

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

## Meet Program

**Event 1 Girls 80 Meter Hurdles 30" Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 12.12 2016-06-03 Sierra Sweeney

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	660 Cassie Roche	Rocky Lake Jr	16.22
2	598 Leila Cogswell-Wright	Park West	17.53
3	397 Emma Kocsis-Derfalvi	Halifax Central	16.62
4	353 Emma Crowe	George P. Vanier	16.20
5	355 Isabel Gonsalves	George P. Vanier	15.76
6	427 Amelie Springer	Halifax Grammar	17.18
7	605 Emily Vogt	Park West	16.02
8	1 Liberty Yuke	A.J. Smeltze	16.51

**Heat 2 of 2 Prelims**

1	751 Kristen Yazbeck	St. Agnes Jr.	17.67
2	80 Jaelyn Keiver	Bicentennial	17.12
3	586 Jenna Matheson	Oxford School	15.19
4	358 Holly Legere	George P. Vanier	16.25
5	368 Molly White	George P. Vanier	16.18
6	338 Sydney Schwartz	Five Bridges Jun	16.07
7	600 Ainsley Davie	Park West	16.87
8	536 Maddy Cooke	Madeline Symond	16.28

**Event 2 Girls 80 Meter Hurdles 33" Intermediate (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 12.45 2016-06-03 Zoe Carvery

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	589 Maeve Nagel	Oxford School	16.76
2	144 Allison Tran	Charles P. Allen	16.40
3	155 Julia Faloon	Citadel High	15.24
4	573 Jaylin Pothier	Millwood High	14.00
5	331 Kennedy MacDonald	Five Bridges Jun	16.51
6	326 Virginia Boone	Five Bridges Jun	16.96
7	226 Annique Lezama	Dartmouth High	17.18
8	249 Paris Orser	Eastern Passage	17.40

**Heat 2 of 2 Prelims**

1	152 Anna Dugandzic	Citadel High	16.22
2	165 Emily Munroe	Citadel High	16.76
3	283 Lillian Gibson	Ellenvale Jr.	17.08
4	277 Breagh Langille	Elizabeth Suther	16.96
5	663 Claire Tramble	Rocky Lake Jr	16.09
6	187 Sarah Lucas	Clayton Park Jr.	16.61
7	381 Elena Egamino	Graham Creighton	18.03
8	508 Abbi Gaudry	Lockview High	13.63

**Event 3 Girls 80 Meter Hurdles 33" Senior (14)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 12.26 2017-06-02 Olivia Hill

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	512 Olivia Hill	Lockview High	13.78
2	614 Paige Colpitts	Prince Andrew	16.76
3	447 Lauren Gray	Halifax West	16.31
4	64 Giovana Rocha Zica	Auburn Drive	18.95
5	531 Bella Willett	Lockview High	13.99
6	567 Paige Kavanaugh	Millwood High	17.32
7	569 Kamdyn Lynch	Millwood High	17.83

**Heat 2 of 2 Prelims**

1	228 Veronica Mazzoleni	Dartmouth High	15.84
2	622 Elizabeth Leahy	Prince Andrew	17.25
3	619 Megan Hodder	Prince Andrew	17.00
4	154 Olivia Falkenham	Citadel High	16.02
5	671 Zoe Carvery	Sackville High	13.11
6	70 Michelle Yee	Auburn Drive	18.76
7	611 Gael Cameron	Prince Andrew	17.92

**Event 4 Boys 100 Meter Hurdles 33" Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 14.48 2016-06-03 Nolan Wentzell

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	469 Ezra Eastwood	Herring Cove Jr.	21.35
2	378 Zion Brown	Graham Creighton	20.48
3	24 Hayden McGowan	Astral Drive	18.76
4	402 Noah Adler	Halifax Grammar	21.23
5	365 Will Murray	George P. Vanier	20.30
6	248 Alex MacDonald	Eastern Passage	18.84
7	185 Thane Lee	Clayton Park Jr.	20.92
8	308 Andrew Lordon	Fairview Jr.	21.06

**Heat 2 of 2 Prelims**

1	179 Stephen Ducusin	Clayton Park Jr.	21.10
2	364 Jacob Murray	George P. Vanier	20.08
3	264 Austin Conrad	Sommet	16.71
4	655 Thomas Macvicar	Rocky Lake Jr	20.58
5	15 Eric Chouinard	Astral Drive	19.77
6	596 Keilen Bellis	Park West	20.89
7	602 Jason Jee	Park West	21.20
8	740 Drew Clothier	St. Agnes Jr.	21.36



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## Meet Program

**Event 5 Boys 100 Meter Hurdles 36" Intermediate (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 14.17 2013 Matt Coolen  
Ties: 14.10 1995 Dominic Bricault (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	584 Paul Ipe	Oxford School	20.76
2	436 Ryler Bleau	Halifax West	16.99
3	17 Ronen Franzen	Astral Drive	18.08
4	588 Gavin Murray	Oxford School	20.11
5	582 Oliver Arnfast	Newbridge Ac	16.54
6	159 Mark Howatt	Citadel High	18.92
7	334 Isaiah Manuel	Five Bridges Jun	20.68
8	741 Ty Dacey	St. Agnes Jr.	20.78

**Heat 2 of 2 Prelims**

1	324 Torii Barnard	Five Bridges Jun	21.27
2	274 Quinn Hansen	Elizabeth Suther	20.71
3	339 Adam Shaw	Five Bridges Jun	19.46
4	148 Matthew Aftanas	Citadel High	16.47
5	388 Ezra Wright	Graham Creighton	17.78
6	340 Kelvin Spires	Five Bridges Jun	20.69
7	68 Alex Torrealba	Auburn Drive	18.01
8	281 Keeghan Williams	Elizabeth Suther	19.89

**Event 6 Boys 100 Meter Hurdles 39" Senior (9)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 13.28 2015 Matthew Coolen

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	572 Jared Park	Millwood High	22.13
2	416 A J Kapilan	Halifax Grammar	17.06
3	731 Chad Woodill	Sir John A.	19.21
4	238 Merrick Seidel	Dartmouth High	20.82

**Heat 2 of 2 Prelims**

1	412 Noah Hann	Halifax Grammar	NT
2	686 Daniel Surette	Sackville High	15.41
3	59 Jack O'Brien	Auburn Drive	20.04
4	632 Jack Warnell	Prince Andrew	20.04
5	620 Peter Lachlan Greechan	Prince Andrew	NT

**Event 7 Girls 400 Meter Dash Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 1:00.30 2001 Jenna Martin (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	358 Holly Legere	George P. Vanier	1:09.94
2	427 Amelie Springer	Halifax Grammar	1:09.06
3	289 Mia Bauld	Fairview Jr.	1:07.06
4	694 Emma Hamlyn	Sacred Heart	1:05.31
5	560 Katelyn Wilton	Madeline Symonds	1:07.61
6	661 Claire Shea	Rocky Lake Jr	1:08.63
7	536 Maddy Cooke	Madeline Symonds	1:06.14
8	698 Tallulah Macneil	Sacred Heart	1:09.97

**Heat 2 of 2 Prelims**

1	586 Jenna Matheson	Oxford School	1:10.17
2	22 Rylin Matheson	Astral Drive	1:04.40
3	390 Julia Black	Halifax Central	1:08.28
4	535 Georgia Bussey	Madeline Symonds	1:07.02
5	355 Isabel Gonsalves	George P. Vanier	1:06.48
6	403 Grace Audain	Halifax Grammar	1:09.89
7	414 Erika Johnston	Halifax Grammar	1:09.68
8	648 Sophie Doucette	Rocky Lake Jr	1:08.05

**Event 8 Boys 400 Meter Dash Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 53.72 2013 Barrett Dachyshyn

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	552 Joe Power	Madeline Symonds	1:06.16
2	688 Daniel Atherton	Sacred Heart	1:05.02
3	15 Eric Chouinard	Astral Drive	1:04.99
4	14 Caeden Carr	Astral Drive	1:03.45
5	312 Ryan McCullough	Fairview Jr.	1:04.34
6	705 Charlie Simms	Sacred Heart	1:04.03
7	637 John Flinn	Ridgecliff	1:06.24
8	433 Luke Wilson	Halifax Grammar	1:03.60

**Heat 2 of 2 Prelims**

1	359 Nathan Legere	George P. Vanier	1:06.26
2	181 Luke Harrington	Clayton Park Jr.	1:03.30
3	583 Parker Asbridge	Oxford School	1:03.81
4	84 Michael McVicar	Bicentennial	1:05.05
5	36 Sam Veinot	Astral Drive	1:05.84
6	548 Jack Macphee	Madeline Symonds	1:03.68
7	318 Malcolm Pitman	Fairview Jr.	1:04.36
8	246 Zach Cenerini	Eastern Passage	1:04.70



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**Event 9 Girls 400 Meter Dash Intermediate (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 57.24 2003 Jenna Martin

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	160 Olivia Iszak	Citadel High	1:06.77
2	335 Katherine Merlin	Five Bridges Jun	1:11.89
3	704 Claire Sheppard	Sacred Heart	1:07.93
4	506 Lauren Ferguson	Lockview High	1:04.16
5	131 Brooke Hamilton	Charles P. Allen	1:10.56
6	399 Fiona McClure	Halifax Central	1:06.84
7	662 Gracie Somers	Rocky Lake Jr	1:03.56
8	178 Charlotte Branchflower	Clayton Park Jr.	1:07.53

**Heat 2 of 2 Prelims**

1	709 Lauren Titus	Sacred Heart	1:04.76
2	631 Sierra Sweeney	Prince Andrew	1:01.90
3	141 Kayli Strickland	Charles P. Allen	1:07.51
4	669 Otayah Bright	Sackville High	1:13.07
5	498 Emma Archibald	Lockview High	1:08.61
6	202 Victoria Gofton	Cole Harbour	1:06.62
7	192 Megan Nauss	Clayton Park Jr.	1:07.31
8	229 Fiona McDermid	Dartmouth High	1:08.84

**Event 10 Boys 400 Meter Dash Intermediate (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 50.87 2005 Jonathan Campbell

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	633 Nick Young	Prince Andrew	58.26
2	564 Kaleb Ellis	Millwood High	59.63
3	221 Keegan Hammond	Dartmouth High	57.37
4	162 Ethan Landry	Citadel High	56.18
5	520 Ethan Price	Lockview High	55.61
6	528 Carter Theriault	Lockview High	58.84
7	83 Daniel McVicar	Bicentennial	58.44
8	129 Cole Fraser	Charles P. Allen	59.41

**Heat 2 of 2 Prelims**

1	503 Jerrett Crowell	Lockview High	59.27
2	574 Morgan Rae	Millwood High	59.23
3	428 Camden Springer	Halifax Grammar	52.96
4	450 Christian Hopkins	Halifax West	57.24
5	429 Ibrahim Sweidan	Halifax Grammar	58.34
6	34 Logan Thom	Astral Drive	1:00.01
7	432 Henry Wilson	Halifax Grammar	56.72
8	124 Logan Camp	Charles P. Allen	58.36

**Event 11 Girls 400 Meter Dash Senior (11)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 54.13 2006 Jenna Martin

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	754 Judy Duru	Halifax West	NT
2	431 Edie Wilson	Halifax Grammar	NT
3	225 Meghan Johnston	Dartmouth High	1:10.45
4	445 Erin Freeman	Halifax West	1:03.85
5	420 Joyce Li	Halifax Grammar	1:06.43
6	154 Olivia Falkenham	Citadel High	1:10.40

**Heat 2 of 2 Prelims**

1	753 Kya Newbold	Halifax West	NT
2	515 Sophie Leblanc	Lockview High	1:07.18
3	407 Katie Blunden	Halifax Grammar	1:02.23
4	695 Sydney Hayden	Sacred Heart	1:13.18
5	441 Jessica Duru	Halifax West	1:09.37

**Event 12 Boys 400 Meter Dash Senior (18)****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NSSAF: 48.49 2015 Mike Van Der Poel

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	687 Dylan Thornhill	Sackville High	58.85
2	483 Thomas Libert	J.L. Ilsley	54.78
3	425 Julian Oxner	Halifax Grammar	54.20
4	444 Praise Fagbile	Halifax West	56.60
5	703 Mitchell Reardon	Sacred Heart	58.26
6	418 Ian Keefe	Halifax Grammar	55.83

**Heat 2 of 3 Prelims**

1	206 Billy Somers	Cole Harbour	53.64
2	618 Kyle Gouthro	Prince Andrew	57.45
3	714 Ben Edwards	Sir John A.	54.85
4	147 Jacob Abbott	Citadel High	55.13
5	565 Matt Ferguson	Millwood High	57.94
6	423 James McCrea	Halifax Grammar	NT

**Heat 3 of 3 Prelims**

1	620 Peter Lachlan Greechan	Prince Andrew	NT
2	207 Eban Tebay	Cole Harbour	53.20
3	133 Tristan Kays	Charles P. Allen	57.55
4	204 Morgan Macneil	Cole Harbour	57.82
5	43 Iffy Chiekwe	Auburn Drive	55.00
6	175 David Warner	Citadel High	55.05



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**Event 13 Girls 100 Meter Dash Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 12.64 2006 Nikkia Jones  
Ties: 12.50 1995 Christine Fleury (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	536 Maddy Cooke	Madeline Symonds	13.53
2	427 Amelie Springer	Halifax Grammar	14.77
3	650 Marissa Gear	Rocky Lake Jr	13.88
4	606 Mya Yang	Park West	14.41
5	289 Mia Bauld	Fairview Jr.	14.20
6	553 Audra Robinson	Madeline Symonds	13.95
7	345 Mya Archibald	George P. Vanier	13.56
8	586 Jenna Matheson	Oxford School	14.66

**Heat 2 of 2 Prelims**

1	31 Lynn Sheppard	Astral Drive	13.86
2	109 Grace Jarrett	Caledonia	14.89
3	652 Maren Hall	Rocky Lake Jr	13.43
4	403 Grace Audain	Halifax Grammar	14.43
5	694 Emma Hamlyn	Sacred Heart	14.13
6	22 Rylin Matheson	Astral Drive	13.84
7	304 Mya Kolanko	Fairview Jr.	14.48
8	491 Hailey Chiasson	Leslie Thomas	14.02

**Event 14 Boys 100 Meter Dash Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 11.59 2016 Braden Gray  
Ties: 11.50 1995 Nick Smith (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	317 Adrian Pagela	Fairview Jr.	12.69
2	602 Jason Jee	Park West	12.95
3	344 Sam Amirault	George P. Vanier	12.93
4	657 Noah Morgan	Rocky Lake Jr	12.89
5	94 Obi Duru	Brookside	12.65
6	634 Obi Agu	Ridgecliff	12.89
7	116 Eli Nowlan	Caledonia	13.25
8	295 Desmond Eboigbe	Fairview Jr.	13.26

**Heat 2 of 2 Prelims**

1	177 Jeffery Adeyemi	Clayton Park Jr.	12.96
2	495 Nathaniel Upshaw	Leslie Thomas	12.72
3	104 Letrell Brooks	Caledonia	13.18
4	646 Zik Chipudhla	Rocky Lake Jr	12.80
5	121 Jack Young	Caledonia	13.50
6	738 Nate Slawter	Sir RobertBorden	12.90
7	604 Shawn Swaniker	Park West	12.46
8	247 Chosen Lokombe	Eastern Passage	12.90

**Event 15 Girls 100 Meter Dash Intermediate (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 12.33 2007 Marissa Wolter  
Ties: 12.20 1997 Christine Fleury (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	585 Megan King	Oxford School	14.37
2	693 Talia Friesen	Sacred Heart	13.93
3	209 Erica Williams	Cole Harbour	13.51
4	108 Aaliyah Gero	Caledonia	14.28
5	387 Tamia Thomas	Graham Creighton	13.85
6	573 Jaylin Pothier	Millwood High	13.04
7	623 Kaitlyn MacDonald	Prince Andrew	13.26
8	742 Lauren Duggan	St. Agnes Jr.	14.22

**Heat 2 of 2 Prelims**

1	71 Cate Majury	Bedford Academy	13.38
2	76 Lauren Clarke	Bicentennial	13.03
3	192 Megan Naus	Clayton Park Jr.	14.13
4	718 Alyssa Laurette	Sir John A.	13.99
5	137 Allison Macneil	Charles P. Allen	13.29
6	514 Grace Lancaster	Lockview High	13.78
7	551 Ali Poisson	Madeline Symonds	13.74
8	743 Brooke Fraser	St. Agnes Jr.	14.34

**Event 16 Boys 100 Meter Dash Intermediate (17)****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NSSAF: 10.50 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	146 Kyle Yoo	Charles P. Allen	12.27
2	222 Ben Harrington	Dartmouth High	11.77
3	504 Matteo Diquinzio	Lockview High	11.82
4	163 Sam Lawrence	Citadel High	12.26
5	234 Seth Night	Dartmouth High	12.60
6	162 Ethan Landry	Citadel High	12.59

**Heat 2 of 3 Prelims**

1	528 Carter Theriault	Lockview High	12.30
2	126 James Dowell	Charles P. Allen	11.62
3	656 Brendan McQuaid	Rocky Lake Jr	12.17
4	253 Caleb Baurin	Carrefour	12.50
5	309 Matthew MacDonald	Fairview Jr.	NT
6	127 Alex Drover	Charles P. Allen	11.93

**Heat 3 of 3 Prelims**

1	148 Matthew Aftanas	Citadel High	12.04
2	224 Graeme Jarrett	Dartmouth High	12.44
3	450 Christian Hopkins	Halifax West	12.46
4	496 Riley Adamson-Simms	Lockview High	12.08
5	44 Josh Crooks	Auburn Drive	11.58



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**Event 17 Girls 100 Meter Dash Senior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 11.91 2006 Jenna Martin  
Ties: 11.70 1975 Celia Branch (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	459 Ofelia Rodriguez	Halifax West	14.52
2	527 Janna Sunde	Lockview High	14.86
3	216 Allison Carter	Dartmouth High	13.74
4	626 Christina Porter	Prince Andrew	13.61
5	136 Ellen MacDonald	Charles P. Allen	14.41
6	515 Sophie Leblanc	Lockview High	13.96
7	689 Meghan Beland	Sacred Heart	14.21
8	728 Olivia Skinner	Sir John A.	14.37

**Heat 2 of 2 Prelims**

1	567 Paige Kavanaugh	Millwood High	14.85
2	458 Katelyn Power	Halifax West	14.33
3	138 Olivia Moller	Charles P. Allen	12.70
4	154 Olivia Falkenham	Citadel High	14.13
5	448 Samantha Henneberry	Halifax West	13.76
6	40 Skye Brooks	Auburn Drive	14.43
7	563 Abby Campbell	Millwood High	14.60
8	441 Jessica Duru	Halifax West	14.12

**Event 18 Boys 100 Meter Dash Senior (19)****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NSSAF: 10.69 2009 Kyu-Won Cho  
Ties: 10.50 1971 Roger Crawley (hand)

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	620 Peter Lachlan Greechan	Prince Andrew	NT
2	675 Logan Gothreau	Sackville High	11.43
3	164 Songnian Liu	Citadel High	12.35
4	488 Sacha Stover-Evong	J.L. Ilsley	11.99
5	730 Ben Williams	Sir John A.	11.98
6	130 Alex Godfrey	Charles P. Allen	11.43

**Heat 2 of 3 Prelims**

1	423 James McCrea	Halifax Grammar	NT
2	463 Bryan Swaniker	Halifax West	11.71
3	69 Jaiden Williams	Auburn Drive	11.36
4	668 Joaquin Berzunza	Sackville High	12.08
5	175 David Warner	Citadel High	12.34
6	612 Tyson Carvery	Prince Andrew	11.86

**Heat 3 of 3 Prelims**

1	412 Noah Hann	Halifax Grammar	NT
2	571 Josh Paddock	Millwood High	12.11
3	262 Nicolas Beaulieu	Sommet	11.05
4	439 Luke Davison	Halifax West	12.10
5	665 Connor Adams	Sackville High	11.76
6	174 Jassin States	Citadel High	11.83
7	444 Praise Fagbile	Halifax West	12.45

**Event 19 Girls 1500 Meter Run Junior (16)**

NSSAF: 4:49.85 2011 Rachel Crawley

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	266 Anne-Sophie Le Rudulier	Sommet	5:41.61
2	559 Ella Whynot	Madeline Symonds	5:47.94
3	702 Claire Rankin	Sacred Heart	5:35.74
4	661 Claire Shea	Rocky Lake Jr	5:40.00
5	648 Sophie Doucette	Rocky Lake Jr	5:43.00
6	590 Isabelle Rojas-Fischer	Oxford School	5:27.73
7	698 Tallulah Macneil	Sacred Heart	5:42.04
8	323 Gabby Alberts	Five Bridges Jun	5:42.98
9	75 Abbey Aucoin	Bicentennial	5:40.99
10	19 Ola Leither	Astral Drive	5:44.00
11	410 Britt Drysdale	Halifax Grammar	5:46.77
12	350 Georgia Carr-McEachern	George P. Vanier	5:47.00
13	707 Rebecca Smyth	Sacred Heart	5:55.26
14	591 Eve Wedderburn	Oxford School	5:53.87
15	119 Laura Swift	Caledonia	5:52.79
16	96 Iris Gamble	Brookside	5:32.00

**Event 20 Boys 1500 Meter Run Junior (16)**

NSSAF: 4:19.71 2009 Mike Tate

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	95 Griffen Gamble	Brookside	5:27.44
2	90 Douglas Baard	Brookside	5:14.78
3	654 Matthew Lawton	Rocky Lake Jr	5:18.57
4	705 Charlie Simms	Sacred Heart	5:11.43
5	81 Angus Latter	Bicentennial	5:01.72
6	257 Xender Devine	Carrefour	5:14.29
7	9 Yale O'Connor	Armbrae	5:01.85
8	337 Eddie Schmuland	Five Bridges Jun	5:17.08
9	649 Owen Flemming	Rocky Lake Jr	5:09.05
10	186 Kyler Lohnes	Clayton Park Jr.	5:17.80
11	405 Declan Baskett	Halifax Grammar	5:18.07
12	351 Lochlen Chaisson	George P. Vanier	5:26.71
13	599 Danny Daly	Park West	5:19.32
14	543 Cohen Hearn	Madeline Symonds	5:25.32
15	312 Ryan McCullough	Fairview Jr.	5:12.05
16	492 Grant Groves	Leslie Thomas	5:22.17



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**Event 21 Girls 1500 Meter Run Intermediate (16)**

NSSAF: 4:38.84 2017-06-02 Maggie Smith			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	697 Sarah Macaskill	Sacred Heart	5:39.51
2	733 Isabelle Cook	Sir RobertBorden	6:26.17
3	169 Anna Pancura	Citadel High	5:58.43
4	409 Bekkah Celikkanat	Halifax Grammar	5:30.33
5	123 Carley Birrell	Charles P. Allen	5:04.80
6	293 Paige Dorey	Fairview Jr.	5:58.06
7	399 Fiona McClure	Halifax Central	5:29.73
8	77 Keanna Davies	Bicentennial	6:02.49
9	608 Mikayla Boucher	Prince Andrew	5:22.67
10	498 Emma Archibald	Lockview High	6:01.40
11	509 Jacy Grant	Lockview High	6:10.58
12	342 Grace Firth	Gaetzbrook	6:20.72
13	249 Paris Orser	Eastern Passage	6:11.08
14	517 Haley MacDonald	Lockview High	6:22.18
15	229 Fiona McDermid	Dartmouth High	5:58.95
16	343 Kaly'n O'Connell	Gaetzbrook	6:22.89

**Event 22 Boys 1500 Meter Run Intermediate (16)**

NSSAF: 3:59.92 2015 Hudson Grimshaw-Surette			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	205 Carson Murray	Cole Harbour	4:52.97
2	746 Justin Keating	St. Agnes Jr.	5:04.65
3	699 Lauchlan McDonough	Sacred Heart	4:55.49
4	32 Kurt Thibault	Astral Drive	4:44.22
5	129 Cole Fraser	Charles P. Allen	4:47.94
6	34 Logan Thom	Astral Drive	4:50.13
7	537 Davis Cooper	Madeline Symond	4:47.66
8	430 David Waller	Halifax Grammar	4:29.47
9	68 Alex Torrealba	Auburn Drive	4:53.88
10	6 Jack Langille	Armbrae	4:45.89
11	451 Issac Johnson	Halifax West	5:06.79
12	244 Hayden Bartoch	Eastern Passage	4:55.78
13	233 Tyler Myers	Dartmouth High	4:55.59
14	112 Connor Macmillan	Caledonia	5:03.30
15	50 Liam Haley	Auburn Drive	4:48.94
16	239 Kieran Sharpe	Dartmouth High	4:59.24

**Event 23 Girls 1500 Meter Run Senior (17)**

NSSAF: 4:35.70 1984 Robyn Meagher (hand)			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	122 Kianna Benson	Charles P. Allen	5:42.18
2	477 Bhreagh Burke	J.L. Ilsley	5:17.95
3	135 Lauren Liem	Charles P. Allen	5:21.83
4	150 Cameron Bruce	Citadel High	5:43.49
5	706 Maggie Smith	Sacred Heart	5:16.57
6	727 Louise Roth	Sir John A.	5:52.07
7	55 Abby MacDonald	Auburn Drive	5:54.59
8	445 Erin Freeman	Halifax West	6:00.04
9	716 Maddy Kiesekamp	Sir John A.	6:08.52
10	527 Janna Sunde	Lockview High	6:13.46
11	173 Abby Smilestone	Citadel High	6:00.58
12	561 Charlie Burke	Millwood High	6:13.09
13	515 Sophie Leblanc	Lockview High	6:01.04
14	611 Gael Cameron	Prince Andrew	6:19.06
15	619 Megan Hodder	Prince Andrew	6:30.86
16	459 Ofelia Rodriguez	Halifax West	6:24.99
17	42 Tanna Burke	Auburn Drive	NT

**Event 24 Boys 1500 Meter Run Senior (16)**

NSSAF: 3:54.91 2013 Mike Tate			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	140 Drew Somers	Charles P. Allen	4:17.90
2	673 Shayne Doyle	Sackville High	5:51.16
3	609 Brody Boudreau	Prince Andrew	4:24.54
4	204 Morgan Macneil	Cole Harbour	5:48.40
5	710 Connor Aucoin	Sir John A.	4:49.91
6	482 James Lewis	J.L. Ilsley	5:09.04
7	519 Camden Pero	Lockview High	4:49.97
8	171 Alex Radford	Citadel High	4:59.53
9	254 Yanick Boudreau	Carrefour	5:06.15
10	256 Patrick Deveau	Carrefour	5:08.46
11	147 Jacob Abbott	Citadel High	4:53.25
12	267 Aiden Robart-Murray	Sommet	5:08.86
13	500 Nick Burgers-Lamontang	Lockview High	4:46.13
14	486 Colton Morash	J.L. Ilsley	5:15.25
15	401 Thomas Adamo-Schmidt	Halifax Grammar	4:49.76
16	505 Dylan Elliott	Lockview High	5:30.04



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**Event 25 Girls 200 Meter Dash Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 26.49 2014 Taylor Mattinson  
Ties: 26.50 1976 Kris Crowell (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	325 Shynyn Bleeker	Five Bridges Jun	28.67
2	491 Hailey Chiasson	Leslie Thomas	28.85
3	374 Annabelle Lendrum-Harn	Gorsebrook Jr.	30.36
4	304 Mya Kolanko	Fairview Jr.	30.80
5	536 Maddy Cooke	Madeline Symond:	28.32
6	314 Mandy Milton	Fairview Jr.	29.83
7	289 Mia Bauld	Fairview Jr.	29.97
8	31 Lynn Sheppard	Astral Drive	28.51
<b>Heat 2 of 2 Prelims</b>			
1	292 Katerina Daniel	Fairview Jr.	30.91
2	535 Georgia Bussey	Madeline Symond:	28.12
3	650 Marissa Gear	Rocky Lake Jr	28.66
4	16 Rachel Edwards	Astral Drive	29.63
5	694 Emma Hamlyn	Sacred Heart	28.98
6	597 Mya Brothers	Park West	30.21
7	586 Jenna Matheson	Oxford School	30.14
8	22 Rylin Matheson	Astral Drive	28.65

**Event 26 Boys 200 Meter Dash Junior (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 24.26 2005 Cameron Veinot  
Ties: 24.10 1984 Derek Dempster (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	265 Aiden Denis	Sommet	27.72
2	657 Noah Morgan	Rocky Lake Jr	27.97
3	738 Nate Slawter	Sir RobertBorden	26.96
4	116 Eli Nowlan	Caledonia	26.97
5	94 Obi Duru	Brookside	26.66
6	317 Adrian Pagela	Fairview Jr.	26.37
7	104 Letrell Brooks	Caledonia	28.13
8	365 Will Murray	George P. Vanier	27.70
<b>Heat 2 of 2 Prelims</b>			
1	344 Sam Amirault	George P. Vanier	27.13
2	73 Jai Paliwal	Bedford Academy	27.87
3	602 Jason Jee	Park West	26.69
4	604 Shawn Swaniker	Park West	24.71
5	177 Jeffery Adeyemi	Clayton Park Jr.	26.92
6	121 Jack Young	Caledonia	27.84
7	84 Michael McVicar	Bicentennial	28.27
8	247 Choosen Lokombe	Eastern Passage	26.99

**Event 27 Girls 200 Meter Dash Intermediate (16)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 25.66 2001 Leanne Huck  
Ties: 25.50 1973 Celia Branch (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	693 Talia Friesen	Sacred Heart	29.36
2	160 Olivia Iszak	Citadel High	29.37
3	709 Lauren Titus	Sacred Heart	28.97
4	573 Jaylin Pothier	Millwood High	27.47
5	631 Sierra Sweeney	Prince Andrew	27.19
6	623 Kaitlyn MacDonald	Prince Andrew	28.31
7	659 Sarah Normandeau	Rocky Lake Jr	28.08
8	551 Ali Poisson	Madeline Symond:	28.96
<b>Heat 2 of 2 Prelims</b>			
1	76 Lauren Clarke	Bicentennial	27.02
2	506 Lauren Ferguson	Lockview High	27.62
3	137 Allison Macneil	Charles P. Allen	28.78
4	585 Megan King	Oxford School	29.24
5	508 Abbi Gaudry	Lockview High	27.53
6	71 Cate Majury	Bedford Academy	28.71
7	387 Tamia Thomas	Graham Creighton	29.57
8	192 Megan Nauss	Clayton Park Jr.	29.04

**Event 28 Boys 200 Meter Dash Intermediate (17)****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NSSAF: 22.30 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	224 Graeme Jarrett	Dartmouth High	25.45
2	617 Xavier Fitzgerald	Prince Andrew	25.45
3	126 James Dowell	Charles P. Allen	24.30
4	44 Josh Crooks	Auburn Drive	24.01
5	127 Alex Drover	Charles P. Allen	25.09
6	163 Sam Lawrence	Citadel High	24.91
<b>Heat 2 of 3 Prelims</b>			
1	520 Ethan Price	Lockview High	25.27
2	222 Ben Harrington	Dartmouth High	23.72
3	450 Christian Hopkins	Halifax West	24.90
4	148 Matthew Aftanas	Citadel High	24.59
5	203 Noah Jordon	Cole Harbour	25.42
6	309 Matthew MacDonald	Fairview Jr.	NT
<b>Heat 3 of 3 Prelims</b>			
1	496 Riley Adamson-Simms	Lockview High	25.35
2	428 Camden Springer	Halifax Grammar	23.56
3	528 Carter Theriault	Lockview High	25.36
4	234 Seth Night	Dartmouth High	24.74
5	504 Matteo Diquinzio	Lockview High	24.77



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**Event 29 Girls 200 Meter Dash Senior (17)****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NSSAF: 24.84 2012 Jenn Meech

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	431 Edie Wilson	Halifax Grammar	NT
2	695 Sydney Hayden	Sacred Heart	31.98
3	448 Samantha Henneberry	Halifax West	28.68
4	567 Paige Kavanaugh	Millwood High	32.04
5	689 Meghan Beland	Sacred Heart	29.73
6	168 Anna Nicoleta	Citadel High	NT

**Heat 2 of 3 Prelims**

1	154 Olivia Falkenham	Citadel High	NT
2	728 Olivia Skinner	Sir John A.	30.41
3	626 Christina Porter	Prince Andrew	28.46
4	128 Haley Fitzgerald	Charles P. Allen	32.79
5	575 Claire Renken	Millwood High	31.30

**Heat 3 of 3 Prelims**

1	754 Judy Duru	Halifax West	NT
2	225 Meghan Johnston	Dartmouth High	31.09
3	138 Olivia Moller	Charles P. Allen	26.51
4	713 Laura De Berdt Romilly	Sir John A.	33.57
5	577 Grace Stevens	Millwood High	32.92
6	136 Ellen MacDonald	Charles P. Allen	31.25

**Event 30 Boys 200 Meter Dash Senior (15)****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NSSAF: 21.58 2015 Matthew Coolen

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	444 Praise Fagbile	Halifax West	24.74
2	164 Songnian Liu	Citadel High	25.30
3	175 David Warner	Citadel High	24.56
4	665 Connor Adams	Sackville High	24.52
5	463 Bryan Swaniker	Halifax West	23.44
6	130 Alex Godfrey	Charles P. Allen	23.39
7	620 Peter Lachlan Greechan	Prince Andrew	NT
8	483 Thomas Libert	J.L. Ilsley	24.75

**Heat 2 of 2 Prelims**

1	43 Iffy Chiekwe	Auburn Drive	24.68
2	174 Jassin States	Citadel High	24.31
3	69 Jaiden Williams	Auburn Drive	23.16
4	571 Josh Paddock	Millwood High	24.92
5	418 Ian Keefe	Halifax Grammar	24.65
6	488 Sacha Stover-Evong	J.L. Ilsley	24.12
7	206 Billy Somers	Cole Harbour	24.79

**Event 31 Girls 800 Meter Run Junior (16)**

NSSAF: 2:19.90 1977 Mary Jean Barrett (hand)

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	661 Claire Shea	Rocky Lake Jr	2:38.00
2	590 Isabelle Rojas-Fischer	Oxford School	2:37.93
3	298 Robin Gumsey	Fairview Jr.	2:44.69
4	75 Abbey Aucoin	Bicentennial	2:41.57
5	702 Claire Rankin	Sacred Heart	2:44.13
6	259 Jacqueline Moore	Carrefour	2:39.22
7	350 Georgia Carr-McEachern	George P. Vanier	2:39.14
8	698 Tallulah Macneil	Sacred Heart	2:47.02
9	346 Lucy Boudreau	George P. Vanier	2:48.40
10	119 Laura Swift	Caledonia	2:44.90
11	18 Maddie Hatfield	Astral Drive	2:52.06
12	547 Hayden Lilly	Madeline Symonds	2:46.45
13	323 Gabby Alberts	Five Bridges Jun	2:47.30
14	19 Ola Leither	Astral Drive	2:51.28
15	540 Mia Giles	Madeline Symonds	2:50.10
16	197 Katie Trifos	Clayton Park Jr.	2:49.30

**Event 32 Boys 800 Meter Run Junior (16)**

NSSAF: 2:04.93 2016-06-04 Camden Springer

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	405 Declan Baskett	Halifax Grammar	2:30.53
2	705 Charlie Simms	Sacred Heart	2:26.02
3	9 Yale O'Connor	Armbrae	2:29.21
4	81 Angus Latter	Bicentennial	2:23.61
5	601 Yousef Fattal	Park West	2:32.38
6	359 Nathan Legere	George P. Vanier	2:38.04
7	337 Eddie Schmuland	Five Bridges Jun	2:33.59
8	318 Malcolm Pitman	Fairview Jr.	2:30.01
9	73 Jai Paliwal	Bedford Academy	2:32.94
10	583 Parker Asbridge	Oxford School	2:30.75
11	654 Matthew Lawton	Rocky Lake Jr	2:33.61
12	97 Arleigh Joyce	Brookside	2:39.02
13	15 Eric Chouinard	Astral Drive	2:34.83
14	351 Lochlen Chaisson	George P. Vanier	2:38.56
15	312 Ryan McCullough	Fairview Jr.	2:29.56
16	543 Cohen Hearn	Madeline Symonds	2:36.73





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**Event 33 Girls 800 Meter Run Intermediate (16)**

NSSAF: 2:12.60 1977 Louise Palmer (hand)			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	697 Sarah Macaskill	Sacred Heart	2:40.62
2	498 Emma Archibald	Lockview High	2:48.96
3	141 Kayli Strickland	Charles P. Allen	2:35.39
4	608 Mikayla Boucher	Prince Andrew	2:26.36
5	131 Brooke Hamilton	Charles P. Allen	2:55.18
6	399 Fiona McClure	Halifax Central	2:37.05
7	202 Victoria Gofton	Cole Harbour	2:40.63
8	156 Kirsten Fleet	Citadel High	2:47.31
9	551 Ali Poisson	Madeline Symond:	2:47.48
10	169 Anna Pancura	Citadel High	2:47.74
11	517 Haley MacDonald	Lockview High	2:59.13
12	662 Gracie Somers	Rocky Lake Jr	2:32.59
13	229 Fiona McDermid	Dartmouth High	2:49.66
14	343 Kalyn O'Connell	Gaetzbrook	2:50.41
15	409 Bekkah Celikkanat	Halifax Grammar	2:37.86
16	704 Claire Sheppard	Sacred Heart	2:48.77

**Event 34 Boys 800 Meter Run Intermediate (16)**

NSSAF: 1:58.21 2015 Hudson Grimshaw-Surette			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	457 Adrian Nunn	Halifax West	2:19.19
2	454 Liam Macsween	Halifax West	2:20.87
3	50 Liam Haley	Auburn Drive	2:19.53
4	205 Carson Murray	Cole Harbour	2:18.05
5	617 Xavier Fitzgerald	Prince Andrew	2:19.10
6	430 David Waller	Halifax Grammar	2:09.26
7	32 Kurt Thibault	Astral Drive	2:17.93
8	584 Paul Ipe	Oxford School	2:20.11
9	34 Logan Thom	Astral Drive	2:20.85
10	6 Jack Langille	Armbrae	2:13.39
11	83 Daniel McVicar	Bicentennial	2:21.16
12	757 Nic Koch	Rocky Lake Jr	2:23.33
13	699 Lauchlan McDonough	Sacred Heart	2:21.93
14	124 Logan Camp	Charles P. Allen	2:23.15
15	244 Hayden Bartoch	Eastern Passage	2:23.65
16	546 Griffin Lilly	Madeline Symond:	2:22.95

**Event 35 Girls 800 Meter Run Senior (18)**

NSSAF: 2:13.30 1980 Mary Jane Barrett (hand)			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	150 Cameron Bruce	Citadel High	2:43.86
2	477 Bhreagh Burke	J.L. Ilsley	2:27.42
3	135 Lauren Liem	Charles P. Allen	2:34.99
4	706 Maggie Smith	Sacred Heart	2:24.97
5	122 Kianna Benson	Charles P. Allen	2:34.37
6	407 Katie Blunden	Halifax Grammar	2:30.16
7	57 Anna Manuel	Auburn Drive	2:46.90
8	42 Tanna Burke	Auburn Drive	2:39.23
9	713 Laura De Berdt Romilly	Sir John A.	2:49.77
10	173 Abby Smilestone	Citadel High	2:49.33
11	527 Janna Sunde	Lockview High	2:53.40
12	626 Christina Porter	Prince Andrew	2:52.15
13	611 Gael Cameron	Prince Andrew	3:00.81
14	125 Victoria Christianson	Charles P. Allen	2:51.13
15	562 Emily Burke	Millwood High	3:16.08
16	753 Kya Newbold	Halifax West	NT
17	419 Charlotte Langley	Halifax Grammar	NT
18	441 Jessica Duru	Halifax West	NT

**Event 36 Boys 800 Meter Run Senior (16)**

NSSAF: 1:54.47 2005 Jake Gallagher			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	449 Daniel Hiraj	Halifax West	2:25.97
2	479 Alex Furlotte	J.L. Ilsley	2:28.01
3	703 Mitchell Reardon	Sacred Heart	2:19.07
4	207 Eban Tebay	Cole Harbour	2:11.07
5	206 Billy Somers	Cole Harbour	2:14.89
6	710 Connor Aucoin	Sir John A.	2:15.50
7	425 Julian Oxner	Halifax Grammar	2:12.35
8	500 Nick Burgers-Lamontang	Lockview High	2:17.65
9	147 Jacob Abbott	Citadel High	2:13.07
10	204 Morgan Macneil	Cole Harbour	2:23.52
11	720 Thomas MacLellan	Sir John A.	2:21.27
12	618 Kyle Gouthro	Prince Andrew	2:21.99
13	171 Alex Radford	Citadel High	2:23.69
14	482 James Lewis	J.L. Ilsley	2:25.06
15	714 Ben Edwards	Sir John A.	2:13.99
16	133 Tristan Kays	Charles P. Allen	2:15.78



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**Event 37 Girls 4x100 Meter Relay Junior (8)**

NSSAF: 52.50 2014		Riverside Education Center	
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Madeline Symonds	A	57.83
2	Astral Drive	A	55.29
3	George P. Vanier	A	55.69
4	Fairview Jr.	A	57.15
5	Gorsebrook Jr.	A	57.43
6	Oxford School	A	59.41
7	Halifax Grammar	A	56.81
8	Rocky Lake Jr	A	56.82

**Event 38 Boys 4x100 Meter Relay Junior (9)**

NSSAF: 48.40 1990		Astral Drive (hand)	
Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Gorsebrook Jr.	A	56.51
2	George P. Vanier	A	54.49
3	Rocky Lake Jr	A	55.31
4	Fairview Jr.	A	NT
<b>Section 2 of 2 Finals</b>			
1	Caledonia	A	53.14
2	Eastern Passage	A	54.21
3	Park West	A	52.36
4	Halifax Grammar	A	54.10
5	Astral Drive	A	54.06

**Event 39 Girls 4x100 Meter Relay Intermediate (8)**

NSSAF: 51.52 2010		CEC	
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Auburn Drive	A	56.29
2	Lockview High	A	53.80
3	Halifax Grammar	A	56.19
4	Bicentennial	A	56.64
5	Graham Creighton	A	56.15
6	St. Agnes Jr.	A	55.92
7	Citadel High	A	55.91
8	Charles P. Allen	A	54.68

**Event 40 Boys 4x100 Meter Relay Intermediate (8)**

NSSAF: 45.50 1976		Sackville High (hand)	
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Lockview High	A	48.52
2	Halifax West	A	50.90
3	Auburn Drive	A	49.31
4	Millwood High	A	50.81
5	Halifax Grammar	A	48.28
6	Dartmouth High	A	47.80
7	Charles P. Allen	A	47.75
8	Citadel High	A	47.84

**Event 41 Girls 4x100 Meter Relay Senior (8)**

NSSAF: 50.32 2004		CEC	
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Halifax West	A	55.50
2	Auburn Drive	A	54.94
3	Dartmouth High	A	59.11
4	Charles P. Allen	A	55.85
5	Millwood High	A	58.77
6	Halifax Grammar	A	52.47
7	Lockview High	A	1:01.83
8	Prince Andrew	A	57.56

**Event 42 Boys 4x100 Meter Relay Senior (8)**

NSSAF: 43.26 2014		CEC	
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Sommet	A	51.67
2	Dartmouth High	A	48.68
3	Prince Andrew	A	47.31
4	Sir John A.	A	49.16
5	Sackville High	A	46.33
6	Halifax West	A	47.35
7	Citadel High	A	47.70
8	Auburn Drive	A	47.70



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**Event 43 Girls 3000 Meter Run Junior (16)**

NSSAF: 10:18.76 2011		Rachel Crawley	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	7 Maren MacDonald	Armbrae	12:23.20
2	701 Sasha Oreskovich	Sacred Heart	13:12.37
3	410 Britt Drysdale	Halifax Grammar	12:42.46
4	96 Iris Gamble	Brookside	11:36.93
5	559 Ella Whynot	Madeline Symonds	12:52.71
6	119 Laura Swift	Caledonia	12:31.49
7	323 Gabby Alberts	Five Bridges Jun	12:42.69
8	702 Claire Rankin	Sacred Heart	11:56.96
9	467 Juliette Mercier	Harold T Barrett	11:51.62
10	245 Heidi Bartoch	Eastern Passage	12:51.60
11	494 Mallory Murphy	Leslie Thomas	12:57.08
12	100 Abbey Melvin	Brookside	12:57.06
13	708 Abby Titus	Sacred Heart	12:26.16
14	356 Monica Johnston	George P. Vanier	13:08.65
15	396 Abby Jolly	Halifax Central	13:02.67
16	287 Ava Aucoin	Fairview Jr.	12:51.20

**Event 44 Boys 3000 Meter Run Junior (16)**

NSSAF: 9:15.14 2011		Tobias Wolter	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	599 Danny Daly	Park West	11:22.90
2	15 Eric Chouinard	Astral Drive	11:32.34
3	23 Tommy McCormick	Astral Drive	11:17.99
4	312 Ryan McCullough	Fairview Jr.	11:01.68
5	649 Owen Flemming	Rocky Lake Jr	11:05.57
6	545 Samuel Leblanc	Madeline Symonds	10:54.74
7	469 Ezra Eastwood	Herring Cove Jr.	10:50.46
8	90 Douglas Baard	Brookside	11:19.84
9	9 Yale O'Connor	Armbrae	10:39.49
10	3 Aidan Cox	Armbrae	11:30.49
11	282 Liam Elliott	Ellenvale Jr.	11:26.08
12	284 Daniel Pike	Ellenvale Jr.	11:30.51
13	749 Jackson Montreuil	St. Agnes Jr.	11:28.26
14	95 Griffen Gamble	Brookside	11:24.05
15	654 Matthew Lawton	Rocky Lake Jr	11:18.66
16	97 Arleigh Joyce	Brookside	11:26.56

**Event 45 Girls 3000 Meter Run Intermediate (13)**

NSSAF: 10:00.54 2017-06-03		Maggie Smith	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	691 Gabrielle Cote	Sacred Heart	NT
2	697 Sarah Macaskill	Sacred Heart	12:31.81
3	169 Anna Pancura	Citadel High	13:11.53
4	409 Bekkah Celikkanat	Halifax Grammar	12:23.46
5	608 Mikayla Boucher	Prince Andrew	11:14.74
6	333 Bridget MacLean	Five Bridges Jun	15:29.51
7	399 Fiona McClure	Halifax Central	12:18.29
8	404 Anna Bakowsky	Halifax Grammar	13:17.50
9	123 Carley Birrell	Charles P. Allen	10:49.50
10	509 Jacy Grant	Lockview High	13:35.26
11	293 Paige Dorey	Fairview Jr.	13:03.96
12	342 Grace Firth	Gaetzbrook	14:02.99
13	220 Macy Giles	Dartmouth High	13:30.94

**Event 46 Boys 3000 Meter Run Intermediate (16)**

NSSAF: 8:50.61 2015		Andrew Peverill	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	430 David Waller	Halifax Grammar	10:36.85
2	129 Cole Fraser	Charles P. Allen	10:41.60
3	700 William Nickerson	Sacred Heart	11:00.48
4	6 Jack Langille	Armbrae	10:38.43
5	50 Liam Haley	Auburn Drive	11:03.79
6	219 Evan Fingerhut	Dartmouth High	11:06.71
7	699 Lauchlan McDonough	Sacred Heart	10:55.52
8	112 Connor Macmillan	Caledonia	10:59.35
9	537 Davis Cooper	Madeline Symonds	10:07.09
10	233 Tyler Myers	Dartmouth High	10:39.05
11	68 Alex Torrealba	Auburn Drive	11:04.93
12	239 Kieran Sharpe	Dartmouth High	11:06.64
13	244 Hayden Bartoch	Eastern Passage	10:33.51
14	268 Jackie Spearns	Sommet	11:10.91
15	205 Carson Murray	Cole Harbour	11:19.07
16	37 Dirk Weirstra	Astral Drive	11:14.53



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**Event 47 Girls 3000 Meter Run Senior (11)**

NSSAF: 10:16.18 2006 Laura Englehutt			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	139 Katelyn Richards	Charles P. Allen	13:46.15
2	42 Tanna Burke	Auburn Drive	11:57.91
3	55 Abby MacDonald	Auburn Drive	12:35.42
4	706 Maggie Smith	Sacred Heart	11:23.64
5	727 Louise Roth	Sir John A.	12:22.20
6	150 Cameron Bruce	Citadel High	13:06.35
7	477 Bhreagh Burke	J.L. Ilesley	11:59.30
8	125 Victoria Christianson	Charles P. Allen	13:19.22
9	716 Maddy Kiesekamp	Sir John A.	13:20.12
10	611 Gael Cameron	Prince Andrew	13:24.82
11	173 Abby Smilestone	Citadel High	13:16.17

**Event 48 Boys 3000 Meter Run Senior (16)**

NSSAF: 8:40.76 2017-06-03 Andrew Peverill			
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	254 Yanick Boudreau	Carrefour	11:08.84
2	449 Daniel Hiraj	Halifax West	11:40.13
3	171 Alex Radford	Citadel High	11:32.46
4	519 Camden Pero	Lockview High	10:56.30
5	609 Brody Boudreau	Prince Andrew	9:16.63
6	482 James Lewis	J.L. Ilesley	11:40.94
7	140 Drew Somers	Charles P. Allen	9:26.30
8	260 Joey Njeim	Carrefour	11:36.64
9	206 Billy Somers	Cole Harbour	11:39.42
10	401 Thomas Adamo-Schmidt	Halifax Grammar	10:34.72
11	684 Dylan Sidney	Sackville High	15:08.03
12	721 Alex McPherson	Sir John A.	17:48.50
13	143 Jonathan Taylor	Charles P. Allen	NT
14	673 Shayne Doyle	Sackville High	13:22.44
15	204 Morgan Macneil	Cole Harbour	17:49.89
16	486 Colton Morash	J.L. Ilesley	11:34.83

**Event 49 Girls 4x400 Meter Relay Junior (8)**

NSSAF: 4:17.83 2017-06-03 St. Andrew Junior School			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Rocky Lake Jr	A	4:45.17
2	Sacred Heart	A	4:42.36
3	Astral Drive	A	4:39.21
4	Elizabeth Suther	A	5:34.48
5	Ridgecliff	A	5:13.15
6	Halifax Grammar	A	4:40.47
7	Fairview Jr.	A	4:49.80
8	George P. Vanier	A	4:42.70

**Event 50 Boys 4x400 Meter Relay Junior (8)**

NSSAF: 3:48.10 2013 Halifax Central Junior			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Sacred Heart	A	4:34.42
2	Rocky Lake Jr	A	4:50.94
3	George P. Vanier	A	4:42.32
4	Astral Drive	A	4:36.67
5	Fairview Jr.	A	4:38.83
6	Eastern Passage	A	4:48.65
7	Clayton Park Jr.	A	4:33.10
8	Halifax Grammar	A	4:22.32

**Event 51 Girls 4x400 Meter Relay Intermediate (8)**

NSSAF: 4:07.64 2007 Halifax Grammar			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Halifax Grammar	A	4:44.63
2	Lockview High	A	4:31.99
3	Rocky Lake Jr	A	4:48.52
4	Gorsebrook Jr.	A	4:45.81
5	Sacred Heart	A	4:39.77
6	Charles P. Allen	A	4:32.80
7	Citadel High	A	4:43.21
8	Five Bridges Jun	A	5:25.55

**Event 52 Boys 4x400 Meter Relay Intermediate (8)**

NSSAF: 3:35.40 1984 Prince Andrew (hand)			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Halifax Grammar	A	3:51.37
2	Auburn Drive	A	4:09.88
3	Lockview High	A	3:53.55
4	Halifax West	A	4:08.03
5	Citadel High	A	4:05.56
6	Charles P. Allen	A	4:10.11
7	Rocky Lake Jr	A	4:07.59
8	Dartmouth High	A	3:52.74

**Event 53 Girls 4x400 Meter Relay Senior (6)**

NSSAF: 4:01.53 2009 Park View			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Lockview High	A	5:09.50
2	Halifax Grammar	A	4:27.47
3	Halifax West	A	4:46.01
4	Charles P. Allen	A	4:45.90
5	Sacred Heart	A	4:53.13
6	Millwood High	A	5:54.75



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**Event 54 Boys 4x400 Meter Relay Senior (7)**

NSSAF: 3:26.09 2014 CEC			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Halifax West	A	4:15.97
2	Charles P. Allen	A	3:55.57
3	Sommet	A	4:23.69
4	Halifax Grammar	A	3:49.10
5	Prince Andrew	A	3:52.44
6	Sackville High	A	4:09.99
7	J.L. Ilsley	A	4:02.66

**Event 55 Girls Long Jump Junior (16)**

NSSAF: 4.98m 1985 Michele Adams			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	11 Avalyn Babcock	Astral Drive	3.78m
2	313 Grace McNutt	Fairview Jr.	3.90m
3	289 Mia Bauld	Fairview Jr.	3.80m
4	374 Annabelle Lendrum-Harn	Gorsebrook Jr.	4.01m
5	647 Lauren Donnelly	Rocky Lake Jr	3.85m
6	345 Mya Archibald	George P. Vanier	3.86m
7	213 Kailyn Rae	Cunard Jr.	3.84m
8	92 Claire Covert	Brookside	4.08m
9	350 Georgia Carr-McEachern	George P. Vanier	3.92m
10	494 Mallory Murphy	Leslie Thomas	3.94m
11	354 Emily Dodge	George P. Vanier	3.95m
12	272 Miranda Garvey	Elizabeth Suther	4.20m
13	398 Kirstie Mackeen	Halifax Central	3.80m
14	111 Haley Maclellen	Caledonia	4.02m
15	651 Ella Green	Rocky Lake Jr	3.87m
16	403 Grace Audain	Halifax Grammar	4.09m

**Event 56 Boys Long Jump Junior (15)**

NSSAF: 5.79m 2012 David MacDonald			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	426 Neil Purcell	Halifax Grammar	4.26m
2	402 Noah Adler	Halifax Grammar	4.24m
3	634 Obi Agu	Ridgecliff	4.68m
4	655 Thomas Macvicar	Rocky Lake Jr	4.50m
5	738 Nate Slawter	Sir RobertBorden	4.85m
6	38 Logan Wells	Astral Drive	4.46m
7	94 Obi Duru	Brookside	4.93m
8	297 Quinton Goodwin	Fairview Jr.	4.27m
9	33 Zach Thibault	Astral Drive	4.76m
10	264 Austin Conrad	Sommet	5.02m
11	645 Luca Cameron	Rocky Lake Jr	4.81m
12	607 Maddox Young	Park West	4.46m
13	121 Jack Young	Caledonia	4.89m
14	371 Ty Jones	Gorsebrook Jr.	4.46m
15	177 Jeffery Adeyemi	Clayton Park Jr.	4.79m

**Event 57 Girls Long Jump Intermediate (16)**

NSSAF: 5.32m 1973 Cecilia Branch			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	30 Renae Roberts	Astral Drive	4.15m
2	489 Madi Turner-Slaunwhite	J.L. Ilsley	3.95m
3	223 Grace Hartlen	Dartmouth High	3.93m
4	415 Katrina Johnston	Halifax Grammar	4.09m
5	137 Allison Macneil	Charles P. Allen	4.33m
6	114 Paris Melanson	Caledonia	3.83m
7	387 Tamia Thomas	Graham Creighton	4.19m
8	541 Morgan Gillis	Madeline Symonds	4.21m
9	178 Charlotte Branchflower	Clayton Park Jr.	4.15m
10	508 Abbi Gaudry	Lockview High	4.72m
11	573 Jaylin Pothier	Millwood High	4.32m
12	424 Sophie McKegney	Halifax Grammar	4.31m
13	631 Sierra Sweeney	Prince Andrew	4.56m
14	335 Katherine Merlin	Five Bridges Jun	4.36m
15	2 Sasha Berliner	Armbrae	4.36m
16	755 Lily Ramsay	Bedford Academy	4.11m



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**Event 58 Boys Long Jump Intermediate (17)**

NSSAF: 6.44m 1997 David Paxton			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	309 Matthew MacDonald	Fairview Jr.	4.45m
2	46 Ryan Davis	Auburn Drive	5.50m
3	723 Connor Oake	Sir John A.	5.28m
4	501 Connor Clark	Lockview High	4.97m
5	17 Ronen Franzen	Astral Drive	4.99m
6	386 Nacari Smith	Graham Creighton	5.00m
7	750 Davud Osbek	St. Agnes Jr.	5.03m
8	375 Bryan McFarland	Gorsebrook Jr.	5.08m
9	162 Ethan Landry	Citadel High	5.26m
10	528 Carter Theriault	Lockview High	4.95m
11	8 James Macintrye	Armbrae	5.33m
12	234 Seth Night	Dartmouth High	5.36m
13	726 David Purdy	Sir John A.	5.40m
14	68 Alex Torrealba	Auburn Drive	4.94m
15	436 Rylar Bleau	Halifax West	5.55m
16	253 Caleb Baurin	Carrefour	5.58m
17	222 Ben Harrington	Dartmouth High	5.62m

**Event 59 Girls Long Jump Senior (18)**

NSSAF: 5.49m 2017-06-03 Denver Fraser			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	168 Anna Nicoleta	Citadel High	ND
2	441 Jessica Duru	Halifax West	ND
3	692 Mary-Kate Driscoll-Sang	Sacred Heart	4.13m
4	575 Claire Renken	Millwood High	3.95m
5	567 Paige Kavanaugh	Millwood High	3.82m
6	128 Haley Fitzgerald	Charles P. Allen	3.53m
7	263 Sarah Boudreau	Sommet	3.37m
8	515 Sophie Leblanc	Lockview High	4.37m
9	406 Corinne Bernett	Halifax Grammar	4.09m
10	458 Katelyn Power	Halifax West	3.97m
11	695 Sydney Hayden	Sacred Heart	3.95m
12	448 Samantha Henneberry	Halifax West	4.63m
13	216 Allison Carter	Dartmouth High	4.06m
14	218 Julia Dunbar	Dartmouth High	4.40m
15	67 Lorin Tolliver	Auburn Drive	4.70m
16	671 Zoe Carvery	Sackville High	4.92m
17	228 Veronica Mazzoleni	Dartmouth High	4.24m
18	531 Bella Willett	Lockview High	4.67m

**Event 60 Boys Long Jump Senior (18)**

NSSAF: 7.15m 1956 Dave Lucas			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	627 Brandon Raulenzo	Prince Andrew	ND
2	164 Songnian Liu	Citadel High	5.23m
3	571 Josh Paddock	Millwood High	5.06m
4	439 Luke Davison	Halifax West	6.38m
5	227 Greg Mayo	Dartmouth High	5.06m
6	686 Daniel Surette	Sackville High	5.35m
7	240 Calem Thompson	Dartmouth High	5.55m
8	681 Josh Rasmussen	Sackville High	5.03m
9	442 Raheem Elliott	Halifax West	5.33m
10	731 Chad Woodill	Sir John A.	5.29m
11	675 Logan Gothreau	Sackville High	5.12m
12	703 Mitchell Reardon	Sacred Heart	5.42m
13	443 Jordan Ellis	Halifax West	5.35m
14	687 Dylan Thornhill	Sackville High	5.25m
15	413 Jackson Hunter	Halifax Grammar	5.83m
16	522 Hunter Rose	Lockview High	5.16m
17	262 Nicolas Beaulieu	Sommet	6.08m
18	481 Patrick Lefort	J.L. Ilsley	5.06m

**Event 61 Girls High Jump Junior (17)**

NSSAF: 1.63m 2004 Laura Maessen			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	292 Katerina Daniel	Fairview Jr.	1.25m
2	395 Hannah Honig	Halifax Central	1.20m
3	195 Jamie Smith	Clayton Park Jr.	1.20m
4	374 Annabelle Lendrum-Harn	Gorsebrook Jr.	1.25m
5	363 Nuria Mestres-Wyenberg	George P. Vanier	1.25m
6	26 Livia Nauss	Astral Drive	1.25m
7	304 Mya Kolanko	Fairview Jr.	1.25m
8	272 Miranda Garvey	Elizabeth Suther	1.20m
9	92 Claire Covert	Brookside	1.25m
10	28 Fiona O'Donnell	Astral Drive	1.25m
11	305 Samyah Landry	Fairview Jr.	1.25m
12	360 Jessica MacDonald	George P. Vanier	1.40m
13	643 Lauren Murphy	Ridgecliff	1.30m
14	271 Beth Ejigu	Elizabeth Suther	1.32m
15	368 Molly White	George P. Vanier	1.35m
16	345 Mya Archibald	George P. Vanier	1.46m
17	605 Emily Vogt	Park West	1.25m



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**Event 62 Boys High Jump Junior (17)**

NSSAF: 1.77m 2004 Brandon Mallaly			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	435 Joshua Phonchareon	Hfx Independant	1.40m
2	408 Alex Brushett	Halifax Grammar	1.45m
3	495 Nathaniel Upshaw	Leslie Thomas	1.50m
4	264 Austin Conrad	Sommet	1.56m
5	645 Luca Cameron	Rocky Lake Jr	1.45m
6	177 Jeffery Adeyemi	Clayton Park Jr.	1.45m
7	25 Nick Murray	Astral Drive	1.45m
8	24 Hayden McGowan	Astral Drive	1.45m
9	265 Aiden Denis	Sommet	1.45m
10	391 Camden Burke-Young	Halifax Central	1.45m
11	297 Quinton Goodwin	Fairview Jr.	1.45m
12	94 Obi Duru	Brookside	1.56m
13	607 Maddox Young	Park West	1.45m
14	348 Haydn Bures	George P. Vanier	1.45m
15	744 Brad Howatt	St. Agnes Jr.	1.53m
16	599 Danny Daly	Park West	1.50m
17	369 Jacob Wong	George P. Vanier	1.50m

**Event 63 Girls High Jump Intermediate (16)**

NSSAF: 1.72m 1986 Tracey Loke			
Ties: 1.75m 1986 Natalie Munroe			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	326 Virginia Boone	Five Bridges Jun	1.25m
2	415 Katrina Johnston	Halifax Grammar	1.40m
3	330 Sydney Foran	Five Bridges Jun	1.25m
4	258 Rachel Markert	Carrefour	1.25m
5	400 Jorja Thomas	Halifax Central	1.25m
6	165 Emily Munroe	Citadel High	1.45m
7	756 Monica Oliver	Eastern Passage	1.25m
8	506 Lauren Ferguson	Lockview High	1.40m
9	77 Keanna Davies	Bicentennial	1.30m
10	382 Asia Franics	Graham Creighton	1.40m
11	524 Grace Sanford	Lockview High	1.40m
12	210 Carrington Carroll	Cunard Jr.	1.25m
13	631 Sierra Sweeney	Prince Andrew	1.35m
14	508 Abbi Gaudry	Lockview High	1.50m
15	86 Sammi Russell	Bicentennial	1.40m
16	497 Caity Apa	Lockview High	1.45m

**Event 64 Boys High Jump Intermediate (16)**

NSSAF: 1.95m 1988 Charles MacKay			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	375 Bryan McFarland	Gorsebrook Jr.	1.45m
2	376 Burrell Atkinson	Graham Creighton	1.55m
3	633 Nick Young	Prince Andrew	1.45m
4	373 Prem Kundhi	Gorsebrook Jr.	1.45m
5	511 Wesley Harvey	Lockview High	1.55m
6	281 Keeghan Williams	Elizabeth Suther	1.50m
7	315 Alex Needler	Fairview Jr.	1.55m
8	642 Kaleb Macleod	Ridgecliff	1.55m
9	255 Austin Buckley Richardsc	Carrefour	1.50m
10	201 Ja'shawn Downey	Cole Harbour	1.61m
11	151 Achim Duerr-Farrell	Citadel High	1.58m
12	65 Stacy Smith	Auburn Drive	1.64m
13	47 Jayrell Diggs	Auburn Drive	1.61m
14	452 Sooin Kim	Halifax West	1.45m
15	539 Matthias Fenez	Madeline Symonds	1.58m
16	327 Kian Bowie	Five Bridges Jun	1.70m

**Event 65 Girls High Jump Senior (9)**

NSSAF: 1.72m 1983 Linda Ayer			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	406 Corinne Bernett	Halifax Grammar	NH
2	228 Veronica Mazzoleni	Dartmouth High	1.53m
3	448 Samantha Henneberry	Halifax West	1.56m
4	440 Hannah Devoe	Halifax West	1.40m
5	722 Robyn Meredith	Sir John A.	1.50m
6	531 Bella Willett	Lockview High	1.60m
7	671 Zoe Carvery	Sackville High	1.60m
8	125 Victoria Christianson	Charles P. Allen	1.25m
9	619 Megan Hodder	Prince Andrew	1.20m



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**Event 66 Boys High Jump Senior (15)**

NSSAF: 2.06m 1981 Tim Wrigley			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	170 Andrew Parkhill	Citadel High	NH
2	627 Brandon Raulenzo	Prince Andrew	NH
3	238 Merrick Seidel	Dartmouth High	1.55m
4	59 Jack O'Brien	Auburn Drive	1.40m
5	413 Jackson Hunter	Halifax Grammar	1.65m
6	522 Hunter Rose	Lockview High	1.50m
7	227 Greg Mayo	Dartmouth High	1.40m
8	251 Sam Caya	Eastern Shore	1.50m
9	516 Anthony Lutz	Lockview High	1.50m
10	624 Jack McGovern	Prince Andrew	1.35m
11	48 Thomas Dooling	Auburn Drive	1.58m
12	731 Chad Woodill	Sir John A.	1.58m
13	61 Tyrece Paris	Auburn Drive	1.55m
14	416 A J Kapilan	Halifax Grammar	1.70m
15	147 Jacob Abbott	Citadel High	1.65m

**Event 67 Girls Triple Jump Junior (16)**

NSSAF: 11.00m 2016-06-03 Sierra Sweeney			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	27 Taylor Nickerson	Astral Drive	8.16m
2	301 Brooke Henderson	Fairview Jr.	8.05m
3	389 Kate Bagnell	Halifax Central	7.88m
4	11 Avalyn Babcock	Astral Drive	8.33m
5	321 Ashlynn Slaunwhite	Fairview Jr.	7.82m
6	355 Isabel Gonsalves	George P. Vanier	8.82m
7	195 Jamie Smith	Clayton Park Jr.	8.21m
8	298 Robin Gumsey	Fairview Jr.	8.26m
9	115 Jessie Murray	Caledonia	8.28m
10	532 Abbey Ashton	Madeline Symonds	8.16m
11	353 Emma Crowe	George P. Vanier	8.99m
12	304 Mya Kolanko	Fairview Jr.	8.64m
13	92 Claire Covert	Brookside	8.48m
14	358 Holly Legere	George P. Vanier	8.47m
15	354 Emily Dodge	George P. Vanier	8.21m
16	111 Haley MacLellen	Caledonia	8.39m

**Event 68 Boys Triple Jump Junior (16)**

NSSAF: 12.03m 2012 Kaelan Schmidt			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	655 Thomas Macvicar	Rocky Lake Jr	8.76m
2	24 Hayden McGowan	Astral Drive	8.71m
3	177 Jeffery Adeyemi	Clayton Park Jr.	9.43m
4	328 Kieran Edison	Five Bridges Jun	8.94m
5	332 Nathan Machardie	Five Bridges Jun	8.92m
6	78 Aidan Ferguson	Bicentennial	8.87m
7	297 Quinton Goodwin	Fairview Jr.	9.35m
8	435 Joshua Phonchareon	Hfx Independant	9.21m
9	364 Jacob Murray	George P. Vanier	9.00m
10	295 Desmond Eboigbe	Fairview Jr.	9.71m
11	104 Letrell Brooks	Caledonia	8.53m
12	351 Lochlen Chaisson	George P. Vanier	9.49m
13	33 Zach Thibault	Astral Drive	9.87m
14	602 Jason Jee	Park West	9.40m
15	121 Jack Young	Caledonia	10.20m
16	550 Chizi Oboli	Madeline Symonds	9.61m

**Event 69 Girls Triple Jump Intermediate (16)**

NSSAF: 11.19m 2016-06-03 Gabrielle Fraser			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	30 Renae Roberts	Astral Drive	8.84m
2	178 Charlotte Branchflower	Clayton Park Jr.	9.32m
3	644 Taylor Burke	Rocky Lake Jr	8.46m
4	145 Sarah Tucker	Charles P. Allen	8.35m
5	558 Robyn Treen	Madeline Symonds	8.34m
6	4 Clare Gilmour	Armbrae	8.51m
7	742 Lauren Duggan	St. Agnes Jr.	8.32m
8	573 Jaylin Pothier	Millwood High	10.50m
9	210 Carrington Carroll	Cunard Jr.	8.80m
10	330 Sydney Foran	Five Bridges Jun	8.31m
11	118 Julianne Sparks	Caledonia	8.55m
12	2 Sasha Berliner	Armbrae	9.37m
13	411 Livia Dunn	Halifax Grammar	9.62m
14	631 Sierra Sweeney	Prince Andrew	10.51m
15	663 Claire Tramble	Rocky Lake Jr	8.62m
16	387 Tamia Thomas	Graham Creighton	9.84m





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**Event 70 Boys Triple Jump Intermediate (16)**

NSSAF: 13.82m 1986 Mike Arodugba			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	370 Saul Chernin	Gorsebrook Jr.	9.96m
2	746 Justin Keating	St. Agnes Jr.	9.62m
3	638 Austin Gavin	Ridgecliff	10.05m
4	723 Connor Oake	Sir John A.	11.13m
5	750 Davud Osbek	St. Agnes Jr.	9.54m
6	533 Cameron Brown	Madeline Symonds	9.84m
7	642 Kaleb Macleod	Ridgecliff	10.06m
8	46 Ryan Davis	Auburn Drive	12.02m
9	452 Sooin Kim	Halifax West	10.27m
10	68 Alex Torrealba	Auburn Drive	10.30m
11	748 John Lily	St. Agnes Jr.	10.25m
12	496 Riley Adamson-Simms	Lockview High	10.63m
13	386 Nacari Smith	Graham Creighton	10.68m
14	375 Bryan McFarland	Gorsebrook Jr.	9.69m
15	436 Ryler Bleau	Halifax West	11.49m
16	633 Nick Young	Prince Andrew	10.57m

**Event 71 Girls Triple Jump Senior (12)**

NSSAF: 11.31m 1999 Carly Bunyan			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	406 Corinne Bernett	Halifax Grammar	ND
2	580 Isobel Tyler	Millwood High	5.82m
3	128 Haley Fitzgerald	Charles P. Allen	7.25m
4	218 Julia Dunbar	Dartmouth High	9.70m
5	566 Lauren Humes	Millwood High	6.34m
6	518 Ainslee Macleod	Lockview High	8.21m
7	216 Allison Carter	Dartmouth High	9.06m
8	527 Janna Sunde	Lockview High	9.70m
9	695 Sydney Hayden	Sacred Heart	8.31m
10	448 Samantha Henneberry	Halifax West	9.48m
11	447 Lauren Gray	Halifax West	8.61m
12	717 Teigan Labor	Sir John A.	8.00m

**Event 72 Boys Triple Jump Senior (16)**

NSSAF: 14.25m 1964 Howie Jackson			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	439 Luke Davison	Halifax West	10.93m
2	61 Tyrece Paris	Auburn Drive	10.32m
3	522 Hunter Rose	Lockview High	9.86m
4	413 Jackson Hunter	Halifax Grammar	11.80m
5	227 Greg Mayo	Dartmouth High	10.88m
6	478 Connor Duggan	J.L. Ilsley	10.27m
7	63 Darian Purcell	Auburn Drive	11.01m
8	687 Dylan Thornhill	Sackville High	10.58m
9	516 Anthony Lutz	Lockview High	9.77m
10	164 Songnian Liu	Citadel High	10.69m
11	681 Josh Rasmussen	Sackville High	10.65m
12	461 Simon Salah	Halifax West	9.73m
13	217 Evan Dasilva	Dartmouth High	10.97m
14	48 Thomas Dooling	Auburn Drive	10.41m
15	56 Nick MacKenzie	Auburn Drive	10.17m
16	442 Raheem Elliott	Halifax West	11.90m

**Event 73 Girls Shot Put 3kg Junior (16)**

NSSAF: 11.58m 2010 Taylor Stutley			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	91 Emma Bradburry	Brookside	7.24m
2	534 Drew Burton	Madeline Symonds	7.21m
3	354 Emily Dodge	George P. Vanier	7.39m
4	72 Sophie Maunder	Bedford Academy	7.19m
5	357 Juliana Lawrence	George P. Vanier	7.32m
6	307 Chantell Lindo	Fairview Jr.	8.10m
7	368 Molly White	George P. Vanier	7.23m
8	434 Kate Jollimore	Hfx Independant	7.33m
9	273 Alex Godsoe	Elizabeth Suther	7.44m
10	302 Taylor Jeffrey	Fairview Jr.	7.58m
11	745 Katherine Joyce	St. Agnes Jr.	7.50m
12	701 Sasha Oreskovich	Sacred Heart	7.50m
13	35 Brooke Thorpe	Astral Drive	7.45m
14	5 Erika Hilchie-Pye	Armbrae	7.72m
15	303 Haley King	Fairview Jr.	7.95m
16	98 Rylee Jphnston	Brookside	7.40m



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

## Meet Program

**Event 74 Boys Shot Put 4kg Junior (16)**

NSSAF: 14.37m 2016-06-03 Logan Taylor			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	85 Evan Ring	Bicentennial	7.22m
2	296 Dylan Gerrior	Fairview Jr.	9.02m
3	297 Quinton Goodwin	Fairview Jr.	7.82m
4	587 Ethan McCarthy	Oxford School	7.50m
5	276 Roman Joseph	Elizabeth Suther	7.14m
6	199 Sam Zhouri	Clayton Park Jr.	7.89m
7	349 Shane Burton	George P. Vanier	10.85m
8	555 Ben Thompson	Madeline Symonds	8.57m
9	658 Rylan Murphy	Rocky Lake Jr	8.65m
10	641 Dustin MacDonald	Ridgecliff	8.60m
11	291 Braydon Connolly	Fairview Jr.	8.76m
12	603 Muhammadaziz Kuzibov	Park West	7.20m
13	341 Issac Webb	Five Bridges Jun	9.85m
14	10 Toni Adoye	Astral Drive	9.88m
15	94 Obi Duru	Brookside	10.20m
16	592 Anthony Arnold	Oyster Pond	8.16m

**Event 75 Girls Shot Put 4kg Intermediate (16)**

NSSAF: 12.98m 2009 Chelsea Whalen			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	394 Maxie Grant	Halifax Central	6.59m
2	223 Grace Hartlen	Dartmouth High	6.27m
3	579 Adrianna Timmons	Millwood High	6.76m
4	215 Cleo Armstrong	Dartmouth High	6.26m
5	212 Aice Morales	Cunard Jr.	6.77m
6	392 Anne Christie	Halifax Central	6.79m
7	190 Juliet Merchant	Clayton Park Jr.	6.81m
8	20 Emily Macneil	Astral Drive	6.92m
9	310 Gillian Macsween	Fairview Jr.	6.84m
10	377 Emily Ayer	Graham Creighton	7.12m
11	557 Olivia Thurier	Madeline Symonds	6.90m
12	502 Brooke Clarke	Lockview High	9.08m
13	736 Brittany MacDonald	Sir RobertBorden	7.66m
14	674 Hailey Giffin	Sackville High	8.20m
15	372 Christina Kim	Gorsebrook Jr.	7.25m
16	719 Emily Macfadyen	Sir John A.	7.10m

**Event 76 Boys Shot Put 5kg Intermediate (17)**

NSSAF: 14.88m 2016-06-03 Cameron Whynot			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	309 Matthew MacDonald	Fairview Jr.	ND
2	422 Ethan Marshall-Harris	Halifax Grammar	11.61m
3	194 Nolan Pace	Clayton Park Jr.	8.97m
4	184 Jay Lawson	Clayton Park Jr.	8.88m
5	142 Adar Svidlar	Charles P. Allen	8.83m
6	670 Connor Burns	Sackville High	9.55m
7	748 John Lily	St. Agnes Jr.	9.90m
8	74 Adam Simm	Bedford Academy	8.77m
9	507 Blake Fraser	Lockview High	9.63m
10	270 Steven Dockerty	Elizabeth Suther	10.30m
11	12 Will Bungay	Astral Drive	9.05m
12	630 Takoda Smith-Howe	Prince Andrew	10.85m
13	127 Alex Drover	Charles P. Allen	9.96m
14	261 Gabriel Verville	Carrefour	9.93m
15	729 Logan Taylor	Sir John A.	15.20m
16	275 Brett Hopkins	Elizabeth Suther	8.85m
17	29 Jack Riley	Astral Drive	9.70m

**Event 77 Girls Shot Put 4kg Senior (13)**

NSSAF: 13.26m 2010 Chelsea Whalen			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	166 Rachel Nicholson	Citadel High	ND
2	754 Judy Duru	Halifax West	ND
3	580 Isobel Tyler	Millwood High	4.16m
4	578 Haley Stone	Millwood High	5.38m
5	616 Susan Davis	Prince Andrew	6.19m
6	54 Sophia Jodrey	Auburn Drive	6.35m
7	530 Emily Webb	Lockview High	4.30m
8	518 Ainslee Macleod	Lockview High	7.00m
9	695 Sydney Hayden	Sacred Heart	6.34m
10	440 Hannah Devoe	Halifax West	6.91m
11	570 Jessica McPherson	Millwood High	7.40m
12	153 Elizabeth Falkenham	Citadel High	9.28m
13	689 Meghan Beland	Sacred Heart	6.07m



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

## Meet Program

**Event 78 Boys Shot Put 6kg Senior (16)**

NSSAF: 16.17m 2012 Peter Millman			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	41 Keaton Brown	Auburn Drive	8.37m
2	680 Cole Morash	Sackville High	8.34m
3	521 Michael Reed	Lockview High	10.05m
4	242 Daniel Velocci	Dartmouth High	10.36m
5	576 Cameron Silk	Millwood High	8.65m
6	461 Simon Salah	Halifax West	9.41m
7	480 Jessie Hopkins	J.L. Ilsley	9.58m
8	460 Elias Salah	Halifax West	10.12m
9	624 Jack McGovern	Prince Andrew	9.83m
10	613 Morgan Clark	Prince Andrew	10.83m
11	157 Owin Hall	Citadel High	10.05m
12	510 Jeremy Harper	Lockview High	9.90m
13	522 Hunter Rose	Lockview High	9.68m
14	581 Jake Wilson	Millwood High	8.57m
15	666 Khaldon Al-Kasem	Sackville High	8.39m
16	485 Jon Morals	J.L. Ilsley	10.88m

**Event 79 Girls Discus Throw 0.75kg Junior (17)**

NSSAF: 28.49m 2015 Sydney Davidson			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	322 Sara Wickens	Fairview Jr.	18.80m
2	747 Christina Kostakos	St. Agnes Jr.	17.43m
3	354 Emily Dodge	George P. Vanier	19.05m
4	534 Drew Burton	Madeline Symonds	21.14m
5	273 Alex Godsoe	Elizabeth Suther	18.17m
6	91 Emma Bradburry	Brookside	22.12m
7	75 Abbey Aucoin	Bicentennial	18.25m
8	11 Avalyn Babcock	Astral Drive	18.42m
9	80 Jaelyn Keiver	Bicentennial	18.75m
10	188 Alison MacDonald	Clayton Park Jr.	17.32m
11	554 Haley Tanner	Madeline Symonds	18.99m
12	303 Haley King	Fairview Jr.	17.92m
13	595 Tory Walsh	Oyster Pond	20.46m
14	356 Monica Johnston	George P. Vanier	18.42m
15	183 Abby Johnson	Clayton Park Jr.	17.93m
16	532 Abbey Ashton	Madeline Symonds	21.02m
17	368 Molly White	George P. Vanier	24.08m

**Event 80 Boys Discus Throw 1kg Junior (16)**

NSSAF: 43.75m 2016-06-04 Parker Swain			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	471 Brandon Ryan	Herring Cove Jr.	18.37m
2	542 Matthew Hamlin	Madeline Symonds	21.71m
3	199 Sam Zhouri	Clayton Park Jr.	17.87m
4	552 Joe Power	Madeline Symonds	20.50m
5	311 Josh Martin Martin	Fairview Jr.	28.18m
6	182 Ryland Harrington	Clayton Park Jr.	19.31m
7	361 Colin McKenna	George P. Vanier	22.78m
8	316 Shane Nicholson	Fairview Jr.	22.35m
9	79 Nick Garron-Ibanez	Bicentennial	15.64m
10	544 Sam Hopkins	Madeline Symonds	20.47m
11	587 Ethan McCarthy	Oxford School	15.78m
12	752 Connor Wilkin	Summit Acade	22.39m
13	88 Nate Wheeler	Bicentennial	17.97m
14	664 Brady Stone	Ross Road	22.78m
15	352 Ryan Clarke	George P. Vanier	22.11m
16	641 Dustin MacDonald	Ridgecliff	22.49m

**Event 81 Girls Discus Throw 1kg Intermediate (16)**

NSSAF: 39.15m 2012 Sarah Colborne			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	672 Haley Deveaux	Sackville High	16.68m
2	278 Avery Macissac	Elizabeth Suther	18.20m
3	87 Chelsea Skinner	Bicentennial	17.69m
4	557 Olivia Thurier	Madeline Symonds	19.52m
5	394 Maxie Grant	Halifax Central	18.02m
6	579 Adrianna Timmons	Millwood High	21.23m
7	310 Gillian Macsween	Fairview Jr.	18.23m
8	549 Tara Merrick	Madeline Symonds	18.01m
9	336 Rylee Mills	Five Bridges Jun	18.81m
10	82 Sarah McKeen	Bicentennial	18.82m
11	89 Kiersten Wientzell	Bicentennial	17.41m
12	102 Alivia Morash	Brookside	19.17m
13	674 Hailey Giffin	Sackville High	26.03m
14	145 Sarah Tucker	Charles P. Allen	21.01m
15	105 Maddie Brown	Caledonia	18.39m
16	212 Aicel Morales	Cunard Jr.	20.99m



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## Meet Program

**Event 82 Boys Discus Throw 1.5kg Intermediate (16)**

NSSAF: 42.29m 2010 Peter Millman			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	639 Steven Lake	Ridgecliff	22.40m
2	132 Noah James	Charles P. Allen	25.72m
3	142 Adar Svidlar	Charles P. Allen	22.54m
4	285 Matthew Rushton	Ellenvale Jr.	20.66m
5	422 Ethan Marshall-Harris	Halifax Grammar	30.08m
6	237 Kevin Robers	Dartmouth High	19.95m
7	29 Jack Riley	Astral Drive	22.76m
8	124 Logan Camp	Charles P. Allen	33.48m
9	451 Issac Johnson	Halifax West	24.09m
10	617 Xavier Fitzgerald	Prince Andrew	24.63m
11	184 Jay Lawson	Clayton Park Jr.	19.46m
12	729 Logan Taylor	Sir John A.	33.48m
13	103 Landon Zink	Brookside	26.51m
14	236 Liam Ring	Dartmouth High	19.03m
15	261 Gabriel Verville	Carrefour	23.44m
16	507 Blake Fraser	Lockview High	26.51m

**Event 83 Girls Discus Throw 1kg Senior (11)**

NSSAF: 41.92m 2012 Kayla Gallagher			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	57 Anna Manuel	Auburn Drive	10.88m
2	200 Julia Dorey	Cole Harbour	13.13m
3	530 Emily Webb	Lockview High	9.31m
4	562 Emily Burke	Millwood High	11.09m
5	518 Ainslee Macleod	Lockview High	12.52m
6	570 Jessica McPherson	Millwood High	12.99m
7	578 Haley Stone	Millwood High	10.10m
8	153 Elizabeth Falkenham	Citadel High	27.27m
9	616 Susan Davis	Prince Andrew	18.39m
10	440 Hannah Devoe	Halifax West	21.39m
11	523 Georgia Saleski	Lockview High	15.94m

**Event 84 Boys Discus Throw 1.75kg Senior (16)**

NSSAF: 49.76m 2012 Peter Millman			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	157 Owin Hall	Citadel High	24.84m
2	568 Bradley Lloyd	Millwood High	21.97m
3	696 Luc Lefrancois	Sacred Heart	20.37m
4	621 Geoff Lawton	Prince Andrew	20.57m
5	676 Logan Graves	Sackville High	22.21m
6	485 Jon Morals	J.L. Ilsley	23.49m
7	581 Jake Wilson	Millwood High	24.79m
8	624 Jack McGovern	Prince Andrew	26.50m
9	460 Elias Salah	Halifax West	34.76m
10	521 Michael Reed	Lockview High	28.41m
11	673 Shayne Doyle	Sackville High	19.95m
12	510 Jeremy Harper	Lockview High	33.65m
13	461 Simon Salah	Halifax West	30.87m
14	678 Jack Lake	Sackville High	30.98m
15	613 Morgan Clark	Prince Andrew	29.67m
16	522 Hunter Rose	Lockview High	25.14m

**Event 85 Girls Javelin Throw 400g Junior (16)**

NSSAF: 37.38m 1999 Katherine Marksson			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	288 Sammie Balfour	Fairview Jr.	17.86m
2	593 Kaira Boudreault	Oyster Pond	18.19m
3	101 Zoe Mombourquette	Brookside	16.58m
4	5 Erika Hilchie-Pye	Ambrae	18.32m
5	302 Taylor Jeffrey	Fairview Jr.	18.13m
6	303 Haley King	Fairview Jr.	18.83m
7	470 Amelia Lawless	Herring Cove Jr.	17.43m
8	91 Emma Bradburry	Brookside	19.26m
9	368 Molly White	George P. Vanier	16.13m
10	180 Bea Fulong	Clayton Park Jr.	20.55m
11	322 Sara Wickens	Fairview Jr.	22.39m
12	11 Avalyn Babcock	Astral Drive	16.34m
13	347 Meagan Brown	George P. Vanier	21.60m
14	468 Camryn Drake	Herring Cove Jr.	20.10m
15	554 Haley Tanner	Madeline Symonds	23.58m
16	357 Juliana Lawrence	George P. Vanier	22.78m



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

## Meet Program

**Event 91 Boys Javelin Throw 600g Junior (16)**

NSSAF: 45.48m 2015 Michael Adams			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	280 Brendan Richards	Elizabeth Suther	22.56m
2	296 Dylan Gerrior	Fairview Jr.	22.33m
3	286 Abdullah Abdull Wahid	Fairview Jr.	22.29m
4	592 Anthony Arnold	Oyster Pond	23.67m
5	182 Ryland Harrington	Clayton Park Jr.	23.33m
6	93 Ethan Dauphinee	Brookside	23.65m
7	604 Shawn Swaniker	Park West	23.72m
8	329 Nick Ferguson	Five Bridges Jun	23.26m
9	555 Ben Thompson	Madeline Symonds	24.86m
10	391 Camden Burke-Young	Halifax Central	24.84m
11	366 Thomas Smith	George P. Vanier	32.43m
12	365 Will Murray	George P. Vanier	25.51m
13	349 Shane Burton	George P. Vanier	25.58m
14	199 Sam Zhouri	Clayton Park Jr.	35.00m
15	367 Kyle Teed	George P. Vanier	23.81m
16	607 Maddox Young	Park West	28.20m

**Event 97 Girls Javelin Throw 500g Intermediate (16)**

NSSAF: 41.73m 2016-06-04 Madelyn Quinn			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	137 Allison Macneil	Charles P. Allen	26.92m
2	269 Maclean Crowdis	Elizabeth Suther	16.95m
3	223 Grace Hartlen	Dartmouth High	19.81m
4	487 Arielle Mountain	J.L. Ilsley	20.85m
5	198 Mariah Vasquez	Clayton Park Jr.	18.16m
6	279 Zoe Pingert	Elizabeth Suther	19.27m
7	145 Sarah Tucker	Charles P. Allen	20.93m
8	557 Olivia Thurier	Madeline Symonds	22.03m
9	719 Emily Macfadyen	Sir John A.	23.99m
10	336 Rylee Mills	Five Bridges Jun	22.40m
11	212 Aicel Morales	Cunard Jr.	22.93m
12	144 Allison Tran	Charles P. Allen	21.17m
13	13 Abby Bush	Astral Drive	29.90m
14	525 Eden Smith	Lockview High	25.05m
15	189 Megan McQuade	Clayton Park Jr.	16.46m
16	462 Annie Savoie	Halifax West	25.01m

**Event 103 Boys Javelin Throw 700g Intermediate (16)**

NSSAF: 51.86m 2017-06-02 Michael Adams			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	642 Kaleb Macleod	Ridgecliff	25.93m
2	224 Graeme Jarrett	Dartmouth High	28.73m
3	62 Jaco-Pier Poulin	Auburn Drive	30.63m
4	421 Ethan Marshall Harris	Halifax Grammar	25.82m
5	99 Cameron Marsh	Brookside	27.04m
6	653 Jack Humprey	Rocky Lake Jr	28.30m
7	191 Kyle Morrison	Clayton Park Jr.	28.61m
8	193 Zach O'Malley	Clayton Park Jr.	26.52m
9	132 Noah James	Charles P. Allen	29.00m
10	417 Grant Keefe	Halifax Grammar	29.20m
11	159 Mark Howatt	Citadel High	30.19m
12	758 Peter Reid	Millwood High	25.93m
13	208 Richard Watton	Cole Harbour	48.61m
14	300 Josh Hatfield	Fairview Jr.	31.77m
15	451 Issac Johnson	Halifax West	32.01m
16	499 Matt Boutillier	Lockview High	26.24m

**Event 109 Girls Javelin Throw 600g Senior (11)**

NSSAF: 44.20m 2010 Chelsea Whalen			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	530 Emily Webb	Lockview High	18.33m
2	252 Brianna Ferguson	Eastern Shore	18.19m
3	679 Mariska Macdow	Sackville High	16.64m
4	722 Robyn Meredith	Sir John A.	24.57m
5	518 Ainslee Macleod	Lockview High	23.36m
6	200 Julia Dorey	Cole Harbour	23.00m
7	250 Georgia Bagnell	Eastern Shore	23.24m
8	153 Elizabeth Falkenham	Citadel High	32.14m
9	717 Teigan Labor	Sir John A.	24.12m
10	614 Paige Colpitts	Prince Andrew	20.32m
11	440 Hannah Devoe	Halifax West	20.48m



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

## Meet Program

**Event 115 Boys Javelin Throw 800g Senior (17)**

NSSAF: 61.64m 2005 Adam Wolkins			
Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	251 Sam Caya	Eastern Shore	23.13m
2	242 Daniel Velocci	Dartmouth High	2.80m
3	485 Jon Morals	J.L. Ilesley	32.77m
4	484 Arnes Mehadzic	J.L. Ilesley	19.80m
5	461 Simon Salah	Halifax West	20.90m
6	170 Andrew Parkhill	Citadel High	ND
7	230 Dylan McKeen	Dartmouth High	24.36m
8	576 Cameron Silk	Millwood High	25.34m
9	683 Zach Seward	Sackville High	36.39m
10	690 Isaac Burke	Sacred Heart	27.20m
11	673 Shayne Doyle	Sackville High	38.80m
12	676 Logan Graves	Sackville High	27.90m
13	522 Hunter Rose	Lockview High	26.74m
14	581 Jake Wilson	Millwood High	19.22m
15	480 Jessie Hopkins	J.L. Ilesley	36.18m
16	568 Bradley Lloyd	Millwood High	26.43m
17	460 Elias Salah	Halifax West	29.34m

**Event 120 Girls 100 Meter Dash Special Junior (15)**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	306 Sarah Lelievre	Fairview Jr.	24.68
2	320 Emma Salah	Fairview Jr.	29.07
3	294 Kaitlyn Drapeau	Fairview Jr.	19.67
4	474 Brywn Simmons	Highland Park Jr	26.68
5	476 Erin Wotton	Highland Park Jr	20.27
6	472 Brittany Callaghan	Highland Park Jr	38.25
7	735 Allison Jones	Sir RobertBorden	20.33
8	732 Makenah Brown	Sir RobertBorden	18.12
<b>Section 2 of 2 Finals</b>			
1	362 Charlotte McLaren	George P. Vanier	47.67
2	214 Drew Warkentin	Cunard Jr.	12.46
3	538 Brooke Emms	Madeline Symonds	12.12
4	120 Narleisha Thompson	Caledonia	14.18
5	526 Mackenzie Spencer	Lockview High	19.33
6	196 Ashley Spicer	Clayton Park Jr.	17.85
7	384 Victoria Mackeigan	Graham Creighton	39.83

**Event 121 Boys 100 Meter Dash Special Junior (16)**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	737 Landon Simon	Sir RobertBorden	15.74
2	734 Malachi Harris	Sir RobertBorden	12.91
3	739 Dennis Turner	Sir RobertBorden	15.32
4	299 Ahmad Harhash	Fairview Jr.	14.04
5	319 Justis Robinson	Fairview Jr.	14.39
6	211 Isaac Kitumaini	Cunard Jr.	15.07
7	21 Jacob Maguire	Astral Drive	12.34
8	466 Scott Denyes	Harold T Barrett	14.65
<b>Section 2 of 2 Finals</b>			
1	393 Sam Dellaire	Halifax Central	13.28
2	385 Ryan Simmons	Graham Creighton	15.01
3	380 Tyrese Dewolfé	Graham Creighton	13.64
4	379 Theo Dewolfe	Graham Creighton	12.54
5	110 Romario Lee	Caledonia	13.69
6	106 Miguel Cull	Caledonia	14.49
7	117 Desean Smith-Howe	Caledonia	11.51
8	473 Liam Hann	Highland Park Jr	11.58

**Event 122 Girls 100 Meter Dash Special Senior (16)**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	243 Gaby Young	Dartmouth High	19.89
2	610 Shyanne Brewer	Prince Andrew	14.65
3	529 Alison Watkins	Lockview High	23.27
4	513 Sky Lynn Johnson	Lockview High	17.31
5	53 Emma Hurley	Auburn Drive	16.86
6	66 Kiera Sparks-Lucas	Auburn Drive	18.61
7	51 Lauren Hearn	Auburn Drive	17.34
8	52 Brie Hurley	Auburn Drive	23.38
<b>Section 2 of 2 Finals</b>			
1	464 Fiona Watt	Halifax West	19.23
2	456 Breanna Misener	Halifax West	18.18
3	446 Savanna Gabriel	Halifax West	15.62
4	455 Josee McDonald-Carrier	Halifax West	15.73
5	453 Olivia MacKenzie	Halifax West	17.29
6	712 Samantha Brown	Sir John A.	14.86
7	715 Jenna Giles	Sir John A.	16.36
8	149 Tegan Bielawski	Citadel High	19.49



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

## Meet Program

**Event 123 Boys 100 Meter Dash Special Senior (16)**

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1	615 Logan Davidson	Prince Andrew	14.50
2	628 Corey Rose	Prince Andrew	10.93
3	60 Cameron Oliver	Auburn Drive	15.98
4	49 Jewels Glasgow	Auburn Drive	11.71
5	39 Max Ballard	Auburn Drive	11.31
6	45 Tyler Crooks	Auburn Drive	11.93
7	711 Griffin Brigley- Coolen	Sir John A.	14.65
8	725 Alex Purcell	Sir John A.	15.45

**Section 2 of 2 Finals**

1	167 Mark Nickerson	Citadel High	12.89
2	161 Fred Jean	Citadel High	13.82
3	134 Josh Lebelle	Charles P. Allen	14.57
4	677 Chris Hurley	Sackville High	12.59
5	490 Christopher Yeadon	J.L. Ilsley	12.93
6	235 Ben Perry	Dartmouth High	14.03
7	231 Rene Menard	Dartmouth High	12.73
8	232 Jeviel Merrick	Dartmouth High	11.13

**Event 124 Girls Shot Put 3kg-3 throws Special Junior (12)**

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	472 Brittany Callaghan	Highland Park Jr	0.63m
2	474 Brywn Simmons	Highland Park Jr	1.94m
3	476 Erin Wotton	Highland Park Jr	2.77m
4	320 Emma Salah	Fairview Jr.	2.13m
5	306 Sarah Lelievre	Fairview Jr.	3.05m
6	294 Kaitlyn Drapeau	Fairview Jr.	3.41m
7	526 Mackenzie Spencer	Lockview High	2.97m
8	732 Makenah Brown	Sir RobertBorden	2.13m
9	120 Narleisha Thompson	Caledonia	3.27m
10	362 Charlotte McLaren	George P. Vanier	1.68m
11	196 Ashley Spicer	Clayton Park Jr.	3.43m
12	538 Brooke Emms	Madeline Symonds	4.31m

**Event 125 Boys Shot Put 4kg-3 throws Special Junior (16)**

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	290 Connor Burke	Fairview Jr.	2.68m
2	299 Ahmad Harhash	Fairview Jr.	3.37m
3	319 Justis Robinson	Fairview Jr.	3.50m
4	110 Romario Lee	Caledonia	3.40m
5	107 Tj Fenyvesi-Beals	Caledonia	4.01m
6	106 Miguel Cull	Caledonia	7.11m
7	117 Desean Smith-Howe	Caledonia	7.36m
8	379 Theo Dewolfe	Graham Creighton	4.18m
9	385 Ryan Simmons	Graham Creighton	4.23m
10	380 Tyrese Dewolfe	Graham Creighton	5.28m
11	682 Tobias Schmidt	Sackville High	5.61m
12	685 Matthias Smith	Sackville High	4.98m
13	473 Liam Hann	Highland Park Jr	5.52m
14	739 Dennis Turner	Sir RobertBorden	5.24m
15	465 Joey Connors	Harold T Barrett	4.04m
16	493 Ian Lane	Leslie Thomas	4.16m

**Event 126 Girls Shot Put 3kg-3 throws Special Senior (16)**

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	667 Breanna Arnold	Sackville High	2.39m
2	610 Shyanne Brewer	Prince Andrew	4.66m
3	149 Tegan Bielawski	Citadel High	3.58m
4	243 Gaby Young	Dartmouth High	3.33m
5	712 Samantha Brown	Sir John A.	4.85m
6	715 Jenna Giles	Sir John A.	4.31m
7	513 Sky Lynn Johnson	Lockview High	3.95m
8	529 Alison Watkins	Lockview High	4.14m
9	51 Lauren Hearn	Auburn Drive	3.23m
10	52 Brie Hurley	Auburn Drive	3.51m
11	53 Emma Hurley	Auburn Drive	4.21m
12	453 Olivia MacKenzie	Halifax West	3.72m
13	456 Breanna Misener	Halifax West	3.22m
14	464 Fiona Watt	Halifax West	3.33m
15	455 Josee McDonald-Carrier	Halifax West	5.12m
16	446 Savanna Gabriel	Halifax West	6.32m



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

## Meet Program

**Event 127 Boys Shot Put 4kg-3 throws Special Senior (16)**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	725 Alex Purcell	Sir John A.	5.41m
2	724 Issac Parker	Sir John A.	3.51m
3	711 Griffin Brigley- Coolen	Sir John A.	4.37m
4	49 Jewels Glasgow	Auburn Drive	6.26m
5	60 Cameron Oliver	Auburn Drive	4.54m
6	39 Max Ballard	Auburn Drive	5.17m
7	161 Fred Jean	Citadel High	5.40m
8	176 Nykeel West	Citadel High	6.25m
9	172 Terry Shaw	Citadel High	7.05m
10	437 Jordan Cameron	Halifax West	6.02m
11	677 Chris Hurley	Sackville High	3.28m
12	134 Josh Lebelle	Charles P. Allen	4.40m
13	231 Rene Menard	Dartmouth High	5.96m
14	232 Jeviel Merrick	Dartmouth High	7.18m
15	628 Corey Rose	Prince Andrew	7.58m
16	629 Josh Ross	Prince Andrew	9.19m

**Event 128 Girls Long Jump 3 jumps only Special Junior (6)**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	732 Makenah Brown	Sir RobertBorden	1.28m
2	538 Brooke Emms	Madeline Symonds	1.28m
3	294 Kaitlyn Drapeau	Fairview Jr.	1.38m
4	476 Erin Wotton	Highland Park Jr	1.50m
5	196 Ashley Spicer	Clayton Park Jr.	1.84m
6	214 Drew Warkentin	Cunard Jr.	2.18m

**Event 129 Boys Long Jump 3 jumps only Special Junior (16)**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	319 Justis Robinson	Fairview Jr.	1.40m
2	299 Ahmad Harhash	Fairview Jr.	2.23m
3	380 Tyrese Dewolfe	Graham Creighton	1.99m
4	383 Trevelle Johnson	Graham Creighton	1.50m
5	379 Theo Dewolfe	Graham Creighton	2.48m
6	734 Malachi Harris	Sir RobertBorden	1.84m
7	737 Landon Simon	Sir RobertBorden	1.94m
8	739 Dennis Turner	Sir RobertBorden	2.20m
9	106 Miguel Cull	Caledonia	1.99m
10	117 Desean Smith-Howe	Caledonia	3.42m
11	107 Tj Fenyvesi-Beals	Caledonia	2.78m
12	110 Romario Lee	Caledonia	1.67m
13	475 Lucas Webber	Highland Park Jr	1.70m
14	473 Liam Hann	Highland Park Jr	4.12m
15	556 Jack Thornhill	Madeline Symonds	1.53m
16	21 Jacob Maguire	Astral Drive	3.06m

**Event 130 Girls Long Jump 3 jumps only Special Senior (9)**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	456 Breanna Misener	Halifax West	1.48m
2	455 Josee McDonald-Carrier	Halifax West	1.70m
3	453 Olivia MacKenzie	Halifax West	2.08m
4	446 Savanna Gabriel	Halifax West	2.25m
5	53 Emma Hurley	Auburn Drive	2.00m
6	715 Jenna Giles	Sir John A.	1.67m
7	712 Samantha Brown	Sir John A.	2.84m
8	513 Sky Lynn Johnson	Lockview High	1.84m
9	610 Shyanne Brewer	Prince Andrew	2.18m

**Event 131 Boys Long Jump 3 jumps only Special Senior (16)**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	724 Issac Parker	Sir John A.	1.44m
2	725 Alex Purcell	Sir John A.	1.73m
3	711 Griffin Brigley- Coolen	Sir John A.	2.16m
4	58 Nic Mavrin	Auburn Drive	1.82m
5	60 Cameron Oliver	Auburn Drive	2.32m
6	39 Max Ballard	Auburn Drive	3.46m
7	615 Logan Davidson	Prince Andrew	2.40m
8	625 DeMyron Parsons	Prince Andrew	2.52m
9	172 Terry Shaw	Citadel High	2.55m
10	161 Fred Jean	Citadel High	2.60m
11	167 Mark Nickerson	Citadel High	2.43m
12	438 Stephen Cameron	Halifax West	3.31m
13	677 Chris Hurley	Sackville High	2.85m
14	134 Josh Lebelle	Charles P. Allen	3.50m
15	231 Rene Menard	Dartmouth High	3.68m
16	232 Jeviel Merrick	Dartmouth High	3.78m

