

Athletics Nova Scotia Provincial Indoor Records

Please Note: New Records are Subject to Ratification

Track Events

Event	Performance	Name	Club	Location	Date
Men 55m					
Open	6.37	Jayson Hilchie	Chebucto		2001
U20	6.60	Patrick Benjamin	Chebucto		2001
Men 60m					
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 Melchior	Unattached	Halifax, NS	2/20/2021
Masters 65-69	8.82	Llew Chase	Bluenose Athletics	Halifax, NS	2/10/2018
Masters 70-74	9.92	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
Men 150m					
U14	19.61	Nataniel Slawter	HaliFAST	Halifax, NS	11/24/2018
Wheelchair	23.60	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Men 200m					
Open	22.52	Geoff Harris			2/10/07
U20	22.97	Geoff Harris			2005
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 Melchior	Unattached	Halifax, NS	3/28/2021
Masters 70-74	35.38	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
Men 300m					
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
Men 400m					
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
Masters 40-44	02:25.95	Michael Ackerman	YHZ	Halifax, NS	3/28/2021
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
Master 40-44	04:54.61	Zack Steinman	YHZ	Moncton,NB	3/11/2017
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
U16	5:32	Jeff Englehutt	Dartmouth Athletics		1999
U14	5:38	David Englehutt	Dartmouth Athletics		1999

Men 2000m

U16	06:17.25	Ben Good	Chebucto	Halifax, NS	1/20/2018
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 Wiczorek	Unattached	Halifax, NS	2/29/2020
Masters 40-44	16:22.61	Ian Holdway	Unattached	Halifax, NS	2/29/2020
Masters 45-49	16:33.31	Ian Holdway	Unattached	Halifax, NS	2/20/2021

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 Myketyyn	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	Unattached	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
Master 65-69 (5Kg)	7.78	Alan Elliot	Pictou County Athletics	Truro, NS		4/3/2021
Master 70-74 (4Kg)	7.77	Brock Fownes	Unattached	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	Unattached	Truro, NS		3/3/2019

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

Men Pentathlon						
Open	3796	Craig Slaunwhite	Chebucto Athletics			2003
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

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
 U14 8.45 Isabella Gouthro Truro Lions Halifax, NS 11-23-19
 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
Masters 45-49 9.64 Angela Weeks Chebucto Athletics Halifax, NS 20-Feb-21
 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

Women 400m					
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
Women 60mH					
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
Women 50m					
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
Women 50mH					
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			-
Women 600m					
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
Women 800m					
Open	2:05.35	Heather Hennigar			2005
U20	2:12.6	Lousie Palmer			1977
U18	2:14.9	Emily MacLellan			1986
U16	02:16.29	Abby Lewis	Chebucto Athletics	Halifax, NS	3/28/2021
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
Women 1000m					
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
U16	04:30.60	Abby Lewis	Chebucto Athletics	Halifax, NS	2/20/2021
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
U20	5:10.22	Laura Englehutt			2/2/08
U18	5:10.26	Gina Stewart			2004
U16	6:21	Donna Verge			2000
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
U18	10:10.7h	Holly Van Gestel			2004
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
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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
Masters 45-49	4.04	Angela Weeks	Chebucto Athletics	Halifax, NS 3/28/2021

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
Masters 45-49	9.23	Rachelle MacDonald	Unattached	Truro, NS 21-Feb-21
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

Women Shot Put						
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
Masters 50-54 (3kg)	7.86	Pamela Jeffrey Mcewing	Truro Lions	Truro, NS		4/3/2021
Masters 55-59 (3kg)	7.98	Tammy Armstrong	Truro Lions	Truro, NS		4/3/2021
Masters 60-64 (3kg)	6.88	Jo Welch	Unattached	Toronto, ON		3/12/2017

Women Weight Throw						
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
Masters 50-54 (16lb)	7.24	Pamela Jeffrey Mcewing	Truro Lions	Truro, NS		4/3/2021
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						
Open	4174 (8.87,1.65m,13.26m,5.90m,2:15.98)	Rachael McIntosh	Bluenose			2/21/2014
U20	3723 2960	Rachael McIntosh	Bluenose			2/10/2010
U18	2960 (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

Seldom Run &						
Event	Performance	Name	Club	Location	Date	
Men 55m						
Open	6.37	Jayson Hilchie	Chebucto			2001
U20	6.60	Patrick Benjamin	Chebucto			2001