



# 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@gnspe.ca](mailto:mhyson@gnspe.ca)



## Site Layout for NSSAF Provincial Championships



NSSAF Partners

Presenting Partner

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**NOUVELLE-ÉCOSSE**



### 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 fluid and cursive, with the first name 'Stephen' and last name 'Gallant' clearly distinguishable.

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 5th 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. Hurdle placements:

|  |             |              |
|--|-------------|--------------|
|  | <u>80 m</u> | <u>100 m</u> |
|--|-------------|--------------|

|                        |      |        |
|------------------------|------|--------|
| 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<br>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<br>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<br>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<br>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<br>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<br>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<br>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      | Presentations<br>4:00 pm  |
|            | Long Jump   | Special Athlete Senior High Boys  | 44      |                           |
| 2:00 pm    | Long Jump   | Junior Boys                       | 47      |                           |
|            | 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<br>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<br>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<br>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 | Presentations<br>4:00 pm  |
| 2:00 pm    | Long Jump   | Senior Girls       | 101     |                           |
|            | 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      | Presentations<br>1:00 pm |
| 11:10 am                        |           | Timed Section Final | Para Athletes      | 109/110 |                          |
| 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      | Presentations<br>2:15 pm |
| Short break for track officials |           |                     |                    |         |                          |
| 1:10 pm                         | 200 m     | Final               | Junior Girls       | 59F     |                          |
| 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     | Presentations<br>3:30 pm |
| 1:45 pm                         | 3000 m    | Final               | Junior Girls       | 77      |                          |
| 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      |                          |
| 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<br>Banners for IG, IB, Combined Intermediate<br>Banners for SG, SB, Combined Senior<br>Banners for the Region with the Most Points (new for 2019) | Presentations<br>5:30 pm |
|---|--------------------------|



**Nova Scotia School Athletic Federation**  
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**Junior Girls**  
**Synthetic Track**

| Event              | Athlete                          | Time/Distance            | School                               | Year         |
|--------------------|----------------------------------|--------------------------|--------------------------------------|--------------|
| 80m Hurdles (30")  | Sierra Sweeney                   | 12.11*                   | Gaetzbrook Junior High               | 2016         |
| 100m               | Christine Fleury<br>Nikkia Jones | 12.5H (12.74*)<br>12.64* | West Kings<br>Gorsebrook Junior High | 1995<br>2006 |
| 200m               | Taylor Mattinson                 | 26.49*                   | Oxford Regional Education Center     | 2014         |
| 400m               | Cara MacDonald                   | 1:00.06*                 | New Glasgow Academy                  | 2018         |
| 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 |



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**Junior Boys**  
**Synthetic Track**

| Event                     | Athlete           | Time/Distance  | School                      | Year |
|---------------------------|-------------------|----------------|-----------------------------|------|
| <b>100m Hurdles (33")</b> | Nolan Wentzell    | 14.48*         | Hebbville                   | 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*       | Hebbville                   | 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**  
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**Intermediate Girls**  
**Synthetic Track**

| Event                     | Athlete           | Time/Distance      | School                         | Year |
|---------------------------|-------------------|--------------------|--------------------------------|------|
| <b>80m Hurdles (33")</b>  | Zoe Carvery       | 12.45*             | Millwood High School           | 2016 |
| <b>100m Hurdles (33")</b> | Rachelle Langford | 14.7               | Yarmouth                       | 1983 |
| <b>100m</b>               | Trina Nickerson   | 12.2H (12.44*)     | Barrington                     | 1991 |
|                           | Christine Fleury  | 12.2H (12.44*)     | West Kings                     | 1997 |
|                           | Marissa Walter    | 12.33*             | Central Kings                  | 2007 |
|                           |                   |                    |                                |      |
| <b>200m</b>               | Cecilia Branch    | 25.5H (25.74*)     | St. Patrick's High School      | 1973 |
|                           | Leanne Huck       | 25.66*             | Halifax Grammar School         | 2001 |
| <b>400m</b>               | Jenna Martin      | 57.24*             | Bridgewater                    | 2003 |
| <b>800m</b>               | Louise Palmer     | 2:12.6H (2:12.74*) | Gorsebrook Junior High         | 1977 |
| <b>1500m</b>              | Maggie Smith      | 4:38.84*           | Sacred Heart School of Halifax | 2017 |
| <b>3000m</b>              | Maggie Smith      | 10:00.54*          | Sacred Heart School of Halifax | 2017 |
| <b>4 x 100m</b>           |                   | 51.52*             | Cobequid Education Center      | 2010 |
| <b>4 x 400m</b>           |                   | 4:07.64*           | Halifax Grammar School         | 2007 |
| <b>Shot Put (4kg)</b>     | Chelsea Whalen    | 12.98m             | Liverpool Regional             | 2009 |
| <b>Discus (1kg)</b>       | Sarah Colborne    | 39.15m             | Cobequid Education Center      | 2012 |
| <b>Javelin (600g)</b>     | Kate Forbes       | 39.00m             | Central Colchester             | 1997 |
| <b>Javelin (500g)</b>     | Madelyn Quinn     | 41.73m             | Cobequid Education Center      | 2016 |
| <b>High Jump</b>          | Tracey Loke       | 1.72m              | Halifax West High School       | 1986 |
|                           | Natalie Munroe    | 1.72m              | Queen Elizabeth High School    | 1986 |
| <b>Long Jump</b>          | Cecilia Branch    | 5.32m              | St. Patrick's High School      | 1973 |
| <b>Triple Jump</b>        | Gabrielle Fraser  | 11.19m             | Advocate District School       | 2016 |
| <b>Pole Vault</b>         | 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 |
|--------------------------|------------------|-------------|------------------------------|------|
| <b>80m Hurdles (33")</b> | Ada Poranek      | 13.9        | St. Patrick's High School    | 1997 |
|                          | Sali Brow        | 13.9        | Ellenvale                    | 1999 |
| <b>100m</b>              | Christine Fleury | 12.2        | West Kings                   | 1997 |
| <b>200m</b>              | Christine Fleury | 26.2        | West Kings                   | 1997 |
| <b>400m</b>              | Leslie Ripley    | 1:02.9      | Amherst Regional High School | 1997 |
| <b>800m</b>              | Laura O'Connell  | 2:27.9      | C. P. Allen High School      | 1999 |
| <b>1500m</b>             | April Kennedy    | 4:57.84     | Cornwallis District          | 2000 |
| <b>3000m</b>             | April Kennedy    | 11:28.8     | Cornwallis District          | 1999 |
| <b>4 x 100m</b>          |                  | 54.3        | Amherst Regional High School | 1999 |
| <b>4 x 400m</b>          |                  | 4:27.69     | Amherst Regional High School | 2000 |



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**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>400m</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 |



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**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 |



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**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<br>Kyu-Won Cho | 10.5H (10.74*)<br>10.69* | Graham Creighton<br>Citadel High School | 1971<br>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*

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**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 |