

2025 SSNS Capital CITY District

Results

Girls 100 Meter Dash Junior

SSNS: 12.64 2006 Nikkia Jones

Ties: 12.50 1995 Christine Fleury (hand)

Name	School	Finals
Finals		
1 #1331 Goodness Olugu	St. Agnes Ju	13.73 1.1
2 #64 Alaura Downey-Burns	Bicentennial	13.89 1.1
3 #1132 Mahrell Willis	Oxford Schoo	14.00 1.1
4 #640 Elle Thomas	Fairview Jun	14.11 1.1
5 #78 Pauline Samillano	Bicentennial	14.16 1.6
6 #1253 Fiona Francis	Sacred Heart	14.21 1.1
7 #637 Amelia Sandford	Fairview Jun	14.30 1.1
8 #102 Julia Campbell	Caledonia Ju	14.33 1.1

Girls 200 Meter Dash Junior

SSNS: 26.25 2024-06-01Kaitlynn Mead

Ties: 26.50 1976 Kris Crowell (hand)

Name	School	Finals
Finals		
1 #1334 Sam Terrio	St. Agnes Ju	27.70 3.6
2 #637 Amelia Sandford	Fairview Jun	29.26 3.6
3 #640 Elle Thomas	Fairview Jun	29.30 3.6
4 #1259 Ainsley Gouthro	Sacred Heart	29.42 3.6
5 #510 Natalia Zarczynski	Elizabeth Su	29.65 1.9
6 #78 Pauline Samillano	Bicentennial	29.69 3.6
7 #1128 Savannah Thalheim	Oxford Schoo	29.82 1.9
8 #835 Teni Ogunsakin	Halifax Gram	30.04 3.6

Girls 400 Meter Dash Junior

SSNS: 58.99 2019-05-31Cara MacDonald

Name	School	Finals
Finals		
1 #1320 Emma Laycock	St. Agnes Ju	1:03.33
2 #1334 Sam Terrio	St. Agnes Ju	1:04.65
3 #637 Amelia Sandford	Fairview Jun	1:04.80
4 #378 Ella Macfarlane	Dartmouth So	1:05.86
5 #547 Alice Laventure	Ellenvale Ju	1:05.89
6 #732 Ellen Brady	Halifax Cent	1:06.57
7 #638 Marley Sandford	Fairview Jun	1:06.88
8 #1273 Judi Smith	Sacred Heart	1:07.88

Girls 800 Meter Run Junior

SSNS: 2:19.90 1977 Mary Jean Barrett (hand)

Name	School	Finals
Finals		
1 #1320 Emma Laycock	St. Agnes Ju	2:26.26
2 #831 Scarlet Mason	Halifax Gram	2:36.88
3 #547 Alice Laventure	Ellenvale Ju	2:39.46
4 #637 Amelia Sandford	Fairview Jun	2:40.04
5 #639 Carmen Savory	Fairview Jun	2:41.25
6 #732 Ellen Brady	Halifax Cent	2:41.73

7 #697 Jane Rigby	Gorsebrook J	2:44.45
8 #832 Eva Montoya	Halifax Gram	2:45.75

Girls 1500 Meter Run Junior

SSNS: 4:46.13 2019 Abby Lewis

Name	School	Finals
Finals		
1 #1320 Emma Laycock	St. Agnes Ju	5:05.23
2 #831 Scarlet Mason	Halifax Gram	5:26.96
3 #688 Victoria Kirby	Gorsebrook J	5:34.08
4 #639 Carmen Savory	Fairview Jun	5:35.21
5 #677 Lilly Bishop	Gorsebrook J	5:38.51
6 #547 Alice Laventure	Ellenvale Ju	5:41.86
7 #549 Josie Maccormick	Ellenvale Ju	5:42.77
8 #293 Mary Johns	Cunard Junio	5:45.53

Girls 3000 Meter Run Junior

SSNS: 10:18.76 2011 Rachel Crawley

Name	School	Finals
Finals		
1 #1320 Emma Laycock	St. Agnes Ju	11:47.54
2 #831 Scarlet Mason	Halifax Gram	12:18.98
3 #688 Victoria Kirby	Gorsebrook J	12:20.85
4 #677 Lilly Bishop	Gorsebrook J	12:28.13
5 #691 Kenley Mills	Gorsebrook J	12:37.38
6 #732 Ellen Brady	Halifax Cent	12:39.36
7 #1122 Regan Poirier	Oxford Schoo	12:44.93
8 #842 Orli Sutherland	Halifax Gram	13:06.58

Girls 80 Meter Hurdles 30" Junior

SSNS: 12.11 2016-06-03Sierra Sweeney

Name	School	Finals
Finals		
1 #1331 Goodness Olugu	St. Agnes Ju	14.01 1.2
2 #1334 Sam Terrio	St. Agnes Ju	14.08 0.7
3 #72 Zoe Muise	Bicentennial	15.04 1.2
4 #510 Natalia Zarczynski	Elizabeth Su	15.53 0.7
5 #8 Laudy El-Amiouni	Armbrae Acad	15.58 0.8
6 #640 Elle Thomas	Fairview Jun	15.80 0.8
7 #680 Annika Compton	Gorsebrook J	15.98 1.2
8 #1124 Quinn Rogers	Oxford Schoo	16.11 1.4

Girls 4x100 Meter Relay Junior

SSNS: 52.50 2014 Riverside Education Center

Team	Relay	Finals
Finals		
1 St. Agnes Junior High	A	56.14
2 Fairview Junior High	A	57.01
3 Sacred Heart School	A	58.24
4 Oxford School	A	58.46
5 Bicentennial School	A	58.49
6 Halifax Grammar	A	58.65



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Finals ... (Girls 4x100 Meter Relay Junior)

Team	Relay	Finals
7 Park West School	A	59.01
8 Armbrac Academy	A	59.13

Girls 4x400 Meter Relay Junior

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

Team	Relay	Finals
1 St. Agnes Junior High	A	4:35.79
2 Fairview Junior High	A	4:49.40
3 Sacred Heart School	A	4:50.27
4 Gorsebrook J	A	5:00.93
5 Halifax Grammar	A	5:01.99
6 Armbrac Academy	A	5:02.81
7 Elizabeth Sutherland	A	5:13.03
8 Oxford School	A	5:14.78

Girls High Jump Junior

SSNS: 1.63m 2004 Laura Maessen

Name	School	Finals
1 #249 Lucy Drover	Clayton Park	J1.40m
2 #636 Michaela Salomon	Fairview Jun	J1.40m
3 #72 Zoe Muise	Bicentennial	J1.35m
4 #505 Violet McNeill	Elizabeth Su	J1.35m
5 #1335 Olivia Thomson	St. Agnes Ju	J1.35m
6 #680 Annika Compton	Gorsebrook J	J1.35m
6 #1338 Audrey Veinot	St. Agnes Ju	J1.35m
8 #1184 Arizona Sparks	Park West Sc	J1.30m

Girls Long Jump Junior

SSNS: 5.00m 2023-06-13Myka Wilson

Name	School	Finals
1 #422 Brielle Breau	Ecole du Car	J4.07m NWI
2 #830 Michelle Mangiri	Halifax Gram	J4.07m NWI
3 #1099 Astrid Askheim	Oxford Schoo	J4.06m NWI
4 #376 Aliyah Hoskin	Dartmouth So	J4.03m NWI
5 #1115 Olivia Ianni	Oxford Schoo	J3.98m NWI
6 #448 Lia Mosher	Ecole Mer et	J3.96m NWI
7 #1335 Olivia Thomson	St. Agnes Ju	J3.96m NWI
8 #503 Morgan Lee	Elizabeth Su	J3.95m NWI

Girls Triple Jump Junior

SSNS: 11.00m 2016-06-03Sierra Sweeney

Name	School	Finals
1 #1334 Sam Terrio	St. Agnes Ju	9.22m NWI
2 #638 Marley Sandford	Fairview Jun	8.38m NWI
3 #1333 Anna Parafianowicz	St. Agnes Ju	8.29m NWI
4 #503 Morgan Lee	Elizabeth Su	8.22m NWI

5 #1171 Alex Fraser	Park West Sc	7.98m NWI
6 #621 Natalie Debaie	Fairview Jun	7.97m NWI
7 #1176 Ashlyn Kendell	Park West Sc	7.87m NWI
8 #505 Violet McNeill	Elizabeth Su	7.82m NWI

Girls Shot Put 3kg Junior

SSNS: 11.58m 2010 Taylor Stutley

Name	School	Finals
1 #1230 Zipporah Torres-Cr	Rockingstone	J8.12m
2 #1225 Tenzil Musa	Rockingstone	J7.87m
3 #630 Johanna Lobban	Fairview Jun	J7.87m
4 #979 Dean Harris	Highland Par	J7.84m
5 #830 Michelle Mangiri	Halifax Gram	J7.84m
6 #635 Daisy Roberts	Fairview Jun	J7.82m
7 #102 Julia Campbell	Caledonia Ju	J7.62m
8 #627 Isla Hopkins	Fairview Jun	J7.56m

Girls Discus Throw 0.75kg Junior

SSNS: 30.77m 2024-05-31Belle Pierrard

Name	School	Finals
1 #979 Dean Harris	Highland Par	21.04m
2 #830 Michelle Mangiri	Halifax Gram	19.64m
3 #630 Johanna Lobban	Fairview Jun	19.35m
4 #491 Aiva Brown	Elizabeth Su	19.22m
5 #432 Agathe Tremblay	Ecole du Car	18.85m
6 #627 Isla Hopkins	Fairview Jun	18.66m
7 #739 Sophie Fisher	Halifax Cent	17.66m
8 #379 Sadie Maclachlan	Dartmouth So	17.25m

Girls Javelin Throw 400g Junior

SSNS: 37.38m 1999 Katherine Markusson

Name	School	Finals
1 #979 Dean Harris	Highland Par	31.07m
2 #371 Evie Best	Dartmouth So	25.35m
3 #1225 Tenzil Musa	Rockingstone	22.75m
4 #379 Sadie Maclachlan	Dartmouth So	20.63m
5 #1327 Molly McGrath	St. Agnes Ju	20.09m
6 #1312 Saron Ermias	St. Agnes Ju	19.96m
7 #744 Chloe MacNeil	Halifax Cent	18.84m
8 #830 Michelle Mangiri	Halifax Gram	18.58m
8 #1119 Joy Monaghan	Oxford Schoo	18.58m

Girls 100 Meter Dash Intermediate

SSNS: 12.33 2007 Marissa Wolter

Ties: 12.20 1997 Christine Fluery (hand)

Name	School	Finals
1 #313 Brianna Hoskin	Dartmouth Hi	13.03 3.2
2 #177 Lana Cvetkovic	Citadel High	13.30 3.2



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Finals ... (Girls 100 Meter Dash Intermediate)

Name	School	Finals
3 #207 Liae Yang	Citadel High	13.31 3.2
4 #474 Audrey Joseph	Ecole second	13.47 3.2
5 #1379 Shylaijah Brooks	Woodlawn Hig	13.57 3.2
6 #912 Amarachi Ezurike	Halifax West	13.61 3.2
7 #1314 Brynn Feeney	St. Agnes Ju	13.77 2.4
8 #71 Maude Mellema	Bicentennial	13.91 3.2

Girls 200 Meter Dash Intermediate

SSNS: 25.66 2001 Leanne Huck

Ties: 25.50 1973 Celia Branch (hand)

Name	School	Finals
1 #313 Brianna Hoskin	Dartmouth Hi	27.29 3.0
2 #207 Liae Yang	Citadel High	27.63 3.0
3 #1379 Shylaijah Brooks	Woodlawn Hig	27.99 4.4
4 #912 Amarachi Ezurike	Halifax West	28.04 3.0
5 #70 Cassidy McFarlane	Bicentennial	28.57 3.0
6 #474 Audrey Joseph	Ecole second	28.93 3.0
7 #1397 Molly Lodge	Woodlawn Hig	29.08 4.4
8 #828 Malaya Leger	Halifax Gram	29.67 4.4

Girls 400 Meter Dash Intermediate

SSNS: 57.24 2003 Jenna Martin

Name	School	Finals
1 #843 Ayla Williams	Halifax Gram	1:02.62
2 #912 Amarachi Ezurike	Halifax West	1:04.24
3 #999 Gwen Achenbach	JL Ilsley Hi	1:04.31
4 #70 Cassidy McFarlane	Bicentennial	1:05.04
5 #1379 Shylaijah Brooks	Woodlawn Hig	1:05.56
6 #925 Addison Myers	Halifax West	1:07.30
7 #3 Morgan Clarke	Armbrae Acad	1:07.32
8 #1397 Molly Lodge	Woodlawn Hig	1:08.21

Girls 800 Meter Run Intermediate

SSNS: 2:12.60 1977 Louise Palmer (hand)

Name	School	Finals
1 #175 Faye Chiasson	Citadel High	2:25.35
2 #844 Carley Williams	Halifax Gram	2:25.89
3 #307 Deborah Beach	Dartmouth Hi	2:28.17
4 #843 Ayla Williams	Halifax Gram	2:29.39
5 #3 Morgan Clarke	Armbrae Acad	2:39.89
6 #999 Gwen Achenbach	JL Ilsley Hi	2:40.50
7 #915 Touleen Kanaan	Halifax West	2:43.71
8 #1011 Annie Johns	JL Ilsley Hi	2:47.20

Girls 1500 Meter Run Intermediate

SSNS: 4:31.02 2022-06-03 Abby Lewis

Name	School	Finals
1 #307 Deborah Beach	Dartmouth Hi	5:05.94
2 #175 Faye Chiasson	Citadel High	5:10.34
3 #843 Ayla Williams	Halifax Gram	5:13.92
4 #844 Carley Williams	Halifax Gram	5:16.12
5 #179 Ellora Das	Citadel High	5:28.52
6 #3 Morgan Clarke	Armbrae Acad	5:30.35
7 #999 Gwen Achenbach	JL Ilsley Hi	5:33.86
8 #329 Grace Theunissen	Dartmouth Hi	5:35.07

Girls 3000 Meter Run Intermediate

SSNS: 9:44.38 2022-06-04 Abby Lewis

Name	School	Finals
1 #307 Deborah Beach	Dartmouth Hi	11:23.16
2 #175 Faye Chiasson	Citadel High	11:47.60
3 #844 Carley Williams	Halifax Gram	12:12.20
4 #179 Ellora Das	Citadel High	12:19.75
5 #329 Grace Theunissen	Dartmouth Hi	12:26.70
6 #475 Sadie May Landry	Ecole second	12:58.16
7 #1382 Talia Cummins	Woodlawn Hig	13:13.37
8 #701 Esmee Ruddick	Gorsebrook J	13:26.23

Girls 80 Meter Hurdles 30" Intermediate

SSNS: 12.12 2023-06-12 Maryn Smith

Name	School	Finals
1 #207 Liae Yang	Citadel High	14.93 1.8
2 #1397 Molly Lodge	Woodlawn Hig	15.16 1.8
3 #1129 Clara Walker	Oxford Schoo	15.35 1.8
4 #913 Abigail Gaudet	Halifax West	15.43 2.7
5 #1068 Esther Popoola	John Martin	15.69 1.2
6 #311 Peyton Crowe	Dartmouth Hi	15.88 2.7
7 #12 Deandra Gibson	Armbrae Acad	15.97 1.8
8 #189 Hanna Jeong	Citadel High	16.09 1.2

Girls 4x100 Meter Relay Intermediate

SSNS: 51.34 2019-06-01 Lockview High School

Team	Relay	Finals
1	Dartmouth High	A 53.82
2	Citadel High	A 55.43
3	Woodlawn High School	A 56.30
4	Halifax West	A 57.13
5	Fairview Junior High	A 57.14
6	Ellenvale Junior High	A 57.56
7	St. Agnes Junior High	A 57.60
8	Halifax Grammar	A 57.72



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Girls 4x400 Meter Relay Intermediate

SSNS: 4:07.64 2007 Halifax Grammar

Team	Relay	Finals
Finals		
1 Halifax Grammar	A	4:27.58
2 Citadel High	A	4:37.15
3 Dartmouth High	A	4:47.36
4 St. Agnes Junior High	A	4:50.76
5 Woodlawn High School	A	4:53.24
6 Oxford School	A	5:07.18
7 Sacred Heart School	A	5:32.88

Girls High Jump Intermediate

SSNS: 1.72m 1986 Tracey Loke

Ties: 1.72m 1986 Natalie Munroe

Name	School	Finals
Finals		
1 #327 Tori Rendell	Dartmouth Hi	J1.40m
2 #24 Peyton Phillips	Armbrac Acad	J1.35m
3 #1169 Marissa Drane	Park West Sc	J1.30m
4 #1117 Ruby McCormack	Oxford Schoo	J1.25m
5 #823 Zoe Hunter	Halifax Gram	J1.25m
6 #12 Deandra Gibson	Armbrac Acad	J1.20m
7 #325 Phoebe Murphy	Dartmouth Hi	J1.20m
7 #1317 Olivia Hernandez-J	St. Agnes Ju	J1.20m

Girls Long Jump Intermediate

SSNS: 5.32m 1973 Cecilia Branch

Name	School	Finals
Finals		
1 #313 Brianna Hoskin	Dartmouth Hi	5.02m NWI
2 #70 Cassidy McFarlane	Bicentennial	4.85m NWI
3 #913 Abigail Gaudet	Halifax West	4.39m NWI
4 #196 Emmy Mastnak	Citadel High	4.29m NWI
5 #1117 Ruby McCormack	Oxford Schoo	4.25m NWI
6 #626 Lacey Hanley	Fairview Jun	4.24m NWI
7 #320 Teigan Long	Dartmouth Hi	4.23m NWI
8 #1446 Molly MacDonald	Dartmouth Hi	4.15m NWI

Girls Triple Jump Intermediate

SSNS: 11.19m 2016-06-03Gabrielle Fraser

Name	School	Finals
Finals		
1 #196 Emmy Mastnak	Citadel High	J9.61m NWI
2 #311 Peyton Crowe	Dartmouth Hi	J9.26m NWI
3 #1117 Ruby McCormack	Oxford Schoo	J9.19m NWI
4 #626 Lacey Hanley	Fairview Jun	J9.12m NWI
5 #70 Cassidy McFarlane	Bicentennial	J9.10m NWI
6 #1272 Isobel Schrader	Sacred Heart	J9.05m NWI
7 #1012 Danielle Langille	JL Ilsley Hi	J8.88m NWI
8 #823 Zoe Hunter	Halifax Gram	J8.65m NWI

Girls Shot Put 4kg Intermediate

SSNS: 12.98m 2009 Chelsea Whalen

Name	School	Finals
Finals		
1 #828 Malaya Leger	Halifax Gram	8.81m
2 #834 Joy Nwachukwu	Halifax Gram	8.43m
3 #913 Abigail Gaudet	Halifax West	8.05m
4 #24 Peyton Phillips	Armbrac Acad	7.97m
5 #622 Gracie Downing	Fairview Jun	7.79m
6 #1267 Desintee Mata	Sacred Heart	7.59m
7 #1073 Erica Udom	John Martin	7.17m
8 #1390 Meaghan Ferguson	Woodlawn Hig	6.87m

Girls Discus Throw 1.0kg Intermediate

SSNS: 39.15m 2012 Sarah Colborne

Name	School	Finals
Finals		
1 #913 Abigail Gaudet	Halifax West	25.01m
2 #1267 Desintee Mata	Sacred Heart	19.83m
3 #174 Aeesha Chege	Citadel High	19.73m
4 #823 Zoe Hunter	Halifax Gram	19.66m
5 #622 Gracie Downing	Fairview Jun	19.22m
6 #67 Charlotte Green	Bicentennial	18.73m
7 #828 Malaya Leger	Halifax Gram	18.54m
8 #115 Azeetat Oyinlola	Caledonia Ju	18.44m

Girls Javelin Throw 500g Intermediate

SSNS: 41.73m 2016-06-04Madelyn Quinn

Name	School	Finals
Finals		
1 #1384 Riley Cutcliffe	Woodlawn Hig	25.97m
2 #1023 Madisyn Wile	JL Ilsley Hi	25.09m
3 #1332 Ellie Panopalis	St. Agnes Ju	23.70m
4 #312 Emily Harding	Dartmouth Hi	22.58m
5 #913 Abigail Gaudet	Halifax West	21.94m
6 #186 Erin Hope	Citadel High	20.94m
7 #1385 Rowan Cutcliffe	Woodlawn Hig	20.89m
8 #622 Gracie Downing	Fairview Jun	20.38m

Girls 100 Meter Dash Senior

SSNS: 11.91 2006 Jenna Martin

Ties: 11.70 1975 Celia Branch (hand)

Name	School	Finals
Finals		
1 #201 Annabelle Raymond	Citadel High	12.43 2.2
2 #314 Celine Hoyeck	Dartmouth Hi	13.32 2.2
3 #818 Juliet Fatokun	Halifax Gram	13.38 2.2
4 #916 Gabby Kelloway	Halifax West	13.56 2.2
5 #929 Chanelle Rodriguez-	Halifax West	13.69 2.2
6 #919 Ava MacNutt	Halifax West	13.73 2.2
7 #309 Zakyra Bundy	Dartmouth Hi	13.79 2.2

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Finals ... (Girls 100 Meter Dash Senior)

Name	School	Finals
8 #927 Ava Parker	Halifax West	14.22 2.2

Girls 200 Meter Dash Senior

SSNS: 24.84 2012

Jenn Meech

Name	School	Finals
Finals		
1 #201 Annabelle Raymond	Citadel High	25.66 2.4
2 #917 Lyric Lepage	Halifax West	27.40 2.4
3 #314 Celine Hoyeck	Dartmouth Hi	27.47 2.4
4 #171 Bea Asbridge	Citadel High	27.66 2.4
5 #183 Grace Galloway	Citadel High	28.03 2.4
6 #197 Jane McGuire	Citadel High	28.38 2.4
7 #818 Juliet Fatokun	Halifax Gram	28.48 2.4
8 #929 Chanelle Rodriguez-	Halifax West	28.53 2.4

Girls 400 Meter Dash Senior

SSNS: 54.13 2006

Jenna Martin

Name	School	Finals
Finals		
1 #322 Frances MacLeod	Dartmouth Hi	1:02.05
2 #183 Grace Galloway	Citadel High	1:02.74
3 #188 Anna Jeong	Citadel High	1:02.94
4 #180 Sophia Das	Citadel High	1:03.71
5 #171 Bea Asbridge	Citadel High	1:05.26
6 #324 Olivia Murphy	Dartmouth Hi	1:10.21
7 #4 Natalia Colley	Armbrac Acad	1:11.49
8 #1020 Rylee Tibbo	JL Ilsley Hi	1:12.67

Girls 800 Meter Run Senior

SSNS: 2:11.58 2019

Maggie Smith

Name	School	Finals
Finals		
1 #322 Frances MacLeod	Dartmouth Hi	2:19.34
2 #180 Sophia Das	Citadel High	2:26.41
3 #819 Bianca Grossi	Halifax Gram	2:27.25
4 #170 Elisa Arteaga	Citadel High	2:27.41
5 #833 Heidi Nuyens	Halifax Gram	2:33.37
6 #306 Anna Archibald	Dartmouth Hi	2:42.68
7 #1251 Liviya Driver	Sacred Heart	2:43.76
8 #202 Mackenzie Rutherford	Citadel High	2:45.16

Girls 1500 Meter Run Senior

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

Name	School	Finals
Finals		
1 #322 Frances MacLeod	Dartmouth Hi	4:54.05
2 #819 Bianca Grossi	Halifax Gram	5:07.54
3 #170 Elisa Arteaga	Citadel High	5:07.97
4 #833 Heidi Nuyens	Halifax Gram	5:09.34
5 #918 Olivia Logan	Halifax West	5:12.91

6 #922 Ally McLean	Halifax West	5:17.03
7 #180 Sophia Das	Citadel High	5:21.53
8 #1269 Mary-Lou O'Regan	Sacred Heart	5:51.54

Girls 3000 Meter Run Senior

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

Name	School	Finals
Finals		
1 #322 Frances MacLeod	Dartmouth Hi	10:41.22
2 #819 Bianca Grossi	Halifax Gram	11:02.57
3 #833 Heidi Nuyens	Halifax Gram	11:21.75
4 #922 Ally McLean	Halifax West	11:32.93
5 #918 Olivia Logan	Halifax West	11:35.94
6 #170 Elisa Arteaga	Citadel High	11:52.51
7 #306 Anna Archibald	Dartmouth Hi	12:15.29
8 #1251 Liviya Driver	Sacred Heart	12:30.69

Girls 100 Meter Hurdles 30" Senior

SSNS: 14.40 2024-05-31Queen Clayton

Name	School	Finals
Finals		
1 #825 Vivian Johnson	Halifax Gram	16.33 3.1
2 #309 Zakyra Bundy	Dartmouth Hi	17.61 3.1
3 #22 Audrey Napier	Armbrac Acad	18.37 0.5
4 #188 Anna Jeong	Citadel High	18.39 0.5
5 #1 Teeny Beales	Armbrac Acad	19.26 0.5
6 #171 Bea Asbridge	Citadel High	20.12 3.1
7 #18 Laodiki Lutwick-Cam	Armbrac Acad	21.02 3.1
8 #172 Julia Berry	Citadel High	21.66 0.5

Girls 4x100 Meter Relay Senior

SSNS: 50.32 2004 Cec

Team	Relay	Finals
Finals		
1 Citadel High	A	51.83
2 Halifax West	A	52.75
3 Halifax Grammar	A	53.54
4 Dartmouth High	A	55.52
5 Woodlawn High School	A	57.03
6 Armbrac Academy	A	57.90
7 JL Ilsley High School	A	58.09

Girls 4x400 Meter Relay Senior

SSNS: 4:01.53 2009 Park View

Team	Relay	Finals
Finals		
1 Citadel High	A	4:10.69
2 Dartmouth High	A	4:36.83
3 Sacred Heart School	A	5:04.38



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Girls High Jump Senior

SSNS: 1.81m 2023-06-12Jennessa Wolfe

Name	School	Finals
Finals		
1 #825 Vivian Johnson	Halifax Gram	J1.55m
2 #185 Deja Hooper-Dixon	Citadel High	J1.40m
3 #324 Olivia Murphy	Dartmouth Hi	J1.35m
4 #202 Mackenzie Rutherford	Citadel High	J1.35m
5 #1001 Daniela Attedjro	JL Ilsley Hi	J1.25m
6 #1377 Jada Bonang	Woodlawn Hig	J1.25m
7 #4 Natalia Colley	Armbrac Acad	J1.25m
8 #1021 Sonja Watkentin	JL Ilsley Hi	J1.15m
8 #1014 Dami Nasser	JL Ilsley Hi	J1.15m

Girls Long Jump Senior

SSNS: 5.49m 2017-06-03Denver Fraser

Name	School	Finals
Finals		
1 #1377 Jada Bonang	Woodlawn Hig	J4.30m NWI
2 #930 Feyikemi Rotimi	Halifax West	J4.28m NWI
3 #317 Skyla Kingston-Axia	Dartmouth Hi	J4.22m NWI
4 #1383 Lana Cushing	Woodlawn Hig	J4.09m NWI
5 #1020 Rylee Tibbo	JL Ilsley Hi	J4.00m NWI
6 #1388 Talia Downey-Gillie	Woodlawn Hig	3.65m NWI
7 #1005 Katherine Craig	JL Ilsley Hi	3.53m NWI
8 #2 Faye Bennekou	Armbrac Acad	J3.45m NWI

Girls Triple Jump Senior

SSNS: 11.71m 2018-06-01Gabrielle Fraser

Name	School	Finals
Finals		
1 #825 Vivian Johnson	Halifax Gram	10.40m NWI
2 #930 Feyikemi Rotimi	Halifax West	9.63m NWI
3 #919 Ava MacNutt	Halifax West	9.10m NWI
4 #204 Nasiya Stephenson	Citadel High	6.91m NWI
5 #172 Julia Berry	Citadel High	6.85m NWI
6 #1374 Chidimma Akunyili	Woodlawn Hig	6.67m NWI
7 #1395 Maya Jamieson	Woodlawn Hig	6.54m NWI
8 #1389 Christina Ezugwori	Woodlawn Hig	5.99m NWI

Girls Shot Put 4kg Senior

SSNS: 13.26m 2010 Chelsea Whalen

Name	School	Finals
Finals		
1 #930 Feyikemi Rotimi	Halifax West	8.76m
2 #1014 Dami Nasser	JL Ilsley Hi	8.43m
3 #326 Ruth O'Reagan	Dartmouth Hi	8.12m
4 #185 Deja Hooper-Dixon	Citadel High	7.45m
5 #308 Mya Bonang	Dartmouth Hi	7.29m
6 #1388 Talia Downey-Gillie	Woodlawn Hig	6.86m
7 #1454 Jaden MacArthur	Sacred Heart	6.82m

8 #1008 Joelle Gray JL Ilsley Hi 6.46m

Girls Discus Throw 1.0kg Senior

SSNS: 41.92m 2012 Kayla Gallagher

Name	School	Finals
Finals		
1 #930 Feyikemi Rotimi	Halifax West	24.82m
2 #326 Ruth O'Reagan	Dartmouth Hi	22.97m
3 #1263 Olivia Hunter	Sacred Heart	22.60m
4 #1010 Cadence Holt	JL Ilsley Hi	19.84m
5 #1014 Dami Nasser	JL Ilsley Hi	19.82m
6 #1388 Talia Downey-Gillie	Woodlawn Hig	17.47m
7 #1377 Jada Bonang	Woodlawn Hig	17.25m
8 #4 Natalia Colley	Armbrac Acad	17.03m

Girls Javelin Throw 600g Senior

SSNS: 44.20m 2010 Chelsea Whalen

Name	School	Finals
Finals		
1 #921 Julia McInnis`	Halifax West	23.62m
2 #185 Deja Hooper-Dixon	Citadel High	21.97m
3 #326 Ruth O'Reagan	Dartmouth Hi	21.32m
4 #187 Jillian Hope	Citadel High	20.28m
5 #1015 Katie Pingert	JL Ilsley Hi	20.01m
6 #1008 Joelle Gray	JL Ilsley Hi	19.73m
7 #1398 Stephanie Maristela	Woodlawn Hig	19.16m
8 #1394 Chisara Ivoko	Woodlawn Hig	18.06m

Girls 100 Meter Dash Supported JR Supported Junior

Name	School	Finals
Finals		
1 #122 Cylvia Wainright Tay	Caledonia Ju	16.88 NWI
2 #109 Day'jah Macdonald	Caledonia Ju	23.28 NWI
3 #590 Chloe McKay	Eric Graves	24.18 NWI
4 #544 Rylenn Best	Ellenvale Ju	28.43 NWI
5 #1336 Sahar Tofan Ataye	St. Agnes Ju	28.71 NWI
6 #595 Keira Ternan	Eric Graves	32.55 NWI
7 #1432 Mako Abdullahi-Hu	JL Ilsley Hi	35.60 NWI
8 #1435 Chloe Kennedy	JL Ilsley Hi	46.56 NWI

Girls Long Jump 2 attempts Supported Junior

Name	School	Finals
Finals		
1 #1336 Sahar Tofan Ataye	St. Agnes Ju	0.50m NWI
2 #1339 Hannah Wilbur	St. Agnes Ju	0.47m NWI
3 #595 Keira Ternan	Eric Graves	0.36m NWI
4 #590 Chloe McKay	Eric Graves	0.25m NWI
5 #1435 Chloe Kennedy	JL Ilsley Hi	0.20m NWI
5 #1432 Mako Abdullahi-Hu	JL Ilsley Hi	0.20m NWI



2025 SSNS Capital CITY District

Results

Girls Shot Put 2 throws 3kg Supported Junior

Name	School	Finals
Finals		
1 #109 Day'jah Macdonald	Caledonia Ju	3.38m
2 #122 Cylvia Wainright Tay	Caledonia Ju	3.30m
3 #590 Chloe McKay	Eric Graves	2.56m
4 #595 Keira Ternan	Eric Graves	2.33m
5 #1336 Sahar Tofan Ataye	St. Agnes Ju	2.00m
6 #1339 Hannah Wilbur	St. Agnes Ju	1.76m
7 #1435 Chloe Kennedy	JL Ilsley Hi	1.46m
8 #593 Lilly shepard-O'Briei	Eric Graves	1.23m

Girls 100 Meter Dash Supported SR Supported Senior

Name	School	Finals
Finals		
1 #194 Bella MacKenzie	Citadel High	13.02 NWI
2 #192 Megan Lusby	Citadel High	16.30 NWI
3 #1391 Becky Guevera	Woodlawn Hig	17.44 NWI
4 #193 Marissa Macisaac-Fi	Citadel High	17.63 NWI
5 #924 Maggie Mills	Halifax West	17.69 NWI
6 #1438 Marilyn Kennedy-S	JL Ilsley Hi	18.34 NWI
7 #318 Berâ€™niah Lewis	Dartmouth Hi	21.54 NWI
8 #182 Mia Deviller	Citadel High	22.14 NWI

Girls Long Jump 2 attempts Supported Senior

Name	School	Finals
Finals		
1 #924 Maggie Mills	Halifax West	1.71m NWI
2 #194 Bella MacKenzie	Citadel High	1.61m NWI
3 #1391 Becky Guevera	Woodlawn Hig	1.60m NWI
4 #1438 Marilyn Kennedy-S	JL Ilsley Hi	1.58m NWI
5 #193 Marissa Macisaac-Fi	Citadel High	1.56m NWI
6 #192 Megan Lusby	Citadel High	1.40m NWI
7 #318 Berâ€™niah Lewis	Dartmouth Hi	1.26m NWI
8 #182 Mia Deviller	Citadel High	1.23m NWI

Girls Shot Put 2 throws 3kg Supported Senior

Name	School	Finals
Finals		
1 #193 Marissa Macisaac-Fi	Citadel High	5.11m
2 #1387 Shyanna Dixon	Woodlawn Hig	4.90m
3 #194 Bella MacKenzie	Citadel High	4.42m
4 #319 Abby Livingston	Dartmouth Hi	3.79m
5 #192 Megan Lusby	Citadel High	3.35m
6 #182 Mia Deviller	Citadel High	3.10m
7 #1391 Becky Guevera	Woodlawn Hig	2.62m
8 #1438 Marilyn Kennedy-S	JL Ilsley Hi	2.56m

Girls 50 Meter Dash Non-Amb Spec Wheelchair Supported Whe

Name	School	Finals
Finals		
1 #1378 T'Onia Borschowa-	Woodlawn Hig	11.12 NWI

Boys 100 Meter Dash Junior

Name	School	Finals
Finals		
1 #1140 Nico Cuadra Dumk	Oxford Schoo	12.40 0.4
2 #48 Mason MacRae	Armbræ Acad	12.56 0.4
3 #54 Remi Omisade	Armbræ Acad	12.78 0.4
4 #1198 Karim Hamo	Park West Sc	12.87 0.4
5 #643 Elijah Amore	Fairview Jun	12.97 4.2
6 #860 Malcolm Fatokun	Halifax Gram	13.03 4.2
7 #300 Jahream Fletcher	Cunard Junio	13.11 0.4
8 #1346 Yael Atienza	St. Agnes Ju	13.14 4.2

Boys 200 Meter Dash Junior

Name	School	Finals
Finals		
1 #1140 Nico Cuadra Dumk	Oxford Schoo	24.95 3.8
2 #48 Mason MacRae	Armbræ Acad	25.10 3.8
3 #54 Remi Omisade	Armbræ Acad	25.63 3.8
4 #1345 Trevon Allison	St. Agnes Ju	26.05 3.8
5 #643 Elijah Amore	Fairview Jun	26.46 3.8
6 #300 Jahream Fletcher	Cunard Junio	26.52 3.8
7 #564 Patrick Cody-Cox	Ellenvale Ju	27.17 3.8
8 #1076 Caiden Allen	John Martin	27.32 1.7

Boys 400 Meter Dash Junior

Name	School	Finals
Finals		
1 #872 Kai Liu	Halifax Gram	1:00.05
2 #300 Jahream Fletcher	Cunard Junio	1:00.37
3 #48 Mason MacRae	Armbræ Acad	1:00.89
4 #1147 Leo Jackson	Oxford Schoo	1:02.60
5 #1289 Liam Connolly	Sacred Heart	1:02.85
6 #564 Patrick Cody-Cox	Ellenvale Ju	1:03.22
7 #1198 Karim Hamo	Park West Sc	1:03.73
8 #135 Hayden Doucet	Caledonia Ju	1:04.33

Boys 800 Meter Run Junior

Name	School	Finals
Finals		
1 #456 Abraham Diamond	Ecole Mer et	2:26.42
2 #872 Kai Liu	Halifax Gram	2:26.60
3 #723 Alex Tracy	Gorsebrook J	2:29.08
4 #784 Joe Rimmer	Halifax Cent	2:33.91
5 #1147 Leo Jackson	Oxford Schoo	2:35.58
6 #719 Ryland Norman	Gorsebrook J	2:36.43



2025 SSNS Capital CITY District

Results

Finals ... (Boys 800 Meter Run Junior)

Name	School	Finals
7 #774 Emersen Lengema	Halifax Cent	2:38.60
8 #861 Beckett Forsyth	Halifax Gram	2:39.98

Boys 1500 Meter Run Junior
SSNS: 4:19.71 2009 Mike Tate

Name	School	Finals
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Finals

1 #872 Kai Liu	Halifax Gram	5:07.08
2 #442 Duncan MacLaughli	Ecole du Car	5:09.26
3 #444 Jack White	Ecole du Car	5:09.56
4 #456 Abraham Diamond	Ecole Mer et	5:10.29
5 #1147 Leo Jackson	Oxford Schoo	5:11.32
6 #784 Joe Rimmer	Halifax Cent	5:12.93
7 #720 Cohen Raimondo	Gorsebrook J	5:14.78
8 #655 Felix Macdonald	Fairview Jun	5:14.88

Boys 3000 Meter Run Junior
SSNS: 9:15.14 2011 Tobias Wolter

Name	School	Finals
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Finals

1 #35 James Burke	Armbrae Acad	10:46.39
2 #720 Cohen Raimondo	Gorsebrook J	11:17.22
3 #135 Hayden Doucet	Caledonia Ju	11:31.34
4 #655 Felix Macdonald	Fairview Jun	11:31.67
5 #418 Jasper Walker	East Coast V	11:34.55
6 #1147 Leo Jackson	Oxford Schoo	11:40.41
7 #442 Duncan MacLaughli	Ecole du Car	11:44.54
8 #761 Ben Connick	Halifax Cent	11:45.11

Boys 80 Meter Hurdles 30" Junior
SSNS: 12.03 2023-06-12Declan O'Blenis

Name	School	Finals
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Finals

1 #1370 Linden Todd	St. Agnes Ju	12.98 2.0
2 #1075 Elias Ahmady	John Martin	14.26 2.0
3 #719 Ryland Norman	Gorsebrook J	14.64 2.9
4 #1094 Loic Siewe	John Martin	14.72 0.9
5 #148 Emmitt Mahoney	Caledonia Ju	14.79 2.1
6 #1361 James Lo	St. Agnes Ju	15.21 2.9
7 #534 Darragh Reynolds	Elizabeth Su	15.57 2.9
8 #1366 Isaiah Mosher	St. Agnes Ju	15.70 0.9

Boys 4x100 Meter Relay Junior
SSNS: 48.40 1990 Astral Drive (hand)

Team	Relay	Finals
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Finals

1 St. Agnes Junior High	A	49.96
2 Park West School	A	52.27
3 Armbrae Academy	A	52.40
4 John Martin	A	53.36

5 Ellenvale Junior High	A	54.04
6 Fairview Junior High	A	54.42
7 Sacred Heart School	A	54.73
8 Halifax Grammar	A	54.76

Boys 4x400 Meter Relay Junior
SSNS: 3:48.10 2013 Halifax Central Junior

Team	Relay	Finals
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Finals

1 Oxford School	A	4:17.27
2 Halifax Grammar	A	4:19.27
3 Sacred Heart School	A	4:19.86
4 St. Agnes Junior High	A	4:22.15
5 Armbrae Academy	A	4:28.18
6 Ellenvale Junior High	A	4:31.93
7 Gorsebrook J	A	4:41.41
8 Fairview Junior High	A	4:43.42

Boys High Jump Junior
SSNS: 1.77m 2004 Brandon Mallally

Name	School	Finals
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Finals

1 #1370 Linden Todd	St. Agnes Ju	J1.45m
1 #666 Duncan Ogilive	Fairview Jun	J1.45m
2 #439 Jackson Lefrank	Ecole du Car	J1.45m
2 #1239 Rynase Nkanyo	Rockingstone	J1.45m
4 #1205 Delight Maphosa	Park West Sc	J1.45m
4 #388 Reid Ash	Dartmouth So	J1.45m
7 #276 Charbel Kodaysi	Clayton Park	J1.45m
8 #1206 Brody McMahan	Park West Sc	J1.40m
8 #719 Ryland Norman	Gorsebrook J	J1.40m
8 #774 Emersen Lengema	Halifax Cent	J1.40m
8 #994 Elliot Patriquin	Highland Par	J1.40m

Boys Long Jump Junior
SSNS: 5.79m 2012 David MacDonald

Name	School	Finals
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Finals

1 #1370 Linden Todd	St. Agnes Ju	5.26m NWI
2 #643 Elijah Amore	Fairview Jun	4.78m NWI
3 #860 Malcolm Fatokun	Halifax Gram	4.50m NWI
4 #1342 Oliver Adams	St. Agnes Ju	4.49m NWI
5 #95 Glendon Smith-Thomj	Bicentennial	4.45m NWI
6 #666 Duncan Ogilive	Fairview Jun	4.42m NWI
7 #719 Ryland Norman	Gorsebrook J	4.34m NWI
8 #878 Anderson Powers	Halifax Gram	4.32m NWI

Boys Triple Jump Junior
SSNS: 12.03m 2012 Kaelan Schmidt

Name	School	Finals
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Finals

1 #1370 Linden Todd	St. Agnes Ju	10.26m NWI
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2025 SSNS Capital CITY District

Results

Finals ... (Boys Triple Jump Junior)

Name	School	Finals
2 #1198 Karim Hamo	Park West Sc	9.23m NWI
3 #403 Leroy Crowe	East Coast V	9.20m NWI
4 #666 Duncan Ogilive	Fairview Jun	9.10m NWI
5 #1192 Frank Chen	Park West Sc	8.94m NWI
6 #402 Maddox Burke	East Coast V	8.56m NWI
7 #1342 Oliver Adams	St. Agnes Ju	8.51m NWI
8 #643 Elijah Amore	Fairview Jun	8.50m NWI

Boys Shot Put 4kg Junior

SSNS: 14.37m 2016-06-03 Logan Taylor

Name	School	Finals
1 #988 Lennox Francis	Highland Par	10.46m
2 #286 Samuel Wang	Clayton Park	9.44m
3 #783 John Park	Halifax Cent	9.25m
4 #1349 Malachi Campbell-	St. Agnes Ju	9.06m
5 #558 David Amechi-Ogbu	Ellenvale Ju	8.74m
6 #538 Tim Shevchenko	Elizabeth Su	8.67m
7 #460 Hichem Hamdidouch	Ecole Mer et	8.66m
8 #470 Jack Tanner	Ecole Mer et	8.65m

Boys Discus Throw 1.0kg Junior

SSNS: 46.76m 2022-06-04 Max Minihan

Name	School	Finals
1 #988 Lennox Francis	Highland Par	J29.69m
2 #283 Leo Roberts	Clayton Park	J24.65m
3 #89 Xander MacGregor	Bicentennial	J24.54m
4 #728 Tayden Yeh	Gorsebrook J	J23.98m
5 #888 Jaye Yuan	Halifax Gram	J22.74m
6 #388 Reid Ash	Dartmouth So	J22.71m
7 #783 John Park	Halifax Cent	J22.71m
8 #560 Favour Bamidele	Ellenvale Ju	J22.57m

Boys Javelin Throw 600g Junior

SSNS: 45.48m 2015 Michael Adams

Name	School	Finals
1 #783 John Park	Halifax Cent	31.25m
2 #888 Jaye Yuan	Halifax Gram	30.51m
3 #89 Xander MacGregor	Bicentennial	27.55m
4 #654 Jasper Macauley	Fairview Jun	27.52m
5 #388 Reid Ash	Dartmouth So	24.20m
6 #412 Lucas Rent	East Coast V	23.29m
7 #1360 Jesse Lazzaratto	St. Agnes Ju	22.42m
8 #1191 Sidhant Bhatia	Park West Sc	22.29m

Boys 100 Meter Dash Intermediate

SSNS: 10.50 1998 Patrick Benjamin (hand)

Name	School	Finals
1 #1153 Atilla Narvey	Oxford Schoo	11.82 1.4
2 #1090 Michael Okoabah	John Martin	11.82 1.4
3 #481 Lamar Gallant	Ecole second	11.83 1.4
4 #1055 Macade Wright	JL Ilsley Hi	11.84 1.4
5 #1048 Dontae Richard	JL Ilsley Hi	11.86 3.3
6 #883 Narian Williams	Halifax Gram	11.87 3.3
7 #1413 Jacob Harmon	Woodlawn Hig	11.89 1.4
8 #42 Sachin Jeyakumar	Armbræ Acad	12.00 3.3

Boys 200 Meter Dash Intermediate

SSNS: 22.30 1998 Patrick Benjamin (hand)

Name	School	Finals
1 #964 James Thibault	Halifax West	23.49 1.6
2 #1055 Macade Wright	JL Ilsley Hi	24.01 1.6
3 #1413 Jacob Harmon	Woodlawn Hig	24.03 1.6
4 #1153 Atilla Narvey	Oxford Schoo	24.24 1.6
5 #1048 Dontae Richard	JL Ilsley Hi	24.41 1.6
6 #1049 Lometh Samarasing	JL Ilsley Hi	24.60 1.6
7 #1134 Daniel Aladejebi	Oxford Schoo	24.66 2.4
8 #42 Sachin Jeyakumar	Armbræ Acad	24.82 2.4

Boys 400 Meter Dash Intermediate

SSNS: 50.87 2005 Jonathan Campbell

Name	School	Finals
1 #964 James Thibault	Halifax West	53.06
2 #1413 Jacob Harmon	Woodlawn Hig	53.58
3 #1409 Timothy DeLong	Woodlawn Hig	55.78
4 #1153 Atilla Narvey	Oxford Schoo	56.41
5 #34 Kale Brown	Armbræ Acad	56.52
6 #874 Cadence MacLeod	Halifax Gram	56.69
7 #88 Ben Lelievre	Bicentennial	57.10
8 #1033 Alex Gyorfí	JL Ilsley Hi	57.47

Boys 800 Meter Run Intermediate

SSNS: 1:58.21 2015 Hudson Grimshaw-Surette

Name	School	Finals
1 #1409 Timothy DeLong	Woodlawn Hig	2:06.00
2 #209 David Ackerman	Citadel High	2:13.62
3 #1423 Evan Ren	Woodlawn Hig	2:17.52
4 #218 Noam Kelly	Citadel High	2:18.24
5 #1033 Alex Gyorfí	JL Ilsley Hi	2:18.76
6 #1031 Darian Fukala	JL Ilsley Hi	2:18.82
7 #1049 Lometh Samarasing	JL Ilsley Hi	2:18.95
8 #232 Oliver Neeve	Citadel High	2:19.31



2025 SSNS Capital CITY District

Results

Boys 1500 Meter Run Intermediate

SSNS: 3:59.92 2015 Hudson Grimshaw-Surette

Name	School	Finals
Finals		
1 #1409 Timothy DeLong	Woodlawn Hig	4:32.79
2 #1406 Nikhil Batra	Woodlawn Hig	4:40.56
3 #209 David Ackerman	Citadel High	4:42.03
4 #232 Oliver Neeve	Citadel High	4:45.47
5 #1423 Evan Ren	Woodlawn Hig	4:51.76
6 #479 Sage Boyd-Perryman	Ecole second	4:52.97
7 #218 Noam Kelly	Citadel High	4:53.47
8 #1051 Rhys Tobin	JL Ilsley Hi	4:55.36

Boys 3000 Meter Run Intermediate

SSNS: 8:50.61 2015 Andrew Peverill

Name	School	Finals
Finals		
1 #1409 Timothy DeLong	Woodlawn Hig	10:15.15
2 #209 David Ackerman	Citadel High	10:19.97
3 #1423 Evan Ren	Woodlawn Hig	10:23.62
4 #232 Oliver Neeve	Citadel High	10:24.65
5 #1406 Nikhil Batra	Woodlawn Hig	10:24.98
6 #479 Sage Boyd-Perryman	Ecole second	10:26.70
7 #352 Nolen Mitchell	Dartmouth Hi	10:27.89
8 #218 Noam Kelly	Citadel High	10:32.77

Boys 100 Meter Hurdles 33" Intermediate

SSNS: 13.84 2024-05-31 Declan O'Blenis

Name	School	Finals
Finals		
1 #1134 Daniel Aladejebi	Oxford Schoo	15.40 2.1
2 #42 Sachin Jeyakumar	Armbræ Acad	15.87 2.8
3 #642 Natty Abreha	Fairview Jun	16.23 2.1
4 #47 DJ MacLean	Armbræ Acad	16.47 2.1
5 #44 Stratos Karountzos	Armbræ Acad	17.27 2.8
6 #667 Rire Olewole	Fairview Jun	17.84 2.8
7 #848 Levi Adler	Halifax Gram	17.93 2.1
8 #1038 Drew Lucas	JL Ilsley Hi	18.06 2.1

Boys 4x100 Meter Relay Intermediate

SSNS: 44.95 2024-06-01 Cobequid Educational Centre

Team	Relay	Finals
Finals		
1 Oxford School	A	47.61
2 JL Ilsley High School	A	47.97
3 Armbræ Academy	A	47.99
4 Ecole second	A	48.71
5 Halifax Grammar	A	48.95
6 Halifax West	A	49.17
7 Woodlawn High School	A	50.29
8 Fairview Junior High	A	51.71

Boys 4x400 Meter Relay Intermediate

SSNS: 3:35.40 1984 Prince Andrew (hand)

Team	Relay	Finals
Finals		
1 JL Ilsley High School	A	3:51.70
2 Woodlawn High School	A	3:54.59
3 Halifax Grammar	A	3:56.88
4 Bicentennial School	A	4:05.37
5 Fairview Junior High	A	4:06.84
6 Armbræ Academy	A	4:11.34
7 Gorsebrook J	A	4:14.34
8 Oxford School	A	4:21.00

Boys High Jump Intermediate

SSNS: 1.95m 1988 Charles MacKay

Name	School	Finals
Finals		
1 #1031 Darian Fukala	JL Ilsley Hi	J1.70m
2 #337 Josh Bent	Dartmouth Hi	J1.65m
2 #47 DJ MacLean	Armbræ Acad	J1.65m
4 #34 Kale Brown	Armbræ Acad	J1.60m
5 #478 Daniel A'Court	Ecole second	J1.55m
6 #997 Hayden Theriault	Highland Par	J1.55m
7 #1046 Lauchlan Peters	JL Ilsley Hi	J1.50m
7 #1040 Will Mestdagh	JL Ilsley Hi	J1.50m

Boys Long Jump Intermediate

SSNS: 6.44m 1997 David Paxton

Name	School	Finals
Finals		
1 #481 Lamar Gallant	Ecole second	5.85m NWI
2 #951 Aaron Metzger	Halifax West	5.78m NWI
3 #883 Narian Williams	Halifax Gram	5.48m NWI
4 #1055 Macade Wright	JL Ilsley Hi	5.44m NWI
5 #337 Josh Bent	Dartmouth Hi	5.34m NWI
6 #1445 Eme Olusa	Halifax Gram	5.20m NWI
7 #1422 Ethan Obeng Nkryr	Woodlawn Hig	5.05m NWI
8 #1033 Alex Gyorf	JL Ilsley Hi	5.01m NWI

Boys Triple Jump Intermediate

SSNS: 13.82m 1986 Mike Arodugba

Name	School	Finals
Finals		
1 #951 Aaron Metzger	Halifax West	12.32m NWI
2 #1422 Ethan Obeng Nkryr	Woodlawn Hig	11.63m NWI
3 #57 Fin Sangster	Armbræ Acad	11.20m NWI
4 #642 Natty Abreha	Fairview Jun	10.51m NWI
5 #668 Caleb Postmaa	Fairview Jun	10.35m NWI
6 #33 Clark Brine	Armbræ Acad	10.31m NWI
7 #849 Kashton Armstrong	Halifax Gram	10.20m NWI
8 #667 Rire Olewole	Fairview Jun	9.65m NWI



2025 SSNS Capital CITY District

Results

Boys Shot Put 5kg Intermediate

SSNS: 14.88m 2016-06-03Cameron Whynot

Name	School	Finals
Finals		
1 #943 Niko Katsihtis	Halifax West	13.07m
2 #859 Coulton Downey	Halifax Gram	9.53m
3 #210 Kyriakos Christenser	Citadel High	9.39m
4 #1187 Mohannad Al Jaber	Park West Sc	8.94m
5 #1371 Aidan Van Wart	St. Agnes Ju	8.75m
6 #1030 Xavier Desmond	JL Ilsley Hi	8.59m
7 #1414 Markus Harrison	Woodlawn Hig	8.55m
8 #615 Rush Warren	Eric Graves	8.45m

Boys Discus Throw 1.5kg Intermediate

SSNS: 44.65m 2024-06-01Max Minihan

Name	School	Finals
Finals		
1 #943 Niko Katsihtis	Halifax West	35.16m
2 #603 Jace Haggerty	Eric Graves	26.87m
3 #759 Daniel Chisholm	Halifax Cent	24.58m
4 #87 Adam Jarrett	Bicentennial	23.70m
5 #229 Taidg Molloy-Reilly	Citadel High	23.48m
6 #1041 Ibrahim Msabaha	JL Ilsley Hi	23.47m
7 #615 Rush Warren	Eric Graves	22.80m
8 #611 Harley Reid	Eric Graves	21.81m

Boys Javelin Throw 700g Intermediate

SSNS: 54.19m 2019-05-31Noah Berniquer

Name	School	Finals
Finals		
1 #859 Coulton Downey	Halifax Gram	33.21m
2 #87 Adam Jarrett	Bicentennial	33.13m
3 #944 Abhinav Kumar	Halifax West	27.46m
4 #704 Henry Anderson	Gorsebrook J	26.95m
5 #1041 Ibrahim Msabaha	JL Ilsley Hi	26.09m
6 #210 Kyriakos Christenser	Citadel High	25.18m
7 #47 DJ MacLean	Armbrac Acad	24.94m
8 #858 Adam Deans	Halifax Gram	24.69m

Boys 100 Meter Dash Senior

SSNS: 10.69 2009

Kyu-Won Cho

Ties: 10.50 1971

Roger Crawley (hand)

Name	School	Finals
Finals		
1 #334 David Babalola	Dartmouth Hi	11.08 3.8
2 #938 Dominic Frank	Halifax West	11.17 3.8
3 #362 Glendon Snow	Dartmouth Hi	11.31 3.8
4 #1424 William Sepa	Woodlawn Hig	11.53 3.8
5 #43 Nai Johnson	Armbrac Acad	11.58 3.8
6 #336 Carey Bent	Dartmouth Hi	11.59 3.8
7 #30 Ronei Beales	Armbrac Acad	11.92 1.6

8 #955 Caleb Myers Halifax West 11.96 3.8

Boys 200 Meter Dash Senior

SSNS: 21.58 2015

Matthew Coolen

Name	School	Finals
Finals		
1 #362 Glendon Snow	Dartmouth Hi	23.62 2.9
2 #43 Nai Johnson	Armbrac Acad	24.01 2.9
3 #1424 William Sepa	Woodlawn Hig	24.63 2.9
4 #52 Oliver Nadeau	Armbrac Acad	24.74 2.9
5 #346 Connell Higgins	Dartmouth Hi	24.94 2.9
6 #349 Tremelle Kennedy-C	Dartmouth Hi	25.89 2.9
7 #938 Dominic Frank	Halifax West	1:01.42 2.9

Boys 400 Meter Dash Senior

SSNS: 48.49 2015

Mike Van Der Poel

Name	School	Finals
Finals		
1 #968 Yunshu Zhao	Halifax West	54.40
2 #948 Robert Martin	Halifax West	54.46
3 #43 Nai Johnson	Armbrac Acad	54.73
4 #37 Deion Coward	Armbrac Acad	56.35
5 #52 Oliver Nadeau	Armbrac Acad	56.97
6 #1287 Simon Bortolussi	Sacred Heart	57.05
7 #235 Quinn Ryall	Citadel High	57.49
8 #1415 Nathan Herman	Woodlawn Hig	57.94

Boys 800 Meter Run Senior

SSNS: 1:54.29 2024-06-01Silas Conlin-Morse

Name	School	Finals
Finals		
1 #961 Graham Sauer	Halifax West	2:03.10
2 #1052 Daniel Tokar	JL Ilsley Hi	2:09.72
3 #948 Robert Martin	Halifax West	2:10.11
4 #228 Noah Miller	Citadel High	2:16.63
5 #45 Connor Macgillivray	Armbrac Acad	2:17.03
6 #240 Adrian Sunderland	Citadel High	2:17.36
7 #967 Cole Willows	Halifax West	2:17.55
8 #867 Leo Hanada	Halifax Gram	2:17.59

Boys 1500 Meter Run Senior

SSNS: 3:54.91 2013

Mike Tate

Name	School	Finals
Finals		
1 #961 Graham Sauer	Halifax West	4:26.76
2 #45 Connor Macgillivray	Armbrac Acad	4:39.72
3 #240 Adrian Sunderland	Citadel High	4:46.50
4 #482 Lincoln Carmen Lan	Ecole second	4:47.40
5 #228 Noah Miller	Citadel High	4:51.84
6 #1426 Ethan Smith	Woodlawn Hig	4:51.84
7 #219 Liam Kirby	Citadel High	4:52.37
8 #358 Neil Rissesco	Dartmouth Hi	4:55.61



2025 SSNS Capital CITY District

Results

Boys 3000 Meter Run Senior

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

Name	School	Finals
Finals		
1 #961 Graham Sauer	Halifax West	9:44.99
2 #45 Connor Macgillivray	Armbræ Acad	10:10.06
3 #482 Lincoln Carmen Lan	Ecole second	10:14.05
4 #965 Neil Wang	Halifax West	10:34.44
5 #240 Adrian Sunderland	Citadel High	10:39.32
6 #358 Neil Rissesco	Dartmouth Hi	10:42.07
7 #219 Liam Kirby	Citadel High	10:48.33
8 #1426 Ethan Smith	Woodlawn Hig	11:00.65

Boys 110 Meter Hurdles 36" Senior

SSNS: 14.79 2024-05-31 Luke Colwell

Name	School	Finals
Finals		
1 #948 Robert Martin	Halifax West	15.56 0.9
2 #37 Deion Coward	Armbræ Acad	18.40 3.5
3 #342 D'Ontay Fraser	Dartmouth Hi	18.94 3.5
4 #363 Jack Theunissen	Dartmouth Hi	20.31 0.9
5 #31 Jaylen Berglund-Simm	Armbræ Acad	20.57 0.9
6 #1431 Joaquin Yakubu	Woodlawn Hig	20.97 0.9

Boys 4x100 Meter Relay Senior

SSNS: 43.26 2014 Cec

Team	Relay	Finals
Finals		
1 Dartmouth High	A	44.35
2 Armbræ Academy	A	46.81
3 Woodlawn High School	A	48.63
4 Halifax Chri	A	50.92

Boys 4x400 Meter Relay Senior

SSNS: 3:26.09 2014 Cec

Team	Relay	Finals
Finals		
1 Halifax West	A	3:36.01
2 Dartmouth High	A	3:50.80
3 Armbræ Academy	A	3:51.86
4 Woodlawn High School	A	4:03.32
5 Citadel High	A	4:05.12

Boys High Jump Senior

SSNS: 2.06m 1981 Tim Wrigley

Name	School	Finals
Finals		
1 #868 King He	Halifax Gram	J1.65m
1 #485 Owen Weigelin	Ecole second	J1.65m
3 #955 Caleb Myers	Halifax West	J1.65m
4 #936 Victor Dao	Halifax West	J1.60m
5 #946 John Lumaguey	Halifax West	J1.60m

6 #1410 Jacob Drane Woodlawn Hig J1.55m

Boys Long Jump Senior

SSNS: 7.15m 1956 Dave Lucas

Name	School	Finals
Finals		
1 #334 David Babalola	Dartmouth Hi	6.45m NWI
2 #52 Oliver Nadeau	Armbræ Acad	5.86m NWI
3 #340 Davian Bonnick	Dartmouth Hi	5.75m NWI
4 #955 Caleb Myers	Halifax West	5.58m NWI
5 #359 Maliq Robinson-Lev	Dartmouth Hi	5.43m NWI
6 #810 Sam Mateos Gomez	Halifax Chri	5.38m NWI
7 #485 Owen Weigelin	Ecole second	5.34m NWI
8 #936 Victor Dao	Halifax West	5.31m NWI

Boys Triple Jump Senior

SSNS: 14.25m 1964 Howie Jackson

Name	School	Finals
Finals		
1 #334 David Babalola	Dartmouth Hi	12.56m NWI
2 #948 Robert Martin	Halifax West	11.79m NWI
3 #936 Victor Dao	Halifax West	11.59m NWI
4 #52 Oliver Nadeau	Armbræ Acad	10.62m NWI
5 #38 Hudson Curry	Armbræ Acad	9.19m NWI
6 #31 Jaylen Berglund-Simm	Armbræ Acad	8.10m NWI

Boys Shot Put 6kg Senior

SSNS: 16.17m 2012 Peter Millman

Name	School	Finals
Finals		
1 #367 Sam Williams	Dartmouth Hi	J11.83m
2 #1036 Omar Khalaf	JL Ilsley Hi	J9.69m
3 #346 Connell Higgins	Dartmouth Hi	J8.90m
4 #1053 Rakan Turkmani	JL Ilsley Hi	J8.78m
5 #805 Jackson Fraser	Halifax Chri	J7.97m
6 #806 Elliott Herod	Halifax Chri	J7.97m
7 #812 Ajijolaoluwa Ogunbo	Halifax Chri	J7.44m
8 #358 Neil Rissesco	Dartmouth Hi	J7.11m

Boys Discus Throw 1.75kg Senior

SSNS: 49.76m 2012 Peter Millman

Name	School	Finals
Finals		
1 #243 Luke Young	Citadel High	24.31m
2 #806 Elliott Herod	Halifax Chri	21.34m
3 #808 Jack Hull	Halifax Chri	19.69m
4 #811 Michael Obudu	Halifax Chri	16.90m
5 #947 Atharv Mahajan	Halifax West	16.09m
6 #810 Sam Mateos Gomez	Halifax Chri	11.13m



2025 SSNS Capital CITY District

Results

Boys Javelin Throw 800g Senior

SSNS: 61.64m 2005 Adam Wolkins

Name	School	Finals
Finals		
1 #243 Luke Young	Citadel High	40.26m
2 #1036 Omar Khalaf	JL Ilsley Hi	30.65m
3 #349 Tremelle Kennedy-C	Dartmouth Hi	27.90m
4 #887 Josh Wu	Halifax Gram	26.82m
5 #342 D'Ontay Fraser	Dartmouth Hi	26.73m
6 #868 King He	Halifax Gram	25.88m
7 #935 Ryan Brown	Halifax West	23.92m
8 #1039 Nick MacPhee	JL Ilsley Hi	23.60m

Boys 100 Meter Dash Supported JR Supported Junior

Name	School	Finals
Finals		
1 #607 Troy MacLaughlin	Eric Graves	14.17 NWI
2 #672 Aidan Stone	Fairview Jun	14.58 NWI
3 #1234 Hans Dibra	Rockingstone	14.99 NWI
4 #165 James Wainright Tay	Caledonia Ju	15.37 NWI
5 #301 Stephen Marshall	Cunard Junio	16.34 NWI
6 #1347 Cruz Bellefontaine	St. Agnes Ju	17.00 NWI
7 #601 Sam Greenough	Eric Graves	18.42 NWI
8 #610 Dariusz Meider	Eric Graves	18.55 NWI

Boys Long Jump 2 attempts Supported Junior

Name	School	Finals
Finals		
1 #1347 Cruz Bellefontaine	St. Agnes Ju	2.42m NWI
2 #1234 Hans Dibra	Rockingstone	2.24m NWI
3 #1444 Xavier Verde	JL Ilsley Hi	2.22m NWI
4 #607 Troy MacLaughlin	Eric Graves	2.10m NWI
5 #573 Kaden Misner	Ellenvale Ju	1.71m NWI
6 #1136 Bohdan Bogdanov	Oxford Schoo	1.53m NWI
7 #601 Sam Greenough	Eric Graves	1.40m NWI
8 #610 Dariusz Meider	Eric Graves	1.21m NWI

Boys Shot Put 2 throws 4kg Supported Junior

Name	School	Finals
Finals		
1 #672 Aidan Stone	Fairview Jun	5.52m
2 #1234 Hans Dibra	Rockingstone	4.95m
3 #1434 Alex Landry-Woodl	JL Ilsley Hi	4.45m
4 #165 James Wainright Tay	Caledonia Ju	4.30m
5 #1158 Jelani Stevenson	Oxford Schoo	4.24m
6 #607 Troy MacLaughlin	Eric Graves	3.67m
7 #152 Nathan Negus	Caledonia Ju	3.62m
8 #601 Sam Greenough	Eric Graves	3.45m

Boys 100 Meter Dash Supported SR Supported Senior

Name	School	Finals
Finals		
1 #1425 Resean Simmons-F	Woodlawn Hig	12.27 NWI
2 #932 Hunter Ashley	Halifax West	13.08 NWI
3 #1405 Jonathan Assoun-G	Woodlawn Hig	13.24 NWI
4 #1407 Treyzi Brooks	Woodlawn Hig	13.53 NWI
5 #963 Aven Stanford	Halifax West	13.62 NWI
6 #960 Kasey Roy	Halifax West	13.98 NWI
7 #366 Joseph Williams	Dartmouth Hi	14.08 NWI
8 #361 Thomas Smith	Dartmouth Hi	14.99 NWI
8 #1411 Dennis Eisenhauer	Woodlawn Hig	14.99 NWI

Boys Long Jump 2 attempts Supported Senior

Name	School	Finals
Finals		
1 #960 Kasey Roy	Halifax West	4.02m NWI
2 #1405 Jonathan Assoun-G	Woodlawn Hig	3.68m NWI
3 #963 Aven Stanford	Halifax West	3.07m NWI
4 #1407 Treyzi Brooks	Woodlawn Hig	2.92m NWI
5 #1425 Resean Simmons-F	Woodlawn Hig	2.83m NWI
6 #932 Hunter Ashley	Halifax West	2.79m NWI
7 #226 Jacob Martin	Citadel High	2.74m NWI
8 #1443 Philip Bourque	Woodlawn Hig	1.85m NWI

Boys Shot Put 2 throws 4kg Supported Senior

Name	School	Finals
Finals		
1 #226 Jacob Martin	Citadel High	8.71m
2 #1407 Treyzi Brooks	Woodlawn Hig	6.60m
3 #366 Joseph Williams	Dartmouth Hi	6.30m
4 #960 Kasey Roy	Halifax West	6.25m
5 #1427 Keegan Smith	Woodlawn Hig	6.13m
6 #1443 Philip Bourque	Woodlawn Hig	5.51m
7 #1405 Jonathan Assoun-G	Woodlawn Hig	5.23m
8 #932 Hunter Ashley	Halifax West	5.05m

Boys 50 Meter Dash Non-Amb Spec Wheelchair Supported Whee

Name	School	Finals
Finals		
1 #1417 Dezmond MacPhee	Woodlawn Hig	16.29 NWI
2 #1421 TJ Negus	Woodlawn Hig	18.86 NWI
3 #566 Bryce Dixon	Ellenvale Ju	22.19 NWI
4 #1442 Logan Short	Ellenvale Ju	2:15.67 NWI

Women - Junior - Team Rankings - 15 Events Scored

1) St. Agnes Junior High	187.5
2) Fairview Junior High	163
3) Halifax Grammar	90
4) Gorsebrook Junior High	66.5



2025 SSNS Capital CITY District**Results**

5) Oxford School	59	5) Oxford School	68
6) Elizabeth Sutherland	55	6) Gorsebrook Junior High	61
7) Bicentennial School	51	7) Park West School	55.5
8) Sacred Heart School	42	8) Halifax Central Junior High	50
9) Dartmouth South Academy	38	9) Ellenvale Junior High	41
10) Highland Park Junior High	32	10) John Martin Junior High	33
11) Rockingstone Heights	31	11) Ecole du Carrefour	32.5
12) Halifax Central Junior High	28	12) Ecole Mer et Monde	29
13) Ellenvale Junior High	27	13) East Coast Varsity	28
14) Park West School	24	14) Sacred Heart School	27
15) Armbrae Academy	23	15) Highland Park Junior High	25
16) Ecole du Carrefour	19	15) Bicentennial School	25
17) Clayton Park Junior High	12	15) Clayton Park Junior High	25
18) Caledonia Junior High	9	18) Cunard Junior High	21
19) Ecole Mer et Monde	6		
20) Cunard Junior High	4		

Women - Intermediate - Team Rankings - 15 Events Scored

1) Dartmouth High	157.5
2) Citadel High	155
3) Halifax Grammar	129
4) Halifax West	91
5) Woodlawn High School	90
6) Armbrae Academy	47
7) Bicentennial School	42
7) Oxford School	42
7) Fairview Junior High	42
10) JL Ilsley High School	39
11) St. Agnes Junior High	37.5
12) Sacred Heart School	30
13) Ecole secondaire Mosaique	20
14) John Martin Junior High	12
15) Ellenvale Junior High	9
15) Park West School	9
17) Caledonia Junior High	4
17) Gorsebrook Junior High	4

Women - Senior - Team Rankings - 15 Events Scored

1) Citadel High	230
2) Dartmouth High	177
3) Halifax West	146
4) Halifax Grammar	115
5) Woodlawn High School	83
6) JL Ilsley High School	77
7) Armbrae Academy	48
8) Sacred Heart School	39

Men - Junior - Team Rankings - 15 Events Scored

1) St. Agnes Junior High	122
2) Halifax Grammar	95
3) Fairview Junior High	89
4) Armbrae Academy	81



2025 SSNS Capital CITY District**Results**

19) Caledonia Junior High	20
20) Dartmouth South Academy	19.5
21) Elizabeth Sutherland	11
22) Rockingstone Heights	8.5

Men - Intermediate - Team Rankings - 15 Events Scored

1) Woodlawn High School	154
2) JL Ilsley High School	150
3) Armbrae Academy	98.5
4) Citadel High	88
5) Halifax Grammar	85
6) Halifax West	79
7) Oxford School	68
8) Fairview Junior High	52
9) Ecole secondaire Mosaique	51
10) Bicentennial School	41
11) Eric Graves Junior High	23
12) Dartmouth High	21.5
13) Gorsebrook Junior High	16
14) John Martin Junior High	10
15) Halifax Central Junior High	9
16) Park West School	8
17) St. Agnes Junior High	7
18) Highland Park Junior High	6

Men - Senior - Team Rankings - 15 Events Scored

1) Halifax West	194
2) Dartmouth High	190
3) Armbrae Academy	155
4) Citadel High	86
5) Halifax Christian Academy	68
6) Woodlawn High School	66
7) JL Ilsley High School	42
8) Ecole secondaire Mosaique	33
9) Halifax Grammar	29
10) Sacred Heart School	6



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