

# Coyotes 2021

## Coyotes are back on track.



[Photo: Emmett and Nathan Leary and Meridyth French of Meaford are proving this lockdown has not slowed them down as the team has now returned to formal training.]

After a tough year of cancellations and COVID, the Georgian Bay Coyote Track Club have resumed group training! Athletes have been training on their own or within their households for the past few months, but with Ontario now in Stage-1 of re-opening the Coyotes are back on the Track in groups of 10 or less. The team is eager to see some friendly faces, to encourage and push each other to improve and to show that the Georgian Bay Coyotes are still one of the premiere middle and long-distance track clubs in Ontario.

Beginning on June 30, with Ontario moving to stage-2 of reopening, the team will have limited spots available. If you are interested in joining the club please complete the registration package and email the completed forms to [georgianbaycoyotes@hotmail.com](mailto:georgianbaycoyotes@hotmail.com).

Stay safe, keep working hard, and enjoy the amazing running environment our area has to offer. See you on the track!

## Coyotes are back on track.



[Photo: The Georgian Bay Coyote Track Club at the Meaford Harbour getting ready for their first team work-out since March of 2020

Welcome back Coyotes, welcome back! On Saturday July 3rd, the Georgian Bay Coyotes took to the streets with a spring in their steps and big smiles on their faces. The whole club was allowed to run together for the first time since March of 2020; and run they did. For their first full team workout the club completed the Captain Canada 5k, a patriotic fun run put on by 365 Sports. The team donned their red, white and orange to celebrate our wonderful Nation and to pay respects to the Indigenous children who lost their lives at Residential schools. The team followed the well-known Meaford Harbour run 5K route while wearing Canada flag capes and listening to celebratory Canadian music. The main street of Meaford had many cheers and honks for the team along the way and it certainly lifted the team's spirits to have the community's support. The team now has two full months of training to put in before Provincial races are scheduled in September. The team looks forward to sharing our future successes with you. There are many miles and smiles ahead!

## Coyotes Back to the Races - July 31 2021



[Photo: Emmett Leary (Left) and Ethan Mei (Right) lead their respective races on the way gold in the first MTA races since February 2020.

On Saturday July 31st, the Minor Track Association held its first track and field meet since February of 2020 at the beautiful Terry Fox stadium in Brampton. The Georgian Bay Coyotes, along with numerous other Ontario clubs, were thrilled to be in attendance as almost 300 athletes from across the province were in attendance. In their first races in more than 18 months, the Coyotes certainly left their mark on the event. The first race of the day was the 1200m race which was confidently won by Emmett Leary as he stayed poised after falling behind several of the overly anxious runners in the first lap of the three-lap race. He slowly chipped away at the lead over several laps taking the lead for good with 200m left in the race to take gold and knocking 11 seconds off his personal best time. Jacob Martindill, a Tyke, made his Coyote debut in this Atom race and he ran impressively against the older athletes. Sebastian Mei also put forth a solid run in this race, knocking an amazing 11 seconds off his previous personal best. The second race of the day was the 1500m. Again, the Coyotes left the spectators on their feet as Ethan Mei went out hard and held strong for the entire race, also taking gold and knocking a fantastic 15 seconds off his previous personal best. The next Coyotes to line up on the track were Estella Mei and Jacob Martindill who competed in the Tyke 400m race. Estella started her race looking calm and collected and she poured on her speed in the last 200m while surprising her competition as she caught and passed a number of them, placing 5th. She improved her personal best time by over 8 seconds. Jacob followed Estella's lead and took a calm approach to the beginning of his 400m race. He poured on the speed gradually and kept enough in the tank to finish sprinting, placing 3rd in his heat and 6th overall and knocking 2 seconds off his already impressive personal best. After a short break for lunch, the races continued with the 800m. Emmett Leary and Sebastian Mei ran in the Atom race while again improving their personal best times. Emmett stayed with the front pack of 4 runners and held on to place 3rd in the 800m race. The final race of the day for our Coyotes was run by Ethan Mei. He shaved more than 6 seconds off his previous best time and comfortably finished in 3rd place. Our team performed extremely well setting personal best times in each and every race of the day. Some of the team is now on a two-week break before beginning training for cross-country season, while others, with the Outdoor Provincial Championships in sight, are training through the break and looking forward to racing again in early September.

<b>Tyke Girls 400m</b>		
Estella Mei	5/7	01:31.1 *
<b>Tyke Boys 400m</b>		
Jacob Martindill	6/10	01:22.9 *
<b>Atom Boys 800m</b>		
Emmett Leary	3/9	02:35.0 *
Sebastien Mei	9/9	03:06.3 *

<b>Senior boys 800m</b>		
Ethan Mei	3/8	02:19.8 *
<b>Atom Boys 1200m</b>		
Emmett Leary	1/8	04:00.5 *
Jacob Martindill	6/8	04:37.6 *
Sebastien Mei	7/8	04:53.2 *
<b>Senior Boys 1500m</b>		
Ethan Mei	1/4	04:55.5 *

## Coyotes Compete at MTA Provincial Championships - Sept 4/5 2021



Photo: Members of the Georgian Bay Coyotes Track club competed at the 2021 Minor Track Association Outdoor Provincial Championships in Brampton. Pictured from left to right are Ella Kulakowsky, Kate Earle, Emmett Leary and Ethan Mei, all from Meaford

The Covid-19 pandemic has been tough on the mental and physical well-being of the youth across the Country but if you were track-side at the Terry Fox Stadium in Brampton this past weekend, Sept 4/5, you would hardly know it. More than 500 superb young athletes from across the province competed in the Minor Track Association (MTA) Ontario Provincial Championships. Last year's competition was cancelled due to COVID so this was the first championship meet held since October 2019.

The Georgian Bay Coyotes Track Club, who train at the old GBCS athletic field in Meaford, sent five athletes to compete over the two days of competition and they were well prepared to race with the province's best. They competed in ten events and achieved new personal best times in all ten races, while taking home one gold, two silver, three bronze, two 4th place finishes and a very respectable 7th and 8th place finish amid some very tough competition.

Saturday morning started off with the Tyke girls 1200m race. Ella Kulakowsky was the only Coyote to toe the line for the Coyotes and she looked confident taking the lead at the mid-point of the race. She couldn't quite hold on to the lead and finished 2nd knocking 9 seconds off her previous personal best time. Next to the line for the Coyotes was Jacob Martindill in the Tyke boys 1200m. Jacob ran a very well paced and steady race and with 150m left in the race he kicked hard trying to close ground on the third place runner but was edged at the line by five tenths of a second finishing in 4th place. The atom girls 1500m race saw Kate Earle of Meaford stepping to the line. The excitement of the race had her going out hard at the start of the race and she held on to finish 7th overall knocking an unbelievable 40 seconds off her previous personal best time from the start of the season. In the atom boys 1500m race Meaford's Emmett Leary used his training and racing knowledge to his advantage and stayed calm while a small group of runners broke into an early lead during the fast start. He kept his pace consistent throughout the race and was able to catch the other runners and take the lead with about 600m remaining in the race. Emmett kicked hard with about 400m left in the race and created a sizeable gap between himself and the other runners and pushed hard through the finish line to take first place and the Provincial title. The final race of the day for the Coyotes saw Ethan Mei, also from Meaford, in the senior

boys 1500m race. Ethan was a bit nervous at the line but he soon put his nerves aside as he went out strong with the lead pack of runners. As was the case in the previous race for the Coyotes, Ethan took the lead and started a hard finishing kick with about 400m remaining in the race. Despite the surprise of the hard early kick, three other runners were able to keep pace and stay with the lead pack. In the final stretch a runner from Toronto was able to outspurt the others, with Ethan taking 2nd place and earning his first provincial championship medal.

Sunday morning saw another great day of racing with four Georgian Bay Coyote members competing in the 800m timed finals. With 108 competitors registered to compete in the 800m race the competition was stiff and the day saw some amazing performances from our athletes. Jacob Martindill from Owen Sound raced to his second 4th place finish of the championships in the Tyke boys 800m race knocking 14 seconds off his personal best time. Kate Earle, who came in to the competition ranked 13th overall ran a great race and dug deep to finish third in her heat and 8th place overall knocking more than 13 seconds off her previous best time. Emmett Leary, fresh off his win from the previous day, came into this shorter race ranked 7th overall but got a good lane draw in the faster of the two heats and got himself into a good position with the lead runners right off the start. As he did the previous day, Emmett made a break with 400m remaining in the race but two of the other runners were able to chase him down in the final 150m of the race. He placed 3rd overall knocking three seconds off his previous personal best time. The final race of the day for the Coyotes was the senior boys 800m and Ethan Mei was ready to take on the challenge. Ethan also got a good position in the fastest of the heats as the athletes took the race out hard. The pace slowed throughout the race as the athletes tired from the fast start, with Ethan crossing the line in 3rd place.

Overall, it was a great weekend of racing for our young Coyotes and they were well rewarded for their hard work. The Georgian Bay Coyotes are now preparing for the fall Cross-Country season. The team is working on organizing its annual cross-country race in Meaford on September 25th. This race will be open to children from grade 1-8 and registration will be online via our website

Full Race Results:				
Event	Name	Place	Time	PB *
Tyke Girls 400m	Ella Kulakowsky	3/10	1:19.65	*
Tyke Boys 800m	Jacob Martindill	4/5	3:04.71	*
Atom Girls 800m	Kate Earle	8/15	2:58.59	*
Atom Boys 800m	Emmett Leary	3/17	2:32.05	*
Senior Boys 800m	Ethan Mei	3/18	2:18.50	*
Tyke Girls 1200m	Ella Kulakowsky	2/5	4:43.24	*
Tyke Boys 1200m	Jacob Martindill	4/5	4:33.63	*
Atom Girls 1500m	Kate Earle	7/7	6:12.51	*
Atom Boys 1500m	Emmett Leary	1/12	5:07.89	*
Senior Boys 1500m	Ethan Mei	2/15	4:46.40	*