



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

INDOOR RECORDS FOR WOMEN

Open: The best performance by any athlete within the province of Manitoba

Age Categories: The best performance by an Athletics Manitoba member anywhere

Red Indicates within this season (Fall 2005 - Summer 2006)

	Event		Mark	Date Set	Record Holder	Affiliation	Location
Open	50m Dash		6.53	Feb-09-85	ESMIE LAWRENCE	CALGARY SPARTANS	WINNIPEG
Senior	50m Dash		6.46	Feb-27-82	SANDY GILKES	U OF MANITOBA	SASKATOON
Junior	50m Dash		6.51	Feb-28-81	TANYA BROTHERS	GALAXY TC	EDMONTON
Juvenile	50m Dash		6.59	Feb-23-80	TANYA BROTHERS	GALAXY TC	TORONTO
Midget	50m Dash		6.75	Dec-14-84	JACKIE HANNA	GLENLAWN COLL.	WINNIPEG
Open	60m Dash		7.35	Feb- 6-88	ESMIE LAWRENCE	SPARTANS TC	WINNIPEG
Senior	60m Dash		7.48	Feb-16-91	FAYE ROBERTS	RAIDERS TC	SASKATOON
Junior	60m Dash		7.53	Feb-17-90	ANGELA MORRIS	RAIDERS TC	EDMONTON
Juvenile	60m Dash		7.74	Mar-04-05	CHANTAL GRANT	WOA	WINNIPEG
Midget	60m Dash		7.86	Dec-14-04	CHANTAL GRANT	WOA	WINNIPEG
Open	200m Dash		23.71	Feb-14-86	FRANCE GAREAU	NB LEGION	WINNIPEG
Senior	200m Dash		24.20	Feb-26-83	TANYA BROTHERS	RAIDERS TC	SHERBROOK
Junior	200m Dash		24.62	Feb-28-82	TANYA BROTHERS	GALAXY TC	SASKATOON
Juvenile	200m Dash		24.76	Jan-22-88	ANGELA MORRIS	GRANT PARK HS	WINNIPEG
Midget	200m Dash		25.52	Jan-16-86	ANGELA MORRIS	GRANT PARK HS	WINNIPEG
Open	300m Dash		37.09	Jan-29-05	KALTOUMA NADJINA	CALGARY INTL. TC	WINNIPEG
Senior	300m Dash		38.16	Mar-10-90	ALANNA YAKIWCHUK	U OF MANITOBA	WINNIPEG
Junior	300m Dash		39.88	Feb-22-02	SHARON DRAKE	U OF MANITOBA	SASKATOON
Juvenile	300m Dash		40.9h	Jan-29-66	JANET MADDIN	FLYING M AC	WINNIPEG
Midget	300m Dash		41.8h	Dec-09-88	JANNA NIKKEL	TAKUS TC	WINNIPEG
Open	400m Dash		53.47	Feb- 3-01	KALTOUMA NADJINA	CALGARY INTL. TC	WINNIPEG
Senior	400m Dash		54.39	Feb-20-93	ALANNA YAKIWCHUK	RAIDERS TC	WINNIPEG
Junior	400m Dash		56.62	Feb-09-80	SANDY GILKES	GALAXY TC	WINNIPEG
Juvenile	400m Dash		57.71	Jan-18-06	STEPHANIE ROMANSON	WOA	WINNIPEG
Midget	400m Dash		57.93	Dec-08-05	STEPHANIE ROMANSON	WOA	WINNIPEG
Open	600m Run		1:29.30	Feb-06-88	CAMILLE CATO	MAZDA OPTIMISTS	WINNIPEG
Senior	600m Run		1:29.94	Mar-13-92	ALANNA YAKIWCHUK	U OF MANITOBA	WINNIPEG
Junior	600m Run		1:31.76	Feb-26-05	NICOLE EDWARDS	U OF MICHIGAN	ANN ARBOR
Juvenile	600m Run		1:33.37	Feb-01-03	NICOLE EDWARDS	WOA	WINNIPEG
Midget	600m Run		1:37.22	Jan-29-05	STEPHANIE ROMANSON	WOA	WINNIPEG
Open	800m Run		2:04.56	Jan-31-04	Aimee Teteris	Pacific Athletics	WINNIPEG
Senior	800m Run		2:06.14	Feb- 8-86	CAROLYN COMEAU	AM	WINNIPEG
Junior	800m Run		2:06.67	Feb-12-05	NICOLE EDWARDS	U OF MICHIGAN	UNIVERSITY PK
Juvenile	800m Run		2:09.8h	Feb-25-79	ANGELA CHALMERS	SUNDOWNERS	EDMONTON
Midget	800m Run		2:16.36	Mar- 1-01	NICOLE EDWARDS	WOA	WINNIPEG
Open	1000m Run		2:42.81	Mar-10-88	PAULA SCHNURR	MCMASTER UNIVERSITY	WINNIPEG
Senior	1000m Run		2:43.08	Mar-09-85	NANCY RETTIE	RAIDERS TC	SYRACUSE
Junior	1000m Run		2:49.51	Feb-18-04	NICOLE EDWARDS	WOA	WINNIPEG
Juvenile	1000m Run		2:53.61	Feb-02-02	NICOLE EDWARDS	WOA	WINNIPEG
Midget	1000m Run		2:59.0h	Dec-11-88	ANDREA GROVE	TAKUS TC	SASKATOON
Open	1500m Run		4:13.6h	Feb- 9-80	JAN MERRILL	USA	WINNIPEG
Senior	1500m Run		4:15.46	Feb-07-87	CAROLYN COMEAU	RAIDERS TC	WINNIPEG
Junior	1500m Run		4:21.0h	Feb-09-80	NANACY RETTIE	RAIDERS TC	WINNIPEG
Juvenile	1500m Run		4:32.5h	Dec-28-79	NANCY RETTIE	RAIDERS TC	SASKATOON
Midget	1500m Run		4:40.4h	Dec-14-01	NICOLE EDWARDS	WOA	WINNIPEG



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Open	3000m	Run		9:04.88	Mar-12-88	BRENDA SHACKLETON	U OF VICTORIA	WINNIPEG
Senior	3000m	Run		9:11.71	Feb-18-90	ANGELA CHALMERS		EDMONTON
Junior	3000m	Run		9:45.03	Mar-13-82	CAROL HOWE		EDMONTON
Juvenile	3000m	Run		9:45.03	Mar-13-82	CAROL HOWE		EDMONTON
Midget	3000m	Run		10:34.72	Jan-21-01	LAUREN CHAMPAGNE		WINNIPEG
Open	5000m	Run		16:29.5h	Dec-20-85	SANDY RETTIE	RAIDERS TC	WINNIPEG
Senior	5000m	Run		16:29.5h	Dec-20-85	SANDY RETTIE	RAIDERS TC	WINNIPEG
Open	50m	Hurdles		6.98	Feb-17-79	CANDY YOUNG	USA	WINNIPEG
Senior	50m	Hurdles	33"-8.5m	7.34	Feb-29-96	JANNA NIKKEL	ECHO ATHLETICS	WINNIPEG
Senior	50m	Hurdles	33"-8.5m	7.34	Mar-05-94	JANNA NIKKEL	TAKUS TC	WINNIPEG
Junior	50m	Hurdles	33"-8.5m	7.41	Feb-19-83	NANCY MCCUAIG	TAKUS TC	EDMONTON
Juvenile	50m	Hurdles	30"-8m	7.50	Feb-02-90	JANNA NIKKEL	TAKUS TC	WINNIPEG
Midget	50m	Hurdles	30"-7.5m	8.24	Mar-06-98	ALANNA BOUDREAU	OAK PARK HS	WINNIPEG
Open	60m	Hurdles	33"-8.5m	8.30	Feb-21-93	SONIA PAQUETTE	QU-COCH	WINNIPEG
Senior	60m	Hurdles	33"-8.5m	8.45	Mar-12-94	JANNA NIKKEL	U OF MANITOBA	WINNIPEG
Senior	60m	Hurdles	33"-8.5m	8.45	Feb-25-94	JANNA NIKKEL	U OF MANITOBA	EDMONTON
Junior	60m	Hurdles	33"-8.5m	8.56	Feb-28-92	JANNA NIKKEL	TAKUS TC	SASKATOON
Juvenile	60m	Hurdles	30"-8.5m	9.50	Feb-10-06	KENDRA BAKER	WOA	WINNIPEG
Juvenile	60m	Hurdles	30"-8m	9.10	Feb-24-89	LINDSAY INGRAM	TAKUS TC	SASKATOON
Midget	60m	Hurdles	30"-7.5m	9.84	Dec- 4-99	MARILOU VILLALBA	DANIEL MACINTYRE	WINNIPEG
Open	4x100m	Relay		48.20	Feb- 03-90	WC GAMES TEAM		WINNIPEG
Senior	4x100m	Relay		48.20	Feb-03-90	WC GAMES TEAM		WINNIPEG
Junior	4x100m	Relay		49.49	Mar-05-94	RAIDERS TC		WINNIPEG
Juvenile	4x100m	Relay		50.37	Feb-02-90	TAKUS TC		WINNIPEG
Midget	4x100m	Relay		51.13	Feb-06-88	TAKUS TC		WINNIPEG
Open	4x200m	Relay		1:38.34	Mar-11-95	U OF WINDSOR		WINNIPEG
Senior	4x200m	Relay		1:38.57	Mar-10-84	U OF MANITOBA	NANCY MCCUAIG, TANYA BROTHERS, CHERYL CROXFORD, RUTH HADDEN	QUEBEC CITY
Junior	4x200m	Relay		1:44.96	Mar-14-82	TAKUS TC	THORNA SCOTT, NANCY MCCUAIG, LESLIE ALLISON, D. MACKENZIE	EDMONTON
Juvenile	4x200m	Relay		1:49.7h	Mar-18-89	GLENLAWN COLL		WINNIPEG
Midget	4x200m	Relay		1:51.1h	Feb-13-87	TAKUS TC		WINNIPEG
Open	4x400m	Relay		3:42.2h	Feb-11-84	TAKUS TC		WINNIPEG
Senior	4x400m	Relay		3:42.2h	Feb-11-84	TAKUS TC		WINNIPEG
Junior	4x400m	Relay		4:00.12	Feb-20-83	WINGS TC	JODIE GRINDELL, ANDREA PACI, D. MACKENZIE, TRISA ZIMMERMAN	EDMONTON
Juvenile	4x400m	Relay		4:02.8h	Jan-17-86	WINGS TC	LORNA SHAW, DIANA TOTH, TRISA ZIMMERMAN, SHERYL VAN NEST	WINNIPEG
Midget	4x400m	Relay		4:09.9h	Dec-10-88	WINGS TC		WINNIPEG
Open	4x800m	Relay		8:32.34	Jan-31-04	PACIFIC ATHLETICS		WINNIPEG
Senior	4x800m	Relay		9:02.71	Mar-10-90	U OF MANITOBA	ANDREA PERNITSKY, LORNA SHAW, CHERYL MURPHY, BRENDA BAKER	WINNIPEG



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Open	High Jump		1.95m	Feb- 9-80	DEBBIE BRILL	PACIFIC COAST CLUB	WINNIPEG
Senior	High Jump		1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG
Junior	High Jump		1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG
Juvenile	High Jump		1.80m	Mar-06-97	TAMMY MAHON	UNATTACHED	WINNIPEG
Midget	High Jump		1.70m	Nov-21-86	ANDRA YOUNES	FLYING M AC	WINNIPEG
Open	Pole Vault		4.15m	Mar-02-02	JACKIE HONEY	WOA	WINNIPEG
Senior	Pole Vault		4.15m	Mar-02-02	JACKIE HONEY	WOA	WINNIPEG
Senior	Pole Vault		4.15m	Feb- 3-01	JACKIE HONEY	WOA	FLAGSTAFF
Junior	Pole Vault		2.75m	Mar- 6-04	CHELSEA BRELAND	WOA	WINNIPEG
Junior	Pole Vault		2.75m	Dec-09-05	BRITTANY CURTIS	U OF MANITOBA	WINNIPEG
Juvenile	Pole Vault		2.75m	Mar- 6-04	CHELSEA BRELAND	WOA	WINNIPEG
Open	Long Jump		6.12m	Feb-21-93	NICOLE DEVONISH	ON-EG	WINNIPEG
Senior	Long Jump		5.98m	Feb-21-91	KERRI DROSDOWECH	AOTC	MINNEAPOLIS
Junior	Long Jump		5.78m	Feb-25-00	JILL BROCK	U OF MANITOBA	WINNIPEG
Juvenile	Long Jump		5.65m	Mar- 8-80	TANYA BROTHERS	GALAXT TC	EDMONTON
Midget	Long Jump		5.27m	Jan-13-73	KIM SAUNDERS	ISAAC NEWTON	WINNIPEG
Open	Triple Jump		12.83m	Feb-21-93	KELLY DINSMORE	ONTARIO-BOARD	WINNIPEG
Senior	Triple Jump		12.89m	Feb-20-90	LAVERNE CLARKE	AOTC	FLAGSTAFF
Juvenile	Triple Jump		11.50m	Mar-04-00	ALANNA BOUDREAU	WOA	WINNIPEG
Junior	Triple Jump		11.50m	Mar-04-00	ALANNA BOUDREAU	WOA	WINNIPEG
Midget	Triple Jump		11.40m	Mar-02-93	TARA SCHWABE	RAIDERS TC	WINNIPEG
Open	Shot Put	4kg	16.74m	Jan-28-95	GEORGETTE REED	CALGARY SPARTANS	WINNIPEG
Senior	Shot Put	4kg	16.20m	Feb-21-88	MELODIE TORCOLACCI	MTC	WINDSOR
Junior	Shot Put	4kg	14.77m	Jan-05-68	MAUREEN DOWDS	U OF MANITOBA	EDMONTON
Juvenile	Shot Put	4kg	13.51m	Dec-12-86	SUSANNE DANDENAU	AOTC	WINNIPEG
Midget	Shot Put	4kg	12.09m	Feb-08-85	SUSANNE DANDENAU	AOTC	WINNIPEG
Open	Wght Thr	9.09kg	19.00m	Jan-29-05	Megan Reid	U of Saskatchewan	WINNIPEG
Senior	Wght Thr	9.09kg	17.04m	Mar- 6-98	NOREENA BODAGLO	U OF MANITOBA	WINNIPEG
Junior	Wght Thr	9.09kg	13.78m	Feb-20-93	NOREENA BODAGLO	AOTC	WINNIPEG
Juvenile	Wght Thr	9.09kg	9.42M	Feb-10-06	KELCEY MACGILLIVRAY	GLENLAWN	WINNIPEG
Open	Pentathlon		3978	Feb-27-04	JESSICA ZELINKA	U OF CALGARY	WINNIPEG
Senior	Pentathlon		3513	Feb-27-99	MELANIE GREGG	U OF MANITOBA	EDMONTON
Junior	Pentathlon		3451	Feb-26-00	JILL BROCK	U OF MANITOBA	WINNIPEG
Juvenile	Pentathlon		2829	Jan-18-06	DANIELLE O'DONNELL	TOUGH TRACK	WINNIPEG
Midget	Pentathlon		2354	Dec-31-88	SUSAN CLARKE	AOTC	WINNIPEG