

2024 Athletics Nova Scotia Indoor Open - 1/19/2024 to 1/20/2024
Canada Games Centre
Meet Program

Event 10 Women 10-13 60 Meter Dash No blocks			
Saturday 1/20/2024 - 12:55 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	708 Francis, Lily	Truro Lions	10.00
3	624 Lapier, Adyn	Pictou Count	9.59
4	625 Macdonald, Lily	Pictou Count	9.82
Event 11 Women 14-99 60 Meter Dash			
Saturday 1/20/2024 - 1:00 PM			
Lane	Name	Team	Seed Time
Section 1 of 7 Finals			
2	521 Benjamin, Zaila	Athletics Ea	NT
3	704 Aarts, Jasmine	Truro Lions	NT
4	529 Hoskin, Brianna	Athletics Ea	NT
Section 2 of 7 Finals			
2	631 Smith, Hailey	Special Olym	11.56
3	632 Waite, Sam	Special Olym	10.56
4	630 Mason, Bailee	Special Olym	11.05
5	626 Johnson, Skylynn	Special Olym	12.01
Section 3 of 7 Finals			
1	633 Warkentin, Drew	Special Olym	10.38
2	705 Angus, Courtney	Truro Lions	9.53
3	522 Boudreau, Naomi	Athletics Ea	9.50
4	514 Barteaux, Raelin	Annapolis Co	9.50
5	738 Roberts, Kim	Unattached-N	9.97
6	627 Macdonald, Josee	Special Olym	10.45
Section 4 of 7 Finals			
1	533 Jeong, Hana	Athletics Ea	9.16
2	713 Stevens, Willow	Truro Lions	9.06
3	667 Gechtman, Lila	St. Mary's H	8.70
4	517 Nishimura, Minori	Annapolis Co	9.00
5	629 MacLachlin, Joy	Special Olym	9.14
6	540 Lozier, Giana	Athletics Ea	9.18
Section 5 of 7 Finals			
1	628 MacKenzie, Bella	Special Olym	8.61
2	671 Marsman, Lori	St. Mary's H	8.57
3	673 Remington, Tayah	St. Mary's H	8.47
4	670 Lightbourn, Penelope	St. Mary's H	8.49
5	509 Cavallina, Chiara	Adrenaline A	8.60
6	532 Jeong, Anna	Athletics Ea	8.69
Section 6 of 7 Finals			
1	587 Oshikoya, Lola	Dalhousie Ti	8.30
2	676 Wylie, Lily	St. Mary's H	8.26
3	525 Clayton, Queen	Athletics Ea	8.10
4	709 Gouthro, Isabella	Truro Lions	8.25
5	515 Denton, Athena	Annapolis Co	8.30
6	669 King, Megan	St. Mary's H	8.33

Section 7 of 7 Finals			
1	536 Landry, Zoe	Athletics Ea	8.06
2	595 Sheppard, Lynn	Dalhousie Ti	8.05
3	737 Brennan, Bridget	Unattached-N	8.03
4	589 Poisson, Ali	Dalhousie Ti	8.05
5	545 Raymond, Annabelle	Athletics Ea	8.00
6	593 Schentrup, Teigan	Dalhousie Ti	8.10
Event 23 Women 10-13 150 Meter Dash No blocks			
Saturday 1/20/2024 - 5:10 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	708 Francis, Lily	Truro Lions	23.91
Event 30 Women 12-99 200 Meter Dash			
Saturday 1/20/2024 - 6:15 PM			
Lane	Name	Team	Seed Time
Section 1 of 4 Finals			
2	521 Benjamin, Zaila	Athletics Ea	NT
3	626 Johnson, Skylynn	Special Olym	49.95
4	529 Hoskin, Brianna	Athletics Ea	NT
Section 2 of 4 Finals			
1	631 Smith, Hailey	Special Olym	41.26
2	627 Macdonald, Josee	Special Olym	36.45
3	632 Waite, Sam	Special Olym	34.21
4	738 Roberts, Kim	Unattached-N	35.27
5	633 Warkentin, Drew	Special Olym	38.17
6	630 Mason, Bailee	Special Olym	49.86
Section 3 of 4 Finals			
1	629 MacLachlin, Joy	Special Olym	32.36
2	517 Nishimura, Minori	Annapolis Co	31.00
3	533 Jeong, Hana	Athletics Ea	30.00
4	534 Joseph, Audrey	Athletics Ea	30.42
5	708 Francis, Lily	Truro Lions	32.00
6	628 MacKenzie, Bella	Special Olym	33.39
Section 4 of 4 Finals			
1	540 Lozier, Giana	Athletics Ea	29.73
2	516 Mead, Kaitlynnne	Annapolis Co	27.90
3	515 Denton, Athena	Annapolis Co	27.50
4	510 Harris, Ruby	Adrenaline A	27.50
5	509 Cavallina, Chiara	Adrenaline A	29.00
6	522 Boudreau, Naomi	Athletics Ea	30.00
Event 24 Women 10-15 300 Meter Dash			
Saturday 1/20/2024 - 5:15 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	708 Francis, Lily	Truro Lions	48.00
4	501 Parent, Rafaëlle	A.S.E.A.	50.00

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Event 26 Women 18-34 300 Meter Dash

Saturday 1/20/2024 - 5:25 PM			
Lane	Name	Team	Seed Time
Section 1 of 3 Finals			
2	676 Wylie, Lily	St. Mary's H	49.00
3	668 Gittens, Angelique	St. Mary's H	46.79
4	671 Marsman, Lori	St. Mary's H	47.10
Section 2 of 3 Finals			
2	664 Black, Raeden	St. Mary's H	46.75
3	669 King, Megan	St. Mary's H	45.23
4	673 Remington, Tayah	St. Mary's H	45.60
5	670 Lightbourn, Penelope	St. Mary's H	46.77
Section 3 of 3 Finals			
1	589 Poisson, Ali	Dalhousie Ti	43.00
2	593 Schentrup, Teigan	Dalhousie Ti	43.00
3	737 Brennan, Bridget	Unattached-N	40.71
4	575 Goodwin, Jess	Dalhousie Ti	42.50
5	595 Sheppard, Lynn	Dalhousie Ti	43.00

Event 15 Women 14-99 400 Meter Dash

Saturday 1/20/2024 - 2:25 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	633 Warkentin, Drew	Special Olym	2:25.00
2	632 Waite, Sam	Special Olym	2:05.00
3	629 MacLachlin, Joy	Special Olym	1:24.00
4	627 Macdonald, Josee	Special Olym	2:03.00
5	631 Smith, Hailey	Special Olym	2:24.00
6	626 Johnson, Skylynn	Special Olym	2:47.00
Section 2 of 2 Finals			
1	703 Wallace, Sarah	Stfx Track A	1:06.00
2	712 Smith, Maryn	Truro Lions	1:01.71
3	545 Raymond, Annabelle	Athletics Ea	1:00.46
4	510 Harris, Ruby	Adrenaline A	1:00.58
5	532 Jeong, Anna	Athletics Ea	1:01.73
6	701 Stewart, Nora	Stfx Track A	1:07.00

Event 17 Women 16-34 600 Meter Run

Saturday 1/20/2024 - 3:45 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	725 Benevides, Alexandra	Unattached N	1:55.00
2	579 Humphrey, Amelia	Dalhousie Ti	1:48.00
3	651 Watson, Sarah	St. Francis	1:46.00
4	648 Quinn, Paige	St. Francis	1:48.00
5	668 Gittens, Angelique	St. Mary's H	1:51.47
6	675 Theriault, Marcienne	St. Mary's H	2:03.04

Section 2 of 2 Finals

1	647 McIntyre, Hannah	St. Francis	1:42.00
2	646 Lee, Caden	St. Francis	1:42.00
3	645 Hebert, Brynn	St. Francis	1:39.00
4	640 Ash, Caroline	St. Francis	1:40.00
5	596 Sneddon-Simons, Katl	Dalhousie Ti	1:42.00
6	643 Black, Maya	St. Francis	1:46.00

Event 28 Women 10-19 800 Meter Run

Saturday 1/20/2024 - 6:00 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
2	535 Joseph, Ava	Athletics Ea	3:00.00
3	707 Burris, Isabella	Truro Lions	2:56.00
4	544 Quinton, Emma	Athletics Ea	2:59.00
5	547 Wilson, Kaye	Athletics Ea	3:00.00
Section 2 of 2 Finals			
1	501 Parent, Rafaëlle	A.S.E.A.	2:43.95
2	528 Gillis, Moira	Athletics Ea	2:43.00
3	541 MacLeod, Frances	Athletics Ea	2:28.08
4	537 Laycock, Emma	Athletics Ea	2:35.13
5	500 Côté, Amélie	A.S.E.A.	2:43.45
6	570 James, Chelsea	Crown Athlet	2:55.00

Event 13 Women 16-34 1000 Meter Run

Saturday 1/20/2024 - 2:05 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	641 Bennett, Jillian	St. Francis	3:12.00
2	648 Quinn, Paige	St. Francis	3:12.00
3	743 Richard, Katie	Upei Panther	3:13.00
4	742 Richard, Grace	Upei Panther	3:13.00
5	739 Angona, Stefania	Upei Panther	3:32.00
6	740 Harris, Anna	Upei Panther	3:33.00
7	741 Jenkins, Ella	Upei Panther	3:42.00
Section 2 of 2 Finals			
1	645 Hebert, Brynn	St. Francis	2:53.00
2	640 Ash, Caroline	St. Francis	2:55.00
3	736 MacLeod, Sharlane	Unattached O	2:55.00
4	542 Moon, Poppy	Athletics Ea	2:56.00
5	647 McIntyre, Hannah	St. Francis	2:56.00
6	646 Lee, Caden	St. Francis	2:56.00
7	644 Carreau, Eve	St. Francis	3:00.00
8	643 Black, Maya	St. Francis	3:05.00
9	651 Watson, Sarah	St. Francis	3:05.00

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Event 19 Women 10-15 1200 Meter Run

Saturday 1/20/2024 - 4:05 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	524 Chiasson, Faye	Athletics Ea	3:58.00
2	707 Burris, Isabella	Truro Lions	4:39.00
3	501 Parent, Rafaëlle	A.S.E.A.	4:41.30
4	544 Quinton, Emma	Athletics Ea	4:58.00
5	722 Joseph, Amelia	Unattached	5:00.00
6	700 Robinson, Ella	Stfx Track A	5:00.00
7	702 Wallace, Katie	Stfx Track A	5:00.00
8	530 Humphreys, Victoria	Athletics Ea	NT

Event 21 Women 14-99 1500 Meter Run

Saturday 1/20/2024 - 4:25 PM			
Lane	Name	Team	Seed Time
Section 1 of 4 Finals			
1	546 Tobin, Evelyn	Athletics Ea	5:20.00
2	665 Brady, Ashley	St. Mary's H	5:20.30
3	539 Lewis, Morgan	Athletics Ea	5:30.00
4	500 Côté, Amélie	A.S.E.A.	5:32.13
5	666 Cameron, Gael	St. Mary's H	5:34.07
6	535 Joseph, Ava	Athletics Ea	5:45.00
7	543 Quinn, Joanna	Athletics Ea	6:40.00
Section 2 of 4 Finals			
2	504 Buchanan, Paris	Acadia Axeme	5:10.00
3	505 Campbell, Ella	Acadia Axeme	5:10.00
4	508 Long, Taylor	Acadia Axeme	5:10.00
5	740 Harris, Anna	Upei Panther	5:10.00
6	507 Le Rudulier, Anne-So	Acadia Axeme	5:12.00
7	506 Daniels, Amanda	Acadia Axeme	5:15.00
8	672 Moore, Jacqueline	St. Mary's H	5:17.67
9	741 Jenkins, Ella	Upei Panther	5:18.00
Section 3 of 4 Finals			
1	582 Kingston, Renata	Dalhousie Ti	4:50.00
2	598 Wright, Frances	Dalhousie Ti	4:50.00
3	590 Pulfrey, Juliet	Dalhousie Ti	4:50.00
4	573 Boucher, Mikayla	Dalhousie Ti	4:50.00
5	586 Mitha, Jasmine	Dalhousie Ti	4:50.00
6	588 Pert, Molly	Dalhousie Ti	4:50.00
7	743 Richard, Katie	Upei Panther	4:57.00
8	742 Richard, Grace	Upei Panther	5:00.00
9	617 Poirier, Erin	Halifax Road	5:03.00
10	739 Angona, Stefania	Upei Panther	5:05.00
Section 4 of 4 Finals			
1	642 Benoit, Eileen	St. Francis	4:40.00
2	538 Lewis, Abby	Athletics Ea	4:40.00
3	581 Keefe, Danielle	Dalhousie Ti	4:45.00
4	727 Mosher, Zoe	Unattached N	4:45.00
5	597 Trites, Emily	Dalhousie Ti	4:45.00
6	523 Carruthers, Anna	Athletics Ea	4:48.00
7	572 Battams, Maisyn	Dalhousie Ti	4:50.00
8	531 Jennex, Isabella	Athletics Ea	4:50.00
9	592 Ross, Kristen	Dalhousie Ti	4:50.00

Event 1 Women 12-15 2000 Meter Run

Friday 1/19/2024 - 7:00 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	547 Wilson, Kaye	Athletics Ea	7:40.00
2	528 Gillis, Moira	Athletics Ea	8:00.00
3	511 Mosher, Avery	Adrenaline A	8:30.00

Event 3 Women 16-99 3000 Meter Run

Friday 1/19/2024 - 7:25 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	598 Wright, Frances	Dalhousie Ti	10:30.00
2	586 Mitha, Jasmine	Dalhousie Ti	10:30.00
3	590 Pulfrey, Juliet	Dalhousie Ti	10:30.00
4	582 Kingston, Renata	Dalhousie Ti	10:30.00
5	588 Pert, Molly	Dalhousie Ti	10:45.00
6	649 Rotsaert-Smith, Quinc	St. Francis	10:50.00
7	520 Arteaga, Elisa	Athletics Ea	11:04.00
8	526 Evers, Molly	Athletics Ea	11:13.00
9	571 James, Paula	Crown Athlet	11:15.00
10	539 Lewis, Morgan	Athletics Ea	11:30.00
11	666 Cameron, Gael	St. Mary's H	11:49.05
12	665 Brady, Ashley	St. Mary's H	11:49.50
13	541 MacLeod, Frances	Athletics Ea	12:00.08
Section 2 of 2 Finals			
1	538 Lewis, Abby	Athletics Ea	9:50.00
2	650 Sandluck, Allie	St. Francis	9:53.00
3	597 Trites, Emily	Dalhousie Ti	10:15.00
4	581 Keefe, Danielle	Dalhousie Ti	10:15.00
5	727 Mosher, Zoe	Unattached N	10:20.00
6	644 Carreau, Eve	St. Francis	10:20.00
7	502 Wasson, Allison	A.S.E.A.	10:23.00
8	645 Hebert, Brynn	St. Francis	10:30.00
9	572 Battams, Maisyn	Dalhousie Ti	10:30.00
10	523 Carruthers, Anna	Athletics Ea	10:32.00

Event 5 Women 14-15 60 Meter Hurdles 30"

Saturday 1/20/2024 - 12:00 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	705 Angus, Courtney	Truro Lions	12.84
3	514 Barteaux, Raelin	Annapolis Co	10.75
4	706 Burke, Kaydence	Truro Lions	11.49

Event 6 Women 16-17 60 Meter Hurdles 30"

Saturday 1/20/2024 - 12:05 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	712 Smith, Maryn	Truro Lions	9.27
4	527 Gaudry, Catherine	Athletics Ea	10.23

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Event 7 Women 18-34 60 Meter Hurdles 33"

Saturday 1/20/2024 - 12:15 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
2	517 Nishimura, Minori	Annapolis Co	11.15
3	576 Hadsakis, Maggie	Dalhousie Ti	10.00
4	584 LeBlanc, Claire	Dalhousie Ti	10.00
5	509 Cavallina, Chiara	Adrenaline A	10.50
Section 2 of 2 Finals			
2	575 Goodwin, Jess	Dalhousie Ti	9.50
3	737 Brennan, Bridget	Unattached-N	9.01
4	574 Covert, Claire	Dalhousie Ti	9.50
5	664 Black, Raeden	St. Mary's H	9.91

Event 34 Women 10-99 High Jump

Friday 1/19/2024 - 6:00 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	711 Shang, Mengjia Miya	Truro Lions	NH
2	713 Stevens, Willow	Truro Lions	1.01m
3	705 Angus, Courtney	Truro Lions	1.10m
4	576 Hadsakis, Maggie	Dalhousie Ti	1.40m
5	574 Covert, Claire	Dalhousie Ti	1.40m
6	584 LeBlanc, Claire	Dalhousie Ti	1.40m
7	704 Aarts, Jasmine	Truro Lions	1.45m
8	594 Scott, Georgia	Dalhousie Ti	1.50m
9	591 Reid, Amelia	Dalhousie Ti	1.50m
10	577 Henneberry, Samantha	Dalhousie Ti	1.50m
11	674 Silcox, Reagan	St. Mary's H	1.50m
12	578 Hicks, Kiersten	Dalhousie Ti	1.50m
13	714 Wilson, Myka	Truro Lions	1.55m

Event 32 Women 10-99 Long Jump

Saturday 1/20/2024 - 9:30 AM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	713 Stevens, Willow	Truro Lions	3.25m
2	705 Angus, Courtney	Truro Lions	3.28m
3	738 Roberts, Kim	Unattached-N	3.48m
4	706 Burke, Kaydence	Truro Lions	4.47m
5	667 Gechtman, Lila	St. Mary's H	4.55m
6	704 Aarts, Jasmine	Truro Lions	4.84m
7	587 Oshikoya, Lola	Dalhousie Ti	5.00m
8	576 Hadsakis, Maggie	Dalhousie Ti	5.00m
9	584 LeBlanc, Claire	Dalhousie Ti	5.00m
10	574 Covert, Claire	Dalhousie Ti	5.00m
11	664 Black, Raeden	St. Mary's H	5.02m
12	714 Wilson, Myka	Truro Lions	5.02m
13	536 Landry, Zoe	Athletics Ea	5.09m
14	585 McGean, Hannah	Dalhousie Ti	5.30m
15	580 Husain, Maja	Dalhousie Ti	5.30m

Event 36 Women 10-99 Triple Jump

Saturday 1/20/2024 - 3:00 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	706 Burke, Kaydence	Truro Lions	ND
2	738 Roberts, Kim	Unattached-N	7.40m
3	704 Aarts, Jasmine	Truro Lions	10.00m
4	715 Wolfe, Ashlin	Truro Lions	10.00m
5	594 Scott, Georgia	Dalhousie Ti	10.00m
6	585 McGean, Hannah	Dalhousie Ti	10.90m
7	714 Wilson, Myka	Truro Lions	11.12m
8	580 Husain, Maja	Dalhousie Ti	11.20m

Event 38 Tetrathlon: #1 Women 6-13 60 Meter Dash

Saturday 1/20/2024 - 12:45 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	623 Blois, Charlotte	Pictou Count	NT
3	511 Mosher, Avery	Adrenaline A	NT
4	710 Massaro, Sophia	Truro Lions	NT
5	625 Macdonald, Lily	Pictou Count	NT
6	624 Lapier, Adyn	Pictou Count	NT

Event 38 Tetrathlon: #4 Women 6-13 600 Meter Run

Saturday 1/20/2024 - 2:45 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	623 Blois, Charlotte	Pictou Count	NT
2	624 Lapier, Adyn	Pictou Count	NT
3	710 Massaro, Sophia	Truro Lions	NT
4	511 Mosher, Avery	Adrenaline A	NT
5	625 Macdonald, Lily	Pictou Count	NT

Event 38 Tetrathlon: #3 Women 6-13 Long Jump

Saturday 1/20/2024 - 2:00 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	623 Blois, Charlotte	Pictou Count	ND
2	511 Mosher, Avery	Adrenaline A	ND
3	710 Massaro, Sophia	Truro Lions	ND
4	624 Lapier, Adyn	Pictou Count	ND
5	625 Macdonald, Lily	Pictou Count	ND

Event 38 Tetrathlon: #2 Women 6-13 Shot Put

Saturday 1/20/2024 - 1:15 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	624 Lapier, Adyn	Pictou Count	ND
2	623 Blois, Charlotte	Pictou Count	ND
3	511 Mosher, Avery	Adrenaline A	ND
4	710 Massaro, Sophia	Truro Lions	ND
5	625 Macdonald, Lily	Pictou Count	ND

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Event 12 Men 14-99 60 Meter Dash

Saturday 1/20/2024 - 1:30 PM			
Lane	Name	Team	Seed Time
Section 1 of 7 Finals			
2	564 Thibault, James	Athletics Ea	NT
3	728 Fownes, Brock	Unattached N	9.05
4	551 Ansems, Alexander	Athletics Ea	NT
Section 2 of 7 Finals			
1	639 Thornhill, Jack	Special Olym	8.98
2	636 James, Anthony	Special Olym	8.45
3	729 Lord, Peter	Unattached N	8.13
4	519 Shehata, Zain	Annapolis Co	8.14
5	635 Hicks, Jason	Special Olym	8.59
6	732 Melchiore, Ron	Unattached N	9.00
Section 3 of 7 Finals			
1	634 Barnes, Logan	Special Olym	8.03
2	730 Macdonald, Ciaran	Unattached N	7.92
3	680 Chiumba, Simbarashe	St. Mary's H	7.88
4	563 Shupe, Jeff	Athletics Ea	7.90
5	716 Durning, Ryker	Truro Lions	7.97
6	637 Lahey, Kegan	Special Olym	8.04
Section 4 of 7 Finals			
1	682 Farrell, D'Andre	St. Mary's H	7.81
2	686 Hall, Keegan	St. Mary's H	7.79
3	518 Foley, Liam	Annapolis Co	7.60
4	693 Murphy, Caelen	St. Mary's H	7.74
5	695 Okunola, Jason	St. Mary's H	7.80
6	690 Martin, Noah	St. Mary's H	7.84
Section 5 of 7 Finals			
1	684 Gavel, Oliver	St. Mary's H	7.50
2	561 Raymond, Henry	Athletics Ea	7.40
3	605 Fiala, Onjrej	Dalhousie Ti	7.35
4	513 Landry, Nick	Adrenaline A	7.40
5	679 Bucci, Jonah	St. Mary's H	7.48
6	677 Bilmer, Magnus	St. Mary's H	7.52
Section 6 of 7 Finals			
1	621 Sharpe, Camrie	Islanders Tr	7.27
2	678 Boudreau, Brody	St. Mary's H	7.25
3	603 Edwards, Ben	Dalhousie Ti	7.25
4	601 Conrad, Austin	Dalhousie Ti	7.25
5	609 Hutchinson, Josh	Dalhousie Ti	7.25
6	733 Smith, Jeffrey	Unattached N	7.30
Section 7 of 7 Finals			
1	735 Taylor, John Luke	Unattached N	7.10
2	599 Aftanas, Matt	Dalhousie Ti	7.05
3	699 Williams, Jaiden	St. Mary's H	7.01
4	600 Beaulieu, Nick	Dalhousie Ti	7.05
5	697 Smith, Chad	St. Mary's H	7.07
6	565 Zhao, Yunshu	Athletics Ea	7.20

Event 31 Men 12-99 200 Meter Dash

Saturday 1/20/2024 - 6:30 PM			
Lane	Name	Team	Seed Time
Section 1 of 3 Finals			
2	639 Thornhill, Jack	Special Olym	31.15
3	638 Phillips, Grant	Special Olym	31.01
4	637 Lahey, Kegan	Special Olym	31.03
Section 2 of 3 Finals			
2	636 James, Anthony	Special Olym	30.74
3	635 Hicks, Jason	Special Olym	27.15
4	519 Shehata, Zain	Annapolis Co	27.26
5	503 Nestor, Abel	A.S.E.A.	30.78
Section 3 of 3 Finals			
1	564 Thibault, James	Athletics Ea	26.50
2	512 Hooper, Ethan	Adrenaline A	24.50
3	731 Macmullin, Andy	Unattached N	22.53
4	603 Edwards, Ben	Dalhousie Ti	23.50
5	518 Foley, Liam	Annapolis Co	25.00
6	634 Barnes, Logan	Special Olym	27.02

Event 25 Men 10-15 300 Meter Dash

Saturday 1/20/2024 - 5:20 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	551 Ansems, Alexander	Athletics Ea	41.52

Event 27 Men 18-34 300 Meter Dash

Saturday 1/20/2024 - 5:40 PM			
Lane	Name	Team	Seed Time
Section 1 of 4 Finals			
2	695 Okunola, Jason	St. Mary's H	41.65
3	682 Farrell, D'Andre	St. Mary's H	40.30
4	680 Chiumba, Simbarashe	St. Mary's H	40.72
Section 2 of 4 Finals			
2	689 Marshall, Braden	St. Mary's H	39.37
3	677 Bilmer, Magnus	St. Mary's H	38.55
4	686 Hall, Keegan	St. Mary's H	38.65
5	690 Martin, Noah	St. Mary's H	39.90
Section 3 of 4 Finals			
2	678 Boudreau, Brody	St. Mary's H	37.60
3	699 Williams, Jaiden	St. Mary's H	37.16
4	688 Macmullin, Innis	St. Mary's H	37.24
5	679 Bucci, Jonah	St. Mary's H	38.08
6	693 Murphy, Caelen	St. Mary's H	38.24
Section 4 of 4 Finals			
2	599 Aftanas, Matt	Dalhousie Ti	36.50
3	731 Macmullin, Andy	Unattached N	35.11
4	552 Brennan, Timothy	Athletics Ea	36.00
5	513 Landry, Nick	Adrenaline A	37.00
6	684 Gavel, Oliver	St. Mary's H	37.04

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Event 16 Men 14-99 400 Meter Dash

Saturday 1/20/2024 - 2:35 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
2	639 Thornhill, Jack	Special Olym	1:20.00
3	636 James, Anthony	Special Olym	1:15.00
4	638 Phillips, Grant	Special Olym	1:20.00
5	634 Barnes, Logan	Special Olym	1:12.00
Section 2 of 2 Finals			
2	512 Hooper, Ethan	Adrenaline A	54.34
3	561 Raymond, Henry	Athletics Ea	52.17
4	719 Legge, Colin	Truro Lions	54.00
5	635 Hicks, Jason	Special Olym	1:10.00
6	732 Melchiore, Ron	Unattached N	1:12.00

Event 18 Men 16-34 600 Meter Run

Saturday 1/20/2024 - 3:55 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	681 Cunningham, Callum	St. Mary's H	1:39.80
2	555 Good, Brendan	Athletics Ea	1:35.00
3	662 Proulx, Noah	St. Francis	1:30.00
4	683 Ford, Eli	St. Mary's H	1:31.35
5	558 Martin, Robert	Athletics Ea	1:37.00
6	565 Zhao, Yunshu	Athletics Ea	1:40.00
Section 2 of 2 Finals			
1	652 Brennan, Adrian	St. Francis	1:26.00
2	663 Wierzbicki, Jack	St. Francis	1:24.00
3	661 Patterson, Liam	St. Francis	1:24.00
4	606 Gray, Braden	Dalhousie Ti	1:24.00
5	559 Quinton, Alex	Athletics Ea	1:26.00
6	698 Whingwiri, Tadiwanas	St. Mary's H	1:28.50

Event 29 Men 10-19 800 Meter Run

Saturday 1/20/2024 - 6:10 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	556 Liu, Kai	Athletics Ea	2:45.00
3	559 Quinton, Alex	Athletics Ea	2:03.00
4	554 DeLong, Timothy	Athletics Ea	2:14.00

Event 14 Men 16-34 1000 Meter Run

Saturday 1/20/2024 - 2:15 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	748 Roberts, Jack	Upei Panther	2:40.00
2	569 Purdy, Luke	Crandall Uni	2:41.00
3	568 Blanchette, Luc	Crandall Uni	2:41.50
4	747 MacIsaac, Max	Upei Panther	2:42.00
5	746 Kozma, Matthew	Upei Panther	2:43.00
6	683 Ford, Eli	St. Mary's H	2:46.60
7	744 Brown, Campbell	Upei Panther	2:50.00
8	745 Dalton, Jacob	Upei Panther	2:52.00
9	681 Cunningham, Callum	St. Mary's H	3:10.00

Section 2 of 2 Finals

1	553 Conlin-Morse, Silas	Athletics Ea	2:29.00
2	616 Rudaitis, Lukas	Dalhousie Ti	2:30.00
3	608 Grimshaw-Surette, Ha	Dalhousie Ti	2:30.00
4	663 Wierzbicki, Jack	St. Francis	2:31.00
5	661 Patterson, Liam	St. Francis	2:31.00
6	653 Fraser, Ewen	St. Francis	2:38.00
7	662 Proulx, Noah	St. Francis	2:38.00
8	698 Whingwiri, Tadiwanas	St. Mary's H	2:39.00

Event 20 Men 10-15 1200 Meter Run

Saturday 1/20/2024 - 4:15 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	554 DeLong, Timothy	Athletics Ea	3:36.00
2	560 Quinton, Jack	Athletics Ea	3:42.00

Event 22 Men 14-99 1500 Meter Run

Saturday 1/20/2024 - 4:50 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	744 Brown, Campbell	Upei Panther	4:27.00
2	746 Kozma, Matthew	Upei Panther	4:28.00
3	562 Rogers, Zack	Athletics Ea	4:29.00
4	550 Amero, Connor R.	Athletics Ea	4:30.00
5	745 Dalton, Jacob	Upei Panther	4:32.00
6	692 Mundy, Matthew	St. Mary's H	4:35.00
7	618 Miller, Cole	Halifax Road	4:39.00
8	619 Cuthbert, Riley	Halifax Road	4:40.00
9	548 Ackerman, David	Athletics Ea	4:42.00
10	687 Labrecque, Alex	St. Mary's H	4:45.00
11	685 Gillis, Travis	St. Mary's H	5:10.00
12	723 Aftanas, Stuart	Unattached	5:10.50
13	567 Durling, Craig	Blt Runners	5:22.00
Section 2 of 2 Finals			
1	659 Macdonald, Luke	St. Francis	4:04.00
2	660 McCullagh, Liam	St. Francis	4:04.00
3	658 Lupenette, Andrew	St. Francis	4:04.00
4	610 MacLean, Isaac	Dalhousie Ti	4:05.00
5	724 Freeman, Alec	Unattached	4:05.00
6	615 Rogers, Alex	Dalhousie Ti	4:05.00
7	614 Pokotylets, Maksym	Dalhousie Ti	4:05.00
8	657 Lawton, Mathew	St. Francis	4:07.00
9	748 Roberts, Jack	Upei Panther	4:08.00
10	747 MacIsaac, Max	Upei Panther	4:14.00
11	604 Elliott, Liam	Dalhousie Ti	4:20.00

Event 2 Men 12-15 2000 Meter Run

Friday 1/19/2024 - 7:10 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	560 Quinton, Jack	Athletics Ea	6:40.00

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Event 4 Men 14-99 3000 Meter Run

Friday 1/19/2024 - 7:55 PM			
Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	610 MacLean, Isaac	Dalhousie Ti	9:05.00
2	614 Pokotylets, Maksym	Dalhousie Ti	9:05.00
3	615 Rogers, Alex	Dalhousie Ti	9:05.00
4	569 Purdy, Luke	Crandall Uni	9:05.00
5	622 Kyle, Brady	Physi-Kult	9:15.00
6	557 Macgillivray, Connor	Athletics Ea	9:30.00
7	604 Elliott, Liam	Dalhousie Ti	9:30.00
8	568 Blanchette, Luc	Crandall Uni	9:50.00
9	619 Cuthbert, Riley	Halifax Road	9:52.00
10	692 Mundy, Matthew	St. Mary's H	9:55.00
11	687 Labrecque, Alex	St. Mary's H	10:10.00
12	548 Ackerman, David	Athletics Ea	10:30.00
13	638 Phillips, Grant	Special Olym	12:14.24
Section 2 of 2 Finals			
1	659 Macdonald, Luke	St. Francis	8:30.00
2	656 Gamble, Griffin	St. Francis	8:30.00
3	660 McCullagh, Liam	St. Francis	8:30.00
4	654 Gallant, Joel	St. Francis	8:30.00
5	655 Gallant, Luc	St. Francis	8:30.00
6	691 McGarvey, Rory	St. Mary's H	8:39.50
7	724 Freeman, Alec	Unattached	8:45.00
8	658 Lupenette, Andrew	St. Francis	8:50.00
9	696 Scott, Teagan	St. Mary's H	8:55.00
10	734 Stewart, Joe	Unattached N	8:55.00
11	620 Piccinin, Stephane	Halifax Road	8:55.00

Event 8 Men 16-17 60 Meter Hurdles 36"

Saturday 1/20/2024 - 12:30 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	512 Hooper, Ethan	Adrenaline A	9.50
4	558 Martin, Robert	Athletics Ea	9.50

Event 9 Men 18-34 60 Meter Hurdles 42"

Saturday 1/20/2024 - 12:35 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	689 Marshall, Braden	St. Mary's H	9.97
4	694 Nix, Owen	St. Mary's H	10.85

Event 35 Men 10-99 High Jump

Saturday 1/20/2024 - 9:30 AM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	566 Levesconte, Kyle	Baddeck Beac	1.60m
2	720 Mittelstadt, Drew	Truro Lions	1.78m
3	611 Marchand, Blake	Dalhousie Ti	1.90m
4	602 Dahr, Ethan	Dalhousie Ti	1.90m
5	612 Marshall, Diego	Dalhousie Ti	1.90m
6	607 Greene, Skeets	Dalhousie Ti	1.90m

Event 33 Men 10-99 Long Jump

Friday 1/19/2024 - 6:00 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	731 Macmullin, Andy	Unattached N	5.00m
2	716 Durning, Ryker	Truro Lions	5.17m
3	563 Shupe, Jeff	Athletics Ea	5.35m
4	566 Levesconte, Kyle	Baddeck Beac	5.57m
5	677 Bilmer, Magnus	St. Mary's H	5.78m
6	719 Legge, Colin	Truro Lions	5.86m
7	605 Fiala, Onjrej	Dalhousie Ti	6.00m
8	721 Myatt, Carter	Truro Lions	6.43m
9	607 Greene, Skeets	Dalhousie Ti	6.50m
10	609 Hutchinson, Josh	Dalhousie Ti	6.50m
11	600 Beaulieu, Nick	Dalhousie Ti	6.50m
12	601 Conrad, Austin	Dalhousie Ti	6.50m
13	613 Oshikoya, Tobi	Dalhousie Ti	6.50m
14	602 Dahr, Ethan	Dalhousie Ti	6.50m

Event 37 Men 10-99 Triple Jump

Saturday 1/20/2024 - 3:00 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	719 Legge, Colin	Truro Lions	10.90m
2	716 Durning, Ryker	Truro Lions	11.09m
3	730 Macdonald, Ciaran	Unattached N	11.97m
4	721 Myatt, Carter	Truro Lions	12.64m
5	549 Adebisi, Folu	Athletics Ea	14.00m
6	613 Oshikoya, Tobi	Dalhousie Ti	14.50m

Event 39 Tetrathlon: #1 Men 6-13 60 Meter Dash

Saturday 1/20/2024 - 12:50 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
4	717 Elser, Ashton	Truro Lions	NT
5	718 Elser, Oliver	Truro Lions	NT

Event 39 Tetrathlon: #4 Men 6-13 600 Meter Run

Saturday 1/20/2024 - 2:55 PM			
Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	718 Elser, Oliver	Truro Lions	NT
2	717 Elser, Ashton	Truro Lions	NT

Event 39 Tetrathlon: #3 Men 6-13 Long Jump

Saturday 1/20/2024 - 2:00 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	717 Elser, Ashton	Truro Lions	ND
2	718 Elser, Oliver	Truro Lions	ND

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Event 39 Tetrathlon: #2 Men 6-13 Shot Put			
Saturday 1/20/2024 - 1:15 PM			
Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	717 Elser, Ashton	Truro Lions	ND
2	718 Elser, Oliver	Truro Lions	ND