

Coyotes Spring Summer 2019

4 Coyotes Advance to OFSAA Regional Track Champs



[Photo: From left to right, grade 9 Collingwood girls Hailey Abbott, Leah Ray and Madi Calder and grade 10 Ethan Pentland all advanced to the OFSAA Regional Track and Field Championship after strong performances at their GBSSA and CWOSSA District Champs. Abbott had 2 gold and a silver. Calder had 1 gold, 1 silver and a 5th. Ray had two 4th place finishes and a 5th. Pentland had 3rd and 4th place finishes.]

High School track and field athletes from across the province have been competing in their specific regions attempting to make their way to the OFSAA Provincial Championships in early June. The "Road to OFSAA" is demanding and is easily the toughest province in Canada to qualify.

The Georgian Bay Coyotes had 7 athletes competing at their District Championships on May 22nd and May 23rd. Four Coyotes competed at the CWOSSA District Championships in Cambridge while our three Collingwood girls competed at the GBSSA District Championships in Midland. The top-5 in each event advance to the OFSAA Regional Championships next week.

CWOSSA Results:

On Wednesday, May 22nd, grade 11 Meaford students Spencer Book and Hannah Knight both competed in the Senior 1500m event. Hannah was not feeling well and struggled through her race, placing 12th of 14 girls in a time of 6:09.28, well off the lead pack and also well off her personal best time. Spencer didn't bring his "A-game" this day as he also crossed the line in 12th spot of 15 athletes with a sluggish time of 4:37.72, well off his best time.

Grade 10 Durham student Ethan Pentland lined up in the Junior Boys 1500m race. His race was very strategic as they literally trotted through the first 800m in very slow 2:40. Then the race turned into a 700m sprint to the finish. Pentland placed 4th of 16 competitors with only 3 seconds separating 2nd and 4th place finishes. His time of 4:36.00 was slow for him, but considering the sluggish race tactics, he got the job done and advanced to Regionals.

On Tuesday, May 23rd we had all 4 Coyotes competing.

Grade 9 Meaford student Jeffrey McPherson started things off in the Midget Boys 3000m race with 17 competitors stepping up to the line. Jeffrey started out well at his pace, but pulled out part way through the race and did not finish.

Grade 10 student, Ethan Pentland continued his racing success in the Junior Boys 800m as he solidified his spot at Regionals again. Another tactical race with a big sprint at the end. He took 3rd overall and was only 2 seconds from 1st place. His time of 2:08.87 was also slow for him, but again the race tactics made for a slow race and a sprint finish.

Grade 11 Meaford student Hannah Knight attempted to regroup after her 1500m race the day before. Her ill-health continued to be her worst enemy as she struggled again in her 800m event. Her time of 2:54.46 placed her 13th of 13 and was a frustrating performance for her.

Grade 11 Meaford student Spencer Book redeemed himself in the Senior Boys 800m race. He put in a solid race, placing 8th of 15 competitors in a respectable time of 2:02.29. He got boxed in for most of the race and missed out on the top-5 as they all sprinted to the finish.

GBSSA Results:

On Wednesday, May 22nd and Thursday May 23rd, our Collingwood grade 9 trio of girls laced up in Midland to put their training to the test.

Leah Ray was struggling with a "bug", but managed to dig deep and place in the top-5 in each of her 3 events. She placed 4th of 16 girls in the 300m hurdles with a personal best time of 51:18. Ray pulled off a comfortable 1500m 4th place finish with a time of 5:39.27. Leah finished her 3rd event, the Midget Girls 3000m, with a 5th spot finish. Her personal best time was 12:05.56 against a field of 7 other girls.

Madi Calder also had a strong showing over the two days. She placed 2nd of 16 competitors in the Midget Girls 400m with a personal best time of 1:01.59. Madi won the Midget Girls 800m race in a comfortable 2:29.14. Calder's 3rd race, the Midget Girls 1500m, had her qualify for Regionals yet again with a 5th place finish, stopping the clock in a comfortable 5:46.49.

Hailey Abbott had a very impressive meet. She was 2nd in the Midget Girls 800m, just behind team mate Madi Calder. Hailey's time was 2:29.71. Abbott comfortably won the Midget Girls 1500m by 13 seconds as she cruised to a 5:16.30 against 12 other competitors. Hailey won her 2nd race of the competition, taking 1st place in the Midget Girls 3000m. She had a 14 second comfortable lead over her nearest competitor, crossing the line in 11:54.41.

Congrats to Ethan, Hailey, Madi and Leah as they all advance to OFSAA Regionals on May 30th and 31st.

Cambridge Season Opener for Coyotes Successful



[Photo: Ethan Milne-Pearson #383 and Emmett Leary #376 go head-to-head in the Tyke Boys 800m, with Emmett taking gold and Ethan grabbing silver.]

On Sunday, May 26th, the Georgian Bay Coyotes send a contingent of 20 of their grade-8-and-under members to the Jacob Hespeler Secondary School in Cambridge for their season opener. After heavy rains and thunder storms the previous day, the weather improved and welcomed the racers to a sunny and a warm 23°C.

Our Coyotes came ready to race and had an impressive day of competition, with 21 personal best performances, 8 medals and 15 top-5 placings.

Outstanding performances came from several Coyotes. Emmett Leary [Tyke Boys] took gold and silver medals + one personal best time. Ethan Mei [Atom Boys] was also a double medal winner, taking silver and bronze + one personal best time. Sydney Snelling dropped her Tyke Girls 1200m time by a whopping 10 seconds. Older sister Keira

Snelling had an equally impressive Atom Girls 1500m as she took 12 seconds off her time. Mason Bell significantly dropped his Tyke Boys 1200m time by 8 seconds. Liam Law grabbed gold in the Mite Boys 400m and then moved up to the Tyke Boys 800m where he placed 7th against boys 2 years older than him. Congrats to newcomer Ben Traynor as he took bronze in the Mite Boys 400m in his first ever competition with the Coyotes.

Congrats to ALL our Coyotes as they ran their hearts out and proudly represented our team.

Results: [* = personal best time]

Mite Girls 400m [2011-2012] - 7-8yo.

Estella Mei [11] - 5th/6 @ 1:45.33*

Mite Boys 400m [2011-2012] - 7-8yo.

Liam Law [11] - 1st/10 @ 1:20.48*

Ben Traynor [11] - 3rd/10 @ 1:24.29*

Nathan Leary [11] - 5th/10 @ 1:28.77*

Liam MacInnes-Wiley [12] - 6th/10 @ 1:36.54

Marshall Grady [11] - 7th/10 @ 1:38.19

Tyke Girls 800m [2009-2010] - 9-10yo.

Rimyelle Grady [09] - 4th/10 @ 2:59.33

Sydney Snelling [10] - 6th/10 @ 3:02.02

Taryn Wepler [09] - 8th/10 @ 3:09.22

Estelle MacInnes-Wiley [10] - 9th/10 @ 3:18.62

Tyke Boys 800m [2009-2010] - 9-10yo.

Emmett Leary [09] - 2nd/15 @ 2:52.17

Ethan Milne-Pearson [09] - 3rd/15 @ 2:52.70*

Brennan Law [09] - 4th/15 @ 2:54.56*

Liam Law [11] - 7th/15 @ 2:56.19*

Mason Bell [09] - 8th/15 @ 3:00.03*

Sebastien Mei [10] - 10th/15 @ 3:09.26*

Ben Traynor [11] - 12th/15 @ 3:14.21

Nathan Leary [11] - 13th/15 @ 3:14.24

Marshall Grady [11] - 14th/15 @ 3:32.83*

Liam MacInnes-Wiley [12] - 15th/15 @ 3:39.82

Atom Girls 800m [2007-2008] - 11-12yo.

Keira Snelling [08] - 10th/21 @ 2:46.41*

Olivia Latham [08] - 11th/21 @ 2:47.57

Atom Boys 800m [2007-2008] - 11-12yo.

Ethan Mei [07] - 2nd/13 @ 2:42.20

Wes Brown [07] - 13th/13 @ 3:20.37

Senior Grils 800m [2005-2006] - 13-14yo.

Payton Wepler [05] - 15th/18 @ 2:47.58

Tyke Girls 1200m [2009-2010] - 9-10yo.

Sydney Snelling [10] - 4th/9 @ 4:27.60*

Rimyelle Grady [09] - 6th/9 @ 4:39.66*

Estelle MacInnes-Wiley [10] - 9th/9 @ 4:59.05

Tyke Boys 1200m [2009-2010] - 9-10yo.

Emmett Leary [09] - 1st/9 @ 4:20.80*

Mason Bell [09] - 3rd/9 @ 4:23.73*

Ethan Milne-Pearson [09] - 4th/9 @ 4:30.79*

Brennan Law [09] - 6th/9 @ 4:34.16

Sebastien Mei [10] - 8th/9 @ 5:04.75*

Atom Girls 1500m [2007-2008] - 11-12yo.

Keira Snelling [08] - 4th/13 @ 5:22.31*

Olivia Latham [08] - 9th/13 @ 5:43.96*

Atom Boys 1500m [2007-2008] - 11-12yo.

Ethan Mei [07] - 3rd/11 @ 5:21.28*

Wes Brown [07] - 11th/11 @ 6:18.23

Senior Girls 1500m [2005-2006] - 13-14yo.

Payton Wepler [05] - 15th/16 @ 6:51.12

Coyotes Qualify for OFSAA Track Champs



[photos: All four Coyotes competing at their respective OFSAA Regional events qualified for the OFSAA Track and Field Championships in Guelph. Ethan Pentland will compete in the Junior Boys 800m. From left to right, Hailey Abbott qualified in both the Midget Girls 1500m and 3000m. Leah Ray will compete in the Midget Girls 300m hurdles. Madi Calder qualified for the Midget Girls 400m and 800m.]

On Wednesday, May 26th and Thursday, May 27th, the OFSAA Central Regional Track and Field Championships were held in Oshawa with our Collingwood trio competing. The top-4 in each event advance to

Hailey Abbott started things off on a positive note in the Midget Girls 1500m. She headed out with the front pack and held in contact until the last 300m. Hailey cross the line in 3rd spot with a personal best time of 4:51.80. Leah Ray was a bit off the pace as she finished in 12th spot with a personal best time of 5:22.20.

In the Midget Girls 300m hurdles, Leah Ray was more in her element and hung on to take 4th spot in another personal best time of 48.94.

The Midget Girls 400m had Madi Calder competing. Madi ran a personal best time of 1:01.14 to take 4th in a very close race. She also competed in the 800m event. She went out with the front pack and snagged a 4th place finish in a season-best time of 2:23.58 to advance to OFSAA again.

Abbott finished things off with her Midget Girls 3000m race. She took the lead and never gave it up, crossing the line in 10:48.88 in her 2nd personal best time of the meet.

On Friday, May 31st and Saturday, June 1st, the OFSAA West Regionals were held in Cambridge. Grade 10 Durham student, Ethan Pentland put all his energy into the Junior Boys 800m. It was a fast first lap and a wild sprint to the finish, with the top 5 guys all within 2 seconds of each other. Pentland out-sprinted the 5th place competitor to the line by 0.04 seconds to grab 4th spot with a time of 2:03.79 to advanced to OFSAA.

The OFSAA high school provincial track and field championships will be held at Guelph University from Thursday, June 6th to Saturday, June 8th.

All the best and congrats to Hailey, Madi, Leah and Ethan as they lace up against Ontario's best.

Abbott Places 5th and 7th at OFSAA



[photo: Grade 9 student Hailey Abbott placed 5th in the Midget Girls 1500m and 7th in the Midget Girls 3000m at the OFSAA Track and Field Championships in Guelph, setting personal best times in both events.]

The Ontario High School Provincial Track and Field Championships - OFSAA - was held at the University of Guelph Alumni Stadium on Thursday, June 6th to Saturday, June 8th under three sunny and warm skies. Perfect racing conditions. Ontario's best laced up in what is likely the toughest high school provincial championships in all of Canada, with not only amazing quality but a huge volume of amazing talent in every event.

The Georgian Bay Coyotes had 4 athletes qualify for this year's OFSAA and they represented the Coyotes and their respective schools extremely well. Grade 9 students Hailey Abbott, Madi Calder and Leah Ray competed for C.C.I. in Collingwood and grade 10 student, Ethan Pentland competed for John Diefenbaker Secondary School in Durham.

Hailey Abbott was our top performer this year. She began on Thursday in the Midget Girls 1500m heats where the top 12 girls advanced to the finals on Friday. In the finals Abbott placed 5th overall with a personal best time of 4:49.77. On Saturday she stepped onto the line for the 3000m final. The lead pack set a blistering pace for the first 1km, coming through in 3:17. The pace slowed over the next 2km, but Hailey hung tough. She fell off the lead pack over the last 500m, but finished strong with a 7th place performance and a huge personal best time of

10:39.63.

Madi Calder also had a busy 3 days and performed extremely well. Calder began with the Midget Girls 400m on Thursday. Although she didn't advance to the finals, she placed 10th of 24 girls. Her personal best time of 1:00.45 was only 0.35 seconds shy of qualifying for the finals. On Friday she was part of her school's relay team. They placed 9th overall in the Open Girls 4x400m event - filling in for another girl. She completed her competition in the Midget Girls 800m event on Saturday. They started off in a very quick first 200m and held tough for 3/4 of the race, before running out of energy. She dropped of the pace in the heats, placing 19th overall with a time of 2:29.46.

Leah Ray stepped up to the line in the Midget Girls 300m hurdles on Saturday. She had a great start and ran strong throughout the race. Her time of 49.18 was just shy of her personal best and also just shy of advancing to the "top-8" in the finals. She placed 11th of 24 overall.

Last but not least, Ethan Pentland competed in the Junior Boys 800m on Saturday. He had a great race with two evenly paced laps. Ethan placed 5th in his heat with a time of 2:03.28. This is quite amazing for him as he missed about 6 weeks of training with an injury and dug deep just to qualify for OFSAA. He placed 14th overall against 24 competitors.

The Coyotes are so proud of all 4 athletes! They are now on a 1 week break before resuming training for further meets later in the summer.

Strong Performances for Coyotes in Brampton



[photo: Grade 6 Meaford student, Ethan Mei, has made tremendous improvements over the last several months and his confidence continues to build with each meet he compete in. Ethan competed in the Atom Boys 800m and 1500m on Saturday, June 22nd in Brampton.]

Saturday, June 22nd was the annual Brampton Racers MTA Meet at the Terry Fox Stadium held under sunny, warm, but windy conditions. A 16 member group of the Georgian Bay Coyotes were in attendance to test their training over the last month as they begin prepping for Provincials held the end of July on the same blue track. Several of our Coyotes were unable to make the trek, but our full squad will be more than ready come Provincials on July 27th and 28th.

Over 400 grade-8-and-under athletes were in attendance, with some very strong distance runners coming up from Ohio. Our Coyotes were ready for the challenge and performed well, with 9 personal best times, numerous performances just missing PB's, 5 medals and 10 "top-5" placings.

Medal performances came from three of our younger athletes. Ben Traynor [Meaford] captured 2nd in the Mite Boys 400m,

improving his best time by 4 seconds. Emmett Leary [Meaford] snagged 2 silver medals in the Tyke Boys 800m and 1200m as he dropped his time by 8 seconds. Team mate Mason Bell [Georgian Bluffs] earned 2 bronze medals in the Tyke Boys 800m, dropping his best time by 8 seconds and also in the 1200m.

Olivia Latham [Owen Sound] had two great races. She dropped her Atom Girls 800m time by 5 seconds and improved her 1500m time by 4 seconds. New-comer Kate Earle of Meaford made her Coyote racing debut with two solid races and didn't shy away from the strong competition. In the Atom Boys 800m and 1500m, Meaford's Ethan Mei ran two very aggressive racing and gaining confidence with each race. He improved his 1500m time by 1 second.

On such a windy day, running personal best times was a challenge. Having so many PB's and so many others just missing is exciting as we head into the provincials in just over a month away.

Results: [* = personal best time]

Mite Girls 400m [2011-2012]

Estella Mei [11] - 7th/7 @ 1:47.50

Mite Boys 400m [2011-2012]

Ben Traynor [11] - 2nd/11 @ 1:21.39*

Nathan Leary [11] - 4th/11 @ 1:31.79

Marshall Grady [11] - 8th/11 @ 1:38.87

Liam MacInnes-Wiley [12] - 10th/11 @ 1:41.63

Avery Brown [11] - 11th/11 @ 1:43.67*

Tyke Girls 800m [2009-2010]

Rimyelle Grady [09] - 5th/13 @ 2:58.71

Taryn Wepler [09] - 7th/13 @ 3:04.61

Estelle MacInnes-Wiley [10] - 9th/13 @ 3:13.74

Kate Earle [10] - 10th/13 @ 3:17.63*

Tyke Boys 800m [2009-2010]

Emmett Leary - [09] - 2nd/11 @ 2:48.32

[missed PB by 0.01 sec]

Mason Bell [09] - 3rd/11 @ 2:51.42*

Ben Traynor [11] - 7th/11 @ 3:12.13*

Nathan Leary [11] - 8th/11 @ 3:41.49?

Liam MacInnes-Wiley [12] - 9th/11 @ 3:51.35

Marshall Grady [11] - 10th/11 @ 3:53.72

Avery Brown [11] - 11th/11 @ 3:55.38

Atom Girls 800m [2007-2008]

Olivia Latham [08] - 8th/14 @ 2:40.23*

Atom Boys 800m [2007-2008]

Ethan Mei [07] - 5th/14 @ 2:42.86

Wes Brown [07] - 14th/14 @ 3:16.42

Senior Girls 800m [2005-2006]

Payton Wepler [05] - 4th/5 @ 5:52.49

Tyke Girls 1200m [2009-2010]

Rimyelle Grady [09] - 5th/12 @ 4:41.81

Taryn Wepler [09] - 7th/12 @ 4:48.47

Estelle MacInnes-Wiley [10] - 10th/12 @ 4:56.65

Kate Earle [10] - 11th/12 @ 4:57.71*

Tyke Boys 1200m [2009-2010]

Emmett Leary [09] - 2nd/6 @ 4:12.03*

Mason Bell [09] - 3rd/6 @ 4:26.24

Atom Girls 1500m [2007-2008]

Olivia Latham [08] - 6th/7 @ 5:39.29*

Atom Boys 1500m [2007-2008]

Ethan Mei [07] - 6th/12 @ 5:20.01*

Wes Brown [07] - 12th/12 @ 6:34.43

Senior Girls 1500m [2005-2006]

Payton Wepler [05] - 8th/8 @ 6:06.59

Book / Pentland Break 2:00 Barrier



Two senior members of the Georgian Bay Coyotes will be competing at the Athletics Ontario Provincial Track and Field Championships in Windsor on August 2-4. Ethan Pentland [#466], entering into grade 11 and Spencer Book [#451], entering into grade 12, have had very solid training sessions all season long and are gearing up for the extremely tough Ontario competition in the U18 age group.

Recently both competed in evening Twilight Meets in both Guelph and Hamilton to hone their racing skills. On Wednesday, July 17th in Guelph, they laced up for the 1500m event under very humid and hot conditions. Ethan's time of 4:16.24 just missed his personal best

by 0.08 seconds. Spencer ran a season best time of 4:24.24.

On Sunday, July 21st, they both travelled to Hamilton for another Twilight Meet for the 800m with much more comfortable temps. Both had a goal of running under the 2:00 barrier and they succeeded! Pentland crossed the line in 1:59.13 and Book stopped the clock at 1:59.26. Personal best times for both. This was Ethan's first time under 2:00, while Book has only done this once before last year.

Both boys have incredible top sprint speed and will be looking for personal best times again as they peak for Provincials. All the best guys! Know you both will do us proud.

Strong Performances for Coyotes at Provincials



[photo: At the MTA Provincial Track and Field Championships in Brampton on July 27-28, four Coyotes combined to win 5 medals. Emmett [#319] won 2 silver medals and Ethan Milne-Pearson [#322] won his first provincial medal - bronze. Nathan Leary won silver and Ella Kulakowsky won bronze]

It was a hot, humid and windy weekend for Ontario's top "grade 8 and under" athletes at the Minor Track Association Provincial Track and Field Championships. The meet was held at the Terry Fox Stadium in Brampton, with temperatures hitting close to 28°C both days on July 26-27th.

The Georgian Bay Coyotes Track Club sent a small but strong group of 11 members to take on Ontario's best. Six more members were selected to compete, but were unable to make the trek. Most of our Coyotes handled the heat quite well, while only a couple struggling with the humidity. Even still, everyone gave 110% and ran their

little hearts out.

Saturday morning started the weekend off on a positive note, with Meaford's Emmett Leary [grade 4] taking silver in the Tyke Boys 1200m. Several other personal best times were posted by our team on Saturday. Most noteworthy was Ethan Mei [grade 6 Meaford student]. Ethan dropped his Atom Boys 1500m time by 9 seconds and Olivia Latham [grade 5 Owen Sound student], who dropped her Atom girls 1500m time by 4 seconds. Taryn Weppler [grade 5 Shallow Lake student] improved her 1200m Tyke Girls time by a solid 5 seconds, winning her heat with a significant lead.

Sunday the humidity dropped somewhat after a refreshing rain during the night. Our gang continued to shine with even more medals and personal best times as the 800m races were the focus for the morning. Nathan Leary [grade 2 Meaford student] won silver in the Mite Boys 800m, dropping his best time by a whopping 7 seconds. Ella Kulakowsky [grade 1 Blue Mountains student] grabbed bronze in her Mite Girls 800m race. She also dropped a whopping 7 seconds off her previous best.

Emmett Leary took his 2nd silver medal of the meet in the Tyke Boys 800m, dropping his time by 3 seconds. Team mate Ethan Milne-Pearson [grade 4 Meaford student] grabbed his first provincial medal - bronze, with a huge 7 second drop in his time. Ethan Mei had another exceptional race in the Atom Boys 800m. His best time dropped by a massive 8 seconds, as he lead his heat from start to finish.

Overall it was a very successful Provincial Championship for our young Coyotes. For the most part, almost everyone handled the heat and humidity well and posted exceptional results. We brought home 5 medals [3 silver and 2 bronze], posted 12 personal best times out of a possible 20 opportunities, and had 7 top-7 placings. A final very exciting note is that of the 47 teams competing, our Coyotes placed 14th. What is really exciting is that we only competed in the distance event with only 11 athletes and had 6 other strong Coyotes not able to compete due to other commitments. No sprints, no jumps, no throws, no relays...only 12 distance events!

The Team is now on a well deserved two week break. We meet back again on Saturday, August 10th to begin our Fall cross country training program.

Results [* = personal best time]

Mite Girls 400m [2011-2012]

Ella Kulakowsky [11] - 5th/16 @ 1:24.07*

Mite Boys 400m [2011-2012]

Ben Traynor [11] - 5th/16 @ 1:23.09

Nathan Leary [11] - 8th/16 @ 1:32.85

Mite Girls 800m [2011-2012]

Ella Kulakowsky [11] - 3rd/8 @ 3:08.75*

Mite Boys 800m [2011-2012]

Nathan Leary [11] - 2nd/9 @ 3:05.86*

Ben Traynor [11] - 4th/9 @ 3:17.46

Tyke Girls 800m [2009-2010]

Taryn Weppler [10] - 6th/13 @ 2:59.35*

Remyelle Grady [10] - 10th/13 @ 3:08.59

Tyke Boys 800m [2009-2010]

Emmett Leary [09] - 2nd/15 @ 2:44.88*

Ethan Milne-Pearson [09] - 3rd/15 @ 2:45.89*

Mason Bell [09] - 10th/15 @ 2:56.81*

Atom Girls 800m [2007-2008]

Olivia Latham [08] - 15th/32 @ 2:43.04

Atom Boys 800m [2007-2008]

Ethan Mei [07] - 10th/34 @ 2:34.10 *

Tyke Girls 1200m [2009-2010]

Taryn Weppler [09] - 7th/13 @ 4:43.96*

Remyelle Grady [09] - 11th/13 @ 4:54.56

Tyke Boys 1200m [2009-2010]

Emmett Leary [09] - 2nd/16 @ 4:15.12

Mason Bell [09] - 4th/16 @ 4:27.30

Ethan Milne-Pearson [09] - 5th/16 @ 4:27.45*

Atom Girls 1500m [2007-2008]

Olivia Latham [08] - 10th/21 @ 5:36.75*

Atom Boys 1500m [2007-2008]

Ethan Mei [07] - 8th/29 @ 5:11.29*

Kaj Kulakowsky [08] - 20th/29 @ 5:33.87

Pentland / Book Shine in Windsor



[photo: From left to right, Ethan Pentland and Spencer Book competed at the Athletics Ontario Track and Field Championships in Windsor on August 2-4, supported by Coyote head coach Kevin Hooper]

The University of Windsor was host to the 2019 Athletics Ontario U14, U16 and U18 Provincial Track and Field Championships on Saturday, August 3rd and Sunday, August 4th. The sun was shining, the wind was calm and temperatures were high...great conditions for fast times.

17y.o. Meaford student Spencer Book and 16 y.o. Durham student Ethan Pentland both competed in the U18 1500m on Saturday morning and the 800m on Sunday morning. Both had improved their times over the last couple weeks at evening Twilight Meets and were optimistic for even faster times....and they did not disappoint.

The U18 1500m had 59 competitors divided up into 15 guys in each of the 4 heats, with Book in the 3rd fastest heat and Pentland in the 2nd fastest heat. Spencer fell off his pace over the first 3 laps, but closed in a blistering fast last 300m to cross the line in a season's best time of 4:18.68, placing 29th overall, just 3 seconds off his best. Ethan held a

consistently fast pace the entire race and kicked into over-drive for his final 200m. He dropped 6 seconds for a new personal best time of 4:09.08 to take 9th place.

Both guys broke the 2:00 barrier for the 800m one week before the Provincials and were looking to do it again Sunday morning. There were 40 guys registered for the U18 800m race with 8 runners in each of the 5 heats.

Both guys were in the same heat and executed their game plan perfectly. They came through the first 400m in 58 seconds and through 600m in 1:27, leading their heat. They both ran out of gas over the last 150m and came up just shy of their personal best. Pentland placed 9th overall with a time of 1:59.78 and Book claimed 13th spot in 2:00.05, with a pack of guys surrounding them. A very exciting to watch!

The guys are now on a well deserved break as they re-energize for their Fall cross country season.

Abbott / Pentland Ranked Top-50 in Canada



Two members of the Georgian Bay Coyotes Track Club had a spectacular outdoor season of racing. As well, with their strong performances, they both posted top-50 National rankings.

Hailey Abbott placed 6th in the 3000m at OFSAA Provincial Track and Field Championships in Guelph on June 8th. Her personal best time of 10:39.63 placed her 43rd in Canada in the U18 age group. She is 15 years old and entering into grade 10.

Ethan Pentland placed 9th in the 1500m at the Athletics Ontario Provincial Track and Field Championships in Windsor on August 3rd. His personal best time of 4:09.08 ranked him 45th in Canada in the U18 age group. He is 16 years old and entering into grade 11.

Congrats to both Hailey and Ethan on their national rankings!

Coyotes Dominate Podium in Owen Sound Race



[photo: From left to right, Olivia Latham, Kate Earle and Estelle MacInnes-Wiley placed 1st, 3rd, and 2nd respectively in the Girls 14yo and Under age group of the Owen Sound Bayshore 5km Road Race on Saturday, August 25th]

Latham [11yo] was our top female performer. She placed 1st in the Female 14yo and Under age group.

Coyote graduate Hannah Woodhouse set a new course record in the Female Overall 10km as she lead from start to finish. Her time was a very strong 35:09. Hannah is now a 4th year student at the University of Guelph.

Results: [* = personal best time]

5km Road Race:

Ethan Pentland - 17:54 - 2nd/138 & 1st in age-group
Ethan Mei - 19:16* - 8th/138 & 1st in age-group
Spencer Book - 19:24 - 10th/138 & 3rd in age group
Emmett Leary - 20:19* - 13th/138 & 2nd in age-group
Kevin Hooper - 21:00 - 16th/138 & 1st in age-group
Olivia Latham - 21:55* - 20th/138 & 1st in age group
Luke House - 22:18 - 21st/138 & 5th in age group

Nathan Leary - 23:28* - 33/138 & 7th in age group
Steve Leary - 23:32 - 34/138 & 9th in age group
Julia Latham - 23:37 - 35th/138 & 2nd in age group
Estelle MacInnes-Wiley-23:44*-37th/138&2nd in ag gp
Dave Ellis - 24:27 - 42nd/138 & 1st in age group
Wes Brown - 26:25 - 57th/138 & 11th in age group
Rimyelle Grady - 26:26* - 58th/138 & 5th in age group

1km Road Race:

Lucas Low - 4:03 - 5th/52 & 3rd in age group
Marshall Grady - 4:30 - 9th/52 & 5th in age group

Avery Brown - 4:33 - 11th/52 & 7th in age group
Noelle House - 4:34 - 13th/52 & 3rd in age group

The Owen Hospital Foundation held its annual Bayshore Road Race on Sunday, August 25th as a fundraiser for the Regional Hospital. Over 400 runners competed over the 4 races - the 5km, 10km, 20km and the Kid's 1km race - with donations reaching ~\$40,000! It was a perfect day for racing with no wind and a pleasant, sunny 20°C.

The Georgian Bay Coyotes sent a small but mighty contingent to "support the cause" and to see how their pre-season training has gone. The team showed that their training has gone very well as there was a constant stream of Orange headed to the medal podium and numerous huge personal best times were posted in both the kids 1km race and the 5km race!

Ethan Pentland [16yo] from Durham was the Team's top performer, taking 2nd place overall in the 5km race. Both Ethan Mei and Emmett Leary of Meaford knocked off over 2 minutes from their previous best time, with Mei [11yo] taking 1st place in the Male 14yo and Under age group and Leary [10yo] placing 2nd]. Owen Sound's Olivia