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Note: \* indicates CIS Standard and (HT) indicates a Hand Time

## **Best OUA Women's 60m Rankings as of Mar-09-2010 23:02:24** (Standard: 7.61)

| Rank | Result | Athlete             | Team    | Date        | Venue                                   |
|------|--------|---------------------|---------|-------------|---|
| 1    | 7.50 * | Sarah Peirce        | Guelph  | Feb-26-2010 | Toronto Track and Field Centre          |
| 2    | 7.55 * | Noelle Montcalm     | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 3    | 7.61 * | Billie White-Gibson | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 4    | 7.66   | Nicole Sassine      | Windsor | Feb-13-2010 | St. Denis Athletic Centre               |
| 5    | 7.72   | Danielle Harrison   | Windsor | Dec-04-2009 | St. Denis Athletic Centre               |
| 6    | 7.75   | Thandiwe Vela       | Toronto | Feb-26-2010 | Toronto Track and Field Centre          |
| 7    | 7.78   | Veronica Catry      | Queen's | Feb-26-2010 | Toronto Track and Field Centre          |
| 8    | 7.82   | Brenna Thomson      | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 9    | 7.85   | Jeannette Goode     | Guelph  | Feb-26-2010 | Toronto Track and Field Centre          |
| 10   | 7.86   | Jen Cotten          | Western | Jan-23-2010 | Thompson Recreation and Athletic Centre |
| 11   | 7.87   | Mila Simulik        | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 12   | 7.87   | Brittany Pepper     | York    | Feb-26-2010 | Toronto Track and Field Centre          |
| 13   | 7.91   | Marissa Walter      | Queen's | Jan-08-2010 | Barton Hall                             |
| 14   | 7.91   | Camille Wallace     | Windsor | Feb-20-2010 | Michigan Track and Field Centre         |
| 15   | 7.92   | Charelle Anobile    | Windsor | Dec-04-2009 | St. Denis Athletic Centre               |

## **Best OUA Women's 300m Rankings as of Mar-09-2010 23:02:24** (Standard: 39.93)

| Rank | Result                 | Athlete          | Team    | Date        | Venue                                   |
|------|------------------------|------------------|---------|-------------|---|
| 1    | 0:38.99 * (38.85 330m) | Noelle Montcalm  | Windsor | Feb-05-2010 | Loftus Centre                           |
| 2    | 0:39.32 *              | Alicia Brown     | Toronto | Feb-26-2010 | Toronto Track and Field Centre          |
| 3    | 0:40.03 (39.89 330m)   | Sarah Wells      | Toronto | Feb-05-2010 | Loftus Centre                           |
| 4    | 0:40.24                | Nicole Sassine   | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 5    | 0:40.28                | Brenna Thomson   | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 6    | 0:40.41 (40.18 400m)   | Athena McBean    | Toronto | Feb-13-2010 | Louis Riel Dome                         |
| 7    | 0:40.42 (40.28 330m)   | Jen Cotten       | Western | Feb-05-2010 | Loftus Centre                           |
| 8    | 0:40.45                | Christiane Lela  | Ottawa  | Feb-19-2010 | Tomlinson Fieldhouse                    |
| 9    | 0:40.69                | Jen Perrault     | Western | Jan-23-2010 | Thompson Recreation and Athletic Centre |
| 10   | 0:40.71                | Jan Stirling     | Queen's | Feb-26-2010 | Toronto Track and Field Centre          |
| 11   | 0:40.73                | Lisa Grieve      | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 12   | 0:40.99 (40.85 330m)   | Charelle Anobile | Windsor | Feb-05-2010 | Loftus Centre                           |
| 13   | 0:41.04                | Cassandra McCaig | Western | Jan-29-2010 | Tomlinson Field House                   |
| 14   | 0:41.11                | Veronica Catry   | Queen's | Feb-26-2010 | Toronto Track and Field Centre          |
| 15   | 0:41.13                | Jenessa Olson    | Western | Jan-29-2010 | Tomlinson Field House                   |

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## Best OUA Women's 600m Rankings as of Mar-09-2010 23:02:24 (Standard: 1:33.45)

| Rank | Result                 | Athlete         | Team       | Date        | Venue                          |
|------|------------------------|-----------------|------------|-------------|--------------------------------|
| 1    | 1:30.79 *              | Melissa Bishop  | Windsor    | Feb-26-2010 | Toronto Track and Field Centre |
| 2    | 1:32.83 *              | Sarah Wells     | Toronto    | Feb-26-2010 | Toronto Track and Field Centre |
| 3    | 1:33.31 *              | Raeleen Hunter  | Windsor    | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 1:33.85                | Jen Perrault    | Western    | Feb-26-2010 | Toronto Track and Field Centre |
| 5    | 1:34.01                | Jen Cotten      | Western    | Feb-13-2010 | St. Denis Athletic Centre      |
| 6    | 1:34.32                | Rachel Aubry    | Guelph     | Jan-29-2010 | Tomlinson Field House          |
| 7    | 1:34.99                | Shauna Malek    | Guelph     | Feb-26-2010 | Toronto Track and Field Centre |
| 8    | 1:35.14 (1:34.88 300m) | Andrina Slegers | Windsor    | Jan-22-2010 | Grand Valley State University  |
| 9    | 1:35.16                | Jen Ricks       | Western    | Feb-13-2010 | St. Denis Athletic Centre      |
| 10   | 1:35.71 (1:35.45 300m) | Heather Kurpe   | Windsor    | Jan-22-2010 | Grand Valley State University  |
| 11   | 1:35.93                | Emma Tallman    | Laurentian | Feb-26-2010 | Toronto Track and Field Centre |
| 12   | 1:35.98 (1:35.72 300m) | Amanda Kanters  | Windsor    | Jan-22-2010 | Grand Valley State University  |
| 13   | 1:36.60                | Christiane Lela | Ottawa     | Jan-29-2010 | Tomlinson Field House          |
| 14   | 1:36.71 (1:36.20 400m) | Katie Housley   | Toronto    | Feb-13-2010 | Louis Riel Dome                |
| 15   | 1:36.74                | Alicia Kallos   | Queen's    | Feb-06-2010 | Toronto Track and Field Centre |

## Best OUA Women's 1000m Rankings as of Mar-09-2010 23:02:24 (Standard: 2:51.08)

| Rank | Result                   | Athlete        | Team       | Date        | Venue                          |
|------|--------------------------|----------------|------------|-------------|--------------------------------|
| 1    | 2:46.61 *                | Megan Brown    | Toronto    | Feb-26-2010 | Toronto Track and Field Centre |
| 2    | 2:47.04 *                | Melissa Bishop | Windsor    | Feb-26-2010 | Toronto Track and Field Centre |
| 3    | 2:48.50 *                | Raeleen Hunter | Windsor    | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 2:51.07 * (2:50.19 400m) | Julia Malleck  | Ottawa     | Feb-13-2010 | Louis Riel Dome                |
| 5    | 2:51.50                  | Nadine Frost   | Guelph     | Jan-29-2010 | Tomlinson Field House          |
| 6    | 2:52.85 (2:52.32 330m)   | Jess Vanhie    | Guelph     | Feb-05-2010 | Loftus Centre                  |
| 7    | 2:52.87                  | Lydia Frost    | Guelph     | Jan-29-2010 | Tomlinson Field House          |
| 8    | 2:53.14                  | Alicia Kallos  | Queen's    | Feb-26-2010 | Toronto Track and Field Centre |
| 9    | 2:53.33 (2:52.80 330m)   | Jillian Wyman  | McMaster   | Feb-05-2010 | Loftus Centre                  |
| 10   | 2:54.63                  | Emma Tallman   | Laurentian | Feb-26-2010 | Toronto Track and Field Centre |
| 11   | 2:56.22 (2:55.69 330m)   | Katie Anderson | McMaster   | Feb-05-2010 | Loftus Centre                  |
| 12   | 2:57.29 (2:56.76 330m)   | Katie Housley  | Toronto    | Feb-05-2010 | Loftus Centre                  |
| 13   | 2:57.82 (2:57.29 330m)   | Tamara Jewett  | Toronto    | Feb-05-2010 | Loftus Centre                  |
| 14   | 2:58.83 (2:58.30 330m)   | Jen Ricks      | Western    | Feb-05-2010 | Loftus Centre                  |
| 15   | 2:59.72                  | Jenni Vanos    | Guelph     | Feb-19-2010 | Uof T Athletic Centre          |

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## Best OUA Women's 1500m Rankings as of Mar-09-2010 23:02:24 (Standard: 4:32.61)

| Rank | Result                   | Athlete          | Team     | Date        | Venue                          |
|------|--------------------------|------------------|----------|-------------|--------------------------------|
| 1    | 4:25.55 * (4:24.20 400m) | Megan Brown      | Toronto  | Feb-13-2010 | Louis Riel Dome                |
| 2    | 4:26.30 *                | Rachel Cliff     | Guelph   | Jan-09-2010 | UofT Athletic Centre           |
| 3    | 4:31.09 * (4:29.74 400m) | Julia Malleck    | Ottawa   | Jan-16-2010 | Louis Riel Dome                |
| 4    | 4:32.73                  | Jess Vanhie      | Guelph   | Feb-26-2010 | Toronto Track and Field Centre |
| 5    | 4:34.38                  | Katie Anderson   | McMaster | Feb-19-2010 | Uof T Athletic Centre          |
| 6    | 4:36.25                  | Nadine Frost     | Guelph   | Jan-09-2010 | UofT Athletic Centre           |
| 7    | 4:36.48                  | Jillian Wyman    | McMaster | Jan-09-2010 | UofT Athletic Centre           |
| 8    | 4:37.00                  | Sara Giovannetti | McMaster | Jan-29-2010 | Tomlinson Field House          |
| 9    | 4:36.9 (HT)              | Leah Larocque    | Queen's  | Feb-19-2010 | Tomlinson Fieldhouse           |
| 10   | 4:38.44                  | Tamara Jewett    | Toronto  | Feb-26-2010 | Toronto Track and Field Centre |
| 11   | 4:40.13                  | Lydia Frost      | Guelph   | Feb-19-2010 | Uof T Athletic Centre          |
| 12   | 4:43.23                  | Courtney Laurie  | Guelph   | Feb-13-2010 | St. Denis Athletic Centre      |
| 13   | 4:44.2 (HT)              | Stephanie Hulse  | Queen's  | Feb-19-2010 | Tomlinson Fieldhouse           |
| 14   | 4:44.3 (HT)              | Liza Howard      | Queen's  | Feb-19-2010 | Tomlinson Fieldhouse           |
| 15   | 4:45.25                  | Tara MacDonald   | Guelph   | Feb-13-2010 | St. Denis Athletic Centre      |

## Best OUA Women's 3000m Rankings as of Mar-09-2010 23:02:24 (Standard: 9:43.88)

| Rank | Result                   | Athlete           | Team     | Date        | Venue                          |
|------|--------------------------|-------------------|----------|-------------|--------------------------------|
| 1    | 9:19.67 *                | Megan Brown       | Toronto  | Feb-19-2010 | Uof T Athletic Centre          |
| 2    | 9:22.47 * (9:20.82 330m) | Rachel Cliff      | Guelph   | Feb-05-2010 | Loftus Centre                  |
| 3    | 9:33.45 *                | Genevieve Lalonde | Guelph   | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 9:54.58 (9:52.93 330m)   | Courtney Laurie   | Guelph   | Feb-05-2010 | Loftus Centre                  |
| 5    | 9:57.22                  | Erin McClure      | Toronto  | Dec-05-2009 | Barton Hall                    |
| 6    | 9:57.31 (9:55.66 330m)   | Sara Giovannetti  | McMaster | Feb-05-2010 | Loftus Centre                  |
| 7    | 9:58.08                  | Samantha Beattie  | Guelph   | Feb-19-2010 | Uof T Athletic Centre          |
| 8    | 10:00.39 (9:58.74 330m)  | Jessica Pearo     | McMaster | Feb-05-2010 | Loftus Centre                  |
| 9    | 10:00.56                 | Tamara Jewett     | Toronto  | Feb-26-2010 | Toronto Track and Field Centre |
| 10   | 10:01.32                 | Lynn Mockler      | Western  | Feb-26-2010 | Toronto Track and Field Centre |
| 11   | 10:04.99 (10:03.62 300m) | Dayna Pidhoreshy  | Windsor  | Jan-22-2010 | Grand Valley State University  |
| 12   | 10:06.22                 | Liza Howard       | Queen's  | Jan-23-2010 | Newell Field House             |
| 13   | 10:11.99                 | Lorelle Convery   | Western  | Jan-15-2010 | St. Denis Athletic Centre      |
| 14   | 10:13.06                 | Karoline Hoy      | Guelph   | Jan-15-2010 | St. Denis Athletic Centre      |
| 15   | 10:15.35 (10:13.70 330m) | Victoria Coates   | McMaster | Feb-05-2010 | Loftus Centre                  |

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## Best OUA Women's 60mH Rankings as of Mar-09-2010 23:02:24 (Standard: 8.84)

| Rank | Result | Athlete           | Team    | Date        | Venue                           |
|------|--------|-------------------|---------|-------------|---------------------------------|
| 1    | 8.40 * | Noelle Montcalm   | Windsor | Feb-26-2010 | Toronto Track and Field Centre  |
| 2    | 8.55 * | Jen Cotten        | Western | Feb-26-2010 | Toronto Track and Field Centre  |
| 3    | 8.72 * | Charelle Anobile  | Windsor | Feb-26-2010 | Toronto Track and Field Centre  |
| 4    | 8.86   | Tori Merrill      | Toronto | Feb-26-2010 | Toronto Track and Field Centre  |
| 5    | 8.93   | Amilia Di Chiara  | Windsor | Feb-26-2010 | Toronto Track and Field Centre  |
| 6    | 8.96   | Emily Coxhead     | Western | Feb-26-2010 | Toronto Track and Field Centre  |
| 7    | 9.06   | Kelsi Mayne       | Windsor | Feb-20-2010 | Michigan Track and Field Centre |
| 8    | 9.11   | Hannah Bagnall    | Windsor | Feb-06-2010 | Toronto Track and Field Centre  |
| 9    | 9.16   | Christa Acquah    | York    | Feb-26-2010 | Toronto Track and Field Centre  |
| 10   | 9.17   | Meg Harris        | Guelph  | Feb-26-2010 | Toronto Track and Field Centre  |
| 11   | 9.19   | Jessica Caterini  | Toronto | Feb-26-2010 | Toronto Track and Field Centre  |
| 12   | 9.29   | Tomeizel Barry    | Guelph  | Feb-13-2010 | St. Denis Athletic Centre       |
| 13   | 9.30   | Lacey VanDerMarel | Western | Feb-26-2010 | Toronto Track and Field Centre  |
| 14   | 9.30   | Danielle Villalta | York    | Feb-26-2010 | Toronto Track and Field Centre  |
| 15   | 9.33   | Shannon Mueller   | Windsor | Feb-13-2010 | St. Denis Athletic Centre       |

## Best OUA Women's 4x200m Relay Rankings as of Mar-09-2010 23:02:24 (Standard: 1:41.86)

| Rank | Result                   | Athlete               | Team     | Date        | Venue                          |
|------|--------------------------|-----------------------|----------|-------------|--------------------------------|
| 1    | 1:40.00 *                | Windsor Lancers       | Windsor  | Feb-13-2010 | St. Denis Athletic Centre      |
| 2    | 1:42.12                  | Western Mustangs      | Western  | Jan-29-2010 | Tomlinson Field House          |
| 3    | 1:42.55                  | Toronto Varsity Blues | Toronto  | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 1:43.14                  | Queen's Gaels         | Queen's  | Feb-26-2010 | Toronto Track and Field Centre |
| 5    | 1:44.47                  | York Lions            | York     | Feb-26-2010 | Toronto Track and Field Centre |
| 6    | 1:46.11                  | Guelph Gryphons       | Guelph   | Feb-26-2010 | Toronto Track and Field Centre |
| 7    | 1:46.64                  | McMaster Marauders    | McMaster | Feb-26-2010 | Toronto Track and Field Centre |
| 8    | 1:46.89                  | Ottawa Gee Gees       | Ottawa   | Jan-29-2010 | Tomlinson Field House          |
| 9    | 1:53.41                  | Waterloo Warriors     | Waterloo | Jan-29-2010 | Tomlinson Field House          |
| 10   | 5:43.25                  | Noelle Montcalm       | Windsor  | Jan-15-2010 | St. Denis Athletic Centre      |
| 11   | 10:43.85 (10:43.29 400m) | Queen's Golden Gaels  | Queen's  | Nov-27-2009 | Louis Riel Dome                |

## Best OUA Women's 4x400m Relay Rankings as of Mar-09-2010 23:02:24 (Standard: 3:52.68)

| Rank | Result                   | Athlete               | Team     | Date        | Venue                          |
|------|--------------------------|-----------------------|----------|-------------|--------------------------------|
| 1    | 3:46.95 * (3:46.17 330m) | Toronto Varsity Blues | Toronto  | Feb-05-2010 | Loftus Centre                  |
| 2    | 3:49.29 * (3:48.51 330m) | Western Mustangs      | Western  | Feb-05-2010 | Loftus Centre                  |
| 3    | 3:50.92 *                | Windsor Lancers       | Windsor  | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 3:51.59 *                | Queen's Gaels         | Queen's  | Feb-26-2010 | Toronto Track and Field Centre |
| 5    | 3:54.62 (3:53.84 330m)   | Guelph Gryphons       | Guelph   | Feb-05-2010 | Loftus Centre                  |
| 6    | 4:03.66                  | McMaster Marauders    | McMaster | Feb-13-2010 | St. Denis Athletic Centre      |
| 7    | 4:07.62                  | York Lions            | York     | Feb-26-2010 | Toronto Track and Field Centre |
| 8    | 4:11.02                  | Ottawa Gee Gees       | Ottawa   | Jan-29-2010 | Tomlinson Field House          |
| 9    | 4:31.60                  | Lakehead University   | Lakehead | Jan-23-2010 | UWS Fieldhouse                 |
| 10   | 4:32.20                  | Waterloo Warriors     | Waterloo | Jan-15-2010 | St. Denis Athletic Centre      |
| 11   | 40:06.80 (40:06.81 200m) | Queen's Golden Gaels  | Queen's  | Jan-08-2010 | Barton Hall                    |

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## Best OUA Women's 4x800m Relay Rankings as of Mar-09-2010 23:02:24 (Standard: 9:06.92)

| Rank | Result                   | Athlete               | Team     | Date        | Venue                          |
|------|--------------------------|-----------------------|----------|-------------|--------------------------------|
| 1    | 9:02.64 *                | Windsor Lancers       | Windsor  | Feb-26-2010 | Toronto Track and Field Centre |
| 2    | 9:04.42 *                | Guelph Gryphons       | Guelph   | Jan-15-2010 | St. Denis Athletic Centre      |
| 3    | 9:13.98                  | McMaster Marauders    | McMaster | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 9:20.25                  | Queen's Gaels         | Queen's  | Feb-26-2010 | Toronto Track and Field Centre |
| 5    | 9:22.55                  | Western Mustangs      | Western  | Feb-26-2010 | Toronto Track and Field Centre |
| 6    | 9:25.99                  | Toronto Varsity Blues | Toronto  | Feb-26-2010 | Toronto Track and Field Centre |
| 7    | 9:58.84 (9:56.05 400m)   | Ottawa Gee Gees       | Ottawa   | Nov-21-2009 | Louis Riel Dome                |
| 8    | 10:42.49                 | Lakehead University   | Lakehead | Feb-06-2010 | Max Bell Field House           |
| 9    | 40:39.20 (40:39.99 146m) | Carly Gill            | Windsor  | Jan-29-2010 | Madison Square Garden          |

## Best OUA Women's High Jump Rankings as of Mar-09-2010 23:02:24 (Standard: 1.69)

| Rank | Result | Athlete           | Team    | Date        | Venue                                   |
|------|--------|-------------------|---------|-------------|---|
| 1    | 1.75 * | Sarah Boyle       | Toronto | Feb-12-2010 | Barton Hall                             |
| 2    | 1.71 * | Laura Maessen     | Toronto | Feb-12-2010 | Barton Hall                             |
| 3    | 1.69 * | Shaneista Haye    | Guelph  | Jan-15-2010 | St. Denis Athletic Centre               |
| 4    | 1.65   | Kelly Morrison    | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 5    | 1.65   | Jen Cotten        | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 6    | 1.64   | Julia Wallace     | Guelph  | Feb-06-2010 | Toronto Track and Field Centre          |
| 7    | 1.63   | Brooke Wilson     | Western | Feb-19-2010 | Uof T Athletic Centre                   |
| 8    | 1.62   | Katie Johnson     | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 9    | 1.62   | Danielle Villalta | York    | Feb-26-2010 | Toronto Track and Field Centre          |
| 10   | 1.61   | Sarah Oag         | Toronto | Feb-26-2010 | Toronto Track and Field Centre          |
| 11   | 1.60   | Jen Galt          | Western | Jan-23-2010 | Thompson Recreation and Athletic Centre |
| 12   | 1.60   | Jackie Anderson   | Windsor | Feb-06-2010 | Toronto Track and Field Centre          |
| 13   | 1.60   | Taylor Whitley    | Ottawa  | Feb-13-2010 | Louis Riel Dome                         |
| 14   | 1.59   | Johanna Dobransky | Ottawa  | Feb-26-2010 | Toronto Track and Field Centre          |
| 15   | 1.59   | Kelsi Hurlbut     | Guelph  | Feb-12-2010 | Barton Hall                             |

## Best OUA Women's Pole Vault Rankings as of Mar-09-2010 23:02:24 (Standard: 3.62)

| Rank | Result | Athlete          | Team    | Date        | Venue                                   |
|------|--------|------------------|---------|-------------|---|
| 1    | 4.25 * | Heather Hamilton | York    | Jan-29-2010 | Livestock Arena                         |
| 2    | 3.86 * | Erika Reiser     | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 3    | 3.68 * | Carmen Siu       | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 4    | 3.62 * | Erika Fiedler    | Guelph  | Feb-26-2010 | Toronto Track and Field Centre          |
| 5    | 3.56   | Jenn Tomayer     | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 6    | 3.50   | Laura Barclay    | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 7    | 3.47   | Emma Crombeen    | York    | Feb-14-2010 | St. Denis Athletic Centre               |
| 8    | 3.40   | Chelsea Paterson | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 9    | 3.35   | Marina Savic     | Windsor | Feb-20-2010 | Michigan Track and Field Centre         |
| 10   | 3.30   | Alex Poetschke   | Western | Dec-05-2009 | Thompson Recreation and Athletic Centre |
| 11   | 3.25   | Jenn House       | Western | Feb-06-2010 | Toronto Track and Field Centre          |
| 12   | 3.25   | Melissa Radu     | Guelph  | Feb-06-2010 | Toronto Track and Field Centre          |
| 13   | 3.10   | Rachel Lariviere | Windsor | Feb-13-2010 | St. Denis Athletic Centre               |
| 14   | 2.95   | Julia Hayman     | Western | Feb-06-2010 | Toronto Track and Field Centre          |

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|----|------|-----------------|---------|-------------|---------------------------|
| 15 | 2.57 | Shannon Mueller | Windsor | Dec-04-2009 | St. Denis Athletic Centre |
|----|------|-----------------|---------|-------------|---------------------------|

## Best OUA Women's Long Jump Rankings as of Mar-09-2010 23:02:24 (Standard: 5.65)

| Rank | Result | Athlete            | Team    | Date        | Venue                                   |
|------|--------|--------------------|---------|-------------|---|
| 1    | 6.09 * | Jen Cotten         | Western | Jan-23-2010 | Thompson Recreation and Athletic Centre |
| 2    | 5.64   | Natoya Whittingham | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 3    | 5.59   | Lacey VanDerMarel  | Western | Feb-19-2010 | Uof T Athletic Centre                   |
| 4    | 5.53   | Tori Merrill       | Toronto | Feb-12-2010 | Barton Hall                             |
| 5    | 5.49   | Morgan Hall        | Western | Feb-26-2010 | Toronto Track and Field Centre          |
| 6    | 5.48   | Alicia Smith       | Western | Feb-13-2010 | St. Denis Athletic Centre               |
| 7    | 5.47   | Alana Stewart      | Toronto | Dec-05-2009 | Barton Hall                             |
| 8    | 5.45   | Jaideene Lowe      | Windsor | Feb-26-2010 | Toronto Track and Field Centre          |
| 9    | 5.45   | Mila Simulik       | Western | Jan-29-2010 | Tomlinson Field House                   |
| 10   | 5.40   | Emma Dobson        | Guelph  | Jan-22-2010 | UofT Athletic Centre                    |
| 11   | 5.32   | Ashley Drouillard  | Windsor | Feb-13-2010 | St. Denis Athletic Centre               |
| 12   | 5.27   | Julia Wallace      | Guelph  | Feb-26-2010 | Toronto Track and Field Centre          |
| 13   | 5.26   | Danielle Villalta  | York    | Feb-26-2010 | Toronto Track and Field Centre          |
| 14   | 5.26   | Hannah Bagnall     | Windsor | Jan-29-2010 | Findlay Fieldhouse                      |
| 15   | 5.21   | Katie Kaiser       | Western | Jan-15-2010 | St. Denis Athletic Centre               |

## Best OUA Women's Triple Jump Rankings as of Mar-09-2010 23:02:24 (Standard: 11.45)

| Rank | Result  | Athlete             | Team     | Date        | Venue                           |
|------|---------|---------------------|----------|-------------|---------------------------------|
| 1    | 12.36 * | Jaideene Lowe       | Windsor  | Feb-26-2010 | Toronto Track and Field Centre  |
| 2    | 12.18 * | Mila Simulik        | Western  | Feb-26-2010 | Toronto Track and Field Centre  |
| 3    | 12.12 * | Alicia Smith        | Western  | Feb-13-2010 | St. Denis Athletic Centre       |
| 4    | 11.49 * | Kim Richardson      | Guelph   | Feb-06-2010 | Toronto Track and Field Centre  |
| 5    | 11.42   | Sarah Sylvester     | Western  | Feb-26-2010 | Toronto Track and Field Centre  |
| 6    | 11.31   | Katie Kaiser        | Western  | Feb-13-2010 | St. Denis Athletic Centre       |
| 7    | 11.24   | Emma Dobson         | Guelph   | Jan-09-2010 | UofT Athletic Centre            |
| 8    | 11.20   | Julia Wallace       | Guelph   | Feb-06-2010 | Toronto Track and Field Centre  |
| 9    | 10.96   | Tomeizel Barry      | Guelph   | Nov-20-2009 | Gryphon Dome                    |
| 10   | 10.94   | Tori Merrill        | Toronto  | Feb-12-2010 | Barton Hall                     |
| 11   | 10.85   | Alana Stewart       | Toronto  | Feb-05-2010 | Loftus Centre                   |
| 12   | 10.82   | Khadija Sheikh      | Windsor  | Feb-13-2010 | St. Denis Athletic Centre       |
| 13   | 10.78   | Quinnie Rwahwire    | Windsor  | Feb-20-2010 | Michigan Track and Field Centre |
| 14   | 10.72   | Jackie Anderson     | Windsor  | Feb-26-2010 | Toronto Track and Field Centre  |
| 15   | 10.70   | Katrina Vandervoort | Waterloo | Feb-19-2010 | Tomlinson Fieldhouse            |

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## Best OUA Women's Shot Put Rankings as of Mar-09-2010 23:02:24 (Standard: 12.93)

| Rank | Result  | Athlete            | Team     | Date        | Venue                                   |
|------|---------|--------------------|----------|-------------|---|
| 1    | 14.60 * | Elizabeth Petrov   | York     | Feb-26-2010 | Toronto Track and Field Centre          |
| 2    | 14.40 * | Cynthia Appiah     | York     | Feb-20-2010 | Toronto Track and Field Centre          |
| 3    | 13.07 * | Steffi Stephenson  | Windsor  | Feb-26-2010 | Toronto Track and Field Centre          |
| 4    | 12.77   | Celine Gibb        | Windsor  | Feb-20-2010 | Michigan Track and Field Centre         |
| 5    | 12.38   | Kristin Obrochta   | York     | Jan-23-2010 | Thompson Recreation and Athletic Centre |
| 6    | 12.35   | Shealyn McLaughlin | Windsor  | Feb-26-2010 | Toronto Track and Field Centre          |
| 7    | 12.28   | Meg Lowry          | Guelph   | Nov-20-2009 | Gryphon Dome                            |
| 8    | 11.98   | Lydia Foley        | Western  | Nov-24-2009 | Thompson Recreation and Athletic Centre |
| 9    | 11.66   | Tara Penney        | Guelph   | Feb-19-2010 | Uof T Athletic Centre                   |
| 10   | 11.33   | Jaime Johns        | Lakehead | Jan-09-2010 | Lakehead Hangar                         |
| 11   | 11.15   | Juliana Bergin     | Toronto  | Jan-29-2010 | Findlay Fieldhouse                      |
| 12   | 10.99   | Taya McGillivray   | Queen's  | Nov-27-2009 | Louis Riel Dome                         |
| 13   | 10.64   | Sara McCallum      | Lakehead | Jan-09-2010 | Lakehead Hangar                         |
| 14   | 10.59   | Juliana Bergin     | Toronto  | Jan-09-2010 | UofT Athletic Centre                    |
| 15   | 10.41   | Laura Maessen      | Toronto  | Feb-12-2010 | Barton Hall                             |

## Best OUA Women's 20lb Weight Throw Rankings as of Mar-09-2010 23:02:24 (Standard: 17.05)

| Rank | Result  | Athlete            | Team    | Date        | Venue                           |
|------|---------|--------------------|---------|-------------|---------------------------------|
| 1    | 18.07 * | Kristin Obrochta   | York    | Feb-26-2010 | Toronto Track and Field Centre  |
| 2    | 16.11   | Cara Marcantonio   | Western | Feb-26-2010 | Toronto Track and Field Centre  |
| 3    | 15.50   | Steffi Stephenson  | Windsor | Feb-13-2010 | St. Denis Athletic Centre       |
| 4    | 15.42   | Cynthia Appiah     | York    | Dec-05-2009 | Toronto Track and Field Centre  |
| 5    | 15.10   | Brit Herd          | Guelph  | Feb-12-2010 | Gryphon Dome                    |
| 6    | 14.68   | Jenine McCutheon   | Western | Feb-26-2010 | Toronto Track and Field Centre  |
| 7    | 14.66   | Elizabeth Petrov   | York    | Feb-06-2010 | Toronto Track and Field Centre  |
| 8    | 14.56   | Shealyn McLaughlin | Windsor | Feb-20-2010 | Michigan Track and Field Centre |
| 9    | 14.41   | Chelsea Keeley     | Guelph  | Feb-06-2010 | Toronto Track and Field Centre  |
| 10   | 14.33   | Meg Lowry          | Guelph  | Feb-12-2010 | Gryphon Dome                    |
| 11   | 14.31   | Ami Schimanski     | Windsor | Feb-20-2010 | Michigan Track and Field Centre |
| 12   | 13.54   | Valerie Chartrand  | Ottawa  | Feb-13-2010 | Louis Riel Dome                 |
| 13   | 12.23   | Celine Gibb        | Windsor | Feb-20-2010 | Michigan Track and Field Centre |
| 14   | 11.88   | Lydia Foley        | Western | Feb-13-2010 | St. Denis Athletic Centre       |
| 15   | 10.78   | Tara Penney        | Guelph  | Feb-12-2010 | Gryphon Dome                    |

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## Best OUA Women's Pentathlon Rankings as of Mar-09-2010 23:02:24 (Standard: 3414)

| Rank | Result    | Athlete           | Team    | Date        | Venue                          |
|------|-----------|-------------------|---------|-------------|--------------------------------|
| 1    | 3966.00 * | Jen Cotten        | Western | Jan-29-2010 | Tomlinson Field House          |
| 2    | 3398.00   | Tori Merrill      | Toronto | Jan-29-2010 | Findlay Fieldhouse             |
| 3    | 3304.00   | Danielle Villalta | York    | Feb-26-2010 | Toronto Track and Field Centre |
| 4    | 3289.00   | Hannah Bagnall    | Windsor | Feb-26-2010 | Toronto Track and Field Centre |
| 5    | 3159.00   | Meg Harris        | Guelph  | Feb-12-2010 | Barton Hall                    |
| 6    | 3113.00   | Emma Dobson       | Guelph  | Jan-22-2010 | UofT Athletic Centre           |
| 7    | 3109.00   | Juliana Bergin    | Toronto | Feb-12-2010 | Barton Hall                    |
| 8    | 3103.00   | Laura Maessen     | Toronto | Feb-12-2010 | Barton Hall                    |
| 9    | 3097.00   | Johanna Dobransky | Ottawa  | Feb-26-2010 | Toronto Track and Field Centre |
| 10   | 3091.00   | Kelsi Hurlbut     | Guelph  | Feb-12-2010 | Barton Hall                    |
| 11   | 3049.00   | Lacey VanDerMarel | Western | Feb-26-2010 | Toronto Track and Field Centre |
| 12   | 2956.00   | Kelly Morrison    | Windsor | Jan-29-2010 | Findlay Fieldhouse             |
| 13   | 2922.00   | Jessica May       | Guelph  | Feb-26-2010 | Toronto Track and Field Centre |
| 14   | 2866.00   | Katie Johnson     | Western | Feb-26-2010 | Toronto Track and Field Centre |
| 15   | 2779.00   | Cheryl Coulas     | Ottawa  | Feb-26-2010 | Toronto Track and Field Centre |

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