

Updated August 25th, 2010

Please send errors or omissions to coach@athleticsnovascotia.ca

Women								
100m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>11.43 (3.7)</b>	<b>Adrienne Power</b>	<b>81</b>	<b>2</b>	<b>Edmonton International</b>	<b>HaliFast</b>	<b>Edmonton</b>	<b>12-Jun-10</b>
	11.51 (1.1)	Adrienne Power	81	3	Victoria Track Classic	HaliFast	Victoria, BC	7-Jul-10
	11.58 (2.1)	Adrienne Power	81	2H	Canadian Championships	HaliFast	Toronto	31-Jul-10
	11.60 (0.4)	Adrienne Power	81	3	Canadian Championships	HaliFast	Toronto	31-Jul-10
	11.61 (1.0)	Adrienne Power	81	3	Lafarge Track Classic	HaliFast	Toronto	3-Jul-10
	11.69 (-1.1)	Adrienne Power	81	3	Herry Jerome	HaliFast	Burnaby, BC	5-Jul-10
	11.97 (-2.3)	Adrienne Power	81	1	California Invitational Relays	HaliFast	Sacramento,CA	29-May-10
<b>2</b>	<b>12.43</b>	<b>Cassandre Collins</b>	<b>94</b>	<b>H</b>	<b>Youth Championships</b>	<b>Chebucto</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
	12.47	Cassandre Collins	94	1	NS Provincials	Chebucto	Dartmouth,NS	11-Jul-10
<b>3</b>	<b>12.5</b>	<b>Hayley Wilson</b>	<b>95</b>	<b>H</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	12.51 (3.3)	Hayley Wilson	95	H	Youth Championships	UNA	Ottawa	6-Aug-10
	12.53	Cassandre Collins	94	H	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	12.62	Cassandre Collins	94	12	Youth Championships	Chebucto	Ottawa	6-Aug-10
	12.66	Hayley Wilson	95	1	NS Provincials	UNA	Dartmouth	11-Jul-10
	12.67 (-0.2)	Cassandre Collins	94	14	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10
	12.68 (0.5)	Cassandre Collins	94	8	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
	12.74 (0.4)	Cassandre Collins	94	1 H3	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
	12.74 (0.4)	Cassandre Collins	94	H	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10
<b>3</b>	<b>12.77</b>	<b>Meryl MacDougall</b>	<b>93</b>	<b>H</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
<b>4</b>	<b>12.78</b>	<b>Juliana Blois</b>	<b>92</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>HaliFast</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>4</b>	<b>12.78</b>	<b>Sarah Glen</b>	<b>93</b>	<b>2</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	12.79	Cassandre Collins	94	H	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	12.80	Hayley Wilson	95	6	Youth Championships	UNA	Ottawa	6-Aug-10
<b>5</b>	<b>12.82</b>	<b>Jillian Nolan</b>	<b>94</b>	<b>H</b>	<b>NS Provincials</b>	<b>Truro Track</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	12.83	Cassandre Collins	94	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	12.83 (0.4)	Cassandre Collins	94	3	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
	12.83 NWI	Cassandre Collins	94	1 H6	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
	12.86	Meryl MacDougall	93	H	NS Provincials	UNA	Dartmouth	11-Jul-10
	12.87	Meryl MacDougall	93	H	Youth Championships	UNA	Ottawa	6-Aug-10
	12.89	Juliana Blois	92	1	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10
	12.94 (0.7)	Meryl MacDougall	93	H	Canadian Junior Trials	UNA	Moncton, NB	2-Jul-10
	12.99	Sarah Glen	93	H	NS Provincials	UNA	Dartmouth	11-Jul-10
	13	Cassandre Collins	94	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	13.06	Meryl MacDougall	93	H	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
	13.08	Cassandre Collins	94	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
<b>6</b>	<b>13.15</b>	<b>Rachel Wright</b>		<b>H</b>	<b>NSSAF Provincials</b>	<b>CNLL</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	13.17	Rachel Wright		3	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10

	13.18	Jillian Nolan	94	4	NS Provincials	CNLL	Dartmouth	11-Jul-10
<b>7</b>	<b>13.19</b>	<b>Jennifer Meech</b>	<b>94</b>	<b>H</b>	<b>Jr/Sr Selection Meet</b>	<b>CNLL</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	13.22	Hayley Wilson	95	5	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	13.23 (0.4)	Jillian Nolan	94	H	Canadian Junior Trials	Truro Track	Moncton, NB	2-Jul-10
	13.28	Hayley Wilson	95	5	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	13.47	Jillian Nolan	94	3	Jr/Sr Selection Meet	Truro Track	Dartmouth	19-Jun-10
	13.49	Jillian Nolan	94	H	Jr/Sr Selection Meet	Truro Track	Dartmouth	19-Jun-10
	13.50	Jillian Nolan	94	H	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
	13.55	Jillian Nolan		6	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
<b>8</b>	<b>13.56</b>	<b>Maia Jorgensen</b>	<b>95</b>	<b>4</b>	<b>Jr/Sr Selection Meet</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	14.04	Maia Jorgensen	95	H	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10
<b>9</b>	<b>14.15</b>	<b>Jamiee Mulrooney</b>	<b>96</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	14.23	Jamiee Mulrooney	96	8	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
<b>10</b>	<b>14.27 NWI</b>	<b>Monica Mitchell</b>	<b>93</b>	<b>7 H4</b>	Walt Disney World invitational	Bluenose	Celebration, FL	20-Mar-10
<b>11</b>	<b>14.40</b>	<b>Macayla Cullen</b>	<b>95</b>	<b>5</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	14.48	Macayla Cullen	95	H	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10

Women								
200m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>23.47 (0.8)</b>	<b>Adrienne Power</b>	<b>81</b>	<b>1</b>	<b>Canadian Championships</b>	<b>HaliFast</b>	<b>Toronto</b>	<b>31-Jul-10</b>
	23.69 (-0.7)	Adrienne Power	81	1H	Canadian Championships	HaliFast	Toronto	31-Jul-10
	23.79 (-0.6)	Adrienne Power	81	1	California Invitational Relays	HaliFast	Sacramento,CA	29-May-10
	24.00 (1.2)	Adrienne Power	81	3	North Texas Spring Classic	HaliFast	Denton,TX	10-Apr-10
<b>2</b>	<b>24.40 (2.1)</b>	<b>Jenna Martin</b>	<b>88</b>	<b>5</b>	<b>Black and Gold Challenge</b>	<b>UNA</b>	<b>Orlando, FL</b>	<b>20-Mar-10</b>
	24.54 (0.6)	Jenna Martin	88	1	Border Battle "Kentuckiana"	UNA	Cardinal Park, KY	10-Apr-10
	25.05 (-4.7)	Jenna Martin	88	17	Jesse Owens Track Classic	UNA	Columbus,OH	1-May-10
<b>3</b>	<b>25.84</b>	<b>Cassandre Collins</b>	<b>94</b>	<b>13</b>	<b>Youth Championships</b>	<b>Chebucto</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
<b>4</b>	<b>25.91 (-1.0)</b>	<b>Juliana Blois</b>	<b>92</b>	<b>1 H9</b>	UCF Invitational	HaliFAST	Orlando,FL	27-Mar-10
<b>5</b>	<b>25.91 (1.9)</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>25</b>	<b>Duke Invitational</b>	<b>Bluenose</b>	<b>Durham,NC</b>	<b>3-Apr-10</b>
	25.98	Cassandre Collins	94	H	Youth Championships	Chebucto	Ottawa	6-Aug-10
	26.02 (-1.8)	Rachael McIntosh	91	5	2010 Big East	Bluenose	Cincinnati,OH	2-May-10
	26.13 (0.1)	Rachael McIntosh	91	3	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10
<b>6</b>	<b>26.18 (2.2)</b>	<b>Emily Phelan</b>	<b>93</b>	<b>4 H2</b>	<b>Youth Championships</b>	<b>HaliFast</b>	<b>Ottawa</b>	<b>8-Aug-10</b>
	26.20 (-2.1)	Rachael McIntosh	91	50	31st Sun Angel Track Classic	Bluenose	Tempe, AZ	10-Apr-10
	26.23	Emily Phelan	93	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	26.27	Emily Phelan	93	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	26.29 (-0.1)	Rachael McIntosh	91	4	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10
	26.30	Cassandre Collins	94	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	26.30	Juliana Blois	92	1	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10
	26.36	Emily Phelan	93	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10
<b>7</b>	<b>26.38</b>	<b>Eilish MacQuarrie</b>	<b>93</b>	<b>2</b>	<b>NS Provincials</b>	<b>ATC</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	26.39	Eilish MacQuarrie	93	H	Youth Championships	ATC	Ottawa	6-Aug-10

	26.41	Eilish MacQuarrie	93	2	NS Provincials	ATC	Dartmouth	11-Jul-10
	<b>26.42</b>	<b>Heather Beaton</b>	<b>95</b>	<b>8</b>	<b>Youth Championships</b>	<b>UNA</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
	26.44	Cassandre Collins	94	H	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	26.57	Heather Beaton	95	H	Youth Championships	UNA	Ottawa	6-Aug-10
	26.60 (1.0)	Emily Phelan	93	1	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10
<b>8</b>	<b>26.61</b>	<b>Jennifer Meech</b>	<b>94</b>	<b>3</b>	<b>NS Provincials</b>	<b>CNLL</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	26.63	Eilish MacQuarrie	93	2	Jr/Sr Selection Meet	ATC	Dartmouth	19-Jun-10
	26.67	Cassandre Collins	94	2	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	26.69	Jennifer Meech	94	3	NS Provincials	CNLL	Dartmouth	11-Jul-10
	26.67 (-0.8)	Rachael McIntosh	91	4	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10
	26.79 (-1.8)	Eilish MacQuarrie	93	H	Canadian Junior Trials	ATC	Moncton, NB	2-Jul-10
	26.84	Jennifer Meech	94	3	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
	26.93	Cassandre Collins	94	3	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	27.01	Heather Beaton	95	5	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
	27.01(-1.9)	Emily Phelan	93	H	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10
<b>9</b>	<b>27.03</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>2</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	27.03	Heather Beaton	95	H	NS Provincials	UNA	Dartmouth	11-Jul-10
	27.12	Cassandre Collins	94	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	27.14 (-2)	Heather Beaton	95	H	Canadian Junior Trials	UNA	Moncton, NB	2-Jul-10
<b>10</b>	<b>27.18</b>	<b>Meryl MacDougall</b>	<b>93</b>	<b>6</b>	<b>Jr/Sr Selection Meet</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	27.28	Juliana Blois	92	H	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10
	27.30	Jennifer Meech	94	H	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
	27.34 NWI	Juliana Blois	92	1 H12	Disney T&F Showcase	HaliFAST	Celebration, FL	13-Mar-10
	27.40	Heather Beaton	95	1	NS Provincials	UNA	Dartmouth	11-Jul-10
<b>11</b>	<b>27.48</b>	<b>Jillian Nolan</b>	<b>94</b>	<b>8</b>	<b>Jr/Sr Selection Meet</b>	<b>Truro Track</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	27.49 (2.2)	Nicole Wadden	93	8 H2	Youth Championships	Chebucto	Ottawa	8-Aug-10
<b>12</b>	<b>27.68 (-0.7)</b>	<b>Jennifer Pitman</b>	<b>92</b>	<b>6</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>HaliFast</b>	<b>Toronto</b>	<b>13-Jun-10</b>
<b>13</b>	<b>27.70</b>	<b>Hayley Wilson</b>	<b>95</b>	<b>7</b>	<b>NSSAF Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>14</b>	<b>27.82 (1.9)</b>	<b>Eleanor Chisholm</b>	<b>95</b>	<b>H</b>	<b>Youth Championships</b>	<b>YHZ</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
	27.85	Eleanor Chisholm	95	2	NS Provincials	YHZ	Dartmouth	11-Jul-10
<b>15</b>	<b>27.90</b>	<b>Monica Mitchell</b>	<b>93</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	27.91	Eleanor Chisholm	95	H	NS Provincials	YHZ	Dartmouth	11-Jul-10
	27.92	Emily Phelan	93	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	27.97	Monica Mitchell	93	6	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
<b>16</b>	<b>27.99</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>17</b>	<b>28.01</b>	<b>Rachel Wright</b>	<b>94</b>	<b>8</b>	<b>NSSAF Provincials</b>	<b>CNLL</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	28.01	Hayley Wilson	95	7	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	28.02	Rachel Wright	94	H	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
<b>18</b>	<b>28.06</b>	<b>Rachael Boyle</b>	<b>92</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	28.08	Rachael Boyle	92	7	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
<b>19</b>	<b>27.90h (2.4)</b>	<b>Morgan Priske</b>	<b>93</b>	<b>2</b>	<b>Atlantics</b>	<b>PRACS</b>	<b>Charlottetown</b>	<b>15-Aug-10</b>
	28.15 (1.0)	Nicole Wadden	93	4	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10
	28.33 NWI	Monica Mitchell	93	5 H3	Walt Disney World invitational	Bluenose	Celebration, FL	20-Mar-10

	<b>28.59</b>	<b>Jamiee Mulrooney</b>	<b>96</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>20</b>	<b>28.6</b>	<b>Kennedy Maclean</b>	<b>92</b>	<b>H</b>	<b>NS Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
<b>21</b>	<b>28.69</b>	<b>Brianna Bethune</b>	<b>96</b>	<b>9</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	28.72	Kennedy Maclean	92	H	NS Provincials	YHZ	Dartmouth	11-Jul-10
	28.75	Brianna Bethune	96	4	NS Provincials	Chebucto	Dartmouth	11-Jul-10
<b>22</b>	<b>28.84</b>	<b>Courtney Garland</b>	<b>96</b>	<b>10</b>	<b>Jr/Sr Selection Meet</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	28.85	Brianna Bethune	96	H	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	28.88	Jamiee Mulrooney	96	6	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
<b>23</b>	<b>29.11</b>	<b>Macayla Cullen</b>	<b>95</b>	<b>11</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	29.38	Macayla Cullen	95	H	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	29.49	Macayla Cullen	95	5	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	29.61 NWI	Monica Mitchell	93	2 H12	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
<b>24</b>	<b>29.64 NWI</b>	<b>Haley Gates</b>	<b>94</b>	<b>3 H12</b>	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
<b>25</b>	<b>30.50 (-1.2)</b>	<b>Laura Maessen</b>	<b>89</b>	<b>7</b>	AO National Jr & Sr Qualifier	UNA	Toronto	13-Jun-10
<b>26</b>	<b>30.74 NWI</b>	<b>Lily Gordon</b>	<b>95</b>	<b>4 H2</b>	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
<b>27</b>	<b>30.92</b>	<b>Lavinia Ford</b>	<b>98</b>	<b>3</b>	<b>Mini Meet</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>12-Jun-10</b>

Women 300m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>41.51</b>	<b>Heather Beaton</b>	<b>95</b>	<b>7</b>	<b>Youth Championships</b>	<b>UNA</b>	<b>Ottawa</b>	<b>6-Aug-2010</b>
	42.40	Heather Beaton	95	1	NS Provincials	UNA	Dartmouth	10-Jul-10
	42.30h	Heather Beaton	95	1	Atlantics	UNA	Charlottetown	15-Aug-15
<b>2</b>	<b>43.86</b>	<b>Eleanor Chisholm</b>	<b>95</b>	<b>H</b>	<b>Youth Championships</b>	<b>YHZ</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
	43.69	Eleanor Chisholm	95	2	NS Provincials	YHZ	Dartmouth	10-Jul-10
<b>3</b>	<b>43.92</b>	<b>Nicole Abriel</b>	<b>96</b>	<b>3</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>10-Jul-10</b>
	44.02	Heather Beaton	95	1	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
<b>4</b>	<b>44.50</b>	<b>Maddy MacDonald</b>	<b>96</b>	<b>4</b>	<b>NS Provincials</b>	<b>VAA</b>	<b>Dartmouth</b>	<b>10-Jul-10</b>
<b>5</b>	<b>45.25</b>	<b>Brianna Bethune</b>	<b>96</b>	<b>5</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
<b>6</b>	<b>46.41</b>	<b>Courtney Garland</b>	<b>96</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	46.72	Brianna Bethune	96	3	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10

Women 400m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>52.45</b>	<b>Adrienne Power</b>	<b>81</b>	<b>3</b>	<b>Edmonton International</b>	<b>HaliFast</b>	<b>Edmonton</b>	<b>12-Jun-10</b>
<b>2</b>	<b>53.75</b>	<b>Jenna Martin</b>	<b>88</b>	<b>3</b>	<b>Tom Jones Memorial</b>	<b>UNA</b>	<b>Gainesville,FL</b>	<b>17-Apr-10</b>
	53.79	Adrienne Power	81	1	Kajaks Track Classic	HaliFast	Richmond, BC	9-Jul-10
	54.08	Jenna Martin	88	9	SEC Championships	UNA	Knoxville, Tenn	16-May-10
	54.25	Jenna Martin	88	1	Border Battle "Kentuckiana"	UNA	Cardinal Park, KY	10-Apr-10
	54.42	Jenna Martin	88	26	NCAA East Regional Championships	UNA	Greensboro, NC	27-May-10
	54.77	Jenna Martin	88	14	Florida Relays	UNA	Orlando, FL	3-Apr-10

3	59.09	Eilish MacQuarrie	93	27	Canadian Junior Trials	ATC	Moncton, NB	2-Jul-10
4	59.34	Heather Beaton	95	28	Canadian Junior Trials	UNA	Moncton, NB	2-Jul-10
	59.35	Eilish MacQuarrie	93	10	Youth Championships	ATC	Ottawa	6-Aug-10
5	59.37	Emily Phelan	93	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	59.49	Eilish MacQuarrie	93	1	NS Provincials	ATC	Dartmouth	11-Jul-10
	60.23	Eilish MacQuarrie	93	1	Jr/Sr Selection Meet	ATC	Dartmouth	19-Jun-10
	60.45	Emily Phelan	93	2	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
6	60.60	Jennifer Meech	94	2	NS Provincials	CNLL	Dartmouth	11-Jul-10
	60.66	Jennifer Meech	94	2	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
7	60.92	Britany MacArthur	92	2	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10
	61.18	Jennifer Meech	94	3	Jr/Sr Selection Meet	CNLL	Dartmouth	19-Jun-10
8	61.27	Brett McCavour	94	3	NS Provincials	Truro	Dartmouth	11-Jul-10
	61.38	Britany MacArthur	92	H	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10
	61.74	Jennifer Meech	94	H	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
9	61.92	Jennifer Pitman	92	H	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10
	62.24	Emily Phelan	93	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	62.3h	Britany MacArthur	92	1	SMU Twilight #1	HaliFAST	Halifax	11-May-10
	62.47	Britany MacArthur	92	4	Jr/Sr Selection Meet	HaliFast	Dartmouth	19-Jun-10
	62.76	Jennifer Pitman	92	5	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10
10	62.83	Morgan Priske	93	H	NSSAF Provincials	PCRS	Dartmouth	5-Jun-10
	62.84	Brett McCavour	94	5	Jr/Sr Selection Meet	94	Dartmouth	19-Jun-10
11	62.88	Cassandre Collins	94	6	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
12	63.03	Maria Wolter	94	6	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10
13	63.28	Kennedy MacLean	92	7	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
14	63.32	Nicole Wadden	93	8	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	63.39	Maria Wolter	94	5	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
	63.76	Morgan Priske	93	6	NSSAF Provincials	PCRS	Dartmouth	5-Jun-10
15	63.96	Brianna Bethune	96	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	64.08	Maria Wolter	94	H	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
	64.13	Cassandre Collins	94	6	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	63.9h	Kennedy MacLean	92	2	SMU Twilight #1	YHZ	Halifax	11-May-10
	64.29	Brianna Bethune	96	4	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	64.39	Morgan Priske	93	4	NS Provincials	PCRAS	Dartmouth	11-Jul-10
	64.69	Morgan Priske	93	9	Jr/Sr Selection Meet	PCRAS	Dartmouth	19-Jun-10
16	64.94	Olivia Pitman	93	10	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
	65.20	Morgan Priske	93	5	Walt Disney World invitational	PCRS	Celebration, FL	20-Mar-10
	65.75	Morgan Priske	93	3 H1	Walt Disney World invitational	PCRS	Celebration, FL	20-Mar-10
17	65.80h	Morgan Priske	93	2	Atlantics	PRACS	Charlottetown	15-Aug-10
18	66.1h	Taylor Regan	91	3	SMU Twilight #1	DA	Halifax	11-May-10
19	67.21	Madison Turple	94	2 H5	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
20	67.32	Monica Mitchell	93	2 H7	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
21	67.41	Taylor Roode	95	5 H3	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
22	69.12	Maria Wolter	94	3 H1	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10

23	<b>69.89</b>	<b>Lily Gordon</b>	<b>95</b>	<b>4 H5</b>	<b>Disney T&amp;F Showcase</b>	<b>Bluenose</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
	70.17	Lily Gordon	95	4 H2	Walt Disney World invitational	Bluenose	Celebration, FL	20-Mar-10
24	<b>75.0h</b>	<b>Lavinia Ford</b>	<b>98</b>	<b>5</b>	<b>SMU Twilight #1</b>	<b>YHZ</b>	<b>Halifax</b>	<b>11-May-10</b>

Women								
800m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>2:05.26</b>	<b>Celia Peters</b>	<b>87</b>	<b>2</b>	<b>American Milers HPS #3</b>	<b>HaliFast</b>	<b>Indianapolis, IN</b>	<b>16-Jun-10</b>
	2:07.05	Celia Peters	87	1	Windor Univeristy Open	HaliFast	Windsor, ON	29-May-10
	2:07.29	Celia Peters	87	3	RCLDS #2: London Distance Classic	HaliFast	London, ON	2-Jun-10
	2:07.75	Celia Peters	87	6	Victoria International Track Classic	HaliFast	Victoria, BC	7-Jul-10
	2:07.78	Celia Peters	87	5	Aileen Meagher International Track Classic	HaliFast	Halifax, NS	3-Aug-10
	2:08.25	Celia Peters	87	4	2010 Kajacks Spring Meet	HaliFast	Richmond, BC	8-May-10
	2:08.25	Celia Peters	87	4	Kajacks International Track Classic	HaliFast	Richmond, BC	10-Jul-10
	2:08.44	Celia Peters	87	4	American Milers HPS #2	HaliFast	Indianapolis, IN	12-Jun-10
	2:08.64	Celia Peters	87	5	Payton Jordan Cardinal Invitational	HaliFast	Stanford, CA	1-May-10
<b>2</b>	<b>2:09.19</b>	<b>Ashley Ryer</b>	<b>88</b>	<b>9</b>	<b>Victoria International Track Classic</b>	<b>HWAN</b>	<b>Victoria, BC</b>	<b>7-Jul-10</b>
	2:09.50	Celia Peters	87	8	Canadian Championships	HaliFast	Toronto	31-Jul-10
	2:10.03	Celia Peters	87	7	Harry Jerome Classic	HaliFast	Burnaby, BC	5-Jul-10
	2:10.13	Ashley Ryer	88	1	Harry Jerome Classic	HWAN	Burnaby, BC	5-Jul-10
	2:10.70	Celia Peters	87	3	2010 Sun Devil Open	HaliFast	Tempe, AZ	24-Apr-10
<b>3</b>	<b>02:11.38</b>	<b>Allison Letourneau</b>	<b>89</b>	<b>20</b>	<b>2010 ECAC and IC4A Track and Field</b>	<b>YHZ</b>	<b>Princeton, NJ</b>	<b>16-May-10</b>
	2:11.67	Ashley Ryer	88	4	Mini Meet	Wanderers	Dartmouth	12-Jun-10
	02:11.76	Allison Letourneau	89	1	New England Championships	YHZ	Dedham, MA	8-May-10
<b>4</b>	<b>02:12.10</b>	<b>Rebecca Coady</b>	<b>89</b>	<b>8</b>	<b>2010 Alumni Gold</b>	<b>UNA</b>	<b>Baton Rouge,LA</b>	<b>17-Apr-10</b>
	02:12.18	Ashley Ryer	88	2	Kajacks International Track Classic	HWAN	Richmond, BC	10-Jul-10
	02:12.64	Rebecca Coady	89	1	Seminole Invitational	UNA	Tallahassee,FL	10-Apr-10
	02:12.70	Ashley Ryer	88	1	SMU Twilight #2	Wanderers	Halifax,NS	25-May-10
<b>5</b>	<b>02:12.90</b>	<b>Alicia Dobranowski</b>	<b>84</b>	<b>2</b>	<b>SMU Twilight #2</b>	<b>HaliFast</b>	<b>Halifax,NS</b>	<b>25-May-10</b>
	02:13.40	Allison Letourneau	89	5	2010 America East	YHZ	Durham,NH	2-May-10
	02:13.79	Rebecca Coady	89	1	USA Tri-Meet	UNA	Mobile, AL	27-Mar-10
	02:13.82	Ashley Ryer	88	1	Jr/Sr Selection Meet	HWAN	Dartmouth	19-Jun-10
	02:14.57	Alicia Dobranowski	84	8	Aileen Meagher International Track Classic	HaliFast	Halifax, NS	3-Aug-10
<b>6</b>	<b>02:18.6</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>2</b>	<b>2010 Big East</b>	<b>Bluenose</b>	<b>Cincinnati,OH</b>	<b>2-May-10</b>
<b>7</b>	<b>02:21.03</b>	<b>Britany MacArthur</b>	<b>92</b>	<b>1</b>	<b>NSSAF Provincials</b>	<b>HaliFAST</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>8</b>	<b>02:21.83</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>1</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	2:23.13	Britany MacArthur	92	H	Canadian Junior Trials	HaliFast	Moncton, NB	2-Jul-10
<b>9</b>	<b>02:23.19</b>	<b>Maria Wolter</b>	<b>94</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	2:24.24	Maria Wolter	94	H	Canadian Junior Trials	Bluenose	Moncton, NB	2-Jul-10
	02:24.31	Nicole Wadden	93	1	Walt Disney World invitational	Chebucto	Celebration, FL	19-Mar-10
	02:24.43	Rachael McIntosh	91	2	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10
	02:24.77	Rachael McIntosh	91	2	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10
<b>10</b>	<b>02:25.05</b>	<b>Hilary Rawding</b>	<b>93</b>	<b>1</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>

11	02:25.15	Emily Clarke	91	2	NSSAF Provincials	DA	Dartmouth	5-Jun-10
12	02:25.38	Brett McCavour	94	2	NS Provincials	Truro Track	Dartmouth	11-Jul-10
	02:25.61	Maria Wolter	94	3	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10
	02:25.96	Rachael McIntosh	91	1	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10
13	02:26.47	Emily Phelan	93	2	Walt Disney World invitational	Chebucto	Celebration, FL	19-Mar-10
	02:26.81	Emily Clarke	91	3	NS Provincials	DA	Dartmouth	11-Jul-10
	02:26.96	Emily Phelan	93	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10
14	02:27.33	Tristan Langley	93	3	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
15	02:27.68	Sadie Petrie	94	4	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
16	02:27.69	Rachael Crawley	97	1	NS Provincials	YHZ	Dartmouth	11-Jul-10
	02:27.74	Rachael Crawley	97	13	Youth Championships	YHZ	Ottawa	6-Aug-10
	02:28.31	Hilary Rawding	93	3	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
	02:28.57	Rachael Crawley	97	1	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
17	02:28.67	Mary Thompson	95	2	NS Provincials	ATC	Dartmouth	11-Jul-10
18	02:28.67	Rebecca Wolff	93	4	Jr/Sr Selection Meet	YHZ	Dartmouth	19-Jun-10
	02:28.69	Brett McCavour	94	1	Aileen Meagher Test Meet	Truro Track	Halifax, NS	20-Jul-10
	2:28.74	Rebecca Wolff	93	H	Canadian Junior Trials	YHZ	Moncton, NB	2-Jul-10
	02:28.91	Rebecca Wolff	93	5	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
	2:29.3h	Rebecca Wolff	93	1	SMU Twilight #1	YHZ	Halifax	11-May-10
	02:29.29	Nicole Wadden	93	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10
19	02:29.30	Chloe Brennan	96	3	NS Provincials	YHZ	Dartmouth	11-Jul-10
20	02:29.46	Maddy MacDonald	96	4	NS Provincials	VAA	Dartmouth	11-Jul-10
	02:29.52	Maria Wolter	94	4	NS Provincials	Bluenose	Dartmouth	11-Jul-10
	02:29.96	Britany MacArthur	92	5	Walt Disney World invitational	HaliFAST	Celebration, FL	20-Mar-10
21	02:30.34	Sara Ubbens	92	6	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	02:32.40	Emily Phelan	93	3	Youth Championships	HaliFast	Ottawa	8-Aug-10
22	02:32.74	Jennifer Pitman	92	8	AO National Jr & Sr Qualifier	HaliFast	Toronto	13-Jun-10
	02:32.85	Nicole Wadden	93	5	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	2:32.91	Hilary Rawding	93	H	Canadian Junior Trials	UNA	Moncton, NB	2-Jul-10
23	02:33.18	Olivia Pitman	93	7	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
24	02:33.73	Sara Lausch	94	8	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
25	02:35.88	Hannah Brown		10	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
	02:37.78	Maria Wolter	94	8	Walt Disney World invitational	Bluenose	Celebration, FL	20-Mar-10
26	02:39.46	Brittany Wadden	95	9	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
27	02:39.78	Elise Brennan	96	5	NS Provincials	YHZ	Dartmouth	11-Jul-10
28	02:42.02	Laura Maessen	89	5	AO National Jr & Sr Qualifier	UNA	Toronto	13-Jun-10
	02:43.39	Britany MacArthur	92	7	Disney T&F Showcase	HaliFAST	Celebration, FL	13-Mar-10
29	02:54.15	Madison Turple	94	13	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10

Women								
1200m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	03:54.4	Rachel Crawley	97	13	Youth Championships	YHZ	Ottawa	8/6/2010

2	<b>3:56.41</b>	<b>Elise Brennan</b>	<b>96</b>	<b>1</b>	<b>NS Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	4:00.58	Rachel Crawley	97	2	NS Provincials	YHZ	Dartmouth	11-Jul-10
3	<b>4:04.94</b>	<b>Mary Thompson</b>	<b>95</b>	<b>1</b>	<b>Jr/Sr Selection Meet</b>	<b>ATC</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
4	<b>4:08.77</b>	<b>Chloe Brennan</b>	<b>96</b>	<b>3</b>	<b>NS Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
5	<b>4:15.58</b>	<b>Brittany Wadden</b>	<b>95</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	4:16.72	Brittany Wadden	95	4	NS Provincials	Chebucto	Dartmouth	11-Jul-10
6	<b>4:18.62</b>	<b>Kali Caulier</b>	<b>94</b>	<b>5</b>	<b>NS Provincials</b>	<b>DA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	4:24.75	Mary Thompson	95	7	NS Provincials	ATC	Dartmouth	11-Jul-10
7	<b>4:32.49</b>	<b>Jessica Sperry</b>	<b>96</b>	<b>3</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>

Women								
1500m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	04:26.99	Celia Peters	87	4	Americain Milers Series	HaliFast	Indianapolis, IN	19-Jun-10
2	04:33.90	Allison Letourneau	89	4	2010 America East	YHZ	Durham,NH	2-May-10
3	<b>04:34.57</b>	<b>Rebecca Coady</b>	<b>89</b>	<b>5Q</b>	<b>2010 Conference USA</b>	<b>UNA</b>	<b>Orlando,FL</b>	<b>16-May-10</b>
	04:36.41	Rebecca Coady	89	4	Louisiana Classics Collegiate Invite	UNA	Lafayette,LA	20-Mar-10
	04:38.90	Rebecca Coady	89	10	2010 Conference USA	UNA	Orlando,FL	16-May-10
	04:41.00	Rebecca Coady	89	1	USA Tri-Meet	UNA	Mobile, AL	27-Mar-10
	04:42.43	Rebecca Coady	89	1	2010 Golden Eagle Classic	UNA	Hattiesburg, MS	24-Apr-10
4	<b>04:43.97</b>	<b>Brenna Walsh</b>	<b>87</b>	<b>2</b>	<b>2010 UNH Wildcat Invitational III</b>	<b>DA</b>	<b>Durham, NH</b>	<b>24-Apr-10</b>
5	<b>04:52.45</b>	<b>Emily Clarke</b>	<b>91</b>	<b>1</b>	<b>NS Provincials</b>	<b>DA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
6	<b>04:53.93</b>	<b>Sadie Petrie</b>	<b>94</b>	<b>2</b>	<b>NS Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	04:54.39	Sadie Petrie	94	1	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
7	<b>4:55.83</b>	<b>Rebecca Wolff</b>	<b>93</b>	<b>25</b>	<b>Canadian Junior Trials</b>	<b>YHZ</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>
	4:58.05	Sadie Petrie	94	21	Youth Championships	YHZ	Ottawa	6-Aug-10
	04:58.54	Emily Clarke	91	1	NSSAF Provincials	DA	Dartmouth	5-Jun-10
8	<b>04:59.96</b>	<b>Sara Ubbens</b>	<b>92</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
9	<b>05:02.24</b>	<b>Sara Lausch</b>	<b>94</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	5:05.68	Emily Clarke	91	26	Canadian Junior Trials	DA	Moncton, NB	02-july-10
10	<b>05:05.20</b>	<b>Hilary Rawding</b>	<b>93</b>	<b>3</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
11	<b>05:05.24</b>	<b>Spohie Watts</b>	<b>94</b>	<b>3</b>	<b>NSSAF Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
12	<b>05:06.16</b>	<b>Rachael Crawley</b>	<b>97</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	05:06.43	Rebecca Wolf	93	3	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
13	<b>05:06.96</b>	<b>Tristan Langley</b>	<b>93</b>	<b>4</b>	<b>NS Provincials</b>	<b>CNLL</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	05:10.50	Rebecca Wolff	93	1	Jr/Sr Selection Meet	YHZ	Dartmouth	19-Jun-10
	05:12.08	Tristan Langley	93	5	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
14	<b>05:13.46</b>	<b>Hannah Brown</b>		<b>4</b>	<b>NSSAF Provincials</b>	<b>YHZ</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	05:13.07	Hilary Rawding	93	27	Canadian Junior Trials	UNA	Moncton, NB	2-Jul-10
	05:16.91	Hilary Rawding	93	2	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
15	<b>05:20.89</b>	<b>Cassidy Langley</b>	<b>95</b>	<b>7</b>	<b>NSSAF Provincials</b>	<b>CNLL</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
16	<b>05:24.73</b>	<b>Hana Marmura</b>	<b>97</b>	<b>7</b>	<b>NSSAF Provincials</b>	<b>ATC</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
17	<b>05:29.42</b>	<b>Emma Gillam</b>	<b>93</b>	<b>5</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>

18	5:33.04h	Sarah Thomas	92	2	Valley Athletics Series 32	Valley	Wolfville	22-May-10
19	05:42.13	Laura Englehutt	89	19	Tulsa Duels	DA	Tulsa, OK	20-Mar-10

Women 2000m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	7:06.70	Chloe Brennan	96	1	NS Provincials	YHZ	Dartmouth	11-Jun-10
2	7:11.10	Elise Brennan	96	2	NS Provincials	YHZ	Dartmouth	12-Jun-10
3	7:43.32	Brittany Wadden	95	3	NS Provincials	Chebucto	Dartmouth	13-Jun-10
4	07:49.2	Kali Caulier	94	4	NS Provincials	DA	Dartmouth	14-Jun-10

Women 2000m Steeplechase								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	7:33.47	Tristan Langley	93	1	Jr/Sr Selection	CNLL	Dartmouth	19-Jun-10
	7:35.73	Tristan Langley	93	5	Youth Championships	CNLL	Ottawa	6-Aug-10
2	7:39.87	Sara Lausch	94	1	NS Provincials	YHZ	Dartmouth	11-Jul-10
	07:41.0	Tristan Langley	93	2	NS Provincials	CNLL	Dartmouth	11-Jul-10
	7:42.00	Sara Lausch	94	12	Canadian Junior Trials	YHZ	Moncton, NB	2-Jul-10
3	07:46.3	Sophie Watts	94	3	NS Provincials	YHZ	Dartmouth	11-Jul-10
	7:47.10	Sara Lausch	94	6	Youth Championships	YHZ	Ottawa	08-06-2010
	7:49.54	Tristan Langley	93	1	Mini Meet	CNLL	Dartmouth	13-Jun-10
	7:53.40	Sara Lausch	94	15	Canadian Junior Trials	YHZ	Moncton, NB	2-Jul-10
	07:59.34	Sara Lausch	94	2	Mini Meet	YHZ	Dartmouth	13-Jun-10
	8:06.94	Sara Lausch	94	2	Jr/Sr Selection	YHZ	Dartmouth	19-Jun-10
	08:20.43	Sophie Watts	94	3	Mini Meet	YHZ	Dartmouth	13-Jun-10
	8:42.02	Sophie Watts	94	3	Jr/Sr Selection	YHZ	Dartmouth	19-Jun-10
4	08:45.76	Brittany Wadden	95	4	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10

Women 3000m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	10:25.9h	Erin MacNeil	89	1	SMU Twilight #1	DA	Halifax	11-May-10
2	10:35.86	Emily Clarke	91	18	Canadian Junior Trials	DA	Moncton, NB	2-Jul-10
3	10:37.89	Sadie Petrie	94	14	Youth Championships	YHZ	Ottawa	6-Aug-10
	10:42.29	Sadie Petrie	94	1	Jr/Sr Selection Meet	YHZ	Dartmouth	19-Jun-10
4	10:42.69	Brenna Walsh	87	23	2010 ECAC and IC4A Track and Field	DA	Princeton, NJ	16-May-10
	10:47.15	Sadie Petrie	94	1	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
	10:48.39	Sadie Petrie	94	21	Canadian Junior Trials	YHZ	Moncton, NB	2-Jul-10
5	10:55.02	Sara Lausch	94	2	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
	10:56.16	Sadie Petrie	94	1	NS Provincials	YHZ	Dartmouth	11-Jul-10
	10:56.33	Emily Clarke	91	1	NSSAF Provincials	DA	Dartmouth	5-Jun-10
	10:58.4h	Sadie Petrie	94	2	SMU Twilight #1	YHZ	Halifax	11-May-10

6	11:05.4h	Sarah Lausch	94	3	SMU Twilight #1	YHZ	Halifax	11-May-10
7	11:05.8h	Rachael Crawley	97	4	SMU Twilight #1	YHZ	Halifax	11-May-10
8	11:11.68	Cassidy Langley	95	3	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
	11:11.68	Rachael Crawley	97	3	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
9	11:15.63	Tristan Langley	93	2	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
10	11:19.5h	Meggie Soehl	91	5	SMU Twilight #1	YHZ	Halifax	11-May-10
	11:21.89	Hana Marmura	97	4	NSSAF Provincials	ATC	Dartmouth	5-Jun-10
11	11:23.05	Spohie Watts	94	4	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
	11:27.39	Sarah Lausch	94	2	NS Provincials	YHZ	Dartmouth	11-Jul-10
12	11:31.20	Rebecca Wolff	93	2	Jr/Sr Selection Meet	YHZ	Dartmouth	19-Jun-10
	11:33.8h	Spohie Watts	94	6	SMU Twilight #1	YHZ	Halifax	11-May-10
	11:39.38	Sophie Watts	94	3	NS Provincials	YHZ	Dartmouth	11-Jul-10
13	11:50.9h	Emma Edmonds	97	7	SMU Twilight #1	YHZ	Halifax	11-May-10
14	12:02.8	Sharlane Macleod	92	4	NS Provincials	PCRAS	Dartmouth	11-Jul-10
	12:29.1	Meggie Soehl	91	3	Jr/Sr Selection Meet	YHZ	Dartmouth	19-Jun-10

Women 3000m SC								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	<b>*10:49.85</b>	Rebecca Coady	89	6	2010 Conference USA	UNA	Orlando,FL	16-May-10
	11:00.43	Rebecca Coady	89	1	Seminole Invitational	UNA	Tallahassee,FL	10-Apr-10

\*10:49.85 NS Senior Record

Women 5000m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	17:41.53	Brenna Walsh	87	4	Holy Cross Quad Meet	DA	Worcester,MA	18-Apr-10
	18:01.83	Brenna Walsh	87	1	2010 UNH Wildcat Invitational II	DA	Durham, NH	10-Apr-10
2	18:08.3h	Erin MacNeil	89	2	Valley Athletics Series #2	DA	Wolfville	22-May-10
3	18:39.43h	Caroline McInnis	81	4	Valley Athletics Series #2	HaliFast	Wolfville	22-May-10
	18:54.40	Brenna Walsh	87	3	2010 UNH Wildcat Invitational I	DA	Durham, NH	3-Apr-10
	19:19.80	Brenna Walsh	87	1	Jr/Sr Selection Meet	DA	Dartmouth	19-Jun-10

Women 80mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
1	12.70	Emily Phelan	93	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
	12.78	Emily Phelan	93	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
2	12.79	Nicole Wadden	93	2	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
3	12.84	Jennifer Pitman	92	1	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10	.84m
4	12.93 (2.1)	Jaimee Mulrooney	96	H	Youth Championships	Bluenose	Ottawa	6-Aug-10	.84m
	12.98	Nicole Wadden	93	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
5	13.03	Kari Beiswanger	94	3	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m

	13.04	Jennifer Pitman	92	H	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10	.76m
<b>6</b>	<b>13.06</b>	<b>Megan Eisenor</b>	<b>92</b>	<b>3</b>	<b>NSSAF Provincials</b>	<b>HaliFast</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	.84m
	13.10	Kari Beiswanger	94	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
	13.48	Megan Eisenor	92	H	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10	.84m
<b>7</b>	<b>13.55</b>	<b>Rebecca Haworth</b>	<b>92</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	.84m
	13.61	Jaimee Mulrooney	96	1	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10	.76m
<b>8</b>	<b>13.66</b>	<b>Kristen Gibson</b>	<b>94</b>	<b>H</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	.76m
	13.66	Rebecca Haworth	92	5	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
<b>9</b>	<b>13.81</b>	<b>Haley Gates</b>	<b>94</b>	<b>6</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	.76m
<b>10</b>	<b>13.91</b>	<b>Emma Lohnes</b>	<b>93</b>	<b>6</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	.76m
	13.92	Kristen Gibson	94	8	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.76m
<b>11</b>	<b>13.99</b>	<b>Abbie Mitchell</b>	<b>95</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	.76m
	13.99	Haley Gates	94	H	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	.76m
	14.04	Emma Lohnes	93	H	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	.76m
<b>12</b>	<b>14.7h</b>	<b>Olivia Grimshaw</b>	<b>95</b>	<b>1</b>	<b>Atlantics</b>	<b>YHZ</b>	<b>Charlottetown</b>	<b>15-Aug-10</b>	<b>.76m</b>
<b>13</b>	<b>17.20</b>	<b>Jessica Sperry</b>	<b>96</b>	<b>3</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	.76m

Women									
100mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>14.82 (4.7)</b>	<b>Emily Phelan</b>	<b>93</b>	<b>3 H2</b>	<b>Youth Championships</b>	<b>HaliFast</b>	<b>Ottawa</b>	<b>8-Aug-10</b>	
	14.95 (2.4)	Rachael McIntosh	91	4	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10	<b>.84m</b>
	15.01 (2.1)	Rachael McIntosh	91	H	Canadian Junior Trials	Bluenose	Moncton, NB	2-Jul-10	<b>.84m</b>
<b>2</b>	<b>15.06 (1.9)</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>2</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>Bluenose</b>	<b>Toronto</b>	<b>13-Jun-10</b>	<b>.84m</b>
	*15.16	Emily Phelan	93	1	NS Provincials	Chebucto	Dartmouth	10-Jul-10	.76m
<b>3</b>	<b>15.18 (4.7)</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>5 H2</b>	<b>Youth Championships</b>	<b>Chebucto</b>	<b>Ottawa</b>	<b>8-Aug-10</b>	.76m
	15.28 (-1.8)	Rachael McIntosh	91	36	31st Sun Angel Track Classic	Bluenose	Tempe, AZ	10-Apr-10	<b>.84m</b>
	15.32	Nicole Wadden	93	2	NS Provincials	Chebucto	Dartmouth	10-Jul-10	.76m
	15.32 (-0.2)	Rachael McIntosh	91	9	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10	<b>.84m</b>
	15.36 (2.4)	Emily Phelan	93	H	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10	.76m
	<b>15.44</b>	<b>Emily Phelan</b>	<b>93</b>	<b>1</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	.76m
	15.55 (-0.7)	Rachael McIntosh	91	6	2010 Big East	Bluenose	Cincinnati,OH	2-May-10	<b>.84m</b>
	15.67 (1.9)	Rachael McIntosh	91	32	Duke Invitational	Bluenose	Durham,NC	3-Apr-10	<b>.84m</b>
	15.75 (2.4)	Jennifer Pitman	92	6	AO National Jr & Sr Qualifier	HaliFast	Toronto	13-Jun-10	<b>.84m</b>
	15.77 (1.2)	Emily Phelan	93	3	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10	.76m
	<b>15.89 (1.2)</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>H</b>	<b>Canadian Junior Trials</b>	<b>Chebucto</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>	.76m
	16.01 (-0.4)	Nicole Wadden	93	1 H5	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.76m
	16.02 (2.8)	Nicole Wadden	93	7	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.76m
<b>4</b>	<b>16.16</b>	<b>Susie Lajoie</b>	<b>92</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	<b>.84m</b>
	16.2	Nicole Wadden	93	3	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	.76m
<b>5</b>	<b>16.26</b>	<b>Kari Beiswanger</b>	<b>94</b>	<b>1</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth. NS</b>	<b>11-Jul-10</b>	.76m
	16.32 (2.1)	Jessica Stickney	91	H	Canadian Junior Trials	UNA	Moncton, NB	2-Jul-10	<b>.84m</b>
	16.37 (0.3)	Emily Phelan	93	1 H6	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.76m

	16.43 (2.8)	Rebecca Haworth	92	8	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	<b>.84m</b>
<b>6</b>	<b>16.45 (-0.4)</b>	<b>Rebecca Haworth</b>	<b>92</b>	<b>2 H5</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>	<b>.84m</b>
	16.47 (1.2)	Nicole Wadden	93	4	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10	.76m
<b>7</b>	<b>16.56</b>	<b>Haley Gates</b>	<b>94</b>	<b>2</b>	<b>NS Provincials</b>	<b>Bluenose</b>	<b>Dartmouth, NS</b>	<b>11-Jul-10</b>	.76m
<b>8</b>	<b>16.61 (2.6)</b>	<b>Laura Maessen</b>	<b>89</b>	<b>5</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>UNA</b>	<b>Toronto</b>	<b>13-Jun-10</b>	.76m
<b>9</b>	<b>16.67 NWI</b>	<b>Hilary Coady</b>	<b>92</b>	<b>3</b>	<b>NEPSTA Div.1 Championship</b>	<b>UNA</b>	<b>Deerfield, MA</b>	<b>15-May-10</b>	<b>.84m</b>
	16.85 (1.2)	Rebecca Haworth	92	3	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10	<b>.84m</b>
	17.06 NWI	Hilary Coady	92	1 H3	NEPSTA Div.1 Championship	UNA	Deerfield, MA	15-May-10	<b>.84m</b>
	17.15 (-0.3)	Kari Beiswanger	94	1 H3	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10	<b>.84m</b>
	17.29 (1.2)	Kari Beiswanger	94	4	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10	.76m
	17.36 (-0.3)	Rebecca Haworth	92	2 H3	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10	<b>.84m</b>
	17.66 (2.4)	Kari Beiswanger	94	H	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10	
	<b>17.86 (1.2)</b>	<b>Haley Gates</b>	<b>94</b>	<b>5</b>	<b>Walt Disney World invitational</b>	<b>Bluenose</b>	<b>Celebration, FL</b>	<b>20-Mar-10</b>	.76m
	17.91 (1.2)	Haley Gates	94	2 H1	Walt Disney World invitational	Bluenose	Celebration, FL	20-Mar-10	.76m
	18.12	Kari Beiswanger	94	4	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	.76m
	18.98	Hayley Gates	94	5	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10	.76m
<b>10</b>	<b>20.34 (-0.4)</b>	<b>Abbie Mitchell</b>	<b>95</b>	<b>4 H5</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>	.76m
	20.49 (-0.5)	Abbie Mitchell	95	3 H2	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10	.76m

**\*15.44 NS Youth Record**

Women 200mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>32.00</b>	<b>Abbie Mitchell</b>	<b>95</b>	<b>1</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	.84m
	32.50	Abbie Mitchell	95	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	.84m
<b>2</b>	<b>32.74</b>	<b>Brittany Wadden</b>	<b>95</b>	<b>2</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>12-Jul-10</b>	.84m
<b>3</b>	<b>33.25</b>	<b>Bridget Deveau</b>	<b>96</b>	<b>3</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>13-Jul-10</b>	.84m
	33.45	Bridget Deveau	96	2	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	.84m

Women 300mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>46.80</b>	<b>Hilary Coady</b>	<b>92</b>	<b>1</b>	<b>NEPSTA Div.1 Championship</b>	<b>UNA</b>	<b>Deerfield, MA</b>	<b>15-May-10</b>	.84m
<b>2</b>	<b>49.90</b>	<b>Maria Wolter</b>	<b>94</b>	<b>1</b>	<b>NS Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	.84m
<b>3</b>	<b>50.09</b>	<b>Kari Beiswanger</b>	<b>94</b>	<b>2</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	.84m
	50.36	Kari Beiswanger	94	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	.84m
<b>4</b>	<b>51.22</b>	<b>Eilish MacQuarrie</b>	<b>93</b>	<b>3</b>	<b>NS Provincials</b>	<b>ATC</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	.84m
<b>5</b>	<b>51.21</b>	<b>Morgan Priske</b>	<b>93</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>PRACS</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	.76m
	51.89	Morgan Priske	93	4	NS Provincials	PRACS	Dartmouth	11-Jul-10	.76m
<b>6</b>	<b>53.35</b>	<b>Jillian Nolan</b>	<b>94</b>	<b>5</b>	<b>NS Provincials</b>	<b>Truro</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	.76m
	54.42	Kari Beiswanger	94	2 H5	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.76m
	54.86	Morgan Priske	93	3 H5	Disney T&F Showcase	UNA	Celebration, FL	13-Mar-10	.76m

Women 400mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>60.72</b>	<b>Alicia Dobranowski</b>	<b>84</b>	<b>1</b>	<b>Victoria International Track Classic</b>	<b>HaliFast</b>	<b>Victoria, BC</b>	<b>7-Jul-10</b>	.76m
	61.01	Alicia Dobranowski	84	5	Canadian Championships	HaliFast	Toronto, ON	31-Jul-10	.76m
	61.60	Alicia Dobranowski	84	1	York University Twilight Meet # 2	HaliFast	Toronto, ON	22-Jun-10	.76m
	62.00	Alicia Dobranowski	84	3	Lafarge International Track Meet	HaliFast	Abbotsford, BC	3-Jul-10	.76m
	62.09	Alicia Dobranowski	84	3	AO National Qualifier	HaliFast	Toronto, ON	13-Jun-10	.76m
	62.16	Alicia Dobranowski	84	4	2010 Kajacks Spring Meet	HaliFast	Richmond, BC	8-May-10	.76m
	62.16	Alicia Dobranowski	84	4	Kajacks International Track Classic	HaliFast	Richmond, BC	9-Jul-10	.76m
	62.52	Alicia Dobranowski	84	2	Windsor University Open	HaliFast	Windsor, ON	29-May-10	.76m
	62.99	Alicia Dobranowski	84	6	Payton Jordan Cardinal Invitational	HaliFast	Stanford, CA	1-May-10	.76m
	63.32	Alicia Dobranowski	84	3	2010 Sun Devil Open	HaliFast	Tempe,AZ	24-Apr-10	.76m
<b>2</b>	<b>71.04</b>	<b>Kennedy MacLean</b>	<b>92</b>	<b>19</b>	<b>Canadian Junior Trials</b>	<b>YHZ</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>	.76m
	71.97	Kennedy MacLean	92	1	Jr/Sr Selection Meet	YHZ	Dartmouth	19-Jun-10	.76m
	75.23	Kennedy MacLean	92	1	Mini Meet	YHZ	Dartmouth	12-Jun-10	.76m

Women High Jump									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>1.73</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>4</b>	<b>2010 Big East</b>	<b>Bluenose</b>	<b>Cincinnati,OH</b>	<b>2-May-10</b>	
	1.71	Rachael McIntosh	91	1	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10	
<b>2</b>	<b>1.68</b>	<b>Rebecca Haworth</b>	<b>92</b>	<b>1</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	
	1.68	Rebecca Haworth	92	4	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10	
<b>2</b>	<b>1.68</b>	<b>Jennifer Pitman</b>	<b>92</b>	<b>4</b>	<b>Canadian Junior Trials</b>	<b>HaliFast</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>	
	1.68	Rachael McIntosh	91	7	31st Sun Angel Track Classic	Bluenose	Tempe, AZ	10-Apr-10	
	1.67	Jennifer Pitman	92	1	Halifax Twilight #2	HaliFast	Dartmouth	6-Jun-10	
	1.67	Rebecca Haworth	92	1	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10	
	1.67	Rachael McIntosh	91	3	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10	
	1.66	Jennifer Pitman	92	H	Canadian Junior Trials	HaliFast	Moncton, NB	2-Jul-10	
	1.66	Rachael McIntosh	91	H	Canadian Junior Trials	Bluenose	Moncton, NB	2-Jul-10	
	1.66	Rachael McIntosh	91	2	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10	
	1.66	Rebecca Haworth	92	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	
	1.65	Jennifer Pitman	92	2	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10	
	1.65	Rachael McIntosh	91	7	Duke Invitational	Bluenose	Durham,NC	3-Apr-10	
	1.62	Rebecca Haworth	92	1	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	
<b>4</b>	<b>1.60</b>	<b>Laura Maessen</b>	<b>89</b>	<b>9</b>	<b>Hillside College Gina Relays</b>	<b>UNA</b>	<b>Hillside,MI</b>	<b>23-Apr-10</b>	
	1.60	Laura Maessen	89	1	AO National Jr & Sr Qualifier	UNA	Toronto	13-Jun-10	
	1.60	Rebecca Haworth	92	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10	
<b>5</b>	<b>1.57</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>5</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>	

6	1.57	<b>Emily Phelan</b>	<b>93</b>	<b>6</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
	1.57	Jennifer Pitman	92	4	AO National Jr & Sr Qualifier	HaliFast	Toronto	13-Jun-10
7	1.53	<b>Laura Fox</b>	<b>93</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	1.53	Nicole Wadden	93	5	Youth Championships	Chebucto	Ottawa	8-Aug-10
	1.53	Nicole Wadden	93	1	NS Provincials	Chebucto	Dartmouth	10-Jul-10
	1.53	Emily Phelan	93	5	Youth Championships	HaliFast	Ottawa	8-Aug-10
	1.53	Emily Phelan	93	1	NS Provincials	Chebucto	Dartmouth	10-Jul-10
8	1.52	<b>Kristen Gibson</b>	<b>94</b>	<b>7</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
	1.51	Emily Phelan	93	2	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
9	1.50	<b>Emily Holland</b>	<b>96</b>	<b>1</b>	<b>NSSAF Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	1.50	Emily Holland	96	7	Youth Championships	UNA	Ottawa	6-Aug-10
	1.50	Emily Phelan	93	2	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10
	1.50	Nicole Wadden	93	2	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10
	1.49	Emily Holland	96	2	NS Provincials	UNA	Dartmouth	11-Jul-10
	1.48	Nicole Wadden	93	4	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	1.48	Kristen Gibson	94	4	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	10	1.45	<b>Brittany Macdonald</b>	<b>91</b>	<b>7</b>	<b>NSSAF Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>
1.44		Emily Holland	96	3	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
11	1.4	<b>Megan Eisnor</b>	<b>92</b>	<b>8</b>	<b>NSSAF Provincials</b>	<b>HaliFast</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
12	1.35	<b>Olivia Grimshaw</b>	<b>95</b>	<b>2</b>	<b>Atlantics</b>	<b>YHZ</b>	<b>Charlottetown</b>	<b>15-Aug-10</b>
12	1.35	<b>Abbie Mitchell</b>	<b>95</b>	<b>95</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	1.32	Abbie Mitchell	95	10	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
14	1.30	<b>Jamiee Mulrooney</b>	<b>96</b>	<b>11</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	1.27	Abbie Mitchell	95	21	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10

Women								
Long Jump								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	5.47	<b>Rachael McIntosh</b>	<b>91</b>	<b>3</b>	<b>MSU Legacy Meet</b>	<b>Bluenose</b>	<b>Baltimore,MD</b>	<b>17-Apr-10</b>
	5.26 (0.0)	Rachael McIntosh	91	1	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10
	5.25 (0.0)	Rachael McIntosh	91	5	2010 Big East	Bluenose	Cincinnati,OH	2-May-10
2	5.24	<b>Juliana Blois</b>	<b>92</b>	<b>1</b>	<b>Disney T&amp;F Showcase</b>	<b>HaliFAST</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
3	5.13	<b>Kristen Gibson</b>	<b>94</b>	<b>2</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
	5.12	Juliana Blois	92	1	Atlantics	HaliFAST	Charlottetown	15-Aug-10
	5.10 (1.2)	Rachael McIntosh	91	8	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10
4	5.05	<b>Hayley Wilson</b>	<b>95</b>	<b>1</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	5.04 (-1.0)	Rachael McIntosh	91	17	31st Sun Angel Track Classic	Bluenose	Tempe, AZ	10-Apr-10
	4.98	Juliana Blois	92	1	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10
5	4.97	<b>Cassandre Collins</b>	<b>94</b>	<b>4</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
	4.94	Hayley Wilson	95	11	Youth Championships	UNA	Ottawa	6-Aug-10
6	4.92	<b>Nicole Wadden</b>	<b>93</b>	<b>6</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
	4.91	Kristen Gibson	94	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	4.90	Kristen Gibson	94	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10

	4.87	Nicole Wadden	93	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	4.86	Hayley Wilson	95	2	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
7	<b>4.85</b>	<b>Jennifer Pitman</b>	<b>92</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>HaliFast</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
8	<b>4.84</b>	<b>Emily Holland</b>	<b>96</b>	<b>12</b>	<b>Youth Championships</b>	<b>UNA</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
	4.82	Nicole Wadden	93	1	Walt Disney World invitational	Chebucto	Celebration, FL	19-Mar-10
9	<b>4.79</b>	<b>Sarah Glen</b>	<b>93</b>	<b>3</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	<b>4.78</b>	<b>Emily Holland</b>	<b>96</b>	<b>4</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	4.78 (2.7)	Kristen Gibson	96	14	Youth Championships	Chebucto	Ottawa	6-Aug-10
	4.77 (-0.6)	Jennifer Pitman	92	5	AO National Jr & Sr Qualifier	HaliFast	Toronto	13-Jun-10
	4.76	Cassandre Collins	94	4	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
10	<b>4.70</b>	<b>Rachael Boyle</b>	<b>92</b>	<b>5</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
11	<b>4.67</b>	<b>Emily Phelan</b>	<b>93</b>	<b>4</b>	<b>Walt Disney World invitational</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>19-Mar-10</b>
	4.66	Kristen Gibson	94	5	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
12	<b>4.65 (-0.4)</b>	<b>Laura Maessen</b>	<b>89</b>	<b>6</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>UNA</b>	<b>Toronto</b>	<b>13-Jun-10</b>
	4.65	Kristen Gibson	94	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	4.64	Emily Phelan	93	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	4.63	Emily Holland	96	2	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
13	<b>4.58</b>	<b>Olivia Pitman</b>	<b>93</b>	<b>7</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
14	<b>4.56</b>	<b>Macayla Cullen</b>	<b>95</b>	<b>2</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
15	<b>4.47</b>	<b>Kari Beiswanger</b>	<b>94</b>	<b>7</b>	<b>Walt Disney World invitational</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>20-Mar-10</b>
	4.45(-0.7)	Emily Phelan	93	11	Youth Championships	HaliFAST	Ottawa	8-Aug-10
16	<b>4.44</b>	<b>Maria Wolter</b>	<b>94</b>	<b>8</b>	<b>Walt Disney World invitational</b>	<b>Bluenose</b>	<b>Celebration, FL</b>	<b>20-Mar-10</b>
17	<b>4.43</b>	<b>Brittany Macdonald</b>	<b>91</b>	<b>8</b>	<b>NSSAF Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
	4.43	Emily Holland	96	3	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
	4.42	Macayla Cullen	95	7	NS Provincials	Chebucto	Dartmouth	11-Jul-10
18	<b>4.38</b>	<b>Brianna Bethune</b>	<b>96</b>	<b>4</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	4.36	Brianna Bethune	96	8	NS Provincials	Chebucto	Dartmouth	11-Jul-10
	4.25	Maria Wolter	94	10	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10

Women								
Triple Jump								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	<b>11.25</b>	<b>Hayley Wilson</b>	<b>95</b>	<b>1</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	11.17(2.9)	Hayley Wilson	95	3	Youth Championships	UNA	Ottawa	6-Aug-10
2	<b>11.15</b>	<b>Juliana Blois</b>	<b>92</b>	<b>2</b>	<b>Disney T&amp;F Showcase</b>	<b>HaliFAST</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
3	<b>11.14</b>	<b>Kristen Gibson</b>	<b>94</b>	<b>7</b>	<b>Canadian Junior Trials</b>	<b>Chebucto</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>
	11.10	Kristen Gibson	94	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10
4	<b>11.08</b>	<b>Rachael Boyle</b>	<b>92</b>	<b>1</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
5	<b>11.07</b>	<b>Jennifer Pitman</b>	<b>91</b>	<b>3</b>	<b>NS Provincials</b>	<b>HaliFAST</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	11.02	Kristen Gibson	94	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	10.95 (3.6)	Kristen Gibson	94	7	Youth Championships	Chebucto	Ottawa	6-Aug-10
	10.93	Hayley Wilson	95	2	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	10.89	Kristen Gibson	94	4	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10

	10.81	Juliana Blois	92	2	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10
	10.78	Kristen Gibson	94	H	Canadian Junior Trials	Chebucto	Moncton, NB	2-Jul-10
	10.74	Kristen Gibson	94	1	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	10.64	Kristen Gibson	94	1	Walt Disney World invitational	Chebucto	Celebration, FL	20-Mar-10
<b>6</b>	<b>10.47</b>	<b>Haley Gates</b>	<b>94</b>	<b>4</b>	<b>NS Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
<b>7</b>	<b>10.46</b>	<b>Olivia Pitman</b>	<b>93</b>	<b>3</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>8</b>	<b>10.36</b>	<b>Sarah Glen</b>	<b>93</b>	<b>5</b>	<b>NS Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	10.36	Olivia Pitman	93	5	NS Provincials	Bluenose	Dartmouth	11-Jul-12
	10.32	Haley Gates	94	4	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
	10.28	Haley Gates	94	2	Walt Disney World invitational	Bluenose	Celebration, FL	20-Mar-10
<b>9</b>	<b>10.22 (1.3)</b>	<b>Emily Holland</b>	<b>96</b>	<b>11</b>	<b>Youth Championships</b>	<b>UNA</b>	<b>Ottawa</b>	<b>6-Aug-10</b>
	10.22	Juliana Blois	92	1	Moncton Open	HaliFAST	Moncton, NB	9-Aug-10
	10.19	Emily Holland	96	7	NS Provincials	UNA	Dartmouth	11-Jul-10
	10.18	Haley Gates	94	6	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
<b>10</b>	<b>10</b>	<b>Brittany Macdonald</b>	<b>91</b>	<b>6</b>	<b>NSSAF Provincials</b>	<b>UNA</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>11</b>	<b>9.79</b>	<b>Macayla Cullen</b>	<b>95</b>	<b>10</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
<b>12</b>	<b>9.78</b>	<b>Bridget Deveau</b>	<b>96</b>	<b>11</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	9.76	Emily Holland	96	3	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
<b>13</b>	<b>9.74</b>	<b>Brianna Bethune</b>	<b>96</b>	<b>12</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>
	9.74	Olivia Pitman	93	2	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10
	9.71	Emily Holland	96	3	Jr/Sr Selection Meet	UNA	Dartmouth	19-Jun-10
	9.68	Bridget Deveau	96	4	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	9.61	Brianna Bethune	96	5	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	9.55	Macayla Cullen	95	4	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
<b>14</b>	<b>9.44</b>	<b>Laura Fox</b>	<b>93</b>	<b>5</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>
	9.39	Brianna Bethune	96	6	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10
	9.20	Hayley Gates	94	7	Jr/Sr Selection Meet	Bluenose	Dartmouth	19-Jun-10
	9.06	Hayley Gates	94	17	Youth Championships	Bluenose	Ottawa	6-Aug-10
<b>15</b>	<b>8.89</b>	<b>Kari Beiswanger</b>	<b>94</b>	<b>25</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
<b>16</b>	<b>8.76</b>	<b>Abbie Mitchell</b>	<b>95</b>	<b>27</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>
<b>17</b>	<b>8.13</b>	<b>Jessica Sperry</b>	<b>96</b>	<b>8</b>	<b>Jr/Sr Selection Meet</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>

Women Pole Vault								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>2.15</b>	<b>Haley Gates</b>	<b>94</b>	<b>1</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>2</b>	<b>1.95</b>	<b>Mallory Taylor</b>	<b>95</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>
<b>3</b>	<b>1.75</b>	<b>Kari Beiswanger</b>	<b>94</b>	<b>5</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>

Women Shot Put								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
<b>1</b>	<b>13.93</b>	<b>Chelsea Whalen</b>	<b>92</b>	<b>1</b>	<b>Canadian Junior Trials</b>	<b>Launchers</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>

4kg

	13.26	Chelsea Whalen	92	1	NSSAF Provincials	Launchers	Dartmouth	5-Jun-10	4kg
	13.18	Chelsea Whalen	92	1	Field of Dreams #1	Launchers	Port Williams,NS	24-Apr-10	4kg
	13.16	Chelsea Whalen	92	1	Field of Dreams Final	Launchers	Port Williams,NS	26-Jun-10	4kg
	13.06	Chelsea Whalen	92	1	2010 Corn Boil Open	Launchers	Port Williams,NS	31-Jul-10	4kg
	12.86	Chelsea Whalen	92	1	Field of Dreams #2	Launchers	Port Williams,NS	15-May-10	4kg
<b>2</b>	<b>12.44</b>	<b>Taylor Stutley</b>	<b>96</b>	<b>2</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>3kg</b>
	12.36	Taylor Stutley	96	2	2010 Corn Boil Open	Chebucto	Port Williams,NS	31-Jul-10	3kg
<b>3</b>	<b>12.02</b>	<b>Kayla Gallagher</b>	<b>94</b>	<b>4</b>	<b>Youth Championships</b>	<b>Truro Lions</b>	<b>Ottawa</b>	<b>6-Aug-10</b>	<b>4kg</b>
	11.80	Kayla Gallagher	94	3	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	3kg
	11.77	Kayla Gallagher	94	1	Atlantics	Truro Lions	Charlottetown	15-Aug-10	4kg
	11.73	Kayla Gallagher	94	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	4kg
<b>4</b>	<b>11.68</b>	<b>Nicole Larade</b>	<b>88</b>	<b>1</b>	<b>Field of Dreams #1</b>	<b>Launchers</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>4kg</b>
	11.65	Kayla Gallagher	94	4	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	4kg
	11.58	Taylor Stutley	96	1	Atlantics	Chebucto	Charlottetown	15-Aug-10	3kg
	11.58	Taylor Stutley	96	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	3kg
	11.48	Kayla Gallagher	94	2	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	4kg
	11.29	Taylor Stutley	96	3	Field of Dreams Final	Chebucto	Port Williams,NS	26-Jun-10	3kg
	11.20	Kayla Gallagher	94	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	4kg
<b>5</b>	<b>11.12</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>16</b>	<b>31st Sun Angel Track Classic</b>	<b>Bluenose</b>	<b>Tempe, AZ</b>	<b>10-Apr-10</b>	<b>4kg</b>
	11.11	Kayla Gallagher	94	1	Field of Dreams #1	Truro Lions	Port Williams,NS	24-Apr-10	4kg
	11.09	Kayla Gallagher	94	1	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	4kg
	11.08	Taylor Stutley	96	1	Field of Dreams #3	Chebucto	Port Williams,NS	12-Jun-10	3kg
	11.07	Taylor Stutley	96	2	Field of Dreams #2	Chebucto	Port Williams,NS	15-May-10	3kg
	11.01	Rachael McIntosh	91	2	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10	4kg
	10.91	Taylor Stutley	96	2	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	3kg
	10.86	Kayla Gallagher	94	5	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	4kg
	10.77	Rachael McIntosh	91	8	2010 Big East	Bluenose	Cincinnati,OH	2-May-10	4kg
<b>6</b>	<b>10.75</b>	<b>Sarah Mitton</b>	<b>96</b>	<b>6</b>	<b>Youth Championships</b>	<b>Bluenose</b>	<b>Ottawa</b>	<b>6-Aug-10</b>	<b>3kg</b>
	10.73	Kayla Gallagher	94	2	Field of Dreams #3	Truro Lions	Port Williams,NS	12-Jun-10	4kg
	10.73	Rachael McIntosh	91	1	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10	4kg
	10.74	Taylor Stutley	96	4	Atlantic Throws Summit	Chebucto	Sackville	16-May-10	3kg
	10.70	Taylor Stutley	96	2	Field of Dreams #1	Chebucto	Port Williams,NS	24-Apr-10	3kg
	10.69	Kayla Gallagher	94	8	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	4kg
	10.64	Rachael McIntosh	91	4	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10	4kg
	10.58	Kayla Gallagher	94	5	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	4kg
<b>7</b>	<b>10.20</b>	<b>Bridget Deveau</b>	<b>96</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>3kg</b>
<b>8</b>	<b>10.00</b>	<b>Marie Geurrero</b>	<b>94</b>	<b>2</b>	<b>Field of Dreams #1</b>	<b>Launchers</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>4kg</b>
<b>9</b>	<b>9.96</b>	<b>Sarah Millman</b>	<b>96</b>	<b>1</b>	<b>Air Force Open</b>	<b>Truro Lions</b>	<b>Shelburne</b>	<b>14-Aug-10</b>	<b>3kg</b>
	9.77	Sarah Millman	96	4	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	3kg
	9.75	Sarah Millman	96	9	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	3kg
	9.75	Marie Geurrero	94	3	Field of Dreams #2	Launchers	Port Williams,NS	15-May-10	4kg
<b>10</b>	<b>9.74</b>	<b>Mallory Taylor</b>	<b>95</b>	<b>4</b>	<b>Field of Dreams #2</b>	<b>Bluenose</b>	<b>Port Williams,NS</b>	<b>15-May-10</b>	<b>3kg</b>
	9.58	Sarah Millman	96	7	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	3kg

	9.57	Mariele Geurrero	94	2	NSSAF Provincials	Launchers	Dartmouth	5-Jun-10	4kg
	9.54	Sarah Millman	96	6	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	3kg
	9.46	Bridget Deveau	96	5	Field of Dream Final	Chebucto	Port Williams,NS	26-Jun-10	3kg
<b>11</b>	<b>9.22</b>	<b>Laura Maessen</b>	<b>89</b>	<b>5</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>UNA</b>	<b>Toronto</b>	<b>13-Jun-10</b>	<b>4kg</b>
<b>12</b>	<b>9.22</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>3</b>	<b>Field of Dreams #1</b>	<b>Chebucto</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>4kg</b>
	9.13	Sarah Millman	96	2	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	3kg
	9.09	Sarah Millman	96	4	Field of Dreams #3	Truro Lions	Port Williams,NS	12-Jun-10	3kg
	9.08	Sarah Millman	96	2	Field of Dreams #1	Truro Lions	Port Williams,NS	24-Apr-10	3kg
	9.04	Bridget Deveau	96	3	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	3kg
	9.01	Sarah Millman	96	6	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	3kg
	8.99	Sarah Millman	96	4	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	3kg
	8.90	Mallory Taylor	95	1	Field of Dreams #1	Bluenose	Port Williams,NS	24-Apr-10	3kg
	8.84	Bridget Deveau	94	5	Field of Dreams #3	Chebucto	Port Williams,NS	12-Jun-10	3kg
<b>13</b>	<b>8.80</b>	<b>Madison Munro</b>	<b>96</b>	<b>8</b>	<b>NSSAF Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>3kg</b>
<b>14</b>	<b>8.75</b>	<b>Montana Forsyth</b>	<b>94</b>	<b>6</b>	<b>NS Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>4kg</b>
	8.7	Nicole Wadden	93	1	NS Provincials	Chebucto	Dartmouth	10-Jul-10	4kg
	8.67	Madison Munro	96	10	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	3kg
<b>15</b>	<b>8.62</b>	<b>Emily Phelan</b>	<b>93</b>	<b>7</b>	<b>Youth Championships</b>	<b>HaliFast</b>	<b>Ottawa</b>	<b>8-Aug-10</b>	<b>4kg</b>
<b>16</b>	<b>8.56</b>	<b>Maia Jorgensen</b>	<b>91</b>	<b>5</b>	<b>Jr/Sr Selection Meet</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	<b>4kg</b>
	8.56	Montana Forsyth	94	6	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	4kg
	8.52	Bridget Deveau	94	7	Atlantic Throws Summit	Chebucto	Sackville	16-May-10	3kg
	8.47	Sarah Millman	96	5	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	3kg
	8.37	Montana Forsyth	94	8	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	4kg
	8.24	Bridget Deveau	94	5	Field of Dreams #2	Chebucto	Port Williams,NS	15-May-10	3kg
	8.22	Montana Forsyth	94	6	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	4kg
	8.22	Nicole Wadden	93	5	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10	4kg
	8.19	Emily Phelan	93	6	Walt Disney World invitational	Chebucto	Celebration, FL	18-Mar-10	4kg
	8.14	Mallory Taylor	95	13	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	4kg
	8.13	Montana Forsyth	94	3	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	4kg
	8.09	Montana Forsyth	94	11	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	4kg
	8.00	Madison Munro	96	8	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	3kg
	7.89	Montana Forsyth	94	6	Field of Dreams #3	Truro Lions	Port Williams,NS	12-Jun-10	4kg
	7.72	Madison Munro	96	4	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	3kg
	7.63	Nicole Wadden	93	12	Youth Championships	Chebucto	Ottawa	8-Aug-10	4kg
<b>17</b>	<b>7.51</b>	<b>Jennifer Pitman</b>	<b>92</b>	<b>8</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>HaliFast</b>	<b>Toronto</b>	<b>13-Jun-10</b>	<b>4kg</b>
	7.46	Montana Forsyth	94	8	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	4kg
	7.39	Emily Phelan	93	2	NS Provincials	Chebucto	Dartmouth	10-Jul-10	4kg
<b>18</b>	<b>7.24</b>	<b>Jessica Bartlett</b>	<b>95</b>	<b>7</b>	<b>Jr/Sr Selection Meet</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	<b>3kg</b>
	7.22	Montana Forsyth	94	4	Field of Dreams #1	Truro Lions	Port Williams,NS	24-Apr-10	4kg
<b>19</b>	<b>7.18</b>	<b>Erin Pugsley</b>	<b>94</b>	<b>9</b>	<b>Truro Lions Throws #1</b>	<b>Truro Lions</b>	<b>Truro</b>	<b>10-May-10</b>	<b>4kg</b>

	7.11	Erin Pugsley	94	12	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	4kg
<b>20</b>	<b>6.69</b>	<b>Sarah Colborne</b>	<b>96</b>	<b>8</b>	<b>Jr/Sr Selection Meet</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	3kg
	6.53	Sarah Colborne	96	5	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	3kg
	6.43	Sarah Colborne	96	6	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	3kg
	6.35	Sarah Colborne	96	13	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	3kg

Women									
Discus									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>38.1</b>	<b>Nicole Larade</b>	<b>88</b>	<b>1</b>	<b>Field Of Dreams Final</b>	<b>Launchers</b>	<b>Port Williams</b>	<b>26-Jun-10</b>	<b>1kg</b>
	37.85	Nicole Larade	88	1	Field Of Dreams #3	Launchers	Port Williams	12-Jun-10	1kg
	37.55	Nicole Larade	88	1	2010 Corn Boil Open	Launchers	Port Williams	31-Jul-10	1kg
<b>2</b>	<b>36.38</b>	<b>Kayla Gallagher</b>	<b>94</b>	<b>2</b>	<b>2010 Corn Boil Open</b>	<b>Truro Lions</b>	<b>Port Williams</b>	<b>31-Jul-10</b>	<b>1kg</b>
	36.28	Kayla Gallagher	94	1	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	1kg
<b>3</b>	<b>36.1</b>	<b>Chelsea Whalen</b>	<b>92</b>	<b>3</b>	<b>2010 Corn Boil Open</b>	<b>Launchers</b>	<b>Port Williams</b>	<b>31-Jul-10</b>	<b>1kg</b>
	35.59	Kayla Gallagher	94	2	Field of Drems #3	Truro Lions	Dartmouth	12-Jun-10	1kg
	35.29	Kayla Gallagher	94	6	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1kg
	35.26	Kayla Gallagher	94	1	Atlantics	Truro Lions	Charlottetown	15-Aug-10	1kg
	34.94	Kayla Gallagher	94	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1kg
<b>4</b>	<b>*34.60</b>	<b>Taylor Stutely</b>	<b>96</b>	<b>1</b>	<b>Atlantics</b>	<b>Chebucto</b>	<b>Charlottetown</b>	<b>15-Aug-10</b>	<b>1kg</b>
	34.10	Taylor Stutely	96	4	2010 Corn Boil Open	Chebucto	Port Williams	31-Jul-10	1kg
	34.05	Chelsea Whalen	92	1	NSSAF Provincials	Launchers	Dartmouth	5-Jun-10	1kg
	33.97	Nicole Larade	88	2	Field Of Dreams #2	Launchers	Port Williams	15-May-10	1kg
	33.88	Kayla Gallagher	94	5	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1kg
	33.80	Kayla Gallagher	94	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1kg
	33.26	Kayla Gallagher	94	1	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	1kg
	33.25	Taylor Stutely	96	2	Youth Championships	Chebucto	Ottawa	6-Aug-10	1kg
	33.21	Kayla Gallagher	94	6	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1kg
	33.09	Kayla Gallagher	94	6	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	1kg
	31.25	Taylor Stutely	96	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	1kg
	31.01	Kayla Gallagher	94	9	Youth Championships	Truro Lions	Ottawa	6-Aug-10	1kg
<b>5</b>	<b>30.54</b>	<b>Liz MacDonald</b>	<b>87</b>	<b>10</b>	<b>Atlantic Throws Summit</b>	<b>HaliFast</b>	<b>Sackville</b>	<b>16-May-10</b>	<b>1kg</b>
	30.26	Kayla Gallagher	94	2	Field of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1kg
	29.95	Taylor Stutely	96	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10	1kg
<b>6</b>	<b>29.92</b>	<b>Sarah Millman</b>	<b>96</b>	<b>5</b>	<b>2010 Corn Boil Open</b>	<b>Truro Lions</b>	<b>Port Williams</b>	<b>31-Jul-10</b>	<b>1kg</b>
	29.84	Taylor Stutely	96	2	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	1kg
	29.39	Taylor Stutely	96	3	Field Of Dreams #3	Chebucto	Dartmouth	12-Jun-10	1kg
	28.47	Sarah Millman	96	1	Air Force Open	Truro Lions	Shelburne	14-Aug-10	1kg
	28.05	Sarah Millman	96	3	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	1kg
	28.03	Sarah Millman	96	7	Youth Championships	Truro Lions	Ottawa	6-Aug-10	1kg
	27.95	Taylor Stutely	96	3	Field Of Dreams Final	Chebucto	Port Williams	26-Jun-10	1kg
<b>7</b>	<b>27.88</b>	<b>Sarah Mitton</b>	<b>96</b>	<b>4</b>	<b>NS Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>1kg</b>
	27.33	Sarah Millman	96	2	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1kg

	27.3	Sarah Millman	96	3	Field Of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1kg
	27.11	Sarah Millman	96	4	Field Of Dreams #3	Truro Lions	Dartmouth	12-Jun-10	1kg
	26.84	Sarah Millman	96	10	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	1kg
	26.82	Sarah Millman	96	3	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	1kg
	26.86	Sarah Millman	96	2	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1kg
	26.58	Sarah Millman	96	8	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1kg
	25.94	Sarah Millman	96	8	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1kg
<b>8</b>	<b>25.19</b>	<b>Montana Forsyth</b>	<b>94</b>	<b>5</b>	<b>NS Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>1kg</b>
	25.18	Sarah Millman	96	12	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1kg
<b>9</b>	<b>24.93</b>	<b>Bridget Deveau</b>	<b>96</b>	<b>4</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>1kg</b>
	24.93	Taylor Stutley	96	13	Atlantic Throws Summit	Chebucto	Sackville	16-May-10	1kg
<b>10</b>	<b>24.47</b>	<b>Madison Munro</b>	<b>96</b>	<b>3</b>	<b>Truro Lions Throws #2</b>	<b>Truro Lions</b>	<b>Truro</b>	<b>19-May-10</b>	<b>1kg</b>
	24.36	Bridget Deveau	96	14	Atlantic Throws Summit	Chebucto	Sackville	16-May-10	1kg
<b>11</b>	<b>24.29</b>	<b>Sarah Colborne</b>	<b>96</b>	<b>6</b>	<b>NS Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>1kg</b>
	24.14	Sarah Mitton	96	11	Youth Championships	Truro Lions	Ottawa	6-Aug-10	1kg
	23.61	Sarah Colborne	96	4	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	1kg
<b>12</b>	<b>23.38</b>	<b>Sarah Colborne</b>	<b>96</b>	<b>2</b>	<b>Atlantics</b>	<b>Truro Lions</b>	<b>Charlottetown</b>	<b>15-Aug-10</b>	<b>1kg</b>
<b>13</b>	<b>23.35</b>	<b>Mariele Geurrero</b>	<b>94</b>	<b>5</b>	<b>NSSAF Provincials</b>	<b>Launchers</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>1kg</b>
	23.23	Taylor Stutley	96	3	Field of Dreams #2	Chebucto	Port Williams,NS	15-May-10	1kg
	23.00	Sarah Colborne	96	9	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1kg
	22.90	Bridget Deveau	96	4	Field of Dreams #2	Chebucto	Port Williams,NS	15-May-10	1kg
	22.57	Montana Forsyth	94	11	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	1kg
	22.45	Sarah Colborne	96	12	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	1kg
<b>14</b>	<b>22.45</b>	<b>Allie Poole</b>	<b>93</b>	<b>7</b>	<b>NS Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>1kg</b>
	22.30	Montana Forsyth	94	6	2010 Corn Boil Open	Truro Lions	Port Williams	31-Jul-10	1kg
<b>15</b>	<b>22.05</b>	<b>Olivia Gowan</b>	<b>94</b>	<b>8</b>	<b>NSSAF Provincials</b>	<b>Celtic</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>1kg</b>
	21.49	Sarah Colborne	96	4	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1kg
	21.41	Montana Forsyth	94	4	Field Of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1kg
	21.38	Montana Forsyth	94	5	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1kg
<b>16</b>	<b>21.29</b>	<b>Erin Pugsley</b>	<b>94</b>	<b>13</b>	<b>Truro Lions Throws Meet #5</b>	<b>Truro Lions</b>	<b>Truro</b>	<b>30-Jun-10</b>	<b>1kg</b>
	21.07	Montana Forsyth	94	5	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	1kg
	20.73	Sarah Colborne	96	9	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1kg
<b>17</b>	<b>20.70</b>	<b>Jessica Bartlett</b>	<b>96</b>	<b>9</b>	<b>Truro Lions Throws #1</b>	<b>Truro Lions</b>	<b>Truro</b>	<b>10-May-10</b>	<b>1kg</b>
<b>18</b>	<b>20.69</b>	<b>Taylor Martell</b>	<b>95</b>	<b>8</b>	<b>NS Provincials</b>	<b>PCRAS</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>1kg</b>
	20.65	Montana Forsyth	94	11	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1kg
	20.38	Montana Forsyth	94	15	Atlantic Throws Summit	Truro Lions	Sackville	15-May-10	1kg
<b>19</b>	<b>20.34</b>	<b>Mallory Taylor</b>	<b>95</b>	<b>11</b>	<b>NSSAF Provincials</b>	<b>Bluenose</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>1kg</b>
	19.81	Madison Munro	96	10	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1kg
	19.51	Bridget Deveau	96	6	Field of Dreams #3	Chebucto	Dartmouth	12-Jun-10	1kg

	19.29	Erin Pugsley	94	11	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1kg
	19.01	Sarah Colborne	96	7	2010 Corn Boil Open	Truro Lions	Port Williams	31-Jul-10	1kg
	18.97	Madison Munro	96	14	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	1kg
	18.88	Bridget Deveau	96	5	Field of Dreams Final	Chebucto	Port Williams	26-Jun-10	1kg
	18.19	Madison Munro	96	12	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1kg
<b>20</b>	<b>15.49</b>	<b>Taylor Roode</b>	<b>95</b>	<b>49</b>	<b>Disney T&amp;F Showcase</b>	<b>Chebucto</b>	<b>Celebration, FL</b>	<b>13-Mar-10</b>	<b>1kg</b>
<b>21</b>	<b>14.32</b>	<b>Joanna Burris</b>	<b>95</b>	<b>17</b>	<b>Truro Lions Throws Meet #5</b>	<b>Truro Lions</b>	<b>Truro</b>	<b>30-Jun-10</b>	<b>1kg</b>

**\*34.60 NS Midget Record**

Women									
Hammer									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>46.77</b>	<b>Liz MacDonald</b>	<b>87</b>	<b>1</b>	<b>Field of Dreams Final</b>	<b>HaliFast</b>	<b>Port Williams,NS</b>	<b>26-Jun-10</b>	4kg
	<b>46.19</b>	<b>Liz MacDonald</b>	<b>87</b>	<b>1</b>	<b>Jr/Sr Selection Meet</b>	<b>HaliFast</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	4kg
	43.65	Liz MacDonald	87	1	Field of Dreams #1	HaliFast	Port Williams,NS	24-Apr-10	4kg
	42.31	Liz MacDonald	87	3	Atlantic Throws Summit	HaliFast	Sackville	16-May-10	4kg
<b>2</b>	<b>31.43</b>	<b>Sarah Millman</b>	<b>96</b>	<b>7</b>	<b>Atlantic Throws Summit</b>	<b>Truro Lions</b>	<b>Sackville</b>	<b>16-May-10</b>	3kg
	31.36	Sarah Millman	96	1	Field of Dreams #3	Truro Lions	Port Williams,NS	12-Jun-10	3kg
	29.97	Sarah Millman	96	2	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	3kg
	29.75	Saram Millman	96	1	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	3kg
	29.65	Sarah Millman	96	2	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	3kg
	29.58	Sarah Millman	96	6	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	3kg
<b>3</b>	<b>29.46</b>	<b>Sarah Colborne</b>	<b>96</b>	<b>1</b>	<b>Atlantics</b>	<b>Truro Lions</b>	<b>Charlottetown</b>	<b>15-Aug-10</b>	3kg
	29.27	Sarah Millman	96	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	3kg
	29.19	Sarah Millman	96	6	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	3kg
	29.05	Sarah Millman	96	1	Field of Dreams #1	Truro Lions	Port Williams,NS	24-Apr-10	3kg
<b>4</b>	<b>28.99</b>	<b>Kayla Gallagher</b>	<b>94</b>	<b>7</b>	<b>HaliFast #3</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>13-Jun-10</b>	4kg
	27.83	Sarah Millman	96	1	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	3kg
	27.63	Kayla Gallagher	94	2	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	3kg
	27.58	Kayla Gallagher	94	2	Field of Dreams #3	Truro Lions	Port Williams,NS	12-Jun-10	4kg
	27.43	Sarah Colborne	96	2	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	3kg
	27.27	Sarah Millman	96	6	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	3kg
	27.22	Kayla Gallagher	94	3	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	4kg
<b>5</b>	<b>26.59</b>	<b>Montana Forsyth</b>	<b>94</b>	<b>7</b>	<b>Truro Lions Throws Meet #7</b>	<b>Truro Lions</b>	<b>Truro</b>	<b>28-Jul-10</b>	<b>3kg</b>
	26.12	Montana Forsyth	94	3	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	3kg
	25.58	Sarah Colborne	96	4	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	3kg
	25.75	Sarah Millman	96	6	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	3kg
	25.59	Montana Forsyth	94	3	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	3kg
	25.49	Sarah Colborne	96	7	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	3kg
	24.67	Kayla Gallagher	94	6	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	4kg
	23.79	Sarah Colborne	96	3	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	3kg
	21.59	Montana Forsyth	94	4	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	4kg
	20.81	Kayla Gallagher	94	2	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	4kg

19.52	Montana Forsyth	94	8	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	4kg
18.64	Montana Forsyth	94	3	Field of Dreams #3	Truro Lions	Port Williams,NS	12-Jun-10	4kg
17.48	Montana Forsyth	94	3	Truro Lions Throws #3	Truro Lions	Truro	19-May-10	4kg
16.60	Montana Forsyth	94	4	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	4kg
14.28	Montana Forsyth	94	2	Field of Dreams #1	Truro Lions	Port Williams,NS	24-Apr-10	4kg

**\*46.77 NS Senior Record**

Women									
Javelin									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>46.75</b>	<b>Chelsea Whalen</b>	<b>92</b>	<b>2</b>	<b>Canadian Junior Trials</b>	<b>Launchers</b>	<b>Moncton, NB</b>	<b>2-Jul-10</b>	<b>600g</b>
	45.16	Chelsea Whalen	92	1	Field of Dreams Final	Launchers	Port Williams,NS	26-Jun-10	600g
	44.21	Chelsea Whalen	92	1	Field of Dreams #1	Launchers	Port Williams,NS	24-Apr-10	600g
	44.20	Chelsea Whalen	92	1	NSSAF Provincials	Launchers	Dartmouth	5-Jun-10	600g
	43.56	Chelsea Whalen	92	1	2010 Corn Boil Open	Launchers	Port Williams,NS	31-Jul-10	600g
<b>2</b>	<b>39.83</b>	<b>Jessica Bussey</b>	<b>89</b>	<b>4</b>	<b>Tiger Track Classic</b>	<b>UNA</b>	<b>Auburn, AL</b>	<b>3-Apr-10</b>	<b>600g</b>
	39.63	Chelsea Whalen	92	1	Field of Dreams #2	Launchers	Port Williams,NS	15-May-10	600g
	39.17	Jessica Bussey	89	9	2010 Conference USA	UNA	Orlando,FL	16-May-10	600g
<b>3</b>	<b>38.84</b>	<b>Jessica Bartlett</b>	<b>96</b>	<b>1</b>	<b>Youth Championships</b>	<b>Truro Lions</b>	<b>Ottawa</b>	<b>6-Aug-10</b>	<b>600g</b>
	38.11	Jessica Bartlett	96	2	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	600g
	37.69m	Jessica Bartlett	96	2	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	600g
<b>4</b>	<b>37.36</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>2</b>	<b>2010 Big East</b>	<b>Bluenose</b>	<b>Cincinnati,OH</b>	<b>2-May-10</b>	<b>600g</b>
<b>5</b>	<b>37.25</b>	<b>Alli Poole</b>	<b>93</b>	<b>2</b>	<b>NSSAF Provincials</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>600g</b>
	37.01	Jessica Bussey	89	12	Alabama Relays 2010	UNA	Tuscaloosa, AL	28-Mar-10	600g
	36.78	Allie Poole	93	3	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	600g
	36.40	Jessica Bartlett	96	1	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	600g
	36.25	Jessica Bussey	89	4	2010 Golden Eagle Classic	UNA	Hattiesburg, Miss	24-Apr-10	600g
	36.07	Allie Poole	93	2	Field of Dreams Final	Truro Lions	Port Williams,NS	26-Jun-10	600g
	35.98	Rachael McIntosh	91	21	31st Sun Angel Track Classic	Bluenose	Tempe, AZ	10-Apr-10	600g
	35.73	Rachael McIntosh	91	1	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10	600g
	35.70	Rachael McIntosh	91	10	Maryland Invitational	Bluenose	College Park, MD	27-Mar-10	600g
	35.57	Jessica Bartlett	96	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	600g
	35.36	Jessica Bartlett	96	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	600g
	35.36	Jessica Bussey	89	9	Mississippi Open invitational	UNA	Oxford, Miss	1-May-10	600g
	35.35	Jessica Bartlett	96	1	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	600g
	34.68	Jessica Bartlett	96	1	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	600g
	34.65	Allie Poole	93	4	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	600g
	34.58	Jessica Bussey	89	10	2010 Southern Miss Invitational	UNA	Hattiesburg, Miss	13-Mar-10	600g
	35.50	Allie Poole	93	12	Canadian Junior Trials	Truro Lions	Moncton, NB	2-Jul-10	600g
	34.38	Jessica Bussey	89	25	2010 Alumni Gold	UNA	Baton Rouge, SC	17-Apr-10	600g

<b>6</b>	<b>34.34</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>1</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>600g</b>
	34.20	Rachael McIntosh	91	1	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10	600g
	33.95	Nicole Wadden	93	1	Field of Dreams #1	Chebucto	Port Williams,NS	24-Apr-10	600g
	33.33	Alli Poole	93	2	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	600g
	33.24	Allie Poole	93	7	Youth Championships	Truro Lions	Ottawa	6-Aug-10	600g
<b>7</b>	<b>33.11</b>	<b>Madison Munro</b>	<b>96</b>	<b>6</b>	<b>Youth Championships</b>	<b>Truro Lions</b>	<b>Ottawa</b>	<b>6-Aug-10</b>	<b>600g</b>
	32.77	Madison Munro	96	2	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	600g
	32.32	Rachael McIntosh	91	17	Duke Invitational	Bluenose	Durham,NC	3-Apr-10	600g
	32.01	Alli Poole	93	3	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	600g
	31.93	Nicole Wadden	93	2	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	600g
	31.68	Rachael McIntosh	91	5	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10	600g
	31.66	Madison Munro	96	5	Truro Lions Throws Meet #7	Truro Lions	Truro	28-Jul-10	600g
<b>8</b>	<b>31.15</b>	<b>Laura Maessen</b>	<b>89</b>	<b>2</b>	<b>York Spring Open</b>	<b>UNA</b>	<b>Toronto</b>	<b>1-May-10</b>	<b>600g</b>
	31.01	Madison Munro	96	3	Jr/Sr Selection Meet	Truro Lions	Dartmouth	19-Jun-10	600g
	30.55	Madison Munro	96	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	600g
	29.89	Allie Poole	93	1	Truro Lions Meet #5	Truro Lions	Truro	30-Jun-10	600g
	29.88	Nicole Wadden	93	2	Walt Disney World invitational	Chebucto	Celebration, FL	19-Mar-10	600g
	29.72	Madison Munro	96	2	Truro Lions Meet #5	Truro Lions	Truro	30-Jun-10	600g
<b>9</b>	<b>29.65</b>	<b>Mallory Taylor</b>	<b>95</b>	<b>1</b>	<b>Field of Dreams #1</b>	<b>Bluenose</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>600g</b>
	29.43	Mallory Taylor	95	3	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	600g
	<b>29.16</b>	<b>Laura Maessen</b>	<b>89</b>	<b>3</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>UNA</b>	<b>Toronto</b>	<b>13-Jun-10</b>	<b>600g</b>
<b>10</b>	<b>29.08</b>	<b>Bridget Deveau</b>	<b>96</b>	<b>3</b>	<b>Field of Dreams Final</b>	<b>Chebucto</b>	<b>Port Williams,NS</b>	<b>26-Jun-10</b>	<b>600g</b>
<b>11</b>	<b>29.05</b>	<b>Emily Phelan</b>	<b>93</b>	<b>5</b>	<b>Youth Championships</b>	<b>HaliFast</b>	<b>Ottawa</b>	<b>8-Aug-10</b>	<b>600g</b>
	28.63	Bridget Deveau	96	3	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	600g
	28.54	Bridget Deveau	96	4	NS Provincials	Chebucto	Dartmouth	11-Jul-10	600g
<b>12</b>	<b>27.45</b>	<b>Sarah Colborne</b>	<b>96</b>	<b>2</b>	<b>Atlantics</b>	<b>Truro Lions</b>	<b>Charlotteton</b>	<b>15-Aug-10</b>	<b>600g</b>
<b>13</b>	<b>27.42</b>	<b>Rachael Boyle</b>	<b>92</b>	<b>9</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>600g</b>
	27.34	Bridget Deveau	96	4	Jr/Sr Selection Meet	Chebucto	Dartmouth	19-Jun-10	600g
<b>14</b>	<b>27.28</b>	<b>Kayla Gallagher</b>	<b>94</b>	<b>2</b>	<b>Field of Dreams #1</b>	<b>Truro Lions</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>600g</b>
	27.11	Madison Munro	96	2	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	600g
	26.98	Mallory Taylor	95	3	Field of Dreams #2	Bluenose	Port Williams,NS	15-May-10	600g
<b>15</b>	<b>26.36</b>	<b>Taylor Martell</b>	<b>95</b>	<b>5</b>	<b>NS Provincials</b>	<b>PCRAS</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	<b>600g</b>
	26.03	Bridget Deveau	96	4	Atlantic Throws Summit	Chebucto	Sackville	16-May-10	600g
	25.85	Madison Munro	96	2	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	600g
	25.77	Bridget Deveau	96	4	Field of Dreams #2	Chebucto	Port Williams,NS	15-May-10	600g
<b>16</b>	<b>25.39</b>	<b>Taylor Stutley</b>	<b>96</b>	<b>5</b>	<b>Atlantic Throws Summit</b>	<b>Chebucto</b>	<b>Sackville</b>	<b>16-May-10</b>	<b>600g</b>
	25.14	Sarah Colborne	96	5	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	600g
	24.92	Taylor Stutley	96	2	Field of Dreams #1	Chebucto	Port Williams,NS	24-Apr-10	600g
<b>17</b>	<b>24.65</b>	<b>Sarah Colborne</b>	<b>96</b>	<b>5</b>	<b>Jr/Sr Selection Meet</b>	<b>Truro Lions</b>	<b>Dartmouth</b>	<b>19-Jun-10</b>	<b>600g</b>

	24.43	Sarah Colborne	96	6	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	600g
	24.15	Emily Phelan	93	4	Walt Disney World invitational	Chebucto	Celebration, FL	19-Mar-10	600g
	23.98	Sarah Colborne	96	3	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	600g
<b>18</b>	<b>23.93</b>	<b>Mariele Geurrero</b>	<b>94</b>	<b>3</b>	<b>Field of Dreams #1</b>	<b>Launchers</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>600g</b>
	23.87	Emily Phelan	93	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10	600g
	23.02	Mariele Geurrero	94	5	Field of Dreams #1	Launchers	Port Williams,NS	24-Apr-10	600g
<b>19</b>	<b>22.81</b>	<b>Olivia Gowan</b>	<b>94</b>	<b>13</b>	<b>NSSAF Provincials</b>	<b>Celtic</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>600g</b>
	22.77	Sarah Colborne	96	5	2010 Corn Boil Open	Truro Lions	Port Williams,NS	31-Jul-10	600g
	21.10	Sarah Colborne	96		Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	600g
	20.83	Taylor Stutley	96	11	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	600g
	20.39	Taylor Stutley	96	6	Field of Dreams #2	Chebucto	Port Williams,NS	15-May-10	600g
<b>20</b>	<b>20.18</b>	<b>Abbie Mitchell</b>	<b>95</b>	<b>3</b>	<b>Field of Dreams #1</b>	<b>Chebucto</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>600g</b>
<b>21</b>	<b>18.56</b>	<b>Rebecca Haworth</b>	<b>92</b>	<b>13</b>	<b>NSSAF Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>5-Jun-10</b>	<b>600g</b>
<b>22</b>	<b>17.87</b>	<b>Jennifer Pitman</b>	<b>92</b>	<b>9</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>HaliFast</b>	<b>Toronto</b>	<b>13-Jun-10</b>	<b>600g</b>
<b>23</b>	<b>15.23</b>	<b>Montana Forsyth</b>		<b>4</b>	<b>Field of Dreams #1</b>	<b>Truro Lions</b>	<b>Port Williams,NS</b>	<b>24-Apr-10</b>	<b>600g</b>

Heptathlon									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
<b>1</b>	<b>*5124</b>	<b>Rachael McIntosh</b>	<b>91</b>	<b>3</b>	<b>2010 Big East</b>	<b>Bluenose</b>	<b>Cincinnati,OH</b>	<b>2-May-10</b>	
	5074	Rachael McIntosh	91	1	MSU Legacy Meet	Bluenose	Baltimore,MD	17-Apr-10	
	4938	Rachael McIntosh	91	1	AO National Jr & Sr Qualifier	Bluenose	Toronto	13-Jun-10	
	4830	Rachael McIntosh	91	3	2010 ECAC and IC4A Track and Field	Bluenose	Princeton, NJ	16-May-10	
<b>2</b>	<b>4394</b>	<b>Nicole Wadden</b>	<b>93</b>	<b>1</b>	<b>NS Provincials</b>	<b>Chebucto</b>	<b>Dartmouth</b>	<b>11-Jul-10</b>	
<b>3</b>	<b>4280</b>	<b>Emily Phelan</b>	<b>93</b>	<b>5</b>	<b>Youth Championships</b>	<b>HaliFast</b>	<b>Ottawa</b>	<b>6-Aug-10</b>	
	4158	Emily Phelan	93	2	NS Provincials	Chebucto	Dartmouth	11-Jul-10	
	4097	Emily Phelan	93	1	Walt Disney World Invitational	Chebucto	Celebration, FL	18-Mar-10	
	4060	Nicole Wadden	93	2	Walt Disney World Invitational	Chebucto	Celebration, FL	18-Mar-10	
<b>4</b>	<b>3781</b>	<b>Laura Maessen</b>	<b>89</b>	<b>4</b>	<b>AO National Jr &amp; Sr Qualifier</b>	<b>UNA</b>	<b>Toronto</b>	<b>13-Jun-10</b>	

**\*5124 NS Junior Record**