

NEWS - SPRING 2012

JR. COYOTES PLACE 7TH/8TH AT OFSSA TRACK MEET



The 2012 OFSSA Track and Field Championships were held in Brockville June 7-9. Two grade 9 students, Jared Ruest and Hannah Woodhouse, from GBSS earned the honor to compete against Ontario's top high school athletes on Saturday. Both Jr. Coyote members qualified for the 3000m event by placing in the top 4 last weekend at the OFSSA West Regional track meet in Windsor. Hannah's new personal best time of 10:32.98 placed her 8th overall, edging out 9th place by 0.23seconds. Jared's new personal best time of 9:18.22 placed him 7th place overall and 9 seconds behind 3rd place.

Congratulations and a job well done to both Hannah and Jared!!!

YOUNG COYOTES AT GUELPH TRACK MEET



The Meaford Jr. Coyotes sent three of its younger runners to compete in a Guelph track meet Saturday, June 2nd. Grade 1 student Kara Tichbourne and her sister, grade 2 student Julia as well as grade 3 student Teagan Davies put their training to the test on a cool and wet race day.

In the 200m sprint, Teagan Davies placed 6th of 15 girls with a personal best time of 36.72 seconds. In the 800m, Julia Tichbourne ran a personal best time of 3:14.04 minutes, placing her 5th overall, while Teagan Davies clocked her personal best time of 3:23.56 in an 8th place finish. Kara Tichbourne placed 4th in the Mite girls 800m with a clocking of 3:23. Both Tichbourne girls ran the 1500m with Kara placing 1st in 7:12 and Julia placing 2nd in 7:29, both just missing personal best performances by a few seconds.

Well done girls!!!

JR. COYOTES QUALIFY FOR PROVINCIAL CHAMPIONSHIPS



On Saturday, June 2nd, two members of the Meaford Jr. Coyotes, Hannah Woodhouse and Jared Ruest, competed in Windsor at the OFSSA Regional Track and Field Championships against the top high school distance runners in western Ontario in very comfortable temperatures for a change. Both runners are grade 9 students at GBSS high school in Meaford and both qualified to compete at the OFSSA Track and Field Provincial Championships on Saturday, June 9th in Brockville. Each of them will be

competing in the 3000m event.

In the Grade 9 Girls 3000m, Hannah Woodhouse competed against 13 other girls for the coveted 4 qualifying spots. Hannah's personal best time of 10:49.38 minutes placed her 2nd overall. Jared Ruest competed against 14 others in the Grade 9 Boys 3000m event. He also clocked a personal best time of 9:26.29 placing him 3rd overall in a very close race.

This is a huge accomplishment for both Hannah and Jared. The Coyotes wish them all the best as they represent the Jr. Coyotes, GBSS and Meaford. You have made us proud!

YOUNG COYOTES AT HERSHEY QUALIFIER



Michael and Peter Ruest represented the Meaford Jr. Coyotes in Whitby at the Hershey Track and Field Qualifying Meet on Saturday, May 26th. Michael, as a 10 year old, competed against the 11-12 year old boys in the 200m, 800m and long jump. He placed 3rd in the 800m with a personal best time of 2:40.83, missing 1st place by only 1.6 seconds. He also placed 1st in the 400m with a personal best time of 1:10.04 and 5th in the long jump with a leap of 6'10".

Peter competed in the 9-10 year age group. He placed 2nd in the 200m with a personal best time of 32.59. Peter placed 1st in the long jump with a winning distance of 6'9" and 1st in the 400m with a personal best time of 1:11.77.

They both advance to compete at the next Hershey meet in Toronto on June 30th. Congratulations Michael and Peter on an excellent day of competition.

HIGH SCHOOL JR. COYOTE RUNNERS EXCEL



Four members of the Meaford Jr. Coyotes competed for GBSS high school on May 14th at the Bluewater District Track and Field Meet in Kincardine. Grade 9 runners Hannah Woodhouse and Jared Ruest as well as grade 10 students Jed and Clara Phillips all competed in the 1500m and the 3000m races. The race plan was to run the 3000m comfortably and to then run the 1500m strong, but not full out. All four runners placed 1st in each of their individual races by a comfortable margin and easily qualified for the next level at the CWOSSA track and field championships in

Kitchener. Of notable times, Hannah Woodhouse ran her 1500m personal best time in 5:05 minutes while Jared Ruest ran his 1500m in 4:30 minutes and just missed his personal best time by 2 seconds.

CWOSSA's were held on Wednesday, May 23 and Thursday May 24th. All four runners competed in the 1500m on Wednesday. Hannah Woodhouse placed 2nd in the grade 9 girls setting another personal best time in 5:02.58 in the heat of the day. Jared Ruest purposely placed 5th in the grade 9 boys as he cruised through his race in 4:35 minute. Clara Phillips placed 6th in the grade 10 girls 1500m race with a personal best time of 5:22.57 minutes, while her brother Jed placed 7th in the grade 10 boys 1500m. His time was 4:38.23 minutes was a also personal best for him.

Day two of the CWOSSA championships was a scorching 33'C in the middle of the afternoon for the 3000m. Hannah Woodhouse survived the heat as she placed 1st in the grade 9 girls with a time of 11:01.60. Jared Ruest also performed very strong in the heat. He also placed 1st in the grade 9 boys with a personal best clocking of 9:36 minutes. Jed Phillips competed in the grade 10 boys event and placed 6th with his second personal best race in two days of 10:04.02, just missing the qualifying 5th place spot by 6 seconds.

The top five from each event advance to the OFSSA Regional Track and Field Championships in Windsor on May 31-June 1st. Hannah Woodhouse and Jared Ruest have selected to focus their efforts 100% for the 3000m event even though they both qualified for the 1500m and 3000m. Congratulations to all 4 Jr. Coyotes with strong performances up to this point in the season. They have represented their club and GBSS well.