

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22
Meet Program

Event 1 Girls 80 Meter Hurdles 30" Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 10:00 AM**

SSNS: 12.11 2016-06-03 Sierra Sweeney

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	656 Quinn Rogers	Oxford Schoo	16.11
2	402 Avery MacKinnon	Georges P. V	15.86
3	775 Goodness Olugu	St. Agnes Ju	14.01
4	375 Elle Thomas	Fairview Jun	15.80
5	722 Arnajah Downey-Smit	Sackville He	16.10
6	778 Sam Terrio	St. Agnes Ju	14.08
7	153 Libby Mills	Brookside Ju	16.07
8	344 Natalia Zarczynski	Elizabeth Su	15.53

Heat 2 of 2 Prelims

1	154 Finlay Northrup	Brookside Ju	16.26
2	408 Claire Trumble	Georges P. V	16.04
3	141 Zoe Muise	Bicentennial	15.04
4	669 Ada Coolen	Oyster Pond	16.09
5	795 Nataliya Woycheshyn	Summit Acade	13.41
6	410 Kate Whitman	Georges P. V	15.45
7	10 Laudy El-Amiouni	Armbrae Acad	15.58
8	423 Annika Compton	Gorsebrook J	15.98

Event 2 Boys 80 Meter Hurdles 30" Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 10:00 AM**

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

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	790 Isaiah Mosher	St. Agnes Ju	15.70
2	575 Loic Siewe	John Martin	14.72
3	416 Aiden Knowles	Georges P. V	15.85
4	572 Elias Ahmady	John Martin	14.26
5	580 James Lane	Leslie Thoma	14.08
6	419 Marshall Potter	Georges P. V	14.69
7	789 James Lo	St. Agnes Ju	15.21
8	161 Ben Mombourquette	Brookside Ju	15.99

Heat 2 of 2 Prelims

1	4 Markus Almonte	A.J. Smeltze	15.49
2	345 Darragh Reynolds	Elizabeth Su	15.57
3	169 Emmitt Mahoney	Caledonia Ju	14.79
4	791 Linden Todd	St. Agnes Ju	12.98
5	429 Ryland Norman	Gorsebrook J	14.64
6	582 Landis Payne	Leslie Thoma	14.60
7	160 Jack McCarthy	Brookside Ju	15.89
8	577 Mathias Aladejebi	Leslie Thoma	16.40

Event 3 Girls 80 Meter Hurdles 30" Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 10:00 AM**

SSNS: 12.12 2023-06-12 Maryn Smith

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	707 Meghan Proude	Rocky Lake J	17.00
2	67 Giana Lozier	Auburn Drive	15.55
3	265 Peyton Crowe	Dartmouth Hi	15.88
4	823 Molly Lodge	Woodlawn Hig	15.16
5	229 Hanna Jeong	Citadel High	16.09
6	488 Abigail Gaudet	Halifax West	15.43
7	36 Lily McGrath	Astral Drive	16.70
8	152 Hannah Kay	Brookside Ju	16.11

Heat 2 of 2 Prelims

1	631 Hailey Bragg	Millwood	17.02
2	658 Clara Walker	Oxford School	15.35
3	32 Charlee Earnshaw	Astral Drive	15.92
4	703 Arin Jung	Rocky Lake J	16.22
5	594 Josie Luedey	Lockview Hig	16.82
6	11 Deandra Gibson	Armbrae Acad	15.97
7	238 Liae Yang	Citadel High	14.93
8	570 Esther Popoola	John Martin	15.69

Event 4 Boys 100 Meter Hurdles 33" Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 10:30 AM**

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

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	202 Emmett Mont	Charles P. A	16.48
2	22 Sachin Jeyakumar	Armbrae Acad	15.87
3	203 Henry Mont	Charles P. A	17.51
4	558 Drew Lucas	JL Ilsley Hi	18.06
5	26 DJ MacLean	Armbrae Acad	16.47
6	537 Patrick O'Keefe	Island View	18.06
7	82 Deandre Gibson	Auburn Drive	17.95
8	381 Rire Olewole	Fairview Jun	17.84

Heat 2 of 2 Prelims

1	660 Daniel Aladejebi	Oxford School	15.40
2	692 Mitchell Durling	Ridgecliff M	18.04
3	471 Levi Adler	Halifax Gram	17.93
4	24 Stratos Karountzos	Armbrae Acad	17.27
5	376 Natty Abreha	Fairview Jun	16.23
6	201 Prem Mistry	Charles P. A	17.96
7	162 Pierce Northrup	Brookside Ju	18.21
8	743 Andrew Kaulback	Sackville Hi	16.60



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Event 5 Girls 100 Meter Hurdles 30" Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 10:30 AM**

SSNS: 14.40 2024-05-31 Queen Clayton

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	598 Anna Smith	Lockview Hig	20.31
2	264 Zakyra Bundy	Dartmouth Hi	17.61
3	228 Anna Jeong	Citadel High	18.39
4	13 Audrey Napier	Armbrac Acad	18.37
5	217 Julia Berry	Citadel High	21.66
6	72 Addie Miller	Auburn Drive	19.80
7	634 Devika Ellickal	Millwood	20.56
8	735 Chloe MacKenzie	Sackville Hi	24.09

Heat 2 of 2 Prelims

1	187 Laureen Voigt	Charles P. A	22.58
2	12 Laodiki Lutwick-Camp	Armbrac Acad	21.02
3	459 Vivian Johnson	Halifax Gram	16.33
4	216 Bea Asbridge	Citadel High	20.12
5	588 Cate Gaudry	Lockview Hig	16.58
6	6 Teeny Beales	Armbrac Acad	19.26
7	175 Breton Hayden	Charles P. A	19.36
8	590 Cicely Harnum	Lockview Hig	NT

Event 6 Boys 110 Meter Hurdles 36" Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 10:30 AM**

SSNS: 14.79 2024-05-31 Luke Colwell

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	204 Leo Mont	Charles P. A	16.57
2	16 Jaylen Berglund-Simm	Armbrac Acad	20.57
3	284 D'Ontay Fraser	Dartmouth Hi	18.94
4	207 Henrik Oster	Charles P. A	18.28
5	845 Joaquin Yakubu	Woodlawn Hig	20.97
6	615 Noah Skeete	Lockview Hig	16.71
7	513 Ethan Metzger	Halifax West	NT
8			

Heat 2 of 2 Prelims

1	80 Zander Caines	Auburn Drive	21.16
2	510 Robert Martin	Halifax West	15.56
3	199 Kingston Manning	Charles P. A	17.07
4	292 Jack Theunissen	Dartmouth Hi	20.31
5	614 Callum Sampson	Lockview Hig	20.89
6	20 Deion Coward	Armbrac Acad	18.40
7	83 Ian Herlt	Auburn Drive	20.56
8	605 Brandon Ivany	Lockview Hig	NT

Event 7 Girls 400 Meter Dash Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 11:45 AM**

SSNS: 58.99 2019-05-31 Cara MacDonald

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	701 Emily Gorman	Rocky Lake J	1:05.41
2	400 Maria Legge	Georges P. V	1:08.49
3	348 Alice Laventure	Ellenvale Ju	1:05.89
4	37 Macie McLeod	Astral Drive	1:04.03
5	621 Victoria Humphreys	Madeline Sym	1:05.24
6	758 Judi Smith	Sacred Heart	1:07.88
7	442 Ellen Brady	Halifax Cent	1:06.57
8	795 Nataliya Woycheshyn	Summit Acade	1:03.78

Heat 2 of 2 Prelims

1	406 Regan O'Sullivan	Georges P. V	1:05.56
2	373 Marley Sandford	Fairview Jun	1:06.88
3	384 Hayley Barry	Five Bridges	1:06.81
4	33 Brooklyn Hatfield	Astral Drive	1:09.21
5	778 Sam Terrio	St. Agnes Ju	1:04.65
6	297 Ella Macfarlane	Dartmouth So	1:05.86
7	773 Emma Laycock	St. Agnes Ju	1:03.33
8	372 Amelia Sandford	Fairview Jun	1:04.80

Event 8 Boys 400 Meter Dash Junior**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Wednesday 2025-05-21 - 11:45 AM**

SSNS: 53.72 2013 Barrett Dachyshyn

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	418 Nathan MacLean	Georges P. V	NT
2	259 Jahream Fletcher	Cunard Junio	1:00.37
3	136 Alex Dong	Bedford Acad	1:01.60
4	664 Charlie Lewis	Oxford Schoo	1:05.14
5	352 Patrick Cody-Cox	Ellenvale Ju	1:03.22
6	691 Austin Crawford	Ridgecliff M	1:04.65
7	438 Gavin Drake	Graham Creig	1:03.08
8			

Heat 2 of 3 Prelims

1	163 Desmond Secord	Brookside Ju	NT
2	720 Blake Stocker	Rocky Lake J	1:03.38
3	761 Liam Connolly	Sacred Heart	1:02.85
4	479 Kai Liu	Halifax Gram	1:00.05
5	168 Hayden Doucet	Caledonia Ju	1:04.33
6	719 Marco Primelles Ramo	Rocky Lake J	1:02.78
7	48 Ryan Kennedy	Astral Drive	NT
8			



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Heat 3 of 3 Prelims...(Event 8 Boys 400 Meter Dash Junior)

1	580 James Lane	Leslie Thoma	NT	_____
2	413 Josh Gilby	Georges P. V	59.36	_____
3	728 Landon Harvieux	Sackville He	1:02.94	_____
4	577 Mathias Aladejebi	Leslie Thoma	1:03.94	_____
5	681 Karim Hamo	Park West Sc	1:03.73	_____
6	663 Leo Jackson	Oxford Schoo	1:02.60	_____
7	313 Lucas Dando	Eastern Shor	NT	_____
8				_____

Heat 2 of 2 Prelims

1	747 Wyatt Thurston	Sackville Hi	52.51	_____
2	206 Ini Ogunlaiye	Charles P. A	54.87	_____
3	708 Izak Bungay	Rocky Lake J	58.22	_____
4	120 Naeem Kelly	Bay View Hig	55.44	_____
5	144 Ben Lelievre	Bicentennial	57.10	_____
6	18 Kale Brown	Armbrae Acad	56.52	_____
7	555 Alex Gyorfi	JL Ilsley Hi	57.47	_____
8	114 Quinn Campbell	Bay View Hig	53.89	_____

Event 9 Girls 400 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Wednesday 2025-05-21 - 11:45 AM

SSNS: 57.24 2003 Jenna Martin

Lane	Name	School	Seed Time	
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Heat 1 of 2 Prelims

1	498 Addison Myers	Halifax West	1:07.30	_____
2	636 Grace Henry	Millwood	1:08.17	_____
3	823 Molly Lodge	Woodlawn Hig	1:08.21	_____
4	155 Maddie Tobin	Brookside Ju	1:06.77	_____
5	595 Ava Manley	Lockview Hig	1:06.91	_____
6	487 Amarachi Ezurike	Halifax West	1:04.24	_____
7	139 Cassidy McFarlane	Bicentennial	1:05.04	_____
8	469 Ayla Williams	Halifax Gram	1:02.62	_____

Heat 2 of 2 Prelims

1	179 Charlie MacLean	Charles P. A	1:08.80	_____
2	599 Charlotte Whitman	Lockview Hig	1:02.08	_____
3	698 Michelle Adebayo	Rocky Lake J	1:06.86	_____
4	637 Emma Jordan	Millwood	1:04.37	_____
5	539 Gwen Achenbach	JL Ilsley Hi	1:04.31	_____
6	8 Morgan Clarke	Armbrae Acad	1:07.32	_____
7	704 Sophie Lin	Rocky Lake J	1:07.84	_____
8	811 Shylajiah Brooks	Woodlawn Hig	1:05.56	_____

Event 10 Boys 400 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Wednesday 2025-05-21 - 12:15 PM

SSNS: 50.87 2005 Jonathan Campbell

Lane	Name	School	Seed Time	
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Heat 1 of 2 Prelims

1	518 James Thibault	Halifax West	53.06	_____
2	665 Atila Narvey	Oxford Schoo	56.41	_____
3	833 Jacob Harmon	Woodlawn Hig	53.58	_____
4	617 Trenton Wile	Lockview Hig	54.87	_____
5	89 Nathan Penney	Auburn Drive	56.91	_____
6	616 Riley Skeete	Lockview Hig	57.49	_____
7	480 Cadence MacLeod	Halifax Gram	56.69	_____
8	564 Lometh Samarasinghe	JL Ilsley Hi	57.83	_____

Event 11 Girls 400 Meter Dash Senior

8 Advance: Top 2 Each Heat plus Next 2 Best Times
Wednesday 2025-05-21 - 12:15 PM

SSNS: 54.13 2006 Jenna Martin

Lane	Name	School	Seed Time	
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Heat 1 of 3 Prelims

1	216 Bea Asbridge	Citadel High	1:05.26	_____
2	598 Anna Smith	Lockview Hig	1:13.12	_____
3	224 Grace Galloway	Citadel High	1:02.74	_____
4	640 Katheryn MacEachern	Millwood	1:10.40	_____
5	106 Ava Millar	Bay View Hig	1:07.49	_____
6	550 Rylee Tibbo	JL Ilsley Hi	1:12.67	_____
7				_____
8				_____

Heat 2 of 3 Prelims

1	275 Olivia Murphy	Dartmouth Hi	1:10.21	_____
2	638 Lexi Joy	Millwood	1:12.18	_____
3	102 Emily Edison	Bay View Hig	1:09.81	_____
4	108 Hannah Richardson - 1	Bay View Hig	1:02.16	_____
5	228 Anna Jeong	Citadel High	1:02.94	_____
6	750 Liviya Driver	Sacred Heart	NT	_____
7				_____
8				_____

Heat 3 of 3 Prelims

1	70 Kayla MacLeod	Auburn Drive	1:08.77	_____
2	222 Sophia Das	Citadel High	1:03.71	_____
3	9 Natalia Colley	Armbrae Acad	1:11.49	_____
4	187 Lauren Voigt	Charles P. A	1:12.09	_____
5	274 Frances MacLeod	Dartmouth Hi	1:02.05	_____
6				_____
7				_____
8				_____



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Event 12 Boys 400 Meter Dash Senior

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

Wednesday 2025-05-21 - 12:15 PM

SSNS: 48.49 2015 Mike Van Der Poel

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

1	510 Robert Martin	Halifax West	54.46
2	611 Ben Phillips	Lockview Hig	57.39
3	83 Ian Herlt	Auburn Drive	56.51
4	28 Oliver Nadeau	Armbrae Acad	56.97
5	193 Griffin Hearn	Charles P. A	54.83
6	835 Nathan Herman	Woodlawn Hig	57.94
7			
8			

Heat 2 of 3 Prelims

1	131 Felix Wirkus	Bay View Hig	54.82
2	23 Nai Johnson	Armbrae Acad	54.73
3	248 Quinn Ryall	Citadel High	57.49
4	760 Simon Bortolussi	Sacred Heart	57.05
5	197 Alfred Lai	Charles P. A	56.47
6	85 Liam Macdonald	Auburn Drive	NT
7			
8			

Heat 3 of 3 Prelims

1	198 Owen Macgillivray	Charles P. A	56.36
2	20 Deion Coward	Armbrae Acad	56.35
3	128 Owen Pern	Bay View Hig	57.24
4	521 Yunshu Zhao	Halifax West	54.40
5	129 Ayden Rondeau	Bay View Hig	57.05
6	332 Joshua Sullivan	Ecole Mer et	NT
7			
8			

Event 13 Girls 100 Meter Dash Junior

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

Wednesday 2025-05-21 - 12:45 PM

SSNS: 12.64 2006 Nikkia Jones

Ties: 12.50 1995 Christine Fleury (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	435 Amina Simmonds	Graham Creig	14.22
2	701 Emily Gorman	Rocky Lake J	14.14
3	372 Amelia Sandford	Fairview Jun	14.30
4	775 Goodness Ologu	St. Agnes Ju	13.73
5	375 Elle Thomas	Fairview Jun	14.11
6	31 Emme Chaisson	Astral Drive	13.78
7	401 Samantha Leslie	Georges P. V	14.27
8	751 Fiona Francis	Sacred Heart	14.21

Heat 2 of 2 Prelims

1	399 Ellie Knowles	Georges P. V	14.25
2	433 Na'zyia Dean	Graham Creig	14.17
3	142 Pauline Samillano	Bicentennial	14.16
4	164 Julia Campbell	Caledonia Ju	14.33
5	408 Claire Trumble	Georges P. V	14.22
6	137 Alaura Downey-Burns	Bicentennial	13.89
7	659 Mahrell Willis	Oxford Schoo	14.00
8	685 Reese Adams	Ridgecliff M	13.30

Event 14 Boys 100 Meter Dash Junior

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

Wednesday 2025-05-21 - 12:45 PM

SSNS: 11.56 2023-06-12 Wyatt Thurston

Ties: 11.50 1995 Nick Smith (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	681 Karim Hamo	Park West Sc	12.87
2	136 Alex Dong	Bedford Acad	12.83
3	580 James Lane	Leslie Thoma	13.18
4	667 Simon Winter	Oxford Schoo	13.17
5	475 Malcolm Fatokun	Halifax Gram	13.03
6	662 Nico Cuadra Dumke	Oxford Schoo	12.40
7	766 Jovan Campbell	Sir Robert B	12.64
8	259 Jahream Fletcher	Cunard Junio	13.11

Heat 2 of 2 Prelims

1	417 Oliver Knowles	Georges P. V	12.25
2	693 Jackson Wheler	Ridgecliff M	13.11
3	314 Hayden Drodge	Eastern Shor	13.19
4	377 Elijah Amore	Fairview Jun	12.97
5	438 Gavin Drake	Graham Creig	12.83
6	29 Remi Omisade	Armbrae Acad	12.78
7	413 Josh Gilby	Georges P. V	12.76
8	785 Yael Atienza	St. Agnes Ju	13.14

Event 15 Girls 100 Meter Dash Intermediate

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

Wednesday 2025-05-21 - 12:45 PM

SSNS: 12.33 2007 Marissa Wolter

Ties: 12.20 1997 Christine Fleury (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	487 Amarachi Ezurike	Halifax West	13.61
2	804 Avery Nelson	West Bedford	13.93
3	140 Maude Mellema	Bicentennial	13.91
4	592 Josie Leslie	Lockview Hig	13.29
5	637 Emma Jordan	Millwood	13.62
6	172 Carley Beaton	Charles P. A	13.12
7	591 Addison Labucki	Lockview Hig	13.76
8	334 Audrey Joseph	Ecole second	13.47



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Heat 2 of 2 Prelims...(Event 15 Girls 100 Meter Dash Interm

1	797 Anna Adara	West Bedford	13.86	_____
2	174 Grace Grace Killoran	Charles P. A	13.73	_____
3	238 Liae Yang	Citadel High	13.31	_____
4	811 Shylaijah Brooks	Woodlawn Hig	13.57	_____
5	267 Brianna Hoskin	Dartmouth Hi	13.03	_____
6	771 Brynn Feeney	St. Agnes Ju	13.77	_____
7	220 Lana Cvetkovic	Citadel High	13.30	_____
8	155 Maddie Tobin	Brookside Ju	13.94	_____

Event 16 Boys 100 Meter Dash Intermediate

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Wednesday 2025-05-21 - 1:10 PM

SSNS: 10.50 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	647 Shane Lucas	Millwood	12.12	_____
2	22 Sachin Jayakumar	Armbrae Acad	12.00	_____
3	569 Macade Wright	JL Ilsley Hi	11.84	_____
4	115 Connor DeWolfe	Bay View Hig	12.01	_____
5	484 Narian Williams	Halifax Gram	11.87	_____
6	202 Emmett Mont	Charles P. A	11.80	_____
7	120 Naecem Kelly	Bay View Hig	11.98	_____
8	665 Atilla Narvey	Oxford Schoo	11.82	_____

Heat 2 of 2 Prelims

1	338 Lamar Gallant	Ecole second	11.83	_____
2	563 Dontae Richard	JL Ilsley Hi	11.86	_____
3	574 Michael Okoabah	John Martin	11.82	_____
4	328 Sylvain Mbuyi	Ecole du Som	12.08	_____
5	833 Jacob Harmon	Woodlawn Hig	11.89	_____
6	617 Trenton Wile	Lockview Hig	12.01	_____
7	712 Marlon Fletcher	Rocky Lake J	12.15	_____
8	747 Wyatt Thurston	Sackville Hi	11.50	_____

Event 17 Girls 100 Meter Dash Senior

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Wednesday 2025-05-21 - 1:10 PM

SSNS: 11.91 2006 Jenna Martin

Ties: 11.70 1975 Celia Branch (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	173 Lily Blondon	Charles P. A	13.85	_____
2	264 Zakyra Bundy	Dartmouth Hi	13.79	_____
3	499 Ava Parker	Halifax West	14.22	_____
4	586 Sophie Daigle	Lockview Hig	13.85	_____
5	75 Reese Vautour	Auburn Drive	13.85	_____
6	456 Juliet Fatokun	Halifax Gram	13.38	_____
7	74 Ahniya Slawter	Auburn Drive	13.85	_____
8	491 Gabby Kelloway	Halifax West	13.56	_____

Heat 2 of 2 Prelims

1	76 Allie White	Auburn Drive	13.85	_____
2	177 Breanna Kuehner	Charles P. A	13.85	_____
3	62 Kayla Forward	Auburn Drive	13.38	_____
4	500 Chanelle Rodriguez-C	Halifax West	13.69	_____
5	268 Celine Hoyeck	Dartmouth Hi	13.32	_____
6	633 Maddy Dyer	Millwood	13.85	_____
7	235 Annabelle Raymond	Citadel High	12.43	_____
8	494 Ava MacNutt	Halifax West	13.73	_____

Event 18 Boys 100 Meter Dash Senior

8 Advance: Top 2 Each Heat plus Next 2 Best Times
Wednesday 2025-05-21 - 1:10 PM

SSNS: 10.69 2009 Kyu-Won Cho

Ties: 10.50 1971 Roger Crawley (hand)

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

1	281 Carey Bent	Dartmouth Hi	11.59	_____
2	521 Yunshu Zhao	Halifax West	11.97	_____
3	92 Jackson Sparks	Auburn Drive	11.39	_____
4	204 Leo Mont	Charles P. A	11.77	_____
5	291 Glendon Snow	Dartmouth Hi	11.31	_____
6	199 Kingston Manning	Charles P. A	12.10	_____
7	481 Sam Olugu	Halifax Gram	NT	_____
8				_____

Heat 2 of 3 Prelims

1	514 Caleb Myers	Halifax West	11.96	_____
2	211 Hudson Spence	Charles P. A	11.85	_____
3	615 Noah Skeete	Lockview Hig	11.20	_____
4	98 Nathan Webb	Auburn Drive	11.57	_____
5	23 Nai Johnson	Armbrae Acad	11.58	_____
6	85 Liam Macdonald	Auburn Drive	NT	_____
7				_____
8				_____

Heat 3 of 3 Prelims

1	15 Ronei Beales	Armbrae Acad	11.92	_____
2	280 David Babalola	Dartmouth Hi	11.08	_____
3	193 Griffin Hearn	Charles P. A	11.89	_____
4	840 William Sepa	Woodlawn Hig	11.53	_____
5	133 Nolan Young	Bay View Hig	11.74	_____
6	86 Zach Morash	Auburn Drive	NT	_____
7				_____
8				_____



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Meet Program

Event 19 Girls 1500 Meter Run Junior**Wednesday 2025-05-21 - 1:30 PM**

SSNS: 4:46.13 2019

Abby Lewis

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 723 Addie Hyson	Sackville He	5:51.13
2 406 Regan O'Sullivan	Georges P. V	5:39.99
3 258 Mary Johns	Cunard Junio	5:45.53
4 422 Lilly Bishop	Gorsebrook J	5:38.51
5 622 Noelle Peck	Madeline Sym	5:44.94
6 463 Scarlet Mason	Halifax Gram	5:26.96
7 400 Maria Legge	Georges P. V	5:40.85
8 390 Arwen Middleton Me	Five Bridges	5:32.27
9 424 Victoria Kirby	Gorsebrook J	5:34.08
10 348 Alice Laventure	Ellenvale Ju	5:41.86
11 374 Carmen Savory	Fairview Jun	5:35.21
12 773 Emma Laycock	St. Agnes Ju	5:05.23
13 621 Victoria Humphreys	Madeline Sym	5:24.88
14 349 Josie Maccormick	Ellenvale Ju	5:42.77
15 397 Josie Haverstock	Georges P. V	5:55.06
16 684 Isla Adams	Ridgecliff M	5:38.00
17		

Event 20 Boys 1500 Meter Run Junior**Wednesday 2025-05-21 - 1:30 PM**

SSNS: 4:19.71 2009

Mike Tate

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 626 Xavier Lamorre	Madeline Sym	5:15.29
2 421 Jackson Swan	Georges P. V	5:20.68
3 449 Joe Rimmer	Halifax Cent	5:12.93
4 807 Logan Amero	West Bedford	5:25.91
5 663 Leo Jackson	Oxford Schoo	5:11.32
6 48 Ryan Kennedy	Astral Drive	5:27.81
7 323 Jack White	Ecole du Car	5:09.56
8 43 Nash Donaldson	Astral Drive	5:27.28
9 379 Felix Macdonald	Fairview Jun	5:14.88
10 713 Griffin Humphrey	Rocky Lake J	5:22.38
11 430 Cohen Raimondo	Gorsebrook J	5:14.78
12 479 Kai Liu	Halifax Gram	5:07.08
13 322 Duncan MacLaughlin	Ecole du Car	5:09.26
14 330 Abraham Diamond	Ecole Mer et	5:10.29
15 721 Fletcher Woods	Rocky Lake J	5:23.62
16 730 Zach Nurnber	Sackville He	5:14.68
17		

Event 21 Girls 1500 Meter Run Intermediate**Wednesday 2025-05-21 - 1:30 PM**

SSNS: 4:31.02 2022-06-03

Abby Lewis

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 636 Grace Henry	Millwood	6:05.82
2 8 Morgan Clarke	Armbrae Acad	5:30.35
3 178 Abby MacGillivray	Charles P. A	6:06.67
4 221 Ellora Das	Citadel High	5:28.52
5 596 Claire McKim	Lockview Hig	5:56.21
6 279 Grace Theunissen	Dartmouth Hi	5:35.07
7 469 Ayla Williams	Halifax Gram	5:13.92
8 179 Charlie MacLean	Charles P. A	5:38.85
9 219 Faye Chiasson	Citadel High	5:10.34
10 151 Mary Anne Hudson	Brookside Ju	5:57.60
11 539 Gwen Achenbach	JL Ilsley Hi	5:33.86
12 702 Laura Hill	Rocky Lake J	5:52.18
13 262 Deborah Beach	Dartmouth Hi	5:05.94
14 594 Josie Luedey	Lockview Hig	5:56.18
15 470 Carley Williams	Halifax Gram	5:16.12
16 805 Kate Rogers	West Bedford	5:56.59
17		

Event 22 Boys 1500 Meter Run Intermediate**Wednesday 2025-05-21 - 2:00 PM**

SSNS: 3:59.92 2015

Hudson Grimshaw-Surette

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 247 Oliver Neeve	Citadel High	4:45.47
2 52 Henry Muise	Astral Drive	5:15.06
3 839 Evan Ren	Woodlawn Hig	4:51.76
4 440 Hoon Jung	Graham Creig	5:19.53
5 208 Jack Quinton	Charles P. A	4:51.42
6 189 Evan Arruda	Charles P. A	5:03.81
7 255 Ryan Giles	Cole Harbour	4:41.50
8 829 Timothy DeLong	Woodlawn Hig	4:32.79
9 241 Noam Kelly	Citadel High	4:53.47
10 610 Jun Namikawa	Lockview Hig	4:59.01
11 826 Nihil Batra	Woodlawn Hig	4:40.56
12 565 Rhys Tobin	JL Ilsley Hi	4:55.36
13 239 David Ackerman	Citadel High	4:42.03
14 130 Bragg Sam	Bay View Hig	4:56.25
15 337 Sage Boyd-Perryman	Ecole second	4:52.97
16 117 William Higginson	Bay View Hig	5:10.72
17		



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Event 23 Girls 1500 Meter Run Senior

Wednesday 2025-05-21 - 2:00 PM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	496 Ally McLean	Halifax West	5:17.03
2	102 Emily Edison	Bay View Hig	5:33.52
3	274 Frances MacLeod	Dartmouth Hi	4:54.05
4	106 Ava Millar	Bay View Hig	5:29.67
5	57 Alena Collens	Auburn Drive	5:47.35
6	227 Jillian Hope	Citadel High	6:00.07
7	465 Heidi Nuyens	Halifax Gram	5:09.34
8	756 Mary-Lou O'Regan	Sacred Heart	5:51.54
9	585 Anna Carruthers	Lockview Hig	4:58.63
10	493 Olivia Logan	Halifax West	5:12.91
11	457 Bianca Grossi	Halifax Gram	5:07.54
12	738 Ashlyn Rooks	Sackville Hi	5:32.45
13	103 Molly Evers	Bay View Hig	5:09.03
14	590 Cicely Harnum	Lockview Hig	5:33.58
15	215 Elisa Arteaga	Citadel High	5:07.97
16	184 Olivia Thompson	Charles P. A	5:55.36
17	750 Liviya Driver	Sacred Heart	NT

Event 24 Boys 1500 Meter Run Senior

Wednesday 2025-05-21 - 2:00 PM

SSNS: 3:54.91 2013 Mike Tate

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	112 Mateo Bourque	Bay View Hig	4:49.09
2	611 Ben Phillips	Lockview Hig	4:57.79
3	25 Connor Macgillivray	Armbrae Acad	4:39.72
4	244 Noah Miller	Citadel High	4:51.84
5	806 Connor Amero	West Bedford	4:48.35
6	205 Nathan Mulholland	Charles P. A	4:56.94
7	249 Adrian Sunderland	Citadel High	4:46.50
8	288 Neil Rissesco	Dartmouth Hi	4:55.61
9	607 Alex Macaulay	Lockview Hig	4:33.36
10	122 Ewen Macdonald	Bay View Hig	5:00.58
11	242 Liam Kirby	Citadel High	4:52.37
12	601 James Brien	Lockview Hig	5:20.21
13	516 Graham Sauer	Halifax West	4:26.76
14	339 Lincoln Carmen Land	Ecole second	4:47.40
15	830 Thomas Dewitt	Woodlawn Hig	NT
16	842 Ethan Smith	Woodlawn Hig	4:51.84
17	196 William Jennings	Charles P. A	4:56.27

Event 25 Girls 200 Meter Dash Junior

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

Thursday 2025-05-22 - 10:00 AM

SSNS: 26.25 2024-06-01 Kaitlynn Mead

Ties: 26.50 1976 Kris Crowell (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	384 Hayley Barry	Five Bridges	29.84
2	306 Audrey Tetford	Eastern Pass	30.10
3	142 Pauline Samillano	Bicentennial	29.69
4	778 Sam Terrio	St. Agnes Ju	27.70
5	33 Brooklyn Hatfield	Astral Drive	29.61
6	752 Ainsley Gouthro	Sacred Heart	29.42
7	467 Teni Ogunsakin	Halifax Gram	30.04
8	37 Macie McLeod	Astral Drive	28.85
Heat 2 of 2 Prelims			
1	344 Natalia Zarczynski	Elizabeth Su	29.65
2	622 Noelle Peck	Madeline Sym	30.08
3	147 Peyton Ballem	Brookside Ju	30.18
4	375 Elle Thomas	Fairview Jun	29.30
5	685 Reese Adams	Ridgecliff M	27.67
6	657 Savannah Thalheimer-	Oxford Schoo	29.82
7	399 Ellie Knowles	Georges P. V	29.72
8	372 Amelia Sandford	Fairview Jun	29.26

Event 26 Boys 200 Meter Dash Junior

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

Thursday 2025-05-22 - 10:00 AM

SSNS: 23.85 2023-06-13 Wyatt Thurston

Ties: 24.10 1984 Derek Dempster (hand)

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	766 Jovan Campbell	Sir Robert B	26.13
2	417 Oliver Knowles	Georges P. V	26.05
3	259 Jahream Fletcher	Cunard Junio	26.52
4	719 Marco Primelles Ramo	Rocky Lake J	27.36
5	573 Caiden Allen	John Martin	27.32
6	413 Josh Gilby	Georges P. V	26.60
7	711 Kamji Emezie-Ejinima	Rocky Lake J	26.88
8	784 Trevon Allison	St. Agnes Ju	26.05
Heat 2 of 2 Prelims			
1	662 Nico Cuadra Dumke	Oxford Schoo	24.95
2	29 Remi Omisade	Armbrae Acad	25.63
3	377 Elijah Amore	Fairview Jun	26.46
4	693 Jackson Wheler	Ridgecliff M	26.70
5	314 Hayden Drodge	Eastern Shor	27.00
6	667 Simon Winter	Oxford Schoo	27.34
7	352 Patrick Cody-Cox	Ellenvale Ju	27.17
8	438 Gavin Drake	Graham Creig	26.39



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Event 27 Girls 200 Meter Dash Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2025-05-22 - 10:00 AM**

SSNS: 25.66 2001 Leanne Huck

Ties: 25.50 1973 Celia Branch (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	637 Emma Jordan	Millwood	28.20
2	595 Ava Manley	Lockview Hig	29.39
3	139 Cassidy McFarlane	Bicentennial	28.57
4	334 Audrey Joseph	Ecole second	28.93
5	65 Claire Kelly	Auburn Drive	29.52
6	487 Amarachi Ezurike	Halifax West	28.04
7	238 Liae Yang	Citadel High	27.63
8	172 Carley Beaton	Charles P. A	27.86

Heat 2 of 2 Prelims

1	155 Maddie Tobin	Brookside Ju	28.37
2	592 Josie Leslie	Lockview Hig	28.47
3	811 Shylaijah Brooks	Woodlawn Hig	27.99
4	267 Brianna Hoskin	Dartmouth Hi	27.29
5	67 Giana Lozier	Auburn Drive	29.00
6	174 Grace Grace Killoran	Charles P. A	28.11
7	823 Molly Lodge	Woodlawn Hig	29.08
8	461 Malaya Leger	Halifax Gram	29.67

Event 28 Boys 200 Meter Dash Intermediate**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2025-05-22 - 10:20 AM**

SSNS: 22.30 1998 Patrick Benjamin (hand)

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	564 Lometh Samarasinghe	JL Ilsley Hi	24.60
2	665 Atila Narvey	Oxford Schoo	24.24
3	206 Ini Ogunlaiye	Charles P. A	24.73
4	747 Wyatt Thurston	Sackville Hi	23.79
5	22 Sachin Jeyakumar	Armbrae Acad	24.82
6	328 Sylvain Mbuyi	Ecole du Som	25.44
7	202 Emmett Mont	Charles P. A	25.02
8	569 Macade Wright	JL Ilsley Hi	24.01

Heat 2 of 2 Prelims

1	617 Trenton Wile	Lockview Hig	24.90
2	135 Michael Cho	Bedford Acad	25.55
3	660 Daniel Aladejebi	Oxford Schoo	24.66
4	255 Ryan Giles	Cole Harbour	25.28
5	114 Quinn Campbell	Bay View Hig	24.46
6	563 Dontae Richard	JL Ilsley Hi	24.41
7	518 James Thibault	Halifax West	23.49
8	833 Jacob Harmon	Woodlawn Hig	24.03

Event 29 Girls 200 Meter Dash Senior**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Thursday 2025-05-22 - 10:20 AM**

SSNS: 24.84 2012 Jenn Meech

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

1	75 Reese Vautour	Auburn Drive	28.38
2	224 Grace Galloway	Citadel High	28.03
3	61 Jenna Forward	Auburn Drive	30.50
4	500 Chanelle Rodriguez-C	Halifax West	28.53
5	633 Maddy Dyer	Millwood	29.64
6	492 Lyric Lepage	Halifax West	27.40
7			
8			

Heat 2 of 3 Prelims

1	460 Kiera Lee	Halifax Gram	NT
2	234 Jane McGuire	Citadel High	28.38
3	74 Ahniya Slawter	Auburn Drive	27.66
4	640 Katheryn MacEachern	Millwood	30.22
5	268 Celine Hoyeck	Dartmouth Hi	27.47
6	177 Breanna Kuchner	Charles P. A	28.90
7			
8			

Heat 3 of 3 Prelims

1	173 Lily Blondon	Charles P. A	28.71
2	456 Juliet Fatokun	Halifax Gram	28.48
3	235 Annabelle Raymond	Citadel High	25.66
4	62 Kayla Forward	Auburn Drive	29.62
5	216 Bea Asbridge	Citadel High	27.66
6			
7			
8			

Event 30 Boys 200 Meter Dash Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2025-05-22 - 10:20 AM**

SSNS: 21.58 2015 Matthew Coolen

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	291 Glendon Snow	Dartmouth Hi	23.62
2	840 William Sepa	Woodlawn Hig	24.63
3	606 Eugene Legge	Lockview Hig	25.64
4	85 Liam Macdonald	Auburn Drive	23.41
5	835 Nathan Herman	Woodlawn Hig	24.87
6	285 Connell Higgins	Dartmouth Hi	24.94
7	92 Jackson Sparks	Auburn Drive	24.01
8	193 Griffin Hearn	Charles P. A	24.93



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Heat 2 of 2 Prelims...(Event 30 Boys 200 Meter Dash Senior)

1	513 Ethan Metzger	Halifax West	NT	_____
2	28 Oliver Nadeau	Armbrac Acad	24.74	_____
3	615 Noah Skeete	Lockview Hig	23.09	_____
4	23 Nai Johnson	Armbrac Acad	24.01	_____
5	286 Tremelle Kennedy-Co	Dartmouth Hi	25.89	_____
6	98 Nathan Webb	Auburn Drive	24.71	_____
7	133 Nolan Young	Bay View Hig	25.14	_____
8	204 Leo Mont	Charles P. A	23.93	_____

Event 31 Girls 800 Meter Run Junior

Thursday 2025-05-22 - 10:45 AM

SSNS: 2:19.90 1977

Mary Jean Barrett (hand)

Lane Name	School	Seed Time	
Section 1 of 1 Finals			
1	463 Scarlet Mason	Halifax Gram	2:36.88 _____
2	400 Maria Legge	Georges P. V	2:41.29 _____
3	621 Victoria Humphreys	Madeline Sym	2:32.72 _____
4	374 Carmen Savory	Fairview Jun	2:41.25 _____
5	348 Alice Laventure	Ellenvale Ju	2:39.46 _____
6	397 Josie Haverstock	Georges P. V	2:46.48 _____
7	795 Nataliya Woycheshyn	Summit Acade	2:37.70 _____
8	464 Eva Montoya	Halifax Gram	2:45.75 _____
9	773 Emma Laycock	St. Agnes Ju	2:26.26 _____
10	372 Amelia Sandford	Fairview Jun	2:40.04 _____
11	442 Ellen Brady	Halifax Cent	2:41.73 _____
12	406 Regan O'Sullivan	Georges P. V	2:46.12 _____
13	684 Isla Adams	Ridgecliff M	2:42.55 _____
14	305 Hazel Boyce	Eastern Pass	2:47.58 _____
15	620 Zoey Goodfellow	Madeline Sym	2:43.90 _____
16	426 Jane Rigby	Gorsebrook J	2:44.45 _____
17			_____

Event 32 Boys 800 Meter Run Junior

Thursday 2025-05-22 - 10:45 AM

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

Lane Name	School	Seed Time	
Section 1 of 1 Finals			
1	479 Kai Liu	Halifax Gram	2:26.60 _____
2	764 Max Arsenault	Sir Robert B	2:33.12 _____
3	719 Marco Primelles Ramo	Rocky Lake J	2:29.64 _____
4	663 Leo Jackson	Oxford Schoo	2:35.58 _____
5	330 Abraham Diamond	Ecole Mer et	2:26.42 _____
6	429 Ryland Norman	Gorsebrook J	2:36.43 _____
7	627 Thomas Mugford	Madeline Sym	2:37.83 _____
8	476 Beckett Forsyth	Halifax Gram	2:39.98 _____
9	626 Xavier Lamorre	Madeline Sym	2:33.36 _____
10	160 Jack McCarthy	Brookside Ju	2:37.58 _____
11	421 Jackson Swan	Georges P. V	2:31.85 _____
12	730 Zach Nurnber	Sackville He	2:34.09 _____
13	431 Alex Tracy	Gorsebrook J	2:29.08 _____
14	414 Ethan Johnson	Georges P. V	2:35.73 _____
15	449 Joe Rimmer	Halifax Cent	2:33.91 _____
16	447 Emersen Lengema	Halifax Cent	2:38.60 _____
17			_____

Event 33 Girls 800 Meter Run Intermediate

Thursday 2025-05-22 - 10:45 AM

SSNS: 2:12.60 1977

Louise Palmer (hand)

Lane Name	School	Seed Time	
Section 1 of 1 Finals			
1	599 Charlotte Whitman	Lockview Hig	2:34.77 _____
2	702 Laura Hill	Rocky Lake J	2:49.95 _____
3	8 Morgan Clarke	Armbrac Acad	2:39.89 _____
4	636 Grace Henry	Millwood	2:50.43 _____
5	262 Deborah Beach	Dartmouth Hi	2:28.17 _____
6	178 Abby MacGillivray	Charles P. A	2:56.76 _____
7	470 Carley Williams	Halifax Gram	2:25.89 _____
8	800 Lily Jodrey	West Bedford	2:54.60 _____
9	219 Faye Chiasson	Citadel High	2:25.35 _____
10	805 Kate Rogers	West Bedford	2:53.32 _____
11	469 Ayla Williams	Halifax Gram	2:29.39 _____
12	179 Charlie MacLean	Charles P. A	2:39.60 _____
13	539 Gwen Achenbach	JL Ilsley Hi	2:40.50 _____
14	596 Claire McKim	Lockview Hig	2:50.89 _____
15	490 Touleen Kanaan	Halifax West	2:43.71 _____
16	544 Annie Johns	JL Ilsley Hi	2:47.20 _____
17			_____



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Event 34 Boys 800 Meter Run Intermediate

Thursday 2025-05-22 - 11:10 AM

SSNS: 1:58.21 2015 Hudson Grimshaw-Surette

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	839 Evan Ren	Woodlawn Hig	2:17.52
2			
3	239 David Ackerman	Citadel High	2:13.62
4	241 Noam Kelly	Citadel High	2:18.24
5	829 Timothy DeLong	Woodlawn Hig	2:06.00
6	208 Jack Quinton	Charles P. A	2:14.51
7	247 Oliver Neeve	Citadel High	2:19.31
8	45 Jayden Hall	Astral Drive	2:27.47
9	554 Darian Fukala	JL Ilsley Hi	2:18.82
10	189 Evan Arruda	Charles P. A	2:24.09
11	117 William Higginson	Bay View Hig	2:19.71
12	51 Liam Macknight	Astral Drive	2:23.94
13	555 Alex Gyorfi	JL Ilsley Hi	2:18.76
14	127 Luke Murphy	Bay View Hig	2:22.85
15	564 Lometh Samarasinghe	JL Ilsley Hi	2:18.95
16	641 Brody Brewer	Millwood	2:21.41
17			

Event 35 Girls 800 Meter Run Senior

Thursday 2025-05-22 - 11:10 AM

SSNS: 2:11.58 2019 Maggie Smith

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	184 Olivia Thompson	Charles P. A	2:50.54
2	457 Bianca Grossi	Halifax Gram	2:27.25
3	585 Anna Carruthers	Lockview Hig	2:20.82
4	186 Evelyn Tobin	Charles P. A	2:49.75
5	215 Elisa Arteaga	Citadel High	2:27.41
6	66 Claira Kilpatrick	Auburn Drive	2:56.07
7	261 Anna Archibald	Dartmouth Hi	2:42.68
8	99 Maya Al-Kishawi	Bay View Hig	3:10.66
9	274 Frances MacLeod	Dartmouth Hi	2:19.34
10	106 Ava Millar	Bay View Hig	2:34.53
11	222 Sophia Das	Citadel High	2:26.41
12	102 Emily Edison	Bay View Hig	2:42.10
13	103 Molly Evers	Bay View Hig	2:30.72
14	750 Liviya Driver	Sacred Heart	2:43.76
15	236 Mackenzie Rutherford	Citadel High	2:45.16
16	756 Mary-Lou O'Regan	Sacred Heart	2:51.51
17			
18			

Event 36 Boys 800 Meter Run Senior

Thursday 2025-05-22 - 11:10 AM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	198 Owen Macgillivray	Charles P. A	2:14.36
2	25 Connor Macgillivray	Armbrae Acad	2:17.03
3	196 William Jennings	Charles P. A	2:14.88
4	83 Ian Herlt	Auburn Drive	2:26.35
5	477 Leo Hanada	Halifax Gram	2:17.59
6	126 Josh Morrison	Bay View Hig	2:27.87
7	842 Ethan Smith	Woodlawn Hig	2:17.83
8			
9	566 Daniel Tokar	JL Ilsley Hi	2:09.72
10	132 Mathew Wyman	Bay View Hig	2:31.57
11	516 Graham Sauer	Halifax West	2:03.10
12	611 Ben Phillips	Lockview Hig	2:14.89
13	806 Connor Amero	West Bedford	2:13.79
14	118 Haydn Hopkins	Bay View Hig	2:21.81
15	520 Cole Willows	Halifax West	2:17.55
16	332 Joshua Sullivan	Ecole Mer et	NT
17	249 Adrian Sunderland	Citadel High	2:17.36

Event 37 Girls 4x100 Meter Relay Junior

Thursday 2025-05-22 - 11:30 AM

SSNS: 52.50 2014 Riverside Education Center

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Madeline Sym	A	57.48
2	Georges P. V	A	56.12
3	St. Agnes Ju	A	56.14
4	Fairview Jun	A	57.01
5	Oxford Schoo	A	58.46
6	Sacred Heart	A	58.24
7	Ridgecliff M	A	56.83
8	Astral Drive	A	55.94



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Event 38 Boys 4x100 Meter Relay Junior**Thursday 2025-05-22 - 11:30 AM**

SSNS: 48.40 1990 Astral Drive (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Rocky Lake J	A	51.32
2	Armbrae Acad	A	52.40
3	Leslie Thoma	A	54.26
4	Georges P. V	A	51.00
5	St. Agnes Ju	A	49.96
6	Ridgecliff M	A	53.95
7	Park West Sc	A	52.27
8	John Martin	A	53.36

Event 39 Girls 4x100 Meter Relay Intermediate**Thursday 2025-05-22 - 11:30 AM**

SSNS: 51.34 2019-06-01 Lockview High School

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Rocky Lake J	A	56.79
2	Woodlawn Hig	A	56.30
3	Citadel High	A	55.43
4	Charles P. A	A	54.99
5	Lockview Hig	A	53.47
6	West Bedford	A	56.42
7	Halifax West	A	57.13
8	Dartmouth Hi	A	53.82

Event 40 Boys 4x100 Meter Relay Intermediate**Thursday 2025-05-22 - 12:00 PM**

SSNS: 44.95 2024-06-01 Cobequid Educational Centre

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Charles P. A	A	47.09
2	JL Ilsley Hi	A	47.97
3	Bay View Hig	A	47.03
4	Lockview Hig	A	47.21
5	Armbrae Acad	A	47.99
6	Ecole second	A	48.71
7	Oxford Schoo	A	47.61
8	Sackville Hi	A	47.38

Event 41 Girls 4x100 Meter Relay Senior**Thursday 2025-05-22 - 12:00 PM**

SSNS: 50.32 2004 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax Gram	A	53.54
2	Auburn Drive	A	54.28
3	Citadel High	A	51.83
4	Dartmouth Hi	A	55.52
5	Lockview Hig	A	53.72
6	Halifax West	A	52.75
7	Charles P. A	A	54.85
8	Bay View Hig	A	55.80

Event 42 Boys 4x100 Meter Relay Senior**Thursday 2025-05-22 - 12:00 PM**

SSNS: 43.26 2014 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Auburn Drive	A	44.79
2	Woodlawn Hig	A	48.63
3	Armbrae Acad	A	46.81
4	Dartmouth Hi	A	44.35
5	Charles P. A	A	45.14
6	Lockview Hig	A	47.43
7	Bay View Hig	A	47.10
8	Halifax Chri	A	50.92

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Event 43 Girls 3000 Meter Run Junior**Thursday 2025-05-22 - 12:45 PM**

SSNS: 10:18.76 2011

Rachel Crowley

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1	463 Scarlet Mason	Halifax Gram 12:18.98
2	390 Arwen Middleton Me	Five Bridges 12:24.75
3	422 Lilly Bishop	Gorsebrook J 12:28.13
4	442 Ellen Brady	Halifax Cent 12:39.36
5	425 Kenley Mills	Gorsebrook J 12:37.38
6	655 Regan Poirier	Oxford Schoo 12:44.93
7	387 Anna Griffith	Five Bridges 13:29.79
8	468 Orli Sutherland	Halifax Gram 13:06.58
9	773 Emma Laycock	St. Agnes Ju 11:47.54
10	400 Maria Legge	Georges P. V 12:11.35
11	621 Victoria Humphreys	Madeline Sym 12:17.97
12	424 Victoria Kirby	Gorsebrook J 12:20.85
13	723 Addie Hyson	Sackville He 12:40.84
14	406 Regan O'Sullivan	Georges P. V 12:51.07
15	385 Ali Bragg	Five Bridges 12:51.32
16	619 Makenna Cameron	Madeline Sym 13:14.15
17		

Event 44 Boys 3000 Meter Run Junior**Thursday 2025-05-22 - 12:45 PM**

SSNS: 9:15.14 2011

Tobias Wolter

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1	430 Cohen Raimondo	Gorsebrook J 11:17.22
2	168 Hayden Doucet	Caledonia Ju 11:31.34
3	379 Felix Macdonald	Fairview Jun 11:31.67
4	624 Ethan Brady	Madeline Sym 11:25.66
5	421 Jackson Swan	Georges P. V 11:29.32
6	322 Duncan MacLaughlin	Ecole du Car 11:44.54
7	48 Ryan Kennedy	Astral Drive 11:38.45
8	715 Parker Lewis	Rocky Lake J 11:38.49
9	628 Caden Slauenwhite	Madeline Sym 10:45.12
10	19 James Burke	Armbrae Acad 10:46.39
11	730 Zach Nurnber	Sackville He 10:58.63
12	158 Reese Currie	Brookside Ju 11:15.98
13	721 Fletcher Woods	Rocky Lake J 11:19.43
14	304 Jasper Walker	East Coast V 11:34.55
15	663 Leo Jackson	Oxford Schoo 11:40.41
16	446 Ben Connick	Halifax Cent 11:45.11
17		

Event 45 Girls 3000 Meter Run Intermediate**Thursday 2025-05-22 - 1:15 PM**

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

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1	702 Laura Hill	Rocky Lake J 12:36.31
2	151 Mary Anne Hudson	Brookside Ju 12:53.01
3	799 Lucy Corning	West Bedford 13:15.85
4	279 Grace Theunissen	Dartmouth Hi 12:26.70
5	705 Maeve Macdonald	Rocky Lake J 13:25.18
6	812 Talia Cummins	Woodlawn Hig 13:13.37
7	150 Cambree Doucet Cam	Brookside Ju 13:51.17
8	749 Zoe Boody	Sacred Heart 13:31.30
9	179 Charlie MacLean	Charles P. A 12:36.06
10	262 Deborah Beach	Dartmouth Hi 11:23.16
11	219 Faye Chiasson	Citadel High 11:47.60
12	470 Carley Williams	Halifax Gram 12:12.20
13	221 Ellora Das	Citadel High 12:19.75
14	178 Abby MacGillivray	Charles P. A 13:19.04
15	335 Sadie May Landry	Ecole second 12:58.16
16	183 Cate Sangster	Charles P. A 13:34.58
17		

Event 46 Boys 3000 Meter Run Intermediate**Thursday 2025-05-22 - 1:15 PM**

SSNS: 8:50.61 2015

Andrew Peverill

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1	194 Devon Hicks	Charles P. A 11:23.02
2	130 Bragg Sam	Bay View Hig 10:27.77
3	247 Oliver Neeve	Citadel High 10:24.65
4	826 Nikhil Batra	Woodlawn Hig 10:24.98
5	257 Kotoki Mori	Cole Harbour 12:00.78
6	829 Timothy DeLong	Woodlawn Hig 10:15.15
7	55 Tanis Phillips	Astral Drive 12:00.95
8	287 Nolen Mitchell	Dartmouth Hi 10:27.89
9	239 David Ackerman	Citadel High 10:19.97
10	255 Ryan Giles	Cole Harbour 10:13.64
11	208 Jack Quinton	Charles P. A 10:45.32
12	839 Evan Ren	Woodlawn Hig 10:23.62
13	610 Jun Namikawa	Lockview Hig 10:55.21
14	241 Noam Kelly	Citadel High 10:32.77
15	337 Sage Boyd-Perryman	Ecole second 10:26.70
16		
17		



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Event 47 Girls 3000 Meter Run Senior

Thursday 2025-05-22 - 1:30 PM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	457 Bianca Grossi	Halifax Gram	11:02.57
2	103 Molly Evers	Bay View Hig	11:18.07
3	496 Ally McLean	Halifax West	11:32.93
4	750 Liviya Driver	Sacred Heart	12:30.69
5	215 Elisa Arteaga	Citadel High	11:52.51
6	261 Anna Archibald	Dartmouth Hi	12:15.29
7	57 Alena Collens	Auburn Drive	12:47.95
8	493 Olivia Logan	Halifax West	11:35.94
9	274 Frances MacLeod	Dartmouth Hi	10:41.22
10	585 Anna Carruthers	Lockview Hig	10:47.34
11	465 Heidi Nuyens	Halifax Gram	11:21.75
12	590 Cicely Harnum	Lockview Hig	12:14.35
13	738 Ashlyn Rooks	Sackville Hi	12:10.50
14	107 Amani Oystreck	Bay View Hig	12:42.50
15			
16			
17			

Event 48 Boys 3000 Meter Run Senior

Thursday 2025-05-22 - 1:30 PM

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

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	25 Connor Macgillivray	Armbrac Acad	10:10.06
2	339 Lincoln Carmen Land	Ecole second	10:14.05
3	611 Ben Phillips	Lockview Hig	11:09.84
4	806 Connor Amero	West Bedford	10:49.35
5	288 Neil Rissesco	Dartmouth Hi	10:42.07
6	746 Gordon Rooks	Sackville Hi	12:02.16
7	242 Liam Kirby	Citadel High	10:48.33
8	842 Ethan Smith	Woodlawn Hig	11:00.65
9	112 Mateo Bourque	Bay View Hig	10:25.40
10	516 Graham Sauer	Halifax West	9:44.99
11	249 Adrian Sunderland	Citadel High	10:39.32
12	122 Ewen Macdonald	Bay View Hig	11:05.23
13	602 Harry Brown	Lockview Hig	11:10.29
14	196 William Jennings	Charles P. A	11:23.14
15	603 Brady Capbell	Lockview Hig	12:41.59
16	246 Arlo Morris	Citadel High	11:03.81
17	830 Thomas Dewitt	Woodlawn Hig	NT

Event 49 Girls 4x400 Meter Relay Junior

Thursday 2025-05-22 - 2:15 PM

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

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	St. Agnes Ju	A	4:35.79
2	Georges P. V	A	4:43.13
3	Gorsebrook J	A	5:00.93
4	Brookside Ju	A	4:50.10
5	Astral Drive	A	4:37.38
6	Five Bridges	A	4:52.78
7	Sacred Heart	A	4:50.27
8	Fairview Jun	A	4:49.40

Event 50 Boys 4x400 Meter Relay Junior

Thursday 2025-05-22 - 2:15 PM

SSNS: 3:48.10 2013 Halifax Central Junior

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Sacred Heart	A	4:19.86
2	Leslie Thoma	A	4:28.37
3	Halifax Gram	A	4:19.27
4	Rocky Lake J	A	4:30.01
5	Georges P. V	A	4:15.96
6	St. Agnes Ju	A	4:22.15
7	Oxford Schoo	A	4:17.27
8	Sackville He	A	4:27.74

Event 51 Girls 4x400 Meter Relay Intermediate

Thursday 2025-05-22 - 2:15 PM

SSNS: 4:07.64 2007 Halifax Grammar

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Rocky Lake J	A	4:43.45
2	West Bedford	A	4:48.89
3	Lockview Hig	A	4:33.23
4	Charles P. A	A	4:47.48
5	Citadel High	A	4:37.15
6	Dartmouth Hi	A	4:47.36
7	Halifax Gram	A	4:27.58
8	St. Agnes Ju	A	4:50.76



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Event 52 Boys 4x400 Meter Relay Intermediate**Thursday 2025-05-22 - 2:45 PM**

SSNS: 3:35.40 1984 Prince Andrew (hand)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Halifax Gram	A	3:56.88
2	Bicentennial	A	4:05.37
3	Auburn Drive	A	3:58.33
4	Woodlawn Hig	A	3:54.59
5	Bay View Hig	A	3:57.40
6	JL Ilsley Hi	A	3:51.70
7	Charles P. A	A	3:56.03
8	Lockview Hig	A	3:59.55

Event 53 Girls 4x400 Meter Relay Senior**Thursday 2025-05-22 - 2:45 PM**

SSNS: 4:01.53 2009 Park View

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Auburn Drive	A	4:45.03
2	Sacred Heart	A	5:04.38
3	Charles P. A	A	4:50.13
4	Dartmouth Hi	A	4:36.83
5	Bay View Hig	A	4:30.27
6	Lockview Hig	A	4:51.33
7	Citadel High	A	4:10.69
8			

Event 54 Boys 4x400 Meter Relay Senior**Thursday 2025-05-22 - 2:45 PM**

SSNS: 3:26.09 2014 CEC

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Lockview Hig	A	4:08.77
2	Millwood	A	4:06.65
3	Halifax West	A	3:36.01
4	Bay View Hig	A	3:50.34
5	Dartmouth Hi	A	3:50.80
6	Woodlawn Hig	A	4:03.32
7	Charles P. A	A	3:42.58
8	Armbrae Acad	A	3:51.86

Event 55 Girls Long Jump Junior**Thursday 2025-05-22 - 12:00 PM**

SSNS: 5.00m 2023-06-13 Myka Wilson

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	410 Kate Whitman	Georges P. V	4.03m
2	329 Lia Mosher	Ecole Mer et	3.96m
3	779 Olivia Thomson	St. Agnes Ju	3.96m
4	407 Rylan Soper	Georges P. V	3.77m
5	652 Olivia Ianni	Oxford Schoo	3.98m
6	319 Brielle Breau	Ecole du Car	4.07m
7	296 Aliyah Hoskin	Dartmouth So	4.03m
8	402 Avery MacKinnon	Georges P. V	3.73m
9	462 Michelle Mangiri	Halifax Gram	4.07m
10	342 Morgan Lee	Elizabeth Su	3.95m
11	651 Astrid Askheim	Oxford Schoo	4.06m
12	687 Chaewon Moon	Ridgecliff M	3.78m
13	408 Claire Trumble	Georges P. V	3.76m
14	156 Michelle Uduebor	Brookside Ju	3.93m
15	685 Reese Adams	Ridgecliff M	3.74m
16	33 Brooklyn Hatfield	Astral Drive	3.75m

Event 56 Boys Long Jump Junior**Wednesday 2025-05-21 - 12:00 PM**

SSNS: 5.79m 2012 David MacDonald

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	419 Marshall Potter	Georges P. V	4.37m
2	791 Linden Todd	St. Agnes Ju	5.26m
3	711 Kamji Emezie-Ejinima	Rocky Lake J	4.60m
4	690 Sun Choi	Ridgecliff M	4.76m
5	429 Ryland Norman	Gorsebrook J	4.34m
6	49 Xander Le Grange	Astral Drive	4.36m
7	483 Anderson Powers	Halifax Gram	4.32m
8	160 Jack McCarthy	Brookside Ju	4.57m
9	146 Glendon Smith-Thomj	Bicentennial	4.45m
10	56 Bryce Steele	Astral Drive	4.29m
11	475 Malcolm Fatokun	Halifax Gram	4.50m
12	377 Elijah Amore	Fairview Jun	4.78m
13	783 Oliver Adams	St. Agnes Ju	4.49m
14	766 Jovan Campbell	Sir Robert B	4.47m
15	134 Jackson Cho	Bedford Acad	4.31m
16	380 Duncan Ogilive	Fairview Jun	4.42m



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Event 57 Girls Long Jump Intermediate**Thursday 2025-05-22 - 10:00 AM**

SSNS: 5.32m 1973

Cecilia Branch

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	272 Teigan Long	Dartmouth Hi		4.23m
2	653 Ruby McCormack	Oxford Schoo		4.25m
3	591 Addison Labucki	Lockview Hig		4.40m
4	367 Lacey Hanley	Fairview Jun		4.24m
5	273 Molly MacDonald	Dartmouth Hi		4.15m
6	267 Brianna Hoskin	Dartmouth Hi		5.02m
7	139 Cassidy McFarlane	Bicentennial		4.85m
8	699 Payton Byrne	Rocky Lake J		4.07m
9	797 Anna Adara	West Bedford		4.33m
10	793 Alora Mabe	Summit Acade		3.98m
11	233 Emmy Mastnak	Citadel High		4.29m
12	182 Kennedy May	Charles P. A		4.43m
13	488 Abigail Gaudet	Halifax West		4.39m
14	794 Adison White	Summit Acade		3.98m
15	706 Violet Nam	Rocky Lake J		4.10m
16	59 Ainsley Egamino	Auburn Drive		4.09m

Event 58 Boys Long Jump Intermediate**Wednesday 2025-05-21 - 10:00 AM**

SSNS: 6.44m 1997

David Paxton

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	569 Macade Wright	JL Ilsley Hi		5.44m
2	192 Conor Gilcoyle	Charles P. A		5.24m
3	718 Rishon Pilgram	Rocky Lake J		4.99m
4	555 Alex Gyorfi	JL Ilsley Hi		5.01m
5	484 Narian Williams	Halifax Gram		5.48m
6	202 Emmett Mont	Charles P. A		5.08m
7	282 Josh Bent	Dartmouth Hi		5.34m
8	745 Rowan Pottic	Sackville Hi		5.08m
9	838 Ethan Obeng Nkrymal	Woodlawn Hig		5.05m
10	318 Devin Parker	Eastern Shor		5.13m
11	609 Oliver Murphy	Lockview Hig		4.92m
12	482 Eme Olusa	Halifax Gram		5.20m
13	512 Aaron Metzger	Halifax West		5.78m
14	120 Naem Kelly	Bay View Hig		5.29m
15	338 Lamar Gallant	Ecole second		5.85m
16	203 Henry Mont	Charles P. A		5.02m

Event 59 Girls Long Jump Senior**Thursday 2025-05-22 - 2:00 PM**

SSNS: 5.49m 2017-06-03 Denver Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	459 Vivian Johnson	Halifax Gram		ND
2	64 Lauryn Hatfield	Auburn Drive		4.15m
3	586 Sophie Daigle	Lockview Hig		4.48m
4	269 Skyla Kingston-Axiak	Dartmouth Hi		4.22m
5	63 Ailish Fowler	Auburn Drive		4.54m
6	817 Talia Downey-Gillie	Woodlawn Hig		3.65m
7	734 Zaila Benjamin	Sackville Hi		4.48m
8	100 Kara Boehm	Bay View Hig		3.84m
9	71 Marley McLellan	Auburn Drive		4.26m
10	813 Lana Cushing	Woodlawn Hig		4.09m
11	325 Ella Gallant	Ecole du Som		3.87m
12	588 Cate Gaudry	Lockview Hig		3.87m
13	501 Feyikemi Rotimi	Halifax West		4.28m
14	550 Rylee Tibbo	JL Ilsley Hi		4.00m
15	809 Jada Bonang	Woodlawn Hig		4.30m
16	7 Faye Bennekou	Armbrac Acad		3.45m
17	541 Katherine Craig	JL Ilsley Hi		3.53m

Event 60 Boys Long Jump Senior**Wednesday 2025-05-21 - 2:00 PM**

SSNS: 7.15m 1956

Dave Lucas

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	844 Sohit Tatisethi	Woodlawn Hig		ND
2	759 Liam Bent	Sacred Heart		ND
3	205 Nathan Mulholland	Charles P. A		5.08m
4	283 Davian Bonnick	Dartmouth Hi		5.75m
5	200 Keegan May	Charles P. A		5.94m
6	612 Tucker Potter	Lockview Hig		5.31m
7	28 Oliver Nadeau	Armbrac Acad		5.86m
8	511 Yosef Masry	Halifax West		5.29m
9	204 Leo Mont	Charles P. A		5.74m
10	453 Sam Mateos Gomez	Halifax Chri		5.38m
11	514 Caleb Myers	Halifax West		5.58m
12	129 Ayden Rondeau	Bay View Hig		5.88m
13	340 Owen Weigelin	Ecole second		5.34m
14	87 Wesley Neish	Auburn Drive		5.13m
15	280 David Babalola	Dartmouth Hi		6.45m
16	289 Maliq Robinson-Leve	Dartmouth Hi		5.43m
17	606 Eugene Legge	Lockview Hig		5.53m
18	125 Leo Mile	Bay View Hig		5.62m



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Event 61 Girls High Jump Junior**Wednesday 2025-05-21 - 10:00 AM**

SSNS: 1.63m 2004

Laura Maessen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	343 Violet McNeill	Elizabeth Su		1.35m
2	371 Michaela Salomon	Fairview Jun		1.40m
3	423 Annika Compton	Gorsebrook J		1.35m
4	404 Bella Miller	Georges P. V		1.30m
5	407 Rylan Soper	Georges P. V		1.35m
6	623 Caitlan Perry	Madeline Sym		1.40m
7	141 Zoe Muise	Bicentennial		1.35m
8	677 Arizona Sparks	Park West Sc		1.30m
9	31 Emme Chaisson	Astral Drive		1.35m
10	392 Scarlett Turner	Five Bridges		1.35m
11	251 Lucy Drover	Clayton Park		1.40m
12	408 Claire Trumble	Georges P. V		1.35m
13	779 Olivia Thomson	St. Agnes Ju		1.35m
14	386 Felicity Ferrier	Five Bridges		1.35m
15	410 Kate Whitman	Georges P. V		1.35m
16	781 Audrey Veinot	St. Agnes Ju		1.35m

Event 62 Boys High Jump Junior**Thursday 2025-05-22 - 12:00 PM**

SSNS: 1.77m 2004

Brandon Mallally

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	527 Elliot Patriquin	Highland Par		1.40m
2	731 Micah Pottle	Sackville He		1.35m
3	420 Cameron Searle	Georges P. V		1.40m
4	447 Emersen Lengema	Halifax Cent		1.40m
5	582 Landis Payne	Leslie Thoma		1.40m
6	321 Jackson Lefrank	Ecole du Car		1.45m
7	688 Abdul Adebayo	Ridgecliff M		1.50m
8	791 Linden Todd	St. Agnes Ju		1.45m
9	380 Duncan Ogilive	Fairview Jun		1.45m
10	682 Delight Maphosa	Park West Sc		1.45m
11	729 Nicholas Ifejiany	Sackville He		1.45m
12	697 Rynase Nkanyo	Rockingstone		1.45m
13	252 Charbel Kodaysi	Clayton Park		1.45m
14	417 Oliver Knowles	Georges P. V		1.45m
15	429 Ryland Norman	Gorsebrook J		1.40m
16	313 Lucas Dando	Eastern Shor		1.40m
17	299 Reid Ash	Dartmouth So		1.45m
18	56 Bryce Steele	Astral Drive		1.40m
19	683 Brody McMahan	Park West Sc		1.40m

Event 63 Girls High Jump Intermediate**Wednesday 2025-05-21 - 12:00 PM**

SSNS: 1.72m 1986

Tracey Loke

Ties: 1.72m 1986

Natalie Munroe

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	653 Ruby McCormack	Oxford Schoo		1.25m
2	36 Lily McGrath	Astral Drive		1.25m
3	772 Olivia Hernandez-Jen	St. Agnes Ju		1.20m
4	11 Deandra Gibson	Armbrae Acad		1.20m
5	278 Tori Rendell	Dartmouth Hi		1.40m
6	458 Zoe Hunter	Halifax Gram		1.25m
7	596 Claire McKim	Lockview Hig		1.30m
8	800 Lily Jodrey	West Bedford		1.35m
9	14 Peyton Phillips	Armbrae Acad		1.35m
10	276 Phoebe Murphy	Dartmouth Hi		1.20m
11	793 Alora Mabe	Summit Acade		1.43m
12	67 Giana Lozier	Auburn Drive		1.46m
13	674 Marissa Drane	Park West Sc		1.30m
14	802 Gemma Jupp	West Bedford		1.43m
15	182 Kennedy May	Charles P. A		1.43m
16	595 Ava Manley	Lockview Hig		1.30m

Event 64 Boys High Jump Intermediate**Thursday 2025-05-22 - 2:00 PM**

SSNS: 1.95m 1988

Charles MacKay

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	162 Pierce Northrup	Brookside Ju		1.50m
2	18 Kale Brown	Armbrae Acad		1.60m
3	209 Daniel Samssadi	Charles P. A		1.50m
4	206 Ini Ogunlaiye	Charles P. A		1.50m
5	88 Kyle Oliver	Auburn Drive		1.45m
6	528 Hayden Theriault	Highland Par		1.55m
7	114 Quinn Campbell	Bay View Hig		1.55m
8	210 Folajimi Shodunke	Charles P. A		1.55m
9	560 Will Mestdagh	JL Ilsley Hi		1.50m
10	562 Lauchlan Peters	JL Ilsley Hi		1.50m
11	336 Daniel A'Court	Ecole second		1.55m
12	282 Josh Bent	Dartmouth Hi		1.65m
13	689 Sammy Arowojolu	Ridgecliff M		1.65m
14	26 DJ MacLean	Armbrae Acad		1.65m
15	554 Darian Fukala	JL Ilsley Hi		1.70m
16	393 Ewan Gillis	Five Bridges		1.60m



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Event 65 Girls High Jump Senior**Wednesday 2025-05-21 - 2:00 PM**SSNS: 1.81m 2023-06-12 **Jennessa Wolfe**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	551 Sonja Watkentin	JL Ilsley Hi	1.15m
2	588 Cate Gaudry	Lockview Hig	1.15m
3	548 Dami Nasser	JL Ilsley Hi	1.15m
4	71 Marley McLellan	Auburn Drive	1.35m
5	540 Daniela Attedjro	JL Ilsley Hi	1.25m
6	236 Mackenzie Rutherford	Citadel High	1.35m
7	633 Maddy Dyer	Millwood	1.20m
8	57 Alena Collens	Auburn Drive	1.30m
9	9 Natalia Colley	Armbrae Acad	1.25m
10	275 Olivia Murphy	Dartmouth Hi	1.35m
11	459 Vivian Johnson	Halifax Gram	1.55m
12	225 Deja Hooper-Dixon	Citadel High	1.40m
13	101 Olivia Cameron	Bay View Hig	1.30m
14			
15			
16			

Event 66 Boys High Jump Senior**Thursday 2025-05-22 - 10:00 AM**SSNS: 2.06m 1981 **Tim Wrigley**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	844 Sohit Tatisethi	Woodlawn Hig	NH
2	513 Ethan Metzger	Halifax West	NH
3	481 Sam Oluju	Halifax Gram	NH
4	514 Caleb Myers	Halifax West	1.65m
5	340 Owen Weigelin	Ecole second	1.65m
6	831 Jacob Drane	Woodlawn Hig	1.55m
7	508 John Lumaguey	Halifax West	1.60m
8	207 Henrik Oster	Charles P. A	1.60m
9	123 Jonah Macdonald	Bay View Hig	1.65m
10	535 Aiden MacLean	Island View	1.60m
11	119 Donovan Jay	Bay View Hig	1.65m
12	87 Wesley Neish	Auburn Drive	1.75m
13	84 Deshaun Kelly	Auburn Drive	1.60m
14	95 Omyo Thomas	Auburn Drive	1.65m
15	478 King He	Halifax Gram	1.65m
16	326 Noah Denis	Ecole du Som	1.70m

Event 67 Girls Triple Jump Junior**Wednesday 2025-05-21 - 2:00 PM**SSNS: 11.00m 2016-06-03 **Sierra Sweeney**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	777 Anna Parafianowicz	St. Agnes Ju	8.29m
2	700 Carlie Dickson	Rocky Lake J	8.07m
3	365 Natalie Debaie	Fairview Jun	7.97m
4	342 Morgan Lee	Elizabeth Su	8.22m
5	675 Alex Fraser	Park West Sc	7.98m
6	403 Nadja McQueen	Georges P. V	8.16m
7	778 Sam Terrio	St. Agnes Ju	9.22m
8	727 Sophie Robichaud	Sackville He	8.11m
9	31 Emme Chaisson	Astral Drive	8.58m
10	343 Violet McNeill	Elizabeth Su	7.82m
11	619 Makenna Cameron	Madeline Sym	8.09m
12	408 Claire Trumble	Georges P. V	8.49m
13	34 Katelyn Matthews	Astral Drive	8.67m
14	676 Ashlyn Kendall	Park West Sc	7.87m
15	373 Marley Sandford	Fairview Jun	8.38m
16	40 Annika Wilkin	Astral Drive	8.04m

Event 68 Boys Triple Jump Junior**Thursday 2025-05-22 - 10:00 AM**SSNS: 12.03m 2012 **Kaelan Schmidt**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	680 Frank Chen	Park West Sc	8.94m
2	729 Nicholas Ifejanyi	Sackville He	8.99m
3	732 Aiden Vaughan	Sackville He	9.09m
4	790 Isaiah Mosher	St. Agnes Ju	8.28m
5	688 Abdul Adebayo	Ridgecliff M	8.62m
6	380 Duncan Ogilvie	Fairview Jun	9.10m
7	44 Josh Greer	Astral Drive	8.61m
8	302 Leroy Crowe	East Coast V	9.20m
9	377 Elijah Amore	Fairview Jun	8.50m
10	783 Oliver Adams	St. Agnes Ju	8.51m
11	56 Bryce Steele	Astral Drive	10.03m
12	681 Karim Hamo	Park West Sc	9.23m
13	791 Linden Todd	St. Agnes Ju	10.26m
14	733 Ian Wilde	Sackville He	9.39m
15	419 Marshall Potter	Georges P. V	10.01m
16	50 Zaiden Leslie	Astral Drive	9.00m



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Event 69 Girls Triple Jump Intermediate**Wednesday 2025-05-21 - 10:00 AM**

SSNS: 11.19m 2016-06-03 Gabrielle Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	308 Rylee Lewis	Eastern Shor	7.60m	_____
2	797 Anna Adara	West Bedford	9.36m	_____
3	488 Abigail Gaudet	Halifax West	8.64m	_____
4	36 Lily McGrath	Astral Drive	9.18m	_____
5	591 Addison Labucki	Lockview Hig	9.61m	_____
6	109 Amelia Seymour	Bay View Hig	7.91m	_____
7	265 Peyton Crowe	Dartmouth Hi	9.26m	_____
8	653 Ruby McCormack	Oxford Schoo	9.19m	_____
9	706 Violet Nam	Rocky Lake J	8.82m	_____
10	139 Cassidy McFarlane	Bicentennial	9.10m	_____
11	367 Lacey Hanley	Fairview Jun	9.12m	_____
12	233 Emmy Mastnak	Citadel High	9.61m	_____
13	39 Macie Sheppard	Astral Drive	8.18m	_____
14	757 Isobel Schrader	Sacred Heart	9.05m	_____
15	458 Zoe Hunter	Halifax Gram	8.65m	_____
16	801 MaËlle Jodrey	West Bedford	7.83m	_____

Event 70 Boys Triple Jump Intermediate**Thursday 2025-05-22 - 12:00 PM**

SSNS: 13.82m 1986 Mike Arodugba

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	718 Rishon Pilgram	Rocky Lake J	10.27m	_____
2	203 Henry Mont	Charles P. A	10.73m	_____
3	645 Simeon Drew	Millwood	10.06m	_____
4	381 Rire Olewole	Fairview Jun	9.65m	_____
5	30 Fin Sangster	Armbrac Acad	11.20m	_____
6	202 Emmett Mont	Charles P. A	10.87m	_____
7	710 Raphael Choi	Rocky Lake J	10.24m	_____
8	376 Natty Abreha	Fairview Jun	10.51m	_____
9	838 Ethan Obeng Nkrymal	Woodlawn Hig	11.63m	_____
10	382 Caleb Postmaa	Fairview Jun	10.35m	_____
11	512 Aaron Metzger	Halifax West	12.32m	_____
12	120 Naeem Kelly	Bay View Hig	11.40m	_____
13	17 Clark Brine	Armbrac Acad	10.31m	_____
14	53 Colby O'Shaughnessy	Astral Drive	10.60m	_____
15	472 Kashton Armstrong	Halifax Gram	10.20m	_____
16	192 Conor Gilcoyle	Charles P. A	11.55m	_____

Event 71 Girls Triple Jump Senior**Wednesday 2025-05-21 - 12:00 PM**

SSNS: 11.71m 2018-06-01 Gabrielle Fraser

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	818 Christina Ezugworie A	Woodlawn Hig	5.99m	_____
2	822 Maya Jamieson	Woodlawn Hig	6.54m	_____
3	808 Chidimma Akunyili	Woodlawn Hig	6.67m	_____
4	71 Marley McLellan	Auburn Drive	9.22m	_____
5	237 Nasiya Stephenson	Citadel High	6.91m	_____
6	586 Sophie Daigle	Lockview Hig	9.55m	_____
7	640 Katheryn MacEachern	Millwood	8.30m	_____
8	217 Julia Berry	Citadel High	6.85m	_____
9	494 Ava MacNutt	Halifax West	9.10m	_____
10	72 Addie Miller	Auburn Drive	9.17m	_____
11	459 Vivian Johnson	Halifax Gram	10.40m	_____
12	501 Feyikemi Rotimi	Halifax West	9.63m	_____
13	588 Cate Gaudry	Lockview Hig	10.03m	_____
14	734 Zaila Benjamin	Sackville Hi	10.90m	_____
15	63 Ailish Fowler	Auburn Drive	10.10m	_____
16				_____

Event 72 Boys Triple Jump Senior**Thursday 2025-05-22 - 2:00 PM**

SSNS: 14.25m 1964 Howie Jackson

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	844 Sohit Tatisethi	Woodlawn Hig	ND	_____
2	21 Hudson Curry	Armbrac Acad	9.19m	_____
3	16 Jaylen Berglund-Simmc	Armbrac Acad	8.10m	_____
4	646 Jessie Lord	Millwood	10.49m	_____
5	510 Robert Martin	Halifax West	11.79m	_____
6	649 Victorien Oliver	Millwood	10.62m	_____
7	28 Oliver Nadeau	Armbrac Acad	10.62m	_____
8	190 Finn Bootland	Charles P. A	11.53m	_____
9	280 David Babalola	Dartmouth Hi	12.56m	_____
10	204 Leo Mont	Charles P. A	11.64m	_____
11	95 Omyo Thomas	Auburn Drive	10.30m	_____
12	129 Ayden Rondeau	Bay View Hig	11.47m	_____
13	188 Caleb Anderson	Charles P. A	11.27m	_____
14	200 Keegan May	Charles P. A	12.54m	_____
15				_____
16				_____

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22
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Event 73 Girls Shot Put 3kg Junior**Thursday 2025-05-22 - 10:00 AM**

SSNS: 11.58m 2010

Taylor Stutley

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	368 Isla Hopkins	Fairview Jun	7.56m	_____
2	525 Dean Harris	Highland Par	7.84m	_____
3	618 Emma Bayer	Madeline Sym	7.82m	_____
4	694 Tenzil Musa	Rockingstone	7.87m	_____
5	668 Kyla Boutilier	Oyster Pond	8.04m	_____
6	34 Katelyn Matthews	Astral Drive	7.78m	_____
7	724 Arabella Ings	Sackville He	8.10m	_____
8	309 Delaney MacKenzie	Eastern Shor	7.94m	_____
9	370 Daisy Roberts	Fairview Jun	7.82m	_____
10	576 Lilly Landry	Leslie Thoma	7.12m	_____
11	164 Julia Campbell	Caledonia Ju	7.62m	_____
12	369 Johanna Lobban	Fairview Jun	7.87m	_____
13	695 Zipporah Torres-Crool	Rockingstone	8.12m	_____
14	798 Sarah Adara	West Bedford	7.20m	_____
15	462 Michelle Mangiri	Halifax Gram	7.84m	_____
16	38 Alexa Quillan	Astral Drive	7.52m	_____

Event 74 Boys Shot Put 4kg Junior**Wednesday 2025-05-21 - 10:00 AM**

SSNS: 14.37m 2016-06-03 Logan Taylor

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	787 Malachi Campbell-Ste	St. Agnes Ju	9.06m	_____
2	625 Breton Durdle	Madeline Sym	9.34m	_____
3	395 Odin Myrick	Five Bridges	9.40m	_____
4	673 Michael Julian	Oyster Pond	9.44m	_____
5	331 Hichem Hamdidouche	Ecole Mer et	8.66m	_____
6	415 Nick Johnson	Georges P. V	9.92m	_____
7	350 David Amechi-Ogbun	Ellenvale Ju	8.74m	_____
8	346 Tim Shevchenko	Elizabeth Su	8.67m	_____
9	333 Jack Tanner	Ecole Mer et	8.65m	_____
10	448 John Park	Halifax Cent	9.25m	_____
11	317 Caden Mitchell	Eastern Shor	8.84m	_____
12	254 Samuel Wang	Clayton Park	9.44m	_____
13	731 Micah Pottle	Sackville He	8.92m	_____
14	49 Xander Le Grange	Astral Drive	8.86m	_____
15	526 Lennox Francis	Highland Par	10.46m	_____
16	807 Logan Amero	West Bedford	10.06m	_____

Event 75 Girls Shot Put 4kg Intermediate**Thursday 2025-05-22 - 2:00 PM**

SSNS: 12.98m 2009

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	138 Charlotte Green	Bicentennial	6.67m	_____
2	181 Brynn Martin	Charles P. A	7.50m	_____
3	671 Rlynnne Smith	Oyster Pond	7.14m	_____
4	630 Abby Arbuckle	Millwood	7.16m	_____
5	176 Emma Holder	Charles P. A	7.18m	_____
6	529 Piper Anderson	Island View	7.56m	_____
7	389 Jamie MacGregor	Five Bridges	7.30m	_____
8	755 Desintee Mata	Sacred Heart	7.59m	_____
9	466 Joy Nwachukwu	Halifax Gram	8.43m	_____
10	819 Meaghan Ferguson	Woodlawn Hig	6.87m	_____
11	488 Abigail Gaudet	Halifax West	8.05m	_____
12	436 Kelcey Sparks	Graham Creig	7.05m	_____
13	587 Paityn Fownes	Lockview Hig	8.28m	_____
14	366 Gracie Downing	Fairview Jun	7.79m	_____
15	300 Zoe Fischer	East Coast V	6.67m	_____
16	14 Peyton Phillips	Armbrae Acad	7.97m	_____
17	461 Malaya Leger	Halifax Gram	8.81m	_____

Event 76 Boys Shot Put 5kg Intermediate**Wednesday 2025-05-21 - 2:00 PM**

SSNS: 14.88m 2016-06-03 Cameron Whynot

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	474 Coulton Downey	Halifax Gram	9.53m	_____
2	240 Kyriakos Christensen	Citadel High	9.39m	_____
3	553 Xavier Desmond	JL Ilsley Hi	8.59m	_____
4	678 Mohannad Al Jaber	Park West Sc	8.94m	_____
5	364 Rush Warren	Eric Graves	8.45m	_____
6	608 Andrew McArthy	Lockview Hig	8.39m	_____
7	212 Keaton Synishin	Charles P. A	8.30m	_____
8	767 Brayden Crawford	Sir Robert B	8.48m	_____
9	834 Markus Harrison	Woodlawn Hig	8.55m	_____
10	744 Damon McDowell	Sackville Hi	9.17m	_____
11	41 Brayden Cound	Astral Drive	8.21m	_____
12	191 Nick Clarke	Charles P. A	11.37m	_____
13	709 Elija Calder	Rocky Lake J	8.50m	_____
14	506 Niko Katsihtis	Halifax West	13.07m	_____
15	792 Aidan Van Wart	St. Agnes Ju	8.75m	_____
16	54 Ethan Parsons	Astral Drive	9.76m	_____

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Event 77 Girls Shot Put 4kg Senior**Thursday 2025-05-22 - 12:00 PM**

SSNS: 13.26m 2010

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	489 Zlata Honchur	Halifax West	ND	_____
2	101 Olivia Cameron	Bay View Hig	6.18m	_____
3	588 Cate Gaudry	Lockview Hig	8.62m	_____
4	104 Claire Gibbs	Bay View Hig	6.90m	_____
5	548 Dami Nasser	JL Ilsley Hi	8.43m	_____
6	590 Cicely Harnum	Lockview Hig	7.04m	_____
7	754 Jaden MacArthur	Sacred Heart	6.82m	_____
8	632 Violet Coffin	Millwood	8.66m	_____
9	277 Ruth O'Reagan	Dartmouth Hi	8.12m	_____
10	501 Feyikemi Rotimi	Halifax West	8.76m	_____
11	263 Mya Bonang	Dartmouth Hi	7.29m	_____
12	225 Deja Hooper-Dixon	Citadel High	7.45m	_____
13	180 Finlay Macpherson	Charles P. A	7.66m	_____
14	542 Joelle Gray	JL Ilsley Hi	6.46m	_____
15	72 Addie Miller	Auburn Drive	7.24m	_____
16	817 Talia Downey-Gillie	Woodlawn Hig	6.86m	_____
17	185 Sidney Thompson	Charles P. A	6.54m	_____

Event 78 Boys Shot Put 6kg Senior**Wednesday 2025-05-21 - 12:00 PM**

SSNS: 16.17m 2012

Peter Millman

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	604 Cole Howell	Lockview Hig	ND	_____
2	94 Sydney Stonehouse	Auburn Drive	ND	_____
3	214 Connor Watt	Charles P. A	9.20m	_____
4	450 Jackson Fraser	Halifax Chri	7.97m	_____
5	613 Jack Robichaud	Lockview Hig	9.52m	_____
6	116 Noah Giffin	Bay View Hig	9.84m	_____
7	288 Neil Rissesco	Dartmouth Hi	7.11m	_____
8	113 Jack Britton	Bay View Hig	9.60m	_____
9	312 Rylan Bent	Eastern Shor	9.30m	_____
10	451 Elliott Herod	Halifax Chri	7.97m	_____
11	119 Donovan Jay	Bay View Hig	10.20m	_____
12	556 Omar Khalaf	JL Ilsley Hi	9.69m	_____
13	455 Ajijolaoluwa Ogunbos	Halifax Chri	7.44m	_____
14	285 Connell Higgins	Dartmouth Hi	8.90m	_____
15	742 Joel Dickinson	Sackville Hi	9.94m	_____
16	567 Rakan Turkmani	JL Ilsley Hi	8.78m	_____
17	650 Noah Tovell	Millwood	9.12m	_____
18	294 Sam Williams	Dartmouth Hi	11.83m	_____

Event 79 Girls Discus Throw 0.75kg Junior**Wednesday 2025-05-21 - 12:00 PM**

SSNS: 30.77m 2024-05-31 Belle Pierrard

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	369 Johanna Lobban	Fairview Jun	19.35m	_____
2	320 Agathe Tremblay	Ecole du Car	18.85m	_____
3	724 Arabella Ings	Sackville He	21.36m	_____
4	443 Sophie Fisher	Halifax Cent	17.66m	_____
5	668 Kyla Boutilier	Oyster Pond	28.33m	_____
6	725 Hannah Miller	Sackville He	20.31m	_____
7	1 Aralynn buckley-McEacl	A.J. Smeltze	20.20m	_____
8	341 Aiva Brown	Elizabeth Su	19.22m	_____
9	618 Emma Bayer	Madeline Sym	21.43m	_____
10	525 Dean Harris	Highland Par	21.04m	_____
11	309 Delaney MacKenzie	Eastern Shor	24.07m	_____
12	434 Piper McDonald	Graham Creig	21.68m	_____
13	462 Michelle Mangiri	Halifax Gram	19.64m	_____
14	298 Sadie Maclachlan	Dartmouth So	17.25m	_____
15	398 Allyssa Ivany	Georges P. V	20.09m	_____
16	368 Isla Hopkins	Fairview Jun	18.66m	_____

Event 80 Boys Discus Throw 1kg Junior**Thursday 2025-05-22 - 2:00 PM**

SSNS: 46.76m 2022-06-04 Max Minihan

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	731 Micah Pottle	Sackville He	22.88m	_____
2	578 Grayson Benoit	Leslie Thoma	25.68m	_____
3	448 John Park	Halifax Cent	22.71m	_____
4	688 Abdul Adebayo	Ridgecliff M	25.69m	_____
5	253 Leo Roberts	Clayton Park	24.65m	_____
6	351 Favour Bamidele	Ellenvale Ju	22.57m	_____
7	163 Desmond Secord	Brookside Ju	22.33m	_____
8	432 Tayden Yeh	Gorsebrook J	23.98m	_____
9	625 Breton Durdle	Madeline Sym	22.38m	_____
10	486 Jaye Yuan	Halifax Gram	22.74m	_____
11	769 Xavier Machielsen-Wi	Sir Robert B	20.76m	_____
12	807 Logan Amero	West Bedford	28.45m	_____
13	145 Xander MacGregor	Bicentennial	24.54m	_____
14	526 Lennox Francis	Highland Par	29.69m	_____
15	395 Odin Myrick	Five Bridges	26.65m	_____
16	299 Reid Ash	Dartmouth So	22.71m	_____

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Event 81 Girls Discus Throw 1kg Intermediate**Wednesday 2025-05-21 - 2:00 PM**

SSNS: 39.15m 2012

Sarah Colborne

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	176 Emma Holder	Charles P. A	20.10m	_____
2	166 Azeetat Oyinlola	Caledonia Ju	18.44m	_____
3	737 Isabelle Pickup	Sackville Hi	21.26m	_____
4	488 Abigail Gaudet	Halifax West	25.01m	_____
5	181 Brynn Martin	Charles P. A	20.18m	_____
6	138 Charlotte Green	Bicentennial	18.73m	_____
7	458 Zoe Hunter	Halifax Gram	19.66m	_____
8	109 Amelia Seymour	Bay View Hig	23.66m	_____
9	389 Jamie MacGregor	Five Bridges	19.85m	_____
10	461 Malaya Leger	Halifax Gram	18.54m	_____
11	587 Paityn Fownes	Lockview Hig	20.86m	_____
12	755 Desintee Mata	Sacred Heart	19.83m	_____
13	68 Isabelle Lukenda	Auburn Drive	24.89m	_____
14	671 Rylayne Smith	Oyster Pond	23.46m	_____
15	366 Gracie Downing	Fairview Jun	19.22m	_____
16	218 Aesha Chege	Citadel High	19.73m	_____

Event 82 Boys Discus Throw 1.5kg Intermediate**Thursday 2025-05-22 - 10:00 AM**

SSNS: 44.65m 2024-06-01 Max Minihan

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	716 Levi Macdonald	Rocky Lake J	22.20m	_____
2	364 Rush Warren	Eric Graves	22.80m	_____
3	143 Adam Jarrett	Bicentennial	23.70m	_____
4	209 Daniel Samssadi	Charles P. A	22.83m	_____
5	608 Andrew McArthy	Lockview Hig	23.17m	_____
6	506 Niko Katsihtis	Halifax West	35.16m	_____
7	441 Aaron Rose	Graham Creig	24.03m	_____
8	363 Harley Reid	Eric Graves	21.81m	_____
9	644 Owen Carpenter	Millwood	22.11m	_____
10	245 Taidg Molloy-Reilly	Citadel High	23.48m	_____
11	360 Jace Haggerty	Eric Graves	26.87m	_____
12	316 Gavin MacKenzie	Eastern Shor	22.94m	_____
13	561 Ibrahim Msabaha	JL Ilsley Hi	23.47m	_____
14	191 Nick Clarke	Charles P. A	24.29m	_____
15	201 Prem Mistry	Charles P. A	22.87m	_____
16	445 Daniel Chisholm	Halifax Cent	24.58m	_____

Event 83 Girls Discus Throw 1kg Senior**Wednesday 2025-05-21 - 10:00 AM**

SSNS: 41.92m 2012

Kayla Gallagher

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	590 Cicely Harnum	Lockview Hig	ND	_____
2	489 Zlata Honchur	Halifax West	ND	_____
3	105 Chloe Huggins	Bay View Hig	16.29m	_____
4	104 Claire Gibbs	Bay View Hig	17.09m	_____
5	185 Sidney Thompson	Charles P. A	18.39m	_____
6	9 Natalia Colley	Armbrae Acad	17.03m	_____
7	597 Reese Quist	Lockview Hig	17.56m	_____
8	632 Violet Coffin	Millwood	20.62m	_____
9	180 Finlay Macpherson	Charles P. A	16.79m	_____
10	635 Quinn Groomsbridge	Millwood	14.08m	_____
11	753 Olivia Hunter	Sacred Heart	22.60m	_____
12	548 Dami Nasser	JL Ilsley Hi	19.82m	_____
13	501 Feyikemi Rotimi	Halifax West	24.82m	_____
14	277 Ruth O'Reagan	Dartmouth Hi	22.97m	_____
15	263 Mya Bonang	Dartmouth Hi	16.68m	_____
16	543 Cadence Holt	JL Ilsley Hi	19.84m	_____
17				_____

Event 84 Boys Discus Throw 1.75kg Senior**Thursday 2025-05-22 - 12:00 PM**

SSNS: 49.76m 2012

Peter Millman

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	453 Sam Mateos Gomez	Halifax Chri	11.13m	_____
2	94 Sydney Stonehouse	Auburn Drive	22.02m	_____
3	121 Quinn Little	Bay View Hig	27.86m	_____
4	93 Colby Steele	Auburn Drive	21.93m	_____
5	454 Michael Obudu	Halifax Chri	16.90m	_____
6	312 Rylan Bent	Eastern Shor	25.20m	_____
7	90 Jaden Phinney	Auburn Drive	22.80m	_____
8	250 Luke Young	Citadel High	24.31m	_____
9	451 Elliott Herod	Halifax Chri	21.34m	_____
10	116 Noah Giffin	Bay View Hig	23.64m	_____
11	452 Jack Hull	Halifax Chri	19.69m	_____
12	509 Atharv Mahajan	Halifax West	16.09m	_____
13	113 Jack Britton	Bay View Hig	22.91m	_____
14	613 Jack Robichaud	Lockview Hig	22.77m	_____
15				_____
16				_____



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Event 85 Girls Javelin Throw 400g Junior**Thursday 2025-05-22 - 2:00 PM**

SSNS: 37.38m 1999

Katherine Markusson

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	654 Joy Monaghan	Oxford Schoo	18.58m	_____
2	770 Saron Ermias	St. Agnes Ju	19.96m	_____
3	3 Evelyn Kelly	A.J. Smeltze	17.58m	_____
4	148 Erin Buchan	Brookside Ju	19.63m	_____
5	154 Finlay Northrup	Brookside Ju	19.81m	_____
6	668 Kyla Boutilier	Oyster Pond	17.74m	_____
7	405 Joss Moran	Georges P. V	21.27m	_____
8	774 Molly McGrath	St. Agnes Ju	20.09m	_____
9	462 Michelle Mangiri	Halifax Gram	18.58m	_____
10	298 Sadie Maclachlan	Dartmouth So	20.63m	_____
11	149 Phebe Chandler	Brookside Ju	18.96m	_____
12	1 Aralynn buckley-McEacl	A.J. Smeltze	20.69m	_____
13	694 Tenzil Musa	Rockingstone	22.75m	_____
14	444 Chloe MacNeil	Halifax Cent	18.84m	_____
15	295 Evie Best	Dartmouth So	25.35m	_____
16	525 Dean Harris	Highland Par	31.07m	_____
17	618 Emma Bayer	Madeline Sym	23.65m	_____

Event 91 Boys Javelin Throw 600g Junior**Wednesday 2025-05-21 - 2:00 PM**

SSNS: 45.48m 2015

Michael Adams

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	145 Xander MacGregor	Bicentennial	27.55m	_____
2	788 Jesse Lazzaratto	St. Agnes Ju	22.42m	_____
3	378 Jasper Macauley	Fairview Jun	27.52m	_____
4	583 Domenic Redmond	Leslie Thoma	20.65m	_____
5	303 Lucas Rent	East Coast V	23.29m	_____
6	486 Jaye Yuan	Halifax Gram	30.51m	_____
7	672 Aidan Aaboe	Oyster Pond	22.90m	_____
8	581 Kai Macdonald	Leslie Thoma	21.32m	_____
9	299 Reid Ash	Dartmouth So	24.20m	_____
10	679 Sidhant Bhatia	Park West Sc	22.29m	_____
11	42 Thane Day	Astral Drive	23.09m	_____
12	629 Austin Stevens	Madeline Sym	21.30m	_____
13	731 Micah Pottle	Sackville He	30.31m	_____
14	49 Xander Le Grange	Astral Drive	22.79m	_____
15	579 Leo Jiang	Leslie Thoma	25.71m	_____
16	448 John Park	Halifax Cent	31.25m	_____

Event 97 Girls Javelin Throw 500g Intermediate**Thursday 2025-05-22 - 12:00 PM**

SSNS: 41.73m 2016-06-04 Madelyn Quinn

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	776 Ellie Panopolis	St. Agnes Ju	23.70m	_____
2	737 Isabelle Pickup	Sackville Hi	25.53m	_____
3	552 Madisyn Wile	JL Ilsley Hi	25.09m	_____
4	181 Brynn Martin	Charles P. A	26.08m	_____
5	704 Sophie Lin	Rocky Lake J	23.89m	_____
6	226 Erin Hope	Citadel High	20.94m	_____
7	814 Riley Cutcliffe	Woodlawn Hig	25.97m	_____
8	587 Paityn Fownes	Lockview Hig	25.11m	_____
9	670 Abigale Fahie	Oyster Pond	22.18m	_____
10	366 Gracie Downing	Fairview Jun	20.38m	_____
11	388 Vicki Jean	Five Bridges	23.50m	_____
12	266 Emily Harding	Dartmouth Hi	22.58m	_____
13	35 Lexi McCutcheon	Astral Drive	22.60m	_____
14	488 Abigail Gaudet	Halifax West	21.94m	_____
15	815 Rowan Cutcliffe	Woodlawn Hig	20.89m	_____
16	311 Emily Sinclair-White	Eastern Shor	26.09m	_____

Event 103 Boys Javelin Throw 700g Intermediate**Wednesday 2025-05-21 - 12:00 PM**

SSNS: 54.19m 2019-05-31 Noah Berniquer

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	162 Pierce Northrup	Brookside Ju	33.51m	_____
2	437 Devayo Dorsett	Graham Creig	32.55m	_____
3	195 Duncan Isbister	Charles P. A	30.59m	_____
4	26 DJ MacLean	Armbrae Acad	24.94m	_____
5	327 Beni Kamana	Ecole du Som	30.35m	_____
6	240 Kyriakos Christensen	Citadel High	25.18m	_____
7	81 Josh Dennison	Auburn Drive	30.59m	_____
8	717 Milo Noble	Rocky Lake J	31.86m	_____
9	561 Ibrahim Msabaha	JL Ilsley Hi	26.09m	_____
10	507 Abhinav Kumar	Halifax West	27.46m	_____
11	157 Austin Briggs	Brookside Ju	35.72m	_____
12	318 Devin Parker	Eastern Shor	31.81m	_____
13	143 Adam Jarrett	Bicentennial	33.13m	_____
14	428 Henry Anderson	Gorsebrook J	26.95m	_____
15	474 Coulton Downey	Halifax Gram	33.21m	_____
16	473 Adam Deans	Halifax Gram	24.69m	_____



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22
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Event 109 Girls Javelin Throw 600g Senior**Thursday 2025-05-22 - 10:00 AM**

SSNS: 44.20m 2010

Chelsea Whalen

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	489 Zlata Honchur	Halifax West	ND	_____
2	548 Dami Nasser	JL Ilsley Hi	15.92m	_____
3	324 Elayna Brooks	Ecole du Som	28.60m	_____
4	495 Julia McInnis`	Halifax West	23.62m	_____
5	632 Violet Coffin	Millwood	19.32m	_____
6	310 Aerianna Sanderson	Eastern Shor	19.79m	_____
7	227 Jillian Hope	Citadel High	20.28m	_____
8	824 Stephanie Maristela	Woodlawn Hig	19.16m	_____
9	584 Gabby Allen	Lockview Hig	16.74m	_____
10	110 Emily Webster	Bay View Hig	17.23m	_____
11	542 Joelle Gray	JL Ilsley Hi	19.73m	_____
12	73 Alyssah Perkins	Auburn Drive	20.98m	_____
13	71 Marley McLellan	Auburn Drive	18.38m	_____
14	225 Deja Hooper-Dixon	Citadel High	21.97m	_____
15	821 Chisara Ivoko	Woodlawn Hig	18.06m	_____
16	277 Ruth O'Reagan	Dartmouth Hi	21.32m	_____
17	590 Cicely Harnum	Lockview Hig	21.69m	_____

Event 115 Boys Javelin Throw 800g Senior**Wednesday 2025-05-21 - 10:00 AM**

SSNS: 61.64m 2005

Adam Wolkins

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	94 Sydney Stonehouse	Auburn Drive	ND	_____
2	604 Cole Howell	Lockview Hig	ND	_____
3	124 Dawson MacNeil	Bay View Hig	ND	_____
4	485 Josh Wu	Halifax Gram	26.82m	_____
5	613 Jack Robichaud	Lockview Hig	31.18m	_____
6	740 Noah Baird	Sackville Hi	36.80m	_____
7	196 William Jennings	Charles P. A	29.54m	_____
8	478 King He	Halifax Gram	25.88m	_____
9	286 Tremelle Kennedy-Co	Dartmouth Hi	27.90m	_____
10	503 Ryan Brown	Halifax West	23.92m	_____
11	556 Omar Khalaf	JL Ilsley Hi	30.65m	_____
12	214 Connor Watt	Charles P. A	34.10m	_____
13	284 D'Ontay Fraser	Dartmouth Hi	26.73m	_____
14	312 Rylan Bent	Eastern Shor	36.36m	_____
15	534 Ransom Doucet	Island View	30.30m	_____
16	90 Jaden Phinney	Auburn Drive	33.43m	_____
17	250 Luke Young	Citadel High	40.26m	_____
18	213 Mac Taylor	Charles P. A	31.81m	_____
19	559 Nick MacPhee	JL Ilsley Hi	23.60m	_____

Event 120 Girls 100 Meter Dash Supported Junior**Wednesday 2025-05-21 - 10:30 AM**

Lane	Name	School	Seed	Time
Section 1 of 2 Finals				
1	545 Chloe Kennedy	JL Ilsley Hi	46.56	_____
2	391 Olivia Power	Five Bridges	33.92	_____
3	538 Mako Abdullahi-Huss	JL Ilsley Hi	35.60	_____
4	396 Claire Fahey	Georges P. V	22.23	_____
5	780 Sahar Tofan Ataye	St. Agnes Ju	28.71	_____
6	726 Ava Purdy	Sackville He	23.77	_____
7	358 Keira Ternan	Eric Graves	32.55	_____
8				_____
Section 2 of 2 Finals				
1	347 Rylynn Best	Ellenvale Ju	28.43	_____
2	762 Ember Seguin	Sir Robert B	17.31	_____
3	356 Chloe McKay	Eric Graves	24.18	_____
4	167 Cylvia Wainright Tayl	Caledonia Ju	16.88	_____
5	165 Day'jah Macdonald	Caledonia Ju	23.28	_____
6	409 Cassandra While	Georges P. V	17.07	_____
7	522 Gabby Smith	Harold T. Ba	17.96	_____
8	530 Zoey Benett	Island View	15.78	_____

Event 121 Boys 100 Meter Dash Supported Junior**Wednesday 2025-05-21 - 10:30 AM**

Lane	Name	School	Seed	Time
Section 1 of 2 Finals				
1	439 Grayson Foley	Graham Creig	15.99	_____
2	260 Stephen Marshall	Cunard Junio	16.34	_____
3	763 Jordan Amoateng	Sir Robert B	15.75	_____
4	600 Max Anderson	Lockview Hig	15.22	_____
5	786 Cruz Bellefontaine	St. Agnes Ju	17.00	_____
6	768 Maxx Hebrard	Sir Robert B	14.92	_____
7	362 Dariusz Meider	Eric Graves	18.55	_____
8	359 Sam Greenough	Eric Graves	18.42	_____
Section 2 of 2 Finals				
1	696 Hans Dibra	Rockingstone	14.99	_____
2	643 Joshua Campbell	Millwood	13.50	_____
3	171 James Wainright Tayl	Caledonia Ju	15.37	_____
4	394 Blake Langdon	Five Bridges	14.72	_____
5	383 Aidan Stone	Fairview Jun	14.58	_____
6	46 Owen Jewer	Astral Drive	12.82	_____
7	648 Ethan Murphy	Millwood	13.75	_____
8	361 Troy MacLaughlin	Eric Graves	14.17	_____

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Event 122 Girls 100 Meter Dash Supported Senior

Wednesday 2025-05-21 - 10:30 AM

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	593 Maliah Lucas	Lockview Hig	17.86
2	497 Maggie Mills	Halifax West	17.69
3	223 Mia Deviller	Citadel High	22.14
4	533 Maddison Winger	Island View	19.67
5	546 Marilyn Kennedy-Sto	JL Ilsley Hi	18.34
6	532 Harmony Maddigan	Island View	18.60
7	69 Jorja MacCallum	Auburn Drive	19.20
8	270 Berâ€™niyah Lewis	Dartmouth Hi	21.54

Section 2 of 2 Finals

1	60 Olivia Ferus	Auburn Drive	17.29
2	231 Marissa Macisaac-Fili	Citadel High	17.63
3	589 Mykeirah Gray	Lockview Hig	14.04
4	77 Brooklyn Willis	Auburn Drive	15.83
5	230 Megan Lusby	Citadel High	16.30
6	820 Becky Guevera	Woodlawn Hig	17.44
7	232 Bella MacKenzie	Citadel High	13.02
8	58 Courtney Diggs	Auburn Drive	16.74

Event 123 Boys 100 Meter Dash Supported Senior

Wednesday 2025-05-21 - 10:30 AM

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
1			
2	290 Thomas Smith	Dartmouth Hi	14.99
3	832 Dennis Eisenhauer	Woodlawn Hig	14.99
4	91 Jayden Sanford	Auburn Drive	15.23
5	748 William Zwicker	Sackville Hi	14.98
6			
7			
8			

Section 2 of 3 Finals

1	517 Aven Stanford	Halifax West	13.62
2	256 Kai McDonald	Cole Harbour	14.41
3	515 Kasey Roy	Halifax West	13.98
4	315 Vincent Fitzmorris	Eastern Shor	14.04
5	293 Joseph Williams	Dartmouth Hi	14.08
6			
7			
8			

Section 3 of 3 Finals

1	841 Resean Simmons-Ferg	Woodlawn Hig	12.27
2	825 Jonathan Assoun-Gritt	Woodlawn Hig	13.24
3	78 Jay-Von Beals	Auburn Drive	12.24
4	79 Deray Cain-Downey	Auburn Drive	12.03
5	741 Nick Cooper	Sackville Hi	12.32
6	502 Hunter Ashley	Halifax West	13.08
7	642 Tyler Burgess	Millwood	11.75
8	828 Treyzi Brooks	Woodlawn Hig	13.53

Event 124 Girls Shot Put 3kg-3 throws Supported Junior

Wednesday 2025-05-21 - 11:15 AM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	358 Keira Ternan	Eric Graves	2.33m
2	356 Chloe McKay	Eric Graves	2.56m
3	357 Lilly Shepard-O'Brien	Eric Graves	1.23m
4	396 Claire Fahey	Georges P. V	1.12m
5	409 Cassandra While	Georges P. V	2.18m
6	726 Ava Purdy	Sackville He	2.23m
7	530 Zoey Benett	Island View	2.63m
8	522 Gabby Smith	Harold T. Ba	1.84m
9	762 Ember Seguin	Sir Robert B	3.16m
10	545 Chloe Kennedy	JL Ilsley Hi	1.46m
11	391 Olivia Power	Five Bridges	1.41m
12	780 Sahar Tofan Ataye	St. Agnes Ju	2.00m
13	782 Hannah Wilbur	St. Agnes Ju	1.76m
14	165 Day'jah Macdonald	Caledonia Ju	3.38m
15	167 Cylvia Wainright Tayl	Caledonia Ju	3.30m
16			



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22
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Event 125 Boys Shot Put 4kg-3 throws Supported Junior

Wednesday 2025-05-21 - 11:15 AM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	5 Isaac Mootrey	A.J. Smeltze	4.31m
2	557 Alex Landry-Woodbu	JL Ilsley Hi	4.45m
3	600 Max Anderson	Lockview Hig	2.84m
4	696 Hans Dibra	Rockingstone	4.95m
5	46 Owen Jewer	Astral Drive	6.10m
6	361 Troy MacLaughlin	Eric Graves	3.67m
7	359 Sam Greenough	Eric Graves	3.45m
8	171 James Wainright Tayl	Caledonia Ju	4.30m
9	170 Nathan Negus	Caledonia Ju	3.62m
10	524 Patrick Lydiard	Harold T. Ba	4.85m
11	666 Jelani Stevenson	Oxford Schoo	4.24m
12	383 Aidan Stone	Fairview Jun	5.52m
13	523 Raymond Campbell	Harold T. Ba	4.39m
14	768 Maxx Hebrard	Sir Robert B	5.46m
15	765 Jacob Caines-Kinslow	Sir Robert B	4.18m
16	763 Jordan Amoateng	Sir Robert B	3.60m
17	394 Blake Langdon	Five Bridges	4.04m

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

Wednesday 2025-05-21 - 11:15 PM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	60 Olivia Ferus	Auburn Drive	3.90m
2	58 Courtney Diggs	Auburn Drive	3.54m
3	77 Brooklyn Willis	Auburn Drive	4.28m
4	589 Mykeirah Gray	Lockview Hig	3.70m
5	593 Maliah Lucas	Lockview Hig	4.27m
6	816 Shyanna Dixon	Woodlawn Hig	4.90m
7	820 Becky Guevera	Woodlawn Hig	2.62m
8	230 Megan Lusby	Citadel High	3.35m
9	231 Marissa Macisaac-Fili	Citadel High	5.11m
10	223 Mia Deviller	Citadel High	3.10m
11	232 Bella MacKenzie	Citadel High	4.42m
12	307 Zoe Debaie	Eastern Shor	3.79m
13	546 Marilyn Kennedy-Sto	JL Ilsley Hi	2.56m
14	736 Dawn MacKenzie	Sackville Hi	4.07m
15	533 Maddison Winger	Island View	4.10m
16	271 Abby Livingston	Dartmouth Hi	3.79m

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

Wednesday 2025-05-21 - 11:15 AM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	643 Joshua Campbell	Millwood	6.35m
2	843 Keegan Smith	Woodlawn Hig	6.13m
3	827 Philip Bourque	Woodlawn Hig	5.51m
4	828 Treyzi Brooks	Woodlawn Hig	6.60m
5	825 Jonathan Assoun-Gritt	Woodlawn Hig	5.23m
6	243 Jacob Martin	Citadel High	8.71m
7	79 Deray Cain-Downey	Auburn Drive	7.07m
8	96 Noah Thompson	Auburn Drive	5.66m
9	78 Jay-Von Beals	Auburn Drive	8.20m
10	97 Evan Tremblay	Auburn Drive	6.57m
11	515 Kasey Roy	Halifax West	6.25m
12	502 Hunter Ashley	Halifax West	5.05m
13	293 Joseph Williams	Dartmouth Hi	6.30m
14	315 Vincent Fitzmorris	Eastern Shor	7.30m
15	741 Nick Cooper	Sackville Hi	9.10m
16	739 Jaden Allen	Sackville Hi	5.22m

Event 128 Girls Long Jump 3 jumps Supported Junior

Wednesday 2025-05-21 - 10:00 AM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	396 Claire Fahey	Georges P. V	0.85m
2	411 Cassie Yowile	Georges P. V	2.00m
3	545 Chloe Kennedy	JL Ilsley Hi	0.20m
4	538 Mako Abdullahi-Huss	JL Ilsley Hi	0.20m
5	358 Keira Ternan	Eric Graves	0.36m
6	356 Chloe McKay	Eric Graves	0.25m
7	762 Ember Seguin	Sir Robert B	1.35m
8	530 Zoey Benett	Island View	2.20m
9	780 Sahar Tofan Ataye	St. Agnes Ju	0.50m
10	782 Hannah Wilbur	St. Agnes Ju	0.47m
11	522 Gabby Smith	Harold T. Ba	1.25m
12	391 Olivia Power	Five Bridges	0.65m
13	726 Ava Purdy	Sackville He	1.75m
14			
15			
16			



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22
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Event 129 Boys Long Jump 3 jumps Supported Junior**Wednesday 2025-05-21 - 10:00 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	536 Brady Mullins	Island View	1.63m
2	786 Cruz Bellefontaine	St. Agnes Ju	2.42m
3	643 Joshua Campbell	Millwood	2.83m
4	359 Sam Greenough	Eric Graves	1.40m
5	600 Max Anderson	Lockview Hig	4.10m
6	394 Blake Langdon	Five Bridges	3.07m
7	661 Bohdan Bogdanov	Oxford Schoo	1.53m
8	354 Kaden Misner	Ellenvale Ju	1.71m
9	46 Owen Jewer	Astral Drive	3.39m
10	47 Sina Kazrooni	Astral Drive	1.63m
11	361 Troy MacLaughlin	Eric Graves	2.10m
12	362 Dariusz Meider	Eric Graves	1.21m
13	523 Raymond Campbell	Harold T. Ba	1.69m
14	524 Patrick Lydiard	Harold T. Ba	1.90m
15	568 Xavier Verde	JL Ilsley Hi	2.22m
16	696 Hans Dibra	Rockingstone	2.24m
17	439 Grayson Foley	Graham Creig	1.70m

Event 130 Girls Long Jump 3 jumps Supported Senior**Wednesday 2025-05-21 - 10:00 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	223 Mia Deviller	Citadel High	1.23m
2	231 Marissa Macisaac-Fili	Citadel High	1.56m
3	230 Megan Lusby	Citadel High	1.40m
4	232 Bella MacKenzie	Citadel High	1.61m
5	270 Berâ€™niyah Lewis	Dartmouth Hi	1.26m
6	307 Zoe Debaie	Eastern Shor	1.40m
7	639 Theresa Julian	Millwood	1.85m
8	736 Dawn MacKenzie	Sackville Hi	1.75m
9	546 Marilyn Kennedy-Sto	JL Ilsley Hi	1.58m
10	58 Courtney Diggs	Auburn Drive	1.75m
11	77 Brooklyn Willis	Auburn Drive	2.20m
12	69 Jorja MacCallum	Auburn Drive	1.90m
13	820 Becky Guevera	Woodlawn Hig	1.60m
14	497 Maggie Mills	Halifax West	1.71m
15	593 Maliah Lucas	Lockview Hig	1.50m
16	589 Mykeirah Gray	Lockview Hig	2.65m

Event 131 Boys Long Jump 3 jumps Supported Senior**Wednesday 2025-05-21 - 10:00 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	256 Kai McDonald	Cole Harbour	1.81m
2	741 Nick Cooper	Sackville Hi	3.48m
3	315 Vincent Fitzmorris	Eastern Shor	2.13m
4	642 Tyler Burgess	Millwood	3.31m
5	515 Kasey Roy	Halifax West	4.02m
6	517 Aven Stanford	Halifax West	3.07m
7	502 Hunter Ashley	Halifax West	2.79m
8	748 William Zwicker	Sackville Hi	1.77m
9	243 Jacob Martin	Citadel High	2.74m
10	828 Treyzi Brooks	Woodlawn Hig	2.92m
11	841 Resean Simmons-Ferg	Woodlawn Hig	2.83m
12	827 Philip Bourque	Woodlawn Hig	1.85m
13	825 Jonathan Assoun-Gritt	Woodlawn Hig	3.68m
14	97 Evan Tremblay	Auburn Drive	1.77m
15	78 Jay-Von Beals	Auburn Drive	3.18m
16	91 Jayden Sanford	Auburn Drive	1.88m

Event 133 Boys 200 Meter Dash Ambulatory Para Athletes**Thursday 2025-05-22 - 10:30 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1			
2			
3			
4	796 Charlie Whalen	Unattached	NT
5			
6			
7			
8			

**2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22
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Event 135 Boys 800 Meter Dash Ambulatory Para Athletes

Thursday 2025-05-22 - 11:30 AM

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	796 Charlie Whalen	Unattached	NT
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			

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

Thursday 2025-05-22 - 12:30 PM

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	796 Charlie Whalen	Unattached	ND
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

Event 138 Girls 50 Meter Dash Wheelchair Wheelchair

Wednesday 2025-05-21 - 11:00 AM

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	531 Makenzie Bryan	Island View	11.99
2			
3	810 T'Onia Borschowa-Th	Woodlawn Hig	11.12
4			
5			
6			
7			
8			

Event 139 Boys 50 Meter Dash Wheelchair Wheelchair

Wednesday 2025-05-21 - 11:00 AM

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1			
2	355 Logan Short	Ellenvale Ju	2:15.67
3			
4	353 Bryce Dixon	Ellenvale Ju	22.19
5			
6	836 Dezmond MacPhee	Woodlawn Hig	16.29
7			
8	837 TJ Negus	Woodlawn Hig	18.86

