

2026 Athletics NS Indoor Club Championships - Throws - 2026-02-08**Cougar Dome****Results****Girls 10-11 Shot Put**

Name	Year Team	Seed	Finals	Points
Finals				
1 Young, Mairi	Pictou Count		5.83m	

Girls 12-13 Shot Put

Name	Year Team	Seed	Finals	Points
1 Blois, Charlotte	Pictou Count	5.90m	5.55m	

Women 14-15 Shot Put

Name	Year Team	Seed	Finals	Points
1 Brown, Ellie	Pictou Count		6.03m	
2 Fillmore, Amelia	Pictou Count		6.01m	

Women 16-17 Shot Put

Name	Year Team	Seed	Finals	Points
1 Sheaves, Samantha	Truro Lions	10.45m	9.53m	
2 Angus, Courtney	Truro Lions	9.19m	8.78m	

Women 18-19 Shot Put

Name	Year Team	Seed	Finals	Points
1 White, Abigail	Dalhousie Tigers	12.00m	10.78m	
2 Coffin, Violet	St. Mary's Huskies	10.61m	10.07m	

Women 20-34 Shot Put

Name	Year Team	Seed	Finals	Points
1 Thistle, Lauren	Dalhousie Tigers	12.70m	12.07m	
2 Oakes, Bailey	Unattached	12.50m	11.55m	

Women 35-99 Shot Put

Name	Year Team	Seed	Finals	Points
1 Russell, Lucy	Dalhousie Tigers		10.14m	
2 Hodskis, Maggie	Dalhousie Tigers		9.27m	
3 Fields, Mikael	Truro Lions		9.19m	
4 Westbrook, Emma	Dalhousie Tigers		8.75m	
5 Jeffrey Mcewing, Pamela	Truro Lions	9.08m	7.91m	
6 Covert, Claire	Dalhousie Tigers		7.42m	

Girls 10-13 Weight Throw

Name	Year Team	Seed	Finals	Points
1 Blois, Charlotte	Pictou Count	6.46m	5.63m	

2026 Athletics NS Indoor Club Championships - Throws - 2026-02-08**Cougar Dome****Results****Women 18-19 Weight Throw**

Name	Year Team	Seed	Finals	Points
1 White, Abigail	Dalhousie Tigers	13.00m	12.55m	
2 Brown, Alexandra	Cape Breton	10.10m	9.67m	
3 Coffin, Violet	St. Mary's Huskies	10.53m	9.37m	

Women 20-34 Weight Throw

Name	Year Team	Seed	Finals	Points
1 Eisan, Hailie	Cape Breton	13.30m	12.43m	

Women 35-99 Weight Throw

Name	Year Team	Seed	Finals	Points
1 Jeffrey Mcewing, Pamela	Truro Lions	10.27m	8.43m	

Men 10-13 Shot Put

Name	Year Team	Seed	Finals	Points
1 Taylor, Porter	Truro Lions		13.17m	
2 Willsey, Owen	Valley Athletics	10.60m	10.68m	
3 Owen, Matthew	A.S.E.A.		7.64m	

Men 14-15 Shot Put

Name	Year Team	Seed	Finals	Points
1 Taylor, Bowen	Truro Lions		16.04m	
2 Rector, Anson	Annapolis Co	11.84m	12.40m	
3 Young, Loic	Pictou Count		9.51m	

Men 16-17 Shot Put

Name	Year Team	Seed	Finals	Points
1 Katsihtis, Niko	Athletics Ea	14.00m	14.02m	
2 Blois, Nic	Truro Lions	10.02m	10.63m	
3 Young, Hudson	Pictou Count		8.33m	

Men 18-19 Shot Put

Name	Year Team	Seed	Finals	Points
1 Palamarek, Jeremy	Dalhousie Tigers		13.92m	
2 Crowe, Seth	Truro Lions	12.52m	12.03m	
3 Taylor, Wesley	Truro Lions	10.41m	10.04m	

Men 20-34 Shot Put

Name	Year Team	Seed	Finals	Points
1 Jeong, Tony	Unb Reds	14.50m	13.56m	

2026 Athletics NS Indoor Club Championships - Throws - 2026-02-08**Cougar Dome****Results****....Men 20-34 Shot Put**

2	Hominick, Caleb	Dalhousie Tigers	13.00m	12.27m
3	Vanwart, Jonathon	St. Mary's Huskies	11.98m	10.69m

Men 16-17 Weight Throw

Name	Year	Team	Seed	Finals	Points
1 Blois, Nic		Truro Lions	16.23m	14.43m	

Men 18-19 Weight Throw

Name	Year	Team	Seed	Finals	Points
1 Crowe, Seth		Truro Lions	13.95m	14.64m	
2 Palamarek, Jeremy		Dalhousie Tigers		13.30m	
3 Taylor, Wesley		Truro Lions	11.13m	11.64m	

Men 20-34 Weight Throw

Name	Year	Team	Seed	Finals	Points
1 Jeong, Tony		Unb Reds	16.50m	15.78m	
2 Hominick, Caleb		Dalhousie Tigers	17.50m	15.27m	
3 Vanwart, Jonathon		St. Mary's Huskies	12.91m	12.50m	

Men 35-99 Weight Throw

Name	Year	Team	Seed	Finals	Points
1 LeBlanc, Joseph		Unattached N	13.79m	12.93m	