

# ONTARIO OUTDOOR RECORDS - WOMEN

As on October 31, 2018

p = pending ratification (number codes explained below)

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 please email Randolph Fajardo <randolphfajardo@athleticsontario.ca>

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.**

<b>80m</b>	U14	10.05 (+0.3)	Chelsea AGYEMONG (00)	Flying Angels Academy	Toronto	2013 07 27	
	U13	10.67 (+1.1)	Arielle TESSIER (99)	York University TC	Toronto	2011 07 23	
<b>100m</b>	Open	10.95p (+0.9)	Sherone SIMPSON (84)	Jamaica	Toronto	2015 07 22	
	Senior	10.98 (+0.8)	Angela BAILEY (62)	Etobicoke Huskies-Striders (Team Canada)	Budapest, HUN	1987 07 06	
	U24	11.13 (+0.9)	Khamica BINGHAM (94)	Brampton T.F.C. (Team Canada)	Toronto	2015 07 22	
	U20	11.21 (+0.0)	Angela BAILEY (62)	University of Toronto TC (Team Canada)	Ciudad Bolivar, VEN	1981 08 15	
	U19	11.44 (+0.5)	Angela BAILEY (62)	University of Toronto TC (Team Canada)	Philadelphia, USA	1980 07 17	
	U18	11.53 (+1.8)	Khamica BINGHAM (94)	Brampton T.F.C.	Toronto	2011 07 23	
	U17	11.63 (+0.0)	Angela BAILEY (62)	Unattached (Team Canada)	Edmonton, AB	1978 08 06	
	U16	11.83 (+1.8)	France GAREAU (67)	North Bay Legion	Ottawa	1982 07 31	
	U15	12.08 (+1.8)	Christian BRENNAN (95)	Unattached	Sherbrooke, QC	2009 08 08	
	U14	12.19 (+1.1)	Nichelle PRINCE (95)	Flying Angels Academy (Team Ontario)	Sherbrooke, QC	2008 08 09	
	U13	12.67 (-0.7)	Nichelle PRINCE (95)	Phoenix Athletics	Toronto	2007 08 04	
	<b>150m</b>	U14	18.80 (+0.7)	Jadyn CHEVANNES-SKEEN (97)	Fortis TC	London	2010 07 25
U13		19.51 (-1.0)	Arielle TESSIER (99)	York University TC	Toronto	2011 07 24	
<b>200m</b>	Open/Senior	22.50 (+0.0)	Crystal EMMANUEL (91)	Flying Angels Academy (Team Canada)	Cork City, IRE	2017 07 18	
	U24	22.62 (+0.1)	Marita PAYNE (60)	Scarborough Optimists	Edmonton, AB	1983 07 10	
	U20	22.86 (+0.0)	Angela BAILEY (62)	University of Toronto TC (Team Canada)	Ciudad Bolivar VEN	1981 08 15	
	U19	23.27 (+0.9)	Ashlan BEST (99)	Speed River T.F.C. (Team Canada)	Lima, PER	2017 07 22	
	U18	23.43 (+1.8)	Christian BRENNAN (95)	Hamilton Olympic Club	Ottawa	2011 08 07	
	U17	23.43 (+1.8)	Christian BRENNAN (95)	Hamilton Olympic Club	Ottawa	2011 08 07	
	U16	23.84 (+0.8)	Christian BRENNAN (95)	Hamilton Olympic Club	Toronto	2010 07 30	
	U15	24.81 (+0.0)	Rhonda-Kaye TRUSTY (88)	Brampton T.F.C.	Ottawa	2002 08 04	
	U14	25.13 (+0.2)	Nichelle PRINCE (95)	Flying Angels Academy (Team Ontario)	Sherbrooke, QC	2008 08 10	
	U13	26.02 (-2.0)	Nichelle PRINCE (95)	Phoenix Athletics	Toronto	2007 08 05	
	<b>300m</b>	U16	37.17	Christian BRENNAN (95)	Hamilton Olympic Club (Team Ontario)	Ottawa	2010 08 07
		U15	39.43	Mariam ABDUL-RASHID (97)	Durham Legion Athletics	Toronto	2011 07 24
U14*		41.53	Elle Riley (05)	Durham Dragons Athletics	Windsor	2018 07 22	
U13*		44.51	Elise Sawyer (05)	Monte Cristo Track Club	Brampton	2017 07 30	
<i>*Approved as an official Athletics Ontario offering for this age group as of 2017</i>							
<b>400m</b>	Open/Senior	49.91	Marita PAYNE (60)	Scarborough Optimists (Team Canada)	Los Angeles, USA	1984 08 06	
	U24	50.06	Marita PAYNE (60)	Scarborough Optimists (Team Canada)	Helsinki, FIN	1983 08 10	
	U20	51.85	Jillian RICHARDSON (65)	York University Optimists (Team Canada)	Walnut CA	1984 07 25	
	U19	52.12	Christian BRENNAN (95)	Hamilton Olympic Club (Team Canada)	Lille, FRA	2011 07 08	
	U18	52.12	Christian BRENNAN (95)	Hamilton Olympic Club (Team Canada)	Lille, FRA	2011 07 08	
	U17	52.12	Christian BRENNAN (95)	Hamilton Olympic Club (Team Canada)	Lille, FRA	2011 07 08	
	U16	54.15	Christian BRENNAN (95)	Hamilton Olympic Club	Moncton, NB	2010 07 03	
	U15	56.07	Christian BRENNAN (95)	Unattached	Sherbrooke, QC	2008 08 08	
	U14	57.76	Patricia MAYERS (85)	Oshawa Legion T.F.C.	Toronto	1998 06 30	
	U13	59.63	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 07 28	
	<b>800m</b>	Open/Senior	1:57.01	Melissa BISHOP (88)	Ottawa Lions T.F.C. (Team Canada)	Monaco, MON	2017 07 21
U24		2:02.10	Samantha MURPHY (92)	Unattached	Eugene, USA	2013 06 07	
U20		2:03.17	Glenda REISER (55)	Unattached - Team Canada	Moscow, URS	1973 08 19	
U19		2:03.17	Glenda REISER (55)	Unattached - Team Canada	Moscow, URS	1973 08 19	
U18		2:05.2h	Glenda REISER (55)	Uplands Harriers	Scarborough	1972 07 22	
U17		2:06.96	Kailee SAWYER (97)	Laurel Creek T.F.C.	Toronto	2013 06 25	
U16		2:08.04	Kailee SAWYER (97)	Laurel Creek T.F.C.	Winnipeg	2012 07 29	
U15		2:12.1h	Jocelyn CHAU (00)	University of Toronto T.C.	Toronto	2014 06 17	
U14		2:15.40	Kailee SAWYER (97)	Laurel Creek T.F.C.	Guelph	2010 07 07	
U13		2:15.79	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 02	
<b>1000m</b>	Open/Senior	2:36.26	Carmen DOUMA-HUSSAR (77)	Guelph T.F.C.	Linz, AUT	2005 08 23	
	U24	2:38.4h	Penny WERTHNER (55)	Unattached	West Berlin, FRG	1978 08 18	
	U20	2:41.4h	Glenda REISER (55)	Unattached	Montreal	1973 07 04	
	U19	2:41.4h	Glenda REISER (55)	Unattached	Montreal	1973 07 04	
<b>1200m</b>	U16	3:29.21	Kailee SAWYER (97)	Laurel Creek T.F.C.	Charlottetown, PE	2012 08 17	
	U15	3:37.42	Madison GREIG (01)	South Simcoe Dufferin T.F.C.	Windsor	2014 08 02	
	U14	3:37.42	Madison GREIG (01)	South Simcoe Dufferin T.F.C.	Windsor	2014 08 02	
	U13	3:48.90	Madison GREIG (01)	South Simcoe Dufferin T.F.C.	Midland	2013 06 15	

1500m	Open/Senior	4:02.29	Carmen DOUMA-HUSSAR (77)	Guelph T.F.C.	Rieti, ITA	2005 08 28
	U24	4:03.55	Gabriela STAFFORD (95)	University of Toronto TC (Team Canada)	Berlin, GER	2017 08 27
	U20	4:06.71	Glenda REISER (55)	Team Canada	Munich, FRG	1972 09 04
	U19	4:06.71	Glenda REISER (55)	Team Canada	Munich, FRG	1972 09 04
	U18	4:06.71	Glenda REISER (55)	Team Canada	Munich, FRG	1972 09 04
	U17	4:21.13	Emily COHEN (99)	Central Toronto AC	London, FRG	2015 06 21
	U16	4:27.63	Stephanie SMITH (90)	York University TC	Ottawa	2005 06 22
	U15	4:32.2h	Tammy ROBERTS (67)	Oshawa Legion	Ottawa	1981 08 08
	U14	4:35.62	Kailee SAWYER (97)	Laurel Creek T.F.C.	London, ON	2010 08 01
	U13	4:46.26	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 03
Mile	Open/Senior	4:26.76	Carmen DOUMA-HUSSAR	Guelph T.F.C.	Brussels, BEL	2007 09 14
	U24	4:35.13	Glenda REISER (55)	Team Canada	London, GBR	1973 09 14
	U20	4:35.13	Glenda REISER (55)	Team Canada	London, GBR	1973 09 14
	U19	4:35.13	Glenda REISER (55)	Team Canada	London, GBR	1973 09 14
2000m	Open/Senior	5:54.5h	Alison WILEY (63)	University of Toronto TC (Team Canada)	Helsinki, FIN	1983 08 10
	U24	5:54.5h	Alison WILEY (63)	University of Toronto TC (Team Canada)	Helsinki, FIN	1983 08 10
	U16	6:13.71	Jamie PHELAN (95)	Laurel Creek T.F.C.	Ottawa	2010 08 07
	U15	6:28.30	Cameron ORMOND (01)	Newmarket Huskies	Ste-Therese, QC	2015 08 08
	U14	6:34.10	Madison GREIG (01)	South Simcoe Dufferin T.F.C.	Windsor	2014 08 03
	U13	6:43.77	Madison GREIG (01)	South Simcoe Dufferin T.F.C.	Toronto	2013 07 28
	3000m	Open/Senior	8:44.02	Sheila REID (89)	Athletics Toronto	London, GBR
U24		8:45.67	Gabriela STAFFORD (95)	University of Toronto TC	London, GBR	2018 07 21
U20		9:13.10	Gabriela STAFFORD (95)	University of Toronto TC	Toronto	2014 05 20
U19		9:15.74	Tamara JEWETT (90)	University of Toronto TC (Team Canada)	Bydgoszcz, POL	2008 07 12
U18		9:21.84	Brogan MacDOUGALL (00)	Physi-Kult Kingston	Ottawa	2017 07 06
U17		9:22.64	Jennifer ARMSTRONG (71)	Tillsonburg Legion T.F.C. (Team Canada)	Richmond, BC	1987 07 12
U16		9:36.98	Brogan MacDOUGALL (00)	Physi-Kult Kingston	Hamilton	2015 06 18
U15		9:52.6h	Tammy ROBERTS (67)	Oshawa Legion	Windsor	1981 06 27
U14		10:11.31	Jennifer ARMSTRONG (71)	Tillsonburg Legion T.F.C.	London	1984 08 12
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
	U24	15:23.64	Sheila REID (89)	Athletics Toronto (Villanova University)	Walnut, USA	2012 04 20
	U20	15:48.80	Branna MacDOUGALL (98)	Physi-Kult Kingston (Team Canada)	Bydgoszcz, POL	2015 07 23
	U19	16:03.80	Brogan MacDOUGALL (00)	Physi-Kult Kingston	Philadelphia, USA	2017 04 29
10000m	Open/Senior	31:46.94	Lanni MARCHANT (84)	London Western T.F.C.	Stanford, USA	2015 05 02
	U24	32:47.15	Katrina ALLISON (94)	Speed River T.F.C.	Stanford, USA	2015 05 02
	U20	35:19.95	Carole TREPANIER (71)	Timmins Porcupine T.F.C. (Team Canada)	Sudbury	1988 06 26
80mH	U16	11.29 (+0.2)	Jessica ZELINKA (81)	London Western T.F.C. (Banting S.S.)	Kitchener	1996 06 07
	U15	12.05 (-1.3)	Ashlan BEST (99)	Guelph T.F.C.	Langley, BC	2013 08 09
	U14*	12.71 (+2.0)	Reyne RODRIGUES (04)	Durham Legion Athletics (RCL District F)	Windsor	2017 07 15
	U13*	13.99 (-0.7)	Ashley ROBITAILLE (02)	Timmins Porcupine T.F.C.	Windsor	2014 08 03
	* new specs - 12.00 -7.50m					
100mH	Open/Senior	12.46 (+0.7)	Perdita FELICIEN (80)	Unattached	Eugene, USA	2004 06 19
	U24	12.53 (-0.2)	Perdita FELICIEN (80)	Central Pickering (Team Canada)	St-Denis, FRA	2003 08 27
	U20	13.31 (+1.7)	Keira, CHRISTIE-GALLOWAY (99)	Ottawa Lions T.F.C.	Guelph	2018 06 13
	U19	13.57 (-0.7)	Nicole SETTERINGTON (95)	London Legion (Team Canada)	Medellin, COL	2013 08 23
	U18	13.33 (-0.5)	Keira, CHRISTIE-GALLOWAY (99)	Ottawa Lions T.F.C.	Windsor	2016 06 04
	U17	13.63 (-0.1)	Keira, CHRISTIE-GALLOWAY (99)	Ottawa Lions T.F.C. (Team Canada)	Cali, COL	2015 07 15
	200mH	U16	26.82 (-1.7)	Xahria SANTIAGO (99)	Unattached (Team Ontario RCL)	Langley, BC
U15		28.00 (-2.4)	Ashlan BEST (99)	Guelph TFC (Team Ontario RCL)	Langley, BC	2013 08 10
U14		28.86 (+0.0)	Elle RILEY (05)	Durham Dragons Athletics	Toronto	2018 07 08
U13		29.37 (+0.2)	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 08 30
300mH		U18	41.74	Deniece BELL (78)	Laurel Creek T.F.C. (Preston H.S.)	Kitchener
	U17	41.74	Deniece BELL (78)	Laurel Creek T.F.C. (Preston H.S.)	Kitchener	1994 06 04
	U16	42.74	Jessica ZELINKA (81)	London Western T.F.C. (Banting S.S.)	Kitchener	1996 06 08
	U15	43.45	Taylor FARQUHAR (94)	London Western T.F.C. (Team Ontario RCL)	Sherbrooke, QC	2008 08 10
	400mH	Open	54.91	Nezha BIDOUANE	Morocco	Ottawa
Senior		55.10	Donalda DUPREY (67)	Saugeen T.F.C. (Team Canada)	Bondoufle, FRA	1994 07 12
U24		55.71	Sarah WELLS (89)	University of Toronto TC	Calgary, AB	2012 06 29
U20		56.55	Donalda DUPREY (67)	Saugeen T.F.C. (Team Canada)	Edinburgh, GBR	1986 07 28
U19		56.79	Xahria SANTIAGO (99)	The Speed Academy (Team Canada)	Cali, COL	2015 07 18
U18		56.79	Xahria SANTIAGO (99)	The Speed Academy (Team Canada)	Cali, COL	2015 07 18
U17		56.79	Xahria SANTIAGO (99)	The Speed Academy (Team Canada)	Cali, COL	2015 07 18
1500mSC	U18	4:46.54	Mkenna VANDERHEYDEN (00)	London Legion T.F.A	Belleville	2017 06 03
	U17	5:02.33	Katey CODYRE (94)	Durham Dragons (Courtice S.S.)	London	2010 06 03
	U16*	4:58.31	Aysia MAURICE (04)	310 Running (District E)	St. Catherines	2018 07 14
	U15*	4:58.31	Aysia MAURICE (04)	310 Running (District E)	St. Catherines	2018 07 14
	* new specifications - no waterjump					
2000mSC	U20	6:36.05	Danelle WOODS (89)	Ottawa Lions	Abbotsford, BC	2007 07 29
	U19	6:36.05	Danelle WOODS (89)	Ottawa Lions	Abbotsford, BC	2007 07 29
	U18	6:55.69	Katey CODYRE (94)	Durham Dragons	Moncton, NB	2010 07 02
	U17	6:55.69	Katey CODYRE (94)	Durham Dragons	Moncton, NB	2010 07 02
3000mSC	Open	9:45.45	Charlotte PROUSE (97)	Canada (London Legion)	Eugene, OR	2018 06 09
	Senior	9:45.46	Charlotte PROUSE (97)	Canada (London Legion)	Eugene, OR	2018 06 09
	U24	9:45.47	Charlotte PROUSE (97)	Canada (London Legion)	Eugene, OR	2018 06 09
	U20	10:12.41	Charlotte PROUSE (97)	London Legion (Team Canada)	Edmonton, AB	2015 08 01
	U19	10:12.41	Charlotte PROUSE (97)	London Legion (Team Canada)	Edmonton, AB	2015 08 01

<b>800m RW</b>	U14	4:27.25	Chelsea RODRIGUEZ (86)	Niagara Regional Athletics	Sarnia	1999 07 24	
	U13	4:49.03	Melanie GAUTHIER (95)	Timmins Porcupine T.F.C.	Toronto	2007 08 05	
<b>1500m RW</b>	U18	6:55.86	Rebecca LAVALLEE (83)	Peterborough (Team Ontario RCL)	Calgary	2000 08 13	
	U17	7:02.4h	Louise AUBIN (66)	Mississauga T.F.C.	North York	1982 06 12	
	U16	7:12.0h	Helene DAVIAU (64)	Etobicoke Striders T.F.C.	Etobicoke	1979 06 17	
	U15	7:35.6h	Sheila SKEOCH (65)	Temiskaming TC	St. John's, NF	1979 08 07	
<b>3000m RW</b>	Open/Senior	12:50.42	Alison BAKER (64)	Hamilton Olympic Club	North York	1993 07 24	
	U24	13:10.98	Ann PEEL (61)	East Ottawa Lions	Etobicoke	1983 06 19	
	U20	13:32.40	Lora RIGUTTO (68)	Brockville Legion Harriers	North York	1987 06 21	
<b>5000m RW</b>	Open	21:51.31	María CRUZ	Spain	Sudbury	1988 07 31	
	Senior	22:01.09	Ann PEEL (61)	East Ottawa Lions (Team Canada)	Zagreb, YUG	1987 07 17	
	U24	22:17.5h	Ann PEEL (61)	East Ottawa Lions	Bergen, NOR	1984 05 05	
	U20	23:57.21	Lora RIGUTTO (68)	Brockville Legion Harriers	Ottawa	1987 08 01	
	U19	24:00.8h	Lora RIGUTTO (68)	Brockville Legion Harriers	Ottawa	1986 06 21	
	U18	25:16.2h	Helene DAVIAU (64)	Etobicoke Striders	Sherbrooke	1980 06 15	
	U17	25:16.2h	Helene DAVIAU (64)	Etobicoke Striders	Sherbrooke	1980 06 15	
<b>10,000m RW</b>	Open/Senior	44:16.98	Rachel SEAMAN (86)	Peterborough Legion	Edmonton	2015 07 04	
	U24	47:41.81	Alison BAKER (64)	Kingston T.F.C.	Karl-Marx-Stadt,GDR	1986 07 13	
	U20	49:14.6h	Lora RIGUTTO (68)	Brockville Legion	Prescott	1987 10 24	
	U19	53:28.08	Rachel LAVALLEE (86)	Peterborough Legion	Toronto	2004 06 12	
<b>20,000m RW</b>	Open/Senior	1:38:48.5h	Rachel SEAMAN (86)	Ontario Racewalkers	Toronto	2010 07 30	
	U24	1:49:40.0h	Rachel LAVALLEE (86)	Peterborough Legion	Winnipeg	2005 07 17	
<b>HJ</b>	Open	2.00	Galina ASTAFEI	Romania	Sudbury	1988 07 29	
	Senior	1.97	Nicole FORRESTER (76)	Mississauga T.F.C.	Thessaloniki, GRE	2007 07 30	
	U24	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08	
	U20	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08	
	U19	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08	
	U18	1.87	Julie WHITE (60)	Etobicoke Striders (Team Canada)	Montreal	1976 07 28	
	U17	1.87	Julie WHITE (60)	Etobicoke Striders (Team Canada)	Montreal	1976 07 28	
	U16	1.81	Lea-Anne MADILL (69)	Kitchener Waterloo M.T.F.A.	Brantford	1984 05 17	
	U15	1.80	Julie WHITE (60)	Brampton T.F.C.	Winnipeg, MB	1974 08 27	
	U14	1.65	Lesley MANION (67)	Ottawa Kinsmen Harriers (District G)	Kitchener	1980 07 19	
	U13	1.65	Paula GILMOUR (67)	Scarborough Optimists (District D)	Kitchener	1980 07 19	
	U13	1.60	Paula GILMOUR (67)	Scarborough Optimists (District D)	Kitchener	1979	
	<b>PV</b>	Open	4.85	Yarisley SILVA (87)	Cuba	Toronto	2015 07 23
Senior		4.75	Alysha NEWMAN (94)	Bolton Pole Vault (Team Canada)	Gold Coast, AUS	2018 04 13	
		4.75	Alysha NEWMAN (94)	Bolton Pole Vault (Team Canada)	Brussels, BEL	2017 09 01	
		4.75	Alysha NEWMAN (94)	Bolton Pole Vault (Team Canada)	Beckum, GER	2017 08 27	
U24		4.75	Alysha NEWMAN (94)	Bolton Pole Vault (Team Canada)	Brussels, BEL	2017 09 01	
		4.75	Alysha NEWMAN (94)	Bolton Pole Vault (Team Canada)	Beckum, GER	2017 08 27	
U20		4.40	Alysha NEWMAN (94)	London Legion T.F.A. (Team Canada)	Medellin, COL	2013 08 25	
U19		4.06	Alysha NEWMAN (94)	London Legion T.F.A. (Mother Teresa H.S.)	Brockville	2012 06 08	
U18		3.91	Alysha NEWMAN (94)	London Legion T.F.A. (Mother Teresa H.S.)	London	2011 05 28	
		3.91	Alysha NEWMAN (94)	London Legion T.F.A. (Team Ontario RCL)	Ottawa	2010 08 08	
U17		3.91	Alysha NEWMAN (94)	London Legion T.F.A. (Team Ontario RCL)	Ottawa	2010 08 08	
U16		3.60	Alysha NEWMAN (94)	London Legion T.F.A.	Windsor	2009 07 05	
U15		2.80	Madeline LI (99)	The Speed Academy	Toronto	2013 07 27	
<b>LJ</b>		Open	6.90 (+1.1)	Cristabel NETTEY	Canada	Toronto	2015 07 24
		Senior	6.82 (+1.0)	Tabia CHARLES (85)	Elite Edge	Chania, GRE	2008 06 07
	U24	6.66 (+1.9)	Nicole DEVONISH (73)	Unattached (University of Texas)	Lubbock, USA	1996 05 17	
	U20	6.50 (+1.6)	Karen NELSON (63)	Canada (Scarborough Optimists)	Celje, YUG	1982 07 04	
	U19	6.41 (+1.9)	Nicole ALI (64)	Scarborough Optimists	Regina, SK	1981 08 01	
	U18	6.41 (+1.9)	Nicole ALI (64)	Scarborough Optimists	Regina, SK	1981 08 01	
	U17	5.98 (+1.4)	Nicole DEVONISH (73)	Oshawa Legion	Hamilton	1989 07 22	
	U16	5.75 (+1.4)	Jessica ZELINKA (81)	London Western T.F.C. (Team Ontario RCL)	Sherbrooke	1996 08 11	
		5.75 (+1.4)	Nicole ALI (64)	Scarborough Optimists	Etobicoke	1979 08 18	
	U15	5.74 (+1.6)	Michelle MACDONALD (81)	Pegasus Athletic Club	Abbotsford, BC	1995 07 30	
	U14	5.28 (+2.0)	Michelle MACDONALD (81)	Burlington Legion Optimist	Ottawa	1994 07 02	
U13	4.92 (-0.9)	Veronica DYER (77)	Oshawa Olympics	Hamilton	1989 07 23		
<b>TJ</b>	Open	14.62 (+1.3)	Cristina NICOLAU	Romania	Ottawa	2001 07 22	
	Senior	13.99 (+0.6)	Tabia CHARLES (85)	Elite Edge	Eugene, USA	2010 07 03	
	U24	13.94 (+1.7)	Tabia CHARLES (85)	(Unattached)University of Miami	Philadelphia, USA	2006 04 29	
	U20	13.04 (+0.6)	Tabia CHARLES (85)	Westview Legends	Toronto	2003 06 15	
	U19	13.04 (+0.6)	Tabia CHARLES (85)	Westview Legends	Toronto	2003 06 15	
	U18	12.95 (+0.9)	Tabia CHARLES (85)	Etobicoke Gladstone	London	2001 06 30	
	U17	12.95 (+0.9)	Tabia CHARLES (85)	Etobicoke Gladstone	London	2001 06 30	
	U16	11.92 (+0.6)	Angela MERCURIO (96)	Supreme Athletics (Team Ontario RCL)	Ottawa	2010 08 06	
	U15	11.92 (+0.6)	Angela MERCURIO (96)	Supreme Athletics (Team Ontario RCL)	Ottawa	2010 08 06	
	U14	11.16 (-0.6)	Michelle MACDONALD (81)	Burlington Legion	Kitchener	1994 07 30	
	U13	9.40 (+1.3)	J. HOLLINGSWORTH (81)	St. Thomas Legion	North York	1993 08 07	

<b>SP</b>	Open	20.66	Marianne ADAM	German Democratic Republic	Sudbury	1975 08 29	
	Senior	18.60	Brittany CREW (94)	SISU Throws Club	Madrid, ESP	2018 06 22	
	U24	18.58	Brittany CREW (94)	SISU Throws Club	Tuscon, USA	2017 05 20	
	U20	16.00	Obeng MARFO (96)	York University TC	East Lansing, USA	2015 05 17	
	U19	15.42	Trinity TUTTI (00)	SISU Throws Club	Toronto	2017 06 25	
	U18*	17.82	Trinity TUTTI (00)	SISU Throws Club (Team Canada)	Nassau, BAH	2017 07 20	
	U17*	16.79	Trinity TUTTI (00)	Team GRUNT (District B)	London	2015 07 04	
	U16*	16.79	Trinity TUTTI (00)	Team GRUNT (District B)	London	2015 07 04	
	U15*	14.25	Trinity TUTTI (00)	Team GRUNT	Windsor	2014 08 03	
	U14*	12.45	Trinity TUTTI (00)	Team GRUNT	Toronto	2013 07 09	
	U13*	8.93	Amy WELLER (04)	London Western T.F.C.	London	2016 04 24	
	<i>* 3kg. implement</i>						
	<b>DT</b>	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	
U24		56.22	Liz TOMAN (78)	Unattached (Colorado State)	Eugene, USA	2001 05 30	
U20		52.77	Trinity TUTTI (00)	SISU Throws Club (Eastdale Collegiate)	Toronto	2018 06 09	
U19		52.77	Trinity TUTTI (00)	SISU Throws Club (Eastdale Collegiate)	Toronto	2018 06 09	
U18		51.28	Trinity TUTTI (00)	SISU Throws Club (Team Ontario RCL)	Winnipeg, MB	2017 08 04	
U17		47.14	Liz POLYAK (64)	Brantford TFC	Etobicoke	1980 05 11	
U16		46.07	Trinity TUTTI (00)	Team GRUNT	St. Catharines	2015 07 18	
U15		40.91	Grace TENNANT (99)	Team GRUNT	Hamilton	2013 06 23	
U14*		39.43	Grace TENNANT (99)	Team GRUNT	St. Catharines	2012 08 04	
U13*		28.71	Lexi STANAT (06)	St Thomas Legion	Toronto	2018 06 26	
<i>* 0.75kg implement</i>							
<b>HT</b>		Open/Senior	75.73	Sultana FRIZELL (84)	Ottawa Lions TFC	Tucson, AZ	2014 05 22
	U24	66.42	Sultana FRIZELL (84)	Ottawa Lions TFC	Athens, GA	2005 05 05	
	U20	57.95	Sultana FRIZELL (84)	Ottawa Lions TFC	Athens, GA	2003 08 16	
	U19	55.45	Sultana FRIZELL (84)	Ottawa Lions TFC	Kitchener	2002 07 28	
	U18*	58.53	Kristina TCHOUMAK (01)	Etobicoke T.F.C.	St Thomas	2018 08 01	
	U17*	55.25	Mackenzie WILSON (02)	Saugen T.F.C.	Windsor	2018 07 22	
	U16*	53.64	Trinity TUTTI (00)	Team G.R.U.N.T. (District B)	London, ON	2015 07 04	
	U15*	44.59	Alexa WINDLE (03)	Brantford T.F.C. (Team Ontario RCL)	Brandon, MB	2017 08 13	
	<i>* 3kg. implement</i>						
	<b>JT</b>	Open	62.83	Kiz GLEADLE	Canada	Toronto	2015 07 21
		Senior	56.93	Ashley PRYKE (97)	SISU Throws Club (University of Memphis)	Eugene, USA	2017 06 10
		U24	56.93	Ashley PRYKE (97)	SISU Throws Club (University of Memphis)	Eugene, USA	2017 06 10
		U20	50.32	Ashley PRYKE (97)	York University TC	Edmonton, AB	2016 07 09
U19		49.16	Brooke ROWLAND (94)	York University TC	Winnipeg, MB	2011 07 09	
U18*		49.77	Victoria SMITH (95)	Windsor Legion (Team Ontario RCL)	Charlottetown, PE	2012 08 17	
U17*		47.88	Alexis BRENZIL (98)	Niagara Regional Athletics	London	2014 08 09	
U16*		41.86	Grace TENNANT (99)	Team G.R.U.N.T.	Langley, BC	2014 08 17	
U15*		40.60	Grace TENNANT (99)	Team G.R.U.N.T.	Toronto	2013 07 27	
U14**		33.61	Brooke ROWLAND (94)	Orangeville T.F.C. (District G)	Ottawa	2007 07 20	
U13**		25.44	Emma McDougall (01)	Niagara Regional Athletics	Toronto	2013 07 27	
<i>*500g. Implement, **400g implement</i>							
<b>Tetrathlon</b>		Bantam-U14	2180	Jillian CATTON (03)	Brampton Bullets	Toronto	2016 06 26
			13.43(+0.8) 1.36 7.52 26.99(-0.4)				
	Bantam-U13	1769	Jillian CATTON (03)	Lightning Athletics	Windsor	2015 06 13	
			14.90(+0.1) 1.39 7.29 29.56(-1.6)				
<i>(Tetrathlon: 80mH, High Jump, Shot Put, 200m)</i>							
<b>Pentathlon</b>	Midget-U16	3405	Victoria FAIR (99)	Niagara Regional Athletics	Toronto	2014 06 14	
			12.17(+1.0) 1.57 11.79 5.06(+1.0) 2:31.69				
	Midget-U15	3022	Izzy GOUDROS (03)	Bullets Track Club	Branton, MB	2017 08 13	
			12.21(+0.4) 1.47 9.22 4.90(+0.4) 2:35.98				
<i>(Pentathlon: 80mH, High Jump, Shot Put, Long Jump, 800m)</i>							
<b>Heptathlon</b>	Open/Senior	6599	Jessica ZELINKA (81)	Unattached (Team Canada)	Calgary, AB	2012 06 27-28	
			12.76(-0.6) 1.77 14.74 23.42(+2.1) 5.98(+2.9) 46.60 2:08.95				
	Espoir-U24	5822	Jillian DROUIN (86)	Samia Athletics SW T.F.C. (Univ. of Syracuse)	Sacramento, USA	2007 06 07-08	
			14.14(+0.9) 1.87 11.99 25.02(+3.9) 6.01(+3.1) 38.16 2:24.33				
	Junior-U20	5688	Jessica ZELINKA (81)	London Western T.F.C. (Team Canada)	Santiago, CHL	2000 10 20-21	
			14.02(-0.9) 1.77 11.57 24.73(-0.2) 5.85(+0.1) 37.40 2:21.34				
	Junior-U19	4991	Jessica ZELINKA (81)	London Western T.F.C.	Ottawa	1998 06 27-28	
			14.07(+3.8) 1.63 9.88 24.86(-0.3) 5.27(+2.0) 30.38 2:28.46				
	Junior-U19	5308	Dallyssa HUGGINS (98)	Unattached	Windsor	2016 07 24	
			15.61(+1.8) 1.76 12.80 25.89(+0.0) 5.17(-1.9) 35.43 2:13.81				
	Youth-U18*	5046	Dallyssa HUGGINS (98)	Unattached	Windsor	2015 06 12-13	
			14.78(+2.9) 1.71 10.83 25.52(+2.6) 4.55(+0.0) 29.89 2:09.77				
	Youth-U17*	4751	Alexis BRENZIL (98)	Niagara Regional Athletics	Toronto	2014 06 14-15	
		14.97(+0.5) 1.45 12.19 25.77(+2.8) 5.26(0.0) 39.81 2:41.73					
<i>* with 3kg shot, 500g javelin</i>							
<b>Decathlon</b>	Open/Senior	Unclaimed					
	Espoir-U23	Unclaimed					
	Junior-U19	Unclaimed					
	Junior-U18	Unclaimed					

4x100m	Open	42.58	UNITED STATES (COMPOSITE) (Barbara Pierre, Lekeisha Lawson, Morolake Akinosun, Kaylin Whitney)	Toronto	2015 07 25
	Senior	42.60	CANADA (COMPOSITE) (Crystal Emmanuel, Kimberly Hyacinthe, Isatu Fofanah, Khamica Bingham)	Beijing, CHN	2015 08 29
		45.8h	TENNESSEE TIGERBELLES (CLUB) (Sonia Guss, Lorraine Dunn, Wyoming Tyus, Edith McGuire)	Toronto	1965 06 10
		45.99	SPEED RIVER T.F.C. (CLUB) (Shyonne Roxborough, Ashlan Best, Naomi Lance, Jena Smith)	Ottawa	2017 07 09
	Espoir-U24	44.77	CANADA (COMPOSITE) (Crystal Emmanuel, Janelle Bell-Spence, Leah Walkeden, Loudia Laarman)	Monton, NB	2010 07 23
		46.25	MISSISSAUGA TFC (CLUB) (Tanja Reid, Simone Tomlinson, Andrea Ingleton, Lesley Batson)	North York	1994 06 19
		46.2h	UNIVERSITY OF TORONTO TC (CLUB) (Eleanor Mahal, Susan Bradley, Jill Ross, Ann Bryan)	Sudbury	1975 08 24
	Junior-U20	44.77	CANADA (COMPOSITE) (Crystal Emmanuel, Janelle Bell-Spence, Leah Walkeden, Loudia Laarman)	Monton, NB	2010 07 23
		46.36	UNIVERSITY OF TORONTO TC (CLUB) (Krissy Liphardt, Shelley-Ann Brown, Leia Ince-Mercer, Jennifer Mayhue)	North York	1997 06 22
		46.27p(2)	BRAMPTON TC (CLUB) ( <b>Jadyn Chevannes-Skeen</b> , Naomi Kerr, Nita Patterson-Reid, Khamica Bingham)	Toronto	2011 07 23
	Youth-U18	46.2h	UNIVERSITY OF TORONTO TC (CLUB) (Eleanor Mahal, Susan Bradley, Jill Ross, Ann Bryan)	Sudbury	1975 08 24
		46.6h	ONTARIO TEAM (COMPOSITE) (Arlene Keatley, Ann Bryan, Eleanor Mahal, Cathy Attard)	St. John's, NF	1973 08 04
		46.65	MISSISSAUGA TFC (Janette Wood, Angela Bailey, Claudia Topatigh, Cindy Moore)	St. John's, NF	1977 08 08
		46.27p(2)	BRAMPTON TC (CLUB) ( <b>Jadyn Chevannes-Skeen</b> , Naomi Kerr, Nita Patterson-Reid, Khamica Bingham)	Toronto	2011 07 23
	Midget-U16	48.11	ONTARIO (COMPOSITE) (Nicole McKenzie, Jillian Catton, Ashantai Bollers, Olivia Gee)	Brandon, MB	2017 08 13
		49.2h	SCARBOROUGH OPTIMISTS (Michelle Gettfield, Carol Samuels, Melissa Williams, Carla Wilson)	Etobicoke	1982 07 25
		49.64	OSHAWA LEGION TFC (CLUB) (Jenn Evans, Tabia Charles, Shannon Boodram, Patricia Mayers)	Kitchener	1999 06 13
		49.64	I BE FAST (CLUB) (Resia Duncan, Chanel Kellyman, Elisha McLean, Iman Blackman)	LaSalle	2004 07 31
		48.34p(2)	FLYING ANGELS ACADEMY (CLUB) ( <b>Ariana Walcott, Nnenna Ibe, Chelsea Agyemang, Nh'keeda Lambert</b> )	Ste-Therese, QC	2015 08 08
		Bantam-U14	51.47	OSHAWA LEGION TFC (CLUB) (Jennifer Evans, Tabia Charles, Shannon Boodram, Patricia Mayers)	Kitchener
	4x200m	Open	1:33.40	UNATTACHED (COMPOSITE) (Foy Williams, Lindsey Lochhead, Erica Witter, Daniella Vega)	Philadelphia, USA
Senior		1:35.3h	UNIVERSITY OF TORONTO TC (CLUB) (Angela Bailey, Marita Payne, Jill Ross, Dana Wright)	Etobicoke	1980 07 03
Espoir-U24		1:35.3h	UNIVERSITY OF TORONTO TC (CLUB) (Angela Bailey, Marita Payne, Jill Ross, Dana Wright)	Etobicoke	1980 07 03
Junior-U20		1:38.53	UNIVERSITY OF TORONTO TC (CLUB) (Krissy Liphardt, Shelley-Ann Brown, Leia Ince-Mercer, Jennifer Mayhue)	North York	1997 06 22
		1:37.43p(2)	BRAMPTON TC (CLUB) (Naomi Kerr, <b>Daniela Anana-Bediakoh</b> , Simone Martin, Khamica Bingham)	Toronto	2010 06 13
Youth-U18		1:47.22	ONTARIO (COMPOSITE) (Leanne Maslowski, Kassidy Matthews, Jenna Smith, Claire De Paul)	Toronto	2011 07 24
		1:40.4h	MISSISSAUGA T.F.C. (CLUB) (Sharon Lavery, Cindy Moore, Claudia Topatigh, Janette Wood)	Etobicoke	1976 07 10
		1:40.65	BRAMPTON TC (CLUB) (Jahleen Reid, Sasha Seymour, Brittany Peschier, Acacia Frempong-Manso)	Toronto	2011 07 24
Midget-U16		1:47.22	ONTARIO (COMPOSITE) (Leanne Maslowski, Kassidy Matthews, Jenna Smith, Claire De Paul)	Toronto	2011 07 24
		1:44.51	NIAGARA FALLS OPTIMISTS (CLUB) (Devon Knowles, Amanda Neufeld, Kim Schonewille, Judy Galambos)	North York	1991 06 23
Bantam-U14		1:46.00	OSHAWA LEGION T.F.C. (CLUB) (Jennifer Evans, Tabia Charles, Shannon Boodram, Patricia Mayers)	Kitchener	1998 07 04
4X400m		Open/Senior	3:24.94	CANADA (COMPOSITE) (Carline Muir, Alicia Brown, Noelle Montcalm, Sage Watson)	Rio de Janeiro
	3:41.04		UNIVERSITY OF TORONTO TC (CLUB) (Brenna Thomson, Fiona Callender, Maggie Hanlon, Natalie Geiger)	Walnut, USA	2014 04 19
	Espoir-U24	3:31.93	CANADA (COMPOSITE) (X. Santiago, A. Rynda, A. Best, S. Samuel)	Tampere, FIN	2018 07 15
		3:43.28	UNIVERSITY OF TORONTO TC (CLUB) (Athena McBean, M. Buttlinger, Natalie Geiger, Sarah Wells)	Abbotsford, BC	2008 07 27
	Junior-U20	3:31.93	CANADA (COMPOSITE) (X. Santiago, A. Rynda, A. Best, S. Samuel)	Tampere, FIN	2018 07 15
		3:43.28	UNIVERSITY OF TORONTO TC (CLUB) (Athena McBean, M. Buttlinger, Natalie Geiger, Sarah Wells)	Abbotsford, BC	2008 07 27
	Youth-U18	3:44.8h	MISSISSAUGA TFC (CLUB) (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 Buttlinger)	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

<b>4X800m</b>	Open	8:14.85	CANADA (COMPOSITE) (Melissa Bishop, Karine Belleau-Béliveau, Diane Cummins, Lemlem Bereket Ogbasilassie)	Philadelphia, USA	2013 04 27
	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, Caleigh Glenn)	Timmins	2009 07 26
	Junior-U20	9:06.39	NEWMARKET HUSKIES (CLUB) (Kirsten Stewart, Brigid Callaghan, Natalia Hawthorn, Caleigh Glenn)	Timmins	2009 07 26
	Youth-U18	9:06.39	NEWMARKET HUSKIES (CLUB) (Kirsten Stewart, Brigid Callaghan, Natalia Hawthorn, Caleigh Glenn)	Timmins	2009 07 26
	Midget-U16	9:20.55	UNIVERSITY OF TORONTO TRACK CLUB (Gabiella 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
	<b>4X1500m</b>	Open/Senior	18:59.8h	MISSISSAUGA STRIDERS (Patti Parco, Debbie Schulte, Louise MacKenzie, Gail Grant)	Kitchener
Espoir-U24		18:59.8h	MISSISSAUGA STRIDERS (Patti Parco, Debbie Schulte, Louise MacKenzie, Gail Grant)	Kitchener	1979 07 21
<b>Sp Med*</b>	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
	Junior-U20	3:58.50p(2)	LAUREL CREEK (CLUB) (Jaimie Phelan, <b>Dashel Serieux, Tegan Sauer</b> , Kailee Sawyer)	Toronto	2013 07 21
		4:03.11	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, Roxanne Woodley, Mary Unsworth)	Ottawa	1994 08 06
	Youth-U18	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, <b>Dashel Serieux, Tegan Sauer</b> , Kaiulee Sawyer)	Toronto	2013 07 21
	Midget-U16	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
	Bantam-U14	4:07.64p(2)	LAUREL CREEK (CLUB) ( <b>Monica Januszek, Jennifer Carrique</b> , Rheanna Bulten, Jamie Phelan)	Toronto	2011 06 12
		4:06.32p(2)	LAUREL CREEK (CLUB) (Kailee Sawyer, <b>Katie Sieling, Monica Januszek</b> , Jaimie Phelan)	St. Catharines	2012 08 05
	Midget-U16	4:00.47*p(2)	LAUREL CREEK (CLUB) (Nicole Smith, <b>Aaliyah Rodgers</b> , Bella Efremenko, Kailee Sawyer)	Windsor	2014 08 03
		4:06.08	ONTARIO LEGION TEAM (COMPOSITE) (Christian Brennan, Alexis Marsh, Ashley Taylor, Christina Kyritsis)	Ottawa	2010 08 07
		4:13.18	MARKHAM TFC (CLUB) [ONTARIO 15 & UNDER RCL TEAM] (Jennifer Mayhue, Mandy Hornbrook, Kim Milbury, Aimee Teteris)	Saskatoon	1993 08 14
		4:11.76p(2)	LAUREL CREEK (CLUB) (Zahra Sepahi, <b>Emily McKay</b> , Bella Efremenko, Kailee Sawyer)	Charlotteown, PE	2012 08 18
		4:11.46*p(2)	OTTAWA LIONS (CLUB) ( <b>Keira Christie-Galloway, Alexandria Ethier, Lauren Gale, Shona McCullough</b> )	Windsor	2014 08 03
	Bantam-U14	4:31.3h	BROCKVILLE LEGION (Paige Morin, Hayley Whalen, Teri-Anna Libby, Emily Carmichael)	Brockville	2010 09 13
<i>All races run in 400-200-200-800m order unless asterisked *, in which case the running order was 200-200-400-800m</i>					
<b>Dist Med</b>	Open	12:08.24*	OTTAWA LIONS (Kelly Young*, Courtney Conner, Eklysia Robertson, Julia Hicks)	Ottawa	2007 07 01
	Senior	12:17.12*	OTTAWA LIONS (Melissa Bishop, Christiane Lela, Julia Tousaw, Tiffany Locke)	Windsor	2009 07 05
	Espoir-U24	12:34.19**	OTTAWA LIONS "A" (Alexi Thomas, Rhonda Sherrer, Julia Kirby, Vanessa Piazza)	Kitchener	1998 07 04
		12:18.85p(2)*	OTTAWA LIONS ( <b>Jennie Biewald</b> , Rachel Aubrey, Melissa Bishop, Danelle Woods)	Ottawa	2007 07 01
	Junior-U20	12:17.12p(2)*	OTTAWA LIONS (Melissa Bishop, <b>Christiane Lela, Julia Tousaw</b> , Tiffany Locke)	Windsor	2009 07 05
		12:34.19**	OTTAWA LIONS "A" (Alexi Thomas, Rhonda Sherrer, Julia Kirby, Vanessa Piazza)	Kitchener	1998 07 04
	12:18.85p(2)*	OTTAWA LIONS ( <b>Jennie Biewald</b> , Rachel Aubrey, Melissa Bishop, Danelle Woods)	Ottawa	2007 07 01	

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

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