

## TRIATHLON NOVA SCOTIA . Triathletes join the 2009 PEI Canada Summer Games Team

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Six triathletes from throughout Nova Scotia have been selected to represent Team Nova Scotia at the 2009 PEI Canada Summer Games.

The province's highly competitive triathlon team is expected to be in contention for the podium when the sport debuts at the 2009 Canada Games.

The final selection was made on June 28 at the Heart of the Highlands Triathlon in Ingonish. After a very competitive and close three-race series, Team Nova Scotia's Triathlon Coaches, Jennifer and Jason Lawton, are pleased to announce that Emily Wood, of Cole Harbour, Jillian King, of Halifax and Megan Soehl, of Bedford have been selected to be on the women's team. The men's team members include Parker Vaughan and Matt Piggott, from Dartmouth, and MacGregor Grant, of Halifax.

"We have a very talented team who have committed themselves to working hard and the doing their best at the Games," said Mr. Lawton. "We look forward to being a part of the first time triathlon has ever competed at the Canada Games and aim to inspire younger triathletes to dream of the 2013 Canada Games."

The athletes, aged 16 to 20, will compete in two events during the first week of the Games, beginning August 15. Athletes will swim 750 metres, bike 20 kilometres and run 5 kilometres in an individual sprint event and compete in a team relay event where each athlete will swim 300 metres bike 7 kilometres and run 2 kilometres.

"I am excited to be representing Nova Scotia at the Canada Games," said Parker Vaughan, one of the team's medal hopefuls. "This is my first Games experience and I can't wait meet other athletes and represent my province."

Team Nova Scotia is dedicated to striving for excellence in sport and sportsmanship on the road to the 2009 Canada Summer Games, and beyond.

The 2009 Canada Summer Games are a national multi-sport and cultural event being held Aug. 15 to 29 in Prince Edward Island, and will feature 18 different sports. For more information on Team Nova Scotia, visit [www.ns.canadagames.ca](http://www.ns.canadagames.ca).

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