

WOMENS INDOOR TRACK + FIELD RECORDS | U16-OPEN

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TRACK EVENTS

50M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6.87	ZION CORRALES-NELSON	98		BBYS	Richmond, BC	02.02.13
	U18	6.87	ZION CORRALES-NELSON	98		BBYS	Richmond, BC	02.02.13
	U20	6.72	SHAI-ANNE DAVIS	93		KJAK	Richmond, BC	03.12.11
	U23	6.72	SHAI-ANNE DAVIS	93		KJAK	Richmond, BC	03.12.11
	OPEN	6.05	PHILOMENA MENSAH	76		COQC	Lievin, FRA	02.13.00
60M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	7.84	AVIONNE DEAN	10		TBIR	Richmond, BC	02.01.25
		7.84	KAYLIE LOFSTROM	10		OACS	Kamloops, BC	12.20.25
	U18	7.81	JASNEET NIJJAR	01		UATH	Seattle, WA	02.11.28
	U20	7.37	SHAI-ANNE DAVIS	93		UNBC	Toronto, ON	02.19.12
	U23	7.31	YVONNE MENSAH	85		KJAK	Champaign, IL	02.25.07
	OPEN	7.02	PHILOMENA MENSAH	76		COQC	Ghent, BEL	02.11.00
200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	24.79	PAYTON ROGERS	10		KJAK	Spokane, WA	02.23.25
	U18	25.78	EMMA CANNAN	03		OACS	Kamloops, BC	03.01.20
	U20	24.24	SHAI-ANNE DAVIS	93		UNBC	Toronto, ON	02.19.12
	U23	23.73	EMMA CANNAN	93		SFUT	Indianapolis, IN	03.15.25
	OPEN	23.54	JASNEET NIJJAR	01		UATH	Spokane, WA	02.03.24
300M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	42.31	JESSICA WILLIAMS	99		OATF	Richmond, BC	02.01.14
400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	58.13	PAYTON ROGERS	10		KJAK	Spokane, WA	02.23.25
	U18	58.54	RAIYA MATONOVICH	07		KAML	Saint John, NB	03.19.23
	U20	54.69	MADELINE PRICE	95		UNBC	Pocatello, ID	02.15.14
	U23	54.17	JASNEET NIJJAR	01		UATH	Fayetteville, AR	02.17.23
	OPEN	52.36	JASNEET NIJJAR	01		UATH	Fayetteville, AR	02.16.24
600M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1:43.14	DANIELLE STEER	99		OATF	Richmond, BC	02.01.14
	U18	1:38.75	JESSICA WILLIAMS	99		OATF	Richmond, BC	02.06.16
	U20	1:33.84	JADE LENTON	03		LANG	Toronto, ON	03.19.22
	U23	1:29.69	ALYSSA MOUSSEAU	98		VETC	Windsor, ON	03.10.18
	OPEN	1:29.69	ALYSSA MOUSSEAU	98		VETC	Windsor, ON	03.10.18
800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	2:17.25	RAIYA MATONOVICH	07		KAML	Kamloops, BC	02.05.22
	U18	2:16.63	TANYA HUMENIUK	95		UNBC	Richmond, BC	04.09.11
	U20	2:10.41	KATELYN STEWART-BARNETT	03		CITY	Chicago, IL	02.12.22
	U23	2:07.61	KATELYN STEWART-BARNETT	03		CITY	Ann Arbor, MI	01.18.25
	OPEN	2:00.66	DIANNE CUMMINS	74		UNBC	Karlsruhe, GER	02.28.03

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1000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3:11.64	SELINA TASDEMIR	03		KJAK	Richmond, BC	02.04.17
	U18	3:08.86	GRACE THOMPSON	97		HHAC	Richmond, BC	02.01.14
	U20	2:52.02	NICOLE HUTCHINSON	97		UNBC	Staten Island, NY	01.16.16
	U23	2:44.61	REGAN YEE	95		UNBC	Saskatoon, SK	02.27.16
	OPEN	2:37.85	LINDSEY BUTTERWORTH	92		CTC1	Boston, MA	02.14.20
1200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3:43.67	MAYA BAECHLER	05		TBIR	Montreal, QC	03.17.19
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	5:02.82	CALLI CHARLTON	98		TBIR	Richmond, BC	02.02.13
	U18	4:26.46	ADRIANNA BUITELAAR	08		VRTC	New York, NY	03.16.25
	U20	4:26.46	ADRIANNA BUITELAAR	08		VRTC	New York, NY	03.16.25
	U23	4:12.78	CEILI MCCABE	01		UNBC	New York, NY	01.28.23
	OPEN	4:07.80	REGAN YEE	95		UNBC	Boston, MA	02.10.24
MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	5:25.86	RAIYA MATONOVICH	07		KAML	Kamloops, BC	01.17.21
	U18	4:45.74	ADRIANNA BUITELAAR	08		VRTC	New York, NY	03.16.25
	U20	4:44.68	NICOLE HUTCHINSON	97		UNBC	Staten Island, NY	02.12.16
	U23	4:31.57	CEILI MCCABE	01		UNBC	New York, NY	01.28.23
	OPEN	4:24.95	REGAN YEE	95		UNBC	Boston, MA	02.10.24
2000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	7:00.77	LIENKE RAATH	10		KAML	Kamloops, BC	03.09.24
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	10:40.50	RAIYA MATONOVICH	07		KAML	Kamloops, BC	01.17.21
	U18	9:46.15	ADRIANNA BUITELAAR	08		VRTC	Spokane, WA	02.23.25
	U20	9:38.85	KAIYA ROBERTSON	04		UNBC	Boston, MA	12.03.22
	U23	8:50.44	CEILI MCCABE	01		UNBC	Boston, MA	12.03.22
	OPEN	8:38.94	REGAN YEE	95		UNBC	Boston, MA	02.03.24
5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	16:20.95	KAIYA ROBERTSON	04		UNBC	Boston, MA	12.02.23
	U23	16:20.95	KAIYA ROBERTSON	04		UNBC	Boston, MA	12.02.23
	OPEN	15:18.56	GRACE FETHERSTONHAUGH	00		CITY	Boston, MA	03.02.25
60H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m 9.08	KATARINA VLAHOVIC	00		UATH	Richmond, BC	02.07.15
	U18	0.76m 8.70	DIANA VOLOSHIN	97		NORW	Kamloops, BC	02.16.14
	U20	0.84m 8.29	YVONNE MENSAH	85		KJAK	Ames, IA	02.14.04
	U23	0.84m 8.15	YVONNE MENSAH	85		KJAK	Fayetteville, AR	03.11.05
	OPEN	0.84m 8.15	YVONNE MENSAH	85		KJAK	Fayetteville, AR	03.11.05
1500RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	8:02.13	CASSIDY CARDLE	02		WALK	Richmond, BC	02.04.17
4 x 200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE

Researching...

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4 x 400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
Researching...								

4 X 800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
Researching...								

JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	5.11	GEORGIA ELLENWOOD	95		LANG	Kamloops, BC	02.21.10
	U18	5.58	CAROLYN SUTHERLAND	94		UNBC	Edmonton, AB	01.23.11
	U20	6.52	KRYSHA BAYLEY	84		COQC	Fayetteville, AR	02.23.02
	U23	6.55	CHRISTABEL NETTEY	91		UNBC	Fayetteville, AR	03.09.13
	OPEN	6.99	CHRISTABEL NETTEY	91		UNBC	Stockholm, SWE	02.19.15

TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	10.85	NINA SCHULTZ	98		NWSA	Kamloops, BC	02.17.23
	U18	11.72	NINA SCHULTZ	98		NWSA	Kamloops, BC	02.15.15
	U20	12.36	KRISTEN SCHULZ	00		NORW	Ithica, NY	12.07.19
	U23	13.30	YVONNE MENSAH	85		KJAK	Champaign, IL	02.25.07
	OPEN	13.30	YVONNE MENSAH	85		KJAK	Champaign, IL	02.25.07

HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1.70	PAYTON HEER	08		KAML	Kamloops, BC	12.17.22
	U18	1.75	ALEXA PORPACZY	00		OATF	Richmond, BC	03.12.16
	U20	1.82	HOLLY PARENT	91		VTFC	Seattle WA	02.13.10
	U23	1.85	NINA SCHULTZ	98		NWSA	Ames, IA	02.24.18
	OPEN	1.99	DEBBIE BRILL	53		UNBC	Edmonton, AB	01.23.82

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3.50	GABRIELLE ARMSTRONG	08		KAML	Kamloops, BC	02.04.23
	U18	3.92	MACKENZIE HURTUBISE	07		LANG	Kamloops, BC	12.14.24
	U20	3.95	MACKENZIE HURTUBISE	07		LANG	Boston, MA	03.15.25
	U23	4.01	SONYA URBANOWICZ	04		UNBC	Seattle, WA	02.01.25
	OPEN	4.42	CARLY DOCKENDORF	83		UNBC	Seattle, WA	02.13.10

THROWING EVENTS

SHOT PUT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3.00K	14.17	DOLLY GABRI	01	CTC1	Richmond, BC	03.12.16
	U18	3.00K	14.87	DOLLY GABRI	01	UNBC	Richmond, BC	02.04.17
	U20	4.00K	14.12	DOLLY GABRI	01	UNBC	Albuquerque, NM	02.29.20
	U23	4.00K	14.13	AGNES ESSER	93	UNBC	Seattle, WA	02.09.13
	OPEN	4.00K	16.08	TASHA WILLING	98	UNBC	Brookings, SD	02.28.21

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WEIGHT THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	5.45K	13.64	ANHAD GABRI	11		UNBC	Kamloops, BC	03.08.25
	U18	7.26K	15.37	OLIVIA MORICONI	96		RRTF	Kamloops, BC	02.17.13
	U20	9.07K	20.31	CAMRYN ROGERS	99		KJAK	Seattle, WA	02.24.18
	U23	9.07K	22.08	CAMRYN ROGERS	99		KJAK	Fayetteville, WA	03.11.21
	OPEN	9.07K	24.06	CAMRYN ROGERS	99		KJAK	Birmingham, AL	03.11.22

COMBINED EVENTS

PENTATHLON	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16		2191	TAYLOR NEVEU	96		UNBC	Edmonton, AB	01.23.11
				(researching...)					
	U18		3668	GEORGIA ELLENWOOD	95		LANG	Edmonton, AB	01.22.12
				(researching...)					
	U20		4340	NINA SCHULTZ	98		NWSA	College Station, TX	03.11.17
				(8.41 - 1037 / 12.14m - 670 / 1.81m - 991 / 6.18m - 905 / 2:26.55 - 737)					
	U23		4502	NINA SCHULTZ	98		NWSA	Lubbock, TX	02.10.18
				(8.28 - 1066 / 11.61m - 635 / 1.82m - 1003 / 6.39 - 972 / 2:19.79 - 826)					
	OPEN		4502	NINA SCHULTZ	98		NWSA	Lubbock, TX	02.10.18
				(8.28 - 1066 / 11.61m - 635 / 1.82m - 1003 / 6.39 - 972 / 2:19.79 - 826)					

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TRACK EVENTS

60M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	8.32	CORRI FELL	87	35	TBIR	Kamloops, BC	02.25.23
	W40	8.61	GEORGINA TITUS	64	44	UNBC	Kamloops, BC	02.21.09
	W45	8.55	KIM ROSS	60	46	UNBC	Toronto, ON	03.03.07
	W50	9.00	VERENA STRODA	70	54	UNBC	Kamloops, BC	12.14.24
	W55	9.12	SUNNETTE LESSING	67	56	KAML	Kamloops, BC	03.09.24
	W60	9.06	PATTY SZYBUNKA	57	61	NORW	Edmonton, AB	03.09.19
	W65	9.20	CINDY O'BRIEN HUGH	58	65	GREY	Kamloops, BC	03.09.24
	W70	10.41	CHRISTA BORTIGNON	37	74	GREY	Kamloops, BC	03.20.11
	W75	10.04	CHRISTA BORTIGNON	37	75	GREY	Jyvaskyla, FIN	04.04.12
	W80	10.54	CHRISTA BORTIGNON	37	80	GREY	Toronto, ON	03.12.17
	W85	11.18	CHRISTA BORTIGNON	37	85	GREY	Kamloops, BC	02.26.22
	W90	15.14	OLGA KOTELKO	19	91	GREY	Kamloops, BC	03.02.10
	W95	16.53	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.14.26
200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	27.45	JEANETTE VAN DEN BULK	77	36	AVIC	Seattle, WA	03.02.14
	W40	28.28	MARNE MCMILLAN	52	41	UNBC	Columbia, MO	03.27.94
	W45	28.84	KIM ROSS	60	46	UNBC	Toronto, ON	03.03.07
	W50	30.90	JANE HILL	73	51	GREY	Gainseville, FLA	03.30.25
	W55	30.84	CINDY O'BRIEN HUGH	58	57	GREY	Kamloops, BC	02.14.16
	W60	30.69	PATTY SZYBUNKA	57	61	NORW	Edmonton, AB	03.10.19
	W65	31.48	PATTY SZYBUNKA	57	65	NORW	Kamloops, BC	02.26.23
	W70	35.74	CHRISTA BORTIGNON	37	74	GREY	Albuquerque, NM	03.06.11
	W75	34.53	CHRISTA BORTIGNON	37	75	GREY	Bloomington, IN	03.18.12
	W80	38.16	CHRISTA BORTIGNON	37	80	GREY	Toronto, ON	03.11.17
	W85	42.09	CHRISTA BORTIGNON	37	85	GREY	Kamloops, BC	02.27.22
	W90	1:00.72	OLGA KOTELKO	19	91	GREY	Kamloops, BC	03.03.10
	W95	1:14.14	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.28.14
400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	58.71	JEANETTE VAN DEN BULK	77	36	AVIC	Seattle, WA	02.16.14
	W40	1:02.04	MARNE MCMILLAN	52	40	UNBC	Bozeman, MT	03.20.93
	W45	1:03.56	ERNA KOZAK	46	45	UNBC	Blaine, MN	03.23.91
	W50	1:14.78	JANE HILL	73	51	GREY	Gainesville, FL	03.29.25
	W55	1:16.50	DEBRA LACHANCE	68	56	GREY	Kamloops, BC	03.08.25
	W60	1:17.77	CINDY O'BRIEN HUGH	58	61	GREY	Kamloops, BC	02.21.09
	W65	1:22.79	ELAINE WHIDDEN	54	65	GREY	Kamloops, BC	02.18.12
	W70	1:22.07	DIANE PALMASON	38	70	UNBC	Kamloops, BC	03.25.17
	W75	1:25.90	CHRISTA BORTIGNON	37	75	GREY	Kamloops, BC	02.18.12
	W80	1:32.61	CHRISTA BORTIGNON	37	80	GREY	Daegu, KOR	03.25.17
	W85	2:11.47	LENORE MONTGOMERY	30	85	GREY	Kamloops, BC	02.13.16
	W90	3:31.50	OLGA KOTELKO	19	93	GREY	Jyvaskyla, FIN	04.08.12
800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	2:17.78	MELINA THIBODEAU	72	36	UNBC	Edmonton, AB	03.02.08
	W40	2:13.69	ERNA KOZAK	46	40	UNBC	Edmonton, AB	02.23.86
	W45	2:25.08	ERNA KOZAK	46	45	UNBC	Blaine, MN	03.24.91

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800M cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W50	2:37.19	NICOLA EVERTON	65	51	UNBC	Daegu, KOR	03.23.17
	W55	2:49.80	MAUREEN DE ST. CROIX	53	57	OATF	Kamloops, BC	03.19.11
	W60	2:50.12	JULIETTE CHRISTIE	62	61	UNBC	Kamloops, BC	12.16.23
	W65	3:44.83	LYNETTE BALDOCK	46	68	GREY	Kamloops, BC	02.15.15
	W70	3:19.81	DIANE PALMASON	39	70	UNBC	Kamloops, BC	02.22.09
	W75	3:45.05	CHRISTA BORTIGNON	37	76	UNBC	Landover, MD	03.22.13
	W80	4:12.27	LENORE MONTGOMERY	30	81	GREY	Kamloops, BC	02.19.12
	W85	4:52.80	LENORE MONTGOMERY	30	85	GREY	Kamloops, BC	02.14.16
	W90	8:49.15	OLGA KOTELKO	19	93	GREY	Jyvaskyla, FIN	04.03.12
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4:57.72	STEPHANIE BROWN	88	36	KRCC	Kamloops, BC	03.08.25
	W40	4:31.84	ERNA KOZAK	46	41	UNBC	Edmonton, AB	02.21.87
	W45	5:02.18	JEANIE BEZDAN	65	45	UNBC	Kamloops, BC	03.06.10
	W50	5:15.89	JULIETTE CHRISTIE	62	52	UNBC	Toronto, ON	03.14.15
	W55	5:20.41	ALITA DOMMANN	68	56	VFAC	Gainesville, FL	03.29.25
	W60	5:38.16	JULIETTE CHRISTIE	62	60	UNBC	Edmonton, AB	03.05.23
	W65	7:25.42	LYNETTE BALDOCK	46	68	UNBC	Kamloops, BC	02.14.15
	W70	7:41.91	BARBARA SAUNDERS	40	70	UNBC	Kamloops, BC	03.06.10
	W75	10:28.88	RENATE CHEETHAM	37	78	GREY	Kamloops, BC	02.13.16
	W80	8:21.28	LENORE MONTGOMERY	30	81	GREY	Kamloops, BC	02.19.12
	W85	9:31.42	LENORE MONTGOMERY	30	85	GREY	Kamloops, BC	02.13.16
MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	5:04.0 (h)	ERNA KOZAK	46	41	UNBC	Seattle, WA	01.11.87
	W50	5:10.87	MAUREEN DE ST. CROIX	53	52	OATF	Ithaca, NY	01.22.05
	W55	5:54.68	MAUREEN DE ST. CROIX	53	56	OATF	Ithaca, NY	01.23.10
	W80	12:03.93	IVY GRANSTROM	12	84	UNBC	Greensboro, NC	03.31.96
	W85	13:00.96	IVY GRANSTROM	12	87	UNBC	Boston, MA	03.27.99
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	16:56.65	WENDY BROWN	72	39	UNBC	Kamloops, BC	03.19.11
	W40	11:59.84	MELANIE CLEMENT	69	41	UNBC	Kamloops, BC	03.09.10
	W45	11:15.30	JULIETTE CHRISTIE	62	48	UNBC	Kamloops, BC	09.19.11
	W50	11:15.60	JULIETTE CHRISTIE	62	52	UNBC	Toronto, ON	03.15.15
	W55	11:17.66	ALITA DOMMANN	68	56	VFAC	Gainesville, FL	03.26.25
	W60	11:33.70	JULIETTE CHRISTIE	62	62	UNBC	Edmonton, AB	01.18.25
	W65	15:22.86	LYNETTE BALDOCK	46	69	GREY	Kamloops, BC	02.16.12
	W70	16:55.83	LYNETTE BALDOCK	46	70	GREY	Kamloops, BC	03.31.17
	W75	20:58.43	RENATE CHEETHAM	37	78	GREY	Kamloops, BC	02.12.16
	W80	17:28.07	LENORE MONTGOMERY	30	82	GREY	Kamloops, BC	02.17.13
	W85	19:59.56	LENORE MONTGOMERY	30	85	GREY	Kamloops, BC	02.12.16
5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W60	20:00.87	JULIETTE CHRISTIE	62	63	UNBC	Winnipeg, MB	03.02.25
60H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	0.76m 10.51	JEANETTE VAN DEN BULK	77	42	AVIC	Toronto, ON	03.08.20
	W45	0.76m 10.57	JEANETTE VAN DEN BULK	77	45	AVIC	Kamloops, BC	02.26.23
	W50	0.76m 10.59	SUNETTE LESSING	67	51	KAML	Kamloops, BC	03.31.19

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60H cont.	AGE		RECORD	ATHLETE			CLUB	LOCATION	DATE		
	W55	0.76m	10.71	SUNETTE LESSING			67	57	UNBC	Kamloops, BC	12.13.25
	W60	0.69m	11.16	CINDY O'BRIEN HUGH			58	64	GREY	Kamloops, BC	02.26.23
	W65	0.69m	11.07	CINDY O'BRIEN HUGH			58	66	GREY	Winnipeg, MB	03.01.25
	W70	0.69m	14.35	DEBORAH LEE			50	71	GREY	Kamloops, BC	02.27.22
	W75	0.69m	13.86	CHRISTA BORTIGNON			37	75	GREY	Bloomington, IN	03.16.12
4 x 200M	AGE		RECORD	TEAM				CLUB	LOCATION	DATE	
	W35		2:08.41	KARIN ADANDE (36), CORI FELL (35) HALIMAH BEAULIEU (41), MARINA KHONINA (41)				UNBC	Richmond, BC	02.04.23	
	W40		2:10.40	NANCY CRAIG (60), DIANE LAROSE (43) SHERRY HURST (54), JEANETTE VAN DEN BULK (47)				AVIC	Richmond, BC	02.01.25	
	W45		2:07.99	JANE HILL (51), CINDY O'BRIN HUGH (66) DEBRA LACHANCE (56), SHAUNA BUNBURY (47)				UNBC	Winnipeg, MB	03.01.25	
	W50		2:15.19	DEBRA LACHANCE (56), JENNIFER WILSON (61) SHERRY HURST (53), TAMARA ROBERSON (54)				UNBC	Kamloops, BC	03.08.25	
	W55		2:19.31	DENISE BONIN (64), ELAINE WHIDDEN (65) SHARON HANN (59), CINDY O'BRIEN HUGH (61)				UNBC	Kamloops, BC	03.01.20	
	W60		2:16.94	SHARON HANN (61), CINDY O'BRIEN HUGH (63) LAURIE RITCHIE (60), PATTY SZYBUNKA (64)				UNBC	Kamloops, BC	02.27.22	
	W65		2:45.37	DEBORAH LEE (68), KAREN SHOOK (68) SHEILA ALLISON (73), URITH HAYLEY (68)				UNBC	Kamloops, BC	03.31.19	
	W70		2:49.26	CHRISTA BORTIGNON (85), DEBORAH LEE (71) DEANNA CLARK (74), AVRIL DOUGLAS (75)				UNBC	Kamloops, BC	02.27.22	
	W75		3:28.53	KLAZINA NOORT (79), LENORE MONTGOMERY (81) RUTH CARRIER (81), CHRISTA BORTIGNON (75)				UNBC	Kamloops, BC	02.18.12	
	W80		4:15.33	LOUISE SORENSEN (81), HILDEGARD BUSCHHAUS (81) OLGA KOTELKO (91), LEONA SMITH (82)				UNBC	Kamloops, BC	03.06.10	
4 x 400M	AGE		RECORD	TEAM				CLUB	LOCATION	DATE	
	W45		6:03.24	CINDY O'BRIEN HUGH (56), KATHY FRIESEN (55) WINNI MACKAY-SMITH (73), PIARA BHULLAR (77)				UNBC	Kamloops, BC	02.14.15	
	W60		7:20.79	VALERIE SCOTT (60), DEBORAH (LEE) (65), LYNETTE BALDOCK (69), RENATE CHEETHAM (78)				UNBC	Kamloops, BC	02.14.16	
4 X 800M	AGE		RECORD	TEAM				CLUB	LOCATION	DATE	
	W55		13:55.46	JULIE VALENTE (55), SHARON HANN (61) DEANNA CLARK (74), CAROL MONTGOMERY (56)				UNBC	Kamloops, BC	02.25.22	
1500RW	AGE		RECORD	ATHLETE		YOB	AGE	CLUB	LOCATION	DATE	
	W40		7:19.70	NARDENE HAMMOND		71	41	GREY	Kamloops, BC	02.15.14	
	W45		9:51.58	RACHEL FOULADI		67	47	GREY	Kamloops, BC	02.14.15	
	W50		13:40.63	LORI GRAHAM		58	54	GREY	Kamloops, BC	02.16.13	
	W55		11:25.51	LORI GRAHAM		58	58	GREY	Kamloops, BC	04.01.17	
	W60		9:40.05	SUZANNE SHARP		53	64	GREY	Kamloops, BC	03.10.18	
	W65		9:51.88	SUZANNE SHARP		53	65	GREY	Kamloops, BC	03.30.19	
	W75		12:26.83	RENAME CHEETHAM		37	79	GREY	Kamloops, BC	04.01.17	
	W80		12:00.19	RUTH CARRIER		31	80	UNBC	Kamloops, BC	03.19.11	
	W85		13:50.12	RENAME CHEETHAM		37	87	GREY	Winnipeg, MB	03.01.25	

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3000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	19:20.33	PAOLA RODRIGUEZ-RUAH	74	36	UNBC	Kamloops, BC	03.03.10
	W40	15:34.52	NARDENE HAMMOND	67	41	GREY	Kamloops, BC	02.14.14
	W45	20:24.82	RACHEL FOULADI	67	47	GREY	Kamloops, BC	02.13.15
	W50	19:09.24	LINDA KEATLEY-CAMPBELL	56	53	UNBC	Kamloops, BC	03.03.10
	W55	18:37.55	JOANNE TURNER	53	57	UNBC	Kamloops, BC	03.03.10
	W60	20:04.33	SUZANNE SHARP	53	64	GREY	Kamloops, BC	03.09.18
	W65	19:59.72	SUZANNE SHARP	53	66	GREY	Kamloops, BC	02.28.20
	W75	25:04.56	RUTH CARRIER	31	79	UNBC	Kamloops, BC	03.03.10
	W80	25:27.78	RENATE CHEETHAM	37	81	GREY	Kamloops, BC	03.29.19
	W85	27:44.45	RENATE CHEETHAM	37	85	GREY	Kamloops, BC	02.24.23

JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	3.43	CATHY ANASTASIO	72	39	UNBC	Kamloops, BC	03.20.11
	W40	4.47	GEORGINA TITUS	65	44	UNBC	Kamloops, BC	02.21.09
	W45	4.46	SHAUNA BUNBURY	77	46	NORW	Montreal, QC	02.16.24
	W50	4.70	SUNETTE LESSING	67	51	KAML	Kamloops, BC	02.09.19
	W55	4.32	SUNETTE LESSING	67	56	KAML	Kamloops, BC	03.09.24
	W60	4.14	CINDY O'BRIEN HUGH	58	60	GREY	Edmonton, AB	03.10.19
	W65	3.75	CINDY O'BRIEN HUGH	58	65	GREY	Kamloops, BC	03.09.24
	W70	3.36	CHRISTA BORTIGNON	37	74	GREY	Albuquerque, NM	03.05.11
	W75	3.67	CHRISTA BORTIGNON	37	75	GREY	Jyvaskyla, FIN	04.06.12
	W80	3.28	CHRISTA BORTIGNON	37	82	GREY	Torun, POL	03.26.19
	W85	2.70	CHRISTA BORTIGNON	37	85	GREY	Kamloops, BC	02.27.22
	W90	1.70	OLGA KOTELKO	19	92	GREY	Kamloops, BC	03.11.20
	W95	1.57	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.27.14

TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W45	8.70	SHAUNA BUNBURY	77	46	NORW	Montreal, QC	02.18.24
	W50	8.59	MARGARET RHEBERGEN	55	54	KAML	Kamloops, BC	03.05.10
	W55	9.23	SUNETTE LESSING	67	56	KAML	Kamloops, BC	02.02.24
	W60	8.56	PATTY SZYBUNKA	57	61	NORW	Edmonton, AB	03.,08.19
	W65	8.23	PATTY SZYBUNKA	57	65	NORW	Kamloops, BC	02.25.23
	W70	7.41	CHRISTA BORTIGNON	37	74	GREY	Kamloops, BC	03.19.11
	W75	7.75	CHRISTA BORTIGNON	37	76	GREY	Landover, MD	03.24.13
	W80	7.42	CHRISTA BORTIGNON	37	80	GREY	Kamloops, BC	04.01.17
	W85	6.35	CHRISTA BORTIGNON	37	85	GREY	Kamloops, BC	02.26.22
	W90	4.14	OLGA KOTELKO	19	91	GREY	Kamloops, BC	03.05.10
	W95	3.68	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.29.14

HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	1.72	DEBBIE BRILL	53	41	UNBC	Reno, NV	02.25.95
	W45	1.65	DEBBIE BRILL	53	48	UNBC	Edmonton, AB	03.03.02
	W50	1.50T	JEANNIE COCKCROFT	66	52	OATF	Richmond, BC	02.03.18
	W50	1.50T	SUNETTE LESSING	67	51	KAML	Kamloops, BC	03.31.19
	W55	1.47	SUNETTE LESSING	67	57	KAML	Kamloops, BC	12.14.24

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HIGH JUMP contd.	AGE	RECORD	ATHLETE			CLUB	LOCATION	DATE
	W60	1.40T	MONICA POMIETLARZ	58	61	OACS	Kamloops, BC	02.29.20
	W60	1.40T	MONICA POMIETLARZ	58	64	OACS	Kamloops, BC	02.26.23
	W65	1.37	MONICA POMIETLARZ	58	66	OACS	Kamloops, BC	12.14.24
	W65	1.38	MONICA POMIETLARZ	58	67	OACS	Kamloops, BC	03.08.25
	W70	1.15	SANDY ANDERSON	40	71	OACS	Kamloops, BC	03.20.11
	W75	1.12	CHRISTA BORTIGNON	37	75	GREY	Jyvaskyla, FIN	04.03.12
	W80	0.85	OLGA KOTELKO	19	82	GREY	Edmonton, AB	03.14.01
	W85	0.89	OLGA KOTELKO	19	85	GREY	Sindelfingen, GER	03.14.04
	W90	0.77	OLGA KOTELKO	19	93	GREY	Kamloops, BC	02.16.13
	W95	0.78	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.26.14

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W45	2.75	NANCY CRAIG	65	49	VTFC	Richmond, BC	02.07.15
	W50	2.21	JENNIFER HARRIS	69	54	TBIR	Kamloops, BC	03.08.24
	W55	2.70	NANCY CRAIG	65	59	VTFC	Kamloops, BC	03.07.25
	W60	2.00	MARGARET RHEBERGEN	55	62	KAML	Kamloops, BC	03.09.18
	W65	1.65	MARGARET RHEBERGEN	55	66	KAML	Kamloops, BC	02.04.22
	W80	0.85	OLGA KOTELKO	19	82	GREY	Edmonton, AB	03.03.01

THROWING EVENTS

SHOT PUT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4.00K	11.25	PINA RUSSO	75	35	UNBC	Kamloops, BC	03.03.10
	W40	4.00K	9.27	VERENA STRODA	71	43	UNBC	Kamloops, BC	02.16.14
	W45	4.00K	9.90	CAROLYN BOOMER	64	47	UNBC	Kamloops, BC	03.19.11
	W50	4.00K	10.76	CAROLYN BOOMER	64	50	UNBC	Kamloops, BC	02.16.14
	W55	4.00K	10.34	SUNETTE LESSING	67	57	KAML	Kamloops, BC	12.14.24
	W60	3.00K	10.20	MONICA POMIETLARZ	58	61	OACS	Kamloops, BC	02.28.20
	W65	3.00K	9.75	MONICA POMIETLARZ	58	65	OACS	Kamloops, BC	12.16.23
	W70	3.00K	7.93	ROSE HARE	49	74	GREY	Richmond, BC	02.04.23
	W75	2.00K	7.92	MYRTLE ACTON	33	79	UNBC	Kamloops, BC	02.19.12
	W80	2.00K	7.29	GERDA CROSTHWAITE	39	80	OACS	Kamloops, BC	02.28.20
	W85	2.00K	6.69	GERDA CROSTHWAITE - REIFF	39	85	OACS	Kamloops, BC	02.01.25
	W90	2.00K	5.74	OLGA KOTELKO	19	92	GREY	Kamloops, BC	03.19.11
	W95	2.00K	4.73	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.27.14

WEIGHT THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	9.07K	8.52	TATIANA LITTLE	71	39	UNBC	Kamloops, BC	03.05.10
	W40	9.07K	9.28	TATIANA LITTLE	71	40	UNBC	Kamloops, BC	02.18.11
	W45	9.07K	12.09	NICOLE CARLOS	74	49	OACS	Kamloops, BC	02.24.23
	W50	7.26K	14.41	NICOLE CARLOS	74	51	OACS	Kamloops, BC	03.07.25
	W55	7.26K	9.83	CHRISTINE DALGLEISH	63	59	PGTF	Kamloops, BC	02.24.23
	W60	5.45K	12.13	CHRISTINE DALGLEISH	63	60	PGTF	Kamloops, BC	03.08.24
	W65	5.45K	10.93	CHERYL CLOSKEY	48	67	UNBC	Kamloops, BC	02.12.16
	W70	5.45K	10.44	CHERYL CLOSKEY	48	71	UNBC	Edmonton, AB	03.08.19
	W75	4.00K	10.27	CHERYL CLOSKEY	48	76	UNBC	Kamloops, BC	03.08.24
	W80	4.00K	8.82	KATHY BRAND	42	80	KAML	Kamloops, BC	02.24.23
	W85	4.00K	7.56	OLGA KOTELKO	19	85	GREY	Sindelfingen, GER	03.10.04
	W90	4.00K	7.51	OLGA KOTELKO	19	92	GREY	Kamloops, BC	03.20.11

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WEIGHT cont.	AGE		RECORD	ATHLETE			CLUB	LOCATION	DATE
	W95	4.00K	6.97	OLGA KOTELKO		19 95	GREY	Budapest, HUN	03.30.14

COMBINED EVENTS

PENTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	2040	OLESEA CHITUL	75	43	GREY	Edmonton, AB	03.10.19
			(12.56 - 476 / 1.16m - 350 / 7.53m - 425 / 3.92m - 371 / 3:02.42 - 418)					
	W45	2425	OLESEA CHITUL	75	47	GREY	Toronto, ON	02.25.23
			(13.00 - 433 / 1.19m - 439 / 7.48m - 465 / 4.48m - 603 / 3:02.72 - 485)					
	W50	3566	SUNNETTE LESSING	67	51	KAML	Kamloops, BC	03.31.19
			(10.59 - 883 / 1.50m - 941 / 9.19m - 556 / 4.57m - 723 / 3:12.97 - 463)					
	W55	2361	DEBRA LACHANCE	68	56	GREY	Winnipeg, MB	03.02.25
			(12.97 - 525 / 1.16m - 555 / 6.90m - 432 / 3.29m - 371 / 3:19.94 - 478)					
	W60	3151	MARGARET RHENERGEN	55	62	KAML	Kamloops, BC	03.11.18
			(11.51 - 885 / 1.29m - 830 / 6.15m - 420 / 3.64m - 565 / 3:32.90 - 451)					
	W65	3360	CINDY O'BRIEN HIGH	58	66	GREY	Winnipeg, MB	03.02.25
			(11.49 - 906 / 1.22m - 818, 7.59m - 617 / 3.57m - 631 / 3:52.08 - 388)					
	W70	2891	CHRISTA BORTIGNON	37	74	GREY	Albuquerque, NM	03.04.11
			(14.45 - 641 / 1.09m - 701 / 5.98m - 526 / 3.19m - 565 / 3:55.13 - 458)					
	W75	3678	CHRISTA BORTIGNON	37	75	GREY	Bloomington, IN	03.16.12
			(13.39 - 904 / 1.06m - 747 / 7.62m - 637 / 3.39m - 768 / 3:47.46 - 622)					
	W90	1074	OLGOA KOTELKO	19	93	GREY	Jyvaskyla, FIN	04.03.12
			(DNF - 0 / 0.61m - 239 / 4.91m - 649 / 1.42m - 186 / 8:49.15 - 0)					
HEPTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W45	2339	NANCY COCHRANE		49		Kenosha, WI	02.03.02
			(10.31 - 353 / 3.43m - 296 / 5.80m - 334 / 1.27m - 534 / 13.21 - 402 / 1.45m - 118 / 3:23.54 - 302)					