

# Spring 2014 News

## **Coyotes Dominate at District Track and Field Championships**



The Meaford Coyotes Track Club have officially begun their Spring racing season with the high school members heading to the track first. Our hard work through out the winter and early spring have paid off as the Coyotes dominated in almost every event they competed in.

On Wednesday, May 14th, our grade 12 sprinter, Bryce West from Collingwood Collegiate competed in her District Track and Field Championships under relatively pleasant conditions. She excelled in her races.

### **Senior Girls Grade 11-12:**

Bryce West: 1st @ 100m, 1st @ 200m, 1st @ 400m [PB of 61.50], 1st @ 4x100m relay, 2nd @ 4x400m relay

Thursday, May 16th was a horrible sloppy, rainy, cold, windy and muddy day for the BAA District Track and Field Championships held in Clinton. It had rained so much that the jumping pits were knee-deep in water and were constantly being bailed out. The event is typically held in Kincardine, but the track was undergoing resurfacing this week so Clinton was given the nod to host the athletes. This meant at least a 2:30hr drive for most of our Coyotes to get there. Despite the conditions, all the area schools were commenting on how dominant our Coyotes were in the distance races. "Nobody can catch those Coyotes!"

### **Midget Boys Grade 9:**

Sam Nusselder - SDHS: 1st @ 1500m, 1st @ 3000m  
Alex Tulloch - GBSS: 2nd @ 1500m, 2nd @ 3000m  
Jake Clarke - GHSS: 3rd @ 1500m, 3rd @ 3000m

### **Midget Girls Grade 9:**

Jessica Ruest - GBSS: 4th @ 1500m, 3rd @ 3000m

Shayla Verburg - SMHS: 5th @ 1500m, 4th @ 3000m

**Junior Boys Grade 10:**

Jonah Neumann - GBSS: 1st @ 1500m, 1st @ 3000m

**Junior Girls Grade 10:**

Rose Nadjiwan - PSDS: 1st @ 1500m, 1st @ 3000m

**Senior Boys Grade 11-12:**

Steven Nadjiwan - PSDS: 1st @ 1500m, 2nd @ 3000m

Jared Ruest - GBSS: 2nd @ 1500m, 1st @ 3000m

**Senior Girls Grade 11-12:**

Hannah Woodhouse - GBSS: 1st @ 1500m, 1st @ 3000m

Jessie Nusselder - SDSS: 2nd @ 1500m, 2nd @ 3000m

All our Coyotes advanced to the next round on their "Road to OFSAA" next week where the competition will be much stiffer. All the best to each of them as they have all trained extremely hard all winter and spring.

## Stiff Competition Challenges Coyotes



Stiff Competition Challenges Coyotes Several high school members of the Meaford Coyotes Track Club competed on May 21st and 22nd as they continued on their "Road to OFSAA". To say that competition was stiff was an understatement and definitely put our talented group of runners to the test. Only the top 5 in each event would qualify for the OFSAA Regionals next weekend.

At the GBSSA championships in Midland, grade 12 Collingwood Collegiate student, Bryce West [Collingwood] was our lone competitor and she advanced to OFSSA Regionals in Toronto on May 27 and 29. At the CWOSSA championships in Cambridge, several Coyotes stepped up to the line with 7 of our 10 members advancing to OFSAA Regional West in Windsor on May 30-31.

**Grade 9 Midget Boys:**

Sam and Alex have been very close in training and both had two great races against tough rivals. Sam Nusselder [Port Elgin] placed 3rd in the 1500m [4:30.85 - PB outdoors] and 2nd in the 3000m [9:55.64 - PB]. Alex Tulloch [Meaford] placed 4th in the 1500m [4:31.81 - personal best] and 3rd in the 3000m [10:06.70 - PB].

**Grade 9 Midget Girls:**

Jessica and Shayla gained some valuable race experience as they met up with some tough runners.

Jessica Ruest [Meaford] placed 9th in the 1500m [5:36.44] and 6th in the 3000m [12:03.88 - PB]  
Shayla Verburg [Meaford] competed in the 3000m event and placed 10th [12:43.00 - PB]

### **Grade 10 Junior Boys:**

Jonah had to work extremely hard in both his races as he fought against lots of competition. He had two great performances and had two personal best times.

Jonah Neumann [Thornbury] placed 10th in the 1500m [4:33.43 - PB] and 7th in the 3000m [9:59.48 - outdoor PB]

### **Grade 10 Junior Girls:**

Rose had a relatively comfortable two days of racing as she easily qualified in both the 1500m and 3000m

Rose Nadjiwan [Wiaraton] took 4th spot in the 1500m [5:16.37] and 2nd in the 3000m [11:17.90]

### **Grade 11-12 Senior Boys:**

Our boys both had a tough time in the 1500m with some tactical errors in their race, but made up for it with solid performances in the 3000m.

Steven Nadjiwan [Wiaraton] placed 7th in the 1500m [4:09.69 - PB] and 1st in the 3000m [9:04.02 - PB]

Jared Ruest [Meaford] finished 8th in the 1500m [4:11.86 - PB] and 2nd in the 3000m [9:11.39]

### **Grade 11-12 Senior Girls:**

Hannah was able to comfortably cruise in both of her races. Jessie had a very rough start in the 1500m, but made up for it in the 3000m race. Bryce had two solid personal best performances. Hannah Woodhouse [Heathcote] placed 2nd in the 1500m race [4:44.06] and gold in the 3000m [10:15.34].

Jessie Nusselder [Port Elgin] placed 10th 1500m [5:05.45] and 3rd in the 3000m [10:41.56 - outdoor PB]

Bryce West [Collingwood] placed 2nd in the 200m [26.3 - PB] and 2nd in the 400m [60.?? - PB]

Overall it was a great two days of racing as everyone gained valuable racing experience, we had 14 personal best performances and brought home 11 medals. Congrats to Sam Nussleder, Alex Tulloch, Rose Nadjiwan, Jared Ruest, Steven Nadjiwan, Hannah Woodhouse, Jessie Nusselder and Bryce West as they all advance to the OFSAA Regionals. This is the largest number of Coyotes we have ever had qualify for this competition with 8 of 11 members advancing.

Our younger Coyotes have begun their local track meets and will be participating at the BWDSB Area Meet on Friday, May 30th. We also have 20 members competing at the Guelph Minor Track and Field Meet on Saturday, May 30th.

## **Coyotes Advance to OFSAA Track Championships**



It was a smoken' hot two days in Windsor, ON for the high school OFSAA West Regional Track and Field Championships held on Friday, May 30th and Saturday, May 31. Seven members of the Meaford Coyotes Track Club attempted to advance to the OFSSA provincials, with only the top 4 in each event qualifying. On Tuesday, May 27th, Bryce West of Collingwood Collegiate, competed in the OFSSA South Regionals with more civilized weather conditions.

GBSS grade 11 student Hannah Woodhouse of Heathcote led the way as she captured two silver medals. She comfortably cruised to a 4:35.27 personal best in the Senior Girls 1500m and a solid 10:01.33 time in the 3000m. Our Coyotes battled very stiff competition, scorching heat, and one dealt with the flu as they tied up their laces and put their hard training on the line. All of our runners ran exceptionally gutsy races, putting it all on the line, with some bringing up breakfast. They ran their hearts out and all of them should be extremely proud of themselves.

### **Grade 9 Midget Boys**

Both Sam and Alex ran the races of their lives as they both advanced to OFSAA with huge personal best performances. Sam broke his high school record and Alex has only been training for 1 year and has had incredible improvements.

\*Sam Nusselder [SDSS] - 2nd @ 3000m in 9:32.16 [23 sec PB]

\*Alex Tulloch [GBSS] - 3rd @ 3000m in 9:44.51 [18 sec PB]

### **Grade 10 Junior Girls**

Rose was one of only two Coyotes to compete in two events at Regionals. Her strong finishing sprint advanced her to OFSAA in the 3000m.

\*Rose Nadjiwan [PSDS] - 6th @ 1500m in 5:05.39 [5 sec PB] and 4th @ 3000m in 11:06.87

### **Grade 11-12 Senior Boys**

Steven put it all on the line and went out with the "big boys" for the first 3/4 of the race before slipping off the pace. Jared struggled with the flu that day. His training has been exceptional the last few weeks.

\*Steven Nadjiwan [PSDS] - 11th @ 3000m in 9:02.81 [2 sec PB]

\*Jared Ruest [GBSS] - 14th @ 3000m in 9:17.44 [flu bug]

### **Grade 11-12 Senior Girls**

Despite incredibly fast times, Hannah is still holding a couple aces up her sleeve for the OFSAA finals in both the 1500m and 3000m. Jessie gave every ounce of energy she had with an incredibly gutsy race. She went out with the "big girls" for the first 3/4 of the race before the pace and the heat got to her. Bryce continues to set personal bests each time she steps on the track and finally broke 60 sec for 400m.

\*Hannah Woodhouse [GBSS] - 2nd @ 1500m in 4:35.27 [1 sec PB] and 2nd @ 3000m [10:01.33]

\*Jessie Nusselder [SDSS] - 9th @ 3000m in 11:01.26

\*Bryce West [CCI] - 5th @ 400m in 59.37 [>1 sec PB]

Congrats to Hannah Woodhouse, Sam Nussleder, Alex Tulloch, and Rose Nadjiwan as they all advance to the Ontario High School OFSSA Track and Field Championships held in Mississauga on June 5-7. In all it was another great Coyote performance with 4 medals, 4 athletes advancing to OFSAA provincial championships, 6 personal best performances and several incredible performances.

## **Strong OFSAA Performances by Coyotes**



Mississauga played host to the 2014 Ontario high school OFSAA provincial track and field championships on June 5-7. The Meaford Coyotes had 5 members competing against Ontario's finest, and in some cases, Canada's finest, as they put their hard training to the test.

Grade 12 Collingwood Collegiate student, Bryce West started things off on a strong note on a cool Thursday afternoon. She was the 2nd leg of their 4x100m relay team. Their time of 51.79 placed them 20th overall. They were very excited how well their baton transitions went.

Grade 11 Georgian Bay student, Hannah Woodhouse was also in action Thursday night as she competed in the 1500m heats and easy qualified for the finals on Friday. The 1500m final was a very windy race and nobody wanted to take the lead. Hannah stirred the pot and took the lead only to be swallowed up by a train of runners and she was stuck at the back. A strong final 400m placed her 7th in 4:37.43. Hannah came back on Saturday with a 3rd place personal best performance in the 3000m on Saturday in the heat of the day. At 32°C, she still cranked out a

9:53.12.

The heat continued on Saturday as several athletes dropped out of the competitions, collapsed or suffered through heat issues as the afternoon went on. Grade 10 Peninsula Shores student Rose Nadjiwan took the stage in the middle of the afternoon in the Junior Girls 3000m. She battled strong but the heat got to her at the end as well. She finished with a very solid sprint to give her a time of 11:19.34 and placed her 14th.

Our final duo of the smoken' hot day belonged to Sam Nussleder of Saugeen District and Alex Tulloch of Georgian Bay in the Grade 9 Midget Boys 3000m event. They held back a bit at the beginning of a very quick start and gradually worked their way through the field, with Alex fading a bit over the last 1km. Sam Nusselder took 6th place with a personal best time of 9:29.06 and Alex Tulloch captured 17th in 9:49.57 with a gutsy finishing sprint.

All of our Coyotes get a well deserved break as the entire team have been racing lots with their school meets, with very impressive results. They return to action on July 5-6 as the entire pack of Coyotes compete at the Flying Angels meet in Brampton. Our final race of the season will be the Meaford Harbour 5km Road Race as the Coyotes plan on painting the streets of Meaford orange that morning.

## **Two Records for Tichbourne as Coyotes Invade Brampton**



On Saturday, July 5th, 29 members of the Meaford Coyotes Track Club ventured to Brampton for the 4th annual Flying Angels Classic Track and Field Meet. This was a great meet for many of our newer runners as it was a lower-key competition. With 34 teams registering for the event, the Coyotes brought home a boat-load of medals consisting of 5 gold, 10 silver and 10 bronze, placing us 4th overall in the total medal count. More importantly, they achieved 29 personal best performances and gained valuable race experience.

Some members competed up an age group so they could race in the longer distances. A couple started out way too fast in their races and "crashed and burned" at the end. What was exciting was that they did not quit. They finished their race, learned from it and performed better in their

2nd event of the day.

Congratulations goes out to Kara Tichbourne who set two provincial records as a 1st year Tyke. She placed 2nd in the 800m behind a 2nd year Tyke. Her time of 2:47.53 broke the old record by over 1 second. She was 1st in the 1500m with a time of 5:32.67, shattering the old record by over 6 seconds. Kara led both races from start to finish.

**Mite Girls:**

Lilly St. Marie = 2nd in 400m @ 1:32.72 [PB] and 1st in 800m @ 3:27.90 [PB]  
Evie Allen = 3rd in 400m [PB] @ 1:46.29 and 3rd in 800m @ 4:18.75 [PB]  
Charlotte Woodhouse = 2nd in 800m @ 3:28.30

**Tyke Girls:**

Kara Tichbourne = 2nd in 800m @ 2:47.53 [PB] and 1st in 1500m @ 5:32.67 [PB]  
Bethany Woodhouse = 3rd in 800m @ 2:55.37 and 2nd in 1500m @ 6:00.95  
Dana Tulloch = 6th in 800m @ 3:39.52 [PB] and 5th in 1500m in 6:52.05 [PB]  
Charlotte Woodhouse = 4th in 1500m @ 6:49.50 [PB] [as a Tyke]

**Atom Girls:**

Zoe LeBlanc = 9th in 400m @ 1:19.17 [PB] and 3rd in 1500m @ 6:28.29 [PB]  
Skye Kavcic = 10th in 400m @ 1:22.32 [PB] and 5th in 1500m @ 6:39.54  
Julia Tichbourne = 5th in 800m @ 3:18.19 and 4th in 1500m @ 6:28.50

**Sr. Girls:**

Sophie Bierer = 7th in 400m @ 1:10.15 [PB] and 4th in 800m @ 2:57.44  
Julia Latham = 4th in 1500m @ 6:13.72

**Youth Girls:**

Hannah Woodhouse = 1st in 800m @ 2:19.55 [PB] and 1st in 1500m @ 4:44.39  
Rose Nadjiwan = 2nd in 800m @ 2:29.44 [PB] and 3rd in 1500m @ 5:08.15  
Jessica Ruest = 4th in 1500m @ 5:44.15

**Open Women:**

Bryce West = 2nd in 400m @ 1:02.00 and 3rd in 800m @ 2:38.78 [PB]

**Pee-Wee Boys:**

Edmund McPherson = 4th in 200m @ 48.65 [PB] and 5th in 400m @ 1:50.70 [PB] [ as a Mite]

**Mite Boys:**

Justin Acres = 2nd in 800m @ 3:18.42 [PB]

**Tyke Boys:**

Jeffrey McPherson = 2nd in 800m @ 3:05.43 [PB] and 3rd in 1500m @ 6:29  
Devlin Gillis = 3rd in 800m @ 3:05.77 [PB] and 2nd in 1500m @ 6:06.17 [PB]  
Justin Acres = 5th in 1500m @ 7:48.75 [as a Mite]

**Atom Boys:**

Noah Allen = 4th in 400m @ 1:15.45 [PB] and 6th in 800m @ 2:56.74 [PB]  
Matthew Nickels = 5th in 800m @ 2:54.74 and 5th in 1500m @ 5:50.57  
Peter Ruest = 2nd @ 1500m @ 5:15.21

**Sr. Boys:**

Riley Higgs = 3rd in 1500m @ 5:02.99 [PB]  
Michael Ruest = 4th in 1500m @ 5:18.35  
Luc Nusselder = 7th in 1500m @ 5:33.04

**Youth Boys:**

Jake Clarke = 7th in 400m @ 59.59 [PB] and 5th in 1500m @ 4:51.98 [PB]

Alex Tulloch = 3rd in 800m @ 2:13.14 [PB] and 4th in 1500m @ 4:51.98

Sam Nusselder = 1st in 1500m @ 4:24.49 [PB]

Congratulations to all our Coyotes on an excellent day of racing. This is our last track meet of the season. The team will be taking a break after the Meaford Harbour 5km / 1km Road Race and will start building for the Fall season on Tuesday, July 29th. There will be a two week period where new members will be permitted to join the Coyotes. Spots are limited and are available on a first come-first serve bases.