

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Event 1 Women 12-13 60 Meter Hurdles 30"****Saturday 11/23/2024 - 1:15 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
3 793 Woycheshyn, Nataliya	Athletics Ea	10.00

**Event 2 Women 14-15 60 Meter Hurdles 30"****Saturday 11/23/2024 - 1:25 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
2 1130 Angus, Courtney	Truro Lions	12.84
3 1131 Burke, Kaydence	Truro Lions	10.19
4 780 Barteaux, Raelin	Annapolis Co	10.21
5 858 Jeong, Hana	Pace Athleti	NT

**Event 3 Women 16-17 60 Meter Hurdles 30"****Saturday 11/23/2024 - 1:35 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
2 873 Fortune, Alyssa	Pictou Count	10.48
3 787 Gaudry, Catherine	Athletics Ea	10.07
4 1102 Lawton, Brianna	St. Mary's H	10.20
5 857 Jeong, Anna	Pace Athleti	NT

**Event 4 Women 18-34 60 Meter Hurdles 33"****Saturday 11/23/2024 - 1:45 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 2 Finals</b>		
2 1159 Westbrook, Emma	Unattached N	10.00
3 822 LeBlanc, Claire	Dalhousie Ti	9.70
4 1152 Haberer, Emily	Unattached N	10.00
<b>Section 2 of 2 Finals</b>		
2 895 Black, Raeden	St. Mary's H	9.67
3 818 Gaudry, Abbi	Dalhousie Ti	8.80
4 819 Hadskis, Maggie	Dalhousie Ti	9.40
5 816 Covert, Claire	Dalhousie Ti	9.70

**Event 5 Men 14-15 60 Meter Hurdles 33"****Saturday 11/23/2024 - 1:55 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
3 794 Aladejebi, Daniel	Athletics Ea	NT

**Event 6 Men 16-17 60 Meter Hurdles 36"****Saturday 11/23/2024 - 2:05 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
2 803 Manning, Kingston	Athletics Ea	NT
3 777 Riis, Izaak	Adrenaline A	8.70
4 804 Martin, Robert	Athletics Ea	9.50

**Event 7 Men 18-19 60 Meter Hurdles 39"****Saturday 11/23/2024 - 2:10 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
6 833 Bonnington, Oliver	Dalhousie Ti	9.20

**Event 8 Men 20-34 60 Meter Hurdles 42"****Saturday 11/23/2024 - 2:10 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
2 839 MacGregor, Peter	Dalhousie Ti	9.85
3 1125 Marshall, Braden	St. Mary's H	9.97

**Event 9 Women 10-13 60 Meter Dash No Blocks****Saturday 11/23/2024 - 2:20 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>		
1 1132 Durning, Rylie	Truro Lions	9.95
2 874 Lapier, Adyn	Pictou Count	9.51
3 792 Whitman, Kate	Athletics Ea	9.03
4 1150 Goodland, Betty	Unattached N	9.05
5 1133 Francis, Lily	Truro Lions	9.52
6 1184 Willsey, Makayla	Valley Athle	NT

**Event 10 Women 14-99 60 Meter Dash****Saturday 11/23/2024 - 2:25 PM**

Lane Name	Team	Seed Time
<b>Section 1 of 7 Finals</b>		
1 814 Dunbar, Chloe	Crown Athlet	NT
2 1131 Burke, Kaydence	Truro Lions	NT
3 785 Cvetkovic, Lana	Athletics Ea	NT
4 813 Asoh, Chisom	Crown Athlet	NT
5 1158 Sampson, Anika	Unattached N	NT
<b>Section 2 of 7 Finals</b>		
1 880 Mason, Bailee	Special Olym	11.05
2 882 Smith, Hailey	Special Olym	10.56
3 1130 Angus, Courtney	Truro Lions	9.49
4 881 Randall, Madison	Special Olym	10.05
5 1148 Bryant, Jo	Unattached N	11.00
6 877 Johnson, Skylynn	Special Olym	12.01
<b>Section 3 of 7 Finals</b>		
1 780 Barteaux, Raelin	Annapolis Co	9.11
2 873 Fortune, Alyssa	Pictou Count	8.80
3 852 Boudreau, Naomi	Pace Athleti	8.78
4 1151 Goodland, Doris	Unattached N	8.80
5 858 Jeong, Hana	Pace Athleti	8.99
6 879 Maclachlin, Joy	Special Olym	9.14
<b>Section 4 of 7 Finals</b>		
1 878 MacKenzie, Bella	Special Olym	8.61
2 1107 Oulton, Kaleigh	St. Mary's H	8.57
3 1102 Lawton, Brianna	St. Mary's H	8.50
4 899 Gechtman, Lila	St. Mary's H	8.55
5 1104 Majury, Cate	St. Mary's H	8.60
6 864 Pitts, Sophia	Pace Athleti	8.74

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Section 5 of 7 Finals...(Event 10 Women 14-99 60 Meter Dash)**

1	1103 Lightbourn, Penelope	St. Mary's H	8.41
2	1105 Marsman, Lori	St. Mary's H	8.35
3	1134 Smith, Gabrielle	Truro Lions	8.30
4	895 Black, Raeden	St. Mary's H	8.35
5	1152 Haberer, Emily	Unattached N	8.40
6	900 Gittens, Angelique	St. Mary's H	8.45

**Section 6 of 7 Finals**

1	824 Oshikoya, Lola	Dalhousie Ti	8.29
2	859 Joseph, Abigail	Pace Athleti	8.24
3	820 Hennerberry, Samantha	Dalhousie Ti	8.20
4	860 Kelloway, Gabby	Pace Athleti	8.24
5	876 Wylie, Lily	Southwest No	8.25
6	1149 Doyle, Lydia	Unattached N	8.30

**Section 7 of 7 Finals**

1	856 Hoskin, Brianna	Pace Athleti	8.20
2	1155 Landry, Zoe	Unattached N	8.04
3	827 Sheppard, Lynn	Dalhousie Ti	7.95
4	825 Poisson, Ali	Dalhousie Ti	7.95
5	1157 Mead, Kaitlynne	Unattached N	8.12
6	821 Husain, Maja	Dalhousie Ti	8.20

**Event 11 Men 10-13 60 Meter Dash No Blocks****Saturday 11/23/2024 - 3:05 PM**

Lane	Name	Team	Seed	Time
------	------	------	------	------

**Section 1 of 1 Finals**

3	867 Ezurike, Tobenna	Pace Athleti	10.00
4	849 Walters, Ty	Grit Athleti	NT

**Event 12 Men 14-99 60 Meter Dash****Saturday 11/23/2024 - 3:10 PM**

Lane	Name	Team	Seed	Time
------	------	------	------	------

**Section 1 of 10 Finals**

1	1143 Dempsey, Mason	Unattached	NT
2	1171 Tarnogorski, Nick	Unattached N	NT
3	871 Webb, Nathan	Pace Athleti	NT
4	805 Melanson, Angelo	Athletics Ea	NT
5	1169 Sampson, Hendrick	Unattached N	NT
6	869 Narvey, Attila	Pace Athleti	NT

**Section 2 of 10 Finals**

1	870 Seneker, TJ	Pace Athleti	NT
2	1187 Hanninen, Logan	Valley Athle	NT
3	1145 Kingston, John	Unattached	NT
4	815 Whitewick, Jack	Crown Athlet	NT
5	1135 Boudreau, Owen	Truro Lions	NT
6	810 Young, Nolan	Athletics Ea	NT

**Section 3 of 10 Finals**

1	850 Yakubu, Joaquin	Grit Athleti	NT
2	798 DeWolfe, Connor	Athletics Ea	NT
3	794 Aladejebi, Daniel	Athletics Ea	NT
4	809 Wile, Trenton	Athletics Ea	NT
5	847 Mills, William	Grit Athleti	NT
6	1138 Mittelstadt, Drew	Truro Lions	NT

**Section 4 of 10 Finals**

1	884 Hicks, Jason	Special Olym	8.59
2	811 Isadore, Keonante	Baddeck Beac	8.09
3	889 Rockwell, Iassac	Special Olym	8.08
4	888 Phillips, Grant	Special Olym	8.09
5	885 James, Anthony	Special Olym	8.45
6	887 Noyes, Justin	Special Olym	9.15

**Section 5 of 10 Finals**

1	886 Lahey, Kegan	Special Olym	8.04
2	1125 Marshall, Braden	St. Mary's H	7.90
3	783 Forrest, Chase	Annapolis Co	7.80
4	806 Ogunlaiye, Ini	Athletics Ea	7.80
5	883 Barnes, Logan	Special Olym	8.03
6	1136 Durning, Ryker	Truro Lions	8.05

**Section 6 of 10 Finals**

1	1124 Macdonald, Ciaran	St. Mary's H	7.60
2	1112 Bilmer, Magnus	St. Mary's H	7.52
3	1161 Felipe, Ulysse	Unattached N	7.50
4	774 Demone, Taylor	Adrenaline A	7.50
5	1119 Hall, Keegan	St. Mary's H	7.55
6	866 Dias, Torrey	Pace Athleti	7.72

**Section 7 of 10 Finals**

1	778 Vanderwal, Michael	Adrenaline A	7.50
2	779 Vanderwal, Ryan	Adrenaline A	7.49
3	802 MacLean, David	Athletics Ea	7.46
4	1113 Bucci, Jonah	St. Mary's H	7.48
5	777 Riis, Izaak	Adrenaline A	7.49
6	839 MacGregor, Peter	Dalhousie Ti	7.50

**Section 8 of 10 Finals**

1	796 Chu, Ryan	Athletics Ea	7.40
2	1170 Smith, Jeff	Unattached N	7.30
3	1162 Heffernan, Evan	Unattached N	7.30
4	1167 Oshikoya, Tobi	Unattached N	7.30
5	800 Macdonald, Liam	Athletics Ea	7.40
6	1129 Storry-Trefry, Jaden	St. Mary's H	7.46

**Section 9 of 10 Finals**

1	1121 Isadore, Dante	St. Mary's H	7.28
2	1192 Macmullin, Andy	Winston's Wa	7.15
3	1172 Thurston, Wyatt	Unattached N	7.08
4	1114 Delphin, Ethan	St. Mary's H	7.10
5	834 Conrad, Austin	Dalhousie Ti	7.25
6	842 Paris, Josh	Dalhousie Ti	7.30

**Section 10 of 10 Finals**

1	830 Babalola, Praise	Dalhousie Ti	7.00
2	831 Beaulieu, Nick	Dalhousie Ti	7.00
3	1128 Smith, Chad	St. Mary's H	6.97
4	1160 Akachukwu, Promise	Unattached N	7.00
5	829 Aftanas, Matt	Dalhousie Ti	7.00
6	773 Sharpe, Camrie	A.S.E.A.	7.04

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Event 13 Women 14-34 400 Meter Dash****Saturday 11/23/2024 - 3:35 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 2 Finals</b>			
1	880 Mason, Bailee	Special Olym	2:50.00
2	882 Smith, Hailey	Special Olym	2:24.00
3	853 Daye, Alexa	Pace Athleti	1:30.00
4	881 Randall, Madison	Special Olym	2:23.00
5	877 Johnson, Skylynn	Special Olym	2:47.00
<b>Section 2 of 2 Finals</b>			
1	879 MacLachlin, Joy	Special Olym	1:24.00
2	862 McGuire, Jane	Pace Athleti	1:02.83
3	854 Ezurike, Amarachi	Pace Athleti	59.00
4	857 Jeong, Anna	Pace Athleti	1:02.42
5	855 Hanley, Lacey	Pace Athleti	1:15.05
6	878 MacKenzie, Bella	Special Olym	1:25.00

**Event 14 Men 14-99 400 Meter Dash****Saturday 11/23/2024 - 3:45 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 3 Finals</b>			
1	1143 Dempsey, Mason	Unattached	NT
2	1145 Kingston, John	Unattached	NT
3	887 Noyes, Justin	Special Olym	1:30.00
4	1135 Boudreau, Owen	Truro Lions	NT
5	1187 Hanninen, Logan	Valley Athle	NT
<b>Section 2 of 3 Finals</b>			
1	886 Lahey, Kegan	Special Olym	1:22.00
2	883 Barnes, Logan	Special Olym	1:12.00
3	885 James, Anthony	Special Olym	1:10.00
4	884 Hicks, Jason	Special Olym	1:10.00
5	888 Phillips, Grant	Special Olym	1:20.00
6	889 Rockwell, Iassac	Special Olym	1:22.00
<b>Section 3 of 3 Finals</b>			
1	776 Nowe, William	Adrenaline A	59.08
2	808 Thibault, James	Athletics Ea	54.75
3	775 Hooper, Ethan	Adrenaline A	53.00
4	795 Campbell, Quinn	Athletics Ea	53.29
5	1185 Albert, Oliver	Valley Athle	56.00
6	1172 Thurston, Wyatt	Unattached N	1:00.00

**Event 15 Women 10-15 300 Meter Dash****Saturday 11/23/2024 - 4:05 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	1150 Goodland, Betty	Unattached N	50.00
2	1158 Sampson, Anika	Unattached N	46.18
3	1157 Mead, Kaitlynn	Unattached N	40.00
4	1151 Goodland, Doris	Unattached N	44.00
5	793 Woycheshyn, Nataliya	Athletics Ea	50.00

**Event 16 Women 16-34 300 Meter Dash****Saturday 11/23/2024 - 4:10 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 2 Finals</b>			
2	1104 Majury, Cate	St. Mary's H	48.50
3	1105 Marsman, Lori	St. Mary's H	47.10
4	1103 Lightbourn, Penelope	St. Mary's H	47.52
<b>Section 2 of 2 Finals</b>			
1	900 Gittens, Angelique	St. Mary's H	45.80
2	1153 Harris, Ruby	Unattached N	43.07
3	825 Poisson, Ali	Dalhousie Ti	42.00
4	827 Sheppard, Lynn	Dalhousie Ti	42.00
5	1149 Doyle, Lydia	Unattached N	43.50

**Event 17 Men 14-34 300 Meter Dash****Saturday 11/23/2024 - 4:20 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 4 Finals</b>			
2	1169 Sampson, Hendrick	Unattached N	NT
3	1119 Hall, Keegan	St. Mary's H	38.65
4	1125 Marshall, Braden	St. Mary's H	38.90
<b>Section 2 of 4 Finals</b>			
1	1129 Storry-Trefry, Jaden	St. Mary's H	38.19
2	804 Martin, Robert	Athletics Ea	38.00
3	1168 Proietti, Samuel	Unattached N	37.00
4	1170 Smith, Jeff	Unattached N	37.50
5	1113 Bucci, Jonah	St. Mary's H	38.08
<b>Section 3 of 4 Finals</b>			
1	1117 Gavel, Oliver	St. Mary's H	36.80
2	1115 Foley, Liam	St. Mary's H	36.05
3	1114 Delphin, Ethan	St. Mary's H	35.90
4	842 Paris, Josh	Dalhousie Ti	36.00
5	1162 Heffernan, Evan	Unattached N	36.50
<b>Section 4 of 4 Finals</b>			
1	1165 Macmullin, Innis	Unattached N	35.79
2	800 Macdonald, Liam	Athletics Ea	35.00
3	830 Babalola, Praise	Dalhousie Ti	35.00
4	829 Aftanas, Matt	Dalhousie Ti	35.00
5	1192 Macmullin, Andy	Winston's Wa	35.05

**Event 18 Men 14-17 3000 Meter Race Walk****Saturday 11/23/2024 - 4:50 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	1140 Shreve, Jay	Truro Lions	NT

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Event 19 Women 12-34 1500 Meter Run****Saturday 11/23/2024 - 5:40 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	1176 Richard, Katie	Upei Panther	4:50.00
2	1175 Richard, Grace	Upei Panther	4:52.00
3	1173 Angona, Stefania	Upei Panther	4:55.00
4	897 Burke, Bhreagh	St. Mary's H	5:00.00
5	898 Campbell, Alexandra	St. Mary's H	5:08
6	1106 Moore, Jacqueline	St. Mary's H	5:10.00
7	896 Brady, Ashley	St. Mary's H	5:10.00
8	1174 Jenkins, Ella	Upei Panther	5:15.00
9	1101 Hayduk, Mackenzie	St. Mary's H	5:15.00

**Event 20 Men 14-99 1500 Meter Run****Saturday 11/23/2024 - 5:50 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	893 Lupenette, Andrew	St. Francis	4:05.00
2	1190 Stettler, Milo	Valley Athle	4:18.77
3	1126 Miller, Cole	St. Mary's H	4:25.00
4	1120 Hubka, Oliver	St. Mary's H	4:30.00
5	784 Sunderland, Adrian	Annapolis Co	4:40.00
6	776 Nowe, William	Adrenaline A	4:47.01
7	1118 Gillis, Travis	St. Mary's H	4:59.00
8	1146 Sooley, Terrence	Unattached	5:30.00
9	1147 Trethewey, Ethan	Unattached	NT

**Event 21 Women 12-15 1200 Meter Run****Saturday 11/23/2024 - 6:00 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	790 Quinton, Emma	Athletics Ea	4:34.00
2	843 Hernandex-Jennex, Ol	Grit Athleti	NT

**Event 22 Men 14-34 1000 Meter Run****Saturday 11/23/2024 - 6:10 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
1	1122 Kennedy, Zack	St. Mary's H	2:39.00
2	1116 Ford, Eli	St. Mary's H	2:39.00
3	1178 Wolfe, Baleyon	Upei Panther	2:39.00
4	1177 Dueck, Benji	Upei Panther	2:39.00
5	891 Cooke-Brithrey, Land	St. Francis	2:39.00
6	807 Quinton, Jack	Athletics Ea	2:41.00

**Event 23 Women 12-13 150 Meter Dash No Blocks****Saturday 11/23/2024 - 6:15 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
2	1184 Willsey, Makayla	Valley Athle	NT
3	1133 Francis, Lily	Truro Lions	23.91
4	1132 Durning, Rylie	Truro Lions	24.49

**Event 24 Men 12-13 150 Meter Dash No Blocks****Saturday 11/23/2024 - 6:20 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>			
3	867 Ezurike, Tobenna	Pace Athleti	25.00

**Event 25 Women 10-99 200 Meter Dash****Saturday 11/23/2024 - 6:25 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 4 Finals</b>			
2	864 Pitts, Sophia	Pace Athleti	NT
3	1130 Angus, Courtney	Truro Lions	NT
4	1184 Willsey, Makayla	Valley Athle	NT
<b>Section 2 of 4 Finals</b>			
1	785 Cvetkovic, Lana	Athletics Ea	NT
2	853 Daye, Alexa	Pace Athleti	40.00
3	1133 Francis, Lily	Truro Lions	34.63
4	1148 Bryant, Jo	Unattached N	39.00
5	859 Joseph, Abigail	Pace Athleti	NT
<b>Section 3 of 4 Finals</b>			
1	852 Boudreau, Naomi	Pace Athleti	30.50
2	854 Ezurike, Amarachi	Pace Athleti	28.50
3	862 McGuire, Jane	Pace Athleti	28.03
4	873 Fortune, Alyssa	Pictou Count	28.30
5	860 Kelloway, Gabby	Pace Athleti	30.00
6	855 Hanley, Lacey	Pace Athleti	30.90
<b>Section 4 of 4 Finals</b>			
1	1157 Mead, Kaitlynne	Unattached N	27.00
2	1155 Landry, Zoe	Unattached N	26.82
3	827 Sheppard, Lynn	Dalhousie Ti	25.80
4	825 Poisson, Ali	Dalhousie Ti	25.80
5	781 Denton, Athena	Annapolis Co	27.00
6	856 Hoskin, Brianna	Pace Athleti	27.68

**Event 26 Men 14-99 200 Meter Dash****Saturday 11/23/2024 - 6:40 PM**

Lane	Name	Team	Seed Time
<b>Section 1 of 4 Finals</b>			
1	1135 Boudreau, Owen	Truro Lions	NT
2	1145 Kingston, John	Unattached	NT
3	847 Mills, William	Grit Athleti	NT
4	871 Webb, Nathan	Pace Athleti	NT
5	803 Manning, Kingston	Athletics Ea	NT
6	870 Seneker, TJ	Pace Athleti	NT
<b>Section 2 of 4 Finals</b>			
1	806 Ogunlaiye, Ini	Athletics Ea	NT
2	1187 Hanninen, Logan	Valley Athle	NT
3	1143 Dempsey, Mason	Unattached	NT
4	850 Yakubu, Joaquin	Grit Athleti	NT
5	809 Wile, Trenton	Athletics Ea	NT
6	868 Lerue, Nathan	Pace Athleti	NT

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Section 3 of 4 Finals...(Event 26 Men 14-99 200 Meter Dash)**

1	1161 Felipe, Ulysse	Unattached N	26.50
2	808 Thibault, James	Athletics Ea	24.50
3	1168 Proietti, Samuel	Unattached N	23.50
4	795 Campbell, Quinn	Athletics Ea	24.23
5	783 Forrest, Chase	Annapolis Co	25.50
6	1144 Doepner, Oliver	Unattached	31.00

**Section 4 of 4 Finals**

1	842 Paris, Josh	Dalhousie Ti	23.00
2	1192 Macmullin, Andy	Winston's Wa	22.50
3	829 Aftanas, Matt	Dalhousie Ti	22.20
4	830 Babalola, Praise	Dalhousie Ti	22.25
5	1160 Akachukwu, Promise	Unattached N	23.00
6	1162 Heffernan, Evan	Unattached N	23.00

**Event 27 Women 12-15 800 Meter Run****Saturday 11/23/2024 - 7:00 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

2	843 Hernandex-Jennex, Ol	Grit Athleti	NT
3	788 Humphreys, Victoria	Athletics Ea	2:31.42
4	789 Laycock, Emma	Athletics Ea	2:32.41

**Event 28 Men 14-17 800 Meter Run****Saturday 11/23/2024 - 7:05 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

1	1147 Trethewey, Ethan	Unattached	NT
2	812 Arsenault, Alex	Celtic Athle	2:06.25
3	797 DeLong, Timothy	Athletics Ea	2:01.29
4	772 Boudreau, Miguel	A.S.E.A.	2:05.86
5	784 Sunderland, Adrian	Annapolis Co	2:12.00

**Event 29 Women 18-34 600 Meter Run****Saturday 11/23/2024 - 7:10 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

1	1111 Theriault, Marcienne	St. Mary's H	1:52.00
2	1110 Smith, Siduante	St. Mary's H	1:42.00
3	823 Macdonald, Cara	Dalhousie Ti	1:35.50
4	826 Richardson, Georgie	Dalhousie Ti	1:37.50
5	828 Sneddon-Simons, Katl	Dalhousie Ti	1:42.50

**Event 30 Men 16-34 600 Meter Run****Saturday 11/23/2024 - 7:15 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

1	1115 Foley, Liam	St. Mary's H	1:27.50
2	1178 Wolfe, Baleyon	Upei Panther	1:27.00
3	1165 Macmullin, Innis	Unattached N	1:23.50
4	838 James, Zach	Dalhousie Ti	1:19.50
5	1164 Lord, Dan	Unattached N	1:20.00
6	890 Baker, Tyler	St. Francis	1:26.00
7	1177 Dueck, Benji	Upei Panther	1:27.00
8	1191 White, Jacob	Valley Athle	NT

**Event 31 Men 12-15 2000 Meter Run****Saturday 11/23/2024 - 7:30 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

1	1188 Jensen-Peaocck, Sidc	Valley Athle	NT
2	1186 Durber, Jacob	Valley Athle	NT

**Event 32 Women 12-34 3000 Meter Run****Saturday 11/23/2024 - 7:40 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

1	771 Wasson, Allison	A.S.E.A.	9:50.00
2	1176 Richard, Katie	Upei Panther	9:52.00
3	1175 Richard, Grace	Upei Panther	9:55.00
4	1173 Angona, Stefania	Upei Panther	10:00.00
5	1179 Barnett, Ada	Valley Athle	11:15.00
6	851 Cameron, Gael	Halifax Road	11:15.00
7	1174 Jenkins, Ella	Upei Panther	11:20.00
8	1183 Williams, Georgia	Valley Athle	11:45.00
9	791 Tobin, Evelyn	Athletics Ea	12:00.00
10	1182 Rafuse, Leighton	Valley Athle	12:06.00
11	1181 Moore, Lucy	Valley Athle	12:15.00

**Event 33 Men 16-34 3000 Meter Run****Saturday 11/23/2024 - 7:50 PM**

Lane Name	Team	Seed Time
-----------	------	-----------

**Section 1 of 1 Finals**

1	832 Benoit, Jacob	Dalhousie Ti	8:20.00
2	875 Grimshaw-Surette, Hu	Slow Ships A	8:20.00
3	799 Lawton, Mathew	Athletics Ea	8:30.00
4	892 King, Brett	St. Francis	8:30.00
5	894 MacKenzie, Conlan	St. Francis	9:00.00
6	1127 Mundy, Matthew	St. Mary's H	9:30.00
7	1123 Labrecque, Alex	St. Mary's H	9:30.00
8	801 Macgillivray, Connor	Athletics Ea	10:00.00
9	1189 Sireyjol, Titouan	Valley Athle	NT

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Event 36 Women 12-99 High Jump****Saturday 11/23/2024 - 11:15 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	814 Dunbar, Chloe	Crown Athlet	NH	
2	844 Muise, Zoe	Grit Athleti	NH	
3	1109 Silcox, Reagan	St. Mary's H	NH	
4	1108 Schaus, Kayla	St. Mary's H	NH	
5	846 Zarczynski, Natalia	Grit Athleti	NH	
6	816 Covert, Claire	Dalhousie Ti	1.40m	
7	1159 Westbrook, Emma	Unattached N	1.40m	
8	822 LeBlanc, Claire	Dalhousie Ti	1.40m	
9	873 Fortune, Alyssa	Pictou Count	1.48m	
10	819 Hadskis, Maggie	Dalhousie Ti	1.50m	
11	863 McLellan, Marley	Pace Athleti	1.51m	
12	817 Ellis, Avaya	Dalhousie Ti	1.55m	
13	820 Hennerberry, Samanth	Dalhousie Ti	1.55m	
14	818 Gaudry, Abbi	Dalhousie Ti	1.60m	

**Event 37 Men 12-99 High Jump****Saturday 11/23/2024 - 9:00 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	865 A'Court, Daniel	Pace Athleti	NH	
2	806 Ogunlaiye, Ini	Athletics Ea	1.65m	
3	815 Whitewick, Jack	Crown Athlet	1.72m	
4	1137 Jay, Donovan	Truro Lions	1.75m	
5	1138 Mittelstadt, Drew	Truro Lions	1.80m	
6	836 Ejeckam, Derrick	Dalhousie Ti	1.90m	
7	835 Dahr, Ethan	Dalhousie Ti	1.90m	
8	1139 Myatt, Carter	Truro Lions	1.92m	
9	840 Marchand, Blake	Dalhousie Ti	2.07m	

**Event 38 Women 10-99 Long Jump****Saturday 11/23/2024 - 9:00 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	785 Cvetkovic, Lana	Athletics Ea	ND	
2	1180 Knock, Ella	Valley Athle	ND	
3	846 Zarczynski, Natalia	Grit Athleti	ND	
4	1130 Angus, Courtney	Truro Lions	3.65m	
5	1132 Durning, Rylie	Truro Lions	3.74m	
6	874 Lapier, Adyn	Pictou Count	4.03m	
7	792 Whitman, Kate	Athletics Ea	4.18m	
8	793 Woycheshyn, Nataliya	Athletics Ea	4.30m	
9	1102 Lawton, Brianna	St. Mary's H	4.50m	
10	899 Gechtman, Lila	St. Mary's H	4.55m	
11	787 Gaudry, Catherine	Athletics Ea	4.71m	
12	1159 Westbrook, Emma	Unattached N	4.80m	
13	1158 Sampson, Anika	Unattached N	4.80m	
14	786 Fowler, Ailish	Athletics Ea	4.85m	
15	1131 Burke, Kaydence	Truro Lions	4.87m	
16	824 Oshikoya, Lola	Dalhousie Ti	4.95m	
17	816 Covert, Claire	Dalhousie Ti	4.95m	
18	819 Hadskis, Maggie	Dalhousie Ti	4.95m	
19	822 LeBlanc, Claire	Dalhousie Ti	4.95m	
20	1149 Doyle, Lydia	Unattached N	4.95m	
21	1156 McGean, Hannah	Unattached N	5.00m	
22	895 Black, Raeden	St. Mary's H	5.02m	
23	856 Hoskin, Brianna	Pace Athleti	5.28m	
24	818 Gaudry, Abbi	Dalhousie Ti	5.50m	

**Event 39 Men 10-99 Long Jump****Saturday 11/23/2024 - 11:15 AM**

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	847 Mills, William	Grit Athleti	ND	
2	1171 Tarnogorski, Nick	Unattached N	ND	
3	1166 Muise, Aaron	Unattached N	ND	
4	1161 Felipe, Ulysse	Unattached N	5.00m	
5	1136 Durning, Ryker	Truro Lions	5.36m	
6	1124 Macdonald, Ciaran	St. Mary's H	5.75m	
7	1112 Bilmer, Magnus	St. Mary's H	5.78m	
8	1169 Sampson, Hendrick	Unattached N	5.88m	
9	837 Fiala, Onjrej	Dalhousie Ti	6.10m	
10	833 Bonnington, Oliver	Dalhousie Ti	6.20m	
11	1138 Mittelstadt, Drew	Truro Lions	6.33m	
12	774 Demone, Taylor	Adrenaline A	6.63m	
13	1139 Myatt, Carter	Truro Lions	6.78m	
14	834 Conrad, Austin	Dalhousie Ti	6.80m	
15	831 Beaulieu, Nick	Dalhousie Ti	6.80m	
16	1121 Isadore, Dante	St. Mary's H	7.01m	

**2024 Athletics NS Indoor Last Chance - 11/23/2024**  
**Canada Games Centre**  
**Meet Program**

**Event 40 Women 10-99 Triple Jump****Saturday 11/23/2024 - 4:15 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	1132 Durning, Rylie	Truro Lions	7.84m
2	1107 Oulton, Kaleigh	St. Mary's H	9.50m
3	863 McLellan, Marley	Pace Athleti	10.45m
4	786 Fowler, Ailish	Athletics Ea	10.52m
5	1154 Harris Bosancic, Dai	Unattached N	11.00m
6	821 Husain, Maja	Dalhousie Ti	11.20m

**Event 41 Men 10-99 Triple Jump****Saturday 11/23/2024 - 4:15 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	1166 Muise, Aaron	Unattached N	ND
2	1136 Durning, Ryker	Truro Lions	11.27m
3	841 Oshikoya, Biola	Dalhousie Ti	12.00m
4	837 Fiala, Onjrej	Dalhousie Ti	12.00m
5	1139 Myatt, Carter	Truro Lions	12.64m
6	1124 Macdonald, Ciaran	St. Mary's H	13.02m
7	1121 Isadore, Dante	St. Mary's H	13.25m
8	1167 Oshikoya, Tobi	Unattached N	14.70m

**Event 42 Tetrathlon: #1 Women 6-13 60 Meter Dash****Saturday 11/23/2024 - 2:55 PM**

Lane Name	Team	Seed Time	
<b>Section 1 of 1 Finals</b>			
2	872 Blois, Charlotte	Pictou Count	NT
3	782 Elmore, Gwen	Annapolis Co	NT
4	845 Woycheshyn, Lesya	Grit Athleti	NT
5	1141 Smith, Ryleigh	Unattached	NT
6	1142 Wieczorek, Clara	Unattached	NT
7	874 Lapier, Adyn	Pictou Count	NT

**Event 42 Tetrathlon: #2 Women 6-13 Shot Put 2kg****Saturday 11/23/2024 - 3:00 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	874 Lapier, Adyn	Pictou Count	ND
2	1142 Wieczorek, Clara	Unattached	ND
3	1141 Smith, Ryleigh	Unattached	ND
4	872 Blois, Charlotte	Pictou Count	ND
5	845 Woycheshyn, Lesya	Grit Athleti	ND
6	782 Elmore, Gwen	Annapolis Co	ND

**Event 42 Tetrathlon: #3 Women 6-13 Long Jump****Saturday 11/23/2024 - 3:20 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	872 Blois, Charlotte	Pictou Count	ND
2	874 Lapier, Adyn	Pictou Count	ND
3	845 Woycheshyn, Lesya	Grit Athleti	ND
4	1142 Wieczorek, Clara	Unattached	ND
5	1141 Smith, Ryleigh	Unattached	ND
6	782 Elmore, Gwen	Annapolis Co	ND

**Event 42 Tetrathlon: #4 Women 6-13 600 Meter Run****Saturday 11/23/2024 - 4:40 PM**

Lane Name	Team	Seed Time	
<b>Section 1 of 1 Finals</b>			
1	1141 Smith, Ryleigh	Unattached	NT
2	874 Lapier, Adyn	Pictou Count	NT
3	1142 Wieczorek, Clara	Unattached	NT
4	782 Elmore, Gwen	Annapolis Co	NT
5	845 Woycheshyn, Lesya	Grit Athleti	NT
6	872 Blois, Charlotte	Pictou Count	NT

**Event 43 Tetrathlon: #1 Men 6-13 60 Meter Dash****Saturday 11/23/2024 - 3:00 PM**

Lane Name	Team	Seed Time	
<b>Section 1 of 1 Finals</b>			
4	1163 Jewer, James	Unattached N	NT
5	848 Ornetti, Theophile	Grit Athleti	NT

**Event 43 Tetrathlon: #2 Men 6-13 Shot Put 2kg****Saturday 11/23/2024 - 3:00 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	1163 Jewer, James	Unattached N	ND
2	848 Ornetti, Theophile	Grit Athleti	ND

**Event 43 Tetrathlon: #3 Men 6-13 Long Jump****Saturday 11/23/2024 - 3:20 PM**

Pos	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	1163 Jewer, James	Unattached N	ND
2	848 Ornetti, Theophile	Grit Athleti	ND

**Event 43 Tetrathlon: #4 Men 6-13 600 Meter Run****Saturday 11/23/2024 - 4:45 PM**

Lane Name	Team	Seed Time	
<b>Section 1 of 1 Finals</b>			
1	1163 Jewer, James	Unattached N	NT
2	848 Ornetti, Theophile	Grit Athleti	NT