

# Calgary Warriors Women Indoor Best Performances 2009-2010

## Women 60m Sprint

1	8.13	MacKay, Megan	CW	94	15	F	1	Dino Opener	Calgary, AB	5-Dec-09
2	8.42	Morrison, Deshaunda	CW	95	15	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	8.45	Kowalenko, Megan	CW	96	14	P	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	8.54	Krill, Sydney	CW	95	15	P	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	8.67	McDougall, Natalie	CW	97	13	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
6	8.72	Maylan, Ashley	CW	95	15	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	8.74	Humble, Shaina	CW	92	17	F	8	Dino Opener	Calgary, AB	5-Dec-09
8	9.12	Morgan, Emma	CW	94	15	F	6	Dino Opener	Calgary, AB	5-Dec-09
9	9.41	Brockway, Carli	CW	96	13	F	6	Dino Opener	Calgary, AB	5-Dec-09

## Women 150m Sprint

1	21.68	McDougall, Natalie	CW	97	13	F	3	Dino Classic	Calgary, AB	9-Jan-10
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## Women 200m Sprint

1	27.41	MacKay, Megan	CW	94	16	P	9	Golden Bear Open	Edmonton, AB	15-Jan-10
2	27.98	Morrison, Deshaunda	CW	95	15	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	28.37	Krill, Sydney	CW	95	15	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	29.09	Humble, Shaina	CW	92	17	P	7	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
5	29.63	Maylan, Ashley	CW	95	15	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	29.67	Kowalenko, Megan	CW	96	14	P	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## Women 300m Sprint

1	44.19	Morrison, Deshaunda	CW	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	45.18	MacKay, Megan	CW	94	16	F	12	Dino Classic	Calgary, AB	9-Jan-10
3	45.32	Krill, Sydney	CW	95	15	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	45.84	McDougall, Natalie	CW	97	13	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
5	46.71	Humble, Shaina	CW	92	18	F	15	Dino Classic	Calgary, AB	9-Jan-10
6	48.23	Kowalenko, Megan	CW	96	14	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
7	48.32	Maylan, Ashley	CW	95	15	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
8	49.35	Morgan, Emma	CW	94	16	F	20	Dino Classic	Calgary, AB	9-Jan-10

## Women 400m Sprint

1	1:05.19	Humble, Shaina	CW	92	17	F	4	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
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## Women 600m Run

1	1:43.56	Bernard, Maria	CW	93	17	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
2	1:49.12	Humble, Shaina	CW	92	18	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10

## Women 800m Run

1	2:21.54	Bernard, Maria	CW	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	2:35.73	Humble, Shaina	CW	92	17	F	8	Dino Opener	Calgary, AB	5-Dec-09

## Women 1000m Run

1	3:31.76	Graham, Stephanie	CW	92	18	F	20	Dino Classic	Calgary, AB	9-Jan-10
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## Women 1500m Run

1	4:50.23	Bernard, Maria	CW	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
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## Women 3000m Run

1	12:15.86	Graham, Stephanie	CW	92	17	F	5	Dino Opener	Calgary, AB	5-Dec-09
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## Women 55m Hurdles

1	8.41	MacEachen, Jill	CW	91	19	P	7	OVC Championships	Nashville, TN	26-Feb-10	.84m
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## Women 60m Hurdles

1	9.07	MacEachen, Jill	CW	91	19	P	8	EIU Friday Night Special	Charleston, IL	19-Feb-10	.84m
2	9.54	Morrison, Deshaunda	CW	95	15	P	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
3	9.61	MacKay, Megan	CW	94	16	F	2	Sled Dog	Saskatoon, SK	29-Jan-10	.76m
4	10.04	Maylan, Ashley	CW	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
5	10.70	Morgan, Emma	CW	94	15	F	4	Dino Opener	Calgary, AB	5-Dec-09	.76m

## Women Long Jump

1	5.54m	MacEachen, Jill	CW	91	19	F	9	OVC Championships	Nashville, TN	26-Feb-10
2	4.86m	MacKay, Megan	CW	94	16	F	3	Sled Dog	Saskatoon, SK	29-Jan-10

# Calgary Warriors Men Indoor Best Performances 2009-2010

## Men 60m Sprint

1	7.40	Minton, Corey	CW	91	19	P	12	Jack Simpson Open	Calgary, AB	23-Jan-10
2	7.57	Meeck, Mackenzie	CW	94	15	F	1	Dino Opener	Calgary, AB	5-Dec-09
3	7.61	Reckord, Matthew	CW	95	15	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	7.86	Patterson, Doug	CW	92	17	F	4	Dino Opener	Calgary, AB	5-Dec-09
5	7.91	Brideson, Matthew	CW	94	16	F	10	Dino Classic	Calgary, AB	9-Jan-10
6	7.95	Sands, Paul	CW	94	16	F	13	Dino Classic	Calgary, AB	9-Jan-10
7 *	8.03	McQueen, Alister	CW	91	19	P	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7 *	8.03	MacKay, Scott	CW	96	14	P	7	Golden Bear Open	Edmonton, AB	15-Jan-10
9	8.16	Nordmark, Daelin	CW	95	15	F	4	Dino Classic	Calgary, AB	9-Jan-10
10 *	8.18	Dragicevic, Daniel	CW	94	16	F	21	Dino Classic	Calgary, AB	9-Jan-10
10 *	8.18	Dragicevic, Nikola	CW	94	16	F	20	Dino Classic	Calgary, AB	9-Jan-10
12	8.37	Hudson, Jeff	CW	96	14	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	8.54	Smeeton, Eric	CW	96	14	F	5	Dino Classic	Calgary, AB	9-Jan-10
14	9.21	Boutin, Josep	CW	96	14	P	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	10.16	Smeeton, Ryan	CW	98	12	F	5	Dino Classic	Calgary, AB	9-Jan-10

## Men 150m Sprint

1	21.62	Smeeton, Eric	CW	96	13	F	4	Dino Opener	Calgary, AB	5-Dec-09
2	25.10	Smeeton, Ryan	CW	98	12	F	4	Dino Classic	Calgary, AB	9-Jan-10

## Men 200m Sprint

1	24.04	Minton, Corey	CW	91	19	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	24.45	Meeck, Mackenzie	CW	94	16	P	11	Golden Bear Open	Edmonton, AB	15-Jan-10
3	24.99	Reckord, Matthew	CW	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	25.08	Patterson, Doug	CW	92	17	P	5	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
5	25.57	Brideson, Matthew	CW	94	16	P	15	Golden Bear Open	Edmonton, AB	15-Jan-10
6	25.61	Sands, Paul	CW	94	15	F	8	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
7	25.90	Dragicevic, Nikola	CW	94	16	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8 *	26.13	Nordmark, Daelin	CW	95	15	P	6	Golden Bear Open	Edmonton, AB	15-Jan-10
8 *	26.13	MacKay, Scott	CW	96	13	F	1	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
10	26.31	Cahoon, Patrick	CW	94	16	P	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	27.14	Smeeton, Eric	CW	96	14	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	27.59	Hudson, Jeff	CW	96	14	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	30.65	Boutin, Josep	CW	96	14	P	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## Men 300m Sprint

1	38.43	Minton, Corey	CW	91	19	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
2	39.16	Reckord, Matthew	CW	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	39.31	Sands, Paul	CW	94	16	F	13	Jack Simpson Open	Calgary, AB	23-Jan-10
4	39.34	Meeck, Mackenzie	CW	94	16	F	14	Jack Simpson Open	Calgary, AB	23-Jan-10
5	39.38	Brideson, Matthew	CW	94	16	F	15	Jack Simpson Open	Calgary, AB	23-Jan-10
6	39.63	Patterson, Doug	CW	92	18	F	16	Jack Simpson Open	Calgary, AB	23-Jan-10
7	39.76	Dragicevic, Nikola	CW	94	16	F	17	Jack Simpson Open	Calgary, AB	23-Jan-10
8	40.45	Nordmark, Daelin	CW	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	40.46	Dragicevic, Daniel	CW	94	15	F	2	Dino Opener	Calgary, AB	5-Dec-09
10	40.67	MacKay, Scott	CW	96	14	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	43.17	Smeeton, Eric	CW	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	43.75	Hudson, Jeff	CW	96	14	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
13	45.36	Hilton, Trevor	CW	95	14	F	4	Dino Opener	Calgary, AB	5-Dec-09
14	47.04	Ross, Graham	CW	96	13	F	9	Dino Opener	Calgary, AB	5-Dec-09
15	48.55	Payne, Stephen	CW	95	14	F	12	Dino Opener	Calgary, AB	5-Dec-09
16	49.28	Boutin, Josep	CW	96	14	F	6	Dino Classic	Calgary, AB	9-Jan-10
17	51.80	Crook, Cody	CW	95	14	F	14	Dino Opener	Calgary, AB	5-Dec-09

## Men 400m Sprint

1	51.75	Prajea, Mihai	CW	91	19	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	55.10	Dragicevic, Nikola	CW	94	16	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	56.09	Brideson, Matthew	CW	94	16	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
4	56.15	Patterson, Doug	CW	92	18	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	56.24	Dragicevic, Daniel	CW	94	16	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	56.82	Sands, Paul	CW	94	15	F	4	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
7	58.23	Cahoon, Patrick	CW	94	16	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

### Men 600m Run

1	1:33.89	Galea, Matthew	CW	93	17	F	3	Sled Dog	Saskatoon, SK	29-Jan-10
2	1:34.25	Dragicevic, Daniel	CW	94	16	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
3	1:55.61	Smeeton, Ryan	CW	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

### Men 800m Run

1	1:54.85	Holm, David	CW	86	24	F	1	Bob Keck Invite	#N/A	5-Feb-10
2	1:57.54	Prajea, Mihai	CW	91	18	F	1	Dino Opener	Calgary, AB	5-Dec-09
3	2:08.97	Galea, Matthew	CW	93	17	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	2:08.98	Oughton, Evan	CW	91	18	F	8	Dino Opener	Calgary, AB	5-Dec-09
5	2:10.45	Dragicevic, Daniel	CW	94	16	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	2:13.76	MacKay, Scott	CW	96	14	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	2:15.60	Hilton, Trevor	CW	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	2:17.30	Cahoon, Patrick	CW	94	16	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	2:27.42	Ross, Graham	CW	96	13	F	4	Dino Opener	Calgary, AB	5-Dec-09
10	2:28.69	Payne, Stephen	CW	95	15	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
11	2:41.73	Smeeton, Ryan	CW	98	12	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	2:44.01	Crook, Cody	CW	95	14	F	8	Dino Opener	Calgary, AB	5-Dec-09

### Men 1000m Run

1	2:30.32	Holm, David	CW	86	24	F	1	EIU Friday Night Special	Charleston, IL	19-Feb-10
2	2:35.49	Prajea, Mihai	CW	91	19	F	1	Dino Classic	Calgary, AB	9-Jan-10
3	2:47.73	Galea, Matthew	CW	93	17	F	2	Sled Dog	Saskatoon, SK	29-Jan-10
4	3:03.66	Hilton, Trevor	CW	95	15	F	2	Dino Classic	Calgary, AB	9-Jan-10
5	3:21.81	Ross, Graham	CW	96	14	F	2	Dino Classic	Calgary, AB	9-Jan-10
6	3:22.25	Rodin, Isaac	CW	95	15	F	6	Dino Classic	Calgary, AB	9-Jan-10
7	3:24.30	Crook, Cody	CW	95	15	F	7	Dino Classic	Calgary, AB	9-Jan-10
8	3:25.56	Payne, Stephen	CW	95	15	F	9	Dino Classic	Calgary, AB	9-Jan-10

### Men 1200m Run

1	3:33.74	Hilton, Trevor	CW	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	3:49.20	Payne, Stephen	CW	95	15	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	3:52.31	Ross, Graham	CW	96	14	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	3:58.57	Crook, Cody	CW	95	15	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	4:05.61	Rodin, Isaac	CW	95	15	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10

### Men 1500m Run

1	4:20.72	Galea, Matthew	CW	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
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### Men 2000m Run

1	6:32.59	Hilton, Trevor	CW	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	6:43.18	Payne, Stephen	CW	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	6:55.20	Ross, Graham	CW	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	7:10.41	Crook, Cody	CW	95	15	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

### Men 3000m Run

1	9:28.40	Galea, Matthew	CW	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
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### Men 1 Mile Run

1	4:18.25	Holm, David	CW	86	24	F	6	ISU Classic	Ames, IA	12-Feb-10
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### Men 60m Hurdles

1	10.15	Minton, Corey	CW	91	19	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.99m
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### Men High Jump

1	1.30m	MacKay, Scott	CW	96	13	F	8	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
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### Men Long Jump

1	4.47m	Hudson, Jeff	CW	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	3.96m	Boutin, Josep	CW	96	14	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

### Men Shot Put

1	9.34m	MacKay, Scott	CW	96	13	F	3	2009 Last Chance Meet	Edmonton, AB	28-Nov-09
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