

**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
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	Armbrae	_____
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
Section 1 of 5 Finals			
1	541 Natty Abreha	Fairview Jr.	_____
2	594 Henry Anderson	Gorsebrook Jr.	_____
3	30 Fin Sangster	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
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			_____



**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	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
7	859 Keondre Brown	J.L. Ilsley	_____
8			_____

Section 2 of 3 Finals

1	5 Ronei Beals	Armbrae	_____
2	6 Jaylen Berglund-Simmonds	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
2	174 Curtis Simms	Citadel High	_____
3	869 Lucas Franco	J.L. Ilsley	_____
4	1165 Ty Sutton	Woodlawn Hig	_____
5	4 Eitan Baida	Armbrae	_____
6	161 James Murphy	Citadel High	_____
7			_____
8			_____



**2023 SSNS Capital CITY District
Meet Program**

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
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
Section 1 of 9 Finals			
1	366 Maddox Burke	East Coast V	_____
2	935 Angelo Melanson	Oxford School	_____
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 School	_____
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	_____



**2023 SSNS Capital CITY District
Meet Program**

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 Cassidy 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 Gurrum	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			_____



**2023 SSNS Capital CITY District
Meet Program**

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-Simoi	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	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
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 School	_____
6	1069 Sunny Christmas	Shambhala School	_____
7	840 Kate Cardinal-King	Highland Park Jr	_____
8	829 Ooreoluwa Babalola	Herring Cove Jr.	_____



**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 Maccormick	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 Wosley	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	Armbrae	_____
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.	_____



**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	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
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			_____



**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 Chanelle Rodriguez-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			_____



**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 - 1:45 PM

SSNS: 10.50 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
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	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
3	301 Carey Bent	Dartmouth High	_____
4	507 Innocent Simba	Ellenvale Jr.	_____
5	689 Deaglan Nichol	Halifax Central	_____
6	44 Danyiell Elamparo	Bicentennial	_____
7	242 Nathan Lerue	Clayton Park Jr.	_____
8	717 Shun Fielding	Halifax Grammar	_____
Heat 9 of 9 Prelims			
1	396 Dezmond 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	Armbrae	_____
7	888 Grayson Neumann	J.L. Ilsley	_____
8			_____



**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 - 2:15 PM

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

Lane	Name	School	Seed Time
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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	Armbrae	_____
6	1155 Keira Leonard	Woodlawn Hig	_____
7			_____
8			_____

Heat 3 of 3 Prelims

1	1144 Kaylee Croft	Woodlawn Hig	_____
2	891 Amalia Saupé	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
------	------	--------	-----------

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	Armbrae	_____
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	Armbrae	_____
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	Armbrae	_____
8			_____



**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 McMahan	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			_____



**2023 SSNS Capital CITY District
Meet Program**

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	_____



**2023 SSNS Capital CITY District
Meet Program**

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			_____



**2023 SSNS Capital CITY District
Meet Program**

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-Simo	Citadel High	_____
4	725 Isabella Jennex	Halifax Grammar	_____
5	1023 Eliame 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 Maccormick	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	_____



**2023 SSNS Capital CITY District
Meet Program**

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	Armbrae	_____
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 Aesha 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	Armbrae	_____
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)

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Seed Time</u>
-------------	-------------	---------------	------------------

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	Armbrae	_____
7	282 Eli Glover	Cunard Jr.	_____
8	936 Attila Narvey	Oxford Schoo	_____



**2023 SSNS Capital CITY District
Meet Program**

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	_____



**2023 SSNS Capital CITY District
Meet Program**

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 Lypowy	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	_____



SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

**2023 SSNS Capital CITY District
Meet Program**

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			_____



**2023 SSNS Capital CITY District
Meet Program**

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 Eisenhower	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			_____



**2023 SSNS Capital CITY District
Meet Program**

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
------	------	--------	-----------

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 Storrng	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
------	------	--------	-----------

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			_____



**2023 SSNS Capital CITY District
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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 Bebeye 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 Woosung 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
------	------	--------	-----------

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			_____



**2023 SSNS Capital CITY District
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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-Dyment	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
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			_____



**2023 SSNS Capital CITY District
Meet Program**

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	_____



**2023 SSNS Capital CITY District
Meet Program**

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 - 3:30 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			_____



**2023 SSNS Capital CITY District
Meet Program**

Event 45 Girls 3000 Meter Run Intermediate

Thursday 2023-05-18 - 3:45 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 - 4:00 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 Macgillivary	Citadel High	_____
15	962 Ishanth Byreddy	Park West School	_____
16	11 Terry Ding	Armbrae	_____
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	Armbrae	_____
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			_____



**2023 SSNS Capital CITY District
Meet Program**

Event 47 Girls 3000 Meter Run Senior

Thursday 2023-05-18 - 4:15 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 - 4:30 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			_____



**2023 SSNS Capital CITY District
Meet Program**

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			_____



**2023 SSNS Capital CITY District
Meet Program**

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 Oreoluwa 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 Haggar	Rockingstone	_____
41	924 Yeonjae Hong	Oxford Schoo	_____
42	434 Taizannah'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			_____



**2023 SSNS Capital CITY District
Meet Program**

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 Gurrala	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 Bajiu	Park West School	_____
33	449 Taidg Molloy-Reilly	Elizabeth Suther	_____
34	95 Tyler Larusic	Caledonia	_____
35	22 Elijah Mantley	Armbrae	_____
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 Reeis 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			_____



**2023 SSNS Capital CITY District
Meet Program**

Event 57 Girls Long Jump Intermediate

Thursday 2023-05-18 - 10:00 AM

SSNS: 5.32m 1973

Cecilia Branch

Pos Name School Seed Mark

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



**2023 SSNS Capital CITY District
Meet Program**

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	Armbrae	_____
11	795 Ethan Metzger	Halifax West	_____
12	1166 Sohit Tatisetti	Woodlawn Hig	_____
13	676 Ewan Gunn	Halifax Central	_____
14	396 Dezmend 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 McMahan	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 Wooseung 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	Armbrae	_____
45	667 Hudson Currie	Halifax Central	_____
46	428 Owen Weigelin	École second	_____

47	16 Jet Illyas	Armbrae	_____
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	Armbrae	_____
59	296 Aws Al Sarafandi	Dartmouth High	_____
60			_____
61			_____
62			_____
63			_____
64			_____



**2023 SSNS Capital CITY District
Meet Program**

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	Armbrae	_____
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	Armbrae	_____
21	4 Eitan Baida	Armbrae	_____
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 Independant	_____
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 McMahan	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			_____



**2023 SSNS Capital CITY District
Meet Program**

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			_____



**2023 SSNS Capital CITY District
Meet Program**

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			_____



**2023 SSNS Capital CITY District
Meet Program**

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 Panopalis	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
48
49
50

Caledonia



**2023 SSNS Capital CITY District
Meet Program**

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 Ebum 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			_____



**2023 SSNS Capital CITY District
Meet Program**

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 Tatsetti	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			_____



**2023 SSNS Capital CITY District
Meet Program**

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
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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
 48 1122 Eleni Panopolis
 49
 50
 51
 52

Fairview Jr. _____
 St. Agnes Jr. _____



**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 Katsihtis	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			_____



**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
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 Dezmend 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 Jaoquin 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
Flight 1 of 1 Finals			
1	298 Marin Aucoin	Dartmouth High	_____
2	891 Amalia Saupe	J.L. Ilsley	_____
3	151 Jillian Marsman	Citadel High	_____
4	791 Sophie Maunder	Halifax West	_____
5	1169 Clara Jackson	Citadel High	_____
6	777 Natasha Frame	Halifax West	_____
7	707 Toni Babatolu	Halifax Grammar	_____
8	856 Takwa Bloul	J.L. Ilsley	_____
9	121 Rihana Almeraj	Citadel High	_____
10	1155 Keira Leonard	Woodlawn Hig	_____
11	781 Georgia Gavas	Halifax West	_____
12	320 Katie Myers	Dartmouth High	_____
13	875 Wana Haabeka	J.L. Ilsley	_____
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
Flight 1 of 1 Finals			
1	872 Hugo Garcia	J.L. Ilsley	_____
2	20 Matthieu Lefrançois	Armbrae	_____
3	9 Reuben Chapple	Armbrae	_____
4	876 Ali Hazim	J.L. Ilsley	_____
5	857 Matteo Bonanno	J.L. Ilsley	_____
6	885 Lukas Marks	J.L. Ilsley	_____
7	1172 Mike Kenney	Halifax Grammar	_____
8	328 Garrison Woodford	Dartmouth High	_____
9	172 Keifer Schella	Citadel High	_____
10	1 Will Abbas	Armbrae	_____
11	1164 Alex Stickings	Woodlawn Hig	_____
12			_____



**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	_____



**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
 48 938 Bayden Noble
 49 678 Deacon Hazel
 50
 51
 52

Carrefour _____
 Oxford Schoo _____
 Halifax Central _____



**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 Inpedant	_____
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 Inpedant	_____
43	909 Georgia Boutilier	Oxford Schoo	_____
44	596 Arianna Brill	Gorsebrook Jr.	_____
45	854 Thanh Tran	Highland Park Jr	_____
46			_____



**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 Bebeye Okudo Omod	Highland Park Jr	_____
2	879 Matviy Keretschko	J.L. Ilsley	_____
3	666 Liam Connolly	Halifax Central	_____
4	642 Jaouquin 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	876 Ali Hazim	J.L. Ilsley	_____
2	857 Matteo Bonanno	J.L. Ilsley	_____
3	885 Lukas Marks	J.L. Ilsley	_____
4	1165 Ty Sutton	Woodlawn Hig	_____
5	20 Matthieu Lefrançois	Armbrae	_____
6	1139 Dylan Armitage	Woodlawn Hig	_____
7	172 Keifer Schella	Citadel High	_____
8	878 Taylor Hollett	J.L. Ilsley	_____
9	1164 Alex Stickings	Woodlawn Hig	_____
10	1172 Mike Kenney	Halifax Grammar	_____
11			_____



**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
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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 Indepant	_____
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 Gurralla	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 Arsenault	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 Degooyer	Herring Cove Jr.	_____
57			_____
58			_____
59			_____



**2023 SSNS Capital CITY District
Meet Program**

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	1074 Nick Jefferies	Shambhala School	_____
2	1133 Daniel Walters	St. Agnes Jr.	_____
3	636 Tim Seoul	Gorsebrook Jr.	_____
4	880 Omar Khalaf	J.L. Ilsley	_____
5	74 Sam Williams	Bicentennial	_____
6	1135 Luke Young	St. Agnes Jr.	_____
7	802 Farhan Nur	Halifax West	_____
8	490 Seamus Macaulay	Ellenvale Jr.	_____
9	1166 Sohit Tatisetti	Woodlawn Hig	_____
10	304 Darius Catsaris-Sheppard	Dartmouth High	_____
11	952 Owen Wolthausen	Oxford Schoo	_____
12	540 Shakib Abdull Wahid	Fairview Jr.	_____
13	750 Sam White	Halifax Grammar	_____
14	261 Brayden Pope	Clayton Park Jr.	_____
15	47 Leo Garron	Bicentennial	_____
16	36 Ryan Aucoin	Bicentennial	_____
17	695 Felix Silver	Halifax Central	_____
18	879 Matviy Keretschko	J.L. Ilsley	_____
19	633 Gabe Rockwell-MacLeod	Gorsebrook Jr.	_____
20	268 Galdan Sukar	Clayton Park Jr.	_____
21	323 Jack Theunissen	Dartmouth High	_____
22	29 Quinn Ryall	Armbrae	_____
23	967 Prateek Gurram	Park West School	_____
24	698 Kingston Thomas	Halifax Central	_____
25	264 Sam Robinson	Clayton Park Jr.	_____
26	1127 Andrew Rice	St. Agnes Jr.	_____
27	38 Sean Birchall	Bicentennial	_____
28	506 William Sepa	Ellenvale Jr.	_____
29	949 Malcom Troop	Oxford Schoo	_____
30	598 Yoonjun Chae	Gorsebrook Jr.	_____
31	34 Declan Younger	Armbrae	_____
32	886 Graeme Messervey	J.L. Ilsley	_____
33	224 Jackson Hamilton	Clayton Park Jr.	_____
34	852 Luca Thompson	Highland Park Jr	_____
35	773 Victor Dao	Halifax West	_____
36	1018 Liam Bent	Sacred Heart	_____
37	991 Tyler Way	Park West School	_____
38	896 Rakan Turkmani	J.L. Ilsley	_____
39	569 Marshall Mackinnon	Fairview Jr.	_____
40	941 Isaiah Rak	Oxford Schoo	_____
41	1170 Callum Milne	Citadel High	_____
42	1112 Quinn Martin	St. Agnes Jr.	_____
43	601 Luka Crouse	Gorsebrook Jr.	_____
44	416 Kieran Baldwin Sheaves	École second	_____
45	850 Bebeye Okudo Omod	Highland Park Jr	_____
46	853 Tennessee Toombs	Highland Park Jr	_____



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Flight 1 of 1 Finals

47	492 James Mackinnon	Ellenvale Jr.	_____
48	913 Brett Carmichael	Oxford Schoo	_____
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	781 Georgia Gavas	Halifax West	_____
2	1169 Clara Jackson	Citadel High	_____
3	177 Katherine Sneddon-Simo	Citadel High	_____
4	1144 Kaylee Croft	Woodlawn Hig	_____
5	798 Zoe Mombourquette	Halifax West	_____
6	320 Katie Myers	Dartmouth High	_____
7	298 Marin Aucoin	Dartmouth High	_____
8	791 Sophie Maunder	Halifax West	_____
9	158 Pernilla Mfoumou	Citadel High	_____
10	121 Rihana Almeraj	Citadel High	_____
11	778 Cara Freeman	Halifax West	_____
12	1155 Keira Leonard	Woodlawn Hig	_____
13	151 Jillian Marsman	Citadel High	_____
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
-----	------	--------	-----------

Flight 1 of 1 Finals

1	161 James Murphy	Citadel High	_____
2	1139 Dylan Armitage	Woodlawn Hig	_____
3	9 Reuben Chapple	Armbrae	_____
4	876 Ali Hazim	J.L. Ilsley	_____
5	885 Lukas Marks	J.L. Ilsley	_____
6	20 Matthieu Lefrançois	Armbrae	_____
7	172 Keifer Schella	Citadel High	_____
8	878 Taylor Hollett	J.L. Ilsley	_____
9	1151 Leland Graves	Woodlawn Hig	_____
10	811 Gavin Savoie	Halifax West	_____
11	1171 Theo Vasilis	Citadel High	_____
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
------	------	--------	-----------

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			_____



2023 SSNS Capital CITY District
Meet Program

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			_____



**2023 SSNS Capital CITY District
Meet Program**

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 Fillion	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			_____

