

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

Results

Girls 100 Meter Dash Junior

SSNS: 12.64 2006

Nikkia Jones

Ties: 12.50 1995

Christine Fleury (hand)

Name	School	Prelims
Preliminaries		
1 Nyah Kaupp	Halifax Grammar	13.33Q
2 Zaila Benjamin	Leslie Thomas	13.41Q
3 Annabelle Raymond	St. Agnes Jr.	13.38Q
4 Lily Blondon	Rocky Lake Jr	13.66Q
5 Gabby Morash	Armbrae	13.60Q
6 Anna Jeong	Halifax Central	13.96Q
7 Chanelle Rodriguez-Coop	Fairview Jr.	13.72q
8 Maeve Culligan	Sacred Heart	13.90q
9 Claire Sanford	Georges P. V	14.01
10 Melissa Mert	Fairview Jr.	14.03
11 Amarachie Ezurike	Clayton Park Jr.	14.05
12 Sierra Williams	Graham Creighton	14.19
13 Valerie Thorpe	Astral Drive	14.19
14 Jane Langille	Georges P. V	14.27
15 Grace Killoran	Bedford Academy	14.35
16 Julia Bowering	Graham Creighton	14.44

Girls 100 Meter Dash Junior

SSNS: 12.64 2006

Nikkia Jones

Ties: 12.50 1995

Christine Fleury (hand)

Name	School	Finals
Finals		
1 Zaila Benjamin	Leslie Thomas	13.08
2 Nyah Kaupp	Halifax Grammar	13.13
3 Annabelle Raymond	St. Agnes Jr.	13.33
4 Gabby Morash	Armbrae	13.42
5 Lily Blondon	Rocky Lake Jr	13.47
6 Chanelle Rodriguez-Coop	Fairview Jr.	13.61
7 Maeve Culligan	Sacred Heart	13.67
8 Anna Jeong	Halifax Central	13.77

Girls 400 Meter Dash Junior

SSNS: 58.99 2019-05-31Cara MacDonald

Name	School	Prelims
Preliminaries		
1 Nyah Kaupp	Halifax Grammar	1:02.83Q
2 Anna Jeong	Halifax Central	1:07.23Q
3 Ayla Williams	Halifax Grammar	1:07.29Q
4 Annika Creighton	Oxford School	1:07.24Q
5 Liviya Driver	Sacred Heart	1:08.61Q
6 Claire Sanford	Georges P. V	1:09.04Q
7 Lydia Libis	Bedford Academy	1:09.00q
8 Winter Dent	Rocky Lake Jr	1:09.05q
9 Isobel Schrader	Sacred Heart	1:09.50
10 Rebecca Fraser	Harold T Barrett	1:09.59

11 Elizabeth Atkinson	Rocky Lake Jr	1:09.64
12 Ella Furey	Halifax Grammar	1:09.90
13 Hailey Dowling	Herring Cove Jr.	1:10.74
14 Genevieve Sherlock	Eastern Passage	1:11.45
15 Josie Leslie	Georges P. V	1:12.48
16 Mackenzie Barter	Astral Drive	1:12.73
17 Anna Blain	Sacred Heart	1:13.01

Girls 400 Meter Dash Junior

SSNS: 58.99 2019-05-31Cara MacDonald

Name	School	Finals
Finals		
1 Nyah Kaupp	Halifax Grammar	1:04.04
2 Anna Jeong	Halifax Central	1:06.23
3 Ayla Williams	Halifax Grammar	1:07.75
4 Annika Creighton	Oxford School	1:08.05
5 Lydia Libis	Bedford Academy	1:08.31
6 Claire Sanford	Georges P. V	1:09.62
7 Liviya Driver	Sacred Heart	1:09.82
8 Winter Dent	Rocky Lake Jr	1:10.51

Girls 1500 Meter Run Junior

SSNS: 4:46.13 2019 Abby Lewis

Name	School	Finals
Finals		
1 Anna Carruthers	Harold T Barrett	4:57.64
2 Faye Chiasson	Halifax Grammar	5:09.46
3 Molly Evers	Five Bridges Jun	5:13.49
4 Heidi Nuyens	Halifax Grammar	5:14.10
5 Elisa Arteaga	Oxford School	5:14.11
6 Grace Galloway	St. Agnes Jr.	5:14.18
7 Deborah Beach	Dartmouth So	5:18.17
8 Liviya Driver	Sacred Heart	5:19.02
9 Livia Dowding	Graham Creighton	5:24.55
10 Morgan Lewis	Leslie Thomas	5:25.99
11 Alena Collens	Gaetzbrook	5:33.71
12 Carley Williams	Halifax Grammar	5:41.49
13 Brooke Keating	Madeline Symond	5:55.13
14 Georgia Miller	Madeline Symond	6:02.76
15 Oliveah Walker	A.J. Smeltze	6:09.56

Girls 80 Meter Hurdles 30" Junior

SSNS: 12.12 2016-06-03Sierra Sweeney

Name	School	Prelims
Preliminaries		
1 Jenna Cantwell	Astral Drive	15.15Q
2 Julia Berry	Oxford School	15.50Q
3 Brianna Hoskin	Dartmouth So	16.20Q
4 Milena Butler	Leslie Thomas	16.57Q
5 Anna Jeong	Halifax Central	16.36Q
6 Ella Flinn	Caledonia	16.63Q
7 Millie Madden	Five Bridges Jun	16.42q

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Preliminaries ... (Girls 80 Meter Hurdles 30" Junior)

Name	School	Prelims
8 Saffa Hassan Hagggar	Rockingstone	16.69q
9 Chloe Davenport	Ellenvale Jr.	16.89
10 Peyton Crowe	Dartmouth So	17.01
11 Eden Hebert-Moore	A.J. Smeltze	17.13
12 Èva Ronayne	Leslie Thomas	17.28
13 Kayla MacLeod	Astral Drive	17.30
14 Kaelyn MacRae	Eastern Passage	17.50
15 Hana Jeong	Halifax Central	17.58

Girls 80 Meter Hurdles 30" Junior

SSNS: 12.12 2016-06-03Sierra Sweeney

Name	School	Finals
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Finals

1 Jenna Cantwell	Astral Drive	14.72
2 Julia Berry	Oxford School	15.80
3 Millie Madden	Five Bridges Jun	16.21
4 Brianna Hoskin	Dartmouth So	16.25
5 Saffa Hassan Hagggar	Rockingstone	16.46
6 Milena Butler	Leslie Thomas	16.55
7 Anna Jeong	Halifax Central	16.68
8 Ella Flinn	Caledonia	16.73

Girls High Jump Junior

SSNS: 1.63m 2004 Laura Maessen

Name	School	Finals
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Finals

1 Olivia Smith	Halifax Central	J1.38m
2 Libby Zhang	St. Agnes Jr.	J1.35m
3 Kennedy May	Madeline Symond	J1.35m
4 Sarah Sheppard	Astral Drive	J1.35m
5 Èva Ronayne	Leslie Thomas	J1.30m
6 Hannah McMullen	Eastern Passage	J1.30m
6 Natalie Bent	Halifax Central	J1.30m
6 Ella Porter	Oxford School	J1.30m
9 Isla Doncaster	Dartmouth So	J1.30m
10 Nolwen Delarue	Elizabeth Suther	J1.25m
11 Simi Shodunke	Dartmouth So	J1.25m
11 Alora Mabe	Five Bridges Jun	J1.25m
13 Gemma Jupp	Madeline Symond	J1.20m
13 Josie Lawrence	Graham Creighton	J1.20m
15 Claire Legrow	Madeline Symond	J1.20m
16 Natalie Sabean	Graham Creighton	J1.15m
17 Lyric Eltvik	Oxford School	J1.15m

Girls Triple Jump Junior

SSNS: 11.00m 2016-06-03Sierra Sweeney

Name	School	Finals
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Finals

1 Zaila Benjamin	Leslie Thomas	10.00m
2 Chanelle Rodriguez-Coop	Fairview Jr.	9.59m
3 Sarah Sheppard	Astral Drive	9.35m

4 Isobel Schrader	Sacred Heart	9.16m
5 Jenna Lucas	Elizabeth Suther	8.29m
6 Isabelle Steele	Astral Drive	8.17m
7 Amalia Kolic	Georges P. V	7.91m
8 Sophia Macauley	Madeline Symond	7.89m
9 Millie Madden	Five Bridges Jun	7.49m
10 Maddy Hussey	Bicentennial	7.48m
11 Olivia Smith	Halifax Central	7.46m
12 Madeline Campbell	St. Agnes Jr.	7.43m
13 Emmy Mastnak	St. Agnes Jr.	7.30m
14 Lydia Muise	Astral Drive	7.16m
15 Julianne Tran	Madeline Symond	7.09m
16 Joelle Gray	Herring Cove Jr.	7.08m

Girls Discus Throw 0.75kg Junior

SSNS: 30.10m 2019-05-31Sara Scott

Name	School	Finals
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Finals

1 Paige Rehberg	Eastern Passage	21.12m
2 Denver Hawkins	SackvilleHeights	21.01m
3 Meaghan Ferguson	Shambhala School	20.25m
4 Millie Madden	Five Bridges Jun	20.14m
5 Lyric Eltvik	Oxford School	19.92m
6 Anna Lyttle	Elizabeth Suther	19.38m
7 Harley Foubert	Five Bridges Jun	19.25m
8 Jamie Smith	Georges P. V	18.90m
9 Lacey Faye Edwards	Five Bridges Jun	18.35m
10 Luella Allen	St. Agnes Jr.	18.16m
11 Julianne Tran	Madeline Symond	17.57m
12 Peyton Phillips	Highland Park Jr	16.81m
13 Jenna Greenwood	Caledonia	15.81m
14 Kelsey McKinnon	Oxford School	15.16m
15 Isabelle Pickup	A.J. Smeltze	14.19m
16 Georgia Boutillier	Oxford School	14.07m

Girls 100 Meter Dash Intermediate

SSNS: 12.33 2007 Marissa Wolter

Ties: 12.20 1997 Christine Fluery (hand)

Name	School	Prelims
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Preliminaries

1 Queen Clayton	Citadel High	13.05Q
2 Fiona Day	Lockview High	13.27Q
3 Isla David	Caledonia	13.35Q
4 Saint Mian Angui	Halifax West	13.58Q
5 Ava Macnutt	Fairview Jr.	13.60Q
6 Kiersten Samson	Prince Andrew	13.71Q
7 Aine O'Neil	Charles P. Allen	13.60q
8 Hannah Richardson-Macki	Ridgecliff	13.81q
9 Ashley Hannah	Astral Drive	13.83
10 Lauren Hatfield	Astral Drive	13.84
11 Ashley Sanderson	Halifax Grammar	13.94
12 Keira Lee	Halifax Grammar	14.05

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Preliminaries ... (Girls 100 Meter Dash Intermediate)

Name	School	Prelims
13 Cate Gaudry	Lockview High	14.14
14 Feyi Rotimi	Fairview Jr.	14.17
15 Ailish Fowler	Astral Drive	14.28
16 Gabby Vilardi	Rocky Lake Jr	14.39

Girls 100 Meter Dash Intermediate

SSNS: 12.33 2007 Marissa Wolter

Ties: 12.20 1997 Christine Fluery (hand)

Name	School	Finals
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Finals

1 Queen Clayton	Citadel High	13.07
2 Fiona Day	Lockview High	13.08
3 Isla David	Caledonia	13.37
4 Saint Mian Angui	Halifax West	13.38
5 Aine O'Neil	Charles P. Allen	13.66
6 Hannah Richardson-Macki	Ridgecliff	13.67
7 Ava Macnutt	Fairview Jr.	13.72
8 Kiersten Samson	Prince Andrew	13.87

Girls 400 Meter Dash Intermediate

SSNS: 57.24 2003 Jenna Martin

Name	School	Prelims
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Preliminaries

1 Sophia Das	Gorsebrook Jr.	1:04.05Q
2 Hannah Richardson-Macki	Ridgecliff	1:04.19Q
3 Vivian Johnson	Halifax Grammar	1:04.22Q
4 Emily Clarke	St. Agnes Jr.	1:04.98Q
5 Poppy Moon	Charles P. Allen	1:05.33Q
6 Kaitlyn Langille	Lockview High	1:06.02Q
7 Allie White	Astral Drive	1:06.52q
8 Avelinn McConnell	Ellenvale Jr.	1:06.71q
9 Keira Lee	Halifax Grammar	1:07.22
10 Julia Snelgrove	Dartmouth High	1:07.42
11 Aine O'Neil	Charles P. Allen	1:07.88
12 Ava Millar	Five Bridges Jun	1:08.07
13 Ally McLean	Dartmouth High	1:08.11
14 Sheelagh Nolan	Halifax Grammar	1:08.23
15 Ava Egamino	Auburn Drive	1:08.87
16 Ella Cozens	Lockview High	1:09.23

Girls 400 Meter Dash Intermediate

SSNS: 57.24 2003 Jenna Martin

Name	School	Finals
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Finals

1 Kaitlyn Langille	Lockview High	1:04.78
2 Sophia Das	Gorsebrook Jr.	1:05.06
3 Hannah Richardson-Macki	Ridgecliff	1:05.17
4 Emily Clarke	St. Agnes Jr.	1:05.73
5 Poppy Moon	Charles P. Allen	1:05.84
6 Avelinn McConnell	Ellenvale Jr.	1:06.50

7 Vivian Johnson	Halifax Grammar	1:06.55
8 Allie White	Astral Drive	1:07.98

Girls 1500 Meter Run Intermediate

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

Name	School	Finals
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Finals

1 Abby Lewis	Lockview High	4:38.39
2 Isabella Jennex	Halifax Grammar	5:08.42
3 Ryli Nolan	Citadel High	5:12.45
4 Sophia Das	Gorsebrook Jr.	5:13.23
5 Julia Wilkie	Fairview Jr.	5:15.74
6 Poppy Moon	Charles P. Allen	5:19.70
7 Paige Carruthers	Lockview High	5:20.56
8 Ally McLean	Dartmouth High	5:31.13
9 Sam Garvey	J.L. Ilsley	5:35.22
10 Evelyn Tobin	Madeline Symond	5:38.30
11 Alessia Dyer	Gorsebrook Jr.	5:41.31
12 Rachel Kibble	Auburn Drive	5:43.24
13 Clairra Kilpatrick	Graham Creighton	5:44.82
14 Ellie Allen	Charles P. Allen	5:49.18
15 Frances MacLeod	Dartmouth High	5:55.44

Girls 80 Meter Hurdles 30" Intermediate

Name	School	Prelims
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Preliminaries

1 Cate Gaudry	Lockview High	13.80Q
2 Aine O'Neil	Charles P. Allen	13.96Q
3 Emma Pickrem	Oxford School	14.32Q
4 Kelsey Matheson	Oxford School	14.34Q
5 Kaitlyn Langille	Lockview High	15.08Q
6 Ellie Allen	Charles P. Allen	15.40Q
7 Juniper Balch	Hfx Independant	15.27q
8 Ashley Hannah	Astral Drive	15.67q
9 Taylor Jurcina	Astral Drive	15.79
10 Julia Wilkie	Fairview Jr.	16.05
11 Sam Garvey	J.L. Ilsley	16.24
12 Bria Cowan	Halifax Central	16.55
13 Lucy Vanberkel	Astral Drive	16.77
14 Ayo Ajetomobi	Citadel High	20.67

Girls 80 Meter Hurdles 30" Intermediate

Name	School	Finals
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Finals

1 Cate Gaudry	Lockview High	13.69
2 Aine O'Neil	Charles P. Allen	14.10
3 Emma Pickrem	Oxford School	14.29
4 Kelsey Matheson	Oxford School	14.54
5 Kaitlyn Langille	Lockview High	15.03
6 Ashley Hannah	Astral Drive	15.31
7 Ellie Allen	Charles P. Allen	15.32
8 Juniper Balch	Hfx Independant	15.50

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Girls High Jump Intermediate

SSNS: 1.72m 1986

Tracey Loke

Ties: 1.72m 1986

Natalie Munroe

Name	School	Finals
Finals		
1 Vivian Johnson	Halifax Grammar	J1.55m
2 Emily Clarke	St. Agnes Jr.	J1.52m
3 Deja Hooper-Dixon	Oxford School	J1.40m
4 Caroline Corkum	Ridgecliff	J1.35m
5 Marley MacLellan	Astral Drive	J1.35m
5 Riley Auby	Astral Drive	J1.35m
5 Cate Gaudry	Lockview High	J1.35m
8 Lexi Parker	Gaetzbrook	J1.30m
8 Ava Parker	Fairview Jr.	J1.30m
10 Rachel Kibble	Auburn Drive	J1.30m
11 Jenna Martin	Fairview Jr.	J1.25m
12 Ashley Hannah	Astral Drive	J1.25m
13 Elizabeth Hoskin	Oxford School	J1.20m
--- Sheelagh Nolan	Halifax Grammar	NH
--- Catherine Khaperska	Madeline Symond	NH

Girls Triple Jump Intermediate

SSNS: 11.19m 2016-06-03 Gabrielle Fraser

Name	School	Finals
Finals		
1 Cate Gaudry	Lockview High	10.08m
2 Feyi Rotimi	Fairview Jr.	9.51m
3 Ava Macnutt	Fairview Jr.	9.19m
4 Kaliegh Oulton	Charles P. Allen	9.16m
5 La'nazia Jordan	Armbrae	9.15m
6 Marley MacLellan	Astral Drive	9.00m
7 Sarah Spellman	Oxford School	8.80m
8 Luchi Cohen	Oxford School	8.57m
9 Angela Too	Ridgecliff	8.35m
10 Julia Wilkie	Fairview Jr.	8.31m
11 Cayden Cowan	Halifax Central	8.24m
12 Maddie Lilly	Astral Drive	8.19m
13 Caroline Corkum	Ridgecliff	8.05m
14 Heidi Kelmm	Charles P. Allen	7.91m
14 Clara Kibble	Astral Drive	7.91m
16 Charlotte Brillant	St. Agnes Jr.	7.54m

Girls Discus Throw 1kg Intermediate

SSNS: 39.15m 2012 Sarah Colborne

Name	School	Finals
Finals		
1 Ruth O'Regan	Halifax Grammar	23.81m
2 Feyi Rotimi	Fairview Jr.	22.51m
3 Morgan Dobson	Oyster Pond	21.97m
4 Heidi Kelmm	Charles P. Allen	20.98m
5 Cayden Cowan	Halifax Central	19.47m
6 Kira Mercer	Ridgecliff	19.44m

7 Camryn Whynot	Madeline Symond	19.30m
8 Elaine Bussey	Five Bridges Jun	17.60m
9 Jenna Martin	Fairview Jr.	17.41m
10 Shaelynn Reimer	St. Agnes Jr.	17.38m
11 Olivia Hunter	Halifax Grammar	17.18m
12 Olivia Harrison	Bicentennial	17.00m
13 Jayme Irving	Astral Drive	16.38m
14 Finlay Macpherson	Madeline Symond	16.19m
15 Sofia Osborne	Fairview Jr.	15.66m
16 Lily Brown	Astral Drive	15.48m

Girls 100 Meter Dash Senior

SSNS: 11.91 2006

Jenna Martin

Ties: 11.70 1975

Celia Branch (hand)

Name	School	Prelims
Preliminaries		
1 Madeline Cook	Charles P. Allen	12.73Q
2 Lynn Sheppard	Auburn Drive	12.80Q
3 Katelyn Wilton	Charles P. Allen	13.30Q
4 Mairo Ikede	Dartmouth High	13.57Q
5 Annabelle Iyoha	Charles P. Allen	13.56Q
6 Hailey Tanner	Charles P. Allen	13.78Q
7 Aariyah McKinney	Citadel High	13.96q
8 Mhyah Allen	Prince Andrew	13.97q
9 Jessica MacDonald	Lockview High	14.07
10 Lori Marsman	Citadel High	14.20
11 Julie O'Sullivan	Lockview High	14.32
12 Rhianna Waligura-Newma	Citadel High	14.41
13 Lucy Boudreau	Lockview High	15.20
14 Rachel MacDonald	Cole Harbour	15.53

Girls 100 Meter Dash Senior

SSNS: 11.91 2006

Jenna Martin

Ties: 11.70 1975

Celia Branch (hand)

Name	School	Finals
Finals		
1 Madeline Cook	Charles P. Allen	12.53
2 Lynn Sheppard	Auburn Drive	12.63
3 Mairo Ikede	Dartmouth High	13.19
4 Katelyn Wilton	Charles P. Allen	13.22
5 Annabelle Iyoha	Charles P. Allen	13.43
6 Hailey Tanner	Charles P. Allen	13.57
7 Aariyah McKinney	Citadel High	13.92

Girls 400 Meter Dash Senior

SSNS: 54.13 2006

Jenna Martin

Name	School	Prelims
Preliminaries		
1 Mya Archibald	Lockview High	1:02.53Q
2 Katherine Sneddon-Simon	Citadel High	1:05.04Q
3 Emma Hamlyn	Sacred Heart	1:05.44Q

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Preliminaries ... (Girls 400 Meter Dash Senior)

Name	School	Prelims
4 Mhyah Allen	Prince Andrew	1:06.60Q
5 Rylin Matheson	Auburn Drive	1:06.62Q
6 Tallulah Macneil	Sacred Heart	1:07.86Q
7 Cassidy Devereaux	Charles P. Allen	1:07.53q
8 Makena MacDonald	Charles P. Allen	1:08.79q
9 Springer Amalie	Dartmouth High	1:09.72
10 Abby Locke	Dartmouth High	1:12.47
11 Sabrina Smith	Cole Harbour	1:13.21
12 Sophie Carmichael	Auburn Drive	1:16.30

Girls 400 Meter Dash Senior

SSNS: 54.13 2006

Jenna Martin

Name	School	Finals
1 Mya Archibald	Lockview High	1:01.60
2 Katherine Sneddon-Simon	Citadel High	1:05.21
3 Emma Hamlyn	Sacred Heart	1:05.41
4 Mhyah Allen	Prince Andrew	1:05.61
5 Cassidy Devereaux	Charles P. Allen	1:08.64
6 Rylin Matheson	Auburn Drive	1:09.32
7 Tallulah Macneil	Sacred Heart	1:11.03
8 Makena MacDonald	Charles P. Allen	1:11.23

Girls 1500 Meter Run Senior

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

Name	School	Finals
1 Monica Johnston	Lockview High	5:11.31
2 Tallulah Macneil	Sacred Heart	5:16.40
3 Anne-Sophie Lerudulier	Sommet	5:26.82
4 Iris Gamble	Halifax West	5:44.38
5 Cayley Lindgreen	Charles P. Allen	5:44.42
6 Katherine Sneddon-Simon	Citadel High	5:51.50
7 Ella Whynot	Charles P. Allen	5:53.27
8 Jacqueline Moore	École second	5:53.87
9 Makena MacDonald	Charles P. Allen	6:06.08
10 Abbey Aucoin	Dartmouth High	6:06.31
11 Sophie Carmichael	Auburn Drive	6:12.60
12 Isabel Casey	Sacred Heart	6:22.23
13 Claire Rankin	Sacred Heart	6:33.38

Girls 100 Meter Hurdles 30" Senior

Name	School	Prelims
1 Claire Covert	Halifax West	16.56Q
2 Jenna Matheson	Citadel High	17.76Q
3 Emma Crowe	Lockview High	18.98Q
4 Julie O'Sullivan	Lockview High	19.56Q
5 Abbey Ashton	Charles P. Allen	20.79Q
6 Lauren MacRae	Charles P. Allen	20.89Q

7 Nyisha Clayton	Auburn Drive	21.10q
8 Molly Anderson	J.L. Ilsley	21.27q
9 Lyndsay Beaton	Auburn Drive	21.29
10 Nina Hinkins	Charles P. Allen	21.42
11 Jillian Langille	J.L. Ilsley	24.06
12 Megan Lane	Citadel High	25.74

Girls 100 Meter Hurdles 30" Senior

Name	School	Finals
1 Claire Covert	Halifax West	16.40
2 Jenna Matheson	Citadel High	18.46
3 Emma Crowe	Lockview High	18.83
4 Julie O'Sullivan	Lockview High	19.37
5 Abbey Ashton	Charles P. Allen	20.35
6 Lauren MacRae	Charles P. Allen	20.43
7 Molly Anderson	J.L. Ilsley	21.40
8 Nyisha Clayton	Auburn Drive	22.63

Girls High Jump Senior

SSNS: 1.72m 1983

Linda Ayer

Name	School	Finals
1 Taven Stevenson	Lockview High	1.46m
2 Jessica MacDonald	Lockview High	1.43m
3 Amber Salter	Millwood High	1.25m
4 Beth Ejigu	Citadel High	1.20m
--- Adalia Wambolt	Millwood High	NH

Girls Triple Jump Senior

SSNS: 11.71m 2018-06-01Gabrielle Fraser

Name	School	Finals
1 Haley MacLellan	Dartmouth High	9.67m
2 Jessica MacDonald	Lockview High	9.49m
3 Abbey Ashton	Charles P. Allen	9.48m
4 Emma Crowe	Lockview High	9.31m
5 Avelyn Babcock	Auburn Drive	8.92m
6 Emily Dodge	Lockview High	8.78m
7 Kate Bagnell	Citadel High	8.66m
8 Claire Wilson-Dyment	Sacred Heart	8.25m
9 Makena MacDonald	Charles P. Allen	8.14m
10 Amber Salter	Millwood High	7.67m

Girls Discus Throw 1kg Senior

SSNS: 41.92m 2012

Kayla Gallagher

Name	School	Finals
1 Abbey Ashton	Charles P. Allen	24.23m
2 Abbey Aucoin	Dartmouth High	23.38m
3 Sophie Maunder	Halifax West	19.67m
4 Molly White	Lockview High	19.17m
5 Alex Godsoe	J.L. Ilsley	18.80m

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Finals ... (Girls Discus Throw 1kg Senior)

Name	School	Finals
6 Emily Dodge	Lockview High	18.36m
7 Monica Johnston	Lockview High	17.84m
8 Sophie Van Berkel	Auburn Drive	17.33m
9 Adalia Wambolt	Millwood High	17.19m
10 Kathryn Heaslip	Prince Andrew	10.99m

Girls 100 Meter Dash Supported Junior

Name	School	Finals
Finals		
1 Bella MacKenzie	St. Agnes Jr.	13.67
2 Maliah Lucas	Harold T Barrett	15.38
3 Lily Gannett	Bicentennial	16.02
4 Brooklyn Willis	Astral Drive	16.27
5 Charlotte Fleet	Bicentennial	16.63
6 Lataijah Smith	Graham Creighton	16.65
7 Claire Simms	Madeline Symond	17.20
8 Olivia Ferus	Astral Drive	17.53
9 Dawn MacKenzie	Sackville High	17.60
10 Jorja Maccullum	Astral Drive	18.30
11 Courtney Diggs	Graham Creighton	18.60
12 Abby Livingston	Dartmouth High	19.90

Girls Long Jump 3 jumps only Supported Junior

Name	School	Finals
Finals		
1 Bella MacKenzie	St. Agnes Jr.	2.46m
2 Jorja Maccullum	Astral Drive	1.76m
3 Lataijah Smith	Graham Creighton	1.75m
4 Claire Simms	Madeline Symond	1.54m
5 Maliah Lucas	Harold T Barrett	1.38m
6 Avah O'Quinn	Madeline Symond	1.20m
7 Brooklyn Willis	Astral Drive	0.91m
8 Courtney Diggs	Graham Creighton	0.27m

Girls Shot Put 3kg-3 throws Supported Junior

Name	School	Finals
Finals		
1 Bella MacKenzie	St. Agnes Jr.	5.31m
2 Sophie Fougere	Gaetzbrook	3.92m
3 Olivia Ferus	Astral Drive	3.90m
4 Rhya Fredericks	Five Bridges Jun	3.10m
5 Abby Livingston	Dartmouth High	3.07m
6 Brooke Burke	Five Bridges Jun	2.75m
7 Courtney Diggs	Graham Creighton	2.71m
8 Kaleigh Martin	Millwood High	2.51m
9 Brooklyn Willis	Astral Drive	2.48m
10 Lataijah Smith	Graham Creighton	2.43m

Girls 100 Meter Dash Supported Senior

Name	School	Finals
Finals		
1 Drew Warkentin	J.L. Ilsley	13.73
2 Brooke Emms	Charles P. Allen	15.27
3 Hailey Smith	Millwood High	15.57
4 Marissa Macisaac Filion	Citadel High	16.52
5 Rachel Vassaur	Halifax West	17.56
6 Theresa Julian	Millwood High	19.05
7 Hilary White	Millwood High	19.79
8 Abbie Usher	Auburn Drive	19.86
9 Kira Callaghan	Sackville High	21.62
10 Ashley Spicer	Halifax West	21.66
11 Brywn Simmons	Citadel High	22.10
12 Allison Jones	Cole Harbour	22.66
13 Amarissa Husain Alias	Citadel High	23.63
14 Makenah Brown	Auburn Drive	25.05
15 Trishie Schnare	Dartmouth High	31.65
16 Emaan Haleem	Halifax West	41.45

Girls Long Jump 3 jumps only Supported Senior

Name	School	Finals
Finals		
1 Hailey Smith	Millwood High	2.68m
2 Brooke Emms	Charles P. Allen	2.43m
3 Marissa Macisaac Filion	Citadel High	1.84m
4 Theresa Julian	Millwood High	1.65m
5 Ashley Spicer	Halifax West	1.57m
6 Drew Warkentin	J.L. Ilsley	1.44m
7 Hilary White	Millwood High	1.36m
8 Rachel Vassaur	Halifax West	1.31m
9 Makenah Brown	Auburn Drive	1.11m
10 Amarissa Husain Alias	Citadel High	1.08m
11 Brywn Simmons	Citadel High	1.06m
12 Emaan Haleem	Halifax West	1.04m

Girls Shot Put 3kg-3 throws Supported Senior

Name	School	Finals
Finals		
1 Brooke Emms	Charles P. Allen	5.71m
2 Hailey Smith	Millwood High	5.59m
3 Hilary White	Millwood High	5.32m
4 Ashley Spicer	Halifax West	4.17m
5 Marissa Macisaac Filion	Citadel High	3.99m
6 Rachel Vassaur	Halifax West	3.86m
7 Dawn MacKenzie	Sackville High	3.84m
8 Makenah Brown	Auburn Drive	3.33m
9 Kira Callaghan	Sackville High	3.22m
10 Drew Warkentin	J.L. Ilsley	3.14m
11 Tamara Ross	Dartmouth High	2.97m
12 Becky Guevera	Prince Andrew	2.75m
13 Theresa Julian	Millwood High	2.60m

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Finals ... (Girls Shot Put 3kg-3 throws Supported Senior)

Name	School	Finals
14 Emaan Haleem	Halifax West	2.54m
15 Trishie Schnare	Dartmouth High	2.37m

Boys 100 Meter Dash Junior

SSNS: 11.59 2016 Braden Gray

Ties: 11.50 1995 Nick Smith (hand)

Name	School	Prelims
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Preliminaries

1 Deaglan Nichol	Halifax Central	12.28Q
2 Henry Raymond	St. Agnes Jr.	12.65Q
3 Jackson Sparks	Astral Drive	12.66Q
4 Aaron Chipp	Elizabeth Suther	12.85Q
5 Cameron McNair	Madeline Symond	12.85Q
6 Joshua Henry	SackvilleHeights	12.90Q
7 Nathan Mulholland	Rocky Lake Jr	12.87q
8 Owen MacGillivray	Rocky Lake Jr	12.96q
9 Donovan Jay	Five Bridges Jun	12.98
10 Leo Mont	Rocky Lake Jr	13.02
11 Aaron Metzger	Fairview Jr.	13.17
12 Neil Wang	Fairview Jr.	13.20
13 Sebastien Muise	Madeline Symond	13.21
14 Dawson Swift	Halifax Central	13.27
15 Owen Weigelin	Carrefour	13.31
16 Logan Trewin	Hfx Independant	13.74

Boys 100 Meter Dash Junior

SSNS: 11.59 2016 Braden Gray

Ties: 11.50 1995 Nick Smith (hand)

Name	School	Finals
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Finals

1 Deaglan Nichol	Halifax Central	12.42
2 Henry Raymond	St. Agnes Jr.	12.67
3 Nathan Mulholland	Rocky Lake Jr	12.71
4 Jackson Sparks	Astral Drive	12.72
5 Aaron Chipp	Elizabeth Suther	13.00
6 Joshua Henry	SackvilleHeights	13.04
7 Cameron McNair	Madeline Symond	13.06
8 Owen MacGillivray	Rocky Lake Jr	13.22

Boys 400 Meter Dash Junior

SSNS: 53.72 2013 Barrett Dachyshyn

Name	School	Prelims
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Preliminaries

1 Owen MacGillivray	Rocky Lake Jr	1:00.82Q
2 Tucker Potter	Georges P. V	1:01.53Q
3 Christopher Sneddon-Sim	Gorsebrook Jr.	1:01.39Q
4 Alfred Lai	Rocky Lake Jr	1:01.64Q
5 Glendon Snow	Ellenvale Jr.	1:01.72Q
6 Haydn Hopkins	Five Bridges Jun	1:02.39Q

7 Edwin Siller	Sacred Heart	1:01.74q
8 Felix Wirkus	Five Bridges Jun	1:02.77q
9 Kingston Manning	Madeline Symond	1:02.84
10 Alex Allain	Madeline Symond	1:02.91
11 Sam Ryan	Caledonia	1:03.18
12 Parker Coull	Caledonia	1:03.57
13 Lennon Hollett	Bicentennial	1:03.88
14 Elliot Burke	Five Bridges Jun	1:04.72
15 Matthew Mailman	East Coast V	1:04.72
16 Owen Weigelin	Carrefour	1:07.73

Boys 400 Meter Dash Junior

SSNS: 53.72 2013 Barrett Dachyshyn

Name	School	Finals
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Finals

1 Owen MacGillivray	Rocky Lake Jr	1:01.16
2 Christopher Sneddon-Sim	Gorsebrook Jr.	1:02.74
3 Edwin Siller	Sacred Heart	1:02.82
4 Alfred Lai	Rocky Lake Jr	1:02.97
5 Glendon Snow	Ellenvale Jr.	1:03.25
6 Tucker Potter	Georges P. V	1:03.56
7 Haydn Hopkins	Five Bridges Jun	1:03.76
8 Felix Wirkus	Five Bridges Jun	1:05.43

Boys 1500 Meter Run Junior

SSNS: 4:19.71 2009 Mike Tate

Name	School	Finals
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Finals

1 Cohen Hawes	Madeline Symond	4:47.92
2 Drew Sanderson	Halifax Grammar	4:49.31
3 David Ackerman	Oxford School	4:50.89
4 Ewan MacDonald	Ridgecliff	4:51.95
5 Jack Quinton	Rocky Lake Jr	4:54.88
6 Max Alexander	Madeline Symond	4:58.09
7 Max Makropoulos	St. Agnes Jr.	4:59.93
8 Oliver Neeve	Gorsebrook Jr.	5:02.76
9 Evan Ren	Ellenvale Jr.	5:03.33
10 Nikhil Batra	Ellenvale Jr.	5:06.59
11 Cole Nelson	Madeline Symond	5:08.85
12 Owen O'Leary	Madeline Symond	5:11.13
13 Noah Miller	Gorsebrook Jr.	5:12.73
14 Luke Murphy	Ridgecliff	5:13.31

Boys 80 Meter Hurdles 30" Junior

Name	School	Prelims
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Preliminaries

1 Lavell Gray	Rockingstone	13.19Q
2 Leo Mont	Rocky Lake Jr	13.40Q
3 Nathan Mulholland	Rocky Lake Jr	13.96Q
4 Owen MacGillivray	Rocky Lake Jr	14.78Q
5 Judah Martin	Dartmouth So	14.12Q
6 Jacoby MacDonald	Rocky Lake Jr	14.79Q

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Preliminaries ... (Boys 80 Meter Hurdles 30" Junior)

Name	School	Prelims
7 Oliver Mann	Fairview Jr.	14.47q
8 Jack Miller	Gaetzbrook	15.22q
9 Grady Wilcox	Elizabeth Suther	15.28
10 Issac Fillmore	Elizabeth Suther	15.29
11 Liam McNamara	Elizabeth Suther	15.43
12 Nate Bouter	Astral Drive	15.46
13 Lothar Trzebiatowski	Eastern Passage	15.64
14 Ronan Macmahon	Clayton Park Jr.	16.51
15 Geoffrey Oconnell	A.J. Smeltze	16.92

Boys 80 Meter Hurdles 30" Junior

Name	School	Finals
1 Leo Mont	Rocky Lake Jr	13.16
2 Lavell Gray	Rockingstone	13.43
3 Nathan Mulholland	Rocky Lake Jr	13.96
4 Jacoby MacDonald	Rocky Lake Jr	14.54
5 Owen MacGillivray	Rocky Lake Jr	14.91
6 Jack Miller	Gaetzbrook	15.54

Boys Long Jump Junior

SSNS: 5.79m 2012

David MacDonald

Name	School	Finals
1 Nathan Mulholland	Rocky Lake Jr	5.06m
2 Aaron Chipp	Elizabeth Suther	4.94m
3 Kadin Areny	Elizabeth Suther	4.75m
4 Aaron Metzger	Fairview Jr.	4.73m
5 Joshua Henry	SackvilleHeights	4.60m
6 Grady Cogan	Leslie Thomas	4.54m
6 Eric Roberts	Madeline Symond	4.54m
8 Owen Weigelin	Carrefour	4.40m
9 Logan Trewin	Hfx Independant	4.36m
10 David Ackerman	Oxford School	4.25m
11 Devin Parker	Oyster Pond	4.18m
12 Eric Klemm	Rocky Lake Jr	4.10m
13 Logan Power	Eastern Passage	4.06m
14 Issac Fillmore	Elizabeth Suther	4.03m
15 Henry Raymond	St. Agnes Jr.	4.02m
16 Cameron Ritcey	Gaetzbrook	2.43m

Boys Shot Put 4kg Junior

SSNS: 14.37m 2016-06-03 Logan Taylor

Name	School	Finals
1 Donovan Jay	Five Bridges Jun	10.90m
2 John Michael Forrestall	Caledonia	10.40m
3 Bashir Alobeiydi	Fairview Jr.	10.06m
4 Shakib Abdull Wahid	Fairview Jr.	10.04m
5 Danny Walters	St. Agnes Jr.	9.90m
6 Chad Johnston	Eastern Passage	9.72m

7 Mac Taylor	Rocky Lake Jr	8.92m
8 Andrew Rice	St. Agnes Jr.	8.90m
9 Cameron McNair	Madeline Symond	8.84m
10 Jesse Chipman	Eastern Passage	8.36m
11 Mi'kell Bottomley-Pyke	Fairview Jr.	8.08m
12 Andrew McQuarrie	Gaetzbrook	7.86m
13 Grady Cogan	Leslie Thomas	7.80m
14 Rudy Shang	Bedford Academy	7.40m
15 Judah Martin	Dartmouth So	6.74m

Boys Javelin Throw 600g Junior

SSNS: 45.48m 2015

Michael Adams

Name	School	Finals
1 Colin Foote	Five Bridges Jun	32.30m
2 Bashir Alobeiydi	Fairview Jr.	30.24m
3 Shakib Abdull Wahid	Fairview Jr.	27.86m
4 Andrew Rice	St. Agnes Jr.	27.05m
5 Oliver Murphy	Georges P. V	25.88m
6 Alex Allain	Madeline Symond	24.81m
7 Duncan Isbister	Rocky Lake Jr	24.51m
8 Rory Fox	Georges P. V	23.25m
9 Seamus Macaulay	Shambhala School	22.66m
10 Donovan Jay	Five Bridges Jun	22.25m
11 Haydn Hopkins	Five Bridges Jun	21.96m
12 Cohen Laing	St. Agnes Jr.	21.72m
13 Bram St. Peters	Armbrae	20.60m
14 Phoenix Hunt	Dartmouth So	19.19m
15 Oscar Grace	Clayton Park Jr.	19.15m
16 Mac Taylor	Rocky Lake Jr	17.89m

Boys 100 Meter Dash Intermediate

SSNS: 10.50 1998

Patrick Benjamin (hand)

Name	School	Prelims
1 Jacob Rhyno	Island View	11.50Q
2 Julian Briand	Sackville High	11.81Q
3 Folu Adebisi	Halifax Grammar	11.88Q
4 Yunshu Zhao	Clayton Park Jr.	12.08Q
5 Tapi Chipudhla	Rocky Lake Jr	12.02Q
6 Zach White	Halifax Grammar	12.11Q
7 Ryshaun Diggs	Auburn Drive	12.15q
8 Jace LeBlanc	Bay View Hig	12.16q
9 Cameron Greenlaw	Prince Andrew	12.22
10 Elliot Kavanaugh	Prince Andrew	12.30
11 Koby Iwegbu	Rocky Lake Jr	12.32
12 Rowan Houlihan	Charles P. Allen	12.37
13 Nicholas Thalheimer-Well:	Oxford School	12.46
14 Kayden Fraser	Auburn Drive	12.81
--- Henry Stanhope	Halifax Central	DQ

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Boys 100 Meter Dash Intermediate

SSNS: 10.50 1998 Patrick Benjamin (hand)

Name	School	Finals
Finals		
1 Jacob Rhyno	Island View	11.46
2 Julian Briand	Sackville High	11.77
3 Folu Adebisi	Halifax Grammar	11.81
4 Tapi Chipudhla	Rocky Lake Jr	11.99
5 Ryshaun Diggs	Auburn Drive	12.05
6 Yunshu Zhao	Clayton Park Jr.	12.09
7 Zach White	Halifax Grammar	12.13
8 Jace LeBlanc	Bay View Hig	12.16

Boys 400 Meter Dash Intermediate

SSNS: 50.87 2005 Jonathan Campbell

Name	School	Prelims
Preliminaries		
1 Zach White	Halifax Grammar	55.70Q
2 Yunshu Zhao	Clayton Park Jr.	55.95Q
3 Alex Quinton	Charles P. Allen	56.55Q
4 Jace LeBlanc	Bay View Hig	57.19Q
5 Landon Basso	Caledonia	58.08Q
6 Tristan Kelloway	Halifax West	58.62Q
7 Rowan Houlihan	Charles P. Allen	58.12q
8 Josh Green	Rocky Lake Jr	59.26q
9 Christian Honig	Gorsebrook Jr.	59.83
10 Cole Willows	Fairview Jr.	59.93
11 Ayden Melanson	Oxford School	1:00.21
12 Zach Morash	Gaetzbrook	1:01.33
13 Ryan Cormier	Caledonia	1:01.78
14 Aiden Harris	Astral Drive	1:02.69
15 Remy Doucette	Charles P. Allen	1:03.70

Boys 400 Meter Dash Intermediate

SSNS: 50.87 2005 Jonathan Campbell

Name	School	Finals
Finals		
1 Zach White	Halifax Grammar	56.08
2 Alex Quinton	Charles P. Allen	56.40
3 Yunshu Zhao	Clayton Park Jr.	57.01
4 Jace LeBlanc	Bay View Hig	57.68
5 Tristan Kelloway	Halifax West	58.31
6 Landon Basso	Caledonia	59.23
7 Rowan Houlihan	Charles P. Allen	59.82
8 Josh Green	Rocky Lake Jr	1:00.60

Boys 1500 Meter Run Intermediate

SSNS: 3:59.92 2015 Hudson Grimshaw-Surette

Name	School	Finals
Finals		
1 Alex Bouchard	Gorsebrook Jr.	4:20.46

2 Alex Quinton	Charles P. Allen	4:34.89
3 Cohen Norman	Citadel High	4:42.16
4 Jake Wilcox	J.L. Ilsley	4:45.61
5 Tristan Penny	Bay View Hig	4:45.67
6 Riley Cuthbert	Eastern Shore	4:48.14
7 Aws Alsarafandi	Caledonia	4:52.98
8 Will Jennings	Rocky Lake Jr	4:54.42
9 Cole Miller	Citadel High	4:57.93
10 Chris Beach	Island View	4:59.14
11 Sullivan Nakatsu	Charles P. Allen	5:00.46
12 Ayden Rondeau	Five Bridges Jun	5:01.03
13 Alan Fawcett	Citadel High	5:06.22
14 Thomas Ransom	Halifax Grammar	5:07.33
15 Jude Cameron	Charles P. Allen	5:23.48

Boys 100 Meter Hurdles 33" Intermediate

Name	School	Prelims
Preliminaries		
1 Robert Martin	Clayton Park Jr.	16.39Q
2 David Babalola	Dartmouth High	16.99Q
3 Van-Rae Anderson	Charles P. Allen	16.81Q
4 Isaish Salanic	Charles P. Allen	18.57Q
5 Jabari Benjamin	Sackville High	17.91Q
6 Zachary Trempe	Eastern Passage	18.61Q
7 Mason Thurber	Charles P. Allen	18.67q
8 Brennan Smith	Fairview Jr.	18.77q
9 Liam MacLellan	Caledonia	19.44
10 Mason MacLean	Caledonia	19.57
11 Kevin Chen	Rocky Lake Jr	19.67
12 Daniel Hernandez	Clayton Park Jr.	19.72
13 Graham Sauer	Fairview Jr.	19.83
14 Nick Newton	Clayton Park Jr.	19.87
15 Noah Skeete	Sackville High	19.90

Boys 100 Meter Hurdles 33" Intermediate

Name	School	Finals
Finals		
1 Robert Martin	Clayton Park Jr.	15.70
2 Van-Rae Anderson	Charles P. Allen	15.93
3 David Babalola	Dartmouth High	16.19
4 Jabari Benjamin	Sackville High	16.95
5 Mason Thurber	Charles P. Allen	17.27
6 Zachary Trempe	Eastern Passage	17.76
7 Brennan Smith	Fairview Jr.	18.16
8 Isaish Salanic	Charles P. Allen	18.27

Boys Long Jump Intermediate

SSNS: 6.44m 1997 David Paxton

Name	School	Finals
Finals		
1 Folu Adebisi	Halifax Grammar	J5.93m
2 Thomas McDonald	Island View	J5.33m

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Finals ... (Boys Long Jump Intermediate)

Name	School	Finals
3 Van-Rae Anderson	Charles P. Allen	J5.19m
4 Callum Cogswell	Halifax Central	J5.16m
5 Sydney Stonehouse	Graham Creighton	J5.14m
6 David Babalola	Dartmouth High	J5.13m
6 Jace LeBlanc	Bay View Hig	J5.13m
8 Ethan Metzger	Fairview Jr.	J5.12m
9 Ayden Rondeau	Five Bridges Jun	J4.98m
10 Parker MacDonald	Ridgecliff	4.97m
11 Lucas Zawidzki	Charles P. Allen	4.83m
11 Julian Briand	Sackville High	4.83m
13 Harrison Dunphy	St. Agnes Jr.	4.77m
14 Cameron Greenlaw	Prince Andrew	4.76m
15 Yusef Ozbek	St. Agnes Jr.	4.33m
16 Mason MacLean	Caledonia	4.29m

Boys Shot Put 5kg Intermediate

SSNS: 14.88m 2016-06-03Cameron Whynot

Name	School	Finals
1 Zach White	Halifax Grammar	J10.32m
2 Jevon Farmer	Clayton Park Jr.	J10.18m
3 Chris Brill	Gorsebrook Jr.	J9.72m
4 Sydney Stonehouse	Graham Creighton	J9.72m
5 Aiden Fitzpatrick	Astral Drive	J9.44m
6 Brandon White	Eric Graves Jr.	9.34m
7 Noah Giffin	Five Bridges Jun	9.32m
8 Nick Hodgson	Astral Drive	9.14m
9 Jack Britton	Five Bridges Jun	8.92m
10 Jayden MacLean	Auburn Drive	8.78m
11 Elliot Kavanaugh	Prince Andrew	8.72m
12 Konstantin Malbeuf	Island View	8.70m
13 Cameron Greenlaw	Prince Andrew	8.60m
14 Shpat Sahiti	Clayton Park Jr.	8.58m
15 Carson Grijm	Island View	8.14m
--- Alasdair Watson	St. Agnes Jr.	ND

Boys Javelin Throw 700g Intermediate

SSNS: 54.19m 2019-05-31Noah Berniquer

Name	School	Finals
1 Yusef Ozbek	St. Agnes Jr.	31.25m
2 Landon Smith	Sackville High	29.96m
3 Thomas McDonald	Island View	28.33m
4 Roy Yeon	Rocky Lake Jr	27.34m
5 Callum Milne	St. Agnes Jr.	25.96m
6 Jack Foerster	Halifax Central	25.11m
7 Alwyn Kyalo	Island View	24.59m
8 Emmet Petersmann	Hfx Independant	23.31m
9 Sam White	Halifax Grammar	23.30m
10 Jayden MacLean	Auburn Drive	22.10m
11 Andrew Toth	Rocky Lake Jr	21.86m

12 Austin Laybolt	Gaetzbrook	21.83m
13 Roman Sabinski	Island View	20.73m
14 Donte Watson	Clayton Park Jr.	20.52m
15 Owen Hickey	St. Agnes Jr.	20.40m
16 Ali Hazim	J.L. Ilsley	18.77m

Boys 100 Meter Dash Senior

SSNS: 10.69 2009

Kyu-Won Cho

Ties: 10.50 1971

Roger Crawley (hand)

Name	School	Prelims
Preliminaries		
1 Nate Slawter	Auburn Drive	11.53Q
2 Matthew Mackinnon	Citadel High	11.62Q
3 Jonah Bucci	Charles P. Allen	11.73Q
4 Khalil Cain	Auburn Drive	11.75Q
5 Tobi Wale-Akinola	Auburn Drive	11.74Q
6 Nolan Cheeseman	Bay View Hig	11.81Q
7 Max Mir	Citadel High	11.94q
8 Neil Purcell	Citadel High	12.03q
9 Praise Babalola	Dartmouth High	12.12
10 Nick Ferguson	Bay View Hig	12.20
11 David Fardy	Churchill	12.22
12 Cash Bertolo	Citadel High	12.25
13 Joe Walsh	Lockview High	12.33
14 Oliver Gavel	Prince Andrew	12.64
15 Ethan Hastey	Cole Harbour	13.41

Boys 100 Meter Dash Senior

SSNS: 10.69 2009

Kyu-Won Cho

Ties: 10.50 1971

Roger Crawley (hand)

Name	School	Finals
Finals		
1 Nate Slawter	Auburn Drive	11.43
2 Jonah Bucci	Charles P. Allen	11.66
3 Nolan Cheeseman	Bay View Hig	11.74
4 Matthew Mackinnon	Citadel High	11.80
5 Khalil Cain	Auburn Drive	11.81
6 Tobi Wale-Akinola	Auburn Drive	11.91
7 Max Mir	Citadel High	12.03
8 Neil Purcell	Citadel High	12.05

Boys 400 Meter Dash Senior

SSNS: 48.49 2015

Mike Van Der Poel

Name	School	Prelims
Preliminaries		
1 Matthew Mackinnon	Citadel High	55.47Q
2 Luke Wilson	Citadel High	57.30Q
3 Oliver Gavel	Prince Andrew	55.93Q
4 Cooper Puma	Auburn Drive	57.58Q
5 Mathew Lawton	Charles P. Allen	56.13Q
6 Parker Asbridge	Citadel High	57.81Q

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Preliminaries ... (Boys 400 Meter Dash Senior)

Name	School	Prelims
7 Max Morrison	Citadel High	56.21q
8 Kelvin Mackinnon	Lockview High	58.10q
9 Joe Walsh	Lockview High	59.37
10 Aidan Ferguson	Prince Andrew	59.92
11 Jon Earle	Sacred Heart	1:00.07
12 Ty Sutton	Prince Andrew	1:01.93
13 Dylan McMullen	Auburn Drive	1:02.75

Boys 400 Meter Dash Senior

SSNS: 48.49 2015

Mike Van Der Poel

Name	School	Finals
1 Parker Asbridge	Citadel High	54.40
2 Oliver Gavel	Prince Andrew	54.99
3 Matthew Mackinnon	Citadel High	55.07
4 Luke Wilson	Citadel High	55.38
5 Cooper Puma	Auburn Drive	56.60
6 Mathew Lawton	Charles P. Allen	57.12
7 Kelvin Mackinnon	Lockview High	57.69
8 Max Morrison	Citadel High	57.72

Boys 1500 Meter Run Senior

SSNS: 3:54.91 2013

Mike Tate

Name	School	Finals
1 Owen Flemming	Charles P. Allen	4:20.06
2 Griffin Gamble	Halifax West	4:23.54
3 Mathew Lawton	Charles P. Allen	4:39.81
4 Jon Earle	Sacred Heart	4:42.37
5 Joseph Hirsch	Citadel High	4:47.26
6 Liam Elliot	Dartmouth High	4:49.95
7 Luke Irvine	Citadel High	4:51.06
8 Aidan Ferguson	Prince Andrew	5:04.84
9 Aiden MacDonald	Bay View Hig	5:05.40
10 Zach Melanson	Bay View Hig	5:06.47
11 Elliot Sampson	Halifax West	5:07.16
12 Nick Ferguson	Bay View Hig	5:08.68
13 Austin Theriault	Lockview High	5:09.82
14 Kai Pavlo	Charles P. Allen	5:11.52
15 Mike Cyr	Island View	5:12.92

Boys 110 Meter Hurdles 36" Senior

Name	School	Finals
1 Noah Adler	Halifax Grammar	19.12
2 Mathew Lawton	Charles P. Allen	19.68
3 Morgan Wach	Auburn Drive	20.17
4 Cameron Reid	Lockview High	20.50
5 Collin Obana	Sackville High	21.52
6 Owen Jones	Millwood High	23.01
7 Carter Slaunwhite	Prince Andrew	23.17

Boys Long Jump Senior

SSNS: 7.15m 1956

Dave Lucas

Name	School	Finals
1 Emmanuel Tabiri	Halifax West	J5.81m
2 Nate Slawter	Auburn Drive	J5.81m
3 Hayden Bures	Lockview High	J5.52m
4 Tobi Wale-Akinola	Auburn Drive	J5.51m
5 Liam Macaulay	Auburn Drive	5.40m
6 Benjamin Higgins	École second	5.37m
7 Joshua Phonchareon	Citadel High	5.17m
8 Charlie Hunter	Halifax Grammar	5.15m
9 Kelvin Mackinnon	Lockview High	4.98m
10 Ethan Dauphinee	Halifax West	4.96m
11 Daniel Kukoyi	J.L. Ilsley	4.92m
12 Praise Babalola	Dartmouth High	4.76m
13 Nathan Machardie	Bay View Hig	4.74m
14 Owen McConnell	Prince Andrew	4.63m
15 Daniel Wilson	Charles P. Allen	4.14m

Boys Shot Put 6kg Senior

SSNS: 16.17m 2012

Peter Millman

Name	School	Finals
1 Rylan Murphy	Charles P. Allen	13.96m
2 Mike Kenney	Halifax Grammar	10.68m
3 Seth Channing	Millwood High	10.42m
4 Beck Mackay	Bay View Hig	9.72m
5 Sam Hopkins	Charles P. Allen	9.48m
6 Chase MacDonald	Lockview High	9.12m
7 Quinn Fox	Lockview High	8.96m
8 Lukas Marks	J.L. Ilsley	8.70m
9 Mathieu Lefrancois	Armbrac	7.36m

Boys Javelin Throw 800g Senior

SSNS: 61.64m 2005

Adam Wolkins

Name	School	Finals
1 Rylan Harrington	Halifax West	41.56m
2 Keifer Schella	Citadel High	33.14m
3 Zach Wincey	Charles P. Allen	30.90m
4 Lukas Marks	J.L. Ilsley	30.18m
5 Cody Stevens	Cole Harbour	29.97m
6 Theo Vasili	Citadel High	29.21m
7 Jeco Tundagui	Sackville High	28.88m
8 Owen Jones	Millwood High	27.95m
9 Seth Channing	Millwood High	26.50m
10 Gavin Savoie	Halifax West	26.36m
11 Kai Pavlo	Charles P. Allen	26.21m
12 Nick Ferguson	Bay View Hig	25.68m
13 Blake McEwen-Adams	Sackville High	21.29m
--- Ali Mohamed	Armbrac	ND

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Results

Boys 100 Meter Dash Supported Junior

Name	School	Finals
Finals		
1 Deray Cain-Downey	Graham Creighton	12.56
2 Bryson Hines	Harold T Barrett	13.25
3 Noah Dunlop	Caledonia	13.96
4 Roy Hubley-Stevens	Sackville High	14.12
5 Luke MacDonald	Madeline Symond	14.40
6 Kai McDonald	Sir RobertBorden	14.41
7 Vincent Fitzmorris	Gaetzbrook	14.72
8 Dennis Eisenhauer	Caledonia	14.92
9 Triston Lucas	Sackville High	15.18
10 Aven Sanford	Fairview Jr.	15.75
11 Kasey Roy	Clayton Park Jr.	16.49
12 Lando Telfer	Sir RobertBorden	17.22
13 Keegan Smith	Caledonia	17.66
14 Nick Brun-Keogan	Bicentennial	19.62
15 Jonathan Assoun-Gritten	Eric Graves Jr.	21.09
16 Henry Eisenhauer	Caledonia	33.09

Boys Long Jump 3 jumps only Supported Junior

Name	School	Finals
Finals		
1 Luke MacDonald	Madeline Symond	3.34m
2 Deray Cain-Downey	Graham Creighton	3.09m
3 Jonathan Assoun-Gritten	Eric Graves Jr.	2.89m
4 Triston Lucas	Sackville High	2.82m
5 Kasey Roy	Clayton Park Jr.	2.69m
6 Bryson Hines	Harold T Barrett	2.54m
7 Vincent Fitzmorris	Gaetzbrook	2.49m
8 Chance Delaronde	Madeline Symond	2.39m
9 Roy Hubley-Stevens	Sackville High	2.27m
10 Kai McDonald	Sir RobertBorden	2.13m
11 Dreadon Snaglewski	Fairview Jr.	1.81m
12 Dennis Eisenhauer	Caledonia	1.72m
12 Ashe Boudreau	Fairview Jr.	1.72m
14 Aven Sanford	Fairview Jr.	1.43m
15 Noah Dunlop	Caledonia	0.47m
16 Colby Horne	Fairview Jr.	0.35m

Boys Shot Put 4kg-3 throws Supported Junior

Name	School	Finals
Finals		
1 Keegan Smith	Caledonia	8.01m
2 Triston Lucas	Sackville High	7.61m
3 Vincent Fitzmorris	Gaetzbrook	5.88m
4 Jonathan Assoun-Gritten	Eric Graves Jr.	5.85m
5 Ashe Boudreau	Fairview Jr.	5.17m
6 Severn Abraham	Fairview Jr.	5.07m
7 Daniel Church	Gaetzbrook	4.83m
8 Kasey Roy	Clayton Park Jr.	4.54m
9 Isaiah Macintyre	Madeline Symond	4.44m

10 Kai McDonald	Sir RobertBorden	4.41m
11 Caleb Gray	Madeline Symond	4.40m
12 Luke MacDonald	Madeline Symond	4.26m
13 Roy Hubley-Stevens	Sackville High	4.05m
14 Treyzi Brooks	Eric Graves Jr.	3.58m
15 Aven Sanford	Fairview Jr.	3.26m
16 Colby Horne	Fairview Jr.	3.19m

Boys 100 Meter Dash Supported Senior

Name	School	Finals
Finals		
1 Logan Barnes	Sackville High	10.86
2 Connor Miller	Sackville High	12.09
3 Denis Turner	Cole Harbour	12.22
4 Jack Thornhill	Charles P. Allen	12.59
5 Declan Harding	Charles P. Allen	12.74
6 Isaac Rockwell	Citadel High	12.90
7 Michael Corcoran	Island View	13.19
8 Bahoz Jalal	Halifax West	13.30
9 Ahmad Harhash	Halifax West	13.60
10 Tyler Burgess	Millwood High	13.86
11 Max Billard	Auburn Drive	15.53
12 Tyler Freeman	Prince Andrew	16.24
13 George Slauenwhite	Citadel High	16.80
14 Haisen Beaton	Dartmouth High	16.87
15 Jacob Martin	Halifax West	18.01
16 Claudiu Codau	Citadel High	22.37

Boys Long Jump 3 jumps only Supported Senior

Name	School	Finals
Finals		
1 Connor Miller	Sackville High	4.06m
2 Bahoz Jalal	Halifax West	3.64m
3 Omar Ezrighi	Prince Andrew	3.21m
4 Logan Barnes	Sackville High	2.97m
5 Max Billard	Auburn Drive	2.93m
6 Isaac Rockwell	Citadel High	2.84m
7 William Irving	Auburn Drive	2.83m
8 Ahmad Harhash	Halifax West	2.79m
9 Tyler Burgess	Millwood High	2.60m
10 Cory Rogars	Sackville High	2.57m
11 Noah Welton	Island View	2.54m
12 Jacob Martin	Halifax West	2.42m
13 Declan Harding	Charles P. Allen	2.25m
14 Tyler Freeman	Prince Andrew	1.75m
15 Kevin Truong	Citadel High	1.59m
16 Pj St. George	Citadel High	1.09m

Boys Shot Put 4kg-3 throws Supported Senior

Name	School	Finals
Finals		
1 Omar Ezrighi	Prince Andrew	8.56m
2 Denis Turner	Cole Harbour	7.87m

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Results

Finals ... (Boys Shot Put 4kg-3 throws Supported Senior)

Name	School	Finals
3 Logan Barnes	Sackville High	7.74m
4 Jacob Martin	Halifax West	7.62m
5 Bahoz Jalal	Halifax West	6.89m
6 Ahmad Harhash	Halifax West	6.79m
7 Noah Welton	Island View	6.70m
8 Michael Corcoran	Island View	6.03m
9 Max Billard	Auburn Drive	5.56m
10 Isaac Rockwell	Citadel High	5.54m
11 Connor Miller	Sackville High	5.49m
12 Carson Lawlor	Sackville High	5.23m
13 Matthew Mckinnon	Dartmouth High	4.83m
14 Isaac Gillis	Dartmouth High	4.59m
15 Pj St. George	Citadel High	3.60m

7) Astral Drive	28
8) Citadel High	21
9) Gorsebrook Junior High	18
9) St. Agnes Junior High	18
11) Caledonia Junior High	9
11) Oyster Pond Academy	9
13) Halifax West	8
14) Armbrac Academy	7

Boys 50 Meter Dash Wheelchair Wheelchair

Name	School	Finals
1 Tj Negus	Prince Andrew	10.41
2 Logan Short	Fairview Jr.	11.80

Women - Junior - Team Rankings - 7 Events Scored

1) Halifax Grammar School	49
2) Oxford School	37
2) Leslie Thomas Junior High	37
4) Halifax Central Junior High	36
5) Astral Drive	35
6) Five Bridges Junior High	31
7) St. Agnes Junior High	25
8) Sacred Heart School	22
9) Eastern Passage Ed. Ctr.	17
10) Fairview Junior High	16
11) Georges P. Vanier Junior High	15
12) Dartmouth South Academy	13
12) Elizabeth Sutherland	13
12) Madeline Symonds Middle School	13
15) Harold T. Barrett Junior High	12
16) Rocky Lake Junior High	11
17) Sackville Heights Junior High	10
18) Shambhala School	9
19) Armbrac Academy	8
20) Rockingstone Heights	7
20) Bedford Academy	7
22) Caledonia Junior High	4

Women - Intermediate - Team Rankings - 7 Events Scored

1) Lockview High	76
2) Charles P. Allen	51
3) Fairview Junior High	43
4) Halifax Grammar School	39
5) Oxford School	35
6) Ridgecliff Middle School	29

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Results

14) Halifax Central Junior High	7	7) Rocky Lake Junior High	24
16) Ellenvale Junior High	6	8) Gorsebrook Junior High	21
17) Madeline Symonds Middle School	5	9) St. Agnes Junior High	19
18) Halifax Independant School	4	10) Graham Creighton Junior High	15
18) Five Bridges Junior High	4	11) Dartmouth High	14.5
18) Prince Andrew	4	12) Halifax Central Junior High	14
18) Dartmouth High	4	13) Caledonia Junior High	11
22) Gaetzbrook	2	13) Astral Drive	11

Women - Senior - Team Rankings - 7 Events Scored

1) Lockview High	106
2) Charles P. Allen	90
3) Citadel High	44
4) Dartmouth High	31
4) Auburn Drive	31
6) Halifax West	29
7) Sacred Heart School	28
8) J.L. Ilsley	12
9) Ecole du Sommet	9
9) Millwood High	9
11) Prince Andrew	8
12) École secondaire Mosaïque	4

15) Citadel High	9
15) Fairview Junior High	9
17) J.L. Ilsley	8
18) Halifax West	7
18) Auburn Drive	7
20) Eastern Passage Ed. Ctr.	6

Men - Junior - Team Rankings - 7 Events Scored

1) Rocky Lake Junior High	98
2) Fairview Junior High	44
3) Madeline Symonds Middle School	34.5
4) St. Agnes Junior High	34
5) Five Bridges Junior High	33
6) Elizabeth Sutherland	26
7) Georges P. Vanier Junior High	17
8) Gorsebrook Junior High	14
9) Sackville Heights Junior High	13
10) Halifax Central Junior High	12
11) Caledonia Junior High	10
11) Halifax Grammar School	10
11) Rockingstone Heights	10
14) Sacred Heart School	9
14) Oxford School	9
16) Astral Drive	8
16) Ridgecliff Middle School	8
18) Ellenvale Junior High	7
19) Eastern Passage Ed. Ctr.	6
19) Gaetzbrook	6
21) Leslie Thomas Junior High	5.5
22) Ecole du Carrefour	4

Men - Intermediate - Team Rankings - 7 Events Scored

1) Charles P. Allen	55
2) Halifax Grammar School	50
3) Clayton Park Junior High	37
4) Island View High School	36
5) Sackville High	28
6) Bay View High School	24.5

2022 SSNS Capital Regional Championships - 2022-05-25 to 2022-05-26**Results**

20) Eastern Shore District High	6
20) Eric Graves Junior High	6
23) Five Bridges Junior High	5
24) Halifax Independant School	4

Men - Senior - Team Rankings - 7 Events Scored

1) Citadel High	83
2) Charles P. Allen	75
3) Auburn Drive	66
4) Halifax West	34
5) Lockview High	33
6) Halifax Grammar School	26
7) Prince Andrew	19
7) Millwood High	19
9) Bay View High School	17
10) J.L. Hsley	12
10) Sackville High	12
12) Sacred Heart School	8
13) Cole Harbour High School	7
14) Dartmouth High	6
14) École secondaire Mosaïque	6