

3000m "Top 10 Coyotes"	
1	Hannah Woodhouse - 9:43.32 - Grade 12 - AO Provincials - Mar 8, 2015 ^[1] _[SEP]
2	Jessie Nusselder - 10:24.27 - Grade 12 - OFSAA - June 6, 2015 ^[1] _[SEP]
3	Hailey Abbott - 10:39.63 - Grade 9 - OFSAA - June 8, 2019
4	Rose Nadjiwan - 10:56.72 - Grade 9 - OFSAA Track - Midget. - June 8, 2013
5	Matalyn Lee - 11:33.27 - Grade 7 - London Indoor Games - Jan 11, 2015
6	Kara Tichbourne - 11:40.15 - Grade 4 - London Indoor Games - Jan 11, 2015
7	Hannah Knight - 11:53.04 - Grade 10 - CWOSSA , May 24 2018
8	Isabel Spence - 11:57.58 - Grade 8 - Int'l Youth Championships - Jul 14, 2023
9	Jessica Ruest - 12:03.88 - Grade 9 - CWOSSA - May 21, 2014 ^[1] _[SEP]
10	Shayla Verburg - 12:43 - Grade 9 - CWOSSA - May 21, 2014

3000m Top Grade 11,12,13	
1	Hannah Woodhouse - 9:53.12 - Grade 11 - OFSAA - June 7, 2014
2	Jessie Nusselder - 10:24.27 - Grade 12 - OFSAA - June 6, 2015

3000m Top Grade 9-10	
1	Hannah Woodhouse - 9:54.15 - Grade 10 - OFSAA - June 8, 2013
2	Hailey Abbott - 10:39.63 - Grade 9 - OFSAA - June 8, 2019
3	Jessie Nusselder - 10:47.73 - Grade 10 - OFSSA - June 8, 2013
4	Rose Nadjiwan - 10:56.72 - Grade 9 - OFSAA - June 8, 2013
5	Hannah Knight - 11:53.04 - Grade 10 - CWOSSA , May 24 2018
6	Jessica Ruest - 12:03.88 - Grade 9 - CWOSSA - May 21, 2014
7	Leah Ray - 12:13.22 - Grade 9 - North Zone Qualifer - May 13, 2019
8	Avery O'Neil - 12:23.03 - Grade 9 - AO U18 Prov'l - Feb 9, 2020
9	Shayla Verburg - 12:43 - Grade 9 - CWOSSA - May 21, 2014 ^[1] _[SEP]
10	Julia Latham - 12:49.65 - Grade 10 - AO Prov. - Mar 6, 2016

3000m Top Grade 7-8	
1	Matalyn Lee - 11:33.27 - Grade 7 - London Indoor Games - Jan 11, 2015
2	Isabel Spence - 11:57.58 - Grade 8 - Int'l Youth Championships - Jul 14, 2023

3000m Top Grade 5-6	
1	Makayla French - 13:19.65 - Grade 6 - London Indoor Games - Jan 11, 2015

3000m Top Grade 3-4	
1	Kara Tichbourne - 11:40.15 - Grade 4 - London Indoor Games - Jan 11, 2015