

Short Track Personal Best Times - 2015-2016 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							
Ashfaq, Kiran	100m	200m	300m	400m	800m	Overall	
Personal Best	00:20.59	00:38.88	00:59.74		02:56.10	04:55.31	
Current Season Best Time	<u>00:20.59</u>	<u>00:38.88</u>	<u>00:59.74</u>		<u>02:56.10</u>	04:55.31	
Improvement	100.00%	100.00%	100.00%	#DIV/0!	100.00%	100.00%	
Beveridge Warick, Taras	100m	200m	300m	400m	1000m	Overall	
Personal Best		00:57.89		02:03.84		03:01.73	
Current Season Best Time		<u>00:57.89</u>		<u>02:03.84</u>		03:01.73	
Improvement	#DIV/0!	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	
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		<u>01:14.30</u>	<u>01:40.54</u>	<u>02:33.89</u>		05:28.73	
Improvement	#DIV/0!	100.00%	100.00%	100.00%	#DIV/0!	100.00%	
Cletheroe, Kharma	100m	200m	300m	500m	800m	Overall	
Personal Best	00:20.92	00:43.44	01:12.67	02:07.34	03:37.76	08:02.13	
Current Season Best Time	<u>00:20.24</u>	<u>00:40.89</u>	<u>01:01.99</u>	<u>02:07.34</u>	<u>02:56.16</u>	07:06.62	
Improvement	96.75%	94.13%	85.30%	100.00%	80.90%	88.49%	
Coutu, Emily	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:18.89	00:33.05	00:55.64	01:09.51	03:11.91	05:50.11	
Current Season Best Time						00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Gosselin, Angelique	100m	200m	300m	400m	800m	Overall	
Personal Best		00:34.97	00:50.05		02:27.24	03:52.26	
Current Season Best Time		<u>00:34.97</u>	<u>00:50.05</u>		<u>02:27.24</u>	03:52.26	
Improvement	#DIV/0!	100.00%	100.00%	#DIV/0!	100.00%	100.00%	
Hodges, Annie	100m	200m	300m	400m	800m	1000m	Overall
Personal Best	00:25.50	00:50.94	01:19.56		03:27.37		06:03.37
Current Season Best Time	<u>00:21.57</u>	<u>00:38.57</u>	<u>01:02.84</u>		<u>03:07.17</u>		05:10.15
Improvement	84.59%	75.72%	78.98%	#DIV/0!	90.26%	#DIV/0!	85.35%
Hrycuik, Sophia	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:29.28	00:44.29	00:58.31	01:14.12	02:28.18	04:06.38	10:00.56
Current Season Best Time	<u>00:28.48</u>	<u>00:41.11</u>	<u>00:54.39</u>	<u>01:10.47</u>	<u>02:25.72</u>	<u>03:37.27</u>	09:17.44
Improvement	97.27%	92.82%	93.28%	95.08%	98.34%	88.18%	92.82%

L2T - Female							
Andreas, Shannon	200m	300m	400m	800m	1000m	1500m	Overall
Personal Best	00:36.15	00:51.55		02:25.66			03:53.36
Current Season Best Time	00:36.15	00:51.55		02:25.66			03:53.36
Improvement	100.00%	100.00%	#DIV/0!	100.00%	#DIV/0!	#DIV/0!	100.00%
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%
Beauregard, Felicity	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:36.91	00:58.89	01:15.39	01:37.30	03:22.76		07:51.25
Current Season Best Time	00:35.29	00:58.74	01:15.39	01:37.30	03:22.76		07:49.48
Improvement	95.61%	99.75%	100.00%	100.00%	100.00%	#DIV/0!	99.62%
Bracha, Kiera	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:25.82	00:39.85	00:52.81	01:01.30	02:33.01	03:16.00	08:48.79
Current Season Best Time	00:24.68	00:36.67	00:48.20	01:01.09	02:11.92	03:07.98	08:10.54
Improvement	95.58%	92.02%	91.27%	99.66%	86.22%	95.91%	92.77%
Capill, Morgan	200m	300m	400m	1000m	1500m	Overall	
Personal Best	00:32.41	00:41.67	00:55.16	02:16.44	03:40.83	08:06.51	
Current Season Best Time	00:27.50	00:41.67	00:53.34	02:16.44	03:40.83	07:59.78	
Improvement	84.85%	100.00%	96.70%	100.00%	100.00%	98.62%	
Cipywnyk, Amber	100m	200m	300m	400m	800m	Overall	
Personal Best		00:39.57	00:57.99		02:37.40	04:14.96	
Current Season Best Time						00:00.00	
Improvement	#DIV/0!	0.00%	0.00%	#DIV/0!	0.00%	0.00%	
Coleman, Tala	100m	200m	300m	400m	800m	Overall	
Personal Best	00:19.53	00:20.67	00:40.00	01:21.49	02:33.91	03:34.58	
Current Season Best Time	00:19.53	00:32.38	00:47.57		02:33.91	03:53.86	
Improvement	100.00%	156.65%	118.93%	0.00%	100.00%	108.98%	
Cloutier, Ella	200m	300m	400m	1000m	1500m	Overall	
Personal Best	00:30.32	00:46.10	01:01.53	02:36.59	04:05.81	04:54.54	
Current Season Best Time	00:27.51	00:40.40	00:53.74	02:15.16		04:16.81	
Improvement	90.73%	87.64%	87.34%	86.31%	0.00%	87.19%	
Dallaire, Serena	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:27.84	00:42.75	00:53.37	01:15.81	02:18.89	03:32.40	07:55.25
Current Season Best Time	00:26.06	00:38.30	00:49.08		02:10.24	03:19.11	07:22.79
Improvement	93.61%	89.59%	91.96%	0.00%	93.77%	93.74%	93.17%
Frombach, Amber	200m	300m	400m	800m	1000m	1500m	Overall
Personal Best	00:35.82	00:53.51	01:13.21	02:17.90	03:25.79	05:02.81	#REF!
Current Season Best Time	00:32.60	00:49.92	01:06.51	02:17.90	03:16.51	05:02.81	13:06.25
Improvement	91.01%	93.29%	90.85%	100.00%	95.49%	100.00%	#REF!
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	00:22.81	00:43.18	01:10.09				02:16.08
Improvement	100.00%	100.00%	100.00%	#DIV/0!	#DIV/0!	#DIV/0!	100.00%

Hyrციუკ, Katya	200m	300m	400m	800m	500m	1000m	Overall
Start of the Season	00:38.55	00:56.16	00:56.16	02:34.35	01:26.33	03:07.23	07:04.43
Current Season Best Time	00:31.95	00:48.12	01:03.69		01:26.33	02:46.84	06:36.93
Improvement	82.88%	85.68%	113.41%	0.00%	100.00%	89.11%	93.52%
Ivey, Caedan	100m	200m	300m	400m	800m	1000m	Overall
Personal Best	00:18.59	00:31.64	00:53.68	01:09.65	02:37.49	02:42.75	05:17.72
Current Season Best Time		00:27.69	00:41.09	00:55.46		02:26.24	04:30.48
Improvement	0.00%	87.52%	76.55%	79.63%	0.00%	89.86%	85.13%
Korthuis, Bella	200m	300m	400m	800m	Overall		
Personal Best	00:34.21	00:48.45		02:17.22	03:39.88		
Current Season Best Time	00:34.21	00:48.45		02:17.22	03:39.88		
Improvement	100.00%	100.00%	#DIV/0!	100.00%	100.00%		
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%	
Liu, Jackie	200m	300m	400m	800m	1000m	Overall	
Personal Best	00:29.53	00:45.67		02:08.18		03:23.38	
Current Season Best Time	00:29.53	00:45.67		02:08.18		03:23.38	
Improvement	100.00%	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	
Maier, Madison	200m	300m	400m	500m	1000m	Overall	
Personal Best	00:34.83	00:56.36		01:39.94		03:11.13	
Current Season Best Time	00:34.83	00:56.36		01:39.94		03:11.13	
Improvement	100.00%	100.00%	#DIV/0!	100.00%	#DIV/0!	100.00%	
Regehr, Karys	200m	300m	400m	500m	1000m	Overall	
Personal Best	00:32.17	00:54.01	01:08.80	01:13.32	02:49.17	06:37.47	
Current Season Best Time	00:26.81	00:44.57	00:54.21	01:13.32	02:28.26	05:47.17	
Improvement	83.34%	82.52%	78.79%	100.00%	87.64%	87.34%	
Reynoldson, Gracie	200m	300m	400m	1000m	1500m	Overall	
Personal Best	00:30.35	00:44.59	01:01.00	02:28.78	03:58.10	08:42.82	
Current Season Best Time	00:27.58	00:40.12	00:51.91	02:15.19	03:41.02	07:55.82	
Improvement	90.87%	89.98%	85.10%	90.87%	92.83%	91.01%	
Smith, Julia	200m	300m	400m	800m	1500m	Overall	
Personal Best	00:36.37	00:53.91	01:10.18	02:16.93	04:50.13	09:47.52	
Current Season Best Time	00:34.42	00:50.18	01:10.18	02:16.93	04:50.13	09:41.84	
Improvement	94.64%	93.08%	100.00%	100.00%	100.00%	99.03%	
Viczko, Mya	100m	200m	300m	400m	1000m	Overall	
Personal Best	00:14.39	00:25.77	00:37.34	00:50.56	02:20.14	01:53.67	
Current Season Best Time						00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	

T2T 11 - Female							
Drever, Allyson	200m	300m	400m	1500m	3000m	Overall	
Personal Best	00:30.20	00:42.71	00:59.90	03:54.12	08:35.89	14:42.82	
Current Season Best Time	00:26.14	00:39.62	00:50.13	03:27.16	08:35.89	13:58.94	
Improvement	86.56%	92.77%	83.69%	88.48%	100.00%	95.03%	
Harms, Cara	200m	400m	1500m	2000m	3000m	Overall	
Start of the Season	00:28.02	00:54.75	03:40.33	04:48.78	08:01.65	17:53.53	
Current Season Best Time	00:27.50	00:51.45	03:26.72	04:48.78	08:01.65	17:36.10	
Improvement	98.14%	93.97%	93.82%	100.00%	100.00%	98.38%	
Hsu, Jenna	100m	200m	300m	400m	1000m	Overall	
Start of the Season	00:20.3	00:32.74			03:15.39	04:08.41	
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	#DIV/0!	#DIV/0!	0.00%	0.00%	
McDonald, Ria	200m	400m	1500m	3000m	Overall		
Personal Best	00:25.86	00:50.22	03:20.23	07:13.33	11:49.64		
Current Season Best Time						00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		
Panko, Jaleigh	200m	300m	400m	500m	800m	1000m	Overall
Start of the Season	00:35.84	00:55.24	01:16.32	01:23.66	02:20.58	03:20.73	02:54.74
Current Season Best Time	00:33.68	00:52.56		01:23.66	02:49.90		
Improvement	93.97%	95.15%	0.00%	100.00%	0.00%	0.00%	97.23%
Riben, Meela	200m	400m	500m	1500m	2000m	3000m	Overall
Personal Best	00:23.59	00:46.41	01:03.50	03:06.32	04:10.07	06:38.06	15:04.45
Current Season Best Time	00:23.14	00:42.95		02:57.57	04:10.07	06:29.63	14:43.36
Improvement	98.09%	92.54%	0.00%	95.30%	100.00%	97.88%	97.67%
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	1500m	2000m	3000m	Overall	
Personal Best	00:32.23	01:02.95	03:40.75	04:51.44	08:04.12	18:11.49	
Current Season Best Time	00:26.88	00:49.51	03:16.95	04:51.44	08:04.12	17:28.90	
Improvement	83.40%	78.65%	89.22%	100.00%	100.00%	96.10%	

T2T 12 - Female							
Anderson, Emma	200m	400m	1500m	2000m	Overall		
Personal Best	00:38.98	01:23.52	04:35.35	08:00.22	14:38.07		
Current Season Best Time						00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		
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	200m	400m	1500m	2000m	3000m	Overall	
Personal Best	00:24.01	00:46.55	03:03.27	04:04.85	06:31.52	14:50.20	

Current Season Best Time	00:23.40	00:44.45	02:54.03	04:04.85	06:20.78	14:27.51	
Improvement	97.46%	95.49%	94.96%	100.00%	97.26%	97.45%	
Carnike, Taya	200m	400m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:27.18	00:56.22	03:24.47	03:48.23	04:55.27	08:30.41	10:06.90
Current Season Best Time	00:25.97	00:50.44		03:26.89	04:55.27		09:38.57
Improvement	95.55%	89.72%	0.00%	90.65%	100.00%	0.00%	95.33%
Dallaire, Shannon	200m	400m	1500m	2000m	3000m		Overall
Personal Best	00:26.41	00:51.06	03:26.64	04:38.79	07:24.85		16:47.75
Current Season Best Time	00:25.28	00:47.67	03:15.95	04:38.79	06:57.50		16:05.19
Improvement	95.72%	93.36%	94.83%	100.00%	93.85%		95.78%
Harrison, Heather	200m	400m	1500m	2000m	3000m		Overall
Personal Best	00:25.28	00:48.38	03:16.37	04:27.37	06:53.27		15:50.67
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%
Krieger, Kaitlyn	200m	400m	1500m	2000m	3000m		Overall
Personal Best	00:25.84	00:49.09	03:14.25	04:22.12	07:21.90		16:13.20
Current Season Best Time	00:25.63	00:47.95	03:07.59	04:22.12	06:46.57		15:29.86
Improvement	99.19%	97.68%	96.57%	100.00%	92.00%		95.55%
Marshall, Annika	200m	300m	400m	1500m	2000m	3000m	Overall
Personal Best	00:25.07	00:41.86	00:47.52	03:06.08	04:14.39	06:53.98	16:08.90
Current Season Best Time	00:23.10		00:43.57	02:55.61		06:53.98	10:56.26
Improvement	92.14%	0.00%	91.69%	94.37%	0.00%	100.00%	67.73%
Moris, Molly	200m	400m	1500m	2000m	3000m		Overall
Personal Best	00:26.03	00:50.82	03:30.00	04:44.63	07:03.39		16:34.87
Current Season Best Time	00:25.94	00:49.50	03:12.38	04:44.63	07:03.39		16:15.84
Improvement	99.65%	97.40%	91.61%	100.00%	100.00%		98.09%
Severson, Kylie	200m	400m	1500m	3000m		Overall	
Personal Best	00:28.13	00:55.76	03:39.96	08:06.24		13:10.09	
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%
Shurniak Belonio, Rebekah	200m	400m	1500m	3000m		Overall	
Personal Best	00:33.04	01:00.23	04:08.06	08:16.04		13:57.37	
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%
Starr, Jada	200m	400m	1500m	3000m		Overall	
Personal Best	00:34.18	01:07.92	05:08.52			06:50.62	
Current Season Best Time	00:30.06	00:58.89	04:01.96				05:30.91
Improvement	87.95%	86.70%	78.43%	#DIV/0!			80.59%

T2T 13 - Female							
Bloom, Makenna	200m	400m	500m	1500m	3000m		Overall
Personal Best	00:23.75	00:45.31	00:59.52	03:04.23	06:20.03		10:33.32
Current Season Best Time	00:23.80	00:44.96		02:57.52	06:59.03		11:05.31
Improvement	100.21%	99.23%	0.00%	96.36%	110.26%		105.05%
Friesen, Kali Ann	200m	400m	1500m	2000m	3000m		Overall

Personal Best	00:25.08	00:47.78	03:17.03	04:35.82	07:16.64	16:22.35
Current Season Best Time	00:24.22	00:46.36	03:00.05			04:10.63
Improvement	96.57%	97.03%	91.38%	0.00%	0.00%	25.51%
Grajczyk, Sophia	200m	400m	1500m	3000m	Overall	
Personal Best	00:27.42	00:51.67	03:27.36	07:07.63	11:54.08	
Current Season Best Time					00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	

T2T 14 - Female							
Cipywnyk, Brianne	200m	400m	500m	1500m	3000m	Overall	
Personal Best	00:22.54	00:44.05	00:52.39	02:59.55	06:24.16	04:58.53	
Current Season Best Time	00:22.75	00:43.78	00:52.39	02:57.99		04:56.91	
Improvement	100.93%	99.39%	100.00%	99.13%	0.00%	99.46%	
Coutu, Vanessa	200m	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:22.20	00:42.82	02:51.88	02:51.88	02:51.88	05:58.88	09:55.78
Current Season Best Time	00:21.91	00:40.75			02:46.78	05:58.97	09:48.41
Improvement	98.69%	95.17%	0.00%	0.00%	97.03%	100.03%	98.76%
Kelly, Katen	200m	400m	1500m	3000m	Overall		
Personal Best	00:26.39	00:52.35	03:17.96	07:09.66	11:46.36		
Current Season Best Time	00:25.59	00:48.30	03:16.21	06:43.33	11:13.43		
Improvement	96.97%	92.26%	99.12%	93.87%	95.34%		
Korthuis, Laura	200m	400m	1500m	3000m	Overall		
Personal Best	00:28.54	00:56.84	03:51.35	08:10.42	05:16.73		
Current Season Best Time	00:27.05	00:50.89	03:26.53		04:44.47		
Improvement	94.78%	89.53%	89.27%	0.00%	89.81%		
Millar, Mackenzie	200m	400m	1500m	3000m	Overall		
Personal Best	00:26.14	00:53.25	03:38.73	06:44.15	04:58.12		
Current Season Best Time	00:25.59	00:49.37	03:25.27		04:40.23		
Improvement	97.90%	92.71%	93.85%	0.00%	94.00%		
Morris, Jane	200m	400m	1500m	3000m	Overall		
Personal Best	00:23.79	00:45.52	02:59.28	06:19.97	10:28.56		
Current Season Best Time	00:23.08	00:43.83	02:58.16	06:45.01	10:50.08		
Improvement	97.02%	96.29%	99.38%	106.59%	103.42%		
Rusk, Lauren	200m	400m	1500m	3000m	Overall		
Personal Best	00:26.44	00:52.66	03:35.65	07:48.83	12:43.58		
Current Season Best Time					00:00.00		
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		

Junior B - Female						
Bell, Lauren	500m	1000m	1500m	3000m	Overall	
Personal Best	00:54.23	01:56.56	02:53.27	06:15.22	11:59.28	
Current Season Best Time					00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	
Bissky, Jayden	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:45.59	00:54.62	01:50.40	02:52.37	06:06.28	12:29.26

Current Season Best Time		00:57.33	02:02.92	02:53.13	06:10.66	12:04.04
Improvement	0.00%	104.96%	111.34%	100.44%	101.20%	96.63%
Brown, Shailyn	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:55.98	01:07.87	02:20.02	03:42.03	07:41.83	14:51.75
Current Season Best Time		01:07.16	02:16.96	03:29.23	07:06.41	13:59.76
Improvement	0.00%	98.95%	97.81%	94.24%	92.33%	94.17%
Brunet, Lexi	500m	1000m	1500m	3000m	Overall	
Personal Best	00:54.96	01:53.66	02:59.08	06:46.75	12:34.45	
Current Season Best Time						00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Grajczyk, Isabella	200m	400m	1500m	3000m	Overall	
Personal Best	00:27.17	00:53.12	03:29.84	07:16.28	12:06.41	
Current Season Best Time						00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Hearn, Jayne	400m	500m	1000m	1500m	3000m	Overall
Start of the Season	00:49.28	00:59.03	02:08.27	03:13.94	07:16.13	14:26.65
Current Season Best Time		00:59.90	02:05.51	03:14.40		06:19.81
Improvement	0.00%	101.47%	97.85%	100.24%	0.00%	43.83%
Keeping, Sarah	500m	1000m	1500m	3000m	Overall	
Personal Best	00:51.05	01:47.82	02:51.59	06:06.65	11:37.11	
Current Season Best Time						00:00.00
Improvement	0.00%	0.00%	0.00%	<u>0.00%</u>	0.00%	0.00%
McMaster, Brynne	400m	500m	1000m	1500m	3000m	Overall
Personal Best	00:48.81	01:00.46	01:59.75	03:02.71	06:31.05	10:22.57
Current Season Best Time						00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Moyse, Olivia	500m	1000m	1500m	3000m	Overall	
Personal Best	00:49.85	01:45.57	02:42.08	05:35.35	10:52.85	
Current Season Best Time	00:47.67	01:42.85	02:33.70	05:27.16		10:31.38
Improvement	95.63%	97.42%	94.83%	97.56%		96.71%
Sanson, Gabrielle	200m	400m	1500m	3000m	Overall	
Personal Best	00:21.60	00:41.20	02:43.57	05:48.82	09:13.59	
Current Season Best Time						00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Stevenson, Shealynn	500m	1000m	1500m	3000m	Overall	
Personal Best	00:54.15	01:50.04	02:52.04	05:50.41	11:26.64	
Current Season Best Time	00:57.23	01:57.54	03:00.84	06:17.02		12:12.63
Improvement	105.69%	106.82%	105.12%	107.59%		106.70%

Junior A Female						
Bell, Chanel	500m	1000m	1500m	3000m	Overall	
Personal Best	00:53.95	01:50.58	02:50.64	06:00.68	11:35.85	
Current Season Best Time						00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
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	00:53.03	01:50.57	02:59.36	06:17.39	12:00.35
Improvement	100.42%	102.11%	104.58%	103.18%	103.15%
Slusar, Rachel	500m	1000m	1500m	3000m	Overall
Personal Best	00:49.78	01:44.08	02:42.72	05:59.96	11:16.54
Current Season Best Time	00:49.95	01:53.65	02:40.19	06:12.04	11:35.83
Improvement	100.34%	109.19%	98.45%	103.36%	102.85%

