

**2023 SSNS Capital CITY District
Meet Program**

Event 1 Girls 80 Meter Hurdles 30" Junior**Wednesday 2023-05-17 - 10:00 AM**

SSNS: 12.12 2016-06-03 Sierra Sweeney

Lane	Name	School	Seed Time
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Section 1 of 5 Finals

1	1015 Khloud Turkmani	Rockingstone	_____
2	262 Jocelyn Rhyno	Clayton Park Jr.	_____
3	473 Abby Coles	Ellenvale Jr.	_____
4	346 Lila Macaskill	Dartmouth So	_____
5	762 Stella Murphy	Hfx Indepedant	_____
6	651 Kaye Wilson	Gorsebrook Jr.	_____
7	434 Taizanah'zian Fletcher	Elizabeth Suther	_____
8			_____

Section 2 of 5 Finals

1	429 Frania Andresen	Elizabeth Suther	_____
2	765 Lila Pothier	Hfx Indepedant	_____
3	488 Molly Lodge	Ellenvale Jr.	_____
4	1006 Safaa Hassan Hagggar	Rockingstone	_____
5	950 Clara Walker	Oxford Schoo	_____
6	579 Lora Pelivanov	Fairview Jr.	_____
7	244 Keren Luder	Clayton Park Jr.	_____
8			_____

Section 3 of 5 Finals

1	342 Brianna Hoskin	Dartmouth So	_____
2	620 Eleanor McHenry	Gorsebrook Jr.	_____
3	502 Samantha Roberts	Ellenvale Jr.	_____
4	459 Madisyn Wile	Elizabeth Suther	_____
5	914 Josie Cull	Oxford Schoo	_____
6	201 Jillian Bowes	Clayton Park Jr.	_____
7	1008 Summer Johnson	Rockingstone	_____
8			_____

Section 4 of 5 Finals

1	274 Hayden Walker	Clayton Park Jr.	_____
2	337 Peyton Crowe	Dartmouth So	_____
3	33 Shayna Wolfson	Armbræ	_____
4	629 Madeline Rigby	Gorsebrook Jr.	_____
5	681 Hana Jeong	Halifax Central	_____
6	496 Sophie Mitchell	Ellenvale Jr.	_____
7	558 Abigail Joseph	Fairview Jr.	_____
8			_____

Section 5 of 5 Finals

1	997 Rayan Ahmed Isse	Rockingstone	_____
2	686 Jane Maloney	Halifax Central	_____
3	571 Jordyn McPhee	Fairview Jr.	_____
4	604 Peyton Donovan	Gorsebrook Jr.	_____
5	930 Patricia Lingley	Oxford Schoo	_____
6	441 Danielle Langille	Elizabeth Suther	_____
7	759 Lauren Hull	Hfx Indepedant	_____
8			_____

Event 2 Boys 80 Meter Hurdles 30" Junior**Wednesday 2023-05-17 - 10:00 AM**

SSNS: 13.18 2022-06-03 Lavell Gray

Lane	Name	School	Seed Time
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Section 1 of 5 Finals

1	541 Natty Abreha	Fairview Jr.	_____
2	594 Henry Anderson	Gorsebrook Jr.	_____
3	30 Fin Sangster	Armbræ	_____
4	1010 Samuel Ojelabi	Rockingstone	_____
5	345 Oliver Lynk	Dartmouth So	_____
6	200 Owen Bower	Clayton Park Jr.	_____
7	453 Holden Sewart	Elizabeth Suther	_____
8			_____

Section 2 of 5 Finals

1	223 Ben Graham	Clayton Park Jr.	_____
2	443 Drew Lucas	Elizabeth Suther	_____
3	106 Beckett Power	Caledonia	_____
4	340 Deandre Gibson	Dartmouth So	_____
5	936 Attila Narvey	Oxford Schoo	_____
6	582 Karam Sabbagh	Fairview Jr.	_____
7	1012 Lometh Samarasinghe	Rockingstone	_____
8			_____

Section 3 of 5 Finals

1	22 Elijah Mantley	Armbræ	_____
2	334 Joshua Bent	Dartmouth So	_____
3	210 Michael Choi	Clayton Park Jr.	_____
4	499 Riley Pittman	Ellenvale Jr.	_____
5	999 Nader Alfarkha	Rockingstone	_____
6	910 Rigden Boyce	Oxford Schoo	_____
7	578 Ethan Peddle	Fairview Jr.	_____
8			_____

Section 4 of 5 Finals

1	903 Daniel Aladejebi	Oxford Schoo	_____
2	96 Ivor MacDonald-Rasmusse	Caledonia	_____
3	761 Sol Miller	Hfx Indepedant	_____
4	1016 Isaiah Upshaw	Rockingstone	_____
5	704 Levi Adler	Halifax Grammar	_____
6	17 Sachin Jeyakumar	Armbræ	_____
7			_____
8			_____

Section 5 of 5 Finals

1	618 Conor Mark	Gorsebrook Jr.	_____
2	572 Yiber Medina-Tobos	Fairview Jr.	_____
3	293 Carter Myra	Cunard Jr.	_____
4	500 Evan Ren	Ellenvale Jr.	_____
5	213 Christhon Cunnison	Clayton Park Jr.	_____
6	447 John Messervey	Elizabeth Suther	_____
7			_____
8			_____



**SCHOOL SPORT
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**2023 SSNS Capital CITY District
Meet Program**

Event 3 Girls 80 Meter Hurdles 30" Intermediate**Wednesday 2023-05-17 - 10:15 AM**

SSNS: 12.45 2016-06-03 Zoe Carvery

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	241 Sophie Leights	Clayton Park Jr.	_____
2	145 Shiang Liu	Citadel High	_____
3	864 Johanna Denn	J.L. Ilsley	_____
4	764 Jacqueline Phillips	Hfx Indepedant	_____
5	26 Audrey Napier	Armbræ	_____
6	908 Julia Berry	Oxford Schoo	_____
7	890 Rebee Ryan	J.L. Ilsley	_____
8			_____

Section 2 of 3 Finals

1	228 Mackenzie Hogan	Clayton Park Jr.	_____
2	861 Ana Calvo	J.L. Ilsley	_____
3	705 Maral Ahrari	Halifax Grammar	_____
4	680 Anna Jeong	Halifax Central	_____
5	581 Chanelle Rodriquez-Cooq	Fairview Jr.	_____
6	155 Jane McGuire	Citadel High	_____
7	824 Julia Wilkie	Halifax West	_____
8			_____

Section 3 of 3 Finals

1	259 Yunji Park	Clayton Park Jr.	_____
2	568 Kiera MacDonald	Fairview Jr.	_____
3	862 Katherine Craig	J.L. Ilsley	_____
4	727 Vivian Johnson	Halifax Grammar	_____
5	905 Bea Asbridge	Oxford Schoo	_____
6	21 Laodiki Lutwick-Campbell	Armbræ	_____
7	170 Evie Rothenburg	Citadel High	_____
8	123 Zoe Bakeeff	Citadel High	_____

Event 4 Boys 100 Meter Hurdles 33" Intermediate**Wednesday 2023-05-17 - 10:15 AM**

SSNS: 13.89 2018-06-01 Nick Landry

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	550 Mensi Eldik	Fairview Jr.	_____
2	249 Robert Martin	Clayton Park Jr.	_____
3	261 Brayden Pope	Clayton Park Jr.	_____
4	182 Bryce Trenholm	Citadel High	_____
5	795 Ethan Metzger	Halifax West	_____
6	16 Jet Illyas	Armbræ	_____
7	859 Keondre Brown	J.L. Ilsley	_____
8			_____

Section 2 of 3 Finals

1	5 Ronei Beals	Armbræ	_____
2	6 Jaylen Berglund-Simmonds	Armbræ	_____
3	152 Gabriel Martin	Citadel High	_____
4	565 Reighne Lacorte	Fairview Jr.	_____
5	267 Javon Smith	Clayton Park Jr.	_____
6	99 Isaac Mahoney	Caledonia	_____
7	888 Grayson Neumann	J.L. Ilsley	_____
8			_____

Section 3 of 3 Finals

1	13 Payton Flint	Armbræ	_____
2	816 Brennan Smith	Halifax West	_____
3	506 William Sepa	Ellenvale Jr.	_____
4	1161 Vyomesh Sathya	Woodlawn Hig	_____
5	580 Malcolm Roberts	Fairview Jr.	_____
6	169 Corey Ross	Citadel High	_____
7	252 Ronan McMahon	Clayton Park Jr.	_____
8			_____

Event 5 Girls 100 Meter Hurdles 30" Senior**Wednesday 2023-05-17 - 10:30 AM**

SSNS: 16.07 2022-06-03 Claire Covert

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	183 Rhianna Waligura-Newm	Citadel High	_____
2			_____
3	27 Nevaeh O'Connell	Armbræ	_____
4	154 Jenna Matheson	Citadel High	_____
5	130 Queen Clayton	Citadel High	_____
6	772 Claire Covert	Halifax West	_____
7	150 Aoife Marshall	Citadel High	_____
8			_____

Event 6 Boys 110 Meter Hurdles 36" Senior**Wednesday 2023-05-17 - 10:30 AM**

SSNS: 15.65 2022-06-03 Chandler Zinck-Marier

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	3 Bade An-Jager	Armbræ	_____
2	174 Curtis Simms	Citadel High	_____
3	869 Lucas Franco	J.L. Ilsley	_____
4	1165 Ty Sutton	Woodlawn Hig	_____
5	4 Eitan Baida	Armbræ	_____
6	161 James Murphy	Citadel High	_____
7			_____
8			_____



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**2023 SSNS Capital CITY District
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Event 7 Girls 400 Meter Dash Junior**Wednesday 2023-05-17 - 11:15 AM****SSNS: 58.99 2019-05-31 Cara MacDonald**

Lane	Name	School	Seed Time
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Section 1 of 8 Finals

1	409 Petra Skidmore	École Mer et	_____
2	51 Maddy Hussey	Bicentennial	_____
3	946 Cassia Simpson	Oxford Schoo	_____
4	364 Shinri Yamamoto	Dartmouth So	_____
5	665 Sophie Connick	Halifax Central	_____
6	365 Chloe Betts	East Coast V	_____
7	1075 Cleo Kihungi	Shambhala School	_____
8	481 Xingyan Han	Ellenvale Jr.	_____

Section 2 of 8 Finals

1	1005 Emma Hanshaw	Rockingstone	_____
2	101 Molly McCarthy	Caledonia	_____
3	954 Vivian Zwicker	Oxford Schoo	_____
4	497 Lexie Moores	Ellenvale Jr.	_____
5	675 Ella Goralski	Halifax Central	_____
6	554 Stephanie Francis	Fairview Jr.	_____
7	190 Marya Al Houshan	Clayton Park Jr.	_____
8	1100 Olivia Hernandez-Jenne	St. Agnes Jr.	_____

Section 3 of 8 Finals

1	1095 Brynn Feeney	St. Agnes Jr.	_____
2	1004 Ella Fennell	Rockingstone	_____
3	80 Lyla Conrad	Caledonia	_____
4	728 Nyah Kaupp	Halifax Grammar	_____
5	969 Huda Ibrahim	Park West School	_____
6	593 Sydney Young	Fairview Jr.	_____
7	383 Avery Mackinnon	Carrefour	_____
8	58 Cassidy McFarlane	Bicentennial	_____

Section 4 of 8 Finals

1	579 Lora Pelivanov	Fairview Jr.	_____
2	400 Julia McDougall	École Mer et	_____
3	48 Emily Hall	Bicentennial	_____
4	1038 Moira Gillis	Sacred Heart	_____
5	115 Lauren Trenholm	Caledonia	_____
6	380 Audrey Joseph	Carrefour	_____
7	1104 Emeila Legere	St. Agnes Jr.	_____
8	970 Imanuela Issac	Park West School	_____

Section 5 of 8 Finals

1	647 Naomi Uklu	Gorsebrook Jr.	_____
2	995 Nikol Zarbailov	Park West School	_____
3	1062 Isobel Schrader	Sacred Heart	_____
4	235 Touleen Kanaan	Clayton Park Jr.	_____
5	278 Gwen Achenbach	Cunard Jr.	_____
6	339 Keaira Francis	Dartmouth So	_____
7	1113 Emmy Mastnak	St. Agnes Jr.	_____
8	683 Julia Locke	Halifax Central	_____

Section 6 of 8 Finals

1	958 Bella Beck	Park West School	_____
2	234 Clara Jones	Clayton Park Jr.	_____
3	1045 Kailyn Kaulbach	Sacred Heart	_____
4	551 Nesma Eldik	Fairview Jr.	_____
5	350 Tessa McLean	Dartmouth So	_____
6	469 Shea Brennan	Ellenvale Jr.	_____
7	59 Maude Mellema	Bicentennial	_____
8	752 Ayla Williams	Halifax Grammar	_____

Section 7 of 8 Finals

1	718 Ella Furey	Halifax Grammar	_____
2	1072 Meaghan Ferguson	Shambhala School	_____
3	651 Kaye Wilson	Gorsebrook Jr.	_____
4	483 Olivia Hawrylak	Ellenvale Jr.	_____
5	246 Gwyn Lynch	Clayton Park Jr.	_____
6	553 Chloe Fitzpatrick	Fairview Jr.	_____
7	929 Ruby Lee	Oxford School	_____
8	284 Annie Johns	Cunard Jr.	_____

Section 8 of 8 Finals

1	76 Lyla Boychuk	Caledonia	_____
2	1054 Anna MacDonald	Sacred Heart	_____
3	753 Carley Williams	Halifax Grammar	_____
4	629 Madeline Rigby	Gorsebrook Jr.	_____
5	386 Eva Velutini	Carrefour	_____
6	763 Esja Nener	Hfx Indepedant	_____
7	10 Morgan Clarke	Armbrae	_____
8	996 Oluwamayowa Agbedu	Rockingstone	_____

Event 8 Boys 400 Meter Dash Junior**Wednesday 2023-05-17 - 11:15 AM****SSNS: 53.72 2013 Barrett Dachyshyn**

Lane	Name	School	Seed Time
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Section 1 of 9 Finals

1	366 Maddox Burke	East Coast V	_____
2	935 Angelo Melanson	Oxford Schoo	_____
3	57 Warren Mann	Bicentennial	_____
4	832 Keir Degooyer	Herring Cove Jr.	_____
5	1126 Keir Reynolds	St. Agnes Jr.	_____
6	983 Michael Porter	Park West School	_____
7			_____
8	270 James Thibault	Clayton Park Jr.	_____

Section 2 of 9 Finals

1	922 Owen Gillis	Oxford Schoo	_____
2	1014 Muhammad Turajev	Rockingstone	_____
3	521 Oliver Huff	Eric Graves Jr.	_____
4	359 Curtis Snelgrove	Dartmouth So	_____
5	108 Sam Ryan	Caledonia	_____
6	834 Darion Fukala	Herring Cove Jr.	_____
7	631 Jack Rivers-Bowerman	Gorsebrook Jr.	_____
8	1096 Samuel Flemming	St. Agnes Jr.	_____



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Section 3 of 9 Finals...(Event 8 Boys 400 Meter Dash Junior)

1	999 Nader Alfarkha	Rockingstone	_____
2	1020 Nathan Bortolussi	Sacred Heart	_____
3	839 Nicholas Munden	Herring Cove Jr.	_____
4	482 Jacob Harmon	Ellenvale Jr.	_____
5	679 Kieran James	Halifax Central	_____
6	531 Benjamin Owen	Eric Graves Jr.	_____
7	432 Milo Clarke	Elizabeth Suther	_____
8	1111 Max Makropoulos	St. Agnes Jr.	_____

Section 4 of 9 Finals

1	329 Alex Ansems	Dartmouth So	_____
2	658 Jack Brady	Halifax Central	_____
3	1022 Owen Brown	Sacred Heart	_____
4	367 Oliver Fraser	East Coast V	_____
5	552 Fabian Eleftheros	Fairview Jr.	_____
6	49 Markus Harrison	Bicentennial	_____
7	837 Fraser Lake	Herring Cove Jr.	_____
8	225 Javier Hamilton	Clayton Park Jr.	_____

Section 5 of 9 Finals

1	1129 Oliver Rutherford	St. Agnes Jr.	_____
2	54 Seth MacDonald	Bicentennial	_____
3	541 Natty Abreha	Fairview Jr.	_____
4	973 Kuhan Karthikeyan	Park West School	_____
5	110 Owen Sparkes	Caledonia	_____
6	731 Jaden Lee	Halifax Grammar	_____
7	684 Remi MacDonald	Halifax Central	_____
8			_____

Section 6 of 9 Finals

1	343 William Jang	Dartmouth So	_____
2	582 Karam Sabbagh	Fairview Jr.	_____
3	623 Oliver Neeve	Gorsebrook Jr.	_____
4	712 Hunter Cameron	Halifax Grammar	_____
5	466 Nikhil Batra	Ellenvale Jr.	_____
6	1058 Charlie McDonough	Sacred Heart	_____
7	436 Alex Gyorf	Elizabeth Suther	_____
8			_____

Section 7 of 9 Finals

1	398 Vaughan Lewis	École Mer et	_____
2	1042 Logan Hounsell	Sacred Heart	_____
3	1012 Lometh Samarasinghe	Rockingstone	_____
4	451 Lauchlan Peters	Elizabeth Suther	_____
5	968 Jason Hu	Park West School	_____
6	370 Jake Willmott	East Coast V	_____
7	363 Sydney Watt	Dartmouth So	_____
8			_____

Section 8 of 9 Finals

1	448 Will Mestdagh	Elizabeth Suther	_____
2	192 Mohamad Al-Hamid	Clayton Park Jr.	_____
3	114 Euan Thompson	Caledonia	_____
4	413 Mohamed Traoré	École Mer et	_____
5	525 Scott Jay	Eric Graves Jr.	_____
6	733 Cadence MacLeod	Halifax Grammar	_____
7	964 Eyon Cyriac Bajiu	Park West School	_____
8			_____

Section 9 of 9 Finals

1	1003 Muhammed Elmahmud	Rockingstone	_____
2	96 Ivor MacDonald-Rasmusse	Caledonia	_____
3	254 Kawa Mousa	Clayton Park Jr.	_____
4	662 Daniel Chisholm	Halifax Central	_____
5	720 Christos Giannou	Halifax Grammar	_____
6	572 Yiber Medina-Tobos	Fairview Jr.	_____
7	595 Mason Auld	Gorsebrook Jr.	_____
8			_____

Event 9 Girls 400 Meter Dash Intermediate**Wednesday 2023-05-17 - 11:45 AM**

SSNS: 57.24 2003 Jenna Martin

Lane	Name	School	Seed Time
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Section 1 of 5 Finals

1	239 Lara Kizirnejad	Clayton Park Jr.	_____
2	1050 Zoya Lawen	Sacred Heart	_____
3	537 Olivia Taylor	Eric Graves Jr.	_____
4	933 Kelsey McKinnon	Oxford Schoo	_____
5	794 Ally McLean	Halifax West	_____
6	726 Elyse Johnson	Halifax Grammar	_____
7	100 Madelyn McCarthy	Caledonia	_____
8	567 Dandi Li	Fairview Jr.	_____

Section 2 of 5 Finals

1	716 Zora Daramola	Halifax Grammar	_____
2	573 Sofia Mengual-Clare	Fairview Jr.	_____
3	820 Mae Teed	Halifax West	_____
4	164 Sheelagh Nolan	Citadel High	_____
5	230 Dara Ifesanya	Clayton Park Jr.	_____
6	680 Anna Jeong	Halifax Central	_____
7	865 Ava Dibblee	J.L. Ilsley	_____
8	1031 Liviya Driver	Sacred Heart	_____

Section 3 of 5 Finals

1	132 Sophia Das	Citadel High	_____
2	574 Melissa Mert	Fairview Jr.	_____
3	90 Ayla George	Caledonia	_____
4	1098 Grace Galloway	St. Agnes Jr.	_____
5	203 Grace Cail	Clayton Park Jr.	_____
6	792 Sophie McCormick	Halifax West	_____
7	673 Catherine Fraser	Halifax Central	_____
8	905 Bea Asbridge	Oxford Schoo	_____



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Section 4 of 5 Finals...(Event 9 Girls 400 Meter Dash Intermediate)

1	809 Jackie Samuel Salah	Halifax West	_____
2	893 Rylee Tibbo	J.L. Ilsley	_____
3	129 Emily Clarke	Citadel High	_____
4	669 Emmy Dunphy	Halifax Central	_____
5	919 Lily Epstein	Oxford Schoo	_____
6	8 Jillian Burt	Armbrae	_____
7	1055 Maria MacDonald	Sacred Heart	_____
8	740 Heidi Nuyens	Halifax Grammar	_____

Section 5 of 5 Finals

1	732 Keira Lee	Halifax Grammar	_____
2	659 Iona Cameron	Halifax Central	_____
3	1128 Mackenzie Rutherford	St. Agnes Jr.	_____
4	577 Tyra Padua	Fairview Jr.	_____
5	155 Jane McGuire	Citadel High	_____
6	222 Kassidy Gabriel	Clayton Park Jr.	_____
7	1046 Emily Lade	Sacred Heart	_____
8	94 Alice Klenavic	Caledonia	_____

Event 10 Boys 400 Meter Dash Intermediate**Wednesday 2023-05-17 - 11:45 AM**

SSNS: 50.87 2005 Jonathan Campbell

Lane	Name	School	Seed Time
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Section 1 of 7 Finals

1	472 Haden Cheney	Ellenvale Jr.	_____
2	550 Mensi Eldik	Fairview Jr.	_____
3	252 Ronan McMahon	Clayton Park Jr.	_____
4	1114 Thomas McCormick	St. Agnes Jr.	_____
5	157 Ayden Melanson	Citadel High	_____
6	597 Tarun Budgell	Gorsebrook Jr.	_____
7	986 Afraz Rahaman	Park West School	_____
8			_____

Section 2 of 7 Finals

1	570 Alexander McLean	Fairview Jr.	_____
2	639 Christopher Sneddon-Sim	Gorsebrook Jr.	_____
3	120 Ibrahim Abdelhadi Amin	Citadel High	_____
4	886 Graeme Messervey	J.L. Ilsley	_____
5	81 Parker Coull	Caledonia	_____
6	510 Glendon Snow	Ellenvale Jr.	_____
7	29 Quinn Ryall	Armbrae	_____
8			_____

Section 3 of 7 Finals

1	25 David Muchangi	Armbrae	_____
2	967 Prateek Gurram	Park West School	_____
3	249 Robert Martin	Clayton Park Jr.	_____
4	1101 David Johnson	St. Agnes Jr.	_____
5	88 Matthew Ferguson	Caledonia	_____
6	134 Harrison Dunphy	Citadel High	_____
7	303 Alexander Bouchard	Dartmouth High	_____
8			_____

Section 4 of 7 Finals

1	221 Jack Flinn	Clayton Park Jr.	_____
2	751 Zach White	Halifax Grammar	_____
3	576 Isaac Muindi	Fairview Jr.	_____
4	1084 Lucas Bassil	St. Agnes Jr.	_____
5	492 James Mackinnon	Ellenvale Jr.	_____
6	182 Bryce Trenholm	Citadel High	_____
7	826 Cole Willows	Halifax West	_____
8			_____

Section 5 of 7 Finals

1	634 Luke Salah	Gorsebrook Jr.	_____
2	734 Malakhi Mansaray	Halifax Grammar	_____
3	296 Aws Al Sarafandi	Dartmouth High	_____
4	1021 Simon Bortolussi	Sacred Heart	_____
5	34 Declan Younger	Armbrae	_____
6	810 Graham Sauer	Halifax West	_____
7	50 Alden Hiltz	Bicentennial	_____
8			_____

Section 6 of 7 Finals

1	28 Samuel Proietti	Armbrae	_____
2	311 Nick Lapierre	Dartmouth High	_____
3	991 Tyler Way	Park West School	_____
4	1068 Maceo Arruda Kyriakidi	Shambhala School	_____
5	860 Blair Buckley	J.L. Ilsley	_____
6	643 Joaquin Suazo	Gorsebrook Jr.	_____
7	749 Mathias White	Halifax Grammar	_____
8			_____

Section 7 of 7 Finals

1	304 Darius Catsaris-Sheppard	Dartmouth High	_____
2	189 George Abdullah	Clayton Park Jr.	_____
3	504 Eric Schillinger	Ellenvale Jr.	_____
4	1035 Thomas Emberly	Sacred Heart	_____
5	746 Andrew Stevenson	Halifax Grammar	_____
6	989 Cedrick Santiago	Park West School	_____
7	828 Yunshu Zhao	Halifax West	_____
8			_____

Event 11 Girls 400 Meter Dash Senior**Wednesday 2023-05-17 - 12:15 PM**

SSNS: 54.13 2006 Jenna Martin

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	858 Nataya Boris-Thompson	J.L. Ilsley	_____
2	420 Juliette Gunn	École second	_____
3	163 Ryli Nolan	Citadel High	_____
4	426 Anne Savage	École second	_____
5	184 Finnja Wesselmann	Citadel High	_____
6	1028 Elisabeth Cormier	Sacred Heart	_____
7	1138 Mhyah Allen	Woodlawn Hig	_____
8			_____



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Section 2 of 2 Finals...(Event 11 Girls 400 Meter Dash Senior)

1	1023 Elianne Cao	Sacred Heart	_____
2	887 Melina Molkenthin	J.L. Ilsley	_____
3	777 Natasha Frame	Halifax West	_____
4	423 Samantha Landry	École second	_____
5	892 Mikalah Sewert	J.L. Ilsley	_____
6	177 Katherine Sneddon-Simon	Citadel High	_____
7	855 Shamil Bajen	J.L. Ilsley	_____
8			_____

Event 12 Boys 400 Meter Dash Senior**Wednesday 2023-05-17 - 12:15 PM****SSNS: 48.49 2015****Mike Van Der Poel**

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	3 Bade An-Jager	Armbræ	_____
2	872 Hugo Garcia	J.L. Ilsley	_____
3	1051 Rex Liu	Sacred Heart	_____
4	124 Jasper Billingsley	Citadel High	_____
5	417 Jacob Côté	École second	_____
6	1150 Oliver Gavel	Woodlawn Hig	_____
7	167 Brandon Powel	Citadel High	_____
8			_____

Section 2 of 3 Finals

1	870 Anderson Fukala	J.L. Ilsley	_____
2	1026 Julian Cooper	Sacred Heart	_____
3	424 Jacques Macinnis	École second	_____
4	1139 Dylan Armitage	Woodlawn Hig	_____
5	779 Griffin Gamble	Halifax West	_____
6	136 Alan Fawcett	Citadel High	_____
7	1160 Tommy Rivalin	Woodlawn Hig	_____
8			_____

Section 3 of 3 Finals

1	1052 Tony Liu	Sacred Heart	_____
2	9 Reuben Chapple	Armbræ	_____
3	878 Taylor Hollett	J.L. Ilsley	_____
4	187 Brian Wilson-Dymont	Citadel High	_____
5	889 Efim Olitzky	J.L. Ilsley	_____
6	1032 Jon Earle	Sacred Heart	_____
7	1148 Aidan Ferguson	Woodlawn Hig	_____
8			_____

Event 13 Girls 100 Meter Dash Junior**24 Advance: Top 1 Each Heat plus Next 13 Best Times****Wednesday 2023-05-17 - 1:15 PM****SSNS: 12.64 2006****Nikkia Jones****Ties: 12.50 1995****Christine Fleury (hand)**

Lane	Name	School	Seed Time
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Heat 1 of 11 Prelims

1	641 Mia Sterling	Gorsebrook Jr.	_____
2	460 Jersee Williamson	Elizabeth Suther	_____
3	718 Ella Furey	Halifax Grammar	_____
4	1095 Brynn Feeney	St. Agnes Jr.	_____
5	386 Eva Velutini	Carrefour	_____
6	115 Lauren Trenholm	Caledonia	_____
7	536 Emily Taylor	Eric Graves Jr.	_____
8	1008 Summer Johnson	Rockingstone	_____

Heat 2 of 11 Prelims

1	956 Anna Adara	Park West School	_____
2	429 Frania Andresen	Elizabeth Suther	_____
3	376 Breanna Ellis	Carrefour	_____
4	262 Jocelyn Rhyno	Clayton Park Jr.	_____
5	559 Ella Keast	Fairview Jr.	_____
6	841 Sophie Cluett-McDonald	Highland Park Jr	_____
7	33 Shayna Wolfson	Armbræ	_____
8	756 Olivia Chadwick	Hfx Independant	_____

Heat 3 of 11 Prelims

1	947 Gretta Smith	Oxford Schoo	_____
2	523 Evangeline Ijebor	Eric Graves Jr.	_____
3	52 Annika Janz	Bicentennial	_____
4	558 Abigail Joseph	Fairview Jr.	_____
5	291 Rahaf Mohammad	Cunard Jr.	_____
6	444 Autumn Macneil	Elizabeth Suther	_____
7	627 Aida Pocklington	Gorsebrook Jr.	_____
8	1117 Dylan McDonald	St. Agnes Jr.	_____

Heat 4 of 11 Prelims

1	1059 Sienna Metledge	Sacred Heart	_____
2	686 Jane Maloney	Halifax Central	_____
3	729 Kelly Kim	Halifax Grammar	_____
4	468 Amara Bowers	Ellenvale Jr.	_____
5	931 Jasmine Macaulay	Oxford Schoo	_____
6	1069 Sunny Christmas	Shambhala School	_____
7	840 Kate Cardinal-King	Highland Park Jr	_____
8	829 Ooreoluwa Babalola	Herring Cove Jr.	_____



**SCHOOL SPORT
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NOUVELLE-ÉCOSSE**

**2023 SSNS Capital CITY District
Meet Program**

Heat 5 of 11 Prelims...(Event 13 Girls 100 Meter Dash Junior)

1	927 Emma Jordan	Oxford Schoo	_____
2	833 Charlie Ewing	Herring Cove Jr.	_____
3	592 Elizabeth Weinberg	Fairview Jr.	_____
4	277 Esther Abiri	Cunard Jr.	_____
5	405 Charlotte Nader	École Mer et	_____
6	702 Liae Yang	Halifax Central	_____
7	491 Mya McCormick	Ellenvale Jr.	_____
8	996 Oluwamayowa Agbedu	Rockingstone	_____

Heat 6 of 11 Prelims

1	346 Lila Macaskill	Dartmouth So	_____
2	754 Joyce Yu	Halifax Grammar	_____
3	409 Petra Skidmore	École Mer et	_____
4	1083 Bree Aylward	St. Agnes Jr.	_____
5	951 Hannah Wells	Oxford Schoo	_____
6	1006 Safaa Hassan Haggag	Rockingstone	_____
7	620 Eleanor McHenry	Gorsebrook Jr.	_____
8	683 Julia Locke	Halifax Central	_____

Heat 7 of 11 Prelims

1	984 Jesam Promise-Okoi	Park West School	_____
2	101 Molly McCarthy	Caledonia	_____
3	1030 Meave Culligan	Sacred Heart	_____
4	68 Rebecca Riley	Bicentennial	_____
5	1072 Meaghan Ferguson	Shambhala School	_____
6	997 Rayan Ahmed Isse	Rockingstone	_____
7	342 Brianna Hoskin	Dartmouth So	_____
8	383 Avery Mackinnon	Carrefour	_____

Heat 8 of 11 Prelims

1	554 Stephanie Francis	Fairview Jr.	_____
2	681 Hana Jeong	Halifax Central	_____
3	455 Sydney Steeves	Elizabeth Suther	_____
4	830 Oreoluwa Babalola	Herring Cove Jr.	_____
5	1136 Libby Zhang	St. Agnes Jr.	_____
6	193 Dafne Allwin	Clayton Park Jr.	_____
7	957 Joy Adara	Park West School	_____
8	337 Peyton Crowe	Dartmouth So	_____

Heat 9 of 11 Prelims

1	219 Amarachi Ezurike	Clayton Park Jr.	_____
2	502 Samantha Roberts	Ellenvale Jr.	_____
3	524 Kara Jagoe	Eric Graves Jr.	_____
4	1067 Sam Wesley	Sacred Heart	_____
5	76 Lyla Boychuk	Caledonia	_____
6	1070 Esmé Drescher	Shambhala School	_____
7	763 Esja Nener	Hfx Indepedant	_____
8	626 Kathleen O'Neill	Gorsebrook Jr.	_____

Heat 10 of 11 Prelims

1	58 Cassidy McFarlane	Bicentennial	_____
2	736 Zoe Michalos	Halifax Grammar	_____
3	1039 Olivia Gogan	Sacred Heart	_____
4	479 Addison Gardiner	Ellenvale Jr.	_____
5	985 Juliet Rabjohn	Park West School	_____
6	380 Audrey Joseph	Carrefour	_____
7	227 Chloe Higginbotham	Clayton Park Jr.	_____
8			_____

Heat 11 of 11 Prelims

1	1077 Ava Sullivan	Shambhala School	_____
2	361 Tye'airah Thompson	Dartmouth So	_____
3	917 Cora Driver	Oxford Schoo	_____
4	48 Emily Hall	Bicentennial	_____
5	390 Anna Bakeeff	École Mer et	_____
6	529 Emma Moses	Eric Graves Jr.	_____
7	14 Melani Gonzalez	Armbræ	_____
8			_____

Event 14 Boys 100 Meter Dash Junior**24 Advance: Top 1 Each Heat plus Next 12 Best Times****Wednesday 2023-05-17 - 1:15 PM**

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

Lane	Name	School	Seed Time
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Heat 1 of 12 Prelims

1	366 Maddox Burke	East Coast V	_____
2	994 Sayhan Zaman	Park West School	_____
3	192 Mohamad Al-Hamid	Clayton Park Jr.	_____
4	935 Angelo Melanson	Oxford Schoo	_____
5	49 Markus Harrison	Bicentennial	_____
6	294 Maddox Neumann	Cunard Jr.	_____
7	1037 Greg Foerster	Sacred Heart	_____
8	542 Ebun Akitobi	Fairview Jr.	_____

Heat 2 of 12 Prelims

1	340 Deandre Gibson	Dartmouth So	_____
2	1061 Ted Nahas	Sacred Heart	_____
3	280 Seth Cogswell	Cunard Jr.	_____
4	649 Owen West	Gorsebrook Jr.	_____
5	254 Kawa Mousa	Clayton Park Jr.	_____
6	108 Sam Ryan	Caledonia	_____
7	936 Attila Narvey	Oxford Schoo	_____
8	575 Aaron Metzger	Fairview Jr.	_____



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SPORT SCOLAIRE
NOUVELLE-ÉCOSSE**

**2023 SSNS Capital CITY District
Meet Program**

Heat 3 of 12 Prelims...(Event 14 Boys 100 Meter Dash Junior)

1	293 Carter Myra	Cunard Jr.	_____
2	57 Warren Mann	Bicentennial	_____
3	370 Jake Willmott	East Coast V	_____
4	973 Kuhan Karthikeyan	Park West School	_____
5	374 Nicolas Dennis	Carrefour	_____
6	545 Mi'kell Bottomley-Pyke	Fairview Jr.	_____
7	834 Darion Fukala	Herring Cove Jr.	_____
8	903 Daniel Aladejebi	Oxford Schoo	_____

Heat 4 of 12 Prelims

1	960 Jaiveer Bhuller	Park West School	_____
2	283 Ryan Hickey	Cunard Jr.	_____
3	684 Remi MacDonald	Halifax Central	_____
4	1012 Lometh Samarasinghe	Rockingstone	_____
5	733 Cadence MacLeod	Halifax Grammar	_____
6	445 Michael McIntosh	Elizabeth Suther	_____
7	588 Kyrkos Theoharopoulos	Fairview Jr.	_____
8	758 Quinn Gibson	Hfx Indepedant	_____

Heat 5 of 12 Prelims

1	450 Ibrahim Msabaha	Elizabeth Suther	_____
2	655 Pj Bilek	Halifax Central	_____
3	1020 Nathan Bortolussi	Sacred Heart	_____
4	839 Nicholas Munden	Herring Cove Jr.	_____
5	367 Oliver Fraser	East Coast V	_____
6	922 Owen Gillis	Oxford Schoo	_____
7	757 Cohen Francis	Hfx Indepedant	_____
8	1010 Samuel Ojelabi	Rockingstone	_____

Heat 6 of 12 Prelims

1	345 Oliver Lynk	Dartmouth So	_____
2	395 Hichem Hamdidouche	École Mer et	_____
3	1071 Eli Druker	Shambhala School	_____
4	270 James Thibault	Clayton Park Jr.	_____
5	760 Luke Meaney	Hfx Indepedant	_____
6	17 Sachin Jeyakumar	Armbræ	_____
7	731 Jaden Lee	Halifax Grammar	_____
8			_____

Heat 7 of 12 Prelims

1	439 Finley Jardine	Elizabeth Suther	_____
2	295 Dontae Richard	Cunard Jr.	_____
3	114 Euan Thompson	Caledonia	_____
4	391 Bernardo Battistini	École Mer et	_____
5	1130 Aiden Veinot	St. Agnes Jr.	_____
6	730 Andrew Kwon	Halifax Grammar	_____
7	605 Shepard Dorland	Gorsebrook Jr.	_____
8			_____

Heat 8 of 12 Prelims

1	617 Connor Mark	Gorsebrook Jr.	_____
2	363 Sydney Watt	Dartmouth So	_____
3	509 Conroy Snow	Ellenvale Jr.	_____
4	399 Silvain Mbuyi	École Mer et	_____
5	837 Fraser Lake	Herring Cove Jr.	_____
6	999 Nader Alfarkha	Rockingstone	_____
7	846 Alex Inkpen-Carter	Highland Park Jr	_____
8			_____

Heat 9 of 12 Prelims

1			_____
2	1091 Ethan Daniel	St. Agnes Jr.	_____
3	37 Corneal Beals	Bicentennial	_____
4	720 Christos Giannou	Halifax Grammar	_____
5	22 Elijah Mantley	Armbræ	_____
6	672 Liam Farquhar	Halifax Central	_____
7	384 Joshua Misener	Carrefour	_____
8	407 Rémi Saulnier-Gallant	École Mer et	_____

Heat 10 of 12 Prelims

1	1042 Logan Hounsell	Sacred Heart	_____
2	482 Jacob Harmon	Ellenvale Jr.	_____
3	354 Ethan Obeng Nkrumah	Dartmouth So	_____
4	645 Nathan Teakles	Gorsebrook Jr.	_____
5	443 Drew Lucas	Elizabeth Suther	_____
6	378 Lamar Gallant	Carrefour	_____
7	1126 Keir Reynolds	St. Agnes Jr.	_____
8			_____

Heat 11 of 12 Prelims

1	110 Owen Sparkes	Caledonia	_____
2	373 Ethan Beaver	Carrefour	_____
3	503 Carter Samson	Ellenvale Jr.	_____
4	233 Eunchan Jeong	Clayton Park Jr.	_____
5	1096 Samuel Flemming	St. Agnes Jr.	_____
6	832 Keir Degooyer	Herring Cove Jr.	_____
7	30 Fin Sangster	Armbræ	_____
8			_____

Heat 12 of 12 Prelims

1	505 Maddox Seebold	Ellenvale Jr.	_____
2	1016 Isaiah Upshaw	Rockingstone	_____
3	968 Jason Hu	Park West School	_____
4	526 Isaiah King	Eric Graves Jr.	_____
5	65 Eli Peters	Bicentennial	_____
6	663 Ben Colburn	Halifax Central	_____
7	95 Tyler Larusic	Caledonia	_____
8			_____



**SCHOOL SPORT
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NOUVELLE-ÉCOSSE**

**2023 SSNS Capital CITY District
Meet Program**

Event 15 Girls 100 Meter Dash Intermediate**16 Advance: Top 1 Each Heat plus Next 7 Best Times****Wednesday 2023-05-17 - 1:45 PM****SSNS: 12.33 2007****Marissa Wolter****Ties: 12.20 1997****Christine Fluery (hand)**

Lane	Name	School	Seed Time
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Heat 1 of 9 Prelims

1	100 Madelyn McCarthy	Caledonia	_____
2	1080 Kat Watson	Shambhala School	_____
3	528 Akaysia Loppie	Eric Graves Jr.	_____
4	669 Emmy Dunphy	Halifax Central	_____
5	646 Isioma Ugwu	Gorsebrook Jr.	_____
6	1044 Skye Hussey	Sacred Heart	_____
7	854 Thanh Tran	Highland Park Jr	_____
8	170 Evie Rothenburg	Citadel High	_____

Heat 2 of 9 Prelims

1	533 Natalia Pye	Eric Graves Jr.	_____
2	255 Bridget Mutipula	Clayton Park Jr.	_____
3	789 Ava Macnutt	Halifax West	_____
4	574 Melissa Mert	Fairview Jr.	_____
5	512 Cherish Thomey	Ellenvale Jr.	_____
6	673 Catherine Fraser	Halifax Central	_____
7	716 Zora Daramola	Halifax Grammar	_____
8	1055 Maria MacDonald	Sacred Heart	_____

Heat 3 of 9 Prelims

1	236 Gabby Kelloway	Clayton Park Jr.	_____
2	659 Iona Cameron	Halifax Central	_____
3	557 Anna Jardine	Fairview Jr.	_____
4	726 Elyse Johnson	Halifax Grammar	_____
5	865 Ava Dibblee	J.L. Ilsley	_____
6	1142 Jessica Brown	Woodlawn Hig	_____
7	982 Sahara Nyathi	Park West School	_____
8			_____

Heat 4 of 9 Prelims

1	732 Keira Lee	Halifax Grammar	_____
2	123 Zoe Bakeeff	Citadel High	_____
3	1124 Annabelle Raymond	St. Agnes Jr.	_____
4	258 Emily Oxner	Clayton Park Jr.	_____
5	848 Zamirah Morgan	Highland Park Jr	_____
6	961 Nyla Brothers	Park West School	_____
7	862 Katherine Craig	J.L. Ilsley	_____
8			_____

Heat 5 of 9 Prelims

1	864 Johanna Denn	J.L. Ilsley	_____
2	26 Audrey Napier	Armbrae	_____
3	90 Ayla George	Caledonia	_____
4	977 Katie Macintyre	Park West School	_____
5	807 Feyikemi Rotimi	Halifax West	_____
6	155 Jane McGuire	Citadel High	_____
7	548 Paige Doody	Fairview Jr.	_____
8			_____

Heat 6 of 9 Prelims

1	893 Rylee Tibbo	J.L. Ilsley	_____
2	959 Lavanaya Bhatia	Park West School	_____
3	1036 Juliet Fatokun	Sacred Heart	_____
4	415 Adelaide Williams	École Mer et	_____
5	919 Lily Epstein	Oxford Schoo	_____
6	680 Anna Jeong	Halifax Central	_____
7	484 Isabel Innes	Ellenvale Jr.	_____
8			_____

Heat 7 of 9 Prelims

1	19 La'nazia Jordan	Armbrae	_____
2	215 Jada Day-Taylor	Clayton Park Jr.	_____
3	581 Channele Rodriquez-Coop	Fairview Jr.	_____
4	1110 Abbie MacKenzie	St. Agnes Jr.	_____
5	71 Zoe Townsend	Bicentennial	_____
6	640 Georgia Steiro	Gorsebrook Jr.	_____
7	1076 Nico Morris	Shambhala School	_____
8			_____

Heat 8 of 9 Prelims

1	517 Rebekah Barrett	Eric Graves Jr.	_____
2	814 Clara Simmons	Halifax West	_____
3	493 Avelinn McConnell	Ellenvale Jr.	_____
4	89 Ella Flinn	Caledonia	_____
5	1050 Zoya Lawen	Sacred Heart	_____
6	31 Amaya Tolliver	Armbrae	_____
7	652 Adele Workman	Gorsebrook Jr.	_____
8			_____

Heat 9 of 9 Prelims

1	805 Ava Parker	Halifax West	_____
2	7 Julia Britton	Armbrae	_____
3	474 Megan Coyle	Ellenvale Jr.	_____
4	608 Kayla Graham	Gorsebrook Jr.	_____
5	144 Elle Langill	Citadel High	_____
6	748 Bonnie Sun	Halifax Grammar	_____
7	905 Bea Asbridge	Oxford Schoo	_____
8			_____



**SCHOOL SPORT
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NOUVELLE-ÉCOSSE**

**2023 SSNS Capital CITY District
Meet Program**

Event 16 Boys 100 Meter Dash Intermediate**16 Advance: Top 1 Each Heat plus Next 7 Best Times****Wednesday 2023-05-17 - 2:15 PM****SSNS: 10.50 1998****Patrick Benjamin (hand)**

Lane	Name	School	Seed Time
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Heat 1 of 9 Prelims

1	989 Cedrick Santiago	Park West School	_____
2	428 Owen Weigelin	École second	_____
3	134 Harrison Dunphy	Citadel High	_____
4	920 Earl Estrada Conrad	Oxford Schoo	_____
5	250 Yoseph Masry	Clayton Park Jr.	_____
6	597 Tarun Budgell	Gorsebrook Jr.	_____
7	1021 Simon Bortolussi	Sacred Heart	_____
8	88 Matthew Ferguson	Caledonia	_____

Heat 2 of 9 Prelims

1	309 Connell Higgins	Dartmouth High	_____
2	1101 David Johnson	St. Agnes Jr.	_____
3	1161 Vyomesh Sathya	Woodlawn Hig	_____
4	849 Luka Nedimovic	Highland Park Jr	_____
5	214 Landon Currie	Clayton Park Jr.	_____
6	622 Arlo Morris	Gorsebrook Jr.	_____
7	169 Corey Ross	Citadel High	_____
8	988 Maksym Sahaidachnyi	Park West School	_____

Heat 3 of 9 Prelims

1	852 Luca Thompson	Highland Park Jr	_____
2	828 Yunshu Zhao	Halifax West	_____
3	859 Keondre Brown	J.L. Ilsley	_____
4	99 Isaac Mahoney	Caledonia	_____
5	945 Espen Simensen	Oxford Schoo	_____
6	1125 Henry Raymond	St. Agnes Jr.	_____
7	419 Donté Gallant	École second	_____
8	1157 Anthony Maxwell	Woodlawn Hig	_____

Heat 4 of 9 Prelims

1	510 Glendon Snow	Ellenvale Jr.	_____
2	769 David Amore	Halifax West	_____
3	937 Vance Natolino	Oxford Schoo	_____
4	321 Bardia Radji Ghassemi	Dartmouth High	_____
5	1154 Nathan Herman	Woodlawn Hig	_____
6	81 Parker Coull	Caledonia	_____
7	152 Gabriel Martin	Citadel High	_____
8	408 Gareth Skidmore	École Mer et	_____

Heat 5 of 9 Prelims

1	894 Daniel Tokar	J.L. Ilsley	_____
2	643 Joaquin Suazo	Gorsebrook Jr.	_____
3	1035 Thomas Emberly	Sacred Heart	_____
4	1102 Jackson Koch	St. Agnes Jr.	_____
5	416 Kieran Baldwin Sheaves	École second	_____
6	495 Ashton Mindard	Ellenvale Jr.	_____
7	6 Jaylen Berglund-Simmonds	Armbrac	_____
8	741 Sam Olugu	Halifax Grammar	_____

Heat 6 of 9 Prelims

1	616 Eli Lypowy	Gorsebrook Jr.	_____
2	818 Sulyman Sulyman	Halifax West	_____
3	734 Malakhi Mansaray	Halifax Grammar	_____
4	506 William Sepa	Ellenvale Jr.	_____
5	18 Nai Johnson	Armbrac	_____
6	1017 Naequan Beals	Sacred Heart	_____
7	986 Afraz Rahaman	Park West School	_____
8			_____

Heat 7 of 9 Prelims

1	991 Tyler Way	Park West School	_____
2	311 Nick Lapierre	Dartmouth High	_____
3	1166 Sohit Tatisetti	Woodlawn Hig	_____
4	1114 Thomas McCormick	St. Agnes Jr.	_____
5	41 Chandler Campbell	Bicentennial	_____
6	189 George Abdullah	Clayton Park Jr.	_____
7	180 Nicholas Thalheimer-Wel	Citadel High	_____
8			_____

Heat 8 of 9 Prelims

1			_____
2	5 Ronei Beals	Armbrac	_____
3	301 Carey Bent	Dartmouth High	_____
4	507 Innocent Simba	Ellenvale Jr.	_____
5	689 Deaglan Nichol	Halifax Central	_____
6	44 Danyell Elamparo	Bicentennial	_____
7	242 Nathan Lerue	Clayton Park Jr.	_____
8	717 Shun Fielding	Halifax Grammar	_____

Heat 9 of 9 Prelims

1	396 Dezmend Kovacevic	École Mer et	_____
2	744 Jasper Qi	Halifax Grammar	_____
3	591 Neil Wang	Fairview Jr.	_____
4	82 Simon Daigle	Caledonia	_____
5	813 Jeff Shupe	Halifax West	_____
6	13 Payton Flint	Armbrac	_____
7	888 Grayson Neumann	J.L. Ilsley	_____
8			_____



**SCHOOL SPORT
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NOUVELLE-ÉCOSSE**

**2023 SSNS Capital CITY District
Meet Program**

Event 17 Girls 100 Meter Dash Senior**8 Advance: Top 1 Each Heat plus Next 5 Best Times****Wednesday 2023-05-17 - 10:00 AM**

SSNS: 11.91 2006 Jenna Martin

Ties: 11.70 1975 Celia Branch (hand)

Lane	Name	School	Seed Time
------	------	--------	-----------

Heat 1 of 3 Prelims

1	887 Melina Molkenthin	J.L. Ilsley	_____
2	1040 Camila Herrera	Sacred Heart	_____
3	426 Anne Savage	École second	_____
4	183 Rhianna Waligura-Newm	Citadel High	_____
5	855 Shamil Bajen	J.L. Ilsley	_____
6	1138 Mhyah Allen	Woodlawn Hig	_____
7			_____
8			_____

Heat 2 of 3 Prelims

1	158 Pernilla Mfoumou	Citadel High	_____
2	783 Lila Gechtman	Halifax West	_____
3	873 Deborah George	J.L. Ilsley	_____
4	150 Aoife Marshall	Citadel High	_____
5	27 Nevaeh O'Connell	Armbræ	_____
6	1155 Keira Leonard	Woodlawn Hig	_____
7			_____
8			_____

Heat 3 of 3 Prelims

1	1144 Kaylee Croft	Woodlawn Hig	_____
2	891 Amalia Saupe	J.L. Ilsley	_____
3	423 Samantha Landry	École second	_____
4	130 Queen Clayton	Citadel High	_____
5	747 Victoria Stevenson	Halifax Grammar	_____
6	796 Saint Mian Angui	Halifax West	_____
7	1033 Abby Ehrhardt	Sacred Heart	_____
8			_____

Event 18 Boys 100 Meter Dash Senior**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Wednesday 2023-05-17 - 2:15 PM**

SSNS: 10.69 2009 Kyu-Won Cho

Ties: 10.50 1971 Roger Crawley (hand)

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	1057 Steven Mata	Sacred Heart	_____
2	827 Leonardo Zetti	Halifax West	_____
3	171 Nathan Schelew	Citadel High	_____
4	418 Philip Doucet	École second	_____
5	721 Julius Halef	Halifax Grammar	_____
6	1160 Tommy Rivalin	Woodlawn Hig	_____
7	876 Ali Hazim	J.L. Ilsley	_____
8			_____

Heat 2 of 4 Prelims

1	174 Curtis Simms	Citadel High	_____
2	786 Aven Haile	Halifax West	_____
3	417 Jacob Côté	École second	_____
4	1049 Romen Lawen	Sacred Heart	_____
5	878 Taylor Hollett	J.L. Ilsley	_____
6	12 Owen Fenton	Armbræ	_____
7	1139 Dylan Armitage	Woodlawn Hig	_____
8			_____

Heat 3 of 4 Prelims

1	1052 Tony Liu	Sacred Heart	_____
2	1158 Owen McConnell	Woodlawn Hig	_____
3	819 Emmanuel Tabiri	Halifax West	_____
4	23 Ali Mohammed	Armbræ	_____
5	299 Praise Babalola	Dartmouth High	_____
6	161 James Murphy	Citadel High	_____
7	869 Lucas Franco	J.L. Ilsley	_____
8			_____

Heat 4 of 4 Prelims

1	1063 Brooks Sheppard	Sacred Heart	_____
2	172 Keifer Schella	Citadel High	_____
3	328 Garrison Woodford	Dartmouth High	_____
4	784 Surefale Getachew	Halifax West	_____
5	1151 Leland Graves	Woodlawn Hig	_____
6	867 Mohammad Esmaeel	J.L. Ilsley	_____
7	28 Samuel Proietti	Armbræ	_____
8			_____



SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

**2023 SSNS Capital CITY District
Meet Program**

Event 19 Girls 1500 Meter Run Junior**Wednesday 2023-05-17 - 3:30 PM**

SSNS: 4:46.13 2019

Abby Lewis

Lane	Name	School	Seed Time
------	------	--------	-----------

Section 1 of 2 Finals

1	455 Sydney Steeves	Elizabeth Suther	_____
2	997 Rayan Ahmed Isse	Rockingstone	_____
3	457 Gabi Stone	Elizabeth Suther	_____
4	946 Cassia Simpson	Oxford Schoo	_____
5	710 Claire Bourgeois	Halifax Grammar	_____
6	975 Stephanie Kozera	Park West School	_____
7	753 Carley Williams	Halifax Grammar	_____
8	929 Ruby Lee	Oxford Schoo	_____
9	452 Madelyn Sequeira	Elizabeth Suther	_____
10	332 Deborah Beach	Dartmouth So	_____
11	1054 Anna MacDonald	Sacred Heart	_____
12	256 Addison Myers	Clayton Park Jr.	_____
13	497 Lexie Moores	Ellenvale Jr.	_____
14	488 Molly Lodge	Ellenvale Jr.	_____
15	978 Kylie McMahon	Park West School	_____
16	209 Mano Chiasson	Clayton Park Jr.	_____
17	1093 Addison Farwell	St. Agnes Jr.	_____
18	651 Kaye Wilson	Gorsebrook Jr.	_____
19	66 Tori Rendell	Bicentennial	_____
20	969 Huda Ibrahim	Park West School	_____
21	1047 Ridgley Larsen	Sacred Heart	_____
22	246 Gwyn Lynch	Clayton Park Jr.	_____
23	1109 Maggie MacDougall	St. Agnes Jr.	_____
24	409 Petra Skidmore	École Mer et	_____
25			_____

Section 2 of 2 Finals

1	204 Mia Cail	Clayton Park Jr.	_____
2	10 Morgan Clarke	Armbrae	_____
3	932 Ruby McCormack	Oxford Schoo	_____
4	555 Lacey Hanley	Fairview Jr.	_____
5	438 Clare Himmelman	Elizabeth Suther	_____
6	735 Scarlet Mason	Halifax Grammar	_____
7	52 Annika Janz	Bicentennial	_____
8	278 Gwen Achenbach	Cunard Jr.	_____
9	958 Bella Beck	Park West School	_____
10	349 Leiden Marshall	Dartmouth So	_____
11	603 Ellora Das	Gorsebrook Jr.	_____
12	530 Izumi Orillo	Eric Graves Jr.	_____
13	1100 Olivia Hernandez-Jenne:	St. Agnes Jr.	_____
14	1118 Gianna Metlej	St. Agnes Jr.	_____
15	400 Julia McDougall	École Mer et	_____
16	330 Sophia Babin	Dartmouth So	_____
17	511 Charlotte Thibault	Ellenvale Jr.	_____
18	70 Grace Theunissen	Bicentennial	_____
19	1029 Anya Culligan	Sacred Heart	_____
20	675 Ella Goralski	Halifax Central	_____
21	475 Talia Cummins	Ellenvale Jr.	_____
22	1038 Moira Gillis	Sacred Heart	_____
23	715 Faye Chiasson	Halifax Grammar	_____
24	46 Romey Gallagher	Bicentennial	_____
25			_____



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**2023 SSNS Capital CITY District
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Event 20 Boys 1500 Meter Run Junior**Wednesday 2023-05-17 - 3:30 PM**

SSNS: 4:19.71 2009

Mike Tate

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	456 Chase Stewart	Elizabeth Suther	_____
2	478 Luke Ellis	Ellenvale Jr.	_____
3	535 David Storrington	Eric Graves Jr.	_____
4	650 Chase Whitman	Gorsebrook Jr.	_____
5	585 Amr Soliman	Fairview Jr.	_____
6	61 Omar Nagi	Bicentennial	_____
7	279 Griffin Cameron	Cunard Jr.	_____
8	901 David Ackerman	Oxford Schoo	_____
9	212 Scott Corkum	Clayton Park Jr.	_____
10	911 Seamus Brennan	Oxford Schoo	_____
11	388 James Allen	École Mer et	_____
12	289 Blaize MacDonald	Cunard Jr.	_____
13	948 Charlie Thompson	Oxford Schoo	_____
14	831 Max Beaver	Herring Cove Jr.	_____
15	1009 Ammar Khalaf	Rockingstone	_____
16	275 Michael Wilson	Clayton Park Jr.	_____
17	708 Keith Beazley	Halifax Grammar	_____
18	382 Maxime Leclerc	Carrefour	_____
19	1027 Nate Cooper	Sacred Heart	_____
20	678 Deacon Hazel	Halifax Central	_____
21	964 Eyon Cyriac Bajiu	Park West School	_____
22	836 Isaac Grist	Herring Cove Jr.	_____
23	1086 Patrick Bowes	St. Agnes Jr.	_____
24	983 Michael Porter	Park West School	_____
25	384 Joshua Misener	Carrefour	_____
26	1111 Max Makropoulos	St. Agnes Jr.	_____
27	220 Charlie Flinn	Clayton Park Jr.	_____
28	466 Nikhil Batra	Ellenvale Jr.	_____
29	355 Caleb Oloruntoyin-Balog	Dartmouth So	_____
30	582 Karam Sabbagh	Fairview Jr.	_____
31			_____

Section 2 of 2 Finals

1	458 Rhys Tobin	Elizabeth Suther	_____
2	697 Eddie Stanhope	Halifax Central	_____
3	430 Ben Boudreau	Elizabeth Suther	_____
4	487 Kyle Leclair	Ellenvale Jr.	_____
5	595 Mason Auld	Gorsebrook Jr.	_____
6	623 Oliver Neeve	Gorsebrook Jr.	_____
7	1003 Muhammed Elmahmud	Rockingstone	_____
8	293 Carter Myra	Cunard Jr.	_____
9	1088 Will Brown	St. Agnes Jr.	_____
10	410 Elliot Stec	École Mer et	_____
11	692 Jack Rainforth	Halifax Central	_____
12	658 Jack Brady	Halifax Central	_____
13	1129 Oliver Rutherford	St. Agnes Jr.	_____
14	572 Yiber Medina-Tobos	Fairview Jr.	_____
15	1066 Gavin Wickwire	Sacred Heart	_____
16	393 Abraham Diamond	École Mer et	_____
17	196 Konstantine Armstrong	Clayton Park Jr.	_____
18	500 Evan Ren	Ellenvale Jr.	_____
19	387 Nolan Yeo	Carrefour	_____
20	605 Shepard Dorland	Gorsebrook Jr.	_____
21	942 Luke Redwood	Oxford Schoo	_____
22	839 Nicholas Munden	Herring Cove Jr.	_____
23	358 Oliver Simmons	Dartmouth So	_____
24	381 Shadi Krey	Carrefour	_____
25	526 Isaiah King	Eric Graves Jr.	_____
26	714 Saidharma Chelamkuri	Halifax Grammar	_____
27	1014 Muhammad Turajev	Rockingstone	_____
28	368 Jasper Walker	East Coast V	_____
29	411 Nathaniel Taddei	École Mer et	_____
30	834 Darion Fukala	Herring Cove Jr.	_____
31	994 Sayhan Zaman	Park West School	_____



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Event 21 Girls 1500 Meter Run Intermediate**Wednesday 2023-05-17 - 4:00 PM**

SSNS: 4:31.02 2022-06-03 Abby Lewis

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	740 Heidi Nuyens	Halifax Grammar	_____
2	904 Elisa Arteaga-Usuga	Oxford Schoo	_____
3	231 Suzanne Jackson	Clayton Park Jr.	_____
4	794 Ally McLean	Halifax West	_____
5	806 Joanna Quinn	Halifax West	_____
6	843 Rhys Gaetz	Highland Park Jr	_____
7	141 Jillian Hope	Citadel High	_____
8	135 Alessia Dyer	Citadel High	_____
9	247 Lola Macpherson	Clayton Park Jr.	_____
10	1094 Piper Farwell	St. Agnes Jr.	_____
11	817 Gabby Smith	Halifax West	_____
12	258 Emily Oxner	Clayton Park Jr.	_____
13	573 Sofia Mengual-Clare	Fairview Jr.	_____
14	1031 Liviya Driver	Sacred Heart	_____
15	1089 Madeline Campbell	St. Agnes Jr.	_____
16	137 Molly Flynn	Citadel High	_____
17	427 Macy Urquhart	École second	_____
18	801 Paige Neklia	Halifax West	_____
19	883 Brenna Macneil	J.L. Ilsley	_____
20	132 Sophia Das	Citadel High	_____
21	899 Maddalena Webb	J.L. Ilsley	_____
22	602 Azalea Dambergs	Gorsebrook Jr.	_____
23	316 Frances MacLeod	Dartmouth High	_____
24			_____
25			_____

Event 22 Boys 1500 Meter Run Intermediate**Wednesday 2023-05-17 - 4:00 PM**

SSNS: 3:59.92 2015 Hudson Grimshaw-Surette

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	303 Alexander Bouchard	Dartmouth High	_____
2	216 Emil Doepner	Clayton Park Jr.	_____
3	1145 Thomas Dewitt	Woodlawn Hig	_____
4	175 Navon Situ	Citadel High	_____
5	128 Ian Chapman-Lin	Citadel High	_____
6	425 Benoit Robichaud	École second	_____
7	850 Bebeye Okudo Omod	Highland Park Jr	_____
8	634 Luke Salah	Gorsebrook Jr.	_____
9	221 Jack Flinn	Clayton Park Jr.	_____
10	823 Kenzie Wagner	Halifax West	_____
11	921 Elliott Gibson	Oxford Schoo	_____
12	955 Omar Abousamak	Park West School	_____
13	900 Grady Wilcox	J.L. Ilsley	_____
14	318 Leif Mitchell	Dartmouth High	_____
15	563 Juha Kim	Fairview Jr.	_____
16	1119 Joseph Metlej	St. Agnes Jr.	_____
17	11 Terry Ding	Armbræ	_____
18			_____
19			_____
Section 2 of 2 Finals			
1	589 Alex Thibault	Fairview Jr.	_____
2	147 Connor Macgillivray	Citadel High	_____
3	25 David Muchangi	Armbræ	_____
4	494 Jaxon McInnis	Ellenvale Jr.	_____
5	207 Cole Chalmers	Clayton Park Jr.	_____
6	422 Lincoln Carmen Landry	École second	_____
7	853 Tennessee Toombs	Highland Park Jr	_____
8	245 Freddy Lynch	Clayton Park Jr.	_____
9	1134 Wooseung Yang	St. Agnes Jr.	_____
10	621 Noah Miller	Gorsebrook Jr.	_____
11	15 Justin Ha	Armbræ	_____
12	323 Jack Theunissen	Dartmouth High	_____
13	615 Liam Kirby	Gorsebrook Jr.	_____
14	50 Alden Hiltz	Bicentennial	_____
15	810 Graham Sauer	Halifax West	_____
16	630 Sam Rimmer	Gorsebrook Jr.	_____
17	981 Danuk Muthukuda Arach	Park West School	_____
18	534 Isaiah Skinner	Eric Graves Jr.	_____
19			_____



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Event 23 Girls 1500 Meter Run Senior**Wednesday 2023-05-17 - 4:30 PM**

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	777 Natasha Frame	Halifax West	_____
2	421 Ava Josphe	École second	_____
3	177 Katherine Sneddon-Simon	Citadel High	_____
4	725 Isabella Jennex	Halifax Grammar	_____
5	1023 Elianne Cao	Sacred Heart	_____
6	895 Ava Touesnard	J.L. Ilsley	_____
7	1137 Madesen Allen	Woodlawn Hig	_____
8	163 Ryli Nolan	Citadel High	_____
9	1028 Elisabeth Cormier	Sacred Heart	_____
10	420 Juliette Gunn	École second	_____
11	780 Iris Gamble	Halifax West	_____
12	184 Finnja Wesselmann	Citadel High	_____
13			_____
14			_____
15			_____
16			_____
17			_____

Event 24 Boys 1500 Meter Run Senior**Wednesday 2023-05-17 - 4:30 PM**

SSNS: 3:54.91 2013 Mike Tate

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1032 Jon Earle	Sacred Heart	_____
2	800 Beckett Nadeau	Halifax West	_____
3	165 Cohen Norman	Citadel High	_____
4	1019 Xander Biddulph	Sacred Heart	_____
5	1148 Aidan Ferguson	Woodlawn Hig	_____
6	1025 Rory Clyburne	Sacred Heart	_____
7	160 Maxen Morrison	Citadel High	_____
8	1026 Julian Cooper	Sacred Heart	_____
9	306 Liam Elliott	Dartmouth High	_____
10	159 Cole Miller	Citadel High	_____
11	870 Anderson Fukala	J.L. Ilsley	_____
12	779 Griffin Gamble	Halifax West	_____
13	126 Luka Chaisson	Citadel High	_____
14	1165 Ty Sutton	Woodlawn Hig	_____
15			_____
16			_____
17			_____

Event 25 Girls 200 Meter Dash Junior**24 Advance: Top 1 Each Heat plus Next 14 Best Times****Thursday 2023-05-18 - 10:00 AM**SSNS: 26.49 2014 Taylor Mattinson
Ties: 26.50 1976 Kris Crowell (hand)

Lane	Name	School	Seed Time
Heat 1 of 10 Prelims			
1	958 Bella Beck	Park West School	_____
2	1030 Meave Culligan	Sacred Heart	_____
3	380 Audrey Joseph	Carrefour	_____
4	491 Mya McCormick	Ellenvale Jr.	_____
5	522 Sarah Hurley	Eric Graves Jr.	_____
6	606 Serafina Dyer	Gorsebrook Jr.	_____
7	702 Liae Yang	Halifax Central	_____
8	763 Esja Nener	Hfx Indepedant	_____
Heat 2 of 10 Prelims			
1	383 Avery Mackinnon	Carrefour	_____
2	709 Sophia Boudreau	Halifax Grammar	_____
3	35 Violet Appleby	Bicentennial	_____
4	917 Cora Driver	Oxford Schoo	_____
5	498 Faith Owodolu	Ellenvale Jr.	_____
6	365 Chloe Betts	East Coast V	_____
7	613 Daphne Keshen	Gorsebrook Jr.	_____
8	830 Oreoluwa Babalola	Herring Cove Jr.	_____
Heat 3 of 10 Prelims			
1	52 Annika Janz	Bicentennial	_____
2	1006 Safaa Hassan Hagggar	Rockingstone	_____
3	115 Lauren Trenholm	Caledonia	_____
4	468 Amara Bowers	Ellenvale Jr.	_____
5	756 Olivia Chadwick	Hfx Indepedant	_____
6	558 Abigail Joseph	Fairview Jr.	_____
7	235 Touleen Kanaan	Clayton Park Jr.	_____
8	1039 Olivia Gogan	Sacred Heart	_____
Heat 4 of 10 Prelims			
1	527 Ava Lerch	Eric Graves Jr.	_____
2	953 Kamael Woodworth	Oxford Schoo	_____
3	683 Julia Locke	Halifax Central	_____
4	1113 Emmy Mastnak	St. Agnes Jr.	_____
5	284 Annie Johns	Cunard Jr.	_____
6	376 Breanna Ellis	Carrefour	_____
7	219 Amarachi Ezurike	Clayton Park Jr.	_____
8	1072 Meaghan Ferguson	Shambhala School	_____



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Heat 5 of 10 Prelims...(Event 25 Girls 200 Meter Dash Junior)

1	629 Madeline Rigby	Gorsebrook Jr.	_____
2	227 Chloe Higginbotham	Clayton Park Jr.	_____
3	1070 Esmé Drescher	Shambhala School	_____
4	14 Melani Gonzalez	Armbræ	_____
5	431 Emme Boudreau	Elizabeth Suther	_____
6	1024 Tor Carroll	Sacred Heart	_____
7	728 Nyah Kaupp	Halifax Grammar	_____
8	524 Kara Jagoe	Eric Graves Jr.	_____

Heat 6 of 10 Prelims

1	460 Jersee Williamson	Elizabeth Suther	_____
2	386 Eva Velutini	Carrefour	_____
3	686 Jane Maloney	Halifax Central	_____
4	1069 Sunny Christmas	Shambhala School	_____
5	969 Huda Ibrahim	Park West School	_____
6	1116 Zoe McCuaig	St. Agnes Jr.	_____
7	951 Hannah Wells	Oxford Schoo	_____
8	337 Peyton Crowe	Dartmouth So	_____

Heat 7 of 10 Prelims

1	446 Breagh McNamara	Elizabeth Suther	_____
2	1136 Libby Zhang	St. Agnes Jr.	_____
3	1064 Sophia Tannous	Sacred Heart	_____
4	963 Nevayah Cain	Park West School	_____
5	940 Audrey Rak	Oxford Schoo	_____
6	68 Rebecca Riley	Bicentennial	_____
7	593 Sydney Young	Fairview Jr.	_____
8	361 Tye'airah Thompson	Dartmouth So	_____

Heat 8 of 10 Prelims

1	592 Elizabeth Weinberg	Fairview Jr.	_____
2	262 Jocelyn Rhyno	Clayton Park Jr.	_____
3	1077 Ava Sullivan	Shambhala School	_____
4	55 Charley Mackinnon	Bicentennial	_____
5	998 Limar Al Masalmah	Rockingstone	_____
6	529 Emma Moses	Eric Graves Jr.	_____
7	995 Nikol Zarbailov	Park West School	_____
8	342 Brianna Hoskin	Dartmouth So	_____

Heat 9 of 10 Prelims

1	346 Lila Macaskill	Dartmouth So	_____
2	559 Ella Keast	Fairview Jr.	_____
3	502 Samantha Roberts	Ellenvale Jr.	_____
4	405 Charlotte Nader	École Mer et	_____
5	1090 Aeesha Chege	St. Agnes Jr.	_____
6	722 Zuraya Humayun	Halifax Grammar	_____
7	997 Rayan Ahmed Isse	Rockingstone	_____
8			_____

Heat 10 of 10 Prelims

1	604 Peyton Donovan	Gorsebrook Jr.	_____
2	33 Shayna Wolfson	Armbræ	_____
3	840 Kate Cardinal-King	Highland Park Jr	_____
4	729 Kelly Kim	Halifax Grammar	_____
5	80 Lyla Conrad	Caledonia	_____
6	665 Sophie Connick	Halifax Central	_____
7	281 Ella Driscoll	Cunard Jr.	_____
8			_____

Event 26 Boys 200 Meter Dash Junior**24 Advance: Top 1 Each Heat plus Next 14 Best Times****Thursday 2023-05-18 - 10:00 AM**

SSNS: 24.26 2005 Cameron Veinot
Ties: 24.10 1984 Derek Dempster (hand)

Lane	Name	School	Seed Time
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Heat 1 of 10 Prelims

1	399 Silvain Mbuyi	École Mer et	_____
2	1012 Lometh Samarasinghe	Rockingstone	_____
3	600 Luka Cordi	Gorsebrook Jr.	_____
4	384 Joshua Misener	Carrefour	_____
5	525 Scott Jay	Eric Graves Jr.	_____
6	1061 Ted Nahas	Sacred Heart	_____
7	448 Will Mestdagh	Elizabeth Suther	_____
8	935 Angelo Melanson	Oxford Schoo	_____

Heat 2 of 10 Prelims

1	1007 Khaled Hazim	Rockingstone	_____
2	539 Elijah Whelan	Eric Graves Jr.	_____
3	1048 Maxim Lawen	Sacred Heart	_____
4	607 Sebastian Fridell-Ervine	Gorsebrook Jr.	_____
5	1126 Keir Reynolds	St. Agnes Jr.	_____
6	719 Emile Ghiabi	Halifax Grammar	_____
7	373 Ethan Beaver	Carrefour	_____
8	588 Kyrkos Theoharopoulos	Fairview Jr.	_____

Heat 3 of 10 Prelims

1	531 Benjamin Owen	Eric Graves Jr.	_____
2	225 Javier Hamilton	Clayton Park Jr.	_____
3	37 Corneal Beals	Bicentennial	_____
4	846 Alex Inkpen-Carter	Highland Park Jr	_____
5	1130 Aiden Veinot	St. Agnes Jr.	_____
6	17 Sachin Jeyakumar	Armbræ	_____
7	282 Eli Glover	Cunard Jr.	_____
8	936 Attila Narvey	Oxford Schoo	_____



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Heat 4 of 10 Prelims...(Event 26 Boys 200 Meter Dash Junior)

1	354 Ethan Obeng Nkrumah	Dartmouth So	_____
2	395 Hichem Hamdidouche	École Mer et	_____
3	378 Lamar Gallant	Carrefour	_____
4	837 Fraser Lake	Herring Cove Jr.	_____
5	1088 Will Brown	St. Agnes Jr.	_____
6	1003 Muhammed Elmahmud	Rockingstone	_____
7	476 Issa El-Hajabed	Ellenvale Jr.	_____
8	461 Macade Wright	Elizabeth Suther	_____

Heat 5 of 10 Prelims

1	67 David Rieksts	Bicentennial	_____
2	839 Nicholas Munden	Herring Cove Jr.	_____
3	329 Alex Ansems	Dartmouth So	_____
4	95 Tyler Larusic	Caledonia	_____
5	1022 Owen Brown	Sacred Heart	_____
6	283 Ryan Hickey	Cunard Jr.	_____
7	903 Daniel Aladejebi	Oxford Schoo	_____
8	477 Moe El-Hajabed	Ellenvale Jr.	_____

Heat 6 of 10 Prelims

1	374 Nicolas Dennis	Carrefour	_____
2	210 Michael Choi	Clayton Park Jr.	_____
3	983 Michael Porter	Park West School	_____
4	922 Owen Gillis	Oxford Schoo	_____
5	509 Conroy Snow	Ellenvale Jr.	_____
6	662 Daniel Chisholm	Halifax Central	_____
7	345 Oliver Lynk	Dartmouth So	_____
8	631 Jack Rivers-Bowerman	Gorsebrook Jr.	_____

Heat 7 of 10 Prelims

1	521 Oliver Huff	Eric Graves Jr.	_____
2	22 Elijah Mantley	Armbrae	_____
3	363 Sydney Watt	Dartmouth So	_____
4	54 Seth MacDonald	Bicentennial	_____
5	679 Kieran James	Halifax Central	_____
6	542 Ebum Akitobi	Fairview Jr.	_____
7	114 Euan Thompson	Caledonia	_____
8	1037 Greg Foerster	Sacred Heart	_____

Heat 8 of 10 Prelims

1	192 Mohamad Al-Hamid	Clayton Park Jr.	_____
2	406 Will Rondeaux	École Mer et	_____
3	545 Mi'kell Bottomley-Pyke	Fairview Jr.	_____
4	445 Michael McIntosh	Elizabeth Suther	_____
5	65 Eli Peters	Bicentennial	_____
6	706 Kashton Armstrong	Halifax Grammar	_____
7	625 Harry O'Day	Gorsebrook Jr.	_____
8	697 Eddie Stanhope	Halifax Central	_____

Heat 9 of 10 Prelims

1	1132 Declan Walsh	St. Agnes Jr.	_____
2	1009 Ammar Khalaf	Rockingstone	_____
3	450 Ibrahim Msabaha	Elizabeth Suther	_____
4	575 Aaron Metzger	Fairview Jr.	_____
5	712 Hunter Cameron	Halifax Grammar	_____
6	110 Owen Sparkes	Caledonia	_____
7	482 Jacob Harmon	Ellenvale Jr.	_____
8	968 Jason Hu	Park West School	_____

Heat 10 of 10 Prelims

1	30 Fin Sangster	Armbrae	_____
2	973 Kuhan Karthikeyan	Park West School	_____
3	108 Sam Ryan	Caledonia	_____
4	286 Maddox Kimball	Cunard Jr.	_____
5	407 Rémi Saulnier-Gallant	École Mer et	_____
6	831 Max Beaver	Herring Cove Jr.	_____
7	658 Jack Brady	Halifax Central	_____
8	270 James Thibault	Clayton Park Jr.	_____

Event 27 Girls 200 Meter Dash Intermediate**16 Advance: Top 1 Each Heat plus Next 10 Best Times****Thursday 2023-05-18 - 10:00 AM**

SSNS:	25.66	2001	Leanne Huck
Ties:	25.50	1973	Celia Branch (hand)

Lane	Name	School	Seed Time
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Heat 1 of 6 Prelims

1	864 Johanna Denn	J.L. Ilsley	_____
2	90 Ayla George	Caledonia	_____
3	794 Ally McLean	Halifax West	_____
4	1124 Annabelle Raymond	St. Agnes Jr.	_____
5	748 Bonnie Sun	Halifax Grammar	_____
6	258 Emily Oxner	Clayton Park Jr.	_____
7	1055 Maria MacDonald	Sacred Heart	_____
8	653 Romina Yanez	Gorsebrook Jr.	_____

Heat 2 of 6 Prelims

1	89 Ella Flinn	Caledonia	_____
2	1080 Kat Watson	Shambhala School	_____
3	31 Amaya Tolliver	Armbrae	_____
4	144 Elle Langill	Citadel High	_____
5	865 Ava Dibblee	J.L. Ilsley	_____
6	789 Ava Macnutt	Halifax West	_____
7	640 Georgia Steiro	Gorsebrook Jr.	_____
8	1036 Juliet Fatokun	Sacred Heart	_____



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Heat 3 of 6 Prelims...(Event 27 Girls 200 Meter Dash Intermediate)

1	24 Gabby Morash	Armbrae	_____
2	548 Paige Doody	Fairview Jr.	_____
3	862 Katherine Craig	J.L. Ilsley	_____
4	805 Ava Parker	Halifax West	_____
5	602 Azalea Dambergs	Gorsebrook Jr.	_____
6	1050 Zoya Lawen	Sacred Heart	_____
7	236 Gabby Kelloway	Clayton Park Jr.	_____
8	123 Zoe Bakeeff	Citadel High	_____

Heat 4 of 6 Prelims

1	790 Jenna Martin	Halifax West	_____
2	581 Chanelle Rodriguez-Coop	Fairview Jr.	_____
3	170 Evie Rothenburg	Citadel High	_____
4	990 Jazlene Sparks	Park West School	_____
5	512 Cherish Thomey	Ellenvale Jr.	_____
6	8 Jillian Burt	Armbrae	_____
7	716 Zora Daramola	Halifax Grammar	_____
8	537 Olivia Taylor	Eric Graves Jr.	_____

Heat 5 of 6 Prelims

1	1110 Abbie MacKenzie	St. Agnes Jr.	_____
2	528 Akaysia Loppie	Eric Graves Jr.	_____
3	905 Bea Asbridge	Oxford Schoo	_____
4	680 Anna Jeong	Halifax Central	_____
5	893 Rylee Tibbo	J.L. Ilsley	_____
6	493 Avelinn McConnell	Ellenvale Jr.	_____
7	215 Jada Day-Taylor	Clayton Park Jr.	_____
8	646 Isioma Ugwu	Gorsebrook Jr.	_____

Heat 6 of 6 Prelims

1	484 Isabel Innes	Ellenvale Jr.	_____
2	155 Jane McGuire	Citadel High	_____
3	1142 Jessica Brown	Woodlawn Hig	_____
4	517 Rebekah Barrett	Eric Graves Jr.	_____
5	1076 Nico Morris	Shambhala School	_____
6	255 Bridget Mutipula	Clayton Park Jr.	_____
7	1044 Skye Hussey	Sacred Heart	_____
8			_____

Event 28 Boys 200 Meter Dash Intermediate**16 Advance: Top 1 Each Heat plus Next 8 Best Times****Thursday 2023-05-18 - 10:00 AM****SSNS: 22.30 1998 Patrick Benjamin (hand)**

Lane	Name	School	Seed Time
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Heat 1 of 8 Prelims

1	597 Tarun Budgell	Gorsebrook Jr.	_____
2	495 Ashton Mindard	Ellenvale Jr.	_____
3	157 Ayden Melanson	Citadel High	_____
4	1157 Anthony Maxwell	Woodlawn Hig	_____
5	1102 Jackson Koch	St. Agnes Jr.	_____
6	734 Malakhi Mansaray	Halifax Grammar	_____
7	987 George Rumbolt	Park West School	_____
8	249 Robert Martin	Clayton Park Jr.	_____

Heat 2 of 8 Prelims

1	992 Tong Tong Xiong	Park West School	_____
2	742 Colin O'Neil	Halifax Grammar	_____
3	1154 Nathan Herman	Woodlawn Hig	_____
4	152 Gabriel Martin	Citadel High	_____
5	591 Neil Wang	Fairview Jr.	_____
6	321 Bardia Radji Ghassemi	Dartmouth High	_____
7	888 Grayson Neumann	J.L. Ilsley	_____
8	506 William Sepa	Ellenvale Jr.	_____

Heat 3 of 8 Prelims

1	134 Harrison Dunphy	Citadel High	_____
2	6 Jaylen Berglund-Simmonds	Armbrae	_____
3	419 Donté Gallant	École second	_____
4	510 Glendon Snow	Ellenvale Jr.	_____
5	104 Noah Olsson	Caledonia	_____
6	643 Joaquin Suazo	Gorsebrook Jr.	_____
7	301 Carey Bent	Dartmouth High	_____
8	894 Daniel Tokar	J.L. Ilsley	_____

Heat 4 of 8 Prelims

1			_____
2	507 Innocent Simba	Ellenvale Jr.	_____
3	616 Eli Lypow	Gorsebrook Jr.	_____
4	309 Connell Higgins	Dartmouth High	_____
5	416 Kieran Baldwin Sheaves	École second	_____
6	88 Matthew Ferguson	Caledonia	_____
7	991 Tyler Way	Park West School	_____
8	879 Matviy Keretschko	J.L. Ilsley	_____



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Heat 5 of 8 Prelims...(Event 28 Boys 200 Meter Dash Intermediate)

1	859 Keondre Brown	J.L. Ilsley	_____
2	1125 Henry Raymond	St. Agnes Jr.	_____
3	18 Nai Johnson	Armbrae	_____
4	828 Yunshu Zhao	Halifax West	_____
5	1068 Maceo Arruda Kyriakidi	Shambhala School	_____
6	852 Luca Thompson	Highland Park Jr	_____
7	214 Landon Currie	Clayton Park Jr.	_____
8	1017 Naequan Beals	Sacred Heart	_____

Heat 6 of 8 Prelims

1			_____
2	795 Ethan Metzger	Halifax West	_____
3	1114 Thomas McCormick	St. Agnes Jr.	_____
4	32 Amari Upshaw	Armbrae	_____
5	81 Parker Coull	Caledonia	_____
6	180 Nicholas Thalheimer-Wel	Citadel High	_____
7	41 Chandler Campbell	Bicentennial	_____
8	189 George Abdullah	Clayton Park Jr.	_____

Heat 7 of 8 Prelims

1	311 Nick Lapierre	Dartmouth High	_____
2	1035 Thomas Emberly	Sacred Heart	_____
3	769 David Amore	Halifax West	_____
4	989 Cedrick Santiago	Park West School	_____
5	689 Deaglan Nichol	Halifax Central	_____
6	50 Alden Hiltz	Bicentennial	_____
7	25 David Muchangi	Armbrae	_____
8			_____

Heat 8 of 8 Prelims

1	1161 Vyomesh Sathya	Woodlawn Hig	_____
2	1021 Simon Bortolussi	Sacred Heart	_____
3	44 Danyiell Elamparo	Bicentennial	_____
4	242 Nathan Lerue	Clayton Park Jr.	_____
5	771 Rudra Chomroo	Halifax West	_____
6	1084 Lucas Bassil	St. Agnes Jr.	_____
7	622 Arlo Morris	Gorsebrook Jr.	_____
8			_____

Event 29 Girls 200 Meter Dash Senior**8 Advance: Top 1 Each Heat plus Next 6 Best Times****Thursday 2023-05-18 - 10:00 AM**

SSNS: 24.84 2012 Jenn Meech

Lane	Name	School	Seed Time
------	------	--------	-----------

Heat 1 of 2 Prelims

1	423 Samantha Landry	École second	_____
2	1155 Keira Leonard	Woodlawn Hig	_____
3	892 Mikalah Sewert	J.L. Ilsley	_____
4	130 Queen Clayton	Citadel High	_____
5	772 Claire Covert	Halifax West	_____
6	183 Rhianna Waligura-Newm	Citadel High	_____
7	150 Aoife Marshall	Citadel High	_____
8	783 Lila Gechtman	Halifax West	_____

Heat 2 of 2 Prelims

1	796 Saint Mian Angui	Halifax West	_____
2	891 Amalia Saupe	J.L. Ilsley	_____
3	154 Jenna Matheson	Citadel High	_____
4	855 Shamil Bajen	J.L. Ilsley	_____
5	426 Anne Savage	École second	_____
6	1040 Camila Herrera	Sacred Heart	_____
7	747 Victoria Stevenson	Halifax Grammar	_____
8			_____

Event 30 Boys 200 Meter Dash Senior**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Thursday 2023-05-18 - 10:00 AM**

SSNS: 21.58 2015 Matthew Coolen

Lane	Name	School	Seed Time
------	------	--------	-----------

Heat 1 of 4 Prelims

1	872 Hugo Garcia	J.L. Ilsley	_____
2	28 Samuel Proietti	Armbrae	_____
3	1063 Brooks Sheppard	Sacred Heart	_____
4	418 Philip Doucet	École second	_____
5	167 Brandon Powel	Citadel High	_____
6	1139 Dylan Armitage	Woodlawn Hig	_____
7	827 Leonardo Zetti	Halifax West	_____
8			_____

Heat 2 of 4 Prelims

1	172 Keifer Schella	Citadel High	_____
2	782 Jerry Gbeve	Halifax West	_____
3	328 Garrison Woodford	Dartmouth High	_____
4	889 Efim Olitzky	J.L. Ilsley	_____
5	1052 Tony Liu	Sacred Heart	_____
6	1158 Owen McConnell	Woodlawn Hig	_____
7	12 Owen Fenton	Armbrae	_____
8			_____



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Heat 3 of 4 Prelims...(Event 30 Boys 200 Meter Dash Senior)

1	1150 Oliver Gavel	Woodlawn Hig	_____
2	804 Joshua Paris	Halifax West	_____
3	23 Ali Mohammed	Armbrae	_____
4	739 Lefika Noko	Halifax Grammar	_____
5	1049 Romen Lawen	Sacred Heart	_____
6	869 Lucas Franco	J.L. Ilsley	_____
7	174 Curtis Simms	Citadel High	_____
8			_____

Heat 4 of 4 Prelims

1	867 Mohammad Esmaeel	J.L. Ilsley	_____
2	417 Jacob Côté	École second	_____
3	161 James Murphy	Citadel High	_____
4	1057 Steven Mata	Sacred Heart	_____
5	1160 Tommy Rivalin	Woodlawn Hig	_____
6	819 Emmanuel Tabiri	Halifax West	_____
7	721 Julius Halef	Halifax Grammar	_____
8			_____

Event 31 Girls 800 Meter Run Junior**Thursday 2023-05-18 - 11:45 AM****SSNS: 2:19.90 1977****Mary Jean Barrett (hand)**

Lane	Name	School	Seed Time
-------------	-------------	---------------	------------------

Section 1 of 3 Finals

1	80 Lyla Conrad	Caledonia	_____
2	332 Deborah Beach	Dartmouth So	_____
3	683 Julia Locke	Halifax Central	_____
4	1104 Emeila Legere	St. Agnes Jr.	_____
5	454 Adi Slade	Elizabeth Suther	_____
6	978 Kylie McMahon	Park West School	_____
7	753 Carley Williams	Halifax Grammar	_____
8	745 Gabi Stanfield	Halifax Grammar	_____
9	48 Emily Hall	Bicentennial	_____
10	1060 Darya Mirmrehrabi	Sacred Heart	_____
11	375 Ava Deveau	Carrefour	_____
12	339 Keaira Francis	Dartmouth So	_____
13	497 Lexie Moores	Ellenvale Jr.	_____
14	1093 Addison Farwell	St. Agnes Jr.	_____
15	651 Kaye Wilson	Gorsebrook Jr.	_____
16	234 Clara Jones	Clayton Park Jr.	_____
17			_____

Section 2 of 3 Finals

1	629 Madeline Rigby	Gorsebrook Jr.	_____
2	946 Cassia Simpson	Oxford Schoo	_____
3	513 Bailey Tremblay	Ellenvale Jr.	_____
4	350 Tessa McLean	Dartmouth So	_____
5	958 Bella Beck	Park West School	_____
6	66 Tori Rendell	Bicentennial	_____
7	235 Touleen Kanaan	Clayton Park Jr.	_____
8	58 Cassidy McFarlane	Bicentennial	_____
9	954 Vivian Zwicker	Oxford Schoo	_____
10	278 Gwen Achenbach	Cunard Jr.	_____
11	555 Lacey Hanley	Fairview Jr.	_____
12	715 Faye Chiasson	Halifax Grammar	_____
13	1054 Anna MacDonald	Sacred Heart	_____
14	1121 Cara Milne	St. Agnes Jr.	_____
15	204 Mia Cail	Clayton Park Jr.	_____
16			_____
17			_____

Section 3 of 3 Finals

1	1100 Olivia Hernandez-Jenne:	St. Agnes Jr.	_____
2	1045 Kailyn Kaulbach	Sacred Heart	_____
3	929 Ruby Lee	Oxford Schoo	_____
4	70 Grace Theunissen	Bicentennial	_____
5	1034 Laura Eisenhauer	Sacred Heart	_____
6	349 Leiden Marshall	Dartmouth So	_____
7	969 Huda Ibrahim	Park West School	_____
8	457 Gabi Stone	Elizabeth Suther	_____
9	284 Annie Johns	Cunard Jr.	_____
10	553 Chloe Fitzpatrick	Fairview Jr.	_____
11	752 Ayla Williams	Halifax Grammar	_____
12	246 Gwyn Lynch	Clayton Park Jr.	_____
13	409 Petra Skidmore	École Mer et	_____
14	385 Katelynn Ross	Carrefour	_____
15	473 Abby Coles	Ellenvale Jr.	_____
16			_____
17			_____



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Event 32 Boys 800 Meter Run Junior**Thursday 2023-05-18 - 11:45 AM****SSNS: 2:04.93 2016-06-04 Camden Springer**

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	387 Nolan Yeo	Carrefour	_____
2	658 Jack Brady	Halifax Central	_____
3	650 Chase Whitman	Gorsebrook Jr.	_____
4	948 Charlie Thompson	Oxford Schoo	_____
5	1037 Greg Foerster	Sacred Heart	_____
6	106 Beckett Power	Caledonia	_____
7	202 Andrew Brooks	Clayton Park Jr.	_____
8	49 Markus Harrison	Bicentennial	_____
9	353 Antwon Nguyen	Dartmouth So	_____
10	449 Taidg Molloy-Reilly	Elizabeth Suther	_____
11	708 Keith Beazley	Halifax Grammar	_____
12	1129 Oliver Rutherford	St. Agnes Jr.	_____
13	500 Evan Ren	Ellenvale Jr.	_____
14	381 Shadi Krey	Carrefour	_____
15	839 Nicholas Munden	Herring Cove Jr.	_____
16	411 Nathaniel Taddei	École Mer et	_____
17	223 Ben Graham	Clayton Park Jr.	_____
18	1111 Max Makropoulos	St. Agnes Jr.	_____

Section 2 of 3 Finals

1	901 David Ackerman	Oxford Schoo	_____
2	466 Nikhil Batra	Ellenvale Jr.	_____
3	232 Jake Jeffrey	Clayton Park Jr.	_____
4	515 Julius Abel Leonard Ivan	Eric Graves Jr.	_____
5	623 Oliver Neeve	Gorsebrook Jr.	_____
6	582 Karam Sabbagh	Fairview Jr.	_____
7	343 William Jang	Dartmouth So	_____
8	831 Max Beaver	Herring Cove Jr.	_____
9	382 Maxime Leclerc	Carrefour	_____
10	662 Daniel Chisholm	Halifax Central	_____
11	287 Frank Lachowicz	Cunard Jr.	_____
12	1096 Samuel Flemming	St. Agnes Jr.	_____
13	964 Eyon Cyriac Bajiu	Park West School	_____
14	398 Vaughan Lewis	École Mer et	_____
15	1058 Charlie McDonough	Sacred Heart	_____
16	432 Milo Clarke	Elizabeth Suther	_____
17	911 Seamus Brennan	Oxford Schoo	_____
18	684 Remi MacDonald	Halifax Central	_____

Section 3 of 3 Finals

1	837 Fraser Lake	Herring Cove Jr.	_____
2	279 Griffin Cameron	Cunard Jr.	_____
3	968 Jason Hu	Park West School	_____
4	456 Chase Stewart	Elizabeth Suther	_____
5	535 David Storrington	Eric Graves Jr.	_____
6	436 Alex Gyorfi	Elizabeth Suther	_____
7	393 Abraham Diamond	École Mer et	_____
8	212 Scott Corkum	Clayton Park Jr.	_____
9	760 Luke Meaney	Hfx Indepedant	_____
10	410 Elliot Stec	École Mer et	_____
11	595 Mason Auld	Gorsebrook Jr.	_____
12	942 Luke Redwood	Oxford Schoo	_____
13	384 Joshua Misener	Carrefour	_____
14	359 Curtis Snelgrove	Dartmouth So	_____
15	1132 Declan Walsh	St. Agnes Jr.	_____
16	679 Kieran James	Halifax Central	_____
17	1066 Gavin Wickwire	Sacred Heart	_____
18	714 Saidharma Chelamkuri	Halifax Grammar	_____

Event 33 Girls 800 Meter Run Intermediate**Thursday 2023-05-18 - 11:45 AM****SSNS: 2:12.60 1977 Louise Palmer (hand)**

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	255 Bridget Mutipula	Clayton Park Jr.	_____
2	1031 Liviya Driver	Sacred Heart	_____
3	843 Rhys Gaetz	Highland Park Jr	_____
4	904 Elisa Arteaga-Usuga	Oxford Schoo	_____
5	231 Suzanne Jackson	Clayton Park Jr.	_____
6	1094 Piper Farwell	St. Agnes Jr.	_____
7	1098 Grace Galloway	St. Agnes Jr.	_____
8	809 Jackie Samuel Salah	Halifax West	_____
9	817 Gabby Smith	Halifax West	_____
10			_____
11			_____
12			_____
13			_____
14			_____



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Section 2 of 2 Finals...(Event 33 Girls 800 Meter Run Intermediate)

1	258 Emily Oxner	Clayton Park Jr.	_____
2	8 Jillian Burt	Armbrae	_____
3	1046 Emily Lade	Sacred Heart	_____
4	316 Frances MacLeod	Dartmouth High	_____
5	865 Ava Dibblee	J.L. Ilsley	_____
6	933 Kelsey McKinnon	Oxford Schoo	_____
7	427 Macy Urquhart	École second	_____
8	825 Julie Wilkie	Halifax West	_____
9	203 Grace Cail	Clayton Park Jr.	_____
10	1128 Mackenzie Rutherford	St. Agnes Jr.	_____
11	132 Sophia Das	Citadel High	_____
12			_____
13			_____
14			_____

Event 34 Boys 800 Meter Run Intermediate**Thursday 2023-05-18 - 11:45 AM****SSNS: 1:58.21 2015****Hudson Grimshaw-Surette**

Lane	Name	School	Seed Time
-------------	-------------	---------------	------------------

Section 1 of 2 Finals

1	987 George Rumbolt	Park West School	_____
2	303 Alexander Bouchard	Dartmouth High	_____
3	921 Elliott Gibson	Oxford Schoo	_____
4	630 Sam Rimmer	Gorsebrook Jr.	_____
5	853 Tennessee Toombs	Highland Park Jr	_____
6	550 Mensi Eldik	Fairview Jr.	_____
7	823 Kenzie Wagner	Halifax West	_____
8	1119 Joseph Metlej	St. Agnes Jr.	_____
9	50 Alden Hiltz	Bicentennial	_____
10	635 Luke Sarty	Gorsebrook Jr.	_____
11	981 Danuk Muthukuda Arach	Park West School	_____
12	639 Christopher Sneddon-Sim	Gorsebrook Jr.	_____
13	323 Jack Theunissen	Dartmouth High	_____
14	245 Freddy Lynch	Clayton Park Jr.	_____
15	494 Jaxon McInnis	Ellenvale Jr.	_____
16			_____
17			_____

Section 2 of 2 Finals

1	955 Omar Abousamak	Park West School	_____
2	264 Sam Robinson	Clayton Park Jr.	_____
3	850 Bebebe Okudo Omod	Highland Park Jr	_____
4	318 Leif Mitchell	Dartmouth High	_____
5	746 Andrew Stevenson	Halifax Grammar	_____
6	576 Isaac Muindi	Fairview Jr.	_____
7	1068 Maceo Arruda Kyriakidi	Shambhala School	_____
8	207 Cole Chalmers	Clayton Park Jr.	_____
9	621 Noah Miller	Gorsebrook Jr.	_____
10	1134 Wooseung Yang	St. Agnes Jr.	_____
11	826 Cole Willows	Halifax West	_____
12	472 Haden Cheney	Ellenvale Jr.	_____
13	81 Parker Coull	Caledonia	_____
14	296 Aws Al Sarafandi	Dartmouth High	_____
15	221 Jack Flinn	Clayton Park Jr.	_____
16			_____
17			_____

Event 35 Girls 800 Meter Run Senior**Thursday 2023-05-18 - 11:45 AM****SSNS: 2:11.58 2019****Maggie Smith**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	1137 Madesen Allen	Woodlawn Hig	_____
2	420 Juliette Gunn	École second	_____
3	163 Ryli Nolan	Citadel High	_____
4	855 Shamil Bajen	J.L. Ilsley	_____
5	1028 Elisabeth Cormier	Sacred Heart	_____
6	725 Isabella Jennex	Halifax Grammar	_____
7	778 Cara Freeman	Halifax West	_____
8	184 Finnja Wesselmann	Citadel High	_____
9	177 Katherine Sneddon-Simoi	Citadel High	_____
10			_____
11			_____
12			_____
13			_____
14			_____



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Event 36 Boys 800 Meter Run Senior**Thursday 2023-05-18 - 11:45 AM**

SSNS: 1:54.47 2005

Jake Gallagher

Lane	Name	School	Seed Time
------	------	--------	-----------

Section 1 of 1 Finals

1	870 Anderson Fukala	J.L. Ilsley	_____
2	804 Joshua Paris	Halifax West	_____
3	186 Jake Wilcox	Citadel High	_____
4	136 Alan Fawcett	Citadel High	_____
5	1026 Julian Cooper	Sacred Heart	_____
6	779 Griffin Gamble	Halifax West	_____
7	1032 Jon Earle	Sacred Heart	_____
8	1150 Oliver Gavel	Woodlawn Hig	_____
9	306 Liam Elliott	Dartmouth High	_____
10	1019 Xander Biddulph	Sacred Heart	_____
11	776 Yousef Fattal	Halifax West	_____
12	160 Maxen Morrison	Citadel High	_____
13	1148 Aidan Ferguson	Woodlawn Hig	_____
14	187 Brian Wilson-Dymont	Citadel High	_____
15			_____
16			_____
17			_____
18			_____
19			_____
20			_____

Event 37 Girls 4x100 Meter Relay Junior**Thursday 2023-05-18 - 1:15 PM**

SSNS: 52.50 2014

Riverside Education Center

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 3 Finals

1	St. Agnes Jr.	A	_____
2	Dartmouth So	A	_____
3	Park West School	A	_____
4	Fairview Jr.	A	_____
5	Bicentennial	A	_____
6	Cunard Jr.	A	_____
7			_____
8			_____

Section 2 of 3 Finals

1	Caledonia	A	_____
2	Rockingstone	A	_____
3	Halifax Central	A	_____
4	Oxford Schoo	A	_____
5	Elizabeth Suther	A	_____
6	Eric Graves Jr.	A	_____
7			_____
8			_____

Section 3 of 3 Finals

1	Halifax Grammar	A	_____
2	Gorsebrook Jr.	A	_____
3	Carrefour	A	_____
4	Ellenvale Jr.	A	_____
5	Clayton Park Jr.	A	_____
6	Sacred Heart	A	_____
7			_____
8			_____

Event 38 Boys 4x100 Meter Relay Junior**Thursday 2023-05-18 - 1:15 PM**

SSNS: 48.40 1990

Astral Drive (hand)

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

1	Bicentennial	A	_____
2	Sacred Heart	A	_____
3	Dartmouth So	A	_____
4	St. Agnes Jr.	A	_____
5	Halifax Central	A	_____
6	Ellenvale Jr.	A	_____
7			_____
8			_____

Section 2 of 3 Finals

1	Cunard Jr.	A	_____
2	Gorsebrook Jr.	A	_____
3	Park West School	A	_____
4	Carrefour	A	_____
5	Caledonia	A	_____
6			_____
7			_____
8			_____

Section 3 of 3 Finals

1	Elizabeth Suther	A	_____
2	Oxford Schoo	A	_____
3	Halifax Grammar	A	_____
4	Clayton Park Jr.	A	_____
5	Rockingstone	A	_____
6	Fairview Jr.	A	_____
7			_____
8			_____



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Event 39 Girls 4x100 Meter Relay Intermediate**Thursday 2023-05-18 - 1:15 PM**

SSNS: 51.34 2019-06-01 Lockview High School

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 3 Finals

1	Eric Graves Jr.	A	_____
2	Halifax Grammar	A	_____
3	Citadel High	A	_____
4	Park West School	A	_____
5	Clayton Park Jr.	A	_____
6	Oxford Schoo	A	_____
7			_____
8			_____

Section 2 of 3 Finals

1	Fairview Jr.	A	_____
2	Sacred Heart	A	_____
3	Highland Park Jr	A	_____
4	Halifax West	A	_____
5	Caledonia	A	_____
6	Ellenvale Jr.	A	_____
7			_____
8			_____

Section 3 of 3 Finals

1	Bicentennial	A	_____
2	St. Agnes Jr.	A	_____
3	Armbrae	A	_____
4	J.L. Ilsley	A	_____
5	Halifax Central	A	_____
6	Gorsebrook Jr.	A	_____
7			_____
8			_____

Event 40 Boys 4x100 Meter Relay Intermediate**Thursday 2023-05-18 - 1:15 PM**

SSNS: 45.50 1976 Sackville High (hand)

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 3 Finals

1	Fairview Jr.	A	_____
2	St. Agnes Jr.	A	_____
3	J.L. Ilsley	A	_____
4	Halifax Grammar	A	_____
5	École second	A	_____
6	Highland Park Jr	A	_____
7			_____
8			_____

Section 2 of 3 Finals

1	Bicentennial	A	_____
2	Sacred Heart	A	_____
3	École Mer et	A	_____
4	Dartmouth High	A	_____
5	Caledonia	A	_____
6	Gorsebrook Jr.	A	_____
7	Clayton Park Jr.	A	_____
8			_____

Section 3 of 3 Finals

1	Halifax West	A	_____
2	Oxford Schoo	A	_____
3	Woodlawn Hig	A	_____
4	Citadel High	A	_____
5	Armbrae	A	_____
6	Park West School	A	_____
7	Ellenvale Jr.	A	_____
8			_____

Event 41 Girls 4x100 Meter Relay Senior**Thursday 2023-05-18 - 1:15 PM**

SSNS: 50.32 2004 Cec

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

1	Woodlawn Hig	A	_____
2	Armbrae	A	_____
3	Halifax Grammar	A	_____
4	Halifax West	A	_____
5	Sacred Heart	A	_____
6	J.L. Ilsley	A	_____
7	Citadel High	A	_____
8			_____

Event 42 Boys 4x100 Meter Relay Senior**Thursday 2023-05-18 - 1:15 PM**

SSNS: 43.26 2014 Cec

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

1	Halifax West	A	_____
2	J.L. Ilsley	A	_____
3	Armbrae	A	_____
4	Dartmouth High	A	_____
5	Sacred Heart	A	_____
6	Woodlawn Hig	A	_____
7	Citadel High	A	_____
8	Halifax Grammar	A	_____



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Event 43 Girls 3000 Meter Run Junior**Thursday 2023-05-18 - 3:00 PM**

SSNS: 10:18.76 2011

Rachel Crawley

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	475 Talia Cummins	Ellenvale Jr.	_____
2	488 Molly Lodge	Ellenvale Jr.	_____
3	35 Violet Appleby	Bicentennial	_____
4	246 Gwyn Lynch	Clayton Park Jr.	_____
5	969 Huda Ibrahim	Park West School	_____
6	530 Izumi Orillo	Eric Graves Jr.	_____
7	438 Clare Himmelman	Elizabeth Suther	_____
8	46 Romey Gallagher	Bicentennial	_____
9	1038 Moira Gillis	Sacred Heart	_____
10	70 Grace Theunissen	Bicentennial	_____
11	1118 Gianna Metlej	St. Agnes Jr.	_____
12	511 Charlotte Thibault	Ellenvale Jr.	_____
13	332 Deborah Beach	Dartmouth So	_____
14	204 Mia Cail	Clayton Park Jr.	_____
15	66 Tori Rendell	Bicentennial	_____
16	1100 Olivia Hernandez-Jenne	St. Agnes Jr.	_____
17	1006 Safaa Hassan Hagggar	Rockingstone	_____
18	1121 Cara Milne	St. Agnes Jr.	_____
19	452 Madelyn Sequeira	Elizabeth Suther	_____
20	715 Faye Chiasson	Halifax Grammar	_____
21	344 Anna-Maria Lavictoire	Dartmouth So	_____
22	455 Sydney Steeves	Elizabeth Suther	_____
23	1029 Anya Culligan	Sacred Heart	_____
24	735 Scarlet Mason	Halifax Grammar	_____
25	946 Cassia Simpson	Oxford Schoo	_____
26	457 Gabi Stone	Elizabeth Suther	_____
27	932 Ruby McCormack	Oxford Schoo	_____
28	473 Abby Coles	Ellenvale Jr.	_____
29	713 Alyssa Campbell	Halifax Grammar	_____
30	603 Ellora Das	Gorsebrook Jr.	_____
31	349 Leiden Marshall	Dartmouth So	_____
32	256 Addison Myers	Clayton Park Jr.	_____
33	651 Kaye Wilson	Gorsebrook Jr.	_____
34			_____
35			_____

Event 44 Boys 3000 Meter Run Junior**Thursday 2023-05-18 - 3:00 PM**

SSNS: 9:15.14 2011

Tobias Wolter

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	942 Luke Redwood	Oxford Schoo	_____
2	355 Caleb Oloruntoyin-Balog	Dartmouth So	_____
3	358 Oliver Simmons	Dartmouth So	_____
4	275 Michael Wilson	Clayton Park Jr.	_____
5	430 Ben Boudreau	Elizabeth Suther	_____
6	382 Maxime Leclerc	Carrefour	_____
7	458 Rhys Tobin	Elizabeth Suther	_____
8	212 Scott Corkum	Clayton Park Jr.	_____
9	623 Oliver Neeve	Gorsebrook Jr.	_____
10	500 Evan Ren	Ellenvale Jr.	_____
11	1086 Patrick Bowes	St. Agnes Jr.	_____
12	837 Fraser Lake	Herring Cove Jr.	_____
13	285 Max Kidd Campbell	Cunard Jr.	_____
14	535 David Storrington	Eric Graves Jr.	_____
15	478 Luke Ellis	Ellenvale Jr.	_____
16	948 Charlie Thompson	Oxford Schoo	_____
17	1132 Declan Walsh	St. Agnes Jr.	_____
18	351 Nolen Mitchell	Dartmouth So	_____
19	61 Omar Nagi	Bicentennial	_____
20	466 Nikhil Batra	Ellenvale Jr.	_____
21	1014 Muhammad Turajev	Rockingstone	_____
22	650 Chase Whitman	Gorsebrook Jr.	_____
23	194 Max Al-Molky	Clayton Park Jr.	_____
24	1003 Muhammed Elmahmud	Rockingstone	_____
25	911 Seamus Brennan	Oxford Schoo	_____
26	487 Kyle Leclair	Ellenvale Jr.	_____
27	901 David Ackerman	Oxford Schoo	_____
28	1027 Nate Cooper	Sacred Heart	_____
29	547 Ethan Burgess	Fairview Jr.	_____
30	397 Ben Leitao	École Mer et	_____
31	220 Charlie Flinn	Clayton Park Jr.	_____
32	368 Jasper Walker	East Coast V	_____
33	388 James Allen	École Mer et	_____
34	287 Frank Lachowicz	Cunard Jr.	_____
35			_____
36			_____



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Event 45 Girls 3000 Meter Run Intermediate**Thursday 2023-05-18 - 3:00 PM**

SSNS: 9:44.38 2022-06-04 Abby Lewis

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1031 Liviya Driver	Sacred Heart	_____
2	740 Heidi Nuyens	Halifax Grammar	_____
3	904 Elisa Arteaga-Usuga	Oxford Schoo	_____
4	316 Frances MacLeod	Dartmouth High	_____
5	231 Suzanne Jackson	Clayton Park Jr.	_____
6	824 Julia Wilkie	Halifax West	_____
7	137 Molly Flynn	Citadel High	_____
8	863 Nowlen Delarue	J.L. Ilsley	_____
9	1094 Piper Farwell	St. Agnes Jr.	_____
10	806 Joanna Quinn	Halifax West	_____
11	602 Azalea Dambergs	Gorsebrook Jr.	_____
12	817 Gabby Smith	Halifax West	_____
13	135 Alessia Dyer	Citadel High	_____
14	801 Paige Neklia	Halifax West	_____
15	427 Macy Urquhart	École second	_____
16	141 Jillian Hope	Citadel High	_____
17			_____
18			_____
19			_____
20			_____

Event 46 Boys 3000 Meter Run Intermediate**Thursday 2023-05-18 - 3:00 PM**

SSNS: 8:50.61 2015 Andrew Peverill

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	266 Usman Shoaib	Clayton Park Jr.	_____
2	221 Jack Flinn	Clayton Park Jr.	_____
3	615 Liam Kirby	Gorsebrook Jr.	_____
4	980 Vivan Mukherjee	Park West School	_____
5	700 Ben Welch	Halifax Central	_____
6	589 Alex Thibault	Fairview Jr.	_____
7	563 Juha Kim	Fairview Jr.	_____
8	128 Ian Chapman-Lin	Citadel High	_____
9	1145 Thomas Dewitt	Woodlawn Hig	_____
10	207 Cole Chalmers	Clayton Park Jr.	_____
11	921 Elliott Gibson	Oxford Schoo	_____
12	810 Graham Sauer	Halifax West	_____
13	534 Isaiah Skinner	Eric Graves Jr.	_____
14	147 Connor Macgillivray	Citadel High	_____
15	962 Ishanth Byreddy	Park West School	_____
16	11 Terry Ding	Armbræ	_____
17	900 Grady Wilcox	J.L. Ilsley	_____
18	245 Freddy Lynch	Clayton Park Jr.	_____
19	175 Navon Situ	Citadel High	_____
20	1119 Joseph Metlej	St. Agnes Jr.	_____
21	15 Justin Ha	Armbræ	_____
22	318 Leif Mitchell	Dartmouth High	_____
23	635 Luke Sarty	Gorsebrook Jr.	_____
24	425 Benoit Robichaud	École second	_____
25	323 Jack Theunissen	Dartmouth High	_____
26	621 Noah Miller	Gorsebrook Jr.	_____
27	422 Lincoln Carmen Landry	École second	_____
28	303 Alexander Bouchard	Dartmouth High	_____
29	1134 Wooseung Yang	St. Agnes Jr.	_____
30	634 Luke Salah	Gorsebrook Jr.	_____
31			_____
32			_____
33			_____
34			_____



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Event 47 Girls 3000 Meter Run Senior**Thursday 2023-05-18 - 3:00 PM**

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	725 Isabella Jennex	Halifax Grammar	_____
2	780 Iris Gamble	Halifax West	_____
3	1137 Madesen Allen	Woodlawn Hig	_____
4	1023 Elianne Cao	Sacred Heart	_____
5	895 Ava Touesnard	J.L. Ilsley	_____
6	777 Natasha Frame	Halifax West	_____
7			_____
8			_____
9			_____
10			_____
11			_____
12			_____
13			_____
14			_____

Event 48 Boys 3000 Meter Run Senior**Thursday 2023-05-18 - 3:00 PM**

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	877 Ryan Higgins	J.L. Ilsley	_____
2	186 Jake Wilcox	Citadel High	_____
3	1026 Julian Cooper	Sacred Heart	_____
4	159 Cole Miller	Citadel High	_____
5	1025 Rory Clyburne	Sacred Heart	_____
6	1165 Ty Sutton	Woodlawn Hig	_____
7	800 Beckett Nadeau	Halifax West	_____
8	165 Cohen Norman	Citadel High	_____
9	779 Griffin Gamble	Halifax West	_____
10	1032 Jon Earle	Sacred Heart	_____
11	306 Liam Elliott	Dartmouth High	_____
12	126 Luka Chaisson	Citadel High	_____
13			_____
14			_____
15			_____
16			_____
17			_____

Event 49 Girls 4x400 Meter Relay Junior**Thursday 2023-05-18 - 5:00 PM**

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

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax Grammar	A	_____
2	Sacred Heart	A	_____
3	St. Agnes Jr.	A	_____
4	Gorsebrook Jr.	A	_____
5	Bicentennial	A	_____
6	Halifax Central	A	_____
7	Elizabeth Suther	A	_____
8	Clayton Park Jr.	A	_____
9	Oxford Schoo	A	_____
10	Fairview Jr.	A	_____
11	Park West School	A	_____
12	Ellenvale Jr.	A	_____
13	Caledonia	A	_____
14	Dartmouth So	A	_____
15			_____
16			_____
17			_____

Event 50 Boys 4x400 Meter Relay Junior**Thursday 2023-05-18 - 5:00 PM**

SSNS: 3:48.10 2013 Halifax Central Junior

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Clayton Park Jr.	A	_____
2	Cunard Jr.	A	_____
3	Gorsebrook Jr.	A	_____
4	Halifax Grammar	A	_____
5	Halifax Central	A	_____
6	Oxford Schoo	A	_____
7	St. Agnes Jr.	A	_____
8	Bicentennial	A	_____
9	Park West School	A	_____
10	Caledonia	A	_____
11	Elizabeth Suther	A	_____
12	Dartmouth So	A	_____
13	Sacred Heart	A	_____
14	Fairview Jr.	A	_____
15			_____
16			_____
17			_____



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Event 51 Girls 4x400 Meter Relay Intermediate**Thursday 2023-05-18 - 5:00 PM**

SSNS: 4:07.64 2007

Halifax Grammar

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Sacred Heart	A	_____
2	Halifax West	A	_____
3	Fairview Jr.	A	_____
4	Citadel High	A	_____
5	Oxford Schoo	A	_____
6	Clayton Park Jr.	A	_____
7	Halifax Central	A	_____
8	St. Agnes Jr.	A	_____
9			_____
10			_____
11			_____
12			_____
13			_____
14			_____
15			_____
16			_____
17			_____

Event 52 Boys 4x400 Meter Relay Intermediate**Thursday 2023-05-18 - 5:00 PM**

SSNS: 3:35.40 1984

Prince Andrew (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax Grammar	A	_____
2	Park West School	A	_____
3	St. Agnes Jr.	A	_____
4	Ellenvale Jr.	A	_____
5	Dartmouth High	A	_____
6	Citadel High	A	_____
7	Halifax West	A	_____
8	Fairview Jr.	A	_____
9	Clayton Park Jr.	A	_____
10	Armbrae	A	_____
11	Gorsebrook Jr.	A	_____
12	Oxford Schoo	A	_____
13	Caledonia	A	_____
14			_____
15			_____
16			_____
17			_____

Event 53 Girls 4x400 Meter Relay Senior**Thursday 2023-05-18 - 5:00 PM**

SSNS: 4:01.53 2009

Park View

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax Grammar	A	_____
2	Woodlawn Hig	A	_____
3	Sacred Heart	A	_____
4	Halifax West	A	_____
5	Citadel High	A	_____
6			_____
7			_____
8			_____

Event 54 Boys 4x400 Meter Relay Senior**Thursday 2023-05-18 - 5:00 PM**

SSNS: 3:26.09 2014

Cec

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Citadel High	A	_____
2	Dartmouth High	A	_____
3	Halifax West	A	_____
4	Armbrae	A	_____
5	Woodlawn Hig	A	_____
6	Sacred Heart	A	_____
7			_____
8			_____



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Event 55 Girls Long Jump Junior**Thursday 2023-05-18 - 12:30 PM****SSNS: 4.99m 2019-06-01 Mya Archibald**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	566 Lilly Langley	Fairview Jr.	_____
2	1082 Sophia Allen	St. Agnes Jr.	_____
3	491 Mya Maccormick	Ellenvale Jr.	_____
4	711 Harper Brett	Halifax Grammar	_____
5	654 Rachael Allen	Halifax Central	_____
6	246 Gwyn Lynch	Clayton Park Jr.	_____
7	209 Mano Chiasson	Clayton Park Jr.	_____
8	284 Annie Johns	Cunard Jr.	_____
9	498 Faith Owodolu	Ellenvale Jr.	_____
10	829 Ooreoluwa Babalola	Herring Cove Jr.	_____
11	693 Lina Scheffler	Halifax Central	_____
12	331 Averie Baird	Dartmouth So	_____
13	66 Tori Rendell	Bicentennial	_____
14	928 Sinwoo Jung	Oxford Schoo	_____
15	337 Peyton Crowe	Dartmouth So	_____
16	998 Limar Al Masalmah	Rockingstone	_____
17	681 Hana Jeong	Halifax Central	_____
18	488 Molly Lodge	Ellenvale Jr.	_____
19	190 Marya Al Houshan	Clayton Park Jr.	_____
20	375 Ava Deveau	Carrefour	_____
21	932 Ruby McCormack	Oxford Schoo	_____
22	35 Violet Appleby	Bicentennial	_____
23	69 Willow Schandall	Bicentennial	_____
24	1045 Kailyn Kaulbach	Sacred Heart	_____
25	606 Serafina Dyer	Gorsebrook Jr.	_____
26	613 Daphne Keshen	Gorsebrook Jr.	_____
27	587 Isla Sullivan	Fairview Jr.	_____
28	620 Eleanor McHenry	Gorsebrook Jr.	_____
29	508 Ella Smith	Ellenvale Jr.	_____
30	93 Emily Harding	Caledonia	_____
31	386 Eva Velutini	Carrefour	_____
32	956 Anna Adara	Park West School	_____
33	433 Paige Doucet	Elizabeth Suther	_____
34	612 Subira Karakach	Gorsebrook Jr.	_____
35	555 Lacey Hanley	Fairview Jr.	_____
36	342 Brianna Hoskin	Dartmouth So	_____
37	763 Esja Nener	Hfx Indepedant	_____
38	1065 Ginger Thomas	Sacred Heart	_____
39	559 Ella Keast	Fairview Jr.	_____
40	1006 Safaa Hassan Hagggar	Rockingstone	_____
41	924 Yeonjae Hong	Oxford Schoo	_____
42	434 Taizanah'zian Fletcher	Elizabeth Suther	_____
43	1062 Isobel Schrader	Sacred Heart	_____
44	1000 Hajma Alhasoun	Rockingstone	_____
45	756 Olivia Chadwick	Hfx Indepedant	_____
46	385 Katelynn Ross	Carrefour	_____

47	931 Jasmine Macaulay	Oxford Schoo	_____
48	346 Lila Macaskill	Dartmouth So	_____
49	1083 Bree Aylward	St. Agnes Jr.	_____
50	1121 Cara Milne	St. Agnes Jr.	_____
51	80 Lyla Conrad	Caledonia	_____
52	830 Oreoluwa Babalola	Herring Cove Jr.	_____
53	91 Jenny George	Caledonia	_____
54	1120 Leah Miller	St. Agnes Jr.	_____
55	947 Gretta Smith	Oxford Schoo	_____
56	115 Lauren Trenholm	Caledonia	_____
57	219 Amarachi Ezurike	Clayton Park Jr.	_____
58	1041 Hazel Hichcox	Sacred Heart	_____
59	52 Annika Janz	Bicentennial	_____
60	592 Elizabeth Weinberg	Fairview Jr.	_____
61	702 Liae Yang	Halifax Central	_____
62	1015 Khloud Turkmani	Rockingstone	_____
63	985 Juliet Rabjohn	Park West School	_____
64	383 Avery Mackinnon	Carrefour	_____
65	851 Peyton Phillips	Highland Park Jr	_____
66	444 Autumn Macneil	Elizabeth Suther	_____
67	431 Emme Boudreau	Elizabeth Suther	_____
68	984 Jesam Promise-Okoi	Park West School	_____
69	841 Sophie Cluett-McDonald	Highland Park Jr	_____
70			_____
71			_____
72			_____



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Event 56 Boys Long Jump Junior**Wednesday 2023-05-17 - 12:30 PM****SSNS: 5.79m 2012****David MacDonald**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1130 Aiden Veinot	St. Agnes Jr.	_____
2	650 Chase Whitman	Gorsebrook Jr.	_____
3	394 Harrison Gallant	École Mer et	_____
4	254 Kawa Mousa	Clayton Park Jr.	_____
5	509 Conroy Snow	Ellenvale Jr.	_____
6	401 Matéo Melanson	École Mer et	_____
7	738 Eric Nissan	Halifax Grammar	_____
8	942 Luke Redwood	Oxford Schoo	_____
9	1091 Ethan Daniel	St. Agnes Jr.	_____
10	1073 Frank Jefferies	Shambhala School	_____
11	706 Kashton Armstrong	Halifax Grammar	_____
12	1010 Samuel Ojelabi	Rockingstone	_____
13	1132 Declan Walsh	St. Agnes Jr.	_____
14	757 Cohen Francis	Hfx Indepedant	_____
15	831 Max Beaver	Herring Cove Jr.	_____
16	480 Sujit Gurralla	Ellenvale Jr.	_____
17	461 Macade Wright	Elizabeth Suther	_____
18	532 Brayden Provo	Eric Graves Jr.	_____
19	594 Henry Anderson	Gorsebrook Jr.	_____
20	760 Luke Meaney	Hfx Indepedant	_____
21	543 Ife Akitobi	Fairview Jr.	_____
22	837 Fraser Lake	Herring Cove Jr.	_____
23	399 Silvain Mbuyi	École Mer et	_____
24	655 Pj Bilek	Halifax Central	_____
25	766 Zere Rolle-Hewitt	Hfx Indepedant	_____
26	288 Mason Lavoie	Cunard Jr.	_____
27	519 Kowen Croft	Eric Graves Jr.	_____
28	618 Conor Mark	Gorsebrook Jr.	_____
29	994 Sayhan Zaman	Park West School	_____
30	482 Jacob Harmon	Ellenvale Jr.	_____
31	67 David Rieksts	Bicentennial	_____
32	964 Eyon Cyriac Baji	Park West School	_____
33	449 Taidg Molloy-Reilly	Elizabeth Suther	_____
34	95 Tyler Larusic	Caledonia	_____
35	22 Elijah Mantley	Armbræ	_____
36	1014 Muhammad Turajev	Rockingstone	_____
37	369 Rhys Walker	East Coast V	_____
38	116 David Uwuigbe	Caledonia	_____
39	377 Samuel Gadbois	Carrefour	_____
40	575 Aaron Metzger	Fairview Jr.	_____
41	453 Holden Sewart	Elizabeth Suther	_____
42	466 Nikhil Batra	Ellenvale Jr.	_____
43	1001 Kobe Brown	Rockingstone	_____
44	1078 Jack Thompson	Shambhala School	_____
45	57 Warren Mann	Bicentennial	_____
46	1022 Owen Brown	Sacred Heart	_____

47	516 Luca Barreiro	Eric Graves Jr.	_____
48	233 Eunchan Jeong	Clayton Park Jr.	_____
49	836 Isaac Grist	Herring Cove Jr.	_____
50	847 A McKeane	Highland Park Jr	_____
51	1007 Khaled Hazim	Rockingstone	_____
52	672 Liam Farquhar	Halifax Central	_____
53	270 James Thibault	Clayton Park Jr.	_____
54	1042 Logan Hounsell	Sacred Heart	_____
55	1048 Maxim Lawen	Sacred Heart	_____
56	329 Alex Ansems	Dartmouth So	_____
57	552 Fabian Eleftheros	Fairview Jr.	_____
58	719 Emile Ghiabi	Halifax Grammar	_____
59	113 Chris Thompson	Caledonia	_____
60	356 Reisi Ralph	Dartmouth So	_____
61	359 Curtis Snelgrove	Dartmouth So	_____
62	663 Ben Colburn	Halifax Central	_____
63	279 Griffin Cameron	Cunard Jr.	_____
64	605 Shepard Dorland	Gorsebrook Jr.	_____
65	83 Max Dove	Caledonia	_____
66	373 Ethan Beaver	Carrefour	_____
67	758 Quinn Gibson	Hfx Indepedant	_____
68	49 Markus Harrison	Bicentennial	_____
69	354 Ethan Obeng Nkrumah	Dartmouth So	_____
70	541 Natty Abreha	Fairview Jr.	_____
71	263 Ryker Rivamonte	Clayton Park Jr.	_____
72	1058 Charlie McDonough	Sacred Heart	_____
73	968 Jason Hu	Park West School	_____
74	378 Lamar Gallant	Carrefour	_____
75	451 Lauchlan Peters	Elizabeth Suther	_____
76	901 David Ackerman	Oxford Schoo	_____
77	935 Angelo Melanson	Oxford Schoo	_____
78	293 Carter Myra	Cunard Jr.	_____
79	697 Eddie Stanhope	Halifax Central	_____
80			_____
81			_____
82			_____



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Event 57 Girls Long Jump Intermediate**Thursday 2023-05-18 - 10:00 AM****SSNS: 5.32m 1973****Cecilia Branch**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	581 Chanelle Rodriquez-Cooq	Fairview Jr.	_____
2	203 Grace Cail	Clayton Park Jr.	_____
3	845 Dalina Gutierrez Garcia	Highland Park Jr	_____
4	7 Julia Britton	Armbrae	_____
5	389 Céleste Baikie	École Mer et	_____
6	302 Mya Bonang	Dartmouth High	_____
7	814 Clara Simmons	Halifax West	_____
8	628 Ella Porter	Gorsebrook Jr.	_____
9	208 Kealie Charlton	Clayton Park Jr.	_____
10	807 Feyikemi Rotimi	Halifax West	_____
11	144 Elle Langill	Citadel High	_____
12	79 Julia Cashen	Caledonia	_____
13	253 Loreen Monteroso	Clayton Park Jr.	_____
14	123 Zoe Bakeeff	Citadel High	_____
15	902 Louisa Agyarko	Oxford Schoo	_____
16	805 Ava Parker	Halifax West	_____
17	907 Isobel Beamer	Oxford Schoo	_____
18	1044 Skye Hussey	Sacred Heart	_____
19	26 Audrey Napier	Armbrae	_____
20	696 Olivia Smith	Halifax Central	_____
21	241 Sophie Leights	Clayton Park Jr.	_____
22	415 Adelaide Williams	École Mer et	_____
23	965 Diya Diloj John	Park West School	_____
24	961 Nyla Brothers	Park West School	_____
25	982 Sahara Nyathi	Park West School	_____
26	990 Jazlene Sparks	Park West School	_____
27	21 Laodiki Lutwick-Campbell	Armbrae	_____
28	789 Ava Macnutt	Halifax West	_____
29	129 Emily Clarke	Citadel High	_____
30	865 Ava Dibblee	J.L. Ilsley	_____
31	1050 Zoya Lawen	Sacred Heart	_____
32	1142 Jessica Brown	Woodlawn Hig	_____
33	893 Rylee Tibbo	J.L. Ilsley	_____
34	392 Sophie Dagenais	École Mer et	_____
35	726 Elyse Johnson	Halifax Grammar	_____
36	2 Noor Adi	Armbrae	_____
37	909 Georgia Boutilier	Oxford Schoo	_____
38	862 Katherine Craig	J.L. Ilsley	_____
39	727 Vivian Johnson	Halifax Grammar	_____
40	861 Ana Calvo	J.L. Ilsley	_____
41	102 Cora Muise	Caledonia	_____
42	118 Darcy West	Caledonia	_____
43	908 Julia Berry	Oxford Schoo	_____
44	140 Deja Hooper-Dixon	Citadel High	_____
45			_____
46			_____

47
48
49
50

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Event 58 Boys Long Jump Intermediate**Wednesday 2023-05-17 - 10:00 AM****SSNS: 6.44m 1997****David Paxton**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	510 Glendon Snow	Ellenvale Jr.	_____
2	773 Victor Dao	Halifax West	_____
3	591 Neil Wang	Fairview Jr.	_____
4	1114 Thomas McCormick	St. Agnes Jr.	_____
5	583 Cameron Selig	Fairview Jr.	_____
6	98 Nazar Madryha	Caledonia	_____
7	682 Ben Kowalczyk	Halifax Central	_____
8	906 Kai Baird	Oxford Schoo	_____
9	1154 Nathan Herman	Woodlawn Hig	_____
10	18 Nai Johnson	Armbræ	_____
11	795 Ethan Metzger	Halifax West	_____
12	1166 Sohî Tatisetti	Woodlawn Hig	_____
13	676 Ewan Gunn	Halifax Central	_____
14	396 Dezmen Kovacevic	École Mer et	_____
15	489 Luka Lokonyen	Ellenvale Jr.	_____
16	1102 Jackson Koch	St. Agnes Jr.	_____
17	972 Illia Karnash	Park West School	_____
18	896 Rakan Turkmani	J.L. Ilsley	_____
19	849 Luka Nedimovic	Highland Park Jr	_____
20	514 Joaquin Yakubu	Ellenvale Jr.	_____
21	550 Mensi Eldik	Fairview Jr.	_____
22	1157 Anthony Maxwell	Woodlawn Hig	_____
23	988 Maksym Sahaidachnyi	Park West School	_____
24	774 Enzo De Faria Navarro	Halifax West	_____
25	992 Tong Tong Xiong	Park West School	_____
26	742 Colin O'Neil	Halifax Grammar	_____
27	250 Yoseph Masry	Clayton Park Jr.	_____
28	169 Corey Ross	Citadel High	_____
29	252 Ronan McMahon	Clayton Park Jr.	_____
30	637 Seiji Shinfo	Gorsebrook Jr.	_____
31	495 Ashton Mindard	Ellenvale Jr.	_____
32	152 Gabriel Martin	Citadel High	_____
33	99 Isaac Mahoney	Caledonia	_____
34	1134 Woosung Yang	St. Agnes Jr.	_____
35	309 Connell Higgins	Dartmouth High	_____
36	879 Matviy Keretschko	J.L. Ilsley	_____
37	134 Harrison Dunphy	Citadel High	_____
38	880 Omar Khalaf	J.L. Ilsley	_____
39	189 George Abdullah	Clayton Park Jr.	_____
40	1018 Liam Bent	Sacred Heart	_____
41	744 Jasper Qi	Halifax Grammar	_____
42	986 Afraz Rahaman	Park West School	_____
43	540 Shakib Abdull Wahid	Fairview Jr.	_____
44	29 Quinn Ryall	Armbræ	_____
45	667 Hudson Currie	Halifax Central	_____
46	428 Owen Weigelin	École second	_____

47	16 Jet Illyas	Armbræ	_____
48	700 Ben Welch	Halifax Central	_____
49	408 Gareth Skidmore	École Mer et	_____
50	813 Jeff Shupe	Halifax West	_____
51	82 Simon Daigle	Caledonia	_____
52	264 Sam Robinson	Clayton Park Jr.	_____
53	311 Nick Lapierre	Dartmouth High	_____
54	638 Chris Sneddon-Simons	Gorsebrook Jr.	_____
55	182 Bryce Trenholm	Citadel High	_____
56	422 Lincoln Carmen Landry	École second	_____
57	1135 Luke Young	St. Agnes Jr.	_____
58	13 Payton Flint	Armbræ	_____
59	296 Aws Al Sarafandi	Dartmouth High	_____
60			_____
61			_____
62			_____
63			_____
64			_____

**2023 SSNS Capital CITY District
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Event 59 Girls Long Jump Senior**Thursday 2023-05-18 - 3:00 PM**

SSNS: 5.49m 2017-06-03 Denver Fraser

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	783 Lila Gechtman	Halifax West	_____
2	158 Pernilla Mfoumou	Citadel High	_____
3	707 Toni Babatolu	Halifax Grammar	_____
4	150 Aoife Marshall	Citadel High	_____
5	1040 Camila Herrera	Sacred Heart	_____
6	772 Claire Covert	Halifax West	_____
7	1144 Kaylee Croft	Woodlawn Hig	_____
8	188 Lyla Wolthausen	Citadel High	_____
9	139 Leana Graham	Citadel High	_____
10			_____
11			_____
12			_____

Event 60 Boys Long Jump Senior**Wednesday 2023-05-17 - 3:00 PM**

SSNS: 7.15m 1956 Dave Lucas

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1052 Tony Liu	Sacred Heart	_____
2	786 Aven Haile	Halifax West	_____
3	872 Hugo Garcia	J.L. Ilsley	_____
4	1019 Xander Biddulph	Sacred Heart	_____
5	417 Jacob Côté	École second	_____
6	1057 Steven Mata	Sacred Heart	_____
7	1158 Owen McConnell	Woodlawn Hig	_____
8	328 Garrison Woodford	Dartmouth High	_____
9	876 Ali Hazim	J.L. Ilsley	_____
10	723 Charlie Hunter	Halifax Grammar	_____
11	127 Tony Richard Chandra Se	Citadel High	_____
12	9 Reuben Chapple	Armbræ	_____
13	819 Emmanuel Tabiri	Halifax West	_____
14	418 Philip Doucet	École second	_____
15	804 Joshua Paris	Halifax West	_____
16	1164 Alex Stickings	Woodlawn Hig	_____
17	174 Curtis Simms	Citadel High	_____
18	1151 Leland Graves	Woodlawn Hig	_____
19	1165 Ty Sutton	Woodlawn Hig	_____
20	20 Matthieu Lefrançois	Armbræ	_____
21	4 Eitan Baida	Armbræ	_____
22	161 James Murphy	Citadel High	_____
23	868 Miracle Fasaye	J.L. Ilsley	_____
24			_____
25			_____
26			_____

Event 61 Girls High Jump Junior**Wednesday 2023-05-17 - 10:00 AM**

SSNS: 1.63m 2004 Laura Maessen

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	620 Eleanor McHenry	Gorsebrook Jr.	_____
2	251 Sasha Matthews	Clayton Park Jr.	_____
3	664 Josie Comtois	Halifax Central	_____
4	932 Ruby McCormack	Oxford Schoo	_____
5	681 Hana Jeong	Halifax Central	_____
6	331 Averie Baird	Dartmouth So	_____
7	1004 Ella Fennell	Rockingstone	_____
8	1108 Scarlett MacDonald	St. Agnes Jr.	_____
9	362 Cassidy Trudeau	Dartmouth So	_____
10	248 Megnaa Mahesh	Clayton Park Jr.	_____
11	756 Olivia Chadwick	Hfx Indepedant	_____
12	1136 Libby Zhang	St. Agnes Jr.	_____
13	350 Tessa McLean	Dartmouth So	_____
14	686 Jane Maloney	Halifax Central	_____
15	966 Marissa Drane	Park West School	_____
16	592 Elizabeth Weinberg	Fairview Jr.	_____
17	201 Jillian Bowes	Clayton Park Jr.	_____
18	272 Eliana Victor	Clayton Park Jr.	_____
19	985 Juliet Rabjohn	Park West School	_____
20	978 Kylie McMahon	Park West School	_____
21	587 Isla Sullivan	Fairview Jr.	_____
22	527 Ava Lerch	Eric Graves Jr.	_____
23	724 Zoe Hunter	Halifax Grammar	_____
24	998 Limar Al Masalmah	Rockingstone	_____
25	336 Nahla Coll	Dartmouth So	_____
26	956 Anna Adara	Park West School	_____
27	218 Ava Enman	Clayton Park Jr.	_____
28	702 Liae Yang	Halifax Central	_____
29	429 Frania Andresen	Elizabeth Suther	_____
30	606 Serafina Dyer	Gorsebrook Jr.	_____
31			_____
32			_____
33			_____



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Event 62 Boys High Jump Junior**Thursday 2023-05-18 - 12:30 PM**

SSNS: 1.77m 2004

Brandon Mallally

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	351 Nolen Mitchell	Dartmouth So	_____
2	233 Eunchan Jeong	Clayton Park Jr.	_____
3	436 Alex Gyorfi	Elizabeth Suther	_____
4	679 Kieran James	Halifax Central	_____
5	706 Kashton Armstrong	Halifax Grammar	_____
6	543 Ife Akitobi	Fairview Jr.	_____
7	541 Natty Abreha	Fairview Jr.	_____
8	451 Lauchlan Peters	Elizabeth Suther	_____
9	519 Kowen Croft	Eric Graves Jr.	_____
10	439 Finley Jardine	Elizabeth Suther	_____
11	276 Jack Won	Clayton Park Jr.	_____
12	1007 Khaled Hazim	Rockingstone	_____
13	1130 Aiden Veinot	St. Agnes Jr.	_____
14	1016 Isaiah Upshaw	Rockingstone	_____
15	624 Harry O'day	Gorsebrook Jr.	_____
16	1010 Samuel Ojelabi	Rockingstone	_____
17	399 Silvain Mbuyi	École Mer et	_____
18	618 Conor Mark	Gorsebrook Jr.	_____
19	552 Fabian Eleftheros	Fairview Jr.	_____
20	371 Daniel A'Court	Carrefour	_____
21	355 Caleb Oloruntoyin-Balog	Dartmouth So	_____
22	690 Pierce Northrup	Halifax Central	_____
23	379 Emile Gunn	Carrefour	_____
24	356 Reiiis Ralph	Dartmouth So	_____
25	645 Nathan Teakles	Gorsebrook Jr.	_____
26	614 Justin Kim	Gorsebrook Jr.	_____
27	260 Anderson Perry	Clayton Park Jr.	_____
28	263 Ryker Rivamonte	Clayton Park Jr.	_____
29	542 Ebun Akitobi	Fairview Jr.	_____
30	1126 Keir Reynolds	St. Agnes Jr.	_____
31	1091 Ethan Daniel	St. Agnes Jr.	_____
32	1001 Kobe Brown	Rockingstone	_____
33	516 Luca Barreiro	Eric Graves Jr.	_____
34	377 Samuel Gadbois	Carrefour	_____
35	334 Joshua Bent	Dartmouth So	_____
36	668 Fin Dobbin	Halifax Central	_____
37			_____
38			_____

Event 63 Girls High Jump Intermediate**Wednesday 2023-05-17 - 12:30 PM**

SSNS: 1.72m 1986

Tracey Loke

Ties: 1.72m 1986

Natalie Munroe

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	814 Clara Simmons	Halifax West	_____
2	599 Sadie Chiasson	Gorsebrook Jr.	_____
3	977 Katie Macintyre	Park West School	_____
4	1128 Mackenzie Rutherford	St. Agnes Jr.	_____
5	1142 Jessica Brown	Woodlawn Hig	_____
6	737 Bella Murphy	Halifax Grammar	_____
7	140 Deja Hooper-Dixon	Citadel High	_____
8	129 Emily Clarke	Citadel High	_____
9	610 Mya Johnson	Gorsebrook Jr.	_____
10	237 Reyha Khanna	Clayton Park Jr.	_____
11	863 Nowlen Delarue	J.L. Ilsley	_____
12	788 Abby LeBlanc-O'Malley	Halifax West	_____
13	628 Ella Porter	Gorsebrook Jr.	_____
14	1043 Olivia Hunter	Sacred Heart	_____
15	259 Yunji Park	Clayton Park Jr.	_____
16	646 Isioma Ugwu	Gorsebrook Jr.	_____
17	864 Johanna Denn	J.L. Ilsley	_____
18	897 Brooklyn Veniot	J.L. Ilsley	_____
19	982 Sahara Nyathi	Park West School	_____
20	727 Vivian Johnson	Halifax Grammar	_____
21	696 Olivia Smith	Halifax Central	_____
22	803 Sienna Nylund	Halifax West	_____
23	247 Lola Macpherson	Clayton Park Jr.	_____
24	556 Emily Jackson	Fairview Jr.	_____
25	302 Mya Bonang	Dartmouth High	_____
26	799 Smith Myah	Halifax West	_____
27			_____
28			_____



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Event 64 Boys High Jump Intermediate**Thursday 2023-05-18 - 3:00 PM**

SSNS: 1.95m 1988

Charles MacKay

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	5 Ronei Beals	Armbrae		
2	644 Noah Surette	Gorsebrook Jr.		
3	637 Seiji Shinfo	Gorsebrook Jr.		
4	1103 Luke Lazzarotto	St. Agnes Jr.		
5	134 Harrison Dunphy	Citadel High		
6	888 Grayson Neumann	J.L. Ilsley		
7	408 Gareth Skidmore	École Mer et		
8	773 Victor Dao	Halifax West		
9	993 Issa Yamin	Park West School		
10	267 Javon Smith	Clayton Park Jr.		
11	207 Cole Chalmers	Clayton Park Jr.		
12	741 Sam Olugu	Halifax Grammar		
13	609 Cedric Hodgson	Gorsebrook Jr.		
14	676 Ewan Gunn	Halifax Central		
15	266 Usman Shoaib	Clayton Park Jr.		
16	813 Jeff Shupe	Halifax West		
17	1102 Jackson Koch	St. Agnes Jr.		
18	795 Ethan Metzger	Halifax West		
19	13 Payton Flint	Armbrae		
20	749 Mathias White	Halifax Grammar		
21	979 Brandon Mountain	Park West School		
22	583 Cameron Selig	Fairview Jr.		
23	1135 Luke Young	St. Agnes Jr.		
24	896 Rakan Turkmani	J.L. Ilsley		
25	988 Maksym Sahaidachnyi	Park West School		
26	428 Owen Weigelin	École second		
27	981 Danuk Muthukuda Arach	Park West School		
28	221 Jack Flinn	Clayton Park Jr.		
29	32 Amari Upshaw	Armbrae		
30	744 Jasper Qi	Halifax Grammar		
31	611 Sangwon Jung	Gorsebrook Jr.		
32	880 Omar Khalaf	J.L. Ilsley		
33	770 Ethan Ault	Halifax West		
34				
35				
36				

Event 65 Girls High Jump Senior**Wednesday 2023-05-17 - 12:30 PM**

SSNS: 1.72m 1983

Linda Ayer

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	1040 Camila Herrera	Sacred Heart		
2	772 Claire Covert	Halifax West		
3				
4				

Event 66 Boys High Jump Senior**Thursday 2023-05-18 - 10:00 AM**

SSNS: 2.06m 1981

Tim Wrigley

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	723 Charlie Hunter	Halifax Grammar		
2	876 Ali Hazim	J.L. Ilsley		
3	872 Hugo Garcia	J.L. Ilsley		
4	868 Miracle Fasaye	J.L. Ilsley		
5	299 Praise Babalola	Dartmouth High		
6				
7				
8				
9				
10				
11				
12				



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Event 67 Girls Triple Jump Junior

Wednesday 2023-05-17 - 3:00 PM			
SSNS: 11.00m 2016-06-03 Sierra Sweeney			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	80 Lyla Conrad	Caledonia	
2	190 Marya Al Houshan	Clayton Park Jr.	
3	386 Eva Velutini	Carrefour	
4	462 Anjeza Zogjani	Elizabeth Suther	
5	947 Gretta Smith	Oxford Schoo	
6	966 Marissa Drane	Park West School	
7	337 Peyton Crowe	Dartmouth So	
8	66 Tori Rendell	Bicentennial	
9	924 Yeonjae Hong	Oxford Schoo	
10	693 Lina Scheffler	Halifax Central	
11	105 Azeezat Oyinlola	Caledonia	
12	246 Gwyn Lynch	Clayton Park Jr.	
13	69 Willow Schandall	Bicentennial	
14	1062 Isobel Schrader	Sacred Heart	
15	592 Elizabeth Weinberg	Fairview Jr.	
16	702 Liae Yang	Halifax Central	
17	93 Emily Harding	Caledonia	
18	612 Subira Karakach	Gorsebrook Jr.	
19	932 Ruby McCormack	Oxford Schoo	
20	613 Daphne Keshen	Gorsebrook Jr.	
21	347 Molly MacDonald	Dartmouth So	
22	52 Annika Janz	Bicentennial	
23	35 Violet Appleby	Bicentennial	
24	390 Anna Bakeeff	École Mer et	
25	606 Serafina Dyer	Gorsebrook Jr.	
26	984 Jesam Promise-Okoi	Park West School	
27	1123 Tia Panopolis	St. Agnes Jr.	
28	459 Madisyn Wile	Elizabeth Suther	
29	441 Danielle Langille	Elizabeth Suther	
30	928 Sinwoo Jung	Oxford Schoo	
31	429 Frania Andresen	Elizabeth Suther	
32	654 Rachael Allen	Halifax Central	
33	620 Eleanor McHenry	Gorsebrook Jr.	
34	833 Charlie Ewing	Herring Cove Jr.	
35	587 Isla Sullivan	Fairview Jr.	
36	1045 Kailyn Kaulbach	Sacred Heart	
37	342 Brianna Hoskin	Dartmouth So	
38	1113 Emmy Mastnak	St. Agnes Jr.	
39	51 Maddy Hussey	Bicentennial	
40	985 Juliet Rabjohn	Park West School	
41	1083 Bree Aylward	St. Agnes Jr.	
42	209 Mano Chiasson	Clayton Park Jr.	
43	555 Lacey Hanley	Fairview Jr.	
44	1116 Zoe McCuaig	St. Agnes Jr.	
45	350 Tessa McLean	Dartmouth So	
46	251 Sasha Matthews	Clayton Park Jr.	

47	91 Jenny George	Caledonia	
48			
49			
50			



**2023 SSNS Capital CITY District
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Event 68 Boys Triple Jump Junior**Thursday 2023-05-18 - 10:00 AM**

SSNS: 12.03m 2012

Kaelan Schmidt

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	655 Pj Bilek	Halifax Central	_____
2	205 Malachi Cassie	Clayton Park Jr.	_____
3	692 Jack Rainforth	Halifax Central	_____
4	49 Markus Harrison	Bicentennial	_____
5	276 Jack Won	Clayton Park Jr.	_____
6	355 Caleb Oloruntoyin-Balog	Dartmouth So	_____
7	663 Ben Colburn	Halifax Central	_____
8	108 Sam Ryan	Caledonia	_____
9	329 Alex Ansems	Dartmouth So	_____
10	594 Henry Anderson	Gorsebrook Jr.	_____
11	1091 Ethan Daniel	St. Agnes Jr.	_____
12	78 Alex Campbell	Caledonia	_____
13	575 Aaron Metzger	Fairview Jr.	_____
14	543 Ife Akitobi	Fairview Jr.	_____
15	672 Liam Farquhar	Halifax Central	_____
16	67 David Rieksts	Bicentennial	_____
17	233 Eunchan Jeong	Clayton Park Jr.	_____
18	22 Elijah Mantley	Armbrae	_____
19	57 Warren Mann	Bicentennial	_____
20	545 Mi'kell Bottomley-Pyke	Fairview Jr.	_____
21	1130 Aiden Veinot	St. Agnes Jr.	_____
22	356 Reiiis Ralph	Dartmouth So	_____
23	114 Euan Thompson	Caledonia	_____
24	605 Shepard Dorland	Gorsebrook Jr.	_____
25	254 Kawa Mousa	Clayton Park Jr.	_____
26	451 Lauchlan Peters	Elizabeth Suther	_____
27	650 Chase Whitman	Gorsebrook Jr.	_____
28	1105 Dylan Macavoy	St. Agnes Jr.	_____
29	542 Ebun Akitobi	Fairview Jr.	_____
30	461 Macade Wright	Elizabeth Suther	_____
31	113 Chris Thompson	Caledonia	_____
32	354 Ethan Obeng Nkrumah	Dartmouth So	_____
33			_____
34			_____
35			_____
36			_____

Event 69 Girls Triple Jump Intermediate**Wednesday 2023-05-17 - 10:00 AM**

SSNS: 11.19m 2016-06-03

Gabrielle Fraser

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	118 Darcy West	Caledonia	_____
2	1044 Skye Hussey	Sacred Heart	_____
3	909 Georgia Boutilier	Oxford Schoo	_____
4	982 Sahara Nyathi	Park West School	_____
5	79 Julia Cashen	Caledonia	_____
6	259 Yunji Park	Clayton Park Jr.	_____
7	820 Mae Teed	Halifax West	_____
8	990 Jazlene Sparks	Park West School	_____
9	203 Grace Cail	Clayton Park Jr.	_____
10	908 Julia Berry	Oxford Schoo	_____
11	696 Olivia Smith	Halifax Central	_____
12	574 Melissa Mert	Fairview Jr.	_____
13	902 Louisa Agyarko	Oxford Schoo	_____
14	965 Diya Diloj John	Park West School	_____
15	581 Chanelle Rodriguez-Coop	Fairview Jr.	_____
16	807 Feyikemi Rotimi	Halifax West	_____
17	907 Isobel Beamer	Oxford Schoo	_____
18	241 Sophie Leights	Clayton Park Jr.	_____
19	1089 Madeline Campbell	St. Agnes Jr.	_____
20	140 Deja Hooper-Dixon	Citadel High	_____
21	226 Lola Hennessey	Clayton Park Jr.	_____
22	789 Ava Macnutt	Halifax West	_____
23	628 Ella Porter	Gorsebrook Jr.	_____
24	26 Audrey Napier	Armbrae	_____
25	817 Gabby Smith	Halifax West	_____
26	1142 Jessica Brown	Woodlawn Hig	_____
27	102 Cora Muise	Caledonia	_____
28	961 Nyla Brothers	Park West School	_____
29	19 La'nazia Jordan	Armbrae	_____
30			_____
31			_____
32			_____
33			_____



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Event 70 Boys Triple Jump Intermediate**Thursday 2023-05-18 - 12:30 PM****SSNS: 13.82m 1986****Mike Arodugba**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1157 Anthony Maxwell	Woodlawn Hig	_____
2	182 Bryce Trenholm	Citadel High	_____
3	667 Hudson Currie	Halifax Central	_____
4	981 Danuk Muthukuda Arach	Park West School	_____
5	583 Cameron Selig	Fairview Jr.	_____
6	1102 Jackson Koch	St. Agnes Jr.	_____
7	1166 Sohiti Tatiseti	Woodlawn Hig	_____
8	988 Maksym Sahaidachnyi	Park West School	_____
9	972 Illia Karnash	Park West School	_____
10	169 Corey Ross	Citadel High	_____
11	591 Neil Wang	Fairview Jr.	_____
12	1018 Liam Bent	Sacred Heart	_____
13	29 Quinn Ryall	Armbrae	_____
14	773 Victor Dao	Halifax West	_____
15	676 Ewan Gunn	Halifax Central	_____
16	249 Robert Martin	Clayton Park Jr.	_____
17	240 Chanhee Lee	Clayton Park Jr.	_____
18	104 Noah Olsson	Caledonia	_____
19	1135 Luke Young	St. Agnes Jr.	_____
20	682 Ben Kowalczyk	Halifax Central	_____
21	99 Isaac Mahoney	Caledonia	_____
22	296 Aws Al Sarafandi	Dartmouth High	_____
23	16 Jet Illyas	Armbrae	_____
24	540 Shakib Abdull Wahid	Fairview Jr.	_____
25	221 Jack Flinn	Clayton Park Jr.	_____
26	896 Rakan Turkmani	J.L. Ilsley	_____
27	880 Omar Khalaf	J.L. Ilsley	_____
28	261 Brayden Pope	Clayton Park Jr.	_____
29			_____
30			_____
31			_____
32			_____
33			_____

Event 71 Girls Triple Jump Senior**Wednesday 2023-05-17 - 3:00 PM****SSNS: 11.71m 2018-06-01****Gabrielle Fraser**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	158 Pernilla Mfoumou	Citadel High	_____
2	772 Claire Covert	Halifax West	_____
3	188 Lyla Wolthausen	Citadel High	_____
4	783 Lila Gechtman	Halifax West	_____
5			_____
6			_____

Event 72 Boys Triple Jump Senior**Thursday 2023-05-18 - 3:00 PM****SSNS: 14.25m 1964****Howie Jackson**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1139 Dylan Armitage	Woodlawn Hig	_____
2	1019 Xander Biddulph	Sacred Heart	_____
3	819 Emmanuel Tabiri	Halifax West	_____
4	723 Charlie Hunter	Halifax Grammar	_____
5	299 Praise Babalola	Dartmouth High	_____
6	868 Miracle Fasaye	J.L. Ilsley	_____
7	703 Folu Adebisi	Halifax Grammar	_____
8	4 Eitan Baida	Armbrae	_____
9	872 Hugo Garcia	J.L. Ilsley	_____
10			_____
11			_____
12			_____



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Event 73 Girls Shot Put 3kg Junior

Thursday 2023-05-18 - 10:00 AM			
SSNS: 11.58m 2010 Taylor Stutley			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	496 Sophie Mitchell	Ellenvale Jr.	
2	1107 Lyla MacDonald	St. Agnes Jr.	
3	60 Annika Moore	Bicentennial	
4	433 Paige Doucet	Elizabeth Suther	
5	335 Mia Bowser	Dartmouth So	
6	976 Cindy Liang	Park West School	
7	43 Mimi Closs	Bicentennial	
8	694 Annika Siemenson	Halifax Central	
9	360 Naomi Suzuki	Dartmouth So	
10	566 Lilly Langley	Fairview Jr.	
11	1099 Eva Hernandez-Jennex	St. Agnes Jr.	
12	269 Pearl Tekena	Clayton Park Jr.	
13	1083 Bree Aylward	St. Agnes Jr.	
14	272 Eliana Victor	Clayton Park Jr.	
15	1072 Meaghan Ferguson	Shambhala School	
16	201 Jillian Bowes	Clayton Park Jr.	
17	348 Olivia MacLean	Dartmouth So	
18	671 Sophia Evrovski	Halifax Central	
19	762 Stella Murphy	Hfx Indepedant	
20	851 Peyton Phillips	Highland Park Jr	
21	926 Lily Jahneke	Oxford Schoo	
22	290 Mahlia MacDonald	Cunard Jr.	
23	931 Jasmine Macaulay	Oxford Schoo	
24	996 Oluwamayowa Agbedu	Rockingstone	
25	590 Asha Wagner	Fairview Jr.	
26	915 Sade Daramola	Oxford Schoo	
27	914 Josie Cull	Oxford Schoo	
28	498 Faith Owodolu	Ellenvale Jr.	
29	339 Keaira Francis	Dartmouth So	
30	53 Sophia Langille	Bicentennial	
31	414 Annabelle Villeneuve	École Mer et	
32	77 Sadie Buckley	Caledonia	
33	508 Ella Smith	Ellenvale Jr.	
34	1000 Hajma Alhasoun	Rockingstone	
35	440 Shaza Khattab	Elizabeth Suther	
36	442 Emily Lloyd	Elizabeth Suther	
37	479 Addison Gardiner	Ellenvale Jr.	
38	654 Rachael Allen	Halifax Central	
39	206 Angelique Castillo	Clayton Park Jr.	
40	833 Charlie Ewing	Herring Cove Jr.	
41	648 Naomi Ulku	Gorsebrook Jr.	
42	62 Cate Norman	Bicentennial	
43	995 Nikol Zarbailov	Park West School	
44	840 Kate Cardinal-King	Highland Park Jr	
45	759 Lauren Hull	Hfx Indepedant	
46	660 Lola Cameron	Halifax Central	

47	549 Gracie Downing	Fairview Jr.	
48	1122 Eleni Panopolis	St. Agnes Jr.	
49			
50			
51			
52			



**2023 SSNS Capital CITY District
Meet Program**

Event 74 Boys Shot Put 4kg Junior**Wednesday 2023-05-17 - 10:00 AM**

SSNS: 14.37m 2016-06-03 Logan Taylor

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	354 Ethan Obeng Nkrumah	Dartmouth So	_____
2	413 Mohamed Traoré	École Mer et	_____
3	1111 Max Makropoulos	St. Agnes Jr.	_____
4	292 Carson Myra	Cunard Jr.	_____
5	273 Austin Walker	Clayton Park Jr.	_____
6	938 Bayden Noble	Oxford Schoo	_____
7	398 Vaughan Lewis	École Mer et	_____
8	835 Landon Glazebrook	Herring Cove Jr.	_____
9	394 Harrison Gallant	École Mer et	_____
10	449 Taidg Molloy-Reilly	Elizabeth Suther	_____
11	1011 Hadi Saad	Rockingstone	_____
12	699 Hugo Vanderbrink	Halifax Central	_____
13	971 Taven Jones	Park West School	_____
14	1002 Coulton Downey	Rockingstone	_____
15	547 Ethan Burgess	Fairview Jr.	_____
16	341 Gus Harvey	Dartmouth So	_____
17	1007 Khaled Hazim	Rockingstone	_____
18	847 A McKeane	Highland Park Jr	_____
19	562 Parker Kennedy	Fairview Jr.	_____
20	838 Aiden MacLellan	Herring Cove Jr.	_____
21	333 Owen Benson-Hines	Dartmouth So	_____
22	657 Cormac Brady	Halifax Central	_____
23	113 Chris Thompson	Caledonia	_____
24	1087 David Brown	St. Agnes Jr.	_____
25	655 Pj Bilek	Halifax Central	_____
26	1078 Jack Thompson	Shambhala School	_____
27	632 Jack Rivers-Bowman	Gorsebrook Jr.	_____
28	412 Jack Tanner	École Mer et	_____
29	1001 Kobe Brown	Rockingstone	_____
30	86 Hudson Eagle	Caledonia	_____
31	254 Kawa Mousa	Clayton Park Jr.	_____
32	944 Colton Seabrook	Oxford Schoo	_____
33	83 Max Dove	Caledonia	_____
34	674 Beau Gallant	Halifax Central	_____
35	263 Ryker Rivamonte	Clayton Park Jr.	_____
36	912 Chase Campbell	Oxford Schoo	_____
37	356 Reiiis Ralph	Dartmouth So	_____
38	453 Holden Sewart	Elizabeth Suther	_____
39	974 Niko Katsiitis	Park West School	_____
40	834 Darion Fukala	Herring Cove Jr.	_____
41	205 Malachi Cassie	Clayton Park Jr.	_____
42	1088 Will Brown	St. Agnes Jr.	_____
43	78 Alex Campbell	Caledonia	_____
44			_____
45			_____

Event 75 Girls Shot Put 4kg Intermediate**Thursday 2023-05-18 - 3:00 PM**

SSNS: 12.98m 2009 Chelsea Whalen

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	197 Angela Bacamante	Clayton Park Jr.	_____
2	71 Zoe Townsend	Bicentennial	_____
3	918 Lyric Eltvik	Oxford Schoo	_____
4	646 Isioma Ugwu	Gorsebrook Jr.	_____
5	661 Allie Chisholm	Halifax Central	_____
6	1056 Meredith MacDougall	Sacred Heart	_____
7	807 Feyikemi Rotimi	Halifax West	_____
8	1053 Jaden Macarthur	Sacred Heart	_____
9	92 Jenna Greenwood	Caledonia	_____
10	544 Jordan Angevine	Fairview Jr.	_____
11	933 Kelsey McKinnon	Oxford Schoo	_____
12	596 Arianna Brill	Gorsebrook Jr.	_____
13	45 Catherine Farina	Bicentennial	_____
14	820 Mae Teed	Halifax West	_____
15	556 Emily Jackson	Fairview Jr.	_____
16	1153 Olivia Harrison	Woodlawn Hig	_____
17	909 Georgia Boutilier	Oxford Schoo	_____
18	628 Ella Porter	Gorsebrook Jr.	_____
19	884 Summer Marcina	J.L. Ilsley	_____
20	561 Ady Kennedy	Fairview Jr.	_____
21	701 Tessa Williams	Halifax Central	_____
22	243 Chelsea Lockhart	Clayton Park Jr.	_____
23	801 Paige Neklia	Halifax West	_____
24	501 Katie Riley	Ellenvale Jr.	_____
25	302 Mya Bonang	Dartmouth High	_____
26	39 Brigid Boyd	Bicentennial	_____
27	866 Genta Dibra	J.L. Ilsley	_____
28	485 Chisara Ivoko	Ellenvale Jr.	_____
29	63 Raena O'Quinn Wietzel	Bicentennial	_____
30	64 Lily Peter	Bicentennial	_____
31	599 Sadie Chiasson	Gorsebrook Jr.	_____
32	743 Ruth O'Regan	Halifax Grammar	_____
33	94 Alice Klenavic	Caledonia	_____
34	874 Kyra Gray-Benedict	J.L. Ilsley	_____
35	755 Hanalei Berube Macinnis	Hfx Indepedant	_____
36	512 Cherish Thomey	Ellenvale Jr.	_____
37	255 Bridget Mutipula	Clayton Park Jr.	_____
38	659 Iona Cameron	Halifax Central	_____
39	486 Sophia Lang	Ellenvale Jr.	_____
40	815 Monica Simmons	Halifax West	_____
41	696 Olivia Smith	Halifax Central	_____
42	848 Zamirah Morgan	Highland Park Jr	_____
43			_____
44			_____
45			_____
46			_____



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**2023 SSNS Capital CITY District
Meet Program**

Flight 1 of 1 Finals**Event 76 Boys Shot Put 5kg Intermediate****Wednesday 2023-05-17 - 3:00 PM****SSNS: 14.88m 2016-06-03 Cameron Whynot**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	941 Isaiah Rak	Oxford Schoo	_____
2	775 Jevon Farmer	Halifax West	_____
3	880 Omar Khalaf	J.L. Ilsley	_____
4	636 Tim Seoul	Gorsebrook Jr.	_____
5	396 Dezmond Kovacevic	École Mer et	_____
6	967 Prateek Gurram	Park West School	_____
7	82 Simon Daigle	Caledonia	_____
8	564 Reginald Kissi-Appiah	Fairview Jr.	_____
9	1127 Andrew Rice	St. Agnes Jr.	_____
10	74 Sam Williams	Bicentennial	_____
11	50 Alden Hiltz	Bicentennial	_____
12	920 Earl Estrada Conrad	Oxford Schoo	_____
13	304 Darius Catsaris-Sheppard	Dartmouth High	_____
14	896 Rakan Turkmani	J.L. Ilsley	_____
15	682 Ben Kowalczyk	Halifax Central	_____
16	240 Chanhee Lee	Clayton Park Jr.	_____
17	540 Shakib Abdull Wahid	Fairview Jr.	_____
18	271 Tyler Thompson	Clayton Park Jr.	_____
19	598 Yoonjun Chae	Gorsebrook Jr.	_____
20	266 Usman Shoaib	Clayton Park Jr.	_____
21	560 Julian Keddy	Fairview Jr.	_____
22	642 Jaquin Suazo	Gorsebrook Jr.	_____
23	1074 Nick Jefferies	Shambhala School	_____
24	569 Marshall Mackinnon	Fairview Jr.	_____
25	73 Zeph Whalen	Bicentennial	_____
26	34 Declan Younger	Armbrae	_____
27	198 Maddex Banks	Clayton Park Jr.	_____
28	619 Leo Martin-Maher	Gorsebrook Jr.	_____
29	1131 Callum Walsh	St. Agnes Jr.	_____
30	879 Matviy Keretschko	J.L. Ilsley	_____
31	1103 Luke Lazzarotto	St. Agnes Jr.	_____
32	676 Ewan Gunn	Halifax Central	_____
33	1133 Daniel Walters	St. Agnes Jr.	_____
34	667 Hudson Currie	Halifax Central	_____
35			_____
36			_____
37			_____
38			_____

Event 77 Girls Shot Put 4kg Senior**Thursday 2023-05-18 - 12:30 PM****SSNS: 13.26m 2010 Chelsea Whalen**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	298 Marin Aucoin	Dartmouth High	_____
2	891 Amalia Saupe	J.L. Ilsley	_____
3	781 Georgia Gavas	Halifax West	_____
4	121 Rihana Almeraj	Citadel High	_____
5	777 Natasha Frame	Halifax West	_____
6	707 Toni Babatolu	Halifax Grammar	_____
7	320 Katie Myers	Dartmouth High	_____
8	856 Takwa Bloul	J.L. Ilsley	_____
9	1155 Keira Leonard	Woodlawn Hig	_____
10	791 Sophie Maunder	Halifax West	_____
11	151 Jillian Marsman	Citadel High	_____
12	875 Wana Haabeka	J.L. Ilsley	_____
13			_____
14			_____
15			_____
16			_____

Event 78 Boys Shot Put 6kg Senior**Wednesday 2023-05-17 - 12:30 PM****SSNS: 16.17m 2012 Peter Millman**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	885 Lukas Marks	J.L. Ilsley	_____
2	9 Reuben Chapple	Armbrae	_____
3	872 Hugo Garcia	J.L. Ilsley	_____
4	328 Garrison Woodford	Dartmouth High	_____
5	876 Ali Hazim	J.L. Ilsley	_____
6	1 Will Abbas	Armbrae	_____
7	172 Keifer Schella	Citadel High	_____
8	20 Matthieu Lefrançois	Armbrae	_____
9	1164 Alex Stickings	Woodlawn Hig	_____
10	857 Matteo Bonanno	J.L. Ilsley	_____
11			_____
12			_____



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**2023 SSNS Capital CITY District
Meet Program**

Event 79 Girls Discus Throw 0.75kg Junior

47
48

Wednesday 2023-05-17 - 12:30 PM**SSNS: 30.10m 2019-05-31 Sara Scott**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	42 Lila Chin-Yee	Bicentennial	_____
2	996 Oluwamayowa Agbedu	Rockingstone	_____
3	966 Marissa Drane	Park West School	_____
4	840 Kate Cardinal-King	Highland Park Jr	_____
5	1081 Luella Allen	St. Agnes Jr.	_____
6	833 Charlie Ewing	Herring Cove Jr.	_____
7	963 Nevayah Cain	Park West School	_____
8	976 Cindy Liang	Park West School	_____
9	694 Annika Siemenson	Halifax Central	_____
10	915 Sade Daramola	Oxford Schoo	_____
11	339 Keaira Francis	Dartmouth So	_____
12	1000 Hajma Alhasoun	Rockingstone	_____
13	62 Cate Norman	Bicentennial	_____
14	549 Gracie Downing	Fairview Jr.	_____
15	496 Sophie Mitchell	Ellenvale Jr.	_____
16	1082 Sophia Allen	St. Agnes Jr.	_____
17	1083 Bree Aylward	St. Agnes Jr.	_____
18	201 Jillian Bowes	Clayton Park Jr.	_____
19	925 Erin Hope	Oxford Schoo	_____
20	660 Lola Cameron	Halifax Central	_____
21	1005 Emma Hanshaw	Rockingstone	_____
22	940 Audrey Rak	Oxford Schoo	_____
23	851 Peyton Phillips	Highland Park Jr	_____
24	759 Lauren Hull	Hfx Indepedant	_____
25	251 Sasha Matthews	Clayton Park Jr.	_____
26	51 Maddy Hussey	Bicentennial	_____
27	272 Eliana Victor	Clayton Park Jr.	_____
28	457 Gabi Stone	Elizabeth Suther	_____
29	1072 Meaghan Ferguson	Shambhala School	_____
30	348 Olivia MacLean	Dartmouth So	_____
31	257 Zina Obi	Clayton Park Jr.	_____
32	357 Lavonah Rodgers-Powell	Dartmouth So	_____
33	613 Daphne Keshen	Gorsebrook Jr.	_____
34	464 Colby Asprey	Ellenvale Jr.	_____
35	1122 Eleni Panopalis	St. Agnes Jr.	_____
36	830 Oreoluwa Babalola	Herring Cove Jr.	_____
37	40 Lily Bray	Bicentennial	_____
38	1075 Cleo Kihungi	Shambhala School	_____
39	508 Ella Smith	Ellenvale Jr.	_____
40	479 Addison Gardiner	Ellenvale Jr.	_____
41	335 Mia Bowser	Dartmouth So	_____
42	926 Lily Jahneke	Oxford Schoo	_____
43	765 Lila Pothier	Hfx Indepedant	_____
44	664 Josie Comtois	Halifax Central	_____
45	590 Asha Wagner	Fairview Jr.	_____
46	677 Stirling Gunn	Halifax Central	_____



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2023 SSNS Capital CITY District
Meet Program

Event 80 Boys Discus Throw 1.0kg Junior

Thursday 2023-05-18 - 3:00 PM			
SSNS: 46.76m 2022-06-04 Max Minihan			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	352 Declan Mullally	Dartmouth So	
2	110 Owen Sparkes	Caledonia	
3	685 Seth Mackinnon	Halifax Central	
4	1087 David Brown	St. Agnes Jr.	
5	632 Jack Rivers-Bowman	Gorsebrook Jr.	
6	594 Henry Anderson	Gorsebrook Jr.	
7	275 Michael Wilson	Clayton Park Jr.	
8	519 Kowen Croft	Eric Graves Jr.	
9	359 Curtis Snelgrove	Dartmouth So	
10	387 Nolan Yeo	Carrefour	
11	439 Finley Jardine	Elizabeth Suther	
12	356 Reiiis Ralph	Dartmouth So	
13	480 Sujit Gurralla	Ellenvale Jr.	
14	1105 Dylan Macavoy	St. Agnes Jr.	
15	78 Alex Campbell	Caledonia	
16	86 Hudson Eagle	Caledonia	
17	371 Daniel A'Court	Carrefour	
18	690 Pierce Northrup	Halifax Central	
19	944 Colton Seabrook	Oxford Schoo	
20	263 Ryker Rivamonte	Clayton Park Jr.	
21	538 Rush Warren	Eric Graves Jr.	
22	971 Taven Jones	Park West School	
23	670 Noah Ehrlich	Halifax Central	
24	562 Parker Kennedy	Fairview Jr.	
25	912 Chase Campbell	Oxford Schoo	
26	847 A McKeane	Highland Park Jr	
27	465 Colin Baker	Ellenvale Jr.	
28	1002 Coulton Downey	Rockingstone	
29	547 Ethan Burgess	Fairview Jr.	
30	437 Laszlo Hill	Elizabeth Suther	
31	372 Eric Arsenaault	Carrefour	
32	1011 Hadi Saad	Rockingstone	
33	449 Taidg Molloy-Reilly	Elizabeth Suther	
34	1111 Max Makropoulos	St. Agnes Jr.	
35	195 Gabe Argante	Clayton Park Jr.	
36	999 Nader Alfarkha	Rockingstone	
37	273 Austin Walker	Clayton Park Jr.	
38	338 Marc Diaz	Dartmouth So	
39	974 Niko Katsihtis	Park West School	
40	1016 Isaiah Upshaw	Rockingstone	
41	450 Ibrahim Msabaha	Elizabeth Suther	
42	1071 Eli Druker	Shambhala School	
43	113 Chris Thompson	Caledonia	
44	532 Brayden Provo	Eric Graves Jr.	
45	1088 Will Brown	St. Agnes Jr.	
46	605 Shepard Dorland	Gorsebrook Jr.	

47	384 Joshua Misener	Carrefour	
48	938 Bayden Noble	Oxford Schoo	
49	678 Deacon Hazel	Halifax Central	
50			
51			
52			



**2023 SSNS Capital CITY District
Meet Program**

Event 81 Girls Discus Throw 1.0kg Intermediate

47
48

Wednesday 2023-05-17 - 3:00 PM**SSNS: 39.15m 2012****Sarah Colborne**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	117 Madison Wadden	Caledonia	
2	919 Lily Epstein	Oxford Schoo	
3	755 Hanalei Berube Macinnis	Hfx Indepedant	
4	87 Isla Fair	Caledonia	
5	561 Ady Kennedy	Fairview Jr.	
6	1085 Robyn Bezanson	St. Agnes Jr.	
7	253 Loreen Monteroso	Clayton Park Jr.	
8	669 Emmy Dunphy	Halifax Central	
9	897 Brooklyn Veniot	J.L. Ilsley	
10	845 Dalina Gutierrez Garcia	Highland Park Jr	
11	92 Jenna Greenwood	Caledonia	
12	793 Julia McInnis	Halifax West	
13	229 Amina Ibrahim	Clayton Park Jr.	
14	807 Feyikemi Rotimi	Halifax West	
15	544 Jordan Angevine	Fairview Jr.	
16	866 Genta Dibra	J.L. Ilsley	
17	628 Ella Porter	Gorsebrook Jr.	
18	701 Tessa Williams	Halifax Central	
19	918 Lyric Eltvik	Oxford Schoo	
20	882 Anna Lyttle	J.L. Ilsley	
21	696 Olivia Smith	Halifax Central	
22	801 Paige Neklia	Halifax West	
23	844 Aynslie Gouldon	Highland Park Jr	
24	743 Ruth O'Regan	Halifax Grammar	
25	1056 Meredith MacDougall	Sacred Heart	
26	486 Sophia Lang	Ellenvale Jr.	
27	646 Isioma Ugwu	Gorsebrook Jr.	
28	512 Cherish Thomey	Ellenvale Jr.	
29	871 Victoria Gallant	J.L. Ilsley	
30	556 Emily Jackson	Fairview Jr.	
31	848 Zamirah Morgan	Highland Park Jr	
32	1153 Olivia Harrison	Woodlawn Hig	
33	1043 Olivia Hunter	Sacred Heart	
34	1079 Eve Turner	Shambhala School	
35	94 Alice Klenavic	Caledonia	
36	1156 Stephanie Maristela	Woodlawn Hig	
37	238 Alice Kilbreath	Clayton Park Jr.	
38	228 Mackenzie Hogan	Clayton Park Jr.	
39	501 Katie Riley	Ellenvale Jr.	
40	820 Mae Teed	Halifax West	
41	933 Kelsey McKinnon	Oxford Schoo	
42	764 Jacqueline Phillips	Hfx Indepedant	
43	909 Georgia Boutilier	Oxford Schoo	
44	596 Arianna Brill	Gorsebrook Jr.	
45	854 Thanh Tran	Highland Park Jr	
46			



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**2023 SSNS Capital CITY District
Meet Program**

Event 82 Boys Discus Throw 1.5kg Intermediate**Thursday 2023-05-18 - 10:00 AM****SSNS: 42.37m 2018-06-02 Duncan McLaughlin**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	850 Bebye Okudo Omod	Highland Park Jr	_____
2	879 Matviy Keretschko	J.L. Ilsley	_____
3	666 Liam Connolly	Halifax Central	_____
4	642 Jaoquin Suazo	Gorsebrook Jr.	_____
5	667 Hudson Currie	Halifax Central	_____
6	589 Alex Thibault	Fairview Jr.	_____
7	1127 Andrew Rice	St. Agnes Jr.	_____
8	199 Fary Biamungu	Clayton Park Jr.	_____
9	896 Rakan Turkmani	J.L. Ilsley	_____
10	47 Leo Garron	Bicentennial	_____
11	949 Malcom Troop	Oxford Schoo	_____
12	564 Reginald Kissi-Appiah	Fairview Jr.	_____
13	490 Seamus Macaulay	Ellenvale Jr.	_____
14	267 Javon Smith	Clayton Park Jr.	_____
15	913 Brett Carmichael	Oxford Schoo	_____
16	682 Ben Kowalczyk	Halifax Central	_____
17	967 Prateek Gurram	Park West School	_____
18	880 Omar Khalaf	J.L. Ilsley	_____
19	540 Shakib Abdull Wahid	Fairview Jr.	_____
20	1131 Callum Walsh	St. Agnes Jr.	_____
21	636 Tim Seoul	Gorsebrook Jr.	_____
22	695 Felix Silver	Halifax Central	_____
23	601 Luka Crouse	Gorsebrook Jr.	_____
24	1166 Sohit Tatisetti	Woodlawn Hig	_____
25	98 Nazar Madryha	Caledonia	_____
26	249 Robert Martin	Clayton Park Jr.	_____
27	906 Kai Baird	Oxford Schoo	_____
28	1133 Daniel Walters	St. Agnes Jr.	_____
29	88 Matthew Ferguson	Caledonia	_____
30	1135 Luke Young	St. Agnes Jr.	_____
31	74 Sam Williams	Bicentennial	_____
32	633 Gabe Rockwell-MacLeod	Gorsebrook Jr.	_____
33	852 Luca Thompson	Highland Park Jr	_____
34	860 Blair Buckley	J.L. Ilsley	_____
35	560 Julian Keddy	Fairview Jr.	_____
36	36 Ryan Aucoin	Bicentennial	_____
37	73 Zeph Whalen	Bicentennial	_____
38	191 Abood Al-Halis	Clayton Park Jr.	_____
39	941 Isaiah Rak	Oxford Schoo	_____
40			_____
41			_____
42			_____
43			_____

Event 83 Girls Discus Throw 1.0kg Senior**Wednesday 2023-05-17 - 10:00 AM****SSNS: 41.92m 2012 Kayla Gallagher**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	298 Marin Aucoin	Dartmouth High	_____
2	856 Takwa Bloul	J.L. Ilsley	_____
3	320 Katie Myers	Dartmouth High	_____
4	791 Sophie Maunder	Halifax West	_____
5	1167 Ria Walling	Woodlawn Hig	_____
6	875 Wana Haabeka	J.L. Ilsley	_____
7			_____
8			_____

Event 84 Boys Discus Throw 1.75kg Senior**Thursday 2023-05-18 - 12:30 PM****SSNS: 49.76m 2012 Peter Millman**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	857 Matteo Bonanno	J.L. Ilsley	_____
2	172 Keifer Schella	Citadel High	_____
3	876 Ali Hazim	J.L. Ilsley	_____
4	1165 Ty Sutton	Woodlawn Hig	_____
5	878 Taylor Hollett	J.L. Ilsley	_____
6	1139 Dylan Armitage	Woodlawn Hig	_____
7	20 Matthieu Lefrançois	Armbræ	_____
8	885 Lukas Marks	J.L. Ilsley	_____
9	1164 Alex Stickings	Woodlawn Hig	_____
10			_____
11			_____



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2023 SSNS Capital CITY District
Meet Program

Event 85 Girls Javelin Throw 400g Junior

Thursday 2023-05-18 - 3:00 PM			
SSNS: 37.38m 1999		Katherine Markusson	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	664 Josie Comtois	Halifax Central	
2	1097 Anna Galloway	St. Agnes Jr.	
3	566 Lilly Langley	Fairview Jr.	
4	840 Kate Cardinal-King	Highland Park Jr	
5	549 Gracie Downing	Fairview Jr.	
6	72 Lief Van Der Walle	Bicentennial	
7	1113 Emmy Mastnak	St. Agnes Jr.	
8	414 Annabelle Villeneuve	École Mer et	
9	963 Nevayah Cain	Park West School	
10	656 Elise Bowen	Halifax Central	
11	830 Oreoluwa Babalola	Herring Cove Jr.	
12	201 Jillian Bowes	Clayton Park Jr.	
13	35 Violet Appleby	Bicentennial	
14	590 Asha Wagner	Fairview Jr.	
15	348 Olivia MacLean	Dartmouth So	
16	357 Lavonah Rodgers-Powell	Dartmouth So	
17	335 Mia Bowser	Dartmouth So	
18	440 Shaza Khattab	Elizabeth Suther	
19	985 Juliet Rabjohn	Park West School	
20	724 Zoe Hunter	Halifax Grammar	
21	48 Emily Hall	Bicentennial	
22	471 Mady Chandler	Ellenvale Jr.	
23	272 Eliana Victor	Clayton Park Jr.	
24	1000 Hajma Alhasoun	Rockingstone	
25	508 Ella Smith	Ellenvale Jr.	
26	459 Madisyn Wile	Elizabeth Suther	
27	77 Sadie Buckley	Caledonia	
28	925 Erin Hope	Oxford Schoo	
29	190 Marya Al Houshan	Clayton Park Jr.	
30	996 Oluwamayowa Agbedu	Rockingstone	
31	1092 Jayde Durling	St. Agnes Jr.	
32	916 Charlotte Debarres	Oxford Schoo	
33	966 Marissa Drane	Park West School	
34	211 Hara Chun	Clayton Park Jr.	
35	1122 Eleni Panopalis	St. Agnes Jr.	
36	765 Lila Pothier	Hfx Indepedant	
37	934 Amelia McNally	Oxford Schoo	
38	434 Taizanah'zian Fletcher	Elizabeth Suther	
39	105 Azeezat Oyinlola	Caledonia	
40	435 Lily Goodsell	Elizabeth Suther	
41	360 Naomi Suzuki	Dartmouth So	
42	950 Clara Walker	Oxford Schoo	
43	833 Charlie Ewing	Herring Cove Jr.	
44	997 Rayan Ahmed Isse	Rockingstone	
45	976 Cindy Liang	Park West School	
46			

47

48

49

50



**2023 SSNS Capital CITY District
Meet Program**

Event 91 Boys Javelin Throw 600g Junior**Wednesday 2023-05-17 - 3:00 PM****SSNS: 45.48m 2015****Michael Adams**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	412 Jack Tanner	École Mer et	_____
2	688 Harrison Morash	Halifax Central	_____
3	594 Henry Anderson	Gorsebrook Jr.	_____
4	768 Finn Weatherbee	Hfx Indepedant	_____
5	562 Parker Kennedy	Fairview Jr.	_____
6	371 Daniel A'Court	Carrefour	_____
7	912 Chase Campbell	Oxford Schoo	_____
8	352 Declan Mullally	Dartmouth So	_____
9	1010 Samuel Ojelabi	Rockingstone	_____
10	971 Taven Jones	Park West School	_____
11	835 Landon Glazebrook	Herring Cove Jr.	_____
12	205 Malachi Cassie	Clayton Park Jr.	_____
13	685 Seth Mackinnon	Halifax Central	_____
14	1088 Will Brown	St. Agnes Jr.	_____
15	618 Conor Mark	Gorsebrook Jr.	_____
16	450 Ibrahim Msabaha	Elizabeth Suther	_____
17	233 Eunchan Jeong	Clayton Park Jr.	_____
18	657 Cormac Brady	Halifax Central	_____
19	1087 David Brown	St. Agnes Jr.	_____
20	404 Thomas Myers	École Mer et	_____
21	95 Tyler Larusic	Caledonia	_____
22	1016 Isaiah Upshaw	Rockingstone	_____
23	572 Yiber Medina-Tobos	Fairview Jr.	_____
24	846 Alex Inkpen-Carter	Highland Park Jr	_____
25	767 Colin Somers-Blonde	Hfx Indepedant	_____
26	467 Matthew Bond	Ellenvale Jr.	_____
27	338 Marc Diaz	Dartmouth So	_____
28	195 Gabe Argante	Clayton Park Jr.	_____
29	480 Sujit Gurrala	Ellenvale Jr.	_____
30	964 Eyon Cyriac Bajiu	Park West School	_____
31	394 Harrison Gallant	École Mer et	_____
32	333 Owen Benson-Hines	Dartmouth So	_____
33	1001 Kobe Brown	Rockingstone	_____
34	588 Kyrkos Theoharopoulos	Fairview Jr.	_____
35	275 Michael Wilson	Clayton Park Jr.	_____
36	75 Ben Alexander	Caledonia	_____
37	699 Hugo Vanderbrink	Halifax Central	_____
38	1002 Coulton Downey	Rockingstone	_____
39	944 Colton Seabrook	Oxford Schoo	_____
40	938 Bayden Noble	Oxford Schoo	_____
41	453 Holden Sewart	Elizabeth Suther	_____
42	372 Eric Arsenaault	Carrefour	_____
43	547 Ethan Burgess	Fairview Jr.	_____
44	720 Christos Giannou	Halifax Grammar	_____
45	974 Niko Katsihtis	Park West School	_____
46	96 Ivor MacDonald-Rasmusse	Caledonia	_____

47	838 Aiden MacLellan	Herring Cove Jr.	_____
48	379 Emile Gunn	Carrefour	_____
49	834 Darion Fukala	Herring Cove Jr.	_____
50	356 Reiiis Ralph	Dartmouth So	_____
51	465 Colin Baker	Ellenvale Jr.	_____
52	398 Vaughan Lewis	École Mer et	_____
53	761 Sol Miller	Hfx Indepedant	_____
54	632 Jack Rivers-Bowman	Gorsebrook Jr.	_____
55	113 Chris Thompson	Caledonia	_____
56	832 Keir Degoooyer	Herring Cove Jr.	_____
57			_____
58			_____
59			_____

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Event 97 Girls Javelin Throw 500g Intermediate**Thursday 2023-05-18 - 12:30 PM****SSNS: 41.73m 2016-06-04 Madelyn Quinn**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	389 Céleste Baikie	École Mer et	
2	874 Kyra Gray-Benedict	J.L. Ilsley	
3	56 Carrington Macpherson	Bicentennial	
4	919 Lily Epstein	Oxford Schoo	
5	884 Summer Marcina	J.L. Ilsley	
6	701 Tessa Williams	Halifax Central	
7	92 Jenna Greenwood	Caledonia	
8	403 Astrid Monkman	École Mer et	
9	544 Jordan Angevine	Fairview Jr.	
10	871 Victoria Gallant	J.L. Ilsley	
11	228 Mackenzie Hogan	Clayton Park Jr.	
12	229 Amina Ibrahim	Clayton Park Jr.	
13	573 Sofia Mengual-Clare	Fairview Jr.	
14	801 Paige Neklia	Halifax West	
15	392 Sophie Dagenais	École Mer et	
16	237 Reyha Khanna	Clayton Park Jr.	
17	556 Emily Jackson	Fairview Jr.	
18	39 Brigid Boyd	Bicentennial	
19	696 Olivia Smith	Halifax Central	
20	844 Aynslie Gouldon	Highland Park Jr	
21	918 Lyric Eltvik	Oxford Schoo	
22	1076 Nico Morris	Shambhala School	
23	217 Titiksha Dogra	Clayton Park Jr.	
24	302 Mya Bonang	Dartmouth High	
25	820 Mae Teed	Halifax West	
26	402 Evelyn Milner	École Mer et	
27	628 Ella Porter	Gorsebrook Jr.	
28	79 Julia Cashen	Caledonia	
29	909 Georgia Boutillier	Oxford Schoo	
30	793 Julia McInnis	Halifax West	
31	561 Ady Kennedy	Fairview Jr.	
32	1079 Eve Turner	Shambhala School	
33	815 Monica Simmons	Halifax West	
34	1156 Stephanie Maristela	Woodlawn Hig	
35	87 Isla Fair	Caledonia	
36	1080 Kat Watson	Shambhala School	
37	933 Kelsey McKinnon	Oxford Schoo	
38	1153 Olivia Harrison	Woodlawn Hig	
39	842 Mariah Dicks	Highland Park Jr	
40			
41			
42			

Event 103 Boys Javelin Throw 700g Intermediate**Wednesday 2023-05-17 - 12:30 PM****SSNS: 54.19m 2019-05-31 Noah Berniquer**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	540 Shakib Abdull Wahid	Fairview Jr.	
2	636 Tim Seoul	Gorsebrook Jr.	
3	880 Omar Khalaf	J.L. Ilsley	
4	698 Kingston Thomas	Halifax Central	
5	29 Quinn Ryall	Armbrae	
6	750 Sam White	Halifax Grammar	
7	34 Declan Younger	Armbrae	
8	38 Sean Birchall	Bicentennial	
9	886 Graeme Messervey	J.L. Ilsley	
10	695 Felix Silver	Halifax Central	
11	323 Jack Theunissen	Dartmouth High	
12	47 Leo Garron	Bicentennial	
13	991 Tyler Way	Park West School	
14	490 Seamus Macaulay	Ellenvale Jr.	
15	879 Matviy Keretschko	J.L. Ilsley	
16	1133 Daniel Walters	St. Agnes Jr.	
17	952 Owen Wolthausen	Oxford Schoo	
18	506 William Sepa	Ellenvale Jr.	
19	261 Brayden Pope	Clayton Park Jr.	
20	416 Kieran Baldwin Sheaves	École second	
21	492 James Mackinnon	Ellenvale Jr.	
22	853 Tennessee Toombs	Highland Park Jr	
23	569 Marshall Mackinnon	Fairview Jr.	
24	264 Sam Robinson	Clayton Park Jr.	
25	74 Sam Williams	Bicentennial	
26	633 Gabe Rockwell-MacLeod	Gorsebrook Jr.	
27	852 Luca Thompson	Highland Park Jr	
28	224 Jackson Hamilton	Clayton Park Jr.	
29	896 Rakan Turkmani	J.L. Ilsley	
30	773 Victor Dao	Halifax West	
31	913 Brett Carmichael	Oxford Schoo	
32	1018 Liam Bent	Sacred Heart	
33	268 Galdan Sukar	Clayton Park Jr.	
34	598 Yoonjun Chae	Gorsebrook Jr.	
35	1166 Sohit Tatisetti	Woodlawn Hig	
36	36 Ryan Aucoin	Bicentennial	
37	1135 Luke Young	St. Agnes Jr.	
38	949 Malcom Troop	Oxford Schoo	
39	1127 Andrew Rice	St. Agnes Jr.	
40	967 Prateek Gurram	Park West School	
41	941 Isaiah Rak	Oxford Schoo	
42	1112 Quinn Martin	St. Agnes Jr.	
43	304 Darius Catsaris-Sheppard	Dartmouth High	
44	802 Farhan Nur	Halifax West	
45	601 Luka Crouse	Gorsebrook Jr.	
46	850 Bebebe Okudo Omod	Highland Park Jr	



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Flight 1 of 1 Finals

47	1074 Nick Jefferies	Shambhala School	_____
48			_____
49			_____
50			_____

Event 109 Girls Javelin Throw 600g Senior**Thursday 2023-05-18 - 10:00 AM****SSNS: 44.20m 2010****Chelsea Whalen**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	1155 Keira Leonard	Woodlawn Hig	_____
2	778 Cara Freeman	Halifax West	_____
3	158 Pernilla Mfoumou	Citadel High	_____
4	798 Zoe Mombourquette	Halifax West	_____
5	1144 Kaylee Croft	Woodlawn Hig	_____
6	121 Rihana Almeraj	Citadel High	_____
7	298 Marin Aucoin	Dartmouth High	_____
8	791 Sophie Maunder	Halifax West	_____
9	151 Jillian Marsman	Citadel High	_____
10	781 Georgia Gavas	Halifax West	_____
11	320 Katie Myers	Dartmouth High	_____
12	177 Katherine Sneddon-Simon	Citadel High	_____
13			_____
14			_____
15			_____
16			_____

Event 115 Boys Javelin Throw 800g Senior**Wednesday 2023-05-17 - 10:00 AM****SSNS: 61.64m 2005****Adam Wolkins**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	1139 Dylan Armitage	Woodlawn Hig	_____
2	811 Gavin Savoie	Halifax West	_____
3	1151 Leland Graves	Woodlawn Hig	_____
4	172 Keifer Schella	Citadel High	_____
5	878 Taylor Hollett	J.L. Ilsley	_____
6	9 Reuben Chapple	Armbrae	_____
7	885 Lukas Marks	J.L. Ilsley	_____
8	161 James Murphy	Citadel High	_____
9	20 Matthieu Lefrançois	Armbrae	_____
10	876 Ali Hazim	J.L. Ilsley	_____
11			_____
12			_____
13			_____
14			_____

Event 121 Boys 100 Meter Dash Supported JR Supported Junior**Wednesday 2023-05-17 - 10:00 AM**

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	1013 Scott Stevenson	Rockingstone	_____
2	586 Aven Stanford	Fairview Jr.	_____
3	325 Gabriel Tubo	Dartmouth High	_____
4	112 Owen Sweet	Caledonia	_____
5	85 Noah Dunlop	Caledonia	_____
6	84 Martin Driscoll	Caledonia	_____
7	97 Dezmond Macphee	Caledonia	_____
8			_____

Section 2 of 3 Finals

1	943 Carl Sarmiento	Oxford Schoo	_____
2	939 Cedric Prosper	Oxford Schoo	_____
3	923 Nolan Hoben	Oxford Schoo	_____
4	103 Nathan Negus	Caledonia	_____
5	109 Resean Simmons- Fergus	Caledonia	_____
6	111 Bruce Sweet	Caledonia	_____
7	119 Kaden Wheaton	Caledonia	_____
8			_____

Section 3 of 3 Finals

1	463 Kai Anderson	Ellenvale Jr.	_____
2	470 Noah Brewer-Brasfield	Ellenvale Jr.	_____
3	687 Alfie McCarthy	Halifax Central	_____
4	584 Draeden Snaglewski	Fairview Jr.	_____
5	265 Kasey Roy	Clayton Park Jr.	_____
6	691 Malcolm Rainey	Halifax Central	_____
7	881 Gian Ko	J.L. Ilsley	_____
8			_____

Event 122 Girls 100 Meter Dash Supported SR Supported Senior**Wednesday 2023-05-17 - 10:00 AM**

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	146 Roma Login	Citadel High	_____
2	142 Amarissa Husain Alias	Citadel High	_____
3	133 Mia Deviller	Citadel High	_____
4	166 Merrigan Palliser	Citadel High	_____
5	149 Bella MacKenzie	Citadel High	_____
6	898 Drew Warkentin	J.L. Ilsley	_____
7			_____
8			_____



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Section 2 of 3 Finals

1	148 Marissa Macisaac Filion	Citadel High	_____
2	156 Mira McQuaid	Citadel High	_____
3	181 Lila-Grace Thompson	Citadel High	_____
4	173 Brywn Simmons	Citadel High	_____
5	808 Emma Salah	Halifax West	_____
6	821 Rachel Vassaur	Halifax West	_____
7			_____
8			_____

Section 3 of 3 Finals

1	312 Abby Livingston	Dartmouth High	_____
2	322 Tamara Ross	Dartmouth High	_____
3	307 Lily Gannett	Dartmouth High	_____
4	313 Paris Macarthur	Dartmouth High	_____
5	305 Autumn Cochrane	Dartmouth High	_____
6	1152 Becky Guevera	Woodlawn Hig	_____
7	1146 Shyanna Dixon	Woodlawn Hig	_____
8	1141 Emma Barry	Woodlawn Hig	_____

Event 123 Boys 100 Meter Dash Supported SR Supported Senior**Wednesday 2023-05-17 - 10:00 AM**

Lane	Name	School	Seed Time
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Section 1 of 5 Finals

1	797 Aziz Mohammad	Halifax West	_____
2	785 Peter Greenlaw	Halifax West	_____
3	822 Abbas Wadiwala	Halifax West	_____
4	787 Colby Horne	Halifax West	_____
5			_____
6			_____
7			_____
8			_____

Section 2 of 5 Finals

1	297 Diego Amorim	Dartmouth High	_____
2	300 Haisen Beaton	Dartmouth High	_____
3	324 Noah Thompson	Dartmouth High	_____
4	315 Matthew Mackinnon	Dartmouth High	_____
5	326 Shane Wamboldt	Dartmouth High	_____
6	317 Ryerson McDougall	Dartmouth High	_____
7	314 Dylan MacDonald	Dartmouth High	_____
8			_____

Section 3 of 5 Finals

1	1168 Riley Winchester	Woodlawn Hig	_____
2	1163 Lucas Song	Woodlawn Hig	_____
3	1140 Jonathan Assoun-Gritten	Woodlawn Hig	_____
4	1147 Dennis Eisenhauer	Woodlawn Hig	_____
5	1162 Keegan Smith	Woodlawn Hig	_____
6	1143 Jeremy Caverly	Woodlawn Hig	_____
7	1149 Tyler Freeman	Woodlawn Hig	_____
8			_____

Section 4 of 5 Finals...(Event 123 Boys 100 Meter Dash Supported SR

1	179 Caiden Strangward	Citadel High	_____
2	153 Jacob Martin	Citadel High	_____
3	185 Nykeel West	Citadel High	_____
4	162 Luc Nguyen	Citadel High	_____
5	122 Abodi Antebi	Citadel High	_____
6			_____
7			_____
8			_____

Section 5 of 5 Finals

1	178 Pj St. George	Citadel High	_____
2	168 Isaac Rockwell	Citadel High	_____
3	125 Noah Brooks	Citadel High	_____
4	176 George Slauenwhite	Citadel High	_____
5	143 Taras Kovalchuk	Citadel High	_____
6	131 Claudiu Codau	Citadel High	_____
7			_____
8			_____

Event 125 Boys Shot Put 2 throws 4kg Supported Junior**Wednesday 2023-05-17 - 11:00 AM**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	943 Carl Sarmiento	Oxford Schoo	_____
2	923 Nolan Hoben	Oxford Schoo	_____
3	939 Cedric Prosper	Oxford Schoo	_____
4	586 Aven Stanford	Fairview Jr.	_____
5	546 Ashe Boudreau	Fairview Jr.	_____
6	584 Draeden Snaglewski	Fairview Jr.	_____
7	325 Gabriel Tubo	Dartmouth High	_____
8	265 Kasey Roy	Clayton Park Jr.	_____
9	687 Alfie McCarthy	Halifax Central	_____
10	691 Malcolm Rainey	Halifax Central	_____
11	1013 Scott Stevenson	Rockingstone	_____
12			_____
13			_____
14			_____



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Event 126 Girls Shot Put 2 throws 3kg Supported Senior**Wednesday 2023-05-17 - 11:00 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1141 Emma Barry	Woodlawn Hig	_____
2	1146 Shyanna Dixon	Woodlawn Hig	_____
3	1152 Becky Guevera	Woodlawn Hig	_____
4	305 Autumn Cochrane	Dartmouth High	_____
5	322 Tamara Ross	Dartmouth High	_____
6	307 Lily Gannett	Dartmouth High	_____
7	312 Abby Livingston	Dartmouth High	_____
8	821 Rachel Vassaur	Halifax West	_____
9	808 Emma Salah	Halifax West	_____
10	898 Drew Warkentin	J.L. Ilsley	_____
11	156 Mira McQuaid	Citadel High	_____
12	133 Mia Deviller	Citadel High	_____
13	149 Bella MacKenzie	Citadel High	_____
14	173 Brywn Simmons	Citadel High	_____
15	181 Lila-Grace Thompson	Citadel High	_____
16	138 Myra Galvez	Citadel High	_____
17	146 Roma Login	Citadel High	_____
18	148 Marissa Macisaac Filion	Citadel High	_____
19	142 Amarissa Husain Alias	Citadel High	_____
20	166 Merrigan Palliser	Citadel High	_____
21			_____
22			_____

Event 127 Boys Shot Put 2 throws 4kg Supported Senior**Wednesday 2023-05-17 - 11:00 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	178 Pj St. George	Citadel High	_____
2	143 Taras Kovalchuk	Citadel High	_____
3	179 Caiden Strangward	Citadel High	_____
4	153 Jacob Martin	Citadel High	_____
5	122 Abodi Antebi	Citadel High	_____
6	125 Noah Brooks	Citadel High	_____
7	176 George Slauenwhite	Citadel High	_____
8	185 Nykeel West	Citadel High	_____
9	131 Claudiu Codau	Citadel High	_____
10	168 Isaac Rockwell	Citadel High	_____
11	162 Luc Nguyen	Citadel High	_____
12	1140 Jonathan Assoun-Gritten	Woodlawn Hig	_____
13	1143 Jeremy Caverly	Woodlawn Hig	_____
14	1163 Lucas Song	Woodlawn Hig	_____
15	1147 Dennis Eisenhauer	Woodlawn Hig	_____
16	1149 Tyler Freeman	Woodlawn Hig	_____
17	1162 Keegan Smith	Woodlawn Hig	_____
18	317 Ryerson McDougall	Dartmouth High	_____
19	315 Matthew Mackinnon	Dartmouth High	_____
20	319 James Mugford	Dartmouth High	_____
21	300 Haisen Beaton	Dartmouth High	_____
22	326 Shane Wamboldt	Dartmouth High	_____
23	297 Diego Amorim	Dartmouth High	_____
24	308 Isaac Gillis	Dartmouth High	_____
25	310 Austin Keizer	Dartmouth High	_____
26	314 Dylan MacDonald	Dartmouth High	_____
27	324 Noah Thompson	Dartmouth High	_____
28	822 Abbas Wadiwala	Halifax West	_____
29	787 Colby Horne	Halifax West	_____
30	785 Peter Greenlaw	Halifax West	_____
31	797 Aziz Mohammad	Halifax West	_____
32			_____
33			_____



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Event 129 Boys Long Jump 2 attempts Supported Junior**Wednesday 2023-05-17 - 12:00 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	586 Aven Stanford	Fairview Jr.	_____
2	584 Draeden Snaglewski	Fairview Jr.	_____
3	1013 Scott Stevenson	Rockingstone	_____
4	265 Kasey Roy	Clayton Park Jr.	_____
5	85 Noah Dunlop	Caledonia	_____
6	325 Gabriel Tubo	Dartmouth High	_____
7	943 Carl Sarmiento	Oxford Schoo	_____
8	939 Cedric Prosper	Oxford Schoo	_____
9	923 Nolan Hoben	Oxford Schoo	_____
10			_____
11			_____

Event 130 Girls Long Jump 2 attempts Supported Senior**Wednesday 2023-05-17 - 12:00 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	898 Drew Warkentin	J.L. Ilsley	_____
2	808 Emma Salah	Halifax West	_____
3	821 Rachel Vassaur	Halifax West	_____
4	1152 Becky Guevera	Woodlawn Hig	_____
5	1146 Shyanna Dixon	Woodlawn Hig	_____
6	1141 Emma Barry	Woodlawn Hig	_____
7	148 Marissa Macisaac Filion	Citadel High	_____
8	173 Brywn Simmons	Citadel High	_____
9	133 Mia Deviller	Citadel High	_____
10	142 Amarissa Husain Alias	Citadel High	_____
11	181 Lila-Grace Thompson	Citadel High	_____
12	146 Roma Login	Citadel High	_____
13	156 Mira McQuaid	Citadel High	_____
14	166 Merrigan Palliser	Citadel High	_____
15	149 Bella MacKenzie	Citadel High	_____
16	313 Paris Macarthur	Dartmouth High	_____
17	312 Abby Livingston	Dartmouth High	_____
18	307 Lily Gannett	Dartmouth High	_____
19	305 Autumn Cochrane	Dartmouth High	_____
20	322 Tamara Ross	Dartmouth High	_____
21			_____
22			_____

Event 131 Boys Long Jump 2 attempts Supported Senior**Wednesday 2023-05-17 - 12:00 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	797 Aziz Mohammad	Halifax West	_____
2	822 Abbas Wadiwala	Halifax West	_____
3	787 Colby Horne	Halifax West	_____
4	785 Peter Greenlaw	Halifax West	_____
5	314 Dylan MacDonald	Dartmouth High	_____
6	297 Diego Amorim	Dartmouth High	_____
7	300 Haisen Beaton	Dartmouth High	_____
8	317 Ryerson McDougall	Dartmouth High	_____
9	315 Matthew Mackinnon	Dartmouth High	_____
10	324 Noah Thompson	Dartmouth High	_____
11	326 Shane Wamboldt	Dartmouth High	_____
12	1162 Keegan Smith	Woodlawn Hig	_____
13	1140 Jonathan Assoun-Gritten	Woodlawn Hig	_____
14	1147 Dennis Eisenhauer	Woodlawn Hig	_____
15	1168 Riley Winchester	Woodlawn Hig	_____
16	1149 Tyler Freeman	Woodlawn Hig	_____
17	1163 Lucas Song	Woodlawn Hig	_____
18	1143 Jeremy Caverly	Woodlawn Hig	_____
19	122 Abodi Antebi	Citadel High	_____
20	131 Claudiu Codau	Citadel High	_____
21	125 Noah Brooks	Citadel High	_____
22	153 Jacob Martin	Citadel High	_____
23	185 Nykeel West	Citadel High	_____
24	162 Luc Nguyen	Citadel High	_____
25	168 Isaac Rockwell	Citadel High	_____
26	143 Taras Kovalchuk	Citadel High	_____
27	179 Caiden Strangward	Citadel High	_____
28	178 Pj St. George	Citadel High	_____
29	176 George Slauenwhite	Citadel High	_____
30			_____

Event 138 Boys 50 Meter Dash Non-Amb Spec Wheelchair Para**Wednesday 2023-05-17 - 10:00 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1			_____
2	1159 Tj Negus	Woodlawn Hig	_____
3			_____
4	812 Logan Short	Halifax West	_____
5			_____
6			_____
7			_____
8			_____



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