

2024 SSNS Capital CITY District
Meet Program

Event 1 Girls 80 Meter Hurdles 30" Junior

Monday 2024-05-13 - 10:00 AM			
SSNS: 12.11 2016-06-03 Sierra Sweeney			
Lane	Name	School	Seed Time
Section 1 of 5 Finals			
1	23 Mila Tucker	Armbrae Acad	
2	569 Nour Elkaoul	Fairview Jun	
3	957 Vanessa Bonnick	John Martin	
4	238 Anuksha Karthikeyan	Clayton Park	
5	798 Sophia Van Delft	Halifax Inde	
6	625 Annika Compton	Gorsebrook J	
7	1149 Brynn Feeney	St. Agnes Ju	
8	997 Anika Farquhar	Oxford Schoo	
Section 2 of 5 Finals			
1	511 Sophie Mitchell	Ellenvale Ju	
2	468 Dhyani Patel	Elizabeth Su	
3	1017 Gretta Smith	Oxford Schoo	
4	627 Peyton Donovan	Gorsebrook J	
5	1179 Sam Terrio	St. Agnes Ju	
6	885 Cloe Henneberry	Highland Par	
7	237 Touleen Kanaan	Clayton Park	
8	580 Jordyn McPhee	Fairview Jun	
Section 3 of 5 Finals			
1	587 Ella Thomas	Fairview Jun	
2	4 Laudy El-Amiouni	Armbrae Acad	
3	1168 Gianna Metlej	St. Agnes Ju	
4	516 Samantha Roberts	Ellenvale Ju	
5	243 Catherine Martin	Clayton Park	
6	402 Agathe Tremblay	Carrefour	
7	465 Danielle Langille	Elizabeth Su	
8			
Section 4 of 5 Finals			
1	453 Emme Boudreau	Elizabeth Su	
2	1044 Alexis Morrison	Park West Sc	
3	1 Morgan Clarke	Armbrae Acad	
4	634 Eleanor McHenry	Gorsebrook J	
5	887 Veda Jackson	Highland Par	
6	961 Suni Micula	John Martin	
7	1014 Quinn Rogers	Oxford Schoo	
8			
Section 5 of 5 Finals			
1	456 Naomi Chaulk	Elizabeth Su	
2	1159 Kate Macaulay	St. Agnes Ju	
3	1042 Alex Fraser	Park West Sc	
4	637 Aida Pocklington	Gorsebrook J	
5	579 Myra McDonald	Fairview Jun	
6	14 Lydia Muchangi	Armbrae Acad	
7	227 Ayo Adara	Clayton Park	
8			

Event 2 Boys 80 Meter Hurdles 30" Junior

Monday 2024-05-13 - 10:00 AM			
SSNS: 12.03 2023-06-12 Declan O'Brien			
Lane	Name	School	Seed Time
Section 1 of 4 Finals			
1	968 Liam Busk	John Martin	
2	896 Ryland Grant	Highland Par	
3	482 John Messervey	Elizabeth Su	
4	1022 Matias Arteaga	Oxford Schoo	
5	655 Blake Smith	Gorsebrook J	
6	261 Laolu Oladele	Clayton Park	
7	45 Jack Lally	Armbrae Acad	
8			
Section 2 of 4 Finals			
1	642 Yousef Alsaad	Gorsebrook J	
2	41 Sachin Jeyakumar	Armbrae Acad	
3	808 Zéré Rolle-Hewitt	Halifax Inde	
4	1026 Lucas Corra	Oxford Schoo	
5	253 Charlie Flinn	Clayton Park	
6	979 Meer Patel	John Martin	
7	593 Natnael Abreha	Fairview Jun	
8	492 Myron Struijf	Elizabeth Su	
Section 3 of 4 Finals			
1	804 Luke Meaney	Halifax Inde	
2	1021 Daniel Aladjebi	Oxford Schoo	
3	485 Jack Pelham	Elizabeth Su	
4	900 Gregor Orlik	Highland Par	
5	652 Ryland Norman	Gorsebrook J	
6	251 Dyaa Balhous	Clayton Park	
7	614 Liam Ouellet	Fairview Jun	
8			
Section 4 of 4 Finals			
1	966 Sondyn Boutilier	John Martin	
2	654 Jack Rivers-Bowerman	Gorsebrook J	
3	973 Hyunjae Kim	John Martin	
4	488 Jonah Sequeira	Elizabeth Su	
5	615 Jacob Parker	Fairview Jun	
6	255 Gus Hopkins	Clayton Park	
7	58 Fin Sangster	Armbrae Acad	
8			



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2024 SSNS Capital CITY District
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Event 3 Girls 80 Meter Hurdles 30" Intermediate

Monday 2024-05-13 - 10:15 AM

SSNS: 12.12 2023-06-12 Maryn Smith

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	1163 Emmy Mastnak	St. Agnes Ju	
2	506 Molly Lodge	Ellenvale Ju	
3	296 Julia Brennan	Dartmouth Hi	
4	102 Lila Dsouza	Caledonia Ju	
5	163 Bea Asbridge	Citadel High	
6	24 Shayna Wolfson	Armbræ Acad	
7	908 Ava Dibblee	J.L. Ilsley	
8			

Section 2 of 3 Finals

1	15 Audrey Napier	Armbræ Acad	
2	298 Peyton Crowe	Dartmouth Hi	
3	1182 Libby Zhang	St. Agnes Ju	
4	498 Abby Coles	Ellenvale Ju	
5	164 Julia Berry	Citadel High	
6	906 Katherine Craig	J.L. Ilsley	
7	1177 Francesca Sheppard	St. Agnes Ju	
8			

Section 3 of 3 Finals

1	1145 Aesha Chege	St. Agnes Ju	
2	826 Chanelle Rodriguez-Cooq	Halifax West	
3	176 Anna Jeong	Citadel High	
4	964 Lynn Siewe	John Martin	
5	1008 Keri MacIsaac	Oxford Schoo	
6	300 Skyla Kingston-Axiak	Dartmouth Hi	
7			
8			

Event 4 Boys 100 Meter Hurdles 33" Intermediate

Monday 2024-05-13 - 10:15 AM

SSNS: 14.29 2023-06-12 Ryan Vanderwal

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	50 Elijah Mantley	Armbræ Acad	
2	334 Caleb Oloruntoyin-Balog	Dartmouth Hi	
3	52 Ollie Nadeau	Armbræ Acad	
4	535 Ethan Obeng	Ellenvale Ju	
5	939 Omar Khalaf	J.L. Ilsley	
6	852 Robert Martin	Halifax West	
7			
8			

Section 2 of 2 Finals

1	318 Carey Bent	Dartmouth Hi	
2	759 Levi Adler	Halifax Gram	
3	32 Deion Coward	Armbræ Acad	
4	976 Luke Nesbitt	John Martin	
5	36 Payton Flint	Armbræ Acad	
6	853 Yoseph Masry	Halifax West	
7			
8			

Event 5 Girls 100 Meter Hurdles 30" Senior

Monday 2024-05-13 - 10:30 AM

SSNS: 15.15 2023-06-12 Queen Clayton

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	16 Nevaeh O'Connell	Armbræ Acad	
2	831 Zoe Stewart	Halifax West	
3	183 Jane McGuire	Citadel High	
4	12 Laodiki Lutwick Campbell	Armbræ Acad	
5	735 Vivian Johnson	Halifax Gram	
6	186 Bronwyn Murphy	Citadel High	
7			
8			

Event 6 Boys 110 Meter Hurdles 36" Senior

Monday 2024-05-13 - 10:30 AM

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

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	340 Jack Theunissen	Dartmouth Hi	
2	947 Adyaan Nasser	J.L. Ilsley	
3	862 Brennan Smith	Halifax West	
4	216 Corey Ross	Citadel High	
5	26 Jaylen Berglund-Simmond	Armbræ Acad	
6	220 Curtis Simms	Citadel High	
7	837 Nwadiioramma Azuka-O	Halifax West	
8	835 Michael Ajuwon	Halifax West	



2024 SSNS Capital CITY District
Meet Program

Event 7 Girls 400 Meter Dash Junior

Monday 2024-05-13 - 11:15 AM			
SSNS:		58.99	2019-05-31 Cara MacDonald
Lane	Name	School	Seed Time
Section 1 of 9 Finals			
1	572 Lacey Hanley	Fairview Jun	_____
2	1093 Isabel Costa	Sacred Heart	_____
3	515 Ava Randall	Ellenvale Ju	_____
4	1149 Brynn Feeney	St. Agnes Ju	_____
5	1018 Hannah Wells	Oxford Schoo	_____
6	741 Scarlet Mason	Halifax Gram	_____
7	885 Cloe Henneberry	Highland Par	_____
8	963 Nevaeh Parsons	John Martin	_____
Section 2 of 9 Finals			
1	986 Astrid Askheim	Oxford Schoo	_____
2	229 Dafne Allwin	Clayton Park	_____
3	78 Rebecca Riley	Bicentennial	_____
4	416 Sara Traoré	Mer et Monde	_____
5	1092 Victoria Carroll	Sacred Heart	_____
6	880 Gracen campbell-LeBlanc	Highland Par	_____
7	673 Julia Locke	Halifax Cent	_____
8	635 Skyla Naas	Gorsebrook J	_____
Section 3 of 9 Finals			
1	358 Bridget Sakalauskas	Dartmouth So	_____
2	710 Anna Kok	Halifax Chri	_____
3	7 Mary Elliot	Armbræ Acad	_____
4	566 Jhansi Badiginchala	Fairview Jun	_____
5	551 Rebecca Mannette	Eric Graves	_____
6	245 Addison Myers	Clayton Park	_____
7	631 Subira Karakash	Gorsebrook J	_____
8	374 Chloe Betts	East Coast V	_____
Section 4 of 9 Finals			
1	724 Ellie Cheng	Halifax Gram	_____
2	361 Charlotte Taylor	Dartmouth So	_____
3	235 Chloe Higginbotham	Clayton Park	_____
4	1019 Vivian Zwicker	Oxford Schoo	_____
5	1157 Emeila Legere	St. Agnes Ju	_____
6	567 Mia Couse	Fairview Jun	_____
7	890 Sofia Ross	Highland Par	_____
8	378 Klaudia Phillips	East Coast V	_____
Section 5 of 9 Finals			
1	464 Bella Lake	Elizabeth Su	_____
2	13 Lily Meeds	Armbræ Acad	_____
3	893 Nilah Trevors	Highland Par	_____
4	713 Elise Ye	Halifax Chri	_____
5	996 Cora Driver	Oxford Schoo	_____
6	581 Lauren Peddle	Fairview Jun	_____
7	962 Esther Papoola	John Martin	_____
8	96 Sophie Boudreau	Caledonia Ju	_____

Section 6 of 9 Finals			
1	118 Nyahzia Rafuse-Downey	Caledonia Ju	_____
2	353 Martha Khan	Dartmouth So	_____
3	74 Cassidy McFarlane	Bicentennial	_____
4	1179 Sam Terrio	St. Agnes Ju	_____
5	459 Adyson Feenstra	Elizabeth Su	_____
6	398 Kaylie Conrad	Carrefour	_____
7	545 Julia Alonso	Eric Graves	_____
8	6 Ruby Ellesmere	Armbræ Acad	_____
Section 7 of 9 Finals			
1	733 Anastasia Ivanov	Halifax Gram	_____
2	106 Isla Hoddinott	Caledonia Ju	_____
3	270 Rahaf Almohammad	Cunard Junio	_____
4	641 Kaye Wilson	Gorsebrook J	_____
5	472 Abbigail Stewart	Elizabeth Su	_____
6	670 Ella Goralski	Halifax Cent	_____
7	502 Alice Laventure	Ellenvale Ju	_____
8	1098 Anna Gillis	Sacred Heart	_____
Section 8 of 9 Finals			
1	711 Elisa Schneider	Halifax Chri	_____
2	1090 Lillian Bishop	Sacred Heart	_____
3	5 Genevieve Ellesmere	Armbræ Acad	_____
4	504 Moores Lexie	Ellenvale Ju	_____
5	355 Ella Macfarlane	Dartmouth So	_____
6	754 Orli Sutherland	Halifax Gram	_____
7	957 Vanessa Bonnick	John Martin	_____
8			_____
Section 9 of 9 Finals			
1	965 Erica Udom	John Martin	_____
2	103 Katelyn Eld	Caledonia Ju	_____
3	451 Lilly Bennett	Elizabeth Su	_____
4	237 Touleen Kanaan	Clayton Park	_____
5	1180 Olivia Thomson	St. Agnes Ju	_____
6	638 Madeline Rigby	Gorsebrook J	_____
7	399 Jane Cunningham	Carrefour	_____
8			_____

Event 8 Boys 400 Meter Dash Junior

Monday 2024-05-13 - 11:15 AM			
SSNS:		53.72	2013 Barrett Dachyshyn
Lane	Name	School	Seed Time
Section 1 of 8 Finals			
1	979 Meer Patel	John Martin	_____
2	373 Tristan Welsh	Dartmouth So	_____
3	488 Jonah Sequeira	Elizabeth Su	_____
4	766 Oz Cohen	Halifax Gram	_____
5	1204 Yuli MacKenzie	St. Agnes Ju	_____
6	248 Matteo Abi	Clayton Park	_____
7	93 Emil Tesoro	Bicentennial	_____
8	405 Noah Canell	Carrefour	_____



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Section 2 of 8 Finals...(Event 8 Boys 400 Meter Dash Junior)

1	685 Ben Connick	Halifax Cent	_____
2	474 Owen Casey	Elizabeth Su	_____
3	128 Lane Campbell	Caledonia Ju	_____
4	714 Ethan Ainabe	Halifax Chri	_____
5	407 Joshua Misner	Carrefour	_____
6	1063 Debare Taiye-Ayo	Park West Sc	_____
7	642 Yousef Alsaad	Gorsebrook J	_____
8	262 Ty Oxner	Clayton Park	_____

Section 3 of 8 Finals

1	1202 James Lo	St. Agnes Ju	_____
2	140 Logan Myers	Caledonia Ju	_____
3	82 Myer Cogdon	Bicentennial	_____
4	648 Sasha Kaye	Gorsebrook J	_____
5	370 Caleb Riggs	Dartmouth So	_____
6	718 Corban Lucas	Halifax Chri	_____
7	1138 Ben Wellner	Sacred Heart	_____
8	39 Taitym Hyacinth	Armbræ Acad	_____

Section 4 of 8 Finals

1	384 Leroy Crowe	East Coast V	_____
2	91 Lucas Rent	Bicentennial	_____
3	490 Deagan Smith	Elizabeth Su	_____
4	1125 Liam Connolly	Sacred Heart	_____
5	717 Caleb Kok	Halifax Chri	_____
6	285 Frank Lachowicz	Cunard Junio	_____
7	1027 Ben Creighton	Oxford Schoo	_____
8	256 Mohammed Ibrabah	Clayton Park	_____

Section 5 of 8 Finals

1	650 Cal Macdonald	Gorsebrook J	_____
2	605 Lucas Lerue	Fairview Jun	_____
3	970 Josiah Clyde	John Martin	_____
4	363 Reid Ash	Dartmouth So	_____
5	1039 Charlie Thompson	Oxford Schoo	_____
6	55 Jacob Propper	Armbræ Acad	_____
7	1048 Soham Ausekar	Park West Sc	_____
8	425 Caleb Kabiona	Mer et Monde	_____

Section 6 of 8 Finals

1	527 Patrick Cody-Cox	Ellenvale Ju	_____
2	494 Jedidiah Tonny-Utulu	Elizabeth Su	_____
3	1053 Karim Hamo	Park West Sc	_____
4	260 Ryan Muskoya	Clayton Park	_____
5	705 Shayan Zeinali	Halifax Cent	_____
6	776 Cadence MacLeod	Halifax Gram	_____
7	608 Leo Manos	Fairview Jun	_____
8	715 Mokunfayo Fakiyesi	Halifax Chri	_____

Section 7 of 8 Finals

1	1032 Sam Gomez	Oxford Schoo	_____
2	432 Elliot Stec	Mer et Monde	_____
3	702 Joe Rimmer	Halifax Cent	_____
4	978 Mike Okoabah	John Martin	_____
5	156 Jack Taylor	Caledonia Ju	_____
6	1065 Sayhan Zaman	Park West Sc	_____
7	538 Tristan Roberts	Ellenvale Ju	_____
8	598 William Creelman	Fairview Jun	_____

Section 8 of 8 Finals

1	368 Antwon Nguyen	Dartmouth So	_____
2	646 Sheppard Dorland	Gorsebrook J	_____
3	1206 Eddie Macpherson	St. Agnes Ju	_____
4	49 Mason MacRae	Armbræ Acad	_____
5	1033 Leo Jackson	Oxford Schoo	_____
6	975 Sajid Mohammad	John Martin	_____
7	603 Luke Kotsopoulos	Fairview Jun	_____
8	683 Jack Brady	Halifax Cent	_____

Event 9 Girls 400 Meter Dash Intermediate

Monday 2024-05-13 - 11:45 AM

SSNS:	57.24	2003	Jenna Martin
Lane	Name	School	Seed Time

Section 1 of 5 Finals

1	436 Laura Centofante	Mosaïque	_____
2	1147 Christian Ermias	St. Agnes Ju	_____
3	172 Grace Galloway	Citadel High	_____
4	736 Nyah Kaupp	Halifax Gram	_____
5	296 Julia Brennan	Dartmouth Hi	_____
6	964 Lynn Siewe	John Martin	_____
7	11 Brooklyn Lucas	Armbræ Acad	_____
8	519 Bailey Tremblay	Ellenvale Ju	_____

Section 2 of 5 Finals

1	303 Lila Macaskill	Dartmouth Hi	_____
2	1005 Claire Laroche Noble	Oxford Schoo	_____
3	707 Anita Emeziem	Halifax Chri	_____
4	189 Annabelle Raymond	Citadel High	_____
5	3 Mariah Dicks	Armbræ Acad	_____
6	437 Breanna Ellis	Mosaïque	_____
7	506 Molly Lodge	Ellenvale Ju	_____
8	112 Molly McCarthy	Caledonia Ju	_____

Section 3 of 5 Finals

1	176 Anna Jeong	Citadel High	_____
2	439 Audrey Joseph	Mosaïque	_____
3	959 Japnor Kaur	John Martin	_____
4	752 Molly Sancton	Halifax Gram	_____
5	412 Julia MacDougall	Mer et Monde	_____
6	308 Tessa McLean	Dartmouth Hi	_____
7	97 Lyla Boychuk	Caledonia Ju	_____
8	1113 Isobel Schrader	Sacred Heart	_____



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

1	123 Lauren Trenholm	Caledonia Ju	_____
2	163 Bea Asbridge	Citadel High	_____
3	300 Skyla Kingston-Axiak	Dartmouth Hi	_____
4	709 Zoe Hsia	Halifax Chri	_____
5	592 Sydney Young	Fairview Jun	_____
6	672 Hana Jeong	Halifax Cent	_____
7	726 Zora Daramola	Halifax Gram	_____
8	1103 Kailyn Kaulback	Sacred Heart	_____

Section 5 of 5 Finals

1	95 Brooke Benjarmin	Caledonia Ju	_____
2	68 Emily Hall	Bicentennial	_____
3	441 Sana Maillet	Mosaïque	_____
4	913 Annie Johns	J.L. Ilsley	_____
5	756 Ayla Williams	Halifax Gram	_____
6	664 Sophie Connick	Halifax Cent	_____
7	1163 Emmy Mastnak	St. Agnes Ju	_____
8			_____

Event 10 Boys 400 Meter Dash Intermediate

Monday 2024-05-13 - 11:45 AM			
SSNS: 50.87 2005		Jonathan Campbell	
Lane	Name	School	Seed Time

Section 1 of 7 Finals

1	149 Sam Ryan	Caledonia Ju	_____
2	871 Tong Tong Xiong	Halifax West	_____
3	768 Ziyang Gao	Halifax Gram	_____
4	450 Owen Weigelin	Mosaïque	_____
5	86 Ashton Kennedy	Bicentennial	_____
6	934 Alex Gyorfi	J.L. Ilsley	_____
7	976 Luke Nesbitt	John Martin	_____
8	1213 Keir Reynolds	St. Agnes Ju	_____

Section 2 of 7 Finals

1	532 Jacob Harmon	Ellenvale Ju	_____
2	57 Quinn Ryall	Armbrac Acad	_____
3	985 Dontae Wilson	John Martin	_____
4	1031 Owen Gillis	Oxford Schoo	_____
5	770 Christos Giannou	Halifax Gram	_____
6	865 James Thibault	Halifax West	_____
7	621 Krykos Theoharopoulos	Fairview Jun	_____
8	941 Fraser Lake	J.L. Ilsley	_____

Section 3 of 7 Finals

1	1132 Charlie McDonough	Sacred Heart	_____
2	609 River Martin-Walsh	Fairview Jun	_____
3	943 Graeme Messervey	J.L. Ilsley	_____
4	852 Robert Martin	Halifax West	_____
5	525 Nikhil Batra	Ellenvale Ju	_____
6	315 Alex Ansems	Dartmouth Hi	_____
7	1207 Max Makropoulos	St. Agnes Ju	_____
8	202 Noah Gray	Citadel High	_____

Section 4 of 7 Finals

1	221 Christopher Sneddon-Sim	Citadel High	_____
2	1128 Peter Cormier	Sacred Heart	_____
3	151 Owen Sparkes	Caledonia Ju	_____
4	944 Taidg Molloy-Reilly	J.L. Ilsley	_____
5	445 Vincent Dicaire	Mosaïque	_____
6	326 Oliver Lynk	Dartmouth Hi	_____
7	1189 Will Brown	St. Agnes Ju	_____
8			_____

Section 5 of 7 Finals

1	1059 Kuhan Karthikeyan	Park West Sc	_____
2	36 Payton Flint	Armbrac Acad	_____
3	218 Luke Sarty	Citadel High	_____
4	692 Travis Lloyd	Halifax Cent	_____
5	529 Moe El-Hajabed	Ellenvale Ju	_____
6	1137 Edwin Siller	Sacred Heart	_____
7	867 Jayden Tran	Halifax West	_____
8			_____

Section 6 of 7 Finals

1	1140 Ben Wittwer	Sacred Heart	_____
2	977 Dori Ngo	John Martin	_____
3	339 Glendon Snow	Dartmouth Hi	_____
4	1193 Sam Flemming	St. Agnes Ju	_____
5	33 Sanjam Dhillon	Armbrac Acad	_____
6	138 Ivor Macdonald-Rasmuss	Caledonia Ju	_____
7	209 Noah Miller	Citadel High	_____
8			_____

Section 7 of 7 Finals

1	971 Caidin Colley	John Martin	_____
2	446 Donté Gallant	Mosaïque	_____
3	47 DJ MacLean	Armbrac Acad	_____
4	617 Ethan Peddle	Fairview Jun	_____
5	84 Markus Harrison	Bicentennial	_____
6	344 Sydney Watt	Dartmouth Hi	_____
7	720 Ajijolaoluwa Ogunbosi	Halifax Chri	_____
8			_____

Event 11 Girls 400 Meter Dash Senior

Monday 2024-05-13 - 12:15 PM			
SSNS: 54.13 2006		Jenna Martin	
Lane	Name	School	Seed Time

Section 1 of 2 Finals

1	309 Olivia Murphy	Dartmouth Hi	_____
2	187 Ryli Nolan	Citadel High	_____
3	1236 Chiara Porro	Woodlawn Hig	_____
4	183 Jane McGuire	Citadel High	_____
5	904 Shamil Bajen	J.L. Ilsley	_____
6	832 Yaraslava Supenko	Halifax West	_____
7	910 Grace Driscoll	J.L. Ilsley	_____
8			_____



2024 SSNS Capital CITY District
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Section 2 of 2 Finals...(Event 11 Girls 400 Meter Dash Senior)

1	916 Maryn Kline	J.L. Ilsley	_____
2	818 Sophie McCormick	Halifax West	_____
3	1229 Pauline Gillet	Woodlawn Hig	_____
4	905 Valeria Carrillo Cu	J.L. Ilsley	_____
5	168 Sophia Das	Citadel High	_____
6	829 Kate Scholz	Halifax West	_____
7	22 Amaya Tolliver	Armbræ Acad	_____
8			_____

Event 12 Boys 400 Meter Dash Senior

Monday 2024-05-13 - 12:15 PM			
SSNS:		48.49	2015
		Mike Van Der Poel	
Lane	Name	School	Seed Time

Section 1 of 3 Finals

1			_____
2	197 Alex Bouchard	Citadel High	_____
3	220 Curtis Simms	Citadel High	_____
4	343 Bowen Watson-Thompson	Dartmouth Hi	_____
5	1249 Nathan Herman	Woodlawn Hig	_____
6	53 Samuel Proietti	Armbræ Acad	_____
7	449 Teagan Richardson	Mosaïque	_____
8			_____

Section 2 of 3 Finals

1	34 Terry Ding	Armbræ Acad	_____
2	1129 Thomas Emberly	Sacred Heart	_____
3	953 Daniel Tokar	J.L. Ilsley	_____
4	1131 Tony Liu	Sacred Heart	_____
5	837 Nwadiioramma Azuka-O	Halifax West	_____
6	1126 Julian Cooper	Sacred Heart	_____
7	933 Brayden Giles	J.L. Ilsley	_____
8	225 Brian Wilson-Dymont	Citadel High	_____

Section 3 of 3 Finals

1	1124 Simon Bortolussi	Sacred Heart	_____
2	324 Connell Higgins	Dartmouth Hi	_____
3	200 Alan Fawcett	Citadel High	_____
4	847 Tristan Kelloway	Halifax West	_____
5	340 Jack Theunissen	Dartmouth Hi	_____
6	857 Sam Ross	Halifax West	_____
7	60 Declan Younger	Armbræ Acad	_____
8	42 Nai Johnson	Armbræ Acad	_____

Event 13 Girls 100 Meter Dash Junior

16 Advance: Top 1 Each Heat plus Next 4 Best Times			
Monday 2024-05-13 - 1:15 PM			

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

Lane	Name	School	Seed Time
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Heat 1 of 12 Prelims

1	401 Soraya Mfoumou	Carrefour	_____
2	1158 Libby Lim	St. Agnes Ju	_____
3	414 Charlotte Nader	Mer et Monde	_____
4	739 Michelle Li	Halifax Gram	_____
5	69 Charlotte Hickey	Bicentennial	_____
6	1071 Sydney Kennedy	Rockingstone	_____
7	989 Gwen Cardone	Oxford Schoo	_____
8	963 Nevaeh Parsons	John Martin	_____

Heat 2 of 12 Prelims

1	275 Ruby Langley	Cunard Junio	_____
2	118 Nyahzia Rafuse-Downey	Caledonia Ju	_____
3	567 Mia Couse	Fairview Jun	_____
4	232 Isabella Downs	Clayton Park	_____
5	965 Erica Udom	John Martin	_____
6	632 Isla Keys	Gorsebrook J	_____
7	673 Julia Locke	Halifax Cent	_____
8	748 Julia Park	Halifax Gram	_____

Heat 3 of 12 Prelims

1	78 Rebecca Riley	Bicentennial	_____
2	397 Brielle Breau	Carrefour	_____
3	671 Charlie Hazel	Halifax Cent	_____
4	4 Laudy El-Amiouni	Armbræ Acad	_____
5	411 Emma MacDougall	Mer et Monde	_____
6	957 Vanessa Bonnick	John Martin	_____
7	743 Teniola Ogunsakin	Halifax Gram	_____
8	357 Amya Penney	Dartmouth So	_____

Heat 4 of 12 Prelims

1	1067 Inioluwa Adeyemi	Rockingstone	_____
2	231 Mano Chaisson	Clayton Park	_____
3	574 Abigail Joseph	Fairview Jun	_____
4	379 Anastasiia Sivkova	East Coast V	_____
5	269 Vivi Achenbach	Cunard Junio	_____
6	350 Evelyn Fennell	Dartmouth So	_____
7	503 Le Le	Ellenvale Ju	_____
8	472 Abigail Stewart	Elizabeth Su	_____



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SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2024 SSNS Capital CITY District
Meet Program

Heat 5 of 12 Prelims...(Event 13 Girls 100 Meter Dash Junior)

1	74 Cassidy McFarlane	Bicentennial	_____
2	452 Abby Boudreau	Elizabeth Su	_____
3	381 Angelika Wolak	East Coast V	_____
4	120 Corra Shewan	Caledonia Ju	_____
5	661 Ellen Brady	Halifax Cent	_____
6	1101 Olivia Gogan	Sacred Heart	_____
7	504 Moores Lexie	Ellenvale Ju	_____
8	962 Esther Papoola	John Martin	_____

Heat 6 of 12 Prelims

1	469 Kanishga Pradeepkumar	Elizabeth Su	_____
2	375 Addison Ellis	East Coast V	_____
3	23 Mila Tucker	Armbrac Acad	_____
4	1046 Arizona Sparks	Park West Sc	_____
5	1171 Avery Nelves	St. Agnes Ju	_____
6	1076 Hawa Turajeva	Rockingstone	_____
7	888 Zaina Meraj	Highland Par	_____
8			_____

Heat 7 of 12 Prelims

1	507 Josie Maccormick	Ellenvale Ju	_____
2	377 Adrienne Fraser	East Coast V	_____
3	360 Payton Spruin	Dartmouth So	_____
4	73 Charley MacKinnon	Bicentennial	_____
5	413 Lia Mosher	Mer et Monde	_____
6	637 Aida Pocklington	Gorsebrook J	_____
7	114 Aliyah Oyinola	Caledonia Ju	_____
8			_____

Heat 8 of 12 Prelims

1	1172 Goodness Olugu	St. Agnes Ju	_____
2	10 Amy Liu	Armbrac Acad	_____
3	1114 Abbey Spearin	Sacred Heart	_____
4	883 Erika Ezewe	Highland Par	_____
5	587 Ella Thomas	Fairview Jun	_____
6	516 Samantha Roberts	Ellenvale Ju	_____
7	1044 Alexis Morrison	Park West Sc	_____
8			_____

Heat 9 of 12 Prelims

1	416 Sara Traoré	Mer et Monde	_____
2	747 Hannah Orr	Halifax Gram	_____
3	96 Sophie Boudreau	Caledonia Ju	_____
4	892 Everley Toole	Highland Par	_____
5	630 Lucia Embree	Gorsebrook J	_____
6	1068 Anuoluwapo Agbedu	Rockingstone	_____
7	998 Ava Flynn	Oxford Schoo	_____
8			_____

Heat 10 of 12 Prelims

1	464 Bella Lake	Elizabeth Su	_____
2	790 Callie Morgan	Halifax Inde	_____
3	348 Nahla Coll	Dartmouth So	_____
4	1116 Akshara Veeramani	Sacred Heart	_____
5	235 Chloe Higginbotham	Clayton Park	_____
6	667 Priya Eichler	Halifax Cent	_____
7	571 Stefanie Francis	Fairview Jun	_____
8			_____

Heat 11 of 12 Prelims

1	1007 Vivenne MacDougall	Oxford Schoo	_____
2	17 Victoria Olaiya	Armbrac Acad	_____
3	1108 Sienna Metledge	Sacred Heart	_____
4	271 Fiona Church	Cunard Junio	_____
5	1153 Flora Jackson	St. Agnes Ju	_____
6	634 Eleanor McHenry	Gorsebrook J	_____
7	710 Anna Kok	Halifax Chri	_____
8			_____

Heat 12 of 12 Prelims

1	886 Itissam Ismail	Highland Par	_____
2	1016 Cassia Simpson	Oxford Schoo	_____
3	277 Camryn Myra	Cunard Junio	_____
4	550 Bailey Mabbett	Eric Graves	_____
5	402 Agathe Tremblay	Carrefour	_____
6	1165 Dylan McDonald	St. Agnes Ju	_____
7	245 Addison Myers	Clayton Park	_____
8			_____

Event 14 Boys 100 Meter Dash Junior

16 Advance: Top 1 Each Heat plus Next 5 Best Times

Monday 2024-05-13 - 1:15 PM

SSNS: 11.56 2023-06-12 Wyatt Thurston
Ties: 11.50 1995 Nick Smith (hand)

Lane	Name	School	Seed Time
Heat 1 of 11 Prelims			
1	418 Youssef Al Amoudi	Mer et Monde	_____
2	408 Thomas Seneker	Carrefour	_____
3	694 Remi Macdonald	Halifax Cent	_____
4	487 Ruairi Reynolds	Elizabeth Su	_____
5	561 Nate McInnis	Eric Graves	_____
6	773 Simon Kaupp	Halifax Gram	_____
7	804 Luke Meaney	Halifax Inde	_____
8	366 Corwinn Marshall	Dartmouth So	_____



SCHOOL SPORT
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Heat 2 of 11 Prelims...(Event 14 Boys 100 Meter Dash Junior)

1	136 Theo junaid-MacNeil	Caledonia Ju	_____
2	562 Ben Owen	Eric Graves	_____
3	642 Yousef Alsaad	Gorsebrook J	_____
4	776 Cadence MacLeod	Halifax Gram	_____
5	1052 David Burchell	Park West Sc	_____
6	406 Lamar Gallant	Carrefour	_____
7	91 Lucas Rent	Bicentennial	_____
8	537 Sebastian Richards	Ellenvale Ju	_____

Heat 3 of 11 Prelims

1	975 Sajid Mohammad	John Martin	_____
2	369 Jeremy Pitts	Dartmouth So	_____
3	1053 Karim Hamo	Park West Sc	_____
4	384 Leroy Crowe	East Coast V	_____
5	527 Patrick Cody-Cox	Ellenvale Ju	_____
6	559 Scott Jay	Eric Graves	_____
7	261 Laolu Oladele	Clayton Park	_____
8	1210 Kilvin Nsibimana	St. Agnes Ju	_____

Heat 4 of 11 Prelims

1	618 Maxwell Prole	Fairview Jun	_____
2	1021 Daniel Aladjebi	Oxford Schoo	_____
3	423 Hichem Hamdidouche	Mer et Monde	_____
4	45 Jack Lally	Armbræ Acad	_____
5	978 Mike Okoabah	John Martin	_____
6	1086 Conner Julian	Rockingstone	_____
7	491 Chase Stewart	Elizabeth Su	_____
8	394 Jake Willmott	East Coast V	_____

Heat 5 of 11 Prelims

1	143 Jackson Pickard	Caledonia Ju	_____
2	387 Jaxson Leroux	East Coast V	_____
3	979 Meer Patel	John Martin	_____
4	424 Lahayi Igiraneza	Mer et Monde	_____
5	1056 Hamza Hussein	Park West Sc	_____
6	407 Joshua Misner	Carrefour	_____
7	683 Jack Brady	Halifax Cent	_____
8	802 Cohen Francis	Halifax Inde	_____

Heat 6 of 11 Prelims

1	1050 Sidhant Bhatia	Park West Sc	_____
2	760 Jimi Akindele	Halifax Gram	_____
3	1083 Noah Hallett	Rockingstone	_____
4	287 Leo Matheson	Cunard Junio	_____
5	85 Adam Jarrett	Bicentennial	_____
6	477 Hunter Gilmour	Elizabeth Su	_____
7	37 Bannen Greene	Armbræ Acad	_____
8	254 Javier Hamilton	Clayton Park	_____

Heat 7 of 11 Prelims

1	593 Natnael Abreha	Fairview Jun	_____
2	58 Fin Sangster	Armbræ Acad	_____
3	686 Keenan Dobbin	Halifax Cent	_____
4	289 Nash Salas	Cunard Junio	_____
5	481 Samuel McIntosh	Elizabeth Su	_____
6	249 Salah Al Dark Habani	Clayton Park	_____
7	87 Ben Lelievre	Bicentennial	_____
8	1198 Nathanael Irish	St. Agnes Ju	_____

Heat 8 of 11 Prelims

1	1125 Liam Connolly	Sacred Heart	_____
2	715 Mokunfayo Fakiyesi	Halifax Chri	_____
3	655 Blake Smith	Gorsebrook J	_____
4	554 Cobin Arnold	Eric Graves	_____
5	613 Duncan Ogilvie	Fairview Jun	_____
6	41 Sachin Jeyakumar	Armbræ Acad	_____
7	364 Joshua Bent	Dartmouth So	_____
8	1037 Attila Narvey	Oxford Schoo	_____

Heat 9 of 11 Prelims

1	1136 Boyd Schrader	Sacred Heart	_____
2	383 Maddox Burke	East Coast V	_____
3	684 Daniel Chisholm	Halifax Cent	_____
4	594 Elijah Amore	Fairview Jun	_____
5	718 Corban Lucas	Halifax Chri	_____
6	896 Ryland Grant	Highland Par	_____
7	281 Seth Cogswell	Cunard Junio	_____
8	435 Mohamed Traoré	Mer et Monde	_____

Heat 10 of 11 Prelims

1	761 Kashton Armstrong	Halifax Gram	_____
2	970 Josiah Clyke	John Martin	_____
3	1035 Eric Kang	Oxford Schoo	_____
4	649 Cam Lau-A	Gorsebrook J	_____
5	140 Logan Myers	Caledonia Ju	_____
6	800 Emmet Armstrong	Halifax Inde	_____
7	544 Liam Whitman	Ellenvale Ju	_____
8	83 Kylan Gray	Bicentennial	_____

Heat 11 of 11 Prelims

1	156 Jack Taylor	Caledonia Ju	_____
2	250 Max Al-Molky	Clayton Park	_____
3	1084 Khaled Hazim	Rockingstone	_____
4	714 Ethan Ainabe	Halifax Chri	_____
5	542 Conroy Snow	Ellenvale Ju	_____
6	283 Jahream Fletcher	Cunard Junio	_____
7	1030 Nico Dumke	Oxford Schoo	_____
8			_____



**SCHOOL SPORT
NOVA SCOTIA
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NOUVELLE-ÉCOSSE**

2024 SSNS Capital CITY District
Meet Program

Event 15 Girls 100 Meter Dash Intermediate

16 Advance: Top 1 Each Heat plus Next 8 Best Times			
Monday 2024-05-13 - 1:45 PM			
SSNS: 12.33 2007		Marissa Wolter	
Ties: 12.20 1997		Christine Fluery (hand)	
Lane	Name	School	Seed Time
Heat 1 of 8 Prelims			
1	1095 Maeve Culligan	Sacred Heart	_____
2	1145 Aesha Chege	St. Agnes Ju	_____
3	97 Lyla Boychuk	Caledonia Ju	_____
4	189 Annabelle Raymond	Citadel High	_____
5	676 Jane Maloney	Halifax Cent	_____
6	622 Ester Abiri	Gorsebrook J	_____
7	9 Mya King-Hyacinth	Armbræ Acad	_____
8	436 Laura Centofante	Mosaïque	_____
Heat 2 of 8 Prelims			
1	708 Olivia Holmes	Halifax Chri	_____
2	1155 Ava Khoury	St. Agnes Ju	_____
3	758 Joyce Yu	Halifax Gram	_____
4	917 Deborah Kukoyi	J.L. Ilsley	_____
5	814 Gabby Kelloway	Halifax West	_____
6	1231 Chisara Ivoko	Woodlawn Hig	_____
7	589 Elizabeth Weinberg	Fairview Jun	_____
8	304 Molly Macdonald	Dartmouth Hi	_____
Heat 3 of 8 Prelims			
1	924 Tayonna Smith	J.L. Ilsley	_____
2	15 Audrey Napier	Armbræ Acad	_____
3	441 Sana Maillet	Mosaïque	_____
4	1009 Mia Magloir	Oxford Schoo	_____
5	575 Ella Keast	Fairview Jun	_____
6	826 Chanelle Rodriguez-Coop	Halifax West	_____
7	1227 Talia Downey-Gillie	Woodlawn Hig	_____
8	176 Anna Jeong	Citadel High	_____
Heat 4 of 8 Prelims			
1	439 Audrey Joseph	Mosaïque	_____
2	812 Amarachi Ezurike	Halifax West	_____
3	903 Daniela Attedjro	J.L. Ilsley	_____
4	1164 Zoe McCuaig	St. Agnes Ju	_____
5	302 Teigan Long	Dartmouth Hi	_____
6	987 Jasmine Aulenback	Oxford Schoo	_____
7	570 Abigail Eustace	Fairview Jun	_____
8	1111 Rio Otake	Sacred Heart	_____

Heat 5 of 8 Prelims		
1	11 Brooklyn Lucas	Armbræ Acad
2	191 Giorgia Steiro	Citadel High
3	104 Anna Girard	Caledonia Ju
4	68 Emily Hall	Bicentennial
5	1040 Michelle Babatunde-Arc	Park West Sc
6	519 Bailey Tremblay	Ellenvale Ju
7	300 Skyla Kingston-Axiak	Dartmouth Hi
8	1107 Jaden McArthur	Sacred Heart
Heat 6 of 8 Prelims		
1	1102 Olivia Hunter	Sacred Heart
2	122 Tye'airah Thompson	Caledonia Ju
3	959 Japnor Kaur	John Martin
4	549 Mariah Kelsey	Eric Graves
5	177 Lisa Khutjwe	Citadel High
6	726 Zora Daramola	Halifax Gram
7	913 Annie Johns	J.L. Ilsley
8	513 Faith Owodolu	Ellenvale Ju
Heat 7 of 8 Prelims		
1	707 Anita Emeziem	Halifax Chri
2	744 Mimi Ojo	Halifax Gram
3	672 Hana Jeong	Halifax Cent
4	1008 Keri MacIsaac	Oxford Schoo
5	299 Brianna Hoskin	Dartmouth Hi
6	437 Breanna Ellis	Mosaïque
7	1239 Chris Thomey	Woodlawn Hig
8	123 Lauren Trenholm	Caledonia Ju
Heat 8 of 8 Prelims		
1	680 Liae Yang	Halifax Cent
2	964 Lynn Siewe	John Martin
3	79 Lily Williams	Bicentennial
4	24 Shayna Wolfson	Armbræ Acad
5	410 Anna Bakeeff	Mer et Monde
6	728 Juliet Fatokun	Halifax Gram
7	508 Mya Maccormick	Ellenvale Ju
8	1222 Jada Bonang	Woodlawn Hig



2024 SSNS Capital CITY District
Meet Program

Event 16 Boys 100 Meter Dash Intermediate

16 Advance: Top 1 Each Heat plus Next 7 Best Times			
Monday 2024-05-13 - 1:45 PM			
SSNS: 10.50 1998		Patrick Benjamin (hand)	
Lane	Name	School	Seed Time
Heat 1 of 9 Prelims			
1	901 Dawson Rutherford	Highland Par	
2	1121 Evan Beaubien	Sacred Heart	
3	1062 Michael Porter	Park West Sc	
4	850 Nathan Lerue	Halifax West	
5	971 Caidin Colley	John Martin	
6	532 Jacob Harmon	Ellenvale Ju	
7	206 David Macadam	Citadel High	
8	949 Dontae Richard	J.L. Ilsley	
Heat 2 of 9 Prelims			
1	1130 Ben Goedkoop	Sacred Heart	
2	211 Deaglan Nichol	Citadel High	
3	57 Quinn Ryall	Armbrac Acad	
4	447 Jason Holmes	Mosaïque	
5	985 Dontae Wilson	John Martin	
6	1255 William Sepa	Woodlawn Hig	
7	149 Sam Ryan	Caledonia Ju	
8	955 Macade Wright	J.L. Ilsley	
Heat 3 of 9 Prelims			
1	135 Daylen Hutchinson	Caledonia Ju	
2	1059 Kuhan Karthikeyan	Park West Sc	
3	894 Kai Enders	Highland Par	
4	1219 Aiden Veinot	St. Agnes Ju	
5	786 Rex Wilson	Halifax Gram	
6	429 Silvain Mbuyi	Mer et Monde	
7	1260 Joaquin Yakubu	Woodlawn Hig	
8	703 Leonard Sabeau-Suzuki	Halifax Cent	
Heat 4 of 9 Prelims			
1	602 Sebastian Hum	Fairview Jun	
2	682 Pj Bilek	Halifax Cent	
3	770 Christos Giannou	Halifax Gram	
4	56 Jordan Rittenberg	Armbrac Acad	
5	939 Omar Khalaf	J.L. Ilsley	
6	450 Owen Weigelin	Mosaïque	
7	318 Carey Bent	Dartmouth Hi	
8	1200 Delano Knight	St. Agnes Ju	

Heat 5 of 9 Prelims		
1	865 James Thibault	Halifax West
2	534 Dane Morrissey	Ellenvale Ju
3	338 Curtis Snelgrove	Dartmouth Hi
4	1031 Owen Gillis	Oxford Schoo
5	84 Markus Harrison	Bicentennial
6	768 Ziyang Gao	Halifax Gram
7	556 Kowen Croft	Eric Graves
8	1213 Keir Reynolds	St. Agnes Ju
Heat 6 of 9 Prelims		
1	393 Rhys Walker	East Coast V
2	29 Kale Brown	Armbrac Acad
3	898 Mohammed Jabi	Highland Par
4	977 Dori Ngo	John Martin
5	853 Yoseph Masry	Halifax West
6	541 Maddox Seebolt	Ellenvale Ju
7	1034 Edward Kang	Oxford Schoo
8	1051 Jaiveer Bhullar	Park West Sc
Heat 7 of 9 Prelims		
1	137 Tyler Larusic	Caledonia Ju
2	1197 Brody Horne	St. Agnes Ju
3	1137 Edwin Siller	Sacred Heart
4	693 Ace Lyu	Halifax Cent
5	1066 Yair Zarbailov	Park West Sc
6	425 Caleb Kabiona	Mer et Monde
7	339 Glendon Snow	Dartmouth Hi
8	213 Henry Raymond	Citadel High
Heat 8 of 9 Prelims		
1	769 Emile Ghiabi	Halifax Gram
2	1250 Khoa Le	Woodlawn Hig
3	36 Payton Flint	Armbrac Acad
4	936 Ryan Hckey	J.L. Ilsley
5	976 Luke Nesbitt	John Martin
6	621 Krykos Theoharopoulos	Fairview Jun
7	86 Ashton Kennedy	Bicentennial
8		
Heat 9 of 9 Prelims		
1	611 Aaron Metzger	Fairview Jun
2	326 Oliver Lynk	Dartmouth Hi
3	840 Landon Currie	Halifax West
4	151 Owen Sparkes	Caledonia Ju
5	524 Colin Baker	Ellenvale Ju
6	689 Deacon Hazel	Halifax Cent
7	1123 Nathan Bortolussi	Sacred Heart
8		



2024 SSNS Capital CITY District
Meet Program

Event 17 Girls 100 Meter Dash Senior

8 Advance: Top 1 Each Heat plus Next 5 Best Times			
Monday 2024-05-13 - 2:15 PM			
SSNS:		11.91	2006
Ties:		11.70	1975
		Jenna Martin	
		Celia Branch (hand)	
Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	1225 Lana Cushing	Woodlawn Hig	_____
2	291 Clara Albar-Labrador	Dartmouth Hi	_____
3	185 Chantelle Moffatt	Citadel High	_____
4	817 Ava MacNutt	Halifax West	_____
5	928 Maddy Watts	J.L. Ilsley	_____
6	20 Madi Roop	Armbræ Acad	_____
7	918 Isobel Latta	J.L. Ilsley	_____
8			_____
Heat 2 of 3 Prelims			
1	1236 Chiara Porro	Woodlawn Hig	_____
2	916 Maryn Kline	J.L. Ilsley	_____
3	1229 Pauline Gillet	Woodlawn Hig	_____
4	831 Zoe Stewart	Halifax West	_____
5	311 Reese Quist	Dartmouth Hi	_____
6	2 Sasha Dabb	Armbræ Acad	_____
7	16 Nevaeh O'Connell	Armbræ Acad	_____
8			_____
Heat 3 of 3 Prelims			
1			_____
2	306 Apolline Maurage	Dartmouth Hi	_____
3	22 Amaya Tolliver	Armbræ Acad	_____
4	438 Émilie Gagné	Mosaïque	_____
5	1228 Abbey Gavel	Woodlawn Hig	_____
6	822 Saint Mian Angui	Halifax West	_____
7	930 Jasmine Wilson	J.L. Ilsley	_____
8	183 Jane McGuire	Citadel High	_____

Event 18 Boys 100 Meter Dash Senior

8 Advance: Top 1 Each Heat plus Next 4 Best Times			
Monday 2024-05-13 - 2:15 PM			
SSNS:		10.69	2009
Ties:		10.50	1971
		Kyu-Won Cho	
		Roger Crawley (hand)	
Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	1124 Simon Bortolussi	Sacred Heart	_____
2	42 Nai Johnson	Armbræ Acad	_____
3	778 Ola Ogunsakin	Halifax Gram	_____
4	316 David Babalola	Dartmouth Hi	_____
5	1241 Dylan Armitage	Woodlawn Hig	_____
6	861 Jeff Shupe	Halifax West	_____
7	199 Harrison Dunphy	Citadel High	_____
8	954 James Woodard	J.L. Ilsley	_____

Heat 2 of 4 Prelims			
1	337 Quashaun Simmonds	Dartmouth Hi	_____
2	1249 Nathan Herman	Woodlawn Hig	_____
3	26 Jaylen Berglund-Simmond	Armbræ Acad	_____
4	1133 Daniel Ogunro	Sacred Heart	_____
5	219 Nathan Schelew	Citadel High	_____
6	872 Yunshu Zhao	Halifax West	_____
7	781 Sam Olugu	Halifax Gram	_____
8	935 Alex Hatchard	J.L. Ilsley	_____
Heat 3 of 4 Prelims			
1	933 Brayden Giles	J.L. Ilsley	_____
2	35 Owen Fenton	Armbræ Acad	_____
3	842 Jerry Gbeve	Halifax West	_____
4	333 Renez Munroe	Dartmouth Hi	_____
5	1120 Naequan Beals	Sacred Heart	_____
6	449 Teagan Richardson	Mosaïque	_____
7	220 Curtis Simms	Citadel High	_____
8	1243 Jarmar Berglund-Simmo	Woodlawn Hig	_____
Heat 4 of 4 Prelims			
1	328 Blaise Mellema	Dartmouth Hi	_____
2	767 Tobi Evborokhai	Halifax Gram	_____
3	953 Daniel Tokar	J.L. Ilsley	_____
4	854 Ethan Metzger	Halifax West	_____
5	1258 Sohit Tatisetti	Woodlawn Hig	_____
6	216 Corey Ross	Citadel High	_____
7	53 Samuel Proietti	Armbræ Acad	_____
8			_____



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Event 19 Girls 1500 Meter Run Junior

Monday 2024-05-13 - 3:30 PM			
SSNS: 4:46.13 2019		Abby Lewis	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	66 Romey Gallagher	Bicentennial	
2	757 Carley Williams	Halifax Gram	
3	459 Adyson Feenstra	Elizabeth Su	
4	471 Adi Slade	Elizabeth Su	
5	1 Morgan Clarke	Armbræ Acad	
6	706 Emma Andrews	Halifax Chri	
7	274 Mary Johns	Cunard Junio	
8	1104 Ridgley Larsen	Sacred Heart	
9	741 Scarlet Mason	Halifax Gram	
10	641 Kaye Wilson	Gorsebrook J	
11	633 Victoria Kirby	Gorsebrook J	
12	729 Eta Gao	Halifax Gram	
13	1017 Gretta Smith	Oxford Schoo	
14	1006 Frankie Lynch	Oxford Schoo	
15	230 Mia Cail	Clayton Park	
16	415 Petra Skidmore	Mer et Monde	
17	514 Chloe Pike	Ellenvale Ju	
18	1156 Emma Laycock	St. Agnes Ju	
19	583 Marley Sanford	Fairview Jun	
20	666 Adau Deng	Halifax Cent	
21	1097 Laura Eishenhauer	Sacred Heart	
22	233 Natalia Filipovic	Clayton Park	
23	402 Agathe Tremblay	Carrefour	
24			
25			

Section 2 of 2 Finals		
1	6 Ruby Ellesmere	Armbræ Acad
2	19 Zoe Precious	Armbræ Acad
3	470 Alexa Scott	Elizabeth Su
4	1148 Addison Farwell	St. Agnes Ju
5	1001 Allison Hope	Oxford Schoo
6	640 Esmee Ruddick	Gorsebrook J
7	502 Alice Laventure	Ellenvale Ju
8	1169 Leah Miller	St. Agnes Ju
9	240 Gwyn Lynch	Clayton Park
10	1100 Moira Gillis	Sacred Heart
11	624 Freya Archibald	Gorsebrook J
12	5 Genevieve Ellesmere	Armbræ Acad
13	584 Carmen Savary	Fairview Jun
14	798 Sophia Van Delft	Halifax Inde
15	753 Gabi Stanfield	Halifax Gram
16	673 Julia Locke	Halifax Cent
17	399 Jane Cunningham	Carrefour
18	1090 Lillian Bishop	Sacred Heart
19	398 Kaylie Conrad	Carrefour
20	243 Catherine Martin	Clayton Park
21	273 Freya Hartling	Cunard Junio
22	118 Nyahzia Rafuse-Downey	Caledonia Ju
23	1152 Olivia Hernandez-Jenne	St. Agnes Ju
24		
25		



2024 SSNS Capital CITY District
Meet Program

Event 20 Boys 1500 Meter Run Junior

Monday 2024-05-13 - 3:30 PM			
SSNS: 4:19.71 2009		Mike Tate	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	1138 Ben Wellner	Sacred Heart	_____
2	253 Charlie Flinn	Clayton Park	_____
3	774 Kai Liu	Halifax Gram	_____
4	717 Caleb Kok	Halifax Chri	_____
5	1184 Connor Allen	St. Agnes Ju	_____
6	1063 Debare Taiye-Ayo	Park West Sc	_____
7	421 Abraham Diamond	Mer et Monde	_____
8	605 Lucas Lerue	Fairview Jun	_____
9	607 Felix Macdonald	Fairview Jun	_____
10	1064 Rishant Vatchavari Siva	Park West Sc	_____
11	427 Ben Leitao	Mer et Monde	_____
12	39 Taitym Hyacinth	Armbrae Acad	_____
13	983 Zama Ur Rahman	John Martin	_____
14	698 Eli Offman	Halifax Cent	_____
15	419 James Allen	Mer et Monde	_____
16	564 David Storrington	Eric Graves	_____
17	284 Max Kidd Campbell	Cunard Junio	_____
18	139 Charlie MacInnis	Caledonia Ju	_____
19	391 Jackson Swan	East Coast V	_____
20	1022 Matias Arteaga	Oxford Schoo	_____
21	1049 Enny Bello	Park West Sc	_____
22	279 Kassel Belen	Cunard Junio	_____
23	598 William Creelman	Fairview Jun	_____
24	540 Jacob Scott	Ellenvale Ju	_____
25	285 Frank Lachowicz	Cunard Junio	_____
26	1024 Seamus Brennan	Oxford Schoo	_____
27	491 Chase Stewart	Elizabeth Su	_____
28	656 Chase Whitman	Gorsebrook J	_____
29	763 Neil Beazley	Halifax Gram	_____
30			_____
31			_____

Section 2 of 2 Finals		
1	645 Jasper Dorland	Gorsebrook J
2	1221 Noah Wilson	St. Agnes Ju
3	256 Mohammed Ibrabah	Clayton Park
4	252 Scotty Corkum	Clayton Park
5	1033 Leo Jackson	Oxford Schoo
6	657 Elias Willet	Gorsebrook J
7	140 Logan Myers	Caledonia Ju
8	433 Nathaniel Taddei	Mer et Monde
9	981 Adeeb Siddiqui	John Martin
10	30 James Burke	Armbrae Acad
11	691 Emersen Lengema	Halifax Cent
12	1026 Lucas Corra	Oxford Schoo
13	620 Amr Soliman	Fairview Jun
14	685 Ben Connick	Halifax Cent
15	128 Lane Campbell	Caledonia Ju
16	984 Hamza Vahora	John Martin
17	543 Mitchell Vallis	Ellenvale Ju
18	1205 Aaron Macpherson	St. Agnes Ju
19	473 Ben Boudreau	Elizabeth Su
20	280 Griffin Cameron	Cunard Junio
21	392 Jasper Walker	East Coast V
22	1055 Jason Hu	Park West Sc
23	684 Daniel Chisholm	Halifax Cent
24	486 Henry Pryde	Elizabeth Su
25	476 Kyle Deveau	Elizabeth Su
26	973 Hyunjae Kim	John Martin
27	785 Benson Williams	Halifax Gram
28	560 Isaiah King	Eric Graves
29	250 Max Al-Molky	Clayton Park
30	653 Cohen Raimondo	Gorsebrook J
31	147 Ryan Purcell	Caledonia Ju



2024 SSNS Capital CITY District
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Event 21 Girls 1500 Meter Run Intermediate

Monday 2024-05-13 - 4:00 PM			
SSNS: 4:31.02 2022-06-03 Abby Lewis			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1003 Lily Jahncke	Oxford Schoo	
2	925 Miley Spicer	J.L. Ilsley	
3	756 Ayla Williams	Halifax Gram	
4	1091 Zoe Boody	Sacred Heart	
5	442 Macy Urquhart	Mosaïque	
6	167 Azalea Dambergs	Citadel High	
7	1094 Anya Culligan	Sacred Heart	
8	296 Julia Brennan	Dartmouth Hi	
9	71 Sophia Langille	Bicentennial	
10	1110 Mary-Lou O'Regan	Sacred Heart	
11	1096 Liviya Driver	Sacred Heart	
12	742 Heidi Nuyens	Halifax Gram	
13	752 Molly Sancton	Halifax Gram	
14	725 Faye Chiasson	Halifax Gram	
15	906 Katherine Craig	J.L. Ilsley	
16	821 Sofia Mengual-Clare	Halifax West	
17	919 Camila Lopez	J.L. Ilsley	
18	813 Suzanne Jackson	Halifax West	
19	1005 Claire Laroche Noble	Oxford Schoo	
20	1233 Rose Le Pape	Woodlawn Hig	
21	626 Ellora Das	Gorsebrook J	
22	1162 Maggie MacDougall	St. Agnes Ju	
23			
24			
25			

Event 22 Boys 1500 Meter Run Intermediate

Monday 2024-05-13 - 4:00 PM			
SSNS: 3:59.92 2015 Hudson Grimshaw-Surette			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1186 Patrick Bowes	St. Agnes Ju	
2	133 Hudson Eagle	Caledonia Ju	
3	869 Neil Wang	Halifax West	
4	325 Alden Hiltz	Dartmouth Hi	
5	851 Acey Logan	Halifax West	
6	217 Luke Salah	Citadel High	
7	530 Luke Ellis	Ellenvale Ju	
8	1189 Will Brown	St. Agnes Ju	
9	210 Arlo Morris	Citadel High	
10	843 Ben Graham	Halifax West	
11	765 Saidharma Chelamkuri	Halifax Gram	
12	129 Tye Campbell	Caledonia Ju	
13	341 Isaiah Trider	Dartmouth Hi	
14	1207 Max Makropolous	St. Agnes Ju	
15	54 David Propper	Armbrac Acad	
16	536 Evan Ren	Ellenvale Ju	
17	1121 Evan Beaubien	Sacred Heart	
18	209 Noah Miller	Citadel High	
19	334 Caleb Oloruntoyin-Balog	Dartmouth Hi	
20	941 Fraser Lake	J.L. Ilsley	
21	1127 Nate Cooper	Sacred Heart	
22	448 Lincoln Carmen Landry	Mosaïque	
23	144 Beckett Power	Caledonia Ju	
24	48 Logan MacLean	Armbrac Acad	
25	320 Taylor Bray	Dartmouth Hi	
26	203 Liam Kirby	Citadel High	
27	428 Vaughan Lewis	Mer et Monde	
28	871 Tong Tong Xiong	Halifax West	
29	525 Nikhil Batra	Ellenvale Ju	
30	952 Rhys Tobin	J.L. Ilsley	
31	51 Ismael Mashaly	Armbrac Acad	
32	1020 David Ackerman	Oxford Schoo	
33			
34			
35			
36			



2024 SSNS Capital CITY District
Meet Program

Event 23 Girls 1500 Meter Run Senior

Monday 2024-05-13 - 4:30 PM			
SSNS: 4:21.94 2019-05-31 Maggie Smith			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	305 Frances MacLeod	Dartmouth Hi	
2	168 Sophia Das	Citadel High	
3	440 Ava Joseph	Mosaïque	
4	170 Alessia Dyer	Citadel High	
5	734 Isabella Jennex	Halifax Gram	
6	830 Gabby Smith	Halifax West	
7	820 Ally McLean	Halifax West	
8	712 Nevaeh Spinney	Halifax Chri	
9	182 Eadaoin McGrath	Citadel High	
10	825 Joanna Quinn	Halifax West	
11	816 Olivia Logan	Halifax West	
12	187 Ryli Nolan	Citadel High	
13			
14			
15			
16			
17			

Event 24 Boys 1500 Meter Run Senior

Monday 2024-05-13 - 4:30 PM			
SSNS: 3:54.91 2013 Mike Tate			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	340 Jack Theunissen	Dartmouth Hi	
2	856 Beckett Nadeau	Halifax West	
3	336 Neil Rissesco	Dartmouth Hi	
4	716 Jack Hull	Halifax Chri	
5	329 Leif Mitchell	Dartmouth Hi	
6	212 Cohen Norman	Citadel High	
7	1244 Thomas Dewitt	Woodlawn Hig	
8	208 Cole Miller	Citadel High	
9	46 Connor Macgillivray	Armbrac Acad	
10	719 Sam Mateos Gomez	Halifax Chri	
11	848 Andi Kinnear	Halifax West	
12	1118 Charlie Barbara	Sacred Heart	
13	197 Alex Bouchard	Citadel High	
14	953 Daniel Tokar	J.L. Ilsley	
15	859 Graham Sauer	Halifax West	
16	444 Miguel Castillo	Mosaïque	
17	868 Liam Vargas	Halifax West	
18	1126 Julian Cooper	Sacred Heart	
19			
20			

Event 25 Girls 200 Meter Dash Junior

16 Advance: Top 1 Each Heat plus Next 5 Best Times			
Tuesday 2024-05-14 - 10:00 AM			
SSNS: 26.49 2014 Taylor Mattinson			
Ties: 26.50 1976 Kris Crowell (hand)			
Lane	Name	School	Seed Time
Heat 1 of 11 Prelims			
1	552 Isabella Senna-Alonso	Eric Graves	
2	69 Charlotte Hickey	Bicentennial	
3	231 Mano Chaisson	Clayton Park	
4	453 Emme Boudreau	Elizabeth Su	
5	1157 Emeila Legere	St. Agnes Ju	
6	374 Chloe Betts	East Coast V	
7	17 Victoria Olaiya	Armbrac Acad	
8	628 Reece Donovan	Gorsebrook J	
Heat 2 of 11 Prelims			
1	1172 Goodness Olugu	St. Agnes Ju	
2	78 Rebecca Riley	Bicentennial	
3	360 Payton Spruin	Dartmouth So	
4	1012 Eden Oore	Oxford Schoo	
5	892 Everley Toole	Highland Par	
6	272 Hailey Conrad	Cunard Junio	
7	587 Ella Thomas	Fairview Jun	
8	14 Lydia Muchangi	Armbrac Acad	
Heat 3 of 11 Prelims			
1	1165 Dylan McDonald	St. Agnes Ju	
2	710 Anna Kok	Halifax Chri	
3	398 Kaylie Conrad	Carrefour	
4	13 Lily Meeds	Armbrac Acad	
5	74 Cassidy McFarlane	Bicentennial	
6	416 Sara Traoré	Mer et Monde	
7	962 Esther Papoola	John Martin	
8	996 Cora Driver	Oxford Schoo	
Heat 4 of 11 Prelims			
1	414 Charlotte Nader	Mer et Monde	
2	457 Isabelle Deyoung	Elizabeth Su	
3	229 Dafne Allwin	Clayton Park	
4	1176 Drew Reynolds	St. Agnes Ju	
5	1105 Sophia Macdonald	Sacred Heart	
6	669 Sophie Fisher	Halifax Cent	
7	113 Claire Oakes	Caledonia Ju	
8	957 Vanessa Bonnick	John Martin	



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Heat 5 of 11 Prelims...(Event 25 Girls 200 Meter Dash Junior)

1	546 Raevyn Carle	Eric Graves	_____
2	413 Lia Mosher	Mer et Monde	_____
3	750 Jasmine Qi	Halifax Gram	_____
4	623 Oluwasmilore Abiri	Gorsebrook J	_____
5	232 Isabella Downs	Clayton Park	_____
6	666 Adau Deng	Halifax Cent	_____
7	452 Abby Boudreau	Elizabeth Su	_____
8	396 Ace Besnard	Carrefour	_____

Heat 6 of 11 Prelims

1	399 Jane Cunningham	Carrefour	_____
2	375 Addison Ellis	East Coast V	_____
3	670 Ella Goralski	Halifax Cent	_____
4	963 Nevaeh Parsons	John Martin	_____
5	278 Callie Williams	Cunard Junio	_____
6	507 Josie Maccormick	Ellenvale Ju	_____
7	1068 Anuoluwapo Agbedu	Rockingstone	_____
8	1101 Olivia Gogan	Sacred Heart	_____

Heat 7 of 11 Prelims

1	737 Kelly Kim	Halifax Gram	_____
2	380 Charlotte Turnbull	East Coast V	_____
3	625 Annika Compton	Gorsebrook J	_____
4	1171 Avery Nelmes	St. Agnes Ju	_____
5	965 Erica Udom	John Martin	_____
6	499 Moyo Fagade	Ellenvale Ju	_____
7	574 Abigail Joseph	Fairview Jun	_____
8	277 Camryn Myra	Cunard Junio	_____

Heat 8 of 11 Prelims

1	749 Lucy Park	Halifax Gram	_____
2	354 Adelaide Knox	Dartmouth So	_____
3	1098 Anna Gillis	Sacred Heart	_____
4	245 Addison Myers	Clayton Park	_____
5	665 Cecilia Correa	Halifax Cent	_____
6	503 Le Le	Ellenvale Ju	_____
7	378 Klaudia Phillips	East Coast V	_____
8	101 Lyla Conrod	Caledonia Ju	_____

Heat 9 of 11 Prelims

1	7 Mary Elliot	Armbrac Acad	_____
2	721 Sabrina Boudreau	Halifax Gram	_____
3	571 Stefanie Francis	Fairview Jun	_____
4	106 Isla Hoddinott	Caledonia Ju	_____
5	73 Charley MacKinnon	Bicentennial	_____
6	1071 Sydney Kennedy	Rockingstone	_____
7	357 Amya Penney	Dartmouth So	_____
8			_____

Heat 10 of 11 Prelims

1	873 Oore Babalola	Herring Cove	_____
2	516 Samantha Roberts	Ellenvale Ju	_____
3	711 Elisa Schneider	Halifax Chri	_____
4	359 Breanna Spruin	Dartmouth So	_____
5	276 Xenna Mabeza	Cunard Junio	_____
6	451 Lilly Bennett	Elizabeth Su	_____
7	1016 Cassia Simpson	Oxford Schoo	_____
8			_____

Heat 11 of 11 Prelims

1	991 Sadie Cunningham	Oxford Schoo	_____
2	572 Lacey Hanley	Fairview Jun	_____
3	629 Serafina Dyer	Gorsebrook J	_____
4	1076 Hawa Turajeva	Rockingstone	_____
5	415 Petra Skidmore	Mer et Monde	_____
6	882 Cecelia Castillo	Highland Par	_____
7	1092 Victoria Carroll	Sacred Heart	_____
8			_____

Event 26 Boys 200 Meter Dash Junior

16 Advance: Top 1 Each Heat plus Next 5 Best Times

Tuesday 2024-05-14 - 10:00 AM

SSNS:	23.85	2023-06-13	Wyatt Thurston
Ties:	24.10	1984	Derek Dempster (hand)

Lane	Name	School	Seed Time
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Heat 1 of 11 Prelims

1	370 Caleb Riggs	Dartmouth So	_____
2	423 Hichem Hamdidouche	Mer et Monde	_____
3	1021 Daniel Aladjebi	Oxford Schoo	_____
4	41 Sachin Jeyakumar	Armbrac Acad	_____
5	250 Max Al-Molky	Clayton Park	_____
6	561 Nate McInnis	Eric Graves	_____
7	597 Noel Cesar	Fairview Jun	_____
8	975 Sajid Mohammad	John Martin	_____

Heat 2 of 11 Prelims

1	613 Duncan Ogilvie	Fairview Jun	_____
2	261 Laolu Oladele	Clayton Park	_____
3	382 Reagan Berkvens	East Coast V	_____
4	475 Omar Dabbour	Elizabeth Su	_____
5	424 Lahayi Igiraneza	Mer et Monde	_____
6	1086 Conner Julian	Rockingstone	_____
7	1125 Liam Connolly	Sacred Heart	_____
8	718 Corban Lucas	Halifax Chri	_____

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Heat 3 of 11 Prelims...(Event 26 Boys 200 Meter Dash Junior)

1	280 Griffin Cameron	Cunard Junio	_____
2	1055 Jason Hu	Park West Sc	_____
3	156 Jack Taylor	Caledonia Ju	_____
4	404 Ethan Beaver	Carrefour	_____
5	44 Micah Joseph	Armbræ Acad	_____
6	1195 Jayden Ha	St. Agnes Ju	_____
7	418 Youssef Al Amoudi	Mer et Monde	_____
8	655 Blake Smith	Gorsebrook J	_____

Heat 4 of 11 Prelims

1	367 Silas Mullins	Dartmouth So	_____
2	559 Scott Jay	Eric Graves	_____
3	540 Jacob Scott	Ellenvale Ju	_____
4	406 Lamar Gallant	Carrefour	_____
5	618 Maxwell Prole	Fairview Jun	_____
6	642 Yousef Alsaad	Gorsebrook J	_____
7	55 Jacob Propper	Armbræ Acad	_____
8	1202 James Lo	St. Agnes Ju	_____

Heat 5 of 11 Prelims

1	1206 Eddie Macpherson	St. Agnes Ju	_____
2	408 Thomas Seneker	Carrefour	_____
3	140 Logan Myers	Caledonia Ju	_____
4	978 Mike Okoabah	John Martin	_____
5	594 Elijah Amore	Fairview Jun	_____
6	1057 Anay Jain	Park West Sc	_____
7	760 Jimi Akindede	Halifax Gram	_____
8	58 Fin Sangster	Armbræ Acad	_____

Heat 6 of 11 Prelims

1	128 Lane Campbell	Caledonia Ju	_____
2	533 William Mills	Ellenvale Ju	_____
3	766 Oz Cohen	Halifax Gram	_____
4	478 Sebi Lowe	Elizabeth Su	_____
5	364 Joshua Bent	Dartmouth So	_____
6	558 Oliver Huff	Eric Graves	_____
7	93 Emil Tesoro	Bicentennial	_____
8			_____

Heat 7 of 11 Prelims

1	699 Max Prytuluk	Halifax Cent	_____
2	1035 Eric Kang	Oxford Schoo	_____
3	542 Conroy Snow	Ellenvale Ju	_____
4	435 Mohamed Traoré	Mer et Monde	_____
5	1065 Sayhan Zaman	Park West Sc	_____
6	1077 Temi Adebayo	Rockingstone	_____
7	388 Reide Leroux	East Coast V	_____
8			_____

Heat 8 of 11 Prelims

1			_____
2	700 Ori Rahinshtein	Halifax Cent	_____
3	771 George Hanada	Halifax Gram	_____
4	527 Patrick Cody-Cox	Ellenvale Ju	_____
5	714 Ethan Ainabe	Halifax Chri	_____
6	265 Sufyan Sabah	Clayton Park	_____
7	474 Owen Casey	Elizabeth Su	_____
8	1036 Angelo Melanson	Oxford Schoo	_____

Heat 9 of 11 Prelims

1	92 Youngjae Talbot	Bicentennial	_____
2	1081 Kenan Elmahmud	Rockingstone	_____
3	808 Zeré Rolle-Hewitt	Halifax Inde	_____
4	254 Javier Hamilton	Clayton Park	_____
5	407 Joshua Misner	Carrefour	_____
6	281 Seth Cogswell	Cunard Junio	_____
7	970 Josiah Clyde	John Martin	_____
8			_____

Heat 10 of 11 Prelims

1	488 Jonah Sequeira	Elizabeth Su	_____
2	773 Simon Kaupp	Halifax Gram	_____
3	877 Isaac Grist	Herring Cove	_____
4	1082 Rynase Fomeni Nkanyo	Rockingstone	_____
5	681 Ben Baker	Halifax Cent	_____
6	1204 Yuli MacKenzie	St. Agnes Ju	_____
7	562 Ben Owen	Eric Graves	_____
8			_____

Heat 11 of 11 Prelims

1	386 Oliver Fraser	East Coast V	_____
2	649 Cam Lau-A	Gorsebrook J	_____
3	1027 Ben Creighton	Oxford Schoo	_____
4	979 Meer Patel	John Martin	_____
5	715 Mokunfayo Fakiyesi	Halifax Chri	_____
6	143 Jackson Pickard	Caledonia Ju	_____
7	1048 Soham Ausekar	Park West Sc	_____
8			_____



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Event 27 Girls 200 Meter Dash Intermediate

16 Advance: Top 1 Each Heat plus Next 8 Best Times			
Tuesday 2024-05-14 - 10:00 AM			
SSNS: 25.66 2001		Leanne Huck	
Ties: 25.50 1973		Celia Branch (hand)	
Lane	Name	School	Seed Time
Heat 1 of 8 Prelims			
1	744 Mimi Ojo	Halifax Gram	_____
2	300 Skyla Kingston-Axiak	Dartmouth Hi	_____
3	176 Anna Jeong	Citadel High	_____
4	1227 Talia Downey-Gillie	Woodlawn Hig	_____
5	959 Japnor Kaur	John Martin	_____
6	792 Esja Nener	Halifax Inde	_____
7	513 Faith Owodolu	Ellenvale Ju	_____
8	436 Laura Centofante	Mosaïque	_____
Heat 2 of 8 Prelims			
1	1103 Kailyn Kaulback	Sacred Heart	_____
2	964 Lynn Siewe	John Martin	_____
3	167 Azalea Dambergs	Citadel High	_____
4	680 Liae Yang	Halifax Cent	_____
5	79 Lily Williams	Bicentennial	_____
6	1009 Mia Magloir	Oxford Schoo	_____
7	575 Ella Keast	Fairview Jun	_____
8	122 Tye'airah Thompson	Caledonia Ju	_____
Heat 3 of 8 Prelims			
1	708 Olivia Holmes	Halifax Chri	_____
2	570 Abigail Eustace	Fairview Jun	_____
3	439 Audrey Joseph	Mosaïque	_____
4	812 Amarachi Ezurike	Halifax West	_____
5	676 Jane Maloney	Halifax Cent	_____
6	123 Lauren Trenholm	Caledonia Ju	_____
7	722 Sophia Boudreau	Halifax Gram	_____
8	11 Brooklyn Lucas	Armbræ Acad	_____
Heat 4 of 8 Prelims			
1	1182 Libby Zhang	St. Agnes Ju	_____
2	15 Audrey Napier	Armbræ Acad	_____
3	191 Giorgia Steiro	Citadel High	_____
4	519 Bailey Tremblay	Ellenvale Ju	_____
5	589 Elizabeth Weinberg	Fairview Jun	_____
6	707 Anita Emeziem	Halifax Chri	_____
7	736 Nyah Kaupp	Halifax Gram	_____
8			_____

Heat 5 of 8 Prelims		
1	758 Joyce Yu	Halifax Gram
2	299 Brianna Hoskin	Dartmouth Hi
3	909 Ella Driscoll	J.L. Ilsley
4	622 Ester Abiri	Gorsebrook J
5	9 Mya King-Hyacinth	Armbræ Acad
6	672 Hana Jeong	Halifax Cent
7	410 Anna Bakeeff	Mer et Monde
8		
Heat 6 of 8 Prelims		
1	24 Shayna Wolfson	Armbræ Acad
2	987 Jasmine Aulenback	Oxford Schoo
3	1163 Emmy Mastnak	St. Agnes Ju
4	913 Annie Johns	J.L. Ilsley
5	1111 Rio Otake	Sacred Heart
6	549 Mariah Kelsey	Eric Graves
7	104 Anna Girard	Caledonia Ju
8		
Heat 7 of 8 Prelims		
1	189 Annabelle Raymond	Citadel High
2	1095 Maeve Culligan	Sacred Heart
3	1145 Aeesha Chege	St. Agnes Ju
4	437 Breanna Ellis	Mosaïque
5	924 Tayonna Smith	J.L. Ilsley
6	68 Emily Hall	Bicentennial
7	826 Chanelle Rodriguez-Coop	Halifax West
8		
Heat 8 of 8 Prelims		
1	814 Gabby Kelloway	Halifax West
2	592 Sydney Young	Fairview Jun
3	97 Lyla Boychuk	Caledonia Ju
4	508 Mya Maccormick	Ellenvale Ju
5	1147 Christian Ermias	St. Agnes Ju
6	443 Adelaide Williams	Mosaïque
7	304 Molly Macdonald	Dartmouth Hi
8		



2024 SSNS Capital CITY District
Meet Program

Event 28 Boys 200 Meter Dash Intermediate

16 Advance: Top 1 Each Heat plus Next 7 Best Times			
Tuesday 2024-05-14 - 10:00 AM			
SSNS: 22.30 1998		Patrick Benjamin (hand)	
Lane	Name	School	Seed Time
Heat 1 of 9 Prelims			
1	971 Caidin Colley	John Martin	
2	1260 Joaquin Yakubu	Woodlawn Hig	
3	151 Owen Sparkes	Caledonia Ju	
4	1137 Edwin Siller	Sacred Heart	
5	36 Payton Flint	Armbrae Acad	
6	213 Henry Raymond	Citadel High	
7	693 Ace Lyu	Halifax Cent	
8	1031 Owen Gillis	Oxford Schoo	
Heat 2 of 9 Prelims			
1	528 Issa El-Hajabed	Ellenvale Ju	
2	202 Noah Gray	Citadel High	
3	315 Alex Ansems	Dartmouth Hi	
4	1123 Nathan Bortolussi	Sacred Heart	
5	901 Dawson Rutherford	Highland Par	
6	946 Carter Myra	J.L. Ilsley	
7	1255 William Sepa	Woodlawn Hig	
8	621 Krykos Theoharopoulos	Fairview Jun	
Heat 3 of 9 Prelims			
1	898 Mohammed Jabi	Highland Par	
2	1135 Martin Poulson	Sacred Heart	
3	446 Donté Gallant	Mosaïque	
4	977 Dori Ngo	John Martin	
5	865 James Thibault	Halifax West	
6	701 Jack Rainforth	Halifax Cent	
7	936 Ryan Hckey	J.L. Ilsley	
8			
Heat 4 of 9 Prelims			
1	57 Quinn Ryall	Armbrae Acad	
2	949 Dontae Richard	J.L. Ilsley	
3	535 Ethan Obeng	Ellenvale Ju	
4	149 Sam Ryan	Caledonia Ju	
5	1066 Yair Zarbailov	Park West Sc	
6	985 Dontae Wilson	John Martin	
7	211 Deaglan Nichol	Citadel High	
8			

Heat 5 of 9 Prelims			
1	131 Roan Clark-Black	Caledonia Ju	
2	1059 Kuhan Karthikeyan	Park West Sc	
3	1034 Edward Kang	Oxford Schoo	
4	1219 Aiden Veinot	St. Agnes Ju	
5	850 Nathan Lerue	Halifax West	
6	704 Hugo Vandenbrink	Halifax Cent	
7	326 Oliver Lynk	Dartmouth Hi	
8			
Heat 6 of 9 Prelims			
1	976 Luke Nesbitt	John Martin	
2	429 Silvain Mbuyi	Mer et Monde	
3	1119 Samuel Bassil	Sacred Heart	
4	1197 Brody Horne	St. Agnes Ju	
5	768 Ziyang Gao	Halifax Gram	
6	529 Moe El-Hajabed	Ellenvale Ju	
7	52 Ollie Nadeau	Armbrae Acad	
8			
Heat 7 of 9 Prelims			
1	137 Tyler Larusic	Caledonia Ju	
2	50 Elijah Mantley	Armbrae Acad	
3	720 Ajijolaoluwa Ogunbosi	Halifax Chri	
4	339 Glendon Snow	Dartmouth Hi	
5	450 Owen Weigelin	Mosaïque	
6	1200 Delano Knight	St. Agnes Ju	
7	867 Jayden Tran	Halifax West	
8			
Heat 8 of 9 Prelims			
1	1051 Jaiveer Bhullar	Park West Sc	
2	855 Nathan Nabhan	Halifax West	
3	609 River Martin-Walsh	Fairview Jun	
4	783 Kaden Shen	Halifax Gram	
5	84 Markus Harrison	Bicentennial	
6	894 Kai Enders	Highland Par	
7	318 Carey Bent	Dartmouth Hi	
8			
Heat 9 of 9 Prelims			
1	703 Leonard Sabeau-Suzuki	Halifax Cent	
2	532 Jacob Harmon	Ellenvale Ju	
3	447 Jason Holmes	Mosaïque	
4	611 Aaron Metzger	Fairview Jun	
5	934 Alex Gyorfi	J.L. Ilsley	
6	425 Caleb Kabiona	Mer et Monde	
7	1213 Keir Reynolds	St. Agnes Ju	
8			



2024 SSNS Capital CITY District
Meet Program

Event 29 Girls 200 Meter Dash Senior

8 Advance: Top 1 Each Heat plus Next 5 Best Times			
Tuesday 2024-05-14 - 10:00 AM			
SSNS: 24.84 2012		Jenn Meech	
Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	306 Apolline Maurage	Dartmouth Hi	
2	916 Maryn Kline	J.L. Ilsley	
3	1229 Pauline Gillet	Woodlawn Hig	
4	186 Bronwyn Murphy	Citadel High	
5	22 Amaya Tolliver	Armbrac Acad	
6	822 Saint Mian Angui	Halifax West	
7	183 Jane McGuire	Citadel High	
8	910 Grace Driscoll	J.L. Ilsley	
Heat 2 of 3 Prelims			
1			
2	311 Reese Quist	Dartmouth Hi	
3	817 Ava MacNutt	Halifax West	
4	185 Chantelle Moffatt	Citadel High	
5	927 Polina Voronina	J.L. Ilsley	
6	1236 Chiara Porro	Woodlawn Hig	
7	20 Madi Roop	Armbrac Acad	
8			
Heat 3 of 3 Prelims			
1	16 Nevaeh O'Connell	Armbrac Acad	
2	314 Marie Wallisch	Dartmouth Hi	
3	930 Jasmine Wilson	J.L. Ilsley	
4	2 Sasha Dabb	Armbrac Acad	
5	1225 Lana Cushing	Woodlawn Hig	
6	309 Olivia Murphy	Dartmouth Hi	
7	166 Queen Clayton	Citadel High	
8			

Event 30 Boys 200 Meter Dash Senior

8 Advance: Top 1 Each Heat plus Next 4 Best Times			
Tuesday 2024-05-14 - 10:00 AM			
SSNS: 21.58 2015		Matthew Coolen	
Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	219 Nathan Schelew	Citadel High	
2	767 Tobi Evborokhai	Halifax Gram	
3	861 Jeff Shupe	Halifax West	
4	449 Teagan Richardson	Mosaïque	
5	343 Bowen Watson-Thompson	Dartmouth Hi	
6	1241 Dylan Armitage	Woodlawn Hig	
7	35 Owen Fenton	Armbrac Acad	
8	1129 Thomas Emberly	Sacred Heart	

Heat 2 of 4 Prelims			
1	954 James Woodard	J.L. Ilsley	
2	42 Nai Johnson	Armbrac Acad	
3	781 Sam Olugu	Halifax Gram	
4	1131 Tony Liu	Sacred Heart	
5	953 Daniel Tokar	J.L. Ilsley	
6	328 Blaise Mellema	Dartmouth Hi	
7	1243 Jarmar Berglund-Simmo	Woodlawn Hig	
8	835 Michael Ajuwon	Halifax West	
Heat 3 of 4 Prelims			
1	53 Samuel Proietti	Armbrac Acad	
2	1248 Leland Graves	Woodlawn Hig	
3	779 Jose Olaco	Halifax Gram	
4	1120 Naequan Beals	Sacred Heart	
5	199 Harrison Dunphy	Citadel High	
6	933 Brayden Giles	J.L. Ilsley	
7	337 Quashaun Simmonds	Dartmouth Hi	
8	854 Ethan Metzger	Halifax West	
Heat 4 of 4 Prelims			
1	1249 Nathan Herman	Woodlawn Hig	
2	857 Sam Ross	Halifax West	
3	1124 Simon Bortolussi	Sacred Heart	
4	26 Jaylen Berglund-Simmond	Armbrac Acad	
5	935 Alex Hatchard	J.L. Ilsley	
6	324 Connell Higgins	Dartmouth Hi	
7	220 Curtis Simms	Citadel High	
8			

Event 31 Girls 800 Meter Run Junior

Tuesday 2024-05-14 - 11:45 AM			
SSNS: 2:19.90 1977		Mary Jean Barrett (hand)	
Lane	Name	School	Seed Time
Section 1 of 4 Finals			
1	1150 Anna Galloway	St. Agnes Ju	
2	409 Sereen Alameddine	Mer et Monde	
3	502 Alice Laventure	Ellenvale Ju	
4	729 Eta Gao	Halifax Gram	
5	106 Isla Hoddinott	Caledonia Ju	
6	1018 Hannah Wells	Oxford Schoo	
7	271 Fiona Church	Cunard Junio	
8	713 Elise Ye	Halifax Chri	
9	7 Mary Elliot	Armbrac Acad	
10	459 Adyson Feenstra	Elizabeth Su	
11	1090 Lillian Bishop	Sacred Heart	
12	353 Martha Khan	Dartmouth So	
13	661 Ellen Brady	Halifax Cent	
14	636 Aria Pile	Gorsebrook J	
15			
16			
17			



2024 SSNS Capital CITY District
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Section 2 of 4 Finals...(Event 31 Girls 800 Meter Run Junior)

1	673 Julia Locke	Halifax Cent	_____
2	566 Jhansi Badiginchala	Fairview Jun	_____
3	471 Adi Slade	Elizabeth Su	_____
4	240 Gwyn Lynch	Clayton Park	_____
5	583 Marley Sanford	Fairview Jun	_____
6	1006 Frankie Lynch	Oxford Schoo	_____
7	957 Vanessa Bonnick	John Martin	_____
8	103 Katelyn Eld	Caledonia Ju	_____
9	753 Gabi Stanfield	Halifax Gram	_____
10	13 Lily Meeds	Armbrac Acad	_____
11	1097 Laura Eishenhauer	Sacred Heart	_____
12	1156 Emma Laycock	St. Agnes Ju	_____
13	633 Victoria Kirby	Gorsebrook J	_____
14	520 Ava Von Kalben	Ellenvale Ju	_____
15	269 Vivi Achenbach	Cunard Junio	_____
16			_____
17			_____

Section 3 of 4 Finals

1	1109 Darya Mirmehrabi	Sacred Heart	_____
2	754 Orli Sutherland	Halifax Gram	_____
3	581 Lauren Peddle	Fairview Jun	_____
4	470 Alexa Scott	Elizabeth Su	_____
5	515 Ava Randall	Ellenvale Ju	_____
6	415 Petra Skidmore	Mer et Monde	_____
7	1004 Sinwoo Jung	Oxford Schoo	_____
8	880 Gracen campbell-LeBlanc	Highland Par	_____
9	361 Charlotte Taylor	Dartmouth So	_____
10	963 Nevaeh Parsons	John Martin	_____
11	237 Touleen Kanaan	Clayton Park	_____
12	273 Freya Hartling	Cunard Junio	_____
13	666 Adau Deng	Halifax Cent	_____
14	6 Ruby Ellesmere	Armbrac Acad	_____
15	1152 Olivia Hernandez-Jenne	St. Agnes Ju	_____
16			_____
17			_____

Section 4 of 4 Finals

1	111 Hannah Macdonnell	Caledonia Ju	_____
2	505 Josie Lodge	Ellenvale Ju	_____
3	355 Ella Macfarlane	Dartmouth So	_____
4	578 Miranda Marr	Fairview Jun	_____
5	274 Mary Johns	Cunard Junio	_____
6	472 Abbigail Stewart	Elizabeth Su	_____
7	638 Madeline Rigby	Gorsebrook J	_____
8	1 Morgan Clarke	Armbrac Acad	_____
9	244 Saagariha Mohan Sunoj	Clayton Park	_____
10	121 Izzy Stonley	Caledonia Ju	_____
11	1181 Audrey Veinot	St. Agnes Ju	_____
12	757 Carley Williams	Halifax Gram	_____
13	965 Erica Udom	John Martin	_____
14	884 Dean Harris	Highland Par	_____
15	1093 Isabel Costa	Sacred Heart	_____
16			_____
17			_____

Event 32 Boys 800 Meter Run Junior

Tuesday 2024-05-14 - 11:45 AM			
SSNS: 2:04.93 2016-06-04 Camden Springer			
Lane	Name	School	Seed Time
Section 1 of 4 Finals			
1	368 Antwon Nguyen	Dartmouth So	_____
2	147 Ryan Purcell	Caledonia Ju	_____
3	39 Taitym Hyacinth	Armbrac Acad	_____
4	657 Elias Willet	Gorsebrook J	_____
5	486 Henry Pryde	Elizabeth Su	_____
6	267 Patrick Sutherland	Clayton Park	_____
7	702 Joe Rimmer	Halifax Cent	_____
8	1221 Noah Wilson	St. Agnes Ju	_____
9	1063 Debare Taiye-Ayo	Park West Sc	_____
10	608 Leo Manos	Fairview Jun	_____
11	282 Cohen Dodge	Cunard Junio	_____
12	775 Juefei Lu	Halifax Gram	_____
13	1039 Charlie Thompson	Oxford Schoo	_____
14	983 Zama Ur Rahman	John Martin	_____
15	432 Elliot Stec	Mer et Monde	_____
16			_____
17			_____



2024 SSNS Capital CITY District
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Section 2 of 4 Finals...(Event 32 Boys 800 Meter Run Junior)

1	651 Easton Macpherson	Gorsebrook J	_____
2	984 Hamza Vahora	John Martin	_____
3	421 Abraham Diamond	Mer et Monde	_____
4	1065 Sayhan Zaman	Park West Sc	_____
5	156 Jack Taylor	Caledonia Ju	_____
6	603 Luke Kotsopoulos	Fairview Jun	_____
7	256 Mohammed Ibrabah	Clayton Park	_____
8	1184 Connor Allen	St. Agnes Ju	_____
9	491 Chase Stewart	Elizabeth Su	_____
10	1038 Luke Redwood	Oxford Schoo	_____
11	280 Griffin Cameron	Cunard Junio	_____
12	785 Benson Williams	Halifax Gram	_____
13	366 Corwinn Marshall	Dartmouth So	_____
14	877 Isaac Grist	Herring Cove	_____
15	543 Mitchell Vallis	Ellenvale Ju	_____
16			_____
17			_____

Section 3 of 4 Finals

1	1205 Aaron Macpherson	St. Agnes Ju	_____
2	82 Myer Cogdon	Bicentennial	_____
3	1033 Leo Jackson	Oxford Schoo	_____
4	981 Adeeb Siddiqui	John Martin	_____
5	605 Lucas Lerue	Fairview Jun	_____
6	690 Kieran James	Halifax Cent	_____
7	717 Caleb Kok	Halifax Chri	_____
8	279 Kassel Belen	Cunard Junio	_____
9	49 Mason MacRae	Armbræ Acad	_____
10	653 Cohen Raimondo	Gorsebrook J	_____
11	373 Tristan Welsh	Dartmouth So	_____
12	252 Scotty Corkum	Clayton Park	_____
13	1057 Anay Jain	Park West Sc	_____
14	763 Neil Beazley	Halifax Gram	_____
15	484 Enoch Oyelami	Elizabeth Su	_____
16			_____
17			_____

Section 4 of 4 Finals

1	610 Mootaz Mekni	Fairview Jun	_____
2	1138 Ben Wellner	Sacred Heart	_____
3	648 Sasha Kaye	Gorsebrook J	_____
4	476 Kyle Deveau	Elizabeth Su	_____
5	1032 Sam Gomez	Oxford Schoo	_____
6	973 Hyunjae Kim	John Martin	_____
7	139 Charlie MacInnis	Caledonia Ju	_____
8	705 Shayan Zeinali	Halifax Cent	_____
9	426 Xavier Lafontaine	Mer et Monde	_____
10	285 Frank Lachowicz	Cunard Junio	_____
11	1055 Jason Hu	Park West Sc	_____
12	259 Lachlan Mackay	Clayton Park	_____
13	30 James Burke	Armbræ Acad	_____
14	370 Caleb Riggs	Dartmouth So	_____
15	774 Kai Liu	Halifax Gram	_____
16			_____
17			_____

Event 33 Girls 800 Meter Run Intermediate

Tuesday 2024-05-14 - 11:45 AM			
SSNS: 2:12.60 1977		Louise Palmer (hand)	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	296 Julia Brennan	Dartmouth Hi	_____
2	913 Annie Johns	J.L. Ilsley	_____
3	756 Ayla Williams	Halifax Gram	_____
4	1003 Lily Jahncke	Oxford Schoo	_____
5	172 Grace Galloway	Citadel High	_____
6	1115 Gabi Stone	Sacred Heart	_____
7	752 Molly Sancton	Halifax Gram	_____
8	97 Lyla Boychuk	Caledonia Ju	_____
9	436 Laura Centofante	Mosaïque	_____
10	730 Bianca Grossi	Halifax Gram	_____
11	123 Lauren Trenholm	Caledonia Ju	_____
12	1096 Liviya Driver	Sacred Heart	_____
13			_____
14			_____
15			_____
16			_____
17			_____



2024 SSNS Capital CITY District
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Section 2 of 2 Finals...(Event 33 Girls 800 Meter Run Intermediate)		
1	1005 Claire Laroche Noble	Oxford Schoo
2	902 Gwen Achenbach	J.L. Ilsley
3	725 Faye Chiasson	Halifax Gram
4	1117 Kaede Yanagama	Sacred Heart
5	1162 Maggie MacDougall	St. Agnes Ju
6	709 Zoe Hsia	Halifax Chri
7	813 Suzanne Jackson	Halifax West
8	95 Brooke Benjarmin	Caledonia Ju
9	919 Camila Lopez	J.L. Ilsley
10	964 Lynn Siewe	John Martin
11	112 Molly McCarthy	Caledonia Ju
12	1110 Mary-Lou O'Regan	Sacred Heart
13		
14		
15		
16		
17		

Event 34 Boys 800 Meter Run Intermediate

Tuesday 2024-05-14 - 11:45 AM			
SSNS: 1:58.21 2015		Hudson Grimshaw-Surette	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	977 Dori Ngo	John Martin	
2	54 David Propper	Armbræ Acad	
3	217 Luke Salah	Citadel High	
4	704 Hugo Vandenbrink	Halifax Cent	
5	445 Vincent Dicaire	Mosaïque	
6	855 Nathan Nabhan	Halifax West	
7	692 Travis Lloyd	Halifax Cent	
8	536 Evan Ren	Ellenvale Ju	
9	138 Ivor Macdonald-Rasmuss	Caledonia Ju	
10	320 Taylor Bray	Dartmouth Hi	
11	1132 Charlie McDonough	Sacred Heart	
12	1193 Sam Flemming	St. Agnes Ju	
13	871 Tong Tong Xiong	Halifax West	
14	1207 Max Makropolous	St. Agnes Ju	
15	945 Ibrahim Msabaha	J.L. Ilsley	
16	325 Alden Hiltz	Dartmouth Hi	
17	218 Luke Sarty	Citadel High	
18	1220 Declan Walsh	St. Agnes Ju	

Section 2 of 2 Finals		
1	86 Ashton Kennedy	Bicentennial
2	341 Isaiah Trider	Dartmouth Hi
3	221 Christopher Sneddon-Sim	Citadel High
4	51 Ismael Mashaly	Armbræ Acad
5	330 Nolen Mitchell	Dartmouth Hi
6	1020 David Ackerman	Oxford Schoo
7	941 Fraser Lake	J.L. Ilsley
8	1119 Samuel Bassil	Sacred Heart
9	720 Ajijolaoluwa Ogunbosi	Halifax Chri
10	149 Sam Ryan	Caledonia Ju
11	617 Ethan Peddle	Fairview Jun
12	765 Saidharma Chelamkuri	Halifax Gram
13	834 Omar Abousamak	Halifax West
14	1121 Evan Beaubien	Sacred Heart
15	1189 Will Brown	St. Agnes Ju
16	703 Leonard Sabeau-Suzuki	Halifax Cent
17	48 Logan MacLean	Armbræ Acad
18	852 Robert Martin	Halifax West

Event 35 Girls 800 Meter Run Senior

Tuesday 2024-05-14 - 11:45 AM			
SSNS: 2:11.58 2019		Maggie Smith	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	832 Yaraslava Supenko	Halifax West	
2	187 Ryli Nolan	Citadel High	
3	292 Anna Archibald	Dartmouth Hi	
4	1112 Mayu Saito	Sacred Heart	
5	168 Sophia Das	Citadel High	
6	816 Olivia Logan	Halifax West	
7	1106 Yuka Maruyama	Sacred Heart	
8	905 Valeria Carrillo Cu	J.L. Ilsley	
9	828 Kate Scholtz	Halifax West	
10	307 Chloe McFarlane	Dartmouth Hi	
11	818 Sophie McCormick	Halifax West	
12	1099 Caroline Gillis	Sacred Heart	
13	305 Frances MacLeod	Dartmouth Hi	
14			
15			
16			
17			



2024 SSNS Capital CITY District
Meet Program

Event 36 Boys 800 Meter Run Senior

Tuesday 2024-05-14 - 11:45 AM			
SSNS: 1:54.47 2005		Jake Gallagher	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1126 Julian Cooper	Sacred Heart	
2	340 Jack Theunissen	Dartmouth Hi	
3	859 Graham Sauer	Halifax West	
4	444 Miguel Castillo	Mosaïque	
5	1118 Charlie Barbara	Sacred Heart	
6	34 Terry Ding	Armbræ Acad	
7	868 Liam Vargas	Halifax West	
8	197 Alex Bouchard	Citadel High	
9	870 Cole Willows	Halifax West	
10	212 Cohen Norman	Citadel High	
11	336 Neil Rissesco	Dartmouth Hi	
12	953 Daniel Tokar	J.L. Ilsley	
13	777 Charlie McEwen	Halifax Gram	
14	225 Brian Wilson-Dyment	Citadel High	
15	46 Connor Macgillivray	Armbræ Acad	
16	847 Tristan Kelloway	Halifax West	
17	329 Leif Mitchell	Dartmouth Hi	
18	200 Alan Fawcett	Citadel High	

Event 37 Girls 4x100 Meter Relay Junior

Tuesday 2024-05-14 - 1:15 PM			
SSNS: 52.50 2014		Riverside Education Center	
Lane	Team	Relay	Seed Time
Section 1 of 4 Finals			
1	John Martin	A	
2	Halifax Gram	A	
3	Eric Graves	A	
4	Clayton Park	A	
5	Halifax Chri	A	
6	Fairview Jun	A	
7			
8			
Section 2 of 4 Finals			
1	Mosaïque	A	
2	Park West Sc	A	
3	Elizabeth Su	A	
4	St. Agnes Ju	A	
5	Bicentennial	A	
6	Caledonia Ju	A	
7			
8			

Section 3 of 4 Finals

1	Rockingstone	A	
2	Highland Par	A	
3	Sacred Heart	A	
4	Halifax Inde	A	
5	Herring Cove	A	
6	Oxford Schoo	A	
7			
8			

Section 4 of 4 Finals

1	Dartmouth So	A	
2	Gorsebrook J	A	
3	Halifax Cent	A	
4	Cunard Junio	A	
5	Ellenvale Ju	A	
6	Carrefour	A	
7	Armbræ Acad	A	
8			

Event 38 Boys 4x100 Meter Relay Junior

Tuesday 2024-05-14 - 1:15 PM			
SSNS: 48.40 1990		Astral Drive (hand)	
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Oxford Schoo	A	
2	Herring Cove	A	
3	Halifax Chri	A	
4	Eric Graves	A	
5	Bicentennial	A	
6	John Martin	A	
7	St. Agnes Ju	A	
8	Carrefour	A	
Section 2 of 3 Finals			
1	Halifax Gram	A	
2	Elizabeth Su	A	
3	Armbræ Acad	A	
4	Halifax Cent	A	
5	Dartmouth So	A	
6	Park West Sc	A	
7	Caledonia Ju	A	
8	Rockingstone	A	
Section 3 of 3 Finals			
1	Ellenvale Ju	A	
2	Halifax Inde	A	
3	Clayton Park	A	
4	Mosaïque	A	
5	Fairview Jun	A	
6	Gorsebrook J	A	
7	Cunard Junio	A	
8			



2024 SSNS Capital CITY District
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Event 39 Girls 4x100 Meter Relay Intermediate

Tuesday 2024-05-14 - 1:15 PM			
SSNS: 51.34 2019-06-01 Lockview High School			
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Sacred Heart	A	
2	Armbrae Acad	A	
3	Oxford Schoo	A	
4	Woodlawn Hig	A	
5	Halifax Gram	A	
6	Bicentennial	A	
7			
8			
Section 2 of 3 Finals			
1	Citadel High	A	
2	Halifax Cent	A	
3	J.L. Ilsley	A	
4	St. Agnes Ju	A	
5	Ellenvale Ju	A	
6			
7			
8			
Section 3 of 3 Finals			
1	Halifax West	A	
2	Eric Graves	A	
3	Dartmouth Hi	A	
4	Fairview Jun	A	
5	Gorsebrook J	A	
6	Caledonia Ju	A	
7			
8			

Event 40 Boys 4x100 Meter Relay Intermediate

Tuesday 2024-05-14 - 1:15 PM			
SSNS: 45.50 1976 Sackville High (hand)			
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Park West Sc	A	
2	Halifax West	A	
3	Caledonia Ju	A	
4	Citadel High	A	
5	St. Agnes Ju	A	
6			
7			
8			

Section 2 of 3 Finals

1	Dartmouth Hi	A	
2	Bicentennial	A	
3	Armbrae Acad	A	
4	Halifax Gram	A	
5	Ellenvale Ju	A	
6	Oxford Schoo	A	
7			
8			

Section 3 of 3 Finals

1	Woodlawn Hig	A	
2	Sacred Heart	A	
3	J.L. Ilsley	A	
4	Fairview Jun	A	
5	Halifax Cent	A	
6	Gorsebrook J	A	
7			
8			

Event 41 Girls 4x100 Meter Relay Senior

Tuesday 2024-05-14 - 1:15 PM			
SSNS: 50.32 2004 Cec			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Woodlawn Hig	A	
2	Dartmouth Hi	A	
3	Halifax Chri	A	
4	J.L. Ilsley	A	
5	Citadel High	A	
6	Halifax West	A	
7	Armbrae Acad	A	
8			

Event 42 Boys 4x100 Meter Relay Senior

Tuesday 2024-05-14 - 1:15 PM			
SSNS: 43.26 2014 Cec			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	J.L. Ilsley	A	
2	Halifax West	A	
3	Sacred Heart	A	
4	Armbrae Acad	A	
5	Citadel High	A	
6	Woodlawn Hig	A	
7	Dartmouth Hi	A	
8			



2024 SSNS Capital CITY District
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Event 43 Girls 3000 Meter Run Junior

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 10:18.76 2011		Rachel Crawley	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1100 Moira Gillis	Sacred Heart	_____
2	1001 Allison Hope	Oxford Schoo	_____
3	6 Ruby Ellesmere	Armbræ Acad	_____
4	402 Agathe Tremblay	Carrefour	_____
5	233 Natalia Filipovic	Clayton Park	_____
6	375 Addison Ellis	East Coast V	_____
7	66 Romey Gallagher	Bicentennial	_____
8	1142 Maggie Allen	St. Agnes Ju	_____
9	584 Carmen Savary	Fairview Jun	_____
10	241 Anna Macdonald	Clayton Park	_____
11	113 Claire Oakes	Caledonia Ju	_____
12	240 Gwyn Lynch	Clayton Park	_____
13	1152 Olivia Hernandez-Jenne:	St. Agnes Ju	_____
14	1010 Ruby McCormack	Oxford Schoo	_____
15	798 Sophia Van Delft	Halifax Inde	_____
16	518 Charlotte Thibault	Ellenvale Ju	_____
17	19 Zoe Precious	Armbræ Acad	_____
18	94 Ruby Alexander	Caledonia Ju	_____
19	741 Scarlet Mason	Halifax Gram	_____
20	757 Carley Williams	Halifax Gram	_____
21	230 Mia Cail	Clayton Park	_____
22	706 Emma Andrews	Halifax Chri	_____
23	1156 Emma Laycock	St. Agnes Ju	_____
24	624 Freya Archibald	Gorsebrook J	_____
25	640 Esmee Ruddick	Gorsebrook J	_____
26	641 Kaye Wilson	Gorsebrook J	_____
27	5 Genevieve Ellesmere	Armbræ Acad	_____
28	1 Morgan Clarke	Armbræ Acad	_____
29	754 Orli Sutherland	Halifax Gram	_____
30	1169 Leah Miller	St. Agnes Ju	_____
31	514 Chloe Pike	Ellenvale Ju	_____
32			_____
33			_____
34			_____
35			_____

Event 44 Boys 3000 Meter Run Junior

Tuesday 2024-05-14 - 3:30 PM			
SSNS: 9:15.14 2011		Tobias Wolter	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1184 Connor Allen	St. Agnes Ju	_____
2	685 Ben Connick	Halifax Cent	_____
3	645 Jasper Dorland	Gorsebrook J	_____
4	1022 Matias Arteaga	Oxford Schoo	_____
5	433 Nathaniel Taddei	Mer et Monde	_____
6	30 James Burke	Armbræ Acad	_____
7	684 Daniel Chisholm	Halifax Cent	_____
8	284 Max Kidd Campbell	Cunard Junio	_____
9	473 Ben Boudreau	Elizabeth Su	_____
10	598 William Creelman	Fairview Jun	_____
11	1221 Noah Wilson	St. Agnes Ju	_____
12	421 Abraham Diamond	Mer et Monde	_____
13	605 Lucas Lerue	Fairview Jun	_____
14	1038 Luke Redwood	Oxford Schoo	_____
15	252 Scotty Corkum	Clayton Park	_____
16	656 Chase Whitman	Gorsebrook J	_____
17	1205 Aaron Macpherson	St. Agnes Ju	_____
18	607 Felix Macdonald	Fairview Jun	_____
19	774 Kai Liu	Halifax Gram	_____
20	419 James Allen	Mer et Monde	_____
21	620 Amr Soliman	Fairview Jun	_____
22	543 Mitchell Vallis	Ellenvale Ju	_____
23	802 Cohen Francis	Halifax Inde	_____
24	698 Eli Offman	Halifax Cent	_____
25	702 Joe Rimmer	Halifax Cent	_____
26	653 Cohen Raimondo	Gorsebrook J	_____
27	147 Ryan Purcell	Caledonia Ju	_____
28	785 Benson Williams	Halifax Gram	_____
29	492 Myron Struijf	Elizabeth Su	_____
30	255 Gus Hopkins	Clayton Park	_____
31	391 Jackson Swan	East Coast V	_____
32	392 Jasper Walker	East Coast V	_____
33	1024 Seamus Brennan	Oxford Schoo	_____
34	1026 Lucas Corra	Oxford Schoo	_____
35	427 Ben Leitao	Mer et Monde	_____
36	1055 Jason Hu	Park West Sc	_____
37	250 Max Al-Molky	Clayton Park	_____
38	139 Charlie MacInnis	Caledonia Ju	_____
39	253 Charlie Flinn	Clayton Park	_____
40			_____



2024 SSNS Capital CITY District
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Event 45 Girls 3000 Meter Run Intermediate

Tuesday 2024-05-14 - 3:45 PM			
SSNS: 9:44.38 2022-06-04 Abby Lewis			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	742 Heidi Nuyens	Halifax Gram	_____
2	506 Molly Lodge	Ellenvale Ju	_____
3	730 Bianca Grossi	Halifax Gram	_____
4	1091 Zoe Boody	Sacred Heart	_____
5	442 Macy Urquhart	Mosaïque	_____
6	1233 Rose Le Pape	Woodlawn Hig	_____
7	725 Faye Chiasson	Halifax Gram	_____
8	813 Suzanne Jackson	Halifax West	_____
9	1162 Maggie MacDougall	St. Agnes Ju	_____
10	498 Abby Coles	Ellenvale Ju	_____
11	296 Julia Brennan	Dartmouth Hi	_____
12	626 Ellora Das	Gorsebrook J	_____
13	71 Sophia Langille	Bicentennial	_____
14	1094 Anya Culligan	Sacred Heart	_____
15	167 Azalea Dambergs	Citadel High	_____
16	821 Sofia Mengual-Clare	Halifax West	_____
17	925 Miley Spicer	J.L. Ilsley	_____
18	1096 Liviya Driver	Sacred Heart	_____
19			_____
20			_____

Event 46 Boys 3000 Meter Run Intermediate

Tuesday 2024-05-14 - 4:00 PM			
SSNS: 8:50.61 2015 Andrew Peverill			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	203 Liam Kirby	Citadel High	_____
2	218 Luke Sarty	Citadel High	_____
3	334 Caleb Oloruntoyin-Balog	Dartmouth Hi	_____
4	536 Evan Ren	Ellenvale Ju	_____
5	428 Vaughan Lewis	Mer et Monde	_____
6	448 Lincoln Carmen Landry	Mosaïque	_____
7	941 Fraser Lake	J.L. Ilsley	_____
8	843 Ben Graham	Halifax West	_____
9	869 Neil Wang	Halifax West	_____
10	1186 Patrick Bowes	St. Agnes Ju	_____
11	867 Jayden Tran	Halifax West	_____
12	54 David Propper	Armbræ Acad	_____
13	330 Nolen Mitchell	Dartmouth Hi	_____
14	530 Luke Ellis	Ellenvale Ju	_____
15	952 Rhys Tobin	J.L. Ilsley	_____
16	209 Noah Miller	Citadel High	_____
17	851 Acey Logan	Halifax West	_____
18	51 Ismael Mashaly	Armbræ Acad	_____
19	525 Nikhil Batra	Ellenvale Ju	_____
20	1020 David Ackerman	Oxford Schoo	_____
21	1127 Nate Cooper	Sacred Heart	_____
22	210 Arlo Morris	Citadel High	_____
23	931 Garnet Brown	J.L. Ilsley	_____
24	320 Taylor Bray	Dartmouth Hi	_____
25			_____
26			_____
27			_____
28			_____



2024 SSNS Capital CITY District
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Event 47 Girls 3000 Meter Run Senior

Tuesday 2024-05-14 - 4:15 PM			
SSNS: 9:26.12 2019-06-01 Maggie Smith			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	170 Alessia Dyer	Citadel High	_____
2	305 Frances MacLeod	Dartmouth Hi	_____
3	905 Valeria Carrillo Cu	J.L. Ilsley	_____
4	440 Ava Joseph	Mosaïque	_____
5	830 Gabby Smith	Halifax West	_____
6	292 Anna Archibald	Dartmouth Hi	_____
7	712 Nevaeh Spinney	Halifax Chri	_____
8	182 Eadaoin McGrath	Citadel High	_____
9	820 Ally McLean	Halifax West	_____
10	816 Olivia Logan	Halifax West	_____
11			_____
12			_____
13			_____
14			_____
15			_____

Event 48 Boys 3000 Meter Run Senior

Tuesday 2024-05-14 - 4:30 PM			
SSNS: 8:40.76 2017-06-03 Andrew Peverill			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	329 Leif Mitchell	Dartmouth Hi	_____
2	1244 Thomas Dewitt	Woodlawn Hig	_____
3	208 Cole Miller	Citadel High	_____
4	856 Beckett Nadeau	Halifax West	_____
5	953 Daniel Tokar	J.L. Ilsley	_____
6	848 Andi Kinnear	Halifax West	_____
7	212 Cohen Norman	Citadel High	_____
8	46 Connor Macgillivray	Armbræ Acad	_____
9	719 Sam Mateos Gomez	Halifax Chri	_____
10	868 Liam Vargas	Halifax West	_____
11	197 Alex Bouchard	Citadel High	_____
12	859 Graham Sauer	Halifax West	_____
13	444 Miguel Castillo	Mosaïque	_____
14	336 Neil Rissesco	Dartmouth Hi	_____
15	716 Jack Hull	Halifax Chri	_____
16			_____
17			_____

Event 49 Girls 4x400 Meter Relay Junior

Tuesday 2024-05-14 - 5:00 PM			
SSNS: 4:17.83 2017-06-03 St. Andrew Junior School			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Fairview Jun	A	_____
2	Halifax Gram	A	_____
3	Ellenvale Ju	A	_____
4	Gorsebrook J	A	_____
5	St. Agnes Ju	A	_____
6	Halifax Chri	A	_____
7	Highland Par	A	_____
8	Dartmouth So	A	_____
9	Sacred Heart	A	_____
10	Bicentennial	A	_____
11	Halifax Cent	A	_____
12	Caledonia Ju	A	_____
13	Oxford Schoo	A	_____
14	Clayton Park	A	_____
15	Armbræ Acad	A	_____
16			_____
17			_____

Event 50 Boys 4x400 Meter Relay Junior

Tuesday 2024-05-14 - 5:00 PM			
SSNS: 3:48.10 2013 Halifax Central Junior			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Oxford Schoo	A	_____
2	Bicentennial	A	_____
3	Elizabeth Su	A	_____
4	Clayton Park	A	_____
5	Fairview Jun	A	_____
6	Halifax Cent	A	_____
7	Halifax Gram	A	_____
8	Caledonia Ju	A	_____
9	St. Agnes Ju	A	_____
10	Gorsebrook J	A	_____
11	Cunard Junio	A	_____
12	Armbræ Acad	A	_____
13	Dartmouth So	A	_____
14	Halifax Chri	A	_____
15			_____
16			_____
17			_____



2024 SSNS Capital CITY District
Meet Program

Event 51 Girls 4x400 Meter Relay Intermediate

Tuesday 2024-05-14 - 5:00 PM			
SSNS: 4:07.64 2007		Halifax Grammar	
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Dartmouth Hi	A	
2	Caledonia Ju	A	
3	Citadel High	A	
4	Oxford Schoo	A	
5	Halifax Gram	A	
6	Bicentennial	A	
7	Sacred Heart	A	
8	St. Agnes Ju	A	
9	Halifax Cent	A	
10			
11			
12			
13			
14			
15			
16			
17			

Event 52 Boys 4x400 Meter Relay Intermediate

Tuesday 2024-05-14 - 5:00 PM			
SSNS: 3:35.40 1984		Prince Andrew (hand)	
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax West	A	
2	Bicentennial	A	
3	Halifax Gram	A	
4	Caledonia Ju	A	
5	Dartmouth Hi	A	
6			
7	Armbræ Acad	A	
8	J.L. Ilsley	A	
9	St. Agnes Ju	A	
10	Sacred Heart	A	
11	Ellenvale Ju	A	
12	Citadel High	A	
13			
14			
15			
16			
17			

Event 53 Girls 4x400 Meter Relay Senior

Tuesday 2024-05-14 - 5:00 PM			
SSNS: 4:01.53 2009		Park View	
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Woodlawn Hig	A	
2	Citadel High	A	
3	Dartmouth Hi	A	
4	Sacred Heart	A	
5			
6			
7			
8			

Event 54 Boys 4x400 Meter Relay Senior

Tuesday 2024-05-14 - 5:00 PM			
SSNS: 3:26.09 2014		Cec	
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax Gram	A	
2	Armbræ Acad	A	
3	Halifax West	A	
4	Sacred Heart	A	
5	Woodlawn Hig	A	
6	Dartmouth Hi	A	
7	Citadel High	A	
8			



2024 SSNS Capital CITY District
Meet Program

Event 55 Girls Long Jump Junior

Tuesday 2024-05-14 - 12:30 PM			
SSNS: 5.00m 2023-06-13 Myka Wilson			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	890 Sofia Ross	Highland Par	
2	1101 Olivia Gogan	Sacred Heart	
3	347 Averie Baird	Dartmouth So	
4	1114 Abbey Spearin	Sacred Heart	
5	1144 Bree Aylward	St. Agnes Ju	
6	231 Mano Chaisson	Clayton Park	
7	887 Veda Jackson	Highland Par	
8	469 Kanishga Pradeepkumar	Elizabeth Su	
9	401 Soraya Mfoumou	Carrefour	
10	587 Ella Thomas	Fairview Jun	
11	277 Camryn Myra	Cunard Junio	
12	1175 Lucy Reardon	St. Agnes Ju	
13	351 Laina Francis	Dartmouth So	
14	67 Charlotte Green	Bicentennial	
15	1043 Tia Kinnear	Park West Sc	
16	238 Anuksha Karthikeyan	Clayton Park	
17	106 Isla Hoddinott	Caledonia Ju	
18	1042 Alex Fraser	Park West Sc	
19	893 Nilah Trevors	Highland Par	
20	10 Amy Liu	Armbrae Acad	
21	671 Charlie Hazel	Halifax Cent	
22	270 Rahaf Almohammad	Cunard Junio	
23	4 Laudy El-Amiouni	Armbrae Acad	
24	640 Esmee Ruddick	Gorsebrook J	
25	583 Marley Sanford	Fairview Jun	
26	17 Victoria Olaiya	Armbrae Acad	
27	453 Emme Boudreau	Elizabeth Su	
28	413 Lia Mosher	Mer et Monde	
29	105 Emily Harding	Caledonia Ju	
30	511 Sophie Mitchell	Ellenvale Ju	
31	989 Gwen Cardone	Oxford Schoo	
32	278 Callie Williams	Cunard Junio	
33	1044 Alexis Morrison	Park West Sc	
34	1000 Yeonjae Hong	Oxford Schoo	
35	737 Kelly Kim	Halifax Gram	
36	243 Catherine Martin	Clayton Park	
37	456 Naomi Chaulk	Elizabeth Su	
38	467 Violet McNeill	Elizabeth Su	
39	348 Nahla Coll	Dartmouth So	
40	94 Ruby Alexander	Caledonia Ju	
41	965 Erica Udom	John Martin	
42	639 Olive Riley	Gorsebrook J	
43	239 Lucie Kilbreath	Clayton Park	
44	1151 Eva Hernandez-Jennex	St. Agnes Ju	
45	1010 Ruby McCormack	Oxford Schoo	
46	788 Fiona Gardner	Halifax Inde	

47	402 Agathe Tremblay	Carrefour	
48	874 Lucie Ewing	Herring Cove	
49	1017 Gretta Smith	Oxford Schoo	
50	873 Oore Babalola	Herring Cove	
51	875 Kayla Tchouala	Herring Cove	
52	516 Samantha Roberts	Ellenvale Ju	
53	585 Lila Sen	Fairview Jun	
54	396 Ace Besnard	Carrefour	
55	1170 Cara Milne	St. Agnes Ju	
56	75 Maude Mellma	Bicentennial	
57	397 Brielle Breau	Carrefour	
58	74 Cassidy McFarlane	Bicentennial	
59	634 Eleanor McHenry	Gorsebrook J	
60	276 Xenna Mabeza	Cunard Junio	
61	8 Zoe Grant	Armbrae Acad	
62	739 Michelle Li	Halifax Gram	
63	62 Alea Bonang	Bicentennial	
64	362 Cassidy Trudeau	Dartmouth So	
65	572 Lacey Hanley	Fairview Jun	
66	101 Lyla Conrod	Caledonia Ju	
67			
68			
69			
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71			
72			



2024 SSNS Capital CITY District
Meet Program

Event 56 Boys Long Jump Junior

Monday 2024-05-13 - 12:30 PM			
SSNS: 5.79m 2012		David MacDonald	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1057 Anay Jain	Park West Sc	
2	533 William Mills	Ellenvale Ju	
3	648 Sasha Kaye	Gorsebrook J	
4	386 Oliver Fraser	East Coast V	
5	804 Luke Meaney	Halifax Inde	
6	652 Ryland Norman	Gorsebrook J	
7	289 Nash Salas	Cunard Junio	
8	364 Joshua Bent	Dartmouth So	
9	37 Bannen Greene	Armbrae Acad	
10	1138 Ben Wellner	Sacred Heart	
11	808 Zeré Rolle-Hewitt	Halifax Inde	
12	691 Emersen Lengema	Halifax Cent	
13	254 Javier Hamilton	Clayton Park	
14	288 Nolan Phillips	Cunard Junio	
15	366 Corwinn Marshall	Dartmouth So	
16	382 Reegan Berkvens	East Coast V	
17	483 William Mestdagh	Elizabeth Su	
18	434 Jack Tanner	Mer et Monde	
19	251 Dyaa Balhous	Clayton Park	
20	249 Salah Al Dark Habani	Clayton Park	
21	761 Kashton Armstrong	Halifax Gram	
22	1050 Sidhant Bhatia	Park West Sc	
23	613 Duncan Ogilvie	Fairview Jun	
24	681 Ben Baker	Halifax Cent	
25	900 Gregor Orlik	Highland Par	
26	967 Rashawn Brown	John Martin	
27	145 Jonah Pulsifer	Caledonia Ju	
28	91 Lucas Rent	Bicentennial	
29	1021 Daniel Aladjebi	Oxford Schoo	
30	385 Harrison Fraser	East Coast V	
31	491 Chase Stewart	Elizabeth Su	
32	406 Lamar Gallant	Carrefour	
33	489 Tim Shevchenko	Elizabeth Su	
34	394 Jake Willmott	East Coast V	
35	802 Cohen Francis	Halifax Inde	
36	614 Liam Ouellet	Fairview Jun	
37	643 Henry Anderson	Gorsebrook J	
38	978 Mike Okoabah	John Martin	
39	1198 Nathanael Irish	St. Agnes Ju	
40	408 Thomas Seneker	Carrefour	
41	365 Alex Bruce	Dartmouth So	
42	1036 Angelo Melanson	Oxford Schoo	
43	420 Pierre Asselin	Mer et Monde	
44	41 Sachin Jeyakumar	Armbrae Acad	
45	771 George Hanada	Halifax Gram	
46	1048 Soham Ausekar	Park West Sc	

47	44 Micah Joseph	Armbrae Acad	
48	482 John Messervey	Elizabeth Su	
49	542 Conroy Snow	Ellenvale Ju	
50	127 Alex Campbell	Caledonia Ju	
51	261 Laolu Oladele	Clayton Park	
52	619 Ian Seok	Fairview Jun	
53	593 Natnael Abreha	Fairview Jun	
54	422 Harrison Gallant	Mer et Monde	
55	363 Reid Ash	Dartmouth So	
56	1136 Boyd Schrader	Sacred Heart	
57	1052 David Burchell	Park West Sc	
58	45 Jack Lally	Armbrae Acad	
59	280 Griffin Cameron	Cunard Junio	
60	431 Samuel Roberge	Mer et Monde	
61	1125 Liam Connolly	Sacred Heart	
62	896 Ryland Grant	Highland Par	
63	1202 James Lo	St. Agnes Ju	
64			
65			
66			



2024 SSNS Capital CITY District
Meet Program

Event 57 Girls Long Jump Intermediate			
Tuesday 2024-05-14 - 10:00 AM			
SSNS: 5.32m 1973		Cecilia Branch	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	190 Olivia Smith	Citadel High	
2	826 Channele Rodriguez-Coop	Halifax West	
3	1238 Nisha Shroff	Woodlawn Hig	
4	102 Lila Dsouza	Caledonia Ju	
5	302 Teigan Long	Dartmouth Hi	
6	24 Shayna Wolfson	Armbrae Acad	
7	79 Lily Williams	Bicentennial	
8	795 Lila Pothier	Halifax Inde	
9	1103 Kailyn Kaulback	Sacred Heart	
10	680 Liae Yang	Halifax Cent	
11	498 Abby Coles	Ellenvale Ju	
12	676 Jane Maloney	Halifax Cent	
13	925 Miley Spicer	J.L. Ilsley	
14	792 Esja Nener	Halifax Inde	
15	570 Abigail Eustace	Fairview Jun	
16	1008 Keri MacIsaac	Oxford Schoo	
17	1222 Jada Bonang	Woodlawn Hig	
18	412 Julia MacDougall	Mer et Monde	
19	506 Molly Lodge	Ellenvale Ju	
20	908 Ava Dibblee	J.L. Ilsley	
21	299 Brianna Hoskin	Dartmouth Hi	
22	11 Brooklyn Lucas	Armbrae Acad	
23	1239 Chris Thomey	Woodlawn Hig	
24	1174 Lora Pelivanov	St. Agnes Ju	
25	164 Julia Berry	Citadel High	
26	77 Tori Rendell	Bicentennial	
27	508 Mya Maccormick	Ellenvale Ju	
28	662 Lola Cameron	Halifax Cent	
29	15 Audrey Napier	Armbrae Acad	
30	1233 Rose Le Pape	Woodlawn Hig	
31	1164 Zoe McCuaig	St. Agnes Ju	
32	589 Elizabeth Weinberg	Fairview Jun	
33	1113 Isobel Schrader	Sacred Heart	
34	1009 Mia Magloir	Oxford Schoo	
35	1146 Jayde Durling	St. Agnes Ju	
36	679 Annika Siemenssen	Halifax Cent	
37	906 Katherine Craig	J.L. Ilsley	
38	304 Molly Macdonald	Dartmouth Hi	
39	303 Lila Macaskill	Dartmouth Hi	
40	1166 Charlie McGrath	St. Agnes Ju	
41			
42			
43			
44			
45			
46			

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2024 SSNS Capital CITY District
Meet Program

Event 58 Boys Long Jump Intermediate

Monday 2024-05-13 - 10:00 AM			
SSNS: 6.44m 1997		David Paxton	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	131 Roan Clark-Black	Caledonia Ju	
2	611 Aaron Metzger	Fairview Jun	
3	158 Euan Thompson	Caledonia Ju	
4	1031 Owen Gillis	Oxford Schoo	
5	945 Ibrahim Msabaha	J.L. Ilsley	
6	196 Taraka Babburi	Citadel High	
7	523 Jay Atkins	Ellenvale Ju	
8	810 Asher Vroege	Halifax Inde	
9	783 Kaden Shen	Halifax Gram	
10	52 Ollie Nadeau	Armbrae Acad	
11	29 Kale Brown	Armbrae Acad	
12	132 Max Dove	Caledonia Ju	
13	853 Yoseph Masry	Halifax West	
14	977 Dori Ngo	John Martin	
15	389 Alex Roberge	East Coast V	
16	330 Nolen Mitchell	Dartmouth Hi	
17	1215 Tristen Stofberg	St. Agnes Ju	
18	43 Travae Jones	Armbrae Acad	
19	1192 Ethan Daniel	St. Agnes Ju	
20	535 Ethan Obeng	Ellenvale Ju	
21	447 Jason Holmes	Mosaïque	
22	939 Omar Khalaf	J.L. Ilsley	
23	971 Caidin Colley	John Martin	
24	40 Spencer Jessome	Armbrae Acad	
25	693 Ace Lyu	Halifax Cent	
26	137 Tyler Larusic	Caledonia Ju	
27	701 Jack Rainforth	Halifax Cent	
28	871 Tong Tong Xiong	Halifax West	
29	1122 Liam Bent	Sacred Heart	
30	1260 Joaquin Yakubu	Woodlawn Hig	
31	1140 Ben Wittwer	Sacred Heart	
32	205 Benjamin Kowalczyk	Citadel High	
33	1058 Keiran Johnson	Park West Sc	
34	762 Keith Beazley	Halifax Gram	
35	955 Macade Wright	J.L. Ilsley	
36	393 Rhys Walker	East Coast V	
37	1212 Andrew Ramia	St. Agnes Ju	
38	1130 Ben Goedkoop	Sacred Heart	
39	772 King He	Halifax Gram	
40	946 Carter Myra	J.L. Ilsley	
41	689 Deacon Hazel	Halifax Cent	
42	450 Owen Weigelin	Mosaïque	
43	1034 Edward Kang	Oxford Schoo	
44	1220 Declan Walsh	St. Agnes Ju	
45	839 Sam Bryson	Halifax West	
46	985 Dontae Wilson	John Martin	

47	532 Jacob Harmon	Ellenvale Ju	
48	524 Colin Baker	Ellenvale Ju	
49	869 Neil Wang	Halifax West	
50			
51			
52			
53			
54			
55			



2024 SSNS Capital CITY District
Meet Program

Event 59 Girls Long Jump Senior

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 5.49m 2017-06-03 Denver Fraser			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	311 Reese Quist	Dartmouth Hi	
2	827 Feyikemi Rotimi	Halifax West	
3	1236 Chiara Porro	Woodlawn Hig	
4	817 Ava MacNutt	Halifax West	
5	294 Mya Bonang	Dartmouth Hi	
6	918 Isobel Latta	J.L. Ilsley	
7	194 Lyla Wolthausen	Citadel High	
8	12 Laodiki Lutwick Campbell	Armbræ Acad	
9	174 Deja Hooer-Dixon	Citadel High	
10	1225 Lana Cushing	Woodlawn Hig	
11	735 Vivian Johnson	Halifax Gram	
12	291 Clara Albar-Labrador	Dartmouth Hi	
13	1234 Keira Leonard	Woodlawn Hig	
14	193 Sophia Tugwell	Citadel High	
15	306 Apolline Maurage	Dartmouth Hi	
16	1229 Pauline Gillet	Woodlawn Hig	
17			
18			
19			
20			

Event 60 Boys Long Jump Senior

Monday 2024-05-13 - 3:00 PM			
SSNS: 7.15m 1956 Dave Lucas			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	954 James Woodard	J.L. Ilsley	
2	841 Victor Dao	Halifax West	
3	219 Nathan Schelew	Citadel High	
4	1241 Dylan Armitage	Woodlawn Hig	
5	1251 Anthony Maxwell	Woodlawn Hig	
6	333 Renez Munroe	Dartmouth Hi	
7	26 Jaylen Berglund-Simmond	Armbræ Acad	
8	837 Nwadiioramma Azuka-O	Halifax West	
9	933 Brayden Giles	J.L. Ilsley	
10	1258 Sohit Tatisetti	Woodlawn Hig	
11	947 Adyaan Nasser	J.L. Ilsley	
12	316 David Babalola	Dartmouth Hi	
13	767 Tobi Evborokhai	Halifax Gram	
14	199 Harrison Dunphy	Citadel High	
15	60 Declan Younger	Armbræ Acad	
16	216 Corey Ross	Citadel High	
17	935 Alex Hatchard	J.L. Ilsley	
18	1243 Jarmar Berglund-Simmo	Woodlawn Hig	
19	835 Michael Ajuwon	Halifax West	
20			
21			
22			
23			



**2024 SSNS Capital CITY District
Meet Program**

Event 61 Girls High Jump Junior**Monday 2024-05-13 - 10:00 AM**

SSNS: 1.63m 2004

Laura Maessen

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	586 Geshna Singh	Fairview Jun	_____
2	4 Laudy El-Amiouni	Armbrae Acad	_____
3	1042 Alex Fraser	Park West Sc	_____
4	1180 Olivia Thomson	St. Agnes Ju	_____
5	999 Remi Herbert	Oxford Schoo	_____
6	347 Averie Baird	Dartmouth So	_____
7	793 Elise Nickerson	Halifax Inde	_____
8	77 Tori Rendell	Bicentennial	_____
9	348 Nahla Coll	Dartmouth So	_____
10	465 Danielle Langille	Elizabeth Su	_____
11	661 Ellen Brady	Halifax Cent	_____
12	231 Mano Chaisson	Clayton Park	_____
13	796 Freida Quinn	Halifax Inde	_____
14	468 Dhyani Patel	Elizabeth Su	_____
15	590 Natsuki Wilkes	Fairview Jun	_____
16	410 Anna Bakeeff	Mer et Monde	_____
17	671 Charlie Hazel	Halifax Cent	_____
18	247 Eliana Victor	Clayton Park	_____
19	1167 Molly McGrath	St. Agnes Ju	_____
20	242 Megnaa Mahesh	Clayton Park	_____
21	241 Anna Macdonald	Clayton Park	_____
22	467 Violet McNeill	Elizabeth Su	_____
23	634 Eleanor McHenry	Gorsebrook J	_____
24	1044 Alexis Morrison	Park West Sc	_____
25	400 Elda Mfoumou	Carrefour	_____
26	1178 Gillian Sulewski	St. Agnes Ju	_____
27	356 Sadie MacLachlan	Dartmouth So	_____
28	582 Michaela Salomon	Fairview Jun	_____
29	462 Chloe Hunt	Elizabeth Su	_____
30	411 Emma MacDougall	Mer et Monde	_____
31	1046 Arizona Sparks	Park West Sc	_____
32	1010 Ruby McCormack	Oxford Schoo	_____
33	577 Johanna Lobban	Fairview Jun	_____
34	1041 Marissa Drane	Park West Sc	_____
35	1181 Audrey Veinot	St. Agnes Ju	_____
36	788 Fiona Gardner	Halifax Inde	_____
37	625 Annika Compton	Gorsebrook J	_____
38	395 Bruna Al Frenn	Carrefour	_____
39	1007 Vivenne MacDougall	Oxford Schoo	_____
40			_____

Event 62 Boys High Jump Junior**Tuesday 2024-05-14 - 12:30 PM**

SSNS: 1.77m 2004

Brandon Mallally

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	485 Jack Pelham	Elizabeth Su	_____
2	1086 Conner Julian	Rockingstone	_____
3	562 Ben Owen	Eric Graves	_____
4	643 Henry Anderson	Gorsebrook J	_____
5	599 Fabian Eleftheros	Fairview Jun	_____
6	250 Max Al-Molky	Clayton Park	_____
7	593 Natnael Abreha	Fairview Jun	_____
8	258 Nathan Lysinge	Clayton Park	_____
9	1035 Eric Kang	Oxford Schoo	_____
10	483 William Mestdagh	Elizabeth Su	_____
11	683 Jack Brady	Halifax Cent	_____
12	978 Mike Okoabah	John Martin	_____
13	555 Luca Barreiro	Eric Graves	_____
14	1050 Sidhant Bhatia	Park West Sc	_____
15	1083 Noah Hallett	Rockingstone	_____
16	1053 Karim Hamo	Park West Sc	_____
17	975 Sajid Mohammad	John Martin	_____
18	970 Josiah Clyde	John Martin	_____
19	900 Gregor Orlik	Highland Par	_____
20	696 Aaron Macvay	Halifax Cent	_____
21	37 Bannen Greene	Armbrae Acad	_____
22	492 Myron Struijf	Elizabeth Su	_____
23	1082 Rynase Fomeni Nkanyo	Rockingstone	_____
24	981 Adeeb Siddiqui	John Martin	_____
25	1187 Alex Brown	St. Agnes Ju	_____
26	652 Ryland Norman	Gorsebrook J	_____
27	1208 Logan Miles	St. Agnes Ju	_____
28	618 Maxwell Prole	Fairview Jun	_____
29	785 Benson Williams	Halifax Gram	_____
30	1216 Linden Todd	St. Agnes Ju	_____
31	1081 Kenan Elmahmud	Rockingstone	_____
32	654 Jack Rivers-Bowerman	Gorsebrook J	_____
33	45 Jack Lally	Armbrae Acad	_____
34	648 Sasha Kaye	Gorsebrook J	_____
35	259 Lachlan Mackay	Clayton Park	_____
36	1204 Yuli MacKenzie	St. Agnes Ju	_____
37	257 Charbel Kodaysi	Clayton Park	_____
38	484 Enoch Oyelami	Elizabeth Su	_____
39	600 Austin Fredericks	Fairview Jun	_____
40	1064 Rishant Vatchavari Siv	Park West Sc	_____
41	896 Ryland Grant	Highland Par	_____
42	403 Daniel A'Court	Carrefour	_____
43	364 Joshua Bent	Dartmouth So	_____
44	691 Emersen Lengema	Halifax Cent	_____
45			_____
46			_____



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

2024 SSNS Capital CITY District
Meet Program

Flight 1 of 1 Finals

47	
48	

Event 63 Girls High Jump Intermediate

Monday 2024-05-13 - 12:30 PM			
SSNS: 1.72m 1986		Tracey Loke	
Ties: 1.72m 1986		Natalie Munroe	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	907 Nolwen Delarue	J.L. Ilsley	
2	1182 Libby Zhang	St. Agnes Ju	
3	1222 Jada Bonang	Woodlawn Hig	
4	672 Hana Jeong	Halifax Cent	
5	726 Zora Daramola	Halifax Gram	
6	188 Ella Porter	Citadel High	
7	1102 Olivia Hunter	Sacred Heart	
8	1008 Keri MacIsaac	Oxford Schoo	
9	676 Jane Maloney	Halifax Cent	
10	732 Zoe Hunter	Halifax Gram	
11	1155 Ava Khoury	St. Agnes Ju	
12	18 Peyton Phillips	Armbrae Acad	
13	1161 Scarlett Macdonald	St. Agnes Ju	
14	680 Liae Yang	Halifax Cent	
15	412 Julia MacDougall	Mer et Monde	
16	190 Olivia Smith	Citadel High	
17	926 Brooklyn Veinot	J.L. Ilsley	
18			
19			
20			
21			

Event 64 Boys High Jump Intermediate

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 1.95m 1988		Charles MacKay	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1217 Emmanuel Vamvounis	St. Agnes Ju	
2	43 Travae Jones	Armbrae Acad	
3	860 Cameron Selig	Halifax West	
4	334 Caleb Oloruntoyin-Balog	Dartmouth Hi	
5	52 Ollie Nadeau	Armbrae Acad	
6	864 Matthew Stuckless	Halifax West	
7	450 Owen Weigelin	Mosaïque	
8	976 Luke Nesbitt	John Martin	
9	429 Silvain Mbuyi	Mer et Monde	
10	330 Nolen Mitchell	Dartmouth Hi	
11	50 Elijah Mantley	Armbrae Acad	
12	1192 Ethan Daniel	St. Agnes Ju	
13	871 Tong Tong Xiong	Halifax West	
14	985 Dontae Wilson	John Martin	
15	1034 Edward Kang	Oxford Schoo	
16	948 Lauchlan Peters	J.L. Ilsley	
17	806 Harry Nickerson	Halifax Inde	
18	934 Alex Gyorfi	J.L. Ilsley	
19	772 King He	Halifax Gram	
20	32 Deion Coward	Armbrae Acad	
21	325 Alden Hiltz	Dartmouth Hi	
22	810 Asher Vroege	Halifax Inde	
23	1191 Logan Cummings	St. Agnes Ju	
24	839 Sam Bryson	Halifax West	
25	1220 Declan Walsh	St. Agnes Ju	
26	556 Kowen Croft	Eric Graves	
27			
28			
29			
30			



2024 SSNS Capital CITY District
Meet Program

Event 65 Girls High Jump Senior

Monday 2024-05-13 - 12:30 PM			
SSNS: 1.81m 2023-06-12 Jennessa Wolfe			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	193 Sophia Tugwell	Citadel High	_____
2	306 Apolline Maurage	Dartmouth Hi	_____
3	815 Abby LeBlanc-O'Malley	Halifax West	_____
4	1224 Kaylee Croft	Woodlawn Hig	_____
5	735 Vivian Johnson	Halifax Gram	_____
6	174 Deja Hooer-Dixon	Citadel High	_____
7	1223 Jessica Brown	Woodlawn Hig	_____
8	165 Emily Clark	Citadel High	_____
9	291 Clara Albar-Labrador	Dartmouth Hi	_____
10			_____

Event 66 Boys High Jump Senior

Tuesday 2024-05-14 - 10:00 AM			
SSNS: 2.06m 1981 Tim Wrigley			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	947 Adyaan Nasser	J.L. Ilsley	_____
2	781 Sam Olugu	Halifax Gram	_____
3	199 Harrison Dunphy	Citadel High	_____
4	854 Ethan Metzger	Halifax West	_____
5	1243 Jarmar Berglund-Simmc	Woodlawn Hig	_____
6	316 David Babalola	Dartmouth Hi	_____
7	841 Victor Dao	Halifax West	_____
8	1241 Dylan Armitage	Woodlawn Hig	_____
9			_____
10			_____
11			_____
12			_____

Event 67 Girls Triple Jump Junior

Monday 2024-05-13 - 3:00 PM			
SSNS: 11.00m 2016-06-03 Sierra Sweeney			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	238 Anuksha Karthikeyan	Clayton Park	_____
2	1180 Olivia Thomson	St. Agnes Ju	_____
3	1143 Sophie Allen	St. Agnes Ju	_____
4	362 Cassidy Trudeau	Dartmouth So	_____
5	1004 Sinwoo Jung	Oxford Schoo	_____
6	462 Chloe Hunt	Elizabeth Su	_____
7	4 Laudy El-Amiouni	Armbrac Acad	_____
8	798 Sophia Van Delft	Halifax Inde	_____
9	246 Zina Obi	Clayton Park	_____
10	999 Remi Herbert	Oxford Schoo	_____
11	465 Danielle Langille	Elizabeth Su	_____
12	468 Dhyani Patel	Elizabeth Su	_____
13	8 Zoe Grant	Armbrac Acad	_____
14	231 Mano Chaisson	Clayton Park	_____
15	579 Myra McDonald	Fairview Jun	_____
16	793 Elise Nickerson	Halifax Inde	_____
17	105 Emily Harding	Caledonia Ju	_____
18	101 Lyla Conrod	Caledonia Ju	_____
19	1168 Gianna Metlej	St. Agnes Ju	_____
20	993 Simone Derouchie	Oxford Schoo	_____
21	587 Ella Thomas	Fairview Jun	_____
22	351 Laina Francis	Dartmouth So	_____
23	113 Claire Oakes	Caledonia Ju	_____
24	347 Averie Baird	Dartmouth So	_____
25	115 Azeetat Oyinlola	Caledonia Ju	_____
26	569 Nour Elkaoul	Fairview Jun	_____
27	348 Nahla Coll	Dartmouth So	_____
28	572 Lacey Hanley	Fairview Jun	_____
29	1043 Tia Kinnear	Park West Sc	_____
30	467 Violet McNeill	Elizabeth Su	_____
31	243 Catherine Martin	Clayton Park	_____
32	1179 Sam Terrio	St. Agnes Ju	_____
33	1010 Ruby McCormack	Oxford Schoo	_____
34			_____
35			_____



2024 SSNS Capital CITY District
Meet Program

Event 68 Boys Triple Jump Junior

Tuesday 2024-05-14 - 10:00 AM			
SSNS: 12.03m 2012		Kaelan Schmidt	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	37 Bannen Greene	Armbrae Acad	
2	249 Salah Al Dark Habani	Clayton Park	
3	485 Jack Pelham	Elizabeth Su	
4	594 Elijah Amore	Fairview Jun	
5	879 Bruin Ritcey	Herring Cove	
6	593 Natnael Abreha	Fairview Jun	
7	482 John Messervey	Elizabeth Su	
8	363 Reid Ash	Dartmouth So	
9	480 Matthew Macdonald	Elizabeth Su	
10	58 Fin Sangster	Armbrae Acad	
11	595 Riley Buckle-Pineau	Fairview Jun	
12	251 Dyaa Balhous	Clayton Park	
13	1216 Linden Todd	St. Agnes Ju	
14	1052 David Burchell	Park West Sc	
15	383 Maddox Burke	East Coast V	
16	1064 Risschant Vatchavari Siva	Park West Sc	
17	365 Alex Bruce	Dartmouth So	
18	681 Ben Baker	Halifax Cent	
19	91 Lucas Rent	Bicentennial	
20	489 Tim Shevchenko	Elizabeth Su	
21	253 Charlie Flinn	Clayton Park	
22	1053 Karim Hamo	Park West Sc	
23	690 Kieran James	Halifax Cent	
24	127 Alex Campbell	Caledonia Ju	
25	876 Landon Glazebrook	Herring Cove	
26	161 Alvonte Williams	Caledonia Ju	
27	616 Tyler Parker	Fairview Jun	
28	394 Jake Willmott	East Coast V	
29	261 Laolu Oladele	Clayton Park	
30	385 Harrison Fraser	East Coast V	
31	691 Emersen Lengema	Halifax Cent	
32	387 Jaxson Leroux	East Coast V	
33	878 Sawyer Henneberry	Herring Cove	
34	1063 Debare Taiye-Ayo	Park West Sc	
35	1208 Logan Miles	St. Agnes Ju	
36			
37			
38			

Event 69 Girls Triple Jump Intermediate

Monday 2024-05-13 - 10:00 AM			
SSNS: 11.19m 2016-06-03		Gabrielle Fraser	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	660 Rachael Allen	Halifax Cent	
2	1155 Ava Khoury	St. Agnes Ju	
3	77 Tori Rendell	Bicentennial	
4	795 Lila Pothier	Halifax Inde	
5	304 Molly Macdonald	Dartmouth Hi	
6	164 Julia Berry	Citadel High	
7	190 Olivia Smith	Citadel High	
8	1164 Zoe McCuaig	St. Agnes Ju	
9	1008 Keri MacIsaac	Oxford Schoo	
10	1113 Isobel Schrader	Sacred Heart	
11	70 Maddy Hussey	Bicentennial	
12	678 Lina Scheffler	Halifax Cent	
13	826 Channele Rodriguez-Coop	Halifax West	
14	1163 Emmy Mastnak	St. Agnes Ju	
15	1174 Lora Pelivanov	St. Agnes Ju	
16	799 Addy Wright	Halifax Inde	
17	298 Peyton Crowe	Dartmouth Hi	
18	792 Esja Nener	Halifax Inde	
19	1103 Kailyn Kaulback	Sacred Heart	
20			
21			
22			



2024 SSNS Capital CITY District
Meet Program

Event 70 Boys Triple Jump Intermediate

Tuesday 2024-05-14 - 12:30 PM			
SSNS: 13.82m 1986		Mike Arodugba	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	846 Eunchan (Jude) Jeong	Halifax West	
2	1186 Patrick Bowes	St. Agnes Ju	
3	196 Taraka Babburi	Citadel High	
4	1192 Ethan Daniel	St. Agnes Ju	
5	955 Macade Wright	J.L. Ilsley	
6	701 Jack Rainforth	Halifax Cent	
7	330 Nolen Mitchell	Dartmouth Hi	
8	31 Grayson Burt	Armbræ Acad	
9	205 Benjamin Kowalczyk	Citadel High	
10	1122 Liam Bent	Sacred Heart	
11	611 Aaron Metzger	Fairview Jun	
12	1215 Tristen Stofberg	St. Agnes Ju	
13	852 Robert Martin	Halifax West	
14	149 Sam Ryan	Caledonia Ju	
15	692 Travis Lloyd	Halifax Cent	
16	315 Alex Ansems	Dartmouth Hi	
17	158 Euan Thompson	Caledonia Ju	
18	137 Tyler Larusic	Caledonia Ju	
19	839 Sam Bryson	Halifax West	
20	29 Kale Brown	Armbræ Acad	
21	131 Roan Clark-Black	Caledonia Ju	
22	860 Cameron Selig	Halifax West	
23	682 Pj Bilek	Halifax Cent	
24	447 Jason Holmes	Mosaïque	
25	47 DJ MacLean	Armbræ Acad	
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Event 71 Girls Triple Jump Senior

Monday 2024-05-13 - 3:00 PM			
SSNS: 11.71m 2018-06-01		Gabrielle Fraser	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	194 Lyla Wolthausen	Citadel High	
2	817 Ava MacNutt	Halifax West	
3	735 Vivian Johnson	Halifax Gram	
4	918 Isobel Latta	J.L. Ilsley	
5	827 Feyikemi Rotimi	Halifax West	
6	1223 Jessica Brown	Woodlawn Hig	
7	165 Emily Clark	Citadel High	
8	830 Gabby Smith	Halifax West	
9	174 Deja Hooer-Dixon	Citadel High	
10			

Event 72 Boys Triple Jump Senior

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 14.25m 1964		Howie Jackson	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	316 David Babalola	Dartmouth Hi	
2	216 Corey Ross	Citadel High	
3	1258 Sohit Tatisetti	Woodlawn Hig	
4	841 Victor Dao	Halifax West	
5	947 Adyaan Nasser	J.L. Ilsley	
6			
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10			



2024 SSNS Capital CITY District
Meet Program

Event 73 Girls Shot Put 3kg Junior

Tuesday 2024-05-14 - 10:00 AM			
SSNS: 11.58m 2010 Taylor Stutley			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	236 Caroline Hindle	Clayton Park	_____
2	1041 Marissa Drane	Park West Sc	_____
3	577 Johanna Lobban	Fairview Jun	_____
4	395 Bruna Al Frenn	Carrefour	_____
5	21 Abby Sullivan	Armbræ Acad	_____
6	100 Miley Clark	Caledonia Ju	_____
7	270 Rahaf Almohammad	Cunard Junio	_____
8	794 Georgia Nixon	Halifax Inde	_____
9	889 Afifa Rasool Kareem Irfa	Highland Par	_____
10	873 Oore Babalola	Herring Cove	_____
11	458 Paige Doucet	Elizabeth Su	_____
12	1072 Tenzil Musa	Rockingstone	_____
13	992 Sade Daramola	Oxford Schoo	_____
14	568 Gracie Downing	Fairview Jun	_____
15	793 Elise Nickerson	Halifax Inde	_____
16	512 Idea Ojeleye	Ellenvale Ju	_____
17	121 Izzy Stonley	Caledonia Ju	_____
18	874 Lucie Ewing	Herring Cove	_____
19	461 Cali Harnish	Elizabeth Su	_____
20	755 Poppy Vanderploeg	Halifax Gram	_____
21	674 Chloe MacNeil	Halifax Cent	_____
22	411 Emma MacDougall	Mer et Monde	_____
23	500 Smale Kathleen	Ellenvale Ju	_____
24	796 Freida Quinn	Halifax Inde	_____
25	417 Annabelle Villeneuve	Mer et Monde	_____
26	576 Lily Langley	Fairview Jun	_____
27	875 Kayla Tchouala	Herring Cove	_____
28	671 Charlie Hazel	Halifax Cent	_____
29	723 Carys Bourgeois	Halifax Gram	_____
30	958 Lily Gordon	John Martin	_____
31	504 Moores Lexie	Ellenvale Ju	_____
32	573 Isla Hopkins	Fairview Jun	_____
33	1180 Olivia Thomson	St. Agnes Ju	_____
34	994 Olivia Desaulniers	Oxford Schoo	_____
35	986 Astrid Askheim	Oxford Schoo	_____
36	376 Zoe Fischer	East Coast V	_____
37	740 Cindy Liang	Halifax Gram	_____
38	239 Lucie Kilbreath	Clayton Park	_____
39	114 Aliyah Oyinlola	Caledonia Ju	_____
40	640 Esmee Ruddick	Gorsebrook J	_____
41	511 Sophie Mitchell	Ellenvale Ju	_____
42	454 Aiva Brown	Elizabeth Su	_____
43	1042 Alex Fraser	Park West Sc	_____
44	883 Erika Ezewe	Highland Par	_____
45	1173 Ellie Panopolis	St. Agnes Ju	_____
46	627 Peyton Donovan	Gorsebrook J	_____

47	891 Lathigasri Sureshabu	Highland Par	_____
48	731 Alina He	Halifax Gram	_____
49	401 Soraya Mfoumou	Carrefour	_____
50	115 Azeetat Oyinlola	Caledonia Ju	_____
51	246 Zina Obi	Clayton Park	_____
52	990 Jazmine Cloud	Oxford Schoo	_____
53	67 Charlotte Green	Bicentennial	_____
54	1167 Molly McGrath	St. Agnes Ju	_____
55	62 Alea Bonang	Bicentennial	_____
56	1175 Lucy Reardon	St. Agnes Ju	_____
57	402 Agathe Tremblay	Carrefour	_____
58	466 Emily Lloyd	Elizabeth Su	_____
59	639 Olive Riley	Gorsebrook J	_____
60	797 Scarlett Stevenson	Halifax Inde	_____
61	956 Naomi Adeyanju	John Martin	_____
62	227 Ayo Adara	Clayton Park	_____
63	661 Ellen Brady	Halifax Cent	_____
64			_____
65			_____



2024 SSNS Capital CITY District
Meet Program

Event 74 Boys Shot Put 4kg Junior

Monday 2024-05-13 - 10:00 AM			
SSNS: 14.37m 2016-06-03 Logan Taylor			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	879 Bruin Ritcey	Herring Cove	
2	479 David Macdonald	Elizabeth Su	
3	1196 Gilbert Hennigar	St. Agnes Ju	
4	697 Harrison Morash	Halifax Cent	
5	967 Rashawn Brown	John Martin	
6	125 Cove Abram	Caledonia Ju	
7	644 Remy Chapman- Bellivea	Gorsebrook J	
8	555 Luca Barreiro	Eric Graves	
9	784 Jaxon Stanfield	Halifax Gram	
10	654 Jack Rivers-Bowerman	Gorsebrook J	
11	659 Tayden Yeh	Gorsebrook J	
12	263 Ryeland Rhodenizer	Clayton Park	
13	480 Matthew Macdonald	Elizabeth Su	
14	764 Darian Brown	Halifax Gram	
15	406 Lamar Gallant	Carrefour	
16	966 Sondyn Boutilier	John Martin	
17	371 Tye Smiley	Dartmouth So	
18	1025 David Cameron	Oxford Schoo	
19	895 Lennox Francis	Highland Par	
20	557 Jace Haggerty	Eric Graves	
21	972 Isaac Handley	John Martin	
22	878 Sawyer Henneberry	Herring Cove	
23	1054 Yousif Hasan	Park West Sc	
24	1218 Aidan Van Wart	St. Agnes Ju	
25	130 Kingston Chapman	Caledonia Ju	
26	423 Hichem Hamdidouche	Mer et Monde	
27	266 Dev Sivarajkumar	Clayton Park	
28	388 Reide Leroux	East Coast V	
29	142 Sam Peknic	Caledonia Ju	
30	802 Cohen Francis	Halifax Inde	
31	1029 Jakob Daley	Oxford Schoo	
32	597 Noel Cesar	Fairview Jun	
33	268 Tom Tran	Clayton Park	
34	604 Dmytro Kunyk	Fairview Jun	
35	612 Tajuddin Mume	Fairview Jun	
36	283 Jahream Fletcher	Cunard Junio	
37	688 Beau Gallant	Halifax Cent	
38	267 Patrick Sutherland	Clayton Park	
39	803 Noah Jollimore	Halifax Inde	
40	601 Matthew Hollet	Fairview Jun	
41	422 Harrison Gallant	Mer et Monde	
42	1047 Mohannad Al Jaber	Park West Sc	
43	145 Jonah Pulsifer	Caledonia Ju	
44	876 Landon Glazebrook	Herring Cove	
45	565 Rush Warren	Eric Graves	
46	1216 Linden Todd	St. Agnes Ju	

47	80 Da'rell Beals	Bicentennial	
48	493 Yejun Sun	Elizabeth Su	
49	1194 Jacob Giacomantonio	St. Agnes Ju	
50	434 Jack Tanner	Mer et Monde	
51	1053 Karim Hamo	Park West Sc	
52	288 Nolan Phillips	Cunard Junio	
53	490 Deagan Smith	Elizabeth Su	
54	897 Alex Inkpen-Carter	Highland Par	
55	522 David Amechi-Ogbuchi	Ellenvale Ju	
56	643 Henry Anderson	Gorsebrook J	
57	1028 Finnegan Daley	Oxford Schoo	
58	404 Ethan Beaver	Carrefour	
59	372 Alex Smith	Dartmouth So	
60	787 Jay Yuan	Halifax Gram	
61	811 Finn Weatherbee	Halifax Inde	
62	974 Mason Mcpherson-Veinot	John Martin	
63			
64			
65			



2024 SSNS Capital CITY District
Meet Program

Event 75 Girls Shot Put 4kg Intermediate

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 12.98m 2009		Chelsea Whalen	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	921 Summer Marcina	J.L. Ilsley	_____
2	789 Lauren Hull	Halifax Inde	_____
3	751 Grace Qu	Halifax Gram	_____
4	61 Violet Appleby	Bicentennial	_____
5	1239 Chris Thomey	Woodlawn Hig	_____
6	675 Morgyn MacQuarrie	Halifax Cent	_____
7	995 Charlotte Desbarres	Oxford Schoo	_____
8	1107 Jaden McArthur	Sacred Heart	_____
9	1145 Aeesha Chege	St. Agnes Ju	_____
10	99 Sadie Bundy	Caledonia Ju	_____
11	738 Malaya-Joy Leger	Halifax Gram	_____
12	588 Asha Wagner	Fairview Jun	_____
13	188 Ella Porter	Citadel High	_____
14	295 Mia Bowser	Dartmouth Hi	_____
15	1154 Sophie Kabalen	St. Agnes Ju	_____
16	98 Sadie Buckley	Caledonia Ju	_____
17	906 Katherine Craig	J.L. Ilsley	_____
18	923 Princess Samou	J.L. Ilsley	_____
19	1232 Maya Jamieson	Woodlawn Hig	_____
20	18 Peyton Phillips	Armbrae Acad	_____
21	517 Ella Smith	Ellenvale Ju	_____
22	1141 Luella Allen	St. Agnes Ju	_____
23	1238 Nisha Shroff	Woodlawn Hig	_____
24	71 Sophia Langille	Bicentennial	_____
25	117 Jayda Provo	Caledonia Ju	_____
26	63 Lily Bray	Bicentennial	_____
27	660 Rachael Allen	Halifax Cent	_____
28	107 Kierra Johnson	Caledonia Ju	_____
29	791 Stella Murphy	Halifax Inde	_____
30	668 Sophia Evrovski	Halifax Cent	_____
31	915 Bella Kierstead-Abbass	J.L. Ilsley	_____
32	727 Maryam Elsankary	Halifax Gram	_____
33	76 Cate Norman	Bicentennial	_____
34	501 Brooklyn Keizer	Ellenvale Ju	_____
35			_____
36			_____
37			_____
38			_____
39			_____
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42			_____
43			_____
44			_____
45			_____
46			_____



2024 SSNS Capital CITY District
Meet Program

Event 76 Boys Shot Put 5kg Intermediate

Monday 2024-05-13 - 3:00 PM			
SSNS: 14.88m 2016-06-03 Cameron Whynot			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1190 Kyriakos Christensen	St. Agnes Ju	
2	692 Travis Lloyd	Halifax Cent	
3	152 Jordan Stewart	Caledonia Ju	
4	1188 David Brown	St. Agnes Ju	
5	938 Matviy Keretschko	J.L. Ilsley	
6	942 Gerard Mattie	J.L. Ilsley	
7	346 Samual Williams	Dartmouth Hi	
8	689 Deacon Hazel	Halifax Cent	
9	133 Hudson Eagle	Caledonia Ju	
10	226 Luke Young	Citadel High	
11	899 A McKeane	Highland Par	
12	1139 Gavin Wickwire	Sacred Heart	
13	59 Will Stewart	Armbræ Acad	
14	1207 Max Makropoulos	St. Agnes Ju	
15	1060 Niko Katsihtis	Park West Sc	
16	950 Holden Sewart	J.L. Ilsley	
17	704 Hugo Vandenbrink	Halifax Cent	
18	223 Callum Walsh	Citadel High	
19	28 Nigel Bouffard	Armbræ Acad	
20	224 Danny Walters	Citadel High	
21	806 Harry Nickerson	Halifax Inde	
22	157 Chris Thompson	Caledonia Ju	
23	782 Tim Seoul	Halifax Gram	
24	90 David Reiksts	Bicentennial	
25	866 Tyler Thompson	Halifax West	
26	38 Laszlo Hill	Armbræ Acad	
27	539 Matthew Rutledge	Ellenvale Ju	
28	215 Gabriel rockwell-MacLec	Citadel High	
29	344 Sydney Watt	Dartmouth Hi	
30	703 Leonard Sabeau-Suzuki	Halifax Cent	
31	780 Eme Olugu	Halifax Gram	
32	430 Alex Roberge	Mer et Monde	
33	1209 Julian Mirtchev	St. Agnes Ju	
34	27 Owen Bilodeau	Armbræ Acad	
35	338 Curtis Snelgrove	Dartmouth Hi	
36			
37			
38			

Event 77 Girls Shot Put 4kg Senior

Tuesday 2024-05-14 - 12:30 PM			
SSNS: 13.26m 2010 Chelsea Whalen			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	827 Feyikemi Rotimi	Halifax West	
2	918 Isobel Latta	J.L. Ilsley	
3	294 Mya Bonang	Dartmouth Hi	
4	922 Katie Pingert	J.L. Ilsley	
5	293 Marin Aucoin	Dartmouth Hi	
6	745 Wawa Ojo	Halifax Gram	
7	162 Rihana Almeraj	Citadel High	
8	314 Marie Wallisch	Dartmouth Hi	
9	928 Maddy Watts	J.L. Ilsley	
10	1234 Keira Leonard	Woodlawn Hig	
11	912 Wana Haabeka	J.L. Ilsley	
12	746 Ruth O'Regan	Halifax Gram	
13	1224 Kaylee Croft	Woodlawn Hig	
14	291 Clara Albar-Labrador	Dartmouth Hi	
15			
16			

Event 78 Boys Shot Put 6kg Senior

Monday 2024-05-13 - 12:30 PM			
SSNS: 16.17m 2012 Peter Millman			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	837 Nwadilioramma Azuka-O	Halifax West	
2	838 Ryan Brown	Halifax West	
3	857 Sam Ross	Halifax West	
4	1251 Anthony Maxwell	Woodlawn Hig	
5			
6			
7			
8			



SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2024 SSNS Capital CITY District
Meet Program

Event 79 Girls Discus Throw 0.75kg Junior

Monday 2024-05-13 - 12:30 PM			
SSNS: 30.10m 2019-05-31 Sara Scott			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	455 Marijane Buckley	Elizabeth Su	
2	238 Anuksha Karthikeyan	Clayton Park	
3	731 Alina He	Halifax Gram	
4	576 Lily Langley	Fairview Jun	
5	395 Bruna Al Frenn	Carrefour	
6	568 Gracie Downing	Fairview Jun	
7	402 Agathe Tremblay	Carrefour	
8	891 Lathigasri Sureshbabu	Highland Par	
9	797 Scarlett Stevenson	Halifax Inde	
10	417 Annabelle Villeneuve	Mer et Monde	
11	1041 Marissa Drane	Park West Sc	
12	1013 Audrey Rak	Oxford Schoo	
13	1011 Sylvie Moe	Oxford Schoo	
14	1150 Anna Galloway	St. Agnes Ju	
15	114 Aliyah Oyinlola	Caledonia Ju	
16	236 Caroline Hindle	Clayton Park	
17	115 Azeetat Oyinlola	Caledonia Ju	
18	677 Lucy Rainforth	Halifax Cent	
19	452 Abby Boudreau	Elizabeth Su	
20	348 Nahla Coll	Dartmouth So	
21	510 Asprey Marley	Ellenvale Ju	
22	101 Lyla Conrod	Caledonia Ju	
23	1159 Kate Macaulay	St. Agnes Ju	
24	350 Evelyn Fennell	Dartmouth So	
25	463 My'iah Jordan	Elizabeth Su	
26	62 Alea Bonang	Bicentennial	
27	884 Dean Harris	Highland Par	
28	247 Eliana Victor	Clayton Park	
29	234 Lilith Hewett	Clayton Park	
30	356 Sadie MacLachlan	Dartmouth So	
31	1173 Ellie Panopolis	St. Agnes Ju	
32	376 Zoe Fischer	East Coast V	
33	497 Asprey Colbie	Ellenvale Ju	
34	788 Fiona Gardner	Halifax Inde	
35	511 Sophie Mitchell	Ellenvale Ju	
36	958 Lily Gordon	John Martin	
37	997 Anika Farquhar	Oxford Schoo	
38	591 Claire Wilkie	Fairview Jun	
39	986 Astrid Askheim	Oxford Schoo	
40	674 Chloe MacNeil	Halifax Cent	
41	105 Emily Harding	Caledonia Ju	
42	577 Johanna Lobban	Fairview Jun	
43	21 Abby Sullivan	Armbræ Acad	
44	794 Georgia Nixon	Halifax Inde	
45	67 Charlotte Green	Bicentennial	
46	1143 Sophie Allen	St. Agnes Ju	

47	956 Naomi Adeyanju	John Martin	
48	883 Erika Ezewe	Highland Par	
49	740 Cindy Liang	Halifax Gram	
50	515 Ava Randall	Ellenvale Ju	
51	888 Zaina Meraj	Highland Par	
52	1042 Alex Fraser	Park West Sc	
53	1072 Tenzil Musa	Rockingstone	
54	454 Aiva Brown	Elizabeth Su	
55	723 Carys Bourgeois	Halifax Gram	
56			
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59			
60			



2024 SSNS Capital CITY District
Meet Program

Event 80 Boys Discus Throw 1.0kg Junior

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 46.76m 2022-06-04 Max Minihan			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	404 Ethan Beaver	Carrefour	_____
2	145 Jonah Pulsifer	Caledonia Ju	_____
3	565 Rush Warren	Eric Graves	_____
4	1050 Sidhant Bhatia	Park West Sc	_____
5	1084 Khaled Hazim	Rockingstone	_____
6	808 Zeré Rolle-Hewitt	Halifax Inde	_____
7	264 Leo Roberts	Clayton Park	_____
8	1185 Trevon Allison	St. Agnes Ju	_____
9	390 Jude Sim	East Coast V	_____
10	557 Jace Haggerty	Eric Graves	_____
11	1048 Soham Ausekar	Park West Sc	_____
12	268 Tom Tran	Clayton Park	_____
13	526 Grayson Carpenter	Ellenvale Ju	_____
14	1061 Raunak Kumar	Park West Sc	_____
15	688 Beau Gallant	Halifax Cent	_____
16	80 Da'rell Beals	Bicentennial	_____
17	1194 Jacob Giacomantonio	St. Agnes Ju	_____
18	1057 Anay Jain	Park West Sc	_____
19	407 Joshua Misner	Carrefour	_____
20	612 Tajuddin Mume	Fairview Jun	_____
21	363 Reid Ash	Dartmouth So	_____
22	403 Daniel A'Court	Carrefour	_____
23	388 Reide Leroux	East Coast V	_____
24	161 Alvonte Williams	Caledonia Ju	_____
25	490 Deagan Smith	Elizabeth Su	_____
26	974 Mason Mcpherson-Veinot	John Martin	_____
27	263 Ryeland Rhodenizer	Clayton Park	_____
28	88 Xander MacGregor	Bicentennial	_____
29	142 Sam Peknic	Caledonia Ju	_____
30	876 Landon Glazebrook	Herring Cove	_____
31	1183 Gabriel Adams	St. Agnes Ju	_____
32	684 Daniel Chisholm	Halifax Cent	_____
33	370 Caleb Riggs	Dartmouth So	_____
34	597 Noel Cesar	Fairview Jun	_____
35	434 Jack Tanner	Mer et Monde	_____
36	489 Tim Shevchenko	Elizabeth Su	_____
37	878 Sawyer Henneberry	Herring Cove	_____
38	895 Lennox Francis	Highland Par	_____
39	554 Cobin Arnold	Eric Graves	_____
40	811 Finn Weatherbee	Halifax Inde	_____
41	600 Austin Fredericks	Fairview Jun	_____
42	804 Luke Meaney	Halifax Inde	_____
43	683 Jack Brady	Halifax Cent	_____
44	266 Dev Sivarajkumar	Clayton Park	_____
45	803 Noah Jollimore	Halifax Inde	_____
46	879 Bruin Ritcey	Herring Cove	_____

47	619 Ian Seok	Fairview Jun	_____
48	493 Yejun Sun	Elizabeth Su	_____
49	130 Kingston Chapman	Caledonia Ju	_____
50	695 Sam Macdonald	Halifax Cent	_____
51	479 David Macdonald	Elizabeth Su	_____
52	764 Darian Brown	Halifax Gram	_____
53	91 Lucas Rent	Bicentennial	_____
54	787 Jay Yuan	Halifax Gram	_____
55	967 Rashawn Brown	John Martin	_____
56	365 Alex Bruce	Dartmouth So	_____
57	1025 David Cameron	Oxford Schoo	_____
58	522 David Amechi-Ogbuchi	Ellenvale Ju	_____
59	966 Sondyn Boutillier	John Martin	_____
60	563 Harley Reid	Eric Graves	_____
61	972 Isaac Handley	John Martin	_____
62	897 Alex Inkpen-Carter	Highland Par	_____
63	1216 Linden Todd	St. Agnes Ju	_____
64			_____
65			_____



2024 SSNS Capital CITY District
Meet Program

Event 81 Girls Discus Throw 1.0kg Intermediate

47
48

Monday 2024-05-13 - 3:00 PM			
SSNS: 39.15m 2012		Sarah Colborne	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	302 Teigan Long	Dartmouth Hi	_____
2	18 Peyton Phillips	Armbrae Acad	_____
3	795 Lila Pothier	Halifax Inde	_____
4	1141 Luella Allen	St. Agnes Ju	_____
5	1145 Aesha Chege	St. Agnes Ju	_____
6	660 Rachael Allen	Halifax Cent	_____
7	1232 Maya Jamieson	Woodlawn Hig	_____
8	70 Maddy Hussey	Bicentennial	_____
9	789 Lauren Hull	Halifax Inde	_____
10	188 Ella Porter	Citadel High	_____
11	76 Cate Norman	Bicentennial	_____
12	1238 Nisha Shroff	Woodlawn Hig	_____
13	124 Sadie Walter	Caledonia Ju	_____
14	1102 Olivia Hunter	Sacred Heart	_____
15	1154 Sophie Kabalen	St. Agnes Ju	_____
16	295 Mia Bowser	Dartmouth Hi	_____
17	1239 Chris Thomey	Woodlawn Hig	_____
18	738 Malaya-Joy Leger	Halifax Gram	_____
19	732 Zoe Hunter	Halifax Gram	_____
20	519 Bailey Tremblay	Ellenvale Ju	_____
21	668 Sophia Evrovski	Halifax Cent	_____
22	68 Emily Hall	Bicentennial	_____
23	925 Miley Spicer	J.L. Ilsley	_____
24	298 Peyton Crowe	Dartmouth Hi	_____
25	588 Asha Wagner	Fairview Jun	_____
26	926 Brooklyn Veinot	J.L. Ilsley	_____
27	308 Tessa McLean	Dartmouth Hi	_____
28	906 Katherine Craig	J.L. Ilsley	_____
29	1117 Kaede Yanagama	Sacred Heart	_____
30	727 Maryam Elsankary	Halifax Gram	_____
31	171 Lyric Eltvik	Citadel High	_____
32	751 Grace Qu	Halifax Gram	_____
33	1160 Lyla Macdonald	St. Agnes Ju	_____
34	104 Anna Girard	Caledonia Ju	_____
35	679 Annika Siemenssen	Halifax Cent	_____
36	792 Esja Nener	Halifax Inde	_____
37	63 Lily Bray	Bicentennial	_____
38	509 Marin MacNeil	Ellenvale Ju	_____
39	107 Kierra Johnson	Caledonia Ju	_____
40	501 Brooklyn Keizer	Ellenvale Ju	_____
41	920 Anna Lyttle	J.L. Ilsley	_____
42	184 Kelsey McKinnon	Citadel High	_____
43	119 Maria Safatli	Caledonia Ju	_____
44	662 Lola Cameron	Halifax Cent	_____
45	881 Kate Cardinal-King	Highland Par	_____
46			_____



2024 SSNS Capital CITY District
Meet Program

Event 82 Boys Discus Throw 1.5kg Intermediate

Tuesday 2024-05-14 - 10:00 AM			
SSNS: 43.15m 2023-06-13 Max Minihan			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	866 Tyler Thompson	Halifax West	
2	84 Markus Harrison	Bicentennial	
3	944 Taidg Molloy-Reilly	J.L. Ilsley	
4	38 Laszlo Hill	Armbræ Acad	
5	223 Callum Walsh	Citadel High	
6	806 Harry Nickerson	Halifax Inde	
7	1209 Julian Mirtchev	St. Agnes Ju	
8	27 Owen Bilodeau	Armbræ Acad	
9	539 Matthew Rutledge	Ellenvale Ju	
10	226 Luke Young	Citadel High	
11	810 Asher Vroege	Halifax Inde	
12	90 David Reiksts	Bicentennial	
13	524 Colin Baker	Ellenvale Ju	
14	945 Ibrahim Msabaha	J.L. Ilsley	
15	157 Chris Thompson	Caledonia Ju	
16	531 Sujit Gurralla	Ellenvale Ju	
17	315 Alex Ansems	Dartmouth Hi	
18	704 Hugo Vandenbrink	Halifax Cent	
19	151 Owen Sparkes	Caledonia Ju	
20	428 Vaughan Lewis	Mer et Monde	
21	701 Jack Rainforth	Halifax Cent	
22	1188 David Brown	St. Agnes Ju	
23	780 Eme Olugu	Halifax Gram	
24	782 Tim Seoul	Halifax Gram	
25	224 Danny Walters	Citadel High	
26	689 Deacon Hazel	Halifax Cent	
27	596 Ethan Burgess	Fairview Jun	
28	332 Declan Mullally	Dartmouth Hi	
29	938 Matviy Keretschko	J.L. Ilsley	
30	1203 Dylan Macavoy	St. Agnes Ju	
31	31 Grayson Burt	Armbræ Acad	
32	687 Noah Ehrlich	Halifax Cent	
33	338 Curtis Snelgrove	Dartmouth Hi	
34	1190 Kyriakos Christensen	St. Agnes Ju	
35	931 Garnet Brown	J.L. Ilsley	
36	344 Sydney Watt	Dartmouth Hi	
37	158 Euan Thompson	Caledonia Ju	
38	1058 Keiran Johnson	Park West Sc	
39	47 DJ MacLean	Armbræ Acad	
40	1060 Niko Katsihtis	Park West Sc	
41			
42			
43			

Event 83 Girls Discus Throw 1.0kg Senior

Monday 2024-05-13 - 10:00 AM			
SSNS: 41.92m 2012 Kayla Gallagher			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	819 Julia McInnis	Halifax West	
2	311 Reese Quist	Dartmouth Hi	
3	922 Katie Pingert	J.L. Ilsley	
4	1240 Ria Walling	Woodlawn Hig	
5	310 Katie Myers	Dartmouth Hi	
6	745 Wawa Ojo	Halifax Gram	
7	827 Feyikemi Rotimi	Halifax West	
8	746 Ruth O'Regan	Halifax Gram	
9	194 Lyla Wolthausen	Citadel High	
10	1235 Stephanie Maristela	Woodlawn Hig	
11	293 Marin Aucoin	Dartmouth Hi	
12	928 Maddy Watts	J.L. Ilsley	
13			
14			

Event 84 Boys Discus Throw 1.75kg Senior

Tuesday 2024-05-14 - 12:30 PM			
SSNS: 49.76m 2012 Peter Millman			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	947 Adyaan Nasser	J.L. Ilsley	
2	835 Michael Ajuwon	Halifax West	
3	1258 Sohit Tatisetti	Woodlawn Hig	
4	857 Sam Ross	Halifax West	
5	937 Taylor Hollett	J.L. Ilsley	
6	219 Nathan Schelew	Citadel High	
7	1251 Anthony Maxwell	Woodlawn Hig	
8			
9			
10			
11			



2024 SSNS Capital CITY District
Meet Program

Event 85 Girls Javelin Throw 400g Junior

Tuesday 2024-05-14 - 3:00 PM			
SSNS: 37.38m 1999		Katherine Markusson	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1041 Marissa Drane	Park West Sc	
2	101 Lyla Conrod	Caledonia Ju	
3	75 Maude Mellma	Bicentennial	
4	873 Oore Babalola	Herring Cove	
5	568 Gracie Downing	Fairview Jun	
6	1015 Jasleen Sharma	Oxford Schoo	
7	874 Lucie Ewing	Herring Cove	
8	460 Lily Goodsell	Elizabeth Su	
9	740 Cindy Liang	Halifax Gram	
10	1173 Ellie Panopolis	St. Agnes Ju	
11	581 Lauren Peddle	Fairview Jun	
12	410 Anna Bakeeff	Mer et Monde	
13	999 Remi Herbert	Oxford Schoo	
14	723 Carys Bourgeois	Halifax Gram	
15	1045 Asha Paramguru	Park West Sc	
16	417 Annabelle Villeneuve	Mer et Monde	
17	455 Marijane Buckley	Elizabeth Su	
18	62 Alea Bonang	Bicentennial	
19	463 My'iah Jordan	Elizabeth Su	
20	988 Maelle Browne	Oxford Schoo	
21	1144 Bree Aylward	St. Agnes Ju	
22	74 Cassidy McFarlane	Bicentennial	
23	1072 Tenzil Musa	Rockingstone	
24	228 Marya Al Houshan	Clayton Park	
25	790 Callie Morgan	Halifax Inde	
26	247 Eliana Victor	Clayton Park	
27	1070 Jalliyah Joseph	Rockingstone	
28	1075 Miriam Saifi	Rockingstone	
29	884 Dean Harris	Highland Par	
30	627 Peyton Donovan	Gorsebrook J	
31	115 Azeetat Oyinlola	Caledonia Ju	
32	65 Amelia Gall	Bicentennial	
33	353 Martha Khan	Dartmouth So	
34	1074 Alexis Preeper	Rockingstone	
35	454 Aiva Brown	Elizabeth Su	
36	395 Bruna Al Frenn	Carrefour	
37	639 Olive Riley	Gorsebrook J	
38	236 Caroline Hindle	Clayton Park	
39	349 Layla Crookshank	Dartmouth So	
40	511 Sophie Mitchell	Ellenvale Ju	
41	352 Ellie Jreige	Dartmouth So	
42	875 Kayla Tchouala	Herring Cove	
43	755 Poppy Vanderploeg	Halifax Gram	
44	1178 Gillian Sulewski	St. Agnes Ju	
45	886 Itissam Ismail	Highland Par	
46	640 Esmee Ruddick	Gorsebrook J	

47	577 Johanna Lobban	Fairview Jun	
48	1150 Anna Galloway	St. Agnes Ju	
49	674 Chloe MacNeil	Halifax Cent	
50	105 Emily Harding	Caledonia Ju	
51	521 Emma Wadden	Ellenvale Ju	
52	242 Megnaa Mahesh	Clayton Park	
53	997 Anika Farquhar	Oxford Schoo	
54	731 Alina He	Halifax Gram	
55	376 Zoe Fischer	East Coast V	
56	21 Abby Sullivan	Armbrac Acad	
57	576 Lily Langley	Fairview Jun	
58	358 Bridget Sakalauskas	Dartmouth So	
59	677 Lucy Rainforth	Halifax Cent	
60			
61			
62			



2024 SSNS Capital CITY District
Meet Program

Event 91 Boys Javelin Throw 600g Junior

Monday 2024-05-13 - 3:00 PM			
SSNS: 45.48m 2015 Michael Adams			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1214 Ryan Rice	St. Agnes Ju	
2	972 Isaac Handley	John Martin	
3	434 Jack Tanner	Mer et Monde	
4	390 Jude Sim	East Coast V	
5	1211 Aadish Parida	St. Agnes Ju	
6	1029 Jakob Daley	Oxford Schoo	
7	811 Finn Weatherbee	Halifax Inde	
8	479 David Macdonald	Elizabeth Su	
9	606 Jasper Macaulay	Fairview Jun	
10	764 Darian Brown	Halifax Gram	
11	88 Xander MacGregor	Bicentennial	
12	1047 Mohannad Al Jaber	Park West Sc	
13	146 Noah Purcell	Caledonia Ju	
14	612 Tajuddin Mume	Fairview Jun	
15	373 Tristan Welsh	Dartmouth So	
16	1208 Logan Miles	St. Agnes Ju	
17	259 Lachlan Mackay	Clayton Park	
18	697 Harrison Morash	Halifax Cent	
19	787 Jay Yuan	Halifax Gram	
20	264 Leo Roberts	Clayton Park	
21	878 Sawyer Henneberry	Herring Cove	
22	80 Da'rell Beals	Bicentennial	
23	601 Matthew Hollet	Fairview Jun	
24	153 Logan Surcon	Caledonia Ju	
25	435 Mohamed Traoré	Mer et Monde	
26	493 Yejun Sun	Elizabeth Su	
27	495 Gaven Versluis	Elizabeth Su	
28	1078 Khaled Altamer	Rockingstone	
29	895 Lennox Francis	Highland Par	
30	407 Joshua Misner	Carrefour	
31	695 Sam Macdonald	Halifax Cent	
32	368 Antwon Nguyen	Dartmouth So	
33	91 Lucas Rent	Bicentennial	
34	1087 Paul Paras	Rockingstone	
35	420 Pierre Asselin	Mer et Monde	
36	897 Alex Inkpen-Carter	Highland Par	
37	658 Lucas Wyand	Gorsebrook J	
38	879 Bruin Ritcey	Herring Cove	
39	490 Deagan Smith	Elizabeth Su	
40	784 Jaxon Stanfield	Halifax Gram	
41	405 Noah Canell	Carrefour	
42	431 Samuel Roberge	Mer et Monde	
43	366 Corwinn Marshall	Dartmouth So	
44	805 Sol Miller	Halifax Inde	
45	876 Landon Glazebrook	Herring Cove	
46	1084 Khaled Hazim	Rockingstone	

47	643 Henry Anderson	Gorsebrook J	
48	1079 Kayden Colson-Pearson	Rockingstone	
49	263 Ryeland Rhodenizer	Clayton Park	
50	365 Alex Bruce	Dartmouth So	
51	1050 Sidhant Bhatia	Park West Sc	
52	1028 Finnegan Daley	Oxford Schoo	
53	148 Josh Renouf	Caledonia Ju	
54	595 Riley Buckle-Pineau	Fairview Jun	
55	266 Dev Sivarajkumar	Clayton Park	
56	39 Taitym Hyacinth	Armbrac Acad	
57	388 Reide Leroux	East Coast V	
58	647 Finn Holland	Gorsebrook J	
59	403 Daniel A'Court	Carrefour	
60	654 Jack Rivers-Bowerman	Gorsebrook J	
61	130 Kingston Chapman	Caledonia Ju	
62	800 Emmet Armstrong	Halifax Inde	
63			
64			
65			



**2024 SSNS Capital CITY District
Meet Program**

Event 97 Girls Javelin Throw 500g Intermediate**Tuesday 2024-05-14 - 12:30 PM****SSNS: 41.73m 2016-06-04 Madelyn Quinn**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	929 Madisyn Wile	J.L. Ilsley	_____
2	1232 Maya Jamieson	Woodlawn Hig	_____
3	923 Princess Samou	J.L. Ilsley	_____
4	727 Maryam Elsankary	Halifax Gram	_____
5	517 Ella Smith	Ellenvale Ju	_____
6	108 Mia Lafferty	Caledonia Ju	_____
7	795 Lila Pothier	Halifax Inde	_____
8	915 Bella Kierstead-Abbass	J.L. Ilsley	_____
9	171 Lyric Eltvik	Citadel High	_____
10	496 Mady Chandler	Ellenvale Ju	_____
11	588 Asha Wagner	Fairview Jun	_____
12	663 Josie Comtois	Halifax Cent	_____
13	501 Brooklyn Keizer	Ellenvale Ju	_____
14	751 Grace Qu	Halifax Gram	_____
15	188 Ella Porter	Citadel High	_____
16	732 Zoe Hunter	Halifax Gram	_____
17	3 Mariah Dicks	Armbrac Acad	_____
18	995 Charlotte Desbarres	Oxford Schoo	_____
19	184 Kelsey McKinnon	Citadel High	_____
20	98 Sadie Buckley	Caledonia Ju	_____
21	911 Victoria Gallant	J.L. Ilsley	_____
22	308 Tessa McLean	Dartmouth Hi	_____
23	68 Emily Hall	Bicentennial	_____
24	295 Mia Bowser	Dartmouth Hi	_____
25	18 Peyton Phillips	Armbrac Acad	_____
26	312 Manuela Roemer	Dartmouth Hi	_____
27	1239 Chris Thomey	Woodlawn Hig	_____
28	124 Sadie Walter	Caledonia Ju	_____
29	1002 Erin Hope	Oxford Schoo	_____
30	1238 Nisha Shroff	Woodlawn Hig	_____
31	1231 Chisara Ivoko	Woodlawn Hig	_____
32	881 Kate Cardinal-King	Highland Par	_____
33	509 Marin MacNeil	Ellenvale Ju	_____
34	119 Maria Safatli	Caledonia Ju	_____
35	1146 Jayde Durling	St. Agnes Ju	_____
36			_____
37			_____
38			_____
39			_____
40			_____
41			_____
42			_____
43			_____

Event 103 Boys Javelin Throw 700g Intermediate**Monday 2024-05-13 - 12:30 PM****SSNS: 54.19m 2019-05-31 Noah Berniquer**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	332 Declan Mullally	Dartmouth Hi	_____
2	786 Rex Wilson	Halifax Gram	_____
3	945 Ibrahim Msabaha	J.L. Ilsley	_____
4	40 Spencer Jessome	Armbrac Acad	_____
5	950 Holden Sewart	J.L. Ilsley	_____
6	1031 Owen Gillis	Oxford Schoo	_____
7	215 Gabriel rockwell-MacLec	Citadel High	_____
8	31 Grayson Burt	Armbrac Acad	_____
9	780 Eme Olugu	Halifax Gram	_____
10	1134 Thomas O'Leary	Sacred Heart	_____
11	782 Tim Seoul	Halifax Gram	_____
12	1190 Kyriakos Christensen	St. Agnes Ju	_____
13	809 Colin Somers-Blonde	Halifax Inde	_____
14	1122 Liam Bent	Sacred Heart	_____
15	224 Danny Walters	Citadel High	_____
16	129 Tye Campbell	Caledonia Ju	_____
17	315 Alex Ansems	Dartmouth Hi	_____
18	338 Curtis Snelgrove	Dartmouth Hi	_____
19	846 Eunchan (Jude) Jeong	Halifax West	_____
20	1199 Artem Karmaleiev	St. Agnes Ju	_____
21	704 Hugo Vandenbrink	Halifax Cent	_____
22	931 Garnet Brown	J.L. Ilsley	_____
23	849 Abhinav Kumar	Halifax West	_____
24	692 Travis Lloyd	Halifax Cent	_____
25	866 Tyler Thompson	Halifax West	_____
26	1201 Jad Lakis	St. Agnes Ju	_____
27	33 Sanjam Dhillon	Armbrac Acad	_____
28	932 Coulton Downey	J.L. Ilsley	_____
29	1121 Evan Beaubien	Sacred Heart	_____
30	226 Luke Young	Citadel High	_____
31	596 Ethan Burgess	Fairview Jun	_____
32	430 Alex Roberge	Mer et Monde	_____
33	325 Alden Hiltz	Dartmouth Hi	_____
34	428 Vaughan Lewis	Mer et Monde	_____
35	770 Christos Giannou	Halifax Gram	_____
36	56 Jordan Rittenberg	Armbrac Acad	_____
37	157 Chris Thompson	Caledonia Ju	_____
38	687 Noah Ehrlich	Halifax Cent	_____
39	1189 Will Brown	St. Agnes Ju	_____
40	133 Hudson Eagle	Caledonia Ju	_____
41	689 Deacon Hazel	Halifax Cent	_____
42	1139 Gavin Wickwire	Sacred Heart	_____
43	531 Sujit Gurralla	Ellenvale Ju	_____
44	126 Ben Alexander	Caledonia Ju	_____
45			_____
46			_____



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

2024 SSNS Capital CITY District
Meet Program

Flight 1 of 1 Finals

47	
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49	
50	

Event 109 Girls Javelin Throw 600g Senior

Tuesday 2024-05-14 - 10:00 AM			
SSNS: 44.20m 2010 Chelsea Whalen			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1224 Kaylee Croft	Woodlawn Hig	
2	310 Katie Myers	Dartmouth Hi	
3	922 Katie Pingert	J.L. Ilsley	
4	1089 Mary-Jacqueline Bent	Sacred Heart	
5	918 Isobel Latta	J.L. Ilsley	
6	927 Polina Voronina	J.L. Ilsley	
7	1234 Keira Leonard	Woodlawn Hig	
8	186 Bronwyn Murphy	Citadel High	
9	311 Reese Quist	Dartmouth Hi	
10	928 Maddy Watts	J.L. Ilsley	
11	162 Rihana Almeraj	Citadel High	
12	1235 Stephanie Maristela	Woodlawn Hig	
13	314 Marie Wallisch	Dartmouth Hi	
14	745 Wawa Ojo	Halifax Gram	
15	174 Deja Hooer-Dixon	Citadel High	
16	293 Marin Aucoin	Dartmouth Hi	
17	819 Julia McInnis	Halifax West	
18			
19			

Event 115 Boys Javelin Throw 800g Senior

Monday 2024-05-13 - 10:00 AM			
SSNS: 61.64m 2005 Adam Wolkins			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	835 Michael Ajuwon	Halifax West	
2	1258 Sohit Tatisetti	Woodlawn Hig	
3	1251 Anthony Maxwell	Woodlawn Hig	
4	838 Ryan Brown	Halifax West	
5	324 Connell Higgins	Dartmouth Hi	
6	1241 Dylan Armitage	Woodlawn Hig	
7	219 Nathan Schelew	Citadel High	
8	933 Brayden Giles	J.L. Ilsley	
9	837 Nwadiioramma Azuka-O	Halifax West	
10			
11			
12			
13			
14			

Event 120 Girls 100 Meter Dash Supported JR Supported Junior

Monday 2024-05-13 - 10:00 AM			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	960 Nevaeh Keleher	John Martin	
2	116 Vlada Pochitalina	Caledonia Ju	
3	110 Day'jah Macdonald	Caledonia Ju	
4	914 Marilyn Kennedy-Stover	J.L. Ilsley	
5	72 Ber'niyah Lewis	Bicentennial	
6	64 Charlotte Fleet	Bicentennial	
7			
8			

Event 121 Boys 100 Meter Dash Supported JR Supported Junior

Monday 2024-05-13 - 10:00 AM			
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	150 Resean Simmons- Fergus	Caledonia Ju	
2	155 Owen Sweet	Caledonia Ju	
3	159 James Wainwright-Taylor	Caledonia Ju	
4	134 Jackson Gilhen	Caledonia Ju	
5	141 Nathan Negus	Caledonia Ju	
6	160 Kaden Wheaton	Caledonia Ju	
7	321 Aiden Cluney	Dartmouth Hi	
8	319 Dylan Bond	Dartmouth Hi	
Section 2 of 2 Finals			
1	1023 Bohdan Bogdanov	Oxford Schoo	
2	1088 Scott Stevenson	Rockingstone	
3	1080 Hans Dibra	Rockingstone	
4	290 Alex Woodbury	Cunard Junio	
5	286 Stephen Marshall	Cunard Junio	
6	982 Thomas Smith	John Martin	
7	969 Ryder Clark	John Martin	
8			

Event 122 Girls 100 Meter Dash Supported SR Supported Senior

Monday 2024-05-13 - 10:00 AM			
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	1226 Shyanna Dixon	Woodlawn Hig	
2	1237 Madison Shepard	Woodlawn Hig	
3	1230 Becky Guevera	Woodlawn Hig	
4	823 Maggie Mills	Halifax West	
5	833 Rachel Vassaur	Halifax West	
6	313 Tamara Ross	Dartmouth Hi	
7	301 Abby Livingston	Dartmouth Hi	
8	297 Autumn Cochran	Dartmouth Hi	



2024 SSNS Capital CITY District
Meet Program

Section 2 of 2 Finals...(Event 122 Girls 100 Meter Dash Supported SR			
1	192 Lila Thompson	Citadel High	_____
2	178 Roma Login	Citadel High	_____
3	179 Megan Lusby	Citadel High	_____
4	181 Bella MacKenzie	Citadel High	_____
5	175 Amarissa Husain Alias	Citadel High	_____
6	169 Mia Deviller	Citadel High	_____
7	180 Marissa Macisaac-Filion	Citadel High	_____
8			_____

Event 123 Boys 100 Meter Dash Supported SR Supported Senior

Monday 2024-05-13 - 10:00 AM			
Lane	Name	School	Seed Time
Section 1 of 4 Finals			
1	204 Taras Kovalchuk	Citadel High	_____
2	198 Cortel Downey	Citadel High	_____
3	222 Pj St. George	Citadel High	_____
4	201 Adam Go	Citadel High	_____
5	214 Isaac Rockwell	Citadel High	_____
6	195 Yousif Abas	Citadel High	_____
7	207 Jacob Martin	Citadel High	_____
8			_____
Section 2 of 4 Finals			
1	1259 Riley Winchester	Woodlawn Hig	_____
2	1257 Lucas Song	Woodlawn Hig	_____
3	1247 Tyler Freeman	Woodlawn Hig	_____
4	1242 Jonathan Assoun-Gritter	Woodlawn Hig	_____
5	1245 Dennis Eisenhauer	Woodlawn Hig	_____
6	1256 Keegan Smith	Woodlawn Hig	_____
7	1253 Martin O'Driscoll	Woodlawn Hig	_____
8	1254 Alex Perrin	Woodlawn Hig	_____
Section 3 of 4 Finals			
1	836 Hunter Ashley	Halifax West	_____
2	863 Aven Stanford	Halifax West	_____
3	844 Peter Greenlaw	Halifax West	_____
4	845 Colby Horne	Halifax West	_____
5	858 Kasey Roy	Halifax West	_____
6	951 Corran Squire	J.L. Ilsley	_____
7	940 Gian Ko	J.L. Ilsley	_____
8			_____
Section 4 of 4 Finals			
1	345 Joseph Williams	Dartmouth Hi	_____
2	327 Dylan Macdonald	Dartmouth Hi	_____
3	335 Parva Parehk	Dartmouth Hi	_____
4	317 Haisen Beaton	Dartmouth Hi	_____
5	322 Vaughn Gendreau	Dartmouth Hi	_____
6	323 Eric Hamblin	Dartmouth Hi	_____
7	331 James Mugford	Dartmouth Hi	_____
8			_____

Event 124 Girls Shot Put 2 throws 3kg Supported Junior

Monday 2024-05-13 - 11:00 AM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	110 Day'jah Macdonald	Caledonia Ju	_____
2	109 Mairin Lawler	Caledonia Ju	_____
3	914 Marilyn Kennedy-Stover	J.L. Ilsley	_____
4			_____

Event 125 Boys Shot Put 2 throws 4kg Supported Junior

Monday 2024-05-13 - 11:00 AM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	150 Resean Simmons- Fergus	Caledonia Ju	_____
2	134 Jackson Gilhen	Caledonia Ju	_____
3	141 Nathan Negus	Caledonia Ju	_____
4	159 James Wainwright-Taylor	Caledonia Ju	_____
5	154 Bruce Sweet	Caledonia Ju	_____
6	1080 Hans Dibra	Rockingstone	_____
7	1088 Scott Stevenson	Rockingstone	_____
8	319 Dylan Bond	Dartmouth Hi	_____
9	321 Aiden Cluney	Dartmouth Hi	_____
10	1023 Bohdan Bogdanov	Oxford Schoo	_____
11	980 Kurtis Scott	John Martin	_____
12			_____
13			_____
14			_____



SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2024 SSNS Capital CITY District
Meet Program

Event 126 Girls Shot Put 2 throws 3kg Supported Senior

Monday 2024-05-13 - 11:00 AM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1230 Becky Guevera	Woodlawn Hig	_____
2	1226 Shyanna Dixon	Woodlawn Hig	_____
3	823 Maggie Mills	Halifax West	_____
4	833 Rachel Vassaur	Halifax West	_____
5	179 Megan Lusby	Citadel High	_____
6	181 Bella MacKenzie	Citadel High	_____
7	178 Roma Login	Citadel High	_____
8	173 Myra Galvez	Citadel High	_____
9	175 Amarissa Husain Alias	Citadel High	_____
10	169 Mia Deviller	Citadel High	_____
11	180 Marissa Macisaac-Filion	Citadel High	_____
12	313 Tamara Ross	Dartmouth Hi	_____
13	297 Autumn Cochrane	Dartmouth Hi	_____
14	301 Abby Livingston	Dartmouth Hi	_____
15			_____
16			_____
17			_____
18			_____
19			_____
20			_____
21			_____
22			_____

Event 127 Boys Shot Put 2 throws 4kg Supported Senior

Monday 2024-05-13 - 11:00 AM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	1257 Lucas Song	Woodlawn Hig	_____
2	1246 Henry Eisenhauer	Woodlawn Hig	_____
3	1247 Tyler Freeman	Woodlawn Hig	_____
4	1242 Jonathan Assoun-Gritten	Woodlawn Hig	_____
5	1254 Alex Perrin	Woodlawn Hig	_____
6	1256 Keegan Smith	Woodlawn Hig	_____
7	1259 Riley Winchester	Woodlawn Hig	_____
8	1245 Dennis Eisenhauer	Woodlawn Hig	_____
9	335 Parva Parehk	Dartmouth Hi	_____
10	327 Dylan Macdonald	Dartmouth Hi	_____
11	323 Eric Hamblin	Dartmouth Hi	_____
12	342 Gabe Tubo	Dartmouth Hi	_____
13	345 Joseph Williams	Dartmouth Hi	_____
14	331 James Mugford	Dartmouth Hi	_____
15	322 Vaughn Gendreau	Dartmouth Hi	_____
16	317 Haisen Beaton	Dartmouth Hi	_____
17	940 Gian Ko	J.L. Ilsley	_____
18	951 Corran Squire	J.L. Ilsley	_____
19	201 Adam Go	Citadel High	_____
20	214 Isaac Rockwell	Citadel High	_____
21	207 Jacob Martin	Citadel High	_____
22	198 Cortel Downey	Citadel High	_____
23	222 Pj St. George	Citadel High	_____
24	195 Yousif Abas	Citadel High	_____
25	845 Colby Horne	Halifax West	_____
26	863 Aven Stanford	Halifax West	_____
27	836 Hunter Ashley	Halifax West	_____
28	844 Peter Greenlaw	Halifax West	_____
29	858 Kasey Roy	Halifax West	_____
30			_____
31			_____
32			_____
33			_____



2024 SSNS Capital CITY District
Meet Program

Event 128 Girls Long Jump 2 attempts Supported Junior

Monday 2024-05-13 - 12:00 PM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	914 Marilyn Kennedy-Stover	J.L. Ilsley	_____
2	960 Nevaeh Keleher	John Martin	_____
3	110 Day'jah Macdonald	Caledonia Ju	_____
4	116 Vlada Pochitalina	Caledonia Ju	_____
5			_____
6			_____
7			_____
8			_____
9			_____
10			_____
11			_____
12			_____

Event 129 Boys Long Jump 2 attempts Supported Junior

Monday 2024-05-13 - 12:00 PM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	982 Thomas Smith	John Martin	_____
2	969 Ryder Clark	John Martin	_____
3	1023 Bohdan Bogdanov	Oxford Schoo	_____
4	321 Aiden Cluney	Dartmouth Hi	_____
5	1088 Scott Stevenson	Rockingstone	_____
6	1080 Hans Dibra	Rockingstone	_____
7	134 Jackson Gilhen	Caledonia Ju	_____
8	160 Kaden Wheaton	Caledonia Ju	_____
9	141 Nathan Negus	Caledonia Ju	_____
10	159 James Wainwright-Taylor	Caledonia Ju	_____
11	150 Resean Simmons- Fergus	Caledonia Ju	_____
12	155 Owen Sweet	Caledonia Ju	_____
13			_____
14			_____

Event 130 Girls Long Jump 2 attempts Supported Senior

Monday 2024-05-13 - 12:00 PM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	180 Marissa Macisaac-Filion	Citadel High	_____
2	175 Amarissa Husain Alias	Citadel High	_____
3	178 Roma Login	Citadel High	_____
4	169 Mia Deviller	Citadel High	_____
5	179 Megan Lusby	Citadel High	_____
6	181 Bella MacKenzie	Citadel High	_____
7	1230 Becky Guevera	Woodlawn Hig	_____
8	1226 Shyanna Dixon	Woodlawn Hig	_____
9	301 Abby Livingston	Dartmouth Hi	_____
10	313 Tamara Ross	Dartmouth Hi	_____
11	297 Autumn Cochrane	Dartmouth Hi	_____
12	833 Rachel Vassaur	Halifax West	_____
13	823 Maggie Mills	Halifax West	_____
14			_____
15			_____
16			_____
17			_____
18			_____
19			_____
20			_____
21			_____
22			_____



2024 SSNS Capital CITY District
Meet Program

Event 131 Boys Long Jump 2 attempts Supported Senior

Monday 2024-05-13 - 12:00 PM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	198 Cortel Downey	Citadel High	_____
2	214 Isaac Rockwell	Citadel High	_____
3	201 Adam Go	Citadel High	_____
4	207 Jacob Martin	Citadel High	_____
5	222 Pj St. George	Citadel High	_____
6	195 Yousif Abas	Citadel High	_____
7	1242 Jonathan Assoun-Gritter	Woodlawn Hig	_____
8	858 Kasey Roy	Halifax West	_____
9	845 Colby Horne	Halifax West	_____
10	863 Aven Stanford	Halifax West	_____
11	844 Peter Greenlaw	Halifax West	_____
12	836 Hunter Ashley	Halifax West	_____
13	1247 Tyler Freeman	Woodlawn Hig	_____
14	1259 Riley Winchester	Woodlawn Hig	_____
15	1257 Lucas Song	Woodlawn Hig	_____
16	1256 Keegan Smith	Woodlawn Hig	_____
17	1254 Alex Perrin	Woodlawn Hig	_____
18	1245 Dennis Eisenhauer	Woodlawn Hig	_____
19	940 Gian Ko	J.L. Ilsley	_____
20	951 Corran Squire	J.L. Ilsley	_____
21	335 Parva Parehk	Dartmouth Hi	_____
22	322 Vaughn Gendreau	Dartmouth Hi	_____
23	317 Haisen Beaton	Dartmouth Hi	_____
24	323 Eric Hamblin	Dartmouth Hi	_____
25	345 Joseph Williams	Dartmouth Hi	_____
26	327 Dylan Macdonald	Dartmouth Hi	_____
27			_____
28			_____
29			_____
30			_____

Event 133 Boys 200 Meter Run Para

Tuesday 2024-05-14 - 11:30 AM			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	801 Eli Arsenault	Halifax Inde	_____
2			_____
3			_____
4			_____
5			_____
6			_____
7			_____
8			_____

Event 137 Boys Shot Put 4.0 Kg Para

Tuesday 2024-05-14 - 1:30 PM			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	801 Eli Arsenault	Halifax Inde	_____
2			_____

Event 138 Boys 50 Meter Dash Non-Amb Spec Wheelchair Supported W

Monday 2024-05-13 - 10:00 AM			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	1252 TJ Negus	Woodlawn Hig	_____
2			_____
3			_____
4			_____
5			_____
6			_____
7			_____
8			_____

