



# 2019 NSSAF TRACK AND FIELD PROVINCIAL CHAMPIONSHIPS

May 31<sup>st</sup> & June 1<sup>st</sup>

Acadia University, Wolfville, NS



**Meet Director:** Melissa Hyson  
Central Kings Rural High School, [mhyson@gnspec.ca](mailto:mhyson@gnspec.ca)



# Site Layout for NSSAF Provincial Championships



NSSAF Partners

Presenting Partner

**eastlink**

Senior Partners

**NT NOVA TROPHY**



Government Partner





## Executive Director Remarks - NSSAF Track and Field Championships

It gives me great pleasure to welcome everyone to the 2019 NSSAF Track and Field Championship. It takes a lot of dedication and hard work to qualify for a NSSAF Championship and you, the student-athletes, are to be commended for your efforts. Extra congratulations to the grade twelve student-athletes! Thank you for your contribution to school sport and all the best in the future.

To the coaches, officials and parents – thank you for all the support you give to these student-athletes. Their successes are your successes. Just to be one of the individuals or teams here this weekend is a great accomplishment.

Thanks to the Partners of the NSSAF! Government Partners - Department of Education and Early Childhood Development, Department of Communities, Culture and Heritage. Presenting Partner - Eastlink. Senior Partners – T. Litzen Sports, Nova Trophy. Official Suppliers – Comfort Inn, Enterprise Car Rental.

The Federation would also like to thank Melissa Hyson (Meet Director) and Central Kings Rural High School for organizing such a great event. It takes a lot of time and effort on the part of the school, the community and its many volunteers to run the largest NSSAF championship and we commend you.

On behalf of the Board of Governors, I would like to wish you all the best for a great championship. Safe travels to all.

A handwritten signature in black ink that reads 'Stephen Gallant'. The signature is written in a cursive, flowing style.

Stephen Gallant  
Executive Director  
Nova Scotia School Athletic Federation

## General Information

1. Location: 550 Main Street Wolfville, Nova Scotia B4P 2R6
2. Parking is available on site. Please park in legal / designated locations (not on grass or assigned parking spaces). Failure to comply may result in ticketing or towing. Buses may drop off at the main entrance to the athletic complex and park in the designated lot.
3. Coaches Meeting: 9:15am-9:45am, Friday, May 31<sup>st</sup>. In the Hall of Fame Room, Acadia Area complex.
4. Officials Meeting: 9:15am-9:45am, Friday, May 31<sup>st</sup>. In the Hall of Fame Room, Acadia Area complex.
5. Opening Ceremonies 10:00am, Friday, May 31<sup>st</sup>. Please gather on the backstretch of the track. Each school is permitted one male & one female per classification/school and a sign/banner or flag identifying your school.
6. The Facility See facility layout map. The track is an eight-lane synthetic rubberized track. The two jumping runways, and javelin runway are the same rubberized surface. Shot put and discus circles are poured concrete. **High jump will take place on the artificial turf or inside the main gym (NO SPIKES Permitted).** Only officials and athletes actively competing are permitted on the track or infield event areas. Officials only are permitted on the infield.
7. Canteen and Food service will be available in the building behind the main grandstand. There are also many eating establishments nearby on Main Street.
8. There will be an entry fee for spectator admission. \$2.00 for adults and \$1.00 for youth. There will be no charge for coaches, athletes or officials. Please NO PETS inside the facility. Thank you.
9. NSSAF Provincial Championship souvenir t-shirts will be for sale for \$20 at the main entry.
10. First Aid services are located at the end of the grandstands by the finish line. They are for injuries during the meet. Physiotherapy, taping, and Massage therapy services not available. In addition, schools are asked to bring their own first aid kits for minor injuries.
11. Teams and spectators are welcome to seat themselves in the grandstands. Team tents may be set up on the soccer field by the jumping pits, however, please note there will not be security overnight to guard your gear. Gates to the track will be locked overnight so team signs may remain set up in the grandstands at your own risk. Washrooms and change rooms available in the complex building.
12. Results will be posted in paper copy on a results board inside/below the grandstand. However, results will also be available more quickly in real-time through a link on the NSSAF Track & Field page or you can download the Meet Manager Mobile App for both iOS and Android and search for the NSSAF meet information and results. In the app you can tag and follow your favorite athletes and receive notifications when they have new results available. We will be using Finish Lynx timing equipment and Meet Manager software for all entry and results management.
13. NSSAF presenting partner Eastlink will be providing live television coverage of the meet.

## General Rules and Regulations

(When not covered or clarified below, see NSSAF handbook and/or IAAF rules)

1. Uniforms that identify a student-athlete's school are requested. No "club" or "games" uniforms are to be worn during competition. Student-athletes attempting to compete in inappropriate attire will be asked to change before being allowed to compete.

2. Awards The NSSAF Track and Field Championships will be a contest between four cooperative teams: Capital, Highland, Northumberland and Western.

A Championship Banner will be presented to the overall winner in Senior, Intermediate and Junior age classifications.

Championship Banner to winning schools in each classification as follows: (Total - six teams).

Senior Girls      Intermediate Girls      Junior Girls

Senior Boys      Intermediate Boys      Junior Boys

- NSSAF Gold Medallions to members of championship team and coach.
- NSSAF Silver Medallions to members of second place team and coach.
- NSSAF Bronze Medallions to members of third place team and coach.
- NSSAF Gold, Silver and Bronze medallions to 1st, 2nd and 3rd place finishers in each event.

All Special Athletes will receive a participation certificate.

The team point system is as follows

### Individual events

1 <sup>st</sup> =12	2 <sup>nd</sup> =10
3 <sup>rd</sup> =9	4 <sup>th</sup> =8
5 <sup>th</sup> =7	6 <sup>th</sup> =6
7 <sup>th</sup> =5	8 <sup>th</sup> =4

### Relays

1 <sup>st</sup> =16	2 <sup>nd</sup> =14
3 <sup>rd</sup> =12	4 <sup>th</sup> =11
5 <sup>th</sup> =10	6 <sup>th</sup> =9
7 <sup>th</sup> = 8	8 <sup>th</sup> =7

3. All student-athletes in track events must report to the marshalling area located at the start of the 100m at the call of their event in possession of their bib. Bibs will be checked, lane assignments verified and athletes walked by clerk of the course to the start line of their event. All field athletes must report to the official in charge of their event at the event area. We will do a 1<sup>st</sup> and 2<sup>nd</sup>/final call via the announcing system. 5 minutes after this 2<sup>nd</sup>/final call, the official/marshal/clerk will do a final call at marshalling or field event area. Following this final call, athletes who have not checked in will be replaced by the 5<sup>th</sup> place alternate if the alternate has checked in. The 5<sup>th</sup> place alternate from each region can only compete if an athlete from their own region does not show by final call of the event. No athletes beyond 5<sup>th</sup> place in their region are eligible to compete at provincials regardless of how many no shows there are from that region. Alternates are listed in the program and are issued individual bib numbers.

4. In order to more efficiently identify student-athletes in all events, all student-athletes will be issued a bib number which must be worn on their chest at check in with the clerk/official of the event until the completion of event. All bib numbers are included in the School / Coach Package and will be used for both days of competition. Schools should ensure the correct bib number gets to the correct athlete from the school package. A \$ 5.00 replacement fee is charged if the bib is lost. Student-athletes must have their bib number with them for event marshalling/check in.

5. In addition to individual athlete bib numbers, track athletes in the 800m, 1500m and 3000m will wear additional identification numbers 1-16 corresponding to their lane listed in the program. Also, in the 4x400m, the 4th runner will receive a number based on their teams starting lane 1-8. These numbers will be provided at marshalling and should be applied above the bib number in the center of the chest.
6. Time limits for between attempts in all field events is 0.5 minutes (30s). When High Jump reaches 2 or 3 athletes, this is moved to 1.5 minutes (90s) and when only 1 athlete remains, 3min (180s). When consecutive trials are being completed in any field event due to athletes passing on attempts, 2min (120s) is available. No unnecessary delay in making an attempt in any field event will be permitted.
7. Equipment. In throwing events, an athlete may request that the head field official certify an implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event. Otherwise athletes must use the equipment, including relay batons and starting blocks, supplied by the Meet Organizers.
8. Spikes (max. 7 mm) will be permitted on the track or runways. Maximum number of spikes per shoe is 11 and no cleat type shoes may be worn. We strongly suggest use of pyramid type spikes to reduce track damage and for athletes at this development stage. **NO SPIKES** to be worn on the **INFIELD**.

9. Implements:

**Shot Put**

SB	6.00kg
IB	5.00kg
JG/Para Girls	3.00kg
JB/IG/SG/Para Boys	4.00kg
SAJB/SASB	4.00kg
SAJG/SASG	3.00kg

**Discus**

SB	1.75kg
IB	1.50kg
SG/IG/JB	1.00kg
JG	0.75kg

**Javelin**

SB	800g
IB	700g
SG/JB	600g
IG	500g
JG	400g

10. Starting Jump Heights:

<b>Class</b>	<b>High Jump</b>
SB	1.45 m
IB	1.40 m
JB	1.25 m
SG	1.25 m
IG	1.25 m
JG	1.15 m

11. Hurdle heights & distances:

JG	30" X 80m
IG/SG	33" X 80m
JB	33" X 100m
IB	36" X 100m
SB	39" X 100m

12. <u>Hurdle placements:</u>	<b>80 m</b>	<b>100 m</b>
To first hurdle:	12 m	13 m
Between hurdles:	8 m	8.5 m
Last hurdle to finish:	12 m	10.5 m

13. Hurdlers shall be disqualified if he/she a) does not jump any hurdle; b) trails his/her foot or leg below the horizontal plane of the top of the hurdle at the instance of clearance; c) jumps any hurdle not in his/her own lane; d) in the opinion of the referee deliberately knocks down any hurdle e) if they interfere outside their lane with student-athletes in other lanes. Races can be re-run at the discretion of the track referee if a student-athlete is impeded to an extent that an "unfair" race occurs.

14. The 800m, 1500m, and 3000m shall be run as timed finals. The Special Athlete 100m, Para Athlete 200m and both the 4x100m and 4x400m relays will be run as timed section finals. The hurdles, 100m (not Special Athlete), 200m (not Para Athlete) and 400m races will have semi-finals and then finals.

15. Qualification for track event finals from semi-finals

# of Heats	Qualification
------------	---------------

2	top 3 in each heat + next 2 fastest times (preferred lanes for finals based on semi results)
3*	top 2 in each heat + next 2 fastest times (preferred lanes for finals based on semi results)

*\* 3 heats in rare circumstances based on regional competition*

16. Blocks will be used for the 100m, 200m, 400m, 4x100m, 4x400m and hurdles. Blocks will **not** be used in the 800m, 1500m, 3000m or the Special Athlete 100m. Blocks are optional for the Para Athlete 200m.

17. Individual student-athletes are permitted one false start in all individual track events. Student-athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a semi-final and a final are separate individual events.

18. All competitors must start each event for which they are qualified and put forth a competitive effort. This does not preclude an athlete from passing on attempts in field events or from becoming injured during an event and competing later with written confirmation from medical personnel.

19. No sporting equipment should be brought to the track meet or used on any of the adjacent fields – they pose a significant hazard. There are no "warm up" areas for throwing events other than on the specified competition area under supervision of the official for the event. Adjacent fields are not to be used as practice or warm up areas. Runners may at times be able to warm up on the outside of presidents field near the long/triple jump pits or on the backstretch in the outside 3 lanes during non-laned events. The indoor track is pay \$ for use only (athletes can pay at the arena main desk), rules must be followed (track direction, running lane, no spikes) and athletes must be supervised.

20. When an athlete is involved in both a track and a field event, the track events takes priority over the field event. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible. You may ask and be permitted to throw/jump ahead of/after than your usual order, but once a round is finished you lose your attempt for that round. For instance, an athlete could throw first in one round and last in the next round but an athlete may not throw 2 throws in one round. Please ensure athletes understand this procedure and are proactive in discussing this with both the field official and clerks/marshals of track events. Ultimately, the responsibility lies with the athlete but officials are there to help when asked for advice and assistance.
21. Pacing in races by persons not participating in the race, by athletes lapped or about to be lapped or by any kind of technical device (aside from personal watch or personal GPS) is considered outside assistance. Also, possession or use of video recorders, radios, CD, MP3, radio transmitters, **mobile phones or similar devices in the competition area is prohibited**. Coaches may not give advice from within the competition area and athletes may not leave the competition area to engage in dialogue with persons during the event. Communication between the athlete and coach not placed in the competition area can occur as long as it does not interfere with the staging of the event and is not considered assistance or technology as noted above. Special Athletes are permitted one person in the competition area per athlete as per NSSAF rule. If a Special Athlete requires more than one helper to successfully participate in the event, this issue should be discussed with the Meet Director at the coaches meeting on the morning of the event. Failure to comply: First Offence = warning by the referee. Second Offence = disqualification from the event.
22. Please stay off the infield! Student-athletes are requested to stay out of the infield area unless he/she is participating in the event being conducted. Spectators and coaches must remain outside the track and off the infield at all times. The Track Finish Line area must be kept free from spectators and coaches at all times to prevent any accidental interference with the electronic timing system.
23. Para Athletes. The NSSAF in conjunction with Athletics Canada have added several Para events to the NSSAF Track and Field Championships. The events are the 200 meter Timed Finals, 800 meters Timed Finals, Shot Put (3 throws per student athlete - Girls 3kg, Boys 4kg). Divisions are Open grades 7-12 (as long as they are attending a member school, they are eligible and if the school also houses grade 6 athletes, a grade 6 student could compete, no age limit). Entry. Schools with Para student athletes should register directly with the Provincial entry and results manager, Jason Murphy (murphyj@hrce.ca) prior to Monday May 27th 5pm if they have not already competed at their district or regional level meet. If they have already competed at districts or regionals, they will automatically be registered for the Provincial Meet.
24. Special Athletes are athletes with "intellectual disabilities" and schools are to make these decisions. The events are the 100 meters (Timed finals), Shot put (3 throws per athlete Ladies-3 kg, Men-4 kg) and Long Jump (Standing or Running - 3 jumps per athlete measure from takeoff board). No additional rounds of top 8 as per NSSAF rule. Divisions - Junior Girls (grades 7-9), Junior Boys (grades 7-9), Senior Girls (grades 10-12), Senior Boys (grades 10-12). As long as they are in these grades they are eligible; no age limit. If a school also encompasses grade 6 students they may compete as well. Special athletes are permitted one person in the competition area per athlete. If a Special student-athlete requires more than one helper to successfully participate, that must be approved by the Meet Director.

## **2019 NSSAF Track and Field Provincial Championship Heats and Lanes Seeding Protocol**

We have made some alterations to past practice in order to bring us more in line with IAAF Rules 166 and 180 now that we have moved to Meet Manger™ software. We will still adjust IAAF rules in some track events to continue more in the spirit of past NSSAF practice. All changes made are in attempts to follow IAAF rules and be fair, consistent and sustainable.

### **Track events**

#### **1) Events with Preliminaries and Finals**

##### 100m, 200m, 400m, 80m and 100m Hurdles

Each athlete's regional *place and time* will be used to create 2 heats of equal strength at the NSSAF Provincial Championship Meet. Heat 1 will be composed of 2<sup>nd</sup> and 3<sup>rd</sup> fastest 1<sup>st</sup> placers, 1<sup>st</sup> and 4<sup>th</sup> fastest 2<sup>nd</sup> placers, 2<sup>nd</sup> and 3<sup>rd</sup> fastest 3<sup>rd</sup> placers, and 1<sup>st</sup> and 4<sup>th</sup> fastest 4<sup>th</sup> placers. Heat 2 will be 1<sup>st</sup> and 4<sup>th</sup> fastest 1<sup>st</sup> placers, 2<sup>nd</sup> and 3<sup>rd</sup> fastest 2<sup>nd</sup> placers, 1<sup>st</sup> and 4<sup>th</sup> fastest 3<sup>rd</sup> placers and 2<sup>nd</sup> and 3<sup>rd</sup> fastest 4<sup>th</sup> placers.

Advancement to the final will be top 3 in each heat plus the next 2 fastest times.

*Lane assignment for preliminary heats is by random draw.*

*Lanes for finals are generated from prelim results and are given in the following order based on ranking: 4,5,3,6,2,7,1,8*

#### **2) One heat timed-section finals**

##### 800m, 1500m and 3000m

- In the 800m, a waterfall start will be used. Each of the 8 lanes on the track will be shared by 2 athletes for the first turn and then athletes will have the opportunity to cut in and occupy any position on the track. Lane start lines are staggered to accommodate the extra distance run by each successive lane.
- In the 1500m and 3000m events, all 16 (or less) athletes will start in one row on a curved start line where cut in available immediately.

*Lanes are assigned by random draw.*

#### **3) Two heat timed-section finals**

##### Special Athlete 100m and 4x100m and 4x400m relays

Since it is a timed section final, only the athlete's or team's regional *placing* will be used to create a first heat of 3<sup>rd</sup> and 4<sup>th</sup> place regional finishers and a second heat of 1<sup>st</sup> and 2<sup>nd</sup> place regional finishers.

*Lanes are assigned by random draw.*

### **Field Events**

#### **1) Horizontal jumps and all throwing events**

##### Long Jump, Triple Jump, Discus, Shot, Javelin

The order of competition for rounds 1-3 will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request throwing/jumping earlier or later in the round. If the athlete misses a complete round, no additional attempt is given.

Rounds 4-6 will be held for the Top 8 athletes after rounds 1-3. These rounds will be ordered so that the lowest ranked athlete after rounds 1-3 competes first and the top ranked athlete competes last. This order does not change for rounds 5 and/or 6. If there is a tie for 8<sup>th</sup> after rounds 1-3 (after tiebreakers are applied), all athletes who are tied advance to rounds 4-6. Also, for any ties, the order for rounds 4-6 of the athletes involved is the same as the original rounds.

#### **2) Vertical Jumps**

##### High Jump

The order of jumping will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request jumping earlier or later at that height, but once the bar has moved and a new height established, the athlete will have been considered to have passed that height.

**Track Events - Friday May 31st, 2019**

Start Time	Event	Type	Category	Event #	Awards	
10:30 am	80 m Hurdles	Semi Finals	Junior Girls	1		
10:40 am			Intermediate Girls	2		
10:50 am			Senior Girls	3		
11:00 am	100 m Hurdles	Semi Finals	Junior Boys	4		
11:10 am			Intermediate Boys	5		
11:20 am			Senior Boys	6		
11:30 am	80 m Hurdles	Final	Junior Girls	1F	Presentations 12:45 pm	
11:35 am			Intermediate Girls	2F		
11:40 am			Senior Girls	3F		
11:45 am	100 m Hurdles	Final	Junior Boys	4F		
11:50 am			Intermediate Boys	5F		
11:55 am			Senior Boys	6F		
12:10 pm	100 m	Timed Section Final	Special Athlete Junior High Girls	7	Presentations 12:30 pm	
12:15 pm			Special Athlete Junior High Boys	8		
12:20 pm			Special Athlete Senior High Girls	9		
12:25 pm			Special Athlete Senior High Boys	10		
Short break for track officials						
1:00 pm	400 m	Semi Finals	Junior Girls	11		
1:10 pm			Junior Boys	12		
1:20 pm			Intermediate Girls	13		
1:30 pm			Intermediate Boys	14		
1:40 pm			Senior Girls	15		
1:50 pm			Senior Boys	16		
2:00 pm	100 m	Semi Finals	Junior Girls	17		
2:10 pm			Junior Boys	18		
2:20 pm			Intermediate Girls	19		
2:30 pm			Intermediate Boys	20		
2:40 pm			Senior Girls	21		
2:50 pm			Senior Boys	22		
3:00 pm	1500 m	Final	Junior Girls	23		Presentations 4:30 pm
3:10 pm			Junior Boys	24		
3:20 pm			Intermediate Girls	25		
3:30 pm			Intermediate Boys	26		
3:40 pm			Senior Girls	27		
3:50 pm			Senior Boys	28		
4:05 pm	100 m	Final	Junior Girls	17F	Presentations 5:00 pm	
4:10 pm			Junior Boys	18F		
4:15 pm			Intermediate Girls	19F		
4:20 pm			Intermediate Boys	20F		
4:25 pm			Senior Girls	21F		
4:30 pm			Senior Boys	22F		
4:35 pm	400 m	Final	Junior Girls	11F	Presentations 5:30 pm	
4:40 pm			Junior Boys	12F		
4:45 pm			Intermediate Girls	13F		
4:50 pm			Intermediate Boys	14F		
4:55 pm			Senior Girls	15F		
5:00 pm			Senior Boys	16F		

**Field Events – Friday May 31<sup>st</sup>, 2019**

Start Time	Event	Category	Event #	Awards
11:00 am	Long Jump	Special Athlete Junior High Girls	29	Presentations 11:30 am
	Long Jump	Special Athlete Junior High Boys	30	
	Shot Put	Special Athlete Senior High Girls	31	
	Shot Put	Special Athlete Senior High Boys	32	
12:00 noon	Long Jump	Intermediate Boys	35	Presentations 2:00 pm
	High Jump	Junior Girls	36	
	Triple Jump	Intermediate Girls	37	
	Shot Put	Junior Boys	38	
	Discus	Senior Girls	39	
	Javelin	Senior Boys	40	
1:30 pm	Shot Put	Special Athlete Junior High Girls	41	
	Shot Put	Special Athlete Junior High Boys	42	
	Long Jump	Special Athlete Senior High Girls	43	
	Long Jump	Special Athlete Senior High Boys	44	
2:00 pm	Long Jump	Junior Boys	47	Presentations 4:00 pm
	High Jump	Intermediate Girls	48	
	Triple Jump	Senior Girls	49	
	Shot Put	Senior Boys	50	
	Discus	Junior Girls	51	
	Javelin	Intermediate Boys	52	
4:00 pm	Long Jump	Senior Boys	53	Presentations 5:45 pm
	High Jump	Senior Girls	54	
	Triple Jump	Junior Girls	55	
	Shot Put	Intermediate Boys	56	
	Discus	Intermediate Girls	57	
	Javelin	Junior Boys	58	

**Field Events- Saturday June 1<sup>st</sup>, 2019**

Start Time	Event	Category	Event #	Awards
10:00 am	Long Jump	Intermediate Girls	89	Presentations 12:00 pm
	High Jump	Senior Boys	90	
	Triple Jump	Junior Boys	91	
	Shot Put	Junior Girls	92	
	Discus	Intermediate Boys	93	
	Javelin	Senior Girls	94	
12:00 noon	Long Jump	Junior Girls	95	Presentations 2:00 pm
	High Jump	Junior Boys	96	
	Triple Jump	Intermediate Boys	97	
	Shot Put	Senior Girls	98	
	Discus	Senior Boys	99	
	Javelin	Intermediate Girls	100	
1:30 pm	Shot Put	Para	111/112	
2:00 pm	Long Jump	Senior Girls	101	Presentations 4:00 pm
	High Jump	Intermediate Boys	102	
	Triple Jump	Senior Boys	103	
	Shot Put	Intermediate Girls	104	
	Discus	Junior Boys	105	
	Javelin	Junior Girls	106	

### Track Events - Saturday June 1<sup>st</sup>, 2019

Start Time	Event	Type	Category	Event #	Awards
9:00 am	200 m	Semi Finals	Junior Girls	59	
9:10 am			Junior Boys	60	
9:20 am			Intermediate Girls	61	
9:30 am			Intermediate Boys	62	
9:40 am			Senior Girls	63	
9:50 am			Senior Boys	64	
10:00 am		Timed Section Final	Para Athletes	107/108	
10:10 am	800 m	Final	Junior Girls	65	
10:20 am			Junior Boys	66	
10:30 am			Intermediate Girls	67	
10:40 am			Intermediate Boys	68	
10:50 am			Senior Girls	69	
11:00 am			Senior Boys	70	
11:10 am		Timed Section Final	Para Athletes	109/110	Presentations 1:00 pm
11:20 am	4 X 100 m	Timed Section Final	Junior Girls	71	
11:35 pm			Junior Boys	72	
11:50 pm			Intermediate Girls	73	
12:05 pm			Intermediate Boys	74	
12:20 pm			Senior Girls	75	
12:35 pm			Senior Boys	76	
Short break for track officials					
1:10 pm	200 m	Final	Junior Girls	59F	Presentations 2:15 pm
1:15 pm			Junior Boys	60F	
1:20 pm			Intermediate Girls	61F	
1:25 pm			Intermediate Boys	62F	
1:30 pm			Senior Girls	63F	
1:35 pm			Senior Boys	64F	
1:45 pm	3000 m	Final	Junior Girls	77	Presentations 3:30 pm
2:05 pm			Junior Boys	78	
2:25 pm			Intermediate Girls	79	
2:45 pm			Intermediate Boys	80	
3:00 pm			Senior Girls	81	
3:15 pm			Senior Boys	82	
3:30 pm	4x400	Timed Section Final	Junior Girls	83	Presentations 5:15 pm
3:50 pm			Junior Boys	84	
4:10 pm			Intermediate Girls	85	
4:30 pm			Intermediate Boys	86	
4:45 pm			Senior Girls	87	
5:00 pm			Senior Boys	88	

Banners for JG, JB, Combined Junior Banners for IG, IB, Combined Intermediate Banners for SG, SB, Combined Senior Banners for the Region with the Most Points (new for 2019)	Presentations 5:30 pm
---	--------------------------



**Nova Scotia School Athletic Federation**  
**Provincial Championship Track and Field Records**  
*(current June 14, 2018)*

**Junior Girls**  
**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
80m Hurdles (30")	Sierra Sweeney	12.11*	Gaetzbrook Junior High	2016
100m	Christine Fleury	12.5H (12.74*)	West Kings	1995
	Nikkia Jones	12.64*	Gorsebrook Junior High	2006
200m	Taylor Mattinson	26.49*	Oxford Regional Education Center	2014
400m	<b>Cara MacDonald</b>	<b>1:00.06*</b>	<b>New Glasgow Academy</b>	<b>2018</b>
800m	Mary Jean Barrett	2:19.9H (2:20.04*)	Sackville Heights Junior High	1977
1500m	Rachel Crawley	4:49.85*	St. Agnes Junior High	2011
3000m	Rachel Crawley	10:18.76*	St. Agnes Junior High	2011
4 x 100m		52.50*	Riverside Education Center	2014
4 x 400m		4:17.83*	St. Andrew Junior School	2017
Shot Put (2.72 kg)	Chelsea Whalen	14.51 m	South Queens	2007
Shot Put (3kg)	Taylor Stutely	11.58 m	A.J. Smeltzer Junior High	2010
Discus (1kg)	Taylor Stutely	31.25m	A.J. Smeltzer Junior High	2010
Discus (0.75kg)	Sydney Davidson	28.49m	Redcliffe Middle School	2015
Javelin (400g)	Katherine Marksson	37.38m	Astral Drive Junior High	1999
Javelin (600g)	Allison Chandler	31.70 m	Chester Area Middle School	2012
High Jump	Laura Maessen	1.63m	Bicentennial Junior High	2004
Long Jump	Michele Adams	4.98 m	Chester	1985
Triple Jump	Sierra Sweeney	11.00m	Gaetzbrook Junior High	2016

\*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

**Non-Synthetic Track**

Event	Athlete	Time (hand)	School	Year
80m Hurdles (30")	Ashley Wicks	13.0	Truro Junior High	2000
100m	Gillian Rafuse	13.0	Hebbsville Academy	1999
200m	Gillian Rafuse	27.3	Hebbsville Academy	1999
400m	Gillian Rafuse	1:01.5	Hebbsville Academy	1999
800m	Erin MacLean	2:27.2	Dwight Ross Junior High	1999
1500m	Erin MacLean	5:02.2	Dwight Ross Junior High	1999
3000m	Erin MacLean	10:53.6	Dwight Ross Junior High	1999
4 x 100m		54.5	Halifax Grammar School	1999
4 x 400m		4:30.1	Hebbsville Academy	1999



**Nova Scotia School Athletic Federation  
Provincial Championship Track and Field Records  
(current June 14, 2018)**

**Junior Boys  
Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>100m Hurdles (33")</b>	Nolan Wentzell	14.48*	Hebbsville	2016
<b>100m</b>	Nick Smith	11.5H (11.74*)	Caledonia Junior High	1995
	Braden Gray	11.59*	Bible Hill Junior High	2016
<b>200m</b>	Derek Dempster	24.1H (24.34*)	A.J. Smeltzer Junior High	1984
	Cameron Veinot	24.26*	North Queens	2005
<b>400m</b>	Barrett Dachyshyn	53.72*	Halifax Central Junior High	2013
<b>800m</b>	Camden Springer	2:04.93*	Bicentennial Junior High	2016
<b>1500m</b>	Mike Tate	4:19.71*	St. Andrew Junior School	2009
<b>3000m</b>	Tobias Wolter	9:15.14*	Hebbsville	2011
<b>4 x 100m</b>		48.4H (48.54*)	Astral Drive Junior High	1990
<b>4 x 400m</b>		3:48.10*	Halifax Central Junior High	2013
<b>Shot Put (4kg)</b>	Logan Taylor	14.37m	Bluenose Academy	2016
<b>Discus (1kg)</b>	Parker Swain	43.75m	Dr. W.A. MacLeod	2016
<b>Javelin (600g)</b>	Michael Adams	45.48m	Truro Junior High	2015
<b>High Jump</b>	Brandon Mallally	1.77m	Bible Hill Junior High	2004
<b>Long Jump</b>	David MacDonald	5.79m	Fountain Academy	2012
<b>Triple Jump</b>	Kaelan Schmidt	12.03m	East Pictou Middle School	2012

\*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

**Non-Synthetic Track**

Event	Athlete	Time (hand)	School	Year
<b>100m Hurdles (33")</b>	Donal Corkum	15.9	Halifax Grammar School	1999
<b>100m</b>	Ryan Elmore	12.1	Middleton Regional	1997
<b>200m</b>	Cal Lewis	24.5	New Glasgow	1999
<b>400m</b>	Nathan Wheeler	55.5	Gorsebrook Junior High	1999
<b>800m</b>	Jeff Englehutt	2:15.4	Halifax Grammar School	1999
<b>1500m</b>	Gerard Bray	4:40.02	Oxford St. School	2000
<b>3000m</b>	Jeff Englehutt	10:08.8	Halifax Grammar School	1999
<b>4 x 100m</b>		49.7	New Glasgow	1999
<b>4 x 400m</b>		4:02.2	A. J. Smeltzer Junior High	1999



**Nova Scotia School Athletic Federation**  
**Provincial Championship Track and Field Records**  
*(current June 14, 2018)*

**Intermediate Girls**  
**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
80m Hurdles (33")	Zoe Carvery	12.45*	Millwood High School	2016
100m Hurdles (33")	Rachelle Langford	14.7	Yarmouth	1983
100m	Trina Nickerson	12.2H (12.44*)	Barrington	1991
	Christine Fleury	12.2H (12.44*)	West Kings	1997
	Marissa Walter	12.33*	Central Kings	2007
200m	Cecilia Branch	25.5H (25.74*)	St. Patrick's High School	1973
	Leanne Huck	25.66*	Halifax Grammar School	2001
400m	Jenna Martin	57.24*	Bridgewater	2003
800m	Louise Palmer	2:12.6H (2:12.74*)	Gorsebrook Junior High	1977
1500m	Maggie Smith	4:38.84*	Sacred Heart School of Halifax	2017
3000m	Maggie Smith	10:00.54*	Sacred Heart School of Halifax	2017
4 x 100m		51.52*	Cobequid Education Center	2010
4 x 400m		4:07.64*	Halifax Grammar School	2007
Shot Put (4kg)	Chelsea Whalen	12.98m	Liverpool Regional	2009
Discus (1kg)	Sarah Colborne	39.15m	Cobequid Education Center	2012
Javelin (600g)	Kate Forbes	39.00m	Central Colchester	1997
Javelin (500g)	Madelyn Quinn	41.73m	Cobequid Education Center	2016
High Jump	Tracey Loke	1.72m	Halifax West High School	1986
	Natalie Munroe	1.72m	Queen Elizabeth High School	1986
Long Jump	Cecilia Branch	5.32m	St. Patrick's High School	1973
Triple Jump	Gabrielle Fraser	11.19m	Advocate District School	2016
Pole Vault	Laura Maessen	2.60m	Bicentennial Junior High	2005

\*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

**Non-Synthetic Track**

Event	Athlete	Time (hand)	School	Year
80m Hurdles (33")	Ada Poranek	13.9	St. Patrick's High School	1997
	Sali Brow	13.9	Ellenvale	1999
100m	Christine Fleury	12.2	West Kings	1997
200m	Christine Fleury	26.2	West Kings	1997
400m	Leslie Ripley	1:02.9	Amherst Regional High School	1997
800m	Laura O'Connell	2:27.9	C. P. Allen High School	1999
1500m	April Kennedy	4:57.84	Cornwallis District	2000
3000m	April Kennedy	11:28.8	Cornwallis District	1999
4 x 100m		54.3	Amherst Regional High School	1999
4 x 400m		4:27.69	Amherst Regional High School	2000



**Nova Scotia School Athletic Federation**  
**Provincial Championship Track and Field Records**  
*(current June 14, 2018)*

**Intermediate Boys**  
**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>100m Hurdles (36")</b>	<b>Nick Landry</b>	<b>13.89*</b>	<b>Park View Education Centre</b>	<b>2018</b>
<b>110m Hurdles (36")</b>	Ray Bourque	15.7H (15.94*)	Halifax West High School	1983
<b>100m</b>	Patrick Benjamin	10.5H (10.74*)	Cole Harbour High School	1998
<b>200m</b>	Patrick Benjamin	22.3H (22.54*)	Cole Harbour High School	1998
<b>300m</b>	Jonathan Campbell	50.87*	Sydney Academy	2005
<b>800m</b>	Hudson Grimshaw-Surrette	1:58.21*	Yarmouth Consolidated	2015
<b>1500m</b>	Hudson Grimshaw-Surrette	3:59.92*	Yarmouth Consolidated	2015
<b>3000m</b>	Andrew Peverill	8:50.61*	Sackville High School	2015
<b>4 x 100m</b>		45.5H (45.64*)	Sackville High School	1976
<b>4 x 400m</b>		3:35.4H (3:35.54*)	Prince Andrew High School	1984
<b>Shot Put (4kg)</b>	Chris Meisner	17.56m	Lunenburg High School	1999
<b>Shot Put (5kg)</b>	Cameron Whynot	14.88m	Park View Education Centre	2016
<b>Discus (1.616kg)</b>	Geoffrey Myatt	42.68m	Sydney Academy	2007
<b>Discus (1.5kg)</b>	<b>Duncan McLaughlin</b>	<b>42.37m</b>	<b>King's-Edgehill School</b>	<b>2018</b>
<b>Javelin (800g)</b>	Jared Baird	53.46m	Cobequid Education Center	2005
<b>Javelin (700g)</b>	Micheal Adams	51.86m	Cobequid Education Center	2017
<b>High Jump</b>	Charles MacKay	1.95m	Inverness Consolidated	1988
<b>Long Jump</b>	David Paxton	6.44m	South Colchester	1997
<b>Triple Jump</b>	Mike Orodugba	13.82m	King's-Edgehill School	1986
<b>Pole Vault</b>	Brendan O'Neill	3.65m	Sackville High School	1993

\*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

**Non-Synthetic Track**

Event	Athlete	Time (hand)	School	Year
<b>100m Hurdles (36")</b>	Ryan Veniot	14.9	Queen Elizabeth High School	1997
<b>100m</b>	Nick Smith	11.4	Prince Andrew High School	1997
<b>200m</b>	Erlando Symmonds	23.91	Cole Harbour High School	2000
<b>400m</b>	Andrew Sibley	52.4	Brookfield Junior High	1997
<b>800m</b>	Jeff Manley	2:05.3	Riverview High School	1999
<b>1500m</b>	Jeff Englehutt	4:20.64	Halifax Grammar School	2000
<b>3000m</b>	Ryan Rafuse	9:49.2	Horton High School	1999
<b>4 x 100m</b>		47.6	Central Kings Rural High School	1997
<b>4 x 400m</b>		3:48.5	Middleton Regional High	1997



**Nova Scotia School Athletic Federation**  
**Provincial Championship Track and Field Records**  
*(current June 14, 2018)*

**Senior Girls**  
**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
80m Hurdles (33")	Olivia Hill	12.26*	Lockview High School	2017
100m Hurdles (33")	Cecilia Branch	13.7H (13.94*)	St. Patrick's High School	1975
100m	Cecilia Branch	11.7H (11.94*)	St. Patrick's High School	1975
	Nicole Gillis	11.7H (11.94*)	Sackville High School	1987
	Jenna Martin	11.91*	Bridgetown Regional	2006
200m	Jenn Meech	24.84*	Cobequid Education Center	2012
400m	Jenna Martin	54.13*	Bridgetown Regional	2006
800m	Mary Jean Barrett	2:13.3H (2:13.44*)	Sackville High School	1980
1500m	Maggie Smith	4:28.32*	Sacred Heart School of Halifax	2018
3000m	Maggie Smith	9:49.38*	Sacred Heart School of Halifax	2018
4 x 100m		50.32*	Cobequid Education Center	2004
4 x 400m		4:01.53*	Park View Education Centre	2009
Shot Put (4kg)	Chelsea Whalen	13.26m	Liverpool Regional	2010
Discus (1kg)	Kayla Gallagher	41.92m	Cobequid Education Center	2012
Javelin (600g)	Chelsea Whalen	44.20m	Liverpool Regional	2010
High Jump	Linda Ayer	1.72m	Halifax West High School	1983
Long Jump	Denver Fraser	5.49m	Advocate School	2017
Triple Jump	Gabrielle Fraser	11.71m	Advocate School	2018
Pole Vault	Aly McPhee	3.15m	Sir John A. MacDonald High School	2006

\*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

**Non-Synthetic Track**

Event	Athlete	Time (hand)	School	Year
80m Hurdles (33")	Diane Hatcher	13.0	Forest Heights	1999
100m	Joanna Donnelly	12.7	Central Kings Rural	1997
200m	Leslie Ripley	27.0	Amherst Regional High School	1999
400m	Leslie Ripley	1:02.4	Amherst Regional High School	1999
800m	Heidi Cooke	2:25.8	Cobequid Education Center	1997
1500m	Kristin Lewis	5:03.7	St. Patrick's High School	1997
3000m	Kristin Lewis	10:56.4	St. Patrick's High School	1997
4 x 100m		53.4	Amherst Regional High School	1999
4 x 400m		4:20.8	Middleton Regional	1997



**Nova Scotia School Athletic Federation**  
**Provincial Championship Track and Field Records**  
*(current June 14, 2018)*

**Senior Boys**  
**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>110m Hurdles (39")</b>	Scott Kirkpatrick	14.6H (14.84*)	Halifax West High School	1982
<b>100m Hurdles (39")</b>	Matthew Coolen	13.28*	Halifax West High School	2015
<b>100m</b>	Roger Crawley	10.5H (10.74*)	Graham Creighton	1971
	Kyu-Won Cho	10.69*	Citadel High School	2009
<b>200m</b>	Matthew Coolen	21.58*	Halifax West High School	2015
<b>400m</b>	Mike Van Der Poel	48.49*	Cobequid Education Center	2015
<b>800m</b>	Jake Gallagher	1:54.47*	C.P Allen High School	2005
<b>1500m</b>	Mike Tate	3:54.91*	Dr. J.H. Gillis	2013
<b>3000m</b>	Andrew Peverill	8:40.76*	Sackville High School	2017
<b>5000m</b>	John Carson	14:56.6H (14:56.74*)	Prince Andrew High School	1982
<b>4 x 100m</b>		43.26*	Cobequid Education Center	2014
<b>4 x 400m</b>		3:26.09*	Cobequid Education Center	2014
<b>Shot Put (5.44 kg)</b>	Chris Meisner	16.48m	Lunenburg Jr/Sr	2001
<b>Shot Put (6kg)</b>	Peter Millman	16.17m	Cobequid Education Center	2012
<b>Discus (1.616kg)</b>	Chris Meisner	49.22m	Lunenburg Jr/Sr	2000
<b>Discus (1.75kg)</b>	Peter Millman	49.76m	Cobequid Education Center	2012
<b>Javelin (800g)</b>	Adam Wolkins	61.64m	Shelburne	2005
<b>High Jump</b>	Tim Wrigley	2.06m	Middleton	1981
<b>Long Jump</b>	Dave Lucas	7.15m	Annapolis	1956
<b>Triple Jump</b>	Howie Jackson	14.25m	Bridgetown Regional	1964
<b>Pole Vault</b>	Dominic Bricault	3.85m	Ecole du Carrefour	1996

\*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

**Non-Synthetic Track**

Event	Athlete	Time (hand)	School	Year
<b>100m Hurdles (39")</b>	Keith Suryer	14.6	C.P. Allen High School	1997
<b>100m</b>	Patrick Benjamin	11.0	Cole Harbour High School	1997
<b>200m</b>	David Paxton	22.9	South Colchester	1999
<b>400m</b>	Joel Dalrymple	52.2	C.P. Allen High School	1997
<b>800m</b>	Andrew Dunbrack	2:03.6	C.P. Allen High School	1997
<b>1500m</b>	Eric Gillis	4:17.2	Dr. J.H. Gillis	1999
<b>5000m</b>	Danny Rizcallah	16:08.8	Halifax West High School	1999
<b>4 x 100m</b>		45.6	South Colchester	1999
<b>4 x 400m</b>		3:38.2	Forest Heights	1997