



**SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE**

2023 Track & Field Provincial Championships

June 12th & 13th, 2023

Beazley Field, Dartmouth, NS



Meet Directors/Host Schools

Donna Duggan - Halifax West High School - dduggan@hrce.ca

Jason Murphy - Citadel High School - murphyj@gnspe.ca / 902-237-1000

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Director's Remarks - SSNS Track and Field Championships

It gives me great pleasure to welcome everyone to the 2022-2023 SSNS Track and Field Championship. It takes a lot of dedication and hard work to qualify for a SSNS Championship and you, the student-athletes, are to be commended for your efforts. Extra congratulations to the grade twelve student-athletes! Thank you for your contribution to school sport and all the best in the future.

To the coaches, officials and parents – thank you for all the support you give to these student-athletes. Their successes are your successes. Just to be one of the individuals or teams here this weekend is a great accomplishment.

Thanks to the Partners of the SSNS! Government Partners - Department of Education and Early Childhood Development, Department of Communities, Culture and Heritage. Presenting Partner - Eastlink. Senior Partner –Nova Trophy. Official Supplier – Invest Hotels (Comfort Inn).

School Sport Nova Scotia would also like to thank the meet directors, Donna Duggan at Halifax West High School and Jason Murphy at Citadel High School for organizing such a great event. It takes a lot of time and effort on the part of the meet directors, schools, the communities and its many volunteers to run the largest SSNS championship and we commend you.

I would like to wish you all the best for a great championship. Safe travels to all.

A handwritten signature in cursive script that reads 'Stephen Gallant'.

Stephen Gallant
Director
School Sport Nova Scotia

General Information

1. Location: 50 Caledonia Road, Dartmouth NS B2X 1K8 , Monday/Tuesday June 12/13, 2023
2. Parking is available on site but is very limited. Please park legally on nearby streets or use the additional parking available in the large empty lot on the corner of Caledonia Road and Main Street just a short walk from the track. Halifax Regional Police strictly enforce parking in the area and will be ticketing and/or towing illegally parked vehicles. A reminder, buses are not able to enter the parking lot as they cannot turn around, so please drop athletes off by pulling up in front of Caledonia Junior High School and have athletes walk from there. Buses can then park in the lot or the corner of Caledonia Road and Main Street. Please ensure your driver is made aware.



3. Coaches Meeting: 9:00am-9:30am, Monday, June 12. Lower level, East Dartmouth Boys and Girls Club (building in the main parking lot). Entrance closest to the track.
4. Officials Meeting: 9:30am-9:45am, Monday, June 12. Lower level, East Dartmouth Boys and Girls Club (building in the main parking lot). Entrance closest to the track. Please feel free to also attend the coaches meeting
5. Athlete bib packets will be available for coaches at the coaches meeting from 8:45-9:30 and then at the gray shack after 9:30 for others. Coaches may take the whole packet or leave portions of it for individual athletes for later pickup from the organizing committee.

6. Opening Ceremonies 10:00am, Monday, June 12. Please gather your athletes on the backstretch near the shipping containers. Each school is permitted one male & one female athlete per classification per school and we encourage school uniforms and a sign/banner or flag identifying your school.
7. The Facility See facility layout map following rules pages. The track is an eight-lane synthetic rubberized track. The two jumping runways, javelin runway and high jump surface are the same rubberized surface. Shot put and discus circles are poured concrete. Only officials and athletes actively competing are permitted inside the fences, on the track or on the infield event areas.
8. Canteen and Food service will be available in the building below the main grandstand. There are also many eating establishments nearby on Main Street.
9. There will be an entry fee for spectator admission. \$5.00 for adults and free for athletes and youth. There will be no charge for coaches, athletes or officials. Please, no pets inside the facility other than registered service animals.
10. SSNS Provincial Championship souvenir t-shirts will be for sale in the gray shack at the near end of the track. Cash only for \$20
11. First Aid services are located in the room near the elevator on the ground floor of the grandstand building. They will also be available near the finish line. First aid is to be used only for injuries during the meet. If you require physiotherapy services above and beyond an acute injury they are available but there is a charge for supplies. Taping can be done if you bring your own supplies. In addition, schools are asked to bring their own first aid kits for minor injuries.
12. Bleacher seating is available on both sides of the track and there is space outside the competition area for shelter building. There is very little natural or man-made shelter on site so tents and tarps are suggested. Security will be on site Wednesday and Monday night so shelters would remain safe setup on Wednesday-Tuesday.
13. Student-athletes are required to stay off of the infield area and remain outside the fenced area unless participating in the event being conducted. Spectators and coaches must remain outside the track and off the infield at all times. The Finish Line area must be kept free from spectators, coaches and athletes at all times to prevent any accidental interference with the electronic timing system. Athletes should only ever cross the finish line during their race.
14. Results will be posted in paper copy on a results board behind the gray shack at the near end of the track. However, results will also be available more quickly in real-time through the Track Meet Mobile App for both iOS and Android. Search 2023 SSNS Provincials). In the app you can tag and follow your favorite athletes and receive notifications when they have new results available. We will be using FinishLynx timing equipment and Meet Manager software for all entry and results management. Results will be posted to the SSNS website by noon Saturday.
15. SSNS presenting partner Eastlink will be providing live television coverage to Eastlink subscribers and will periodically rebroadcast the event.

General Rules and Regulations

(When not covered or clarified below, see SSNS handbook or World Athletics rules)

1. Uniforms that identify a student-athlete's school are requested. No "club" or "games" uniforms are to be worn during competition. Student-athletes attempting to compete in inappropriate attire will be asked to change at check in of their event and before being allowed to compete.
2. Medals are awarded to the top three finishers in each individual event and to all 4 members of top three relay teams. In addition to any individual medals, all Supported Athletes will receive a participation certificate upon completion of their Championships.
3. Banners The team point system is as follows (**modified points when there are less than 8 athletes in an event*)

Individual events

1 st =12	2 nd =10
3 rd =9	4 th =8
5 th =7	6 th =6
7 th =5	8 th =4

Relays

1 st =16	2 nd =14
3 rd =12	4 th =11
5 th =10	6 th =9
7 th = 8	8 th =7

Championship Banners will be presented to the athletes and coach(es) of the overall winner in each of the following classifications:

Junior Girls, Junior Boys, Junior Overall

Intermediate Girls, Intermediate Boys, Intermediate Overall

Senior Girls, Senior Boys, Senior Overall

Supported Athlete Junior Girls, Supported Athlete Junior Boys

Supported Athlete Senior Girls, Supported Athlete Senior Boys

The Championships are also a competition between 4 competitive regional teams: Capital, Highland, Northumberland and Western

4. Bib numbers In order to more efficiently identify competitors, all student-athletes will be issued a bib number which must be worn on their chest at check in with the clerk for track events or field official until the completion of their event. All bib numbers are included in the School / Coach Package Bib package and will be used for both days of competition. A \$ 5.00 replacement fee is charged if the bib is lost. Student-athletes must have their bib number on their competition attire when marshaling/checking in. Athlete bib packets will be available to team coaches at the coaches meeting from 8:45-9:30 and then will be available at the gray shack after 9:30. Coaches may take the whole packet or leave portions of it with the organizing committee for later pickup.
5. All student-athletes in track events must report to the marshaling area located at the start of the 100m at the call of their event. Bibs (on the front of race attire) will be checked, lane assignments verified and athletes walked by the clerk of the course to the start line of their event. All field athletes must report to the official in charge of their event at the event area.
6. Event calls We will do a 1st call roughly 20 mins before the event and then final call 10 mins before each event via the announcing system. 5 minutes after this final call on the PA system, the track marshal/clerk at marshaling or the field official at the field event area will make a final call verbally in their area. Following this final call at the event area, athletes who have not checked in will be replaced by the 5th place alternate if the alternate has checked in. The 5th place alternate from each region can only compete if an athlete from their own region does not show by final call of the event. No athletes beyond 5th place in their region are eligible to compete at provincials. Alternates are listed in the program and are issued individual bib numbers.

7. In addition to individual athlete bib numbers, track athletes in the 800m, 1500m and 3000m will wear additional identification numbers 1-16 corresponding to their lane listed in the program. Also, in the 4x400m, the 4th runner will receive a number based on their teams starting lane 1-8. These numbers will be provided at marshaling and should be applied above the bib number in the center of the chest.
8. In horizontal jumps and all throwing events, each competitor will be given three (3) trials. The top eight competitors (ties broken when possible) will then be given three (3) more trials. These rounds 4-6 will follow the “worst to first” order based on the position after round 3.. The best attempt of the competition for each athlete counts for placing. Special athletes and Para athletes are given three (3) trials but do not have additional rounds for the top 8 athletes.
9. Time limits 1 minute for all jumping and throwing events:. No unnecessary delay in making an attempt in any field event will be permitted. High jump officials will alter the time frame to 1.5 minutes when 2-3 athletes are remaining and up to 3 minutes with only one athlete remains in the competition
10. Equipment. In throwing events, an athlete may request that the head field official certify an implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event. Otherwise athletes must use the equipment, including relay batons and starting blocks, supplied by the Meet Organizers.

11. Implements, Heights and Distances

<u>Age Class</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>	<u>High Jump</u>	<u>Hurdles</u>
Senior Boys	6 kg	1.75 kg	800 g	1.45 m	36" x 110 m
Senior Girls	4 kg	1.0 kg	600 g	1.25 m	30" x 100 m
Intermediate Boys	5 kg	1.5 kg	700 g	1.40 m	33" x 100 m
Intermediate Girls	4 kg	1.0 kg	500 g	1.25 m	30" x 80 m
Junior Boys	4 kg	1.0 kg	600 g	1.25 m	30" x 80 m
Junior Girls	3 kg	0.75 kg	400 g	1.15 m	30" x 80 m
Supported/Para Girls	3 kg	n/a	n/a	n/a	n/a
Supported/Para Boys	4 kg	n/a	n/a	n/a	n/a

12. <u>Hurdle placements:</u>	<u>80 m</u>	<u>100 m</u>	<u>110 m</u>
To first hurdle:	12 m	13 m	13.72 m
Between hurdles:	8 m	8.5 m	9.14 m
Last hurdle to finish:	12 m	10.5 m	14.02 m

13. Hurdlers shall be disqualified if they a) do not jump any hurdle; b) trails their foot or leg below the horizontal plane of the top of the hurdle at the instance of clearance; c) jumps any hurdle not in their own lane; d) in the opinion of the referee deliberately knocks down any hurdle. They will also be disqualified if they interfere outside their lane with student-athletes in other lanes. Races can be re-run at the discretion of the track referee if a student-athlete is impeded to an extent that an “unfair” race occurs.
14. The 800m, 1500m, and 3000m shall be run as timed finals. The Special Athlete 100m, Para Athlete 200m and both the 4x100m and 4x400m relays will be run as timed section finals. The hurdles, 100m (not Special Athlete), 200m (not Para Athlete) and 400m races will have semi-finals and then finals.
15. Qualification for track event finals from semi-finals will be the top 3 in each heat + the next 2 fastest times when there are 2 heats (and in rare cases the top 2 in each heat + next 2 fastest times when we have 3 heats).

16. Heats, lanes and competition order We have made some alterations to past practice with the introduction of Meet Manager software and to bring us more in line with World Athletics Rules. We will still adjust World Athletics rules in some track events to continue more in the spirit of past SSNS practice but all changes made are in attempts to be educational, fair, consistent and sustainable. See below for the automatic creation of heats and lanes

Track Events - Preliminaries and Finals

100m, 200m, 400m, 80m and 100m Hurdles

Each athlete's regional *place and time* will be used to create 2 heats of equal strength at the SSNS Provincial Championship Meet. Heat 1 will be composed of 2nd and 3rd fastest 1st placers, 1st and 4th fastest 2nd placers, 2nd and 3rd fastest 3rd placers, and 1st and 4th fastest 4th placers. Heat 2 will be 1st and 4th fastest 1st placers, 2nd and 3rd fastest 2nd placers, 1st and 4th fastest 3rd placers and 2nd and 3rd fastest 4th placers.

Advancement to the final will be Top 3 in each heat plus the next 2 fastest times when there

Lane assignment for preliminary heats is by random draw. Lanes for finals are generated from prelim results. The top 4 ranked athletes are drawn into lanes 3,4,5,6 while 5th and 6th ranked athletes are drawn into lanes 7, 8 and the 7th and 8th ranked athletes are drawn into lanes 1,2. This is a slight adjustment in lane assignments from our past practice but follows World Athletics rule 20.4.2.

Track events - One heat timed-section finals

800m, 1500m and 3000m

- In the 800m, each of the 8 lanes on the track will be shared by 2 athletes for the first turn and then athletes will have the opportunity to cut in and occupy any position on the track. Lane start lines are staggered to accommodate the extra distance run by each successive lane to the break line after the first curve.
- In the 1500m and 3000m events, all 16 (or less) athletes will start in one row on a curved start line with cut-in available immediately.

Lanes are assigned by random draw (with some movement for safety in the 800m to prevent top times/places across the province from sharing a lane)

Track events - Two heat timed-section finals

Supported Athlete 100m and the 4x100m and 4x400m relays

Since it is a timed section final, only the athlete's or team's regional *placing* will be used to create a first heat of 3rd and 4th place regional finishers and a second heat of 1st and 2nd place regional finishers.

Lanes are assigned by random draw.

Horizontal jumps and all throwing events

Long Jump, Triple Jump, Discus, Shot, Javelin

The order of competition for rounds 1-3 will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request throwing/jumping earlier or later in the round. If the athlete misses a complete round, no additional attempt is given.

Rounds 4-6 will be held for the Top 8 athletes after rounds 1-3. These rounds will be ordered so that the lowest ranked athlete after rounds 1-3 competes first and the top ranked athlete competes last. This order does not change for rounds 5 and/or 6. If there is a tie for 8th after rounds 1-3 (after tiebreakers are applied), all athletes who are tied advance to rounds 4-6. Also, the order for rounds 4-6 of any tied athletes is decided by their order from the original rounds.

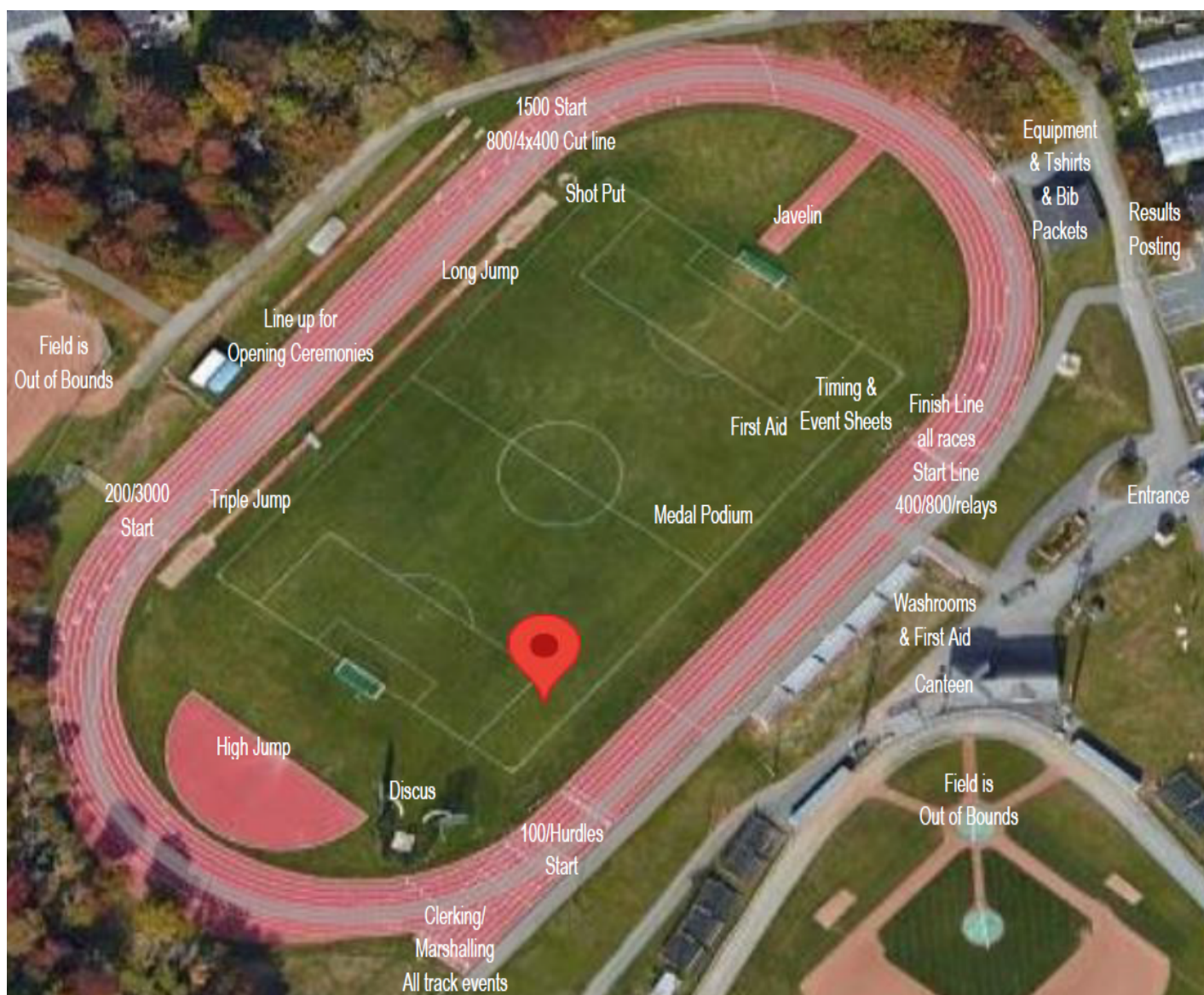
Vertical Jumps

High Jump

The order of jumping will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request jumping earlier or later at that height, but once the bar has moved and a new height established, the athlete will have been considered to have passed that height.

17. Blocks will be mandatory for the 100m, 200m, 400m, 4x100m, 4x400m and hurdles. Blocks will **not** be used in the 800m, 1500m or 3000m or the supported athlete 100m and are optional in the Para 200m.
18. The 800m will start such that two athletes share a lane for $\frac{1}{4}$ lap before they are able to cut in. The cut line is denoted by two large orange cones and small half tennis balls. This will be explained at the start of each race. 1500m and 3000m will start on a curved start line where cut in is immediate when safe to do so.
19. Individual student-athletes are permitted one false start in all individual track events. Student-athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a semi-final and a final are separate individual events.
20. All competitors must start each event for which they are qualified and put forth a competitive effort. This does not preclude an athlete from passing on attempts in field events or from becoming injured during an event and competing later with written confirmation from medical personnel. A reminder that we have altered the scratch rule such that an athlete who qualified for provincials is able to withdraw from a qualified event by the 5pm Monday cut off with no consequence. Withdrawing or not showing for an event the athlete has qualified for, without the usual medical documentation presented to the chief track or field referee will result in removal from all other events for that day and an alternate being placed in the event.
21. Spikes (max. 7 mm) will be permitted on the track or runways. Maximum number of spikes per shoe is 11 and no cleat type shoes may be worn. We strongly suggest use of pyramid type spikes to reduce track damage and for athletes at this development stage.
22. No sporting equipment should be brought to the track meet or used on any of the adjacent fields. There are no "warm up" areas for throwing events other than on the specified competition area under supervision of the official for the event. Adjacent fields are not to be used as practice or warm up areas. Runners may at times be able to warm up on the outside of the upper field near the start of the 200m or on the backstretch in the outside 3 lanes during non-laned events. Athletes may not use the lower ballfield at any time.
23. When an athlete is involved in both a track and a field event, the track events take priority over the field event. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible. You may ask and be permitted to throw/jump ahead of/after than your usual order, but once a round is finished you lose your attempt for that round. For instance, an athlete could throw first in one round and last in the next round but an athlete may not throw 2 throws in one round. Please ensure athletes understand this procedure and are proactive in discussing this with both the field official and clerks/marshals of track events. Ultimately, the responsibility lies with the athlete but officials are there to help when asked for advice and assistance.
24. Pacing in races by persons not participating in the race, by athletes lapped or about to be lapped or by any kind of technical device (aside from personal watch or personal GPS) is considered outside assistance. Also use of video recorders, radios, CD, MP3, radio transmitters, mobile phones or similar devices in the competition area is prohibited. Coaches may not give advice from within the competition area and athletes may not leave the competition area to engage in dialogue with persons during the event. Communication between the athlete and coach not placed in the competition area can occur as long as it does not interfere with the staging of the event and is not considered assistance or technology as noted above. Failure to comply: First Offense = warning by the referee. Second Offense = disqualification from the event.

25. Para Athletes. SSNS in conjunction with Athletics Canada have added several Para events to our Track and Field Championships. The events are the 200 meter Timed Finals (ambulatory and wheelchair), 800 meters Timed Finals (ambulatory), Shot Put (seated and ambulatory - 3 throws per student athlete - Girls 3kg, Boys 4kg). Divisions are Open, grades 7-12. Schools with Para student athletes should register directly with their regional meet director or the provincial entry and results manager, Jason Murphy (murphyj@gnspecs.ca) prior to Monday May 29th 5pm. Para athletes may have the assistance they require to prepare for competition and can discuss further assistance required with the meet directors ahead of the meet.
26. Supported Athletes are athletes considered to have intellectual disabilities and schools are to make these decisions on which student-athletes compete in this category. The events are the 100 meters (Timed finals), Shot put (3 throws per athlete and Long Jump (Standing or Running) No additional rounds of top 8. Divisions - Junior Girls (grades 7-9), Junior Boys (grades 7-9), Senior Girls (grades 10-12), Senior Boys (grades 10-12). As long as they are in these grades they are eligible but if a school also encompasses grade 6 students, they may compete as well. Supported athletes are permitted one person in the competition area per athlete. If a supported athlete requires more than one helper to successfully participate, it must be approved by the Meet Director.



Provincial Championship Track and Field Records
(current June 11, 2022)

Junior Girls
Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (30")	Sierra Sweeney	12.11*	Gaetzbrook Junior High	2016
100m	Christine Fleury	12.5H (12.74*)	West Kings	1995
	Nikkia Jones	12.64*	Gorsebrook Junior High	2006
200m	Taylor Mattinson	26.49*	Oxford Regional Education Centre	2014
400m	Cara MacDonald	58.99*	New Glasgow Academy	2019
800m	Mary Jean Barrett	2:19.9H (2:20.04*)	Sackville Heights Junior High	1977
1500m	Abby Lewis	4:46.13*	Leslie Thomas Junior High	2019
3000m	Rachel Crawley	10:18.76*	St. Agnes Junior High	2011
4 x 100m		52.50*	Riverside Education Centre	2014
4 x 400m		4:17.83*	St. Andrew Junior School	2017
Shot Put (2.72 kg)	Chelsea Whalen	14.51m	South Queens	2007
Shot Put (3kg)	Taylor Stutely	11.58m	A.J. Smeltzer Junior High	2010
Discus (1kg)	Taylor Stutely	31.25m	A.J. Smeltzer Junior High	2010
Discus (0.75kg)	Sara Scott	30.10m	Bayview Educational Centre	2019
Javelin (400g)	Katherine Markusson	37.38m	Astral Drive Junior High	1999
Javelin (600g)	Allison Chandler	31.70m	Chester Area Middle School	2012
High Jump	Laura Maessen	1.63m	Bicentennial Junior High	2004
Long Jump	Mya Archibald	4.99m	George P. Vanier Junior High	2019
Triple Jump	Sierra Sweeney	11.00m	Gaetzbrook Junior High	2016

*electronic timing

Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

Non-Synthetic Track

Event	Athlete	Time (hand)	School	Year
80m Hurdles (30")	Ashley Wicks	13.0	Truro Junior High	2000
100m	Gillian Rafuse	13.0	Hebville Academy	1999
200m	Gillian Rafuse	27.3	Hebville Academy	1999
400m	Gillian Rafuse	1:01.5	Hebville Academy	1999
800m	Erin MacLean	2:27.2	Dwight Ross Junior High	1999
1500m	Erin MacLean	5:02.2	Dwight Ross Junior High	1999
3000m	Erin MacLean	10:53.6	Dwight Ross Junior High	1999
4 x 100m		54.5	Halifax Grammar School	1999
4 x 400m		4:30.1	Hebville Academy	1999

Provincial Championship Track and Field Records
(current June 11, 2022)

Junior Boys
Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (30")	Lavelle Gray	13.18*	Rockingstone Heights	2022
100m Hurdles (33")	Nolan Wentzell	14.48*	Hebbsville	2016
100m	Nick Smith	11.5H (11.74*)	Caledonia Junior High	1995
	Braden Gray	11.59*	Bible Hill Junior High	2016
200m	Derek Dempster	24.1H (24.34*)	A.J. Smeltzer Junior High	1984
	Cameron Veinot	24.26*	North Queens	2005
400m	Barrett Dachyshyn	53.72*	Halifax Central Junior High	2013
800m	Camden Springer	2:04.93*	Bicentennial Junior High	2016
1500m	Mike Tate	4:19.71*	St. Andrew Junior School	2009
3000m	Tobias Wolter	9:15.14*	Hebbsville	2011
4 x 100m		48.4H (48.54*)	Astral Drive Junior High	1990
4 x 400m		3:48.10*	Halifax Central Junior High	2013
Shot Put (4kg)	Logan Taylor	14.37m	Bluenose Academy	2016
Discus (1kg)	Max Minihan	46.76m	Malcolm Munroe Memorial	2022
Javelin (600g)	Michael Adams	45.48m	Truro Junior High	2015
High Jump	Brandon Mallally	1.77m	Bible Hill Junior High	2004
Long Jump	David MacDonald	5.79m	Fountain Academy	2012
Triple Jump	Kaelan Schmidt	12.03m	East Pictou Middle School	2012

*electronic timing Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

Non-Synthetic Track

Event	Athlete	Time (hand)	School	Year
100m Hurdles (33")	Donal Corkum	15.9	Halifax Grammar School	1999
100m	Ryan Elmore	12.1	Middleton Regional	1997
200m	Cal Lewis	24.5	New Glasgow	1999
400m	Nathan Wheeler	55.5	Gorsebrook Junior High	1999
800m	Jeff Englehutt	2:15.4	Halifax Grammar School	1999
1500m	Gerard Bray	4:40.02	Oxford St. School	2000
3000m	Jeff Englehutt	10:08.8	Halifax Grammar School	1999
4 x 100m		49.7	New Glasgow	1999
4 x 400m		4:02.2	A. J. Smeltzer Junior High	1999

Provincial Championship Track and Field Records
(current June 11, 2022)
Intermediate Girls
Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (30")	Mia Murphy	13.30*	Cobequid Educational Centre	2022
80m Hurdles (33")	Zoe Carvery	12.45*	Millwood High School	2016
100m Hurdles (33")	Rachelle Langford	14.7	Yarmouth	1983
100m	Trina Nickerson	12.2H (12.44*)	Barrington	1991
	Christine Fleury	12.2H (12.44*)	West Kings	1997
	Marissa Walter	12.33*	Central Kings	2007
200m	Cecilia Branch	25.5H (25.74*)	St. Patrick's High School	1973
	Leanne Huck	25.66*	Halifax Grammar School	2001
400m	Jenna Martin	57.24*	Bridgewater	2003
800m	Louise Palmer	2:12.6H (2:12.74*)	Gorsebrook Junior High	1977
1500m	Abby Lewis	4:31.02*	Lockview High	2022
3000m	Abby Lewis	9:44.38*	Lockview High	2022
4 x 100m		51.34*	Lockview High School	2019
4 x 400m		4:07.64*	Halifax Grammar School	2007
Shot Put (4kg)	Chelsea Whalen	12.98m	Liverpool Regional	2009
Discus (1kg)	Sarah Colborne	39.15m	Cobequid Educational Centre	2012
Javelin (600g)	Kate Forbes	39.00m	Central Colchester	1997
Javelin (500g)	Madelyn Quinn	41.73m	Cobequid Educational Centre	2016
High Jump	Tracey Loke	1.72m	Halifax West High School	1986
	Natalie Munroe	1.72m	Queen Elizabeth High School	1986
Long Jump	Cecilia Branch	5.32m	St. Patrick's High School	1973
Triple Jump	Gabrielle Fraser	11.19m	Advocate District School	2016
Pole Vault	Laura Maessen	2.60m	Bicentennial Junior High	2005

*electronic timing Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

Non-Synthetic Track

Event	Athlete	Time (hand)	School	Year
80m Hurdles (33")	Ada Poranek	13.9	St. Patrick's High School	1997
	Sali Brow	13.9	Ellenvale	1999
100m	Christine Fleury	12.2	West Kings	1997
200m	Christine Fleury	26.2	West Kings	1997
400m	Leslie Ripley	1:02.9	Amherst Regional High School	1997
800m	Laura O'Connell	2:27.9	C. P. Allen High School	1999
1500m	April Kennedy	4:57.84	Cornwallis District	2000
3000m	April Kennedy	11:28.8	Cornwallis District	1999
4 x 100m		54.3	Amherst Regional High School	1999
4 x 400m		4:27.69	Amherst Regional High School	2000

Provincial Championship Track and Field Records
(current June 11, 2022)

Intermediate Boys

Synthetic Track

Event	Athlete	Time/Distance	School	Year
100m Hurdles (33")	Drew Williams	14.87*	Cobequid Educational Centre	2022
100m Hurdles (36")	Nick Landry	13.89*	Park View Education Centre	2018
110m Hurdles (36")	Ray Bourque	15.7H (15.94*)	Halifax West High School	1983
100m	Patrick Benjamin	10.5H (10.74*)	Cole Harbour High School	1998
200m	Patrick Benjamin	22.3H (22.54*)	Cole Harbour High School	1998
400m	Jonathan Campbell	50.87*	Sydney Academy	2005
800m	Hudson Grimshaw-Surette	1:58.21*	Yarmouth Consolidated	2015
1500m	Hudson Grimshaw-Surette	3:59.92*	Yarmouth Consolidated	2015
3000m	Andrew Peverill	8:50.61*	Sackville High School	2015
4 x 100m		45.5H (45.64*)	Sackville High School	1976
4 x 400m		3:35.4H (3:35.54*)	Prince Andrew High School	1984
Shot Put (4kg)	Chris Meisner	17.56m	Lunenburg High School	1999
Shot Put (5kg)	Cameron Whynot	14.88m	Park View Education Centre	2016
Discus (1.616kg)	Geoffrey Myatt	42.68m	Sydney Academy	2007
Discus (1.5kg)	Duncan McLaughlin	42.37m	King's-Edgehill School	2018
Javelin (800g)	Jared Baird	53.46m	Cobequid Educational Centre	2005
Javelin (700g)	Noah Berniquer	54.19m	Cobequid Educational Centre	2019
High Jump	Charles MackKay	1.95m	Inverness Consolidated	1988
Long Jump	David Paxton	6.44m	South Colchester	1997
Triple Jump	Mike Orodugba	13.82m	King's-Edgehill School	1986
Pole Vault	Brendan O'Neill	3.65m	Sackville High School	1993

*electronic timing Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

Non-Synthetic Track

Event	Athlete	Time (hand)	School	Year
100m Hurdles (36")	Ryan Veniot	14.9	Queen Elizabeth High School	1997
100m	Nick Smith	11.4	Prince Andrew High School	1997
200m	Erlando Symmonds	23.91	Cole Harbour High School	2000
400m	Andrew Sibley	52.4	Brookfield Junior High	1997
800m	Jeff Manley	2:05.3	Riverview High School	1999
1500m	Jeff Englehutt	4:20.64	Halifax Grammar School	2000
3000m	Ryan Rafuse	9:49.2	Horton High School	1999
4 x 100m		47.6	Central Kings Rural High School	1997
4 x 400m		3:48.5	Middleton Regional High	1997

Provincial Championship Track and Field Records
(current June 11, 2022)

Senior Girls
Synthetic Track

Event	Athlete	Time/Distance	School	Year
100m Hurdles (30")	Claire Covert	16.07*	Halifax West High School	2022
80m Hurdles (33")	Olivia Hill	12.26*	Lockview High School	2017
100m Hurdles (33")	Cecilia Branch	13.7H (13.94*)	St. Patrick's High School	1975
100m	Cecilia Branch	11.7H (11.94*)	St. Patrick's High School	1975
	Nicole Gillis	11.7H (11.94*)	Sackville High School	1987
	Jenna Martin	11.91*	Bridgetown Regional	2006
200m	Jenn Meech	24.84*	Cobequid Educational Centre	2012
400m	Jenna Martin	54.13*	Bridgetown Regional	2006
800m	Maggie Smith	2:11.58*	Sacred Heart School of Halifax	2019
1500m	Maggie Smith	4:21.94*	Sacred Heart School of Halifax	2019
3000m	Maggie Smith	9:26.12*	Sacred Heart School of Halifax	2019
4 x 100m		50.32*	Cobequid Educational Centre	2004
4 x 400m		4:01.53*	Park View Education Centre	2009
Shot Put (4kg)	Chelsea Whalen	13.26m	Liverpool Regional	2010
Discus (1kg)	Kayla Gallagher	41.92m	Cobequid Educational Centre	2012
Javelin (600g)	Chelsea Whalen	44.20m	Liverpool Regional	2010
High Jump	Linda Ayer	1.72m	Halifax West High School	1983
Long Jump	Denver Fraser	5.49m	Advocate School	2017
Triple Jump	Gabrielle Fraser	11.71m	Advocate School	2018
Pole Vault	Aly McPhee	3.15m	Sir John A. MacDonald High School	2006

*electronic timing Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

Non-Synthetic Track

Event	Athlete	Time (hand)	School	Year
80m Hurdles (33")	Diane Hatcher	13.0	Forest Heights	1999
100m	Joanna Donnelly	12.7	Central Kings Rural	1997
200m	Leslie Ripley	27.0	Amherst Regional High School	1999
400m	Leslie Ripley	1:02.4	Amherst Regional High School	1999
800m	Heidi Cooke	2:25.8	Cobequid Educational Centre	1997
1500m	Kristin Lewis	5:03.7	St. Patrick's High School	1997
3000m	Kristin Lewis	10:56.4	St. Patrick's High School	1997
4 x 100m		53.4	Amherst Regional High School	1999
4 x 400m		4:20.8	Middleton Regional	1997

Provincial Championship Track and Field Records (current June 11, 2022)

Senior Boys Synthetic Track

Event	Athlete	Time/Distance	School	Year
110m Hurdles (36")	Chandler Zinck-Marier	15.65*	Parkview Education Centre	2022
100m Hurdles (39")	Matthew Coolen	13.28*	Halifax West High School	2015
110m Hurdles (39")	Scott Kirkpatrick	14.6H (14.84*)	Halifax West High School	1982
100m	Roger Crawley	10.5H (10.74*)	Graham Creighton	1971
	Kyu-Won Cho	10.69*	Citadel High School	2009
200m	Matthew Coolen	21.58*	Halifax West High School	2015
400m	Mike Van Der Poel	48.49*	Cobequid Educational Centre	2015
800m	Jake Gallagher	1:54.47*	C.P Allen High School	2005
1500m	Mike Tate	3:54.91*	Dr. J.H. Gillis	2013
3000m	Andrew Peverill	8:40.76*	Sackville High School	2017
5000m	John Carson	14:56.6H (14:56.74*)	Prince Andrew High School	1982
4 x 100m		43.26*	Cobequid Educational Centre	2014
4 x 400m		3:26.09*	Cobequid Educational Centre	2014
Shot Put (5.44 kg)	Chris Meisner	16.48m	Lunenburg Jr/Sr	2001
Shot Put (6kg)	Peter Millman	16.17m	Cobequid Educational Centre	2012
Discus (1.616kg)	Chris Meisner	49.22m	Lunenburg Jr/Sr	2000
Discus (1.75kg)	Peter Millman	49.76m	Cobequid Educational Centre	2012
Javelin (800g)	Adam Wolkins	61.64m	Shelburne	2005
High Jump	Tim Wrigley	2.06m	Middleton	1981
Long Jump	Dave Lucas	7.15m	Annapolis	1956
Triple Jump	Howie Jackson	14.25m	Bridgetown Regional	1964
Pole Vault	Dominic Bricault	3.85m	École du Carrefour	1996

*electronic timing Hand time correction factor of +0.24s for 100m and 200m and +0.14s for 400m and above is applied

Non-Synthetic Track

Event	Athlete	Time (hand)	School	Year
100m Hurdles (39")	Keith Suryer	14.6	C.P. Allen High School	1997
100m	Patrick Benjamin	11.0	Cole Harbour High School	1997
200m	David Paxton	22.9	South Colchester	1999
400m	Joel Dalrymple	52.2	C.P. Allen High School	1997
800m	Andrew Dunbrack	2:03.6	C.P. Allen High School	1997
1500m	Eric Gillis	4:17.2	Dr. J.H. Gillis	1999
5000m	Danny Rizcallah	16:08.8	Halifax West High School	1999
4 x 100m		45.6	South Colchester	1999
4 x 400m		3:38.2	Forest Heights	1997

Track Events - Monday June 12, 2023

Start Time	Event	Type	Category	Event #	Awards	
10:30 am	80 m Hurdles	Semi Finals	Junior Girls	1		
10:40 am			Junior Boys	2		
10:50 am			Intermediate Girls	3		
11:00 am	100 m Hurdles	Semi Finals	Intermediate Boys	4		
11:10 am			Senior Girls	5		
11:20 am	110m Hurdles	Semi Finals	Senior Boys	6		
11:30 am	80 m Hurdles	Final	Junior Girls	1F	Presentations 12:30 pm	
11:35 am			Junior Boys	2F		
11:40 am			Intermediate Girls	3F		
11:45 am	100 m Hurdles	Final	Intermediate Boys	4F		
11:50 am			Senior Girls	5F		
11:55 am	110m Hurdles	Final	Senior Boys	6F		
12:10 pm	100 m	Timed Section Final	Supported Athlete Junior Girls	120	Presentations 1:00 pm (Banners to follow)	
12:15 pm			Supported Athlete Junior Boys	121		
12:20 pm			Supported Athlete Senior Girls	122		
12:25 pm			Supported Athlete Senior Boys	123		
1:00 pm	400 m	Semi Finals	Junior Girls	7		
1:10 pm			Junior Boys	8		
1:20 pm			Intermediate Girls	9		
1:30 pm			Intermediate Boys	10		
1:40 pm			Senior Girls	11		
1:50 pm			Senior Boys	12		
2:00 pm	100 m	Semi Finals	Junior Girls	13		
2:10 pm			Junior Boys	14		
2:20 pm			Intermediate Girls	15		
2:30 pm			Intermediate Boys	16		
2:40 pm			Senior Girls	17		
2:50 pm			Senior Boys	18		
3:00 pm	1500 m	Final	Junior Girls	19		Presentations 4:15 pm
3:10 pm			Junior Boys	20		
3:20 pm			Intermediate Girls	21		
3:30 pm			Intermediate Boys	22		
3:40 pm			Senior Girls	23		
3:50 pm			Senior Boys	24		
4:05 pm	100 m	Final	Junior Girls	13F	Presentations 5:00 pm	
4:10 pm			Junior Boys	14F		
4:15 pm			Intermediate Girls	15F		
4:20 pm			Intermediate Boys	16F		
4:25 pm			Senior Girls	17F		
4:30 pm			Senior Boys	18F		
4:35 pm	400 m	Final	Junior Girls	7F	Presentations 5:15 pm	
4:40 pm			Junior Boys	8F		
4:45 pm			Intermediate Girls	9F		
4:50 pm			Intermediate Boys	10F		
4:55 pm			Senior Girls	11F		
5:00 pm			Senior Boys	12F		

Field Events- Monday June 12, 2023

Start Time	Event	Category	Event #	Awards
10:30 am	Long Jump	Supported Athlete Junior High Girls	128	Presentations following events
	Long Jump	Supported Athlete Junior High Boys	129	
	Shot Put	Supported Athlete Senior High Girls	126	
	Shot Put	Supported Athlete Senior High Boys	127	
11:00 am	Long Jump	Intermediate Boys	58	Presentations 1:00 pm
	High Jump	Junior Girls	61	
	Triple Jump	Intermediate Girls	69	
	Shot Put	Junior Boys	74	
	Discus	Senior Girls	83	
	Javelin	Senior Boys	115	
12:30 pm	Shot Put	Supported Athlete Junior High Girls	124	Presentations following events
	Shot Put	Supported Athlete Junior High Boys	125	
	Long Jump	Supported Athlete Senior High Girls	130	
	Long Jump	Supported Athlete Senior High Boys	131	
1:00 pm	Long Jump	Junior Boys	56	Presentations 3:00 pm
	High Jump	Intermediate Girls	63	
	Triple Jump	Senior Girls	71	
	Shot Put	Senior Boys	78	
	Discus	Junior Girls	79	
	Javelin	Intermediate Boys	103	
3:00 pm	Long Jump	Senior Boys	60	Presentations 5:00 pm
	High Jump	Senior Girls	65	
	Triple Jump	Junior Girls	67	
	Shot Put	Intermediate Boys	76	
	Discus	Intermediate Girls	81	
	Javelin	Junior Boys	91	

Field Events- Tuesday June 13, 2023

Start Time	Event	Category	Event #	Awards
10:00 am	Long Jump	Intermediate Girls	57	Presentations 12:00 noon
	High Jump	Senior Boys	66	
	Triple Jump	Junior Boys	68	
	Shot Put	Junior Girls	73	
	Discus	Intermediate Boys	82	
	Javelin	Senior Girls	109	
	12:00 noon	Long Jump	Junior Girls	
High Jump		Junior Boys	61	
Triple Jump		Intermediate Boys	70	
Shot Put		Senior Girls	77	
Discus		Senior Boys	84	
Javelin		Intermediate Girls	97	
1:00 pm	Shot Put	Para	136/137	
2:00 pm	Long Jump	Senior Girls	59	Presentations 4:00 pm
	High Jump	Intermediate Boys	64	
	Triple Jump	Senior Boys	72	
	Shot Put	Intermediate Girls	75	
	Discus	Junior Boys	80	
	Javelin	Junior Girls	85	

Track Events - Tuesday June 13, 2023

Start Time	Event	Type	Category	Event #	Awards
9:00 am	200 m	Semi Finals	Junior Girls	25	
9:10 am			Junior Boys	26	
9:20 am			Intermediate Girls	27	
9:30 am			Intermediate Boys	28	
9:40 am			Senior Girls	29	
9:50 am			Senior Boys	30	
10:00 am		Timed Section Final	Para Athletes	132/133	Presentations 11:30 am
10:10 am	800 m	Final	Junior Girls	31	
10:20 am			Junior Boys	32	
10:30 am			Intermediate Girls	33	
10:40 am			Intermediate Boys	34	
10:50 am			Senior Girls	35	
11:00 am			Senior Boys	36	Presentations 1:00 pm
11:10 am		Timed Section Final	Para Athletes	134/135	
11:20 am	4 X 100 m	Timed Section Final	Junior Girls	37	
11:35 pm			Junior Boys	38	
11:50 pm			Intermediate Girls	39	
12:05 pm			Intermediate Boys	40	
12:20 pm			Senior Girls	41	Presentations 2:15 pm
12:35 pm			Senior Boys	42	
1:10 pm	200 m	Final	Junior Girls	25F	
1:15 pm			Junior Boys	26F	
1:20 pm			Intermediate Girls	27F	
1:25 pm			Intermediate Boys	28F	
1:30 pm			Senior Girls	29F	Presentations 3:30 pm
1:35 pm			Senior Boys	30F	
1:45 pm	3000 m	Final	Junior Girls	43	
2:05 pm			Junior Boys	44	
2:25 pm			Intermediate Girls	45	
2:45 pm			Intermediate Boys	46	
3:00 pm			Senior Girls	47	Presentations 5:15 pm
3:15 pm			Senior Boys	48	
3:30 pm	4x400 m	Timed Section Final	Junior Girls	49	
3:50 pm			Junior Boys	50	
4:10 pm			Intermediate Girls	51	
4:30 pm			Intermediate Boys	52	
4:45 pm			Senior Girls	53	Presentations 5:30 pm
5:00 pm			Senior Boys	54	
Banners for JG, JB, Combined Junior Banners for IG, IB, Combined Intermediate Banners for SG, SB, Combined Senior Banners for the Region with the Most Points					

