

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	

Please contact the SASSA Office for any discrepancies in this document

FUNdamentals - Female						
Previous PB	100m	200m	300m	1000m	Overall	
Bracha, Kiera	00:16.81	00:34.08	00:48.90	02:38.74	04:18.53	
Current Season PB	00:16.14	00:31.43	00:44.90	02:38.74	04:11.21	
	96.01%	92.22%	91.82%	100.00%	97.17%	
Personal Best	100m	200m	300m	400m	Overall	
Carruthers, Sage	00:25.86	00:44.26	01:10.82	00:00.00	02:20.94	
Current Season PB	00:25.86	00:44.26	01:10.82	00:00.00	02:20.94	
	100.00%	100.00%	100.00%	0.00%	100.00%	
Personal Best	100m	200m	300m	400m	Overall	
Cipywnyk, Amber	00:21.93	00:51.44	01:21.25	01:35.39	04:10.01	
Current Season PB	00:23.14	00:48.97	01:08.29	01:35.39	03:55.79	
	105.52%	95.20%	84.05%	100.00%	94.31%	
Personal Best	100m	200m	300m	1000m	Overall	
Coleman, Tala	00:19.62	00:40.27	00:58.12	03:52.61	05:50.62	
Current Season PB	00:19.62	00:40.27	00:58.12	03:52.61	05:50.62	
	100.00%	100.00%	100.00%	100.00%	100.00%	
Personal Best	100m	200m	300m	400m	Overall	
Coutu, Emily	00:20.53	00:38.81	00:58.23	01:15.97	03:13.54	
Current Season PB	00:20.53	00:38.81	00:58.23	01:15.97	03:13.54	
	100.00%	100.00%	100.00%	100.00%	100.00%	
Personal Best	100m	200m	300m	1000m	Overall	
Dallaire, Serena	00:19.11	00:33.85	00:52.76	03:22.06	05:07.78	
Current Season PB	00:19.11	00:33.85	00:52.76	03:22.06	05:07.78	
	100.00%	100.00%	100.00%	100.00%	100.00%	
Personal Best	100m	200m	300m	400m	1000m	Overall
Fromback, Amber	00:21.06	00:44.26	01:03.80	01:35.39	04:54.06	08:38.57
Current Season PB	00:21.06	00:44.26	01:03.80	01:35.39	04:54.06	08:38.57
	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%
Personal Best	100m	200m	300m	1000m	Overall	
Knihniski, Jenna	00:15.99	00:30.41	00:47.14	02:41.39	04:14.93	
Current Season PB	00:16.03	00:30.19	00:42.89	02:41.39	04:10.50	
	100.25%	99.28%	90.98%	100.00%	98.26%	
Personal Best	100m	200m	300m	1000m	Overall	
Regehr, Karys	00:16.64	00:35.74	00:56.12	03:10.09	04:58.59	
Current Season PB	00:18.25	00:35.15	00:46.52	03:10.09	04:50.01	
	109.68%	98.35%	82.89%	100.00%	97.13%	
Personal Best	100m	200m	300m	400m	Overall	
Workman, Tanya	00:14.29	00:29.18	00:42.82	01:00.22	02:26.51	
Current Season PB	00:16.31	00:30.58	00:42.45	00:57.79	02:27.13	
	114.14%	104.80%	99.14%	95.96%	100.42%	

L2T - Female						
Personal Best	100m	200m	300m	1000m	Overall	
Bloom, Makenna	00:14.93	00:27.59	00:39.08	02:26.29	03:47.89	
Current Season PB	00:14.93	00:27.59	00:39.08	02:26.29	03:47.89	
	100.00%	100.00%	100.00%	100.00%	100.00%	
Personal Best	100m	200m	300m	3000m	Overall	
Bracha, Ceili	00:16.42	00:32.68	00:47.20	08:13.19	09:49.49	
Current Season PB	00:15.17	00:30.24	00:42.03	08:13.19	09:40.63	
	92.39%	92.53%	89.05%	100.00%	98.50%	
Personal Best	100m	200m	300m	1000m	Overall	
Brown, Kaitlyn	00:16.37	00:32.47	00:00.00	03:17.79	04:06.63	
Current Season PB	00:16.37	00:32.47	00:00.00	03:17.79	04:06.63	
	100.00%	100.00%	0.00%	0.00%	100.00%	
Personal Best	100m	200m	300m	1000m	Overall	
Dallaire, Shannon	00:19.04	00:36.78	00:57.06	03:14.26	05:07.14	
Current Season PB	00:16.68	00:32.42	00:48.72	03:14.26	04:52.08	
	87.61%	88.15%	85.38%	100.00%	95.10%	
Personal Best	100m	200m	300m	400m	Overall	
Friesen, Kali-Ann	00:15.89	00:31.43	00:46.76	01:01.98	02:36.06	
Current Season PB	00:17.28	00:30.64	00:44.63	01:00.43	02:32.98	
	108.75%	97.49%	95.44%	97.50%	98.03%	
Personal Best	100m	200m	300m	1000m	Overall	
Holt, Paris	00:18.46	00:37.48	00:56.62	03:23.70	05:16.26	
Current Season PB	00:17.54	00:34.36	00:52.64	03:23.70	05:08.24	
	95.02%	91.68%	92.97%	100.00%	97.46%	
Personal Best	100m	200m	300m	400m	3000m	Overall
Krieger, Kaitlyn	00:15.82	00:30.53	00:42.61	00:57.37	08:38.32	11:04.65
Current Season PB	00:16.03	00:29.57	00:42.61	00:57.37	08:38.32	11:03.90
	101.33%	96.86%	100.00%	100.00%	100.00%	99.89%
Personal Best	100m	200m	300m	1000m	Overall	
McLaughlin, Dani	00:15.67	00:31.49	00:47.97	03:01.81	04:36.94	
Current Season PB	00:16.04	00:30.23	00:43.94	03:01.81	04:32.02	
	102.36%	96.00%	91.60%	100.00%	98.22%	
Personal Best	100m	200m	300m	400m	1000m	Overall
Morris, Molly	00:15.54	00:30.82	00:45.40	01:01.72	02:45.16	05:18.64
Current Season PB	00:15.43	00:30.40	00:43.26	01:04.10	02:45.16	05:18.35
	99.29%	98.64%	95.29%	103.86%	100.00%	99.91%

T2T 11 - Female					
Personal Best	300m	3000m	Overall		
Cipywnyk, Brianne	00:39.29	06:10.49	00:39.29		
Current Season PB	00:33.68 85.72%	06:10.49 100.00%	00:33.68 85.72%		
Personal Best	300m	3000m	Overall		
Coutu, Vanessa	00:38.75	08:16.69	08:55.44		
Current Season PB	00:38.75 100.00%	08:16.69 100.00%	08:55.44 100.00%		
Personal Best	300m	3000m	Overall		
Grajczyk, Sophia	00:47.07	09:48.98	10:36.05		
Current Season PB	00:44.90 95.39%	09:48.96 100.00%	10:33.86 99.66%		
Personal Best	200m	300m	400m	3000m	Overall
Millar, Mackenzie	00:31.40	00:44.97	01:03.89	08:34.17	10:54.43
Current Season PB	00:29.05 92.52%	00:41.92 93.22%	00:57.05 89.29%	08:34.17 100.00%	10:42.19 98.13%
Personal Best	300m	3000m	Overall		
Morris, Jane	00:39.75	07:41.92	08:21.67		
Current Season PB	00:37.66 94.74%	07:41.92 100.00%	08:19.58 99.58%		

T2T 12 - Female			
Personal Best	300m	3000m	Overall
Fuchs, Abby	00:42.08	08:34.12	09:16.20
Current Season PB	00:42.08 100.00%	08:34.12 100.00%	09:16.20 100.00%
Personal Best	300m	3000m	Overall
Hearn, Jayne	00:39.70	08:20.49	09:00.19
Current Season PB	00:35.43 89.24%	07:08.07 85.53%	07:43.50 85.80%
Personal Best	300m	Overall	Overall
McMaster, Brynne	00:42.03	00:42.03	05:56.33
Current Season PB	00:40.54 96.45%	00:40.54 96.45%	06:12.27 104.47%
Personal Best	300m	3000m	Overall
Moyse, Olivia	00:33.13	05:30.71	06:03.84
Current Season PB	00:29.99 90.52%	05:20.30 96.85%	05:50.29 96.28%
Personal Best	300m	3000m	
Sanson, Gabrielle	00:31.53	05:24.80	
Current Season PB	00:29.67 94.10%	05:42.60 105.48%	

T2T 13 - Female			
Personal Best	300m	3000m	Overall
Brown, Shailyn	00:44.49	08:30.43	09:14.92

Current Season PB	00:43.57	08:58.97	09:42.54
	97.93%	105.59%	104.98%
Personal Best	300m	Overall	
Dagenais, Roslynn	00:33.91	00:33.91	
Current Season PB	00:34.18	00:34.18	
	100.80%	100.80%	
Personal Best	300m	Overall	
Harris, Erin	00:46.26	00:46.26	
Current Season PB	00:46.26	00:46.26	
	100.00%	100.00%	
Personal Best	300m	Overall	
Piluk, Amy	00:37.03	00:37.03	
Current Season PB	01:00.15	01:00.15	
	162.44%	162.44%	

T2T 14 - Female			
Personal Best	300m	3000m	Overall
Bell, Chanel	00:33.39	06:24.59	06:57.98
Current Season PB	00:31.06	05:56.74	06:27.80
	93.02%	92.76%	92.78%
Personal Best	300m	3000m	Overall
Stevenson, Shealynn	00:34.44	06:12.55	06:46.99
Current Season PB	00:33.87	06:18.76	06:52.63
	98.34%	101.67%	101.39%
Personal Best	300m	Overall	
Workman, Tenielle	00:35.80	00:35.80	
Current Season PB	00:35.76	00:35.76	
	99.89%	99.89%	