

# Short Track Personal Best Times - 2014-2015 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							
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		01:14.30	01:40.54	02:33.89		05:28.73	
Improvement	#DIV/0!	100.00%	100.00%	100.00%	#DIV/0!	100.00%	
Cletheroe, Kharma	100m	200m	300m	400m	800m	Overall	
Personal Best	00:20.92	00:43.44	01:12.67		03:37.76	05:54.79	
Current Season Best Time	00:20.92	00:43.44	01:12.67		03:37.76	05:54.79	
Improvement	100.00%	100.00%	100.00%	#DIV/0!	100.00%	100.00%	
Cloutier, Ella	100m	200m	300m	400m	1000m	1500m	Overall
Personal Best		00:30.96	00:48.02	01:01.77	02:36.59	04:05.81	09:03.15
Current Season Best Time		00:30.32	00:46.10	01:01.53	02:36.59	04:05.81	09:00.35
Improvement	#DIV/0!	97.93%	96.00%	99.61%	100.00%	100.00%	99.48%
Dallaire, Serena	200m	300m	400m	500m	1500m	Overall	
Personal Best	00:33.05	00:55.64	01:09.51	01:15.81	04:03.74	07:57.75	
Current Season Best Time	00:27.84	00:42.75	00:53.37	01:15.81	03:32.40	06:52.17	
Improvement	84.24%	76.83%	76.78%	100.00%	87.14%	86.27%	
Hodges, Annie	100m	200m	300m	400m	800m	1000m	Overall
Personal Best	00:25.50	00:50.94	01:19.56		03:27.37		05:37.87
Current Season Best Time	00:25.50	00:50.94	01:19.56		03:27.37		06:03.37
Improvement	100.00%	100.00%	100.00%	#DIV/0!	100.00%	#DIV/0!	107.55%
Hrycuik, Sophia	200m	300m	400m	500m	1000m	1500m	Overall
Personal Best	00:37.42	00:55.96	01:23.67	01:26.60	04:02.47	04:06.38	12:32.50
Current Season Best Time	00:29.28	00:44.29	00:58.31	01:14.12	02:28.18	04:06.38	10:00.56
Improvement	78.25%	79.15%	69.69%	85.59%	61.11%	100.00%	79.81%
Ivey, Caedan	100m	200m	300m	400m	800m	1000m	Overall
Personal Best	00:18.59	00:37.85	01:06.60	01:14.77	02:37.49	02:42.75	06:00.56
Current Season Best Time	00:18.71	00:31.64	00:53.68	01:09.65		02:42.75	05:36.43
Improvement	100.65%	83.59%	80.60%	93.15%	0.00%	100.00%	93.31%
Makowsky, Kamaya	200m	300m	400m	1000m	Overall		
Personal Best	00:43.44	01:07.83	01:26.06	03:36.98	06:54.31		
Current Season Best Time	00:40.25	01:06.02	01:26.06	03:36.98	06:49.31		
Improvement	92.66%	97.33%	100.00%	100.00%	98.79%		
Mattick, Danica	100m	200m	300m	800m	Overall		

<b>Personal Best</b>		<b>00:45.00</b>	<b>01:14.06</b>		<b>01:59.06</b>		
Current Season Best Time		<u>00:45.00</u>	<u>01:14.06</u>		<u>01:59.06</u>		
Improvement	#DIV/0!	100.00%	100.00%	#DIV/0!	100.00%		
<b>Scutchings, Melissa</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:23.39</b>	<b>00:42.49</b>	<b>01:01.17</b>	<b>01:35.10</b>	<b>02:04.10</b>	<b>05:15.70</b>	<b>08:57.85</b>
Current Season Best Time	<u>00:23.39</u>	<u>00:38.76</u>	<u>01:01.99</u>	<u>01:21.18</u>		<u>03:54.48</u>	<u>07:19.80</u>
Improvement	100.00%	91.22%	101.34%	85.36%	0.00%	74.27%	81.77%
<b>Seman, Claire</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>800m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:25.16</b>	<b>00:54.43</b>	<b>01:20.35</b>	<b>01:27.58</b>	<b>02:43.87</b>	<b>06:51.39</b>	
Current Season Best Time	<u>00:19.54</u>	<u>00:37.89</u>	<u>00:59.51</u>	<u>01:27.58</u>	<u>02:43.87</u>	<u>06:08.39</u>	
Improvement	77.66%	69.61%	74.06%	100.00%	100.00%	89.55%	
<b>Shurnaik-Belonio, Erika</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>800m</b>	<b>1000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:19.80</b>	<b>00:38.76</b>	<b>01:00.64</b>	<b>01:43.97</b>	<b>02:36.70</b>	<b>03:23.12</b>	<b>06:46.49</b>
Current Season Best Time		<u>00:35.76</u>	<u>00:55.95</u>	<u>01:17.88</u>		<u>03:23.12</u>	<u>06:12.71</u>
Improvement	0.00%	92.26%	92.27%	74.91%	0.00%	100.00%	91.69%

<b>L2T - Female</b>							
<b>Bracha, Kiera</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:25.82</b>	<b>00:39.85</b>	<b>00:52.81</b>	<b>01:01.30</b>	<b>02:33.01</b>	<b>03:16.00</b>	<b>06:15.78</b>
Current Season Best Time	<u>00:25.18</u>	<u>00:38.19</u>	<u>00:48.20</u>	<u>01:01.09</u>		<u>03:07.98</u>	<u>06:00.64</u>
Improvement	97.52%	95.83%	91.27%	99.66%	0.00%	95.91%	95.97%
<b>Cumberland, Julia</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:56.82</b>	<b>01:19.86</b>	<b>01:53.38</b>	<b>05:04.36</b>	<b>09:14.42</b>		
Current Season Best Time	<u>00:56.82</u>	<u>01:19.86</u>	<u>01:53.38</u>	<u>05:04.36</u>	<u>09:14.42</u>		
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%		
<b>Drever, Allyson</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1500m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:17.54</b>	<b>00:31.80</b>	<b>00:44.98</b>	<b>01:03.39</b>	<b>03:54.12</b>	<b>06:14.29</b>	
Current Season Best Time		<u>00:30.20</u>	<u>00:42.71</u>	<u>00:59.90</u>	<u>03:54.12</u>	<u>06:06.93</u>	
Improvement	0.00%	94.97%	94.95%	94.49%	100.00%	98.03%	
<b>Frombach, Amber</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:20.4</b>	<b>00:38.33</b>	<b>00:57.04</b>	<b>01:19.98</b>	<b>02:00.96</b>	<b>03:32.16</b>	<b>06:27.51</b>
Current Season Best Time		<u>00:35.82</u>	<u>00:53.51</u>	<u>01:13.21</u>		<u>03:25.79</u>	<u>06:08.33</u>
Improvement	0.00%	93.45%	93.81%	91.54%	0.00%	97.00%	95.05%
<b>Hyciuk, Katya</b>	<b>200M</b>	<b>300m</b>	<b>400m</b>	<b>800m</b>	<b>500m</b>	<b>1000m</b>	<b>Overall</b>
<b>Start of the Season</b>	<b>00:38.55</b>	<b>00:56.16</b>	<b>00:56.16</b>	<b>02:34.35</b>	<b>01:26.33</b>	<b>03:07.23</b>	<b>07:04.43</b>
Current Season Best Time	<u>00:31.95</u>	<u>00:48.12</u>	<u>01:03.69</u>		<u>01:26.33</u>	<u>02:46.84</u>	<u>06:36.93</u>
Improvement	82.88%	85.68%	113.41%	0.00%	100.00%	89.11%	93.52%
<b>Knihniski, Jenna</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:25.69</b>	<b>00:39.08</b>	<b>00:53.23</b>	<b>01:02.38</b>	<b>02:18.00</b>	<b>03:00.38</b>	
Current Season Best Time	<u>00:26.27</u>	<u>00:40.36</u>	<u>00:50.41</u>	<u>01:02.38</u>		<u>02:59.42</u>	
Improvement	102.26%	103.28%	94.70%	100.00%	0.00%	99.47%	
<b>Panko, Jaleigh</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>800m</b>	<b>1000m</b>	<b>Overall</b>	
<b>Start of the Season</b>	<b>00:36.29</b>	<b>00:55.24</b>	<b>01:21.89</b>	<b>02:20.58</b>	<b>03:20.73</b>	<b>06:14.15</b>	
Current Season Best Time	<u>00:35.84</u>	<u>00:57.93</u>	<u>01:16.32</u>		<u>03:20.73</u>	<u>06:10.82</u>	
Improvement	98.76%	104.87%	93.20%	0.00%	100.00%	99.11%	

<b>Regehr, Karys</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:32.17</b>	<b>00:54.01</b>	<b>01:08.80</b>	<b>01:13.32</b>	<b>02:49.17</b>	<b>06:37.47</b>	
Current Season Best Time	<a href="#">00:26.81</a>	<a href="#">00:44.57</a>	<a href="#">00:54.21</a>	<a href="#">01:13.32</a>	<a href="#">02:28.26</a>	05:47.17	
Improvement	83.34%	82.52%	78.79%	100.00%	87.64%	87.34%	
<b>Reynoldson, Gracie</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>1500m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:30.35</b>	<b>00:45.54</b>	<b>01:02.31</b>	<b>02:28.78</b>	<b>03:58.10</b>	<b>08:45.08</b>	
Current Season Best Time	<a href="#">00:30.35</a>	<a href="#">00:44.59</a>	<a href="#">01:01.00</a>	<a href="#">02:28.78</a>	<a href="#">03:58.10</a>	08:42.82	
Improvement	100.00%	97.91%	97.90%	100.00%	100.00%	99.57%	
<b>Stribbell, Janaye</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>1500m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:35.28</b>	<b>00:53.34</b>	<b>01:10.14</b>	<b>03:21.68</b>		<b>06:00.44</b>	
Current Season Best Time	<a href="#">00:32.23</a>	<a href="#">00:45.70</a>	<a href="#">01:02.95</a>	<a href="#">02:36.76</a>		04:57.64	
Improvement	91.35%	85.68%	89.75%	77.73%	#DIV/0!	82.58%	
<b>Viczko, Mya</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:14.39</b>	<b>00:26.91</b>	<b>00:38.82</b>	<b>00:52.69</b>	<b>02:20.14</b>	<b>01:58.42</b>	
Current Season Best Time		<a href="#">00:25.77</a>	<a href="#">00:37.34</a>	<a href="#">00:50.56</a>		01:53.67	
Improvement	0.00%	95.76%	96.19%	95.96%	0.00%	95.99%	
<b>Yeadon, Erin</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>1500m</b>	<b>Overall</b>
<b>Start of the Season</b>	<b>00:17.53</b>	<b>00:26.80</b>	<b>00:39.42</b>	<b>00:54.45</b>	<b>03:35.42</b>	<b>03:29.64</b>	<b>03:29.64</b>
Current Season Best Time						<a href="#">03:21.88</a>	03:21.88
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	96.30%	96.30%

<b>T2T 11 - Female</b>							
<b>Bracha, Ceili</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:25.53</b>	<b>00:49.27</b>	<b>03:16.92</b>	<b>06:50.00</b>	<b>11:21.72</b>		
Current Season Best Time	<a href="#">00:24.01</a>	<a href="#">00:46.55</a>	<a href="#">03:03.27</a>	<a href="#">06:31.52</a>	10:45.35		
Improvement	94.05%	94.48%	93.07%	95.49%	94.66%		
<b>Carnike, Taya</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:33.67</b>	<b>00:54.50</b>	<b>01:10.09</b>	<b>03:24.47</b>	<b>04:07.72</b>	<b>08:32.71</b>	<b>14:24.19</b>
Current Season Best Time	<a href="#">00:27.18</a>		<a href="#">00:56.22</a>		<a href="#">03:48.23</a>	<a href="#">08:30.41</a>	13:42.04
Improvement	80.72%	0.00%	80.21%	0.00%	92.13%	99.55%	95.12%
<b>Dallaire, Shannon</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:27.81</b>	<b>00:54.29</b>	<b>03:44.85</b>	<b>08:07.82</b>	<b>13:14.77</b>		
Current Season Best Time	<a href="#">00:26.41</a>	<a href="#">00:51.06</a>	<a href="#">03:26.64</a>	<a href="#">07:24.85</a>	12:08.96		
Improvement	94.97%	94.05%	91.90%	91.19%	91.72%		
<b>Harrison, Heather</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:29.08</b>	<b>00:56.77</b>	<b>03:54.11</b>	<b>07:35.69</b>	<b>12:55.65</b>		
Current Season Best Time	<a href="#">00:25.68</a>	<a href="#">00:50.84</a>	<a href="#">03:30.94</a>	<a href="#">07:21.02</a>	12:08.48		
Improvement	88.31%	89.55%	90.10%	96.78%	93.92%		
<b>Hsu, Jenna</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>Overall</b>	
<b>Start of the Season</b>	<b>00:20.3</b>	<b>00:32.74</b>			<b>03:15.39</b>	<b>03:48.13</b>	
Current Season Best Time		<a href="#">00:32.74</a>			<a href="#">03:15.39</a>	03:48.13	
Improvement	0.00%	100.00%	#DIV/0!	#DIV/0!	100.00%	100.00%	
<b>Krieger, Kaitlyn</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:26.85</b>	<b>00:54.43</b>	<b>03:39.55</b>	<b>07:29.98</b>	<b>12:30.81</b>		
Current Season Best Time	<a href="#">00:25.84</a>	<a href="#">00:49.09</a>	<a href="#">03:14.25</a>	<a href="#">07:21.90</a>	11:51.08		

<b>Improvement</b>	96.24%	90.19%	88.48%	98.20%	94.71%		
<b>McDonald, Ria</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:26.80</b>	<b>00:53.50</b>	<b>03:26.64</b>	<b>07:15.26</b>	<b>12:02.20</b>		
<b>Current Season Best Time</b>	<a href="#">00:25.86</a>	<a href="#">00:50.22</a>	<a href="#">03:20.23</a>	<a href="#">07:13.33</a>	11:49.64		
<b>Improvement</b>	96.49%	93.87%	96.90%	99.56%	98.26%		
<b>Marshall, Annika</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1500m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:28.27</b>	<b>00:41.86</b>	<b>00:56.12</b>	<b>03:29.89</b>	<b>05:36.14</b>		
<b>Current Season Best Time</b>	<a href="#">00:28.27</a>	<a href="#">00:41.86</a>	<a href="#">00:51.48</a>	<a href="#">03:24.60</a>	05:26.21		
<b>Improvement</b>	100.00%	100.00%	91.73%	97.48%	97.05%		
<b>Moris, Molly</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>1000m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:15.82</b>	<b>00:27.37</b>	<b>00:37.62</b>	<b>00:55.77</b>	<b>02:26.23</b>	<b>01:23.14</b>	
<b>Current Season Best Time</b>		<a href="#">00:26.03</a>		<a href="#">00:50.82</a>		01:16.85	
<b>Improvement</b>	0.00%	95.10%	0.00%	91.12%	0.00%	92.43%	
<b>Shuraik-Belonio, Rebekah</b>	<b>200m</b>	<b>400m</b>	<b>1000m</b>	<b>1500m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:35.56</b>	<b>01:11.86</b>	<b>03:17.00</b>	<b>03:27.94</b>	<b>03:37.78</b>	<b>08:02.16</b>	<b>16:55.30</b>
<b>Current Season Best Time</b>	<a href="#">00:29.65</a>	<a href="#">00:58.54</a>		<a href="#">03:51.81</a>	<a href="#">03:22.32</a>	<a href="#">07:21.87</a>	16:04.19
<b>Improvement</b>	83.38%	81.46%	0.00%	111.48%	92.90%	91.64%	94.97%
<b>Starr, Jada</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>Overall</b>			
<b>Personal Best</b>	<b>00:34.18</b>	<b>01:07.92</b>	<b>05:08.52</b>	<b>06:50.62</b>			
<b>Current Season Best Time</b>	<a href="#">00:34.18</a>	<a href="#">01:07.92</a>	<a href="#">05:08.52</a>	<a href="#">06:50.62</a>			
<b>Improvement</b>	100.00%	100.00%	100.00%	100.00%			

<b>T2T 12 - Female</b>							
<b>Asplund, Greysin</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:27.89</b>	<b>00:54.79</b>	<b>03:36.23</b>	<b>07:44.36</b>	<b>12:43.27</b>		
<b>Current Season Best Time</b>	<a href="#">00:26.10</a>	<a href="#">00:51.37</a>	<a href="#">03:24.67</a>	<a href="#">07:44.36</a>	12:26.50		
<b>Improvement</b>	93.58%	93.76%	94.65%	100.00%	97.80%		
<b>Bloom, Makenna</b>	<b>200m</b>	<b>400m</b>	<b>500m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>	
<b>Personal Best</b>	<b>00:24.14</b>	<b>00:45.45</b>	<b>00:59.52</b>	<b>03:09.96</b>	<b>06:20.03</b>	<b>10:39.58</b>	
<b>Current Season Best Time</b>	<a href="#">00:23.75</a>	<a href="#">00:45.31</a>		<a href="#">03:04.23</a>	<a href="#">06:33.83</a>	10:47.12	
<b>Improvement</b>	98.38%	99.69%	0.00%	96.98%	103.63%	101.18%	
<b>Friesen, Kali Ann</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:26.38</b>	<b>00:52.13</b>	<b>03:17.03</b>	<b>07:16.64</b>	<b>11:52.18</b>		
<b>Current Season Best Time</b>	<a href="#">00:25.72</a>		<a href="#">03:29.61</a>	<a href="#">07:17.29</a>	11:12.62		
<b>Improvement</b>	97.50%	0.00%	106.38%	100.15%	94.45%		
<b>Riben, Meela</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>500m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:27.29</b>	<b>00:41.59</b>	<b>00:52.28</b>	<b>01:03.50</b>	<b>03:35.43</b>	<b>06:43.71</b>	<b>13:23.80</b>
<b>Current Season Best Time</b>	<a href="#">00:23.59</a>	<a href="#">00:38.47</a>	<a href="#">00:46.41</a>	<a href="#">01:03.50</a>	<a href="#">03:06.32</a>	<a href="#">06:38.06</a>	12:36.35
<b>Improvement</b>	86.44%	92.50%	88.77%	100.00%	86.49%	98.60%	94.10%
<b>Severson, Kylie</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:28.13</b>	<b>00:55.76</b>	<b>03:49.14</b>	<b>08:06.24</b>	<b>13:19.27</b>		
<b>Current Season Best Time</b>	<a href="#">00:29.16</a>	<a href="#">00:57.00</a>	<a href="#">03:39.96</a>	<a href="#">08:29.82</a>	13:35.94		
<b>Improvement</b>	103.66%	102.22%	95.99%	104.85%	102.09%		
<b>Shurniak Belonio, Rebekah</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:35.90</b>	<b>01:11.54</b>	<b>04:58.72</b>	<b>10:17.50</b>	<b>17:03.66</b>		

Current Season Best Time	<a href="#">00:33.04</a>	<a href="#">01:00.23</a>	<a href="#">04:08.06</a>	<a href="#">08:16.04</a>	13:57.37
Improvement	92.03%	84.19%	83.04%	80.33%	81.80%

T2T 13 - Female					
<b>Cipywnyk, Brianne</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:23.63</b>	<b>00:44.43</b>	<b>03:00.43</b>	<b>06:26.62</b>	<b>10:35.11</b>
Current Season Best Time	<a href="#">00:22.54</a>	<a href="#">00:44.05</a>	<a href="#">02:59.55</a>	<a href="#">06:24.16</a>	10:30.30
Improvement	95.39%	99.14%	99.51%	99.36%	99.24%
<b>Coutu, Vanessa</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:23.17</b>	<b>00:43.93</b>	<b>03:01.48</b>	<b>06:26.31</b>	<b>10:34.89</b>
Current Season Best Time	<a href="#">00:22.20</a>	<a href="#">00:42.82</a>	<a href="#">02:51.88</a>	<a href="#">05:58.88</a>	09:55.78
Improvement	95.81%	97.47%	94.71%	92.90%	93.84%
<b>Grajczyk, Sophia</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:27.81</b>	<b>00:55.25</b>	<b>03:36.12</b>	<b>08:04.54</b>	<b>13:03.72</b>
Current Season Best Time	<a href="#">00:27.42</a>	<a href="#">00:51.67</a>	<a href="#">03:27.36</a>	<a href="#">07:07.63</a>	11:54.08
Improvement	98.60%	93.52%	95.95%	88.25%	91.11%
<b>Kelly, Katen</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:27.4</b>	<b>00:52.35</b>	<b>03:40.07</b>	<b>07:38.36</b>	<b>12:38.22</b>
Current Season Best Time	<a href="#">00:26.39</a>	<a href="#">00:52.59</a>	<a href="#">03:17.96</a>	<a href="#">07:09.66</a>	11:46.60
Improvement	96.17%	100.46%	89.95%	93.74%	93.19%
<b>Korthuis, Laura</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:31.50</b>	<b>01:02.81</b>	<b>04:25.81</b>	<b>09:36.27</b>	<b>15:36.39</b>
Current Season Best Time	<a href="#">00:28.54</a>	<a href="#">00:56.84</a>	<a href="#">03:51.35</a>	<a href="#">08:10.42</a>	13:27.15
Improvement	90.60%	90.50%	87.04%	85.10%	86.20%
<b>Millar, Mackenzie</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:27.58</b>	<b>00:53.25</b>	<b>03:38.98</b>	<b>06:44.15</b>	<b>11:43.96</b>
Current Season Best Time	<a href="#">00:26.14</a>	<a href="#">00:53.35</a>	<a href="#">03:38.73</a>	<a href="#">07:04.28</a>	12:02.50
Improvement	94.78%	100.19%	99.89%	104.98%	102.63%
<b>Morris, Jane</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:24.32</b>	<b>00:45.68</b>	<b>03:03.31</b>	<b>06:19.97</b>	<b>10:33.28</b>
Current Season Best Time	<a href="#">00:23.79</a>	<a href="#">00:45.52</a>	<a href="#">02:59.28</a>	<a href="#">06:33.60</a>	10:42.19
Improvement	97.82%	99.65%	97.80%	103.59%	101.41%

T2T 14 - Female							
<b>Baht, Dacia</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:35.28</b>	<b>00:58.29</b>	<b>03:57.29</b>	<b>08:38.30</b>	<b>14:09.16</b>		
Current Season Best Time	<a href="#">00:35.28</a>	<a href="#">00:58.29</a>	<a href="#">03:57.29</a>	<a href="#">08:38.30</a>	14:09.16		
Improvement	100.00%	100.00%	100.00%	100.00%	100.00%		
<b>Bissky, Jayden</b>	<b>200m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:24.60</b>	<b>00:46.97</b>	<b>00:55.30</b>	<b>01:55.23</b>	<b>03:10.99</b>	<b>06:25.81</b>	<b>13:38.90</b>
Current Season Best Time	<a href="#">00:23.87</a>	<a href="#">00:45.59</a>	<a href="#">00:54.62</a>	<a href="#">01:50.40</a>	<a href="#">02:52.37</a>	<a href="#">06:06.28</a>	12:53.13
Improvement	97.03%	97.06%	98.77%	95.81%	90.25%	94.94%	94.41%
<b>Brown, Shailyn</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	<b>00:29.34</b>	<b>00:55.98</b>	<b>03:42.03</b>	<b>07:52.97</b>	<b>13:00.32</b>		
Current Season Best Time	<a href="#">00:29.48</a>	<a href="#">00:56.33</a>	<a href="#">03:43.12</a>	<a href="#">07:41.83</a>	12:50.76		

<b>Improvement</b>	100.48%	100.63%	100.49%	97.64%	98.77%		
<b>Hearn, Jayne</b>	<b>200m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Start of the Season</b>	00:25.20	00:49.34	00:59.03	02:09.46	03:27.94	07:16.13	15:07.10
<b>Current Season Best Time</b>	<a href="#">00:25.4</a>	<a href="#">00:49.28</a>	<a href="#">00:59.03</a>	<a href="#">02:08.27</a>	<a href="#">03:13.94</a>	<a href="#">07:16.68</a>	14:52.58
<b>Improvement</b>	100.71%	99.88%	100.00%	99.08%	93.27%	100.13%	98.40%
<b>McMaster, Brynne</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:25.99	00:50.21	03:23.42	07:13.06	11:52.68		
<b>Current Season Best Time</b>	<a href="#">00:25.44</a>	<a href="#">00:48.81</a>	<a href="#">03:19.00</a>	<a href="#">06:47.31</a>	11:20.56		
<b>Improvement</b>	97.88%	97.21%	97.83%	94.05%	95.49%		
<b>Mindiuk, Emma</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:27.22	00:53.92	03:52.19	08:48.23	14:01.56		
<b>Current Season Best Time</b>	<a href="#">00:27.22</a>	<a href="#">00:53.92</a>	<a href="#">03:52.19</a>	<a href="#">08:48.23</a>	14:01.56		
<b>Improvement</b>	100.00%	100.00%	100.00%	100.00%	100.00%		
<b>Moyse, Olivia</b>	<b>200m</b>	<b>400m</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	00:21.31	00:40.19	00:49.85	01:45.57	02:42.43	05:35.35	11:54.70
<b>Current Season Best Time</b>	<a href="#">00:21.56</a>	<a href="#">00:40.64</a>	<a href="#">00:49.85</a>	<a href="#">01:45.57</a>	<a href="#">02:42.08</a>	<a href="#">05:39.85</a>	11:59.55
<b>Improvement</b>	101.17%	101.12%	100.00%	100.00%	99.78%	101.34%	100.68%
<b>Rusk, Lauren</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:26.44	00:52.74	03:35.65	07:48.83	12:43.66		
<b>Current Season Best Time</b>	<a href="#">00:27.62</a>	<a href="#">00:52.66</a>	<a href="#">03:51.05</a>	<a href="#">08:42.13</a>	13:53.46		
<b>Improvement</b>	104.46%	99.85%	107.14%	111.37%	109.14%		
<b>Sanson, Gabrielle</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:21.60	00:41.20	02:43.57	05:48.82	09:13.59		
<b>Current Season Best Time</b>					00:00.00		
<b>Improvement</b>	0.00%	0.00%	0.00%	0.00%	0.00%		

<b>Junior B - Female</b>							
<b>Brunet, Lexi</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:57.61	02:00.91	03:10.23	06:53.29	13:02.04		
<b>Current Season Best Time</b>	<a href="#">00:54.96</a>	<a href="#">01:53.66</a>	<a href="#">02:59.08</a>	<a href="#">06:46.75</a>	12:34.45		
<b>Improvement</b>	95.40%	94.00%	94.14%	98.42%	96.47%		
<b>Grajczyk, Isabella</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:27.17	00:53.12	03:29.84	07:16.28	12:06.41		
<b>Current Season Best Time</b>					00:00.00		
<b>Improvement</b>	0.00%	0.00%	0.00%	0.00%	0.00%		
<b>Keeping, Sarah</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:52.98	01:52.62	02:58.46	06:24.23	12:08.29		
<b>Current Season Best Time</b>	<a href="#">00:51.05</a>	<a href="#">01:47.82</a>	<a href="#">02:51.59</a>	<a href="#">06:06.65</a>	11:37.11		
<b>Improvement</b>	96.36%	95.74%	96.15%	95.42%	95.72%		
<b>Minduik, Emma</b>	<b>200m</b>	<b>400m</b>	<b>1500m</b>	<b>Overall</b>			
<b>Personal Best</b>	00:27.40	00:53.76	03:40.69	05:01.85			
<b>Current Season Best Time</b>	<a href="#">00:27.40</a>	<a href="#">00:53.76</a>	<a href="#">03:40.69</a>	05:01.85			
<b>Improvement</b>	100.00%	100.00%	100.00%	100.00%			
<b>Stevenson, Shealynn</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>		
<b>Personal Best</b>	00:55.12	01:50.04	02:52.04	05:50.41	11:27.61		

Current Season Best Time	<a href="#">00:54.15</a>	<a href="#">01:50.69</a>	<a href="#">02:53.84</a>	<a href="#">06:07.76</a>	11:46.44
Improvement	98.24%	100.59%	101.05%	104.95%	102.74%

Junior A Female					
<b>Bell, Chanel</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:54.02</b>	<b>01:51.33</b>	<b>02:58.99</b>	<b>06:15.21</b>	<b>11:59.55</b>
Current Season Best Time	<a href="#">00:53.95</a>	<a href="#">01:50.58</a>	<a href="#">02:50.64</a>	<a href="#">06:00.68</a>	11:35.85
Improvement	99.87%	99.33%	95.33%	96.13%	96.71%
<b>Marsh, Jessica</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:52.81</b>	<b>01:50.64</b>	<b>02:53.12</b>	<b>06:05.75</b>	<b>11:42.32</b>
Current Season Best Time	<a href="#">00:52.81</a>	<a href="#">01:48.28</a>	<a href="#">02:51.50</a>	<a href="#">06:05.75</a>	11:38.34
Improvement	100.00%	97.87%	99.06%	100.00%	99.43%
<b>Slusar, Rachel</b>	<b>500m</b>	<b>1000m</b>	<b>1500m</b>	<b>3000m</b>	<b>Overall</b>
<b>Personal Best</b>	<b>00:50.74</b>	<b>01:44.08</b>	<b>02:44.84</b>	<b>05:59.96</b>	<b>11:19.62</b>
Current Season Best Time	<a href="#">00:49.78</a>	<a href="#">01:45.27</a>	<a href="#">02:42.72</a>	<a href="#">05:59.96</a>	11:17.73
Improvement	98.11%	101.14%	98.71%	100.00%	99.72%

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