

FEMALE | U20 OUTDOOR TF + ROAD


LAST UPDATED: 2024-08-16

EVENT	RECORD		ATHLETE	YOB	CLUB	LOCATION	DATE
100m	11.58	0.8	Raquel Tjernagel	1984	COQC	Norwalk, CA	04/18/2015
200m	23.3h		Stephanie Berto	1953	VOCA	Winnipeg, MB	08/22/1971
	23.34	2.0	Raquel Tjernagel	1984	COQC	Azusa, CA	04/17/2015
400m	51.88		 Camille Noel	1974	UCLA	Berkeley, CA	05/21/1993
800m	2:05.19		Helen Crofts	1991	UNBC	Port of Spain, TRI	08/02/2009
1000m	2:50.12		Maya Baechler	2005	TBIR	Victoria, BC	03/13/2021
1500m	4:15.40		Lori Duward	1972	UNBC	Montreal, QC	06/13/1991
Mile	4:47.15		Alexa Dow	2007	PIHR	Renton, WA	06/12/2024
2000mSC	6:38.81		 Regan Yee	1995	BVAS	Ste-Therese, QC	04/07/2014
3000m	9:12.39		Brenda Shackleton	1966	KTFC	Saint John, NB	08/16/1985
3000mSC	10:01.95		Grace Fetherstonhaug	2000	CITY	Portland, OR	06/10/2018
3000mRW	14:25.74		 Olivia Lundman	2003	NTFC	Kamloops, BC	10/17/2020
5000m	16:45.6		Margaret Butler	1978	KJAK	Burnaby, BC	06/26/1985
5000mRW	23:12.53		  Olivia Lundman	2003	NTFC	Vancouver, BC	03/26/2022
10000mRW	47:24.73		  Olivia Lundman	2003	NTFC	Kamloops, BC	07/10/2022
100mH	13.56	0.9	Katarina Vlahovic	2000	UATH	Ottawa, ON	07/07/2018
400mH	59.22		Corri-Ann Campbell-Fell	1987	TBIR	Beijing, CHN	08/15/2006
High Jump	1.85		 Debbie Brill	1953	UNBC	Cali, COL	01/01/1971
Pole Vault	4.10		Sony Urbanowicz	2004	NTFC	Langley, BC	06/26/2022
Long Jump	6.38	0.0	Krysha Bayley	1984	COQC	Athens, GA	03/29/2003
Triple Jump	12.35	0.0	Sabrina Nettey	1990	UATH	Walnut, CA	04/16/2005
	12.35	-0.2	Aliesha Cobb	1991	PATH	Duncan, BC	06/14/2009
Shot Put 4.00K	14.58		Jillian Weir	1993	UNBC	Portland, OR	06/16/2012
Discus Throw	51.65		Agnes Esser	1995	PATH	Eugene, OR	07/24/2014
Hammer Throw 4.00K	65.61		  Camryn Rogers	1999	KJAK	Berkeley, CA	04/27/2018
Javelin Throw 600G	50.53		 Brittni Wolczyk	1997	UNBC	Burnaby, BC	06/17/2016
Heptathlon	6021		  Nina Schultz	1998	NWSA	Tucson, AZ	04/07/2017
13.83 (-0.5) / 1.75m / 12.19m / 24.43 (1.8) / 6.04m (0.0) / 46.09m / 2:18.75							
ROAD							
5K Road	17:23		Kendra Lewis	2002	VOCA	Vancouver, BC	04/16/2019
10K Road	36:45		Justine Stecko	2000	PIHR	Vancouver, BC	09/17/2016
5K Race Walk	25:34		Joelan Lu	2000	WALK	Philadelphia, PA	08/17/2019



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10K Race Walk	49:23	 Olivia Lundamn	2003	NTFC	Mission, BC	06/22/2022

