

## 2024 Athletics Nova Scotia Indoor Open - 1/19/2024 to 1/20/2024

## Canada Games Centre

## Results

**Girls 12-13 60 Meter Dash No blocks**

Name	Team	Finals
<b>Finals</b>		
1 Lapier, Adyn	Pictou Count	9.44
2 Francis, Lily	Truro Lions	9.52
3 Macdonald, Lily	Pictou Count	9.67

**Women 14-15 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Hoskin, Brianna	Athletics Ea	8.20
2 Denton, Athena	Annapolis Co	8.40
3 Jeong, Hana	Athletics Ea	9.01
4 Boudreau, Naomi	Athletics Ea	9.07
5 Lozier, Giana	Athletics Ea	9.10
6 Barteaux, Raelin	Annapolis Co	9.11
7 Stevens, Willow	Truro Lions	9.47
8 Angus, Courtney	Truro Lions	9.49
9 Smith, Hailey	Special Olym	10.95

**Women 16-17 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Benjamin, Zaila	Athletics Ea	8.06
2 Landry, Zoe	Athletics Ea	8.09
2 Raymond, Annabelle	Athletics Ea	8.09
4 Aarts, Jasmine	Truro Lions	8.58
5 Jeong, Anna	Athletics Ea	8.94
6 MacKenzie, Bella	Special Olym	9.52

**Women 18-19 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Clayton, Queen	Athletics Ea	8.19
2 Gouthro, Isabella	Truro Lions	8.29
3 Oshikoya, Lola	Dalhousie Ti	8.45
4 Cavallina, Chiara	Adrenaline A	8.55
5 Gechtman, Lila	St. Mary's H	8.57
6 Lightbourn, Penelope	St. Mary's H	8.57
7 Remington, Tayah	St. Mary's H	8.65
8 Nishimura, Minori	Annapolis Co	8.90

**Women 20-34 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Poisson, Ali	Dalhousie Ti	8.01
2 Brennan, Bridget	Unattached-N	8.06
3 Sheppard, Lynn	Dalhousie Ti	8.09
4 Schentrup, Teigan	Dalhousie Ti	8.26
5 King, Megan	St. Mary's H	8.44
6 Marsman, Lori	St. Mary's H	8.65
7 Maclachlan, Joy	Special Olym	9.35
8 Warkentin, Drew	Special Olym	10.56
9 Waite, Sam	Special Olym	11.53
10 Macdonald, Josec	Special Olym	12.97
11 Johnson, Skylynn	Special Olym	13.36

12 Mason, Bailee Special Olym 14.28

**Women 35-99 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Roberts, Kim	Unattached-N	10.02

**Girls 12-13 150 Meter Dash No blocks**

Name	Team	Finals
<b>Finals</b>		
1 Francis, Lily	Truro Lions	25.98

**Girls 12-13 200 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Francis, Lily	Truro Lions	34.63

**Women 14-15 200 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Hoskin, Brianna	Athletics Ea	27.25
2 Mead, Kaitlynn	Annapolis Co	27.54
3 Denton, Athena	Annapolis Co	28.63
4 Lozier, Giana	Athletics Ea	30.13
5 Joseph, Audrey	Athletics Ea	30.34
6 Boudreau, Naomi	Athletics Ea	30.60
7 Jeong, Hana	Athletics Ea	30.70
8 Smith, Hailey	Special Olym	41.52

**Women 16-17 200 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Benjamin, Zaila	Athletics Ea	27.10
2 Harris, Ruby	Adrenaline A	27.60
3 MacKenzie, Bella	Special Olym	35.90

**Women 18-19 200 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Cavallina, Chiara	Adrenaline A	30.28
2 Nishimura, Minori	Annapolis Co	31.10

**Women 20-34 200 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Maclachlan, Joy	Special Olym	34.43
2 Waite, Sam	Special Olym	44.22
3 Macdonald, Josec	Special Olym	52.75
4 Johnson, Skylynn	Special Olym	1:01.24
5 Mason, Bailee	Special Olym	1:06.90

**Girls 12-13 300 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Parent, Rafaëlle	A.S.E.A.	51.39
2 Francis, Lily	Truro Lions	1:01.04

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**Women 18-19 300 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Black, Raeden	St. Mary's H	45.67
2 Remington, Tayah	St. Mary's H	46.14
3 Gittens, Angelique	St. Mary's H	46.50
4 Lightbourn, Penelope	St. Mary's H	47.63

**Women 20-34 300 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Brennan, Bridget	Unattached-N	41.18
2 Sheppard, Lynn	Dalhousie Ti	43.15
3 Goodwin, Jess	Dalhousie Ti	43.27
4 Schentrup, Teigan	Dalhousie Ti	44.01
5 Poisson, Ali	Dalhousie Ti	44.48
6 King, Megan	St. Mary's H	45.48
7 Marsman, Lori	St. Mary's H	48.02

**Women 14-15 400 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Smith, Hailey	Special Olym	1:41.20

**Women 16-17 400 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Harris, Ruby	Adrenaline A	1:01.15
2 Raymond, Annabelle	Athletics Ea	1:02.19
3 Jeong, Anna	Athletics Ea	1:04.13
4 Smith, Maryn	Truro Lions	1:04.87
5 Wallace, Sarah	Stfx Track A	1:05.01
6 Stewart, Nora	Stfx Track A	1:12.46

**Women 20-34 400 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Maclachlan, Joy	Special Olym	1:31.78
2 Warkentin, Drew	Special Olym	1:53.59
3 Waite, Sam	Special Olym	2:09.63
4 Macdonald, Josee	Special Olym	2:31.19
5 Johnson, Skylynn	Special Olym	2:40.69

**Women 18-19 600 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 McIntyre, Hannah	St. Francis	1:38.18
2 Watson, Sarah	St. Francis	1:39.51
3 Sneddon-Simons, Katherir	Dalhousie Ti	1:43.82
4 Benevides, Alexandra	Unattached N	1:44.04
5 Gittens, Angelique	St. Mary's H	1:45.80
6 Bennett, Jillian	St. Francis	1:47.51
6 Theriault, Marcienne	St. Mary's H	2:01.58

**Women 20-34 600 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Ash, Caroline	St. Francis	1:38.19
2 Lee, Caden	St. Francis	1:42.62
3 Hebert, Brynn	St. Francis	1:42.75
4 Humphrey, Amelia	Dalhousie Ti	1:45.67
5 Black, Maya	St. Francis	1:45.99

**Girls 12-13 800 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Laycock, Emma	Athletics Ea	2:32.41
2 Burris, Isabella	Truro Lions	2:48.21
3 Parent, Rafaëlle	A.S.E.A.	2:53.07
4 Quinton, Emma	Athletics Ea	3:10.15

**Women 14-15 800 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Gillis, Moira	Athletics Ea	2:44.39
2 Wilson, Kaye	Athletics Ea	2:46.53

**Women 16-17 800 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 MacLeod, Frances	Athletics Ea	2:28.51
2 Côté, Amélie	A.S.E.A.	2:39.49

**Women 18-19 800 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Joseph, Ava	Athletics Ea	2:53.41

**Women 18-19 1000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Moon, Poppy	Athletics Ea	2:57.18
2 McIntyre, Hannah	St. Francis	2:58.31
3 Watson, Sarah	St. Francis	2:58.76
4 Harris, Anna	Upei Panther	3:13.37

**Women 20-34 1000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Ash, Caroline	St. Francis	2:57.96
2 Lee, Caden	St. Francis	3:01.42
3 Hebert, Brynn	St. Francis	3:07.05
4 Richard, Katie	Upei Panther	3:10.46
5 Richard, Grace	Upei Panther	3:11.33
6 Black, Maya	St. Francis	3:11.37
7 Angona, Stefania	Upei Panther	3:11.54
8 MacLeod, Sharlane	Unattached O	3:16.75
9 Jenkins, Ella	Upei Panther	3:29.74

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**Girls 12-13 1200 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Humphreys, Victoria	Athletics Ea	4:13.62
2 Parent, Rafaëlle	A.S.E.A.	4:14.83
3 Burris, Isabella	Truro Lions	4:16.83
4 Quinton, Emma	Athletics Ea	4:48.99
5 Joseph, Amelia	Unattached	4:52.96

**Women 14-15 1200 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Chiasson, Faye	Athletics Ea	4:01.18
2 Robinson, Ella	Stfx Track A	4:29.17
3 Wallace, Katie	Stfx Track A	4:29.31

**Women 16-17 1500 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Mosher, Zoe	Unattached N	4:43.74
2 Carruthers, Anna	Athletics Ea	4:43.75
3 Côté, Amélie	A.S.E.A.	5:31.39
4 Tobin, Evelyn	Athletics Ea	5:40.51
5 Lewis, Morgan	Athletics Ea	5:45.39

**Women 18-19 1500 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Battams, Maisyn	Dalhousie Ti	5:00.13
2 Harris, Anna	Upei Panther	5:08.98
3 Le Rudulier, Anne-Sophie	Acadia Axeme	5:29.22
4 Jennex, Isabella	Athletics Ea	5:32.86
5 Joseph, Ava	Athletics Ea	5:48.80

**Women 20-34 1500 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Benoit, Eileen	St. Francis	4:38.55
2 Keefe, Danielle	Dalhousie Ti	4:45.74
3 Trites, Emily	Dalhousie Ti	4:53.12
4 Mitha, Jasmine	Dalhousie Ti	4:59.00
5 Kingston, Renata	Dalhousie Ti	5:00.51
6 Pert, Molly	Dalhousie Ti	5:00.97
7 Ross, Kristen	Dalhousie Ti	5:02.19
8 Richard, Katie	Upei Panther	5:02.82
9 Wright, Frances	Dalhousie Ti	5:03.29
10 Angona, Stefania	Upei Panther	5:05.06
11 Richard, Grace	Upei Panther	5:06.01
12 Long, Taylor	Acadia Axeme	5:08.86
13 Boucher, Mikayla	Dalhousie Ti	5:10.05
14 Campbell, Ella	Acadia Axeme	5:16.47
15 Brady, Ashley	St. Mary's H	5:22.63
16 Jenkins, Ella	Upei Panther	5:33.38
17 Cameron, Gael	St. Mary's H	5:34.71
18 Daniels, Amanda	Acadia Axeme	5:48.64

**Women 35-99 1500 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Poirier, Erin	Halifax Road	5:06.30

**Women 14-15 2000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Wilson, Kaye	Athletics Ea	7:51.17
2 Gillis, Moira	Athletics Ea	8:08.34

**Women 16-17 3000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Mosher, Zoe	Unattached N	10:08.33
2 Carruthers, Anna	Athletics Ea	10:09.67
3 Wasson, Allison	A.S.E.A.	10:16.66
4 Evers, Molly	Athletics Ea	11:19.12
5 MacLeod, Frances	Athletics Ea	11:25.83
6 Arteaga, Elisa	Athletics Ea	11:44.88
7 Lewis, Morgan	Athletics Ea	12:49.05

**Women 18-19 3000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Lewis, Abby	Athletics Ea	9:54.43
2 Battams, Maisyn	Dalhousie Ti	10:40.99
3 Pulfrey, Juliet	Dalhousie Ti	11:18.27

**Women 20-34 3000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Sandluck, Allie	St. Francis	9:53.98
2 Carreau, Eve	St. Francis	9:59.50
3 Keefe, Danielle	Dalhousie Ti	10:18.02
4 Trites, Emily	Dalhousie Ti	10:20.99
5 Hebert, Brynn	St. Francis	10:31.13
6 Mitha, Jasmine	Dalhousie Ti	10:48.75
7 Kingston, Renata	Dalhousie Ti	10:50.86
8 Pert, Molly	Dalhousie Ti	10:52.98
9 Wright, Frances	Dalhousie Ti	11:00.41
10 Rotsaert-Smith, Quincy	St. Francis	11:12.08
11 Brady, Ashley	St. Mary's H	11:58.10
12 Cameron, Gael	St. Mary's H	12:08.60

**Women 35-99 3000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 James, Paula	Crown Athlet	10:51.79

**Women 14-15 60 Meter Hurdles 30"**

Name	Team	Finals
<b>Finals</b>		
1 Burke, Kaydence	Truro Lions	10.19
2 Barteaux, Raelin	Annapolis Co	10.21
3 Angus, Courtney	Truro Lions	12.85

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**Women 16-17 60 Meter Hurdles 30"**

Name	Team	Finals
<b>Finals</b>		
1 Smith, Maryn	Truro Lions	9.26
2 Gaudry, Catherine	Athletics Ea	10.07

**Women 18-19 60 Meter Hurdles 33"**

Name	Team	Finals
<b>Finals</b>		
1 Black, Raeden	St. Mary's H	10.15
2 LeBlanc, Claire	Dalhousie Ti	10.23
3 Covert, Claire	Dalhousie Ti	10.26
4 Cavallina, Chiara	Adrenaline A	10.82
5 Nishimura, Minori	Annapolis Co	11.45

**Women 20-34 60 Meter Hurdles 33"**

Name	Team	Finals
<b>Finals</b>		
1 Brennan, Bridget	Unattached-N	9.20
2 Goodwin, Jess	Dalhousie Ti	9.66
3 Hadskis, Maggie	Dalhousie Ti	11.08

**Women 14-15 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Wilson, Myka	Truro Lions	1.50m
2 Angus, Courtney	Truro Lions	1.30m
2 Stevens, Willow	Truro Lions	1.30m

**Women 16-17 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Aarts, Jasmine	Truro Lions	1.40m

**Women 18-19 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Covert, Claire	Dalhousie Ti	1.45m
2 LeBlanc, Claire	Dalhousie Ti	1.25m
3 Silcox, Reagan	St. Mary's H	1.20m

**Women 20-34 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Henneberry, Samantha	Dalhousie Ti	1.56m
2 Scott, Georgia	Dalhousie Ti	1.53m
3 Reid, Amelia	Dalhousie Ti	1.45m
3 Hicks, Kiersten	Dalhousie Ti	1.45m
5 Hadskis, Maggie	Dalhousie Ti	1.35m
--- Shang, Mengjia Miya	Truro Lions	NH

**Women 14-15 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Burke, Kaydence	Truro Lions	4.87m
2 Wilson, Myka	Truro Lions	4.82m

3 Stevens, Willow	Truro Lions	3.79m
4 Angus, Courtney	Truro Lions	3.54m

**Women 16-17 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Landry, Zoe	Athletics Ea	5.12m
2 Aarts, Jasmine	Truro Lions	4.46m

**Women 18-19 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Husain, Maja	Dalhousie Ti	5.27m
2 Black, Raeden	St. Mary's H	4.80m
3 Covert, Claire	Dalhousie Ti	4.76m
4 Oshikoya, Lola	Dalhousie Ti	4.66m
5 LeBlanc, Claire	Dalhousie Ti	4.63m
6 Gechtman, Lila	St. Mary's H	4.55m

**Women 20-34 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 McGean, Hannah	Dalhousie Ti	5.39m
2 Hadskis, Maggie	Dalhousie Ti	4.21m

**Women 35-99 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Roberts, Kim	Unattached-N	3.36m

**Women 14-15 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Wilson, Myka	Truro Lions	10.66m
2 Burke, Kaydence	Truro Lions	9.41m

**Women 16-17 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Wolfe, Ashlin	Truro Lions	9.61m
2 Aarts, Jasmine	Truro Lions	9.18m

**Women 18-19 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Husain, Maja	Dalhousie Ti	11.06m

**Women 20-34 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 McGean, Hannah	Dalhousie Ti	10.71m
2 Scott, Georgia	Dalhousie Ti	9.49m

**Women 35-99 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Roberts, Kim	Unattached-N	7.09m

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**Girls 8-9 60 Meter Dash Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Massaro, Sophia	Truro Lions	11.35 101

**Girls 10-11 60 Meter Dash Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Blois, Charlotte	Pictou Count	11.75 79

**Girls 12-13 60 Meter Dash Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Lapier, Adyn	Pictou Count	9.49 235
2 Macdonald, Lily	Pictou Count	9.58 228
3 Mosher, Avery	Adrenaline A	9.68 219

**Girls 8-9 600 Meter Run Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Massaro, Sophia	Truro Lions	2:52.42 34

**Girls 10-11 600 Meter Run Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Blois, Charlotte	Pictou Count	2:51.92 35

**Girls 12-13 600 Meter Run Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Mosher, Avery	Adrenaline A	2:07.39 214
2 Lapier, Adyn	Pictou Count	2:17.01 163
3 Macdonald, Lily	Pictou Count	2:26.18 121

**Girls 8-9 Long Jump Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Massaro, Sophia	Truro Lions	2.69m 120

**Girls 10-11 Long Jump Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Blois, Charlotte	Pictou Count	2.37m 98

**Girls 12-13 Long Jump Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Macdonald, Lily	Pictou Count	3.64m 192
2 Lapier, Adyn	Pictou Count	3.53m 183
3 Mosher, Avery	Adrenaline A	2.95m 139

**Girls 8-9 Shot Put Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Massaro, Sophia	Truro Lions	3.98m 89

**Girls 10-11 Shot Put Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Blois, Charlotte	Pictou Count	4.23m 98

**Girls 12-13 Shot Put Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Lapier, Adyn	Pictou Count	6.73m 186
2 Macdonald, Lily	Pictou Count	6.40m 175
3 Mosher, Avery	Adrenaline A	6.20m 167

**Men 14-15 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Thibault, James	Athletics Ea	7.76
2 Durning, Ryker	Truro Lions	8.05
3 Ansems, Alexander	Athletics Ea	8.28

**Men 16-17 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Sharpe, Camrie	Islanders Tr	7.13
2 Raymond, Henry	Athletics Ea	7.40
3 Zhao, Yunshu	Athletics Ea	7.77
4 Shupe, Jeff	Athletics Ea	7.98

**Men 18-19 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Bucci, Jonah	St. Mary's H	7.58
2 Foley, Liam	Annapolis Co	7.59
3 Okunola, Jason	St. Mary's H	7.64
4 Macdonald, Ciaran	Unattached N	7.92
5 Lahey, Kegan	Special Olym	8.78
6 Thornhill, Jack	Special Olym	9.30

**Men 20-34 60 Meter Dash**

Name	Team	Finals
<b>Finals</b>		
1 Smith, Chad	St. Mary's H	7.04
2 Taylor, John Luke	Unattached N	7.04
3 Beaulieu, Nick	Dalhousie Ti	7.05
4 Williams, Jaiden	St. Mary's H	7.06
5 Aftanas, Matt	Dalhousie Ti	7.15
6 Conrad, Austin	Dalhousie Ti	7.35
7 Smith, Jeffrey	Unattached N	7.43
8 Landry, Nick	Adrenaline A	7.50
9 Gavel, Oliver	St. Mary's H	7.52
10 Boudreau, Brody	St. Mary's H	7.54
11 Edwards, Ben	Dalhousie Ti	7.55
12 Bilmer, Magnus	St. Mary's H	7.63
13 Murphy, Caelen	St. Mary's H	7.67
14 Barnes, Logan	Special Olym	7.83
15 Hall, Keegan	St. Mary's H	7.86
16 Martin, Noah	St. Mary's H	7.94

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<b>Finals ... (Men 20-34 60 Meter Dash)</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
17 Hicks, Jason	Special Olym	8.43	
18 James, Anthony	Special Olym	9.04	
<b>Men 35-99 60 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Lord, Peter	Unattached N	8.19	
2 Melchiore, Ron	Unattached N	10.47	
3 Fownes, Brock	Unattached N	11.57	
<b>Men 14-15 200 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Thibault, James	Athletics Ea	25.46	
<b>Men 16-17 200 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Hooper, Ethan	Adrenaline A	25.38	
<b>Men 18-19 200 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Foley, Liam	Annapolis Co	25.04	
2 Lahey, Kegan	Special Olym	28.98	
3 Thornhill, Jack	Special Olym	31.08	
<b>Men 20-34 200 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Macmullin, Andy	Unattached N	23.06	
2 Edwards, Ben	Dalhousie Ti	24.87	
3 Barnes, Logan	Special Olym	27.70	
4 Hicks, Jason	Special Olym	28.40	
5 Phillips, Grant	Special Olym	30.98	
6 James, Anthony	Special Olym	31.89	
<b>Men 14-15 300 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Ansems, Alexander	Athletics Ea	41.54	
<b>Men 18-19 300 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Bucci, Jonah	St. Mary's H	39.08	
2 Farrell, D'Andre	St. Mary's H	39.81	
3 Okunola, Jason	St. Mary's H	40.50	
<b>Men 20-34 300 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Macmullin, Andy	Unattached N	35.08	
2 Aftanas, Matt	Dalhousie Ti	36.13	
3 Macmullin, Innis	St. Mary's H	36.91	
4 Williams, Jaiden	St. Mary's H	36.96	
5 Landry, Nick	Adrenaline A	37.36	
6 Gavel, Oliver	St. Mary's H	37.41	
7 Boudreau, Brody	St. Mary's H	38.06	
8 Murphy, Caelen	St. Mary's H	38.35	
9 Bilmer, Magnus	St. Mary's H	39.24	
10 Hall, Keegan	St. Mary's H	39.47	
11 Martin, Noah	St. Mary's H	40.21	
12 Marshall, Braden	St. Mary's H	40.53	
<b>Men 16-17 400 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Hooper, Ethan	Adrenaline A	55.19	
2 Raymond, Henry	Athletics Ea	55.63	
<b>Men 18-19 400 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Thornhill, Jack	Special Olym	1:14.36	
<b>Men 20-34 400 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Barnes, Logan	Special Olym	1:00.74	
2 Hicks, Jason	Special Olym	1:03.64	
3 Phillips, Grant	Special Olym	1:09.21	
4 James, Anthony	Special Olym	1:17.82	
<b>Men 35-99 400 Meter Dash</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Melchiore, Ron	Unattached N	1:14.54	
<b>Men 16-17 600 Meter Run</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Martin, Robert	Athletics Ea	1:31.31	
2 Zhao, Yunshu	Athletics Ea	1:31.59	
<b>Men 18-19 600 Meter Run</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Quinton, Alex	Athletics Ea	1:29.67	
2 Good, Brendan	Athletics Ea	1:32.93	
3 Cunningham, Callum	St. Mary's H	1:44.59	
<b>Men 20-34 600 Meter Run</b>			
<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>			
1 Patterson, Liam	St. Francis	1:24.57	
2 Wierzbicki, Jack	St. Francis	1:24.68	
3 Whingwiri, Tadiwanashe	St. Mary's H	1:28.27	
4 Brennan, Adrian	St. Francis	1:28.93	
5 Gray, Braden	Dalhousie Ti	1:29.09	
6 Proulx, Noah	St. Francis	1:30.46	
7 Ford, Eli	St. Mary's H	1:31.62	

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**Men 12-13 800 Meter Run**

Name	Team	Finals
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**Finals**

1	Liu, Kai	Athletics Ea	2:32.09
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**Men 14-15 800 Meter Run**

Name	Team	Finals
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**Finals**

1	DeLong, Timothy	Athletics Ea	2:15.49
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**Men 18-19 800 Meter Run**

Name	Team	Finals
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**Finals**

1	Quinton, Alex	Athletics Ea	2:06.99
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**Men 18-19 1000 Meter Run**

Name	Team	Finals
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**Finals**

1	Conlin-Morse, Silas	Athletics Ea	2:30.70
2	Fraser, Ewen	St. Francis	2:46.37
3	Purdy, Luke	Crandall Uni	2:47.96
4	Brown, Campbell	Upei Panther	2:51.00
5	Dalton, Jacob	Upei Panther	2:56.17
6	Cunningham, Callum	St. Mary's H	3:06.31

**Men 20-34 1000 Meter Run**

Name	Team	Finals
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**Finals**

1	Patterson, Liam	St. Francis	2:30.18
2	Grimshaw-Surette, Harmon	Dalhousie Ti	2:31.01
3	Wierzbicki, Jack	St. Francis	2:33.04
4	Rudaitis, Lukas	Dalhousie Ti	2:34.07
5	Whingwiri, Tadiwanashe	St. Mary's H	2:43.11
6	Proulx, Noah	St. Francis	2:46.04
7	Roberts, Jack	Upei Panther	2:46.24
8	MacIsaac, Max	Upei Panther	2:47.52
9	Kozma, Matthew	Upei Panther	2:48.97
10	Ford, Eli	St. Mary's H	2:49.54
11	Blanchette, Luc	Crandall Uni	2:52.16

**Men 14-15 1200 Meter Run**

Name	Team	Finals
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**Finals**

1	DeLong, Timothy	Athletics Ea	3:30.67
2	Quinton, Jack	Athletics Ea	3:37.52

**Men 14-15 1500 Meter Run**

Name	Team	Finals
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**Finals**

1	Ackerman, David	Athletics Ea	4:46.64
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**Men 16-17 1500 Meter Run**

Name	Team	Finals
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**Finals**

1	Rogers, Zack	Athletics Ea	4:29.50
2	Amero, Connor R.	Athletics Ea	4:32.41

**Men 18-19 1500 Meter Run**

Name	Team	Finals
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**Finals**

1	MacLean, Isaac	Dalhousie Ti	4:08.33
2	Rogers, Alex	Dalhousie Ti	4:12.69
3	Lawton, Mathew	St. Francis	4:14.89
4	Lupenette, Andrew	St. Francis	4:17.40
5	Brown, Campbell	Upei Panther	4:31.58
6	Miller, Cole	Halifax Road	4:36.49
7	Cuthbert, Riley	Halifax Road	4:39.62
8	Dalton, Jacob	Upei Panther	4:45.62
9	Labrecque, Alex	St. Mary's H	4:46.48
10	Elliott, Liam	Dalhousie Ti	4:46.88

**Men 20-34 1500 Meter Run**

Name	Team	Finals
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**Finals**

1	McCullagh, Liam	St. Francis	4:05.50
2	Pokotylets, Maksym	Dalhousie Ti	4:08.21
3	Freeman, Alec	Unattached	4:09.75
4	Roberts, Jack	Upei Panther	4:21.40
5	MacIsaac, Max	Upei Panther	4:21.51
6	Mundy, Matthew	St. Mary's H	4:33.25
7	Kozma, Matthew	Upei Panther	4:43.24
8	Gillis, Travis	St. Mary's H	5:08.14
9	Aftanas, Stuart	Unattached	5:20.80

**Men 35-99 1500 Meter Run**

Name	Team	Finals
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**Finals**

1	Durling, Craig	Blt Runners	5:06.71
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**Men 14-15 2000 Meter Run**

Name	Team	Finals
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**Finals**

1	Quinton, Jack	Athletics Ea	6:56.44
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**Men 14-15 3000 Meter Run**

Name	Team	Finals
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**Finals**

1	Ackerman, David	Athletics Ea	10:28.61
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**Men 16-17 3000 Meter Run**

Name	Team	Finals
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**Finals**

1	Macgillivray, Connor	Athletics Ea	11:05.59
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**Men 18-19 3000 Meter Run**

Name	Team	Finals
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**Finals**

1	Gamble, Griffin	St. Francis	8:45.65
2	Rogers, Alex	Dalhousie Ti	9:02.56
3	MacLean, Isaac	Dalhousie Ti	9:06.73
4	Lupenette, Andrew	St. Francis	9:14.25
5	Purdy, Luke	Crandall Uni	9:24.94
6	Cuthbert, Riley	Halifax Road	9:50.30

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**Finals ... (Men 18-19 3000 Meter Run)**

Name	Team	Finals
7 Kyle, Brady	Physi-Kult	10:04.25
8 Labrecque, Alex	St. Mary's H	10:04.56
9 Elliott, Liam	Dalhousie Ti	10:49.48

**Men 20-34 3000 Meter Run**

Name	Team	Finals
<b>Finals</b>		
1 Macdonald, Luke	St. Francis	8:39.03
2 Gallant, Luc	St. Francis	8:43.81
3 McCullagh, Liam	St. Francis	8:45.32
4 McGarvey, Rory	St. Mary's H	8:55.74
5 Stewart, Joe	Unattached N	8:56.10
6 Pokotylets, Maksym	Dalhousie Ti	9:00.37
7 Piccinin, Stephane	Halifax Road	9:04.28
8 Freeman, Alec	Unattached	9:07.38
9 Mundy, Matthew	St. Mary's H	9:55.54
10 Blanchette, Luc	Crandall Uni	10:13.78
11 Phillips, Grant	Special Olym	13:33.04

**Men 16-17 60 Meter Hurdles 36"**

Name	Team	Finals
<b>Finals</b>		
1 Hooper, Ethan	Adrenaline A	9.20
2 Martin, Robert	Athletics Ea	9.26

**Men 18-19 60 Meter Hurdles 42"**

Name	Team	Finals
<b>Finals</b>		
1 Nix, Owen	St. Mary's H	10.41

**Men 20-34 60 Meter Hurdles 42"**

Name	Team	Finals
<b>Finals</b>		
1 Marshall, Braden	St. Mary's H	10.23

**Men 16-17 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Mittelstadt, Drew	Truro Lions	1.80m
2 Levesconte, Kyle	Baddeck Beac	1.65m

**Men 18-19 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Marchand, Blake	Dalhousie Ti	2.00m

**Men 20-34 High Jump**

Name	Team	Finals
<b>Finals</b>		
1 Marshall, Diego	Dalhousie Ti	1.85m
1 Dahr, Ethan	Dalhousie Ti	1.85m

**Men 14-15 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Durning, Ryker	Truro Lions	5.36m

**Men 16-17 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Myatt, Carter	Truro Lions	5.73m
2 Legge, Colin	Truro Lions	5.70m
3 Levesconte, Kyle	Baddeck Beac	5.47m
4 Shupe, Jeff	Athletics Ea	5.06m

**Men 18-19 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Fiala, Onjrej	Dalhousie Ti	5.72m

**Men 20-34 Long Jump**

Name	Team	Finals
<b>Finals</b>		
1 Conrad, Austin	Dalhousie Ti	6.65m
2 Beaulieu, Nick	Dalhousie Ti	6.50m
3 Greene, Skeets	Dalhousie Ti	6.48m
4 Oshikoya, Tobi	Dalhousie Ti	6.28m
5 Bilmer, Magnus	St. Mary's H	5.83m
5 Macmullin, Andy	Unattached N	5.83m
7 Dahr, Ethan	Dalhousie Ti	5.69m

**Men 14-15 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Durning, Ryker	Truro Lions	11.27m

**Men 16-17 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Myatt, Carter	Truro Lions	11.53m
2 Legge, Colin	Truro Lions	11.39m

**Men 18-19 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Adebisi, Folu	Athletics Ea	13.12m
2 Macdonald, Ciaran	Unattached N	11.95m

**Men 20-34 Triple Jump**

Name	Team	Finals
<b>Finals</b>		
1 Oshikoya, Tobi	Dalhousie Ti	14.30m
2 Oshikoya, Biola	Dalhousie Ti	11.93m

**Men 8-9 60 Meter Dash Tetrathlon**

Name	Team	Finals
<b>Finals</b>		
1 Elser, Oliver	Truro Lions	11.79 77

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**Men 10-11 60 Meter Dash Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Ashton	Truro Lions	11.13	115

**Men 8-9 600 Meter Run Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Oliver	Truro Lions	2:33.39	92

**Men 10-11 600 Meter Run Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Ashton	Truro Lions	2:20.23	148

**Men 8-9 Long Jump Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Oliver	Truro Lions	2.12m	82

**Men 10-11 Long Jump Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Ashton	Truro Lions	2.73m	123

**Men 8-9 Shot Put Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Oliver	Truro Lions	3.92m	87

**Men 10-11 Shot Put Tetrathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	
<b>Finals</b>				
1	Elser, Ashton	Truro Lions	5.05m	126