

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Women 12-13 80 Meter Dash**

Name	Year Team	Seed	Finals	Wind
Finals				
1 Stroud, Charlotte	Pictou Count		11.92	-0.6
2 Majury, Cate	Yhz Track &		12.27	-0.6
3 King, Megan	Yhz Track &		12.81	-0.6
4 Mullins, Curran	Valley Athletics		12.92	-0.6
5 Moulaison, Keauna	Pictou Count		12.95	-0.6

Women 14-15 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Cromwell, Taylor	Pictou Count		13.81	-0.5	3
2 Gullens, Natasha	Pugwash Dist		13.95	-0.5	3
3 Henneberry, Samantha	Halifax Athletics		14.02	-0.8	2
4 Hogan, Margaret	Pugwash Dist		14.13	-0.8	2
5 Raphael, Rebeccah	Halifax Athletics	13.20	14.22	-1.7	4
6 Duggan, Lauren	Halifax Athletics		14.63	-1.1	1
7 Ferdinand, Bailey	Pugwash Dist		14.77	-0.8	2
8 Coffin, Ellen	Pictou Count		15.32	-0.5	3
9 Mills, Skye	Halifax Athletics		15.69	-1.1	1
10 Rasmussen, Emma	Pugwash Dist		15.76	-0.5	3
11 Adams, Josie	Pugwash Dist		16.70	-0.5	3
12 Harris-Shanks, Marley	Valley Athletics		16.85	-1.1	1

Women 16-17 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Brown, Trinity	Halifax Athletics		13.26	-1.1	1
2 Gushue, Bailey	Southwest No		13.51	-0.8	2
3 Briand, Celia	Citadel High		15.29	-1.1	1
4 Borowsky, Valentina	Pugwash Dist		15.30	-1.7	4
5 Frazer, Jade	Citadel High		15.37	-0.8	2
6 Fleet, Graci	St Mary's Ed		16.59	-1.1	1

Women 18-19 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Doolan, Hannah	Halifax Athletics		13.30	-0.8	2
2 Sakano, Yuriko	Bluenose Ath	12.98	14.15	-1.7	4
3 MacLachlan, B. Joyce	Unattached N	14.80	14.81	-1.7	4
4 Allen, Madi	Pugwash Dist		17.37	-0.5	3
5 Westhaver, Haley	Unattached N	17.00	19.87	-1.7	4

Women 20-34 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Beals, Shannay	Halifax Athletics		12.23	-1.1	1
2 Harris, Branna	Unattached N	17.90	15.59	-1.7	4
3 Waite, Sam	Unattached N	14.82	15.94	-1.7	4
4 Lumsden, Caitlin	Unattached N	17.00	19.21	-1.7	4

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Women 60-64 100 Meter Dash**

Name	Year Team	Seed	Finals	Wind	H#
1 Hogan, Cassie	Pugwash Dist		14.65	-0.5	3
2 Gabriel, Bree	Pugwash Dist		16.16	-0.5	3
3 Welch, Jo	Unattached N		16.84	-1.1	1

Women 12-13 150 Meter Dash

Name	Year Team	Seed	Finals	Wind
1 Stroud, Charlotte	Pictou Count		22.82	-1.7
2 Majury, Cate	Yhz Track &		22.83	-1.7
3 King, Megan	Yhz Track &		24.21	-1.7
4 Lowe, Sydney	Valley Athletics		24.82	-1.7
5 Moulaison, Keauna	Pictou Count		25.18	-1.7
6 Mullins, Curran	Valley Athletics		25.21	-1.7

Women 14-15 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Cromwell, Taylor	Pictou Count		28.86	-1.4	1
2 Henneberry, Samantha	Halifast Athletics		29.41	-1.4	1
3 Hogan, Margaret	Pugwash Dist		29.71	0.1	2
4 Duggan, Lauren	Halifast Athletics		30.41	0.1	2
5 Ferdinand, Bailey	Pugwash Dist		31.32	0.1	2
6 Coffin, Ellen	Pictou Count		32.25	-1.4	1

Women 16-17 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Clarke, Jessica	Bluenose Ath	25.66	28.55	-0.9	3
2 Brown, Trinity	Halifast Athletics		28.59	0.1	2
3 Gushue, Bailey	Southwest No		29.06	-1.4	1
4 Brophy, Jessie	Pugwash Dist		31.47	0.1	2
5 Macewan, Miriam	Pugwash Dist		31.76	-1.4	1
6 Harris-Shanks, Brynn	Valley Athletics	31.97	31.94	-0.9	3
7 Borowansky, Valentina	Pugwash Dist		32.02	-1.4	1
8 Dewar, Maggie	Pugwash Dist		32.13	-1.4	1
9 de Silva Monteria, Mayar	Pugwash Dist		33.88	0.1	2

Women 18-19 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Sakano, Yuriko	Bluenose Ath	27.56	29.50	-0.9	3
2 Maclachlan, B. Joyce	Unattached N	33.75	31.13	-0.9	3
3 Westhaver, Haley	Unattached N	48.48	43.62	-0.9	3

Women 20-34 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Harris, Branna	Unattached N	35.10	33.15	-0.9	3

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Women 20-34 200 Meter Dash**

2 Waite, Sam	Unattached N	33.85	33.68	-0.9	3
3 Lumsden, Caitlin	Unattached N	41.78	41.99	-0.9	3

Women 14-15 300 Meter Dash

Name	Year Team	Seed	Finals
1 Blunden, Katherine	Halifax Athletics	45.45	45.55
2 Cromwell, Taylor	Pictou Count		46.19
3 Walton, Rachel	Pictou Count		47.05
4 McKay, Danielle	Pictou Count		49.91
5 Rasmussen, Emma	Pugwash Dist		55.90
6 Alguire, Ellyssa	Pugwash Dist		58.10

Women 16-17 400 Meter Dash

Name	Year Team	Seed	Finals
1 Hergett, Jane	Valley Athletics	1:02.67	1:02.96
2 Harris-Shanks, Brynn	Valley Athletics	1:13.84	1:14.70

Women 18-19 400 Meter Dash

Name	Year Team	Seed	Finals
1 Graham, Megan	Pictou Count		1:02.99
2 Landry, Jordan	Pictou Count		1:08.55

Girls 12-13 800 Meter Run

Name	Year Team	Seed	Finals	H#
1 McClure, Fiona	Yhz Track &		2:47.26	1
2 Carr-McEachern, Georgia	Yhz Track &		2:50.58	1
3 O'Leary, Haley	Valley Athletics		3:17.06	2
4 Roper, Katherine	Unattached N		3:21.66	1

Women 14-15 800 Meter Run

Name	Year Team	Seed	Finals	H#
1 Lowther, Lauren	Antigonish T	2:31.75	2:33.30	2
2 Boucher, Mikayla	Yhz Track &	2:29.00	2:35.45	2
3 O'Leary, Taylor	Valley Athletics		2:46.16	1
4 Sandluck, Allie	Pictou Count		2:51.59	2
5 Thompson, Paige	Pugwash Dist		3:27.97	2
6 Lynds, Brooke	Pugwash Dist		3:43.18	1

Women 16-17 800 Meter Run

Name	Year Team	Seed	Finals	H#
1 Sandluck, Breanna	Pictou Count		2:37.48	2
2 Skinner, Nicole	Bluenose Ath	2:35.00	2:41.90	2
3 Alexander, Mira	Truro Lions	2:32.00	2:42.02	2

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Women 16-17 800 Meter Run**

4	Murphy, Madeleine	Halifax Athletics		2:45.86	1
5	Levangie, Morgan	Halifax Athletics	2:38.00	2:49.53	2
6	Mingo, Jenny	Pugwash Dist		3:09.39	1
7	Foster, Olivia	Pugwash Dist		3:29.10	1

Women 14-15 1200 Meter Run

Name	Year	Team	Seed	Finals
1 McKay, Danielle		Pictou Count		4:44.76
2 Cameron, Gael		Halifax Athletics		4:54.73
3 Guitard, Sydney		Pugwash Dist		5:42.99
4 Moffatt, Allison		Pugwash Dist		6:01.12

Women 16-17 1500 Meter Run

Name	Year	Team	Seed	Finals
1 Chambers, Meredith		Valley Athletics	5:08.91	5:05.60
2 Skinner, Nicole		Bluenose Ath	5:10.00	5:28.72
3 Murphy, Madeleine		Halifax Athletics		5:46.48
4 Flaim, Marina		Yhz Track &	5:20.00	5:48.38
5 Mingo, Jenny		Pugwash Dist		6:55.71
6 Stevens, Alana		Pugwash Dist		8:01.96

Women 18-19 1500 Meter Run

Name	Year	Team	Seed	Finals
1 McClure, Maggie		Yhz Track &		4:57.72
1 Okuba, Natsuki		Pugwash Dist		7:17.24
2 Chisholm, Paige		Valley Athletics	5:05.00	5:09.30
3 Vales, Olatz		Pugwash Dist		7:07.31

Women 14-15 2000 Meter Run

Name	Year	Team	Seed	Finals
1 Boucher, Mikayla		Yhz Track &	6:54.00	7:06.54
2 Lowther, Lauren		Antigonish T		7:18.20
3 Sandluck, Allie		Pictou Count		7:28.15
4 Benoit, Eileen		Valley Athletics	7:33.53	7:32.05
5 McKay, Danielle		Pictou Count		8:09.58

Women 16-17 3000 Meter Run

Name	Year	Team	Seed	Finals
1 Chambers, Meredith		Valley Athletics	11:04.00	10:54.93
2 Sandluck, Breanna		Pictou Count		11:24.89

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Women 12-13 80 Meter Hurdles 30"**

Name	Year Team	Seed	Finals	Wind
1 Gabriel, Bree	Pugwash Dist		18.52	-0.8
2 Lowe, Sydney	Valley Athletics		18.56	-0.8
3 O'Leary, Haley	Valley Athletics	18.98	19.09	-0.8

Women 14-15 80 Meter Hurdles 30"

Name	Year Team	Seed	Finals	Wind
1 O'Leary, Taylor	Valley Athletics	14.97	14.35	0.4
2 Spencer, Chloe	Pugwash Dist		16.53	0.4
3 Cameron, Gael	Halifax Athletics		16.81	0.4
4 Adams, Josie	Pugwash Dist		20.19	0.4
5 Thompson, Paige	Pugwash Dist		22.49	0.4

Women 16-17 100 Meter Hurdles 30"

Name	Year Team	Seed	Finals	Wind
1 Clarke, Jessica	Bluenose Ath		17.61	-1.4
2 Harris-Shanks, Brynn	Valley Athletics		19.58	-1.4

Women 18-19 100 Meter Hurdles 33"

Name	Year Team	Seed	Finals	Wind
1 Graham, Megan	Pictou Count		17.47	0.8
2 Landry, Jordan	Pictou Count		17.52	0.8

Women 14-15 200 Meter Hurdles 30"

Name	Year Team	Seed	Finals	Wind
1 Walton, Rachel	Pictou Count		33.64	-0.4

Women 14-15 1500 Meter Steeplechase 30"

Name	Year Team	Seed	Finals
1 Walton, Rachel	Pictou Count		5:58.11

Women 14-15 High Jump

Name	Year Team	Seed	Finals
1 Henneberry, Samantha	Halifax Athletics	1.45m	1.45m
2 Wilson, Olivia	Pugwash Dist		1.10m

Women 16-17 High Jump

Name	Year Team	Seed	Finals
1 Campbell, Maddie	Yhz Track &		1.50m
2 Dewar, Maggie	Pugwash Dist		1.35m

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Women 16-17 High Jump**

3 Wilson, Danielle	Pugwash Dist	1.25m
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Girls 12-13 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Mullins, Curran	Valley Athletics		3.34m	1.2
2 Lowe, Sydney	Valley Athletics		3.23m	0.4
3 Stroud, Charlotte	Pictou Count		3.22m	1.5
4 O'Leary, Haley	Valley Athletics	3.13m	2.96m	-0.1
5 Gabriel, Bree	Pugwash Dist		2.74m	0.2

Women 14-15 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Duynisveld, Maria	Pugwash Dist		4.39m	1.3
2 Hebb, Chloe	St. Mary's T		3.84m	1.5
3 Wilson, Danielle	Pugwash Dist		3.57m	0.2
4 Coffin, Ellen	Pictou Count		3.44m	+0.0
5 Sullivan, Abbie	Dr. JH Gilli		3.43m	1.3
6 Rasmussen, Emma	Pugwash Dist		3.38m	2.2
6 Khan, Sydney	Yhz Track &		3.38m	-1.1
8 Spicer, Taylor	Pugwash Dist		3.09m	1.0
9 Lush, Claire	Pugwash Dist		2.77m	-0.2

Women 16-17 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Holland, Rachel	Chebucto Athletics		4.92m	0.1
2 Clarke, Jessica	Bluenose Ath	4.90m	4.36m	-0.3
3 Laing, Jordan	St. Mary's T	4.25m	4.14m	1.3
4 McCrea, Grace	Yhz Track &		3.60m	1.0
5 Fleet, Graci	St Mary's Ed		3.27m	-0.3

Women 18-19 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Beamish, Megan	Halifax Athletics		4.33m	0.4
2 Muise, Cameron	St. Mary's T	3.50m	3.59m	+0.0
3 Allen, Madi	Pugwash Dist		3.00m	0.6

Women 14-15 Triple Jump

Name	Year Team	Seed	Finals	Wind
1 Hebb, Chloe	St. Mary's T		8.98m	0.2
2 O'Leary, Taylor	Valley Athletics	8.90m	8.58m	0.7
3 Ferdinand, Bailey	Pugwash Dist		8.05m	0.6
4 Wilson, Olivia	Pugwash Dist		7.58m	+0.0
5 Lush, Claire	Pugwash Dist		6.73m	+0.0
6 Spicer, Taylor	Pugwash Dist		6.58m	0.1

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Women 16-17 Triple Jump**

Name	Year Team	Seed	Finals	Wind
1 Duynisveld, Maria	Pugwash Dist		10.19m	0.8
1 Wilson, Danielle	Pugwash Dist		7.37m	0.9
2 Laing, Jordan	St. Mary's T	9.20m	9.23m	1.0
3 Fleet, Graci	St Mary's Ed		7.85m	0.4

Women 18-19 Triple Jump

Name	Year Team	Seed	Finals	Wind
1 Muise, Cameron	St. Mary's T	7.50m	8.38m	1.1

Women 60-64 Triple Jump

Name	Year Team	Seed	Finals	Wind
2 Welch, Jo	Unattached N		6.88m	0.4

Women 14-15 Shot Put

Name	Year Team	Seed	Finals
1 Peterson, Taylor	Pugwash Dist		5.56m
2 Palmer, Jessica	Pugwash Dist		5.43m
3 Harris-Shanks, Marley	Valley Athletics	5.72m	5.17m

Women 16-17 Shot Put

Name	Year Team	Seed	Finals
1 McLean, Tatum	Pictou Count		10.51m
2 McCarthy, Annie	Truro Lions		8.99m
3 Laing, Jordan	St. Mary's T	8.00m	7.94m
4 Woods, Natasha	Pugwash Dist		6.75m
5 Cameron, Brianna	Pugwash Dist		6.27m

Women 18-19 Shot Put

Name	Year Team	Seed	Finals
1 Timmons, Ainslie	Halifax Athletics		10.02m
2 Mohammad, Zaynah	Pugwash Dist		6.79m
3 Foster, Sarah	Pugwash Dist		6.60m
4 Allen, Madi	Pugwash Dist		6.35m

Women 20-34 Shot Put

Name	Year Team	Seed	Finals
1 Mitton, Sarah	Bluenose Ath	14.50m	12.65m
2 Lejean, Pamela	Valley Athletics	4.46m	4.11m
3 Perrin, Casey	Valley Athletics	3.15m	3.34m

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Women 60-64 Shot Put**

Name	Year Team	Seed	Finals
1 Warren, Jane	Unattached N		5.96m

Women 14-15 Discus Throw

Name	Year Team	Seed	Finals
1 Reid, Jenna	Pictou Count		23.85m
2 Hogan, Margaret	Pugwash Dist		17.85m
2 Palmer, Jessica	Pugwash Dist		13.04m
3 Peterson, Taylor	Pugwash Dist		12.52m

Women 16-17 Discus Throw

Name	Year Team	Seed	Finals
1 Campbell, Maddie	Yhz Track &		29.05m
2 McCarthy, Annie	Truro Lions		27.68m
3 McLean, Tatum	Pictou Count		27.04m
4 Foster, Olivia	Pugwash Dist		18.72m
5 Woods, Natasha	Pugwash Dist		17.48m
6 Cameron, Brianna	Pugwash Dist		16.72m
7 Stevens, Alana	Pugwash Dist		15.64m

Women 18-19 Discus Throw

Name	Year Team	Seed	Finals
1 Timmons, Ainslie	Halifax Athletics		33.38m
2 Simpson, Robyn	Pictou Count		30.57m
3 Foster, Sarah	Pugwash Dist		26.68m
4 Muise, Cameron	St. Mary's T	18.20m	21.01m
5 Mohammad, Zaynah	Pugwash Dist		16.59m

Women 60-64 Discus Throw

Name	Year Team	Seed	Finals
1 Warren, Jane	Unattached N		15.10m

Women 14-15 Hammer Throw

Name	Year Team	Seed	Finals
1 Reid, Jenna	Pictou Count		32.57m

Women 16-17 Hammer Throw

Name	Year Team	Seed	Finals
1 McLean, Tatum	Pictou Count		52.30m
2 McCarthy, Annie	Truro Lions		32.73m

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Women 60-64 Hammer Throw**

Name	Year Team	Seed	Finals
1 Warren, Jane	Unattached N		12.57m

Girls 12-13 Javelin Throw

Name	Year Team	Seed	Finals
1 Hogan, Cassie	Pugwash Dist		9.63m

Women 14-15 Javelin Throw

Name	Year Team	Seed	Finals
1 Reid, Jenna	Pictou Count		33.29m
2 Peterson, Taylor	Pugwash Dist		15.53m

Women 16-17 Javelin Throw

Name	Year Team	Seed	Finals
1 Quinn, Madelyn	Truro Lions		36.55m
2 Miller, Heath	Pictou Count		35.92m
3 Alexander, Mira	Truro Lions		34.27m
4 Cameron, Brianna	Pugwash Dist		20.12m

Women 60-64 Javelin Throw

Name	Year Team	Seed	Finals
1 Warren, Jane	Unattached N		12.70m

Girls 10-11 60 Meter Dash Tetrathlon

Name	Year Team	Finals	Wind	Points
1 Boucher, Lia	Yhz Track &	13.33	-1.3	16
2 Covert, Claire	Unattached N	13.64	-1.3	9
3 Stroud, Kate	Pictou Count	13.74	-1.3	7

Girls 12-13 60 Meter Dash Tetrathlon

Name	Year Team	Finals	Wind	Points
1 Morrow, Kate	Unattached N	15.55	-1.3	

Girls 10-11 600 Meter Run Tetrathlon

Name	Year Team	Finals	Points
1 Covert, Claire	Unattached N	2:20.26	147
2 Boucher, Lia	Yhz Track &	2:26.61	119
3 Stroud, Kate	Pictou Count	2:33.88	90

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Girls 12-13 600 Meter Run Tetrathlon**

Name	Year Team	Finals	Points
1 Morrow, Kate	Unattached N	2:39.28	71

Girls 10-11 Long Jump Tetrathlon

Name	Year Team	Finals	Wind	Points
1 Covert, Claire	Unattached N	3.43m	NWI	175
2 Boucher, Lia	Yhz Track &	3.10m	NWI	149
3 Stroud, Kate	Pictou Count	2.71m	NWI	121

Girls 12-13 Long Jump Tetrathlon

Name	Year Team	Finals	Wind	Points
1 Morrow, Kate	Unattached N	2.52m	NWI	108

Girls 10-11 Shot Put 2KG Tetrathlon

Name	Year Team	Finals	Points
1 Boucher, Lia	Yhz Track &	5.62m	147
2 Stroud, Kate	Pictou Count	4.19m	96
3 Covert, Claire	Unattached N	3.74m	81

Girls 12-13 Shot Put 2KG Tetrathlon

Name	Year Team	Finals	Points
1 Morrow, Kate	Unattached N	3.00m	55

Girls 10-11 Tetrathlon

Name	Year Team	Seed	Finals
1 Boucher, Lia	Yhz Track &		431
2 Covert, Claire	Unattached N		412
3 Stroud, Kate	Pictou Count		314

Girls 12-13 Tetrathlon

Name	Year Team	Seed	Finals
1 Morrow, Kate	Unattached N		234

Men 12-13 80 Meter Dash

Name	Year Team	Seed	Finals	Wind
1 Williams, Marques	Halifast Athletics	10.84	12.35	0.9

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 14-15 100 Meter Dash**

Name	Year Team	Seed	Finals	Wind	H#
1 Williams, Jaiden	Halifast Athletics	11.77	11.79	0.4	4
2 Steenbeek, Ethan	Yhz Track &	12.40	12.28	0.4	4
3 Decoff, Broden	Pictou Count	12.07	12.37	0.4	4
4 Stover-Evong, Sacha	Yhz Track &	12.40	12.90	-0.8	3
5 Mitson, Oliver	Valley Athletics		13.86	-0.8	1
6 Byers, Silver	Valley Athletics		13.90	-2.8	2
7 Tilt, Ian	Pugwash Dist		14.71	-2.8	2
8 Taylor, Damon	Pugwash Dist		14.83	-2.8	2
9 Ghanai, Ayman	Yhz Track &		14.90	-2.8	2

Men 16-17 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Elliott, Raheem	Halifast Athletics		12.07	-0.8	1
2 Hughes, Eric	Pictou Count	12.00	12.31	0.4	4
3 Farmer, Adam	Chebucto Athletics		12.32	-0.8	1
4 Kammel, Lotanna	Yhz Track &	12.40	12.32	-0.8	3
5 Moore, Alex	Pictou Count		12.39	-2.8	2
6 Adams, Cameron	Pugwash Dist		12.64	-0.8	1
7 Goldie, Christian	Pugwash Dist		12.78	-0.8	3
8 Ozawa, Makoto	Pugwash Dist		13.39	-0.8	3
9 Kaiser, Cameron	St Mary's Ed		14.08	-0.8	1
10 McIvor, Nathan	Pugwash Dist		14.46	-2.8	2

Men 18-19 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Savage, Josh	Bluenose Ath	11.45	11.37	0.4	4
2 Campbell, Jack	Halifast Athletics		11.58	-0.8	1
3 Alguire, Garrette	Pugwash Dist		12.10	-2.8	2
4 Paris, Zach	Pugwash Dist		12.21	-2.8	2
5 McPhee, Ewan	Halifast Athletics	11.76	12.23	0.4	4
6 Hicks, Jason	Unattached N	14.00	14.08	-0.8	3

Men 20-34 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 John, Jade	Yhz Track &	11.30	12.01	0.4	4
2 MacDonald, Liam	Halifast Athletics	11.76	12.27	0.4	4
3 James, Anthony	Unattached N	14.80	14.38	-0.8	3
4 Clory, Conar	Unattached N	14.00	14.76	-0.8	3

Men 20-34 100 Meter Dash

Name	Year Team	Seed	Finals	Wind
1 Brown, Ben	Valley Athletics	15.73	17.49	0.1
2 Shay, Ryan	Valley Athletics	18.98	20.49	0.1
3 Macmillon, Dillan	Valley Athletics		22.99	0.1
4 Seyforth, Trevor	Valley Athletics		24.44	0.1

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 35-39 100 Meter Dash**

Name	Year Team	Seed	Finals	Wind	H#
1 Stewart, Jason	Halifast Athletics	12.88	13.59	-0.8	3

Men 14-15 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Williams, Jaiden	Halifast Athletics	25.53	24.60	+0.0	3
2 Decoff, Broden	Pictou Count	24.00	25.10	-0.7	4
3 Steenbeek, Ethan	Yhz Track &	25.50	25.15	-0.7	4
4 Stover-Evong, Sacha	Yhz Track &	25.50	26.42	-0.7	4
5 Landry, Nick	Bluenose Ath		26.70	0.7	2
6 Haynes, Sam	Halifast Athletics	27.70	27.55	+0.0	3
7 Byers, Silver	Valley Athletics		28.79	0.7	2
8 Tilt, Ian	Pugwash Dist		29.19	0.7	2
9 Elliott, Kameron	Pugwash Dist		29.26	0.7	2
10 Ghanai, Ayman	Yhz Track &		29.27	0.7	2
11 Madore, Riley	Pugwash Dist		29.36	+0.0	3

Men 16-17 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Moore, Alex	Pictou Count		24.76	0.7	2
2 Kammel, Lotanna	Yhz Track &	25.50	25.00	+0.0	3
3 Adams, Cameron	Pugwash Dist		25.62	0.7	2
4 McKay, Colin	Bluenose Ath	24.10	25.71	-0.7	4
5 MacDonald, Justin	Valley Athletics	27.77	27.19	+0.0	3
6 Jamieson, Ethan	Pugwash Dist		27.61	-0.8	1
7 Langille, Mitchell	Pugwash Dist		27.91	0.7	2

Men 18-19 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Grimshaw-Surette, Hudson	Southwest No	24.00	24.01	-0.7	4
2 McPhee, Ewan	Halifast Athletics	23.60	25.05	-0.7	4
3 Campbell, Alex	Pugwash Dist		25.99	-0.8	1
4 Hicks, Jason	Unattached N	28.54	28.87	+0.0	3

Men 20-34 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 James, Anthony	Unattached N	31.25	30.44	+0.0	3
2 Clory, Conar	Unattached N	31.38	31.92	+0.0	3

Men 20-34 200 Meter Dash

Name	Year Team	Seed	Finals	Wind
1 Brown, Ben	Valley Athletics	27.60	31.00	0.7
2 Shay, Ryan	Valley Athletics	35.08	44.24	0.7

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 60-64 200 Meter Dash**

Name	Year Team	Seed	Finals	Wind
1 Dagley, Skylar	Bluenose Ath		28.29	-0.8

Men 14-15 300 Meter Dash

Name	Year Team	Seed	Finals
1 Landry, Nick	Bluenose Ath		41.66
2 Cameron, Duncan	Pictou Count		42.36
3 Dagley, Skylar	Bluenose Ath		44.96
4 Byers, Silver	Valley Athletics		46.75
5 McIvor, Nathan	Pugwash Dist		49.51
6 Estabrooks, Taylor	Dr. JH Gilli		52.38

Men 16-17 400 Meter Dash

Name	Year Team	Seed	Finals
1 Moore, Alex	Pictou Count		55.11
2 McKay, Colin	Bluenose Ath	53.29	55.16
3 Carlton, Matthew	Halifax Athletics	56.06	56.26

Men 18-19 400 Meter Dash

Name	Year Team	Seed	Finals
1 Moffatt, Kyle	Pugwash Dist		1:02.99
2 Turkington, Joe	Pugwash Dist		1:04.57

Men 20-34 400 Meter Dash

Name	Year Team	Seed	Finals
1 Brown, Ben	Valley Athletics	53.14	1:01.32
2 Shay, Ryan	Valley Athletics	1:15.37	1:21.65

Men 12-13 800 Meter Run

Name	Year Team	Seed	Finals	H#
1 Burnham, Colby	Unattached N	2:47.35	2:44.42	3

Men 14-15 800 Meter Run

Name	Year Team	Seed	Finals	H#
1 Springer, Camden	Halifax Athletics	2:10.50	2:08.27	4
2 Muise, Taylor	Southwest No	2:24.00	2:15.81	4
3 Williamson, Robert	Valley Athletics	2:22.85	2:19.11	4
4 Dyson, Mattias	Valley Athletics	2:22.80	2:32.84	4
5 Spearns, Jackie	Yhz Track &		2:33.77	1
6 Lowe, Zachary	Valley Athletics		2:38.02	2
7 Pardy, Nick	Pugwash Dist		2:51.73	2
8 Giles, Dylan	Pugwash Dist		2:51.79	3

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Men 14-15 800 Meter Run**

9	Estabrooks, Taylor	Dr. JH Gilli	2:51.95	3
10	Fullerton, Zach	Pugwash Dist	2:52.32	1
11	Foster, James	Pugwash Dist	3:28.24	2
12	Foster, Brandon	Pugwash Dist	3:45.86	2

Men 16-17 800 Meter Run

Name	Year	Team	Seed	Finals	H#
1	Cull, Isaac	Southwest No		2:05.32	3
2	Benoit, Jacob	Valley Athletics		2:18.34	3
3	Canning, Aidan	Dr. JH Gilli	2:20.00	2:22.37	4
4	Crouse, Peter	Citadel High	2:34.00	2:25.71	3
5	Labelle, Keifer	Unattached N	2:21.61	2:26.08	4
6	Foote, Benjamin	Bluenose Ath	2:25.00	2:26.55	3
7	Guitard, Tommy	Pugwash Dist		2:40.35	2
8	Miller, Connor	Pugwash Dist		2:41.81	2
9	Ozawa, Makoto	Pugwash Dist		2:43.85	1
10	Trenholm, Jared	Pugwash Dist		3:37.50	3

Men 18-19 800 Meter Run

Name	Year	Team	Seed	Finals	H#
1	Grimshaw-Surette, Hudson	Southwest No	1:56.00	1:58.54	4
2	Campbell, Conor	Halifast Athletics		2:03.45	3
3	Miller, Blair	Citadel High	2:06.00	2:10.94	4
4	Campbell, Alex	Pugwash Dist		2:15.97	2
5	Tilt, Parker	Pugwash Dist		2:23.26	1
6	Moffatt, Kyle	Pugwash Dist		2:28.13	2
7	Saji, Yasuyuki	Unattached		2:28.85	1
8	Adams, Will	Pugwash Dist		2:31.18	1
9	Beardsall, Brian	Pugwash Dist		2:33.52	1
10	Halverson, Damian	Pugwash Dist		2:37.00	2

Men 45-49 800 Meter Run

Name	Year	Team	Seed	Finals	H#
1	Faucher, Claude	Unattached N	2:08.36	2:13.63	4

Men 12-13 1200 Meter Run

Name	Year	Team	Seed	Finals
1	Burnham, Colby	Unattached N	4:22.31	4:23.70

Men 14-15 1200 Meter Run

Name	Year	Team	Seed	Finals
1	Boudreau, Brody	Halifast Athletics	3:30.00	3:33.52
2	Muise, Taylor	Southwest No	3:37.59	3:36.40
3	MacDonald, Ethan	Pictou Count		3:46.16
4	Dyson, Mattias	Valley Athletics	3:56.70	4:04.25

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Men 14-15 1200 Meter Run**

5 Pardy, Nick	Pugwash Dist	4:21.80
6 Fullerton, Zach	Pugwash Dist	4:39.37

Men 16-17 1500 Meter Run

Name	Year Team	Seed	Finals	H#
1 Cull, Isaac	Southwest No		4:21.88	1
2 Benoit, Jacob	Valley Athletics	4:48.71	4:38.37	1
3 Cunningham, Ethan	Southwest No		4:56.07	1
4 Crouse, Peter	Citadel High	5:02.00	4:59.45	1
5 Labelle, Keifer	Unattached N	4:44.51	5:04.39	2
6 Foote, Benjamin	Bluenose Ath	4:30.00	5:14.28	2

Men 18-19 1500 Meter Run

Name	Year Team	Seed	Finals	H#
1 Lynds, Trent	Halifast Athletics	4:18.00	4:20.26	2
2 Saji, Yasuyuki	Unattached		5:01.69	1
3 Beardsall, Brian	Pugwash Dist		5:23.29	1
4 Adams, Will	Pugwash Dist		5:34.38	1

Men 20-34 1500 Meter Run

Name	Year Team	Seed	Finals	H#
1 Neuffer, Alex	Unattached	4:00.00	3:56.32	2
2 Cyr, Alex	Pei Flying F	3:55.71	3:56.94	2
3 Dewolfe, Cal	Bluenose Ath	3:59.19	4:01.81	2
4 O'Regan, Ryan	Unattached	4:17.00	4:19.79	2

Men 14-15 2000 Meter Run

Name	Year Team	Seed	Finals
1 MacDonald, Ethan	Pictou Count		6:38.42
2 Watts, William	Valley Athletics		6:59.08
3 Guitard, Tommy	Pugwash Dist		7:32.07

Men 16-17 3000 Meter Run

Name	Year Team	Seed	Finals
1 Shankel, Jonah	Valley Athletics		10:01.90
2 Canning, Aidan	Dr. JH Gilli	10:20.00	10:11.58

Men 18-19 3000 Meter Run

Name	Year Team	Seed	Finals
1 Hirsch, Elias	Unattached		9:46.44
2 Langille, Scott	Pictou Count	10:34.45	10:32.40

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 14-15 100 Meter Hurdles 33"**

Name	Year Team	Seed	Finals	Wind
1 Pye, Caleb	Pugwash Dist		15.55	0.6
2 Landry, Nick	Bluenose Ath		17.26	0.6
3 Lowe, Zachary	Valley Athletics		17.29	0.6
4 Jamieson, Aidan	Pugwash Dist		19.62	0.6
5 Miller, Connor	Pugwash Dist		19.84	0.6
6 Madore, Riley	Pugwash Dist		19.99	0.6
7 Jamieson, Ethan	Pugwash Dist		22.88	0.6

Men 16-17 400 Meter Hurdles 33"

Name	Year Team	Seed	Finals
1 Hughes, Eric	Pictou Count	1:01.29	1:00.98
2 James, Noah	Valley Athletics	1:02.99	1:01.56

Men 16-17 2000 Meter Steeplechase 33"

Name	Year Team	Seed	Finals
1 Simpson, Raymond	Pictou Count		6:38.32
2 Cunningham, Ethan	Southwest No		7:11.04

Men 14-15 High Jump

Name	Year Team	Seed	Finals
1 Swain, Parker	Pictou Count	1.40m	1.45m
2 Tilt, Ian	Pugwash Dist		1.35m

Men 16-17 High Jump

Name	Year Team	Seed	Finals
1 Pye, Caleb	Pugwash Dist		1.70m
2 Goldie, Christian	Pugwash Dist		1.65m

Men 18-19 High Jump

Name	Year Team	Seed	Finals
1 Schmidt, Kaelan	Pictou Count		2.00m
2 D'Entremont, Dennie	Southwest No		1.80m

Men 14-15 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Williams, Jaiden	Halifast Athletics	5.45m	5.04m	-0.1
2 Williamson, Robert	Valley Athletics	4.95m	4.87m	1.8
3 Lowe, Zachary	Valley Athletics		4.64m	+0.0
4 Cameron, Duncan	Pictou Count		4.48m	-0.1
5 Mitson, Oliver	Valley Athletics		4.38m	-0.2
6 Byers, Silver	Valley Athletics		4.23m	1.8

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Men 14-15 Long Jump**

7 Taylor, Damon	Pugwash Dist	3.99m	0.8
8 Estabrooks, Taylor	Dr. JH Gilli	3.36m	1.0

Men 16-17 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Moore, Alex	Pictou Count		5.49m	1.6
2 Kaiser, Cameron	St Mary's Ed		4.22m	0.3
3 Miller, Connor	Pugwash Dist		4.18m	1.4
4 Jamieson, Aidan	Pugwash Dist		3.94m	0.6
5 Van De Wiel, Parker	Pugwash Dist		3.29m	-0.1

Men 18-19 Long Jump

Name	Year Team	Seed	Finals	Wind
1 Paris, Zach	Pugwash Dist		5.26m	0.4
2 Goldie, Fisher	Pugwash Dist		3.50m	1.2

Men 14-15 Triple Jump

Name	Year Team	Seed	Finals	Wind
1 Lowe, Zachary	Valley Athletics		10.06m	1.9
2 Williamson, Robert	Valley Athletics	10.48m	9.99m	1.3
3 Elliott, Kameron	Pugwash Dist		8.94m	0.8
4 Madore, Riley	Pugwash Dist		8.76m	0.9
5 Byers, Silver	Valley Athletics		7.99m	0.3

Men 16-17 Triple Jump

Name	Year Team	Seed	Finals	Wind
1 Elliott, Raheem	Halifast Athletics		12.08m	1.8
2 James, Noah	Valley Athletics	10.69m	10.42m	1.4
3 Kaiser, Cameron	St Mary's Ed		8.93m	1.2
4 Van De Wiel, Parker	Pugwash Dist		6.15m	+0.0

Men 18-19 Triple Jump

Name	Year Team	Seed	Finals	Wind
1 Paris, Zach	Pugwash Dist		9.34m	+0.0
2 Tilt, Parker	Pugwash Dist		8.85m	2.1

Men 14-15 Shot Put

Name	Year Team	Seed	Finals
1 Grant, Cj	Truro Lions		11.92m
2 Swain, Parker	Pictou Count	12.66m	11.48m
3 Moore, Dennis	Pictou Count		8.33m
4 Cunningham, Aj	Pugwash Dist		4.96m

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 16-17 Shot Put**

Name	Year Team	Seed	Finals
1 Whynot, Cameron	Bluenose Ath		14.04m
2 Grant, Robert	Truro Lions		13.10m
3 Langille, Mitchell	Pugwash Dist		9.25m
4 Barron, Spencer	St. Mary's T	9.11m	8.70m
5 Thompson, Cameron	Pugwash Dist		7.89m
6 Brophy, Damian	Pugwash Dist		7.37m
7 MacDonald, Justin	Valley Athletics		7.31m
8 Trenholm, Jared	Pugwash Dist		4.79m

Men 18-19 Shot Put

Name	Year Team	Seed	Finals
1 McCarthy, Gregory	Truro Lions		15.14m
2 Hebb, Thayne	Truro Lions		12.86m
3 Goldie, Fisher	Pugwash Dist		8.40m
4 Alguire, Garrette	Pugwash Dist		8.33m
5 Turkington, Joe	Pugwash Dist		7.92m

Men 20-34 Shot Put

Name	Year Team	Seed	Finals
1 Jessome, Kirk	Unattached N		11.24m

Men 45-49 Shot Put

Name	Year Team	Seed	Finals
1 Waters, Dave	Bluenose Ath		8.03m

Men 55-59 Shot Put

Name	Year Team	Seed	Finals
1 Hebb, Brian	Truro Lions		10.11m

Men 14-15 Discus Throw

Name	Year Team	Seed	Finals
1 Swain, Parker	Pictou Count	39.05m	41.92m
2 Grant, Cj	Truro Lions		36.03m
3 Moore, Dennis	Pictou Count		25.40m
4 Cunningham, Aj	Pugwash Dist		15.47m
5 Foster, Brandon	Pugwash Dist		11.61m

Men 16-17 Discus Throw

Name	Year Team	Seed	Finals
1 Bell, Joshua	Bluenose Ath		46.60m
2 Whynot, Cameron	Bluenose Ath		37.91m

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Men 16-17 Discus Throw**

3	Salah, Simon	Halifax Athletics		35.47m
4	Bezanson, Isaac	Truro Lions		34.52m
5	Salah, Elias	Halifax Athletics		34.04m
6	Grant, Robert	Truro Lions		33.92m
7	Barron, Spencer	St. Mary's T	26.20m	26.12m
8	Brophy, Damian	Pugwash Dist		21.70m
9	Thompson, Cameron	Pugwash Dist		15.16m

Men 18-19 Discus Throw

Name	Year	Team	Seed	Finals
1	McCarthy, Gregory	Truro Lions		36.50m
2	Hebb, Thayne	Truro Lions		34.43m
2	Goldie, Fisher	Pugwash Dist		18.89m
3	Turkington, Joe	Pugwash Dist		22.95m

Men 45-49 Discus Throw

Name	Year	Team	Seed	Finals
1	Waters, Dave	Bluenose Ath		25.65m

Men 55-59 Discus Throw

Name	Year	Team	Seed	Finals
1	Hebb, Brian	Truro Lions		28.05m

Men 14-15 Hammer Throw

Name	Year	Team	Seed	Finals
1	Grant, Cj	Truro Lions		40.58m
2	Moore, Dennis	Pictou Count		18.39m

Men 18-19 Hammer Throw

Name	Year	Team	Seed	Finals
1	McCarthy, Gregory	Truro Lions		46.51m
2	Hebb, Thayne	Truro Lions		40.56m

Men 20-34 Hammer Throw

Name	Year	Team	Seed	Finals
1	Burris, Nathan	Truro Lions		49.23m
2	Kerr, David	Unattached		39.36m
3	Jessome, Kirk	Unattached N		22.22m

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 55-59 Hammer Throw**

Name	Year Team	Seed	Finals
1 Hebb, Brian	Truro Lions		25.93m

Men 14-15 Javelin Throw

Name	Year Team	Seed	Finals
1 Swain, Parker	Pictou Count	30.00m	33.98m
2 Moore, Dennis	Pictou Count		28.74m
3 Cunningham, Aj	Pugwash Dist		2.03m

Men 16-17 Javelin Throw

Name	Year Team	Seed	Finals
1 Grant, Robert	Truro Lions		49.18m
2 Bell, Joshua	Bluenose Ath		47.86m
3 Farmer, Adam	Chebucto Athletics		45.88m
4 Barron, Spencer	St. Mary's T	36.41m	41.27m
5 Kaiser, Cameron	St Mary's Ed		27.58m
6 Brophy, Damian	Pugwash Dist		20.39m

Men 18-19 Javelin Throw

Name	Year Team	Seed	Finals
1 Bolivar, Jaron	Bluenose Ath		52.85m
2 Wood, Byron	Truro Lions		51.41m
3 Gimenez, Nicolas	Unattached		26.21m

Men 45-49 Javelin Throw

Name	Year Team	Seed	Finals
1 Waters, Dave	Bluenose Ath		24.37m

Men 70-74 Javelin Throw

Name	Year Team	Seed	Finals
1 Evans, Rowland	Truro Lions		36.67m

Men 8-9 60 Meter Dash Tetrathlon

Name	Year Team	Finals	Wind	Points
1 Allt, Michael	Yhz Track &	11.23	0.2	108

Men 10-11 60 Meter Dash Tetrathlon

Name	Year Team	Finals	Wind	Points
1 Francis, Freddie	Yhz Track &	10.14	0.2	183
2 Elliott, Liam	Yhz Track &	10.86	0.2	132

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****...Men 10-11 60 Meter Dash Tetrathlon**

3	Langlois, Charles	Yhz Track &	11.36	0.2	101
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Men 12-13 60 Meter Dash Tetrathlon

=====					
	Name	Year Team	Finals	Wind	Points
=====					
1	Brost, Kieren	Yhz Track &	10.58	0.2	151

Men 8-9 600 Meter Run Tetrathlon

=====					
	Name	Year Team	Finals	Points	
=====					
1	Allt, Michael	Yhz Track &	2:27.71	115	

Men 10-11 600 Meter Run Tetrathlon

=====					
	Name	Year Team	Finals	Points	
=====					
1	Langlois, Charles	Yhz Track &	2:14.17	177	
2	Elliott, Liam	Yhz Track &	2:17.11	163	

Men 12-13 600 Meter Run Tetrathlon

=====					
	Name	Year Team	Finals	Points	
=====					
1	Brost, Kieren	Yhz Track &	2:13.12	183	

Men 8-9 Long Jump Tetrathlon

=====					
	Name	Year Team	Finals	Wind	Points
=====					
1	Allt, Michael	Yhz Track &	2.77m	NWI	125

Men 10-11 Long Jump Tetrathlon

=====					
	Name	Year Team	Finals	Wind	Points
=====					
1	Eastwood, Ezra	Unattached N	2.92m	NWI	136
1	Langlois, Charles	Yhz Track &	2.47m	NWI	105
2	Elliott, Liam	Yhz Track &	2.33m	NWI	95
3	Francis, Freddie	Yhz Track &	2.19m	NWI	86

Men 8-9 Shot Put 2KG Tetrathlon

=====					
	Name	Year Team	Finals	Points	
=====					
1	Allt, Michael	Yhz Track &	4.25m	98	

Men 10-11 Shot Put 2KG Tetrathlon

=====					
	Name	Year Team	Finals	Points	
=====					
1	Eastwood, Ezra	Unattached N	6.27m	170	
1	Elliott, Liam	Yhz Track &	6.26m	169	
2	Langlois, Charles	Yhz Track &	3.80m	83	

2016 Athletics NS Warmup - 2016-05-07**Beazley Field****Results****Men 8-9 Tetrathlon**

Name	Year Team	Seed	Finals
1 Allt, Michael	Yhz Track &		446

Men 10-11 Tetrathlon

Name	Year Team	Seed	Finals
1 Elliott, Liam	Yhz Track &		559
2 Langlois, Charles	Yhz Track &		466
3 Eastwood, Ezra	Unattached N		306

Men 12-13 Tetrathlon

Name	Year Team	Seed	Finals
1 Brost, Kieren	Yhz Track &		334

Women 18-19 5000 Meter Run

Name	Year Team	Seed	Finals
1 Edmonds, Emma	Halifax Athletics	18:23.00	18:06.69

Men 20-34 5000 Meter Run

Name	Year Team	Seed	Finals
1 McNeil, Matthew	Halifax Athletics	15:10.00	14:56.46
2 Wood, Nicolas	Unattached		16:20.75
3 Macintosh, Angus	Athle Sud-es		16:31.58
4 Mielnik, James	Unattached	18:30.00	19:34.95

Men 35-39 5000 Meter Run

Name	Year Team	Seed	Finals
1 Snider, Graydon	Halifax Athletics	17:45.00	18:06.65