

Coyote Spring 2015

Coyotes are "Back in Motion" in Toronto



A small contingent from the Meaford Coyotes Track Club had their season opener at the Canadian Memorial Chiropractic College "Backs in Motion" 5km Road Race on Sunday, April 26th in Toronto. Under sunny and refreshing temperatures, CMCC hosted their 32 annual event that included a 10km race, a 5km race and a 5km walk with proceeds going toward chiropractic education. There were 129 competitors in the 5km race alone as it began with a 1km uphill climb and then winded down into a quite and relatively

flat park behind the school, finishing again in school parking lot.

Grade 10 student Sam Nusselder was the overall race winner. He started off with a casual pace and found himself in the lead with 2 other competitors. He crossed the line 14 seconds ahead of his nearest rival with a time of 17:01, equalling his personal best time for that distance. Grade 12 student Jessie Nusselder was the top female as she placed 11th overall in a winning time of 19:42. Grade 10 student Jake Clarke placed 4th in his very competitive 15-19 year old age group and 9th overall as he stopped the clock at 19:34. Kathy Higgs was the top female in the 40-49 age group, running an aggressive race with a time of 24:41. Kevin Hooper, working through a small injury, ran a cautious race as he won his 50-59 age group in a time of 24:40.

Overall it was a very good start to the season as the entire Coyote team is in heavy training right now preparing for their upcoming track season which will begin in a few weeks. At present we have about 85 members training with the team.

Coyotes Begin Their "Road To OFSAA"



On Tuesday, May 12th, Kincardine played host to the High School BAA District Track and Field Championships under cloudy, windy and cool conditions. This meet was the first of four weekly competitions as the top 4 athletes in each event at the BAA's advance to the next round - CWOSSA, which is held in London next week. Our high school members of the Meaford Coyotes Track Club were well prepared for this race and all of them advanced to CWOSSA in all of their events.

Results of the BAA's District Championships:

Midget Grade 9 Girls:

Julia Latham [St. Mary's] - 2nd in 400m / 3rd in 800m / 3rd in 1500m

Junior Grade 10 Boys:

Sam Nusselder [SDSS] - 1st in 1500m / 1st in 3000m

Alex Tulloch [GBSS] - 2nd in 1500m / 2nd in 3000m

Jake Clarke [GHSS] - 1st in 400m / 3rd in 1500m / 1st in 4x100m relay

Senior Grade 11-12-13 Girls

Jessie Nusselder [SDSS] - Tied for 1st in 1500m / 1st in 3000m

Senior Grade 11-12-13 Boys

Dylan Pust [JDSS] - 1st in Steeple Chase / 2nd in 1500m / 2nd in 3000m

Two former Coyotes, Steve and Rose Nadjiwan, were also competing at BAA's. The long travel time for them from Wiarton made it too hard to compete with the Coyotes, but their two years of training with the team has paid off well. Steve Nadjiwan was 1st in the Senior Boys 1500m and 3000m. His sister Rose was 2nd in the 800m and 3rd in the 1500m at the Senior Girls competition. Grade 12 Coyote Hannah Woodhouse was not competing as she is still recharging her batteries after competing at the World Junior Cross Country Championships a few weeks ago.

Congrats to our Coyotes as they advance to London next week where they will face much stiffer competition from Lion's Head all the way down to Windsor. Our first competition for our younger grade 1-8 Coyotes is on Sunday, May 24th as they compete at the Mississauga Olympians Track and Field Meet.

Coyotes Perform Well at CWOSSA Champs



Six members of the Meaford Coyotes Track Club, representing 5 different high schools in Grey Bruce competed at the High School CWOSSA Track and Field Championships in Cambridge on Wednesday, May 20th and Thursday, May 21st. All six Coyotes placed in the top 4 last week at the BAA District Championships in order to qualify for this week's CWOSSA Champs, which is one of the most competitive divisions in all of Ontario.

In the Grade 9 Midget Girls 400m, Julia Latham [St. Mary's] placed 15th with a personal best time of 1:10.30. The next day she stopped the clock in the Midget Girls 800m with a personal best time of 2:42.70, placing 11th overall.

On the first day of competition, there were 3 Coyotes in the Grade 10 Junior Boys 1500m. Sam Nusselder [SDSS] crossed the line in 4:20.23, taking 5th spot only a few seconds off his best time. Alex Tulloch [GBSS] ran a personal best time of 4:31.67 as he captured 7th spot. Jake Clarke [GHSS] finished in 4:50.50 for 13th spot. Earlier on Day 1, Jake also ran the Junior Boys 400m clocking a personal best time of 55.54. His 8th place position was less than a 1/2 second behind 5th spot.

Grade 12 JDSS student Dylan Pust also had two races on Day 1 of competition. He began with a personal best performance of 6:44.23 in the Open Boys 2000m Steeple Chase, placing 5th and knocking 24 second off his time from 1 year ago. Later in the day he placed 9th

in the highly competitive Grade 11-12 Senior Boys 1500m event, setting another personal best time of 4:20.23 as he shaved off 6 seconds from his previous best. On Day 2, Dylan ran his 3rd personal best time in 3 races as he placed 7th in the Senior Boys 3000m with a time of 9:16.65, a 15 second improvement.

Jessie Nusselder, a grade 12 SDSS student competed in the Grade 11, 12 Senior Girls 1500m race on Day 1. She stopped the clock at 5:04.28, taking 6th spot. Jessie had a much stronger performance on Day 2 as she ran her best time this year in the Senior Girls 3000m comfortably running 10:52.38 and taking 2nd spot overall.

Congrats to all our Coyotes. We came home with 1 silver medal, 7 personal best performances and three members advancing to OFSSA Regionals in London on Friday, May 29th and Saturday, May 30th. Sam Nusselder qualified in two events, but will only compete in the Junior Boys 3000m. Jessie Nusselder will step up to the line in the Senior Girls 3000m and Dylan Pust will lace up his shoes for the 2000m Open Steeple Chase.

Hard Training Paying Off for Coyote Runners



The Meaford Coyotes Track Club sent a strong contingent of twenty-six grade 1-8 members to the Mississauga Olympians Spring Meet on Sunday, May 24th and came home with some very impressive results. The "smoked" hot day with afternoon temperatures approaching 30°C was a challenge for some, but it only made our Coyotes run faster. Four of our young "Mite" runners moved up an age group for some of their races to compete in the longer distance races.

With several new members joining the Team this year, this was their first ever track meet experience in Toronto, let alone on a fancy 8-laned, all-weather track surface. Our veteran Coyotes lead the way and helped calm the nerves of our "rookies", with almost everyone came home with at least one personal best performance. We won 6 medals as well. There were so many strong and exciting performances for the Coyotes, however one member stood out on race day. Grade 4 SVE student Kara Tichbourne ran away from her competition in two events. She won both the

Tyke Girls 800m and 1200m races, breaking the old 1200m Ontario record by more than 5 seconds with a personal best winning time of 4:14.44.

Four other medal performances came from Ava Olivier [Silver - Mite Girls 400m - 1:31.94], Olivia Latham [Bronze - Mite Girls 400m - 1:32.76], Denon Taylor [Silver - Mite Boys 400m], and Olivia Karn [Silver - Atom Girls 800m - 2:46.37], along with several Coyotes placing in the top 6. Most exciting was all the personal best performances. Of the 26 Coyotes each competing in two events, we posted 34 PB's of a possible 52 and several runners just missed PB's within a couple seconds.

Overall it was a very exciting season-opening track meet. For more information about the Team, please visit our website @ www.meafordcoyotes.com

Results: [* = personal best time] / [Names in each age group are listed alphabetically]

Mite Girls [2007-2008]

Olivia Latham [08] - 3rd @ 400m = 1:32.76*

Ava Olivier [07] - 2nd @ 400m = 1:31.94*

Mite Boys [2007-2008]

Charlie MacCulloch - 16th @ 200m = 41.34* / 9th @ 400m = 1:39.06*

Edmund McPherson - 10th @ 400m = 1:45.07

Denon Taylor [07] - 2nd @ 400m = 1:21.70*

Tyke Girls [2005-2006]

Payton Dodd [05] - 4th @ 400m = 1:19.18* / 5th @ 800m = 2:56.84*

McKenna Karn [05] - 6th @ 400m = 1:22.97* / 8th @ 800m = 3:08.16*

Olivia Latham [07] - 12th @ 800m = 3:47.85

Taryn Lee [07] - 10th @ 800m = 3:30.15 / 6th @ 1200m = 5:09.20

Sydney Martin [05] - 6th @ 800m = 2:59.52 / 4th @ 1200m = 4:44.01

Ava Olivier [07] - 13th @ 800m = 3:48.01

Kiera Sponagle [05] - 8th @ 400m = 1:28.91* / 11th @ 800m = 3:44.17*

Kara Tichbourne [05] - 1st @ 800m = 2:47.03 / 1st @ 1200m = 4:14.44* Provincial Record

Tykes Boys [2005-2006]

Justin Acres [06] - 13th @ 400m = 1:25.94* / 13th @ 800m = 3:31.35

Devlin Gillis [05] - 8th @ 800m = 3:02.42* / 6th @ 1200m = 4:44.68

Edmund McPherson [08] - 16th @ 800m = 3:47.62

Max Nillson [05] - 10th @ 800m = 3:07.95* / 7th @ 1200m = 4:45.41*

Noah Ruffett [06] - 14th @ 800m = 3:31.48* / 9th @ 1200m = 5:30.98*

Denon Taylor [07] - 8th @ 1200m = 4:48.45*

Atom Girls [2003-2004]

Olivia Karn [03] - 2nd @ 800m = 2:46.37* / 6th @ 1500m = 5:48.46

Zoey Killeen [04] - 13th @ 400m = 1:17.51* // 8th @ 1500m = 6:01.22*

Atom Boys [2003-2004]

Jamie MacCulloch [03] - 8th @ 800m = 2:44.78* / 6th @ 1500m = 5:21.19*

Jeffrey McPherson [04] - 13th @ 800m = 3:06.94 / 12th @ 1500m = 6:08.01

MTA Senior Girls [2001-2002]

Matalyn Lee [02] - 5th @ 800m = 2:47.39* / 4th @ 1500m = 4:30.84

Georgie-Ann Reidl [01] - 6th @ 800m = 2:47.58* / 8th @ 1500m = 6:01.90*

Alex Scheiffele - 12th @ 800m = 2:56.71 / 6th @ 1500m = 5:46.51*

Zoe Sponagle [02] - 9th @ 800m = 2:51.67* / 12th @ 400m = 1:09.61*

Hannah Knight [02] - 16th @ 800m = 3:13.01* / 9th @ 1500m = 6:17.92*

MTA Senior Boys [2001-2002]

Will Butwell [02] - 6th @ 800m = 2:46.79* / 7th @ 1500m = 5:26.93*

Matthew Nickels [02] - 8th @ 800m = 2:54.65 / 8th @ 1500m = 5:40.89

Coyotes at OFSAA Regionals



The University of Western Ontario in London played host to the 2015 OFSAA Regional West Track and Field Championships on Friday, May 29th and Saturday, May 30th. Day 1 had afternoon temperatures reaching 30°C as athletes gathered from Lion's Head to Windsor to compete for the "top-4 spots" as they attempt to advance to the high school provincial OFSAA championships next weekend on Toronto.

On Day 1, in the Open Boys 2000m Steeple Chase event, grade 12 John Diefenbaker student, Dylan Pust posted another personal best time. He stopped the clock at 6:37.38 and knocked off 7 seconds as he crossed the line in 10th spot. Meaford's Alex Tulloch, a grade 10 student at GBSS, competed in the Junior Boys 1500m event Friday evening. He shaved 3 seconds off his previous personal best time as he crossed the line in 7th spot with a time of 4:28.76.

Day 2 had the Nusselder duo from Port Elgin competing in the 3000m event. Jessie Nusselder, a grade 12 student of SDSS, was the first one the line as she competed in the Senior Girls 3000m race. She had her game plan and ran a perfect race. Jessie took off with 800m to go and nobody went with her. She grabbed 2nd place, with a 9 second personal best time of 10:31.63. The third place girl was 9 seconds back. Her younger grade 10 brother, Sam Nusselder laced up for the Junior Boys 3000m event. Sam also ran his race to perfection. Although he was a few seconds shy of his personal best time, his mission was accomplished as he won gold, crossing the line in 9:23.54, a full 6 seconds ahead of the second runner.

So a very successful competition goes down in the books with 3 personal best performances, 1 gold medal, 1 silver medal and 2 Coyotes advancing to OFSSA Championships next Saturday in Toronto for the 3000m.

Coyotes Compete at OFSAA Track Champs



Two members of the Meaford Coyotes Track Club qualified to compete at the 2015 OFSAA Track and Field Championships at Varsity Stadium in Toronto on Saturday, June 6th. Ontario's finest track and field athletes gathered over three days of competition, which is usually the most competitive high school provincial track meet in all of Canada. Jessie and Sam Nusselder of Port Elgin were among those competing.

Jessie Nusselder, a grade 12 student at Saugeen District High School, competed in the Senior Girls 3000m race.

Having run a huge 9 second personal best time last week at the Regional competition, a similar

race plan was established for OFSAA, with a few tweaks as she stepped onto the line against 23 other girls. Jessie executed her plan perfectly in a race that started with a blistering fast pace.

She placed a solid 10th spot and improved her time again by another 7 seconds as she stopped the clock in 10:24.27. Jessie's time narrowly missed qualifying for the Canadian Junior Track and Field Championships by only 4 seconds, which will be held in Edmonton in July. This was Jessie's last high school competition and will be headed to Laurentian University in Sudbury in September as she will competing for their track and cross country team.

Grade 10 SDSS student, Sam Nusselder competed in the Junior Boys 3000m event. Sam had a gutsy race plan as he was attempting to go out fast with the 2nd main group and hang on as long as he could in attempts of running a huge personal best time. The pace in this race also went out very fast and Sam struggled to hang onto the back of the pack. He came through fast in his first 1km, but was unable to maintain the demanding pace. It was a great learning experience for him though and it will allow him to come back stronger next year as we make some changes in his training program. He finished 21st of 23 runners in a time of 9:33.10.

Jessie, Sam and Dylan Pust will compete one more time next weekend in Windsor as they have all hit the qualifying standards for the Athletics Ontario Junior Championships. This will give Jessie another shot to "hit standard" for Nationals.