

2016 Athletics Nova Scotia Provincials, Legion Trials & RJTW Festival - 2016-0

Metropolitan Field
Meet Program**Event 1 Women 14-15 80 Meter Hurdles 30" (8)**

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
1	352 Cameron, Gael	Halifax Ath	16.81
2	331 Mullen, Estella Rose	Chebucto Ath	14.50
3	557 Meades, Grace	Valley Athle	13.93
4	385 Sweeney, Sierra	Halifax Ath	12.12
5	561 O'Leary, Taylor	Valley Athle	13.85
6	526 Scott, Olivia	Unattached N	14.00
7	502 Sherry, Mykaela	Truro Lions	14.74
8	418 Fraser, Hannah	Pictou Count	46.00

Event 2 Women 16-17 100 Meter Hurdles 30" (5)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
2	340 Willett, Ysabella	Chebucto Ath	17.00
3	319 Carvery, Zoe	Chebucto Ath	16:02.00
4	326 Hill, Olivia	Chebucto Ath	15.60
5	327 Holland, Rachel	Chebucto Ath	16.16
6	544 Harris-Shanks, Brynn	Valley Athle	19.00

Event 3 Women 18-34 100 Meter Hurdles 33" (2)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
4	421 Graham, Megan	Pictou Count	16.45
5	426 Landry, Jordan	Pictou Count	17.00

Event 4 Men 14-15 100 Meter Hurdles 33" (3)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
3	580 Hann, Noah	Yhz Track &	17.31
4	595 Stover-Evong, Sacha	Yhz Track &	14.52
5	554 Lowe, Zachary	Valley Athle	17.15

Event 5 Men 16-17 110 Meter Hurdles 36" (6)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
2	582 Kammelu, Lotanna	Yhz Track &	15.99
3	322 Farmer, Adam	Chebucto Ath	15.51
4	513 Allbright, Brett	Unattached N	14.75
5	330 Morrison, Sean	Chebucto Ath	15.11
6	423 Hughes, Eric	Pictou Count	15.88
7	336 Smith, Ben	Chebucto Ath	18:00.00

Event 6 Men 18-19 110 Meter Hurdles 39" (1)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
4	325 Hebb, Owen	Chebucto Ath	16.00

Event 7 Men 20-34 110 Meter Hurdles 42" (2)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
4	354 Coolen, Matthew	Halifax Ath	15.24
5	332 Musoke, Matthew	Chebucto Ath	15.73

Event 8 Women 12-13 80 Meter Hurdles 30" (3)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	560 O'Leary, Haley	Valley Athle	18.98
4	553 Lowe, Sydney	Valley Athle	17.58
5	501 Sherry, Jaclyn	Truro Lions	17.75

Event 9 Men 12-13 80 Meter Hurdles 30" (1)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
4	551 James, Zachary	Valley Athle	14.45

Event 10 Women 16-17 400 Meter Dash (7)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	329 Macneil, Sarah	Chebucto Ath	1:04.95
2	324 Hamilton, Meghan	Chebucto Ath	1:04.50
3	464 Mattinson, Taylor	Pugwash Trac	1:00.05
4	546 Hergett, Jane	Valley Athle	59.54
5	596 Wilson, Edie	Yhz Track &	59.70
6	328 Layes, Grace	Chebucto Ath	1:04.30
7	587 Marchand, Lauryn	Yhz Track &	1:04.62

Event 11 Women 18-34 400 Meter Dash (5)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	426 Landry, Jordan	Pictou Count	1:08.00
3	589 McClure, Maggie	Yhz Track &	1:02.00
4	353 Comeau, Elizabeth	Halifax Ath	59.99
5	378 Ross, Olivia	Halifax Ath	1:00.00
6	465 Hickman, Sarah	Saint John T	1:04.55

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Metropolitan Field
Meet Program**Event 12 Men 16-17 400 Meter Dash (7)**

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	330 Morrison, Sean	Chebucto Ath	54.92
2	402 Young, Patrick	Islanders TR	54.50
3	371 Macqueen, Ben	Halifax Ath	52.16
4	317 Beattie, Mackenzie	Chebucto Ath	51.56
5	476 Symonds, Jacob	Southwest No	51.81
6	527 Sullivan, Jordan	Unattached N	53.65
7	439 Moore, Alex	Pictou Count	54.70

Event 13 Men 18-54 400 Meter Dash (5)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	534 Albert, Ueli	Valley Athle	55.00
3	375 McPhee, Ewan	Halifax Ath	51.59
4	373 Mason, Allister	Halifax Ath	51.00
5	473 Grimshaw-Surette, Hudsc	Southwest No	51.13
6	414 Coulet, Logan	Pictou Count	53.00

Event 14 Men 18-34 400 Meter Dash Wheelchair Wheelchair (3)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	556 MacMillan, Dillon	Valley Athle	2:48.00
4	538 Brown, Ben	Valley Athle	53.14
5	568 Shay, Ryan	Valley Athle	1:13.84

Event 15 Women 14-15 300 Meter Dash (5)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	561 O'Leary, Taylor	Valley Athle	46.44
3	510 MacKenzie, Hall	Unattached	44.02
4	418 Fraser, Hannah	Pictou Count	14.75
5	526 Scott, Olivia	Unattached N	44.00
6	460 Walton, Rachel	Pictou Count	45.44

Event 16 Men 14-15 300 Meter Dash (4)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
3	554 Lowe, Zachary	Valley Athle	42.50
4	416 Decoff, Broden	Pictou Count	39.59
5	409 Cameron, Duncan	Pictou Count	42.00
6	309 Dagley, Skylar	Bluenose Ath	45.44

Event 17 Women 14-15 100 Meter Dash (19)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 3 Prelims			
2	410 Coffin, Ellen	Pictou Count	14.50
3	502 Sherry, Mykaela	Truro Lions	13.54
4	305 MacIsaac, Shelby	Athle Sud-es	13.06
5	331 Mullen, Estella Rose	Chebucto Ath	13.10
6	374 McPhee, Cate	Halifax Ath	13.60
7	583 Khan, Sydney	Yhz Track &	14.90
Heat 2 of 3 Prelims			
2	453 Smith, Gabrielle	Pictou Count	14.00
3	522 Moller, Olivia	Unattached N	13.39
4	509 Jaylin, Poirer	Unattached	13.05
5	385 Sweeney, Sierra	Halifax Ath	13.15
6	422 Gratto, Jocelyn	Pictou Count	13.60
7	545 Harris-Shanks, Marley	Valley Athle	20.00
Heat 3 of 3 Prelims			
2	386 Thomas, Tamia	Halifax Ath	14.04
3	415 Cromwell, Taylor	Pictou Count	13.22
4	435 Macleod, Lauren	Pictou Count	12.94
5	462 Duynisveld, Maria	Pugwash Trac	13.20
6	335 Skinner, Olivia	Chebucto Ath	13.78
7	364 Henneberry, Samantha	Halifax Ath	13.90
8	376 Mills, Skye	Halifax Ath	14.04

Event 18 Women 16-17 100 Meter Dash (8)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
1	399 McCardle, Kelly	Islanders TR	13.34
2	328 Layes, Grace	Chebucto Ath	12.99
3	474 Gushue, Bailey	Southwest No	12.63
4	323 Hall, Madison	Chebucto Ath	12.53
5	350 Brown, Trinity	Halifax Ath	12.61
6	464 Mattinson, Taylor	Pugwash Trac	12.80
7	390 Cormier, Morgan	Islanders Tr	13.27
8	480 Langille, Savanna	St. Mary's T	14.50

Event 19 Women 18-64 100 Meter Dash (7)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
1	530 Welch, Jo	Unattached N	16.80
2	550 James, Paula	Valley Athle	14.99
3	465 Hickman, Sarah	Saint John T	13.40
4	347 Beals, Shannay	Halifax Ath	11.97
5	361 Gashus, Sonja	Halifax Ath	12.66
6	592 Murdoch, Charlotte	Yhz Track &	14.73
7	425 Koehoorn, Bailey	Pictou Count	15.00

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Metropolitan Field
Meet Program**Event 20 Men 14-15 100 Meter Dash (8)**

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
1	595 Stover-Evong, Sacha	Yhz Track &	13.30
2	312 Murphy, Broderick	Cape Breton	12.19
3	424 Kirwan, Logan	Pictou Count	11.93
4	416 Decoff, Broden	Pictou Count	11.50
5	334 Pineo, Kayleb	Chebucto Ath	11.79
6	420 Garneau, Kameron	Pictou Count	12.00
7	580 Hann, Noah	Yhz Track &	13.26
8	309 Dagley, Skylar	Bluenose Ath	13.40

Event 22 Men 16-17 100 Meter Dash (11)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 2 Prelims			
2	391 Dillon, Mark	Islanders Tr	12.17
3	320 Cullen, Nick	Chebucto Ath	11.80
4	527 Sullivan, Jordan	Unattached N	11.50
5	542 Eddy, Tyler	Valley Athle	11.60
6	423 Hughes, Eric	Pictou Count	11.98
7	476 Symonds, Jacob	Southwest No	12:00.00
Heat 2 of 2 Prelims			
2	582 Kammelu, Lotanna	Yhz Track &	12.07
3	355 Davison, Luke	Halifax Ath	11.77
4	513 Allbright, Brett	Unattached N	11.49
5	357 Elliott, Raheem	Halifax Ath	11.65
6	397 Macfadyen, Owen	Islanders TR	12.04

Event 23 Men 18-64 100 Meter Dash (6)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
2	548 James, Edward	Valley Athle	13.99
3	306 Maclean, Nicholas	Athle Sud-es	11.70
4	585 Majury, Aidan	Yhz Track &	11.70
5	414 Coulet, Logan	Pictou Count	11.70
6	384 Stewart, Jason	Halifax Ath	13.19
7	411 Corbin, Anthony	Pictou Count	14:09.00

Event 24 Men 20-34 100 Meter Dash Wheelchair Wheelchair (3)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
3	568 Shay, Ryan	Valley Athle	18.98
4	538 Brown, Ben	Valley Athle	15.65
5	556 MacMillan, Dillon	Valley Athle	22.05

Event 25 Women 12-17 800 Meter Run (11)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	546 Hergett, Jane	Valley Athle	2:21.94
2	514 Benson, Kianna	Unattached N	2:24.00
3	382 Smith, Maggie	Halifax Ath	2:25.00
4	302 Lowther, Lauren	Antigonish T	2:27.43
5	571 Boucher, Mikayla	Yhz Track &	2:27.99
6	510 MacKenzie, Hall	Unattached	2:32.10
7	588 McClure, Fiona	Yhz Track &	2:35.00
8	572 Burke, Tanna	Yhz Track &	2:35.99
9	574 Carr-McEachern, Georgia	Yhz Track &	2:45.00
10	463 Mattinson, Emma	Pugwash Trac	2:45.99
11	576 Drysdale, Britt	Yhz Track &	2:49.00

Event 26 Men 12-15 800 Meter Run (10)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	383 Springer, Camden	Halifax Ath	2:04.00
2	348 Boudreau, Brody	Halifax Ath	2:10.00
3	554 Lowe, Zachary	Valley Athle	2:19.87
4	304 Enstrom, Owen	Athle Sud-es	2:20.96
5	409 Cameron, Duncan	Pictou Count	2:22.00
6	543 Fuller, Jesse	Valley Athle	2:25.00
7	407 Bennett, Ross	Pictou Count	2:30.00
8	551 James, Zachary	Valley Athle	2:31.00
9	406 Balinasay, Lorenzo	Pictou Count	2:32.17
10	577 Flemming, Owen	Yhz Track &	2:55.00

Event 27 Men 16-54 800 Meter Run (11)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	372 Manuel, Adam	Halifax Ath	1:53.00
2	373 Mason, Allister	Halifax Ath	2:00.00
3	567 Shankel, Noah	Valley Athle	2:01.50
4	366 Kays, Tristan	Halifax Ath	2:03.00
5	339 Tucker, Ethan	Chebucto Ath	2:10.00
6	483 Alexander, Quinn	Truro Lions	2:10.06
7	427 Langille, Scott	Pictou Count	2:19.00
8	434 MacLennan, David	Pictou Count	2:19.00
9	321 Edwards, Ben	Chebucto Ath	2:20.00
10	469 Cunningham, Ethan	Southwest No	2:20.20
11	471 Ebbett, Keith	Southwest No	2:45.00

Event 28 Men 20-34 800 Meter Run Wheelchair Wheelchair (3)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	538 Brown, Ben	Valley Athle	1:54.94
2	568 Shay, Ryan	Valley Athle	2:30.00
3	556 MacMillan, Dillon	Valley Athle	3:35.00

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Metropolitan Field
Meet Program**Event 29 Women 12-13 80 Meter Dash (7)**

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	454 Stroud, Charlotte	Pictou Count	14:15.00
2	559 Mullins, Curran	Valley Athle	12.92
3	584 King, Megan	Yhz Track &	12.53
4	586 Majury, Cate	Yhz Track &	11.52
5	520 Lawrence, Lillian	Unattached N	12.50
6	501 Sherry, Jaclyn	Truro Lions	12.75
7	558 Moore, Rebecca	Valley Athle	12:00.00

Event 30 Men 12-13 80 Meter Dash (2)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
4	388 Williams, Marques	Halifax Ath	12.37
5	360 Franklin-Smith, Kwame'	Halifax Ath	12.57

Event 31 Women 14-15 2000 Meter Run (10)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
2	470 Ebbett, Courtney	Southwest No	8:30.00
3	536 Benoit, Eileen	Valley Athle	7:32.05
4	447 Sandluck, Allie	Pictou Count	7:15.00
5	571 Boucher, Mikayla	Yhz Track &	7:06.99
6	318 Birrell, Carley	Chebucto Ath	6:45.00
7	302 Lowther, Lauren	Antigonish T	6:58.29
8	572 Burke, Tanna	Yhz Track &	7:06.99
9	301 Chisholm, Siona	Antigonish T	7:19.00
10	352 Cameron, Gael	Halifax Ath	7:50.00
11	446 Robertson, Madison	Pictou Count	8:30.00

Event 32 Men 14-15 2000 Meter Run (7)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	392 Fitzpatrick, Riley	Islanders Tr	7:25.00
2	431 MacDonald, Ethan	Pictou Count	6:47.00
3	535 Baker, Tyler	Valley Athle	6:35.00
4	337 Somers, Drew	Chebucto Ath	5:59.00
5	348 Boudreau, Brody	Halifax Ath	6:20.00
6	569 Watts, William	Valley Athle	6:45.00
7	407 Bennett, Ross	Pictou Count	7:00.00

Event 33 Women 16-34 3000 Meter Run (5)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	356 Edmonds, Emma	Halifax Ath	10:26.00
2	540 Chambers, Meredith	Valley Athle	10:38.72
3	448 Sandluck, Breanna	Pictou Count	11:07.00
4	393 Fitzpatrick, Tori	Islanders Tr	11:30.00
5	396 Kelly, Tatiana	Islanders TR	12:10.00

Event 34 Men 16-34 3000 Meter Run (14)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	395 Cyr, Alex	Islanders TR	8:29.21
2	333 Peverill, Andrew	Chebucto Ath	8:44.69
3	341 Favero, Nicholas	Esc L'Escale	8:53.00
4	379 Russell, William	Halifax Ath	9:00.00
5	511 O'Regan, Ryan	Unattached	9:00.00
6	468 Cull, Isaac	Southwest No	9:11.47
7	450 Simpson, Raymond	Pictou Count	9:21.50
8	505 Ferguson, Warren	Unattached	9:31.00
9	537 Benoit, Jacob	Valley Athle	9:36.61
10	566 Shankel, Jonah	Valley Athle	9:49.45
11	506 Goodyear, Stephen	Unattached	10:08.41
12	427 Langille, Scott	Pictou Count	10:29.50
13	400 Robertson, Nick	Islanders TR	10:30.00
14	417 Francis, Hunter	Pictou Count	10:58.80

Event 35 Men 18-34 5000 Meter Run (4)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	342 Colford, Michael	Fast Tracks	16:00.00
2	413 Corbin, Peter	Pictou Count	17:00.00
3	419 Fraser, Matthew	Pictou Count	19:54.00
4	508 Hanniel Hon-Nip, Chow	Unattached	NT

Event 38 Women 14-15 1500 Meter Steeplechase 30" (4)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	536 Benoit, Eileen	Valley Athle	5:38.43
2	447 Sandluck, Allie	Pictou Count	5:40.00
3	446 Robertson, Madison	Pictou Count	6:00.00
4	460 Walton, Rachel	Pictou Count	5:32.00

Event 39 Men 14-15 1500 Meter Steeplechase 30" (3)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	431 MacDonald, Ethan	Pictou Count	4:50.00
2	525 Pirie, Liam	Unattached N	5:10.00
3	551 James, Zachary	Valley Athle	5:15.00

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Metropolitan Field
Meet Program**Event 40 Women 16-17 2000 Meter Steeplechase 30" (1)**

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	448 Sandluck, Breanna	Pictou Count	8:00.00

Event 41 Men 35-84 2000 Meter Steeplechase 30" (1)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	531 Christensen, Vern	University O	10:30.00

Event 42 Men 16-17 2000 Meter Steeplechase 33" (5)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	537 Benoit, Jacob	Valley Athle	7:00.00
2	321 Edwards, Ben	Chebucto Ath	7:20.00
3	469 Cunningham, Ethan	Southwest No	6:39.00
4	450 Simpson, Raymond	Pictou Count	6:34.92
5	468 Cull, Isaac	Southwest No	6:35.58

Event 43 Men 18-34 3000 Meter Steeplechase 36" (1)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	413 Corbin, Peter	Pictou Count	11:00.00

Event 46 Women 14-15 200 Meter Dash (13)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 2 Prelims			
2	335 Skinner, Olivia	Chebucto Ath	29.88
3	526 Scott, Olivia	Unattached N	28.00
4	435 Macleod, Lauren	Pictou Count	27.10
5	415 Cromwell, Taylor	Pictou Count	27.38
6	364 Henneberry, Samantha	Halifax Ath	28.20
7	331 Mullen, Estella Rose	Chebucto Ath	30.00
Heat 2 of 2 Prelims			
1	545 Harris-Shanks, Marley	Valley Athle	45.00
2	374 McPhee, Cate	Halifax Ath	29.45
3	495 Maguire, Oula	Truro Lions	28.00
4	305 MacIsaac, Shelby	Athle Sud-es	26.81
5	509 Jaylin, Poirer	Unattached	28.00
6	522 Moller, Olivia	Unattached N	29.00
7	410 Coffin, Ellen	Pictou Count	31.50

Event 47 Women 16-17 200 Meter Dash (12)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 2 Prelims			
2	587 Marchand, Lauryn	Yhz Track &	27.80
3	350 Brown, Trinity	Halifax Ath	27.04
4	464 Mattinson, Taylor	Pugwash Trac	26.20
5	323 Hall, Madison	Chebucto Ath	26.23
6	390 Cormier, Morgan	Islanders Tr	27.37
7	329 Macneil, Sarah	Chebucto Ath	28.75
Heat 2 of 2 Prelims			
2	474 Gushue, Bailey	Southwest No	27.45
3	328 Layes, Grace	Chebucto Ath	26.90
4	596 Wilson, Edie	Yhz Track &	26.20
5	475 Heubach, Lorena	Southwest No	26.65
6	399 McCardle, Kelly	Islanders TR	27.37
7	544 Harris-Shanks, Brynn	Valley Athle	35.00

Event 48 Women 18-64 200 Meter Dash (6)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
2	550 James, Paula	Valley Athle	30.99
3	426 Landry, Jordan	Pictou Count	28.00
4	444 Quann, Lauren	Pictou Count	26.70
5	465 Hickman, Sarah	Saint John T	27.40
6	378 Ross, Olivia	Halifax Ath	28.00
7	530 Welch, Jo	Unattached N	36.50

Event 49 Men 14-15 200 Meter Dash (8)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
1	309 Dagley, Skylar	Bluenose Ath	27.34
2	595 Stover-Evong, Sacha	Yhz Track &	25.40
3	424 Kirwan, Logan	Pictou Count	25.14
4	387 Williams, Jaiden	Halifax Ath	23.99
5	416 Decoff, Broden	Pictou Count	24.00
6	312 Murphy, Broderick	Cape Breton	25.37
7	363 Haynes, Sam	Halifax Ath	27.18
8	578 Ghanai, Ayman	Yhz Track &	28.23

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Metropolitan Field
Meet Program**Event 50 Men 16-17 200 Meter Dash (12)**

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 2 Prelims			
2	582 Kammelu, Lotanna	Yhz Track &	24.80
3	355 Davison, Luke	Halifax Ath	23.82
4	371 Macqueen, Ben	Halifax Ath	23.33
5	317 Beattie, Mackenzie	Chebucto Ath	23.58
6	439 Moore, Alex	Pictou Count	24.30
7	391 Dillon, Mark	Islanders Tr	24.86
Heat 2 of 2 Prelims			
2	320 Cullen, Nick	Chebucto Ath	24.50
3	542 Eddy, Tyler	Valley Athle	23.80
4	476 Symonds, Jacob	Southwest No	23.30
5	527 Sullivan, Jordan	Unattached N	23.59
6	397 Macfadyen, Owen	Islanders TR	24.34
7	555 MacDonald, Justin	Valley Athle	26.00

Event 51 Men 18-64 200 Meter Dash (8)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
1	384 Stewart, Jason	Halifax Ath	27.36
2	473 Grimshaw-Surette, Hudsc	Southwest No	24.01
3	375 McPhee, Ewan	Halifax Ath	23.60
4	368 Lunda, Joshua	Halifax Ath	21.88
5	306 Maclean, Nicholas	Athle Sud-es	23.50
6	414 Coulet, Logan	Pictou Count	23.60
7	369 MacDonald, Liam	Halifax Ath	24.33
8	548 James, Edward	Valley Athle	28.99

Event 52 Men 20-34 200 Meter Dash Wheelchair Wheelchair (3)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Heat 1 of 1 Prelims			
4	556 MacMillan, Dillon	Valley Athle	1:28.00
5	538 Brown, Ben	Valley Athle	27.60
6	568 Shay, Ryan	Valley Athle	35.08

Event 53 Women 16-64 1500 Meter Run (8)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	356 Edmonds, Emma	Halifax Ath	4:40.00
2	589 McClure, Maggie	Yhz Track &	4:50.00
3	579 Hamilton, Emily	Yhz Track &	4:55.00
4	540 Chambers, Meredith	Valley Athle	4:55.97
5	541 Chisholm, Paige	Valley Athle	5:03.00
6	448 Sandluck, Breanna	Pictou Count	5:08.00
7	393 Fitzpatrick, Tori	Islanders Tr	5:15.00
8	396 Kelly, Tatiana	Islanders TR	5:20.00

Event 54 Men 16-64 1500 Meter Run (11)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	333 Peverill, Andrew	Chebucto Ath	3:56.81
2	372 Manuel, Adam	Halifax Ath	4:06.00
3	366 Kays, Tristan	Halifax Ath	4:24.00
4	469 Cunningham, Ethan	Southwest No	4:27.09
5	593 Raymond, Joe	Yhz Track &	4:35.00
6	427 Langille, Scott	Pictou Count	4:42.50
7	434 MacLennan, David	Pictou Count	4:45.00
8	400 Robertson, Nick	Islanders TR	4:53.00
9	471 Ebbett, Keith	Southwest No	5:00.00
10	417 Francis, Hunter	Pictou Count	5:03.20
11	590 McGrath, Ian	Yhz Track &	5:15.00

Event 55 Men 20-34 1500 Meter Run Wheelchair Wheelchair (2)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	538 Brown, Ben	Valley Athle	4:00.00
2	568 Shay, Ryan	Valley Athle	4:58.00

Event 56 Women 12-15 1200 Meter Run (13)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	301 Chisholm, Siona	Antigonish T	4:11.00
2	470 Ebbett, Courtney	Southwest No	4:30.00
3	352 Cameron, Gael	Halifax Ath	4:40.40
4	576 Drysdale, Britt	Yhz Track &	4:45.00
5	574 Carr-McEachern, Georgia	Yhz Track &	4:45.00
6	446 Robertson, Madison	Pictou Count	4:47.00
Section 2 of 2 Finals			
1	318 Birrell, Carley	Chebucto Ath	3:43.00
2	302 Lowther, Lauren	Antigonish T	3:58.00
3	382 Smith, Maggie	Halifax Ath	4:00.00
4	514 Benson, Kianna	Unattached N	4:00.00
5	571 Boucher, Mikayla	Yhz Track &	4:05.99
6	447 Sandluck, Allie	Pictou Count	4:06.00
7	572 Burke, Tanna	Yhz Track &	4:07.99

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Metropolitan Field
Meet Program**Event 57 Men 12-15 1200 Meter Run (14)**

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 2 Finals

1	543 Fuller, Jesse	Valley Athle	3:45.00
2	569 Watts, William	Valley Athle	3:54.00
3	535 Baker, Tyler	Valley Athle	3:54.35
4	539 Cadrain, Sameul	Valley Athle	3:55.00
5	392 Fitzpatrick, Riley	Islanders Tr	3:58.00
6	304 Enstrom, Owen	Athle Sud-es	4:01.51
7	577 Flemming, Owen	Yhz Track &	4:40.00

Section 2 of 2 Finals

1	406 Balignasay, Lorenzo	Pictou Count	3:10.22
2	563 Perry, Jaden	Valley Athle	3:19.85
3	383 Springer, Camden	Halifax Ath	3:24.00
4	337 Somers, Drew	Chebucto Ath	3:27.00
5	348 Boudreau, Brody	Halifax Ath	3:30.00
6	407 Bennett, Ross	Pictou Count	3:40.00
7	431 MacDonald, Ethan	Pictou Count	3:44.00

Event 58 Women 12-13 150 Meter Dash (6)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

2	560 O'Leary, Haley	Valley Athle	27.33
3	559 Mullins, Curran	Valley Athle	25.24
4	586 Majury, Cate	Yhz Track &	21.87
5	584 King, Megan	Yhz Track &	23.60
6	520 Lawrence, Lillian	Unattached N	25.30
7	463 Mattinson, Emma	Pugwash Trac	27.58

Event 59 Men 12-13 150 Meter Dash (3)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	388 Williams, Marques	Halifax Ath	23.00
4	360 Franklin-Smith, Kwame'	Halifax Ath	12.97
5	304 Enstrom, Owen	Athle Sud-es	20.19

Event 60 Women 12-15 200 Meter Hurdles 30" (5)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

2	553 Lowe, Sydney	Valley Athle	38.00
3	561 O'Leary, Taylor	Valley Athle	33.82
4	385 Sweeney, Sierra	Halifax Ath	28.42
5	460 Walton, Rachel	Pictou Count	33.62
6	557 Meades, Grace	Valley Athle	34.83

Event 61 Men 12-15 200 Meter Hurdles 30" (4)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	554 Lowe, Zachary	Valley Athle	30.69
4	595 Stover-Evong, Sacha	Yhz Track &	28.50
5	580 Hann, Noah	Yhz Track &	30.00
6	551 James, Zachary	Valley Athle	34.04

Event 62 Women 16-34 400 Meter Hurdles 30" (6)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

2	324 Hamilton, Meghan	Chebucto Ath	1:16.00
3	326 Hill, Olivia	Chebucto Ath	1:12.00
4	353 Comeau, Elizabeth	Halifax Ath	1:04.00
5	421 Graham, Megan	Pictou Count	1:08.00
6	426 Landry, Jordan	Pictou Count	1:12.00
7	544 Harris-Shanks, Brynn	Valley Athle	1:25.00

Event 63 Men 16-17 400 Meter Hurdles 33" (7)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

1	339 Tucker, Ethan	Chebucto Ath	1:02.00
2	402 Young, Patrick	Islanders TR	1:00.00
3	439 Moore, Alex	Pictou Count	1:00.00
4	330 Morrison, Sean	Chebucto Ath	58.18
5	549 James, Noah	Valley Athle	58.89
6	371 Macqueen, Ben	Halifax Ath	1:00.00
7	423 Hughes, Eric	Pictou Count	1:00.98

Event 64 Men 18-34 400 Meter Hurdles 36" (3)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
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Section 1 of 1 Finals

3	473 Grimshaw-Surette, Hudsc	Southwest No	1:00.00
4	344 Leblanc, Brandon	Fredericton	56.22
5	414 Coulet, Logan	Pictou Count	1:00.00

Event 67 Women 16-74 High Jump (10)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
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Flight 1 of 1 Finals

1	573 Campbell, Maddie	Yhz Track &	1.60m
2	319 Carvery, Zoe	Chebucto Ath	1.60m
3	444 Quann, Lauren	Pictou Count	1.57m
4	362 Grimshaw, Olivia	Halifax Ath	1.50m
5	340 Willett, Ysabella	Chebucto Ath	1.50m
6	504 Doyle, Kiera	Unattached	0.01m
7	475 Heubach, Lorena	Southwest No	1.59m
8	370 Maclatchie, Kate	Halifax Ath	1.60m
9	338 Tobin, Megan	Chebucto Ath	1.60m
10	426 Landry, Jordan	Pictou Count	0.45m

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Metropolitan Field
Meet Program**Event 68 Men 12-74 High Jump (10)**

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	412 Corbin, Brett	Pictou Count	1.80m
2	548 James, Edward	Valley Athle	1.45m
3	414 Coulet, Logan	Pictou Count	1.85m
4	367 Kinch, Matthew	Halifax Ath	1.80m
5	358 Errington, Devin	Halifax Ath	1.95m
6	334 Pineo, Kayleb	Chebucto Ath	1.71m
7	420 Garneau, Kameron	Pictou Count	1.00m
8	306 Maclean, Nicholas	Athle Sud-es	1.80m
9	466 Batt, Griffin	Southwest No	1.65m
10	449 Schmidt, Kaelan	Pictou Count	2.00m

Event 69 Women 16-74 Long Jump (16)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	315 Fraser, Denver	Central Nova	5.00m
2	478 Baker, Grace	St. Mary's T	4.44m
3	340 Willett, Ysabella	Chebucto Ath	4.75m
4	475 Heubach, Lorena	Southwest No	5.12m
5	324 Hamilton, Meghan	Chebucto Ath	4.67m
6	587 Marchand, Lauryn	Yhz Track &	4.10m
7	550 James, Paula	Valley Athle	3.25m
8	504 Doyle, Kiera	Unattached	0.01m
9	316 Fraser, Gabrielle	Central Nova	5.00m
10	438 Miller, Heath	Pictou Count	3.31m
11	328 Layes, Grace	Chebucto Ath	4.20m
12	370 Maclatchie, Kate	Halifax Ath	5.30m
13	327 Holland, Rachel	Chebucto Ath	5.29m
14	401 Wallace, Kylee	Islanders TR	5.15m
15	394 Gaudet, Fallon	Islanders Tr	4.89m
16	530 Welch, Jo	Unattached N	3.60m

Event 70 Men 16-74 Long Jump (14)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	325 Hebb, Owen	Chebucto Ath	6.30m
2	439 Moore, Alex	Pictou Count	5.69m
3	494 Maclean, Lorne	Truro Lions	6.03m
4	412 Corbin, Brett	Pictou Count	5.97m
5	355 Davison, Luke	Halifax Ath	5.90m
6	542 Eddy, Tyler	Valley Athle	5.54m
7	358 Errington, Devin	Halifax Ath	6.15m
8	449 Schmidt, Kaelan	Pictou Count	6.35m
9	322 Farmer, Adam	Chebucto Ath	5.96m
10	367 Kinch, Matthew	Halifax Ath	5.00m
11	351 Bruce, Jordan	Halifax Ath	6.85m
12	582 Kammel, Lotanna	Yhz Track &	5.45m
13	339 Tucker, Ethan	Chebucto Ath	5.68m
14	524 Myrick, Lee	Unattached N	5.24m

Event 71 Women 12-74 Triple Jump (14)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	479 Hebb, Chloe	St. Mary's T	9.30m
2	316 Fraser, Gabrielle	Central Nova	11.00m
3	475 Heubach, Lorena	Southwest No	10.92m
4	509 Jaylin, Poirer	Unattached	10.14m
5	315 Fraser, Denver	Central Nova	10.98m
6	478 Baker, Grace	St. Mary's T	10.19m
7	550 James, Paula	Valley Athle	7.75m
8	504 Doyle, Kiera	Unattached	0.01m
9	462 Duynisveld, Maria	Pugwash Trac	10.73m
10	561 O'Leary, Taylor	Valley Athle	9.37m
11	385 Sweeney, Sierra	Halifax Ath	11.01m
12	327 Holland, Rachel	Chebucto Ath	10.90m
13	394 Gaudet, Fallon	Islanders Tr	10.65m
14	364 Henneberry, Samantha	Halifax Ath	9.52m

Event 72 Men 12-74 Triple Jump (14)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	423 Hughes, Eric	Pictou Count	12.00m
2	380 Salah, Elias	Halifax Ath	10.42m
3	307 Freimanis, Keegan	Bayview Educ	11.51m
4	494 Maclean, Lorne	Truro Lions	13.44m
5	449 Schmidt, Kaelan	Pictou Count	12.00m
6	466 Batt, Griffin	Southwest No	10.50m
7	542 Eddy, Tyler	Valley Athle	10.08m
8	360 Franklin-Smith, Kwame'	Halifax Ath	9.00m
9	325 Hebb, Owen	Chebucto Ath	12.00m
10	357 Elliott, Raheem	Halifax Ath	13.07m
11	351 Bruce, Jordan	Halifax Ath	15.00m
12	412 Corbin, Brett	Pictou Count	12.27m
13	398 MacNeill, Owen	Islanders TR	12.00m
14	381 Salah, Simon	Halifax Ath	10.24m

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Metropolitan Field
Meet Program**Event 73 Women 12-74 Discus Throw (17)**

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	437 McLean, Tatum	Pictou Count	30.94m
2	443 Purvis, Garyn	Pictou Count	18.82m
3	497 McCarthy, Annie	Truro Lions	28.08m
4	529 Warren, Jane	Unattached N	10.00m
5	486 Davidson, Jessie	Truro Lions	21.85m
6	562 Perrin, Casey	Valley Athle	5.35m
7	517 Crocker, Mackenzie	Unattached N	30.14m
8	552 Lejean, Pamela	Valley Athle	10.20m
9	438 Miller, Heath	Pictou Count	23.10m
10	573 Campbell, Maddie	Yhz Track &	33.64m
11	459 Trevors, Lexie	Pictou Count	16.00m
12	425 Koehoorn, Bailey	Pictou Count	0.01m
13	493 MacIsaac, Chelsea	Truro Lions	30.10m
14	487 Davidson, Sydney	Truro Lions	31.43m
15	451 Simpson, Robyn	Pictou Count	30.57m
16	441 Munroe, Sarah	Pictou Count	6.00m
17	519 Kincaid-Webster, Mackay	Unattached N	20.45m

Event 74 Men 18-74 Discus Throw (8)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	524 Myrick, Lee	Unattached N	35.00m
2	349 Bourgeois, Kevin	Halifax Ath	30.00m
3	473 Grimshaw-Surette, Hudsc	Southwest No	30.21m
4	404 Rawding, Alexander	Launchers AT	41.98m
5	411 Corbin, Anthony	Pictou Count	16.50m
6	310 Waters, Dave	Bluenose Ath	27.01m
7	484 Burris, Nathan	Truro Lions	38.00m
8	548 James, Edward	Valley Athle	20.00m

Event 75 Women 12-74 Hammer Throw (10)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	497 McCarthy, Annie	Truro Lions	33.01m
2	438 Miller, Heath	Pictou Count	25.46m
3	487 Davidson, Sydney	Truro Lions	27.00m
4	445 Reid, Jenna	Pictou Count	38.35m
5	437 McLean, Tatum	Pictou Count	52.30m
6	486 Davidson, Jessie	Truro Lions	6.00m
7	443 Purvis, Garyn	Pictou Count	24.70m
8	441 Munroe, Sarah	Pictou Count	7.00m
9	529 Warren, Jane	Unattached N	10.00m
10	451 Simpson, Robyn	Pictou Count	20.00m

Event 76 Men 12-74 Hammer Throw (7)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	381 Salah, Simon	Halifax Ath	40.00m
2	498 McCarthy, Gregory	Truro Lions	46.51m
3	380 Salah, Elias	Halifax Ath	25.00m
4	524 Myrick, Lee	Unattached N	27.00m
5	349 Bourgeois, Kevin	Halifax Ath	30.00m
6	484 Burris, Nathan	Truro Lions	49.00m
7	489 Grant, C J	Truro Lions	40.58m

Event 77 Women 12-74 Javelin Throw (15)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	486 Davidson, Jessie	Truro Lions	23.47m
2	425 Koehoorn, Bailey	Pictou Count	0.01m
3	331 Mullen, Estella Rose	Chebucto Ath	13.51m
4	438 Miller, Heath	Pictou Count	35.92m
5	453 Smith, Gabrielle	Pictou Count	27.09m
6	487 Davidson, Sydney	Truro Lions	33.23m
7	445 Reid, Jenna	Pictou Count	35.21m
8	480 Langille, Savanna	St. Mary's T	25.50m
9	478 Baker, Grace	St. Mary's T	19.40m
10	529 Warren, Jane	Unattached N	10.00m
11	482 Alexander, Mira	Truro Lions	38.40m
12	459 Trevors, Lexie	Pictou Count	27.00m
13	444 Quann, Lauren	Pictou Count	39.64m
14	433 Maceachern, Jaden	Pictou Count	21.37m
15	499 Quinn, Madelyn	Truro Lions	41.73m

Event 78 Men 18-74 Javelin Throw (8)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	524 Myrick, Lee	Unattached N	45.00m
2	310 Waters, Dave	Bluenose Ath	23.01m
3	414 Coulet, Logan	Pictou Count	40.00m
4	492 Lapointe, Iain	Truro Lions	44.00m
5	548 James, Edward	Valley Athle	20.00m
6	488 Evans, Rowland	Truro Lions	36.00m
7	349 Bourgeois, Kevin	Halifax Ath	35.00m
8	523 Morine, Randall	Unattached N	33.00m

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Metropolitan Field
Meet Program**Event 79 Women 16-74 Shot Put (13)**

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	437 McLean, Tatum	Pictou Count	11.28m
2	442 Purvis, Carlin	Pictou Count	8.20m
3	573 Campbell, Maddie	Yhz Track &	11.50m
4	521 Lynds, Hannah	Unattached N	11.17m
5	497 McCarthy, Annie	Truro Lions	9.03m
6	438 Miller, Heath	Pictou Count	9.54m
7	530 Welch, Jo	Unattached N	6.52m
8	550 James, Paula	Valley Athle	4.50m
9	451 Simpson, Robyn	Pictou Count	8.00m
10	459 Trevors, Lexie	Pictou Count	4.00m
11	441 Munroe, Sarah	Pictou Count	5.00m
12	529 Warren, Jane	Unattached N	10.00m
13	370 Maclatchie, Kate	Halifax Ath	ND

Event 80 Men 16-74 Shot Put (12)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	490 Grant, Robert	Truro Lions	14.01m
2	523 Morine, Randall	Unattached N	10.00m
3	380 Salah, Elias	Halifax Ath	10.59m
4	457 Temple, Jake	Pictou Count	10.00m
5	524 Myrick, Lee	Unattached N	11.75m
6	528 Taker, Kyle	Unattached N	10.95m
7	311 Whynot, Cameron	Bluenose Ath	14.88m
8	349 Bourgeois, Kevin	Halifax Ath	10.00m
9	381 Salah, Simon	Halifax Ath	9.98m
10	498 McCarthy, Gregory	Truro Lions	15.14m
11	548 James, Edward	Valley Athle	6.00m
12	477 Arpin, Daniel	St. Mary's T	11.04m

Event 81 Tetrathlon: #1 Women 4-13 60 Meter Dash (19)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 3 Finals			
3	512 Stevens, Jorja	Unattached	NT
4	547 James, Chelsea	Valley Athle	NT
5	565 Seaman, Olivia	Valley Athle	NT
6	532 Albert, Amelia	Valley Athle	NT
Section 2 of 3 Finals			
1	428 MacCallum, Amelia	Pictou Count	NT
2	359 Franklin, Leayaha	Halifax Ath	NT
3	432 MacDonald, Rogan	Pictou Count	NT
4	503 Arsenaault, Alexis	Unattached	NT
5	389 Williams, Sierra	Halifax Ath	NT
6	591 Morrow, Kate	Yhz Track &	NT
7	575 Covert, Claire	Yhz Track &	NT

Section 3 of 3 Finals

1	455 Stroud, Kate	Pictou Count	NT
2	553 Lowe, Sydney	Valley Athle	NT
3	346 Arsenaault, Lily	Halifax Ath	NT
4	345 Arsenaault, Julia	Halifax Ath	NT
5	594 Roper, Catherine	Yhz Track &	NT
6	461 Grant, Sara	Port Elgin R	NT
7	560 O'Leary, Haley	Valley Athle	NT
8	430 MacDonald, Cara	Pictou Count	NT

Event 81 Tetrathlon: #2 Women 4-13 Long Jump (20)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	591 Morrow, Kate	Yhz Track &	ND
2	547 James, Chelsea	Valley Athle	ND
3	461 Grant, Sara	Port Elgin R	ND
4	430 MacDonald, Cara	Pictou Count	ND
5	575 Covert, Claire	Yhz Track &	ND
6	594 Roper, Catherine	Yhz Track &	ND
7	553 Lowe, Sydney	Valley Athle	ND
8	512 Stevens, Jorja	Unattached	ND
9	428 MacCallum, Amelia	Pictou Count	ND
10	432 MacDonald, Rogan	Pictou Count	ND
11	455 Stroud, Kate	Pictou Count	ND
12	565 Seaman, Olivia	Valley Athle	ND
13	345 Arsenaault, Julia	Halifax Ath	ND
14	346 Arsenaault, Lily	Halifax Ath	ND
15	510 MacKenzie, Hall	Unattached	ND
16	532 Albert, Amelia	Valley Athle	ND
17	503 Arsenaault, Alexis	Unattached	ND
18	560 O'Leary, Haley	Valley Athle	ND
19	389 Williams, Sierra	Halifax Ath	ND
20	359 Franklin, Leayaha	Halifax Ath	ND

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Metropolitan Field
Meet Program**Event 81 Tetrathlon: #3 Women 4-13 Shot Put 2kg (20)**

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	591 Morrow, Kate	Yhz Track &	ND
2	345 Arsenaault, Julia	Halifax Ath	ND
3	432 MacDonald, Rogan	Pictou Count	ND
4	346 Arsenaault, Lily	Halifax Ath	ND
5	560 O'Leary, Haley	Valley Athle	ND
6	455 Stroud, Kate	Pictou Count	ND
7	359 Franklin, Leayaha	Halifax Ath	ND
8	594 Roper, Catherine	Yhz Track &	ND
9	512 Stevens, Jorja	Unattached	ND
10	510 MacKenzie, Hall	Unattached	ND
11	389 Williams, Sierra	Halifax Ath	ND
12	461 Grant, Sara	Port Elgin R	ND
13	575 Covert, Claire	Yhz Track &	ND
14	565 Seaman, Olivia	Valley Athle	ND
15	553 Lowe, Sydney	Valley Athle	ND
16	430 MacDonald, Cara	Pictou Count	ND
17	532 Albert, Amelia	Valley Athle	ND
18	503 Arsenaault, Alexis	Unattached	ND
19	428 MacCallum, Amelia	Pictou Count	ND
20	547 James, Chelsea	Valley Athle	ND

Event 81 Tetrathlon: #4 Women 4-13 600 Meter Run (19)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	512 Stevens, Jorja	Unattached	NT
2	359 Franklin, Leayaha	Halifax Ath	NT
3	591 Morrow, Kate	Yhz Track &	NT
4	432 MacDonald, Rogan	Pictou Count	NT
5	389 Williams, Sierra	Halifax Ath	NT
6	503 Arsenaault, Alexis	Unattached	NT
7	428 MacCallum, Amelia	Pictou Count	NT
8	547 James, Chelsea	Valley Athle	NT
9	532 Albert, Amelia	Valley Athle	NT
10	565 Seaman, Olivia	Valley Athle	NT
Section 2 of 2 Finals			
1	560 O'Leary, Haley	Valley Athle	NT
2	346 Arsenaault, Lily	Halifax Ath	NT
3	553 Lowe, Sydney	Valley Athle	NT
4	345 Arsenaault, Julia	Halifax Ath	NT
5	461 Grant, Sara	Port Elgin R	NT
6	455 Stroud, Kate	Pictou Count	NT
7	594 Roper, Catherine	Yhz Track &	NT
8	430 MacDonald, Cara	Pictou Count	NT
9	575 Covert, Claire	Yhz Track &	NT

Event 82 Tetrathlon: #1 Men 4-13 60 Meter Dash (13)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	491 Isaac, Lapointe	Truro Lions	NT
2	564 Seaman, Jacob	Valley Athle	NT
3	570 Allt, Michael	Yhz Track &	NT
4	485 Damon, Lapointe	Truro Lions	NT
5	533 Albert, Oliver	Valley Athle	NT
6	429 MacCallum, Gavin	Pictou Count	NT
Section 2 of 2 Finals			
1	314 Minihan, Owen	Celtic Athle	NT
2	452 Sims, Aidan	Pictou Count	NT
3	360 Franklin-Smith, Kwame'	Halifax Ath	NT
4	577 Flemming, Owen	Yhz Track &	NT
5	408 Berthiaume, Liam	Pictou Count	NT
6	507 Gushue, Ben	Unattached	NT
7	472 Ebbett, Seth	Southwest No	NT

Event 82 Tetrathlon: #2 Men 4-13 Long Jump (13)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	452 Sims, Aidan	Pictou Count	ND
2	314 Minihan, Owen	Celtic Athle	ND
3	570 Allt, Michael	Yhz Track &	ND
4	485 Damon, Lapointe	Truro Lions	ND
5	429 MacCallum, Gavin	Pictou Count	ND
6	577 Flemming, Owen	Yhz Track &	ND
7	491 Isaac, Lapointe	Truro Lions	ND
8	564 Seaman, Jacob	Valley Athle	ND
9	360 Franklin-Smith, Kwame'	Halifax Ath	ND
10	472 Ebbett, Seth	Southwest No	ND
11	408 Berthiaume, Liam	Pictou Count	ND
12	533 Albert, Oliver	Valley Athle	ND
13	507 Gushue, Ben	Unattached	ND

Event 82 Tetrathlon: #3 Men 4-13 Shot Put 2kg (13)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	452 Sims, Aidan	Pictou Count	ND
2	533 Albert, Oliver	Valley Athle	ND
3	408 Berthiaume, Liam	Pictou Count	ND
4	570 Allt, Michael	Yhz Track &	ND
5	491 Isaac, Lapointe	Truro Lions	ND
6	564 Seaman, Jacob	Valley Athle	ND
7	507 Gushue, Ben	Unattached	ND
8	577 Flemming, Owen	Yhz Track &	ND
9	360 Franklin-Smith, Kwame'	Halifax Ath	ND
10	429 MacCallum, Gavin	Pictou Count	ND
11	314 Minihan, Owen	Celtic Athle	ND
12	485 Damon, Lapointe	Truro Lions	ND
13	472 Ebbett, Seth	Southwest No	ND

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Metropolitan Field
Meet Program**Event 82 Tetrathlon: #4 Men 4-13 600 Meter Run (13)**

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 2 Finals			
1	533 Albert, Oliver	Valley Athle	NT
2	564 Seaman, Jacob	Valley Athle	NT
3	491 Isaac, Lapointe	Truro Lions	NT
4	570 Allt, Michael	Yhz Track &	NT
5	429 MacCallum, Gavin	Pictou Count	NT
6	485 Damon, Lapointe	Truro Lions	NT
Section 2 of 2 Finals			
1	452 Sims, Aidan	Pictou Count	NT
2	472 Ebbett, Seth	Southwest No	NT
3	408 Berthiaume, Liam	Pictou Count	NT
4	314 Minihan, Owen	Celtic Athle	NT
5	577 Flemming, Owen	Yhz Track &	NT
6	360 Franklin-Smith, Kwame'	Halifax Ath	NT
7	507 Gushue, Ben	Unattached	NT

Event 83 Heptathlon: #1 Women 16-17 100 Meter Hurdles (2)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
4	303 Black, Sophie	Athle Sud-es	NT
5	319 Carvery, Zoe	Chebucto Ath	NT

Event 83 Heptathlon: #2 Women 16-17 High Jump (2)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	319 Carvery, Zoe	Chebucto Ath	NH
2	303 Black, Sophie	Athle Sud-es	NH

Event 83 Heptathlon: #3 Women 16-17 Shot Put (2)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	303 Black, Sophie	Athle Sud-es	ND
2	319 Carvery, Zoe	Chebucto Ath	ND

Event 83 Heptathlon: #4 Women 16-17 200 Meter Dash (2)

Saturday 2016-07-02 - 1:00 PM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
4	303 Black, Sophie	Athle Sud-es	NT
5	319 Carvery, Zoe	Chebucto Ath	NT

Event 83 Heptathlon: #5 Women 16-17 Long Jump (2)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	319 Carvery, Zoe	Chebucto Ath	ND
2	303 Black, Sophie	Athle Sud-es	ND

Event 83 Heptathlon: #6 Women 16-17 Javelin Throw (2)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	303 Black, Sophie	Athle Sud-es	ND
2	319 Carvery, Zoe	Chebucto Ath	ND

Event 83 Heptathlon: #7 Women 16-17 800 Meter Run (2)

Saturday 2016-07-02 - 9:00 AM

Lane	Name	Team	Seed Time
Section 1 of 1 Finals			
1	319 Carvery, Zoe	Chebucto Ath	NT
2	303 Black, Sophie	Athle Sud-es	NT

Event 84 Women 12-15 High Jump (7)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	487 Davidson, Sydney	Truro Lions	1.46m
2	463 Mattinson, Emma	Pugwash Trac	1.36m
3	377 Munroe, Emily	Halifax Ath	1.45m
4	364 Henneberry, Samantha	Halifax Ath	1.55m
5	305 MacIsaac, Shelby	Athle Sud-es	1.51m
6	515 Blanch, Mehkya	Unattached N	1.40m
7	518 Hyde, Saffron	Unattached N	1.45m

Event 85 Women 12-15 Long Jump (15)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	454 Stroud, Charlotte	Pictou Count	3.33m
2	586 Majury, Cate	Yhz Track &	4.11m
3	479 Hebb, Chloe	St. Mary's T	4.10m
4	410 Coffin, Ellen	Pictou Count	4.05m
5	583 Khan, Sydney	Yhz Track &	3.66m
6	559 Mullins, Curran	Valley Athle	3.14m
7	584 King, Megan	Yhz Track &	3.50m
8	462 Duynisveld, Maria	Pugwash Trac	5.03m
9	558 Moore, Rebecca	Valley Athle	35.00m
10	365 Johnston, Katrina	Halifax Ath	4.00m
11	343 Hall, Christine	Fast Tracks	4.30m
12	422 Gratto, Jocelyn	Pictou Count	4.12m
13	435 Macleod, Lauren	Pictou Count	4.76m
14	331 Mullen, Estella Rose	Chebucto Ath	3.19m
15	509 Jaylin, Poirer	Unattached	4.51m

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Metropolitan Field
Meet Program**Event 86 Men 12-15 Long Jump (7)**

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	424 Kirwan, Logan	Pictou Count	4.00m
2	409 Cameron, Duncan	Pictou Count	4.48m
3	312 Murphy, Broderick	Cape Breton	5.24m
4	398 MacNeill, Owen	Islanders TR	5.00m
5	420 Garneau, Kameron	Pictou Count	4.56m
6	436 Macleod, Matthew	Pictou Count	3.00m
7	360 Franklin-Smith, Kwame'	Halifax Ath	4.00m

Event 87 Women 12-15 Shot Put (8)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	487 Davidson, Sydney	Truro Lions	9.00m
2	519 Kincaid-Webster, Mackay	Unattached N	10.05m
3	433 Maceachern, Jaden	Pictou Count	9.24m
4	517 Crocker, Mackenzie	Unattached N	9.93m
5	493 MacIsaac, Chelsea	Truro Lions	10.48m
6	486 Davidson, Jessie	Truro Lions	7.41m
7	453 Smith, Gabrielle	Pictou Count	6.57m
8	545 Harris-Shanks, Marley	Valley Athle	6.00m

Event 88 Men 12-15 Shot Put (7)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	489 Grant, C J	Truro Lions	12.36m
2	440 Moore, Dennis	Pictou Count	9.60m
3	436 Macleod, Matthew	Pictou Count	7.11m
4	313 Macphail, Payton	Celtic Athle	5.08m
5	516 Castonguay, Daniel	Unattached N	11.62m
6	456 Swain, Parker	Pictou Count	12.94m
7	458 Trail, Tyler	Pictou Count	8.00m

Event 89 Men 12-17 Javelin Throw (13)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	456 Swain, Parker	Pictou Count	36.16m
2	500 Sampson, Daniel	Truro Lions	42.77m
3	322 Farmer, Adam	Chebucto Ath	45.81m
4	490 Grant, Robert	Truro Lions	49.00m
5	336 Smith, Ben	Chebucto Ath	49.00m
6	308 Bell, Joshua	Bluenose Ath	47.86m
7	403 Mercier, Kristof	Launchers AT	48.00m
8	380 Salah, Elias	Halifax Ath	29.62m
9	467 Bent, Bailey	Southwest No	48.00m
10	440 Moore, Dennis	Pictou Count	28.74m
11	457 Temple, Jake	Pictou Count	48.80m
12	481 Adams, Michael	Truro Lions	49.40m
13	436 Macleod, Matthew	Pictou Count	27.07m

Event 90 Men 12-17 Discus Throw (16)

Saturday 2016-07-02 - 9:00 AM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	457 Temple, Jake	Pictou Count	30.00m
2	311 Whynot, Cameron	Bluenose Ath	38.06m
3	458 Trail, Tyler	Pictou Count	23.14m
4	436 Macleod, Matthew	Pictou Count	21.12m
5	489 Grant, C J	Truro Lions	36.22m
6	405 Smith, Derek	Launchers AT	38.57m
7	313 Macphail, Payton	Celtic Athle	17.09m
8	322 Farmer, Adam	Chebucto Ath	34.94m
9	381 Salah, Simon	Halifax Ath	35.47m
10	490 Grant, Robert	Truro Lions	35.52m
11	496 Masters, Riley	Truro Lions	38.86m
12	308 Bell, Joshua	Bluenose Ath	46.60m
13	528 Taker, Kyle	Unattached N	25.80m
14	456 Swain, Parker	Pictou Count	48.85m
15	380 Salah, Elias	Halifax Ath	37.36m
16	440 Moore, Dennis	Pictou Count	29.49m

Event 91 Women 20-34 Shot Put Seated Wheelchair (2)

Saturday 2016-07-02 - 1:00 PM

Pos	Name	Team	Seed Mark
Flight 1 of 1 Finals			
1	562 Perrin, Casey	Valley Athle	3.56m
2	552 Lejean, Pamela	Valley Athle	4.48m