

2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

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**A.J. Smeltzer Junior (AJS)**

1. Liberty Yuke - Female - Comp#: 1 - Ind/Rel: 1 / 0

#1 Girls 80 Meter Hurdles 30" Junior Prelims

16.51 1/8

2018-05-23

**A.J. Smeltzer Junior Total Individual Entries: 1 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Armbrac Academy (ARMB)**

1. Sasha Berliner - Female - Comp#: 2 - Ind/Rel: 2 / 0			
#57 Girls Long Jump Intermediate	4.36m	1/15	2018-05-24
#69 Girls Triple Jump Intermediate	9.37m	1/12	2018-05-23
2. Aidan Cox - Male - Comp#: 3 - Ind/Rel: 1 / 0			
#44 Boys 3000 Meter Run Junior	11:30.49	1/10	2018-05-24
3. Clare Gilmour - Female - Comp#: 4 - Ind/Rel: 1 / 0			
#69 Girls Triple Jump Intermediate	8.51m	1/6	2018-05-23
4. Erika Hilchie-Pye - Female - Comp#: 5 - Ind/Rel: 2 / 0			
#73 Girls Shot Put 3kg Junior	7.72m	1/14	2018-05-24
#85 Girls Javelin Throw 400g Junior	18.32m	1/4	2018-05-24
5. Jack Langille - Male - Comp#: 6 - Ind/Rel: 3 / 0			
#22 Boys 1500 Meter Run Intermediate	4:45.89	1/10	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:13.39	1/10	2018-05-24
#46 Boys 3000 Meter Run Intermediate	10:38.43	1/4	2018-05-24
6. Maren MacDonald - Female - Comp#: 7 - Ind/Rel: 1 / 0			
#43 Girls 3000 Meter Run Junior	12:23.20	1/1	2018-05-24
7. James Macintrye - Male - Comp#: 8 - Ind/Rel: 1 / 0			
#58 Boys Long Jump Intermediate	5.33m	1/11	2018-05-23
8. Yale O'Connor - Male - Comp#: 9 - Ind/Rel: 3 / 0			
#20 Boys 1500 Meter Run Junior	5:01.85	1/7	2018-05-23
#32 Boys 800 Meter Run Junior	2:29.21	1/3	2018-05-24
#44 Boys 3000 Meter Run Junior	10:39.49	1/9	2018-05-24

**Armbrac Academy Total Individual Entries: 14 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Astral Drive (ASTR)**

1. Toni Adoye - Male - Comp#: 10 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	9.88m	1/14	2018-05-23
2. Avalyn Babcock - Female - Comp#: 11 - Ind/Rel: 4 / 0 #55 Girls Long Jump Junior	3.78m	1/1	2018-05-24
#67 Girls Triple Jump Junior	8.33m	1/4	2018-05-23
#79 Girls Discus Throw 0.75kg Junior	18.42m	1/8	2018-05-23
#85 Girls Javelin Throw 400g Junior	16.34m	1/12	2018-05-24
3. Will Bungay - Male - Comp#: 12 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	9.05m	1/11	2018-05-23
4. Abby Bush - Female - Comp#: 13 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	29.90m	1/13	2018-05-24
5. Caeden Carr - Male - Comp#: 14 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:03.45	1/4	2018-05-23
6. Eric Chouinard - Male - Comp#: 15 - Ind/Rel: 4 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	19.77	2/5	2018-05-23
#8 Boys 400 Meter Dash Junior Prelims	1:04.99	1/3	2018-05-23
#32 Boys 800 Meter Run Junior	2:34.83	1/13	2018-05-24
#44 Boys 3000 Meter Run Junior	11:32.34	1/2	2018-05-24
7. Rachel Edwards - Female - Comp#: 16 - Ind/Rel: 1 / 0 #25 Girls 200 Meter Dash Junior Prelims	29.63	2/4	2018-05-24
8. Ronen Franzen - Male - Comp#: 17 - Ind/Rel: 2 / 0 #5 Boys 100 Meter Hurdles 36" Intermediate Prelims	18.08	1/3	2018-05-23
#58 Boys Long Jump Intermediate	4.99m	1/5	2018-05-23
9. Maddie Hatfield - Female - Comp#: 18 - Ind/Rel: 1 / 0 #31 Girls 800 Meter Run Junior	2:52.06	1/11	2018-05-24
10. Ola Leither - Female - Comp#: 19 - Ind/Rel: 2 / 0 #19 Girls 1500 Meter Run Junior	5:44.00	1/10	2018-05-23
#31 Girls 800 Meter Run Junior	2:51.28	1/14	2018-05-24
11. Emily Macneil - Female - Comp#: 20 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.92m	1/8	2018-05-24
12. Jacob Maguire - Male - Comp#: 21 - Ind/Rel: 2 / 0 #121 Boys 100 Meter Dash Special Junior	12.34	1/7	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	3.06m	1/16	2018-05-23
13. Rylin Matheson - Female - Comp#: 22 - Ind/Rel: 3 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:04.40	2/2	2018-05-23
#13 Girls 100 Meter Dash Junior Prelims	13.84	2/6	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	28.65	2/8	2018-05-24
14. Tommy McCormick - Male - Comp#: 23 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:17.99	1/3	2018-05-24
15. Hayden McGowan - Male - Comp#: 24 - Ind/Rel: 3 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	18.76	1/3	2018-05-23
#62 Boys High Jump Junior	1.45m	1/8	2018-05-24
#68 Boys Triple Jump Junior	8.71m	1/2	2018-05-24
16. Nick Murray - Male - Comp#: 25 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.45m	1/7	2018-05-24



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Astral Drive (ASTR)**

17.	Livia Nauss - Female - Comp#: 26 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.25m	1/6	2018-05-23
18.	Taylor Nickerson - Female - Comp#: 27 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	8.16m	1/1	2018-05-23
19.	Fiona O'Donnell - Female - Comp#: 28 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.25m	1/10	2018-05-23
20.	Jack Riley - Male - Comp#: 29 - Ind/Rel: 2 / 0 #76 Boys Shot Put 5kg Intermediate #82 Boys Discus Throw 1.5kg Intermediate	9.70m 22.76m	1/17 1/7	2018-05-23 2018-05-24
21.	Rena Roberts - Female - Comp#: 30 - Ind/Rel: 2 / 0 #57 Girls Long Jump Intermediate #69 Girls Triple Jump Intermediate	4.15m 8.84m	1/1 1/1	2018-05-24 2018-05-23
22.	Lynn Sheppard - Female - Comp#: 31 - Ind/Rel: 2 / 0 #13 Girls 100 Meter Dash Junior Prelims #25 Girls 200 Meter Dash Junior Prelims	13.86 28.51	2/1 1/8	2018-05-23 2018-05-24
23.	Kurt Thibault - Male - Comp#: 32 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate #34 Boys 800 Meter Run Intermediate	4:44.22 2:17.93	1/4 1/7	2018-05-23 2018-05-24
24.	Zach Thibault - Male - Comp#: 33 - Ind/Rel: 2 / 0 #56 Boys Long Jump Junior #68 Boys Triple Jump Junior	4.76m 9.87m	1/9 1/13	2018-05-23 2018-05-24
25.	Logan Thom - Male - Comp#: 34 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims #22 Boys 1500 Meter Run Intermediate #34 Boys 800 Meter Run Intermediate	1:00.01 4:50.13 2:20.85	2/6 1/6 1/9	2018-05-23 2018-05-23 2018-05-24
26.	Brooke Thorpe - Female - Comp#: 35 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	7.45m	1/13	2018-05-24
27.	Sam Veinot - Male - Comp#: 36 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:05.84	2/5	2018-05-23
28.	Dirk Weirstra - Male - Comp#: 37 - Ind/Rel: 1 / 0 #46 Boys 3000 Meter Run Intermediate	11:14.53	1/16	2018-05-24
29.	Logan Wells - Male - Comp#: 38 - Ind/Rel: 1 / 0 #56 Boys Long Jump Junior	4.46m	1/6	2018-05-23
1.	Astral Drive - 'A' #37 Girls 4x100 Meter Relay Junior	55.29	1/2	2018-05-24
2.	Astral Drive - 'A' #38 Boys 4x100 Meter Relay Junior	54.06	2/5	2018-05-24
3.	Astral Drive - 'A' #49 Girls 4x400 Meter Relay Junior	4:39.21	1/3	2018-05-24
4.	Astral Drive - 'A' #50 Boys 4x400 Meter Relay Junior	4:36.67	1/4	2018-05-24
<b>Astral Drive Total Individual Entries: 49 - Total Relays: 4</b>				



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Auburn Drive (AUB)**

1. Max Ballard - Male - Comp#: 39 - Ind/Rel: 3 / 0			
#123 Boys 100 Meter Dash Special Senior	11.31	1/5	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	5.17m	1/6	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	3.46m	1/6	2018-05-23
2. Skye Brooks - Female - Comp#: 40 - Ind/Rel: 1 / 0			
#17 Girls 100 Meter Dash Senior Prelims	14.43	2/6	2018-05-23
3. Keaton Brown - Male - Comp#: 41 - Ind/Rel: 1 / 0			
#78 Boys Shot Put 6kg Senior	8.37m	1/1	2018-05-23
4. Tanna Burke - Female - Comp#: 42 - Ind/Rel: 3 / 0			
#23 Girls 1500 Meter Run Senior	NT	1/17	2018-05-23
#35 Girls 800 Meter Run Senior	2:39.23	1/8	2018-05-24
#47 Girls 3000 Meter Run Senior	11:57.91	1/2	2018-05-24
5. Iffy Chiekwe - Male - Comp#: 43 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	55.00	3/5	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	24.68	2/1	2018-05-24
6. Josh Crooks - Male - Comp#: 44 - Ind/Rel: 2 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	11.58	3/5	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	24.01	1/4	2018-05-24
7. Tyler Crooks - Male - Comp#: 45 - Ind/Rel: 1 / 0			
#123 Boys 100 Meter Dash Special Senior	11.93	1/6	2018-05-23
8. Ryan Davis - Male - Comp#: 46 - Ind/Rel: 2 / 0			
#58 Boys Long Jump Intermediate	5.50m	1/2	2018-05-23
#70 Boys Triple Jump Intermediate	12.02m	1/8	2018-05-24
9. Jayrell Diggs - Male - Comp#: 47 - Ind/Rel: 1 / 0			
#64 Boys High Jump Intermediate	1.61m	1/13	2018-05-24
10. Thomas Dooling - Male - Comp#: 48 - Ind/Rel: 2 / 0			
#66 Boys High Jump Senior	1.58m	1/11	2018-05-24
#72 Boys Triple Jump Senior	10.41m	1/14	2018-05-24
11. Jewels Glasgow - Male - Comp#: 49 - Ind/Rel: 2 / 0			
#123 Boys 100 Meter Dash Special Senior	11.71	1/4	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	6.26m	1/4	2018-05-23
12. Liam Haley - Male - Comp#: 50 - Ind/Rel: 3 / 0			
#22 Boys 1500 Meter Run Intermediate	4:48.94	1/15	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:19.53	1/3	2018-05-24
#46 Boys 3000 Meter Run Intermediate	11:03.79	1/5	2018-05-24
13. Lauren Hearn - Female - Comp#: 51 - Ind/Rel: 2 / 0			
#122 Girls 100 Meter Dash Special Senior	17.34	1/7	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	3.23m	1/9	2018-05-23
14. Brie Hurley - Female - Comp#: 52 - Ind/Rel: 2 / 0			
#122 Girls 100 Meter Dash Special Senior	23.38	1/8	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	3.51m	1/10	2018-05-23
15. Emma Hurley - Female - Comp#: 53 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	16.86	1/5	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	4.21m	1/11	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	2.00m	1/5	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Auburn Drive (AUB)**

16.	Sophia Jodrey - Female - Comp#: 54 - Ind/Rel: 1 / 0 #77 Girls Shot Put 4kg Senior	6.35m	1/6	2018-05-24
17.	Abby MacDonald - Female - Comp#: 55 - Ind/Rel: 2 / 0 #23 Girls 1500 Meter Run Senior #47 Girls 3000 Meter Run Senior	5:54.59 12:35.42	1/7 1/3	2018-05-23 2018-05-24
18.	Nick MacKenzie - Male - Comp#: 56 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	10.17m	1/15	2018-05-24
19.	Anna Manuel - Female - Comp#: 57 - Ind/Rel: 2 / 0 #35 Girls 800 Meter Run Senior #83 Girls Discus Throw 1kg Senior	2:46.90 10.88m	1/7 1/1	2018-05-24 2018-05-23
20.	Nic Mavrin - Male - Comp#: 58 - Ind/Rel: 1 / 0 #131 Boys Long Jump 3 jumps only Special Senior	1.82m	1/4	2018-05-23
21.	Jack O'Brien - Male - Comp#: 59 - Ind/Rel: 2 / 0 #6 Boys 100 Meter Hurdles 39" Senior Prelims #66 Boys High Jump Senior	20.04 1.40m	2/3 1/4	2018-05-23 2018-05-24
22.	Cameron Oliver - Male - Comp#: 60 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Special Senior #127 Boys Shot Put 4kg-3 throws Special Senior #131 Boys Long Jump 3 jumps only Special Senior	15.98 4.54m 2.32m	1/3 1/5 1/5	2018-05-23 2018-05-23 2018-05-23
23.	Tyrece Paris - Male - Comp#: 61 - Ind/Rel: 2 / 0 #66 Boys High Jump Senior #72 Boys Triple Jump Senior	1.55m 10.32m	1/13 1/2	2018-05-24 2018-05-24
24.	Jaco-Pier Poulin - Male - Comp#: 62 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	30.63m	1/3	2018-05-23
25.	Darian Purcell - Male - Comp#: 63 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	11.01m	1/7	2018-05-24
26.	Giovana Rocha Zica - Female - Comp#: 64 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims	18.95	1/4	2018-05-23
27.	Stacy Smith - Male - Comp#: 65 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.64m	1/12	2018-05-24
28.	Kiera Sparks-Lucas - Female - Comp#: 66 - Ind/Rel: 1 / 0 #122 Girls 100 Meter Dash Special Senior	18.61	1/6	2018-05-23
29.	Lorin Tolliver - Female - Comp#: 67 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	4.70m	1/15	2018-05-24
30.	Alex Torrealba - Male - Comp#: 68 - Ind/Rel: 5 / 0 #5 Boys 100 Meter Hurdles 36" Intermediate Prelims #22 Boys 1500 Meter Run Intermediate #46 Boys 3000 Meter Run Intermediate #58 Boys Long Jump Intermediate #70 Boys Triple Jump Intermediate	18.01 4:53.88 11:04.93 4.94m 10.30m	2/7 1/9 1/11 1/14 1/10	2018-05-23 2018-05-23 2018-05-24 2018-05-23 2018-05-24
31.	Jaiden Williams - Male - Comp#: 69 - Ind/Rel: 2 / 0 #18 Boys 100 Meter Dash Senior Prelims #30 Boys 200 Meter Dash Senior Prelims	11.36 23.16	2/3 2/3	2018-05-23 2018-05-24
32.	Michelle Yee - Female - Comp#: 70 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims	18.76	2/6	2018-05-23



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Auburn Drive (AUB)**

1.	Auburn Drive - 'A' #39 Girls 4x100 Meter Relay Intermediate	56.29	1/1	2018-05-24
2.	Auburn Drive - 'A' #40 Boys 4x100 Meter Relay Intermediate	49.31	1/3	2018-05-24
3.	Auburn Drive - 'A' #41 Girls 4x100 Meter Relay Senior	54.94	1/2	2018-05-24
4.	Auburn Drive - 'A' #42 Boys 4x100 Meter Relay Senior	47.70	1/8	2018-05-24
5.	Auburn Drive - 'A' #52 Boys 4x400 Meter Relay Intermediate	4:09.88	1/2	2018-05-24

**Auburn Drive Total Individual Entries: 58 - Total Relays: 5**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Bedford Academy (BEDA)**

1. Cate Majury - Female - Comp#: 71 - Ind/Rel: 2 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	13.38	2/1	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	28.71	2/6	2018-05-24
2. Sophie Maunder - Female - Comp#: 72 - Ind/Rel: 1 / 0			
#73 Girls Shot Put 3kg Junior	7.19m	1/4	2018-05-24
3. Jai Paliwal - Male - Comp#: 73 - Ind/Rel: 2 / 0			
#26 Boys 200 Meter Dash Junior Prelims	27.87	2/2	2018-05-24
#32 Boys 800 Meter Run Junior	2:32.94	1/9	2018-05-24
4. Lily Ramsay - Female - Comp#: 755 - Ind/Rel: 1 / 0			
#57 Girls Long Jump Intermediate	4.11m	1/16	2018-05-24
5. Adam Simm - Male - Comp#: 74 - Ind/Rel: 1 / 0			
#76 Boys Shot Put 5kg Intermediate	8.77m	1/8	2018-05-23

**Bedford Academy Total Individual Entries: 7 - Total Relays: 0**





2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Bicentennial School (BIJH)**

1. Abbey Aucoin - Female - Comp#: 75 - Ind/Rel: 3 / 0			
#19 Girls 1500 Meter Run Junior	5:40.99	1/9	2018-05-23
#31 Girls 800 Meter Run Junior	2:41.57	1/4	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	18.25m	1/7	2018-05-23
2. Lauren Clarke - Female - Comp#: 76 - Ind/Rel: 2 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	13.03	2/2	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	27.02	2/1	2018-05-24
3. Keanna Davies - Female - Comp#: 77 - Ind/Rel: 2 / 0			
#21 Girls 1500 Meter Run Intermediate	6:02.49	1/8	2018-05-23
#63 Girls High Jump Intermediate	1.30m	1/9	2018-05-23
4. Aidan Ferguson - Male - Comp#: 78 - Ind/Rel: 1 / 0			
#68 Boys Triple Jump Junior	8.87m	1/6	2018-05-24
5. Nick Garron-Ibanez - Male - Comp#: 79 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	15.64m	1/9	2018-05-24
6. Jaelyn Keiver - Female - Comp#: 80 - Ind/Rel: 2 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	17.12	2/2	2018-05-23
#79 Girls Discus Throw 0.75kg Junior	18.75m	1/9	2018-05-23
7. Angus Latter - Male - Comp#: 81 - Ind/Rel: 2 / 0			
#20 Boys 1500 Meter Run Junior	5:01.72	1/5	2018-05-23
#32 Boys 800 Meter Run Junior	2:23.61	1/4	2018-05-24
8. Sarah McKeen - Female - Comp#: 82 - Ind/Rel: 1 / 0			
#81 Girls Discus Throw 1kg Intermediate	18.82m	1/10	2018-05-23
9. Daniel McVicar - Male - Comp#: 83 - Ind/Rel: 2 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	58.44	1/7	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:21.16	1/11	2018-05-24
10. Michael McVicar - Male - Comp#: 84 - Ind/Rel: 2 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:05.05	2/4	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	28.27	2/7	2018-05-24
11. Evan Ring - Male - Comp#: 85 - Ind/Rel: 1 / 0			
#74 Boys Shot Put 4kg Junior	7.22m	1/1	2018-05-23
12. Sammi Russell - Female - Comp#: 86 - Ind/Rel: 1 / 0			
#63 Girls High Jump Intermediate	1.40m	1/15	2018-05-23
13. Chelsea Skinner - Female - Comp#: 87 - Ind/Rel: 1 / 0			
#81 Girls Discus Throw 1kg Intermediate	17.69m	1/3	2018-05-23
14. Nate Wheeler - Male - Comp#: 88 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	17.97m	1/13	2018-05-24
15. Kiersten Wientzell - Female - Comp#: 89 - Ind/Rel: 1 / 0			
#81 Girls Discus Throw 1kg Intermediate	17.41m	1/11	2018-05-23
1. Bicentennial School - 'A'			
#39 Girls 4x100 Meter Relay Intermediate	56.64	1/4	2018-05-24

**Bicentennial School Total Individual Entries: 23 - Total Relays: 1**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Brookside Junior High School (BRKS)**

1. Douglas Baard - Male - Comp#: 90 - Ind/Rel: 2 / 0			
#20 Boys 1500 Meter Run Junior	5:14.78	1/2	2018-05-23
#44 Boys 3000 Meter Run Junior	11:19.84	1/8	2018-05-24
2. Emma Bradburry - Female - Comp#: 91 - Ind/Rel: 3 / 0			
#73 Girls Shot Put 3kg Junior	7.24m	1/1	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	22.12m	1/6	2018-05-23
#85 Girls Javelin Throw 400g Junior	19.26m	1/8	2018-05-24
3. Claire Covert - Female - Comp#: 92 - Ind/Rel: 3 / 0			
#55 Girls Long Jump Junior	4.08m	1/8	2018-05-24
#61 Girls High Jump Junior	1.25m	1/9	2018-05-23
#67 Girls Triple Jump Junior	8.48m	1/13	2018-05-23
4. Ethan Dauphinee - Male - Comp#: 93 - Ind/Rel: 1 / 0			
#91 Boys Javelin Throw 600g Junior	23.65m	1/6	2018-05-23
5. Obi Duru - Male - Comp#: 94 - Ind/Rel: 5 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.65	1/5	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	26.66	1/5	2018-05-24
#56 Boys Long Jump Junior	4.93m	1/7	2018-05-23
#62 Boys High Jump Junior	1.56m	1/12	2018-05-24
#74 Boys Shot Put 4kg Junior	10.20m	1/15	2018-05-23
6. Griffen Gamble - Male - Comp#: 95 - Ind/Rel: 2 / 0			
#20 Boys 1500 Meter Run Junior	5:27.44	1/1	2018-05-23
#44 Boys 3000 Meter Run Junior	11:24.05	1/14	2018-05-24
7. Iris Gamble - Female - Comp#: 96 - Ind/Rel: 2 / 0			
#19 Girls 1500 Meter Run Junior	5:32.00	1/16	2018-05-23
#43 Girls 3000 Meter Run Junior	11:36.93	1/4	2018-05-24
8. Arleigh Joyce - Male - Comp#: 97 - Ind/Rel: 2 / 0			
#32 Boys 800 Meter Run Junior	2:39.02	1/12	2018-05-24
#44 Boys 3000 Meter Run Junior	11:26.56	1/16	2018-05-24
9. Rylee Jphnston - Female - Comp#: 98 - Ind/Rel: 1 / 0			
#73 Girls Shot Put 3kg Junior	7.40m	1/16	2018-05-24
10. Cameron Marsh - Male - Comp#: 99 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	27.04m	1/5	2018-05-23
11. Abbey Melvin - Female - Comp#: 100 - Ind/Rel: 1 / 0			
#43 Girls 3000 Meter Run Junior	12:57.06	1/12	2018-05-24
12. Zoe Mombourquette - Female - Comp#: 101 - Ind/Rel: 1 / 0			
#85 Girls Javelin Throw 400g Junior	16.58m	1/3	2018-05-24
13. Alivia Morash - Female - Comp#: 102 - Ind/Rel: 1 / 0			
#81 Girls Discus Throw 1kg Intermediate	19.17m	1/12	2018-05-23
14. Landon Zink - Male - Comp#: 103 - Ind/Rel: 1 / 0			
#82 Boys Discus Throw 1.5kg Intermediate	26.51m	1/13	2018-05-24

**Brookside Junior High School Total Individual Entries: 26 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Caledonia Junior High (CAL)**

1. Letrell Brooks - Male - Comp#: 104 - Ind/Rel: 3 / 0			
#14 Boys 100 Meter Dash Junior Prelims	13.18	2/3	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	28.13	1/7	2018-05-24
#68 Boys Triple Jump Junior	8.53m	1/11	2018-05-24
2. Maddie Brown - Female - Comp#: 105 - Ind/Rel: 1 / 0			
#81 Girls Discus Throw 1kg Intermediate	18.39m	1/15	2018-05-23
3. Miguel Cull - Male - Comp#: 106 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Special Junior	14.49	2/6	2018-05-23
#125 Boys Shot Put 4kg-3 throws Special Junior	7.11m	1/6	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	1.99m	1/9	2018-05-23
4. Tj Fenyvesi-Beals - Male - Comp#: 107 - Ind/Rel: 2 / 0			
#125 Boys Shot Put 4kg-3 throws Special Junior	4.01m	1/5	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	2.78m	1/11	2018-05-23
5. Aaliyah Gero - Female - Comp#: 108 - Ind/Rel: 1 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	14.28	1/4	2018-05-23
6. Grace Jarrett - Female - Comp#: 109 - Ind/Rel: 1 / 0			
#13 Girls 100 Meter Dash Junior Prelims	14.89	2/2	2018-05-23
7. Romario Lee - Male - Comp#: 110 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Special Junior	13.69	2/5	2018-05-23
#125 Boys Shot Put 4kg-3 throws Special Junior	3.40m	1/4	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	1.67m	1/12	2018-05-23
8. Haley Maclellen - Female - Comp#: 111 - Ind/Rel: 2 / 0			
#55 Girls Long Jump Junior	4.02m	1/14	2018-05-24
#67 Girls Triple Jump Junior	8.39m	1/16	2018-05-23
9. Connor Macmillan - Male - Comp#: 112 - Ind/Rel: 2 / 0			
#22 Boys 1500 Meter Run Intermediate	5:03.30	1/14	2018-05-23
#46 Boys 3000 Meter Run Intermediate	10:59.35	1/8	2018-05-24
10. MacKenzie McGuire - Female - Comp#: 113 - Ind/Rel: 1 / 0			
#138 Girls 50 Meter Dash Spe Ath only WC Wheelchai	10.68	1/1	2018-05-23
11. Paris Melanson - Female - Comp#: 114 - Ind/Rel: 1 / 0			
#57 Girls Long Jump Intermediate	3.83m	1/6	2018-05-24
12. Jessie Murray - Female - Comp#: 115 - Ind/Rel: 1 / 0			
#67 Girls Triple Jump Junior	8.28m	1/9	2018-05-23
13. Eli Nowlan - Male - Comp#: 116 - Ind/Rel: 2 / 0			
#14 Boys 100 Meter Dash Junior Prelims	13.25	1/7	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	26.97	1/4	2018-05-24
14. Desean Smith-Howe - Male - Comp#: 117 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Special Junior	11.51	2/7	2018-05-23
#125 Boys Shot Put 4kg-3 throws Special Junior	7.36m	1/7	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	3.42m	1/10	2018-05-23
15. Julianne Sparks - Female - Comp#: 118 - Ind/Rel: 1 / 0			
#69 Girls Triple Jump Intermediate	8.55m	1/11	2018-05-23



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Caledonia Junior High (CAL)**

16. Laura Swift - Female - Comp#: 119 - Ind/Rel: 3 / 0			
#19 Girls 1500 Meter Run Junior	5:52.79	1/15	2018-05-23
#31 Girls 800 Meter Run Junior	2:44.90	1/10	2018-05-24
#43 Girls 3000 Meter Run Junior	12:31.49	1/6	2018-05-24
17. Narleisha Thompson - Female - Comp#: 120 - Ind/Rel: 2 / 0			
#120 Girls 100 Meter Dash Special Junior	14.18	2/4	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	3.27m	1/9	2018-05-23
18. Jack Young - Male - Comp#: 121 - Ind/Rel: 4 / 0			
#14 Boys 100 Meter Dash Junior Prelims	13.50	2/5	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	27.84	2/6	2018-05-24
#56 Boys Long Jump Junior	4.89m	1/13	2018-05-23
#68 Boys Triple Jump Junior	10.20m	1/15	2018-05-24
1. Caledonia Junior High - 'A'			
#38 Boys 4x100 Meter Relay Junior	53.14	2/1	2018-05-24

**Caledonia Junior High Total Individual Entries: 36 - Total Relays: 1**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Charles P. Allen (CPA)**

1. Kianna Benson - Female - Comp#: 122 - Ind/Rel: 2 / 0			
#23 Girls 1500 Meter Run Senior	5:42.18	1/1	2018-05-23
#35 Girls 800 Meter Run Senior	2:34.37	1/5	2018-05-24
2. Carley Birrell - Female - Comp#: 123 - Ind/Rel: 2 / 0			
#21 Girls 1500 Meter Run Intermediate	5:04.80	1/5	2018-05-23
#45 Girls 3000 Meter Run Intermediate	10:49.50	1/9	2018-05-24
3. Logan Camp - Male - Comp#: 124 - Ind/Rel: 3 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	58.36	2/8	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:23.15	1/14	2018-05-24
#82 Boys Discus Throw 1.5kg Intermediate	33.48m	1/8	2018-05-24
4. Victoria Christianson - Female - Comp#: 125 - Ind/Rel: 3 / 0			
#35 Girls 800 Meter Run Senior	2:51.13	1/14	2018-05-24
#47 Girls 3000 Meter Run Senior	13:19.22	1/8	2018-05-24
#65 Girls High Jump Senior	1.25m	1/8	2018-05-23
5. James Dowell - Male - Comp#: 126 - Ind/Rel: 2 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	11.62	2/2	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	24.30	1/3	2018-05-24
6. Alex Drover - Male - Comp#: 127 - Ind/Rel: 3 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	11.93	2/6	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	25.09	1/5	2018-05-24
#76 Boys Shot Put 5kg Intermediate	9.96m	1/13	2018-05-23
7. Haley Fitzgerald - Female - Comp#: 128 - Ind/Rel: 3 / 0			
#29 Girls 200 Meter Dash Senior Prelims	32.79	2/4	2018-05-24
#59 Girls Long Jump Senior	3.53m	1/6	2018-05-24
#71 Girls Triple Jump Senior	7.25m	1/3	2018-05-23
8. Cole Fraser - Male - Comp#: 129 - Ind/Rel: 3 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	59.41	1/8	2018-05-23
#22 Boys 1500 Meter Run Intermediate	4:47.94	1/5	2018-05-23
#46 Boys 3000 Meter Run Intermediate	10:41.60	1/2	2018-05-24
9. Alex Godfrey - Male - Comp#: 130 - Ind/Rel: 2 / 0			
#18 Boys 100 Meter Dash Senior Prelims	11.43	1/6	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	23.39	1/6	2018-05-24
10. Brooke Hamilton - Female - Comp#: 131 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:10.56	1/5	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:55.18	1/5	2018-05-24
11. Noah James - Male - Comp#: 132 - Ind/Rel: 2 / 0			
#82 Boys Discus Throw 1.5kg Intermediate	25.72m	1/2	2018-05-24
#103 Boys Javelin Throw 700g Intermediate	29.00m	1/9	2018-05-23
12. Tristan Kays - Male - Comp#: 133 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	57.55	3/3	2018-05-23
#36 Boys 800 Meter Run Senior	2:15.78	1/16	2018-05-24
13. Josh Lebel - Male - Comp#: 134 - Ind/Rel: 3 / 0			
#123 Boys 100 Meter Dash Special Senior	14.57	2/3	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	4.40m	1/12	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	3.50m	1/14	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Charles P. Allen (CPA)**

14.	Lauren Liem - Female - Comp#: 135 - Ind/Rel: 2 / 0			
	#23 Girls 1500 Meter Run Senior	5:21.83	1/3	2018-05-23
	#35 Girls 800 Meter Run Senior	2:34.99	1/3	2018-05-24
15.	Ellen MacDonald - Female - Comp#: 136 - Ind/Rel: 2 / 0			
	#17 Girls 100 Meter Dash Senior Prelims	14.41	1/5	2018-05-23
	#29 Girls 200 Meter Dash Senior Prelims	31.25	3/6	2018-05-24
16.	Allison Macneil - Female - Comp#: 137 - Ind/Rel: 4 / 0			
	#15 Girls 100 Meter Dash Intermediate Prelims	13.29	2/5	2018-05-23
	#27 Girls 200 Meter Dash Intermediate Prelims	28.78	2/3	2018-05-24
	#57 Girls Long Jump Intermediate	4.33m	1/5	2018-05-24
	#97 Girls Javelin Throw 500g Intermediate	26.92m	1/1	2018-05-24
17.	Olivia Moller - Female - Comp#: 138 - Ind/Rel: 2 / 0			
	#17 Girls 100 Meter Dash Senior Prelims	12.70	2/3	2018-05-23
	#29 Girls 200 Meter Dash Senior Prelims	26.51	3/3	2018-05-24
18.	Katelyn Richards - Female - Comp#: 139 - Ind/Rel: 1 / 0			
	#47 Girls 3000 Meter Run Senior	13:46.15	1/1	2018-05-24
19.	Drew Somers - Male - Comp#: 140 - Ind/Rel: 2 / 0			
	#24 Boys 1500 Meter Run Senior	4:17.90	1/1	2018-05-23
	#48 Boys 3000 Meter Run Senior	9:26.30	1/7	2018-05-24
20.	Kayli Strickland - Female - Comp#: 141 - Ind/Rel: 2 / 0			
	#9 Girls 400 Meter Dash Intermediate Prelims	1:07.51	2/3	2018-05-23
	#33 Girls 800 Meter Run Intermediate	2:35.39	1/3	2018-05-24
21.	Adar Svidlar - Male - Comp#: 142 - Ind/Rel: 2 / 0			
	#76 Boys Shot Put 5kg Intermediate	8.83m	1/5	2018-05-23
	#82 Boys Discus Throw 1.5kg Intermediate	22.54m	1/3	2018-05-24
22.	Jonathan Taylor - Male - Comp#: 143 - Ind/Rel: 1 / 0			
	#48 Boys 3000 Meter Run Senior	NT	1/13	2018-05-24
23.	Allison Tran - Female - Comp#: 144 - Ind/Rel: 2 / 0			
	#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.40	1/2	2018-05-23
	#97 Girls Javelin Throw 500g Intermediate	21.17m	1/12	2018-05-24
24.	Sarah Tucker - Female - Comp#: 145 - Ind/Rel: 3 / 0			
	#69 Girls Triple Jump Intermediate	8.35m	1/4	2018-05-23
	#81 Girls Discus Throw 1kg Intermediate	21.01m	1/14	2018-05-23
	#97 Girls Javelin Throw 500g Intermediate	20.93m	1/7	2018-05-24
25.	Kyle Yoo - Male - Comp#: 146 - Ind/Rel: 1 / 0			
	#16 Boys 100 Meter Dash Intermediate Prelims	12.27	1/1	2018-05-23
1.	Charles P. Allen - 'A'			
	#39 Girls 4x100 Meter Relay Intermediate	54.68	1/8	2018-05-24
2.	Charles P. Allen - 'A'			
	#40 Boys 4x100 Meter Relay Intermediate	47.75	1/7	2018-05-24
3.	Charles P. Allen - 'A'			
	#41 Girls 4x100 Meter Relay Senior	55.85	1/4	2018-05-24
4.	Charles P. Allen - 'A'			
	#51 Girls 4x400 Meter Relay Intermediate	4:32.80	1/6	2018-05-24



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

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**Charles P. Allen (CPA)**

5.	Charles P. Allen - 'A' #52 Boys 4x400 Meter Relay Intermediate	4:10.11	1/6	2018-05-24
6.	Charles P. Allen - 'A' #53 Girls 4x400 Meter Relay Senior	4:45.90	1/4	2018-05-24
7.	Charles P. Allen - 'A' #54 Boys 4x400 Meter Relay Senior	3:55.57	1/2	2018-05-24

**Charles P. Allen Total Individual Entries: 56 - Total Relays: 7**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Citadel High (CIT)**

1. Jacob Abbott - Male - Comp#: 147 - Ind/Rel: 4 / 0			
#12 Boys 400 Meter Dash Senior Prelims	55.13	2/4	2018-05-23
#24 Boys 1500 Meter Run Senior	4:53.25	1/11	2018-05-23
#36 Boys 800 Meter Run Senior	2:13.07	1/9	2018-05-24
#66 Boys High Jump Senior	1.65m	1/15	2018-05-24
2. Matthew Aftanas - Male - Comp#: 148 - Ind/Rel: 3 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	16.47	2/4	2018-05-23
#16 Boys 100 Meter Dash Intermediate Prelims	12.04	3/1	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	24.59	2/4	2018-05-24
3. Tegan Bielawski - Female - Comp#: 149 - Ind/Rel: 2 / 0			
#122 Girls 100 Meter Dash Special Senior	19.49	2/8	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	3.58m	1/3	2018-05-23
4. Cameron Bruce - Female - Comp#: 150 - Ind/Rel: 3 / 0			
#23 Girls 1500 Meter Run Senior	5:43.49	1/4	2018-05-23
#35 Girls 800 Meter Run Senior	2:43.86	1/1	2018-05-24
#47 Girls 3000 Meter Run Senior	13:06.35	1/6	2018-05-24
5. Achim Duerr-Farrell - Male - Comp#: 151 - Ind/Rel: 1 / 0			
#64 Boys High Jump Intermediate	1.58m	1/11	2018-05-24
6. Anna Dugandzic - Female - Comp#: 152 - Ind/Rel: 1 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.22	2/1	2018-05-23
7. Elizabeth Falkenham - Female - Comp#: 153 - Ind/Rel: 3 / 0			
#77 Girls Shot Put 4kg Senior	9.28m	1/12	2018-05-24
#83 Girls Discus Throw 1kg Senior	27.27m	1/8	2018-05-23
#109 Girls Javelin Throw 600g Senior	32.14m	1/8	2018-05-24
8. Olivia Falkenham - Female - Comp#: 154 - Ind/Rel: 4 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	16.02	2/4	2018-05-23
#11 Girls 400 Meter Dash Senior Prelims	1:10.40	1/6	2018-05-23
#17 Girls 100 Meter Dash Senior Prelims	14.13	2/4	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	NT	2/1	2018-05-24
9. Julia Faloon - Female - Comp#: 155 - Ind/Rel: 1 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	15.24	1/3	2018-05-23
10. Kirsten Fleet - Female - Comp#: 156 - Ind/Rel: 1 / 0			
#33 Girls 800 Meter Run Intermediate	2:47.31	1/8	2018-05-24
11. Owin Hall - Male - Comp#: 157 - Ind/Rel: 2 / 0			
#78 Boys Shot Put 6kg Senior	10.05m	1/11	2018-05-23
#84 Boys Discus Throw 1.75kg Senior	24.84m	1/1	2018-05-24
12. Mark Howatt - Male - Comp#: 159 - Ind/Rel: 2 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	18.92	1/6	2018-05-23
#103 Boys Javelin Throw 700g Intermediate	30.19m	1/11	2018-05-23
13. Olivia Iszak - Female - Comp#: 160 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:06.77	1/1	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	29.37	1/2	2018-05-24





## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Citadel High (CIT)**

14. Fred Jean - Male - Comp#: 161 - Ind/Rel: 3 / 0			
#123 Boys 100 Meter Dash Special Senior	13.82	2/2	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	5.40m	1/7	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	2.60m	1/10	2018-05-23
15. Ethan Landry - Male - Comp#: 162 - Ind/Rel: 3 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	56.18	1/4	2018-05-23
#16 Boys 100 Meter Dash Intermediate Prelims	12.59	1/6	2018-05-23
#58 Boys Long Jump Intermediate	5.26m	1/9	2018-05-23
16. Sam Lawrence - Male - Comp#: 163 - Ind/Rel: 2 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	12.26	1/4	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	24.91	1/6	2018-05-24
17. Songnian Liu - Male - Comp#: 164 - Ind/Rel: 4 / 0			
#18 Boys 100 Meter Dash Senior Prelims	12.35	1/3	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	25.30	1/2	2018-05-24
#60 Boys Long Jump Senior	5.23m	1/2	2018-05-23
#72 Boys Triple Jump Senior	10.69m	1/10	2018-05-24
18. Emily Munroe - Female - Comp#: 165 - Ind/Rel: 2 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.76	2/2	2018-05-23
#63 Girls High Jump Intermediate	1.45m	1/6	2018-05-23
19. Rachel Nicholson - Female - Comp#: 166 - Ind/Rel: 1 / 0			
#77 Girls Shot Put 4kg Senior	ND	1/1	2018-05-24
20. Mark Nickerson - Male - Comp#: 167 - Ind/Rel: 2 / 0			
#123 Boys 100 Meter Dash Special Senior	12.89	2/1	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	2.43m	1/11	2018-05-23
21. Anna Nicolela - Female - Comp#: 168 - Ind/Rel: 2 / 0			
#29 Girls 200 Meter Dash Senior Prelims	NT	1/6	2018-05-24
#59 Girls Long Jump Senior	ND	1/1	2018-05-24
22. Anna Pancura - Female - Comp#: 169 - Ind/Rel: 3 / 0			
#21 Girls 1500 Meter Run Intermediate	5:58.43	1/3	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:47.74	1/10	2018-05-24
#45 Girls 3000 Meter Run Intermediate	13:11.53	1/3	2018-05-24
23. Andrew Parkhill - Male - Comp#: 170 - Ind/Rel: 2 / 0			
#66 Boys High Jump Senior	NH	1/1	2018-05-24
#115 Boys Javelin Throw 800g Senior	ND	1/6	2018-05-23
24. Alex Radford - Male - Comp#: 171 - Ind/Rel: 3 / 0			
#24 Boys 1500 Meter Run Senior	4:59.53	1/8	2018-05-23
#36 Boys 800 Meter Run Senior	2:23.69	1/13	2018-05-24
#48 Boys 3000 Meter Run Senior	11:32.46	1/3	2018-05-24
25. Terry Shaw - Male - Comp#: 172 - Ind/Rel: 2 / 0			
#127 Boys Shot Put 4kg-3 throws Special Senior	7.05m	1/9	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	2.55m	1/9	2018-05-23
26. Abby Smilestone - Female - Comp#: 173 - Ind/Rel: 3 / 0			
#23 Girls 1500 Meter Run Senior	6:00.58	1/11	2018-05-23
#35 Girls 800 Meter Run Senior	2:49.33	1/10	2018-05-24
#47 Girls 3000 Meter Run Senior	13:16.17	1/11	2018-05-24



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Citadel High (CIT)**

27.	Jassin States - Male - Comp#: 174 - Ind/Rel: 2 / 0			
	#18 Boys 100 Meter Dash Senior Prelims	11.83	3/6	2018-05-23
	#30 Boys 200 Meter Dash Senior Prelims	24.31	2/2	2018-05-24
28.	David Warner - Male - Comp#: 175 - Ind/Rel: 3 / 0			
	#12 Boys 400 Meter Dash Senior Prelims	55.05	3/6	2018-05-23
	#18 Boys 100 Meter Dash Senior Prelims	12.34	2/5	2018-05-23
	#30 Boys 200 Meter Dash Senior Prelims	24.56	1/3	2018-05-24
29.	Nykeel West - Male - Comp#: 176 - Ind/Rel: 1 / 0			
	#127 Boys Shot Put 4kg-3 throws Special Senior	6.25m	1/8	2018-05-23
1.	Citadel High - 'A'			
	#39 Girls 4x100 Meter Relay Intermediate	55.91	1/7	2018-05-24
2.	Citadel High - 'A'			
	#40 Boys 4x100 Meter Relay Intermediate	47.84	1/8	2018-05-24
3.	Citadel High - 'A'			
	#42 Boys 4x100 Meter Relay Senior	47.70	1/7	2018-05-24
4.	Citadel High - 'A'			
	#51 Girls 4x400 Meter Relay Intermediate	4:43.21	1/7	2018-05-24
5.	Citadel High - 'A'			
	#52 Boys 4x400 Meter Relay Intermediate	4:05.56	1/5	2018-05-24

**Citadel High Total Individual Entries: 67 - Total Relays: 5**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Clayton Park Junior High (CPJH)**

1. Jeffery Adeyemi - Male - Comp#: 177 - Ind/Rel: 5 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.96	2/1	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	26.92	2/5	2018-05-24
#56 Boys Long Jump Junior	4.79m	1/15	2018-05-23
#62 Boys High Jump Junior	1.45m	1/6	2018-05-24
#68 Boys Triple Jump Junior	9.43m	1/3	2018-05-24
2. Charlotte Branchflower - Female - Comp#: 178 - Ind/Rel: 3 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:07.53	1/8	2018-05-23
#57 Girls Long Jump Intermediate	4.15m	1/9	2018-05-24
#69 Girls Triple Jump Intermediate	9.32m	1/2	2018-05-23
3. Stephen Ducusin - Male - Comp#: 179 - Ind/Rel: 1 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	21.10	2/1	2018-05-23
4. Bea Fulong - Female - Comp#: 180 - Ind/Rel: 1 / 0			
#85 Girls Javelin Throw 400g Junior	20.55m	1/10	2018-05-24
5. Luke Harrington - Male - Comp#: 181 - Ind/Rel: 1 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:03.30	2/2	2018-05-23
6. Ryland Harrington - Male - Comp#: 182 - Ind/Rel: 2 / 0			
#80 Boys Discus Throw 1kg Junior	19.31m	1/6	2018-05-24
#91 Boys Javelin Throw 600g Junior	23.33m	1/5	2018-05-23
7. Abby Johnson - Female - Comp#: 183 - Ind/Rel: 1 / 0			
#79 Girls Discus Throw 0.75kg Junior	17.93m	1/15	2018-05-23
8. Jay Lawson - Male - Comp#: 184 - Ind/Rel: 2 / 0			
#76 Boys Shot Put 5kg Intermediate	8.88m	1/4	2018-05-23
#82 Boys Discus Throw 1.5kg Intermediate	19.46m	1/11	2018-05-24
9. Thane Lee - Male - Comp#: 185 - Ind/Rel: 1 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	20.92	1/7	2018-05-23
10. Kyler Lohnes - Male - Comp#: 186 - Ind/Rel: 1 / 0			
#20 Boys 1500 Meter Run Junior	5:17.80	1/10	2018-05-23
11. Sarah Lucas - Female - Comp#: 187 - Ind/Rel: 1 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.61	2/6	2018-05-23
12. Alison MacDonald - Female - Comp#: 188 - Ind/Rel: 1 / 0			
#79 Girls Discus Throw 0.75kg Junior	17.32m	1/10	2018-05-23
13. Megan McQuade - Female - Comp#: 189 - Ind/Rel: 1 / 0			
#97 Girls Javelin Throw 500g Intermediate	16.46m	1/15	2018-05-24
14. Juliet Merchant - Female - Comp#: 190 - Ind/Rel: 1 / 0			
#75 Girls Shot Put 4kg Intermediate	6.81m	1/7	2018-05-24
15. Kyle Morrison - Male - Comp#: 191 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	28.61m	1/7	2018-05-23
16. Megan Nauss - Female - Comp#: 192 - Ind/Rel: 3 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:07.31	2/7	2018-05-23
#15 Girls 100 Meter Dash Intermediate Prelims	14.13	2/3	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	29.04	2/8	2018-05-24
17. Zach O'Malley - Male - Comp#: 193 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	26.52m	1/8	2018-05-23



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Clayton Park Junior High (CPJH)**

18. Nolan Pace - Male - Comp#: 194 - Ind/Rel: 1 / 0			
#76 Boys Shot Put 5kg Intermediate	8.97m	1/3	2018-05-23
19. Jamie Smith - Female - Comp#: 195 - Ind/Rel: 2 / 0			
#61 Girls High Jump Junior	1.20m	1/3	2018-05-23
#67 Girls Triple Jump Junior	8.21m	1/7	2018-05-23
20. Ashley Spicer - Female - Comp#: 196 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Special Junior	17.85	2/6	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	3.43m	1/11	2018-05-23
#128 Girls Long Jump 3 jumps only Special Junior	1.84m	1/5	2018-05-23
21. Katie Trifos - Female - Comp#: 197 - Ind/Rel: 1 / 0			
#31 Girls 800 Meter Run Junior	2:49.30	1/16	2018-05-24
22. Mariah Vasquez - Female - Comp#: 198 - Ind/Rel: 1 / 0			
#97 Girls Javelin Throw 500g Intermediate	18.16m	1/5	2018-05-24
23. Sam Zhouri - Male - Comp#: 199 - Ind/Rel: 3 / 0			
#74 Boys Shot Put 4kg Junior	7.89m	1/6	2018-05-23
#80 Boys Discus Throw 1kg Junior	17.87m	1/3	2018-05-24
#91 Boys Javelin Throw 600g Junior	35.00m	1/14	2018-05-23
1. Clayton Park Junior High - 'A'			
#50 Boys 4x400 Meter Relay Junior	4:33.10	1/7	2018-05-24

**Clayton Park Junior High Total Individual Entries: 38 - Total Relays: 1**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Cole Harbour High School (CHH)**

1. Julia Dorey - Female - Comp#: 200 - Ind/Rel: 2 / 0			
#83 Girls Discus Throw 1kg Senior	13.13m	1/2	2018-05-23
#109 Girls Javelin Throw 600g Senior	23.00m	1/6	2018-05-24
2. Ja'shawn Downey - Male - Comp#: 201 - Ind/Rel: 1 / 0			
#64 Boys High Jump Intermediate	1.61m	1/10	2018-05-24
3. Victoria Gofton - Female - Comp#: 202 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:06.62	2/6	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:40.63	1/7	2018-05-24
4. Noah Jordon - Male - Comp#: 203 - Ind/Rel: 1 / 0			
#28 Boys 200 Meter Dash Intermediate Prelims	25.42	2/5	2018-05-24
5. Morgan Macneil - Male - Comp#: 204 - Ind/Rel: 4 / 0			
#12 Boys 400 Meter Dash Senior Prelims	57.82	3/4	2018-05-23
#24 Boys 1500 Meter Run Senior	5:48.40	1/4	2018-05-23
#36 Boys 800 Meter Run Senior	2:23.52	1/10	2018-05-24
#48 Boys 3000 Meter Run Senior	17:49.89	1/15	2018-05-24
6. Carson Murray - Male - Comp#: 205 - Ind/Rel: 3 / 0			
#22 Boys 1500 Meter Run Intermediate	4:52.97	1/1	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:18.05	1/4	2018-05-24
#46 Boys 3000 Meter Run Intermediate	11:19.07	1/15	2018-05-24
7. Billy Somers - Male - Comp#: 206 - Ind/Rel: 4 / 0			
#12 Boys 400 Meter Dash Senior Prelims	53.64	2/1	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	24.79	2/7	2018-05-24
#36 Boys 800 Meter Run Senior	2:14.89	1/5	2018-05-24
#48 Boys 3000 Meter Run Senior	11:39.42	1/9	2018-05-24
8. Eban Tebay - Male - Comp#: 207 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	53.20	3/2	2018-05-23
#36 Boys 800 Meter Run Senior	2:11.07	1/4	2018-05-24
9. Richard Watton - Male - Comp#: 208 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	48.61m	1/13	2018-05-23
10. Erica Williams - Female - Comp#: 209 - Ind/Rel: 1 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	13.51	1/3	2018-05-23

**Cole Harbour High School Total Individual Entries: 21 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Cunard Junior High (CUN)**

1. Carrington Carroll - Female - Comp#: 210 - Ind/Rel: 2 / 0			
#63 Girls High Jump Intermediate	1.25m	1/12	2018-05-23
#69 Girls Triple Jump Intermediate	8.80m	1/9	2018-05-23
2. Isaac Kitumaini - Male - Comp#: 211 - Ind/Rel: 1 / 0			
#121 Boys 100 Meter Dash Special Junior	15.07	1/6	2018-05-23
3. Aicel Morales - Female - Comp#: 212 - Ind/Rel: 3 / 0			
#75 Girls Shot Put 4kg Intermediate	6.77m	1/5	2018-05-24
#81 Girls Discus Throw 1kg Intermediate	20.99m	1/16	2018-05-23
#97 Girls Javelin Throw 500g Intermediate	22.93m	1/11	2018-05-24
4. Kailyn Rae - Female - Comp#: 213 - Ind/Rel: 1 / 0			
#55 Girls Long Jump Junior	3.84m	1/7	2018-05-24
5. Drew Warkentin - Female - Comp#: 214 - Ind/Rel: 2 / 0			
#120 Girls 100 Meter Dash Special Junior	12.46	2/2	2018-05-23
#128 Girls Long Jump 3 jumps only Special Junior	2.18m	1/6	2018-05-23

**Cunard Junior High Total Individual Entries: 9 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Dartmouth High (DHS)**

1. Cleo Armstrong - Female - Comp#: 215 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.26m	1/4	2018-05-24
2. Allison Carter - Female - Comp#: 216 - Ind/Rel: 3 / 0 #17 Girls 100 Meter Dash Senior Prelims	13.74	1/3	2018-05-23
#59 Girls Long Jump Senior	4.06m	1/13	2018-05-24
#71 Girls Triple Jump Senior	9.06m	1/7	2018-05-23
3. Evan Dasilva - Male - Comp#: 217 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	10.97m	1/13	2018-05-24
4. Julia Dunbar - Female - Comp#: 218 - Ind/Rel: 2 / 0 #59 Girls Long Jump Senior	4.40m	1/14	2018-05-24
#71 Girls Triple Jump Senior	9.70m	1/4	2018-05-23
5. Evan Fingerhut - Male - Comp#: 219 - Ind/Rel: 1 / 0 #46 Boys 3000 Meter Run Intermediate	11:06.71	1/6	2018-05-24
6. Macy Giles - Female - Comp#: 220 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	13:30.94	1/13	2018-05-24
7. Keegan Hammond - Male - Comp#: 221 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	57.37	1/3	2018-05-23
8. Ben Harrington - Male - Comp#: 222 - Ind/Rel: 3 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	11.77	1/2	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	23.72	2/2	2018-05-24
#58 Boys Long Jump Intermediate	5.62m	1/17	2018-05-23
9. Grace Hartlen - Female - Comp#: 223 - Ind/Rel: 3 / 0 #57 Girls Long Jump Intermediate	3.93m	1/3	2018-05-24
#75 Girls Shot Put 4kg Intermediate	6.27m	1/2	2018-05-24
#97 Girls Javelin Throw 500g Intermediate	19.81m	1/3	2018-05-24
10. Graeme Jarrett - Male - Comp#: 224 - Ind/Rel: 3 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.44	3/2	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	25.45	1/1	2018-05-24
#103 Boys Javelin Throw 700g Intermediate	28.73m	1/2	2018-05-23
11. Meghan Johnston - Female - Comp#: 225 - Ind/Rel: 2 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:10.45	1/3	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	31.09	3/2	2018-05-24
12. Annique Lezama - Female - Comp#: 226 - Ind/Rel: 1 / 0 #2 Girls 80 Meter Hurdles 33" Intermediate Prelims	17.18	1/7	2018-05-23
13. Greg Mayo - Male - Comp#: 227 - Ind/Rel: 3 / 0 #60 Boys Long Jump Senior	5.06m	1/5	2018-05-23
#66 Boys High Jump Senior	1.40m	1/7	2018-05-24
#72 Boys Triple Jump Senior	10.88m	1/5	2018-05-24
14. Veronica Mazzoleni - Female - Comp#: 228 - Ind/Rel: 3 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims	15.84	2/1	2018-05-23
#59 Girls Long Jump Senior	4.24m	1/17	2018-05-24
#65 Girls High Jump Senior	1.53m	1/2	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Dartmouth High (DHS)**

15.	Fiona McDermid - Female - Comp#: 229 - Ind/Rel: 3 / 0			
	#9 Girls 400 Meter Dash Intermediate Prelims	1:08.84	2/8	2018-05-23
	#21 Girls 1500 Meter Run Intermediate	5:58.95	1/15	2018-05-23
	#33 Girls 800 Meter Run Intermediate	2:49.66	1/13	2018-05-24
16.	Dylan McKeen - Male - Comp#: 230 - Ind/Rel: 1 / 0			
	#115 Boys Javelin Throw 800g Senior	24.36m	1/7	2018-05-23
17.	Rene Menard - Male - Comp#: 231 - Ind/Rel: 3 / 0			
	#123 Boys 100 Meter Dash Special Senior	12.73	2/7	2018-05-23
	#127 Boys Shot Put 4kg-3 throws Special Senior	5.96m	1/13	2018-05-23
	#131 Boys Long Jump 3 jumps only Special Senior	3.68m	1/15	2018-05-23
18.	Jeviel Merrick - Male - Comp#: 232 - Ind/Rel: 3 / 0			
	#123 Boys 100 Meter Dash Special Senior	11.13	2/8	2018-05-23
	#127 Boys Shot Put 4kg-3 throws Special Senior	7.18m	1/14	2018-05-23
	#131 Boys Long Jump 3 jumps only Special Senior	3.78m	1/16	2018-05-23
19.	Tyler Myers - Male - Comp#: 233 - Ind/Rel: 2 / 0			
	#22 Boys 1500 Meter Run Intermediate	4:55.59	1/13	2018-05-23
	#46 Boys 3000 Meter Run Intermediate	10:39.05	1/10	2018-05-24
20.	Seth Night - Male - Comp#: 234 - Ind/Rel: 3 / 0			
	#16 Boys 100 Meter Dash Intermediate Prelims	12.60	1/5	2018-05-23
	#28 Boys 200 Meter Dash Intermediate Prelims	24.74	3/4	2018-05-24
	#58 Boys Long Jump Intermediate	5.36m	1/12	2018-05-23
21.	Ben Perry - Male - Comp#: 235 - Ind/Rel: 1 / 0			
	#123 Boys 100 Meter Dash Special Senior	14.03	2/6	2018-05-23
22.	Liam Ring - Male - Comp#: 236 - Ind/Rel: 1 / 0			
	#82 Boys Discus Throw 1.5kg Intermediate	19.03m	1/14	2018-05-24
23.	Kevin Robers - Male - Comp#: 237 - Ind/Rel: 1 / 0			
	#82 Boys Discus Throw 1.5kg Intermediate	19.95m	1/6	2018-05-24
24.	Merrick Seidel - Male - Comp#: 238 - Ind/Rel: 2 / 0			
	#6 Boys 100 Meter Hurdles 39" Senior Prelims	20.82	1/4	2018-05-23
	#66 Boys High Jump Senior	1.55m	1/3	2018-05-24
25.	Kieran Sharpe - Male - Comp#: 239 - Ind/Rel: 2 / 0			
	#22 Boys 1500 Meter Run Intermediate	4:59.24	1/16	2018-05-23
	#46 Boys 3000 Meter Run Intermediate	11:06.64	1/12	2018-05-24
26.	Calem Thompson - Male - Comp#: 240 - Ind/Rel: 1 / 0			
	#60 Boys Long Jump Senior	5.55m	1/7	2018-05-23
27.	Faith Unknown - Female - Comp#: 241 - Ind/Rel: 1 / 0			
	#138 Girls 50 Meter Dash Spe Ath only WC Wheelchai	10.16	1/2	2018-05-23
28.	Daniel Velocci - Male - Comp#: 242 - Ind/Rel: 2 / 0			
	#78 Boys Shot Put 6kg Senior	10.36m	1/4	2018-05-23
	#115 Boys Javelin Throw 800g Senior	2.80m	1/2	2018-05-23
29.	Gaby Young - Female - Comp#: 243 - Ind/Rel: 2 / 0			
	#122 Girls 100 Meter Dash Special Senior	19.89	1/1	2018-05-23
	#126 Girls Shot Put 3kg-3 throws Special Senior	3.33m	1/4	2018-05-23
1.	Dartmouth High - 'A'			
	#40 Boys 4x100 Meter Relay Intermediate	47.80	1/6	2018-05-24





2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Dartmouth High (DHS)**

2.	Dartmouth High - 'A'				
	#41 Girls 4x100 Meter Relay Senior	59.11	1/3		2018-05-24
3.	Dartmouth High - 'A'				
	#42 Boys 4x100 Meter Relay Senior	48.68	1/2		2018-05-24
4.	Dartmouth High - 'A'				
	#52 Boys 4x400 Meter Relay Intermediate	3:52.74	1/8		2018-05-24

**Dartmouth High Total Individual Entries: 56 - Total Relays: 4**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

Eastern Passage Ed. Ctr. (EPEC)

1. Hayden Bartoch - Male - Comp#: 244 - Ind/Rel: 3 / 0			
#22 Boys 1500 Meter Run Intermediate	4:55.78	1/12	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:23.65	1/15	2018-05-24
#46 Boys 3000 Meter Run Intermediate	10:33.51	1/13	2018-05-24
2. Heidi Bartoch - Female - Comp#: 245 - Ind/Rel: 1 / 0			
#43 Girls 3000 Meter Run Junior	12:51.60	1/10	2018-05-24
3. Zach Cenerini - Male - Comp#: 246 - Ind/Rel: 1 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:04.70	2/8	2018-05-23
4. Choosen Lokombe - Male - Comp#: 247 - Ind/Rel: 2 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.90	2/8	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	26.99	2/8	2018-05-24
5. Alex MacDonald - Male - Comp#: 248 - Ind/Rel: 1 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	18.84	1/6	2018-05-23
6. Monica Oliver - Female - Comp#: 756 - Ind/Rel: 1 / 0			
#63 Girls High Jump Intermediate	1.25m	1/7	2018-05-23
7. Paris Orser - Female - Comp#: 249 - Ind/Rel: 2 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	17.40	1/8	2018-05-23
#21 Girls 1500 Meter Run Intermediate	6:11.08	1/13	2018-05-23
1. Eastern Passage Ed. Ctr. - 'A'			
#38 Boys 4x100 Meter Relay Junior	54.21	2/2	2018-05-24
2. Eastern Passage Ed. Ctr. - 'A'			
#50 Boys 4x400 Meter Relay Junior	4:48.65	1/6	2018-05-24

Eastern Passage Ed. Ctr. Total Individual Entries: 11 - Total Relays: 2



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Eastern Shore District High (ESDH)**

- |  |                         |                          |
|--|-------------------------|--------------------------|
| 1. Georgia Bagnell - Female - Comp#: 250 - Ind/Rel: 1 / 0<br>#109 Girls Javelin Throw 600g Senior                    | 23.24m 1/7              | 2018-05-24               |
| 2. Sam Caya - Male - Comp#: 251 - Ind/Rel: 2 / 0<br>#66 Boys High Jump Senior<br>#115 Boys Javelin Throw 800g Senior | 1.50m 1/8<br>23.13m 1/1 | 2018-05-24<br>2018-05-23 |
| 3. Brianna Ferguson - Female - Comp#: 252 - Ind/Rel: 1 / 0<br>#109 Girls Javelin Throw 600g Senior                   | 18.19m 1/2              | 2018-05-24               |

**Eastern Shore District High Total Individual Entries: 4 - Total Relays: 0**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Ecole du Carrefour (EDCA)**

1. Caleb Baurin - Male - Comp#: 253 - Ind/Rel: 2 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	12.50	2/4	2018-05-23
#58 Boys Long Jump Intermediate	5.58m	1/16	2018-05-23
2. Yanick Boudreau - Male - Comp#: 254 - Ind/Rel: 2 / 0			
#24 Boys 1500 Meter Run Senior	5:06.15	1/9	2018-05-23
#48 Boys 3000 Meter Run Senior	11:08.84	1/1	2018-05-24
3. Austin Buckley Richardson - Male - Comp#: 255 - Ind/Rel: 1 / 0			
#64 Boys High Jump Intermediate	1.50m	1/9	2018-05-24
4. Patrick Deveau - Male - Comp#: 256 - Ind/Rel: 1 / 0			
#24 Boys 1500 Meter Run Senior	5:08.46	1/10	2018-05-23
5. Xender Devine - Male - Comp#: 257 - Ind/Rel: 1 / 0			
#20 Boys 1500 Meter Run Junior	5:14.29	1/6	2018-05-23
6. Rachel Markert - Female - Comp#: 258 - Ind/Rel: 1 / 0			
#63 Girls High Jump Intermediate	1.25m	1/4	2018-05-23
7. Jacqueline Moore - Female - Comp#: 259 - Ind/Rel: 1 / 0			
#31 Girls 800 Meter Run Junior	2:39.22	1/6	2018-05-24
8. Joey Njeim - Male - Comp#: 260 - Ind/Rel: 1 / 0			
#48 Boys 3000 Meter Run Senior	11:36.64	1/8	2018-05-24
9. Gabriel Verville - Male - Comp#: 261 - Ind/Rel: 2 / 0			
#76 Boys Shot Put 5kg Intermediate	9.93m	1/14	2018-05-23
#82 Boys Discus Throw 1.5kg Intermediate	23.44m	1/15	2018-05-24

**Ecole du Carrefour Total Individual Entries: 12 - Total Relays: 0**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Ecole du Sommet (SOMM)**

1. Nicolas Beaulieu - Male - Comp#: 262 - Ind/Rel: 2 / 0			
#18 Boys 100 Meter Dash Senior Prelims	11.05	3/3	2018-05-23
#60 Boys Long Jump Senior	6.08m	1/17	2018-05-23
2. Sarah Boudreau - Female - Comp#: 263 - Ind/Rel: 1 / 0			
#59 Girls Long Jump Senior	3.37m	1/7	2018-05-24
3. Austin Conrad - Male - Comp#: 264 - Ind/Rel: 3 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	16.71	2/3	2018-05-23
#56 Boys Long Jump Junior	5.02m	1/10	2018-05-23
#62 Boys High Jump Junior	1.56m	1/4	2018-05-24
4. Aiden Denis - Male - Comp#: 265 - Ind/Rel: 2 / 0			
#26 Boys 200 Meter Dash Junior Prelims	27.72	1/1	2018-05-24
#62 Boys High Jump Junior	1.45m	1/9	2018-05-24
5. Anne-Sophie Le Rudulier - Female - Comp#: 266 - Ind/Rel: 1 / 0			
#19 Girls 1500 Meter Run Junior	5:41.61	1/1	2018-05-23
6. Aiden Robart-Murray - Male - Comp#: 267 - Ind/Rel: 1 / 0			
#24 Boys 1500 Meter Run Senior	5:08.86	1/12	2018-05-23
7. Jackie Spearns - Male - Comp#: 268 - Ind/Rel: 1 / 0			
#46 Boys 3000 Meter Run Intermediate	11:10.91	1/14	2018-05-24
1. Ecole du Sommet - 'A'			
#42 Boys 4x100 Meter Relay Senior	51.67	1/1	2018-05-24
2. Ecole du Sommet - 'A'			
#54 Boys 4x400 Meter Relay Senior	4:23.69	1/3	2018-05-24

**Ecole du Sommet Total Individual Entries: 11 - Total Relays: 2**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Elizabeth Sutherland (ELS)**

1. Maclean Crowdis - Female - Comp#: 269 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	16.95m	1/2	2018-05-24
2. Steven Dockerty - Male - Comp#: 270 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	10.30m	1/10	2018-05-23
3. Beth Ejigu - Female - Comp#: 271 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.32m	1/14	2018-05-23
4. Miranda Garvey - Female - Comp#: 272 - Ind/Rel: 2 / 0 #55 Girls Long Jump Junior #61 Girls High Jump Junior	4.20m 1.20m	1/12 1/8	2018-05-24 2018-05-23
5. Alex Godsoe - Female - Comp#: 273 - Ind/Rel: 2 / 0 #73 Girls Shot Put 3kg Junior #79 Girls Discus Throw 0.75kg Junior	7.44m 18.17m	1/9 1/5	2018-05-24 2018-05-23
6. Quinn Hansen - Male - Comp#: 274 - Ind/Rel: 1 / 0 #5 Boys 100 Meter Hurdles 36" Intermediate Prelims	20.71	2/2	2018-05-23
7. Brett Hopkins - Male - Comp#: 275 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	8.85m	1/16	2018-05-23
8. Roman Joseph - Male - Comp#: 276 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	7.14m	1/5	2018-05-23
9. Breagh Langille - Female - Comp#: 277 - Ind/Rel: 1 / 0 #2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.96	2/4	2018-05-23
10. Avery Macissac - Female - Comp#: 278 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	18.20m	1/2	2018-05-23
11. Zoe Pingert - Female - Comp#: 279 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	19.27m	1/6	2018-05-24
12. Brendan Richards - Male - Comp#: 280 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	22.56m	1/1	2018-05-23
13. Keeghan Williams - Male - Comp#: 281 - Ind/Rel: 2 / 0 #5 Boys 100 Meter Hurdles 36" Intermediate Prelims #64 Boys High Jump Intermediate	19.89 1.50m	2/8 1/6	2018-05-23 2018-05-24
1. Elizabeth Sutherland - 'A' #49 Girls 4x400 Meter Relay Junior	5:34.48	1/4	2018-05-24

**Elizabeth Sutherland Total Individual Entries: 16 - Total Relays: 1**



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Ellenvale Junior High (ELLN)**

1. Liam Elliott - Male - Comp#: 282 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:26.08	1/11	2018-05-24
2. Lillian Gibson - Female - Comp#: 283 - Ind/Rel: 1 / 0 #2 Girls 80 Meter Hurdles 33" Intermediate Prelims	17.08	2/3	2018-05-23
3. Daniel Pike - Male - Comp#: 284 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:30.51	1/12	2018-05-24
4. Matthew Rushton - Male - Comp#: 285 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	20.66m	1/4	2018-05-24

**Ellenvale Junior High Total Individual Entries: 4 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Fairview Junior High (FAIR)**

1. Abdullah Abdull Wahid - Male - Comp#: 286 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	22.29m	1/3	2018-05-23
2. Ava Aucoin - Female - Comp#: 287 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	12:51.20	1/16	2018-05-24
3. Sammie Balfour - Female - Comp#: 288 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	17.86m	1/1	2018-05-24
4. Mia Bauld - Female - Comp#: 289 - Ind/Rel: 4 / 0 #7 Girls 400 Meter Dash Junior Prelims #13 Girls 100 Meter Dash Junior Prelims #25 Girls 200 Meter Dash Junior Prelims #55 Girls Long Jump Junior	1:07.06 14.20 29.97 3.80m	1/3 1/5 1/7 1/3	2018-05-23 2018-05-23 2018-05-24 2018-05-24
5. Connor Burke - Male - Comp#: 290 - Ind/Rel: 1 / 0 #125 Boys Shot Put 4kg-3 throws Special Junior	2.68m	1/1	2018-05-23
6. Braydon Connolly - Male - Comp#: 291 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	8.76m	1/11	2018-05-23
7. Katerina Daniel - Female - Comp#: 292 - Ind/Rel: 2 / 0 #25 Girls 200 Meter Dash Junior Prelims #61 Girls High Jump Junior	30.91 1.25m	2/1 1/1	2018-05-24 2018-05-23
8. Paige Dorey - Female - Comp#: 293 - Ind/Rel: 2 / 0 #21 Girls 1500 Meter Run Intermediate #45 Girls 3000 Meter Run Intermediate	5:58.06 13:03.96	1/6 1/11	2018-05-23 2018-05-24
9. Kaitlyn Drapeau - Female - Comp#: 294 - Ind/Rel: 3 / 0 #120 Girls 100 Meter Dash Special Junior #124 Girls Shot Put 3kg-3 throws Special Junior #128 Girls Long Jump 3 jumps only Special Junior	19.67 3.41m 1.38m	1/3 1/6 1/3	2018-05-23 2018-05-23 2018-05-23
10. Desmond Eboigbe - Male - Comp#: 295 - Ind/Rel: 2 / 0 #14 Boys 100 Meter Dash Junior Prelims #68 Boys Triple Jump Junior	13.26 9.71m	1/8 1/10	2018-05-23 2018-05-24
11. Dylan Gerrior - Male - Comp#: 296 - Ind/Rel: 2 / 0 #74 Boys Shot Put 4kg Junior #91 Boys Javelin Throw 600g Junior	9.02m 22.33m	1/2 1/2	2018-05-23 2018-05-23
12. Quinton Goodwin - Male - Comp#: 297 - Ind/Rel: 4 / 0 #56 Boys Long Jump Junior #62 Boys High Jump Junior #68 Boys Triple Jump Junior #74 Boys Shot Put 4kg Junior	4.27m 1.45m 9.35m 7.82m	1/8 1/11 1/7 1/3	2018-05-23 2018-05-24 2018-05-24 2018-05-23
13. Robin Gumsey - Female - Comp#: 298 - Ind/Rel: 2 / 0 #31 Girls 800 Meter Run Junior #67 Girls Triple Jump Junior	2:44.69 8.26m	1/3 1/8	2018-05-24 2018-05-23
14. Ahmad Harhash - Male - Comp#: 299 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Special Junior #125 Boys Shot Put 4kg-3 throws Special Junior #129 Boys Long Jump 3 jumps only Special Junior	14.04 3.37m 2.23m	1/4 1/2 1/2	2018-05-23 2018-05-23 2018-05-23
15. Josh Hatfield - Male - Comp#: 300 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	31.77m	1/14	2018-05-23





## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Fairview Junior High (FAIR)**

16. Brooke Henderson - Female - Comp#: 301 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	8.05m	1/2	2018-05-23
17. Taylor Jeffrey - Female - Comp#: 302 - Ind/Rel: 2 / 0 #73 Girls Shot Put 3kg Junior	7.58m	1/10	2018-05-24
#85 Girls Javelin Throw 400g Junior	18.13m	1/5	2018-05-24
18. Haley King - Female - Comp#: 303 - Ind/Rel: 3 / 0 #73 Girls Shot Put 3kg Junior	7.95m	1/15	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	17.92m	1/12	2018-05-23
#85 Girls Javelin Throw 400g Junior	18.83m	1/6	2018-05-24
19. Mya Kolanko - Female - Comp#: 304 - Ind/Rel: 4 / 0 #13 Girls 100 Meter Dash Junior Prelims	14.48	2/7	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	30.80	1/4	2018-05-24
#61 Girls High Jump Junior	1.25m	1/7	2018-05-23
#67 Girls Triple Jump Junior	8.64m	1/12	2018-05-23
20. Samyah Landry - Female - Comp#: 305 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.25m	1/11	2018-05-23
21. Sarah Lelievre - Female - Comp#: 306 - Ind/Rel: 2 / 0 #120 Girls 100 Meter Dash Special Junior	24.68	1/1	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	3.05m	1/5	2018-05-23
22. Chantell Lindo - Female - Comp#: 307 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	8.10m	1/6	2018-05-24
23. Andrew Lordon - Male - Comp#: 308 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	21.06	1/8	2018-05-23
24. Matthew MacDonald - Male - Comp#: 309 - Ind/Rel: 4 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	NT	2/5	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	NT	2/6	2018-05-24
#58 Boys Long Jump Intermediate	4.45m	1/1	2018-05-23
#76 Boys Shot Put 5kg Intermediate	ND	1/1	2018-05-23
25. Gillian Macsween - Female - Comp#: 310 - Ind/Rel: 2 / 0 #75 Girls Shot Put 4kg Intermediate	6.84m	1/9	2018-05-24
#81 Girls Discus Throw 1kg Intermediate	18.23m	1/7	2018-05-23
26. Josh Martin Martin - Male - Comp#: 311 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	28.18m	1/5	2018-05-24
27. Ryan McCullough - Male - Comp#: 312 - Ind/Rel: 4 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:04.34	1/5	2018-05-23
#20 Boys 1500 Meter Run Junior	5:12.05	1/15	2018-05-23
#32 Boys 800 Meter Run Junior	2:29.56	1/15	2018-05-24
#44 Boys 3000 Meter Run Junior	11:01.68	1/4	2018-05-24
28. Grace McNutt - Female - Comp#: 313 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.90m	1/2	2018-05-24
29. Mandy Milton - Female - Comp#: 314 - Ind/Rel: 1 / 0 #25 Girls 200 Meter Dash Junior Prelims	29.83	1/6	2018-05-24
30. Alex Needler - Male - Comp#: 315 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.55m	1/7	2018-05-24



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Fairview Junior High (FAIR)**

31.	Shane Nicholson - Male - Comp#: 316 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	22.35m	1/8	2018-05-24
32.	Adrian Pagela - Male - Comp#: 317 - Ind/Rel: 2 / 0 #14 Boys 100 Meter Dash Junior Prelims #26 Boys 200 Meter Dash Junior Prelims	12.69 26.37	1/1 1/6	2018-05-23 2018-05-24
33.	Malcolm Pitman - Male - Comp#: 318 - Ind/Rel: 2 / 0 #8 Boys 400 Meter Dash Junior Prelims #32 Boys 800 Meter Run Junior	1:04.36 2:30.01	2/7 1/8	2018-05-23 2018-05-24
34.	Justis Robinson - Male - Comp#: 319 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Special Junior #125 Boys Shot Put 4kg-3 throws Special Junior #129 Boys Long Jump 3 jumps only Special Junior	14.39 3.50m 1.40m	1/5 1/3 1/1	2018-05-23 2018-05-23 2018-05-23
35.	Emma Salah - Female - Comp#: 320 - Ind/Rel: 2 / 0 #120 Girls 100 Meter Dash Special Junior #124 Girls Shot Put 3kg-3 throws Special Junior	29.07 2.13m	1/2 1/4	2018-05-23 2018-05-23
36.	Ashlynn Slaunwhite - Female - Comp#: 321 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	7.82m	1/5	2018-05-23
37.	Sara Wickens - Female - Comp#: 322 - Ind/Rel: 2 / 0 #79 Girls Discus Throw 0.75kg Junior #85 Girls Javelin Throw 400g Junior	18.80m 22.39m	1/1 1/11	2018-05-23 2018-05-24
1.	Fairview Junior High - 'A' #37 Girls 4x100 Meter Relay Junior	57.15	1/4	2018-05-24
2.	Fairview Junior High - 'A' #38 Boys 4x100 Meter Relay Junior	NT	1/4	2018-05-24
3.	Fairview Junior High - 'A' #49 Girls 4x400 Meter Relay Junior	4:49.80	1/7	2018-05-24
4.	Fairview Junior High - 'A' #50 Boys 4x400 Meter Relay Junior	4:38.83	1/5	2018-05-24

**Fairview Junior High Total Individual Entries: 72 - Total Relays: 4**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Five Bridges Junior High (FBJH)**

1. Gabby Alberts - Female - Comp#: 323 - Ind/Rel: 3 / 0			
#19 Girls 1500 Meter Run Junior	5:42.98	1/8	2018-05-23
#31 Girls 800 Meter Run Junior	2:47.30	1/13	2018-05-24
#43 Girls 3000 Meter Run Junior	12:42.69	1/7	2018-05-24
2. Torii Barnard - Male - Comp#: 324 - Ind/Rel: 1 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	21.27	2/1	2018-05-23
3. Shanyin Bleeker - Female - Comp#: 325 - Ind/Rel: 1 / 0			
#25 Girls 200 Meter Dash Junior Prelims	28.67	1/1	2018-05-24
4. Virginia Boone - Female - Comp#: 326 - Ind/Rel: 2 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.96	1/6	2018-05-23
#63 Girls High Jump Intermediate	1.25m	1/1	2018-05-23
5. Kian Bowie - Male - Comp#: 327 - Ind/Rel: 1 / 0			
#64 Boys High Jump Intermediate	1.70m	1/16	2018-05-24
6. Kieran Edison - Male - Comp#: 328 - Ind/Rel: 1 / 0			
#68 Boys Triple Jump Junior	8.94m	1/4	2018-05-24
7. Nick Ferguson - Male - Comp#: 329 - Ind/Rel: 1 / 0			
#91 Boys Javelin Throw 600g Junior	23.26m	1/8	2018-05-23
8. Sydney Foran - Female - Comp#: 330 - Ind/Rel: 2 / 0			
#63 Girls High Jump Intermediate	1.25m	1/3	2018-05-23
#69 Girls Triple Jump Intermediate	8.31m	1/10	2018-05-23
9. Kennedy MacDonald - Female - Comp#: 331 - Ind/Rel: 1 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.51	1/5	2018-05-23
10. Nathan Machardie - Male - Comp#: 332 - Ind/Rel: 1 / 0			
#68 Boys Triple Jump Junior	8.92m	1/5	2018-05-24
11. Bridget MacLean - Female - Comp#: 333 - Ind/Rel: 1 / 0			
#45 Girls 3000 Meter Run Intermediate	15:29.51	1/6	2018-05-24
12. Isaiah Manuel - Male - Comp#: 334 - Ind/Rel: 1 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	20.68	1/7	2018-05-23
13. Katherine Merlin - Female - Comp#: 335 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:11.89	1/2	2018-05-23
#57 Girls Long Jump Intermediate	4.36m	1/14	2018-05-24
14. Rylee Mills - Female - Comp#: 336 - Ind/Rel: 2 / 0			
#81 Girls Discus Throw 1kg Intermediate	18.81m	1/9	2018-05-23
#97 Girls Javelin Throw 500g Intermediate	22.40m	1/10	2018-05-24
15. Eddie Schmuland - Male - Comp#: 337 - Ind/Rel: 2 / 0			
#20 Boys 1500 Meter Run Junior	5:17.08	1/8	2018-05-23
#32 Boys 800 Meter Run Junior	2:33.59	1/7	2018-05-24
16. Sydney Schwartz - Female - Comp#: 338 - Ind/Rel: 1 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.07	2/6	2018-05-23
17. Adam Shaw - Male - Comp#: 339 - Ind/Rel: 1 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	19.46	2/3	2018-05-23
18. Kelvin Spires - Male - Comp#: 340 - Ind/Rel: 1 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	20.69	2/6	2018-05-23
19. Issac Webb - Male - Comp#: 341 - Ind/Rel: 1 / 0			
#74 Boys Shot Put 4kg Junior	9.85m	1/13	2018-05-23



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

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**Five Bridges Junior High (FBJH)**

1. Five Bridges Junior High - 'A'  
#51 Girls 4x400 Meter Relay Intermediate 5:25.55 1/8 2018-05-24

**Five Bridges Junior High Total Individual Entries: 26 - Total Relays: 1**



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Gaetzbrook (GAET)**

1. Grace Firth - Female - Comp#: 342 - Ind/Rel: 2 / 0			
#21 Girls 1500 Meter Run Intermediate	6:20.72	1/12	2018-05-23
#45 Girls 3000 Meter Run Intermediate	14:02.99	1/12	2018-05-24
2. Kalyn O'Connell - Female - Comp#: 343 - Ind/Rel: 2 / 0			
#21 Girls 1500 Meter Run Intermediate	6:22.89	1/16	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:50.41	1/14	2018-05-24
<b>Gaetzbrook Total Individual Entries: 4 - Total Relays: 0</b>			



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**George P. Vanier Junior High (VAN)**

1. Sam Amirault - Male - Comp#: 344 - Ind/Rel: 2 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.93	1/3	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	27.13	2/1	2018-05-24
2. Mya Archibald - Female - Comp#: 345 - Ind/Rel: 3 / 0			
#13 Girls 100 Meter Dash Junior Prelims	13.56	1/7	2018-05-23
#55 Girls Long Jump Junior	3.86m	1/6	2018-05-24
#61 Girls High Jump Junior	1.46m	1/16	2018-05-23
3. Lucy Boudreau - Female - Comp#: 346 - Ind/Rel: 1 / 0			
#31 Girls 800 Meter Run Junior	2:48.40	1/9	2018-05-24
4. Meagan Brown - Female - Comp#: 347 - Ind/Rel: 1 / 0			
#85 Girls Javelin Throw 400g Junior	21.60m	1/13	2018-05-24
5. Haydn Bures - Male - Comp#: 348 - Ind/Rel: 1 / 0			
#62 Boys High Jump Junior	1.45m	1/14	2018-05-24
6. Shane Burton - Male - Comp#: 349 - Ind/Rel: 2 / 0			
#74 Boys Shot Put 4kg Junior	10.85m	1/7	2018-05-23
#91 Boys Javelin Throw 600g Junior	25.58m	1/13	2018-05-23
7. Georgia Carr-McEachern - Female - Comp#: 350 - Ind/Rel: 3 / 0			
#19 Girls 1500 Meter Run Junior	5:47.00	1/12	2018-05-23
#31 Girls 800 Meter Run Junior	2:39.14	1/7	2018-05-24
#55 Girls Long Jump Junior	3.92m	1/9	2018-05-24
8. Lochlen Chaisson - Male - Comp#: 351 - Ind/Rel: 3 / 0			
#20 Boys 1500 Meter Run Junior	5:26.71	1/12	2018-05-23
#32 Boys 800 Meter Run Junior	2:38.56	1/14	2018-05-24
#68 Boys Triple Jump Junior	9.49m	1/12	2018-05-24
9. Ryan Clarke - Male - Comp#: 352 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	22.11m	1/15	2018-05-24
10. Emma Crowe - Female - Comp#: 353 - Ind/Rel: 2 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.20	1/4	2018-05-23
#67 Girls Triple Jump Junior	8.99m	1/11	2018-05-23
11. Emily Dodge - Female - Comp#: 354 - Ind/Rel: 4 / 0			
#55 Girls Long Jump Junior	3.95m	1/11	2018-05-24
#67 Girls Triple Jump Junior	8.21m	1/15	2018-05-23
#73 Girls Shot Put 3kg Junior	7.39m	1/3	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	19.05m	1/3	2018-05-23
12. Isabel Gonsalves - Female - Comp#: 355 - Ind/Rel: 3 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.76	1/5	2018-05-23
#7 Girls 400 Meter Dash Junior Prelims	1:06.48	2/5	2018-05-23
#67 Girls Triple Jump Junior	8.82m	1/6	2018-05-23
13. Monica Johnston - Female - Comp#: 356 - Ind/Rel: 2 / 0			
#43 Girls 3000 Meter Run Junior	13:08.65	1/14	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	18.42m	1/14	2018-05-23
14. Juliana Lawrence - Female - Comp#: 357 - Ind/Rel: 2 / 0			
#73 Girls Shot Put 3kg Junior	7.32m	1/5	2018-05-24
#85 Girls Javelin Throw 400g Junior	22.78m	1/16	2018-05-24



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**George P. Vanier Junior High (VAN)**

15. Holly Legere - Female - Comp#: 358 - Ind/Rel: 3 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.25	2/4	2018-05-23
#7 Girls 400 Meter Dash Junior Prelims	1:09.94	1/1	2018-05-23
#67 Girls Triple Jump Junior	8.47m	1/14	2018-05-23
16. Nathan Legere - Male - Comp#: 359 - Ind/Rel: 2 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:06.26	2/1	2018-05-23
#32 Boys 800 Meter Run Junior	2:38.04	1/6	2018-05-24
17. Jessica MacDonald - Female - Comp#: 360 - Ind/Rel: 1 / 0			
#61 Girls High Jump Junior	1.40m	1/12	2018-05-23
18. Colin McKenna - Male - Comp#: 361 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	22.78m	1/7	2018-05-24
19. Charlotte McLaren - Female - Comp#: 362 - Ind/Rel: 2 / 0			
#120 Girls 100 Meter Dash Special Junior	47.67	2/1	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	1.68m	1/10	2018-05-23
20. Nuria Mestres-Wyenberg - Female - Comp#: 363 - Ind/Rel: 1 / 0			
#61 Girls High Jump Junior	1.25m	1/5	2018-05-23
21. Jacob Murray - Male - Comp#: 364 - Ind/Rel: 2 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	20.08	2/2	2018-05-23
#68 Boys Triple Jump Junior	9.00m	1/9	2018-05-24
22. Will Murray - Male - Comp#: 365 - Ind/Rel: 3 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	20.30	1/5	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	27.70	1/8	2018-05-24
#91 Boys Javelin Throw 600g Junior	25.51m	1/12	2018-05-23
23. Thomas Smith - Male - Comp#: 366 - Ind/Rel: 1 / 0			
#91 Boys Javelin Throw 600g Junior	32.43m	1/11	2018-05-23
24. Kyle Teed - Male - Comp#: 367 - Ind/Rel: 1 / 0			
#91 Boys Javelin Throw 600g Junior	23.81m	1/15	2018-05-23
25. Molly White - Female - Comp#: 368 - Ind/Rel: 5 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.18	2/5	2018-05-23
#61 Girls High Jump Junior	1.35m	1/15	2018-05-23
#73 Girls Shot Put 3kg Junior	7.23m	1/7	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	24.08m	1/17	2018-05-23
#85 Girls Javelin Throw 400g Junior	16.13m	1/9	2018-05-24
26. Jacob Wong - Male - Comp#: 369 - Ind/Rel: 1 / 0			
#62 Boys High Jump Junior	1.50m	1/17	2018-05-24
1. George P. Vanier Junior High - 'A'			
#37 Girls 4x100 Meter Relay Junior	55.69	1/3	2018-05-24
2. George P. Vanier Junior High - 'A'			
#38 Boys 4x100 Meter Relay Junior	54.49	1/2	2018-05-24
3. George P. Vanier Junior High - 'A'			
#49 Girls 4x400 Meter Relay Junior	4:42.70	1/8	2018-05-24
4. George P. Vanier Junior High - 'A'			
#50 Boys 4x400 Meter Relay Junior	4:42.32	1/3	2018-05-24

**George P. Vanier Junior High Total Individual Entries: 53 - Total Relays: 4**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Gorsebrook Junior High (GOR)**

1. Saul Chernin - Male - Comp#: 370 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	9.96m	1/1	2018-05-24
2. Ty Jones - Male - Comp#: 371 - Ind/Rel: 1 / 0 #56 Boys Long Jump Junior	4.46m	1/14	2018-05-23
3. Christina Kim - Female - Comp#: 372 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	7.25m	1/15	2018-05-24
4. Prem Kundhi - Male - Comp#: 373 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.45m	1/4	2018-05-24
5. Annabelle Lendrum-Harnish - Female - Comp#: 374 - Ind/Rel: 3 / 0 #25 Girls 200 Meter Dash Junior Prelims	30.36	1/3	2018-05-24
#55 Girls Long Jump Junior	4.01m	1/4	2018-05-24
#61 Girls High Jump Junior	1.25m	1/4	2018-05-23
6. Bryan McFarland - Male - Comp#: 375 - Ind/Rel: 3 / 0 #58 Boys Long Jump Intermediate	5.08m	1/8	2018-05-23
#64 Boys High Jump Intermediate	1.45m	1/1	2018-05-24
#70 Boys Triple Jump Intermediate	9.69m	1/14	2018-05-24
1. Gorsebrook Junior High - 'A' #37 Girls 4x100 Meter Relay Junior	57.43	1/5	2018-05-24
2. Gorsebrook Junior High - 'A' #38 Boys 4x100 Meter Relay Junior	56.51	1/1	2018-05-24
3. Gorsebrook Junior High - 'A' #51 Girls 4x400 Meter Relay Intermediate	4:45.81	1/4	2018-05-24

**Gorsebrook Junior High Total Individual Entries: 10 - Total Relays: 3**





2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Graham Creighton Junior High (GCJH)**

1.	Burrell Atkinson - Male - Comp#: 376 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.55m	1/2	2018-05-24
2.	Emily Ayer - Female - Comp#: 377 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	7.12m	1/10	2018-05-24
3.	Zion Brown - Male - Comp#: 378 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	20.48	1/2	2018-05-23
4.	Theo Dewolfe - Male - Comp#: 379 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Special Junior #125 Boys Shot Put 4kg-3 throws Special Junior #129 Boys Long Jump 3 jumps only Special Junior	12.54 4.18m 2.48m	2/4 1/8 1/5	2018-05-23 2018-05-23 2018-05-23
5.	Tyrese Dewolfe - Male - Comp#: 380 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Special Junior #125 Boys Shot Put 4kg-3 throws Special Junior #129 Boys Long Jump 3 jumps only Special Junior	13.64 5.28m 1.99m	2/3 1/10 1/3	2018-05-23 2018-05-23 2018-05-23
6.	Elena Egamino - Female - Comp#: 381 - Ind/Rel: 1 / 0 #2 Girls 80 Meter Hurdles 33" Intermediate Prelims	18.03	2/7	2018-05-23
7.	Asia Franics - Female - Comp#: 382 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.40m	1/10	2018-05-23
8.	Trevelle Johnson - Male - Comp#: 383 - Ind/Rel: 1 / 0 #129 Boys Long Jump 3 jumps only Special Junior	1.50m	1/4	2018-05-23
9.	Victoria Mackeigan - Female - Comp#: 384 - Ind/Rel: 1 / 0 #120 Girls 100 Meter Dash Special Junior	39.83	2/7	2018-05-23
10.	Ryan Simmons - Male - Comp#: 385 - Ind/Rel: 2 / 0 #121 Boys 100 Meter Dash Special Junior #125 Boys Shot Put 4kg-3 throws Special Junior	15.01 4.23m	2/2 1/9	2018-05-23 2018-05-23
11.	Nacari Smith - Male - Comp#: 386 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate #70 Boys Triple Jump Intermediate	5.00m 10.68m	1/6 1/13	2018-05-23 2018-05-24
12.	Tamia Thomas - Female - Comp#: 387 - Ind/Rel: 4 / 0 #15 Girls 100 Meter Dash Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims #57 Girls Long Jump Intermediate #69 Girls Triple Jump Intermediate	13.85 29.57 4.19m 9.84m	1/5 2/7 1/7 1/16	2018-05-23 2018-05-24 2018-05-24 2018-05-23
13.	Ezra Wright - Male - Comp#: 388 - Ind/Rel: 1 / 0 #5 Boys 100 Meter Hurdles 36" Intermediate Prelims	17.78	2/5	2018-05-23
1.	Graham Creighton Junior High - 'A' #39 Girls 4x100 Meter Relay Intermediate	56.15	1/5	2018-05-24

**Graham Creighton Junior High Total Individual Entries: 22 - Total Relays: 1**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Halifax Central Junior High (CENT)**

1. Kate Bagnell - Female - Comp#: 389 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	7.88m	1/3	2018-05-23
2. Julia Black - Female - Comp#: 390 - Ind/Rel: 1 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:08.28	2/3	2018-05-23
3. Camden Burke-Young - Male - Comp#: 391 - Ind/Rel: 2 / 0 #62 Boys High Jump Junior #91 Boys Javelin Throw 600g Junior	1.45m 24.84m	1/10 1/10	2018-05-24 2018-05-23
4. Anne Christie - Female - Comp#: 392 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.79m	1/6	2018-05-24
5. Sam Dellaire - Male - Comp#: 393 - Ind/Rel: 1 / 0 #121 Boys 100 Meter Dash Special Junior	13.28	2/1	2018-05-23
6. Maxie Grant - Female - Comp#: 394 - Ind/Rel: 2 / 0 #75 Girls Shot Put 4kg Intermediate #81 Girls Discus Throw 1kg Intermediate	6.59m 18.02m	1/1 1/5	2018-05-24 2018-05-23
7. Hannah Honig - Female - Comp#: 395 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.20m	1/2	2018-05-23
8. Abby Jolly - Female - Comp#: 396 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	13:02.67	1/15	2018-05-24
9. Emma Kocsis-Derfalvi - Female - Comp#: 397 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.62	1/3	2018-05-23
10. Kirstie Mackeen - Female - Comp#: 398 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.80m	1/13	2018-05-24
11. Fiona McClure - Female - Comp#: 399 - Ind/Rel: 4 / 0 #9 Girls 400 Meter Dash Intermediate Prelims #21 Girls 1500 Meter Run Intermediate #33 Girls 800 Meter Run Intermediate #45 Girls 3000 Meter Run Intermediate	1:06.84 5:29.73 2:37.05 12:18.29	1/6 1/7 1/6 1/7	2018-05-23 2018-05-23 2018-05-24 2018-05-24
12. Jorja Thomas - Female - Comp#: 400 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.25m	1/5	2018-05-23

**Halifax Central Junior High Total Individual Entries: 17 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Halifax Grammar School (HGS)**

1. Thomas Adamo-Schmidt - Male - Comp#: 401 - Ind/Rel: 2 / 0			
#24 Boys 1500 Meter Run Senior	4:49.76	1/15	2018-05-23
#48 Boys 3000 Meter Run Senior	10:34.72	1/10	2018-05-24
2. Noah Adler - Male - Comp#: 402 - Ind/Rel: 2 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	21.23	1/4	2018-05-23
#56 Boys Long Jump Junior	4.24m	1/2	2018-05-23
3. Grace Audain - Female - Comp#: 403 - Ind/Rel: 3 / 0			
#7 Girls 400 Meter Dash Junior Prelims	1:09.89	2/6	2018-05-23
#13 Girls 100 Meter Dash Junior Prelims	14.43	2/4	2018-05-23
#55 Girls Long Jump Junior	4.09m	1/16	2018-05-24
4. Anna Bakowsky - Female - Comp#: 404 - Ind/Rel: 1 / 0			
#45 Girls 3000 Meter Run Intermediate	13:17.50	1/8	2018-05-24
5. Declan Baskett - Male - Comp#: 405 - Ind/Rel: 2 / 0			
#20 Boys 1500 Meter Run Junior	5:18.07	1/11	2018-05-23
#32 Boys 800 Meter Run Junior	2:30.53	1/1	2018-05-24
6. Corinne Bernett - Female - Comp#: 406 - Ind/Rel: 3 / 0			
#59 Girls Long Jump Senior	4.09m	1/9	2018-05-24
#65 Girls High Jump Senior	NH	1/1	2018-05-23
#71 Girls Triple Jump Senior	ND	1/1	2018-05-23
7. Katie Blunden - Female - Comp#: 407 - Ind/Rel: 2 / 0			
#11 Girls 400 Meter Dash Senior Prelims	1:02.23	2/3	2018-05-23
#35 Girls 800 Meter Run Senior	2:30.16	1/6	2018-05-24
8. Alex Brushett - Male - Comp#: 408 - Ind/Rel: 1 / 0			
#62 Boys High Jump Junior	1.45m	1/2	2018-05-24
9. Bekkah Celikkanat - Female - Comp#: 409 - Ind/Rel: 3 / 0			
#21 Girls 1500 Meter Run Intermediate	5:30.33	1/4	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:37.86	1/15	2018-05-24
#45 Girls 3000 Meter Run Intermediate	12:23.46	1/4	2018-05-24
10. Britt Drysdale - Female - Comp#: 410 - Ind/Rel: 2 / 0			
#19 Girls 1500 Meter Run Junior	5:46.77	1/11	2018-05-23
#43 Girls 3000 Meter Run Junior	12:42.46	1/3	2018-05-24
11. Livia Dunn - Female - Comp#: 411 - Ind/Rel: 1 / 0			
#69 Girls Triple Jump Intermediate	9.62m	1/13	2018-05-23
12. Noah Hann - Male - Comp#: 412 - Ind/Rel: 2 / 0			
#6 Boys 100 Meter Hurdles 39" Senior Prelims	NT	2/1	2018-05-23
#18 Boys 100 Meter Dash Senior Prelims	NT	3/1	2018-05-23
13. Jackson Hunter - Male - Comp#: 413 - Ind/Rel: 3 / 0			
#60 Boys Long Jump Senior	5.83m	1/15	2018-05-23
#66 Boys High Jump Senior	1.65m	1/5	2018-05-24
#72 Boys Triple Jump Senior	11.80m	1/4	2018-05-24
14. Erika Johnston - Female - Comp#: 414 - Ind/Rel: 1 / 0			
#7 Girls 400 Meter Dash Junior Prelims	1:09.68	2/7	2018-05-23
15. Katrina Johnston - Female - Comp#: 415 - Ind/Rel: 2 / 0			
#57 Girls Long Jump Intermediate	4.09m	1/4	2018-05-24
#63 Girls High Jump Intermediate	1.40m	1/2	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Halifax Grammar School (HGS)**

16. A J Kapilan - Male - Comp#: 416 - Ind/Rel: 2 / 0			
#6 Boys 100 Meter Hurdles 39" Senior Prelims	17.06	1/2	2018-05-23
#66 Boys High Jump Senior	1.70m	1/14	2018-05-24
17. Grant Keefe - Male - Comp#: 417 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	29.20m	1/10	2018-05-23
18. Ian Keefe - Male - Comp#: 418 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	55.83	1/6	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	24.65	2/5	2018-05-24
19. Charlotte Langley - Female - Comp#: 419 - Ind/Rel: 1 / 0			
#35 Girls 800 Meter Run Senior	NT	1/17	2018-05-24
20. Joyce Li - Female - Comp#: 420 - Ind/Rel: 1 / 0			
#11 Girls 400 Meter Dash Senior Prelims	1:06.43	1/5	2018-05-23
21. Ethan Marshall Harris - Male - Comp#: 421 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	25.82m	1/4	2018-05-23
22. Ethan Marshall-Harris - Male - Comp#: 422 - Ind/Rel: 2 / 0			
#76 Boys Shot Put 5kg Intermediate	11.61m	1/2	2018-05-23
#82 Boys Discus Throw 1.5kg Intermediate	30.08m	1/5	2018-05-24
23. James McCrea - Male - Comp#: 423 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	NT	2/6	2018-05-23
#18 Boys 100 Meter Dash Senior Prelims	NT	2/1	2018-05-23
24. Sophie McKegney - Female - Comp#: 424 - Ind/Rel: 1 / 0			
#57 Girls Long Jump Intermediate	4.31m	1/12	2018-05-24
25. Julian Oxner - Male - Comp#: 425 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	54.20	1/3	2018-05-23
#36 Boys 800 Meter Run Senior	2:12.35	1/7	2018-05-24
26. Neil Purcell - Male - Comp#: 426 - Ind/Rel: 1 / 0			
#56 Boys Long Jump Junior	4.26m	1/1	2018-05-23
27. Amelie Springer - Female - Comp#: 427 - Ind/Rel: 3 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	17.18	1/6	2018-05-23
#7 Girls 400 Meter Dash Junior Prelims	1:09.06	1/2	2018-05-23
#13 Girls 100 Meter Dash Junior Prelims	14.77	1/2	2018-05-23
28. Camden Springer - Male - Comp#: 428 - Ind/Rel: 2 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	52.96	2/3	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	23.56	3/2	2018-05-24
29. Ibrahim Sweidan - Male - Comp#: 429 - Ind/Rel: 1 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	58.34	2/5	2018-05-23
30. David Waller - Male - Comp#: 430 - Ind/Rel: 3 / 0			
#22 Boys 1500 Meter Run Intermediate	4:29.47	1/8	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:09.26	1/6	2018-05-24
#46 Boys 3000 Meter Run Intermediate	10:36.85	1/1	2018-05-24
31. Edie Wilson - Female - Comp#: 431 - Ind/Rel: 2 / 0			
#11 Girls 400 Meter Dash Senior Prelims	NT	1/2	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	NT	1/1	2018-05-24
32. Henry Wilson - Male - Comp#: 432 - Ind/Rel: 1 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	56.72	2/7	2018-05-23



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Halifax Grammar School (HGS)**

33.	Luke Wilson - Male - Comp#: 433 - Ind/Rel: 1 / 0				
	#8 Boys 400 Meter Dash Junior Prelims	1:03.60	1/8		2018-05-23
1.	Halifax Grammar School - 'A'				
	#37 Girls 4x100 Meter Relay Junior	56.81	1/7		2018-05-24
2.	Halifax Grammar School - 'A'				
	#38 Boys 4x100 Meter Relay Junior	54.10	2/4		2018-05-24
3.	Halifax Grammar School - 'A'				
	#39 Girls 4x100 Meter Relay Intermediate	56.19	1/3		2018-05-24
4.	Halifax Grammar School - 'A'				
	#40 Boys 4x100 Meter Relay Intermediate	48.28	1/5		2018-05-24
5.	Halifax Grammar School - 'A'				
	#41 Girls 4x100 Meter Relay Senior	52.47	1/6		2018-05-24
6.	Halifax Grammar School - 'A'				
	#49 Girls 4x400 Meter Relay Junior	4:40.47	1/6		2018-05-24
7.	Halifax Grammar School - 'A'				
	#50 Boys 4x400 Meter Relay Junior	4:22.32	1/8		2018-05-24
8.	Halifax Grammar School - 'A'				
	#51 Girls 4x400 Meter Relay Intermediate	4:44.63	1/1		2018-05-24
9.	Halifax Grammar School - 'A'				
	#52 Boys 4x400 Meter Relay Intermediate	3:51.37	1/1		2018-05-24
10.	Halifax Grammar School - 'A'				
	#53 Girls 4x400 Meter Relay Senior	4:27.47	1/2		2018-05-24
11.	Halifax Grammar School - 'A'				
	#54 Boys 4x400 Meter Relay Senior	3:49.10	1/4		2018-05-24

**Halifax Grammar School Total Individual Entries: 59 - Total Relays: 11**



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Halifax Independant School (HIS)**

- |  |       |     |            |
|--|-------|-----|------------|
| 1. Kate Jollimore - Female - Comp#: 434 - Ind/Rel: 1 / 0   |       |     |            |
| #73 Girls Shot Put 3kg Junior                              | 7.33m | 1/8 | 2018-05-24 |
| 2. Joshua Phonchareon - Male - Comp#: 435 - Ind/Rel: 2 / 0 |       |     |            |
| #62 Boys High Jump Junior                                  | 1.40m | 1/1 | 2018-05-24 |
| #68 Boys Triple Jump Junior                                | 9.21m | 1/8 | 2018-05-24 |

**Halifax Independant School    Total Individual Entries: 3 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Halifax West (HFXW)**

1. Ryler Bleau - Male - Comp#: 436 - Ind/Rel: 3 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	16.99	1/2	2018-05-23
#58 Boys Long Jump Intermediate	5.55m	1/15	2018-05-23
#70 Boys Triple Jump Intermediate	11.49m	1/15	2018-05-24
2. Jordan Cameron - Male - Comp#: 437 - Ind/Rel: 1 / 0			
#127 Boys Shot Put 4kg-3 throws Special Senior	6.02m	1/10	2018-05-23
3. Stephen Cameron - Male - Comp#: 438 - Ind/Rel: 1 / 0			
#131 Boys Long Jump 3 jumps only Special Senior	3.31m	1/12	2018-05-23
4. Luke Davison - Male - Comp#: 439 - Ind/Rel: 3 / 0			
#18 Boys 100 Meter Dash Senior Prelims	12.10	3/4	2018-05-23
#60 Boys Long Jump Senior	6.38m	1/4	2018-05-23
#72 Boys Triple Jump Senior	10.93m	1/1	2018-05-24
5. Hannah Devoe - Female - Comp#: 440 - Ind/Rel: 4 / 0			
#65 Girls High Jump Senior	1.40m	1/4	2018-05-23
#77 Girls Shot Put 4kg Senior	6.91m	1/10	2018-05-24
#83 Girls Discus Throw 1kg Senior	21.39m	1/10	2018-05-23
#109 Girls Javelin Throw 600g Senior	20.48m	1/11	2018-05-24
6. Jessica Duru - Female - Comp#: 441 - Ind/Rel: 4 / 0			
#11 Girls 400 Meter Dash Senior Prelims	1:09.37	2/5	2018-05-23
#17 Girls 100 Meter Dash Senior Prelims	14.12	2/8	2018-05-23
#35 Girls 800 Meter Run Senior	NT	1/18	2018-05-24
#59 Girls Long Jump Senior	ND	1/2	2018-05-24
7. Judy Duru - Female - Comp#: 754 - Ind/Rel: 3 / 0			
#11 Girls 400 Meter Dash Senior Prelims	NT	1/1	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	NT	3/1	2018-05-24
#77 Girls Shot Put 4kg Senior	ND	1/2	2018-05-24
8. Raheem Elliott - Male - Comp#: 442 - Ind/Rel: 2 / 0			
#60 Boys Long Jump Senior	5.33m	1/9	2018-05-23
#72 Boys Triple Jump Senior	11.90m	1/16	2018-05-24
9. Jordan Ellis - Male - Comp#: 443 - Ind/Rel: 1 / 0			
#60 Boys Long Jump Senior	5.35m	1/13	2018-05-23
10. Praise Fagbile - Male - Comp#: 444 - Ind/Rel: 3 / 0			
#12 Boys 400 Meter Dash Senior Prelims	56.60	1/4	2018-05-23
#18 Boys 100 Meter Dash Senior Prelims	12.45	3/7	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	24.74	1/1	2018-05-24
11. Erin Freeman - Female - Comp#: 445 - Ind/Rel: 2 / 0			
#11 Girls 400 Meter Dash Senior Prelims	1:03.85	1/4	2018-05-23
#23 Girls 1500 Meter Run Senior	6:00.04	1/8	2018-05-23
12. Savanna Gabriel - Female - Comp#: 446 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	15.62	2/3	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	6.32m	1/16	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	2.25m	1/4	2018-05-23
13. Lauren Gray - Female - Comp#: 447 - Ind/Rel: 2 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	16.31	1/3	2018-05-23
#71 Girls Triple Jump Senior	8.61m	1/11	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Halifax West (HFXW)**

14. Samantha Henneberry - Female - Comp#: 448 - Ind/Rel: 5 / 0			
#17 Girls 100 Meter Dash Senior Prelims	13.76	2/5	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	28.68	1/3	2018-05-24
#59 Girls Long Jump Senior	4.63m	1/12	2018-05-24
#65 Girls High Jump Senior	1.56m	1/3	2018-05-23
#71 Girls Triple Jump Senior	9.48m	1/10	2018-05-23
15. Daniel Hiraj - Male - Comp#: 449 - Ind/Rel: 2 / 0			
#36 Boys 800 Meter Run Senior	2:25.97	1/1	2018-05-24
#48 Boys 3000 Meter Run Senior	11:40.13	1/2	2018-05-24
16. Christian Hopkins - Male - Comp#: 450 - Ind/Rel: 3 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	57.24	2/4	2018-05-23
#16 Boys 100 Meter Dash Intermediate Prelims	12.46	3/3	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	24.90	2/3	2018-05-24
17. Issac Johnson - Male - Comp#: 451 - Ind/Rel: 3 / 0			
#22 Boys 1500 Meter Run Intermediate	5:06.79	1/11	2018-05-23
#82 Boys Discus Throw 1.5kg Intermediate	24.09m	1/9	2018-05-24
#103 Boys Javelin Throw 700g Intermediate	32.01m	1/15	2018-05-23
18. Sooin Kim - Male - Comp#: 452 - Ind/Rel: 2 / 0			
#64 Boys High Jump Intermediate	1.45m	1/14	2018-05-24
#70 Boys Triple Jump Intermediate	10.27m	1/9	2018-05-24
19. Olivia MacKenzie - Female - Comp#: 453 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	17.29	2/5	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	3.72m	1/12	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	2.08m	1/3	2018-05-23
20. Liam Macsween - Male - Comp#: 454 - Ind/Rel: 1 / 0			
#34 Boys 800 Meter Run Intermediate	2:20.87	1/2	2018-05-24
21. Josee McDonald-Carrier - Female - Comp#: 455 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	15.73	2/4	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	5.12m	1/15	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	1.70m	1/2	2018-05-23
22. Breanna Misener - Female - Comp#: 456 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	18.18	2/2	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	3.22m	1/13	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	1.48m	1/1	2018-05-23
23. Kya Newbold - Female - Comp#: 753 - Ind/Rel: 2 / 0			
#11 Girls 400 Meter Dash Senior Prelims	NT	2/1	2018-05-23
#35 Girls 800 Meter Run Senior	NT	1/16	2018-05-24
24. Adrian Nunn - Male - Comp#: 457 - Ind/Rel: 1 / 0			
#34 Boys 800 Meter Run Intermediate	2:19.19	1/1	2018-05-24
25. Katelyn Power - Female - Comp#: 458 - Ind/Rel: 2 / 0			
#17 Girls 100 Meter Dash Senior Prelims	14.33	2/2	2018-05-23
#59 Girls Long Jump Senior	3.97m	1/10	2018-05-24
26. Ofelia Rodriguez - Female - Comp#: 459 - Ind/Rel: 2 / 0			
#17 Girls 100 Meter Dash Senior Prelims	14.52	1/1	2018-05-23
#23 Girls 1500 Meter Run Senior	6:24.99	1/16	2018-05-23





2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Halifax West (HFXW)**

27.	Elias Salah - Male - Comp#: 460 - Ind/Rel: 3 / 0			
	#78 Boys Shot Put 6kg Senior	10.12m	1/8	2018-05-23
	#84 Boys Discus Throw 1.75kg Senior	34.76m	1/9	2018-05-24
	#115 Boys Javelin Throw 800g Senior	29.34m	1/17	2018-05-23
28.	Simon Salah - Male - Comp#: 461 - Ind/Rel: 4 / 0			
	#72 Boys Triple Jump Senior	9.73m	1/12	2018-05-24
	#78 Boys Shot Put 6kg Senior	9.41m	1/6	2018-05-23
	#84 Boys Discus Throw 1.75kg Senior	30.87m	1/13	2018-05-24
	#115 Boys Javelin Throw 800g Senior	20.90m	1/5	2018-05-23
29.	Annie Savoie - Female - Comp#: 462 - Ind/Rel: 1 / 0			
	#97 Girls Javelin Throw 500g Intermediate	25.01m	1/16	2018-05-24
30.	Bryan Swaniker - Male - Comp#: 463 - Ind/Rel: 2 / 0			
	#18 Boys 100 Meter Dash Senior Prelims	11.71	2/2	2018-05-23
	#30 Boys 200 Meter Dash Senior Prelims	23.44	1/5	2018-05-24
31.	Fiona Watt - Female - Comp#: 464 - Ind/Rel: 2 / 0			
	#122 Girls 100 Meter Dash Special Senior	19.23	2/1	2018-05-23
	#126 Girls Shot Put 3kg-3 throws Special Senior	3.33m	1/14	2018-05-23
1.	Halifax West - 'A'			
	#40 Boys 4x100 Meter Relay Intermediate	50.90	1/2	2018-05-24
2.	Halifax West - 'A'			
	#41 Girls 4x100 Meter Relay Senior	55.50	1/1	2018-05-24
3.	Halifax West - 'A'			
	#42 Boys 4x100 Meter Relay Senior	47.35	1/6	2018-05-24
4.	Halifax West - 'A'			
	#52 Boys 4x400 Meter Relay Intermediate	4:08.03	1/4	2018-05-24
5.	Halifax West - 'A'			
	#53 Girls 4x400 Meter Relay Senior	4:46.01	1/3	2018-05-24
6.	Halifax West - 'A'			
	#54 Boys 4x400 Meter Relay Senior	4:15.97	1/1	2018-05-24

**Halifax West Total Individual Entries: 76 - Total Relays: 6**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Harold T. Barrett Junior High (HTB)**

- |  |          |      |            |
|--|----------|------|------------|
| 1. Joey Connors - Male - Comp#: 465 - Ind/Rel: 1 / 0<br>#125 Boys Shot Put 4kg-3 throws Special Junior | 4.04m    | 1/15 | 2018-05-23 |
| 2. Scott Denyes - Male - Comp#: 466 - Ind/Rel: 1 / 0<br>#121 Boys 100 Meter Dash Special Junior        | 14.65    | 1/8  | 2018-05-23 |
| 3. Juliette Mercier - Female - Comp#: 467 - Ind/Rel: 1 / 0<br>#43 Girls 3000 Meter Run Junior          | 11:51.62 | 1/9  | 2018-05-24 |

**Harold T. Barrett Junior High Total Individual Entries: 3 - Total Relays: 0**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Herring Cove Jr. (HERC)**

1. Camryn Drake - Female - Comp#: 468 - Ind/Rel: 1 / 0			
#85 Girls Javelin Throw 400g Junior	20.10m	1/14	2018-05-24
2. Ezra Eastwood - Male - Comp#: 469 - Ind/Rel: 2 / 0			
#4 Boys 100 Meter Hurdles 33" Junior Prelims	21.35	1/1	2018-05-23
#44 Boys 3000 Meter Run Junior	10:50.46	1/7	2018-05-24
3. Amelia Lawless - Female - Comp#: 470 - Ind/Rel: 1 / 0			
#85 Girls Javelin Throw 400g Junior	17.43m	1/7	2018-05-24
4. Brandon Ryan - Male - Comp#: 471 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	18.37m	1/1	2018-05-24

**Herring Cove Jr. Total Individual Entries: 5 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Highland Park Junior High (HPJH)**

1. Brittany Callaghan - Female - Comp#: 472 - Ind/Rel: 2 / 0			
#120 Girls 100 Meter Dash Special Junior	38.25	1/6	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	0.63m	1/1	2018-05-23
2. Liam Hann - Male - Comp#: 473 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Special Junior	11.58	2/8	2018-05-23
#125 Boys Shot Put 4kg-3 throws Special Junior	5.52m	1/13	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	4.12m	1/14	2018-05-23
3. Brywn Simmons - Female - Comp#: 474 - Ind/Rel: 2 / 0			
#120 Girls 100 Meter Dash Special Junior	26.68	1/4	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	1.94m	1/2	2018-05-23
4. Lucas Webber - Male - Comp#: 475 - Ind/Rel: 1 / 0			
#129 Boys Long Jump 3 jumps only Special Junior	1.70m	1/13	2018-05-23
5. Erin Wotton - Female - Comp#: 476 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Special Junior	20.27	1/5	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	2.77m	1/3	2018-05-23
#128 Girls Long Jump 3 jumps only Special Junior	1.50m	1/4	2018-05-23

**Highland Park Junior High Total Individual Entries: 11 - Total Relays: 0**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**J.L. Ilsley (JLI)**

1.	Bhreagh Burke - Female - Comp#: 477 - Ind/Rel: 3 / 0			
	#23 Girls 1500 Meter Run Senior	5:17.95	1/2	2018-05-23
	#35 Girls 800 Meter Run Senior	2:27.42	1/2	2018-05-24
	#47 Girls 3000 Meter Run Senior	11:59.30	1/7	2018-05-24
2.	Connor Duggan - Male - Comp#: 478 - Ind/Rel: 1 / 0			
	#72 Boys Triple Jump Senior	10.27m	1/6	2018-05-24
3.	Alex Furlotte - Male - Comp#: 479 - Ind/Rel: 1 / 0			
	#36 Boys 800 Meter Run Senior	2:28.01	1/2	2018-05-24
4.	Jessie Hopkins - Male - Comp#: 480 - Ind/Rel: 2 / 0			
	#78 Boys Shot Put 6kg Senior	9.58m	1/7	2018-05-23
	#115 Boys Javelin Throw 800g Senior	36.18m	1/15	2018-05-23
5.	Patrick Lefort - Male - Comp#: 481 - Ind/Rel: 1 / 0			
	#60 Boys Long Jump Senior	5.06m	1/18	2018-05-23
6.	James Lewis - Male - Comp#: 482 - Ind/Rel: 3 / 0			
	#24 Boys 1500 Meter Run Senior	5:09.04	1/6	2018-05-23
	#36 Boys 800 Meter Run Senior	2:25.06	1/14	2018-05-24
	#48 Boys 3000 Meter Run Senior	11:40.94	1/6	2018-05-24
7.	Thomas Libert - Male - Comp#: 483 - Ind/Rel: 2 / 0			
	#12 Boys 400 Meter Dash Senior Prelims	54.78	1/2	2018-05-23
	#30 Boys 200 Meter Dash Senior Prelims	24.75	1/8	2018-05-24
8.	Arnes Mehadzic - Male - Comp#: 484 - Ind/Rel: 1 / 0			
	#115 Boys Javelin Throw 800g Senior	19.80m	1/4	2018-05-23
9.	Jon Morals - Male - Comp#: 485 - Ind/Rel: 3 / 0			
	#78 Boys Shot Put 6kg Senior	10.88m	1/16	2018-05-23
	#84 Boys Discus Throw 1.75kg Senior	23.49m	1/6	2018-05-24
	#115 Boys Javelin Throw 800g Senior	32.77m	1/3	2018-05-23
10.	Colton Morash - Male - Comp#: 486 - Ind/Rel: 2 / 0			
	#24 Boys 1500 Meter Run Senior	5:15.25	1/14	2018-05-23
	#48 Boys 3000 Meter Run Senior	11:34.83	1/16	2018-05-24
11.	Arielle Mountain - Female - Comp#: 487 - Ind/Rel: 1 / 0			
	#97 Girls Javelin Throw 500g Intermediate	20.85m	1/4	2018-05-24
12.	Sacha Stover-Evong - Male - Comp#: 488 - Ind/Rel: 2 / 0			
	#18 Boys 100 Meter Dash Senior Prelims	11.99	1/4	2018-05-23
	#30 Boys 200 Meter Dash Senior Prelims	24.12	2/6	2018-05-24
13.	Madi Turner-Slaunwhite - Female - Comp#: 489 - Ind/Rel: 1 / 0			
	#57 Girls Long Jump Intermediate	3.95m	1/2	2018-05-24
14.	Christopher Yeadon - Male - Comp#: 490 - Ind/Rel: 1 / 0			
	#123 Boys 100 Meter Dash Special Senior	12.93	2/5	2018-05-23
1.	J.L. Ilsley - 'A'			
	#54 Boys 4x400 Meter Relay Senior	4:02.66	1/7	2018-05-24

**J.L. Ilsley Total Individual Entries: 24 - Total Relays: 1**



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Leslie Thomas Junior High (LTJH)**

1. Hailey Chiasson - Female - Comp#: 491 - Ind/Rel: 2 / 0			
#13 Girls 100 Meter Dash Junior Prelims	14.02	2/8	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	28.85	1/2	2018-05-24
2. Grant Groves - Male - Comp#: 492 - Ind/Rel: 1 / 0			
#20 Boys 1500 Meter Run Junior	5:22.17	1/16	2018-05-23
3. Ian Lane - Male - Comp#: 493 - Ind/Rel: 1 / 0			
#125 Boys Shot Put 4kg-3 throws Special Junior	4.16m	1/16	2018-05-23
4. Mallory Murphy - Female - Comp#: 494 - Ind/Rel: 2 / 0			
#43 Girls 3000 Meter Run Junior	12:57.08	1/11	2018-05-24
#55 Girls Long Jump Junior	3.94m	1/10	2018-05-24
5. Nathaniel Upshaw - Male - Comp#: 495 - Ind/Rel: 2 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.72	2/2	2018-05-23
#62 Boys High Jump Junior	1.50m	1/3	2018-05-24

**Leslie Thomas Junior High Total Individual Entries: 8 - Total Relays: 0**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Lockview High (LOCK)**

1. Riley Adamson-Simms - Male - Comp#: 496 - Ind/Rel: 3 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	12.08	3/4	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	25.35	3/1	2018-05-24
#70 Boys Triple Jump Intermediate	10.63m	1/12	2018-05-24
2. Caity Apa - Female - Comp#: 497 - Ind/Rel: 1 / 0			
#63 Girls High Jump Intermediate	1.45m	1/16	2018-05-23
3. Emma Archibald - Female - Comp#: 498 - Ind/Rel: 3 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:08.61	2/5	2018-05-23
#21 Girls 1500 Meter Run Intermediate	6:01.40	1/10	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:48.96	1/2	2018-05-24
4. Matt Boutillier - Male - Comp#: 499 - Ind/Rel: 1 / 0			
#103 Boys Javelin Throw 700g Intermediate	26.24m	1/16	2018-05-23
5. Nick Burgers-Lamontangue - Male - Comp#: 500 - Ind/Rel: 2 / 0			
#24 Boys 1500 Meter Run Senior	4:46.13	1/13	2018-05-23
#36 Boys 800 Meter Run Senior	2:17.65	1/8	2018-05-24
6. Connor Clark - Male - Comp#: 501 - Ind/Rel: 1 / 0			
#58 Boys Long Jump Intermediate	4.97m	1/4	2018-05-23
7. Brooke Clarke - Female - Comp#: 502 - Ind/Rel: 1 / 0			
#75 Girls Shot Put 4kg Intermediate	9.08m	1/12	2018-05-24
8. Jerrett Crowell - Male - Comp#: 503 - Ind/Rel: 1 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	59.27	2/1	2018-05-23
9. Matteo Diquinzio - Male - Comp#: 504 - Ind/Rel: 2 / 0			
#16 Boys 100 Meter Dash Intermediate Prelims	11.82	1/3	2018-05-23
#28 Boys 200 Meter Dash Intermediate Prelims	24.77	3/5	2018-05-24
10. Dylan Elliott - Male - Comp#: 505 - Ind/Rel: 1 / 0			
#24 Boys 1500 Meter Run Senior	5:30.04	1/16	2018-05-23
11. Lauren Ferguson - Female - Comp#: 506 - Ind/Rel: 3 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:04.16	1/4	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	27.62	2/2	2018-05-24
#63 Girls High Jump Intermediate	1.40m	1/8	2018-05-23
12. Blake Fraser - Male - Comp#: 507 - Ind/Rel: 2 / 0			
#76 Boys Shot Put 5kg Intermediate	9.63m	1/9	2018-05-23
#82 Boys Discus Throw 1.5kg Intermediate	26.51m	1/16	2018-05-24
13. Abbi Gaudry - Female - Comp#: 508 - Ind/Rel: 4 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	13.63	2/8	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	27.53	2/5	2018-05-24
#57 Girls Long Jump Intermediate	4.72m	1/10	2018-05-24
#63 Girls High Jump Intermediate	1.50m	1/14	2018-05-23
14. Jacy Grant - Female - Comp#: 509 - Ind/Rel: 2 / 0			
#21 Girls 1500 Meter Run Intermediate	6:10.58	1/11	2018-05-23
#45 Girls 3000 Meter Run Intermediate	13:35.26	1/10	2018-05-24
15. Jeremy Harper - Male - Comp#: 510 - Ind/Rel: 2 / 0			
#78 Boys Shot Put 6kg Senior	9.90m	1/12	2018-05-23
#84 Boys Discus Throw 1.75kg Senior	33.65m	1/12	2018-05-24



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Lockview High (LOCK)**

16. Wesley Harvey - Male - Comp#: 511 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.55m	1/5	2018-05-24
17. Olivia Hill - Female - Comp#: 512 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims	13.78	1/1	2018-05-23
18. Sky Lynn Johnson - Female - Comp#: 513 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Special Senior #126 Girls Shot Put 3kg-3 throws Special Senior #130 Girls Long Jump 3 jumps only Special Senior	17.31 3.95m 1.84m	1/4 1/7 1/8	2018-05-23 2018-05-23 2018-05-23
19. Grace Lancaster - Female - Comp#: 514 - Ind/Rel: 1 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.78	2/6	2018-05-23
20. Sophie Leblanc - Female - Comp#: 515 - Ind/Rel: 4 / 0 #11 Girls 400 Meter Dash Senior Prelims #17 Girls 100 Meter Dash Senior Prelims #23 Girls 1500 Meter Run Senior #59 Girls Long Jump Senior	1:07.18 13.96 6:01.04 4.37m	2/2 1/6 1/13 1/8	2018-05-23 2018-05-23 2018-05-23 2018-05-24
21. Anthony Lutz - Male - Comp#: 516 - Ind/Rel: 2 / 0 #66 Boys High Jump Senior #72 Boys Triple Jump Senior	1.50m 9.77m	1/9 1/9	2018-05-24 2018-05-24
22. Haley MacDonald - Female - Comp#: 517 - Ind/Rel: 2 / 0 #21 Girls 1500 Meter Run Intermediate #33 Girls 800 Meter Run Intermediate	6:22.18 2:59.13	1/14 1/11	2018-05-23 2018-05-24
23. Ainslee Macleod - Female - Comp#: 518 - Ind/Rel: 4 / 0 #71 Girls Triple Jump Senior #77 Girls Shot Put 4kg Senior #83 Girls Discus Throw 1kg Senior #109 Girls Javelin Throw 600g Senior	8.21m 7.00m 12.52m 23.36m	1/6 1/8 1/5 1/5	2018-05-23 2018-05-24 2018-05-23 2018-05-24
24. Camden Pero - Male - Comp#: 519 - Ind/Rel: 2 / 0 #24 Boys 1500 Meter Run Senior #48 Boys 3000 Meter Run Senior	4:49.97 10:56.30	1/7 1/4	2018-05-23 2018-05-24
25. Ethan Price - Male - Comp#: 520 - Ind/Rel: 2 / 0 #10 Boys 400 Meter Dash Intermediate Prelims #28 Boys 200 Meter Dash Intermediate Prelims	55.61 25.27	1/5 2/1	2018-05-23 2018-05-24
26. Michael Reed - Male - Comp#: 521 - Ind/Rel: 2 / 0 #78 Boys Shot Put 6kg Senior #84 Boys Discus Throw 1.75kg Senior	10.05m 28.41m	1/3 1/10	2018-05-23 2018-05-24
27. Hunter Rose - Male - Comp#: 522 - Ind/Rel: 6 / 0 #60 Boys Long Jump Senior #66 Boys High Jump Senior #72 Boys Triple Jump Senior #78 Boys Shot Put 6kg Senior #84 Boys Discus Throw 1.75kg Senior #115 Boys Javelin Throw 800g Senior	5.16m 1.50m 9.86m 9.68m 25.14m 26.74m	1/16 1/6 1/3 1/13 1/16 1/13	2018-05-23 2018-05-24 2018-05-24 2018-05-23 2018-05-24 2018-05-23
28. Georgia Saleski - Female - Comp#: 523 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	15.94m	1/11	2018-05-23





2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Lockview High (LOCK)**

29.	Grace Sanford - Female - Comp#: 524 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.40m	1/11	2018-05-23
30.	Eden Smith - Female - Comp#: 525 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	25.05m	1/14	2018-05-24
31.	Mackenzie Spencer - Female - Comp#: 526 - Ind/Rel: 2 / 0 #120 Girls 100 Meter Dash Special Junior #124 Girls Shot Put 3kg-3 throws Special Junior	19.33 2.97m	2/5 1/7	2018-05-23 2018-05-23
32.	Janna Sunde - Female - Comp#: 527 - Ind/Rel: 4 / 0 #17 Girls 100 Meter Dash Senior Prelims #23 Girls 1500 Meter Run Senior #35 Girls 800 Meter Run Senior #71 Girls Triple Jump Senior	14.86 6:13.46 2:53.40 9.70m	1/2 1/10 1/11 1/8	2018-05-23 2018-05-23 2018-05-24 2018-05-23
33.	Carter Theriault - Male - Comp#: 528 - Ind/Rel: 4 / 0 #10 Boys 400 Meter Dash Intermediate Prelims #16 Boys 100 Meter Dash Intermediate Prelims #28 Boys 200 Meter Dash Intermediate Prelims #58 Boys Long Jump Intermediate	58.84 12.30 25.36 4.95m	1/6 2/1 3/3 1/10	2018-05-23 2018-05-23 2018-05-24 2018-05-23
34.	Alison Watkins - Female - Comp#: 529 - Ind/Rel: 2 / 0 #122 Girls 100 Meter Dash Special Senior #126 Girls Shot Put 3kg-3 throws Special Senior	23.27 4.14m	1/3 1/8	2018-05-23 2018-05-23
35.	Emily Webb - Female - Comp#: 530 - Ind/Rel: 3 / 0 #77 Girls Shot Put 4kg Senior #83 Girls Discus Throw 1kg Senior #109 Girls Javelin Throw 600g Senior	4.30m 9.31m 18.33m	1/7 1/3 1/1	2018-05-24 2018-05-23 2018-05-24
36.	Bella Willett - Female - Comp#: 531 - Ind/Rel: 3 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims #59 Girls Long Jump Senior #65 Girls High Jump Senior	13.99 4.67m 1.60m	1/5 1/18 1/6	2018-05-23 2018-05-24 2018-05-23
1.	Lockview High - 'A' #39 Girls 4x100 Meter Relay Intermediate	53.80	1/2	2018-05-24
2.	Lockview High - 'A' #40 Boys 4x100 Meter Relay Intermediate	48.52	1/1	2018-05-24
3.	Lockview High - 'A' #41 Girls 4x100 Meter Relay Senior	1:01.83	1/7	2018-05-24
4.	Lockview High - 'A' #51 Girls 4x400 Meter Relay Intermediate	4:31.99	1/2	2018-05-24
5.	Lockview High - 'A' #52 Boys 4x400 Meter Relay Intermediate	3:53.55	1/3	2018-05-24
6.	Lockview High - 'A' #53 Girls 4x400 Meter Relay Senior	5:09.50	1/1	2018-05-24

**Lockview High Total Individual Entries: 80 - Total Relays: 6**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Madeline Symonds Middle School (MSMS)**

1. Abbey Ashton - Female - Comp#: 532 - Ind/Rel: 2 / 0			
#67 Girls Triple Jump Junior	8.16m	1/10	2018-05-23
#79 Girls Discus Throw 0.75kg Junior	21.02m	1/16	2018-05-23
2. Cameron Brown - Male - Comp#: 533 - Ind/Rel: 1 / 0			
#70 Boys Triple Jump Intermediate	9.84m	1/6	2018-05-24
3. Drew Burton - Female - Comp#: 534 - Ind/Rel: 2 / 0			
#73 Girls Shot Put 3kg Junior	7.21m	1/2	2018-05-24
#79 Girls Discus Throw 0.75kg Junior	21.14m	1/4	2018-05-23
4. Georgia Bussey - Female - Comp#: 535 - Ind/Rel: 2 / 0			
#7 Girls 400 Meter Dash Junior Prelims	1:07.02	2/4	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	28.12	2/2	2018-05-24
5. Maddy Cooke - Female - Comp#: 536 - Ind/Rel: 4 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.28	2/8	2018-05-23
#7 Girls 400 Meter Dash Junior Prelims	1:06.14	1/7	2018-05-23
#13 Girls 100 Meter Dash Junior Prelims	13.53	1/1	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	28.32	1/5	2018-05-24
6. Davis Cooper - Male - Comp#: 537 - Ind/Rel: 2 / 0			
#22 Boys 1500 Meter Run Intermediate	4:47.66	1/7	2018-05-23
#46 Boys 3000 Meter Run Intermediate	10:07.09	1/9	2018-05-24
7. Brooke Emms - Female - Comp#: 538 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Special Junior	12.12	2/3	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	4.31m	1/12	2018-05-23
#128 Girls Long Jump 3 jumps only Special Junior	1.28m	1/2	2018-05-23
8. Matthias Fenez - Male - Comp#: 539 - Ind/Rel: 1 / 0			
#64 Boys High Jump Intermediate	1.58m	1/15	2018-05-24
9. Mia Giles - Female - Comp#: 540 - Ind/Rel: 1 / 0			
#31 Girls 800 Meter Run Junior	2:50.10	1/15	2018-05-24
10. Morgan Gillis - Female - Comp#: 541 - Ind/Rel: 1 / 0			
#57 Girls Long Jump Intermediate	4.21m	1/8	2018-05-24
11. Matthew Hamlin - Male - Comp#: 542 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	21.71m	1/2	2018-05-24
12. Cohen Hearn - Male - Comp#: 543 - Ind/Rel: 2 / 0			
#20 Boys 1500 Meter Run Junior	5:25.32	1/14	2018-05-23
#32 Boys 800 Meter Run Junior	2:36.73	1/16	2018-05-24
13. Sam Hopkins - Male - Comp#: 544 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	20.47m	1/10	2018-05-24
14. Samuel Leblanc - Male - Comp#: 545 - Ind/Rel: 1 / 0			
#44 Boys 3000 Meter Run Junior	10:54.74	1/6	2018-05-24
15. Griffin Lilly - Male - Comp#: 546 - Ind/Rel: 1 / 0			
#34 Boys 800 Meter Run Intermediate	2:22.95	1/16	2018-05-24
16. Hayden Lilly - Female - Comp#: 547 - Ind/Rel: 1 / 0			
#31 Girls 800 Meter Run Junior	2:46.45	1/12	2018-05-24
17. Jack Macphee - Male - Comp#: 548 - Ind/Rel: 1 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:03.68	2/6	2018-05-23



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Madeline Symonds Middle School (MSMS)**

18.	Tara Merrick - Female - Comp#: 549 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	18.01m	1/8	2018-05-23
19.	Chizi Oboli - Male - Comp#: 550 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.61m	1/16	2018-05-24
20.	Ali Poisson - Female - Comp#: 551 - Ind/Rel: 3 / 0 #15 Girls 100 Meter Dash Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims #33 Girls 800 Meter Run Intermediate	13.74 28.96 2:47.48	2/7 1/8 1/9	2018-05-23 2018-05-24 2018-05-24
21.	Joe Power - Male - Comp#: 552 - Ind/Rel: 2 / 0 #8 Boys 400 Meter Dash Junior Prelims #80 Boys Discus Throw 1kg Junior	1:06.16 20.50m	1/1 1/4	2018-05-23 2018-05-24
22.	Audra Robinson - Female - Comp#: 553 - Ind/Rel: 1 / 0 #13 Girls 100 Meter Dash Junior Prelims	13.95	1/6	2018-05-23
23.	Haley Tanner - Female - Comp#: 554 - Ind/Rel: 2 / 0 #79 Girls Discus Throw 0.75kg Junior #85 Girls Javelin Throw 400g Junior	18.99m 23.58m	1/11 1/15	2018-05-23 2018-05-24
24.	Ben Thompson - Male - Comp#: 555 - Ind/Rel: 2 / 0 #74 Boys Shot Put 4kg Junior #91 Boys Javelin Throw 600g Junior	8.57m 24.86m	1/8 1/9	2018-05-23 2018-05-23
25.	Jack Thornhill - Male - Comp#: 556 - Ind/Rel: 1 / 0 #129 Boys Long Jump 3 jumps only Special Junior	1.53m	1/15	2018-05-23
26.	Olivia Thurier - Female - Comp#: 557 - Ind/Rel: 3 / 0 #75 Girls Shot Put 4kg Intermediate #81 Girls Discus Throw 1kg Intermediate #97 Girls Javelin Throw 500g Intermediate	6.90m 19.52m 22.03m	1/11 1/4 1/8	2018-05-24 2018-05-23 2018-05-24
27.	Robyn Treen - Female - Comp#: 558 - Ind/Rel: 1 / 0 #69 Girls Triple Jump Intermediate	8.34m	1/5	2018-05-23
28.	Ella Whynot - Female - Comp#: 559 - Ind/Rel: 2 / 0 #19 Girls 1500 Meter Run Junior #43 Girls 3000 Meter Run Junior	5:47.94 12:52.71	1/2 1/5	2018-05-23 2018-05-24
29.	Katelyn Wilton - Female - Comp#: 560 - Ind/Rel: 1 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:07.61	1/5	2018-05-23
1.	Madeline Symonds Middle School - 'A' #37 Girls 4x100 Meter Relay Junior	57.83	1/1	2018-05-24

**Madeline Symonds Middle School Total Individual Entries: 47 - Total Relays: 1**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Millwood High (MILL)**

1. Charlie Burke - Female - Comp#: 561 - Ind/Rel: 1 / 0 #23 Girls 1500 Meter Run Senior	6:13.09	1/12	2018-05-23
2. Emily Burke - Female - Comp#: 562 - Ind/Rel: 2 / 0 #35 Girls 800 Meter Run Senior	3:16.08	1/15	2018-05-24
#83 Girls Discus Throw 1kg Senior	11.09m	1/4	2018-05-23
3. Abby Campbell - Female - Comp#: 563 - Ind/Rel: 1 / 0 #17 Girls 100 Meter Dash Senior Prelims	14.60	2/7	2018-05-23
4. Kaleb Ellis - Male - Comp#: 564 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	59.63	1/2	2018-05-23
5. Matt Ferguson - Male - Comp#: 565 - Ind/Rel: 1 / 0 #12 Boys 400 Meter Dash Senior Prelims	57.94	2/5	2018-05-23
6. Lauren Humes - Female - Comp#: 566 - Ind/Rel: 1 / 0 #71 Girls Triple Jump Senior	6.34m	1/5	2018-05-23
7. Paige Kavanaugh - Female - Comp#: 567 - Ind/Rel: 4 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims	17.32	1/6	2018-05-23
#17 Girls 100 Meter Dash Senior Prelims	14.85	2/1	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	32.04	1/4	2018-05-24
#59 Girls Long Jump Senior	3.82m	1/5	2018-05-24
8. Bradley Lloyd - Male - Comp#: 568 - Ind/Rel: 2 / 0 #84 Boys Discus Throw 1.75kg Senior	21.97m	1/2	2018-05-24
#115 Boys Javelin Throw 800g Senior	26.43m	1/16	2018-05-23
9. Kamdyn Lynch - Female - Comp#: 569 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 33" Senior Prelims	17.83	1/7	2018-05-23
10. Jessica McPherson - Female - Comp#: 570 - Ind/Rel: 2 / 0 #77 Girls Shot Put 4kg Senior	7.40m	1/11	2018-05-24
#83 Girls Discus Throw 1kg Senior	12.99m	1/6	2018-05-23
11. Josh Paddock - Male - Comp#: 571 - Ind/Rel: 3 / 0 #18 Boys 100 Meter Dash Senior Prelims	12.11	3/2	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	24.92	2/4	2018-05-24
#60 Boys Long Jump Senior	5.06m	1/3	2018-05-23
12. Jared Park - Male - Comp#: 572 - Ind/Rel: 1 / 0 #6 Boys 100 Meter Hurdles 39" Senior Prelims	22.13	1/1	2018-05-23
13. Jaylin Pothier - Female - Comp#: 573 - Ind/Rel: 5 / 0 #2 Girls 80 Meter Hurdles 33" Intermediate Prelims	14.00	1/4	2018-05-23
#15 Girls 100 Meter Dash Intermediate Prelims	13.04	1/6	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	27.47	1/4	2018-05-24
#57 Girls Long Jump Intermediate	4.32m	1/11	2018-05-24
#69 Girls Triple Jump Intermediate	10.50m	1/8	2018-05-23
14. Morgan Rae - Male - Comp#: 574 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	59.23	2/2	2018-05-23
15. Peter Reid - Male - Comp#: 758 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	25.93m	1/12	2018-05-23
16. Claire Renken - Female - Comp#: 575 - Ind/Rel: 2 / 0 #29 Girls 200 Meter Dash Senior Prelims	31.30	2/5	2018-05-24
#59 Girls Long Jump Senior	3.95m	1/4	2018-05-24



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Millwood High (MILL)**

17. Cameron Silk - Male - Comp#: 576 - Ind/Rel: 2 / 0			
#78 Boys Shot Put 6kg Senior	8.65m	1/5	2018-05-23
#115 Boys Javelin Throw 800g Senior	25.34m	1/8	2018-05-23
18. Grace Stevens - Female - Comp#: 577 - Ind/Rel: 1 / 0			
#29 Girls 200 Meter Dash Senior Prelims	32.92	3/5	2018-05-24
19. Haley Stone - Female - Comp#: 578 - Ind/Rel: 2 / 0			
#77 Girls Shot Put 4kg Senior	5.38m	1/4	2018-05-24
#83 Girls Discus Throw 1kg Senior	10.10m	1/7	2018-05-23
20. Adrianna Timmons - Female - Comp#: 579 - Ind/Rel: 2 / 0			
#75 Girls Shot Put 4kg Intermediate	6.76m	1/3	2018-05-24
#81 Girls Discus Throw 1kg Intermediate	21.23m	1/6	2018-05-23
21. Isobel Tyler - Female - Comp#: 580 - Ind/Rel: 2 / 0			
#71 Girls Triple Jump Senior	5.82m	1/2	2018-05-23
#77 Girls Shot Put 4kg Senior	4.16m	1/3	2018-05-24
22. Jake Wilson - Male - Comp#: 581 - Ind/Rel: 3 / 0			
#78 Boys Shot Put 6kg Senior	8.57m	1/14	2018-05-23
#84 Boys Discus Throw 1.75kg Senior	24.79m	1/7	2018-05-24
#115 Boys Javelin Throw 800g Senior	19.22m	1/14	2018-05-23
1. Millwood High - 'A'			
#40 Boys 4x100 Meter Relay Intermediate	50.81	1/4	2018-05-24
2. Millwood High - 'A'			
#41 Girls 4x100 Meter Relay Senior	58.77	1/5	2018-05-24
3. Millwood High - 'A'			
#53 Girls 4x400 Meter Relay Senior	5:54.75	1/6	2018-05-24

**Millwood High Total Individual Entries: 41 - Total Relays: 3**



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

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**Newbridge Academy (NBAC)**

1. Oliver Arnfast - Male - Comp#: 582 - Ind/Rel: 1 / 0

#5 Boys 100 Meter Hurdles 36" Intermediate Prelims

16.54 1/5

2018-05-23

**Newbridge Academy Total Individual Entries: 1 - Total Relays: 0**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Oxford School (OX)**

1. Parker Asbridge - Male - Comp#: 583 - Ind/Rel: 2 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:03.81	2/3	2018-05-23
#32 Boys 800 Meter Run Junior	2:30.75	1/10	2018-05-24
2. Paul Ipe - Male - Comp#: 584 - Ind/Rel: 2 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	20.76	1/1	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:20.11	1/8	2018-05-24
3. Megan King - Female - Comp#: 585 - Ind/Rel: 2 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	14.37	1/1	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	29.24	2/4	2018-05-24
4. Jenna Matheson - Female - Comp#: 586 - Ind/Rel: 4 / 0			
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.19	2/3	2018-05-23
#7 Girls 400 Meter Dash Junior Prelims	1:10.17	2/1	2018-05-23
#13 Girls 100 Meter Dash Junior Prelims	14.66	1/8	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	30.14	2/7	2018-05-24
5. Ethan McCarthy - Male - Comp#: 587 - Ind/Rel: 2 / 0			
#74 Boys Shot Put 4kg Junior	7.50m	1/4	2018-05-23
#80 Boys Discus Throw 1kg Junior	15.78m	1/11	2018-05-24
6. Gavin Murray - Male - Comp#: 588 - Ind/Rel: 1 / 0			
#5 Boys 100 Meter Hurdles 36" Intermediate Prelims	20.11	1/4	2018-05-23
7. Maeve Nagel - Female - Comp#: 589 - Ind/Rel: 1 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.76	1/1	2018-05-23
8. Isabelle Rojas-Fischer - Female - Comp#: 590 - Ind/Rel: 2 / 0			
#19 Girls 1500 Meter Run Junior	5:27.73	1/6	2018-05-23
#31 Girls 800 Meter Run Junior	2:37.93	1/2	2018-05-24
9. Eve Wedderburn - Female - Comp#: 591 - Ind/Rel: 1 / 0			
#19 Girls 1500 Meter Run Junior	5:53.87	1/14	2018-05-23
1. Oxford School - 'A'			
#37 Girls 4x100 Meter Relay Junior	59.41	1/6	2018-05-24

**Oxford School Total Individual Entries: 17 - Total Relays: 1**



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

**Oyster Pond Academy (OPA)**

- |  |        |      |            |
|--|--------|------|------------|
| 1. Anthony Arnold - Male - Comp#: 592 - Ind/Rel: 2 / 0     |        |      |            |
| #74 Boys Shot Put 4kg Junior                               | 8.16m  | 1/16 | 2018-05-23 |
| #91 Boys Javelin Throw 600g Junior                         | 23.67m | 1/4  | 2018-05-23 |
| 2. Kaira Boudreault - Female - Comp#: 593 - Ind/Rel: 1 / 0 |        |      |            |
| #85 Girls Javelin Throw 400g Junior                        | 18.19m | 1/2  | 2018-05-24 |
| 3. Tory Walsh - Female - Comp#: 595 - Ind/Rel: 1 / 0       |        |      |            |
| #79 Girls Discus Throw 0.75kg Junior                       | 20.46m | 1/13 | 2018-05-23 |

**Oyster Pond Academy Total Individual Entries: 4 - Total Relays: 0**





2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Park West School (PWS)**

1. Keilen Bellis - Male - Comp#: 596 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	20.89	2/6	2018-05-23
2. Mya Brothers - Female - Comp#: 597 - Ind/Rel: 1 / 0 #25 Girls 200 Meter Dash Junior Prelims	30.21	2/6	2018-05-24
3. Leila Cogswell-Wright - Female - Comp#: 598 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	17.53	1/2	2018-05-23
4. Danny Daly - Male - Comp#: 599 - Ind/Rel: 3 / 0 #20 Boys 1500 Meter Run Junior	5:19.32	1/13	2018-05-23
#44 Boys 3000 Meter Run Junior	11:22.90	1/1	2018-05-24
#62 Boys High Jump Junior	1.50m	1/16	2018-05-24
5. Ainsley Davie - Female - Comp#: 600 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.87	2/7	2018-05-23
6. Yousef Fattal - Male - Comp#: 601 - Ind/Rel: 1 / 0 #32 Boys 800 Meter Run Junior	2:32.38	1/5	2018-05-24
7. Jason Jee - Male - Comp#: 602 - Ind/Rel: 4 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	21.20	2/7	2018-05-23
#14 Boys 100 Meter Dash Junior Prelims	12.95	1/2	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	26.69	2/3	2018-05-24
#68 Boys Triple Jump Junior	9.40m	1/14	2018-05-24
8. Muhammadaziz Kuzibove - Male - Comp#: 603 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	7.20m	1/12	2018-05-23
9. Shawn Swaniker - Male - Comp#: 604 - Ind/Rel: 3 / 0 #14 Boys 100 Meter Dash Junior Prelims	12.46	2/7	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	24.71	2/4	2018-05-24
#91 Boys Javelin Throw 600g Junior	23.72m	1/7	2018-05-23
10. Emily Vogt - Female - Comp#: 605 - Ind/Rel: 2 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.02	1/7	2018-05-23
#61 Girls High Jump Junior	1.25m	1/17	2018-05-23
11. Mya Yang - Female - Comp#: 606 - Ind/Rel: 1 / 0 #13 Girls 100 Meter Dash Junior Prelims	14.41	1/4	2018-05-23
12. Maddox Young - Male - Comp#: 607 - Ind/Rel: 3 / 0 #56 Boys Long Jump Junior	4.46m	1/12	2018-05-23
#62 Boys High Jump Junior	1.45m	1/13	2018-05-24
#91 Boys Javelin Throw 600g Junior	28.20m	1/16	2018-05-23
1. Park West School - 'A' #38 Boys 4x100 Meter Relay Junior	52.36	2/3	2018-05-24

**Park West School Total Individual Entries: 22 - Total Relays: 1**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Prince Andrew (PA)**

1. Mikayla Boucher - Female - Comp#: 608 - Ind/Rel: 3 / 0			
#21 Girls 1500 Meter Run Intermediate	5:22.67	1/9	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:26.36	1/4	2018-05-24
#45 Girls 3000 Meter Run Intermediate	11:14.74	1/5	2018-05-24
2. Brody Boudreau - Male - Comp#: 609 - Ind/Rel: 2 / 0			
#24 Boys 1500 Meter Run Senior	4:24.54	1/3	2018-05-23
#48 Boys 3000 Meter Run Senior	9:16.63	1/5	2018-05-24
3. Shyanne Brewer - Female - Comp#: 610 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	14.65	1/2	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	4.66m	1/2	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	2.18m	1/9	2018-05-23
4. Gael Cameron - Female - Comp#: 611 - Ind/Rel: 4 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	17.92	2/7	2018-05-23
#23 Girls 1500 Meter Run Senior	6:19.06	1/14	2018-05-23
#35 Girls 800 Meter Run Senior	3:00.81	1/13	2018-05-24
#47 Girls 3000 Meter Run Senior	13:24.82	1/10	2018-05-24
5. Tyson Carvery - Male - Comp#: 612 - Ind/Rel: 1 / 0			
#18 Boys 100 Meter Dash Senior Prelims	11.86	2/6	2018-05-23
6. Morgan Clark - Male - Comp#: 613 - Ind/Rel: 2 / 0			
#78 Boys Shot Put 6kg Senior	10.83m	1/10	2018-05-23
#84 Boys Discus Throw 1.75kg Senior	29.67m	1/15	2018-05-24
7. Paige Colpitts - Female - Comp#: 614 - Ind/Rel: 2 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	16.76	1/2	2018-05-23
#109 Girls Javelin Throw 600g Senior	20.32m	1/10	2018-05-24
8. Logan Davidson - Male - Comp#: 615 - Ind/Rel: 2 / 0			
#123 Boys 100 Meter Dash Special Senior	14.50	1/1	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	2.40m	1/7	2018-05-23
9. Susan Davis - Female - Comp#: 616 - Ind/Rel: 2 / 0			
#77 Girls Shot Put 4kg Senior	6.19m	1/5	2018-05-24
#83 Girls Discus Throw 1kg Senior	18.39m	1/9	2018-05-23
10. Xavier Fitzgerald - Male - Comp#: 617 - Ind/Rel: 3 / 0			
#28 Boys 200 Meter Dash Intermediate Prelims	25.45	1/2	2018-05-24
#34 Boys 800 Meter Run Intermediate	2:19.10	1/5	2018-05-24
#82 Boys Discus Throw 1.5kg Intermediate	24.63m	1/10	2018-05-24
11. Kyle Gouthro - Male - Comp#: 618 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	57.45	2/2	2018-05-23
#36 Boys 800 Meter Run Senior	2:21.99	1/12	2018-05-24
12. Megan Hodder - Female - Comp#: 619 - Ind/Rel: 3 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	17.00	2/3	2018-05-23
#23 Girls 1500 Meter Run Senior	6:30.86	1/15	2018-05-23
#65 Girls High Jump Senior	1.20m	1/9	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Prince Andrew (PA)**

13. Peter Lachlan Greechan - Male - Comp#: 620 - Ind/Rel: 4 / 0			
#6 Boys 100 Meter Hurdles 39" Senior Prelims	NT	2/5	2018-05-23
#12 Boys 400 Meter Dash Senior Prelims	NT	3/1	2018-05-23
#18 Boys 100 Meter Dash Senior Prelims	NT	1/1	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	NT	1/7	2018-05-24
14. Geoff Lawton - Male - Comp#: 621 - Ind/Rel: 1 / 0			
#84 Boys Discus Throw 1.75kg Senior	20.57m	1/4	2018-05-24
15. Elizabeth Leahy - Female - Comp#: 622 - Ind/Rel: 1 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	17.25	2/2	2018-05-23
16. Kaitlyn MacDonald - Female - Comp#: 623 - Ind/Rel: 2 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	13.26	1/7	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	28.31	1/6	2018-05-24
17. Jack McGovern - Male - Comp#: 624 - Ind/Rel: 3 / 0			
#66 Boys High Jump Senior	1.35m	1/10	2018-05-24
#78 Boys Shot Put 6kg Senior	9.83m	1/9	2018-05-23
#84 Boys Discus Throw 1.75kg Senior	26.50m	1/8	2018-05-24
18. DeMyron Parsons - Male - Comp#: 625 - Ind/Rel: 1 / 0			
#131 Boys Long Jump 3 jumps only Special Senior	2.52m	1/8	2018-05-23
19. Christina Porter - Female - Comp#: 626 - Ind/Rel: 3 / 0			
#17 Girls 100 Meter Dash Senior Prelims	13.61	1/4	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	28.46	2/3	2018-05-24
#35 Girls 800 Meter Run Senior	2:52.15	1/12	2018-05-24
20. Brandon Raulenzo - Male - Comp#: 627 - Ind/Rel: 2 / 0			
#60 Boys Long Jump Senior	ND	1/1	2018-05-23
#66 Boys High Jump Senior	NH	1/2	2018-05-24
21. Corey Rose - Male - Comp#: 628 - Ind/Rel: 2 / 0			
#123 Boys 100 Meter Dash Special Senior	10.93	1/2	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	7.58m	1/15	2018-05-23
22. Josh Ross - Male - Comp#: 629 - Ind/Rel: 1 / 0			
#127 Boys Shot Put 4kg-3 throws Special Senior	9.19m	1/16	2018-05-23
23. Takoda Smith-Howe - Male - Comp#: 630 - Ind/Rel: 1 / 0			
#76 Boys Shot Put 5kg Intermediate	10.85m	1/12	2018-05-23
24. Sierra Sweeney - Female - Comp#: 631 - Ind/Rel: 5 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:01.90	2/2	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	27.19	1/5	2018-05-24
#57 Girls Long Jump Intermediate	4.56m	1/13	2018-05-24
#63 Girls High Jump Intermediate	1.35m	1/13	2018-05-23
#69 Girls Triple Jump Intermediate	10.51m	1/14	2018-05-23
25. Jack Warnell - Male - Comp#: 632 - Ind/Rel: 1 / 0			
#6 Boys 100 Meter Hurdles 39" Senior Prelims	20.04	2/4	2018-05-23
26. Nick Young - Male - Comp#: 633 - Ind/Rel: 3 / 0			
#10 Boys 400 Meter Dash Intermediate Prelims	58.26	1/1	2018-05-23
#64 Boys High Jump Intermediate	1.45m	1/3	2018-05-24
#70 Boys Triple Jump Intermediate	10.57m	1/16	2018-05-24



**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

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**Prince Andrew (PA)**

1.	Prince Andrew - 'A' #41 Girls 4x100 Meter Relay Senior	57.56	1/8	2018-05-24
2.	Prince Andrew - 'A' #42 Boys 4x100 Meter Relay Senior	47.31	1/3	2018-05-24
3.	Prince Andrew - 'A' #54 Boys 4x400 Meter Relay Senior	3:52.44	1/5	2018-05-24

**Prince Andrew Total Individual Entries: 59 - Total Relays: 3**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Ridgecliff Middle School (RIDG)**

1. Obi Agu - Male - Comp#: 634 - Ind/Rel: 2 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.89	1/6	2018-05-23
#56 Boys Long Jump Junior	4.68m	1/3	2018-05-23
2. John Flinn - Male - Comp#: 637 - Ind/Rel: 1 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:06.24	1/7	2018-05-23
3. Austin Gavin - Male - Comp#: 638 - Ind/Rel: 1 / 0			
#70 Boys Triple Jump Intermediate	10.05m	1/3	2018-05-24
4. Steven Lake - Male - Comp#: 639 - Ind/Rel: 1 / 0			
#82 Boys Discus Throw 1.5kg Intermediate	22.40m	1/1	2018-05-24
5. Dustin MacDonald - Male - Comp#: 641 - Ind/Rel: 2 / 0			
#74 Boys Shot Put 4kg Junior	8.60m	1/10	2018-05-23
#80 Boys Discus Throw 1kg Junior	22.49m	1/16	2018-05-24
6. Kaleb Macleod - Male - Comp#: 642 - Ind/Rel: 3 / 0			
#64 Boys High Jump Intermediate	1.55m	1/8	2018-05-24
#70 Boys Triple Jump Intermediate	10.06m	1/7	2018-05-24
#103 Boys Javelin Throw 700g Intermediate	25.93m	1/1	2018-05-23
7. Lauren Murphy - Female - Comp#: 643 - Ind/Rel: 1 / 0			
#61 Girls High Jump Junior	1.30m	1/13	2018-05-23
1. Ridgecliff Middle School - 'A'			
#49 Girls 4x400 Meter Relay Junior	5:13.15	1/5	2018-05-24

**Ridgecliff Middle School Total Individual Entries: 11 - Total Relays: 1**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Rocky Lake Junior High (RLJH)**

1. Taylor Burke - Female - Comp#: 644 - Ind/Rel: 1 / 0 #69 Girls Triple Jump Intermediate	8.46m	1/3	2018-05-23
2. Luca Cameron - Male - Comp#: 645 - Ind/Rel: 2 / 0 #56 Boys Long Jump Junior	4.81m	1/11	2018-05-23
#62 Boys High Jump Junior	1.45m	1/5	2018-05-24
3. Zik Chipudhla - Male - Comp#: 646 - Ind/Rel: 1 / 0 #14 Boys 100 Meter Dash Junior Prelims	12.80	2/4	2018-05-23
4. Lauren Donnelly - Female - Comp#: 647 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.85m	1/5	2018-05-24
5. Sophie Doucette - Female - Comp#: 648 - Ind/Rel: 2 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:08.05	2/8	2018-05-23
#19 Girls 1500 Meter Run Junior	5:43.00	1/5	2018-05-23
6. Owen Flemming - Male - Comp#: 649 - Ind/Rel: 2 / 0 #20 Boys 1500 Meter Run Junior	5:09.05	1/9	2018-05-23
#44 Boys 3000 Meter Run Junior	11:05.57	1/5	2018-05-24
7. Marissa Gear - Female - Comp#: 650 - Ind/Rel: 2 / 0 #13 Girls 100 Meter Dash Junior Prelims	13.88	1/3	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	28.66	2/3	2018-05-24
8. Ella Green - Female - Comp#: 651 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.87m	1/15	2018-05-24
9. Maren Hall - Female - Comp#: 652 - Ind/Rel: 1 / 0 #13 Girls 100 Meter Dash Junior Prelims	13.43	2/3	2018-05-23
10. Jack Humprey - Male - Comp#: 653 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	28.30m	1/6	2018-05-23
11. Nic Koch - Male - Comp#: 757 - Ind/Rel: 1 / 0 #34 Boys 800 Meter Run Intermediate	2:23.33	1/12	2018-05-24
12. Matthew Lawton - Male - Comp#: 654 - Ind/Rel: 3 / 0 #20 Boys 1500 Meter Run Junior	5:18.57	1/3	2018-05-23
#32 Boys 800 Meter Run Junior	2:33.61	1/11	2018-05-24
#44 Boys 3000 Meter Run Junior	11:18.66	1/15	2018-05-24
13. Thomas Macvicar - Male - Comp#: 655 - Ind/Rel: 3 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	20.58	2/4	2018-05-23
#56 Boys Long Jump Junior	4.50m	1/4	2018-05-23
#68 Boys Triple Jump Junior	8.76m	1/1	2018-05-24
14. Brendan McQuaid - Male - Comp#: 656 - Ind/Rel: 1 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.17	2/3	2018-05-23
15. Noah Morgan - Male - Comp#: 657 - Ind/Rel: 2 / 0 #14 Boys 100 Meter Dash Junior Prelims	12.89	1/4	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	27.97	1/2	2018-05-24
16. Rylan Murphy - Male - Comp#: 658 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	8.65m	1/9	2018-05-23
17. Sarah Normandeau - Female - Comp#: 659 - Ind/Rel: 1 / 0 #27 Girls 200 Meter Dash Intermediate Prelims	28.08	1/7	2018-05-24
18. Cassie Roche - Female - Comp#: 660 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.22	1/1	2018-05-23



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Rocky Lake Junior High (RLJH)**

19. Claire Shea - Female - Comp#: 661 - Ind/Rel: 3 / 0			
#7 Girls 400 Meter Dash Junior Prelims	1:08.63	1/6	2018-05-23
#19 Girls 1500 Meter Run Junior	5:40.00	1/4	2018-05-23
#31 Girls 800 Meter Run Junior	2:38.00	1/1	2018-05-24
20. Gracie Somers - Female - Comp#: 662 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:03.56	1/7	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:32.59	1/12	2018-05-24
21. Claire Tramble - Female - Comp#: 663 - Ind/Rel: 2 / 0			
#2 Girls 80 Meter Hurdles 33" Intermediate Prelims	16.09	2/5	2018-05-23
#69 Girls Triple Jump Intermediate	8.62m	1/15	2018-05-23
1. Rocky Lake Junior High - 'A'			
#37 Girls 4x100 Meter Relay Junior	56.82	1/8	2018-05-24
2. Rocky Lake Junior High - 'A'			
#38 Boys 4x100 Meter Relay Junior	55.31	1/3	2018-05-24
3. Rocky Lake Junior High - 'A'			
#49 Girls 4x400 Meter Relay Junior	4:45.17	1/1	2018-05-24
4. Rocky Lake Junior High - 'A'			
#50 Boys 4x400 Meter Relay Junior	4:50.94	1/2	2018-05-24
5. Rocky Lake Junior High - 'A'			
#51 Girls 4x400 Meter Relay Intermediate	4:48.52	1/3	2018-05-24
6. Rocky Lake Junior High - 'A'			
#52 Boys 4x400 Meter Relay Intermediate	4:07.59	1/7	2018-05-24

**Rocky Lake Junior High Total Individual Entries: 34 - Total Relays: 6**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

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**Ross Road (RR)**

1. Brady Stone - Male - Comp#: 664 - Ind/Rel: 1 / 0  
#80 Boys Discus Throw 1kg Junior

22.78m 1/14

2018-05-24

**Ross Road Total Individual Entries: 1 - Total Relays: 0**





## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Sackville High (SH)**

1. Connor Adams - Male - Comp#: 665 - Ind/Rel: 2 / 0			
#18 Boys 100 Meter Dash Senior Prelims	11.76	3/5	2018-05-23
#30 Boys 200 Meter Dash Senior Prelims	24.52	1/4	2018-05-24
2. Khaldon Al-Kasem - Male - Comp#: 666 - Ind/Rel: 1 / 0			
#78 Boys Shot Put 6kg Senior	8.39m	1/15	2018-05-23
3. Breanna Arnold - Female - Comp#: 667 - Ind/Rel: 1 / 0			
#126 Girls Shot Put 3kg-3 throws Special Senior	2.39m	1/1	2018-05-23
4. Joaquin Berzunza - Male - Comp#: 668 - Ind/Rel: 1 / 0			
#18 Boys 100 Meter Dash Senior Prelims	12.08	2/4	2018-05-23
5. Otayah Bright - Female - Comp#: 669 - Ind/Rel: 1 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:13.07	2/4	2018-05-23
6. Connor Burns - Male - Comp#: 670 - Ind/Rel: 1 / 0			
#76 Boys Shot Put 5kg Intermediate	9.55m	1/6	2018-05-23
7. Zoe Carvery - Female - Comp#: 671 - Ind/Rel: 3 / 0			
#3 Girls 80 Meter Hurdles 33" Senior Prelims	13.11	2/5	2018-05-23
#59 Girls Long Jump Senior	4.92m	1/16	2018-05-24
#65 Girls High Jump Senior	1.60m	1/7	2018-05-23
8. Haley Deveaux - Female - Comp#: 672 - Ind/Rel: 1 / 0			
#81 Girls Discus Throw 1kg Intermediate	16.68m	1/1	2018-05-23
9. Shayne Doyle - Male - Comp#: 673 - Ind/Rel: 4 / 0			
#24 Boys 1500 Meter Run Senior	5:51.16	1/2	2018-05-23
#48 Boys 3000 Meter Run Senior	13:22.44	1/14	2018-05-24
#84 Boys Discus Throw 1.75kg Senior	19.95m	1/11	2018-05-24
#115 Boys Javelin Throw 800g Senior	38.80m	1/11	2018-05-23
10. Hailey Giffin - Female - Comp#: 674 - Ind/Rel: 2 / 0			
#75 Girls Shot Put 4kg Intermediate	8.20m	1/14	2018-05-24
#81 Girls Discus Throw 1kg Intermediate	26.03m	1/13	2018-05-23
11. Logan Gothreau - Male - Comp#: 675 - Ind/Rel: 2 / 0			
#18 Boys 100 Meter Dash Senior Prelims	11.43	1/2	2018-05-23
#60 Boys Long Jump Senior	5.12m	1/11	2018-05-23
12. Logan Graves - Male - Comp#: 676 - Ind/Rel: 2 / 0			
#84 Boys Discus Throw 1.75kg Senior	22.21m	1/5	2018-05-24
#115 Boys Javelin Throw 800g Senior	27.90m	1/12	2018-05-23
13. Chris Hurley - Male - Comp#: 677 - Ind/Rel: 3 / 0			
#123 Boys 100 Meter Dash Special Senior	12.59	2/4	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	3.28m	1/11	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	2.85m	1/13	2018-05-23
14. Jack Lake - Male - Comp#: 678 - Ind/Rel: 1 / 0			
#84 Boys Discus Throw 1.75kg Senior	30.98m	1/14	2018-05-24
15. Mariska Macdow - Female - Comp#: 679 - Ind/Rel: 1 / 0			
#109 Girls Javelin Throw 600g Senior	16.64m	1/3	2018-05-24
16. Cole Morash - Male - Comp#: 680 - Ind/Rel: 1 / 0			
#78 Boys Shot Put 6kg Senior	8.34m	1/2	2018-05-23



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Sackville High (SH)**

17.	Josh Rasmussen - Male - Comp#: 681 - Ind/Rel: 2 / 0			
	#60 Boys Long Jump Senior	5.03m	1/8	2018-05-23
	#72 Boys Triple Jump Senior	10.65m	1/11	2018-05-24
18.	Tobias Schmidt - Male - Comp#: 682 - Ind/Rel: 1 / 0			
	#125 Boys Shot Put 4kg-3 throws Special Junior	5.61m	1/11	2018-05-23
19.	Zach Seward - Male - Comp#: 683 - Ind/Rel: 1 / 0			
	#115 Boys Javelin Throw 800g Senior	36.39m	1/9	2018-05-23
20.	Dylan Sidney - Male - Comp#: 684 - Ind/Rel: 1 / 0			
	#48 Boys 3000 Meter Run Senior	15:08.03	1/11	2018-05-24
21.	Matthias Smith - Male - Comp#: 685 - Ind/Rel: 1 / 0			
	#125 Boys Shot Put 4kg-3 throws Special Junior	4.98m	1/12	2018-05-23
22.	Daniel Surette - Male - Comp#: 686 - Ind/Rel: 2 / 0			
	#6 Boys 100 Meter Hurdles 39" Senior Prelims	15.41	2/2	2018-05-23
	#60 Boys Long Jump Senior	5.35m	1/6	2018-05-23
23.	Dylan Thornhill - Male - Comp#: 687 - Ind/Rel: 3 / 0			
	#12 Boys 400 Meter Dash Senior Prelims	58.85	1/1	2018-05-23
	#60 Boys Long Jump Senior	5.25m	1/14	2018-05-23
	#72 Boys Triple Jump Senior	10.58m	1/8	2018-05-24
1.	Sackville High - 'A'			
	#42 Boys 4x100 Meter Relay Senior	46.33	1/5	2018-05-24
2.	Sackville High - 'A'			
	#54 Boys 4x400 Meter Relay Senior	4:09.99	1/6	2018-05-24

**Sackville High Total Individual Entries: 38 - Total Relays: 2**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Sacred Heart School (SHSH)**

1. Daniel Atherton - Male - Comp#: 688 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:05.02	1/2	2018-05-23
2. Meghan Beland - Female - Comp#: 689 - Ind/Rel: 3 / 0 #17 Girls 100 Meter Dash Senior Prelims	14.21	1/7	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	29.73	1/5	2018-05-24
#77 Girls Shot Put 4kg Senior	6.07m	1/13	2018-05-24
3. Isaac Burke - Male - Comp#: 690 - Ind/Rel: 1 / 0 #115 Boys Javelin Throw 800g Senior	27.20m	1/10	2018-05-23
4. Gabrielle Cote - Female - Comp#: 691 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	NT	1/1	2018-05-24
5. Mary-Kate Driscoll-Sangster - Female - Comp#: 692 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	4.13m	1/3	2018-05-24
6. Talia Friesen - Female - Comp#: 693 - Ind/Rel: 2 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.93	1/2	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	29.36	1/1	2018-05-24
7. Emma Hamlyn - Female - Comp#: 694 - Ind/Rel: 3 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:05.31	1/4	2018-05-23
#13 Girls 100 Meter Dash Junior Prelims	14.13	2/5	2018-05-23
#25 Girls 200 Meter Dash Junior Prelims	28.98	2/5	2018-05-24
8. Sydney Hayden - Female - Comp#: 695 - Ind/Rel: 5 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:13.18	2/4	2018-05-23
#29 Girls 200 Meter Dash Senior Prelims	31.98	1/2	2018-05-24
#59 Girls Long Jump Senior	3.95m	1/11	2018-05-24
#71 Girls Triple Jump Senior	8.31m	1/9	2018-05-23
#77 Girls Shot Put 4kg Senior	6.34m	1/9	2018-05-24
9. Luc Lefrancois - Male - Comp#: 696 - Ind/Rel: 1 / 0 #84 Boys Discus Throw 1.75kg Senior	20.37m	1/3	2018-05-24
10. Sarah Macaskill - Female - Comp#: 697 - Ind/Rel: 3 / 0 #21 Girls 1500 Meter Run Intermediate	5:39.51	1/1	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:40.62	1/1	2018-05-24
#45 Girls 3000 Meter Run Intermediate	12:31.81	1/2	2018-05-24
11. Tallulah Macneil - Female - Comp#: 698 - Ind/Rel: 3 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:09.97	1/8	2018-05-23
#19 Girls 1500 Meter Run Junior	5:42.04	1/7	2018-05-23
#31 Girls 800 Meter Run Junior	2:47.02	1/8	2018-05-24
12. Lauchlan McDonough - Male - Comp#: 699 - Ind/Rel: 3 / 0 #22 Boys 1500 Meter Run Intermediate	4:55.49	1/3	2018-05-23
#34 Boys 800 Meter Run Intermediate	2:21.93	1/13	2018-05-24
#46 Boys 3000 Meter Run Intermediate	10:55.52	1/7	2018-05-24
13. William Nickerson - Male - Comp#: 700 - Ind/Rel: 1 / 0 #46 Boys 3000 Meter Run Intermediate	11:00.48	1/3	2018-05-24
14. Sasha Oreskovich - Female - Comp#: 701 - Ind/Rel: 2 / 0 #43 Girls 3000 Meter Run Junior	13:12.37	1/2	2018-05-24
#73 Girls Shot Put 3kg Junior	7.50m	1/12	2018-05-24



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Sacred Heart School (SHSH)**

15. Claire Rankin - Female - Comp#: 702 - Ind/Rel: 3 / 0			
#19 Girls 1500 Meter Run Junior	5:35.74	1/3	2018-05-23
#31 Girls 800 Meter Run Junior	2:44.13	1/5	2018-05-24
#43 Girls 3000 Meter Run Junior	11:56.96	1/8	2018-05-24
16. Mitchell Reardon - Male - Comp#: 703 - Ind/Rel: 3 / 0			
#12 Boys 400 Meter Dash Senior Prelims	58.26	1/5	2018-05-23
#36 Boys 800 Meter Run Senior	2:19.07	1/3	2018-05-24
#60 Boys Long Jump Senior	5.42m	1/12	2018-05-23
17. Claire Sheppard - Female - Comp#: 704 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:07.93	1/3	2018-05-23
#33 Girls 800 Meter Run Intermediate	2:48.77	1/16	2018-05-24
18. Charlie Simms - Male - Comp#: 705 - Ind/Rel: 3 / 0			
#8 Boys 400 Meter Dash Junior Prelims	1:04.03	1/6	2018-05-23
#20 Boys 1500 Meter Run Junior	5:11.43	1/4	2018-05-23
#32 Boys 800 Meter Run Junior	2:26.02	1/2	2018-05-24
19. Maggie Smith - Female - Comp#: 706 - Ind/Rel: 3 / 0			
#23 Girls 1500 Meter Run Senior	5:16.57	1/5	2018-05-23
#35 Girls 800 Meter Run Senior	2:24.97	1/4	2018-05-24
#47 Girls 3000 Meter Run Senior	11:23.64	1/4	2018-05-24
20. Rebecca Smyth - Female - Comp#: 707 - Ind/Rel: 1 / 0			
#19 Girls 1500 Meter Run Junior	5:55.26	1/13	2018-05-23
21. Abby Titus - Female - Comp#: 708 - Ind/Rel: 1 / 0			
#43 Girls 3000 Meter Run Junior	12:26.16	1/13	2018-05-24
22. Lauren Titus - Female - Comp#: 709 - Ind/Rel: 2 / 0			
#9 Girls 400 Meter Dash Intermediate Prelims	1:04.76	2/1	2018-05-23
#27 Girls 200 Meter Dash Intermediate Prelims	28.97	1/3	2018-05-24
1. Sacred Heart School - 'A'			
#49 Girls 4x400 Meter Relay Junior	4:42.36	1/2	2018-05-24
2. Sacred Heart School - 'A'			
#50 Boys 4x400 Meter Relay Junior	4:34.42	1/1	2018-05-24
3. Sacred Heart School - 'A'			
#51 Girls 4x400 Meter Relay Intermediate	4:39.77	1/5	2018-05-24
4. Sacred Heart School - 'A'			
#53 Girls 4x400 Meter Relay Senior	4:53.13	1/5	2018-05-24

**Sacred Heart School Total Individual Entries: 48 - Total Relays: 4**



## 2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

## School Entries - All Events

**Sir John A. MacDonald (SJA)**

1. Connor Aucoin - Male - Comp#: 710 - Ind/Rel: 2 / 0			
#24 Boys 1500 Meter Run Senior	4:49.91	1/5	2018-05-23
#36 Boys 800 Meter Run Senior	2:15.50	1/6	2018-05-24
2. Griffin Brigley- Coolen - Male - Comp#: 711 - Ind/Rel: 3 / 0			
#123 Boys 100 Meter Dash Special Senior	14.65	1/7	2018-05-23
#127 Boys Shot Put 4kg-3 throws Special Senior	4.37m	1/3	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	2.16m	1/3	2018-05-23
3. Samantha Brown - Female - Comp#: 712 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	14.86	2/6	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	4.85m	1/5	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	2.84m	1/7	2018-05-23
4. Laura De Berdt Romilly - Female - Comp#: 713 - Ind/Rel: 2 / 0			
#29 Girls 200 Meter Dash Senior Prelims	33.57	3/4	2018-05-24
#35 Girls 800 Meter Run Senior	2:49.77	1/9	2018-05-24
5. Ben Edwards - Male - Comp#: 714 - Ind/Rel: 2 / 0			
#12 Boys 400 Meter Dash Senior Prelims	54.85	2/3	2018-05-23
#36 Boys 800 Meter Run Senior	2:13.99	1/15	2018-05-24
6. Jenna Giles - Female - Comp#: 715 - Ind/Rel: 3 / 0			
#122 Girls 100 Meter Dash Special Senior	16.36	2/7	2018-05-23
#126 Girls Shot Put 3kg-3 throws Special Senior	4.31m	1/6	2018-05-23
#130 Girls Long Jump 3 jumps only Special Senior	1.67m	1/6	2018-05-23
7. Maddy Kiesekamp - Female - Comp#: 716 - Ind/Rel: 2 / 0			
#23 Girls 1500 Meter Run Senior	6:08.52	1/9	2018-05-23
#47 Girls 3000 Meter Run Senior	13:20.12	1/9	2018-05-24
8. Teigan Labor - Female - Comp#: 717 - Ind/Rel: 2 / 0			
#71 Girls Triple Jump Senior	8.00m	1/12	2018-05-23
#109 Girls Javelin Throw 600g Senior	24.12m	1/9	2018-05-24
9. Alyssa Laurette - Female - Comp#: 718 - Ind/Rel: 1 / 0			
#15 Girls 100 Meter Dash Intermediate Prelims	13.99	2/4	2018-05-23
10. Emily Macfadyen - Female - Comp#: 719 - Ind/Rel: 2 / 0			
#75 Girls Shot Put 4kg Intermediate	7.10m	1/16	2018-05-24
#97 Girls Javelin Throw 500g Intermediate	23.99m	1/9	2018-05-24
11. Thomas MacLellan - Male - Comp#: 720 - Ind/Rel: 1 / 0			
#36 Boys 800 Meter Run Senior	2:21.27	1/11	2018-05-24
12. Alex McPherson - Male - Comp#: 721 - Ind/Rel: 1 / 0			
#48 Boys 3000 Meter Run Senior	17:48.50	1/12	2018-05-24
13. Robyn Meredith - Female - Comp#: 722 - Ind/Rel: 2 / 0			
#65 Girls High Jump Senior	1.50m	1/5	2018-05-23
#109 Girls Javelin Throw 600g Senior	24.57m	1/4	2018-05-24
14. Connor Oake - Male - Comp#: 723 - Ind/Rel: 2 / 0			
#58 Boys Long Jump Intermediate	5.28m	1/3	2018-05-23
#70 Boys Triple Jump Intermediate	11.13m	1/4	2018-05-24
15. Issac Parker - Male - Comp#: 724 - Ind/Rel: 2 / 0			
#127 Boys Shot Put 4kg-3 throws Special Senior	3.51m	1/2	2018-05-23
#131 Boys Long Jump 3 jumps only Special Senior	1.44m	1/1	2018-05-23



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Sir John A. MacDonald (SJA)**

16.	Alex Purcell - Male - Comp#: 725 - Ind/Rel: 3 / 0			
	#123 Boys 100 Meter Dash Special Senior	15.45	1/8	2018-05-23
	#127 Boys Shot Put 4kg-3 throws Special Senior	5.41m	1/1	2018-05-23
	#131 Boys Long Jump 3 jumps only Special Senior	1.73m	1/2	2018-05-23
17.	David Purdy - Male - Comp#: 726 - Ind/Rel: 1 / 0			
	#58 Boys Long Jump Intermediate	5.40m	1/13	2018-05-23
18.	Louise Roth - Female - Comp#: 727 - Ind/Rel: 2 / 0			
	#23 Girls 1500 Meter Run Senior	5:52.07	1/6	2018-05-23
	#47 Girls 3000 Meter Run Senior	12:22.20	1/5	2018-05-24
19.	Olivia Skinner - Female - Comp#: 728 - Ind/Rel: 2 / 0			
	#17 Girls 100 Meter Dash Senior Prelims	14.37	1/8	2018-05-23
	#29 Girls 200 Meter Dash Senior Prelims	30.41	2/2	2018-05-24
20.	Logan Taylor - Male - Comp#: 729 - Ind/Rel: 2 / 0			
	#76 Boys Shot Put 5kg Intermediate	15.20m	1/15	2018-05-23
	#82 Boys Discus Throw 1.5kg Intermediate	33.48m	1/12	2018-05-24
21.	Ben Williams - Male - Comp#: 730 - Ind/Rel: 1 / 0			
	#18 Boys 100 Meter Dash Senior Prelims	11.98	1/5	2018-05-23
22.	Chad Woodill - Male - Comp#: 731 - Ind/Rel: 3 / 0			
	#6 Boys 100 Meter Hurdles 39" Senior Prelims	19.21	1/3	2018-05-23
	#60 Boys Long Jump Senior	5.29m	1/10	2018-05-23
	#66 Boys High Jump Senior	1.58m	1/12	2018-05-24
1.	Sir John A. MacDonald - 'A'			
	#42 Boys 4x100 Meter Relay Senior	49.16	1/4	2018-05-24

**Sir John A. MacDonald Total Individual Entries: 44 - Total Relays: 1**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**Sir Robert Borden Junior High (SRB)**

1. Makenah Brown - Female - Comp#: 732 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Special Junior	18.12	1/8	2018-05-23
#124 Girls Shot Put 3kg-3 throws Special Junior	2.13m	1/8	2018-05-23
#128 Girls Long Jump 3 jumps only Special Junior	1.28m	1/1	2018-05-23
2. Isabelle Cook - Female - Comp#: 733 - Ind/Rel: 1 / 0			
#21 Girls 1500 Meter Run Intermediate	6:26.17	1/2	2018-05-23
3. Malachi Harris - Male - Comp#: 734 - Ind/Rel: 2 / 0			
#121 Boys 100 Meter Dash Special Junior	12.91	1/2	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	1.84m	1/6	2018-05-23
4. Allison Jones - Female - Comp#: 735 - Ind/Rel: 1 / 0			
#120 Girls 100 Meter Dash Special Junior	20.33	1/7	2018-05-23
5. Brittany MacDonald - Female - Comp#: 736 - Ind/Rel: 1 / 0			
#75 Girls Shot Put 4kg Intermediate	7.66m	1/13	2018-05-24
6. Landon Simon - Male - Comp#: 737 - Ind/Rel: 2 / 0			
#121 Boys 100 Meter Dash Special Junior	15.74	1/1	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	1.94m	1/7	2018-05-23
7. Nate Slawter - Male - Comp#: 738 - Ind/Rel: 3 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.90	2/6	2018-05-23
#26 Boys 200 Meter Dash Junior Prelims	26.96	1/3	2018-05-24
#56 Boys Long Jump Junior	4.85m	1/5	2018-05-23
8. Dennis Turner - Male - Comp#: 739 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Special Junior	15.32	1/3	2018-05-23
#125 Boys Shot Put 4kg-3 throws Special Junior	5.24m	1/14	2018-05-23
#129 Boys Long Jump 3 jumps only Special Junior	2.20m	1/8	2018-05-23

**Sir Robert Borden Junior High Total Individual Entries: 16 - Total Relays: 0**



2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24

School Entries - All Events

**St. Agnes Junior High (STAG)**

1.	Drew Clothier - Male - Comp#: 740 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Junior Prelims	21.36	2/8	2018-05-23
2.	Ty Dacey - Male - Comp#: 741 - Ind/Rel: 1 / 0 #5 Boys 100 Meter Hurdles 36" Intermediate Prelims	20.78	1/8	2018-05-23
3.	Lauren Duggan - Female - Comp#: 742 - Ind/Rel: 2 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	14.22	1/8	2018-05-23
	#69 Girls Triple Jump Intermediate	8.32m	1/7	2018-05-23
4.	Brooke Fraser - Female - Comp#: 743 - Ind/Rel: 1 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	14.34	2/8	2018-05-23
5.	Brad Howatt - Male - Comp#: 744 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.53m	1/15	2018-05-24
6.	Katherine Joyce - Female - Comp#: 745 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	7.50m	1/11	2018-05-24
7.	Justin Keating - Male - Comp#: 746 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate	5:04.65	1/2	2018-05-23
	#70 Boys Triple Jump Intermediate	9.62m	1/2	2018-05-24
8.	Christina Kostakos - Female - Comp#: 747 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	17.43m	1/2	2018-05-23
9.	John Lily - Male - Comp#: 748 - Ind/Rel: 2 / 0 #70 Boys Triple Jump Intermediate	10.25m	1/11	2018-05-24
	#76 Boys Shot Put 5kg Intermediate	9.90m	1/7	2018-05-23
10.	Jackson Montreuil - Male - Comp#: 749 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:28.26	1/13	2018-05-24
11.	Davud Osbek - Male - Comp#: 750 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate	5.03m	1/7	2018-05-23
	#70 Boys Triple Jump Intermediate	9.54m	1/5	2018-05-24
12.	Kristen Yazbeck - Female - Comp#: 751 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	17.67	2/1	2018-05-23
1.	St. Agnes Junior High - 'A' #39 Girls 4x100 Meter Relay Intermediate	55.92	1/6	2018-05-24

**St. Agnes Junior High Total Individual Entries: 16 - Total Relays: 1**





**2018 NSSAF Capital Regional Championships - 2018-05-23 to 2018-05-24**

**School Entries - All Events**

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**Summit Academy of Active Learn (SAAL)**

1. Connor Wilkin - Male - Comp#: 752 - Ind/Rel: 1 / 0  
#80 Boys Discus Throw 1kg Junior

22.39m 1/12

2018-05-24

**Summit Academy of Active Learn Total Individual Entries: 1 - Total Relays: 0**

