

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

School Entries - All Events

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**A.J. Smeltzer Junior (AJS)**

1. Isabelle Pickup - Female - Comp#: 1 - Ind/Rel: 2 / 0

#73 Girls Shot Put 3kg Junior 7.55m 1/11 2024-05-23 10:00 AM

#85 Girls Javelin Throw 400g Junior 22.86m 1/14 2024-05-23 2:00 PM

**A.J. Smeltzer Junior Total Individual Entries: 2 - Total Relays: 0**

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

## School Entries - All Events

**Armbrac Academy (ARMB)**

1.	Jaylen Berglund-Simmonds - Male - Comp#: 2 - Ind/Rel: 1 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	20.58	2/6	2024-05-22	10:30 AM
2.	James Burke - Male - Comp#: 3 - Ind/Rel: 2 / 0 #20 Boys 1500 Meter Run Junior #44 Boys 3000 Meter Run Junior	5:13.02 10:47.12	1/3 1/11	2024-05-22 2024-05-23	1:30 PM 12:45 PM
3.	Morgan Clarke - Female - Comp#: 4 - Ind/Rel: 2 / 0 #19 Girls 1500 Meter Run Junior #31 Girls 800 Meter Run Junior	5:11.32 2:31.50	1/1 1/3	2024-05-22 2024-05-23	1:30 PM 10:45 AM
4.	Deion Coward - Male - Comp#: 5 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.80	1/8	2024-05-22	10:30 AM
5.	Mariah Dicks - Female - Comp#: 6 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	23.22m	1/12	2024-05-23	12:00 PM
6.	Payton Flint - Male - Comp#: 7 - Ind/Rel: 4 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims #10 Boys 400 Meter Dash Intermediate Prelims #16 Boys 100 Meter Dash Intermediate Prelims #28 Boys 200 Meter Dash Intermediate Prelims	14.65 57.92 12.33 24.46	2/3 2/3 2/2 1/7	2024-05-22 2024-05-22 2024-05-22 2024-05-23	10:30 AM 12:15 PM 1:10 PM 10:20 AM
7.	Bannen Greene - Male - Comp#: 8 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.00m	1/4	2024-05-23	10:00 AM
8.	Sachin Jeyakumar - Male - Comp#: 9 - Ind/Rel: 1 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims	14.40	2/6	2024-05-22	10:00 AM
9.	Nai Johnson - Male - Comp#: 10 - Ind/Rel: 2 / 0 #18 Boys 100 Meter Dash Senior Prelims #30 Boys 200 Meter Dash Senior Prelims	11.98 24.03	1/2 2/4	2024-05-22 2024-05-23	1:10 PM 10:20 AM
10.	Laodiki Lutwick Campbell - Female - Comp#: 11 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	22.14	2/6	2024-05-22	10:30 AM
11.	Connor Macgillivray - Male - Comp#: 12 - Ind/Rel: 1 / 0 #24 Boys 1500 Meter Run Senior	4:44.49	1/7	2024-05-22	2:00 PM
12.	Ollie Nadeau - Male - Comp#: 13 - Ind/Rel: 2 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims #58 Boys Long Jump Intermediate	17.18 5.66m	1/6 1/11	2024-05-22 2024-05-22	10:30 AM 10:00 AM
13.	Audrey Napier - Female - Comp#: 14 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.03	2/2	2024-05-22	10:00 AM
14.	Nevaeh O'Connell - Female - Comp#: 15 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	20.24	2/4	2024-05-22	10:30 AM
15.	Peyton Phillips - Female - Comp#: 16 - Ind/Rel: 2 / 0 #63 Girls High Jump Intermediate #75 Girls Shot Put 4kg Intermediate	1.35m 7.59m	1/7 1/8	2024-05-22 2024-05-23	12:00 PM 2:00 PM
16.	Samuel Proietti - Male - Comp#: 17 - Ind/Rel: 2 / 0 #12 Boys 400 Meter Dash Senior Prelims #30 Boys 200 Meter Dash Senior Prelims	58.04 25.97	3/3 3/6	2024-05-22 2024-05-23	12:15 PM 10:20 AM
17.	Fin Sangster - Male - Comp#: 18 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.45m	1/3	2024-05-23	10:00 AM
18.	Abby Sullivan - Female - Comp#: 19 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	7.20m	1/13	2024-05-23	10:00 AM
19.	Amaya Tolliver - Female - Comp#: 20 - Ind/Rel: 2 / 0 #17 Girls 100 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims	14.42 31.11	1/5 1/8	2024-05-22 2024-05-23	1:10 PM 10:20 AM
20.	Mila Tucker - Female - Comp#: 21 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.72	1/3	2024-05-22	10:00 AM

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

School Entries - All Events

**Armbrac Academy (ARMB)**

1.	Armbrac Academy - 'A' #40 Boys 4x100 Meter Relay Intermediate	49.25	1/6	2024-05-23	12:00 PM
2.	Armbrac Academy - 'A' #41 Girls 4x100 Meter Relay Senior	58.07	1/4	2024-05-23	12:00 PM
3.	Armbrac Academy - 'A' #42 Boys 4x100 Meter Relay Senior	47.25	1/1	2024-05-23	12:00 PM
4.	Armbrac Academy - 'A' #49 Girls 4x400 Meter Relay Junior	4:54.78	1/2	2024-05-23	2:15 PM
5.	Armbrac Academy - 'A' #50 Boys 4x400 Meter Relay Junior	4:34.03	1/7	2024-05-23	2:15 PM
6.	Armbrac Academy - 'A' #52 Boys 4x400 Meter Relay Intermediate	4:02.04	1/6	2024-05-23	2:45 PM

**Armbrac Academy Total Individual Entries: 30 - Total Relays: 6**

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

## School Entries - All Events

**Astral Drive Junior High (ASTR)**

1.	Piper Anderson - Female - Comp#: 22 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	7.84m	1/6	2024-05-23	10:00 AM
2.	Nate Bouter - Male - Comp#: 23 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.64	1/7	2024-05-22	10:30 AM
3.	Allison Chambers - Female - Comp#: 24 - Ind/Rel: 1 / 0 #31 Girls 800 Meter Run Junior	2:51.82	1/14	2024-05-23	10:45 AM
4.	Emme Chiasson - Female - Comp#: 25 - Ind/Rel: 1 / 0 #25 Girls 200 Meter Dash Junior Prelims	29.92	1/8	2024-05-23	10:00 AM
5.	Jaimee Cormier - Female - Comp#: 26 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	13:26.99	1/15	2024-05-23	12:45 PM
6.	Rowan Cutcliff - Female - Comp#: 27 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	17.71m	1/16	2024-05-22	2:00 PM
7.	Thane Day - Male - Comp#: 28 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	21.87m	1/14	2024-05-22	2:00 PM
8.	Timothy DeLong - Male - Comp#: 29 - Ind/Rel: 4 / 0 #10 Boys 400 Meter Dash Intermediate Prelims #22 Boys 1500 Meter Run Intermediate #34 Boys 800 Meter Run Intermediate #46 Boys 3000 Meter Run Intermediate	55.57 4:33.06 2:09.53 10:18.64	2/6 1/9 1/5 1/12	2024-05-22 2024-05-22 2024-05-23 2024-05-23	12:15 PM 2:00 PM 11:10 AM 1:15 PM
9.	Jack Guay - Male - Comp#: 30 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	23.85m	1/12	2024-05-23	2:00 PM
10.	Jayden Hall - Male - Comp#: 31 - Ind/Rel: 1 / 0 #32 Boys 800 Meter Run Junior	2:36.09	1/6	2024-05-23	10:45 AM
11.	Brooklyn Hatfield - Female - Comp#: 33 - Ind/Rel: 2 / 0 #7 Girls 400 Meter Dash Junior Prelims #25 Girls 200 Meter Dash Junior Prelims	1:07.25 29.55	2/1 1/4	2024-05-22 2024-05-23	11:45 AM 10:00 AM
12.	Liam Herring - Male - Comp#: 34 - Ind/Rel: 1 / 0 #32 Boys 800 Meter Run Junior	2:32.47	1/3	2024-05-23	10:45 AM
13.	Kaz Hillier - Male - Comp#: 35 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.40m	1/3	2024-05-23	12:00 PM
14.	Owen Jewer - Male - Comp#: 36 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior #125 Boys Shot Put 4kg-3 throws Supported Junior #129 Boys Long Jump 3 jumps Supported Junior	13.18 5.26m 3.11m	2/3 1/16 1/2	2024-05-22 2024-05-22 2024-05-22	10:30 AM 11:15 AM 10:00 AM
15.	Giana Lozier - Female - Comp#: 37 - Ind/Rel: 3 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims #63 Girls High Jump Intermediate	15.94 28.83 1.50m	1/7 2/1 1/17	2024-05-22 2024-05-23 2024-05-22	10:00 AM 10:00 AM 12:00 PM
16.	Isabelle Lukenda - Female - Comp#: 38 - Ind/Rel: 2 / 0 #81 Girls Discus Throw 1kg Intermediate #97 Girls Javelin Throw 500g Intermediate	20.59m 20.20m	1/4 1/7	2024-05-22 2024-05-23	2:00 PM 12:00 PM
17.	Liam Macknight - Male - Comp#: 39 - Ind/Rel: 2 / 0 #8 Boys 400 Meter Dash Junior Prelims #32 Boys 800 Meter Run Junior	1:04.23 2:26.96	2/8 1/1	2024-05-22 2024-05-23	11:45 AM 10:45 AM
18.	Jacob MacLennan - Male - Comp#: 40 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior #125 Boys Shot Put 4kg-3 throws Supported Junior #129 Boys Long Jump 3 jumps Supported Junior	14.97 4.68m 1.96m	1/1 1/15 1/1	2024-05-22 2024-05-22 2024-05-22	10:30 AM 11:15 AM 10:00 AM

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

## School Entries - All Events

**Astral Drive Junior High (ASTR)**

19.	Lily McGrath - Female - Comp#: 41 - Ind/Rel: 3 / 0						
	#55 Girls Long Jump Junior	4.01m	1/12	2024-05-23	12:00 PM		
	#61 Girls High Jump Junior	1.40m	1/4	2024-05-22	10:00 AM		
	#67 Girls Triple Jump Junior	8.36m	1/14	2024-05-22	2:00 PM		
20.	Sam McGrath - Male - Comp#: 42 - Ind/Rel: 1 / 0						
	#91 Boys Javelin Throw 600g Junior	22.67m	1/9	2024-05-22	2:00 PM		
21.	Owen McLellan - Male - Comp#: 43 - Ind/Rel: 3 / 0						
	#14 Boys 100 Meter Dash Junior Prelims	13.02	2/4	2024-05-22	12:45 PM		
	#56 Boys Long Jump Junior	4.67m	1/12	2024-05-22	12:00 PM		
	#62 Boys High Jump Junior	1.35m	1/10	2024-05-23	12:00 PM		
22.	Macie McLeod - Female - Comp#: 44 - Ind/Rel: 2 / 0						
	#7 Girls 400 Meter Dash Junior Prelims	1:04.85	1/7	2024-05-22	11:45 AM		
	#25 Girls 200 Meter Dash Junior Prelims	29.82	1/3	2024-05-23	10:00 AM		
23.	Sam McLernon - Male - Comp#: 45 - Ind/Rel: 2 / 0						
	#64 Boys High Jump Intermediate	1.55m	1/12	2024-05-23	2:00 PM		
	#70 Boys Triple Jump Intermediate	10.54m	1/14	2024-05-23	12:00 PM		
24.	Henry Muise - Male - Comp#: 46 - Ind/Rel: 4 / 0						
	#8 Boys 400 Meter Dash Junior Prelims	1:04.28	1/4	2024-05-22	11:45 AM		
	#20 Boys 1500 Meter Run Junior	5:20.31	1/4	2024-05-22	1:30 PM		
	#44 Boys 3000 Meter Run Junior	11:19.35	1/13	2024-05-23	12:45 PM		
	#62 Boys High Jump Junior	1.40m	1/6	2024-05-23	12:00 PM		
25.	Colby O'Shaughnessy - Male - Comp#: 47 - Ind/Rel: 3 / 0						
	#56 Boys Long Jump Junior	4.48m	1/7	2024-05-22	12:00 PM		
	#68 Boys Triple Jump Junior	9.50m	1/2	2024-05-23	10:00 AM		
	#74 Boys Shot Put 4kg Junior	9.14m	1/17	2024-05-22	10:00 AM		
26.	Ethan Parsons - Male - Comp#: 48 - Ind/Rel: 1 / 0						
	#74 Boys Shot Put 4kg Junior	8.98m	1/11	2024-05-22	10:00 AM		
27.	Brooklynn Richard - Female - Comp#: 49 - Ind/Rel: 1 / 0						
	#120 Girls 100 Meter Dash Supported Junior	18.56	2/4	2024-05-22	10:30 AM		
28.	Alex Sheppard - Male - Comp#: 50 - Ind/Rel: 1 / 0						
	#80 Boys Discus Throw 1kg Junior	21.18m	1/10	2024-05-23	2:00 PM		
29.	Macie Sheppard - Female - Comp#: 51 - Ind/Rel: 3 / 0						
	#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.45	2/4	2024-05-22	10:00 AM		
	#55 Girls Long Jump Junior	4.06m	1/7	2024-05-23	12:00 PM		
	#67 Girls Triple Jump Junior	8.37m	1/1	2024-05-22	2:00 PM		
30.	Bryce Steele - Male - Comp#: 52 - Ind/Rel: 2 / 0						
	#56 Boys Long Jump Junior	4.50m	1/10	2024-05-22	12:00 PM		
	#68 Boys Triple Jump Junior	9.08m	1/1	2024-05-23	10:00 AM		
31.	Isabelle Steele - Female - Comp#: 53 - Ind/Rel: 1 / 0						
	#69 Girls Triple Jump Intermediate	8.75m	1/7	2024-05-22	10:00 AM		
32.	Alena Trecartin - Female - Comp#: 54 - Ind/Rel: 1 / 0						
	#63 Girls High Jump Intermediate	1.35m	1/13	2024-05-22	12:00 PM		
33.	Evan Tremblay - Male - Comp#: 55 - Ind/Rel: 2 / 0						
	#121 Boys 100 Meter Dash Supported Junior	13.79	1/2	2024-05-22	10:30 AM		
	#125 Boys Shot Put 4kg-3 throws Supported Junior	5.79m	1/14	2024-05-22	11:15 AM		
34.	Teniola Wale-Akinola - Female - Comp#: 56 - Ind/Rel: 1 / 0						
	#61 Girls High Jump Junior	1.30m	1/14	2024-05-22	10:00 AM		
1.	Astral Drive Junior High - 'A'						
	#38 Boys 4x100 Meter Relay Junior	54.24	1/5	2024-05-23	11:30 AM		

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

School Entries - All Events

**Astral Drive Junior High (ASTR)**

2.	Astral Drive Junior High - 'A' #49 Girls 4x400 Meter Relay Junior	4:47.83	1/7	2024-05-23	2:15 PM
3.	Astral Drive Junior High - 'A' #50 Boys 4x400 Meter Relay Junior	4:24.25	1/4	2024-05-23	2:15 PM
4.	Astral Drive Junior High - 'A' #52 Boys 4x400 Meter Relay Intermediate	4:03.93	1/8	2024-05-23	2:45 PM

**Astral Drive Junior High Total Individual Entries: 61 - Total Relays: 4**

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

## School Entries - All Events

**Auburn Drive (AUB)**

1.	Jay-Von Beals - Male - Comp#: 57 - Ind/Rel: 3 / 0				
	#123 Boys 100 Meter Dash Supported Senior	13.08	1/8	2024-05-22	10:30 AM
	#127 Boys Shot Put 4kg-3 throws Supported Senior	7.47m	1/10	2024-05-22	11:15 AM
	#131 Boys Long Jump 3 jumps Supported Senior	2.75m	1/7	2024-05-22	10:00 AM
2.	Ayala Bengoa - Female - Comp#: 58 - Ind/Rel: 2 / 0				
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.15	2/4	2024-05-22	10:00 AM
	#63 Girls High Jump Intermediate	1.35m	1/16	2024-05-22	12:00 PM
3.	Zakya Bundy - Female - Comp#: 59 - Ind/Rel: 1 / 0				
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	14.76	1/6	2024-05-22	10:00 AM
4.	Zander Caines - Male - Comp#: 60 - Ind/Rel: 1 / 0				
	#66 Boys High Jump Senior	1.40m	1/5	2024-05-23	10:00 AM
5.	Alena Collens - Female - Comp#: 61 - Ind/Rel: 1 / 0				
	#63 Girls High Jump Intermediate	1.35m	1/12	2024-05-22	12:00 PM
6.	Courtney Diggs - Female - Comp#: 62 - Ind/Rel: 3 / 0				
	#122 Girls 100 Meter Dash Supported Senior	16.83	2/7	2024-05-22	10:30 AM
	#126 Girls Shot Put 3kg-3 throws Supported Senior	4.42m	1/4	2024-05-22	11:15 PM
	#130 Girls Long Jump 3 jumps Supported Senior	1.71m	1/3	2024-05-22	10:00 AM
7.	Noah Dumouchelle - Male - Comp#: 63 - Ind/Rel: 2 / 0				
	#66 Boys High Jump Senior	1.50m	1/10	2024-05-23	10:00 AM
	#72 Boys Triple Jump Senior	10.19m	1/5	2024-05-23	2:00 PM
8.	Ava Egamino - Female - Comp#: 64 - Ind/Rel: 3 / 0				
	#23 Girls 1500 Meter Run Senior	5:50.41	1/9	2024-05-22	2:00 PM
	#35 Girls 800 Meter Run Senior	2:44.69	1/2	2024-05-23	11:10 AM
	#47 Girls 3000 Meter Run Senior	13:47.71	1/10	2024-05-23	1:30 PM
9.	Olivia Ferus - Female - Comp#: 65 - Ind/Rel: 3 / 0				
	#122 Girls 100 Meter Dash Supported Senior	18.36	2/2	2024-05-22	10:30 AM
	#126 Girls Shot Put 3kg-3 throws Supported Senior	5.00m	1/2	2024-05-22	11:15 PM
	#130 Girls Long Jump 3 jumps Supported Senior	1.12m	1/1	2024-05-22	10:00 AM
10.	Ailish Fowler - Female - Comp#: 66 - Ind/Rel: 2 / 0				
	#59 Girls Long Jump Senior	4.16m	1/14	2024-05-23	2:00 PM
	#71 Girls Triple Jump Senior	10.08m	1/8	2024-05-22	12:00 PM
11.	Ashley Hannah - Female - Comp#: 67 - Ind/Rel: 1 / 0				
	#17 Girls 100 Meter Dash Senior Prelims	13.88	3/5	2024-05-22	1:10 PM
12.	Laurn Hatfield - Female - Comp#: 68 - Ind/Rel: 2 / 0				
	#11 Girls 400 Meter Dash Senior Prelims	1:05.30	1/5	2024-05-22	12:15 PM
	#59 Girls Long Jump Senior	3.85m	1/2	2024-05-23	2:00 PM
13.	Rachel Kibble - Female - Comp#: 69 - Ind/Rel: 2 / 0				
	#11 Girls 400 Meter Dash Senior Prelims	1:05.70	2/3	2024-05-22	12:15 PM
	#17 Girls 100 Meter Dash Senior Prelims	13.62	1/6	2024-05-22	1:10 PM
14.	Claira Kilpatrick - Female - Comp#: 70 - Ind/Rel: 1 / 0				
	#35 Girls 800 Meter Run Senior	2:51.40	1/15	2024-05-23	11:10 AM
15.	Jorja MacCallum - Female - Comp#: 71 - Ind/Rel: 2 / 0				
	#122 Girls 100 Meter Dash Supported Senior	18.84	1/7	2024-05-22	10:30 AM
	#130 Girls Long Jump 3 jumps Supported Senior	1.26m	1/2	2024-05-22	10:00 AM
16.	Liam Macdonald - Male - Comp#: 72 - Ind/Rel: 3 / 0				
	#12 Boys 400 Meter Dash Senior Prelims	53.55	3/6	2024-05-22	12:15 PM
	#18 Boys 100 Meter Dash Senior Prelims	11.15	2/8	2024-05-22	1:10 PM
	#30 Boys 200 Meter Dash Senior Prelims	22.80	3/4	2024-05-23	10:20 AM

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

## School Entries - All Events

**Auburn Drive (AUB)**

17.	Kayla MacLeod - Female - Comp#: 73 - Ind/Rel: 2 / 0						
	#9 Girls 400 Meter Dash Intermediate Prelims	1:08.88	1/4	2024-05-22	11:45 AM		
	#33 Girls 800 Meter Run Intermediate	2:51.48	1/2	2024-05-23	10:45 AM		
18.	Maddie MacNeil - Female - Comp#: 74 - Ind/Rel: 1 / 0						
	#75 Girls Shot Put 4kg Intermediate	6.54m	1/14	2024-05-23	2:00 PM		
19.	Marley McLellan - Female - Comp#: 75 - Ind/Rel: 4 / 0						
	#59 Girls Long Jump Senior	4.30m	1/12	2024-05-23	2:00 PM		
	#65 Girls High Jump Senior	1.65m	1/15	2024-05-22	2:00 PM		
	#71 Girls Triple Jump Senior	9.50m	1/10	2024-05-22	12:00 PM		
	#83 Girls Discus Throw 1kg Senior	17.72m	1/1	2024-05-22	10:00 AM		
20.	Lucy Milheron - Female - Comp#: 76 - Ind/Rel: 1 / 0						
	#65 Girls High Jump Senior	1.15m	1/1	2024-05-22	2:00 PM		
21.	Zach Morash - Male - Comp#: 77 - Ind/Rel: 2 / 0						
	#18 Boys 100 Meter Dash Senior Prelims	12.00	2/5	2024-05-22	1:10 PM		
	#30 Boys 200 Meter Dash Senior Prelims	25.53	2/7	2024-05-23	10:20 AM		
22.	Lydia Muise - Female - Comp#: 78 - Ind/Rel: 1 / 0						
	#9 Girls 400 Meter Dash Intermediate Prelims	1:13.95	1/7	2024-05-22	11:45 AM		
23.	Breanne Phee - Female - Comp#: 79 - Ind/Rel: 1 / 0						
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	22.64	1/2	2024-05-22	10:30 AM		
24.	Jaden Phinney - Male - Comp#: 80 - Ind/Rel: 2 / 0						
	#78 Boys Shot Put 6kg Senior	8.90m	1/9	2024-05-22	12:00 PM		
	#84 Boys Discus Throw 1.75kg Senior	27.28m	1/10	2024-05-23	12:00 PM		
25.	Ro'naysha Provo - Female - Comp#: 81 - Ind/Rel: 1 / 0						
	#29 Girls 200 Meter Dash Senior Prelims	28.05	1/4	2024-05-23	10:20 AM		
26.	Ahniya Slawter - Female - Comp#: 82 - Ind/Rel: 2 / 0						
	#17 Girls 100 Meter Dash Senior Prelims	13.56	3/3	2024-05-22	1:10 PM		
	#29 Girls 200 Meter Dash Senior Prelims	NT	2/4	2024-05-23	10:20 AM		
27.	Jackson Sparks - Male - Comp#: 83 - Ind/Rel: 1 / 0						
	#16 Boys 100 Meter Dash Intermediate Prelims	11.39	2/8	2024-05-22	1:10 PM		
28.	Colby Steele - Male - Comp#: 84 - Ind/Rel: 1 / 0						
	#76 Boys Shot Put 5kg Intermediate	8.81m	1/13	2024-05-22	2:00 PM		
29.	Ava Stevens - Female - Comp#: 85 - Ind/Rel: 1 / 0						
	#47 Girls 3000 Meter Run Senior	13:58.84	1/16	2024-05-23	1:30 PM		
30.	Ava Stevenson - Female - Comp#: 86 - Ind/Rel: 1 / 0						
	#33 Girls 800 Meter Run Intermediate	2:56.36	1/16	2024-05-23	10:45 AM		
31.	Sydney Stonehouse - Male - Comp#: 87 - Ind/Rel: 4 / 0						
	#60 Boys Long Jump Senior	5.25m	1/11	2024-05-22	2:00 PM		
	#78 Boys Shot Put 6kg Senior	10.04m	1/7	2024-05-22	12:00 PM		
	#84 Boys Discus Throw 1.75kg Senior	26.50m	1/12	2024-05-23	12:00 PM		
	#115 Boys Javelin Throw 800g Senior	31.53m	1/2	2024-05-22	10:00 AM		
32.	Hinata Ueda - Male - Comp#: 88 - Ind/Rel: 1 / 0						
	#24 Boys 1500 Meter Run Senior	4:51.04	1/3	2024-05-22	2:00 PM		
33.	Havelie Vanhelden - Female - Comp#: 89 - Ind/Rel: 1 / 0						
	#65 Girls High Jump Senior	1.35m	1/12	2024-05-22	2:00 PM		
34.	Reese Vautour - Female - Comp#: 90 - Ind/Rel: 3 / 0						
	#15 Girls 100 Meter Dash Intermediate Prelims	13.73	2/3	2024-05-22	12:45 PM		
	#27 Girls 200 Meter Dash Intermediate Prelims	29.06	2/6	2024-05-23	10:00 AM		
	#69 Girls Triple Jump Intermediate	8.51m	1/15	2024-05-22	10:00 AM		



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

School Entries - All Events

**Auburn Drive (AUB)**

35.	Tomiwa Wale-Akinola - Male - Comp#: 91 - Ind/Rel: 3 / 0				
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	19.45	2/7	2024-05-22	10:30 AM
	#60 Boys Long Jump Senior	5.38m	1/1	2024-05-22	2:00 PM
	#72 Boys Triple Jump Senior	10.54m	1/13	2024-05-23	2:00 PM
36.	Nathan Webb - Male - Comp#: 92 - Ind/Rel: 3 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	11.58	2/2	2024-05-22	1:10 PM
	#30 Boys 200 Meter Dash Senior Prelims	24.08	2/5	2024-05-23	10:20 AM
	#60 Boys Long Jump Senior	5.43m	1/6	2024-05-22	2:00 PM
37.	Lola Welcher - Female - Comp#: 93 - Ind/Rel: 1 / 0				
	#75 Girls Shot Put 4kg Intermediate	6.40m	1/15	2024-05-23	2:00 PM
38.	Allie White - Female - Comp#: 94 - Ind/Rel: 1 / 0				
	#17 Girls 100 Meter Dash Senior Prelims	13.23	1/1	2024-05-22	1:10 PM
39.	Cole Wilkin - Male - Comp#: 95 - Ind/Rel: 1 / 0				
	#34 Boys 800 Meter Run Intermediate	2:17.98	1/15	2024-05-23	11:10 AM
40.	Brooklyn Willis - Female - Comp#: 96 - Ind/Rel: 3 / 0				
	#122 Girls 100 Meter Dash Supported Senior	16.46	2/3	2024-05-22	10:30 AM
	#126 Girls Shot Put 3kg-3 throws Supported Senior	3.24m	1/3	2024-05-22	11:15 PM
	#130 Girls Long Jump 3 jumps Supported Senior	1.82m	1/4	2024-05-22	10:00 AM
1.	Auburn Drive - 'A'				
	#39 Girls 4x100 Meter Relay Intermediate	56.33	1/1	2024-05-23	11:30 AM
2.	Auburn Drive - 'A'				
	#41 Girls 4x100 Meter Relay Senior	52.27	1/3	2024-05-23	12:00 PM
3.	Auburn Drive - 'A'				
	#51 Girls 4x400 Meter Relay Intermediate	4:48.65	1/2	2024-05-23	2:15 PM
4.	Auburn Drive - 'A'				
	#53 Girls 4x400 Meter Relay Senior	4:34.86	1/6	2024-05-23	2:45 PM

**Auburn Drive Total Individual Entries: 74 - Total Relays: 4**

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

## School Entries - All Events

**Bay View High School (BVHS)**

1.	Gian Baillie Abidi - Male - Comp#: 97 - Ind/Rel: 2 / 0				
	#24 Boys 1500 Meter Run Senior	4:51.70	1/14	2024-05-22	2:00 PM
	#36 Boys 800 Meter Run Senior	2:15.27	1/4	2024-05-23	11:10 AM
2.	Kara Boehm - Female - Comp#: 98 - Ind/Rel: 1 / 0				
	#69 Girls Triple Jump Intermediate	8.74m	1/13	2024-05-22	10:00 AM
3.	Mateo Bourque - Male - Comp#: 99 - Ind/Rel: 3 / 0				
	#22 Boys 1500 Meter Run Intermediate	4:54.38	1/13	2024-05-22	2:00 PM
	#34 Boys 800 Meter Run Intermediate	2:23.99	1/8	2024-05-23	11:10 AM
	#46 Boys 3000 Meter Run Intermediate	10:22.45	1/8	2024-05-23	1:15 PM
4.	Jack Boutilier - Male - Comp#: 100 - Ind/Rel: 2 / 0				
	#12 Boys 400 Meter Dash Senior Prelims	58.05	1/3	2024-05-22	12:15 PM
	#36 Boys 800 Meter Run Senior	2:16.30	1/14	2024-05-23	11:10 AM
5.	Jack Britton - Male - Comp#: 101 - Ind/Rel: 1 / 0				
	#78 Boys Shot Put 6kg Senior	9.80m	1/3	2024-05-22	12:00 PM
6.	Olivia Cameron - Female - Comp#: 102 - Ind/Rel: 1 / 0				
	#63 Girls High Jump Intermediate	1.30m	1/1	2024-05-22	12:00 PM
7.	Jake Chapman - Male - Comp#: 103 - Ind/Rel: 1 / 0				
	#48 Boys 3000 Meter Run Senior	10:55.15	1/5	2024-05-23	1:30 PM
8.	Yucan Chen - Male - Comp#: 104 - Ind/Rel: 1 / 0				
	#66 Boys High Jump Senior	1.40m	1/2	2024-05-23	10:00 AM
9.	Sarah Dantz - Female - Comp#: 105 - Ind/Rel: 1 / 0				
	#81 Girls Discus Throw 1kg Intermediate	19.72m	1/1	2024-05-22	2:00 PM
10.	Molly Evers - Female - Comp#: 106 - Ind/Rel: 3 / 0				
	#21 Girls 1500 Meter Run Intermediate	5:16.43	1/1	2024-05-22	1:30 PM
	#33 Girls 800 Meter Run Intermediate	2:31.89	1/1	2024-05-23	10:45 AM
	#45 Girls 3000 Meter Run Intermediate	11:22.99	1/11	2024-05-23	1:15 PM
11.	Noah Giffin - Male - Comp#: 107 - Ind/Rel: 1 / 0				
	#84 Boys Discus Throw 1.75kg Senior	26.38m	1/9	2024-05-23	12:00 PM
12.	Chole Hudgins - Female - Comp#: 108 - Ind/Rel: 1 / 0				
	#81 Girls Discus Throw 1kg Intermediate	19.05m	1/15	2024-05-22	2:00 PM
13.	Dunovan Jay - Male - Comp#: 109 - Ind/Rel: 3 / 0				
	#64 Boys High Jump Intermediate	1.75m	1/14	2024-05-23	2:00 PM
	#76 Boys Shot Put 5kg Intermediate	10.62m	1/10	2024-05-22	2:00 PM
	#82 Boys Discus Throw 1.5kg Intermediate	26.08m	1/10	2024-05-23	10:00 AM
14.	Jase LeBlanc - Male - Comp#: 110 - Ind/Rel: 2 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	11.94	1/4	2024-05-22	1:10 PM
	#30 Boys 200 Meter Dash Senior Prelims	24.86	1/3	2024-05-23	10:20 AM
15.	Quinn Little - Male - Comp#: 111 - Ind/Rel: 1 / 0				
	#84 Boys Discus Throw 1.75kg Senior	28.46m	1/11	2024-05-23	12:00 PM
16.	Ashton Macdonald - Male - Comp#: 112 - Ind/Rel: 1 / 0				
	#76 Boys Shot Put 5kg Intermediate	9.10m	1/6	2024-05-22	2:00 PM
17.	Ewen Macdonald - Male - Comp#: 113 - Ind/Rel: 1 / 0				
	#46 Boys 3000 Meter Run Intermediate	10:28.52	1/4	2024-05-23	1:15 PM
18.	Max Macdonald - Male - Comp#: 114 - Ind/Rel: 1 / 0				
	#48 Boys 3000 Meter Run Senior	11:24.52	1/4	2024-05-23	1:30 PM
19.	David MacLean - Male - Comp#: 115 - Ind/Rel: 1 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	12.21	1/8	2024-05-22	1:10 PM
20.	Dawson MacNeil - Male - Comp#: 116 - Ind/Rel: 1 / 0				
	#72 Boys Triple Jump Senior	10.42m	1/2	2024-05-23	2:00 PM

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

School Entries - All Events

**Bay View High School (BVHS)**

21.	Leo Mile - Male - Comp#: 117 - Ind/Rel: 1 / 0 #115 Boys Javelin Throw 800g Senior	35.69m	1/12	2024-05-22	10:00 AM
22.	Ava Millar - Female - Comp#: 118 - Ind/Rel: 1 / 0 #23 Girls 1500 Meter Run Senior	5:29.26	1/12	2024-05-22	2:00 PM
23.	Josh Morrison - Male - Comp#: 119 - Ind/Rel: 2 / 0 #36 Boys 800 Meter Run Senior #48 Boys 3000 Meter Run Senior	2:26.25 11:52.72	1/16 1/16	2024-05-23 2024-05-23	11:10 AM 1:30 PM
24.	Amani Oystreck - Female - Comp#: 120 - Ind/Rel: 2 / 0 #23 Girls 1500 Meter Run Senior #47 Girls 3000 Meter Run Senior	5:48.25 13:11.08	1/1 1/7	2024-05-22 2024-05-23	2:00 PM 1:30 PM
25.	Owen Pern - Male - Comp#: 121 - Ind/Rel: 3 / 0 #12 Boys 400 Meter Dash Senior Prelims #24 Boys 1500 Meter Run Senior #36 Boys 800 Meter Run Senior	1:00.59 4:59.87 2:18.15	1/2 1/6 1/1	2024-05-22 2024-05-22 2024-05-23	12:15 PM 2:00 PM 11:10 AM
26.	Hannah Richardson-McKinnon - Female - Comp#: 122 - Ind/Rel: 1 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:05.27	3/3	2024-05-22	12:15 PM
27.	Ayden Rondeau - Male - Comp#: 123 - Ind/Rel: 4 / 0 #30 Boys 200 Meter Dash Senior Prelims #60 Boys Long Jump Senior #66 Boys High Jump Senior #72 Boys Triple Jump Senior	25.77 5.71m 1.70m 11.30m	3/2 1/3 1/9 1/7	2024-05-23 2024-05-22 2024-05-23 2024-05-23	10:20 AM 2:00 PM 10:00 AM 2:00 PM
28.	Tommaso Scardecchia - Male - Comp#: 124 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	10.98m	1/3	2024-05-23	2:00 PM
29.	Emma Vestidello - Female - Comp#: 125 - Ind/Rel: 2 / 0 #11 Girls 400 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims	1:04.84 28.31	2/5 1/2	2024-05-22 2024-05-23	12:15 PM 10:20 AM
30.	Emily Webster - Female - Comp#: 126 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	13.06m	1/5	2024-05-23	10:00 AM
31.	Felix Wirkus - Male - Comp#: 127 - Ind/Rel: 2 / 0 #10 Boys 400 Meter Dash Intermediate Prelims #28 Boys 200 Meter Dash Intermediate Prelims	55.57 25.13	1/5 2/6	2024-05-22 2024-05-23	12:15 PM 10:20 AM
32.	Nolan Young - Male - Comp#: 128 - Ind/Rel: 1 / 0 #18 Boys 100 Meter Dash Senior Prelims	11.81	2/7	2024-05-22	1:10 PM
1.	Bay View High School - 'A' #41 Girls 4x100 Meter Relay Senior	57.67	1/2	2024-05-23	12:00 PM
2.	Bay View High School - 'A' #42 Boys 4x100 Meter Relay Senior	46.86	1/8	2024-05-23	12:00 PM
3.	Bay View High School - 'A' #53 Girls 4x400 Meter Relay Senior	4:29.07	1/2	2024-05-23	2:45 PM
4.	Bay View High School - 'A' #54 Boys 4x400 Meter Relay Senior	4:05.22	1/2	2024-05-23	2:45 PM

**Bay View High School Total Individual Entries: 50 - Total Relays: 4**

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

School Entries - All Events

**Bedford Academy (BEDA)**

1. Michael Cho - Male - Comp#: 129 - Ind/Rel: 3 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.32	1/2	2024-05-22	10:00 AM
#14 Boys 100 Meter Dash Junior Prelims	13.09	1/6	2024-05-22	12:45 PM
#56 Boys Long Jump Junior	4.48m	1/15	2024-05-22	12:00 PM
2. Hannah Greek - Female - Comp#: 130 - Ind/Rel: 1 / 0				
#19 Girls 1500 Meter Run Junior	5:58.18	1/5	2024-05-22	1:30 PM
3. Grace Killoran - Female - Comp#: 131 - Ind/Rel: 3 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.47	2/5	2024-05-22	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	27.89	1/6	2024-05-23	10:00 AM
#57 Girls Long Jump Intermediate	4.31m	1/2	2024-05-23	10:00 AM
4. Alec McLeod - Male - Comp#: 132 - Ind/Rel: 1 / 0				
#26 Boys 200 Meter Dash Junior Prelims	27.25	2/3	2024-05-23	10:00 AM

**Bedford Academy Total Individual Entries: 8 - Total Relays: 0**

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

School Entries - All Events

**Bicentennial School (BIJH)**

1.	Alea Bonang - Female - Comp#: 133 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.91m	1/5	2024-05-23	12:00 PM
2.	Myer Cogdan - Male - Comp#: 134 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:05.82	2/1	2024-05-22	11:45 AM
3.	Charlotte Fleet - Female - Comp#: 135 - Ind/Rel: 1 / 0 #120 Girls 100 Meter Dash Supported Junior	21.70	2/2	2024-05-22	10:30 AM
4.	Ber'niyah Lewis - Female - Comp#: 136 - Ind/Rel: 1 / 0 #120 Girls 100 Meter Dash Supported Junior	21.35	2/1	2024-05-22	10:30 AM
5.	Cassidy McFarlane - Female - Comp#: 137 - Ind/Rel: 3 / 0 #7 Girls 400 Meter Dash Junior Prelims #25 Girls 200 Meter Dash Junior Prelims #55 Girls Long Jump Junior	1:05.58 28.47 4.46m	1/3 1/2 1/14	2024-05-22 2024-05-23 2024-05-23	11:45 AM 10:00 AM 12:00 PM
6.	Cate Norman - Female - Comp#: 138 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	19.46m	1/8	2024-05-22	2:00 PM
7.	Tori Rendell - Female - Comp#: 139 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.30m	1/4	2024-05-22	12:00 PM
8.	Lucas Rent - Male - Comp#: 140 - Ind/Rel: 2 / 0 #68 Boys Triple Jump Junior #91 Boys Javelin Throw 600g Junior	8.79m 20.33m	1/15 1/1	2024-05-23 2024-05-22	10:00 AM 2:00 PM
9.	Lily Williams - Female - Comp#: 141 - Ind/Rel: 3 / 0 #15 Girls 100 Meter Dash Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims #57 Girls Long Jump Intermediate	13.66 28.28 4.73m	1/5 2/8 1/14	2024-05-22 2024-05-23 2024-05-23	12:45 PM 10:00 AM 10:00 AM
1.	Bicentennial School - 'A' #50 Boys 4x400 Meter Relay Junior	4:24.38	1/1	2024-05-23	2:15 PM

**Bicentennial School Total Individual Entries: 14 - Total Relays: 1**

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

School Entries - All Events

**Brookside Junior High (BRKS)**

1.	D'Arcy Atchison - Male - Comp#: 142 - Ind/Rel: 1 / 0						
	#80 Boys Discus Throw 1kg Junior	21.95m	1/3	2024-05-23	2:00 PM		
2.	Austin Briggs - Male - Comp#: 143 - Ind/Rel: 3 / 0						
	#74 Boys Shot Put 4kg Junior	8.84m	1/7	2024-05-22	10:00 AM		
	#80 Boys Discus Throw 1kg Junior	22.59m	1/9	2024-05-23	2:00 PM		
	#91 Boys Javelin Throw 600g Junior	31.17m	1/5	2024-05-22	2:00 PM		
3.	Claire Conrad - Female - Comp#: 144 - Ind/Rel: 1 / 0						
	#9 Girls 400 Meter Dash Intermediate Prelims	1:13.33	2/6	2024-05-22	11:45 AM		
4.	Reese Currie - Male - Comp#: 145 - Ind/Rel: 2 / 0						
	#20 Boys 1500 Meter Run Junior	5:19.21	1/13	2024-05-22	1:30 PM		
	#44 Boys 3000 Meter Run Junior	11:16.19	1/12	2024-05-23	12:45 PM		
5.	Abigail Gaudet - Female - Comp#: 146 - Ind/Rel: 4 / 0						
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.05	2/3	2024-05-22	10:00 AM		
	#57 Girls Long Jump Intermediate	4.11m	1/11	2024-05-23	10:00 AM		
	#81 Girls Discus Throw 1kg Intermediate	19.51m	1/12	2024-05-22	2:00 PM		
	#97 Girls Javelin Throw 500g Intermediate	20.99m	1/10	2024-05-23	12:00 PM		
6.	Mary-Anne Hudson - Female - Comp#: 147 - Ind/Rel: 1 / 0						
	#43 Girls 3000 Meter Run Junior	13:08.65	1/13	2024-05-23	12:45 PM		
7.	Brycen Jardine - Male - Comp#: 148 - Ind/Rel: 3 / 0						
	#14 Boys 100 Meter Dash Junior Prelims	13.08	1/4	2024-05-22	12:45 PM		
	#26 Boys 200 Meter Dash Junior Prelims	26.88	2/7	2024-05-23	10:00 AM		
	#56 Boys Long Jump Junior	4.48m	1/9	2024-05-22	12:00 PM		
8.	Aidan Langille - Male - Comp#: 149 - Ind/Rel: 1 / 0						
	#82 Boys Discus Throw 1.5kg Intermediate	24.86m	1/14	2024-05-23	10:00 AM		
9.	Aaron Macpherson - Male - Comp#: 150 - Ind/Rel: 1 / 0						
	#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.58	1/1	2024-05-22	10:00 AM		
10.	Libby Mills - Female - Comp#: 152 - Ind/Rel: 1 / 0						
	#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.71	1/6	2024-05-22	10:00 AM		
11.	Pierce Northrup - Male - Comp#: 153 - Ind/Rel: 3 / 0						
	#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.52	1/4	2024-05-22	10:00 AM		
	#74 Boys Shot Put 4kg Junior	8.62m	1/13	2024-05-22	10:00 AM		
	#80 Boys Discus Throw 1kg Junior	21.10m	1/11	2024-05-23	2:00 PM		
12.	Callum Quinn - Male - Comp#: 154 - Ind/Rel: 2 / 0						
	#76 Boys Shot Put 5kg Intermediate	8.96m	1/11	2024-05-22	2:00 PM		
	#82 Boys Discus Throw 1.5kg Intermediate	25.97m	1/12	2024-05-23	10:00 AM		
13.	Nadia Smith - Female - Comp#: 155 - Ind/Rel: 1 / 0						
	#19 Girls 1500 Meter Run Junior	5:50.22	1/3	2024-05-22	1:30 PM		
1.	Brookside Junior High - 'A'						
	#39 Girls 4x100 Meter Relay Intermediate	56.86	1/8	2024-05-23	11:30 AM		
2.	Brookside Junior High - 'A'						
	#49 Girls 4x400 Meter Relay Junior	4:51.46	1/1	2024-05-23	2:15 PM		

**Brookside Junior High Total Individual Entries: 24 - Total Relays: 2**

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

School Entries - All Events

**Caledonia Junior High (CAL)**

1. Jackson Gilhen - Male - Comp#: 156 - Ind/Rel: 1 / 0 #125 Boys Shot Put 4kg-3 throws Supported Junior	2.09m	1/2	2024-05-22	11:15 AM
2. Emily Harding - Female - Comp#: 157 - Ind/Rel: 2 / 0 #79 Girls Discus Throw 0.75kg Junior	19.67m	1/8	2024-05-22	12:00 PM
#85 Girls Javelin Throw 400g Junior	17.47m	1/5	2024-05-23	2:00 PM
3. Kierra Johnson - Female - Comp#: 158 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.88m	1/10	2024-05-23	2:00 PM
4. Day'jah Macdonald - Female - Comp#: 159 - Ind/Rel: 3 / 0 #120 Girls 100 Meter Dash Supported Junior	24.21	2/8	2024-05-22	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.15m	1/1	2024-05-22	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.85m	1/1	2024-05-22	10:00 AM
5. Nathan Negus - Male - Comp#: 160 - Ind/Rel: 1 / 0 #125 Boys Shot Put 4kg-3 throws Supported Junior	2.65m	1/4	2024-05-22	11:15 AM
6. Azeetat Oyinlola - Female - Comp#: 161 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	22.64m	1/5	2024-05-22	12:00 PM
7. Resean Simmons- Ferguson - Male - Comp#: 162 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior	13.21	2/8	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.74m	1/3	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.65m	1/12	2024-05-22	10:00 AM
8. James Wainwright-Taylor - Male - Comp#: 163 - Ind/Rel: 2 / 0 #121 Boys 100 Meter Dash Supported Junior	17.32	1/8	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	2.85m	1/1	2024-05-22	11:15 AM

**Caledonia Junior High Total Individual Entries: 14 - Total Relays: 0**

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

## School Entries - All Events

**Charles P. Allen (CPA)**

1. Vanrae Anderson - Male - Comp#: 164 - Ind/Rel: 2 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	19.87	1/1	2024-05-22	10:30 AM
#12 Boys 400 Meter Dash Senior Prelims	55.65	3/1	2024-05-22	12:15 PM
2. Matt Aucoin - Male - Comp#: 165 - Ind/Rel: 3 / 0				
#78 Boys Shot Put 6kg Senior	10.02m	1/2	2024-05-22	12:00 PM
#84 Boys Discus Throw 1.75kg Senior	26.43m	1/14	2024-05-23	12:00 PM
#115 Boys Javelin Throw 800g Senior	35.39m	1/9	2024-05-22	10:00 AM
3. Lily Blondon - Female - Comp#: 166 - Ind/Rel: 1 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.48	1/8	2024-05-22	12:45 PM
4. Finn Bootland - Male - Comp#: 167 - Ind/Rel: 1 / 0				
#70 Boys Triple Jump Intermediate	10.70m	1/11	2024-05-23	12:00 PM
5. Jada Buchanan - Female - Comp#: 168 - Ind/Rel: 4 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	13.35	2/7	2024-05-22	10:00 AM
#27 Girls 200 Meter Dash Intermediate Prelims	29.00	1/1	2024-05-23	10:00 AM
#57 Girls Long Jump Intermediate	4.59m	1/7	2024-05-23	10:00 AM
#69 Girls Triple Jump Intermediate	9.77m	1/10	2024-05-22	10:00 AM
6. Ben Chambers - Male - Comp#: 169 - Ind/Rel: 2 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	19.95	2/1	2024-05-22	10:30 AM
#60 Boys Long Jump Senior	5.35m	1/9	2024-05-22	2:00 PM
7. Owen Charlton - Male - Comp#: 170 - Ind/Rel: 1 / 0				
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.56m	1/7	2024-05-22	11:15 AM
8. Abby Chisholm - Female - Comp#: 171 - Ind/Rel: 1 / 0				
#35 Girls 800 Meter Run Senior	3:17.71	1/6	2024-05-23	11:10 AM
9. Kennedy Griffin - Female - Comp#: 172 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:48.55	1/16	2024-05-22	2:00 PM
#47 Girls 3000 Meter Run Senior	13:12.15	1/14	2024-05-23	1:30 PM
10. Cohen Hawes - Male - Comp#: 173 - Ind/Rel: 2 / 0				
#22 Boys 1500 Meter Run Intermediate	4:43.59	1/4	2024-05-22	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:14.07	1/9	2024-05-23	1:15 PM
11. Breton Hayden - Female - Comp#: 174 - Ind/Rel: 3 / 0				
#5 Girls 100 Meter Hurdles 30" Senior Prelims	18.83	1/5	2024-05-22	10:30 AM
#11 Girls 400 Meter Dash Senior Prelims	1:08.05	1/1	2024-05-22	12:15 PM
#29 Girls 200 Meter Dash Senior Prelims	30.35	2/8	2024-05-23	10:20 AM
12. Griffin Hearn - Male - Comp#: 175 - Ind/Rel: 2 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	12.07	1/8	2024-05-22	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.47	2/5	2024-05-23	10:20 AM
13. Thomas Holder - Male - Comp#: 176 - Ind/Rel: 1 / 0				
#48 Boys 3000 Meter Run Senior	11:39.34	1/8	2024-05-23	1:30 PM
14. William Jennings - Male - Comp#: 177 - Ind/Rel: 4 / 0				
#24 Boys 1500 Meter Run Senior	4:44.99	1/2	2024-05-22	2:00 PM
#36 Boys 800 Meter Run Senior	2:13.96	1/17	2024-05-23	11:10 AM
#48 Boys 3000 Meter Run Senior	10:39.57	1/2	2024-05-23	1:30 PM
#115 Boys Javelin Throw 800g Senior	31.58m	1/16	2024-05-22	10:00 AM
15. Katarina Keseli - Female - Comp#: 178 - Ind/Rel: 1 / 0				
#47 Girls 3000 Meter Run Senior	NT	1/17	2024-05-23	1:30 PM
16. Breanna Kuehner - Female - Comp#: 179 - Ind/Rel: 2 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.57	1/2	2024-05-22	12:45 PM
#69 Girls Triple Jump Intermediate	8.75m	1/16	2024-05-22	10:00 AM
17. Alfred Lai - Male - Comp#: 180 - Ind/Rel: 1 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	57.90	1/4	2024-05-22	12:15 PM



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

## School Entries - All Events

**Charles P. Allen (CPA)**

18.	Bri Lawton - Female - Comp#: 181 - Ind/Rel: 6 / 0				
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	17.78	2/3	2024-05-22	10:30 AM
	#59 Girls Long Jump Senior	4.28m	1/8	2024-05-23	2:00 PM
	#65 Girls High Jump Senior	1.40m	1/4	2024-05-22	2:00 PM
	#71 Girls Triple Jump Senior	10.41m	1/2	2024-05-22	12:00 PM
	#77 Girls Shot Put 4kg Senior	6.96m	1/12	2024-05-23	12:00 PM
	#109 Girls Javelin Throw 600g Senior	11.50m	1/10	2024-05-23	10:00 AM
19.	Kysac Macdonald - Male - Comp#: 182 - Ind/Rel: 2 / 0				
	#12 Boys 400 Meter Dash Senior Prelims	54.26	1/1	2024-05-22	12:15 PM
	#36 Boys 800 Meter Run Senior	2:09.67	1/10	2024-05-23	11:10 AM
20.	Owen MacGillivray - Male - Comp#: 183 - Ind/Rel: 2 / 0				
	#10 Boys 400 Meter Dash Intermediate Prelims	55.86	1/1	2024-05-22	12:15 PM
	#22 Boys 1500 Meter Run Intermediate	4:40.89	1/3	2024-05-22	2:00 PM
21.	Lindsay MacNeil - Female - Comp#: 184 - Ind/Rel: 1 / 0				
	#65 Girls High Jump Senior	1.45m	1/3	2024-05-22	2:00 PM
22.	Finlay Macpherson - Female - Comp#: 185 - Ind/Rel: 2 / 0				
	#77 Girls Shot Put 4kg Senior	7.72m	1/5	2024-05-23	12:00 PM
	#83 Girls Discus Throw 1kg Senior	16.87m	1/12	2024-05-22	10:00 AM
23.	Millie Madden - Female - Comp#: 186 - Ind/Rel: 3 / 0				
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.14	1/5	2024-05-22	10:00 AM
	#81 Girls Discus Throw 1kg Intermediate	23.09m	1/14	2024-05-22	2:00 PM
	#97 Girls Javelin Throw 500g Intermediate	29.35m	1/13	2024-05-23	12:00 PM
24.	Kingston Manning - Male - Comp#: 187 - Ind/Rel: 1 / 0				
	#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.60	2/1	2024-05-22	10:30 AM
25.	Cameron McNair - Male - Comp#: 188 - Ind/Rel: 1 / 0				
	#16 Boys 100 Meter Dash Intermediate Prelims	12.04	2/6	2024-05-22	1:10 PM
26.	Ida Monaghan - Female - Comp#: 189 - Ind/Rel: 1 / 0				
	#35 Girls 800 Meter Run Senior	3:22.84	1/16	2024-05-23	11:10 AM
27.	Leo Mont - Male - Comp#: 190 - Ind/Rel: 5 / 0				
	#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	15.42	1/2	2024-05-22	10:30 AM
	#16 Boys 100 Meter Dash Intermediate Prelims	11.91	2/3	2024-05-22	1:10 PM
	#28 Boys 200 Meter Dash Intermediate Prelims	24.60	2/7	2024-05-23	10:20 AM
	#58 Boys Long Jump Intermediate	5.48m	1/10	2024-05-22	10:00 AM
	#70 Boys Triple Jump Intermediate	11.68m	1/15	2024-05-23	12:00 PM
28.	Poppy Moon - Female - Comp#: 191 - Ind/Rel: 5 / 0				
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	20.31	1/3	2024-05-22	10:30 AM
	#11 Girls 400 Meter Dash Senior Prelims	1:01.49	3/2	2024-05-22	12:15 PM
	#23 Girls 1500 Meter Run Senior	5:05.29	1/7	2024-05-22	2:00 PM
	#35 Girls 800 Meter Run Senior	NT	1/7	2024-05-23	11:10 AM
	#47 Girls 3000 Meter Run Senior	NT	1/5	2024-05-23	1:30 PM
29.	Nathan Mulholland - Male - Comp#: 192 - Ind/Rel: 2 / 0				
	#10 Boys 400 Meter Dash Intermediate Prelims	55.58	2/5	2024-05-22	12:15 PM
	#58 Boys Long Jump Intermediate	5.59m	1/3	2024-05-22	10:00 AM
30.	Aine O'Neil - Female - Comp#: 193 - Ind/Rel: 3 / 0				
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	17.13	1/7	2024-05-22	10:30 AM
	#83 Girls Discus Throw 1kg Senior	20.15m	1/15	2024-05-22	10:00 AM
	#109 Girls Javelin Throw 600g Senior	22.41m	1/3	2024-05-23	10:00 AM
31.	Kaleigh Oulton - Female - Comp#: 194 - Ind/Rel: 1 / 0				
	#71 Girls Triple Jump Senior	8.47m	1/12	2024-05-22	12:00 PM

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

## School Entries - All Events

**Charles P. Allen (CPA)**

32.	Alex Quinton - Male - Comp#: 195 - Ind/Rel: 3 / 0				
	#24 Boys 1500 Meter Run Senior	4:28.97	1/10	2024-05-22	2:00 PM
	#36 Boys 800 Meter Run Senior	2:05.80	1/7	2024-05-23	11:10 AM
	#48 Boys 3000 Meter Run Senior	10:23.08	1/10	2024-05-23	1:30 PM
33.	Tino Rostek - Male - Comp#: 196 - Ind/Rel: 3 / 0				
	#24 Boys 1500 Meter Run Senior	4:52.88	1/5	2024-05-22	2:00 PM
	#30 Boys 200 Meter Dash Senior Prelims	25.82	1/7	2024-05-23	10:20 AM
	#36 Boys 800 Meter Run Senior	2:21.57	1/6	2024-05-23	11:10 AM
34.	Isaiah Salanic - Male - Comp#: 197 - Ind/Rel: 1 / 0				
	#72 Boys Triple Jump Senior	10.31m	1/6	2024-05-23	2:00 PM
35.	Simi Shodunke - Female - Comp#: 198 - Ind/Rel: 4 / 0				
	#27 Girls 200 Meter Dash Intermediate Prelims	28.17	1/4	2024-05-23	10:00 AM
	#57 Girls Long Jump Intermediate	4.60m	1/5	2024-05-23	10:00 AM
	#63 Girls High Jump Intermediate	1.50m	1/9	2024-05-22	12:00 PM
	#69 Girls Triple Jump Intermediate	9.35m	1/14	2024-05-22	10:00 AM
36.	Tristan Sing - Male - Comp#: 199 - Ind/Rel: 1 / 0				
	#34 Boys 800 Meter Run Intermediate	2:24.46	1/16	2024-05-23	11:10 AM
37.	Mac Taylor - Male - Comp#: 200 - Ind/Rel: 2 / 0				
	#76 Boys Shot Put 5kg Intermediate	8.79m	1/1	2024-05-22	2:00 PM
	#103 Boys Javelin Throw 700g Intermediate	40.16m	1/15	2024-05-22	12:00 PM
38.	Jack Thornhill - Male - Comp#: 201 - Ind/Rel: 1 / 0				
	#123 Boys 100 Meter Dash Supported Senior	12.38	1/1	2024-05-22	10:30 AM
39.	Mason Thurber - Male - Comp#: 202 - Ind/Rel: 2 / 0				
	#78 Boys Shot Put 6kg Senior	9.10m	1/11	2024-05-22	12:00 PM
	#84 Boys Discus Throw 1.75kg Senior	25.73m	1/7	2024-05-23	12:00 PM
40.	Evelyn Tobin - Female - Comp#: 203 - Ind/Rel: 3 / 0				
	#23 Girls 1500 Meter Run Senior	5:37.71	1/13	2024-05-22	2:00 PM
	#35 Girls 800 Meter Run Senior	2:38.06	1/9	2024-05-23	11:10 AM
	#47 Girls 3000 Meter Run Senior	12:24.29	1/11	2024-05-23	1:30 PM
41.	Jane Van Kessel - Female - Comp#: 204 - Ind/Rel: 2 / 0				
	#15 Girls 100 Meter Dash Intermediate Prelims	13.17	1/6	2024-05-22	12:45 PM
	#57 Girls Long Jump Intermediate	4.70m	1/15	2024-05-23	10:00 AM
42.	Reegan Wagg - Female - Comp#: 205 - Ind/Rel: 4 / 0				
	#17 Girls 100 Meter Dash Senior Prelims	13.55	2/4	2024-05-22	1:10 PM
	#29 Girls 200 Meter Dash Senior Prelims	28.06	2/2	2024-05-23	10:20 AM
	#77 Girls Shot Put 4kg Senior	8.34m	1/1	2024-05-23	12:00 PM
	#109 Girls Javelin Throw 600g Senior	20.10m	1/8	2024-05-23	10:00 AM
43.	Zack Walker - Male - Comp#: 206 - Ind/Rel: 4 / 0				
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	17.43	2/3	2024-05-22	10:30 AM
	#60 Boys Long Jump Senior	5.45m	1/4	2024-05-22	2:00 PM
	#66 Boys High Jump Senior	1.75m	1/12	2024-05-23	10:00 AM
	#72 Boys Triple Jump Senior	11.06m	1/10	2024-05-23	2:00 PM
1.	Charles P. Allen - 'A'				
	#39 Girls 4x100 Meter Relay Intermediate	52.52	1/4	2024-05-23	11:30 AM
2.	Charles P. Allen - 'A'				
	#40 Boys 4x100 Meter Relay Intermediate	46.70	1/4	2024-05-23	12:00 PM
3.	Charles P. Allen - 'A'				
	#41 Girls 4x100 Meter Relay Senior	54.19	1/6	2024-05-23	12:00 PM
4.	Charles P. Allen - 'A'				
	#42 Boys 4x100 Meter Relay Senior	47.50	1/3	2024-05-23	12:00 PM

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School Entries - All Events

**Charles P. Allen (CPA)**

5.	Charles P. Allen - 'A' #51 Girls 4x400 Meter Relay Intermediate	4:33.40	1/6	2024-05-23	2:15 PM
6.	Charles P. Allen - 'A' #52 Boys 4x400 Meter Relay Intermediate	3:49.15	1/3	2024-05-23	2:45 PM
7.	Charles P. Allen - 'A' #53 Girls 4x400 Meter Relay Senior	4:43.00	1/7	2024-05-23	2:45 PM
8.	Charles P. Allen - 'A' #54 Boys 4x400 Meter Relay Senior	3:44.57	1/3	2024-05-23	2:45 PM

**Charles P. Allen Total Individual Entries: 98 - Total Relays: 8**

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

## School Entries - All Events

**Citadel High (CIT)**

1.	Rihana Almeraj - Female - Comp#: 207 - Ind/Rel: 2 / 0							
	#77 Girls Shot Put 4kg Senior	6.91m	1/16	2024-05-23	12:00 PM			
	#109 Girls Javelin Throw 600g Senior	20.01m	1/6	2024-05-23	10:00 AM			
2.	Bea Asbridge - Female - Comp#: 208 - Ind/Rel: 3 / 0							
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	14.99	1/8	2024-05-22	10:00 AM			
	#9 Girls 400 Meter Dash Intermediate Prelims	1:07.82	1/8	2024-05-22	11:45 AM			
	#27 Girls 200 Meter Dash Intermediate Prelims	28.72	1/3	2024-05-23	10:00 AM			
3.	Alex Bouchard - Male - Comp#: 209 - Ind/Rel: 4 / 0							
	#12 Boys 400 Meter Dash Senior Prelims	54.97	2/5	2024-05-22	12:15 PM			
	#24 Boys 1500 Meter Run Senior	4:21.79	1/11	2024-05-22	2:00 PM			
	#36 Boys 800 Meter Run Senior	2:01.07	1/11	2024-05-23	11:10 AM			
	#48 Boys 3000 Meter Run Senior	9:37.68	1/11	2024-05-23	1:30 PM			
4.	Emily Clark - Female - Comp#: 210 - Ind/Rel: 2 / 0							
	#59 Girls Long Jump Senior	4.83m	1/6	2024-05-23	2:00 PM			
	#65 Girls High Jump Senior	1.50m	1/13	2024-05-22	2:00 PM			
5.	Queen Clayton - Female - Comp#: 211 - Ind/Rel: 3 / 0							
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	NT	2/2	2024-05-22	10:30 AM			
	#17 Girls 100 Meter Dash Senior Prelims	NT	1/7	2024-05-22	1:10 PM			
	#29 Girls 200 Meter Dash Senior Prelims	26.60	2/3	2024-05-23	10:20 AM			
6.	Sophia Das - Female - Comp#: 212 - Ind/Rel: 3 / 0							
	#11 Girls 400 Meter Dash Senior Prelims	1:02.37	2/4	2024-05-22	12:15 PM			
	#23 Girls 1500 Meter Run Senior	5:06.44	1/10	2024-05-22	2:00 PM			
	#35 Girls 800 Meter Run Senior	2:32.31	1/3	2024-05-23	11:10 AM			
7.	Harrison Dunphy - Male - Comp#: 213 - Ind/Rel: 2 / 0							
	#60 Boys Long Jump Senior	5.34m	1/10	2024-05-22	2:00 PM			
	#66 Boys High Jump Senior	1.65m	1/8	2024-05-23	10:00 AM			
8.	Alessia Dyer - Female - Comp#: 214 - Ind/Rel: 2 / 0							
	#23 Girls 1500 Meter Run Senior	5:44.01	1/6	2024-05-22	2:00 PM			
	#47 Girls 3000 Meter Run Senior	12:18.23	1/15	2024-05-23	1:30 PM			
9.	Lyric Eltvik - Female - Comp#: 215 - Ind/Rel: 1 / 0							
	#97 Girls Javelin Throw 500g Intermediate	20.00m	1/11	2024-05-23	12:00 PM			
10.	Alan Fawcett - Male - Comp#: 216 - Ind/Rel: 2 / 0							
	#12 Boys 400 Meter Dash Senior Prelims	57.44	1/6	2024-05-22	12:15 PM			
	#36 Boys 800 Meter Run Senior	2:10.23	1/12	2024-05-23	11:10 AM			
11.	Grace Galloway - Female - Comp#: 217 - Ind/Rel: 2 / 0							
	#9 Girls 400 Meter Dash Intermediate Prelims	1:02.45	1/2	2024-05-22	11:45 AM			
	#33 Girls 800 Meter Run Intermediate	2:31.00	1/3	2024-05-23	10:45 AM			
12.	Myra Galvez - Female - Comp#: 218 - Ind/Rel: 1 / 0							
	#126 Girls Shot Put 3kg-3 throws Supported Senior	3.48m	1/6	2024-05-22	11:15 PM			
13.	Deja Hooper-Dixon - Female - Comp#: 219 - Ind/Rel: 3 / 0							
	#65 Girls High Jump Senior	1.40m	1/5	2024-05-22	2:00 PM			
	#77 Girls Shot Put 4kg Senior	7.50m	1/2	2024-05-23	12:00 PM			
	#109 Girls Javelin Throw 600g Senior	25.24m	1/2	2024-05-23	10:00 AM			
14.	Amarissa Husain Alias - Female - Comp#: 220 - Ind/Rel: 3 / 0							
	#122 Girls 100 Meter Dash Supported Senior	21.78	1/3	2024-05-22	10:30 AM			
	#126 Girls Shot Put 3kg-3 throws Supported Senior	3.51m	1/7	2024-05-22	11:15 PM			
	#130 Girls Long Jump 3 jumps Supported Senior	1.09m	1/9	2024-05-22	10:00 AM			

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

## School Entries - All Events

**Citadel High (CIT)**

15.	Anna Jeong - Female - Comp#: 221 - Ind/Rel: 3 / 0							
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.37	2/5	2024-05-22	10:00 AM			
	#9 Girls 400 Meter Dash Intermediate Prelims	1:03.29	2/1	2024-05-22	11:45 AM			
	#27 Girls 200 Meter Dash Intermediate Prelims	29.09	2/7	2024-05-23	10:00 AM			
16.	Liam Kirby - Male - Comp#: 222 - Ind/Rel: 2 / 0							
	#22 Boys 1500 Meter Run Intermediate	4:42.06	1/1	2024-05-22	2:00 PM			
	#46 Boys 3000 Meter Run Intermediate	10:02.53	1/10	2024-05-23	1:15 PM			
17.	Benjamin Kowalczyk - Male - Comp#: 223 - Ind/Rel: 1 / 0							
	#58 Boys Long Jump Intermediate	4.93m	1/12	2024-05-22	10:00 AM			
18.	Megan Lusby - Female - Comp#: 224 - Ind/Rel: 3 / 0							
	#122 Girls 100 Meter Dash Supported Senior	16.15	2/4	2024-05-22	10:30 AM			
	#126 Girls Shot Put 3kg-3 throws Supported Senior	3.44m	1/5	2024-05-22	11:15 PM			
	#130 Girls Long Jump 3 jumps Supported Senior	1.81m	1/10	2024-05-22	10:00 AM			
19.	Marissa Macisaac-Filion - Female - Comp#: 225 - Ind/Rel: 3 / 0							
	#122 Girls 100 Meter Dash Supported Senior	16.67	2/5	2024-05-22	10:30 AM			
	#126 Girls Shot Put 3kg-3 throws Supported Senior	4.99m	1/8	2024-05-22	11:15 PM			
	#130 Girls Long Jump 3 jumps Supported Senior	1.97m	1/11	2024-05-22	10:00 AM			
20.	Jacob Martin - Male - Comp#: 226 - Ind/Rel: 3 / 0							
	#123 Boys 100 Meter Dash Supported Senior	15.45	1/2	2024-05-22	10:30 AM			
	#127 Boys Shot Put 4kg-3 throws Supported Senior	8.71m	1/8	2024-05-22	11:15 AM			
	#131 Boys Long Jump 3 jumps Supported Senior	2.24m	1/8	2024-05-22	10:00 AM			
21.	Jane McGuire - Female - Comp#: 227 - Ind/Rel: 4 / 0							
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	18.91	1/1	2024-05-22	10:30 AM			
	#11 Girls 400 Meter Dash Senior Prelims	1:02.83	1/3	2024-05-22	12:15 PM			
	#17 Girls 100 Meter Dash Senior Prelims	13.78	2/1	2024-05-22	1:10 PM			
	#29 Girls 200 Meter Dash Senior Prelims	28.46	2/7	2024-05-23	10:20 AM			
22.	Kelsey McKinnon - Female - Comp#: 228 - Ind/Rel: 1 / 0							
	#81 Girls Discus Throw 1kg Intermediate	19.36m	1/13	2024-05-22	2:00 PM			
23.	Cole Miller - Male - Comp#: 229 - Ind/Rel: 2 / 0							
	#24 Boys 1500 Meter Run Senior	4:32.36	1/16	2024-05-22	2:00 PM			
	#48 Boys 3000 Meter Run Senior	9:57.21	1/3	2024-05-23	1:30 PM			
24.	Noah Miller - Male - Comp#: 230 - Ind/Rel: 2 / 0							
	#22 Boys 1500 Meter Run Intermediate	4:44.23	1/2	2024-05-22	2:00 PM			
	#46 Boys 3000 Meter Run Intermediate	10:34.08	1/16	2024-05-23	1:15 PM			
25.	Chantelle Moffatt - Female - Comp#: 231 - Ind/Rel: 2 / 0							
	#17 Girls 100 Meter Dash Senior Prelims	14.02	2/3	2024-05-22	1:10 PM			
	#29 Girls 200 Meter Dash Senior Prelims	28.75	1/1	2024-05-23	10:20 AM			
26.	Bronwyn Murphy - Female - Comp#: 232 - Ind/Rel: 3 / 0							
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	20.98	1/4	2024-05-22	10:30 AM			
	#29 Girls 200 Meter Dash Senior Prelims	30.11	1/6	2024-05-23	10:20 AM			
	#109 Girls Javelin Throw 600g Senior	18.47m	1/11	2024-05-23	10:00 AM			
27.	Deaglan Nichol - Male - Comp#: 233 - Ind/Rel: 1 / 0							
	#16 Boys 100 Meter Dash Intermediate Prelims	12.20	2/1	2024-05-22	1:10 PM			
28.	Ryli Nolan - Female - Comp#: 234 - Ind/Rel: 3 / 0							
	#11 Girls 400 Meter Dash Senior Prelims	1:03.80	3/4	2024-05-22	12:15 PM			
	#35 Girls 800 Meter Run Senior	2:29.35	1/11	2024-05-23	11:10 AM			
	#77 Girls Shot Put 4kg Senior	7.35m	1/4	2024-05-23	12:00 PM			

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

## School Entries - All Events

**Citadel High (CIT)**

29.	Cohen Norman - Male - Comp#: 235 - Ind/Rel: 3 / 0				
	#24 Boys 1500 Meter Run Senior	4:29.35	1/13	2024-05-22	2:00 PM
	#36 Boys 800 Meter Run Senior	2:07.45	1/3	2024-05-23	11:10 AM
	#48 Boys 3000 Meter Run Senior	10:02.83	1/14	2024-05-23	1:30 PM
30.	Ella Porter - Female - Comp#: 236 - Ind/Rel: 2 / 0				
	#75 Girls Shot Put 4kg Intermediate	6.90m	1/12	2024-05-23	2:00 PM
	#81 Girls Discus Throw 1kg Intermediate	18.84m	1/5	2024-05-22	2:00 PM
31.	Annabelle Raymond - Female - Comp#: 237 - Ind/Rel: 2 / 0				
	#15 Girls 100 Meter Dash Intermediate Prelims	12.94	1/4	2024-05-22	12:45 PM
	#27 Girls 200 Meter Dash Intermediate Prelims	26.64	1/5	2024-05-23	10:00 AM
32.	Henry Raymond - Male - Comp#: 238 - Ind/Rel: 1 / 0				
	#16 Boys 100 Meter Dash Intermediate Prelims	12.09	1/3	2024-05-22	1:10 PM
33.	Isaac Rockwell - Male - Comp#: 239 - Ind/Rel: 3 / 0				
	#123 Boys 100 Meter Dash Supported Senior	12.62	2/3	2024-05-22	10:30 AM
	#127 Boys Shot Put 4kg-3 throws Supported Senior	6.85m	1/9	2024-05-22	11:15 AM
	#131 Boys Long Jump 3 jumps Supported Senior	2.90m	1/9	2024-05-22	10:00 AM
34.	Corey Ross - Male - Comp#: 240 - Ind/Rel: 4 / 0				
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	20.09	2/5	2024-05-22	10:30 AM
	#18 Boys 100 Meter Dash Senior Prelims	11.95	2/4	2024-05-22	1:10 PM
	#60 Boys Long Jump Senior	5.29m	1/16	2024-05-22	2:00 PM
	#72 Boys Triple Jump Senior	10.83m	1/4	2024-05-23	2:00 PM
35.	Luke Salah - Male - Comp#: 241 - Ind/Rel: 1 / 0				
	#34 Boys 800 Meter Run Intermediate	2:19.06	1/4	2024-05-23	11:10 AM
36.	Luke Sarty - Male - Comp#: 242 - Ind/Rel: 1 / 0				
	#34 Boys 800 Meter Run Intermediate	2:25.73	1/14	2024-05-23	11:10 AM
37.	Nathan Schelew - Male - Comp#: 243 - Ind/Rel: 3 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	12.17	1/1	2024-05-22	1:10 PM
	#84 Boys Discus Throw 1.75kg Senior	19.01m	1/3	2024-05-23	12:00 PM
	#115 Boys Javelin Throw 800g Senior	28.07m	1/6	2024-05-22	10:00 AM
38.	Curtis Simms - Male - Comp#: 244 - Ind/Rel: 2 / 0				
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	21.11	1/6	2024-05-22	10:30 AM
	#12 Boys 400 Meter Dash Senior Prelims	57.25	3/5	2024-05-22	12:15 PM
39.	Olivia Smith - Female - Comp#: 245 - Ind/Rel: 1 / 0				
	#63 Girls High Jump Intermediate	1.35m	1/8	2024-05-22	12:00 PM
40.	Christopher Sneddon-Simons - Male - Comp#: 246 - Ind/Rel: 2 / 0				
	#10 Boys 400 Meter Dash Intermediate Prelims	57.44	2/7	2024-05-22	12:15 PM
	#34 Boys 800 Meter Run Intermediate	2:16.15	1/2	2024-05-23	11:10 AM
41.	Sophia Tugwell - Female - Comp#: 247 - Ind/Rel: 1 / 0				
	#65 Girls High Jump Senior	1.20m	1/8	2024-05-22	2:00 PM
42.	Callum Walsh - Male - Comp#: 248 - Ind/Rel: 2 / 0				
	#76 Boys Shot Put 5kg Intermediate	8.65m	1/16	2024-05-22	2:00 PM
	#82 Boys Discus Throw 1.5kg Intermediate	23.51m	1/3	2024-05-23	10:00 AM
43.	Danny Walters - Male - Comp#: 249 - Ind/Rel: 2 / 0				
	#76 Boys Shot Put 5kg Intermediate	9.24m	1/4	2024-05-22	2:00 PM
	#82 Boys Discus Throw 1.5kg Intermediate	24.16m	1/4	2024-05-23	10:00 AM
44.	Lyla Wolthausen - Female - Comp#: 250 - Ind/Rel: 2 / 0				
	#59 Girls Long Jump Senior	4.03m	1/5	2024-05-23	2:00 PM
	#71 Girls Triple Jump Senior	8.55m	1/3	2024-05-22	12:00 PM

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

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**Citadel High (CIT)**

45.	Luke Young - Male - Comp#: 251 - Ind/Rel: 2 / 0						
	#82 Boys Discus Throw 1.5kg Intermediate	24.04m	1/7	2024-05-23	10:00 AM		
	#103 Boys Javelin Throw 700g Intermediate	30.38m	1/10	2024-05-22	12:00 PM		
46.	Esther Youseff - Female - Comp#: 252 - Ind/Rel: 2 / 0						
	#11 Girls 400 Meter Dash Senior Prelims	NT	2/1	2024-05-22	12:15 PM		
	#17 Girls 100 Meter Dash Senior Prelims	NT	3/1	2024-05-22	1:10 PM		
1.	Citadel High - 'A'						
	#41 Girls 4x100 Meter Relay Senior	52.98	1/7	2024-05-23	12:00 PM		
2.	Citadel High - 'A'						
	#42 Boys 4x100 Meter Relay Senior	47.45	1/2	2024-05-23	12:00 PM		
3.	Citadel High - 'A'						
	#51 Girls 4x400 Meter Relay Intermediate	4:18.26	1/7	2024-05-23	2:15 PM		
4.	Citadel High - 'A'						
	#52 Boys 4x400 Meter Relay Intermediate	4:03.11	1/2	2024-05-23	2:45 PM		
5.	Citadel High - 'A'						
	#53 Girls 4x400 Meter Relay Senior	4:20.37	1/3	2024-05-23	2:45 PM		
6.	Citadel High - 'A'						
	#54 Boys 4x400 Meter Relay Senior	3:48.57	1/5	2024-05-23	2:45 PM		

**Citadel High Total Individual Entries: 102 - Total Relays: 6**

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

School Entries - All Events

**Clayton Park Junior High (CPJH)**

1.	Salah Al Dark Habani - Male - Comp#: 253 - Ind/Rel: 1 / 0 #56 Boys Long Jump Junior	4.40m	1/16	2024-05-22	12:00 PM
2.	Marya Al Houshan - Female - Comp#: 254 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	22.99m	1/3	2024-05-23	2:00 PM
3.	Max Al-Molky - Male - Comp#: 255 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.35m	1/15	2024-05-23	12:00 PM
4.	Scotty Corkum - Male - Comp#: 256 - Ind/Rel: 3 / 0 #20 Boys 1500 Meter Run Junior	5:08.48	1/9	2024-05-22	1:30 PM
	#32 Boys 800 Meter Run Junior	2:30.29	1/9	2024-05-23	10:45 AM
	#44 Boys 3000 Meter Run Junior	10:46.56	1/9	2024-05-23	12:45 PM
5.	Javier Hamilton - Male - Comp#: 257 - Ind/Rel: 2 / 0 #14 Boys 100 Meter Dash Junior Prelims	12.77	2/8	2024-05-22	12:45 PM
	#26 Boys 200 Meter Dash Junior Prelims	26.01	1/3	2024-05-23	10:00 AM
6.	Gwyn Lynch - Female - Comp#: 258 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	12:51.72	1/6	2024-05-23	12:45 PM
7.	Laolu Oladele - Male - Comp#: 259 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.17m	1/11	2024-05-23	10:00 AM
1.	Clayton Park Junior High - 'A' #49 Girls 4x400 Meter Relay Junior	4:50.60	1/6	2024-05-23	2:15 PM

**Clayton Park Junior High Total Individual Entries: 10 - Total Relays: 1**



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

School Entries - All Events

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**Cole Harbour District High (CHH)**

- |  |         |     |            |          |
|--|---------|-----|------------|----------|
| 1. Alice Ferrario - Female - Comp#: 260 - Ind/Rel: 1 / 0<br>#35 Girls 800 Meter Run Senior             | 3:09.69 | 1/4 | 2024-05-23 | 11:10 AM |
| 2. Alex Hyman - Male - Comp#: 261 - Ind/Rel: 1 / 0<br>#127 Boys Shot Put 4kg-3 throws Supported Senior | 5.82m   | 1/6 | 2024-05-22 | 11:15 AM |
| 3. Wave Woodman - Female - Comp#: 262 - Ind/Rel: 1 / 0<br>#83 Girls Discus Throw 1kg Senior            | 14.07m  | 1/8 | 2024-05-22 | 10:00 AM |

**Cole Harbour District High Total Individual Entries: 3 - Total Relays: 0**

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

School Entries - All Events

**Cunard Junior High (CUN)**

1.	Griffin Cameron - Male - Comp#: 263 - Ind/Rel: 2 / 0				
	#20 Boys 1500 Meter Run Junior	5:22.57	1/15	2024-05-22	1:30 PM
	#32 Boys 800 Meter Run Junior	2:34.99	1/13	2024-05-23	10:45 AM
2.	Fiona Church - Female - Comp#: 264 - Ind/Rel: 1 / 0				
	#31 Girls 800 Meter Run Junior	2:45.00	1/9	2024-05-23	10:45 AM
3.	Seth Cogswell - Male - Comp#: 265 - Ind/Rel: 2 / 0				
	#14 Boys 100 Meter Dash Junior Prelims	12.61	1/3	2024-05-22	12:45 PM
	#26 Boys 200 Meter Dash Junior Prelims	27.15	1/8	2024-05-23	10:00 AM
4.	Mary Johns - Female - Comp#: 266 - Ind/Rel: 1 / 0				
	#19 Girls 1500 Meter Run Junior	5:37.15	1/16	2024-05-22	1:30 PM
5.	Stephen Marshall - Male - Comp#: 267 - Ind/Rel: 1 / 0				
	#121 Boys 100 Meter Dash Supported Junior	17.25	1/7	2024-05-22	10:30 AM
6.	Alex Woodbury - Male - Comp#: 268 - Ind/Rel: 1 / 0				
	#121 Boys 100 Meter Dash Supported Junior	16.79	2/2	2024-05-22	10:30 AM
1.	Cunard Junior High - 'A'				
	#38 Boys 4x100 Meter Relay Junior	52.84	1/4	2024-05-23	11:30 AM

**Cunard Junior High Total Individual Entries: 8 - Total Relays: 1**

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

## School Entries - All Events

**Dartmouth High (DHS)**

1. Alex Ansems - Male - Comp#: 269 - Ind/Rel: 2 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	57.87	1/2	2024-05-22	12:15 PM
#70 Boys Triple Jump Intermediate	10.49m	1/6	2024-05-23	12:00 PM
2. Anna Archibald - Female - Comp#: 270 - Ind/Rel: 2 / 0				
#35 Girls 800 Meter Run Senior	2:42.93	1/1	2024-05-23	11:10 AM
#47 Girls 3000 Meter Run Senior	12:01.15	1/3	2024-05-23	1:30 PM
3. Marin Aucoin - Female - Comp#: 271 - Ind/Rel: 3 / 0				
#77 Girls Shot Put 4kg Senior	6.88m	1/8	2024-05-23	12:00 PM
#83 Girls Discus Throw 1kg Senior	18.00m	1/16	2024-05-22	10:00 AM
#109 Girls Javelin Throw 600g Senior	14.81m	1/14	2024-05-23	10:00 AM
4. David Babalola - Male - Comp#: 272 - Ind/Rel: 4 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.88	1/5	2024-05-22	1:10 PM
#60 Boys Long Jump Senior	6.18m	1/14	2024-05-22	2:00 PM
#66 Boys High Jump Senior	1.75m	1/13	2024-05-23	10:00 AM
#72 Boys Triple Jump Senior	12.42m	1/11	2024-05-23	2:00 PM
5. Carey Bent - Male - Comp#: 273 - Ind/Rel: 2 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	12.23	1/2	2024-05-22	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.13	1/1	2024-05-23	10:20 AM
6. Aiden Cluney - Male - Comp#: 275 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	18.88	1/5	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.13m	1/11	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.43m	1/9	2024-05-22	10:00 AM
7. Peyton Crowe - Female - Comp#: 276 - Ind/Rel: 2 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.06	1/3	2024-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	8.57m	1/11	2024-05-22	10:00 AM
8. Brianna Hoskin - Female - Comp#: 277 - Ind/Rel: 3 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.26	2/8	2024-05-22	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	27.39	1/8	2024-05-23	10:00 AM
#57 Girls Long Jump Intermediate	4.67m	1/12	2024-05-23	10:00 AM
9. Teigan Long - Female - Comp#: 278 - Ind/Rel: 1 / 0				
#57 Girls Long Jump Intermediate	4.07m	1/16	2024-05-23	10:00 AM
10. Molly Macdonald - Female - Comp#: 279 - Ind/Rel: 2 / 0				
#57 Girls Long Jump Intermediate	4.29m	1/8	2024-05-23	10:00 AM
#69 Girls Triple Jump Intermediate	9.10m	1/9	2024-05-22	10:00 AM
11. Frances MacLeod - Female - Comp#: 280 - Ind/Rel: 3 / 0				
#23 Girls 1500 Meter Run Senior	5:06.71	1/11	2024-05-22	2:00 PM
#35 Girls 800 Meter Run Senior	2:26.41	1/5	2024-05-23	11:10 AM
#47 Girls 3000 Meter Run Senior	11:20.14	1/9	2024-05-23	1:30 PM
12. Apolline Maurage - Female - Comp#: 281 - Ind/Rel: 1 / 0				
#17 Girls 100 Meter Dash Senior Prelims	14.30	2/5	2024-05-22	1:10 PM
13. Chloe McFarlane - Female - Comp#: 282 - Ind/Rel: 1 / 0				
#35 Girls 800 Meter Run Senior	2:47.56	1/13	2024-05-23	11:10 AM
14. Blaise Mellema - Male - Comp#: 283 - Ind/Rel: 2 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.88	2/1	2024-05-22	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	25.09	3/5	2024-05-23	10:20 AM
15. Olivia Murphy - Female - Comp#: 284 - Ind/Rel: 1 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:09.51	1/4	2024-05-22	12:15 PM
16. Caleb Oloruntoyin-Balogun - Male - Comp#: 285 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.55m	1/5	2024-05-23	2:00 PM

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

## School Entries - All Events

**Dartmouth High (DHS)**

17.	Reese Quist - Female - Comp#: 286 - Ind/Rel: 2 / 0						
	#59 Girls Long Jump Senior	3.73m	1/3	2024-05-23	2:00 PM		
	#83 Girls Discus Throw 1kg Senior	18.94m	1/10	2024-05-22	10:00 AM		
18.	Neil Rissesco - Male - Comp#: 287 - Ind/Rel: 1 / 0						
	#48 Boys 3000 Meter Run Senior	10:20.85	1/15	2024-05-23	1:30 PM		
19.	Tamara Ross - Female - Comp#: 288 - Ind/Rel: 2 / 0						
	#122 Girls 100 Meter Dash Supported Senior	27.78	1/1	2024-05-22	10:30 AM		
	#126 Girls Shot Put 3kg-3 throws Supported Senior	2.92m	1/1	2024-05-22	11:15 PM		
20.	Curtis Snelgrove - Male - Comp#: 289 - Ind/Rel: 1 / 0						
	#82 Boys Discus Throw 1.5kg Intermediate	30.00m	1/13	2024-05-23	10:00 AM		
21.	Glendon Snow - Male - Comp#: 290 - Ind/Rel: 2 / 0						
	#10 Boys 400 Meter Dash Intermediate Prelims	56.00	1/7	2024-05-22	12:15 PM		
	#28 Boys 200 Meter Dash Intermediate Prelims	25.18	1/4	2024-05-23	10:20 AM		
22.	Jack Theunissen - Male - Comp#: 291 - Ind/Rel: 1 / 0						
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	21.48	2/4	2024-05-22	10:30 AM		
23.	Sydney Watt - Male - Comp#: 292 - Ind/Rel: 1 / 0						
	#76 Boys Shot Put 5kg Intermediate	8.52m	1/12	2024-05-22	2:00 PM		
24.	Joseph Williams - Male - Comp#: 293 - Ind/Rel: 3 / 0						
	#123 Boys 100 Meter Dash Supported Senior	14.13	1/3	2024-05-22	10:30 AM		
	#127 Boys Shot Put 4kg-3 throws Supported Senior	4.70m	1/16	2024-05-22	11:15 AM		
	#131 Boys Long Jump 3 jumps Supported Senior	1.51m	1/1	2024-05-22	10:00 AM		
25.	Samual Williams - Male - Comp#: 294 - Ind/Rel: 1 / 0						
	#76 Boys Shot Put 5kg Intermediate	11.14m	1/15	2024-05-22	2:00 PM		
1.	Dartmouth High - 'A'						
	#39 Girls 4x100 Meter Relay Intermediate	54.88	1/7	2024-05-23	11:30 AM		
2.	Dartmouth High - 'A'						
	#40 Boys 4x100 Meter Relay Intermediate	48.65	1/3	2024-05-23	12:00 PM		
3.	Dartmouth High - 'A'						
	#42 Boys 4x100 Meter Relay Senior	46.74	1/6	2024-05-23	12:00 PM		
4.	Dartmouth High - 'A'						
	#51 Girls 4x400 Meter Relay Intermediate	4:47.84	1/1	2024-05-23	2:15 PM		
5.	Dartmouth High - 'A'						
	#53 Girls 4x400 Meter Relay Senior	4:41.30	1/5	2024-05-23	2:45 PM		

**Dartmouth High Total Individual Entries: 47 - Total Relays: 5**

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

School Entries - All Events

**Dartmouth South Academy (DSA)**

1. Joshua Bent - Male - Comp#: 295 - Ind/Rel: 2 / 0				
#56 Boys Long Jump Junior	4.90m	1/5	2024-05-22	12:00 PM
#62 Boys High Jump Junior	1.45m	1/11	2024-05-23	12:00 PM
2. Nahla Coll - Female - Comp#: 296 - Ind/Rel: 1 / 0				
#55 Girls Long Jump Junior	3.99m	1/8	2024-05-23	12:00 PM
3. Ellie Jreige - Female - Comp#: 297 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	18.39m	1/9	2024-05-23	2:00 PM
4. Ella Macfarlane - Female - Comp#: 298 - Ind/Rel: 1 / 0				
#31 Girls 800 Meter Run Junior	2:45.98	1/10	2024-05-23	10:45 AM
5. Cassidy Trudeau - Female - Comp#: 299 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	7.83m	1/5	2024-05-22	2:00 PM

**Dartmouth South Academy Total Individual Entries: 6 - Total Relays: 0**

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

School Entries - All Events

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**East Coast Varsity (ECV)**

1. Maddox Burke - Male - Comp#: 300 - Ind/Rel: 1 / 0

#68 Boys Triple Jump Junior

9.12m 1/14

2024-05-23 10:00 AM

**East Coast Varsity Total Individual Entries: 1 - Total Relays: 0**

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

School Entries - All Events

**Eastern Passage Education Cent (EPEC)**

1. Hazel Boyce - Female - Comp#: 301 - Ind/Rel: 1 / 0				
#31 Girls 800 Meter Run Junior	2:47.74	1/15	2024-05-23	10:45 AM
2. Ruth Gatama - Female - Comp#: 302 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	7.39m	1/14	2024-05-23	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	20.49m	1/15	2024-05-22	12:00 PM

**Eastern Passage Education Cent Total Individual Entries: 3 - Total Relays: 0**

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

School Entries - All Events

**Eastern Shore District High (ESDH)**

1. Rylan Bent - Male - Comp#: 303 - Ind/Rel: 2 / 0					
#82 Boys Discus Throw 1.5kg Intermediate	28.03m	1/6	2024-05-23	10:00 AM	
#103 Boys Javelin Throw 700g Intermediate	35.49m	1/7	2024-05-22	12:00 PM	
2. Andrew Colbourne - Male - Comp#: 304 - Ind/Rel: 1 / 0					
#82 Boys Discus Throw 1.5kg Intermediate	36.29m	1/16	2024-05-23	10:00 AM	
3. Chris Cotton - Male - Comp#: 305 - Ind/Rel: 1 / 0					
#131 Boys Long Jump 3 jumps Supported Senior	2.37m	1/2	2024-05-22	10:00 AM	
4. Riley Cuthbert - Male - Comp#: 306 - Ind/Rel: 2 / 0					
#24 Boys 1500 Meter Run Senior	4:32.81	1/1	2024-05-22	2:00 PM	
#48 Boys 3000 Meter Run Senior	10:23.67	1/1	2024-05-23	1:30 PM	
5. Morgan Dobson - Female - Comp#: 307 - Ind/Rel: 1 / 0					
#83 Girls Discus Throw 1kg Senior	19.51m	1/6	2024-05-22	10:00 AM	
6. Vincent Fitzmorris - Male - Comp#: 308 - Ind/Rel: 1 / 0					
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.34m	1/15	2024-05-22	11:15 AM	
7. Hunter Haverstock - Male - Comp#: 309 - Ind/Rel: 1 / 0					
#103 Boys Javelin Throw 700g Intermediate	33.49m	1/8	2024-05-22	12:00 PM	

**Eastern Shore District High Total Individual Entries: 9 - Total Relays: 0**



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

School Entries - All Events

**École du Carrefour (EDCA)**

1. Lamar Gallant - Male - Comp#: 312 - Ind/Rel: 4 / 0				
#14 Boys 100 Meter Dash Junior Prelims	12.63	2/3	2024-05-22	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.03	2/5	2024-05-23	10:00 AM
#56 Boys Long Jump Junior	4.75m	1/8	2024-05-22	12:00 PM
#74 Boys Shot Put 4kg Junior	9.76m	1/15	2024-05-22	10:00 AM
2. Joshua Misner - Male - Comp#: 313 - Ind/Rel: 1 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:05.36	2/6	2024-05-22	11:45 AM
3. Thomas Seneker - Male - Comp#: 314 - Ind/Rel: 3 / 0				
#14 Boys 100 Meter Dash Junior Prelims	12.87	2/6	2024-05-22	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.16	2/1	2024-05-23	10:00 AM
#56 Boys Long Jump Junior	4.41m	1/1	2024-05-22	12:00 PM
1. École du Carrefour - 'A'				
#38 Boys 4x100 Meter Relay Junior	52.79	1/1	2024-05-23	11:30 AM

**École du Carrefour Total Individual Entries: 8 - Total Relays: 1**

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

School Entries - All Events

**Ecole du Sommet (SOMM)**

1. Nicholas Albert - Male - Comp#: 315 - Ind/Rel: 1 / 0				
#12 Boys 400 Meter Dash Senior Prelims	59.46	2/2	2024-05-22	12:15 PM
2. Eleya Brooks - Female - Comp#: 316 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	22.11m	1/1	2024-05-23	12:00 PM
3. Noah Denis - Male - Comp#: 317 - Ind/Rel: 1 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	20.27	1/7	2024-05-22	10:30 AM
4. James Martin - Male - Comp#: 318 - Ind/Rel: 1 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	18.25	1/4	2024-05-22	10:30 AM

**Ecole du Sommet Total Individual Entries: 4 - Total Relays: 0**

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

School Entries - All Events

**École Mer et Monde (EMEM)**

1. Abraham Diamond - Male - Comp#: 319 - Ind/Rel: 1 / 0 #32 Boys 800 Meter Run Junior	2:33.92	1/12	2024-05-23	10:45 AM
2. Ben Leitao - Male - Comp#: 320 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:34.00	1/15	2024-05-23	12:45 PM
3. Vaughan Lewis - Male - Comp#: 321 - Ind/Rel: 2 / 0 #82 Boys Discus Throw 1.5kg Intermediate	22.79m	1/11	2024-05-23	10:00 AM
#103 Boys Javelin Throw 700g Intermediate	24.67m	1/2	2024-05-22	12:00 PM
4. Silvain Mbuyi - Male - Comp#: 322 - Ind/Rel: 2 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.24	2/5	2024-05-22	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.06	2/2	2024-05-23	10:20 AM
5. Alex Roberge - Male - Comp#: 323 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	30.07m	1/12	2024-05-22	12:00 PM

**École Mer et Monde Total Individual Entries: 7 - Total Relays: 0**

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

School Entries - All Events

**École secondaire Mosaïque (ESM)**

1. Audrey Joseph - Female - Comp#: 324 - Ind/Rel: 2 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.85	1/3	2024-05-22	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	29.13	1/7	2024-05-23	10:00 AM
2. Ava Joseph - Female - Comp#: 325 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:32.69	1/15	2024-05-22	2:00 PM
#47 Girls 3000 Meter Run Senior	12:17.12	1/4	2024-05-23	1:30 PM
3. Lincoln Carmen Landry - Male - Comp#: 326 - Ind/Rel: 2 / 0				
#22 Boys 1500 Meter Run Intermediate	4:46.58	1/15	2024-05-22	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:07.81	1/13	2024-05-23	1:15 PM
4. Owen Weigelin - Male - Comp#: 327 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.50m	1/7	2024-05-23	2:00 PM

**École secondaire Mosaïque Total Individual Entries: 7 - Total Relays: 0**

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

School Entries - All Events

**Elizabeth Sutherland (ELS)**

1. Emme Boudreau - Female - Comp#: 328 - Ind/Rel: 1 / 0				
#25 Girls 200 Meter Dash Junior Prelims	30.26	2/7	2024-05-23	10:00 AM
2. William Mestdagh - Male - Comp#: 331 - Ind/Rel: 2 / 0				
#56 Boys Long Jump Junior	4.41m	1/2	2024-05-22	12:00 PM
#62 Boys High Jump Junior	1.55m	1/14	2024-05-23	12:00 PM
3. Enoch Oyelami - Male - Comp#: 332 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.77	2/4	2024-05-22	10:00 AM
4. Jack Pelham - Male - Comp#: 333 - Ind/Rel: 2 / 0				
#62 Boys High Jump Junior	1.35m	1/12	2024-05-23	12:00 PM
#68 Boys Triple Jump Junior	9.24m	1/9	2024-05-23	10:00 AM
5. Yejun Sun - Male - Comp#: 334 - Ind/Rel: 1 / 0				
#80 Boys Discus Throw 1kg Junior	24.09m	1/15	2024-05-23	2:00 PM

**Elizabeth Sutherland Total Individual Entries: 7 - Total Relays: 0**

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

## School Entries - All Events

**Ellenvale Junior High (ELLN)**

1. Nikhil Batra - Male - Comp#: 335 - Ind/Rel: 2 / 0				
#22 Boys 1500 Meter Run Intermediate	4:47.64	1/7	2024-05-22	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:15.82	1/5	2024-05-23	1:15 PM
2. Mady Chandlier - Female - Comp#: 336 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	20.46m	1/2	2024-05-23	12:00 PM
3. Luke Ellis - Male - Comp#: 337 - Ind/Rel: 2 / 0				
#22 Boys 1500 Meter Run Intermediate	4:47.64	1/16	2024-05-22	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:08.14	1/14	2024-05-23	1:15 PM
4. Jacob Harmon - Male - Comp#: 338 - Ind/Rel: 2 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	57.10	1/8	2024-05-22	12:15 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.05	1/2	2024-05-23	10:20 AM
5. Brooklyn Keizer - Female - Comp#: 339 - Ind/Rel: 1 / 0				
#75 Girls Shot Put 4kg Intermediate	6.77m	1/7	2024-05-23	2:00 PM
6. Alice Laventure - Female - Comp#: 340 - Ind/Rel: 3 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:08.95	2/3	2024-05-22	11:45 AM
#19 Girls 1500 Meter Run Junior	5:35.25	1/15	2024-05-22	1:30 PM
#31 Girls 800 Meter Run Junior	2:42.09	1/13	2024-05-23	10:45 AM
7. Molly Lodge - Female - Comp#: 341 - Ind/Rel: 2 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	17.06	2/8	2024-05-22	10:00 AM
#45 Girls 3000 Meter Run Intermediate	13:36.78	1/12	2024-05-23	1:15 PM
8. Mya Maccormick - Female - Comp#: 342 - Ind/Rel: 1 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.64	2/7	2024-05-22	12:45 PM
9. Sophie Mitchell - Female - Comp#: 343 - Ind/Rel: 2 / 0				
#79 Girls Discus Throw 0.75kg Junior	20.41m	1/6	2024-05-22	12:00 PM
#85 Girls Javelin Throw 400g Junior	17.58m	1/16	2024-05-23	2:00 PM
10. Lexi Moores - Female - Comp#: 344 - Ind/Rel: 2 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:07.28	2/8	2024-05-22	11:45 AM
#13 Girls 100 Meter Dash Junior Prelims	14.13	2/3	2024-05-22	12:45 PM
11. Ethan Obeng - Male - Comp#: 345 - Ind/Rel: 1 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.03	2/2	2024-05-22	10:30 AM
12. Eme Olugu - Male - Comp#: 346 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	8.49m	1/9	2024-05-22	2:00 PM
13. Ava Randall - Female - Comp#: 347 - Ind/Rel: 1 / 0				
#79 Girls Discus Throw 0.75kg Junior	19.64m	1/7	2024-05-22	12:00 PM
14. Evan Ren - Male - Comp#: 348 - Ind/Rel: 3 / 0				
#22 Boys 1500 Meter Run Intermediate	4:44.48	1/8	2024-05-22	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:22.15	1/10	2024-05-23	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:04.30	1/11	2024-05-23	1:15 PM
15. Samantha Roberts - Female - Comp#: 349 - Ind/Rel: 4 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	14.76	2/7	2024-05-22	10:00 AM
#13 Girls 100 Meter Dash Junior Prelims	14.28	1/8	2024-05-22	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	29.29	2/6	2024-05-23	10:00 AM
#55 Girls Long Jump Junior	4.12m	1/16	2024-05-23	12:00 PM
16. Conroy Snow - Male - Comp#: 350 - Ind/Rel: 1 / 0				
#26 Boys 200 Meter Dash Junior Prelims	27.51	1/1	2024-05-23	10:00 AM
17. Emma Wadden - Female - Comp#: 351 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	18.14m	1/1	2024-05-23	2:00 PM
1. Ellenvale Junior High - 'A'				
#37 Girls 4x100 Meter Relay Junior	56.79	1/3	2024-05-23	11:30 AM

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

School Entries - All Events

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**Ellenvale Junior High (ELLN)**

2.	Ellenvale Junior High - 'A'				
	#40 Boys 4x100 Meter Relay Intermediate	50.52	1/1	2024-05-23	12:00 PM

**Ellenvale Junior High Total Individual Entries: 30 - Total Relays: 2**

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

School Entries - All Events

**Eric Graves Junior High (EGJH)**

1. Luca Barreiro - Male - Comp#: 352 - Ind/Rel: 2 / 0				
#62 Boys High Jump Junior	1.60m	1/18	2024-05-23	12:00 PM
#74 Boys Shot Put 4kg Junior	9.45m	1/10	2024-05-22	10:00 AM
2. Jace Haggerty - Male - Comp#: 353 - Ind/Rel: 2 / 0				
#74 Boys Shot Put 4kg Junior	8.37m	1/2	2024-05-22	10:00 AM
#80 Boys Discus Throw 1kg Junior	25.37m	1/6	2024-05-23	2:00 PM
3. Ben Owen - Male - Comp#: 354 - Ind/Rel: 1 / 0				
#14 Boys 100 Meter Dash Junior Prelims	13.31	2/5	2024-05-22	12:45 PM
4. Rush Warren - Male - Comp#: 355 - Ind/Rel: 2 / 0				
#74 Boys Shot Put 4kg Junior	8.27m	1/6	2024-05-22	10:00 AM
#80 Boys Discus Throw 1kg Junior	23.31m	1/2	2024-05-23	2:00 PM

**Eric Graves Junior High Total Individual Entries: 7 - Total Relays: 0**



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

## School Entries - All Events

**Fairview Junior High (FAIR)**

1. Natnael Abreha - Male - Comp#: 356 - Ind/Rel: 2 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	13.74	1/7	2024-05-22	10:00 AM
#68 Boys Triple Jump Junior	9.34m	1/16	2024-05-23	10:00 AM
2. Ethan Burgess - Male - Comp#: 357 - Ind/Rel: 1 / 0				
#103 Boys Javelin Throw 700g Intermediate	27.48m	1/9	2024-05-22	12:00 PM
3. Gracie Downing - Female - Comp#: 358 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	8.20m	1/16	2024-05-23	10:00 AM
4. Nour Elkaoul - Female - Comp#: 359 - Ind/Rel: 2 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.60	2/1	2024-05-22	10:00 AM
#67 Girls Triple Jump Junior	7.76m	1/7	2024-05-22	2:00 PM
5. Stefanie Francis - Female - Comp#: 360 - Ind/Rel: 1 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.24	2/4	2024-05-22	12:45 PM
6. Lacey Hanley - Female - Comp#: 361 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:09.21	2/2	2024-05-22	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	30.93	1/7	2024-05-23	10:00 AM
#55 Girls Long Jump Junior	4.15m	1/9	2024-05-23	12:00 PM
#67 Girls Triple Jump Junior	8.01m	1/13	2024-05-22	2:00 PM
7. Isla Hopkins - Female - Comp#: 362 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	8.09m	1/8	2024-05-23	10:00 AM
8. Abigail Joseph - Female - Comp#: 363 - Ind/Rel: 2 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.04	2/7	2024-05-22	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	28.71	2/8	2024-05-23	10:00 AM
9. Lily Langley - Female - Comp#: 364 - Ind/Rel: 3 / 0				
#73 Girls Shot Put 3kg Junior	7.30m	1/2	2024-05-23	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	21.60m	1/2	2024-05-22	12:00 PM
#85 Girls Javelin Throw 400g Junior	19.96m	1/2	2024-05-23	2:00 PM
10. Lucas Lerue - Male - Comp#: 365 - Ind/Rel: 1 / 0				
#20 Boys 1500 Meter Run Junior	5:20.45	1/14	2024-05-22	1:30 PM
11. Johanna Lobban - Female - Comp#: 366 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	7.70m	1/12	2024-05-23	10:00 AM
12. Jasper Macaulay - Male - Comp#: 367 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	22.29m	1/10	2024-05-22	2:00 PM
13. Felix Macdonald - Male - Comp#: 368 - Ind/Rel: 2 / 0				
#20 Boys 1500 Meter Run Junior	5:25.45	1/6	2024-05-22	1:30 PM
#44 Boys 3000 Meter Run Junior	11:20.76	1/3	2024-05-23	12:45 PM
14. Myra McDonald - Female - Comp#: 369 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	7.86m	1/4	2024-05-22	2:00 PM
15. Aaron Metzger - Male - Comp#: 370 - Ind/Rel: 3 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	12.30	1/5	2024-05-22	1:10 PM
#58 Boys Long Jump Intermediate	5.65m	1/6	2024-05-22	10:00 AM
#70 Boys Triple Jump Intermediate	12.98m	1/10	2024-05-23	12:00 PM
16. Tajuddin Mume - Male - Comp#: 371 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	27.51m	1/11	2024-05-22	2:00 PM
17. Michaela Salomon - Female - Comp#: 372 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.30m	1/16	2024-05-22	10:00 AM
18. Marley Sanford - Female - Comp#: 373 - Ind/Rel: 1 / 0				
#31 Girls 800 Meter Run Junior	2:43.18	1/4	2024-05-23	10:45 AM
19. Ian Seok - Male - Comp#: 374 - Ind/Rel: 2 / 0				
#56 Boys Long Jump Junior	4.56m	1/11	2024-05-22	12:00 PM
#80 Boys Discus Throw 1kg Junior	22.18m	1/4	2024-05-23	2:00 PM

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

School Entries - All Events

**Fairview Junior High (FAIR)**

20.	Ella Thomas - Female - Comp#: 375 - Ind/Rel: 3 / 0				
	#1 Girls 80 Meter Hurdles 30" Junior Prelims	14.67	1/8	2024-05-22	10:00 AM
	#13 Girls 100 Meter Dash Junior Prelims	14.32	1/5	2024-05-22	12:45 PM
	#25 Girls 200 Meter Dash Junior Prelims	29.08	2/3	2024-05-23	10:00 AM
21.	Asha Wagner - Female - Comp#: 376 - Ind/Rel: 1 / 0				
	#81 Girls Discus Throw 1kg Intermediate	19.78m	1/6	2024-05-22	2:00 PM
22.	Elizabeth Weinberg - Female - Comp#: 377 - Ind/Rel: 1 / 0				
	#57 Girls Long Jump Intermediate	4.33m	1/10	2024-05-23	10:00 AM
1.	Fairview Junior High - 'A'				
	#37 Girls 4x100 Meter Relay Junior	54.71	1/7	2024-05-23	11:30 AM

**Fairview Junior High Total Individual Entries: 36 - Total Relays: 1**

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

School Entries - All Events

**Five Bridges Junior High (FBJH)**

1. Amelia Alexander - Female - Comp#: 378 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	22.27m	1/4	2024-05-23	2:00 PM
2. Xavier Axhorn - Male - Comp#: 379 - Ind/Rel: 3 / 0 #74 Boys Shot Put 4kg Junior	9.00m	1/9	2024-05-22	10:00 AM
#80 Boys Discus Throw 1kg Junior	22.54m	1/1	2024-05-23	2:00 PM
#91 Boys Javelin Throw 600g Junior	24.65m	1/7	2024-05-22	2:00 PM
3. Haley Barry - Female - Comp#: 380 - Ind/Rel: 1 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:06.62	1/4	2024-05-22	11:45 AM
4. Ali Bragg - Female - Comp#: 381 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	13:27.07	1/16	2024-05-23	12:45 PM
5. Quinn Campbell - Male - Comp#: 382 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	54.64	2/4	2024-05-22	12:15 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.45	1/5	2024-05-23	10:20 AM
#64 Boys High Jump Intermediate	1.50m	1/10	2024-05-23	2:00 PM
6. Addison Christie - Female - Comp#: 383 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	18.53m	1/9	2024-05-22	12:00 PM
7. Siena Flight - Female - Comp#: 384 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.30m	1/17	2024-05-22	10:00 AM
8. Ewan Gillis - Male - Comp#: 385 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.45m	1/16	2024-05-23	12:00 PM
9. Olivia Gushue - Female - Comp#: 386 - Ind/Rel: 1 / 0 #120 Girls 100 Meter Dash Supported Junior	19.77	2/6	2024-05-22	10:30 AM
10. Kento Hill - Male - Comp#: 387 - Ind/Rel: 1 / 0 #56 Boys Long Jump Junior	4.36m	1/13	2024-05-22	12:00 PM
11. Victoria Jean - Female - Comp#: 388 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	20.95m	1/11	2024-05-23	2:00 PM
12. Blake Langdon - Male - Comp#: 389 - Ind/Rel: 2 / 0 #121 Boys 100 Meter Dash Supported Junior	15.72	1/3	2024-05-22	10:30 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.35m	1/6	2024-05-22	10:00 AM
13. Arwen Middleton Meakin - Female - Comp#: 390 - Ind/Rel: 1 / 0 #31 Girls 800 Meter Run Junior	2:49.37	1/16	2024-05-23	10:45 AM
14. Ilya Oystreck - Female - Comp#: 391 - Ind/Rel: 2 / 0 #57 Girls Long Jump Intermediate	4.05m	1/9	2024-05-23	10:00 AM
#81 Girls Discus Throw 1kg Intermediate	20.71m	1/17	2024-05-22	2:00 PM
15. Jake Parsons - Male - Comp#: 392 - Ind/Rel: 1 / 0 #26 Boys 200 Meter Dash Junior Prelims	27.38	1/5	2024-05-23	10:00 AM
16. Robinson Rievaj - Male - Comp#: 393 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.40m	1/7	2024-05-23	12:00 PM
17. Amelya Seymour - Female - Comp#: 394 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	22.05m	1/3	2024-05-22	2:00 PM
18. Ryan Stover - Male - Comp#: 395 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	27.93m	1/1	2024-05-22	12:00 PM
19. Scarlett Turner - Female - Comp#: 396 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.30m	1/1	2024-05-22	10:00 AM

**Five Bridges Junior High Total Individual Entries: 25 - Total Relays: 0**

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

School Entries - All Events

**Gaetz Brook Junior High (GAET)**

1. Delaney MacKenzie - Female - Comp#: 397 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	7.38m	1/4	2024-05-23	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	26.40m	1/16	2024-05-22	12:00 PM
2. Gavin MacKenzie - Male - Comp#: 398 - Ind/Rel: 1 / 0				
#103 Boys Javelin Throw 700g Intermediate	27.54m	1/6	2024-05-22	12:00 PM
3. Olivia Sampson - Female - Comp#: 399 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.25m	1/13	2024-05-22	10:00 AM
4. Emily Sinclair-White - Female - Comp#: 400 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	21.83m	1/6	2024-05-23	2:00 PM

**Gaetz Brook Junior High Total Individual Entries: 5 - Total Relays: 0**

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

## School Entries - All Events

**Georges P. Vanier Junior High (GPV)**

1. Henry Berger - Male - Comp#: 401 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	8.74m	1/7	2024-05-23	10:00 AM
2. Max Brien - Male - Comp#: 402 - Ind/Rel: 3 / 0 #20 Boys 1500 Meter Run Junior	4:49.13	1/5	2024-05-22	1:30 PM
#62 Boys High Jump Junior	1.45m	1/4	2024-05-23	12:00 PM
#68 Boys Triple Jump Junior	10.38m	1/13	2024-05-23	10:00 AM
3. Claire Fahey - Female - Comp#: 403 - Ind/Rel: 2 / 0 #120 Girls 100 Meter Dash Supported Junior	29.73	2/7	2024-05-22	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.40m	1/4	2024-05-22	11:15 AM
4. Whyatt Hamilton - Male - Comp#: 404 - Ind/Rel: 1 / 0 #125 Boys Shot Put 4kg-3 throws Supported Junior	4.90m	1/13	2024-05-22	11:15 AM
5. Eden Hann - Female - Comp#: 405 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	13:15.92	1/14	2024-05-23	12:45 PM
6. Josie Haverstock - Female - Comp#: 406 - Ind/Rel: 1 / 0 #31 Girls 800 Meter Run Junior	2:49.36	1/8	2024-05-23	10:45 AM
7. Quinn Hawley - Female - Comp#: 407 - Ind/Rel: 2 / 0 #120 Girls 100 Meter Dash Supported Junior	49.53	1/4	2024-05-22	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.70m	1/5	2024-05-22	11:15 AM
8. Grace Hilton - Female - Comp#: 408 - Ind/Rel: 2 / 0 #13 Girls 100 Meter Dash Junior Prelims	14.09	1/7	2024-05-22	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	30.21	2/5	2024-05-23	10:00 AM
9. Georgia Hines - Female - Comp#: 409 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	24.69m	1/13	2024-05-23	2:00 PM
10. Addison Labucki - Female - Comp#: 410 - Ind/Rel: 3 / 0 #13 Girls 100 Meter Dash Junior Prelims	13.91	1/3	2024-05-22	12:45 PM
#55 Girls Long Jump Junior	4.09m	1/6	2024-05-23	12:00 PM
#67 Girls Triple Jump Junior	9.26m	1/11	2024-05-22	2:00 PM
11. Josie Luedey - Female - Comp#: 411 - Ind/Rel: 2 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.86	1/7	2024-05-22	10:00 AM
#19 Girls 1500 Meter Run Junior	5:45.93	1/12	2024-05-22	1:30 PM
12. Ava Manley - Female - Comp#: 412 - Ind/Rel: 4 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	15.35	2/6	2024-05-22	10:00 AM
#7 Girls 400 Meter Dash Junior Prelims	1:05.05	1/8	2024-05-22	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	28.52	1/6	2024-05-23	10:00 AM
#61 Girls High Jump Junior	1.25m	1/10	2024-05-22	10:00 AM
13. Claire McKim - Female - Comp#: 413 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	13:31.00	1/7	2024-05-23	12:45 PM
14. Joss Moran - Female - Comp#: 414 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	20.15m	1/8	2024-05-23	2:00 PM
15. Avah Nicholson - Female - Comp#: 415 - Ind/Rel: 1 / 0 #19 Girls 1500 Meter Run Junior	5:56.54	1/4	2024-05-22	1:30 PM
16. Marshall Potter - Male - Comp#: 416 - Ind/Rel: 2 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims	15.43	2/1	2024-05-22	10:00 AM
#68 Boys Triple Jump Junior	8.98m	1/8	2024-05-23	10:00 AM
17. Rory Sno-Wood - Female - Comp#: 417 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	7.51m	1/9	2024-05-23	10:00 AM

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

School Entries - All Events

**Georges P. Vanier Junior High (GPV)**

18.	Jayden Tillman - Male - Comp#: 418 - Ind/Rel: 4 / 0				
	#8 Boys 400 Meter Dash Junior Prelims	56.88	2/2	2024-05-22	11:45 AM
	#14 Boys 100 Meter Dash Junior Prelims	12.36	1/7	2024-05-22	12:45 PM
	#26 Boys 200 Meter Dash Junior Prelims	25.50	1/6	2024-05-23	10:00 AM
	#74 Boys Shot Put 4kg Junior	8.80m	1/14	2024-05-22	10:00 AM
19.	Charlotte Whitman - Female - Comp#: 419 - Ind/Rel: 2 / 0				
	#7 Girls 400 Meter Dash Junior Prelims	1:06.56	2/5	2024-05-22	11:45 AM
	#31 Girls 800 Meter Run Junior	2:38.08	1/12	2024-05-23	10:45 AM
20.	Kate Whitman - Female - Comp#: 420 - Ind/Rel: 1 / 0				
	#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.92	1/5	2024-05-22	10:00 AM
1.	Georges P. Vanier Junior High - 'A'				
	#37 Girls 4x100 Meter Relay Junior	55.14	1/1	2024-05-23	11:30 AM
2.	Georges P. Vanier Junior High - 'A'				
	#38 Boys 4x100 Meter Relay Junior	52.83	1/3	2024-05-23	11:30 AM
3.	Georges P. Vanier Junior High - 'A'				
	#49 Girls 4x400 Meter Relay Junior	4:36.41	1/3	2024-05-23	2:15 PM
4.	Georges P. Vanier Junior High - 'A'				
	#50 Boys 4x400 Meter Relay Junior	4:17.28	1/2	2024-05-23	2:15 PM

**Georges P. Vanier Junior High Total Individual Entries: 36 - Total Relays: 4**

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

School Entries - All Events

**Gorsebrook Junior High (GOR)**

1. Yousef Alsaad - Male - Comp#: 421 - Ind/Rel: 2 / 0					
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.52	1/5	2024-05-22	10:00 AM	
#8 Boys 400 Meter Dash Junior Prelims	1:04.36	1/8	2024-05-22	11:45 AM	
2. Annika Compton - Female - Comp#: 422 - Ind/Rel: 2 / 0					
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.55	1/1	2024-05-22	10:00 AM	
#61 Girls High Jump Junior	1.25m	1/12	2024-05-22	10:00 AM	
3. Ellora Das - Female - Comp#: 423 - Ind/Rel: 2 / 0					
#21 Girls 1500 Meter Run Intermediate	5:28.17	1/8	2024-05-22	1:30 PM	
#45 Girls 3000 Meter Run Intermediate	11:57.61	1/2	2024-05-23	1:15 PM	
4. Sheppard Dorland - Male - Comp#: 424 - Ind/Rel: 1 / 0					
#8 Boys 400 Meter Dash Junior Prelims	1:05.38	1/6	2024-05-22	11:45 AM	
5. Victoria Kirby - Female - Comp#: 425 - Ind/Rel: 2 / 0					
#19 Girls 1500 Meter Run Junior	5:37.16	1/8	2024-05-22	1:30 PM	
#43 Girls 3000 Meter Run Junior	12:23.67	1/8	2024-05-23	12:45 PM	
6. Eleanor McHenry - Female - Comp#: 426 - Ind/Rel: 5 / 0					
#1 Girls 80 Meter Hurdles 30" Junior Prelims	14.44	2/5	2024-05-22	10:00 AM	
#13 Girls 100 Meter Dash Junior Prelims	14.04	2/1	2024-05-22	12:45 PM	
#55 Girls Long Jump Junior	4.27m	1/13	2024-05-23	12:00 PM	
#61 Girls High Jump Junior	1.40m	1/3	2024-05-22	10:00 AM	
#67 Girls Triple Jump Junior	8.90m	1/8	2024-05-22	2:00 PM	
7. Ryland Norman - Male - Comp#: 427 - Ind/Rel: 2 / 0					
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.00	1/8	2024-05-22	10:00 AM	
#62 Boys High Jump Junior	1.35m	1/8	2024-05-23	12:00 PM	
8. Chase Whitman - Male - Comp#: 428 - Ind/Rel: 1 / 0					
#44 Boys 3000 Meter Run Junior	11:35.84	1/14	2024-05-23	12:45 PM	
9. Kaye Wilson - Female - Comp#: 429 - Ind/Rel: 2 / 0					
#19 Girls 1500 Meter Run Junior	5:34.70	1/13	2024-05-22	1:30 PM	
#43 Girls 3000 Meter Run Junior	12:01.86	1/2	2024-05-23	12:45 PM	

**Gorsebrook Junior High Total Individual Entries: 19 - Total Relays: 0**

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

School Entries - All Events

**Graham Creighton Junior High (GCJH)**

1. David Bartlett - Male - Comp#: 430 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.55m	1/9	2024-05-23	2:00 PM
2. Deray Cain-Downey - Male - Comp#: 431 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior	12.54	2/4	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	5.13m	1/7	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.81m	1/8	2024-05-22	10:00 AM
3. Kylee Cameron - Female - Comp#: 432 - Ind/Rel: 1 / 0 #120 Girls 100 Meter Dash Supported Junior	33.82	1/5	2024-05-22	10:30 AM
4. Brayden Cound - Male - Comp#: 433 - Ind/Rel: 2 / 0 #32 Boys 800 Meter Run Junior	2:35.06	1/15	2024-05-23	10:45 AM
#80 Boys Discus Throw 1kg Junior	22.45m	1/14	2024-05-23	2:00 PM
5. Ainsley Egamino - Female - Comp#: 434 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.61	1/1	2024-05-22	10:00 AM
6. Deandra Gibson - Female - Comp#: 435 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	18.22m	1/5	2024-05-23	12:00 PM
7. Nevaeh Mills - Female - Comp#: 436 - Ind/Rel: 3 / 0 #120 Girls 100 Meter Dash Supported Junior	35.27	1/3	2024-05-22	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.50m	1/2	2024-05-22	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.33m	1/2	2024-05-22	10:00 AM
8. Latajiah Smith - Female - Comp#: 437 - Ind/Rel: 3 / 0 #120 Girls 100 Meter Dash Supported Junior	17.32	2/5	2024-05-22	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.66m	1/3	2024-05-22	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	1.56m	1/3	2024-05-22	10:00 AM
9. Eve Tait - Female - Comp#: 438 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.03	1/4	2024-05-22	10:00 AM
10. Thea Watts - Female - Comp#: 439 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.46m	1/4	2024-05-23	2:00 PM
11. Dominic Wood - Male - Comp#: 440 - Ind/Rel: 2 / 0 #125 Boys Shot Put 4kg-3 throws Supported Junior	5.00m	1/6	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.56m	1/7	2024-05-22	10:00 AM

**Graham Creighton Junior High Total Individual Entries: 19 - Total Relays: 0**



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

School Entries - All Events

**Halifax Central Junior High (CENT)**

1. Pj Bilek - Male - Comp#: 441 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	10.18m	1/12	2024-05-23	12:00 PM
2. Ellen Brady - Female - Comp#: 442 - Ind/Rel: 1 / 0 #31 Girls 800 Meter Run Junior	2:46.53	1/7	2024-05-23	10:45 AM
3. Jack Brady - Male - Comp#: 443 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:05.05	2/3	2024-05-22	11:45 AM
4. Daniel Chisholm - Male - Comp#: 444 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	25.58m	1/7	2024-05-23	2:00 PM
5. Beau Gallant - Male - Comp#: 445 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	8.64m	1/16	2024-05-22	10:00 AM
6. Hana Jeong - Female - Comp#: 446 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.16	2/1	2024-05-22	10:00 AM
7. Aaron Macvay - Male - Comp#: 447 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.35m	1/2	2024-05-23	12:00 PM
8. Harrison Morash - Male - Comp#: 448 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	20.82m	1/8	2024-05-22	2:00 PM
9. Liae Yang - Female - Comp#: 449 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.35m	1/6	2024-05-22	12:00 PM

**Halifax Central Junior High Total Individual Entries: 9 - Total Relays: 0**

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

School Entries - All Events

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**Halifax Christian Academy (HCA)**

1. Nevaeh Spinney - Female - Comp#: 451 - Ind/Rel: 2 / 0

#23 Girls 1500 Meter Run Senior	5:50.98	1/8	2024-05-22	2:00 PM
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#47 Girls 3000 Meter Run Senior	12:57.38	1/6	2024-05-23	1:30 PM
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**Halifax Christian Academy Total Individual Entries: 2 - Total Relays: 0**

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

## School Entries - All Events

**Halifax Grammar School (HGS)**

1.	Levi Adler - Male - Comp#: 452 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.53	1/5	2024-05-22	10:30 AM
2.	Kashton Armstrong - Male - Comp#: 453 - Ind/Rel: 1 / 0 #56 Boys Long Jump Junior	4.64m	1/3	2024-05-22	12:00 PM
3.	Neil Beazley - Male - Comp#: 454 - Ind/Rel: 2 / 0 #20 Boys 1500 Meter Run Junior #32 Boys 800 Meter Run Junior	5:10.95 2:31.57	1/2 1/2	2024-05-22 2024-05-23	1:30 PM 10:45 AM
4.	Carys Bourgeois - Female - Comp#: 455 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	20.53m	1/14	2024-05-22	12:00 PM
5.	Darian Brown - Male - Comp#: 456 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	19.76m	1/2	2024-05-22	2:00 PM
6.	Saidharma Chelamkuri - Male - Comp#: 457 - Ind/Rel: 1 / 0 #34 Boys 800 Meter Run Intermediate	2:18.11	1/13	2024-05-23	11:10 AM
7.	Faye Chiasson - Female - Comp#: 458 - Ind/Rel: 3 / 0 #21 Girls 1500 Meter Run Intermediate #33 Girls 800 Meter Run Intermediate #45 Girls 3000 Meter Run Intermediate	5:03.17 2:23.08 11:11.83	1/10 1/9 1/10	2024-05-22 2024-05-23 2024-05-23	1:30 PM 10:45 AM 1:15 PM
8.	Oz Cohen - Male - Comp#: 459 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:04.19	2/4	2024-05-22	11:45 AM
9.	Zora Daramola - Female - Comp#: 460 - Ind/Rel: 1 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:07.23	2/2	2024-05-22	11:45 AM
10.	Tobi Evborokhai - Male - Comp#: 461 - Ind/Rel: 1 / 0 #30 Boys 200 Meter Dash Senior Prelims	26.12	2/6	2024-05-23	10:20 AM
11.	Juliet Fatokun - Female - Comp#: 462 - Ind/Rel: 2 / 0 #15 Girls 100 Meter Dash Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims	13.54 28.96	1/1 1/2	2024-05-22 2024-05-23	12:45 PM 10:00 AM
12.	Adebisi Folu - Male - Comp#: 463 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	ND	1/8	2024-05-23	2:00 PM
13.	Bianca Grossi - Female - Comp#: 464 - Ind/Rel: 2 / 0 #33 Girls 800 Meter Run Intermediate #45 Girls 3000 Meter Run Intermediate	2:42.92 12:43.46	1/6 1/4	2024-05-23 2024-05-23	10:45 AM 1:15 PM
14.	King He - Male - Comp#: 465 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.65m	1/8	2024-05-23	2:00 PM
15.	Zoe Hunter - Female - Comp#: 466 - Ind/Rel: 2 / 0 #63 Girls High Jump Intermediate #97 Girls Javelin Throw 500g Intermediate	1.30m 17.85m	1/3 1/3	2024-05-22 2024-05-23	12:00 PM 12:00 PM
16.	Isabella Jennex - Female - Comp#: 467 - Ind/Rel: 3 / 0 #23 Girls 1500 Meter Run Senior #35 Girls 800 Meter Run Senior #47 Girls 3000 Meter Run Senior	5:18.45 NT NT	1/4 1/17 1/13	2024-05-22 2024-05-23 2024-05-23	2:00 PM 11:10 AM 1:30 PM
17.	Vivian Johnson - Female - Comp#: 468 - Ind/Rel: 4 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims #59 Girls Long Jump Senior #65 Girls High Jump Senior #71 Girls Triple Jump Senior	17.03 4.79m 1.55m 10.41m	1/6 1/13 1/11 1/9	2024-05-22 2024-05-23 2024-05-22 2024-05-22	10:30 AM 2:00 PM 2:00 PM 12:00 PM
18.	Nyah Kaupp - Female - Comp#: 469 - Ind/Rel: 2 / 0 #9 Girls 400 Meter Dash Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims	1:02.21 27.54	2/5 2/5	2024-05-22 2024-05-23	11:45 AM 10:00 AM

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

## School Entries - All Events

**Halifax Grammar School (HGS)**

19.	Idan Koknaev - Male - Comp#: 470 - Ind/Rel: 2 / 0						
	#24 Boys 1500 Meter Run Senior	NT	1/17	2024-05-22	2:00 PM		
	#36 Boys 800 Meter Run Senior	NT	1/18	2024-05-23	11:10 AM		
20.	Malaya-Joy Leger - Female - Comp#: 471 - Ind/Rel: 1 / 0						
	#75 Girls Shot Put 4kg Intermediate	7.84m	1/11	2024-05-23	2:00 PM		
21.	Kai Liu - Male - Comp#: 472 - Ind/Rel: 3 / 0						
	#20 Boys 1500 Meter Run Junior	5:10.93	1/11	2024-05-22	1:30 PM		
	#32 Boys 800 Meter Run Junior	2:36.17	1/4	2024-05-23	10:45 AM		
	#44 Boys 3000 Meter Run Junior	11:22.47	1/4	2024-05-23	12:45 PM		
22.	Cadence MacLeod - Male - Comp#: 473 - Ind/Rel: 2 / 0						
	#8 Boys 400 Meter Dash Junior Prelims	59.34	1/3	2024-05-22	11:45 AM		
	#14 Boys 100 Meter Dash Junior Prelims	12.84	1/5	2024-05-22	12:45 PM		
23.	Scarlet Mason - Female - Comp#: 474 - Ind/Rel: 3 / 0						
	#7 Girls 400 Meter Dash Junior Prelims	1:09.18	1/1	2024-05-22	11:45 AM		
	#19 Girls 1500 Meter Run Junior	5:34.98	1/14	2024-05-22	1:30 PM		
	#43 Girls 3000 Meter Run Junior	12:19.83	1/3	2024-05-23	12:45 PM		
24.	Charlie McEwen - Male - Comp#: 475 - Ind/Rel: 2 / 0						
	#12 Boys 400 Meter Dash Senior Prelims	NT	3/2	2024-05-22	12:15 PM		
	#36 Boys 800 Meter Run Senior	2:12.13	1/5	2024-05-23	11:10 AM		
25.	Heidi Nuyens - Female - Comp#: 476 - Ind/Rel: 2 / 0						
	#21 Girls 1500 Meter Run Intermediate	5:12.38	1/11	2024-05-22	1:30 PM		
	#45 Girls 3000 Meter Run Intermediate	11:18.74	1/1	2024-05-23	1:15 PM		
26.	Wawa Ojo - Female - Comp#: 477 - Ind/Rel: 3 / 0						
	#77 Girls Shot Put 4kg Senior	6.78m	1/6	2024-05-23	12:00 PM		
	#83 Girls Discus Throw 1kg Senior	14.77m	1/13	2024-05-22	10:00 AM		
	#109 Girls Javelin Throw 600g Senior	17.14m	1/1	2024-05-23	10:00 AM		
27.	Sam Olugu - Male - Comp#: 478 - Ind/Rel: 1 / 0						
	#66 Boys High Jump Senior	1.65m	1/6	2024-05-23	10:00 AM		
28.	Ruth O'Regan - Female - Comp#: 479 - Ind/Rel: 2 / 0						
	#77 Girls Shot Put 4kg Senior	8.96m	1/11	2024-05-23	12:00 PM		
	#83 Girls Discus Throw 1kg Senior	20.58m	1/4	2024-05-22	10:00 AM		
29.	Grace Qu - Female - Comp#: 480 - Ind/Rel: 1 / 0						
	#97 Girls Javelin Throw 500g Intermediate	16.48m	1/8	2024-05-23	12:00 PM		
30.	Molly Sancton - Female - Comp#: 481 - Ind/Rel: 3 / 0						
	#9 Girls 400 Meter Dash Intermediate Prelims	1:05.32	2/7	2024-05-22	11:45 AM		
	#21 Girls 1500 Meter Run Intermediate	5:37.06	1/5	2024-05-22	1:30 PM		
	#33 Girls 800 Meter Run Intermediate	2:33.18	1/5	2024-05-23	10:45 AM		
31.	Tim Seoul - Male - Comp#: 482 - Ind/Rel: 2 / 0						
	#76 Boys Shot Put 5kg Intermediate	9.30m	1/8	2024-05-22	2:00 PM		
	#82 Boys Discus Throw 1.5kg Intermediate	25.77m	1/5	2024-05-23	10:00 AM		
32.	Ayla Williams - Female - Comp#: 483 - Ind/Rel: 3 / 0						
	#9 Girls 400 Meter Dash Intermediate Prelims	1:03.42	1/3	2024-05-22	11:45 AM		
	#21 Girls 1500 Meter Run Intermediate	5:25.12	1/2	2024-05-22	1:30 PM		
	#33 Girls 800 Meter Run Intermediate	2:28.54	1/11	2024-05-23	10:45 AM		
33.	Carley Williams - Female - Comp#: 484 - Ind/Rel: 3 / 0						
	#19 Girls 1500 Meter Run Junior	5:17.36	1/2	2024-05-22	1:30 PM		
	#31 Girls 800 Meter Run Junior	2:29.42	1/1	2024-05-23	10:45 AM		
	#43 Girls 3000 Meter Run Junior	11:53.87	1/11	2024-05-23	12:45 PM		
34.	Jay Yuan - Male - Comp#: 485 - Ind/Rel: 1 / 0						
	#91 Boys Javelin Throw 600g Junior	21.09m	1/12	2024-05-22	2:00 PM		

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

School Entries - All Events

**Halifax Grammar School (HGS)**

1.	Halifax Grammar School - 'A' #38 Boys 4x100 Meter Relay Junior	53.20	1/7	2024-05-23	11:30 AM
2.	Halifax Grammar School - 'A' #39 Girls 4x100 Meter Relay Intermediate	53.73	1/6	2024-05-23	11:30 AM
3.	Halifax Grammar School - 'A' #49 Girls 4x400 Meter Relay Junior	4:50.27	1/8	2024-05-23	2:15 PM
4.	Halifax Grammar School - 'A' #50 Boys 4x400 Meter Relay Junior	4:20.92	1/5	2024-05-23	2:15 PM
5.	Halifax Grammar School - 'A' #51 Girls 4x400 Meter Relay Intermediate	4:20.60	1/5	2024-05-23	2:15 PM
6.	Halifax Grammar School - 'A' #54 Boys 4x400 Meter Relay Senior	4:05.85	1/7	2024-05-23	2:45 PM

**Halifax Grammar School Total Individual Entries: 64 - Total Relays: 6**

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

School Entries - All Events

**Halifax Independent School (HIS)**

1. Eli Arseneault - Male - Comp#: 486 - Ind/Rel: 2 / 0					
#133 Boys 200 Meter Dash AMB Para Athletes		NT	1/1	2024-05-23	10:30 AM
#137 Boys Shot Put 4kg-3 throws AMB Para Athletes	3.53m		1/1	2024-05-23	12:30 PM
2. Cohen Francis - Male - Comp#: 487 - Ind/Rel: 3 / 0					
#44 Boys 3000 Meter Run Junior	11:19.41		1/2	2024-05-23	12:45 PM
#56 Boys Long Jump Junior	4.46m		1/14	2024-05-22	12:00 PM
#74 Boys Shot Put 4kg Junior	9.97m		1/5	2024-05-22	10:00 AM
3. Fiona Gardner - Female - Comp#: 488 - Ind/Rel: 2 / 0					
#55 Girls Long Jump Junior	3.91m		1/4	2024-05-23	12:00 PM
#61 Girls High Jump Junior	1.35m		1/6	2024-05-22	10:00 AM
4. Esja Nener - Female - Comp#: 489 - Ind/Rel: 3 / 0					
#57 Girls Long Jump Intermediate	3.88m		1/13	2024-05-23	10:00 AM
#69 Girls Triple Jump Intermediate	8.57m		1/4	2024-05-22	10:00 AM
#81 Girls Discus Throw 1kg Intermediate	18.90m		1/2	2024-05-22	2:00 PM
5. Harry Nickerson - Male - Comp#: 490 - Ind/Rel: 1 / 0					
#82 Boys Discus Throw 1.5kg Intermediate	22.88m		1/2	2024-05-23	10:00 AM
6. Lila Pothier - Female - Comp#: 491 - Ind/Rel: 1 / 0					
#97 Girls Javelin Throw 500g Intermediate	16.76m		1/9	2024-05-23	12:00 PM
7. Freida Quinn - Female - Comp#: 492 - Ind/Rel: 1 / 0					
#61 Girls High Jump Junior	1.30m		1/9	2024-05-22	10:00 AM
8. Zéré Rolle-Hewitt - Male - Comp#: 493 - Ind/Rel: 1 / 0					
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.19		2/2	2024-05-22	10:00 AM
9. Scarlett Stevenson - Female - Comp#: 494 - Ind/Rel: 2 / 0					
#73 Girls Shot Put 3kg Junior	7.90m		1/3	2024-05-23	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	22.81m		1/13	2024-05-22	12:00 PM
10. Finn Weatherbee - Male - Comp#: 495 - Ind/Rel: 1 / 0					
#80 Boys Discus Throw 1kg Junior	23.54m		1/5	2024-05-23	2:00 PM

**Halifax Independent School Total Individual Entries: 17 - Total Relays: 0**

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

## School Entries - All Events

**Halifax West High School (HFXW)**

1. Michael Ajuwon - Male - Comp#: 496 - Ind/Rel: 2 / 0				
#84 Boys Discus Throw 1.75kg Senior	18.17m	1/5	2024-05-23	12:00 PM
#115 Boys Javelin Throw 800g Senior	18.62m	1/14	2024-05-22	10:00 AM
2. Hunter Ashley - Male - Comp#: 497 - Ind/Rel: 3 / 0				
#123 Boys 100 Meter Dash Supported Senior	13.54	2/2	2024-05-22	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	5.02m	1/2	2024-05-22	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.41m	1/12	2024-05-22	10:00 AM
3. Nwadiioramma Azuka-Onwuka - Male - Comp#: 498 - Ind/Rel: 3 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	19.17	1/5	2024-05-22	10:30 AM
#78 Boys Shot Put 6kg Senior	7.81m	1/8	2024-05-22	12:00 PM
#115 Boys Javelin Throw 800g Senior	22.42m	1/18	2024-05-22	10:00 AM
4. Ryan Brown - Male - Comp#: 499 - Ind/Rel: 2 / 0				
#78 Boys Shot Put 6kg Senior	8.87m	1/1	2024-05-22	12:00 PM
#115 Boys Javelin Throw 800g Senior	26.28m	1/3	2024-05-22	10:00 AM
5. Sam Bryson - Male - Comp#: 500 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.45m	1/11	2024-05-23	2:00 PM
6. Victor Dao - Male - Comp#: 501 - Ind/Rel: 3 / 0				
#60 Boys Long Jump Senior	5.42m	1/5	2024-05-22	2:00 PM
#66 Boys High Jump Senior	1.55m	1/4	2024-05-23	10:00 AM
#72 Boys Triple Jump Senior	11.40m	1/12	2024-05-23	2:00 PM
7. Suzanne Jackson - Female - Comp#: 502 - Ind/Rel: 3 / 0				
#21 Girls 1500 Meter Run Intermediate	5:33.68	1/14	2024-05-22	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:36.89	1/13	2024-05-23	10:45 AM
#45 Girls 3000 Meter Run Intermediate	12:29.89	1/13	2024-05-23	1:15 PM
8. Eunchan (Jude) Jeong - Male - Comp#: 503 - Ind/Rel: 1 / 0				
#103 Boys Javelin Throw 700g Intermediate	24.39m	1/14	2024-05-22	12:00 PM
9. Tristan Kelloway - Male - Comp#: 504 - Ind/Rel: 2 / 0				
#12 Boys 400 Meter Dash Senior Prelims	56.57	1/5	2024-05-22	12:15 PM
#36 Boys 800 Meter Run Senior	2:10.25	1/13	2024-05-23	11:10 AM
10. Abby LeBlanc-O'Malley - Female - Comp#: 505 - Ind/Rel: 1 / 0				
#65 Girls High Jump Senior	1.35m	1/6	2024-05-22	2:00 PM
11. Nathan Lerue - Male - Comp#: 506 - Ind/Rel: 2 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	12.34	1/6	2024-05-22	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.14	2/3	2024-05-23	10:20 AM
12. Olivia Logan - Female - Comp#: 507 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:17.79	1/3	2024-05-22	2:00 PM
#47 Girls 3000 Meter Run Senior	11:23.61	1/1	2024-05-23	1:30 PM
13. Ava MacNutt - Female - Comp#: 508 - Ind/Rel: 4 / 0				
#17 Girls 100 Meter Dash Senior Prelims	13.90	3/4	2024-05-22	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	29.25	2/1	2024-05-23	10:20 AM
#59 Girls Long Jump Senior	4.24m	1/1	2024-05-23	2:00 PM
#71 Girls Triple Jump Senior	9.16m	1/11	2024-05-22	12:00 PM
14. Robert Martin - Male - Comp#: 509 - Ind/Rel: 4 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	15.77	1/3	2024-05-22	10:30 AM
#10 Boys 400 Meter Dash Intermediate Prelims	55.13	1/6	2024-05-22	12:15 PM
#34 Boys 800 Meter Run Intermediate	2:12.95	1/1	2024-05-23	11:10 AM
#70 Boys Triple Jump Intermediate	11.42m	1/16	2024-05-23	12:00 PM
15. Yoseph Masry - Male - Comp#: 510 - Ind/Rel: 2 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	19.04	2/5	2024-05-22	10:30 AM
#58 Boys Long Jump Intermediate	5.29m	1/2	2024-05-22	10:00 AM

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

## School Entries - All Events

**Halifax West High School (HFXW)**

16.	Julia McInnis - Female - Comp#: 511 - Ind/Rel: 2 / 0						
	#83 Girls Discus Throw 1kg Senior	17.59m	1/14	2024-05-22	10:00 AM		
	#109 Girls Javelin Throw 600g Senior	19.47m	1/13	2024-05-23	10:00 AM		
17.	Ally McLean - Female - Comp#: 512 - Ind/Rel: 2 / 0						
	#23 Girls 1500 Meter Run Senior	5:11.86	1/2	2024-05-22	2:00 PM		
	#47 Girls 3000 Meter Run Senior	11:24.10	1/12	2024-05-23	1:30 PM		
18.	Ethan Metzger - Male - Comp#: 513 - Ind/Rel: 1 / 0						
	#66 Boys High Jump Senior	1.70m	1/7	2024-05-23	10:00 AM		
19.	Saint Mian Angui - Female - Comp#: 514 - Ind/Rel: 1 / 0						
	#17 Girls 100 Meter Dash Senior Prelims	14.29	3/6	2024-05-22	1:10 PM		
20.	Maggie Mills - Female - Comp#: 515 - Ind/Rel: 2 / 0						
	#122 Girls 100 Meter Dash Supported Senior	17.90	2/6	2024-05-22	10:30 AM		
	#130 Girls Long Jump 3 jumps Supported Senior	1.31m	1/7	2024-05-22	10:00 AM		
21.	Beckett Nadeau - Male - Comp#: 516 - Ind/Rel: 2 / 0						
	#24 Boys 1500 Meter Run Senior	4:31.60	1/15	2024-05-22	2:00 PM		
	#48 Boys 3000 Meter Run Senior	9:53.32	1/6	2024-05-23	1:30 PM		
22.	Farhan Nur - Male - Comp#: 517 - Ind/Rel: 1 / 0						
	#115 Boys Javelin Throw 800g Senior	ND	1/8	2024-05-22	10:00 AM		
23.	Chanelle Rodriguez-Cooper - Female - Comp#: 518 - Ind/Rel: 3 / 0						
	#15 Girls 100 Meter Dash Intermediate Prelims	13.83	1/7	2024-05-22	12:45 PM		
	#57 Girls Long Jump Intermediate	4.43m	1/1	2024-05-23	10:00 AM		
	#69 Girls Triple Jump Intermediate	9.95m	1/3	2024-05-22	10:00 AM		
24.	Sam Ross - Male - Comp#: 519 - Ind/Rel: 2 / 0						
	#78 Boys Shot Put 6kg Senior	7.34m	1/5	2024-05-22	12:00 PM		
	#84 Boys Discus Throw 1.75kg Senior	19.05m	1/8	2024-05-23	12:00 PM		
25.	Feyikemi Rotimi - Female - Comp#: 520 - Ind/Rel: 3 / 0						
	#71 Girls Triple Jump Senior	8.91m	1/4	2024-05-22	12:00 PM		
	#77 Girls Shot Put 4kg Senior	8.59m	1/10	2024-05-23	12:00 PM		
	#83 Girls Discus Throw 1kg Senior	24.47m	1/17	2024-05-22	10:00 AM		
26.	Graham Sauer - Male - Comp#: 521 - Ind/Rel: 3 / 0						
	#24 Boys 1500 Meter Run Senior	4:18.27	1/9	2024-05-22	2:00 PM		
	#36 Boys 800 Meter Run Senior	2:01.51	1/9	2024-05-23	11:10 AM		
	#48 Boys 3000 Meter Run Senior	9:30.14	1/9	2024-05-23	1:30 PM		
27.	Kate Scholz - Female - Comp#: 522 - Ind/Rel: 1 / 0						
	#11 Girls 400 Meter Dash Senior Prelims	1:12.71	2/2	2024-05-22	12:15 PM		
28.	Cameron Selig - Male - Comp#: 523 - Ind/Rel: 2 / 0						
	#64 Boys High Jump Intermediate	1.65m	1/15	2024-05-23	2:00 PM		
	#70 Boys Triple Jump Intermediate	9.91m	1/8	2024-05-23	12:00 PM		
29.	Logan Short - Male - Comp#: 524 - Ind/Rel: 1 / 0						
	#139 Boys 50 Meter Dash WC Wheelchair	1:42.13	1/2	2024-05-22	11:00 AM		
30.	Jeff Shupe - Male - Comp#: 525 - Ind/Rel: 2 / 0						
	#18 Boys 100 Meter Dash Senior Prelims	11.87	1/7	2024-05-22	1:10 PM		
	#30 Boys 200 Meter Dash Senior Prelims	24.54	1/5	2024-05-23	10:20 AM		
31.	Brennan Smith - Male - Comp#: 526 - Ind/Rel: 1 / 0						
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	20.10	1/2	2024-05-22	10:30 AM		
32.	Aven Stanford - Male - Comp#: 527 - Ind/Rel: 3 / 0						
	#123 Boys 100 Meter Dash Supported Senior	13.22	2/1	2024-05-22	10:30 AM		
	#127 Boys Shot Put 4kg-3 throws Supported Senior	5.63m	1/1	2024-05-22	11:15 AM		
	#131 Boys Long Jump 3 jumps Supported Senior	2.36m	1/11	2024-05-22	10:00 AM		



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

School Entries - All Events

**Halifax West High School (HFXW)**

33.	Zoe Stewart - Female - Comp#: 528 - Ind/Rel: 2 / 0						
	#5 Girls 100 Meter Hurdles 30" Senior Prelims	18.83	2/1	2024-05-22	10:30 AM		
	#17 Girls 100 Meter Dash Senior Prelims	13.88	1/3	2024-05-22	1:10 PM		
34.	James Thibault - Male - Comp#: 529 - Ind/Rel: 2 / 0						
	#10 Boys 400 Meter Dash Intermediate Prelims	55.60	2/1	2024-05-22	12:15 PM		
	#28 Boys 200 Meter Dash Intermediate Prelims	24.75	2/8	2024-05-23	10:20 AM		
35.	Liam Vargas - Male - Comp#: 530 - Ind/Rel: 3 / 0						
	#24 Boys 1500 Meter Run Senior	4:31.48	1/4	2024-05-22	2:00 PM		
	#36 Boys 800 Meter Run Senior	2:12.13	1/8	2024-05-23	11:10 AM		
	#48 Boys 3000 Meter Run Senior	9:52.92	1/12	2024-05-23	1:30 PM		
36.	Rachel Vassaur - Female - Comp#: 531 - Ind/Rel: 3 / 0						
	#122 Girls 100 Meter Dash Supported Senior	18.58	1/5	2024-05-22	10:30 AM		
	#126 Girls Shot Put 3kg-3 throws Supported Senior	3.72m	1/11	2024-05-22	11:15 PM		
	#130 Girls Long Jump 3 jumps Supported Senior	1.50m	1/8	2024-05-22	10:00 AM		
37.	Neil Wang - Male - Comp#: 532 - Ind/Rel: 2 / 0						
	#22 Boys 1500 Meter Run Intermediate	4:46.48	1/14	2024-05-22	2:00 PM		
	#46 Boys 3000 Meter Run Intermediate	10:39.59	1/7	2024-05-23	1:15 PM		
38.	Yunshu Zhao - Male - Comp#: 533 - Ind/Rel: 2 / 0						
	#12 Boys 400 Meter Dash Senior Prelims	NT	2/3	2024-05-22	12:15 PM		
	#18 Boys 100 Meter Dash Senior Prelims	12.10	2/3	2024-05-22	1:10 PM		
1.	Halifax West High School - 'A'						
	#39 Girls 4x100 Meter Relay Intermediate	55.38	1/5	2024-05-23	11:30 AM		
2.	Halifax West High School - 'A'						
	#41 Girls 4x100 Meter Relay Senior	54.40	1/8	2024-05-23	12:00 PM		
3.	Halifax West High School - 'A'						
	#42 Boys 4x100 Meter Relay Senior	47.01	1/4	2024-05-23	12:00 PM		
4.	Halifax West High School - 'A'						
	#52 Boys 4x400 Meter Relay Intermediate	3:47.27	1/4	2024-05-23	2:45 PM		
5.	Halifax West High School - 'A'						
	#54 Boys 4x400 Meter Relay Senior	3:49.65	1/1	2024-05-23	2:45 PM		

**Halifax West High School Total Individual Entries: 81 - Total Relays: 5**

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

School Entries - All Events

**Harold T. Barrett Junior High (HTB)**

1. Tanner Garrett - Male - Comp#: 534 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	13.13	2/1	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	5.82m	1/12	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.94m	1/11	2024-05-22	10:00 AM
2. Nathan Laba - Male - Comp#: 535 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	8.54m	1/4	2024-05-22	10:00 AM
3. Jackson Moran - Male - Comp#: 536 - Ind/Rel: 2 / 0				
#20 Boys 1500 Meter Run Junior	5:32.33	1/7	2024-05-22	1:30 PM
#32 Boys 800 Meter Run Junior	2:33.90	1/5	2024-05-23	10:45 AM

**Harold T. Barrett Junior High    Total Individual Entries: 6 - Total Relays: 0**

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

School Entries - All Events

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**Herring Cove Junior High (HERC)**

1. Bruin Ritecy - Male - Comp#: 537 - Ind/Rel: 1 / 0

#74 Boys Shot Put 4kg Junior

8.27m 1/1

2024-05-22 10:00 AM

**Herring Cove Junior High Total Individual Entries: 1 - Total Relays: 0**

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

School Entries - All Events

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**Highland Park Junior High (HPJH)**

1. Lennox Francis - Male - Comp#: 538 - Ind/Rel: 2 / 0

#74 Boys Shot Put 4kg Junior

9.02m 1/12

2024-05-22 10:00 AM

#80 Boys Discus Throw 1kg Junior

27.64m 1/8

2024-05-23 2:00 PM

**Highland Park Junior High Total Individual Entries: 2 - Total Relays: 0**

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

School Entries - All Events

**Island View High School (IVHS)**

1. Chris Beach - Male - Comp#: 539 - Ind/Rel: 1 / 0 #24 Boys 1500 Meter Run Senior	5:04.99	1/8	2024-05-22	2:00 PM
2. Kevin Buckland - Male - Comp#: 540 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	9.50m	1/3	2024-05-22	2:00 PM
3. Breann Canning - Female - Comp#: 541 - Ind/Rel: 1 / 0 #126 Girls Shot Put 3kg-3 throws Supported Senior	3.19m	1/12	2024-05-22	11:15 PM
4. Etienne Davila - Male - Comp#: 542 - Ind/Rel: 1 / 0 #123 Boys 100 Meter Dash Supported Senior	11.56	2/4	2024-05-22	10:30 AM
5. Landon Fredricks - Male - Comp#: 543 - Ind/Rel: 1 / 0 #123 Boys 100 Meter Dash Supported Senior	13.19	1/7	2024-05-22	10:30 AM
6. Austin Johnston - Male - Comp#: 544 - Ind/Rel: 1 / 0 #123 Boys 100 Meter Dash Supported Senior	12.69	1/6	2024-05-22	10:30 AM
7. Amy Lizotte - Female - Comp#: 545 - Ind/Rel: 1 / 0 #122 Girls 100 Meter Dash Supported Senior	22.65	1/2	2024-05-22	10:30 AM
8. Aidan MacLean - Male - Comp#: 546 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.55m	1/13	2024-05-23	2:00 PM
9. Konstantin Malbeuf - Male - Comp#: 547 - Ind/Rel: 1 / 0 #78 Boys Shot Put 6kg Senior	8.98m	1/4	2024-05-22	12:00 PM
10. Amy McCarthy - Female - Comp#: 548 - Ind/Rel: 2 / 0 #59 Girls Long Jump Senior	4.00m	1/9	2024-05-23	2:00 PM
#77 Girls Shot Put 4kg Senior	6.86m	1/13	2024-05-23	12:00 PM
11. Thomas McDonald - Male - Comp#: 549 - Ind/Rel: 3 / 0 #60 Boys Long Jump Senior	5.76m	1/2	2024-05-22	2:00 PM
#66 Boys High Jump Senior	1.80m	1/14	2024-05-23	10:00 AM
#115 Boys Javelin Throw 800g Senior	32.44m	1/7	2024-05-22	10:00 AM
12. Ben Melnyk - Male - Comp#: 550 - Ind/Rel: 4 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.08	2/7	2024-05-22	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.27	2/1	2024-05-23	10:20 AM
#58 Boys Long Jump Intermediate	5.50m	1/8	2024-05-22	10:00 AM
#82 Boys Discus Throw 1.5kg Intermediate	23.18m	1/1	2024-05-23	10:00 AM
13. Patrick O'Keefe - Male - Comp#: 551 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.66	1/1	2024-05-22	10:30 AM
14. Sofia Osborne - Female - Comp#: 552 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	18.04m	1/5	2024-05-22	10:00 AM
15. Joey Rehberg - Male - Comp#: 553 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate	5.28m	1/13	2024-05-22	10:00 AM
#64 Boys High Jump Intermediate	1.75m	1/16	2024-05-23	2:00 PM
16. Roman Sabinski - Male - Comp#: 554 - Ind/Rel: 2 / 0 #78 Boys Shot Put 6kg Senior	8.78m	1/10	2024-05-22	12:00 PM
#115 Boys Javelin Throw 800g Senior	31.82m	1/13	2024-05-22	10:00 AM

**Island View High School Total Individual Entries: 24 - Total Relays: 0**

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

## School Entries - All Events

**J.L. Hsley High School (JLI)**

1.	Valeria Carrillo Cu - Female - Comp#: 555 - Ind/Rel: 1 / 0 #35 Girls 800 Meter Run Senior	3:13.40	1/10	2024-05-23	11:10 AM
2.	Coulton Downey - Male - Comp#: 556 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	24.46m	1/5	2024-05-22	12:00 PM
3.	Victoria Gallant - Female - Comp#: 557 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	20.04m	1/4	2024-05-23	12:00 PM
4.	Brayden Giles - Male - Comp#: 558 - Ind/Rel: 1 / 0 #115 Boys Javelin Throw 800g Senior	26.06m	1/5	2024-05-22	10:00 AM
5.	Alex Gyorfi - Male - Comp#: 559 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.50m	1/6	2024-05-23	2:00 PM
6.	Alex Hatchard - Male - Comp#: 560 - Ind/Rel: 2 / 0 #30 Boys 200 Meter Dash Senior Prelims #60 Boys Long Jump Senior	26.66 4.77m	1/2 1/8	2024-05-23 2024-05-22	10:20 AM 2:00 PM
7.	Ryan Hickey - Male - Comp#: 561 - Ind/Rel: 1 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.34	2/4	2024-05-22	1:10 PM
8.	Taylor Hollett - Male - Comp#: 562 - Ind/Rel: 2 / 0 #84 Boys Discus Throw 1.75kg Senior #115 Boys Javelin Throw 800g Senior	19.60m ND	1/4 1/17	2024-05-23 2024-05-22	12:00 PM 10:00 AM
9.	Annie Johns - Female - Comp#: 563 - Ind/Rel: 1 / 0 #33 Girls 800 Meter Run Intermediate	2:43.11	1/8	2024-05-23	10:45 AM
10.	Omar Khalaf - Male - Comp#: 564 - Ind/Rel: 2 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims #58 Boys Long Jump Intermediate	17.22 5.21m	2/7 1/5	2024-05-22 2024-05-22	10:30 AM 10:00 AM
11.	Maryn Kline - Female - Comp#: 566 - Ind/Rel: 2 / 0 #11 Girls 400 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims	1:08.90 30.05	2/6 1/5	2024-05-22 2024-05-23	12:15 PM 10:20 AM
12.	Isobel Latta - Female - Comp#: 567 - Ind/Rel: 2 / 0 #59 Girls Long Jump Senior #71 Girls Triple Jump Senior	4.00m 7.84m	1/4 1/7	2024-05-23 2024-05-22	2:00 PM 12:00 PM
13.	Ibrahim Msabaha - Male - Comp#: 569 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	24.39m	1/9	2024-05-23	10:00 AM
14.	Carter Myra - Male - Comp#: 570 - Ind/Rel: 1 / 0 #58 Boys Long Jump Intermediate	5.11m	1/4	2024-05-22	10:00 AM
15.	Lauchlan Peters - Male - Comp#: 572 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.55m	1/2	2024-05-23	2:00 PM
16.	Dontae Richard - Male - Comp#: 574 - Ind/Rel: 1 / 0 #28 Boys 200 Meter Dash Intermediate Prelims	25.24	1/3	2024-05-23	10:20 AM
17.	Holden Sewart - Male - Comp#: 575 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	30.13m	1/11	2024-05-22	12:00 PM
18.	Brooklyn Veinot - Female - Comp#: 576 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	26.50m	1/11	2024-05-22	2:00 PM
19.	Maddy Watts - Female - Comp#: 577 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	16.45m	1/9	2024-05-22	10:00 AM
20.	Jasmine Wilson - Female - Comp#: 579 - Ind/Rel: 2 / 0 #17 Girls 100 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims	14.27 31.89	1/2 1/3	2024-05-22 2024-05-23	1:10 PM 10:20 AM
21.	Macade Wright - Male - Comp#: 580 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate #70 Boys Triple Jump Intermediate	5.08m 11.03m	1/16 1/2	2024-05-22 2024-05-23	10:00 AM 12:00 PM

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

School Entries - All Events

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**J.L. Ilesley High School (JLI)**

1.	J.L. Ilesley High School - 'A'				
	#40 Boys 4x100 Meter Relay Intermediate	48.46	1/2	2024-05-23	12:00 PM

**J.L. Ilesley High School Total Individual Entries: 28 - Total Relays: 1**

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

School Entries - All Events

**John Martin Junior High (JMjH)**

1. Vanessa Bonnick - Female - Comp#: 581 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.63	2/3	2024-05-22	10:00 AM
2. Ryder Clark - Male - Comp#: 582 - Ind/Rel: 1 / 0 #129 Boys Long Jump 3 jumps Supported Junior	1.07m	1/4	2024-05-22	10:00 AM
3. Nevaeh Keleher - Female - Comp#: 583 - Ind/Rel: 2 / 0 #120 Girls 100 Meter Dash Supported Junior	20.97	2/3	2024-05-22	10:30 AM
#128 Girls Long Jump 3 jumps Supported Junior	1.08m	1/4	2024-05-22	10:00 AM
4. Luke Nesbitt - Male - Comp#: 584 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.45m	1/1	2024-05-23	2:00 PM
5. Mike Okoabah - Male - Comp#: 585 - Ind/Rel: 1 / 0 #26 Boys 200 Meter Dash Junior Prelims	26.88	1/7	2024-05-23	10:00 AM
6. Thomas Smith - Male - Comp#: 586 - Ind/Rel: 2 / 0 #121 Boys 100 Meter Dash Supported Junior	17.62	1/6	2024-05-22	10:30 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.22m	1/5	2024-05-22	10:00 AM

**John Martin Junior High Total Individual Entries: 8 - Total Relays: 0**



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

School Entries - All Events

**Leslie Thomas Junior High (LTJH)**

1. James Lane - Male - Comp#: 587 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.55	2/7	2024-05-22	10:00 AM
2. Landis Payne - Male - Comp#: 588 - Ind/Rel: 2 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.96	2/3	2024-05-22	10:00 AM
#62 Boys High Jump Junior	1.35m	1/5	2024-05-23	12:00 PM
3. Lawson Price - Male - Comp#: 589 - Ind/Rel: 1 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:03.82	1/2	2024-05-22	11:45 AM
4. Ethan Stilwell - Male - Comp#: 590 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.31	2/5	2024-05-22	10:00 AM

**Leslie Thomas Junior High Total Individual Entries: 5 - Total Relays: 0**

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

## School Entries - All Events

**Lockview High School (LOCK)**

1.	Eilidh Bint - Female - Comp#: 591 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.71m	1/16	2024-05-23	2:00 PM
2.	Emma Browne - Female - Comp#: 592 - Ind/Rel: 2 / 0 #75 Girls Shot Put 4kg Intermediate #81 Girls Discus Throw 1kg Intermediate	6.75m 19.36m	1/5 1/9	2024-05-23 2024-05-22	2:00 PM 2:00 PM
3.	Anna Carruthers - Female - Comp#: 593 - Ind/Rel: 3 / 0 #21 Girls 1500 Meter Run Intermediate #33 Girls 800 Meter Run Intermediate #45 Girls 3000 Meter Run Intermediate	4:52.65 2:21.99 11:09.73	1/4 1/7 1/9	2024-05-22 2024-05-23 2024-05-23	1:30 PM 10:45 AM 1:15 PM
4.	Miles Chute - Male - Comp#: 594 - Ind/Rel: 2 / 0 #84 Boys Discus Throw 1.75kg Senior #115 Boys Javelin Throw 800g Senior	26.54m 34.14m	1/6 1/4	2024-05-23 2024-05-22	12:00 PM 10:00 AM
5.	Fiona Day - Female - Comp#: 595 - Ind/Rel: 3 / 0 #11 Girls 400 Meter Dash Senior Prelims #17 Girls 100 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims	1:04.01 12.62 26.81	1/2 3/2 1/7	2024-05-22 2024-05-22 2024-05-23	12:15 PM 1:10 PM 10:20 AM
6.	Paityn Fownes - Female - Comp#: 596 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.94m	1/2	2024-05-23	2:00 PM
7.	Rebecca Fraser - Female - Comp#: 597 - Ind/Rel: 2 / 0 #9 Girls 400 Meter Dash Intermediate Prelims #33 Girls 800 Meter Run Intermediate	1:06.36 2:48.92	1/5 1/10	2024-05-22 2024-05-23	11:45 AM 10:45 AM
8.	Ana Garcia - Female - Comp#: 598 - Ind/Rel: 2 / 0 #35 Girls 800 Meter Run Senior #109 Girls Javelin Throw 600g Senior	3:12.77 12.76m	1/14 1/4	2024-05-23 2024-05-23	11:10 AM 10:00 AM
9.	Cate Gaudry - Female - Comp#: 599 - Ind/Rel: 5 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims #59 Girls Long Jump Senior #65 Girls High Jump Senior #71 Girls Triple Jump Senior #77 Girls Shot Put 4kg Senior	16.69 4.30m 1.55m 10.24m 8.18m	2/5 1/11 1/14 1/5 1/15	2024-05-22 2024-05-23 2024-05-22 2024-05-22 2024-05-23	10:30 AM 2:00 PM 2:00 PM 12:00 PM 12:00 PM
10.	Cicely Harnum - Female - Comp#: 600 - Ind/Rel: 6 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims #23 Girls 1500 Meter Run Senior #35 Girls 800 Meter Run Senior #47 Girls 3000 Meter Run Senior #77 Girls Shot Put 4kg Senior #83 Girls Discus Throw 1kg Senior	21.44 5:39.39 2:48.29 12:25.09 7.18m 20.72m	2/8 1/14 1/12 1/2 1/3 1/2	2024-05-22 2024-05-22 2024-05-23 2024-05-23 2024-05-23 2024-05-22	10:30 AM 2:00 PM 11:10 AM 1:30 PM 12:00 PM 10:00 AM
11.	Campbell Highway - Male - Comp#: 601 - Ind/Rel: 1 / 0 #78 Boys Shot Put 6kg Senior	9.36m	1/6	2024-05-22	12:00 PM
12.	Charlotte Hilton - Female - Comp#: 602 - Ind/Rel: 2 / 0 #17 Girls 100 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims	13.81 30.14	2/2 2/6	2024-05-22 2024-05-23	1:10 PM 10:20 AM
13.	Kaitlyn Langille - Female - Comp#: 603 - Ind/Rel: 3 / 0 #11 Girls 400 Meter Dash Senior Prelims #65 Girls High Jump Senior #109 Girls Javelin Throw 600g Senior	1:06.67 1.50m 29.89m	3/5 1/9 1/16	2024-05-22 2024-05-22 2024-05-23	12:15 PM 2:00 PM 10:00 AM
14.	Eugene Legge - Male - Comp#: 604 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims #28 Boys 200 Meter Dash Intermediate Prelims #34 Boys 800 Meter Run Intermediate	55.48 24.56 2:15.31	1/3 1/8 1/11	2024-05-22 2024-05-23 2024-05-23	12:15 PM 10:20 AM 11:10 AM

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

School Entries - All Events

**Lockview High School (LOCK)**

15.	Josie Leslie - Female - Comp#: 605 - Ind/Rel: 2 / 0						
	#15 Girls 100 Meter Dash Intermediate Prelims	13.49	2/1	2024-05-22	12:45 PM		
	#27 Girls 200 Meter Dash Intermediate Prelims	28.26	2/2	2024-05-23	10:00 AM		
16.	Abby Lewis - Female - Comp#: 606 - Ind/Rel: 2 / 0						
	#23 Girls 1500 Meter Run Senior	5:05.30	1/5	2024-05-22	2:00 PM		
	#47 Girls 3000 Meter Run Senior	10:26.84	1/8	2024-05-23	1:30 PM		
17.	Morgan Lewis - Female - Comp#: 607 - Ind/Rel: 3 / 0						
	#21 Girls 1500 Meter Run Intermediate	5:48.77	1/3	2024-05-22	1:30 PM		
	#33 Girls 800 Meter Run Intermediate	2:50.80	1/12	2024-05-23	10:45 AM		
	#45 Girls 3000 Meter Run Intermediate	13:16.70	1/3	2024-05-23	1:15 PM		
18.	Alec Macaulay - Male - Comp#: 608 - Ind/Rel: 1 / 0						
	#22 Boys 1500 Meter Run Intermediate	4:39.98	1/12	2024-05-22	2:00 PM		
19.	Oliver Murphy - Male - Comp#: 609 - Ind/Rel: 1 / 0						
	#82 Boys Discus Throw 1.5kg Intermediate	23.34m	1/15	2024-05-23	10:00 AM		
20.	Ini Ogunlaiye - Male - Comp#: 610 - Ind/Rel: 2 / 0						
	#58 Boys Long Jump Intermediate	5.22m	1/1	2024-05-22	10:00 AM		
	#64 Boys High Jump Intermediate	1.45m	1/4	2024-05-23	2:00 PM		
21.	Owen Paris - Male - Comp#: 611 - Ind/Rel: 1 / 0						
	#70 Boys Triple Jump Intermediate	10.33m	1/9	2024-05-23	12:00 PM		
22.	Tucker Potter - Male - Comp#: 612 - Ind/Rel: 1 / 0						
	#58 Boys Long Jump Intermediate	5.44m	1/14	2024-05-22	10:00 AM		
23.	Jack Robichaud - Male - Comp#: 613 - Ind/Rel: 1 / 0						
	#103 Boys Javelin Throw 700g Intermediate	31.95m	1/3	2024-05-22	12:00 PM		
24.	Trenton Wile - Male - Comp#: 615 - Ind/Rel: 1 / 0						
	#10 Boys 400 Meter Dash Intermediate Prelims	56.14	2/8	2024-05-22	12:15 PM		
25.	Avery Wilson - Male - Comp#: 616 - Ind/Rel: 2 / 0						
	#16 Boys 100 Meter Dash Intermediate Prelims	11.99	1/4	2024-05-22	1:10 PM		
	#28 Boys 200 Meter Dash Intermediate Prelims	24.89	1/6	2024-05-23	10:20 AM		
1.	Lockview High School - 'A'						
	#40 Boys 4x100 Meter Relay Intermediate	47.53	1/7	2024-05-23	12:00 PM		
2.	Lockview High School - 'A'						
	#41 Girls 4x100 Meter Relay Senior	52.76	1/5	2024-05-23	12:00 PM		
3.	Lockview High School - 'A'						
	#52 Boys 4x400 Meter Relay Intermediate	4:01.05	1/5	2024-05-23	2:45 PM		
4.	Lockview High School - 'A'						
	#53 Girls 4x400 Meter Relay Senior	4:26.86	1/4	2024-05-23	2:45 PM		

**Lockview High School Total Individual Entries: 53 - Total Relays: 4**

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

School Entries - All Events

**Madeline Symonds Middle School (MSMS)**

1.	Ethan Aucoin - Male - Comp#: 617 - Ind/Rel: 2 / 0				
	#62 Boys High Jump Junior	1.40m	1/17	2024-05-23	12:00 PM
	#68 Boys Triple Jump Junior	9.58m	1/5	2024-05-23	10:00 AM
2.	Cameron Baillie - Male - Comp#: 618 - Ind/Rel: 1 / 0				
	#62 Boys High Jump Junior	1.35m	1/13	2024-05-23	12:00 PM
3.	Emma Bayer - Female - Comp#: 619 - Ind/Rel: 2 / 0				
	#79 Girls Discus Throw 0.75kg Junior	19.71m	1/1	2024-05-22	12:00 PM
	#85 Girls Javelin Throw 400g Junior	23.51m	1/7	2024-05-23	2:00 PM
4.	Avery Bootland - Female - Comp#: 620 - Ind/Rel: 2 / 0				
	#55 Girls Long Jump Junior	4.10m	1/1	2024-05-23	12:00 PM
	#67 Girls Triple Jump Junior	8.49m	1/16	2024-05-22	2:00 PM
5.	Blake Boutlier - Male - Comp#: 621 - Ind/Rel: 4 / 0				
	#20 Boys 1500 Meter Run Junior	5:18.17	1/12	2024-05-22	1:30 PM
	#62 Boys High Jump Junior	1.50m	1/9	2024-05-23	12:00 PM
	#68 Boys Triple Jump Junior	9.94m	1/10	2024-05-23	10:00 AM
	#91 Boys Javelin Throw 600g Junior	28.16m	1/16	2024-05-22	2:00 PM
6.	Victoria Humphreys - Female - Comp#: 622 - Ind/Rel: 4 / 0				
	#7 Girls 400 Meter Dash Junior Prelims	1:04.87	2/7	2024-05-22	11:45 AM
	#19 Girls 1500 Meter Run Junior	5:12.82	1/9	2024-05-22	1:30 PM
	#31 Girls 800 Meter Run Junior	2:28.88	1/11	2024-05-23	10:45 AM
	#43 Girls 3000 Meter Run Junior	11:58.32	1/9	2024-05-23	12:45 PM
7.	Lily Jodrey - Female - Comp#: 623 - Ind/Rel: 2 / 0				
	#61 Girls High Jump Junior	1.30m	1/15	2024-05-22	10:00 AM
	#79 Girls Discus Throw 0.75kg Junior	18.84m	1/10	2024-05-22	12:00 PM
8.	Maelle Jodrey - Female - Comp#: 624 - Ind/Rel: 1 / 0				
	#67 Girls Triple Jump Junior	8.42m	1/2	2024-05-22	2:00 PM
9.	Xavier Lamorre - Male - Comp#: 625 - Ind/Rel: 1 / 0				
	#20 Boys 1500 Meter Run Junior	5:31.77	1/16	2024-05-22	1:30 PM
10.	Hadley Macdonald - Female - Comp#: 627 - Ind/Rel: 1 / 0				
	#19 Girls 1500 Meter Run Junior	5:58.54	1/6	2024-05-22	1:30 PM
11.	Noah MacIntyre - Male - Comp#: 628 - Ind/Rel: 2 / 0				
	#121 Boys 100 Meter Dash Supported Junior	14.38	1/4	2024-05-22	10:30 AM
	#129 Boys Long Jump 3 jumps Supported Junior	2.13m	1/3	2024-05-22	10:00 AM
12.	Kate McGillvary - Female - Comp#: 629 - Ind/Rel: 1 / 0				
	#13 Girls 100 Meter Dash Junior Prelims	14.17	1/6	2024-05-22	12:45 PM
13.	Caden Slaunwhite - Male - Comp#: 631 - Ind/Rel: 1 / 0				
	#44 Boys 3000 Meter Run Junior	11:02.44	1/1	2024-05-23	12:45 PM
1.	Madeline Symonds Middle School - 'A'				
	#37 Girls 4x100 Meter Relay Junior	56.78	1/2	2024-05-23	11:30 AM

**Madeline Symonds Middle School Total Individual Entries: 24 - Total Relays: 1**

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

School Entries - All Events

**Millwood High School (MILL)**

1.	Emma Boonstra - Female - Comp#: 632 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	16.12m	1/9	2024-05-23	10:00 AM
2.	Tyler Burgess - Male - Comp#: 633 - Ind/Rel: 1 / 0 #131 Boys Long Jump 3 jumps Supported Senior	3.32m	1/3	2024-05-22	10:00 AM
3.	Noah Channing - Male - Comp#: 634 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	24.70m	1/8	2024-05-23	10:00 AM
4.	Violet Coffin - Female - Comp#: 635 - Ind/Rel: 1 / 0 #77 Girls Shot Put 4kg Senior	7.56m	1/7	2024-05-23	12:00 PM
5.	Damarion Downey - Male - Comp#: 636 - Ind/Rel: 1 / 0 #18 Boys 100 Meter Dash Senior Prelims	11.61	1/6	2024-05-22	1:10 PM
6.	Lydia Doyle - Female - Comp#: 637 - Ind/Rel: 4 / 0 #17 Girls 100 Meter Dash Senior Prelims #29 Girls 200 Meter Dash Senior Prelims #59 Girls Long Jump Senior #65 Girls High Jump Senior	14.08 28.88 4.70m 1.40m	1/4 2/5 1/15 1/7	2024-05-22 2024-05-23 2024-05-23 2024-05-22	1:10 PM 10:20 AM 2:00 PM 2:00 PM
7.	Devika Ellickal - Female - Comp#: 638 - Ind/Rel: 2 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims #59 Girls Long Jump Senior	20.02 3.90m	2/7 1/7	2024-05-22 2024-05-23	10:30 AM 2:00 PM
8.	Quinn Groomsbridge - Female - Comp#: 639 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	19.39m	1/6	2024-05-23	12:00 PM
9.	Zachaery Hiltz - Male - Comp#: 640 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior #125 Boys Shot Put 4kg-3 throws Supported Junior #129 Boys Long Jump 3 jumps Supported Junior	13.54 6.05m 2.13m	2/7 1/8 1/14	2024-05-22 2024-05-22 2024-05-22	10:30 AM 11:15 AM 10:00 AM
10.	Anna Jones - Female - Comp#: 641 - Ind/Rel: 3 / 0 #77 Girls Shot Put 4kg Senior #83 Girls Discus Throw 1kg Senior #109 Girls Javelin Throw 600g Senior	6.00m 13.82m 13.04m	1/9 1/3 1/12	2024-05-23 2024-05-22 2024-05-23	12:00 PM 10:00 AM 10:00 AM
11.	Theresa Julian - Female - Comp#: 642 - Ind/Rel: 1 / 0 #130 Girls Long Jump 3 jumps Supported Senior	1.42m	1/12	2024-05-22	10:00 AM
12.	Jessy Lord - Male - Comp#: 643 - Ind/Rel: 1 / 0 #22 Boys 1500 Meter Run Intermediate	4:47.33	1/5	2024-05-22	2:00 PM
13.	Kathryn MacEachern - Female - Comp#: 644 - Ind/Rel: 1 / 0 #71 Girls Triple Jump Senior	8.77m	1/1	2024-05-22	12:00 PM
14.	Ryan Miller - Male - Comp#: 645 - Ind/Rel: 1 / 0 #66 Boys High Jump Senior	1.40m	1/3	2024-05-23	10:00 AM
15.	Hashem Numan - Male - Comp#: 646 - Ind/Rel: 1 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.18	1/7	2024-05-22	1:10 PM
16.	Ryan Richard - Male - Comp#: 647 - Ind/Rel: 1 / 0 #36 Boys 800 Meter Run Senior	2:35.33	1/2	2024-05-23	11:10 AM
1.	Millwood High School - 'A' #40 Boys 4x100 Meter Relay Intermediate	49.20	1/5	2024-05-23	12:00 PM
2.	Millwood High School - 'A' #42 Boys 4x100 Meter Relay Senior	46.86	1/5	2024-05-23	12:00 PM

**Millwood High School Total Individual Entries: 24 - Total Relays: 2**

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

School Entries - All Events

**Oxford School (OX)**

1.	David Ackerman - Male - Comp#: 648 - Ind/Rel: 3 / 0				
	#22 Boys 1500 Meter Run Intermediate	4:39.84	1/10	2024-05-22	2:00 PM
	#34 Boys 800 Meter Run Intermediate	2:16.42	1/3	2024-05-23	11:10 AM
	#46 Boys 3000 Meter Run Intermediate	10:04.74	1/2	2024-05-23	1:15 PM
2.	Daniel Aladjebi - Male - Comp#: 649 - Ind/Rel: 3 / 0				
	#2 Boys 80 Meter Hurdles 30" Junior Prelims	13.39	2/8	2024-05-22	10:00 AM
	#14 Boys 100 Meter Dash Junior Prelims	13.27	2/2	2024-05-22	12:45 PM
	#26 Boys 200 Meter Dash Junior Prelims	26.94	2/2	2024-05-23	10:00 AM
3.	Matias Arteaga - Male - Comp#: 650 - Ind/Rel: 3 / 0				
	#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.32	1/3	2024-05-22	10:00 AM
	#20 Boys 1500 Meter Run Junior	5:26.02	1/8	2024-05-22	1:30 PM
	#44 Boys 3000 Meter Run Junior	11:34.39	1/6	2024-05-23	12:45 PM
4.	Bohdan Bogdanov - Male - Comp#: 651 - Ind/Rel: 1 / 0				
	#125 Boys Shot Put 4kg-3 throws Supported Junior	2.79m	1/5	2024-05-22	11:15 AM
5.	Ben Creighton - Male - Comp#: 652 - Ind/Rel: 2 / 0				
	#8 Boys 400 Meter Dash Junior Prelims	1:05.31	1/5	2024-05-22	11:45 AM
	#26 Boys 200 Meter Dash Junior Prelims	27.18	2/6	2024-05-23	10:00 AM
6.	Sade Daramola - Female - Comp#: 653 - Ind/Rel: 1 / 0				
	#73 Girls Shot Put 3kg Junior	8.55m	1/15	2024-05-23	10:00 AM
7.	Remi Herbert - Female - Comp#: 654 - Ind/Rel: 1 / 0				
	#67 Girls Triple Jump Junior	8.42m	1/9	2024-05-22	2:00 PM
8.	Erin Hope - Female - Comp#: 655 - Ind/Rel: 1 / 0				
	#97 Girls Javelin Throw 500g Intermediate	18.94m	1/15	2024-05-23	12:00 PM
9.	Leo Jackson - Male - Comp#: 656 - Ind/Rel: 1 / 0				
	#32 Boys 800 Meter Run Junior	2:36.96	1/16	2024-05-23	10:45 AM
10.	Claire Laroche Noble - Female - Comp#: 657 - Ind/Rel: 1 / 0				
	#33 Girls 800 Meter Run Intermediate	2:37.87	1/15	2024-05-23	10:45 AM
11.	Ruby McCormack - Female - Comp#: 658 - Ind/Rel: 3 / 0				
	#55 Girls Long Jump Junior	4.24m	1/11	2024-05-23	12:00 PM
	#61 Girls High Jump Junior	1.30m	1/2	2024-05-22	10:00 AM
	#67 Girls Triple Jump Junior	9.03m	1/3	2024-05-22	2:00 PM
12.	Attila Narvey - Male - Comp#: 659 - Ind/Rel: 1 / 0				
	#14 Boys 100 Meter Dash Junior Prelims	13.37	1/8	2024-05-22	12:45 PM
13.	Luke Redwood - Male - Comp#: 660 - Ind/Rel: 1 / 0				
	#32 Boys 800 Meter Run Junior	2:38.48	1/10	2024-05-23	10:45 AM
14.	Charlie Thompson - Male - Comp#: 661 - Ind/Rel: 1 / 0				
	#32 Boys 800 Meter Run Junior	2:38.63	1/8	2024-05-23	10:45 AM
1.	Oxford School - 'A'				
	#37 Girls 4x100 Meter Relay Junior	59.46	1/4	2024-05-23	11:30 AM
2.	Oxford School - 'A'				
	#38 Boys 4x100 Meter Relay Junior	51.49	1/2	2024-05-23	11:30 AM
3.	Oxford School - 'A'				
	#50 Boys 4x400 Meter Relay Junior	4:28.00	1/3	2024-05-23	2:15 PM

**Oxford School Total Individual Entries: 23 - Total Relays: 3**

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

School Entries - All Events

**Oyster Pond Academy (OPA)**

1. Abigale Fahie - Female - Comp#: 662 - Ind/Rel: 2 / 0				
#79 Girls Discus Throw 0.75kg Junior	20.17m	1/3	2024-05-22	12:00 PM
#85 Girls Javelin Throw 400g Junior	21.91m	1/10	2024-05-23	2:00 PM
2. Chance Murphy-Manuel - Male - Comp#: 663 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	22.49m	1/4	2024-05-22	2:00 PM
3. Ryllynne Smith - Female - Comp#: 664 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	8.20m	1/1	2024-05-23	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	22.88m	1/11	2024-05-22	12:00 PM

**Oyster Pond Academy Total Individual Entries: 5 - Total Relays: 0**

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

School Entries - All Events

**Park West School (PWS)**

- |  |        |      |            |          |
|--|--------|------|------------|----------|
| 1. Mohannad Al Jaber - Male - Comp#: 665 - Ind/Rel: 1 / 0<br>#74 Boys Shot Put 4kg Junior    | 9.92m  | 1/8  | 2024-05-22 | 10:00 AM |
| 2. Alex Fraser - Female - Comp#: 666 - Ind/Rel: 1 / 0<br>#61 Girls High Jump Junior          | 1.25m  | 1/11 | 2024-05-22 | 10:00 AM |
| 3. Niko Katsihtis - Male - Comp#: 667 - Ind/Rel: 1 / 0<br>#76 Boys Shot Put 5kg Intermediate | 10.48m | 1/5  | 2024-05-22 | 2:00 PM  |
| 4. Arizona Sparks - Female - Comp#: 668 - Ind/Rel: 1 / 0<br>#61 Girls High Jump Junior       | 1.25m  | 1/7  | 2024-05-22 | 10:00 AM |

**Park West School Total Individual Entries: 4 - Total Relays: 0**



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

School Entries - All Events

**Ridgecliff Middle School (RIDG)**

1.	Reese Adams - Female - Comp#: 669 - Ind/Rel: 3 / 0						
	#7 Girls 400 Meter Dash Junior Prelims	1:03.94	2/6	2024-05-22	11:45 AM		
	#13 Girls 100 Meter Dash Junior Prelims	13.63	2/2	2024-05-22	12:45 PM		
	#25 Girls 200 Meter Dash Junior Prelims	28.32	2/4	2024-05-23	10:00 AM		
2.	Mitchell Durling - Male - Comp#: 670 - Ind/Rel: 1 / 0						
	#26 Boys 200 Meter Dash Junior Prelims	27.42	2/8	2024-05-23	10:00 AM		
3.	Naeem Kelly - Male - Comp#: 671 - Ind/Rel: 1 / 0						
	#70 Boys Triple Jump Intermediate	9.98m	1/13	2024-05-23	12:00 PM		
4.	Seth May - Male - Comp#: 672 - Ind/Rel: 1 / 0						
	#70 Boys Triple Jump Intermediate	10.24m	1/1	2024-05-23	12:00 PM		
5.	Julia Morales - Female - Comp#: 673 - Ind/Rel: 2 / 0						
	#57 Girls Long Jump Intermediate	4.13m	1/4	2024-05-23	10:00 AM		
	#69 Girls Triple Jump Intermediate	8.72m	1/2	2024-05-22	10:00 AM		
6.	Luke Murphy - Male - Comp#: 674 - Ind/Rel: 1 / 0						
	#34 Boys 800 Meter Run Intermediate	2:17.53	1/12	2024-05-23	11:10 AM		
7.	Denae Smith - Female - Comp#: 675 - Ind/Rel: 2 / 0						
	#13 Girls 100 Meter Dash Junior Prelims	14.19	1/2	2024-05-22	12:45 PM		
	#61 Girls High Jump Junior	1.35m	1/8	2024-05-22	10:00 AM		
8.	Sawyer Swim - Male - Comp#: 676 - Ind/Rel: 1 / 0						
	#91 Boys Javelin Throw 600g Junior	24.92m	1/13	2024-05-22	2:00 PM		
9.	Sarah Weaver - Female - Comp#: 677 - Ind/Rel: 1 / 0						
	#9 Girls 400 Meter Dash Intermediate Prelims	1:11.71	1/6	2024-05-22	11:45 AM		
10.	Jakii Wright - Male - Comp#: 678 - Ind/Rel: 1 / 0						
	#58 Boys Long Jump Intermediate	5.60m	1/9	2024-05-22	10:00 AM		
1.	Ridgecliff Middle School - 'A'						
	#37 Girls 4x100 Meter Relay Junior	57.95	1/6	2024-05-23	11:30 AM		
2.	Ridgecliff Middle School - 'A'						
	#40 Boys 4x100 Meter Relay Intermediate	49.67	1/8	2024-05-23	12:00 PM		
3.	Ridgecliff Middle School - 'A'						
	#52 Boys 4x400 Meter Relay Intermediate	4:05.62	1/7	2024-05-23	2:45 PM		

**Ridgecliff Middle School Total Individual Entries: 14 - Total Relays: 3**

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

## School Entries - All Events

**Rockingstone Heights (ROCK)**

1. Hans Dibra - Male - Comp#: 679 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	15.23	2/6	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	3.83m	1/10	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.55m	1/10	2024-05-22	10:00 AM
2. Rynase Fomeni Nkanyo - Male - Comp#: 680 - Ind/Rel: 1 / 0				
#62 Boys High Jump Junior	1.35m	1/1	2024-05-23	12:00 PM
3. Khaled Hazim - Male - Comp#: 681 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	20.91m	1/15	2024-05-22	2:00 PM
4. Tenzil Musa - Female - Comp#: 682 - Ind/Rel: 3 / 0				
#73 Girls Shot Put 3kg Junior	7.25m	1/5	2024-05-23	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	19.94m	1/12	2024-05-22	12:00 PM
#85 Girls Javelin Throw 400g Junior	18.91m	1/15	2024-05-23	2:00 PM
5. Paul Paras - Male - Comp#: 683 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	21.50m	1/6	2024-05-22	2:00 PM
6. Scott Stevenson - Male - Comp#: 684 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	15.71	2/5	2024-05-22	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.93m	1/9	2024-05-22	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.56m	1/13	2024-05-22	10:00 AM

**Rockingstone Heights Total Individual Entries: 12 - Total Relays: 0**

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

## School Entries - All Events

**Rocky Lake Junior High (RLJH)**

1. Evan Arruda - Male - Comp#: 685 - Ind/Rel: 2 / 0				
#34 Boys 800 Meter Run Intermediate	2:22.60	1/6	2024-05-23	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:43.94	1/3	2024-05-23	1:15 PM
2. Oliver Arsenault - Male - Comp#: 686 - Ind/Rel: 2 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:04.56	1/7	2024-05-22	11:45 AM
#14 Boys 100 Meter Dash Junior Prelims	13.22	2/7	2024-05-22	12:45 PM
3. Peyton Byrne - Female - Comp#: 687 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:08.40	1/5	2024-05-22	11:45 AM
#13 Girls 100 Meter Dash Junior Prelims	14.30	2/5	2024-05-22	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	30.35	1/5	2024-05-23	10:00 AM
#55 Girls Long Jump Junior	4.09m	1/10	2024-05-23	12:00 PM
4. Raphael Choi - Male - Comp#: 688 - Ind/Rel: 3 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.99	1/6	2024-05-22	10:00 AM
#56 Boys Long Jump Junior	4.50m	1/4	2024-05-22	12:00 PM
#68 Boys Triple Jump Junior	9.09m	1/12	2024-05-23	10:00 AM
5. Nick Clarke - Male - Comp#: 689 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	9.62m	1/2	2024-05-22	2:00 PM
6. Jake Flemming - Male - Comp#: 690 - Ind/Rel: 3 / 0				
#20 Boys 1500 Meter Run Junior	5:06.16	1/1	2024-05-22	1:30 PM
#32 Boys 800 Meter Run Junior	2:31.67	1/11	2024-05-23	10:45 AM
#44 Boys 3000 Meter Run Junior	11:00.50	1/10	2024-05-23	12:45 PM
7. Marlon Fletcher - Male - Comp#: 691 - Ind/Rel: 2 / 0				
#14 Boys 100 Meter Dash Junior Prelims	12.19	2/1	2024-05-22	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	25.21	2/4	2024-05-23	10:00 AM
8. Conor Gilfoyle - Male - Comp#: 692 - Ind/Rel: 1 / 0				
#70 Boys Triple Jump Intermediate	10.64m	1/3	2024-05-23	12:00 PM
9. Emily Gorman - Female - Comp#: 693 - Ind/Rel: 2 / 0				
#25 Girls 200 Meter Dash Junior Prelims	29.87	2/1	2024-05-23	10:00 AM
#73 Girls Shot Put 3kg Junior	7.98m	1/7	2024-05-23	10:00 AM
10. Laura Hill - Female - Comp#: 694 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	8.23m	1/15	2024-05-22	2:00 PM
11. Arin Jung - Female - Comp#: 695 - Ind/Rel: 1 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.74	2/2	2024-05-22	10:00 AM
12. Heather Lawton - Female - Comp#: 696 - Ind/Rel: 3 / 0				
#19 Girls 1500 Meter Run Junior	5:24.43	1/11	2024-05-22	1:30 PM
#31 Girls 800 Meter Run Junior	2:39.05	1/2	2024-05-23	10:45 AM
#43 Girls 3000 Meter Run Junior	12:43.77	1/1	2024-05-23	12:45 PM
13. Abby Macgillivray - Female - Comp#: 698 - Ind/Rel: 4 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:14.18	2/3	2024-05-22	11:45 AM
#21 Girls 1500 Meter Run Intermediate	6:17.20	1/15	2024-05-22	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:54.39	1/4	2024-05-23	10:45 AM
#45 Girls 3000 Meter Run Intermediate	13:58.63	1/16	2024-05-23	1:15 PM
14. Brynn Martin - Female - Comp#: 699 - Ind/Rel: 2 / 0				
#75 Girls Shot Put 4kg Intermediate	6.79m	1/3	2024-05-23	2:00 PM
#97 Girls Javelin Throw 500g Intermediate	21.98m	1/14	2024-05-23	12:00 PM
15. Prem Mistry - Male - Comp#: 700 - Ind/Rel: 2 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.41	2/6	2024-05-22	10:30 AM
#70 Boys Triple Jump Intermediate	10.30m	1/5	2024-05-23	12:00 PM
16. Henry Mont - Male - Comp#: 701 - Ind/Rel: 1 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.85	1/4	2024-05-22	10:30 AM

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

School Entries - All Events

**Rocky Lake Junior High (RLJH)**

17.	Violet Nam - Female - Comp#: 702 - Ind/Rel: 2 / 0					
	#55 Girls Long Jump Junior	3.98m	1/2	2024-05-23	12:00 PM	
	#67 Girls Triple Jump Junior	8.79m	1/10	2024-05-22	2:00 PM	
18.	Milo Noble - Male - Comp#: 703 - Ind/Rel: 2 / 0					
	#80 Boys Discus Throw 1kg Junior	23.62m	1/13	2024-05-23	2:00 PM	
	#91 Boys Javelin Throw 600g Junior	28.98m	1/3	2024-05-22	2:00 PM	
19.	Zack Olmstead - Male - Comp#: 704 - Ind/Rel: 1 / 0					
	#46 Boys 3000 Meter Run Intermediate	10:31.74	1/15	2024-05-23	1:15 PM	
20.	Meghan Proude - Female - Comp#: 705 - Ind/Rel: 1 / 0					
	#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.91	2/8	2024-05-22	10:00 AM	
21.	Emma Quinton - Female - Comp#: 706 - Ind/Rel: 2 / 0					
	#19 Girls 1500 Meter Run Junior	5:59.61	1/7	2024-05-22	1:30 PM	
	#43 Girls 3000 Meter Run Junior	13:00.91	1/12	2024-05-23	12:45 PM	
22.	Jack Quinton - Male - Comp#: 707 - Ind/Rel: 1 / 0					
	#34 Boys 800 Meter Run Intermediate	2:11.53	1/9	2024-05-23	11:10 AM	
23.	Marco Ramos - Male - Comp#: 708 - Ind/Rel: 1 / 0					
	#32 Boys 800 Meter Run Junior	2:37.38	1/14	2024-05-23	10:45 AM	
24.	Daniel Samseddi - Male - Comp#: 709 - Ind/Rel: 1 / 0					
	#64 Boys High Jump Intermediate	1.50m	1/3	2024-05-23	2:00 PM	
25.	Blake Stocker - Male - Comp#: 710 - Ind/Rel: 3 / 0					
	#8 Boys 400 Meter Dash Junior Prelims	1:04.53	2/5	2024-05-22	11:45 AM	
	#14 Boys 100 Meter Dash Junior Prelims	12.93	1/1	2024-05-22	12:45 PM	
	#26 Boys 200 Meter Dash Junior Prelims	26.65	1/4	2024-05-23	10:00 AM	
26.	Evan Yang - Male - Comp#: 711 - Ind/Rel: 1 / 0					
	#8 Boys 400 Meter Dash Junior Prelims	1:01.21	1/1	2024-05-22	11:45 AM	
1.	Rocky Lake Junior High - 'A'					
	#37 Girls 4x100 Meter Relay Junior	56.51	1/8	2024-05-23	11:30 AM	
2.	Rocky Lake Junior High - 'A'					
	#38 Boys 4x100 Meter Relay Junior	51.83	1/8	2024-05-23	11:30 AM	
3.	Rocky Lake Junior High - 'A'					
	#49 Girls 4x400 Meter Relay Junior	4:44.15	1/4	2024-05-23	2:15 PM	
4.	Rocky Lake Junior High - 'A'					
	#50 Boys 4x400 Meter Relay Junior	4:17.30	1/6	2024-05-23	2:15 PM	
5.	Rocky Lake Junior High - 'A'					
	#51 Girls 4x400 Meter Relay Intermediate	5:05.05	1/3	2024-05-23	2:15 PM	

**Rocky Lake Junior High Total Individual Entries: 49 - Total Relays: 5**

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

School Entries - All Events

**Ross Road (RR)**

1.	Lyla Dauphinee - Female - Comp#: 712 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	19.30m	1/4	2024-05-22	12:00 PM
2.	Rylyn Ernst - Female - Comp#: 713 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.51m	1/13	2024-05-23	2:00 PM
3.	Ryan Giles - Male - Comp#: 714 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate	4:47.92	1/6	2024-05-22	2:00 PM
	#46 Boys 3000 Meter Run Intermediate	10:35.18	1/6	2024-05-23	1:15 PM
4.	Cassie Jacobsen - Female - Comp#: 715 - Ind/Rel: 3 / 0 #21 Girls 1500 Meter Run Intermediate	6:18.36	1/16	2024-05-22	1:30 PM
	#33 Girls 800 Meter Run Intermediate	2:55.10	1/14	2024-05-23	10:45 AM
	#45 Girls 3000 Meter Run Intermediate	13:35.46	1/15	2024-05-23	1:15 PM
5.	Vaughn McHarg - Male - Comp#: 716 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	8.57m	1/3	2024-05-22	10:00 AM
1.	Ross Road - 'A' #51 Girls 4x400 Meter Relay Intermediate	5:26.93	1/8	2024-05-23	2:15 PM

**Ross Road Total Individual Entries: 8 - Total Relays: 1**

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

School Entries - All Events

**Sackville Heights Junior High (SKHT)**

1.	Abby Arbuckle - Female - Comp#: 717 - Ind/Rel: 1 / 0 #73 Girls Shot Put 3kg Junior	7.56m	1/10	2024-05-23	10:00 AM
2.	Brody Brewer - Male - Comp#: 718 - Ind/Rel: 2 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:02.90	2/7	2024-05-22	11:45 AM
	#32 Boys 800 Meter Run Junior	2:23.73	1/7	2024-05-23	10:45 AM
3.	Kayson Lively - Male - Comp#: 719 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:40.87	1/7	2024-05-23	12:45 PM
4.	Kayla Nurnber - Female - Comp#: 720 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	8.24m	1/6	2024-05-22	2:00 PM
5.	Zach Nurnber - Male - Comp#: 721 - Ind/Rel: 2 / 0 #20 Boys 1500 Meter Run Junior	5:30.16	1/10	2024-05-22	1:30 PM
	#44 Boys 3000 Meter Run Junior	11:33.11	1/16	2024-05-23	12:45 PM
6.	Drew Osmond - Male - Comp#: 722 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:21.97	1/8	2024-05-23	12:45 PM
1.	Sackville Heights Junior High - 'A' #50 Boys 4x400 Meter Relay Junior	4:38.66	1/8	2024-05-23	2:15 PM

**Sackville Heights Junior High Total Individual Entries: 8 - Total Relays: 1**

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

## School Entries - All Events

**Sackville High (SH)**

1. Natalie Ayer - Female - Comp#: 723 - Ind/Rel: 1 / 0 #21 Girls 1500 Meter Run Intermediate	6:26.62	1/13	2024-05-22	1:30 PM
2. Noah Baird - Male - Comp#: 724 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	28.05m	1/13	2024-05-22	12:00 PM
3. Jabari Benjamin - Male - Comp#: 725 - Ind/Rel: 3 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	17.55	2/2	2024-05-22	10:30 AM
#60 Boys Long Jump Senior	5.93m	1/13	2024-05-22	2:00 PM
#72 Boys Triple Jump Senior	12.58m	1/9	2024-05-23	2:00 PM
4. Zaila Benjamin - Female - Comp#: 726 - Ind/Rel: 4 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	12.72	2/2	2024-05-22	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	26.37	2/3	2024-05-23	10:00 AM
#57 Girls Long Jump Intermediate	4.68m	1/3	2024-05-23	10:00 AM
#69 Girls Triple Jump Intermediate	10.61m	1/5	2024-05-22	10:00 AM
5. Nick Cooper - Male - Comp#: 727 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Supported Senior	12.00	2/6	2024-05-22	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	9.77m	1/14	2024-05-22	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.30m	1/13	2024-05-22	10:00 AM
6. Joel Dickinson - Male - Comp#: 728 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	9.05m	1/14	2024-05-22	2:00 PM
7. Hana Hasani - Female - Comp#: 729 - Ind/Rel: 1 / 0 #122 Girls 100 Meter Dash Supported Senior	24.05	1/6	2024-05-22	10:30 AM
8. Sheppard Hyslop - Male - Comp#: 730 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	30.65m	1/4	2024-05-22	12:00 PM
9. Andrew Kaulback - Male - Comp#: 731 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.83	2/8	2024-05-22	10:30 AM
10. Chloe MacKenzie - Female - Comp#: 732 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.30m	1/5	2024-05-22	12:00 PM
11. Sean McDowell - Male - Comp#: 733 - Ind/Rel: 1 / 0 #66 Boys High Jump Senior	1.35m	1/11	2024-05-23	10:00 AM
12. Dawn McKenzie - Female - Comp#: 734 - Ind/Rel: 2 / 0 #126 Girls Shot Put 3kg-3 throws Supported Senior	3.78m	1/15	2024-05-22	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.71m	1/5	2024-05-22	10:00 AM
13. Connor Miller - Male - Comp#: 735 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Supported Senior	12.34	2/7	2024-05-22	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	7.50m	1/11	2024-05-22	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	4.67m	1/15	2024-05-22	10:00 AM
14. Fransais Palma - Male - Comp#: 736 - Ind/Rel: 1 / 0 #58 Boys Long Jump Intermediate	5.18m	1/7	2024-05-22	10:00 AM
15. Jacob Rafuse - Male - Comp#: 737 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Supported Senior	10.93	2/5	2024-05-22	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	9.11m	1/13	2024-05-22	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.18m	1/14	2024-05-22	10:00 AM
16. Cory Rogers - Male - Comp#: 738 - Ind/Rel: 2 / 0 #127 Boys Shot Put 4kg-3 throws Supported Senior	5.90m	1/12	2024-05-22	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.72m	1/16	2024-05-22	10:00 AM
17. Ashlyn Rooks - Female - Comp#: 739 - Ind/Rel: 2 / 0 #21 Girls 1500 Meter Run Intermediate	5:47.04	1/12	2024-05-22	1:30 PM
#45 Girls 3000 Meter Run Intermediate	12:55.17	1/8	2024-05-23	1:15 PM
18. Gordon Rooks - Male - Comp#: 740 - Ind/Rel: 1 / 0 #48 Boys 3000 Meter Run Senior	11:57.19	1/7	2024-05-23	1:30 PM

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

## School Entries - All Events

**Sackville High (SH)**

19.	Noah Skette - Male - Comp#: 741 - Ind/Rel: 4 / 0						
	#6 Boys 110 Meter Hurdles 36" Senior Prelims	17.52	1/3	2024-05-22	10:30 AM		
	#12 Boys 400 Meter Dash Senior Prelims	54.93	2/4	2024-05-22	12:15 PM		
	#18 Boys 100 Meter Dash Senior Prelims	11.57	1/3	2024-05-22	1:10 PM		
	#30 Boys 200 Meter Dash Senior Prelims	23.73	1/4	2024-05-23	10:20 AM		
20.	Landon Smith - Male - Comp#: 742 - Ind/Rel: 4 / 0						
	#12 Boys 400 Meter Dash Senior Prelims	58.54	3/4	2024-05-22	12:15 PM		
	#30 Boys 200 Meter Dash Senior Prelims	24.84	3/3	2024-05-23	10:20 AM		
	#84 Boys Discus Throw 1.75kg Senior	30.20m	1/13	2024-05-23	12:00 PM		
	#115 Boys Javelin Throw 800g Senior	36.54m	1/11	2024-05-22	10:00 AM		
21.	Wyatt Thurston - Male - Comp#: 743 - Ind/Rel: 2 / 0						
	#16 Boys 100 Meter Dash Intermediate Prelims	11.43	1/1	2024-05-22	1:10 PM		
	#28 Boys 200 Meter Dash Intermediate Prelims	24.04	2/4	2024-05-23	10:20 AM		
22.	Elise Twyne - Female - Comp#: 744 - Ind/Rel: 2 / 0						
	#126 Girls Shot Put 3kg-3 throws Supported Senior	3.30m	1/16	2024-05-22	11:15 PM		
	#130 Girls Long Jump 3 jumps Supported Senior	1.30m	1/6	2024-05-22	10:00 AM		
1.	Sackville High - 'A'						
	#42 Boys 4x100 Meter Relay Senior	46.57	1/7	2024-05-23	12:00 PM		
2.	Sackville High - 'A'						
	#54 Boys 4x400 Meter Relay Senior	3:47.65	1/4	2024-05-23	2:45 PM		
	<b>Sackville High Total Individual Entries: 44 - Total Relays: 2</b>						



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

School Entries - All Events

**Sacred Heart School of Halifax (SHSH)**

1.	Naequan Beals - Male - Comp#: 745 - Ind/Rel: 1 / 0 #30 Boys 200 Meter Dash Senior Prelims	NT	2/2	2024-05-23	10:20 AM
2.	Liam Bent - Male - Comp#: 746 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate #70 Boys Triple Jump Intermediate	4.92m 10.01m	1/15 1/4	2024-05-22 2024-05-23	10:00 AM 12:00 PM
3.	Simon Bortolussi - Male - Comp#: 747 - Ind/Rel: 2 / 0 #12 Boys 400 Meter Dash Senior Prelims #30 Boys 200 Meter Dash Senior Prelims	57.75 25.42	2/1 1/6	2024-05-22 2024-05-23	12:15 PM 10:20 AM
4.	Julian Cooper - Male - Comp#: 748 - Ind/Rel: 2 / 0 #12 Boys 400 Meter Dash Senior Prelims #36 Boys 800 Meter Run Senior	57.31 2:12.81	2/6 1/15	2024-05-22 2024-05-23	12:15 PM 11:10 AM
5.	Isabel Costa - Female - Comp#: 749 - Ind/Rel: 1 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:09.39	2/4	2024-05-22	11:45 AM
6.	Anya Culligan - Female - Comp#: 750 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	13:19.25	1/6	2024-05-23	1:15 PM
7.	Maeve Culligan - Female - Comp#: 751 - Ind/Rel: 1 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.77	2/6	2024-05-22	12:45 PM
8.	Liviya Driver - Female - Comp#: 752 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	12:55.29	1/5	2024-05-23	1:15 PM
9.	Olivia Hunter - Female - Comp#: 754 - Ind/Rel: 2 / 0 #63 Girls High Jump Intermediate #81 Girls Discus Throw 1kg Intermediate	1.30m 20.40m	1/14 1/7	2024-05-22 2024-05-22	12:00 PM 2:00 PM
10.	Kailyn Kaulback - Female - Comp#: 755 - Ind/Rel: 2 / 0 #9 Girls 400 Meter Dash Intermediate Prelims #69 Girls Triple Jump Intermediate	1:06.88 8.80m	1/1 1/6	2024-05-22 2024-05-22	11:45 AM 10:00 AM
11.	Yuka Maruyama - Female - Comp#: 757 - Ind/Rel: 1 / 0 #35 Girls 800 Meter Run Senior	3:15.16	1/18	2024-05-23	11:10 AM
12.	Jaden McArthur - Female - Comp#: 758 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.65m	1/6	2024-05-23	2:00 PM
13.	Mary-Lou O'Regan - Female - Comp#: 759 - Ind/Rel: 1 / 0 #21 Girls 1500 Meter Run Intermediate	5:45.85	1/6	2024-05-22	1:30 PM
14.	Mayu Saito - Female - Comp#: 760 - Ind/Rel: 1 / 0 #35 Girls 800 Meter Run Senior	3:19.00	1/8	2024-05-23	11:10 AM
15.	Isobel Schrader - Female - Comp#: 761 - Ind/Rel: 1 / 0 #69 Girls Triple Jump Intermediate	8.68m	1/8	2024-05-22	10:00 AM
16.	Edwin Siller - Male - Comp#: 762 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	56.74	2/2	2024-05-22	12:15 PM
1.	Sacred Heart School of Halifax - 'A' #37 Girls 4x100 Meter Relay Junior	59.28	1/5	2024-05-23	11:30 AM
2.	Sacred Heart School of Halifax - 'A' #39 Girls 4x100 Meter Relay Intermediate	54.84	1/3	2024-05-23	11:30 AM
3.	Sacred Heart School of Halifax - 'A' #51 Girls 4x400 Meter Relay Intermediate	4:45.74	1/4	2024-05-23	2:15 PM
4.	Sacred Heart School of Halifax - 'A' #53 Girls 4x400 Meter Relay Senior	5:24.49	1/8	2024-05-23	2:45 PM
5.	Sacred Heart School of Halifax - 'A' #54 Boys 4x400 Meter Relay Senior	3:56.97	1/6	2024-05-23	2:45 PM

**Sacred Heart School of Halifax Total Individual Entries: 21 - Total Relays: 5**

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

## School Entries - All Events

**St. Agnes Junior High (STAG)**

1. Gabriel Adams - Male - Comp#: 764 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	23.12m	1/16	2024-05-23	2:00 PM
2. Aeesha Chege - Female - Comp#: 765 - Ind/Rel: 3 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.46	1/2	2024-05-22	10:00 AM
#75 Girls Shot Put 4kg Intermediate	6.60m	1/1	2024-05-23	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	20.16m	1/10	2024-05-22	2:00 PM
3. Kyriakos Christensen - Male - Comp#: 766 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	25.04m	1/16	2024-05-22	12:00 PM
4. Ethan Daniel - Male - Comp#: 767 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	10.01m	1/7	2024-05-23	12:00 PM
5. Brynn Feeney - Female - Comp#: 768 - Ind/Rel: 2 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:08.26	1/2	2024-05-22	11:45 AM
#13 Girls 100 Meter Dash Junior Prelims	14.16	2/6	2024-05-22	12:45 PM
6. Sam Flemming - Male - Comp#: 769 - Ind/Rel: 1 / 0 #34 Boys 800 Meter Run Intermediate	2:11.55	1/7	2024-05-23	11:10 AM
7. Olivia Hernandez-Jennex - Female - Comp#: 770 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	12:40.39	1/5	2024-05-23	12:45 PM
8. Ava Khoury - Female - Comp#: 771 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.40m	1/11	2024-05-22	12:00 PM
9. Emma Laycock - Female - Comp#: 772 - Ind/Rel: 3 / 0 #19 Girls 1500 Meter Run Junior	5:04.72	1/10	2024-05-22	1:30 PM
#31 Girls 800 Meter Run Junior	2:28.53	1/6	2024-05-23	10:45 AM
#43 Girls 3000 Meter Run Junior	10:59.72	1/10	2024-05-23	12:45 PM
10. Emeila Legere - Female - Comp#: 773 - Ind/Rel: 2 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:09.23	1/6	2024-05-22	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	30.73	2/2	2024-05-23	10:00 AM
11. Max Makropolous - Male - Comp#: 774 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	8.95m	1/7	2024-05-22	2:00 PM
12. Emmy Mastnak - Female - Comp#: 775 - Ind/Rel: 2 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.75	2/6	2024-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	9.22m	1/1	2024-05-22	10:00 AM
13. Leah Miller - Female - Comp#: 778 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	13:12.48	1/4	2024-05-23	12:45 PM
14. Goodness Olugu - Female - Comp#: 779 - Ind/Rel: 2 / 0 #13 Girls 100 Meter Dash Junior Prelims	13.98	1/1	2024-05-22	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	30.18	1/1	2024-05-23	10:00 AM
15. Ellie Panopolis - Female - Comp#: 780 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	24.57m	1/12	2024-05-23	2:00 PM
16. Lora Pelivanov - Female - Comp#: 781 - Ind/Rel: 2 / 0 #57 Girls Long Jump Intermediate	4.33m	1/6	2024-05-23	10:00 AM
#69 Girls Triple Jump Intermediate	9.35m	1/12	2024-05-22	10:00 AM
17. Sam Terrio - Female - Comp#: 783 - Ind/Rel: 2 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	15.04	1/4	2024-05-22	10:00 AM
#67 Girls Triple Jump Junior	8.88m	1/12	2024-05-22	2:00 PM
18. Linden Todd - Male - Comp#: 784 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.54m	1/6	2024-05-23	10:00 AM
19. Libby Zhang - Female - Comp#: 785 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.40m	1/10	2024-05-22	12:00 PM
1. St. Agnes Junior High - 'A' #49 Girls 4x400 Meter Relay Junior	4:37.76	1/5	2024-05-23	2:15 PM

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

School Entries - All Events

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**St. Agnes Junior High (STAG)**

2.	St. Agnes Junior High - 'A'				
	#52 Boys 4x400 Meter Relay Intermediate	4:02.73	1/1	2024-05-23	2:45 PM

**St. Agnes Junior High Total Individual Entries: 29 - Total Relays: 2**

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

School Entries - All Events

**Summit Academy of Active Learn (SAAL)**

1. Morgan Landry - Male - Comp#: 786 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:30.32	1/5	2024-05-23	12:45 PM
2. Alora Mabe - Female - Comp#: 787 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.30m	1/5	2024-05-22	10:00 AM
3. Adie White - Female - Comp#: 788 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.88m	1/15	2024-05-23	12:00 PM
4. Nataliya Woycheshyn - Female - Comp#: 789 - Ind/Rel: 3 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	15.04	1/2	2024-05-22	10:00 AM
#13 Girls 100 Meter Dash Junior Prelims	14.20	2/8	2024-05-22	12:45 PM
#31 Girls 800 Meter Run Junior	2:27.93	1/5	2024-05-23	10:45 AM

**Summit Academy of Active Learn Total Individual Entries: 6 - Total Relays: 0**

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

School Entries - All Events

**West Bedford High School (WBH)**

1.	Connor Amero - Male - Comp#: 790 - Ind/Rel: 2 / 0				
	#22 Boys 1500 Meter Run Intermediate	4:33.18	1/11	2024-05-22	2:00 PM
	#46 Boys 3000 Meter Run Intermediate	10:15.00	1/1	2024-05-23	1:15 PM
2.	Carly Beaton - Female - Comp#: 791 - Ind/Rel: 1 / 0				
	#27 Girls 200 Meter Dash Intermediate Prelims	27.61	2/4	2024-05-23	10:00 AM
3.	Naomi Boudreau - Female - Comp#: 792 - Ind/Rel: 1 / 0				
	#9 Girls 400 Meter Dash Intermediate Prelims	1:10.40	2/8	2024-05-22	11:45 AM
4.	Dylan Boyce - Male - Comp#: 793 - Ind/Rel: 1 / 0				
	#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.22	2/4	2024-05-22	10:30 AM
5.	Emma Chisolm - Female - Comp#: 794 - Ind/Rel: 1 / 0				
	#45 Girls 3000 Meter Run Intermediate	16:38.17	1/7	2024-05-23	1:15 PM
6.	Alexa Daye - Female - Comp#: 795 - Ind/Rel: 1 / 0				
	#9 Girls 400 Meter Dash Intermediate Prelims	1:08.16	2/4	2024-05-22	11:45 AM
7.	Sophia Macaulay - Female - Comp#: 796 - Ind/Rel: 1 / 0				
	#15 Girls 100 Meter Dash Intermediate Prelims	13.86	2/4	2024-05-22	12:45 PM
8.	Alivia Macdonald - Female - Comp#: 797 - Ind/Rel: 2 / 0				
	#122 Girls 100 Meter Dash Supported Senior	23.11	1/4	2024-05-22	10:30 AM
	#126 Girls Shot Put 3kg-3 throws Supported Senior	2.83m	1/9	2024-05-22	11:15 PM
9.	Isiah MacIntyre - Male - Comp#: 798 - Ind/Rel: 1 / 0				
	#131 Boys Long Jump 3 jumps Supported Senior	2.44m	1/10	2024-05-22	10:00 AM
10.	Kennedy May - Female - Comp#: 799 - Ind/Rel: 1 / 0				
	#63 Girls High Jump Intermediate	1.45m	1/15	2024-05-22	12:00 PM
11.	Kate Rogers - Female - Comp#: 800 - Ind/Rel: 2 / 0				
	#21 Girls 1500 Meter Run Intermediate	6:00.25	1/9	2024-05-22	1:30 PM
	#45 Girls 3000 Meter Run Intermediate	13:33.26	1/14	2024-05-23	1:15 PM
12.	Claire Simms - Female - Comp#: 801 - Ind/Rel: 3 / 0				
	#122 Girls 100 Meter Dash Supported Senior	18.01	2/1	2024-05-22	10:30 AM
	#126 Girls Shot Put 3kg-3 throws Supported Senior	2.78m	1/10	2024-05-22	11:15 PM
	#130 Girls Long Jump 3 jumps Supported Senior	1.24m	1/13	2024-05-22	10:00 AM
1.	West Bedford High School - 'A'				
	#39 Girls 4x100 Meter Relay Intermediate	55.33	1/2	2024-05-23	11:30 AM

**West Bedford High School Total Individual Entries: 17 - Total Relays: 1**

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

School Entries - All Events

**West Bedford School (WBS)**

1. Anna Adara - Female - Comp#: 802 - Ind/Rel: 2 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.05	1/4	2024-05-22	12:45 PM
#55 Girls Long Jump Junior	4.37m	1/3	2024-05-23	12:00 PM
2. Yungun Cho - Male - Comp#: 803 - Ind/Rel: 3 / 0				
#14 Boys 100 Meter Dash Junior Prelims	13.21	1/2	2024-05-22	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	27.03	1/2	2024-05-23	10:00 AM
#56 Boys Long Jump Junior	4.44m	1/6	2024-05-22	12:00 PM
1. West Bedford School - 'A'				
#38 Boys 4x100 Meter Relay Junior	55.08	1/6	2024-05-23	11:30 AM

**West Bedford School Total Individual Entries: 5 - Total Relays: 1**

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

## School Entries - All Events

**Woodlawn High School (WHS)**

1. Dylan Armitage - Male - Comp#: 804 - Ind/Rel: 3 / 0				
#60 Boys Long Jump Senior	4.85m	1/15	2024-05-22	2:00 PM
#66 Boys High Jump Senior	1.35m	1/1	2024-05-23	10:00 AM
#115 Boys Javelin Throw 800g Senior	29.94m	1/1	2024-05-22	10:00 AM
2. Jonathan Assoun-Gritten - Male - Comp#: 805 - Ind/Rel: 3 / 0				
#123 Boys 100 Meter Dash Supported Senior	13.69	2/8	2024-05-22	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	4.91m	1/3	2024-05-22	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.09m	1/5	2024-05-22	10:00 AM
3. Jarmar Berglund-Simmonds - Male - Comp#: 806 - Ind/Rel: 3 / 0				
#18 Boys 100 Meter Dash Senior Prelims	12.37	2/6	2024-05-22	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	25.26	2/3	2024-05-23	10:20 AM
#60 Boys Long Jump Senior	5.12m	1/12	2024-05-22	2:00 PM
4. Jada Bonang - Female - Comp#: 807 - Ind/Rel: 1 / 0				
#63 Girls High Jump Intermediate	1.30m	1/2	2024-05-22	12:00 PM
5. Jessica Brown - Female - Comp#: 808 - Ind/Rel: 2 / 0				
#65 Girls High Jump Senior	1.25m	1/10	2024-05-22	2:00 PM
#71 Girls Triple Jump Senior	8.06m	1/6	2024-05-22	12:00 PM
6. Kaylee Croft - Female - Comp#: 809 - Ind/Rel: 3 / 0				
#65 Girls High Jump Senior	1.40m	1/2	2024-05-22	2:00 PM
#77 Girls Shot Put 4kg Senior	6.52m	1/14	2024-05-23	12:00 PM
#109 Girls Javelin Throw 600g Senior	18.38m	1/15	2024-05-23	10:00 AM
7. Lana Cushing - Female - Comp#: 810 - Ind/Rel: 1 / 0				
#59 Girls Long Jump Senior	3.99m	1/10	2024-05-23	2:00 PM
8. Thomas Dewitt - Male - Comp#: 811 - Ind/Rel: 2 / 0				
#24 Boys 1500 Meter Run Senior	4:28.17	1/12	2024-05-22	2:00 PM
#48 Boys 3000 Meter Run Senior	9:46.81	1/13	2024-05-23	1:30 PM
9. Shyanna Dixon - Female - Comp#: 812 - Ind/Rel: 1 / 0				
#126 Girls Shot Put 3kg-3 throws Supported Senior	4.27m	1/14	2024-05-22	11:15 PM
10. Dennis Eisenhauer - Male - Comp#: 813 - Ind/Rel: 1 / 0				
#131 Boys Long Jump 3 jumps Supported Senior	1.70m	1/6	2024-05-22	10:00 AM
11. Abbey Gavel - Female - Comp#: 814 - Ind/Rel: 1 / 0				
#17 Girls 100 Meter Dash Senior Prelims	NT	2/6	2024-05-22	1:10 PM
12. Pauline Gillet - Female - Comp#: 815 - Ind/Rel: 1 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:11.32	3/1	2024-05-22	12:15 PM
13. Becky Guevera - Female - Comp#: 816 - Ind/Rel: 2 / 0				
#122 Girls 100 Meter Dash Supported Senior	16.96	2/8	2024-05-22	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.35m	1/13	2024-05-22	11:15 PM
14. Nathan Herman - Male - Comp#: 817 - Ind/Rel: 1 / 0				
#12 Boys 400 Meter Dash Senior Prelims	58.57	1/4	2024-05-22	12:15 PM
15. Rose Le Pape - Female - Comp#: 818 - Ind/Rel: 1 / 0				
#21 Girls 1500 Meter Run Intermediate	5:50.53	1/7	2024-05-22	1:30 PM
16. Stephanie Maristela - Female - Comp#: 820 - Ind/Rel: 2 / 0				
#83 Girls Discus Throw 1kg Senior	14.35m	1/11	2024-05-22	10:00 AM
#109 Girls Javelin Throw 600g Senior	20.27m	1/7	2024-05-23	10:00 AM
17. Anthony Maxwell - Male - Comp#: 821 - Ind/Rel: 3 / 0				
#78 Boys Shot Put 6kg Senior	7.58m	1/12	2024-05-22	12:00 PM
#84 Boys Discus Throw 1.75kg Senior	10.01m	1/2	2024-05-23	12:00 PM
#115 Boys Javelin Throw 800g Senior	18.47m	1/10	2024-05-22	10:00 AM
18. TJ Negus - Male - Comp#: 822 - Ind/Rel: 1 / 0				
#139 Boys 50 Meter Dash WC Wheelchair	28.25	1/1	2024-05-22	11:00 AM

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

School Entries - All Events

**Woodlawn High School (WHS)**

19.	Alex Perrin - Male - Comp#: 823 - Ind/Rel: 2 / 0						
	#123 Boys 100 Meter Dash Supported Senior	14.61	1/4	2024-05-22	10:30 AM		
	#131 Boys Long Jump 3 jumps Supported Senior	1.43m	1/4	2024-05-22	10:00 AM		
20.	Chiara Porro - Female - Comp#: 824 - Ind/Rel: 2 / 0						
	#11 Girls 400 Meter Dash Senior Prelims	1:13.69	1/6	2024-05-22	12:15 PM		
	#59 Girls Long Jump Senior	3.74m	1/16	2024-05-23	2:00 PM		
21.	Madison Shepard - Female - Comp#: 826 - Ind/Rel: 1 / 0						
	#122 Girls 100 Meter Dash Supported Senior	29.76	1/8	2024-05-22	10:30 AM		
22.	Keegan Smith - Male - Comp#: 827 - Ind/Rel: 2 / 0						
	#123 Boys 100 Meter Dash Supported Senior	15.08	1/5	2024-05-22	10:30 AM		
	#127 Boys Shot Put 4kg-3 throws Supported Senior	6.58m	1/4	2024-05-22	11:15 AM		
23.	Lucas Song - Male - Comp#: 828 - Ind/Rel: 1 / 0						
	#127 Boys Shot Put 4kg-3 throws Supported Senior	5.20m	1/5	2024-05-22	11:15 AM		
24.	Sohit Tatisetti - Male - Comp#: 829 - Ind/Rel: 4 / 0						
	#60 Boys Long Jump Senior	5.15m	1/7	2024-05-22	2:00 PM		
	#72 Boys Triple Jump Senior	10.17m	1/1	2024-05-23	2:00 PM		
	#84 Boys Discus Throw 1.75kg Senior	10.72m	1/1	2024-05-23	12:00 PM		
	#115 Boys Javelin Throw 800g Senior	18.96m	1/15	2024-05-22	10:00 AM		
25.	Chris Thomey - Female - Comp#: 830 - Ind/Rel: 1 / 0						
	#75 Girls Shot Put 4kg Intermediate	7.65m	1/9	2024-05-23	2:00 PM		
26.	Ria Walling - Female - Comp#: 831 - Ind/Rel: 1 / 0						
	#83 Girls Discus Throw 1kg Senior	ND	1/7	2024-05-22	10:00 AM		
1.	Woodlawn High School - 'A'						
	#41 Girls 4x100 Meter Relay Senior	58.85	1/1	2024-05-23	12:00 PM		
2.	Woodlawn High School - 'A'						
	#53 Girls 4x400 Meter Relay Senior	5:00.25	1/1	2024-05-23	2:45 PM		

**Woodlawn High School Total Individual Entries: 46 - Total Relays: 2**