

# Athletics Nova Scotia Provincial Indoor Records

Please Note: New Records are Subject to Ratification

## Track Events

Event	Performance	Name	Club	Location	Date
<b>Men 55m</b>					
Open	6.37	Jayson Hilchie	Chebucto		2001
U20	6.60	Patrick Benjamin	Chebucto		2001
<b>Men 60m</b>					
Open	6.75	Matt Coolen	HaliFAST	Winnipeg, MB	3/9/2018
U20	6.85	Patrick Benjamin	Chebucto		2001
U18	7.08	Gabe Stephen	HaliFAST		15-Nov-14
U16	7.36	Jack Campbell	HaliFAST		16-Nov-13
U14	8.18	Nataniel Slawter	HaliFAST	Halifax, NS	11/24/2018
Wheelchair	11.31	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Masters 35-39	7.91	Yassine Bouloum	HaliFAST	Halifax, NS	3/2/2019
Masters 40-44	7.75	Peter Lord	Halifax Tigers	Sherbrooke, QC	1/18/2004
Masters 45-49	7.96	Peter Lawson	Unattached	Halifax, NS	12/2/2017
Masters 50-54	7.97	Peter Lord	Unattached	Halifax, NS	12/2/2017
Masters 55-59	7.92	Peter Lord	Liit	Halifax, NS	2/10/2019
Masters 60-64	8.88	Ron Melchiore	Unattached	Halifax, NS	2/20/2021
<b>Masters 65-69</b>	<b>8.74</b>	<b>Ron Melchiore</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>12/3/2021</b>
Masters 70-74	9.92	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
<b>Men 150m</b>					
U14	19.61	Nataniel Slawter	HaliFAST	Halifax, NS	11/24/2018
Wheelchair	23.60	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
<b>Men 200m</b>					
<b>Open</b>	<b>22.49</b>	<b>Dan Lord</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
<b>U20</b>	<b>22.84</b>	<b>JoJo Swaniker</b>	<b>HaliFAST</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
U18	23.54	Jonathan Campbell			11/25/06
U16	23.87	Derrick Dempster	Chebucto		1985
U14	28.78	Luke Searle	CNLL		1990
Masters 35-39	25.29	Yassine Bouloum	HaliFAST	Halifax, NS	3/2/2019
Masters 40-44	25.71	Peter Lord	Halifax Tigers	Oromocto, NB	2/10/2007
Masters 45-49	26.44	Peter Lawson	Unattached	Daegu, KOR	3/25/2017
Masters 50-54	25.02	Peter Lawson	Unattached	Torun, POL	3/31/2019
Masters 55-59	27.17	Peter Lord	Liit	Halifax, NS	3/2/2019
Masters 60-64	28.30	Ron Melchiore	Unattached	Halifax, NS	3/28/2021
<b>Masters 65-69</b>	<b>28.46</b>	<b>Ron Melchiore</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
Masters 70-74	35.38	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
<b>Men 300m</b>					
Open	33.99	Mike Van Der Poel	HaliFAST	Winnipeg, MB	9-Mar-18
U20	34.48	Mike Van Der Poel	Truro Lions	Halifax, NS	11/28/15
U18	36.63	Camden Springer	HaliFAST	Halifax, NS	11/23/2019
U18	36.4h	Geoff Harris			2004
U16	38.57	Camden Springer	HaliFAST	Halifax, NS	12/2/2017
U14	45.81	Alex Quinton	YHZ	Halifax, NS	11/23/2019
Masters 45-49	38.76	Peter Lawson	Unattached	Halifax, NS	1/18/2014
Masters 65-69	47.53	Llew Chase	Bluenose Athletics	Halifax, NS	2/10/2018
Wheelchair	45.08	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
<b>Men 400m</b>					

Open	49.13	Geoff Harris			2006
U20	49.13	Geoff Harris			2006
U18	50.8	Joel Dalrymple			1996
U16	54.95	Camden Springer	HaliFAST	Halifax, NS	11/19/16
U14	59.8	Robert Kirby			1990
Masters 40-44	58.42	Shawn Beaton	Unattached	Toronto, ON	12/3/2017
Masters 40-44	51.75	Peter Lawson	Unattached	Kamloops, BC	3/3/2010
Masters 45-49	52.64	Peter Lawson	Unattached	Budapest, HUN	3/30/14
Masters 50-54	54.97	Peter Lawson	Unattached	Boston, MA	2/9/2019
Wheelchair	59.89	Ben Brown	Valley Athletics	Halifax, NS	11/19/16

### Men 60m Hurdles

Open 42"	7.98	Chris Theriau			2/26/2010
U20 39"	7.83	Matthew Coolen	HaliFAST	Halifax, NS	11/28/15
U20 42"	8.28	Mathew Coolen	Halifast		15-Nov-14
U18 36"	8.28	Matthew Coolen	HaliFAST		16-Nov-13
U16 33"	9.1	Austin Conrad	HaliFAST	Halifax, NS	19-Mar-02
U14 30"	10.21	Zachary James	Valley Athletics	Halifax, NS	11/19/16
Masters 45-49 39"	11.69	Edward James	Valley Athletics	Halifax, NS	1/21/17
Masters 50-54 36"	11.94	Edward James	Valley Athletics	Moncton, NB	24-Feb-19

### Men 50m

Open	5.92	Jayson Hilchie	Chebucto		2001
U20	5.95	Patrick Benjamin	Chebucto		2001
U18	6.2	Derrick Dempster	Chebucto		1986
U16	6.57	Robert Kirby			1991
U14	6.8	Robert Kirby			1990

### Men 50m Hurdles

Open	7.31	Gerald Hann			1979
	7.0h	Andrew Conrad			1992
U20	8.05	Troy Bezanson			1991
U18	8.05	Troy Bezanson			1991
U16	8.27	Trevor Adams			1989

### Men 600m

Open	1:17.76	Geoff Harris			3/10/07
U20	1:19.27	Geoff Harris			2006
U18	1:24.11	Hudson Grimshaw-Surette	Southwest Nova		7-Feb-15
U16	01:28.56	Hudson Grimshaw-Surette	Southwest Nova		11/16/2013
U14	01:41.00	Alex Quinton	YHZ	Halifax, NS	1/19/19
Master 35-39	01:31.31	Shawn Beaton	HaliFAST		11/16/2013
Master 45-49	01:32.38	Claude Faucher	Unattached	Halifax, NS	11/2/2017
Wheelchair	01:32.87	Ben Brown	Valley Athletics	Halifax, NS	1/21/17

### Men 800m

Open	1:52.5	Edward James			1995
U20	1:54.97	Hudson Grimshaw-Surette	Southwest Nova Athletics	Halifax, NS	12/2/2017
U18	1:57.5	Jason Turner			1981
U16	2:08.4	Darren Stoddard			1979
U14	02:22.21	Alex Quinton	YHZ	Halifax, NS	1/19/19
Masters 35-39	01:59.09	Kyle Smith	Unattached	Halifax, NS	2/29/2020
<b>Masters 40-44</b>	<b>02:25.95</b>	<b>Michael Ackerman</b>	<b>YHZ</b>	<b>Halifax, NS</b>	<b>3/28/2021</b>
Master 45-49	02:08.36	Claude Faucher	Unattached	Moncton, NB	3/26/2016
Masters 50-54	02:15.83	David MacLennan	Pictou County Athletics	Moncton, NB	3/10/2018
Masters 55-59	02:16.16	David MacLennan	Pictou County Athletics	Moncton, NB	2/24/2019

Men 1000m						
Open	2:23.70	Geoff Harris				01/21/12
U20	2:27.28	Andrew Peverill	Chebucto Athletics	Halifax, NS		2/10/2018
U18	2:32.76	Andrew Peverill	Chebucto Athletics	Moncton,NB		12/17/16
U16	02:42.26	Hudson Grimshaw-Surette	Unattached			11/16/2013
U14	03:03.87	Alex Quinton	YHZ	Halifax, NS		10-Feb-19
Master 35-39	02:43.38	Shawn Beaton	HaliFAST			11/16/2013
Master 45-49	04:03.28	Edward James	Valley Athletics	Moncton,NB		3/26/2016
Master 50-54	03:00.55	Claude Faucher	Unattached	Toronto, ON		12/2/2017
Men 1200m						
U16	03:28.31	Drew Sommers	Chebucto Athletics	Halifax, NS		10/28/15
U14	03:37.50	Camden Springer	HaliFAST	Halifax, NS		10/28/15
Men 1500m						
Open	3:49.8	Glenn Mclsaac				1977
U20	3:49.8	Glenn Mclsaac				1977
U18	4:01.4	Glenn Mclsaac				1976
U16	4:09.65	Marcus Greenlaw				11/25/06
U14	04:47.7	Alex Quinton	YHZ	Halifax, NS		3/2/2019
Master 35-39	04:34.49	Greg Weiczorek	Unattached	Halifax, NS		3/28/2021
<b>Master 40-44</b>	<b>04:43.09</b>	<b>Greg Weiczorek</b>	Halifax Road Hammers	<b>Halifax, NS</b>		<b>12/4/2021</b>
Master 45-49	04:28.77	Claude Faucher	Unattached	Halifax, NS		2/7/2016
Masters 50-54	04:37.02	David MacLennan	Pictou County Athletics	Halifax, NS		2/11/2017
Masters 55-59	04:40.25	David MacLennan	Pictou County Athletics	Moncton,NB		2/24/2019
Men 1 Mile						
Open	4.00.07	Mike Tate	Antigonish Track Club			15-Feb-15
U20	4.03.84	Mike Tate	Antigonish Track Club			1/31/2014
U18	4:26.96	Adam Leroux				2/17/07
<b>U16</b>	<b>05:22.36</b>	<b>Alex Quinton</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>		<b>12/4/2021</b>
<b>U14</b>	<b>05:37.10</b>	<b>Jack Quinton</b>	<b>YHZ Track and Field</b>	<b>Halifax, NS</b>		<b>12/4/2021</b>
<b>Masters 35-39</b>	<b>05:35.51</b>	<b>Nicholas McBride</b>	<b>Halifax Road Hammers</b>	<b>Halifax, NS</b>		<b>12/4/2021</b>
<b>Masters 40-44</b>	<b>05:02.54</b>	<b>Greg Weiczorek</b>	<b>Halifax Road Hammers</b>	<b>Halifax, NS</b>		<b>12/4/2021</b>
Men 2000m						
<b>U16</b>	<b>06:12.62</b>	<b>Alex Quinton</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>		<b>12/4/2021</b>
U14	06:42.9	Alex Quinton	YHZ	Halifax, NS		3/2/2019
Men 3000m						
Open	7:51.71	Mike Tate	Unattached	Seattle, WA		2/9/2018
U20	08:23.86	Mike Tate	Antigonish Track Club			19-Jan-13
U18	8:44.0	Mark Wood				1982
U16	9:00.3h	Marcus Greenlaw				2006
U14	10:18.0	J. Graves				1979
Masters 35-39	09:23.95	Greg Weiczorek	Unattached	Halifax, NS		1/20/19
Masters 40-44	10:49.72	Steve Morley	YHZ	Halifax, NS		1/21/12
Masters 45-49	09:36.80	Ian Holdway	Halifax Road Hammers	Halifax, NS		3/28/2021
Masters 50-54	09:55.82	David MacLennan	Pictou County Athletics	Moncton, NB		3/11/2017
Masters 55-59	10:26.26	David MacLennan	Pictou County Athletics	Halifax, NS		1/20/2019
Masters 60-64	12:47.39	Ralph Williams	Valley Athletics	Halifax, NS		1/21/17
Men 5000m						
Open	13:37.33	Mike Tate	Unattached	Seattle, WA		2/9/2018
U20		Jake Gallagher	Dartmouth Athletics			2006
U20	16:18.18	Mike Tucker				2004
U18	17:31.5	Andrew Canning				1987

Masters 35-39	15:48.28	Greg Wieczorek	Unattached	Halifax, NS	2/29/2020
Masters 40-44	16:22.61	Ian Holdway	Unattached	Halifax, NS	2/29/2020
<b>Masters 45-49</b>	<b>16:33.31</b>	<b>Ian Holdway</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>2/20/2021</b>

#### Men 4 x 200m

Open	1:31.2	Dalhousie			1999
U20	1:40.01	Tiger Track Club			2005
U18	01:40.02	HaliFAST			19-Jan-13
U16	01:41.85	HaliFAST			16-Nov-13
U14	2:03.4	Cornwallis JHS			1981
Masters 40-44	02:03.29	YHZ	Steven Elliot, Tertius Baard, Peter Eastwood, Mike Ackerman	Halifax, NS	1/18/20

#### Men 4 x 400m

Open	3:20.8	Dalhousie			1993
U20	3:42.9h	HaliFAST	Matthew Coolen,		17-Jan-13
U18	3:42.9h	HaliFAST			17-Jan-13
U16	4:41.0	Chebucto			1988
U14	5:21.9	Bucs TC			1987

#### Men 4 x 800m

Age Group	Performance	Name	Year
Open	7:43.5	Dalhousie	1988
U20	8:38.9	Dartmouth Athletics	2002
U18	8:38.9	Dartmouth Athletics	2002
U16	no record	no record	-
U14	no record	no record	-

## FIELD EVENTS

#### Men Long Jump

Open	7.13	Simon Watts	HaliFAST		10-Mar-11
U20	6.59	Andrew Archibald	Chebucto		2/16/2008
U18	6.55	Brett Myketyrn	Chebucto		1/13/2008
U16	6.31	Andrew Archibald	Chebucto		2004
U14	5.57	Nathaniel Slawter	HaliFAST	Halifax, NS	11/24/2018
Masters 35-39	6.24	Peter Lord			11/18/2002
Masters 40-44	6.14	Peter Lord			11/14/2004
Masters 45-49	4.67	Edward James	Valley Athletics	Halifax, NS	1/21/17
Masters 55-59	5.16	Peter Lord	Unattached	Halifax, NS	2/29/2020
Masters 60-64	3.16	Spencer Aasvanger	HaliFAST	Halifax, NS	11/19/16
Masters 70-74	3.12	Alex Maceachern	Chebucto	Halifax, NS	2/29/2020

#### Men Triple Jump

Open	15.21	Jordan Bruce	HaliFAST		1/18/2014
U20	14.76	Jordan Bruce	HaliFAST		3/16/2013
U18	13.83	Mike Oredugba			1988
U16	12.43	Raheem Elliot	HaliFAST	Dartmouth, NS	6/21/2015
Masters 35-39	13.66	Peter Lord			2/17/2002
Masters 40-44	13.39	Peter Lord			1/17/2004
Masters 45-49	13.00	Peter Lord			12/18/2010

Masters 50-54	12.53	Peter Lord	Unattached	Halifax, NS	2/8/2014
Masters 55-59	11.80	Peter Lord	Liit	Moncton,NB	12/22/2018
Masters 70-74	6.47	Alex Maceachern	Chebucto	Halifax, NS	2/29/2020

### Men High Jump

Open	2.13	Andrew Grosse			2005
U20	2.06	Charles MacKay			1990
U18	2.00	Kirk Williams			1980
U16	1.77	Alexander Bates	Pictou County Athletics	Moncton,NB	2/24/2019
U14	1.50	Bill Wrixen			1980
U14	1.50	Carter Myatt	Truro Lions	Truro, NS	9/20/2020
Masters 40-44	1.60	Shane MacKenzie	Unattached	Halifax, NS	2/29/2020
Masters 45-49	1.45	Edward James	Valley Athletics	Halifax, NS	1/21/17
Masters 55-59	1.45	Peter Lord	Unattached	Halifax, NS	2/29/2020

### Men Pole Vault

Open	4.7	Craig Slaunwhite			2/9/2008
U20	3.60	Dave Wilson			1989
U18	2.70	Oliver Arnfast	Truro Lions	Saint John,NB	2/1/2020

### Men Shot Put

Open	17.54	Peter Millman	Truro Lions	Winnipeg, MB	2/25/2017
U20	17.40	Peter Millman	Truro Lions	Moncton, NB	12/21/2013
U18	16.74	Peter Millman	Truro Lions		2/19/2011
U16	15.28	Peter Millman	Truro Lions		2/20/2010
U14	13.92	Gregory McCarthy	Truro Lions		12/19/2011
Master 40-44 (7.26kg)	10.62	Brad Thompson	Unnattached	Moncton, NB	12/17/2017
Master 45-49 (7.26kg)	11.66	Steve Webster	Truro Lions		2/5/2012
Master 50-54 (6Kg)	7.82	Kelly Joudrie	Pictou County Athletics	Moncton, NB	2/24/2019
Master 55-59 (6Kg)	10.61	Brian Hebb	Truro Lions	Moncton, NB	3/26/2016
Master 60-64 (5Kg)	11.76	Brian Hebb	Truro Lions	Moncton, NB	1/24/2018
<b>Master 65-69 (5Kg)</b>	<b>7.78</b>	<b>Alan Elliot</b>	<b>Pictou County Athletics</b>	<b>Truro, NS</b>	<b>4/3/2021</b>
Master 70-74 (4Kg)	7.77	Brock Fownes	Unnattached	Truro, NS	3/3/2019

### Men Weight Throw

Open	18.82	Peter Millman	Truro Lions		21-Feb-14
U20	22.80	Peter Millman	Truro Lions		12/21/2013
U18 20	23.57	Peter Millman	Truro Lions		12/19/2011
U16 20	17.89	Drew Erskine	Truro Lions		3/3/2012
U14 20	13.83	Gregory McCarthy	Truro Lions		12/19/2011
Master 45-49 (35lb)	7.49	Alan Simpson	Pictou County Athletics	Moncton, NB	2/24/2019
Master 50-54 (25lb)	7.54	Kelly Joudrie	Pictou County Athletics	Moncton, NB	3/11/2017
Master 55-59 (25lb)	11.48	Brian Hebb	Truro Lions	Moncton, NB	3/26/2016
Master 60-64 (20lb)	13.28	Brian Hebb	Truro Lions	Truro, NS	2/10/2019
Master 65-69 (20lb)	8.14	Alan Elliot	Pictou County Athletics	Moncton, NB	2/24/2019
Master 70-74 (16lb)	9.45	Brock Fownes	Unnattached	Truro, NS	3/3/2019

### Men Heptathlon

Open	5193 (7.41, 6.58, 15.56,	Craig Slaunwhite	Chebucto Athletics	Hanover, NH	1/9/2005
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### Men Pentathlon

Open	3796	Craig Slaunwhite	Chebucto Athletics		2003
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U20	3421 (9.03, 6.14m, 13.52m, 1.75m, 2:48.52)	Jesse Drennan	Bluenose		2/24/2012
U16	1.62m,4:00.58)	Austin Conrad	HaliFAST Athletics	Moncton, NB	2/23/2018

## Men Tetrathlon

U14	1082 (9.02, 8.72m, 4.26m, 1:58.58)	Zachary James	Valley Athletics	Halifax, NS	1/17/16
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## Track Events

### Women 55m

Open	6.93	Adrienne Power			2005
U20	7.21	Jenna Martin	Athletics East		2006
U18	7.43	Jenna Martin	Athletics East		2005

### Women 60m

Open	7.42	Adrienne Power	HaliFAST		1/14/12
U20	7.71	Jenna Martin	Athletics East		2007
U18	7.91	Jenna Martin	Athletics East		2005
U16	7.97	Jenna Martin	Athletics East		2003
<b>U14</b>	<b>8.42</b>	<b>Ella Barry</b>	<b>Celtic Athletics</b>	<b>Halifax, NS</b>	<b>3-Dec-21</b>
Wheelchair	15.34	Abbey Smith	Valley Athletics	Halifax, NS	10/28/15
Masters 35-39	10.06	Alana Mackinnon	Pictou County Athletics	Halifax, NS	29-Feb-20
Masters 40-44	9.22	Paula James	Valley Athletics	Moncton, NB	3/26/16
<b>Masters 45-49</b>	<b>9.57</b>	<b>Angela Weeks</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>	<b>13/3/2021</b>
Masters 50-54	11.29	Pam James	Valley Athletics	Halifax, NS	1/21/17
Masters 55-59	10.28	Jo Welch	Unattached	Halifax, NS	13-Feb-16
Masters 60-64	10.14	Morag McDonah	Unattached	Halifax, NS	10/28/15

### Women 150m

U14	20.77	Sierra Sweeney	HaliFAST	Halifax, NS	11/28/15
Wheelchair	32.77	Abbey Smith	Valley Athletics	Halifax, NS	11/28/15

### Women 200m

Open	23.69	Adrienne Power			2006
U20	24.32 OT	Jenna Martin	Athletics East		25-Feb-07
U18	25.43	Jenna Martin	Athletics East		2005
U16	26.12	Jenna Martin	Athletics East		2003
U14	28.70	Willa Evans	Truro Lions	Halifax, NS	11/24/2018
Masters 40-44	30.78	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49	32.09	Cheryl Smith	Valley Athletics	Halifax, NS	2/9/2020
Masters 50-54	34.59	Jo Welch	Unattached	Moncton, NB	12/19/2009
Masters 55-59	37.44	Jo Welch	Unattached	Moncton, NB	3/26/2016
Masters 60-64	35.67	Jo Welch	Unattached	Halifax, NS	1/20/2019

### Women 300m

Open	37.35	Adrienne Power			2005
U20	40.55	Jan Stirling			2006
U18	40.6h	Jenna Martin	Athletics East		2004
U16	42.34	Kayla Marcotte			2004
U14	44.20	Cara MacDonald	Pictou County Athletics	Halifax, NS	11/24/2018
Masters 40-44	51.98	Cheryl Smith	Valley Athletics	Halifax, NS	17/12/2017



Masters 55-59	56.34	Norma Houston	Unattached	Halifax, NS	17/1/2015
Masters 60-64	55.33	Morag McDonah	Unattached	Halifax, NS	10/28/15
Wheelchair	62.73	Abbey Smith	Valley Athletics	Halifax, NS	10/28/15
<b>Women 400m</b>					
Open	52.32	Jenna Martin	Athletics East		3/1/2008
U20	54.22	Jenna Martin	Athletics East		3/09/07
U20	53.44 OT	Jenna Martin	Athletics East		2007
U18	56.33	Jenna Martin	Athletics East		2004
U16	59.52	Jenna Martin	Athletics East		2003
U14	63.29	Cara MacDonald	Pictou County Athletics	Moncton, NB	12/22/2018
Masters 40-44	68.86	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49	67.37	Paula James	Valley Athletics	Halifax, NS	2/29/2020
Masters 50-54	91.36	Pam James	Valley Athletics	Halifax, NS	1/21/17
<b>Women 60mH</b>					
Open 33"	8.65	Kim Vanderhoek			1992
U20 33"	9.07	Rachael McIntosh	Bluenose		2/19/2010
U18 30"	9.30	Emily Phelan			11/20/2010
U16 30"	8.92	Sierra Sweeney	YHZ	Halifax, NS	2/17/2017
U14 30"	9.38	Sierra Sweeney	HaliFAST	Moncton, NB	12/19/15
Masters 40-45 30"	12.60	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49 30"	12.36	Angela Weeks	Unattached	Halifax, NS	29-Feb-20
Masters 50-54 30"	12.78	Jo Welch	Unattached	Kamloops, BC	3/4/2010
Masters 60-64 27"	13.29	Jo Welch	Unattached	Edmonton,AB	3/10/2019
<b>Women 50m</b>					
Open	6.48	Adrienne Power			2/4/2010
U20	6.55	Nicole Gillis			1988
U18	6.85	Marsha Moore			1989
U16	6.85	Marsha Moore			1989
U14	7.35	Heather Hennigar			1986
<b>Women 50mH</b>					
Open	8.04	Jennifer Reardon			1989
U20	8.04	Jennifer Reardon			1989
U18	8.04	Jennifer Reardon			1989
U16	8.57	Lisa Murray			1991
U14	no record	no record			-
<b>Women 600m</b>					
Open	1:29.2h	Heather Hennigar			2003
U20	1:34.84	Celia Peters			2006
U18	1:36.15	Katie Blunden	HaliFAST	Halifax, NS	2018-11-24
U16	1:39.19	Cara MacDonald	Pictou County Athletics	Halifax, NS	2/10/2019
U14	01:43.65	Cara MacDonald	Pictou County Athletics	Halifax, NS	2/10/2018
<b>Women 800m</b>					
Open	2:05.35	Heather Hennigar			2005
U20	2:12.6	Lousie Palmer			1977
U18	2:14.9	Emily MacLellan			1986
<b>U16</b>	<b>02:16.29</b>	<b>Abby Lewis</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>	<b>3/28/2021</b>
U14	02:27.28	Cara MacDonald	Pictou County Athletics	Halifax, NS	11/24/2018
Masters 40-44	02:31.71	Paula James	Valley Athletics	Halifax, NS	11/19/16
Masters 45-49	02:27.89	Paula James	Valley Athletics	Moncton, NB	12-22-18
<b>Women 1000m</b>					

Open	2:46.12	Sophie Watts	Unattached	Geneva,OH	2/14/2015
Open Mx	2:45.4h	Heather Hennigar			2006
U20	2:46.81	Maggie Smith	HaliFAST	Montreal,QC	1/25/19
U18	2:57.66	Maggie Smith	HaliFAST	Halifax, NS	2/11/2017
U16	2:59.62	Abby Lewis	Chebucto Athletics	Halifax, NS	2/9/2020
U14	3:14.10	Cara MacDonald	Pictou County Athletics	Moncton, NB	12/22/2018
Masters 40-44	03:15.04	Paula James	Valley Athletics	Halifax, NS	2/11/2017
Masters 45-49	03:39.24	Cheryl Smith	Valley Athletics	Moncton, NB	12-21-19

#### Women 1200m

U16	3:44.01	Abby Lewis	Chebucto Athletics	Saint John, NB	2/1/2020
U14	3:49.02	Abby Lewis	Chebucto Athletics	Moncton, NB	2/24/2019

#### Women 1500m

Open	4:24.08	Maggie Smith	HaliFAST	Montreal,QC	1/26/19
Open Mx	4:20.3HT	Heather Hennigar			2005
U20	4:24.08	Maggie Smith	HaliFAST	Montreal,QC	1/26/19
U18	04:37.64	Maggie Smith	HaliFAST	Halifax, NS	1/20/18
<b>U16</b>	<b>04:30.60</b>	<b>Abby Lewis</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>	<b>2/20/2021</b>
U14	04:52.72	Abby Lewis	Chebucto Athletics	Halifax, NS	10-Feb-19
Masters 40-44	04:55.79	Paula James	Valley Athletics	Halifax, NS	21-Jan-18
Masters 45-49	05:31.51	Cheryl Smith	Valley Athletics	Halifax, NS	2/29/2020

#### Women Mile

Open	4:43.84	Sophie Watts	Unattached	South Bend, IN	2/7/2015
<b>U20</b>	<b>4:55.68</b>	<b>Abby Lewis</b>	<b>Chenucto Athletics</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
<b>U18</b>	<b>4:55.68</b>	<b>Abby Lewis</b>	<b>Chenucto Athletics</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
<b>U16</b>	<b>4:55.68</b>	<b>Abby Lewis</b>	<b>Chenucto Athletics</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
U14	6:46	Laura Englehutt			1999

#### Women 2000m

U14	06:40.43	Abby Lewis	Chebucto Athletics	Moncton,NB	2/24/2019
U16	06:27.74	Abby Lewis	Chebucto Athletics	Halifax, NS	2/29/2020

#### Women 3000m

Open	9:14.82	Lucy Smith			1990
U20	9:42.44	Maggie Smith	HaliFAST	Halifax, NS	1/18/19
<b>U18</b>	<b>10:05.21</b>	<b>Anna Robinson</b>	<b>XTFC</b>	<b>Halifax, NS</b>	<b>12/4/2021</b>
U16	10:21.1	Lucy Smith			1981
U14	10:37.9	Lucy Smith			1979
Masters 35-39	10:59.95	Erin Poirier	Halifax Road Hammers	Halifax, NS	10-Feb-18
Masters 40-44	10:32.32	Paula James	Valley Athletics	Halifax, NS	2-Dec-17
Masters 45-49	10:44.06	Denise Robson	Halifax Road Hammers	Halifax, NS	1/21/17
Masters 50-54	11:58.27	Linda Schurman MacDonald	Halifax Road Hammers	Halifax, NS	1/21/17

#### Women 5000m

Open	16:59.86	Rosie Mullins			2005
U20	no record	no record			-
Masters 45-49	18:08.69	Paula James	Valley Athletics	Halifax, NS	1/17/20

#### Women 4x200m

Open	1:39.27	Dalhousie			2005
U20	1:49.7	Chebucto			1991
U18	1:51.08	Chebucto			1985
U16	2:00.4	Chester			1980
U14	2:10.5	MacDonalds			1981



Women 4x400m				
Open	3:49.6	Dalhousie		1994
U20	4:07.0	Chebucto		1991
U18	4:12.8h	Athletics East		2003
U16	4:51.2	Chebucto		1988
U14	5:20.7	Chebucto		1987

Women 4x800m				
Open	8:57.65	Dalhousie		1993
U20	09:16.16	Nova Scotia	Maggie Smith, Carley	Halifax, NS 2/9/2019
U18	10:15.2	Middleton Elite		2001
U16	12:32.24	Valley Athletics	Rebecca Moore,	Halifax, NS 1/17/16

## FIELD EVENTS

Women Long Jump				
Age Group	Performance	Name		Year
Open	5.91	Leslie Wilson		1989
U20	5.55	Jenna Martin	Athletics East	2005
U18	5.55	Jenna Martin	Athletics East	2005
U16	5.09	Sierra Sweeney	HaliFAST	Halifax, NS 11/19/16
U14	4.80	Sierra Sweeney	HaliFAST	Halifax, NS 10/28/15
Masters 35-39	4.02	Deele Hines	Pictou County Athletics	Moncton, NB 1/21/17
Masters 40-44	3.70	Paula James	Valley Athletics	Halifax, NS 3/11/2017
<b>Masters 45-49</b>	<b>4.04</b>	<b>Angela Weeks</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS 3/28/2021</b>

Women Triple Jump				
Open	12.00	Dawn Creighton		2002
U20	11.91	Gabrielle Fraser	Unattached	Albuquerque, NM 2/29/2020
U18	11.43	Juliana Blois		12/19/2009
U16	11.28	Sierra Sweeney	HaliFAST	Halifax, NS 11/28/16
U14	11.28	Sierra Sweeney	HaliFAST	Halifax, NS 11/28/16
Masters 40-44	8.22	Cheryl Smith	Valley Athletics	Halifax, NS 12/2/2017
<b>Masters 45-49</b>	<b>9.23</b>	<b>Rachelle MacDonald</b>	<b>Unattached</b>	<b>Truro, NS 21-Feb-21</b>
Masters 50-54	7.57	Jo Welch	Unattached	Kamloops, BC 4-Mar-10
Masters 55-59	7.30	Jo Welch	Unattached	Halifax, NS 10/28/15

Women High Jump				
Open	1.82	Rebecca Haworth	HaliFAST	Edmonton 3/8/2014
U20	1.76	Natalie Munro		1988
U18	1.73	Natalie Munro		1986
U16	1.64	Natalie Munro		1985
U14	1.48	Susie Murphy		1985
Masters 35-39	1.50	Ann Findlay	PCA	3/3/2012
Masters 40-44	1.20	Paula James	Valley Athletics	Halifax, NS 1/21/17

Women Pole Vault				
Open	2.80	Alyson McPhee	Chebucto	2006
U20	2.80	Alyson McPhee	Chebucto	2006

U18	2.59	Laura Maessen			2005
U18	2.59	Emma McDaniel			2005
<b>Women Shot Put</b>					
Open (4kg)	16.53	Sarah Mitton	Bluenose Athletics	Toronto, ON	12/2/2017
U20 (4kg)	14.64	Chelsea Whalen	Launchers		16-Feb-11
U18 (3kg)	14.19	Keighan Decoff	Pictou County Athletics	Moncton,NB	12/21/2019
U18 (3kg)	14.19	Taylor Stutley	Launchers		3/3/2012
U18 (4kg)	12.68	Chelsea Whalen	Launchers		3/29/2008
U16 (3kg)	12.80	Taylor Stutley	Launchers		6-Feb-11
U14 (3kg)	9.03	Sarah Millman	Truro Lions		12/30/2009
Masters 35-39 (4kg)	9.10	Ann Findlay	PCA		3/3/2012
Masters 40-44 (4kg)	7.40	Cheryl Smith	Valley Athletics	Moncton,NB	3/11/2017
Masters 45-49 (4kg)	6.61	Joyce Simpson	Pictou County Athletics	Truro, NS	3/1/2020
<b>Masters 50-54 (3kg)</b>	<b>7.86</b>	<b>Pamela Jeffrey Mcewing</b>	<b>Truro Lions</b>	<b>Truro, NS</b>	<b>4/3/2021</b>
<b>Masters 55-59 (3kg)</b>	<b>7.98</b>	<b>Tammy Armstrong</b>	<b>Truro Lions</b>	<b>Truro, NS</b>	<b>4/3/2021</b>
Masters 60-64 (3kg)	6.88	Jo Welch	Unattached	Toronto, ON	3/12/2017

<b>Women Weight Throw</b>					
Open (20lb)	18.66	Kayla Gallagher	Truro Lions		6-Mar-14
U20 (20lb)	18.24	Kayla Gallagher	Truro Lions		7-Mar-13
U18 (16lb)	15.58	Sarah Millman	Truro Lions		1/16/2013
U18 (20lb)	14.07	Kayla Gallagher	Truro Lions		1/16/2011
U16 (16lb)	14.09	Sarah Millman	Truro Lions		12/4/2011
U14 (16lb)	9.14	Sarah Millman	Truro Lions		12/30/2009
Masters 40-44 (20lb)	6.45	Tracey Furguson	Pictou County Athletics	Moncton, NB	3/10/2018
Masters 45-49 (20lb)	7.64	Joyce Simpson	Pictou County Athletics	Moncton, NB	2/24/2019
<b>Masters 50-54 (16lb)</b>	<b>7.24</b>	<b>Pamela Jeffrey Mcewing</b>	<b>Truro Lions</b>	<b>Truro, NS</b>	<b>4/3/2021</b>
Masters 55-59 (16lb)	7.05	Jo Welch	Unattached	Moncton, NB	3/26/2016
Masters 60-64 (12lb)	10.12	Jo Welch	Unattached	Truro, NS	2/10/2019

### Women Pentathlon

	4174				
Open	(8.87,1.65m,13.26m,5.90m,2:15.98)	Rachael McIntosh	Bluenose		2/21/2014
U20	3723	Rachael McIntosh	Bluenose		2/10/2010
	2960				
U18	(9.57,1.54m,9.59m,4.91m,2:50.13)	Abbigael Gaudry	Chebucto Athletics	Moncton, NB	2/24/2019

### Women Tetrathlon

U14	768 (9.33, 4.39m, 3.35, 1:55.44)	Rebecca Moore	Valley Athletics	Halifax, NS	1/17/16
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### Seldom Run &

Event	Performance	Name	Club	Location	Date
<b>Men 55m</b>					
Open	6.37	Jayson Hilchie	Chebucto		2001
U20	6.60	Patrick Benjamin	Chebucto		2001