

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Women 14-15 60 Meter Dash**

Name	Year Team	Seed	Finals
Finals			
1 Slinner, Olivia	Chebucto Athletics		8.91
2 Gratto, Jocelyn	Pictou Count		9.54
3 Meades, Grace	Valley Athletics		9.79

Women 16-17 60 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Wilson, Edie	Yhz Track &	8.43	8.36	2
2 Macneil, Sarah	Chebucto Athletics	8.75	8.62	2
3 Marchand, Lauryn	Yhz Track &	8.95	9.11	2
4 Garnett, Rylee	Chebucto Athletics		9.50	1
5 McCrea, Grace	Yhz Track &		9.67	1

Women 18-19 60 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Forbes, Perissa	St Francis X	8.45	8.37	2
2 Leblanc, Victoria	University o	8.43	8.42	2
3 Gee, Kali	Saint Marys	8.61	8.60	2
4 Dolan, Hannah	Halifast Athletics		8.61	1
5 Silverberg, Jenna	Dalhousie Un	8.30	8.68	3

Women 20-34 60 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Murphy, Jillian	St Francis X	7.96	8.02	4
2 Mckay, Shawna	Dalhousie Un	7.95	8.06	5
3 Finnan, Abbi	St Francis X	7.87	8.11	5
4 Macdonald, Sydney	University o	8.08	8.12	4
5 Smith, Sydney	Dalhousie Un	7.95	8.13	5
6 Brennan, Bridget	St Francis X	8.21	8.13	3
7 Macquarrie, Eilish	St Francis X	7.91	8.15	5
8 Gashus, Sonja	Dalhousie Un	8.08	8.15	4
9 Cruickshank, Candace	St Francis X	8.07	8.22	4
10 Agnew, Lauren	St Francis X	8.31	8.30	3
11 Oosterholt, Jenna	Dalhousie Un	8.20	8.33	4
12 Lawrence, Beth	St Francis X	8.21	8.42	3
13 Flower, Allie	St Francis X	8.29	8.43	3
14 Ugabi, Anne	University o	8.12	8.48	4
15 Gallagher, Ashley	University o	8.63	8.49	2
16 Thompson, Mary Catherine	St Francis X	8.43	8.52	2
17 Nolan, Jillian	St Francis X	8.43	8.64	2
18 Mposha, Chisha	Saint Marys	9.08	9.01	1
19 Murdoch, Charlotte	Yhz Track &		9.24	1
20 Macneil, Sahra	Saint Marys	9.59	9.62	1
-- Wilson, Hayley	St Francis X	7.74	DNF	5

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Women 35-39 60 Meter Dash**

Name	Year	Team	Seed	Finals	H#
1 Power, Adrienne		Unattached N	7.60	7.60	5

Women 40-44 60 Meter Dash

Name	Year	Team	Seed	Finals
1 James, Paula		Valley Athletics		9.25

Women 60-64 60 Meter Dash

Name	Year	Team	Seed	Finals
1 Welch, Jo		Unattached N	10.60	10.41

Women 12-13 150 Meter Dash

Name	Year	Team	Seed	Finals
1 Moore, Rebecca		Valley Athletics		22.58
2 Lowe, Sydney		Valley Athletics	25.14	24.81
3 O'Leary, Haley		Valley Athletics	26.71	27.56

Women 18-19 150 Meter Dash Wheelchair

Name	Year	Team	Seed	Finals
1 Coombes, Veronica		Unattached-N		30.42

Women 14-15 300 Meter Dash

Name	Year	Team	Seed	Finals	H#
1 Morency, Janie		Halifast Athletics		46.77	1
2 O'Leary, Taylor		Valley Athletics	47.50	47.38	2
3 Slinner, Olivia		Chebucto Athletics		51.90	2
4 Gratto, Jocelyn		Pictou Count		1:02.28	1

Women 16-17 300 Meter Dash

Name	Year	Team	Seed	Finals	H#
1 Wilson, Edie		Yhz Track &	43.50	44.20	2
2 Hill, Olivia		Chebucto Athletics		47.40	1
3 Macneil, Sarah		Chebucto Athletics	48.85	47.62	2
4 Marchand, Lauryn		Yhz Track &	48.18	48.97	2
5 Garnett, Rylee		Chebucto Athletics		51.74	1

Women 18-19 300 Meter Dash

Name	Year	Team	Seed	Finals
1 Forbes, Perissa		St Francis X	45.55	43.85

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****...Women 18-19 300 Meter Dash**

2 Leblanc, Victoria	University o	44.46	44.19
3 Wysote, Nadia	University o	44.96	45.17

Women 20-34 300 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Brennan, Bridget	St Francis X	41.09	41.09	3
2 Beaton, Heather	Dalhousie Un	42.51	41.36	2
3 Murphy, Jillian	St Francis X	42.65	42.07	2
4 Mckay, Shawna	Dalhousie Un	40.94	42.12	3
5 Gashus, Sonja	Dalhousie Un	42.30	42.35	2
6 Flower, Allie	St Francis X	42.12	42.49	3
7 Cruickshank, Candace	St Francis X	41.39	42.59	3
8 Smith, Sydney	Dalhousie Un	40.75	42.66	3
9 Oosterholt, Jenna	Dalhousie Un	43.30	43.43	2
10 Lawrence, Beth	St Francis X	42.90	44.01	2
11 Finnan, Abbi	St Francis X	43.65	44.08	2
12 Gallagher, Ashley	University o	45.09	44.60	1
13 Nolan, Jillian	St Francis X	45.55	47.53	1

Women 14-15 600 Meter Run

Name	Year Team	Seed	Finals
1 Benson, Kianna	Unattached N	1:48.00	1:48.10
2 O'Leary, Taylor	Valley Athletics	1:57.07	2:01.51
3 Gratto, Jocelyn	Pictou Count		2:05.08

Women 16-17 600 Meter Run

Name	Year Team	Seed	Finals	H#
1 Liem, Lauren	Halifast Athletics	1:42.00	1:43.37	2

Women 18-19 600 Meter Run

Name	Year Team	Seed	Finals	H#
1 Hall, Chelsey	Fast Tracks	1:41.80	1:42.01	2
2 Wysote, Nadia	University o	1:44.40	1:45.22	1

Women 20-34 600 Meter Run

Name	Year Team	Seed	Finals	H#
1 Reddy, Michelle	Dalhousie Un	1:35.00	1:32.85	3
2 Mcree, Anna	Dalhousie Un	1:38.00	1:36.93	3
3 Flower, Allie	St Francis X	1:38.79	1:38.50	3
4 Cecire, Nathalie	University o	1:40.80	1:42.49	2
5 Comeau, Liz	Dalhousie Un	1:40.00	1:42.52	2
6 Nwaigwe, Blessing	Saint Marys	1:43.94	1:43.26	1
7 Lawrence, Beth	St Francis X	1:38.79	1:44.19	3
8 Macdonald, Sydney	University o	1:52.10	1:57.73	1

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****....Women 20-34 600 Meter Run**

-- Shannon, Jessica	Dalhousie Un	1:35.00	DNF	3
---------------------	--------------	---------	-----	---

Girls 12-13 1000 Meter Run

Name	Year Team	Seed	Finals
1 Carr-Meachern, Georgia	Yhz Track &	3:30.00	3:45.82

Women 14-15 1000 Meter Run

Name	Year Team	Seed	Finals
1 Boucher, Mikayla	Yhz Track &	3:16.00	3:20.24
2 Burke, Tanna	Yhz Track &	3:16.00	3:20.33
3 Benoit, Eileen	Valley Athletics		3:24.15
4 Sandluck, Allie	Pictou Count		3:36.78
5 Smith, Lily	Yhz Track &		3:41.49

Women 16-17 1000 Meter Run

Name	Year Team	Seed	Finals
1 Kieseckamp, Maddy	Yhz Track &	3:30.00	3:48.00

Women 18-19 1000 Meter Run

Name	Year Team	Seed	Finals	H#
1 Marmura, Hana	St Francis X	3:10.00	3:06.95	2

Women 20-34 1000 Meter Run

Name	Year Team	Seed	Finals	H#
1 Llewellyn, Abby	Dalhousie Un	3:02.00	3:08.17	2
2 Clark, Meghan	Saint Marys	3:07.77	3:08.47	2
3 Mcguire, Cailie	University o	3:05.67	3:09.85	2
4 Cecire, Nathalie	University o	3:15.44	3:10.06	2
5 Timmons, Kevynn	St Francis X	3:09.40	3:11.62	2
6 Macneil, Kendra	St Francis X	3:15.00	3:16.22	2
7 Barbour, Courtney	Unattached	3:19.00	3:23.27	1

Women 16-17 1500 Meter Run

Name	Year Team	Seed	Finals
1 Sandluck, Breanna	Pictou Count		5:08.61
2 Chambers, Meredith	Valley Athletics		5:08.91
3 Lemieux, Genevieve	Pictou Count		6:00.88

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Women 18-19 1500 Meter Run**

Name	Year	Team	Seed	Finals	H#
1 Edmonds, Emma		Halifax Athletics	4:45.00	4:40.06	3
2 Chisholm, Paige		Valley Athletics	5:05.53	5:12.41	2
3 Macdonald, Olivia		St Francis X	5:30.00	5:12.91	2
4 Thompson, Catherine		St Francis X	5:15.00	5:23.78	2
5 Tate, Kirsten		St Francis X	5:45.00	5:51.04	1

Women 20-34 1500 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Wilson, Colleen		Dalhousie Un	4:40.00	4:32.20	3
2 Therrein, Brittany		Halifax Athletics	4:28.00	4:39.45	3
3 Walker, Michaela		Dalhousie Un	4:45.00	4:44.75	3
4 Hawkes, Morgan		Dalhousie Un	4:50.00	4:47.13	3
5 Lausch, Sara		Dalhousie Un	5:00.00	5:04.96	3
6 Clark, Meghan		Saint Marys	5:00.75	5:05.84	3
7 Ferguson, Emily		Dalhousie Un	4:55.00	5:07.77	3
8 Mckenna, Melanie		Dalhousie Un	5:00.00	5:10.19	2
9 Mcguire, Cailie		University o	4:54.10	5:10.94	3
10 Macdonald, Heidi		St Francis X	5:30.00	5:16.84	2
11 Burnett, Ellen		St Francis X	5:28.00	5:28.75	2
12 Mackay, Emily		St Francis X	5:40.00	5:39.24	1

Women 14-15 2000 Meter Run

Name	Year	Team	Seed	Finals
1 Benoit, Eileen		Valley Athletics	7:40.27	7:33.53
2 Sandluck, Allie		Pictou Count		7:35.97

Women 16-17 3000 Meter Run

Name	Year	Team	Seed	Finals
1 Sandluck, Breanna		Pictou Count		11:19.23

Women 18-19 3000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Marmura, Hana		St Francis X	10:35.00	10:31.93	2
2 Macdonald, Olivia		St Francis X	11:35.00	11:32.13	1
3 Robson, Ashley		Halifax Athletics	11:30.00	11:38.11	1
4 Thompson, Catherine		St Francis X	11:20.00	11:43.13	2
5 Tate, Kirsten		St Francis X	12:10.00	12:46.78	1

Women 20-34 3000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Kowal, Kayte		Dalhousie Un	10:15.00	10:28.76	2
2 Macdonald, Jenna		Dalhousie Un	10:15.00	10:28.94	2

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****...Women 20-34 3000 Meter Run**

3	Hamilton, Emily	Yhz Track &	10:45.00	10:47.73	2
4	Macneil, Kendra	St Francis X	11:05.00	11:03.05	2
5	Burnett, Ellen	St Francis X	11:25.00	11:43.41	1
6	Macdonald, Heidi	St Francis X	11:20.00	11:47.38	2
7	Mackay, Emily	St Francis X	12:05.00	12:12.96	1
--	Wilson, Colleen	Dalhousie Un	10:00.00	DNF	2

Women 40-44 3000 Meter Run

Name	Year Team	Seed	Finals
1 James, Paula	Valley Athletics	11:30.00	11:21.95

Women 12-13 60 Meter Hurdles 30"

Name	Year Team	Seed	Finals
1 O'Leary, Haley	Valley Athletics	13.13	13.69

Women 14-15 60 Meter Hurdles 30"

Name	Year Team	Seed	Finals
1 Sweeney, Sierra	Halifax Athletics		9.59
2 O'Leary, Taylor	Valley Athletics	11.05	10.90
3 Meades, Grace	Valley Athletics		12.23

Women 16-17 60 Meter Hurdles 30"

Name	Year Team	Seed	Finals
1 Hill, Olivia	Chebucto Athletics		10.03

Women 18-19 60 Meter Hurdles 33"

Name	Year Team	Seed	Finals
1 Leblanc, Victoria	University o	9.89	9.54
2 Silverberg, Jenna	Dalhousie Un	9.60	9.93

Women 20-34 60 Meter Hurdles 33"

Name	Year Team	Seed	Finals
1 Brennan, Bridget	St Francis X	9.35	9.22
2 Macdonald, Sydney	University o	9.47	9.32
3 Finnan, Abbi	St Francis X	9.49	9.68
4 Comeau, Liz	Dalhousie Un	9.80	10.03

Girls 8-9 60 Meter Dash Tetrathlon

Name	Year Team	Finals	Points
1 Frame, Lara	Unattached N	11.96	68

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Girls 10-11 60 Meter Dash Tetrathlon**

Name	Year Team	Finals	H#	Points
1 Macdonald, Cara	Pictou Count	9.87	1	204
2 Roper, Catherine	Yhz Track &	10.07	2	188
3 Covert, Claire	Unattached N	10.21	2	177

Girls 12-13 60 Meter Dash Tetrathlon

Name	Year Team	Finals	H#	Points
1 Moore, Rebecca	Valley Athletics	9.33	2	249
2 Lowe, Sydney	Valley Athletics	9.77	1	212
3 O'Leary, Haley	Valley Athletics	10.18	1	180

Girls 10-11 600 Meter Run Tetrathlon

Name	Year Team	Finals	Points
1 Macdonald, Cara	Pictou Count	2:13.25	182
2 Roper, Catherine	Yhz Track &	2:21.33	142
3 Covert, Claire	Unattached N	2:27.62	115

Girls 12-13 600 Meter Run Tetrathlon

Name	Year Team	Finals	Points
1 Moore, Rebecca	Valley Athletics	2:01.49	247
2 Lowe, Sydney	Valley Athletics	2:09.64	201
3 O'Leary, Haley	Valley Athletics	2:21.17	143

Girls 10-11 Long Jump Tetrathlon

Name	Year Team	Finals	Points
1 Covert, Claire	Unattached N	3.30m	165
2 Macdonald, Cara	Pictou Count	3.17m	155
3 Roper, Catherine	Yhz Track &	2.80m	128

Girls 12-13 Long Jump Tetrathlon

Name	Year Team	Finals	Points
1 Lowe, Sydney	Valley Athletics	3.71m	197
2 Moore, Rebecca	Valley Athletics	3.35m	169
3 O'Leary, Haley	Valley Athletics	3.05m	146

Girls 8-9 Shot Put Tetrathlon

Name	Year Team	Finals	Points
1 Frame, Lara	Unattached N	1.70m	12

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Girls 10-11 Shot Put Tetrathlon**

Name	Year Team	Finals	Points
1 Macdonald, Cara	Pictou Count	4.61m	111
2 Roper, Catherine	Yhz Track &	4.43m	105
3 Covert, Claire	Unattached N	3.77m	82
4 Frame, Natasha	Unattached N	3.29m	65

Girls 12-13 Shot Put Tetrathlon

Name	Year Team	Finals	Points
1 O'Leary, Haley	Valley Athletics	6.08m	163
2 Lowe, Sydney	Valley Athletics	5.53m	143
3 Moore, Rebecca	Valley Athletics	4.39m	103

Girls 10-11 Tetrathlon

Name	Year Team	Seed	Finals
1 Macdonald, Cara	Pictou Count		652
2 Roper, Catherine	Yhz Track &		563
3 Covert, Claire	Unattached N		539

Girls 12-13 Tetrathlon

Name	Year Team	Seed	Finals
1 Moore, Rebecca	Valley Athletics		768
2 Lowe, Sydney	Valley Athletics	740	753
3 O'Leary, Haley	Valley Athletics	641	632

Men 14-15 60 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Hoogerwerf, Jonathan	Valley Athletics	8.25	8.11	2
2 Yildi, Balkar	Halifast Athletics		8.30	1
3 Mitson, Oliver	Valley Athletics		8.59	1
4 Ghanai, Ayman	Yhz Track &	8.90	8.99	2

Men 16-17 60 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Farmer, Adam	Chebucto Athletics		7.74	1
2 James, Noah	Valley Athletics	8.06	8.00	2
3 Macdonald, Justin	Valley Athletics	28.00	8.50	2

Men 18-19 60 Meter Dash

Name	Year Team	Seed	Finals	H#
1 Stephen, Gabe	Dalhousie Un	7.07	7.23	6
2 Kinney, Adrian	St Francis X	7.29	7.33	5

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****....Men 18-19 60 Meter Dash**

3	Harrison, Braden	University o	7.34	7.34	4
4	Pugh, Evan	University o	7.49	7.40	3
5	Cormier, Anthony	Dalhousie Un	7.20	7.52	5
6	Coulet, Logan	Pictou Count		7.65	1
7	Jewkes, Creighton	St Francis X	7.77	7.90	1

Men 20-34 60 Meter Dash

Name	Year	Team	Seed	Finals	H#
1	Coolen, Matt	Dalhousie Un	6.89	6.94	6
2	Lunda, Josh	Dalhousie Un	6.99	6.95	6
3	Van Der Poel, Mike	Dalhousie Un	6.94	7.01	6
4	Conforzi, Corey	Dalhousie Un	6.99	7.16	6
5	Nazari, Artabaz	Saint John T	7.01	7.17	6
6	Lucas, James	St Francis X	7.20	7.20	5
7	Whitcomb, Mike	University o	7.16	7.21	5
8	Musoke, Matthew	Saint Marys	7.51	7.34	3
9	Tree, Robert	University o	7.47	7.35	3
10	Murphy, Matt	St Francis X	7.20	7.41	5
11	John, Jade	Yhz Track &	7.42	7.43	3
12	Hayes, Jacob	University o	7.33	7.45	4
13	Kidston, Mark	Saint Marys	7.21	7.46	5
14	Keefe, Steven	St Francis X	7.38	7.56	4
15	Tyrrell, Jordan	St Francis X	7.38	7.60	4
16	Mckenna, Jake	St Francis X	7.35	7.61	4
17	Rigby, M'Kyle	Saint Marys	7.59	7.63	2
18	Mittoo, Jordyn	St Francis X	7.40	7.72	4
19	Macdonald, Liam	Halifast Athletics	7.66	7.73	2
20	Graham, Jamie	University o	7.70	7.76	2
21	Berry, Spencer	Saint Marys	7.70	7.79	2
22	Thompspon, Colin	St Francis X	7.55	7.91	3
23	Smith, Matthew	Saint Marys	8.16	8.06	1

Men 12-13 150 Meter Dash

Name	Year	Team	Seed	Finals
1	Macmillan, Connor	Yhz Track &	23.50	22.58

Men 20-34 150 Meter Dash Wheelchair

Name	Year	Team	Seed	Finals
1	Brown, Ben	Valley Athletics	24.31	23.60
2	Shay, Ryan	Valley Athletics	31.10	31.66

Men 12-13 300 Meter Dash

Name	Year	Team	Seed	Finals
1	Macmillan, Connor	Yhz Track &	49.21	49.03

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Men 14-15 300 Meter Dash**

Name	Year	Team	Seed	Finals	H#
1 Yildi, Balkar		Halifast Athletics		42.97	1
2 Hoogerwerf, Jonathan		Valley Athletics	43.02	43.27	2
3 Williamson, Robert		Valley Athletics	44.48	44.23	2
4 Ghanai, Ayman		Yhz Track &	43.50	46.51	2

Men 16-17 300 Meter Dash

Name	Year	Team	Seed	Finals	H#
1 James, Noah		Valley Athletics	42.50	40.40	2
2 Carlton, Matthew		Halifast Athletics	39.00	40.58	2
3 Canning, Alexander		Unattached		42.22	1
4 Macdonald, Justin		Valley Athletics	44.78	44.27	1

Men 18-19 300 Meter Dash

Name	Year	Team	Seed	Finals	H#
1 Harrison, Braden		University o	36.76	36.42	4
2 Cormier, Anthony		Dalhousie Un	36.10	37.13	5
3 Pugh, Evan		University o	38.75	37.58	2
4 Coulet, Logan		Pictou Count		39.12	1
5 Jewkes, Creighton		St Francis X	38.01	40.51	3

Men 20-34 300 Meter Dash

Name	Year	Team	Seed	Finals	H#
1 Van Der Poel, Mike		Dalhousie Un	34.48	34.82	5
2 Conforzi, Corey		Dalhousie Un	35.39	35.77	5
3 Brown, Daniel		University o	35.96	36.44	5
4 Lucas, James		St Francis X	36.70	36.54	4
5 Lunda, Josh		Dalhousie Un	35.90	36.70	5
6 Brennan, Timothy		St Francis X	37.79	37.38	3
7 Keefe, Steven		St Francis X	36.97	37.89	3
8 Macdonald, Liam		Halifast Athletics	38.76	38.25	2
9 Murphy, Matt		St Francis X	36.87	38.40	4
10 Tyrrell, Jordan		St Francis X	37.10	38.77	3
11 Berry, Spencer		Saint Marys	38.68	38.87	2
12 Bunn, Jonathan		University o	38.10	38.93	2
13 Rigby, M'Kyle		Saint Marys	39.50	39.74	1
14 Macfarlane, Frank		University o	38.87	39.87	2
15 Mittoo, Jordyn		St Francis X	38.90	40.53	1

Men 14-15 600 Meter Run

Name	Year	Team	Seed	Finals
1 Williamson, Robert		Valley Athletics	1:43.08	1:40.41
2 Macdonald, Ethan		Pictou Count		1:45.07
3 Dyson, Mattias		Valley Athletics	1:50.00	1:45.18
4 Bennett, Ross		Pictou Count		1:46.10

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Men 16-17 600 Meter Run**

Name	Year	Team	Seed	Finals
1 Canning, Alexander		Unattached		1:39.26

Men 18-19 600 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Leblanc, Andrew		Fast Tracks	1:23.66	1:23.60	3
2 Corbin, Peter		Pictou Count		1:29.90	1
3 Major, Justin		St Francis X	1:28.01	1:33.70	2

Men 20-34 600 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Johnson, Shiloh		Dalhousie Un	1:23.00	1:23.41	3
2 Brown, Daniel		University o	1:24.05	1:25.51	3
3 Mason, Allister		Dalhousie Un	1:25.00	1:26.35	2
4 Lefrank, Drew		Saint Marys	1:24.50	1:26.45	3
5 Washburn, Ryan		St Francis X	1:26.20	1:27.56	2
6 Williams, Greg		Saint Marys	1:25.50	1:27.71	2
7 Bunn, Jonathan		University o	1:25.43	1:29.15	2
8 McMullin, Scott		University o	1:31.99	1:30.36	1
9 Holteen, Clayton		University o	1:28.21	1:30.39	2
10 Mckenna, Jake		St Francis X	1:28.50	1:32.04	2

Men 12-13 1000 Meter Run

Name	Year	Team	Seed	Finals
1 Vess, Greg		Yhz Track &	3:23.00	3:42.84
2 Karabanow, Noah		Yhz Track &	3:30.00	3:50.41

Men 14-15 1000 Meter Run

Name	Year	Team	Seed	Finals
1 Bennett, Ross		Pictou Count		3:13.98
2 Spearns, Jack		Yhz Track &	3:23.00	3:37.10

Men 16-17 1000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Peverill, Andrew		Chebucto Athletics	2:35.00	2:35.07	3
2 Robart-Murray, Aiden		Yhz Track &	3:19.00	3:11.72	2

Men 18-19 1000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Rawling, Angus		St Francis X	2:32.00	2:35.67	3
2 Miller, Blair		Halifax Athletics		2:55.96	1

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****....Men 18-19 1000 Meter Run**

3 Langille, Scott	Pictou Count	3:10.36	3:04.62	2
-------------------	--------------	---------	---------	---

Men 20-34 1000 Meter Run

Name	Year Team	Seed	Finals	H#
1 Wing, Jake	Dalhousie Un	2:30.00	2:30.29	3
2 Russell, Will	Dalhousie Un	2:30.00	2:32.20	3
3 Manuel, Adam	Dalhousie Un	2:30.00	2:39.73	3
4 Peverill, Jonathan	Saint Marys	2:40.10	2:40.13	2
5 O'Regan, Ryan	St Francis X	2:40.00	2:42.09	3
6 Macdonald, Ian	Saint Marys	2:41.00	2:44.17	2
7 Holteen, Clayton	University o	2:45.13	2:45.42	2
8 Manuel, Marc-Andre	University o	2:57.85	2:50.46	2

Men 45-49 1000 Meter Run

Name	Year Team	Seed	Finals	H#
1 Trottier, Corwin	Saint Marys	2:40.50	2:42.40	2

Men 12-13 1200 Meter Run

Name	Year Team	Seed	Finals
1 James, Zachary	Valley Athletics	3:58.47	4:03.61

Men 14-15 1200 Meter Run

Name	Year Team	Seed	Finals
1 Boudreau, Brody	Halifast Athletics		3:35.26
2 Macdonald, Ethan	Pictou Count		3:55.88
3 Watts, William	Valley Athletics		3:57.20
4 Bennett, Ross	Pictou Count		4:03.36
5 Dyson, Mattias	Valley Athletics	3:57.60	4:03.90

Men 16-17 1500 Meter Run

Name	Year Team	Seed	Finals
1 Kays, Tristan	Halifast Athletics		4:43.20
2 Benoit, Jacob	Valley Athletics		4:50.86

Men 18-19 1500 Meter Run

Name	Year Team	Seed	Finals	H#
1 Drever, Callum	Dalhousie Un	4:20.00	4:11.72	3
2 Lynds, Trent	Halifast Athletics	4:18.00	4:18.52	3
3 Rogers, Mike	Dalhousie Un	4:20.00	4:24.28	2
4 Moran, Zach	Halifast Athletics	4:35.00	4:32.45	1
5 Corbin, Peter	Pictou Count		4:49.08	1
6 Langille, Scott	Pictou Count	5:03.45	5:04.10	1

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Men 20-34 1500 Meter Run**

Name	Year	Team	Seed	Finals	H#
1 Cyr, Alex		St Francis X	4:01.00	4:02.29	3
2 Dewolfe, Cal		St Francis X	4:00.00	4:03.10	3
3 Wood, Nick		Dalhousie Un	4:01.00	4:07.02	3
4 Wach, Graeme		Dalhousie Un	4:05.00	4:10.14	3
5 Favero, Nick		St Francis X	4:12.00	4:12.27	3
6 Maclellan, Paul		St Francis X	4:15.00	4:12.57	3
7 Maguire, Daniel		Halifax Athletics	4:25.00	4:28.79	2
8 Macdonald, Edward		St Francis X	4:20.00	4:31.25	2
9 Ferguson, Warren		St Francis X	4:40.00	4:33.33	1
10 Maxwell, Mason		Halifax Athletics	4:30.00	4:34.99	2
11 Manuel, Marc-Andre		University o	4:31.64	4:38.63	2
12 McMullin, Scott		University o	4:30.00	4:46.79	2
13 Fuller, Ryan		St Francis X	4:30.00	4:56.64	2

Men 14-15 2000 Meter Run

Name	Year	Team	Seed	Finals
1 Boudreau, Brody		Halifax Athletics		6:44.61
2 Macdonald, Ethan		Pictou Count		6:57.66
3 Bennett, Ross		Pictou Count		6:59.75

Men 16-17 3000 Meter Run

Name	Year	Team	Seed	Finals
1 Shankel, Jonah		Valley Athletics		10:28.71

Men 18-19 3000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Rawling, Angus		St Francis X	8:55.00	8:47.84	2
2 Drever, Callum		Dalhousie Un	9:20.00	9:21.44	1
3 Rogers, Mike		Dalhousie Un	9:20.00	9:42.74	1
4 Moran, Zach		Halifax Athletics	10:10.00	10:18.27	1

Men 20-34 3000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Mcneil, Matt		Dalhousie Un	8:17.00	8:39.36	2
2 Cyr, Alex		St Francis X	8:40.00	8:45.76	2
3 Shanks, Joshua		University o	8:51.31	8:47.31	2
4 Wach, Graeme		Dalhousie Un	8:55.00	9:05.42	2
5 Favero, Nick		St Francis X	8:58.00	9:06.92	2
6 Macintosh, Angus		Dalhousie Un	8:55.00	9:09.53	2
7 Maclellan, Paul		St Francis X	9:20.00	9:14.48	1
8 Mueller, Matthias		Halifax Athletics	9:05.00	9:15.04	2
9 Quenneville, Gabriel		Unattached	9:15.00	9:33.44	2
10 O'Regan, Ryan		St Francis X	9:20.00	9:33.86	1
11 Macdonald, Edward		St Francis X	9:30.00	9:37.08	1

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****....Men 20-34 3000 Meter Run**

12	Ferguson, Warren	St Francis X	9:45.00	9:49.81	1
13	Maxwell, Mason	Halifax Athletics	9:55.73	9:52.20	1
14	Fuller, Ryan	St Francis X	9:40.00	10:02.07	1
15	Maguire, Daniel	Halifax Athletics	9:44.00	10:20.33	1

Men 35-39 3000 Meter Run

Name	Year	Team	Seed	Finals	H#
1 Snider, Graydon		Halifax Athletics	8:50.00	8:48.18	2

Men 12-13 60 Meter Hurdles 30"

Name	Year	Team	Seed	Finals
1 James, Zachary		Valley Athletics	11.89	11.43

Men 14-15 60 Meter Hurdles 33"

Name	Year	Team	Seed	Finals
1 Hoogerwerf, Jonathan		Valley Athletics	10.24	10.16

Men 16-17 60 Meter Hurdles 36"

Name	Year	Team	Seed	Finals
1 Farmer, Adam		Chebucto Athletics		9.00
2 James, Noah		Valley Athletics	9.32	9.69

Men 18-19 60 Meter Hurdles 39"

Name	Year	Team	Seed	Finals
1 Boudreau, Myles		Chebucto Athletics		9.50

Men 20-34 60 Meter Hurdles 42"

Name	Year	Team	Seed	Finals	H#
1 Coolen, Matt		Dalhousie Un	8.30	8.36	1
2 Musoke, Matthew		Saint Marys	8.85	8.54	1
3 Mckenna, Jake		St Francis X	9.30	9.20	1
4 Thompspon, Colin		St Francis X	9.22	9.25	1
5 Brennan, Timothy		St Francis X	9.41	9.36	2
6 Tyrrell, Jordan		St Francis X	9.55	9.68	2
7 Smith, Matthew		Saint Marys	10.82	10.76	2
8 Matthews, Preston		Saint Marys	11.50	12.26	2

Men 10-11 60 Meter Dash Tetrathlon

Name	Year	Team	Finals	Points
1 Boudreau, Jake		Halifax Athletics	9.90	201

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****....Men 10-11 60 Meter Dash Tetrathlon**

2	Robertson, Conrad	Pictou Count	10.50	156
3	Elliott, Liam	Yhz Track &	10.53	154
4	Sims, Aidan	Pictou Count	10.70	142

Men 12-13 60 Meter Dash Tetrathlon

Name	Year Team	Finals	Points
1 James, Zachary	Valley Athletics	9.02	277

Men 10-11 600 Meter Run Tetrathlon

Name	Year Team	Finals	Points
1 Elliott, Liam	Yhz Track &	2:15.54	170
2 Robertson, Conrad	Pictou Count	2:17.00	163
3 Sims, Aidan	Pictou Count	2:17.37	161

Men 12-13 600 Meter Run Tetrathlon

Name	Year Team	Finals	Points
1 James, Zachary	Valley Athletics	1:52.58	303

Men 10-11 Long Jump Tetrathlon

Name	Year Team	Finals	Points
1 Boudreau, Jake	Halifax Athletics	3.39m	172
2 Robertson, Conrad	Pictou Count	3.01m	143
3 Sims, Aidan	Pictou Count	2.80m	128
4 Elliott, Liam	Yhz Track &	2.68m	119

Men 12-13 Long Jump Tetrathlon

Name	Year Team	Finals	Points
1 James, Zachary	Valley Athletics	4.26m	243

Men 10-11 Shot Put Tetrathlon

Name	Year Team	Finals	Points
1 Boudreau, Jake	Halifax Athletics	6.13m	165
2 Sims, Aidan	Pictou Count	5.88m	156
3 Elliott, Liam	Yhz Track &	5.69m	149
4 Robertson, Conrad	Pictou Count	4.34m	101

Men 12-13 Shot Put Tetrathlon

Name	Year Team	Finals	Points
1 James, Zachary	Valley Athletics	8.72m	259

2016 Athletics NS Indoor Open - 2016-01-17**Track + Tetrathlon
Canada Games Center
Results****Men 10-11 Tetrathlon**

Name	Year Team	Seed	Finals
1 Elliott, Liam	Yhz Track &		592
2 Sims, Aidan	Pictou Count		587
3 Robertson, Conrad	Pictou Count		563

Men 12-13 Tetrathlon

Name	Year Team	Seed	Finals
1 James, Zachary	Valley Athletics		1082

Women 18-19 60 Meter Dash

Name	Year Team	Seed	Finals
1 Coombes, Veronica	Unattached-N		14.26

Men 20-34 60 Meter Dash

Name	Year Team	Seed	Finals
1 Brown, Ben	Valley Athletics	11.52	11.31
2 Shay, Ryan	Valley Athletics	13.77	14.41

Women 18-19 300 Meter Dash

Name	Year Team	Seed	Finals
1 Coombes, Veronica	Unattached-N		59.23

Men 20-34 300 Meter Dash

Name	Year Team	Seed	Finals
1 Brown, Ben	Valley Athletics	45.56	45.08