

# Nova Scotia Provincial Outdoor Records - Women

Please note new records are subject to ratification

## Track Events

### Women's 80m (no blocks)

Bantam	11.06 (0.4)	Trinity Brown	Halifax	Moncton, NB	2013-07-28
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### Women's 100m

Senior	11.37 (1.8)	Adrienne Power	Halifax Tigers	Oromocto, NB	2009-08-01
Junior	11.98A	Nicole Gillis	Chebucto	Calgary, AB	1987
Youth	11.98A	Nicole Gillis	Chebucto	Calgary, AB	1987
Midget	12.48 (1.0)	Nikkia Jones	Independent	Oromocto, NB	2008-08-11
Bantam	13.02	Kayla Marcotte	Wanderers	Lwr Sackville, NS	2002
Masters 40-44	14.46 (1.6)	Paula James	Valley Athletics	Lower Sackville, NS	2016-07-03
Masters 55-59	16.39 (0.2)	Maureen McKeage	Unattached	Dartmouth, NS	2017-07-08
Masters 55-59	16.4	Hand Timing Jo Welch	Unattached	Stellarton, NS	2015-09-19
Masters 60-64	15.3	Hand Timing Morag McDonah	Unattached	Stellarton, NS	2015-09-19

### Women's 150m (no blocks)

Bantam	20.61 (-0.3)	Sierra Sweeney	HaliFAST	Stellarton, NS	2015-07-05
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### Women's 200m

Senior	22.86A (1.8)	Adrienne Power	Halifax Tigers	Provo, UT	2008-05-24
Junior	24.27 (1.3)	Jenna Martin	Athletics East	Tuscaloosa, AL	5/11/07
Youth	24.59	Jenna Martin	Athletics East	Sudbury, ON	2004
Midget	25.27 (0.0)	Jenna Martin	Athletics East	Lwr Sackville, NS	2003
Bantam	26.92	Jenna Martin	Independent	Lwr Sackville, NS	2001
Senior	48.95	Kelly Bennet	NS Wheelchair Racing Team	Oromocto, NB	2009
Masters 40-44	30.64 (-3.2)	Paula James	Valley Athletics	Lower Sackville, NS	2016-07-03
Masters 55-59	34.6	Hand Timing Norma Houston	Unattached	Stellarton, NS	2015-09-19
Masters 60-64	33.3	Hand Timing Morag McDonah	Unattached	Stellarton, NS	2015-09-19

### Women's 300m

Midget	41.49	Taylor Mattinson	Pictou County Athletics	St. Therese, QC	2015-08-08
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### Women's 400m

Senior	51.53	Jenna Martin	Athletics East	Calgary, AB	6/29/12
Junior	51.91	Jenna Martin	Athletics East	Sao Paulo, Brazil	7/07/07
Youth	55.15	Jenna Martin	Athletics East	Lwr Sackville, NS	2004
Midget	55.66	Jenna Martin	Athletics East	Norwell, MA	2003
Bantam	60.33	Jenna Martin	Independent	Lwr Sackville, NS	2001
Senior	01:54.5	Wheelchair Kelly Bennet	NS Wheelchair Racing Team	Charlottown, PE	2009
Master 60-64	1:19	Hand Timing Morag McDonah	Unattached	Stellarton, NS	2015-09-19

### Women's 800m

Senior	2:04.19	Leanna MacLean	Halifax Tigers	Uden, Belgium	2007
<b>Youth</b>	<b>2:08.47</b>	<b>Maggie Smith</b>	<b>HaliFAST</b>	<b>Waltham, MA</b>	<b>2018-05-12</b>
<b>Youth</b>	<b>2:08.47</b>	<b>Maggie Smith</b>	<b>HaliFAST</b>	<b>Waltham, MA</b>	<b>2018-05-12</b>
Midget	2:09.00	Louise Palmer	ACC	Montreal, QE	1977
Bantam	2:19.79	Robyn Meagher	Antigonish	Saskatoon, SK	1980
Master 45-49	2:30.43	Ena MacPherson	Unattached	Lwr Sackville, NS	2002
Master 50-54	3:03	Hand Timing Norma Houston	Unattached	Stellarton, NS	2015-09-19

**Women's 1200m**

Midget	3:36.52	Rachel Crawley	YHZ	Ottawa, ON	2011-08-05
Bantam	3:52.43	Lauren Liem	HaliFAST	Moncton, NB	2013-07-28

**Women's 1500m**

Senior	4:14.31	Sophie Watts	Unattached	Guelph, Ontario	30-May-15
Junior	4:20.4	Robyn Meagher	Antigonish	Dartmouth, NS	1986
Youth	4:21.8	Robyn Meagher	Antigonish	Nassau, Bahamas	1984
Midget	4:33.49	Robyn Meagher	Antigonish	Winnipeg, MB	1982
Bantam	4:49.5	Robyn Meagher	Antigonish	Antigonish, NS	1980
Master 45-49	5:07.41	Ena MacPherson	Unattached	Lwr Sackville, NS	2002

**Women's Mile**

Senior	4:47.52	Ashley Ryer	Unattached	Antigonish, NS	2014-07-12
Junior	5:08.2	Caroline Tucker	Chebucto	Lwr Sackville, NS	2000
Youth	5:08.2	Caroline Tucker	Chebucto	Lwr Sackville, NS	2000
Midget	5:19.58	Rebecca Coady	Athletics East	Orlando, FL	2004
Bantam	5:54.6h	Emilia Leroux	Chebucto	Halifax, NS	2003
Master	5:42.44	Anne Nugent	Track Rats	Halifax, NS	?

**Women's 2000m**

Midget	6:31.15	Rachel Crawley	YHZ	Ottawa, ON	2011-08-06
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**Women's 3000m**

Senior	9:06.4	Annick DeGooyer	MAAC	Montreal, QE	1991
Junior	9:38.0	Robyn Meagher	Antigonish	Halifax, NS	1984
Youth	9:38.0	Robyn Meagher	Antigonish	Halifax, NS	1984
Midget	10:05.40	Carley Birrell	Chebucto	Dartmouth, NS	2017-06-03
Bantam	10:41.52	Tristan Langley	CNLL	Lwr Sackville, NS	2006
Bantam	10:42.5	Robyn Meagher	Antigonish	Dartmouth, NS	1980

**Women's 5000m**

Senior	16:02.27	Kim Bird	Antigonish	Gainesville, FL	1984
Junior	18:06.94	Kristen Lewis	Independent	Lwr Sackville, NS	1997
Youth	18:35.68	Stephanie Skoreyko	Unattached	Lwr Sackville, NS	2005-07-01
Midget	21:38.1	Natalia Tate	Bows"n"Bass	Halifax, NS	1994
Bantam	21:38.1	Natalia Tate	Bows"n"Bass	Halifax, NS	1994
Master 40-44	16:55.47	Denise Robson	Unattached	Chiba City, Japan	2009-11-23

**Women's 10000m**

Senior	34:10.0	Lucy Smith	Independent	Halifax, NS	1989
Junior	37:27.3	Rebecca Richards	VRR	Antigonish, NS	1984

**Women's 80m Hurdles**

Senior	13.03	Melinda Hidi	Swift	Ottawa, ON	1994	
Junior	12.65A	Jennifer Reardon	Chebucto	Calgary, AB	1987	
Midget	11.82 (0.5)	30"	Sierra Sweeney	YHZ	Brandon, MB	11-Aug-17
Bantam	14.73 (-1.9)	30"	Trinity Brown	HaliFAST	Sackville, NS	07-Jul-13

Masters 50-54	17.94 (-0.8)	30"	Pam James	Valley Athletics	Dartmouth, NS	17-Jul-09
Masters 55-59	19.37 (-3.9)	30"	Jo Welch	Unattached	Regina, SK	28-Jul-13

#### Women's 100m Hurdles

Senior	13.69	33"	Cecilia Branch	ACC	California	1979
Junior	14.85 (0.8)	33"	Rachael McIntosh	Bluenose	Charlottetown, PE	2009-08-27
Youth	14.9	30"	Zoe Carvery	Chebucto	Halifax, NS	7-1-16
Midget	16.71	30"	Stephanie Johnson	Chebucto	Saskatoon, SK	1985

#### Women's 200m Hurdles

Midget	28.37 (-0.7)	30"	Sierra Sweeney	YHZ	Brandon, MB	2017-08-11
Bantam	30.35 (0.1)	30"	Sierra Sweeney	HaliFAST	St. Therese, QC	2015-08-09

#### Women's 300m Hurdles

Youth	46.39	30"	Hilary Coady	Athletics East	Oromocto, NB	2007
Masters 50-54	67.9	30"	Pan James	Valley Athletics	Dartmouth, NS	2017-07-09
Masters 55-59	65.88	30"	Jo Welch	Unattached	Sackville, NS	13-Jul-13

#### Women's 400m Hurdles

Senior	60.17	30"	Alicia Dobranowski	Halifax Tigers	Bern, Switzerland	2009-07-18
Junior	62.32	30"	Kilah Rolle	Chebucto	Sherbrooke, SK	1993
Youth	62.32	30"	Kilah Rolle	Chebucto	Sherbrooke, SK	1993
Midget	62.32	30"	Kilah Rolle	Chebucto	Sherbrooke, SK	1993

#### Women's 1500m Steeplechase (no water jump)

Midget	5:04.66	30"	Emma Edmonds	YHZ	Charlottetown	8/19/12
Youth	5:23.65 (water)	30"	Rebecca Coady	Athletics East	Lwr Sackville, NS	2004
Midget	5:23.65 (water)	30"	Rebecca Coady	Athletics East	Lwr Sackville, NS	2004

#### Women's 2000m Steeplechase

Senior	6:46.00		Janice Ashworth	Swift	Saskatoon, SK	2005
Junior	7:04.43		Sophie Watts	YHZ	Lower Sackville, NS	2013-07-07
Youth	7:05.32		Maggie McClure	YHZ	Langley, BC	2014-08-17

#### Women's 3000m Steeplechase

Senior	10:49.85		Rebecca Coady	Athletics East	Florida	2010-05-16
Junior	11:00.50		Rebecca Coady	Athletics East	Orlando, FL	2007
Youth	11:21.42		Rebecca Coady	Athletics East	Sherbrooke, SK	2006

#### Women's Race Walk

Senior	8:31.0		B. Nickerson	Chebucto	Dartmouth, NS	1982
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#### Women's 4X100m Relay

Senior	47.13		NS Canada Games		Charlottetown, PE	2009-08-25
			Cassandre Collins	Nikkia Jones		
			Kayla Marcotte	Jenna Martin		
Junior	48.55		NS Legion Team		Sudbury, ON	2004
			Jenna Martin	Jan Stirling		

Youth	48.55	Chelsey Wilson NS Legion Team	Celia Peters Jan Stirling	Sudbury, ON	2004
Midget	49.76	Jenna Martin Chelsey Wilson NS Legion Team	Jan Stirling Celia Peters	Oromocto, NB	2007
Bantam	56.4	Juliana Blois Nikkia Jones Chebucto	Rachel Boyle Shakara Paris	Lwr Sackville, NS	1987
		Cathy Seiler Sarah Weeks	Marsha Moore Colleen O'Toole		

### Women's 4X400m Relay

Senior	3:45.41	NS Team		Oromocto, NB	2009-08-02
Junior	3:52.44	Alicia Dobranowski Jenna Martin NS Legion Team	Janice Stirling Adrienne Power	Regina, SK	2005
Youth	3:54.84	Jenna Martin Kayla Marcotte NS Legion Team	Celia Peters Jan Stirling	Sudbury, ON	2004
Midget	4:18.3	Jenna Martin Gina Stewart Annapolis Valley International	Celia Peters Jan Stirling	Halifax, NS	2002
	4:55.4			Chebucto	Antigonish, NS
Bantam	4:55.4			Chebucto	Antigonish, NS

### Women's 4x800m Relay

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

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

Senior	4:02.4	NS Legion		Halifax, NS	1984
Junior	4:02.5	NS Legion		Halifax, NS	1984
Youth	4:02.6	NS Legion		Halifax, NS	1984
Midget	4:12.68	NS Legion		Sherbrooke, QE	2002
		Jenna Martin Kayla Marcotte	Janice Stirling Celia Peters		

### Field Events

#### Women's High Jump

Senior	1.84m	Nicole Wadden	Unattached	Logan, Utah	5/13/17
Junior	1.80m	Natalie Munro	Chebucto	Edmonton, AB	1987
Youth	1.80m	Natalie Munro	Chebucto	Edmonton, AB	1987
Midget	1.69m	Tracy Loke	Chebucto	Saskatoon, SK	1985
Bantam	1.58m	Natalie Munro	Chebucto	Halifax, NS	1983
Masters 55-59	1.10m	Jo Welch	Unattached	Regina, SK	28-Jul-13

### Women's Triple Jump

Senior	11.90m (2.0)	Juliana Blois	UNA	Pictou, NS	2013-06-29
Junior	11.77m (0.0)	Gabrielle Fraser	Unattached	Brandon, MB	2017-08-13
Youth	11.77m (0.0)	Gabrielle Fraser	Unattached	Brandon, MB	2017-08-13
Midget	11.44m (0.5)	Rachel Boyle	Chebucto	Oromocto, NB	2007
Bantam	10.37 (0.0)	Sierra Sweeney	HaliFAST	St. Therese, QC	2015-08-09
<b>Masters 40-44</b>	<b>8.68 (1.3)</b>	<b>Rachelle MacDonald</b>	<b>Unattached</b>	<b>Dartmouth,NS</b>	<b>2018-05-05</b>
Masters 55-59	6.97 (NW1)	Jo Welch	Unattached	Stellarton, NS	2015-09-19
Masters 60-64	6.88m (0.4)	Jo Welch	Unattached	Dartmouth, NS	2016-05-07

### Women's Pole Vault

Senior	3.20m	Jennifer Payne	Swift	Victoria, BC	2004
Junior	3.15m	Alyson McPhee	Chebucto	Lwr Sackville, NS	2006
Youth	3.00m	Alyson McPhee	Chebucto	Regina, SK	2005
Midget	2.50m	Laura Maessen	Chebucto	Lwr Sackville, NS	2004
Bantam	2.00m	Christine Manning	Valley Vaulters	Lwr Sackville, NS	2004

### Women's Long Jump

Senior	6.07m (1.2)	Rachael McIntosh	Bluenose Athletics	Azusa, CA	4/17/2014
Junior	5.77m	Leslie Wilson	Truro	Ottawa, ON	1986
Youth	5.75m	Leslie Wilson	Chebucto	Saint John, NB	1985
Midget	5.32m	Carolyn MacLennan	Ceilidh	Winnipeg, MB	1995
Bantam	4.81m (2.0)	Trinity Brown	HaliFAST	Lower Sackville, NS	2013-07-07
<b>Masters 40-44</b>	<b>3.81(-0.1)</b>	<b>Rachelle MacDonald</b>	<b>Unattached</b>	<b>Dartmouth,NS</b>	<b>2018-05-05</b>
Masters 60-64	2.81m	Jo Welch	Unattached	Lower Sackville, NS	2016-07-03

### Women's Shot Put

Senior	16.45m	4kg	Chelsea Whalen	Launchers	Atlanta, GA	2013-05-11
Junior	14.66m	4kg	Chelsea Whalen	Launchers	Tallahassee, FL	2011-04-09
Youth	14.77m	3kg	Taylor Stutely	Launchers	Charlottetown, PEI	8/18/12
Youth	13.71m	4kg	Chelsea Whalen	Launchers	Charlottetown, PEI	2009-08-25
Midget	13.99m	3kg	Taylor Stutely	Launchers	Port Williams, NS	8-20-11
Bantam	8.94m	3kg	Lynn Murray	Independent	Lwr Sackville, NS	1990
F53	4.58m	3kg	Pam LeJean	Valley Athletics	Lower Sackville, NS	2016-06-18
Masters 40-44	5.25m	4kg	Paula James	Valley Athletics	Lower Sackville, NS	2016-07-03
Masters 50-54	8.66m	3kg	Cindy Kincaid	Unattached	Port Williams, NS	2017-07-19
Masters 55-59	6.51m	3kg	Jo Welch	Unattached	Dartmouth, NS	2014-08-03
Masters 60-64	6.72m	3kg	Jo Welch	Unattached	Lower Sackville, NS	2016-07-03

### Women's Hammer

Senior	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	2013-04-05
Junior	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	2013-04-05
Youth	54.34m	3kg	Tatum McLean	Pictou County Athletics	Lower Sackville, NS	2016-07-02
Youth	46.58m	4kg	Kayla Gallagher	Truro Lions	Moncton, NB	2011-08-11
Midget	44.49m	3kg	Tatum MacLean	Pictou County Athletics	Langley, BC	2014-08-17
Bantam	29.20m	3kg	Sarah Millman	Truro Lions	Truro, NS	2009-06-24
Masters 50-54	18.83m	3kg	Pam James	Valley Athletics	Stellarton, NS	2017-07-23
Masters 55-59	18.93m	3kg	Anita Carty	Pictou County Athletic	Dartmouth, NS	2017-07-09
Masters 60-64	21.12m	3kg	Jo Welch	Unattached	Dartmouth	2017-05-13

### Women's Outdoor Weight Throw

Masters 60-64	7.02m	3kg	Jane Warren	Unattached	Vancouver, BC	2016-08-31
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### Women's Discus

Senior	45.37m	1kg	Kayla Gallagher	Truro Lions	Lethbridge, AB	2012-05-19
Junior	45.37m	1kg	Kayla Gallagher	Truro Lions	Lethbridge, AB	2012-05-19
Youth	42.34m	1kg	Taylor Stutely	Launchers	Port Williams, NS	2013-08-03
Midget	39.54m	1kg	Taylor Stutely	Launchers	Port Williams, NS	2011-08-20
Bantam	30.24m	750g	Sydney Davidson	Truro Lions	Stellarton, NS	2015-07-05
F53	9.25m	1kg	Pam LeJean	Valley Athletics	Dartmouth, NS	2014-05-03
Masters 40-44	16.29m	1kg	Cheryl Smith	Valley Athletics	Dartmouth, NS	2017-07-08
Masters 50-54	20.26m	1kg	Tammi Parks	Launchers	Marsielle, France	2017-07-08
Masters 55-59	17.62m	1kg	Anita Carty	Pictou County Athletic	Dartmouth, NS	2017-07-09
Masters 60-64	16.93m	1kg	Jane Warren	Unattached	Charlottetown, PEI	2015-07-26

### Women's Javelin

Senior	52.08m	600g	Chelsea Whalen	Launchers	Port Williams, NS	2013-08-03
Junior	46.75m	600g	Chelsea Whalen	Launchers	Moncton, NB	7-3-10
Youth	45.25m	600g	Chelsea Whalen	Independent	Sherbrooke, QE	2008-08-09
Youth	45.94m	500g	Madelyn Quinn	Truro Lions	St. Therese, QC	8-6-16
Midget	39.90m	600g	Kate Forbes	CNLL		1997
Midget	39.50m	500g	Libby Falkenham	Unattached	St. Therese, QC	8-6-15
Bantam	34.53m	400g	Jessica Bartlett	Truro Lions	Lwr Sackville, NS	2008-07-26
Para F53	10.25m	600g	Pam LeJean	Valley Athletics	Port Williams, NS	2014-06-15
Masters 50-54	16.80m	500g	Pam James	Valley Athletics	Dartmouth, NS	2017-07-09
Masters 55-59	14.73m	500g	Anita Carty	Pictou County Athletic	Stellarton, NS	2017-07-23
Masters 60-64	14.95m	500g	Jane Warren	Unattached	Charlottetown, PEI	2015-07-26

### Women's Ball Throw

Senior	50.80m	600g	Sandy Taylor	Independent	Kamloops, BC	1993
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### Multi-Events

#### Women's Tetrathlon

<b>Bantam</b>	788 (9.79, 6.80m, 3.69m, 2:10.92)	<b>Madelyn MacDonald</b>	Annapolis County Athletics Clu	<b>Dartmouth, NS</b>	<b>2018-05-05</b>
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#### Women's Pentathlon

Youth	3194	Lynn Murray	Independent	Lwr Sackville, NS	1994
Midget	2923	Andrea Dube	Chebucto	Lwr Sackville, NS	1994

#### Women's Heptathlon

Senior	5935	Kim Vanderhoek	Chebucto	Montreal, QE	1992
Junior	5124	Rachael McIntosh	Bluenose	Cincinnati, OH	2010-05-02
Youth	4673	Bridget Deveau	Chebucto	St. Therese, QC	2013-07-14
Midget	3778	Tracy Loke	Chebucto	Saint John, NB	1985
Bantam	3617	Lynn Murray	Independent	Lwr Sackville, NS	1990

Please note new records are subject to ratification

Track Events

**Men's 80m**

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

Senior	10.55 (1.4)	Matt Coolen	HaliFAST	Toronto, ON	2016-06-12
Junior	10.66 (0.7)	Patrick Benjamin	Chebucto	Sudbury, ON	1999
Youth	10.66 (0.7)	Patrick Benjamin	Chebucto	Sudbury, ON	1999
Midget	11.14	Derrick Dempster	Chebucto	Saskatoon, SK	1985
Bantam	12.49	Robert Kirby	Wanderers	Halifax, NS	1990
Master 35-39	12.35 (0.3)	Lee Myrick	Unattached	Fairfax, VA	2015-07-04
Master 40-44	14.72 (-0.5)	Kevin Bourgeois	HaliFAST	Dartmouth, NS	2017-07-09
Master 45-49	13.17 (1.0)	Edward James	Valley Athletics	Lower Sackville, NS	2016-07-03
Master 50-54	13.56 (-2.5)	Alex Raiche-Marsden	HaliFAST	Sackville, NS	2013-07-07
Master 60-64	13.45	Ross Mitchell	MTC	Halifax, NS	1989
Master 65-69	13.89 (-1.0)	Llew Chase	Bluenose Athletics	Lower Sackville, NS	2017-06-25
Master 70-74	16.18 (0.2)	Alex MacEachern	Chebucto Athletics	Dartmouth, NS	2017-05-13
T44	12.24 (0.5)	Jackie Marciano	Halifax	Dartmouth, NS	2013-05-04
T52	19.35 (0.5)	Ryan Shay	Valley Athletics	Nottwii, SUI	2016-05-29
T53	15.65 (0.5)	Ben Brown	Valley Athletics	Nottwii, SUI	2016-05-29

**Men's 150m**

Bantam	19.58 (0.9)	Jaiden Williams	HaliFAST	Dartmouth, NS	2014-08-03
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**Men's 200m**

Senior	21.58 (0.4)	Matthew Coolen	HaliFAST	Wolfville, NS	2015-06-06
Junior	21.58 (0.4)	Matthew Coolen	HaliFAST	Wolfville, NS	2015-06-06
Youth	21.96	Derrick Dempster	Chebucto	Halifax, NS	1986
Midget	22.9A	Robert Kirby	Wanderers	Calgary, AB	1992
Bantam	24.22	Derrick Dempster	Chebucto	Ottawa, ON	1983
Master 35-39	25.79 (-2.1)	Lee Myrick	Unattached	Stellarton, NS	2017-07-23
Master 40-44	24.29 (1.0)	Peter Lawson	Unattached	Moncton, NB	2013-06-13
Master 45-49	26.83 (0.3)	Edward James	Valley Athletics	St. John, NB	2016-07-23
Master 50-44	26.57 (0.3)	Peter Lord	Unattached	St. John, NB	2016-07-23
Master 60-64	27.65 (NWI)	Llew Chase	Bluenose Athletics	Sackville, NS	2012-07-14
Master 65-69	29.67 (-1.5)	Llew Chase	Bluenose Athletics	Stellarton, NS	2017-07-23
Master 70-74	34.43 (-0.6)	Alex MacEachern	Chebucto Athletics	Dartmouth, NS	2017-05-13
Master	24.87	Frank White	Halifax	Melbourne, Australia	1987
T44	25.03 (-3.0)	Jackie Marciano	Halifax	Moncton, NB	2013-06-23
T52	36.29 (0.0)	Ryan Shay	Valley Athletics	Nottwii, SUI	2016-05-27
T53	27.60 (1.5)	Ben Brown	Valley Athletics	Arbon, SUI	2015-06-07

**Men's 300m**

Midget	36.25	Camden Springer	HaliFAST	Brandon, MB	2017-08-11
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**Men's 400m**

Senior	46.8A	Earl Bigelow	Kings	Carbondale, IL	1977
Junior	48.08	Leigh Skier	Wanderers	Halifax, NS	1986
Youth	49.38	Jonathan Campbell	Unattached	Lwr Sackville, NS	2006
Midget	51.01	Robert Kirby	Wanderers	Halifax, NS	1992
Bantam	57.00	Robert Kirby	Wanderers	Lwr Sackville, NS	1990
Master 35-39	55.20	Shawn Beaton	HaliFAST	Lwr Sackville, NS	2013-07-13
Master 40-44	50.04	Peter Lawson	Halifax Tigers	Indianapolis, IN	2010-06-19
Master 45-49	51.97	Peter Lawson	Unattached	Toronto, ON	2014-07-13

Master 50-54	61.99	Alex Raiche-Marsden	HaliFAST	Stellarton, NS	2014-07-13
Master 70-74	83.29	Alex MacEachern	Chebucto Athletics	St. John, NB	2016-07-23
T44	54.56	Jackie Marciano	Halifast	Lower Sackville, NS	2013-06-16
T52	01:12.9	Ryan Shay	Valley Athletics	Tempe, AZ	2016-05-14
T53	53.14	Ben Brown	Valley Athletics	Arbon, SUI	2015-06-04

#### Men's 800m

Senior	1:45.97	Geoff Harris	Halifast	London, GBR	2012-08-06
Junior	1:49.88	Geoff Harris	Tiger Track Club	Victoria, BC	2006
Youth	1:54.04	Devon Theriault	HaliFAST	Moncton, NB	2013-07-28
Midget	2:00.26	Mike Tate	Antigonish Track Club	Ottawa, ON	2010-08-08
Bantam	2:14.65	Jack MacGillivray	Dartmouth	Lwr Sackville, NS	2003
Master 35-39	2:06.35	Shawn Beaton	HaliFAST	Guelph, ON	2015-05-30
Master 45-49	2:11.41	Claude Faucher	Unattached	Vancouver, BC	2016-08-31
Master 50-54	2:14.34	David MacLennan	Pictou County Athletics	Lower Sackville, NS	2016-07-03
Master	2:01.0	Clarence Williams	TRC	Dartmouth, NS	1979
T52	03:00.7	Ryan Shay	Valley Athletics	Lower Sackville, NS	2016-07-03
T53	1:49.21	Ben Brown	Valley Athletics	Arbopn, SUI	2017-05-28

#### Men's 1200m

Midget	3:10.85	Mike Tate	Antigonish Track Club	Ottawa, ON	8-8-10
Bantam	3:52.36	Ethan MacDonald	Pictou County Athletics	Stellarton, NS	2015-07-05

#### Men's 1500m

Senior	3:40.96	Dan Gorman	HaliFAST	Guelph, Ontario	2014-05-31
Junior	3:46.98	Mike Tate	ATC	Stanford, CA	2014-05-03
Youth	3:53.4h	Glenn Mclsaac	DKA	Regina, SK	1976
Youth	3:54.05	Mike Tate	ATC	Charlottetown	8/18/12
Midget	4:07.38	Jack MacGillivray	Dartmouth Athletics	Edmonton, AB	2005
Bantam	4:28.1	Danny Rizcallah	Wanderers	Saint John, NB	1996
Master 35-39	4:30.17	Shawn Beaton	HaliFAST	Sackville, NS	2013-07-13
Master 40-44	4:03.31	Randy Bullerwell 57	Unattached	Durban, South Africa	1997-07-26
Master 45-49	4:39.46	Claude Faucher	Unattached	Vancouver, BC	2016-08-31
Master 50-54	4:28.61	David MacLennan	Pictou County Athletics	St. John, NB	2016-07-23
T52	04:58.9	Ryan Shay	Valley Athletics	Lower Sackville, NS	2016-06-18
T53	3:42.46	Ben Brown	Valley Athletics	Tempe, AZ	2017-05-13

#### Men's Mile

Senior	4:00.96	Dan Gorman	HaliFAST	Burnaby, BC	2014-07-10
Junior	4:15.3	Steve Tugwell	AVA	Halifax, NS	1991
Youth	4:21.38	Timothy Longley	Valley Athletics	Antigonish, NS	2013-07-13
Midget	4:34.35	Robert Winslow	Dartmouth	Bangor, MA	2003
Bantam	None				
Master	4:36.46	Glenn Mclsaac			2003

#### Men's 2000m

Midget	5:38.95	Mike Tate	Antigonish Track Club	Ottawa, ON	8-8-10
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#### Men's 3000m

Senior	8:08.1	Eric Gillis	Speed River TC	Lwr Sackville, NS	2004
Junior	8:22.60	Mike Tate	Antigonish Track Club	Riverside, CA	3/29/14
Youth	8:37.76	Robert Winslow	Dartmouth Athletics	Edmonton, AB	2005
Midget	8:50.22	Marcus Greenlaw	Wanderers	Halifax, NS	2006
Bantam	9:30.98	Jamie Bates	Dartmouth Athletics	Lwr Sackville, NS	2004-06-05
Master	9:06.5h	Glenn Mclsaac			2003



**Men's 5000m**

Senior	13:34.28		Mike Tate	Unattached	Standford, CA	2017-05-06
Junior	14:17.98		Mike Tate	Antigonish Track Club	Walnut, CA	2014-04-19
Youth	15:18.9h		Glenn McIsaac	DKA	Sudbury, ON	1976
Midget	16:29.35		Mike Tate	Antigonish	Dartmouth, NS	2009-07-10
Master 40-44	15:41.43		Randy Bullerwell 57	Unattached	Durban, South Africa	1997-07-23
Master 50-54	17:17.46		David MacLennan	Pictou County Athletics	St. John, NB	2016-07-23

**Men's 10000m**

Senior	28:51.9		Norm Tinkham	Wanderers	Ottawa, ON	1990
Junior	31:44.0		Jeff Archibald	Independent	Halifax, NS	1989
Youth	33:42.0		Norm Tinkham	Yarmouth	Dartmouth, NS	1980
Master	33:56.1		Peter Quinn	Independent	Oslo, Norway	2007

**Men's 80m Hurdles**

Bantam	14.03 (-0.3)	30"	Zachary James	Valley Athletics	Lower Sackville, NS	2016-07-03
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**Men's 100m Hurdles**

Youth	13.7		Jeff Pronk	MacD	St.John's, NL	1979
Midget	14.5	36"	Chris Smith	Halifax	Lwr Sackville, NS	1985
Midget	14.57 (1.2)	33"	Sacha Stover-Evong	YHZ	Lower Sackville, NS	2016-06-25

**Men's 110m Hurdles**

Senior (42")	14.21	0.6	Chris Theriau	Unattached	Ottawa, ON	2011-07-17
Junior (39")	14.21 (0.6)	0.6	Matthew Coolen	HaliFAST	Edmonton, AB	2015-08-01
Youth (36")	14.76		Chris Theriau	AVRC	Sudbury, ON	2004
Masters 35-39	18.26	-0.7	Lee Myrick	Unattached	Culver City, CA	2017-08-08

**Men's 200m Hurdles**

Midget	26.89 (0.0)	30"	Sacha Stover-Evong	YHZ	St. John, NB	2016-07-24
Bantam	32.64 (1.5)	30"	Eric Hughes	Pictou County Athletics	Moncton, NB	2013-07-28

**Men's 300m Hurdles**

Youth	40.48		Alister Mason	PCRAS	Stellarton, NS	2011-07-03
Midget	42.16		Chris Leger	AVRC	Lwr Sackville, NS	2003

**Men's 400m Hurdles**

Senior	52.87A	36"	Edward James	Chebucto	Provo, UT	1992
Junior	55.18	36"	Edward James	Chebucto	Edmonton, AB	1987
Youth	55.43	36"	Noah James	Valley Athletics	Moncton, NB	5/22/17
Master	63.00		Frank White	Halifax	Melbourne, Australia	1987

**Men's 1500m Steeplechase (no water jump)**

Midget	4:15.15	30"	Tobias Wolter	Bluenose	Charlottetown	8/19/12
Senior	4:14.6		Darren Stoddard	DKA	Ottawa, ON	1983
Junior	4:37.8		Sandy Pirie	Chebucto	Hamilton, ON	1981
Bantam	4:58.21		Tobias Wolter	Bluenose	Dartmouth, NS	7-11-10

**Men's 2000m Steeplechase**

Youth	5:51.03	36"	Tobias Wolter	Bluenose Athletics	Donetsk, UKR	2013-07-11
Junior	5:55.4		Robert Englehutt	DKA	St. John's, NL	1977

Men's 3000m Steeplechase						
Senior	8:43.59		Mattias Wolter	Bluenose Athletics	Eugene, OR	2013-06-08
Junior	8:59.86		Mattias Wolter	Bluenose Athletics	Columbus, OH	2010-05-01
Youth	9:08.06		Mattias Wolter	Bluenose Athletics	London, ON	6/11/08
Midget	10:21.8		Mike Paterson	Chebucto	Dartmouth, NS	1981

Men's Race Walk						
Senior	6:23.9	1500m	U. Marshall	Independent	Halifax, NS	1983
Junior	7:50.7	1500m	N. Nethercott	Chebucto	Dartmouth, NS	1982

Men's 4X100m Relay						
Senior	40.65		NS Canada Games		London, ON	2001
			Patrick Benjamin	Jayson Hilchie		
			Earlando Simmonds	Ryan Hanrahan		
Junior	42.05		NS Canada Games		Saskatoon, SK	1989
			Andrew Conrad	Derrick Dempster		
			Tony Podzik	Jonathan Lee		
Youth	43.26		NS Legion Team		Mt. Pearl, NL	1998
			Patrick Benjamin	Sandy White		
			Ryan Elmore	John McNair		
Midget	44.7		NS Legion Team			1984
			Tony Lucas	Robert Dundon		
			Derrick Dempster	Kevin Grant		
Bantam	52.8		Antigonish Highland Society		Antigonish, NS	1984

Men's 4X400m Relay						
Senior	3:14.40		NS Canada Games Team		Sherbrooke, QC	2013-08-08
			Justin Blades	Pookiel Kahmall McCabe		
			MacKenzie Munroe	William Sandenson		
Junior	3:20.23		NS Canada Games		Saint John, NB	1985
			Craig Burgess	Gord Dee		
			Todd Lepage	Leigh Skier		
Youth	3:24.34		NS Legion Team		Langley, BC	2013-08-11
			Lucas Watson	Timothy Longley		
			Stephen Belyea	Devon Theriau		
Midget	3:47.62		HaliFAST		Lower Sackville, NS	2014-06-16

Men's Medley Relay						
Senior	3:35.8		Halifax Wanderers		Antigonish, NS	1986
			Leigh Skier	Edward James		
			Tom Landry	Dave Layton		
Junior	3:36.12A		NS Legion Team		Calgary, AB	1987
			Brent Workman	Derek Bower		
			Derrick Dempster	Jason Turner		
Youth	3:36.12A		NS Legion Team		Calgary, AB	1987
			Brent Workman	Derek Bower		
			Derrick Dempster	Jason Turner		
Midget	3:44.43		NS Legion Team		Langley, BC	2013-08-11
			Barrett Dachyshyn	David Adiem		
			Jack Cambell	Hudson Grimshaw-Surette		

## Field Events

Men's High Jump						
Senior	2.12m		Tim Wrigley	Chebucto	Halifax, NS	1982

Junior	2.08m		Tim Wrigley	Chebucto	Antigonish, NS	1981
	2.08m		Simon Watts	Halifax Athletics	Dartmouth, NS	2009-07-18
Youth	2.03m		Charles Mackay	Inverness	Antigonish, NS	1989
Midget	1.92m		Charles Mackay	Inverness	Antigonish, NS	1987
Bantam	1.57m		Todd Dundon	Chebucto	Antigonish, NS	1985
Master 35-39	1.64		Lee Myrick	Unattached	Culver City, CA	2017-08-08
Master 40-44	1.45m		Kevin Bourgeois	HaliFAST	Dartmouth, NS	2014-08-03
Master 45-49	1.45m		Edward James	Valley Athletics	Lower Sackville, NS	2016-07-03
Master 50-54	1.60m		Peter Lord	Unattached	Stellarton, NS	2017-07-23

#### Men's Triple Jump

Senior	15.21m	0.1	Jordan Bruce	HaliFAST	Edmonton, AB	2016-07-08
Junior	14.92m	0.6	Jordan Bruce	HaliFAST	St. Therese, QC	2013-07-14
Youth	14.07m	NWI	Howie Jackson	Bridgetown Royal Canadian Legion	Waterloo, ON	1962
Youth	13.96m		Dan Cochrane	Bkln.	Burnaby, BC	1973
Midget	12.94m	0.4	Kaelan Schmdt	PCA	Langley, BC	2013-08-11
Bantam	10.66m		B. Rhodes	Independent	Antigonish, NS	1978
Masters 35-39	13.70m	1.7	Peter Lord	Halifax Tigers	Sackville, NS	2001-08-05
Masters 40-44	13.71m	1.3	Peter Lord	Halifax Tigers	Ottawa, ON	2004-06-19
Masters 45-49	12.99m	0	Peter Lord	Halifax Tigers	Dartmouth, NS	2008-08-13
Masters 50-54	12.31	1.1	Peter Lord	Unattached	Moncton, NB	2016-07-16

#### Men's Long Jump

Senior	7.32m		Nick Cromwell	New Glasgow	Halifax, NS	1985
Junior	7.08m	NWI	Howie Jackson	Bridgetown Royal Canadian Legion		1964
Junior	6.85m		Peter Bienkowski	Amherst	Saint John, NB	1995
Youth	6.83m		Peter Bienkowski	Amherst	Kamloops, BC	1993
Midget	6.42m		Peter Bienkowski	Amherst	Toronto, ON	1991
Bantam	5.32m		Derrick Dempster	Chebucto	Halifax, NS	1983
Master 35-39	6.49	0.4	Peter Lord	Halifax Tigers	Sackville, NS	1998-09-12
Master 40-44	6.45	NWI	Peter Lord	Halifax Tigers	Sackville, NS	2004-06-27
Master 45-49	5.93	0	Peter Lord	Halifax Tigers	Clermont, FL	2008-08-28
Master 60-64	2.78	-3	Allan Elliot	Pictou County Athletic	Stellarton, NS	2017-08-23

#### Men's Pole Vault

Senior	4.70m		Craig Slaunwhite	Chebucto	Windsor, ON	2007
Junior	4.25m		Michael Fraser	Chebucto	Lwr Sackville, NS	2003
Youth	3.70m		Brendan O'Neill	Chebucto	Sherbrooke, SK	1993
Midget	2.78m		Charles Mackay	Inverness	Dartmouth, NS	1987
Bantam	2.00m		Ryan Carrie	Valley Vaulters	Lwr Sackville, NS	2004
Masters 35-39	3.30m		Lee Myrick	Unattached	Fairfax, VA	2015-07-04

#### Men's Shot Put

Senior	17.82m	7.26kg	Peter Millman	Truro Lions	Tempe, AZ	2017-04-08
Junior	18.31m	6kg	Peter Millman	Truro Lions	St. Therese, QC	2013-07-14
Youth	16.72m	5kg	Peter Millman	Truro Lions	Ottawa, ON	2011-08-06
Midget	17.41m	4kg	Jeff Croft	Unattached	Chester, NS	1964
Bantam	13.29m	3kg	Drew Erskine	Truro Lions	Truro, NS	2010-06-30
Masters 35-39	12.55m	7.26kg	Lee Myrick	Unattached	Lower Sackville, NS	2017-06-25
Masters 40-44	10.38m	7.26kg	Kevin Bourgeois	HaliFAST	Lower Sackville, NS	2016-07-03
Masters 45-49	8.89m	7.26kg	Mark Williamson	Valley Athletics	Dartmouth, NS	2017-07-09
Masters 50-54	12.72m	6kg	Steve Wohlmut	Launchers	Port Williams, NS	2015-08-29
Masters 55-59	10.79m	6kg	Brian Hebb	Truro Lions	Dartmouth, NS	2016-07-24
Masters 60-64	11.05m	5kg	Brian Hebb	Truro Lions	Port Williams, NS	2017-06-15
Para F37	10.91m	5kg	David Bambrick (F 37)	Launchers	Port Williams, NS	2012-06-16
Para F36	8.72m	4kg	Dave Watters	Bluenose Athletics	Lower Sackville, NS	2017-06-25
Para F52	5.05m		Ryan Shay	Valley Athletics	Port Williams, NS	2014-06-15

#### Men's Hammer

Senior	64.71m	7.26kg	Matt Doherty	Unattached	Truro, NS	2011-05-14
Junior	65.85m	6kg	Peter Millman	Truro Lions	Lethbridge, AB	2013-05-18
Youth	66.93m	5kg	Peter Millman	Truro Lions	Lille, France	2011-07-07
Midget	55.30m	4kg	Drew Erskine	Truro Lions	Port Williams, NS	2012-06-16
Bantam	44.26m	3kg	Drew Erskine	Truro Lions	Truro, NS	2010-06-30
Master 35-39	33.81	7.26kg	Kevin Bourgeois	HaliFAST	St. John, NB	2012-08-12
Master 40-44	32.77	7.26kg	Kevin Bourgeois	HaliFAST	Moncton, NB	2013-07-28
Masters 45-49	18.93m	7.26kg	Allan Simpson	Pictou County Athletics	Stellarton, NS	2017-08-23
Masters 55-59	29.68m	5kg	Brian Hebb	Truro Lions	Dartmouth, NS	5/13/17

#### Men's Discus

Senior	51.83m	2.0kg	Craig Slaunwhite	Chebucto	Toronto, ON	2008-06-15
Junior	53.53m	1.75kg	Peter Millman	Truro Lions	Calgary, AB	2013-05-11
Youth	52.26m	1.5kg	Peter Millman	Truro Lions	Sydney, NS	2011-04-16
Midget	56.14m	1kg	Parker Swain	Pictou County Athletics	Brandon, MB	2017-08-11
Bantam	39.99m	750g	Drew Erskine	Truro Lions	Truro, NS	2010-05-19
Masters 35-39	40.65m	2kg	Lee Myrick	Unattached	Moncton, NB	2014-10-05
Masters 40-44	33.30m	2kg	Kevin Bourgeois	HaliFAST	Moncton, NB	2013-07-28
Masters 45-49	20.41m	2kg	Allan Simpson	Pictou County Athletics	Stellarton, NS	2017-08-23
Masters 50-54	41.15m	1.5kg	Steve Wohlmut	Launchers	Toronto, ON	2016-08-14
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	2017-06-15
Master	29.47m		Barry Wheeler	Truro	Dartmouth, NS	1984
Para F36	27.67m	1kg	Dave Waters	Bluenose	Port Williams, NS	2017-06-15
Para F37	31.25m	1kg	David Bambrick	Launchers	Sherbrooke, QC	2013-08-16
Para F52	10.13m	1kg	Ryan Shay	Valley Athletics	Port Williams, NS	2014-06-15

#### Men's Javelin

Senior	73.31m	800g	Adam Wolkins	Independent	Columbia, SC	2010-05-16
Junior	62.31m	800g	Jared Baird	CNLL	Atlanta, GA	2008-05-17
Youth	63.57m	700g	Jared Baird	CNLL	Burnaby, BC	2006
Midget	60.70m	600g	Jared Baird	CNLL	Sudbury, ON	2004
Bantam	38.31m	400g	Matthew Macleod	Pictou County Athletics	Stellarton, NS	2017-08-23
Masters (35-39)	52.15m	800g	Lee Myrick	Unattached	Culver City, CA	2017-08-08
Master (40-44)	46.00m	800g	Iain Lapointe	Truro Lions	Dartmouth, NS	2017-06-18
Masters 45-49	34.48m	800g	Randall Morine	Unattached	Port Williams, NS	17-May-14
Masters 50-54	50.38m	700g	Steve Wohlmut	Unattached	Port Williams, NS	29-Aug-15
Masters 65-69	36.59m	600g	Roland Evans	Unattached	Dartmouth, NS	02-Aug-14
Masters 70-74	40.11m	500g	Roland Evans	Unattached	Port Williams, NS	01-Aug-15
Para F36	25.41m	600g	Dave Waters	Bluenose	Edmonton, AB	2016-07-07

#### Multi-Event

##### Men's Tetrathlon

Bantam	962 (9.67, 8.24m, 4.12m,	Zachary James	Valley Athletics	Antigonish, NS	2015-07-12
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##### Men's Pentathlon

Midget	2689 (15.19 -0.7, 1.62m,	Adam Farmer	Chebucto	Langley, BC	17-Aug-14
Youth	3026	Lee Myrick	Chebucto	Lwr Sackville, NS	1994

##### Men's Octathlon

Youth	5266	Jesse Drennan	Bluenose	Ottawa, ON	8-9-10
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##### Men's Decathlon

Senior	7468	Craig Slaunwhite	Chebucto	Windsor, ON	2008-07-03
Junior	6363	Michael Fraser	Chebucto	London, ON	2002
Youth	5485	Lee Myrick	Chebucto	Abbotsford	1995

Youth	5624 (12.14(-1.8), 6.06(2.4), 11.14, 1.73, 56.26, 15.65(-0.9), 35.27, 3.55, 43.92, 5:31.80)	Adam Farmer	Chebucto	St. Therese, QC	8-6-16
Masters (35-39)	5535 (12.62 -1.7), 6.04 (1.9), 12.19m, 1.64m, 58.07, 18.26 (-0.7), 38.38, 2.83, 49.83, 5:48.74)	Lee Myrick	Unattached	Culver City, CA	8-8-17

### Men's Weight Pentathlon

Master 35-39	2495 (SP-11.75m, DT- 29.68m, HT-33.81m, JT-39.28m, WT 11.40)	7.26kg	Kevin Bourgeois	HaliFAST	St. John, NB	2012-08-12
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