

ONTARIO OUTDOOR RECORDS - WOMEN

As on December 31, 2017

p = pending ratification (number codes explained below)
 U20 = under 20 years of age at time of record-breaking performance
 and not turning 20 at any time during that year
 h = hand timing

Explanation of Number Codes for Pending Records:

p	Ratifiable at next AO Board meeting
p(2)	Copy of birth certificate required
p(3)	Officials' verification form required (heights accurately measured, implements checked?)
p(4)	Nationality/residence at time of performance needs to be verified
p(5)	Performance information incomplete
p(6)	Verification of results required
p(7)	More information on specifications required
p(8)	Record application form required

For lists of discontinued events and lists of performances unratified for administrative reasons see Appendices following men's records.
 In the relay events, athletes whose names are in **bold** lettering are required to provide proof of age.
 For further information on this list please contact Randolph Fajardo <randolphfajardo@athleticsontario.ca>

Note: As of January 1, 2010, an athlete must have been a registered member of Athletics Ontario on the date the performance was achieved in order to be eligible for a record.

80m	Bantam-U14	10.05 (+0.3)	Chelsea AGYEMONG (00)	Flying Angels	Toronto	2013 07 27	
	Bantam-U13	10.67 (+1.1)	Arielle TESSIER (99)	York University TC	Toronto	2011 07 23	
100m	Open/Senior	10.95p (+0.9)	Sherone SIMPSON	Jamaica	Toronto	2015 07 22	
	Espoir-U24	11.13 (+0.9)	Khamica BINGHAM (94)	Canada (Brampton TFC)	Toronto	2015 07 22	
	Junior-U20	11.21 (+0.0)	Angela BAILEY (62)	Canada (Univ. of Toronto TC)	Ciudad Bolivar VEN	1981 08 15	
	Junior-U19	11.44 (+0.5)	Angela BAILEY (62)	Canada (Univ. of Toronto TC)	Philadelphia, PA	1980 07 17	
	Youth-U18	11.53 (+1.8)	Khamica BINGHAM (94)	Brampton TFC	Toronto	2011 07 23	
		11.5h (+0.5)	Angela BAILEY (62)	Power Track Club	Sherbrooke	1979 07 28	
	Youth-U17	11.63 (+0.0)	Angela BAILEY (62)	Canada	Edmonton	1978 08 06	
	Midget-U16	11.83 (+1.8)	France GAREAU (67)	North Bay Legion	Ottawa	1982 07 31	
		11.8h (+1.2)	Angela BAILEY (62)	Mississauga TFC	Ottawa	1976 09 05	
	Midget-U15	12.08 (+1.8)	Christian BRENNAN (95)	Unattached	Sherbrooke, QC	2009 08 08	
		11.8h (+1.2)	Angela BAILEY (62)	Mississauga TFC	Ottawa	1976 09 05	
	Bantam-U14	12.19 (+1.1)	Nichelle PRINCE (95)	Ontario RCL Team (Flying Angels)	Sherbrooke, QC	2008 08 09	
		12.0h NWI	Donna SUMMERLAND (58)	Scarborough Optimists TC	Whitby	1971 05 29	
	Bantam-U13	12.67 (-0.7)	Nichelle PRINCE (95)	Phoenix Athletics	Toronto	2007 08 04	
150m	Bantam-U14	18.80(+0.7)	Jadyn CHEVANNES-SKEEN (97)	Fortis TC	London	2010 07 25	
	Bantam-U13	19.51 (-1.0)	Arielle TESSIER (99)	York University TC	Toronto	2011 07 24	
200m	Open/Senior	22.62 (+0.1)	Marita PAYNE (60)	Scarborough Optimists	Edmonton	1983 07 10	
	Open/Senior	22.50 (+0.0)	Crystal EMMANUEL (91)	Canada (Flying Angels Academy)	Cork City, IRE	2017 07 18	
	Espoir-U24	22.62 (+0.1)	Marita PAYNE (60)	Scarborough Optimists	Edmonton	1983 07 10	
	Junior-U20	22.86 (+0.0)	Angela BAILEY (62)	Canada (Univ. of Toronto TC)	Ciudad Bolivar VEN	1981 08 15	
	Junior-U19	23.42 (-2.1)	Angela BAILEY (62)	University of Toronto TC	Sherbrooke	1980 06 15	
	Junior-U19	23.27 (+0.9)	Ashlan BEST (99)	Speed River T.F.C.	Lima, PER	2017 07 22	
	Youth-U18	23.43 (+1.8)	Christian BRENNAN (95)	Hamilton Olympic	Ottawa	2011 08 07	
	Youth-U17	23.43 (+1.8)	Christian BRENNAN (95)	Hamilton Olympic	Ottawa	2011 08 07	
	Midget-U16	23.84 (+0.8)	Christian BRENNAN (95)	Hamilton Olympic	Toronto	2010 07 30	
	Midget-U15	24.81 (+0.0)	Rhonda-Kaye TRUSTY (88)	Brampton T.C.	Ottawa	2002 08 04	
	Bantam-U14	25.13 (+0.2)	Nichelle PRINCE (95)	Ontario RCL Team (Flying Angels)	Sherbrooke, QC	2008 08 10	
	Bantam-U13	26.02 (-2.0)	Nichelle PRINCE (95)	Phoenix Athletics	Toronto	2007 08 05	
300m	Midget-U16	37.17	Christian BRENNAN (95)	Ontario RCL (Hamilton Olympic)	Ottawa	2010 08 07	
	Midget-U15	39.43	Mariam ABDUL-RASHID (97)	Durham Legion Athletics	Toronto	2011 07 24	
400m	Open/Senior	49.91	Marita PAYNE (60)	Canada (York Univ. Optimists)	Los Angeles CA	1984 08 06	
	Espoir-U24	50.06	Marita PAYNE (60)	Canada (Scarborough Optimists)	Helsinki, FIN	1983 08 10	
	Junior-U20	51.85	Jillian RICHARDSON (65)	Canada (York Univ. Optimists)	Walnut CA	1984 07 25	
	Junior-U19	52.12	Christian BRENNAN (95)	Canada (Hamilton Olympic)	Lille, FRA	2011 07 08	
	Youth-U18	52.12	Christian BRENNAN (95)	Canada (Hamilton Olympic)	Lille, FRA	2011 07 08	
	Youth-U17	52.12	Christian BRENNAN (95)	Canada (Hamilton Olympic)	Lille, FRA	2011 07 08	
	Midget-U16	54.15	Christian BRENNAN (95)	Hamilton Olympic	Moncton, NB	2010 07 03	
	Midget-U15	56.07	Christian BRENNAN (95)	Unattached	Sherbrooke	2008 08 08	
	Bantam-U14	57.76	Patricia MAYERS (85)	Oshawa Legion TFC	Toronto	1998 06 30	
	Bantam-U13	59.63	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 07 28	
	800m	Open/Senior	1:57.52	Melissa BISHOP (88)	Canada (Ottawa Lions T.F.C.)	Beijing, CHN	2015 08 27
		Open/Senior	1:57.01	Melissa BISHOP (88)	Canada (Ottawa Lions T.F.C.)	Monaco, MON	2017 07 21
Espoir-U24		2:02.10	Samantha MURPHY (92)	(Unattached)	Eugene, OR	2013 06 07	
Junior-U20		2:03.17	Glenda REISER (55)	Canada	Moscow, URS	1973 08 19	
Junior-U19		2:03.17	Glenda REISER (55)	Canada	Moscow, URS	1973 08 19	
Youth-U18		2:05.2h	Glenda REISER (55)	Uplands Harriers	Scarborough	1972 07 22	
Youth-U17		2:06.96	Kailee SAWYER (97)	Laurel Creek T.F.C.	Toronto	2013 06 25	
Midget-U16		2:08.04	Kailee SAWYER (97)	Laurel Creek T.F.C.	Winnipeg	2012 07 29	
Midget-U15		2:12.1h	Jocelyn CHAU (00)	University of Toronto T.C.	Toronto	2014 06 17	
Bantam-U14		2:15.40	Kailee SAWYER (97)	Laurel Creek T.F.C.	Guelph	2010 07 07	
Bantam-U13		2:15.79	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 02	

1000m	Open/Senior	2:36.26	Carmen DOUMA-HUSSAR (77)	Guelph T.F.C.	Linz, AUT	2005 08 23	
	Espoir-U24	2:38.4h	Penny WERTHNER (55)		West Berlin, FRG	1978 08 18	
	Junior-U20	2:41.4h	Glenda REISER (55)		Montreal	1973 07 04	
	Junior-U19	2:41.4h	Glenda REISER (55)		Montreal	1973 07 04	
1200m	Midget-U16	3:29.21	Kailee SAWYER (97)	Laurel Creek T.F.C.	Charlottetown, PE	2012 08 17	
	Midget-U15	3:37.42	Madison GREIG (01)	South Simcoe/Dufferin	Windsor	2014 08 02	
	Bantam-U14	3:37.42	Madison GREIG (01)	South Simcoe/Dufferin	Windsor	2014 08 02	
	Bantam-U13	3:48.90	Madison GREIG (01)	South Simcoe/Dufferin	Midland	2013 06 15	
1500m	Open/Senior	4:02.29	Carmen DOUMA-HUSSAR (77)	Guelph T.F.C.	Rieti, ITA	2005 08 28	
	Open/Senior	4:03.55	Gabriela STAFFORD (95)	Canada (Univ. of Toronto T.C.)	Berlin, GER	2017 08 27	
	Espoir-U24	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04	
	Espoir-U24	4:03.55	Gabriela STAFFORD (95)	Canada (Univ. of Toronto T.C.)	Berlin, GER	2017 08 27	
	Junior-U20	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04	
	Junior-U19	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04	
	Youth-U18	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04	
	Youth-U17	4:22.71	Emily COHEN (99)	Central Toronto AC	Windsor	2015 06 13	
	Midget-U16	4:27.63	Stephanie SMITH (90)	York University T.C.	Ottawa	2005 06 22	
	Midget-U15	4:32.2h	Tammy ROBERTS (67)	Oshawa Legion	Ottawa	1981 08 08	
	Bantam-U14	4:35.62	Kailee SAWYER (97)	Laurel Creek T.F.C.	London, ON	2010 08 01	
	Bantam-U13	4:46.26	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 03	
	Mile	Open/Senior	4:26.76	Carmen DOUMA-HUSSAR	Guelph TFC	Brussels, BEL	2007 09 14
Espoir-U24		4:35.13	Glenda REISER (55)	Canada	London, GBR	1973 09 14	
Junior-U20		4:35.13	Glenda REISER (55)	Canada	London, GBR	1973 09 14	
Junior-U19		4:35.13	Glenda REISER (55)	Canada	London, GBR	1973 09 14	
2000m	Open/Senior	5:54.5h	Alison WILEY (63)	Canada (Univ. of Toronto TC)	Helsinki, FIN	1983 08 10	
	Espoir-U24	5:54.5h	Alison WILEY (63)	Canada (Univ. of Toronto TC)	Helsinki, FIN	1983 08 10	
	Midget-U16	6:13.71	Jamie PHELAN (95)	Laurel Creek	Ottawa	2010 08 07	
	Midget-U15	6:28.30	Cameron ORMOND (01)	Newmarket Huskies	Ste-Therese, QC	2015 08 08	
	Bantam-U14	6:34.10	Madison GREIG (01)	South Simcoe/Dufferin	Windsor	2014 08 03	
	Bantam-U13	6:43.77	Madison GREIG (01)	South Simcoe/Dufferin	Toronto	2013 07 28	
3000m	Open/Senior	8:44.02	Sheila REID (89)	Athletics Toronto	London, GBR	2013 07 26	
	Espoir-U24	8:51.27	Alison WILEY (63)	Canada (Univ. of Toronto T.C.)	Helsinki, FIN	1983 08 08	
	Junior-U20	9:13.10	Gabriella STAFFORD (95)	University of Toronto TC	Toronto	2014 05 20	
	Junior-U19	9:15.74	Tamara JEWETT (90)	Canada (Univ. of Toronto T.C.)	Bydgoszcz, POL	2008 07 12	
	Youth-U18	9:22.64	Jennifer ARMSTRONG (71)	Canada (Tillsonburg Legion)	Richmond, BC	1987 07 12	
	Youth-U18	9:21.84	Brogan MacDOUGALL (00)	Physi-Kult Kingston	Ottawa, ON, CAN	2017 07 06	
	Youth-U17	9:22.64	Jennifer ARMSTRONG (71)	Canada (Tillsonburg Legion)	Richmond, BC	1987 07 12	
	Midget-U16	9:36.98	Brogan MacDOUGALL (00)	Physi-Kult Kingston	Hamilton	2015 06 18	
	Midget-U15	9:52.6h	Tammy ROBERTS (67)	Oshawa Legion	Windsor	1981 06 27	
	Bantam-U14	10:11.31	Jennifer ARMSTRONG (71)	Tillsonburg Legion TFC	London	1984 08 12	
	Bantam-U13	10:28.98	Amber REID (77)	Kingston TFC	Hamilton	1989 07 22	
	5000m	Open/Senior	14:54.98	Courtney BABCOCK (72)	Unattached	Paris, FRA	2003 08 30
		Espoir-U24	15:23.64	Sheila REID (89)	Villanova University (Athletics Toronto)	Walnut, CA	2012 04 20
Junior-U20		16:04.39	Heather PETRICK (95)	Speed River	Guelph	2014 05 31	
Junior-U20		15:48.80	Branna MacDOUGALL (98)	Physi-Kult Kingston	Bydgoszcz, POL	2016 07 23	
Junior-U19		16:31.88	Claire SMITH (97)	Ottawa Lions	Ottawa	2014 06 11	
Junior-U19		16:03.80	Brogan MacDOUGALL (00)	Physi-Kult Kingston	Philadelphia, PA, USA	2017 04 29	
10000m	Open/Senior	31:46.94	Lanni MARCHANT (84)	London-Western TFC	Stanford, CA	2015 05 02	
	Espoir-U24	33:12.60	Anne Marie MALONE (60)		Tokyo, JPN	1982 09 24	
		32:47.15p(2,8)	Katrina ALLISON (94)	Speed River	Stanford, CA	2015 05 02	
	Junior-U20	35:19.95	Carole TREPANIER (71)	Canada (Timmins-Porcupine)	Sudbury	1988 06 26	
80mH	Midget-U16	11.29 (+0.2)	Jessica ZELINKA (81)	Banting S.S. (London-Western)	Kitchener	1996 06 07	
	Midget-U15	12.05 (-1.3)	Ashlan BEST (99)	(Guelph TFC)	Langley, BC	2013 08 09	
	Bantam-U14*	12.77 (-0.7)	Anna WITHERSPOON (01)	Durham Legion Athletics	Windsor	2014 08 03	
	Bantam-U14*	12.71 (2.0)	Reyne RODRIGUES (04)	Durham Legion Athletics	Windsor, ON, CAN	2017 07 15	
	Bantam-U13*	13.99 (-0.7)	Ashley ROBITAILLE (02)	Timmins-Porcupine TFC	Windsor	2014 08 03	
* new specs - 12.00 -7.50m							
100mH	Open/Senior	12.46 (+0.7)	Perdita FELICIEN (80)	(-)	Eugene, OR	2004 06 19	
	Espoir-U24	12.53 (-0.2)	Perdita FELICIEN (80)	Canada (Central Pickering)	St-Denis, FRA	2003 08 27	
	Junior-U20	13.32 (+1.6)	Karen NELSON (63)	Canada (Scarborough Optimists)	Brisbane, AUS	1982 10 07	
	Junior-U19	13.57 (-0.7)	Nicole SETTERINGTON (95)	Canada (London Legion)	Medellin, COL	2013 08 23	
	Youth-U18	12.05 (+0.4)	Xahria SANTIAGO (99)	The Speed Academy	Toronto	2015 06 05	
	Youth-U17	12.05 (+0.4)	Xahria SANTIAGO (99)	The Speed Academy	Toronto	2015 06 05	
200mH	Midget-U16	26.82 (-1.7)	Xahria SANTIAGO (99)	RCL Team Ontario ()	Langley, BC	2014 08 16	
	Midget-U15	28.00 (-2.4)	Ashlan BEST (99)	(Guelph TFC)	Langley, BC	2013 08 10	
	Bantam-U14	29.37 (+0.2)	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 08 30	
	Bantam-U13	29.37 (+0.2)	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 08 30	
300mH	Youth-U18	41.74	Deniece BELL (78)	Preston H.S. (Laurel Creek)	Kitchener	1994 06 04	
	Youth-U17	41.74	Deniece BELL (78)	Preston H.S. (Laurel Creek)	Kitchener	1994 06 04	
	Midget-U16	42.74	Jessica ZELINKA (81)	Banting S.S. (London-Western TFC)	Kitchener	1996 06 08	
	Midget-U15	43.45	Taylor FARQUHAR (94)	Ontario RCL Team (London-Western)	Sherbrooke, QC	2008 08 10	

400mH	Open	54.91	Nezha BIDOUANE	Morocco	Ottawa	2001 07 22	
	Senior	55.10	Donalda DUPREY (67)	Canada (Saugeen TFC)	Bondoufle, FRA	1994 07 12	
	Espoir-U24	55.71	Sarah WELLS (89)	University of Toronto TC	Calgary, AB	2012 06 29	
	Junior-U20	56.55	Donalda DUPREY (67)	Canada (Saugeen TFC)	Edinburgh, GBR	1986 07 28	
	Junior-U19	56.79	Xahria SANTIAGO (99)	Canada (The Speed Academy)	Cali, COL	2015 07 18	
	Youth-U18	56.79	Xahria SANTIAGO (99)	Canada (The Speed Academy)	Cali, COL	2015 07 18	
	Youth-U17	56.79	Xahria SANTIAGO (99)	Canada (The Speed Academy)	Cali, COL	2015 07 18	
1500mSC	Youth-U18	5:00.99	Claire PERCIVAL (87)	Northern C.I. & V.S.(Sarnia Athletics SW)	Toronto	2004 06 04	
	Youth-U18	4:46.54	Mkenna VANDERHEYDEN (00)	London Legion T.F.A	Belleville, ON, CAN	2017 06 03	
	Youth-U17	5:02.33	Katey CODYRE (94)	Courtice S.S. (Durham Dragons)	London	2010 06 03	
	Midget-U16*	5:07.48	Renée MAISONNEUVE (95)	Timmins-Porcupine	Ottawa	2010 08 08	
	Midget-U16*	5:02.27	Aysia MAURICE (04)	310 Running	Brandon, MB, CAN	2017 08 13	
	Midget-U15*	5:11.24	Lia CODRINGTON (97)	Ottawa Lions	Ottawa	2011 08 07	
	Midget-U15*	5:02.27	Aysia MAURICE (04)	310 Running	Brandon, MB, CAN	2017 08 13	
<i>* new specifications - no waterjump</i>							
2000mSC	Junior-U20	6:36.05	Danelle WOODS (89)	Ottawa Lions	Abbotsford, BC	2007 07 29	
	Junior-U19	6:36.05	Danelle WOODS (89)	Ottawa Lions	Abbotsford, BC	2007 07 29	
	Youth-U18	6:55.69	Katey CODYRE (94)	Durham Dragons	Moncton, NB	2010 07 02	
	Youth-U17	6:55.69	Katey CODYRE (94)	Durham Dragons	Moncton, NB	2010 07 02	
3000mSC	Open	9:48.12	Ashley HIGGINSON	United States	Toronto	2015 07 24	
	Senior	9:51.16	Carol HENRY (82)	University of North Carolina (-)	Baton Rouge, LA	2002 06 01	
	Espoir-U24	9:51.16	Carol HENRY (82)	University of North Carolina (-)	Baton Rouge, LA	2002 06 01	
	Junior-U20	10:12.41	Charlotte PROUSE (97)	Canada (London Legion)	Edmonton, AB	2015 08 01	
	Junior-U19	10:12.41	Charlotte PROUSE (97)	Canada (London Legion)	Edmonton, AB	2015 08 01	
800mW	Bantam-U14	4:27.25	Chelsea RODRIGUEZ (86)	Niagara Regional Athletics	Sarnia	1999 07 24	
	Bantam-U13	4:49.03	Melanie GAUTHIER (95)	Timmins-Porcupine	Toronto	2007 08 05	
1500mW	Youth-U18	6:55.86	Rebecca LAVALLEE (83)	Ontario RCL Team (Peterborough)	Calgary	2000 08 13	
	Youth-U17	7:02.4h	Louise AUBIN (66)	Mississauga TFC	North York	1982 06 12	
	Midget-U16	7:12.0h	Helene DAVIAU (64)	Etobicoke Striders TFC	Etobicoke	1979 06 17	
	Midget-U15	7:35.6h	Sheila SKEOCH (65)	Temiskaming TC	St. John's, NF	1979 08 7/8	
3000mW	Open/Senior	12:50.42	Alison BAKER (64)	Hamilton Olympic	North York	1993 07 24	
	Espoir-U24	13:10.98	Ann PEEL (61)	East Ottawa Lions	Etobicoke	1983 06 19	
	Junior-U20	13:32.40	Lora RIGUTTO (68)	Brockville Legion Harriers	North York	1987 06 21	
5000mW	Open	21:51.31	Maria CRUZ	Spain	Sudbury	1988 07 31	
	Senior	22:01.09	Ann PEEL (61)	Canada (East Ottawa Lions)	Zagreb, YUG	1987 07 17	
	Espoir-U24	22:17.5h	Ann PEEL (61)	(East Ottawa Lions)	Bergen, NOR	1984 05 05	
	Junior-U20	23:57.21	Lora RIGUTTO (68)	Brockville Legion Harriers	Ottawa	1987 08 01	
	Junior-U19	24:00.8h	Lora RIGUTTO (68)	Brockville Legion Harriers	Ottawa	1986 06 21	
	Youth-U18	25:16.2h	Helene DAVIAU (64)	Etobicoke Striders	Sherbrooke	1980 06 15	
	Youth-U17	25:16.2h	Helene DAVIAU (64)	Etobicoke Striders	Sherbrooke	1980 06 15	
HJ	Open	2.00	Galina ASTAFEI	Romania	Sudbury	1988 07 29	
	Senior	1.97	Nicole FORRESTER (76)	Mississauga TFC	Thessaloniki, GRE	2007 07 30	
	Espoir-U24	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08	
	Junior-U20	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08	
	Junior-U19	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08	
	Youth-U18	1.87	Julie WHITE (60)	Canada (Etobicoke Striders)	Montreal	1976 07 28	
	Youth-U17	1.87	Julie WHITE (60)	Canada (Etobicoke Striders)	Montreal	1976 07 28	
	Midget-U16	1.81	Lea-Anne MADILL (69)	Kitchener-Waterloo MTFA	Brantford	1984 05 17	
	Midget-U15	1.80	Julie WHITE (60)	Brampton TC	Winnipeg	1974 08 27	
	Bantam-U14	1.65	Lesley MANION (67)	RCL Dist.G(Ottawa Kinsmen Har)	Kitchener	1980 07 19	
		1.65	Paula GILMOUR (67)	RCL Dist. D (Scarborough Opt.)	Kitchener	1980 07 19	
	Bantam-U13	1.60	Paula GILMOUR (67)			1979	
	PV	Open	4.85	Yarislei SILVA	Cuba	Toronto	2015 07 23
Senior		4.52	Dana ELLIS (79)	Kitchener-Waterloo MTFA	Chula Vista, CA	2007 08 18	
Espoir-U24		4.75	Alysha NEWMAN (94)	Canada (Bolton Pole Vault)	Brussels, BEL	2017 09 01	
		4.75		Canada (Bolton Pole Vault)	Beckum, GER	2017 08 27	
Junior-U20		4.40	Alysha NEWMAN (94)	Canada (London Legion)	Medellin, COL	2013 08 25	
Junior-U19		4.06	Alysha NEWMAN (94)	Mother Teresa H.S. (London Legion)	Brockville	2012 06 08	
Youth-U18		3.91	Alysha NEWMAN (94)	RCL Ontario (London Legion)	Ottawa	2010 08 08	
		3.91	Alysha NEWMAN (94)	Mother Teresa H.S. (London Legion)	London, ON	2011 05 28	
Youth-U17		3.91	Alysha NEWMAN (94)	RCL Ontario (London Legion)	Ottawa	2010 08 08	
Midget-U16		3.60	Alysha NEWMAN (94)	London Legion	Windsor	2009 07 05	
Midget-U15		2.80	Madeline LI (99)	Speed Academy	Toronto	2013 07 27	
LJ		Open	6.90 (+1.1)	Cristabel NETTEY	Canada	Toronto	2015 07 24
		Senior	6.82 (+1.0)	Tabia CHARLES (85)		Chalia, GRE	2008 06 07
	Espoir-U24	6.66 (+1.9)	Nicole DEVONISH (73)	University of Texas (-)	Lubbock, TX	1996 05 17	
	Junior-U20	6.50 (+1.6)	Karen NELSON (63)	Canada (Scarborough Optimists)	Celje, YUG	1982 07 04	
	Junior-U19	6.41 (+1.9)	Nicole ALI (64)	Scarborough Optimists	Regina	1981 08 01	
	Youth-U18	6.41 (+1.9)	Nicole ALI (64)	Scarborough Optimists	Regina	1981 08 01	
	Youth-U17	5.98 (+1.4)	Nicole DEVONISH (73)	Oshawa Legion	Hamilton	1989 07 22	
	Midget-U16	5.75 (+1.4)	Nicole ALI (64)	Scarborough Optimists	Etobicoke	1979 08 18	
		5.75 (+1.4)	Jessica ZELINKA (81)	Ont. RCL Team (London-Western)	Sherbrooke	1996 08 11	
	Midget-U15	5.74 (+1.6)	Michelle MACDONALD (81)	Pegasus Athletic Club	Abbotsford, BC	1995 07 30	
	Bantam-U14	5.28 (+2.0)	Michelle MACDONALD (81)	Burlington Legion Optimist	Ottawa	1994 07 02	

	Bantam-U13	4.92 (-0.9)	Veronica DYER (77)	Oshawa Olympics	Hamilton	1989 07 23
TJ	Open	14.62 (+1.3)	Cristina NICOLAU	Romania	Ottawa	2001 07 22
	Senior	13.99 (+0.6)	Tabia CHARLES (85)	Elite Edge	Eugene, OR	2010 07 03
	Espoir-U24	13.94 (+1.7)	Tabia CHARLES (85)	University of Miami (-)	Philadelphia, PA	2006 04 29
	Junior-U20	13.04 (+0.6)	Tabia CHARLES (85)	Westview Legends	Toronto	2003 06 15
	Junior-U19	13.04 (+0.6)	Tabia CHARLES (85)	Westview Legends	Toronto	2003 06 15
	Youth-U18	12.95 (+0.9)	Tabia CHARLES (85)	Etobicoke Gladstone	London	2001 06 30
	Youth-U17	12.95 (+0.9)	Tabia CHARLES (85)	Etobicoke Gladstone	London	2001 06 30
	Midget-U16	11.92 (+0.6)	Angela MERCURIO (96)	RCL Ontario (Supreme Athletics)	Ottawa	2010 08 06
	Midget-U15	11.92 (+0.6)	Angela MERCURIO (96)	RCL Ontario (Supreme Athletics)	Ottawa	2010 08 06
	Bantam-U14	11.16 (-0.6)	Michelle MACDONALD (81)	Burlington Legion	Kitchener	1994 07 30
Bantam-U13	9.40 (+1.3)	J. HOLLINGSWORTH (81)	St. Thomas Legion	North York	1993 08 07	
SP	Open	20.66	Marianne ADAM	German Democratic Republic	Sudbury	1975 08 29
	Senior	18.02	Lieja TUNKS (76)	London-Western TFC	London, ON	2007 07 26
	Senior	18.58	Brittany CREW (94)	SISU Throws Club	Tuscon, AZ, USA	2017 05 20
	Espoir-U24	17.27	Brittany CREW (94)	Canada (York University TC)	Gwangju, KOR	2015 07 11
	Espoir-U24	18.58	Brittany CREW (94)	SISU Throws Club	Tuscon, AZ, USA	2017 05 20
	Junior-U20	16.00	Obeng MARFO (96)	(York University TC)	East Lansing, MI	2015 05 17
	Junior-U19	14.91	Brittany CREW (94)	Birchmount Park C.I. (Phoenix Athletics)	Toronto	2012 05 24
	Junior-U19	15.42	Trinity TUTTI (00)	SISU Throws Club	Toronto, ON, CAN	2017 06 25
	Youth-U18*	16.79	Trinity TUTTI (00)	RCL Dist. ___ (Team GRUNT)	London, ON	2015 07 04
	Youth-U18*	17.82	Trinity TUTTI (00)	Canada (SISU Throws Club)	Nassau, BAH	2017 07 20
	Youth-U17*	16.79	Trinity TUTTI (00)	RCL Dist. ___ (Team GRUNT)	London, ON	2015 07 04
	Midget-U16	16.79	Trinity TUTTI (00)	RCL Dist. ___ (Team GRUNT)	London, ON	2015 07 04
	Midget-U15	14.25	Trinity TUTTI (00)	Team GRUNT	Windsor	2014 08 03
	Bantam-U14	12.45	Trinity TUTTI (00)	Team GRUNT	Toronto	2013 07 09
	Bantam-U13	8.59	Sarah SALDUTTO (01)	Niagara Regional Athletics	Toronto	2013 07 28
	<i>* 3kg. implement - new mass</i>					
DT	Open	68.24	Ilke WYLUDDA	German Democratic Republic	Sudbury	1988 07 31
	Senior	59.76	Tina MCDONALD (76)	Toronto Sports Athletics	Toronto	2001 05 03
	Espoir-U24	56.22	Liz TOMAN (78)	Colorado State (-)	Eugene, OR	2001 05 30
	Junior-U20	52.52	Michelle BROTHERTON 68	Birchmount Collegiate Instit.	Scarborough	1986 05 20
	Junior-U19	52.52	Michelle BROTHERTON 68	Birchmount Collegiate Instit.	Scarborough	1986 05 20
	Youth-U18	47.14	Liz POLYAK (64)	Brantford TFC	Etobicoke	1980 05 11
	Youth-U18	51.28	Trinity TUTTI (00)	Ontario (SISU Throws Club)	Winnipeg, MB, CAN	2017 08 04
	Youth-U17	47.14	Liz POLYAK (64)	Brantford TFC	Etobicoke	1980 05 11
	Midget-U16	46.07	Trinity TUTTI (00)	Team GRUNT	St. Catharines	2015 07 18
	Midget-U15	40.91	Grace TENNANT (99)	Team GRUNT	Hamilton	2013 06 23
	Bantam-U14*	39.43	Grace TENNANT (99)	Team GRUNT	St. Catharines	2012 08 04
	Bantam U13*	24.42p	Madura MURALEETHARAN(02)	United Tamil	Windsor	2014 08 02
<i>* 0.75kg implement - new specifications for age group</i>						
HT	Open/Senior	75.73	Sultana FRIZELL (84)	Ottawa Lions TFC	Tucson, AZ	2014 05 22
	Espoir-U24	66.42	Sultana FRIZELL (84)	(-)	Athens, GA	2005 05 05
	Junior-U20	57.95	Sultana FRIZELL (84)	Ottawa Lions TFC	Athens, GA	2003 08 16
	Junior-U19	55.45	Sultana FRIZELL (84)	Ottawa Lions TFC	Kitchener	2002 07 28
	Youth-U18*	53.64	Trinity TUTTI (00)	RCL Dist. ____ (Team GRUNT)	London, ON	2015 07 04
	Youth-U18*	56.32	Trinity TUTTI (00)	RCL Dist. ____ (SISU Throws Club)	Brandon, MB, CAN	2017 08 13
	Youth-U17*	53.64	Trinity TUTTI (00)	RCL Dist. ____ (Team GRUNT)	London, ON	2015 07 04
	Midget-U16*	53.64	Trinity TUTTI (00)	RCL Dist. ____ (Team GRUNT)	London, ON	2015 07 04
	Midget-U15*	41.54	Trinity TUTTI (00)	Team GRUNT	Windsor	2014 08 03
	Midget-U15*	44.59	Alexa WINDLE (03)	Brantford T.F.C.	Brandon, MB, CAN	2017 08 13
<i>* 3kg. implement</i>						
JT	Open	62.83	Kiz GLEADLE	Canada	Toronto	2015 07 21
	Senior	54.88	Alanna KOVACS (90)	DePaul University (South Simcoe Dufferin)	Chicago, IL	2011 04 16
	Espoir-U24	54.88	Alanna KOVACS (90)	DePaul University (South Simcoe Dufferin)	Chicago, IL	2011 04 16
	Junior-U20	49.16	Brooke ROWLAND (94)	York University TC	Winnipeg	2011 07 09
	Junior-U19	49.16	Brooke ROWLAND (94)	York University TC	Winnipeg	2011 07 09
	Youth-U18*	49.77	Victoria SMITH (95)	RCL Ontario (Windsor Legion)	Charlottetown, PE	2012 08 17
	Youth-U17*	47.88	Alexis BRENZIL (98)	Niagara Regional Athletics	London	2014 08 09
	Midget-U16*	41.86	Grace TENNANT (99)	Team GRUNT	Langley, BC, CAN	2014 08 17
	Midget-U15*	40.60	Grace TENNANT (99)	Team GRUNT	Toronto	2013 07 27
	Bantam-U14	33.61	Brooke ROWLAND (94)	RCL District G (Orangeville TFC)	Ottawa	2007 07 20
Bantam-U13	25.44	Emma McDougall (01)	Niagara Regional Athletics	Toronto	2013 07 27	
<i>* 500g implement - new specifications for age group</i>						
Tetathlon	Bantam-U14	2102	Shyla CARDY (97) 14.03(+1.2) 1.50 7.79 29.12 (0.0)	Niagara Olympic	Toronto	2010 06 12
	Bantam-U14	2166	Hailey Reid (04)	Monte Cristo	Ottawa, ON, CAN	2017 06 11
	Bantam-U13	1769	Jillian CATTON (03) 14.90(+0.1) 1.39 7.29 29.56(-1.6)	Lightning Athletics	Windsor	2015 06 13

(Tetathlon: 80m Hurdles, High Jump, Shot Put, 200m)
New IAAF 80mH tables for women
80m hurdles - 12.0m to 1st hurdle

Pentathlon	Midget-U16	3405	Victoria FAIR (99)				Niagara Regional Athletics	Toronto	2014 06 14		
	Midget-U15	3010	Shyla CARDY (97)	12.17(+1.0)	1.57	11.79	5.06(+2.1)	2:31.69	Niagara Regional Athletics	Toronto	2011 06 11
	Midget-U15	3022	Izzy GOUDROS (03)	13.43(+0.0)	1.56	11.31	4.79(+0.0)	2:40.01	Bullets Track Club	Branton, MB, CAN	2017 08 13

(Pentathlon: 80m Hurdles, High Jump, Shot Put, Long Jump, 800m)

Heptathlon	Open/Senior	6599	Jessica ZELINKA (81)					Canada (Unattached)	Calgary, AB	2012 06 27-28		
	Esplor-U24	5822 new javelin	Jill DROUIN (86)	12.76(-0.6)	1.77	14.74	23.42(+2.1)	5.98(+2.9)	46.60	2:08.95	Sacramento, CA	2007 06 07-08
	Junior-U20	5688	Jessica ZELINKA (81)	14.14(+0.9)	1.87	11.99	25.02(+3.9)	6.01(+3.1)	38.16	2:24.33	Santiago, CHL	2000 10 20-21
	Junior-U19	4991 new javelin	Jessica ZELINKA (81)	14.02(-0.9)	1.77	11.57	24.73(-0.2)	5.85(+0.1)	37.40	2:21.34	Ottawa	1998 06 27-28
	Junior-U19	5308	Dallyssa HUGGINS (98)	14.07(+3.8)	1.63	9.88	24.86(-0.3)	5.27(+2.0)	30.38	2:28.46	Windsor	2016 07 24
	Youth-U18**	4932	Brooke ROWLAND (94)	15.19(+0.4)	1.64	10.70	27.06(+0.2)	5.39(-1.2)	45.20	2:36.38	Ottawa	2011 08 05-06
	Youth-U18*	5046p	Dallyssa HUGGINS (98)	14.78(+2.9)	1.71	10.83	25.52(+2.6)	4.55(+0.0)	29.89	2:09.77	Windsor	2015 06 12-13
	Youth-U17*	4751	Alexis BRENZIL (98)	14.97(+0.5)	1.45	12.19	25.77(+2.8)	5.26(0.0)	39.81	2:41.73	Toronto	2014 06 14-15

* with 3kg shot, 500g javelin ** with 4kg shot, 600g javelin

Decathlon	Open/Senior	Unclaimed										
	Esplor-U23	Unclaimed										
	Junior-U19	Unclaimed										
	Junior-U18	Unclaimed										
4x100m	Open	42.58	UNITED STATES (COMPOSITE)							Toronto	2015 07 25	
		46.25	MISSISSAUGA TFC (CLUB)								North York	1994 06 19
		45.8h	TENNESSEE TIGERBELLES (CLUB)								Toronto	1965 06 10
	Senior	44.88	NATIONAL JUNIOR TEAM (COMPOSITE)								Burnaby	1985 07 26
		46.25	MISSISSAUGA TFC (CLUB)								North York	1994 06 19
		46.2h	UNIVERSITY OF TORONTO TC (CLUB)								Sudbury	1975 08 24
	Esplor-U24	44.88	NATIONAL JUNIOR TEAM (COMPOSITE)								Burnaby	1985 07 26
		46.25	MISSISSAUGA TFC (CLUB)								North York	1994 06 19
		46.2h	UNIVERSITY OF TORONTO TC (CLUB)								Sudbury	1975 08 24
	Junior-U20	44.88	NATIONAL JUNIOR TEAM (COMPOSITE)								Burnaby	1985 07 26
		46.36	UNIVERSITY OF TORONTO TC (CLUB)								North York	1997 06 22
		46.27p(2)	BRAMPTON TC (CLUB)								Toronto	2011 07 23
		46.2h	UNIVERSITY OF TORONTO TC (CLUB)								Sudbury	1975 08 24
	Youth-U18	46.65	MISSISSAUGA TFC								St. John's, NF	1977 08 08
		46.6h	ONTARIO TEAM (COMPOSITE)								St. John's, NF	1973 08 04
		46.27p(2)	BRAMPTON TC (CLUB)								Toronto	2011 07 23
	Midget-U16	48.48	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE)								Ottawa	2010 08 06
		48.11	ONTARIO (COMPOSITE)								Brandon, MB, CAN	2017 08 13
		49.64	OSHAWA LEGION TFC (CLUB)								Kitchener	1999 06 13
		49.64	I BE FAST (CLUB)								LaSalle	2004 07 31
		49.63p(2)	FLYING ANGELS ACADEMY (CLUB)								Ottawa	2011 08 05
		49.63p(2)	OTTAWA LIONS (CLUB)								St. Catharines	2012 08 04
		49.28p(2)	OTTAWA LIONS (CLUB)								Windsor	2014 08 02
		48.34p(2)	FLYING ANGELS ACADEMY (CLUB)								Ste-Therese, QC	2015 08 08
		49.2h	SCARBOROUGH OPTIMISTS								Etobicoke	1982 07 25
	Bantam-U14	51.47	OSHAWA LEGION TFC								Kitchener	1998 07 04

			(Jennifer Evans, Tabia Charles, Shannon Boodram, Patricia Mayers)		
4x200m	Open/Senior	1:35.3h	UNIVERSITY OF TORONTO TC (Angela Bailey, Marita Payne, Jill Ross, Dana Wright)	Etobicoke	1980 07 03
	Espoir-U24	1:35.3h	UNIVERSITY OF TORONTO TC (Angela Bailey, Marita Payne, Jill Ross, Dana Wright)	Etobicoke	1980 07 03
	Junior-U20	1:38.53	UNIVERSITY OF TORONTO TC (Krissy Liphardt, Shelley-Ann Brown, Leia Ince-Mercer, Jennifer Mayhue)	North York	1997 06 22
		1:37.43p(2)	BRAMPTON TC (Naomi Kerr, Daniela Anana-Bediakoh , Simone Martin, Khamica Bingham)	Toronto	2010 06 13
	Youth-U18	1:40.4h	MISSISSAUGA TFC (Sharon Lavery, Cindy Moore, Claudia Topatigh, Janette Wood)	Etobicoke	1976 07 10
	Midget-U16	1:44.51	NIAGARA FALLS OPTIMISTS (Devon Knowles, Amanda Neufeld, Kim Schonewille, Judy Galambos)	North York	1991 06 23
	Bantam-U14	1:46.00	OSHAWA LEGION TFC (Jennifer Evans, Tabia Charles, Shannon Boodram, Patricia Mayers)	Kitchener	1998 07 04
4X400m	Open	3:25.68	UNITED STATES (COMPOSITE) (Shamier Little, Kyra Jefferson, Shakima Wimbley, Kendall Baisden)	Toronto	2015 07 25
		3:41.04	UNIVERSITY OF TORONTO TC (CLUB) (Brenna Thomson, Fiona Callender, Maggie Hanlon, Natalie Geiger)	Walnut, CA	2014 04 19
	Senior	3:31.65	NATIONAL TEAM (COMPOSITE) (Foy Williams, Lami Oyewumi, Carlene Muir, Lindsay Lochhead)	Provo, UT	2004 06 26
		3:41.04	UNIVERSITY OF TORONTO TC (CLUB) (Brenna Thomson, Fiona Callender, Maggie Hanlon, Natalie Geiger)	Walnut, CA	2014 04 19
	Espoir-U24	3:40.48	ONTARIO (COMPOSITE) (Kristie Liphardt, Aimee Teteris, Deniece Bell, Margaret Fox)	Brandon, MB	1997 08 21
		3:40.00p(2)	CANADA (ALL ONTARIO COMPOSITETEAM) (Erin Stenman-Fahey, Evelyn Guay, Taylor Sharpe, Taysia Radoslav)	Edmonton, AB	2015 08 02
		3:43.28	UNIVERSITY OF TORONTO T.C. (Athena McBean, M. Buttinger, Natalie Geiger, Sarah Wells)	Abbotsford, BC	2008 07 27
	Junior-U20	3:40.00	CANADA (ALL ONTARIO COMPOSITETEAM) (Erin Stenman-Fahey, Evelyn Guay, Taylor Sharpe, Taysia Radoslav)	Edmonton, AB	2015 08 02
		3:33.19	CANADA (COMPOSITE) (Xahria Santiago, Victoria Tachinski, Ashlan Best, Kyra Constantine)	Lima, PER	2017 07 23
		3:43.28	UNIVERSITY OF TORONTO T.C. (Athena McBean, M. Buttinger, Natalie Geiger, Sarah Wells)	Abbotsford, BC	2008 07 27
	Youth-U18	3:44.8h	MISSISSAUGA TFC (Angela Bailey, Cindy Moore, Claudia Topatigh, Janette Wood)	Brantford	1977 07 09
	Midget-U16	3:58.88	LAUREL CREEK (CLUB) (Alle Butler, Chisomo McHaina, Maddie Charnuski, Jessica Buttinger)	Toronto	2007 06 17
	Bantam-U14	4:23.30	TEAM ONTARIO - ATOM (COMPOSITE) (S. Freitag, W. Bellmore, A. Ross, Collette Courtney)	Etobicoke	1988 08 05
		4:26.42	NIAGARA OLYMPIC (CLUB) (Sarah Kleemola, Rachel Cahill, Alannah MacDonald, Allison Easterbrook)	Toronto	2006 06 11
4X800m	Open/Senior	9:05.90	HAMILTON OLYMPIC CLUB (Nicky Knapp, Denise Vandeputte, Nicole Stevenson, Sharon MacKinnon)	North York	1991 06 23
	Espoir-U24	9:06.39	NEWMARKET HUSKIES (CLUB) (Kirsten Stewart, Brigid Callaghan, Natalia Hawthorn, Caileigh Glenn)	Timmins	2009 07 26
	Junior-U20	9:06.39	NEWMARKET HUSKIES (CLUB) (Kirsten Stewart, Brigid Callaghan, Natalia Hawthorn, Caileigh Glenn)	Timmins	2009 07 26
	Youth-U18	9:06.39	NEWMARKET HUSKIES (CLUB) (Kirsten Stewart, Brigid Callaghan, Natalia Hawthorn, Caileigh Glenn)	Timmins	2009 07 26
	Midget-U16	9:20.55	UNIVERSITY OF TORONTO TRACK CLUB (Gabriella Banhara, Emily Morgan, Jazz Shukla, Lucia Stafford)	Toronto	2012 05 04
	Bantam-U14	10:19.83	BROCKVILLE LEGION (CLUB) (Paige Morin, Alex Brett, Brynn Gilmour, Emily Carmichael)	Ottawa	2010 08 04
4X1500m	Open/Senior	18:59.8h	MISSISSAUGA STRIDERS (Patti Parco, Debbie Schulte, Louise MacKenzie, Gail Grant)	Kitchener	1979 07 21
	Espoir-U24	18:59.8h	MISSISSAUGA STRIDERS (Patti Parco, Debbie Schulte, Louise MacKenzie, Gail Grant)	Kitchener	1979 07 21
Sp Med*	Open/Senior	3:53.9h	GUELPH OAKS (Marg Stride, Jean Sparling, Laurie Thur, Rachele Campbell)	Kitchener	1978 06 20
	Espoir-U24	4:03.11	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, Roxanne Woodley, Mary Unsworth)	Ottawa	1994 08 06
		4:07.58	LAUREL CREEK (CLUB) (Jill Mallon, Patricia Rowe, Julie Brown, Sue Berg)	North York	1990 06 17
		3:58.50p(2)	LAUREL CREEK (CLUB) (Jaimie Phelan, Dashel Serieux, Tegan Sauer , Kailee Sawyer)	Toronto	2013 07 21
	Junior-U20	4:03.11	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, Roxanne Woodley, Mary Unsworth)	Ottawa	1994 08 06
		4:07.58	LAUREL CREEK (CLUB) (Jill Mallon, Patricia Rowe, Julie Brown, Sue Berg)	North York	1990 06 17
		3:58.50p(2)	LAUREL CREEK (CLUB) (Jaimie Phelan, Dashel Serieux, Tegan Sauer , Kaiulee Sawyer)	Toronto	2013 07 21
	Youth-U18	4:03.11	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, R. Woodley, Mary Unsworth)	Ottawa	1994 08 06
		4:09.64	LAUREL CREEK (CLUB) (Janine Rockel, Maise Hahn, Stephanie Voigt, Sue Berg)	North York	1991 06 23
		4:07.64p(2)	LAUREL CREEK (CLUB) (Monica Januszek, Jennifer Carrique , Rheanna Bulten, Jamie Phelan)	Toronto	2011 06 12
		4:06.32p(2)	LAUREL CREEK (CLUB)	St. Catharines	2012 08 05

			(Kailee Sawyer, Katie Sieling , Monica Januszek ,Jaimie Phelan)		
	4:00.47*p(2)	LAUREL CREEK (CLUB)		Windsor	2014 08 03
		(Nicole Smith, Aaliyah Rodgers ,Bella Efremenko,Kailee Sawyer)			
Midget-U16	4:06.08	ONTARIO LEGION TEAM (COMPOSITE)		Ottawa	2010 08 07
		(Christian Brennan,Alexis Marsh,Ashley Taylor,Christina Kyritsis)			
	4:13.18	MARKHAM TFC (CLUB) [ONTARIO 15 & UNDER RCL TEAM]		Saskatoon	1993 08 14
		(Jennifer Mayhue,Mandy Hornibrook,Kim Milbury,Aimee Teteris)			
	4:11.76p(2)	LAUREL CREEK (CLUB)		Charlottetown, PE	2012 08 18
		(Zahra Sepahi, Emily McKay ,Bella Efremenko,Kailee Sawyer)			
	4:11.46*p(2)	OTTAWA LIONS (CLUB)		Windsor	2014 08 03
		(Keira Christie-Galloway,Alexandria Ethier,Lauren Gale,Shona McCullough)			
Bantam-U14	4:31.3h	BROCKVILLE LEGION		Brockville	2010 09 13
		(Paige Morin,Hayley Whalen,Teri-Anna Libby,Emily Carmichael)			

All races run in 400-200-200-800m order unless askerisked *, in which case the running order was 200-200-400-800m

Dist Med	Open	12:08.24*	OTTAWA LIONS		Ottawa	2007 07 01
			(Kelly Young*,Courtney Conner,Eklysia Robertson,Julia Hicks)			
	Senior	12:17.12*	OTTAWA LIONS		Windsor	2009 07 05
			(Melissa Bishop,Christiane Lela,Julia Tousaw,Tiffany Locke)			
	Espoir-U24	12:34.19**	OTTAWA LIONS "A"		Kitchener	1998 07 04
			(Alexi Thomas,Rhonda Sherrer,Julia Kirby,Vanessa Piazza)			
		12:18.85p(2)*	OTTAWA LIONS		Ottawa	2007 07 01
			(Jennie Biewald ,Rachel Aubrey,Melissa Bishop,Danelle Woods)			
		12:17.12p(2)*	OTTAWA LIONS		Windsor	2009 07 05
			(Melissa Bishop, Christiane Lela,Julia Tousaw ,Tiffany Locke)			
	Junior-U20	12:34.19**	OTTAWA LIONS "A"		Kitchener	1998 07 04
		(Alexi Thomas,Rhonda Sherrer,Julia Kirby,Vanessa Piazza)				
	12:18.85p(2)*	OTTAWA LIONS		Ottawa	2007 07 01	
		(Jennie Biewald ,Rachel Aubrey,Melissa Bishop,Danelle Woods)				

* Running order: 800-400-1200-1600m

** Running order: 400-800-1200-1600m

(Hans Lafleur, Shermar Paul, Nathaniel Thompson, **Christ.LeBlanc**)