

## 2017 Athletics NS Last Chance Meet - 2017-12-02

## Canada Games Center

## Results

## Women 12-13 60 Meter Dash

| Name                     | Year Team             | Seed  | Finals | H# |
|--------------------------|-----------------------|-------|--------|----|
| Finals                   |                       |       |        |    |
| 1 251 Horsman, Jasenda L | 04 Truro Lions        | 20.00 | 8.55   | 1  |
| 2 250 Evans, Willa       | 05 Truro Lions        | 9.00  | 8.77   | 2  |
| 3 167 Moore, Jacqueline  | 04 Halifax Athletics  | 10.00 | 8.97   | 2  |
| 4 119 Laraqe, Gabrielle  | 04 Chebucto Athletics | 8.99  | 9.42   | 2  |
| 5 183 Wolthausen, Lyla   | 06 Halifax Athletics  | 10.42 | 9.67   | 1  |
| 6 163 Lewis, Abby        | 06 Halifax Athletics  | 8.44  | 10.04  | 2  |

## Women 14-15 60 Meter Dash

| Name                     | Year Team             | Seed  | Finals | H# |
|--------------------------|-----------------------|-------|--------|----|
| 1 856 Sweeney, Sierra    | 02 Yhz Track &        | 8.30  | 8.07   | 3  |
| 2 254 Yiridoe, Martha    | 02 Truro Lions        | 10.00 | 8.50   | 2  |
| 3 114 Fergusson, Lauren  | 02 Chebucto Athletics | 9.00  | 8.54   | 2  |
| 4 179 Thomas, Tamia      | 03 Halifax Athletics  | 8.88  | 8.60   | 3  |
| 5 845 Macneil, Allison   | 02 Yhz Track &        | 8.67  | 8.65   | 3  |
| 6 264 Lawrence, Lillian  | 03 Unattached N       | 8.90  | 8.81   | 3  |
| 7 847 Majury, Cate       | 03 Yhz Track &        | 8.90  | 8.83   | 3  |
| 8 162 Jollimore-Behie, L | 03 Halifax Athletics  |       | 9.05   | 2  |
| 9 159 Dunn, Livia        | 03 Halifax Athletics  | 9.40  | 9.17   | 2  |
| 10 118 Khalifa, Zianne   | 02 Chebucto Athletics | 10.00 | 9.50   | 2  |
| 11 105 Apa, Caity        | 03 Chebucto Athletics | 8.00  | 9.52   | 3  |

## Women 16-17 60 Meter Dash

| Name                    | Year Team             | Seed  | Finals |
|-------------------------|-----------------------|-------|--------|
| 1 120 Laves, Grace      | 00 Chebucto Athletics | 8.10  | 8.10   |
| 2 188 Smith, Gabrielle  | 02 Pictou Count       | 12.00 | 8.75   |
| 3 116 Gomiero, Dina     | 01 Chebucto Athletics | 8.90  | 8.87   |
| 4 172 Skinner, Olivia   | 01 Halifax Athletics  | 9.48  | 8.92   |
| 5 122 Metzler, Jasmine  | 01 Chebucto Athletics | 10.00 | 9.39   |
| 6 115 Fitzgerald, Haley | 01 Chebucto Athletics | 10.00 | 10.01  |

## Women 18-19 60 Meter Dash University

| Name                    | Year Team       | Seed | Finals | H# |
|-------------------------|-----------------|------|--------|----|
| 1 139 Reynolds, Maya    | 98 Dalhousie Un | 7.69 | 7.69   | 3  |
| 2 131 Heubach, Lorena   | 99 Dalhousie Un | 8.40 | 8.05   | 1  |
| 3 143 Silverberg, Jenna | 98 Dalhousie Un | 8.30 | 8.58   | 2  |

## Women 18-19 60 Meter Dash

| Name               | Year Team             | Seed | Finals | H#      |
|--------------------|-----------------------|------|--------|---------|
| 1 117 Hill, Olivia | 99 Chebucto Athletics | 8.00 | 8.60   | 2 8.593 |

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## Women 20-34 60 Meter Dash

| Name                     | Year | Team         | Seed  | Finals | H#      |
|--------------------------|------|--------------|-------|--------|---------|
| 2 252 Kharma, Sidney     | 00   | Truro Lions  | 10.00 | J8.60  | 2 8.599 |
| 3 210 Maclachlan, Joy    | 90   | Special Olym | 10.00 | J8.84  | 2       |
| 4 206 Harris, Brianna    | 90   | Special Olym | 10.00 | J10.15 | 2       |
| 5 205 Fraser, Caleigh    | 90   | Special Olym | 10.00 | J10.86 | 1       |
| 6 202 Delany, Rebecca    | 90   | Special Olym | 10.00 | J11.20 | 1       |
| 7 208 Latta, Emily       | 90   | Special Olym | 10.00 | J11.43 | 2       |
| 8 217 Ward, Ashley       | 90   | Special Olym | 10.00 | J13.05 | 1       |
| 9 209 Macintosh, Jennife | 90   | Special Olym | 10.00 | J13.10 | 1       |

## Women 20-34 60 Meter Dash University

| Name                     | Year | Team               | Seed | Finals | H# |
|--------------------------|------|--------------------|------|--------|----|
| 1 256 Beals, Shannay     | 89   | Unattached         |      | 7.62   | 2  |
| 2 248 Wilson, Hayley     | 90   | St. Francis        | 8.10 | 7.71   | 3  |
| 3 138 McKay, Shawna      | 96   | Dalhousie Un       | 7.93 | 7.87   | 3  |
| 4 245 Taylor, Samantha   | 90   | St. Francis        | 8.00 | 7.92   | 3  |
| 5 230 Graham, Megan      | 90   | St. Francis        | 8.20 | 8.16   | 2  |
| 6 221 Boudreau, Emma     | 90   | St. Francis        | 8.25 | 8.17   | 2  |
| 7 240 Marcott, Baillie   | 90   | St. Francis        | 8.16 | 8.19   | 3  |
| 8 233 Kennedy, Catherine | 90   | St. Francis        | 8.40 | 8.44   | 1  |
| 9 226 Deakin, Alanna     | 90   | St. Francis        | 8.32 | 8.44   | 2  |
| 10 241 Nastasiuk, Maddy  | 90   | St. Francis        | 8.14 | 8.63   | 3  |
| 11 231 Ito, Kylie        | 90   | St. Francis        | 8.40 | 8.94   | 1  |
| 12 158 Duggan, Lauren    | 02   | Halifast Athletics |      | 8.95   | 1  |

## Women 60-64 60 Meter Dash

| Name            | Year | Team         | Seed  | Finals |
|-----------------|------|--------------|-------|--------|
| 1 271 Welch, Jo | 56   | Unattached N | 10.05 | 10.60  |

## Women 12-13 150 Meter Dash

| Name                    | Year | Team               | Seed  | Finals |
|-------------------------|------|--------------------|-------|--------|
| 1 250 Evans, Willa      | 05   | Truro Lions        | 28.00 | 21.23  |
| 2 167 Moore, Jacqueline | 04   | Halifast Athletics | 32.00 | 22.92  |
| 3 183 Wolthausen, Lyla  | 06   | Halifast Athletics | 30.00 | 23.85  |
| 4 152 Calina, Danella   | 05   | Halifast Athletics | 35.00 | 24.19  |

## Women 14-15 200 Meter Dash

| Name                     | Year | Team               | Seed  | Finals | H# |
|--------------------------|------|--------------------|-------|--------|----|
| 1 114 Fergusson, Lauren  | 02   | Chebucto Athletics | 26.00 | 28.54  | 2  |
| 2 170 Nauss, Megan       | 03   | Halifast Athletics | 31.23 | 29.80  | 1  |
| 3 845 Macneil, Allison   | 02   | Yhz Track &        | 28.00 | 30.10  | 2  |
| 4 264 Lawrence, Lillian  | 03   | Unattached N       | 29.25 | 30.23  | 2  |
| 5 847 Majury, Cate       | 03   | Yhz Track &        | 28.50 | 30.26  | 2  |
| 6 159 Dunn, Livia        | 03   | Halifast Athletics | 29.75 | 30.79  | 2  |
| 7 162 Jollimore-Behie, L | 03   | Halifast Athletics | 32.00 | 31.44  | 1  |
| 8 842 King, Megan        | 03   | Yhz Track &        | 31.00 | 31.47  | 1  |

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## ...Women 14-15 200 Meter Dash

|    |     |                |    |                  |       |       |   |
|----|-----|----------------|----|------------------|-------|-------|---|
| 9  | 274 | Benoit, Eileen | 02 | Valley Athletics | 31.00 | 32.54 | 1 |
| 10 | 282 | O'Leary, Haley | 03 | Valley Athletics | 35.00 | 35.15 | 1 |

## Women 16-17 200 Meter Dash

| Name | Year | Team              | Seed | Finals             | H#    |       |   |
|------|------|-------------------|------|--------------------|-------|-------|---|
| 1    | 858  | Wilson, Edie      | 00   | Yhz Track &        | 26.00 | 26.52 | 2 |
| 2    | 120  | Layes, Grace      | 00   | Chebucto Athletics | 26.50 | 28.39 | 2 |
| 3    | 252  | Khurma, Sidney    | 00   | Truro Lions        | 27.50 | 30.24 | 2 |
| 4    | 172  | Skinner, Olivia   | 01   | Halifax Athletics  | 28.63 | 30.88 | 1 |
| 5    | 122  | Metzler, Jasmine  | 01   | Chebucto Athletics | 35.00 | 31.87 | 1 |
| 6    | 115  | Fitzgerald, Haley | 01   | Chebucto Athletics | 38.00 | 35.07 | 1 |

## Women 18-19 200 Meter Dash

| Name | Year | Team           | Seed | Finals            | H#    |       |   |
|------|------|----------------|------|-------------------|-------|-------|---|
| 1    | 846  | Macneil, Sarah | 99   | Yhz Track &       | 28.00 | 29.40 | 2 |
| 2    | 158  | Duggan, Lauren | 02   | Halifax Athletics |       | 30.14 | 1 |

## Women 20-34 200 Meter Dash

| Name | Year | Team               | Seed | Finals       | H#    |       |   |
|------|------|--------------------|------|--------------|-------|-------|---|
| 1    | 210  | Maclachlan, Joy    | 90   | Special Olym | 31.30 | 30.19 | 2 |
| 2    | 206  | Harris, Brianna    | 90   | Special Olym | 34.00 | 36.45 | 2 |
| 3    | 205  | Fraser, Caleigh    | 90   | Special Olym | 36.40 | 37.60 | 2 |
| 4    | 208  | Latta, Emily       | 90   | Special Olym | 40.70 | 41.25 | 2 |
| 5    | 202  | Delany, Rebecca    | 90   | Special Olym | 45.30 | 43.84 | 1 |
| 6    | 209  | Macintosh, Jennife | 90   | Special Olym | 46.90 | 50.00 | 1 |
| 7    | 217  | Ward, Ashley       | 90   | Special Olym | 48.70 | 51.78 | 1 |

## Women 40-44 200 Meter Dash

| Name | Year | Team          | Seed | Finals           |       |       |
|------|------|---------------|------|------------------|-------|-------|
| 1    | 284  | Smith, Cheryl | 74   | Valley Athletics | 31.00 | 33.05 |

## Women 14-15 300 Meter Dash

| Name | Year | Team          | Seed | Finals             |       |       |
|------|------|---------------|------|--------------------|-------|-------|
| 1    | 124  | Tucker, Sarah | 02   | Chebucto Athletics | 51.29 | 53.71 |

## Women 20-34 300 Meter Dash University

| Name | Year | Team              | Seed | Finals       | H#    |       |   |
|------|------|-------------------|------|--------------|-------|-------|---|
| 1    | 227  | Flower, Alexandra | 90   | St. Francis  | 42.50 | 41.26 | 2 |
| 2    | 138  | McKay, Shawna     | 96   | Dalhousie Un | 41.50 | 41.65 | 2 |
| 3    | 245  | Taylor, Samantha  | 90   | St. Francis  | 42.30 | 42.69 | 2 |
| 4    | 230  | Graham, Megan     | 90   | St. Francis  | 42.72 | 43.12 | 2 |
| 5    | 221  | Boudreau, Emma    | 90   | St. Francis  | 44.38 | 45.57 | 1 |
| 6    | 229  | Gosse, Kerry      | 90   | St. Francis  | 46.00 | 45.97 | 1 |

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## ...Women 20-34 300 Meter Dash University

|   |                    |                |       |       |   |
|---|--------------------|----------------|-------|-------|---|
| 7 | 239 Malone, Olivia | 90 St. Francis | 44.67 | 46.10 | 1 |
|---|--------------------|----------------|-------|-------|---|

## Women 18-19 400 Meter Dash

| Name                 | Year Team      | Seed    | Finals  |
|----------------------|----------------|---------|---------|
| 1 846 Macneil, Sarah | 99 Yhz Track & | 1:05.20 | 1:05.66 |

## Women 40-44 400 Meter Dash

| Name                | Year Team           | Seed    | Finals  |
|---------------------|---------------------|---------|---------|
| 1 284 Smith, Cheryl | 74 Valley Athletics | 1:10.00 | 1:11.05 |

## Women 60-64 400 Meter Dash

| Name              | Year Team            | Seed | Finals  |
|-------------------|----------------------|------|---------|
| 1 159 Dunn, Livia | 03 Halifax Athletics |      | 1:12.41 |

## Women 18-19 600 Meter Run University

| Name                   | Year Team       | Seed    | Finals  | H# |
|------------------------|-----------------|---------|---------|----|
| 1 140 Ross, Olivia     | 98 Dalhousie Un | 1:38.00 | 1:38.13 | 2  |
| 2 132 Hosmer, Maggie   | 99 Dalhousie Un | 1:42.00 | 1:48.14 | 1  |
| 3 136 Marchand, Lauryn | 99 Dalhousie Un | 1:45.00 | 1:49.66 | 1  |

## Women 20-34 600 Meter Run University

| Name                    | Year Team            | Seed    | Finals  | H# |
|-------------------------|----------------------|---------|---------|----|
| 1 137 McCrea, Anna      | 95 Dalhousie Un      | 1:38.00 | 1:36.49 | 2  |
| 2 127 Comeau, Elizabeth | 96 Dalhousie Un      | 1:38.00 | 1:39.63 | 2  |
| 3 146 Beaton, Heather   | 95 Halifax Athletics | 1:35.90 | 1:41.00 | 2  |
| 4 229 Gosse, Kerry      | 90 St. Francis       | 1:47.00 | 1:47.51 | 1  |
| 5 239 Malone, Olivia    | 90 St. Francis       | 1:45.78 | 1:52.40 | 1  |

## Girls 12-13 800 Meter Run

| Name                 | Year Team    | Seed    | Finals  |
|----------------------|--------------|---------|---------|
| 1 145 Timmons, Donya | 04 Ecole Nda | 3:59.00 | 3:43.29 |

## Women 14-15 800 Meter Run

| Name                   | Year Team      | Seed    | Finals  |
|------------------------|----------------|---------|---------|
| 1 289 Boucher, Mikayla | 02 Yhz Track & | 2:20.00 | 2:24.45 |

## Women 16-17 800 Meter Run

| Name              | Year Team            | Seed    | Finals  |
|-------------------|----------------------|---------|---------|
| 1 163 Lewis, Abby | 06 Halifax Athletics | 2:52.00 | 2:36.00 |

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**...Women 16-17 800 Meter Run**

|    |                     |                |         |         |
|----|---------------------|----------------|---------|---------|
| 2  | 249 Alexander, Mira | 00 Truro Lions | 2:33.00 | 2:48.75 |
| -- | 858 Wilson, Edie    | 00 Yhz Track & |         | DNF     |

**Women 20-34 1000 Meter Run University**

| Name | Year | Team            | Seed           | Finals          |
|------|------|-----------------|----------------|-----------------|
| 1    | 235  | Lawrence, Beth  | 90 St. Francis | 3:15.00 3:20.93 |
| --   | 859  | Rawding, Hilary | 90 Unattached  | DNF             |

**Girls 12-13 1200 Meter Run**

| Name | Year | Team               | Seed           | Finals          |
|------|------|--------------------|----------------|-----------------|
| 1    | 291  | Carr-McEachern, Ge | 04 Yhz Track & | 4:20.00 4:18.51 |

**Women 16-17 1500 Meter Run**

| Name | Year | Team               | Seed           | Finals          |
|------|------|--------------------|----------------|-----------------|
| 1    | 290  | Burke, Tanna       | 01 Yhz Track & | 4:50.00 5:09.97 |
| 2    | 855  | Stretton, Charlott | 00 Yhz Track & | 5:15.00 5:48.64 |

**Women 18-19 1500 Meter Run**

| Name | Year | Team           | Seed         | Finals          |
|------|------|----------------|--------------|-----------------|
| 1    | 145  | Timmons, Donya | 04 Ecole Nda | 7:29.00 7:18.94 |

**Girls 12-13 2000 Meter Run**

| Name | Year | Team               | Seed           | Finals          |
|------|------|--------------------|----------------|-----------------|
| 1    | 291  | Carr-McEachern, Ge | 04 Yhz Track & | 7:40.00 7:49.37 |

**Women 16-17 3000 Meter Run**

| Name | Year | Team               | Seed           | Finals            |
|------|------|--------------------|----------------|-------------------|
| 1    | 290  | Burke, Tanna       | 01 Yhz Track & | 10:50.00 10:58.66 |
| 2    | 843  | Langley, Charlotte | 00 Yhz Track & | 11:30.00 12:27.99 |

**Women 20-34 3000 Meter Run**

| Name | Year | Team         | Seed                 | Finals            |
|------|------|--------------|----------------------|-------------------|
| 1    | 169  | Myatt, Sarah | 92 Halifax Athletics | 11:00.00 10:26.58 |

**Women 40-44 3000 Meter Run**

| Name | Year | Team         | Seed                | Finals            |
|------|------|--------------|---------------------|-------------------|
| 1    | 278  | James, Paula | 73 Valley Athletics | 10:45.00 10:32.32 |

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**Women 60-64 3000 Meter Run**

| Name                   | Year Team      | Seed     | Finals   |
|------------------------|----------------|----------|----------|
| 1 289 Boucher, Mikayla | 02 Yhz Track & | 10:50.00 | 10:35.81 |

**Women 14-15 60 Meter Hurdles 30"**

| Name                  | Year Team      | Seed | Finals |
|-----------------------|----------------|------|--------|
| 1 856 Sweeney, Sierra | 02 Yhz Track & | 9.00 | 8.92   |

**Women 16-17 60 Meter Hurdles 30"**

| Name                | Year Team             | Seed  | Finals |
|---------------------|-----------------------|-------|--------|
| 1 116 Gomiero, Dina | 01 Chebucto Athletics | 11.40 | 10.57  |

**Women 18-34 60 Meter Hurdles 33"**

| Name                     | Year Team             | Seed  | Finals | H# |
|--------------------------|-----------------------|-------|--------|----|
| 1 139 Reynolds, Maya     | 98 Dalhousie Un       | 8.88  | 9.41   | 2  |
| 2 230 Graham, Megan      | 90 St. Francis        | 9.33  | 9.45   | 2  |
| 3 248 Wilson, Hayley     | 90 St. Francis        | 9.50  | 9.48   | 1  |
| 4 233 Kennedy, Catherine | 90 St. Francis        | 9.50  | 9.61   | 1  |
| 5 131 Heubach, Lorena    | 99 Dalhousie Un       | 9.45  | 9.66   | 2  |
| 6 143 Silverberg, Jenna  | 98 Dalhousie Un       | 9.32  | 9.70   | 2  |
| 7 117 Hill, Olivia       | 99 Chebucto Athletics | 10.00 | 9.85   | 1  |

**Women 14-15 High Jump**

| Name                    | Year Team             | Seed  | Finals |
|-------------------------|-----------------------|-------|--------|
| 1 189 Blanch, Mehkya    | 03 Pugwash Track Club | 1.52m | 1.45m  |
| 2 114 Fergusson, Lauren | 02 Chebucto Athletics | 1.30m | 1.40m  |
| 3 105 Apa, Caity        | 03 Chebucto Athletics | 1.40m | 1.35m  |

**Women 16-17 High Jump**

| Name                    | Year Team             | Seed  | Finals |
|-------------------------|-----------------------|-------|--------|
| 1 125 Willett, Ysabella | 00 Chebucto Athletics | 1.66m | 1.66m  |
| 2 109 Carvery, Zoe      | 00 Chebucto Athletics | 1.64m | 1.63m  |

**Women 18-19 High Jump**

| Name                  | Year Team       | Seed  | Finals |
|-----------------------|-----------------|-------|--------|
| 1 131 Heubach, Lorena | 99 Dalhousie Un | 1.63m | 1.55m  |
| 2 126 Beamish, Megan  | 98 Dalhousie Un | 1.55m | 1.45m  |

**Women 20-34 High Jump**

| Name                 | Year Team      | Seed  | Finals |
|----------------------|----------------|-------|--------|
| 1 226 Deakin, Alanna | 90 St. Francis | 1.06m | 1.50m  |

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## ...Women 20-34 High Jump

|   |                      |                 |       |       |
|---|----------------------|-----------------|-------|-------|
| 1 | 135 Maclatchie, Kate | 96 Dalhousie Un | 1.06m | 1.50m |
|---|----------------------|-----------------|-------|-------|

## Girls 12-13 Long Jump

| Name | Year | Team               | Seed                  | Finals |       |
|------|------|--------------------|-----------------------|--------|-------|
| 1    | 251  | Horsman, Jasenda L | 04 Truro Lions        | 4.05m  | 4.67m |
| 2    | 292  | Covert, Claire     | 05 Yhz Track &        | 3.05m  | 3.58m |
| 3    | 119  | Laraque, Gabrielle | 04 Chebucto Athletics | 4.01m  | 3.39m |

## Women 14-15 Long Jump

| Name | Year | Team             | Seed                  | Finals |       |
|------|------|------------------|-----------------------|--------|-------|
| 1    | 856  | Sweeney, Sierra  | 02 Yhz Track &        | 5.00m  | 5.04m |
| 2    | 254  | Yiridoe, Martha  | 02 Truro Lions        | 4.94m  | 5.02m |
| 3    | 179  | Thomas, Tamia    | 03 Halifast Athletics | 4.96m  | 4.73m |
| 4    | 188  | Smith, Gabrielle | 02 Pictou Count       | 4.90m  | 4.17m |
| 5    | 845  | Macneil, Allison | 02 Yhz Track &        | 4.50m  | 4.10m |
| 6    | 124  | Tucker, Sarah    | 02 Chebucto Athletics | 3.74m  | 3.90m |
| 7    | 282  | O'Leary, Haley   | 03 Valley Athletics   | 3.50m  | 3.61m |
| 8    | 841  | Khan, Sydney     | 02 Yhz Track &        | 3.50m  | 3.58m |

## Women 16-17 Long Jump

| Name | Year | Team              | Seed                  | Finals |       |
|------|------|-------------------|-----------------------|--------|-------|
| 1    | 125  | Willett, Ysabella | 00 Chebucto Athletics | 4.60m  | 4.70m |
| 2    | 283  | O'Leary, Taylor   | 01 Valley Athletics   | 4.60m  | 4.62m |

## Women 18-19 Long Jump

| Name | Year | Team            | Seed            | Finals |       |
|------|------|-----------------|-----------------|--------|-------|
| 1    | 131  | Heubach, Lorena | 99 Dalhousie Un | 5.10m  | 5.31m |
| 2    | 126  | Beamish, Megan  | 98 Dalhousie Un | 5.00m  | 4.69m |

## Women 20-34 Long Jump

| Name | Year | Team             | Seed            | Finals |       |
|------|------|------------------|-----------------|--------|-------|
| 1    | 241  | Nastasiuk, Maddy | 90 St. Francis  | 5.05m  | 5.10m |
| 2    | 248  | Wilson, Hayley   | 90 St. Francis  | 5.00m  | 4.95m |
| 3    | 135  | Maclatchie, Kate | 96 Dalhousie Un | 5.03m  | 4.89m |
| 4    | 240  | Marcott, Baillie | 90 St. Francis  | 5.21m  | 4.86m |
| 5    | 226  | Deakin, Alanna   | 90 St. Francis  | 5.10m  | 4.69m |
| 6    | 222  | Brennan, Erin    | 90 St. Francis  | 5.00m  | 4.38m |
| 7    | 231  | Ito, Kylie       | 90 St. Francis  | 5.00m  | 3.80m |

## Women 14-15 Triple Jump

| Name | Year | Team            | Seed           | Finals |        |
|------|------|-----------------|----------------|--------|--------|
| 1    | 856  | Sweeney, Sierra | 02 Yhz Track & | 11.30m | 11.02m |
| 2    | 254  | Yiridoe, Martha | 02 Truro Lions | 10.83m | 10.24m |

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**Women 20-34 Triple Jump**

| Name                   | Year Team      | Seed   | Finals |
|------------------------|----------------|--------|--------|
| 1 248 Wilson, Hayley   | 90 St. Francis | 11.00m | 11.21m |
| 2 241 Nastasiuk, Maddy | 90 St. Francis | 11.15m | 9.82m  |

**Women 40-44 Triple Jump**

| Name                | Year Team           | Seed  | Finals |
|---------------------|---------------------|-------|--------|
| 1 284 Smith, Cheryl | 74 Valley Athletics | 8.30m | 8.22m  |

**Tetrathlon: #1 Women 6-9 60 Meter Dash Tetrathlon**

| Name                     | Year Team            | Finals | Points |
|--------------------------|----------------------|--------|--------|
| 1 164 Lewis, Morgan      | 08 Halifax Athletics | 11.34  | 102    |
| 2 147 Beynon, Jacqueline | 09 Halifax Athletics | 11.43  | 97     |
| 3 851 Quinton, Emma      | 11 Yhz Track &       | 14.32  |        |

**Girls 10-11 60 Meter Dash Tetrathlon**

| Name                     | Year Team       | Finals | Points |
|--------------------------|-----------------|--------|--------|
| 1 255 Aresenault, Braely | 07 Unattached   | 9.86   | 205    |
| 1 261 Young, Lilly       | 07 Unattached   | 10.01  | 193    |
| 2 104 Verkoeijen, Sanne  | 07 Antigonish T | 10.31  | 170    |
| 3 848 Morrow, Kate       | 07 Yhz Track &  | 10.45  | 160    |
| 4 857 Tibbo, Rylee       | 07 Yhz Track &  | 10.99  | 123    |

**Tetrathlon: #4 Women 6-9 600 Meter Run Tetrathlon**

| Name                     | Year Team            | Finals  | Points |
|--------------------------|----------------------|---------|--------|
| 1 164 Lewis, Morgan      | 08 Halifax Athletics | 2:31.22 | 100    |
| 2 147 Beynon, Jacqueline | 09 Halifax Athletics | 2:39.27 | 71     |
| 3 851 Quinton, Emma      | 11 Yhz Track &       | 3:16.13 |        |

**Girls 10-11 600 Meter Run Tetrathlon**

| Name                     | Year Team       | Finals  | Points |
|--------------------------|-----------------|---------|--------|
| 1 255 Aresenault, Braely | 07 Unattached   | 2:12.49 | 186    |
| 1 104 Verkoeijen, Sanne  | 07 Antigonish T | 2:15.21 | 172    |
| 2 848 Morrow, Kate       | 07 Yhz Track &  | 2:20.30 | 147    |
| 3 261 Young, Lilly       | 07 Unattached   | 2:21.69 | 141    |
| 4 857 Tibbo, Rylee       | 07 Yhz Track &  | 2:37.23 | 78     |

**Tetrathlon: #3 Women 6-9 Long Jump Tetrathlon**

| Name                     | Year Team            | Finals | Points |
|--------------------------|----------------------|--------|--------|
| 1 147 Beynon, Jacqueline | 09 Halifax Athletics | 2.78m  | 126    |
| 2 164 Lewis, Morgan      | 08 Halifax Athletics | 2.61m  | 114    |
| 3 851 Quinton, Emma      | 11 Yhz Track &       | 1.77m  | 61     |



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## Girls 10-11 Long Jump Tetrathlon

| Name                     | Year Team       | Finals | Points |
|--------------------------|-----------------|--------|--------|
| 1 104 Verkoeijen, Sanne  | 07 Antigonish T | 3.21m  | 158    |
| 1 255 Aresenault, Braely | 07 Unattached   | 3.02m  | 144    |
| 2 261 Young, Lilly       | 07 Unattached   | 2.99m  | 141    |
| 3 848 Morrow, Kate       | 07 Yhz Track &  | 2.78m  | 126    |
| 4 857 Tibbo, Rylee       | 07 Yhz Track &  | 2.49m  | 106    |

## Tetrathlon: #2 Women 6-9 Shot Put 2kg Tetrathlon

| Name                     | Year Team            | Finals | Points |
|--------------------------|----------------------|--------|--------|
| 1 164 Lewis, Morgan      | 08 Halifax Athletics | 3.91m  | 86     |
| 2 147 Beynon, Jacqueline | 09 Halifax Athletics | 2.50m  | 38     |
| 3 851 Quinton, Emma      | 11 Yhz Track &       | 1.07m  |        |

## Girls 10-11 Shot Put 2kg Tetrathlon

| Name                     | Year Team       | Finals | Points |
|--------------------------|-----------------|--------|--------|
| 1 261 Young, Lilly       | 07 Unattached   | 5.35m  | 137    |
| 1 255 Aresenault, Braely | 07 Unattached   | 4.94m  | 123    |
| 2 848 Morrow, Kate       | 07 Yhz Track &  | 3.83m  | 84     |
| 3 104 Verkoeijen, Sanne  | 07 Antigonish T | 3.81m  | 83     |
| 4 857 Tibbo, Rylee       | 07 Yhz Track &  | 2.98m  | 54     |

## Women 6-9 Tetrathlon

| Name                     | Year Team            | Seed | Finals |
|--------------------------|----------------------|------|--------|
| 1 164 Lewis, Morgan      | 08 Halifax Athletics | 438  | 402    |
| 2 147 Beynon, Jacqueline | 09 Halifax Athletics | 17   | 332    |
| 3 851 Quinton, Emma      | 11 Yhz Track &       | 100  | 61     |

## Girls 10-11 Tetrathlon

| Name                     | Year Team       | Seed | Finals |
|--------------------------|-----------------|------|--------|
| 1 255 Aresenault, Braely | 07 Unattached   | 1    | 658    |
| 1 261 Young, Lilly       | 07 Unattached   | 1000 | 612    |
| 2 104 Verkoeijen, Sanne  | 07 Antigonish T | 1    | 583    |
| 3 848 Morrow, Kate       | 07 Yhz Track &  | 400  | 517    |
| 4 857 Tibbo, Rylee       | 07 Yhz Track &  | 300  | 361    |

## Men 12-13 60 Meter Dash

| Name                     | Year Team             | Seed  | Finals | H# |
|--------------------------|-----------------------|-------|--------|----|
| 1 173 Slawter, Nathaniel | 05 Halifax Athletics  | 8.57  | 8.41   | 2  |
| 2 168 Murray, Nicholas   | 05 Halifax Athletics  | 10.00 | 8.63   | 1  |
| 3 110 Conrad, Austin     | 04 Chebucto Athletics | 8.76  | 8.67   | 2  |
| 4 151 Bucci, Jonah       | 05 Halifax Athletics  | 15.00 | 8.80   | 1  |
| 5 280 Kendrick, Elijah   | 04 Valley Athletics   | 9.02  | 8.85   | 2  |
| 6 108 Boudreau, Jake     | 05 Chebucto Athletics | 10.00 | 9.15   | 2  |
| 7 160 Francis, Freddie   | 06 Halifax Athletics  | 9.10  | 9.24   | 2  |

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## ....Men 12-13 60 Meter Dash

|    |     |                    |    |                    |          |      |   |
|----|-----|--------------------|----|--------------------|----------|------|---|
| 8  | 149 | Bruce, Carter      | 04 | Halifast Athletics | 11.00    | 9.28 | 1 |
| 9  | 154 | Ciocca, Aaron      | 05 | Halifast Athletics | 00:00.00 | 9.29 | 1 |
| 10 | 180 | Wierstra, Davin    | 05 | Halifast Athletics | 10.00    | 9.72 | 2 |
| 11 | 101 | Bower-Branch, Kahl | 08 | Halifast Athletics |          | 9.77 | 1 |
| 12 | 153 | Chouinard, Ryan    | 05 | Halifast Athletics | 10.00    | 9.97 | 1 |

## Men 14-15 60 Meter Dash

| Name | Year | Team               | Seed | Finals             | H#       |      |   |
|------|------|--------------------|------|--------------------|----------|------|---|
| 1    | 253  | Rathgeber, Jonah   | 02   | Truro Lions        | 9.00     | 7.54 | 2 |
| 2    | 111  | Dowell, James      | 02   | Chebucto Athletics | 7.75     | 7.61 | 2 |
| 3    | 156  | Davis, Ryan        | 02   | Halifast Athletics | 11.00    | 7.94 | 1 |
| 4    | 182  | Williams, Marques  | 03   | Halifast Athletics | 8.62     | 8.24 | 2 |
| 5    | 161  | Hudson-Ash, Sequai | 03   | Halifast Athletics | 9.00     | 8.47 | 2 |
| 6    | 174  | Smith, Jeffrey     | 03   | Halifast Athletics | 00:00.00 | 8.48 | 1 |
| 7    | 121  | Marshall, Braden   | 02   | Chebucto Athletics | 10.08    | 8.63 | 2 |
| 8    | 166  | Miller, Zackary    | 03   | Halifast Athletics | 11.00    | 9.14 | 1 |
| 9    | 157  | Dipersio, Chad     | 05   | Halifast Athletics |          | 9.23 | 1 |

## Men 16-17 60 Meter Dash

| Name | Year | Team               | Seed | Finals             | H#   |      |               |
|------|------|--------------------|------|--------------------|------|------|---------------|
| 1    | 262  | Allbright, Brett   | 00   | Unattached N       | 8.00 | 7.53 |               |
| 2    | 270  | Sullivan, Jordan   | 00   | Unattached N       | 7.50 | 7.54 |               |
| 3    | 178  | Swaniker, Bryan    | 01   | Halifast Athletics | 7.78 | 7.58 |               |
| 4    | 148  | Brisbane, Akeem Ry | 00   | Halifast Athletics | 8.11 | 7.88 |               |
| 5    | 184  | Yildirim, Balkar   | 01   | Halifast Athletics | 8.30 | 7.93 |               |
| --   | 106  | Beaulieu, Nick     | 01   | Chebucto Athletics | 7.48 | DQ   | FS Rule 162.5 |

## Men 18-19 60 Meter Dash University

| Name | Year | Team           | Seed | Finals      | H#   |      |   |
|------|------|----------------|------|-------------|------|------|---|
| 1    | 192  | Edwards, Bryce | 98   | Saint Marys | 7.65 | 7.44 | 1 |
| 2    | 193  | Hebb, Ryan     | 98   | Saint Marys | 7.40 | 7.47 | 2 |
| 3    | 198  | Parris, Zach   | 99   | Saint Marys | 7.40 | 7.49 | 1 |

## Men 20-34 60 Meter Dash University

| Name | Year | Team               | Seed | Finals           | H#   |      |   |
|------|------|--------------------|------|------------------|------|------|---|
| 1    | 234  | Kinney, Adrian     | 90   | St. Francis      | 6.91 | 7.03 | 3 |
| 2    | 247  | West, Jonathan     | 90   | St. Francis      | 7.10 | 7.06 | 3 |
| 3    | 273  | MacDonald, Damon   | 95   | University o     | 7.24 | 7.24 | 3 |
| 4    | 260  | Steward-Lucas, Jam | 90   | Unattached       | 7.20 | 7.32 | 3 |
| 5    | 246  | Vanderslyk, Garret | 90   | St. Francis      | 7.40 | 7.41 | 2 |
| 6    | 281  | Lord, Daniel       | 00   | Valley Athletics | 7.21 | 7.48 | 3 |
| 7    | 242  | Pereyras, Joseph   | 90   | St. Francis      | 7.50 | 7.56 | 1 |
| 8    | 243  | Robinson, Liam     | 90   | St. Francis      | 7.40 | 7.62 | 2 |
| 9    | 224  | Chaisson, Zachary  | 90   | St. Francis      | 7.50 | 7.79 | 1 |
| 10   | 236  | Leger, Taylor      | 90   | St. Francis      | 7.40 | 7.89 | 2 |
| 11   | 199  | Smith, Matt        | 95   | Saint Marys      | 8.22 | 8.36 | 1 |
| --   | 257  | Lindo, Jhalil      | 90   | Unattached       | 7.30 | DNF  | 2 |

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**Men 20-34 60 Meter Dash**

| Name | Year | Team             | Seed                 | Finals | H#    |   |
|------|------|------------------|----------------------|--------|-------|---|
| 1    | 267  | Lunda, Joshua    | 95 Unattached N      | 6.95   | 7.02  | 2 |
| 2    | 259  | Smith, Chas      | 95 Unattached        | 7.12   | 7.17  | 2 |
| 3    | 269  | Stephen, Gabe    | 97 Unattached N      | 7.20   | 7.23  | 2 |
| 4    | 181  | Williams, Jaiden | 01 Halifax Athletics | 7.37   | 7.34  | 2 |
| 5    | 268  | MacDonald, Liam  | 93 Unattached N      | 7.65   | 7.82  | 2 |
| 6    | 211  | Morris, Zack     | 90 Special Olym      | 8.50   | 7.83  | 1 |
| 7    | 213  | Peters, Donald   | 90 Special Olym      | 8.50   | 8.02  | 1 |
| 8    | 204  | Fraser, Brandon  | 90 Special Olym      | 8.50   | 8.55  | 1 |
| 9    | 207  | James, Anthony   | 90 Special Olym      | 8.50   | 9.53  | 1 |
| 10   | 216  | Teriau, Ben      | 90 Special Olym      | 8.50   | 10.22 | 1 |
| 11   | 212  | Olsen, Austin    | 90 Special Olym      |        | 11.57 | 1 |

**Men 35-39 60 Meter Dash**

| Name | Year | Team           | Seed                 | Finals |      |
|------|------|----------------|----------------------|--------|------|
| 1    | 177  | Stewart, Jason | 80 Halifax Athletics | 8.52   | 8.46 |

**Men 40-44 60 Meter Dash**

| Name | Year | Team        | Seed                | Finals |      |
|------|------|-------------|---------------------|--------|------|
| 1    | 285  | Smith, Troy | 76 Valley Athletics | 9.70   | 9.46 |

**Men 45-49 60 Meter Dash**

| Name | Year | Team          | Seed            | Finals |      |
|------|------|---------------|-----------------|--------|------|
| 1    | 265  | Lawson, Peter | 68 Unattached N | 7.99   | 7.96 |

**Men 50-54 60 Meter Dash**

| Name | Year | Team        | Seed            | Finals |      |
|------|------|-------------|-----------------|--------|------|
| 1    | 266  | Lord, Peter | 63 Unattached N | 7.99   | 7.97 |

**Men 12-13 150 Meter Dash**

| Name | Year | Team               | Seed                  | Finals | H#    |   |
|------|------|--------------------|-----------------------|--------|-------|---|
| 1    | 173  | Slawter, Nathaniel | 05 Halifax Athletics  | 20.92  | 20.67 | 2 |
| 2    | 168  | Murray, Nicholas   | 05 Halifax Athletics  | 32.00  | 21.46 | 1 |
| 3    | 151  | Bucci, Jonah       | 05 Halifax Athletics  | 30.00  | 22.64 | 1 |
| 4    | 149  | Bruce, Carter      | 04 Halifax Athletics  | 25.00  | 22.88 | 2 |
| 5    | 108  | Boudreau, Jake     | 05 Chebucto Athletics | 20.00  | 23.39 | 2 |
| 6    | 153  | Chouinard, Ryan    | 05 Halifax Athletics  | 27.00  | 25.19 | 1 |
| 7    | 175  | Sparks, Jackson    | 07 Halifax Athletics  |        | 27.57 | 1 |

**Men 14-15 200 Meter Dash**

| Name | Year | Team          | Seed                  | Finals | H#    |   |
|------|------|---------------|-----------------------|--------|-------|---|
| 1    | 111  | Dowell, James | 02 Chebucto Athletics | 24.80  | 25.69 | 2 |

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## ....Men 14-15 200 Meter Dash

|   |                        |    |                    |          |       |   |
|---|------------------------|----|--------------------|----------|-------|---|
| 2 | 253 Rathgeber, Jonah   | 02 | Truro Lions        | 25.00    | 26.04 | 2 |
| 3 | 174 Smith, Jeffrey     | 03 | Halifax Athletics  | 00:00.00 | 27.41 | 1 |
| 4 | 297 Franzman, Ronen    | 03 | Yhz Track &        | 27.00    | 28.49 | 1 |
| 5 | 121 Marshall, Braden   | 02 | Chebucto Athletics | 26.70    | 29.07 | 2 |
| 6 | 161 Hudson-Ash, Sequai | 03 | Halifax Athletics  | 24.00    | 29.94 | 2 |
| 7 | 157 Dipersio, Chad     | 05 | Halifax Athletics  | 35.00    | 30.54 | 1 |
| 8 | 166 Miller, Zackary    | 03 | Halifax Athletics  | 32.00    | 30.59 | 1 |
| 9 | 160 Francis, Freddie   | 06 | Halifax Athletics  | 23.00    | 32.03 | 2 |

## Men 16-17 200 Meter Dash

| Name | Year | Team             | Seed | Finals             |       |       |
|------|------|------------------|------|--------------------|-------|-------|
| 1    | 106  | Beaulieu, Nick   | 01   | Chebucto Athletics | 23.26 | 24.36 |
| 2    | 178  | Swaniker, Bryan  | 01   | Halifax Athletics  | 24.77 | 24.68 |
| 3    | 262  | Allbright, Brett | 00   | Unattached N       | 24.50 | 25.33 |
| 4    | 184  | Yildirim, Balkar | 01   | Halifax Athletics  | 28.00 | 25.41 |

## Men 20-34 200 Meter Dash

| Name | Year | Team            | Seed | Finals       | H#    |       |   |
|------|------|-----------------|------|--------------|-------|-------|---|
| 1    | 267  | Lunda, Joshua   | 95   | Unattached N | 22.50 | 23.03 | 2 |
| 2    | 259  | Smith, Chas     | 95   | Unattached   | 22.50 | 23.05 | 2 |
| 3    | 269  | Stephen, Gabe   | 97   | Unattached N | 23.00 | 24.08 | 2 |
| 4    | 268  | MacDonald, Liam | 93   | Unattached N | 24.50 | 24.36 | 2 |
| 5    | 213  | Peters, Donald  | 90   | Special Olym | 26.40 | 27.11 | 1 |
| 6    | 211  | Morris, Zack    | 90   | Special Olym | 28.00 | 28.06 | 1 |
| 7    | 204  | Fraser, Brandon | 90   | Special Olym | 27.90 | 29.43 | 1 |
| 8    | 207  | James, Anthony  | 90   | Special Olym | 30.70 | 31.81 | 1 |
| 9    | 216  | Teriau, Ben     | 90   | Special Olym | 34.20 | 38.25 | 1 |
| 10   | 212  | Olsen, Austin   | 90   | Special Olym | 44.30 | 45.63 | 1 |

## Men 40-44 200 Meter Dash

| Name | Year | Team        | Seed | Finals           |       |       |
|------|------|-------------|------|------------------|-------|-------|
| 1    | 285  | Smith, Troy | 76   | Valley Athletics | 34.00 | 33.02 |

## Men 55-59 200 Meter Dash

| Name | Year | Team              | Seed | Finals     |       |         |
|------|------|-------------------|------|------------|-------|---------|
| 1    | 258  | Petitpas, Michael | 59   | Unattached | 35.00 | 1:14.08 |

## Men 14-15 300 Meter Dash

| Name | Year | Team             | Seed | Finals            |         |       |
|------|------|------------------|------|-------------------|---------|-------|
| 1    | 176  | Springer, Camden | 02   | Halifax Athletics | 38.00   | 38.57 |
| 2    | 265  | Lawson, Peter    | 68   | Unattached N      |         | 39.26 |
| 3    | 168  | Murray, Nicholas | 05   | Halifax Athletics | 1:20.00 | 47.05 |

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**Men 18-19 300 Meter Dash University**

| Name                    | Year Team      | Seed  | Finals | H# |
|-------------------------|----------------|-------|--------|----|
| 1 191 Carleton, Matthew | 99 Saint Marys | 40.50 | 38.35  | 1  |
| 2 198 Parris, Zach      | 99 Saint Marys | 39.90 | 39.12  | 2  |
| 3 193 Hebb, Ryan        | 98 Saint Marys | 38.90 | 39.64  | 3  |
| 4 192 Edwards, Bryce    | 98 Saint Marys | 39.95 | 39.94  | 2  |

**Men 20-34 300 Meter Dash University**

| Name                     | Year Team             | Seed  | Finals | H# |
|--------------------------|-----------------------|-------|--------|----|
| 1 144 Van Der Poel, Mike | 96 Dalhousie Un       | 34.10 | 34.75  | 5  |
| 2 234 Kinney, Adrian     | 90 St. Francis        | 36.30 | 36.51  | 5  |
| 3 223 Brennan, Timothy   | 90 St. Francis        | 36.50 | 36.58  | 4  |
| 4 273 MacDonald, Damon   | 95 University o       | 36.21 | 37.02  | 5  |
| 5 128 Cormier, Anthony   | 97 Dalhousie Un       | 36.50 | 37.37  | 5  |
| 6 238 Major, Justin      | 90 St. Francis        | 38.00 | 37.86  | 4  |
| 7 244 Sutton, Eric       | 90 St. Francis        | 38.00 | 37.87  | 3  |
| 8 281 Lord, Daniel       | 00 Valley Athletics   | 37.50 | 38.12  | 4  |
| 9 220 Barclay, Bradley   | 90 St. Francis        | 40.00 | 38.19  | 2  |
| 10 237 Macqueen, Ben     | 90 St. Francis        | 40.00 | 38.33  | 1  |
| 11 268 MacDonald, Liam   | 93 Unattached N       | 38.50 | 38.57  | 3  |
| 12 236 Leger, Taylor     | 90 St. Francis        | 40.00 | 39.17  | 1  |
| 13 242 Pereyras, Joseph  | 90 St. Francis        | 40.00 | 39.67  | 1  |
| 14 107 Boudreau, Brody   | 01 Chebucto Athletics | 38.00 | 40.35  | 4  |
| 15 224 Chaisson, Zachary | 90 St. Francis        | 40.00 | 40.89  | 2  |
| 16 243 Robinson, Liam    | 90 St. Francis        | 40.00 | 41.45  | 2  |

**Men 16-17 400 Meter Dash**

| Name               | Year Team             | Seed  | Finals | H# |
|--------------------|-----------------------|-------|--------|----|
| 1 112 Edwards, Ben | 00 Chebucto Athletics | 56.00 | 59.05  | 2  |

**Men 20-34 400 Meter Dash**

| Name                  | Year Team       | Seed    | Finals  | H# |
|-----------------------|-----------------|---------|---------|----|
| 1 213 Peters, Donald  | 90 Special Olym | 1:00.00 | 59.59   | 2  |
| 2 214 Phillips, Grant | 90 Special Olym | 1:00.00 | 1:10.15 | 1  |
| 3 207 James, Anthony  | 90 Special Olym | 1:00.00 | 1:16.01 | 2  |
| 4 203 Faye, Matt      | 90 Special Olym | 1:00.00 | 1:27.80 | 1  |
| 5 218 Ward, Kyle      | 90 Special Olym | 1:00.00 | 1:35.54 | 1  |

**Men 18-19 600 Meter Run University**

| Name                    | Year Team       | Seed    | Finals  | H# |
|-------------------------|-----------------|---------|---------|----|
| 1 134 Leighton, Matt    | 98 Dalhousie Un | 1:23.00 | 1:23.94 | 2  |
| 2 191 Carleton, Matthew | 99 Saint Marys  | 1:33.50 | 1:38.24 | 1  |
| 3 195 McKay, Colin      | 99 Saint Marys  | 1:32.50 | 1:40.41 | 1  |

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## Men 20-34 600 Meter Run University

| Name                     | Year | Team               | Seed    | Finals  | H# |
|--------------------------|------|--------------------|---------|---------|----|
| 1 133 Johnson, Shiloh    | 96   | Dalhousie Un       | 1:22.00 | 1:23.33 | 2  |
| 2 277 James, Noah        | 00   | Valley Athletics   | 1:22.50 | 1:25.43 | 2  |
| 3 260 Steward-Lucas, Jam | 90   | Unattached         | 1:26.50 | 1:27.02 | 2  |
| 4 107 Boudreau, Brody    | 01   | Chebucto Athletics | 1:27.00 | 1:27.54 | 2  |
| 5 200 Grimshaw-Surette,  | 00   | Southwest No       | 1:26.00 | 1:29.15 | 2  |
| 6 244 Sutton, Eric       | 90   | St. Francis        | 1:27.50 | 1:30.26 | 2  |
| 7 238 Major, Justin      | 90   | St. Francis        | 1:27.50 | 1:32.00 | 1  |
| 8 236 Leger, Taylor      | 90   | St. Francis        | 1:32.00 | 1:32.20 | 1  |
| 9 232 Jewkes, Creighton  | 90   | St. Francis        | 1:29.00 | 1:34.26 | 1  |
| 10 220 Barclay, Bradley  | 90   | St. Francis        | 1:30.00 | 1:34.58 | 1  |

## Men 12-13 800 Meter Run

| Name                  | Year | Team              | Seed    | Finals  |
|-----------------------|------|-------------------|---------|---------|
| 1 293 Eastwood, Ezra  | 04   | Yhz Track &       | 2:30.00 | 2:35.89 |
| 2 850 Quinton, Alex   | 06   | Yhz Track &       | 2:35.00 | 2:36.81 |
| 3 296 Flemming, Owen  | 04   | Yhz Track &       | 2:25.00 | 2:39.92 |
| 4 180 Wierstra, Davin | 05   | Halifax Athletics | 2:40.00 | 2:43.13 |
| 5 153 Chouinard, Ryan | 05   | Halifax Athletics | 2:30.00 | 2:55.79 |

## Men 14-15 800 Meter Run

| Name                 | Year | Team             | Seed    | Finals  |
|----------------------|------|------------------|---------|---------|
| 1 201 Muise, Taylor  | 02   | Southwest No     | 2:09.00 | 2:13.50 |
| 2 263 Good, Ben      | 03   | Unattached N     | 2:10.00 | 2:14.17 |
| 3 279 James, Zachary | 03   | Valley Athletics | 2:12.00 | 2:17.02 |

## Men 16-17 800 Meter Run

| Name               | Year | Team               | Seed    | Finals  |
|--------------------|------|--------------------|---------|---------|
| 1 112 Edwards, Ben | 00   | Chebucto Athletics | 2:15.00 | 2:20.87 |

## Men 18-19 800 Meter Run

| Name                    | Year | Team         | Seed    | Finals  |
|-------------------------|------|--------------|---------|---------|
| 1 130 Grimshaw-Surette, | 98   | Dalhousie Un | 1:55.00 | 1:54.97 |

## Men 20-34 800 Meter Run

| Name                    | Year | Team         | Seed    | Finals  |
|-------------------------|------|--------------|---------|---------|
| 1 214 Phillips, Grant   | 90   | Special Olym | 2:30.00 | 2:48.03 |
| 2 218 Ward, Kyle        | 90   | Special Olym | 2:30.00 | 3:47.08 |
| -- 141 Russell, William | 95   | Dalhousie Un | 1:55.00 | DNF     |

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**Men 18-19 1000 Meter Run University**

| Name                 | Year Team      | Seed    | Finals  |
|----------------------|----------------|---------|---------|
| 1 190 Bachelor, Owen | 99 Saint Marys | 2:40.00 | 2:43.35 |

**Men 20-34 1000 Meter Run University**

| Name                    | Year Team             | Seed    | Finals  |
|-------------------------|-----------------------|---------|---------|
| 1 194 Lefrank, Drew     | 95 Saint Marys        | 2:35.00 | 2:38.69 |
| 2 219 Alexander, James  | 90 St. Francis        | 2:40.00 | 2:41.35 |
| 3 123 Somers, Drew      | 01 Chebucto Athletics | 2:40.00 | 2:41.84 |
| 4 232 Jewkes, Creighton | 90 St. Francis        | 2:40.00 | 2:56.27 |

**Men 12-13 1200 Meter Run**

| Name                   | Year Team            | Seed    | Finals  |
|------------------------|----------------------|---------|---------|
| 1 293 Eastwood, Ezra   | 04 Yhz Track &       | 4:00.00 | 3:59.11 |
| 2 171 O'Connor, Yale   | 05 Halifax Athletics | 4:30.00 | 4:01.54 |
| 3 296 Flemming, Owen   | 04 Yhz Track &       | 4:00.00 | 4:03.19 |
| 4 299 Karabanow, Noah  | 04 Yhz Track &       | 4:05.00 | 4:11.11 |
| 5 180 Wierstra, Davin  | 05 Halifax Athletics | 7:00.00 | 4:12.41 |
| 6 294 Elliott, Liam    | 05 Yhz Track &       | 4:15.00 | 4:22.07 |
| 7 168 Murray, Nicholas | 05 Halifax Athletics | 7:00.00 | 4:23.17 |
| 8 288 Baard, Douglas   | 05 Yhz Track &       | 4:20.00 | 4:23.65 |

**Men 14-15 1200 Meter Run**

| Name                    | Year Team      | Seed    | Finals  |
|-------------------------|----------------|---------|---------|
| 1 850 Quinton, Alex     | 06 Yhz Track & | 4:00.00 | 4:01.86 |
| 2 844 Langlois, Charles | 06 Yhz Track & | 4:00.00 | 4:03.32 |

**Men 16-17 1500 Meter Run**

| Name                  | Year Team           | Seed    | Finals  |
|-----------------------|---------------------|---------|---------|
| 1 275 Benoit, Jacob   | 00 Valley Athletics | 4:33.25 | 4:16.19 |
| 2 853 Spearns, Jackie | 01 Yhz Track &      | 4:38.00 | 5:02.40 |

**Men 20-34 1500 Meter Run**

| Name                     | Year Team       | Seed    | Finals  |
|--------------------------|-----------------|---------|---------|
| 1 215 Piccinin, Stephane | 90 Special Olym | 5:00.00 | 4:36.08 |

**Men 50-54 1500 Meter Run**

| Name               | Year Team       | Seed    | Finals  |
|--------------------|-----------------|---------|---------|
| 1 272 Were, Albert | 66 Unattached N | 5:05.00 | 4:45.48 |

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**Men 60-64 1500 Meter Run**

| Name                 | Year Team           | Seed    | Finals  |
|----------------------|---------------------|---------|---------|
| 1 201 Muise, Taylor  | 02 Southwest No     | 4:47.00 | 4:30.75 |
| 2 263 Good, Ben      | 03 Unattached N     | 4:29.00 | 4:32.61 |
| 3 276 Dyson, Mattias | 02 Valley Athletics | 4:53.00 | 4:53.88 |

**Men 12-13 2000 Meter Run**

| Name                  | Year Team      | Seed    | Finals  |
|-----------------------|----------------|---------|---------|
| 1 299 Karabanow, Noah | 04 Yhz Track & | 7:20.00 | 7:31.60 |
| 2 288 Baard, Douglas  | 05 Yhz Track & | 7:30.00 | 7:48.50 |
| 3 294 Elliott, Liam   | 05 Yhz Track & | 7:25.00 | 7:49.50 |

**Men 14-15 2000 Meter Run**

| Name                    | Year Team      | Seed    | Finals  |
|-------------------------|----------------|---------|---------|
| 1 844 Langlois, Charles | 06 Yhz Track & | 7:10.00 | 7:12.24 |

**Men 18-19 3000 Meter Run**

| Name                  | Year Team      | Seed    | Finals  |
|-----------------------|----------------|---------|---------|
| 1 854 Stewart, Joseph | 99 Yhz Track & | 9:15.00 | 9:21.25 |

**Men 20-34 3000 Meter Run**

| Name                     | Year Team       | Seed     | Finals   |
|--------------------------|-----------------|----------|----------|
| 1 185 Mueller, Mattias   | 95 Halifax Road | 9:15.00  | 9:21.27  |
| 2 215 Piccinin, Stephane | 90 Special Olym | 10:26.10 | 10:26.11 |
| 3 203 Faye, Matt         | 90 Special Olym | 11:00.00 | 15:22.94 |

**Men 12-13 60 Meter Hurdles 30"**

| Name                 | Year Team             | Seed  | Finals |
|----------------------|-----------------------|-------|--------|
| 1 110 Conrad, Austin | 04 Chebucto Athletics | 11.00 | 10.27  |
| 2 108 Boudreau, Jake | 05 Chebucto Athletics | 15.00 | 12.55  |

**Men 16-17 60 Meter Hurdles 36"**

| Name               | Year Team       | Seed | Finals |
|--------------------|-----------------|------|--------|
| 1 187 Hughes, Eric | 00 Pictou Count | 8.78 | 8.67   |

**Men 20-34 60 Meter Hurdles 42"**

| Name                   | Year Team      | Seed | Finals |
|------------------------|----------------|------|--------|
| 1 223 Brennan, Timothy | 90 St. Francis | 9.10 | 8.91   |



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**Men 12-13 High Jump**

| Name                   | Year Team           | Seed  | Finals |
|------------------------|---------------------|-------|--------|
| 1 280 Kendrick, Elijah | 04 Valley Athletics | 1.20m | 1.20m  |

**Men 14-15 High Jump**

| Name                   | Year Team             | Seed  | Finals |
|------------------------|-----------------------|-------|--------|
| 1 121 Marshall, Braden | 02 Chebucto Athletics | 1.40m | 1.50m  |

**Men 18-19 High Jump**

| Name                  | Year Team       | Seed  | Finals |
|-----------------------|-----------------|-------|--------|
| 1 142 Schmidt, Kaelan | 98 Dalhousie Un | 1.09m | 1.95m  |

**Men 20-34 High Jump**

| Name                 | Year Team            | Seed  | Finals |
|----------------------|----------------------|-------|--------|
| 1 100 Coulet, Logan  | 97 Acadia University | 1.95m | 2.00m  |
| 2 228 Glover, Camron | 90 St. Francis       | 1.07m | 1.80m  |
| 3 257 Lindo, Jhalil  | 90 Unattached        | 1.06m | 1.65m  |

**Men 12-13 Long Jump**

| Name                     | Year Team             | Seed  | Finals |
|--------------------------|-----------------------|-------|--------|
| 1 168 Murray, Nicholas   | 05 Halifax Athletics  | 2.00m | 4.63m  |
| 2 110 Conrad, Austin     | 04 Chebucto Athletics | 4.24m | 4.60m  |
| 3 173 Slawter, Nathaniel | 05 Halifax Athletics  | 4.58m | 4.46m  |
| 4 280 Kendrick, Elijah   | 04 Valley Athletics   | 4.18m | 4.32m  |
| 5 180 Wierstra, Davin    | 05 Halifax Athletics  | 2.00m | 4.11m  |
| 6 108 Boudreau, Jake     | 05 Chebucto Athletics | 3.00m | 3.59m  |

**Men 14-15 Long Jump**

| Name              | Year Team            | Seed  | Finals |
|-------------------|----------------------|-------|--------|
| 1 156 Davis, Ryan | 02 Halifax Athletics | 4.50m | 5.32m  |

**Men 16-17 Long Jump**

| Name                     | Year Team             | Seed  | Finals |
|--------------------------|-----------------------|-------|--------|
| 1 106 Beaulieu, Nick     | 01 Chebucto Athletics | 6.27m | 5.89m  |
| 2 286 Williamson, Robert | 01 Valley Athletics   | 5.65m | 5.66m  |

**Men 18-19 Long Jump**

| Name                  | Year Team       | Seed  | Finals |
|-----------------------|-----------------|-------|--------|
| 1 142 Schmidt, Kaelan | 98 Dalhousie Un | 6.03m | 6.48m  |

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**Men 20-34 Long Jump**

| Name                     | Year Team       | Seed  | Finals |
|--------------------------|-----------------|-------|--------|
| 1 225 Cooper, Kirishnia  | 90 St. Francis  | 6.33m | 5.99m  |
| 2 129 Errington, Devin   | 93 Dalhousie Un | 6.30m | 5.75m  |
| 3 246 Vanderslyk, Garret | 90 St. Francis  | 6.59m | 5.39m  |
| 4 199 Smith, Matt        | 95 Saint Marys  | 5.37m | 5.29m  |
| 5 257 Lindo, Jhalil      | 90 Unattached   | 6.01m | 5.25m  |

**Men 12-13 Triple Jump**

| Name                   | Year Team           | Seed  | Finals |
|------------------------|---------------------|-------|--------|
| 1 280 Kendrick, Elijah | 04 Valley Athletics | 8.00m | 8.99m  |

**Men 14-15 Triple Jump**

| Name              | Year Team            | Seed   | Finals |
|-------------------|----------------------|--------|--------|
| 1 156 Davis, Ryan | 02 Halifax Athletics | 11.90m | 11.27m |

**Men 16-17 Triple Jump**

| Name                     | Year Team           | Seed   | Finals |
|--------------------------|---------------------|--------|--------|
| 1 286 Williamson, Robert | 01 Valley Athletics | 12.21m | 11.61m |

**Men 20-34 Triple Jump**

| Name                    | Year Team      | Seed   | Finals |
|-------------------------|----------------|--------|--------|
| 1 225 Cooper, Kirishnia | 90 St. Francis | 12.98m | 13.09m |

**Men 50-54 Triple Jump**

| Name              | Year Team       | Seed   | Finals |
|-------------------|-----------------|--------|--------|
| 1 266 Lord, Peter | 63 Unattached N | 11.86m | 11.45m |

**Tetrathlon: #1 Men 6-9 60 Meter Dash Tetrathlon**

| Name                     | Year Team            | Finals | H# | Points |
|--------------------------|----------------------|--------|----|--------|
| 1 101 Bower-Branch, Kahl | 08 Halifax Athletics | 10.11  | 2  | 185    |
| 2 155 Davis, Evan        | 08 Halifax Athletics | 10.16  | 1  | 181    |
| 3 165 Miles, Allister    | 08 Halifax Athletics | 10.44  | 2  | 161    |
| 4 102 Verkoeijen, Hidde  | 08 Antigonish T      | 10.73  | 1  | 140    |
| 5 849 Mujoomdar, Simon   | 09 Yhz Track &       | 10.76  | 1  | 138    |
| 6 287 Ackerman, David    | 09 Yhz Track &       | 10.80  | 2  | 136    |
| 7 150 Bryson, Samuel     | 08 Halifax Athletics | 11.22  | 1  | 109    |
| 8 852 Quinton, Jack      | 09 Yhz Track &       | 11.31  | 2  | 104    |
| 9 103 Verkoeijen, Pelle  | 10 Antigonish T      | 12.89  | 2  | 30     |

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**Tetrathlon: #4 Men 6-9 600 Meter Run Tetrathlon**

| Name                     | Year Team            | Finals  | Points |
|--------------------------|----------------------|---------|--------|
| 1 101 Bower-Branch, Kahl | 08 Halifax Athletics | 2:11.59 | 191    |
| 2 287 Ackerman, David    | 09 Yhz Track &       | 2:12.04 | 188    |
| 3 165 Miles, Allister    | 08 Halifax Athletics | 2:18.85 | 154    |
| 4 852 Quinton, Jack      | 09 Yhz Track &       | 2:19.12 | 153    |
| 5 102 Verkoeijen, Hidde  | 08 Antigonish T      | 2:19.23 | 152    |
| 6 155 Davis, Evan        | 08 Halifax Athletics | 2:23.73 | 132    |
| 7 150 Bryson, Samuel     | 08 Halifax Athletics | 2:24.41 | 129    |
| 8 849 Mujoomdar, Simon   | 09 Yhz Track &       | 2:32.43 | 96     |
| 9 103 Verkoeijen, Pelle  | 10 Antigonish T      | 3:01.81 | 15     |

**Tetrathlon: #3 Men 6-9 Long Jump Tetrathlon**

| Name                     | Year Team            | Finals | Points |
|--------------------------|----------------------|--------|--------|
| 1 101 Bower-Branch, Kahl | 08 Halifax Athletics | 3.58m  | 187    |
| 2 155 Davis, Evan        | 08 Halifax Athletics | 3.31m  | 165    |
| 3 287 Ackerman, David    | 09 Yhz Track &       | 3.22m  | 159    |
| 4 165 Miles, Allister    | 08 Halifax Athletics | 3.04m  | 145    |
| 5 849 Mujoomdar, Simon   | 09 Yhz Track &       | 2.84m  | 130    |
| 5 150 Bryson, Samuel     | 08 Halifax Athletics | 2.84m  | 130    |
| 7 102 Verkoeijen, Hidde  | 08 Antigonish T      | 2.77m  | 125    |
| 8 852 Quinton, Jack      | 09 Yhz Track &       | 2.66m  | 118    |
| 9 103 Verkoeijen, Pelle  | 10 Antigonish T      | 2.22m  | 88     |

**Tetrathlon: #2 Men 6-9 Shot Put 2kg Tetrathlon**

| Name                     | Year Team            | Finals | Points |
|--------------------------|----------------------|--------|--------|
| 1 101 Bower-Branch, Kahl | 08 Halifax Athletics | 6.26m  | 169    |
| 2 165 Miles, Allister    | 08 Halifax Athletics | 5.45m  | 141    |
| 3 287 Ackerman, David    | 09 Yhz Track &       | 4.90m  | 121    |
| 4 155 Davis, Evan        | 08 Halifax Athletics | 4.86m  | 120    |
| 5 849 Mujoomdar, Simon   | 09 Yhz Track &       | 4.49m  | 107    |
| 6 852 Quinton, Jack      | 09 Yhz Track &       | 3.86m  | 85     |
| 7 102 Verkoeijen, Hidde  | 08 Antigonish T      | 3.44m  | 70     |
| 8 150 Bryson, Samuel     | 08 Halifax Athletics | 2.94m  | 53     |
| 9 103 Verkoeijen, Pelle  | 10 Antigonish T      | 1.82m  | 16     |

**Men 6-9 Tetrathlon**

| Name                     | Year Team            | Seed | Finals |
|--------------------------|----------------------|------|--------|
| 1 101 Bower-Branch, Kahl | 08 Halifax Athletics | 100  | 732    |
| 2 287 Ackerman, David    | 09 Yhz Track &       | 1    | 604    |
| 3 165 Miles, Allister    | 08 Halifax Athletics | 100  | 601    |
| 4 155 Davis, Evan        | 08 Halifax Athletics | 1    | 598    |
| 5 102 Verkoeijen, Hidde  | 08 Antigonish T      | 1    | 487    |
| 6 849 Mujoomdar, Simon   | 09 Yhz Track &       | 400  | 471    |
| 7 852 Quinton, Jack      | 09 Yhz Track &       | 300  | 460    |
| 8 150 Bryson, Samuel     | 08 Halifax Athletics | 100  | 421    |
| 9 103 Verkoeijen, Pelle  | 10 Antigonish T      | 1    | 149    |

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**....Men 6-9 Tetrathlon**

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 Combined Team Scores - 35 Events Scored  
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|                                |     |                              |     |
|--------------------------------|-----|------------------------------|-----|
| 1) HALIFAST ATHLETICS          | 224 | 2) CHEBUCTO ATHLETICS        | 210 |
| 3) St. Francis Xavier Univers  | 207 | 4) Dalhousie University      | 168 |
| 5) YHZ Track & Field Club      | 100 | 6) UNATTACHED NOVA SCOTIA    | 94  |
| 7) VALLEY ATHLETICS            | 89  | 8) Saint Marys University    | 72  |
| 9) Special Olympics Nova Scot  | 68  | 10) TRURO LIONS              | 64  |
| 11) PICTOU COUNTY ATHLETICS CL | 23  | 12) ANTIGONISH TRACK CLUB    | 12  |
| 13) University of Prince Edwar | 11  | 14) Acadia University        | 10  |
| 14) Pugwash Track Club         | 10  | 16) Southwest Nova Athletics | 4   |