

# Coyotes Winter 2019

## Coyotes in Toronto for Season Opener Meet



[photo: Ethan Pentland, a grade 10 student from Durham, was one of 5 Coyotes competing in Toronto at York University's 200m indoor track on Jan. 19-20]

On Saturday, January 19th and Sunday, Jan 20th, the Athletics Ontario Prep Meet was held at York University's indoor 200m banked track and the Georgian Bay Coyotes sent 5 members down to see how their winter training is going. A bone chilling arctic deep freeze welcomed the athletes and it was so cold outside that even the indoor facility was a bit chilly.

The Coyotes have been training outside this winter, as usual, however the weather conditions have been challenging at best these last few weeks. Frigid temperatures and freezing rain have hindered the team's training, but they all keep pressing hard to work through what the weather throws at them.

Our crew had mixed result this weekend as some raced fairly well one day and not so well the next. Overall it was a good experience to see where we are at. With 2 months remaining before the indoor season ends, there is still time to significantly improve on their season-opening performances.

Top performances on the weekend came from Meaford's Spencer Book and Durham's Ethan Pentland. Book placed 6th overall in the Open Men's 800m race with a time of 2:04.68. Pentland took 7th spot in the Open Men's 1500m, stopping the clock at 4:21.83. Neither of these times were

personal best performances, but each of them ran very solid races.

The younger Coyotes begin their indoor season on Saturday, January 26th at York University.

### **Results:**

#### **800m Open Women:**

Madison Calder [04] - 16th/39 @ 2:33.47  
Kara Tichbourne [05] - 33nd/39 @ 2:42.98

#### **800m Open Men:**

Spencer Book [02] - 6th/46 @ 2:04.68  
Ethan Pentland [03] - 20th/46 @ 2:11.18

#### **1200m U16 Girls [2004 and under]:**

Madison Calder [04] - 10th/13 @ 4:17.06  
Zoey Killeen [04] - 12th/13 @ 4:18.96

#### **1500m Open Men:**

Ethan Pentland [03] - 7th/32 @ 4:21.83  
Spencer Book [02] - 16th/32 @ 4:31.07

#### **2000m Open Women:**

Zoey Killeen [04] -12th/12 @ 8:05

## Power Outage Cuts Short Coyote's Race Day in Toronto



[photo: The Georgian Bay Coyotes Track Club wait in the dark at York University's 200m indoor banked track during a power outage that eventually cancelled the Bullet's Indoor Games where almost 1000 athletes were in attendance]

Almost 1000 athletes braved the cold weather and the storms to compete at the Ontario Minor Track Association's annual Bullet's Indoor Games at York Universities 200m indoor track facility. The Georgian Bay Coyotes brought 13 "grade 8 and under" members down to compete in two events.

The meet started on time and worked it's way through the 50m hurdles and 50m sprints where almost 250m kids competed. Then the 1500m event got underway. The Coyotes had 5 girls competing in the 11-12yo 1500m race. Three of our girls had moved up an age group to race the longer distance and the other two girls were the youngest of the 2-year age group.

The race was almost done and then the lights began to flicker on and off. As soon as the first of eight 1500m races finished, the power across the entire university shut down. A fire in a power station did extensive damage that, after a 2 hour wait, the meet had to be cancelled.

So of the 13 Coyotes who were to compete in two events each, only 5 were able to compete. The exciting part was that all 5 girls ran personal best times! In past events, when the Coyotes start off like this, it is always a great day for everyone. Unfortunately the day was cut short and the results posted were unofficial at the time.

Our young Coyotes return to York University on Saturday February 16th to put their efforts to the test.

### **Results:**

#### **Atom Girls [2007-2008]**

#### **Only the 1st of 2 heats were completed before the power outage**

Keira Snelling [08] - 5:34.91 - 1st/7

Olivia Latham [08] - 5:44.?? / 3rd/7

Freja Kulakowsky [10] - 5:46.52 / 4th/7

Taryn Wepler [09] - 6:16.?? - 6th/7

Estelle MacInnes-Wiley [10] - 6:44.?? - 7th/7

## Coyotes Compete at U18 Indoor Champs



[Photo: From left to right, Hannah Knight, Spencer Book and Ethan Pentland are flanked by Coyote coaches, Kevin and Shelley Hooper, at the AO U18 Indoor Championships in Toronto.]

best time in her U18 - 800m event. Her time of 2:42.05 gave her 45th spot overall. Spencer Book and Ethan Pentland were both in the fastest of 6 heats in their U18 - 800m race. They both flew off the starting line with the pack, coming through their first 400m in 55-56 seconds. They both dug deep on their 3rd of 4 laps to hold pace and finished with a strong sprint to the line. Book placed 4th and Pentland 5th...each just missing their personal best times.

The younger Coyotes return to Toronto on Saturday, Feb 16th for their 2nd meet of the winter season.

### Results:

#### Hannah Knight

800m - 45th/49 @ 2:42.05 - PB

1500m - 50th/56 @ 5:38.11

The Athletics Ontario U18 Indoor Track and Field Championships were held in Toronto at York University on Saturday, February 2nd and Sunday, February 3rd. The Georgian Bay Coyotes sent 3 of their athletes down to put their hard winter training to the test.

Hannah Knight, a grade 11 Meaford student, started things off running only 4 seconds off her personal best time in the Girls 1500m. Hannah placed 50th to stop the clock at 5:38.11.

Ethan Pentland, a grade 10 Durham student and Meaford's grade 11 student, Spencer Book, were up next. Ethan ran an aggressive race and crossed the line in 10th spot. His time of 4:20.17 was only 4 seconds off his best time. Spencer was struggling with a bug on Saturday. He started on pace, but fell off the pack after 800m. His time of 4:43.22 was well off his best time.

Sunday was a much better day of competition. Hannah Knight ran a personal

best time in her U18 - 800m event. Her time of 2:42.05 gave her 45th spot overall. Spencer Book and Ethan Pentland were both in the fastest of 6 heats in their U18 - 800m race. They both flew off the starting line with the pack, coming through their first 400m in 55-56 seconds. They both dug deep on their 3rd of 4 laps to hold pace and finished with a strong sprint to the line. Book placed 4th and Pentland 5th...each just missing their personal best times.

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#### Ethan Pentland

800m - 5th/41 @ 2:02.89

1500m - 10th/55 @ 4:20.17

#### Spencer Book

800m - 4th/41 @ 2:00.83

1500m - 38th/55 @ 4:43.22

## Great Performances for Coyotes at Flying Angels Meet



[photo: The Georgian Bay Coyotes sent 15 athletes to York University for the Flying Angels Indoor Classic on Saturday, Feb. 16th and had several impressive performances.]

from all our runners on the day. They ran their little hearts out and did our team proud! One of the most exciting races for us on the day was Kaj Kulakowsky, a grade 5 student from the Town of Blue Mountains. He dropped his Atom Boys 1500m time by a whopping 28 seconds! He had the lead with 100m left and just ran out of gas at the final straight away to take 4th spot. Sister Freja Kulakowsky rocked her Tyke Girls 1200m race, taking home gold, dropping her time by over 12 seconds. Meaford's Emmett Leary, a grade 4 student, ran a very impressive race to grab silver in the Tyke Boys 800m, setting a new best time in the process.

Overall, we brought home 10 medals [4 gold, 3 silver, and 3 bronze] and had 19 personal best performances. Several others just missed PB's by less than a second. It was a very exciting and positive day of competition for our young runners. They now spend the next 4 weeks peaking for their Minor Track Indoor Provincial Championships on March 23rd and 24th, again at York University.

### **Results: [\* = personal best time]**

#### **400m Mite Girls [2011-2012]**

Ella Kulakowsky [11] - 1st/5 @ 1:29.02\*

#### **400m Mite Boys [2011-2012]**

Nathan Leary [11] - 3rd/5 @ 1:32.35\*

Marshall Grady [11] - 5th/5 @ 1:47.66\*

#### **800m Mite Boys [2011-2012]**

Nathan Leary [11] - 1st/2 @ 3:17.03\*

#### **800m Mite Girls [2011-2012]**

Ella Kulakowsky [11] - 1st/1 @ 3:22.39\*

[raced up as a Tyke and beat 2 girls]

#### **800m Tyke Girls [2009-2010]**

Freja Kulakowsky [10] - 2nd/10 @ 2:54.23

[missed PB by 0.87 sec]

Sydney Snelling [10] - 5th/10 @ 3:00.60\*

Rimyelle Grady [09] - 7th/10 @ 3:06.65

Estelle MacInes-Wiley - 10] - 8th/10 @ 3:18.08\*

#### **800m Tyke Boys [2009-2010]**

Emmett Leary [09] - 2nd/7 @ 2:50.58\*

Ethan Milne-Pearson [09] - 3rd/7 @ 2:55.30\*

Mason Bell [09] - 5th/7 @ 3:01.93\*

#### **800m Atom Girls [2007-2008]**

Taryn Lee [07] - 4th/18 @ 2:42.48

Keira Snelling [08] - 10th/18 @ 2:51.42\*

Olivia Latham [08] - 13th/18 @ 2:52.33

[missed PB by 0.72 sec]

#### **800m Atom Girls [2007-2008]**

Kaj Kulakowsky [08] - 3rd/9 @ 2:47.83

#### **800m Senior Boys [2005-2006]**

Devlin Gillis [05] - 12th/23 @ 2:35.62

The annual Flying Angels Indoor Track and Field Classic was held at York University on Saturday, February 16th with a large contingent of athletes in attendance. After training through frigid temperatures, LOTS of snow and freezing rain the last several weeks, the Georgian Bay Coyotes Track Club sent a strong group of 15 grade-8-and-under members who were eager to see how fast they could run...and they did not disappoint!

Impressive performances came

### **1200m Tyke Girls [2009-2010]**

Freja Kulakowsky [10] - 1st/10 @ 4:29.23\*  
Sydney Snelling [10] - 4th/10 @ 4:37.81\*  
Rimyelle Grady [09] - 7th/10 @ 4:55.58  
Estelle MacInnis-Wiley [10] - 9th/10 @ 5:15.71\*

### **1200m Tyke Boys [2009-2010]**

Emmett Leary [09] - 2nd/6 @ 4:24.94  
[missed PB by 0.05 sec]  
Mason Bell [09] - 4th/6 @ 4:31.35\*  
Ethan Milne-Pearson [09] - 5th/6 @ 4:37.55\*

### **1500m Atom Girls [2007-2008]**

Taryn Lee [07] - 6th/17 @ 5:28.89\*  
Keira Snelling [08] - 7th/17 @ 5:39.23  
Olivia Latham [08] - 13th/17 @ 5:53.78

### **1500m Atom Boys [2007-2008]**

Kaj Kulakowsky [08] - 4th/11 @ 5:18.73\*  
[2nd-4th were 0.52 sec apart]

### **1500m Senior Boys [2005-2006]**

Devlin Gillis - 4th/14 @ 5:08.18\*

## **Coyote Wins Provincial Award**



**[Freja Kulakowsky won her first Provincial Award at the MTA Awards Banquet in Toronto on Feb. 23rd.**

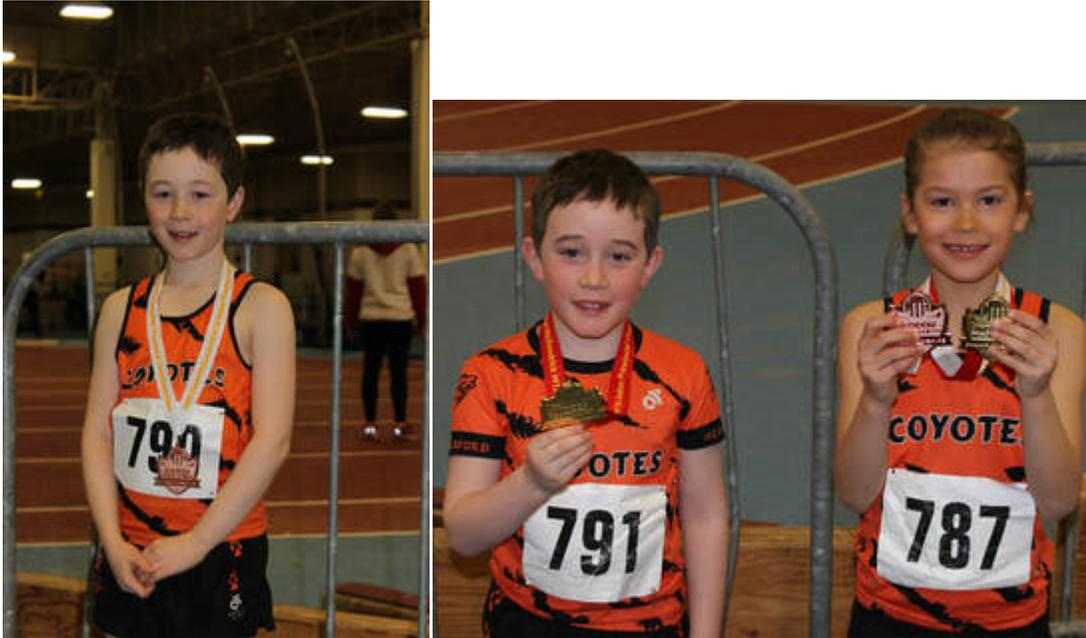
**Coyote coaches Kevin Hooper and Steve Leary were there to celebrate her achievement]**

3 student from the Town of Blue Mountains, accepted her award. She was in the Mite Girls category and won for her medal winning efforts during the indoor and outdoor track season for the 400m and 800m as well as her provincial winning gold medal at the MTA Cross Country Championships held in Meaford back in October.

The Ontario Minor Track Association [MTA] held its annual Rick Westwood Athlete of Excellence banquet in Toronto on Saturday, February 23rd. They honour the top Grade-9-and-Under athletes from the 2018 year based on their performances during the indoor, outdoor and cross country season. In previous years the MTA only recognized their grade 8-9 Seniors, but this year they expanded their awards to include all age groups, with 43 athletes accepting trophies for events including sprints, jumps, throws, distance and cross country running.

The Georgian Bay Coyotes were in attendance as Freja Kulakowsky, a grade

## Coyotes Rock at Indoor Track Champs Set Provincial Record! / Place 7<sup>th</sup>



[photo: From left to right, Emmett Leary [#790], Nathan Leary [#791] and Freja Kulakowsky [#787] were 3 of 17 Coyotes to compete at the 2019 MTA Provincial Indoor Track and Field Championships on March 23-24 in Toronto. Freja broke the Tyke Girls Provincial 1200m record and was 3rd in the Tyke Girls 800m. Nathan won gold in the Mite Boys 800m and 3rd in the Mite Boys 400m. Emmett won bronze in the Tyke Boys 1200m and placed 4th in the 800m.]

The 2019 Ontario Minor Track and Field Indoor Track and Field Championships were hosted at York University's 200m indoor track facility on Saturday, March 23rd and Sunday, March 24th.

With over 800 race entries, there were kids all over the field house competing in sprints, hurdles, jumps, throws and distance events. The Georgian Bay Coyotes came ready to race with 17 of their top Grade 8-and-Under members competing in the distance events. They all ran with confidence and courage as they took on the best of what Ontario had to offer.

Saturday began with the Tyke [9-10yo] Girls 1200m and the Coyotes let everyone know they were there to race. Freja Kulakowsky [9yo] of the Blue Mountains took gold in a sprint to the finish with 4 other girls right on her tail. Freja also shattered the old record of 4:38.38 by over 13 seconds!! Team mate Sydney Snelling [9yo] of South Penninsula Shores also broke the old record! Emmett Leary [10yo] of Meaford grabbed a bronze in the Tyke Boys 1200m, just being edged out for silver by 0.71 seconds. Ella Kulakowsky [8yo] of the Blue Mountains and Nathan Leary [8yo] of Meaford each earned a bronze medal in their respective Mite 400m event.

Numerous personal best times were also posted. Huge personal best performances were posted by Marshall Grady [10 seconds in his Mite Boys 400m], Payton Wepler [17 seconds in her Senior Girls 1500m] and Devlin Gills [8 seconds in his Senior Boys 1500m].

On Sunday our Coyotes came out flying with everyone competing in the 800m distance. The first 9 members racing all posted personal best times and more PB's followed. Nathan Leary [8yo] of Meaford and Marshall Grady [8yo] of Desboro took gold and silver respectively in the Mite Boys, with each running huge PB times. This was Nathan's 2nd medal of the weekend.

Freja Kulakowsky won her 2nd medal as well - bronze in the Tyke Girls event - with a 4 second PB, with 6 girls all sprinting to the finish fighting for that bronze medal. Other large PB jumps came from the Tyke Girls 800m race. Sydney Snelling [10 seconds], Rimyelle Grady [5 seconds], Taryn Wepler [8 seconds] and Estelle MacInness-Wiley [6 seconds]. Olivia Latham dropped her 800m Atom Girls time by 6 seconds.

Overall we came home with 1 provincial record, 7 medals [2 gold, 1 silver and 4 bronze], 12 top-5 placings, as well as 23 personal best performances out of 33 race opportunities. Another amazing result is that the team overall placed 7th of 48 teams. Quite astounding since we didn't compete in any sprints, throws, hurdles or jump events. It was a fantastic ending to a very challenging winter of training. ALL our Coyotes should be extremely proud of themselves as they gave 110% each and every race.

Everyone is now on a well deserved 2 week break before resuming training for the Spring/Summer season. Our first Spring workout is Saturday, April 6th.

**Results: !\* = personal best time!**

**Mite Girls [7-8yo] 400m**

Ella Kulakowsky [8yo] - 3rd/11 @ 1:26.38\*

**Mite Boys [7-8yo] 400m**

Nathan Leary [8yo] - 3rd/6 @ 1:32.30\*

Marshall Grady [8yo] - 4th/6 @ 1:37.61\*

**Mite Boys [7-8yo] 800m**

Nathan Leary [8yo] - 1st/2 @ 3:12.29\*

Marshall Grady [8yo] - 2nd/2 @ 3:36.20\*

**Tyke Girls [9-10yo] 800m**

Freja Kulakowsky [9yo] - 3rd/12 @ 2:49.97\*

Sydney Snelling [9yo] - 4th/12 @ 2:50.47\*

Rimyelle Grady [10yo] - 6th/12 @ 2:53.94\*

Taryn Wepler [10yo] - 10th/12 @ 3:05.83\*

Estelle MacInness-Wiley [9yo] - 12/12 @ 3:12.24\*

**Tyke Boys [9-10yo] 800m**

Emmett Leary [10yo] - 4th/13 @ 2:48.31\*

Ethan Milne-Pearson [10yo] - 6th/13 @ 2:53.99\*

**Atom Girls [11-12yo] 800m**

Taryn Lee [12yo] - 7th/32 @ 2:37.51\*

Olivia Latham [11yo] - 12th/32 @ 2:45.79\*

Keira Snelling [11yo] - 27th/32 @ 2:58.02

[sore foot]

Skyler Jenks [12yo] - 30th/32 @ 3:11.43

**Atom Boys [11-12yo] 800m**

Kaj Kulakowsky [11yo] - 18th/22 @ 2:48.86

[missed PB by <1sec]

**Senior Girls [13-14yo] 800m**

Payton Wepler [14yo] - 25th/36 @ 2:45.97\*

**Senior Boys [13-14yo] 800m**

Devlin Gillis [14yo] - 16th/39 @ 2:30.82

**Tyke Girls [9-10yo] 1200m**

Freja Kulakowsky [9yo] - 1st/12 @ 4:25.12\*

- new Tyke 9 Provincial Record! [Was 4:38.38]

Sydney Snelling [9yo] - 5th/12 @ 4:37.00\* [also broke the old record of 4:38.38]

Rimyelle Grady [10yo] - 7th/12 @ 4:47.38

Taryn Wepler [10yo] - 9th/12 @ 4:48.12\*

Estelle MacInness-Wiley [9yo] - 11th/12 @ 4:52.62\*

**Tyke Boys [9-10yo] 1200m**

Emmett Leary [10yo] - 3rd/6 @ 4:20.93\*

Ethan Milne-Pearson [10yo] - 4th/6 @ 4:32.15\*

**Atom Girls [11-12yo] 1500m**

Taryn Lee [12yo] - 9th/24 @ 5:33.41

Kiera Snelling [11yo] - 11th/24 @ 5:36.49

[missed PB by 1.58sec]

Olivia Latham [11yo] - 16th/24 @ 5:45.37

[missed PB by 1.37sec]

Skyler Jenks [12yo] - 22nd/24 @ 6:24.65

**Atom Boys [11-12yo] 1500m**

Kaj Kulakowsky [11yo] - 15th/25 @ 5:35.41 -

[fighting a bug]

**Senior Girls [13-14yo] 1500m**

Payton Wepler [14yo] - 20th/28 @ 5:35.11\*

**Senior Boys [13-14yo] 1500m**

Devlin Gillis [14yo] - 9th/34 @ 5:00.69\*