

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Girls 12-13 60 Meter Dash No Blocks

Name	Team	Finals
Finals		
1	Lapier, Adyn	Pictou Count 9.33
2	Francis, Lily	Truro Lions 9.40
3	Macdonald, Lily	Pictou Count 9.57

Women 14-15 60 Meter Dash

Name	Team	Finals
Finals		
1	Mead, Kaitlynne	Annapolis Co 8.20
2	Hoskin, Brianna	Athletics Ea 8.27
3	Culligan, Maeve	Athletics Ea 8.57
4	Budgell, Alayah	Adrenaline A 8.76
5	Lozier, Giana	Athletics Ea 8.77
6	Joseph, Audrey	Athletics Ea 8.78
7	Jeong, Hana	Athletics Ea 9.12
8	Langman, Reagen	Truro Lions 9.49
9	Smith, Hailey	Special Olym 10.94

Women 16-17 60 Meter Dash

Name	Team	Finals
Finals		
1	Landry, Zoe	Athletics Ea 8.05
2	Harris, Ruby	Adrenaline A 8.27
3	Wile, Claire	Crown Athlet 8.57
4	Rodriguez-Cooper, Chanel	Athletics Ea 8.60
5	Jeong, Anna	Athletics Ea 8.75

Women 18-19 60 Meter Dash

Name	Team	Finals
Finals		
1	Clayton, Queen	Athletics Ea 8.22
2	Michaud, Kristy	Crown Athlet 8.26
3	Gouthro, Isabella	Truro Lions 8.31
4	Falkenberger, Lena	Crown Athlet 8.70
5	Cavallina, Chiara	Adrenaline A 8.72

Women 20-34 60 Meter Dash

Name	Team	Finals
Finals		
1	Maclachlin, Joy	Special Olym 9.33
2	Warkentin, Drew	Special Olym 10.79
3	Waite, Sam	Special Olym 11.54
4	Macdonald, Josee	Special Olym 12.98
5	Johnson, Skylynn	Special Olym 13.08
6	Mason, Bailee	Special Olym 14.45

Women 55-59 60 Meter Dash

Name	Team	Finals
Finals		
1	Roberts, Kim	Aetos Athlet 9.81

Women 65-69 60 Meter Dash

Name	Team	Finals
Finals		
1	Bryant, Jo	Unattached N 11.17

Women 12-13 150 Meter Dash No Blocks

Name	Team	Finals
Finals		
1	Macdonald, Lily	Pictou Count 24.19
2	Lapier, Adyn	Pictou Count 24.33
3	Francis, Lily	Truro Lions 25.61

Women 12-13 200 Meter Dash No Blocks

Name	Team	Finals
Finals		
1	Francis, Lily	Truro Lions 32.87
2	Lapier, Adyn	Pictou Count 33.15
3	Macdonald, Lily	Pictou Count 33.86

Women 14-15 200 Meter Dash

Name	Team	Finals
Finals		
1	Hoskin, Brianna	Athletics Ea 27.22
2	Mead, Kaitlynne	Annapolis Co 27.52
3	Budgell, Alayah	Adrenaline A 28.98
4	Lozier, Giana	Athletics Ea 29.17
5	Culligan, Maeve	Athletics Ea 29.24
6	Joseph, Audrey	Athletics Ea 30.84
7	Jeong, Hana	Athletics Ea 31.25
8	Langman, Reagen	Truro Lions 33.64
9	Smith, Hailey	Special Olym 41.66

Women 16-17 200 Meter Dash

Name	Team	Finals
Finals		
1	Landry, Zoe	Athletics Ea 26.82
2	Wile, Claire	Crown Athlet 28.02
3	Rodriguez-Cooper, Chanel	Athletics Ea 30.07

Women 18-19 200 Meter Dash

Name	Team	Finals
Finals		
1	Clayton, Queen	Athletics Ea 27.17
2	Michaud, Kristy	Crown Athlet 27.56
3	Gouthro, Isabella	Truro Lions 28.12
4	Cavallina, Chiara	Adrenaline A 30.59
5	Falkenberger, Lena	Crown Athlet 30.82

Women 20-34 200 Meter Dash

Name	Team	Finals
Finals		
1	Maclachlin, Joy	Special Olym 34.19
2	Warkentin, Drew	Special Olym 40.79
3	Waite, Sam	Special Olym 45.08
4	Johnson, Skylynn	Special Olym 54.64
5	Macdonald, Josee	Special Olym 55.62

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Finals ... (Women 20-34 200 Meter Dash)

Name	Team	Finals
6 Mason, Bailee	Special Olym	1:06.44

Women 55-59 200 Meter Dash

Name	Team	Finals
------	------	--------

Finals

1 Roberts, Kim	Aetos Athlet	34.10
----------------	--------------	-------

Women 65-69 200 Meter Dash

Name	Team	Finals
------	------	--------

Finals

1 Bryant, Jo	Unattached N	40.04
--------------	--------------	-------

Girls 10-11 300 Meter Dash No Blocks

Name	Team	Finals
------	------	--------

Finals

1 Blois, Charlotte	Pictou Count	1:21.62
--------------------	--------------	---------

Girls 12-13 300 Meter Dash No Blocks

Name	Team	Finals
------	------	--------

Finals

1 Lapier, Adyn	Pictou Count	1:00.34
----------------	--------------	---------

Women 16-17 400 Meter Dash

Name	Team	Finals
------	------	--------

Finals

1 Harris, Ruby	Adrenaline A	1:01.49
2 Jeong, Anna	Athletics Ea	1:05.13

Girls 12-13 800 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Laycock, Emma	Athletics Ea	2:32.71
2 Parent, Rafaëlle	A.S.E.A.	2:42.79
3 Mosher, Avery	Adrenaline A	2:51.32

Women 14-15 800 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 MacKenzie, Penny	Pictou Count	2:42.61
2 Gillis, Moira	Athletics Ea	2:45.10

Women 16-17 800 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Evers, Molly	Athletics Ea	2:29.54
----------------	--------------	---------

Women 18-19 800 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Moon, Poppy	Athletics Ea	2:18.69
2 Lawton, Emma-Joan	Athletics Ea	2:51.65

Girls 12-13 1200 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Parent, Rafaëlle	A.S.E.A.	4:18.18
--------------------	----------	---------

2 Quinton, Emma	Athletics Ea	4:34.62
3 Suddard, Hailey	Truro Lions	4:43.45

Women 14-15 1200 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Das, Ellora	Athletics Ea	4:18.08
2 MacKenzie, Penny	Pictou Count	4:28.42
3 Culligan, Anya	Athletics Ea	4:30.06

Women 16-17 1500 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Evers, Molly	Athletics Ea	5:07.13
2 Tobin, Evelyn	Athletics Ea	5:42.01

Women 18-19 1500 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Joseph, Ava	Athletics Ea	5:46.18
---------------	--------------	---------

Women 20-34 1500 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Ash, Caroline	Unattached	4:30.06
2 Lee, Caden	Unattached	4:33.55

Women 14-15 2000 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Das, Ellora	Athletics Ea	7:59.36
2 Gillis, Moira	Athletics Ea	7:59.58
3 Culligan, Anya	Athletics Ea	8:10.10

Women 16-17 3000 Meter Run

Name	Team	Finals
------	------	--------

Finals

1 Mosher, Zoe	Unattached N	10:33.29
---------------	--------------	----------

Women 14-15 60 Meter Hurdles 30"

Name	Team	Finals
------	------	--------

Finals

1 Burke, Kaydence	Truro Lions	10.28
2 Barteaux, Raelin	Annapolis Co	10.34
3 Angus, Courtney	Truro Lions	12.83

Women 16-17 60 Meter Hurdles 30"

Name	Team	Finals
------	------	--------

Finals

1 Gaudry, Catherine	Athletics Ea	9.87
---------------------	--------------	------

Women 18-19 60 Meter Hurdles 33"

Name	Team	Finals
------	------	--------

Finals

1 Cavallina, Chiara	Adrenaline A	10.55
---------------------	--------------	-------

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Women 40-44 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Truro Lions	B	2:17.70
2 Pictou Count	A	2:43.77
3 Special Olym	A	2:46.65
1) Maclachlin, Joy	2) Waite, Sam	
3) Macdonald, Josee	4) Smith, Hailey	
--- Truro Lions	A	NT

Women 14-15 High Jump

Name	Team	Finals
Finals		
1 Wilson, Myka	Truro Lions	1.54m
2 Angus, Courtney	Truro Lions	1.30m

Women 16-17 High Jump

Name	Team	Finals
Finals		
1 Aarts, Jasmine	Truro Lions	1.30m

Girls 12-13 Long Jump

Name	Team	Finals
Finals		
1 Lapier, Adyn	Pictou Count	3.67m

Women 14-15 Long Jump

Name	Team	Finals
Finals		
1 Wilson, Myka	Truro Lions	4.81m
2 Burke, Kaydence	Truro Lions	4.38m
3 Landry, Olivia	Adrenaline A	4.31m
4 Angus, Courtney	Truro Lions	3.63m

Women 16-17 Long Jump

Name	Team	Finals
Finals		
1 Rodriguez-Cooper, Chanel	Athletics Ea	5.03m
2 Fowler, Ailish	Athletics Ea	4.72m
3 Gaudry, Catherine	Athletics Ea	4.67m
4 Aarts, Jasmine	Truro Lions	3.05m

Women 18-19 Long Jump

Name	Team	Finals
Finals		
1 Falkenberger, Lena	Crown Athlet	4.37m
2 Wolthausen, Lyla	Athletics Ea	4.06m

Women 55-59 Long Jump

Name	Team	Finals
Finals		
1 Roberts, Kim	Aetos Athlet	3.76m

Women 14-15 Triple Jump

Name	Team	Finals
Finals		
1 Wilson, Myka	Truro Lions	10.65m
2 Burke, Kaydence	Truro Lions	8.96m

Women 16-17 Triple Jump

Name	Team	Finals
Finals		
1 Gaudry, Catherine	Athletics Ea	10.82m
2 Rodriguez-Cooper, Chanel	Athletics Ea	10.60m
3 Fowler, Ailish	Athletics Ea	9.50m

Women 18-19 Triple Jump

Name	Team	Finals
Finals		
1 Wolthausen, Lyla	Athletics Ea	8.61m

Girls 6-7 60 Meter Dash Tetrathlon

Name	Team	Finals
Finals		
1 Manos, Jones	Grit Athleti	13.96 4

Girls 8-9 60 Meter Dash Tetrathlon

Name	Team	Finals
Finals		
1 Massaro, Sophia	Truro Lions	11.48 94

Girls 10-11 60 Meter Dash Tetrathlon

Name	Team	Finals
Finals		
1 Rowland, Chloe	Pictou Count	11.47 94
2 Blois, Charlotte	Pictou Count	11.95 69

Girls 12-13 60 Meter Dash Tetrathlon

Name	Team	Finals
Finals		
1 Woycheshyn, Nataliya	Grit Athleti	9.18 262
2 Lapier, Adyn	Pictou Count	9.41 242
3 Macdonald, Lily	Pictou Count	9.56 229
4 Mosher, Avery	Adrenaline A	9.78 211
5 Alvarez Martinez, Sofia	Pictou Count	10.49 157

Girls 6-7 600 Meter Run Tetrathlon

Name	Team	Finals
Finals		
1 Manos, Jones	Grit Athleti	3:02.62 14

Girls 8-9 600 Meter Run Tetrathlon

Name	Team	Finals
Finals		
1 Massaro, Sophia	Truro Lions	2:50.94 37

Girls 10-11 600 Meter Run Tetrathlon

Name	Team	Finals
Finals		
1 Rowland, Chloe	Pictou Count	2:33.59 91

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Finals ... (Girls 10-11 600 Meter Run Tetrathlon)

Name	Team	Finals
2 Rodney, Mae	Grit Athleti	2:43.38 58
3 Lasisi, Aliyah	Grit Athleti	2:44.87 54
4 Blois, Charlotte	Pictou Count	2:54.31 30

Girls 12-13 600 Meter Run Tetrathlon

Name	Team	Finals
Finals		
1 Woycheshyn, Nataliya	Grit Athleti	1:55.36 286
2 Mosher, Avery	Adrenaline A	2:02.69 241
3 Lapier, Adyn	Pictou Count	2:21.46 142
4 Macdonald, Lily	Pictou Count	2:26.90 118
5 Alvarez Martinez, Sofia	Pictou Count	2:32.39 96

Girls 6-7 Long Jump Tetrathlon

Name	Team	Finals
Finals		
1 Little, Ellie	Pictou Count	2.26m 91
2 Manos, Jones	Grit Athleti	1.97m 73

Girls 8-9 Long Jump Tetrathlon

Name	Team	Finals
Finals		
1 Massaro, Sophia	Truro Lions	2.89m 134

Girls 10-11 Long Jump Tetrathlon

Name	Team	Finals
Finals		
1 Lasisi, Aliyah	Grit Athleti	3.06m 147
2 Rodney, Mae	Grit Athleti	2.89m 134
3 Rowland, Chloe	Pictou Count	2.66m 118
4 Blois, Charlotte	Pictou Count	2.24m 90

Girls 12-13 Long Jump Tetrathlon

Name	Team	Finals
Finals		
1 Woycheshyn, Nataliya	Grit Athleti	4.15m 234
2 Macdonald, Lily	Pictou Count	3.93m 216
3 Lapier, Adyn	Pictou Count	3.76m 202
4 Mosher, Avery	Adrenaline A	3.68m 195
5 Alvarez Martinez, Sofia	Pictou Count	2.67m 119

Girls 6-7 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Little, Ellie	Pictou Count	2.06m 24
2 Manos, Jones	Grit Athleti	1.88m 18

Girls 8-9 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Massaro, Sophia	Truro Lions	4.29m 100

Girls 10-11 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Lasisi, Aliyah	Grit Athleti	4.44m 105
2 Rowland, Chloe	Pictou Count	3.88m 85
3 Blois, Charlotte	Pictou Count	3.86m 85

Girls 12-13 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Mosher, Avery	Adrenaline A	6.83m 190
2 Woycheshyn, Nataliya	Grit Athleti	6.62m 182
3 Lapier, Adyn	Pictou Count	6.41m 175
4 Macdonald, Lily	Pictou Count	6.37m 173
5 Alvarez Martinez, Sofia	Pictou Count	5.23m 133

Girls 6-7 Tetrathlon

Name	Team	Finals
Finals		
1 Manos, Jones	Grit Athleti	109

Girls 8-9 Tetrathlon

Name	Team	Finals
Finals		
1 Massaro, Sophia	Truro Lions	365

Girls 10-11 Tetrathlon

Name	Team	Finals
Finals		
1 Rowland, Chloe	Pictou Count	388
2 Blois, Charlotte	Pictou Count	274

Girls 12-13 Tetrathlon

Name	Team	Finals
Finals		
1 Woycheshyn, Nataliya	Grit Athleti	964
2 Mosher, Avery	Adrenaline A	837
3 Lapier, Adyn	Pictou Count	761
4 Macdonald, Lily	Pictou Count	736
5 Alvarez Martinez, Sofia	Pictou Count	505

Men 14-15 60 Meter Dash

Name	Team	Finals
Finals		
1 Thibault, James	Athletics Ea	7.81
2 Ogunlaiye, Ini	Athletics Ea	7.88
3 Adaramodu, Emmanuel	Crown Athlet	8.04
4 Bonnell, Andrew (Drew)	Truro Lions	8.07
5 Sommers, Ben	Truro Lions	8.17
6 Grant, Eoghan	Pictou Count	8.18
7 Jeffery, Scott	Truro Lions	8.57
8 Rufiange, Wyatt	Annapolis Co	8.61
9 Omoifo, Anthony	Pictou Count	8.81

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Men 16-17 60 Meter Dash

Name	Team	Finals
Finals		
1 Sharpe, Camrie	A.S.E.A.	7.09
2 Vanderwal, Ryan	Adrenaline A	7.39
3 Macdonald, Liam	Athletics Ea	7.40
4 Demone, Taylor	Adrenaline A	7.50
5 Riis, Izaak	Adrenaline A	7.65
6 Armstrong, Vincent	Crown Athlet	7.71
7 Shupe, Jeff	Athletics Ea	7.72
8 Campbell, Quinn	Athletics Ea	7.74
9 Legge, Colin	Truro Lions	7.84

Men 18-19 60 Meter Dash

Name	Team	Finals
Finals		
1 Dosunmu, Josiah	Crown Athlet	7.47
2 Bucci, Jonah	St. Mary's H	7.51
3 MacLean, David	Athletics Ea	7.57
4 Foley, Liam	Annapolis Co	7.59
5 Akinboro, David	Crown Athlet	8.07
6 Lahey, Kegan	Special Olym	8.64
7 Thornhill, Jack	Special Olym	9.29

Men 20-34 60 Meter Dash

Name	Team	Finals
Finals		
1 Akachukwu, Promise	Unattached	6.95
2 Macmullin, Andy	Winston's Wa	7.17
3 Sutherland, Tristan	St. Mary's H	7.37
4 Bilmer, Magnus	St. Mary's H	7.52
5 Martin, Noah	St. Mary's H	7.79
6 Barnes, Logan	Special Olym	7.88
7 Hicks, Jason	Special Olym	8.44
8 Phillips, Grant	Special Olym	9.16
9 James, Anthony	Special Olym	9.25

Men 35-39 60 Meter Dash

Name	Team	Finals
Finals		
1 Landry, Garrett	Pictou Count	8.70

Men 14-15 200 Meter Dash

Name	Team	Finals
Finals		
1 Thibault, James	Athletics Ea	25.25
2 Bonnell, Andrew (Drew)	Truro Lions	27.86
3 Sommers, Ben	Truro Lions	28.32
4 Jeffery, Scott	Truro Lions	29.22
5 Morris, Montgomery	Truro Lions	29.22
6 Rufiange, Wyatt	Annapolis Co	30.25

Men 16-17 200 Meter Dash

Name	Team	Finals
Finals		
1 Sharpe, Camrie	A.S.E.A.	23.93

2 Macdonald, Liam	Athletics Ea	24.59
3 Campbell, Quinn	Athletics Ea	25.04
4 Legge, Colin	Truro Lions	25.50

Men 18-19 200 Meter Dash

Name	Team	Finals
Finals		
1 Bucci, Jonah	St. Mary's H	24.74
2 Lahey, Kegan	Special Olym	29.52
3 Thornhill, Jack	Special Olym	31.12

Men 20-34 200 Meter Dash

Name	Team	Finals
Finals		
1 Macmullin, Andy	Winston's Wa	22.80
2 Akachukwu, Promise	Unattached	23.36
3 Bilmer, Magnus	St. Mary's H	24.40
4 Sutherland, Tristan	St. Mary's H	24.45
5 Murphy, Caelen	St. Mary's H	24.56
6 Hall, Keegan	St. Mary's H	24.65
7 Martin, Noah	St. Mary's H	25.53
8 Barnes, Logan	Special Olym	26.42
9 Hicks, Jason	Special Olym	28.15
10 Phillips, Grant	Special Olym	30.41
11 James, Anthony	Special Olym	32.40

Men 35-39 200 Meter Dash

Name	Team	Finals
Finals		
1 Landry, Garrett	Pictou Count	29.58

Men 16-17 400 Meter Dash

Name	Team	Finals
Finals		
1 Macdonald, Liam	Athletics Ea	53.68
2 Zhao, Yunshu	Athletics Ea	56.85
3 Morris, Xavier	Truro Lions	58.41
4 Boudreau, Isaac	Pictou Count	59.48
--- Hooper, Ethan	Adrenaline A	DNF

Men 20-34 400 Meter Dash

Name	Team	Finals
Finals		
1 Murphy, Caelen	St. Mary's H	54.14
2 Hall, Keegan	St. Mary's H	54.25

Men 12-13 800 Meter Run

Name	Team	Finals
Finals		
1 Liu, Kai	Athletics Ea	2:34.14
2 Boyd, William	Athletics Ea	3:09.96

Men 14-15 800 Meter Run

Name	Team	Finals
Finals		
1 DeLong, Timothy	Athletics Ea	2:13.50
2 Quinton, Jack	Athletics Ea	2:13.86

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Men 16-17 800 Meter Run

Name	Team	Finals
Finals		
1 Sauer, Graham	Athletics Ea	2:02.21
2 Martin, Robert	Athletics Ea	2:11.45
3 MacKenzie, Calder	Stfx Track A	2:14.52
4 Macgillivray, Connor	Athletics Ea	2:19.45
5 Sunderland, Adrian	Annapolis Co	2:34.14

Men 18-19 800 Meter Run

Name	Team	Finals
Finals		
1 Quinton, Alex	Athletics Ea	2:08.87
2 Good, Brendan	Athletics Ea	2:12.06
3 Shaw, Tristan	Crown Athlet	2:16.05
4 Cunningham, Callum	St. Mary's H	2:19.61

Men 10-11 1200 Meter Run

Name	Team	Finals
Finals		
1 Suddard, Matt	Truro Lions	4:50.03

Men 14-15 1200 Meter Run

Name	Team	Finals
Finals		
1 DeLong, Timothy	Athletics Ea	3:33.99
2 Quinton, Jack	Athletics Ea	3:37.74

Men 14-15 1500 Meter Run

Name	Team	Finals
Finals		
1 Ackerman, David	Athletics Ea	4:39.90

Men 16-17 1500 Meter Run

Name	Team	Finals
Finals		
1 Sauer, Graham	Athletics Ea	4:20.14
2 Rogers, Zack	Athletics Ea	4:23.80
3 MacNeil, Jack	Pictou Count	4:24.64
4 Dewitt, Thomas	Athletics Ea	4:29.10
5 Sunderland, Adrian	Annapolis Co	5:17.44

Men 18-19 1500 Meter Run

Name	Team	Finals
Finals		
1 Conlin-Morse, Silas	Athletics Ea	4:02.29
2 Quinton, Alex	Athletics Ea	4:24.23
3 Chiasson, Luka	Athletics Ea	4:34.53

Men 20-34 1500 Meter Run

Name	Team	Finals
Finals		
1 McGarvey, Rory	St. Mary's H	4:07.21
2 Peverill, Jonathan	Athletics Ea	4:11.48
3 Ford, Eli	St. Mary's H	4:22.02
4 Gillis, Travis	St. Mary's H	5:08.29

Men 40-44 1500 Meter Run

Name	Team	Finals
Finals		
1 Terry, Kevin	Run Nova Sco	5:45.30

Men 60-64 1500 Meter Run

Name	Team	Finals
Finals		
1 MacLennan, David	Pictou Count	4:49.56

Men 14-15 3000 Meter Run

Name	Team	Finals
Finals		
1 Ackerman, David	Athletics Ea	10:33.57

Men 18-19 3000 Meter Run

Name	Team	Finals
Finals		
1 Labrecque, Alex	St. Mary's H	9:39.81
2 Cuthbert, Riley	Athletics Ea	9:41.71

Men 20-34 3000 Meter Run

Name	Team	Finals
Finals		
1 Peverill, Andrew	Unattached N	8:09.85
2 Stewart, Joe	Unattached N	8:54.84

Men 35-39 3000 Meter Run

Name	Team	Finals
Finals		
1 Landry, Garrett	Pictou Count	10:22.10

Men 16-17 60 Meter Hurdles 36"

Name	Team	Finals
Finals		
1 Riis, Izaak	Adrenaline A	9.02
2 Vanderwal, Ryan	Adrenaline A	9.09
3 Hooper, Ethan	Adrenaline A	9.36
4 Martin, Robert	Athletics Ea	9.55

Men 20-34 60 Meter Hurdles 42"

Name	Team	Finals
Finals		
1 Sutherland, Tristan	St. Mary's H	10.27

Men 40-44 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Adrenaline A	A	1:38.71
1) Riis, Izaak	2) Demone, Taylor	
3) Vanderwal, Michael	4) Vanderwal, Ryan	
2 Truro Lions	A	1:42.61
3 Special Olym	A	2:00.01
1) James, Anthony	2) Barnes, Logan	
3) Phillips, Grant	4) Hicks, Jason	

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Finals ... (Men 40-44 4x200 Meter Relay)

Team	Relay	Finals
4 Pictou Count	A	2:00.33
1) Grant, Eoghan	2) MacNeil, Jack	
3) Landry, Garrett	4) Omoifo, Anthony	
5 Truro Lions	B	2:01.76

Men 14-15 High Jump

Name	Team	Finals
------	------	--------

Finals

1 Ogunlaiye, Ini	Athletics Ea	1.60m
------------------	--------------	-------

Men 16-17 High Jump

Name	Team	Finals
------	------	--------

Finals

1 Mittelstadt, Drew	Truro Lions	1.80m
2 Morris, Xavier	Truro Lions	1.60m

Men 20-34 High Jump

Name	Team	Finals
------	------	--------

Finals

1 Macdonald, Joey	Truro Lions	1.95m
2 Coulet, Logan	Unattached N	1.90m

Men 45-49 High Jump

Name	Team	Finals
------	------	--------

Finals

--- Woycheshyn, Jason	Grit Athleti	NH
-----------------------	--------------	----

Men 12-13 Long Jump

Name	Team	Finals
------	------	--------

Finals

1 Hinton, Cohen	Truro Lions	3.71m
2 Wilson, Hendriks	Truro Lions	3.63m

Men 14-15 Long Jump

Name	Team	Finals
------	------	--------

Finals

1 Morris, Montgomery	Truro Lions	4.63m
----------------------	-------------	-------

Men 16-17 Long Jump

Name	Team	Finals
------	------	--------

Finals

1 Morris, Xavier	Truro Lions	5.22m
------------------	-------------	-------

Men 20-34 Long Jump

Name	Team	Finals
------	------	--------

Finals

1 Sutherland, Tristan	St. Mary's H	5.93m
2 Macmullin, Andy	Winston's Wa	5.85m
3 Akachukwu, Promise	Unattached	5.82m
4 Martin, Noah	St. Mary's H	4.89m

Men 60-64 Triple Jump

Name	Team	Finals
------	------	--------

Finals

1 Lord, Peter	Unattached N	11.13m
---------------	--------------	--------

Men 8-9 60 Meter Dash Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Manos, Otis	Grit Athleti	10.74 140
2 Orton-Whitford, Dean	Grit Athleti	11.27 106
3 Belfield, Luke	Grit Athleti	12.20 57
4 Horsman, Tucker	Grit Athleti	12.60 40
5 Avery, Jacob	Grit Athleti	12.74 35

Men 10-11 60 Meter Dash Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Dickinson, Wesley	Grit Athleti	10.38 165
2 Adams, Roan	Grit Athleti	14.45

Men 12-13 60 Meter Dash Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Armstrong, Spencer	Crown Athlet	9.22 259
----------------------	--------------	----------

Men 8-9 600 Meter Run Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Manos, Otis	Grit Athleti	2:16.54 166
2 Orton-Whitford, Dean	Grit Athleti	2:25.16 126
3 Belfield, Luke	Grit Athleti	2:55.20 28
4 Avery, Jacob	Grit Athleti	2:59.18 20
5 Horsman, Tucker	Grit Athleti	3:31.06

Men 10-11 600 Meter Run Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Dickinson, Wesley	Grit Athleti	2:13.87 179
2 Adams, Roan	Grit Athleti	3:24.52

Men 12-13 600 Meter Run Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Armstrong, Spencer	Crown Athlet	2:05.68 223
----------------------	--------------	-------------

Men 8-9 Long Jump Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Belfield, Luke	Grit Athleti	3.27m 163
2 Orton-Whitford, Dean	Grit Athleti	2.71m 121
3 Manos, Otis	Grit Athleti	2.55m 110
4 Avery, Jacob	Grit Athleti	2.29m 93
5 Horsman, Tucker	Grit Athleti	1.92m 70

Men 10-11 Long Jump Tetrathlon

Name	Team	Finals
------	------	--------

Finals

1 Dickinson, Wesley	Grit Athleti	2.87m 133
2 Adams, Roan	Grit Athleti	1.40m 41

2024 Athletics Nova Scotia Indoor Club Championships - 3/2/2024

Canada Games Centre

Results

Men 12-13 Long Jump Tetrathlon

Name	Team	Finals
Finals		
1 Armstrong, Spencer	Crown Athlet	4.16m 235

Men 8-9 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Manos, Otis	Grit Athleti	4.77m 117
2 Belfield, Luke	Grit Athleti	4.27m 99
3 Horsman, Tucker	Grit Athleti	3.92m 87
4 Orton-Whitford, Dean	Grit Athleti	3.73m 80
5 Avery, Jacob	Grit Athleti	3.71m 80

Men 10-11 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Dickinson, Wesley	Grit Athleti	5.52m 143
2 Adams, Roan	Grit Athleti	4.00m 90

Men 12-13 Shot Put 2kg Tetrathlon

Name	Team	Finals
Finals		
1 Armstrong, Spencer	Crown Athlet	6.88m 192

Men 8-9 Tetrathlon

Name	Team	Finals
Finals		
1 Manos, Otis	Grit Athleti	533
2 Orton-Whitford, Dean	Grit Athleti	433
3 Belfield, Luke	Grit Athleti	347
4 Avery, Jacob	Grit Athleti	228
5 Horsman, Tucker	Grit Athleti	197

Men 10-11 Tetrathlon

Name	Team	Finals
Finals		
1 Dickinson, Wesley	Grit Athleti	620
2 Adams, Roan	Grit Athleti	131

Men 12-13 Tetrathlon

Name	Team	Finals
Finals		
1 Armstrong, Spencer	Crown Athlet	909