

Nova Scotia Provincial Outdoor Records - Women

Please note new records are subject to ratification

Track Events

Women's 80m

U14	10.67 (0.4)	Makayla Willsey	Valley Athletics	Dartmouth, NS	5/3/2025
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Women's 100m

Open	11.37 (1.8)	Adrienne Power	Halifax Tigers	Oromocto, NB	8/1/2009
U20	11.98A	Nicole Gillis	Chebucto	Calgary, AB	1987
U18	11.98A	Nicole Gillis	Chebucto	Calgary, AB	1987
U16	12.13 (1.2)	Kaitlynn Mead	Unattached	Calgary, AB	8/8/2025
U14	12.93 (-0.1)	Makayla Willsey	Valley Athletics	Bridgetown, NS	30-May-25
T47	12.64 (-0.8)	Chloe Dunbar	Crown Athletics	Paris, France	6/4/2025
Masters 35-39	14.55 (0.2)	Tisha King	YHZ	Dartmouth, NS	5/7/2022
Masters 40-44	14.08 (-0.4)	Melinda Hidi	Unattached	Montpellier, France	6/10/2018
Masters 45-49	20.82 (0.2)	Sheila Harris	Valley Athletics	Dartmouth, NS	7/9/2017
Masters 55-59	16.39 (0.2)	Maureen McKeage	Unattached	Dartmouth, NS	7/8/2017
Masters 60-64	15.3	Hand Timir Morag McDonah	Unattached	Stellarton, NS	9/19/2015
Masters 65-69	17.81 (0.9)	Jo (Welch) Bryant	Unattached	Regina, SK	7/31/2022

Women's 150m (no blocks)

U14	20.14 (-0.6)	Makayla Willsey	Valley Athletics	Dartmouth, NS	5/3/2025
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Women's 200m

Open	22.86A (1.8)	Adrienne Power	Halifax Tigers	Provo, UT	5/24/2008
U20	24.27 (1.3)	Jenna Martin	Athletics East	Tuscaloosa, AL	5/11/07
U18	24.59	Jenna Martin	Athletics East	Sudbury, ON	2004
U16	24.98 (0.1)	Kaitlynn Mead	Unattached	Windsor, NS	2-Jul-25
U14	26.6 (0.1)	Makayla Willsey	Valley Athletics	Windsor, NS	2-Jul-25
Open Wheelch:	48.95	Kelly Bennet	NS Wheelchair Ra	Oromocto, NB	2009
T47	25.88 (0.0)	Chloe Dunbar	Crown Athletics	Windsor, NS	7/23/2025
Masters 40-44	28.42 (0.3)	Melinda Hidi	Unattached	Montpellier, FRA	4/7/2018
Masters 45-49	32.76 (-0.6)	Christine Etter	Unattached	Dieppe, NB	7/22/2006
Masters 55-59	34.6	Hand Timir Norma Houston	Unattached	Stellarton, NS	9/19/2015
Masters 60-64	33.3	Hand Timir Morag McDonah	Unattached	Stellarton, NS	9/19/2015
Masters 65-69	38.73 (-0.5)	Jo Welch	Unattached	Dartmouth, NS	7/11/2021

Women's 300m

U16	40.25	Kaitlynn Mead	Unattached	Calgary, AB	8/9/2025
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Women's 400m

Open	51.53	Jenna Martin	Athletics East	Calgary, AB	6/29/12
U20	51.91	Jenna Martin	Athletics East	Sao Paulo, Brazil	7/07/07
U18	55.15	Jenna Martin	Athletics East	Lwr Sackville, NS	2004
U16	55.66	Jenna Martin	Athletics East	Norwell, MA	2003
U14	60.06	Cara MacDonald	Pictou County Athl	Sydney, NS	6/2/2018
Open	01:54.6	Wheelchai Kelly Bennet	NS Wheelchair Ra	Charlottetown, PEI	2009
Masters 40-44	1:01.42	Leanna MacLean	Unattached	Stellarton, NS	8/14/2024
Masters 45-49	68.53	Cheyl Smith	YHZ	Dartmouth, NS	8/7/2021
Masters 60-64	1:19	Hand Timir Morag McDonah	Unattached	Stellarton, NS	9/19/2015

Masters 65-69	1:17.98	Morag McDonah	Unattached	Dartmouth, NS	7/10/2021
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Women's 800m

Open	2:04.19	Leanna MacLean	Halifax Tigers	Uden, Belgium	2007
U20	2:07.74	Maggie Smith	HaliFAST	Kingston, JAM	7/1/2018
U18	2:07.74	Maggie Smith	HaliFAST	Kingston, JAM	7/1/2018
U16	2:09.00	Louise Palmer	ACC	Montreal, QE	1977
U14	2:19.79	Robyn Meagher	Antigonish	Saskatoon, SK	1980
Masters 40-44	2:15.08	Leanna MacLean	Unattached	Windsor, NS	7/23/2025
Masters 45-49	2:30.81	Paula James	Valley Athletics	Dartmouth, NS	7/11/2021
Masters 50-54	3:11.74	Angela Weeks	Athletics East	Laval, QC	8/1/2025
Masters 55-59	3:03	Hand Timir Norma Houston	Unattached	Stllarton, NS	9/19/2015
Masters 65-69	2:56.52	Morag McDonah	Unattached	Dartmouth, NS	7/11/2021

Women's 1200m

U16	3:36.52	Rachel Crawley	YHZ	Ottawa, ON	8/5/2011
U14	3:44.57	Abby Lewis	Chebucto Athletics	Moncton, NB	7/14/2019

Women's 1500m

Open	4:14.31	Sophie Watts	Unattached	Guelph, Ontario	30-May-15
U20	4:20.4	Robyn Meagher	Antigonish	Dartmouth, NS	1986
U18	4:21.8	Robyn Meagher	Antigonish	Nassau, Bahamas	1984
U16	4:31.62	Abby Lewis	Chebucto Athletics	Stellarton, NS	7/23/2021
U14	4:46.13	Abby Lewis	Chebucto Athletics	Wolfville, NS	6/1/2019
Masters 45-49	4:51.03	Paula James	Valley Athletics	Dartmouth, NS	7/10/2021
Masters 50-54	5:46.11	Ena MacPherson	Unattached	St. John, NB	8/8/2012

Women's Mile

Open	4:47.52	Ashley Ryer	Unattached	Antigonish, NS	7/12/2014
U20	4:48.89	Abby Lewis	Athletics East	Philadelphia	6/15/2024
U18	4:56.08	Anna Caruthers	Athletics East	Philadelphia	15-Jun-24
U16	5:18.92	Ada Barnett	Valley Athletics	Philadelphia	19-Jun-25
U14	5:54.6h	Emilia Leroux	Chebucto	Halifax, NS	2003
Masters 35-39	5:42.44	Anne Nugent	Track Rats	Halifax, NS	1993
Masters 40-44	5:09.82	Leanna McLean	Unattached NS	Windsor, NS	21-Aug-24

Women's 2000m

U16	6:10.88	Abby Lewis	Chebucto Athletics	Dartmouth, NS	8/7/2021
U14	6:35.71	Abby Lewis	Chebucto Athletics	Stellarton, NS	7/7/2019

Women's 3000m

Open	9:06.4	Annick DeGooyer	MAAC	Montreal, QE	1991
U20	9:17.77	Siona Chisholm	XTFC	Langley, BC	6/24/2022
U18	9:36.32	Maggie Smith	HaliFAST	Brandon, MB	8/11/2018
U16	10:05.40	Carley Birrell	Chebucto	Dartmouth, NS	6/3/2017
U14	10:19.19	Abby Lewis	Chebucto Athletics	Wolfville, NS	6/1/2019

Women's 5000m

Open	15:32.93	Siona Chisholm	Unattached	Atlanta, Georgia	9-May-24
U20	16:19.79	Siona Chisholm	XTFC	Stellarton, NS	6/4/2022
U18	18:35.68	Stephanie Skoreyko	Unattached	Lwr Sackville, NS	7/1/2005
U16	19:41.3	Elisa Arteaga	Chebucto Athletics	Windsor, NS	11-Aug-22
U14	21:38.1	Natalia Tate	Bows"n"Bass	Halifax, NS	1994

Masters 35-39	18:15.45		Gina MacInnis	STFX Track and F	Antigonish, NS	7/31/2024
Masters 40-44	16:55.47		Denise Robson	Unattached	Japan	11/23/2009
Masters 45-49	18:05.17		Paula James	Valley Athletics	Halifax, NS	7/2/2022

Women's 10000m

Open	34:10.0		Lucy Smith	Independent	Halifax, NS	1989
U20	37:27.3		Rebecca Richards	VRR	Antigonish, NS	1984
Masters 45-49	40:55.3		Sherry Carson	Unattached	Dieppe, NB	7/22/2006

Womens Marat

Masters 35-39	2:36:45		Meaghan Strum	Halifax Road Ha	Chicago, IL	13-Oct-24
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Women's 80m Hurdles

Open	11.82 (0.5)	30"	Sierra Sweeney	YHZ	Brandon, MB	11-Aug-17
U20	12.65A	30"	Jennifer Reardon	Chebucto	Calgary, AB	1987
U18	12.12 (-1.4)	30"	Maryn Smith	Truro Lions	Dartmouth, NS	12-Jun-23
U16	11.82 (0.5)	30"	Sierra Sweeney	YHZ	Brandon, MB	11-Aug-17
U14	12.65 (1.)	30"	Sierra Sweeney	HaliFAST	Stellarton, NS	4-Jul-15
Masters 40-44	12.63 (1.3)	30"	Melina Hidi	Unattached	Malaga, ESP	4-Sep-18
Masters 45-49	15.38 (-0.3)	30"	Ann Findlay	Pictou County Athl	Moncton, NB	13-Jul-19
Masters 50-54	14.95 (0.7)	30"	Angela Weeks	Athletics East	Dartmouth, NS	5-Jul-25
Masters 55-59	17.14 (-2.5)	30"	Jo Welch	Unattached	Regina, SK	28-Jul-13
Masters 60-64	17.68 (0.0)	30"	Jo Welch	Unattached	Toronto, ON	13-Aug-17
Masters 65-69	19.54 (0.2)	27"	Jo Welch	Unattached	Stellarton, NS	24-Jul-21

Women's 100m Hurdles

Open	13.69	33"	Cecilia Branch	ACC	California	1979
U20	14.71 (1.5)	33"	Maryn Smith	Truro Lions	Stellarton, NS	6/21/2025
U18	14.79 (0.6)	30"	Maryn Smith	Truro Lions	Stellarton, NS	6/22/24
U16	16.71	30"	Stephanie Johnson	Chebucto	Saskatoon, SK	1985
Masters 35-39	18.11 (0.8)	33"	Melinda Hidi	Unattached	Lyon, FRA	8/16/2015

Women's 200m Hurdles

U16	28.37 (-0.7)	30"	Sierra Sweeney	YHZ	Brandon, MB	8/11/2017
U14	30.35 (0.1)	30"	Sierra Sweeney	HaliFAST	St. Therese, QC	8/9/2015

Women's 300m Hurdles

U18	46.39	30"	Hilary Coady	Athletics East	Oromocto, NB	2007
Masters 50-54	67.9	30"	Pan James	Valley Athletics	Dartmouth, NS	7/9/2017
Masters 55-59	65.88	30"	Jo Welch	Unattached	Sackville, NS	13-Jul-13
Masters 60-64	66.73	27"	Jo Welch	Unattached	Spokane, WA	29-Jul-18
Masters 65-69	77.92	27"	Jo (Welch) Bryant	Unattached	Regina, SK	31-Jul-22

Women's 400m Hurdles

Open	60.17	30"	Alicia Dobranowski	Halifax Tigers	Bern, Switzerland	7/18/2009
U20	62.32	30"	Kilah Rolle	Chebucto	Sherbrooke, SK	1993
U18	62.32	30"	Kilah Rolle	Chebucto	Sherbrooke, SK	1993
U16	62.32	30"	Kilah Rolle	Chebucto	Sherbrooke, SK	1993
Masters 35-39	86.87	30"	Tisha King	YHZ	Dartmouth, NS	6/26/2022
Masters 40-44	81.10	30"	Cheryl Smith	Valley Athletics	Charlotetown, PEI	7/30/2018
Masters 45-49	78.94	30"	Cheryl Smith	YHZ	Dartmouth, NS	7/24/2022

Women's 1500m Steeplechase

U16	5:04.66	30"	Emma Edmonds	YHZ	Charlottetown	8/19/12
U18	5:23.65 (water)	30"	Rebecca Coady	Athletics East	Lwr Sackville, NS	2004
U16	5:23.65 (water)	30"	Rebecca Coady	Athletics East	Lwr Sackville, NS	2004
U14	5:40.78 (no wε	30"	Avery Mosher	Adrenaline Athle	Dartmouth, NS	6-Jul-25

Women's 2000m Steeplechase

Open	6:46.00		Janice Ashworth	Swift	Saskatoon, SK	2005
U20	7:04.43		Sophie Watts	YHZ	Lower Sackville, NS	7/7/2013
U18	7:05.32		Maggie McClure	YHZ	Langley, BC	8/17/2014
Masters 40-44	08:47.23		Cheryl Smith	Valley Athletics	Stellarton, NS	7/7/2017
Masters 45-49	08:31.28		Cheryl Smith	YHZ	Dartmouth, NS	8/9/2021

Women's 3000m Steeplechase

Open	10:24.26		Zoe Mosher	Unattached	Princeton, NJ	5/1/2026
U20	10:24.26		Zoe Mosher	Unattached	Princeton, NJ	5/1/2026
U18	11:21.42		Rebecca Coady	Athletics East	Sherbrooke, SK	2006

Women's Race Walk

Open	8:31.0		B. Nickerson	Chebucto	Dartmouth, NS	1982
Masters 1500m	10:53.96		Rachael Cheechoo	Unattached	Auckland, NZ	4/25/2017
Masters 1500m	10:42.90		Rachael Cheechoo	Unattached	Dartmouth, NS	8/8/2021
Masters 3000m	22:16.10		Rachael Cheechoo	Unattached	Auckland, NZ	4/26/2017
Masters 5000m	38:30		Rachael Cheechoo	Unattached	Auckland, NZ	4/28/2017

Women's 4X100m Relay

Open	47.13		NS Canada Games		Charlottetown, PE	8/25/2009
			Cassadre Collins	Nikkia Jones		
			Kayla Marcotte	Jenna Martin		
U20	47.97		NS Canada Games Team		Niagara, ON	2022
			Madeline Cook	Jill Langille		
			Ali Poisson	Lynn Sheppard		
U18	48.01		Mixed		Stellarton, NS	21-Jun-25
			Doris Goodland	Makayla Willsey		
			Ella Knock	Kaitlynne Mead		
U16	48.01		Mixed		Stellarton, NS	21-Jun-25
			Doris Goodland	Makayla Willsey		
			Ella Knock	Kaitlynne Mead		
U14	56.4		Chebucto		Lwr Sackville, NS	1987
			Cathy Seiler	Marsha Moore		
			Sarah Weeks	Colleen O'Toole		
Masters 40-44	68.4		Team NS		Dieppe, NB	7/21/2006
			Ena MacPherson	Sherry Carson		
			Janet Hoyt-Deon	Christine Etter		
Masters 55-59	70.4	HT	All-NS 55+ Team		Stellarton, NS	9/19/2015
			Anne Murray	Norma Houston		
			Jo Welch	Morag McDonougl		

Women's 4X400m Relay

Open	3:45.41		NS Team		Oromocto, NB	8/2/2009
			Alicia Dobranowski	Janice Stirling		
			Jenna Martin	Adrienne Power		
U20	3:52.44		NS Legion Team		Regina, SK	2005

U18	3:54.84	Jenna Martin Kayla Marcotte	Celia Peters Jan Stirling	NS Legion Team	Sudbury, ON	2004
U16	4:18.3	Jenna Martin Gina Stewart	Celia Peters Jan Stirling	Annapolis Valley International	Halifax, NS	2002
U14	4:55.4			Chebucto	Antigonish, NS	1987

Women's 4x800m Relay

U18	9:25.14			NS Team	Hartford, CT	2004
		Jenna Martin Celia Peters	Stephanie Skoreyt Rebecca Coady			

Women's Medley Relay (400-200-200-800)

Open	4:02.4			NS Legion	Halifax, NS	1984
U20	4:02.5			NS Legion	Halifax, NS	1984
U18	4:02.6			NS Legion	Halifax, NS	1984
U16	4:09.28			NS/NU Legion Team	Calgary, AB	9-Aug-25
U14	07:34.1	Kaitlynn Mead Ella Knock Jewell Burris Dani Roode	Doris Goodland Emma Laycock Roxy Stubbert Isabella Burris		Stellarton, NS	22-Jun-25

Field Events

Women's High Jump

Open	1.84m	Nicole Wadden	Unattached	Logan, Utah	5/13/17
U20	1.81m	Jennessa Wolfe	Truro Lions	Dartmouth, NS	12-Jun-23
U18	1.80m	Natalie Munro	Chebucto	Edmonton, AB	1987
U16	1.69m	Tracy Loke	Chebucto	Saskatoon, SK	1985
U14	1.58m	Natalie Munro	Chebucto	Halifax, NS	1983
Masters 40-44	1.45m	Rachelle MacDonald	Unattached	Dartmouth, NS	11-May-19
Masters 50-54	1.16	Angela Weeks	Athletics East	Laval, QC	1-Aug-25
Masters 55-59	1.10m	Jo Welch	Unattached	Regina, SK	28-Jul-13
Masters 60-64	1.07m	Jo Welch	Unattached	Moncton, NB	14-Jul-19

Women's Triple Jump

Open	11.98m (1.8)	Gabrielle Fraser	Unattached	Fresno, CA	14-May-22
U20	11.77m (0.0)	Gabrielle Fraser	Unattached	Brandon, MB	8/13/2017
U18	11.77m (0.0)	Gabrielle Fraser	Unattached	Brandon, MB	8/13/2017
U16	11.44m (0.5)	Rachel Boyle	Chebucto	Oromocto, NB	2007
U14	10.48m (-0.2)	Myka Wilson	Truro Lions	Dartmouth, NS	6/26/2022
Masters 40-44	9.63 (0.6)	Rachelle MacDonald	Unattached	Charlottetown, PE	7/29/2018
Masters 55-59	6.97 (NWI)	Jo Welch	Unattached	Stellarton, NS	9/19/2015
Masters 60-64	6.88m (0.4)	Jo Welch	Unattached	Dartmouth, NS	5/7/2016

Women's Long Jump

Open	6.07m (1.2)	Rachael McIntosh	Bluenose	Walnut, CA	4/17/2016
U20	5.77m	Leslie Wilson	Truro	Ottawa, ON	1986
U18	5.75m	Leslie Wilson	Chebucto	Saint John, NB	1985
U16	5.42m (0.4)	Abbigael Gaudry	Chebucto	Lower Sackville, NS	6/16/2018
U14	4.93 (1.1)	Myka Wilson	Truro Lions	Sherbrooke, PQ	8/7/2022

Masters 35-39	3.99m (1.8)	Deelle Hines	Unattached	Saint John, NB	8/24/2016
Masters 40-44	4.07m (0.2)	Rachelle MacDonald	Unattached	Lower Sackville, NS	6/16/2018
Masters 45-49	1.92m (0.1)	Sheila Harris	Unattached	Dartmouth, NS	7/8/2017
Masters 50-54	3.59m (0.3)	Angela Weeks	Athletics East	Laval, QC	8/1/2025
Masters 55-59	2.70m (1.7)	Janet MacIssac	Unattached	Stellarton, NS	7/15/2018

Women's Pole Vault

Open	3.20m	Jennifer Payne	Swift	Victoria, BC	2004
U20	3.15m	Alyson McPhee	Chebucto	Lwr Sackville, NS	2006
U18	3.00m	Alyson McPhee	Chebucto	Regina, SK	2005
U16	2.50m	Laura Maessen	Chebucto	Lwr Sackville, NS	2004
U14	2.00m	Christine Manning	Valley Vaulters	Lwr Sackville, NS	2004

Women's Shot Put

Open	18.52m	4kg	Sarah Mitton	Unattached	Collegeville, PA	8/10/2018
U20	14.66m	4kg	Chelsea Whalen	Launchers	Tallahassee, FL	4/9/2011
U18	14.96m	3kg	Keighan Decoff	Pictou County Athl	Sydney, NS	8/10/2019
U18	13.71m	4kg	Chelsea Whalen	Launchers	Charlottetown, PEI	8/25/2009
U16	13.99m	3kg	Taylor Stutely	Launchers	Port Williams, NS	8/20/11
U14	8.94m	3kg	Lynn Murray	Independent	Lwr Sackville, NS	1990
Para F37	10.37m	3kg	Carleigh Hiltz	Truro Lions	Windsor, NS	9/9/2025
Para F57	3.57m	3kg	Kimberly Neary	HaliFAST	Stellarton, NS	7/9/2022
Para F53	4.58m	3kg	Pam LeJean	Valley Athletics	Lower Sackville, NS	6/18/2016
Para F46	12.76m	4kg	Katie Pegg	Athletics East	Delhi, IND	10/2/2025
Masters 40-44	7.74m	4kg	Cheryl Smith	Valley Athletics	Stellarton, NS	7/23/2017
Masters 45-49	9.55m	4kg	Ann Findlay	Pictou County Athl	Moncton, NB	7-Jul-19
Masters 50-54	8.55m	3kg	Pamela Jeffrey Mcewing	Truro Lions	Dartmouth, NS	5/4/2024
Masters 55-59	7.94m	3kg	Tammi Parks	Unattached	Truro, NS	10/9/2021
Masters 60-64	6.78m	3kg	Jo Welch	Unattached	Toronto, ON	8/13/2017
Masters 65-69	5.84m	3kg	Jo Welch	Unattached	Truro, NS	10/9/2021

Women's Hammer

Open	59.20	4kg	Chelsea MacIsaac	Athletics East	Stellarton, NS	7/22/2024
U20	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	4/5/2013
U18	54.34m	3kg	Tatum McLean	Pictou County Athl	Lower Sackville, NS	7/2/2016
U18	46.58m	4kg	Kayla Gallagher	Truro Lions	Moncton, NB	8/11/2011
U16	44.49m	3kg	Tatum MacLean	Pictou County Athl	Langley, BC	8/17/2014
U14	29.20m	3kg	Sarah Millman	Truro Lions	Truro, NS	6/24/2009
Masters 40-44	14.92m	4kg	Cheryl Smith	Valley Athletics	Dartmouth, NS	7/9/2017
Masters 45-49	27.63m	4kg	Mahogany Duncan	Unattached	Stellarton, NS	6/22/2024
Masters 50-54	32.31	3kg	Pamela Jeffrey Mcewing	Truro Lions	Dartmouth, NS	7/13/2024
Masters 55-59	18.93m	3kg	Anita Carty	Pictou County Athl	Dartmouth, NS	7/9/2017
Masters 60-64	21.36m	3kg	Jo Welch	Unattached	Dartmouth, NS	7/9/2017
Masters 65-69	19.42m	3kg	Jo (Welch) Bryant	Unattached	Regina, SK	7/31/2022

Women's Outdoor Weight Throw

U16	10.72m	16lb	Samantha Sheaves	Truro Lions	Moncton, NB	10/19/2025
Masters 50-54	9.99m	16lb	Pamela McEwing	Truro Lions	Saint John, NB	22-Jun-24
Masters 55-59	5.50m	16lb	Jane Warren	Unattached	Vancouver, BC	8/31/2016
Masters 60-64	9.43m	12lb	Jo Welch	Unattached	Spokane, WA	7/29/2018
Masters 65-69	9.31m	12lb	Jo (Welch) Bryant	Unattached	Regina, SK	7/31/2022

Women's Discus

Open	45.37m	1kg	Kayla Gallagher	Truro Lions	Lethbridge, AB	5/19/2012
U20	45.37m	1kg	Kayla Gallagher	Truro Lions	Lethbridge, AB	5/19/2012
U18	42.34m	1kg	Taylor Stutely	Launchers	Port Williams, NS	8/3/2013
U16	39.54m	1kg	Taylor Stutely	Launchers	Port Williams, NS	8/20/2011
U14	30.24m	750g	Sydney Davidson	Truro Lions	Stellarton, NS	7/5/2015
F37	18.50m	1kg	Carleigh Hiltz	Truro Lions	Montreal, PQ	6/1/2024
Para F57	6.36m	1kg	Kimberly Neary	HaliFAST	Dartmouth, NS	7/24/2022
Para F53	9.25m	1kg	Pam LeJean	Valley Athletics	Dartmouth, NS	5/3/2014
Masters 40-44	20.31m	1kg	Lisa Murray	Unattached	Stellarton, NS	8/7/2019
Masters 45-49	23.03m	1kg	Mahogany Duncan	Unattached	Dartmouth, NS	7/14/2024
Masters 50-54	24.1	1kg	Pamela Jeffrey Mcewing	Truro Lions	Windsor, NS	6/16/2024
Masters 55-59	19.67m	1kg	Tammi Parks	Unattached	Truro, NS	10/9/2021
Masters 60-64	19.31m	1kg	Anita Carty	Pictou County Athl	Stellarton, NS	7/24/2021
Masters 65-69	18.93m	1kg	Barbara Carleton	Unattached	Dartmouth, NS	7/24/2022

Women's Javelin

Open	52.08m	600g	Chelsea Whalen	Launchers	Port Williams, NS	8/3/2013
U20	46.75m	600g	Chelsea Whalen	Launchers	Moncton, NB	7/3/10
U18	45.25m	600g	Chelsea Whalen	Independent	Sherbrooke, QE	8/9/2008
U18	45.94m	500g	Madelyn Quinn	Truro Lions	St. Therese, QC	8/6/16
U16	39.90m	600g	Kate Forbes	CNLL		1997
U16	39.50m	500g	Libby Falkenham	Unattached	St. Therese, QC	8/6/15
U14	34.53m	400g	Jessica Bartlett	Truro Lions	Lwr Sackville, NS	7/26/2008
Para F57	6.99m	600g	Kimberly Neary	HaliFAST	Dartmouth, NS	7/24/2022
Para F53	10.25m	600g	Pam LeJean	Valley Athletics	Port Williams, NS	6/15/2014
Masters 40-44	30.46m	600g	Lynn Smaggus	Unattached	Dartmouth, NS	7/11/2021
Masters 45-49	26.57m	600g	Tracy Acker-Canning	Unattached	Dartmouth, NS	7-May-22
Masters 50-54	28.84m	500g	Tracy Acker-Canning	Unattached	Dartmouth, NS	7/13/2024
Masters 55-59	16.50m	500g	Janet MacIassac	Unattached	Sydney, NS	9/19/2021
Masters 60-64	15.12m	500g	Anita Carty	Pictou County Athl	Moncton, NB	7/14/2014
Masters 65-69	14.04m	500g	Barbara Carleton	Unattached	Dartmouth, NS	7/24/2022

Multi-Events

Women's Tetrathlon

U14	994 points	Lily MacDonald	Pictou County Athl	Stellarton, NS	8/4/2025
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Women's Throws Pentathlon

Masters 50-54	1531	Pamela McEwing	Truro Lions	Saint John, NB	une 22-23, 202
Masters 60-64	2130	Jo Welch	Unattached	Toronto, ON	8/11/2017
Masters 65-79	1090	Jo Welch	Unattached	Truro, NS	10/9/2021

Women's Pentathlon

U18	3194	Lynn Muray	Independent	Lwr Sackville, NS	1994
U16	2923	Andrea Dube	Chebucto	Lwr Sackville, NS	1994
Masters 50-54	2468	Angela Weeks	Athletics East	Laval, QC	8/1/2025

Women's Heptathlon

Open	5935	Kim Vanderhoek	Chebucto	Montreal, QE	1992
U20	5124	Rachael McIntosh	Bluenose	Cincinnati, OH	5/2/2010
U18	4673	Bridget Deveau	Chebucto	St. Therese, QC	7/14/2013
U16	3778	Tracy Loke	Chebucto	Saint John, NB	1985

U14

3617

Lynn Murray

Independent

Lwr Sackville, NS

1990

Nova Scotia Provincial Outdoor Records - Men

Please note new records are subject to ratification

Track Events

Men's 80m

U14	10.47 (0.3)	Kwame Frankilin-Smith	HaliFAST	Dartmouth, NS	8/3/2014
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Men's 100m

Open	10.55 (1.4)	Matt Coolen	HaliFAST	Toronto, ON	6/12/2016
U20	10.66 (0.7)	Patrick Benjamin	Chebucto	Sudbury, ON	1999
U18	10.66 (0.7)	Patrick Benjamin	Chebucto	Sudbury, ON	1999
U16	11.14	Derrick Dempster	Chebucto	Saskatoon, SK	1985
U14	12.49	Robert Kirby	Wanderers	Halifax, NS	1990
Masters 35-39	12.28 (0.9)	Jonathan Bell	Unattached	Dartmouth, NS	6/23/2018
Masters 40-44	12.67 (-2.1)	Yassine Bouloum	HaliFAST	Dartmouth, NS	6/23/2019
Masters 45-49	13.17 (1.0)	Edward James	Valley Athletics	Lower Sackville, NS	7/3/2016
Masters 50-54	12.81 (0.9)	Peter Lord	Unattached	Dartmouth, NS	6/23/2018
Masters 60-64	13.27 (1.6)	Peter Lord	Unattached	Moncton, NB	7/22/2025
Masters 65-69	13.89 (-1.0)	Llew Chase	Bluenose Athletics	Lower Sackville, NS	6/25/2017
Masters 70-74	16.18 (0.2)	Alex MacEachern	Chebucto Athletics	Dartmouth, NS	5/13/2017
Masters 75-79	17.10 (-0.1)	Ross Mitchell	Unattached	Dieppe, NB	7/22/2006
T44	12.24 (0.5)	Jackie Marciano	Halifax	Dartmouth, NS	5/4/2013
T52	19.35 (0.5)	Ryan Shay	Valley Athletics	Nottwii, SUI	5/29/2016
T53	15.65 (0.5)	Ben Brown	Valley Athletics	Nottwii, SUI	5/29/2016

Men's 150m

U14	19.58 (0.9)	Jaiden Williams	HaliFAST	Dartmouth, NS	8/3/2014
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Men's 200m

Open	21.35 (0.8)	Mike Van der Poel	HaliFAST	Dartmouth, NS	7/9/2017
U20	21.58 (0.4)	Matthew Coolen	HaliFAST	Wolfville, NS	6/6/2015
U18	21.62 (1.9)	Chase McDermott	Unattached	Dartmouth, NS	6-Jul-25
U16	22.9A	Robert Kirby	Wanderers	Calgary, AB	1992
U14	24.22	Derrick Dempster	Chebucto	Ottawa, ON	1983
Masters 35-39	25.17 (-0.5)	Yassine Bouloum	HaliFAST	Dartmouth, NS	6/24/2018
Masters 40-44	23.91 (2.0)	Kyle Smith	Unattached	Dartmouth, NS	7/6/2025
Masters 45-49	24.88 (1.1)	Peter Lawson	Unattached	Ottawa, ON	7/6/2017
Masters 50-54	24.68 (-0.9)	Peter Lawson	Unattached	Toronto, ON	7/21/2019
Masters 60-64	27.65 (NWI)	Llew Chase	Bluenose Athletics	Sackville, NS	7/14/2012
Masters 65-69	28.95 (0.1)	Ron Melchiore	Unattached	Dartmouth, NS	5/7/2022
Masters 70-74	34.43 (-0.6)	Alex MacEachern	Chebucto Athletics	Dartmouth, NS	5/13/2017
T44	25.03 (-3.0)	Jackie Marciano	Halifax	Moncton, NB	6/23/2013
T52	36.29 (0.0)	Ryan Shay	Valley Athletics	Nottwii, SUI	5/27/2016
T53	27.60 (1.5)	Ben Brown	Valley Athletics	Arbon, SUI	6/7/2015

Men's 300m

U16	36.25	Camden Springer	HaliFAST	Brandon, MB	2017/08/11
U14	42.3	Ashton Hawley	Inverness Athletics	Dartmouth, NS	7/5/2025

Men's 400m

Open	46.8A	Earl Bigelow	Kings	Carbondale, IL	1977
U20	47.63	Jacob White	Valley Athletics	Bridgetown, NS	31-May-25
U18	48.88	Jacob White	Valley Athletics	Calgary, AB	9-Aug-24

U16	51.01	Robert Kirby	Wanderers	Halifax, NS	1992
U14	57.00	Robert Kirby	Wanderers	Lwr Sackville, NS	1990
Masters 35-39	51.94	Kyle Smith	Unattached	Windsor, NS	7/24/2024
Masters 40-44	50.04	CDN Reco Peter Lawson	Halifax Tigers	Indianapolis, IN	6/19/2010
Masters 45-49	51.97	Peter Lawson	Unattached	Toronto, ON	7/13/2014
Masters 50-54	54.23	Peter Lawson	LIIT	Toronto, ON	7/21/2019
Masters 55-59	75.49	Michael Petitpas	Halifast	Stellarton, NS	7/15/2018
Masters 70-74	83.29	Alex MacEachern	Chebucto Athletics	St. John, NB	7/23/2016
T20	63.27	Jason Hicks	Truro Lions	St. John's, NL	8/23/2025
T44	54.56	Jackie Marciano	Halifast	Lower Sackville, NS	6/16/2013
T52	01:12.9	Ryan Shay	Valley Athletics	Tempe, AZ	5/14/2016
T53	52.65	Ben Brown	Valley Athletics	Quebec City, QC	7/13/2018

Men's 800m

Open	1:45.97	Geoff Harris	Halifast	London, GBR	8/6/2012
U20	1:49.88	Geoff Harris	Tiger Track Club	Victoria, BC	2006
U18	1:54.04	Devon Theriault	HaliFAST	Moncton, NB	2013-07-28
U16	1:58.69	Milo Stettler	Valley Athletics	Calgary, AB	8/11/2024
U14	2:14.65	Jack MacGillivray	Dartmouth	Lwr Sackville, NS	2003
Masters 35-39	2:06.35	Shawn Beaton	HaliFAST	Guelph, ON	5/30/2015
Masters 40-44	1:57.23	Kyle Smith	Unattached	Windsor, NS	7/2/2025
Masters 45-49	2:11.41	Claude Faucher	Unattached	Vancouver, BC	8/31/2016
Masters 50-54	2:14.34	David MacLennan	Pictou County Athl	Lower Sackville, NS	7/3/2016
Masters 60-64	2:50.11	Jim Rideout	Unattached	Stellarton, NS	7/15/2018
T52	03:00.7	Ryan Shay	Valley Athletics	Lower Sackville, NS	7/3/2016
T53	1:44.29	Ben Brown	Valley Athletics	Nottwil, SUI	5/24/2019

Men's 1200m

U16	3:10.85	Mike Tate	Antigonish Track C	Ottawa, ON	8/8/10
U14	3:40.30	Alex Quinton	YHZ	Stellarton, NS	7/27/2019

Men's 1500m

Open	3:40.96	Dan Gorman	HaliFAST	Guelph, Ontario	2014/05/31
U20	3:46.98	Mike Tate	ATC	Stanford, CA	2014/05/03
U18	3:53.4h	Glenn McIsaac	DKA	Regina, SK	1976
U18	3:54.05	Mike Tate	ATC	Charlottetown	8/18/12
U16	4:07.38	Jack MacGillivray	Dartmouth Athletic	Edmonton, AB	2005
U14	4:28.1	Danny Rizcallah	Wanderers	Saint John, NB	1996
Masters 35-39	4:29.60	Garett Landry	Pictou County Athl	Stellarton, NS	6/30/2025
Masters 40-44	4:03.31	Randy Bullerwell	Unattached	Durban, South Africa	7/26/1997
Masters 45-49	4:35.41	Jeff Gorman	YHZ Track and Fie	Dartmouth, NS	5/6/2023
Masters 50-54	4:28.61	David MacLennan	Pictou County Athl	St. John, NB	7/23/2016
Masters 60-64	5:33.69	Michael Willis	Unattached	Dieppe, NB	7/22/2006
Masters 65-69	5:51.03	Ralph Williams	Valley Athletics	Dartmouth, NS	7/9/2017
T52	04:58.9	Ryan Shay	Valley Athletics	Lower Sackville, NS	6/18/2016
T53	3:16.87	Ben Brown	Valley Athletics	Arbon, SUI	6/1/2019

Men's Mile

Open	4:00.96	Dan Gorman	HaliFAST	Burnaby, BC	7/10/2014
U20	4:15.3	Steve Tugwell	AVA	Halifax, NS	1991
U18	4:21.38	Timothy Longley	Valley Athletics	Antigonish, NS	7/13/2013
U16	4:34.35	Robert Winslow	Dartmouth	Bangor, MA	2003
Masters 35-39	4:32.03	Kyle Smith	Slow Ships	Windsor, NS	21-Aug-24
Masters 40-44	4:36.46	Glenn McIsaac			2003
Masters 50-54	5:05.22	Albert "Wade" Were	Unattached	Halifax, NS	6/6/2017

Men's 2000m

U16	5:38.95	Mike Tate	Antigonish Track C	Ottawa, ON	8/8/10
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U14	6:21.10		Alex Quinton	YHZ	Moncton,NB	7-14-19
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Men's 3000m

Open	8:05.90		Alex Neuffer	Halifax Road Ham	Dartmouth, NS	6/25/2022
U20	8:22.60		Mike Tate	Antigonish Track C	Riverside, CA	3/29/14
U18	8:37.76		Robert Winslow	Dartmouth Athletic	Edmonton, AB	2005
U16	8:50.22		Marcus Greenlaw	Wanderers	Halifax, NS	2006
U14	9:30.98		Jamie Bates	Dartmouth Athletic	Lwr Sackville, NS	6/5/2004
Masters 35-29	9:38.27		Garett Landry	Pictou County Athl	Stellarton, NS	8/4/2025
Masters 40-44	9:06.50		Glenn McIsaac	Unattached	Halifax, NS	6/29/2003
Masters 50-54	9:39.16		Ian Holdway	Halifax Road Ham	Dartmouth, NS	6/7/2026
Masters 65-69	13:13.54		Ralph Williams	Valley Athletics	Dartmouth, NS	7/9/2017

Men's 5000m

Open	13:34.28		Mike Tate	Unattached	Standford, CA	5/6/2017
U20	14:17.98		Mike Tate	Antigonish Track C	Walnut, CA	4/19/2014
U18	15:18.9h		Glenn McIsaac	DKA	Sudbury, ON	1976
U16	16:29.35		Mike Tate	Antigonish	Dartmouth, NS	7/10/2009
Masters 35-39	16:23.04		Greg Wieczorek	Halifax Road Ham	Dartmouth, NS	8/8/2021
Masters 40-44	15:41.43		Randy Bullerwell	Unattached	Durban, South Africa	7/23/1997
Masters 45-49	16:12.70		Ian Holdway	Halifax Road Ham	Halifax, NS	7/2/2022
Masters 50-54	17:17.46		David MacLennan	Pictou County Athl	St. John, NB	7/23/2016
Masters 55-59	19:27.71		David MacLennan	Pictou County Athl	Moncton, NB	7/14/2019
Masters 60-64	20:54.43		Michael Willis	Unattached	Dieppe, NB	7/22/2006

Men's 10000m

Open	28:51.9		Norm Tinkham	Wanderers	Ottawa, ON	1990
U20	31:44.0		Jeff Archibald	Independent	Halifax, NS	1989
U18	33:42.0		Norm Tinkham	Yarmouth	Dartmouth, NS	1980
Masters 40-44	30:03.73	CDN Reco	Ian Forsyth	Independent	Hillsdale, MI	4/26/2013
Masters 45-49	36:03.26		Ian Holdway	Halifax Road Ham	Laval, PQ	8/4/2024
Masters 50-54	36:52.63		Albert "Wade" Were	Unattached	Toronto, ON	8/13/2017
Masters 60-64	43:20.79		Michael Willis	Unattached	Dieppe, NB	7/22/2006

Men's Half Marathon

Open	01:03.20		Hudson Grimshaw-Surette	Slow Ships	Houstan, TX	1/11/2026
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Men's 80m Hurdles

U14	14.03 (-0.3)	30"	Zachary James	Valley Athletics	Lower Sackville, NS	7/3/2016
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Men's 100m Hurdles

U18	13.7		Jeff Pronk	MacD	St.John's, NL	1979
U16	14.48 (1.2)	36"	Ben Somers	Truro Lions	Calgary, AB	8-Aug-25
U16	14.57 (1.2)	33"	Sacha Stover-Evong	YHZ	Lower Sackville, NS	6/25/2016

Men's 110m Hurdles

Open (42")	14.21	0.6	Chris Theriau	Unattached	Ottawa,ON	7/17/2011
U20 (39")	14.21	0.6	Matthew Coolen	HaliFAST	Edmonton, AB	8/1/2015
U18 (36")	14.28	1.6	Nick Landry	Bluenose Athletics	Brandon, MB	8/11/2018
Masters 35-39	18.26	-0.7	Lee Myrick	Unattached	Culver City, CA	8/8/2017
Masters 45-49	19.69		Lee Myrick	Unattached	Saint John, NB	25-Jul-23

Men's 200m Hurdles

U16	26.89 (0.0)	30"	Sacha Stover-Evong	YHZ	St. John, NB	7/24/2016
U14	32.64 (1.5)	30"	Eric Hughes	Pictou County Athl	Moncton, NB	7/28/2013

Men's 300m Hurdles

U18	40.48		Alister Mason	PCRAS	Stellarton, NS	7/3/2011
U16	42.16		Chris Leger	AVRC	Lwr Sackville, NS	2003

Men's 400m Hurdles

Open	52.87A	36"	Edward James	Chebucto	Provo, UT	1992
U20	54.11	36"	Ryan Vanderwall	Adrenaline Athletic	St. Johns, NL	22-Aug-25
U18	55.43	36"	Noah James	Valley Athletics	Moncton, NB	5/22/17
Masters 40-44	63.31	36"	Frank White	Halifax	Melbourne, Australia	12/6/1987
Masters 45-49	74.13	36"	Edward James	Valley Athletics	Dartmouth, NS	7/9/2017

Men's 1500m Steeplechase (no water jump)

Open	4:14.60		Darren Stoddard	DKA	Ottawa, ON	1983
U20	4:14.60		Darren Stoddard	DKA	Ottawa, ON	1983
U18	4:14.60		Darren Stoddard	DKA	Ottawa, ON	1983
U16	4:15.15	30"	Tobias Wolter	Bluenose	Charlottetown	8/19/12
U14	4:58.21		Tobias Wolter	Bluenose	Dartmouth, NS	7/11/10

Men's 2000m Steeplechase

U20	5:51.03	36"	Tobias Wolter	Bluenose Athletics	Donetsk, UKR	7/11/2013
U18	5:51.03	36"	Tobias Wolter	Bluenose Athletics	Donetsk, UKR	7/11/2013
Masters 70-74	10:47.60	30"	Alex MacEachern	Chebucto Athletics	Moncton, NB	7/14/2019

Men's 3000m Steeplechase

Open	8:43.59		Mattias Wolter	Bluenose Athletics	Eugene, OR	6/8/2013
U20	8:59.86		Mattias Wolter	Bluenose Athletics	Columbus, OH	5/1/2010
U18	9:08.06		Mattias Wolter	Bluenose Athletics	London, ON	6/11/08
U16	10:21.8		Mike Paterson	Chebucto	Dartmouth, NS	1981
Masters 45-49	11:28.29		Claude Faucher	Unattached	Vancouver, BC	8/31/2016

Men's Race Walk

Open	6:23.9	1500m	U. Marshall	Independent	Halifax, NS	1983
U20	7:50.7	1500m	N. Nethercott	Chebucto	Dartmouth, NS	1982
U18	17:52.55	3000m	Jay Shreve	Truro Lions	Dartmouth, NS	6/7/2026
U16	8:35.41	1500m	Jay Shreve	Truro Lions	Dartmouth, NS	27-Jul-24
U16	18:30.54	3000m	Jay Shreve	Truro Lions	Stellarton, NS	21-Jun-25
Masters 60-64	18:24.38	3000m	Philip Vesty	Truro Lions	Dartmouth, NS	6/7/2026
Masters 65-69	8:26.69	1500m	Randy Bullerwell	Unattached	Laval, PQ	4-Aug-24
Masters 65-69	18:49.65	3000m	Randy Bullerwell	Unattached	Dartmouth, NS	6/7/2026
Masters 65-69	30:22.26	5000m	Randy Bullerwell	Unattached	Langley, BC	13-Aug-23
Masters 65-69	30:21.0	5000m (Rc)	Randy Bullerwell	Unattached	Ottawa, ON	21-Sep-24
Masters 65-69	1:04:48	10000m	Randy Bullerwell	Unattached	Toronto, ON	28-May-23

Men's 4X100m

Open	40.65		NS Canada Games		London, ON	2001
			Patrick Benjamin	Jayson Hilchie		
			Earlando Simmonds	Ryan Hanrahan		
U20	42.05		NS Canada Games		Saskatoon, SK	1989
			Andrew Conrad	Derrick Dempster		
			Tony Podzik	Jonathan Lee		
U18	42.7		NS/NU Legion Team		Calgary, AB	9-Aug-25
			Taylor Demone	Emmanuel Adaran		
			Quinn Campbell	Chase McDermott		
U16	44.7		NS Legion Team			1984
			Tony Lucas	Robert Dundon		
			Derrick Dempster	Kevin Grant		
U14	52.8		Antigonish Highland Society		Antigonish, NS	1984

Men's 4X400m

Open	3:14.40		NS Canada Games Team		Sherbrooke, QC	8/8/2013
			Justin Blades	Michael Kahmall McCa		

U20	3:20.23	Mackenzie Munroe	William Sandenson	NS Canada Games	Saint John, NB	1985
		Craig Burgess	Gord Dee			
U18	3:24.34	Todd Lepage	Leigh Skier	NS Legion Team	Langley, BC	8/11/2013
		Lucas Watson	Timothy Longley			
U16	3:47.62	Stephen Belyea	Devon Theriau	HaliFAST	Lower Sackville, NS	6/16/2014
Masters 40-44	4:27.67			YHZ	Dartmouth, NS	6/22/2019
		Peter Eastwood	Tertius Baard			
		Michael Ackerman	Steven Elliot			

Men's Medley I

Open	3:35.8			Halifax Wanderers	Antigonish, NS	1986
		Leigh Skier	Edward James			
		Tom Landry	Dave Layton			
U20	3:36.12A			NS Legion Team	Calgary, AB	1987
		Brent Workman	Derek Bower			
U18	3:36.12A	Derrick Dempster	Jason Turner	NS Legion Team	Calgary, AB	1987
		Brent Workman	Derek Bower			
		Derrick Dempster	Jason Turner			
U16	3:44.43			NS Legion Team	Langley, BC	8/11/2013
		Barrett Dachyshyn	David Adiem			
		Jack Cambell	Hudson Grimshaw			

Field Events

Men's High Jump

Open	2.12m	Tim Wrigley	Chebucto	Halifax, NS	1982
U20	2.08m	Tim Wrigley	Chebucto	Antigonish, NS	1981
	2.08m	Simon Watts	Halifax Athletics	Dartmouth, NS	7/18/2009
U18	2.03m	Charles Mackay	Inverness	Antigonish, NS	1989
U16	1.92m	Charles Mackay	Inverness	Antigonish, NS	1987
U14	1.57m	Todd Dundon	Chebucto	Antigonish, NS	1985
Masters 35-39	1.64m	Lee Myrick	Unattached	Culver City, CA	8/8/2017
Masters 40-44	1.65m	Shane MacKenzie	Unattached	Dartmouth, NS	7/11/2021
	1.65m	Shane MacKenzie	Unattached	Stellarton, NS	7/25/2021
	1.65m	Shane MacKenzie	Unattached	Dartmouth, NS	8/8/2021
Masters 45-49	1.67m	Lee Myrick	Unattached	Dartmouth, NS	7/13/2024
Masters 50-54	1.60m	Peter Lord	Unattached	Stellarton, NS	7/23/2017
Masters 55-59	1.50m	Peter Lord	Unattached	Stellarton, NS	7/9/2022

Men's Triple Jump

Open	15.21m (0.1)	Jordan Bruce	HaliFAST	Edmonton, AB	7/8/2016
U20	14.92m (0.6)	Jordan Bruce	HaliFAST	St. Therese, QC	7/14/2013
U18	14.07m	Howie Jackson	Bridgetown Royal	Waterloo, ON	1962
U18	13.96m	Dan Cochrane	Bkln.	Burnaby, BC	1973
U16	12.94m (0.4)	Kaelan Schmdt	PCA	Langley, BC	8/11/2013
U14	10.66m	B. Rhodes	Independent	Antigonish, NS	1978
Masters 35-39	13.70m (1.7)	Peter Lord	Halifax Tigers	Sackville, NS	8/5/2001
Masters 40-44	13.71m (1.3)	Peter Lord	Halifax Tigers	Ottawa, ON	6/19/2004
Masters 45-49	12.99m (0.0)	Peter Lord	Halifax Tigers	Dartmouth, NS	8/13/2008
Masters 50-54	12.31m (1.1)	Peter Lord	Unattached	Moncton, NB	7/16/2016
Masters 55-59	11.72m (-2.0)	CDN Reco Peter Lord	Unattached	Malaga, ESP	9/15/2018
Masters 60-64	11.33m (0.1)	Peter Lord	Unattached	Dartmouth, NS	7/28/2024
Masters 70-74	7.35m (-0.3)	Alex MacEachern	Chebucto Athletics	Lower Sackville, NS	8/12/2018

Men's Long Jump

Open	7.32m	Nick Cromwell	New Glasgow	Halifax, NS	1985
U20	7.10m	Taylor Demone	Adrenaline Athletic	Calgary, AB	9-Aug-25
U18	7.10m	Taylor Demone	Adrenaline Athletic	Calgary, AB	9-Aug-25
U16	6.42m	Peter Bienkowski	Amherst	Toronto, ON	9-Aug-25
U14	5.32m	Derrick Dempster	Chebucto	Halifax, NS	1983
Masters 35-39	6.49m (0.4)	Peter Lord	Halifax Tigers	Sackville, NS	9/12/1998
Masters 40-44	6.45m NWI	Peter Lord	Halifax Tigers	Sackville, NS	6/27/2004
Masters 45-49	5.93m (0.0)	Peter Lord	Halifax Tigers	Clermont, FL	8/28/2008
Masters 55-59	5.44m (0.9)	Peter Lord	Unattached	Stellarton, NS	7/9/2023
Masters 60-64	5.28m (0.5)	Peter Lord	Unattached	Dartmouth, NS	8/19/2023
Masters 70-74	3.08m (1.6)	Alex Maceachern	Chebucto Athletics	Lower Sackville, NS	9/12/2020

Men's Pole Vault

Open	4.70m	Craig Slaunwhite	Chebucto	Windsor, ON	2007
U20	4.25m	Michael Fraser	Chebucto	Lwr Sackville, NS	2003
U18	3.70m	Brendan O'Neill	Chebucto	Sherbrooke, SK	1993
U16	2.78m	Charles Mackay	Inverness	Dartmouth, NS	1987
U14	2.00m	Ryan Carrie	Valley Vaulters	Lwr Sackville, NS	2004
Masters 35-39	3.30m	Lee Myrick	Unattached	Fairfax, VA	7/4/2015
Masters 40-44	3.00m	Lee Myrick	Unattached	Dartmouth, NS	7/24/2022
Masters 45-49	3.10m	Lee Myrick	Unattached	Saint John, NB	25-Jul-23

Men's Shot Put

Open	17.82m	7.26kg	Peter Millman	Truro Lions	Tempe, AZ	4/8/2017
U20	18.31m	6kg	Peter Millman	Truro Lions	St. Therese, QC	7/14/2013
U18	16.72m	5kg	Peter Millman	Truro Lions	Ottawa, ON	8/6/2011
U16	17.41m	4kg	Jeff Croft	Unattached	Chester, NS	1964
U14	15.88	3kg	Porter Taylor	Unattached	Dartmouth, NS	6/7/2026
Masters 35-39	12.55m	7.26kg	Lee Myrick	Unattached	Lower Sackville, NS	6/25/2017
Masters 40-44	13.58m	7.26kg	Matthew Doherty	Unattached	Stellarton, NS	6/21/2025
Masters 45-49	12.2	7.26kg	Lee Myrick	Unattached	Saint John, NB	7/25/2023
Masters 50-54	12.78m	6kg	Steve Wohlmut	Launchers	Port Williams, NS	9/3/2016
Masters 55-59	10.79m	6kg	Brian Hebb	Truro Lions	Dartmouth, NS	7/24/2016
Masters 60-64	11.31m	5kg	Brian Hebb	Truro Lions	Charlottetown, PEI	7/28/2018
Masters 65-69	8.18m	5kg	Alan Elliott	Pictou County Athl	Stellarton, NS	7/24/2021
Masters 70-74	8.64	4kg	Alan Elliott	Pictou County Athl	Dartmouth, NS	7/5/2025
Para F20	7.12m	7.26kg	Jason Hicks	Truro Lions	St. John's, NL	8/19/2025
Para F37	12.69m	5kg	David Bambrick	Unattached	Stellarton, NS	7/10/2022
Para F36	8.72m	4kg	Dave Watters	Bluenose Athletics	Lower Sackville, NS	6/25/2017
Para F52	5.05m		Ryan Shay	Valley Athletics	Port Williams, NS	6/15/2014
Para F53	3.07m		Andrew Drayson	HaliFAST	Stellarton, NS	10-Jul-22
	3.07m		Andrew Drayson	HaliFAST	Dartmouth, NS	24-Jul-22
Para F57	5.84m		RJ Roggeveen	HaliFAST	Dartmouth, NS	24-Jul-22

Men's Hammer

Open	64.71m	7.26kg	Matt Doherty	Unattached	Truro, NS	5/14/2011
U20	65.85m	6kg	Peter Millman	Truro Lions	Lethbridge, AB	5/18/2013
U18	66.93m	5kg	Peter Millman	Truro Lions	Lille, France	7/7/2011
U16	55.30m	4kg	Drew Erskine	Truro Lions	Port Williams, NS	6/16/2012
U14	44.26m	3kg	Drew Erskine	Truro Lions	Truro, NS	6/30/2010
Masters 35-39	47.26m	7.26kg	Tipper McEwan	Unattached	Dartmouth, NS	6/23/2019
Masters 40-44	51.89m	7.26kg	Matthew Doherty	Unattached	Stellarton, NS	6/21/2025
Masters 45-49	33.24	7.26kg	Lee Myrick	Unattached	Dartmouth, NS	7/27/2024
Masters 55-59	29.68m	5kg	Brian Hebb	Truro Lions	Dartmouth, NS	5/13/17
Masters 60-64	35.40m	5kg	Joseph Leblanc	Unattached	Moncton, NB	10/5/2025
Masters 65-69	27.54m	5kg	Barry Lange	Unattached	Port Williams, NS	5/16/2015
Masters 70-74	22.08m	5kg	Alan Eliot	Pictou County Athl	Stellarton, NS	6/22/2025

Men's Discus

Open	51.83m	2.0kg	Craig Slaunwhite	Chebucto	Toronto, ON	6/15/2008
U20	53.53m	1.75kg	Peter Millman	Truro Lions	Calgary, AB	5/11/2013
U18	52.26m	1.5kg	Peter Millman	Truro Lions	Sydney, NS	4/16/2011
U16	56.14m	1kg	Parker Swain	Pictou County Athl	Brandon, MB	8/11/2017
U14	51.20	750g	Porter Taylor	Unattached	Dartmouth, NS	6/7/2026
Masters 35-39	40.65m	2kg	Lee Myrick	Unattached	Moncton, NB	10/5/2014
Masters 40-44	40.90	2kg	Mathew Doherty	Unattached	Dartmouth, NS	7/6/2025
Masters 45-49	36.88	2kg	Lee Myrick	Unattached	Dartmouth, NS	7/14/2024
Masters 50-54	41.15m	1.5kg	Steve Wohlmut	Launchers	Toronto, ON	8/14/2016
Masters 55-59	31.70m	1.5kg	Brian Hebb	Truro Lions	Dartmouth, NS	5/13/17
Masters 60-64	39.00m	1.0kg	Brian Hebb	Truro Lions	Port Williams, NS	6/15/2017
Masters 65-69	28.72m	1.0kg	Brock Fownes	Unattached	Stellarton, NS	9/19/2015
Para F36	28.34m	1kg	Dave Waters	Bluenose	Ottawa, ON	7/4/2017
Para F37	31.25m	1kg	David Bambrick	Launchers	Sherbrooke, QC	8/16/2013
Para F52	10.13m	1kg	Ryan Shay	Valley Athletics	Port Williams, NS	6/15/2014
Para F53	5.21m		Andrew Drayson	HaliFAST	Stellarton, NS	7/10/2022
Para F57	16.00m		RJ Roggeveen	HaliFAST	Stellarton, NS	3-Jul-22

Men's Javelin

Open	73.31m	800g	Adam Wolkins	Independent	Columbia, SC	5/16/2010
U20	62.31m	800g	Jared Baird	CNLL	Atlanta, GA	5/17/2008
U18	63.57m	700g	Jared Baird	CNLL	Burnaby, BC	2006
U16	60.70m	600g	Jared Baird	CNLL	Sudbury, ON	2004
U14	38.31m	400g	Matthew Macleod	Pictou County Athl	Stellarton, NS	8/23/2017
Masters 35-39	52.15m	800g	Lee Myrick	Unattached	Culver City, CA	8/8/2017
Masters 40-44	48.46m	800g	Iain Lapointe	Truro Lions	Lower Sackville, NS	12/9/2020
Masters 45-49	44.39m	800g	Iain Lapointe	Truro Lions	Dartmouth, NS	24-Jul-22
Masters 50-54	50.38m	700g	Steve Wohlmut	Unattached	Port Williams, NS	29-Aug-15
Masters 55-59	32.48m	700g	Randall Morine	Unattached	Dartmouth, NS	14-Jul-24
Masters 60-64	35.91m	600g	Randall Morine	Truro Lions	Dartmouth, NS	28-Jul-24
Masters 65-69	36.59m	600g	Roland Evans	Unattached	Dartmouth, NS	2-Aug-14
Masters 70-74	40.11m	500g	Roland Evans	Unattached	Port Williams, NS	1-Aug-15
Para F36	25.41m	600g	Dave Waters	Bluenose	Edmonton, AB	7/7/2016
Para F53	7.29m		Andrew Drayson	HaliFAST	Stellarton, NS	7/10/2022
Para F57	11.20m		RJ Roggeveen	HaliFAST	Stellarton, NS	3-Jul-22

Weight Throw

U14	5.73m		Logan Stackhouse	Pictou County Athl	Moncton, NB	22-Sep-24
U16	19.20m	16lb	Nic Blois	Truro Lions	Moncton, NB	10/19/2025
Masters 35-39	11.40m	35lb	Kevin Bourgeois	HaliFAST	Saint John, NB	9/12/2012
Masters 40-44	6.71m		Keith Blois	Unattached	Moncton, NB	22-Sep-24
Masters 60-64	13.09m		Joseph Leblanc	Unattached	Moncton, NB	5-Oct-25

Multi-Event

Men's Tetrathlon

U14	1299		Ashton Hawley	Inverness County	Stellarton, NS	7/14/2025
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Men's Pentathlon

U18	3026		Lee Myrick	Chebucto	Lwr Sackville, NS	1994
U16	2689		Adam Farmer	Chebucto	Langley, BC	17-Aug-14
Masters 35-39	2707		Lee Myrick	Unattached	Moncton, NB	24-Aug-14

Men's Octathlon

U18	5266		Jesse Drennan	Bluenose	Ottawa, ON	8/9/10
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Men's Decathlon

Open	7468		Craig Slaunwhite	Chebucto	Windsor, ON	7/3/2008
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U20	6363	Michael Fraser	Chebucto	London, ON	2002
U18	5485	Lee Myrick	Chebucto	Abbotsford	1995
U18	5624	Adam Farmer	Chebucto	St. Therese, QC	8/6/16
Masters (35-39)	5535	Lee Myrick	Unattached	Culver City, CA	8/8/17
Masters 45-49	4359	Lee Myrick	Unattached	Saint John, NB	7/25/23
Masters (50-54)	2203	Ed James	Valley Athletics	Moncton, NB	7/14/2019

Men's Throw Pentathlon

U16	2703	Nic Blois	Truro Lions	Moncton, NB	10/5/2025
Master 35-39	2653	Lee Myrick	Unattached	St. John, NB	10/4/2024
Masters 40-44	1359	Keith Blois	Unattached	Moncton, NB	22-Sep-24