

Updated August 25th, 2010
Please send errors or omissions to coach@athleticsnovascotia.ca

Men								
100m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	10.66 (0.5)	Kyu-Won Cho	91	1	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
	10.66	Kyu-Won Cho	91	1 H2	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
	10.74	Kyu-Won Cho	91	1	Aileen Meagher Test Meet	Chebucto	Halifax, NS	20-Jul-10
	10.76	Kyu-Won Cho	91	1	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
	10.81	Kyu-Won Cho	91	1	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	10.84 (-0.7)	Kyu-Won Cho	91	1 H1	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
2	10.93	Michael Bawol	86	2 H2	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
	11.04	Michael Bawol	86	2	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
	11.36	Kyu-Won Cho	91	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
3	11.43	Andreas Robinson	94	1	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
4	11.44	Nicolas Moore	91	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	11.52 (1.7)	Nicolas Moore	91	7 H4	World Junior Trials	Chebucto	Moncton, NB	2-Jul-10
	11.52	Nicolas Moore	91	6 H2	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
5	11.54	Matthew J. Bellefontaine	92	2	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
6	11.56	Joshua Lucas Lunda	95	5	Youth Championships	UNA	Ottawa	6-Aug-10
	11.56	Nicolas Moore	91	4	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
7	11.57	Josh Cormier	94	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	11.59	Josh Cormier	94	1	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
8	11.62	Mackensy Bell	93	H	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	11.67	Mackensy Bell	93	6H2	Youth Championships	UNA	Ottawa	6-Aug-10
	11.67	Mackensy Bell	93	2	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
9	11.68	Andre Peach	93	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
10	11.71	Ashton Slawter	93	H	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	11.77	Josh Cormier	94	2	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	11.77	Andre Peach	93	3	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	11.77	Matthew J. Bellefontaine	92	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	11.82	Joshua Lucas Lunda	95	H	Youth Championships	UNA	Ottawa	6-Aug-10
	11.84	Josh Cormier	94	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	11.84	Andreas Robinson	94	1	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	11.85	Joshua Lucas Lunda	95	H	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
11	11.86	Matthew Musoke	94	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
12	11.90 (-0.8)	Liam MacDoanld	93	5 H7	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10
13	11.90	Lucas Wile	94	H	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
14	11.70h	Colin Shaver	94	7	Atlantics	PRACS	Chartteton	15-Aug-15
	12.02	Lucas Wile	94	4	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	12.06	Joshua Lucas Lunda	95	1	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	12.08 (0.9)	Liam MacDoanld	93	6 H3	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10

	12.08	Matthew Musoke	94	5	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	12.08	Liam MacDoanld	93	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	12.09	Ashton Slawter	93	6	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	12.10 (1.4)	Josh Cormier	94	4 H2	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
	12.14	Liam MacDoanld	93	5	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
15	12.17	Joshua Lucas	95	1 H1	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
16	12.2	Devin Kirton	91	7 H2	Jr/Sr Selection	Celtic	Dartmouth, NS	19-Jun-10
	12.25	Joshua Lucas	95	1	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
	12.33	Devin Kirton	91	6	Jr/Sr Selection	Celtic	Dartmouth, NS	19-Jun-10
17	12.5	Stefan Miller	96	5	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
18	12.56	Lucas Watson	96	3	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	12.57	Lucas Watson	96	H	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	12.62	Stefan Miller	96	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	12.64 (0.9)	Lucas Wile	94	8 H3	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
19	12.70 (1.0)	Ryley LeBlanc	94	7 H5	Disney Showcase	Bluenose	Celebration, FL	13-Mar-10
20	12.8	Cody Richardson	95	H	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
21	12.83	Stephen Belyea	96	7	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
	12.86	Cody Richardson	95	2 H2	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
	12.88	Cody Richardson	95	4	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	12.88	Stephen Belyea	96	H	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
22	12.92	Andrew Burgess	95	H	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	12.96	Cody Richardson	95	2	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
	13.08	Andrew Burgess	95	3 H1	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
	13.25	Andrew Burgess	95	5	NS Provincials	Unattached	Dartmouth, NS	11-Jul-10
	13.38	Andrew Burgess	95	3	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10

Wind Aided

	10.52 (2.4)	Kyu-Won Cho	91	1 H2	World Junior Trials	Chebucto	Moncton	2-Jul-10
	10.87 (2.8)	Kyu-Won Cho	91	1 H2	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10
	11.91 (3.6)	Josh Cormier	94	4 H6	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10
	12.62 (2.4)	Greg Williams	95	6 H3	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10

Men								
200m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	21.62 (0.7)	Kyu-Won Cho	91	1	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
	21.95 (-0.7)	Kyu-Won Cho	91	1H1	World Junior Trials	Chebucto	Moncton, NB	4-Jul-10
	21.96	Kyu-Won Cho	91	1	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	22.20 (-0.5)	Kyu-Won Cho	91	1 H1	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
	22.23 (-1.9)	Kyu-Won Cho	91	1H5	World Junior Trials	Chebucto	Moncton, NB	3-Jul-10
2	22.6	Michael Bawol	86	1 H2	Jr/ Sr Selection	UNA	Dartmouth, NS	20-Jun-10
3	23.05	Justin Blades	91	2	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	23.05	Kyu-Won Cho	91	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10

4	23.16	Matthew J. Bellefontaine	92	3	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
5	23.38	Nicolas Moore	91	1 H1	Jr/ Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10
	23.45 (-1.9)	Nicolas Moore	91	4 H5	World Junior Trials	Chebucto	Moncton, NB	3-Jul-10
	23.53 (1.3)	Nicolas Moore	91	6 H2	World Junior Trials	Chebucto	Moncton, NB	3-Jul-10
	23.80	Matthew J. Bellefontaine	92	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	23.80	Justin Blades	91	H	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
6	23.95 (-1.3)	Liam MacDoanld	93	2 H3	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
7	23.15	Andreas Robinson	94	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
8	23.60	Mackensey Bell	93	1	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
9	23.75	Josh Cormier	94	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	23.75	Josh Cormier	94	2	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
10	23.76	Lucas Wile	94	3	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	23.79	Mackensey Bell	93	H	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	23.80	Lucas Wile	94	5H4	Youth Championships	Bluenose	Ottawa	6-Aug-10
11	23.81	Matthew Waterman	94	4	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	23.85	Matthew Waterman	94	H	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
12	23.91	Ryan Pyke	94	5	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	23.95	Josh Cormier	94	2	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	23.99	Mackensey Bell	93	6H5	Youth Championships	UNA	Ottawa	6-Aug-10
	23.96	Andreas Robinson	94	1	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	24.01	Lucas Wile	94	H	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
	24.03	Ryan Pyke	94	H	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
13	24.12	Andre Peach	93	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	24.12	Lucas Wile	94	H	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	24.16	Andre Peach	93	6	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	24.16	Josh Cormier	94	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
14	24.22	Andrew Falkenham	91	2 H2	Jr/ Sr Selection	UNA	Dartmouth, NS	20-Jun-10
	24.34	Lucas Wile	94	3	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
	24.34 (-0.3)	Josh Cormier	94	5 H2	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
	24.36 ((-2.0)	Andrew Falkenham	91	6 H2	World Junior Trials	UNA	Moncton, NB	3-Jul-10
	24.49	Liam MacDoanld	93	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
15	24.52	Matthew Musoke	94	3 H1	Jr/ Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10
16	24.59	Joshua Lucas Lunda	95	12	Youth Championships	UNA	Ottawa	6-Aug-10
	24.60	Joshua Lucas Lunda	95	3H4	Youth Championships	UNA	Ottawa	6-Aug-10
17	24.62	Devin Kirton	91	4 H1	Jr/ Sr Selection	Celtic	Dartmouth, NS	20-Jun-10
18	24.65	Greg Williams	95	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	24.67 (1.7)	Josh Cormier	94	2 H7	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10
	24.70	Greg Williams	95	1	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	24.73	Joshua Lucas Lunda	95	2	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	24.91	Greg Williams	95	H	Youth Championships	Chebucto	Ottawa	6-Aug-10
	24.93	Joshua Lucas Lunda	95	5 H1	Jr/ Sr Selection	UNA	Dartmouth, NS	20-Jun-10
	25.00 (2.0)	Lucas Wile	94	5 H2	Disney Showcase	Bluenose	Celebration, FL	13-Mar-10
	25.06	Liam MacDoanld	93	7	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10

	25.11	Joshua Lucas Lunda	95	H	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
19	25.25	Drew Beattie	95	3	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	25.31	Drew Beattie	95	H	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	25.45	Greg Williams	95	11	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
20	25.50 (2.0)	Brandon Fancy	92	6 H2	Disney Showcase	Bluenose	Celebration, FL	13-Mar-10
21	25.54	Lucas Watson	96	H	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
21	25.30h (2.2)	Colin Shaver	94	4	Atlantics	PRACS	Chartteton	15-Aug-15
	25.57	Lucas Watson	96	5	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	25.76 (1.1)	Brandon Fancy	92	7 H4	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
23	25.83	Stephen Belyea	96	H	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
24	26.03	Nicholas Doiron	95	H	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	26.18	Stephen Belyea	96	5	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
25	26.19	Cody Richardson	97	6	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	26.21	Cody Richardson	97	H	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
26	26.24	Matt Bellefontaine	94	6 H1	Jr/ Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10
	26.63 (-0.5)	Greg Williams	95	5 H4	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10
	26.77	Nicholas Doiron	95	7	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
27	26.79	Andrew Burgess	95	H	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	26.96	Nicolas Doiron	95	7 H1	Jr/ Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10
	27.53	Andrew Burgess	95	8	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
28	28.15 (1.2)	Nate Baker	95	8 H6	Disney Showcase	Bluenose	Celebration, FL	13-Mar-10

Wind Aided

	21.88 (2.3)	Kyu-Won Cho	91	1	Mini Meet	Chebucto	Dartmouth, NS	12-Jun-10
	22.30 (2.3)	Mike Bawol	86	2	Mini Meet	HaliFast	Dartmouth, NS	12-Jun-10
	23.72 (2.3)	John Williams	89	3	Mini Meet	UNA	Dartmouth, NS	12-Jun-10
	24.13 (2.4)	Liam MacDoanld	93	2 H11	Disney Showcase	Chebucto	Celebration, FL	13-Mar-10
	25.37 (2.3)	Peter Lord	63	4	Mini Meet	HaliFast	Dartmouth, NS	12-Jun-10

Men								
300m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	39.28	Greg Williams	95	18	Youth Championships	Chebucto	Ottawa	6-Aug-10
	39.39	Greg Williams	95	1	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
2	40.16	Lucas Watson	96	2	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
3	40.92	Nate Baker	95	3	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
4	41.37	Cody Richardson	97	4	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	41.52	Cody Richardson	97	1	Jr/Sr Selection	UNA	Dartmouth, NS	19-Jun-10
5	42.01	Nicolas Doiron	95	5	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
6	42.11	Andrew Burgess	95	6	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	42.48	Andrew Burgess	95	2	Jr/Sr Selection	UNA	Dartmouth, NS	19-Jun-10
	42.94	Nicolas Doiron	95	3	Jr/Sr Selection	UNA	Dartmouth, NS	19-Jun-10
7	45.21	Sam Redden	96	7	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10

Men 400m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	49.01	Justin Blades	91	1	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	49.03	Justin Blades	91	6	Aileen Meagher International Track Classic	UNA	Halifax	3-Aug-10
	49.15	Justin Blades	91	2 H1	World Junior Trials	UNA	Moncton, NB	2-Jul-10
	49.4	Justin Blades	91	7 H2	World Junior Trials	UNA	Moncton, NB	3-Jul-10
	49.54	Justin Blades	91	P14	Canadian Championships	UNA	Toronto	31-Jul-10
3	*50.04	Peter Lawson	68	6	Americain Milers Sprint Series	HaliFast	Indianapolis, IN	19-Jun-10
	50.05	Justin Blades	91	1	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	50.24	Peter Lawson	68	5	Americain Milers Sprint Series	HaliFast	Indianapolis, IN	16-Jun-10
	50.38	Justin Blades	91	H	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	50.69	John Williams	89	9	Aileen Meagher International Track Classic	UNA	Halifax	3-Aug-10
	50.97	Peter Lawson	68	6	Victoria Track Classic	HaliFast	Victoria, BS	7-Jul-10
3	51.16	Cameron MacLennan	92	2	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
	51.19	Peter Lawson	68	11	Windsor University Open	HaliFast	Windsor, ON	29-May-10
4	51.06	John Williams	89	2	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	51.2	John Williams	89	1	SMU Twilight #1	UNA	Halifax	11-May-10
5	51.92	Andrew Falkenham	91	6 H1	World Junior Trials	UNA	Moncton, NB	2-Jul-10
6	51.99	Ashton Slawter	93	1	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	52.05	Cameron MacLennan	92	1	Jr/Sr Selection	Bluenose	Dartmouth	19-Jun-10
7	52.08	Jesse Drennan	93	5 H3	World Junior Trials	UNA	Moncton, NB	2-Jul-10
	52.31	Cameron MacLennan	92	H	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
8	52.33	Lucas Wile	94	2	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	52.57	Cameron MacLennan	92	6	Walt Disney World Invit.	Bluenose	Celebration, FL	20-Mar-10
	52.86	Lucas Wile	94	3	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
	53.02	Andrew Falkenham	91	2	Jr/Sr Selection	UNA	Dartmouth	19-Jun-10
	53.03	Cameron MacLennan	92	2 H5	Walt Disney World Invit.	Bluenose	Celebration, FL	20-Mar-10
9	52.30	Matthew Waterman	94	1	Aileen Meagher Test Meet	Truro Track	Halifax, NS	20-Jul-10
10	52.32	Ryan Pike	94	2	Aileen Meagher Test Meet	Bluenose	Halifax, NS	20-Jul-10
	53.49	Ryan Pike	94	3	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
11	53.83	Coady Carter	94	5	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
12	54.02	Devin Kirton	91	3	Jr/Sr Selection	Celtic	Dartmouth, NS	19-Jun-10
	53.30	Matthew Waterman	94	4	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	54.33	Lucas Wile	94	4	Jr/Sr Selection	Bluenose	Dartmouth, NS	19-Jun-10
	54.59	Lucas Wile	94	H	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
13	54.40h	Allister Mason	94	3	Atlantics	PCRAS	Charlottetown	15-Aug-10
	54.71	Allister Mason	94	5	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
14	54.83	Tyler D'Arcy	93	6	NS Provincials	Truro Track	Dartmouth, NS	11-Jul-10
	55.02	Lucas Wile	94	2 H1	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
15	55.20	Elijah Bond	93	4 H2	Walt Disney World Invit.	Bluenose	Celebration, FL	20-Mar-10
16	55.24	Vance Hiscock	92	11	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10

	55.26	Elijah Bond	93	3 H7	Disney T&F Showcase	Bluenose	Celebration, FL	17-Mar-10
17	55.28	Brett MyKetyn	91	12	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	55.48	Coady Carter	94	H	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	55.40h	Coady Carter	94	5	Atlantics	Chebucto	Charlottetown	15-Aug-15
	55.94	Ryan Pike	94	5	Jr/Sr Selection	Bluenose	Dartmouth, NS	19-Jun-10
18	55.94	Lucas Watson	96	3	Aileen Meagher Test Meet	Truro Track	Halifax, NS	20-Jul-10
	56.05	Coady Carter	94	7	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	56.82	Lucas Wile	94	5 H1	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
	57.28	Coady Carter	94	5 H2	Disney T&F Showcase	Chebucto	Celebration, FL	14-Mar-10
19	57.73	Jonathan Zinck	94	9	NS Provincials	PCRAS	Dartmouth, NS	11-Jul-10
	57.85	Coady Carter	94	5 H2	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
20	59.41	Brad Boone	96	10	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
21	59.59	Brandon Fancy	92	6 H2	Disney T&F Showcase	Bluenose	Celebration, FL	15-Mar-10
	60.05	Brandon Fancy	92	7 H2	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
22	61.67	Matt Bellefontaine	94	10	NS Provincials		Dartmouth, NS	11-Jul-10
23	62.79	Nate Baker	95	7 H3	Walt Disney World Invitational	Bluenose	Celebration, FL	20-Mar-10
	63.50	Nate Baker	95	5 H5	Disney T&F Showcase	Bluenose	Celebration, FL	16-Mar-10

*50.04 Canadian Masters Record

Men								
800m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	01:48.48	Geoff Harris	87	5	Americain Milers Series	HaliFast	Indianapolis, IN	19-Jun-10
	01:48.84	Geoff Harris	87	8	Americain Milers Series	HaliFast	Indianapolis, IN	12-Jun-10
	01:48.84	Geoff Harris	87	4	Americain Milers Series	HaliFast	Indianapolis, IN	16-Jun-10
	01:49.61	Geoff Harris	87	1	Univeristy of Windsor Open	Adidas Canada	Windsor, ON	29-May-10
	01:49.63	Geoff Harris	87	1	Victoria Track Classic	HaliFast	Victoria, BC	7-Jul-10
	01:50.47	Geoff Harris	87	8	Payton Jordan Cardinal Invit.	HaliFast	Stanford, CA	1-May-10
	01:50.94	Geoff Harris	87	6	Aileen Meagher International Track Classic	HaliFast	Halifax	3-Aug-10
	01:52.02	Geoff Harris	87	5	Canadian Championships	HaliFast	Toronto	31-Jul-10
2	01:53.16	Adam Leroux	90	16	Duke Invitational	DA	Durham, NC	3-Apr-10
	01:54.37	Adam Leroux	90	6	Big South Championships	DA	Charleston, SC	17-Apr-10
	01:54.37	Adam Leroux	90	3	UNF Spring Break Open	DA	Jacksonville, FL	6-Mar-10
	01:54.40	Adam Leroux	90	2 H2	Big South Championships	DA	Charleston, SC	17-Apr-10
	01:55.22	Adam Leroux	90	13	Charlotte 49er Classic	DA	Charlotte, NC	20-Mar-10
	01:55.65	Adam Leroux	90	3	Asics/WInthrop Invit. 2010	DA	Rock Hill, SC	27-Mar-10
3	01:56.35	Rich Lehman	85	1	Jr/Sr Selection	DA	Dartmouth	20-Jun-10
	01:56.60	Rich Lehman	85	1	SMU Twilight #1	DA	Halifax	11-May-10
	01:58.80	Adam Leroux	90	70	Georgia Tech Invitational	DA	Atlanta, GA	15-May-10
4	1:58.6h	John Corbit	85	2	SMU Twilight #1	HaliFast	Halifax	11-May-10
5	01:59.03	Cameron MacLennan	92	1	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
6	01:59.16	Justin Blades	91	1	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
	01:59.26	Cameron MacLennan	92	2	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10

7	01:59.27	Mattias Wolter	91	3	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
8	01:59.77	Josh Coyle	91	2	Jr/Sr Selection	HaliFast	Dartmouth, NS	20-Jun-10
9	2:00.26	Mike Tate	95	5	Youth Championships	ATC	Ottawa	6-Aug-10
	02:02.19	Cameron MacLennan	92	2 H2	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
10	02:02.51	Jake Wing	93	2	NS Provincials	YHZ	Dartmouth, NS	11-Jul-10
11	02:03.23	Justin Vere	90	3	Jr/Sr Selection	HaliFast	Dartmouth, NS	20-Jun-10
	02:03.36	Mike Tate	95	1	NSSAF Provincials	ATC	Dartmouth, NS	5-Jun-10
	2:03.5h	Josh Coyle	91	3	SMU Twilight #1	HaliFast	Halifax, NS	11-May-10
12	02:03.68	Daniel Lewis	91	1	Aileen Meagher Test Meet	UNA	Halifax, NS	20-Jul-10
	02:04.52	Mike Tate	95	1	NS Provincials	ATC	Dartmouth, NS	11-Jul-10
13	02:05.82	Elijah Bond	93	6	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
14	02:06.12	Tyler D'Arcy	93	3	NS Provincials			11-Jul-10
15	02:06.67	Martin Ip	90	4	Jr/Sr Selection	YHZ	Dartmouth, NS	20-Jun-10
16	02:06.76	Jonah Doucette	92	8	NSSAF Provincials	DA	Dartmouth	5-Jun-10
	02:07.05	Tyler D'Arcy	93	2	Aileen Meagher Test Meet	Truro Track	Halifax, NS	20-Jul-10
17	02:07.17	Coady Carter	94	4	NS Provincials		Dartmouth, NS	11-Jul-10
	02:07.18	Coady Carter	94	4	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
18	02:07.74	Brydan Tate	93	10	NSSAF Provincials	ATC	Dartmouth	5-Jun-10
19	02:08.18	Jonah Langley	94	5	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
20	02:08.38	Nick Wood	92	11	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
	02:08.60	Jonah Langley	94	1	Mini Meet	Bluenose	Dartmouth, NS	12-Jun-10
21	02:09.58	Lucas Corkum	91	5	Jr/Sr Selection	YHZ	Dartmouth, NS	20-Jun-10
22	02:10.14	Brad Andrews	92	6	Jr/Sr Selection	YHZ	Dartmouth, NS	20-Jun-10
23	02:10.25	Cal Dewolfe	94	2	Mini Meet	Bluenose	Dartmouth	12-Jun-10
	02:10.82	Brydan Tate	93	7	Jr/Sr Selection	ATC	Dartmouth	20-Jun-10
	02:11.12	Brad Andrews	92	40	World Junior Trials	YHZ	Moncton, NB	3-Jul-10
	02:11.15	Brad Andrews	92	3	Mini Meet	YHZ	Dartmouth	12-Jun-10
	2:12.5h	Brad Andrews	92	4	SMU Twilight #1	YHZ	Halifax	11-May-10
24	02:12.69	Walter Moodie	96	1	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
	02:13.00	Walter Moodie	96	3	Aileen Meagher Test Meet	Unattached	Halifax, NS	20-Jul-10
25	02:14.06	Ryan Washburn	95	2	NS Provincials	PRACS	Dartmouth, NS	11-Jul-10
	02:14.24	Cal Dewolfe	94	7	NS Provincials	Bluenose	Dartmouth	11-Jul-10
26	02:14.40	Brad Boone	96	2	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	02:16.02	Brad Boone	96	3	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	02:18.06	Cal Dewolfe	94	3 H1	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10
27	02:21.05	Nate Baker	95	4	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	02:21.79	Nate Baker	95	5	Mini Meet	Chebucto	Dartmouth	12-Jun-10
	02:22.19	Coady Carter	94	26	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
28	02:22.54	Jason D'eon	96	8	NSSAF Provincials	Dartmouth	Dartmouth, NS	5-Jun-10
	02:27.27	Nate Baker	95	31	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
29	02:34.33	Ryan Fuller	96	6	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
30	02:43.10	Sam Redden	96	7	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10

Men 1200m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	03:10.8	Mike Tate	95	2	Youth Championships	ATC	Ottawa	6-Aug-10
	03:18.91	Mike Tate	95	1	Jr/Sr Selection	ATC	Dartmouth	20-Jun-10
2	03:43.94	Brad Boone	96	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10
3	04:04.93	Ryan Fuller	96	2	NS Provincials	Bluenose	Dartmouth	11-Jul-10

Men 1500m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	03:49.52	Geoff Harris	87	1	Porritt Classic 2010	HaliFast	Hamilton,NZL	13-Feb-10
	03:54.34	Geoff Harris	87	2	2010 Sun Devil Open	HaliFast	Tempe, AZ	24-Apr-10
2	03:59.44	Adam Leroux	90	13	Charlotte 49er Classic	DA	Charlotte, NC	20-Mar-10
3	03:59.74	Mattias Wolter	91	1	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10
	04:00.47	Adam Leroux	90	3	UNF Spring Break Open	DA	Jacksonville,FL	6-Mar-10
4	04:05.10	Josh Coyle	91	15	World Junior Trials	HaliFast	Moncton, NB	3-Jul-10
5	04:07.63	Jake Wing	92	13	Youth Championships	YHZ	Ottawa	6-Aug-10
	04:08.65	Josh Coyle	91	1	Jr/Sr Selection	HaliFast	Dartmouth	19-Jun-10
	04:09.66	Adam Leroux	90	6	Asics/Winthrop Carolina's	DA	Rock Hill, SC	9-Apr-10
6	04:12.58	Jonah Doucette	92	2	Jr/Sr Selection	DA	Dartmouth	19-Jun-10
	04:12.65	Jake Wing	92	2	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
7	04:13.58	Daniel Lewis	91	10	Aileen Meagher International Track Classic	UNA	Halifax	3-Aug-10
8	04:14.05	Mike Tate	95	1	NSSAF Provincials	Antigonish	Dartmouth, NS	5-Jun-10
9	04:14.22	Bruce Russell	90	3	Jr/Sr Selection	HaliFast	Dartmouth	19-Jun-10
	04:14.58	Bruce Russell	90	2	NS Provincials	HaliFast	Dartmouth, NS	11-Jul-10
	04:14.70	Daniel Lewis	91	25	World Junior Trials	UNA	Moncton, NB	3-Jul-10
	04:14.07	Adam Leroux	90	17	Asics/Winthrop Invit. 2010	DA	Rock Hill, SC	27-Mar-10
	04:15.90	Daniel Lewis	91	4	Jr/Sr Selection	UNA	Dartmouth	19-Jun-10
	04:16.31	Jonah Doucette	92	3	NSSAF Provincials	DA	Dartmouth	5-Jun-10
10	04:17.67	Jonah Langley	94	2	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
	04:19.07	Daniel Lewis	91	4	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	04:19.12	Jonah Langley	94	5	Jr/Sr Selection	Bluenose	Dartmouth	19-Jun-10
11	04:19.17	Brydan Tate	93	6	Jr/Sr Selection	ATC	Dartmouth	19-Jun-10
	04:19.53	Jonah Langley	94	5	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
12	04:19.86	Alex Lingley	94	3	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
13	04:20.32	Nick Wood	92	5	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
14	04:20.71	Brydan Tate	93	6	NSSAF Provincials	ATC	Dartmouth	5-Jun-10
	04:23.76	Brydan Tate	93	6	NS Provincials	ATC	Dartmouth, NS	11-Jul-10
	04:24.10	Jonah Langley	94	27	World Junior Trials	Bluenose	Moncton, NB	3-Jul-10
15	04:27.30	Cal Dewolfe	94	7	Jr/Sr Selection	Bluenose	Dartmouth, NS	19-Jun-10
16	04:28.10	Greg D'eon	96	8	Jr/Sr Selection	Dartmouth	Dartmouth, NS	19-Jun-10

17	04:28.63	Brandon MacDonald	94	9	Jr/Sr Selection	ATC	Dartmouth	19-Jun-10
18	04:31.80	Walter Moodie	96	1	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
	04:32.38	Cal Dewolfe	94	9	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
	04:33.45	Greg D'eon	96	10	NSSAF Provincials	Dartmouth	Dartmouth, NS	5-Jun-10
	04:38.65	Greg D'eon	96	7	NS Provincials	Dartmouth	Dartmouth, NS	11-Jul-10
19	04:39.74	Tobias Wolter	97	2	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
20	04:43.84	Jason D'Eon	96	4	NSSAF Provincials	Dartmouth	Dartmouth, NS	5-Jun-10
21	5:00.00h	Ryan Fuller	96	1	Valley Athletics Series #2	Valley	Wolfville	22-May-10

Men 1600m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	04:44.23	Jonah Langley	94	5	Walt Disney World Invitational	Bluenose	Celebration, FL	20-Mar-10
	04:48.01	Jonah Langley	94	2 H2	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10

Men 2000m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	5:38.95	Mike Tate	95	1	Youth Championships	ATC	Ottawa	6-Aug-10
	05:48.87	Mike Tate	95	1	Jr/Sr Selection	ATC	Dartmouth	20-Jun-10
2	06:33.41	Brad Boone	96	1	NS Provincials	Chebucto	Dartmouth	11-Jul-10

Men 3000m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	8:51.63	Jake Wing	93	8	Youth Championships	YHZ	Ottawa	6-Aug-10
	9:06.4h	Jake Wing	93	1	SMU Twilight #1	YHZ	Halifax	11-May-10
2	09:11.45	Mike Tate	95	1	NSSAF Provincials	Antigonish	Dartmouth, NS	5-Jun-10
3	09:14.1	Joel Bergman	91	2	SMU Twilight #1	YHZ	Halifax	11-May-10
	9:19.43	Jake Wing	93	1	NS Provincials	YHZ	Dartmouth, NS	11-Jul-10
4	09:22.29	Alex Lingley	94	2	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
5	09:32.50	Jonah Langley	94	4	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
6	09:35.97	Bryden Tate	93	2	NS Provincials	ATC	Dartmouth, NS	11-Jul-10
7	09:37.13	Greg D'eon	96	3	NS Provincials	Dartmouth	Dartmouth, NS	11-Jul-10
8	09:42.65	Cal Dewolfe	94	7	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
	09:46.69	Cal Dewolfe	94	4	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10
	09:48.62	Greg D'eon	96	10	NSSAF Provincials	Dartmouth	Dartmouth, NS	5-Jun-10
9	09:49.47	Brandon MacDonald	94	5	NS Provincials	ATC	Dartmouth, NS	11-Jul-10
10	10:01.8	Brad Boone	96	1	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
	10:02.7	Brandon MacDonald	94	1	Jr/Sr Selection	ATC	Dartmouth, NS	20-Jun-10
11	10:03.2	Tobias Wolter	97	2	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10
12	10:12.2	Greg D'eon	96	4	NSSAF Provincials	Dartmouth	Dartmouth, NS	5-Jun-10

Men 3200m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	10:50.43	Cal Dewolfe	94	5	Walt Disney World Invitational	Bluenose	Celebration, FL	20-Mar-10
	10:59.00	Cal Dewolfe	94	1	Disney T&F Showcase	Bluenose	Celebration, FL	13-Mar-10

Men 5000m								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	15:10.5	Mattias Wolter	91	7	World Junior Trials	Bluenose	Moncton, NB	4-Jul-10
2	15:32.6	Joel Bergman	91	1	Jr/Sr Selection	YHZ	Dartmouth	19-Jun-10
3	15:45.40	Robert Winslow	88	2	NS Provincials	Halifax	Dartmouth, NS	11-Jul-10
4	15:47.70	Jake Wing	92	17	World Junior Trials	YHZ	Moncton, NB	4-Jul-10
	15:52.30	Robert Winslow	88	2	Jr/Sr Selection	Halifax	Dartmouth	19-Jun-10
	15:52.43	Jake Wing	92	1	NSSAF Provincials	YHZ	Dartmouth	5-Jun-10
	15:52.90	Jake Wing	92	3	Jr/Sr Selection	YHZ	Dartmouth	19-Jun-10
5	16:13.90	Ryan Kiros	88	4	Jr/Sr Selection	Halifax	Dartmouth	19-Jun-10
6	16:15.40	Nick Wood	92	24	World Junior Trials	CNLL	Moncton, NB	4-Jul-10
	16:22.97	Nick Wood	92	2	NSSAF Provincials	CNLL	Dartmouth	5-Jun-10
7	16:31.36	Jonah Doucette	92	3	NSSAF Provincials	DA	Dartmouth	5-Jun-10
8	16:38.88	Brydan Tate	93	4	NSSAF Provincials	ATC	Dartmouth	5-Jun-10
9	16:56.80	Nick Wood	92	5	Jr/Sr Selection	CNLL	Dartmouth	19-Jun-10
10	19:05.70	John Macadam	92	6	Jr/Sr Selection	Celtic	Dartmouth	19-Jun-10

Men 100mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	14.08	Matthew J. Bellefontaine	92	1	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.99m
	14.21	Matthew J. Bellefontaine	92	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.99m
2	14.92	Vance Hiscock	92	3	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.99m
	15.13	Vance Hiscock	92	H	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	.99m
3	15.48	Cameron MacLennan	92	5	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	.99m
	15.83	Cameron MacLennan	92	H	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	.99m
4	17.35	Drew Beattie	95	1	NS Provincials	UNA	Dartmouth	11-Jul-10	.99m

Men 110mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	*14.33 (0.8)	Chris Theriau	87	4	USF Twilight Invitational	UNA	Tampa, Florida	14-May-10	1.07m
2	14.71 (2.1)	Matthew J. Bellefontaine	92	H	World Junior Trials	Chebucto	Moncton, NB	2-Jul-10	.99m
	14.75 (1.8)	Chris Theriau	87	1	York Univ. Spring Open	UNA	Toronto	1-May-10	1.07m
	15.07 (-2.6)	Matthew J. Bellefontaine	92	7	World Junior Trials	Chebucto	Moncton, NB	2-Jul-10	.99m

	15.38 (0.6)	Matthew J. Bellefontaine	92	2	Walt Disney World Invt.	Chebucto	Celebration, FL	20-Mar-10	.99m
3	15.46	Lucas Wile	94	H	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10	.99m
	15.53 (-0.5)	Matthew J. Bellefontaine	92	3	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.99m
	15.56	Lucas Wile	94	3	NSSAF Provincials	Bluenose	Dartmouth, NS	5-Jun-10	.99m
	15.61 (0.5)	Matthew J. Bellefontaine	92	2 H2	Walt Disney World Invt.	Chebucto	Celebration, FL	20-Mar-10	.99m
	15.83	Vance Hiscock	92	H	World Junior Trials	Chebucto	Moncton, NB	2-Jul-10	.99m
	15.96 (0.7)	Matthew J. Bellefontaine	92	1 H3	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.99m
4	16.03	Matthew Musoke	94	1	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10	.99m
5	16.15	Jordan Bruce	94	2	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10	.99m

*14.33 (0.8) NS Senior Record

Men 300mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	43.11	Matthew J. Bellefontaine	92	1 H1	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10	.91m
2	43.38	Allister Mason	94	1	NS Provincials	UNA	Dartmouth, NS	11-Jul-10	.91m
3	43.94h	Luke MacLean	94	1	Atlantics	CNLL	Charlottetown	15-Aug-10	.91m
	43.99h	Allister Mason	94	2	Atlantics	UNA	Charlottetown	15-Aug-10	.91m
4	44.38	Jordon Bruce	94	2	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10	.91m
5	44.74	Matthew Musoke	94	3	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10	.91m

Men 400mH									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	56.48	Cameron MacLennan	92	10	World Junior Trials	Bluenose	Moncton, NB	3-Jul-10	.91m
	56.55	Cameron MacLennan	92	1	Jr/Sr Selection	Bluenose	Dartmouth	19-Jun-10	.91m
2	58.85	Matthew J. Bellefontaine	92	2	Jr/Sr Selection	Chebucto	Dartmouth	19-Jun-10	.91m
	59.53	Matthew J. Bellefontaine	92	18	World Junior Trials	Chebucto	Moncton, NB	3-Jul-10	.91m
3	59.53	Vance Hiscock	92	3	Jr/Sr Selection	Chebucto	Dartmouth	19-Jun-10	.91m
	01:01.0	Vance Hiscock	92	20	World Junior Trials	Chebucto	Moncton, NB	3-Jul-10	.91m

Men 1500mSC									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
1	04:58.2	Tobias Wolter	97	1	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10	
2	04:59.6	Gavin Hatheway	95	2	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10	

Men 2000mSC									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
1	6:37.20	Bryden Tate	93	8	Youth Championships	ATC	Ottawa	6-Aug-10	
	06:42.4	Bryden Tate	93	1	NS Provincials	ATC	Dartmouth, NS	11-Jul-10	

Men 3000mSC									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
1	*8:59.86	Mattias Wolter	91	2	H2	Jesse Owens Track Classic	Bluenose	Columbus, OH	1-May-10
	09:00.5	Mattias Wolter	91	1	World Junior Trials	Bluenose	Moncton, NB	2-Jul-10	
2	12:56.8	John Macadam	92	1	Jr/Sr Selection	Celtic	Dartmouth, NS	20-Jun-10	

***8:59.86 NS Junior Record**

Men High Jump								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	2.02	James Gillis	92	1	NSSAF Provincials	UNA	Dartmouth	5-Jun-10
2	1.95	Simon Watts	90	1	HaliFast Twilight #1	HaliFast	Dartmouth	30-May-10
	1.95	Simon Watts	90	1	Jr/Sr Selection	HaliFast	Dartmouth	19-Jun-10
	1.9	James Gillis	92	4	World Junior Trials	UNA	Moncton, NB	3-Jul-10
	1.84	James Gillis	92	1	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
3	1.81	Cody Watson	93	2	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
4	1.81	Kolby Hoare	94	2	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	1.80	Kolby Hoare	94	10	Youth Championships	UNA	Ottawa	6-Aug-10
	1.80	Cody Watson	93	14	Youth Championships	Chebucto	Ottawa	6-Aug-10
5	1.58	Jordan Wheeler	96	2	Jr/Sr Selection	UNA	Dartmouth	19-Jun-10
6	1.5	Stephen Belyea	96	3	Jr/Sr Selection	UNA	Dartmouth	19-Jun-10
	1.45	Stephen Belyea	96	9	NSSAF Provincials	UNA	Dartmouth, NS	5-Jun-10

Men Long Jump								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	6.66	Nicolas Macadam	92	8	World Junior Trials	Halifast	Moncton, NB	2-Jul-10
2	6.47	Simon Watts	90	1	NS Provincials	Halifast	Dartmouth, NS	11-Jul-10
	6.35	Nicolas Macadam	92	1	Jr/Sr Selection	Halifast	Dartmouth, NS	20-Jun-10
	6.26	Simon Watts	90	2	Jr/Sr Selection	UNA	Dartmouth, NS	20-Jun-10
3	6.22	Daniel Yetman	92	9	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
	6.05	Daniel Yetman	92	15	World Junior Trials	Chebucto	Moncton, NB	2-Jul-10
	5.93	Daniel Yetman	92	3	Jr/Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10
4	5.88	Devon Martell	93	19	World Junior Trials	UNA	Moncton, NB	2-Jul-10
	5.84	Daniel Yetman	92	2	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
5	5.76	Jordan Bruce	94	3	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	5.51	Jordan Bruce	94	4	Jr/Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10
6	5.37	Stephen Belyea	96	1	NSSAF Provincials	UNA	Dartmouth, NS	5-Jun-10
7	5.26	Matthew Musoke	94	5	Jr/Sr Selection	Chebucto	Dartmouth, NS	20-Jun-10

8	4.95	Jared Dempsey	95	5	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	4.94	Stephen Belyea	96	6	Jr/Sr Selection	UNA	Dartmouth, NS	20-Jun-10
	4.93	Matthew Musoke	94	13	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10
9	3.60	Caleb Patton	93	14	Youth Championships	UNA	Ottawa	6-Aug-10

Men								
Triple Jump								
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date
1	13.82	Pat Quilty	86	1	NS Provincials	HaliFast	Dartmouth, NS	11-Jul-10
2	13.75 (1.0)	Brett MyKetyn	91	6	World Junior Trials	Chebucto	Moncton, NB	4-Jul-10
	13.52 (0.0)	Pat Quilty	86	1	AO National Jr & Sr Qualifier	HaliFast	Toronto	13-Jun-10
	13.34	Brett MyKetyn	91	2	Walt Disney World Invit.	Chebucto	Celebration, FL	20-Mar-10
3	13.24	Nick Macadam	92	1	Jr/Sr Selection	HaliFast	Dartmouth, NS	19-Jun-10
	13.20	Brett MyKetyn	91	1	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
4	13.27	Daniel Yetman	92	2	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	13.11 (3.5)	Daniel Yetman	92	1	Atlantics	Chebucto	Charlottetown	15-Aug-10
	13.15	Nick Macadam	92	1	NSSAF Provincials	HaliFast	Dartmouth	5-Jun-10
	13.12	Daniel Yetman	92	2	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10
	13.17	Daniel Yetman	92	9	World Junior Trials	Chebucto	Moncton, NB	4-Jul-10
	13.08	Pat Quilty	86	2	Jr/Sr Selection	HaliFast	Dartmouth, NS	19-Jun-10
	13.02	Pat Quilty	86	1	HaliFast Twilight #1	HaliFast	Dartmouth	30-May-10
	12.92	Daniel Yetman	92	2	Disney T&F Showcase	Chebucto	Celebration, FL	13-Mar-10
	12.91	Brett MyKetyn	91	3	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
5	12.91	Devon Martell	93	3	NS Provincials	TMK Athletics	Dartmouth, NS	11-Jul-10
6	12.84	Jordon Bruce	94	5	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	12.79	Jordon Bruce	94	13	Youth Championships	Chebucto	Ottawa	6-Aug-10
7	12.77 (1.2)	Peter Lord	63	1	Atlantics	HAC	Charlottetown	15-Aug-10
	12.7	Devon Martell	93	3	Jr/Sr Selection	UNA	Dartmouth, NS	19-Jun-10
	12.67	Devon Martell	93	13	World Junior Trials	UNA	Moncton, NB	4-Jul-10
	12.57	Daniel Yetman	92	4	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
8	12.40	Jonah Comeau	95	6	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
9	12.36	Caleb Patton	93	7	NS Provincials	UNA	Dartmouth, NS	11-Jul-10
	12.19	Jordan Bruce	94	5	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
	12.07	Jonah Comeau	95	5	Youth Championships	UNA	Ottawa	6-Aug-10
	11.76	Caleb Patton	93	19	Youth Championships	UNA	Ottawa	6-Aug-10
	11.47	Jonah Comeau	95	6	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10
10	11.06	Mitchell Yetman	94	7	Jr/Sr Selection	Chebucto	Dartmouth, NS	19-Jun-10
11	10.96	Stephen Belyea	96	2	NSSAF Provincials	Unattached	Dartmouth, NS	5-Jun-10
	10.88	Mitchell Yetman	94	9	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10
	10.69	Stephen Belyea	96	8	Jr/Sr Selection	Unattached	Dartmouth, NS	19-Jun-10

12.77 (1.2) Canadian Masters Record

Men

Pole Vault									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
1	3.30	Brandon Fancy	92	1	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	
2	2.80	Nate Baker	95	2	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	
3	2.60	Brett MyKety	91	4	NSSAF Provincials	Chebucto	Dartmouth	5-Jun-10	
2	2.50	Matthew Musoke	94	4	NSSAF Provincials	Chebucto	Dartmouth, NS	5-Jun-10	

Men									
Shot Put									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	15.69	Robert Kennedy	93	1	NS Provincials	Truro Lions	Dartmouth, NS	11-Jul-10	5kg
	15.64	Robert Kennedy	93	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	5kg
	15.54	Robert Kennedy	93	1	Field of Dreams #3	Truro Lions	Port Wiliams, NS	12-Jun-10	5kg
2	*15.51	Geoff Myatt	91	1	Jr/Sr Selection	Celtic	Dartmouth	19-Jun-10	6kg
	15.47	Geoff Myatt	91	1	Field of Dreams #4	Celtic	Port Wiliams, NS	12-Jun-10	6kg
	15.46	Robert Kennedy	93	1	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
	15.38	Robert Kennedy	93	1	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	5kg
	15.23	Robert Kennedy	93	8	Youth Championships	Truro Lions	Ottawa	6-Aug-10	5kg
	15.11	Robert Kennedy	93	2	Jr/Sr Selection	Truro Lions	Dartmouth	19-Jun-10	5kg
	15.03	Robert Kennedy	93	1	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	5kg
3	14.90	Peter Millman	94	10	Youth Championships	Truro Lions	Ottawa	6-Aug-10	5kg
	14.88	Peter Millman	94	3	Jr/Sr Selection	Truro Lions	Dartmouth	19-Jun-10	5kg
4	14.85	Andrew MacDonald	92	2	Walt Disney World Invitational	HaliFAST	Celebration, FL	20-Mar-10	5.45kg
	14.85	Peter Millman	94		NS Provincials	Truro Lions	Dartmouth	11-Jul-10	5kg
	14.80	Andrew MacDonald	92	1	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10	6kg
	14.80	Andrew MacDonald	92	3	Disney T&F Showcase	HaliFAST	Celebration, FL	13-Mar-10	5.45kg
	14.78	Robert Kennedy	93	1	2010 Corn Boil Open	Truro Lions	Port Wiliams, NS	31-Jul-10	5kg
	14.66	Robert Kennedy	93	1	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	5kg
	14.43	Robert Kennedy	93	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	5kg
	14.40	Peter Millman	94	1	Air Force Opem	Truro Lions	Shelburne	14-Aug-10	5kg
	14.28	Peter Millman	94	2	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	5kg
	14.27	Peter Millman	94		Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
	14.21	Peter Millman	94	2	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	5kg
	14.18	Peter Millman	94	2	Field of Dreams Final	Truro Lions	Port Wiliams, NS	26-Jun-10	5kg
5	14.07	Nathan Burris	93	2	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	5kg
	14.02	Peter Millman	94	2	2010 Corn Boil Open	Truro Lions	Port Wiliams, NS	31-Jul-10	5kg
	13.72	Nathan Burris	93	4	Jr/Sr Selection	Truro Lions	Dartmouth	19-Jun-10	5kg
	13.59	Peter Millman	94	3	Field Of Dreams #3	Truro Lions	Port Wiliams, NS	12-Jun-10	5kg
6	13.47	Garrett Ramey	89	1	Field Of Dreams #1	Launchers	Port Wiliams, NS	24-Apr-10	7.26kg
7	13.29	Drew Erskine	97	3	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	3kg
8	13.26	Greg Hingley	93	3	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	5kg
	13.22	Greg Hingley	93	3	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	5kg
	13.18	Greg Hingley	93	4	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg

13.12	Andrew MacDonald	92	3	NS Provincials	HaliFAST	Dartmouth	11-Jul-10	6kg
13.06	Greg Hingley	93	3	2010 Corn Boil Open	Truro Lions	Port Williams, NS	31-Jul-10	5kg
13.01	Drew Erskine	97	4	NS Provincials	Truro Lions	Dartmouth, NS	11-Jul-10	3kg
12.95	Greg Hingley	93	5	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	5kg
12.91	Greg Hingley	93	3	Field of Dreams Final	Truro Lions	Port Williams, NS	26-Jun-10	5kg
12.86	Greg Hingley	93	5	Jr/Sr Selection	Truro Lions	Dartmouth	19-Jun-10	5kg
12.81	Drew Erskine	97	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	3kg
12.76	Nathan Burriss	93	2	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	5kg
12.70	Drew Erskine	97	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	4kg
12.69	Greg Hingley	93	4	Field of Dreams #3	Truro Lions	Port Williams, NS	12-Jun-10	5kg
12.56	Nathan Burriss	93	3	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	6kg
12.18	Nathan Burriss	93	5	2010 Corn Boil Open	Truro Lions	Port Williams, NS	31-Jul-10	5kg
12.01	Nathan Burriss	93	7	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	6kg
12.01	Greg Hingley	93	2	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	5kg
12.00	Nathan Burriss	93	3	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	5kg
11.77	Nathan Burriss	93	5	Field Of Dreams #3	Truro Lions	Port Williams, NS	12-Jun-10	5kg
9 11.64	Matthew Hingley	95	5	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	4kg
11.59	Drew Erskine	97	6	Field Of Dremas #3	Truro Lions	Port Williams, NS	12-Jun-10	4kg
11.51	Greg Hingley	93	3	Field Of Dreams #1	Truro Lions	Port Williams, NS	24-Apr-10	5kg
11.49	Nathan Burriss	93	4	Field Of Dreams #1	Truro Lions	Port Williams, NS	24-Apr-10	5kg
11.38	Matthew Hingley	95	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	4kg
11.29	Greg Hingley	93	3	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	5kg
11.08	Nathan Burriss	93	7	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
11.03	Drew Erskine	97	4	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	4kg
10.86	Drew Erskine	97	3	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	4kg
10.70	Drew Erskine	97	1	Field Of Dreams #1	Truro Lions	Port Williams, NS	24-Apr-10	4kg
10 10.34	Jacob Chandler	97	9	NS Provincials	Bluenose	Dartmouth	11-Jul-10	3kg
10.22	Nathan Burriss	93	6	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	5kg
11 9.91	David Bambrick	84	1	Field of Dreams Final	Launchers	Port Williams, NS	26-Jun-10	5kg
9.46	David Bambrick	84	1	Atlantic Throws Summit	Launchers	Sackville	16-May-10	5kg

***15.51 NS Junior Record**

Men									
Discus									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	51.84	Geoff Myatt	91	5	World Junior Trials	Celtic	Moncton, NB	4-Jul-10	1.75kg
	51.53	Geoff Myatt	91	1	Chinook Throws Gala	Celtic	Lethbridge,AB	23-May-10	1.75kg
	51.52	Geoff Myatt	91	1	Chinook Throws Gala	Celtic	Lethbridge,AB	21-May-10	1.75kg
2	50.85	Peter Millman	94	4	Youth Championships	Truro Lions	Ottawa	6-Aug-10	1.5kg
	49.89	Geoff Myatt	91	1	Chinook Throws Gala	Celtic	Lethbridge,AB	22-May-10	1.75kg
	49.54	Geoff Myatt	91	1	Truro Lions Throws #2	Celtic	Truro	19-May-10	1.75kg
	48.76	Geoff Myatt	91	1	HaliFast #3	Celtic	Dartmouth	13-Jun-10	1.75kg
	48.54	Geoff Myatt	91	1	Field of Dreams #3	Celtic	Port Williams	12-Jun-10	1.75kg

	48.0	Geoff Myatt	91	1	Jr/Sr Selection	Celtic	Dartmouth	19-Jun-10	1.75kg
	47.97	Geoff Myatt	91	1	Chinook Throws Gala	Celtic	Lethbridge,AB	22-May-10	1.75kg
3	47.72	Andrew MacDonald	92	1	Disney T&F Showcase	HaliFAST	Celebration, FL	13-Mar-10	1.6kg
	47.06	Peter Millman	94	1	Air Force Open	Truro Lions	Shelburne	14-Aug-10	1.5kg
	46.82	Geoff Myatt	91	1	Atlantic Throws Summit	Celtic	Sackville	16-May-10	1.75kg
	46.37	Peter Millman	94	1	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	1.5kg
	46.32	Peter Millman	94	1	2010 Corn Boil Open	Truro Lions	Truro	31-Jul-10	1.5kg
	45.46	Andrew MacDonald	92	2	Walt Disney World Invitational	HaliFAST	Celebration, FL	20-Mar-10	1.6kg
	44.62	Peter Millman	94	3	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1.5kg
	44.61	Geoff Myatt	91	1	Truro Lions Throws #1	Celtic	Truro	10-May-10	1.75kg
4	42.83	Nathan Burris	93	2	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	1.5kg
	44.62	Peter Millman	94	1	Field of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1.5kg
5	41.64	Cameron McLennan	94	2	NSSAF Provincials	Launchers	Dartmouth	5-Jun-10	1.5kg
	41.31	Peter Millman	94	2	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1.5kg
	41.24	Nathan Burris	93	2	Field Of Dreams #3	Truro Lions	Port Williams	12-Jun-10	1.5kg
	41.01	Cameron McLennan	94	2	Field of Dreams Final	Launchers	Port Williams	26-Jun-10	1.5kg
	41.01	Peter Millman	94	3	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1.5kg
6	40.76	Seth London	90	5	Walt Disney World Invitational	HaliFAST	Celebration, FL	20-Mar-10	2.0kg
	40.64	Nathan Burris	93	3	Field of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1.5kg
	40.52	Cameron McLennan	94	3	NS Provincials	Launchers	Dartmouth	11-Jul-10	1.5kg
	40.20	Nathan Burris	93	4	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1.5kg
	40.15	Nathan Burris	93	4	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	1.5kg
7	*39.99	Drew Erskine	97	2	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	750g
	39.62	Nathan Burris	93	3	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1.5kg
	39.47	Nathan Burris	93	4	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1.5kg
	39.40	Andrew MacDonald	92	1	NSSAF Provincials	HaliFAST	Dartmouth	5-Jun-10	1.75kg
8	39.37	Greg Hingley	93	3	Field Of Dreams #3	Truro Lions	Port Williams	12-Jun-10	1.5kg
	39.15	Peter Millman	94	4	Field Of Dreams #3	Truro Lions	Port Williams	12-Jun-10	1.5kg
	39.12	Nathan Burris	93	3	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1.5kg
	39.11	Drew Erskine	97	3	Truro Lions Throws #5	Truro Lions	Truro	30-Jun-10	1.0kg
	38.95	Nathan Burris	93	3	Truro Lions Throws #5	Truro Lions	Truro	30-Jun-10	1.5kg
	38.81	Nathan Burris	93	3	Jr/Sr Selection	Truro Lions	Dartmouth	20-Jun-10	
	38.74	Cameron McLennan	94	1	Field Of Dreams #2	Launchers	Port Williams	15-May-10	1.5kg
	38.54	Seth London	90	5	Atlantic Throws Summit	HaliFAST	Sackville	16-May-10	2.0kg
	38.49	Greg Hingley	93	3	2010 Corn Boil Open	Truro Lions	Port Williams	31-Jul-10	1.5kg
	38.3	Greg Hingley	93	4	Field of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1.5kg
	37.63	Greg Hingley	93	3	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	1.5kg
	37.34	Nathan Burris	93	15	Youth Championships	Truro Lions	Ottawa	6-Aug-10	1.75kg
	37.14	Nathan Burris	93	2	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1.75kg
	37.06	Cameron McLennan	94	5	Field Of Dreams #3	Launchers	Port Williams	12-Jun-10	1.5kg
	37.25	Drew Erskine	97	5	NS Provincials	Truro Lions	Dartmouth, NS	11-Jul-10	1.0kg
	36.84	Drew Erskine	97	1	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1.0kg
	36.75	Greg Hingley	93	6	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	1.5kg

9	36.43	Robert Kennedy	93	5	2010 Corn Boil Open	Truro Lions	Port Williams	31-Jul-10	1.5kg
	36.2	Greg Hingley	93	4	Jr/Sr Selection	Truro Lions	Dartmouth	20-Jun-10	
	35.72	Robert Kennedy	93	4	Truro Lions Throws #5	Truro Lions	Truro	30-Jun-10	1.5kg
	35.6	Drew Erskine	97	5	Jr/Sr Selection	Truro Lions	Dartmouth	20-Jun-10	
	35.51	Robert Kennedy	93	5	Field of Dreams Final	Truro Lions	Port Williams	26-Jun-10	1.5kg
	35.46	Greg Hingley	93	5	Truro Lions Throws #5	Truro Lions	Truro	30-Jun-10	1.5kg
	34.78	Greg Hingley	93	5	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1.5kg
	34.64	Robert Kennedy	93	6	Jr/Sr Selection	Truro Lions	Dartmouth	20-Jun-10	1.5kg
	34.52	Robert Kennedy	93	7	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	
	34.28	Greg Hingley	93	4	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1.5kg
	34.28	Greg Hingley	93	3	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1.5kg
	34.25	Robert Kennedy	93	6	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	1.5kg
	34.06	Drew Erskine	97	4	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1.0kg
	33.49	Greg Hingley	93	6	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1.5kg
	33.38	Greg Hingley	93	7	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1.5kg
10	33.22	Jacob Chandler	97	8	NS Provincials	Bluenose	Dartmouth	11-Jul-10	1.5kg
	32.86	Drew Erskine	97	8	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1.0kg
	32.48	Robert Kennedy	93	5	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1.5kg
	31.64	Robert Kennedy	93	7	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	1.5kg
	32.46	Robert Kennedy	93	6	Field Of Dreams #3	Truro Lions	Port Williams	12-Jun-10	1.5kg
11	32.32	Kirklyn Davidson	96	10	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	1.5kg
	31.68	Matthew Hingley	95	7	Jr/Sr Selection	Truro Lions	Dartmouth	20-Jun-10	
	30.80	Matt Hingley	95	7	Truro Lions Throws #5	Truro Lions	Truro	30-Jun-10	1.0kg
	30.61	Robert Kennedy	93	9	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	1.5kg
12	30.46	Flectch Selig	94	11	Atlantic Throws Summit	Bluenose	Sackville	16-May-10	1.5kg
	30.37	Robert Kennedy	93	7	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	1.5kg
13	30.17	Matt Hingley	96	7	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	1kg
	29.94	Matt Hingley	96	7	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	1.0kg
	28.08	Matt Hingley	96	6	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	1kg
	27.76	Matt Hingley	96	9	2010 Corn Boil Open	Truro Lions	Port Williams	31-Jul-10	1kg
14	24.65	Andrew Gibson	97	8	Jr/Sr Selection	Truro Lions	Dartmouth	20-Jun-10	

***51.53 NS Junior record**

***39.99 NS Bantam Record**

***50.85 NS Youth Record**

Men									
Hammer									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	53.54	Peter Millman	94	5	Youth Championships	Truro Lions	Ottawa	6-Aug-10	5kg
2	52.26	Nathan Burris	93	2	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
	51.36	Peter Millman	94	1	2010 Corn Boil Open	Truro Lions	Port Williams, NS	31-Jul-10	5kg
	51.18	Nathan Burris	93	1	Field of Dreams Final	Truro Lions	Port Williams, NS	26-Jun-10	5kg
	50.73	Nathan Burris	93	1	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	5kg

50.58	Peter Millman	94	2	Field of Dreams Final	Truro Lions	Port Wiliams, NS	26-Jun-10	5kg
49.83	Nathan Burris	93	1	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	5kg
49.75	Nathan Burris	93	2	Jr/Sr Selection Meet	Truro Lions	Dartmouth	20-Jun-10	5kg
49.66	Peter Millman	94	3	Jr/Sr Selection Meet	Truro Lions	Dartmouth	20-Jun-10	5kg
49.53	Nathan Burris	93	2	2010 Corn Boil Open	Truro Lions	Port Wiliams, NS	31-Jul-10	5kg
49.12	Nathan Burris	93	3	Truro lions Throws #1	Truro Lions	Truro	10-May-10	5kg
48.95	Nathan Burris	93	6	Youth Championships	Truro Lions	Ottawa	6-Aug-10	5kg
48.89	Peter Millman	94	2	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	5kg
48.69	Peter Millman	94	3	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
48.57	Peter Millman	94	2	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	5kg
47.66	Peter Millman	94	3	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	5kg
47.29	Peter Millman	94	2	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	5kg
46.30	Nathan Burris	93	2	Field of Dreams #3	Truro Lions	Port Wiliams, NS	12-Jun-10	5kg
46.29	Nathan Burris	93	1	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	5kg
46.07	Peter Millman	94	2	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	5kg
46.06	Nathan Burris	93	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	5kg
45.85	Nathan Burris	93	3	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	5kg
3 44.36	Drew Erskine	97	4	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	4kg
43.77	Peter Millman	94	2	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	5kg
43.40	Drew Erskine	97	1	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	3kg
41.71	Drew Erskine	97	4	Jr/Sr Selection Meet	Truro Lions	Dartmouth	20-Jun-10	3kg
39.38	Nathan Burris	93	4	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	5kg
4 38.82	Greg Hingley	93	5	Jr/Sr Selection Meet	Truro Lions	Dartmouth	20-Jun-10	5kg
38.67	Drew Erskine	97	2	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	3kg
38.63	Greg Hingley	93	3	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	5kg
37.48	Greg Hingley	93	3	Field Of Dreams Final	Truro Lions	Port Wiliams, NS	26-Jun-10	5kg
36.57	Greg Hingley	93	3	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	5kg
36.01	Greg Hingley	93	3	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	5kg
35.65	Greg Hingley	93	3	2010 Corn Boil Open	Truro Lions	Port Wiliams, NS	31-Jul-10	5kg
35.45	Greg Hingley	93	3	Field of Dreams #3	Truro Lions	Port Wiliams, NS	12-Jun-10	5kg
34.40	Drew Erskine	97	4	Field Of Dreams #3	Truro Lions	Port Wiliams, NS	12-Jun-10	4kg
34.27	Greg Hingley	93	5	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	5kg
34.22	Drew Erskine	97	6	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	4kg
5 33.36	Matt Hingley	96	4	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	4kg
32.90	Greg Hingley	93	3	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	5kg
32.49	Greg Hingley	93	5	HaliFast #3	Truro Lions	Dartmouth	13-Jun-10	5kg
32.39	Greg Hingley	93	5	Truro Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
31.98	Drew Erskine	97	4	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	3kg
31.68	Drew Erskine	97	1	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	3kg
31.64	Greg Hingley	93	5	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	5kg
6 30.60	Robert Kennedy	93	4	Field of Dreams Final	Truro Lions	Port Wiliams, NS	26-Jun-10	5kg
29.62	Robert Kennedy	93	6	Jr/Sr Selection Meet	Truro Lions	Dartmouth	20-Jun-10	5kg
28.88	Matt Hingley	96	5	Truro Throws Meet #7	Truro Lions	Truro	28-Jul-10	4kg

28.81	Robert Kennedy	93	5	Field Of Dreams #3	Truro Lions	Port Wiliams, NS	12-Jun-10	5kg
28.49	Robert Kennedy	93	7	Truro Lions Throws Meet #5	Truro Lions	Truro	30-Jun-10	5kg
28.01	Robert Kennedy	93	5	NS Provincials	Truro Lions	Dartmouth	11-Jul-10	5kg
26.85	Robert Kennedy	93	4	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	5kg
26.81	Matt Hingley	96	4	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	4kg
26.66	Robert Kennedy	93	5	Truro Lions Throws #2	Truro Lions	Truro	19-May-10	5kg
25.01	Robert Kennedy	93	8	Atlantic Throws Summit	Truro Lions	Sackville	16-May-10	5kg
24.08	Robert Kennedy	93	7	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	5kg

*53.54 NS Youth Record

*43.40 NS Bantam Record

Men									
Javelin									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	Specs
1	*73.31	Adam Wolkins	86	2	Big 12 Championships	UNA	Columbia,MO	16-May-10	800g
	71.24	Adam Wolkins	86	1	Nebraska Open	UNA	Lincoln, NE	8-May-10	800g
	70.36	Adam Wolkins	86	1	2010 Corn Boil Open	UNA	Port Wiliams, NS	31-Jul-10	800g
	68.79	Adam Wolkins	86	7	NCAA West	UNA	Austin, TX	27-May-10	800g
	68.51	Adam Wolkins	86	1	Field of Dreams Final	UNA	Port Wiliams, NS	26-Jun-10	800g
	68.07	Adam Wolkins	86	3	Stanford University Invit.	UNA	Stanford, CA	27-Mar-10	800g
	67.8	Adam Wolkins	86	1	Texas Tech vs. Nebraska Dual	UNA	Lubbock, TX	1-May-10	800g
	67.26	Adam Wolkins	86	1	2010 Nebraska Invitational	UNA	Lincoln, NE	10-Apr-10	800g
	67.93	Adam Wolkins	86	1	2010 Jim Click Shootout	UNA	Tuscon, AZ	3-Apr-10	800g
	66.76	Adam Wolkins	86	1	Drake Relays	UNA	Des Moines, IA	24-Apr-10	800g
2	63.88	Jared Baird	89	5	Big South Championships	CNLL	Charleston, SC	17-Apr-10	800g
	62.25	Jared Baird	89	1	UNF Spring Break Open	CNLL	Jacksonville, FL	6-Mar-10	800g
	62.09	Jared Baird	90	1	Asics/Winthrop Carolina's	CNLL	Rockhill, SC	9-Apr-10	800g
	61.21	Adam Wolkins	86	1	Air Force Open	UNA	Shelburne	14-Aug-10	800g
	61.12	Jared Baird	90	26	East Regional Champ.	CNLL	Greensboro, NC	29-May-10	800g
	60.53	Jared Baird	90	2	Charlotte 49er Classic	CNLL	Charlotte, NC	20-Mar-10	800g
	60.46	Jared Baird	89	10	Penn Relays	CNLL	Philadelphia, PA	24-Apr-10	800g
	58.35	Jared Baird	90	4	Asics/Winthrop Invit. 2010	DA	Rock Hill, SC	27-Mar-10	800g
	55.85	Jared Baird	89	17	Georgia Tech Invitational	CNLL	Atlanta, GA	15-May-10	800g
3	47.08	Ryley LeBlanc	94	1	NS Provincials	Bluenose	Dartmouth, NS	11-Jul-10	800g
	45.51	Ryley LeBlanc	94	2	NSSAF Provincials	Bluenose	Dartmouth	5-Jun-10	700g
4	44.75	Simon Watts	90	2	NS Provincials	Halifast	Dartmouth, NS	11-Jul-10	800g
5	43.8	Peter Millman	94	4	NSSAF Provincials	Truro Lions	Dartmouth	5-Jun-10	700g
	43.21	Ryley LeBlanc	94	5	Walt Disney World Invit.	Bluenose	Celebration, FL	20-Mar-10	800g
6	41.38	Kevin Bourgeois		2	Jr/Sr Selection	Halifast	Dartmouth	19-Jun-10	800g
	41.21	Peter Millman	94	1	Field Of Dreams #1	Truro Lions	Port Wiliams, NS	24-Apr-10	700g
7	39.91	Matt Bellefontaine	94	3	NS Provincials	Chebucto	Dartmouth, NS	11-Jul-10	800g
8	37.48	Paul Bissonette		2	Field Of Dreams #2	Chebucto	Port Wiliams, NS	15-May-10	700g
	36.71	Kevin Bourgeois	72	4	NS Provincials	Halifast	Dartmouth, NS	11-Jul-10	800g

	31.11	Matt Bellefontaine	94	4	Jr/Sr Selection	Chebucto	Dartmouth	19-Jun-10	
9	30.94	Flectch Selig	94	3	Atlantic Throws Summit	Bluenose	Sackville	16-May-10	700g
10	24.77	Greg Hingley	93	2	Field Of Dreams #1	Truro Lions	Port Williams, NS	24-Apr-10	700g
	23.17	Greg Hingley	93	1	Truro Lions Throws #1	Truro Lions	Truro	10-May-10	700g
11	19.83	David Bambrick	84	2	Atlantic Throws Summit	Launchers	Sackville	16-May-10	

***73.31 NS Senior Record**

Men Octathlon									
Rank	Performance	Name	YOB	Place	Meet Name	Club	City	Date	
1	5266	Jesse Drennan	93	2	Youth Championships	Bluenose	Ottawa	6-Aug-10	
2	4993	Devon Martell	93	6	Youth Championships	UNA	Ottawa	6-Aug-10	
	4621	Devon Martell	93	1	Jr/Sr Selection	UNA	Dartmouth	20-Jun-10	
	4592	Jesse Drennan	93	2	Jr/Sr Selection	Bluenose	Dartmouth	20-Jun-10	
3	3318	Gregor Stabenow	94	3	Jr/Sr Selection	Bluenose	Dartmouth	20-Jun-10	