

Updated March 29th, 2010

Please send errors or omissions to coach@athleticsnovascotia.ca

Woman 60m						
Rank	Preformance	Name	YOB	Club	City	Date
1	7.44	Adrienne Power	81	Halifast	Montreal	29-Jan-10
	7.46	Adrienne Power	81	Halifast	Saskatoon	5-Feb-10
	7.48	Adrienne Power	81	Halifast	Montreal	29-Jan-10
	7.54	Adrienne Power	81	Halifast	Saskatoon	5-Feb-10
	7.64	Adrienne Power	81	Halifast	Halifax	20-Feb-10
2	7.71	Jenna Martin	88	AE	Lexington, KY	30-Jan-10
	7.78	Jenna Martin	88	AE	Lexington, KY	30-Jan-10
3	7.91	Marissa Walter	90	AE	Ithaca, NY	8-Jan-10
4	8.12	Cassandre Collins	94	Chebucto	Oromocto	28-Nov-09
5	8.15	Jan Stirling	87	UNA	Montreal	29-Jan-10
5	8.15	Aly McPhee	88	Chebucto	Ottawa	27-Nov-09
	8.15	Cassandre Collins	94	Chebucto	Halifax	21-Feb-10
	8.15	Cassandre Collins	94	Chebucto	Halifax	21-Feb-10
	8.16	Marissa Walter	90	AE	Windos	17-Jan-09
	8.17	Jan Stirling	87	UNA	Montreal	29-Jan-10
7	8.17	Juliana Blois	92	HFT	Oromocto	28-Nov-09
	8.17	Jan Stirling	87	UNA	Ottawa	27-Nov-09
	8.21	Jan Stirling	87	UNA	Ottawa	27-Nov-09
	8.26	Juliana Blois	92	HFT	Oromocto	28-Nov-09
	8.29	Juliana Blois	92	HFT	Moncton	19-Dec-09
	8.42	Cassandre Collins	94	Chebucto	Oromocto	28-Nov-09
8	8.65	Jillian Nolan	94	CNLL	Moncton	27-Mar-10
9	8.67	Monica Mitchell	93	Bluenose	Halifax	20-Feb-10
10	8.73	Jaimee Mulrone	96	Bluenose	Halifax	20-Feb-10
11	8.73	Brittany MacDonald	91	UNA	Moncton	19-Dec-09
12	8.75	Megan Eisnor	92	HFT	Oromocto	28-Nov-09
	8.76	Jillian Nolan	94	CNLL	Moncton	27-Mar-10
	8.77	Monica Mitchell	93	Bluenose	Halifax	20-Feb-10
	8.79	Jillian Nolan	94	CNLL	Moncton	9-Jan-10
	8.80	Jaimee Mulrone	96	Bluenose	Halifax	20-Feb-10
13	8.80	Emma Archibald	94	Chebucto	Oromocto	28-Nov-09
	8.86	Emma Archibald	94	Chebucto	Oromocto	28-Nov-09
	8.87	Emma Archibald	94	Chebucto	Halifax	20-Feb-10
14	8.91	Eleanor Chisholm	95	YHZ	Moncton	27-Mar-10
	8.94	Emma Archibald	94	Chebucto	Halifax	20-Feb-10
15	8.98	Emma Norman	94	Bluenose	Halifax	20-Feb-10
	8.98	Emma Norman	94	Bluenose	Halifax	20-Feb-10
16	8.99	Sarah Deveau	91	Chebucto	Halifax	20-Feb-20
	9.00	Sarah Deveau	91	Chebucto	Halifax	20-Feb-20
17	9.17	Macayla Cullen	95	Chebucto	Halifax	20-Feb-10
18	9.30	Kennedy MacLean	92	YHZ	Moncton	27-Mar-10

	9.34	Kennedy MacLean	92	YHZ	Moncton	27-Mar-10
19	9.69	Jessica Sperry	96	Chebucto	Halifax	20-Feb-10
	9.81	Jessica Sperry	96	Chebucto	Oromocto	28-Nov-09
	9.92	Jessica Sperry	96	Chebucto	Oromocto	28-Nov-09
20	10.06	Jo Welch	56	UNA	Moncton	19-Dec-09

Woman 50m						
Rank	Preformance	Name	YOB	Club	City	Date
1	*6.48	Adrienne Power	81	Halifast	Saskatoon	4-Feb-10

***6.48 Senior Record**

Woman 200m						
Rank	Preformance	Name	YOB	Club	City	Date
1	24.38	Adrienne Power	81	Halifast	Saskatoon	4-Feb-10
2	24.72	Jenna Martin	88	AE	Lexington, KY	30-Jan-10
3	26.55	Marissa Walter	90	AE	Ithaca, NY	8-Jan-10
4	27.02	Emily Phelan	93	Chebucto	Oromocto	28-Nov-09
5	27.44	Cassandre Collins	94	Chebucto	Oromocto	28-Nov-09
6	28.45	Jennifer Pitman	91	HFT	Moncton	19-Dec-09
7	28.96	Jennifer Meech	94	CNLL	Moncton	27-Mar-10
8	29.45	Brittany MacDonald	91	UNA	Moncton	19-Dec-09
9	30.08	Taylor Roode	95	Chebucto	Oromocto	28-Nov-09
10	30.48	Emma Archibald	94	Chebucto	Oromocto	28-Nov-09
11	30.84	Abbie Mitchell	95	Chebucto	Oromocto	28-Nov-09
12	31.58	Jillian Nolan	94	CNLL	Moncton	27-Mar-10
13	34.59	Jo Welch	56	UNA	Moncton	19-Dec-09

Woman 300m						
Rank	Preformance	Name	YOB	Club	City	Date
1	38.35	Adrienne Power	81	HAC	Montreal	30-Jan-10
2	40.70	Alicia Dobranowski	84	HFT	Halifax	20-Feb-10
3	40.71	Jan Stirling	87	UNA	Toronto	26-Feb-10
	40.76	Jan Stirling	87	UNA	Toronto	6-Feb-10
	40.78	Jan Stirling	87	UNA	Montreal	19-Feb-10
4	41.03	Marissa Walter	90	AE	Oromocto	28-Nov-09
	41.13	Jan Stirling	87	UNA	Montreal	30-Jan-10
	41.16	Jan Stirling	87	UNA	Oromocto	28-Nov-09
	41.32	Jan Stirling	87	UNA	Windsor	17-Jan-09
5	41.52	Celia Peters	87	HFT	Halifax	20-Feb-20
	41.69	Alicia Dobranowski	84	HFT	Montreal	30-Jan-10
	42.1h	Alicia Dobranowski	84	HFT	Halifax	17-Jan-10
6	42.89	Cassandre Collins	94	Chebucto	Halifax	20-Feb-10
7	42.94	Jennifer Pitman	91	HAC	Halifax	20-Feb-10
8	43.60	Amanda McNeil	88	HFT	Montreal	30-Jan-10
9	43.95	Aly McPhee	88	Chebucto	Oromocto	28-Nov-09

	44.3h	Amanda McNeil	88	HFT	Halifax	17-Jan-09
	44.98	Amanda McNeil	88	HFT	Moncton	27-Feb-10
10	45.0h	Britany Macarthur	92	HFT	Halifax	17-Jan-10
11	46.1h	Sarah Deveau	91	Chebucto	Halifax	17-Jan-10
	46.6h	Sarah Deveau	91	Chebucto	Halifax	6-Feb-10
12	47.47	Monica Mitchell	93	Bluenose	Halifax	20-Feb-10
13	47.3h	Kennedy MacLean	92	YHZ	Halifax	17-Jan-10
14	48.72	Madison Turple	94	Chebucto	Halifax	20-Feb-10
	48.5h	Kennedy MacLean	92	YHZ	Halifax	6-Feb-10
15	48.80	Emma Archibald	94	Chebucto	Halifax	20-Feb-10
16	51.29	Jillian Nolan	94	CNLL	Moncton	9-Jan-10
17	55.25	Jo Welch	56	UNA	Halifax	20-Feb-10

Woman 400m						
Rank	Preformance	Name	YOB	Club	City	Date
1	53.76	Jenna Martin	88	AE	Fayetteville, AR	28-Feb-10
	53.82	Jenna Martin	88	AE	Fayetteville, AR	27-Feb-10
	54.11	Jenna Martin	88	AE	Blacksburg, VA	6-Feb-10
	54.82	Jenna Martin	88	AE	Fayetteville, AR	13-Feb-10
2	58.21	Jan Stirling	87	UNA	Ithaca, NY	8-Jan-10
3	66.58	Brett McCavour	94	CNLL	Moncton	27-Mar-10
4	67.18	Cassandre Collins	94	Chebucto	Oromocto	28-Nov-09
5	67.63	Emma Archibald	94	Chebucto	Oromocto	28-Nov-09
6	68.03	Kennedy MacLean	92	YHZ	Oromocto	28-Nov-09
10	70.61	Hannah Brown	94	YHZ	Moncton	27-Mar-10

Woman 500m						
Rank	Preformance	Name	YOB	Club	City	Date
1	01:15.06	Jan Stirling	87	UNA	Ithaca, NY	13-Feb-10
2	01:21.75	Allison Letourneau	89	YHZ	Durham, NH	23-Jan-10

Woman 600m						
Rank	Preformance	Name	YOB	Club	City	Date
1	01:31.55	Celia Peters	87	HFT	Windsor	12-Mar-10
	01:32.23	Celia Peters	87	HFT	Moncton	27-Feb-10
	01:32.32	Celia Peters	87	HFT	Montreal	30-Jan-10
	01:32.60	Celia Peters	87	HFT	Windsor	11-Mar-10
	1:33.7h	Celia Peters	87	HFT	Halifax	17-Jan-10
2	01:34.81	Ashley Ryer	88	HW	Montreal	30-Jan-10
3	01:36.90	Alicia Dobranowski	84	HFT	Halifax	20-Feb-10
	1:37.4h	Alicia Dobranowski	84	HFT	Halifax	17-Jan-10
4	01:42.19	Britany Macarthur	92	HFT	Halifax	20-Feb-10
	1:43.0h	Britany Macarthur	92	HFT	Halifax	17-Jan-10
5	01:44.26	Eleanor Chisholm	95	YHZ	Halifax	20-Feb-10

6	01:44.33	Sarah Deveau	91	Chebucto	Montreal	30-Jan-10
	01:44.55	Britany Macarthur	92	HFT	Montreal	30-Jan-10
	1:46.1h	Sarah Deveau	91	Chebucto	Halifax	17-Jan-10
7	1:48.7h	Sarah Thomas	92	YHZ	Halifax	17-Jan-10
8	1:49.0h	Kennedy MacLean	92	YHZ	Halifax	6-Feb-10
	1:49.6h	Kennedy MacLean	92	YHZ	Halifax	17-Jan-10
	01:50.23	Sarah Thomas	92	YHZ	Halifax	20-Feb-10
	1:50.8h	Sarah Thomas	92	YHZ	Halifax	6-Feb-10
	01:52.11	Sarah Deveau	91	Chebucto	Moncton	9-Jan-10
	01:52.21	Kennedy MacLean	92	YHZ	Halifax	20-Feb-10
9	01:53.23	Britanny Wadden	95	Chebucto	Halifax	20-Feb-10
10	01:58.88	Madison Turple	94	Chebucto	Halifax	20-Feb-10
11	01:59.54	Aly McPhee	88	Chebucto	Montreal	19-Dec-09
12	02:01.91	Taylor Mason	97	Bluenose	Halifax	20-Feb-10

Woman 800m						
Rank	Preformance	Name	YOB	Club	City	Date
1	02:09.24	Celia Peters	87	HFT	Boston,MA	13-Feb-10
2	02:16.21	Alicia Dobranowski	84	HFT	Allendale,MI	13-Feb-10
3	02:21.18	Rachael McIntosh	91	Bluenose	New York, NY	20-Feb-10
	02:24.95	Rachael McIntosh	91	Bluenose	University Park,PA	29-Jan-10
	02:26.55	Rachael McIntosh	91	Bluenose	Kent, Ohio	12-Dec-09
	02:27.88	Rachael McIntosh	91	Bluenose	Boston,MA	6-Mar-10
4	02:28.92	Jennifer Pitman	91	HAC	Montreal	30-Jan-10
5	02:32.11	Sadie Petrie	94	YHZ	Moncton	27-Mar-10
6	02:37.65	Sara Lausch	94	YHZ	Moncton	27-Mar-10
7	02:37.95	Hannah Brown	94	YHZ	Moncton	27-Mar-10
8	02:38.47	Aly McPhee	88	Chebucto	Windsor	11-Mar-10
	02:38.82	Aly McPhee	88	Chebucto	Montreal	27-Feb-10
9	02:44.02	Taya McGillivray	89	UNA	Montreal	30-Jan-10
10	02:44.54	Laura Maessen	89	Chebucto	Toronto	22-Jan-10
	02:45.26	Laura Maessen	89	Chebucto	Ithaca,NY	13-Feb-10
	02:45.89	Aly McPhee	88	Chebucto	Montreal	30-Jan-10
11	02:50.79	Emma Edmonds	97	YHZ	Moncton	27-Mar-10
12	02:54.45	Kennedy MacLean	92	YHZ	Oromocto	28-Nov-09

Woman 1000m						
Rank	Preformance	Name	YOB	Club	City	Date
1	02:48.98	Celia Peters	87	HFT	Windsor	13-Mar-10
2	02:49.15	Ashley Ryer	88	HW	Windsor	13-Mar-10
	02:50.86	Ashley Ryer	88	HW	Halifax	20-Feb-10
	2:53.3h	Ashley Ryer	88	HW	Halifax	17-Jan-10
	02:53.55	Ashley Ryer	88	HW	Montreal	30-Jan-10
	02:53.96	Celia Peters	87	HFT	Montreal	29-Jan-10
	02:54.45	Celia Peters	87	HFT	Moncton	28-Feb-10

	02:54.51	Ashley Ryer	88	HW	Moncton	28-Feb-10
3	02:55.27	Caroline Schlosser	88	TIG	Halifax	20-Feb-10
	03:01.70	Ashley Ryer	88	HW	Moncton	9-Jan-10
4	03:04.94	Rebecca Reeves	88	HAC	Halifax	20-Feb-10
5	03:10.00	Britany Macarthur	92	HAC	Halifax	20-Feb-10
6	03:10.62	Sadie Petrie	94	YHZ	Halifax	20-Feb-10
7	3:16.6h	Rebecca Wolff	93	YHZ	Halifax	17-Jan-10
8	*3:17.05	Rachel Crawley	97	YHZ	Halifax	20-Feb-10
9	03:17.69	Sara Lausch	94	YHZ	Halifax	20-Feb-10
10	03:18.19	Hannah Brown	94	YHZ	Halifax	20-Feb-10
	3:20.2h	Rachel Crawley	97	YHZ	Halifax	17-Jan-10
	03:20.85	Britany Macarthur	92	HFT	Montreal	29-Jan-10
	3:24.1h	Hannah Brown	94	YHZ	Halifax	17-Jan-10
	03:29.82	Sarah Thomas	92	YHZ	Halifax	20-Feb-10
11	3:30.5h	Allison Trenholm	90	ATC	Halifax	17-Jan-10
12	3:35.2h	Emma Edmonds	97	YHZ	Halifax	17-Jan-10

***3:17.05 NS Bantam Record**

Woman 1200m						
Rank	Preformance	Name	YOB	Club	City	Date
1	04:27.79	Emma Edmonds	97	YHZ	Moncton	27-Mar-10

Woman 1500m						
Rank	Preformance	Name	YOB	Club	City	Date
1	4:30.1h	Ashley Ryer	88	HW	Halifax	6-Feb-10
2	04:30.42	Caroline Schlosser	88	HFT	Windsor	12-Mar-10
	04:31.09	Ashley Ryer	88	HW	Windsor	12-Mar-10
	04:37.54	Ashley Ryer	88	HW	Moncton	28-Feb-10
	04:38.01	Caroline Schlosser	88	TIG	Moncton	28-Feb-10
3	4:38.9h	Caroline McInnis	81	HAC	Halifax	6-Feb-10
	04:39.85	Caroline Schlosser	88	TIG	Montreal	29-Jan-10
	04:41.98	Ashley Ryer	88	HW	Moncton	9-Jan-10
	04:51.57	Caroline McInnis	81	HAC	Halifax	20-Feb-10
4	04:54.39	Rebecca Reeves	88	HAC	Halifax	20-Feb-10
5	4:54.2h	Bree Bates	89	DA	Halifax	6-Feb-10
6	4:55.2h	Sarah Currie	91	HFT	Halifax	6-Feb-10
7	4:57.0h	Sadie Petrie	94	YHZ	Halifax	6-Feb-10
	04:59.75	Rebecca Reeves	88	HAC	Moncton	28-Feb-10
8	5:00.2h	Erin MacNeil	89	DA	Halifax	6-Feb-10
	05:01.25	Erin MacNeil	89	DA	Montreal	30-Jan-10
9	05:02.21	Sarah Currie	91	HFT	Halifax	20-Feb-10
10	05:03.08	Emily Clarke	91	DA	Montreal	29-Jan-10
	05:03.39	Sadie Petrie	94	YHZ	Halifax	20-Feb-10
11	5:05.1h	Sara Lausch	94	YHZ	Halifax	6-Feb-10

	05:06.13	Sarah Currie	91	HFT	Moncton	28-Feb-10
	05:12.41	Sara Lausch	94	YHZ	Halifax	20-Feb-10
12	5:20.7h	Sophie Watts	94	YHZ	Halifax	6-Feb-10
	05:13.4	Bree Bates	89	DA	Moncton	9-Jan-10
13	05:14.69	Rebecca Wolff	93	YHZ	Halifax	20-Feb-10
14	5:15.4h	Rachel Crawley	97	YHZ	Halifax	6-Feb-10
	5:15.9h	Rebecca Wolff	93	YHZ	Halifax	6-Feb-10
15	5:20.1h	Hannah Brown	94	YHZ	Halifax	6-Feb-10
16	05:25.40	Maria Wolter	94	Bluenose	Halifax	20-Feb-10
	05:26.57	Sophie Watts	94	YHZ	Halifax	20-Feb-10
17	05:33.78	Beth MacNeil	91	DA	Montreal	29-Jan-10
18	5:36.3h	Emma Edmonds	97	YHZ	Halifax	6-Feb-10
19	05:42.76	Emma Gillam	93	CNLL	Moncton	27-Mar-10
20	06:05.14	Jessica Sperry	96	Chebucto	Oromocto	28-Nov-09

Woman 1 Mile						
Rank	Preformance	Name	YOB	Club	City	Date
1	05:02.19	Rebecca Coady	89	AE	Houston, Texas	27-Feb-10
2	05:05.52	Brenna Walsh	87	DA	Orono,Maine	6-Feb-10
	05:05.84	Rebecca Coady	89	AE	Fayetteville, AR	13-Feb-10
	05:15.56	Rebecca Coady	89	AE	Baton Rouge, LA	22-Jan-10
	05:18.77	Rebecca Coady	89	AE	University Park, PA	6-Feb-10
3	05:22.23	Laura Englehutt	89	DA	Norman, OK	20-Feb-10
4	05:30.50	Emily Clarke	91	DA	Cambridge,MA	21-Feb-10
	05:41.03	Rebecca Coady	89	AE	Houston,Texas	15-Jan-10
5	06:08.75	Paige Gallagher	92	DA	Cambridge,MA	21-Feb-10

Woman 3000m						
Rank	Preformance	Name	YOB	Club	City	Date
1	09:55.85	Brenna Walsh	87	DA	Boston, MA	27-Feb-10
1	09:58.43	Caroline Schlosser	88	TIG	Montreal	29-Jan-10
	10:01.74	Brenna Walsh	87	DA	Boston, MA	20-Feb-10
	10:03.36	Brenna Walsh	87	DA	Boston, MA	13-Feb-10
	10:08.4h	Caroline Schlosser	88	HFT	Halifax	17-Jan-10
	10:11.58	Brenna Walsh	87	DA	Boston, MA	29-Jan-10
3	10:17.42	Caroline McInnis	81	HAC	Halifax	20-Feb-10
	10:21.20	Brenna Walsh	87	DA	Orono, Maine	12-Dec-09
	10:23.41	Brenna Walsh	87	DA	Hanover, N.H.	16-Jan-10
4	10:28.4h	Bree Bates	89	DA	Halifax	17-Jan-10
5	10:29.70	Laura Englehutt	89	DA	Wichita, Kansas	15-Jan-09
	10:29.77	Bree Bates	89	DA	Halifax	20-Feb-10
	10:30.05	Caroline Schlosser	88	HFT	Moncton	28-Feb-10
	10:36.29	Laura Englehutt	89	DA	Fayetteville,AR	23-Jan-10
6	10:44.38	Kaitlyn Watters	86	HAC	Halifax	20-Feb-10
7	10:45.40	Erin MacNeil	89	DA	Montreal	30-Jan-10

	10:48.10	Bree Bates	89	DA	Moncton	9-Jan-10
8	10:54.3h	Sarah Currie	91	HFT	Halifax	17-Jan-10
	10:58.60	Sarah Currie	91	HFT	Montreal	30-Jan-10
9	11:01.0h	Sadie Petrie	94	YHZ	Halifax	17-Jan-10
10	11:09.4h	Sara Lausch	94	YHZ	Halifax	17-Jan-10
11	11:22.8h	Sophie Watts	94	YHZ	Halifax	17-Jan-10
	11:24.28	Sarah Currie	91	HFT	Moncton	28-Feb-10
12	11:45.48	Emma Edmonds	97	YHZ	Halifax	20-Feb-10
13	12:13.03	Beth MacNeil	91	DA	Cambridge,MA	21-Feb-10
14	12:27.6h	Paige Gallagher	92	DA	Halifax	17-Jan-10

Woman

5000m

Rank	Preformance	Name	YOB	Club	City	Date
1	18:34.20	Laura Englehutt	89	DA	Fayetteville,AR	12-Feb-10

Woman

60mH

Rank	Preformance	Name	YOB	Club	City	Date	Specs
1	*9.07	Rachael McIntosh	91	Bluenose	New York, NY	20-Feb-10	33"
	9.24	Rachael McIntosh	91	Bluenose	University Park, PA	29-Jan-10	33"
	9.31	Rachael McIntosh	91	Bluenose	Kent, Ohio	12-Dec-09	33"
	9.32	Rachael McIntosh	91	Bluenose	State College, PA	16-Jan-09	33"
2	9.36	Aly McPhee	88	Chebucto	Windsor	11-Mar-10	33"
	9.36	Rachael McIntosh	91	Bluenose	Champaign,IL	23-Jan-10	33"
	9.54	Rachael McIntosh	91	Bluenose	Boston,MA	6-Mar-10	33"
3	*9.58	Emily Phelan	93	Chebucto	Halifax	20-Feb-10	30"
	9.60	Aly McPhee	88	Chebucto	Montreal	27-Feb-10	33"
4	9.65	Alicia Dobranowski	84	HFT	Montreal	30-Jan-10	33"
	9.72	Aly McPhee	88	Chebucto	Montreal	28-Feb-10	33"
5	9.77	Megan Eisnor	92	HFT	Oromocto	28-Nov-09	30"
	9.79	Aly McPhee	88	Chebucto	Montreal	28-Feb-10	33"
6	9.81	Jennifer Pitman	91	HAC	Halifax	20-Feb-10	33"
7	9.84	Nicole Wadden	93	Chebucto	Halifax	20-Feb-10	30"
	9.85	Jennifer Pitman	91	HAC	Montreal	30-Jan-10	33"
	9.88	Aly McPhee	88	Chebucto	Montreal	30-Jan-10	33"
	9.91	Aly McPhee	88	Chebucto	Montreal	19-Dec-09	33"
8	9.95	Megan Eisnor	92	HFT	Oromocto	28-Nov-09	33"
	10.00	Emily Phelan	93	Chebucto	Oromocto	28-Nov-09	30"
	10.01	Aly McPhee	88	Chebucto	Montreal	19-Feb-10	33"
9	10.04	Laura Maessen	89	Chebucto	Toronto	27-Feb-10	33"
	10.15	Laura Maessen	89	Chebucto	Ithaca,NY	13-Feb-10	33"
10	10.24	Kari Beiswanger	94	Chebucto	Oromocto	28-Nov-09	30"
	10.33	Laura Maessen	89	Chebucto	Toronto	22-Jan-10	33"
11	10.33	Rebecca Haworth	92	Chebucto	Oromocto	28-Nov-09	33"
	10.35	Rebecca Haworth	92	Chebucto	Halifax	20-Feb-10	33"
	10.45	Kari Beiswanger	94	Chebucto	Halifax	20-Feb-10	30"

12	10.92 Sarah Deveau	91 Chebucto	Moncton	27-Feb-10 33"
13	10.96 Taya McGillivary	89 UNA	Toronto	6-Feb-10 33"
	11.00 Sarah Deveau	91 Chebucto	Moncton	27-Feb-10 33"
14	11.05 Kristen Gibson	94 Chebucto	Halifax	20-Feb-10 30"
15	11.18 Jaimee Mulrone	96 Bluenose	Halifax	20-Feb-10 30"
	11.18 Taya McGillivary	89 UNA	Montreal	5-Dec-09 33"
	11.34 Taya McGillivary	89 UNA	Montreal	30-Jan-10 33"
	11.49 Taya McGillivary	89 UNA	Toronto	6-Feb-10 33"
16	11.52 Emma Norman	94 Bluenose	Halifax	20-Feb-10 30"
	11.81 Sarah Deveau	91 Chebucto	Halifax	20-Feb-20 33"
	12.24 Kristen Gibson	94 Chebucto	Oromocto	28-Nov-09 33"
17	12.63 Abbie Mitchell	95 Chebucto	Halifax	20-Feb-10 30"
18	12.76 Jo Welch	56 UNA	Halifax	20-Feb-10 33"
19	12.91 Taylor Mason	97 Bluenose	Halifax	20-Feb-10 30"
	12.92 Abbie Mitchell	95 Chebucto	Oromocto	28-Nov-09 30"
20	13.77 Jessica Sperry	96 Chebucto	Halifax	20-Feb-10 30"
	14.10 Jo Welch	56 UNA	Moncton	9-Jan-10 33"
21	16.56 Macayla Cullen	95 Chebucto	Halifax	20-Feb-10 30"

***9.07 NS Junior Record**

***9.58 NS Juvenile Record**

Woman						
HJ						
Rank	Preformance	Name	YOB	Club	City	Date
1	1.75	Rachael McIntosh	91	Bluenose	State College, PA	16-Jan-09
	1.72	Rachael McIntosh	91	Bluenose	Kent, Ohio	12-Dec-09
2	1.71	Laura Maessen	89	Chebucto	Ithaca,NY	13-Feb-10
	1.71	Rachael McIntosh	91	Bluenose	Boston,MA	6-Mar-10
	1.70	Laura Maessen	89	Chebucto	Findlay, OH	29-Jan-10
	1.70	Laura Maessen	89	Chebucto	Notre Dame, IN	6-Feb-10
	1.69	Laura Maessen	89	Chebucto	Windsor	12-Mar-10
	1.69	Laura Maessen	89	Chebucto	Toronto	22-Jan-10
	1.69	Laura Maessen	89	Chebucto	Toronto	10-Jan-09
3	1.68	Aly McPhee	88	Chebucto	Montreal	27-Feb-10
4	1.66	Jennifer Pitman	91	HAC	Montreal	30-Jan-10
	1.66	Rachael McIntosh	91	Bluenose	University Park, PA	29-Jan-10
	1.65	Laura Maessen	89	Chebucto	Toronto	27-Feb-10
	1.65	Rachael McIntosh	91	Bluenose	New York, NY	20-Feb-10
	1.65	Jennifer Pitman	91	HAC	Moncton	19-Dec-09
	1.63	Aly McPhee	88	Chebucto	Windsor	12-Mar-10
	1.63	Aly McPhee	88	Chebucto	Montreal	19-Feb-10
5	1.61	Rebecca Haworth	92	Chebucto	Halifax	20-Feb-10
	1.61	Aly McPhee	88	Chebucto	Windsor	11-Mar-10
	1.60	Aly McPhee	88	Chebucto	Montreal	28-Feb-10
6	1.58	Nicole Wadden	93	Chebucto	Halifax	20-Feb-10
	1.58	Jennifer Pitman	91	HAC	Halifax	20-Feb-10
	1.57	Aly McPhee	88	Chebucto	Montreal	30-Jan-10

	1.56	Rebecca Haworth	92	Chebucto	Oromocto	28-Nov-09
7	1.55	Brittany MacDonald	91	UNA	Moncton	19-Dec-09
8	1.50	Kristen Gibson	94	Chebucto	Halifax	20-Feb-10
	1.45	Kristen Gibson	94	Chebucto	Oromocto	28-Nov-09
9	1.45	Emily Phelan	93	Chebucto	Oromocto	28-Nov-09
10	1.30	Taya McGillivray	89	UNA	Montreal	30-Jan-10
11	1.25	Abbie Mitchell	95	Chebucto	Oromocto	28-Nov-09

Woman						
LJ						
Rank	Preformance	Name	YOB	Club	City	Date
1	5.33	Rachael McIntosh	91	Bluenose	Akron,OH	13-Feb-10
	5.28	Rachael McIntosh	91	Bluenose	New York, NY	20-Feb-10
2	5.26	Juliana Blois	92	HFT	Moncton	19-Dec-09
	5.26	Rachael McIntosh	91	Bluenose	Boston,MA	6-Mar-10
	5.24	Rachael McIntosh	91	Bluenose	Champaign,IL	23-Jan-10
	5.24	Rachael McIntosh	91	Bluenose	State College, PA	16-Jan-09
3	5.23	Aly McPhee	88	Chebucto	New York, NY	6-Feb-10
	5.19	Aly McPhee	88	Chebucto	Montreal	27-Feb-10
	5.13	Rachael McIntosh	91	Bluenose	University Park,PA	29-Jan-10
	5.08	Juliana Blois	92	HFT	Oromocto	28-Nov-09
	5.07	Aly McPhee	88	Chebucto	Montreal	27-Feb-10
	5.06	Aly McPhee	88	Chebucto	Windsor	11-Mar-10
	5.05	Rachael McIntosh	91	Bluenose	Kent, Ohio	12-Dec-09
4	4.98	Jennifer Pitman	91	HAC	Montreal	30-Jan-10
5	4.82	Brittany MacDonald	91	UNA	Moncton	19-Dec-09
	4.80	Jennifer Pitman	91	HAC	Moncton	19-Dec-09
6	4.77	Laura Maessen	89	Chebucto	Toronto	22-Jan-10
	4.72	Aly McPhee	88	Chebucto	Montreal	30-Jan-10
	4.72	Jennifer Pitman	91	HAC	Bridgewater	15-Nov-09
	4.71	Laura Maessen	89	Chebucto	Ithaca,NY	13-Feb-10
7	4.61	Taya McGillivray	89	UNA	Ithaca, NY	8-Jan-09
	4.59	Taya McGillivray	89	UNA	Montreal	5-Dec-09
8	4.58	Kristen Gibson	94	Chebucto	Oromocto	28-Nov-09
9	4.40	Amanda McNeil	88	HFT	Moncton	28-Feb-10
	4.36	Taya McGillivray	89	UNA	Montreal	30-Jan-10
10	4.33	Kari Beiswanger	94	Chebucto	Oromocto	28-Nov-09
11	4.32	Megan Eisnor	92	HFT	Oromocto	28-Nov-09
12	4.10	Emily Phelan	93	Chebucto	Oromocto	28-Nov-09
13	4.02	Rebecca Haworth	92	Chebucto	Oromocto	28-Nov-09

Woman						
TJ						
Rank	Preformance	Name	YOB	Club	City	Date
1	*11.43	Juliana Blois	92	HFT	Moncton	19-Dec-09
	11.32	Juliana Blois	92	HFT	Montreal	29-Jan-10
2	10.37	Jennifer Pitman	91	HAC	Bridgewater	15-Nov-09

3	10.29	Kristen Gibson	94	Chebucto	Oromocto	28-Nov-09
4	10.28	Brittany MacDonald	91	UNA	Moncton	19-Dec-09
5	9.00	Brett McCavour	94	CNLL	Moncton	27-Mar-10
6	7.35	Jo Welch	56	UNA	Moncton	9-Jan-10

***11.43 NS Junior and Juvenile Record**

Rank	Preformance	Name	Woman		City	Date	Specs
			SP	YOB			
1	11.51	Kayla Gallagher	94	Truro Lions	Bridgewater	30-Dec-09	3kg
2	11.46	Nicole Larade	88	Launchers	Halifax	20-Feb-10	4kg
	11.45	Nicole Larade	88	Launchers	Halifax	6-Feb-10	4kg
3	10.99	Taya McGillivray	89	UNA	Ottawa	27-Nov-09	4kg
4	10.89	Rachael McIntosh	91	Bluenose	New York, NY	20-Feb-10	4kg
	10.88	Taya McGillivray	89	UNA	Ithaca, NY	8-Jan-10	4kg
5	10.70	Kayla Gallagher	94	Truro Lions	Moncton	9-Jan-10	4kg
	10.42	Rachael McIntosh	91	Bluenose	University Park, PA	29-Jan-10	4kg
6	10.41	Laura Maessen	89	Chebucto	Ithaca, NY	13-Feb-10	4kg
	10.34	Rachael McIntosh	91	Bluenose	Kent, Ohio	12-Dec-09	4kg
7	10.30	Elizabeth MacDonald	87	Halifast	Moncton	28-Feb-10	4kg
	10.18	Taya McGillivray	89	UNA	Montreal	30-Jan-10	4kg
8	10.04	Morgan Riach	95	Chebucto	Halifax	20-Feb-10	3kg
	9.98	Rachael McIntosh	91	Bluenose	Boston, MA	6-Mar-10	4kg
	9.97	Elizabeth MacDonald	87	Halifast	Montreal	30-Jan-10	4kg
	9.78	Elizabeth MacDonald	87	Halifast	Halifax	20-Feb-10	4kg
	9.77	Laura Maessen	89	Chebucto	Toronto	22-Jan-10	4kg
	9.77	Taya McGillivray	89	UNA	Montreal	19-Feb-10	4kg
	9.72	Elizabeth MacDonald	87	Halifast	Halifax	6-Feb-10	4kg
	9.53	Kayla Gallagher	94	Truro Lions	Halifax	17-Jan-10	4kg
9	9.45	Katherine Tobin	93	Celtic	Halifax	6-Feb-10	4kg
10	9.35	Taylor Stutely	96	Chebucto	Halifax	20-Feb-10	3kg
11	9.03	Sarah Millman	96	Truro Lions	Bridgewater	30-Dec-09	3kg
	9.02	Morgan Riach	95	Chebucto	Oromocto	28-Nov-09	3kg
	9.00	Taylor Stutely	96	Chebucto	Halifax	17-Jan-10	3kg
	8.99	Sarah Millman	96	Truro Lions	Halifax	20-Feb-10	3kg
	8.87	Sarah Millman	96	Truro Lions	Halifax	17-Jan-10	3kg
	8.84	Sarah Millman	96	Truro Lions	Moncton	9-Jan-10	3kg
	8.78	Sarah Millman	96	Truro Lions	Halifax	6-Feb-10	3kg
12	8.52	Aly McPhee	88	Chebucto	Windsor	11-Mar-10	4kg
	8.14	Aly McPhee	88	Chebucto	Montreal	27-Feb-10	4kg
13	7.53	Rebecca Haworth	92	Chebucto	Oromocto	28-Nov-09	4kg
	7.36	Aly McPhee	88	Chebucto	Montreal	30-Jan-10	4kg
14	7.36	Kari Beiswanger	94	Chebucto	Oromocto	28-Nov-09	3kg
	7.31	Aly McPhee	88	Chebucto	Montreal	19-Feb-10	4kg
15	7.02	Taylor Roode	95	Chebucto	Oromocto	28-Nov-09	3kg
16	6.64	Jennifer Pitman	91	HAC	Montreal	30-Jan-10	4kg

Rank	Preformance	Name	Woman		City	Date	Specs
			WT	YOB			
1	15.10	Elizabeth MacDonald	87	Halifast	Oromocto	13-Feb-10	20lb
	14.82	Elizabeth MacDonald	87	Halifast	Moncton	27-Feb-10	20lb
	14.67	Elizabeth MacDonald	87	Halifast	Halifax	20-Feb-10	20lb
	14.61	Elizabeth MacDonald	87	Halifast	Halifax	6-Feb-10	20lb
	13.98	Elizabeth MacDonald	87	Halifast	Windsor	11-Mar-10	20lb
	13.86	Elizabeth MacDonald	87	Halifast	Halifax	17-Jan-10	20lb
	13.81	Elizabeth MacDonald	87	Halifast	Montreal	29-Jan-10	20lb
2	*11.28	Kalya Gallagher	94	Truro Lions	Bridgewater	30-Dec-09	16lb
3	10.06	Sarah Millman	96	Truro Lions	Moncton	9-Jan-10	16lb
	9.99	Kalya Gallagher	94	Truro Lions	Halifax	17-Jan-10	16lb
	9.83	Sarah Millman	96	Truro Lions	Halifax	17-Jan-10	16lb
	9.42	Sarah Millman	96	Truro Lions	Halifax	20-Feb-10	16lb
4	*9.14	Sarah Millman	96	Truro Lions	Bridgewater	30-Dec-09	16lb
	8.55	Sarah Millman	96	Truro Lions	Halifax	6-Feb-10	16lb
	8.24	Kalya Gallagher	94	Truro Lions	Moncton	9-Jan-10	16lb
5	7.62	Taylor Stutely	96	Chebucto	Halifax	17-Jan-10	16lb
6	7.32	Morgan Riach	95	Chebucto	Oromocto	28-Nov-09	20lb

***11.28 NS Midget Record**

***9.14 NS Bantam Record**

Rank	Preformance	Name	Woman		City	Date	Events
			Pentathlon	YOB			
1	*3723	Rachael McIntosh	91	Bluenose	New York, NY	20-Feb-10	9.07, 1.65, 10.89, 5.28, 2:21.18
	3587	Rachael McIntosh	91	Bluenose	Kent, Ohio	12-Dec-09	9.32, 1.72, 10.32, 5.05, 2:26.55
	3576	Rachael McIntosh	91	Bluenose	University Park,PA	29-Jan-10	9.24, 1.66,10.42,5.13, 2:24.95
	3546	Rachael McIntosh	91	Bluenose	Boston,MA	6-Mar-10	9.54, 1.71,9.98, 5.26, 2:27.88
	3225	Aly McPhee	88	Chebucto	Montreal	27-Feb-10	9.60,1.68, 8.14,5.19, 2:38.82

	3194 Aly McPhee	88 Chebucto	Windsor	11-Mar-10	9.36,1.61, 8.52,5.06, 2:38.47 9.85,1.66, 6.64,4.98,
3	3118 Jennifer Pitman	91 HAC	Montreal	30-Jan-10	2:28.92
4	3103 Laura Maessen	89 Chebucto	Toronto	13-Feb-10	2:45.26
	3028 Laura Maessen	89 Chebucto	Toronto	22-Jan-10	10.33,1.69, 9.77, 4.77, 2:44.54 9.88,1.57, 7.36,4.72,
	2786 Aly McPhee	88 Chebucto	Montreal	30-Jan-10	2:45.89 11.34,1.30,1 0.18,4.36,2:4
5	2353 Taya McGillivray	89 UNA	Montreal	30-Jan-10	4.02

***3723 NS Junior and Senior Record**