House
5	1:45.46		University of Regina	Regina	12-Feb-2010	Regina Field House

## **Best CANWEST Women's 4x400m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 3:52.68)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	3:49.92 *		Calgary Dinos	Calgary	26-Feb-2010	U of A Butterdome
2	3:51.39 *		University of Saskatchewan Huskies	Saskatchewan	26-Feb-2010	U of A Butterdome
3	3:53.06		Manitoba Bisons	Manitoba	12-Feb-2010	Lied Recreation Centre
4	4:04.44		Alberta Pandas	Alberta	26-Feb-2010	U of A Butterdome

## **Best CANWEST Women's 4x800m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 9:06.92)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	9:12.18		University of Saskatchewan Huskies	Saskatchewan	06-Feb-2010	Max Bell Field House
2	9:16.57		Kendra Pomfret	Victoria	06-Feb-2010	Max Bell Field House
3	9:16.67		Alberta Pandas	Alberta	26-Feb-2010	U of A Butterdome
4	9:20.04		Manitoba Bisons	Manitoba	26-Feb-2010	U of A Butterdome
5	9:22.48		Calgary Dinos	Calgary	06-Feb-2010	Max Bell Field House
6	12:17.31		Victoria Vikes	Victoria	26-Feb-2010	U of A Butterdome
7	12:20.04		Alex Bell	Manitoba	26-Feb-2010	U of A Butterdome

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## **Best CANWEST Women's High Jump Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 1.69)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1.35		Laurie Harder	Saskatchewan	05-Dec-2009	Saskatoon Field House
1	1.35		Leanne Schellenberg	Saskatchewan	05-Dec-2009	Saskatoon Field House
3	1.40		Haley Sigurdson	Manitoba	05-Dec-2009	Max Bell Field House
3	1.40		Richelle Foraie	Regina	15-Jan-2010	U of A Butterdome
3	1.40		Caleigh Shaw	Alberta	13-Feb-2010	U of A Butterdome
3	1.40		Alexis Prychitko	Manitoba	22-Jan-2010	Max Bell Field House
7	1.42		Megan Scott	Manitoba	23-Jan-2010	Bierman Field House
7	1.42		Lauren Grebinski	Regina	26-Feb-2010	U of A Butterdome
7	1.42		Lindsay Tasker	Saskatchewan	26-Feb-2010	U of A Butterdome
10	1.45		Ashley Deschamps	Lethbridge	07-Feb-2010	Olympic Oval
10	1.45		Lauren Simpson	Alberta	15-Jan-2010	U of A Butterdome
10	1.45		Veronika (Nika) Smits	Saskatchewan	09-Jan-2010	Saskatoon Field House
10	1.45		Amanda Poulin	Alberta	10-Jan-2010	U of A Butterdome
10	1.45		Toni Bocek	Regina	06-Feb-2010	Max Bell Field House
10	1.45		Deondra Twerdun	Manitoba	12-Dec-2009	Max Bell Field House
10	1.45		Leanne Hildenbrandt	Alberta	15-Jan-2010	U of A Butterdome
10	1.47		Meredith Stoesz	Manitoba	12-Feb-2010	Regina Field House
10	1.47		Alex Allen	Manitoba	26-Feb-2010	U of A Butterdome
10	1.49		Chelsea Valois	Regina	12-Feb-2010	Regina Field House
20	1.50		Angelica Lang	Saskatchewan	05-Dec-2009	Saskatoon Field House
20	1.50		Amanda Schneck	Alberta	29-Jan-2010	Saskatoon Field House
20	1.50		Mackenzie Baert	Alberta	15-Jan-2010	U of A Butterdome
23	1.52		Lauren Taylor	Saskatchewan	26-Feb-2010	U of A Butterdome
23	1.52		Shalane Haselhan	Regina	26-Feb-2010	U of A Butterdome
23	1.55		Lindsey MacDonald	Alberta	15-Jan-2010	U of A Butterdome
26	1.58		Teresa Logozar	Manitoba	22-Jan-2010	Max Bell Field House
27	1.65		Lindsey Bergevin	Alberta	12-Feb-2010	Regina Field House

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## **Best CANWEST Women's Pole Vault Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 3.62)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2.60		Rebecca Wong	Manitoba	11-Dec-2009	Max Bell Field House
2	2.62		Katherine Kerr	Saskatchewan	05-Dec-2009	Saskatoon Field House
3	2.75		Taralyn Cook	Manitoba	11-Dec-2009	Max Bell Field House
4	3.00		Stacey Head	Alberta	28-Nov-2009	Universiade Pavillion
5	3.17		Teresa Hill	Saskatchewan	05-Dec-2009	Saskatoon Field House
5	3.17		Meghan Richey	Saskatchewan	05-Dec-2009	Saskatoon Field House
7	3.32		Stephanie Vause	Saskatchewan	05-Dec-2009	Saskatoon Field House
7	3.32		Keightley Bertram	Calgary	26-Feb-2010	U of A Butterdome
7	3.32		Kimberley Stephenson	Calgary	29-Jan-2010	Saskatoon Field House
10	3.35		Alex Allen	Manitoba	10-Feb-2010	Max Bell Field House
11	3.37		Robyn Webster	Calgary	15-Jan-2010	U of A Butterdome
11	3.37		Erica Rutley	Alberta	15-Jan-2010	U of A Butterdome
11	3.47		Lindsey Bergevin	Alberta	26-Feb-2010	U of A Butterdome
14	3.50		Teresa Logozar	Manitoba	10-Feb-2010	Max Bell Field House
15	3.72 *		Leah Vause	Saskatchewan	05-Dec-2009	Saskatoon Field House

## **Best CANWEST Women's Long Jump Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 5.65)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	3.62		Anne-Marie Young	Manitoba	06-Feb-2010	Max Bell Field House
2	3.83		Peggy Hamilton	Manitoba	06-Feb-2010	Max Bell Field House
3	3.99		Veronika (Nika) Smits	Saskatchewan	26-Feb-2010	U of A Butterdome
4	4.08		Haley Sigurdson	Manitoba	23-Jan-2010	Bierman Field House
5	4.20		Meaghan Woo	Manitoba	24-Feb-2010	Max Bell Field House
6	4.21		Michelle Williamson	Manitoba	13-Jan-2010	Max Bell Field House
7	4.23		Lindsay Braul	Regina	21-Nov-2009	Regina Field House
8	4.24		Leanne Schellenberg	Saskatchewan	12-Feb-2010	Regina Field House
9	4.25		Toni Bochek	Regina	05-Dec-2009	Regina Field House
10	4.29		Sarah Bauck	Regina	21-Nov-2009	Regina Field House
11	4.32		Richina Foggo	Calgary	06-Feb-2010	Max Bell Field House
12	4.38		Megan Scott	Manitoba	06-Feb-2010	Max Bell Field House
13	4.43		Bobbi Gelsinger	Regina	05-Dec-2009	Regina Field House
13	4.43		Danielle Parrish	Calgary	29-Jan-2010	Saskatoon Field House
13	4.43		Angelica Lang	Saskatchewan	26-Feb-2010	U of A Butterdome
16	4.49		Iesha Branford	Calgary	29-Jan-2010	Saskatoon Field House
17	4.50		Richelle Foraie	Regina	21-Nov-2009	Regina Field House
18	4.51		Alex Allen	Manitoba	05-Dec-2009	Max Bell Field House
19	4.55		Mackenzie Baert	Alberta	12-Feb-2010	Regina Field House

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20	4.56		Stephanie Pon	Calgary	15-Jan-2010	U of A Butterdome
20	4.56		Heather McDonald	Lethbridge	15-Jan-2010	U of A Butterdome
22	4.65		Amanda Poulin	Alberta	28-Nov-2009	Universiade Pavillion
23	4.66		Lindsay Tasker	Saskatchewan	12-Feb-2010	Regina Field House
24	4.67		Deondra Twerdun	Manitoba	23-Jan-2010	Bierman Field House
24	4.69		Ali Comeault	Manitoba	11-Dec-2009	Max Bell Field House
24	4.72		Kirstie Prefontaine	Saskatchewan	12-Feb-2010	Regina Field House
27	4.76		Amanda Schneck	Alberta	10-Jan-2010	U of A Butterdome
28	4.81		Melanie Zunti	Alberta	15-Jan-2010	U of A Butterdome
29	4.83		Keisha Sharp	Regina	15-Jan-2010	U of A Butterdome
30	4.84		Alison Jestadt	Regina	05-Dec-2009	Regina Field House
30	4.84		Shalane Haselhan	Regina	05-Dec-2009	Regina Field House
32	4.85		Amanda Gundrum	Manitoba	23-Jan-2010	Bierman Field House
33	4.88		Lisa Wong	Manitoba	13-Jan-2010	Max Bell Field House
34	4.92		Laurie Harder	Saskatchewan	09-Jan-2010	Saskatoon Field House
35	4.94		Courtney Wilkes	Alberta	28-Nov-2009	Universiade Pavillion
36	4.96		Robyn Bauck	Regina	05-Dec-2009	Regina Field House
36	4.96		Leanne Hildenbrandt	Alberta	29-Jan-2010	Saskatoon Field House
36	5.03		Ashley Deschamps	Lethbridge	07-Feb-2010	Olympic Oval
39	5.15		Leah Vause	Saskatchewan	29-Jan-2010	Saskatoon Field House
40	5.21		Dana Baker	Manitoba	05-Dec-2009	Max Bell Field House
41	5.31		Chelsea Valois	Regina	12-Feb-2010	Regina Field House
42	5.36		Nicole Breker	Regina	05-Dec-2009	Regina Field House
43	5.49		Kathryn McCaffrey	Alberta	29-Jan-2010	Saskatoon Field House

## **Best CANWEST Women's Triple Jump Result for All Athletes as of 12-Mar-2010 00:11:59** (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	9.41		Bobbi Gelsinger	Regina	05-Dec-2009	Regina Field House
3	9.43		Stephanie Pon	Calgary	15-Jan-2010	U of A Butterdome
4	9.45		Kirstie Prefontaine	Saskatchewan	09-Jan-2010	Saskatoon Field House
5	9.47		Toni Bochek	Regina	21-Nov-2009	Regina Field House
6	9.61		Richelle Foraie	Regina	05-Dec-2009	Regina Field House
7	9.91		Megan Scott	Manitoba	23-Jan-2010	Bierman Field House
8	10.04		Ali Comeault	Manitoba	12-Dec-2009	Max Bell Field House
9	10.08		Deondra Twerdun	Manitoba	12-Dec-2009	Max Bell Field House
10	10.20		Amanda Gundrum	Manitoba	12-Dec-2009	Max Bell Field House
11	10.21		Danielle Parrish	Calgary	29-Jan-2010	Saskatoon Field House
12	10.26		Alison Jestadt	Regina	21-Nov-2009	Regina Field House
13	10.27		Melanie Zunti	Alberta	15-Jan-2010	U of A Butterdome

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14	10.44		Keisha Sharp	Regina	15-Jan-2010	U of A Butterdome
15	10.77		Robyn Bauck	Regina	21-Nov-2009	Regina Field House
16	11.23		Nicole Breker	Regina	21-Nov-2009	Regina Field House
17	11.62 *		Courtney Wilkes	Alberta	29-Jan-2010	Saskatoon Field House

## **Best CANWEST Women's Shot Put Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 12.93)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	6.93		Angelica Lang	Saskatchewan	15-Jan-2010	U of A Butterdome
2	7.26		Jaclyn Fedorus	Alberta	10-Jan-2010	U of A Butterdome
3	7.55		Mackenzie Baert	Alberta	15-Jan-2010	U of A Butterdome
4	7.71		Ashley Deschamps	Lethbridge	07-Feb-2010	Olympic Oval
5	7.83		Amanda Bradley	Regina	05-Dec-2009	Regina Field House
6	7.92		Ciera Heshka-Wolf	Alberta	15-Jan-2010	U of A Butterdome
7	8.20		Leanne Hildenbrandt	Alberta	15-Jan-2010	U of A Butterdome
8	8.79		Michelle Williamson	Manitoba	13-Jan-2010	Max Bell Field House
9	8.84		Shalane Haselhan	Regina	06-Feb-2010	Max Bell Field House
10	8.89		Janelle Olchowy	Saskatchewan	19-Dec-2009	Saskatoon Field House
11	8.92		Cherelle Cadrain	Saskatchewan	19-Dec-2009	Saskatoon Field House
12	9.15		Amanda Schneck	Alberta	29-Jan-2010	Saskatoon Field House
12	9.20		Leanne Schellenberg	Saskatchewan	15-Jan-2010	U of A Butterdome
14	9.39		Lauren Simpson	Alberta	15-Jan-2010	U of A Butterdome
14	9.43		Lindsay Chupa	Manitoba	05-Dec-2009	Max Bell Field House
16	9.46		Maple Liu	Calgary	07-Feb-2010	Olympic Oval
16	9.46		Veronika (Nika) Smits	Saskatchewan	19-Dec-2009	Saskatoon Field House
18	9.52		Stacey Martin	Manitoba	13-Jan-2010	Max Bell Field House
19	9.69		Lindsay Tasker	Saskatchewan	12-Feb-2010	Regina Field House
19	9.69		Kirsten Ecklund	Regina	15-Jan-2010	U of A Butterdome
21	9.70		Laurie Harder	Saskatchewan	15-Jan-2010	U of A Butterdome
22	9.88		Chantelle Labrecque	Regina	06-Feb-2010	Max Bell Field House
23	9.97		Emma Dyck	Regina	12-Feb-2010	Regina Field House
24	10.06		AbiOla Bello	Regina	26-Feb-2010	U of A Butterdome
24	10.08		Breanna Rak	Saskatchewan	12-Feb-2010	Regina Field House
26	10.21		Chelsea Valois	Regina	06-Feb-2010	Max Bell Field House
27	10.40		Chelcie Kucharchuk	Alberta	15-Jan-2010	U of A Butterdome
28	10.45		Deondra Twerdun	Manitoba	26-Feb-2010	U of A Butterdome
28	11.10		Rigel Carias	Alberta	15-Jan-2010	U of A Butterdome
30	11.11		Michelle Ocran	Manitoba	26-Feb-2010	U of A Butterdome
31	11.39		Jaime Waine	Calgary	15-Jan-2010	U of A Butterdome
32	11.69		Caitlin Fowler	Regina	09-Jan-2010	Saskatoon Field House
33	12.45		Kimberly Elliott	Saskatchewan	12-Feb-2010	Regina Field House

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34	13.53 *		Taryn Suttie	Saskatchewan	12-Feb-2010	Regina Field House
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## **Best CANWEST Women's Weight Throw Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 17.05)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	6.24		Stacey Martin	Manitoba	12-Dec-2009	Max Bell Field House
2	8.77		Jaclyn Fedorus	Alberta	12-Feb-2010	Regina Field House
3	8.96		Janelle Olchoway	Saskatchewan	19-Dec-2009	Saskatoon Field House
4	9.14		Lindsay Chupa	Manitoba	12-Dec-2009	Max Bell Field House
5	9.69		Michelle Ocran	Manitoba	05-Dec-2009	Max Bell Field House
6	10.33		AbiOla Bello	Regina	09-Jan-2010	Saskatoon Field House
7	10.77		Rigel Carias	Alberta	06-Feb-2010	Max Bell Field House
8	10.78		Chantelle Labrecque	Regina	06-Feb-2010	Max Bell Field House
9	11.29		Kirsten Ecklund	Regina	09-Jan-2010	Saskatoon Field House
10	11.36		Emma Dyck	Regina	09-Jan-2010	Saskatoon Field House
11	11.61		Ciera Heshka-Wolf	Alberta	26-Feb-2010	U of A Butterdome
12	11.77		Karen Ferris	Manitoba	12-Dec-2009	Max Bell Field House
13	12.07		Kimberly Elliott	Saskatchewan	19-Dec-2009	Saskatoon Field House
14	12.39		Breanna Rak	Saskatchewan	12-Feb-2010	Regina Field House
15	12.97		Chelcie Kucharchuk	Alberta	06-Feb-2010	Max Bell Field House
15	13.19		Caitlin Fowler	Regina	26-Feb-2010	U of A Butterdome
17	13.65		Kristen Mackie	Saskatchewan	29-Jan-2010	Saskatoon Field House
18	13.81		Jaime Waive	Calgary	12-Feb-2010	Regina Field House
19	16.32		Taryn Suttie	Saskatchewan	26-Feb-2010	U of A Butterdome

## **Best CANWEST Women's Pentathlon Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 3414.00)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2212.00		Leanne Schellenberg	Saskatchewan	12-Feb-2010	Regina Field House
2	2366.00		Laurie Harder	Saskatchewan	15-Jan-2010	U of A Butterdome
3	2424.00		Angelica Lang	Saskatchewan	15-Jan-2010	U of A Butterdome
4	2778.00		Leanne Hildenbrandt	Alberta	15-Jan-2010	U of A Butterdome
5	2864.00		Shalane Haselhan	Regina	12-Feb-2010	Regina Field House
6	2869.00		Mackenzie Baert	Alberta	12-Feb-2010	Regina Field House
7	2967.00		Veronika (Nika) Smits	Saskatchewan	26-Feb-2010	U of A Butterdome
8	3045.00		Lindsay Tasker	Saskatchewan	15-Jan-2010	U of A Butterdome
9	3059.00		Deondra Twerdun	Manitoba	26-Feb-2010	U of A Butterdome
10	3302.00		Amanda Schneck	Alberta	15-Jan-2010	U of A Butterdome
11	3321.00		Chelsea Valois	Regina	12-Feb-2010	Regina Field House

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## **Best CANWEST Women's 200m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 24.99)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	25.06		Sharai Siemens	Saskatchewan	14-Feb-2010	Dempsey Field House
2	25.54		Lisa Wong	Manitoba	11-Dec-2009	Max Bell Field House
3	25.74		Meaghan Woo	Manitoba	12-Feb-2010	Lied Recreation Centre
4	25.91		Chelsea Valois	Regina	05-Dec-2009	Regina Field House
5	26.10		Amanda Ruller	Regina	05-Dec-2009	Regina Field House
6	26.15		Jennifer Campbell	Manitoba	12-Feb-2010	Lied Recreation Centre
7	26.36		Carrie Yuzik	Saskatchewan	05-Dec-2009	Saskatoon Field House
8	26.46		Merissa Margetts	Regina	05-Dec-2009	Regina Field House
9	26.54		Kimberly-Ann Bordun	Manitoba	12-Feb-2010	Lied Recreation Centre
10	26.86		Alicia Boxill	Manitoba	11-Dec-2009	Max Bell Field House
11	26.89		Leah Harpelle	Manitoba	23-Jan-2010	Bierman Field House
12	26.95		Katelyn Kuspira	Saskatchewan	05-Dec-2009	Saskatoon Field House
13	27.05		Caley Miskimmin	Manitoba	17-Jan-2010	Bison Sports Arena
14	27.15		Tennille Davis	Regina	05-Dec-2009	Regina Field House
15	27.30		Dana Baker	Manitoba	11-Dec-2009	Max Bell Field House
16	27.40		Meaghan Rempel	Manitoba	24-Feb-2010	Max Bell Field House
17	27.92		Nicole Breker	Regina	05-Dec-2009	Regina Field House
18	27.94		Jamie Ferguson	Saskatchewan	05-Dec-2009	Saskatoon Field House
19	28.18		Robyn Bauck	Regina	05-Dec-2009	Regina Field House
20	28.29		Christine Olson	Saskatchewan	05-Dec-2009	Saskatoon Field House
21	28.45		Katie Hanbidge	Saskatchewan	05-Dec-2009	Saskatoon Field House
22	31.27		Maria Epp	Saskatchewan	05-Dec-2009	Saskatoon Field House
23	32.99		Anne-Marie Young	Manitoba	23-Jan-2010	Max Bell Field House

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## **Best CANWEST Women's 400m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 56.02)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	55.55 *		Sharai Siemens	Saskatchewan	13-Feb-2010	Dempsey Field House
2	57.50		Jennifer Campbell	Manitoba	12-Feb-2010	Lied Recreation Centre
3	58.06		Kirclin Maclise	Alberta	28-Nov-2009	Universiade Pavillion
4	58.40		Meaghan Woo	Manitoba	12-Feb-2010	Lied Recreation Centre
5	59.04		Kimberly-Ann Bordun	Manitoba	12-Feb-2010	Lied Recreation Centre
6	59.08		Ashley Gerstmar	Saskatchewan	12-Feb-2010	Regina Field House
7	59.17		Dana Baker	Manitoba	12-Feb-2010	Lied Recreation Centre
8	59.45		Amanda Banks	Saskatchewan	12-Feb-2010	Regina Field House
9	1:00.06		Michelle Lavoie	Manitoba	12-Dec-2009	Max Bell Field House
10	1:04.59		Chantal Auger	Manitoba	12-Dec-2009	Max Bell Field House
11	1:18.79		Angelica Garcia Varganova	Manitoba	12-Dec-2009	Max Bell Field House

## **Best CANWEST Women's 500m Result for All Athletes as of 12-Mar-2010 00:11:59** (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

## **Best CANWEST Women's 800m Result for All Athletes as of 12-Mar-2010 00:11:59** (Standard: 2:11.56)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2:10.47 *		Kailey Smith	Saskatchewan	13-Feb-2010	Dempsey Field House
2	2:10.76 *		Julene Friesen	Saskatchewan	13-Feb-2010	Dempsey Field House
3	2:17.44		Michelle Lavoie	Manitoba	12-Feb-2010	Lied Recreation Centre
4	2:18.0 (HT)		Melissa Petersen	Regina	12-Feb-2010	Regina Field House
5	2:19.73		Lauren Beaulieu	Victoria	16-Jan-2010	Dempsey Field House
6	2:22.16		Chantal Auger	Manitoba	12-Feb-2010	Lied Recreation Centre
7	2:22.74		Kendra Pomfret	Victoria	16-Jan-2010	Dempsey Field House
8	2:22.97		Maureen McCulligh	Victoria	16-Jan-2010	Dempsey Field House
9	2:23.05		Valerie Hurdle	Calgary	05-Dec-2009	Jack Simpson Track
10	2:23.0 (HT)		Nadine Brenault	Saskatchewan	12-Feb-2010	Regina Field House
11	2:23.32		Michelle Seifert	Calgary	05-Dec-2009	Jack Simpson Track
12	2:23.85		Jackie Adamson	Manitoba	23-Jan-2010	Bierman Field House
13	2:25.78		Nikki Barlow	Calgary	05-Dec-2009	Jack Simpson Track

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## **Best CANWEST Women's Mile Result for All Athletes as of 12-Mar-2010 00:11:59** (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	4:56.99		Jodi Souter	Saskatchewan	14-Feb-2010	Dempsey Field House
3	5:01.48		Brittany Therrien	Victoria	16-Jan-2010	Dempsey Field House
4	5:05.63		Katrina Bruckschwaiger	Manitoba	17-Jan-2010	Bison Sports Arena
5	5:10.15		Alycia Roske	Victoria	14-Feb-2010	Dempsey Field House
6	5:12.78		Laura Mitic	Victoria	14-Feb-2010	Dempsey Field House
7	5:12.94		Melanie Gregoire	Manitoba	12-Feb-2010	Lied Recreation Centre
8	5:13.19		Lacey Ginter	Manitoba	12-Feb-2010	Lied Recreation Centre
9	5:20.16		Gina Tessmann	Manitoba	12-Feb-2010	Lied Recreation Centre
10	5:23.35		Alex Bell	Manitoba	17-Jan-2010	Bison Sports Arena
11	5:38.18		Justine Stromberg	Manitoba	17-Jan-2010	Bison Sports Arena
12	6:01.59		Becky Carr	Manitoba	17-Jan-2010	Bison Sports Arena