

2023 Athletics NS Legion Trials and Open Meet - 7/8/2023 to 7/9/2023
Pioneer Coal Athletics Field
Meet Program

Event 1 Women 12-13 80 Meter Hurdles 30"**Saturday 7/8/2023 - 12:00 PM**

Lane Name	Team	Seed Time
Heat 1 of 1 Prelims		
4 234 Brown, Ava	Truro Lions	16.60

Event 2 Men 12-13 80 Meter Hurdles 30"**Saturday 7/8/2023 - 12:05 PM**

Lane Name	Team	Seed Time
Heat 1 of 1 Prelims		
4 268 McConkey, Reid	Truro Lions	NT

Event 3 Women 14-15 80 Meter Hurdles 30"**Saturday 7/8/2023 - 12:10 PM**

Lane Name	Team	Seed Time
Heat 1 of 2 Prelims		
2 224 Sampson, Macy	StFX Track A	NT
3 323 Boutilier, Hannah	Yhz Track &	16.41
4 154 McDow, Rebecca	Bluenose Ath	12.93
5 152 Demone, Aliya	Bluenose Ath	13.00
6 220 Boyle, Veronica	StFX Track A	17.30
Heat 2 of 2 Prelims		
2 253 Williams-Henderson, J	Truro Lions	NT
3 236 Burke, Kaydence	Truro Lions	14.15
4 150 Buchanan, Jada	Bluenose Ath	12.48
5 151 Buchanan, Kylie	Bluenose Ath	13.03
6 232 Angus, Courtney	Truro Lions	18.25

Event 4 Women 16-17 100 Meter Hurdles 30"**Saturday 7/8/2023 - 12:20 PM**

Lane Name	Team	Seed Time
Heat 1 of 1 Prelims		
4 252 Smith, Maryn	Truro Lions	15.08
5 112 Clayton, Queen	Athletics Ea	15.15

Event 5 Men 14-15 100 Meter Hurdles 33"**Saturday 7/8/2023 - 12:30 PM**

Lane Name	Team	Seed Time
Heat 1 of 1 Prelims		
3 269 McConkey, Theo	Truro Lions	NT
4 202 Boudreau, Isaac	Pictou Count	15.24
5 265 Legge, Colin	Truro Lions	15.30
6 310 O'Brien, Declan	Unattached N	NT

Event 6 Men 16-17 110 Meter Hurdles 36"**Saturday 7/8/2023 - 12:40 PM**

Lane Name	Team	Seed Time
Heat 1 of 1 Prelims		
4 105 Bonnington, Oliver	Annapolis Co	16.08
5 288 Doran, Brayden	UNA	NT

Event 7 Women 16-19 400 Meter Dash**Saturday 7/8/2023 - 1:45 PM**

Lane Name	Team	Seed Time
Section 1 of 1 Finals		
1 113 Fowler, Ailish	Athletics Ea	1:06.79
2 171 Taylor, Courtney	Crown Athlet	1:05.23
3 172 Wile, Claire	Crown Athlet	1:01.48
4 191 MacDonald, Cara	Pictou Count	58.13
5 153 Harris, Ruby	Bluenose Ath	58.81
6 328 Sneddon-Simons, Katl	Yhz Track &	1:02.70
7 190 MacCallum, Amelia	Pictou Count	1:06.00
8 329 Tibbo, Rylee	Yhz Track &	1:12.00

Event 8 Men 16-34 400 Meter Dash**Saturday 7/8/2023 - 1:55 PM**

Lane Name	Team	Seed Time
Section 1 of 1 Finals		
1 203 Campbell, Caden	Pictou Count	56.42
2 276 Williams, Drew	Truro Lions	54.36
3 313 White, Jacob	Unattached N	50.85
4 132 James, Zachary	Athletics Ea	49.39
5 308 Macmullin, Andy	Unattached N	50.18
6 158 Hooper, Ethan	Bluenose Ath	54.17
7 148 Zhao, Yunshu	Athletics Ea	54.84
8 173 Bower, Achilles	Crown Athlet	57.00

Event 9 Women 12-15 300 Meter Dash**Saturday 7/8/2023 - 2:05 PM**

Lane Name	Team	Seed Time
Section 1 of 2 Finals		
3 221 Goodland S, Doris	StFX Track A	NT
4 154 McDow, Rebecca	Bluenose Ath	NT
5 162 Barry, Ella	Celtic Athle	NT
6 224 Sampson, Macy	StFX Track A	NT
Section 2 of 2 Finals		
1 325 Ezurike, Amarachi	Yhz Track &	47.00
2 114 Jeong, Anna	Athletics Ea	43.97
3 150 Buchanan, Jada	Bluenose Ath	43.70
4 101 Denton, Athena	Annapolis Co	43.25
5 151 Buchanan, Kylie	Bluenose Ath	43.50
6 152 Demone, Aliya	Bluenose Ath	43.75
7 156 Talbot, Charlotte	Bluenose Ath	44.00
8 122 Raymond, Annabelle	Athletics Ea	NT

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Event 10 Men 12-15 300 Meter Dash**Saturday 7/8/2023 - 2:15 PM**

Lane	Name	Team	Seed	Time
Section 1 of 2 Finals				
1	125 Delong, Timothy	Athletics Ea	NT	
2	106 Shehata, Zain	Annapolis Co	NT	
3	231 Sampson, Hendrick	StFX Track A	NT	
4	143 Raymond, Henry	Athletics Ea	NT	
5	287 Ajiye, Kelvin	UNA	NT	
6	320 Durber, Jacob	Valley Athle	NT	
7	208 MacCallum, Gavin	Pictou Count	NT	
Section 2 of 2 Finals				
1	310 O'Brien, Declan	Unattached N	NT	
2	318 Albert, Oliver	Valley Athle	43.34	
3	332 Campbell, Quinn	Yhz Track &	41.90	
4	149 Buchanan, Emmett	Baddeck Beac	40.83	
5	202 Boudreau, Isaac	Pictou Count	40.91	
6	321 Ward, Parker	Valley Athle	42.00	
7	135 Lerue, Nathan	Athletics Ea	NT	
8	290 Eager, Lukas	UNA	NT	

Event 11 Women 12-34 100 Meter Dash**Saturday 7/8/2023 - 2:30 PM**

Lane	Name	Team	Seed	Time
Heat 1 of 3 Prelims				
2	329 Tibbo, Rylee	Yhz Track &	4:48.00	
3	101 Denton, Athena	Annapolis Co	13.25	
4	222 Landry, Zoe	StFX Track A	12.71	
5	214 Cook, Madeline	Saint John R	12.84	
6	156 Talbot, Charlotte	Bluenose Ath	13.75	
7	164 Marinelli, Rhysa	Celtic Athle	13:58.00	
Heat 2 of 3 Prelims				
1	170 Sullivan, Alyssa	Crown Athlet	NT	
2	220 Boyle, Veronica	StFX Track A	15.09	
3	103 Mead, Kaitlynne	Annapolis Co	13.15	
4	108 Benjamin, Zaila	Athletics Ea	12.65	
5	112 Clayton, Queen	Athletics Ea	12.96	
6	114 Jeong, Anna	Athletics Ea	13.80	
7	122 Raymond, Annabelle	Athletics Ea	NT	
Heat 3 of 3 Prelims				
1	323 Boutilier, Hannah	Yhz Track &	NT	
2	282 Joseph, Audrey	UNA	14.00	
3	162 Barry, Ella	Celtic Athle	13.14	
4	215 Langille, Jillian	Saint John R	12.08	
5	242 Gouthro, Isabella	Truro Lions	12.98	
6	190 MacCallum, Amelia	Pictou Count	13.80	
7	253 Williams-Henderson, J	Truro Lions	NT	

Event 12 Men 12-34 100 Meter Dash**Saturday 7/8/2023 - 2:45 PM**

Lane	Name	Team	Seed	Time
Heat 1 of 4 Prelims				
1	320 Durber, Jacob	Valley Athle	NT	
2	137 MacLean, David	Athletics Ea	12.25	
3	176 Macgregor, Peter	Crown Athlet	11.60	
4	302 Kriznar, Nikola	Unattached N	10.97	
5	312 Taylor, John Luke	Unattached N	11.10	
6	148 Zhao, Yunshu	Athletics Ea	11.70	
7	321 Ward, Parker	Valley Athle	13.00	
Heat 2 of 4 Prelims				
1	288 Doran, Brayden	UNA	NT	
2	265 Legge, Colin	Truro Lions	12.02	
3	127 Edwards, Ben	Athletics Ea	11.60	
4	218 Horton, Jaleel	Southwest No	10.90	
5	313 White, Jacob	Unattached N	11.28	
6	135 Lerue, Nathan	Athletics Ea	11.75	
7	318 Albert, Oliver	Valley Athle	13.20	
Heat 3 of 4 Prelims				
1	231 Sampson, Hendrick	StFX Track A	NT	
2	139 Mbuyi, Silvain	Athletics Ea	11.95	
3	146 Thurston, Wyatt	Athletics Ea	11.56	
4	147 Williams, Jaiden	Athletics Ea	10.89	
5	136 MacDonald, Liam	Athletics Ea	11.37	
6	157 Demone, Taylor	Bluenose Ath	11.75	
7	143 Raymond, Henry	Athletics Ea	NT	
Heat 4 of 4 Prelims				
1	106 Shehata, Zain	Annapolis Co	NT	
2	203 Campbell, Caden	Pictou Count	11.86	
3	307 MacLean, Ethan	Unattached N	11.40	
4	145 Swaniker, Jojo	Athletics Ea	10.88	
5	165 Phillips, Anthony	Celtic Athle	11.40	
6	278 Wolfe, Ethan	Truro Lions	11.78	
7	200 Bjerke, Lawrence	Pictou Count	NT	

Event 13 Women 14-34 1500 Meter Run**Saturday 7/8/2023 - 4:00 PM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	119 Lewis, Abby	Athletics Ea	4:25.13	
2	163 Bottomley, Ella	Celtic Athle	4:40.00	
3	155 Mosher, Zoe	Bluenose Ath	4:47.22	
4	120 Moon, Poppy	Athletics Ea	4:48.76	
5	109 Boucher, Mikayla	Athletics Ea	4:50.00	
6	196 Ross, Kristen	Pictou Count	4:55.00	
7	183 Jennex, Isabella	Halifax Road	4:55.00	
8	330 Tobin, Evelyn	Yhz Track &	5:27.50	
9	115 Joseph, Ava	Athletics Ea	5:55.00	
10	326 Gunn, Juliette	Yhz Track &	5:55.65	
11	282 Joseph, Audrey	UNA	6:30.00	
12	194 Mackinnon, Sarah	Pictou Count	7:04.00	

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Event 14 Men 14-34 1500 Meter Run**Saturday 7/8/2023 - 4:15 PM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	230 MacKenzie, Conlan	StFX Track A	4:10.00	
2	142 Quinton, Alex	Athletics Ea	4:15.00	
3	275 Webber, Riley	Truro Lions	4:33.43	
4	184 Miller, Cole	Halifax Road	4:39.00	
5	207 Linthorne, Brayden	Pictou Count	NT	

Event 15 Women 10-15 1200 Meter Run**Saturday 7/8/2023 - 4:25 PM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	110 Carruthers, Anna	Athletics Ea	3:42.00	
2	226 Wallace, Sarah	StFX Track A	3:45.30	
3	324 Evers, Molly	Yhz Track &	3:54.80	
4	225 Wallace, Katie	StFX Track A	4:27.70	
5	327 Quinton, Emma	Yhz Track &	5:00.00	
6	281 Joseph, Amelia	UNA	5:30.00	
7	227 Wilmott, Mhairi	StFX Track A	NT	
8	284 Kersten, Summer	UNA	NT	

Event 16 Men 12-15 1200 Meter Run**Saturday 7/8/2023 - 4:35 PM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	319 Amero, Connor R.	Valley Athle	3:35.00	
2	229 MacKenzie, Calder	StFX Track A	3:39.00	
3	216 Coggins, Chris	Southwest No	3:39.86	
4	335 Quinton, Jack	Yhz Track &	4:00.00	
5	212 Sobey, Charlie	Pictou Count	NT	
6	289 Eager, Charles	UNA	NT	
7	292 Kersten, Cater	UNA	NT	
8	208 MacCallum, Gavin	Pictou Count	NT	

Event 17 Women 8-13 80 Meter Dash No Blocks**Saturday 7/8/2023 - 4:45 PM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	241 Francis, Lily	Truro Lions	NT	
2	221 Goodland S, Doris	StFX Track A	NT	
3	244 Hickox, Lola	Truro Lions	NT	
4	234 Brown, Ava	Truro Lions	16.60	
5	248 Michaud, Lily	Truro Lions	12:18.00	
6	250 Poehl, Kathryn	Truro Lions	NT	
7	186 Blois, Charlotte	Pictou Count	NT	

Event 18 Women 14-15 1500 Meter Steeplechase 30"**Sunday 7/9/2023 - 9:00 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	107 Arteaga, Elisa	Athletics Ea	5:30.00	
2	111 Chiasson, Faye	Athletics Ea	5:16.02	

Event 19 Men 14-15 1500 Meter Steeplechase 30"**Sunday 7/9/2023 - 9:10 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	229 MacKenzie, Calder	StFX Track A	4:46.72	
2	213 Wood, Josh	Pictou Count	4:56.95	

Event 20 Women 16-17 2000 Meter Steeplechase 30"**Sunday 7/9/2023 - 9:20 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	219 Benevides, Alexandra	StFX Track A	8:02.00	

Event 21 Women 18-19 3000 Meter Steeplechase 30"**Sunday 7/9/2023 - 9:35 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	118 Le Rudulier, Anne Soj	Athletics Ea	NT	

Event 22 Men 16-17 2000 Meter Steeplechase 33"**Sunday 7/9/2023 - 9:55 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	142 Quinton, Alex	Athletics Ea	6:30.00	
2	210 Macneil, Jack	Pictou Count	6:47.25	
3	182 Cuthbert, Riley	Halifax Road	NT	

Event 23 Men 18-19 3000 Meter Steeplechase 36"**Sunday 7/9/2023 - 10:15 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
1	134 Lawton, Mathew	Athletics Ea	9:55.00	

Event 24 Women 12-13 150 Meter Dash No Blocks**Sunday 7/9/2023 - 10:40 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
3	241 Francis, Lily	Truro Lions	NT	
4	238 Durning, Rylie	Truro Lions	25.10	
5	244 Hickox, Lola	Truro Lions	NT	

Event 25 Men 12-13 150 Meter Dash No Blocks**Sunday 7/9/2023 - 10:45 AM**

Lane	Name	Team	Seed	Time
Section 1 of 1 Finals				
4	206 Gillespie, Cooper	Pictou Count	NT	
5	321 Ward, Parker	Valley Athle	NT	

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Event 26 Women 12-34 200 Meter Dash**Sunday 7/9/2023 - 10:50 AM**

Lane	Name	Team	Seed Time
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Heat 1 of 3 Prelims

1	122 Raymond, Annabelle	Athletics Ea	NT
2	325 Ezurike, Amarachi	Yhz Track &	28.75
3	103 Mead, Kaitlynne	Annapolis Co	27.50
4	222 Landry, Zoe	StFX Track A	26.29
5	112 Clayton, Queen	Athletics Ea	26.47
6	150 Buchanan, Jada	Bluenose Ath	27.84
7	329 Tibbo, Rylee	Yhz Track &	29.28

Heat 2 of 3 Prelims

1	166 Akao, Julia	Crown Athlet	NT
2	171 Taylor, Courtney	Crown Athlet	28.57
3	101 Denton, Athena	Annapolis Co	27.20
4	108 Benjamin, Zaila	Athletics Ea	25.97
5	162 Barry, Ella	Celtic Athle	26.72
6	190 MacCallum, Amelia	Pictou Count	28.20
7	164 Marinelli, Rhysa	Celtic Athle	30:28.00

Heat 3 of 3 Prelims

1	170 Sullivan, Alyssa	Crown Athlet	NT
2	151 Buchanan, Kylie	Bluenose Ath	28.50
3	172 Wile, Claire	Crown Athlet	26.97
4	215 Langille, Jillian	Saint John R	25.18
5	242 Gouthro, Isabella	Truro Lions	26.91
6	156 Talbot, Charlotte	Bluenose Ath	28.25
7	253 Williams-Henderson, J	Truro Lions	NT

Event 27 Men 12-34 200 Meter Dash**Sunday 7/9/2023 - 11:05 AM**

Lane	Name	Team	Seed Time
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Heat 1 of 3 Prelims

1	137 MacLean, David	Athletics Ea	NT
2	139 Mbuyi, Silvain	Athletics Ea	25.25
3	203 Campbell, Caden	Pictou Count	23.52
4	181 Springer, Camden	Halifast Ath	22.00
5	147 Williams, Jaiden	Athletics Ea	22.45
6	165 Phillips, Anthony	Celtic Athle	23.58
7	259 Durning, Ryker	Truro Lions	25.82
8	200 Bjerke, Lawrence	Pictou Count	NT

Heat 2 of 3 Prelims

1	106 Shehata, Zain	Annapolis Co	NT
2	265 Legge, Colin	Truro Lions	25.02
3	160 Vanderwal, Ryan	Bluenose Ath	23.44
4	308 Macmullin, Andy	Unattached N	21.99
5	312 Taylor, John Luke	Unattached N	22.49
6	146 Thurston, Wyatt	Athletics Ea	23.76
7	332 Campbell, Quinn	Yhz Track &	26.06
8	288 Doran, Brayden	UNA	NT

Heat 3 of 3 Prelims

1	143 Raymond, Henry	Athletics Ea	NT
2	148 Zhao, Yunshu	Athletics Ea	24.19
3	136 MacDonald, Liam	Athletics Ea	22.97
4	145 Swaniker, Jojo	Athletics Ea	21.91
5	313 White, Jacob	Unattached N	22.76
6	135 Lerue, Nathan	Athletics Ea	23.85
7	318 Albert, Oliver	Valley Athle	26.55

Event 28 Women 16-19 3000 Meter Run**Sunday 7/9/2023 - 11:25 AM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	119 Lewis, Abby	Athletics Ea	9:40.58
2	223 Robinson, Anna	StFX Track A	9:59.00
3	183 Jennex, Isabella	Halifax Road	10:50.00
4	155 Mosher, Zoe	Bluenose Ath	10:51.12

Event 29 Men 16-17 3000 Meter Run**Sunday 7/9/2023 - 11:40 AM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	210 Macneil, Jack	Pictou Count	9:37.35
2	275 Webber, Riley	Truro Lions	9:59.00
3	182 Cuthbert, Riley	Halifax Road	10:00.00
4	207 Linthorne, Brayden	Pictou Count	NT

Event 30 Women 10-15 2000 Meter Run**Sunday 7/9/2023 - 12:00 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	110 Carruthers, Anna	Athletics Ea	6:40.00
2	324 Evers, Molly	Yhz Track &	6:51.60
3	107 Arteaga, Elisa	Athletics Ea	7:05.00
4	327 Quinton, Emma	Yhz Track &	8:52.50
5	284 Kersten, Summer	UNA	NT

Event 31 Men 12-15 2000 Meter Run**Sunday 7/9/2023 - 12:10 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	229 MacKenzie, Calder	StFX Track A	6:21.10
2	292 Kersten, Cater	UNA	NT
3	213 Wood, Josh	Pictou Count	NT

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Event 32 Women 12-34 800 Meter Run**Sunday 7/9/2023 - 1:55 PM**

Lane	Name	Team	Seed Time
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Section 1 of 2 Finals

1	326 Gunn, Juliette	Yhz Track &	2:50.42
2	330 Tobin, Evelyn	Yhz Track &	2:40.00
3	168 MacDonald, Aria	Crown Athlet	2:25.00
4	111 Chiasson, Faye	Athletics Ea	2:22.00
5	107 Arteaga, Elisa	Athletics Ea	2:22.88
6	117 Lawton, Heather	Athletics Ea	2:33.00
7	225 Wallace, Katie	StFX Track A	2:48.00
8	227 Wilmott, Mhairi	StFX Track A	NT

Section 2 of 2 Finals

1	226 Wallace, Sarah	StFX Track A	2:20.33
2	196 Ross, Kristen	Pictou Count	2:19.97
3	120 Moon, Poppy	Athletics Ea	2:15.54
4	191 MacDonald, Cara	Pictou Count	2:14.66
5	163 Bottomley, Ella	Celtic Athle	2:15.00
6	109 Boucher, Mikayla	Athletics Ea	2:18.00
7	155 Mosher, Zoe	Bluenose Ath	2:20.05
8	153 Harris, Ruby	Bluenose Ath	2:20.57

Event 33 Men 12-34 800 Meter Run**Sunday 7/9/2023 - 2:10 PM**

Lane	Name	Team	Seed Time
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Section 1 of 3 Finals

3	207 Linthorne, Brayden	Pictou Count	NT
4	321 Ward, Parker	Valley Athle	2:23.00
5	228 Fidler-Ryan, Kaelen	StFX Track A	2:52.78

Section 2 of 3 Finals

1	216 Coggins, Chris	Southwest No	2:13.12
2	173 Bower, Achilles	Crown Athlet	2:08.30
3	275 Webber, Riley	Truro Lions	2:06.91
4	129 Gamble, Griffin	Athletics Ea	2:02.89
5	144 Rogers, Zack	Athletics Ea	2:05.94
6	130 Good, Brendan	Athletics Ea	2:08.00
7	128 Elliott, Liam	Athletics Ea	2:10.00
8	125 Delong, Timothy	Athletics Ea	2:17.00

Section 3 of 3 Finals

1	142 Quinton, Alex	Athletics Ea	2:00.00
2	230 MacKenzie, Conlan	StFX Track A	1:59.45
3	132 James, Zachary	Athletics Ea	1:52.58
4	131 Goslett, Aidan	Athletics Ea	1:49.00
5	217 Grimshaw-Surette, Hu	Southwest No	1:51.44
6	316 Brennan, Timothy	Unattached-N	1:54.53
7	133 Langille, Jack	Athletics Ea	2:00.00
8	159 Vanderwal, Michael	Bluenose Ath	2:02.30

Event 34 Women 14-15 200 Meter Hurdles 30"**Sunday 7/9/2023 - 2:30 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	253 Williams-Henderson, J	Truro Lions	NT
2	236 Burke, Kaydence	Truro Lions	32.96
3	154 McDow, Rebecca	Bluenose Ath	32.31
4	151 Buchanan, Kylie	Bluenose Ath	30.04
5	150 Buchanan, Jada	Bluenose Ath	30.79
6	152 Demone, Aliya	Bluenose Ath	32.50
7	156 Talbot, Charlotte	Bluenose Ath	33.00

Event 35 Men 14-15 200 Meter Hurdles 30"**Sunday 7/9/2023 - 2:35 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	269 McConkey, Theo	Truro Lions	NT
4	202 Boudreau, Isaac	Pictou Count	29.05
5	287 Ajiye, Kelvin	UNA	NT

Event 36 Women 16-34 400 Meter Hurdles 30"**Sunday 7/9/2023 - 2:45 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	179 Sweeney, Sierra	Grit Athleti	1:07.62
4	315 Brennan, Bridget	Unattached-N	1:00.65
5	252 Smith, Maryn	Truro Lions	1:06.17

Event 37 Men 16-17 400 Meter Hurdles 33"**Sunday 7/9/2023 - 3:00 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	334 Martin, Robert	Yhz Track &	1:01.50
4	160 Vanderwal, Ryan	Bluenose Ath	58.50
5	158 Hooper, Ethan	Bluenose Ath	1:01.00
6	276 Williams, Drew	Truro Lions	1:01.73

Event 38 Men 20-34 400 Meter Hurdles 36"**Sunday 7/9/2023 - 3:10 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	138 Marshall, Braden	Athletics Ea	NT
4	316 Brennan, Timothy	Unattached-N	53.22
5	303 Lord, Daniel	Unattached N	55.00

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Event 39 Women 12-34 Long Jump**Saturday 7/8/2023 - 12:45 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	224 Sampson, Macy	StFX Track A		ND
2	250 Poehl, Kathryn	Truro Lions		ND
3	113 Fowler, Ailish	Athletics Ea		ND
4	234 Brown, Ava	Truro Lions		ND
5	221 Goodland S, Doris	StFX Track A		ND
6	232 Angus, Courtney	Truro Lions		3.32m
7	248 Michaud, Lily	Truro Lions		3.61m
8	220 Boyle, Veronica	StFX Track A		4.04m
9	164 Marinelli, Rhysa	Celtic Athle		4.06m
10	329 Tibbo, Rylee	Yhz Track &		4.08m
11	235 Brown, Rowynn	Truro Lions		4.25m
12	237 Cock, Olivia	Truro Lions		4.32m
13	243 Gouthro, Olivia	Truro Lions		4.46m
14	236 Burke, Kaydence	Truro Lions		4.47m
15	123 Williams, Lily Kate	Athletics Ea		4.50m
16	162 Barry, Ella	Celtic Athle		4.90m
17	254 Wilson, Myka	Truro Lions		5.00m
18	222 Landry, Zoe	StFX Track A		5.02m
19	233 Angus, Haley	Truro Lions		5.06m
20	255 Wolfe, Jennessa	Truro Lions		5.09m
21	102 McGean, Hannah	Annapolis Co		5.20m
22	179 Sweeney, Sierra	Grit Athleti		5.22m

Event 40 Men 12-99 Long Jump**Saturday 7/8/2023 - 4:00 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	287 Ajiye, Kelvin	UNA		ND
2	289 Eager, Charles	UNA		ND
3	290 Eager, Lukas	UNA		ND
4	309 Myrick, Lee	Unattached N		ND
5	306 MacKenzie, Shane	Unattached N		4.80m
6	305 MacKenzie, Rhys	Unattached N		4.88m
7	304 Lord, Peter	Unattached N		5.06m
8	176 Macgregor, Peter	Crown Athlet		5.31m
9	126 Dyke, Noah	Athletics Ea		5.35m
10	105 Bonnington, Oliver	Annapolis Co		5.67m
11	265 Legge, Colin	Truro Lions		5.86m
12	273 Mittelstadt, Drew	Truro Lions		5.92m
13	157 Demone, Taylor	Bluenose Ath		5.97m
14	165 Phillips, Anthony	Celtic Athle		6.34m
15	274 Myatt, Carter	Truro Lions		6.43m
16	124 Conrad, Austin	Athletics Ea		6.60m

Event 41 Women 14-34 Triple Jump**Sunday 7/9/2023 - 12:00 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	113 Fowler, Ailish	Athletics Ea		ND
2	237 Cock, Olivia	Truro Lions		8.80m
3	162 Barry, Ella	Celtic Athle		10.22m
4	254 Wilson, Myka	Truro Lions		10.47m
5	102 McGean, Hannah	Annapolis Co		10.60m
6	233 Angus, Haley	Truro Lions		10.95m
7	166 Akao, Julia	Crown Athlet		11.00m

Event 42 Men 12-34 Triple Jump**Sunday 7/9/2023 - 10:30 AM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	290 Eager, Lukas	UNA		ND
2	126 Dyke, Noah	Athletics Ea		ND
3	289 Eager, Charles	UNA		ND
4	287 Ajiye, Kelvin	UNA		ND
5	176 Macgregor, Peter	Crown Athlet		11.16m
6	278 Wolfe, Ethan	Truro Lions		11.72m
7	105 Bonnington, Oliver	Annapolis Co		12.16m
8	301 Evans, Seth	Unattached N		12.45m
9	274 Myatt, Carter	Truro Lions		12.61m

Event 43 Women 12-19 High Jump**Saturday 7/8/2023 - 4:00 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	235 Brown, Rowynn	Truro Lions		1.20m
2	237 Cock, Olivia	Truro Lions		1.40m
3	164 Marinelli, Rhysa	Celtic Athle		1.40m
4	233 Angus, Haley	Truro Lions		1.40m
5	152 Demone, Aliya	Bluenose Ath		1.42m
6	254 Wilson, Myka	Truro Lions		1.55m
7	297 Clarke, Emily	Unattached N		1.68m
8	255 Wolfe, Jennessa	Truro Lions		1.81m

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Event 44 Men 12-99 High Jump**Saturday 7/8/2023 - 2:00 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	287 Ajiye, Kelvin	UNA		NH
2	288 Doran, Brayden	UNA		NH
3	289 Eager, Charles	UNA		NH
4	309 Myrick, Lee	Unattached N		NH
5	205 Ernst, Hunter	Pictou Count	1.25m	
6	139 Mbuyi, Silvain	Athletics Ea	1.60m	
7	306 MacKenzie, Shane	Unattached N	1.60m	
8	126 Dyke, Noah	Athletics Ea	1.60m	
9	305 MacKenzie, Rhys	Unattached N	1.65m	
10	296 Ogunlaiye, Ini	UNA	1.68m	
11	165 Phillips, Anthony	Celtic Athle	1.75m	
12	273 Mittelstadt, Drew	Truro Lions	1.78m	
13	274 Myatt, Carter	Truro Lions	1.78m	
14	301 Evans, Seth	Unattached N	1.81m	
15	263 Jeffery, James	Truro Lions	1.89m	
16	267 Marchand, Blake	Truro Lions	1.95m	
17	266 MacDonald, Joey	Truro Lions	2.09m	

Event 45 Women 12-99 Shot Put**Saturday 7/8/2023 - 2:45 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	283 Kersten, Brooklyn	UNA		ND
2	116 Lawton, Emma Joan	Athletics Ea		ND
3	170 Sullivan, Alyssa	Crown Athlet		ND
4	104 Parks, Addison	Annapolis Co		ND
5	197 White, Abigail	Pictou Count	11.42m	
6	239 Farquharson, Ella	Truro Lions	11.98m	
7	298 Thistle, Lauren	Unattached N	12.37m	
8	247 MacIsaac, Chelsea	Truro Lions	12.57m	

Event 46 Men 12-99 Shot Put**Saturday 7/8/2023 - 4:15 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	177 Smiley, Dylan	Crown Athlet		ND
2	204 D'Entremont, Tyler	Pictou Count		ND
3	201 Blois, Nic	Pictou Count		ND
4	306 MacKenzie, Shane	Unattached N	7.60m	
5	205 Ernst, Hunter	Pictou Count	8.46m	
6	277 Wilson, Nathaniel	Truro Lions	9.04m	
7	260 Gray, Rylan	Truro Lions	9.59m	
8	311 Porter, Fergus	Unattached N	10.00m	
9	309 Myrick, Lee	Unattached N		ND
10	258 Crowe, Seth	Truro Lions	11.53m	
11	262 Hominick, Caleb	Truro Lions	12.00m	
12	257 Burris, Nathan	Truro Lions	15.14m	
13	141 Murphy, Rylan	Athletics Ea	15.46m	

Event 47 Women 12-99 Discus Throw**Sunday 7/9/2023 - 11:30 AM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	170 Sullivan, Alyssa	Crown Athlet		ND
2	283 Kersten, Brooklyn	UNA		ND
3	280 Harkink, Tess	UNA		ND
4	245 Jeffrey Mcewing, Pam	Truro Lions	22.58m	
5	249 Mittelstadt, Brynn	Truro Lions	24.89m	
6	234 Brown, Ava	Truro Lions	25.49m	
7	178 Seymour, Amelya	Five Bridges	26.52m	
8	197 White, Abigail	Pictou Count	27.43m	
9	246 Leggett, Rachel	Truro Lions	28.00m	
10	161 Scott, Sara	Cbu Track an	30.45m	
11	195 Ross, Claire	Pictou Count	30.72m	
12	247 MacIsaac, Chelsea	Truro Lions	40.14m	

Event 48 Men 12-99 Discus Throw**Sunday 7/9/2023 - 1:00 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	204 D'Entremont, Tyler	Pictou Count		ND
2	201 Blois, Nic	Pictou Count		ND
3	177 Smiley, Dylan	Crown Athlet		ND
4	290 Eager, Lukas	UNA		ND
5	277 Wilson, Nathaniel	Truro Lions	19.94m	
6	205 Ernst, Hunter	Pictou Count	24.23m	
7	258 Crowe, Seth	Truro Lions	31.94m	
8	309 Myrick, Lee	Unattached N		ND
9	270 McEwing, Will	Truro Lions	35.01m	
10	300 Delay, Ayden	Unattached N	35.51m	
11	322 Ellis, Jonah	Whycocomagh	36.82m	
12	262 Hominick, Caleb	Truro Lions	39.56m	
13	314 Wood, Owen	Unattached N	40.92m	
14	257 Burris, Nathan	Truro Lions	42.31m	
15	259 Durning, Ryker	Truro Lions	42.92m	

Event 49 Women 12-99 Javelin Throw**Saturday 7/8/2023 - 5:30 PM**

Pos	Name	Team	Seed	Mark
Flight 1 of 1 Finals				
1	240 Forbes, Dannan	Truro Lions		ND
2	286 Van Zutphen, Annika	UNA		ND
3	256 Worden, Maria	Truro Lions	30.00m	
4	169 Moran, Abigail	Crown Athlet	30.93m	
5	197 White, Abigail	Pictou Count	33.89m	
6	251 Smith, Gabrielle	Truro Lions	42.22m	

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Event 50 Men 12-99 Javelin Throw**Sunday 7/9/2023 - 9:00 AM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	174 Fletcher, Ryan	Crown Athlet	ND
2	261 Greatorex, Max	Truro Lions	ND
3	140 Milne, Callum	Athletics Ea	ND
4	272 Miller, Jack	Truro Lions	ND
5	204 D'Entremont, Tyler	Pictou Count	ND
6	292 Kersten, Cater	UNA	ND
7	177 Smiley, Dylan	Crown Athlet	ND
8	271 Meadows-Younger, Et	Truro Lions	ND
9	180 Imlay, Austin	Guysborough	ND
10	258 Crowe, Seth	Truro Lions	33.23m
11	322 Ellis, Jonah	Whycocomagh	36.54m
12	300 Delay, Ayden	Unattached N	37.95m
13	309 Myrick, Lee	Unattached N	ND
14	278 Wolfe, Ethan	Truro Lions	41.69m
15	264 Lapointe, Iain	Truro Lions	42.00m
16	175 Grover, Cam	Crown Athlet	42.27m

Event 51 Women 12-99 Hammer Throw**Saturday 7/8/2023 - 12:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	245 Jeffrey Mcewing, Pam	Truro Lions	26.76m
2	246 Leggett, Rachel	Truro Lions	30.00m
3	195 Ross, Claire	Pictou Count	42.93m
4	247 MacIsaac, Chelsea	Truro Lions	47.27m

Event 52 Men 12-99 Hammer Throw**Saturday 7/8/2023 - 12:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	201 Blois, Nic	Pictou Count	ND
2	292 Kersten, Cater	UNA	ND
3	277 Wilson, Nathaniel	Truro Lions	21.00m
4	309 Myrick, Lee	Unattached N	ND
5	270 McEwing, Will	Truro Lions	34.91m
6	262 Hominick, Caleb	Truro Lions	51.76m
7	257 Burris, Nathan	Truro Lions	56.63m

Event 53 Outdoor Pentathlon: #1 Men 14-15 100 Meter Hurdle**Saturday 7/8/2023 - 12:30 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

2	331 Ackerman, David	Yhz Track &	NT
7	300 Delay, Ayden	Unattached N	NT

Event 53 Outdoor Pentathlon: #2 Men 14-15 High Jump**Saturday 7/8/2023 - 1:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	300 Delay, Ayden	Unattached N	NH
2	331 Ackerman, David	Yhz Track &	NH

Event 53 Outdoor Pentathlon: #3 Men 14-15 Shot Put 4kg**Saturday 7/8/2023 - 2:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	300 Delay, Ayden	Unattached N	ND
2	331 Ackerman, David	Yhz Track &	ND

Event 53 Outdoor Pentathlon: #4 Men 14-15 Long Jump**Saturday 7/8/2023 - 3:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	331 Ackerman, David	Yhz Track &	ND
2	300 Delay, Ayden	Unattached N	ND

Event 53 Outdoor Pentathlon: #5 Men 14-15 1000 Meter Run**Saturday 7/8/2023 - 4:20 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	300 Delay, Ayden	Unattached N	NT
2	331 Ackerman, David	Yhz Track &	NT

Event 54 Heptathlon: #1 Women 16-17 100 Meter Hurdles 30"**Saturday 7/8/2023 - 12:20 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	187 Fortune, Alyssa	Pictou Count	NT
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Event 54 Heptathlon: #2 Women 16-17 High Jump**Saturday 7/8/2023 - 1:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	187 Fortune, Alyssa	Pictou Count	NH
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Event 54 Heptathlon: #3 Women 16-17 Shot Put**Saturday 7/8/2023 - 2:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	187 Fortune, Alyssa	Pictou Count	ND
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Event 54 Heptathlon: #4 Women 16-17 200 Meter Dash**Saturday 7/8/2023 - 3:10 PM**

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

4	187 Fortune, Alyssa	Pictou Count	NT
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Event 54 Heptathlon: #5 Women 16-17 Long Jump**Sunday 7/9/2023 - 9:30 AM**

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	187 Fortune, Alyssa	Pictou Count	ND

Event 54 Heptathlon: #6 Women 16-17 Javelin Throw**Sunday 7/9/2023 - 10:30 AM**

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	187 Fortune, Alyssa	Pictou Count	ND

Event 54 Heptathlon: #7 Women 16-17 800 Meter Run**Sunday 7/9/2023 - 11:55 AM**

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	187 Fortune, Alyssa	Pictou Count	NT

Event 55 Tetrathlon: #1 Women 6-13 60 Meter Dash**Sunday 7/9/2023 - 10:30 AM**

Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
2	279 Eager, Jordyn	UNA	NT
3	193 Mackinnon, Makayla	Pictou Count	NT
4	285 Myrick, Everlee	UNA	NT
5	189 Lapier, Olivia	Pictou Count	NT
6	192 MacDonald, Lily	Pictou Count	NT
7	186 Blois, Charlotte	Pictou Count	NT

Section 2 of 2 Finals

1	167 James, Chelsea	Crown Athlet	NT
2	188 Lapier, Adyn	Pictou Count	NT
3	185 Anderson, Kate	Pictou Count	NT
4	284 Kersten, Summer	UNA	NT
5	317 Albert, Amelia	Valley Athle	NT
6	198 White, Annie	Pictou Count	NT
7	238 Durning, Rylie	Truro Lions	NT
8	199 White, Stella	Pictou Count	NT

Event 55 Tetrathlon: #2 Women 6-13 Long Jump**Sunday 7/9/2023 - 11:00 AM**

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	189 Lapier, Olivia	Pictou Count	ND
2	185 Anderson, Kate	Pictou Count	ND
3	198 White, Annie	Pictou Count	ND
4	238 Durning, Rylie	Truro Lions	ND
5	193 Mackinnon, Makayla	Pictou Count	ND
6	192 MacDonald, Lily	Pictou Count	ND
7	188 Lapier, Adyn	Pictou Count	ND
8	279 Eager, Jordyn	UNA	ND
9	317 Albert, Amelia	Valley Athle	ND
10	186 Blois, Charlotte	Pictou Count	ND
11	199 White, Stella	Pictou Count	ND
12	167 James, Chelsea	Crown Athlet	ND
13	284 Kersten, Summer	UNA	ND
14	285 Myrick, Everlee	UNA	ND

Event 55 Tetrathlon: #3 Women 6-13 Shot Put**Sunday 7/9/2023 - 12:00 PM**

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	285 Myrick, Everlee	UNA	ND
2	199 White, Stella	Pictou Count	ND
3	167 James, Chelsea	Crown Athlet	ND
4	192 MacDonald, Lily	Pictou Count	ND
5	189 Lapier, Olivia	Pictou Count	ND
6	186 Blois, Charlotte	Pictou Count	ND
7	238 Durning, Rylie	Truro Lions	ND
8	198 White, Annie	Pictou Count	ND
9	193 Mackinnon, Makayla	Pictou Count	ND
10	279 Eager, Jordyn	UNA	ND
11	284 Kersten, Summer	UNA	ND
12	188 Lapier, Adyn	Pictou Count	ND
13	317 Albert, Amelia	Valley Athle	ND
14	185 Anderson, Kate	Pictou Count	ND

Event 55 Tetrathlon: #4 Women 6-13 600 Meter Dash**Sunday 7/9/2023 - 1:00 PM**

Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	167 James, Chelsea	Crown Athlet	NT
2	199 White, Stella	Pictou Count	NT
3	192 MacDonald, Lily	Pictou Count	NT
4	188 Lapier, Adyn	Pictou Count	NT
5	193 Mackinnon, Makayla	Pictou Count	NT
6	285 Myrick, Everlee	UNA	NT

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Section 2 of 2 Finals...(Event 55 Tetrathlon: #4 Women 6-13

1	198 White, Annie	Pictou Count	NT
2	185 Anderson, Kate	Pictou Count	NT
3	279 Eager, Jordyn	UNA	NT
4	317 Albert, Amelia	Valley Athle	NT
5	238 Durning, Rylie	Truro Lions	NT
6	186 Blois, Charlotte	Pictou Count	NT
7	189 Lapier, Olivia	Pictou Count	NT
8	284 Kersten, Summer	UNA	NT

Event 56 Tetrathlon: #1 Men 6-13 60 Meter Dash**Sunday 7/9/2023 - 10:30 AM**

Lane	Name	Team	Seed Time
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Section 1 of 2 Finals

2	291 Eager, Sam	UNA	NT
3	211 Pyrovolos-Thompson,	Pictou Count	NT
4	206 Gillespie, Cooper	Pictou Count	NT
5	299 Chambers, Jaiden	Unattached N	NT
6	294 Myrick, Liam	UNA	NT

Section 2 of 2 Finals

2	208 MacCallum, Gavin	Pictou Count	NT
3	201 Blois, Nic	Pictou Count	NT
4	295 Myrick, Odin	UNA	NT
5	293 Myrick, Jenner	UNA	NT
6	333 Liu, Kai	Yhz Track &	NT
7	209 Mackinnon, Jacob	Pictou Count	NT

Event 56 Tetrathlon: #2 Men 6-13 Long Jump**Sunday 7/9/2023 - 12:00 PM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	209 Mackinnon, Jacob	Pictou Count	ND
2	206 Gillespie, Cooper	Pictou Count	ND
3	211 Pyrovolos-Thompson,	Pictou Count	ND
4	294 Myrick, Liam	UNA	ND
5	333 Liu, Kai	Yhz Track &	ND
6	295 Myrick, Odin	UNA	ND
7	299 Chambers, Jaiden	Unattached N	ND
8	201 Blois, Nic	Pictou Count	ND
9	208 MacCallum, Gavin	Pictou Count	ND
10	293 Myrick, Jenner	UNA	ND
11	291 Eager, Sam	UNA	ND

Event 56 Tetrathlon: #3 Men 6-13 Shot Put**Sunday 7/9/2023 - 11:00 AM**

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	294 Myrick, Liam	UNA	ND
2	333 Liu, Kai	Yhz Track &	ND
3	291 Eager, Sam	UNA	ND
4	295 Myrick, Odin	UNA	ND
5	293 Myrick, Jenner	UNA	ND
6	209 Mackinnon, Jacob	Pictou Count	ND
7	299 Chambers, Jaiden	Unattached N	ND
8	211 Pyrovolos-Thompson,	Pictou Count	ND
9	206 Gillespie, Cooper	Pictou Count	ND
10	208 MacCallum, Gavin	Pictou Count	ND
11	201 Blois, Nic	Pictou Count	ND

Event 56 Tetrathlon: #4 Men 6-13 600 Meter Run**Sunday 7/9/2023 - 1:00 PM**

Lane	Name	Team	Seed Time
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Section 1 of 2 Finals

1	333 Liu, Kai	Yhz Track &	NT
2	294 Myrick, Liam	UNA	NT
3	293 Myrick, Jenner	UNA	NT
4	299 Chambers, Jaiden	Unattached N	NT
5	291 Eager, Sam	UNA	NT
6	211 Pyrovolos-Thompson,	Pictou Count	NT

Section 2 of 2 Finals

1	208 MacCallum, Gavin	Pictou Count	NT
2	206 Gillespie, Cooper	Pictou Count	NT
3	295 Myrick, Odin	UNA	NT
4	201 Blois, Nic	Pictou Count	NT
5	209 Mackinnon, Jacob	Pictou Count	NT