

# USports Track and Field Championships

## Championnat d'athlétisme USports

*All Time Top Ten performers and performances*

*Meilleures performances lors des championnats universitaires canadiens*

Compiled Originally by Bruce Pirnie and Lyle Sanderson March 30, 1996

Revised by Melody Torcolacci and Lyle Sanderson 1999 / Revised by Claude Berube March 20, 2017

### 60m Women / 60m Femme

1	7.19	<b>Khamica Bingham</b>	York	2015
	7.26	Bingham		2014
	7.26 h	Bingham		2015
2	7.31	<b>Genevieve Thibault</b>	Laval	2009
	7.33 h	Thibault		2009
	7.33 h	Bingham		2014
	7.35	Thibault		2010
3	7.37	<b>Sonia Paquette</b>	Sherbrooke	1994
4	7.38	<b>Miana Griffiths</b>	Guelph	2009
5	7.40	<b>Joy Spear Chief-Morris</b>	Western	2016
6	7.40	<b>Emy Beliveau</b>	Sherbrooke	2017
7	7.43	<b>Irma Grant</b>	Windsor	1993
7	7.43	<b>Kimberly Hyacinthe</b>	UQAM	2011
7	7.43 h	<b>Hayley Warren</b>	Toronto	2015
10	7.44	<b>Adrienne Power</b>	Dalhousie	2005
	7.44	Thibault		2007
	7.44 h	Thibault		2010

### 300m Women / 300m Femme

1	37.35	<b>Adrienne Power</b>	Dalhousie	2005
2	37.47	<b>Carline Muir</b>	Alberta	2017
3	37.76	<b>Jillian Richardson</b>	Calgary	1987
4	37.78	<b>Molly Killingbeck</b>	York	1985
5	37.88	<b>Foy Williams</b>	Toronto	1997
6	37.92	<b>Amonn Nelson</b>	Calgary	2010
	37.96	<b>Williams</b>		1998
7	38.16	<b>Alanna Yakiwchuk</b>	Manitoba	1990
	38.16 h	Muir		2017
	38.22	Nelson		2009
	38.23	Nelson		2008
	38.23	Power		2004
8	38.28	<b>Alicia Brown</b>	Toronto	2013
9	38.30	<b>Kimberly Hyacinthe</b>	UQAM	2012
	38.32	Power		2003
	38.33 h	Killingbeck		1985
10	38.36	<b>Khamica Bingham</b>	York	2014

**600m Women / 600m Femme**

1	1.27.63	<b>Camille Cato</b>	York	1984
2	1.28.13	<b>Christine Slythe</b>	Sherbrooke	1984
3	1.28.22	<b>Molly Killingbeck</b>	York	1985
4	1.28.40	<b>Rachel Francois</b>	Victoria	2014
5	1.28.81	<b>Gwen Wall</b>	Saskatchewan	1984
	1.29.17	Francois		2015
6	1.29.18	<b>Grace Annear</b>	Victoria	2014
7	1.29.23	<b>Maite Bouchard</b>	Sherbrooke	2017
8	1.29.51	<b>Holly Ratzlaff</b>	Calgary	2007
9	1.29.61	<b>Jenna Westaway</b>	Calgary	2016
	1.29.69	Francois	Victoria	2013
10	1.29.71	<b>Sasha Gollish</b>	Toronto	2015

**1000m Women / 1000m Femme**

1	2.41.67	<b>Gabriela Stafford</b>	Toronto	2016
2	2.42.81	<b>Paula Schnurr</b>	McMaster	1988
3	2.42.96	<b>Jenna Westaway</b>	Calgary	2016
4	2.44.13	<b>Trish Wellman</b>	Victoria	1988
	2.44.68	Schnurr		1987
5	2.45.20	<b>Sasha Gollish</b>	Trinity Western	2015
	2.45.27	Stafford		2015
6	2.46.30	<b>Katelyn Ayers</b>	Guelph	2016
7	2.46.42	<b>Nicole Sinn</b>	York	1990
8	2.46.45	<b>Christine Slythe</b>	Sherbrooke	1983
9	2.46.58	<b>Sarah Ali-Khan</b>	McGill	2003
10	2.46.61	<b>Elise Braithwaite</b>	Toronto	1986

**1500m Women / 1500m Femme**

1	4.16.41	<b>Paula Schnurr</b>	McMaster	1988
2	4.17.11	<b>Robyn Meagher</b>	Victoria	1988
	4.18.42	Meagher		1990
3	4.18.48	<b>Ulla Marquette</b>	Victoria	1985
4	4.18.67	<b>Fiona Benson</b>	Trinity Western	2015
5	4.18.75	<b>Megan Brown</b>	Toronto	2007
5	4.18.75	<b>Sasha Gollish</b>	Toronto	2015
7	4.19.05	<b>Debbie Scott</b>	Victoria	1981
8	4.19.13	<b>Nathalie Cote</b>	Ottawa	1997
9	4.20.34	<b>Carolyn Comeau</b>	Manitoba	1985
10	4.20.86	<b>Gabriela Stafford</b>	Toronto	2015

**3000m Women / 3000m Femme**

1	9.04.88	<b>Brenda Shackelton</b>	Victoria	1988
2	9.14.10	<b>Sasha Gollish</b>	Toronto	2015
3	9.14.69	<b>Anne Marie Malone</b>	Queen's	1983
4	9.14.82	<b>Lucy Smith</b>	Dalhousie	1990
5	9.16.08	<b>Fiona Benson</b>	Trinity Western	2015
6	9.16.42	<b>Lisa Harvey</b>	Calgary	1990
7	9.17.79	<b>Sandra Anschuett</b>	Western	1983
8	9.18.36	<b>Gabriela Stafford</b>	Toronto	2017
9	9.20.03	<b>Regan Yee</b>	Trinity Western	2071
10	9.20.80	<b>Julie-Anne Staehli</b>	Queen's	2017

**60m Hurdles Women / 60m haies Femme**

1	8.20 h	<b>Hayley Warren</b>	Toronto	2015
2	8.23	<b>Sonia Paquette</b>	Sherbrooke	1997
	8.26	Warren		2015
3	8.27 h	<b>Sarah Hammond</b>	Guelph	2017
3	8.28	<b>Jessica Zelinka</b>	Calgary	2007
	8.28 h	Paquette		1994
4	8.29	<b>Michelle Young</b>	Saskatchewan	2014
	8.29	Paquette		1994
	8.30 p	Zelinka		2004
5	8.31	<b>Astrid Nyame</b>	Saskatchewan	2017
	8.32	Zelinka		2004
	8.33 h	Paquette		1997
6	8.34	<b>Joy Spear Chief-Morris</b>	Western	2017
7	8.35	<b>Marie-Eve Dugas</b>	Sherbrooke	2008
	8.35	Paquette		1993
8	8.37	<b>Stephanie Wenner</b>	Windsor	2004
	8.37 h	Young		2014
	8.37 h	Spear Chief-Morris		2017
	8.38	Dugas		2009
9	8.40	<b>Angie Coon</b>	York	1993
9	8.40	<b>Devyani Biswal</b>	Ottawa	2016
	8.40	Zelinka	Western	2001
	8.40 h	Nyame		2017

**4 x 200m Relay Women / 4 x 200m relay Femme**

1	1.36.53	<b>Bingham, Brown, Wells, Geiger</b>	Toronto	2013
2	1.37.11	<b>Clarke, Grant, Laughton, Dinsmore</b>	Windsor	1993
3	1.37.39	<b>Walkeden, Rosin, Grenke, Whiteman</b>	Alberta	2016
4	1.37.57	<b>Boyd, Moffatt, Serby, Mengel</b>	Saskatchewan	2000
5	1.37.74	<b>Thomson, McCaig, Olson, Pascal</b>	Western	2013
6	1.37.92	<b>Spear Chief-Morris, Clancy, Stricelj, Muma</b>	Western	2016
7	1.37.98	<b>Bingham, Harris, Payne, Bobb</b>	York	2015
8	1.38.06	<b>Bennett, Moffat, Boyd, Mengel</b>	Saskatchewan	1999
9	1.38.34	<b>Clarke, Seymour, Poulin, Higgs</b>	Windsor	1995
10	1.38.38 h	<b>Clonfero, Rosin, Grenke, Whiteman</b>	Alberta	2016

**4 x 400m Relay Women / 4 x 400m relay Femme**

1	3.41.47	<b>Geiger, Jewett, Callendar, Brown</b>	Toronto	2012
2	3.42.55	<b>Hanlon, Jewett, Callender, Geiger</b>	Toronto	2014
3	3.42.90	<b>Serafini, Brown, Wells, Geiger</b>	Toronto	2013
4	3.43.45	<b>Kendall, Lotwin, McIntosh, Westaway</b>	Calgary	2013
5	3.44.93	<b>Sawatzky, Siemens, Banks, Ritchie</b>	Saskatchewan	2012
6	3.45.03	<b>Shukla, L. Stafford, Kelly, Innanen</b>	Toronto	2017
7	3.45.66	<b>Neron, Bouchard, Mahlig. Jacques</b>	Sherbrooke	2016
8	3.45.83	<b>Pinnock, Mallon, Fletcher, Williams</b>	Toronto	1998
9	3.45.93	<b>Whiteman, Sallis, Soderberg, Muir</b>	Alberta	2017
10	3.46.19	<b>Nelson, Gray, Lotwin, Ratzlaff</b>	Calgary	2008

**4 x 800m Relay Women / 4 x 800m relay Femme**

1	8.32.36	<b>Jewett, Walmsley, Stafford, Gollish</b>	Toronto	2015
2	8.41.66	<b>Jones, Meagher, Shackelton, Wellman</b>	Victoria	1988
3	8.42.30	<b>Soderberg, McInnis, Pomfret, Francois</b>	Victoria	2015
4	8.42.39	<b>Soderberg, McInnis, Annear, Francois</b>	Victoria	2014
5	8.45.13	<b>L.Frost, N. Frost, Lalonde, Aubry</b>	Guelph	2012
6	8.47.53	<b>K. Hennesy, Callender, C. Hennesy, Walmsley</b>	Toronto	2014
7	8.48.00	<b>Pearse, Benson, Harradine, Inglis</b>	Trinity Western	2015
8	8.48.17	<b>Kallal, Bush, Burzminski, Otto</b>	Alberta	1983
9	8.48.29	<b>Gordon, Mitton, Watts, Ayer</b>	Guelph	2015
10	8.49.48	<b>Kanters, Kurpe, Hunter, Bishop</b>	Windsor	2011

### High Jump Women / Saut en hauteur Femme

1	1.88	<b>Emma Nuttall</b>	Trinity Western	2014
2	1.87	<b>Tammy Lutz</b>	British Columbia	1986
3	1.86	<b>Jeannie Cockcroft</b>	British Columbia	1985
4	1.84	<b>Catherine Bond</b>	Toronto	1990
5	1.83	<b>Kirsten Matthews</b>	York	2005
5	1.83 p	<b>Rachel Machin</b>	Calgary	2014
7	1.82	<b>Rebecca Haworth</b>	Dalhousie	2014
7	1.82	<b>Lauren Taylor</b>	Saskatchewan	2015
	1.82	Machin		2013
	1.82	Nuttall		2012
	1.82	Matthews	McMaster	2003
	1.82	Cockcroft		1988
9	1.81	<b>Shari Orders</b>	Toronto	1987
9	1.81	<b>Beth Stroud</b>	Windsor	2001
	1.81	Cockcroft		1987
	1.81 p	Machin		2013

### Pole Vault Women / Saut à la perche Femme

1	4.25	<b>Robin Bone</b>	Western	2016
	4.24	Bone		2015
2	4.23	<b>Heather Hamilton</b>	York	2010
3	4.22	<b>Kelsie Hendry</b>	Saskatchewan	2005
	4.20	Hendry		2004
	4.15	Hendry		2003
	4.10	Bone	Western	2014
4	4.10	<b>Gabriella Duclos-Lasnier</b>	Sherbrooke	2014
	4.10	Hamilton		2009
5	4.05	<b>Melanie Blouin</b>	Laval	2012
	4.05	Blouin		2013
6	4.02	<b>Paige Ridout</b>	Alberta	2017
6	4.02	<b>Meghan Lim</b>	Alberta	2017
	4.02	Bone		2017
8	4.01	<b>Dana Ellis</b>	Waterloo	2002
9	4.00	<b>Adrienne Vangool</b>	Saskatchewan	2004
9	4.00	<b>Janice Creighton</b>	Windsor	2006
9	4.00	<b>Leah Vause</b>	Saskatchewan	2010
	4.00	Ellis		2001
	4.00	Vangool		2008

**Long Jump Women / Saut en longueur Femme**

1	6.24	<b>Jocelyn Adu-Gyamfi</b>	Toronto	2001
2	6.20	<b>Claudette Allen</b>	Trinity Western	2015
3	6.17	<b>Alice Falaiye</b>	Toronto	1999
4	6.16	<b>Sabrina Nettey</b>	Trinity Western	2014
5	6.14	<b>Jane Cox</b>	Alberta	1990
5	6.14	<b>Caroline Erhardt</b>	Western	2015
5	6.14	<b>Holly Pitters</b>	York	2017
	6.14	Adu-Gyamfi		2004
8	6.12	<b>Joy Becker</b>	Regina	2017
9	6.10	<b>Stephanie Gouin</b>	Windsor	1997
	6.08	Cox		1991
10	6.07	<b>Michelle Hastick</b>	York	1995

**Triple Jump Women / Triple saut Femme**

1	13.16	<b>Caroline Ehrhardt</b>	Western	2015
2	13.01	<b>Kelly Dinsmore</b>	Windsor	1993
	12.95	Dinsmore		1994
3	12.83	<b>Althea Williams</b>	Toronto	1998
4	12.73	<b>Jaideene Lowe</b>	Windsor	2010
5	12.72	<b>Janine Polischuk</b>	Regina	2007
5	12.72	<b>Julia Stille</b>	Toronto	2016
	12.71	Dinsmore		1995
7	12.66	<b>Michelle Hastick</b>	York	1995
	12.66	Erhardt		2014
	12.61	Stille		2015
	12.60	Polischuk		2008
	12.57	Williams		1997
8	12.56	<b>Kim Dykxhoorn</b>	Windsor	1999
	12.56	Erhardt		2012
	12.53	Williams		1996
9	12.49	<b>Neb Zachariah</b>	Windsor	2011
9	12.49	<b>Valerie Kodo</b>	Sherbrooke	2011

**Shot Put Women / Lancer du poids Femme**

1	16.96	<b>Brittany Crew</b>	York	2016
2	16.38	<b>Taryn Suttie</b>	Saskatchewan	2014
	15.88	Crew		2015
	15.72	Suttie		2011
3	15.60	<b>Ashley Connell</b>	Guelph	2016
	15.59	Connell		2017
4	15.55	<b>Sarah Mitton</b>	Windsor	2017
5	15.40	<b>Celine Freeman-Gibb</b>	Windsor	2013
	15.32	Suttie		2010
6	15.31	<b>Shannon Kekula</b>	Saskatchewan	1989
	15.28	Crew		2014
	15.25	Freeman-Gibb		2014
7	15.23	<b>Melody Torcolacci</b>	Queen's	1985
	15.00	Torcolacci		1984
8	14.93	<b>Kate Forbes</b>	Western	2002
	14.83	Mitton		2016
9	14.74	<b>Jessica Zelinka</b>	Calgary	2007
		Forbes	Lethbridge	2005
10	14.69	<b>Tanya Sawyers</b>	Windsor	2001

**20lb Weight Throw Women / Lancer du marteau Femme**

1	19.66	<b>Kate Forbes</b>	Lethbridge	2005
2	19.55	<b>Taryn Suttie</b>	Saskatchewan	2011
3	19.08	<b>Heather Steacy</b>	Lethbridge	2011
	18.99	Forbes		2004
4	18.91	<b>Megan Reid</b>	Saskatchewan	2004
5	18.90	<b>Brittany Crew</b>	York	2016
	18.74	Reid		2005
	18.73	Reid		2006
6	18.66	<b>Kayla Gallagher</b>	Lethbridge	2014
7	18.46	<b>Ashley Connell</b>	Guelph	2017
	18.24	Gallagher		2013
	18.21	Suttie		2014
	18.45	Crew		2015
8	18.09	<b>Liz Dubourt</b>	Saskatchewan	2009
9	18.08	<b>Olena Olenick</b>	Saskatchewan	2016
10	17.98	<b>Annie Larose</b>	Sherbrooke	2009

**Pentathlon (60H, HJ, SP, LJ, 800m) Women / Pentathlon Femme**

1	4380	<b>Jessica Zelinka</b>	Calgary	2007
2	4179	<b>Rachael McIntosh</b>	Calgary	2013
	4165	McIntosh		2014
3	4134	<b>Nikki Oudenaarden</b>	Calgary	2017
4	4063	<b>Rachel Machin</b>	Calgary	2014
	4062	Zelinka		2004
	4016	McIntosh		2012
	3993	Machin		2013
5	3947	<b>Jenn Cotten</b>	Western	2010
6	3940	<b>Kaleigh Hole</b>	Western	2016
	3931	Zelinka		2003
7	3926	<b>Amelie Auge</b>	Sherbrooke	2017
	3887	Zelinka	Western	2001
	3878	Hole		2017
8	3873	<b>Samantha Anderson</b>	Calgary	2004
9	3868	<b>Helena Reinfels</b>	McGill	2016
10	3824	<b>Astrid Nyame</b>	Saskatchewan	2016



**Women's Winning Team Totals / Plus de points par équipe Femme**

154.5 **	<b>Windsor</b>	2011
131.5 **	<b>Toronto</b>	2015
119.5 **	<b>Toronto</b>	2017
115 **	<b>Calgary</b>	2013
114 **	<b>Windsor</b>	2010
103 **	<b>Calgary</b>	2007
99 **	<b>Toronto</b>	2016
96.5 **	<b>Guelph</b>	2008
96 **	<b>Guelph</b>	2014
91.5	<b>Saskatchewan</b>	2004
91 **	<b>Windsor</b>	2009
87 **	<b>Windsor</b>	2012
79	<b>Toronto</b>	1998
75	<b>Windsor</b>	1993
74	<b>Windsor</b>	1995
71	<b>Saskatchewan</b>	2003
69	<b>Victoria</b>	1971
68	<b>Manitoba</b>	1970
67	<b>Saskatchewan</b>	2005
67	<b>Windsor</b>	1992
66	<b>Windsor</b>	1996
60	<b>Toronto</b>	1997
60	<b>York</b>	1990
60	<b>Windsor</b>	1994
59	<b>Windsor</b>	2006
57	<b>Western Ontario</b>	1982
56	<b>Calgary</b>	1991
55	<b>Western Ontario</b>	2002
54	<b>Toronto</b>	1989
54	<b>Western Ontario</b>	1983
53	<b>Saskatchewan</b>	2000
51	<b>Saskatchewan</b>	2001
51	<b>Windsor</b>	1999
50	<b>Calgary</b>	1987
50	<b>Saskatchewan</b>	1986
50	<b>York</b>	1984
47	<b>York</b>	1988
43	<b>Western Ontario</b>	1981
42	<b>Alberta / Saskatchewan (tie)</b>	1985

**\*\* 8 deep scoring system**