

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 1 Girls 80 Meter Hurdles 30" Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 12.12 2016-06-03 Sierra Sweeney

Lane Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Kaelyn MacRae	Eastern Passage	17.91
2 Eden Hebert-Moore	A.J. Smeltze	17.06
3 Ella Flinn	Caledonia	16.59
4 Milena Butler	Leslie Thomas	16.99
5 Chloe Davenport	Ellenvale Jr.	17.22
6 Hana Jeong	Halifax Central	17.57
7 Valerie Thorpe	Astral Drive	17.28
8 Julia Berry	Oxford School	16.64

**Heat 2 of 2 Prelims**

1 Saffa Hassan Hagggar	Rockingstone	17.29
2 Jenna Cantwell	Astral Drive	16.42
3 Millie Madden	Five Bridges Jun	16.82
4 Kayla MacLeod	Astral Drive	18.11
5 Brianna Hoskin	Dartmouth So	17.28
6 Anna Jeong	Halifax Central	16.71
7 Peyton Crowe	Dartmouth So	17.22
8 Èva Ronayne	Leslie Thomas	17.12

**Event 2 Boys 80 Meter Hurdles 30" Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 10:00 AM**

Lane Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Liam McNamara	Elizabeth Suther	15.67
2 Judah Martin	Dartmouth So	15.99
3 Maddox Neuman	Cunard Jr.	16.62
4 Lavell Gray	Rockingstone	13.98
5 Jack Miller	Gaetzbrook	16.98
6 Nathan Mulholland	Rocky Lake Jr	14.48
7 Ronan Macmahon	Clayton Park Jr.	16.81
8 Oliver Mann	Fairview Jr.	15.34

**Heat 2 of 2 Prelims**

1 Grady Wilcox	Elizabeth Suther	16.72
2 Leo Mont	Rocky Lake Jr	13.80
3 Issac Fillmore	Elizabeth Suther	15.28
4 Jacoby MacDonald	Rocky Lake Jr	14.97
5 Owen MacGillivray	Rocky Lake Jr	15.68
6 Geofrey Oconell	A.J. Smeltze	17.12
7 Lothar Trzebiatowski	Eastern Passage	16.72
8 Nate Bouter	Astral Drive	15.69

**Event 3 Girls 80 Meter Hurdles 30" Intermediate****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 10:00 AM**

Lane Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Emma Pickrem	Oxford School	15.37
2 Taylor Jurcina	Astral Drive	16.45
3 Ellie Allen	Charles P. Allen	15.96
4 Bria Cowan	Halifax Central	17.26
5 Ashley Hannah	Astral Drive	15.99
6 Aine O'Neil	Charles P. Allen	14.40
7 Sam Garvey	J.L. Ilsley	16.63
8 Alyson Surette	Sackville High	17.08

**Heat 2 of 2 Prelims**

1 Cate Gaudry	Lockview High	14.19
2 Julia Wilkie	Fairview Jr.	15.86
3 Jasmine Wolsey	Caledonia	17.13
4 Lucy Vanberkel	Astral Drive	16.81
5 Ayo Ajetomobi	Citadel High	18.03
6 Kaitlyn Langille	Lockview High	16.06
7 Kelsey Matheson	Oxford School	15.91
8 Juniper Balch	Hfx Independan	16.41

**Event 4 Boys 100 Meter Hurdles 33" Intermediate****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 10:30 AM**

Lane Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Zachary Trempe	Eastern Passage	19.19
2 David Babalola	Dartmouth High	17.76
3 Brennan Smith	Fairview Jr.	19.80
4 Liam MacLellan	Caledonia	20.87
5 Jesse Bouwman	Five Bridges Jun	19.61
6 Isaish Salanic	Charles P. Allen	17.74
7 Nick Newton	Clayton Park Jr.	21.05
8 Graham Sauer	Fairview Jr.	20.71

**Heat 2 of 2 Prelims**

1 Mason MacLean	Caledonia	20.74
2 Daniel Hernandez	Clayton Park Jr.	20.27
3 Jabari Benjamin	Sackville High	18.45
4 Van-Rae Anderson	Charles P. Allen	16.97
5 Kevin Chen	Rocky Lake Jr	19.68
6 Robert Martin	Clayton Park Jr.	19.13
7 Noah Skeete	Sackville High	21.22
8 Mason Thurber	Charles P. Allen	19.56

## 2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26

## Meet Program

**Event 5 Girls 100 Meter Hurdles 30" Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Wednesday 2022-05-25 - 10:30 AM

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

1	Megan Lane	Citadel High	27.32
2	Lyndsay Beaton	Auburn Drive	21.45
3	Emma Crowe	Lockview High	19.44
4	Jenna Matheson	Citadel High	19.63
5	Molly Anderson	J.L. Ilsley	21.48
6	Lauren MacRae	Charles P. Allen	21.79
7			
8			

**Heat 2 of 2 Prelims**

1	Julie O'Sullivan	Lockview High	19.68
2	Claire Covert	Halifax West	17.49
3	Jillian Langille	J.L. Ilsley	25.27
4	Nina Hinkins	Charles P. Allen	21.48
5	Nyisha Clayton	Auburn Drive	21.89
6	Gabrielle Mombourquette	Bay View Hig	21.81
7	Abbey Ashton	Charles P. Allen	21.08
8			

**Event 6 Boys 110 Meter Hurdles 36" Senior**

Wednesday 2022-05-25 - 11:25 AM

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

1	Cameron Reid	Lockview High	21.04
2	Noah Adler	Halifax Gramma	21.17
3	Owen Jones	Millwood High	23.01
4	Austin Theriault	Lockview High	22.34
5	Mathew Lawton	Charles P. Allen	19.76
6	Morgan Wach	Auburn Drive	20.39
7	Collin Obana	Sackville High	21.60
8	Carter Slaunwhite	Prince Andrew	22.94

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

Wednesday 2022-05-25 - 11:45 AM

SSNS: 58.99 2019-05-31 Cara MacDonald

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

1	Isobel Schrader	Sacred Heart	1:10.93
2	Claire Sanford	Georges P. V	1:08.35
3	Genevieve Sherlock	Eastern Passage	1:12.79
4	Annika Creighton	Oxford School	1:09.93
5	Lydia Libis	Bedford Academ	1:09.85
6	Ella Furey	Halifax Gramma	1:11.75
7	Elizabeth Atkinson	Rocky Lake Jr	1:07.39
8	Anna Blain	Sacred Heart	1:12.97

**Heat 2 of 2 Prelims**

1	Anna Jeong	Halifax Central	1:08.56
2	Rebecca Fraser	Harold T Barrett	1:10.60
3	Liviya Driver	Sacred Heart	1:10.51
4	Nyah Kaupp	Halifax Gramma	1:03.65
5	Winter Dent	Rocky Lake Jr	1:09.47
6	Hailey Dowling	Herring Cove Jr.	1:12.12
7	Josie Leslie	Georges P. V	1:12.25
8	Mackenzie Barter	Astral Drive	1:13.00

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

Wednesday 2022-05-25 - 11:45 AM

SSNS: 53.72 2013

Barrett Dachyshyn

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

1	Matthew Mailman	East Coast V	1:07.03
2	Alfred Lai	Rocky Lake Jr	1:02.88
3	Edwin Siller	Sacred Heart	1:03.48
4	Elliot Burke	Five Bridges Jun	1:05.17
5	Glendon Snow	Ellenvale Jr.	1:05.16
6	Felix Wirkus	Five Bridges Jun	1:05.47
7	Tucker Potter	Georges P. V	1:04.33
8	Sam Ryan	Caledonia	1:05.99

**Heat 2 of 2 Prelims**

1	Owen MacGillivray	Rocky Lake Jr	1:00.94
2	Christopher Sneddon-Simr	Gorsebrook Jr.	1:03.66
3	Haydn Hopkins	Five Bridges Jun	1:05.45
4	Kingston Manning	Madeline Symor	1:03.30
5	Parker Coull	Caledonia	1:05.45
6	Alex Allain	Madeline Symor	1:04.97
7	Owen Weigelin	Carrefour	1:07.17
8	Lennon Hollett	Bicentennial	1:06.82

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

Wednesday 2022-05-25 - 11:45 AM

SSNS: 57.24 2003

Jenna Martin

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

1	Emily Clarke	St. Agnes Jr.	1:06.68
2	Aine O'Neil	Charles P. Allen	1:06.55
3	Kaitlyn Langille	Lockview High	1:05.59
4	Ally McLean	Dartmouth High	1:10.69
5	Sheelagh Nolan	Halifax Gramma	1:10.29
6	Allie White	Astral Drive	1:09.52
7	Sophia Das	Gorsebrook Jr.	1:05.76
8	Ava Millar	Five Bridges Jun	1:09.00

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Heat 2 of 2 Prelims...(Event 9 Girls 400 Meter Dash Interme**

1	Poppy Moon	Charles P. Allen	1:05.48	_____
2	Avelinn McConnell	Ellenvale Jr.	1:06.89	_____
3	Ella Cozens	Lockview High	1:08.46	_____
4	Ava Egamino	Auburn Drive	1:09.22	_____
5	Julia Snelgrove	Dartmouth High	1:11.05	_____
6	Keira Lee	Halifax Gramma	1:10.51	_____
7	Hannah Richardson-Macki	Ridgecliff	1:05.72	_____
8	Vivian Johnson	Halifax Gramma	1:06.36	_____

**Event 10 Boys 400 Meter Dash Intermediate**

**8 Advance: Top 3 Each Heat plus Next 2 Best Times**  
**Wednesday 2022-05-25 - 12:15 PM**

SSNS: 50.87 2005

Jonathan Campbell

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

1	Yunshu Zhao	Clayton Park Jr.	56.83	_____
2	Remy Doucette	Charles P. Allen	1:03.70	_____
3	Ryan Cormier	Caledonia	1:01.89	_____
4	Zach Morash	Gaetzbrook	1:01.38	_____
5	Alex Quinton	Charles P. Allen	57.49	_____
6	Cole Willows	Fairview Jr.	59.20	_____
7	Tristan Kelloway	Halifax West	1:00.34	_____
8	Aiden Harris	Astral Drive	1:05.87	_____

**Heat 2 of 2 Prelims**

1	Jace LeBlanc	Bay View Hig	58.22	_____
2	Ayden Melanson	Oxford School	1:01.97	_____
3	Braxton Atunanya	Gaetzbrook	1:04.79	_____
4	Josh Green	Rocky Lake Jr	1:00.96	_____
5	Rowan Houlihan	Charles P. Allen	58.42	_____
6	Zach White	Halifax Gramma	55.70	_____
7	Christian Honig	Gorsebrook Jr.	1:01.28	_____
8	Landon Basso	Caledonia	1:00.77	_____

**Event 11 Girls 400 Meter Dash Senior**

**8 Advance: Top 2 Each Heat plus Next 2 Best Times**  
**Wednesday 2022-05-25 - 12:15 PM**

SSNS: 54.13 2006

Jenna Martin

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

1	Springer Amalie	Dartmouth High	1:08.22	_____
2	Georgia Carr-McEachern	Lockview High	1:16.77	_____
3	Mhyah Allen	Prince Andrew	1:06.24	_____
4	Isabel Gonsalves	Lockview High	1:04.46	_____
5	Makena MacDonald	Charles P. Allen	1:09.58	_____
6	Abby Locke	Dartmouth High	1:14.57	_____
7				_____
8				_____

**Heat 2 of 3 Prelims**

1	Sabrina Smith	Cole Harbour	NT	_____
2	Iris Leuschner	Armbrac	1:14.39	_____
3	Sophie Carmichael	Auburn Drive	1:11.60	_____
4	Katherine Sneddon-Simon	Citadel High	1:04.86	_____
5	Cassidy Devereaux	Charles P. Allen	1:07.70	_____
6	Rylin Matheson	Auburn Drive	1:04.48	_____
7				_____
8				_____

**Heat 3 of 3 Prelims**

1	Anne Savage	École second	1:12.13	_____
2	Mya Archibald	Lockview High	1:01.38	_____
3	Emma Hamlyn	Sacred Heart	1:07.56	_____
4	Lucy Boudreau	Lockview High	1:14.07	_____
5	Tallulah Macneil	Sacred Heart	1:07.32	_____
6				_____
7				_____
8				_____

**Event 12 Boys 400 Meter Dash Senior**

**8 Advance: Top 3 Each Heat plus Next 2 Best Times**  
**Wednesday 2022-05-25 - 12:15 PM**

SSNS: 48.49 2015

Mike Van Der Poel

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

1	Mathew Lawton	Charles P. Allen	57.05	_____
2	Ty Sutton	Prince Andrew	1:01.21	_____
3	Matthew Mackinnon	Citadel High	56.31	_____
4	Oliver Gavel	Prince Andrew	57.17	_____
5	Joe Walsh	Lockview High	57.48	_____
6	Dylan Newell	Bay View Hig	58.94	_____
7	Dylan McMullen	Auburn Drive	1:01.42	_____
8	Max Morrison	Citadel High	58.55	_____

**Heat 2 of 2 Prelims**

1	Kelvin Mackinnon	Lockview High	59.80	_____
2	Jon Earle	Sacred Heart	1:02.53	_____
3	Luke Wilson	Citadel High	56.99	_____
4	Aidan Ferguson	Prince Andrew	1:01.21	_____
5	Parker Asbridge	Citadel High	54.70	_____
6	Nathan Leger	Lockview High	57.72	_____
7	Nolan Cheeseman	Bay View Hig	58.47	_____
8	Cooper Puma	Auburn Drive	57.21	_____



**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 13 Girls 100 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 12:45 PM**

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

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

1	Nyah Kaupp	Halifax Gramma	13.86
2	Maeve Culligan	Sacred Heart	14.15
3	Valerie Thorpe	Astral Drive	14.59
4	Annabelle Raymond	St. Agnes Jr.	13.65
5	Sierra Williams	Graham Creightc	14.36
6	Jane Langille	Georges P. V	14.69
7	Chanelle Rodriguez-Coop	Fairview Jr.	14.24
8	Gabby Morash	Armbrae	14.29

**Heat 2 of 2 Prelims**

1	Melissa Mert	Fairview Jr.	14.16
2	Lily Blondon	Rocky Lake Jr	13.94
3	Anna Jeong	Halifax Central	14.13
4	Grace Killoran	Bedford Academ	14.60
5	Julia Bowering	Graham Creightc	14.85
6	Claire Sanford	Georges P. V	14.37
7	Amarachie Ezurike	Clayton Park Jr.	14.27
8	Zaila Benjamin	Leslie Thomas	13.53

**Event 14 Boys 100 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 12:45 PM**

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

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

1	Jackson Sparks	Astral Drive	13.09
2	Deaglan Nichol	Halifax Central	12.74
3	Joshua Henry	SackvilleHeights	13.29
4	Dawson Swift	Halifax Central	13.67
5	Owen MacGillivray	Rocky Lake Jr	13.35
6	Owen Weigelin	Carrefour	13.44
7	Aaron Metzger	Fairview Jr.	13.33
8	Sebastien Muise	Madeline Symor	13.48

**Heat 2 of 2 Prelims**

1	Henry Raymond	St. Agnes Jr.	12.67
2	Neil Wang	Fairview Jr.	13.41
3	Cameron McNair	Madeline Symor	13.21
4	Logan Trewin	Hfx Independan	13.73
5	Donovan Jay	Five Bridges Jun	13.38
6	Leo Mont	Rocky Lake Jr	13.14
7	Aaron Chipp	Elizabeth Suther	13.47
8	Nathan Mulholland	Rocky Lake Jr	13.32

**Event 15 Girls 100 Meter Dash Intermediate****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 12:45 PM**

SSNS: 12.33 2007 Marissa Wolter  
 Ties: 12.20 1997 Christine Fluery (hand)

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

1	Kiersten Samson	Prince Andrew	13.88
2	Cate Gaudry	Lockview High	14.32
3	Feyi Rotimi	Fairview Jr.	14.38
4	Fiona Day	Lockview High	13.60
5	Saint Mian Angui	Halifax West	13.81
6	Hannah Richardson-Macki	Ridgecliff	14.20
7	Ashley Sanderson	Halifax Gramma	14.05
8	Gabby Vilardi	Rocky Lake Jr	14.57

**Heat 2 of 2 Prelims**

1	Keira Lee	Halifax Gramma	14.30
2	Ailish Fowler	Astral Drive	14.64
3	Ashley Hannah	Astral Drive	14.56
4	Isla David	Caledonia	13.84
5	Aine O'Neil	Charles P. Allen	14.00
6	Queen Clayton	Citadel High	13.59
7	Ava Macnutt	Fairview Jr.	13.92
8	Lauren Hatfield	Astral Drive	14.22

**Event 16 Boys 100 Meter Dash Intermediate****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2022-05-25 - 1:10 PM**

SSNS: 10.50 1998 Patrick Benjamin (hand)

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

1	Zach White	Halifax Gramma	12.22
2	Rowan Houlihan	Charles P. Allen	12.47
3	Koby Iwegbu	Rocky Lake Jr	12.60
4	Julian Briand	Sackville High	12.07
5	Yunshu Zhao	Clayton Park Jr.	12.32
6	Jace LeBlanc	Bay View Hig	12.35
7	Henry Stanhope	Halifax Central	12.84
8	Ryshaun Diggs	Auburn Drive	12.46

**Heat 2 of 2 Prelims**

1	Elliot Kavanaugh	Prince Andrew	12.32
2	Tapi Chipudhla	Rocky Lake Jr	12.44
3	Cameron Greenlaw	Prince Andrew	12.38
4	Nicholas Thalheimer-Well	Oxford School	12.79
5	Jacob Rhyno	Island View	12.05
6	Folu Adebisi	Halifax Gramma	12.27
7	Kayden Fraser	Auburn Drive	12.49
8	Aron Kocsis-Derfalvi	Citadel High	12.85

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 17 Girls 100 Meter Dash Senior**

**8 Advance: Top 3 Each Heat plus Next 2 Best Times**  
**Wednesday 2022-05-25 - 1:10 PM**

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

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	Hailey Tanner	Charles P. Allen	13.98
2	Mairo Ikede	Dartmouth High	13.76
3	Julie O'Sullivan	Lockview High	14.17
4	Rhianna Waligura-Newma	Citadel High	14.45
5	Lucy Boudreau	Lockview High	14.91
6	Lynn Sheppard	Auburn Drive	13.03
7	Lori Marsman	Citadel High	14.78
8	Lila Gechtman	Halifax West	15.11

**Heat 2 of 2 Prelims**

1	Anne Savage	École second	14.84
2	Mhyah Allen	Prince Andrew	14.18
3	Annabelle Iyoha	Charles P. Allen	13.99
4	Madeline Cook	Charles P. Allen	12.74
5	Aariyah McKinney	Citadel High	14.67
6	Katelyn Wilton	Charles P. Allen	13.64
7	Jessica MacDonald	Lockview High	14.37
8	Rachel MacDonald	Cole Harbour	NT

**Event 18 Boys 100 Meter Dash Senior**

**8 Advance: Top 2 Each Heat plus Next 2 Best Times**  
**Wednesday 2022-05-25 - 1:10 PM**

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

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1			
2	Joe Walsh	Lockview High	12.69
3	Khalil Cain	Auburn Drive	12.18
4	Jonah Bucci	Charles P. Allen	11.98
5	Praise Babalola	Dartmouth High	12.78
6	Benjamin Higgins	École second	12.59
7	David Fardy	Churchill	12.26
8			

**Heat 2 of 3 Prelims**

1	Matthew Mackinnon	Citadel High	12.09
2	Ethan Haste	Cole Harbour	NT
3	Oliver Gavel	Prince Andrew	12.68
4	Cash Bertolo	Citadel High	12.30
5	Ethan Ayer	Millwood High	12.54
6	Nolan Cheeseman	Bay View Hig	12.10
7			
8			

**Heat 3 of 3 Prelims**

1	Nick Ferguson	Bay View Hig	12.56
2	Neil Purcell	Citadel High	12.28
3	Nate Slawter	Auburn Drive	11.72
4	Tobi Wale-Akinola	Auburn Drive	12.17
5	Max Mir	Citadel High	12.60
6			
7			
8			

**Event 19 Girls 1500 Meter Run Junior**

**Wednesday 2022-05-25 - 1:30 PM**

SSNS: 4:46.13 2019 Abby Lewis

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Elisa Arteaga	Oxford School	5:18.51
2	Anna Carruthers	Harold T Barrett	4:55.96
3	Faye Chiasson	Halifax Gramma	5:19.13
4	Molly Evers	Five Bridges Jun	5:24.85
5	Livia Dowding	Graham Creightc	5:27.21
6	Heidi Nuyens	Halifax Gramma	5:19.87
7	Morgan Lewis	Leslie Thomas	5:30.95
8	Grace Galloway	St. Agnes Jr.	5:28.90
9	Alena Collens	Gaetzbrook	5:37.73
10	Deborah Beach	Dartmouth So	5:30.78
11	Georgia Miller	Madeline Symor	5:53.34
12	Liviya Driver	Sacred Heart	5:33.13
13	Brooke Keating	Madeline Symor	5:56.67
14	Carley Williams	Halifax Gramma	5:33.96
15	Oliveah Walker	A.J. Smeltze	5:58.48
16	Annie Johns	Cunard Jr.	5:42.01





**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 20 Boys 1500 Meter Run Junior**

Wednesday 2022-05-25 - 1:30 PM

SSNS: 4:19.71 2009

Mike Tate

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Cohen Hawes	Madeline Symor 4:52.37
2	Drew Sanderson	Halifax Gramma 4:59.46
3	Ewan MacDonald	Ridgecliff 5:02.28
4	David Ackerman	Oxford School 4:59.48
5	Max Alexander	Madeline Symor 5:06.58
6	Sam Flemming	St. Agnes Jr. 5:01.46
7	Jack Quinton	Rocky Lake Jr 5:07.46
8	Max Makropoulos	St. Agnes Jr. 5:01.53
9	Owen O'Leary	Madeline Symor 5:19.11
10	Evan Ren	Ellenvale Jr. 5:08.68
11	Cole Nelson	Madeline Symor 5:24.27
12	Oliver Neeve	Gorsebrook Jr. 5:12.71
13	Max Brien	Georges P. V 5:24.82
14	Noah Miller	Gorsebrook Jr. 5:14.31
15	Luke Murphy	Ridgecliff 5:25.51
16	Nikhil Batra	Ellenvale Jr. 5:15.15

**Event 21 Girls 1500 Meter Run Intermediate**

Wednesday 2022-05-25 - 1:30 PM

SSNS: 4:34.19 2019-05-31 Siona Chisholm

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Paige Carruthers	Lockview High 5:29.04
2	Isabella Jennex	Halifax Gramma 5:07.66
3	Poppy Moon	Charles P. Allen 5:29.02
4	Ryli Nolan	Citadel High 5:19.07
5	Abby Lewis	Lockview High 4:44.58
6	Julia Wilkie	Fairview Jr. 5:24.51
7	Sophia Das	Gorsebrook Jr. 5:24.83
8	Evelyn Tobin	Madeline Symor 5:32.39
9	Chloe Logan	Charles P. Allen 5:39.09
10	Alessia Dyer	Gorsebrook Jr. 5:35.29
11	Ally McLean	Dartmouth High 5:38.91
12	Ellie Allen	Charles P. Allen 5:42.26
13	Claira Kilpatrick	Graham Creightc 5:43.98
14	Sam Garvey	J.L. Ilsley 5:40.64
15	Rachel Kibble	Auburn Drive 5:44.11
16	Frances MacLeod	Dartmouth High 5:45.63

**Event 22 Boys 1500 Meter Run Intermediate**

Wednesday 2022-05-25 - 2:00 PM

SSNS: 3:59.92 2015

Hudson Grimshaw-Surette

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Alex Bouchard	Gorsebrook Jr. 4:23.55
2	Cole Miller	Citadel High 5:06.98
3	Cohen Norman	Citadel High 4:49.02
4	Jake Wilcox	J.L. Ilsley 5:02.02
5	Alex Quinton	Charles P. Allen 4:45.76
6	Ayden Rondeau	Five Bridges Jun 5:06.85
7	Tristan Penny	Bay View Hig 4:56.83
8	Michael Makropoulos	St. Agnes Jr. 5:02.77
9	Aws Alsarafandi	Caledonia 4:56.77
10	Will Jennings	Rocky Lake Jr 5:07.52
11	Sullivan Nakatsu	Charles P. Allen 5:10.52
12	Thomas Ransom	Halifax Gramma 5:06.48
13	Jude Cameron	Charles P. Allen 5:11.19
14	Alan Fawcett	Citadel High 5:06.49
15	Riley Cuthbert	Eastern Shore 5:02.36
16	Chris Beach	Island View 5:13.38

**Event 23 Girls 1500 Meter Run Senior**

Wednesday 2022-05-25 - 2:00 PM

SSNS: 4:21.94 2019-05-31 Maggie Smith

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Cayley Lindgreen	Charles P. Allen 5:56.98
2	Tallulah Macneil	Sacred Heart 5:31.41
3	Anne-Sophie Lerudulier	Sommet 5:33.36
4	Ella Whynot	Charles P. Allen 6:04.32
5	Katherine Sneddon-Simon	Citadel High 5:32.23
6	Jacqueline Moore	École second 5:52.74
7	Monica Johnston	Lockview High 5:26.27
8	Iris Gamble	Halifax West 5:59.25
9	Abbey Aucoin	Dartmouth High 6:18.54
10	Makena MacDonald	Charles P. Allen 6:05.23
11	Claire Rankin	Sacred Heart 6:27.63
12	Sophie Carmichael	Auburn Drive 6:05.86
13	Isabel Casey	Sacred Heart 6:37.16
14	Ava Touesnard	J.L. Ilsley 6:44.86
15	Sabrina Smith	Cole Harbour NT
16	Sophie Doucette	Charles P. Allen NT

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 24 Boys 1500 Meter Run Senior****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 3:54.91 2013

Mike Tate

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Griffin Gamble	Halifax West	4:34.78
2	Liam Elliot	Dartmouth High	4:58.63
3	Jon Earle	Sacred Heart	4:51.33
4	Owen Flemming	Charles P. Allen	4:17.30
5	Mathew Lawton	Charles P. Allen	4:48.47
6	Nick Ferguson	Bay View Hig	5:04.63
7	Joseph Hirsch	Citadel High	4:59.31
8	Austin Theriault	Lockview High	5:07.58
9	Zach Melanson	Bay View Hig	5:08.49
10	Kai Pavlo	Charles P. Allen	5:12.63
11	Luke Irvine	Citadel High	5:07.06
12	Aiden MacDonald	Bay View Hig	5:13.34
13	Aidan Ferguson	Prince Andrew	5:08.47
14	Ty Sutton	Prince Andrew	5:09.26
15	Mike Cyr	Island View	5:14.51
16	Elliot Sampson	Halifax West	5:11.82
17	Noah MacPherson	Cole Harbour	NT

**Event 25 Girls 200 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2022-05-26 - 10:00 AM**

SSNS: 26.49 2014

Taylor Mattinson

Ties: 26.50 1976

Kris Crowell (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	Calla Angel	Bedford Academ	31.84
2	Reece Vatour	Astral Drive	31.40
3	Lily Williams	Bicentennial	29.36
4	Grace Killoran	Bedford Academ	31.03
5	Amarachie Ezurike	Clayton Park Jr.	29.02
6	Vivian Blackmore	Ellenvale Jr.	30.07
7	Zaila Benjamin	Leslie Thomas	28.87
8	Gabby Morash	Armbrae	29.92
<b>Heat 2 of 2 Prelims</b>			
1	Valerie Thorpe	Astral Drive	30.84
2	Sarah Leger	Georges P. V	31.86
3	Melissa Mert	Fairview Jr.	29.14
4	Julia Bowering	Graham Creight	31.59
5	Josie Leslie	Georges P. V	31.16
6	Beatrice Asbridge	Oxford School	29.97
7	Ella Flinn	Caledonia	29.80
8	Annabelle Raymond	St. Agnes Jr.	28.39

**Event 26 Boys 200 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2022-05-26 - 10:00 AM**

SSNS: 24.26 2005

Cameron Veinot

Ties: 24.10 1984

Derek Dempster (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	James Thibault	Clayton Park Jr.	28.16
2	Luis Stonehouse	Graham Creight	27.91
3	Alfred Lai	Rocky Lake Jr	27.58
4	Nathan Larue	Clayton Park Jr.	26.57
5	Jacoby MacDonald	Rocky Lake Jr	27.98
6	Griffin Hearn	Madeline Symor	28.23
7	Jackson Sparks	Astral Drive	26.61
8	Wyatt Thurston	A.J. Smeltze	27.45
<b>Heat 2 of 2 Prelims</b>			
1	Lavell Gray	Rockingstone	28.04
2	Glendon Snow	Ellenvale Jr.	27.73
3	Neil Wang	Fairview Jr.	27.36
4	Matthew Mailman	East Coast V	28.46
5	Mi'kell Bottomley-Pyke	Fairview Jr.	27.70
6	Colby Steele	Astral Drive	28.04
7	Henry Raymond	St. Agnes Jr.	26.32
8	Donovan Jay	Five Bridges Jun	26.66

**Event 27 Girls 200 Meter Dash Intermediate****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2022-05-26 - 10:00 AM**

SSNS: 25.66 2001

Leanne Huck

Ties: 25.50 1973

Celia Branch (hand)

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	Fiona Day	Lockview High	28.74
2	Ava Egamino	Auburn Drive	30.19
3	Rylee Tibbo	J.L. Ilsley	29.57
4	Lauren Hatfield	Astral Drive	29.76
5	Gabby Vilardi	Rocky Lake Jr	30.68
6	Emily Clarke	St. Agnes Jr.	29.09
7	Avelinn McConnell	Ellenvale Jr.	29.25
8	Ava Macnutt	Fairview Jr.	28.15
<b>Heat 2 of 2 Prelims</b>			
1	Hannah Richardson-Macki	Ridgecliff	29.51
2	Ashley Sanderson	Halifax Gramma	29.32
3	Isla David	Caledonia	28.74
4	Julia Snelgrove	Dartmouth High	29.18
5	Ailish Fowler	Astral Drive	30.44
6	Kaitlyn Langille	Lockview High	30.00
7	Queen Clayton	Citadel High	27.67
8	Grace Slaunwhite	Auburn Drive	30.98

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**Event 28 Boys 200 Meter Dash Intermediate****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2022-05-26 - 10:20 AM**

SSNS: 22.30 1998 Patrick Benjamin (hand)

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

1	Lucas Zawidzki	Charles P. Allen	26.38
2	Julian Briand	Sackville High	24.73
3	Van-Rae Anderson	Charles P. Allen	25.92
4	Ryshaun Diggs	Auburn Drive	25.24
5	Yunshu Zhao	Clayton Park Jr.	25.16
6	Cameron Greenlaw	Prince Andrew	25.72
7	Torrell McCalla	Fairview Jr.	25.95
8	Folu Adebisi	Halifax Gramma	24.45

**Heat 2 of 2 Prelims**

1	Nicholas Thalheimer-Well:	Oxford School	25.55
2	Zach White	Halifax Gramma	24.77
3	Jace LeBlanc	Bay View Hig	25.01
4	Jacob Rhyno	Island View	23.97
5	Parker MacDonald	Ridgecliff	26.35
6	Aron Kocsis-Derfalvi	Citadel High	25.52
7	Robert Martin	Clayton Park Jr.	25.73
8	Landon Smith	Sackville High	26.55

**Event 29 Girls 200 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 2 Best Times****Thursday 2022-05-26 - 10:20 AM**

SSNS: 24.84 2012 Jenn Meech

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

1	Mairo Ikede	Dartmouth High	28.84
2	Madeline Cook	Charles P. Allen	26.67
3	Nina Hinkins	Charles P. Allen	30.20
4	Jenna Matheson	Citadel High	29.89
5	Sophie Strong	Halifax West	32.34
6	Hailey Tanner	Charles P. Allen	29.29
7			
8			

**Heat 2 of 3 Prelims**

1	Lynn Sheppard	Auburn Drive	27.13
2	Emma Crowe	Lockview High	29.65
3	Claire Covert	Halifax West	28.15
4	Springer Amalie	Dartmouth High	29.74
5	Lindsey Womboldt	Cole Harbour	NT
6	Anne Savage	École second	31.08
7			
8			

**Heat 3 of 3 Prelims**

1	Brielle Boachi	Auburn Drive	30.07
2	Mhyah Allen	Prince Andrew	29.38
3	Mya Archibald	Lockview High	26.63
4	Aariyah McKinney	Citadel High	30.83
5	Rylin Matheson	Auburn Drive	27.75
6			
7			
8			

**Event 30 Boys 200 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2022-05-26 - 10:20 AM**

SSNS: 21.58 2015 Matthew Coolen

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

1	Nathan Leger	Lockview High	25.24
2	Khalil Cain	Auburn Drive	24.09
3	Parker Asbridge	Citadel High	24.17
4	Oliver Gavel	Prince Andrew	25.81
5	Rylan Carey	Charles P. Allen	26.12
6	Emmanuel Tabiri	Halifax West	24.62
7	Nolan Cheeseman	Bay View Hig	24.84
8	Praise Babalola	Dartmouth High	27.16

**Heat 2 of 2 Prelims**

1	Tobi Wale-Akinola	Auburn Drive	25.03
2	David Fardy	Churchill	24.90
3	Owen McConnell	Prince Andrew	25.87
4	Nate Slawter	Auburn Drive	23.75
5	Jonah Bucci	Charles P. Allen	24.16
6	Matthew Mackinnon	Citadel High	24.45
7	Ethan Ayer	Millwood High	25.41
8			



**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 31 Girls 800 Meter Run Junior****Thursday 2022-05-26 - 10:45 AM**

SSNS: 2:19.90 1977

Mary Jean Barrett (hand)

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Morgan Lewis	Leslie Thomas 2:40.40
2	Elisa Arteaga	Oxford School 2:35.87
3	Livia Dowding	Graham Creightc 2:37.22
4	Anna Carruthers	Harold T Barrett 2:25.79
5	Faye Chiasson	Halifax Gramma 2:36.30
6	Molly Evers	Five Bridges Jun 2:41.45
7	Grace Galloway	St. Agnes Jr. 2:39.81
8	Carley Williams	Halifax Gramma 2:41.52
9	Liviya Driver	Sacred Heart 2:40.35
10	Alena Collens	Gaetzbrook 2:44.22
11	Winter Dent	Rocky Lake Jr 2:42.05
12	Genevieve Sherlock	Eastern Passage 2:54.63
13	Sophie Legatto	Ellenvale Jr. 2:43.18
14	Evie Platt	Georges P. V 2:55.33
15	Deborah Beach	Dartmouth So 2:44.17
16	Annie Johns	Cunard Jr. 2:44.46

**Event 32 Boys 800 Meter Run Junior****Thursday 2022-05-26 - 10:45 AM**

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

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	David Ackerman	Oxford School 2:25.91
2	Luke Murphy	Ridgecliff 2:35.68
3	Drew Sanderson	Halifax Gramma 2:25.33
4	Eric Klemm	Rocky Lake Jr 2:36.98
5	Sam Flemming	St. Agnes Jr. 2:25.54
6	Ewan MacDonald	Ridgecliff 2:30.77
7	Drew Doyle	Madeline Symor 2:34.74
8	Christopher Sneddon-Simr	Gorsebrook Jr. 2:23.96
9	Ryan Matthews	Madeline Symor 2:35.25
10	Max Makropoulos	St. Agnes Jr. 2:29.83
11	Edwin Siller	Sacred Heart 2:31.83
12	Saidharma Chelamkuri	Halifax Gramma 2:33.98
13	Cohen Hawes	Madeline Symor 2:23.24
14	Evan Ren	Ellenvale Jr. 2:33.90
15	Jack Quinton	Rocky Lake Jr 2:28.50
16	Alex Allain	Madeline Symor 2:35.48

**Event 33 Girls 800 Meter Run Intermediate****Thursday 2022-05-26 - 10:45 AM**

SSNS: 2:12.60 1977

Louise Palmer (hand)

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Sophia Das	Gorsebrook Jr. 2:31.37
2	Poppy Moon	Charles P. Allen 2:40.05
3	Anna Archibald	Dartmouth High 2:52.93
4	Isabella Jennex	Halifax Gramma 2:30.43
5	Abby Lewis	Lockview High 2:20.03
6	Claira Kilpatrick	Graham Creightc 2:43.68
7	Ryli Nolan	Citadel High 2:29.36
8	Chloe McFarlane	Bicentennial 2:43.76
9	Alessia Dyer	Gorsebrook Jr. 2:47.92
10	Paige Carruthers	Lockview High 2:35.49
11	Rachel Kibble	Auburn Drive 2:44.12
12	Keira Lee	Halifax Gramma 2:48.98
13	Frances MacLeod	Dartmouth High 2:49.27
14	Ellie Allen	Charles P. Allen 2:44.81
15	Allie White	Astral Drive 2:44.93
16	Ella Cozens	Lockview High 2:43.69

**Event 34 Boys 800 Meter Run Intermediate****Thursday 2022-05-26 - 11:10 AM**

SSNS: 1:58.21 2015

Hudson Grimshaw-Surette

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Kenzie Wagner	Fairview Jr. 2:30.65
2	Alex Quinton	Charles P. Allen 2:13.02
3	Aws Alsarafandi	Caledonia 2:24.65
4	Tucker Johnson	Rocky Lake Jr 2:30.99
5	Cole Willows	Fairview Jr. 2:24.90
6	Riley Cuthbert	Eastern Shore 2:27.57
7	Alex Bouchard	Gorsebrook Jr. 2:07.38
8	Alan Fawcett	Citadel High 2:26.90
9	Sullivan Nakatsu	Charles P. Allen 2:30.30
10	Keegan Penny	Citadel High 2:27.64
11	Remy Doucette	Charles P. Allen 2:30.49
12	Landon Smith	Sackville High 2:33.48
13	Paul Maloney	Halifax Central 2:30.62
14	Jude Cameron	Charles P. Allen 2:24.54
15	Ayden Melanson	Oxford School 2:30.46
16	Thomas Panopolis	Bedford Academ 2:29.41

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 35 Girls 800 Meter Run Senior****Thursday 2022-05-26 - 11:10 AM**

SSNS: 2:11.58 2019

Maggie Smith

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Lucy Boudreau	Lockview High	3:12.91
2	Cayley Lindgreen	Charles P. Allen	2:40.38
3	Tallulah Macneil	Sacred Heart	2:36.56
4	Ella Whynot	Charles P. Allen	2:52.29
5	Katherine Sneddon-Simon	Citadel High	2:33.26
6	Makena MacDonald	Charles P. Allen	2:48.76
7	Emma Hamlyn	Sacred Heart	2:37.99
8	Jacqueline Moore	École second	2:48.65
9	Monica Johnston	Lockview High	2:36.44
10	Iris Gamble	Halifax West	2:57.40
11	Anne-Sophie Lerudulier	Sommet	2:39.05
12	Isabel Casey	Sacred Heart	3:08.58
13	Sophie Carmichael	Auburn Drive	2:54.73
14	Sophie Doucette	Charles P. Allen	NT
15	Beth Neville	Cole Harbour	NT

**Event 36 Boys 800 Meter Run Senior****Thursday 2022-05-26 - 11:10 AM**

SSNS: 1:54.47 2005

Jake Gallagher

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Ethan Haste	Cole Harbour	NT
2	Oliver Gavel	Prince Andrew	2:17.69
3	Cameron Locke	Sackville High	2:28.83
4	Mathew Lawton	Charles P. Allen	2:12.34
5	Cooper Puma	Auburn Drive	2:16.59
6	Owen Flemming	Charles P. Allen	2:02.03
7	Jon Earle	Sacred Heart	2:19.03
8	Curtis Simms	Citadel High	2:26.17
9	Liam Elliot	Dartmouth High	2:20.38
10	Austin Theriault	Lockview High	2:23.39
11	Ryan Coffin	Sacred Heart	2:29.10
12	Andrew Paddock	Auburn Drive	2:24.13
13	Max Morrison	Citadel High	2:11.96
14	Liam Miller	Citadel High	2:37.16
15	Finn Cox	Citadel High	2:47.07
16	Kai Pavlo	Charles P. Allen	2:30.00
17	John Flinn	Bay View Hig	2:21.68

**Event 37 Girls 4x100 Meter Relay Junior****Thursday 2022-05-26 - 11:30 AM**

SSNS: 52.50 2014

Riverside Education Center

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Georges P. V	A	57.05
2	St. Agnes Jr.	A	57.78
3	Halifax Grammar	A	56.41
4	Madeline Symonds	A	59.84
5	Astral Drive	A	59.32
6	Sacred Heart	A	58.01
7	Fairview Jr.	A	56.86
8	Leslie Thomas	A	59.91

**Event 38 Boys 4x100 Meter Relay Junior****Thursday 2022-05-26 - 11:30 AM**

SSNS: 48.40 1990

Astral Drive (hand)

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Fairview Jr.	A	54.68
2	Rocky Lake Jr	A	53.20
3	Madeline Symonds	A	54.15
4	St. Agnes Jr.	A	54.00
5	Halifax Central	A	55.08
6	Clayton Park Jr.	A	55.64
7	Astral Drive	A	53.69
8	Georges P. V	A	54.75

**Event 39 Girls 4x100 Meter Relay Intermediate****Thursday 2022-05-26 - 11:30 AM**

SSNS: 51.34 2019-06-01

Lockview High School

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Halifax Grammar	A	55.44
2	Oxford School	A	56.60
3	Ridgecliff	A	57.38
4	Five Bridges Jun	A	58.44
5	Astral Drive	A	56.79
6	Prince Andrew	A	58.74
7	Lockview High	A	55.05
8	Fairview Jr.	A	55.05

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 40 Boys 4x100 Meter Relay Intermediate****Thursday 2022-05-26 - 12:00 PM**

SSNS: 45.50 1976 Sackville High (hand)

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Halifax Grammar	A	51.15
2	Auburn Drive	A	50.38
3	Gaetzbrook	A	52.48
4	Oxford School	A	51.37
5	Prince Andrew	A	49.84
6	Rocky Lake Jr	A	52.28
7	Bay View Hig	A	50.75
8	Clayton Park Jr.	A	51.86

**Event 41 Girls 4x100 Meter Relay Senior****Thursday 2022-05-26 - 12:00 PM**

SSNS: 50.32 2004 CEC

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Charles P. Allen	A	54.27
2	Auburn Drive	A	57.00
3	Dartmouth High	A	58.57
4	Citadel High	A	56.76
5	Lockview High	A	55.02
6	J.L. Ilsley	A	1:06.41
7	Sacred Heart	A	1:02.94
8			

**Event 42 Boys 4x100 Meter Relay Senior****Thursday 2022-05-26 - 12:00 PM**

SSNS: 43.26 2014 CEC

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Prince Andrew	A	52.30
2	Auburn Drive	A	45.79
3	Citadel High	A	47.01
4	Bay View Hig	A	48.89
5	Lockview High	A	50.07
6	Millwood High	A	52.32
7			
8			

**Event 43 Girls 3000 Meter Run Junior****Thursday 2022-05-26 - 12:45 PM**

SSNS: 10:18.76 2011 Rachel Crawley

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Faye Chiasson	Halifax Gramma	11:11.11
2	Anna Carruthers	Harold T Barrett	10:58.34
3	Elisa Arteaga	Oxford School	11:11.11
4	Morgan Lewis	Leslie Thomas	12:05.18
5	Heidi Nuyens	Halifax Gramma	11:11.11
6	Molly Evers	Five Bridges Jun	12:17.50
7	Deborah Beach	Dartmouth So	11:11.11
8	Lucy Corning	Summit Acade	13:45.66
9	Liviya Driver	Sacred Heart	11:11.11
10	Genevieve Sherlock	Eastern Passage	13:46.44
11	Kaye Wilson	Halifax Gramma	11:11.11
12	Winter Dent	Rocky Lake Jr	14:54.09
13	Ava Cox	St. Agnes Jr.	11:11.11
14	Molly Bain	Gaetzbrook	14:59.75
15	Emily Singleton	Astral Drive	15:01.75
16	Etta MacLellan	Gorsebrook Jr.	11:11.11

**Event 44 Boys 3000 Meter Run Junior****Thursday 2022-05-26 - 12:45 PM**

SSNS: 9:15.14 2011 Tobias Wolter

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	David Ackerman	Oxford School	11:00.22
2	Cohen Hawes	Madeline Symor	10:23.67
3	Oliver Neeve	Gorsebrook Jr.	11:00.88
4	Ewan MacDonald	Ridgecliff	10:42.81
5	Evan Ren	Ellenvale Jr.	11:04.87
6	Owen O'Leary	Madeline Symor	11:12.70
7	Oliver Morrison	Ridgecliff	11:21.41
8	Nikhil Batra	Ellenvale Jr.	11:09.75
9	Luke Ellis	Ellenvale Jr.	11:10.50
10	Cole Nelson	Madeline Symor	11:21.67
11	Jack Quinton	Rocky Lake Jr	11:27.97
12	Liam Kirby	Gorsebrook Jr.	11:14.50
13	Noah Miller	Gorsebrook Jr.	11:15.56
14	Nate Turple	Madeline Symor	11:50.75
15	Sam Ryan	Caledonia	11:23.46
16	Mateo Bourque	Ridgecliff	12:05.47

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 45 Girls 3000 Meter Run Intermediate****Thursday 2022-05-26 - 12:45 PM**

SSNS: 10:00.54 2017-06-03 Maggie Smith

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Isabella Jennex	Halifax Gramma 11:17.47
2	Sophia Das	Gorsebrook Jr. 11:32.30
3	Poppy Moon	Charles P. Allen 12:07.74
4	Abby Lewis	Lockview High 10:03.17
5	Julia Wilkie	Fairview Jr. 11:34.32
6	Anna Archibald	Dartmouth High 12:55.61
7	Alessia Dyer	Gorsebrook Jr. 11:41.29
8	Lia Weirstra	Astral Drive 12:27.84
9	Chloe Logan	Charles P. Allen 12:08.06
10	Evelyn Tobin	Madeline Symor 12:30.96
11	Rachel Kibble	Auburn Drive 12:46.06
12	Frances MacLeod	Dartmouth High 12:53.38
13	Jillian Hope	Oxford School 12:54.40
14	Abby Chisholm	Madeline Symor 14:33.27
15	Ava Joseph	École second 12:52.11
16	Kennedy Griffin	Madeline Symor 14:35.03

**Event 46 Boys 3000 Meter Run Intermediate****Thursday 2022-05-26 - 1:30 PM**

SSNS: 8:50.61 2015 Andrew Peverill

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Riley Cuthbert	Eastern Shore 10:40.84
2	Alex Quinton	Charles P. Allen 10:22.91
3	Tristan Penny	Bay View Hig 10:24.11
4	Alex Bouchard	Gorsebrook Jr. 9:37.14
5	Cohen Norman	Citadel High 10:21.86
6	Jake Wilcox	J.L. Ilsley 11:00.25
7	Will Jennings	Rocky Lake Jr 10:48.25
8	Thomas Dewitt	Shambhala Scho 11:06.32
9	Thomas Holder	Rocky Lake Jr 11:18.41
10	Graham Sauer	Fairview Jr. 11:07.22
11	Sullivan Nakatsu	Charles P. Allen 11:23.07
12	Cole Miller	Citadel High 11:10.52
13	Alan Fawcett	Citadel High 11:37.10
14	Ryan Miller	Millwood High 11:24.12
15	Charlie Disney	Halifax Central 11:39.78
16	Josh Morrison	Ridgecliff 11:33.39

**Event 47 Girls 3000 Meter Run Senior****Thursday 2022-05-26 - 1:30 PM**

SSNS: 9:26.12 2019-06-01 Maggie Smith

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Tallulah Macneil	Sacred Heart 11:51.69
2	Cassidy Devereaux	Charles P. Allen 14:19.57
3	Monica Johnston	Lockview High 12:05.03
4	Cayley Lindgreen	Charles P. Allen 13:26.53
5	Anne-Sophie Lerudulier	Sommet 12:31.97
6	Katherine Sneddon-Simon	Citadel High 12:11.80
7	Ella Whynot	Charles P. Allen 13:39.27
8	Jacqueline Moore	École second 12:57.58
9	Claire Rankin	Sacred Heart 14:09.76
10	Makena MacDonald	Charles P. Allen 14:19.23
11	Isabel Casey	Sacred Heart 14:12.12
12	Sophie Doucette	Charles P. Allen NT

**Event 48 Boys 3000 Meter Run Senior****Thursday 2022-05-26 - 1:30 PM**

SSNS: 8:40.76 2017-06-03 Andrew Peverill

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1	Jacob Orlik	Charles P. Allen 10:56.33
2	Isak Hirsch	Citadel High 10:48.74
3	Owen Flemming	Charles P. Allen 10:38.01
4	Jon Earle	Sacred Heart 9:47.97
5	Mathew Lawton	Charles P. Allen 10:37.69
6	Griffin Gamble	Halifax West 9:39.73
7	Charlie Palmer	Citadel High 10:49.29
8	Nik Xidos	Island View 11:04.90
9	Aidan Ferguson	Prince Andrew 11:02.40
10	Austin Theriault	Lockview High 11:15.09
11	Zach Melanson	Bay View Hig 11:07.43
12	Noah Karabanow	Citadel High 11:13.42
13	Ezra Eastwood	J.L. Ilsley 11:03.44
14	Nick Ferguson	Bay View Hig 11:16.23
15	Jasper Billingsley	Citadel High 11:42.69
16	Aiden MacDonald	Bay View Hig 11:20.39

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26  
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**Event 49 Girls 4x400 Meter Relay Junior**

**Thursday 2022-05-26 - 2:15 PM**

SSNS: 4:17.83 2017-06-03 St. Andrew Junior School

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Madeline Symonds	A	5:06.52
2	Sacred Heart	A	4:46.24
3	Rocky Lake Jr	A	5:08.54
4	Dartmouth So	A	4:55.98
5	Halifax Grammar	A	4:34.96
6	St. Agnes Jr.	A	4:45.49
7	Astral Drive	A	5:07.91
8	Georges P. V	A	5:00.06

**Event 50 Boys 4x400 Meter Relay Junior**

**Thursday 2022-05-26 - 2:15 PM**

SSNS: 3:48.10 2013 Halifax Central Junior

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Clayton Park Jr.	A	5:55.55
2	Dartmouth So	A	5:55.55
3	Georges P. V	A	4:39.42
4	Madeline Symonds	A	4:34.61
5	Bicentennial	A	5:55.55
6	Sacred Heart	A	5:55.55
7			
8			
<b>Section 2 of 2 Finals</b>			
1	Fairview Jr.	A	5:55.55
2	Five Bridges Jun	A	4:29.39
3	St. Agnes Jr.	A	5:55.55
4	Elizabeth Suther	A	5:55.55
5	Rocky Lake Jr	A	4:18.03
6	Gorsebrook Jr.	A	5:55.55
7			
8			

**Event 51 Girls 4x400 Meter Relay Intermediate**

**Thursday 2022-05-26 - 2:15 PM**

SSNS: 4:07.64 2007 Halifax Grammar

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Lockview High	A	4:25.68
2	Astral Drive	A	4:46.00
3	St. Agnes Jr.	A	4:50.94
4	Oxford School	A	5:03.41
5	Halifax Grammar	A	4:30.80
6	Auburn Drive	A	4:47.01
7	Charles P. Allen	A	4:42.90
8	Fairview Jr.	A	4:36.11

**Event 52 Boys 4x400 Meter Relay Intermediate**

**Thursday 2022-05-26 - 2:45 PM**

SSNS: 3:35.40 1984 Prince Andrew (hand)

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Sackville High	A	4:19.74
2	Citadel High	A	4:11.71
3	Fairview Jr.	A	4:11.21
4	Caledonia	A	4:12.22
5	Auburn Drive	A	4:18.02
6	St. Agnes Jr.	A	4:10.58
7	Rocky Lake Jr	A	4:20.86
8	Charles P. Allen	A	4:05.31

**Event 53 Girls 4x400 Meter Relay Senior**

**Thursday 2022-05-26 - 2:45 PM**

SSNS: 4:01.53 2009 Park View

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Charles P. Allen	A	4:50.54
2	Dartmouth High	A	4:50.05
3	Sacred Heart	A	5:08.85
4			
5			
6			
7			
8			

**Event 54 Boys 4x400 Meter Relay Senior**

**Thursday 2022-05-26 - 2:45 PM**

SSNS: 3:26.09 2014 CEC

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Prince Andrew	A	4:14.45
2	Citadel High	A	3:55.89
3	Auburn Drive	A	4:32.94
4	Charles P. Allen	A	3:54.00
5	Sacred Heart	A	4:25.05
6	Lockview High	A	3:54.38
7	Dartmouth High	A	4:20.84
8			





**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 55 Girls Long Jump Junior****Thursday 2022-05-26 - 12:00 PM**

SSNS: 4.99m 2019-06-01 Mya Archibald

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Isobel Schrader	Sacred Heart	3.88m	_____
2	Zaila Benjamin	Leslie Thomas	4.77m	_____
3	Chanelle Rodriguez-Coop	Fairview Jr.	3.87m	_____
4	Simi Shodunke	Dartmouth So	3.76m	_____
5	Lily Williams	Bicentennial	4.08m	_____
6	Sophie Cluett-McDonald	Highland Park Jr	3.72m	_____
7	Millie Madden	Five Bridges Jun	3.43m	_____
8	Kailyn Kaulback	Sacred Heart	3.87m	_____
9	Isabelle Steele	Astral Drive	3.41m	_____
10	Autumn Macneil	Elizabeth Suther	3.55m	_____
11	Hannah McMullen	Eastern Passage	3.46m	_____
12	Calla Angel	Bedford Academ	3.57m	_____
13	Natalie Sabean	Graham Creight	3.32m	_____
14	Kennedy May	Madeline Symor	3.69m	_____
15	Natalie Bent	Halifax Central	3.55m	_____
16	Grace Killoran	Bedford Academ	3.73m	_____
17	Melissa Mert	Fairview Jr.	3.80m	_____

**Event 56 Boys Long Jump Junior****Wednesday 2022-05-25 - 12:00 PM**

SSNS: 5.79m 2012 David MacDonald

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Henry Raymond	St. Agnes Jr.	4.08m	_____
2	Logan Power	Eastern Passage	4.10m	_____
3	Eric Roberts	Madeline Symor	4.33m	_____
4	Owen Weigelin	Carrefour	4.10m	_____
5	Devin Parker	Oyster Pond	4.13m	_____
6	Nathan Mulholland	Rocky Lake Jr	4.65m	_____
7	Aaron Metzger	Fairview Jr.	4.39m	_____
8	Aaron Chipp	Elizabeth Suther	4.47m	_____
9	Eric Klemm	Rocky Lake Jr	4.25m	_____
10	Cameron Ritcey	Gaetzbrook	4.08m	_____
11	Issac Fillmore	Elizabeth Suther	4.23m	_____
12	Grady Cogan	Leslie Thomas	4.28m	_____
13	Logan Trewin	Hfx Independan	4.14m	_____
14	Kadin Areny	Elizabeth Suther	4.19m	_____
15	Joshua Henry	SackvilleHeights	4.78m	_____
16	David Ackerman	Oxford School	4.11m	_____

**Event 57 Girls Long Jump Intermediate****Thursday 2022-05-26 - 10:00 AM**

SSNS: 5.32m 1973 Cecilia Branch

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Grace Robinson	Auburn Drive	3.96m	_____
2	Vivian Johnson	Halifax Gramma	4.12m	_____
3	La'nazia Jordan	Armbrae	3.95m	_____
4	Ava Macnutt	Fairview Jr.	4.16m	_____
5	Heidi Kelmm	Charles P. Allen	4.09m	_____
6	Ashley Sanderson	Halifax Gramma	3.90m	_____
7	Marley MacLellan	Astral Drive	4.04m	_____
8	Gabby Vilardi	Rocky Lake Jr	4.09m	_____
9	Natalie Kempton	Island View	3.99m	_____
10	Cate Gaudry	Lockview High	4.43m	_____
11	Deja Hooper-Dixon	Oxford School	3.82m	_____
12	Cayden Cowan	Halifax Central	3.77m	_____
13	Sarah Spellman	Oxford School	4.03m	_____
14	Kezia Woods	Carrefour	3.68m	_____
15	Sophia Stuckless	Ridgecliff	3.97m	_____
16	Fiona Day	Lockview High	4.04m	_____

**Event 58 Boys Long Jump Intermediate****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 6.44m 1997 David Paxton

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Ethan Metzger	Fairview Jr.	4.83m	_____
2	Harrison Dunphy	St. Agnes Jr.	4.49m	_____
3	Julian Briand	Sackville High	5.05m	_____
4	Lucas Zawidzki	Charles P. Allen	5.03m	_____
5	Ayden Rondeau	Five Bridges Jun	4.78m	_____
6	Cameron Greenlaw	Prince Andrew	4.73m	_____
7	Van-Rae Anderson	Charles P. Allen	5.34m	_____
8	Callum Cogswell	Halifax Central	4.72m	_____
9	Sydney Stonehouse	Graham Creight	4.84m	_____
10	Yusef Ozbek	St. Agnes Jr.	4.44m	_____
11	Folu Adebisi	Halifax Gramma	5.28m	_____
12	Mason MacLean	Caledonia	4.46m	_____
13	Parker MacDonald	Ridgecliff	4.91m	_____
14	Thomas McDonald	Island View	5.24m	_____
15	David Babalola	Dartmouth High	4.83m	_____
16	Jace LeBlanc	Bay View Hig	5.12m	_____

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**Event 59 Girls Long Jump Senior****Thursday 2022-05-26 - 2:00 PM**

SSNS: 5.49m 2017-06-03 Denver Fraser

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Kate Bagnell	Citadel High	3.70m
2	Emma Crowe	Lockview High	3.94m
3	Claire Wilson-Dyment	Sacred Heart	3.36m
4	Megan Lane	Citadel High	3.02m
5	Brielle Boachi	Auburn Drive	4.05m
6	Mya Archibald	Lockview High	5.09m
7	Beth Ejigu	Citadel High	3.81m
8	Jessica MacDonald	Lockview High	3.78m
9	Sophie Maunder	Halifax West	3.69m
10	Annabelle Iyoha	Charles P. Allen	4.46m
11	Lila Gechtman	Halifax West	2.84m
12	Haley MacLellan	Dartmouth High	4.34m
13	Cassidy Devereaux	Charles P. Allen	3.85m
14	Claire Covert	Halifax West	4.30m
15	Lyndsay Beaton	Auburn Drive	3.78m
16	Abbey Ashton	Charles P. Allen	4.09m

**Event 60 Boys Long Jump Senior****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 7.15m 1956 Dave Lucas

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Ethan Dauphinee	Halifax West	4.75m
2	Daniel Kukoyi	J.L. Ilsley	4.84m
3	Owen McConnell	Prince Andrew	4.93m
4	Nathan Machardie	Bay View Hig	4.73m
5	Benjamin Higgins	École second	5.30m
6	Emmanuel Tabiri	Halifax West	5.27m
7	Charlie Hunter	Halifax Gramma	4.98m
8	Kelvin Mackinnon	Lockview High	4.84m
9	Daniel Wilson	Charles P. Allen	4.90m
10	Tobi Wale-Akinola	Auburn Drive	5.10m
11	Joshua Phonchareon	Citadel High	4.90m
12	Ethan Ayer	Millwood High	5.12m
13	Hayden Bures	Lockview High	4.99m
14	Nate Slawter	Auburn Drive	5.73m
15	Praise Babalola	Dartmouth High	5.04m
16	Liam Macaulay	Auburn Drive	5.06m

**Event 61 Girls High Jump Junior****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 1.63m 2004 Laura Maessen

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Josie Lawrence	Graham Creightc	1.25m
2	Sarah Sheppard	Astral Drive	1.25m
3	Hannah McMullen	Eastern Passage	1.20m
4	Claire Legrow	Madeline Symor	1.25m
5	Olivia Smith	Halifax Central	1.25m
6	Nolwen Delarue	Elizabeth Suther	1.20m
7	Gemma Jupp	Madeline Symor	1.20m
8	Natalie Bent	Halifax Central	1.25m
9	Lyric Eltvik	Oxford School	1.20m
10	Alora Mabe	Five Bridges Jun	1.25m
11	Isla Doncaster	Dartmouth So	1.20m
12	Kennedy May	Madeline Symor	1.30m
13	Libby Zhang	St. Agnes Jr.	1.30m
14	Ella Porter	Oxford School	1.20m
15	Natalie Sabean	Graham Creightc	1.25m
16	Èva Ronayne	Leslie Thomas	1.25m
17	Simi Shodunke	Dartmouth So	1.25m

**Event 62 Boys High Jump Junior****Thursday 2022-05-26 - 12:00 PM**

SSNS: 1.77m 2004 Brandon Mallally

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Grady Cogan	Leslie Thomas	1.55m
2	Liam Connolly	Halifax Central	1.45m
3	Liam McNamara	Elizabeth Suther	1.35m
4	Noah McIntosh	Carrefour	1.40m
5	Donovan Jay	Five Bridges Jun	1.58m
6	Sangwon Jung	Armbrae	1.40m
7	Jesse Chipman	Eastern Passage	1.40m
8	Evan Davis	Astral Drive	1.55m
9	Lavell Gray	Rockingstone	1.35m
10	Chad Johnston	Eastern Passage	1.40m
11	Ben Kowalczyk	Halifax Central	1.54m
12	Logan Power	Eastern Passage	1.45m
13	Noah Snider	Madeline Symor	1.50m
14	Owen Weigelin	Carrefour	1.35m
15	Logan Ferrar Foote	Elizabeth Suther	1.51m
16	Haydn Hopkins	Five Bridges Jun	1.40m
17	Cameron Selig	Fairview Jr.	1.40m

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 63 Girls High Jump Intermediate****Wednesday 2022-05-25 - 12:00 PM**

SSNS: 1.72m 1986 Tracey Loke  
 Ties: 1.72m 1986 Natalie Munroe

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Catherine Khaperska	Madeline Symor	1.25m
2	Marley MacLellan	Astral Drive	1.30m
3	Lexi Parker	Gaetzbrook	1.25m
4	Caroline Corkum	Ridgecliff	1.30m
5	Riley Auby	Astral Drive	1.35m
6	Cate Gaudry	Lockview High	1.35m
7	Emily Clarke	St. Agnes Jr.	1.56m
8	Bria Cowan	Halifax Central	1.30m
9	Elizabeth Hoskin	Oxford School	1.25m
10	Sheelagh Nolan	Halifax Gramma	1.25m
11	Ava Parker	Fairview Jr.	1.25m
12	Jenna Martin	Fairview Jr.	1.25m
13	Ashley Hannah	Astral Drive	1.35m
14	Rachel Kibble	Auburn Drive	1.30m
15	Vivian Johnson	Halifax Gramma	1.42m
16	Deja Hooper-Dixon	Oxford School	1.25m

**Event 64 Boys High Jump Intermediate****Thursday 2022-05-26 - 2:00 PM**

SSNS: 1.95m 1988 Charles MacKay

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Harrison Dunphy	St. Agnes Jr.	1.50m
2	Ayden Rondeau	Five Bridges Jun	1.55m
3	Noah Douchemelle	Astral Drive	1.50m
4	Alvyn Kyalo	Island View	1.55m
5	Robert Martin	Clayton Park Jr.	1.45m
6	Van-Rae Anderson	Charles P. Allen	1.69m
7	Ethan Ault	Clayton Park Jr.	1.45m
8	Folu Adebisi	Halifax Gramma	1.53m
9	Graham Sauer	Fairview Jr.	1.50m
10	Jude Cameron	Charles P. Allen	1.50m
11	Jabari Benjamin	Sackville High	1.50m
12	Alex Frid	Halifax Central	1.59m
13	Thomas McDonald	Island View	1.66m
14	Mason Thurber	Charles P. Allen	1.55m
15	Preston Mader-Reid	Clayton Park Jr.	1.40m
16	Victor Dao	Armbrae	1.45m

**Event 65 Girls High Jump Senior****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 1.72m 1983 Linda Ayer

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Amber Salter	Millwood High	1.28m
2	Beth Ejigu	Citadel High	1.31m
3	Molly White	Lockview High	1.40m
4	Haley MacLellan	Dartmouth High	1.20m
5	Adalia Wambolt	Millwood High	1.15m
6	Claire Covert	Halifax West	1.43m
7	Taven Stevenson	Lockview High	1.40m
8	Norelle Pernilla Epouba M	Citadel High	1.37m
9	Jessica MacDonald	Lockview High	1.43m

**Event 66 Boys High Jump Senior****Thursday 2022-05-26 - 10:00 AM**

SSNS: 2.06m 1981 Tim Wrigley

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Noah MacPherson	Cole Harbour	NH
2	Mason Whynot	Island View	1.50m
3	Brad Howatt	Citadel High	1.50m
4	Daniel Kukoyi	J.L. Ilsley	1.35m
5	Kelvin Mackinnon	Lockview High	1.40m
6	Liam Macaulay	Auburn Drive	1.70m
7	Djef Thompson	Citadel High	1.50m
8	Miracle Fasaye	J.L. Ilsley	1.45m
9	Jack Machray Saulnier	Millwood High	1.55m
10	Marlowe Slawter	Auburn Drive	1.50m
11	Hayden Bures	Lockview High	1.73m
12	Joshua Phonchareon	Citadel High	1.79m
13	Praise Babalola	Dartmouth High	1.55m

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**Event 67 Girls Triple Jump Junior****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 11.00m 2016-06-03 Sierra Sweeney

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Zaila Benjamin	Leslie Thomas	9.44m	_____
2	Chanelle Rodriguez-Coop	Fairview Jr.	8.33m	_____
3	Joelle Gray	Herring Cove Jr.	7.13m	_____
4	Sarah Sheppard	Astral Drive	8.71m	_____
5	Maddy Hussey	Bicentennial	7.04m	_____
6	Julianne Tran	Madeline Symor	7.31m	_____
7	Olivia Smith	Halifax Central	7.12m	_____
8	Emmy Mastnak	St. Agnes Jr.	8.00m	_____
9	Isobel Schrader	Sacred Heart	8.82m	_____
10	Madeline Campbell	St. Agnes Jr.	7.20m	_____
11	Sophia Macauley	Madeline Symor	7.49m	_____
12	Lydia Muise	Astral Drive	7.33m	_____
13	Amalia Kolic	Georges P. V	7.33m	_____
14	Isabelle Steele	Astral Drive	7.31m	_____
15	Jenna Lucas	Elizabeth Suther	7.39m	_____
16	Millie Madden	Five Bridges Jun	7.97m	_____

**Event 68 Boys Triple Jump Junior****Thursday 2022-05-26 - 10:00 AM**

SSNS: 12.03m 2012 Kaelan Schmidt

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Eric Roberts	Madeline Symor	8.97m	_____
2	Logan Ferrar Foote	Elizabeth Suther	8.67m	_____
3	Eric Klemm	Rocky Lake Jr	9.09m	_____
4	Ben Kowalczyk	Halifax Central	9.12m	_____
5	Stephan Kozub	Ridgecliff	9.47m	_____
6	Leo Mont	Rocky Lake Jr	9.98m	_____
7	Jacoby MacDonald	Rocky Lake Jr	9.65m	_____
8	Aaron Chipp	Elizabeth Suther	8.57m	_____
9	Sebastien Muise	Madeline Symor	9.29m	_____
10	Shakib Abdull Wahid	Fairview Jr.	9.16m	_____
11	Evan Davis	Astral Drive	9.21m	_____
12	Sam Ryan	Caledonia	8.15m	_____
13	Ethan Daniel	St. Agnes Jr.	8.15m	_____
14	Mi'kell Bottomley-Pyke	Fairview Jr.	8.30m	_____
15	Jesse Chipman	Eastern Passage	8.87m	_____
16	Issac Fillmore	Elizabeth Suther	8.80m	_____

**Event 69 Girls Triple Jump Intermediate****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 11.19m 2016-06-03 Gabrielle Fraser

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Angela Too	Ridgecliff	8.70m	_____
2	Julia Wilkie	Fairview Jr.	7.66m	_____
3	Caroline Corkum	Ridgecliff	8.17m	_____
4	Clara Kibble	Astral Drive	8.11m	_____
5	Kalieghe Oulton	Charles P. Allen	8.49m	_____
6	Cate Gaudry	Lockview High	9.68m	_____
7	Luchi Cohen	Oxford School	8.12m	_____
8	Cayden Cowan	Halifax Central	8.13m	_____
9	Sarah Spellman	Oxford School	8.29m	_____
10	Heidi Kelmm	Charles P. Allen	7.20m	_____
11	Marley MacLellan	Astral Drive	7.52m	_____
12	La'nazia Jordan	Armbrae	7.69m	_____
13	Maddie Lilly	Astral Drive	7.67m	_____
14	Ava Macnutt	Fairview Jr.	8.59m	_____
15	Charlotte Brilliant	St. Agnes Jr.	7.43m	_____
16	Feyi Rotimi	Fairview Jr.	8.74m	_____

**Event 70 Boys Triple Jump Intermediate****Thursday 2022-05-26 - 12:00 PM**

SSNS: 13.82m 1986 Mike Arodugba

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Corey Ross	Oxford School	11.09m	_____
2	Rowen Colburn	Halifax Central	10.02m	_____
3	Victor Dao	Armbrae	9.20m	_____
4	Alec MacIsaac	Oxford School	9.18m	_____
5	Callum Cogswell	Halifax Central	9.88m	_____
6	Madden Ross	Ridgecliff	9.60m	_____
7	Folu Adebisi	Halifax Gramma	12.29m	_____
8	Alex Frid	Halifax Central	10.27m	_____
9	Leo Milie	Ridgecliff	9.63m	_____
10	Jace LeBlanc	Bay View Hig	10.25m	_____
11	Parker MacDonald	Ridgecliff	9.59m	_____
12	Jake Wambolt	Auburn Drive	10.19m	_____
13	Jabari Benjamin	Sackville High	9.98m	_____
14	Ini Onabanjo	Fairview Jr.	9.23m	_____
15	Keegan May	Madeline Symor	9.52m	_____
16	Dylan Reynolds	Rocky Lake Jr	9.65m	_____

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**Event 71 Girls Triple Jump Senior****Wednesday 2022-05-25 - 12:00 PM**

SSNS: 11.71m 2018-06-01 Gabrielle Fraser

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Avelyn Babcock	Auburn Drive	8.93m	_____
2	Kate Bagnell	Citadel High	8.61m	_____
3	Claire Wilson-Dyment	Sacred Heart	8.20m	_____
4	Emma Crowe	Lockview High	9.56m	_____
5	Makena MacDonald	Charles P. Allen	7.92m	_____
6	Amber Salter	Millwood High	7.45m	_____
7	Abbey Ashton	Charles P. Allen	9.14m	_____
8	Haley MacLellan	Dartmouth High	9.38m	_____
9	Taven Stevenson	Lockview High	8.33m	_____
10	Norelle Pernilla Epouba M	Citadel High	8.56m	_____
11	Jessica MacDonald	Lockview High	9.21m	_____
12	Emily Dodge	Lockview High	8.99m	_____
13	Claire Covert	Halifax West	9.81m	_____

**Event 72 Boys Triple Jump Senior****Thursday 2022-05-26 - 2:00 PM**

SSNS: 14.25m 1964 Howie Jackson

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Zach Keddy	Bay View Hig	10.71m	_____
2	Isaac Lurette	Millwood High	9.64m	_____
3	Emmanuel Tabiri	Halifax West	11.45m	_____
4	Cash Bertolo	Citadel High	9.45m	_____
5	Lukas Marks	J.L. Ilsley	7.99m	_____
6	Joshua Phonchareon	Citadel High	10.08m	_____
7	Ethan Ayer	Millwood High	10.75m	_____
8	Stephen Papa	Citadel High	8.12m	_____
9	Charlie Hunter	Halifax Gramma	10.95m	_____
10	Liam Macaulay	Auburn Drive	10.91m	_____
11	Jack Machray Saulnier	Millwood High	9.87m	_____
12	Djef Thompson	Citadel High	9.41m	_____
13	Hayden Bures	Lockview High	11.19m	_____

**Event 73 Girls Shot Put 3kg Junior****Thursday 2022-05-26 - 10:00 AM**

SSNS: 11.58m 2010 Taylor Stutley

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Emma Holder	Rocky Lake Jr	6.80m	_____
2	Cassie Cole	A.J. Smeltze	7.02m	_____
3	Hanalei Bérubé Macinnis	Hfx Independan	6.83m	_____
4	Sofyia Grygoryev	Astral Drive	7.26m	_____
5	Karly Boudreau	Eastern Passage	7.16m	_____
6	Isioma Ugur	Gorsebrook Jr.	7.32m	_____
7	Rachel Power	St. Agnes Jr.	7.26m	_____
8	Emma Browne	Georges P. V	7.44m	_____
9	Stephanie Foran	St. Agnes Jr.	6.97m	_____
10	Ashley Reynolds	Oyster Pond	7.86m	_____
11	Jaden Macarthur	Gorsebrook Jr.	6.83m	_____
12	Malia MacDonald	Cunard Jr.	7.83m	_____
13	Peyton Phillips	Highland Park Jr	6.79m	_____
14	Lacey Faye Edwards	Five Bridges Jun	7.24m	_____
15	Bridget Mutipula	Clayton Park Jr.	7.50m	_____
16	Sophie Cormier	Astral Drive	7.08m	_____

**Event 74 Boys Shot Put 4kg Junior****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 14.37m 2016-06-03 Logan Taylor

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	John Michael Forrestall	Caledonia	9.10m	_____
2	Grady Cogan	Leslie Thomas	7.64m	_____
3	Danny Walters	St. Agnes Jr.	9.15m	_____
4	Mi'kell Bottomley-Pyke	Fairview Jr.	7.90m	_____
5	Donovan Jay	Five Bridges Jun	9.46m	_____
6	Jesse Chipman	Eastern Passage	7.66m	_____
7	Rudy Shang	Bedford Academ	8.18m	_____
8	Chad Johnston	Eastern Passage	8.80m	_____
9	Bashir Alobeiydi	Fairview Jr.	9.25m	_____
10	Mac Taylor	Rocky Lake Jr	9.20m	_____
11	Judah Martin	Dartmouth So	8.13m	_____
12	Andrew McQuarrie	Gaetzbrook	7.80m	_____
13	Ben Kowalczyk	Halifax Central	8.08m	_____
14	Shakib Abdull Wahid	Fairview Jr.	9.83m	_____
15	Cameron McNair	Madeline Symor	8.04m	_____
16	Andrew Rice	St. Agnes Jr.	8.35m	_____



**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 75 Girls Shot Put 4kg Intermediate****Thursday 2022-05-26 - 2:00 PM**

SSNS: 12.98m 2009

Chelsea Whalen

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Feyi Rotimi	Fairview Jr.	6.79m	_____
2	Rosa Locke	Oyster Pond	6.52m	_____
3	Mae Teed	Fairview Jr.	7.38m	_____
4	Olivia Harrison	Bicentennial	7.12m	_____
5	Nickayla Randall	Ridgecliff	6.46m	_____
6	Ruth O'Regan	Halifax Gramma	7.95m	_____
7	Elaine Bussey	Five Bridges Jun	6.68m	_____
8	Adalee Speers	Rocky Lake Jr	8.50m	_____
9	Finlay Macpherson	Madeline Symor	7.20m	_____
10	McKenna Scotland	Graham Creightc	6.28m	_____
11	Anna Bezanson	St. Agnes Jr.	7.22m	_____
12	Nell McClare	Sacred Heart	6.85m	_____
13	Jillian Marsman	Citadel High	6.66m	_____
14	Tomi Adeoye	Cole Harbour	7.90m	_____
15	Heidi Kelmm	Charles P. Allen	6.90m	_____
16	Shaelynn Reimer	St. Agnes Jr.	6.59m	_____

**Event 76 Boys Shot Put 5kg Intermediate****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 14.88m 2016-06-03 Cameron Whynot

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Brandon White	Eric Graves Jr.	9.00m	_____
2	Jevon Farmer	Clayton Park Jr.	9.90m	_____
3	Nick Hodgson	Astral Drive	8.30m	_____
4	Zach White	Halifax Gramma	9.83m	_____
5	Sydney Stonehouse	Graham Creightc	9.16m	_____
6	Shpat Sahiti	Clayton Park Jr.	8.48m	_____
7	Aiden Fitzpatrick	Astral Drive	9.06m	_____
8	Alasdair Watson	St. Agnes Jr.	8.91m	_____
9	Noah Giffin	Five Bridges Jun	9.12m	_____
10	Jayden MacLean	Auburn Drive	9.62m	_____
11	Jack Britton	Five Bridges Jun	8.64m	_____
12	Cameron Greenlaw	Prince Andrew	8.81m	_____
13	Konstantin Malbeuf	Island View	8.74m	_____
14	Chris Brill	Gorsebrook Jr.	9.96m	_____
15	Elliot Kavanaugh	Prince Andrew	8.97m	_____
16	Carson Grijm	Island View	8.34m	_____
17				_____

**Event 77 Girls Shot Put 4kg Senior****Thursday 2022-05-26 - 12:00 PM**

SSNS: 13.26m 2010

Chelsea Whalen

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Amber Salter	Millwood High	6.38m	_____
2	Abi Horne	Charles P. Allen	5.32m	_____
3	Maddie Scotland	Auburn Drive	6.18m	_____
4	Sophie Maunder	Halifax West	7.81m	_____
5	Alex Godsoe	J.L. Ilsley	6.93m	_____
6	Taven Stevenson	Lockview High	7.60m	_____
7	Clara Jackson	Citadel High	7.88m	_____
8	Avelyn Babcock	Auburn Drive	5.70m	_____
9	Molly White	Lockview High	8.06m	_____
10	Sophie Van Berkel	Auburn Drive	5.48m	_____
11	Kathryn Heaslip	Prince Andrew	5.65m	_____

**Event 78 Boys Shot Put 6kg Senior****Wednesday 2022-05-25 - 12:00 PM**

SSNS: 16.17m 2012

Peter Millman

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Chase MacDonald	Lockview High	9.24m	_____
2	Beck Mackay	Bay View Hig	9.96m	_____
3	Sam Hopkins	Charles P. Allen	9.20m	_____
4	Mike Kenney	Halifax Gramma	9.24m	_____
5	Carter Moran	Sackville High	8.84m	_____
6	Mathieu Lefrancois	Armbrac	6.80m	_____
7	Seth Channing	Millwood High	9.92m	_____
8	Lukas Marks	J.L. Ilsley	7.45m	_____
9	Quinn Fox	Lockview High	9.10m	_____
10	Rylan Murphy	Charles P. Allen	14.24m	_____
11	Kyle Colley	Auburn Drive	8.66m	_____

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 79 Girls Discus Throw 0.75kg Junior****Wednesday 2022-05-25 - 12:00 PM**

SSNS: 30.10m 2019-05-31 Sara Scott

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Denver Hawkins	SackvilleHeights	18.49m	_____
2	Georgia Boutilier	Oxford School	16.11m	_____
3	Anna Lyttle	Elizabeth Suther	18.46m	_____
4	Jenna Greenwood	Caledonia	16.95m	_____
5	Isabelle Pickup	A.J. Smeltze	17.42m	_____
6	Jamie Smith	Georges P. V	19.09m	_____
7	Kelsey McKinnon	Oxford School	16.71m	_____
8	Luella Allen	St. Agnes Jr.	17.49m	_____
9	Meaghan Ferguson	Shambhala Scho	17.63m	_____
10	Lyric Eltvik	Oxford School	16.60m	_____
11	Millie Madden	Five Bridges Jun	22.82m	_____
12	Lacey Faye Edwards	Five Bridges Jun	23.15m	_____
13	Harley Foubert	Five Bridges Jun	19.58m	_____
14	Julianne Tran	Madeline Symor	19.16m	_____
15	Peyton Phillips	Highland Park Ji	19.28m	_____
16	Paige Rehberg	Eastern Passage	17.40m	_____

**Event 80 Boys Discus Throw 1kg Junior****Thursday 2022-05-26 - 2:00 PM**

SSNS: 43.75m 2016-06-04 Parker Swain

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Judah Martin	Dartmouth So	22.40m	_____
2	Shakib Abdull Wahid	Fairview Jr.	26.10m	_____
3	Noah Channing	SackvilleHeights	23.56m	_____
4	Chris Thompson	Caledonia	21.10m	_____
5	Mac Taylor	Rocky Lake Jr	19.07m	_____
6	Dorien Mosher	Gaetzbrook	20.35m	_____
7	Andrew Colbourne	Oyster Pond	22.15m	_____
8	Ryan Aucoin	Bicentennial	20.87m	_____
9	Andrew D'Arcy	Georges P. V	20.90m	_____
10	Ryan Wiggins	A.J. Smeltze	20.47m	_____
11	Logan Taylor	Madeline Symor	20.63m	_____
12	Drew Sanderson	Halifax Gramma	21.91m	_____
13	Liam Connolly	Halifax Central	22.32m	_____
14	Reginald Kissi-Appiah	Fairview Jr.	20.65m	_____
15	Danny Walters	St. Agnes Jr.	25.38m	_____
16	Chad Johnston	Eastern Passage	20.16m	_____

**Event 81 Girls Discus Throw 1kg Intermediate****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 39.15m 2012

Sarah Colborne

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Sofia Osborne	Fairview Jr.	18.50m	_____
2	Shaelynn Reimer	St. Agnes Jr.	18.23m	_____
3	Lily Brown	Astral Drive	16.40m	_____
4	Morgan Dobson	Oyster Pond	14.66m	_____
5	Heidi Kelmm	Charles P. Allen	18.00m	_____
6	Camryn Whynot	Madeline Symor	17.43m	_____
7	Kira Mercer	Ridgecliff	15.68m	_____
8	Finlay Macpherson	Madeline Symor	19.51m	_____
9	Elaine Bussey	Five Bridges Jun	18.05m	_____
10	Feyi Rotimi	Fairview Jr.	21.72m	_____
11	Ruth O'Regan	Halifax Gramma	23.22m	_____
12	Jayne Irving	Astral Drive	15.31m	_____
13	Olivia Hunter	Halifax Gramma	18.91m	_____
14	Olivia Harrison	Bicentennial	17.66m	_____
15	Cayden Cowan	Halifax Central	18.93m	_____
16	Jenna Martin	Fairview Jr.	18.44m	_____

**Event 82 Boys Discus Throw 1.5kg Intermediate****Thursday 2022-05-26 - 10:00 AM**

SSNS: 42.37m 2018-06-02

Duncan McLaughlin

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Owen Hickey	St. Agnes Jr.	19.99m	_____
2	Taylor Hollett	J.L. Ilsley	21.48m	_____
3	Robert Martin	Clayton Park Jr.	20.30m	_____
4	Ethan Manke	Astral Drive	20.13m	_____
5	Noah Giffin	Five Bridges Jun	21.57m	_____
6	Landon Smith	Sackville High	25.41m	_____
7	Roman Sabinski	Island View	19.04m	_____
8	Carson Grijm	Island View	20.83m	_____
9	Brandon White	Eric Graves Jr.	23.81m	_____
10	Jaden Phinney	Astral Drive	24.45m	_____
11	Noah Cain	Oxford School	21.99m	_____
12	Nick Hodgson	Astral Drive	19.77m	_____
13	Jevon Farmer	Clayton Park Jr.	20.22m	_____
14	Matt Aucoin	Charles P. Allen	19.84m	_____
15	Kenzie Wagner	Fairview Jr.	20.47m	_____
16	Wyatt Rainham	Halifax Central	19.84m	_____

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Event 83 Girls Discus Throw 1kg Senior****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 41.92m 2012

Kayla Gallagher

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Monica Johnston	Lockview High	17.23m	_____
2	Abbey Ashton	Charles P. Allen	22.47m	_____
3	Sophie Van Berkel	Auburn Drive	6.40m	_____
4	Alex Godsoe	J.L. Ilsley	20.33m	_____
5	Molly White	Lockview High	20.40m	_____
6	Sophie Maunder	Halifax West	19.11m	_____
7	Taven Stevenson	Lockview High	14.28m	_____
8	Adalia Wambolt	Millwood High	17.61m	_____
9	Emily Dodge	Lockview High	17.48m	_____
10	Kathryn Heaslip	Prince Andrew	9.85m	_____
11	Abbey Aucoin	Dartmouth High	18.78m	_____

**Event 84 Boys Discus Throw 1.75kg Senior****Thursday 2022-05-26 - 12:00 PM**

SSNS: 49.76m 2012

Peter Millman

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Lukas Marks	J.L. Ilsley	21.46m	_____
2	Chase MacDonald	Lockview High	22.97m	_____
3	Carter Moran	Sackville High	20.51m	_____
4	Mike Kenney	Halifax Gramma	25.28m	_____
5	Seth Channing	Millwood High	25.00m	_____
6	Rylan Murphy	Charles P. Allen	26.23m	_____
7	Maxwell Sparks	Prince Andrew	6.91m	_____
8	Colin McKenna	Lockview High	22.74m	_____
9	Beck Mackay	Bay View Hig	21.67m	_____
10	Sam Hopkins	Charles P. Allen	22.53m	_____
11	Quinn Fox	Lockview High	20.46m	_____

**Event 85 Girls Javelin Throw 400g Junior****Thursday 2022-05-26 - 2:00 PM**

SSNS: 37.38m 1999

Katherine Markusson

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Simi Shodunke	Dartmouth So	18.51m	_____
2	Jillian Bowes	Clayton Park Jr.	16.26m	_____
3	Rowan Cutcliffe	Astral Drive	13.97m	_____
4	Olivia Murphy	Bicentennial	15.99m	_____
5	Stephanie Foran	St. Agnes Jr.	15.99m	_____
6	Emily Jackson	Fairview Jr.	20.85m	_____
7	Isla Fair	Caledonia	20.02m	_____
8	Millie Madden	Five Bridges Jun	15.49m	_____
9	Victoria Gallant	Elizabeth Suther	17.72m	_____
10	Emma Browne	Georges P. V	16.48m	_____
11	Sofyia Grygoryev	Astral Drive	13.48m	_____
12	Lyric Eltvik	Oxford School	19.28m	_____
13	Harley Foubert	Five Bridges Jun	14.83m	_____
14	Mariah Dicks	Highland Park Jr	21.71m	_____
15	Isabelle Pickup	A.J. Smeltze	15.23m	_____
16	Kalayah Sparks	Graham Creight	16.94m	_____
17	Laura Sinclair-White	Gaetzbrook	14.99m	_____

**Event 91 Boys Javelin Throw 600g Junior****Wednesday 2022-05-25 - 2:00 PM**

SSNS: 45.48m 2015

Michael Adams

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Duncan Isbister	Rocky Lake Jr	23.42m	_____
2	Shakib Abdull Wahid	Fairview Jr.	24.29m	_____
3	Oscar Grace	Clayton Park Jr.	22.25m	_____
4	Seamus Macaulay	Shambhala Scho	24.74m	_____
5	Rory Fox	Georges P. V	21.67m	_____
6	Haydn Hopkins	Five Bridges Jun	21.19m	_____
7	Oliver Murphy	Georges P. V	21.67m	_____
8	Donovan Jay	Five Bridges Jun	21.51m	_____
9	Cohen Laing	St. Agnes Jr.	20.59m	_____
10	Bashir Alobeiydi	Fairview Jr.	24.61m	_____
11	Colin Foote	Five Bridges Jun	27.42m	_____
12	Bram St. Peters	Armbrae	22.77m	_____
13	Phoenix Hunt	Dartmouth So	25.23m	_____
14	Alex Allain	Madeline Symor	25.65m	_____
15	Andrew Rice	St. Agnes Jr.	21.45m	_____
16	Mac Taylor	Rocky Lake Jr	26.39m	_____

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**Event 97 Girls Javelin Throw 500g Intermediate****Thursday 2022-05-26 - 12:00 PM**

SSNS: 41.73m 2016-06-04 Madelyn Quinn

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Maya Vats	Five Bridges Jun	14.27m
2	Anna Bezanson	St. Agnes Jr.	19.55m
3	Alyssah Perkins	Graham Creightc	14.07m
4	Camryn Whynot	Madeline Symor	13.32m
5	Luchi Cohen	Oxford School	15.49m
6	Melanie Bortolin	Astral Drive	15.52m
7	Julia McInnis	Fairview Jr.	22.80m
8	Kaitlyn Langille	Lockview High	23.22m
9	Olivia Harrison	Bicentennial	23.10m
10	Jayne Irving	Astral Drive	16.75m
11	Tess MacLean	Fairview Jr.	20.40m
12	Shaelynn Reimer	St. Agnes Jr.	15.89m
13	Gabby Vilardi	Rocky Lake Jr	21.80m
14	Jillian Marsman	Citadel High	16.75m
15	Maddie Cluett	Fairview Jr.	18.28m
16	Lily Brown	Astral Drive	14.36m

**Event 103 Boys Javelin Throw 700g Intermediate****Wednesday 2022-05-25 - 12:00 PM**

SSNS: 54.19m 2019-05-31 Noah Berniquer

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Austin Laybolt	Gaetzbrook	20.62m
2	Roman Sabinski	Island View	27.94m
3	Landon Smith	Sackville High	27.87m
4	Yusef Ozbek	St. Agnes Jr.	23.00m
5	Ali Hazim	J.L. Ilsley	22.45m
6	Emmet Petersmann	Hfx Independan	22.98m
7	Sam White	Halifax Gramma	23.49m
8	Andrew Toth	Rocky Lake Jr	22.67m
9	Callum Milne	St. Agnes Jr.	25.47m
10	Jack Foerster	Halifax Central	22.83m
11	Alvyn Kyalo	Island View	23.75m
12	Owen Hickey	St. Agnes Jr.	23.79m
13	Roy Yeon	Rocky Lake Jr	23.79m
14	Donte Watson	Clayton Park Jr.	23.87m
15	Jayden MacLean	Auburn Drive	21.85m
16	Thomas McDonald	Island View	24.28m

**Event 109 Girls Javelin Throw 600g Senior****Thursday 2022-05-26 - 10:00 AM**

SSNS: 44.20m 2010 Chelsea Whalen

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Avelyn Babcock	Auburn Drive	14.91m
2	Alex Godsoe	J.L. Ilsley	16.16m
3	Abbey Ashton	Charles P. Allen	16.99m
4	Clara Jackson	Citadel High	21.10m
5	Hailey Tanner	Charles P. Allen	25.64m
6	Julia Konigshofer	Lockview High	37.60m
7	Lyndsay Beaton	Auburn Drive	12.37m
8	Molly White	Lockview High	11.91m
9	Maddie Scotland	Auburn Drive	20.43m
10	Sophie Maunder	Halifax West	21.17m

**Event 115 Boys Javelin Throw 800g Senior****Wednesday 2022-05-25 - 10:00 AM**

SSNS: 61.64m 2005 Adam Wolkins

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Ali Mohamed	Armbrac	13.59m
2	Owen Jones	Millwood High	25.24m
3	Zach Wincey	Charles P. Allen	33.14m
4	Nick Ferguson	Bay View Hig	28.58m
5	Jeco Tundagui	Sackville High	33.47m
6	Seth Channing	Millwood High	24.57m
7	Rylan Harrington	Halifax West	33.74m
8	Blake McEwen-Adams	Sackville High	27.14m
9	Lukas Marks	J.L. Ilsley	24.20m
10	Theo Vasili	Citadel High	30.75m
11	Cody Stevens	Cole Harbour	33.98m
12	Kai Pavlo	Charles P. Allen	27.63m
13	Gavin Savoie	Halifax West	33.24m
14	Keifer Schella	Citadel High	1.70m

**Event 120 Girls 100 Meter Dash Supported Junior****Wednesday 2022-05-25 - 10:30 AM**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Claire Simms	Madeline Symor	18.21
2	Brooklyn Willis	Astral Drive	17.82
3	Dawn MacKenzie	Sackville High	18.50
4	Lataijah Smith	Graham Creightc	17.91
5			
6			
7			
8			

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
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**Section 2 of 2 Finals...(Event 120 Girls 100 Meter Dash Supp**

1	Jorja Maccullum	Astral Drive	17.43	_____
2	Olivia Ferus	Astral Drive	17.63	_____
3	Courtney Diggs	Graham Creightc	16.51	_____
4	Bella MacKenzie	St. Agnes Jr.	13.65	_____
5	Charlotte Fleet	Bicentennial	20.17	_____
6	Lily Gannett	Bicentennial	16.00	_____
7	Maliah Lucas	Harold T Barrett	16.43	_____
8	Abby Livingston	Dartmouth High	28.81	_____

**Event 121 Boys 100 Meter Dash Supported Junior****Wednesday 2022-05-25 - 10:30 AM**

Lane	Name	School	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Vincent Fitzmorris	Gaetzbrook	15.59	_____
2	Kai McDonald	Sir RobertBorde	17.13	_____
3	Keegan Smith	Caledonia	16.23	_____
4	Lando Telfer	Sir RobertBorde	17.37	_____
5	Henry Eisenhauer	Caledonia	30.12	_____
6	Roy Hubley-Stevens	Sackville High	14.83	_____
7	Nick Brun-Keogan	Bicentennial	19.63	_____
8	Aven Sanford	Fairview Jr.	15.57	_____

**Section 2 of 2 Finals**

1	Deray Cain-Downey	Graham Creightc	12.28	_____
2	Bryson Hines	Harold T Barrett	13.00	_____
3	Jonathan Assoun-Gritten	Eric Graves Jr.	14.58	_____
4	Noah Dunlop	Caledonia	13.43	_____
5	Kasey Roy	Clayton Park Jr.	15.00	_____
6	Luke MacDonald	Madeline Symor	14.63	_____
7	Dennis Eisenhauer	Caledonia	15.50	_____
8	Triston Lucas	Sackville High	14.30	_____

**Event 122 Girls 100 Meter Dash Supported Senior****Wednesday 2022-05-25 - 10:30 AM**

Lane	Name	School	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Allison Jones	Cole Harbour	23.49	_____
2	Brywn Simmons	Citadel High	24.17	_____
3	Kira Callaghan	Sackville High	22.12	_____
4	Hilary White	Millwood High	20.81	_____
5	Makenah Brown	Auburn Drive	21.55	_____
6	Amarissa Husain Alias	Citadel High	21.47	_____
7	Emaan Haleem	Halifax West	21.97	_____
8	Trishie Schnare	Dartmouth High	26.53	_____

**Section 2 of 2 Finals**

1	Drew Warkentin	J.L. Ilsley	13.44	_____
2	Ashley Spicer	Halifax West	20.98	_____
3	Rachel Vassaur	Halifax West	17.75	_____
4	Hailey Smith	Millwood High	16.47	_____
5	Abbie Usher	Auburn Drive	20.45	_____
6	Theresa Julian	Millwood High	18.26	_____
7	Marissa Macisaac Filion	Citadel High	16.90	_____
8	Brooke Emms	Charles P. Allen	14.87	_____

**Event 123 Boys 100 Meter Dash Supported Senior****Wednesday 2022-05-25 - 10:30 AM**

Lane	Name	School	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Connor Miller	Sackville High	12.86	_____
2	Haisen Beaton	Dartmouth High	17.83	_____
3	Claudiu Codau	Citadel High	16.95	_____
4	Jacob Martin	Halifax West	15.25	_____
5	Tyler Burgess	Millwood High	13.43	_____
6	Tyler Freeman	Prince Andrew	18.40	_____
7	Declan Harding	Charles P. Allen	13.09	_____
8	Michael Corcoran	Island View	13.24	_____

**Section 2 of 2 Finals**

1	Denis Turner	Cole Harbour	12.69	_____
2	George Slauenwhite	Citadel High	14.57	_____
3	Jack Thornhill	Charles P. Allen	12.82	_____
4	Bahoz Jalal	Halifax West	12.59	_____
5	Logan Barnes	Sackville High	11.12	_____
6	Max Billard	Auburn Drive	12.53	_____
7	Isaac Rockwell	Citadel High	12.40	_____
8	Ahmad Harhash	Halifax West	14.09	_____

**Event 124 Girls Shot Put 3kg-3 throws Supported Junior****Wednesday 2022-05-25 - 11:15 AM**

Pos	Name	School	Seed Mark	
<b>Flight 1 of 1 Finals</b>				
1	Lataijah Smith	Graham Creightc	1.99m	_____
2	Courtney Diggs	Graham Creightc	2.64m	_____
3	Brooke Burke	Five Bridges Jun	2.07m	_____
4	Rhya Fredericks	Five Bridges Jun	2.14m	_____
5	Alivia MacDonald	Madeline Symor	2.18m	_____
6	Abby Livingston	Dartmouth High	3.86m	_____
7	Kaleigh Martin	Millwood High	1.99m	_____
8	Olivia Ferus	Astral Drive	2.53m	_____
9	Brooklyn Willis	Astral Drive	3.13m	_____
10	Sophie Fougere	Gaetzbrook	3.79m	_____
11	Bella MacKenzie	St. Agnes Jr.	5.29m	_____



**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 125 Boys Shot Put 4kg-3 throws Supported Junior**

Wednesday 2022-05-25 - 11:15 AM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Daniel Church	Gaetzbrook	3.57m
2	Vincent Fitzmorris	Gaetzbrook	4.34m
3	Jay-Von Beals	Graham Creight	5.91m
4	Jonathan Assoun-Gritten	Eric Graves Jr.	5.71m
5	Treyzi Brooks	Eric Graves Jr.	3.23m
6	Luke MacDonald	Madeline Symor	3.76m
7	Isaiah Macintyre	Madeline Symor	3.86m
8	Caleb Gray	Madeline Symor	3.74m
9	Kai McDonald	Sir RobertBorde	4.26m
10	Kasey Roy	Clayton Park Jr.	4.97m
11	Severn Abraham	Fairview Jr.	4.61m
12	Colby Horne	Fairview Jr.	3.51m
13	Ashe Boudreau	Fairview Jr.	4.58m
14	Jamel Myers	Cunard Jr.	3.97m
15	Roy Hubley-Stevens	Sackville High	3.57m
16	Triston Lucas	Sackville High	6.13m
17	Keegan Smith	Caledonia	5.85m

**Event 126 Girls Shot Put 3kg-3 throws Supported Senior**

Wednesday 2022-05-25 - 11:15 PM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Drew Warkentin	J.L. Ilsley	3.09m
2	Brooke Emms	Charles P. Allen	5.95m
3	Emaan Haleem	Halifax West	2.64m
4	Ashley Spicer	Halifax West	4.38m
5	Rachel Vassaur	Halifax West	4.38m
6	Makenah Brown	Auburn Drive	3.18m
7	Dawn MacKenzie	Sackville High	4.37m
8	Kira Callaghan	Sackville High	2.63m
9	Tamara Ross	Dartmouth High	2.47m
10	Trishie Schnare	Dartmouth High	2.62m
11	Hailey Smith	Millwood High	5.12m
12	Hilary White	Millwood High	5.06m
13	Becky Guevera	Prince Andrew	3.04m
14	Marissa Macisaac Filion	Citadel High	5.12m

**Event 127 Boys Shot Put 4kg-3 throws Supported Senior**

Wednesday 2022-05-25 - 11:15 AM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Isaac Gillis	Dartmouth High	4.10m
2	Matthew Mckinnon	Dartmouth High	4.22m
3	Omar Ezrighi	Prince Andrew	8.11m
4	Logan Barnes	Sackville High	5.22m
5	Connor Miller	Sackville High	5.99m
6	Carson Lawlor	Sackville High	5.51m
7	Isaac Rockwell	Citadel High	4.85m
8	Pj St. George	Citadel High	4.69m
9	Max Billard	Auburn Drive	6.51m
10	Jacob Martin	Halifax West	6.74m
11	Bahoz Jalal	Halifax West	6.09m
12	Ahmad Harhash	Halifax West	5.62m
13	Noah Welton	Island View	6.78m
14	Michael Corcoran	Island View	6.17m
15	Jacob Hale	Eastern Shore	5.29m
16	Denis Turner	Cole Harbour	8.11m

**Event 128 Girls Long Jump 3 jumps only Supported Junior**

Wednesday 2022-05-25 - 10:00 AM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Avah O'Quinn	Madeline Symor	0.64m
2	Alivia MacDonald	Madeline Symor	0.73m
3	Claire Simms	Madeline Symor	1.20m
4	Maliah Lucas	Harold T Barrett	1.47m
5	Jorja Maccullum	Astral Drive	0.77m
6	Brooklyn Willis	Astral Drive	1.37m
7	Latajah Smith	Graham Creight	0.92m
8	Courtney Diggs	Graham Creight	1.97m
9	Bella MacKenzie	St. Agnes Jr.	1.78m

**2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**  
**Meet Program**

**Event 129 Boys Long Jump 3 jumps only Supported Junior**

Wednesday 2022-05-25 - 10:00 AM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Vincent Fitzmorris	Gaetzbrook	1.75m
2	Colby Horne	Fairview Jr.	0.43m
3	Ashe Boudreau	Fairview Jr.	1.74m
4	Aven Sanford	Fairview Jr.	1.04m
5	Dreadon Snaglewski	Fairview Jr.	1.75m
6	Jonathan Assoun-Gritten	Eric Graves Jr.	1.30m
7	Noah Dunlop	Caledonia	1.48m
8	Dennis Eisenhauer	Caledonia	1.59m
9	Kai McDonald	Sir RobertBorde	1.77m
10	Chance Delaronde	Madeline Symor	2.32m
11	Luke MacDonald	Madeline Symor	2.80m
12	Roy Hubley-Stevens	Sackville High	2.35m
13	Triston Lucas	Sackville High	2.95m
14	Deray Cain-Downey	Graham Creight	2.77m
15	Bryson Hines	Harold T Barrett	3.14m
16	Kasey Roy	Clayton Park Jr.	2.16m

**Event 130 Girls Long Jump 3 jumps only Supported Senior**

Wednesday 2022-05-25 - 10:00 AM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Brywn Simmons	Citadel High	0.37m
2	Marissa Macisaac Filion	Citadel High	1.17m
3	Amarissa Husain Alias	Citadel High	1.00m
4	Kayelynn Bennett	Island View	0.21m
5	Makenah Brown	Auburn Drive	1.14m
6	Hailey Smith	Millwood High	2.45m
7	Hilary White	Millwood High	1.30m
8	Theresa Julian	Millwood High	1.62m
9	Becky Guevera	Prince Andrew	0.44m
10	Drew Warkentin	J.L. Ilsley	1.77m
11	Emaan Haleem	Halifax West	1.05m
12	Rachel Vassaur	Halifax West	1.32m
13	Ashley Spicer	Halifax West	1.47m
14	Brooke Emms	Charles P. Allen	2.44m

**Event 131 Boys Long Jump 3 jumps only Supported Senior**

Wednesday 2022-05-25 - 10:00 AM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Noah Welton	Island View	2.38m
2	Logan Barnes	Sackville High	2.83m
3	Connor Miller	Sackville High	3.48m
4	Cory Rogars	Sackville High	2.40m
5	Declan Harding	Charles P. Allen	2.54m
6	William Irving	Auburn Drive	2.86m
7	Max Billard	Auburn Drive	2.90m
8	Jacob Martin	Halifax West	1.31m
9	Bahoz Jalal	Halifax West	3.25m
10	Ahmad Harhash	Halifax West	1.91m
11	Tyler Burgess	Millwood High	2.76m
12	Omar Ezrighi	Prince Andrew	2.45m
13	Tyler Freeman	Prince Andrew	1.82m
14	Kevin Truong	Citadel High	1.16m
15	Pj St. George	Citadel High	0.55m
16	Isaac Rockwell	Citadel High	2.49m

**Event 139 Boys 50 Meter Dash Wheelchair Wheelchair**

Wednesday 2022-05-25 - 10:00 AM

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1			
2			
3	Tj Negus	Prince Andrew	13.48
4			
5			
6	Logan Short	Fairview Jr.	14.00
7			
8			