

Athletics Nova Scotia Provincial Indoor Records
Please Note: New Records are Subject to Ratification

Track Events				
Event	Performance	Name	Club	Location
Men 55m				
Open	6.37	Jayson Hilchie	Chebucto	
U20	6.60	Patrick Benjamin	Chebucto	
Men 60m				
Open	6.75	Matt Coolen	HaliFAST	Winnipeg, MB
U20	6.85	Patrick Benjamin	Chebucto	
U18	7.03	Camrie Sharpe	ASEA - NS	Halifax, NS
U16	7.36	Jack Campbell	HaliFAST	
U14	8.18	Nataniel Slawter	HaliFAST	Halifax, NS
Wheelchair	11.31	Ben Brown	Valley Athletics	Halifax, NS
Masters 35-39	7.91	Yassine Bouloum	HaliFAST	Halifax, NS
Masters 40-44	7.75	Peter Lord	Halifax Tigers	Sherbrooke, QC
Masters 45-49	7.96	Peter Lawson	Unattached	Halifax, NS
Masters 50-54	7.97	Peter Lord	Unattached	Halifax, NS
Masters 55-59	7.92	Peter Lord	Liit	Halifax, NS
Masters 60-64	8.19	Peter Lord	Unattached	Halifax, NS
Masters 65-69	8.74	Ron Melchiore	Unattached	Halifax, NS
Masters 70-74	9.92	Alex MacEachern	Chebucto	Halifax, NS
Masters 75-79	11.57	Brock Fownes	Unattached	Truro, NS
Men 150m				
U14	19.61	Nataniel Slawter	HaliFAST	Halifax, NS
Wheelchair	23.60	Ben Brown	Valley Athletics	Halifax, NS
Men 200m				
Open	21.89	Camden Springer	Unattached	Gainesville, FL
U20	22.42	Jacob White	Valley Athletics	Winnipeg, MB
U18	23.16	Wyatt Thurston	Unattached	Halifax, NS
U16	23.87	Derrick Dempster	Chebucto	
U14	27.89 (no blocks)	Ashton Hawley	Inverness County	Halifax, NS
Masters 35-39	25.29	Yassine Bouloum	HaliFAST	Halifax, NS
Masters 40-44	25.71	Peter Lord	Halifax Tigers	Oromocto, NB
Masters 45-49	26.44	Peter Lawson	Unattached	Daegu, KOR
Masters 50-54	25.02	Peter Lawson	Unattached	Torun, POL
Masters 55-59	27.17	Peter Lord	Liit	Halifax, NS
Masters 60-64	28.30	Ron Melchiore	Unattached	Halifax, NS
Masters 65-69	28.43	Ron Melchiore	Unattached	NYC, NC
Masters 70-74	35.38	Alex MacEachern	Chebucto	Halifax, NS

Men 300m

Open	33.99	Mike Van Der Poel	HaliFAST	Winnipeg, MB
U20	34.48	Mike Van Der Poel	Truro Lions	Halifax, NS
U18	36.63	Camden Springer	HaliFAST	Halifax, NS
U18	36.4h	Geoff Harris		
U16	38.57	Camden Springer	HaliFAST	Halifax, NS
U14	45.81	Alex Quinton	YHZ	Halifax, NS
Masters 45-49	38.76	Peter Lawson	Unattached	Halifax, NS
Masters 65-69	46.47	Ron Melchoire	Unattached	Halifax, NS
Wheelchair	45.08	Ben Brown	Valley Athletics	Halifax, NS

Men 400m

Open	48.26	Camden Springer	Unattached	Gainesville, FL
U20	49.13	Geoff Harris		
U18	50.8	Joel Dalrymple		
U16	53.98	James Thibault	Athletics East	Halifax, NS
U14	59.8	Robert Kirby		
Masters 40-44	58.42	Shawn Beaton	Unattached	Toronto, ON
Masters 40-44	51.75	Peter Lawson	Unattached	Kamloops, BC
Masters 45-49	52.64	Peter Lawson	Unattached	Budapest, HUN
Masters 50-54	54.97	Peter Lawson	Unattached	Boston, MA
Masters 65-69	01:14.5	Ron Melciore	Unattached	Halifax, NS
Wheelchair	59.89	Ben Brown	Valley Athletics	Halifax, NS

Men 60m Hurdles

Open 42"	7.98	Chris Theriau		
U20 39"	7.83	Matthew Coolen	HaliFAST	Halifax, NS
U20 42"	8.28	Mathew Coolen	Halifast	
U18 36"	8.28	Matthew Coolen	HaliFAST	
U16 33"	9.1	Austin Conrad	HaliFAST	Halifax, NS
U14 30"	10.21	Zachary James	Valley Athletics	Halifax, NS
Masters 45-49 39"	11.69	Edward James	Valley Athletics	Halifax, NS
Masters 50-54 36"	11.94	Edward James	Valley Athletics	Moncton, NB

Men 50m

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

Men 50m Hurdles

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

Men 600m

Open	1:17.76	Geoff Harris	
U20	1:19.27	Geoff Harris	
U18	1.24.11	Hudson Grimshaw-Surette	Southwest Nova
U16	01:28.56	Hudson Grimshaw-Surette	Southwest Nova
U14	01:41.00	Alex Quinton	YHZ Halifax, NS
Master 35-39	01:31.31	Shawn Beaton	HaliFAST
Masters 40-44	01:52.18	Greg Wieczorek	Unattached Halifax, NS
Master 45-49	01:32.38	Claude Faucher	Unattached Halifax, NS
Wheelchair	01:32.87	Ben Brown	Valley Athletics Halifax, NS

Men 800m

Open	1:52.5	Edward James	
U20	1:54.51	Silas Conlin-Morse	Athletics East Boston, MA
U18	1:57.5	Jason Turner	
U16	02:05.5	Tim DeLong	Athletics East Halifax, NS
U14	02:22.21	Alex Quinton	YHZ Halifax, NS
Masters 35-39	01:59.09	Kyle Smith	Unattached Halifax, NS
Masters 40-44	02:23.78	Greg Wieczorek	Unattached Halifax, NS
Master 45-49	02:08.36	Claude Faucher	Unattached Moncton, NB
Masters 50-54	02:15.83	David MacLennan	Pictou County Athletics Moncton, NB
Masters 55-59	02:16.16	David MacLennan	Pictou County Athletics Moncton, NB

Men 1000m

Open	2:23.43	Andrew Peverill	Chebucto Athletics Halifax, NS
U20	2:27.28	Andrew Peverill	Chebucto Athletics Halifax, NS
U18	2:32.76	Andrew Peverill	Chebucto Athletics Moncton, NB
U16	02:42.26	Hudson Grimshaw-Surette	Unattached
U14	03:03.87	Alex Quinton	YHZ Halifax, NS
Master 35-39	02:43.38	Shawn Beaton	HaliFAST
Masters 40-44	03:06.46	Greg Wieczorak	Unattached Halifax, NS
Master 45-49	03:29.76	Peter Eastwood	YHZ Halifax, NS
Master 50-54	03:00.55	Claude Faucher	Unattached Toronto, ON

Men 1200m

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

Men 1500m				
Open	03:46.6	Andrew Peverill	Saint John	SMU
U20	3:49.8	Glenn McIsaac		
U18	4:01.4	Glenn McIsaac		
U16	4:09.65	Marcus Greenlaw		
U14	04:47.7	Alex Quinton	YHZ	Halifax, NS
Master 35-39	04:34.49	Greg Weiczorek	Unattached	Halifax, NS
Master 40-44	04:23.31	Ryan Rafuse	Valley Athletics	Halifax, NS
Master 45-49	04:28.77	Claude Faucher	Unattached	Halifax, NS
Masters 50-54	04:37.02	David MacLennan	Pictou County Athletics	Halifax, NS
Masters 55-59	04:40.25	David MacLennan	Pictou County Athletics	Moncton, NB
Masters 60-64	04:49.50	David MacLennan	Pictou County Athletics	Halifax, NS

Men 1500m RaceWalk				
U16	08:29.4	Jay Shreve	Truro Lions	Saint John, NB

Men 1 Mile				
Open	4.00.07	Mike Tate	Antigonish Track Club	
U20	4.03.84	Mike Tate	Antigonish Track Club	
U18	4:26.96	Adam Leroux		
U16	05:22.36	Alex Quinton	Chebucto Athletics	Halifax, NS
U14	05:37.10	Jack Quinton	YHZ Track and Field	Halifax, NS
Masters 35-39	05:35.51	Nicholas McBride	Halifax Road Hammers	Halifax, NS
Masters 40-44	05:02.54	Greg Wiczorek	Halifax Road Hammers	Halifax, NS

Men 2000m				
U16	06:12.62	Alex Quinton	Chebucto Athletics	Halifax, NS
U14	06:42.9	Alex Quinton	YHZ	Halifax, NS

Men 3000m				
Open	7:51.71	Mike Tate	Unattached	Seattle, WA
U20	08:23.86	Mike Tate	Antigonish Track Club	
U18	8:44.0	Mark Wood		
U16	9:00.3h	Marcus Greenlaw		
U14	10:18.0	J. Graves		
Masters 35-39	09:23.95	Greg Weiczorek	Unattached	Halifax, NS
Masters 40-44	09:49.66	Greg Weiczorek	Unattached	Halifax, NS
Masters 45-49	09:30.00	Ian Holdway	Halifax Road Hammers	Halifax, NS
Masters 50-54	09:55.82	David MacLennan	Pictou County Athletics	Moncton, NB
Masters 55-59	10:26.26	David MacLennan	Pictou County Athletics	Halifax, NS
Masters 60-64	10:41.23	David MacLennan	Pictou County Athletics	Halifax, NS

Men 3000m Racewalk

U18	17:23.3	Jay Shreve	Truro Lions	Saint John, NB
Masters 60-64	19:19.1	Philip Vesty	Truro Lions	Halifax, NS

Men 5000m

Open	13:37.33	Mike Tate	Unattached	Seattle, WA
U20		Jake Gallagher	Dartmouth Athletics	
U20	16:18.18	Mike Tucker		
U18	17:31.5	Andrew Canning		
Masters 35-39	15:48.28	Greg Wieczorek	Unattached	Halifax, NS
Masters 40-44	16:22.61	Ian Holdway	Unattached	Halifax, NS
Masters 45-49	16:33.31	Ian Holdway	Unattached	Halifax, NS

Men 4 x 200m

Open	1:31.2	Dalhousie		
U20	01:32.8	Camrie Sharpe (ASEA); Liam MacDonald (Athletics East); Wya	Team NS	Halifax, NS
U18	01:32.84	Camrie Sharpe (ASEA); Liam MacDonald (Athletics East); Wya	Team NS	Halifax, NS
U16	01:41.85	HaliFAST		
U14	2:03.4	Cornwallis JHS		
Masters 40-44	02:03.29	YHZ	<small>Steven Ellis, Tamas Bencsi, Peter Eastwood, Mike Ackerman</small>	Halifax, NS

Men 4 x 400m

Open	3:20.8	Dalhousie		
U20	3:42.9h	HaliFAST	<small>Devon Thomas, Matthew Cochr, Thomas Hoy, Mark Kibben</small>	
U18	3:42.9h	HaliFAST		
U16	4:41.0	Chebucto		
U14	5:21.9	Bucs TC		

Men 4 x 800m

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

Field Events

Men Long Jump

Open	7.13	Simon Watts	HaliFAST	
U20	6.84	Carter Myatt	Truro Lions	Halifax, NS
U18	6.77	Taylor Demone	Adrenaline Athletics	Halifax, NS
U16	6.31	Andrew Archibald	Chebucto	
U14	5.57	Nathaniel Slawter	HaliFAST	Halifax, NS

Masters 35-39	6.24	Peter Lord		
Masters 40-44	6.14	Peter Lord		
Masters 45-49	5.69	David Galloway	Truro Lions	Halifax, NS
Masters 55-59	5.21	Peter Lord	Unattached	Halifax, NS
Masters 60-64	3.16	Spencer Aasvagen	HaliFAST	Halifax, NS
Masters 70-74	3.12	Alex Maceachern	Chebucto	Halifax, NS
Masters 75-79	2.4	John Kingston	Unattached	Halifax, NS
Men Triple Jump				
Open	15.21	Jordan Bruce	HaliFAST	
U20	14.76	Jordan Bruce	HaliFAST	
U18	13.83	Mike Oredugba		
U16	12.43	Raheem Elliot	HaliFAST	Dartmouth, NS
Masters 35-39	13.66	Peter Lord		
Masters 40-44	13.39	Peter Lord		
Masters 45-49	13.00	Peter Lord		
Masters 50-54	12.53	Peter Lord	Unattached	Halifax, NS
Masters 55-59	11.80	Peter Lord	Liit	Moncton, NB
Masters 60-64	11.13	Peter Lord	Unattached	Halifax, NS
Masters 70-74	6.47	Alex Maceachern	Chebucto	Halifax, NS
Men High Jump				
Open	2.13	Andrew Grosse		
U20	2.06	Charles MacKay		
U18	2.00	Kirk Williams		
U16	1.77	Alexander Bates	Pictou County Athletics	Moncton, NB
U14	1.50	Bill Wrixen		
U14	1.50	Carter Myatt	Truro Lions	Truro, NS
Masters 40-44	1.60	Shane MacKenzie	Unattached	Halifax, NS
Masters 45-49	1.52	David Galloway	Truro Lions	Saint John, NB
Masters 55-59	1.46	Peter Lord	Unattached	Saint John, NB
Men Pole Vault				
Open	4.7	Craig Slaunwhite		
U20	3.60	Dave Wilson		
U18	3.30	Ravi Sandhu	Unattached	Reno, NV
Men Shot Put				
Open	17.54	Peter Millman	Truro Lions	Winnipeg, MB
U20	17.40	Peter Millman	Truro Lions	Moncton, NB
U18	16.74	Peter Millman	Truro Lions	
U16	15.28	Peter Millman	Truro Lions	
U14	15.05	Bowen Taylor	Unattached	Truro, NS
Master 40-44 (7.26kg)	10.62	Brad Thompson	Unattached	Moncton, NB

Master 45-49 (7.26kg)	11.66	Steve Webster	Truro Lions
Master 50-54 (6Kg)	7.82	Kelly Joudrie	Pictou County Athletics Moncton, NB
Master 55-59 (6Kg)	10.61	Brian Hebb	Truro Lions Moncton, NB
Master 60-64 (5Kg)	11.76	Brian Hebb	Truro Lions Moncton, NB
Master 65-69 (5Kg)	7.78	Alan Elliot	Pictou County Athletics Truro, NS
Master 70-74 (4Kg)	8.56	Brock Fownes	Unattached Truro, NS

Men Weight Throw

Open	18.82	Peter Millman	Truro Lions
U20	22.80	Peter Millman	Truro Lions
U18 20	23.57	Peter Millman	Truro Lions
U16 20	17.89	Drew Erskine	Truro Lions
U14 20	13.83	Gregory McCarthy	Truro Lions
Masters 40-44 (35lb)	7.5	Keith Blois	Pictou County Athletics Truro, NS
Master 45-49 (35lb)	7.49	Alan Simpson	Pictou County Athletics Moncton, NB
Master 50-54 (25lb)	7.54	Kelly Joudrie	Pictou County Athletics Moncton, NB
Master 55-59 (25lb)	11.48	Brian Hebb	Truro Lions Moncton, NB
Master 60-64 (20lb)	13.28	Brian Hebb	Truro Lions Truro, NS
Master 65-69 (20lb)	8.14	Alan Elliot	Pictou County Athletics Moncton, NB
Master 70-74 (16lb)	9.45	Brock Fownes	Unattached Truro, NS
Masters 75-79	8.45	Brock Fownes	Unattached Truro, NS

Men Heptathlon

Open	<small>5193 (7.41, 6.58, 15.56, 2.08, 8.87, 4.20, 3.08.34)</small>	Craig Slaunwhite	Chebucto Athletics Hanover, NH
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Men Pentathlon

Open	3796	Craig Slaunwhite	Chebucto Athletics
U20	<small>3421 (9.03, 6.14m, 13.52m, 1.75m, 2:48.52)</small>	Jesse Drennan	Bluenose
U16	2612 Points	Ryker Durning	Truro Lions Moncton, NB

Men Tetrathlon

U14	<small>1082 (9.02, 8.72m, 4.26m, 1:58.58)</small>	Zachary James	Valley Athletics Halifax, NS
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Track Events

Women 55m

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

Women 60m

Open	7.42	Adrienne Power	HaliFAST
U20	7.71	Jenna Martin	Athletics East
U18	7.91	Jenna Martin	Athletics East
U16	7.97	Jenna Martin	Athletics East

U14	8.31 (no blocks)	Kaitlyne Mead	Annapolis County Athletics	Moncton, NB
Wheelchair	15.34	Abbey Smith	Valley Athletics	Halifax, NS
Masters 35-39	10.06	Alana Mackinnon	Pictou County Athletics	Halifax, NS
Masters 40-44	9.22	Paula James	Valley Athletics	Moncton, NB
Masters 45-49	9.57	Angela Weeks	Chebucto Athletics	Halifax, NS
Masters 50-54	9.51	Angela Weeks	Chebucto Athletics	Halifax, NS
Masters 55-59	10.28	Jo Welch	Unattached	Halifax, NS
Masters 60-64	10.14	Morag McDonah	Unattached	Halifax, NS
Masters W65-69	8.72	Jo Bryant	Unattached	Saint John, NB

Women 150m

U14	20.12	Makayla Willsey	Valley Athletics	Halifax, NS
Wheelchair	32.77	Abbey Smith	Valley Athletics	Halifax, NS

Women 200m

Open	23.69	Adrienne Power		
U20	24.32 OT	Jenna Martin	Athletics East	
U18	25.43	Jenna Martin	Athletics East	
U16	26.12	Jenna Martin	Athletics East	
U14	28.14 (no blocks)	Kaitlyne Mead	Annapolis County Athletics	Moncton, NB
Masters 40-44	30.78	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	31.40	Angela Weeks	Chebucto Athletics	Halifax, NS
Masters 50-54	31.43	Angela Weeks	Chebucto Athletics	Halifax, NS
Masters 55-59	37.44	Jo Welch	Unattached	Moncton, NB
Masters 60-64	35.67	Jo Welch	Unattached	Halifax, NS

Women 300m

Open	37.35	Adrienne Power		
U20	40.55	Jan Stirling		
U18	40.6h	Jenna Martin	Athletics East	
U16	42.34	Kayla Marcotte		
U14	44.20	Cara MacDonald	Pictou County Athletics	Halifax, NS
Masters 40-44	51.98	Cheryl Smith	Valley Athletics	Halifax, NS
Masters 55-59	56.34	Norma Houston	Unattached	Halifax, NS
Masters 60-64	55.33	Morag McDonah	Unattached	Halifax, NS
Wheelchair	62.73	Abbey Smith	Valley Athletics	Halifax, NS

Women 400m

Open	52.32	Jenna Martin	Athletics East	
U20	54.22	Jenna Martin	Athletics East	
U20	53.44 OT	Jenna Martin	Athletics East	
U18	56.33	Jenna Martin	Athletics East	
U16	59.52	Jenna Martin	Athletics East	
U14	63.29	Cara MacDonald	Pictou County Athletics	Moncton, NB

Masters 40-44	68.86	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	67.37	Paula James	Valley Athletics	Halifax, NS
Masters 50-54	91.36	Pam James	Valley Athletics	Halifax, NS

Women 60mH

Open 33"	8.65	Kim Vanderhoek		
U20 33"	8.88	Queen Clayton	Pace Athletics	Winnipeg, B
U18 30"	9.26	Maryn Smith	Truro Lions	Halifax, NS
U16 30"	8.92	Sierra Sweeney	YHZ	Halifax, NS
U14 30"	9.38	Sierra Sweeney	HaliFAST	Moncton, NB
Masters 40-45 30"	12.60	Paula James	Valley Athletics	Halifax, NS
Masters 45-49 30"	12.36	Angela Weeks	Unattached	Halifax, NS
Masters 50-54 30"	10.91	Angela Weeks	Athletics East	Halifax, NS
Masters 60-64 27"	13.29	Jo Welch	Unattached	Edmonton, AB

Women 50m

Open	6.48	Adrienne Power
U20	6.55	Nicole Gillis
U18	6.85	Marsha Moore
U16	6.85	Marsha Moore
U14	7.35	Heather Hennigar

Women 50mH

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

Women 600m

Open	1:29.2h	Heather Hennigar		
U20	1:34.84	Cara MacDonald	Pictou County Athletics	Saint John, NB
U18	1:35.71	Cara MacDonald	Pictou County Athletics	Halifax, NS
U16	1:39.19	Cara MacDonald	Pictou County Athletics	Halifax, NS
U14	01:43.65	Cara MacDonald	Pictou County Athletics	Halifax, NS
Masters 50-54	01:53.99	Paula James	Crown Athletics	Halifax, NS

Women 800m

Open	2:05.35	Heather Hennigar		
U20	2:12.6	Lousie Palmer		
U18	2:14.9	Emily MacLellan		
U16	02:16.29	Abby Lewis	Chebucto Athletics	Halifax, NS
U14	02:25.69	Emma Laycock	Athletics East	Halifax, NS
Masters 35-39	02:23.21	Gina MacInnis	STFX	Halifax, NS

Masters 40-44	02:31.71	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	02:27.89	Paula James	Valley Athletics	Moncton, NB

Women 1000m

Open	2:46.12	Sophie Watts	Unattached	Geneva,OH
Open Mx	2:45.4h	Heather Hennigar		
U20	2:46.81	Maggie Smith	HaliFAST	Montreal, QC
U18	2:54.88	Abby Lewis	Chebucto Athletics	Boston, MA
U16	2:59.62	Abby Lewis	Chebucto Athletics	Halifax, NS
U14	3:14.10	Cara MacDonald	Pictou County Athletics	Moncton, NB
Masters 40-44	03:15.04	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	03:39.24	Cheryl Smith	Valley Athletics	Moncton, NB

Women 1200m

U16	3:44.01	Abby Lewis	Chebucto Athletics	Saint John, NB
U14	3:49.02	Abby Lewis	Chebucto Athletics	Moncton, NB

Women 1500m

Open	4:24.08	Maggie Smith	HaliFAST	Montreal, QC
Open Mx	4:20.3HT	Heather Hennigar		
U20	4:24.08	Maggie Smith	HaliFAST	Montreal, QC
U18	04:36.02	Abby Lewis	Chebucto Athletics	Saint John, NB
U16	04:30.60	Abby Lewis	Chebucto Athletics	Halifax, NS
U14	04:52.72	Abby Lewis	Chebucto Athletics	Halifax, NS
Masters 40-44	04:55.79	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	05:31.51	Cheryl Smith	Valley Athletics	Halifax, NS
Masters 50-54	05:11.8	Paula James	Unattached	Halifax, NS

Women 1 Mile

Open	4:40.50	Siona Chisholm	Unattached	Notre Dame, IL
U20	4:45.66	Abby Lewis	Unattached	Boston, MA
U18	4:55.68	Abby Lewis	Chebucto Athletics	Halifax, NS
U16	4:55.68	Abby Lewis	Chebucto Athletics	Halifax, NS
U14	6:46.00	Laura Englehutt		
Masters 40-44	5:32.00	Erin Poirier	Halifax Road Hammers	NYC, NY

Women 2000m

U14	06:40.43	Abby Lewis	Chebucto Athletics	Moncton, NB
U16	06:27.74	Abby Lewis	Chebucto Athletics	Halifax, NS

Women 3000m

Open	9:01.04	Siona Chisholm	Unattached	Louisville, KY
U20	9:19.95	Abby Lewis	Unattached	Louisville, KY
U18	09:35.40	Abby Lewis	Chebucto	Halifax, NS
U16	10:21.1	Lucy Smith		

U14	10:37.9	Lucy Smith		
Masters 35-39	10:27.67	Gina MacInnis	StFX	Halifax, NS
Masters 40-44	10:27.29	Erin Poirier	Halifax Road Hammers	NYC, NY
Masters 45-49	10:41.64	Paula James	Halifax Road Hammers	Halifax, NS
Masters 50-54	10:51.97	Paula James	Crown Athletics	Halifax, NS

Women 5000m

Open	15:23.37	Siona Chisholm	Unattached	Boston, MA
Masters 45-49	18:08.69	Paula James	Valley Athletics	Halifax, NS

Women 4x200m

Open	1:39.27	Dalhousie		
U20	1:49.7	Chebucto		
U18	1:51.08	Chebucto		
U16	1:54.33	R. Durning (TLTC); A MacEachern (TLTC); K. Meade (No Limits); D. Goodland (Unattached)	Unattached	Halifax, NS
U14	2:10.5	MacDonalds		

Women 4x400m

Open	3:49.6	Dalhousie		
U20	4:07.0	Chebucto		
U18	4:12.8h	Athletics East		
U16	4:51.2	Chebucto		
U14	5:20.7	Chebucto		

Women 4x800m

Open	8:57.65	Dalhousie		
U20	09:16.16	Nova Scotia	<small>Kate Blunden, Maggie Smith, Carley Brind, Cara MacDonald</small>	Halifax, NS
U18	10:15.2	Middleton Elite		
U16	12:32.24	Valley Athletics	<small>Taylor O'Leary, Rebecca Moore, Sydney Lewis, Haley O'Leary</small>	Halifax, NS

Field Events

Women Long Jump

Age Group	Performance	Name		
Open	5.91	Leslie Wilson		
U20	5.55	Jenna Martin	Athletics East	
U18	5.55	Jenna Martin	Athletics East	
U16	5.19	Brianna Hoskin	Pace Athletics	Halifax, NS
U14	4.80	Sierra Sweeney	HaliFAST	Halifax, NS
Masters 35-39	4.02	Deele Hines	Pictou County Athletics	Moncton, NB
Masters 40-44	3.70	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	4.04	Angela Weeks	Chebucto Athletics	Halifax, NS
Masters 55-59	2.9	Janet MacIsaac	Unattached	Halifax, NS

Women Triple Jump

Open	12.00	Dawn Creighton		
U20	11.91	Gabrielle Fraser	Unattached	Albuquerque, NM
U18	11.43	Juliana Blois		
U16	11.28	Sierra Sweeney	HaliFAST	Halifax, NS
U14	11.28	Sierra Sweeney	HaliFAST	Halifax, NS
Masters 40-44	8.22	Cheryl Smith	Valley Athletics	Halifax, NS
Masters 45-49	9.23	Rachelle MacDonald	Unattached	Truro, NS
Masters 50-54	7.57	Jo Welch	Unattached	Kamloops, BC
Masters 55-59	7.30	Jo Welch	Unattached	Halifax, NS

Women High Jump

Open	1.82	Rebecca Haworth	HaliFAST	Edmonton
U20	1.77	Jennessa Wolfe	Truro Lions	Saint John, NB
U18	1.73	Natalie Munro		
U16	1.64	Natalie Munro		
U14	1.48	Susie Murphy		
Masters 35-39	1.50	Ann Findlay	PCA	
Masters 40-44	1.20	Paula James	Valley Athletics	Halifax, NS
Masters 45-49	1.25	Angela Weeks	Chebucto	Saint John, NB
Masters 55-59	1.15	Tammy Armstrong	Truro Lions	Halifax, NS

Women Pole Vault

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

Women Shot Put

Open (4kg)	16.53	Sarah Mitton	Bluenose Athletics	Toronto, ON
U20 (4kg)	14.64	Chelsea Whalen	Launchers	
U18 (3kg)	14.19	Keighan Decoff	Pictou County Athletics	Moncton, NB
U18 (3kg)	14.19	Taylor Stutley	Launchers	
U18 (4kg)	12.68	Chelsea Whalen	Launchers	
U16 (3kg)	12.80	Taylor Stutley	Launchers	
U14 (3kg)	9.03	Sarah Millman	Truro Lions	
Masters 35-39 (4kg)	9.10	Ann Findlay	PCA	
Masters 40-44 (4kg)	7.40	Cheryl Smith	Valley Athletics	Moncton, NB
Masters 45-49 (4kg)	8.36	Tracy Acker-Canning	Unattached	Truro, NS
Masters 50-54 (3kg)	9.08	Pamela Jeffrey Mcewing	Truro Lions	Truro, NS
Masters 55-59 (3kg)	8.12	Tammy Armstrong	Truro Lions	Truro, NS
Masters 60-64 (3kg)	6.88	Jo Welch	Unattached	Toronto, ON
Masters 65-69	5.90	Jo Welch	Unattached	Truro, NS
Masters 70-74	6.13	Pat Wilcott	Unattached	Truro, NS
Para	3.57	Kimberley Neary	Halifast Athletics	Truro, NS

Women Weight Throw

Open (20lb)	18.66	Kayla Gallagher	Truro Lions	
U20 (20lb)	18.24	Kayla Gallagher	Truro Lions	
U18 (16lb)	15.58	Sarah Millman	Truro Lions	
U18 (20lb)	14.07	Kayla Gallagher	Truro Lions	
U16 (16lb)	14.09	Sarah Millman	Truro Lions	
U14 (16lb)	9.14	Sarah Millman	Truro Lions	
Masters 40-44 (20lb)	6.45	Tracey Furguson	Pictou County Athletics	Moncton, NB
Masters 45-49 (20lb)	9.64	Mahogany Duncan	Unattached	Truro, NS
Masters 50-54 (16lb)	10.27	Pamela Jeffrey Mcewing	Truro Lions	Moncton, NB
Masters 55-59 (16lb)	7.73	Tammy Armstrong	Truro Lions	Truro, NS
Masters 60-64 (12lb)	10.12	Jo Welch	Unattached	Truro, NS
Masters 65-69	10.41	Jo Welch	Unattached	Truro, NS
Masters 70-74	6.04	Pat Wilcott	Unattached	Truro, NS

Women Pentathlon

Open	4174 (8.87,1.65m,13.26m,5.90m,2:15.98)	Rachael McIntosh	Bluenose	
U20	3723	Rachael McIntosh	Bluenose	
U18	2960 (9.57,1.54m,9.59m,4.91m,2:50.13)	Abbigael Gaudry	Chebucto Athletics	Moncton, NB
U16	1613 points	Courtney Angus	Truro Lions	Moncton, NB

Women Tetrathlon

U14	974 points	Nataliya Woycheshyn	Grit Athletics	Halifax, NS
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Seldom Run &

Event	Performance	Name	Club	Location
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Men 55m

Open	6.37	Jayson Hilchie	Chebucto	
U20	6.60	Patrick Benjamin	Chebucto	

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2018-03-09

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23-Nov-24

16-Nov-13

2018-11-24

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2019-03-02

2004-01-18

2017-12-02

2017-12-02

2019-02-10

2024-01-20

2021-12-03

11/19/16

21-Jan-24

2018-11-24

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2024-02-24

2025-03-01

08-Feb-25

1985

01-Mar-25

2019-03-02

2007-02-10

2017-03-25

2019-03-31

2019-03-02

2021-03-28

2022-03-18

11/19/16



09-Mar-18

11/28/15

2019-11-23

2004

2017-12-02

2019-11-23

2014-01-18

2023-03-03

1/17/16



24-Feb-24

2006

1996

23-Nov-24

1990

2017-12-03

2010-03-03

3/30/14

2019-02-09

2024-01-20

11/19/16



2010-02-26

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