



2025 AGM Agenda – November 23, 2025

- Welcome
- Adoption of the Agenda
- Presentation of Voting Credentials
- Approval of Past Minutes
- Business Arising from Minutes
- Financial Report - approval of Year End Report
- Reports
 - a. Chair
 - b. Executive Director
 - c. Coaching Development
 - d. Officials Development
 - e. High Performance Report
 - f. Athlete Report
- Other Business
 - a. Board Member Positions
 - b. Updated Bylaws
- New Business
- Adjournment

Voting Credentials

An accredited club with less than 20 registered members shall be entitled to one vote; a club of 20-39 to two votes; a club of 40 or more to have three votes.

Financial Report

This was the largest financial year, beating last year in terms of revenue and expenses. Revenue has grown \$173,959 from last year, up from \$310,255 to \$484,213, or 56% year over year. Expenses grew \$145,060 from last year, up from \$324,503 to \$469,564, or 45% year over year. This leads to very strong growth in our net income, which sat at \$14,650 this year up from a loss of \$14,248 last year.

Revenue growth was driven by increased grant funding (+\$83,788), Support4Sport funding (+\$58,362), and competition fees (+\$18,805). This was offset by a decrease in coaching course fees received (-\$7,836). Membership fees were up \$2,495 and are expected to increase further going forward due to the fee increase.

Expense growth was driven by increased salary expenses (+\$66,150 due to the addition of a new employee), Event Group Coaches (+\$25,700), Run Jump Throw Wheel (+\$21,977), and Para support (+\$13,296).

The organization's balance sheet is in very good shape as well. Assets sit at \$174,061 with liabilities at \$78,051. Both are down significantly (approximately \$100,000) from the prior year (when assets were \$267,869 and liabilities were \$181,480) which is primarily due to lower deferred revenue and in turn less cash on hand.

The balance sheet also demonstrates financial resilience and a strong liquidity position. Net liquid assets sit at about \$48,000, up from \$39,000 last year, which provides a healthy buffer to absorb financial shocks.

Financial Summary (March 2025)

Balance Sheet Highlights (As of March 31, 2025)

- Assets: Totaling \$174,061, the organization holds significant reserves:
 - Bank balances: \$81,672 across three accounts.
 - Investments: \$58,806 split between TD GIC and the Aileen Meagher GIC.
 - Other notable items include Inventory and Equipment (\$19,777 with \$15,262 in depreciation), and Accrued Receivable (\$16,008).
- Liabilities: Standing at \$78,051, the major liabilities include:
 - Deferred Revenue: \$60,100.
 - Aileen Meagher Classic Legacy Fund: \$14,771.
- Equity: Total equity amounts to \$96,010, comprising:
 - Retained Earnings: \$81,360.
 - Current Year Earnings: \$14,650.

Income Statement Highlights (April 1, 2024 - March 31, 2025)

- Revenue: Total revenue increased significantly by \$173,959 (+56%) to \$469,564. Key contributors include:
 - Grant Funding: \$97,078 (+\$83,788) mainly from increased AC grants
 - Support4Sport Funding: \$114,009 (+\$58,362)
 - Competition Fees: \$74,535 (+\$18,805)
 - Membership Fees: \$56,862 (+\$2,495)
 - Coaching Program: \$45,000.00 (flat YoY)
- Expenses: Total expenses increased significantly by \$145,060 (+45%) to \$469,564. Significant components include:
 - Salaries & Contracted Services: \$229,088 (+\$66,150) due to the addition of a new employee
 - Meet Expenses: \$43,570 (+\$2,122)
 - High Performance Excellence: \$34,339 (-\$2,302)
 - Run Jump Throw Wheel: \$27,770 (+\$21,977)
 - Event Group Coaches: \$25,700 (+\$25,700)
- Net Income: The organization had positive net income of \$14,650, reversing last year's loss of \$14,248.

Key Observations

- The organization maintains a strong financial position, with net assets growing year over year and a strong liquidity position

- The addition of a new employee was absorbed effectively by the organization, having both increased expenses but also allowed for increased grant funding
- Competition, membership, and sales fees make up 28% of total revenue, with grants making up 20% (compared to 4% last year). In order to cover the higher expenses grant revenue will need to remain elevated going forward, or other revenue sources will need to be explored.
- Expense control was effective, with increases mainly due to new the new employee's salary, or increased programming. For example meet expenses only grew by \$2,122 whereas meet fees grew by \$18,805.
- The growth in liquid assets by almost \$10,000 over the past year suggests effective management. Continued diligence in managing costs and diversifying revenue should continue to maintain this trend.

Recommendations for Optimization

1. Explore further options for revenue generation
 - With revenue growth mainly due to increased grant funding, explore ways to continue growing revenue through merchandise sales, growing coach training capabilities and programming, or other avenues
 - Work to optimize grant funding, and other external funding, opportunities to help ensure that time is being spent on the highest potential value grants
 - Look at ways to increase meet revenues, potentially through increased participation
 - If the surplus continues to grow, explore options to invest in short term instruments to improve interest revenue
2. Leverage technology and look for ways to further streamline operations
 - Continue virtual meetings and digital promotions to save costs. Optimize tools for high engagement.
 - Look at operating expenses and assess whether there are potentials for further deductions (e.g. office expenses).
3. Assess programming
 - Review programs to ensure they are fit for purpose and avoid duplication
4. Assess coach development
 - Coach development expenses have grown exponentially vs prior year, while coaching course fee revenue has dropped significantly
 - This should be further explored to determine areas for improvement from a financial perspective

REPORTS:

Chair Report

Welcome to all who have taken the time out of their busy lives to join us for this, the 2025 annual general meeting of Athletics Nova Scotia. It has been an exceptional year and before updating you all on the status of the organization, I wanted to take time to extend my utmost gratitude to our full-time staff members, Anitra Stevens, Kirk Jessome, and Heather Beaton. Without their hard work and dedication to our sport, I would not be able to share with you tonight all of the exciting growth and achievements our organization has witnessed over the past twelve months. I have had the wonderful

opportunity to work closely with all of them over the last several years and their efforts do not go unnoticed.

2025 has been an exciting year for our athletes, most importantly, as well as our organization as a whole. I will allow the individual directors to speak to their areas of expertise, as I am sure they share my excitement over what our small but mighty province has managed to achieve in the sport of athletics. Statistically, this may very well be the most successful year that Athletics Nova Scotia has ever enjoyed. Across several metrics, I cannot recall a more impactful year for ANS. Whether it be the financial health of the organization, our registration numbers, the engagement of the board of directors, or the success and accolades our members have achieved across the country, I cannot be more excited, or prouder, to be the Chair of the board of directors.

The last year saw a total of 1238 members register with ANS. This is a significant increase of more than 10% above our previous high. History tells us that registration typically spikes above average rates in Olympic years. This being a non-Olympic year makes this registration number that much more exciting. Our coaches, officials, volunteers, and staff members continue to strive to offer the best experience for the province's athletes.

This record high year for registrants also saw a large medal total at both Legion and Canada Games competitions. At legions, a total of 10 medals were awarded to Nova Scotia athletes, while at Canada Games that total was 9. The medal totals for both teams included gold medals among the results. These accomplishments are something that we should all be proud of. Clearly there is a strong culture of excellence amongst our clubs all across the province.

Taylor will speak more to the financial stability of the organization, but I think it is important to highlight that while the organization gained more members, had more athletes competing, and saw increased growth, we did this despite significant increases in expenditures. Never before has ANS had so many salaried staff executing our vision for athletes; just recently we have added another staff member to help to execute our meets and performance opportunities. When we looked to add the position of Program and Event Coordinator several years ago, now filled by Heather Beaton, I was a strong advocate of spending money to help grow our organization. This has clearly shown to be true and we expect it to continue to be true moving into the future.

I think it is also important to call attention to the exit of Cate McCormick as the Chair of the Board of Directors of Run Nova Scotia. Cate is the first board chair from Run NS that I can recall working closely with, and sitting on the board of directors of, Athletics Nova Scotia. This partnership is an important one in allowing both organizations to better serve all current and potential members across the province. Cate was a capable and competent chair who was a strong advocate for her members and her organization. She believed that all runners, regardless of discipline, could be best served by a strong partnership between our organizations. She left with encouraging words that the incoming chair, Kevin Terry, will continue her work and advocacy on behalf of all runners in Nova Scotia.

Moving forward, we are excited to begin a new strategic planning cycle. This will be my first opportunity as chair to participate in a new cycle. This is an exciting opportunity to both reflect on the past and to chart a new course towards 2030. To this point, our staff and board of directors has done an exceptional job in responding and adapting to an ever more dynamic world here in Nova Scotia. This new strategic plan has the potential to ensure our continued growth and success as an organization as the province also continues to grow and change.

In order to ensure that our success and growth continue into the future, we, as a board of directors, is seeking to implement several changes with regards to governance. These changes will be made in the form of three (3) distinct motions that you, the membership, will vote on. With these changes, the board of directors will seek to become more effective and dynamic as a governing body. It is prudent to be able to respond to all issues and situations in a timely manner, and to offer balance and stability to all board members. We know that these changes will ensure that moving into the future, you have a board of directors that will be future-proofed to all challenges it may face, and that it is fully engaged in offering the best possible experience to you, the members.

Sincerely,

Brad Andrews

Chair, Board of Directors

Athletics Nova Scotia

Executive Director Report

It gives me great pleasure to present this year's Executive Director's report for Athletics Nova Scotia. The 2025 season has been one of growth, momentum, and expanding opportunity for our sport across the province.

1. Membership, Club Growth & Reach

- Membership across the province has continued to grow, reflecting sustained interest in track & field, road running, and cross-country. Our 2025 membership was an all time high with 1287 members.
- Our club network is expanding into under-represented regions, increasing provincial reach and accessibility. We added one new club – Inverness County Athletics.
- Young-athlete engagement (U12, U14) has strengthened, supporting our long-term athlete-development strategy.

2. Program Development & Partnerships

- ANS announced its final roster of athletes for the 2025 Canada Summer Games, underscoring the strength of our athlete development pathway. We captured 9 medals in St. Johns.
- The selection process for the 2025 National Legion Youth Championships team (Nova Scotia / Nunavut) was finalized, reinforcing our commitment to youth

competition. Team NS/NU captured 10 medals – showing another strong year of small province excellence.

- The full 2025 competition calendar — including indoor opens, throws-series meets, club championships, and outdoor events — was published and communicated to stakeholders.
- The 2025 ANS Awards nomination process was launched, recognizing athlete, coach, official, and volunteer achievement within our community.

3. Competition, Events & Results

- aA full suite of competitions was delivered in 2025: beginning with indoor meets in January, progressing through throws-series and culminating with outdoor club championships and final-chance meets.
- Live result posting and event reporting improved, with many competitions supported by timely updates and shared results.
- Video and highlight content showcased “Summer 2025 so far,” Canada Games performances, and key provincial meets, helping bring our athletes’ stories to a wider audience.

4. Officials, Volunteers & Organizational Capacity

- Our capacity for officials, volunteers, and meet management continues to strengthen in response to the expanded calendar of events.
- Communications and training outreach for officials and volunteers improved through better use of our website and social channels, supporting the growth of our competitions and service levels.
- The association’s staffing and governance structure has become better aligned to support increased demand from clubs, coaches, officials, and athletes. With 3 full time staff and numerous contract staff throughout the year we were able to offer new programs and services throughout the year.

5. Infrastructure & Environment

- While facility access remains outside ANS’s direct control, 2025 brought important progress in athletics infrastructure in Nova Scotia.
- The opening of the No. 2 Construction Battalion Athletics Facility in Truro in November represents a significant addition to provincial track and field capacity, increasing access for central and northern Nova Scotia and honouring an important part of our history.
- We also note the opening of a new track and field facility on Nova Scotia’s South Shore, further expanding access and training opportunities for athletes in that region.
- These developments support our strategic aim of expanding access across all regions and event disciplines.

6. Social Media Insights

Our digital reach has grown dramatically, reflecting heightened interest in our sport and stronger storytelling around our athletes, clubs, and events:

- **Facebook:** 2025 content generated approximately **1,627,473 views**.

- **Instagram:** Our content achieved roughly **1.75 million views** across reels and posts.

These numbers show that Athletics Nova Scotia is not only growing on the track and field but also significantly increasing its visibility and impact in the digital space, helping us connect with current members, inspire prospective athletes, and strengthen our brand.

7. Challenges & How We Are Growing From Them

The growth of our sport has brought important challenges—each of which has also created opportunities for organizational strengthening and deeper connection with our communities:

Infrastructure Limitations

- Limited indoor training space and specific event-group needs (throws, combined events) have strained capacity.
- We continue to advocate for improved multi-season training environments and collaborate with municipalities, universities, and community partners to expand facility options.

Increasing Demand Across the Province

- Rapid growth in athlete numbers has increased demand for officials, coaches, volunteers, and meet capacity.
- We are responding through expanded education pathways, mentorship opportunities, and enhanced meet-management training.

Work With Indigenous Communities

- ANS continues to grow relationships with Mi'kmaq communities and Indigenous-led sport groups.
- Efforts include exploring culturally responsive programming, creating pathways to participation, and ensuring Indigenous athletes feel welcomed and supported in our system.
- We recognize this work as ongoing and are committed to strengthening these partnerships year after year.

Women in Sport & Gender Equity

- We continue to address gender equity in coaching, officiating, athlete development, and leadership.
- Targeted initiatives include:
 - increasing the visibility of women leaders and role models in our community,
 - ensuring equitable access to training opportunities,
 - supporting women and gender-diverse participants in advancing through pathways traditionally dominated by men.

Anti-Racism Work

- Athletics Nova Scotia acknowledges the systemic barriers that exist within sport and continues to strengthen policies, education, and practices that foster a safe and inclusive environment.
- New collaborations with anti racism community leaders and organizations will help inform better practices, event approaches, and community engagement strategies.

Equity, Diversity, Inclusion & Accessibility (EDIA)

- EDIA remains a core pillar of our strategic direction.
- Ongoing work includes:

- o reviewing policies through an equity lens,
 - o increasing accessibility for para-athletes,
 - o supporting inclusive language and education,
 - o ensuring staff, officials, and coaches receive relevant training,
 - o expanding communication channels to reach historically excluded communities.
- These efforts ensure athletics in Nova Scotia remains a place where all participants feel represented, valued, and supported.

I extend my sincere gratitude to the ANS board, staff, officials, coaches, volunteers, athletes, and clubs. The progress we are experiencing is the result of your dedication, passion, and perseverance. Together, we are building a stronger, more inclusive, and more competitive athletics community in Nova Scotia.

In closing, I remain optimistic and energized by what we have achieved this year. The momentum is real, and with intentional leadership and collaborative effort, we are well-positioned for continued growth and long-term success. I look forward to building on this progress together.

Thank you. Anitra Stevens
Executive Director — Athletics Nova Scotia

Director of Coaching Report

Athletics Nova Scotia AGM Coaches Report

Prepared by Jodi Langley (Director of Coaching)

Coaches Report: Advancing Coaching in Nova Scotia

Athletics Nova Scotia (ANS) has made good strides in enhancing coaching capacity and supporting athletes' achievements at local, national and international levels.

Below are key highlights from the past year:

1. Expansion of Coach Development Initiatives

Since November 2024, ANS has provided a variety of coaching courses and workshops:

- Courses Delivered:
 - o 4 Run Jump Throw Wheel (RJTW)
- Non-NCCP Development:
 - o Building capacity of personal coaches in the sport psychology through CSIA

2. Enhancing High-Performance Support

- **Chloe Dunbar, Carliegh Hiltz & Katie Pegg Development Coaches** ANS allocated funding to support Chloe Dunbar's personal coach (Phil Hadley) at Worlds, a significant step in ensuring her optimal preparation and success. Jodi Langley was part of the Bridge 2 Podium program with mentor Heather Henniger and ANS secured additional funds for her, however, was not needed as she was named as a team coach.

Celebrating Coaches – Highlights and Achievements

Nova Scotia's coaching landscape continues to advance, reflected in growing national recognition and increasingly robust community-led initiatives

Key achievements include:

1. Development of Women in Coaching

Two Nova Scotia coaches were selected for Athletics Canada's **national mentorship program**, a great step towards their journey in sport. This initiative reflects growing support for women in coaching. These coaches include Bridget Deaveu C Sherry Alexander (previously apart of program in 2025)

2. Highlighting Key Coaching Appointments

- **PanAm U20 (2025) Cancelled (not team sent)**
 - Rich Lehman
- Legion Nationals Coaching Staff (2025):
 - **Head Coach:** Terry Sweeney
 - **Assistant Coaches:** Drew Erskine, Bridget Deaveu, Ian MacDonald
- Canada Games Coaching Staff (2025):
 - **Head Coach:** Phil Hadley

- **Team Coaches:** Kirk Jessome, Iain Lapointe, Heather Beaton, Tim Brennan, Peter McCormick, and Tammy Armstrong
 - **Women in Coaching Apprenticeship:** Sherry Alexander
- National Recognition:
 - Jodi Langley received Athletics Canada award- Development Coach of the Year

3. Commitment to Grassroots and High-Performance Development

ANS has continued to invest in supports for personal and team coaches, with a particular focus on seasonal planning and final preparation strategies. These efforts aim to strengthen program quality and help athletes reach their full potential, enhancing Nova Scotia's presence and success at national and international competitions. With the departure of Peter Lord and Jodi Langley, a gap has emerged in the technical development of throws and jumps within the high-performance program. ANS will work to build capacity among targeted coaches to help fill these roles and maintain strong development in these event groups.

Director of Officials Report

Submitted by Anitra Stevens

Athletics Nova Scotia

Over the past year, the Officials Program has continued to strengthen its capacity, enhance education opportunities, and support high-quality competitions across the province. The following summarizes key achievements and developments within the Officials portfolio.

1. Officials Development & Upgrading

This has been a strong year for officials advancing through the national pathway:

- **Six officials completed upgrades**, demonstrating ongoing commitment to their development and to the Athletics Canada officials system.
- **Two officials achieved Level 4 designation** at the 2025 Canada Summer Games—an important milestone that strengthens our provincial leadership in technical officiating.

2. Canada Games Representation

Athletics Nova Scotia was proudly represented by a dedicated team of officials at the **2025 Canada Summer Games in St. John's**. Our officials played key roles across multiple event areas:

- **Paul MacDonald** – Starter Assistant
- **Troye Williams** – Horizontal Jumps
- **Paul Boudreau** – Chief Photo Finish
- **Marsha Hudson-Ash** – Call Room
- **Clive Holland** – Chief Horizontal Jumps
- **Heather Maessen** – Vertical Jumps
- **Marcel Maessen** – Vertical Jumps

In addition, **Paul Boudreau** and **Clive Holland** were selected for **national-level evaluations** during the Games as part of their upgrading process.

3. Education & Training

Education and skill development remained a major focus this year:

- **1 Meet Manager Course** delivered, supporting improved event-management capacity across clubs and meet organizers.
- Multiple **online learning sessions for Level 3 and above officials** offered throughout the summer and fall, ensuring access to continuing education for officials at advanced stages in their progression.

4. Meet Support

Athletics Nova Scotia officials provided essential coverage for competitions throughout the province:

- **Six provincial-level meets** were successfully hosted with full officials support.
- Feedback from meet organizers remains positive, highlighting professionalism, consistency, and commitment from the officials team.

5. Looking Forward

Priorities for the upcoming year include:

- Continuing to build depth at Levels 1–3 to support the growing competition calendar.
- Increasing mentorship opportunities for officials pursuing Levels 3–5.
- Expanding online and in-person education offerings, particularly in technical specialties with identified gaps.
- Supporting clubs in meet planning through improved training on iMeet Manager and event-management best practices.

High Performance Report

Prepared by: Ian MacDonald (Director of High Performance)

The High Performance Committee and team had a very successful year. A few highlights from the year include:

- Peter Lord stepped down as jumps event coach, a replacement has yet to be found.
- Three athletes competed at the Para-World Championships in India, Carleigh Hiltz, Chloe Dunbar, and Bronze Medalist Katie Pegg
- Legions had a very successful championships bringing home 10 medals, 19 top 8 finishes, and 6 provincial records
- Canada Games also successful; 9 medals, 2 provincial records
- CSIA are excited about the trajectory of the program and ANS
- NSPPI (High Performance Plan) will be updated and developed for the next funding cycle
- Coaches have indicated smooth sailing in terms of working with the athletes under their disciplines
- Several new athletes identified to the program

Hoping to build off a successful year

Athletes Report

New Records:

Outdoor

- Women's U14 80m, Makayla Willsey, Valley Athletics
- Women's U14 100m, Makayla Willsey, Valley Athletics
- Women's U16 100m, Kaitlynn Mead, Unattached
- Women's U14 150m, Makayla Willsey, Valley Athletics
- Women's U14 200m, Makayla Willsey, Valley Athletics
- Women's U16 200m, Kaitlynn Mead, Unattached
- Women's T47 200m, Chloe Dunbar, Crown Athletics
- Women's U16 300m, Kaitlynn Mead, Unattached
- Women's Masters 40-44 800m, Leanna MacLean, Unattached
- Masters 50-54 800m, Angela Weeks, Athletics East
- Women's U16 Mile, Ada Barnett, Valley Athletics
- Women's Masters 50-54 80m Hurdles, Angela Weeks, Athletics East
- Women's U20 100m Hurdles, Maryn Smith, Truro Lions
- Women's U14 1500m SC, Avery Mosher, Adrenaline Athletics
- Women's U20 & Open 3000m SC, Frances MacLeod, Athletics East

- Women's U16 & U18 4x100m Relay Doris Goodland, Makayla Willsey, Ella Knock, Kaitlynne Mead
- Women's U14 Medley Relay, Jewell Burris Roxy Stubbart Dani Roode Isabella Burris
- Women's U16 Medley Relay, Kaitlynne Mead Doris Goodland Ella Knock Emma Laycock
- Women's Masters 50-54 High Jump, Angela Weeks, Athletics East
- Women's Masters 50-54 Long Jump, Angela Weeks, Athletics East
- Women's Masters 50-54 Pentathlon, Angela Weeks, Athletics East
- Women's Para F37 Shot Put, Carleigh Hiltz, Truro Lions
- Women's Para F46, Katie Pegg, Athletics East
- Women's U16 Weight Throw, Samantha Sheaves, Truro Lions
- Women's U14 Tetrathlon, Lily MacDonald, Pictou County Athletics
- Men's U18 200m, Chase McDermott
- Men's Masters 40-44 200m, Kyle Smith
- Men's U14 300m, Ashton Hawley, Inverness County Athletics
- Men's U20 400m, Jacob White, Valley Athletics
- Men's Masters 40-44 800m, Kyle Smith
- Men's Masters 35-39 3000m, Garrett Landry, Pictou County Athletics
- Men's Open Half Marathon, Mike Tate
- Men's U16 100m Hurdles, Ben Somers, Truro Lions
- Men's U16 Race Walk, Jay Shreve, Truro Lions
- Men's U18 4x100m, Taylor Demone, Emmanuel Adaramodu, Quinn Campbell, Chase McDermott
- Men's U18 Long Jump, Taylor Demone, Adrenaline Athletics
- Men's Masters 70-74 Shot Put, Alan Elliott, Pictou County Athletics
- Men's Master 60-64 Hammer, Joseph LeBlanc
- Men's Masters 70-74 Hammer, Alan Elliott, Pictou County Athletics
- Men's Master 60-64 Weight Throw, Joseph LeBlanc
- Men's U14 Tetrathlon, Ashton Hawley, Inverness County Athletics

Significant Results – Females

World Para Athletics Championships

- Katie Pegg: Bronze, F46 Shot Put

Canadian Nationals

- Katie Pegg: Silver, F46 Shot Put
- Carleigh Hiltz: Gold, F37 Javelin

Canada Games

- Julia Konigshofer: Silver, Javelin
- Frances Macleod: Bronze, 3000m Steeplechase
- Maja Husain: Bronze, Triple Jump
- Chloe Dunbar: Gold, Ambulatory 100m
- Keighan Decoff: Bronze, Discus
- Eileen Benoit: Silver, 5000m

Usports

- Chelsea MacIsaac: Silver, Shot Put

Canadian Indoor Championships

- Myka Wilson: Bronze, U18 Triple Jump
- Myka Wilson: Bronze, U18 High Jump
- Ruby Harris: Bronze, U20 400m
- Ella Farquharson: Bronze, U20 Shot Put
- Ella Farquharson: Silver, U20 Weight Throw
- Kaitlynne Mead: Gold, U16 200m
- Kaitlynne Mead: Silver, U16 60m

Legions

- Kaitlynne Mead: Bronze, U16 100m
- Kaitlynne Mead: Bronze, U16 300m

- Anna Carruthers: Bronze, U18 3000m
- 1600m Relay, Silver U16 female

Usports Cross Country Championships

- XWomen Team Silver

Master's

- Angela Weeks: 8th, World Masters Indoor Championships, Pentathlon

Significant Results – Males

Canadian Nationals

- Carter Myatt: Bronze, U20 Long Jump
- Carter Myatt: Bronze, U20 High Jump

Canada Games

- Silas Conlin-Morse: Bronze, 1500m
- Jacob Rafuse: Silver, 200m SO
- Zach James: Gold, 800m

Usports Championships

- Jacob Benoit: Bronze, 3000m

Canadian Indoor Championships

- Ben Somers: Bronze, U16 60mH
- Carter Myatt: Gold, U20 High Jump
- Carter Myatt: Bronze, U20 Long Jump
- Taylor Demone: Gold, U18 Long Jump
- Joey MacDonald: Bronze, Open High Jump
- Ryker Durning: Silver, U18 Shot Put
- Adrenaline Athletics: Gold, U20 4x400m
- Jay Shreve: Gold, U18 300m Race Walk
- Jacob Durber: Bronze, U16 800m

Legions

- Bowen Taylor: Silver, U16 Discus
- Bowen Taylor: Silver, U16 Shot Put
- Chase McDermott: Bronze, U18 100
- Jay Shreve: Silver, U18 3000m Race Walk
- Taylor Demone: Gold, U18 Long Jump
- Nic Blois: Gold, U16 Hammer Throw

Master's

- Peter Lord: 5th, World Master's Indoor Championships, Triple Jump
- Peter Lord: Gold, Canadian Masters Championships, Triple Jump
- Angela Weeks: Gold, Canadian Masters Championships, Outdoor Pentathlon
- Michael Canavan, Bronze, Canadian Master Championships, 1500m

Total Medal Counts:

International medals: 1

Canada Games: 9

Canadian Nationals: 4

Usports Championships: 2

Legions: 10

Canadian Indoor Championships: 16

Canadian Outdoor Masters: 3

Indoor Records

Female:

-Chloe Dunbar: U18 T47 60m (8.05) and 200m (26.81)

-Abby Lewis: U20 3000m 9:19.95

-Makayla Willsey: U14 150m (20.12)

-Siona Chisolm: Open 3000m (9:01.04), Senior mile (4:40.50) and 5000m (15:23.37)

- Kaitlynne Mead: U16 200m (26.12), U16 300m (42.27)
- Doris Goodland: U18 60m (7.88)
- Queen Clayton: U20 60m Hurdles (8.88)

Male:

- Peter Lord: M60-64 Triple Jump (11.18m)
- Philip Vesty: M60-64 3000m Race Walk (19:19.10)
- Jay Reve: U18 3000m Race Walk Indoor (17:21.43) and U18 1500m Race Walk Indoor (8:29.24)
- Taylor Demone: U18 Long Jump (6.82m)
- Ashton Hawley: U14 200m (27.89)
- Jacob White: U20 200m (22.42)
- Carter Myatt: U20 Long Jump (6.84)
- Ryan Rafuse: M40-44 1500m (4:23.31)
- Wyatt Thurston: U18 200m (23.16)

Relays:

- Adrenaline Athletics: Men's U20 4x400m (3:31.37)
- Truro Lions: Women's U16 4x200m (1:54.33)

**** Please note – if any are missing from this list, please message our office at athletics@sportnovascotia.ca**

Open Board Positions

Vice Chair: The duties of the Vice Chair shall include the following

- Perform the duties of the Chair in his /her absence
- Assist the Chair where appropriate and develop understanding of requirements of the role of Chair
- Serve as Chair of the Nominating Committee

Director of Officials Development: the duties of the Director of Officiating Development shall include the following:

- Develop the annual plan for officials development in partnership with the Manager of Coaching and Officiating.
- Present the Officials Development plan to the Board for ratification.
- Assist the Manager of Coaching and Officials Development in the delivery of the plan Officials Development plan.
- Report the status of the Officials Development plan at each meeting of the Board.
- Provide an annual report on Officials Development both verbally and in writing at the AGM.
- Promote the recruitment and training of officials within ANS on an ongoing basis.
- to promote volunteerism within athletics
- to conduct officials clinics when appropriate,
- work with meet directors to ensure that officials are properly trained.

Director of Coaching: the duties of the Director of Coaching Development shall include the following:

- Develop the annual plan for coaching development in partnership with the Manager of Coaching and Officiating.
- Present the Coaching Development plan to the Board for ratification.
- Assist the Manager of Coaching and Officiating in the delivery of the Coach Development plan.
- Report the status of the Coach Development plan at each meeting of the Board.
- Provide an annual report on Coach Development both verbally and in writing at the AGM.
- Promote the recruitment and training of Coaches within ANS on an ongoing basis.

Bylaws Update

BY-LAW 1 — INTERPRETATION

No substantive changes. Only formatting preserved.

BY-LAW 2 — MEMBERSHIP

Fee-Related Language

- **REMOVED (2017):** Associate members, honorary members, and non-competing officials receive membership *without payment of dues*.
- **ADDED (2025):** These members are subject to **annual membership fees as set out**, eliminating the blanket “no dues” clause.

Coaches

- **REMOVED:** “Coaches registered with an accredited club pay a *minimal fee*.”
- **UPDATED:** All coaches must pay the standard annual coach fee (no special rate).

BY-LAW 3 — FEES

Non-Competing Members

- **REMOVED:** Automatic free membership for Associate, Honorary, and Officials.
- **ADDED:** These membership types follow the general fee structure.

BY-LAW 4 — BOARD OF DIRECTORS & MANAGEMENT

Executive Committee Composition

- **REMOVED:** *Immediate Past Chair* as a member of the Executive Committee (2017).
- **ADDED:** Executive Committee now includes only Chair, Vice-Chair, Treasurer, Secretary.

Board Composition

- **REMOVED:**
 - Second Athlete Representative (Track + Field)
 - Second High Performance Director
 - Third Director at Large
- **ADDED:**
 - **Run Nova Scotia Chair** as a voting Director (new governance integration).
 - Only one Athlete Representative.
 - Only one High Performance Director.

- Two Directors at Large (instead of three).

Term Limits

- **UPDATED:**
 - Directors remain capped at two terms.
 - **ADDED:** Chair, Vice-Chair, and Past Chair may serve **unlimited consecutive or non-consecutive terms**, at board discretion.

Meeting Frequency

- **REMOVED:** Minimum of *four* meetings per year (2017).
- **ADDED:** Board must meet **monthly** (2025).

Nominations

- **REMOVED:** Nominating Committee proposing full slate.
- **ADDED:** ED issues AGM call for nominations and identifies vacancies.

BY-LAW 5 — DUTIES OF BOARD MEMBERS

Reporting Requirements

- **ADDED:** Directors must provide written reports (Coaching, Officiating, Athletes, High Performance) before board meetings.

High Performance Director

- **UPDATED:**
 - Works with **Technical Director + High Performance Committee** rather than Manager of Coaching & Officiating.
 - Program name updated from “**High Performance Plan**” → “**Excellence Plan.**”

BY-LAW 6 — EXECUTIVE DIRECTOR

No substantive content changes.

BY-LAW 7 — SELECTION COMMITTEE

No substantive changes.

BY-LAW 8 — MEETINGS

No substantive changes.

BY-LAW 9 — REPRESENTATION & VOTING

Identical except for minor formatting.

BY-LAW 10 — FINANCE

Financial Reporting

- **REMOVED (2017):** Requirement for a formal **auditor**.
- **ADDED (2025): Financial compilation report**, paid via discretionary budget.
(A lighter, less costly form of financial review.)

No other changes.

BY-LAW 11 — BORROWING POWERS

No changes.

BY-LAW 12–14 — AMENDMENTS, SPECIAL RESOLUTIONS, MISCELLANEOUS

No substantive changes.