

Coyotes Spring 2016

Two Coyotes Advance to OFSAA West Regionals



Grade 13 JDSS student, Dylan Pust placed 6th in the Open Boys 2000m Steeple Chase at the 2016 CWOSSA Track and Field Championships to earn a spot on the starting line at the OFSAA West Regional Champs.

Five members of the Meaford Coyotes Track Club, each representing their respective high schools, competed at the 2016 CWOSSA Track and Field Championships in Kincardine on Wednesday, May 18th and Thursday, May 19th.

CWOSSA is one of the toughest districts in Ontario and normally only the top 5 advance to OFSAA West Regionals the following week. However, with the CWOSSA district hosting Regionals this year, the top 6 advance from CWOSSA.

Luc Nusselder of SDSS in Port Elgin represented the Coyotes in the Grade 9 Midget Boys 1500m and 3000m events. Luc ran 5:02.68 to place 15th/18 in the 1500m and 10:35.33 to finish 13th/14 in the 3000m.

Julia Latham of St. Mary's High School in Owen Sound laced up in the Grade 10 Junior Girls 800m and 1500m races, taking 7th spot in both and running personal best times in both races. She stopping the clock at 2:37.83 in the 800m and knocked off over 5:39.99 in the 1500m. Fortunately one of the top 6 girls in the 800m was unable to compete at OFSAA Regionals, so this opened up a spot for Julia,

which she immediately grabbed.

Braden Torrie, also grade 10 student from Owen Sound, is a relative new-comer to the Coyotes and represented OSCVI. Braden competed in the 400m, 4x100m, and 4x400m events. He ran a 400m personal best time of 57.95 to cross the line in 13th/15.

Grade 11 student Sam Nusselder of Port Elgin, was wearing the SDSS team jersey as he stepped up to the line in the Senior Boys 1500m and 3000m.

His 1500m time of 4:19.95 placed him 13th/16, while his 3000m clocking of 9:32.92 put him 12th/14.

Dylan Pust, a JDSS grade 13 student, tripled in the 1500m, 2000m steeple chase and 3000m races. Dylan placed 14th/16 in the 1500m with a time of 4:21.91. He just missed his personal best 3000m time as he finished in 9:22.32, placing him 8th/14. His favourite event, the 2000m

steeple chase His time of 6:40.63 was good enough for 6th spot of 14 and less than 3 seconds off his personal best. This qualified him for OFSSA Regionals next week on Friday, May 27th.

The OFSAA West Regional Track and Field Championships will be held in Cambridge on Friday, May 27th and Saturday, May 28th. Again, congrats to Julia Latham and Dylan Pust for qualifying. Dylan will compete in the Open 2000m steeple chase on Friday, May 27th in the morning, while Julia will race the Junior Women's 800m on Saturday afternoon, May 28th.

Coyotes Compete at OFSAA Regionals



[photo: Julia Latham competed in the Junior Women's 800m at the OFSAA West Regional Track and Field Championships in Cambridge on Saturday, May 28th]

Two members of the Meaford Coyotes Track Club qualified to travel to Cambridge on Friday, May 27th and Saturday, May 28th for the High School OFSAA West Regional Track and Field Championships.

Conditions were hot and humid, with Saturday afternoon temperatures reaching 33°C and only the top 4 from each event qualify for the OFSAA Championships next week.

Dylan Pust, a grade 13 student from John Diefenbaker High School, competed in the Senior Boys 2000m Steeple Chase on Friday against 15 other competitors. His time of 6:56.21 placed him 14th overall and unfortunately well off his personal best time. Although his high school track career is done, his primary focus for the remainder of the summer continues to be competing in Canada's Junior Elite Triathlon Series against Canada's top junior triathletes.

Julia Latham stepped up to the line in the Junior Women's 800m, also against 15 other runners. Julia is a grade 10 St. Mary's High School student and has been improving all winter. She ran a personal best time last week at the CWOSSA Championships in Kincardine and improved her time again this week at

OFSAA Regionals. She ran a perfect race with a a personal best time, placed 14th and stopping the clock at 2:36.64. Her track season with the Coyotes will continue as she strives to improve her times even more.

The Coyotes will begin travelling over the next several weeks to "Prep Meets" as they build for their provincial championships at the end of July, with competitions in Toronto, Guelph, Mississauga and Windsor. The Coyotes will also be competing at the annual Meaford Harbour 5km Road Race on Saturday, July 9th.

Blistering Heat and Blistering Times for Coyotes



[photo: From left to right, Matalyn Lee #441, Alex Scheifele #453, Olivia Karn #437 and Hannah Knight #438, all competed in the Senior Girls 800m and 1500m events at the Mississauga Olympians Summer Classic Track Meet on June 18th]

June has been a very busy month for our young Coyotes as they have competed in numerous school track meets. There have been several school records broken as well as a few regional records, with the large majority of our Coyotes standing on the medal podium. They have posted countless personal best performances as well.

On Saturday, June 18, twenty-six of our grade 2-8 Coyotes ventured to Mississauga to put their Spring training to the test in our "season opener". Not only did they battle stiff competition, the blistering 33'C + high humidity challenged the athletes as well, however neither of those slowed us down. In the morning events our 26 runners posted 21 personal best times and 13 medals and continued that with 11 more PB's and 12 more medals in the sweltering afternoon temperatures.

We had 3 outstanding Coyotes on the day. First was Meaford's own grade 5 SVE student, Kara Tichbourne. All of her top competition in Ontario were on the starting line with her in the Atom Girls 800m and 1500m events. Kara set out in a punishing pace for the 1500m race in the morning that none could match. She stopping the clock in 5:03.14, which was 12 seconds ahead of her closest rival. It was also unofficially the 3rd fastest time for a "1st year Atom Girl" in Ontario ever, with times being recorded for over 40 years! She also unofficially posted the 9th fastest 800m time for a 1st year Atom with her 2:33.11 pace. Second was Taryn Lee of Owen

Sound as she dominated her 1200m Tyke Girls event and unofficially posted the fastest "1st year Tyke" time in Ontario ever with her 4:39.28 personal best time. Third was Owen Sound's Olivia Latham. Olivia is in grade 2 and moved up an age group to compete against the grade 3-4 runners. She placed 2nd in the Tykes Girls 1200m event and unofficially posted an Ontario's "top-10 of all time" for 1st year Tykes, while still being a Mite age.

Congrats to ALL our Coyotes on a great day of racing. Their performances in that sweltering heat were nothing short of amazing!!

One of our Coyotes will be competing in Toronto at York University on June 25-26 and then the team has a weekend free of racing before lacing up to support the annual Meaford Harbour 5km Road Race on Saturday, July 9th.

Results [* = personal best performance]

Mite Boys [2008-2009]

Edmund McPherson [08] - 2nd/7 @ 400m in 1:24.78 // 3rd/4 @ 600m in 2:31.71*
Emmett Leary [09] - 3rd/7 @ 400m in 1:25.69* // 1st/4 @ 600m in 2:20.09*
William Olivier [09] - 4th/7 @ 400m in 1:28.63* // 2nd/4 @ 600m in 2:20.17*
Graeme Manwell [08] - 7th/7 @ 400m in 1:36.67* // 4th/4 @ 600m in 2:36.41*

Tyke Girls [2006-2007]

Taryn Lee [07] - 1st/6 @ 800m in 3:02.49 // 1st/4 @ 1200m in 4:39.28*
Olivia Latham [08] - 3rd/6 @ 800m in 3:14.81 // 2nd/4 @ 1200m in 4:54.48*
Ava Olivier [07] - 5th/6 @ 800m in 3:27.17 // 4th/4 @ 1200m in 5:29.54*

Tyke Boys [2006-2007]

Denon Taylor [07] - 1st/6 @ 400m in 1:15.30* // 2nd/4 @ 1200m in 4:38.31*
Wes Brown [07] - 7th/7 @ 800m in 3:23.32 // 4th/4 @ 1200m in 4:55.92*
Dominic Manwell [06] - 5th/6 @ 400m in 1:20.86* // 6th/7 @ 800m in 3:16.89

Atom Girls [2004-2005]

Kara Tichbourne [05] - 1st/14 @ 800m in 2:33.11* // 1st/14 @ 1500m in 5:03.14*
Payton Dodd [05] - 7th/14 @ 800m in 2:54.07 // 6th/14 @ 1500m in 5:35.10*
Grace Boyce [05] - 10th/14 @ 1500m in 5:47.78*
Sydney Martin [05] - 9th/14 @ 800m in 2:56.87* // 11th/14 @ 1500m in 6:02.24*
McKenna Karn [05] - 11th/14 @ 800m in 3:02.83* // 13th/14 @ 1500m in 6:16.12

Atom Boys [2004-2005]

Jack Garbutt [04] - 2nd/6 @ 800m in 2:39.05* // 1st/6 in 1500m @ 5:18.58*
Jared Hodgkinson [04] - 3rd/6 @ 800m in 2:47.39 // 4th/6 @ 1500m in 5:40.53*
Devlin Gillis [05] - 5th/6 @ 800m in 2:50.99 // 5th/6 @ 1500m in 6:03.35
Jeffrey McPherson [04] - 6th/6 @ 1500m in 7:17.48

Senior Girls [2002-2003]

Olivia Karn [03] - 1st/11 @ 800m in 2:26.69 // 1st/7 @ 1500m in 5:11.83*
Matalyn Lee [02] - 2nd/11 @ 800m in 2:28.21* // 2nd/7 @ 1500m in 5:12.74
Alex Scheifele [02] - 10th/11 @ 800m in 3:03.40 // 5th/7 @ 1500m in 6:14.51
Hannah Knight [02] - 9th/11 @ 800m in 3:03.37* // 6th/7 @ 1500m in 6:15.55

Senior Boys [2002-2003]

Peter Ruest [02] - 2nd/6 @ 800m in 2:24.45 // 1st/9 @ 1500m in 4:49.03*
Matthew Nickels [02] - 3rd/6 @ 800m in 2:26.10* // 2nd/9 @ 1500m in 4:49.15*
Ethan Pentland [03] - 5th/6 @ 800m in 2:31.94 // 3rd/9 @ 1500m in 5:00.40*

Karns Competes at AO Junior Championships



[photo: Competing at the Athletics Ontario Junior Championships, grade 7 student Olivia Karn, #376, leads the pack on the 2nd lap of the 1st heat of the Junior Women's 800m held at York University.]

drive on her last lap. In the excitement of winning her heat, she stopped at the wrong line about 10 meters short of the finish and literally walked across the finish line, adding on valuable time. Olivia won her heat in 5:00.01 and placed 24th/33 girls overall.

Sunday was another hot day as she stepped onto the track at high-noon. Again in the 1st heat, she used the "catch me if you can" strategy. Olivia lead her pack from start to finish, stopping the clock at a new personal best time of 2:22.18, making no mistake of where the finish line was in this race. She placed 17th/29 girls overall.

Our Coyotes will be in action again at the annual Meaford Harbour 5km Road Race on Saturday, July 9th.

Coyote member Olivia Karn was our lone competitor at the Athletics Ontario Junior Track and Field Championships held at York University on Saturday June 25th and Sunday June 26th. This was a big deal for her as she is in grade 7 and was competing against girls in grade 12 and 1st year university.

Her goal was not to win, but to use this race as an experience-builder and to use some of the slower girls to help pace her to run fast times. This worked well for our young speedster as Olivia ran personal best times in both of her races!

On Saturday she laced up with 32 other girls who were split up into several heats, base on times and heats when from the slowest times to the fastest times.. Olivia ran the 1st heat, as expected, and set out at a strong 1st lap - leading her group and stretching out the pack. She settled into her pace for the next 2 laps in 4th spot and then kicked into over-