

Rank	Mark		Name	School/Club	Date	Meet Name
Junior 100m Photo						
1	12.79 (+0.0)	P	Staub, Katie	Warren	10/6/2010	MILK Provincial T&F Championships
2	12.81 (0.2)	F	Wanigasikara, Sasanie	St. Maurice	10/6/2010	MILK Provincial T&F Championships
3	12.90 (0.2)	F	Bera, Mercy	Kelvin	10/6/2010	MILK Provincial T&F Championships
4	13.15 (0.2)	F	Lepp, Jodi	Rivers	10/6/2010	MILK Provincial T&F Championships
5	13.24 (+0.0)	S	Lavallee, Katie	St. Paul's	10/6/2010	MILK Provincial T&F Championships
6	13.32 (+0.0)	P	Addison, Victoria	Westwood	10/6/2010	MILK Provincial T&F Championships
7	13.39 (+0.0)	S	Pauls, Rebecca	Garden Valley	10/6/2010	MILK Provincial T&F Championships
8	13.41 (0.2)	F	Allegro, Samantha	St. Mary's Academy	10/6/2010	MILK Provincial T&F Championships
9	13.46 (-1.5)	P	Klassen, April	Fort Richmond	10/6/2010	MILK Provincial T&F Championships
10	13.49 (+0.0)	S	Rokyta, Amanda	Maples	10/6/2010	MILK Provincial T&F Championships
Junior 100m Hand						
1	13.1h	F	Staub, Katie	Warren	5/20/2010	Royal Rumble
2	13.4h	F	Lepp, Jodi	Rivers	5/20/2010	Royal Rumble
2	13.4h	F	Penner, Colleen	Shevchenko	1/6/2010	Last Chance
4	13.7h	F	Wanigasekara, Sasanie	St.Maurice	5/20/2010	Royal Rumble
5	13.8h	F	Klassen, April	Fort Richmond	5/20/2010	Royal Rumble
5	13.8h	F	Rokyta, Amanda	Maples	5/20/2010	Royal Rumble
7	13.9h	F	Verraigne, Alyson	William Morton	5/20/2010	Royal Rumble
7	13.9h	F	Carels, Cassidy	Warriors	1/6/2010	Last Chance
9	14.0h	F	Bera, Mercy	Kelvin	5/20/2010	Royal Rumble
9	14.0h	F	Polenenko, Larissa	Morden	1/6/2010	Last Chance
Junior 200m Photo						
1	25.72 (3.4)	F	Wanigasikara, Sasanie	St. Maurice	10/6/2010	MILK Provincial T&F Championships
2	25.74 (3.4)	F	Staub, Katie	Warren	10/6/2010	MILK Provincial T&F Championships
3	26.43 (3.4)	F	Andrushko, Amy	Pierre Elliot Trudeau	10/6/2010	MILK Provincial T&F Championships
4	26.61 (3.4)	F	Graceffo, Amy	Glenlawn	10/6/2010	MILK Provincial T&F Championships
5	26.69 (3.4)	F	Lavallee, Katie	St. Paul's	10/6/2010	MILK Provincial T&F Championships
6	26.79 (-0.7)	P	Bera, Mercy	Kelvin	10/6/2010	MILK Provincial T&F Championships
7	26.83 (3.4)	F	Hebert, Michelle	Sturgeon Heights	10/6/2010	MILK Provincial T&F Championships
8	27.64 (3.4)	F	Rokyta, Amanda	Maples	10/6/2010	MILK Provincial T&F Championships
9	27.66 (1.2)	S	Addison, Victoria	Westwood	10/6/2010	MILK Provincial T&F Championships
10	27.77 (1.9)	S	Lepp, Jodi	Rivers	10/6/2010	MILK Provincial T&F Championships
10	27.77 (0.1)	P	Vandeynze, Chelsea	Somerset	10/6/2010	MILK Provincial T&F Championships
Junior 200m Hand						
1	26.8h	F	Wanigasekara, Sasanie	St.Maurice	5/20/2010	Royal Rumble
2	26.9h	F	Staub, Katie	Warren	5/20/2010	Royal Rumble
3	28.3h	F	Pauls, Becky	Garden Valley	5/20/2010	Royal Rumble
4	28.4h	F	Hilsher, Justice	John Taylor	5/20/2010	Royal Rumble
5	28.9h	F	Addison, Victoria	Westwood	5/20/2010	Royal Rumble
6	29.2h	F	Verraigne, Alyson	William Morton	5/20/2010	Royal Rumble
7	29.3h	F	Lepp, Jodi	Rivers	5/20/2010	Royal Rumble
8	29.7h	F	Klassen, April	Fort Richmond	5/20/2010	Royal Rumble
9	29.8h	F	Kucheravy, Caila	Oak Park	5/20/2010	Royal Rumble
10	30.0h	F	Penner, Colleen	Shevchenko	5/20/2010	Royal Rumble
Junior 400m Photo						
1	57.54	F	Baran, Melanie	Sanford	10/6/2010	MILK Provincial T&F Championships
2	58.70	F	Andrushko, Amy	Pierre Elliot Trudeau	10/6/2010	MILK Provincial T&F Championships
3	58.72	F	Teschuk, Erin	St. Mary's Academy	10/6/2010	MILK Provincial T&F Championships
4	1:00.11	F	Lavallee, Katie	St. Paul's	10/6/2010	MILK Provincial T&F Championships
5	1:02.02	F	Smith, Lindsay	Oak Park	10/6/2010	MILK Provincial T&F Championships
6	1:02.37	P	Wiebe, Lauren	Morris	10/6/2010	MILK Provincial T&F Championships
7	1:02.93	P	Takatch, Katie	Sturgeon Heights	10/6/2010	MILK Provincial T&F Championships
8	1:04.80	P	Hilsher, Justice	John Taylor	10/6/2010	MILK Provincial T&F Championships
9	1:05.60	P	Hyndman, Eleanor	Rivers	10/6/2010	MILK Provincial T&F Championships
10	1:06.43	P	Zaldarriaga, Pamela	Sisler	10/6/2010	MILK Provincial T&F Championships

Rank	Mark	Name	School/Club	Date	Meet Name
Junior 400m Hand					
1	1:01.2h	F Wanigasekara, Sasanie	St.Maurice	5/20/2010	Royal Rumble
2	1:03.3h	F Smith, Lindsay	Oak Park	5/20/2010	Royal Rumble
3	1:04.5h	F Hilsher, Justice	John Taylor	5/20/2010	Royal Rumble
4	1:06.8h	F Wiebe, Lauren	Morris	5/20/2010	Royal Rumble
5	1:07.7h	F Hyndman, Eleanor	Rivers	5/20/2010	Royal Rumble
6	1:08.0h	F Zaldarraga, Pamela	Sisler	5/20/2010	Royal Rumble
7	1:08.3h	F Rokyta, Amanda	Maples	5/20/2010	Royal Rumble
8	1:08.8h	F Kelly, Sage	Stonewall	5/20/2010	Royal Rumble
8	1:08.8h	F Hnatiuk, Sally	West Kildonan	5/20/2010	Royal Rumble
10	1:09.3h	F Williamson, Taylor	Sisler	5/20/2010	Royal Rumble
Junior 800m Photo					
1	2:12.14	F Zrinyi, Julia	Vincent Massey	10/6/2010	MILK Provincial T&F Championships
2	2:15.76	F Teschuk, Erin	St. Mary's Academy	10/6/2010	MILK Provincial T&F Championships
3	2:20.83	F Baran, Melanie	Sanford	10/6/2010	MILK Provincial T&F Championships
4	2:23.25	F Smith, Lindsay	Oak Park	10/6/2010	MILK Provincial T&F Championships
5	2:23.91	P Cantin, Catherine	St. John's Ravenscourt	10/6/2010	MILK Provincial T&F Championships
6	2:24.96	F Sprague, Taylor	Kelvin	10/6/2010	MILK Provincial T&F Championships
7	2:25.28	P Andrushko, Amy	Pierre Elliot Trudeau	10/6/2010	MILK Provincial T&F Championships
8	2:31.91	P Wiebe, Lauren	Morris	10/6/2010	MILK Provincial T&F Championships
9	2:33.55	P Ready, Shandra	Miles Mac	10/6/2010	MILK Provincial T&F Championships
10	2:34.06	F Grenier, Shaylyn	Somerset	10/6/2010	MILK Provincial T&F Championships
10	2:34.06	F Biluk, Madison	Gimli	10/6/2010	MILK Provincial T&F Championships
Junior 800m Hand					
1	2:29.9h	F Sprague, Taylor	Kelvin	5/20/2010	Royal Rumble
1	2:29.9h	F Smith, Lindsay	Oak Park	5/20/2010	Royal Rumble
3	2:45.6h	F Biluk, Maddy	Gimli	5/20/2010	Royal Rumble
4	2:46.3h	F Johnson, Meghan	River East	5/20/2010	Royal Rumble
5	2:47.6h	F Castro, Megan-Rae	Sisler	5/20/2010	Royal Rumble
6	2:48.1h	F Brad, Lauren	Warren	5/20/2010	Royal Rumble
7	2:48.7h	F Martin, Amy	Stonewall	5/20/2010	Royal Rumble
8	2:49.6h	F Kuzbyt, Kerri	Sisler	5/20/2010	Royal Rumble
9	2:50.2h	F Taylor, Niki	Kelvin	5/20/2010	Royal Rumble
10	2:52.4h	F Baldwin, Dixie	John Taylor	5/20/2010	Royal Rumble
Junior 1500m Photo					
1	4:38.62	F Zrinyi, Julia	Vincent Massey	9/6/2010	MILK Provincial T&F Championships
2	4:49.95	F Gaensler, Hannah	Whitemouth	9/6/2010	MILK Provincial T&F Championships
3	4:53.27	F Cantin, Catherine	St. John's Ravenscourt	9/6/2010	MILK Provincial T&F Championships
4	5:02.53	F Sprague, Taylor	Kelvin	9/6/2010	MILK Provincial T&F Championships
5	5:21.79	F Sadoway, Sara	Garden City	9/6/2010	MILK Provincial T&F Championships
6	5:23.82	F Wiebe, Lauren	Morris	9/6/2010	MILK Provincial T&F Championships
7	5:24.89	F Poschenrieder, Harley	Portage	9/6/2010	MILK Provincial T&F Championships
8	5:27.08	F Beddome, Kelli	Elton	9/6/2010	MILK Provincial T&F Championships
9	5:29.34	F Ready, Shandra	Miles Mac	9/6/2010	MILK Provincial T&F Championships
10	5:33.49	F Klatt, Janessa	Westgate	9/6/2010	MILK Provincial T&F Championships
Junior 1500m Hand					
1	5:11.9h	F Sprague, Taylor	Kelvin	5/20/2010	Royal Rumble
2	5:31.7h	F Ready, Shandra	Miles Mac	5/20/2010	Royal Rumble
3	5:34.0h	F Poschenrieder, Harley	Portage	5/20/2010	Royal Rumble
4	5:34.6h	F Wiebe, Lauren	Morris	5/20/2010	Royal Rumble
5	5:36.2h	F Hebert, Janine	Oak Park	5/20/2010	Royal Rumble
6	5:41.4h	F Castro, Megan-Rae	Sisler	5/20/2010	Royal Rumble
7	5:43.6h	F Taylor, Niki	Kelvin	5/20/2010	Royal Rumble
8	5:44.0h	F Brad, Lauren	Warren	5/20/2010	Royal Rumble
9	5:45.3h	F Kuzbyt, Kerri	Sisler	5/20/2010	Royal Rumble
10	5:47.0h	F Loepky, Kelby	Garden Valley	5/20/2010	Royal Rumble

Rank	Mark		Name	School/Club	Date	Meet Name
Junior 3000m Photo						
1	10:24.50	F	Gaensler, Hannah	Whitemout	10/6/2010	MILK Provincial T&F Championships
2	10:58.35	F	Cantin, Catherine	St. John's Ravenscourt	10/6/2010	MILK Provincial T&F Championships
3	11:35.21	F	Beddome, Kelli	Elton	10/6/2010	MILK Provincial T&F Championships
4	11:37.14	F	Sadoway, Sara	Garden City	10/6/2010	MILK Provincial T&F Championships
5	11:53.75	F	Klatt, Janessa	Westgate	10/6/2010	MILK Provincial T&F Championships
6	12:02.48	F	Smith, Marett	Warren	10/6/2010	MILK Provincial T&F Championships
7	12:07.67	F	Ready, Shandra	Miles Mac	10/6/2010	MILK Provincial T&F Championships
8	12:12.48	F	Taylor, Niki	Kelvin	10/6/2010	MILK Provincial T&F Championships
9	12:16.29	F	Loepky, Kelby	Garden Valley	10/6/2010	MILK Provincial T&F Championships
10	12:19.31	F	Slagerman, Sarah	Warren	10/6/2010	MILK Provincial T&F Championships
Junior 3000m Hand						
1	12:38.4h	F	Slagerman, Sarah	Warren	5/20/2010	Royal Rumble
2	12:26.7h	F	Smith, Marett	Warren	1/6/2010	Last Chance
3	13:02.5h	F	Loepky, Kelby	Garden Valley	5/20/2010	Royal Rumble
4	13:09.1h	F	Yeo, Kelly	Stonewall	5/20/2010	Royal Rumble
5	13:28.2h	F	Procter, Paige	Stonewall	5/20/2010	Royal Rumble
6	13:34.7h	F	Brzezinska, Eva	Miles Mac	5/20/2010	Royal Rumble
7	13:54.8h	F	Bilous, Kirstin	Miles Mac	5/20/2010	Royal Rumble
8	14:05.8h	F	Ready, Shandra	Miles Mac	5/20/2010	Royal Rumble
9	14:08.9h	F	Sorokopud-Jones, Megan	Lord Selkirk	5/20/2010	Royal Rumble
Junior 80m Hurdles 0.762m-7.5m Photo						
1	12.72 (2.2)	F	Hebert, Michelle	Sturgeon Heights	10/6/2010	MILK Provincials T&F Championships
2	13.03 (2.2)	F	Sprague, Taylor	Kelvin	10/6/2010	MILK Provincials T&F Championships
3	13.33 (2.2)	F	Millns, Carlynne	Sturgeon Heights	10/6/2010	MILK Provincials T&F Championships
4	13.52 (2.2)	F	Osadick, Kaleigh	Dakota	10/6/2010	MILK Provincials T&F Championships
5	13.54 (2.2)	F	Becker, Joy	Goose Lake	10/6/2010	MILK Provincials T&F Championships
6	13.62 (2.2)	F	Kucheravy, Caila	Oak Park	10/6/2010	MILK Provincials T&F Championships
7	13.72 (2.2)	F	Steeves, Brittni	Stonewall	10/6/2010	MILK Provincials T&F Championships
8	13.75 (2.2)	F	Drain, Krystal	Portage	10/6/2010	MILK Provincials T&F Championships
9	14.21 (0.2)	P	Kendall, Rachel	Sisler	10/6/2010	MILK Provincials T&F Championships
10	14.28 (0.2)	P	Kowalychun, Lisa	West Kildonan	10/6/2010	MILK Provincials T&F Championships
Junior 80m Hurdles 0.762m-7.5m Hand						
1	13.1h	F	Sprague, Taylor	Kelvin	5/20/2010	Royal Rumble
2	13.6h	F	Sprenger, Charley	Rivers	5/20/2010	Royal Rumble
3	13.9h	F	Drain, Krystal	Portage	5/20/2010	Royal Rumble
4	14.1h	F	Kendall, Rachel	Sisler	5/20/2010	Royal Rumble
4	14.1h	F	Santiago, Micah	Sisler	5/20/2010	Royal Rumble
6	14.3h	F	Verraigne, Alyson	William Morton	1/6/2010	Last Chance
7	14.5h	F	Pineada, Iris	Sisler	5/20/2010	Royal Rumble
8	14.6h	F	Slagerman, Sarah	Warren	5/20/2010	Royal Rumble
9	14.7h	F	Steeves, Brittni	Stonewall	5/20/2010	Royal Rumble
10	14.8h	F	Najduch, Michelle	Oak Park	5/20/2010	Royal Rumble
Junior 4x100m Relay Photo						
1	52.08	F	Kelvin High School B		10/6/2010	MILK Provincial T&F Championships
2	52.81	F	Rivers Collegiate A		10/6/2010	MILK Provincial T&F Championships
3	53.39	F	St. Mary's Academy B		10/6/2010	MILK Provincial T&F Championships
4	53.65	F	St. Paul's Collegiate A		10/6/2010	MILK Provincial T&F Championships
5	54.11	F	Maples Collegiate A		10/6/2010	MILK Provincial T&F Championships
6	54.63	F	Westmount B		10/6/2010	MILK Provincial T&F Championships
7	54.98	F	Linden Christian A		10/6/2010	MILK Provincial T&F Championships
7	54.98	F	Glenboro A		10/6/2010	MILK Provincial T&F Championships
9	56.45	P	Glenlawn Collegiate A		10/6/2010	MILK Provincial T&F Championships
10	56.92	P	R.D. Parker A		10/6/2010	MILK Provincial T&F Championships

Rank	Mark	Name	School/Club	Date	Meet Name
Junior 4x100m Relay Hand					
1	51.9h	F Kelvin A		5/20/2010	Royal Rumble
2	53.0h	F Oak Park High School A		5/20/2010	Royal Rumble
3	54.3h	F Rivers A		5/20/2010	Royal Rumble
4	54.4h	F Fort Richmond A		5/20/2010	Royal Rumble
5	54.9h	F Maples A		5/20/2010	Royal Rumble
6	55.8h	F Warren A		5/20/2010	Royal Rumble
7	56.0h	F Sisler B		5/20/2010	Royal Rumble
8	56.1h	F Westmount A		1/6/2010	Last Chance
9	57.4h	F Warren B		5/20/2010	Royal Rumble
10	57.9h	F Morris A		5/20/2010	Royal Rumble
Junior 4x400m Relay Photo					
1	4:20.46	F St. Mary's Academy A		10/6/2010	MILK Provincials T&F Championships
2	4:27.62	F Warren A		10/6/2010	MILK Provincials T&F Championships
3	4:29.38	F Oak Park B		10/6/2010	MILK Provincials T&F Championships
4	4:36.22	F Westgate A		10/6/2010	MILK Provincials T&F Championships
5	4:37.16	F Maples A		10/6/2010	MILK Provincials T&F Championships
6	4:41.67	F Portage A		10/6/2010	MILK Provincials T&F Championships
7	4:43.47	F Sisler A		10/6/2010	MILK Provincials T&F Championships
8	4:44.76	F Minnedosa A		10/6/2010	MILK Provincials T&F Championships
9	4:45.27	F Miles Mac A		10/6/2010	MILK Provincials T&F Championships
10	4:47.45	F Stonewall B		10/6/2010	MILK Provincials T&F Championships
Junior Medley Photo					
1	4:21.76	F St. Mary's Academy A		10/6/2010	MILK Provincials T&F Championships
2	4:31.31	F Oak Park A		10/6/2010	MILK Provincials T&F Championships
3	4:37.51	F Sanford A		10/6/2010	MILK Provincials T&F Championships
4	4:39.08	F Kelvin A		10/6/2010	MILK Provincials T&F Championships
5	4:52.73	F Westwood A		10/6/2010	MILK Provincials T&F Championships
6	4:53.39	F Minnedosa C		10/6/2010	MILK Provincials T&F Championships
7	4:53.73	F Sisler A		10/6/2010	MILK Provincials T&F Championships
8	4:55.50	F Virden A		10/6/2010	MILK Provincials T&F Championships
9	4:55.66	F Minnedosa B		10/6/2010	MILK Provincials T&F Championships
10	4:57.43	F Westmount A		10/6/2010	MILK Provincials T&F Championships
Junior High Jump					
1	1.50m	F Harrison, Aimee	Oak Park	10/6/2010	MILK Provincials T&F Championships
1	1.50m	F Paetsch, Tamara	Miles Mac	5/20/2010	Royal Rumble
3	1.46m	F Kowalyshyn, Lisa	West Kildonan	5/20/2010	Royal Rumble
4	J 1.46m	F Bergman, Regan	Morden	5/20/2010	Royal Rumble
5	1.43m	F Ursel, Kathryn	Lord Selkirk	5/20/2010	Royal Rumble
6	1.40m	F Murray, Morgan	Melita	10/6/2010	MILK Provincials T&F Championships
6	1.40m	F Zaldarraga, Pamela	Sisler	5/20/2010	Royal Rumble
8	J1.40m	F Drummond, Brooke	Treherne Collegiate	10/6/2010	MILK Provincials T&F Championships
8	J 1.40m	F Kendall, Rachel	Sisler	5/20/2010	Royal Rumble
8	J 1.40m	F Kushner, Jordan	Glenella	10/6/2010	MILK Provincials T&F Championships
8	J 1.40m	F Dykun, Shelby	Gilbert Plains	10/6/2010	MILK Provincials T&F Championships
8	J 1.40m	F Ackland, Abby	Oak Park	10/6/2010	MILK Provincials T&F Championships
Junior Long Jump					
1	5.12m	F Graceffo, Amy	Glenlawn	10/6/2010	MILK Provincials T&F Championships
2	5.04m	P Wanigasekara, Sasanie	St. Maurice	10/6/2010	MILK Provincials T&F Championships
3	4.72m	F Schefer, Madlen	Garden Valley	5/20/2010	Royal Rumble
4	4.68m	F Penner, Colleen	Shevchenko	10/6/2010	MILK Provincials T&F Championships
5	4.67m	F Klassen, April	Fort Richmond	5/20/2010	Royal Rumble
6	4.60m	F Drain, Krystal	Portage	10/6/2010	MILK Provincials T&F Championships
7	J 4.60m	F LaFreniere, Taylor	Kelvin	10/6/2010	MILK Provincials T&F Championships
8	4.58m	F Carels, Cassidy	Warriors	1/6/2010	Last Chance
9	4.51m	P Dykun, Shelby	Gilbert Plains	10/6/2010	MILK Provincials T&F Championships
10	4.47m	F Addison, Victoria	Westwood	5/20/2010	Royal Rumble

Rank	Mark	Name	School/Club	Date	Meet Name
Junior Triple Jump					
1	10.77m	F Lepp, Jodi	Rivers	10/6/2010	MILK Provincials T&F Championships
2	10.57m	F Shefer, Madlin	Garden Valley	10/6/2010	MILK Provincials T&F Championships
3	10.52m	F Becker, Joy	Goose Lake	10/6/2010	MILK Provincials T&F Championships
4	10.50m	P Staub, Katie	Warren	10/6/2010	MILK Provincials T&F Championships
5	10.35m	F Wanigasekara, Sasanie	St. Maurice	5/20/2010	Royal Rumble
6	10.05m	F Zaldarriaga, Pamela	Sisler	10/6/2010	MILK Provincials T&F Championships
7	J 10.05m	F LaFreniere, Taylor	Kelvin	10/6/2010	MILK Provincials T&F Championships
8	9.94m	P Mendoza, Cheryl	Maples	10/6/2010	MILK Provincials T&F Championships
9	9.93m	F Millns, Carlynne	Sturgeon Heights	10/6/2010	MILK Provincials T&F Championships
10	9.89m	F Kendall, Rachel	Sisler	5/20/2010	Royal Rumble
Junior Shot Put 4kg					
1	9.45m	F Willey, Madison	Garden Valley	5/20/2010	Royal Rumble
2	9.17m	F Tillet, Shannon	Teulon	10/6/2010	MILK Provincials T&F Championships
3	8.75m	F Moyer, Amy	Oak Park	10/6/2010	MILK Provincials T&F Championships
4	8.89m	P Huculak, Brooke	Elton	10/6/2010	MILK Provincials T&F Championships
5	8.61m	F Hiebert, Destiny	Steinbach	10/6/2010	MILK Provincials T&F Championships
6	8.42m	F Pommer, Chole	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
7	8.37m	F Grenier, Shaylyn	Somerset	10/6/2010	MILK Provincials T&F Championships
7	8.37m	P Kafka, Taylor	Stonewall	10/6/2010	MILK Provincials T&F Championships
9	8.32m	F Batycki, Brett	Boissevain	10/6/2010	MILK Provincials T&F Championships
10	8.28m	F Kucheravy, Caila	Oak Park	10/6/2010	MILK Provincials T&F Championships
Junior Discus 1kg					
1	29.52m	F Mowat, Brittni	Glenboro	10/6/2010	MILK Provincials T&F Championships
2	29.43m	P Willey, Madison	Garden Valley	10/6/2010	MILK Provincials T&F Championships
3	28.59m	F Allary, Courtney	Warren	10/6/2010	MILK Provincials T&F Championships
4	28.07m	P Pringle, Teagan	Glenboro	10/6/2010	MILK Provincials T&F Championships
5	26.77m	F Pommer, Chloe	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
6	25.33m	P Courchene, Lindsay	U of Winnipeg	10/6/2010	MILK Provincials T&F Championships
7	25.16m	F Hanson, Brianne	R.D. Parker	10/6/2010	MILK Provincials T&F Championships
8	23.81m	F Poirier, Kaleigh	Stonewall	5/20/2010	Royal Rumble
9	23.78m	F Clarkson, Kendall	Swan Valley	10/6/2010	MILK Provincials T&F Championships
10	23.11m	P Gregory, Kalyn	Fisher Branch	10/6/2010	MILK Provincials T&F Championships
Junior Javelin 600g					
1	31.11m	F Graceffo, Amy	Glenlawn	10/6/2010	MILK Provincials T&F Championships
2	30.10m	F Peters, Brittany	Stonewall	10/6/2010	MILK Provincials T&F Championships
3	27.92m	F Beauchamp, Brandi	Warren	10/6/2010	MILK Provincials T&F Championships
4	27.35m	F Chamberlain, Jessica	Glenboro	10/6/2010	MILK Provincials T&F Championships
5	26.85m	P Boonstra, Chelsea	Warren	10/6/2010	MILK Provincials T&F Championships
6	26.00m	F Soldier, Whitney	Treherne	10/6/2010	MILK Provincials T&F Championships
7	25.94m	F Fast, Mandi	Steinbach	10/6/2010	MILK Provincials T&F Championships
8	25.54m	F Lasuik, Stefanie	Warren	1/6/2010	Last Chance
9	25.27m	F Smith, Marett	Warren	1/6/2010	Last Chance
10	25.01m	P Kunzelman-Gall, Casey	Morden	10/6/2010	MILK Provincials T&F Championships
Junior Tetrathlon					
1	1993	F Biluk, Maddy	Gimli	5/20/2010	Royal Rumble
2	1968	F Johnson, Meghan	River East	5/20/2010	Royal Rumble
3	1931	F Kucheravy, Caila	Oak Park	10/6/2010	MILK Provincials T&F Championships
4	1920	F Carels, Cassidy	Westmount	10/6/2010	MILK Provincials T&F Championships
5	1885	F Adriaansen, Dayna	St. John's Racencourt	10/6/2010	MILK Provincials T&F Championships
6	1773	F Grenier, Shaylyn	Somerset	10/6/2010	MILK Provincials T&F Championships
7	1742	F Baldwin, Dixie	John Taylor	5/20/2010	Royal Rumble
8	1733	F Lau, Lillian	Fort Richmond	5/20/2010	Royal Rumble
9	1624	F Najduch, Michelle	Oak Park	10/6/2010	MILK Provincials T&F Championships
10	1569	F Smith, Courtney	Rorketon	10/6/2010	MILK Provincials T&F Championships

Rank	Mark		Name	School/Club	Date	Meet Name
Senior 100m Photo						
1	12.36 (0.4)	S	Paracholski, Carly	Sisler	10/6/2010	MILK Provincials T&F Championships
2	12.49 (-1.2)	F	Ongungbemi, Sade	River East	10/6/2010	MILK Provincials T&F Championships
3	12.79 (-1.2)	F	Waters, Mallory	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
4	12.98 (-1.2)	F	Mooney, Cayla	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
5	13.18 (0.4)	S	Adamson, Jody	William Morton	10/6/2010	MILK Provincials T&F Championships
6	13.20 (-1.2)	F	Toews, Jessica	MacGregor	10/6/2010	MILK Provincials T&F Championships
7	13.21 (-1.2)	F	Richards, Melissa	Dakota	10/6/2010	MILK Provincials T&F Championships
8	13.31	F	Wiens, Kayleigh	Garden City	10/6/2010	MILK Provincials T&F Championships
9	13.36 (-0.3)	P	Kasprick, Lindsay	Neepawa	10/6/2010	MILK Provincials T&F Championships
10	13.38 (0.4)	S	Hamilton, Cassie	Garden City	10/6/2010	MILK Provincials T&F Championships
Senior 100m Hand						
1	12.7h	F	Ogunbemi, Sade	River East	5/20/2010	Royal Rumble
1	12.7h	F	Waters, Mallory	Vincent Massey	5/20/2010	Royal Rumble
3	12.9h	F	Kitching, Melissa	Springfield	5/20/2010	Royal Rumble
4	13.0h	F	Dyck, Jess	Morden	5/20/2010	Royal Rumble
5	13.1h	F	Despins, Jaclyn	Garden City	5/20/2010	Royal Rumble
5	13.1h	F	Rosenbaum, Jessica	Garden City	5/20/2010	Royal Rumble
7	13.2h	F	Kasprick, Lindsay	Neepawa	5/20/2010	Royal Rumble
8	13.3h	F	Adamson, Jody	William Morton	5/20/2010	Royal Rumble
9	13.4h	F	Wiens, Kayleigh	Garden Valley	5/20/2010	Royal Rumble
10	13.5h	F	Hawryluk, Megan	Stonewall	5/20/2010	Royal Rumble
Senior 200m Photo						
1	24.56 (3.1)	F	Paracholski, Carly	Sisler	10/6/2010	MILK Provincials T&F Championships
2	25.36 (3.1)	F	Ogunbemi, Sade	River East	10/6/2010	MILK Provincials T&F Championships
3	25.64 (3.1)	F	Kitching, Melissa	Springfield	10/6/2010	MILK Provincials T&F Championships
4	26.16 (3.1)	F	Waters, Mallory	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
5	26.25 (3.1)	F	Mooney, Cayla	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
6	J 26.25 (3.1)	F	Huebert, Sarah	St. Mary's Academy	10/6/2010	MILK Provincials T&F Championships
7	26.86 (3.1)	F	Carey, Vanessa	Margaret Barbour	10/6/2010	MILK Provincials T&F Championships
8	26.88 (3.1)	F	Despins, Jaclyn	Garden City	10/6/2010	MILK Provincials T&F Championships
9	27.52 (+0.0)	S	Quashie, Shanna	Garden City	10/6/2010	MILK Provincials T&F Championships
10	27.55 (+0.0)	P	Hawryluk, Megan	Stonewall	10/6/2010	MILK Provincials T&F Championships
Senior 200m Hand						
1	25.2h	F	Paracholski, Carly	Sisler	5/20/2010	Royal Rumble
2	28.0h	F	Despins, Jaclyn	Garden City	5/20/2010	Royal Rumble
2	28.0h	F	Roberts, Kristie	Portage	5/20/2010	Royal Rumble
4	28.1h	F	Cayer, Marielle	westwood	5/20/2010	Royal Rumble
4	28.1h	F	Van De Kerckhove	Warriors	1/6/2010	Last Chance
6	28.6h	F	Hawryluk, Megan	Stonewall	5/20/2010	Royal Rumble
7	28.7h	F	Ruiz, Anna	Kelvin	5/20/2010	Royal Rumble
8	29.3h	F	Kajetaniak, Sylvia	Sisler	5/20/2010	Royal Rumble
9	29.5h	F	Anderson, Stacey	Neepawa	5/20/2010	Royal Rumble
10	29.6h	F	Ong, Verna	Maples	5/20/2010	Royal Rumble
Senior 400m Photo						
1	55.85	F	Paracholski, Carly	Sisler	10/6/2010	MILK Provincials T&F Championships
2	58.21	F	Kitching, Melissa	Springfield	10/6/2010	MILK Provincials T&F Championships
3	58.55	F	Paracholski, Meagan	Sisler	10/6/2010	MILK Provincials T&F Championships
4	59.57	F	Huebert, Sarah	St. Mary's Academy	10/6/2010	MILK Provincials T&F Championships
5	1:01.88	F	Cote, Raven	John Taylor	10/6/2010	MILK Provincials T&F Championships
6	1:02.87	F	Hawryluk, Megan	Stonewall	10/6/2010	MILK Provincials T&F Championships
7	1:02.91	P	Cayer, Marielle	Westwood	10/6/2010	MILK Provincials T&F Championships
8	1:03.70	P	Carey, Vanessa	Margaret Barbour	10/6/2010	MILK Provincials T&F Championships
9	1:03.86	P	Roberts, Tanisha	Sisler	10/6/2010	MILK Provincials T&F Championships
10	1:04.97	P	Marchildon-Lavoie	Louis Riel	10/6/2010	MILK Provincials T&F Championships

Rank	Mark		Name	School/Club	Date	Meet Name
Senior 400m Hand						
1	56.5h	F	Paracholski, Carly	Sisler	5/20/2010	Royal Rumble
2	1:02.8h	F	Cote, Rave	John Taylor	5/20/2010	Royal Rumble
3	1:03.0h	F	Cayer, Marielle	Westwood	5/20/2010	Royal Rumble
4	1:04.9h	F	Carey, Vanessa	Margaret Barbour	5/20/2010	Royal Rumble
5	1:06.0h	F	Roberts, Tanisha	Sisler	5/20/2010	Royal Rumble
6	1:08.3h	F	Tucker, Jordyn	Lord Selkirk	5/20/2010	Royal Rumble
6	1:08.3h	F	Finnson, Carlyn	Arborg	5/20/2010	Royal Rumble
8	1:08.4h	F	Ford, Emilie	Lord Selkirk	5/20/2010	Royal Rumble
9	1:09.7h	F	Bet, Lindy	Morris	5/20/2010	Royal Rumble
10	1:10.0h	F	Studler, Taylor	Stonewall	5/20/2010	Royal Rumble
10	1:10.0h	F	Olfert, Natalja	Garden Valley	5/20/2010	Royal Rumble
Senior 800m Photo						
1	2:23.90	F	Paracholski, Meagan	Sisler	10/6/2010	MILK Provincials T&F Championships
2	2:29.10	F	Cote, Raven	John Taylor	10/6/2010	MILK Provincials T&F Championships
3	2:30.62	F	Stevens, Raven	Margaret Barbour	10/6/2010	MILK Provincials T&F Championships
4	2:31.71	F	Sexton, Jodi	Stonewall	10/6/2010	MILK Provincials T&F Championships
5	2:32.62	F	Oswald, Sara	Oak Park	10/6/2010	MILK Provincials T&F Championships
6	2:32.64	P	Marchildon-Lavoie	Louis Riel	10/6/2010	MILK Provincials T&F Championships
7	2:35.19	F	Ford, Emile	Lord Selkirk	10/6/2010	MILK Provincials T&F Championships
8	2:36.06	F	Wiens, Kayleigh	Garden Valley	10/6/2010	MILK Provincials T&F Championships
9	2:36.62	F	Bell, Jennifer	Sanford	10/6/2010	MILK Provincials T&F Championships
10	2:38.93	F	Scott, Jana	Boissevain	10/6/2010	MILK Provincials T&F Championships
Senior 800m Hand						
1	2:30.0h	F	Paracholski, Meagan	Sisler	5/20/2010	Royal Rumble
2	2:34.7h	F	Cote, Raven	John Taylor	5/20/2010	Royal Rumble
3	2:44.4h	F	Ostberg, Macey	Roseau Valley	5/20/2010	Royal Rumble
4	2:45.8h	F	Ford, Emilie	Lord Selkirk	5/20/2010	Royal Rumble
5	2:46.2h	F	Mazinke, Amanda	Morris	5/20/2010	Royal Rumble
6	2:46.9h	F	Sexton, Jodi	Stonewall	5/20/2010	Royal Rumble
7	2:52.8h	F	Carels, Breanna	Warriors	1/6/2010	Last Chance
8	3:06.2h	F	Pollard, Emilie	St. John's	5/20/2010	Royal Rumble
9	3:16.5h	F	Deduke, Kathleen	Neepawa	5/20/2010	Royal Rumble
Senior 1500m Photo						
1	5:08.05	F	Paracholski, Meagan	Sisler	10/6/2010	MILK Provincials T&F Championships
2	5:16.86	F	Bell, Nikki	Sanford	10/6/2010	MILK Provincials T&F Championships
3	5:22.75	F	Stevens, Raven	Margaret Barbour	10/6/2010	MILK Provincials T&F Championships
4	5:28.67	F	Greer, Ella	St. Norbert	10/6/2010	MILK Provincials T&F Championships
5	5:28.86	F	Sexton, Jodi	Stonewall	10/6/2010	MILK Provincials T&F Championships
6	5:29.74	F	Loeppky, Alex	Garden Valley	10/6/2010	MILK Provincials T&F Championships
7	5:32.59	F	Penner, Jaclyn	Elton	10/6/2010	MILK Provincials T&F Championships
8	5:33.58	F	Kuzbyt, Kerri	Sisler	10/6/2010	MILK Provincials T&F Championships
9	5:34.03	F	Ostberg, Macey	Roseau Valley	10/6/2010	MILK Provincials T&F Championships
10	5:36.87	F	Richtik, Taylor	Westwood	10/6/2010	MILK Provincials T&F Championships
Senior 1500m Hand						
1	5:22.9h	F	Paracholski, Meagan	Sisler	5/20/2010	Royal Rumble
2	5:39.4h	F	Loeppky, Alex	Garden Valley	5/20/2010	Royal Rumble
3	5:46.0h	F	Ostberg, Macey	Roseau Valley	5/20/2010	Royal Rumble
4	5:48.4h	F	Sexton, Jodi	Stonewall	5/20/2010	Royal Rumble
5	5:50.5h	F	Eramchuk, Avery	Lord Selkirk	5/20/2010	Royal Rumble
6	6:05.5h	F	McIntosh, Sarah	River East	5/20/2010	Royal Rumble
7	6:37.4h	F	Jabs, Melissa	Miles Mac	5/20/2010	Royal Rumble
8	7:45.7h	F	Dillon, Dezzaray	Warren	5/20/2010	Royal Rumble
9	7:46.2h	F	Bird, Kendra	Warren	5/20/2010	Royal Rumble
10	8:35.0h	F	Wall, Amber	WC Miller	5/20/2010	Royal Rumble

Rank	Mark		Name	School/Club	Date	Meet Name
Senior 3000m Photo						
1	11:32.33	F	Hamilton, Cassie	Garden City	10/6/2010	MILK Provincials T&F Championships
2	11:40.08	F	Bell, Nikki	Sanford	10/6/2010	MILK Provincials T&F Championships
3	11:45.07	F	Stevens, Raven	Margaret Barbour	10/6/2010	MILK Provincials T&F Championships
4	11:47.04	F	Penner, Jaclyn	Elton	10/6/2010	MILK Provincials T&F Championships
5	11:58.64	F	Loeppky, Alex	Garden Valley	10/6/2010	MILK Provincials T&F Championships
6	12:06.82	F	Kuzbyt, Kerri	Sisler	10/6/2010	MILK Provincials T&F Championships
7	12:19.82	F	LeClair, Celine	Hapnot	10/6/2010	MILK Provincials T&F Championships
8	12:21.78	F	Morse, Lauren	Sanford	10/6/2010	MILK Provincials T&F Championships
9	12:26.48	F	Krebs, Kim	Edward Schreyer	10/6/2010	MILK Provincials T&F Championships
10	12:30.10	F	Greer, Ella	St. Norbert	10/6/2010	MILK Provincials T&F Championships
Senior 3000m Hand						
1	12:32.6h	F	Loeppky, Alex	Garden Valley	5/20/2010	Royal Rumble
2	12:35.4h	F	Stevens, Raven	Margaret Barbour	5/20/2010	Royal Rumble
3	12:42.3h	F	Richtik, Taylor	Westwood	5/20/2010	Royal Rumble
4	13:59.5h	F	Birch, Richelle	Rivers	5/20/2010	Royal Rumble
5	13:59.8h	F	Lam, Linda	Miles Mac	5/20/2010	Royal Rumble
6	14:16.3h	F	Jabs, Melissa	Miles Mac	5/20/2010	Royal Rumble
7	15:49.2h	F	Etzel, Angelika	Garden Valley	5/20/2010	Royal Rumble
8	15:50.1h	F	Burton, Nikki	Neepawa	5/20/2010	Royal Rumble
9	16:44.2h	F	Dahmer, Jordan	Neepawa	5/20/2010	Royal Rumble
Senior 80m Hurdles 0.762m Photo						
1	13.07 (0.1)	F	Hawryluk, Megan	Stonewall	10/6/2010	MILK Provincials T&F Championships
2	13.08 (0.1)	F	Sigvalson, Nicole	Garden City	10/6/2010	MILK Provincials T&F Championships
3	13.16 (0.1)	F	Dodds, Kara	Margaret Barbour	10/6/2010	MILK Provincials T&F Championships
4	13.28 (0.1)	F	Ostberg, Haley	Roseau Valley	10/6/2010	MILK Provincials T&F Championships
5	13.57 (-0.6)	P	Paul, Karleigh	Elton	10/6/2010	MILK Provincials T&F Championships
6	13.90 (-1.3)	P	Rebeck, Michelle	Balmoral Hall	10/6/2010	MILK Provincials T&F Championships
7	14.18 (0.1)	F	Storry, Brooke	Stonewall	10/6/2010	MILK Provincials T&F Championships
8	14.42 (-1.3)	P	Quashie, Shanna	Garden City	10/6/2010	MILK Provincials T&F Championships
9	14.45 (-1.3)	P	Kingsland, Kalene	Lord Selkirk	10/6/2010	MILK Provincials T&F Championships
10	14.54 (-1.6)	P	Reimer, Chloe	Sanford	10/6/2010	MILK Provincials T&F Championships
Senior 80m Hurdles 0.762m Hand						
1	13.2h	F	Ostberg, Haley	Roseau Valley	5/20/2010	Royal Rumble
2	13.3h	F	Hawryluk, Megan	Stonewall	5/20/2010	Royal Rumble
3	13.4h	F	Dodds, Kara	Margaret Barbour	5/20/2010	Royal Rumble
4	13.6h	F	Kingsland, Kalene	Lord Selkirk	5/20/2010	Royal Rumble
5	13.8h	F	Adamson, Jody	William Morton	5/20/2010	Royal Rumble
6	14.3h	F	Storry, Brooke	Stonewall	5/20/2010	Royal Rumble
7	15.5h	F	Mackay, Beth	River East	5/20/2010	Royal Rumble
8	15.6h	F	Truong, Victoria	Kelvin	5/20/2010	Royal Rumble
8	15.6h	F	Olfert, Natalja	Garden Valley	5/20/2010	Royal Rumble
10	15.9h	F	Vandemosselaer, Nicole	River East	1/6/2010	Last Chance
Senior 4x100m Relay Photo						
1	50.74	F	Sisler C		10/6/2010	MILK Provincials T&F Championships
2	51.19	F	Vincent Massey A		10/6/2010	MILK Provincials T&F Championships
3	53.04	F	Lord Selkirk A		10/6/2010	MILK Provincials T&F Championships
4	53.68	F	Garden City A		10/6/2010	MILK Provincials T&F Championships
5	53.87	F	Neepawa A		10/6/2010	MILK Provincials T&F Championships
6	54.23	F	Stonewall A		10/6/2010	MILK Provincials T&F Championships
7	54.24	F	Garden City B		10/6/2010	MILK Provincials T&F Championships
8	54.83	P	Dakota B		10/6/2010	MILK Provincials T&F Championships
9	55.40	P	Jeanne-Sauve		10/6/2010	MILK Provincials T&F Championships
10	55.83	P	Shevchenko A		10/6/2010	MILK Provincials T&F Championships

Rank	Mark	Name	School/Club	Date	Meet Name
Senior 4x100m Relay Hand					
1	50.6h	F Sisler A		5/20/2010	Royal Rumble
2	54.4h	F Neepawa A		5/20/2010	Royal Rumble
3	55.0h	F Stonewall A		5/20/2010	Royal Rumble
4	55.3h	F Shevchenko A		1/6/2010	Last Chance
5	55.5h	F Shevchenko A		5/20/2010	Royal Rumble
6	57.5h	F Morris A		5/20/2010	Royal Rumble
7	58.3h	F Rivers A		5/20/2010	Royal Rumble
8	58.8h	F Roseau Valley A		5/20/2010	Royal Rumble
Senior 4x400m Relay Photo					
1	4:33.68	F Sanford A		10/6/2010	MILK Provincials T&F Championships
2	4:34.60	F Dakota B		10/6/2010	MILK Provincials T&F Championships
3	4:35.72	F St. Norbert A		10/6/2010	MILK Provincials T&F Championships
4	4:49.30	F Pilot Mound A		10/6/2010	MILK Provincials T&F Championships
5	4:50.42	F Morris A		10/6/2010	MILK Provincials T&F Championships
6	4:53.59	F Garden Valley A		10/6/2010	MILK Provincials T&F Championships
7	4:54.21	F Oak Park A		10/6/2010	MILK Provincials T&F Championships
8	4:58.25	F Hapnot A		10/6/2010	MILK Provincials T&F Championships
Senior Distance Medley Photo					
1	4:33.42	F Margaret Barbour A		10/6/2010	MILK Provincials T&F Championships
2	4:41.83	F Lord Selkirk A		10/6/2010	MILK Provincials T&F Championships
3	4:42.47	F Sanford A		10/6/2010	MILK Provincials T&F Championships
4	4:43.72	F Sisler A		10/6/2010	MILK Provincials T&F Championships
5	4:47.43	F Oak Park A		10/6/2010	MILK Provincials T&F Championships
6	4:54.41	F Stonewall A		10/6/2010	MILK Provincials T&F Championships
7	4:57.72	F Morris A		10/6/2010	MILK Provincials T&F Championships
8	4:59.12	F Neepawa A		10/6/2010	MILK Provincials T&F Championships
9	5:05.65	F Hapnot B		10/6/2010	MILK Provincials T&F Championships
10	5:06.20	F Pilot Mound A		10/6/2010	MILK Provincials T&F Championships
Senior High Jump					
1	1.53m	F Mowat, Kathleen	Stonewall	5/20/2010	Royal Rumble
2	1.50m	F Guenther, Lindsay	Garden Valley	5/20/2010	Royal Rumble
3	1.50m	F Scott, Jana	Boissevain	10/6/2010	MILK Provincials T&F Championships
4	J1.50m	F Laing, Michelle	Portage	5/20/2010	Royal Rumble
5	1.45m	F Roman, Angela	Vincent Massey	5/20/2010	Royal Rumble
5	1.45m	F Lychuk, Brooke	R.D. Parker	10/6/2010	MILK Provincials T&F Championships
7	1.40m	F Peterson, Kristiana	Stonewall	5/20/2010	Royal Rumble
7	1.40m	F Chuckrey, Payton	R.D. Parker	10/6/2010	MILK Provincials T&F Championships
7	1.40m	F Godard, Jolene	Treherne	10/6/2010	MILK Provincials T&F Championships
8	J 1.40m	F Gaudet, Jenna	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
8	J1.40m	F McManes, Megan	Glenlawn	10/6/2010	MILK Provincials T&F Championships
8	J1.40m	F Studler, Taylor	Stonewall	5/20/2010	Royal Rumble
8	J1.40m	F Enokson, Jaimie	Garden City	5/20/2010	Royal Rumble
Senior Long Jump					
1	5.16m	F Toews, Jessica	MacGregor	10/6/2010	MILK Provincials T&F Championships
2	5.04m	F Shamanski, Sam	Carberry	5/20/2010	Royal Rumble
3	4.97m	F Proulx, Marielle	Pierre Elliot Trudeau	10/6/2010	MILK Provincials T&F Championships
4	4.83m	P Van De Kerckhove	Westmount	10/6/2010	MILK Provincials T&F Championships
5	4.73m	F Dodds, Kara	Margaret Barbour	5/20/2010	Royal Rumble
6	4.71m	F Bolia, Sarah	Fort Richmond	10/6/2010	MILK Provincials T&F Championships
7	4.70m	F Persowich, Meagan	Shevchenko	10/6/2010	MILK Provincials T&F Championships
8	4.65m	P Gauthier-Goodison	Louis Riel	10/6/2010	MILK Provincials T&F Championships
9	4.61m	F Kingsland, Kalene	Lord Selkirk	5/20/2010	Royal Rumble
10	4.60m	F Tucker, Jordyn	Lord Selkirk	10/6/2010	MILK Provincials T&F Championships
10	4.60m	F Mankewich, Megan	Warren	5/20/2010	Royal Rumble

Rank	Mark		Name	School/Club	Date	Meet Name
Senior Triple Jump						
1	10.38m	P	Shamanski, Sam	Carberry	10/6/2010	MILK Provincials T&F Championships
2	10.33m	F	Van De Kerckhove	Westmount	10/6/2010	MILK Provincials T&F Championships
3	10.18m	P	Toews, Jessica	MacGregor	10/6/2010	MILK Provincials T&F Championships
4	10.12m	F	Godard, Jolene	Treherne	10/6/2010	MILK Provincials T&F Championships
5	10.06m	F	Ong, Verna	Maples	1/6/2010	Last Chance
6	9.98m	P	Bolia, Sarah	Fort Richmond	10/6/2010	MILK Provincials T&F Championships
7	9.97m	F	Waters, Mallory	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
8	9.84m	P	Richards, Melissa	Dakota	10/6/2010	MILK Provincials T&F Championships
9	9.83m	F	Carels, Breanna	Westmount	10/6/2010	MILK Provincials T&F Championships
10	8.86m	F	Hryndzio, Renata	Miles Mac	5/20/2010	Royal Rumble
Senior Shot Put 4kg						
1	9.69m	F	Lethbridge, Larissa	Pilot Mound	10/6/2010	MILK Provincials T&F Championships
1	9.69m	F	Matwyczuk, Alexa	Sisler	5/20/2010	Royal Rumble
3	9.63m	F	Catellier, Amber	Shevchenko	1/6/2010	Last Chance
4	9.50m	F	French, Samantha	Miles Mac	5/20/2010	Royal Rumble
5	9.33m	F	Stafford, Casey	Stonewall	5/20/2010	Royal Rumble
6	9.28m	F	Rosenbaum, Jessie	Garden City	10/6/2010	MILK Provincials T&F Championships
7	9.27m	F	Dupuis, Jolene	St. Jean Baptist	10/6/2010	MILK Provincials T&F Championships
8	9.12m	P	Edel, Melanie	Morris	10/6/2010	MILK Provincials T&F Championships
9	8.96m	F	Dueck, Kelsey	Springfield	5/20/2010	Royal Rumble
10	8.69m	F	Morrison, Claire	Killarney	10/6/2010	MILK Provincials T&F Championships
Senior Discus 1kg						
1	30.07m	F	Catellier, Amber	Shevchenko	10/6/2010	MILK Provincials T&F Championships
2	29.41m	F	Dupuis, Jolene	St. Jean Baptist	10/6/2010	MILK Provincials T&F Championships
3	28.69m	F	Matwyczuk, Alexa	Sisler	10/6/2010	MILK Provincials T&F Championships
4	26.58m	F	Rothlander, Natasha	Hapnot	10/6/2010	MILK Provincials T&F Championships
5	26.54m	F	Sabourin, Karine	St. Jean Baptist	10/6/2010	MILK Provincials T&F Championships
6	26.52m	F	Morrison, Claire	Killarney	10/6/2010	MILK Provincials T&F Championships
7	25.91m	F	Pieniuta, Jennifer	Windsor Park	10/6/2010	MILK Provincials T&F Championships
8	25.52m	F	Avery, Danica	U of Winnipeg	10/6/2010	MILK Provincials T&F Championships
9	24.34m	F	Burton, Jaydin	Vincent Massey	10/6/2010	MILK Provincials T&F Championships
10	23.82m	P	McManes, Megan	Glenlawn	10/6/2010	MILK Provincials T&F Championships
Senior Javelin 600g						
1	33.92m	F	Halpin, Jaycee	Hapnot	10/6/2010	MILK Provincials T&F Championships
2	32.82m	F	Van Damme, Louann	Glenboro	10/6/2010	MILK Provincials T&F Championships
3	30.25m	F	Sanders, Dayle	Nellie McClung	10/6/2010	MILK Provincials T&F Championships
4	29.40m	F	Dusik, Tess	Balmoral Hall	10/6/2010	MILK Provincials T&F Championships
5	29.26m	P	Dupuis, Jolene	St. Jean Baptist	10/6/2010	MILK Provincials T&F Championships
6	28.35m	P	Banman, Megan	Steinbach Christian	10/6/2010	MILK Provincials T&F Championships
7	27.17m	P	French, Sam	Miles Mac	10/6/2010	MILK Provincials T&F Championships
8	26.91m	F	McVannel, Taylor	MacGregor	10/6/2010	MILK Provincials T&F Championships
9	26.87m	F	Stafford, Casey	Stonewall	10/6/2010	MILK Provincials T&F Championships
10	26.62m	P	McCartney, Ashley	Joseph H. Kerr	10/6/2010	MILK Provincials T&F Championships
Senior Tetrathlon						
1	2313	F	Wiens, Kayleigh	Garden Valley	5/20/2010	Royle Rumble
2	2068	F	Scott, Jana	Boissevain	10/6/2010	MILK Provincials T&F Championships
3	1852	F	Rosenbaum, Jessie	Garden City	10/6/2010	MILK Provincials T&F Championships
4	1787	F	Grant, Elizabeth	John Taylor	5/20/2010	Royle Rumble
5	1779	F	Nelson, Alex	Lord Selkirk	10/6/2010	MILK Provincials T&F Championships
6	1763	F	Pollock, Brandi	Virten	10/6/2010	MILK Provincials T&F Championships
7	1760	F	Oswald, Sara	Oak Park	10/6/2010	MILK Provincials T&F Championships
8	1743	F	Morrison, Amanda	Shaftbury	10/6/2010	MILK Provincials T&F Championships
9	1697	F	Bell, Jennifer	Sanford	10/6/2010	MILK Provincials T&F Championships
10	1694	F	Sprenger, Charley	Rivers	5/20/2010	Royle Rumble