

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

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 3.5 |
| 2 Nyah Kaupp | Halifax Grammar | 13.13 3.5 |
| 3 Annabelle Raymond | St. Agnes Jr. | 13.33 3.5 |
| 4 Gabby Morash | Armbrae | 13.42 3.5 |
| 5 Lily Blondon | Rocky Lake Jr | 13.47 3.5 |
| 6 Chanelle Rodriguez-Coop | Fairview Jr. | 13.61 3.5 |
| 7 Maeve Culligan | Sacred Heart | 13.67 3.5 |
| 8 Anna Jeong | Halifax Central | 13.77 3.5 |

Girls 200 Meter Dash Junior

SSNS: 26.49 2014

Taylor Mattinson

Ties: 26.50 1976

Kris Crowell (hand)

| Name | School | Prelims |
|----------------------|------------------|------------|
| Preliminaries | | |
| 1 Zaila Benjamin | Leslie Thomas | 27.28Q1.5 |
| 2 Annabelle Raymond | St. Agnes Jr. | 28.16Q2.4 |
| 3 Amarachie Ezurike | Clayton Park Jr. | 28.70Q1.5 |
| 4 Melissa Mert | Fairview Jr. | 29.18Q2.4 |
| 5 Grace Killoran | Bedford Academy | 28.86Q1.5 |
| 6 Beatrice Asbridge | Oxford School | 29.31Q2.4 |
| 7 Gabby Morash | Armbrae | 28.92q 1.5 |
| 8 Vivian Blackmore | Ellenvale Jr. | 29.01q 1.5 |
| 9 Lily Williams | Bicentennial | 29.51 1.5 |

| | | |
|-------------------|------------------|-----------|
| 10 Julia Bowering | Graham Creighton | 29.81 2.4 |
| 11 Ella Flinn | Caledonia | 29.87 2.4 |
| 12 Reece Vatour | Astral Drive | 29.92 1.5 |
| 13 Valerie Thorpe | Astral Drive | 30.15 2.4 |
| 14 Josie Leslie | Georges P. V | 30.67 2.4 |
| 15 Calla Angel | Bedford Academy | 30.69 1.5 |
| 16 Sarah Leger | Georges P. V | 31.68 2.4 |

Girls 200 Meter Dash Junior

SSNS: 26.49 2014

Taylor Mattinson

Ties: 26.50 1976

Kris Crowell (hand)

| Name | School | Finals |
|---------------------|------------------|-----------|
| Finals | | |
| 1 Zaila Benjamin | Leslie Thomas | 27.86 1.6 |
| 2 Annabelle Raymond | St. Agnes Jr. | 28.37 1.6 |
| 3 Melissa Mert | Fairview Jr. | 28.62 1.6 |
| 4 Amarachie Ezurike | Clayton Park Jr. | 28.71 1.6 |
| 5 Gabby Morash | Armbrae | 28.78 1.6 |
| 6 Grace Killoran | Bedford Academy | 29.12 1.6 |
| 7 Beatrice Asbridge | Oxford School | 29.20 1.6 |
| 8 Vivian Blackmore | Ellenvale Jr. | 29.47 1.6 |

Girls 400 Meter Dash Junior

SSNS: 58.99 2019-05-31

Cara 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 2019-05-31

Cara 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 |

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

Results

Finals ... (Girls 400 Meter Dash Junior)

| Name | School | Finals |
|------------------|-----------------|---------|
| 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 800 Meter Run Junior

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

| Name | School | Finals |
|-----------------------|------------------|---------|
| Finals | | |
| 1 Anna Carruthers | Harold T Barrett | 2:23.47 |
| 2 Faye Chiasson | Halifax Grammar | 2:30.23 |
| 3 Molly Evers | Five Bridges Jun | 2:32.84 |
| 4 Elisa Arteaga | Oxford School | 2:33.19 |
| 5 Grace Galloway | St. Agnes Jr. | 2:33.62 |
| 6 Liviya Driver | Sacred Heart | 2:33.84 |
| 7 Carley Williams | Halifax Grammar | 2:34.05 |
| 8 Livia Dowding | Graham Creighton | 2:36.85 |
| 9 Alena Collens | Gaetzbrook | 2:38.95 |
| 10 Deborah Beach | Dartmouth So | 2:41.46 |
| 11 Morgan Lewis | Leslie Thomas | 2:41.68 |
| 12 Winter Dent | Rocky Lake Jr | 2:44.44 |
| 13 Sophie Legatto | Ellenvale Jr. | 2:44.49 |
| 14 Annie Johns | Cunard Jr. | 2:49.64 |
| 15 Evie Platt | Georges P. V | 2:51.59 |
| 16 Genevieve Sherlock | Eastern Passage | 2:51.91 |

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 3000 Meter Run Junior

SSNS: 10:18.76 2011 Rachel Crawley

| Name | School | Finals |
|-------------------|------------------|----------|
| 1 Anna Carruthers | Harold T Barrett | 10:51.39 |

| | | |
|-----------------------|------------------|----------|
| 2 Faye Chiasson | Halifax Grammar | 11:09.80 |
| 3 Deborah Beach | Dartmouth So | 11:14.67 |
| 4 Heidi Nuyens | Halifax Grammar | 11:16.42 |
| 5 Morgan Lewis | Leslie Thomas | 11:38.30 |
| 6 Molly Evers | Five Bridges Jun | 11:51.12 |
| 7 Liviya Driver | Sacred Heart | 11:52.46 |
| 8 Elisa Arteaga | Oxford School | 11:59.35 |
| 9 Ava Cox | St. Agnes Jr. | 12:06.79 |
| 10 Etta MacLellan | Gorsebrook Jr. | 12:13.32 |
| 11 Kaye Wilson | Halifax Grammar | 12:21.93 |
| 12 Genevieve Sherlock | Eastern Passage | 12:51.70 |
| 13 Lucy Corning | Summit Acade | 13:01.51 |
| 14 Molly Bain | Gaetzbrook | 15:00.93 |

Girls 80 Meter Hurdles 30" Junior

SSNS: 12.12 2016-06-03Sierra Sweeney

| Name | School | Prelims |
|------------------------|------------------|------------|
| Preliminaries | | |
| 1 Jenna Cantwell | Astral Drive | 15.15QNWI |
| 2 Julia Berry | Oxford School | 15.50QNWI |
| 3 Brianna Hoskin | Dartmouth So | 16.20QNWI |
| 4 Milena Butler | Leslie Thomas | 16.57QNWI |
| 5 Anna Jeong | Halifax Central | 16.36QNWI |
| 6 Ella Flinn | Caledonia | 16.63QNWI |
| 7 Millie Madden | Five Bridges Jun | 16.42q NWI |
| 8 Saffa Hassan Hagggar | Rockingstone | 16.69q NWI |
| 9 Chloe Davenport | Ellenvale Jr. | 16.89 NWI |
| 10 Peyton Crowe | Dartmouth So | 17.01 NWI |
| 11 Eden Hebert-Moore | A.J. Smeltze | 17.13 NWI |
| 12 Èva Ronayne | Leslie Thomas | 17.28 NWI |
| 13 Kayla MacLeod | Astral Drive | 17.30 NWI |
| 14 Kaelyn MacRae | Eastern Passage | 17.50 NWI |
| 15 Hana Jeong | Halifax Central | 17.58 NWI |

Girls 80 Meter Hurdles 30" Junior

SSNS: 12.12 2016-06-03Sierra Sweeney

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

Girls 4x100 Meter Relay Junior

SSNS: 52.50 2014 Riverside Education Center

| Team | Relay | Finals |
|-------------------|-------|--------|
| 1 Halifax Grammar | A | 55.07 |



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Results

Finals ... (Girls 4x100 Meter Relay Junior)

| Team | Relay | Finals |
|-------------------------|-------|--------|
| 2 Fairview Junior High | A | 55.69 |
| 3 Georges P. V | A | 55.94 |
| 4 St. Agnes Junior High | A | 55.98 |
| 5 Sacred Heart School | A | 56.42 |
| 6 Astral Drive | A | 57.45 |
| 7 Madeline Symonds | A | 57.58 |
| 8 Leslie Thomas | A | 59.47 |

Girls 4x400 Meter Relay Junior

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

| Team | Relay | Finals |
|-------------------------|-------|---------|
| Finals | | |
| 1 Halifax Grammar | A | 4:28.94 |
| 2 St. Agnes Junior High | A | 4:37.63 |
| 3 Sacred Heart School | A | 4:40.92 |
| 4 Rocky Lake Jr | A | 4:46.92 |
| 5 Georges P. V | A | 4:51.81 |
| 6 Dartmouth So | A | 4:53.55 |
| 7 Astral Drive | A | 4:56.66 |
| 8 Madeline Symonds | A | 5:08.64 |

Girls High Jump Junior

SSNS: 1.63m 2004 Laura Maessen

| Name | School | Finals |
|-------------------|------------------|--------|
| 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 Long Jump Junior

SSNS: 4.99m 2019-06-01Mya Archibald

| Name | School | Finals |
|---------------------------|---------------|-----------|
| Finals | | |
| 1 Zaila Benjamin | Leslie Thomas | 4.72m NWI |
| 2 Melissa Mert | Fairview Jr. | 4.31m NWI |
| 3 Chanelle Rodriguez-Coop | Fairview Jr. | 4.20m NWI |
| 4 Lily Williams | Bicentennial | 4.09m NWI |

| | | |
|--------------------|------------------|-----------|
| 5 Hannah McMullen | Eastern Passage | 4.07m NWI |
| 6 Simi Shodunke | Dartmouth So | 3.96m NWI |
| 7 Millie Madden | Five Bridges Jun | 3.90m NWI |
| 8 Kailyn Kaulback | Sacred Heart | 3.82m NWI |
| 9 Kennedy May | Madeline Symond | 3.79m NWI |
| 10 Autumn Macneil | Elizabeth Suther | 3.78m NWI |
| 11 Calla Angel | Bedford Academy | 3.74m NWI |
| 12 Natalie Sabean | Graham Creighton | 3.70m NWI |
| 13 Isobel Schrader | Sacred Heart | 3.68m NWI |
| 14 Grace Killoran | Bedford Academy | 3.66m NWI |
| 15 Natalie Bent | Halifax Central | 3.63m NWI |
| 16 Isabelle Steele | Astral Drive | 3.44m NWI |

Girls Triple Jump Junior

SSNS: 11.00m 2016-06-03Sierra Sweeney

| Name | School | Finals |
|---------------------------|------------------|------------|
| Finals | | |
| 1 Zaila Benjamin | Leslie Thomas | 10.00m NWI |
| 2 Chanelle Rodriguez-Coop | Fairview Jr. | 9.59m NWI |
| 3 Sarah Sheppard | Astral Drive | 9.35m NWI |
| 4 Isobel Schrader | Sacred Heart | 9.16m NWI |
| 5 Jenna Lucas | Elizabeth Suther | 8.29m NWI |
| 6 Isabelle Steele | Astral Drive | 8.17m NWI |
| 7 Amalia Kolic | Georges P. V | 7.91m NWI |
| 8 Sophia Macauley | Madeline Symond | 7.89m NWI |
| 9 Millie Madden | Five Bridges Jun | 7.49m NWI |
| 10 Maddy Hussey | Bicentennial | 7.48m NWI |
| 11 Olivia Smith | Halifax Central | 7.46m NWI |
| 12 Madeline Campbell | St. Agnes Jr. | 7.43m NWI |
| 13 Emmy Mastnak | St. Agnes Jr. | 7.30m NWI |
| 14 Lydia Muise | Astral Drive | 7.16m NWI |
| 15 Julianne Tran | Madeline Symond | 7.09m NWI |
| 16 Joelle Gray | Herring Cove Jr. | 7.08m NWI |

Girls Shot Put 3kg Junior

SSNS: 11.58m 2010 Taylor Stutley

| Name | School | Finals |
|----------------------------|------------------|--------|
| Finals | | |
| 1 Malia MacDonald | Cunard Jr. | J9.38m |
| 2 Lacey Faye Edwards | Five Bridges Jun | J8.63m |
| 3 Ashley Reynolds | Oyster Pond | J8.62m |
| 4 Rachel Power | St. Agnes Jr. | J8.26m |
| 5 Peyton Phillips | Highland Park Jr | J8.24m |
| 6 Isioma Ugur | Gorsebrook Jr. | J8.16m |
| 7 Sofyia Grygoryev | Astral Drive | J7.99m |
| 8 Karly Boudreau | Eastern Passage | J7.79m |
| 9 Stephanie Foran | St. Agnes Jr. | J7.73m |
| 10 Emma Browne | Georges P. V | J7.72m |
| 11 Bridget Mutipula | Clayton Park Jr. | J7.72m |
| 12 Sophie Cormier | Astral Drive | J7.11m |
| 13 Hanalei Bérubé Macinnis | Hfx Independant | J6.69m |
| 14 Emma Holder | Rocky Lake Jr | J6.50m |
| 15 Cassie Cole | A.J. Smeltze | J6.07m |

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

Results

Finals ... (Girls Shot Put 3kg Junior)

| Name | School | Finals |
|--------------------|----------------|--------|
| 16 Jaden Macarthur | Gorsebrook Jr. | 15.82m |

Girls Discus Throw 0.75kg Junior

SSNS: 30.10m 2019-05-31 Sara Scott

| Name | School | Finals |
|----------------------|-------------------|--------|
| 1 Paige Rehberg | Eastern Passage | 21.12m |
| 2 Denver Hawkins | Sackville Heights | 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 Boutilier | Oxford School | 14.07m |

Girls Javelin Throw 400g Junior

SSNS: 37.38m 1999 Katherine Markusson

| Name | School | Finals |
|-------------------------|------------------|--------|
| 1 Millie Madden | Five Bridges Jun | 23.04m |
| 2 Harley Foubert | Five Bridges Jun | 22.94m |
| 3 Stephanie Foran | St. Agnes Jr. | 22.51m |
| 4 Victoria Gallant | Elizabeth Suther | 22.33m |
| 5 Simi Shodunke | Dartmouth So | 20.85m |
| 6 Isabelle Pickup | A.J. Smeltze | 20.19m |
| 7 Lyric Eltvik | Oxford School | 19.53m |
| 8 Olivia Murphy | Bicentennial | 18.42m |
| 9 Emily Jackson | Fairview Jr. | 17.88m |
| 10 Kaliyah Sparks | Graham Creighton | 17.24m |
| 11 Mariah Dicks | Highland Park Jr | 16.37m |
| 12 Emma Browne | Georges P. V | 16.23m |
| 13 Sofya Grygoryev | Astral Drive | 14.62m |
| 14 Jillian Bowes | Clayton Park Jr. | 12.51m |
| 15 Rowan Cutcliffe | Astral Drive | 12.32m |
| 16 Laura Sinclair-White | Gaetzbrook | 10.01m |

Girls 100 Meter Dash Intermediate

SSNS: 12.33 2007 Marissa Wolter

Ties: 12.20 1997 Christine Fluery (hand)

| Name | School | Prelims |
|-----------------|--------------|-----------|
| 1 Queen Clayton | Citadel High | 13.05Q3.1 |

| | | |
|---------------------------|------------------|------------|
| 2 Fiona Day | Lockview High | 13.27Q1.9 |
| 3 Isla David | Caledonia | 13.35Q3.1 |
| 4 Saint Mian Angui | Halifax West | 13.58Q1.9 |
| 5 Ava Macnutt | Fairview Jr. | 13.60Q3.1 |
| 6 Kiersten Samson | Prince Andrew | 13.71Q1.9 |
| 7 Aine O'Neil | Charles P. Allen | 13.60q 3.1 |
| 8 Hannah Richardson-Macki | Ridgecliff | 13.81q 1.9 |
| 9 Ashley Hannah | Astral Drive | 13.83 3.1 |
| 10 Lauren Hatfield | Astral Drive | 13.84 3.1 |
| 11 Ashley Sanderson | Halifax Grammar | 13.94 1.9 |
| 12 Keira Lee | Halifax Grammar | 14.05 3.1 |
| 13 Cate Gaudry | Lockview High | 14.14 1.9 |
| 14 Feyi Rotimi | Fairview Jr. | 14.17 1.9 |
| 15 Ailish Fowler | Astral Drive | 14.28 3.1 |
| 16 Gabby Vilardi | Rocky Lake Jr | 14.39 1.9 |

Girls 100 Meter Dash Intermediate

SSNS: 12.33 2007 Marissa Wolter

Ties: 12.20 1997 Christine Fluery (hand)

| Name | School | Finals |
|---------------------------|------------------|-----------|
| 1 Queen Clayton | Citadel High | 13.07 3.3 |
| 2 Fiona Day | Lockview High | 13.08 3.3 |
| 3 Isla David | Caledonia | 13.37 3.3 |
| 4 Saint Mian Angui | Halifax West | 13.38 3.3 |
| 5 Aine O'Neil | Charles P. Allen | 13.66 3.3 |
| 6 Hannah Richardson-Macki | Ridgecliff | 13.67 3.3 |
| 7 Ava Macnutt | Fairview Jr. | 13.72 3.3 |
| 8 Kiersten Samson | Prince Andrew | 13.87 3.3 |

Girls 200 Meter Dash Intermediate

SSNS: 25.66 2001 Leanne Huck

Ties: 25.50 1973 Celia Branch (hand)

| Name | School | Prelims |
|---------------------------|-----------------|------------|
| 1 Queen Clayton | Citadel High | 26.94Q2.9 |
| 2 Fiona Day | Lockview High | 27.73Q1.9 |
| 3 Avelinn McConnell | Ellenvale Jr. | 27.79Q1.9 |
| 4 Hannah Richardson-Macki | Ridgecliff | 27.83Q2.9 |
| 5 Ava Macnutt | Fairview Jr. | 27.98Q1.9 |
| 6 Isla David | Caledonia | 28.30Q2.9 |
| 7 Kaitlyn Langille | Lockview High | 28.51q 2.9 |
| 8 Lauren Hatfield | Astral Drive | 28.74q 1.9 |
| 9 Emily Clarke | St. Agnes Jr. | 28.95 1.9 |
| 10 Rylee Tibbo | J.L. Ilsley | 29.09 1.9 |
| 11 Ashley Sanderson | Halifax Grammar | 29.24 2.9 |
| 12 Ava Egamino | Auburn Drive | 29.33 1.9 |
| 13 Julia Snelgrove | Dartmouth High | 29.45 2.9 |
| 14 Ailish Fowler | Astral Drive | 29.89 2.9 |
| 15 Gabby Vilardi | Rocky Lake Jr | 30.43 1.9 |

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

Results

Girls 200 Meter Dash Intermediate

SSNS: 25.66 2001 Leanne Huck

Ties: 25.50 1973 Celia Branch (hand)

| Name | School | Finals |
|---------------------------|---------------|-----------|
| Finals | | |
| 1 Queen Clayton | Citadel High | 27.08 3.2 |
| 2 Fiona Day | Lockview High | 27.20 3.2 |
| 3 Ava Macnutt | Fairview Jr. | 27.96 3.2 |
| 4 Hannah Richardson-Macki | Ridgecliff | 28.26 3.2 |
| 5 Avelinn McConnell | Ellenvale Jr. | 28.37 3.2 |
| 6 Kaitlyn Langille | Lockview High | 28.61 3.2 |
| 7 Isla David | Caledonia | 28.74 3.2 |
| 8 Lauren Hatfield | Astral Drive | 29.17 3.2 |

Girls 400 Meter Dash Intermediate

SSNS: 57.24 2003 Jenna Martin

| Name | School | Prelims |
|---------------------------|------------------|----------|
| 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 |
|---------------------------|------------------|---------|
| 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 800 Meter Run Intermediate

SSNS: 2:12.60 1977 Louise Palmer (hand)

| Name | School | Finals |
|----------------------|------------------|---------|
| Finals | | |
| 1 Abby Lewis | Lockview High | 2:15.08 |
| 2 Isabella Jennex | Halifax Grammar | 2:27.88 |
| 3 Sophia Das | Gorsebrook Jr. | 2:28.95 |
| 4 Poppy Moon | Charles P. Allen | 2:29.31 |
| 5 Paige Carruthers | Lockview High | 2:29.90 |
| 6 Ryli Nolan | Citadel High | 2:33.28 |
| 7 Rachel Kibble | Auburn Drive | 2:38.15 |
| 8 Clairra Kilpatrick | Graham Creighton | 2:38.17 |
| 9 Chloe McFarlane | Bicentennial | 2:39.12 |
| 10 Allie White | Astral Drive | 2:39.45 |
| 11 Anna Archibald | Dartmouth High | 2:39.66 |
| 12 Ella Cozens | Lockview High | 2:40.43 |
| 13 Keira Lee | Halifax Grammar | 2:41.67 |
| 14 Ellie Allen | Charles P. Allen | 2:42.00 |
| 15 Alessia Dyer | Gorsebrook Jr. | 2:43.82 |
| 16 Frances MacLeod | Dartmouth High | 2:46.40 |

Girls 1500 Meter Run Intermediate

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

| Name | School | Finals |
|-----------------------|------------------|---------|
| 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 3000 Meter Run Intermediate

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

| Name | School | Finals |
|-------------------|------------------|----------|
| Finals | | |
| 1 Abby Lewis | Lockview High | 9:54.19 |
| 2 Isabella Jennex | Halifax Grammar | 11:23.42 |
| 3 Julia Wilkie | Fairview Jr. | 11:25.17 |
| 4 Alessia Dyer | Gorsebrook Jr. | 11:51.47 |
| 5 Chloe Logan | Charles P. Allen | 12:09.92 |
| 6 Evelyn Tobin | Madeline Symond | 2:19.41 |
| 7 Anna Archibald | Dartmouth High | 12:28.45 |

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Results

Finals ... (Girls 3000 Meter Run Intermediate)

| Name | School | Finals |
|--------------------|------------------|----------|
| 8 Lia Weirstra | Astral Drive | 12:29.85 |
| 9 Poppy Moon | Charles P. Allen | 12:41.19 |
| 10 Sophia Das | Gorsebrook Jr. | 12:41.35 |
| 11 Frances MacLeod | Dartmouth High | 12:44.46 |
| 12 Jillian Hope | Oxford School | 12:55.64 |
| 13 Ava Joseph | École second | 12:56.50 |
| 14 Rachel Kibble | Auburn Drive | 13:29.16 |
| 15 Abby Chisholm | Madeline Symond | 4:20.51 |
| 16 Kennedy Griffin | Madeline Symond | 4:23.54 |

Girls 80 Meter Hurdles 30" Intermediate

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

Girls 80 Meter Hurdles 30" Intermediate

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

Girls 4x100 Meter Relay Intermediate

| Team | Relay | Finals |
|---|-------|--------|
| SSNS: 51.34 2019-06-01 Lockview High School | | |
| Finals | | |
| 1 Lockview High | A | 53.59 |
| 2 Halifax Grammar | A | 54.66 |
| 3 Astral Drive | A | 55.53 |
| 4 Oxford School | A | 56.01 |
| 5 Prince Andrew | A | 56.75 |
| 6 Ridgecliff | A | 56.83 |

| | | |
|------------------------|---|---------|
| 7 Fairview Junior High | A | 1:01.01 |
| 8 Five Bridges Jun | A | 1:01.24 |

Girls 4x400 Meter Relay Intermediate

| Team | Relay | Finals |
|------------------------------------|-------|---------|
| SSNS: 4:07.64 2007 Halifax Grammar | | |
| Finals | | |
| 1 Lockview High | A | 4:20.72 |
| 2 Halifax Grammar | A | 4:22.36 |
| 3 Charles P. Allen | A | 4:24.39 |
| 4 Fairview Junior High | A | 4:25.26 |
| 5 Astral Drive | A | 4:26.94 |
| 6 St. Agnes Junior High | A | 4:27.71 |
| 7 Oxford School | A | 4:28.25 |

Girls High Jump Intermediate

| Name | School | Finals |
|---------------------------------|-----------------|--------|
| SSNS: 1.72m 1986 Tracey Loke | | |
| Ties: 1.72m 1986 Natalie Munroe | | |
| 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 Long Jump Intermediate

| Name | School | Finals |
|---------------------------------|------------------|-----------|
| SSNS: 5.32m 1973 Cecilia Branch | | |
| Finals | | |
| 1 Cate Gaudry | Lockview High | 4.73m NWI |
| 2 Vivian Johnson | Halifax Grammar | 4.65m NWI |
| 3 Ava Macnutt | Fairview Jr. | 4.48m NWI |
| 4 Deja Hooper-Dixon | Oxford School | 4.36m NWI |
| 5 La'nazia Jordan | Armbrae | 4.32m NWI |
| 6 Gabby Vilardi | Rocky Lake Jr | 4.24m NWI |
| 7 Marley MacLellan | Astral Drive | 4.18m NWI |
| 8 Fiona Day | Lockview High | 4.15m NWI |
| 9 Natalie Kempton | Island View | 4.07m NWI |
| 10 Sarah Spellman | Oxford School | 4.00m NWI |
| 11 Grace Robinson | Auburn Drive | 3.80m NWI |
| 12 Heidi Kelmm | Charles P. Allen | 3.79m NWI |
| 13 Sophia Stuckless | Ridgecliff | 3.76m NWI |

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Results

Finals ... (Girls Long Jump Intermediate)

| Name | School | Finals |
|---------------------|-----------------|-----------|
| 14 Cayden Cowan | Halifax Central | 3.74m NWI |
| 15 Ashley Sanderson | Halifax Grammar | 3.72m NWI |
| 16 Kezia Woods | Carrefour | 3.70m NWI |

Girls Triple Jump Intermediate

SSNS: 11.19m 2016-06-03Gabrielle Fraser

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

Girls Shot Put 4kg Intermediate

SSNS: 12.98m 2009 Chelsea Whalen

| Name | School | Finals |
|---------------------|------------------|--------|
| Finals | | |
| 1 Adalee Speers | Rocky Lake Jr | J8.91m |
| 2 Anna Bezanson | St. Agnes Jr. | J7.96m |
| 3 Ruth O'Regan | Halifax Grammar | J7.96m |
| 4 Feyi Rotimi | Fairview Jr. | J7.93m |
| 5 Finlay Macpherson | Madeline Symond | J7.76m |
| 6 Olivia Harrison | Bicentennial | J7.53m |
| 7 Mae Teed | Fairview Jr. | J7.44m |
| 8 Nickayla Randall | Ridgecliff | J7.33m |
| 9 Elaine Bussey | Five Bridges Jun | 7.13m |
| 10 Heidi Kelmm | Charles P. Allen | 7.01m |
| 11 Nell McClare | Sacred Heart | 6.76m |
| 12 Jillian Marsman | Citadel High | 6.71m |
| 13 Shaelynn Reimer | St. Agnes Jr. | 6.60m |
| 14 McKenna Scotland | Graham Creighton | 6.57m |
| 15 Rosa Locke | Oyster Pond | 6.40m |

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 Javelin Throw 500g Intermediate

SSNS: 41.73m 2016-06-04Madelyn Quinn

| Name | School | Finals |
|--------------------|------------------|--------|
| Finals | | |
| 1 Kaitlyn Langille | Lockview High | 25.17m |
| 2 Gabby Vilardi | Rocky Lake Jr | 24.32m |
| 3 Julia McInnis | Fairview Jr. | 24.14m |
| 4 Melanie Bortolin | Astral Drive | 23.93m |
| 5 Lily Brown | Astral Drive | 22.22m |
| 6 Tess MacLean | Fairview Jr. | 22.19m |
| 7 Maddie Cluett | Fairview Jr. | 21.57m |
| 8 Olivia Harrison | Bicentennial | 21.44m |
| 9 Anna Bezanson | St. Agnes Jr. | 19.57m |
| 10 Luchi Cohen | Oxford School | 19.32m |
| 11 Jayme Irving | Astral Drive | 19.08m |
| 12 Jillian Marsman | Citadel High | 18.00m |
| 13 Maya Vats | Five Bridges Jun | 14.95m |
| 14 Camryn Whynot | Madeline Symond | 13.58m |
| 15 Shaelynn Reimer | St. Agnes Jr. | 12.98m |

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 | 12.73Q2.4 |
| 2 Lynn Sheppard | Auburn Drive | 12.80Q4.9 |
| 3 Katelyn Wilton | Charles P. Allen | 13.30Q2.4 |
| 4 Mairo Ikede | Dartmouth High | 13.57Q4.9 |
| 5 Annabelle Iyoha | Charles P. Allen | 13.56Q2.4 |
| 6 Hailey Tanner | Charles P. Allen | 13.78Q4.9 |
| 7 Aariyah McKinney | Citadel High | 13.96q 2.4 |
| 8 Mhyah Allen | Prince Andrew | 13.97q 2.4 |
| 9 Jessica MacDonald | Lockview High | 14.07 2.4 |
| 10 Lori Marsman | Citadel High | 14.20 4.9 |
| 11 Julie O'Sullivan | Lockview High | 14.32 4.9 |
| 12 Rhianna Waligura-Newma | Citadel High | 14.41 4.9 |

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Preliminaries ... (Girls 100 Meter Dash Senior)

| Name | School | Prelims |
|---------------------|---------------|-----------|
| 13 Lucy Boudreau | Lockview High | 15.20 4.9 |
| 14 Rachel MacDonald | Cole Harbour | 15.53 2.4 |

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 5.1 |
| 2 Lynn Sheppard | Auburn Drive | 12.63 5.1 |
| 3 Mairo Ikede | Dartmouth High | 13.19 5.1 |
| 4 Katelyn Wilton | Charles P. Allen | 13.22 5.1 |
| 5 Annabelle Iyoha | Charles P. Allen | 13.43 5.1 |
| 6 Hailey Tanner | Charles P. Allen | 13.57 5.1 |
| 7 Aariyah McKinney | Citadel High | 13.92 5.1 |

Girls 200 Meter Dash Senior

SSNS: 24.84 2012 Jenn Meech

| Name | School | Prelims |
|------|--------|---------|
|------|--------|---------|

Preliminaries

| | | |
|---------------------|------------------|------------|
| 1 Lynn Sheppard | Auburn Drive | 26.63Q1.3 |
| 2 Madeline Cook | Charles P. Allen | 27.24Q2.1 |
| 3 Mya Archibald | Lockview High | 27.45Q1.3 |
| 4 Rylin Matheson | Auburn Drive | 28.14Q2.1 |
| 5 Mairo Ikede | Dartmouth High | 28.27Q2.1 |
| 6 Hailey Tanner | Charles P. Allen | 28.74Q1.3 |
| 7 Mhyah Allen | Prince Andrew | 28.89q 1.3 |
| 8 Emma Crowe | Lockview High | 29.47q 2.1 |
| 9 Nina Hinkins | Charles P. Allen | 29.52 2.1 |
| 10 Aariyah McKinney | Citadel High | 29.53 2.1 |
| 11 Jenna Matheson | Citadel High | 29.57 1.3 |
| 12 Springer Amalie | Dartmouth High | 30.17 2.1 |
| 13 Sophie Strong | Halifax West | 31.58 2.1 |
| 14 Lindsey Womboldt | Cole Harbour | 31.70 1.3 |
| 15 Brielle Boachi | Auburn Drive | 33.30 1.3 |

Girls 200 Meter Dash Senior

SSNS: 24.84 2012 Jenn Meech

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

Finals

| | | |
|------------------|------------------|-----------|
| 1 Lynn Sheppard | Auburn Drive | 26.35 2.3 |
| 2 Madeline Cook | Charles P. Allen | 26.54 2.3 |
| 3 Mya Archibald | Lockview High | 26.85 2.3 |
| 4 Rylin Matheson | Auburn Drive | 27.56 2.3 |
| 5 Mairo Ikede | Dartmouth High | 27.77 2.3 |
| 6 Hailey Tanner | Charles P. Allen | 28.93 2.3 |
| 7 Emma Crowe | Lockview High | 29.16 2.3 |
| 8 Mhyah Allen | Prince Andrew | 29.27 2.3 |

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 |
| 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 |
|------|--------|--------|
|------|--------|--------|

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 800 Meter Run Senior

SSNS: 2:11.58 2019 Maggie Smith

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

Finals

| | | |
|---------------------------|------------------|---------|
| 1 Katherine Sneddon-Simon | Citadel High | 2:29.96 |
| 2 Cayley Lindgreen | Charles P. Allen | 2:30.43 |
| 3 Monica Johnston | Lockview High | 2:31.01 |
| 4 Tallulah Macneil | Sacred Heart | 2:31.35 |
| 5 Anne-Sophie Lerudulier | Sommet | 2:39.02 |
| 6 Makena MacDonald | Charles P. Allen | 2:42.19 |
| 7 Emma Hamlyn | Sacred Heart | 2:42.84 |
| 8 Ella Whynot | Charles P. Allen | 2:46.35 |
| 9 Iris Gamble | Halifax West | 2:55.60 |
| 10 Sophie Carmichael | Auburn Drive | 2:56.63 |
| 11 Beth Neville | Cole Harbour | 3:44.05 |

Girls 1500 Meter Run Senior

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

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

Finals

| | | |
|-------------------|---------------|---------|
| 1 Monica Johnston | Lockview High | 5:11.31 |
|-------------------|---------------|---------|

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Results

Finals ... (Girls 1500 Meter Run Senior)

| Name | School | Finals |
|---------------------------|------------------|---------|
| 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 3000 Meter Run Senior

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

| Name | School | Finals |
|---------------------------|------------------|----------|
| 1 Monica Johnston | Lockview High | 11:31.62 |
| 2 Tallulah Macneil | Sacred Heart | 11:34.01 |
| 3 Anne-Sophie Lerudulier | Sommet | 12:08.33 |
| 4 Katherine Sneddon-Simon | Citadel High | 12:28.90 |
| 5 Jacqueline Moore | École second | 13:01.29 |
| 6 Cayley Lindgreen | Charles P. Allen | 13:16.81 |
| 7 Ella Whynot | Charles P. Allen | 13:55.64 |
| 8 Isabel Casey | Sacred Heart | 14:18.62 |
| 9 Claire Rankin | Sacred Heart | 14:33.84 |
| 10 Makena MacDonald | Charles P. Allen | 14:58.79 |
| 11 Cassidy Devereaux | Charles P. Allen | 14:58.88 |

Girls 100 Meter Hurdles 30" Senior

| Name | School | Prelims |
|---------------------|------------------|------------|
| 1 Claire Covert | Halifax West | 16.56QNWI |
| 2 Jenna Matheson | Citadel High | 17.76QNWI |
| 3 Emma Crowe | Lockview High | 18.98QNWI |
| 4 Julie O'Sullivan | Lockview High | 19.56QNWI |
| 5 Abbey Ashton | Charles P. Allen | 20.79QNWI |
| 6 Lauren MacRae | Charles P. Allen | 20.89QNWI |
| 7 Nyisha Clayton | Auburn Drive | 21.10q NWI |
| 8 Molly Anderson | J.L. Ilsley | 21.27q NWI |
| 9 Lyndsay Beaton | Auburn Drive | 21.29 NWI |
| 10 Nina Hinkins | Charles P. Allen | 21.42 NWI |
| 11 Jillian Langille | J.L. Ilsley | 24.06 NWI |
| 12 Megan Lane | Citadel High | 25.74 NWI |

Girls 100 Meter Hurdles 30" Senior

| Name | School | Finals |
|------------------|--------------|-----------|
| 1 Claire Covert | Halifax West | 16.40 NWI |
| 2 Jenna Matheson | Citadel High | 18.46 NWI |

| | | |
|--------------------|------------------|-----------|
| 3 Emma Crowe | Lockview High | 18.83 NWI |
| 4 Julie O'Sullivan | Lockview High | 19.37 NWI |
| 5 Abbey Ashton | Charles P. Allen | 20.35 NWI |
| 6 Lauren MacRae | Charles P. Allen | 20.43 NWI |
| 7 Molly Anderson | J.L. Ilsley | 21.40 NWI |
| 8 Nyisha Clayton | Auburn Drive | 22.63 NWI |

Girls 4x100 Meter Relay Senior

SSNS: 50.32 2004 CEC

| Team | Relay | Finals |
|-----------------------|-------|---------|
| 1 Charles P. Allen | A | 52.50 |
| 2 Lockview High | A | 54.51 |
| 3 Citadel High | A | 55.30 |
| 4 Dartmouth High | A | 55.40 |
| 5 Auburn Drive | A | 56.29 |
| 6 Sacred Heart School | A | 59.35 |
| 7 J.L. Ilsley | A | 1:00.97 |

Girls 4x400 Meter Relay Senior

SSNS: 4:01.53 2009 Park View

| Team | Relay | Finals |
|-----------------------|-------|---------|
| 1 Dartmouth High | A | 4:41.05 |
| 2 Charles P. Allen | A | 4:44.65 |
| 3 Sacred Heart School | A | 5:04.96 |

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 Long Jump Senior

SSNS: 5.49m 2017-06-03Denver Fraser

| Name | School | Finals |
|------------------------|------------------|-----------|
| 1 Mya Archibald | Lockview High | 4.98m NWI |
| 2 Haley MacLellan | Dartmouth High | 4.64m NWI |
| 3 Jessica MacDonald | Lockview High | 4.49m NWI |
| 4 Annabelle Iyoha | Charles P. Allen | 4.35m NWI |
| 5 Lila Gechtman | Halifax West | 4.30m NWI |
| 6 Abbey Ashton | Charles P. Allen | 4.20m NWI |
| 7 Emma Crowe | Lockview High | 3.91m NWI |
| 8 Claire Wilson-Dyment | Sacred Heart | 3.79m NWI |
| 9 Cassidy Devereaux | Charles P. Allen | 3.72m NWI |
| 10 Kate Bagnell | Citadel High | 3.66m NWI |
| 11 Beth Ejigu | Citadel High | 3.60m NWI |
| 12 Brielle Boachi | Auburn Drive | 3.54m NWI |

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Results

Finals ... (Girls Long Jump Senior)

| Name | School | Finals |
|-------------------|--------------|-----------|
| 13 Sophie Maunder | Halifax West | 3.49m NWI |
| 14 Lyndsay Beaton | Auburn Drive | 3.44m NWI |
| 15 Megan Lane | Citadel High | 2.64m NWI |

Girls Triple Jump Senior

SSNS: 11.71m 2018-06-01 Gabrielle Fraser

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

Girls Shot Put 4kg Senior

SSNS: 13.26m 2010 Chelsea Whalen

| Name | School | Finals |
|---------------------|------------------|--------|
| Finals | | |
| 1 Molly White | Lockview High | 8.33m |
| 2 Taven Stevenson | Lockview High | 8.27m |
| 3 Sophie Maunder | Halifax West | 8.02m |
| 4 Clara Jackson | Citadel High | 7.99m |
| 5 Alex Godsoe | J.L. Ilsley | 6.86m |
| 6 Maddie Scotland | Auburn Drive | 6.48m |
| 7 Amber Salter | Millwood High | 6.43m |
| 8 Avelyn Babcock | Auburn Drive | 6.32m |
| 9 Sophie Van Berkel | Auburn Drive | 6.06m |
| 10 Abi Horne | Charles P. Allen | 5.83m |

Girls Discus Throw 1kg Senior

SSNS: 41.92m 2012 Kayla Gallagher

| Name | School | Finals |
|---------------------|------------------|--------|
| 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 |
| 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 Javelin Throw 600g Senior

SSNS: 44.20m 2010 Chelsea Whalen

| Name | School | Finals |
|---------------------|------------------|--------|
| Finals | | |
| 1 Julia Konigshofer | Lockview High | 38.29m |
| 2 Sophie Maunder | Halifax West | 25.46m |
| 3 Hailey Tanner | Charles P. Allen | 23.21m |
| 4 Clara Jackson | Citadel High | 22.85m |
| 5 Alex Godsoe | J.L. Ilsley | 22.68m |
| 6 Abbey Ashton | Charles P. Allen | 19.42m |
| 7 Molly White | Lockview High | 17.28m |
| 8 Maddie Scotland | Auburn Drive | 16.43m |
| 9 Avelyn Babcock | Auburn Drive | 12.14m |
| 10 Lyndsay Beaton | Auburn Drive | 11.21m |

Girls 100 Meter Dash Supported Junior

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

Girls Long Jump 3 jumps only Supported Junior

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

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 |

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Results

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

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

Girls Long Jump 3 jumps only Supported Senior

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

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 |
| 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 |
|----------------------|------------------|------------|
| Preliminaries | | |
| 1 Deaglan Nichol | Halifax Central | 12.28Q3.2 |
| 2 Henry Raymond | St. Agnes Jr. | 12.65Q0.7 |
| 3 Jackson Sparks | Astral Drive | 12.66Q3.2 |
| 4 Aaron Chipp | Elizabeth Suther | 12.85Q0.7 |
| 5 Cameron McNair | Madeline Symond | 12.85Q0.7 |
| 6 Joshua Henry | SackvilleHeights | 12.90Q3.2 |
| 7 Nathan Mulholland | Rocky Lake Jr | 12.87q 0.7 |
| 8 Owen MacGillivray | Rocky Lake Jr | 12.96q 3.2 |
| 9 Donovan Jay | Five Bridges Jun | 12.98 0.7 |
| 10 Leo Mont | Rocky Lake Jr | 13.02 0.7 |
| 11 Aaron Metzger | Fairview Jr. | 13.17 3.2 |
| 12 Neil Wang | Fairview Jr. | 13.20 0.7 |
| 13 Sebastien Muise | Madeline Symond | 13.21 3.2 |
| 14 Dawson Swift | Halifax Central | 13.27 3.2 |
| 15 Owen Weigelin | Carrefour | 13.31 3.2 |
| 16 Logan Trewin | Hfx Independant | 13.74 0.7 |

Boys 100 Meter Dash Junior

SSNS: 11.59 2016 Braden Gray

Ties: 11.50 1995 Nick Smith (hand)

| Name | School | Finals |
|---------------------|------------------|-----------|
| Finals | | |
| 1 Deaglan Nichol | Halifax Central | 12.42 3.2 |
| 2 Henry Raymond | St. Agnes Jr. | 12.67 3.2 |
| 3 Nathan Mulholland | Rocky Lake Jr | 12.71 3.2 |
| 4 Jackson Sparks | Astral Drive | 12.72 3.2 |
| 5 Aaron Chipp | Elizabeth Suther | 13.00 3.2 |
| 6 Joshua Henry | SackvilleHeights | 13.04 3.2 |
| 7 Cameron McNair | Madeline Symond | 13.06 3.2 |
| 8 Owen MacGillivray | Rocky Lake Jr | 13.22 3.2 |

Boys 200 Meter Dash Junior

SSNS: 24.26 2005 Cameron Veinot

Ties: 24.10 1984 Derek Dempster (hand)

| Name | School | Prelims |
|----------------------|---------------|-----------|
| Preliminaries | | |
| 1 Henry Raymond | St. Agnes Jr. | 26.09Q0.9 |

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Preliminaries ... (Boys 200 Meter Dash Junior)

| Name | School | Prelims |
|--------------------------|------------------|------------|
| 2 Nathan Larue | Clayton Park Jr. | 26.09Q0.9 |
| 3 Donovan Jay | Five Bridges Jun | 26.52Q0.9 |
| 4 Wyatt Thurston | A.J. Smeltze | 26.97Q0.9 |
| 5 Lavell Gray | Rockingstone | 26.86Q0.9 |
| 6 Alfred Lai | Rocky Lake Jr | 27.31Q0.9 |
| 7 Neil Wang | Fairview Jr. | 27.23q 0.9 |
| 8 Griffin Hearn | Madeline Symond | 27.34q 0.9 |
| 9 Mi'kell Bottomley-Pyke | Fairview Jr. | 27.57 0.9 |
| 10 Glendon Snow | Ellenvale Jr. | 27.67 0.9 |
| 11 Luis Stonehouse | Graham Creighton | 27.72 0.9 |
| 12 Colby Steele | Astral Drive | 27.74 0.9 |
| 13 James Thibault | Clayton Park Jr. | 27.88 0.9 |
| 14 Jacoby MacDonald | Rocky Lake Jr | 28.01 0.9 |
| 15 Matthew Mailman | East Coast V | 28.31 0.9 |

Boys 200 Meter Dash Junior

SSNS: 24.26 2005

Cameron Veinot

Ties: 24.10 1984

Derek Dempster (hand)

| Name | School | Finals |
|------------------|------------------|-----------|
| 1 Henry Raymond | St. Agnes Jr. | 26.03 1.4 |
| 2 Nathan Larue | Clayton Park Jr. | 26.25 1.4 |
| 3 Lavell Gray | Rockingstone | 26.39 1.4 |
| 4 Wyatt Thurston | A.J. Smeltze | 26.41 1.4 |
| 5 Donovan Jay | Five Bridges Jun | 26.62 1.4 |
| 6 Alfred Lai | Rocky Lake Jr | 27.20 1.4 |
| 7 Griffin Hearn | Madeline Symond | 27.32 1.4 |
| 8 Neil Wang | Fairview Jr. | 27.35 1.4 |

Boys 400 Meter Dash Junior

SSNS: 53.72 2013

Barrett Dachyshyn

| Name | School | Prelims |
|----------------------------|------------------|----------|
| 1 Owen MacGillivray | Rocky Lake Jr | 1:00.82Q |
| 2 Tucker Potter | Georges P. V | 1:01.53Q |
| 3 Christopher Sneddon-Simr | 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 |
|----------------------------|------------------|---------|
| 1 Owen MacGillivray | Rocky Lake Jr | 1:01.16 |
| 2 Christopher Sneddon-Simr | 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 800 Meter Run Junior

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

| Name | School | Finals |
|----------------------------|-----------------|---------|
| 1 Drew Sanderson | Halifax Grammar | 2:19.28 |
| 2 Cohen Hawes | Madeline Symond | 2:20.19 |
| 3 Christopher Sneddon-Simr | Gorsebrook Jr. | 2:20.41 |
| 4 David Ackerman | Oxford School | 2:20.89 |
| 5 Sam Flemming | St. Agnes Jr. | 2:21.29 |
| 6 Ewan MacDonald | Ridgecliff | 2:21.68 |
| 7 Max Makropoulos | St. Agnes Jr. | 2:25.72 |
| 8 Saidharma Chelamkuri | Halifax Grammar | 2:27.77 |
| 9 Jack Quinton | Rocky Lake Jr | 2:29.18 |
| 10 Alex Allain | Madeline Symond | 2:29.45 |
| 11 Luke Murphy | Ridgecliff | 2:29.49 |
| 12 Ryan Matthews | Madeline Symond | 2:29.66 |
| 13 Drew Doyle | Madeline Symond | 2:30.12 |
| 14 Eric Klemm | Rocky Lake Jr | 2:30.28 |

Boys 1500 Meter Run Junior

SSNS: 4:19.71 2009

Mike Tate

| Name | School | 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 |

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Boys 3000 Meter Run Junior

SSNS: 9:15.14 2011

Tobias Wolter

| Name | School | Finals |
|-------------------|-----------------|----------|
| Finals | | |
| 1 Cohen Hawes | Madeline Symond | 0:14.40 |
| 2 Ewan MacDonald | Ridgecliff | 10:29.01 |
| 3 David Ackerman | Oxford School | 10:33.20 |
| 4 Evan Ren | Ellenvale Jr. | 10:35.43 |
| 5 Luke Ellis | Ellenvale Jr. | 10:48.13 |
| 6 Nikhil Batra | Ellenvale Jr. | 10:49.26 |
| 7 Oliver Neeve | Gorsebrook Jr. | 10:50.86 |
| 8 Owen O'Leary | Madeline Symond | 0:59.06 |
| 9 Oliver Morrison | Ridgecliff | 11:06.43 |
| 10 Cole Nelson | Madeline Symond | 1:11.30 |
| 11 Liam Kirby | Gorsebrook Jr. | 11:12.35 |
| 12 Sam Ryan | Caledonia | 11:13.21 |
| 13 Noah Miller | Gorsebrook Jr. | 11:13.23 |
| 14 Jack Quinton | Rocky Lake Jr | 11:21.03 |
| 15 Nate Turple | Madeline Symond | 1:27.58 |
| 16 Mateo Bourque | Ridgecliff | 11:28.64 |

Boys 80 Meter Hurdles 30" Junior

| Name | School | Prelims |
|-------------------------|------------------|------------|
| Preliminaries | | |
| 1 Lavell Gray | Rockingstone | 13.19QNWI |
| 2 Leo Mont | Rocky Lake Jr | 13.40QNWI |
| 3 Nathan Mulholland | Rocky Lake Jr | 13.96QNWI |
| 4 Owen MacGillivray | Rocky Lake Jr | 14.78QNWI |
| 5 Judah Martin | Dartmouth So | 14.12QNWI |
| 6 Jacoby MacDonald | Rocky Lake Jr | 14.79QNWI |
| 7 Oliver Mann | Fairview Jr. | 14.47q NWI |
| 8 Jack Miller | Gaetzbrook | 15.22q NWI |
| 9 Grady Wilcox | Elizabeth Suther | 15.28 NWI |
| 10 Issac Fillmore | Elizabeth Suther | 15.29 NWI |
| 11 Liam McNamara | Elizabeth Suther | 15.43 NWI |
| 12 Nate Bouter | Astral Drive | 15.46 NWI |
| 13 Lothar Trzebiatowski | Eastern Passage | 15.64 NWI |
| 14 Ronan Macmahon | Clayton Park Jr. | 16.51 NWI |
| 15 Geoffrey Oconnell | A.J. Smeltze | 16.92 NWI |

Boys 80 Meter Hurdles 30" Junior

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

Boys 4x100 Meter Relay Junior

SSNS: 48.40 1990

Astral Drive (hand)

| Team | Relay | Finals |
|-------------------------|-------|--------|
| Finals | | |
| 1 Rocky Lake Jr | A | 51.36 |
| 2 Madeline Symonds | A | 52.78 |
| 3 Georges P. V | A | 52.87 |
| 4 St. Agnes Junior High | A | 53.83 |
| 5 Halifax Central | A | 53.84 |
| 6 Clayton Park Jr. | A | 54.14 |
| 7 Fairview Junior High | A | 56.62 |
| --- Astral Drive | A | DQ |

Boys 4x400 Meter Relay Junior

SSNS: 3:48.10 2013

Halifax Central Junior

| Team | Relay | Finals |
|-------------------------|-------|---------|
| Finals | | |
| 1 Rocky Lake Jr | A | 4:09.57 |
| 2 St. Agnes Junior High | A | 4:20.04 |
| 3 Five Bridges Jun | A | 4:23.61 |
| 4 Madeline Symonds | A | 4:26.32 |
| 5 Dartmouth So | A | 4:30.80 |
| 6 Fairview Junior High | A | 4:30.82 |
| 7 Georges P. V | A | 4:32.24 |
| 8 Bicentennial School | A | 4:33.43 |
| 9 Gorsebrook Jr. | A | 4:33.98 |
| 10 Clayton Park Jr. | A | 4:35.64 |
| 11 Elizabeth Sutherland | A | 4:36.82 |
| 12 Sacred Heart School | A | 4:38.19 |

Boys High Jump Junior

SSNS: 1.77m 2004

Brandon Mallally

| Name | School | Finals |
|----------------------|------------------|--------|
| Finals | | |
| 1 Donovan Jay | Five Bridges Jun | J1.68m |
| 2 Grady Cogan | Leslie Thomas | J1.56m |
| 3 Logan Ferrar Foote | Elizabeth Suther | J1.56m |
| 4 Evan Davis | Astral Drive | J1.56m |
| 5 Noah Snider | Madeline Symond | J1.53m |
| 6 Cameron Selig | Fairview Jr. | J1.45m |
| 7 Ben Kowalczyk | Halifax Central | J1.45m |
| 8 Chad Johnston | Eastern Passage | J1.40m |
| 9 Haydn Hopkins | Five Bridges Jun | J1.40m |
| 10 Noah McIntosh | Carrefour | J1.40m |
| 10 Lavell Gray | Rockingstone | J1.40m |
| 12 Liam McNamara | Elizabeth Suther | J1.35m |
| 12 Owen Weigelin | Carrefour | J1.35m |
| 14 Sangwon Jung | Armbrae | J1.35m |
| 14 Logan Power | Eastern Passage | J1.35m |
| 16 Jesse Chipman | Eastern Passage | J1.30m |
| 17 Liam Connolly | Halifax Central | J1.30m |

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Results

Boys Long Jump Junior

SSNS: 5.79m 2012

David MacDonald

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

Boys Triple Jump Junior

SSNS: 12.03m 2012

Kaelan Schmidt

| Name | School | Finals |
|---------------------------|------------------|------------|
| Finals | | |
| 1 Leo Mont | Rocky Lake Jr | 10.29m NWI |
| 2 Shakib Abdull Wahid | Fairview Jr. | 10.27m NWI |
| 3 Ben Kowaleyk | Halifax Central | 10.03m NWI |
| 4 Aaron Chipp | Elizabeth Suther | 10.01m NWI |
| 5 Sebastien Muise | Madeline Symond | 9.99m NWI |
| 6 Issac Fillmore | Elizabeth Suther | 9.83m NWI |
| 7 Jacoby MacDonald | Rocky Lake Jr | 9.76m NWI |
| 8 Logan Ferrar Foote | Elizabeth Suther | 9.61m NWI |
| 9 Evan Davis | Astral Drive | 9.39m NWI |
| 10 Stephan Kozub | Ridgecliff | 9.21m NWI |
| 11 Eric Klemm | Rocky Lake Jr | 9.19m NWI |
| 12 Eric Roberts | Madeline Symond | 9.09m NWI |
| 13 Mi'kell Bottomley-Pyke | Fairview Jr. | 9.03m NWI |
| 14 Jesse Chipman | Eastern Passage | 8.96m NWI |
| 15 Sam Ryan | Caledonia | 8.95m NWI |
| 16 Ethan Daniel | St. Agnes Jr. | 8.70m NWI |

Boys Shot Put 4kg Junior

SSNS: 14.37m 2016-06-03Logan Taylor

| Name | School | Finals |
|---------------------------|------------------|--------|
| 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 Discus Throw 1kg Junior

SSNS: 43.75m 2016-06-04Parker Swain

| Name | School | Finals |
|--------------------------|------------------|---------|
| Finals | | |
| 1 Danny Walters | St. Agnes Jr. | J30.49m |
| 2 Drew Sanderson | Halifax Grammar | J27.77m |
| 3 Shakib Abdull Wahid | Fairview Jr. | J25.72m |
| 4 Chad Johnston | Eastern Passage | J22.55m |
| 5 Noah Channing | SackvilleHeights | J22.52m |
| 6 Ryan Aucoin | Bicentennial | J22.52m |
| 7 Chris Thompson | Caledonia | J21.96m |
| 8 Andrew Colbourne | Oyster Pond | J21.56m |
| 9 Judah Martin | Dartmouth So | 21.25m |
| 10 Liam Connolly | Halifax Central | 20.74m |
| 11 Andrew D'Arcy | Georges P. V | 20.22m |
| 12 Logan Taylor | Madeline Symond | 20.19m |
| 13 Reginald Kissi-Appiah | Fairview Jr. | 18.95m |
| 14 Ryan Wiggins | A.J. Smeltze | 18.93m |
| 15 Dorien Mosher | Gaetzbrook | 16.83m |
| 16 Mac Taylor | Rocky Lake Jr | 16.10m |

Boys Javelin Throw 600g Junior

SSNS: 45.48m 2015 Michael Adams

| Name | School | Finals |
|-----------------------|------------------|--------|
| 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 |

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

Results

Boys 100 Meter Dash Intermediate

SSNS: 10.50 1998 Patrick Benjamin (hand)

| Name | School | Prelims |
|------------------------------|------------------|------------|
| Preliminaries | | |
| 1 Jacob Rhyno | Island View | 11.50Q1.4 |
| 2 Julian Briand | Sackville High | 11.81Q2.7 |
| 3 Folu Adebisi | Halifax Grammar | 11.88Q1.4 |
| 4 Yunshu Zhao | Clayton Park Jr. | 12.08Q2.7 |
| 5 Tapi Chipudhla | Rocky Lake Jr | 12.02Q1.4 |
| 6 Zach White | Halifax Grammar | 12.11Q2.7 |
| 7 Ryshaun Diggs | Auburn Drive | 12.15q 2.7 |
| 8 Jace LeBlanc | Bay View Hig | 12.16q 2.7 |
| 9 Cameron Greenlaw | Prince Andrew | 12.22 1.4 |
| 10 Elliot Kavanaugh | Prince Andrew | 12.30 1.4 |
| 11 Koby Iwegbu | Rocky Lake Jr | 12.32 2.7 |
| 12 Rowan Houlihan | Charles P. Allen | 12.37 2.7 |
| 13 Nicholas Thalheimer-Well: | Oxford School | 12.46 1.4 |
| 14 Kayden Fraser | Auburn Drive | 12.81 1.4 |
| --- Henry Stanhope | Halifax Central | DQ 2.7 |

Boys 100 Meter Dash Intermediate

SSNS: 10.50 1998 Patrick Benjamin (hand)

| Name | School | Finals |
|------------------|------------------|-----------|
| Finals | | |
| 1 Jacob Rhyno | Island View | 11.46 2.1 |
| 2 Julian Briand | Sackville High | 11.77 2.1 |
| 3 Folu Adebisi | Halifax Grammar | 11.81 2.1 |
| 4 Tapi Chipudhla | Rocky Lake Jr | 11.99 2.1 |
| 5 Ryshaun Diggs | Auburn Drive | 12.05 2.1 |
| 6 Yunshu Zhao | Clayton Park Jr. | 12.09 2.1 |
| 7 Zach White | Halifax Grammar | 12.13 2.1 |
| 8 Jace LeBlanc | Bay View Hig | 12.16 2.1 |

Boys 200 Meter Dash Intermediate

SSNS: 22.30 1998 Patrick Benjamin (hand)

| Name | School | Prelims |
|------------------------------|------------------|------------|
| Preliminaries | | |
| 1 Jacob Rhyno | Island View | 23.57Q1.6 |
| 2 Julian Briand | Sackville High | 24.17Q2.3 |
| 3 Folu Adebisi | Halifax Grammar | 24.40Q2.3 |
| 4 Jace LeBlanc | Bay View Hig | 24.72Q1.6 |
| 5 Yunshu Zhao | Clayton Park Jr. | 24.65Q2.3 |
| 6 Zach White | Halifax Grammar | 24.83Q1.6 |
| 7 Ryshaun Diggs | Auburn Drive | 24.69q 2.3 |
| 8 Van-Rae Anderson | Charles P. Allen | 24.89q 2.3 |
| 9 Robert Martin | Clayton Park Jr. | 25.35 1.6 |
| 10 Nicholas Thalheimer-Well: | Oxford School | 25.35 1.6 |
| 11 Aron Kocsis-Derfalvi | Citadel High | 25.36 1.6 |
| 12 Cameron Greenlaw | Prince Andrew | 25.40 2.3 |
| 13 Parker MacDonald | Ridgecliff | 25.44 1.6 |

| | | |
|--------------------|------------------|-----------|
| 14 Lucas Zawidzki | Charles P. Allen | 25.59 2.3 |
| 15 Landon Smith | Sackville High | 25.75 1.6 |
| 16 Torrell McCalla | Fairview Jr. | 26.24 2.3 |

Boys 200 Meter Dash Intermediate

SSNS: 22.30 1998 Patrick Benjamin (hand)

| Name | School | Finals |
|--------------------|------------------|-----------|
| Finals | | |
| 1 Jacob Rhyno | Island View | 23.28 3.3 |
| 2 Julian Briand | Sackville High | 24.03 3.3 |
| 3 Folu Adebisi | Halifax Grammar | 24.25 3.3 |
| 4 Ryshaun Diggs | Auburn Drive | 24.34 3.3 |
| 5 Jace LeBlanc | Bay View Hig | 24.46 3.3 |
| 6 Yunshu Zhao | Clayton Park Jr. | 24.92 3.3 |
| 7 Zach White | Halifax Grammar | 24.97 3.3 |
| 8 Van-Rae Anderson | Charles P. Allen | 25.07 3.3 |

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 |

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Results

Boys 800 Meter Run Intermediate

SSNS: 1:58.21 2015 Hudson Grimshaw-Surette

| Name | School | Finals |
|--------------------|------------------|---------|
| Finals | | |
| 1 Alex Bouchard | Gorsebrook Jr. | 2:04.90 |
| 2 Alex Quinton | Charles P. Allen | 2:07.24 |
| 3 Alan Fawcett | Citadel High | 2:18.93 |
| 4 Sullivan Nakatsu | Charles P. Allen | 2:19.49 |
| 5 Cole Willows | Fairview Jr. | 2:21.36 |
| 6 Keegan Penny | Citadel High | 2:21.84 |
| 7 Ayden Melanson | Oxford School | 2:22.32 |
| 8 Thomas Panopolis | Bedford Academy | 2:23.02 |
| 9 Kenzie Wagner | Fairview Jr. | 2:24.63 |
| 10 Tucker Johnson | Rocky Lake Jr | 2:25.82 |
| 11 Jude Cameron | Charles P. Allen | 2:27.53 |
| 12 Remy Doucette | Charles P. Allen | 2:28.60 |
| 13 Paul Maloney | Halifax Central | 2:32.03 |

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 3000 Meter Run Intermediate

SSNS: 8:50.61 2015 Andrew Peverill

| Name | School | Finals |
|------------------|------------------|----------|
| Finals | | |
| 1 Alex Bouchard | Gorsebrook Jr. | 9:40.91 |
| 2 Alex Quinton | Charles P. Allen | 10:09.24 |
| 3 Cohen Norman | Citadel High | 10:16.12 |
| 4 Riley Cuthbert | Eastern Shore | 10:17.91 |
| 5 Tristan Penny | Bay View Hig | 10:28.33 |
| 6 Will Jennings | Rocky Lake Jr | 10:32.20 |
| 7 Jake Wilcox | J.L. Ilsley | 10:35.56 |
| 8 Thomas Dewitt | Shambhala School | 10:44.24 |
| 9 Cole Miller | Citadel High | 10:46.49 |
| 10 Thomas Holder | Rocky Lake Jr | 10:46.80 |

| | | | |
|----|------------------|------------------|----------|
| 11 | Graham Sauer | Fairview Jr. | 11:05.47 |
| 12 | Sullivan Nakatsu | Charles P. Allen | 11:20.27 |
| 13 | Josh Morrison | Ridgecliff | 11:36.87 |
| 14 | Ryan Miller | Millwood High | 11:38.61 |
| 15 | Alan Fawcett | Citadel High | 11:49.94 |

Boys 100 Meter Hurdles 33" Intermediate

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

Boys 100 Meter Hurdles 33" Intermediate

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

Boys 4x100 Meter Relay Intermediate

SSNS: 45.50 1976 Sackville High (hand)

| Team | Relay | Finals |
|---------------|----------------------|---------|
| Finals | | |
| 1 | Prince Andrew | A 48.33 |
| 2 | Rocky Lake Jr | A 48.71 |
| 3 | Bay View High School | A 48.93 |
| 4 | Halifax Grammar | A 49.39 |
| 5 | Auburn Drive | A 49.49 |
| 6 | Clayton Park Jr. | A 50.59 |
| 7 | Oxford School | A 50.78 |
| 8 | Gaetzbrook | A 54.49 |

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

Results

Boys 4x400 Meter Relay Intermediate

SSNS: 3:35.40 1984 Prince Andrew (hand)

| Team | Relay | Finals |
|-------------------------|-------|---------|
| Finals | | |
| 1 Charles P. Allen | A | 3:55.15 |
| 2 St. Agnes Junior High | A | 3:57.60 |
| 3 Caledonia Junior High | A | 4:01.99 |
| 4 Sackville High | A | 4:05.58 |
| 5 Rocky Lake Jr | A | 4:07.32 |
| 6 Fairview Junior High | A | 4:12.48 |
| 7 Auburn Drive | A | 4:14.57 |
| 8 Citadel High | A | 4:19.54 |

Boys High Jump Intermediate

SSNS: 1.95m 1988 Charles MacKay

| Name | School | Finals |
|-----------------------|------------------|--------|
| Finals | | |
| 1 Van-Rae Anderson | Charles P. Allen | J1.68m |
| 2 Ayden Rondeau | Five Bridges Jun | J1.65m |
| 3 Thomas McDonald | Island View | J1.65m |
| 4 Victor Dao | Armbrae | J1.60m |
| 5 Mason Thurber | Charles P. Allen | J1.60m |
| 6 Ethan Ault | Clayton Park Jr. | J1.55m |
| 6 Harrison Dunphy | St. Agnes Jr. | J1.55m |
| 8 Alex Frid | Halifax Central | J1.55m |
| 9 Folu Adebisi | Halifax Grammar | J1.50m |
| 10 Noah Douchemelle | Astral Drive | J1.50m |
| 10 Alwyn Kyalo | Island View | J1.50m |
| 12 Robert Martin | Clayton Park Jr. | J1.50m |
| 13 Graham Sauer | Fairview Jr. | J1.50m |
| 14 Jude Cameron | Charles P. Allen | J1.50m |
| 15 Preston Mader-Reid | Clayton Park Jr. | J1.45m |

Boys Long Jump Intermediate

SSNS: 6.44m 1997 David Paxton

| Name | School | Finals |
|---------------------|------------------|------------|
| Finals | | |
| 1 Folu Adebisi | Halifax Grammar | J5.93m NWI |
| 2 Thomas McDonald | Island View | J5.33m NWI |
| 3 Van-Rae Anderson | Charles P. Allen | J5.19m NWI |
| 4 Callum Cogswell | Halifax Central | J5.16m NWI |
| 5 Sydney Stonehouse | Graham Creighton | J5.14m NWI |
| 6 David Babalola | Dartmouth High | J5.13m NWI |
| 6 Jace LeBlanc | Bay View Hig | J5.13m NWI |
| 8 Ethan Metzger | Fairview Jr. | J5.12m NWI |
| 9 Ayden Rondeau | Five Bridges Jun | J4.98m NWI |
| 10 Parker MacDonald | Ridgecliff | 4.97m NWI |
| 11 Lucas Zawidzki | Charles P. Allen | 4.83m NWI |
| 11 Julian Briand | Sackville High | 4.83m NWI |
| 13 Harrison Dunphy | St. Agnes Jr. | 4.77m NWI |
| 14 Cameron Greenlaw | Prince Andrew | 4.76m NWI |
| 15 Yusef Ozbek | St. Agnes Jr. | 4.33m NWI |

16 Mason MacLean Caledonia 4.29m NWI

Boys Triple Jump Intermediate

SSNS: 13.82m 1986 Mike Arodugba

| Name | School | Finals |
|---------------------|-----------------|------------|
| Finals | | |
| 1 Folu Adebisi | Halifax Grammar | 12.04m NWI |
| 2 Corey Ross | Oxford School | 11.41m NWI |
| 3 Jace LeBlanc | Bay View Hig | 10.77m NWI |
| 4 Jabari Benjamin | Sackville High | 10.60m NWI |
| 5 Victor Dao | Armbrae | 10.50m NWI |
| 6 Alex Frid | Halifax Central | 10.45m NWI |
| 6 Jake Wambolt | Auburn Drive | 10.45m NWI |
| 8 Rowen Colburn | Halifax Central | 10.09m NWI |
| 9 Ini Onabanjo | Fairview Jr. | 10.08m NWI |
| 10 Callum Cogswell | Halifax Central | 9.88m NWI |
| 11 Parker MacDonald | Ridgecliff | 9.83m NWI |
| 12 Keegan May | Madeline Symond | 9.73m NWI |
| 13 Leo Milie | Ridgecliff | 9.68m NWI |
| 14 Dylan Reynolds | Rocky Lake Jr | 9.58m NWI |
| 15 Madden Ross | Ridgecliff | 9.46m NWI |
| 16 Alec MacIsaac | Oxford School | 9.14m NWI |

Boys Shot Put 5kg Intermediate

SSNS: 14.88m 2016-06-03Cameron Whynot

| Name | School | Finals |
|-----------------------|------------------|---------|
| 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 Discus Throw 1.5kg Intermediate

SSNS: 42.37m 2018-06-02Duncan McLaughlin

| Name | School | Finals |
|-----------------|------------------|--------|
| Finals | | |
| 1 Jaden Phinney | Astral Drive | 25.81m |
| 2 Landon Smith | Sackville High | 25.56m |
| 3 Ethan Manke | Astral Drive | 24.90m |
| 4 Noah Giffin | Five Bridges Jun | 24.29m |
| 5 Noah Cain | Oxford School | 23.41m |

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Results

Finals ... (Boys Discus Throw 1.5kg Intermediate)

| Name | School | Finals |
|-------------------|------------------|--------|
| 6 Nick Hodgson | Astral Drive | 23.24m |
| 7 Owen Hickey | St. Agnes Jr. | 23.02m |
| 8 Brandon White | Eric Graves Jr. | 22.65m |
| 9 Jevon Farmer | Clayton Park Jr. | 21.41m |
| 10 Kenzie Wagner | Fairview Jr. | 20.55m |
| 11 Matt Aucoin | Charles P. Allen | 20.52m |
| 12 Taylor Hollett | J.L. Ilsley | 20.37m |
| 13 Carson Grijm | Island View | 20.21m |
| 14 Roman Sabinski | Island View | 19.83m |
| 15 Robert Martin | Clayton Park Jr. | 19.12m |
| 16 Wyatt Rainham | Halifax Central | 18.55m |

Boys Javelin Throw 700g Intermediate
 SSNS: 54.19m 2019-05-31 Noah 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 |
|---------------------|------------------|------------|
| 1 Nate Slawter | Auburn Drive | 11.53Q2.4 |
| 2 Matthew Mackinnon | Citadel High | 11.62Q3.0 |
| 3 Jonah Bucci | Charles P. Allen | 11.73Q3.0 |
| 4 Khalil Cain | Auburn Drive | 11.75Q2.4 |
| 5 Tobi Wale-Akinola | Auburn Drive | 11.74Q3.0 |
| 6 Nolan Cheeseman | Bay View Hig | 11.81Q2.4 |
| 7 Max Mir | Citadel High | 11.94q 3.0 |
| 8 Neil Purcell | Citadel High | 12.03q 3.0 |
| 9 Praise Babalola | Dartmouth High | 12.12 3.0 |
| 10 Nick Ferguson | Bay View Hig | 12.20 2.4 |
| 11 David Fardy | Churchill | 12.22 2.4 |
| 12 Cash Bertolo | Citadel High | 12.25 2.4 |

| | | |
|-----------------|---------------|-----------|
| 13 Joe Walsh | Lockview High | 12.33 3.0 |
| 14 Oliver Gavel | Prince Andrew | 12.64 2.4 |
| 15 Ethan Hastey | Cole Harbour | 13.41 2.4 |

Boys 100 Meter Dash Senior
 SSNS: 10.69 2009 Kyu-Won Cho
 Ties: 10.50 1971 Roger Crawley (hand)

| Name | School | Finals |
|---------------------|------------------|-----------|
| 1 Nate Slawter | Auburn Drive | 11.43 2.6 |
| 2 Jonah Bucci | Charles P. Allen | 11.66 2.6 |
| 3 Nolan Cheeseman | Bay View Hig | 11.74 2.6 |
| 4 Matthew Mackinnon | Citadel High | 11.80 2.6 |
| 5 Khalil Cain | Auburn Drive | 11.81 2.6 |
| 6 Tobi Wale-Akinola | Auburn Drive | 11.91 2.6 |
| 7 Max Mir | Citadel High | 12.03 2.6 |
| 8 Neil Purcell | Citadel High | 12.05 2.6 |

Boys 200 Meter Dash Senior
 SSNS: 21.58 2015 Matthew Coolen

| Name | School | Prelims |
|---------------------|------------------|------------|
| 1 Nate Slawter | Auburn Drive | 23.83Q1.6 |
| 2 Khalil Cain | Auburn Drive | 24.05Q0.4 |
| 3 Matthew Mackinnon | Citadel High | 23.98Q1.6 |
| 4 Nolan Cheeseman | Bay View Hig | 24.28Q0.4 |
| 5 Jonah Bucci | Charles P. Allen | 24.14Q1.6 |
| 6 Emmanuel Tabiri | Halifax West | 24.30Q0.4 |
| 7 Parker Asbridge | Citadel High | 24.41q 0.4 |
| 8 Tobi Wale-Akinola | Auburn Drive | 24.54q 1.6 |
| 9 David Fardy | Churchill | 24.87 1.6 |
| 10 Owen McConnell | Prince Andrew | 25.09 1.6 |
| 11 Ethan Ayer | Millwood High | 25.46 1.6 |
| 12 Rylan Carey | Charles P. Allen | 26.16 0.4 |

Boys 200 Meter Dash Senior
 SSNS: 21.58 2015 Matthew Coolen

| Name | School | Finals |
|---------------------|------------------|-----------|
| 1 Nate Slawter | Auburn Drive | 23.33 2.9 |
| 2 Jonah Bucci | Charles P. Allen | 23.72 2.9 |
| 3 Parker Asbridge | Citadel High | 23.85 2.9 |
| 4 Matthew Mackinnon | Citadel High | 23.89 2.9 |
| 5 Khalil Cain | Auburn Drive | 24.15 2.9 |
| 6 Emmanuel Tabiri | Halifax West | 24.31 2.9 |
| 7 Tobi Wale-Akinola | Auburn Drive | 24.56 2.9 |
| 8 Nolan Cheeseman | Bay View Hig | 24.76 2.9 |



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Results

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 |
| 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 |
|---------------|-------------------|------------------------|
| 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 800 Meter Run Senior

SSNS: 1:54.47 2005

Jake Gallagher

| Name | School | Finals |
|---------------|------------------|--------------------------|
| Finals | | |
| 1 | Owen Flemming | Charles P. Allen 2:02.69 |
| 2 | Mathew Lawton | Charles P. Allen 2:05.63 |
| 3 | Max Morrison | Citadel High 2:07.97 |
| 4 | Jon Earle | Sacred Heart 2:11.53 |
| 5 | Cooper Puma | Auburn Drive 2:12.10 |
| 6 | Oliver Gavel | Prince Andrew 2:15.25 |
| 7 | Liam Elliot | Dartmouth High 2:18.41 |
| 8 | Andrew Paddock | Auburn Drive 2:21.84 |
| 9 | Austin Theriault | Lockview High 2:23.11 |
| 10 | Liam Miller | Citadel High 2:24.35 |
| 11 | Curtis Simms | Citadel High 2:24.93 |
| 12 | Cameron Locke | Sackville High 2:26.65 |
| 13 | Ryan Coffin | Sacred Heart 2:27.46 |
| 14 | Kai Pavlo | Charles P. Allen 2:28.58 |
| 15 | Ethan Hastey | Cole Harbour 2:35.39 |
| 16 | Finn Cox | Citadel High 2:40.76 |

Boys 1500 Meter Run Senior

SSNS: 3:54.91 2013

Mike Tate

| Name | School | Finals |
|---------------|------------------|--------------------------|
| 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 3000 Meter Run Senior

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

| Name | School | Finals |
|---------------|------------------|---------------------------|
| Finals | | |
| 1 | Griffin Gamble | Halifax West 9:17.86 |
| 2 | Owen Flemming | Charles P. Allen 9:25.43 |
| 3 | Mathew Lawton | Charles P. Allen 9:29.49 |
| 4 | Jon Earle | Sacred Heart 10:27.14 |
| 5 | Jacob Orlik | Charles P. Allen 10:48.43 |
| 6 | Nik Xidos | Island View 10:51.60 |
| 7 | Isak Hirsch | Citadel High 10:51.75 |
| 8 | Zach Melanson | Bay View Hig 10:58.36 |
| 9 | Nick Ferguson | Bay View Hig 11:04.53 |
| 10 | Aiden MacDonald | Bay View Hig 11:09.17 |
| 11 | Aidan Ferguson | Prince Andrew 11:12.95 |
| 12 | Austin Theriault | Lockview High 11:13.54 |
| 13 | Ezra Eastwood | J.L. Ilesley 13:14.09 |

Boys 110 Meter Hurdles 36" Senior

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

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

Results

Boys 4x100 Meter Relay Senior

SSNS: 43.26 2014 CEC

| Team | Relay | Finals |
|------------------------|-------|--------|
| Finals | | |
| 1 Auburn Drive | A | 44.98 |
| 2 Citadel High | A | 45.96 |
| 3 Bay View High School | A | 48.78 |
| 4 Lockview High | A | 49.06 |
| 5 Millwood High | A | 50.10 |
| 6 Prince Andrew | A | 50.21 |

Boys 4x400 Meter Relay Senior

SSNS: 3:26.09 2014 CEC

| Team | Relay | Finals |
|-----------------------|-------|---------|
| Finals | | |
| 1 Citadel High | A | 3:45.25 |
| 2 Charles P. Allen | A | 3:47.87 |
| 3 Lockview High | A | 4:01.66 |
| 4 Prince Andrew | A | 4:04.06 |
| 5 Dartmouth High | A | 4:06.92 |
| 6 Sacred Heart School | A | 4:19.72 |
| 7 Auburn Drive | A | 4:24.71 |

Boys High Jump Senior

SSNS: 2.06m 1981 Tim Wrigley

| Name | School | Finals |
|-------------------------|----------------|--------|
| Finals | | |
| 1 Liam Macaulay | Auburn Drive | J1.75m |
| 2 Joshua Phonchareon | Citadel High | J1.70m |
| 3 Marlowe Slawter | Auburn Drive | J1.65m |
| 4 Hayden Bures | Lockview High | J1.65m |
| 5 Djef Thompson | Citadel High | J1.60m |
| 6 Brad Howatt | Citadel High | J1.55m |
| 7 Daniel Kukoyi | J.L. Ilsley | J1.50m |
| 8 Jack Machray Saulnier | Millwood High | J1.50m |
| 8 Praise Babalola | Dartmouth High | J1.50m |
| 10 Miracle Fasaye | J.L. Ilsley | J1.50m |
| 11 Mason Whynot | Island View | J1.45m |

Boys Long Jump Senior

SSNS: 7.15m 1956 Dave Lucas

| Name | School | Finals |
|----------------------|-----------------|------------|
| Finals | | |
| 1 Emmanuel Tabiri | Halifax West | J5.81m NWI |
| 2 Nate Slawter | Auburn Drive | J5.81m NWI |
| 3 Hayden Bures | Lockview High | J5.52m NWI |
| 4 Tobi Wale-Akinola | Auburn Drive | J5.51m NWI |
| 5 Liam Macaulay | Auburn Drive | 5.40m NWI |
| 6 Benjamin Higgins | École second | 5.37m NWI |
| 7 Joshua Phonchareon | Citadel High | 5.17m NWI |
| 8 Charlie Hunter | Halifax Grammar | 5.15m NWI |
| 9 Kelvin Mackinnon | Lockview High | 4.98m NWI |

| | | |
|---------------------|------------------|-----------|
| 10 Ethan Dauphinee | Halifax West | 4.96m NWI |
| 11 Daniel Kukoyi | J.L. Ilsley | 4.92m NWI |
| 12 Praise Babalola | Dartmouth High | 4.76m NWI |
| 13 Nathan Machardie | Bay View Hig | 4.74m NWI |
| 14 Owen McConnell | Prince Andrew | 4.63m NWI |
| 15 Daniel Wilson | Charles P. Allen | 4.14m NWI |

Boys Triple Jump Senior

SSNS: 14.25m 1964 Howie Jackson

| Name | School | Finals |
|--------------------------|-----------------|------------|
| Finals | | |
| 1 Emmanuel Tabiri | Halifax West | 12.20m NWI |
| 2 Liam Macaulay | Auburn Drive | 11.60m NWI |
| 3 Hayden Bures | Lockview High | 11.29m NWI |
| 4 Zach Keddy | Bay View Hig | 11.00m NWI |
| 5 Djef Thompson | Citadel High | 10.79m NWI |
| 6 Charlie Hunter | Halifax Grammar | 10.76m NWI |
| 7 Joshua Phonchareon | Citadel High | 10.59m NWI |
| 8 Ethan Ayer | Millwood High | 10.43m NWI |
| 9 Cash Bertolo | Citadel High | 10.16m NWI |
| 10 Jack Machray Saulnier | Millwood High | 9.69m NWI |
| 11 Isaac Lerette | Millwood High | 9.65m NWI |

Boys Shot Put 6kg Senior

SSNS: 16.17m 2012 Peter Millman

| Name | School | Finals |
|----------------------|------------------|--------|
| 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 | Armbrae | 7.36m |

Boys Discus Throw 1.75kg Senior

SSNS: 49.76m 2012 Peter Millman

| Name | School | Finals |
|-------------------|------------------|--------|
| Finals | | |
| 1 Rylan Murphy | Charles P. Allen | 33.52m |
| 2 Mike Kenney | Halifax Grammar | 28.32m |
| 3 Seth Channing | Millwood High | 25.18m |
| 4 Maxwell Sparks | Prince Andrew | 24.35m |
| 5 Chase MacDonald | Lockview High | 24.34m |
| 6 Sam Hopkins | Charles P. Allen | 22.97m |
| 7 Colin McKenna | Lockview High | 22.04m |
| 8 Lukas Marks | J.L. Ilsley | 21.42m |
| 9 Quinn Fox | Lockview High | 20.56m |

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

Results

Boys Javelin Throw 800g Senior

SSNS: 61.64m 2005

Adam Wolkins

| Name | School | Finals |
|-----------------------|------------------|--------|
| 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 | Armbrae | ND |

Boys 100 Meter Dash Supported Junior

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

Boys Long Jump 3 jumps only Supported Junior

| Name | School | Finals |
|---------------------------|------------------|-----------|
| Finals | | |
| 1 Luke MacDonald | Madeline Symond | 3.34m NWI |
| 2 Deray Cain-Downey | Graham Creighton | 3.09m NWI |
| 3 Jonathan Assoun-Gritten | Eric Graves Jr. | 2.89m NWI |
| 4 Triston Lucas | Sackville High | 2.82m NWI |
| 5 Kasey Roy | Clayton Park Jr. | 2.69m NWI |
| 6 Bryson Hines | Harold T Barrett | 2.54m NWI |
| 7 Vincent Fitzmorris | Gaetzbrook | 2.49m NWI |
| 8 Chance Delaronde | Madeline Symond | 2.39m NWI |
| 9 Roy Hubley-Stevens | Sackville High | 2.27m NWI |
| 10 Kai McDonald | Sir RobertBorden | 2.13m NWI |

| | | |
|-----------------------|--------------|-----------|
| 11 Dreadon Snaglewski | Fairview Jr. | 1.81m NWI |
| 12 Dennis Eisenhauer | Caledonia | 1.72m NWI |
| 12 Ashe Boudreau | Fairview Jr. | 1.72m NWI |
| 14 Aven Sanford | Fairview Jr. | 1.43m NWI |
| 15 Noah Dunlop | Caledonia | 0.47m NWI |
| 16 Colby Horne | Fairview Jr. | 0.35m NWI |

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

Boys Long Jump 3 jumps only Supported Senior

| Name | School | Finals |
|-----------------|----------------|-----------|
| Finals | | |
| 1 Connor Miller | Sackville High | 4.06m NWI |
| 2 Bahoz Jalal | Halifax West | 3.64m NWI |
| 3 Omar Ezrighi | Prince Andrew | 3.21m NWI |

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

Results

Finals ... (Boys Long Jump 3 jumps only Supported Senior)

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

| | |
|------------------------------------|----|
| 13) Madeline Symonds Middle School | 28 |
| 13) Eastern Passage Ed. Ctr. | 28 |

Boys Shot Put 4kg-3 throws Supported Senior

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

Boys 50 Meter Dash Wheelchair Wheelchair

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

Women - Junior - Team Rankings - 15 Events Scored

| | |
|-----------------------------------|-----|
| 1) Halifax Grammar School | 114 |
| 2) St. Agnes Junior High | 84 |
| 3) Five Bridges Junior High | 83 |
| 4) Leslie Thomas Junior High | 75 |
| 5) Sacred Heart School | 59 |
| 5) Oxford School | 59 |
| 7) Fairview Junior High | 58 |
| 8) Astral Drive | 57 |
| 9) Dartmouth South Academy | 44 |
| 10) Georges P. Vanier Junior High | 37 |
| 11) Harold T. Barrett Junior High | 36 |
| 11) Halifax Central Junior High | 36 |

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

Results

| | | | |
|-----------------------------------|----|-------------------------------|----|
| 15) Rocky Lake Junior High | 22 | 7) Halifax West | 55 |
| 16) Elizabeth Sutherland | 21 | 8) J.L. Ilsley | 34 |
| 17) Armbrae Academy | 15 | 9) Ecole du Sommet | 25 |
| 18) Bedford Academy | 13 | 10) Millwood High | 14 |
| 19) Cunard Junior High | 12 | 11) Prince Andrew | 12 |
| 19) Bicentennial School | 12 | 12) École secondaire Mosaique | 11 |
| 21) Sackville Heights Junior High | 10 | | |
| 22) Shambhala School | 9 | | |
| 22) Oyster Pond Academy | 9 | | |
| 24) Clayton Park Junior High | 8 | | |
| 25) Highland Park Junior High | 7 | | |
| 25) Rockingstone Heights | 7 | | |
| 27) Gorsebrook Junior High | 6 | | |
| 27) A.J. Smeltzer Junior | 6 | | |
| 29) Ellenvale Junior High | 4 | | |
| 29) Caledonia Junior High | 4 | | |
| 29) Graham Creighton Junior High | 4 | | |

Men - Junior - Team Rankings - 15 Events Scored

| | |
|-----------------------------------|-------|
| 1) Rocky Lake Junior High | 153 |
| 2) Madeline Symonds Middle School | 104.5 |
| 3) St. Agnes Junior High | 95 |
| 4) Fairview Junior High | 90 |
| 5) Five Bridges Junior High | 64 |
| 6) Elizabeth Sutherland | 53 |

Women - Intermediate - Team Rankings - 15 Events Scored

| | |
|------------------------------------|-----|
| 1) Lockview High | 183 |
| 2) Fairview Junior High | 122 |
| 3) Halifax Grammar School | 106 |
| 4) Astral Drive | 78 |
| 4) Charles P. Allen | 78 |
| 6) Oxford School | 62 |
| 7) Ridgecliff Middle School | 50 |
| 8) Citadel High | 39 |
| 9) St. Agnes Junior High | 37 |
| 10) Gorsebrook Junior High | 35 |
| 11) Rocky Lake Junior High | 28 |
| 12) Madeline Symonds Middle School | 18 |
| 13) Prince Andrew | 14 |
| 13) Armbrae Academy | 14 |
| 13) Caledonia Junior High | 14 |
| 16) Ellenvale Junior High | 13 |
| 17) Five Bridges Junior High | 11 |
| 18) Bicentennial School | 10 |
| 19) Dartmouth High | 9 |
| 19) Oyster Pond Academy | 9 |
| 21) Halifax West | 8 |
| 22) Halifax Central Junior High | 7 |
| 23) Auburn Drive | 5 |
| 24) Halifax Independant School | 4 |
| 24) Graham Creighton Junior High | 4 |
| 26) Gaetzbrook | 2 |

Women - Senior - Team Rankings - 15 Events Scored

| | |
|------------------------|-----|
| 1) Lockview High | 220 |
| 2) Charles P. Allen | 196 |
| 3) Citadel High | 92 |
| 4) Sacred Heart School | 80 |
| 5) Auburn Drive | 75 |
| 5) Dartmouth High | 75 |

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

Results

| | |
|-----------------------------------|------|
| 7) Georges P. Vanier Junior High | 37 |
| 8) Halifax Central Junior High | 36 |
| 8) Halifax Grammar School | 36 |
| 10) Gorsebrook Junior High | 28 |
| 10) Ellenvale Junior High | 28 |
| 12) Oxford School | 26 |
| 13) Ridgecliff Middle School | 24 |
| 14) Sackville Heights Junior High | 20 |
| 15) Rockingstone Heights | 19 |
| 15) Clayton Park Junior High | 19 |
| 17) Eastern Passage Ed. Ctr. | 18 |
| 18) Astral Drive | 16 |
| 19) Leslie Thomas Junior High | 15.5 |
| 20) Caledonia Junior High | 15 |
| 21) Bicentennial School | 13 |
| 22) Dartmouth South Academy | 10 |
| 23) Sacred Heart School | 9 |
| 24) A.J. Smeltzer Junior | 8 |
| 25) Gaetzbrook | 6 |
| 26) Oyster Pond Academy | 4 |
| 26) Ecole du Carrefour | 4 |

Men - Senior - Team Rankings - 15 Events Scored

| | |
|-------------------------------|-----|
| 1) Citadel High | 179 |
| 2) Charles P. Allen | 165 |
| 3) Auburn Drive | 156 |
| 4) Lockview High | 85 |
| 5) Halifax West | 64 |
| 6) Prince Andrew | 53 |
| 7) Bay View High School | 45 |
| 8) Millwood High | 44 |
| 9) Halifax Grammar School | 42 |
| 10) Sacred Heart School | 33 |
| 11) Dartmouth High | 23 |
| 12) J.L. Ilsley | 21 |
| 13) Sackville High | 12 |
| 14) Cole Harbour High School | 7 |
| 15) Island View High School | 6 |
| 15) École secondaire Mosaïque | 6 |

Men - Intermediate - Team Rankings - 15 Events Scored

| | |
|----------------------------------|------|
| 1) Charles P. Allen | 122 |
| 2) Halifax Grammar School | 87 |
| 3) Sackville High | 67 |
| 4) Bay View High School | 59.5 |
| 5) Clayton Park Junior High | 57.5 |
| 6) Island View High School | 57 |
| 7) Rocky Lake Junior High | 54 |
| 8) Gorsebrook Junior High | 45 |
| 9) St. Agnes Junior High | 43.5 |
| 10) Citadel High | 40 |
| 11) Auburn Drive | 38.5 |
| 12) Astral Drive | 38 |
| 13) Oxford School | 30 |
| 14) Halifax Central Junior High | 27.5 |
| 15) Fairview Junior High | 25 |
| 16) Five Bridges Junior High | 23 |
| 16) Caledonia Junior High | 23 |
| 18) Prince Andrew | 16 |
| 19) Graham Creighton Junior High | 15 |
| 19) Armbrae Academy | 15 |
| 21) Dartmouth High | 14.5 |
| 22) Eastern Shore District High | 14 |
| 23) J.L. Ilsley | 13 |
| 24) Eric Graves Junior High | 10 |
| 25) Gaetzbrook | 7 |
| 25) Halifax West | 7 |
| 27) Eastern Passage Ed. Ctr. | 6 |
| 28) Halifax Independant School | 4 |
| 28) Bedford Academy | 4 |
| 28) Shambhala School | 4 |