

# Athletics Nova Scotia Provincial Indoor Records

Please Note: New Records are Subject to Ratification

## Track Events

Event	Performance	Name	Club	Location	Date
<b>Men 55m</b>					
Open	6.37	Jayson Hilchie	Chebucto		2001
U20	6.60	Patrick Benjamin	Chebucto		2001
<b>Men 60m</b>					
Open	6.75	Matt Coolen	HaliFAST	Winnipeg, MB	2018-03-09
U20	6.85	Patrick Benjamin	Chebucto		2001
U18	7.08	Gabe Stephen	HaliFAST		15-Nov-14
U16	7.36	Jack Campbell	HaliFAST		16-Nov-13
U14	8.18	Nataniel Slawter	HaliFAST	Halifax, NS	2018-11-24
Wheelchair	11.31	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Masters 35-39	7.91	Yassine Bouloum	HaliFAST	Halifax, NS	2019-03-02
Masters 40-44	7.75	Peter Lord	Halifax Tigers	Sherbrooke, QC	2004-01-18
Masters 45-49	7.96	Peter Lawson	Unattached	Halifax, NS	2017-12-02
Masters 50-54	7.97	Peter Lord	Unattached	Halifax, NS	2017-12-02
Masters 55-59	7.92	Peter Lord	Liit	Halifax, NS	2019-02-10
Masters 60-64	8.88	Ron Melchiore	Unattached	Halifax, NS	2021-02-20
<b>Masters 65-69</b>	<b>8.74</b>	<b>Ron Melchiore</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>2021-12-03</b>
Masters 70-74	9.92	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
<b>Men 150m</b>					
U14	19.61	Nataniel Slawter	HaliFAST	Halifax, NS	2018-11-24
Wheelchair	23.60	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
<b>Men 200m</b>					
<b>Open</b>	<b>22.49</b>	<b>Dan Lord</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>2021-12-04</b>
<b>U20</b>	<b>22.84</b>	<b>JoJo Swaniker</b>	<b>HaliFAST</b>	<b>Halifax, NS</b>	<b>2021-12-04</b>
U18	23.54	Jonathan Campbell			11/25/06
U16	23.87	Derrick Dempster	Chebucto		1985
U14	28.78	Luke Searle	CNLL		1990
Masters 35-39	25.29	Yassine Bouloum	HaliFAST	Halifax, NS	2019-03-02
Masters 40-44	25.71	Peter Lord	Halifax Tigers	Oromocto, NB	2007-02-10
Masters 45-49	26.44	Peter Lawson	Unattached	Daegu, KOR	2017-03-25
Masters 50-54	25.02	Peter Lawson	Unattached	Torun, POL	2019-03-31
Masters 55-59	27.17	Peter Lord	Liit	Halifax, NS	2019-03-02
Masters 60-64	28.30	Ron Melchiore	Unattached	Halifax, NS	2021-03-28
<b>Masters 65-69</b>	<b>28.43</b>	<b>Ron Melchiore</b>	<b>Unattached</b>	<b>NYC, NC</b>	<b>2022-03-18</b>
Masters 70-74	35.38	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
<b>Men 300m</b>					

Open	33.99	Mike Van Der Poel	HaliFAST	Winnipeg, MB	09-Mar-18
U20	34.48	Mike Van Der Poel	Truro Lions	Halifax, NS	11/28/15
U18	36.63	Camden Springer	HaliFAST	Halifax, NS	2019-11-23
U18	36.4h	Geoff Harris			2004
U16	38.57	Camden Springer	HaliFAST	Halifax, NS	2017-12-02
U14	45.81	Alex Quinton	YHZ	Halifax, NS	2019-11-23
Masters 45-49	38.76	Peter Lawson	Unnattached	Halifax, NS	2014-01-18
Masters 65-69	46.47	Ron Melchiore	Unnattached	Halifax, NS	2023-03-04
Wheelchair	45.08	Ben Brown	Valley Athletics	Halifax, NS	1/17/16

#### Men 400m

Open	48.94	Camden Springer	Halifast	Gainesville, FL	16-Feb-23
U20	49.13	Geoff Harris			2006
U18	50.8	Joel Dalrymple			1996
U16	54.95	Camden Springer	HaliFAST	Halifax, NS	11/19/16
U14	59.8	Robert Kirby			1990
Masters 40-44	58.42	Shawn Beaton	Unnattached	Toronto, ON	2017-12-03
Masters 40-44	51.75	Peter Lawson	Unnattached	Kamloops, BC	2010-03-03
Masters 45-49	52.64	Peter Lawson	Unnattached	Budapest, HUN	3/30/14
Masters 50-54	54.97	Peter Lawson	Unnattached	Boston, MA	2019-02-09
Wheelchair	59.89	Ben Brown	Valley Athletics	Halifax, NS	11/19/16

#### Men 60m Hurdles

Open 42"	7.98	Chris Theriau			2010-02-26
U20 39"	7.83	Matthew Coolen	HaliFAST	Halifax, NS	11/28/15
U20 42"	8.28	Mathew Coolen	Halifast		15-Nov-14
U18 36"	8.28	Matthew Coolen	HaliFAST		16-Nov-13
U16 33"	9.1	Austin Conrad	HaliFAST	Halifax, NS	19-Mar-02
U14 30"	10.21	Zachary James	Valley Athletics	Halifax, NS	11/19/16
Masters 45-49 39"	11.69	Edward James	Valley Athletics	Halifax, NS	1/21/17
Masters 50-54 36"	11.94	Edward James	Valley Athletics	Moncton, NB	24-Feb-19

#### Men 50m

Open	5.92	Jayson Hilchie	Chebucto	2001
U20	5.95	Patrick Benjamin	Chebucto	2001
U18	6.2	Derrick Dempster	Chebucto	1986
U16	6.57	Robert Kirby		1991
U14	6.8	Robert Kirby		1990

#### Men 50m Hurdles

Open	7.31	Gerald Hann		1979
	7.0h	Andrew Conrad		1992
U20	8.05	Troy Bezanson		1991
U18	8.05	Troy Bezanson		1991
U16	8.27	Trevor Adams		1989

**Men 600m**

Open	1:17.76	Geoff Harris			3/10/07
U20	1:19.27	Geoff Harris			2006
U18	1:24.11	Hudson Grimshaw-Surette	Southwest Nova		07-Feb-15
U16	01:28.56	Hudson Grimshaw-Surette	Southwest Nova		2013-11-16
U14	01:41.00	Alex Quinton	YHZ	Halifax, NS	1/19/19
Master 35-39	01:31.31	Shawn Beaton	HaliFAST		2013-11-16
Master 40-44	01:52.18	Greg Wieczorek	Unattached	Halifax, NS	2023-03-04
Master 45-49	01:32.38	Claude Faucher	Unattached	Halifax, NS	2017-11-02
Wheelchair	01:32.87	Ben Brown	Valley Athletics	Halifax, NS	1/21/17

**Men 800m**

Open	1:52.5	Edward James			1995
U20	1:54.97	Hudson Grimshaw-Surette	SouthwestNova Athletics	Halifax, NS	2017-12-02
U18	1:57.5	Jason Turner			1981
U16	2:08.4	Darren Stoddard			1979
U14	02:22.21	Alex Quinton	YHZ	Halifax, NS	1/19/19
Masters 35-39	01:59.09	Kyle Smith	Unattached	Halifax, NS	2020-02-29
Masters 40-44	02:23.78	Greg Wieczorek	Unattached	Halifax, NS	2023-02-11
Master 45-49	02:08.36	Claude Faucher	Unattached	Moncton, NB	2016-03-26
Masters 50-54	02:15.83	David MacLennan	Pictou County Athletics	Moncton, NB	2018-03-10
Masters 55-59	02:16.16	David MacLennan	Pictou County Athletics	Moncton, NB	2019-02-24

**Men 1000m**

Open	2:23.43	Andrew Peverill	Chebucto Athletics	Halifax, NS	11-Feb-23
U20	2:27.28	Andrew Peverill	Chebucto Athletics	Halifax, NS	2018-02-10
U18	2:32.76	Andrew Peverill	Chebucto Athletics	Moncton, NB	12/17/16
U16	02:42.26	Hudson Grimshaw-Surette	Unattached		2013-11-16
U14	03:03.87	Alex Quinton	YHZ	Halifax, NS	10-Feb-19
Master 35-39	02:43.38	Shawn Beaton	HaliFAST		2013-11-16
Master 40-44	03:06.46	Greg Wieczorek	Unattached	Halifax, NS	2023-03-04
Master 45-49	03:29.76	Peter Eastwood	YHZ	Halifax, NS	2023-03-04
Master 50-54	03:00.55	Claude Faucher	Unattached	Toronto, ON	2017-12-02

**Men 1200m**

U16	03:28.31	Drew Sommers	Chebucto Athletics	Halifax, NS	10/28/15
U14	03:37.50	Camden Springer	HaliFAST	Halifax, NS	10/28/15

**Men 1500m**

Open	03:48.3	Andrew Peverill	Halifax, NS	Chebucto	05-Mar-22
U20	3:49.8	Glenn Mclsaac			1977
U18	4:01.4	Glenn Mclsaac			1976
U16	4:09.65	Marcus Greenlaw			11/25/06
U14	04:47.7	Alex Quinton	YHZ	Halifax, NS	2019-03-02

Master 35-39	04:34.49	Greg Weiczorek	Unattached	Halifax, NS	2021-03-28
<b>Master 40-44</b>	<b>04:43.09</b>	<b>Greg Weiczorek</b>	Halifax Road Hammers	<b>Halifax, NS</b>	<b>2021-12-04</b>
Master 45-49	04:28.77	Claude Faucher	Unattached	Halifax, NS	2016-02-07
Masters 50-54	04:37.02	David MacLennan	Pictou County Athletics	Halifax, NS	2017-02-11
Masters 55-59	04:40.25	David MacLennan	Pictou County Athletics	Moncton,NB	2019-02-24

#### Men 1 Mile

Open	4.00.07	Mike Tate	Antigonish Track Club		15-Feb-15
U20	4.03.84	Mike Tate	Antigonish Track Club		2014-01-31
U18	4:26.96	Adam Leroux			2/17/07
<b>U16</b>	<b>05:22.36</b>	<b>Alex Quinton</b>	Chebucto Athletics	<b>Halifax, NS</b>	<b>2021-12-04</b>
<b>U14</b>	<b>05:37.10</b>	<b>Jack Quinton</b>	YHZ Track and Field	<b>Halifax, NS</b>	<b>2021-12-04</b>
<b>Masters 35-39</b>	<b>05:35.51</b>	<b>Nicholas McBride</b>	Halifax Road Hammers	<b>Halifax, NS</b>	<b>2021-12-04</b>
<b>Masters 40-44</b>	<b>05:02.54</b>	<b>Greg Weiczorek</b>	Halifax Road Hammers	<b>Halifax, NS</b>	<b>2021-12-04</b>

#### Men 2000m

<b>U16</b>	<b>06:12.62</b>	<b>Alex Quinton</b>	Chebucto Athletics	<b>Halifax, NS</b>	<b>2021-12-04</b>
U14	06:42.9	Alex Quinton	YHZ	Halifax, NS	2019-03-02

#### Men 3000m

Open	7:51.71	Mike Tate	Unattached	Seattle, WA	2018-02-09
U20	08:23.86	Mike Tate	Antigonish Track Club		19-Jan-13
U18	8:44.0	Mark Wood			1982
U16	9:00.3h	Marcus Greenlaw			2006
U14	10:18.0	J. Graves			1979
Masters 35-39	09:23.95	Greg Weiczorek	Unattached	Halifax, NS	1/20/19
Masters 40-44	09:49.66	Greg Weiczorek	Unattached	Halifax, NS	21-Jan-23
Masters 45-49	09:30.00	Ian Holdway	Halifax Road Hammers	Halifax, NS	2023-03-04
Masters 50-54	09:55.82	David MacLennan	Pictou County Athletics	Moncton, NB	2017-03-11
Masters 55-59	10:26.26	David MacLennan	Pictou County Athletics	Halifax, NS	2019-01-20
Masters 60-64	12:47.39	Ralph Williams	Valley Athletics	Halifax, NS	1/21/17

#### Men 5000m

Open	13:37.33	Mike Tate	Unattached	Seattle, WA	2018-02-09
U20		Jake Gallagher	Dartmouth Athletics		2006
U20	16:18.18	Mike Tucker			2004
U18	17:31.5	Andrew Canning			1987
Masters 35-39	15:48.28	Greg Weiczorek	Unattached	Halifax, NS	2020-02-29
Masters 40-44	16:22.61	Ian Holdway	Unattached	Halifax, NS	2020-02-29
<b>Masters 45-49</b>	<b>16:33.31</b>	<b>Ian Holdway</b>	<b>Unattached</b>	<b>Halifax, NS</b>	<b>2021-02-20</b>

#### Men 4 x 200m

Open	1:31.2	Dalhousie			1999
U20	1:40.01	Tiger Track Club			2005
U18	01:40.02	HaliFAST			19-Jan-13

U16	01:41.85	HaliFAST			16-Nov-13
U14	2:03.4	Cornwallis JHS			1981
			Steven Elliot, Tertius Beard, Peter Eastwood, Mike Ackerman		
Masters 40-44	02:03.29	YHZ		Halifax, NS	1/18/20

#### Men 4 x 400m

Open	3:20.8	Dalhousie			1993
			Devon Theriault, Matthew Coolen, Thomas Hoyt, Mark Kidston		
U20	3:42.9h	HaliFAST			17-Jan-13
U18	3:42.9h	HaliFAST			17-Jan-13
U16	4:41.0	Chebucto			1988
U14	5:21.9	Bucs TC			1987

#### Men 4 x 800m

Age Group	Performance	Name		Year
Open	7:43.5	Dalhousie		1988
U20	8:38.9	Dartmouth Athletics		2002
U18	8:38.9	Dartmouth Athletics		2002
U16	no record	no record		-
U14	no record	no record		-

## Field Events

#### Men Long Jump

Open	7.13	Simon Watts	HaliFAST		10-Mar-11
U20	6.59	Andrew Archibald	Chebucto		2008-02-16
U18	6.55	Brett Myketyyn	Chebucto		2008-01-13
U16	6.31	Andrew Archibald	Chebucto		2004
U14	5.57	Nathaniel Slawter	HaliFAST	Halifax, NS	2018-11-24
Masters 35-39	6.24	Peter Lord			2002-11-18
Masters 40-44	6.14	Peter Lord			2004-11-14
Masters 45-49	5.69	David Galloway	Truro Lions	Halifax, NS	2022-03-04
Masters 55-59	5.24	Peter Lord	Unattached	Halifax, NS	2023-02-11
Masters 60-64	3.16	Spencer Aasvangen	HaliFAST	Halifax, NS	11/19/16
Masters 70-74	3.12	Alex Maceachem	Chebucto	Halifax, NS	2020-02-29

#### Men Triple Jump

Open	15.21	Jordan Bruce	HaliFAST		2014-01-18
U20	14.76	Jordan Bruce	HaliFAST		2013-03-16
U18	13.83	Mike Oredugba			1988
U16	12.43	Raheem Elliot	HaliFAST	Dartmouth, NS	2015-06-21
Masters 35-39	13.66	Peter Lord			2002-02-17
Masters 40-44	13.39	Peter Lord			2004-01-17
Masters 45-49	13.00	Peter Lord			2010-12-18

Masters 50-54	12.53	Peter Lord	Unattached	Halifax, NS	2014-02-08
Masters 55-59	11.80	Peter Lord	Liit	Moncton,NB	2018-12-22
Masters 70-74	6.47	Alex Maceachern	Chebucto	Halifax, NS	2020-02-29

### Men High Jump

Open	2.13	Andrew Grosse			2005
U20	2.06	Charles MacKay			1990
U18	2.00	Kirk Williams			1980
U16	1.77	Alexander Bates	Pictou County Athletics	Moncton,NB	2019-02-24
U14	1.50	Bill Wrixen			1980
U14	1.50	Carter Myatt	Truro Lions	Truro, NS	2020-09-20
Masters 40-44	1.60	Shane MacKenzie	Unattached	Halifax, NS	2020-02-29
Masters 45-49	1.52	David Galloway	Truro Lions	Saint John, NB	26-Mar-22
Masters 55-59	1.46	Peter Lord	Unattached	Saint John, NB	2022-03-26

### Men Pole Vault

Open	4.7	Craig Slaunwhite			2008-02-09
U20	3.60	Dave Wilson			1989
U18	3.30	Ravi Sandhu	Unattached	Reno, NV	2023-01-14

### Men Shot Put

Open	17.54	Peter Millman	Truro Lions	Winnipeg, MB	2017-02-25
U20	17.40	Peter Millman	Truro Lions	Moncton, NB	2013-12-21
U18	16.74	Peter Millman	Truro Lions		2011-02-19
U16	15.28	Peter Millman	Truro Lions		2010-02-20
U14	13.92	Gregory McCarthy	Truro Lions		2011-12-19
Master 40-44 (7.26kg)	10.62	Brad Thompson	Unattached	Moncton, NB	2017-12-17
Master 45-49 (7.26kg)	11.66	Steve Webster	Truro Lions		2012-02-05
Master 50-54 (6Kg)	7.82	Kelly Joudrie	Pictou County Athletics	Moncton, NB	2019-02-24
Master 55-59 (6Kg)	10.61	Brian Hebb	Truro Lions	Moncton, NB	2016-03-26
Master 60-64 (5Kg)	11.76	Brian Hebb	Truro Lions	Moncton, NB	2018-01-24
<b>Master 65-69 (5Kg)</b>	<b>7.78</b>	<b>Alan Elliot</b>	Pictou County Athletics	<b>Truro, NS</b>	<b>2021-04-03</b>
Master 70-74 (4Kg)	7.77	Brock Fownes	Unattached	Truro, NS	2019-03-03

### Men Weight Throw

Open	18.82	Peter Millman	Truro Lions		21-Feb-14
U20	22.80	Peter Millman	Truro Lions		2013-12-21
U18 20	23.57	Peter Millman	Truro Lions		2011-12-19
U16 20	17.89	Drew Erskine	Truro Lions		2012-03-03
U14 20	13.83	Gregory McCarthy	Truro Lions		2011-12-19
Master 45-49 (35lb)	7.49	Alan Simpson	Pictou County Athletics	Moncton, NB	2019-02-24
Master 50-54 (25lb)	7.54	Kelly Joudrie	Pictou County Athletics	Moncton, NB	2017-03-11
Master 55-59 (25lb)	11.48	Brian Hebb	Truro Lions	Moncton, NB	2016-03-26
Master 60-64 (20lb)	13.28	Brian Hebb	Truro Lions	Truro, NS	2019-02-10
Master 65-69 (20lb)	8.14	Alan Elliot	Pictou County Athletics	Moncton, NB	2019-02-24

Master 70-74 (16lb) 9.45 Brock Fownes Unattached Truro, NS 2019-03-03

### Men Heptathlon

5193 (7.41,  
6.58, 15.56, 2.08,  
8.87, 4.20,  
3:08.34)  
Open Craig Slaunwhite Chebucto Athletics Hanover, NH 2005-01-09

### Men Pentathlon

Open 3796 Craig Slaunwhite Chebucto Athletics 2003  
3421 (9.03,  
6.14m, 13.52m,  
1.75m, 2:48.52)  
U20 Jesse Drennan Bluenose 2012-02-24  
2136  
(9.39,5.35m,8.02  
m,  
1.62m,4:00.58)  
U16 Austin Conrad HaliFAST Athletics Moncton, NB 2018-02-23

### Men Tetrathlon

U14 1082 (9.02, 8.72m,  
4.26m, 1:58.58) Zachary James Valley Athletics Halifax, NS 1/17/16

## Track Events

### Women 55m

Open 6.93 Adrienne Power 2005  
U20 7.21 Jenna Martin Athletics East 2006  
U18 7.43 Jenna Martin Athletics East 2005

### Women 60m

Open 7.42 Adrienne Power HaliFAST 1/14/12  
U20 7.71 Jenna Martin Athletics East 2007  
U18 7.91 Jenna Martin Athletics East 2005  
U16 7.97 Jenna Martin Athletics East 2003  
**U14 8.42 Ella Barry Celtic Athletics Halifax, NS 03-Dec-21**  
Wheelchair 15.34 Abbey Smith Valley Athletics Halifax, NS 10/28/15  
Masters 35-39 10.06 Alana Mackinnon Pictou County Athletics Halifax, NS 29-Feb-20  
Masters 40-44 9.22 Paula James Valley Athletics Moncton, NB 3/26/16  
Masters 45-49 9.57 Angela Weeks Chebucto Athletics Halifax, NS 13/3/2021  
Masters 50-54 9.51 Angela Weeks Chebucto Athletics Halifax, NS 04-Mar-23  
Masters 55-59 10.28 Jo Welch Unattached Halifax, NS 13-Feb-16  
Masters 60-64 10.14 Morag McDonah Unattached Halifax, NS 10/28/15  
Masters W65-69 8.72 Jo Bryant Unattached Saint John, NB 26-Mar-22

### Women 150m

U14 20.77 Sierra Sweeney HaliFAST Halifax, NS 11/28/15  
Wheelchair 32.77 Abbey Smith Valley Athletics Halifax, NS 11/28/15

### Women 200m

Open	23.69	Adrienne Power			2006
U20	24.32 OT	Jenna Martin	Athletics East		25-Feb-07
U18	25.43	Jenna Martin	Athletics East		2005
U16	26.12	Jenna Martin	Athletics East		2003
U14	28.70	Willa Evans	Truro Lions	Halifax, NS	2018-11-24
Masters 40-44	30.78	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49	31.40	Angela Weeks	Chebucto Athletics	Halifax, NS	2022-03-05
Masters 50-54	31.43	Angela Weeks	Chebucto Athletics	Halifax, NS	2023-03-04
Masters 55-59	37.44	Jo Welch	Unattached	Moncton, NB	2016-03-26
Masters 60-64	35.67	Jo Welch	Unattached	Halifax, NS	2019-01-20

### Women 300m

Open	37.35	Adrienne Power			2005
U20	40.55	Jan Stirling			2006
U18	40.6h	Jenna Martin	Athletics East		2004
U16	42.34	Kayla Marcotte			2004
U14	44.20	Cara MacDonald	Pictou County Athletics	Halifax, NS	2018-11-24
Masters 40-44	51.98	Cheryl Smith	Valley Athletics	Halifax, NS	17/12/2017
Masters 55-59	56.34	Norma Houston	Unattached	Halifax, NS	17/1/2015
Masters 60-64	55.33	Morag McDonah	Unattached	Halifax, NS	10/28/15
Wheelchair	62.73	Abbey Smith	Valley Athletics	Halifax, NS	10/28/15

### Women 400m

Open	52.32	Jenna Martin	Athletics East		2008-03-01
U20	54.22	Jenna Martin	Athletics East		3/09/07
U20	53.44 OT	Jenna Martin	Athletics East		2007
U18	56.33	Jenna Martin	Athletics East		2004
U16	59.52	Jenna Martin	Athletics East		2003
U14	63.29	Cara MacDonald	Pictou County Athletics	Moncton, NB	2018-12-22
Masters 40-44	68.86	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49	67.37	Paula James	Valley Athletics	Halifax, NS	2020-02-29
Masters 50-54	91.36	Pam James	Valley Athletics	Halifax, NS	1/21/17

### Women 60mH

Open 33"	8.65	Kim Vanderhoek			1992
U20 33"	9.07	Rachael McIntosh	Bluenose		2010-02-19
U18 30"	9.30	Emily Phelan			2010-11-20
U16 30"	8.92	Sierra Sweeney	YHZ	Halifax, NS	2017-02-17
U14 30"	9.38	Sierra Sweeney	HaliFAST	Moncton, NB	12/19/15
Masters 40-45 30"	12.60	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49 30"	12.36	Angela Weeks	Unattached	Halifax, NS	29-Feb-20
Masters 50-54 30"	10.98	Angela Weeks	Chebucto Athletics	Halifax, NS	2023-03-04
Masters 60-64 27"	13.29	Jo Welch	Unattached	Edmonton, AB	2019-03-10

### Women 50m



Open	6.48	Adrienne Power		2010-02-04
U20	6.55	Nicole Gillis		1988
U18	6.85	Marsha Moore		1989
U16	6.85	Marsha Moore		1989
U14	7.35	Heather Hennigar		1986

#### Women 50mH

Open	8.04	Jennifer Reardon		1989
U20	8.04	Jennifer Reardon		1989
U18	8.04	Jennifer Reardon		1989
U16	8.57	Lisa Murray		1991
U14	no record	no record		-

#### Women 600m

Open	1:29.2h	Heather Hennigar			2003
U20	1:34.84	Cara MacDonald	Pictou County Athletics	Saint John, NB	28-Jan-23
U18	1:35.71	Cara MacDonald	Pictou County Athletics	Halifax, NS	Dec 3, 2022
U16	1:39.19	Cara MacDonald	Pictou County Athletics	Halifax, NS	2019-02-10
U14	01:43.65	Cara MacDonald	Pictou County Athletics	Halifax, NS	2018-02-10

#### Women 800m

Open	2:05.35	Heather Hennigar			2005
U20	2:12.6	Lousie Palmer			1977
U18	2:14.9	Emily MacLellan			1986
<b>U16</b>	<b>02:16.29</b>	<b>Abby Lewis</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>	<b>2021-03-28</b>
U14	02:27.28	Cara MacDonald	Pictou County Athletics	Halifax, NS	2018-11-24
Masters 35-39	02:23.21	Gina MacInnis	STFX	Halifax, NS	2023-03-04
Masters 40-44	02:31.71	Paula James	Valley Athletics	Halifax, NS	11/19/16
Masters 45-49	02:27.89	Paula James	Valley Athletics	Moncton, NB	12-22-18

#### Women 1000m

Open	2:46.12	Sophie Watts	Unattached	Geneva,OH	2015-02-14
Open Mx	2:45.4h	Heather Hennigar			2006
U20	2:46.81	Maggie Smith	HaliFAST	Montreal, QC	1/25/19
U18	2:54.88	Abby Lewis	Chebucto Athletics	Boston, MA	2023-02-18
U16	2:59.62	Abby Lewis	Chebucto Athletics	Halifax, NS	2020-02-09
U14	3:14.10	Cara MacDonald	Pictou County Athletics	Moncton, NB	2018-12-22
Masters 40-44	03:15.04	Paula James	Valley Athletics	Halifax, NS	2017-02-11
Masters 45-49	03:39.24	Cheryl Smith	Valley Athletics	Moncton, NB	12-21-19

#### Women 1200m

U16	3:44.01	Abby Lewis	Chebucto Athletics	Saint John, NB	2020-02-01
U14	3:49.02	Abby Lewis	Chebucto Athletics	Moncton, NB	2019-02-24

#### Women 1500m

Open	4:24.08	Maggie Smith	HaliFAST	Montreal, QC	1/26/19
Open Mx	4:20.3HT	Heather Hennigar			2005
U20	4:24.08	Maggie Smith	HaliFAST	Montreal, QC	1/26/19
U18	04:36.02	Abby Lewis	Chebucto Athletics	Saint John, NB	26-Mar-22
<b>U16</b>	<b>04:30.60</b>	<b>Abby Lewis</b>	<b>Chebucto Athletics</b>	<b>Halifax, NS</b>	<b>2021-02-20</b>
U14	04:52.72	Abby Lewis	Chebucto Athletics	Halifax, NS	10-Feb-19
Masters 40-44	04:55.79	Paula James	Valley Athletics	Halifax, NS	21-Jan-18
Masters 45-49	05:31.51	Cheryl Smith	Valley Athletics	Halifax, NS	2020-02-29

#### Women Mile

Open	4:41.07	Maggie Smith	Halifast Athletics	New York, NS	2022-01-22
<b>U20</b>	<b>4:55.68</b>	<b>Abby Lewis</b>	<b>Chenucto Athletics</b>	<b>Halifax, NS</b>	<b>2021-12-04</b>
<b>U18</b>	<b>4:55.68</b>	<b>Abby Lewis</b>	<b>Chenucto Athletics</b>	<b>Halifax, NS</b>	<b>2021-12-04</b>
<b>U16</b>	<b>4:55.68</b>	<b>Abby Lewis</b>	<b>Chenucto Athletics</b>	<b>Halifax, NS</b>	<b>2021-12-04</b>
U14	6:46	Laura Englehutt			1999
Masters 40-44	0:05	Erin Poirier	Halifax Road Hammers	NYC, NY	18-Mar-22

#### Women 2000m

U14	06:40.43	Abby Lewis	Chebucto Athletics	Moncton, NB	2019-02-24
U16	06:27.74	Abby Lewis	Chebucto Athletics	Halifax, NS	2020-02-29

#### Women 3000m

Open	09:04.5	Siona Chisholm	StFX	Notre Dame, IL	03-Feb-23
U20	9:25.40	Siona Chisholm	StFX	Boston, MA	12-Feb-22
U18	09:35.40	Abby Lewis	Chebucto	Halifax, NS	2022-03-05
U16	10:21.1	Lucy Smith			1981
U14	10:37.9	Lucy Smith			1979
Masters 35-39	10:27.67	Gina MacInnis	StFX	Halifax, NS	11-Feb-23
Masters 40-44	10:27.29	Erin Poirier	Halifax Road Hammers	NYC, NY	18-Mar-22
Masters 45-49	10:41.64	Paula James	Halifax Road Hammers	Halifax, NS	03-Dec-22
Masters 50-54	11:58.27	Linda Schurman MacDonald	Halifax Road Hammers	Halifax, NS	1/21/17

#### Women 5000m

Open	16:59.86	Rosie Mullins			2005
U20	no record	no record			-
Masters 45-49	18:08.69	Paula James	Valley Athletics	Halifax, NS	1/17/20

#### Women 4x200m

Open	1:39.27	Dalhousie			2005
U20	1:49.7	Chebucto			1991
U18	1:51.08	Chebucto			1985
U16	2:00.4	Chester			1980
U14	2:10.5	MacDonalds			1981

#### Women 4x400m

Open	3:49.6	Dalhousie			1994
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U20	4:07.0	Chebucto	1991
U18	4:12.8h	Athletics East	2003
U16	4:51.2	Chebucto	1988
U14	5:20.7	Chebucto	1987

#### Women 4x800m

Open	8:57.65	Dalhousie			1993
			Katie Blunden, Maggie Smith, Carley Birrell, Cara MacDonald	Halifax, NS	2019-02-09
U20	09:16.16	Nova Scotia			2001
U18	10:15.2	Middleton Elite			
			Taylor O'Leary, Rebecca Moore, Sydney Lowe, Haley O'Leary	Halifax, NS	1/17/16
U16	12:32.24	Valley Athletics			

## Field Events

#### Women Long Jump

Age Group	Performance	Name			Year
Open	5.91	Leslie Wilson			1989
U20	5.55	Jenna Martin	Athletics East		2005
U18	5.55	Jenna Martin	Athletics East		2005
U16	5.09	Sierra Sweeney	HaliFAST	Halifax, NS	11/19/16
U14	4.80	Sierra Sweeney	HaliFAST	Halifax, NS	10/28/15
Masters 35-39	4.02	Deele Hines	Pictou County Athletics	Moncton, NB	1/21/17
Masters 40-44	3.70	Paula James	Valley Athletics	Halifax, NS	2017-03-11
<b>Masters 45-49</b>	<b>4.04</b>	<b>Angela Weeks</b>	Chebucto Athletics	<b>Halifax, NS</b>	<b>2021-03-28</b>
Masters 55-59	2.9	Janet MacIsaac	Unattached	Halifax, NS	04-Mar-22

#### Women Triple Jump

Open	12.00	Dawn Creighton			2002
U20	11.91	Gabrielle Fraser	Unattached	Albuquerque, NM	2020-02-29
U18	11.43	Juliana Blois			2009-12-19
U16	11.28	Sierra Sweeney	HaliFAST	Halifax, NS	11/28/16
U14	11.28	Sierra Sweeney	HaliFAST	Halifax, NS	11/28/16
Masters 40-44	8.22	Cheryl Smith	Valley Athletics	Halifax, NS	2017-12-02
Masters 45-49	9.23	Rachelle MacDonald	Unattached	Truro, NS	21-Feb-21
Masters 50-54	7.57	Jo Welch	Unattached	Kamloops, BC	04-Mar-10
Masters 55-59	7.30	Jo Welch	Unattached	Halifax, NS	10/28/15

#### Women High Jump

Open	1.82	Rebecca Haworth	HaliFAST	Edmonton	2014-03-08
U20	1.77	Jennessa Wolfe	Truro Lions	Saint John, NB	26-Feb-23
U18	1.73	Natalie Munro			1986
U16	1.64	Natalie Munro			1985
U14	1.48	Susie Murphy			1985
Masters 35-39	1.50	Ann Findlay	PCA		2012-03-03

Masters 40-44	1.20	Paula James	Valley Athletics	Halifax, NS	1/21/17
Masters 45-49	1.25	Angela Weeks	Chebucto	Saint John, NB	2022-03-26
Masters 55-59	1.15	Tammy Armstrong	Truro Lions	Halifax, NS	04-Mar-22

#### Women Pole Vault

Open	2.80	Alyson McPhee	Chebucto		2006
U20	2.80	Alyson McPhee	Chebucto		2006
U18	2.59	Laura Maessen			2005
U18	2.59	Emma McDaniel			2005

#### Women Shot Put

Open (4kg)	16.53	Sarah Mitton	Bluenose Athletics	Toronto, ON	2017-12-02
U20 (4kg)	14.64	Chelsea Whalen	Launchers		16-Feb-11
U18 (3kg)	14.19	Keighan Decoff	Pictou County Athletics	Moncton, NB	2019-12-21
U18 (3kg)	14.19	Taylor Stutley	Launchers		2012-03-03
U18 (4kg)	12.68	Chelsea Whalen	Launchers		2008-03-29
U16 (3kg)	12.80	Taylor Stutley	Launchers		06-Feb-11
U14 (3kg)	9.03	Sarah Millman	Truro Lions		2009-12-30
Masters 35-39 (4kg)	9.10	Ann Findlay	PCA		2012-03-03
Masters 40-44 (4kg)	7.40	Cheryl Smith	Valley Athletics	Moncton, NB	2017-03-11
Masters 45-49 (4kg)	8.36	Tracy Acker-Canning	Unattached	Truro, NS	2023-01-22
Masters 50-54 (3kg)	8.30	Pamela Jeffrey Mcewing	Truro Lions	Truro, NS	2023-03-05
Masters 55-59 (3kg)	8.12	Tammy Armstrong	Truro Lions	Truro, NS	2022-03-06
Masters 60-64 (3kg)	6.88	Jo Welch	Unattached	Toronto, ON	2017-03-12
Para	3.57	Kimberley Neary	Halifast Athletics	Truro, NS	2022-12-04

#### Women Weight Throw

Open (20lb)	18.66	Kayla Gallagher	Truro Lions		06-Mar-14
U20 (20lb)	18.24	Kayla Gallagher	Truro Lions		07-Mar-13
U18 (16lb)	15.58	Sarah Millman	Truro Lions		2013-01-16
U18 (20lb)	14.07	Kayla Gallagher	Truro Lions		2011-01-16
U16 (16lb)	14.09	Sarah Millman	Truro Lions		2011-12-04
U14 (16lb)	9.14	Sarah Millman	Truro Lions		2009-12-30
Masters 40-44 (20lb)	6.45	Tracey Furguson	Pictou County Athletics	Moncton, NB	2018-03-10
Masters 45-49 (20lb)	7.64	Joyce Simpson	Pictou County Athletics	Moncton, NB	2019-02-24
Masters 50-54 (16lb)	9.59	Pamela Jeffrey Mcewing	Truro Lions	Saint John, NB	2022-03-12
Masters 55-59 (16lb)	7.73	Tammy Armstrong	Truro Lions	Truro, NS	2022-03-06
Masters 60-64 (12lb)	10.12	Jo Welch	Unattached	Truro, NS	2019-02-10
Masters 65-69	9.53	Jo Welch	Unattached	Truro, NS	05-Mar-23

#### Women Pentathlon

	4174				
	(8.87, 1.65m, 13.26m, 5.90m, 2:15.98)				
Open		Rachael McIntosh	Bluenose		2014-02-21
U20	3723	Rachael McIntosh	Bluenose		2010-02-10
	2960				
	(9.57, 1.54m, 9.59m, 4.91m, 2:50.13)				
U18		Abbigael Gaudry	Chebucto Athletics	Moncton, NB	2019-02-24

#### Women Tetrathlon

U14	768 (9.33, 4.39m, 3.35, 1:55.44)	Rebecca Moore	Valley Athletics	Halifax, NS	1/17/16
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Seldom Run &

<b>Event</b>	<b>Performance</b>	<b>Name</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
<b>Men 55m</b>					
Open	6.37	Jayson Hilchie	Chebucto		2001
U20	6.60	Patrick Benjamin	Chebucto		2001