

C.I.S.A.A. Track and Field Records (updated 2013)

Category	Event	Record	Year	Athlete	School
Bantam Girls	100 m	13.10 s	2009	Nicole Zader	Heritage Christian
Bantam Girls	200 m	24.64 s	2005	Hayley Atkins	Rundle College
Bantam Girls	400 m	1:05.60 s	2004	Rachel Westra	Trinity Christian
Bantam Girls	800 m	2:42.62 s	2010	Ken Rajbar	Glenmore Christian
Bantam Girls	1500 m	5:44.85 s	1993	Christine Stiel	Calgary Christian
Bantam Girls	Hurdles	13.82 s	2013	Emy Udoh	Glenmore Christian
Bantam Girls	High Jump	1.40 m	2010	Tessa Griener	Calgary Waldorf
Bantam Girls	Long Jump	4.60 m	2010	Emma Spence	West Island College
Bantam Girls	Triple Jump	9.75 m	2013	Emy Udoh	Glenmore Christian
Bantam Girls	Javelin	22.91 m	1995	Jill Burnham	Glenmore Christian
Bantam Girls	Discus	21.61 m	2012	Sadie Matus	Rundle Academy
Bantam Girls	Shot Put	7.59 m	2012	Korede Akinkunmi	Glenmore Christian
Bantam Girls	Relay (4 X 100 m)	56.94 m	2005		Rundle College
Midget Girls	100 m	12.65 s	2003	Kirsten Smith	Glenmore Christian
Midget Girls	200 m	26.81 s	2009	Iby Udoh	Glenmore Christian
Midget Girls	400 m	1:05.57 s	2005	Ashley Pocza	Glenmore Christian
Midget Girls	800 m	2:38.37 s	2010	Lauren Fridman	Webber Academy
Midget Girls	1500 m	5:32.93 s	1994	Christine Stiel	Calgary Christian
Midget Girls	Hurdles	13.62 s	2003	Lindsay Pocza	Glenmore Christian
Midget Girls	High Jump	1.46 m	2002	Jamie Renney	Calgary Academy
Midget Girls	Long Jump	4.57 m	1995/2013	Arlyn Gamache /KC Nwadei	Rundle College/Glenmore C
Midget Girls	Triple Jump	9.93 m	2013	Annelise Hielema	Trinity Christian
Midget Girls	Javelin	32.46 m	2005	Bethany Bartel	Menno Simons
Midget Girls	Discus	25.08 m	2003	Diane Nesbitt	Rundle College
Midget Girls	Shot Put	9.46 m	2010	Sabrina Balisky	Trinity Christian
Midget Girls	Relay (4 X 100 m)	56.34 s	2010		Trinity Christian
Juvenile Girls	100 m	12.42 s	1987	Kim Courtney	Glenmore Christian
Juvenile Girls	200 m	26.58 s	2004	Katie Simonson	Rundle College
Juvenile Girls	400 m	1:00.72 s	2009	Jenna Westaway	Rundle College
Juvenile Girls	800 m	2:22.11 s	2009	Jenna Westaway	Rundle College
Juvenile Girls	1500 m	5:24.00 s	2011	Isla Shill	Calgary French
Juvenile Girls	Hurdles	12.09 s	2009	Devan Van Vliet	Glenmore Christian
Juvenile Girls	High Jump	1.51 m	1998	Angela Reize	Calgary Christian
Juvenile Girls	Long Jump	4.91 m	2009	Elizabeth Vathje	Trinity Christian
Juvenile Girls	Triple Jump	10.41 m	2013	Anise Parker	Calgary Christian
Juvenile Girls	Javelin	31.10 m	2009	Sydney Kirsch	Menno Simons
Juvenile Girls	Discus	25.22 m	2010	Alayna Gretton	Calgary Waldorf
Juvenile Girls	Shot Put	9.08 m	2011	Sabrina Balisky	Trinity Christian
Juvenile Girls	Relay (4 X 100 m)	53.92 s	2009		Trinity Christian
Open Girls	3000 m	11:34.83 s	2010	Isla Shill	CFIS
Open Girls	Relay (4 X 400 m)	4:38.60 s	2013		Rundle College