

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Event 1 Women 12-13 60 Meter Hurdles 30"**

Saturday 12/2/2023 - 1:00 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
3 292 Durning, Rylie	Truro Lions	NT

**Event 2 Women 50-54 60 Meter Hurdles 30"**

Saturday 12/2/2023 - 1:00 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
4 139 Weeks, Angela	Athletics Ea	10.98

**Event 3 Women 14-15 60 Meter Hurdles 30"**

Saturday 12/2/2023 - 1:05 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
3 110 Barteaux, Raelin	Annapolis Co	11.50

**Event 4 Women 16-17 60 Meter Hurdles 30"**

Saturday 12/2/2023 - 1:10 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 113 Nishimura, Minori	Annapolis Co	NT
2 106 Cavallina, Chiara	Adrenaline A	10.50
3 294 Smith, Maryn	Truro Lions	9.53
4 122 Gaudry, Catherine	Athletics Ea	10.22
5 228 Fortune, Alyssa	Pictou Count	10.79

**Event 5 Women 18-34 60 Meter Hurdles 33"**

Saturday 12/2/2023 - 1:20 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 191 Hadskis, Maggie	Dalhousie Ti	10.00
2 186 Covert, Claire	Dalhousie Ti	9.50
3 189 Gaudry, Abbi	Dalhousie Ti	9.00
4 196 LeBlanc, Claire	Dalhousie Ti	9.50
5 253 Black, Raeden	St. Mary's H	9.75
6 165 Ross, Ava	Cape Breton	NT

**Event 6 Men 16-17 60 Meter Hurdles 36"**

Saturday 12/2/2023 - 1:30 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
3 351 Martin, Robert	Yhz Track &	9.05
4 108 Hooper, Ethan	Adrenaline A	NT

**Event 7 Men 18-34 60 Meter Hurdles 42"**

Saturday 12/2/2023 - 1:35 PM

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
3 277 Marshall, Braden	St. Mary's H	9.70
4 285 Sutherland, Tristen	St. Mary's H	10.89

**Event 8 Women 10-99 60 Meter Dash**

Saturday 12/2/2023 - 1:45 PM

Lane Name	Team	Seed Time
<b>Section 1 of 8 Finals</b>		
2 127 Joseph, Audrey	Athletics Ea	NT
3 292 Durning, Rylie	Truro Lions	NT
4 126 Jeong, Hana	Athletics Ea	NT
<b>Section 2 of 8 Finals</b>		
2 120 Francis, Stefanie	Athletics Ea	NT
3 237 Smith, Hailey	Special Olym	17.91
4 137 Rodriguez-Cooper, Cl	Athletics Ea	NT
5 132 Lozier, Giana	Athletics Ea	NT
<b>Section 3 of 8 Finals</b>		
1 233 Johnson, Skylynn	Special Olym	10.41
2 312 Roberts, Kim	Unattached-N	9.97
3 164 MacLeod, Allie	Cape Breton	9.61
4 166 Russell, Jade	Cape Breton	9.61
5 238 Warkentin, Drew	Special Olym	10.38
6 236 Mason, Bailee	Special Olym	11.05
<b>Section 4 of 8 Finals</b>		
1 235 MacLachlin, Joy	Special Olym	9.14
2 256 Getchman, Lila	St. Mary's H	8.75
3 125 Jeong, Anna	Athletics Ea	8.62
4 260 Marsman, Lori	St. Mary's H	8.69
5 345 Tibbo, Rylee	Yhz Track &	9.11
6 139 Weeks, Angela	Athletics Ea	9.51
<b>Section 5 of 8 Finals</b>		
1 259 Lightbourn, Penelope	St. Mary's H	8.59
2 111 Denton, Athena	Annapolis Co	8.50
3 258 King, Megan	St. Mary's H	8.39
4 163 Akachukwu, Favour	Cape Breton	8.42
5 262 Remington, Tayah	St. Mary's H	8.57
6 234 MacKenzie, Bella	Special Olym	8.61
<b>Section 6 of 8 Finals</b>		
1 195 Husain, Maja	Dalhousie Ti	8.30
2 112 Mead, Kaitlynn	Annapolis Co	8.30
3 317 Docherty, Carrie	Upei Panther	8.25
4 293 Gouthro, Isabella	Truro Lions	8.25
5 201 Oshikoya, Lola	Dalhousie Ti	8.30
6 185 Cole-Johnson, Emily	Dalhousie Ti	8.35
<b>Section 7 of 8 Finals</b>		
1 129 Landry, Zoe	Athletics Ea	8.20
2 324 Thomas, Sophie	Upei Panther	8.15
3 266 Wylie, Lily	St. Mary's H	8.13
4 202 Poisson, Ali	Dalhousie Ti	8.15
5 205 Schentrup, Teigan	Dalhousie Ti	8.20
6 190 Goodwin, Jess	Dalhousie Ti	8.20

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Section 8 of 8 Finals...(Event 8 Women 10-99 60 Meter Dash)**

1	316 Boutilier, Bianca	Upei Panther	8.06
2	136 Raymond, Annabelle	Athletics Ea	8.05
3	319 Ikpotokin, Helen Rose	Upei Panther	7.81
4	311 Brennan, Bridget	Unattached-N	8.03
5	263 Roach, Mackenzie	St. Mary's H	8.05
6	207 Sheppard, Lynn	Dalhousie Ti	8.10

**Event 9 Men 10-99 60 Meter Dash****Saturday 12/2/2023 - 2:20 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 11 Finals**

2	100 Macdonald, Ciaran	0	NT
3	340 Ward, Parker	Valley Athle	NT
4	173 Eze, Charles	Cape Breton	NT
5	108 Hooper, Ethan	Adrenaline A	NT

**Section 2 of 11 Finals**

1	157 White, Jacob	Athletics Ea	NT
2	114 Foley, Liam	Annapolis Co	NT
3	148 Lerue, Nathan	Athletics Ea	NT
4	145 David, Maclean	Athletics Ea	NT
5	154 Raymond, Henry	Athletics Ea	NT
6	295 Durning, Ryker	Truro Lions	NT

**Section 3 of 11 Finals**

1	306 Kingston, John	Unattached N	NT
2	339 Albert, Oliver	Valley Athle	NT
3	116 Shehata, Zain	Annapolis Co	NT
4	160 Isadore, Keonante	Baddeck Beac	NT
5	174 Gamero, Sebastian	Cape Breton	NT
6	143 Babalola, Praise	Athletics Ea	NT

**Section 4 of 11 Finals**

1	244 Thornhill, Jack	Special Olym	8.98
2	307 Melchior, Ron	Unattached N	8.80
3	240 Hicks, Jason	Special Olym	8.59
4	242 Lahey, Kegan	Special Olym	8.75
5	350 Durling, Mitchell	Yhz Track &	8.85
6	296 Legge, Colin	Truro Lions	NT

**Section 5 of 11 Finals**

1	241 James, Anthony	Special Olym	8.45
2	239 Barnes, Logan	Special Olym	8.03
3	269 Chiumba, Simbarashe	St. Mary's H	7.88
4	278 Martin, Noah	St. Mary's H	7.91
5	280 Nix, Owen	St. Mary's H	8.32
6	309 Smith, Troy	Unattached N	8.48

**Section 6 of 11 Finals**

1	171 Connell, Thomas	Cape Breton	7.86
2	270 Farrell, D'Andre	St. Mary's H	7.81
3	286 Wall, Eric	St. Mary's H	7.75
4	281 Okunola, Jason	St. Mary's H	7.80
5	277 Marshall, Braden	St. Mary's H	7.85
6	274 Hall, Keegan	St. Mary's H	7.86

**Section 7 of 11 Finals**

1	170 Bisht, Dinesh	Cape Breton	7.69
2	158 Zhao, Yunshu	Athletics Ea	7.60
3	284 Storry- Trefry, Jaden	St. Mary's H	7.54
4	268 Bucci, Jonah	St. Mary's H	7.58
5	172 Egwuagu, Charles	Cape Breton	7.66
6	279 Murphy, Caelen	St. Mary's H	7.74

**Section 8 of 11 Finals**

1	334 Onyekwelu, Emmanue	Upei Panther	7.50
2	115 Jefferies, Angus	Annapolis Co	7.50
3	150 Macdonald, Liam	Athletics Ea	7.40
4	285 Sutherland, Tristen	St. Mary's H	7.49
5	156 Thurston, Wyatt	Athletics Ea	7.50
6	267 Bilmer, Magnus	St. Mary's H	7.52

**Section 9 of 11 Finals**

1	308 Smith, Jeffrey	Unattached N	7.30
2	213 Edwards, Ben	Dalhousie Ti	7.30
3	180 Phillips, Anthony	Celtic Athle	7.27
4	282 Smith, Chad	St. Mary's H	7.28
5	220 MacGregor, Peter	Dalhousie Ti	7.30
6	330 Headley, Owen	Upei Panther	7.35

**Section 10 of 11 Finals**

1	211 Conrad, Austin	Dalhousie Ti	7.25
2	325 Blanchard, Colin	Upei Panther	7.24
3	109 Rioux, Nathan	Aetos Athlet	7.12
4	328 Diakite, Sidiki	Upei Panther	7.18
5	275 Isadore, Dante	St. Mary's H	7.25
6	169 Amobi, Jonathan	Cape Breton	7.27

**Section 11 of 11 Finals**

1	209 Aftanas, Matt	Dalhousie Ti	7.05
2	168 Akachukwu, Promise	Cape Breton	7.00
3	149 Lunda, Josh	Athletics Ea	6.87
4	276 Kriznar, Nikola	St. Mary's H	6.96
5	288 Williams, Jaiden	St. Mary's H	7.04
6	210 Beaulieu, Nick	Dalhousie Ti	7.05

**Event 10 Women 14-17 400 Meter Dash****Saturday 12/2/2023 - 3:00 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	121 Fraser, Rebecca	Athletics Ea	1:05.00
2	294 Smith, Maryn	Truro Lions	1:01.71
3	107 Harris, Ruby	Adrenaline A	1:00.58
4	183 Wile, Claire	Crown Athlet	1:01.48
5	136 Raymond, Annabelle	Athletics Ea	1:05.00

**Event 11 Men 14-34 400 Meter Dash****Saturday 12/2/2023 - 3:05 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 1 Finals**

2	178 Penny, Brandon	Cape Breton	NT
3	108 Hooper, Ethan	Adrenaline A	52.00
4	148 Lerue, Nathan	Athletics Ea	NT

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Event 12 Women 12-15 300 Meter Dash****Saturday 12/2/2023 - 3:15 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
3	125 Jeong, Anna	Athletics Ea	43.35
4	112 Mead, Kaitlynne	Annapolis Co	45.00

**Event 13 Men 12-15 300 Meter Dash****Saturday 12/2/2023 - 3:20 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 2 Finals</b>			
2	104 Smith, Owen	A.S.E.A.	NT
3	340 Ward, Parker	Valley Athle	NT
4	339 Albert, Oliver	Valley Athle	NT
<b>Section 2 of 2 Finals</b>			
1	159 Buchanan, Emmett	Baddeck Beac	NT
2	155 Thibault, James	Athletics Ea	NT
3	229 Boudreau, Isaac	Pictou Count	40.91
4	142 Ansems, Alexander	Athletics Ea	NT
5	119 Thompson, Adam	Asea	NT

**Event 14 Women 16-34 300 Meter Dash****Saturday 12/2/2023 - 3:35 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 4 Finals</b>			
1	166 Russell, Jade	Cape Breton	NT
2	260 Marsman, Lori	St. Mary's H	48.09
3	266 Wylie, Lily	St. Mary's H	47.51
4	259 Lightbourn, Penelope	St. Mary's H	48.69
5	163 Akachukwu, Favour	Cape Breton	NT
<b>Section 2 of 4 Finals</b>			
1	262 Remington, Tayah	St. Mary's H	46.24
2	202 Poisson, Ali	Dalhousie Ti	43.50
3	185 Cole-Johnson, Emily	Dalhousie Ti	43.50
4	317 Docherty, Carrie	Upei Panther	43.60
5	258 King, Megan	St. Mary's H	45.78
<b>Section 3 of 4 Finals</b>			
2	187 Dodd, Payton	Dalhousie Ti	43.50
3	324 Thomas, Sophie	Upei Panther	43.50
4	205 Schentrup, Teigan	Dalhousie Ti	43.50
5	190 Goodwin, Jess	Dalhousie Ti	43.50
<b>Section 4 of 4 Finals</b>			
2	316 Boutilier, Bianca	Upei Panther	43.00
3	319 Ikpotokin, Helen Rose	Upei Panther	41.00
4	311 Brennan, Bridget	Unattached-N	40.71
5	263 Roach, Mackenzie	St. Mary's H	42.36

**Event 15 Men 16-34 300 Meter Dash****Saturday 12/2/2023 - 3:55 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 7 Finals</b>			
1	169 Amobi, Jonathan	Cape Breton	NT
2	176 Okoye, Jesil	Cape Breton	NT
3	171 Connell, Thomas	Cape Breton	NT
4	174 Gamero, Sebastian	Cape Breton	NT
5	175 Ngenga, Matthew	Cape Breton	NT
<b>Section 2 of 7 Finals</b>			
1	172 Egwuagu, Charles	Cape Breton	41.13
2	177 Okundaye, Ola	Cape Breton	44.53
3	270 Farrell, D'Andre	St. Mary's H	41.69
4	179 Solanke, David	Cape Breton	43.59
5	278 Martin, Noah	St. Mary's H	41.08
<b>Section 3 of 7 Finals</b>			
1	334 Onyekwelu, Emmanuc	Upei Panther	40.00
2	269 Chiumba, Simbarashe	St. Mary's H	40.01
3	170 Bisht, Dinesh	Cape Breton	39.97
4	282 Smith, Chad	St. Mary's H	40.01
5	279 Murphy, Caelen	St. Mary's H	39.00
<b>Section 4 of 7 Finals</b>			
1	268 Bucci, Jonah	St. Mary's H	38.71
2	267 Bilmer, Magnus	St. Mary's H	39.00
3	288 Williams, Jaiden	St. Mary's H	38.09
4	284 Storry- Trefry, Jaden	St. Mary's H	38.49
5	277 Marshall, Braden	St. Mary's H	38.57
<b>Section 5 of 7 Finals</b>			
2	272 Gavel, Oliver	St. Mary's H	37.66
3	248 Brennan, Adrian	St. Francis	38.00
4	336 Spears, Brycen	Upei Panther	37.50
5	274 Hall, Keegan	St. Mary's H	38.05
<b>Section 6 of 7 Finals</b>			
2	275 Isadore, Dante	St. Mary's H	36.91
3	328 Diakite, Sidiki	Upei Panther	37.00
4	325 Blanchard, Colin	Upei Panther	37.00
5	330 Headley, Owen	Upei Panther	37.20
<b>Section 7 of 7 Finals</b>			
2	276 Kriznar, Nikola	St. Mary's H	36.89
3	103 Mellish, Jack	A.S.E.A.	36.24
4	341 Macmullin, Andy	Winston's Wa	35.11
5	105 Tremble, Greysen	A.S.E.A.	36.58

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Event 16 Women 12-99 1500 Meter Run****Saturday 12/2/2023 - 5:10 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 134 Moon, Poppy	Athletics Ea	4:44.00
2 162 Mosher, Zoe	Bluenose Ath	4:45.00
3 124 Jennex, Isabella	Athletics Ea	4:55.00
4 182 James, Paula	Crown Athlet	5:05.00
5 247 Quinn, Paige	St. Francis	5:15.00
6 346 Tobin, Evelyn	Yhz Track &	5:18.00
7 261 Moore, Jacqueline	St. Mary's H	5:18.60
8 254 Brady, Ashley	St. Mary's H	5:22.60
9 133 MacLeod, Frances	Athletics Ea	NT

**Event 17 Men 12-99 1500 Meter Run****Saturday 12/2/2023 - 5:20 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 329 Dueck, Benji	Upei Panther	4:15.00
2 338 Wolfe, Baleyon	Upei Panther	4:15.00
3 144 Chaisson, Luka	Athletics Ea	4:18.49
4 331 Kozma, Matthew	Upei Panther	4:26.00
5 337 Wigmore, Josiah	Upei Panther	4:35.00
6 310 Wieczorek, Greg	Unattached N	4:40.00
7 348 Ackerman, David	Yhz Track &	4:49.00
8 227 Rogers, Cody	Islanders Tr	NT
9 167 Adhana, Akshay	Cape Breton	NT

**Event 18 Women 10-15 1200 Meter Run****Saturday 12/2/2023 - 5:30 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 130 Laycock, Emma	Athletics Ea	4:14.97
2 181 James, Chelsea	Crown Athlet	4:30.00
3 135 Quinton, Emma	Athletics Ea	4:51.38
4 299 Joseph, Amelia	Unattached	5:00.00
5 123 Gillis, Moira	Athletics Ea	NT
6 291 Burris, Isabella	Truro Lions	NT

**Event 19 Men 10-15 1200 Meter Run****Saturday 12/2/2023 - 5:40 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 153 Quinton, Jack	Athletics Ea	3:45.00
2 146 Delong, Tim	Athletics Ea	NT
3 290 Walker, Mark	Stfx Track A	NT
4 104 Smith, Owen	A.S.E.A.	NT
5 117 Sunderland, Adrian	Annapolis Co	NT
6 151 McIntyre, Jonah	Athletics Ea	NT
7 159 Buchanan, Emmett	Baddeck Beac	NT

**Event 20 Women 16-34 1000 Meter Run****Saturday 12/2/2023 - 5:45 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 245 Hebert, Brynn	St. Francis	2:52.00
2 131 Lewis, Abby	Athletics Ea	2:55.00
3 204 Richardson, Georgie	Dalhousie Ti	2:55.00
4 203 Richardson, Chloe	Dalhousie Ti	2:55.00
5 128 Kennedy, Catherine	Athletics Ea	2:55.00
6 198 Macdonald, Cara	Dalhousie Ti	2:55.00
7 246 McIntyre, Hannah	St. Francis	2:55.00
8 197 Macdonald, Aidan	Dalhousie Ti	2:55.00
9 188 Fullarton, Zoe	Dalhousie Ti	2:55.00
10 304 MacLeod, Sharlane	Unattached N	2:59.00
11 208 Sneddon-Simons, Katl	Dalhousie Ti	3:07.00
12 194 Humphrey, Amelia	Dalhousie Ti	3:12.00
13 297 Benevides, Alexandra	Unattached	NT

**Event 21 Men 16-34 1000 Meter Run****Saturday 12/2/2023 - 5:55 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 178 Penny, Brandon	Cape Breton	2:27.11
2 105 Tremble, Greysen	A.S.E.A.	2:29.12
3 249 Flemming, Owen	St. Francis	2:33.00
4 152 Quinton, Alex	Athletics Ea	2:39.00
5 271 Ford, Eli	St. Mary's H	2:39.50
6 287 Whingwiri, Tadiwanas	St. Mary's H	2:39.50

**Event 22 Women 10-99 200 Meter Dash****Saturday 12/2/2023 - 6:00 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 5 Finals</b>		
2 110 Barteaux, Raelin	Annapolis Co	NT
3 132 Lozier, Giana	Athletics Ea	NT
4 165 Ross, Ava	Cape Breton	NT
<b>Section 2 of 5 Finals</b>		
1 127 Joseph, Audrey	Athletics Ea	NT
2 236 Mason, Bailee	Special Olym	49.86
3 303 Bryant, Jo	Unattached N	40.00
4 237 Smith, Hailey	Special Olym	41.26
5 233 Johnson, Skylynn	Special Olym	49.95
6 113 Nishimura, Minori	Annapolis Co	NT
<b>Section 3 of 5 Finals</b>		
1 312 Roberts, Kim	Unattached-N	34.00
2 166 Russell, Jade	Cape Breton	32.56
3 345 Tibbo, Rylee	Yhz Track &	31.84
4 235 Maclachlin, Joy	Special Olym	32.36
5 234 MacKenzie, Bella	Special Olym	33.39
6 238 Warkentin, Drew	Special Olym	38.17

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Section 4 of 5 Finals...(Event 22 Women 10-99 200 Meter Da**

1	293 Gouthro, Isabella	Truro Lions	28.19
2	107 Harris, Ruby	Adrenaline A	27.80
3	111 Denton, Athena	Annapolis Co	27.18
4	129 Landry, Zoe	Athletics Ea	27.50
5	163 Akachukwu, Favour	Cape Breton	27.88
6	228 Fortune, Alyssa	Pictou Count	28.30

**Section 5 of 5 Finals**

1	317 Docherty, Carrie	Upei Panther	26.75
2	316 Boutilier, Bianca	Upei Panther	26.50
3	319 Ikpotokin, Helen Rose	Upei Panther	25.03
4	324 Thomas, Sophie	Upei Panther	26.50
5	101 Smikle, Shaniece	A.S.E.A.	26.57
6	183 Wile, Claire	Crown Athlet	26.97

**Event 23 Men 10-99 200 Meter Dash****Saturday 12/2/2023 - 6:20 PM**

Lane Name	Team	Seed Time
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**Section 1 of 6 Finals**

2	155 Thibault, James	Athletics Ea	NT
3	142 Ansems, Alexander	Athletics Ea	NT
4	116 Shehata, Zain	Annapolis Co	NT
5	169 Amobi, Jonathan	Cape Breton	NT

**Section 2 of 6 Finals**

1	172 Egwuagu, Charles	Cape Breton	NT
2	180 Phillips, Anthony	Celtic Athle	NT
3	154 Raymond, Henry	Athletics Ea	NT
4	145 David, Maclean	Athletics Ea	NT
5	143 Babalola, Praise	Athletics Ea	NT
6	295 Durning, Ryker	Truro Lions	NT

**Section 3 of 6 Finals**

1	174 Gamero, Sebastian	Cape Breton	NT
2	244 Thornhill, Jack	Special Olym	31.15
3	242 Lahey, Kegan	Special Olym	30.63
4	241 James, Anthony	Special Olym	30.74
5	157 White, Jacob	Athletics Ea	NT
6	148 Lerue, Nathan	Athletics Ea	NT

**Section 4 of 6 Finals**

1	307 Melchior, Ron	Unattached N	28.01
2	239 Barnes, Logan	Special Olym	27.02
3	115 Jefferies, Angus	Annapolis Co	25.00
4	171 Connell, Thomas	Cape Breton	26.17
5	240 Hicks, Jason	Special Olym	27.15
6	309 Smith, Troy	Unattached N	30.00

**Section 5 of 6 Finals**

1	156 Thurston, Wyatt	Athletics Ea	24.00
2	114 Foley, Liam	Annapolis Co	23.30
3	330 Headley, Owen	Upei Panther	23.15
4	109 Rioux, Nathan	Aetos Athlet	23.16
5	103 Mellish, Jack	A.S.E.A.	23.54
6	334 Onyekwelu, Emmanuc	Upei Panther	24.50

**Section 6 of 6 Finals**

1	328 Diakite, Sidiki	Upei Panther	22.99
2	150 Macdonald, Liam	Athletics Ea	22.97
3	149 Lunda, Josh	Athletics Ea	22.00
4	341 Macmullin, Andy	Winston's Wa	22.09
5	325 Blanchard, Colin	Upei Panther	22.98
6	168 Akachukwu, Promise	Cape Breton	23.00

**Event 24 Women 10-13 150 Meter Dash****Saturday 12/2/2023 - 6:50 PM**

Lane Name	Team	Seed Time
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**Section 1 of 1 Finals**

3	112 Mead, Kaitlyne	Annapolis Co	20.50
4	292 Durning, Rylie	Truro Lions	NT

**Event 25 Men 10-13 150 Meter Dash****Saturday 12/2/2023 - 6:55 PM**

Lane Name	Team	Seed Time
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**Section 1 of 1 Finals**

3	350 Durling, Mitchell	Yhz Track &	25.00
4	340 Ward, Parker	Valley Athle	NT

**Event 26 Women 10-99 800 Meter Run****Saturday 12/2/2023 - 7:00 PM**

Lane Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	138 Schrader, Isobel	Athletics Ea	NT
2	135 Quinton, Emma	Athletics Ea	3:03.59
3	130 Laycock, Emma	Athletics Ea	2:35.13
4	228 Fortune, Alyssa	Pictou Count	2:48.00
5	232 Crowell, Cherlynn	Southwest No	4:50.00

**Event 27 Men 10-99 800 Meter Run****Saturday 12/2/2023 - 7:05 PM**

Lane Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	153 Quinton, Jack	Athletics Ea	2:25.00
2	146 Delong, Tim	Athletics Ea	2:14.00
3	147 Dewitt, Thomas	Athletics Ea	2:08.00
4	184 Bower, Achilles	Crown Athlet	2:08.00
5	102 Boudreau, Miguel	A.S.E.A.	2:15.39
6	151 McIntyre, Jonah	Athletics Ea	NT
7	119 Thompson, Adam	Asea	NT

**Event 28 Women 16-34 600 Meter Run****Saturday 12/2/2023 - 7:10 PM**

Lane Name	Team	Seed Time
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**Section 1 of 1 Finals**

3	257 Gittens, Angelique	St. Mary's H	1:48.50
4	265 Theriault, Marcienne	St. Mary's H	1:51.80

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Event 29 Men 16-34 600 Meter Run****Saturday 12/2/2023 - 7:15 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 2 Finals**

2	170 Bisht, Dinesh	Cape Breton	NT
3	167 Adhana, Akshay	Cape Breton	NT
4	177 Okundaye, Ola	Cape Breton	NT

**Section 2 of 2 Finals**

1	351 Martin, Robert	Yhz Track &	1:39.00
2	215 Gray, Braden	Dalhousie Ti	1:25.00
3	218 James, Zach	Dalhousie Ti	1:20.00
4	219 Lord, Dan	Dalhousie Ti	1:21.00
5	287 Whingwiri, Tadiwanas	St. Mary's H	1:27.90
6	175 Ngenga, Matthew	Cape Breton	NT

**Event 30 Women 10-13 2000 Meter Run****Saturday 12/2/2023 - 7:25 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	347 Wilson, Kaye	Yhz Track &	7:19.09
2	123 Gillis, Moira	Athletics Ea	NT

**Event 31 Women 14-99 3000 Meter Run****Saturday 12/2/2023 - 7:35 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	162 Mosher, Zoe	Bluenose Ath	10:00.00
2	118 Wasson, Allison	Asea	10:23.31
3	323 Richard, Katie	Upei Panther	10:25.00
4	200 Mitha, Jasmine	Dalhousie Ti	10:30.00
5	322 Richard, Grace	Upei Panther	10:40.00
6	343 Evers, Molly	Yhz Track &	10:55.00
7	315 Angona, Stefania	Upei Panther	11:02.00
8	314 Abou El Naja, Maya	Upei Panther	11:30.00
9	255 Cameron, Gael	St. Mary's H	11:40.00
10	320 Jenkins, Ella	Upei Panther	11:40.99
11	318 Harris, Anna	Upei Panther	11:45.00

**Event 32 Men 14-99 3000 Meter Run****Saturday 12/2/2023 - 7:50 PM**

Lane	Name	Team	Seed Time
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**Section 1 of 2 Finals**

1	327 Dalton, Jacob	Upei Panther	9:35.00
2	230 MacNeil, Jack	Pictou Count	9:37.35
3	313 McMullin, Bradley	Unattached-N	9:40.00
4	231 Wood, Josh	Pictou Count	9:42.37
5	225 Cuthbert, Riley	Halifax Road	10:00.00
6	229 Boudreau, Isaac	Pictou Count	10:30.00
7	273 Gillis, Travis	St. Mary's H	11:15.00
8	243 Phillips, Grant	Special Olym	12:44.00
9	289 Walker, Liam	Stfx Track A	NT

**Section 2 of 2 Finals**

1	252 McCullagh, Liam	St. Francis	8:40.00
2	250 Gamble, Griffin	St. Francis	8:40.00
3	301 Freeman, Alec	Unattached	8:57.00
4	251 Lawton, Mathew	St. Francis	8:59.00
5	226 Piccinin, Stephane	Halifax Road	9:00.00
6	283 Stewart, Joe	St. Mary's H	9:05.00
7	335 Roberts, Jack	Upei Panther	9:05.00
8	333 MacIsaac, Max	Upei Panther	9:15.00
9	302 Verschoor, Ian	Unattached	9:20.00
10	300 Colford, Michael	Unattached	9:20.00
11	332 Macdonald, Ryan	Upei Panther	9:22.00
12	326 Brown, Campbell	Upei Panther	9:25.00
13	305 Gorman, Jeff	Unattached N	9:30.00

**Event 33 Women 10-99 Long Jump****Saturday 12/2/2023 - 11:30 AM**

Pos	Name	Team	Seed Mark
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**Flight 1 of 1 Finals**

1	312 Roberts, Kim	Unattached-N	ND
2	292 Durning, Rylie	Truro Lions	ND
3	137 Rodriguez-Cooper, Cl	Athletics Ea	ND
4	345 Tibbo, Rylee	Yhz Track &	4.03m
5	140 Wolthausen, Lyla	Athletics Ea	4.20m
6	228 Fortune, Alyssa	Pictou Count	4.21m
7	113 Nishimura, Minori	Annapolis Co	4.30m
8	298 Fowler, Ailish	Unattached	4.63m
9	256 Getchman, Lila	St. Mary's H	4.75m
10	201 Oshikoya, Lola	Dalhousie Ti	5.00m
11	186 Covert, Claire	Dalhousie Ti	5.00m
12	191 Hadskis, Maggie	Dalhousie Ti	5.00m
13	196 LeBlanc, Claire	Dalhousie Ti	5.00m
14	253 Black, Raeden	St. Mary's H	5.15m
15	199 McGean, Hannah	Dalhousie Ti	5.20m
16	195 Husain, Maja	Dalhousie Ti	5.30m
17	189 Gaudry, Abbi	Dalhousie Ti	5.30m

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Event 34 Men 10-99 Long Jump****Saturday 12/2/2023 - 9:15 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	173 Eze, Charles	Cape Breton		ND
2	306 Kingston, John	Unattached N		ND
3	161 Levesconte, Kyle	Baddeck Beac		ND
4	295 Durning, Ryker	Truro Lions		ND
5	100 Macdonald, Ciaran	0		ND
6	176 Okoye, Jesil	Cape Breton		5.61m
7	179 Solanke, David	Cape Breton		5.61m
8	282 Smith, Chad	St. Mary's H		5.75m
9	285 Sutherland, Tristen	St. Mary's H		5.79m
10	296 Legge, Colin	Truro Lions		5.86m
11	223 Oshikoya, Biola	Dalhousie Ti		5.90m
12	267 Bilmer, Magnus	St. Mary's H		5.91m
13	336 Spears, Brycen	Upei Panther		6.00m
14	220 MacGregor, Peter	Dalhousie Ti		6.00m
15	214 Fiala, Ondrej	Dalhousie Ti		6.00m
16	141 Adebisi, Folu	Athletics Ea		6.15m
17	168 Akachukwu, Promise	Cape Breton		6.27m
18	211 Conrad, Austin	Dalhousie Ti		6.50m
19	224 Oshikoya, Tobi	Dalhousie Ti		6.50m
20	217 Hutchinson, Josh	Dalhousie Ti		6.50m
21	276 Kriznar, Nikola	St. Mary's H		6.59m
22	210 Beaulieu, Nick	Dalhousie Ti		6.90m
23	275 Isadore, Dante	St. Mary's H		7.01m

**Event 35 Women 10-99 Triple Jump****Saturday 12/2/2023 - 4:15 PM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	292 Durning, Rylie	Truro Lions		ND
2	137 Rodriguez-Cooper, Cl	Athletics Ea		ND
3	164 MacLeod, Allie	Cape Breton		8.61m
4	140 Wolthausen, Lyla	Athletics Ea		8.91m
5	165 Ross, Ava	Cape Breton		9.57m
6	298 Fowler, Ailish	Unattached		9.87m
7	206 Scott, Georgia	Dalhousie Ti		10.00m
8	122 Gaudry, Catherine	Athletics Ea		10.03m
9	199 McGean, Hannah	Dalhousie Ti		10.90m
10	195 Husain, Maja	Dalhousie Ti		11.00m

**Event 36 Men 10-99 Triple Jump****Saturday 12/2/2023 - 4:15 PM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	295 Durning, Ryker	Truro Lions		ND
2	220 MacGregor, Peter	Dalhousie Ti		11.50m
3	214 Fiala, Ondrej	Dalhousie Ti		11.50m
4	223 Oshikoya, Biola	Dalhousie Ti		11.50m
5	100 Macdonald, Ciaran	0		11.89m
6	176 Okoye, Jesil	Cape Breton		12.15m
7	141 Adebisi, Folu	Athletics Ea		14.00m
8	224 Oshikoya, Tobi	Dalhousie Ti		14.50m

**Event 37 Women 10-99 High Jump****Saturday 12/2/2023 - 9:15 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	264 Silcox, Reagan	St. Mary's H		NH
2	228 Fortune, Alyssa	Pictou Count		1.40m
3	253 Black, Raeden	St. Mary's H		1.45m
4	164 MacLeod, Allie	Cape Breton		1.48m
5	122 Gaudry, Catherine	Athletics Ea		1.49m
6	191 Hadskis, Maggie	Dalhousie Ti		1.50m
7	196 LeBlanc, Claire	Dalhousie Ti		1.50m
8	189 Gaudry, Abbi	Dalhousie Ti		1.60m
9	192 Henneberry, Samantha	Dalhousie Ti		1.60m
10	193 Hicks, Kiersten	Dalhousie Ti		1.60m
11	206 Scott, Georgia	Dalhousie Ti		1.60m
12	321 Peterside, Alaere	Upei Panther		1.60m

**Event 38 Men 10-99 High Jump****Saturday 12/2/2023 - 11:00 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	179 Solanke, David	Cape Breton		NH
2	161 Levesconte, Kyle	Baddeck Beac		NH
3	286 Wall, Eric	St. Mary's H		NH
4	336 Spears, Brycen	Upei Panther		1.70m
5	222 Marshall, Diego	Dalhousie Ti		1.90m
6	212 Dahr, Ethan	Dalhousie Ti		1.90m
7	221 Marchand, Blake	Dalhousie Ti		1.90m
8	216 Greene, Skeets	Dalhousie Ti		1.90m

**Event 39 Tetrathlon: #1 Women 5-13 60 Meter Dash****Saturday 12/2/2023 - 2:15 PM**

Lane	Name	Team	Seed	Time
<b>Section 1 of 1 Finals</b>				
4	342 Dennis, Hadley	Yhz Track &		NT
5	344 Miles, Finley	Yhz Track &		NT

**2023 Athletics Nova Scotia Last Chance Meet - 12/2/2023**  
**Canada Games Centre**  
**Meet Program**

**Event 39 Tetrathlon: #2 Women 5-13 Shot Put****Saturday 12/2/2023 - 2:30 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	342 Dennis, Hadley	Yhz Track &	ND
2	344 Miles, Finley	Yhz Track &	ND

**Event 39 Tetrathlon: #3 Women 5-13 Long Jump****Saturday 12/2/2023 - 3:00 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	344 Miles, Finley	Yhz Track &	ND
2	342 Dennis, Hadley	Yhz Track &	ND

**Event 39 Tetrathlon: #4 Women 5-13 600 Meter Dash****Saturday 12/2/2023 - 3:30 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	342 Dennis, Hadley	Yhz Track &	NT
2	344 Miles, Finley	Yhz Track &	NT

**Event 40 Tetrathlon: #1 Men 5-13 60 Meter Dash****Saturday 12/2/2023 - 2:15 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
6	349 Boyd, William	Yhz Track &	NT

**Event 40 Tetrathlon: #2 Men 5-13 Shot Put****Saturday 12/2/2023 - 2:30 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	349 Boyd, William	Yhz Track &	ND

**Event 40 Tetrathlon: #3 Men 5-13 Long Jump****Saturday 12/2/2023 - 3:00 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	349 Boyd, William	Yhz Track &	ND

**Event 40 Tetrathlon: #4 Men 5-13 600 Meter Dash****Saturday 12/2/2023 - 3:30 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	349 Boyd, William	Yhz Track &	NT