

Nova Scotia Provincial Outdoor Records - Women

Please note new records are subject to ratification

Track Events

Women's 80m

U14	11.06 (0.4)	Trinity Brown	Halifax	Moncton, NB	7/28/2013
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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	12.48 (1.0)	Nikkia Jones	Independent	Oromocto, NB	8/11/2008
U14	13.02	Kayla Marcotte	Wanderers	Lwr Sackville, NS	2002
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 Timing Morag McDonah	Unattached	Stellarton, NS	9/19/2015
Masters 65-69	17.98 (2.0)	Jo Welch	Unattached	Dartmouth, NS	7/10/2021

Women's 150m (no blocks)

U14	20.61 (-0.3)	Sierra Sweeney	HaliFAST	Stellarton, NS	7/5/2015
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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	25.27 (0.0)	Jenna Martin	Athletics East	Lwr Sackville, NS	2003
U14	26.92	Jenna Martin	Independent	Lwr Sackville, NS	2001
Open	48.95	Kelly Bennet	NS Wheelchair Racing Team	Oromocto, NB	2009
Masters 40-44	29.80 (1.2)	Paula James	Valley Athletics	Dartmouth, NS	7/9/2017
Masters 55-59	34.6	Hand Timing Norma Houston	Unattached	Stellarton, NS	9/19/2015
Masters 60-64	33.3	Hand Timing 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	41.32	Cara MacDonald	Pictou County Athletics	Stellarton, NS	7/7/2019
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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 Athletics	Sydney, NS	6/2/2018
Open	01:54.5	Wheelchair Kelly Bennet	NS Wheelchair Racing Team	Charlotetown, PEI	2009
Masters (40-44)	68.24	Paula James	Valley Athletics	Dartmouth, NS	7/9/2017
Masters (45-49)	68.53	Cheyl Smith	YHZ	Dartmouth, NS	8/7/2021
Master 60-64	1:19	Hand Timing Morag McDonah	Unattached	Stellarton, NS	9/19/2015
Masters 65-69	1:17.98	Morag McDonah	Unattached	Dartmouth, NS	7/10/2021

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
Master 40-44	2:30.43		Ena MacPherson	Unattached	Lwr Sackville, NS	2002
Master 45-49	2:30.81		Paula James	Valley Athletics	Dartmouth, NS	7/11/2021
Master 55-59	3:03	Hand Timing	Norma Houston	Unattached	Stillarton, 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
Master 45-49	4:51.03		Paula James	Valley Athletics	Dartmouth, NS	7/10/2021

Women's Mile

Open	4:47.52		Ashley Ryer	Unattached	Antigonish, NS	7/12/2014
U20	4:51.46		Maggie Smith	HaliFAST	White Plains, NY	5/11/2019
U18	5:08.2		Caroline Tucker	Chebucto	Lwr Sackville, NS	2000
U16	5:19.58		Rebecca Coady	Athletics East	Orlando, FL	2004
U14	5:54.6h		Emilia Leroux	Chebucto	Halifax, NS	2003
Master	5:42.44		Anne Nugent	Track Rats	Halifax, NS	?

Women's 2000m

U14	06:35.71		Abby Lewis	Chebucto Athletics	Stellarton, NS	7/7/2019
U16	6:10.88		Abby Lewis	Chebucto Athletics	Dartmouth, NS	8/7/2021

Women's 3000m

Open	9:06.4		Annick DeGooyer	MAAC	Montreal, QE	1991
U20	9:26.12		Maggie Smith	HaliFAST	Wolfville, NS	6/1/2019
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	16:02.27		Kim Bird	Antigonish	Gainesville, FL	1984
U20	16:56.56		Maggie Smith	HaliFAST	Quebec City, QC	6/22/2019
U18	18:35.68		Stephanie Skoreyko	Unattached	Lwr Sackville, NS	7/1/2005
U16	21:38.1		Natalia Tate	Bows"n"Bass	Halifax, NS	1994
U14	21:38.1		Natalia Tate	Bows"n"Bass	Halifax, NS	1994
Master 40-44	16:55.47		Denise Robson	Unattached	Chiba City, Japan	11/23/2009

Women's 10000m

Open	34:10.0		Lucy Smith	Independent	Halifax, NS	1989
U20	37:27.3		Rebecca Richards	VRR	Antigonish, NS	1984

Women's 80m Hurdles

Open	13.03		Melinda Hidi	Swift	Ottawa, ON	1994
U20	12.65A		Jennifer Reardon	Chebucto	Calgary, AB	1987
U16	11.82 (0.5)	30"	Sierra Sweeney	YHZ	Brandon, MB	11-Aug-17
U14	14.73 (-1.9)	30"	Trinity Brown	HaliFAST	Sackville, NS	7-Jul-13
Masters 45-49	15.38 (-0.3)	30"	Ann Findlay	Pictou County Athletics	Moncton, NB	13-Jul-19
Masters 50-54	17.94 (-0.8)	30"	Pam James	Valley Athletics	Dartmouth, NS	17-Jul-09
Masters 55-59	17.72 (1.2)	30"	Jo Welch	Unattached	Moncton, NB	5-Aug-12
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	14.85 (0.8)	33"	Rachael McIntosh	Bluenose	Charlottetown, PE	8/27/2009
U18	14.80 (1.8)	30"	Abbigael Gaudry	Chebucto	Stellarton, NS	7/27/19
U16	16.71	30"	Stephanie Johnson	Chebucto	Saskatoon, SK	1985
Master (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)	77.93	27"	Jo Welch	Unattached	Stellarton, NS	25-Jul-21

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 (40-44)	81.10		Cheryl Smith	Valley Athletics	Charlotetown, PEI	7/29/2018

Women's 1500m Steeplechase (no water jump)

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

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	10:49.85		Rebecca Coady	Athletics East	Florida	5/16/2010
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U20	11:00.50	Rebecca Coady	Athletics East	Orlando, FL	2007
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 (55-59)	10:53.96	Racael Cheechoo	Unattached	Auckland, NZ	4/29/2016
Masters 3000m (55-59)	22:16.10	Racael Cheechoo	Unattached	Auckland, NZ	4/29/2016

Women's 4X100m Relay

Open	47.13	NS Canada Games		Charlottetown, PE	8/25/2009
		Cassadre Collins	Nikkia Jones		
		Kayla Marcotte	Jenna Martin		
U20	48.55	NS Legion Team		Sudbury, ON	2004
		Jenna Martin	Jan Stirling		
		Chelsey Wilson	Celia Peters		
U18	48.55	NS Legion Team		Sudbury, ON	2004
		Jenna Martin	Jan Stirling		
		Chelsey Wilson	Celia Peters		
U16	49.76	NS Legion Team		Oromocto, NB	2007
		Juliana Blois	Rachel Boyle		
		Nikkia Jones	Shakara Paris		
U14	56.4	Chebucto		Lwr Sackville, NS	1987
		Cathy Seiler	Marsha Moore		
		Sarah Weeks	Colleen O'Toole		

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

Women's 4x800m Relay

U18	9:25.14	NS Team		Hartford, CT	2004
		Jenna Martin	Stephanie Skoreyko		
		Celia Peters	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	4:12.68		NS Legion	Sherbrooke, QE	2002
		Jenna Martin	Janice Stirling		
		Kayla Marcotte	Celia Peters		

Field Events

Women's High Jump

Open	1.84m	Nicole Wadden	Unattached	Logan, Utah	5/13/17
U20	1.80m	Natalie Munro	Chebucto	Edmonton, AB	1987
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 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	11.90m (2.0)	Juliana Blois	UNA	Pictou, NS	6/29/2013
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	10.37 (0.0)	Sierra Sweeney	HaliFAST	St. Therese, QC	8/9/2015
Masters 40-44	9.15 (0.2)	Rachelle MacDonald	Unattached	Lower Sackville, NS	6/16/2018
Masters 55-59	6.97 (NW1)	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 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 Long Jump

Open	6.07m (1.2)	Rachael McIntosh	Bluenose Athletics	Azusa, CA	4/17/2014
U20	5.77m	Leslie Wilson	Truro	Ottawa, ON	1986
U18	5.75m	Leslie Wilson	Chebucto	Saint John, NB	1985
U16	5.42 (0.4)	Abbigael Gaudry	Chebucto	Lower Sackville, NS	6/16/2018
U14	4.81m (2.0)	Trinity Brown	HaliFAST	Lower Sackville, NS	7/7/2013
Masters 40-44	4.07(0.2)	Rachelle MacDonald	Unattached	Lower Sackville, NS	6/16/2018
Masters 55-59	2.70(1.7)	Janet MacLssac	Unattached	Stellarton, NS	7/15/2018
Masters 60-64	2.81m	Jo Welch	Unattached	Lower Sackville, NS	7/3/2016

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 Athletics	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

F53	4.58m	3kg	Pam LeJean	Valley Athletics	Lower Sackville, NS	6/18/2016
Masters 40-44	7.74m	4kg	Cheryl Smith	Valley Athletics	Stellarton, NS	7/23/2017
Masters 45-49	9.55	4kg	Ann Findlay	Pictou County Athletics	Moncton, NB	7-Jul-19
Masters 50-54	8.66m	3kg	Cindy Kincaid	Unattached	Port Williams, NS	7/19/2017
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

Women's Hammer

Open	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	4/5/2013
U20	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	4/5/2013
U18	54.34m	3kg	Tatum McLean	Pictou County Athletics	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 Athletics	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 50-54	23.71	3kg	Pamela Jeffrey Mcewing	Truro Lions	Truro, NS	10/9/2021
Masters 55-59	18.93m	3kg	Anita Carty	Pictou County Athletics	Dartmouth, NS	7/9/2017
Masters 60-64	21.36m	3kg	Jo Welch	Unattached	Dartmouth, NS	7/9/2017
Masters 65-69	18.20m	3kg	Jo Welch	Unattached	Dartmouth, NS	7/10/2021

Women's Outdoor Weight Throw

Masters 60-64	7.02m	3kg	Jane Warren	Unattached	Vancouver, BC	8/31/2016
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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
F53	9.25m	1kg	Pam LeJean	Valley Athletics	Dartmouth, NS	5/3/2014
Masters 40-44	16.29m	1kg	Cheryl Smith	Valley Athletics	Dartmouth, NS	7/8/2017
Masters 45-49	18.62m	1kg	Cheryl Smith	YHZ	Sydney, NS	8/1/2021
Masters 50-54	21.51m	1kg	Tammi Parks	Launchers	Stellarton, NS	7/15/2018
Masters 55-59	19.67m	1kg	Tammi Parks	Unattached	Truro, NS	10/9/2021
Masters 60-64	19.31m	1kg	Anita Carty	Pictou County Athletics	Stellarton, NS	7/24/2021
Masters 65-69	12.38m	1kg	Jo Welch	Unattached	Stellarton, NS	7/24/2021

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 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	22.24m	600g	Ann Findlay	Pictou County Athletics	Moncton, NB	7-Jul-19
Masters 50-54	16.80m	500g	Pam James	Valley Athletics	Dartmouth, NS	7/9/2017
Masters 55-59	16.02m	500g	Janet MacIassac	Unattached	Sydney, NS	1/8/2021
Masters 60-64	15.12m	500g	Anita Carty	Pictou County Athletics	Moncton, NB	7/14/2014
Masters 65-69	10.79m	500g	Jo Welch	Unattached	Truro, NS	7/17/2021

Weight Throw						
Masters 60-64	9.43m	12lb	Jo Welch	Unattached	Spokane, WA	7/29/2018

Women's Ball Throw						
Open	50.80m	600g	Sandy Taylor	Independent	Kamloops, BC	1993

Multi-Events

Women's Tetrathlon						
U14	788 (9.79, 6.80m, 3.69m, 2:10.92)		Madelyn MacDonald	Annapolis County Athletics Clu	Dartmouth, NS	5/5/2018

Women's Pentathlon						
Masters 65-69	1090 (17.44, 5.84, 10.80, 9.17, 8.04)		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

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

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
Master 35-39	12.28 (0.9)		Jonathan Bell	Unattached	Dartmouth, NS	6/23/2018
Master 40-44	12.67 (-2.1)		Yassine Bouloum	HaliFAST	Dartmouth, NS	6/23/2019
Master 45-49	13.17 (1.0)		Edward James	Valley Athletics	Lower Sackville, NS	7/3/2016
Master 50-54	12.81 (0.9)		Peter Lord	Unattached	Dartmouth, NS	6/23/2018
Master 60-64	13.83 (0.0)		Ron Melchior	Unattached	Dartmouth, NS	8/7/2021
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	6/25/2017
Master 70-74	16.18 (0.2)		Alex MacEachern	Chebucto Athletics	Dartmouth, NS	5/13/2017
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	21.96	Derrick Dempster	Chebucto	Halifax, NS	1986
U16	22.9A	Robert Kirby	Wanderers	Calgary, AB	1992
U14	24.22	Derrick Dempster	Chebucto	Ottawa, ON	1983
Master 35-39	25.17 (-0.5)	Yassine Bouloum	HaliFAST	Dartmouth, NS	6/24/2018
Master 40-44	24.29 (1.0)	Peter Lawson	Unattached	Moncton, NB	6/13/2013
Master 45-49	24.88 (1.1)	Peter Lawson	Unattached	Ottawa, ON	7/6/2017
Master 50-54	24.68 (-0.9)	Peter Lawson	Unattached	Toronto, ON	7/21/2019
Master 60-64	27.65 (NWI)	Llew Chase	Bluenose Athletics	Sackville, NS	7/14/2012
Master 65-69	29.67 (-1.5)	Llew Chase	Bluenose Athletics	Stellarton, NS	7/23/2017
Master 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	Nottwil, 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
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Men's 400m

Open	46.8A	Earl Bigelow	Kings	Carbondale, IL	1977
U20	48.08	Leigh Skier	Wanderers	Halifax, NS	1986
U18	49.38	Jonathan Campbell	Unattached	Lwr Sackville, NS	2006
U16	51.01	Robert Kirby	Wanderers	Halifax, NS	1992
U14	57.00	Robert Kirby	Wanderers	Lwr Sackville, NS	1990
Master 35-39	55.20	Shawn Beaton	HaliFAST	Lwr Sackville, NS	7/13/2013
Master 40-44	50.04	Peter Lawson	Halifax Tigers	Indianapolis, IN	6/19/2010
Master 45-49	51.97	Peter Lawson	Unattached	Toronto, ON	7/13/2014
Master 50-54	54.23	Peter Lawson	LIIT	Toronto, ON	7/21/2019
Master 70-74	83.29	Alex MacEachern	Chebucto Athletics	St. John, NB	7/23/2016
T44	54.56	Jackie Marciano	Halifax	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	Halifax	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	2:00.26	Mike Tate	Antigonish Track Club	Ottawa, ON	8/8/2010
U14	2:14.65	Jack MacGillivray	Dartmouth	Lwr Sackville, NS	2003
Master 35-39	2:06.35	Shawn Beaton	HaliFAST	Guelph, ON	5/30/2015
Master 40-44	2:11.93	Mike Leroux	Unattached	Dieppe, NB	7/23/2006
Master 45-49	2:11.41	Claude Faucher	Unattached	Vancouver, BC	8/31/2016
Master 50-54	2:14.34	David MacLennan	Pictou County Athletics	Lower Sackville, NS	7/3/2016
Master 60-64	2:50.11	Jim Rideout	Unattached	Stellarton, NS	7/15/2018
Master	2:01.0	Clarence Williams	TRC	Dartmouth, NS	1979
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 Club	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 Mclsaac	DKA	Regina, SK	1976
U18	3:54.05	Mike Tate	ATC	Charlottetown	8/18/12
U16	4:07.38	Jack MacGillivray	Dartmouth Athletics	Edmonton, AB	2005
U14	4:28.1	Danny Rizcallah	Wanderers	Saint John, NB	1996
Master 35-39	4:30.17	Shawn Beaton	HaliFAST	Sackville, NS	7/13/2013
Master 40-44	4:03.31	Randy Bullerwell 57	Unattached	Durban, South Africa	7/26/1997
Master 45-49	4:39.46	Claude Faucher	Unattached	Vancouver, BC	8/31/2016
Master 65-69	4:28.61	David MacLennan	Pictou County Athletics	St. John, NB	7/23/2016
Master 50-55	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
U14	None				
Master (40-44)	4:36.46	Glenn Mclsaac			2003
Master (50-54)	05:05.2	Albert "Wade" Were	Unattached	Halifax, NS	6/10/2017

Men's 2000m

U14	6:21.10	Alex Quinton	YHZ	Moncton,NB	7-14-19
U16	5:38.95	Mike Tate	Antigonish Track Club	Ottawa, ON	8/8/10

Men's 3000m

Open	8:08.1	Eric Gillis	Speed River TC	Lwr Sackville, NS	2004
U20	8:22.60	Mike Tate	Antigonish Track Club	Riverside, CA	3/29/14
U18	8:37.76	Robert Winslow	Dartmouth Athletics	Edmonton, AB	2005
U16	8:50.22	Marcus Greenlaw	Wanderers	Halifax, NS	2006
U14	9:30.98	Jamie Bates	Dartmouth Athletics	Lwr Sackville, NS	6/5/2004
Master (40-44)	9:06.5h	Glenn Mclsaac			2003
Master (50-54)	10:11.09	Albert "Wade" Were	Unattached	Dartmouth, NS	7/9/2017
Master (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 Club	Walnut, CA	4/19/2014
U18	15:18.9h	Glenn Mclsaac	DKA	Sudbury, ON	1976
U16	16:29.35	Mike Tate	Antigonish	Dartmouth, NS	7/10/2009
Master 35-39	16:23.04	Greg Wiczorek	Halifax Road Hammers	Dartmouth, NS	8/8/2021
Master 40-44	15:41.43	Randy Bullerwell	Unattached	Durban, South Africa	7/23/1997
Master 45-49	16:38.46	Ian Holdway	Halifax Road Hammers	Dartmouth, NS	8/8/2021
Master 50-54	17:17.46	David MacLennan	Pictou County Athletics	St. John, NB	7/23/2016

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
Master (40-44)	33:56.1	Peter Quinn	Independent	Oslo, Norway	2007
Master (50-54)	36:52.6	Albert "Wade" Were	Unattached	Toronto, ON	8/13/2017

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
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U16	14.5	36"	Chris Smith	Halifax	Lwr Sackville, NS	1985
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 (40-44)	17.58	2.8	Lee Myrick	Unattached	Stellarton, NS	7/15/2018

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 Athletics	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	55.18	36"	Edward James	Chebucto	Edmonton, AB	1987
U18	55.43	36"	Noah James	Valley Athletics	Moncton, NB	5/22/17
Master (40-44)	63.31	36"	Frank White	Halifax	Melbourne, Australia	12/6/1987
Master (45-49)	74.13	36"	Edward James	Valley Athletics	Dartmouth, NS	7/9/2017

Men's 1500m Steeplechase (no water jump)

U16	4:15.15	30"	Tobias Wolter	Bluenose	Charlottetown	8/19/12
Open	4:14.6		Darren Stoddard	DKA	Ottawa, ON	1983
U20	4:37.8		Sandy Pirie	Chebucto	Hamilton, ON	1981
U14	4:58.21		Tobias Wolter	Bluenose	Dartmouth, NS	7/11/10

Men's 2000m Steeplechase

U18	5:51.03	36"	Tobias Wolter	Bluenose Athletics	Donetsk, UKR	7/11/2013
U20	5:55.4		Robert Englehutt	DKA	St. John's, NL	1977
Masters 70-74	10:47.6	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
Master (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

Men's 4X100m Relay

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	43.26		NS Legion Team		Mt. Pearl, NL	1998

U16	44.7	Patrick Benjamin Ryan Elmore NS Legion Team	Sandy White John McNair		1984
U14	52.8	Tony Lucas Derrick Dempster Antigonish Highland Society	Robert Dundon Kevin Grant	Antigonish, NS	1984

Men's 4X400m Relay

Open	3:14.40	NS Canada Games Team		Sherbrooke, QC	8/8/2013
U20	3:20.23	Justin Blades MacKenzie Munroe NS Canada Games	Pookiel Kahmall McCabe William Sandenson	Saint John, NB	1985
U18	3:24.34	Craig Burgess Todd Lepage NS Legion Team	Gord Dee Leigh Skier	Langley, BC	8/11/2013
U16	3:47.62	Lucas Watson Stephen Belyea HaliFAST	Timothy Longley Devon Theriau	Lower Sackville, NS	6/16/2014

Men's Medley Relay

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

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	Halifast 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
Master 35-39	1.64m	Lee Myrick	Unattached	Culver City, CA	8/8/2017
Master 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
Master 45-49	1.45m	Edward James	Valley Athletics	Lower Sackville, NS	7/3/2016
	1.45m	Edward James	Valley Athletics	Dartmouth, NS	7/9/2017
Master 50-54	1.60m	Peter Lord	Unattached	Stellarton, NS	7/23/2017

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	NWI	Howie Jackson	Bridgetown Royal Canadian Legion	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	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	-2.00	Peter Lord	Unattached	Malaga, ESP	9/15/2018
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	7.08m	NWI	Howie Jackson	Bridgetown Royal Canadian Legion		1964
U20	6.85m		Peter Bienkowski	Amherst	Saint John, NB	1995
U18	6.83m		Peter Bienkowski	Amherst	Kamloops, BC	1993
U16	6.42m		Peter Bienkowski	Amherst	Toronto, ON	1991
U14	5.32m		Derrick Dempster	Chebucto	Halifax, NS	1983
Master 35-39	6.49	0.4	Peter Lord	Halifax Tigers	Sackville, NS	9/12/1998
Master 40-44	6.45	NWI	Peter Lord	Halifax Tigers	Sackville, NS	6/27/2004
Master 45-49	5.93	0	Peter Lord	Halifax Tigers	Clermont, FL	8/28/2008
Master 55-59	5.42	0.7	Peter Lord	Unattached	Dartmouth, NS	9/9/2020
Master 60-64	2.78	-3	Allan Elliot	Pictou County Athletics	Stellarton, NS	8/23/2017
Master 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

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	13.29m	3kg	Drew Erskine	Truro Lions	Truro, NS	6/30/2010
Masters 35-39	12.55m	7.26kg	Lee Myrick	Unattached	Lower Sackville, NS	6/25/2017
Masters 40-44	12.18m	7.26kg	Lee Myrick	Unattached	Dartmouth, NS	6/23/2019
Masters 45-49	8.89m	7.26kg	Mark Williamson	Valley Athletics	Dartmouth, NS	7/9/2017
Masters 50-54	12.78m	6kg	Steve Wohlmuth	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 Athletics	Stellarton, NS	7/24/2021
Masters (70-74)	7.40m	4kg	Alex MacEachern	Chebucto Athletics	Charlottetown, PEI	7/29/2018
Para F37	11.91m	5kg	David Bambrick (F 37)	Launchers	Moncton, NB	6/27/2014
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

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
Master 35-39	47.26m	7.26kg	Tipper McEwan	Unattached	Dartmouth, NS	6/23/2019
Master 40-44	32.77m	7.26kg	Kevin Bourgeois	HalIFAST	Moncton, NB	7/28/2013
Masters 45-49	18.93m	7.26kg	Allan Simpson	Pictou County Athletics	Stellarton, NS	8/23/2017
Masters 55-59	29.68m	5kg	Brian Hebb	Truro Lions	Dartmouth, NS	5/13/17
Masters 60-64	34.85m	5kg	Brian Hebb	Truro Lions	Charlottetown, PEI	7/28/2018
Masters 65-69	27.54m	5kg	Barry Lange	Unattached	Port Williams, NS	5/16/2015

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 Athletics	Brandon, MB	8/11/2017
U14	47.85m	750g	Max Minihan	Celtic Athletics	Dartmouth, NS	7/10/2021
Masters 35-39	40.65m	2kg	Lee Myrick	Unattached	Moncton, NB	10/5/2014
Masters 40-44	36.20m	2kg	Lee Myrick	Unattached	Dartmouth, NS	7/10/2021
Masters 45-49	27.02m	2kg	Dean Gurney	Annapolis County Athletics	Dartmouth, NS	6/22/2019
Masters 50-54	41.15m	1.5kg	Steve Wohlmuth	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	Stallarton, 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

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 Athletics	Stellarton, NS	8/23/2017
Masters (35-39)	52.15m	800g	Lee Myrick	Unattached	Culver City, CA	8/8/2017
Master (40-44)	48.46m	800g	Iain Lapointe	Truro Lions	Lower Sackville, NS	12/9/2020
Masters 45-49	34.48m	800g	Randall Morine	Unattached	Port Williams, NS	17-May-14
Masters 50-54	50.38m	700g	Steve Wohlmuth	Unattached	Port Williams, NS	29-Aug-15
Masters 55-59	29.78m	700g	Kevin O'Keefe	Launchers Athletics	Port Williams, NS	23-Jul-18
Masters 60-64	23.56m	600g	Pat Nearing	HaliFAST	Dartmouth, NS	24-Jun-18
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

Weight Throw

Masters 35-39	11.40m	35lb	Kevin Bourgeois	HaliFAST	Saint John, NB	9/12/2012
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Multi-Event**Men's Tetrathlon**

U14	962 (9.67, 8.24m, 4.12m, 1:57.71)	Zachary James	Valley Athletics	Antigonish, NS	7/12/2015
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Men's Pentathlon

U16	2689 (15.19 -0.7, 1.62m, 10.37m, 5.26 +0.0, 3:08.93)	Adam Farmer	Chebucto	Langley, BC	17-Aug-14
U18	3026	Lee Myrick	Chebucto	Lwr Sackville, NS	1994

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
U20	6363	Michael Fraser	Chebucto	London, ON	2002
U18	5485	Lee Myrick	Chebucto	Abbotsford	1995
U18	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
Masters (50-54)	2203 (15.24 -0.3), (4.01m 1.1), 7.73m, 15.43, 66.26, (24.08 0.4), 23.95m, NH, 25.68m, 5:49.86		Ed James	Valley Athletics	Moncton, NB	7/14/2019
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	8/12/2012