

## Women's Canadian Records / Records canadiens féminins

Event / Épreuve	Perf.	Name / Nom	Date
<b>100m</b>	10.98 (0.8w)	ANGELA BAILEY	06.07.87
<b>200m</b>	22.62 (0.8w)	MARITA PAYNE (WIGGINS)	10.07.83
<b>400m</b>	49.91	MARITA PAYNE (WIGGINS)	06.08.84
	49.91	JILLIAN RICHARDSON	25.09.88
<b>800m</b>	1:57.02	MELISSA BISHOP	20.08.16
<b>1500m</b>	4:00.27	LYNN WILLIAMS	14.08.85
<b>5000m</b>	14:54.98	COURTNEY BABCOCK	30.08.03
<b>10000m</b>	31:41.59	NATASHA WODAK	02.05.15
<b>3000m SC</b>	9:30.24	GENEVIEVE LALONDE	13.08.16
<b>100mH</b>	12.46 (0.7w)	PERDITA FELICIEN	19.06.04
<b>400mH</b>	54.39	ROSEY EDEH	30.07.96
<b>20km RW</b>	1:29:54.00	RACHEL SEAMAN	13.03.15
<b>4x100m</b>	42.60	EMMANUEL, HYACINTHE,	29.08.15
		FOFANA, BINGHAM	
<b>4x400m</b>	3:21.21	CROOKS, RICHARDSON, KILLINGBECK, PAYNE	11.08.84
<b>High jump</b>	1.98m	DEBBIE BRILL	02.09.84
<b>Long jump</b>	6.99m (0.8w)	CHRISTABEL NETTEY	29.05.15
<b>Triple jump</b>	13.99m (0.6w)	TABIA CHARLES	03.07.10
<b>Pole vault</b>	4.71m	ALYSHA NEWMAN	08.04.17
<b>Discus throw (1kg)</b>	62.72m	CARMEN IONESCO	23.08.79
<b>Hammer throw (4kg)</b>	75.73m	SULTANA FRIZELL	22.05.14
<b>Javelin throw (600g)</b>	64.83m	LIZ GLEADLE	10.05.15
<b>Shot put (4kg)</b>	18.58m	BRITTANY CREW	20.05.17
<b>Heptathlon</b>	6808	BRIANNE THEISEN-EATON	31.05.15