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

## **Best QSSF Women's 60m Rankings as of Mar-11-2010 23:02:00** (Standard: 7.61)

Rank	Result	Athlete	Team	Date	Venue
1	7.35 *	Geneviève Thibault	Laval	Feb-19-2010	Tomlinson Fieldhouse
2	7.85	Hayley Warren	McGill	Feb-27-2010	Tomlinson Fieldhouse
3	7.92	Pascale Delisle	Sherbrooke	Jan-23-2010	PEPS
4	7.96	Sabrina Lavoie	McGill	Feb-27-2010	Tomlinson Fieldhouse
5	8.02	Genevieve Blanchard	McGill	Feb-27-2010	Tomlinson Fieldhouse
6	8.06	Mireille Bergeron	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	8.08	Laurie Daudelin-Gauthier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
8	8.15	Aly McPhee	McGill	Nov-27-2009	Louis Riel Dome
9	8.15	Majenta Whyte Potter-Mal	McGill	Feb-27-2010	Tomlinson Fieldhouse
10	8.19	Eve-Lyne Robitaille-Beaumier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
11	8.33	Zaria Stoffman	McGill	Dec-05-2009	Tomlinson Fieldhouse
12	8.39	Alison Cameron-Vendrig	McGill	Feb-27-2010	Tomlinson Fieldhouse
13	8.50	Josée-Anne Sarrazin-Coté	Sherbrooke	Jan-16-2010	Centre Sportif
14	8.59	Laurie-Michèle Mimeault	Laval	Jan-29-2010	Tomlinson Field House
15	8.72	Allison Greene	McGill	Jan-23-2010	PEPS

## **Best QSSF Women's 300m Rankings as of Mar-11-2010 23:02:00** (Standard: 39.93)

Rank	Result	Athlete	Team	Date	Venue
1	0:40.10	Laurélie Harvey	Laval	Feb-27-2010	Tomlinson Fieldhouse
2	0:40.25	Nana Momoh	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
3	0:40.79	Pascale Delisle	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
4	0:40.91	Sabrina Lavoie	McGill	Feb-27-2010	Tomlinson Fieldhouse
5	0:42.13	Eve-Lyne Robitaille-Beaumier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
6	0:42.27	Anne Ruggirello	McGill	Feb-27-2010	Tomlinson Fieldhouse
7	0:42.60	Alison Cameron-Vendrig	McGill	Feb-27-2010	Tomlinson Fieldhouse
8	0:43.18	Genevieve Blanchard	McGill	Jan-29-2010	Tomlinson Field House
9	0:43.69	Mireille Bergeron	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
10	0:43.70	Hilary Kellar-Parsons	McGill	Dec-05-2009	Tomlinson Fieldhouse
11	0:43.90	Marianne Savard	Montreal	Jan-29-2010	Tomlinson Field House
12	0:43.95 (43.72 400m)	Aly McPhee	McGill	Nov-27-2009	Louis Riel Dome
13	0:44.19	Allison Greene	McGill	Jan-29-2010	Tomlinson Field House
14	0:44.20	Laurie Daudelin-Gauthier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
15	0:44.42	Majenta Whyte Potter-Mal	McGill	Jan-29-2010	Tomlinson Field House

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## Best QSSF Women's 600m Rankings as of Mar-11-2010 23:02:00 (Standard: 1:33.45)

Rank	Result	Athlete	Team	Date	Venue
1	1:33.49	Nana Momoh	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
2	1:36.16	Charlene Puel	McGill	Feb-27-2010	Tomlinson Fieldhouse
3	1:36.26 (1:35.75 400m)	Anne Ruggirello	McGill	Feb-13-2010	Louis Riel Dome
4	1:36.36	Catherine Drouin-Audet	McGill	Feb-27-2010	Tomlinson Fieldhouse
5	1:36.52	Sabrina Lavoie	McGill	Feb-27-2010	Tomlinson Fieldhouse
6	1:38.03	Laurélie Harvey	Laval	Jan-16-2010	Centre Sportif
7	1:38.15	Marilaine Savard	Sherbrooke	Jan-29-2010	Tomlinson Field House
8	1:38.40	Aimee Castro	McGill	Feb-27-2010	Tomlinson Fieldhouse
9	1:40.46	Heather McCurdy	McGill	Dec-05-2009	Tomlinson Fieldhouse
10	1:40.95	Hilary Kellar-Parsons	McGill	Dec-05-2009	Tomlinson Fieldhouse
11	1:41.01	Josée Picard-Arsenault	Laval	Jan-23-2010	PEPS
12	1:43.44	Claire Laurence	McGill	Feb-27-2010	Tomlinson Fieldhouse
13	1:43.91	Elizabeth Parenteau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
14	1:44.23	Catherine Gauthier	Sherbrooke	Dec-19-2009	Tomlinson Fieldhouse
15	1:45.60	Myriam Tremblay	Laval	Jan-23-2010	PEPS

## Best QSSF Women's 1000m Rankings as of Mar-11-2010 23:02:00 (Standard: 2:51.08)

Rank	Result	Athlete	Team	Date	Venue
1	2:52.44	Melanie Hughes	Sherbrooke	Feb-12-2010	B U TrackCenter
2	2:55.68	Charlene Puel	McGill	Feb-05-2010	The Armory Track Field Center
3	2:55.87	Catherine Drouin-Audet	McGill	Feb-05-2010	The Armory Track Field Center
4	2:57.84	Sarah McCuaig	McGill	Feb-19-2010	Tomlinson Fieldhouse
5	2:58.68	Aimee Castro	McGill	Feb-19-2010	Tomlinson Fieldhouse
6	2:59.84	Josée Picard-Arsenault	Laval	Feb-12-2010	B U TrackCenter
7	3:00.60	Caroline Gendron	Sherbrooke	Feb-12-2010	B U TrackCenter
8	3:00.97	Madeleine Cummings	McGill	Feb-19-2010	Tomlinson Fieldhouse
9	3:04.03	Anne Ruggirello	McGill	Feb-19-2010	Tomlinson Fieldhouse
10	3:06.58	Annie Croteau-Carignan	Laval	Feb-12-2010	B U TrackCenter
11	3:08.32	Melanie Myrand	McGill	Feb-19-2010	Tomlinson Fieldhouse
12	3:09.19	Marilaine Savard	Sherbrooke	Jan-16-2010	Centre Sportif
13	3:09.31	Virginie-O Gauthier	Sherbrooke	Feb-12-2010	B U TrackCenter
14	3:09.81 (3:08.93 400m)	Heather McCurdy	McGill	Feb-13-2010	Louis Riel Dome
15	3:13.09	Gina Pinonnault-Bilodeau	McGill	Feb-19-2010	Tomlinson Fieldhouse

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## Best QSSF Women's 1500m Rankings as of Mar-11-2010 23:02:00 (Standard: 4:32.61)

Rank	Result	Athlete	Team	Date	Venue
1	4:34.05	Melanie Hughes	Sherbrooke	Jan-29-2010	Tomlinson Field House
2	4:39.36 (4:38.01 400m)	Sarah McCuaig	McGill	Feb-13-2010	Louis Riel Dome
3	4:46.73	Josée Picard-Arsenault	Laval	Jan-29-2010	Tomlinson Field House
4	4:46.85 (4:45.50 400m)	Madeleine Cummings	McGill	Feb-13-2010	Louis Riel Dome
5	4:47.72 (4:46.37 400m)	Melanie Myrand	McGill	Feb-13-2010	Louis Riel Dome
6	4:51.70	Caroline Gendron	Sherbrooke	Jan-29-2010	Tomlinson Field House
7	4:55.38	Manon Letourneau	Laval	Jan-29-2010	Tomlinson Field House
8	4:58.08	Sara Grand'Maison	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
9	4:58.72 (4:57.37 400m)	Gina Pinsonnault-Bilodeau	McGill	Feb-13-2010	Louis Riel Dome
10	5:08.68	Annie Croteau-Carignan	Laval	Jan-29-2010	Tomlinson Field House
11	5:09.24	Lyndsey Pearsall	McGill	Feb-27-2010	Tomlinson Fieldhouse
12	5:09.49	Jeanne Mercier	Laval	Jan-29-2010	Tomlinson Field House
13	5:10.11	Sarah Bernard-Brouillard	Laval	Jan-29-2010	Tomlinson Field House
14	5:11.66 (5:10.31 400m)	Courtney Post	McGill	Feb-13-2010	Louis Riel Dome
15	5:15.16	Mari Mesri	McGill	Feb-27-2010	Tomlinson Fieldhouse

## Best QSSF Women's 3000m Rankings as of Mar-11-2010 23:02:00 (Standard: 9:43.88)

Rank	Result	Athlete	Team	Date	Venue
1	9:57.69	Melanie Myrand	McGill	Feb-05-2010	The Armory Track Field Center
2	10:04.05	Valerie Belanger	Sherbrooke	Jan-29-2010	Tomlinson Field House
3	10:10.08	Melanie Hughes	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
4	10:12.04	Madeleine Cummings	McGill	Feb-27-2010	Tomlinson Fieldhouse
5	10:18.29	Manon Letourneau	Laval	Jan-29-2010	Tomlinson Field House
6	10:36.42	Gina Pinsonnault-Bilodeau	McGill	Feb-05-2010	The Armory Track Field Center
7	10:43.84	Sara Grand'Maison	Sherbrooke	Jan-29-2010	Tomlinson Field House
8	10:48.75	Jeanne Mercier	Laval	Feb-12-2010	B U TrackCenter
9	11:06.29	Caroline Gendron	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
10	11:07.90	Marina Rioux-Castonguay	Laval	Feb-12-2010	B U TrackCenter
11	11:11.43	Courtney Post	McGill	Jan-29-2010	Tomlinson Field House
12	11:18.65	Annie Croteau-Carignan	Laval	Dec-19-2009	Tomlinson Fieldhouse
13	11:32.82	Lyndsey Pearsall	McGill	Feb-06-2010	Centre Claude Robillard
14	11:46.88	Michelle Kowanda	McGill	Jan-29-2010	Tomlinson Field House
15	12:05.10	Mari Mesri	McGill	Jan-16-2010	Centre Sportif

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## Best QSSF Women's 60mH Rankings as of Mar-11-2010 23:02:00 (Standard: 8.84)

Rank	Result	Athlete	Team	Date	Venue
1	8.78 *	Hayley Warren	McGill	Feb-27-2010	Tomlinson Fieldhouse
2	8.97	Tamara Cap	Montreal	Feb-27-2010	Tomlinson Fieldhouse
3	9.02	Pascale Delisle	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
4	9.36	Katerine Dugas	Montreal	Feb-27-2010	Tomlinson Fieldhouse
5	9.53	Alison Cameron-Vendrig	McGill	Feb-27-2010	Tomlinson Fieldhouse
6	9.61	Alana Battiston	McGill	Jan-29-2010	Tomlinson Field House
7	9.83	Catherine Gauthier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
8	9.88	Aly McPhee	McGill	Jan-29-2010	Tomlinson Field House
9	10.44	Mylene Brosseau	Sherbrooke	Jan-10-2010	Leverone Fieldhouse
10	11.42	Larah Maunder	McGill	Feb-13-2010	Louis Riel Dome
11	14.72	Marie-Lou Piché	Laval	Jan-16-2010	Centre Sportif

## Best QSSF Women's 4x200m Relay Rankings as of Mar-11-2010 23:02:00 (Standard: 1:41.86)

Rank	Result	Athlete	Team	Date	Venue
1	1:43.40	McGill University	McGill	Feb-27-2010	Tomlinson Fieldhouse
2	1:45.32	Sherbrooke Vert Or	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	1:54.61 (1:54.05 400m)	Rouge et Or Université Laval	Laval	Feb-13-2010	Louis Riel Dome

## Best QSSF Women's 4x400m Relay Rankings as of Mar-11-2010 23:02:00 (Standard: 3:52.68)

Rank	Result	Athlete	Team	Date	Venue
1	3:56.32	McGill University	McGill	Feb-27-2010	Tomlinson Fieldhouse
2	3:58.33	Sherbrooke Vert Or	Sherbrooke	Feb-12-2010	B U TrackCenter
3	4:16.78	Rouge et Or Université Laval	Laval	Jan-29-2010	Tomlinson Field House

## Best QSSF Women's 4x800m Relay Rankings as of Mar-11-2010 23:02:00 (Standard: 9:06.92)

Rank	Result	Athlete	Team	Date	Venue
1	9:07.40	McGill University	McGill	Feb-05-2010	The Armory Track Field Center
2	9:24.04	Sherbrooke Vert Or	Sherbrooke	Jan-29-2010	Tomlinson Field House

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## Best QSSF Women's High Jump Rankings as of Mar-11-2010 23:02:00 (Standard: 1.69)

Rank	Result	Athlete	Team	Date	Venue
1	1.68	Aly McPhee	McGill	Feb-27-2010	Tomlinson Fieldhouse
2	1.68	Katerine Dugas	Montreal	Feb-12-2010	B U TrackCenter
3	1.65	Tamara Cap	Montreal	Feb-27-2010	Tomlinson Fieldhouse
4	1.60	Alana Battiston	McGill	Jan-29-2010	Tomlinson Field House
5	1.60	Audrey Morin-Lemay	Sherbrooke	Jan-29-2010	Tomlinson Field House
6	1.59	Pascale Delisle	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	1.58	Emilie Dufour-Chouinard	Sherbrooke	Jan-23-2010	PEPS
8	1.55	Isabel Pett	McGill	Jan-16-2010	Centre Sportif
9	1.50	Pascale Gendron-Daigneault	Sherbrooke	Jan-16-2010	Centre Sportif
10	1.48	Marie-Lou Piché	Laval	Jan-16-2010	Centre Sportif
11	1.45	Josée-Anne Sarrazin-Coté	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
12	1.45	Larah Maunder	McGill	Jan-23-2010	PEPS
13	1.35	Mylene Brosseau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
14	1.30	Nathalie Larouche	Laval	Jan-23-2010	PEPS
15	0.01	Jessica Massicote	Laval	Jan-16-2010	Centre Sportif

## Best QSSF Women's Pole Vault Rankings as of Mar-11-2010 23:02:00 (Standard: 3.62)

Rank	Result	Athlete	Team	Date	Venue
1	3.35	Melinda Megan Rock	McGill	Jan-23-2010	PEPS
2	3.30	Victoria Crowe	McGill	Feb-06-2010	Centre Claude Robillard
3	3.30	Emilie Dufour-Chouinard	Sherbrooke	Jan-29-2010	Tomlinson Field House
4	3.00	Mylene Brosseau	Sherbrooke	Jan-29-2010	Tomlinson Field House
5	2.95	Rosemonde Lareau-Dussault	Sherbrooke	Jan-16-2010	Centre Sportif
6	2.40	Marie-Chantale Genest	Sherbrooke	Jan-16-2010	Centre Sportif

## Best QSSF Women's Long Jump Rankings as of Mar-11-2010 23:02:00 (Standard: 5.65)

Rank	Result	Athlete	Team	Date	Venue
1	5.69 *	Esther Renaud	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	5.67 *	Pascale Delisle	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	5.67 *	Tamara Cap	Montreal	Feb-27-2010	Tomlinson Fieldhouse
4	5.23	Aly McPhee	McGill	Feb-05-2010	The Armory Track Field Center
5	5.14	Majenta Whyte Potter-Mal	McGill	Jan-16-2010	Centre Sportif
6	5.09	Josée-Anne Sarrazin-Coté	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	5.08	Pascale Gendron-Daigneault	Sherbrooke	Jan-10-2010	Leverone Fieldhouse
8	4.90	Laurie Daudelin-Gauthier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
9	4.90	Audrey Morin-Lemay	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
10	4.87	Alana Battiston	McGill	Jan-16-2010	Centre Sportif
11	4.87	Meghan Butters	McGill	Feb-19-2010	Tomlinson Fieldhouse
12	4.80	Mylene Brosseau	Sherbrooke	Jan-16-2010	Centre Sportif
13	4.58	Marie-Lou Piché	Laval	Feb-13-2010	Louis Riel Dome
14	4.35	Priscilla Ma	McGill	Feb-13-2010	Louis Riel Dome
15	0.01	Jessica Massicote	Laval	Jan-23-2010	PEPS

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## Best QSSF Women's Triple Jump Rankings as of Mar-11-2010 23:02:00 (Standard: 11.45)

Rank	Result	Athlete	Team	Date	Venue
1	11.76 *	Josée-Anne Sarrazin-Coté	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	11.47 *	Audrey Morin-Lemay	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	10.80	Heather McCurdy	McGill	Dec-05-2009	Tomlinson Fieldhouse
4	10.26	Pascale Gendron-Daigneault	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
5	10.12	Meghan Butters	McGill	Feb-19-2010	Tomlinson Fieldhouse
6	9.25	Emilie Dufour-Chouinard	Sherbrooke	Jan-16-2010	Centre Sportif
7	9.02	Melinda Megan Rock	McGill	Feb-19-2010	Tomlinson Fieldhouse

## Best QSSF Women's Shot Put Rankings as of Mar-11-2010 23:02:00 (Standard: 12.93)

Rank	Result	Athlete	Team	Date	Venue
1	12.84	Isabelle Boudreau	Sherbrooke	Feb-06-2010	Centre Claude Robillard
2	12.35	Myriam Dumont-Breton	Sherbrooke	Jan-29-2010	Tomlinson Field House
3	11.28	Annie Larose	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
4	11.23	Mylene Brosseau	Sherbrooke	Jan-10-2010	Leverone Fieldhouse
5	10.62	Pascale Delisle	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
6	10.50	Tamara Cap	Montreal	Jan-29-2010	Tomlinson Field House
7	10.19	Alana Battiston	McGill	Feb-19-2010	Tomlinson Fieldhouse
8	8.83	Melinda Megan Rock	McGill	Feb-19-2010	Tomlinson Fieldhouse
9	8.33	Marie-Lou Piché	Laval	Jan-23-2010	PEPS
10	7.36	Aly McPhee	McGill	Jan-29-2010	Tomlinson Field House
11	6.89	Nathalie Séguin	Laval	Jan-16-2010	Centre Sportif
12	6.80	Séguin Nathalie	Laval	Feb-13-2010	Louis Riel Dome

## Best QSSF Women's 20lb Weight Throw Rankings as of Mar-11-2010 23:02:00 (Standard: 17.05)

Rank	Result	Athlete	Team	Date	Venue
1	17.12 *	Annie Larose	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	14.24	Myriam Dumont-Breton	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	12.98	Melinda Megan Rock	McGill	Jan-16-2010	Centre Sportif
4	12.93	Isabelle Boudreau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
5	10.05	Mylene Brosseau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
6	8.88	Séguin Nathalie	Laval	Feb-13-2010	Louis Riel Dome
7	8.28	Nathalie Séguin	Laval	Jan-29-2010	Tomlinson Field House
8	7.25	Victoria Crowe	McGill	Feb-19-2010	Tomlinson Fieldhouse

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## Best QSSF Women's Pentathlon Rankings as of Mar-11-2010 23:02:00 (Standard: 3414)

Rank	Result	Athlete	Team	Date	Venue
1	3617.00 *	Pascale Delisle	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	3557.00 *	Tamara Cap	Montreal	Feb-27-2010	Tomlinson Fieldhouse
3	3365.00	Alana Battiston	McGill	Feb-27-2010	Tomlinson Fieldhouse
4	3225.00	Aly McPhee	McGill	Feb-27-2010	Tomlinson Fieldhouse
5	1864.00	Marie-Lou Piché	Laval	Jan-16-2010	Centre Sportif
6	1707.00	Mylene Brosseau	Sherbrooke	Jan-16-2010	Centre Sportif

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