

Short Track Personal Best Times - 2017-2018 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							
Beveridge Warick, Taras	200m	300m	400m	800m	1500m	Overall	
Personal Best	<u>00:36.62</u>	<u>00:55.65</u>	01:12.96	02:41.41	04:43.49	02:08.61	
Current Season Best Time		<u>00:46.86</u>	<u>01:05.29</u>			01:52.15	
Improvement	0.00%	84.20%	89.49%	0.00%	0.00%	87.20%	
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	02:57.87
Current Season Best Time	<u>00:20.61</u>		<u>00:58.33</u>		<u>01:38.93</u>		02:57.87
Improvement	100.00%	0.00%	100.00%	0.00%	100.00%	0.00%	100.00%
Cousineau, Meg	100m	200m	300m	400m	500m	1000m	Overall
Personal Best	00:22.50		01:07.79		01:48.80		03:19.09
Current Season Best Time	<u>00:22.50</u>		<u>01:07.79</u>		<u>01:41.54</u>		03:11.83
Improvement	100.00%	#DIV/0!	100.00%	#DIV/0!	93.33%	#DIV/0!	96.35%
Hawkes, Alexis	100m	200m	300m	400m	800m	1000m	Overall
Personal Best			01:18.85				01:18.85
Current Season Best Time			<u>01:18.85</u>				01:18.85
Improvement	#DIV/0!	#DIV/0!	100.00%	#DIV/0!	#DIV/0!	#DIV/0!	100.00%
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	<u>00:23.58</u>		<u>01:10.74</u>	<u>01:53.39</u>			03:27.71
Improvement	100.00%	#DIV/0!	100.00%	100.00%	#DIV/0!	#DIV/0!	100.00%
Kenyon, Gemma	100m	200m	300m	500m	800m	1000m	Overall

Personal Best	00:22.47	00:53.40	01:07.10	01:59.57	03:27.58		03:29.14	
Current Season Best Time	00:23.60		01:07.15	01:59.57			03:30.32	
Improvement	105.03%	0.00%	100.07%	100.00%	0.00%	#DIV/0!	100.56%	
Korczak, Tori	200m	300m	400m	500m	800m	1000m	Overall	
Personal Best	00:46.88	01:08.46	01:35.42	01:34.28	03:17.70		05:05.04	
Current Season Best Time	00:38.14	00:55.90	01:18.04	01:34.28			04:26.36	
Improvement	81.36%	81.65%	81.79%	100.00%	0.00%	#DIV/0!	87.32%	
Makowsky, Kamaya	200m	300m	400m	500m	800m	1000m	1500m	Overall
Personal Best	00:28.29	00:40.48	00:54.85	01:08.90	01:58.95	02:36.55	03:49.66	07:52.23
Current Season Best Time	00:27.41	00:39.67	00:52.27		01:47.35		03:24.80	07:11.50
Improvement	96.89%	98.00%	95.30%	0.00%	90.25%	0.00%	89.18%	91.37%
Meinert, Natalie	100m	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:19.75	00:37.81	00:53.77	01:12.75	01:16.54	02:45.50	04:09.34	08:10.21
Current Season Best Time		00:34.11	00:52.74	01:10.94	01:16.54		03:09.63	07:03.96
Improvement	0.00%	90.21%	98.08%	97.51%	100.00%	0.00%	76.05%	86.49%
Sirois, Elise	100m	200m	300m	500m	800m	1000m	Overall	
Personal Best	00:21.28		01:05.49	01:45.32			03:12.09	
Current Season Best Time	00:21.28		01:05.49	01:45.32			03:12.09	
Improvement	100.00%	#DIV/0!	100.00%	100.00%	#DIV/0!	#DIV/0!	100.00%	
Veeman, Lena	100m	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:18.86	00:35.46	00:52.41	01:11.57	01:35.91	02:45.76	03:34.63	08:08.84
Current Season Best Time	00:20.99	00:35.71	00:53.33	01:12.52	01:17.64		02:59.14	07:19.33
Improvement	111.29%	100.71%	101.76%	101.33%	80.95%	0.00%	83.46%	89.87%
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		00:43.54	01:07.53	01:35.33			03:26.40	
Improvement	#DIV/0!	100.00%	100.00%	100.00%	#DIV/0!	#DIV/0!	100.00%	

L2T - Female								
Cletheroe, Kharma	100m	200m	300m	400m	500m	1000m	Overall	
Personal Best	00:20.24	00:32.14	00:48.57	01:07.91	02:07.34	03:00.72	05:49.58	
Current Season Best Time	00:15.76	00:29.41	00:43.76	00:57.83		02:42.91	05:09.67	
Improvement	77.87%	91.51%	90.10%	85.16%	0.00%	90.14%	88.58%	

Dvorak, Sophia	100m	200m	300m	400m	500m	1500m	3000m	Overall
Personal Best	00:19.34	00:36.56	00:57.13	00:56.41	01:23.51	04:01.51	08:06.99	16:21.45
Current Season Best Time	00:16.65	00:28.68	00:47.43	00:56.41	01:12.61	04:01.51	08:06.99	15:50.28
Improvement	86.09%	78.45%	83.02%	100.00%	86.95%	100.00%	100.00%	96.82%
Hrycuik, Sophia	200m	300m	400m	1000m	1500m	3000m	Overall	
Personal Best	00:26.57	00:38.47	00:51.04	02:15.94	03:24.64	07:01.99	14:38.65	
Current Season Best Time	00:25.84	00:39.21	00:49.27	02:09.90	03:05.83	07:01.99	14:12.04	
Improvement	97.25%	101.92%	96.53%	95.56%	90.81%	100.00%	96.97%	
Ivey, Caedan	100m	200m	300m	400m	1000m	1500m	3000m	Overall
Personal Best	00:18.59	00:27.53	00:41.09	00:53.47	02:26.24	03:30.37	07:43.20	03:47.24
Current Season Best Time		00:26.75		00:52.78	02:20.45			03:39.98
Improvement	0.00%	97.17%	0.00%	98.71%	96.04%	0.00%	0.00%	96.81%
Kim, Christina	200m	300m	400m	1000m	1500m	3000m	Overall	
Personal Best	00:28.54		00:54.82		03:35.17	07:43.41	12:41.94	
Current Season Best Time	00:28.54		00:54.82		03:35.17	07:43.41	12:41.94	
Improvement	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	100.00%	100.00%	
Mattick, Danica	100m	200m	300m	400m	500m	800m	Overall	
Personal Best	00:20.95	00:38.84	00:58.61	01:24.36	01:35.58	02:54.52	02:55.14	
Current Season Best Time	00:20.80		00:57.03		01:35.58		02:53.41	
Improvement	99.28%	0.00%	97.30%	0.00%	100.00%	0.00%	99.01%	
Scutchings, Melissa	200m	300m	400m	500m	800m	1000m	1500m	Overall
Personal Best	00:31.09	00:47.48	01:02.67	02:04.10	02:11.52	02:48.37	03:31.09	10:52.22
Current Season Best Time	00:28.36	00:43.10	00:54.92		01:51.20	02:26.31	03:31.09	09:54.98
Improvement	91.22%	90.78%	87.63%	0.00%	84.55%	86.90%	100.00%	91.22%
Stack-Michasiw, Lydia	200m	300m	400m	800m	1000m	Overall		
Personal Best	00:34.81	00:53.45	01:11.57	02:50.74	02:53.50	05:33.33		
Current Season Best Time	00:31.20	00:48.82	01:02.09		02:47.37	05:09.48		
Improvement	89.63%	91.34%	86.75%	0.00%	96.47%	92.84%		
Stribbell, Taryn	200m	300m	400m	500m	800m	1000m	Overall	
Personal Best	00:33.06	00:50.97	01:07.25	01:35.18	02:27.16	03:09.86	09:43.48	
Current Season Best Time	00:31.17	00:46.42	01:00.71	01:18.59	02:09.14	02:36.84	08:22.87	
Improvement	94.28%	91.07%	90.28%	82.57%	87.75%	82.61%	86.18%	
White, Avaya	100m	200m	300m	400m	800m	1000m	Overall	

Personal Best	00:20.34	00:37.94	00:57.06	01:12.92	02:51.74	03:28.38	06:16.30
Current Season Best Time	00:35.45	00:53.50	01:13.54			03:10.62	05:53.11
Improvement	0.00%	93.44%	93.76%	100.85%	0.00%	91.48%	93.84%

T2T 11 - Female								
Beaugard, Felicity	200m	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:28.03	00:56.89	01:37.30	03:22.76	03:49.41	08:07.37	13:21.70	
Current Season Best Time	00:28.10	00:53.28			03:35.36	08:07.37	13:04.11	
Improvement	100.25%	93.65%	0.00%	0.00%	93.88%	100.00%	97.81%	
Carle, Mickayla	200m	300m	400m	1500m	3000m	Overall		
Personal Best	00:28.50		00:56.00	03:40.49	08:03.82	13:08.81		
Current Season Best Time	00:28.50		00:56.00	03:40.49	08:03.82	13:08.81		
Improvement	100.00%	#DIV/0!	100.00%	100.00%	100.00%	100.00%		
Cloutier, Ella	200m	400m	800m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:25.43	00:48.64	01:39.21	02:15.16	03:11.80	04:32.43	07:02.58	16:00.88
Current Season Best Time	00:23.55	00:43.73			02:56.29	04:32.43	06:17.32	14:53.32
Improvement	92.61%	89.91%	0.00%	0.00%	91.91%	100.00%	89.29%	92.97%
Dallaire, Serena	200m	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:23.99	00:44.59	01:15.81	02:05.65	03:01.12	06:18.18	10:27.88	
Current Season Best Time	00:22.92	00:41.96			02:52.98	06:05.69	10:03.55	
Improvement	95.54%	94.10%	0.00%	0.00%	95.51%	96.70%	96.13%	
Frombach, Amber	200m	400m	500m	800m	1000m	1500m	3000m	Overall
Personal Best	00:27.96	00:56.34	02:00.96	02:17.90	02:47.44	03:48.36	07:54.55	15:54.65
Current Season Best Time	00:25.68	00:49.22			02:25.90	03:17.98	07:33.08	14:31.86
Improvement	91.85%	87.36%	0.00%	0.00%	87.14%	86.70%	95.48%	91.33%
Korthuis, Isabella	200m	400m	800m	1500m	3000m	Overall		
Personal Best	00:34.21	00:59.63	02:17.22	04:00.24	07:53.83	13:27.91		
Current Season Best Time	00:28.85	00:56.70		03:23.42	07:53.83	12:42.80		
Improvement	84.33%	95.09%	0.00%	84.67%	100.00%	94.42%		
Turnbull, Sophie	200m	400m	1000m	1500m	3000m	Overall		
Personal Best	00:34.95	01:11.75	03:04.73	03:53.86	07:05.07	12:45.63		
Current Season Best Time	00:27.63	00:52.71		03:26.02	07:05.07	11:51.43		
Improvement	79.06%	73.46%	0.00%	88.10%	100.00%	92.92%		

Shurnaik, Erika	200m	300m	400m	1000m	1500m	Overall	
Personal Best	00:31.82		01:02.61		04:15.65	05:50.08	
Current Season Best Time	00:31.82		01:02.61		04:15.65	05:50.08	
Improvement	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	100.00%	
Slabaida, Greir	200m	400m	1500m	3000m	Overall		
Personal Best	00:26.64	00:53.82	03:34.85	07:45.08	12:40.39		
Current Season Best Time	00:26.64	00:53.82	03:34.85	07:45.08	12:40.39		
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%		
Smith, Julia	200m	300m	400m	500m	1500m	3000m	Overall
Personal Best	00:28.70	00:40.69	00:53.94	01:11.57	03:51.30	07:38.77	12:52.71
Current Season Best Time	00:27.26		00:52.45		03:24.52	07:04.83	11:49.06
Improvement	94.98%	0.00%	97.24%	0.00%	88.42%	92.60%	91.76%

T2T 12 - Female								
Andreas, Shannon	200m	300m	400m	1000m	1500m	3000m	Overall	
Personal Best	00:30.64	00:51.55	00:58.20	03:00.38	03:56.28	07:48.05	16:13.55	
Current Season Best Time	00:27.41		00:52.10	02:43.24	03:32.84	07:33.27	15:08.86	
Improvement	89.46%	0.00%	89.52%	90.50%	90.08%	96.84%	93.36%	
Benson, Kiara	200m	400m	1000m	1500m	3000m	Overall		
Personal Best	00:29.37	00:58.40		04:05.13	07:41.22	13:14.12		
Current Season Best Time	00:26.56	00:51.88		03:34.67	07:41.22	12:34.33		
Improvement	90.43%	88.84%	#DIV/0!	87.57%	100.00%	94.99%		
Bracha, Kiera	200m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:24.68	00:47.25	01:01.09	02:11.92	02:59.50	04:27.01	06:33.88	15:12.32
Current Season Best Time	00:23.75	00:44.65			02:50.86	04:27.01	06:10.66	14:36.93
Improvement	96.23%	94.50%	0.00%	0.00%	95.19%	100.00%	94.10%	96.12%
Capill, Morgan	200m	300m	400m	1000m	1500m	3000m	Overall	
Personal Best	00:27.50	00:41.67	00:53.34	02:16.44	03:30.13	07:50.99	12:41.96	
Current Season Best Time	00:24.43		00:47.77		03:06.59	06:31.29	10:50.08	
Improvement	88.84%	0.00%	89.56%	0.00%	88.80%	83.08%	85.32%	
Reynoldson, Gracie	200m	300m	400m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:24.70	00:40.12	00:46.05	02:15.19	03:02.85	04:14.60	06:34.52	15:02.72
Current Season Best Time	00:23.33		00:43.22		03:00.02	04:24.15	06:16.62	14:47.34

Improvement	94.45%	0.00%	93.85%	0.00%	98.45%	103.75%	95.46%	98.30%
Seman, Avery	200m	400m	800m	1000m	1500m	3000m	Overall	
Personal Best	00:29.13	00:57.44	02:11.06	03:32.20	03:46.64	07:37.46	12:50.67	
Current Season Best Time	00:26.54	00:51.35			03:34.27	07:37.46	12:29.62	
Improvement	91.11%	89.40%	0.00%	0.00%	94.54%	100.00%	97.27%	

T2T 13 - Female							
Drever, Allyson	200m	400m	1500m	2000m	3000m	Overall	
Personal Best	00:26.14	00:48.78	03:27.16	05:00.44	08:35.89	13:17.97	
Current Season Best Time	00:24.94	00:47.80	03:26.86		08:11.52	12:51.12	
Improvement	95.41%	97.99%	99.86%	0.00%	95.28%	96.64%	
Harms, Cara	200m	400m	1500m	2000m	3000m	Overall	
Start of the Season	00:24.35	00:45.15	03:07.06	04:37.70	07:34.70	11:51.26	
Current Season Best Time	00:23.73	00:43.93	03:00.05		06:38.25	10:45.96	
Improvement	97.45%	97.30%	96.25%	0.00%	87.59%	90.82%	
Hennenfent, Ashley	200m	400m	1500m	3000m	Overall		
Start of the Season	00:28.73	00:57.05	03:54.59	07:12.14	12:32.51		
Current Season Best Time	00:26.43	00:51.39	03:26.65	07:12.14	11:56.61		
Improvement	91.99%	90.08%	88.09%	100.00%	95.23%		
Riben, Meela	200m	400m	500m	1500m	2000m	3000m	Overall
Personal Best	00:22.66	00:42.10	01:03.50	02:56.06	04:10.07	06:24.24	10:25.06
Current Season Best Time	00:22.38	00:41.64		02:54.47		06:27.31	10:25.80
Improvement	98.76%	98.91%	0.00%	99.10%	0.00%	100.80%	100.12%
Stribbell, Janaye	200m	400m	1000m	1500m	3000m	Overall	
Personal Best	00:25.07	00:48.06	02:36.76	03:06.84	06:34.29	10:54.26	
Current Season Best Time	00:24.30	00:45.69		02:54.47	06:31.94	10:36.40	
Improvement	96.93%	95.07%	0.00%	93.38%	99.40%	97.27%	

T2T 14 - Female						
Bracha, Ceili	200m	400m	1500m	2000m	3000m	Overall
Personal Best	00:23.24	00:43.34	02:51.88	04:04.85	06:00.51	09:58.97
Current Season Best Time	00:22.46	00:41.74	02:46.77		05:51.76	09:42.73
Improvement	96.64%	96.31%	97.03%	0.00%	97.57%	97.29%

Dallaire, Shannon	200m	400m	1500m	2000m	3000m	Overall	
Personal Best	00:24.17	00:44.26	03:00.26	04:38.79	06:31.30	10:39.99	
Current Season Best Time	00:23.03	00:43.71	03:00.88		06:29.36	10:36.98	
Improvement	95.28%	98.76%	100.34%	0.00%	99.50%	99.53%	
Harrison, Heather	200m	400m	1500m	2000m	3000m	Overall	
Personal Best	00:24.06	00:45.54	03:01.62	04:27.37	06:24.66	10:35.88	
Current Season Best Time	00:22.57	00:42.77	02:52.73		06:16.87	10:14.94	
Improvement	93.81%	93.92%	95.11%	0.00%	97.97%	96.71%	
Marshall, Annika	200m	400m	1500m	2000m	3000m	Overall	
Personal Best	00:22.88	00:43.57	02:51.69	04:14.39	06:03.91	10:02.05	
Current Season Best Time	00:23.15	00:42.07	02:53.53		06:14.33	10:13.08	
Improvement	101.18%	96.56%	101.07%	0.00%	102.86%	101.83%	
Moris, Molly	200m	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:24.77	00:46.56	00:58.54	02:26.23	03:11.74	06:36.92	11:58.53
Current Season Best Time	00:22.84	00:45.68	00:54.54		03:07.46	06:56.98	12:07.50
Improvement	92.21%	98.11%	93.17%	0.00%	97.77%	105.05%	101.25%
Pelet, Emmarie	200m	400m	1500m	2000m	3000m	Overall	
Personal Best	00:26.19	00:51.75	03:37.88		07:35.66	12:31.48	
Current Season Best Time	00:25.26	00:50.09	03:29.29		07:29.07	12:13.71	
Improvement	96.45%	96.79%	96.06%	#DIV/0!	98.55%	97.64%	
Junior B - Female							
Cipywnyk, Brianne	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:43.78	00:52.39	01:52.32	02:57.99	06:24.16	05:42.70	
Current Season Best Time		00:53.89	01:50.51	02:54.68		05:39.08	
Improvement	0.00%	102.86%	98.39%	98.14%	0.00%	98.94%	
Coutu, Vanessa	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:40.75	00:49.45	01:42.45	02:41.71	05:34.25	10:47.86	
Current Season Best Time		00:49.12	01:43.15	02:37.61	05:49.08	10:58.96	
Improvement	0.00%	99.33%	100.68%	97.46%	104.44%	101.71%	
Friesen, Kali Ann	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:44.52	00:55.34	01:55.51	02:58.71	04:35.82	06:34.14	12:23.70
Current Season Best Time		00:55.34	01:55.51	03:04.27		06:27.65	12:22.77

Improvement	0.00%	100.00%	100.00%	103.11%	0.00%	98.35%	99.87%
Korthuis, Laura	200m	400m	1500m	3000m	Overall		
Personal Best	00:26.84	00:50.89	03:26.53	08:10.42	04:44.26		
Current Season Best Time	<u>00:25.63</u>	<u>00:49.82</u>	<u>03:15.80</u>		04:31.25		
Improvement	95.49%	97.90%	94.80%	0.00%	95.42%		
Morris, Jane	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:43.83	00:54.16	01:54.40	02:58.16	06:19.97	05:46.72	
Current Season Best Time		<u>00:48.38</u>	<u>01:39.20</u>	<u>02:40.39</u>		05:07.97	
Improvement	0.00%	89.33%	86.71%	90.03%	0.00%	88.82%	

Junior A Female						
Marsh, Jessica	500m	1000m	1500m	3000m	Overall	
Personal Best	00:52.81	01:48.28	02:51.50	06:05.75	11:38.34	
Current Season Best Time					00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	
Moyse, Olivia	500m	1000m	1500m	3000m	Overall	
Personal Best	00:47.67	01:39.57	02:33.70	05:27.16	05:00.94	
Current Season Best Time	<u>00:48.38</u>	<u>01:39.20</u>	<u>02:40.39</u>		05:07.97	
Improvement	101.49%	99.63%	104.35%	0.00%	102.34%	