

Athletics Nova Scotia Provincial Indoor Records

Please Note: New Records are Subject to Ratification

Track Events

Event	Performance	Name	Club	Location	Date
Men 55m					
Senior	6.37	Jayson Hilchie	Chebucto		2001
Junior	6.60	Patrick Benjamin	Chebucto		2001
Men 60m					
Senior	6.77	Jayson Hilchie	Chebucto		2001
Junior	6.85	Patrick Benjamin	Chebucto		2001
Youth	7.08	Gabe Stephen	HaliFAST		15-Nov-14
Midget	7.36	Jack Campbell	HaliFAST		16-Nov-13
Bantam	8.40	Mitchell Yetman	Chebucto		11/24/07
Wheelchair	11.31	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Masters 35-39	8.46	Jason Stewart	HaliFAST	Halifax, NS	2017-12-02
Masters 40-44	7.75	Peter Lord	Halifax Tigers	Sherbrooke, QC	2004-01-18
Masters 45-49	7.96	Peter Lawson	Unattached	Halifax, NS	2017-12-02
Masters 50-54	7.97	Peter Lord	Unattached	Halifax, NS	2017-12-02
Masters 60-64	9.5	Steve Clouthier	Unattached	Halifax, NS	1/21/17
Masters 65-69	8.82	Llew Chase	Bluenose Athletics	Halifax, NS	2018-02-10
Masters 70-74	9.92	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
Men 150m					
Bantam	20.44	Taylor Muise	Unattached	Halifax, NS	11/28/15
Wheelchair	23.6	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Men 200m					
Senior	22.52	Geoff Harris			2/10/07
Junior	22.97	Geoff Harris			2005
Youth	23.54	Jonathan Campbell			11/25/06
Midget	23.87	Derrick Dempster	Chebucto		1985
Bantam	28.78	Luke Searle	CNLL		1990
Masters 40-44	25.71	Peter Lord	Halifax Tigers	Oromocto, NB	2007-02-10
Masters 45-49	30.16	Edward James	Valley Athletics	Halifax, NS	1/21/17
Masters 60-64	31.6	Steve Clouthier	Unattached	Halifax, NS	1/21/17
Masters 70-74	35.38	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
Men 300m					
Senior	34.48	Mike Van Der Poel	Truro Lions	Halifax, NS	11/28/15
Junior	34.48	Mike Van Der Poel	Truro Lions	Halifax, NS	11/28/15
Youth	36.4	Geoff Harris			2004
Midget	38.57	Camden Springer	HaliFAST	Halifax, NS	2017-12-02
Bantam	46.7	Nathan Bolt			1995
Masters 45-49	39.26	Peter Lawson	Unattached	Halifax, NS	2017-12-02
Masters 65-69	47.53	Llew Chase	Bluenose Athletics	Halifax, NS	2018-02-10
Wheelchair	45.08	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Men 400m					
Senior	49.13	Geoff Harris			2006
Junior	49.13	Geoff Harris			2006
Youth	50.8	Joel Dalrymple			1996
Midget	54.95	Camden Springer	HaliFAST	Halifax, NS	11/19/16
Bantam	59.8	Robert Kirby			1990
Masters 45-49	52.64	Peter Lawson	Unattached	Budapest, HUN	3/30/14

Wheelchair	59.89	Ben Brown	Valley Athletics	Halifax, NS	11/19/16
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Men 60m Hurdles

Senior 42"	7.98	Chris Theriau			2010-02-26
Junior 39"	7.83	Matthew Coolen	HaliFAST	Halifax, NS	11/28/15
Junior 42"	8.28	Mathew Coolen	Halifast		15-Nov-14
Youth 36"	8.28	Matthew Coolen	HaliFAST		16-Nov-13
Midget 33"	9.31	Eric Hughes	icou County Athletic	Moncton, NB	12/19/15
Bantam 30"	10.21	Zachary James	Valley Athletics	Halifax, NS	11/19/16
Masters 45-49	11.69	Edward James	Valley Athletics	Halifax, NS	1/21/17

Men 50m

Senior	5.92	Jayson Hilchie	Chebucto		2001
Junior	5.95	Patrick Benjamin	Chebucto		2001
Youth	6.2	Derrick Dempster	Chebucto		1986
Midget	6.57	Robert Kirby			1991
Bantam	6.8	Robert Kirby			1990

Men 50m Hurdles

Senior	7.31	Gerald Hann			1979
	7.0h	Andrew Conrad			1992
Junior	8.05	Troy Bezanson			1991
Youth	8.05	Troy Bezanson			1991
Midget	8.27	Trevor Adams			1989

Men 600m

Senior	1:17.76	Geoff Harris			3/10/07
Junior	1:19.27	Geoff Harris			2006
Youth	1:24.11	Hudson Grimshaw-Surette	Southwest Nova		07-Feb-15
Midget	01:28.56	Hudson Grimshaw-Surette	Southwest Nova		2013-11-16
Bantam	1:48.1	Mike Patterson			1979
Master (35-39)	01:31.31	Shawn Beaton	HaliFAST		2013-11-16
Wheelchair	01:32.87	Ben Brown	Valley Athletics	Halifax, NS	1/21/17

Men 800m

Senior	1:52.5	Edward James			1995
Junior	1:54.97	Hudson Grimshaw-Surette	Southwest Nova Athletics	Halifax, NS	2017-12-02
Youth	1:57.5	Jason Turner			1981
Midget	2:08.4	Darren Stoddard			1979
Bantam	02:23.8	Zachary James	Valley Athletics	Halifax, NS	11/19/16
Masters 35-39	02:21.70	Ueli Albert	Valley Athletics	Halifax, NS	1/21/17

Men 1000m

Senior	2:23.70	Geoff Harris			01/21/12
Junior	2:27.28	Andrew Peverill	Chebucto Athletics	Halifax, NS	2018-02-10
Youth	2:32.76	Andrew Peverill	Chebucto Athletics	Moncton, NB	12/17/16
Midget	02:42.26	Hudson Grimshaw-Surette	Unattached		2013-11-16
Bantam	03:11.47	Zachary James	Valley Athletics	Halifax, NS	13-Feb-16
Master (35-39)	02:43.38	Shawn Beaton	HaliFAST		2013-11-16

Men 1200m

Midget	03:37.50	Camden Springer	HaliFAST	Halifax, NS	10/28/15
Bantam	03:28.31	Drew Sommers	Chebucto Athletics	Halifax, NS	10/28/15

Men 1500m

Senior	3:49.8	Glenn Mclsaac			1977
Junior	3:49.8	Glenn Mclsaac			1977

Youth	4:01.4	Glenn McIsaac			1976
Midget	4:09.65	Marcus Greenlaw			11/25/06
Bantam	4:51.1	Mike Patterson			1979
Master 45-49	04:33.10	Claude Faucher	Unattached	Halifax, NS	10/28/15
Masters 50-54	04:37.02	David MacLennan	Pictou County Athletics	Halifax, NS	2017-02-11

Men 1 Mile

Senior	4.00.07	Mike Tate	Antigonish Track Club		15-Feb-15
Junior	4.03.84	Mike Tate	Antigonish Track Club		2014-01-31
Youth	4:26.96	Adam Leroux			2/17/07
Midget	5:32	Jeff Englehutt	Dartmouth Athletics		1999
Bantam	5:38	David Englehutt	Dartmouth Athletics		1999

Men 2000m

Midget	06:17.25	Ben Good	Chebucto	Halifax, NS	2018-01-20
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Men 3000m

Senior	7:51.71	Mike Tate	Unattached	Seattle, WA	2018-02-09
Junior	08:23.86	Mike Tate	Antigonish Track Club		19-Jan-13
Youth	8:44.0	Mark Wood			1982
Midget	9:00.3h	Marcus Greenlaw			2006
Bantam	10:18.0	J. Graves			1979
Masters 45-49	10:43.44	Andy Canning	YHZ	Halifax, NS	1/21/17
Masters 50-54	09:55.82	David MacLennan	Pictou County Athletics	Moncton, NB	2017-03-11
Masters 65-69	12:47.39	Ralph Williams	Valley Athletics	Halifax, NS	1/21/17

Men 5000m

Senior	13:37.33	Mike Tate	Unattached	Seattle, WA	2018-02-09
Junior		Jake Gallagher	Dartmouth Athletics		2006
Junior	16:18.18	Mike Tucker			2004
Youth	17:31.5	Andrew Canning			1987

Men 4 x 200m

Senior	1:31.2	Dalhousie			1999
Junior	1:40.01	Tiger Track Club			2005
Youth	01:40.02	HaliFAST			19-Jan-13
Midget	01:41.85	HaliFAST			16-Nov-13
Bantam	2:03.4	Cornwallis JHS			1981

Men 4 x 400m

Senior	3:20.8	Dalhousie			1993
Junior	3:42.9h	HaliFAST	Matthew Coolen,		17-Jan-13
Youth	3:42.9h	HaliFAST			17-Jan-13
Midget	4:41.0	Chebucto			1988
Bantam	5:21.9	Bucs TC			1987

Men 4 x 800m

Age Group	Performance	Name	Year
Senior	7:43.5	Dalhousie	1988
Junior	8:38.9	Dartmouth Athletics	2002
Youth	8:38.9	Dartmouth Athletics	2002
Midget	no record	no record	-
Bantam	no record	no record	-

FIELD EVENTS

Men Long Jump						
Senior	7.13	Simon Watts	HaliFAST			10-Mar-11
Junior	6.59	Andrew Archibald	Chebucto			2008-02-16
Youth	6.55	Brett Myketyyn	Chebucto			2008-01-13
Midget	6.31	Andrew Archibald	Chebucto			2004
Bantam	4.30	Mitchell Yetman	Chebucto			3/31/07
Masters 35-39	6.24	Peter Lord				2002-11-18
Masters 40-44	6.14	Peter Lord				2004-11-14
Masters 45-49	4.67	Edward James	Valley Athletics	Halifax, NS		1/21/17
Masters 60-64	3.16	Spencer Aasvangen	HaliFAST	Halifax, NS		11/19/16
Men Triple Jump						
Senior	15.21	Jordan Bruce	HaliFAST			2014-01-18
Junior	14.76	Jordan Bruce	HaliFAST			2013-03-16
Youth	13.83	Mike Oredugba				1988
Midget	12.21	Brandon Rosenburg				2005
Masters 35-39	13.66	Peter Lord				2002-02-17
Masters 40-44	13.39	Peter Lord				2004-01-17
Masters 45-49	13.00	Peter Lord				2010-12-18
Masters 50-54	12.53	Peter Lord	Unattached	Halifax, NS		2014-02-08
Men High Jump						
Senior	2.13	Andrew Grosse				2005
Junior	2.06	Charles MacKay				1990
Youth	2.00	Kirk Williams				1980
Midget	1.76	Todd Dundon				1985
Bantam	1.50	Bill Wrixen				1980
Masters 40-44	1.15	Troy Smith	Valley Athletics	Halifax, NS		1/21/17
Masters 45-49	1.45	Edward James	Valley Athletics	Halifax, NS		1/21/17
Men Pole Vault						
Senior	4.7	Craig Slaunwhite				2008-02-09
Midget	no record	no record				-
Youth	2.55	Adam Farmer	Chebucto Athletics	Moncton, NB		12/19/15
Junior	3.60	Dave Wilson				1989
Men Shot Put						
Senior	17.54	Peter Millman	Truro Lions	Winnipeg, MB		2017-02-25
Junior	17.40	Peter Millman	Truro Lions	Moncton, NB		2013-12-21
Youth	16.74	Peter Millman	Truro Lions			2011-02-19
Midget	15.28	Peter Millman	Truro Lions			2010-02-20
Bantam	13.92	Gregory McCarthy	Truro Lions			2011-12-19
Master 45-49	11.66	Steve Webster	Truro Lions			2012-02-05
Men Weight Throw						
Senior	18.82	Peter Millman	Truro Lions			21-Feb-14
Junior	22.80	Peter Millman	Truro Lions			2013-12-21
Youth 20	23.57	Peter Millman	Truro Lions			2011-12-19
Midget 20	17.89	Drew Erskine	Truro Lions			2012-03-03
Bantam 20	13.83	Gregory McCarthy	Truro Lions			2011-12-19
Men Heptathlon						
Senior	5193 (7.41, 6.58, 15.56,	Craig Slaunwhite	Chebucto Athletics	Hanover, NH		2005-01-09
Men Pentathlon						
Senior	3796	Craig Slaunwhite	Chebucto Athletics			2003

Junior	3421 (9.03, 6.14m, 13.52m, 1.75m, 2:48.52)	Jesse Drennan	Bluenose		2012-02-24
Midget	2161 (8.34, 1.56, 10.49, 4.73, 3:28.17)	Adam Farmer	Chebucto Athletics	Moncton, NB	2014-03-29

Men Tetrathlon

Bantam	1:58.58)	Zachary James	Valley Athletics	Halifax, NS	1/17/16
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Track Events

Women 55m

Senior	6.93	Adrienne Power			2005
Junior	7.21	Jenna Martin	Athletics East		2006
Youth	7.43	Jenna Martin	Athletics East		2005

Women 60m

Senior	7.42	Adrienne Power	HaliFAST		1/14/12
Junior	7.71	Jenna Martin	Athletics East		2007
Youth	7.91	Jenna Martin	Athletics East		2005
Midget	7.97	Jenna Martin	Athletics East		2003
Bantam	8.49	Sierra Sweeney	HaliFAST	Moncton, NB	12/19/15
Wheelchair	15.34	Abbey Smith	Valley Athletics	Halifax, NS	10/28/15
Masters 40-44	9.22	Paula James	Valley Athletics	Moncton, NB	3/26/16
Masters 50-54	11.29	Pam James	Valley Athletics	Halifax, NS	1/21/17
Masters 55-59	10.40	Jo Welch	Unattached	Halifax, NS	10/28/15
Masters 60-64	10.14	Morag McDonah	Unattached	Halifax, NS	10/28/15

Women 150m

Bantam	20.77	Sierra Sweeney	HaliFAST	Halifax, NS	10/28/15
Wheelchair	32.77	Abbey Smith	Valley Athletics	Halifax, NS	10/28/15

Women 200m

Senior	23.69	Adrienne Power			2006
Junior	24.32 OT	Jenna Martin	Athletics East		25-Feb-07
Youth	25.43	Jenna Martin	Athletics East		2005
Midget	26.12	Jenna Martin	Athletics East		2003
Bantam	29.10	Kayla Marcotte			2002
Masters 40-44	30.78	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 50-44	40.68	Pam James	Valley Athletics	Halifax, NS	1/21/17
Masters 60-64	36.83	Jo Welch	Unattached	Halifax, NS	11/19/16

Women 300m

Senior	37.35	Adrienne Power			2005
Junior	40.55	Jan Stirling			2006
Youth	40.6h	Jenna Martin	Athletics East		2004
Midget	42.34	Kayla Marcotte			2004
Bantam	45.4	Rebecca Coady	Athletics East		2003
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
Masters 55-59	37.44	Jo Welch	Unattached	Moncton, NB	2/26/16

Women 400m

Senior	52.32	Jenna Martin	Athletics East		2008-03-01
Junior	54.22	Jenna Martin	Athletics East		3/09/07
Junior	53.44 OT	Jenna Martin	Athletics East		2007
Youth	56.33	Jenna Martin	Athletics East		2004
Midget	59.52	Jenna Martin	Athletics East		2003
Bantam	65.83	Jenny VanKempen			1995

Masters 40-44	68.86	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 50-54	91.36	Pan James	Valley Athletics	Halifax, NS	1/21/17
Women 60mH					
Senior 33"	8.65	Kim Vanderhoek			1992
Junior 33"	9.07	Rachael McIntosh	Bluenose		2010-02-19
Youth 30"	9.30	Emily Phelan			2010-11-20
Midget 30"	8.92	Sierra Sweeney	YHZ	Halifax, NS	2012-02-17
Bantam 30"	9.38	Sierra Sweeney	HaliFAST	Moncton, NB	12/19/15
Masters 40-45	12.60	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 50-54	13.02	Pam James	Valley Athletics	Halifax, NS	1/21/17
Women 50m					
Senior	6.48	Adrienne Power			2010-02-04
Junior	6.55	Nicole Gillis			1988
Youth	6.85	Marsha Moore			1989
Midget	6.85	Marsha Moore			1989
Bantam	7.35	Heather Hennigar			1986
Women 50mH					
Senior	8.04	Jennifer Reardon			1989
Junior	8.04	Jennifer Reardon			1989
Youth	8.04	Jennifer Reardon			1989
Midget	8.57	Lisa Murray			1991
Bantam	no record	no record			-
Women 600m					
Senior	1:29.2h	Heather Hennigar			2003
Junior	1:34.84	Celia Peters			2006
Youth	1:36.7h	Jenna Martin	Athletics East		2004
Midget	1:39.90	Jenna Martin	Athletics East		2003
Bantam	01:43.65	Cara MacDonald	Pictou County Athletics	Halifax, NS	2018-02-10
Women 800m					
Senior	2:05.35	Heather Hennigar			2005
Junior	2:12.6	Lousie Palmer			1977
Youth	2:14.9	Emily MacLellan			1986
Midget	2:22.41	Rebecca Coady			2004
	2:22.4	Benita Sabean			1986
Bantam	02:27.63	Cara MacDonald	Pictou County Athletics	Halifax, NS	1/20/18
Masters (40-44)	02:31.7	Paula James	Valley Athletics	Halifax, NS	11/19/16
Women 1000m					
Senior	2:46.12	Sophie Watts	Unattached	Geneva,OH	2015-02-14
Senior Mx	2:45.4h	Heather Hennigar			2006
Junior	2:55.33	Gina Stewart			2006
Youth	2:57.66	Maggie Smith	HaliFAST	Halifax, NS	2017-02-11
Midget	3:04.00	Rachel Crawley	YHZ		2011-02-19
Bantam	3:17.05	Rachel Crawley	YHZ		2010-02-21
Masters 40-44	03:15.04	Paula James	Valley Athletics	Halifax, NS	2017-02-11
Women 1200m					
Midget	3:54.42	Siona Chisholm	Antigonish Track Club	Moncton, NB	2018-03-10
Bantam	3:58.70	Lauren Liem	HaliFAST		2014-01-18
Women 1500m					
Senior	4:25.53	Robyn Meagher			1986

Senior Mx	4:20.3HT	Heather Hennigar			2005
Junior	4:25.53	Robyn Meagher			1986
Youth	4:47.3	Emily MacLellan			1993
Midget	4:51.3	Emily MacLellan			1992
Bantam	5:06.6	Tilly Beringer			1984
Masters 40-44	05:14.30	Paula James	Valley Athletics	Moncton, NB	3/26/16

Women Mile

Senior	4:43.84	Sophie Watts	Unattached	South Bend, IN	2015-02-07
Junior	5:10.22	Laura Englehutt			2/2/08
Youth	5:10.26	Gina Stewart			2004
Midget	6:21	Donna Verge			2000
Bantam	6:46	Laura Englehutt			1999

Women 2000m

Midget	06:52.42	Siona Chisholm	Antigonish Track Club	Moncton, NB	2018-03-10
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Women 3000m

Senior	9:14.82	Lucy Smith			1990
Junior	9:43.5	Kim Bird			1978
Youth	10:10.7h	Holly Van Gestel			2004
Midget	10:21.1	Lucy Smith			1981
Bantam	10:37.9	Lucy Smith			1979
Masters 40-44	10:32.32	Paula James	Valley Athletics	Halifax, NS	02-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

Senior	16:59.86	Rosie Mullins			2005
Junior	no record	no record			-

Women 4x200m

Senior	1:39.27	Dalhousie			2005
Junior	1:49.7	Chebucto			1991
Youth	1:51.08	Chebucto			1985
Midget	2:00.4	Chester			1980
Bantam	2:10.5	MacDonalds			1981

Women 4x400m

Senior	3:49.6	Dalhousie			1994
Junior	4:07.0	Chebucto			1991
Youth	4:12.8h	Athletics East			2003
Midget	4:51.2	Chebucto			1988
Bantam	5:20.7	Chebucto			1987

Women 4x800m

Senior	8:57.65	Dalhousie			1993
Junior	09:55.75	YHZ			2012-01-18
Youth	10:15.2	Middleton Elite			2001
Midget	12:32.24	Valley Athletics	Rebecca Moore,	Halifax, NS	1/17/16

FIELD EVENTS

Women Long Jump

Age Group	Performance	Name			Year
Senior	5.91	Leslie Wilson			1989
Junior	5.55	Jenna Martin	Athletics East		2005
Youth	5.55	Jenna Martin	Athletics East		2005
Midget	5.09	Sierra Sweeney	HaliFAST	Halifax, NS	11/19/16
Bantam	4.80	Sierra Sweeney	HaliFAST	Halifax, NS	10/28/15
Masters 40-44	3.7	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49	3.56	Angela Weeks	Unattached	Halifax, NS	1/21/17

Women Triple Jump

Senior	12.00	Dawn Creighton			2002
Junior	11.62	Kristen Gibson	Chebucto		2012-03-03
Youth	11.43	Juliana Blois			2009-12-19
Midget	11.28	Sierra Sweeney	HaliFAST	Halifax, NS	11/28/16
Bantam	11.28	Sierra Sweeney	HaliFAST	Halifax, NS	11/28/16
Masters 55-59	7.30	Jo Welch	Unattached	Halifax, NS	10/28/15
Masters 40-44	8.22	Cheryl Smith	Valley Athletics	Halifax, NS	2017-12-02

Women High Jump

Senior	1.82	Rebecca Haworth	HaliFAST	Edmonton	2014-03-08
Junior	1.76	Natalie Munro			1988
Youth	1.73	Natalie Munro			1986
Midget	1.64	Natalie Munro			1985
Bantam	1.48	Susie Murphy			1985
Masters 35-39	1.50	Ann Findlay	PCA		2012-03-03
Masters 40-44	1.20	Paula James	Valley Athletics	Halifax, NS	1/21/17

Women Pole Vault

Senior	2.80	Alyson McPhee	Chebucto		2006
Junior	2.80	Alyson McPhee	Chebucto		2006
Youth	2.59	Maessen/McDaniel			2005
Midget	no record	no record			-
Bantam	no record	no record			-

Women Shot Put

Senior (4kg)	16.53	Sarah Mitton	Bluenose Athletics	Toronto, ON	2017-12-02
Junior (4kg)	14.64	Chelsea Whalen	Launchers		16-Feb-11
Youth (3kg)	14.19	Taylor Stutley	Launchers		2012-03-03
Youth (4kg)	12.68	Chelsea Whalen	Launchers		2008-03-29
Midget (3kg)	12.80	Taylor Stutley	Launchers		06-Feb-11
Bantam (3kg)	9.03	Sarah Millman	Truro Lions		2009-12-30
Masters 35-39 (4kg)	9.10	Ann Findlay	PCA		2012-03-03
Masters 55-59 (3kg)	5.96	Jane Warren	Unattached	Truro, NS	2014-02-15

Women Weight Throw

Senior (20lb)	18.66	Kayla Gallagher	Truro Lions		06-Mar-14
Junior (20lb)	18.24	Kayla Gallagher	Truro Lions		07-Mar-13
Youth (16lb)	15.58	Sarah Millman	Truro Lions		2013-01-16
Youth (20lb)	14.07	Kayla Gallagher	Truro Lions		2011-01-16
Midget (16lb)	14.09	Sarah Millman	Truro Lions		2011-12-04
Bantam (16lb)	9.14	Sarah Millman	Truro Lions		2009-12-30
Masters 55-59 (3kg)	5.77	Jane Warren	Unattached	Truro, NS	2014-02-15
Masters 55-59 (3kg)	5.77	Jane Warren	Unattached	Truro, NS	2014-02-15

Women Pentathlon

	4174			
Senior	(8.87,1.65m,13.26m,5.90m,2:15.98)	Rachael McIntosh	Bluenose	2014-02-21
Junior	3723	Rachael McIntosh	Bluenose	2010-02-10

Women Tetrathlon

Bantam	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
Men 55m					
Senior	6.37	Jayson Hilchie	Chebucto		2001
Junior	6.60	Patrick Benjamin	Chebucto		2001