

Short Track Personal Best Times - 2012-2013 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							
Arnold, Shantaya	200m	300m	400m	1000m	Overall		
Personal Best	00:45.18	01:10.99	01:15.32	03:11.33	06:22.82		
Current Season Best Time	00:35.25	00:50.41	01:15.32	03:11.33	05:52.31		
Improvement	78.02%	71.01%	100.00%	100.00%	92.03%		
Bilendy, Faith	200m	400m	Overall				
Personal Best	00:58.08	02:11.41	03:09.49				
Current Season Best Time	00:58.08	02:11.41	03:09.49				
Improvement	100.00%	100.00%	100.00%				
Bracha, Kiera	100m	200m	300m	400m	1000m	1500m	Overall
Personal Best	00:18.44	00:37.71	00:54.87	01:15.16	03:09.67	03:56.78	10:12.63
Current Season Best Time	00:16.27	00:30.10	00:44.22	00:59.80	02:33.01	03:56.78	09:00.18
Improvement	88.23%	79.82%	80.59%	79.56%	80.67%	100.00%	88.17%
Carruthers, Sage	200m	300m	400m	Overall			
Personal Best	00:41.07	01:04.33	02:04.24	03:49.64			
Current Season Best Time	00:41.07	01:04.33	02:04.24	03:49.64			
Improvement	100.00%	100.00%	100.00%	100.00%			
Cloutier, Ella	100m	200m	400m	1000m	Overall		
Start of the Season	00:21.87	00:41.00	01:13.87	03:35.42	05:52.16		
Current Season Best Time	00:19.07	00:35.93	01:13.87	03:14.51	05:23.38		
Improvement	87.20%	87.63%	100.00%	90.29%	91.83%		
Coutu, Emily	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:19.92	00:45.99	01:01.00	01:14.63	03:40.77	07:02.31	
Current Season Best Time	00:18.89	00:37.20	01:01.00	01:14.63	03:11.91	06:23.63	
Improvement	94.83%	80.89%	100.00%	100.00%	86.93%	90.84%	
Dallaire, Serena	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:29.31	00:44.22	01:11.82	01:23.72	03:47.67	07:36.74	
Current Season Best Time	00:18.98	00:31.81	01:02.60	01:11.95	02:51.15	05:56.49	
Improvement	64.76%	71.94%	87.16%	85.94%	75.17%	78.05%	
Frombach, Amber	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:21.44	00:47.04	01:16.93	01:42.40	04:31.10	08:38.91	
Current Season Best Time	00:21.44	00:44.18	01:16.93	01:27.95	03:36.84	07:27.34	
Improvement	100.00%	93.92%	100.00%	85.89%	79.99%	86.21%	
Hamborg, Harleigh	200m	300m	400m	1000m	Overall		
Personal Best	00:35.54	00:53.33	01:15.36	03:22.97	06:07.20		
Current Season Best Time	00:35.54	00:53.33	01:15.36	03:22.97	06:07.20		
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%		

Hrycuik, Katya	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:22.37	00:44.69	01:09.39	01:28.70	04:18.42	08:03.57	
Current Season Best Time	00:22.01	00:42.34	01:04.10	01:28.70	03:56.06	07:33.21	
Improvement	98.39%	94.74%	92.38%	100.00%	91.35%	93.72%	
Hrycuik, Sophia	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:24.21	00:45.96	01:12.45	01:34.79	04:21.31	08:18.72	
Current Season Best Time	00:24.21	00:45.96	01:11.16	01:34.79	04:02.47	07:58.59	
Improvement	100.00%	100.00%	98.22%	100.00%	92.79%	95.96%	
Knihniski, Jenna	200m	300m	400m	1000m	Overall		
Personal Best	00:33.53	00:53.80	01:01.04	03:08.27	05:36.64		
Current Season Best Time	00:29.85	00:43.71	01:03.96	02:32.79	04:50.31		
Improvement	89.02%	81.25%	104.78%	81.15%	86.24%		
Panko, Jaleigh	200m	400m	Overall				
Start of the Season	00:43.40	01:25.93	02:09.33				
Current Season Best Time	00:41.38	01:25.93	02:07.31				
Improvement	95.35%	100.00%	98.44%				
Reynoldson, Gracie	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:20.22	00:36.70	00:57.06	01:15.30	03:25.75	06:35.03	
Current Season Best Time	00:19.93	00:35.57	00:57.06	01:15.30	03:06.68	06:14.54	
Improvement	98.57%	96.92%	100.00%	100.00%	90.73%	94.81%	
Viczko, Mya	100m	200m	300m	400m	1000m	1500m	Overall
Personal Best	00:14.78	00:28.85	00:43.20	00:58.12	02:28.55	03:46.41	08:39.91
Current Season Best Time	00:14.39	00:26.91	00:40.93	00:52.69	02:20.14	03:35.43	08:10.49
Improvement	97.36%	93.28%	94.75%	90.66%	94.34%	95.15%	94.34%

L2T - Female								
Bloom, Makenna	100m	200m	300m	400m	500m	1500m	3000m	Overall
Personal Best	00:15.51	00:26.53	00:45.74	00:50.30	00:59.52	03:22.85	07:31.38	13:12.31
Current Season Best Time	00:14.48	00:25.46	00:37.22	00:48.45	00:59.52	03:25.14	07:05.60	13:35.87
Improvement	93.36%	95.97%	81.37%	96.32%	100.00%	101.13%	94.29%	102.97%
Bracha, Ceili	100m	200m	300m	400m	1000m	1500m	Overall	
Personal Best	00:15.93	00:38.59	00:56.14	01:18.16	03:24.21	03:58.89	10:31.92	
Current Season Best Time	00:15.74	00:28.35	00:42.44	00:54.00	02:20.37	03:51.38	08:32.28	
Improvement	98.81%	73.46%	75.60%	69.09%	68.74%	96.86%	81.07%	
Brown, Kaitlyn	200m	300m	400m	1500m	Overall			
Personal Best	00:38.52	00:58.16	01:25.34	03:35.94	06:37.96			
Current Season Best Time	00:38.52	00:58.16	01:25.34	03:35.94	06:37.96			
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%			
Bryksa, Jenna	100m	200m	300m	400m	1500m	Overall		
Personal Best	00:15.19	00:28.73	00:43.47	00:55.70	03:42.85	06:05.94		
Current Season Best Time	00:16.31	00:29.72	00:42.33	00:55.70	04:12.51	06:36.57		
Improvement	107.37%	103.45%	97.38%	100.00%	113.31%	108.37%		
Carnike, Taya	100m	200m	300m	400m	1000m	Overall		
Personal Best	00:18.87	00:35.46	00:54.50	01:16.52	03:37.76	06:43.11		
Current Season Best Time	00:18.87	00:35.00	00:54.50	01:12.73	03:24.47	06:25.57		
Improvement	100.00%	98.70%	100.00%	95.05%	93.90%	95.65%		
Cipywnyk, Amber	100m	200m	300m	Overall				
Personal Best	00:22.94	00:42.41	01:06.25	02:11.60				
Current Season Best Time	00:22.94	00:42.41	01:06.25	02:11.60				
Improvement	100.00%	100.00%	100.00%	100.00%				

Dallaire, Shannon	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:22.36	00:37.26	00:57.89	01:24.84	03:55.78	07:18.13	
Current Season Best Time	00:17.81	00:34.10	00:50.65	01:09.99	03:08.30	06:00.85	
Improvement	79.65%	91.52%	87.49%	82.50%	79.86%	82.36%	
Friesen, Kali Ann	100m	200m	300m	1000m	1500m	Overall	
Personal Best	00:17.43	00:32.79	00:45.33	02:45.60	04:10.69	05:46.24	
Current Season Best Time	00:16.13	00:30.33	00:44.69	00:00.00	04:10.69	05:41.84	
Improvement	92.54%	92.50%	98.59%	0.00%	100.00%	98.73%	
Grajczyk, Sophia	200m	300m	400m	1500m	3000m	Overall	
Personal Best	00:31.70	00:49.27	00:59.96	03:59.70	08:39.03	14:59.66	
Current Season Best Time	00:29.95	00:45.17	00:59.96	03:59.70	08:39.03	14:53.81	
Improvement	94.48%	91.68%	100.00%	100.00%	100.00%	99.35%	
Harrison, Heather	100m	200m	300m	400m	1000m	1500m	Overall
Personal Best	00:16.16	00:37.73	00:55.09	00:58.43	02:51.04	04:02.64	09:41.09
Current Season Best Time	00:16.16	00:29.50	00:43.70	00:58.43	02:51.04	04:02.64	09:21.47
Improvement	100.00%	78.19%	79.32%	100.00%	100.00%	100.00%	96.62%
Krieger, Kaitlyn	100m	200m	300m	1000m	1500m	Overall	
Personal Best	00:16.78	00:33.42	00:44.52	02:38.50	04:15.93	05:50.65	
Current Season Best Time	00:17.08	00:31.59	00:46.44	00:00.00	04:15.93	05:51.04	
Improvement	101.79%	94.52%	104.31%	0.00%	100.00%	100.11%	
MacDonald, Ria	100m	200m	400m	1000m	Overall		
Start of the Season	00:17.78	00:33.50	01:18.62	03:16.30	05:26.20		
Current Season Best Time	00:15.85	00:28.06	00:55.67	02:27.69	04:07.27		
Improvement	89.15%	83.76%	70.81%	75.24%	75.80%		
McLaughlin, Dani	100m	200m	300m	400m	1000m	1500m	Overall
Personal Best	00:15.87	00:36.65	00:52.76	01:00.32	02:38.86	04:40.33	10:04.79
Current Season Best Time	00:15.87	00:30.65	00:45.07	01:00.83	02:27.36	04:40.33	09:40.11
Improvement	100.00%	83.63%	85.42%	100.85%	92.76%	100.00%	95.92%
Moris, Molly	100m	200m	300m	400m	1000m	1500m	Overall
Personal Best	00:15.82	00:30.36	00:37.62	00:59.95	02:26.23	04:05.61	08:55.59
Current Season Best Time	00:16.12	00:29.84	00:43.36	00:58.89	02:28.44	03:59.98	08:56.63
Improvement	101.90%	98.29%	115.26%	98.23%	101.51%	97.71%	100.19%
Welder, Brianne	200m	300m	400m	1000m	Overall		
Personal Best	00:34.97	00:48.26	01:07.39	02:58.99	05:29.61		
Current Season Best Time	00:34.97	00:48.26	01:07.39	02:58.99	05:29.61		
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%		
Workman, Tanya	100m	200m	300m	400m	1500m	Overall	
Personal Best	00:14.77	00:27.72	00:47.92	00:54.16	03:42.99	06:07.56	
Current Season Best Time	00:16.54	00:27.97	00:42.74	00:54.61	03:54.94	06:16.80	
Improvement	111.98%	100.90%	89.19%	100.83%	105.36%	102.51%	

T2T 11 - Female						
Coutu, Vanessa	200m	400m	500m	1500m	3000m	Overall
Personal Best	00:29.22	00:55.39	01:06.91	03:29.62	08:17.90	14:19.04
Current Season Best Time	00:28.03	00:53.37	01:06.91	03:29.62	07:41.97	13:39.90
Improvement	95.93%	96.35%	100.00%	100.00%	92.78%	95.44%

Cipywnyk, Brianne	200m	400m	500m	1500m	3000m	Overall	
Personal Best	00:27.63	00:54.26	00:59.72	03:40.40	07:43.17	12:45.46	
Current Season Best Time	00:25.43	00:47.99	00:59.72	03:07.60	07:09.90	12:30.64	
Improvement	92.04%	88.44%	100.00%	85.12%	92.82%	98.06%	
Millar, Mackenzie	100m	200m	300m	400m	1500m	Overall	
Personal Best	00:16.73	00:31.29	00:44.79	01:04.17	04:02.22	06:39.20	
Current Season Best Time	00:15.29	00:29.15	00:42.97	00:58.56	03:44.03	06:10.00	
Improvement	91.39%	93.16%	95.94%	91.26%	92.49%	92.69%	
Morris, Jane	100m	200m	300m	400m	1500m	3000m	Overall
Personal Best	00:14.79	00:27.71	00:40.63	00:52.23	03:24.35	07:32.94	13:12.65
Current Season Best Time	00:14.88	00:26.37	00:40.51	00:50.12	03:16.72	07:03.42	12:32.02
Improvement	100.61%	95.16%	99.70%	95.96%	96.27%	93.48%	94.87%

T2T 12 - Female							
Bissky, Jayden	200m	300m	400m	1000m	1500m	3000m	Overall
Personal Best	00:29.17	00:40.51	00:58.52	02:41.66	03:39.16	08:41.11	17:10.13
Current Season Best Time	00:25.89	00:40.51	00:49.36	02:25.37	03:13.52	07:15.61	14:50.26
Improvement	88.76%	100.00%	84.35%	89.92%	88.30%	83.59%	86.42%
Fuchs, Abby	200m	400m	1500m	3000m	Overall		
Personal Best	00:27.65	00:54.10	03:39.06	08:23.72	13:24.53		
Current Season Best Time	00:27.65	00:52.74	03:39.06	08:08.60	13:08.05		
Improvement	100.00%	97.49%	0.00%	97.00%	97.95%		
McMaster, Brynne	200m	400m	1500m	3000m	Overall		
Personal Best	00:28.51	00:54.45	03:34.03	07:51.34	12:48.33		
Current Season Best Time	00:25.99	00:53.44	03:32.90	07:41.97	12:34.30		
Improvement	91.16%	98.15%	99.47%	98.01%	98.17%		
Moyse, Olivia	200m	400m	1500m	3000m	Overall		
Personal Best	00:23.73	00:44.44	02:56.78	05:58.93	10:03.88		
Current Season Best Time	00:22.36	00:41.79	02:44.86	05:45.66	09:34.67		
Improvement	94.23%	94.04%	93.26%	96.30%	95.16%		
Sanson, Gabrielle	200m	400m	1500m	3000m	Overall		
Personal Best	00:22.62	00:43.13	02:54.11	06:01.08	10:00.94		
Current Season Best Time	00:21.72	00:41.20	02:45.65	06:01.83	09:50.40		
Improvement	96.02%	95.53%	95.14%	100.21%	98.25%		
Welder, Cara	400m	1500m	3000m	Overall			
Personal Best	00:56.67	03:55.29	08:35.57	13:27.53			
Current Season Best Time	00:56.67	03:55.29	08:35.57	13:27.53			
Improvement	100.00%	100.00%	100.00%	100.00%			

T2T 13 - Female						
Brown, Shailyn	400m	1500m	3000m	Overall		
Personal Best	01:00.06	03:47.96	09:21.07	14:09.09		
Current Season Best Time	00:55.76	03:44.03	07:44.51	12:24.30		
Improvement	92.84%	98.28%	82.79%	87.66%		
Dagenais, Roslynn	200m	400m	500m	1500m	3000m	Overall
Personal Best	00:24.74	00:48.92	01:00.65	03:18.56	07:11.47	12:44.34
Current Season Best Time	00:24.04	00:45.45	01:00.65	03:14.71	06:47.03	12:11.88
Improvement	97.17%	92.91%	100.00%	98.06%	94.34%	95.75%

Demarce, Shae	200m	400m	1500m	3000m	Overall
Personal Best	00:26.48	00:49.31	03:21.72	07:04.16	11:41.67
Current Season Best Time	00:25.53	00:48.28	03:28.84	07:04.16	11:46.81
Improvement	96.41%	97.91%	103.53%	100.00%	100.73%
Grajczyk, Isabella	200m	400m	1500m	3000m	Overall
Personal Best	00:30.19	00:59.36	04:01.20	08:19.62	13:50.37
Current Season Best Time	00:30.19	00:59.36	04:01.20	08:19.62	13:50.37
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%
Keeping, Nicole	200m	400m	Overall		
Personal Best	00:30.57	00:58.46	01:29.03		
Current Season Best Time	00:30.57	00:58.46	01:29.03		
Improvement	100.00%	100.00%	100.00%		
Morhart, Jamee	200m	400m	1500m	1500m	Overall
Start of the Season	00:31.94	01:04.97	04:21.01	10:01.29	15:59.21
Current Season Best Time	00:30.77	01:02.50	04:11.94	10:01.29	15:46.50
Improvement	96.34%	96.20%	96.53%	100.00%	98.67%

T2T 14 - Female						
Stevenson, Shealynn	200m	400m	500m	1500m	3000m	Overall
Personal Best	00:24.22	00:46.08	00:55.83	03:00.43	06:25.24	07:35.54
Current Season Best Time	00:23.69	00:45.08	00:55.83	02:55.81	06:04.01	11:04.42
Improvement	97.81%	97.83%	100.00%	97.44%	94.49%	145.85%
Harris, Erin	200m	400m	Overall			
Personal Best	00:33.20	01:04.00	01:37.20			
Current Season Best Time	00:33.20	01:04.00	01:37.20			
Improvement	100.00%	100.00%	100.00%			
Keeping, Sarah	200m	400m	1500m	3000m	Overall	
Personal Best	00:22.89	00:44.38	00:00.00	06:46.30	07:53.57	
Current Season Best Time	00:22.89	00:44.38	00:00.00	06:46.30	07:53.57	
Improvement	100.00%	100.00%	0.00%	100.00%	100.00%	
Workman, Tenielle	200m	400m	500m	1500m	3000m	Overall
Personal Best	00:24.44	00:48.08	01:00.21	03:04.36	07:10.66	12:27.75
Current Season Best Time	00:24.62	00:48.78	01:15.38	03:06.91	06:48.23	12:23.92
Improvement	100.74%	101.46%	125.20%	101.38%	94.79%	99.49%

Junior B - Female				
Brunet, Lexi	500m	1000m	1500m	Overall
Personal Best	00:57.61	02:00.91	03:10.23	06:08.75
Current Season Best Time	00:57.61	02:00.91	03:10.23	06:08.75
Improvement	100.00%	100.00%	100.00%	100.00%
Kokotailo-Waterer, Katie	500m	1000m	1500m	Overall
Personal Best	00:49.57	01:42.90	02:42.93	05:15.40
Current Season Best Time	<u>00:49.50</u>	<u>01:43.78</u>	<u>02:40.68</u>	05:13.96
Improvement	99.86%	100.86%	98.62%	99.54%
Marsh, Jessica	500m	1000m	1500m	Overall
Personal Best	00:55.11	01:53.58	02:57.92	05:46.61
Current Season Best Time	<u>00:51.93</u>	<u>01:51.81</u>	<u>02:51.84</u>	05:35.58
Improvement	94.23%	98.44%	96.58%	96.82%

Ogundipe, Faith	500m	1000m	1500m	Overall
Personal Best	01:05.67	02:15.47	03:42.92	07:04.06
Current Season Best Time	01:08.44	02:35.85	03:52.86	07:37.15
Improvement	104.22%	115.04%	104.46%	107.80%
Slusar, Rachel	500m	1000m	1500m	Overall
Personal Best	00:53.76	01:50.49	02:55.69	05:39.94
Current Season Best Time	00:51.16	01:49.16	02:48.49	05:28.81
Improvement	95.16%	98.80%	95.90%	96.73%
Wheler, Juliette	500m	1000m	1500m	Overall
Personal Best	00:52.15	01:46.53	02:45.26	05:23.94
Current Season Best Time	00:49.43	01:42.47	02:36.72	05:08.62
Improvement	94.78%	96.19%	94.83%	95.27%
Yurach, Mckenna	500m	1000m	Overall	
Personal Best	01:01.73	02:15.96	03:17.69	
Current Season Best Time	01:01.62	02:17.78	03:19.40	
Improvement	99.82%	101.34%	100.86%	