

2023 SSNS Capital Regional Championships - 2023-05-24 to 2023-05-25

Meet Program

Event 1 Girls 80 Meter Hurdles 30" Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 10:00 AM

SSNS: 12.12 2016-06-03 Sierra Sweeney

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	428 Hana Jeong	Halifax Central	16.83
2	46 Macie Sheppard	Astral Drive	16.60
3	408 Eleanor McHenry	Gorsebrook Jr.	15.45
4	1 Elyse Crowe	A.J. Smeltze	17.18
5	317 Abby Coles	Ellenvale Jr.	16.99
6	305 Frania Andresen	Elizabeth Suther	16.48
7	286 Kaelyn MacRae	Eastern Passage	17.04
8	370 Amelya Seymour	Five Bridges Jun	17.48

Heat 2 of 2 Prelims

1	270 Peyton Crowe	Dartmouth So	16.72
2	35 Gianna Lozier	Astral Drive	17.02
3	326 Samantha Roberts	Ellenvale Jr.	15.41
4	371 Rosalyn Steward	Five Bridges Jun	17.24
5	650 Sophie Lin	Rocky Lake Jr	17.53
6	273 Lila Macaskill	Dartmouth So	16.84
7	646 Arin Jung	Rocky Lake Jr	17.09
8	271 Brianna Hoskin	Dartmouth So	16.35

Event 2 Boys 80 Meter Hurdles 30" Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 10:00 AM

SSNS: 13.18 2022-06-03 Lavell Gray

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	656 Emmet Mont	Rocky Lake Jr	13.46
2	378 Bentley Jenkinson	Gaetzbrook	15.27
3	276 Caleb Oloruntoyin-Balog	Dartmouth So	15.75
4	626 Samuel Ojelabi	Rockingstone	14.76
5	380 Jack Miller	Gaetzbrook	14.62
6	307 Drew Lucas	Elizabeth Suther	16.05
7	287 Patrick O'Keefe	Eastern Passage	14.74
8	13 Elijah Mantley	Armbræ	15.53

Heat 2 of 2 Prelims

1	655 Prem Mistry	Rocky Lake Jr	13.06
2	3 Andrew Kaulback	A.J. Smeltze	14.44
3	645 Justyce Johnson	Rocky Lake Jr	15.11
4	333 Natty Abreha	Fairview Jr.	15.61
5	20 Nate Bouter	Astral Drive	14.74
6	325 Evan Ren	Ellenvale Jr.	15.47
7	599 Daniel Aladejebi	Oxford School	16.01
8	311 Holden Sewart	Elizabeth Suther	16.23

Event 3 Girls 80 Meter Hurdles 30" Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 10:00 AM

SSNS: 12.45 2016-06-03 Zoe Carvery

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	366 Millie Madden	Five Bridges Jun	15.34
2	201 Shiang Liu	Citadel High	15.98
3	207 Jane McGuire	Citadel High	15.86
4	647 Breanna Kuehner	Rocky Lake Jr	16.60
5	153 Breton Hayden	Charles P. Allen	15.04
6	23 Jenna Catwell	Astral Drive	16.46
7	376 Sienna Foley	Gaetzbrook	16.26
8	669 Milena Butler	Sackville High	16.40

Heat 2 of 2 Prelims

1	427 Anna Jeong	Halifax Central	16.43
2	601 Bea Asbridge	Oxford School	15.63
3	241 Bridget Mutipula	Clayton Park Jr.	15.69
4	595 Devika Shaiju	Millwood High	16.32
5	603 Julia Berry	Oxford School	16.83
6	15 Audrey Napier	Armbræ	15.95
7	559 Claire Sanford	Lockview High	16.44
8	446 Vivian Johnson	Halifax Grammar	12.93

Event 4 Boys 100 Meter Hurdles 33" Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 10:30 AM

SSNS: 13.89 2018-06-01 Nick Landry

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	67 Raito Kikui	Auburn Drive	19.24
2	149 Liam Flemming	Charles P. Allen	16.58
3	657 Leo Mont	Rocky Lake Jr	16.35
4	341 Mensi Eldik	Fairview Jr.	18.70
5	494 Brennan Smith	Halifax West	18.50
6	651 Jacoby MacDonald	Rocky Lake Jr	16.85
7	482 Ethan Metzger	Halifax West	16.94
8	367 Riley Murray	Five Bridges Jun	19.19

Heat 2 of 2 Prelims

1	217 Corey Ross	Citadel High	18.82
2	240 Robert Martin	Clayton Park Jr.	16.70
3	675 Noah Skeete	Sackville High	16.69
4	244 Javon Smith	Clayton Park Jr.	19.85
5	18 Amari Upshaw	Armbræ	18.06
6	10 Payton Flint	Armbræ	16.33
7	93 Mitchell Evans	Bay View Hig	19.16
8	631 Dylan Boyce	Rocky Lake Jr	18.27



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Event 5 Girls 100 Meter Hurdles 30" Senior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 10:30 AM

SSNS: 16.07 2022-06-03 Claire Covert

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	226 Rhianna Waligura-Newm	Citadel High	21.56
2	170 Aine Oneil	Charles P. Allen	16.88
3	206 Jenna Matheson	Citadel High	19.49
4	138 Ellie Allen	Charles P. Allen	19.33
5	670 Alexis Lavers	Sackville High	20.68
6	586 Gaia De'sperati	Millwood High	17.19
7			
8			
Heat 2 of 2 Prelims			
1	160 Bri Lawton	Charles P. Allen	19.30
2	465 Claire Covert	Halifax West	19.17
3	54 Lyndsay Beaton	Auburn Drive	22.10
4	187 Queen Clayton	Citadel High	16.75
5	203 Aoife Marshall	Citadel High	22.31
6	16 Nevaeh O'Connell	Armbræ	21.19
7	555 Julie O'Sullivan	Lockview High	20.05
8			

Event 6 Boys 110 Meter Hurdles 36" Senior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 10:30 AM

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	558 Cameron Reid	Lockview High	20.67
2	164 Evan Mackay	Charles P. Allen	19.97
3	667 Jabari Benjamin	Sackville High	19.16
4	14 Ali Mohammed	Armbræ	20.93
5	212 James Murphy	Citadel High	22.28
6	178 Zack Walker	Charles P. Allen	18.99
7	220 Curtis Simms	Citadel High	22.06
8			
Heat 2 of 2 Prelims			
1	7 Eitan Baida	Armbræ	26.75
2	83 Morgan Wach	Auburn Drive	19.41
3	735 Ty Sutton	Woodlawn Hig	21.38
4	55 Guilio Bertollo	Auburn Drive	17.77
5	525 Lucas Franco	J.L. Ilsley	22.25
6	672 Collin Obana	Sackville High	20.37
7	161 Mathew Lawton	Charles P. Allen	19.10
8			

Event 7 Girls 400 Meter Dash Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 11:45 AM

SSNS: 58.99 2019-05-31 Cara MacDonald

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	387 Josie Leslie	Georges P. V	1:08.68
2	323 Lexie Moores	Ellenvale Jr.	1:07.64
3	390 Ava Manley	Georges P. V	1:07.24
4	440 Ella Furey	Halifax Grammar	1:07.10
5	283 Hazel Boyce	Eastern Passage	1:12.34
6	463 Carley Williams	Halifax Grammar	1:05.66
7	114 Cassidy McFarlane	Bicentennial	1:08.05
8	629 Elizabeth Atkinson	Rocky Lake Jr	1:10.03
Heat 2 of 2 Prelims			
1	447 Nyah Kaupp	Halifax Grammar	1:01.53
2	641 Sophia Hill	Rocky Lake Jr	1:11.13
3	462 Ayla Williams	Halifax Grammar	1:07.34
4	694 Anna MacDonald	Sacred Heart	1:06.12
5	354 Ameila Alexander	Five Bridges Jun	1:09.85
6	399 Charlotte Whitman	Georges P. V	1:07.97
7	693 Kailyn Kaulbach	Sacred Heart	1:07.94
8	386 Addison Labucki	Georges P. V	1:12.48

Event 8 Boys 400 Meter Dash Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 11:45 AM

SSNS: 53.72 2013 Barrett Dachyshyn

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	267 Alex Ansems	Dartmouth So	1:00.87
2	659 Dylan Nickerson	Rocky Lake Jr	1:02.57
3	441 Christos Giannou	Halifax Grammar	1:03.49
4	655 Prem Mistry	Rocky Lake Jr	1:03.03
5	320 Jacob Harmon	Ellenvale Jr.	1:01.98
6	398 Jayden Tillman	Georges P. V	1:01.02
7	394 Chase O'Neil	Georges P. V	1:03.60
8	279 Curtis Snelgrove	Dartmouth So	1:03.98
Heat 2 of 2 Prelims			
1	708 Keir Reynolds	St. Agnes Jr.	1:01.40
2	29 Tim Delong	Astral Drive	1:02.17
3	393 Ethan Normore	Georges P. V	1:03.14
4	448 Jaden Lee	Halifax Grammar	1:03.87
5	639 Will Dyck	Rocky Lake Jr	58.08
6	133 Sam Ryan	Caledonia	1:02.43
7	617 Naeem Kelly	Ridgecliff	1:01.63
8	280 Sydney Watt	Dartmouth So	1:03.44



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Event 9 Girls 400 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 11:45 AM

SSNS: 57.24 2003

Jenna Martin

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	701 Grace Galloway	St. Agnes Jr.	1:06.51
2	64 Lauryn Hatfield	Auburn Drive	1:05.90
3	637 Winter Dent	Rocky Lake Jr	1:07.70
4	454 Heidi Nuyens	Halifax Grammar	1:05.74
5	186 Emily Clarke	Citadel High	1:03.56
6	481 Ally McLean	Halifax West	1:07.11
7	38 Kayla MacLeod	Astral Drive	1:10.37
8	547 Rebecca Fraser	Lockview High	1:07.59

Heat 2 of 2 Prelims

1	105 Ava Miller	Bay View Hig	1:07.00
2	427 Anna Jeong	Halifax Central	1:03.04
3	189 Sophia Das	Citadel High	1:04.70
4	630 Lily Blondon	Rocky Lake Jr	1:07.70
5	86 Allie White	Auburn Drive	1:11.12
6	601 Bea Asbridge	Oxford School	1:06.95
7	207 Jane McGuire	Citadel High	1:06.32
8	102 Hannah McKinnon	Bay View Hig	1:09.81

Event 10 Boys 400 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 12:15 PM

SSNS: 50.87 2005

Jonathan Campbell

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	652 Owen MacGillivray	Rocky Lake Jr	57.54
2	459 Mathias White	Halifax Grammar	58.37
3	373 Felix Wirkus	Five Bridges Jun	58.45
4	327 Glendon Snow	Ellenvale Jr.	58.67
5	256 Alexander Bouchard	Dartmouth High	55.84
6	557 Tucker Potter	Lockview High	1:00.21
7	108 Ayden Rondeau	Bay View Hig	56.30
8	501 Yunshu Zhao	Halifax West	56.85

Heat 2 of 2 Prelims

1	489 Graham Sauer	Halifax West	57.42
2	499 Cole Willows	Halifax West	58.60
3	648 Alfred Lai	Rocky Lake Jr	1:00.42
4	561 Noah Baldwin	Madeline Symonds	58.75
5	240 Robert Martin	Clayton Park Jr.	56.31
6	461 Zach White	Halifax Grammar	54.25
7	149 Liam Flemming	Charles P. Allen	57.96
8	675 Noah Skeete	Sackville High	56.80

Event 11 Girls 400 Meter Dash Senior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 12:15 PM

SSNS: 54.13 2006

Jenna Martin

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	534 Mikalah Sewert	J.L. Ilsley	1:15.72
2	170 Aine Oneil	Charles P. Allen	1:06.61
3	544 Paige Carruthers	Lockview High	1:09.22
4	222 Katherine Sneddon-Simon	Citadel High	1:03.87
5	213 Ryli Nolan	Citadel High	1:05.25
6	197 Leana Graham	Citadel High	1:11.29
7	58 Sophie Carmichael	Auburn Drive	1:12.47
8	532 Melina Molkenthin	J.L. Ilsley	1:13.54

Heat 2 of 2 Prelims

1	80 Ava Stevens	Auburn Drive	1:09.75
2	227 Finnja Wesselmann	Citadel High	1:15.79
3	66 Rachel Kibble	Auburn Drive	1:08.26
4	300 Juliette Gunn	École second	1:13.68
5	167 Poppy Moon	Charles P. Allen	1:01.95
6	163 Makena MacDonald	Charles P. Allen	1:05.35
7	551 Kaitlyn Langille	Lockview High	1:05.45
8	303 Anne Savage	École second	1:12.25

Event 12 Boys 400 Meter Dash Senior

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Wednesday 2023-05-24 - 12:15 PM

SSNS: 48.49 2015

Mike Van Der Poel

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	183 Jasper Billingsley	Citadel High	1:03.21
2	299 Jacob Côté	École second	59.97
3	678 Romeo Walhelel	Sackville High	1:00.84
4	172 Alex Quinton	Charles P. Allen	56.07
5	155 Rowan Houlihan	Charles P. Allen	58.42
6	194 Alan Fawcett	Citadel High	58.09
7			
8			

Heat 2 of 3 Prelims

1	215 Brandon Powel	Citadel High	56.01
2	161 Mathew Lawton	Charles P. Allen	56.59
3	727 Oliver Gavel	Woodlawn Hig	NT
4	17 Samuel Proietti	Armbrae	1:00.07
5	526 Hugo Garcia	J.L. Ilsley	59.52
6	88 Jack Boutilier	Bay View Hig	1:00.74
7			
8			



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Heat 3 of 3 Prelims...(Event 12 Boys 400 Meter Dash Senior)

1				
2	99 Aidan MacDonald	Bay View Hig	1:00.28	
3	688 Jon Earle	Sacred Heart	59.41	
4	726 Aidan Ferguson	Woodlawn Hig	NT	
5	683 Julian Cooper	Sacred Heart	1:00.17	
6	667 Jabari Benjamin	Sackville High	58.36	
7	139 Vanrae Anderson	Charles P. Allen	55.58	
8				

Event 13 Girls 100 Meter Dash Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2023-05-24 - 12:45 PM**

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	343 Abigail Joseph	Fairview Jr.	14.56
2	386 Addison Labucki	Georges P. V	14.31
3	539 Emma Jordan	Leslie Thomas	14.11
4	112 Grace Killoran	Bedford Academy	13.64
5	234 Amarachi Ezurike	Clayton Park Jr.	14.13
6	291 Genevieve Sherlock	Eastern Passage	14.17
7	295 Audrey Joseph	Carrefour	14.54
8	686 Meave Culligan	Sacred Heart	13.74

Heat 2 of 2 Prelims

1	271 Brianna Hoskin	Dartmouth So	14.01
2	629 Elizabeth Atkinson	Rocky Lake Jr	13.89
3	562 Carly Beaton	Madeline Symonds	13.28
4	344 Ella Keast	Fairview Jr.	14.56
5	574 Kennedy May	Madeline Symonds	14.26
6	321 Mya Maccormick	Ellenvale Jr.	14.62
7	451 Zoe Michalos	Halifax Grammar	14.23
8	122 Ellajah Mackay-Tang	Brookside	14.13

Event 14 Boys 100 Meter Dash Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2023-05-24 - 12:45 PM**

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	374 Matteo Young	Five Bridges Jun	12.71
2	656 Emmet Mont	Rocky Lake Jr	12.81
3	347 Aaron Metzger	Fairview Jr.	12.90
4	639 Will Dyck	Rocky Lake Jr	12.44
5	398 Jayden Tillman	Georges P. V	12.85
6	298 Silvain Mbuyi	École Mer et	12.74
7	334 Ebun Akitobi	Fairview Jr.	13.31
8	253 Dontae Richard	Cunard Jr.	13.22

Heat 2 of 2 Prelims

1	623 Allan Tirop	Ridgecliff	12.73
2	235 Javier Hamilton	Clayton Park Jr.	13.28
3	337 Mi'kell Bottomley-Pyke	Fairview Jr.	12.79
4	448 Jaden Lee	Halifax Grammar	13.36
5	356 Quinn Campbell	Five Bridges Jun	12.83
6	400 Trenton Wile	Georges P. V	12.46
7	5 Wyatt Thurston	A.J. Smeltze	11.61
8	272 Oliver Lynk	Dartmouth So	13.10

Event 15 Girls 100 Meter Dash Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2023-05-24 - 12:45 PM**

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	559 Claire Sanford	Lockview High	13.96
2	706 Annabelle Raymond	St. Agnes Jr.	13.34
3	692 Skye Hussey	Sacred Heart	14.13
4	107 Sophie Quinn	Bay View Hig	14.12
5	630 Lily Blondon	Rocky Lake Jr	13.43
6	415 Georgia Steiro	Gorsebrook Jr.	14.01
7	241 Bridget Mutipula	Clayton Park Jr.	13.95
8	63 Ashley Hannah	Auburn Drive	13.88

Heat 2 of 2 Prelims

1	322 Avelinn McConnell	Ellenvale Jr.	14.10
2	477 Ava Macnutt	Halifax West	13.98
3	571 Sophia Macaulay	Madeline Symonds	13.69
4	647 Breanna Kuehner	Rocky Lake Jr	13.95
5	348 Channele Rodriguez-Coop	Fairview Jr.	13.59
6	64 Lauryn Hatfield	Auburn Drive	14.11
7	438 Zora Daramola	Halifax Grammar	14.25
8	59 Isla David	Auburn Drive	13.25

Event 16 Boys 100 Meter Dash Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2023-05-24 - 1:10 PM**

SSNS: 10.50 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	217 Corey Ross	Citadel High	12.40
2	11 Nai Johnson	Armbrae	12.47
3	156 Koby Iwegbu	Charles P. Allen	12.03
4	49 Jackson Sparkes	Astral Drive	12.12
5	430 Deaglan Nichol	Halifax Central	11.98
6	223 Nicholas Thalheimer-Wel	Citadel High	12.67
7	146 Tapi Chipudhla	Charles P. Allen	11.95
8	69 Liam MacDonald	Auburn Drive	11.64



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Heat 2 of 2 Prelims...(Event 16 Boys 100 Meter Dash Intermediate)

1	492 Jeff Shupe	Halifax West	12.52	_____
2	73 Zach Morash	Auburn Drive	11.99	_____
3	675 Noah Skeete	Sackville High	12.16	_____
4	707 Henry Raymond	St. Agnes Jr.	12.09	_____
5	520 Jacob Rhyno	Island View	11.45	_____
6	501 Yunshu Zhao	Halifax West	12.45	_____
7	204 Gabriel Martin	Citadel High	12.65	_____
8	85 Nathan Webb	Auburn Drive	11.82	_____

Event 17 Girls 100 Meter Dash Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2023-05-24 - 1:10 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 2 Prelims

1	533 Amalia Saupe	J.L. Ilsley	14.18	_____
2	56 Brielle Boachi	Auburn Drive	14.19	_____
3	16 Nevaeh O'Connell	Armbrae	15.00	_____
4	187 Queen Clayton	Citadel High	13.44	_____
5	171 Kaleigh Oulton	Charles P. Allen	14.47	_____
6	193 Pernilla Epouba Mfoumo	Citadel High	NT	_____
7	177 Reegan Wagg	Charles P. Allen	13.16	_____
8	435 Toni Babatolu	Halifax Grammar	NT	_____

Heat 2 of 2 Prelims

1	179 Katelyn Wilton	Charles P. Allen	13.57	_____
2	226 Rhianna Waligura-Newm	Citadel High	14.41	_____
3	483 Saint Mian Angui	Halifax West	30.00	_____
4	203 Aoife Marshall	Citadel High	15.57	_____
5	473 Lila Gechtman	Halifax West	13.98	_____
6	545 Fiona Day	Lockview High	12.98	_____
7	514 Natalie Kempton	Island View	14.32	_____
8				_____

Event 18 Boys 100 Meter Dash Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2023-05-24 - 1:10 PM**

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

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	299 Jacob Côté	École second	12.99	_____
2	500 Leonardo Zetti	Halifax West	12.06	_____
3	495 Emmanuel Tabiri	Halifax West	14.62	_____
4	673 Xavier Patterson	Sackville High	12.05	_____
5	71 Shomari Matthew	Auburn Drive	11.53	_____
6	142 Jonah Bucci	Charles P. Allen	11.79	_____
7	218 Nathan Schelew	Citadel High	12.84	_____
8	151 Brett Graves	Charles P. Allen	11.33	_____

Heat 2 of 2 Prelims

1	439 Tobi Evborokhai	Halifax Grammar	NT	_____
2	255 Praise Babalola	Dartmouth High	12.37	_____
3	97 Jace LeBlanc	Bay View Hig	11.86	_____
4	77 Marlowe Slawter	Auburn Drive	11.31	_____
5	78 Nate Slawter	Auburn Drive	11.40	_____
6	219 Keifer Schella	Citadel High	13.28	_____
7	474 Surefale Getachew	Halifax West	12.86	_____
8	74 Ayres Perry	Auburn Drive	11.71	_____

Event 19 Girls 1500 Meter Run Junior**Wednesday 2023-05-24 - 1:30 PM**

SSNS: 4:46.13 2019 Abby Lewis

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	269 Deborah Beach	Dartmouth So	5:12.24	_____
2	463 Carley Williams	Halifax Grammar	5:22.73	_____
3	653 Charlie MacLean	Rocky Lake Jr	5:47.28	_____
4	6 Oliveah Walker	A.J. Smeltze	5:53.59	_____
5	323 Lexie Moores	Ellenvale Jr.	5:38.55	_____
6	694 Anna MacDonald	Sacred Heart	5:39.07	_____
7	579 Kate Rogers	Madeline Symonds	6:06.37	_____
8	406 Ellora Das	Gorsebrook Jr.	5:46.19	_____
9	291 Genevieve Sherlock	Eastern Passage	5:26.80	_____
10	437 Faye Chiasson	Halifax Grammar	5:03.24	_____
11	389 Josie Luedey	Georges P. V	5:41.70	_____
12	649 Heather Lawton	Rocky Lake Jr	5:43.82	_____
13	9 Morgan Clarke	Armbrae	5:25.91	_____
14	328 Charlotte Thibault	Ellenvale Jr.	5:32.67	_____
15	392 Avah Nicholson	Georges P. V	6:05.07	_____
16	24 Alison Chambers	Astral Drive	6:05.72	_____
17				_____



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Event 20 Boys 1500 Meter Run Junior**Wednesday 2023-05-24 - 1:30 PM**

SSNS: 4:19.71 2009

Mike Tate

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	410 Oliver Neeve	Gorsebrook Jr.	4:53.67
2	661 Jack Quinton	Rocky Lake Jr	5:09.14
3	315 Nikhil Batra	Ellenvale Jr.	5:04.95
4	318 Luke Ellis	Ellenvale Jr.	5:05.40
5	638 Liam Doucet	Rocky Lake Jr	5:13.01
6	620 Luke Murphy	Ridgecliff	5:18.70
7	355 Sam Bragg	Five Bridges Jun	5:21.18
8	251 Griffin Cameron	Cunard Jr.	5:15.03
9	325 Evan Ren	Ellenvale Jr.	4:51.66
10	382 Max Brien	Georges P. V	5:05.38
11	632 Will Brown	Rocky Lake Jr	5:09.02
12	598 David Ackerman	Oxford School	4:56.82
13	364 Will Higginson	Five Bridges Jun	5:09.80
14	565 Cole Cowper	Madeline Symonds	5:11.70
15	702 Max Makropoulos	St. Agnes Jr.	5:13.48
16	233 Scott Corkum	Clayton Park Jr.	5:14.85
17			

Event 21 Girls 1500 Meter Run Intermediate**Wednesday 2023-05-24 - 1:30 PM**

SSNS: 4:31.02 2022-06-03

Abby Lewis

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	359 Molly Evers	Five Bridges Jun	5:20.03
2	637 Winter Dent	Rocky Lake Jr	5:21.81
3	481 Ally McLean	Halifax West	5:19.18
4	176 Evelyn Tobin	Charles P. Allen	5:29.92
5	25 Alena Collens	Astral Drive	5:35.24
6	549 Cicely Harnum	Lockview High	5:44.74
7	68 Clairia Kilpatrick	Auburn Drive	5:54.55
8	260 Frances MacLeod	Dartmouth High	5:53.79
9	600 Elisa Arteaga-Usuga	Oxford School	5:06.21
10	543 Anna Carruthers	Lockview High	5:04.60
11	189 Sophia Das	Citadel High	5:07.06
12	454 Heidi Nuyens	Halifax Grammar	5:12.75
13	553 Morgan Lewis	Lockview High	5:21.86
14	687 Liviya Driver	Sacred Heart	5:32.79
15	192 Alessia Dyer	Citadel High	5:40.18
16	195 Molly Flynn	Citadel High	5:52.08
17			

Event 22 Boys 1500 Meter Run Intermediate**Wednesday 2023-05-24 - 2:00 PM**

SSNS: 3:59.92 2015

Hudson Grimshaw-Surette

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	248 Tristan Courtney	Cole Harbour	4:58.21
2	723 Thomas Dewitt	Woodlawn Hig	4:38.10
3	409 Noah Miller	Gorsebrook Jr.	4:57.81
4	262 Leif Mitchell	Dartmouth High	4:59.85
5	264 Neil Rissesco	Dartmouth High	5:01.51
6	498 Kenzie Wagner	Halifax West	5:02.81
7	412 Luke Salah	Gorsebrook Jr.	5:07.22
8	631 Dylan Boyce	Rocky Lake Jr	5:04.12
9	256 Alexander Bouchard	Dartmouth High	4:29.12
10	82 Hinata Ueda	Auburn Drive	4:54.73
11	489 Graham Sauer	Halifax West	4:36.00
12	582 Kerem Yalcin	Madeline Symonds	4:59.39
13	618 Ewan MacDonald	Ridgecliff	5:00.63
14	42 Owen Odonnell	Astral Drive	5:01.16
15	662 Tristen Singh	Rocky Lake Jr	5:01.92
16	96 Iwata Koswei	Bay View Hig	5:01.94
17	407 Liam Kirby	Gorsebrook Jr.	NT

Event 23 Girls 1500 Meter Run Senior**Wednesday 2023-05-24 - 2:00 PM**

SSNS: 4:21.94 2019-05-31

Maggie Smith

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	167 Poppy Moon	Charles P. Allen	5:20.60
2	296 Anne-Sophie Le Rudulier	Sommet	5:22.73
3	468 Natasha Frame	Halifax West	5:52.34
4	61 Ava Egamino	Auburn Drive	5:52.34
5	301 Ava Jospeh	École second	5:55.25
6	58 Sophie Carmichael	Auburn Drive	6:09.84
7	92 Claire Casey	Bay View Hig	6:18.45
8	452 Ariana Nikolaou	Halifax Grammar	NT
9	552 Abby Lewis	Lockview High	4:45.69
10	444 Isabella Jennex	Halifax Grammar	5:03.52
11	718 Madesen Allen	Woodlawn Hig	5:25.75
12	138 Ellie Allen	Charles P. Allen	5:42.82
13	471 Iris Gamble	Halifax West	5:55.14
14	515 Brooke Maccurdy	Island View	5:54.35
15	300 Juliette Gunn	École second	6:00.78
16	684 Elisabeth Cormier	Sacred Heart	6:24.63
17	227 Finnja Wesselmann	Citadel High	6:28.78



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Event 24 Boys 1500 Meter Run Senior

Wednesday 2023-05-24 - 2:00 PM

SSNS: 3:54.91 2013

Mike Tate

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	172 Alex Quinton	Charles P. Allen	4:38.05
2	162 Kysac MacDonald	Charles P. Allen	4:49.31
3	214 Cohen Norman	Citadel High	4:30.85
4	169 James Nowell	Charles P. Allen	5:07.04
5	485 Beckett Nadeau	Halifax West	4:36.80
6	88 Jack Boutilier	Bay View Hig	5:12.67
7	512 Michael Cyr	Island View	5:13.25
8	726 Aidan Ferguson	Woodlawn Hig	NT
9	470 Griffin Gamble	Halifax West	4:21.50
10	161 Mathew Lawton	Charles P. Allen	4:32.19
11	185 Luka Chaisson	Citadel High	4:24.97
12	688 Jon Earle	Sacred Heart	4:36.64
13	292 Riley Cuthbert	Eastern Shore	4:53.00
14	211 Maxen Morrison	Citadel High	4:25.45
15	596 Domenico Villalobos Loz	Millwood High	5:12.37
16	257 Liam Elliott	Dartmouth High	4:40.39
17	209 Cole Miller	Citadel High	4:43.09

Event 25 Girls 200 Meter Dash Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Thursday 2023-05-25 - 10:00 AM

SSNS: 26.49 2014

Taylor Mattinson

Ties: 26.50 1976

Kris Crowell (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	539 Emma Jordan	Leslie Thomas	30.50
2	686 Meave Culligan	Sacred Heart	29.74
3	344 Ella Keast	Fairview Jr.	30.35
4	464 Esja Nener	Hfx Independant	29.79
5	291 Genevieve Sherlock	Eastern Passage	29.75
6	112 Grace Killoran	Bedford Academy	28.18
7	234 Amarachi Ezurike	Clayton Park Jr.	28.68
8	122 Ellajah Mackay-Tang	Brookside	29.84
Heat 2 of 2 Prelims			
1	387 Josie Leslie	Georges P. V	28.83
2	121 Caitlyn Kelly	Brookside	30.04
3	629 Elizabeth Atkinson	Rocky Lake Jr	29.88
4	447 Nyah Kaupp	Halifax Grammar	27.00
5	19 Shayna Wolfson	Armbrae	30.67
6	270 Peyton Crowe	Dartmouth So	29.74
7	271 Brianna Hoskin	Dartmouth So	28.72
8	574 Kennedy May	Madeline Symond	30.42

Event 26 Boys 200 Meter Dash Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Thursday 2023-05-25 - 10:00 AM

SSNS: 24.26 2005

Cameron Veinot

Ties: 24.10 1984

Derek Dempster (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	133 Sam Ryan	Caledonia	27.10
2	708 Keir Reynolds	St. Agnes Jr.	27.21
3	320 Jacob Harmon	Ellenvale Jr.	26.96
4	267 Alex Ansems	Dartmouth So	27.02
5	298 Silvain Mbuyi	École Mer et	26.09
6	337 Mi'kell Bottomley-Pyke	Fairview Jr.	26.26
7	134 Owen Sparkes	Caledonia	26.90
8	625 Jakii Wright	Ridgecliff	27.29
Heat 2 of 2 Prelims			
1	400 Trenton Wile	Georges P. V	26.36
2	422 Oliver Scotland	Graham Creighton	27.21
3	628 Oliver Arsenaault	Rocky Lake Jr	27.59
4	5 Wyatt Thurston	A.J. Smeltze	23.97
5	347 Aaron Metzger	Fairview Jr.	27.19
6	503 Luke Bowden	Harold T Barrett	26.96
7	656 Emmet Mont	Rocky Lake Jr	26.98
8	356 Quinn Campbell	Five Bridges Jun	26.83

Event 27 Girls 200 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Thursday 2023-05-25 - 10:00 AM

SSNS: 25.66 2001

Leanne Huck

Ties: 25.50 1973

Celia Branch (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	427 Anna Jeong	Halifax Central	29.32
2	559 Claire Sanford	Lockview High	29.38
3	706 Annabelle Raymond	St. Agnes Jr.	27.12
4	207 Jane McGuire	Citadel High	29.08
5	591 Kathryn Maceachern	Millwood High	29.81
6	630 Lily Blondon	Rocky Lake Jr	28.59
7	153 Breton Hayden	Charles P. Allen	29.53
8	477 Ava Macnutt	Halifax West	28.95
Heat 2 of 2 Prelims			
1	668 Zaila Benjamin	Sackville High	26.98
2	478 Jenna Martin	Halifax West	29.14
3	601 Bea Asbridge	Oxford School	29.03
4	241 Bridget Mutipula	Clayton Park Jr.	29.43
5	107 Sophie Quinn	Bay View Hig	29.44
6	348 Chanelle Rodriguez-Coop	Fairview Jr.	28.61
7	64 Lauryn Hatfield	Auburn Drive	28.87
8	580 Simi Shodunke	Madeline Symond	29.77



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Event 28 Boys 200 Meter Dash Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2023-05-25 - 10:20 AM****SSNS: 22.30 1998****Patrick Benjamin (hand)**

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	680 Simon Bortolussi	Sacred Heart	25.18
2	239 Nathan Lerue	Clayton Park Jr.	24.08
3	149 Liam Flemming	Charles P. Allen	25.18
4	69 Liam MacDonald	Auburn Drive	23.93
5	223 Nicholas Thalheimer-Wel	Citadel High	25.02
6	675 Noah Skeete	Sackville High	24.92
7	108 Ayden Rondeau	Bay View Hig	25.58
8	11 Nai Johnson	Armbrac	24.45

Heat 2 of 2 Prelims

1	658 Nathan Mulholland	Rocky Lake Jr	24.78
2	449 Malakhi Mansaray	Halifax Grammar	25.16
3	81 Sydney Stonehouse	Auburn Drive	24.99
4	191 Harrison Dunphy	Citadel High	24.61
5	430 Deaglan Nichol	Halifax Central	23.92
6	567 Griffin Hearn	Madeline Symond	25.59
7	501 Yunshu Zhao	Halifax West	24.29
8	49 Jackson Sparkes	Astral Drive	25.51

Event 29 Girls 200 Meter Dash Senior**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Thursday 2023-05-25 - 10:20 AM****SSNS: 24.84 2012****Jenn Meech**

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

1	690 Camila Herrera	Sacred Heart	32.04
2	533 Amalia Saupe	J.L. Ilsley	28.57
3	61 Ava Egamino	Auburn Drive	28.92
4	551 Kaitlyn Langille	Lockview High	28.86
5	177 Reegan Wagg	Charles P. Allen	27.40
6	534 Mikalah Sewert	J.L. Ilsley	30.69
7			
8			

Heat 2 of 3 Prelims

1	187 Queen Clayton	Citadel High	27.07
2	226 Rhianna Waligura-Newm	Citadel High	29.56
3	179 Katelyn Wilton	Charles P. Allen	28.05
4	586 Gaia De'sperati	Millwood High	28.87
5	435 Toni Babatolu	Halifax Grammar	NT
6	203 Aoife Marshall	Citadel High	30.89
7			
8			

Heat 3 of 3 Prelims

1	206 Jenna Matheson	Citadel High	30.70
2	170 Aine Oneil	Charles P. Allen	28.23
3	473 Lila Gechtman	Halifax West	29.13
4	66 Rachel Kibble	Auburn Drive	28.89
5	545 Fiona Day	Lockview High	27.04
6			
7			
8			

Event 30 Boys 200 Meter Dash Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2023-05-25 - 10:20 AM****SSNS: 21.58 2015****Matthew Coolen**

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	78 Nate Slawter	Auburn Drive	23.31
2	731 Owen McConnell	Woodlawn Hig	25.22
3	142 Jonah Bucci	Charles P. Allen	24.16
4	696 Steven Mata	Sacred Heart	25.52
5	453 Lefika Noko	Halifax Grammar	24.99
6	139 Vanrae Anderson	Charles P. Allen	24.73
7	299 Jacob Côté	École second	25.59
8	500 Leonardo Zetti	Halifax West	23.96

Heat 2 of 2 Prelims

1	71 Shomari Matthew	Auburn Drive	33.38
2	727 Oliver Gavel	Woodlawn Hig	24.58
3	151 Brett Graves	Charles P. Allen	23.25
4	74 Ayres Perry	Auburn Drive	24.68
5	676 Landon Smith	Sackville High	25.32
6	215 Brandon Powel	Citadel High	25.03
7	97 Jace LeBlanc	Bay View Hig	24.11
8	495 Emmanuel Tabiri	Halifax West	25.45



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Event 31 Girls 800 Meter Run Junior

Thursday 2023-05-25 - 10:45 AM

SSNS: 2:19.90 1977

Mary Jean Barrett (hand)

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	399 Charlotte Whitman	Georges P. V	2:40.06
2	576 Avery Nelson	Madeline Symonds	2:51.99
3	390 Ava Manley	Georges P. V	2:43.78
4	653 Charlie MacLean	Rocky Lake Jr	2:46.00
5	114 Cassidy McFarlane	Bicentennial	2:41.97
6	354 Ameila Alexander	Five Bridges Jun	2:46.44
7	462 Ayla Williams	Halifax Grammar	2:40.58
8	330 Bailey Tremblay	Ellenvale Jr.	2:48.58
9	291 Genevieve Sherlock	Eastern Passage	2:39.46
10	437 Faye Chiasson	Halifax Grammar	2:26.76
11	463 Carley Williams	Halifax Grammar	2:32.52
12	269 Deborah Beach	Dartmouth So	2:36.59
13	389 Josie Luedey	Georges P. V	2:43.80
14	649 Heather Lawton	Rocky Lake Jr	2:45.59
15	323 Lexie Moores	Ellenvale Jr.	2:42.16
16	689 Moira Gillis	Sacred Heart	2:48.22
17			

Event 32 Boys 800 Meter Run Junior

Thursday 2023-05-25 - 10:45 AM

SSNS: 2:04.93 2016-06-04

Camden Springer

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	598 David Ackerman	Oxford School	2:22.62
2	382 Max Brien	Georges P. V	2:27.79
3	325 Evan Ren	Ellenvale Jr.	2:24.94
4	315 Nikhil Batra	Ellenvale Jr.	2:28.22
5	632 Will Brown	Rocky Lake Jr	2:30.50
6	364 Will Higginson	Five Bridges Jun	2:31.12
7	508 Fraser Lake	Herring Cove Jr.	2:36.30
8	29 Tim Delong	Astral Drive	2:26.10
9	410 Oliver Neeve	Gorsebrook Jr.	2:21.79
10	502 Noah Adamski	Harold T Barrett	2:27.13
11	436 Saidharma Chelamkuri	Halifax Grammar	2:23.91
12	565 Cole Cowper	Madeline Symonds	2:28.82
13	620 Luke Murphy	Ridgecliff	2:29.80
14	279 Curtis Snelgrove	Dartmouth So	2:32.06
15	702 Max Makropoulos	St. Agnes Jr.	2:34.27
16	659 Dylan Nickerson	Rocky Lake Jr	2:31.97
17			

Event 33 Girls 800 Meter Run Intermediate

Thursday 2023-05-25 - 10:45 AM

SSNS: 2:12.60 1977

Louise Palmer (hand)

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	176 Evelyn Tobin	Charles P. Allen	2:35.17
2	701 Grace Galloway	St. Agnes Jr.	2:38.23
3	687 Liviya Driver	Sacred Heart	2:43.65
4	553 Morgan Lewis	Lockview High	2:39.71
5	25 Alena Collens	Astral Drive	2:40.24
6	637 Winter Dent	Rocky Lake Jr	2:41.28
7	68 Clairra Kilpatrick	Auburn Drive	2:45.79
8	543 Anna Carruthers	Lockview High	2:25.50
9	600 Elisa Arteaga-Usuga	Oxford School	2:28.75
10	189 Sophia Das	Citadel High	2:31.76
11	359 Molly Evers	Five Bridges Jun	2:35.36
12	105 Ava Miller	Bay View Hig	2:38.32
13	241 Bridget Mutipula	Clayton Park Jr.	2:43.86
14	261 Chloe McFarlane	Dartmouth High	2:48.48
15	236 Suzanne Jackson	Clayton Park Jr.	2:53.62
16	710 Mackenzie Rutherford	St. Agnes Jr.	2:53.79
17			

Event 34 Boys 800 Meter Run Intermediate

Thursday 2023-05-25 - 11:10 AM

SSNS: 1:58.21 2015

Hudson Grimshaw-Surette

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	414 Christopher Sneddon-Sim	Gorsebrook Jr.	2:18.29
2	499 Cole Willows	Halifax West	2:20.47
3	158 Tucker Johnson	Charles P. Allen	2:25.91
4	498 Kenzie Wagner	Halifax West	2:23.31
5	262 Leif Mitchell	Dartmouth High	2:24.93
6	248 Tristan Courtney	Cole Harbour	2:27.09
7	573 Kingston Manning	Madeline Symonds	2:27.33
8	256 Alexander Bouchard	Dartmouth High	2:07.45
9	157 William Jennings	Charles P. Allen	2:21.17
10	662 Tristen Singh	Rocky Lake Jr	2:23.95
11	42 Owen Odonnell	Astral Drive	2:25.19
12	10 Payton Flint	Armbrae	2:22.65
13	419 Wyatt Gilgan	Graham Creighton	2:26.75
14	556 Benjamin Phillips	Lockview High	2:26.85
15	129 Parker Coull	Caledonia	2:28.13
16	458 Andrew Stevenson	Halifax Grammar	2:29.10
17			



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Event 35 Girls 800 Meter Run Senior

Thursday 2023-05-25 - 11:10 AM

SSNS: 2:11.58 2019

Maggie Smith

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	213 Ryli Nolan	Citadel High	2:32.67
2	222 Katherine Sneddon-Simon	Citadel High	2:37.53
3	163 Makena MacDonald	Charles P. Allen	2:41.72
4	300 Juliette Gunn	École second	2:55.78
5	544 Paige Carruthers	Lockview High	2:42.85
6	138 Ellie Allen	Charles P. Allen	2:44.24
7	160 Bri Lawton	Charles P. Allen	2:45.72
8	469 Cara Freeman	Halifax West	NT
9	444 Isabella Jennex	Halifax Grammar	2:26.75
10	552 Abby Lewis	Lockview High	2:20.41
11	167 Poppy Moon	Charles P. Allen	2:29.82
12	296 Anne-Sophie Le Rudulier	Sommet	2:35.88
13	718 Madesen Allen	Woodlawn Hig	2:40.16
14	66 Rachel Kibble	Auburn Drive	2:42.08
15	684 Elisabeth Cormier	Sacred Heart	3:07.03
16	227 Finnja Wesselmann	Citadel High	3:13.11
17			

Event 36 Boys 800 Meter Run Senior

Thursday 2023-05-25 - 11:10 AM

SSNS: 1:54.47 2005

Jake Gallagher

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	487 Joshua Paris	Halifax West	2:07.44
2	257 Liam Elliott	Dartmouth High	2:12.75
3	688 Jon Earle	Sacred Heart	2:14.03
4	91 Luc Campbell	Bay View Hig	2:16.90
5	727 Oliver Gavel	Woodlawn Hig	2:18.23
6	683 Julian Cooper	Sacred Heart	2:23.48
7	726 Aidan Ferguson	Woodlawn Hig	2:23.56
8	99 Aidan MacDonald	Bay View Hig	2:22.55
9	211 Maxen Morrison	Citadel High	2:06.05
10	172 Alex Quinton	Charles P. Allen	2:07.33
11	161 Mathew Lawton	Charles P. Allen	2:12.41
12	162 Kysac MacDonald	Charles P. Allen	2:15.75
13	87 Gian Baillie Abidi	Bay View Hig	2:16.59
14	194 Alan Fawcett	Citadel High	2:14.81
15	513 Oliver Dawood	Island View	2:19.37
16	143 Jude Cameron	Charles P. Allen	2:20.66
17			

Event 37 Girls 4x100 Meter Relay Junior

Thursday 2023-05-25 - 11:30 AM

SSNS: 52.50 2014

Riverside Education Center

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Georges P. V	A	54.98
2	Ellenvale Jr.	A	59.29
3	Brookside	A	58.35
4	Madeline Symonds	A	56.95
5	Halifax Grammar	A	54.65
6	Dartmouth So	A	56.18
7	Eastern Passage	A	58.35
8	Sacred Heart	A	56.18

Event 38 Boys 4x100 Meter Relay Junior

Thursday 2023-05-25 - 11:30 AM

SSNS: 48.40 1990

Astral Drive (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Dartmouth So	A	52.54
2	Cunard Jr.	A	54.18
3	Rocky Lake Jr	A	52.09
4	Caledonia	A	54.84
5	Ridgecliff	A	52.53
6	Graham Creighton	A	54.07
7	Georges P. V	A	50.68
8	Fairview Jr.	A	51.20

Event 39 Girls 4x100 Meter Relay Intermediate

Thursday 2023-05-25 - 11:30 AM

SSNS: 51.34 2019-06-01

Lockview High School

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Charles P. Allen	A	57.64
2	Madeline Symonds	A	56.12
3	Halifax Grammar	A	54.46
4	Auburn Drive	A	54.20
5	Halifax West	A	54.47
6	Rocky Lake Jr	A	56.37
7	Gorsebrook Jr.	A	56.04
8	St. Agnes Jr.	A	55.05



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Event 40 Boys 4x100 Meter Relay Intermediate**Thursday 2023-05-25 - 12:00 PM**

SSNS: 45.50 1976 Sackville High (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Charles P. Allen	A	47.95
2	Citadel High	A	48.36
3	Rocky Lake Jr	A	48.60
4	Bay View Hig	A	48.82
5	Halifax West	A	50.07
6	Auburn Drive	A	48.22
7	Armbræ	A	48.86
8	Halifax Grammar	A	49.18

Event 41 Girls 4x100 Meter Relay Senior**Thursday 2023-05-25 - 12:00 PM**

SSNS: 50.32 2004 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Citadel High	A	55.16
2	Sackville High	A	1:00.53
3	Eastern Shore	A	1:02.22
4	Auburn Drive	A	57.42
5	Lockview High	A	56.51
6	J.L. Ilsley	A	58.99
7	Woodlawn Hig	A	58.34
8	Armbræ	A	58.64

Event 42 Boys 4x100 Meter Relay Senior**Thursday 2023-05-25 - 12:00 PM**

SSNS: 43.26 2014 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Sackville High	A	48.65
2	Citadel High	A	48.99
3	Charles P. Allen	A	46.26
4	Lockview High	A	48.59
5	Armbræ	A	50.26
6	Auburn Drive	A	45.73
7	J.L. Ilsley	A	53.04
8	Sacred Heart	A	50.45

Event 43 Girls 3000 Meter Run Junior**Thursday 2023-05-25 - 12:45 PM**

SSNS: 10:18.76 2011 Rachel Crawley

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	437 Faye Chiasson	Halifax Grammar	10:54.20
2	328 Charlotte Thibault	Ellenvale Jr.	11:32.48
3	406 Ellora Das	Gorsebrook Jr.	12:10.97
4	689 Moira Gillis	Sacred Heart	12:28.10
5	579 Kate Rogers	Madeline Symonds	13:20.88
6	613 Huda Ibrahim	Park West	12:43.44
7	392 Avah Nicholson	Georges P. V	13:37.30
8	450 Scarlet Mason	Halifax Grammar	12:44.80
9	269 Deborah Beach	Dartmouth So	10:49.77
10	291 Genevieve Sherlock	Eastern Passage	11:57.72
11	649 Heather Lawton	Rocky Lake Jr	12:36.47
12	716 Lucy Corning	Summit Acade	12:47.89
13	6 Oliveah Walker	A.J. Smeltze	12:54.36
14	576 Avery Nelson	Madeline Symonds	13:06.30
15	685 Anya Culligan	Sacred Heart	12:42.25
16	538 Natalie Ayer	Leslie Thomas	13:23.40
17			

Event 44 Boys 3000 Meter Run Junior**Thursday 2023-05-25 - 12:45 PM**

SSNS: 9:15.14 2011 Tobias Wolter

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	355 Sam Bragg	Five Bridges Jun	11:11.83
2	315 Nikhil Batra	Ellenvale Jr.	10:37.18
3	364 Will Higginson	Five Bridges Jun	11:17.42
4	29 Tim Delong	Astral Drive	11:20.98
5	318 Luke Ellis	Ellenvale Jr.	10:28.59
6	665 Isiah Davidson	SackvilleHeights	11:22.83
7	274 Nolen Mitchell	Dartmouth So	11:15.88
8	569 Xavier Lamorre	Madeline Symonds	11:34.65
9	325 Evan Ren	Ellenvale Jr.	10:13.98
10	619 Oliver Morrison	Ridgecliff	11:07.66
11	410 Oliver Neeve	Gorsebrook Jr.	10:24.40
12	632 Will Brown	Rocky Lake Jr	11:13.43
13	382 Max Brien	Georges P. V	11:16.96
14	598 David Ackerman	Oxford School	10:38.14
15	312 Rhys Tobin	Elizabeth Suther	11:06.17
16	233 Scott Corkum	Clayton Park Jr.	11:13.63
17			



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Event 45 Girls 3000 Meter Run Intermediate**Thursday 2023-05-25 - 1:15 PM**

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	359 Molly Evers	Five Bridges Jun	11:34.86
2	687 Liviya Driver	Sacred Heart	11:54.01
3	192 Alessia Dyer	Citadel High	12:08.35
4	199 Jillian Hope	Citadel High	13:00.56
5	195 Molly Flynn	Citadel High	13:00.83
6	634 Anna Chisholm	Rocky Lake Jr	12:42.26
7	304 Macy Urquhart	École second	13:13.92
8	405 Azalea Dambergs	Gorsebrook Jr.	14:19.20
9	600 Elisa Arteaga-Usuga	Oxford School	11:06.23
10	543 Anna Carruthers	Lockview High	11:02.15
11	25 Alena Collens	Astral Drive	11:44.53
12	553 Morgan Lewis	Lockview High	11:55.61
13	176 Evelyn Tobin	Charles P. Allen	12:04.40
14	549 Cicely Harnum	Lockview High	12:22.12
15	260 Frances MacLeod	Dartmouth High	13:12.87
16	644 Anna Jo	Rocky Lake Jr	12:43.86
17			

Event 46 Boys 3000 Meter Run Intermediate**Thursday 2023-05-25 - 1:15 PM**

SSNS: 8:50.61 2015 Andrew Peverill

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	489 Graham Sauer	Halifax West	9:50.95
2	723 Thomas Dewitt	Woodlawn Hig	9:55.10
3	407 Liam Kirby	Gorsebrook Jr.	10:34.74
4	664 Mac Taylor	Rocky Lake Jr	11:01.79
5	582 Kerem Yalcin	Madeline Symond	11:12.70
6	409 Noah Miller	Gorsebrook Jr.	10:49.00
7	96 Iwata Koswei	Bay View Hig	11:18.67
8	674 Gordon Rooks	Sackville High	11:20.80
9	256 Alexander Bouchard	Dartmouth High	9:27.94
10	157 William Jennings	Charles P. Allen	10:38.47
11	248 Tristan Courtney	Cole Harbour	10:38.99
12	618 Ewan MacDonald	Ridgecliff	10:52.02
13	662 Tristen Singh	Rocky Lake Jr	10:53.29
14	262 Leif Mitchell	Dartmouth High	10:35.39
15	302 Benoit Robichaud	École second	10:48.26
16	264 Neil Rissesco	Dartmouth High	10:53.29
17			

Event 47 Girls 3000 Meter Run Senior**Thursday 2023-05-25 - 1:30 PM**

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	167 Poppy Moon	Charles P. Allen	11:40.33
2	296 Anne-Sophie Le Rudulier	Sommet	11:54.25
3	552 Abby Lewis	Lockview High	10:06.84
4	681 Elianne Cao	Sacred Heart	15:18.04
5	141 Kate Beazley	Charles P. Allen	14:28.80
6	92 Claire Casey	Bay View Hig	14:11.00
7	471 Iris Gamble	Halifax West	13:00.33
8	468 Natasha Frame	Halifax West	12:49.90
9	444 Isabella Jennex	Halifax Grammar	11:08.97
10	138 Ellie Allen	Charles P. Allen	13:29.98
11	718 Madsen Allen	Woodlawn Hig	11:37.55
12			
13			
14			
15			

Event 48 Boys 3000 Meter Run Senior**Thursday 2023-05-25 - 1:30 PM**

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	185 Luka Chaisson	Citadel High	9:34.99
2	88 Jack Boutilier	Bay View Hig	12:05.66
3	292 Riley Cuthbert	Eastern Shore	11:37.98
4	688 Jon Earle	Sacred Heart	9:58.30
5	593 Ryan Miller	Millwood High	11:53.06
6	162 Kysac MacDonald	Charles P. Allen	11:37.07
7	214 Cohen Norman	Citadel High	9:42.40
8	682 Rory Clyburne	Sacred Heart	12:10.45
9	161 Mathew Lawton	Charles P. Allen	11:29.62
10	257 Liam Elliott	Dartmouth High	10:29.79
11	172 Alex Quinton	Charles P. Allen	11:29.65
12	470 Griffin Gamble	Halifax West	9:19.45
13	596 Domenico Villalobos Loz	Millwood High	11:47.83
14	485 Beckett Nadeau	Halifax West	9:56.68
15	209 Cole Miller	Citadel High	10:20.51
16	103 Zachary Melanson	Bay View Hig	12:02.50
17			



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Event 49 Girls 4x400 Meter Relay Junior**Thursday 2023-05-25 - 2:15 PM**

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

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Brookside	A	4:51.61
2	Georges P. V	A	4:46.96
3	Sacred Heart	A	4:45.08
4	Halifax Grammar	A	4:24.24
5	Fairview Jr.	A	4:55.21
6	Rocky Lake Jr	A	5:01.27
7	Bicentennial	A	4:58.63
8	Madeline Symonds	A	5:02.42

Event 50 Boys 4x400 Meter Relay Junior**Thursday 2023-05-25 - 2:15 PM**

SSNS: 3:48.10 2013 Halifax Central Junior

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Caledonia	A	4:24.96
2	Georges P. V	A	4:15.70
3	Harold T Barrett	A	4:35.81
4	Rocky Lake Jr	A	4:23.68
5	Halifax Grammar	A	4:19.60
6	Dartmouth So	A	4:19.22
7	Astral Drive	A	4:38.66
8	St. Agnes Jr.	A	4:30.64

Event 51 Girls 4x400 Meter Relay Intermediate**Thursday 2023-05-25 - 2:15 PM**

SSNS: 4:07.64 2007 Halifax Grammar

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Astral Drive	A	4:54.95
2	Sacred Heart	A	4:47.79
3	St. Agnes Jr.	A	4:33.54
4	Rocky Lake Jr	A	4:43.85
5	Halifax West	A	4:36.54
6	Auburn Drive	A	4:46.47
7	Citadel High	A	4:24.27
8	Madeline Symonds	A	5:02.30

Event 52 Boys 4x400 Meter Relay Intermediate**Thursday 2023-05-25 - 2:45 PM**

SSNS: 3:35.40 1984 Prince Andrew (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Sackville High	A	4:13.00
2	Armbrae	A	4:01.25
3	Madeline Symonds	A	4:05.80
4	Charles P. Allen	A	4:09.28
5	Halifax West	A	3:55.10
6	Halifax Grammar	A	3:58.56
7	Citadel High	A	4:05.96
8	Rocky Lake Jr	A	4:02.75

Event 53 Girls 4x400 Meter Relay Senior**Thursday 2023-05-25 - 2:45 PM**

SSNS: 4:01.53 2009 Park View

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Citadel High	A	4:30.42
2	Charles P. Allen	A	4:36.95
3	Lockview High	A	4:30.41
4	Halifax Grammar	A	4:29.21
5	Woodlawn Hig	A	4:51.47
6	Halifax West	A	4:54.26
7	Auburn Drive	A	4:51.48
8			

Event 54 Boys 4x400 Meter Relay Senior**Thursday 2023-05-25 - 2:45 PM**

SSNS: 3:26.09 2014 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax West	A	3:56.90
2	Woodlawn Hig	A	4:06.71
3	Lockview High	A	4:00.69
4	Auburn Drive	A	4:01.16
5	Citadel High	A	3:54.01
6	Charles P. Allen	A	3:49.98
7	Sackville High	A	3:56.02
8	Sacred Heart	A	4:07.83



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Event 55 Girls Long Jump Junior

Thursday 2023-05-25 - 12:00 PM

SSNS: 4.99m 2019-06-01 Mya Archibald

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	607 Ruby McCormack	Oxford School	3.88m	_____
2	654 Sofia Martelli-Madina	Rocky Lake Jr	3.72m	_____
3	408 Eleanor McHenry	Gorsebrook Jr.	3.95m	_____
4	112 Grace Killoran	Bedford Academy	4.10m	_____
5	353 Elizabeth Weinberg	Fairview Jr.	3.89m	_____
6	574 Kennedy May	Madeline Symonds	4.22m	_____
7	539 Emma Jordan	Leslie Thomas	4.00m	_____
8	119 Abigail Gaudet	Brookside	3.99m	_____
9	289 Mylah Pastuck	Eastern Passage	3.58m	_____
10	401 Kensi Wootton	Georges P. V	3.66m	_____
11	697 Isobel Schrader	Sacred Heart	3.93m	_____
12	270 Peyton Crowe	Dartmouth So	3.78m	_____
13	464 Esja Nener	Hfx Independant	4.02m	_____
14	563 Avery Bootland	Madeline Symonds	3.68m	_____
15	612 Anna Adara	Park West	3.75m	_____
16	273 Lila Macaskill	Dartmouth So	3.87m	_____

Event 56 Boys Long Jump Junior

Wednesday 2023-05-24 - 12:00 PM

SSNS: 5.79m 2012 David MacDonald

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	700 Ethan Daniel	St. Agnes Jr.	4.38m	_____
2	394 Chase O'Neil	Georges P. V	5.17m	_____
3	400 Trenton Wile	Georges P. V	4.71m	_____
4	655 Prem Mistry	Rocky Lake Jr	5.32m	_____
5	314 Macade Wright	Elizabeth Suther	4.52m	_____
6	378 Bentley Jenkinson	Gaetzbrook	4.67m	_____
7	287 Patrick O'Keefe	Eastern Passage	4.75m	_____
8	277 Reiiis Ralph	Dartmouth So	4.68m	_____
9	617 Naeem Kelly	Ridgecliff	5.11m	_____
10	267 Alex Ansems	Dartmouth So	4.40m	_____
11	625 Jakii Wright	Ridgecliff	4.84m	_____
12	656 Emmet Mont	Rocky Lake Jr	5.35m	_____
13	298 Silvain Mbuyi	École Mer et	4.55m	_____
14	598 David Ackerman	Oxford School	4.33m	_____
15	347 Aaron Metzger	Fairview Jr.	4.95m	_____
16	281 Rhys Walker	East Coast V	4.34m	_____

Event 57 Girls Long Jump Intermediate

Thursday 2023-05-25 - 10:00 AM

SSNS: 5.32m 1973 Cecilia Branch

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	348 Chanelle Rodriquez-Coop	Fairview Jr.	4.35m	_____
2	446 Vivian Johnson	Halifax Grammar	4.74m	_____
3	198 Deja Hooper-Dixon	Citadel High	4.19m	_____
4	572 Paige Macphee	Madeline Symonds	4.06m	_____
5	62 Ailish Fowler	Auburn Drive	4.36m	_____
6	668 Zaila Benjamin	Sackville High	4.70m	_____
7	186 Emily Clarke	Citadel High	4.82m	_____
8	488 Feyikemi Rotimi	Halifax West	4.32m	_____
9	571 Sophia Macaulay	Madeline Symonds	4.03m	_____
10	602 Isobel Beamer	Oxford School	4.15m	_____
11	445 Elyse Johnson	Halifax Grammar	4.23m	_____
12	580 Simi Shodunke	Madeline Symonds	4.30m	_____
13	477 Ava Macnutt	Halifax West	4.31m	_____
14	518 Hannah McMullin	Island View	4.26m	_____
15	595 Devika Shaiju	Millwood High	4.12m	_____
16	72 Marley McLellan	Auburn Drive	4.16m	_____

Event 58 Boys Long Jump Intermediate

Wednesday 2023-05-24 - 10:00 AM

SSNS: 6.44m 1997 David Paxton

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	217 Corey Ross	Citadel High	5.67m	_____
2	166 Keegan May	Charles P. Allen	6.02m	_____
3	81 Sydney Stonehouse	Auburn Drive	5.52m	_____
4	191 Harrison Dunphy	Citadel High	4.86m	_____
5	110 Nil Trulis	Bay View Hig	5.95m	_____
6	492 Jeff Shupe	Halifax West	5.07m	_____
7	560 Caleb Anderson	Madeline Symonds	5.39m	_____
8	108 Ayden Rondeau	Bay View Hig	5.88m	_____
9	658 Nathan Mulholland	Rocky Lake Jr	5.68m	_____
10	43 Aiden O'Donnell	Astral Drive	5.40m	_____
11	457 Jasper Qi	Halifax Grammar	5.08m	_____
12	10 Payton Flint	Armbrae	4.90m	_____
13	482 Ethan Metzger	Halifax West	5.05m	_____
14	557 Tucker Potter	Lockview High	5.99m	_____
15	429 Ben Kowalczyk	Halifax Central	4.93m	_____
16	730 Anthony Maxwell	Woodlawn Hig	4.89m	_____



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Event 59 Girls Long Jump Senior

Thursday 2023-05-25 - 2:00 PM

SSNS: 5.49m 2017-06-03 Denver Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	193 Pernilla Epouba Mfoumou	Citadel High	ND	
2	160 Bri Lawton	Charles P. Allen	4.13m	
3	229 Lyla Wolthausen	Citadel High	3.47m	
4	473 Lila Gechtman	Halifax West	4.66m	
5	722 Kaylee Croft	Woodlawn Hig	3.80m	
6	545 Fiona Day	Lockview High	4.09m	
7	465 Claire Covert	Halifax West	4.51m	
8	203 Aoife Marshall	Citadel High	3.65m	
9	586 Gaia De'sperati	Millwood High	4.32m	
10	514 Natalie Kempton	Island View	4.11m	
11	551 Kaitlyn Langille	Lockview High	4.19m	
12	197 Leana Graham	Citadel High	3.66m	
13	590 Hailey Maceachern	Millwood High	3.96m	
14	690 Camila Herrera	Sacred Heart	3.43m	
15	56 Brielle Boachi	Auburn Drive	4.11m	
16	171 Kaleigh Oulton	Charles P. Allen	3.94m	

Event 60 Boys Long Jump Senior

Wednesday 2023-05-24 - 2:00 PM

SSNS: 7.15m 1956 Dave Lucas

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	495 Emmanuel Tabiri	Halifax West	5.14m	
2	731 Owen McConnell	Woodlawn Hig	5.30m	
3	439 Tobi Evborokhai	Halifax Grammar	ND	
4	173 Isaiah Salanic	Charles P. Allen	5.77m	
5	139 Vanrae Anderson	Charles P. Allen	5.82m	
6	487 Joshua Paris	Halifax West	5.23m	
7	299 Jacob Côté	École second	5.07m	
8	164 Evan Mackay	Charles P. Allen	5.63m	
9	526 Hugo Garcia	J.L. Ilsley	5.04m	
10	55 Guilio Bertollo	Auburn Drive	6.24m	
11	667 Jabari Benjamin	Sackville High	5.91m	
12	442 Charlie Hunter	Halifax Grammar	5.42m	
13	78 Nate Slawter	Auburn Drive	5.77m	
14	212 James Murphy	Citadel High	4.85m	
15	178 Zack Walker	Charles P. Allen	5.67m	
16	516 Thomas MacDonald	Island View	5.78m	
17	476 Aven Haile	Halifax West	4.96m	

Event 61 Girls High Jump Junior

Wednesday 2023-05-24 - 10:00 AM

SSNS: 1.63m 2004 Laura Maessen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	574 Kennedy May	Madeline Symonds	1.35m	
2	714 Libby Zhang	St. Agnes Jr.	1.35m	
3	570 Claire Legrow	Madeline Symonds	1.30m	
4	607 Ruby McCormack	Oxford School	1.25m	
5	622 Danae Smith	Ridgecliff	1.35m	
6	433 Liae Yang	Halifax Central	1.35m	
7	268 Averie Baird	Dartmouth So	1.25m	
8	368 Iyla Oystreck	Five Bridges Jun	1.25m	
9	385 Amalia Kolic	Georges P. V	1.40m	
10	568 G Jupp	Madeline Symonds	1.30m	
11	615 Kylie McMahon	Park West	1.30m	
12	390 Ava Manley	Georges P. V	1.35m	
13	428 Hana Jeong	Halifax Central	1.25m	
14	305 Frania Andresen	Elizabeth Suther	1.25m	
15	35 Gianna Lozier	Astral Drive	1.35m	
16	408 Eleanor McHenry	Gorsebrook Jr.	1.25m	
17	578 Sanskriti Pradhan	Madeline Symonds	1.25m	

Event 62 Boys High Jump Junior

Thursday 2023-05-25 - 12:00 PM

SSNS: 1.77m 2004 Brandon Mallally

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	335 Ife Akitobi	Fairview Jr.	1.35m	
2	541 Callum Whynacht	Leslie Thomas	1.40m	
3	503 Luke Bowden	Harold T Barrett	1.35m	
4	310 Lauchlan Peters	Elizabeth Suther	1.45m	
5	540 Landis Payne	Leslie Thomas	1.35m	
6	274 Nolen Mitchell	Dartmouth So	1.45m	
7	635 Matthew Cochrane	Rocky Lake Jr	1.40m	
8	331 Kowen Croft	Eric Graves Jr.	1.45m	
9	37 Owen MacLellan	Astral Drive	1.40m	
10	369 Robinson Rievaj	Five Bridges Jun	1.45m	
11	277 Reisi Ralph	Dartmouth So	1.50m	
12	306 Alex Gyorfi	Elizabeth Suther	1.50m	
13	40 Sam McLerndon	Astral Drive	1.50m	
14	276 Caleb Oloruntoyin-Balog	Dartmouth So	1.40m	
15	298 Silvain Mbuyi	École Mer et	1.55m	
16	507 Ini Ogunlaiye	Harold T Barrett	1.60m	



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Event 63 Girls High Jump Intermediate

Wednesday 2023-05-24 - 12:00 PM

SSNS: 1.72m 1986

Tracey Loke

Ties: 1.72m 1986

Natalie Munroe

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	53 Riley Auby	Auburn Drive	1.30m
2	186 Emily Clarke	Citadel High	1.45m
3	47 Sarah Sheppard	Astral Drive	1.40m
4	63 Ashley Hannah	Auburn Drive	1.30m
5	710 Mackenzie Rutherford	St. Agnes Jr.	1.30m
6	411 Ella Porter	Gorsebrook Jr.	1.30m
7	524 Johanna Denn	J.L. Ilsley	1.35m
8	493 Clara Simmons	Halifax West	1.40m
9	624 Maddie Titus	Ridgecliff	1.30m
10	446 Vivian Johnson	Halifax Grammar	1.40m
11	198 Deja Hooper-Dixon	Citadel High	1.35m
12	432 Olivia Smith	Halifax Central	1.30m
13	571 Sophia Macaulay	Madeline Symonds	1.30m
14	25 Alena Collens	Astral Drive	1.35m
15	536 Brooklyn Veniot	J.L. Ilsley	1.30m
16	580 Simi Shodunke	Madeline Symonds	1.45m
17	616 Elise Blackmore	Ridgecliff	1.30m

Event 64 Boys High Jump Intermediate

Thursday 2023-05-25 - 2:00 PM

SSNS: 1.95m 1988

Charles MacKay

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	457 Jasper Qi	Halifax Grammar	1.65m
2	455 Sam Olugu	Halifax Grammar	1.65m
3	377 Isaac Fry	Gaetzbrook	1.55m
4	101 Dawson Macneil	Bay View Hig	1.50m
5	360 Tyson Foley	Five Bridges Jun	1.50m
6	60 Noah Dumouchelle	Auburn Drive	1.55m
7	466 Victor Dao	Halifax West	1.55m
8	482 Ethan Metzger	Halifax West	1.65m
9	108 Ayden Rondeau	Bay View Hig	1.70m
10	28 Evan Davis	Astral Drive	1.70m
11	459 Mathias White	Halifax Grammar	1.60m
12	18 Amari Upshaw	Armbrae	1.50m
13	349 Cameron Selig	Fairview Jr.	1.70m
14	365 Donovan Jay	Five Bridges Jun	1.80m
15	191 Harrison Dunphy	Citadel High	1.65m
16	581 Noah Snider	Madeline Symonds	1.50m

Event 65 Girls High Jump Senior

Wednesday 2023-05-24 - 2:00 PM

SSNS: 1.72m 1983

Linda Ayer

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	165 Alison MacNeil	Charles P. Allen	NH
2	193 Pernilla Epouba Mfoumou	Citadel High	NH
3	690 Camila Herrera	Sacred Heart	1.35m
4	160 Bri Lawton	Charles P. Allen	1.45m
5	465 Claire Covert	Halifax West	1.15m
6	545 Fiona Day	Lockview High	1.53m
7	80 Ava Stevens	Auburn Drive	1.35m
8	594 Amber Salter	Millwood High	1.20m

Event 66 Boys High Jump Senior

Thursday 2023-05-25 - 10:00 AM

SSNS: 2.06m 1981

Tim Wrigley

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	143 Jude Cameron	Charles P. Allen	1.40m
2	219 Keifer Schella	Citadel High	1.50m
3	77 Marlowe Slawter	Auburn Drive	1.40m
4	593 Ryan Miller	Millwood High	1.50m
5	585 Alvyn Clayton Kyalo	Millwood High	1.50m
6	592 Jack Machray-Saulnier	Millwood High	1.45m
7	212 James Murphy	Citadel High	1.65m
8	139 Vanrae Anderson	Charles P. Allen	1.75m
9	178 Zack Walker	Charles P. Allen	1.75m
10	442 Charlie Hunter	Halifax Grammar	1.70m
11	516 Thomas MacDonald	Island View	1.80m



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Event 67 Girls Triple Jump Junior

Wednesday 2023-05-24 - 2:00 PM

SSNS: 11.00m 2016-06-03 Sierra Sweeney

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	50 Isabelle Steele	Astral Drive	7.92m	
2	640 Laura Hill	Rocky Lake Jr	7.98m	
3	368 Iyla Oystreck	Five Bridges Jun	8.10m	
4	116 Willow Schandall	Bicentennial	7.96m	
5	370 Amelya Seymour	Five Bridges Jun	7.74m	
6	697 Isobel Schrader	Sacred Heart	8.26m	
7	385 Amalia Kolic	Georges P. V	8.12m	
8	270 Peyton Crowe	Dartmouth So	8.44m	
9	35 Gianna Lozier	Astral Drive	7.65m	
10	607 Ruby McCormack	Oxford School	8.06m	
11	342 Lacey Hanley	Fairview Jr.	8.48m	
12	408 Eleanor McHenry	Gorsebrook Jr.	8.01m	
13	693 Kailyn Kaulbach	Sacred Heart	8.68m	
14	386 Addison Labucki	Georges P. V	8.10m	
15	563 Avery Bootland	Madeline Symonds	7.66m	
16	704 Emmy Mastnak	St. Agnes Jr.	8.60m	

Event 68 Boys Triple Jump Junior

Thursday 2023-05-25 - 10:00 AM

SSNS: 12.03m 2012 Kaelan Schmidt

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	423 Pj Bilek	Halifax Central	9.51m	
2	133 Sam Ryan	Caledonia	9.46m	
3	237 Eunchan Jeong	Clayton Park Jr.	8.91m	
4	267 Alex Ansems	Dartmouth So	9.60m	
5	381 Nolan Baker	Georges P. V	8.83m	
6	136 Euan Thompson	Caledonia	8.92m	
7	275 Ethan Obeng Nkrumah	Dartmouth So	9.24m	
8	643 Duncan Isbister	Rocky Lake Jr	9.22m	
9	391 Oliver Murphy	Georges P. V	9.95m	
10	656 Emmet Mont	Rocky Lake Jr	9.73m	
11	21 Clark Brine	Astral Drive	9.09m	
12	635 Matthew Cochrane	Rocky Lake Jr	9.26m	
13	314 Macade Wright	Elizabeth Suther	9.58m	
14	507 Ini Ogunlaiye	Harold T Barrett	9.84m	
15	617 Naeem Kelly	Ridgecliff	9.82m	
16	337 Mi'kell Bottomley-Pyke	Fairview Jr.	9.31m	

Event 69 Girls Triple Jump Intermediate

Wednesday 2023-05-24 - 10:00 AM

SSNS: 11.19m 2016-06-03 Gabrielle Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	663 Hannah Tabula	Rocky Lake Jr	8.50m	
2	647 Breanna Kuehner	Rocky Lake Jr	8.63m	
3	62 Ailish Fowler	Auburn Drive	9.15m	
4	198 Deja Hooper-Dixon	Citadel High	8.74m	
5	580 Simi Shodunke	Madeline Symonds	9.14m	
6	477 Ava Macnutt	Halifax West	8.99m	
7	591 Kathryn Maceachern	Millwood High	8.44m	
8	47 Sarah Sheppard	Astral Drive	8.68m	
9	366 Millie Madden	Five Bridges Jun	8.62m	
10	411 Ella Porter	Gorsebrook Jr.	7.56m	
11	603 Julia Berry	Oxford School	7.56m	
12	182 Freggi Askhiem	Citadel High	8.29m	
13	602 Isobel Beamer	Oxford School	7.78m	
14	636 Ena Daigle	Rocky Lake Jr	8.72m	
15	348 Channele Rodriguez-Coop	Fairview Jr.	9.25m	
16	488 Feyikemi Rotimi	Halifax West	9.42m	

Event 70 Boys Triple Jump Intermediate

Thursday 2023-05-25 - 12:00 PM

SSNS: 13.82m 1986 Mike Arodugba

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	145 Kevin Chen	Charles P. Allen	10.43m	
2	217 Corey Ross	Citadel High	11.26m	
3	224 Bryce Trenholm	Citadel High	10.90m	
4	109 Madden Ross	Bay View Hig	10.48m	
5	332 Shakib Abdull Wahid	Fairview Jr.	9.84m	
6	426 Ewan Gunn	Halifax Central	9.98m	
7	658 Nathan Mulholland	Rocky Lake Jr	11.43m	
8	429 Ben Kowalczyk	Halifax Central	10.37m	
9	43 Aiden O'Donnell	Astral Drive	10.72m	
10	166 Keegan May	Charles P. Allen	11.07m	
11	564 Finn Bootland	Madeline Symonds	10.62m	
12	657 Leo Mont	Rocky Lake Jr	11.24m	
13	466 Victor Dao	Halifax West	11.87m	
14	530 Omar Khalaf	J.L. Ilsley	10.18m	
15	110 Nil Trulis	Bay View Hig	12.11m	
16	240 Robert Martin	Clayton Park Jr.	10.42m	



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Event 71 Girls Triple Jump Senior

Wednesday 2023-05-24 - 12:00 PM

SSNS: 11.71m 2018-06-01 Gabrielle Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	160 Bri Lawton	Charles P. Allen	9.39m	_____
2	465 Claire Covert	Halifax West	8.69m	_____
3	229 Lyla Wolthausen	Citadel High	8.44m	_____
4	473 Lila Gechtman	Halifax West	9.68m	_____
5	590 Hailey Maceachern	Millwood High	9.04m	_____
6	171 Kaleigh Oulton	Charles P. Allen	9.16m	_____
7	594 Amber Salter	Millwood High	8.02m	_____
8	197 Leana Graham	Citadel High	7.17m	_____
9	56 Brielle Boachi	Auburn Drive	6.97m	_____
10	193 Pernilla Epouba Mfoumou	Citadel High	ND	_____

Event 72 Boys Triple Jump Senior

Thursday 2023-05-25 - 2:00 PM

SSNS: 14.25m 1964 Howie Jackson

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	178 Zack Walker	Charles P. Allen	11.37m	_____
2	592 Jack Machray-Saulnier	Millwood High	9.49m	_____
3	679 Xander Biddulph	Sacred Heart	9.99m	_____
4	173 Isaiah Salanic	Charles P. Allen	10.36m	_____
5	495 Emmanuel Tabiri	Halifax West	10.78m	_____
6	7 Eitan Baida	Armbrae	9.36m	_____
7	719 Dylan Armitage	Woodlawn Hig	9.19m	_____
8	84 Jake Wambolt	Auburn Drive	10.15m	_____
9	526 Hugo Garcia	J.L. Ilsley	10.28m	_____
10	434 Folu Adebisi	Halifax Grammar	13.28m	_____
11	593 Ryan Miller	Millwood High	9.46m	_____
12	442 Charlie Hunter	Halifax Grammar	11.92m	_____
13	667 Jabari Benjamin	Sackville High	11.47m	_____
14	589 Conner Lebreton	Millwood High	8.57m	_____

Event 73 Girls Shot Put 3kg Junior

Thursday 2023-05-25 - 10:00 AM

SSNS: 11.58m 2010 Taylor Stutley

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	352 Asha Wagner	Fairview Jr.	7.19m	_____
2	611 Rylynn Smith	Oyster Pond	7.82m	_____
3	511 Peyton Phillips	Highland Park Jr	8.63m	_____
4	397 Abigail Sullivan	Georges P. V	7.40m	_____
5	604 Sade Daramola	Oxford School	7.09m	_____
6	252 Mahlia MacDonald	Cunard Jr.	8.49m	_____
7	26 Sophie Cormier	Astral Drive	7.32m	_____
8	324 Faith Owodolu	Ellenvale Jr.	7.01m	_____
9	642 Emma Holder	Rocky Lake Jr	7.40m	_____
10	127 Sadie Buckley	Caledonia	6.81m	_____
11	119 Abigail Gaudet	Brookside	7.78m	_____
12	577 Raleigh Peck	Madeline Symonds	7.34m	_____
13	231 Jillian Bowes	Clayton Park Jr.	7.39m	_____
14	384 Paityn Fownes	Georges P. V	7.14m	_____
15	288 Amelia Osada	Eastern Passage	7.02m	_____
16	340 Gracie Downing	Fairview Jr.	7.81m	_____

Event 74 Boys Shot Put 4kg Junior

Wednesday 2023-05-24 - 10:00 AM

SSNS: 14.37m 2016-06-03 Logan Taylor

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	246 Austin Walker	Clayton Park Jr.	7.69m	_____
2	232 Malachi Cassie	Clayton Park Jr.	7.96m	_____
3	632 Will Brown	Rocky Lake Jr	7.98m	_____
4	702 Max Makropoulos	St. Agnes Jr.	7.78m	_____
5	541 Callum Whynacht	Leslie Thomas	8.38m	_____
6	44 Colby O'Shaughnessy	Astral Drive	8.32m	_____
7	297 Vaughan Lewis	École Mer et	7.93m	_____
8	125 Callum Quinn	Brookside	8.28m	_____
9	135 Chris Thompson	Caledonia	8.93m	_____
10	34 Liam Legrange	Astral Drive	8.96m	_____
11	120 Connor Hammond	Brookside	8.56m	_____
12	614 Niko Katsiitis	Park West	9.53m	_____
13	285 Lucas LeBlanc	Eastern Passage	8.24m	_____
14	391 Oliver Murphy	Georges P. V	8.40m	_____
15	277 Reiiis Ralph	Dartmouth So	7.77m	_____
16	242 Ryker Rivamonte	Clayton Park Jr.	8.61m	_____



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Event 75 Girls Shot Put 4kg Intermediate**Thursday 2023-05-25 - 2:00 PM**

SSNS: 12.98m 2009

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	404 Sadie Chiasson	Gorsebrook Jr.	6.73m	_____
2	549 Cicely Harnum	Lockview High	6.32m	_____
3	587 Denver Hawkins	Millwood High	6.46m	_____
4	106 Randall Nickayla	Bay View Hig	6.88m	_____
5	488 Feyikemi Rotimi	Halifax West	7.95m	_____
6	610 Ashley Reynolds	Oyster Pond	7.48m	_____
7	456 Ruth O'Regan	Halifax Grammar	8.26m	_____
8	416 Isioma Ugwu	Gorsebrook Jr.	8.05m	_____
9	402 Arianna Brill	Gorsebrook Jr.	6.52m	_____
10	329 Cherish Thomey	Ellenvale Jr.	7.18m	_____
11	496 Mae Teed	Halifax West	7.71m	_____
12	90 Lainey Bussey	Bay View Hig	7.06m	_____
13	358 Lacey Edwards	Five Bridges Jun	7.12m	_____
14	174 Adalee Speers	Charles P. Allen	9.72m	_____
15	729 Olivia Harrison	Woodlawn Hig	7.47m	_____
16	421 Kailea Saunders	Graham Creighton	6.44m	_____

Event 76 Boys Shot Put 5kg Intermediate**Wednesday 2023-05-24 - 2:00 PM**

SSNS: 14.88m 2016-06-03

Cameron Whynot

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	332 Shakib Abdull Wahid	Fairview Jr.	8.83m	_____
2	365 Donovan Jay	Five Bridges Jun	10.44m	_____
3	184 Chris Brill	Citadel High	9.27m	_____
4	467 Jevon Farmer	Halifax West	9.59m	_____
5	413 Tim Seoul	Gorsebrook Jr.	8.93m	_____
6	530 Omar Khalaf	J.L. Ilsley	9.07m	_____
7	94 Noah Giffin	Bay View Hig	9.70m	_____
8	633 Ty Cameron	Rocky Lake Jr	8.42m	_____
9	712 Daniel Walters	St. Agnes Jr.	9.27m	_____
10	89 Jack Britten	Bay View Hig	10.28m	_____
11	606 Earl Estrada Conrad	Oxford School	9.93m	_____
12	651 Jacoby MacDonald	Rocky Lake Jr	8.80m	_____
13	117 Sam Williams	Bicentennial	9.79m	_____
14	52 Zach Williams	Astral Drive	8.44m	_____
15	75 Jaden Phinney	Auburn Drive	8.96m	_____
16	664 Mac Taylor	Rocky Lake Jr	8.98m	_____

Event 77 Girls Shot Put 4kg Senior**Thursday 2023-05-25 - 12:00 PM**

SSNS: 13.26m 2010

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	263 Katie Myers	Dartmouth High	6.55m	_____
2	548 Cate Gaudry	Lockview High	7.64m	_____
3	590 Hailey Maceachern	Millwood High	6.36m	_____
4	181 Rihana Almeraj	Citadel High	6.37m	_____
5	65 Lillian Kennedy	Auburn Drive	6.74m	_____
6	597 Adalia Wambolt	Millwood High	5.58m	_____
7	722 Kaylee Croft	Woodlawn Hig	6.78m	_____
8	159 Heidi Kelmm	Charles P. Allen	6.36m	_____
9	479 Sophie Maunder	Halifax West	7.65m	_____
10	583 Samantha Butler	Millwood High	6.46m	_____
11	666 Twisha Annasawmy	Sackville High	5.14m	_____
12	200 Clara Jackson	Citadel High	7.17m	_____
13	533 Amalia Saupe	J.L. Ilsley	8.69m	_____
14	527 Wana Haabeka	J.L. Ilsley	6.61m	_____
15	435 Toni Babatolu	Halifax Grammar	6.69m	_____

Event 78 Boys Shot Put 6kg Senior**Wednesday 2023-05-24 - 12:00 PM**

SSNS: 16.17m 2012

Peter Millman

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	168 Rylan Murphy	Charles P. Allen	15.60m	_____
2	57 Matthew Carmichael	Auburn Drive	9.62m	_____
3	266 Garrison Woodford	Dartmouth High	7.95m	_____
4	523 Matteo Bonanno	J.L. Ilsley	6.90m	_____
5	12 Matthieu Lefrançois	Armbrae	7.01m	_____
6	531 Lukas Marks	J.L. Ilsley	8.34m	_____
7	95 Troy Gregg	Bay View Hig	10.06m	_____
8	528 Ali Hazim	J.L. Ilsley	6.75m	_____
9	8 Reuben Chapple	Armbrae	6.70m	_____
10	546 Quinn Fox	Lockview High	9.44m	_____
11	677 Jeco Tundagui	Sackville High	9.80m	_____
12	219 Keifer Schella	Citadel High	8.96m	_____
13	526 Hugo Garcia	J.L. Ilsley	8.73m	_____
14	517 Konstatine Malbeuf	Island View	9.64m	_____
15	584 Seth Channing	Millwood High	10.95m	_____
16	140 Matt Aucoin	Charles P. Allen	10.60m	_____



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Event 79 Girls Discus Throw 0.75kg Junior

Wednesday 2023-05-24 - 12:00 PM

SSNS: 30.10m 2019-05-31 Sara Scott

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	698 Luella Allen	St. Agnes Jr.	24.73m
2	511 Peyton Phillips	Highland Park Jr	20.40m
3	425 Josie Comtois	Halifax Central	16.54m
4	319 Addison Gardiner	Ellenvale Jr.	18.31m
5	290 Paige Rehberg	Eastern Passage	23.62m
6	396 Rory Sno-Wood	Georges P. V	19.19m
7	352 Asha Wagner	Fairview Jr.	20.92m
8	370 Amelya Seymour	Five Bridges Jun	20.85m
9	115 Cate Norman	Bicentennial	21.44m
10	278 Lavonah Rodgers-Powell	Dartmouth So	17.38m
11	384 Paityn Fownes	Georges P. V	18.68m
12	642 Emma Holder	Rocky Lake Jr	19.84m
13	124 Lucia Mombourquette	Brookside	19.39m
14	36 Isabelle Lukenda	Astral Drive	19.35m
15	431 Annika Siemenson	Halifax Central	17.40m
16	31 Makayla Fraser	Astral Drive	18.73m

Event 80 Boys Discus Throw 1kg Junior

Thursday 2023-05-25 - 2:00 PM

SSNS: 46.76m 2022-06-04 Max Minihan

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	331 Kowen Croft	Eric Graves Jr.	21.50m
2	125 Callum Quinn	Brookside	27.34m
3	308 Taidg Molloy-Reilly	Elizabeth Suther	22.59m
4	135 Chris Thompson	Caledonia	23.38m
5	118 Austin Briggs	Brookside	20.22m
6	395 Jack Sinclair	Georges P. V	20.75m
7	277 Reiiis Ralph	Dartmouth So	23.25m
8	505 Nathan Laba	Harold T Barrett	20.80m
9	247 Michael Wilson	Clayton Park Jr.	23.40m
10	383 Curran Flanagan	Georges P. V	19.62m
11	279 Curtis Snelgrove	Dartmouth So	31.57m
12	424 Cormac Brady	Halifax Central	22.90m
13	391 Oliver Murphy	Georges P. V	22.25m
14	379 Gavin MacKenzie	Gaetzbrook	20.44m
15	309 Ibrahim Msabaha	Elizabeth Suther	22.42m
16	420 Aaron Rose	Graham Creighton	23.47m

Event 81 Girls Discus Throw 1kg Intermediate

Wednesday 2023-05-24 - 2:00 PM

SSNS: 39.15m 2012 Sarah Colborne

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	536 Brooklyn Veniot	J.L. Ilsley	18.85m
2	238 Alice Kilbreath	Clayton Park Jr.	18.43m
3	366 Millie Madden	Five Bridges Jun	23.58m
4	456 Ruth O'Regan	Halifax Grammar	24.90m
5	542 Emma Browne	Lockview High	20.23m
6	293 Morgan Dobson	Eastern Shore	18.73m
7	357 Sarah Dantz	Five Bridges Jun	20.32m
8	132 Jenna Greenwood	Caledonia	18.87m
9	519 Sofia Osborne	Island View	19.85m
10	691 Olivia Hunter	Sacred Heart	19.11m
11	416 Isioma Ugwu	Gorsebrook Jr.	20.58m
12	336 Jordan Angevine	Fairview Jr.	18.31m
13	90 Lainey Bussey	Bay View Hig	18.28m
14	549 Cicely Harnum	Lockview High	19.38m
15	358 Lacey Edwards	Five Bridges Jun	21.75m
16	695 Meredith MacDougall	Sacred Heart	19.44m

Event 82 Boys Discus Throw 1.5kg Intermediate

Thursday 2023-05-25 - 10:00 AM

SSNS: 42.37m 2018-06-02 Duncan McLaughlin

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	417 Jack Butler	Graham Creighton	24.64m
2	332 Shakib Abdull Wahid	Fairview Jr.	27.28m
3	709 Andrew Rice	St. Agnes Jr.	23.51m
4	608 Andrew Colbourne	Oyster Pond	24.36m
5	52 Zach Williams	Astral Drive	20.78m
6	633 Ty Cameron	Rocky Lake Jr	24.77m
7	94 Noah Giffin	Bay View Hig	23.66m
8	89 Jack Britten	Bay View Hig	21.28m
9	43 Aiden O'Donnell	Astral Drive	24.84m
10	535 Rakan Turkmani	J.L. Ilsley	20.12m
11	75 Jaden Phinney	Auburn Drive	28.08m
12	712 Daniel Walters	St. Agnes Jr.	31.63m
13	413 Tim Seoul	Gorsebrook Jr.	23.62m
14	711 Callum Walsh	St. Agnes Jr.	20.42m
15	530 Omar Khalaf	J.L. Ilsley	22.87m
16	117 Sam Williams	Bicentennial	22.71m



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Event 83 Girls Discus Throw 1kg Senior

Wednesday 2023-05-24 - 10:00 AM

SSNS: 41.92m 2012

Kayla Gallagher

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	597 Adalia Wambolt	Millwood High	16.39m	_____
2	65 Lillian Kennedy	Auburn Drive	20.03m	_____
3	294 Abigail Lovell	Eastern Shore	13.58m	_____
4	479 Sophie Maunder	Halifax West	17.44m	_____
5	527 Wana Haabeka	J.L. Ilsley	12.30m	_____
6	583 Samantha Butler	Millwood High	11.94m	_____
7	263 Katie Myers	Dartmouth High	13.21m	_____
8	163 Makena MacDonald	Charles P. Allen	18.59m	_____
9	736 Ria Walling	Woodlawn Hig	15.54m	_____
10	137 Madeline Alkalay	Charles P. Allen	15.59m	_____
11	254 Marin Aucoin	Dartmouth High	15.54m	_____
12	159 Heidi Kelmm	Charles P. Allen	23.13m	_____
13	548 Cate Gaudry	Lockview High	10.64m	_____
14	522 Takwa Bloul	J.L. Ilsley	10.09m	_____

Event 84 Boys Discus Throw 1.75kg Senior

Thursday 2023-05-25 - 12:00 PM

SSNS: 49.76m 2012

Peter Millman

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	554 Chase MacDonald	Lockview High	22.45m	_____
2	79 Carter Soontiens	Auburn Drive	22.10m	_____
3	584 Seth Channing	Millwood High	26.69m	_____
4	529 Taylor Hollett	J.L. Ilsley	16.21m	_____
5	531 Lukas Marks	J.L. Ilsley	20.58m	_____
6	523 Matteo Bonanno	J.L. Ilsley	14.84m	_____
7	517 Konstatine Malbeuf	Island View	22.29m	_____
8	219 Keifer Schella	Citadel High	23.25m	_____
9	12 Matthieu Lefrançois	Armbræ	15.82m	_____
10	70 Lachlan MacLean	Auburn Drive	25.69m	_____
11	719 Dylan Armitage	Woodlawn Hig	14.42m	_____
12	676 Landon Smith	Sackville High	25.93m	_____
13	57 Matthew Carmichael	Auburn Drive	22.82m	_____
14	168 Rylan Murphy	Charles P. Allen	34.73m	_____
15	734 Alex Stickings	Woodlawn Hig	11.58m	_____
16	735 Ty Sutton	Woodlawn Hig	15.16m	_____

Event 85 Girls Javelin Throw 400g Junior

Thursday 2023-05-25 - 2:00 PM

SSNS: 37.38m 1999

Katherine Markusson

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	4 Isabelle Pickup	A.J. Smeltze	18.58m	_____
2	340 Gracie Downing	Fairview Jr.	20.79m	_____
3	316 Mady Chandler	Ellenvale Jr.	18.68m	_____
4	36 Isabelle Lukenda	Astral Drive	19.98m	_____
5	119 Abigail Gaudet	Brookside	23.22m	_____
6	705 Eleni Panopolis	St. Agnes Jr.	24.11m	_____
7	313 Madisyn Wile	Elizabeth Suther	24.27m	_____
8	284 Kaylee Dionne	Eastern Passage	17.48m	_____
9	352 Asha Wagner	Fairview Jr.	21.00m	_____
10	282 Piper Anderson	Eastern Passage	17.16m	_____
11	27 Rowan Cutcliffe	Astral Drive	17.30m	_____
12	346 Lilly Langley	Fairview Jr.	23.66m	_____
13	566 Earliah Fraser-Gordon	Madeline Symonds	20.36m	_____
14	384 Paityn Fownes	Georges P. V	18.49m	_____
15	278 Lavonah Rodgers-Powell	Dartmouth So	16.64m	_____
16	443 Zoe Hunter	Halifax Grammar	19.68m	_____

Event 91 Boys Javelin Throw 600g Junior

Wednesday 2023-05-24 - 2:00 PM

SSNS: 45.48m 2015

Michael Adams

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	297 Vaughan Lewis	École Mer et	25.48m	_____
2	383 Curran Flanagan	Georges P. V	24.25m	_____
3	441 Christos Giannou	Halifax Grammar	21.76m	_____
4	2 Sheppard Hyslop	A.J. Smeltze	30.81m	_____
5	379 Gavin MacKenzie	Gaetzbrook	23.59m	_____
6	626 Samuel Ojelabi	Rockingstone	19.13m	_____
7	660 Milo Noble	Rocky Lake Jr	24.60m	_____
8	699 Will Brown	St. Agnes Jr.	21.18m	_____
9	22 Brady Bush	Astral Drive	23.50m	_____
10	34 Liam Legrange	Astral Drive	26.45m	_____
11	609 Devin Parker	Oyster Pond	27.22m	_____
12	309 Ibrahim Msabaha	Elizabeth Suther	21.50m	_____
13	339 Ethan Burgess	Fairview Jr.	23.38m	_____
14	237 Eunchan Jeong	Clayton Park Jr.	22.03m	_____
15	230 Gabe Argante	Clayton Park Jr.	19.43m	_____
16	643 Duncan Isbister	Rocky Lake Jr	23.89m	_____



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Event 97 Girls Javelin Throw 500g Intermediate

Thursday 2023-05-25 - 12:00 PM

SSNS: 41.73m 2016-06-04 Madelyn Quinn

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	72 Marley McLellan	Auburn Drive	15.90m
2	90 Lainey Bussey	Bay View Hig	18.45m
3	366 Millie Madden	Five Bridges Jun	22.31m
4	39 Natalie Martin	Astral Drive	15.97m
5	345 Ady Kennedy	Fairview Jr.	20.77m
6	198 Deja Hooper-Dixon	Citadel High	27.97m
7	509 Mariah Dicks	Highland Park Jr	20.21m
8	128 Julia Cashen	Caledonia	22.85m
9	362 Harley Foubert	Five Bridges Jun	19.51m
10	32 Sofiya Grygoryev	Astral Drive	15.95m
11	729 Olivia Harrison	Woodlawn Hig	25.61m
12	480 Julia McInnis	Halifax West	23.60m
13	605 Lyric Eltvik	Oxford School	19.67m
14	111 Emily Webster	Bay View Hig	16.09m
15	48 Caleigh Sherring	Astral Drive	18.93m
16	131 Isla Fair	Caledonia	19.69m

Event 103 Boys Javelin Throw 700g Intermediate

Wednesday 2023-05-24 - 12:00 PM

SSNS: 54.19m 2019-05-31 Noah Berniquier

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	486 Farhan Nur	Halifax West	24.23m
2	713 Luke Young	St. Agnes Jr.	27.29m
3	75 Jaden Phinney	Auburn Drive	25.64m
4	104 Leo Mile	Bay View Hig	24.49m
5	403 Yoonjun Chae	Gorsebrook Jr.	21.97m
6	98 Owen Luedee	Bay View Hig	22.52m
7	703 Quinn Martin	St. Agnes Jr.	26.22m
8	180 Roy Yeon	Charles P. Allen	24.82m
9	373 Felix Wirkus	Five Bridges Jun	21.17m
10	510 Bebebe Okudo Omod	Highland Park Jr	22.13m
11	361 Colin Foote	Five Bridges Jun	30.07m
12	110 Nil Trulis	Bay View Hig	34.87m
13	210 Callum Milne	Citadel High	21.76m
14	664 Mac Taylor	Rocky Lake Jr	22.33m
15	332 Shakib Abdull Wahid	Fairview Jr.	25.22m
16	460 Sam White	Halifax Grammar	21.81m

Event 109 Girls Javelin Throw 600g Senior

Thursday 2023-05-25 - 10:00 AM

SSNS: 44.20m 2010 Chelsea Whalen

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	469 Cara Freeman	Halifax West	ND
2	165 Alison MacNeil	Charles P. Allen	ND
3	170 Aine Oneil	Charles P. Allen	22.03m
4	177 Reegan Wagg	Charles P. Allen	23.93m
5	222 Katherine Sneddon-Simon	Citadel High	14.81m
6	472 Georgia Gavas	Halifax West	15.94m
7	550 Julia Konigshofer	Lockview High	38.01m
8	590 Hailey Maceachern	Millwood High	17.68m
9	479 Sophie Maunder	Halifax West	22.40m
10	551 Kaitlyn Langille	Lockview High	25.35m
11	484 Zoe Mombourquette	Halifax West	22.24m
12	181 Rihana Almeraj	Citadel High	24.34m
13	100 Elle Macfadyen	Bay View Hig	19.77m
14	76 Elle Sinclair	Auburn Drive	17.23m
15	200 Clara Jackson	Citadel High	22.99m
16	722 Kaylee Croft	Woodlawn Hig	16.80m
17	65 Lillian Kennedy	Auburn Drive	23.58m
18	254 Marin Aucoin	Dartmouth High	16.05m

Event 115 Boys Javelin Throw 800g Senior

Wednesday 2023-05-24 - 10:00 AM

SSNS: 61.64m 2005 Adam Wolkins

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	531 Lukas Marks	J.L. Ilsley	32.76m
2	168 Rylan Murphy	Charles P. Allen	34.77m
3	588 Owen Jones	Millwood High	29.91m
4	225 Theo Vasilis	Citadel High	23.43m
5	719 Dylan Armitage	Woodlawn Hig	36.18m
6	57 Matthew Carmichael	Auburn Drive	33.34m
7	212 James Murphy	Citadel High	22.53m
8	140 Matt Aucoin	Charles P. Allen	30.33m
9	677 Jeco Tundagui	Sackville High	39.24m
10	8 Reuben Chapple	Armbrae	22.00m
11	219 Keifer Schella	Citadel High	28.24m
12	671 Blake McEwan-Adams	Sackville High	31.91m
13	528 Ali Hazim	J.L. Ilsley	26.39m
14	584 Seth Channing	Millwood High	32.91m
15	490 Gavin Savoie	Halifax West	37.17m
16	676 Landon Smith	Sackville High	33.38m



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Event 120 Girls 100 Meter Dash Supported Junior**Wednesday 2023-05-24 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	45 Brooklyn Richard	Astral Drive	20.03
2	506 Maliah Lucas	Harold T Barrett	16.27
3	123 Maggie Mills	Brookside	18.75
4			
5			
6			
7			
8			

Event 121 Boys 100 Meter Dash Supported Junior**Wednesday 2023-05-24 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	388 Owen Lirette	Georges P. V	16.89
2	372 Cooper Vandoninck	Five Bridges Jun	44.15
3	41 Jacob Melanson	Astral Drive	19.68
4	51 Evan Tremblay	Astral Drive	14.69
5	243 Kasey Roy	Clayton Park Jr.	14.03
6	418 Deray Cain-Downey	Graham Creighton	12.65
7			
8			

Section 2 of 2 Finals

1	504 Tanner Garrett	Harold T Barrett	16.15
2	375 Vincent Fitzmorris	Gaetzbrook	13.44
3	130 Noah Dunlop	Caledonia	12.88
4	627 Scott Stevenson	Rockingstone	17.66
5	351 Aven Stanford	Fairview Jr.	14.89
6	350 Draeden Snaglewski	Fairview Jr.	13.35
7			
8			

Event 122 Girls 100 Meter Dash Supported Senior**Wednesday 2023-05-24 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	259 Abby Livingston	Dartmouth High	33.45
2	265 Tamara Ross	Dartmouth High	29.91
3	258 Lily Gannett	Dartmouth High	27.83
4	537 Drew Warkentin	J.L. Ilsley	17.75
5	497 Rachel Vassaur	Halifax West	18.47
6	148 Brooke Emms	Charles P. Allen	16.17
7	202 Bella MacKenzie	Citadel High	12.58
8	208 Mira McQuaid	Citadel High	22.00

Event 123 Boys 100 Meter Dash Supported Senior**Wednesday 2023-05-24 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	249 Kai MacDonald	Cole Harbour	14.40
2	205 Jacob Martin	Citadel High	24.24
3	150 Joseph Flewelling	Charles P. Allen	17.93
4	144 Owen Charlton	Charles P. Allen	14.66
5	228 Nykeel West	Citadel High	17.77
6	147 Sean Clancy	Charles P. Allen	14.48
7	733 Lucas Song	Woodlawn Hig	22.87
8	221 George Slauenwhite	Citadel High	17.77

Section 2 of 2 Finals

1	732 Keegan Smith	Woodlawn Hig	16.29
2	720 Jonathan Assoun-Gritten	Woodlawn Hig	13.84
3	216 Isaac Rockwell	Citadel High	13.10
4	152 Declan Harding	Charles P. Allen	12.93
5	250 Dennis Turner	Cole Harbour	12.33
6	175 Jack Thornhill	Charles P. Allen	12.40
7	521 Noah Welton	Island View	12.49
8	725 Dennis Eisenhower	Woodlawn Hig	14.96

Event 124 Girls Shot Put 3kg-3 throws Supported Junior**Wednesday 2023-05-24 - 11:15 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	123 Maggie Mills	Brookside	2.23m
2	506 Maliah Lucas	Harold T Barrett	3.59m

Event 125 Boys Shot Put 4kg-3 throws Supported Junior**Wednesday 2023-05-24 - 11:15 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	372 Cooper Vandoninck	Five Bridges Jun	1.93m
2	41 Jacob Melanson	Astral Drive	3.56m
3	627 Scott Stevenson	Rockingstone	4.15m
4	33 Owen Jewer	Astral Drive	4.13m
5	351 Aven Stanford	Fairview Jr.	4.55m
6	51 Evan Tremblay	Astral Drive	4.49m
7	504 Tanner Garrett	Harold T Barrett	4.95m
8	350 Draeden Snaglewski	Fairview Jr.	5.52m
9	418 Deray Cain-Downey	Graham Creighton	5.01m
10	243 Kasey Roy	Clayton Park Jr.	5.69m
11	338 Ashe Boudreau	Fairview Jr.	7.21m
12	375 Vincent Fitzmorris	Gaetzbrook	6.67m



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Event 126 Girls Shot Put 3kg-3 throws Supported Senior**Wednesday 2023-05-24 - 11:15 PM**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	148 Brooke Emms	Charles P. Allen	6.06m	_____
2	537 Drew Warkentin	J.L. Ilsley	4.30m	_____
3	196 Myra Galvez	Citadel High	3.35m	_____
4	202 Bella MacKenzie	Citadel High	4.22m	_____
5	259 Abby Livingston	Dartmouth High	3.95m	_____
6	265 Tamara Ross	Dartmouth High	3.01m	_____
7	724 Shyanna Dixon	Woodlawn Hig	4.79m	_____
8	728 Becky Guevera	Woodlawn Hig	2.99m	_____
9	721 Emma Barry	Woodlawn Hig	4.86m	_____
10				_____

Event 127 Boys Shot Put 4kg-3 throws Supported Senior**Wednesday 2023-05-24 - 11:15 AM**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	188 Claudiu Codau	Citadel High	4.08m	_____
2	150 Joseph Flewelling	Charles P. Allen	3.67m	_____
3	175 Jack Thornhill	Charles P. Allen	3.85m	_____
4	475 Peter Greenlaw	Halifax West	4.14m	_____
5	733 Lucas Song	Woodlawn Hig	4.68m	_____
6	249 Kai MacDonald	Cole Harbour	4.56m	_____
7	216 Isaac Rockwell	Citadel High	5.95m	_____
8	147 Sean Clancy	Charles P. Allen	4.73m	_____
9	152 Declan Harding	Charles P. Allen	5.42m	_____
10	720 Jonathan Assoun-Gritten	Woodlawn Hig	6.64m	_____
11	732 Keegan Smith	Woodlawn Hig	6.91m	_____
12	144 Owen Charlton	Charles P. Allen	5.92m	_____
13	521 Noah Welton	Island View	6.31m	_____
14	228 Nykeel West	Citadel High	7.02m	_____
15	250 Dennis Turner	Cole Harbour	8.81m	_____
16	205 Jacob Martin	Citadel High	8.16m	_____

Event 128 Girls Long Jump 3 jumps only Supported Junior**Wednesday 2023-05-24 - 10:00 AM**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	123 Maggie Mills	Brookside	0.75m	_____
2	506 Maliah Lucas	Harold T Barrett	1.80m	_____

Event 129 Boys Long Jump 3 jumps only Supported Junior**Wednesday 2023-05-24 - 10:00 AM**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	41 Jacob Melanson	Astral Drive	1.44m	_____
2	51 Evan Tremblay	Astral Drive	1.73m	_____
3	33 Owen Jewer	Astral Drive	2.86m	_____
4	627 Scott Stevenson	Rockingstone	1.88m	_____
5	418 Deray Cain-Downey	Graham Creighton	2.68m	_____
6	350 Draeden Snaglewski	Fairview Jr.	2.10m	_____
7	504 Tanner Garrett	Harold T Barrett	2.74m	_____
8	130 Noah Dunlop	Caledonia	1.87m	_____
9	351 Aven Stanford	Fairview Jr.	2.33m	_____
10	243 Kasey Roy	Clayton Park Jr.	2.46m	_____
11	375 Vincent Fitzmorris	Gaetzbrook	2.94m	_____
12				_____

Event 130 Girls Long Jump 3 jumps only Supported Senior**Wednesday 2023-05-24 - 10:00 AM**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	259 Abby Livingston	Dartmouth High	0.68m	_____
2	258 Lily Gannett	Dartmouth High	1.45m	_____
3	537 Drew Warkentin	J.L. Ilsley	1.12m	_____
4	148 Brooke Emms	Charles P. Allen	5.53m	_____
5	497 Rachel Vassaur	Halifax West	1.36m	_____
6	724 Shyanna Dixon	Woodlawn Hig	0.95m	_____
7	721 Emma Barry	Woodlawn Hig	1.60m	_____
8	202 Bella MacKenzie	Citadel High	1.66m	_____
9	190 Mia Deviller	Citadel High	1.18m	_____
10				_____

Event 131 Boys Long Jump 3 jumps only Supported Senior**Wednesday 2023-05-24 - 10:00 AM**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	725 Dennis Eisenhauer	Woodlawn Hig	1.70m	_____
2	720 Jonathan Assoun-Gritten	Woodlawn Hig	3.40m	_____
3	152 Declan Harding	Charles P. Allen	3.60m	_____
4	175 Jack Thornhill	Charles P. Allen	2.44m	_____
5	147 Sean Clancy	Charles P. Allen	2.69m	_____
6	150 Joseph Flewelling	Charles P. Allen	1.56m	_____
7	144 Owen Charlton	Charles P. Allen	2.10m	_____
8	205 Jacob Martin	Citadel High	2.00m	_____
9	188 Claudiu Codau	Citadel High	0.98m	_____
10	216 Isaac Rockwell	Citadel High	3.08m	_____
11	250 Dennis Turner	Cole Harbour	4.11m	_____
12	249 Kai MacDonald	Cole Harbour	2.17m	_____



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Event 132 Girls 200 Meter Dash Ambulatory Para Athletes**Thursday 2023-05-25 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	621 Sophia Phillips	Ridgecliff	NT
2			
3			
4			
5			
6			
7			
8			

Event 134 Girls 800 Meter Dash Ambulatory Para Athletes**Thursday 2023-05-25 - 11:30 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	621 Sophia Phillips	Ridgecliff	NT
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			

Event 136 Girls Shot Put 3kg-3 throws Para Athletes**Thursday 2023-05-25 - 12:30 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	621 Sophia Phillips	Ridgecliff	ND
2			
3			
4			
5			
6			
7			
8			

Event 138 Girls 50 Meter Dash Wheelchair Wheelchair**Wednesday 2023-05-24 - 11:00 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	363 Olivia Gushue	Five Bridges Jun	14.78
2			
3			
4			
5			
6			
7			
8			

Event 139 Boys 50 Meter Dash Wheelchair Wheelchair**Wednesday 2023-05-24 - 11:00 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	491 Logan Short	Halifax West	1:16.03
2			
3			
4			
5			
6			
7			
8			



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