

Short Track Personal Best Times - 2018-2019 Season

Please contact the SASSA Office for any discrepancies in this document

Legend		
Athlete Name	Distances Skated	Overall
Personal Best	All Time Personal Best Time	
Current Season Best Time	Season's Best Time for each Distance	
Improvement	Percentage of beginning of season's time. The lower the percentage the higher the level of improvement	

All skaters are sorted in alphabetical order in their age categories.

Highlighted Times are new Provincial Records (Junior B + up only)

FUNdamentals - Female							
Bartake, Evelyn	100m	200m	300m	400m	800m	Overall	
Personal Best	00:23.61	00:49.82		02:02.57		03:16.00	
Current Season Best Time	00:23.61	00:49.82		02:02.57		03:16.00	
Improvement	100.00%	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	
Beveridge Warick, Taras	100m	200m	300m	400m	800m	1500m	Overall
Personal Best		00:36.62	00:46.86	01:05.29	02:41.41	04:43.49	09:53.67
Current Season Best Time			00:41.30	00:55.94			01:37.24
Improvement	#DIV/0!	0.00%	88.13%	85.68%	0.00%	0.00%	16.38%
Bintner, Neko	100m	200m	300m	400m	1000m	Overall	
Personal Best		01:14.30	01:40.54	02:33.89		05:28.73	
Current Season Best Time						00:00.00	
Improvement	#DIV/0!	0.00%	0.00%	0.00%	#DIV/0!	0.00%	
Bouvier, Adrianna	100m	200m	300m	400m	700m	1000m	Overall
Personal Best		00:52.75	01:34.98	02:04.64	04:25.83	05:17.46	14:15.66
Current Season Best Time		00:48.30	01:18.77	01:41.58	04:25.83	05:17.46	13:31.94
Improvement	#DIV/0!	91.56%	82.93%	81.50%	100.00%	100.00%	94.89%
Carr, Evyn	100m	200m	300m	400m	500m	1000m	Overall
Personal Best	00:20.61	00:46.54	00:58.33	01:34.93	01:38.93	04:05.74	09:04.47
Current Season Best Time		00:36.45	00:55.64	01:25.46			02:57.55
Improvement	0.00%	78.32%	95.39%	90.02%	0.00%	0.00%	32.61%
Cousineau, Meg	100m	200m	300m	400m	500m	1000m	Overall

Personal Best	00:22.50	00:37.23	01:07.79	01:16.22	01:41.54	03:15.39	07:58.17	
Current Season Best Time		00:36.36	00:54.36	01:11.75		03:15.39	05:57.86	
Improvement	0.00%	97.66%	80.19%	94.14%	0.00%	100.00%	74.84%	
Finch, Jayda	200m	300m	400m	800m	1500m	Overall		
Personal Best	00:41.20	01:01.27	01:04.40	03:04.77	04:33.84	10:25.48		
Current Season Best Time	00:31.89	00:49.08	01:04.40		04:33.84	06:59.21		
Improvement	77.40%	80.10%	100.00%	0.00%	100.00%	67.02%		
Hutton, Mckenna	100m	200m	300m	500m	800m	1000m	Overall	
Personal Best	00:23.58		01:10.74	01:53.39			03:27.71	
Current Season Best Time							00:00.00	
Improvement	0.00%	#DIV/0!	0.00%	0.00%	#DIV/0!	#DIV/0!	0.00%	
Kendze, Chloe	100m	200m	300m	400m	800m	1000m	Overall	
Personal Best	00:18.18	00:37.60	01:07.24	01:17.78	02:17.61	03:25.51	08:45.74	
Current Season Best Time	00:18.18	00:34.51	00:53.83	01:12.41	02:17.61	03:00.60	07:58.96	
Improvement	100.00%	91.78%	80.06%	93.10%	100.00%	87.88%	91.10%	
Kenyon, Gemma	100m	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:22.47	00:53.40	01:07.10	01:19.98	01:59.57	03:27.58	03:43.19	12:53.29
Current Season Best Time	00:20.49	00:35.86	00:56.95	01:18.58		02:45.92	03:43.19	09:40.99
Improvement	91.19%	67.15%	84.87%	98.25%	0.00%	79.93%	100.00%	75.13%
Maier, Katya	100m	200m	300m	400m	800m	1000m	Overall	
Personal Best		00:49.56	01:20.33	01:46.95	04:04.43	04:35.16	12:36.43	
Current Season Best Time							00:00.00	
Improvement	#DIV/0!	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Seman, Claire	100m	200m	300m	400m	800m	1500m	Overall	
Personal Best	00:18.88	00:33.23	00:49.66	01:05.29	02:21.64	04:27.64	08:31.05	
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Veeman, Lena	200m	300m	400m	500m	800m	1000m	1500m	Overall
Personal Best	00:35.46	00:52.41	01:11.57	01:17.64	02:45.76	02:59.14	04:06.09	13:48.07
Current Season Best Time	00:29.35	00:43.31	00:57.72				03:41.77	05:52.15
Improvement	82.77%	82.64%	80.65%	0.00%	0.00%	0.00%	90.12%	42.53%
Wagner, Elizabeth	100m	200m	300m	400m	500m	1000m	Overall	
Personal Best		00:43.54	01:07.53	01:35.33			03:26.40	

Current Season Best Time							00:00.00
Improvement	#DIV/0!	0.00%	0.00%	0.00%	#DIV/0!	#DIV/0!	0.00%
Yaschuk, Avery	100m	200m	300m	400m	700m	Overall	
Personal Best	00:21.74	00:44.78	01:01.15	01:21.52	02:27.12	05:34.57	
Current Season Best Time	<u>00:21.74</u>	<u>00:42.07</u>	<u>01:01.15</u>	<u>01:21.52</u>	<u>02:27.12</u>	05:31.86	
Improvement	100.00%	93.95%	100.00%	100.00%	100.00%	99.19%	
Zoerb, Scarlett	200m	300m	400m	1000m	Overall		
Personal Best	00:35.47	00:55.11	01:12.95	03:22.24	06:05.77		
Current Season Best Time	<u>00:34.77</u>	<u>00:53.21</u>	<u>01:12.95</u>	<u>03:04.38</u>	05:45.31		
Improvement	98.03%	96.55%	100.00%	91.17%	94.41%		

L2T - Female							
Ashfaq, Sania	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:40.42	01:06.65	01:18.18		03:45.54		06:50.79
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	#DIV/0!	0.00%	#DIV/0!	0.00%
Cletheroe, Kayden	100m	200m	300m	400m	800m	1500m	Overall
Personal Best	00:15.31	00:29.97	00:45.82	01:01.04	02:04.41	03:59.19	08:20.43
Current Season Best Time	<u>00:15.31</u>	<u>00:28.18</u>	<u>00:44.00</u>	<u>00:59.87</u>	<u>02:04.41</u>	<u>03:59.19</u>	08:15.65
Improvement	100.00%	94.03%	96.03%	98.08%	100.00%	100.00%	99.04%
Gasenzer, Skyla	100m	200m	300m	400m	500m	1500m	Overall
Personal Best	00:22.81	00:43.18	01:10.09				02:16.08
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	#DIV/0!	#DIV/0!	#DIV/0!	0.00%
Harmon, Hannah	200m	300m	400m	500m	1500m	Overall	
Personal Best	00:28.98	00:43.11	01:02.84		03:41.16	05:56.09	
Current Season Best Time	<u>00:28.98</u>	<u>00:43.11</u>	<u>00:57.68</u>		<u>03:35.75</u>	05:45.52	
Improvement	100.00%	100.00%	91.79%	#DIV/0!	97.55%	97.03%	
Hawkes, Alexis	100m	200m	300m	400m	800m	1000m	Overall
Personal Best		00:41.10	01:18.85	01:21.38			03:21.33
Current Season Best Time		<u>00:41.10</u>	<u>00:59.32</u>	<u>01:21.38</u>			03:01.80
Improvement	#DIV/0!	100.00%	75.23%	100.00%	#DIV/0!	#DIV/0!	90.30%
Hyciuk, Katya	200M	300m	400m	800m	500m	1000m	Overall

Start of the Season	00:31.95	00:48.12	00:56.16	02:34.35	01:26.33	02:46.84	06:29.40	
Current Season Best Time								00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Ivey, Caedan	100m	200m	300m	400m	1000m	1500m	3000m	Overall
Personal Best	00:18.59	00:26.75	00:41.09	00:52.78	02:20.45	03:30.37	07:43.20	13:14.19
Current Season Best Time								00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Korczak, Tori	200m	300m	400m	500m	1000m	1500m	Overall	
Personal Best	00:38.14	00:55.90	01:18.04	01:34.28	02:49.08	05:02.74	12:18.18	
Current Season Best Time	<u>00:30.76</u>	<u>00:45.79</u>	<u>01:03.04</u>		<u>02:49.08</u>	<u>05:00.69</u>	10:09.36	
Improvement	80.65%	81.91%	80.78%	0.00%	100.00%	99.32%	82.55%	
Korthuis, Laura	200m	300m	400m	1500m	Overall			
Personal Best	00:36.36	00:52.39	01:11.07	03:30.42	06:10.24			
Current Season Best Time					00:00.00			
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%			
Knihniski, Jenna	200m	300m	400m	500m	1000m	Overall		
Personal Best	00:25.69	00:39.08	00:50.41	01:02.38	02:18.00	02:57.56		
Current Season Best Time						00:00.00		
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		
Makowsky, Kamaya	200m	300m	400m	500m	800m	1000m	1500m	Overall
Personal Best	00:27.41	00:39.67	00:52.27	01:08.90	01:47.35	02:36.55	03:24.80	10:56.95
Current Season Best Time	<u>00:26.20</u>	<u>00:38.84</u>	<u>00:52.00</u>				<u>03:27.09</u>	05:24.13
Improvement	95.59%	97.91%	99.48%	0.00%	0.00%	0.00%	101.12%	49.34%
Mathies, Kira	200m	300m	400m	500m	1000m	1500m	Overall	
Personal Best	00:37.47	01:02.32	01:28.49		03:30.42		06:38.70	
Current Season Best Time	<u>00:37.47</u>	<u>01:01.88</u>	<u>01:17.63</u>		<u>03:30.42</u>		06:27.40	
Improvement	100.00%	99.29%	87.73%	#DIV/0!	100.00%	#DIV/0!	97.17%	
Mattick, Danica	100m	200m	300m	400m	500m	800m	Overall	
Personal Best	00:20.80	00:38.84	00:57.03	01:24.36	01:35.58	02:54.52	07:51.13	
Current Season Best Time								00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Meinert, Natalie	200m	300m	400m	500m	800m	1000m	1500m	Overall
Personal Best	00:34.11	00:52.74	01:10.94	01:16.54	02:45.50	03:09.63	04:02.62	13:52.08

Current Season Best Time	00:29.38	00:44.59	00:58.23				04:02.62	06:14.82
Improvement	86.13%	84.55%	82.08%	0.00%	0.00%	0.00%	100.00%	45.05%
Myers, Brooke	200m	400m	800m	1000m	1500m	Overall		
Personal Best	00:34.53	01:03.40		03:03.00		04:40.93		
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	#DIV/0!	0.00%	#DIV/0!	0.00%	0.00%	
Regehr, Karys	200m	300m	400m	500m	1000m	Overall		
Personal Best	00:26.81	00:44.57	00:54.21	01:13.32	02:28.26	05:47.17		
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Seman, Avery	200m	300m	400m	800m	1000m	1500m	Overall	
Personal Best	00:29.13	00:44.60	00:57.44	02:11.06	03:32.20	03:46.64	08:08.87	
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Simpson, Bailey	100m	200m	300m	400m	800m	1000m	Overall	
Personal Best	00:20.32	00:42.87	01:03.07	01:28.42	02:36.12	03:28.78	09:19.26	
Current Season Best Time	00:20.32	00:36.89	00:54.49	01:12.05	02:36.12	03:15.18	08:34.73	
Improvement	100.00%	86.05%	86.40%	81.49%	100.00%	93.49%	92.04%	
Stack-Michasiw, Lydia	200m	300m	400m	800m	1000m	Overall		
Personal Best	00:31.20	00:48.82	01:02.09	02:50.74	02:47.37	08:00.22		
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Stribbell, Taryn	200m	300m	400m	500m	800m	1000m	Overall	
Personal Best	00:31.17	00:46.42	01:00.71	01:18.59	02:09.14	02:36.84	08:22.87	
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Textor, Hannah	100m	200m	300m	400m	500m	700m	1000m	Overall
Personal Best	00:21.38	00:44.41	01:11.71	01:35.27		02:37.32	04:12.29	10:21.00
Current Season Best Time	00:21.38	00:41.63	01:06.79	01:27.59		02:37.32	04:12.29	10:05.62
Improvement	100.00%	93.74%	93.14%	91.94%	#DIV/0!	100.00%	100.00%	97.52%
White, Avaya	100m	200m	300m	400m	800m	1000m	Overall	
Personal Best	00:20.34	00:35.45	00:53.50	01:12.92	02:51.74	03:10.62	08:44.23	
Current Season Best Time							00:00.00	

Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
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T2T 11 - Female								
Cletheroe, Kharma	100m	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:15.76	00:29.41	00:43.76	00:57.83	02:07.34	02:42.91	04:04.60	11:21.61
Current Season Best Time		00:28.61	00:42.74	00:57.01			04:04.60	06:12.96
Improvement	0.00%	97.28%	97.67%	98.58%	0.00%	0.00%	100.00%	54.72%
Dvorak, Sophia	200m	300m	400m	500m	1500m	2000m	3000m	Overall
Personal Best	00:28.68	00:47.43	00:56.41	01:12.61	04:01.51	05:00.05	08:06.99	20:33.68
Current Season Best Time	00:26.01		00:51.93		03:38.35	05:00.05		09:56.34
Improvement	90.69%	0.00%	92.06%	0.00%	90.41%	100.00%	0.00%	48.34%
Hrycuik, Sophia	200m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:25.84	00:49.27	01:10.47	02:09.90	03:05.83	04:47.23	07:01.99	19:30.53
Current Season Best Time	00:25.05	00:48.73			03:16.76	04:47.23	07:30.71	16:48.48
Improvement	96.94%	98.90%	0.00%	0.00%	105.88%	100.00%	106.81%	86.16%
Scutchings, Melissa	200m	300m	400m	500m	1000m	1500m	2000m	Overall
Personal Best	00:28.36	00:43.10	00:54.92	02:04.10	02:26.31	03:31.09	04:42.95	12:46.73
Current Season Best Time	00:26.18		00:50.79			03:22.71	04:42.95	09:22.63
Improvement	92.31%	0.00%	92.48%	0.00%	0.00%	96.03%	100.00%	73.38%
Stribbell, Taryn	200m	300m	400m	500m	1500m	2000m	3000m	Overall
Personal Best	00:28.17		00:56.58		03:46.23	05:24.89		10:35.87
Current Season Best Time	00:28.17		00:56.58		03:44.27	05:24.89		10:33.91
Improvement	100.00%	#DIV/0!	100.00%	#DIV/0!	99.13%	100.00%	#DIV/0!	99.69%

T2T 12 - Female									
Beaugard, Felicity	200m	300m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:28.03	00:44.03	00:53.28	01:37.30	03:22.76	03:35.36	05:15.03	08:07.37	24:03.16
Current Season Best Time	00:26.15		00:52.74			03:28.52	05:08.84		09:56.25
Improvement	93.29%	0.00%	98.99%	0.00%	0.00%	96.82%	98.04%	0.00%	41.32%
Carle, Mickayla	200m	300m	400m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:28.50		00:56.00		03:40.49	05:18.72	08:03.82	18:27.53	
Current Season Best Time	00:28.66		00:56.49		03:56.64	05:18.72			10:40.51
Improvement	100.56%	#DIV/0!	100.88%	#DIV/0!	107.32%	100.00%	0.00%		57.83%

Cloutier, Ella	200m	300m	400m	800m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:23.55	00:37.33	00:43.73	01:39.21	02:15.16	02:56.29	04:32.43	06:17.32	13:07.70
Current Season Best Time	00:22.97		00:42.57			02:49.78		05:56.35	09:51.67
Improvement	97.54%	0.00%	97.35%	0.00%	0.00%	96.31%	0.00%	94.44%	75.11%
Dallaire, Serena	200m	300m	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:22.92	00:36.05	00:41.96	01:15.81	02:05.65	02:52.98	06:05.69	12:45.25	
Current Season Best Time	00:22.41		00:42.11	00:51.22	01:43.69	02:40.57	05:59.39	12:19.39	
Improvement	97.77%	0.00%	100.36%	67.56%	82.52%	92.83%	98.28%	96.62%	
Frombach, Amber	200m	400m	500m	800m	1000m	1500m	3000m	Overall	
Personal Best	00:25.68	00:49.22	02:00.96	02:17.90	02:25.90	03:17.98	07:33.08	16:49.76	
Current Season Best Time	00:26.62	00:50.17				03:41.83		04:58.62	
Improvement	103.66%	101.93%	0.00%	0.00%	0.00%	112.05%	0.00%	29.57%	
Pieper, Kearah	200m	300m	400m	800m	1500m	2000m	Overall		
Personal Best	00:27.28		00:51.78		03:29.88	04:52.62	09:41.56		
Current Season Best Time	00:25.84		00:50.35		03:22.35	04:49.43	09:27.97		
Improvement	94.72%	#DIV/0!	97.24%	#DIV/0!	96.41%	98.91%	97.66%		
Turnbull, Sophie	200m	400m	1000m	1500m	2000m	3000m	Overall		
Personal Best	00:27.63	00:52.71	03:04.73	03:26.02	04:26.03	07:05.07	19:22.19		
Current Season Best Time	00:26.18	00:49.25		03:13.24	04:20.15		08:48.82		
Improvement	94.75%	93.44%	0.00%	93.80%	97.79%	0.00%	45.50%		
Smith, Julia	200m	400m	500m	800m	1500m	2000m	3000m	Overall	
Personal Best	00:27.26	00:52.45	01:11.57	02:16.93	03:24.52	04:24.89	07:04.83	19:42.45	
Current Season Best Time	00:25.61	00:48.85			03:13.00	04:19.61		08:47.07	
Improvement	93.95%	93.14%	0.00%	0.00%	94.37%	98.01%	0.00%	44.57%	

T2T 13 - Female									
Andreas, Shannon	200m	300m	400m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:27.41	00:51.55	00:52.10	02:43.24	03:32.84	04:50.89	07:33.27	20:51.30	
Current Season Best Time	00:26.38		00:51.76		03:24.16	04:50.89		09:33.19	
Improvement	96.24%	0.00%	99.35%	0.00%	95.92%	100.00%	0.00%	45.81%	
Benson, Kiara	200m	300m	400m	1500m	2000m	3000m	Overall		
Personal Best	00:26.56		00:51.88	03:34.67	04:52.79	07:41.22	17:27.12		
Current Season Best Time	00:26.06		00:50.85	03:19.45	04:33.93		09:10.29		

Improvement	98.12%	#DIV/0!	98.01%	92.91%	93.56%	0.00%	52.55%		
Bracha, Kiera	200m	300m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:23.75	00:36.67	00:44.65	01:01.09	02:11.92	02:50.86	04:27.01	06:10.66	18:26.61
Current Season Best Time	<u>00:23.33</u>		<u>00:43.45</u>			<u>02:48.19</u>		<u>05:53.21</u>	09:48.18
Improvement	98.23%	0.00%	97.31%	0.00%	0.00%	98.44%	0.00%	95.29%	53.15%
Capill, Morgan	200m	300m	400m	1000m	1500m	3000m	Overall		
Personal Best	00:24.43	00:41.67	00:47.77	02:16.44	03:06.59	06:31.29	13:48.19		
Current Season Best Time	<u>00:24.24</u>		<u>00:46.18</u>		<u>03:02.50</u>	<u>06:13.02</u>	10:25.94		
Improvement	99.22%	0.00%	96.67%	0.00%	97.81%	95.33%	75.58%		
Liu, Yilin	200m	300m	400m	1000m	1500m	2000m	Overall		
Personal Best	00:30.15		00:58.62		04:01.29	05:30.91	11:00.97		
Current Season Best Time	<u>00:30.15</u>		<u>00:58.62</u>		<u>04:01.29</u>	<u>05:30.91</u>	11:00.97		
Improvement	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	100.00%	100.00%		
Maier, Madison	200m	300m	400m	500m	800m	1000m	Overall		
Personal Best	00:34.83	00:53.35	01:09.44	01:39.94	02:35.61	03:07.66	10:00.83		
Current Season Best Time							00:00.00		
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		
Reynoldson, Gracie	200m	400m	1000m	1500m	2000m	3000m	Overall		
Personal Best	00:23.33	00:43.22	02:15.19	03:00.02	04:14.60	06:16.62	16:52.98		
Current Season Best Time	<u>00:22.76</u>	<u>00:42.38</u>		<u>02:52.85</u>		<u>06:06.95</u>	10:04.94		
Improvement	97.56%	98.06%	0.00%	96.02%	0.00%	97.43%	59.72%		
Seman, Avery	200m	400m	800m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:26.54	00:51.35	02:11.06	03:32.20	03:34.27	04:55.72	07:37.46	19:36.40	
Current Season Best Time	<u>00:26.10</u>	<u>00:49.72</u>			<u>03:19.17</u>	<u>04:41.03</u>		09:16.02	
Improvement	98.34%	96.83%	0.00%	0.00%	92.95%	95.03%	0.00%	47.26%	

T2T 14 - Female									
Drever, Allyson	200m	400m	500m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:24.94	00:47.80	00:58.91	02:09.16	03:26.86	05:00.44	08:11.52	20:59.63	
Current Season Best Time	<u>00:24.84</u>	<u>00:48.85</u>	<u>00:58.91</u>	<u>02:09.16</u>	<u>03:18.94</u>	<u>05:16.76</u>		12:57.46	
Improvement	99.60%	102.20%	100.00%	100.00%	96.17%	105.43%	0.00%	61.72%	
Harms, Cara	200m	400m	500m	1000m	1500m	3000m	Overall		
Start of the Season	00:23.73	00:43.93	00:53.21	01:52.55	03:00.05	06:38.25	13:31.72		

Current Season Best Time	00:22.88	00:43.44	00:50.28	01:45.78	02:45.40	06:23.95	12:51.73
Improvement	96.42%	98.88%	94.49%	93.98%	91.86%	96.41%	95.07%
Hennenfent, Ashley	200m	400m	1500m	2000m	3000m	Overall	
Start of the Season	00:26.43	00:51.39	03:26.65	04:52.75	07:12.14	16:49.36	
Current Season Best Time	00:26.39	00:51.70	03:20.90	04:39.14		09:18.13	
Improvement	99.85%	100.60%	97.22%	95.35%	0.00%	55.30%	
Panko, Jaleigh	200m	300m	400m	500m	800m	1000m	Overall
Start of the Season	00:33.68	00:52.56	01:16.32	01:23.66	02:20.58	03:20.73	02:49.90
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Riben, Meela	200m	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:22.38	00:41.64	01:03.50	01:52.50	02:54.47	06:24.24	12:15.23
Current Season Best Time			00:51.02	01:48.46	02:57.09	05:36.57	
Improvement	0.00%	0.00%	80.35%	96.41%	101.50%	0.00%	45.78%
Shuraik-Belonio, Rebekah	200m	300m	400m	1000m	1500m	3000m	Overall
Personal Best	00:29.65	00:54.38	00:58.54	03:17.00	03:22.32	07:21.87	16:23.76
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Stribbell, Janaye	200m	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:24.30	00:45.69	00:55.83	02:36.76	02:54.47	06:31.94	14:08.99
Current Season Best Time			00:55.83	01:58.35	03:04.60	05:58.78	
Improvement	0.00%	0.00%	100.00%	75.50%	105.81%	0.00%	42.26%
Junior B - Female							
Asplund, Greysin	200m	400m	1500m	3000m	Overall		
Personal Best	00:26.10	00:51.37	03:24.67	07:44.36	12:26.50		
Current Season Best Time					00:00.00		
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		
Bracha, Ceili	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:41.74	00:52.24	01:51.98	02:44.42	04:04.85	05:51.76	16:06.99
Current Season Best Time			00:50.69	01:43.95	02:42.49	05:17.13	
Improvement	0.00%	97.03%	92.83%	98.83%	0.00%	0.00%	32.80%
Brown, Shailyn	400m	500m	1000m	1500m	3000m	Overall	

Personal Best	<u>00:55.98</u>	<u>01:07.16</u>	<u>02:14.90</u>	<u>03:29.23</u>	<u>07:06.41</u>	<u>13:57.70</u>		
Current Season Best Time	00:00.00							
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		
Coutu, Vanessa	400m	500m	1000m	1500m	3000m	Overall		
Personal Best	<u>00:40.75</u>	<u>00:49.12</u>	<u>01:42.45</u>	<u>02:37.61</u>	<u>05:34.25</u>	<u>11:24.18</u>		
Current Season Best Time		<u>00:48.42</u>	<u>01:42.81</u>	<u>02:38.95</u>			<u>05:10.18</u>	
Improvement	0.00%	98.57%	100.35%	100.85%	0.00%		45.34%	
Dallaire, Shannon	500m	1000m	1500m	3000m	Overall			
Personal Best	<u>00:53.42</u>	<u>01:52.41</u>	<u>03:00.26</u>	<u>06:29.36</u>	<u>12:15.45</u>			
Current Season Best Time	<u>00:52.48</u>	<u>01:48.18</u>	<u>02:49.22</u>	<u>06:18.55</u>	<u>11:48.43</u>			
Improvement	98.24%	96.24%	93.88%	97.22%	96.33%			
Friesen, Kali Ann	400m	500m	1000m	1500m	2000m	3000m	Overall	
Personal Best	<u>00:44.52</u>	<u>00:55.34</u>	<u>01:55.51</u>	<u>02:58.71</u>	<u>04:35.82</u>	<u>06:27.65</u>	<u>17:37.55</u>	
Current Season Best Time		<u>00:54.18</u>	<u>01:52.12</u>	<u>02:52.54</u>			<u>05:38.84</u>	
Improvement	0.00%	97.90%	97.07%	96.55%	0.00%	0.00%	32.04%	
Harrison, Heather	400m	500m	1000m	1500m	2000m	3000m	Overall	
Personal Best	<u>00:42.77</u>	<u>00:52.88</u>	<u>01:51.94</u>	<u>02:52.73</u>	<u>04:27.37</u>	<u>06:16.87</u>	<u>17:04.56</u>	
Current Season Best Time		<u>00:51.74</u>	<u>01:50.01</u>	<u>02:47.85</u>		<u>06:18.64</u>	<u>11:48.24</u>	
Improvement	0.00%	97.84%	98.28%	97.17%	0.00%	100.47%	69.13%	
Krieger, Kaitlyn	200m	400m	1500m	2000m	3000m	Overall		
Personal Best	<u>00:25.60</u>	<u>00:47.93</u>	<u>03:07.59</u>	<u>04:22.12</u>	<u>06:46.57</u>	<u>15:29.81</u>		
Current Season Best Time	00:00.00							
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		
Kelly, Katen	200m	400m	1500m	3000m	Overall			
Personal Best	<u>00:25.59</u>	<u>00:48.30</u>	<u>03:16.21</u>	<u>06:43.33</u>	<u>11:13.43</u>			
Current Season Best Time	00:00.00							
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%			
Korthuis, Laura	200m	400m	1500m	3000m	Overall			
Personal Best	<u>00:25.63</u>	<u>00:49.82</u>	<u>03:15.80</u>	<u>08:10.42</u>	<u>04:31.25</u>			
Current Season Best Time	00:00.00							
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%			
Marshall, Annika	400m	500m	1000m	1500m	2000m	3000m	Overall	
Personal Best	<u>00:42.07</u>	<u>00:51.50</u>	<u>01:51.40</u>	<u>02:45.43</u>	<u>04:14.39</u>	<u>06:03.91</u>	<u>16:28.70</u>	

