



SCHOOL SPORT  
NOVA SCOTIA  
SPORT SCOLAIRE  
NOUVELLE-ÉCOSSE

# 2023-2024 Track & Field Provincial Championship May 31-June 1, 2024 Cape Breton University, Sydney

## Meet Information

### Meet Directors

Ryan MacPherson  
Greg Myatt  
Aurel LeLièvre



### Host School

Sydney Academy

**SSNS Partners**

**Presenting Partner**

**eastlink**

**Major Partner**

**NT NOVA TROPHY**

**Official Supplier**

**INNVEST  
Hotels**

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## Director's Remarks - SSNS Track and Field Championships

It gives me great pleasure to welcome everyone to the 2023-2024 SSNS Track and Field Championship. It takes a lot of dedication and hard work to qualify for a SSNS Championship and you, the student-athletes, are to be commended for your efforts. Extra congratulations to the grade twelve student-athletes! Thank you for your contribution to school sport and all the best in the future.

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

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

School Sport Nova Scotia would also like to thank Aurel LeLièvre, Highland Regional Director Ryan MacPherson/Greg Myatt at Sydney Academy a (Meet Directors) for organizing such a great event. It takes a lot of time and effort on the part of the meet directors, schools, the communities and its many volunteers to run the largest SSNS championship and we commend you.

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

A handwritten signature in black ink that reads 'Stephen Gallant'.

Stephen Gallant  
Director  
School Sport Nova Scotia

## General Information, Rules and Regulations

1. Coaches' and Officials' Meeting will take place at 9:00 am on Friday, May 31st. Location: Inside the Cape Breton Health and Recreation Complex Dome.
2. Opening Ceremonies will take place May 31st. Start time: 10:00 am, each school is permitted one male & one female per classification/school and a sign/banner or flag identifying your school. The full Championship Schedule is included in this document. the Meet is expected to begin promptly at 10:30 am as per the schedule
3. Parking is available on site. All buses are asked to use the parking lot at NSCC Marconi Campus. Signage will be posted. Buses can drop students off near the CBU Soccer Field and then will park close by at NSCC.
4. Location Cape Breton University, 1250 Grand Lake Road, Sydney, NS B1M 1A2.
5. The Facility is an eight-lane track with four jumping runways, a javelin runway and high jumping synthetic surfaces as well as shot put and discus circle with poured concrete. Pyramid and cone spikes only (max length 7 mm) are permitted for all running and jumping events as well as javelin. This will be enforced at the marshaling tent, please advise athletes before checking in for their event. Spike replacements will be available for sale at our canteen if needed. Only officials and competing athletes are permitted on the track and inside the lower fence during competition times.
6. Canteen and food service will be available on site. There are other eating establishments nearby.
7. There will be an entry fee for spectator admission. \$5.00 for adults or free for youth. There will be no charge for coaches, athletes or officials. Please no pets inside the facility. Thank you.
8. SSNS Provincial Championship souvenir t-shirts will be for sale for \$20 on site. Cash only.
9. Seating is available but limited therefore athletes and coaches are reminded to bring your own chairs, tarps and tents. Please note that tents will be permitted in designated areas only. Our clubhouse has washroom facilities and portable toilets will also be available on site.
10. First Aid/Physiotherapy services will be available for student-athletes on site. Schools are still expected to bring their own first aid kit and supplies.
11. Outside sporting equipment (balls/frisbees/other) is prohibited at the track meet as they pose a significant tripping and interference hazard. Please ask student-athletes to leave these items at home.

12. Uniforms that identify a student-athlete's school are requested. No "club" or "games" uniforms are to be worn during competition. Student-athletes attempting to compete in inappropriate attire will be asked to change before being allowed to compete.

### 13. **Awards**

#### The team point system

##### **Individual events**

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

##### **Relays**

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

The SSNS Track and Field Championships will be a contest between four cooperative teams: Capital, Highland, Northumberland and Western. A Championship Banner will be presented to the overall winner in Senior, Intermediate and Junior age classifications.

In addition, Championship Banners will be presented to winning schools and medallions to individuals in each classification of the 10 classifications as follows:

Girls- Junior, Intermediate, Senior, Supported Junior and Supported Senior

Boys- Junior, Intermediate, Senior, Supported Junior and Supported Senior

As well as

- SSNS Gold Medallions to members of championship team and coach.
- SSNS Silver Medallions to members of second place team and coach.
- SSNS Bronze Medallions to members of third place team and coach.
- SSNS Gold, Silver and Bronze medallions to 1st, 2nd and 3rd place finishers in each event.

All Supported Athletes will receive a participation certificate upon completion of their Championships.

14. In throw and jump for distance events, each competitor will be given three (3) trials. The top eight (ties broken when possible) will then be given three (3) more trials. The best of the six (6) attempts will count for placing. Rounds 4-6 will follow the "worst to first" order following round 3.

15. The following time limits should not be exceeded: all field events - 30 seconds. High jump may alter the time frame to 90 seconds when the number of competitors reaches 3 athletes and again change to 180 seconds when only 1 athlete remains. No unnecessary delay in making an attempt in any field event will be permitted.

16. Equipment: In the throwing events, an athlete may request that the head field official certify an athlete's implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event. All other athletes must use the equipment, including relay batons and starting blocks, supplied by the Meet Organizers.

17. Student-athletes are requested to stay off of the infield area and remain outside the fenced area unless participating in the event being conducted. Spectators and coaches must remain outside the track and off the infield at all times. The Track Finish Line area must be kept free from spectators and coaches at all times to prevent any accidental interference with the electronic timing system.

18. Implements:

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

19. Hurdle placements:

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

20. Hurdlers shall be disqualified if student-athlete a) does not jump any hurdle; b) trails a foot or leg below the horizontal plane of the top of the hurdle at the instance of clearance; c) jumps any hurdle not in student-athlete's own lane; d) in the opinion of the referee deliberately knocks down any hurdle. They will also be disqualified if they interfere outside their lane with student-athletes in other lanes. Races can be re-run at the discretion of the track referee if a student-athlete is impeded to an extent that an "unfair" race occurs.

21. Blocks will be mandatory for the 100m, 200m, 400m, 4x100m, 4x400m and hurdles. Blocks will **not** be used in the 800m, 1500m or 3000m or the supported athlete 100m and are not required in the Para 200m.

22. Individual student-athletes are permitted one false start each in all individual track events. Student-athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a semi-final and a final are two individual events.

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

## **Track Events - Preliminaries and Finals**

### 100m, 200m, 400m and 80m/100m/110m Hurdles

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

Advancement to the final will be Top 3 in each heat plus the next 2 fastest times when there are 2 heats and top 2 plus 2 fastest if there are three heats

*Lane assignments for preliminary heats are by random draw. Lanes for finals are generated from prelim results and follow the following.*

#### In the 100m and hurdle events

*The top 4 ranked athletes are drawn into lanes 3,4,5,6 while 5th and 6th ranked athletes are drawn into lanes 2,7 and the 7th and 8th ranked athletes are drawn into lanes 1,8.*

#### In the 200m and 400m

*The top 4 ranked athletes are drawn into lanes 4,5,6,7 while 5th and 6th ranked athletes are drawn into lanes 8,3 and the 7th and 8th ranked athletes are drawn into lanes 2,1.*

This is a slight adjustment in lane assignments from our past practice but follows the new World Athletics ruling as closely as we are able with our system.

## **Track events - One heat timed-section finals**

### 800m, 1500m and 3000m

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

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

## **Track events - Two heat timed-section finals**

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

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

*Lanes are assigned by random draw.*

## **Horizontal jumps and all throwing events**

### Long Jump, Triple Jump, Discus, Shot, Javelin

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

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

## **Vertical Jumps**

### High Jump

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

24. All competitors must start each event for which they are qualified and put forth a competitive effort. This does not preclude an athlete from passing on attempts in field events or from becoming injured during an event and competing later with written confirmation from medical personnel. A reminder that athletes are expected to compete in all events they have qualified for but an athlete who qualified for provincials is able to withdraw from a qualified event by the 5pm Monday cut off with no consequence. Withdrawing or not showing for an event the athlete has qualified for, without the usual medical documentation presented to the chief track or field referee or withdrawing by the deadline will result in removal from all other events for that day and an alternate being placed in the event.

25. Pacing in races by persons not participating in the race, by athletes lapped or about to be lapped or by any kind of technical device (aside from personal watch or personal GPS) is considered outside assistance. Also, possession or use of video recorders, radios, CD, MP3, radio transmitters, mobile phones or similar devices in the competition area is prohibited. Coaches may not give advice from within the competition area and student-athletes may not leave the competition area to engage in dialogue with persons during the event. Communication between the student-athlete and coach not placed in the competition area can occur as long as it does not interfere with the staging of the event and is not considered assistance or technology as noted above. Supported Athletes however are permitted one person in the competition area per student-athlete as per SSNS rule. If a Supported Athlete requires more than one helper to successfully participate in the event, this issue should be discussed with the Meet Director at the coaches meeting on the morning of the event. Failure to comply: First Offense = warning by the referee. Second Offense = disqualification from the event.



26. When a student-athlete is involved in both a track and a field event, the track events take priority over the field event. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible. You may ask and be permitted to throw/jump ahead of/after than your usual order, but once a round is finished you lose your attempt for that round. For instance, a student-athlete could throw first in one round and last in the next round but a student-athlete may not throw 2 throws in one round. Please ensure student-athletes understand this procedure and are proactive in discussing this with both the field official and clerks/marshal of track events. Ultimately, the responsibility lies with the student-athlete to compete and ask questions to help them complete their events

27. All student-athletes in track events must report to the marshaling area (behind the 100m start line, under the tent) when called to do so to obtain lane assignments and check in. All field student-athletes must report to the official in charge of their event at the event area. We will do a 1st call (20min) and final call (10min) via the announcing system. Five (5) minutes after this final call, the official/marshal/clerk in the immediate event area will do a last check for a missing student-athlete and then student-athletes who have not checked in may be replaced by the 5th place alternate. The 5<sup>th</sup> place alternate from each region can only compete if a student-athlete from their own region does not show. No student-athletes beyond 5<sup>th</sup> place in their region are eligible to compete at provincials regardless of how many no shows there are from that region. Alternates are listed in the program and are issued individual bib numbers.

28. In order to more efficiently identify student-athletes in all events, all student-athletes will be issued a bib number which must be worn on their chest at check in with the clerk/official of the event until the completion of event (High jump student-athletes may choose front or back). All bib numbers are included in the School Registration Package and will be used for both days of competition. Student-athletes must have their bib number with them for event marshaling/check in. Please ensure the correct bibs are given to the correct student-athlete.

29. In addition to bib numbers, student-athletes in the 800m, 1500m, 3000m, will wear lane numbers 1-16 corresponding to how they are listed in the program. In addition, the final student-athlete in a 4x400m relay will also wear the lane number 1-8 corresponding to their team's lane at the start of the race. . These numbers will be provided at marshaling of the event.

30. Para Athletes: SSNS in conjunction with Athletics Canada have added several Para events to the SSNS Track and Field Championships. The events are the 200 meter Timed Finals, 800 meters Timed Finals, Shot Put (3 throws per student-athlete - Girls 3kg, Boys 4kg). Divisions are Open grades 7-12 (as long as they are attending a member school, they are eligible and if the school also houses grade 6 student-athletes, a grade 6 student could compete). Schools with Para student athletes should register directly with the Provincial entry and results manager, Jason Murphy (murphyj@gnspe.ca) prior to Monday May 27th 5pm if they have not already competed at their district or regional level meet. If they have already competed at districts or regionals, they will automatically be registered for the Provincial Meet.

31. Supported Athletes are athletes considered to have intellectual disabilities and schools are to make these decisions on which student-athletes compete in this category. The events are the 100 meters (Timed finals), Shot put (3 throws per athlete) and Long Jump - Standing or Running (3 attempts) No additional rounds of top 8.

Divisions - Junior Girls (grades 7-9), Junior Boys (grades 7-9), Senior Girls (grades 10-12), Senior Boys (grades 10-12). As long as they are in these grades they are eligible but if a school also encompasses grade 6 students, they may compete as well.

Supported athletes are permitted one person in the competition area per athlete. If a supported athlete requires more than one helper to successfully participate, it must be approved by the Meet Director.

32. Results will be posted on a results board near the main gates of the facility and will be available in real-time on the Track Meet Mobile App for both iOS and Android. Search for 2024 SSNS Provincials. We will be using Finish Lynx timing equipment and Meet Manager software for all entry and results management.

33. Eastink will be broadcasting LIVE action from the meet during the two days of competition. Everyone is asked to please refrain from inappropriate behavior and the use of inappropriate language while onsite.

33. Accommodations. There are numerous hotel facilities in the CBRM.

## Provincial Championship Track and Field Records (current May 15, 2024)

### Junior Girls Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (30")	Sierra Sweeney	12.12*	Gaetzbrook Junior High	2016
100m	Christine Fleury	12.5H (12.74*)	West Kings	1995
	Nikkia Jones	12.64*	Gorsebrook Junior High	2006
200m	Taylor Mattinson	26.49*	Oxford Regional Education Centre	2014
400m	Cara MacDonald	58.99*	New Glasgow Academy	2019
800m	Mary Jean Barrett	2:19.9H (2:20.04*)	Sackville Heights Junior High	1977
1500m	Abby Lewis	4:46.13*	Leslie Thomas Junior High	2019
3000m	Rachel Crawley	10:18.76*	St. Agnes Junior High	2011
4 x 100m		52.50*	Riverside Education Centre	2014
4 x 400m		4:17.83*	St. Andrew Junior School	2017
Shot Put (2.72 kg)	Chelsea Whalen	14.51m	South Queens	2007
Shot Put (3kg)	Taylor Stutely	11.58m	A.J. Smeltzer Junior High	2010
Discus (1kg)	Taylor Stutely	31.25m	A.J. Smeltzer Junior High	2010
Discus (0.75kg)	Sara Scott	30.10m	Bayview Educational Centre	2019
Javelin (400g)	Katherine Markusson	37.38m	Astral Drive Junior High	1999
Javelin (600g)	Allison Chandler	31.70m	Chester Area Middle School	2012
High Jump	Laura Maessen	1.63m	Bicentennial Junior High	2004
Long Jump	Myka Wilson	5.00m	École acadienne de Truro	2023
Triple Jump	Sierra Sweeney	11.00m	Gaetzbrook Junior High	2016

\*electronic timing

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

### Non-Synthetic Track

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

## Junior Boys Synthetic Track

Event	Athlete	Time/Distance	School	Year
<b>80m Hurdles (30")</b>	Declan O'Brien	12.03*	E.B. Chandler Junior High	2023
<b>100m Hurdles (33")</b>	Nolan Wentzell	14.48*	Hebville	2016
<b>100m</b>	Nick Smith	11.5H (11.74*)	Caledonia Junior High	1995
	Wyatt Thurston	11.56*	A.J. Smeltzer Junior High	2023
<b>200m</b>	Wyatt Thurston	23.85*	A.J. Smeltzer Junior High	2023
<b>400m</b>	Barrett Dachyshyn	53.72*	Halifax Central Junior High	2013
<b>800m</b>	Camden Springer	2:04.93*	Bicentennial Junior High	2016
<b>1500m</b>	Mike Tate	4:19.71*	St. Andrew Junior School	2009
<b>3000m</b>	Tobias Wolter	9:15.14*	Hebville	2011
<b>4 x 100m</b>		48.4H (48.54*)	Astral Drive Junior High	1990
<b>4 x 400m</b>		3:48.10*	Halifax Central Junior High	2013
<b>Shot Put (4kg)</b>	Logan Taylor	14.37m	Bluenose Academy	2016
<b>Discus (1kg)</b>	Max Minihan	46.76m	Malcolm Munroe Memorial	2022
<b>Javelin (600g)</b>	Michael Adams	45.48m	Truro Junior High	2015
<b>High Jump</b>	Brandon Mallally	1.77m	Bible Hill Junior High	2004
<b>Long Jump</b>	David MacDonald	5.79m	Fountain Academy	2012
<b>Triple Jump</b>	Kaelan Schmidt	12.03m	East Pictou Middle School	2012

\*electronic timing

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

## Non-Synthetic Track

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

## Provincial Championship Track and Field Records (current May 15, 2024)

### Intermediate Girls Synthetic Track

Event	Athlete	Time/Distance	School	Year
<b>80m Hurdles (30")</b>	<b>Maryn Smith</b>	<b>12.12*</b>	<b>Oxford Regional Education Centre</b>	<b>2023</b>
<b>80m Hurdles (33")</b>	Zoe Carvery	12.45*	Millwood High School	2016
<b>100m Hurdles (33")</b>	Rachelle Langford	14.7	Yarmouth	1983
<b>100m</b>	Trina Nickerson	12.2H (12.44*)	Barrington	1991
	Christine Fleury	12.2H (12.44*)	West Kings	1997
	Marissa Walter	12.33*	Central Kings	2007
<b>200m</b>	Cecilia Branch	25.5H (25.74*)	St. Patrick's High School	1973
	Leanne Huck	25.66*	Halifax Grammar School	2001
<b>400m</b>	Jenna Martin	57.24*	Bridgewater	2003
<b>800m</b>	Louise Palmer	2:12.6H (2:12.74*)	Gorsebrook Junior High	1977
<b>1500m</b>	Abby Lewis	4:31.02*	Lockview High	2022
<b>3000m</b>	Abby Lewis	9:44.38*	Lockview High	2022
<b>4 x 100m</b>		51.34*	Lockview High School	2019
<b>4 x 400m</b>		4:07.64*	Halifax Grammar School	2007
<b>Shot Put (4kg)</b>	Chelsea Whalen	12.98m	Liverpool Regional	2009
<b>Discus (1kg)</b>	Sarah Colborne	39.15m	Cobequid Educational Centre	2012
<b>Javelin (600g)</b>	Kate Forbes	39.00m	Central Colchester	1997
<b>Javelin (500g)</b>	Madelyn Quinn	41.73m	Cobequid Educational Centre	2016
<b>High Jump</b>	Tracey Loke	1.72m	Halifax West High School	1986
	Natalie Munroe	1.72m	Queen Elizabeth High School	1986
<b>Long Jump</b>	Cecilia Branch	5.32m	St. Patrick's High School	1973
<b>Triple Jump</b>	Gabrielle Fraser	11.19m	Advocate District School	2016
<b>Pole Vault</b>	Laura Maessen	2.60m	Bicentennial Junior High	2005

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

### Non-Synthetic Track

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

## Provincial Championship Track and Field Records (current May 15, 2024)

### Intermediate Boys Synthetic Track

Event	Athlete	Time/Distance	School	Year
<b>100m Hurdles (33")</b>	<b>Ryan Vanderwal</b>	<b>14.29*</b>	<b>Park View Education Centre</b>	<b>2023</b>
100m Hurdles (36")	Nick Landry	13.89*	Park View Education Centre	2018
110m Hurdles (36")	Ray Bourque	15.7H (15.94*)	Halifax West High School	1983
100m	Patrick Benjamin	10.5H (10.74*)	Cole Harbour High School	1998
200m	Patrick Benjamin	22.3H (22.54*)	Cole Harbour High School	1998
400m	Jonathan Campbell	50.87*	Sydney Academy	2005
800m	Hudson Grimshaw-Surette	1:58.21*	Yarmouth Consolidated	2015
1500m	Hudson Grimshaw-Surette	3:59.92*	Yarmouth Consolidated	2015
3000m	Andrew Peverill	8:50.61*	Sackville High School	2015
4 x 100m		45.5H (45.64*)	Sackville High School	1976
4 x 400m		3:35.4H (3:35.54*)	Prince Andrew High School	1984
Shot Put (4kg)	Chris Meisner	17.56m	Lunenburg High School	1999
Shot Put (5kg)	Cameron Whynot	14.88m	Park View Education Centre	2016
Discus (1.616kg)	Geoffrey Myatt	42.68m	Sydney Academy	2007
<b>Discus (1.5kg)</b>	<b>Max Minihan</b>	<b>43.15m</b>	<b>Riverview High School</b>	<b>2023</b>
Javelin (800g)	Jared Baird	53.46m	Cobequid Educational Centre	2005
Javelin (700g)	Noah Berniquer	54.19m	Cobequid Educational Centre	2019
High Jump	Charles MacKay	1.95m	Inverness Consolidated	1988
Long Jump	David Paxton	6.44m	South Colchester	1997
Triple Jump	Mike Orodugba	13.82m	King's-Edgehill School	1986
Pole Vault	Brendan O'Neill	3.65m	Sackville High School	1993

\*electronic timing

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

### Non-Synthetic Track

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

## Provincial Championship Track and Field Records (current May 15, 2024)

### Senior Girls Synthetic Track

Event	Athlete	Time/Distance	School	Year
100m Hurdles (30")	Queen Clayton	15.15*	Citadel High School	2023
80m Hurdles (33")	Olivia Hill	12.26*	Lockview High School	2017
100m Hurdles (33")	Cecilia Branch	13.7H (13.94*)	St. Patrick's High School	1975
100m	Cecilia Branch	11.7H (11.94*)	St. Patrick's High School	1975
	Nicole Gillis	11.7H (11.94*)	Sackville High School	1987
	Jenna Martin	11.91*	Bridgetown Regional	2006
200m	Jenn Meech	24.84*	Cobequid Educational Centre	2012
400m	Jenna Martin	54.13*	Bridgetown Regional	2006
800m	Maggie Smith	2:11.58*	Sacred Heart School of Halifax	2019
1500m	Maggie Smith	4:21.94*	Sacred Heart School of Halifax	2019
3000m	Maggie Smith	9:26.12*	Sacred Heart School of Halifax	2019
4 x 100m		50.32*	Cobequid Educational Centre	2004
4 x 400m		4:01.53*	Park View Education Centre	2009
Shot Put (4kg)	Chelsea Whalen	13.26m	Liverpool Regional	2010
Discus (1kg)	Kayla Gallagher	41.92m	Cobequid Educational Centre	2012
Javelin (600g)	Chelsea Whalen	44.20m	Liverpool Regional	2010
High Jump	Jennessa Wolfe	1.81m	Cobequid Educational Centre	2023
Long Jump	Denver Fraser	5.49m	Advocate School	2017
Triple Jump	Gabrielle Fraser	11.71m	Advocate School	2018
Pole Vault	Aly McPhee	3.15m	Sir John A. MacDonald High School	2006

\*electronic timing

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

### Non-Synthetic Track

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

## Provincial Championship Track and Field Records (current May 15, 2024)

### Senior Boys Synthetic Track

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

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

### Non-Synthetic Track

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



**Track Events - Friday May 31, 2024**

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

**Field Events- Friday May 31, 2024**

Start Time	Event	Category	Event #	Awards
10:30 am	Long Jump	Supported Athlete Junior High Girls	128	Presentations following events
	Long Jump (at Triple Jump)	Supported Athlete Junior High Boys	129	
	Shot Put (at Discus)	Supported Athlete Senior High Girls	126	
	Shot Put	Supported Athlete Senior High Boys	127	
11:30 am	Long Jump	Intermediate Boys	58	Presentations 1:00 pm
	High Jump	Junior Girls	61	
	Triple Jump	Intermediate Girls	69	
	Shot Put	Junior Boys	74	
	Discus	Senior Girls	83	
	Javelin	Senior Boys	115	
1:00 pm	Shot Put (at Discus)	Supported Athlete Junior High Girls	124	Presentations following events
	Shot Put	Supported Athlete Junior High Boys	125	
	Long Jump	Supported Athlete Senior High Girls	130	
	Long Jump (at Triple Jump)	Supported Athlete Senior High Boys	131	
2:00 pm	Long Jump	Junior Boys	56	Presentations 3:00 pm
	High Jump	Intermediate Girls	63	
	Triple Jump	Senior Girls	71	
	Shot Put	Senior Boys	78	
	Discus	Junior Girls	79	
	Javelin	Intermediate Boys	103	
4:00 pm	Long Jump	Senior Boys	60	Presentations 5:00 pm
	High Jump	Senior Girls	65	
	Triple Jump	Junior Girls	67	
	Shot Put	Intermediate Boys	76	
	Discus	Intermediate Girls	81	
	Javelin	Junior Boys	91	

**Field Events- Saturday June 1, 2024**

Start Time	Event	Category	Event #	Awards
10:00 am	Long Jump	Intermediate Girls	57	Presentations 12:00 noon
	High Jump	Senior Boys	66	
	Triple Jump	Junior Boys	68	
	Shot Put	Junior Girls	73	
	Discus	Intermediate Boys	82	
	Javelin	Senior Girls	109	
12:00 noon	Long Jump	Junior Girls	55	Presentations 2:00 pm
	High Jump	Junior Boys	61	
	Triple Jump	Intermediate Boys	70	
	Shot Put	Senior Girls	77	
	Discus	Senior Boys	84	
	Javelin	Intermediate Girls	97	
1:00 pm	Shot Put	Para	136/137	
2:00 pm	Long Jump	Senior Girls	59	Presentations 4:00 pm
	High Jump	Intermediate Boys	64	
	Triple Jump	Senior Boys	72	
	Shot Put	Intermediate Girls	75	
	Discus	Junior Boys	80	
	Javelin	Junior Girls	85	

**Track Events - Saturday June 1, 2024**

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