

2024 SSNS Capital Regional Championships - 2024-05-22 to 2024-05-23
Meet Program

Event 1 Girls 80 Meter Hurdles 30" Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 10:00 AM**

SSNS: 12.11 2016-06-03 Sierra Sweeney

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	422 Annika Compton	Gorsebrook J	16.55
2	789 Nataliya Woycheshyn	Summit Acade	15.04
3	21 Mila Tucker	Armbrae Acad	16.72
4	783 Sam Terrio	St. Agnes Ju	15.04
5	420 Kate Whitman	Georges P. V	15.92
6	152 Libby Mills	Brookside Ju	16.71
7	411 Josie Luedey	Georges P. V	16.86
8	375 Ella Thomas	Fairview Jun	14.67

Heat 2 of 2 Prelims

1	359 Nour Elkaoul	Fairview Jun	15.60
2	695 Arin Jung	Rocky Lake J	16.74
3	581 Vanessa Bonnick	John Martin	16.63
4	51 Macie Sheppard	Astral Drive	16.45
5	426 Eleanor McHenry	Gorsebrook J	14.44
6	412 Ava Manley	Georges P. V	15.35
7	349 Samantha Roberts	Ellenvale Ju	14.76
8	705 Meghan Proude	Rocky Lake J	16.91

Event 2 Boys 80 Meter Hurdles 30" Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 10:00 AM**

SSNS: 12.03 2023-06-12 Declan O'Brien

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	150 Aaron Macpherson	Brookside Ju	14.58
2	129 Michael Cho	Bedford Acad	15.32
3	650 Matias Arteaga	Oxford Schoo	15.32
4	153 Pierce Northrup	Brookside Ju	15.52
5	421 Yousef Alsaad	Gorsebrook J	14.52
6	688 Raphael Choi	Rocky Lake J	14.99
7	356 Natnael Abreha	Fairview Jun	13.74
8	427 Ryland Norman	Gorsebrook J	15.00

Heat 2 of 2 Prelims

1	416 Marshall Potter	Georges P. V	15.43
2	493 Zeré Rolle-Hewitt	Halifax Inde	15.19
3	588 Landis Payne	Leslie Thoma	14.96
4	332 Enoch Oyelami	Elizabeth Su	14.77
5	590 Ethan Stilwell	Leslie Thoma	15.31
6	9 Sachin Jeyakumar	Armbrae Acad	14.40
7	587 James Lane	Leslie Thoma	15.55
8	649 Daniel Aladjebi	Oxford Schoo	13.39

Event 3 Girls 80 Meter Hurdles 30" Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 10:00 AM**

SSNS: 12.12 2023-06-12 Maryn Smith

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	434 Ainsley Egamino	Graham Creig	16.61
2	765 Aesha Chege	St. Agnes Ju	16.46
3	276 Peyton Crowe	Dartmouth Hi	15.06
4	438 Eve Tait	Graham Creig	16.03
5	186 Millie Madden	Charles P. A	15.14
6	59 Zakyra Bundy	Auburn Drive	14.76
7	37 Giana Lozier	Astral Drive	15.94
8	208 Bea Asbridge	Citadel High	14.99

Heat 2 of 2 Prelims

1	446 Hana Jeong	Halifax Cent	16.16
2	14 Audrey Napier	Armbrae Acad	15.03
3	146 Abigail Gaudet	Brookside Ju	15.05
4	58 Ayala Bengoa	Auburn Drive	16.15
5	221 Anna Jeong	Citadel High	15.37
6	775 Emmy Mastnak	St. Agnes Ju	15.75
7	168 Jada Buchanan	Charles P. A	13.35
8	341 Molly Lodge	Ellenvale Ju	17.06

Event 4 Boys 100 Meter Hurdles 33" Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 10:30 AM**

SSNS: 14.29 2023-06-12 Ryan Vanderwal

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	551 Patrick O'Keefe	Island View	18.66
2	190 Leo Mont	Charles P. A	15.42
3	509 Robert Martin	Halifax West	15.77
4	701 Henry Mont	Rocky Lake J	17.85
5	452 Levi Adler	Halifax Gram	18.53
6	13 Ollie Nadeau	Armbrae Acad	17.18
7	23 Nate Bouter	Astral Drive	16.64
8	5 Deion Coward	Armbrae Acad	17.80

Heat 2 of 2 Prelims

1	187 Kingston Manning	Charles P. A	16.60
2	345 Ethan Obeng	Ellenvale Ju	18.03
3	7 Payton Flint	Armbrae Acad	14.65
4	793 Dylan Boyce	West Bedford	18.22
5	510 Yoseph Masry	Halifax West	19.04
6	700 Prem Mistry	Rocky Lake J	16.41
7	564 Omar Khalaf	J.L. Ilsley	17.22
8	731 Andrew Kaulback	Sackville Hi	16.83



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Event 5 Girls 100 Meter Hurdles 30" Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 10:30 AM**

SSNS: 15.15 2023-06-12 Queen Clayton

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	227 Jane McGuire	Citadel High	18.91
2	79 Breanne Phee	Auburn Drive	22.64
3	191 Poppy Moon	Charles P. A	20.31
4	232 Bronwyn Murphy	Citadel High	20.98
5	174 Breton Hayden	Charles P. A	18.83
6	468 Vivian Johnson	Halifax Gram	17.03
7	193 Aine O'Neil	Charles P. A	17.13
8			
Heat 2 of 2 Prelims			
1	528 Zoe Stewart	Halifax West	18.83
2	211 Queen Clayton	Citadel High	NT
3	181 Bri Lawton	Charles P. A	17.78
4	15 Nevaeh O'Connell	Armbrae Acad	20.24
5	599 Cate Gaudry	Lockview Hig	16.69
6	11 Laodiki Lutwick Campbell	Armbrae Acad	22.14
7	638 Devika Ellickal	Millwood Hig	20.02
8	600 Cicely Harnum	Lockview Hig	21.44

Event 6 Boys 110 Meter Hurdles 36" Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 10:30 AM**

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	164 Vanrae Anderson	Charles P. A	19.87
2	526 Brennan Smith	Halifax West	20.10
3	741 Noah Skette	Sackville Hi	17.52
4	318 James Martin	Ecole du Sommet	18.25
5	498 Nwadiioramma Azuka-O	Halifax West	19.17
6	244 Curtis Simms	Citadel High	21.11
7	317 Noah Denis	Ecole du Sommet	20.27
8			
Heat 2 of 2 Prelims			
1	169 Ben Chambers	Charles P. A	19.95
2	725 Jabari Benjamin	Sackville Hi	17.55
3	206 Zack Walker	Charles P. A	17.43
4	291 Jack Theunissen	Dartmouth Hi	21.48
5	240 Corey Ross	Citadel High	20.09
6	2 Jaylen Berglund-Simmonds	Armbrae Acad	20.58
7	91 Tomiwa Wale-Akinola	Auburn Drive	19.45
8			

Event 7 Girls 400 Meter Dash Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 11:45 AM**

SSNS: 58.99 2019-05-31 Cara MacDonald

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	474 Scarlet Mason	Halifax Gram	1:09.18
2	768 Brynn Feeney	St. Agnes Ju	1:08.26
3	137 Cassidy McFarlane	Bicentennial	1:05.58
4	380 Haley Barry	Five Bridges	1:06.62
5	687 Peyton Byrne	Rocky Lake J	1:08.40
6	773 Emeila Legere	St. Agnes Ju	1:09.23
7	44 Macie McLeod	Astral Drive	1:04.85
8	412 Ava Manley	Georges P. V	1:05.05
Heat 2 of 2 Prelims			
1	33 Brooklyn Hatfield	Astral Drive	1:07.25
2	361 Lacey Hanley	Fairview Jun	1:09.21
3	340 Alice Laventure	Ellenvale Ju	1:08.95
4	749 Isabel Costa	Sacred Heart	1:09.39
5	419 Charlotte Whitman	Georges P. V	1:06.56
6	669 Reese Adams	Ridgecliff M	1:03.94
7	622 Victoria Humphreys	Madeline Sym	1:04.87
8	344 Lexi Moores	Ellenvale Ju	1:07.28

Event 8 Boys 400 Meter Dash Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2024-05-22 - 11:45 AM**

SSNS: 53.72 2013 Barrett Dachyshyn

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	711 Evan Yang	Rocky Lake J	1:01.21
2	589 Lawson Price	Leslie Thoma	1:03.82
3	473 Cadence MacLeod	Halifax Gram	59.34
4	46 Henry Muise	Astral Drive	1:04.28
5	652 Ben Creighton	Oxford Schoo	1:05.31
6	424 Sheppard Dorland	Gorsebrook J	1:05.38
7	686 Oliver Arsenaault	Rocky Lake J	1:04.56
8	421 Yousef Alsaad	Gorsebrook J	1:04.36
Heat 2 of 2 Prelims			
1	134 Myer Cogdan	Bicentennial	1:05.82
2	418 Jayden Tillman	Georges P. V	56.88
3	443 Jack Brady	Halifax Cent	1:05.05
4	459 Oz Cohen	Halifax Gram	1:04.19
5	710 Blake Stocker	Rocky Lake J	1:04.53
6	313 Joshua Misner	Carrefour	1:05.36
7	718 Brody Brewer	Sackville He	1:02.90
8	39 Liam Macknight	Astral Drive	1:04.23



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Event 9 Girls 400 Meter Dash Intermediate

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

Wednesday 2024-05-22 - 11:45 AM

SSNS: 57.24 2003 Jenna Martin

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	755 Kailyn Kaulback	Sacred Heart	1:06.88
2	217 Grace Galloway	Citadel High	1:02.45
3	483 Ayla Williams	Halifax Gram	1:03.42
4	73 Kayla MacLeod	Auburn Drive	1:08.88
5	597 Rebecca Fraser	Lockview Hig	1:06.36
6	677 Sarah Weaver	Ridgecliff M	1:11.71
7	78 Lydia Muise	Auburn Drive	1:13.95
8	208 Bea Asbridge	Citadel High	1:07.82

Heat 2 of 2 Prelims

1	221 Anna Jeong	Citadel High	1:03.29
2	460 Zora Daramola	Halifax Gram	1:07.23
3	698 Abby Macgillivray	Rocky Lake J	1:14.18
4	795 Alexa Daye	West Bedford	1:08.16
5	469 Nyah Kaupp	Halifax Gram	1:02.21
6	144 Claire Conrad	Brookside Ju	1:13.33
7	481 Molly Sancton	Halifax Gram	1:05.32
8	792 Naomi Boudreau	West Bedford	1:10.40

Event 10 Boys 400 Meter Dash Intermediate

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

Wednesday 2024-05-22 - 12:15 PM

SSNS: 50.87 2005 Jonathan Campbell

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	183 Owen MacGillivray	Charles P. A	55.86
2	269 Alex Ansems	Dartmouth Hi	57.87
3	604 Eugene Legge	Lockview Hig	55.48
4	180 Alfred Lai	Charles P. A	57.90
5	127 Felix Wirkus	Bay View Hig	55.57
6	509 Robert Martin	Halifax West	55.13
7	290 Glendon Snow	Dartmouth Hi	56.00
8	338 Jacob Harmon	Ellenvale Ju	57.10

Heat 2 of 2 Prelims

1	529 James Thibault	Halifax West	55.60
2	762 Edwin Siller	Sacred Heart	56.74
3	7 Payton Flint	Armbrae Acad	57.92
4	382 Quinn Campbell	Five Bridges	54.64
5	192 Nathan Mulholland	Charles P. A	55.58
6	29 Timothy DeLong	Astral Drive	55.57
7	246 Christopher Sneddon-Sim	Citadel High	57.44
8	615 Trenton Wile	Lockview Hig	56.14

Event 11 Girls 400 Meter Dash Senior

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

Wednesday 2024-05-22 - 12:15 PM

SSNS: 54.13 2006 Jenna Martin

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	174 Breton Hayden	Charles P. A	1:08.05
2	595 Fiona Day	Lockview Hig	1:04.01
3	227 Jane McGuire	Citadel High	1:02.83
4	284 Olivia Murphy	Dartmouth Hi	1:09.51
5	68 Lauryn Hatfield	Auburn Drive	1:05.30
6	824 Chiara Porro	Woodlawn Hig	1:13.69
7			
8			

Heat 2 of 3 Prelims

1	252 Esther Youseff	Citadel High	NT
2	522 Kate Scholz	Halifax West	1:12.71
3	69 Rachel Kibble	Auburn Drive	1:05.70
4	212 Sophia Das	Citadel High	1:02.37
5	125 Emma Vestidello	Bay View Hig	1:04.84
6	566 Maryn Kline	J.L. Ilsley	1:08.90
7			
8			

Heat 3 of 3 Prelims

1	815 Pauline Gillet	Woodlawn Hig	1:11.32
2	191 Poppy Moon	Charles P. A	1:01.49
3	122 Hannah Richardson-McK	Bay View Hig	1:05.27
4	234 Ryli Nolan	Citadel High	1:03.80
5	603 Kaitlyn Langille	Lockview Hig	1:06.67
6			
7			
8			

Event 12 Boys 400 Meter Dash Senior

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

Wednesday 2024-05-22 - 12:15 PM

SSNS: 48.49 2015 Mike Van Der Poel

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	182 Kysac Macdonald	Charles P. A	54.26
2	121 Owen Pern	Bay View Hig	1:00.59
3	100 Jack Boutilier	Bay View Hig	58.05
4	817 Nathan Herman	Woodlawn Hig	58.57
5	504 Tristan Kelloway	Halifax West	56.57
6	216 Alan Fawcett	Citadel High	57.44
7			
8			



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Heat 2 of 3 Prelims...(Event 12 Boys 400 Meter Dash Senior)

1	747 Simon Bortolussi	Sacred Heart	57.75	_____
2	315 Nicholas Albert	Ecole du Sommet	59.46	_____
3	533 Yunshu Zhao	Halifax West	NT	_____
4	741 Noah Skette	Sackville Hi	54.93	_____
5	209 Alex Bouchard	Citadel High	54.97	_____
6	748 Julian Cooper	Sacred Heart	57.31	_____
7				_____
8				_____

Heat 3 of 3 Prelims

1	164 Vanrae Anderson	Charles P. A	55.65	_____
2	475 Charlie McEwen	Halifax Gram	NT	_____
3	17 Samuel Proietti	Armbrae Acad	58.04	_____
4	742 Landon Smith	Sackville Hi	58.54	_____
5	244 Curtis Simms	Citadel High	57.25	_____
6	72 Liam Macdonald	Auburn Drive	53.55	_____
7				_____
8				_____

Event 13 Girls 100 Meter Dash Junior

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

Wednesday 2024-05-22 - 12:45 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 2 Prelims

1	779 Goodness Ologu	St. Agnes Ju	13.98	_____
2	675 Denae Smith	Ridgecliff M	14.19	_____
3	410 Addison Labucki	Georges P. V	13.91	_____
4	802 Anna Adara	West Bedford	14.05	_____
5	375 Ella Thomas	Fairview Jun	14.32	_____
6	629 Kate McGillvary	Madeline Sym	14.17	_____
7	408 Grace Hilton	Georges P. V	14.09	_____
8	349 Samantha Roberts	Ellenvale Ju	14.28	_____

Heat 2 of 2 Prelims

1	426 Eleanor McHenry	Gorsebrook J	14.04	_____
2	669 Reese Adams	Ridgecliff M	13.63	_____
3	344 Lexi Moores	Ellenvale Ju	14.13	_____
4	360 Stefanie Francis	Fairview Jun	14.24	_____
5	687 Peyton Byrne	Rocky Lake J	14.30	_____
6	768 Brynn Feeney	St. Agnes Ju	14.16	_____
7	363 Abigail Joseph	Fairview Jun	14.04	_____
8	789 Nataliya Woycheshyn	Summit Acade	14.20	_____

Event 14 Boys 100 Meter Dash Junior

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

Wednesday 2024-05-22 - 12:45 PM

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

Lane	Name	School	Seed Time	
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Heat 1 of 2 Prelims

1	710 Blake Stocker	Rocky Lake J	12.93	_____
2	803 Yungun Cho	West Bedford	13.21	_____
3	265 Seth Cogswell	Cunard Junio	12.61	_____
4	148 Brycen Jardine	Brookside Ju	13.08	_____
5	473 Cadence MacLeod	Halifax Gram	12.84	_____
6	129 Michael Cho	Bedford Acad	13.09	_____
7	418 Jayden Tillman	Georges P. V	12.36	_____
8	659 Attila Narvey	Oxford Schoo	13.37	_____

Heat 2 of 2 Prelims

1	691 Marlon Fletcher	Rocky Lake J	12.19	_____
2	649 Daniel Aladjebi	Oxford Schoo	13.27	_____
3	312 Lamar Gallant	Carrefour	12.63	_____
4	43 Owen McLellan	Astral Drive	13.02	_____
5	354 Ben Owen	Eric Graves	13.31	_____
6	314 Thomas Seneker	Carrefour	12.87	_____
7	686 Oliver Arsenaull	Rocky Lake J	13.22	_____
8	257 Javier Hamilton	Clayton Park	12.77	_____

Event 15 Girls 100 Meter Dash Intermediate

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

Wednesday 2024-05-22 - 12:45 PM

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

Lane	Name	School	Seed Time	
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Heat 1 of 2 Prelims

1	462 Juliet Fatokun	Halifax Gram	13.54	_____
2	179 Breanna Kuehner	Charles P. A	13.57	_____
3	324 Audrey Joseph	Mosaïque	13.85	_____
4	237 Annabelle Raymond	Citadel High	12.94	_____
5	141 Lily Williams	Bicentennial	13.66	_____
6	204 Jane Van Kessel	Charles P. A	13.17	_____
7	518 Chanelle Rodriguez-Coo	Halifax West	13.83	_____
8	166 Lily Blondon	Charles P. A	13.48	_____

Heat 2 of 2 Prelims

1	605 Josie Leslie	Lockview Hig	13.49	_____
2	726 Zaila Benjamin	Sackville Hi	12.72	_____
3	90 Reese Vautour	Auburn Drive	13.73	_____
4	796 Sophia Macaulay	West Bedford	13.86	_____
5	131 Grace Killoran	Bedford Acad	13.47	_____
6	751 Maeve Culligan	Sacred Heart	13.77	_____
7	342 Mya Maccormick	Ellenvale Ju	13.64	_____
8	277 Brianna Hoskin	Dartmouth Hi	13.26	_____



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Event 16 Boys 100 Meter Dash Intermediate

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

Wednesday 2024-05-22 - 1:10 PM

SSNS: **10.50 1998** **Patrick Benjamin (hand)**

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	743 Wyatt Thurston	Sackville Hi	11.43
2	273 Carey Bent	Dartmouth Hi	12.23
3	238 Henry Raymond	Citadel High	12.09
4	616 Avery Wilson	Lockview Hig	11.99
5	370 Aaron Metzger	Fairview Jun	12.30
6	506 Nathan Lerue	Halifax West	12.34
7	646 Hashem Numan	Millwood Hig	12.18
8	175 Griffin Hearn	Charles P. A	12.07

Heat 2 of 2 Prelims

1	233 Deaglan Nichol	Citadel High	12.20
2	7 Payton Flint	Armbrae Acad	12.33
3	190 Leo Mont	Charles P. A	11.91
4	561 Ryan Hickey	J.L. Ilesley	12.34
5	322 Silvain Mbuyi	Mer et Monde	12.24
6	188 Cameron McNair	Charles P. A	12.04
7	550 Ben Melnyk	Island View	12.08
8	83 Jackson Sparks	Auburn Drive	11.39

Event 17 Girls 100 Meter Dash Senior

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

Wednesday 2024-05-22 - 1:10 PM

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

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

1	94 Allie White	Auburn Drive	13.23
2	579 Jasmine Wilson	J.L. Ilesley	14.27
3	528 Zoe Stewart	Halifax West	13.88
4	637 Lydia Doyle	Millwood Hig	14.08
5	20 Amaya Tolliver	Armbrae Acad	14.42
6	69 Rachel Kibble	Auburn Drive	13.62
7	211 Queen Clayton	Citadel High	NT
8			

Heat 2 of 3 Prelims

1	227 Jane McGuire	Citadel High	13.78
2	602 Charlotte Hilton	Lockview Hig	13.81
3	231 Chantelle Moffatt	Citadel High	14.02
4	205 Reegan Wagg	Charles P. A	13.55
5	281 Apolline Maurage	Dartmouth Hi	14.30
6	814 Abbey Gavel	Woodlawn Hig	NT
7			
8			

Heat 3 of 3 Prelims

1	252 Esther Youseff	Citadel High	NT
2	595 Fiona Day	Lockview Hig	12.62
3	82 Ahniya Slawter	Auburn Drive	13.56
4	508 Ava MacNutt	Halifax West	13.90
5	67 Ashley Hannah	Auburn Drive	13.88
6	514 Saint Mian Angui	Halifax West	14.29
7			
8			

Event 18 Boys 100 Meter Dash Senior

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

Wednesday 2024-05-22 - 1:10 PM

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

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	243 Nathan Schelew	Citadel High	12.17
2	10 Nai Johnson	Armbrae Acad	11.98
3	741 Noah Skette	Sackville Hi	11.57
4	110 Jase LeBlanc	Bay View Hig	11.94
5	272 David Babalola	Dartmouth Hi	11.88
6	636 Damarion Downey	Millwood Hig	11.61
7	525 Jeff Shupe	Halifax West	11.87
8	115 David MacLean	Bay View Hig	12.21

Heat 2 of 2 Prelims

1	283 Blaise Mellema	Dartmouth Hi	11.88
2	92 Nathan Webb	Auburn Drive	11.58
3	533 Yunshu Zhao	Halifax West	12.10
4	240 Corey Ross	Citadel High	11.95
5	77 Zach Morash	Auburn Drive	12.00
6	806 Jarmar Berglund-Simmon	Woodlawn Hig	12.37
7	128 Nolan Young	Bay View Hig	11.81
8	72 Liam Macdonald	Auburn Drive	11.15



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Event 19 Girls 1500 Meter Run Junior**Wednesday 2024-05-22 - 1:30 PM**

SSNS: 4:46.13 2019

Abby Lewis

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	4 Morgan Clarke	Armbrae Acad	5:11.32
2	484 Carley Williams	Halifax Gram	5:17.36
3	155 Nadia Smith	Brookside Ju	5:50.22
4	415 Avah Nicholson	Georges P. V	5:56.54
5	130 Hannah Greek	Bedford Acad	5:58.18
6	627 Hadley Macdonald	Madeline Sym	5:58.54
7	706 Emma Quinton	Rocky Lake J	5:59.61
8	425 Victoria Kirby	Gorsebrook J	5:37.16
9	622 Victoria Humphreys	Madeline Sym	5:12.82
10	772 Emma Laycock	St. Agnes Ju	5:04.72
11	696 Heather Lawton	Rocky Lake J	5:24.43
12	411 Josie Luedey	Georges P. V	5:45.93
13	429 Kaye Wilson	Gorsebrook J	5:34.70
14	474 Scarlet Mason	Halifax Gram	5:34.98
15	340 Alice Laventure	Ellenvale Ju	5:35.25
16	266 Mary Johns	Cunard Junio	5:37.15
17			

Event 20 Boys 1500 Meter Run Junior**Wednesday 2024-05-22 - 1:30 PM**

SSNS: 4:19.71 2009

Mike Tate

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	690 Jake Flemming	Rocky Lake J	5:06.16
2	454 Neil Beazley	Halifax Gram	5:10.95
3	3 James Burke	Armbrae Acad	5:13.02
4	46 Henry Muise	Astral Drive	5:20.31
5	402 Max Brien	Georges P. V	4:49.13
6	368 Felix Macdonald	Fairview Jun	5:25.45
7	536 Jackson Moran	Harold T. Ba	5:32.33
8	650 Matias Arteaga	Oxford Schoo	5:26.02
9	256 Scotty Corkum	Clayton Park	5:08.48
10	721 Zach Nurnber	Sackville He	5:30.16
11	472 Kai Liu	Halifax Gram	5:10.93
12	621 Blake Boutlier	Madeline Sym	5:18.17
13	145 Reese Currie	Brookside Ju	5:19.21
14	365 Lucas Lerue	Fairview Jun	5:20.45
15	263 Griffin Cameron	Cunard Junio	5:22.57
16	625 Xavier Lamorre	Madeline Sym	5:31.77
17			

Event 21 Girls 1500 Meter Run Intermediate**Wednesday 2024-05-22 - 1:30 PM**

SSNS: 4:31.02 2022-06-03

Abby Lewis

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	106 Molly Evers	Bay View Hig	5:16.43
2	483 Ayla Williams	Halifax Gram	5:25.12
3	607 Morgan Lewis	Lockview Hig	5:48.77
4	593 Anna Carruthers	Lockview Hig	4:52.65
5	481 Molly Sancton	Halifax Gram	5:37.06
6	759 Mary-Lou O'Regan	Sacred Heart	5:45.85
7	818 Rose Le Pape	Woodlawn Hig	5:50.53
8	423 Ellora Das	Gorsebrook J	5:28.17
9	800 Kate Rogers	West Bedford	6:00.25
10	458 Faye Chiasson	Halifax Gram	5:03.17
11	476 Heidi Nuyens	Halifax Gram	5:12.38
12	739 Ashlyn Rooks	Sackville Hi	5:47.04
13	723 Natalie Ayer	Sackville Hi	6:26.62
14	502 Suzanne Jackson	Halifax West	5:33.68
15	698 Abby Macgillivray	Rocky Lake J	6:17.20
16	715 Cassie Jacobsen	Ross Road	6:18.36
17			

Event 22 Boys 1500 Meter Run Intermediate**Wednesday 2024-05-22 - 2:00 PM**

SSNS: 3:59.92 2015

Hudson Grimshaw-Surette

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	222 Liam Kirby	Citadel High	4:42.06
2	230 Noah Miller	Citadel High	4:44.23
3	183 Owen MacGillivray	Charles P. A	4:40.89
4	173 Cohen Hawes	Charles P. A	4:43.59
5	643 Jessy Lord	Millwood Hig	4:47.33
6	714 Ryan Giles	Ross Road	4:47.92
7	335 Nikhil Batra	Ellenvale Ju	4:47.64
8	348 Evan Ren	Ellenvale Ju	4:44.48
9	29 Timothy DeLong	Astral Drive	4:33.06
10	648 David Ackerman	Oxford Schoo	4:39.84
11	790 Connor Amero	West Bedford	4:33.18
12	608 Alec Macaulay	Lockview Hig	4:39.98
13	99 Mateo Bourque	Bay View Hig	4:54.38
14	532 Neil Wang	Halifax West	4:46.48
15	326 Lincoln Carmen Landry	Mosaïque	4:46.58
16	337 Luke Ellis	Ellenvale Ju	4:47.64
17			



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Event 23 Girls 1500 Meter Run Senior

Wednesday 2024-05-22 - 2:00 PM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	120 Amani Oystreck	Bay View Hig	5:48.25
2	512 Ally McLean	Halifax West	5:11.86
3	507 Olivia Logan	Halifax West	5:17.79
4	467 Isabella Jennex	Halifax Gram	5:18.45
5	606 Abby Lewis	Lockview Hig	5:05.30
6	214 Alessia Dyer	Citadel High	5:44.01
7	191 Poppy Moon	Charles P. A	5:05.29
8	451 Nevaeh Spinney	Halifax Chri	5:50.98
9	64 Ava Egamino	Auburn Drive	5:50.41
10	212 Sophia Das	Citadel High	5:06.44
11	280 Frances MacLeod	Dartmouth Hi	5:06.71
12	118 Ava Millar	Bay View Hig	5:29.26
13	203 Evelyn Tobin	Charles P. A	5:37.71
14	600 Cicely Harnum	Lockview Hig	5:39.39
15	325 Ava Joseph	Mosaïque	5:32.69
16	172 Kennedy Griffin	Charles P. A	5:48.55
17			

Event 24 Boys 1500 Meter Run Senior

Wednesday 2024-05-22 - 2:00 PM

SSNS: 3:54.91 2013 Mike Tate

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	306 Riley Cuthbert	Eastern Shor	4:32.81
2	177 William Jennings	Charles P. A	4:44.99
3	88 Hinata Ueda	Auburn Drive	4:51.04
4	530 Liam Vargas	Halifax West	4:31.48
5	196 Tino Rostek	Charles P. A	4:52.88
6	121 Owen Pern	Bay View Hig	4:59.87
7	12 Connor Macgillivray	Armbrae Acad	4:44.49
8	539 Chris Beach	Island View	5:04.99
9	521 Graham Sauer	Halifax West	4:18.27
10	195 Alex Quinton	Charles P. A	4:28.97
11	209 Alex Bouchard	Citadel High	4:21.79
12	811 Thomas Dewitt	Woodlawn Hig	4:28.17
13	235 Cohen Norman	Citadel High	4:29.35
14	97 Gian Baillie Abidi	Bay View Hig	4:51.70
15	516 Beckett Nadeau	Halifax West	4:31.60
16	229 Cole Miller	Citadel High	4:32.36
17	470 Idan Koknaev	Halifax Gram	NT

Event 25 Girls 200 Meter Dash Junior

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

Thursday 2024-05-23 - 10:00 AM

SSNS: 26.49 2014 Taylor Mattinson
 Ties: 26.50 1976 Kris Crowell (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	779 Goodness Ologu	St. Agnes Ju	30.18
2	137 Cassidy McFarlane	Bicentennial	28.47
3	44 Macie McLeod	Astral Drive	29.82
4	33 Brooklyn Hatfield	Astral Drive	29.55
5	687 Peyton Byrne	Rocky Lake J	30.35
6	412 Ava Manley	Georges P. V	28.52
7	361 Lacey Hanley	Fairview Jun	30.93
8	25 Emme Chiasson	Astral Drive	29.92
Heat 2 of 2 Prelims			
1	693 Emily Gorman	Rocky Lake J	29.87
2	773 Emeila Legere	St. Agnes Ju	30.73
3	375 Ella Thomas	Fairview Jun	29.08
4	669 Reese Adams	Ridgecliff M	28.32
5	408 Grace Hilton	Georges P. V	30.21
6	349 Samantha Roberts	Ellenvale Ju	29.29
7	328 Emme Boudreau	Elizabeth Su	30.26
8	363 Abigail Joseph	Fairview Jun	28.71

Event 26 Boys 200 Meter Dash Junior

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

Thursday 2024-05-23 - 10:00 AM

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	350 Conroy Snow	Ellenvale Ju	27.51
2	803 Yungun Cho	West Bedford	27.03
3	257 Javier Hamilton	Clayton Park	26.01
4	710 Blake Stocker	Rocky Lake J	26.65
5	392 Jake Parsons	Five Bridges	27.38
6	418 Jayden Tillman	Georges P. V	25.50
7	585 Mike Okoabah	John Martin	26.88
8	265 Seth Cogswell	Cunard Junio	27.15
Heat 2 of 2 Prelims			
1	314 Thomas Senecker	Carrefour	26.16
2	649 Daniel Aladjebi	Oxford Schoo	26.94
3	132 Alec McLeod	Bedford Acad	27.25
4	691 Marlon Fletcher	Rocky Lake J	25.21
5	312 Lamar Gallant	Carrefour	26.03
6	652 Ben Creighton	Oxford Schoo	27.18
7	148 Brycen Jardine	Brookside Ju	26.88
8	670 Mitchell Durling	Ridgecliff M	27.42



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Event 27 Girls 200 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Thursday 2024-05-23 - 10:00 AM

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	168 Jada Buchanan	Charles P. A	29.00
2	462 Juliet Fatokun	Halifax Gram	28.96
3	208 Bea Asbridge	Citadel High	28.72
4	198 Simi Shodunke	Charles P. A	28.17
5	237 Annabelle Raymond	Citadel High	26.64
6	131 Grace Killoran	Bedford Acad	27.89
7	324 Audrey Joseph	Mosaïque	29.13
8	277 Brianna Hoskin	Dartmouth Hi	27.39
Heat 2 of 2 Prelims			
1	37 Giana Lozier	Astral Drive	28.83
2	605 Josie Leslie	Lockview Hig	28.26
3	726 Zaila Benjamin	Sackville Hi	26.37
4	791 Carly Beaton	West Bedford	27.61
5	469 Nyah Kaupp	Halifax Gram	27.54
6	90 Reese Vautour	Auburn Drive	29.06
7	221 Anna Jeong	Citadel High	29.09
8	141 Lily Williams	Bicentennial	28.28

Event 28 Boys 200 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Thursday 2024-05-23 - 10:20 AM

SSNS: 22.30 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	273 Carey Bent	Dartmouth Hi	25.13
2	338 Jacob Harmon	Ellenvale Ju	25.05
3	574 Dontae Richard	J.L. Ilsley	25.24
4	290 Glendon Snow	Dartmouth Hi	25.18
5	382 Quinn Campbell	Five Bridges	24.45
6	616 Avery Wilson	Lockview Hig	24.89
7	7 Payton Flint	Armbrae Acad	24.46
8	604 Eugene Legge	Lockview Hig	24.56
Heat 2 of 2 Prelims			
1	550 Ben Melnyk	Island View	25.27
2	322 Silvain Mbuyi	Mer et Monde	25.06
3	506 Nathan Lerue	Halifax West	25.14
4	743 Wyatt Thurston	Sackville Hi	24.04
5	175 Griffin Hearn	Charles P. A	24.47
6	127 Felix Wirkus	Bay View Hig	25.13
7	190 Leo Mont	Charles P. A	24.60
8	529 James Thibault	Halifax West	24.75

Event 29 Girls 200 Meter Dash Senior

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Thursday 2024-05-23 - 10:20 AM

SSNS: 24.84 2012 Jenn Meech

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	231 Chantelle Moffatt	Citadel High	28.75
2	125 Emma Vestidello	Bay View Hig	28.31
3	579 Jasmine Wilson	J.L. Ilsley	31.89
4	81 Ro'naysha Provo	Auburn Drive	28.05
5	566 Maryn Kline	J.L. Ilsley	30.05
6	232 Bronwyn Murphy	Citadel High	30.11
7	595 Fiona Day	Lockview Hig	26.81
8	20 Amaya Tolliver	Armbrae Acad	31.11
Heat 2 of 2 Prelims			
1	508 Ava MacNutt	Halifax West	29.25
2	205 Reegan Wagg	Charles P. A	28.06
3	211 Queen Clayton	Citadel High	26.60
4	82 Ahniya Slawter	Auburn Drive	NT
5	637 Lydia Doyle	Millwood Hig	28.88
6	602 Charlotte Hilton	Lockview Hig	30.14
7	227 Jane McGuire	Citadel High	28.46
8	174 Breton Hayden	Charles P. A	30.35

Event 30 Boys 200 Meter Dash Senior

8 Advance: Top 2 Each Heat plus Next 2 Best Times
Thursday 2024-05-23 - 10:20 AM

SSNS: 21.58 2015 Matthew Coolen

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1			
2	560 Alex Hatchard	J.L. Ilsley	26.66
3	110 Jase LeBlanc	Bay View Hig	24.86
4	741 Noah Skette	Sackville Hi	23.73
5	525 Jeff Shupe	Halifax West	24.54
6	747 Simon Bortolussi	Sacred Heart	25.42
7	196 Tino Rostek	Charles P. A	25.82
8			
Heat 2 of 3 Prelims			
1			
2	745 Naequan Beals	Sacred Heart	NT
3	806 Jarmar Berglund-Simmon	Woodlawn Hig	25.26
4	10 Nai Johnson	Armbrae Acad	24.03
5	92 Nathan Webb	Auburn Drive	24.08
6	461 Tobi Evborokhai	Halifax Gram	26.12
7	77 Zach Morash	Auburn Drive	25.53
8			



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

1			
2	123 Ayden Rondeau	Bay View Hig	25.77
3	742 Landon Smith	Sackville Hi	24.84
4	72 Liam Macdonald	Auburn Drive	22.80
5	283 Blaise Mellema	Dartmouth Hi	25.09
6	17 Samuel Proietti	Armbrae Acad	25.97
7			
8			

Event 31 Girls 800 Meter Run Junior

Thursday 2024-05-23 - 10:45 AM

SSNS: 2:19.90 1977

Mary Jean Barrett (hand)

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	484 Carley Williams	Halifax Gram	2:29.42
2	696 Heather Lawton	Rocky Lake J	2:39.05
3	4 Morgan Clarke	Armbrae Acad	2:31.50
4	373 Marley Sanford	Fairview Jun	2:43.18
5	789 Nataliya Woycheshyn	Summit Acade	2:27.93
6	772 Emma Laycock	St. Agnes Ju	2:28.53
7	442 Ellen Brady	Halifax Cent	2:46.53
8	406 Josie Haverstock	Georges P. V	2:49.36
9	264 Fiona Church	Cunard Junio	2:45.00
10	298 Ella Macfarlane	Dartmouth So	2:45.98
11	622 Victoria Humphreys	Madeline Sym	2:28.88
12	419 Charlotte Whitman	Georges P. V	2:38.08
13	340 Alice Laventure	Ellenvale Ju	2:42.09
14	24 Allison Chambers	Astral Drive	2:51.82
15	301 Hazel Boyce	Eastern Pass	2:47.74
16	390 Arwen Middleton Meakin	Five Bridges	2:49.37
17			

Event 32 Boys 800 Meter Run Junior

Thursday 2024-05-23 - 10:45 AM

SSNS: 2:04.93 2016-06-04 Camden Springer

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	39 Liam Macknight	Astral Drive	2:26.96
2	454 Neil Beazley	Halifax Gram	2:31.57
3	34 Liam Herring	Astral Drive	2:32.47
4	472 Kai Liu	Halifax Gram	2:36.17
5	536 Jackson Moran	Harold T. Ba	2:33.90
6	31 Jayden Hall	Astral Drive	2:36.09
7	718 Brody Brewer	Sackville He	2:23.73
8	661 Charlie Thompson	Oxford Schoo	2:38.63
9	256 Scotty Corkum	Clayton Park	2:30.29
10	660 Luke Redwood	Oxford Schoo	2:38.48
11	690 Jake Flemming	Rocky Lake J	2:31.67
12	319 Abraham Diamond	Mer et Monde	2:33.92
13	263 Griffin Cameron	Cunard Junio	2:34.99
14	708 Marco Ramos	Rocky Lake J	2:37.38
15	433 Brayden Cound	Graham Creig	2:35.06
16	656 Leo Jackson	Oxford Schoo	2:36.96
17			

Event 33 Girls 800 Meter Run Intermediate

Thursday 2024-05-23 - 10:45 AM

SSNS: 2:12.60 1977

Louise Palmer (hand)

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	106 Molly Evers	Bay View Hig	2:31.89
2	73 Kayla MacLeod	Auburn Drive	2:51.48
3	217 Grace Galloway	Citadel High	2:31.00
4	698 Abby Macgillivray	Rocky Lake J	2:54.39
5	481 Molly Sancton	Halifax Gram	2:33.18
6	464 Bianca Grossi	Halifax Gram	2:42.92
7	593 Anna Carruthers	Lockview Hig	2:21.99
8	563 Annie Johns	J.L. Ilsley	2:43.11
9	458 Faye Chiasson	Halifax Gram	2:23.08
10	597 Rebecca Fraser	Lockview Hig	2:48.92
11	483 Ayla Williams	Halifax Gram	2:28.54
12	607 Morgan Lewis	Lockview Hig	2:50.80
13	502 Suzanne Jackson	Halifax West	2:36.89
14	715 Cassie Jacobsen	Ross Road	2:55.10
15	657 Claire Laroche Noble	Oxford Schoo	2:37.87
16	86 Ava Stevenson	Auburn Drive	2:56.36
17			



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Event 34 Boys 800 Meter Run Intermediate

Thursday 2024-05-23 - 11:10 AM

SSNS: 1:58.21 2015

Hudson Grimshaw-Surette

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	509 Robert Martin	Halifax West	2:12.95
2	246 Christopher Sneddon-Sim	Citadel High	2:16.15
3	648 David Ackerman	Oxford Schoo	2:16.42
4	241 Luke Salah	Citadel High	2:19.06
5	29 Timothy DeLong	Astral Drive	2:09.53
6	685 Evan Arruda	Rocky Lake J	2:22.60
7	769 Sam Flemming	St. Agnes Ju	2:11.55
8	99 Mateo Bourque	Bay View Hig	2:23.99
9	707 Jack Quinton	Rocky Lake J	2:11.53
10	348 Evan Ren	Ellenvale Ju	2:22.15
11	604 Eugene Legge	Lockview Hig	2:15.31
12	674 Luke Murphy	Ridgecliff M	2:17.53
13	457 Saidharma Chelamkuri	Halifax Gram	2:18.11
14	242 Luke Sarty	Citadel High	2:25.73
15	95 Cole Wilkin	Auburn Drive	2:17.98
16	199 Tristan Sing	Charles P. A	2:24.46
17			

Event 35 Girls 800 Meter Run Senior

Thursday 2024-05-23 - 11:10 AM

SSNS: 2:11.58 2019

Maggie Smith

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	270 Anna Archibald	Dartmouth Hi	2:42.93
2	64 Ava Egamino	Auburn Drive	2:44.69
3	212 Sophia Das	Citadel High	2:32.31
4	260 Alice Ferrario	Cole Harbour	3:09.69
5	280 Frances MacLeod	Dartmouth Hi	2:26.41
6	171 Abby Chisholm	Charles P. A	3:17.71
7	191 Poppy Moon	Charles P. A	NT
8	760 Mayu Saito	Sacred Heart	3:19.00
9	203 Evelyn Tobin	Charles P. A	2:38.06
10	555 Valeria Carrillo Cu	J.L. Ilsley	3:13.40
11	234 Ryli Nolan	Citadel High	2:29.35
12	600 Cicely Harnum	Lockview Hig	2:48.29
13	282 Chloe McFarlane	Dartmouth Hi	2:47.56
14	598 Ana Garcia	Lockview Hig	3:12.77
15	70 Clairia Kilpatrick	Auburn Drive	2:51.40
16	189 Ida Monaghan	Charles P. A	3:22.84
17	467 Isabella Jennex	Halifax Gram	NT
18	757 Yuka Maruyama	Sacred Heart	3:15.16

Event 36 Boys 800 Meter Run Senior

Thursday 2024-05-23 - 11:10 AM

SSNS: 1:54.47 2005

Jake Gallagher

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	121 Owen Pern	Bay View Hig	2:18.15
2	647 Ryan Richard	Millwood Hig	2:35.33
3	235 Cohen Norman	Citadel High	2:07.45
4	97 Gian Baillie Abidi	Bay View Hig	2:15.27
5	475 Charlie McEwen	Halifax Gram	2:12.13
6	196 Tino Rostek	Charles P. A	2:21.57
7	195 Alex Quinton	Charles P. A	2:05.80
8	530 Liam Vargas	Halifax West	2:12.13
9	521 Graham Sauer	Halifax West	2:01.51
10	182 Kysac Macdonald	Charles P. A	2:09.67
11	209 Alex Bouchard	Citadel High	2:01.07
12	216 Alan Fawcett	Citadel High	2:10.23
13	504 Tristan Kelloway	Halifax West	2:10.25
14	100 Jack Boutilier	Bay View Hig	2:16.30
15	748 Julian Cooper	Sacred Heart	2:12.81
16	119 Josh Morrison	Bay View Hig	2:26.25
17	177 William Jennings	Charles P. A	2:13.96
18	470 Idan Koknaev	Halifax Gram	NT

Event 37 Girls 4x100 Meter Relay Junior

Thursday 2024-05-23 - 11:30 AM

SSNS: 52.50 2014

Riverside Education Center

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Georges P. V	A	55.14
2	Madeline Sym	A	56.78
3	Ellenvale Ju	A	56.79
4	Oxford Schoo	A	59.46
5	Sacred Heart	A	59.28
6	Ridgecliff M	A	57.95
7	Fairview Jun	A	54.71
8	Rocky Lake J	A	56.51



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Event 38 Boys 4x100 Meter Relay Junior**Thursday 2024-05-23 - 11:30 AM**

SSNS: 48.40 1990 Astral Drive (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Carrefour	A	52.79
2	Oxford Schoo	A	51.49
3	Georges P. V	A	52.83
4	Cunard Junio	A	52.84
5	Astral Drive	A	54.24
6	West Bedford	A	55.08
7	Halifax Gram	A	53.20
8	Rocky Lake J	A	51.83

Event 39 Girls 4x100 Meter Relay Intermediate**Thursday 2024-05-23 - 11:30 AM**

SSNS: 51.34 2019-06-01 Lockview High School

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Auburn Drive	A	56.33
2	West Bedford	A	55.33
3	Sacred Heart	A	54.84
4	Charles P. A	A	52.52
5	Halifax West	A	55.38
6	Halifax Gram	A	53.73
7	Dartmouth Hi	A	54.88
8	Brookside Ju	A	56.86

Event 40 Boys 4x100 Meter Relay Intermediate**Thursday 2024-05-23 - 12:00 PM**

SSNS: 45.50 1976 Sackville High (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Ellenvale Ju	A	50.52
2	J.L. Ilsley	A	48.46
3	Dartmouth Hi	A	48.65
4	Charles P. A	A	46.70
5	Millwood Hig	A	49.20
6	Armbrae Acad	A	49.25
7	Lockview Hig	A	47.53
8	Ridgecliff M	A	49.67

Event 41 Girls 4x100 Meter Relay Senior**Thursday 2024-05-23 - 12:00 PM**

SSNS: 50.32 2004 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Woodlawn Hig	A	58.85
2	Bay View Hig	A	57.67
3	Auburn Drive	A	52.27
4	Armbrae Acad	A	58.07
5	Lockview Hig	A	52.76
6	Charles P. A	A	54.19
7	Citadel High	A	52.98
8	Halifax West	A	54.40

Event 42 Boys 4x100 Meter Relay Senior**Thursday 2024-05-23 - 12:00 PM**

SSNS: 43.26 2014 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Armbrae Acad	A	47.25
2	Citadel High	A	47.45
3	Charles P. A	A	47.50
4	Halifax West	A	47.01
5	Millwood Hig	A	46.86
6	Dartmouth Hi	A	46.74
7	Sackville Hi	A	46.57
8	Bay View Hig	A	46.86

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Event 43 Girls 3000 Meter Run Junior

Thursday 2024-05-23 - 12:45 PM

SSNS: 10:18.76 2011

Rachel Crawley

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	696 Heather Lawton	Rocky Lake J	12:43.77
2	429 Kaye Wilson	Gorsebrook J	12:01.86
3	474 Scarlet Mason	Halifax Gram	12:19.83
4	778 Leah Miller	St. Agnes Ju	13:12.48
5	770 Olivia Hernandez-Jennex	St. Agnes Ju	12:40.39
6	258 Gwyn Lynch	Clayton Park	12:51.72
7	413 Claire McKim	Georges P. V	13:31.00
8	425 Victoria Kirby	Gorsebrook J	12:23.67
9	622 Victoria Humphreys	Madeline Sym	11:58.32
10	772 Emma Laycock	St. Agnes Ju	10:59.72
11	484 Carley Williams	Halifax Gram	11:53.87
12	706 Emma Quinton	Rocky Lake J	13:00.91
13	147 Mary-Anne Hudson	Brookside Ju	13:08.65
14	405 Eden Hann	Georges P. V	13:15.92
15	26 Jaimee Cormier	Astral Drive	13:26.99
16	381 Ali Bragg	Five Bridges	13:27.07
17			

Event 44 Boys 3000 Meter Run Junior

Thursday 2024-05-23 - 12:45 PM

SSNS: 9:15.14 2011

Tobias Wolter

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	631 Caden Slaunwhite	Madeline Sym	11:02.44
2	487 Cohen Francis	Halifax Inde	11:19.41
3	368 Felix Macdonald	Fairview Jun	11:20.76
4	472 Kai Liu	Halifax Gram	11:22.47
5	786 Morgan Landry	Summit Acade	11:30.32
6	650 Matias Arteaga	Oxford Schoo	11:34.39
7	719 Kayson Lively	Sackville He	11:40.87
8	722 Drew Osmond	Sackville He	11:21.97
9	256 Scotty Corkum	Clayton Park	10:46.56
10	690 Jake Flemming	Rocky Lake J	11:00.50
11	3 James Burke	Armbrae Acad	10:47.12
12	145 Reese Currie	Brookside Ju	11:16.19
13	46 Henry Muise	Astral Drive	11:19.35
14	428 Chase Whitman	Gorsebrook J	11:35.84
15	320 Ben Leitao	Mer et Monde	11:34.00
16	721 Zach Number	Sackville He	11:33.11
17			

Event 45 Girls 3000 Meter Run Intermediate

Thursday 2024-05-23 - 1:15 PM

SSNS: 9:44.38 2022-06-04

Abby Lewis

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	476 Heidi Nuyens	Halifax Gram	11:18.74
2	423 Ellora Das	Gorsebrook J	11:57.61
3	607 Morgan Lewis	Lockview Hig	13:16.70
4	464 Bianca Grossi	Halifax Gram	12:43.46
5	752 Liviya Driver	Sacred Heart	12:55.29
6	750 Anya Culligan	Sacred Heart	13:19.25
7	794 Emma Chisolm	West Bedford	16:38.17
8	739 Ashlyn Rooks	Sackville Hi	12:55.17
9	593 Anna Carruthers	Lockview Hig	11:09.73
10	458 Faye Chiasson	Halifax Gram	11:11.83
11	106 Molly Evers	Bay View Hig	11:22.99
12	341 Molly Lodge	Ellenvale Ju	13:36.78
13	502 Suzanne Jackson	Halifax West	12:29.89
14	800 Kate Rogers	West Bedford	13:33.26
15	715 Cassie Jacobsen	Ross Road	13:35.46
16	698 Abby Macgillivray	Rocky Lake J	13:58.63
17			

Event 46 Boys 3000 Meter Run Intermediate

Thursday 2024-05-23 - 1:15 PM

SSNS: 8:50.61 2015

Andrew Peverill

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	790 Connor Amero	West Bedford	10:15.00
2	648 David Ackerman	Oxford Schoo	10:04.74
3	685 Evan Arruda	Rocky Lake J	10:43.94
4	113 Ewen Macdonald	Bay View Hig	10:28.52
5	335 Nikhil Batra	Ellenvale Ju	10:15.82
6	714 Ryan Giles	Ross Road	10:35.18
7	532 Neil Wang	Halifax West	10:39.59
8	99 Mateo Bourque	Bay View Hig	10:22.45
9	173 Cohen Hawes	Charles P. A	10:14.07
10	222 Liam Kirby	Citadel High	10:02.53
11	348 Evan Ren	Ellenvale Ju	10:04.30
12	29 Timothy DeLong	Astral Drive	10:18.64
13	326 Lincoln Carmen Landry	Mosaïque	10:07.81
14	337 Luke Ellis	Ellenvale Ju	10:08.14
15	704 Zack Olmstead	Rocky Lake J	10:31.74
16	230 Noah Miller	Citadel High	10:34.08
17			



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Event 47 Girls 3000 Meter Run Senior

Thursday 2024-05-23 - 1:30 PM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	507 Olivia Logan	Halifax West	11:23.61
2	600 Cicely Harnum	Lockview Hig	12:25.09
3	270 Anna Archibald	Dartmouth Hi	12:01.15
4	325 Ava Joseph	Mosaïque	12:17.12
5	191 Poppy Moon	Charles P. A	NT
6	451 Nevaeh Spinney	Halifax Chri	12:57.38
7	120 Amani Oystreck	Bay View Hig	13:11.08
8	606 Abby Lewis	Lockview Hig	10:26.84
9	280 Frances MacLeod	Dartmouth Hi	11:20.14
10	64 Ava Egamino	Auburn Drive	13:47.71
11	203 Evelyn Tobin	Charles P. A	12:24.29
12	512 Ally McLean	Halifax West	11:24.10
13	467 Isabella Jennex	Halifax Gram	NT
14	172 Kennedy Griffin	Charles P. A	13:12.15
15	214 Alessia Dyer	Citadel High	12:18.23
16	85 Ava Stevens	Auburn Drive	13:58.84
17	178 Katarina Keseli	Charles P. A	NT

Event 48 Boys 3000 Meter Run Senior

Thursday 2024-05-23 - 1:30 PM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	306 Riley Cuthbert	Eastern Shor	10:23.67
2	177 William Jennings	Charles P. A	10:39.57
3	229 Cole Miller	Citadel High	9:57.21
4	114 Max Macdonald	Bay View Hig	11:24.52
5	103 Jake Chapman	Bay View Hig	10:55.15
6	516 Beckett Nadeau	Halifax West	9:53.32
7	740 Gordon Rooks	Sackville Hi	11:57.19
8	176 Thomas Holder	Charles P. A	11:39.34
9	521 Graham Sauer	Halifax West	9:30.14
10	195 Alex Quinton	Charles P. A	10:23.08
11	209 Alex Bouchard	Citadel High	9:37.68
12	530 Liam Vargas	Halifax West	9:52.92
13	811 Thomas Dewitt	Woodlawn Hig	9:46.81
14	235 Cohen Norman	Citadel High	10:02.83
15	287 Neil Rissesco	Dartmouth Hi	10:20.85
16	119 Josh Morrison	Bay View Hig	11:52.72
17			

Event 49 Girls 4x400 Meter Relay Junior

Thursday 2024-05-23 - 2:15 PM

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

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Brookside Ju	A	4:51.46
2	Armbrae Acad	A	4:54.78
3	Georges P. V	A	4:36.41
4	Rocky Lake J	A	4:44.15
5	St. Agnes Ju	A	4:37.76
6	Clayton Park	A	4:50.60
7	Astral Drive	A	4:47.83
8	Halifax Gram	A	4:50.27

Event 50 Boys 4x400 Meter Relay Junior

Thursday 2024-05-23 - 2:15 PM

SSNS: 3:48.10 2013 Halifax Central Junior

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Bicentennial	A	4:24.38
2	Georges P. V	A	4:17.28
3	Oxford Schoo	A	4:28.00
4	Astral Drive	A	4:24.25
5	Halifax Gram	A	4:20.92
6	Rocky Lake J	A	4:17.30
7	Armbrae Acad	A	4:34.03
8	Sackville He	A	4:38.66

Event 51 Girls 4x400 Meter Relay Intermediate

Thursday 2024-05-23 - 2:15 PM

SSNS: 4:07.64 2007 Halifax Grammar

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Dartmouth Hi	A	4:47.84
2	Auburn Drive	A	4:48.65
3	Rocky Lake J	A	5:05.05
4	Sacred Heart	A	4:45.74
5	Halifax Gram	A	4:20.60
6	Charles P. A	A	4:33.40
7	Citadel High	A	4:18.26
8	Ross Road	A	5:26.93



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Event 52 Boys 4x400 Meter Relay Intermediate**Thursday 2024-05-23 - 2:45 PM**

SSNS: 3:35.40 1984 Prince Andrew (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	St. Agnes Ju	A	4:02.73
2	Citadel High	A	4:03.11
3	Charles P. A	A	3:49.15
4	Halifax West	A	3:47.27
5	Lockview Hig	A	4:01.05
6	Armbrae Acad	A	4:02.04
7	Ridgecliff M	A	4:05.62
8	Astral Drive	A	4:03.93

Event 53 Girls 4x400 Meter Relay Senior**Thursday 2024-05-23 - 2:45 PM**

SSNS: 4:01.53 2009 Park View

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Woodlawn Hig	A	5:00.25
2	Bay View Hig	A	4:29.07
3	Citadel High	A	4:20.37
4	Lockview Hig	A	4:26.86
5	Dartmouth Hi	A	4:41.30
6	Auburn Drive	A	4:34.86
7	Charles P. A	A	4:43.00
8	Sacred Heart	A	5:24.49

Event 54 Boys 4x400 Meter Relay Senior**Thursday 2024-05-23 - 2:45 PM**

SSNS: 3:26.09 2014 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax West	A	3:49.65
2	Bay View Hig	A	4:05.22
3	Charles P. A	A	3:44.57
4	Sackville Hi	A	3:47.65
5	Citadel High	A	3:48.57
6	Sacred Heart	A	3:56.97
7	Halifax Gram	A	4:05.85
8			

Event 55 Girls Long Jump Junior**Thursday 2024-05-23 - 12:00 PM**

SSNS: 5.00m 2023-06-13 Myka Wilson

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	620 Avery Bootland	Madeline Sym	4.10m
2	702 Violet Nam	Rocky Lake J	3.98m
3	802 Anna Adara	West Bedford	4.37m
4	488 Fiona Gardner	Halifax Inde	3.91m
5	133 Alea Bonang	Bicentennial	3.91m
6	410 Addison Labucki	Georges P. V	4.09m
7	51 Macie Sheppard	Astral Drive	4.06m
8	296 Nahla Coll	Dartmouth So	3.99m
9	361 Lacey Hanley	Fairview Jun	4.15m
10	687 Peyton Byrne	Rocky Lake J	4.09m
11	658 Ruby McCormack	Oxford Schoo	4.24m
12	41 Lily McGrath	Astral Drive	4.01m
13	426 Eleanor McHenry	Gorsebrook J	4.27m
14	137 Cassidy McFarlane	Bicentennial	4.46m
15	788 Adie White	Summit Acade	3.88m
16	349 Samantha Roberts	Ellenvale Ju	4.12m

Event 56 Boys Long Jump Junior**Wednesday 2024-05-22 - 12:00 PM**

SSNS: 5.79m 2012 David MacDonald

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	314 Thomas Seneker	Carrefour	4.41m
2	331 William Mestdagh	Elizabeth Su	4.41m
3	453 Kashton Armstrong	Halifax Gram	4.64m
4	688 Raphael Choi	Rocky Lake J	4.50m
5	295 Joshua Bent	Dartmouth So	4.90m
6	803 Yungun Cho	West Bedford	4.44m
7	47 Colby O'Shaughnessy	Astral Drive	4.48m
8	312 Lamar Gallant	Carrefour	4.75m
9	148 Brycen Jardine	Brookside Ju	4.48m
10	52 Bryce Steele	Astral Drive	4.50m
11	374 Ian Seok	Fairview Jun	4.56m
12	43 Owen McLellan	Astral Drive	4.67m
13	387 Kento Hill	Five Bridges	4.36m
14	487 Cohen Francis	Halifax Inde	4.46m
15	129 Michael Cho	Bedford Acad	4.48m
16	253 Salah Al Dark Habani	Clayton Park	4.40m

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Event 57 Girls Long Jump Intermediate**Thursday 2024-05-23 - 10:00 AM**

SSNS: 5.32m 1973

Cecilia Branch

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	518 Chanelle Rodriguez-Cooq	Halifax West	4.43m	_____
2	131 Grace Killoran	Bedford Acad	4.31m	_____
3	726 Zaila Benjamin	Sackville Hi	4.68m	_____
4	673 Julia Morales	Ridgecliff M	4.13m	_____
5	198 Simi Shodunke	Charles P. A	4.60m	_____
6	781 Lora Pelivanov	St. Agnes Ju	4.33m	_____
7	168 Jada Buchanan	Charles P. A	4.59m	_____
8	279 Molly Macdonald	Dartmouth Hi	4.29m	_____
9	391 Ilya Oystreck	Five Bridges	4.05m	_____
10	377 Elizabeth Weinberg	Fairview Jun	4.33m	_____
11	146 Abigail Gaudet	Brookside Ju	4.11m	_____
12	277 Brianna Hoskin	Dartmouth Hi	4.67m	_____
13	489 Esja Nener	Halifax Inde	3.88m	_____
14	141 Lily Williams	Bicentennial	4.73m	_____
15	204 Jane Van Kessel	Charles P. A	4.70m	_____
16	278 Teigan Long	Dartmouth Hi	4.07m	_____

Event 58 Boys Long Jump Intermediate**Wednesday 2024-05-22 - 10:00 AM**

SSNS: 6.44m 1997

David Paxton

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	610 Ini Ogunlaiye	Lockview Hig	5.22m	_____
2	510 Yoseph Masry	Halifax West	5.29m	_____
3	192 Nathan Mulholland	Charles P. A	5.59m	_____
4	570 Carter Myra	J.L. Ilsley	5.11m	_____
5	564 Omar Khalaf	J.L. Ilsley	5.21m	_____
6	370 Aaron Metzger	Fairview Jun	5.65m	_____
7	736 Fransais Palma	Sackville Hi	5.18m	_____
8	550 Ben Melnyk	Island View	5.50m	_____
9	678 Jakii Wright	Ridgecliff M	5.60m	_____
10	190 Leo Mont	Charles P. A	5.48m	_____
11	13 Ollie Nadeau	Armbrae Acad	5.66m	_____
12	223 Benjamin Kowalczyk	Citadel High	4.93m	_____
13	553 Joey Rehberg	Island View	5.28m	_____
14	612 Tucker Potter	Lockview Hig	5.44m	_____
15	746 Liam Bent	Sacred Heart	4.92m	_____
16	580 Macade Wright	J.L. Ilsley	5.08m	_____

Event 59 Girls Long Jump Senior**Thursday 2024-05-23 - 2:00 PM**

SSNS: 5.49m 2017-06-03

Denver Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	508 Ava MacNutt	Halifax West	4.24m	_____
2	68 Lauryn Hatfield	Auburn Drive	3.85m	_____
3	286 Reese Quist	Dartmouth Hi	3.73m	_____
4	567 Isobel Latta	J.L. Ilsley	4.00m	_____
5	250 Lyla Wolthausen	Citadel High	4.03m	_____
6	210 Emily Clark	Citadel High	4.83m	_____
7	638 Devika Ellickal	Millwood Hig	3.90m	_____
8	181 Bri Lawton	Charles P. A	4.28m	_____
9	548 Amy McCarthy	Island View	4.00m	_____
10	810 Lana Cushing	Woodlawn Hig	3.99m	_____
11	599 Cate Gaudry	Lockview Hig	4.30m	_____
12	75 Marley McLellan	Auburn Drive	4.30m	_____
13	468 Vivian Johnson	Halifax Gram	4.79m	_____
14	66 Ailish Fowler	Auburn Drive	4.16m	_____
15	637 Lydia Doyle	Millwood Hig	4.70m	_____
16	824 Chiara Porro	Woodlawn Hig	3.74m	_____

Event 60 Boys Long Jump Senior**Wednesday 2024-05-22 - 2:00 PM**

SSNS: 7.15m 1956

Dave Lucas

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	91 Tomiwa Wale-Akinola	Auburn Drive	5.38m	_____
2	549 Thomas McDonald	Island View	5.76m	_____
3	123 Ayden Rondeau	Bay View Hig	5.71m	_____
4	206 Zack Walker	Charles P. A	5.45m	_____
5	501 Victor Dao	Halifax West	5.42m	_____
6	92 Nathan Webb	Auburn Drive	5.43m	_____
7	829 Sohit Tatisetti	Woodlawn Hig	5.15m	_____
8	560 Alex Hatchard	J.L. Ilsley	4.77m	_____
9	169 Ben Chambers	Charles P. A	5.35m	_____
10	213 Harrison Dunphy	Citadel High	5.34m	_____
11	87 Sydney Stonehouse	Auburn Drive	5.25m	_____
12	806 Jarmar Berglund-Simmon	Woodlawn Hig	5.12m	_____
13	725 Jabari Benjamin	Sackville Hi	5.93m	_____
14	272 David Babalola	Dartmouth Hi	6.18m	_____
15	804 Dylan Armitage	Woodlawn Hig	4.85m	_____
16	240 Corey Ross	Citadel High	5.29m	_____
17				_____



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Event 61 Girls High Jump Junior

Wednesday 2024-05-22 - 10:00 AM

SSNS: 1.63m 2004

Laura Maessen

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	396 Scarlett Turner	Five Bridges	1.30m
2	658 Ruby McCormack	Oxford Schoo	1.30m
3	426 Eleanor McHenry	Gorsebrook J	1.40m
4	41 Lily McGrath	Astral Drive	1.40m
5	787 Alora Mabe	Summit Acade	1.30m
6	488 Fiona Gardner	Halifax Inde	1.35m
7	668 Arizona Sparks	Park West Sc	1.25m
8	675 Denae Smith	Ridgecliff M	1.35m
9	492 Freida Quinn	Halifax Inde	1.30m
10	412 Ava Manley	Georges P. V	1.25m
11	666 Alex Fraser	Park West Sc	1.25m
12	422 Annika Compton	Gorsebrook J	1.25m
13	399 Olivia Sampson	Gaetz Brook	1.25m
14	56 Teniola Wale-Akinola	Astral Drive	1.30m
15	623 Lily Jodrey	Madeline Sym	1.30m
16	372 Michaela Salomon	Fairview Jun	1.30m
17	384 Siena Flight	Five Bridges	1.30m

Event 62 Boys High Jump Junior

Thursday 2024-05-23 - 12:00 PM

SSNS: 1.77m 2004

Brandon Mallally

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	680 Rynase Fomeni Nkanyo	Rockingstone	1.35m
2	447 Aaron Macvay	Halifax Cent	1.35m
3	35 Kaz Hillier	Astral Drive	1.40m
4	402 Max Brien	Georges P. V	1.45m
5	588 Landis Payne	Leslie Thoma	1.35m
6	46 Henry Muisse	Astral Drive	1.40m
7	393 Robinson Rievaj	Five Bridges	1.40m
8	427 Ryland Norman	Gorsebrook J	1.35m
9	621 Blake Boutlier	Madeline Sym	1.50m
10	43 Owen McLellan	Astral Drive	1.35m
11	295 Joshua Bent	Dartmouth So	1.45m
12	333 Jack Pelham	Elizabeth Su	1.35m
13	618 Cameron Baillie	Madeline Sym	1.35m
14	331 William Mestdagh	Elizabeth Su	1.55m
15	255 Max Al-Molky	Clayton Park	1.35m
16	385 Ewan Gillis	Five Bridges	1.45m
17	617 Ethan Aucoin	Madeline Sym	1.40m
18	352 Luca Barreiro	Eric Graves	1.60m

Event 63 Girls High Jump Intermediate

Wednesday 2024-05-22 - 12:00 PM

SSNS: 1.72m 1986

Tracey Loke

Ties: 1.72m 1986

Natalie Munroe

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	102 Olivia Cameron	Bay View Hig	1.30m
2	807 Jada Bonang	Woodlawn Hig	1.30m
3	466 Zoe Hunter	Halifax Gram	1.30m
4	139 Tori Rendell	Bicentennial	1.30m
5	732 Chloe MacKenzie	Sackville Hi	1.30m
6	449 Liae Yang	Halifax Cent	1.35m
7	16 Peyton Phillips	Armbrae Acad	1.35m
8	245 Olivia Smith	Citadel High	1.35m
9	198 Simi Shodunke	Charles P. A	1.50m
10	785 Libby Zhang	St. Agnes Ju	1.40m
11	771 Ava Khoury	St. Agnes Ju	1.40m
12	61 Alena Collens	Auburn Drive	1.35m
13	54 Alena Trecartin	Astral Drive	1.35m
14	754 Olivia Hunter	Sacred Heart	1.30m
15	799 Kennedy May	West Bedford	1.45m
16	58 Ayala Bengoa	Auburn Drive	1.35m
17	37 Giana Lozier	Astral Drive	1.50m

Event 64 Boys High Jump Intermediate

Thursday 2024-05-23 - 2:00 PM

SSNS: 1.95m 1988

Charles MacKay

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	584 Luke Nesbitt	John Martin	1.45m
2	572 Lauchlan Peters	J.L. Ilsley	1.55m
3	709 Daniel Samseddi	Rocky Lake J	1.50m
4	610 Ini Ogunlaiye	Lockview Hig	1.45m
5	285 Caleb Oloruntoyin-Balog	Dartmouth Hi	1.55m
6	559 Alex Gyorfi	J.L. Ilsley	1.50m
7	327 Owen Weigelin	Mosaïque	1.50m
8	465 King He	Halifax Gram	1.65m
9	430 David Bartlett	Graham Creig	1.55m
10	382 Quinn Campbell	Five Bridges	1.50m
11	500 Sam Bryson	Halifax West	1.45m
12	45 Sam McLernon	Astral Drive	1.55m
13	546 Aidan MacLean	Island View	1.55m
14	109 Dunovan Jay	Bay View Hig	1.75m
15	523 Cameron Selig	Halifax West	1.65m
16	553 Joey Rehberg	Island View	1.75m

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Event 65 Girls High Jump Senior**Wednesday 2024-05-22 - 2:00 PM**SSNS: 1.81m 2023-06-12 **Jenessa Wolfe**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	76 Lucy Milheron	Auburn Drive	1.15m
2	809 Kaylee Croft	Woodlawn Hig	1.40m
3	184 Lindsay MacNeil	Charles P. A	1.45m
4	181 Bri Lawton	Charles P. A	1.40m
5	219 Deja Hooper-Dixon	Citadel High	1.40m
6	505 Abby LeBlanc-O'Malley	Halifax West	1.35m
7	637 Lydia Doyle	Millwood Hig	1.40m
8	247 Sophia Tugwell	Citadel High	1.20m
9	603 Kaitlyn Langille	Lockview Hig	1.50m
10	808 Jessica Brown	Woodlawn Hig	1.25m
11	468 Vivian Johnson	Halifax Gram	1.55m
12	89 Havelie Vanhelden	Auburn Drive	1.35m
13	210 Emily Clark	Citadel High	1.50m
14	599 Cate Gaudry	Lockview Hig	1.55m
15	75 Marley McLellan	Auburn Drive	1.65m
16			

Event 66 Boys High Jump Senior**Thursday 2024-05-23 - 10:00 AM**SSNS: 2.06m 1981 **Tim Wrigley**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	804 Dylan Armitage	Woodlawn Hig	1.35m
2	104 Yucan Chen	Bay View Hig	1.40m
3	645 Ryan Miller	Millwood Hig	1.40m
4	501 Victor Dao	Halifax West	1.55m
5	60 Zander Caines	Auburn Drive	1.40m
6	478 Sam Olugu	Halifax Gram	1.65m
7	513 Ethan Metzger	Halifax West	1.70m
8	213 Harrison Dunphy	Citadel High	1.65m
9	123 Ayden Rondeau	Bay View Hig	1.70m
10	63 Noah Dumouchelle	Auburn Drive	1.50m
11	733 Sean McDowell	Sackville Hi	1.35m
12	206 Zack Walker	Charles P. A	1.75m
13	272 David Babalola	Dartmouth Hi	1.75m
14	549 Thomas McDonald	Island View	1.80m
15			
16			

Event 67 Girls Triple Jump Junior**Wednesday 2024-05-22 - 2:00 PM**SSNS: 11.00m 2016-06-03 **Sierra Sweeney**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	51 Macie Sheppard	Astral Drive	8.37m
2	624 Maelle Jodrey	Madeline Sym	8.42m
3	658 Ruby McCormack	Oxford Schoo	9.03m
4	369 Myra McDonald	Fairview Jun	7.86m
5	299 Cassidy Trudeau	Dartmouth So	7.83m
6	720 Kayla Number	Sackville He	8.24m
7	359 Nour Elkaoul	Fairview Jun	7.76m
8	426 Eleanor McHenry	Gorsebrook J	8.90m
9	654 Remi Herbert	Oxford Schoo	8.42m
10	702 Violet Nam	Rocky Lake J	8.79m
11	410 Addison Labucki	Georges P. V	9.26m
12	783 Sam Terrio	St. Agnes Ju	8.88m
13	361 Lacey Hanley	Fairview Jun	8.01m
14	41 Lily McGrath	Astral Drive	8.36m
15	694 Laura Hill	Rocky Lake J	8.23m
16	620 Avery Bootland	Madeline Sym	8.49m

Event 68 Boys Triple Jump Junior**Thursday 2024-05-23 - 10:00 AM**SSNS: 12.03m 2012 **Kaelan Schmidt**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	52 Bryce Steele	Astral Drive	9.08m
2	47 Colby O'Shaughnessy	Astral Drive	9.50m
3	18 Fin Sangster	Armbrae Acad	9.45m
4	8 Bannen Greene	Armbrae Acad	9.00m
5	617 Ethan Aucoin	Madeline Sym	9.58m
6	784 Linden Todd	St. Agnes Ju	9.54m
7	401 Henry Berger	Georges P. V	8.74m
8	416 Marshall Potter	Georges P. V	8.98m
9	333 Jack Pelham	Elizabeth Su	9.24m
10	621 Blake Boutlier	Madeline Sym	9.94m
11	259 Laolu Oladele	Clayton Park	9.17m
12	688 Raphael Choi	Rocky Lake J	9.09m
13	402 Max Brien	Georges P. V	10.38m
14	300 Maddox Burke	East Coast V	9.12m
15	140 Lucas Rent	Bicentennial	8.79m
16	356 Natnael Abreha	Fairview Jun	9.34m

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Event 69 Girls Triple Jump Intermediate**Wednesday 2024-05-22 - 10:00 AM**

SSNS: 11.19m 2016-06-03 Gabrielle Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	775 Emmy Mastnak	St. Agnes Ju	9.22m	_____
2	673 Julia Morales	Ridgecliff M	8.72m	_____
3	518 Chanelle Rodriguez-Cooq	Halifax West	9.95m	_____
4	489 Esja Nener	Halifax Inde	8.57m	_____
5	726 Zaila Benjamin	Sackville Hi	10.61m	_____
6	755 Kailyn Kaulback	Sacred Heart	8.80m	_____
7	53 Isabelle Steele	Astral Drive	8.75m	_____
8	761 Isobel Schrader	Sacred Heart	8.68m	_____
9	279 Molly Macdonald	Dartmouth Hi	9.10m	_____
10	168 Jada Buchanan	Charles P. A	9.77m	_____
11	276 Peyton Crowe	Dartmouth Hi	8.57m	_____
12	781 Lora Pelivanov	St. Agnes Ju	9.35m	_____
13	98 Kara Boehm	Bay View Hig	8.74m	_____
14	198 Simi Shodunke	Charles P. A	9.35m	_____
15	90 Reese Vautour	Auburn Drive	8.51m	_____
16	179 Breanna Kuehner	Charles P. A	8.75m	_____

Event 70 Boys Triple Jump Intermediate**Thursday 2024-05-23 - 12:00 PM**

SSNS: 13.82m 1986 Mike Arodugba

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	672 Seth May	Ridgecliff M	10.24m	_____
2	580 Macade Wright	J.L. Ilsley	11.03m	_____
3	692 Conor Gilfoyle	Rocky Lake J	10.64m	_____
4	746 Liam Bent	Sacred Heart	10.01m	_____
5	700 Prem Mistry	Rocky Lake J	10.30m	_____
6	269 Alex Ansems	Dartmouth Hi	10.49m	_____
7	767 Ethan Daniel	St. Agnes Ju	10.01m	_____
8	523 Cameron Selig	Halifax West	9.91m	_____
9	611 Owen Paris	Lockview Hig	10.33m	_____
10	370 Aaron Metzger	Fairview Jun	12.98m	_____
11	167 Finn Bootland	Charles P. A	10.70m	_____
12	441 Pj Bilek	Halifax Cent	10.18m	_____
13	671 Naeem Kelly	Ridgecliff M	9.98m	_____
14	45 Sam McLernon	Astral Drive	10.54m	_____
15	190 Leo Mont	Charles P. A	11.68m	_____
16	509 Robert Martin	Halifax West	11.42m	_____

Event 71 Girls Triple Jump Senior**Wednesday 2024-05-22 - 12:00 PM**

SSNS: 11.71m 2018-06-01 Gabrielle Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	644 Kathryn MacEachern	Millwood Hig	8.77m	_____
2	181 Bri Lawton	Charles P. A	10.41m	_____
3	250 Lyla Wolthausen	Citadel High	8.55m	_____
4	520 Feyikemi Rotimi	Halifax West	8.91m	_____
5	599 Cate Gaudry	Lockview Hig	10.24m	_____
6	808 Jessica Brown	Woodlawn Hig	8.06m	_____
7	567 Isobel Latta	J.L. Ilsley	7.84m	_____
8	66 Ailish Fowler	Auburn Drive	10.08m	_____
9	468 Vivian Johnson	Halifax Gram	10.41m	_____
10	75 Marley McLellan	Auburn Drive	9.50m	_____
11	508 Ava MacNutt	Halifax West	9.16m	_____
12	194 Kaleigh Oulton	Charles P. A	8.47m	_____

Event 72 Boys Triple Jump Senior**Thursday 2024-05-23 - 2:00 PM**

SSNS: 14.25m 1964 Howie Jackson

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	829 Sohith Tatisetti	Woodlawn Hig	10.17m	_____
2	116 Dawson MacNeil	Bay View Hig	10.42m	_____
3	124 Tommaso Scardecchia	Bay View Hig	10.98m	_____
4	240 Corey Ross	Citadel High	10.83m	_____
5	63 Noah Dumouchelle	Auburn Drive	10.19m	_____
6	197 Isaiah Salanic	Charles P. A	10.31m	_____
7	123 Ayden Rondeau	Bay View Hig	11.30m	_____
8	463 Adebisi Folu	Halifax Gram	ND	_____
9	725 Jabari Benjamin	Sackville Hi	12.58m	_____
10	206 Zack Walker	Charles P. A	11.06m	_____
11	272 David Babalola	Dartmouth Hi	12.42m	_____
12	501 Victor Dao	Halifax West	11.40m	_____
13	91 Tomiwa Wale-Akinola	Auburn Drive	10.54m	_____
14				_____

2024 SSNS Capital Regional Championships - 2024-05-22 to 2024-05-23

Meet Program

Event 73 Girls Shot Put 3kg Junior

Thursday 2024-05-23 - 10:00 AM

SSNS: 11.58m 2010

Taylor Stutley

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	664 Rylynne Smith	Oyster Pond	8.20m	_____
2	364 Lily Langley	Fairview Jun	7.30m	_____
3	494 Scarlett Stevenson	Halifax Inde	7.90m	_____
4	397 Delaney MacKenzie	Gaetz Brook	7.38m	_____
5	682 Tenzil Musa	Rockingstone	7.25m	_____
6	22 Piper Anderson	Astral Drive	7.84m	_____
7	693 Emily Gorman	Rocky Lake J	7.98m	_____
8	362 Isla Hopkins	Fairview Jun	8.09m	_____
9	417 Rory Sno-Wood	Georges P. V	7.51m	_____
10	717 Abby Arbuckle	Sackville He	7.56m	_____
11	1 Isabelle Pickup	A.J. Smeltze	7.55m	_____
12	366 Johanna Lobban	Fairview Jun	7.70m	_____
13	19 Abby Sullivan	Armbrae Acad	7.20m	_____
14	302 Ruth Gatama	Eastern Pass	7.39m	_____
15	653 Sade Daramola	Oxford Schoo	8.55m	_____
16	358 Gracie Downing	Fairview Jun	8.20m	_____

Event 74 Boys Shot Put 4kg Junior

Wednesday 2024-05-22 - 10:00 AM

SSNS: 14.37m 2016-06-03

Logan Taylor

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	537 Bruin Ritcey	Herring Cove	8.27m	_____
2	353 Jace Haggerty	Eric Graves	8.37m	_____
3	716 Vaughn McHarg	Ross Road	8.57m	_____
4	535 Nathan Laba	Harold T. Ba	8.54m	_____
5	487 Cohen Francis	Halifax Inde	9.97m	_____
6	355 Rush Warren	Eric Graves	8.27m	_____
7	143 Austin Briggs	Brookside Ju	8.84m	_____
8	665 Mohannad Al Jaber	Park West Sc	9.92m	_____
9	379 Xavier Axhorn	Five Bridges	9.00m	_____
10	352 Luca Barreiro	Eric Graves	9.45m	_____
11	48 Ethan Parsons	Astral Drive	8.98m	_____
12	538 Lennox Francis	Highland Par	9.02m	_____
13	153 Pierce Northrup	Brookside Ju	8.62m	_____
14	418 Jayden Tillman	Georges P. V	8.80m	_____
15	312 Lamar Gallant	Carrefour	9.76m	_____
16	445 Beau Gallant	Halifax Cent	8.64m	_____
17	47 Colby O'Shaughnessy	Astral Drive	9.14m	_____

Event 75 Girls Shot Put 4kg Intermediate

Thursday 2024-05-23 - 2:00 PM

SSNS: 12.98m 2009

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	765 Aeesha Chege	St. Agnes Ju	6.60m	_____
2	596 Paityn Fownes	Lockview Hig	6.94m	_____
3	699 Brynn Martin	Rocky Lake J	6.79m	_____
4	439 Thea Watts	Graham Creig	6.46m	_____
5	592 Emma Browne	Lockview Hig	6.75m	_____
6	758 Jaden McArthur	Sacred Heart	6.65m	_____
7	339 Brooklyn Keizer	Ellenvale Ju	6.77m	_____
8	16 Peyton Phillips	Armbrae Acad	7.59m	_____
9	830 Chris Thomey	Woodlawn Hig	7.65m	_____
10	158 Kierra Johnson	Caledonia Ju	6.88m	_____
11	471 Malaya-Joy Leger	Halifax Gram	7.84m	_____
12	236 Ella Porter	Citadel High	6.90m	_____
13	713 Rylyn Ernst	Ross Road	6.51m	_____
14	74 Maddie MacNeil	Auburn Drive	6.54m	_____
15	93 Lola Welcher	Auburn Drive	6.40m	_____
16	591 Eilidh Bint	Lockview Hig	6.71m	_____

Event 76 Boys Shot Put 5kg Intermediate

Wednesday 2024-05-22 - 2:00 PM

SSNS: 14.88m 2016-06-03

Cameron Whynot

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	200 Mac Taylor	Charles P. A	8.79m	_____
2	689 Nick Clarke	Rocky Lake J	9.62m	_____
3	540 Kevin Buckland	Island View	9.50m	_____
4	249 Danny Walters	Citadel High	9.24m	_____
5	667 Niko Katsihtis	Park West Sc	10.48m	_____
6	112 Ashton Macdonald	Bay View Hig	9.10m	_____
7	774 Max Makropoulos	St. Agnes Ju	8.95m	_____
8	482 Tim Seoul	Halifax Gram	9.30m	_____
9	346 Eme Olugu	Ellenvale Ju	8.49m	_____
10	109 Dunovan Jay	Bay View Hig	10.62m	_____
11	154 Callum Quinn	Brookside Ju	8.96m	_____
12	292 Sydney Watt	Dartmouth Hi	8.52m	_____
13	84 Colby Steele	Auburn Drive	8.81m	_____
14	728 Joel Dickinson	Sackville Hi	9.05m	_____
15	294 Samuel Williams	Dartmouth Hi	11.14m	_____
16	248 Callum Walsh	Citadel High	8.65m	_____

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Meet Program

Event 77 Girls Shot Put 4kg Senior

Thursday 2024-05-23 - 12:00 PM

SSNS: 13.26m 2010

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	205 Reegan Wagg	Charles P. A		8.34m
2	219 Deja Hooper-Dixon	Citadel High		7.50m
3	600 Cicely Harnum	Lockview Hig		7.18m
4	234 Ryli Nolan	Citadel High		7.35m
5	185 Finlay Macpherson	Charles P. A		7.72m
6	477 Wawa Ojo	Halifax Gram		6.78m
7	635 Violet Coffin	Millwood Hig		7.56m
8	271 Marin Aucoin	Dartmouth Hi		6.88m
9	641 Anna Jones	Millwood Hig		6.00m
10	520 Feyikemi Rotimi	Halifax West		8.59m
11	479 Ruth O'Regan	Halifax Gram		8.96m
12	181 Bri Lawton	Charles P. A		6.96m
13	548 Amy McCarthy	Island View		6.86m
14	809 Kaylee Croft	Woodlawn Hig		6.52m
15	599 Cate Gaudry	Lockview Hig		8.18m
16	207 Rihana Almeraj	Citadel High		6.91m

Event 78 Boys Shot Put 6kg Senior

Wednesday 2024-05-22 - 12:00 PM

SSNS: 16.17m 2012

Peter Millman

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	499 Ryan Brown	Halifax West		8.87m
2	165 Matt Aucoin	Charles P. A		10.02m
3	101 Jack Britton	Bay View Hig		9.80m
4	547 Konstantin Malbeuf	Island View		8.98m
5	519 Sam Ross	Halifax West		7.34m
6	601 Campbell Heighway	Lockview Hig		9.36m
7	87 Sydney Stonehouse	Auburn Drive		10.04m
8	498 Nwadiioramma Azuka-O	Halifax West		7.81m
9	80 Jaden Phinney	Auburn Drive		8.90m
10	554 Roman Sabinski	Island View		8.78m
11	202 Mason Thurber	Charles P. A		9.10m
12	821 Anthony Maxwell	Woodlawn Hig		7.58m
13				
14				
15				
16				

Event 79 Girls Discus Throw 0.75kg Junior

Wednesday 2024-05-22 - 12:00 PM

SSNS: 30.10m 2019-05-31

Sara Scott

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	619 Emma Bayer	Madeline Sym		19.71m
2	364 Lily Langley	Fairview Jun		21.60m
3	662 Abigale Fahie	Oyster Pond		20.17m
4	712 Lyla Dauphinee	Ross Road		19.30m
5	161 Azeetat Oyinlola	Caledonia Ju		22.64m
6	343 Sophie Mitchell	Ellenvale Ju		20.41m
7	347 Ava Randall	Ellenvale Ju		19.64m
8	157 Emily Harding	Caledonia Ju		19.67m
9	383 Addison Christie	Five Bridges		18.53m
10	623 Lily Jodrey	Madeline Sym		18.84m
11	664 Rylynn Smith	Oyster Pond		22.88m
12	682 Tenzil Musa	Rockingstone		19.94m
13	494 Scarlett Stevenson	Halifax Inde		22.81m
14	455 Carys Bourgeois	Halifax Gram		20.53m
15	302 Ruth Gatama	Eastern Pass		20.49m
16	397 Delaney MacKenzie	Gaetz Brook		26.40m

Event 80 Boys Discus Throw 1kg Junior

Thursday 2024-05-23 - 2:00 PM

SSNS: 46.76m 2022-06-04

Max Minihan

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	379 Xavier Axhorn	Five Bridges		22.54m
2	355 Rush Warren	Eric Graves		23.31m
3	142 D'Arcy Atchison	Brookside Ju		21.95m
4	374 Ian Seok	Fairview Jun		22.18m
5	495 Finn Weatherbee	Halifax Inde		23.54m
6	353 Jace Haggerty	Eric Graves		25.37m
7	444 Daniel Chisholm	Halifax Cent		25.58m
8	538 Lennox Francis	Highland Par		27.64m
9	143 Austin Briggs	Brookside Ju		22.59m
10	50 Alex Sheppard	Astral Drive		21.18m
11	153 Pierce Northrup	Brookside Ju		21.10m
12	30 Jack Guay	Astral Drive		23.85m
13	703 Milo Noble	Rocky Lake J		23.62m
14	433 Brayden Cound	Graham Creig		22.45m
15	334 Yejun Sun	Elizabeth Su		24.09m
16	764 Gabriel Adams	St. Agnes Ju		23.12m



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2024 SSNS Capital Regional Championships - 2024-05-22 to 2024-05-23

Meet Program

Event 81 Girls Discus Throw 1kg Intermediate

Wednesday 2024-05-22 - 2:00 PM

SSNS: 39.15m 2012

Sarah Colborne

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	105 Sarah Dantz	Bay View Hig	19.72m
2	489 Esja Nener	Halifax Inde	18.90m
3	394 Amelya Seymour	Five Bridges	22.05m
4	38 Isabelle Lukenda	Astral Drive	20.59m
5	236 Ella Porter	Citadel High	18.84m
6	376 Asha Wagner	Fairview Jun	19.78m
7	754 Olivia Hunter	Sacred Heart	20.40m
8	138 Cate Norman	Bicentennial	19.46m
9	592 Emma Browne	Lockview Hig	19.36m
10	765 Aesha Chege	St. Agnes Ju	20.16m
11	576 Brooklyn Veinot	J.L. Ilsley	26.50m
12	146 Abigail Gaudet	Brookside Ju	19.51m
13	228 Kelsey McKinnon	Citadel High	19.36m
14	186 Millie Madden	Charles P. A	23.09m
15	108 Chole Hudgins	Bay View Hig	19.05m
16	27 Rowan Cutcliff	Astral Drive	17.71m
17	391 Ilya Oystreck	Five Bridges	20.71m

Event 82 Boys Discus Throw 1.5kg Intermediate

Thursday 2024-05-23 - 10:00 AM

SSNS: 43.15m 2023-06-13

Max Minihan

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	550 Ben Melnyk	Island View	23.18m
2	490 Harry Nickerson	Halifax Inde	22.88m
3	248 Callum Walsh	Citadel High	23.51m
4	249 Danny Walters	Citadel High	24.16m
5	482 Tim Seoul	Halifax Gram	25.77m
6	303 Rylan Bent	Eastern Shor	28.03m
7	251 Luke Young	Citadel High	24.04m
8	634 Noah Channing	Millwood Hig	24.70m
9	569 Ibrahim Msabaha	J.L. Ilsley	24.39m
10	109 Dunovan Jay	Bay View Hig	26.08m
11	321 Vaughan Lewis	Mer et Monde	22.79m
12	154 Callum Quinn	Brookside Ju	25.97m
13	289 Curtis Snelgrove	Dartmouth Hi	30.00m
14	149 Aidan Langille	Brookside Ju	24.86m
15	609 Oliver Murphy	Lockview Hig	23.34m
16	304 Andrew Colbourne	Eastern Shor	36.29m

Event 83 Girls Discus Throw 1kg Senior

Wednesday 2024-05-22 - 10:00 AM

SSNS: 41.92m 2012

Kayla Gallagher

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	75 Marley McLellan	Auburn Drive	17.72m
2	600 Cicely Harnum	Lockview Hig	20.72m
3	641 Anna Jones	Millwood Hig	13.82m
4	479 Ruth O'Regan	Halifax Gram	20.58m
5	552 Sofia Osborne	Island View	18.04m
6	307 Morgan Dobson	Eastern Shor	19.51m
7	831 Ria Walling	Woodlawn Hig	ND
8	262 Wave Woodman	Cole Harbour	14.07m
9	577 Maddy Watts	J.L. Ilsley	16.45m
10	286 Reese Quist	Dartmouth Hi	18.94m
11	820 Stephanie Maristela	Woodlawn Hig	14.35m
12	185 Finlay Macpherson	Charles P. A	16.87m
13	477 Wawa Ojo	Halifax Gram	14.77m
14	511 Julia McInnis	Halifax West	17.59m
15	193 Aine O'Neil	Charles P. A	20.15m
16	271 Marin Aucoin	Dartmouth Hi	18.00m
17	520 Feyikemi Rotimi	Halifax West	24.47m

Event 84 Boys Discus Throw 1.75kg Senior

Thursday 2024-05-23 - 12:00 PM

SSNS: 49.76m 2012

Peter Millman

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	829 Sohit Tatisetti	Woodlawn Hig	10.72m
2	821 Anthony Maxwell	Woodlawn Hig	10.01m
3	243 Nathan Schelew	Citadel High	19.01m
4	562 Taylor Hollett	J.L. Ilsley	19.60m
5	496 Michael Ajuwon	Halifax West	18.17m
6	594 Miles Chute	Lockview Hig	26.54m
7	202 Mason Thurber	Charles P. A	25.73m
8	519 Sam Ross	Halifax West	19.05m
9	107 Noah Giffin	Bay View Hig	26.38m
10	80 Jaden Phinney	Auburn Drive	27.28m
11	111 Quinn Little	Bay View Hig	28.46m
12	87 Sydney Stonehouse	Auburn Drive	26.50m
13	742 Landon Smith	Sackville Hi	30.20m
14	165 Matt Aucoin	Charles P. A	26.43m
15			
16			



2024 SSNS Capital Regional Championships - 2024-05-22 to 2024-05-23
Meet Program

Event 85 Girls Javelin Throw 400g Junior**Thursday 2024-05-23 - 2:00 PM**

SSNS: 37.38m 1999

Katherine Markusson

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	351 Emma Wadden	Ellenvale Ju	18.14m	_____
2	364 Lily Langley	Fairview Jun	19.96m	_____
3	254 Marya Al Houshan	Clayton Park	22.99m	_____
4	378 Amelia Alexander	Five Bridges	22.27m	_____
5	157 Emily Harding	Caledonia Ju	17.47m	_____
6	400 Emily Sinclair-White	Gaetz Brook	21.83m	_____
7	619 Emma Bayer	Madeline Sym	23.51m	_____
8	414 Joss Moran	Georges P. V	20.15m	_____
9	297 Ellie Jreige	Dartmouth So	18.39m	_____
10	662 Abigale Fahie	Oyster Pond	21.91m	_____
11	388 Victoria Jean	Five Bridges	20.95m	_____
12	780 Ellie Panopolis	St. Agnes Ju	24.57m	_____
13	409 Georgia Hines	Georges P. V	24.69m	_____
14	1 Isabelle Pickup	A.J. Smeltze	22.86m	_____
15	682 Tenzil Musa	Rockingstone	18.91m	_____
16	343 Sophie Mitchell	Ellenvale Ju	17.58m	_____

Event 91 Boys Javelin Throw 600g Junior**Wednesday 2024-05-22 - 2:00 PM**

SSNS: 45.48m 2015

Michael Adams

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	140 Lucas Rent	Bicentennial	20.33m	_____
2	456 Darian Brown	Halifax Gram	19.76m	_____
3	703 Milo Noble	Rocky Lake J	28.98m	_____
4	663 Chance Murphy-Manuel	Oyster Pond	22.49m	_____
5	143 Austin Briggs	Brookside Ju	31.17m	_____
6	683 Paul Paras	Rockingstone	21.50m	_____
7	379 Xavier Axhorn	Five Bridges	24.65m	_____
8	448 Harrison Morash	Halifax Cent	20.82m	_____
9	42 Sam McGrath	Astral Drive	22.67m	_____
10	367 Jasper Macaulay	Fairview Jun	22.29m	_____
11	371 Tajuddin Mume	Fairview Jun	27.51m	_____
12	485 Jay Yuan	Halifax Gram	21.09m	_____
13	676 Sawyer Swim	Ridgecliff M	24.92m	_____
14	28 Thane Day	Astral Drive	21.87m	_____
15	681 Khaled Hazim	Rockingstone	20.91m	_____
16	621 Blake Boutlier	Madeline Sym	28.16m	_____

Event 97 Girls Javelin Throw 500g Intermediate**Thursday 2024-05-23 - 12:00 PM**

SSNS: 41.73m 2016-06-04

Madelyn Quinn

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	316 Eleyna Brooks	Ecole du Sommet	22.11m	_____
2	336 Mady Chandler	Ellenvale Ju	20.46m	_____
3	466 Zoe Hunter	Halifax Gram	17.85m	_____
4	557 Victoria Gallant	J.L. Ilsley	20.04m	_____
5	435 Deandra Gibson	Graham Creig	18.22m	_____
6	639 Quinn Groomsbridge	Millwood Hig	19.39m	_____
7	38 Isabelle Lukenda	Astral Drive	20.20m	_____
8	480 Grace Qu	Halifax Gram	16.48m	_____
9	491 Lila Pothier	Halifax Inde	16.76m	_____
10	146 Abigail Gaudet	Brookside Ju	20.99m	_____
11	215 Lyric Eltvik	Citadel High	20.00m	_____
12	6 Mariah Dicks	Armbrae Acad	23.22m	_____
13	186 Millie Madden	Charles P. A	29.35m	_____
14	699 Brynn Martin	Rocky Lake J	21.98m	_____
15	655 Erin Hope	Oxford Schoo	18.94m	_____
16				_____

Event 103 Boys Javelin Throw 700g Intermediate**Wednesday 2024-05-22 - 12:00 PM**

SSNS: 54.19m 2019-05-31

Noah Berniquer

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	395 Ryan Stover	Five Bridges	27.93m	_____
2	321 Vaughan Lewis	Mer et Monde	24.67m	_____
3	613 Jack Robichaud	Lockview Hig	31.95m	_____
4	730 Sheppard Hyslop	Sackville Hi	30.65m	_____
5	556 Coulton Downey	J.L. Ilsley	24.46m	_____
6	398 Gavin MacKenzie	Gaetz Brook	27.54m	_____
7	303 Rylan Bent	Eastern Shor	35.49m	_____
8	309 Hunter Haverstock	Eastern Shor	33.49m	_____
9	357 Ethan Burgess	Fairview Jun	27.48m	_____
10	251 Luke Young	Citadel High	30.38m	_____
11	575 Holden Sewart	J.L. Ilsley	30.13m	_____
12	323 Alex Roberge	Mer et Monde	30.07m	_____
13	724 Noah Baird	Sackville Hi	28.05m	_____
14	503 Eunchan (Jude) Jeong	Halifax West	24.39m	_____
15	200 Mac Taylor	Charles P. A	40.16m	_____
16	766 Kyriakos Christensen	St. Agnes Ju	25.04m	_____



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Meet Program

Event 109 Girls Javelin Throw 600g Senior

Thursday 2024-05-23 - 10:00 AM

SSNS: 44.20m 2010

Chelsea Whalen

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	477 Wawa Ojo	Halifax Gram	17.14m
2	219 Deja Hooper-Dixon	Citadel High	25.24m
3	193 Aine O'Neil	Charles P. A	22.41m
4	598 Ana Garcia	Lockview Hig	12.76m
5	126 Emily Webster	Bay View Hig	13.06m
6	207 Rihanna Almeraj	Citadel High	20.01m
7	820 Stephanie Maristela	Woodlawn Hig	20.27m
8	205 Reegan Wagg	Charles P. A	20.10m
9	632 Emma Boonstra	Millwood Hig	16.12m
10	181 Bri Lawton	Charles P. A	11.50m
11	232 Bronwyn Murphy	Citadel High	18.47m
12	641 Anna Jones	Millwood Hig	13.04m
13	511 Julia McInnis	Halifax West	19.47m
14	271 Marin Aucoin	Dartmouth Hi	14.81m
15	809 Kaylee Croft	Woodlawn Hig	18.38m
16	603 Kaitlyn Langille	Lockview Hig	29.89m
17			
18			

Event 115 Boys Javelin Throw 800g Senior

Wednesday 2024-05-22 - 10:00 AM

SSNS: 61.64m 2005

Adam Wolkins

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	804 Dylan Armitage	Woodlawn Hig	29.94m
2	87 Sydney Stonehouse	Auburn Drive	31.53m
3	499 Ryan Brown	Halifax West	26.28m
4	594 Miles Chute	Lockview Hig	34.14m
5	558 Brayden Giles	J.L. Ilsley	26.06m
6	243 Nathan Schelew	Citadel High	28.07m
7	549 Thomas McDonald	Island View	32.44m
8	517 Farhan Nur	Halifax West	ND
9	165 Matt Aucoin	Charles P. A	35.39m
10	821 Anthony Maxwell	Woodlawn Hig	18.47m
11	742 Landon Smith	Sackville Hi	36.54m
12	117 Leo Mile	Bay View Hig	35.69m
13	554 Roman Sabinski	Island View	31.82m
14	496 Michael Ajuwon	Halifax West	18.62m
15	829 Sohith Tatisetti	Woodlawn Hig	18.96m
16	177 William Jennings	Charles P. A	31.58m
17	562 Taylor Hollett	J.L. Ilsley	ND
18	498 Nwadiioramma Azuka-O	Halifax West	22.42m

Event 120 Girls 100 Meter Dash Supported Junior

Wednesday 2024-05-22 - 10:30 AM

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1			
2			
3	436 Nevaeh Mills	Graham Creig	35.27
4	407 Quinn Hawley	Georges P. V	49.53
5	432 Kylee Cameron	Graham Creig	33.82
6			
7			
8			
Section 2 of 2 Finals			
1	136 Ber'nyiah Lewis	Bicentennial	21.35
2	135 Charlotte Fleet	Bicentennial	21.70
3	583 Nevaeh Keleher	John Martin	20.97
4	49 Brooklynn Richard	Astral Drive	18.56
5	437 Latajiah Smith	Graham Creig	17.32
6	386 Olivia Gushue	Five Bridges	19.77
7	403 Claire Fahey	Georges P. V	29.73
8	159 Day'jah Macdonald	Caledonia Ju	24.21

Event 121 Boys 100 Meter Dash Supported Junior

Wednesday 2024-05-22 - 10:30 AM

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	40 Jacob MacLennan	Astral Drive	14.97
2	55 Evan Tremblay	Astral Drive	13.79
3	389 Blake Langdon	Five Bridges	15.72
4	628 Noah MacIntyre	Madeline Sym	14.38
5	275 Aiden Cluney	Dartmouth Hi	18.88
6	586 Thomas Smith	John Martin	17.62
7	267 Stephen Marshall	Cunard Junio	17.25
8	163 James Wainwright-Taylor	Caledonia Ju	17.32
Section 2 of 2 Finals			
1	534 Tanner Garrett	Harold T. Ba	13.13
2	268 Alex Woodbury	Cunard Junio	16.79
3	36 Owen Jewer	Astral Drive	13.18
4	431 Deray Cain-Downey	Graham Creig	12.54
5	684 Scott Stevenson	Rockingstone	15.71
6	679 Hans Dibra	Rockingstone	15.23
7	640 Zachary Hiltz	Millwood Hig	13.54
8	162 Resean Simmons- Fergus	Caledonia Ju	13.21

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Event 122 Girls 100 Meter Dash Supported Senior**Wednesday 2024-05-22 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	288 Tamara Ross	Dartmouth Hi	27.78
2	545 Amy Lizotte	Island View	22.65
3	220 Amarissa Husain Alias	Citadel High	21.78
4	797 Alivia Macdonald	West Bedford	23.11
5	531 Rachel Vassaur	Halifax West	18.58
6	729 Hana Hasani	Sackville Hi	24.05
7	71 Jorja MacCallum	Auburn Drive	18.84
8	826 Madison Shepard	Woodlawn Hig	29.76
Section 2 of 2 Finals			
1	801 Claire Simms	West Bedford	18.01
2	65 Olivia Ferus	Auburn Drive	18.36
3	96 Brooklyn Willis	Auburn Drive	16.46
4	224 Megan Lusby	Citadel High	16.15
5	225 Marissa Macisaac-Filion	Citadel High	16.67
6	515 Maggie Mills	Halifax West	17.90
7	62 Courtney Diggs	Auburn Drive	16.83
8	816 Becky Guevera	Woodlawn Hig	16.96

Event 123 Boys 100 Meter Dash Supported Senior**Wednesday 2024-05-22 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	201 Jack Thornhill	Charles P. A	12.38
2	226 Jacob Martin	Citadel High	15.45
3	293 Joseph Williams	Dartmouth Hi	14.13
4	823 Alex Perrin	Woodlawn Hig	14.61
5	827 Keegan Smith	Woodlawn Hig	15.08
6	544 Austin Johnston	Island View	12.69
7	543 Landon Fredricks	Island View	13.19
8	57 Jay-Von Beals	Auburn Drive	13.08
Section 2 of 2 Finals			
1	527 Aven Stanford	Halifax West	13.22
2	497 Hunter Ashley	Halifax West	13.54
3	239 Isaac Rockwell	Citadel High	12.62
4	542 Etienne Davila	Island View	11.56
5	737 Jacob Rafuse	Sackville Hi	10.93
6	727 Nick Cooper	Sackville Hi	12.00
7	735 Connor Miller	Sackville Hi	12.34
8	805 Jonathan Assoun-Gritten	Woodlawn Hig	13.69

Event 124 Girls Shot Put 3kg-3 throws Supported Junior**Wednesday 2024-05-22 - 11:15 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	159 Day'jah Macdonald	Caledonia Ju	2.15m
2	436 Nevaeh Mills	Graham Creig	1.50m
3	437 Latajiah Smith	Graham Creig	2.66m
4	403 Claire Fahey	Georges P. V	1.40m
5	407 Quinn Hawley	Georges P. V	1.70m
6			
7			
8			
9			
10			
11			
12			

Event 125 Boys Shot Put 4kg-3 throws Supported Junior**Wednesday 2024-05-22 - 11:15 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	163 James Wainwright-Taylor	Caledonia Ju	2.85m
2	156 Jackson Gilhen	Caledonia Ju	2.09m
3	162 Resean Simmons- Fergus	Caledonia Ju	4.74m
4	160 Nathan Negus	Caledonia Ju	2.65m
5	651 Bohdan Bogdanov	Oxford Schoo	2.79m
6	440 Dominic Wood	Graham Creig	5.00m
7	431 Deray Cain-Downey	Graham Creig	5.13m
8	640 Zachaery Hiltz	Millwood Hig	6.05m
9	684 Scott Stevenson	Rockingstone	4.93m
10	679 Hans Dibra	Rockingstone	3.83m
11	275 Aiden Cluney	Dartmouth Hi	4.13m
12	534 Tanner Garrett	Harold T. Ba	5.82m
13	404 Whyatt Hamilton	Georges P. V	4.90m
14	55 Evan Tremblay	Astral Drive	5.79m
15	40 Jacob MacLennan	Astral Drive	4.68m
16	36 Owen Jewer	Astral Drive	5.26m



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Event 126 Girls Shot Put 3kg-3 throws Supported Senior

Wednesday 2024-05-22 - 11:15 PM

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	288 Tamara Ross	Dartmouth Hi	2.92m	_____
2	65 Olivia Ferus	Auburn Drive	5.00m	_____
3	96 Brooklyn Willis	Auburn Drive	3.24m	_____
4	62 Courtney Diggs	Auburn Drive	4.42m	_____
5	224 Megan Lusby	Citadel High	3.44m	_____
6	218 Myra Galvez	Citadel High	3.48m	_____
7	220 Amarissa Husain Alias	Citadel High	3.51m	_____
8	225 Marissa Macisaac-Filion	Citadel High	4.99m	_____
9	797 Alivia Macdonald	West Bedford	2.83m	_____
10	801 Claire Simms	West Bedford	2.78m	_____
11	531 Rachel Vassaur	Halifax West	3.72m	_____
12	541 Breann Canning	Island View	3.19m	_____
13	816 Becky Guevera	Woodlawn Hig	3.35m	_____
14	812 Shyanna Dixon	Woodlawn Hig	4.27m	_____
15	734 Dawn McKenzie	Sackville Hi	3.78m	_____
16	744 Elise Twyne	Sackville Hi	3.30m	_____

Event 127 Boys Shot Put 4kg-3 throws Supported Senior

Wednesday 2024-05-22 - 11:15 AM

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	527 Aven Stanford	Halifax West	5.63m	_____
2	497 Hunter Ashley	Halifax West	5.02m	_____
3	805 Jonathan Assoun-Gritten	Woodlawn Hig	4.91m	_____
4	827 Keegan Smith	Woodlawn Hig	6.58m	_____
5	828 Lucas Song	Woodlawn Hig	5.20m	_____
6	261 Alex Hyman	Cole Harbour	5.82m	_____
7	170 Owen Charlton	Charles P. A	6.56m	_____
8	226 Jacob Martin	Citadel High	8.71m	_____
9	239 Isaac Rockwell	Citadel High	6.85m	_____
10	57 Jay-Von Beals	Auburn Drive	7.47m	_____
11	735 Connor Miller	Sackville Hi	7.50m	_____
12	738 Cory Rogers	Sackville Hi	5.90m	_____
13	737 Jacob Rafuse	Sackville Hi	9.11m	_____
14	727 Nick Cooper	Sackville Hi	9.77m	_____
15	308 Vincent Fitzmorris	Eastern Shor	6.34m	_____
16	293 Joseph Williams	Dartmouth Hi	4.70m	_____

Event 128 Girls Long Jump 3 jumps Supported Junior

Wednesday 2024-05-22 - 10:00 AM

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	159 Day'jah Macdonald	Caledonia Ju	0.85m	_____
2	436 Nevaeh Mills	Graham Creig	0.33m	_____
3	437 Latajiah Smith	Graham Creig	1.56m	_____
4	583 Nevaeh Keleher	John Martin	1.08m	_____
5				_____
6				_____

Event 129 Boys Long Jump 3 jumps Supported Junior

Wednesday 2024-05-22 - 10:00 AM

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	40 Jacob MacLennan	Astral Drive	1.96m	_____
2	36 Owen Jewer	Astral Drive	3.11m	_____
3	628 Noah MacIntyre	Madeline Sym	2.13m	_____
4	582 Ryder Clark	John Martin	1.07m	_____
5	586 Thomas Smith	John Martin	1.22m	_____
6	389 Blake Langdon	Five Bridges	2.35m	_____
7	440 Dominic Wood	Graham Creig	2.56m	_____
8	431 Deray Cain-Downey	Graham Creig	2.81m	_____
9	275 Aiden Cluney	Dartmouth Hi	1.43m	_____
10	679 Hans Dibra	Rockingstone	1.55m	_____
11	534 Tanner Garrett	Harold T. Ba	2.94m	_____
12	162 Resean Simmons- Fergus	Caledonia Ju	1.65m	_____
13	684 Scott Stevenson	Rockingstone	2.56m	_____
14	640 Zachaery Hiltz	Millwood Hig	2.13m	_____
15				_____
16				_____



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Event 130 Girls Long Jump 3 jumps Supported Senior

Wednesday 2024-05-22 - 10:00 AM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	65 Olivia Ferus	Auburn Drive	1.12m
2	71 Jorja MacCallum	Auburn Drive	1.26m
3	62 Courtney Diggs	Auburn Drive	1.71m
4	96 Brooklyn Willis	Auburn Drive	1.82m
5	734 Dawn McKenzie	Sackville Hi	1.71m
6	744 Elise Twyne	Sackville Hi	1.30m
7	515 Maggie Mills	Halifax West	1.31m
8	531 Rachel Vassaur	Halifax West	1.50m
9	220 Amarissa Husain Alias	Citadel High	1.09m
10	224 Megan Lusby	Citadel High	1.81m
11	225 Marissa Macisaac-Filion	Citadel High	1.97m
12	642 Theresa Julian	Millwood Hig	1.42m
13	801 Claire Simms	West Bedford	1.24m
14			
15			

Event 131 Boys Long Jump 3 jumps Supported Senior

Wednesday 2024-05-22 - 10:00 AM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	293 Joseph Williams	Dartmouth Hi	1.51m
2	305 Chris Cotton	Eastern Shor	2.37m
3	633 Tyler Burgess	Millwood Hig	3.32m
4	823 Alex Perrin	Woodlawn Hig	1.43m
5	805 Jonathan Assoun-Gritten	Woodlawn Hig	3.09m
6	813 Dennis Eisenhauer	Woodlawn Hig	1.70m
7	57 Jay-Von Beals	Auburn Drive	2.75m
8	226 Jacob Martin	Citadel High	2.24m
9	239 Isaac Rockwell	Citadel High	2.90m
10	798 Isiah MacIntyre	West Bedford	2.44m
11	527 Aven Stanford	Halifax West	2.36m
12	497 Hunter Ashley	Halifax West	2.41m
13	727 Nick Cooper	Sackville Hi	3.30m
14	737 Jacob Rafuse	Sackville Hi	3.18m
15	735 Connor Miller	Sackville Hi	4.67m
16	738 Cory Rogers	Sackville Hi	2.72m

Event 133 Boys 200 Meter Dash Ambulatory Para Athletes

Thursday 2024-05-23 - 10:30 AM

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	486 Eli Arsenaault	Halifax Inde	NT
2			
3			
4			
5			
6			
7			
8			

Event 137 Boys Shot Put 4kg-3 throws Ambulatory Para Athletes

Thursday 2024-05-23 - 12:30 PM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	486 Eli Arsenaault	Halifax Inde	3.53m
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

Event 139 Boys 50 Meter Dash Wheelchair Wheelchair

Wednesday 2024-05-22 - 11:00 AM

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	822 TJ Negus	Woodlawn Hig	28.25
2	524 Logan Short	Halifax West	1:42.13
3			
4			
5			
6			
7			
8			

