

2023 Athletics NS Last Chance Throws Meet - 12/3/2023
Cougar Dome
Results

Girls 10-11 Shot Put

Name	Team	Seed	Finals
Finals			
1 Oniah, Zoe	Truro Lions Track & Field Clul		6.76m

Girls 12-13 Shot Put

Name	Team	Seed	Finals
Finals			
1 Durning, Rylie	Truro Lions Track & Field Clul		6.32m

Women 16-17 Shot Put

Name	Team	Seed	Finals
Finals			
1 White, Abigail	Pictou County Athletics Club	12.02m	10.88m
2 Fortune, Alyssa	Pictou County Athletics Club	7.78m	8.09m

Women 18-19 Shot Put

Name	Team	Seed	Finals
Finals			
1 Hadskis, Maggie	Dalhousie Tigers	10.00m	9.88m
2 Davis, Charlotte	Acadia Axemen/Axewomen		9.30m
3 Eisan, Hailie	Cape Breton University	8.88m	8.74m
4 LeBlanc, Claire	Dalhousie Tigers	10.00m	8.40m
5 Covert, Claire	Dalhousie Tigers	10.00m	7.75m

Women 20-34 Shot Put

Name	Team	Seed	Finals
Finals			
1 MacIsaac, Chelsea	Dalhousie Tigers	12.00m	12.21m
2 Gaudry, Abbi	Dalhousie Tigers	10.00m	9.30m
3 Amoako, Faustina	Cape Breton University	10.48m	8.94m
4 Mkandawire, Felicity	Cape Breton University	8.56m	7.62m

Women 35-99 Shot Put

Name	Team	Seed	Finals
Finals			
1 Bryant, Jo	Unattached Nova Scotia	6.00m	5.90m

Women 16-17 Weight Throw

Name	Team	Seed	Finals
Finals			
1 White, Abigail	Pictou County Athletics Club	11.01m	10.63m

Women 18-19 Weight Throw

Name	Team	Seed	Finals
Finals			
1 Eisan, Hailie	Cape Breton University	9.84m	10.91m

Women 20-34 Weight Throw

Name	Team	Seed	Finals
Finals			
1 MacIsaac, Chelsea	Dalhousie Tigers	15.00m	15.47m
2 Spoozak, Lily	Dalhousie Tigers	14.00m	14.62m

2023 Athletics NS Last Chance Throws Meet - 12/3/2023**Cougar Dome****Results****Finals ... (Women 20-34 Weight Throw)**

Name	Team	Seed	Finals
3 Amoako, Faustina	Cape Breton University	13.53m	14.08m
4 Mkandawire, Felicity	Cape Breton University	10.51m	10.32m

Women 35-99 Weight Throw

Name	Team	Seed	Finals
1 Bryant, Jo	Unattached Nova Scotia	9.31m	9.00m

Men 12-13 Shot Put

Name	Team	Seed	Finals
1 Hominick, Jacob	Truro Lions Track & Field Clul		7.32m

Men 14-15 Shot Put

Name	Team	Seed	Finals
1 Durning, Ryker	Truro Lions Track & Field Clul		12.35m

Men 16-17 Shot Put

Name	Team	Seed	Finals
1 Hominick, Caleb	Truro Lions Track & Field Clul	13.90m	12.53m
2 Crowe, Seth	Truro Lions Track & Field Clul	11.59m	10.71m

Men 18-19 Shot Put

Name	Team	Seed	Finals
1 Murphy, Rylan	Dalhousie Tigers	14.00m	13.06m
2 Warren, Austin	Truro Lions Track & Field Clul	15.50m	12.91m

Men 12-13 Weight Throw

Name	Team	Seed	Finals
1 Hominick, Jacob	Truro Lions Track & Field Clul		7.68m

Men 16-17 Weight Throw

Name	Team	Seed	Finals
1 Hominick, Caleb	Truro Lions Track & Field Clul	18.64m	20.83m

Men 18-19 Weight Throw

Name	Team	Seed	Finals
1 Murphy, Rylan	Dalhousie Tigers	15.00m	9.78m

Men 20-34 Weight Throw

Name	Team	Seed	Finals
1 Salah, Elias	Dalhousie Tigers	12.00m	12.29m
2 Salah, Simon	Unattached Nova Scotia	12.00m	12.08m