

Short Track Personal Best Times - 2019-2020 Season

Please contact the SASSA Office for any discrepancies in this document

Legend		
Athlete Name	Distances Skated	Overall
Personal Best	All Time Personal Best Time	
Current Season Best Time	Season's Best Time for each Distance	
Improvement	Percentage of beginning of season's time. The lower the percentage the higher the level of improvement	

All skaters are sorted in alphabetical order in their age categories.

Highlighted Times are new Provincial Records (Junior B + up only)

FUNdamentals - Female							
Cocks, Sadie	100m	200m	300m	400m	500m	1500m	Overall
Personal Best		00:42.95	01:12.04	01:38.96	01:53.82		05:27.77
Current Season Best Time		00:42.95	01:12.04	01:38.96	01:53.82		05:27.77
Improvement	#DIV/0!	100.00%	100.00%	100.00%	100.00%	#DIV/0!	100.00%
Cousineau, Meg	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:36.36	00:54.36	01:11.75	01:06.53	02:11.22	03:15.39	09:15.61
Current Season Best Time	00:29.56	00:41.04	00:55.58	01:06.53	02:11.22	02:38.55	08:02.48
Improvement	81.30%	75.50%	77.46%	100.00%	100.00%	81.15%	86.84%
Craik, Avery	100m	200m	300m	400m	500m	1000m	Overall
Personal Best	00:24.42	00:50.43	01:05.87	01:51.85	01:57.24		05:45.39
Current Season Best Time		00:44.70	01:05.87	01:32.69	01:57.24		05:20.50
Improvement	0.00%	88.64%	100.00%	82.87%	100.00%	#DIV/0!	92.79%
Engel, Sophia	100m	200m	300m	400m	500m	1000m	Overall
Personal Best	00:22.97	00:50.49	01:23.20	02:08.32	02:23.26		06:45.27
Current Season Best Time	00:22.97	00:45.57	01:05.14	01:36.40	02:00.11		05:50.19
Improvement	100.00%	90.26%	78.29%	75.12%	83.84%	#DIV/0!	86.41%
Finch, Jayda	200m	300m	400m	800m	1000m	1500m	Overall
Personal Best	00:30.89	00:45.27	00:59.88	03:04.77	02:23.98	04:33.84	12:18.63
Current Season Best Time	00:27.63	00:42.89	00:54.76	01:53.43	02:23.98		06:22.69
Improvement	89.45%	94.74%	91.45%	61.39%	100.00%	0.00%	51.81%
Gallagher, Jude	200m	300m	400m	500m	1000m	1500m	Overall

Personal Best	00:51.50	01:16.21	01:52.17	02:15.30			06:15.18
Current Season Best Time	00:51.50	01:16.21	01:52.17	02:15.30			06:15.18
Improvement	100.00%	100.00%	100.00%	100.00%	#DIV/0!	#DIV/0!	100.00%
Kendze, Chloe	100m	200m	300m	400m	800m	1000m	Overall
Personal Best	00:18.18	00:34.51	00:53.83	01:12.41	02:17.61	03:00.60	04:58.36
Current Season Best Time		00:33.12	00:47.94	01:03.97	02:10.49		04:35.52
Improvement	0.00%	95.97%	89.06%	88.34%	94.83%	0.00%	92.34%
Krieger, Braelyn	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:49.37	01:18.98	01:50.78	02:11.79			05:21.55
Current Season Best Time	00:49.37	01:18.98	01:50.78	02:11.79			05:21.55
Improvement	100.00%	100.00%	100.00%	100.00%	#DIV/0!	#DIV/0!	100.00%
Larocque, Maelle	100m	200m	300m	400m	500m	1000m	Overall
Personal Best		00:36.84	01:00.42	01:18.60	01:42.15		04:38.01
Current Season Best Time		00:36.84	00:57.53	01:18.60	01:35.58		04:28.55
Improvement	#DIV/0!	100.00%	95.22%	100.00%	93.57%	#DIV/0!	96.60%
Skinner, Celia	100m	200m	300m	400m	500m	800m	Overall
Personal Best		00:38.85	01:05.07	01:26.16	01:53.19		05:03.27
Current Season Best Time		00:38.85	01:05.07	01:26.16	01:53.19		05:03.27
Improvement	#DIV/0!	100.00%	100.00%	100.00%	100.00%	#DIV/0!	100.00%
Veeman, Lena	200m	300m	400m	800m	1000m	1500m	Overall
Personal Best	00:28.47	00:43.31	00:57.72	01:49.56	02:16.47	03:41.77	09:57.30
Current Season Best Time	00:26.37	00:38.67	00:50.86	01:42.12	02:12.22	03:18.47	09:08.71
Improvement	92.62%	89.29%	88.12%	93.21%	96.89%	89.49%	91.87%
Wall, Kelsey	200m	300m	400m	1000m	Overall		
Personal Best	00:51.33	01:18.85	02:03.11	04:49.29	09:02.58		
Current Season Best Time					00:00.00		
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%		
Yaschuk, Avery	100m	200m	300m	400m	800m	Overall	
Personal Best	00:21.74	00:42.07	01:01.15	01:21.52	02:41.95	05:46.69	
Current Season Best Time		00:38.86	00:58.19	01:16.55	02:35.54	05:29.14	
Improvement	0.00%	92.37%	95.16%	93.90%	96.04%	94.94%	
Zoerb, Scarlett	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:34.77	00:53.21	01:12.95	01:27.55	02:14.79	03:04.38	06:23.27

Current Season Best Time	00:34.39	00:49.24	01:03.56	01:27.55	02:14.79		06:09.53
Improvement	98.91%	92.54%	87.13%	100.00%	100.00%	0.00%	96.42%

L2T - Female								
Bouvier, Adrianna	100m	200m	300m	400m	500m	1000m	Overall	
Personal Best		00:48.30	01:18.77	01:41.58	01:56.64	05:17.46	05:45.29	
Current Season Best Time		00:37.20	01:02.34	01:17.68	01:56.64		04:53.86	
Improvement	#DIV/0!	77.02%	79.14%	76.47%	100.00%	0.00%	85.11%	
Carr, Evyn	100m	200m	300m	400m	500m	800m	1000m	Overall
Personal Best	00:16.68	00:36.45	00:55.64	01:25.46	01:24.21	02:19.44	04:05.74	10:46.94
Current Season Best Time	00:16.68	00:30.56	00:45.34	01:00.35	01:24.21	02:19.44	03:41.64	09:41.54
Improvement	100.00%	83.84%	81.49%	70.62%	100.00%	100.00%	90.19%	89.89%
Cletheroe, Kharma	200m	300m	400m	800m	1000m	1500m	Overall	
Personal Best	00:27.08	00:38.19	00:51.79	01:40.32	02:16.01	03:39.03	09:32.42	
Current Season Best Time	00:25.89	00:38.19	00:48.03	01:40.32	02:16.01	03:22.44	09:10.88	
Improvement	95.61%	100.00%	92.74%	100.00%	100.00%	92.43%	96.24%	
Gallagher, Avery	100m	200m	300m	400m	500m	1000m	Overall	
Personal Best		00:41.81	01:10.71	01:36.07	02:00.73		05:29.32	
Current Season Best Time		00:41.81	01:10.71	01:36.07	02:00.73		05:29.32	
Improvement	#DIV/0!	100.00%	100.00%	100.00%	100.00%	#DIV/0!	100.00%	
Ivey, Caedan	100m	200m	300m	400m	1000m	1500m	3000m	Overall
Personal Best	00:18.59	00:26.75	00:41.09	00:52.78	02:20.45	03:30.37	07:43.20	13:14.19
Current Season Best Time								00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Kenyon, Gemma	200m	300m	400m	500m	800m	1000m	Overall	
Personal Best	00:35.86	00:56.95	01:18.58	01:59.57	02:45.92	03:43.19	09:20.50	
Current Season Best Time	00:31.44	00:49.62	01:08.01		02:18.31	03:03.93	07:51.31	
Improvement	87.67%	87.13%	86.55%	0.00%	83.36%	82.41%	84.09%	
Korczak, Tori	200m	300m	400m	500m	1000m	1500m	Overall	
Personal Best	00:30.76	00:45.79	01:03.04	01:34.28	02:49.08	05:00.69	05:08.67	
Current Season Best Time	00:28.97	00:41.72	00:56.76		02:40.80		04:48.25	
Improvement	94.18%	91.11%	90.04%	0.00%	95.10%	0.00%	93.38%	
Makowsky, Kamaya	200m	300m	400m	500m	800m	1000m	1500m	Overall

Personal Best	00:26.20	00:38.84	00:52.00	01:08.90	01:47.35	02:36.55	03:24.80	09:45.74
Current Season Best Time	00:25.88	00:37.33	00:49.46		01:41.70	02:09.64	03:17.33	09:01.34
Improvement	98.78%	96.11%	95.12%	0.00%	94.74%	82.81%	96.35%	92.42%
Mathies, Kira	200m	300m	400m	500m	800m	1000m	Overall	
Personal Best	00:35.94	01:01.88	01:11.61	01:24.53	02:41.43	03:30.42	06:55.39	
Current Season Best Time	00:34.18	00:50.52	01:05.32	01:24.53	02:41.43		06:35.98	
Improvement	95.10%	81.64%	91.22%	100.00%	100.00%	0.00%	95.33%	
Northey, Adria	100m	200m	300m	400m	500m	Overall		
Personal Best	00:19.30	00:39.58	00:59.03	01:18.09	01:42.58	04:58.58		
Current Season Best Time	00:19.30	00:35.93	00:59.03	01:12.87	01:38.44	04:45.57		
Improvement	100.00%	90.78%	100.00%	93.32%	95.96%	95.64%		
Simpson, Bailey	200m	300m	400m	800m	1000m	Overall		
Personal Best	00:36.89	00:54.49	01:12.05	02:36.12	03:15.18	05:19.55		
Current Season Best Time	00:33.69	00:52.57	01:10.22	02:28.60		05:05.08		
Improvement	91.33%	96.48%	97.46%	95.18%	0.00%	95.47%		
Textor, Hannah	200m	300m	400m	500m	1000m	Overall		
Personal Best	00:41.63	01:06.79	01:27.59	01:47.62	04:12.29	05:03.63		
Current Season Best Time	00:35.80	00:55.62	01:17.29	01:35.67		04:24.38		
Improvement	86.00%	83.28%	88.24%	88.90%	0.00%	87.07%		
Thompson, Autumn	100m	200m	300m	400m	500m	1000m	Overall	
Personal Best		00:41.58	01:05.29	01:24.57	02:40.77		05:52.21	
Current Season Best Time		00:39.26	01:01.89	01:24.57	01:47.31		04:53.03	
Improvement	#DIV/0!	94.42%	94.79%	100.00%	66.75%	#DIV/0!	83.20%	

T2T 11 - Female							
Harmon, Hannah	100m	200m	300m	400m	800m	1500m	Overall
Personal Best	00:15.31	00:28.24	00:43.11	00:57.68	01:52.10	03:35.75	07:36.88
Current Season Best Time							00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%

T2T 12 - Female							
Dvorak, Sophia	200m	400m	500m	1500m	2000m	3000m	Overall
Personal Best	00:25.76	00:48.73	01:12.61	03:25.10	05:00.05	08:06.99	12:46.58

Current Season Best Time	00:23.79	00:46.71		03:07.58		06:51.51	11:09.59	
Improvement	92.35%	95.85%	0.00%	91.46%	0.00%	84.50%	87.35%	
Hrycuik, Sophia	200m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:24.83	00:47.11	01:10.47	02:09.90	03:05.83	04:47.23	07:01.99	16:06.99
Current Season Best Time	00:23.32	00:43.52			02:57.41	04:10.97	06:22.62	14:37.84
Improvement	93.92%	92.38%	0.00%	0.00%	95.47%	87.38%	90.67%	90.78%
Scutchings, Melissa	200m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:25.86	00:49.68	02:04.10	02:26.31	03:22.27	04:42.95	06:56.53	18:43.60
Current Season Best Time	00:25.10	00:47.23		02:07.85	03:16.42	04:21.70	06:56.53	17:54.83
Improvement	97.06%	95.07%	0.00%	87.38%	97.11%	92.49%	100.00%	95.66%
Stang, Margo	200m	300m	400m	500m	1000m	1500m	2000m	Overall
Personal Best	00:30.12	00:46.26	01:20.85		02:46.27			05:23.50
Current Season Best Time	00:30.12	00:45.88	01:20.85		02:45.59			05:22.44
Improvement	100.00%	99.18%	100.00%	#DIV/0!	99.59%	#DIV/0!	#DIV/0!	99.67%
Stribbell, Taryn	200m	400m	500m	1500m	2000m	3000m	Overall	
Personal Best	00:28.17	00:56.58		03:44.27	05:24.89		10:33.91	
Current Season Best Time	00:26.73	00:52.84		03:38.69	05:12.02		10:10.28	
Improvement	94.89%	93.39%	#DIV/0!	97.51%	96.04%	#DIV/0!	96.27%	

T2T 13 - Female								
Beaugard, Felicity	200m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:26.15	00:49.24	01:37.30	03:22.76	03:28.52	05:08.84	08:07.37	16:14.04
Current Season Best Time	00:25.11	00:47.89		02:08.91	03:12.26		06:53.14	13:27.31
Improvement	96.02%	97.26%	0.00%	63.58%	92.20%	0.00%	84.77%	82.88%
Cloutier, Ella	200m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:22.95	00:42.57	00:51.21	02:15.16	02:49.78	04:32.43	05:56.35	12:58.02
Current Season Best Time	00:21.79	00:41.28	00:51.21	01:44.00	02:43.03		05:45.71	12:07.02
Improvement	94.95%	96.97%	100.00%	76.95%	96.02%	0.00%	97.01%	93.44%
Dallaire, Serena	200m	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:22.23	00:41.82	00:51.22	01:43.69	02:40.57	05:59.39	12:18.92	
Current Season Best Time	00:22.47	00:41.48	00:49.62	01:42.05	02:37.61	05:57.15	12:10.38	
Improvement	101.08%	99.19%	96.88%	98.42%	98.16%	99.38%	98.84%	
Frombach, Amber	200m	400m	1000m	1500m	2000m	3000m	Overall	

Personal Best	00:25.68	00:49.22	02:25.90	03:17.98	04:59.30	07:33.08	09:32.18
Current Season Best Time	00:26.29	00:51.80		03:40.33	04:59.30		09:57.72
Improvement	102.38%	105.24%	0.00%	111.29%	100.00%	0.00%	104.46%
Pieper, Kearah	200m	300m	400m	1500m	2000m	3000m	Overall
Personal Best	00:25.84		00:50.35	03:22.35	04:49.43	08:01.92	17:29.89
Current Season Best Time	00:24.18		00:47.01	03:21.41	04:51.91	07:25.42	16:49.93
Improvement	93.58%	#DIV/0!	93.37%	99.54%	100.86%	92.43%	96.19%
Turnbull, Sophie	200m	400m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:26.18	00:49.25	03:04.73	03:13.24	04:20.15	07:05.07	15:53.89
Current Season Best Time	00:25.69	00:49.28		03:08.58	04:25.87	06:35.30	15:24.72
Improvement	98.13%	100.06%	0.00%	97.59%	102.20%	93.00%	96.94%
Smith, Julia	200m	400m	500m	1500m	2000m	3000m	Overall
Personal Best	00:25.61	00:48.65	01:11.57	03:13.00	04:19.61	07:04.83	11:32.09
Current Season Best Time	00:24.74	00:45.98		03:02.00		06:26.79	10:39.51
Improvement	96.60%	94.51%	0.00%	94.30%	0.00%	91.05%	92.40%

T2T 14 - Female									
Andreas, Shannon	200m	300m	400m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:26.38	00:51.55	00:51.76	02:43.24	03:24.16	04:50.89	07:33.27	17:06.46	
Current Season Best Time	00:25.86		00:53.23		03:35.58	04:50.80	07:14.12	16:59.59	
Improvement	98.03%	0.00%	102.84%	0.00%	105.59%	99.97%	95.78%	99.33%	
Benson, Kiara	200m	400m	1500m	2000m	3000m	Overall			
Personal Best	00:26.06	00:50.85	03:19.45	04:33.93	07:41.22	04:36.36			
Current Season Best Time	00:25.24	00:49.01	03:49.11			05:03.36			
Improvement	96.85%	96.38%	114.87%	0.00%	0.00%	109.77%			
Bracha, Kiera	200m	300m	400m	500m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:23.33	00:36.67	00:43.45	01:01.09	02:11.92	02:48.19	04:27.01	05:53.21	18:04.87
Current Season Best Time									00:00.00
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Capill, Morgan	200m	400m	500m	1000m	1500m	3000m	Overall		
Personal Best	00:24.00	00:45.57	00:54.08	02:16.44	02:59.17	06:13.02	13:32.28		
Current Season Best Time	00:23.52	00:44.38	00:54.08	01:50.93	02:51.03	06:02.53	12:46.47		
Improvement	98.00%	97.39%	100.00%	81.30%	95.46%	97.19%	94.36%		

Nelson, Marin	200m	300m	400m	1000m	1500m	2000m	3000m	Overall
Start of the Season	00:27.82		00:53.94		03:39.77	05:17.99	08:46.85	19:06.37
Current Season Best Time	00:25.21		00:47.62		03:12.21	04:35.10	06:33.45	15:33.59
Improvement	90.62%	#DIV/0!	88.28%	#DIV/0!	87.46%	86.51%	74.68%	81.44%
Reynoldson, Gracie	200m	400m	500m	1000m	1500m	3000m	Overall	
Personal Best	00:22.28	00:41.77	00:50.16	02:15.19	02:52.85	06:06.95	13:09.20	
Current Season Best Time	00:22.14	00:41.22	00:50.16	01:43.50	02:41.05	05:55.47	12:13.54	
Improvement	99.37%	98.68%	100.00%	76.56%	93.17%	96.87%	92.95%	
Seman, Avery	200m	400m	800m	1000m	1500m	2000m	3000m	Overall
Personal Best	00:26.10	00:49.72	02:11.06	03:32.20	03:19.17	04:41.03	07:37.46	16:53.48
Current Season Best Time	00:25.64	00:51.24			03:30.77	04:46.98	07:51.05	17:25.68
Improvement	98.24%	103.06%	0.00%	0.00%	105.82%	102.12%	102.97%	103.18%
Junior B - Female								
Bracha, Ceili	400m	500m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:41.74	00:50.69	01:43.95	02:42.49	04:04.85	05:51.76	05:58.87	
Current Season Best Time		00:51.23	01:43.24	02:41.96			05:16.43	
Improvement	0.00%	101.07%	99.32%	99.67%	0.00%	0.00%	88.17%	
Coutu, Vanessa	500m	1000m	1500m	3000m	Overall			
Personal Best	00:48.42	01:39.89	02:37.61	05:34.25	05:05.92			
Current Season Best Time	00:48.97	01:41.32	02:38.93		05:09.22			
Improvement	101.14%	101.43%	100.84%	0.00%	101.08%			
Dallaire, Shannon	500m	1000m	1500m	3000m	Overall			
Personal Best	00:52.48	01:48.18	02:49.22	06:18.55	11:48.43			
Current Season Best Time					00:00.00			
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%			
Friesen, Kali Ann	400m	500m	1000m	1500m	2000m	3000m	Overall	
Personal Best	00:44.52	00:54.18	01:52.12	02:52.54	04:35.82	06:27.65	17:26.83	
Current Season Best Time							00:00.00	
Improvement	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Harms, Cara	200m	400m	500m	1000m	1500m	3000m	Overall	
Start of the Season	00:22.59	00:42.30	00:50.28	01:45.78	02:46.28	06:23.95	05:22.34	
Current Season Best Time			00:51.04	01:44.79	02:46.65		05:22.48	

