

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	2013-07-28
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Women's 100m

Open	11.37 (1.8)	Adrienne Power	Halifax Tigers	Oromocto, NB	2009-08-01
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	2008-08-11
U14	13.02	Kayla Marcotte	Wanderers	Lwr Sackville, NS	2002
Masters 35-39	14.55 (0.2)	Tisha King	YHZ	Dartmouth, NS	2022-05-07
Masters 40-44	14.08 (-0.4)	Melinda Hidi	Unattached	Montpellier, France	2018-06-10
Masters 45-49	20.82 (0.2)	Sheila Harris	Valley Athletics	Dartmouth, NS	2017-07-09
Masters 55-59	16.39 (0.2)	Maureen McKeage	Unattached	Dartmouth, NS	2017-07-08
Masters 60-64	15.3	Hand Timing Morag McDonah	Unattached	Stellarton, NS	2015-09-19
Masters 65-69	17.81 (0.9)	Jo (Welch) Bryant	Unattached	Regina, SK	2022-07-31

Women's 150m (no blocks)

U14	20.51 (NWI)	Kaitlynn Mead	Annapolis Co.Athletics	Stellarton, NS	2022-07-10
	20.51 (1.8)	Kaitlynn Mead	Annapolis Co.Athletics	Dartmouth, NS	2022-07-24

Women's 200m

Open	22.86A (1.8)	Adrienne Power	Halifax Tigers	Provo, UT	2008-05-24
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	NSWheelchair Racing Team	Oromocto, NB	2009
Masters 40-44	28.42 (0.3)	Melinda Hidi	Unattached	Montpellier, FRA	2018-04-07
Masters 45-49	32.76 (-0.6)	Christine Etter	Unattached	Dieppe, NB	2006-07-22
Masters 55-59	34.6	Hand Timing Norma Houston	Unattached	Stellarton, NS	2015-09-19
Masters 60-64	33.3	Hand Timing Morag McDonah	Unattached	Stellarton, NS	2015-09-19
Masters 65-69	38.73 (-0.5)	Jo Welch	Unattached	Dartmouth, NS	2021-07-11

Women's 300m

U16	41.32	Cara MacDonald	Pictou County Athletics	Stellarton, NS	2019-07-07
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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	2018-06-02
Open	01:54.5	Wheelchair Kelly Bennet	NSWheelchair Racing Team	Charlottetown, PEI	2009
Masters 40-44	68.24	Paula James	Valley Athletics	Dartmouth, NS	2017-07-09

Masters 45-49	68.53		Cheyli Smith	YHZ	Dartmouth, NS	2021-08-07
Masters 60-64	1:19	Hand Timing	Morag McDonah	Unattached	Stellarton, NS	2015-09-19
Masters 65-69	1:17.98		Morag McDonah	Unattached	Dartmouth, NS	2021-07-10

Women's 800m

Open	2:04.19		Leanna MacLean	Halifax Tigers	Uden, Belgium	2007
U20	2:07.74		Maggie Smith	HaliFAST	Kingston, JAM	2018-07-01
U18	2:07.74		Maggie Smith	HaliFAST	Kingston, JAM	2018-07-01
U16	2:09.00		Louise Palmer	ACC	Montreal, QE	1977
U14	2:19.79		Robyn Meagher	Antigonish	Saskatoon, SK	1980
Masters 40-44	2:30.43		Ena MacPherson	Unattached	Lwr Sackville, NS	2002
Masters 45-49	2:30.81		Paula James	Valley Athletics	Dartmouth, NS	2021-07-11
Masters 55-59	3:03	Hand Timing	Norma Houston	Unattached	Stllarton, NS	2015-09-19
Masters 65-69	2:56.52		Morag McDonah	Unattached	Dartmouth, NS	2021-07-11

Women's 1200m

U16	3:36.52		Rachel Crawley	YHZ	Ottawa, ON	2011-08-05
U14	3:44.57		Abby Lewis	Chebucto Athletics	Moncton, NB	2019-07-14

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	2021-07-23
U14	4:46.13		Abby Lewis	Chebucto Athletics	Wolfville, NS	2019-06-01
Masters 45-49	4:51.03		Paula James	Valley Athletics	Dartmouth, NS	2021-07-10
Masters 50-54	5:46.11		Ena MacPherson	Unattached	St. John, NB	2012-08-08

Women's Mile

Open	4:47.52		Ashley Ryer	Unattached	Antigonish, NS	2014-07-12
U20	4:51.46		Maggie Smith	HaliFAST	White Plains, NY	2019-05-11
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
Masters 35-39	5:42.44		Anne Nugent	Track Rats	Halifax, NS	1993

Women's 2000m

U16	6:10.88		Abby Lewis	Chebucto Athletics	Dartmouth, NS	2021-08-07
U14	6:35.71		Abby Lewis	Chebucto Athletics	Stellarton, NS	2019-07-07

Women's 3000m

Open	9:06.4		Annick DeGooyer	MAAC	Montreal, QE	1991
U20	9:17.77		Siona Chisholm	XTFC	Langley, BC	2022-06-24
U18	9:36.32		Maggie Smith	HaliFAST	Brandon, MB	2018-08-11
U16	10:05.40		Carley Birrell	Chebucto	Dartmouth, NS	2017-06-03
U14	10:19.19		Abby Lewis	Chebucto Athletics	Wolfville, NS	2019-06-01

Women's 5000m

Open	16:02.27		Kim Bird	Antigonish	Gainesville, FL	1984
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U20	16:19.79		Siona Chisholm	XTFC	Stellarton, NS	2022-06-04
U18	18:35.68		Stephanie Skoreyko	Unattached	Lwr Sackville, NS	2005-07-01
U16	21:38.1		Natalia Tate	Bows"n"Bass	Halifax, NS	1994
U14	21:38.1		Natalia Tate	Bows"n"Bass	Halifax, NS	1994
Masters 35-39	21:21.07		Linda MacDonald	Unattached	Dieppe, NB	2006-07-22
Masters 40-44	18:56.24		Maura Wiczorek	Halifax Road Hammers	Halifax, NS	2022-07-02
Masters 45-49	18:05.17		Paula James	Valley Athletics	Halifax, NS	2022-07-02

Women's 10000m

Open	34:10.0		Lucy Smith	Independent	Halifax, NS	1989
U20	37:27.3		Rebecca Richards	VRR	Antigonish, NS	1984
Masters 45-49	40:55.3		Sherry Carson	Unattached	Dieppe, NB	2006-07-22

Women's 80m Hurdles

Open	11.82 (0.5)	30"	Sierra Sweeney	YHZ	Brandon, MB	11-Aug-17
U20	12.65A	30"	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	07-Jul-13
Masters 40-44	12.63 (1.3)	30"	Melina Hidi	Unattached	Malaga, ESP	04-Sep-18
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	17.14 (-2.5)	30"	Jo Welch	Unattached	Regina, SK	28-Jul-13
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	2009-08-27
U18	14.80 (1.8)	30"	Abbigael Gaudry	Chebucto	Stellarton, NS	7-27-19
U16	16.71	30"	Stephanie Johnson	Chebucto	Saskatoon, SK	1985
Masters 35-39	18.11 (0.8)	33"	Melinda Hidi	Unattached	Lyon, FRA	2015-08-16

Women's 200m Hurdles

U16	28.37 (-0.7)	30"	Sierra Sweeney	YHZ	Brandon, MB	2017-08-11
U14	30.35 (0.1)	30"	Sierra Sweeney	HaliFAST	St. Therese, QC	2015-08-09

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	2017-07-09
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	77.92	27"	Jo (Welch) Bryant	Unattached	Regina, SK	31-Jul-22

Women's 400m Hurdles

Open	60.17	30"	Alicia Dobranowski	Halifax Tigers	Bern, Switzerland	2009-07-18
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 35-39	86.87	30"	Tisha King	YHZ	Dartmouth, NS	2022-06-26
Masters 40-44	81.10	30"	Cheryl Smith	Valley Athletics	Charlotetown, PEI	2018-07-30
Masters 45-49	78.94	30"	Cheryl Smith	YHZ	Dartmouth, NS	2022-07-24

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	2013-07-07
U18	7:05.32		Maggie McClure	YHZ	Langley, BC	2014-08-17
Masters 40-44	08:47.23		Cheryl Smith	Valley Athletics	Stellarton, NS	2017-07-07
Masters 45-49	08:31.28		Cheryl Smith	YHZ	Dartmouth, NS	2021-08-09

Women's 3000m Steeplechase

Open	10:49.85		Rebecca Coady	Athletics East	Florida	2010-05-16
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		Rachael Cheechoo	Unattached	Auckland, NZ	2017-04-25
Masters 1500m (60-64)	10:42.90		Rachael Cheechoo	Unattached	Dartmouth, NS	2021-08-08
Masters 3000m (55-59)	22:16.10		Rachael Cheechoo	Unattached	Auckland, NZ	2017-04-26
Masters 5000m (55-59)	38:30		Rachael Cheechoo	Unattached	Auckland, NZ	2017-04-28

Women's 4X100m Relay

Open	47.13		NS Canada Games		Charlottetown, PE	2009-08-25
			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		
Masters 40-44	68.4		Team NS		Dieppe, NB	2006-07-21
			Ena MacPherson	Sherry Carson		
			Janet Hoyt-Deon	Christine Etter		
Masters 55-59	70.4	HT	All-NS 55+ Team		Stellarton, NS	2015-09-19
			Anne Murray	Norma Houston		
			Jo Welch	Morag McDonough		

Women's 4X400m Relay

Open	3:45.41		NS Team		Oromocto, NB	2009-08-02
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		Alicia Dobranowski	Janice Stirling		
		Jenna Martin	Adrienne Power		
U20	3:52.44	NS Legion Team		Regina, SK	2005
		Jenna Martin	Celia Peters		
U18	3:54.84	Kayla Marcotte	Jan Stirling	Sudbury, ON	2004
		NS Legion Team			
		Jenna Martin	Celia Peters		
U16	4:18.3	Gina Stewart	Jan Stirling	Halifax, NS	2002
U14	4:55.4	Annapolis Valley International		Antigonish, NS	1987
		Chebucto			

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	11.98m (1.8)	Gabrielle Fraser	Unattached	Fresno, CA	14-May-22
U20	11.77m (0.0)	Gabrielle Fraser	Unattached	Brandon, MB	2017-08-13
U18	11.77m (0.0)	Gabrielle Fraser	Unattached	Brandon, MB	2017-08-13
U16	11.44m (0.5)	Rachel Boyle	Chebucto	Oromocto, NB	2007
U14	10.48m (-0.2)	Myka Wilson	Truro Lions	Dartmouth, NS	2022-06-26
Masters 40-44	9.63 (0.6)	Rachelle MacDonald	Unattached	Charlottetown, PE	2018-07-29
Masters 55-59	6.97 (NWI)	Jo Welch	Unattached	Stellarton, NS	2015-09-19
Masters 60-64	6.88m (0.4)	Jo Welch	Unattached	Dartmouth, NS	2016-05-07

Women's Long Jump

Open	6.07m (1.2)	Rachael McIntosh	Bluenose	Walnut, CA	2016-04-17
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U20	5.77m	Leslie Wilson	Truro	Ottawa, ON	1986
U18	5.75m	Leslie Wilson	Chebucto	Saint John, NB	1985
U16	5.42m (0.4)	Abbigael Gaudry	Chebucto	Lower Sackville, NS	2018-06-16
U14	4.81m (2.0)	Trinity Brown	HaliFAST	Lower Sackville, NS	2013-07-07
Masters 35-39	3.99m (1.8)	Deelle Hines	Unattached	Saint John, NB	2016-08-24
Masters 40-44	4.07m (0.2)	Rachelle MacDonald	Unattached	Lower Sackville, NS	2018-06-16
Masters 45-49	1.92m (0.1)	Sheila Harris	Unattached	Dartmouth, NS	2017-07-08
Masters 55-59	2.70m (1.7)	Janet MacIssac	Unattached	Stellarton, NS	2018-07-15

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 Shot Put

Open	18.52m	4kg	Sarah Mitton	Unattached	Collegeville, PA	2018-08-10
U20	14.66m	4kg	Chelsea Whalen	Launchers	Tallahassee, FL	2011-04-09
U18	14.96m	3kg	Keighan Decoff	Pictou County Athletics	Sydney, NS	2019-08-10
U18	13.71m	4kg	Chelsea Whalen	Launchers	Charlottetown, PEI	2009-08-25
U16	13.99m	3kg	Taylor Stutely	Launchers	Port Williams, NS	8-20-11
U14	8.94m	3kg	Lynn Murray	Independent	Lwr Sackville, NS	1990
Para F34	2.96m	3kg	Kimberly Neary	HaliFAST	Dartmouth, NS	2022-07-24
Para F53	4.58m	3kg	Pam LeJean	Valley Athletics	Lower Sackville, NS	2016-06-18
Masters 40-44	7.74m	4kg	Cheryl Smith	Valley Athletics	Stellarton, NS	2017-07-23
Masters 45-49	9.55m	4kg	Ann Findlay	Pictou County Athletics	Moncton, NB	07-Jul-19
Masters 50-54	8.45m	3kg	Pamela Jeffrey Mcewing	Truro Lions	Dartmouth, NS	2022-06-26
Masters 55-59	7.94m	3kg	Tammi Parks	Unattached	Truro, NS	2021-10-09
Masters 60-64	6.78m	3kg	Jo Welch	Unattached	Toronto, ON	2017-08-13
Masters 65-69	5.84m	3kg	Jo Welch	Unattached	Truro, NS	2021-10-09

Women's Hammer

Open	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	2013-04-05
U20	56.85m	4kg	Kayla Gallagher	Truro Lions	Tuscon, AZ	2013-04-05
U18	54.34m	3kg	Tatum McLean	Pictou County Athletics	Lower Sackville, NS	2016-07-02
U18	46.58m	4kg	Kayla Gallagher	Truro Lions	Moncton, NB	2011-08-11
U16	44.49m	3kg	Tatum MacLean	Pictou County Athletics	Langley, BC	2014-08-17
U14	29.20m	3kg	Sarah Millman	Truro Lions	Truro, NS	2009-06-24
Masters 40-44	14.92m	4kg	Cheryl Smith	Valley Athletics	Dartmouth, NS	2017-07-09
Masters 45-49	17.02m	4kg	Tracy Acker-Canning	Unattached	Dartmouth, NS	2022-05-07
Masters 50-54	25.89m	3kg	Pamela Jeffrey Mcewing	Truro Lions	Dartmouth, NS	2022-06-19
Masters 55-59	18.93m	3kg	Anita Carty	Pictou County Athletics	Dartmouth, NS	2017-07-09
Masters 60-64	21.36m	3kg	Jo Welch	Unattached	Dartmouth, NS	2017-07-09
Masters 65-69	19.42m	3kg	Jo (Welch) Bryant	Unattached	Regina, SK	2022-07-31

Women's Outdoor Weight Throw

Masters 55-59	5.50m	16lb	Jane Warren	Unattached	Vancouver, BC	2016-08-31
Masters 60-64	9.43m	12lb	Jo Welch	Unattached	Spokane, WA	2018-07-29
Masters 65-69	9.31m	12lb	Jo (Welch) Bryant	Unattached	Regina, SK	2022-07-31

Women's Discus

Open	45.37m	1kg	Kayla Gallagher	Truro Lions	Lethbridge, AB	2012-05-19
U20	45.37m	1kg	Kayla Gallagher	Truro Lions	Lethbridge, AB	2012-05-19
U18	42.34m	1kg	Taylor Stutely	Launchers	Port Williams, NS	2013-08-03
U16	39.54m	1kg	Taylor Stutely	Launchers	Port Williams, NS	2011-08-20
U14	30.24m	750g	Sydney Davidson	Truro Lions	Stellarton, NS	2015-07-05
Para F34	6.36m	1kg	Kimberly Neary	HaliFAST	Dartmouth, NS	2022-07-24
Para F53	9.25m	1kg	Pam LeJean	Valley Athletics	Dartmouth, NS	2014-05-03
Masters 40-44	20.31m	1kg	Lisa Murray	Unattached	Stellarton, NS	2019-08-07
Masters 45-49	18.62m	1kg	Cheryl Smith	YHZ	Sydney, NS	2021-08-01
Masters 50-54	21.59m	1kg	Pamela Jeffrey Mcewing	Truro Lions	Stellarton, NS	2022-07-10
Masters 55-59	19.67m	1kg	Tammi Parks	Unattached	Truro, NS	2021-10-09
Masters 60-64	19.31m	1kg	Anita Carty	Pictou County Athletics	Stellarton, NS	2021-07-24
Masters 65-69	12.38m	1kg	Jo Welch	Unattached	Stellarton, NS	2021-07-24

Women's Javelin

Open	52.08m	600g	Chelsea Whalen	Launchers	Port Williams, NS	2013-08-03
U20	46.75m	600g	Chelsea Whalen	Launchers	Moncton, NB	7-3-10
U18	45.25m	600g	Chelsea Whalen	Independent	Sherbrooke, QE	2008-08-09
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	2008-07-26
Para F34	6.99m	600g	Kimberly Neary	HaliFAST	Dartmouth, NS	2022-07-24
Para F53	10.25m	600g	Pam LeJean	Valley Athletics	Port Williams, NS	2014-06-15
Masters 40-44	30.46m	600g	Lynn Smaggus	Unattached	Dartmouth, NS	2021-07-11
Masters 45-49	26.57m	600g	Tracy Acker-Canning	Unattached	Dartmouth, NS	07-May-22
Masters 50-54	20.20m	500g	Pamela Jeffrey McEwing	Truro Lions	Dartmouth, NS	2021-08-07
Masters 55-59	16.50m	500g	Janet MacIssac	Unattached	Sydney, NS	2021-09-19
Masters 60-64	15.12m	500g	Anita Carty	Pictou County Athletics	Moncton, NB	2014-07-14
Masters 65-69	10.79m	500g	Jo Welch	Unattached	Truro, NS	2021-07-17

Multi-Events

Women's Tetrathlon

U14	788		Madelyn MacDonald	Annapolis County Athletics Clu	Dartmouth, NS	2018-05-05
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Women's Pentathlon

Masters 60-64	2130		Jo Welch	Unattached	Toronto, ON	2017-08-11
Masters 65-79	1090		Jo Welch	Unattached	Truro, NS	2021-10-09

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	2010-05-02
U18	4673		Bridget Deveau	Chebucto	St. Therese, QC	2013-07-14
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 Franklin-Smith	HaliFAST	Dartmouth, NS	8/3/2014
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Men's 100m

Open	10.55 (1.4)	Matt Coolen	HaliFAST	Toronto, ON	2016-06-12
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
Masters 35-39	12.28 (0.9)	Jonathan Bell	Unattached	Dartmouth, NS	2018-06-23
Masters 40-44	12.67 (-2.1)	Yassine Bouloum	HaliFAST	Dartmouth, NS	2019-06-23
Masters 45-49	13.17 (1.0)	Edward James	Valley Athletics	Lower Sackville, NS	2016-07-03
Masters 50-54	12.81 (0.9)	Peter Lord	Unattached	Dartmouth, NS	2018-06-23
Masters 60-64	13.83 (0.0)	Ron Melchior	Unattached	Dartmouth, NS	2021-08-07
Masters 65-69	13.89 (-1.0)	Llew Chase	Bluenose Athletics	Lower Sackville, NS	2017-06-25
Masters 70-74	16.18 (0.2)	Alex MacEachern	Chebucto Athletics	Dartmouth, NS	2017-05-13
Masters 75-79	17.10 (-0.1)	Ross Mitchell	Unattached	Dieppe, NB	2006-07-22
T44	12.24 (0.5)	Jackie Marciano	Halifax	Dartmouth, NS	2013-05-04
T52	19.35 (0.5)	Ryan Shay	Valley Athletics	Nottwii, SUI	2016-05-29
T53	15.65 (0.5)	Ben Brown	Valley Athletics	Nottwii, SUI	2016-05-29

Men's 150m

U14	19.58 (0.9)	Jaiden Williams	HaliFAST	Dartmouth, NS	2014-08-03
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Men's 200m

Open	21.35 (0.8)	Mike Van der Poel	HaliFAST	Dartmouth, NS	2017-07-09
U20	21.58 (0.4)	Matthew Coolen	HaliFAST	Wolfville, NS	2015-06-06
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
Masters 35-39	25.17 (-0.5)	Yassine Bouloum	HaliFAST	Dartmouth, NS	2018-06-24
Masters 40-44	24.29 (1.0)	Peter Lawson	Unattached	Moncton, NB	2013-06-13
Masters 45-49	24.88 (1.1)	Peter Lawson	Unattached	Ottawa, ON	2017-07-06
Masters 50-54	24.68 (-0.9)	Peter Lawson	Unattached	Toronto, ON	2019-07-21
Masters 60-64	27.65 (NWI)	Llew Chase	Bluenose Athletics	Sackville, NS	2012-07-14
Masters 65-69	28.95 (0.1)	Ron Melchior	Unattached	Dartmouth, NS	2022-05-07
Masters 70-74	34.43 (-0.6)	Alex MacEachern	Chebucto Athletics	Dartmouth, NS	2017-05-13
T44	25.03 (-3.0)	Jackie Marciano	Halifax	Moncton, NB	2013-06-23
T52	36.29 (0.0)	Ryan Shay	Valley Athletics	Nottwii, SUI	2016-05-27
T53	27.60 (1.5)	Ben Brown	Valley Athletics	Arbon, SUI	2015-06-07

Men's 300m

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
Masters 35-39	55.20		Shawn Beaton	HaliFAST	Lwr Sackville, NS	2013-07-13
Masters 40-44	50.04	CDN Record	Peter Lawson	Halifax Tigers	Indianapolis, IN	2010-06-19
Masters 45-49	51.97		Peter Lawson	Unattached	Toronto, ON	2014-07-13
Masters 50-54	54.23		Peter Lawson	LIIT	Toronto, ON	2019-07-21
Masters 55-59	75.49		Michael Petitpas	Halifax	Stellarton, NS	2018-07-15
Masters 70-74	83.29		Alex MacEachern	Chebucto Athletics	St. John, NB	2016-07-23
T44	54.56		Jackie Marciano	Halifax	Lower Sackville, NS	2013-06-16
T52	01:12.9		Ryan Shay	Valley Athletics	Tempe, AZ	2016-05-14
T53	52.65		Ben Brown	Valley Athletics	Quebec City, QC	2018-07-13

Men's 800m

Open	1:45.97		Geoff Harris	Halifax	London, GBR	2012-08-06
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	2010-08-08
U14	2:14.65		Jack MacGillivray	Dartmouth	Lwr Sackville, NS	2003
Masters 35-39	2:06.35		Shawn Beaton	HaliFAST	Guelph, ON	2015-05-30
Masters 40-44	2:11.93		Mike Leroux	Unattached	Dieppe, NB	2006-07-23
Masters 45-49	2:11.41		Claude Faucher	Unattached	Vancouver, BC	2016-08-31
Masters 50-54	2:14.34		David MacLennan	Pictou County Athletics	Lower Sackville, NS	2016-07-03
Masters 60-64	2:50.11		Jim Rideout	Unattached	Stellarton, NS	2018-07-15
T52	03:00.7		Ryan Shay	Valley Athletics	Lower Sackville, NS	2016-07-03
T53	1:44.29		Ben Brown	Valley Athletics	Nottwil, SUI	2019-05-24

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	2019-07-27

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 McIsaac	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
Masters 35-39	4:30.17		Shawn Beaton	HaliFAST	Sackville, NS	2013-07-13
Masters 40-44	4:03.31		Randy Bullerwell	Unattached	Durban, South Africa	1997-07-26
Masters 45-49	4:39.46		Claude Faucher	Unattached	Vancouver, BC	2016-08-31
Masters 50-54	4:28.61		David MacLennan	Pictou County Athletics	St. John, NB	2016-07-23
Masters 60-64	5:33.69		Michael Willis	Unattached	Dieppe, NB	2006-07-22
Masters 65-69	5:51.03		Ralph Williams	Valley Athletics	Dartmouth, NS	2017-07-09
T52	04:58.9		Ryan Shay	Valley Athletics	Lower Sackville, NS	2016-06-18
T53	3:16.87		Ben Brown	Valley Athletics	Arbon, SUI	2019-06-01

Men's Mile

Open	4:00.96		Dan Gorman	HaliFAST	Burnaby, BC	2014-07-10
U20	4:15.3		Steve Tugwell	AVA	Halifax, NS	1991
U18	4:21.38		Timothy Longley	Valley Athletics	Antigonish, NS	2013-07-13
U16	4:34.35		Robert Winslow	Dartmouth	Bangor, MA	2003
Masters 40-44	4:36.46		Glenn McIsaac			2003
Masters 50-54	5:05.22		Albert "Wade" Were	Unattached	Halifax, NS	2017-06-06

Men's 2000m

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

Men's 3000m						
Open	8:05.90		Alex Neuffer	Halifax Road Hammers	Dartmouth, NS	2022-06-25
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	2004-06-05
Masters 40-44	9:06.50		Glenn McIsaac	Unattached	Halifax, NS	2003-06-29
Masters 50-54	10:11.09		Albert "Wade" Were	Unattached	Dartmouth, NS	2017-07-09
Masters 65-69	13:13.54		Ralph Williams	Valley Athletics	Dartmouth, NS	2017-07-09

Men's 5000m						
Open	13:34.28		Mike Tate	Unattached	Standford, CA	2017-05-06
U20	14:17.98		Mike Tate	Antigonish Track Club	Walnut, CA	2014-04-19
U18	15:18.9h		Glenn McIsaac	DKA	Sudbury, ON	1976
U16	16:29.35		Mike Tate	Antigonish	Dartmouth, NS	2009-07-10
Masters 35-39	16:23.04		Greg Wieczorek	Halifax Road Hammers	Dartmouth, NS	2021-08-08
Masters 40-44	15:41.43		Randy Bullerwell	Unattached	Durban, South Africa	1997-07-23
Masters 45-49	16:12.70		Ian Holdway	Halifax Road Hammers	Halifax, NS	2022-07-02
Masters 50-54	17:17.46		David MacLennan	Pictou County Athletics	St. John, NB	2016-07-23
Masters 55-59	19:27.71		David MacLennan	Pictou County Athletics	Moncton, NB	2019-07-14
Masters 60-64	20:54.43		Michael Willis	Unattached	Dieppe, NB	2006-07-22

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
Masters 40-44	30:03.73	CDN Record	Ian Forsyth	Independent	Hillsdale, MI	2013-04-26
Masters 45-49	36:20.68		Terry Melloy	Unattached	Dieppe, NB	2006-07-22
Masters 50-54	36:52.63		Albert "Wade" Were	Unattached	Toronto, ON	2017-08-13
Masters 60-64	43:20.79		Michael Willis	Unattached	Dieppe, NB	2006-07-22

Men's 80m Hurdles						
U14	14.03 (-0.3)	30"	Zachary James	Valley Athletics	Lower Sackville, NS	2016-07-03

Men's 100m Hurdles						
U18	13.7		Jeff Pronk	MacD	St. John's, NL	1979
U16	14.5	36"	Chris Smith	Halifax	Lwr Sackville, NS	1985
U16	14.57 (1.2)	33"	Sacha Stover-Evong	YHZ	Lower Sackville, NS	2016-06-25

Men's 110m Hurdles						
Open (42")	14.21	0.6	Chris Theriau	Unattached	Ottawa, ON	2011-07-17
U20 (39")	14.21	0.6	Matthew Coolen	HaliFAST	Edmonton, AB	2015-08-01
U18 (36")	14.28	1.6	Nick Landry	Bluenose Athletics	Brandon, MB	2018-08-11
Masters 35-39	18.26	-0.7	Lee Myrick	Unattached	Culver City, CA	2017-08-08

Men's 200m Hurdles						
U16	26.89 (0.0)	30"	Sacha Stover-Evong	YHZ	St. John, NB	2016-07-24
U14	32.64 (1.5)	30"	Eric Hughes	Pictou County Athletics	Moncton, NB	2013-07-28

Men's 300m Hurdles						
U18	40.48		Alister Mason	PCRAS	Stellarton, NS	2011-07-03
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
Masters 40-44	63.31	36"	Frank White	Halifax	Melbourne, Australia	1987-12-06
Masters 45-49	74.13	36"	Edward James	Valley Athletics	Dartmouth, NS	2017-07-09

Men's 1500m Steeplechase (no water jump)

Open	4:14.60		Darren Stoddard	DKA	Ottawa, ON	1983
U20	4:14.60		Darren Stoddard	DKA	Ottawa, ON	1983
U18	4:14.60		Darren Stoddard	DKA	Ottawa, ON	1983
U16	4:15.15	30"	Tobias Wolter	Bluenose	Charlottetown	8/19/12
U14	4:58.21		Tobias Wolter	Bluenose	Dartmouth, NS	7-11-10

Men's 2000m Steeplechase

U20	5:51.03	36"	Tobias Wolter	Bluenose Athletics	Donetsk, UKR	2013-07-11
U18	5:51.03	36"	Tobias Wolter	Bluenose Athletics	Donetsk, UKR	2013-07-11
Masters 70-74	10:47.60	30"	Alex MacEachern	Chebucto Athletics	Moncton, NB	2019-07-14

Men's 3000m Steeplechase

Open	8:43.59		Mattias Wolter	Bluenose Athletics	Eugene, OR	2013-06-08
U20	8:59.86		Mattias Wolter	Bluenose Athletics	Columbus, OH	2010-05-01
U18	9:08.06		Mattias Wolter	Bluenose Athletics	London, ON	6/11/08
U16	10:21.8		Mike Paterson	Chebucto	Dartmouth, NS	1981
Masters 45-49	11:28.29		Claude Faucher	Unattached	Vancouver, BC	2016-08-31

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

Men's 4X400m Relay

Open	3:14.40		NS Canada Games Team		Sherbrooke, QC	2013-08-08
			Justin Blades	Pookiel Kahmall McCabe		
			MacKenzie Munroe	William Sandenson		
U20	3:20.23		NS Canada Games		Saint John, NB	1985
			Craig Burgess	Gord Dee		
			Todd Lepage	Leigh Skier		
U18	3:24.34		NS Legion Team		Langley, BC	2013-08-11
			Lucas Watson	Timothy Longley		
			Stephen Belyea	Devon Theriau		
U16	3:47.62		HaliFAST		Lower Sackville, NS	2014-06-16
Masters 40-44	4:27.67		YHZ		Dartmouth, NS	2019-06-22
			Peter Eastwood	Tertius Baard		
			Michael Ackerman	Steven Elliot		

Men's Medley Relay					
Open	3:35.8	Halifax Wanderers	Antigonish, NS	1986	
		Leigh Skier Edward James Tom Landry Dave Layton			
U20	3:36.12A	NS Legion Team	Calgary, AB	1987	
		Brent Workman Derek Bower Derrick Dempster Jason Turner			
U18	3:36.12A	NS Legion Team	Calgary, AB	1987	
		Brent Workman Derek Bower Derrick Dempster Jason Turner			
U16	3:44.43	NS Legion Team	Langley, BC	2013-08-11	
		Barrett Dachyshyn David Adiem Jack Cambell Hudson Grimshaw-Surette			

Field Events

Men's High Jump					
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	2009-07-18
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
Masters 35-39	1.64m	Lee Myrick	Unattached	Culver City, CA	2017-08-08
Masters 40-44	1.65m	Shane MacKenzie	Unattached	Dartmouth, NS	2021-07-11
	1.65m	Shane MacKenzie	Unattached	Stellarton, NS	2021-07-25
	1.65m	Shane MacKenzie	Unattached	Dartmouth, NS	2021-08-08
Masters 45-49	1.55m	David Galloway	Truro Lions	Dartmouth, NS	2022-07-23
Masters 50-54	1.60m	Peter Lord	Unattached	Stellarton, NS	2017-07-23
Masters 55-59	1.50m	Peter Lord	Unattached	Stellarton, NS	2022-07-09

Men's Triple Jump					
Open	15.21m (0.1)	Jordan Bruce	HaliFAST	Edmonton, AB	2016-07-08
U20	14.92m (0.6)	Jordan Bruce	HaliFAST	St. Therese, QC	2013-07-14
U18	14.07m	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	2013-08-11
U14	10.66m	B. Rhodes	Independent	Antigonish, NS	1978
Masters 35-39	13.70m (1.7)	Peter Lord	Halifax Tigers	Sackville, NS	2001-08-05
Masters 40-44	13.71m (1.3)	Peter Lord	Halifax Tigers	Ottawa, ON	2004-06-19
Masters 45-49	12.99m (0.0)	Peter Lord	Halifax Tigers	Dartmouth, NS	2008-08-13
Masters 50-54	12.31m (1.1)	Peter Lord	Unattached	Moncton, NB	2016-07-16
Masters 55-59	11.72m (-2.0)	CDN Record Peter Lord	Unattached	Malaga, ESP	2018-09-15
Masters 70-74	7.35m (-0.3)	Alex MacEachern	Chebucto Athletics	Lower Sackville, NS	2018-08-12

Men's Long Jump					
Open	7.32m	Nick Cromwell	New Glasgow	Halifax, NS	1985
U20	7.08m	Howie Jackson	Bridgetown Royal Canadian Legion		1964
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
Masters 35-39	6.49m (0.4)	Peter Lord	Halifax Tigers	Sackville, NS	1998-09-12
Masters 40-44	6.45m NWI	Peter Lord	Halifax Tigers	Sackville, NS	2004-06-27
Masters 45-49	5.93m (0.0)	Peter Lord	Halifax Tigers	Clermont, FL	2008-08-28
Masters 55-59	5.42m (0.7)	Peter Lord	Unattached	Dartmouth, NS	2020-09-09
Masters 60-64	2.78m (-3.0)	Allan Elliot	Pictou County Athletics	Stellarton, NS	2017-08-23

Masters 70-74	3.08m (1.6)	Alex Maceachern	Chebucto Athletics	Lower Sackville, NS	2020-09-12
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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	2015-07-04
Masters 40-44	3.00m	Lee Myrick	Unattached	Dartmouth, NS	2022-07-24

Men's Shot Put

Open	17.82m	7.26kg	Peter Millman	Truro Lions	Tempe, AZ	2017-04-08
U20	18.31m	6kg	Peter Millman	Truro Lions	St. Therese, QC	2013-07-14
U18	16.72m	5kg	Peter Millman	Truro Lions	Ottawa, ON	2011-08-06
U16	17.41m	4kg	Jeff Croft	Unattached	Chester, NS	1964
U14	13.29m	3kg	Drew Erskine	Truro Lions	Truro, NS	2010-06-30
Masters 35-39	12.55m	7.26kg	Lee Myrick	Unattached	Lower Sackville, NS	2017-06-25
Masters 40-44	12.18m	7.26kg	Lee Myrick	Unattached	Dartmouth, NS	2019-06-23
Masters 45-49	8.89m	7.26kg	Mark Williamson	Valley Athletics	Dartmouth, NS	2017-07-09
Masters 50-54	12.78m	6kg	Steve Wohlmuth	Launchers	Port Williams, NS	2016-09-03
Masters 55-59	10.79m	6kg	Brian Hebb	Truro Lions	Dartmouth, NS	2016-07-24
Masters 60-64	11.31m	5kg	Brian Hebb	Truro Lions	Charlottetown, PEI	2018-07-28
Masters 65-69	8.18m	5kg	Alan Elliott	Pictou County Athletics	Stellarton, NS	2021-07-24
Masters 70-74	7.40m	4kg	Alex MacEachern	Chebucto Athletics	Charlottetown, PEI	2018-07-29
Para F37	12.69m	5kg	David Bambrick	Unattached	Stellarton, NS	2022-07-10
Para F36	8.72m	4kg	Dave Watters	Bluenose Athletics	Lower Sackville, NS	2017-06-25
Para F52	5.05m		Ryan Shay	Valley Athletics	Port Williams, NS	2014-06-15
Para F53	3.07m		Andrew Drayson	HaliFAST	Stellarton, NS	10-Jul-22
	3.07m		Andrew Drayson	HaliFAST	Dartmouth, NS	24-Jul-22
Para F57	5.84m		RJ Roggeveen	HaliFAST	Dartmouth, NS	24-Jul-22

Men's Hammer

Open	64.71m	7.26kg	Matt Doherty	Unattached	Truro, NS	2011-05-14
U20	65.85m	6kg	Peter Millman	Truro Lions	Lethbridge, AB	2013-05-18
U18	66.93m	5kg	Peter Millman	Truro Lions	Lille, France	2011-07-07
U16	55.30m	4kg	Drew Erskine	Truro Lions	Port Williams, NS	2012-06-16
U14	44.26m	3kg	Drew Erskine	Truro Lions	Truro, NS	2010-06-30
Masters 35-39	47.26m	7.26kg	Tipper McEwan	Unattached	Dartmouth, NS	2019-06-23
Masters 40-44	32.77m	7.26kg	Kevin Bourgeois	HaliFAST	Moncton, NB	2013-07-28
Masters 45-49	18.93m	7.26kg	Allan Simpson	Pictou County Athletics	Stellarton, NS	2017-08-23
Masters 55-59	29.68m	5kg	Brian Hebb	Truro Lions	Dartmouth, NS	5/13/17
Masters 60-64	34.85m	5kg	Brian Hebb	Truro Lions	Charlottetown, PEI	2018-07-28
Masters 65-69	27.54m	5kg	Barry Lange	Unattached	Port Williams, NS	2015-05-16

Men's Discus

Open	51.83m	2.0kg	Craig Slaunwhite	Chebucto	Toronto, ON	2008-06-15
U20	53.53m	1.75kg	Peter Millman	Truro Lions	Calgary, AB	2013-05-11
U18	52.26m	1.5kg	Peter Millman	Truro Lions	Sydney, NS	2011-04-16
U16	56.14m	1kg	Parker Swain	Pictou County Athletics	Brandon, MB	2017-08-11
U14	47.85m	750g	Max Minihan	Celtic Athletics	Dartmouth, NS	2021-07-10
Masters 35-39	40.65m	2kg	Lee Myrick	Unattached	Moncton, NB	2014-10-05
Masters 40-44	36.20m	2kg	Lee Myrick	Unattached	Dartmouth, NS	2021-07-10
Masters 45-49	27.02m	2kg	Dean Gurney	Annapolis County Athletics	Dartmouth, NS	2019-06-22
Masters 50-54	41.15m	1.5kg	Steve Wohlmuth	Launchers	Toronto, ON	2016-08-14
Masters 55-59	31.70m	1.5kg	Brian Hebb	Truro Lions	Dartmouth, NS	5/13/17
Masters 60-64	39.00m	1.0kg	Brian Hebb	Truro Lions	Port Williams, NS	2017-06-15
Masters 65-69	28.72m	1.0kg	Brock Fownes	Unattached	Stallarton, NS	2015-09-19

Para F36	28.34m	1kg	Dave Waters	Bluenose	Ottawa, ON	2017-07-04
Para F37	31.25m	1kg	David Bambrick	Launchers	Sherbrooke, QC	2013-08-16
Para F52	10.13m	1kg	Ryan Shay	Valley Athletics	Port Williams, NS	2014-06-15
Para F53	5.21m		Andrew Drayson	HaliFAST	Stellarton, NS	2022-07-10
Para F57	16.00m		RJ Roggeveen	HaliFAST	Stellarton, NS	03-Jul-22

Men's Javelin

Open	73.31m	800g	Adam Wolkins	Independent	Columbia, SC	2010-05-16
U20	62.31m	800g	Jared Baird	CNLL	Atlanta, GA	2008-05-17
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	2017-08-23
Masters 35-39	52.15m	800g	Lee Myrick	Unattached	Culver City, CA	2017-08-08
Masters 40-44	48.46m	800g	Iain Lapointe	Truro Lions	Lower Sackville, NS	2020-12-09
Masters 45-49	44.39m	800g	Iain Lapointe	Truro Lions	Dartmouth, NS	24-Jul-22
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	02-Aug-14
Masters 70-74	40.11m	500g	Roland Evans	Unattached	Port Williams, NS	01-Aug-15
Para F36	25.41m	600g	Dave Waters	Bluenose	Edmonton, AB	2016-07-07
Para F53	7.29m		Andrew Drayson	HaliFAST	Stellarton, NS	2022-07-10
Para F57	11.20m		RJ Roggeveen	HaliFAST	Stellarton, NS	03-Jul-22

Weight Throw

Masters 35-39	11.40m	35lb	Kevin Bourgeois	HaliFAST	Saint John, NB	2012-09-12
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Multi-Event

Men's Tetrathlon

U14	962		Zachary James	Valley Athletics	Antigonish, NS	2015-07-12
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Men's Pentathlon

U18	3026		Lee Myrick	Chebucto	Lwr Sackville, NS	1994
U16	2689		Adam Farmer	Chebucto	Langley, BC	17-Aug-14
Masters 35-39	2707		Lee Myrick	Unattached	Moncton, NB	24-Aug-14

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	2008-07-03
U20	6363		Michael Fraser	Chebucto	London, ON	2002
U18	5485		Lee Myrick	Chebucto	Abbotsford	1995
U18	5624		Adam Farmer	Chebucto	St. Therese, QC	8-6-16
Masters (35-39)	5535		Lee Myrick	Unattached	Culver City, CA	8-8-17
Masters (50-54)	2203		Ed James	Valley Athletics	Moncton, NB	2019-07-14

Men's Weight Pentathlon

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