

JESSICA ZELINKA

Athletics » Heptathlon

Hometown » London, Ontario

Training location » Calgary Sport Centre

Coach » Les Gramantik

Athletics Canada head coach
University of Calgary head coach



"The formula for success is simple:
practice and concentration, then more
practice and more concentration."

- Babe Didrikson Zaharias
1924-1956, Sportswoman
Basketball, Golf, Track & Field

Stats

- Birth date » September 3rd, 1981
- Height » 173cm
- Weight » 62kg

Personal Bests

- Heptathlon » 6314 pts / 28 May 2006 / Götzis AUT
(13.31, 1.76, 14.32, 24.22 [3781] 6.19, 41.52, 2:12.48)
- Pentathlon » 4326 pts / 25 Feb 2005 / Regina, CAN
(8.34, 1.72, 13.81, 5.76, 2:19.02)

Individual Events Personal Bests within a hep/pent

- 100 mH » 13.08
- 60 mH » 8.19
- HJ » 1.77 m
- SP » 14.32 m
- 200 m » 24.03
- LJ » 6.23m
- JT » 43.66
- 800 m » 2:10.75

Athletics Titles & Records

- Canadian National Record Holder, heptathlon
- 3X National Champion, heptathlon
- 3X Canadian Interscholastic Champion (CIS), pentathlon
- CIS Record Holder, pentathlon
- Canadian Junior Record Holder, heptathlon
- North American Continental World Junior Record Holder, heptathlon
- Title of Ontario Federation of (high) School Athletic Association's most Decorated Athlete in the history of OFSSA



Recent Athletic Results/Rankings

- 1st » 2006 IAAF Meeting International d'Arles, Arles FRA
- 4th » 2006 IAAF Hypomeeting, Götzis AUT
- 4th » 2006 Commonwealth Games Championships, Melbourne AUS
- 11th » 2005 IAAF World Championships, Helsinki FIN
- 14th » 2005 World Ranking

Awards/Honours

- 2X Winner Athletics Canada "Dr. Frank Tee's Memorial Trophy" for Canada's Most Outstanding University Track and Field Athlete of the Year, 2004 & 2005
- 2X Winner CIS Female Athlete of the Year
- 2X Winner CIS Female Athlete of the Meet
- 3X Winner Can West University Female Track Athlete of the Year
- Awarded Athletics Alberta Female Athlete of the Year, 2005
- University of Calgary Booster Club Scholar Athlete of the Year, 2005
- University of Calgary Female Athlete of the Year, 2003
- CIS Rookie of the Year, 2001
- University of Western Ontario Rookie of the Year, 2001
- Canada Summer Games Flag Bearer for Team Ontario, 2001
- Awarded Athletics Canada "Myrtle Cook Trophy" for the most Outstanding Female Track and Field Athlete in Canada 16 years or younger, 1996

Goals

- 2006 » Top 6 World Ranking
- 2007 » Top 3 at World Championships in Osaka, Japan
- 2008 » Olympic Medallist in Beijing, China