

Athletics Nova Scotia Provincial Indoor Records

Please Note: New Records are Subject to Ratification

Track Events

Event	Performance	Name	Club	Location	Date
Men 55m					
Open	6.37	Jayson Hilchie	Chebucto		2001
U20	6.60	Patrick Benjamin	Chebucto		2001
Men 60m					
Open	6.75	Matt Coolen	HaliFAST	Winnipeg, MB	3/9/2018
U20	6.85	Patrick Benjamin	Chebucto		2001
U18	6.93	Chase McDermott	Unattached	Moncton, NB	12/20/2025
U16	7.31	Attila Narvey	Pace Athletics	Halifax, NS	11/22/2025
U14	8.00	Ashton Hawley	Inverness County Athletics	Halifax, NS	11/22/2025
Wheelchair	11.31	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Masters 35-39	7.65	Gerald Parris	Unattached	Halifax, NS	1/17/2026
Masters 40-44	7.75	Peter Lord	Halifax Tigers	Sherbrooke, QC	1/18/2004
Masters 45-49	7.96	Peter Lawson	Unattached	Halifax, NS	12/2/2017
Masters 50-54	7.97	Peter Lord	Unattached	Halifax, NS	12/2/2017
Masters 55-59	7.92	Peter Lord	Liit	Halifax, NS	2/10/2019
Masters 60-64	8.19	Peter Lord	Unattached	Halifax, NS	1/20/2024
Masters 65-69	8.74	Ron Melchiore	Unattached	Halifax, NS	12/3/2021
Masters 70-74	9.92	Alex MacEachern	Chebucto	Halifax, NS	11/19/16
Masters 75-79	11.57	Brock Fownes	Unattached	Truro, NS	21-Jan-24
Men 150m					
U14	19.61	Nataniel Slawter	HaliFAST	Halifax, NS	11/24/2018
Wheelchair	23.60	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Men 200m					
Open	21.89	Camden Springer	Unattached	Gainesville, FL	2/24/2024
U20	22.42	Jacob White	Valley Athletics	Winnipeg, MB	3/1/2025
U18	23.16	Wyatt Thurston	Unattached	Halifax, NS	8-Feb-25
U16	23.87	Derrick Dempster	Chebucto		1985
U14	27.89 (no blocks)	Ashton Hawley	Inverness County	Halifax, NS	1-Mar-25
Masters 35-39	25.29	Yassine Bouloum	HaliFAST	Halifax, NS	3/2/2019
Masters 40-44	25.71	Peter Lord	Halifax Tigers	Oromocto, NB	2/10/2007
Masters 45-49	26.44	Peter Lawson	Unattached	Daegu, KOR	3/25/2017
Masters 50-54	25.02	Peter Lawson	Unattached	Torun, POL	3/31/2019
Masters 55-59	27.17	Peter Lord	Liit	Halifax, NS	3/2/2019
Masters 60-64	28.30	Ron Melchiore	Unattached	Halifax, NS	3/28/2021
Masters 65-69	28.43	Ron Melchiore	Unattached	NYC, NC	3/18/2022
Masters 70-74	35.38	Alex MacEachern	Chebucto	Halifax, NS	11/19/16

Men 300m					
Open	33.99	Mike Van Der Poel	HaliFAST	Winnipeg, MB	9-Mar-18
U20	34.48	Mike Van Der Poel	Truro Lions	Halifax, NS	11/28/15
U18	35.95	Wyatt Thurston	Unattached	Halifax, NS	2/7/2026
U16	37.09	Chase Forrest	Annapolis County Athletics	Halifax, NS	11/22/2025
U14	43.3	Ashton Hawley	Inverness County Athletics	Halifax, NS	11/22/2025
Masters 45-49	38.76	Peter Lawson	Unnattached	Halifax, NS	1/18/2014
Masters 65-69	46.47	Ron Melchoire	Unattached	Halifax, NS	3/3/2023
Wheelchair	45.08	Ben Brown	Valley Athletics	Halifax, NS	1/17/16
Men 400m					
Open	48.26	Camden Springer	Unattached	Gainesville, FL	24-Feb-24
U20	49.13	Geoff Harris			2006
U18	50.8	Joel Dalrymple			1996
U16	53.98	James Thibault	Athletics East	Halifax, NS	23-Nov-24
U14	59.8	Robert Kirby			1990
Masters 40-44	58.42	Shawn Beaton	Unnattached	Toronto, ON	12/3/2017
Masters 40-44	51.75	Peter Lawson	Unnattached	Kamloops, BC	3/3/2010
Masters 45-49	52.64	Peter Lawson	Unnattached	Budapest, HUN	3/30/14
Masters 50-54	54.97	Peter Lawson	Unnattached	Boston, MA	2/9/2019
Masters 65-69	01:14.5	Ron Melciore	Unattached	Halifax, NS	1/20/2024
Wheelchair	59.89	Ben Brown	Valley Athletics	Halifax, NS	11/19/16
Men 60m Hurdles					
Open 42"	7.98	Chris Theriau			2/26/2010
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		7-Feb-15
U16	01:28.56	Hudson Grimshaw-Surette	Southwest Nova		11/16/2013
U14	01:41.00	Alex Quinton	YHZ	Halifax, NS	1/19/19
Master 35-39	01:31.31	Shawn Beaton	HaliFAST		11/16/2013
Masters 40-44	01:52.18	Greg Wieczorek	Unattached	Halifax, NS	3/4/2023
Master 45-49	01:32.38	Claude Faucher	Unattached	Halifax, NS	11/2/2017
Wheelchair	01:32.87	Ben Brown	Valley Athletics	Halifax, NS	1/21/17

Men 800m

Open	1:51.61	Daniel Lord	Athletics East	Halifax, NS	02/07/2026
U20	1:54.51	Silas Conlin-Morse	Athletics East	Boston, MA	3/9/2024
U18	1:57.5	Jason Turner			1981
U16	02:05.5	Tim DeLong	Athletics East	Halifax, NS	23-Nov-24
U14	02:22.21	Alex Quinton	YHZ	Halifax, NS	1/19/19
Masters 35-39	01:59.09	Kyle Smith	Unattached	Halifax, NS	2/29/2020
Masters 40-44	02:23.78	Greg Wieczorek	Unattached	Halifax, NS	2/11/2023
Master 45-49	02:08.36	Claude Faucher	Unattached	Moncton, NB	3/26/2016
Masters 50-54	02:15.83	David MacLennan	ctou County Athletic	Moncton, NB	3/10/2018
Masters 55-59	02:16.16	David MacLennan	ctou County Athletic	Moncton, NB	2/24/2019

Men 1000m

Open	2:23.31	Zachary James	Athletics East	Montreal, QC	1/24/2025
U20	2:27.28	Andrew Peverill	Chebucto Athletics	Halifax, NS	2/10/2018
U18	2:32.76	Andrew Peverill	Chebucto Athletics	Moncton, NB	12/17/16
U16	02:42.26	Hudson Grimshaw-Surette	Unattached		11/16/2013
U14	03:03.87	Alex Quinton	YHZ	Halifax, NS	10-Feb-19
Master 35-39	02:43.38	Shawn Beaton	HaliFAST		11/16/2013
Masters 40-44	03:06.46	Greg Wieczorak	Unattached	Halifax, NS	3/4/2023
Master 45-49	03:29.76	Peter Eastwood	YHZ	Halifax, NS	3/4/2023
Master 50-54	03:00.55	Claude Faucher	Unattached	Toronto, ON	12/2/2017

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	03:46.6	Andrew Peverill	Saint John	SMU	26-Feb-23
U20	3:49.8	Glenn McIsaac			1977
U18	4:01.4	Glenn McIsaac			1976
U16	4:09.65	Marcus Greenlaw			11/25/06
U14	04:47.7	Alex Quinton	YHZ	Halifax, NS	3/2/2019
Master 35-39	04:34.49	Greg Weiczorek	Unattached	Halifax, NS	3/28/2021
Master 40-44	04:23.31	Ryan Rafuse	Valley Athletics	Halifax, NS	3/1/2025
Master 45-49	04:28.77	Claude Faucher	Unattached	Halifax, NS	2/7/2016
Masters 50-54	04:30.05	Ian Holdway	Halifax Road Hammers	Halifax, NS	2/7/2026
Masters 55-59	04:40.25	David MacLennan	ctou County Athletic	Moncton,NB	2/24/2019
Masters 60-64	04:49.50	David MacLennan	ctou County Athletic	Halifax, NS	2-Mar-24
Men 1500m RaceWall					
U16	08:29.4	Jay Shreve	Truro Lions	Saint John, NB	1-Feb-25
Men 1 Mile					
Open	4.00.07	Mike Tate	Antigonish Track Club		15-Feb-15
U20	4.03.84	Mike Tate	Antigonish Track Club		1/31/2014
U18	4:26.96	Adam Leroux			2/17/07
U16	05:22.36	Alex Quinton	Chebucto Athletics	Halifax, NS	12/4/2021
U14	05:37.10	Jack Quinton	YHZ Track and Field	Halifax, NS	12/4/2021
Masters 35-39	05:35.51	Nicholas McBride	Halifax Road Hammers	Halifax, NS	12/4/2021
Masters 40-44	05:02.54	Greg Weiczorek	Halifax Road Hammers	Halifax, NS	12/4/2021
Men 2000m					
U16	06:12.62	Alex Quinton	Chebucto Athletics	Halifax, NS	12/4/2021
U14	06:42.9	Alex Quinton	YHZ	Halifax, NS	3/2/2019
Men 3000m					
Open	7:51.71	Mike Tate	Unattached	Seattle, WA	2/9/2018
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	3/4/2023
Masters 50-54	09:32.02	Ian Holdway	Halifax Road Hammers	Halifax, NS	1/16/2026
Masters 55-59	10:26.26	David MacLennan	ctou County Athletic	Halifax, NS	1/20/2019
Masters 60-64	10:41.23	David MacLennan	ctou County Athletic	Halifax, NS	2-Dec-23
Men 3000m Racewall					

U18	17:21.4	Jay Shreve	Truro Lions	Toronto, ON	3/23/2025
Masters 60-64	18:35.31	Philip Vesty	Truro Lions	Halifax, NS	1/17/2026

Men 5000m

Open	13:37.33	Mike Tate	Unattached	Seattle, WA	2/9/2018
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 Wieczorek	Unattached	Halifax, NS	2/29/2020
Masters 40-44	16:22.61	Ian Holdway	Unattached	Halifax, NS	2/29/2020
Masters 45-49	16:33.31	Ian Holdway	Unattached	Halifax, NS	2/20/2021

Men 4 x 200m

Open	1:31.2	Dalhousie			1999
U20	01:32.8	Camrie Sharpe, Liam MacDonald, Wyatt Thurston, Jacob White	Team NS	Halifax, NS	23-Nov-24
U18	01:32.84	Camrie Sharpe, Liam MacDonald, Wyatt Thurston, Jacob White	Team NS	Halifax, NS	23-Nov-24
U16	1:38.56	Attila Narvey, Angelo Melanson, TJ Seneker, Lamar Gallant	Pace Athletics	Halifax, NS	11/21/2025
U14	2:03.4	Cornwallis JHS			1981
Masters 40-44	02:03.29	YHZ	Baard, Peter Eastw	Halifax, NS	1/18/20

Men 4 x 400m

Open	3:20.8	Dalhousie			1993
U20	3:31.37	Izaak Riis, Ethan Hooper, Michael Vanderwal, Rvan Vanderwal	Adrenaline Athletics	Toronto, ON	22-Mar-25
U18	3:42.90	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	08:19.83	S. Conlin-Morse, A. Quinton, Z. Rogers, G. Sauer	Athletics East	Saint John, NB	2/3/2024
U18	8:38.9	Dartmouth Athletics			2002
U16	no record	no record			-
U14	no record	no record			-
Masters 35-39	9:33.54	Lucas Socio, Alan Robinson, Devin Munro, Joseph Corkum	Halifax Road Hammers		1/16/2026

Field Events

Men Long Jump

Open	7.13	Simon Watts	HaliFAST		10-Mar-11
U20	6.84	Carter Myatt	Truro Lions	Halifax, NS	3/1/2025
U18	6.82	Taylor Demone	Adrenaline Athletics	Toronto, ON	March 22.2025
U16	6.31	Andrew Archibald	Chebucto		2004

U14	5.57	Nathaniel Slawter	HaliFAST	Halifax, NS	11/24/2018
Masters 35-39	6.24	Peter Lord			11/18/2002
Masters 40-44	6.14	Peter Lord			11/14/2004
Masters 45-49	5.69	David Galloway	Truro Lions	Halifax, NS	3/4/2022
Masters 55-59	5.24	Peter Lord	Unattached	Halifax, NS	2/11/2023
Masters 60-64	3.16	Spencer Aasvanger	HaliFAST	Halifax, NS	11/19/16
Masters 70-74	3.12	Alex Maceachern	Chebucto	Halifax, NS	2/29/2020
Masters 75-79	2.4	John Kingston	Unattached	Halifax, NS	2-Dec-23

Men Triple Jump

Open	15.21	Jordan Bruce	HaliFAST		1/18/2014
U20	14.76	Jordan Bruce	HaliFAST		3/16/2013
U18	13.83	Mike Oredugba			1988
U16	12.43	Raheem Elliot	HaliFAST	Dartmouth, NS	6/21/2015
Masters 35-39	13.66	Peter Lord			2/17/2002
Masters 40-44	13.39	Peter Lord			1/17/2004
Masters 45-49	13.00	Peter Lord			12/18/2010
Masters 50-54	12.53	Peter Lord	Unattached	Halifax, NS	2/8/2014
Masters 55-59	11.80	Peter Lord	Liit	Moncton,NB	12/22/2018
Masters 60-64	11.18	Peter Lord	Unattached	Florida	3/27/2025
Masters 70-74	6.47	Alex Maceachern	Chebucto	Halifax, NS	2/29/2020

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	ctou County Athletic	Moncton,NB	2/24/2019
U14	1.50	Bill Wrixen			1980
U14	1.50	Carter Myatt	Truro Lions	Truro, NS	9/20/2020
Masters 40-44	1.60	Shane MacKenzie	Unattached	Halifax, NS	2/29/2020
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	3/26/2022

Men Pole Vault

Open	4.7	Craig Slaunwhite			2/9/2008
U20	3.60	Dave Wilson			1989
U18	3.30	Ravi Sandhu	Unattached	Reno, NV	1/14/2023

Men Shot Put

Open	17.54	Peter Millman	Truro Lions	Winnipeg, MB	2/25/2017
U20	17.40	Peter Millman	Truro Lions	Moncton, NB	12/21/2013
U18	16.74	Peter Millman	Truro Lions		2/19/2011
U16	17.12	Bowen Taylor	Truro Lions	Truro, NS	1/18/2026
U14	15.05	Bowen Taylor	Unattached	Truro, NS	11/24/2024

Master 40-44 (7.26kg)	10.62	Brad Thompson	Unattached	Moncton, NB	12/17/2017
Master 45-49 (7.26kg)	11.66	Steve Webster	Truro Lions		2/5/2012
Master 50-54 (6Kg)	7.82	Kelly Joudrie	ctou County Athletic	Moncton, NB	2/24/2019
Master 55-59 (6Kg)	10.61	Brian Hebb	Truro Lions	Moncton, NB	3/26/2016
Master 60-64 (5Kg)	11.76	Brian Hebb	Truro Lions	Moncton, NB	1/24/2018
Master 65-69 (5Kg)	7.78	Alan Elliot	ctou County Athletic	Truro, NS	4/3/2021
Master 70-74 (4Kg)	8.56	Brock Fownes	Unattached	Truro, NS	1/21/2024

Men Weight Throw

Open	18.82	Peter Millman	Truro Lions		21-Feb-14
U20	22.80	Peter Millman	Truro Lions		12/21/2013
U18 (20lb)	23.57	Peter Millman	Truro Lions		12/19/2011
U16 (20lb)	17.89	Drew Erskine	Truro Lions		3/3/2012
U16 (16lb)	17.62	Nic Blois	Truro Lions	Truro, NS	12/7/2025
U14 20	13.83	Gregory McCarthy	Truro Lions		12/19/2011
Masters 40-44 (35lb)	7.5	Keith Blois	ctou County Athletic	Truro, NS	3/3/2024
Master 45-49 (35lb)	7.49	Alan Simpson	ctou County Athletic	Moncton, NB	2/24/2019
Master 50-54 (25lb)	7.54	Kelly Joudrie	ctou County Athletic	Moncton, NB	3/11/2017
Master 55-59 (25lb)	11.48	Brian Hebb	Truro Lions	Moncton, NB	3/26/2016
Master 60-64 (20lb)	13.79	Joseph Leblanc	Unattached	Moncton, NB	1/10/2026
Master 65-69 (20lb)	8.14	Alan Elliot	ctou County Athletic	Moncton, NB	2/24/2019
Master 70-74 (16lb)	9.45	Brock Fownes	Unattached	Truro, NS	3/3/2019
Masters 75-79	8.45	Brock Fownes	Unattached	Truro, NS	21-Jan-24

Men Heptathlon

Open	5193 (7.41, 6.58, 15.56, 2.08, 8.87,	Craig Slaunwhite	Chebucto Athletics	Hanover, NH	1/9/2005
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Men Pentathlon

Open	3796	Craig Slaunwhite	Chebucto Athletics		2003
U20	3421 (9.03, 6.14m, 13.52m, 1.75m, 2:	Jesse Drennan	Bluenose		2/24/2012
U16	2612 Points	Ryker Durning	Truro Lions	Moncton, NB	12/22/2024

Men Tetrathlon

U14	1328 (8.00, 9.45 m, 5.10m, 1:46.17)	Ashton Hawley	Inverness County Athletics	Halifax, NS	11/22/2025
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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
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U20	7.71	Jenna Martin	Athletics East		2007
U18	7.81	Annabelle Raymond	Pace Athletics	Halifax, NS	11/22/2025
U16	7.88	Doris Goodland	Unattached	Toronto, ON	22-Mar-25
U14	8.29 (no blocks)	Makayla Willsey	Valley Athletics	Halifax, NS	11/22/2025
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	4-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
T47	8.05	Chloe Dunbar	Crown Athletics	Toronto, ON	22-Mar-25
Women 150m					
U14	20.12	Makayla Willsey	Valley Athletics	Halifax, NS	1-Mar-25
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
U16	26.12	Kaitlynn Mead	Unattached	Toronto, ON	22-Mar-25
U14	28.14 (no blocks)	Kaitlynn Mead	napolis County Athle	Moncton, NB	12/16/2023
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	3/5/2022
Masters 50-54	31.43	Angela Weeks	Chebucto Athletics	Halifax, NS	3/4/2023
Masters 55-59	37.44	Jo Welch	Unattached	Moncton, NB	3/26/2016
Masters 60-64	35.67	Jo Welch	Unattached	Halifax, NS	1/20/2019
Para T47	26.81	Chloe Dunbar	Crown Athletics	Halifax, NS	1-Mar-25
Women 300m					
Open	37.35	Adrienne Power			2005
U20	40.55	Jan Stirling			2006
U18	40.6h	Jenna Martin	Athletics East		2004
U16	42.27	Kaitlynn Mead	Unattached	Toronto, ON	22-Mar-25
U14	44.20	Cara MacDonald	ctou County Athletic	Halifax, NS	11/24/2018
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		3/1/2008

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	ctou County Athletic	Moncton, NB	12/22/2018
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	2/29/2020
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"	8.88	Queen Clayton	Pace Athletics	Winnipeg, B	2/1/2025
U18 30"	9.26	Maryn Smith	Truro Lions	Halifax, NS	1/20/2024
U16 30"	8.92	Sierra Sweeney	YHZ	Halifax, NS	2/17/2017
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"	10.86	Angela Weeks	Athletics East	Halifax, NS	3/1/2025
Masters 60-64 27"	13.29	Jo Welch	Unattached	Edmonton, AB	3/10/2019

Women 50m

Open	6.48	Adrienne Power			2/4/2010
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	ctou County Athletic	Saint John, NB	28-Jan-23
U18	1:35.71	Cara MacDonald	ctou County Athletic	Halifax, NS	Dec 3, 2022
U16	1:39.19	Cara MacDonald	ctou County Athletic	Halifax, NS	2/10/2019
U14	01:43.65	Cara MacDonald	ctou County Athletic	Halifax, NS	2/10/2018
Masters 50-54	01:53.99	Paula James	Crown Athletics	Halifax, NS	10-Feb-24

Women 800m

Open	2:05.35	Heather Hennigar			2005
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U20	2:12.6	Lousie Palmer			1977
U18	2:14.9	Emily MacLellan			1986
U16	02:16.29	Abby Lewis	Chebucto Athletics	Halifax, NS	3/28/2021
U14	02:25.69	Emma Laycock	Athletics East	Halifax, NS	11/23/2024
Masters 35-39	02:23.21	Gina MacInnis	STFX	Halifax, NS	3/4/2023
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
Masters 50-54	03:08.2	Angela Weeks	Athletics East	Gainesville, FL	25-Mar-25
Women 1000m					
Open	2:46.12	Sophie Watts	Unattached	Geneva,OH	2/14/2015
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	2/18/2023
U16	2:59.62	Abby Lewis	Chebucto Athletics	Halifax, NS	2/9/2020
U14	3:14.10	Cara MacDonald	ctou County Athletic	Moncton, NB	12/22/2018
Masters 40-44	03:15.04	Paula James	Valley Athletics	Halifax, NS	2/11/2017
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	2/1/2020
U14	3:49.02	Abby Lewis	Chebucto Athletics	Moncton, NB	2/24/2019
Women 1500m					
Open	4:16.55	Maggie Smith	Athletics East	Montreal, QC	01/24/2026
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
U16	04:30.60	Abby Lewis	Chebucto Athletics	Halifax, NS	2/20/2021
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	2/29/2020
Masters 50-54	05:11.8	Paula James	Unattached	Halifax, NS	2-Dec-23
Women 1 Mile					
Open	4:39.43	Maggie Smith	Athletics East	Boston, MA	2/14/2026
U20	4:45.66	Abby Lewis	Unattached	Boston, MA	2/7/2025
U18	4:55.68	Abby Lewis	Chebucto Athletics	Halifax, NS	12/4/2021
U16	4:55.68	Abby Lewis	Chebucto Athletics	Halifax, NS	12/4/2021
U14	6:46.00	Laura Englehutt			1999
Masters 40-44	5:32.00	Erin Poirier	alifax Road Hamme	NYC, NY	18-Mar-22
Women 2000m					
U14	06:40.43	Abby Lewis	Chebucto Athletics	Moncton, NB	2/24/2019
U16	06:27.74	Abby Lewis	Chebucto Athletics	Halifax, NS	2/29/2020
Women 3000m					

Open	9:01.04	Siona Chisholm	Unattached	Louisville, KY	3-Mar-25
U20	9:18.12	Zoe Mosher	Unattached	Philadelphia, PA	1/24/2026
U18	09:35.40	Abby Lewis	Chebucto	Halifax, NS	3/5/2022
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 Hamme	NYC, NY	18-Mar-22
Masters 45-49	10:41.64	Paula James	Halifax Road Hamme	Halifax, NS	3-Dec-22
Masters 50-54	10:51.97	Paula James	Crown Athletics	Halifax, NS	19-Jan-24

Women 5000m

Open	15:23.37	Siona Chisholm	Unattached	Boston, MA	15-Feb-25
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	1:51.96	M. Willsey; E. Knock; D. Goodland; K. Mead	Unattached	Moncton, NB	12/20/2025
U14	2:10.5	MacDonalds			1981

Women 4x400m

Open	3:49.6	Dalhousie			1994
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
U20	09:16.16	Nova Scotia	ie Smith, Carley Birr	Halifax, NS	2/9/2019
U18	10:15.2	Middleton Elite			2001
U16	12:32.24	Valley Athletics	cca Moore, Sydney	Halifax, NS	1/17/16

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	5.19	Brianna Hoskin	Pace Athletics	Halifax, NS 23-Nov
U14	4.80	Sierra Sweeney	HaliFAST	Halifax, NS 10/28/15

Masters 35-39	4.02	Deele Hines	ctou County Athletic	Moncton,NB	1/21/17
Masters 40-44	3.70	Paula James	Valley Athletics	Halifax, NS	3/11/2017
Masters 45-49	4.04	Angela Weeks	Chebucto Athletics	Halifax, NS	3/28/2021
Masters 50-54	3.84	Angela Weeks	Athletics East	Florida	3/22/2025
Masters 55-59	2.9	Janet MacIsaac	Unattached	Halifax, NS	4-Mar-22
Women Triple Jump					
Open	12.00	Dawn Creighton			2002
U20	11.91	Gabrielle Fraser	Unattached	Albuquerque, NM	2/29/2020
U18	11.43	Juliana Blois			12/19/2009
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	12/2/2017
Masters 45-49	9.23	Rachelle MacDonald	Unattached	Truro, NS	21-Feb-21
Masters 50-54	7.57	Jo Welch	Unattached	Kamloops, BC	4-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	3/8/2014
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		3/3/2012
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	3/26/2022
Masters 50-54	1.27	Angela Weeks	Athletics East	Gainesville, FL	24-Mar-25
Masters 55-59	1.15	Tammy Armstrong	Truro Lions	Halifax, NS	4-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	12/2/2017
U20 (4kg)	14.64	Chelsea Whalen	Launchers		16-Feb-11
U18 (3kg)	14.19	Keighan Decoff	ctou County Athletic	Moncton,NB	12/21/2019
U18 (3kg)	14.19	Taylor Stutley	Launchers		3/3/2012
U18 (4kg)	12.68	Chelsea Whalen	Launchers		3/29/2008
U16 (3kg)	12.80	Taylor Stutley	Launchers		6-Feb-11
U14 (3kg)	9.03	Sarah Millman	Truro Lions		12/30/2009
Masters 35-39 (4kg)	9.10	Ann Findlay	PCA		3/3/2012
Masters 40-44 (4kg)	7.40	Cheryl Smith	Valley Athletics	Moncton,NB	3/11/2017
Masters 45-49 (4kg)	8.36	Tracy Acker-Canning	Unattached	Truro, NS	1/22/2023

Masters 50-54 (3kg)	9.08	Pamela Jeffrey Mcewing	Truro Lions	Truro, NS	2/25/2024
Masters 55-59 (3kg)	8.12	Tammy Armstrong	Truro Lions	Truro, NS	3/6/2022
Masters 60-64 (3kg)	6.88	Jo Welch	Unattached	Toronto, ON	3/12/2017
Masters 65-69	5.90	Jo Welch	Unattached	Truro, NS	3-Dec-23
Masters 70-74	6.13	Pat Wilcott	Unattached	Truro, NS	24-Nov-24
Para	3.57	Kimberley Neary	Halifast Athletics	Truro, NS	12/4/2022
Women Weight Thro					
Open (20lb)	18.66	Kayla Gallagher	Truro Lions		6-Mar-14
U20 (20lb)	18.24	Kayla Gallagher	Truro Lions		7-Mar-13
U18 (16lb)	15.58	Sarah Millman	Truro Lions		1/16/2013
U18 (20lb)	14.07	Kayla Gallagher	Truro Lions		1/16/2011
U16 (16lb)	14.09	Sarah Millman	Truro Lions		12/4/2011
U14 (16lb)	9.14	Sarah Millman	Truro Lions		12/30/2009
Masters 40-44 (20lb)	6.45	Tracey Furguson	ctou County Athletic	Moncton, NB	3/10/2018
Masters 45-49 (20lb)	9.64	Mahogany Duncan	Unattached	Truro, NS	3/3/2024
Masters 50-54 (16lb)	10.27	Pamela Jeffrey Mcewing	Truro Lions	Moncton, NB	2/25/2024
Masters 55-59 (16lb)	7.73	Tammy Armstrong	Truro Lions	Truro, NS	3/6/2022
Masters 60-64 (12lb)	10.12	Jo Welch	Unattached	Truro, NS	2/10/2019
Masters 65-69	10.41	Jo Welch	Unattached	Truro, NS	24-Nov-24
Masters 70-74	6.04	Pat Wilcott	Unattached	Truro, NS	24-Nov-24
Women Pentathlon					
Open	4174	Rachael McIntosh	Bluenose		2/21/2014
U20	3723	Rachael McIntosh	Bluenose		2/10/2010
U18	2960	Abbigael Gaudry	Chebucto Athletics	Moncton, NB	2/24/2019
U16	1613 points	Courtney Angus	Truro Lions	Moncton, NB	12/22/2024
Masters (50-54)	2803 points	Angela Weeks	Athletics East	Gainesville, FL	3/25/2025
Women Tetrathlon					
U14	974 points	Nataliya Woycheshyn	Grit Athletics	Halifax, NS	2-Mar-24