

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

A.J. Smeltzer Junior (AJS)

- | | | | | |
|---|--------|------|------------|----------|
| 1. Markus Almonte - Male - Comp#: 4 - Ind/Rel: 1 / 0
#2 Boys 80 Meter Hurdles 30" Junior Prelims | 15.49 | 2/1 | 2025-05-21 | 10:00 AM |
| 2. Aralynn buckley-McEachern - Female - Comp#: 1 - Ind/Rel: 2 / 0
#79 Girls Discus Throw 0.75kg Junior | 20.20m | 1/7 | 2025-05-21 | 12:00 PM |
| #85 Girls Javelin Throw 400g Junior | 20.69m | 1/12 | 2025-05-22 | 2:00 PM |
| 3. Evelyn Kelly - Female - Comp#: 3 - Ind/Rel: 1 / 0
#85 Girls Javelin Throw 400g Junior | 17.58m | 1/3 | 2025-05-22 | 2:00 PM |
| 4. Isaac Mootrey - Male - Comp#: 5 - Ind/Rel: 1 / 0
#125 Boys Shot Put 4kg-3 throws Supported Junior | 4.31m | 1/1 | 2025-05-21 | 11:15 AM |

A.J. Smeltzer Junior Total Individual Entries: 5 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Armbrae Academy (ARMB)**

1. Ronei Beales - Male - Comp#: 15 - Ind/Rel: 1 / 0 #18 Boys 100 Meter Dash Senior Prelims	11.92	3/1	2025-05-21	1:10 PM
2. Teeny Beales - Female - Comp#: 6 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	19.26	2/6	2025-05-21	10:30 AM
3. Faye Bennekou - Female - Comp#: 7 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	3.45m	1/16	2025-05-22	2:00 PM
4. Jaylen Berglund-Simmonds - Male - Comp#: 16 - Ind/Rel: 2 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	20.57	1/2	2025-05-21	10:30 AM
#72 Boys Triple Jump Senior	8.10m	1/3	2025-05-22	2:00 PM
5. Clark Brine - Male - Comp#: 17 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	10.31m	1/13	2025-05-22	12:00 PM
6. Kale Brown - Male - Comp#: 18 - Ind/Rel: 2 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	56.52	2/6	2025-05-21	12:15 PM
#64 Boys High Jump Intermediate	1.60m	1/2	2025-05-22	2:00 PM
7. James Burke - Male - Comp#: 19 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	10:46.39	1/10	2025-05-22	12:45 PM
8. Morgan Clarke - Female - Comp#: 8 - Ind/Rel: 3 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:07.32	2/6	2025-05-21	11:45 AM
#21 Girls 1500 Meter Run Intermediate	5:30.35	1/2	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:39.89	1/3	2025-05-22	10:45 AM
9. Natalia Colley - Female - Comp#: 9 - Ind/Rel: 3 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:11.49	3/3	2025-05-21	12:15 PM
#65 Girls High Jump Senior	1.25m	1/9	2025-05-21	2:00 PM
#83 Girls Discus Throw 1kg Senior	17.03m	1/6	2025-05-21	10:00 AM
10. Deion Coward - Male - Comp#: 20 - Ind/Rel: 2 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	18.40	2/6	2025-05-21	10:30 AM
#12 Boys 400 Meter Dash Senior Prelims	56.35	3/2	2025-05-21	12:15 PM
11. Hudson Curry - Male - Comp#: 21 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	9.19m	1/2	2025-05-22	2:00 PM
12. Laudy El-Amiouni - Female - Comp#: 10 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	15.58	2/7	2025-05-21	10:00 AM
13. Deandra Gibson - Female - Comp#: 11 - Ind/Rel: 2 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.97	2/6	2025-05-21	10:00 AM
#63 Girls High Jump Intermediate	1.20m	1/4	2025-05-21	12:00 PM
14. Sachin Jeyakumar - Male - Comp#: 22 - Ind/Rel: 3 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	15.87	1/2	2025-05-21	10:30 AM
#16 Boys 100 Meter Dash Intermediate Prelims	12.00	1/2	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.82	1/5	2025-05-22	10:20 AM
15. Nai Johnson - Male - Comp#: 23 - Ind/Rel: 3 / 0 #12 Boys 400 Meter Dash Senior Prelims	54.73	2/2	2025-05-21	12:15 PM
#18 Boys 100 Meter Dash Senior Prelims	11.58	2/5	2025-05-21	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	24.01	2/4	2025-05-22	10:20 AM
16. Stratos Karountzos - Male - Comp#: 24 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.27	2/4	2025-05-21	10:30 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Armbræ Academy (ARMB)**

17. Laodiki Lutwick-Campbell - Female - Comp#: 12 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	21.02	2/2	2025-05-21	10:30 AM
18. Connor Macgillivray - Male - Comp#: 25 - Ind/Rel: 3 / 0 #24 Boys 1500 Meter Run Senior	4:39.72	1/3	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:17.03	1/2	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	10:10.06	1/1	2025-05-22	1:30 PM
19. DJ MacLean - Male - Comp#: 26 - Ind/Rel: 3 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.47	1/5	2025-05-21	10:30 AM
#64 Boys High Jump Intermediate	1.65m	1/14	2025-05-22	2:00 PM
#103 Boys Javelin Throw 700g Intermediate	24.94m	1/4	2025-05-21	12:00 PM
20. Oliver Nadeau - Male - Comp#: 28 - Ind/Rel: 4 / 0 #12 Boys 400 Meter Dash Senior Prelims	56.97	1/4	2025-05-21	12:15 PM
#30 Boys 200 Meter Dash Senior Prelims	24.74	2/2	2025-05-22	10:20 AM
#60 Boys Long Jump Senior	5.86m	1/7	2025-05-21	2:00 PM
#72 Boys Triple Jump Senior	10.62m	1/7	2025-05-22	2:00 PM
21. Audrey Napier - Female - Comp#: 13 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	18.37	1/4	2025-05-21	10:30 AM
22. Remi Omisade - Male - Comp#: 29 - Ind/Rel: 2 / 0 #14 Boys 100 Meter Dash Junior Prelims	12.78	2/6	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	25.63	2/2	2025-05-22	10:00 AM
23. Peyton Phillips - Female - Comp#: 14 - Ind/Rel: 2 / 0 #63 Girls High Jump Intermediate	1.35m	1/9	2025-05-21	12:00 PM
#75 Girls Shot Put 4kg Intermediate	7.97m	1/16	2025-05-22	2:00 PM
24. Fin Sangster - Male - Comp#: 30 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	11.20m	1/5	2025-05-22	12:00 PM
1. Armbræ Academy - 'A' #38 Boys 4x100 Meter Relay Junior	52.40	1/2	2025-05-22	11:30 AM
2. Armbræ Academy - 'A' #40 Boys 4x100 Meter Relay Intermediate	47.99	1/5	2025-05-22	12:00 PM
3. Armbræ Academy - 'A' #42 Boys 4x100 Meter Relay Senior	46.81	1/3	2025-05-22	12:00 PM
4. Armbræ Academy - 'A' #54 Boys 4x400 Meter Relay Senior	3:51.86	1/8	2025-05-22	2:45 PM

Armbræ Academy Total Individual Entries: 45 - Total Relays: 4

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Astral Drive Junior High (ASTR)**

1. Emme Chaisson - Female - Comp#: 31 - Ind/Rel: 3 / 0				
#13 Girls 100 Meter Dash Junior Prelims	13.78	1/6	2025-05-21	12:45 PM
#61 Girls High Jump Junior	1.35m	1/9	2025-05-21	10:00 AM
#67 Girls Triple Jump Junior	8.58m	1/9	2025-05-21	2:00 PM
2. Brayden Cound - Male - Comp#: 41 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	8.21m	1/11	2025-05-21	2:00 PM
3. Thane Day - Male - Comp#: 42 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	23.09m	1/11	2025-05-21	2:00 PM
4. Nash Donaldson - Male - Comp#: 43 - Ind/Rel: 1 / 0				
#20 Boys 1500 Meter Run Junior	5:27.28	1/8	2025-05-21	1:30 PM
5. Charlee Earnshaw - Female - Comp#: 32 - Ind/Rel: 1 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.92	2/3	2025-05-21	10:00 AM
6. Josh Greer - Male - Comp#: 44 - Ind/Rel: 1 / 0				
#68 Boys Triple Jump Junior	8.61m	1/7	2025-05-22	10:00 AM
7. Jayden Hall - Male - Comp#: 45 - Ind/Rel: 1 / 0				
#34 Boys 800 Meter Run Intermediate	2:27.47	1/8	2025-05-22	11:10 AM
8. Brooklyn Hatfield - Female - Comp#: 33 - Ind/Rel: 3 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:09.21	2/4	2025-05-21	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	29.61	1/5	2025-05-22	10:00 AM
#55 Girls Long Jump Junior	3.75m	1/16	2025-05-22	12:00 PM
9. Owen Jewer - Male - Comp#: 46 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	12.82	2/6	2025-05-21	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	6.10m	1/5	2025-05-21	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	3.39m	1/9	2025-05-21	10:00 AM
10. Sina Kazrooni - Male - Comp#: 47 - Ind/Rel: 1 / 0				
#129 Boys Long Jump 3 jumps Supported Junior	1.63m	1/10	2025-05-21	10:00 AM
11. Ryan Kennedy - Male - Comp#: 48 - Ind/Rel: 3 / 0				
#8 Boys 400 Meter Dash Junior Prelims	NT	2/7	2025-05-21	11:45 AM
#20 Boys 1500 Meter Run Junior	5:27.81	1/6	2025-05-21	1:30 PM
#44 Boys 3000 Meter Run Junior	11:38.45	1/7	2025-05-22	12:45 PM
12. Xander Le Grange - Male - Comp#: 49 - Ind/Rel: 3 / 0				
#56 Boys Long Jump Junior	4.36m	1/6	2025-05-21	12:00 PM
#74 Boys Shot Put 4kg Junior	8.86m	1/14	2025-05-21	10:00 AM
#91 Boys Javelin Throw 600g Junior	22.79m	1/14	2025-05-21	2:00 PM
13. Zaiden Leslie - Male - Comp#: 50 - Ind/Rel: 1 / 0				
#68 Boys Triple Jump Junior	9.00m	1/16	2025-05-22	10:00 AM
14. Liam Macknight - Male - Comp#: 51 - Ind/Rel: 1 / 0				
#34 Boys 800 Meter Run Intermediate	2:23.94	1/12	2025-05-22	11:10 AM
15. Katelyn Matthews - Female - Comp#: 34 - Ind/Rel: 2 / 0				
#67 Girls Triple Jump Junior	8.67m	1/13	2025-05-21	2:00 PM
#73 Girls Shot Put 3kg Junior	7.78m	1/6	2025-05-22	10:00 AM
16. Lexi McCutcheon - Female - Comp#: 35 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	22.60m	1/13	2025-05-22	12:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Astral Drive Junior High (ASTR)**

17. Lily McGrath - Female - Comp#: 36 - Ind/Rel: 3 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.70	1/7	2025-05-21	10:00 AM
#63 Girls High Jump Intermediate	1.25m	1/2	2025-05-21	12:00 PM
#69 Girls Triple Jump Intermediate	9.18m	1/4	2025-05-21	10:00 AM
18. Macie McLeod - Female - Comp#: 37 - Ind/Rel: 2 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:04.03	1/4	2025-05-21	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	28.85	1/8	2025-05-22	10:00 AM
19. Henry Muise - Male - Comp#: 52 - Ind/Rel: 1 / 0				
#22 Boys 1500 Meter Run Intermediate	5:15.06	1/2	2025-05-21	2:00 PM
20. Colby O'Shaughnessy - Male - Comp#: 53 - Ind/Rel: 1 / 0				
#70 Boys Triple Jump Intermediate	10.60m	1/14	2025-05-22	12:00 PM
21. Ethan Parsons - Male - Comp#: 54 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	9.76m	1/16	2025-05-21	2:00 PM
22. Tanis Phillips - Male - Comp#: 55 - Ind/Rel: 1 / 0				
#46 Boys 3000 Meter Run Intermediate	12:00.95	1/7	2025-05-22	1:15 PM
23. Alexa Quillan - Female - Comp#: 38 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	7.52m	1/16	2025-05-22	10:00 AM
24. Macie Sheppard - Female - Comp#: 39 - Ind/Rel: 1 / 0				
#69 Girls Triple Jump Intermediate	8.18m	1/13	2025-05-21	10:00 AM
25. Bryce Steele - Male - Comp#: 56 - Ind/Rel: 3 / 0				
#56 Boys Long Jump Junior	4.29m	1/10	2025-05-21	12:00 PM
#62 Boys High Jump Junior	1.40m	1/18	2025-05-22	12:00 PM
#68 Boys Triple Jump Junior	10.03m	1/11	2025-05-22	10:00 AM
26. Annika Wilkin - Female - Comp#: 40 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	8.04m	1/16	2025-05-21	2:00 PM
1. Astral Drive Junior High - 'A'				
#37 Girls 4x100 Meter Relay Junior	55.94	1/8	2025-05-22	11:30 AM
2. Astral Drive Junior High - 'A'				
#49 Girls 4x400 Meter Relay Junior	4:37.38	1/5	2025-05-22	2:15 PM

Astral Drive Junior High Total Individual Entries: 42 - Total Relays: 2

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Auburn Drive (AUB)**

1. Jay-Von Beals - Male - Comp#: 78 - Ind/Rel: 3 / 0				
#123 Boys 100 Meter Dash Supported Senior	12.24	3/3	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	8.20m	1/9	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.18m	1/15	2025-05-21	10:00 AM
2. Deray Cain-Downey - Male - Comp#: 79 - Ind/Rel: 2 / 0				
#123 Boys 100 Meter Dash Supported Senior	12.03	3/4	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	7.07m	1/7	2025-05-21	11:15 AM
3. Zander Caines - Male - Comp#: 80 - Ind/Rel: 1 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	21.16	2/1	2025-05-21	10:30 AM
4. Alena Collens - Female - Comp#: 57 - Ind/Rel: 3 / 0				
#23 Girls 1500 Meter Run Senior	5:47.35	1/5	2025-05-21	2:00 PM
#47 Girls 3000 Meter Run Senior	12:47.95	1/7	2025-05-22	1:30 PM
#65 Girls High Jump Senior	1.30m	1/8	2025-05-21	2:00 PM
5. Josh Dennison - Male - Comp#: 81 - Ind/Rel: 1 / 0				
#103 Boys Javelin Throw 700g Intermediate	30.59m	1/7	2025-05-21	12:00 PM
6. Courtney Diggs - Female - Comp#: 58 - Ind/Rel: 3 / 0				
#122 Girls 100 Meter Dash Supported Senior	16.74	2/8	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.54m	1/2	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.75m	1/10	2025-05-21	10:00 AM
7. Ainsley Egamino - Female - Comp#: 59 - Ind/Rel: 1 / 0				
#57 Girls Long Jump Intermediate	4.09m	1/16	2025-05-22	10:00 AM
8. Olivia Ferus - Female - Comp#: 60 - Ind/Rel: 2 / 0				
#122 Girls 100 Meter Dash Supported Senior	17.29	2/1	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.90m	1/1	2025-05-21	11:15 PM
9. Jenna Forward - Female - Comp#: 61 - Ind/Rel: 1 / 0				
#29 Girls 200 Meter Dash Senior Prelims	30.50	1/3	2025-05-22	10:20 AM
10. Kayla Forward - Female - Comp#: 62 - Ind/Rel: 2 / 0				
#17 Girls 100 Meter Dash Senior Prelims	13.38	2/3	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	29.62	3/4	2025-05-22	10:20 AM
11. Ailish Fowler - Female - Comp#: 63 - Ind/Rel: 2 / 0				
#59 Girls Long Jump Senior	4.54m	1/5	2025-05-22	2:00 PM
#71 Girls Triple Jump Senior	10.10m	1/15	2025-05-21	12:00 PM
12. Deandre Gibson - Male - Comp#: 82 - Ind/Rel: 1 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.95	1/7	2025-05-21	10:30 AM
13. Lauryn Hatfield - Female - Comp#: 64 - Ind/Rel: 1 / 0				
#59 Girls Long Jump Senior	4.15m	1/2	2025-05-22	2:00 PM
14. Ian Herlt - Male - Comp#: 83 - Ind/Rel: 3 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	20.56	2/7	2025-05-21	10:30 AM
#12 Boys 400 Meter Dash Senior Prelims	56.51	1/3	2025-05-21	12:15 PM
#36 Boys 800 Meter Run Senior	2:26.35	1/4	2025-05-22	11:10 AM
15. Claire Kelly - Female - Comp#: 65 - Ind/Rel: 1 / 0				
#27 Girls 200 Meter Dash Intermediate Prelims	29.52	1/5	2025-05-22	10:00 AM
16. Deshaun Kelly - Male - Comp#: 84 - Ind/Rel: 1 / 0				
#66 Boys High Jump Senior	1.60m	1/13	2025-05-22	10:00 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Auburn Drive (AUB)**

17. Claira Kilpatrick - Female - Comp#: 66 - Ind/Rel: 1 / 0 #35 Girls 800 Meter Run Senior	2:56.07	1/6	2025-05-22	11:10 AM
18. Giana Lozier - Female - Comp#: 67 - Ind/Rel: 3 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.55	1/2	2025-05-21	10:00 AM
#27 Girls 200 Meter Dash Intermediate Prelims	29.00	2/5	2025-05-22	10:00 AM
#63 Girls High Jump Intermediate	1.46m	1/12	2025-05-21	12:00 PM
19. Isabelle Lukenda - Female - Comp#: 68 - Ind/Rel: 1 / 0 #81 Girls Discus Throw 1kg Intermediate	24.89m	1/13	2025-05-21	2:00 PM
20. Jorja MacCallum - Female - Comp#: 69 - Ind/Rel: 2 / 0 #122 Girls 100 Meter Dash Supported Senior	19.20	1/7	2025-05-21	10:30 AM
#130 Girls Long Jump 3 jumps Supported Senior	1.90m	1/12	2025-05-21	10:00 AM
21. Liam Macdonald - Male - Comp#: 85 - Ind/Rel: 3 / 0 #12 Boys 400 Meter Dash Senior Prelims	NT	2/6	2025-05-21	12:15 PM
#18 Boys 100 Meter Dash Senior Prelims	NT	2/6	2025-05-21	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	23.41	1/4	2025-05-22	10:20 AM
22. Kayla MacLeod - Female - Comp#: 70 - Ind/Rel: 1 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:08.77	3/1	2025-05-21	12:15 PM
23. Marley McLellan - Female - Comp#: 71 - Ind/Rel: 4 / 0 #59 Girls Long Jump Senior	4.26m	1/9	2025-05-22	2:00 PM
#65 Girls High Jump Senior	1.35m	1/4	2025-05-21	2:00 PM
#71 Girls Triple Jump Senior	9.22m	1/4	2025-05-21	12:00 PM
#109 Girls Javelin Throw 600g Senior	18.38m	1/13	2025-05-22	10:00 AM
24. Addie Miller - Female - Comp#: 72 - Ind/Rel: 3 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	19.80	1/6	2025-05-21	10:30 AM
#71 Girls Triple Jump Senior	9.17m	1/10	2025-05-21	12:00 PM
#77 Girls Shot Put 4kg Senior	7.24m	1/15	2025-05-22	12:00 PM
25. Zach Morash - Male - Comp#: 86 - Ind/Rel: 1 / 0 #18 Boys 100 Meter Dash Senior Prelims	NT	3/6	2025-05-21	1:10 PM
26. Wesley Neish - Male - Comp#: 87 - Ind/Rel: 2 / 0 #60 Boys Long Jump Senior	5.13m	1/14	2025-05-21	2:00 PM
#66 Boys High Jump Senior	1.75m	1/12	2025-05-22	10:00 AM
27. Kyle Oliver - Male - Comp#: 88 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.45m	1/5	2025-05-22	2:00 PM
28. Nathan Penney - Male - Comp#: 89 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	56.91	1/5	2025-05-21	12:15 PM
29. Alyssah Perkins - Female - Comp#: 73 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	20.98m	1/12	2025-05-22	10:00 AM
30. Jaden Phinney - Male - Comp#: 90 - Ind/Rel: 2 / 0 #84 Boys Discus Throw 1.75kg Senior	22.80m	1/7	2025-05-22	12:00 PM
#115 Boys Javelin Throw 800g Senior	33.43m	1/16	2025-05-21	10:00 AM
31. Jayden Sanford - Male - Comp#: 91 - Ind/Rel: 2 / 0 #123 Boys 100 Meter Dash Supported Senior	15.23	1/4	2025-05-21	10:30 AM
#131 Boys Long Jump 3 jumps Supported Senior	1.88m	1/16	2025-05-21	10:00 AM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Auburn Drive (AUB)**

32.	Ahniya Slawter - Female - Comp#: 74 - Ind/Rel: 2 / 0				
	#17 Girls 100 Meter Dash Senior Prelims	13.85	1/7	2025-05-21	1:10 PM
	#29 Girls 200 Meter Dash Senior Prelims	27.66	2/3	2025-05-22	10:20 AM
33.	Jackson Sparks - Male - Comp#: 92 - Ind/Rel: 2 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	11.39	1/3	2025-05-21	1:10 PM
	#30 Boys 200 Meter Dash Senior Prelims	24.01	1/7	2025-05-22	10:20 AM
34.	Colby Steele - Male - Comp#: 93 - Ind/Rel: 1 / 0				
	#84 Boys Discus Throw 1.75kg Senior	21.93m	1/4	2025-05-22	12:00 PM
35.	Sydney Stonehouse - Male - Comp#: 94 - Ind/Rel: 3 / 0				
	#78 Boys Shot Put 6kg Senior	ND	1/2	2025-05-21	12:00 PM
	#84 Boys Discus Throw 1.75kg Senior	22.02m	1/2	2025-05-22	12:00 PM
	#115 Boys Javelin Throw 800g Senior	ND	1/1	2025-05-21	10:00 AM
36.	Omyo Thomas - Male - Comp#: 95 - Ind/Rel: 2 / 0				
	#66 Boys High Jump Senior	1.65m	1/14	2025-05-22	10:00 AM
	#72 Boys Triple Jump Senior	10.30m	1/11	2025-05-22	2:00 PM
37.	Noah Thompson - Male - Comp#: 96 - Ind/Rel: 1 / 0				
	#127 Boys Shot Put 4kg-3 throws Supported Senior	5.66m	1/8	2025-05-21	11:15 AM
38.	Evan Tremblay - Male - Comp#: 97 - Ind/Rel: 2 / 0				
	#127 Boys Shot Put 4kg-3 throws Supported Senior	6.57m	1/10	2025-05-21	11:15 AM
	#131 Boys Long Jump 3 jumps Supported Senior	1.77m	1/14	2025-05-21	10:00 AM
39.	Reese Vautour - Female - Comp#: 75 - Ind/Rel: 2 / 0				
	#17 Girls 100 Meter Dash Senior Prelims	13.85	1/5	2025-05-21	1:10 PM
	#29 Girls 200 Meter Dash Senior Prelims	28.38	1/1	2025-05-22	10:20 AM
40.	Nathan Webb - Male - Comp#: 98 - Ind/Rel: 2 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	11.57	2/4	2025-05-21	1:10 PM
	#30 Boys 200 Meter Dash Senior Prelims	24.71	2/6	2025-05-22	10:20 AM
41.	Allie White - Female - Comp#: 76 - Ind/Rel: 1 / 0				
	#17 Girls 100 Meter Dash Senior Prelims	13.85	2/1	2025-05-21	1:10 PM
42.	Brooklyn Willis - Female - Comp#: 77 - Ind/Rel: 3 / 0				
	#122 Girls 100 Meter Dash Supported Senior	15.83	2/4	2025-05-21	10:30 AM
	#126 Girls Shot Put 3kg-3 throws Supported Senior	4.28m	1/3	2025-05-21	11:15 PM
	#130 Girls Long Jump 3 jumps Supported Senior	2.20m	1/11	2025-05-21	10:00 AM
1.	Auburn Drive - 'A'				
	#41 Girls 4x100 Meter Relay Senior	54.28	1/2	2025-05-22	12:00 PM
2.	Auburn Drive - 'A'				
	#42 Boys 4x100 Meter Relay Senior	44.79	1/1	2025-05-22	12:00 PM
3.	Auburn Drive - 'A'				
	#52 Boys 4x400 Meter Relay Intermediate	3:58.33	1/3	2025-05-22	2:45 PM
4.	Auburn Drive - 'A'				
	#53 Girls 4x400 Meter Relay Senior	4:45.03	1/1	2025-05-22	2:45 PM

Auburn Drive Total Individual Entries: 77 - Total Relays: 4

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Bay View High School (BVHS)**

1. Maya Al-Kishawi - Female - Comp#: 99 - Ind/Rel: 1 / 0 #35 Girls 800 Meter Run Senior	3:10.66	1/8	2025-05-22	11:10 AM
2. Kara Boehm - Female - Comp#: 100 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	3.84m	1/8	2025-05-22	2:00 PM
3. Mateo Bourque - Male - Comp#: 112 - Ind/Rel: 2 / 0 #24 Boys 1500 Meter Run Senior	4:49.09	1/1	2025-05-21	2:00 PM
#48 Boys 3000 Meter Run Senior	10:25.40	1/9	2025-05-22	1:30 PM
4. Jack Britton - Male - Comp#: 113 - Ind/Rel: 2 / 0 #78 Boys Shot Put 6kg Senior	9.60m	1/8	2025-05-21	12:00 PM
#84 Boys Discus Throw 1.75kg Senior	22.91m	1/13	2025-05-22	12:00 PM
5. Olivia Cameron - Female - Comp#: 101 - Ind/Rel: 2 / 0 #65 Girls High Jump Senior	1.30m	1/13	2025-05-21	2:00 PM
#77 Girls Shot Put 4kg Senior	6.18m	1/2	2025-05-22	12:00 PM
6. Quinn Campbell - Male - Comp#: 114 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	53.89	2/8	2025-05-21	12:15 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.46	2/5	2025-05-22	10:20 AM
#64 Boys High Jump Intermediate	1.55m	1/7	2025-05-22	2:00 PM
7. Connor DeWolfe - Male - Comp#: 115 - Ind/Rel: 1 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.01	1/4	2025-05-21	1:10 PM
8. Emily Edison - Female - Comp#: 102 - Ind/Rel: 3 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:09.81	2/3	2025-05-21	12:15 PM
#23 Girls 1500 Meter Run Senior	5:33.52	1/2	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:42.10	1/12	2025-05-22	11:10 AM
9. Molly Evers - Female - Comp#: 103 - Ind/Rel: 3 / 0 #23 Girls 1500 Meter Run Senior	5:09.03	1/13	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:30.72	1/13	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	11:18.07	1/2	2025-05-22	1:30 PM
10. Claire Gibbs - Female - Comp#: 104 - Ind/Rel: 2 / 0 #77 Girls Shot Put 4kg Senior	6.90m	1/4	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	17.09m	1/4	2025-05-21	10:00 AM
11. Noah Giffin - Male - Comp#: 116 - Ind/Rel: 2 / 0 #78 Boys Shot Put 6kg Senior	9.84m	1/6	2025-05-21	12:00 PM
#84 Boys Discus Throw 1.75kg Senior	23.64m	1/10	2025-05-22	12:00 PM
12. William Higginson - Male - Comp#: 117 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate	5:10.72	1/16	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:19.71	1/11	2025-05-22	11:10 AM
13. Haydn Hopkins - Male - Comp#: 118 - Ind/Rel: 1 / 0 #36 Boys 800 Meter Run Senior	2:21.81	1/14	2025-05-22	11:10 AM
14. Chloe Huggins - Female - Comp#: 105 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	16.29m	1/3	2025-05-21	10:00 AM
15. Donovan Jay - Male - Comp#: 119 - Ind/Rel: 2 / 0 #66 Boys High Jump Senior	1.65m	1/11	2025-05-22	10:00 AM
#78 Boys Shot Put 6kg Senior	10.20m	1/11	2025-05-21	12:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Bay View High School (BVHS)**

16. Naeem Kelly - Male - Comp#: 120 - Ind/Rel: 4 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	55.44	2/4	2025-05-21	12:15 PM
#16 Boys 100 Meter Dash Intermediate Prelims	11.98	1/7	2025-05-21	1:10 PM
#58 Boys Long Jump Intermediate	5.29m	1/14	2025-05-21	10:00 AM
#70 Boys Triple Jump Intermediate	11.40m	1/12	2025-05-22	12:00 PM
17. Quinn Little - Male - Comp#: 121 - Ind/Rel: 1 / 0				
#84 Boys Discus Throw 1.75kg Senior	27.86m	1/3	2025-05-22	12:00 PM
18. Ewen Macdonald - Male - Comp#: 122 - Ind/Rel: 2 / 0				
#24 Boys 1500 Meter Run Senior	5:00.58	1/10	2025-05-21	2:00 PM
#48 Boys 3000 Meter Run Senior	11:05.23	1/12	2025-05-22	1:30 PM
19. Jonah Macdonald - Male - Comp#: 123 - Ind/Rel: 1 / 0				
#66 Boys High Jump Senior	1.65m	1/9	2025-05-22	10:00 AM
20. Dawson MacNeil - Male - Comp#: 124 - Ind/Rel: 1 / 0				
#115 Boys Javelin Throw 800g Senior	ND	1/3	2025-05-21	10:00 AM
21. Leo Mile - Male - Comp#: 125 - Ind/Rel: 1 / 0				
#60 Boys Long Jump Senior	5.62m	1/18	2025-05-21	2:00 PM
22. Ava Millar - Female - Comp#: 106 - Ind/Rel: 3 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:07.49	1/5	2025-05-21	12:15 PM
#23 Girls 1500 Meter Run Senior	5:29.67	1/4	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:34.53	1/10	2025-05-22	11:10 AM
23. Josh Morrison - Male - Comp#: 126 - Ind/Rel: 1 / 0				
#36 Boys 800 Meter Run Senior	2:27.87	1/6	2025-05-22	11:10 AM
24. Luke Murphy - Male - Comp#: 127 - Ind/Rel: 1 / 0				
#34 Boys 800 Meter Run Intermediate	2:22.85	1/14	2025-05-22	11:10 AM
25. Amani Oystreck - Female - Comp#: 107 - Ind/Rel: 1 / 0				
#47 Girls 3000 Meter Run Senior	12:42.50	1/14	2025-05-22	1:30 PM
26. Owen Pern - Male - Comp#: 128 - Ind/Rel: 1 / 0				
#12 Boys 400 Meter Dash Senior Prelims	57.24	3/3	2025-05-21	12:15 PM
27. Hannah Richardson - Mckinno - Female - Comp#: 108 - Ind/Rel: 1 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:02.16	2/4	2025-05-21	12:15 PM
28. Ayden Rondeau - Male - Comp#: 129 - Ind/Rel: 3 / 0				
#12 Boys 400 Meter Dash Senior Prelims	57.05	3/5	2025-05-21	12:15 PM
#60 Boys Long Jump Senior	5.88m	1/12	2025-05-21	2:00 PM
#72 Boys Triple Jump Senior	11.47m	1/12	2025-05-22	2:00 PM
29. Bragg Sam - Male - Comp#: 130 - Ind/Rel: 2 / 0				
#22 Boys 1500 Meter Run Intermediate	4:56.25	1/14	2025-05-21	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:27.77	1/2	2025-05-22	1:15 PM
30. Amelia Seymour - Female - Comp#: 109 - Ind/Rel: 2 / 0				
#69 Girls Triple Jump Intermediate	7.91m	1/6	2025-05-21	10:00 AM
#81 Girls Discus Throw 1kg Intermediate	23.66m	1/8	2025-05-21	2:00 PM
31. Emily Webster - Female - Comp#: 110 - Ind/Rel: 1 / 0				
#109 Girls Javelin Throw 600g Senior	17.23m	1/10	2025-05-22	10:00 AM
32. Felix Wirkus - Male - Comp#: 131 - Ind/Rel: 1 / 0				
#12 Boys 400 Meter Dash Senior Prelims	54.82	2/1	2025-05-21	12:15 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Bay View High School (BVHS)**

33.	Mathew Wyman - Male - Comp#: 132 - Ind/Rel: 1 / 0				
	#36 Boys 800 Meter Run Senior	2:31.57	1/10	2025-05-22	11:10 AM
34.	Nolan Young - Male - Comp#: 133 - Ind/Rel: 2 / 0				
	#18 Boys 100 Meter Dash Senior Prelims	11.74	3/5	2025-05-21	1:10 PM
	#30 Boys 200 Meter Dash Senior Prelims	25.14	2/7	2025-05-22	10:20 AM
1.	Bay View High School - 'A'				
	#40 Boys 4x100 Meter Relay Intermediate	47.03	1/3	2025-05-22	12:00 PM
2.	Bay View High School - 'A'				
	#41 Girls 4x100 Meter Relay Senior	55.80	1/8	2025-05-22	12:00 PM
3.	Bay View High School - 'A'				
	#42 Boys 4x100 Meter Relay Senior	47.10	1/7	2025-05-22	12:00 PM
4.	Bay View High School - 'A'				
	#52 Boys 4x400 Meter Relay Intermediate	3:57.40	1/5	2025-05-22	2:45 PM
5.	Bay View High School - 'A'				
	#53 Girls 4x400 Meter Relay Senior	4:30.27	1/5	2025-05-22	2:45 PM
6.	Bay View High School - 'A'				
	#54 Boys 4x400 Meter Relay Senior	3:50.34	1/4	2025-05-22	2:45 PM

Bay View High School Total Individual Entries: 58 - Total Relays: 6

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Bedford Academy (BEDA)

- | | | | | |
|---|---------|------|------------|----------|
| 1. Jackson Cho - Male - Comp#: 134 - Ind/Rel: 1 / 0
#56 Boys Long Jump Junior | 4.31m | 1/15 | 2025-05-21 | 12:00 PM |
| 2. Michael Cho - Male - Comp#: 135 - Ind/Rel: 1 / 0
#28 Boys 200 Meter Dash Intermediate Prelims | 25.55 | 2/2 | 2025-05-22 | 10:20 AM |
| 3. Alex Dong - Male - Comp#: 136 - Ind/Rel: 2 / 0
#8 Boys 400 Meter Dash Junior Prelims | 1:01.60 | 1/3 | 2025-05-21 | 11:45 AM |
| #14 Boys 100 Meter Dash Junior Prelims | 12.83 | 1/2 | 2025-05-21 | 12:45 PM |

Bedford Academy Total Individual Entries: 4 - Total Relays: 0

SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Bicentennial School (BIJH)**

1. Alaura Downey-Burns - Female - Comp#: 137 - Ind/Rel: 1 / 0				
#13 Girls 100 Meter Dash Junior Prelims	13.89	2/6	2025-05-21	12:45 PM
2. Charlotte Green - Female - Comp#: 138 - Ind/Rel: 2 / 0				
#75 Girls Shot Put 4kg Intermediate	6.67m	1/1	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	18.73m	1/6	2025-05-21	2:00 PM
3. Adam Jarrett - Male - Comp#: 143 - Ind/Rel: 2 / 0				
#82 Boys Discus Throw 1.5kg Intermediate	23.70m	1/3	2025-05-22	10:00 AM
#103 Boys Javelin Throw 700g Intermediate	33.13m	1/13	2025-05-21	12:00 PM
4. Ben Lelievre - Male - Comp#: 144 - Ind/Rel: 1 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	57.10	2/5	2025-05-21	12:15 PM
5. Xander MacGregor - Male - Comp#: 145 - Ind/Rel: 2 / 0				
#80 Boys Discus Throw 1kg Junior	24.54m	1/13	2025-05-22	2:00 PM
#91 Boys Javelin Throw 600g Junior	27.55m	1/1	2025-05-21	2:00 PM
6. Cassidy McFarlane - Female - Comp#: 139 - Ind/Rel: 4 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:05.04	1/7	2025-05-21	11:45 AM
#27 Girls 200 Meter Dash Intermediate Prelims	28.57	1/3	2025-05-22	10:00 AM
#57 Girls Long Jump Intermediate	4.85m	1/7	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	9.10m	1/10	2025-05-21	10:00 AM
7. Maude Mellema - Female - Comp#: 140 - Ind/Rel: 1 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.91	1/3	2025-05-21	12:45 PM
8. Zoe Muise - Female - Comp#: 141 - Ind/Rel: 2 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.04	2/3	2025-05-21	10:00 AM
#61 Girls High Jump Junior	1.35m	1/7	2025-05-21	10:00 AM
9. Pauline Samillano - Female - Comp#: 142 - Ind/Rel: 2 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.16	2/3	2025-05-21	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	29.69	1/3	2025-05-22	10:00 AM
10. Glendon Smith-Thompson - Male - Comp#: 146 - Ind/Rel: 1 / 0				
#56 Boys Long Jump Junior	4.45m	1/9	2025-05-21	12:00 PM
1. Bicentennial School - 'A'				
#52 Boys 4x400 Meter Relay Intermediate	4:05.37	1/2	2025-05-22	2:45 PM

Bicentennial School Total Individual Entries: 18 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Brookside Junior High (BRKS)**

1. Peyton Ballem - Female - Comp#: 147 - Ind/Rel: 1 / 0 #25 Girls 200 Meter Dash Junior Prelims	30.18	2/3	2025-05-22	10:00 AM
2. Austin Briggs - Male - Comp#: 157 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	35.72m	1/11	2025-05-21	12:00 PM
3. Erin Buchan - Female - Comp#: 148 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	19.63m	1/4	2025-05-22	2:00 PM
4. Phebe Chandler - Female - Comp#: 149 - Ind/Rel: 1 / 0 #85 Girls Javelin Throw 400g Junior	18.96m	1/11	2025-05-22	2:00 PM
5. Reese Currie - Male - Comp#: 158 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:15.98	1/12	2025-05-22	12:45 PM
6. Cambree Doucet Campbell - Female - Comp#: 150 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	13:51.17	1/7	2025-05-22	1:15 PM
7. Mary Anne Hudson - Female - Comp#: 151 - Ind/Rel: 2 / 0 #21 Girls 1500 Meter Run Intermediate #45 Girls 3000 Meter Run Intermediate	5:57.60 12:53.01	1/10 1/2	2025-05-21 2025-05-22	1:30 PM 1:15 PM
8. Hannah Kay - Female - Comp#: 152 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.11	1/8	2025-05-21	10:00 AM
9. Jack McCarthy - Male - Comp#: 160 - Ind/Rel: 3 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims #32 Boys 800 Meter Run Junior #56 Boys Long Jump Junior	15.89 2:37.58 4.57m	2/7 1/10 1/8	2025-05-21 2025-05-22 2025-05-21	10:00 AM 10:45 AM 12:00 PM
10. Libby Mills - Female - Comp#: 153 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.07	1/7	2025-05-21	10:00 AM
11. Ben Mombourquette - Male - Comp#: 161 - Ind/Rel: 1 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims	15.99	1/8	2025-05-21	10:00 AM
12. Finlay Northrup - Female - Comp#: 154 - Ind/Rel: 2 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims #85 Girls Javelin Throw 400g Junior	16.26 19.81m	2/1 1/5	2025-05-21 2025-05-22	10:00 AM 2:00 PM
13. Pierce Northrup - Male - Comp#: 162 - Ind/Rel: 3 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims #64 Boys High Jump Intermediate #103 Boys Javelin Throw 700g Intermediate	18.21 1.50m 33.51m	2/7 1/1 1/1	2025-05-21 2025-05-22 2025-05-21	10:30 AM 2:00 PM 12:00 PM
14. Desmond Secord - Male - Comp#: 163 - Ind/Rel: 2 / 0 #8 Boys 400 Meter Dash Junior Prelims #80 Boys Discus Throw 1kg Junior	NT 22.33m	2/1 1/7	2025-05-21 2025-05-22	11:45 AM 2:00 PM
15. Maddie Tobin - Female - Comp#: 155 - Ind/Rel: 3 / 0 #9 Girls 400 Meter Dash Intermediate Prelims #15 Girls 100 Meter Dash Intermediate Prelims #27 Girls 200 Meter Dash Intermediate Prelims	1:06.77 13.94 28.37	1/4 2/8 2/1	2025-05-21 2025-05-21 2025-05-22	11:45 AM 12:45 PM 10:00 AM
16. Michelle Uduebor - Female - Comp#: 156 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	3.93m	1/14	2025-05-22	12:00 PM
1. Brookside Junior High - 'A' #49 Girls 4x400 Meter Relay Junior	4:50.10	1/4	2025-05-22	2:15 PM

Brookside Junior High Total Individual Entries: 25 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Caledonia Junior High (CAL)**

1. Julia Campbell - Female - Comp#: 164 - Ind/Rel: 2 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.33	2/4	2025-05-21	12:45 PM
#73 Girls Shot Put 3kg Junior	7.62m	1/11	2025-05-22	10:00 AM
2. Hayden Doucet - Male - Comp#: 168 - Ind/Rel: 2 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:04.33	2/5	2025-05-21	11:45 AM
#44 Boys 3000 Meter Run Junior	11:31.34	1/2	2025-05-22	12:45 PM
3. Day'jah Macdonald - Female - Comp#: 165 - Ind/Rel: 2 / 0				
#120 Girls 100 Meter Dash Supported Junior	23.28	2/5	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	3.38m	1/14	2025-05-21	11:15 AM
4. Emmitt Mahoney - Male - Comp#: 169 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.79	2/3	2025-05-21	10:00 AM
5. Nathan Negus - Male - Comp#: 170 - Ind/Rel: 1 / 0				
#125 Boys Shot Put 4kg-3 throws Supported Junior	3.62m	1/9	2025-05-21	11:15 AM
6. Azeetat Oyinlola - Female - Comp#: 166 - Ind/Rel: 1 / 0				
#81 Girls Discus Throw 1kg Intermediate	18.44m	1/2	2025-05-21	2:00 PM
7. Cylvia Wainright Taylor - Female - Comp#: 167 - Ind/Rel: 2 / 0				
#120 Girls 100 Meter Dash Supported Junior	16.88	2/4	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	3.30m	1/15	2025-05-21	11:15 AM
8. James Wainright Taylor - Male - Comp#: 171 - Ind/Rel: 2 / 0				
#121 Boys 100 Meter Dash Supported Junior	15.37	2/3	2025-05-21	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.30m	1/8	2025-05-21	11:15 AM

Caledonia Junior High Total Individual Entries: 13 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Charles P. Allen (CPA)**

1. Caleb Anderson - Male - Comp#: 188 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	11.27m	1/13	2025-05-22	2:00 PM
2. Evan Arruda - Male - Comp#: 189 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate	5:03.81	1/6	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:24.09	1/10	2025-05-22	11:10 AM
3. Carley Beaton - Female - Comp#: 172 - Ind/Rel: 2 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.12	1/6	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	27.86	1/8	2025-05-22	10:00 AM
4. Lily Blondon - Female - Comp#: 173 - Ind/Rel: 2 / 0 #17 Girls 100 Meter Dash Senior Prelims	13.85	1/1	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	28.71	3/1	2025-05-22	10:20 AM
5. Finn Bootland - Male - Comp#: 190 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	11.53m	1/8	2025-05-22	2:00 PM
6. Nick Clarke - Male - Comp#: 191 - Ind/Rel: 2 / 0 #76 Boys Shot Put 5kg Intermediate	11.37m	1/12	2025-05-21	2:00 PM
#82 Boys Discus Throw 1.5kg Intermediate	24.29m	1/14	2025-05-22	10:00 AM
7. Conor Gilcoyle - Male - Comp#: 192 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate	5.24m	1/2	2025-05-21	10:00 AM
#70 Boys Triple Jump Intermediate	11.55m	1/16	2025-05-22	12:00 PM
8. Grace Grace Killoran - Female - Comp#: 174 - Ind/Rel: 2 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.73	2/2	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	28.11	2/6	2025-05-22	10:00 AM
9. Breton Hayden - Female - Comp#: 175 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	19.36	2/7	2025-05-21	10:30 AM
10. Griffin Hearn - Male - Comp#: 193 - Ind/Rel: 3 / 0 #12 Boys 400 Meter Dash Senior Prelims	54.83	1/5	2025-05-21	12:15 PM
#18 Boys 100 Meter Dash Senior Prelims	11.89	3/3	2025-05-21	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	24.93	1/8	2025-05-22	10:20 AM
11. Devon Hicks - Male - Comp#: 194 - Ind/Rel: 1 / 0 #46 Boys 3000 Meter Run Intermediate	11:23.02	1/1	2025-05-22	1:15 PM
12. Emma Holder - Female - Comp#: 176 - Ind/Rel: 2 / 0 #75 Girls Shot Put 4kg Intermediate	7.18m	1/5	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	20.10m	1/1	2025-05-21	2:00 PM
13. Duncan Isbister - Male - Comp#: 195 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	30.59m	1/3	2025-05-21	12:00 PM
14. William Jennings - Male - Comp#: 196 - Ind/Rel: 4 / 0 #24 Boys 1500 Meter Run Senior	4:56.27	1/17	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:14.88	1/3	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	11:23.14	1/14	2025-05-22	1:30 PM
#115 Boys Javelin Throw 800g Senior	29.54m	1/7	2025-05-21	10:00 AM
15. Breanna Kuehner - Female - Comp#: 177 - Ind/Rel: 2 / 0 #17 Girls 100 Meter Dash Senior Prelims	13.85	2/2	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	28.90	2/6	2025-05-22	10:20 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Charles P. Allen (CPA)**

16. Alfred Lai - Male - Comp#: 197 - Ind/Rel: 1 / 0				
#12 Boys 400 Meter Dash Senior Prelims	56.47	2/5	2025-05-21	12:15 PM
17. Owen Macgillivray - Male - Comp#: 198 - Ind/Rel: 2 / 0				
#12 Boys 400 Meter Dash Senior Prelims	56.36	3/1	2025-05-21	12:15 PM
#36 Boys 800 Meter Run Senior	2:14.36	1/1	2025-05-22	11:10 AM
18. Abby MacGillivray - Female - Comp#: 178 - Ind/Rel: 3 / 0				
#21 Girls 1500 Meter Run Intermediate	6:06.67	1/3	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:56.76	1/6	2025-05-22	10:45 AM
#45 Girls 3000 Meter Run Intermediate	13:19.04	1/14	2025-05-22	1:15 PM
19. Charlie MacLean - Female - Comp#: 179 - Ind/Rel: 4 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:08.80	2/1	2025-05-21	11:45 AM
#21 Girls 1500 Meter Run Intermediate	5:38.85	1/8	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:39.60	1/12	2025-05-22	10:45 AM
#45 Girls 3000 Meter Run Intermediate	12:36.06	1/9	2025-05-22	1:15 PM
20. Finlay Macpherson - Female - Comp#: 180 - Ind/Rel: 2 / 0				
#77 Girls Shot Put 4kg Senior	7.66m	1/13	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	16.79m	1/9	2025-05-21	10:00 AM
21. Kingston Manning - Male - Comp#: 199 - Ind/Rel: 2 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	17.07	2/3	2025-05-21	10:30 AM
#18 Boys 100 Meter Dash Senior Prelims	12.10	1/6	2025-05-21	1:10 PM
22. Brynn Martin - Female - Comp#: 181 - Ind/Rel: 3 / 0				
#75 Girls Shot Put 4kg Intermediate	7.50m	1/2	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	20.18m	1/5	2025-05-21	2:00 PM
#97 Girls Javelin Throw 500g Intermediate	26.08m	1/4	2025-05-22	12:00 PM
23. Keegan May - Male - Comp#: 200 - Ind/Rel: 2 / 0				
#60 Boys Long Jump Senior	5.94m	1/5	2025-05-21	2:00 PM
#72 Boys Triple Jump Senior	12.54m	1/14	2025-05-22	2:00 PM
24. Kennedy May - Female - Comp#: 182 - Ind/Rel: 2 / 0				
#57 Girls Long Jump Intermediate	4.43m	1/12	2025-05-22	10:00 AM
#63 Girls High Jump Intermediate	1.43m	1/15	2025-05-21	12:00 PM
25. Prem Mistry - Male - Comp#: 201 - Ind/Rel: 2 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.96	2/6	2025-05-21	10:30 AM
#82 Boys Discus Throw 1.5kg Intermediate	22.87m	1/15	2025-05-22	10:00 AM
26. Emmett Mont - Male - Comp#: 202 - Ind/Rel: 5 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.48	1/1	2025-05-21	10:30 AM
#16 Boys 100 Meter Dash Intermediate Prelims	11.80	1/6	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.02	1/7	2025-05-22	10:20 AM
#58 Boys Long Jump Intermediate	5.08m	1/6	2025-05-21	10:00 AM
#70 Boys Triple Jump Intermediate	10.87m	1/6	2025-05-22	12:00 PM
27. Henry Mont - Male - Comp#: 203 - Ind/Rel: 3 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.51	1/3	2025-05-21	10:30 AM
#58 Boys Long Jump Intermediate	5.02m	1/16	2025-05-21	10:00 AM
#70 Boys Triple Jump Intermediate	10.73m	1/2	2025-05-22	12:00 PM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Charles P. Allen (CPA)**

28. Leo Mont - Male - Comp#: 204 - Ind/Rel: 5 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	16.57	1/1	2025-05-21	10:30 AM
#18 Boys 100 Meter Dash Senior Prelims	11.77	1/4	2025-05-21	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	23.93	2/8	2025-05-22	10:20 AM
#60 Boys Long Jump Senior	5.74m	1/9	2025-05-21	2:00 PM
#72 Boys Triple Jump Senior	11.64m	1/10	2025-05-22	2:00 PM
29. Nathan Mulholland - Male - Comp#: 205 - Ind/Rel: 2 / 0				
#24 Boys 1500 Meter Run Senior	4:56.94	1/6	2025-05-21	2:00 PM
#60 Boys Long Jump Senior	5.08m	1/3	2025-05-21	2:00 PM
30. Ini Ogunlaiye - Male - Comp#: 206 - Ind/Rel: 3 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	54.87	2/2	2025-05-21	12:15 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.73	1/3	2025-05-22	10:20 AM
#64 Boys High Jump Intermediate	1.50m	1/4	2025-05-22	2:00 PM
31. Henrik Oster - Male - Comp#: 207 - Ind/Rel: 2 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	18.28	1/4	2025-05-21	10:30 AM
#66 Boys High Jump Senior	1.60m	1/8	2025-05-22	10:00 AM
32. Jack Quinton - Male - Comp#: 208 - Ind/Rel: 3 / 0				
#22 Boys 1500 Meter Run Intermediate	4:51.42	1/5	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:14.51	1/6	2025-05-22	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:45.32	1/11	2025-05-22	1:15 PM
33. Daniel Samssadi - Male - Comp#: 209 - Ind/Rel: 2 / 0				
#64 Boys High Jump Intermediate	1.50m	1/3	2025-05-22	2:00 PM
#82 Boys Discus Throw 1.5kg Intermediate	22.83m	1/4	2025-05-22	10:00 AM
34. Cate Sangster - Female - Comp#: 183 - Ind/Rel: 1 / 0				
#45 Girls 3000 Meter Run Intermediate	13:34.58	1/16	2025-05-22	1:15 PM
35. Folajimi Shodunke - Male - Comp#: 210 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.55m	1/8	2025-05-22	2:00 PM
36. Hudson Spence - Male - Comp#: 211 - Ind/Rel: 1 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.85	2/2	2025-05-21	1:10 PM
37. Keaton Synishin - Male - Comp#: 212 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	8.30m	1/7	2025-05-21	2:00 PM
38. Mac Taylor - Male - Comp#: 213 - Ind/Rel: 1 / 0				
#115 Boys Javelin Throw 800g Senior	31.81m	1/18	2025-05-21	10:00 AM
39. Olivia Thompson - Female - Comp#: 184 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:55.36	1/16	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:50.54	1/1	2025-05-22	11:10 AM
40. Sidney Thompson - Female - Comp#: 185 - Ind/Rel: 2 / 0				
#77 Girls Shot Put 4kg Senior	6.54m	1/17	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	18.39m	1/5	2025-05-21	10:00 AM
41. Evelyn Tobin - Female - Comp#: 186 - Ind/Rel: 1 / 0				
#35 Girls 800 Meter Run Senior	2:49.75	1/4	2025-05-22	11:10 AM
42. Laureen Voigt - Female - Comp#: 187 - Ind/Rel: 2 / 0				
#5 Girls 100 Meter Hurdles 30" Senior Prelims	22.58	2/1	2025-05-21	10:30 AM
#11 Girls 400 Meter Dash Senior Prelims	1:12.09	3/4	2025-05-21	12:15 PM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Charles P. Allen (CPA)**

43. Connor Watt - Male - Comp#: 214 - Ind/Rel: 2 / 0

#78 Boys Shot Put 6kg Senior 9.20m 1/3 2025-05-21 12:00 PM

#115 Boys Javelin Throw 800g Senior 34.10m 1/12 2025-05-21 10:00 AM

1. Charles P. Allen - 'A'

#39 Girls 4x100 Meter Relay Intermediate 54.99 1/4 2025-05-22 11:30 AM

2. Charles P. Allen - 'A'

#40 Boys 4x100 Meter Relay Intermediate 47.09 1/1 2025-05-22 12:00 PM

3. Charles P. Allen - 'A'

#41 Girls 4x100 Meter Relay Senior 54.85 1/7 2025-05-22 12:00 PM

4. Charles P. Allen - 'A'

#42 Boys 4x100 Meter Relay Senior 45.14 1/5 2025-05-22 12:00 PM

5. Charles P. Allen - 'A'

#51 Girls 4x400 Meter Relay Intermediate 4:47.48 1/4 2025-05-22 2:15 PM

6. Charles P. Allen - 'A'

#52 Boys 4x400 Meter Relay Intermediate 3:56.03 1/7 2025-05-22 2:45 PM

7. Charles P. Allen - 'A'

#53 Girls 4x400 Meter Relay Senior 4:50.13 1/3 2025-05-22 2:45 PM

8. Charles P. Allen - 'A'

#54 Boys 4x400 Meter Relay Senior 3:42.58 1/7 2025-05-22 2:45 PM

Charles P. Allen Total Individual Entries: 90 - Total Relays: 8

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Citadel High (CIT)**

1. David Ackerman - Male - Comp#: 239 - Ind/Rel: 3 / 0				
#22 Boys 1500 Meter Run Intermediate	4:42.03	1/13	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:13.62	1/3	2025-05-22	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:19.97	1/9	2025-05-22	1:15 PM
2. Elisa Arteaga - Female - Comp#: 215 - Ind/Rel: 3 / 0				
#23 Girls 1500 Meter Run Senior	5:07.97	1/15	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:27.41	1/5	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	11:52.51	1/5	2025-05-22	1:30 PM
3. Bea Asbridge - Female - Comp#: 216 - Ind/Rel: 3 / 0				
#5 Girls 100 Meter Hurdles 30" Senior Prelims	20.12	2/4	2025-05-21	10:30 AM
#11 Girls 400 Meter Dash Senior Prelims	1:05.26	1/1	2025-05-21	12:15 PM
#29 Girls 200 Meter Dash Senior Prelims	27.66	3/5	2025-05-22	10:20 AM
4. Julia Berry - Female - Comp#: 217 - Ind/Rel: 2 / 0				
#5 Girls 100 Meter Hurdles 30" Senior Prelims	21.66	1/5	2025-05-21	10:30 AM
#71 Girls Triple Jump Senior	6.85m	1/8	2025-05-21	12:00 PM
5. Aesha Chege - Female - Comp#: 218 - Ind/Rel: 1 / 0				
#81 Girls Discus Throw 1kg Intermediate	19.73m	1/16	2025-05-21	2:00 PM
6. Faye Chiasson - Female - Comp#: 219 - Ind/Rel: 3 / 0				
#21 Girls 1500 Meter Run Intermediate	5:10.34	1/9	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:25.35	1/9	2025-05-22	10:45 AM
#45 Girls 3000 Meter Run Intermediate	11:47.60	1/11	2025-05-22	1:15 PM
7. Kyriakos Christensen - Male - Comp#: 240 - Ind/Rel: 2 / 0				
#76 Boys Shot Put 5kg Intermediate	9.39m	1/2	2025-05-21	2:00 PM
#103 Boys Javelin Throw 700g Intermediate	25.18m	1/6	2025-05-21	12:00 PM
8. Lana Cvetkovic - Female - Comp#: 220 - Ind/Rel: 1 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.30	2/7	2025-05-21	12:45 PM
9. Ellora Das - Female - Comp#: 221 - Ind/Rel: 2 / 0				
#21 Girls 1500 Meter Run Intermediate	5:28.52	1/4	2025-05-21	1:30 PM
#45 Girls 3000 Meter Run Intermediate	12:19.75	1/13	2025-05-22	1:15 PM
10. Sophia Das - Female - Comp#: 222 - Ind/Rel: 2 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:03.71	3/2	2025-05-21	12:15 PM
#35 Girls 800 Meter Run Senior	2:26.41	1/11	2025-05-22	11:10 AM
11. Mia Deviller - Female - Comp#: 223 - Ind/Rel: 3 / 0				
#122 Girls 100 Meter Dash Supported Senior	22.14	1/3	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.10m	1/10	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.23m	1/1	2025-05-21	10:00 AM
12. Grace Galloway - Female - Comp#: 224 - Ind/Rel: 2 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:02.74	1/3	2025-05-21	12:15 PM
#29 Girls 200 Meter Dash Senior Prelims	28.03	1/2	2025-05-22	10:20 AM
13. Deja Hooper-Dixon - Female - Comp#: 225 - Ind/Rel: 3 / 0				
#65 Girls High Jump Senior	1.40m	1/12	2025-05-21	2:00 PM
#77 Girls Shot Put 4kg Senior	7.45m	1/12	2025-05-22	12:00 PM
#109 Girls Javelin Throw 600g Senior	21.97m	1/14	2025-05-22	10:00 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Citadel High (CIT)**

14. Erin Hope - Female - Comp#: 226 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	20.94m	1/6	2025-05-22	12:00 PM
15. Jillian Hope - Female - Comp#: 227 - Ind/Rel: 2 / 0 #23 Girls 1500 Meter Run Senior	6:00.07	1/6	2025-05-21	2:00 PM
#109 Girls Javelin Throw 600g Senior	20.28m	1/7	2025-05-22	10:00 AM
16. Anna Jeong - Female - Comp#: 228 - Ind/Rel: 2 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	18.39	1/3	2025-05-21	10:30 AM
#11 Girls 400 Meter Dash Senior Prelims	1:02.94	2/5	2025-05-21	12:15 PM
17. Hanna Jeong - Female - Comp#: 229 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.09	1/5	2025-05-21	10:00 AM
18. Noam Kelly - Male - Comp#: 241 - Ind/Rel: 3 / 0 #22 Boys 1500 Meter Run Intermediate	4:53.47	1/9	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:18.24	1/4	2025-05-22	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:32.77	1/14	2025-05-22	1:15 PM
19. Liam Kirby - Male - Comp#: 242 - Ind/Rel: 2 / 0 #24 Boys 1500 Meter Run Senior	4:52.37	1/11	2025-05-21	2:00 PM
#48 Boys 3000 Meter Run Senior	10:48.33	1/7	2025-05-22	1:30 PM
20. Megan Lusby - Female - Comp#: 230 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Supported Senior	16.30	2/5	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.35m	1/8	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.40m	1/3	2025-05-21	10:00 AM
21. Marissa Macisaac-Filion - Female - Comp#: 231 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Supported Senior	17.63	2/2	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	5.11m	1/9	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.56m	1/2	2025-05-21	10:00 AM
22. Bella MacKenzie - Female - Comp#: 232 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Supported Senior	13.02	2/7	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	4.42m	1/11	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.61m	1/4	2025-05-21	10:00 AM
23. Jacob Martin - Male - Comp#: 243 - Ind/Rel: 2 / 0 #127 Boys Shot Put 4kg-3 throws Supported Senior	8.71m	1/6	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.74m	1/9	2025-05-21	10:00 AM
24. Emmy Mastnak - Female - Comp#: 233 - Ind/Rel: 2 / 0 #57 Girls Long Jump Intermediate	4.29m	1/11	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	9.61m	1/12	2025-05-21	10:00 AM
25. Jane McGuire - Female - Comp#: 234 - Ind/Rel: 1 / 0 #29 Girls 200 Meter Dash Senior Prelims	28.38	2/2	2025-05-22	10:20 AM
26. Noah Miller - Male - Comp#: 244 - Ind/Rel: 1 / 0 #24 Boys 1500 Meter Run Senior	4:51.84	1/4	2025-05-21	2:00 PM
27. Taidg Molloy-Reilly - Male - Comp#: 245 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	23.48m	1/10	2025-05-22	10:00 AM
28. Arlo Morris - Male - Comp#: 246 - Ind/Rel: 1 / 0 #48 Boys 3000 Meter Run Senior	11:03.81	1/16	2025-05-22	1:30 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Citadel High (CIT)**

29. Oliver Neeve - Male - Comp#: 247 - Ind/Rel: 3 / 0				
#22 Boys 1500 Meter Run Intermediate	4:45.47	1/1	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:19.31	1/7	2025-05-22	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:24.65	1/3	2025-05-22	1:15 PM
30. Annabelle Raymond - Female - Comp#: 235 - Ind/Rel: 2 / 0				
#17 Girls 100 Meter Dash Senior Prelims	12.43	2/7	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	25.66	3/3	2025-05-22	10:20 AM
31. Mackenzie Rutherford - Female - Comp#: 236 - Ind/Rel: 2 / 0				
#35 Girls 800 Meter Run Senior	2:45.16	1/15	2025-05-22	11:10 AM
#65 Girls High Jump Senior	1.35m	1/6	2025-05-21	2:00 PM
32. Quinn Ryall - Male - Comp#: 248 - Ind/Rel: 1 / 0				
#12 Boys 400 Meter Dash Senior Prelims	57.49	2/3	2025-05-21	12:15 PM
33. Nasiya Stephenson - Female - Comp#: 237 - Ind/Rel: 1 / 0				
#71 Girls Triple Jump Senior	6.91m	1/5	2025-05-21	12:00 PM
34. Adrian Sunderland - Male - Comp#: 249 - Ind/Rel: 3 / 0				
#24 Boys 1500 Meter Run Senior	4:46.50	1/7	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:17.36	1/17	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	10:39.32	1/11	2025-05-22	1:30 PM
35. Liae Yang - Female - Comp#: 238 - Ind/Rel: 3 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	14.93	2/7	2025-05-21	10:00 AM
#15 Girls 100 Meter Dash Intermediate Prelims	13.31	2/3	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	27.63	1/7	2025-05-22	10:00 AM
36. Luke Young - Male - Comp#: 250 - Ind/Rel: 2 / 0				
#84 Boys Discus Throw 1.75kg Senior	24.31m	1/8	2025-05-22	12:00 PM
#115 Boys Javelin Throw 800g Senior	40.26m	1/17	2025-05-21	10:00 AM
1. Citadel High - 'A'				
#39 Girls 4x100 Meter Relay Intermediate	55.43	1/3	2025-05-22	11:30 AM
2. Citadel High - 'A'				
#41 Girls 4x100 Meter Relay Senior	51.83	1/3	2025-05-22	12:00 PM
3. Citadel High - 'A'				
#51 Girls 4x400 Meter Relay Intermediate	4:37.15	1/5	2025-05-22	2:15 PM
4. Citadel High - 'A'				
#53 Girls 4x400 Meter Relay Senior	4:10.69	1/7	2025-05-22	2:45 PM

Citadel High Total Individual Entries: 75 - Total Relays: 4

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Clayton Park Junior High (CPJH)

- | | | | |
|---|--------|------|---------------------|
| 1. Lucy Drover - Female - Comp#: 251 - Ind/Rel: 1 / 0
#61 Girls High Jump Junior | 1.40m | 1/11 | 2025-05-21 10:00 AM |
| 2. Charbel Kodaysi - Male - Comp#: 252 - Ind/Rel: 1 / 0
#62 Boys High Jump Junior | 1.45m | 1/13 | 2025-05-22 12:00 PM |
| 3. Leo Roberts - Male - Comp#: 253 - Ind/Rel: 1 / 0
#80 Boys Discus Throw 1kg Junior | 24.65m | 1/5 | 2025-05-22 2:00 PM |
| 4. Samuel Wang - Male - Comp#: 254 - Ind/Rel: 1 / 0
#74 Boys Shot Put 4kg Junior | 9.44m | 1/12 | 2025-05-21 10:00 AM |

Clayton Park Junior High Total Individual Entries: 4 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Cole Harbour District High (CHH)**

- | | | | | |
|--|----------|------|------------|----------|
| 1. Ryan Giles - Male - Comp#: 255 - Ind/Rel: 3 / 0 | | | | |
| #22 Boys 1500 Meter Run Intermediate | 4:41.50 | 1/7 | 2025-05-21 | 2:00 PM |
| #28 Boys 200 Meter Dash Intermediate Prelims | 25.28 | 2/4 | 2025-05-22 | 10:20 AM |
| #46 Boys 3000 Meter Run Intermediate | 10:13.64 | 1/10 | 2025-05-22 | 1:15 PM |
| 2. Kai McDonald - Male - Comp#: 256 - Ind/Rel: 2 / 0 | | | | |
| #123 Boys 100 Meter Dash Supported Senior | 14.41 | 2/2 | 2025-05-21 | 10:30 AM |
| #131 Boys Long Jump 3 jumps Supported Senior | 1.81m | 1/1 | 2025-05-21 | 10:00 AM |
| 3. Kotoki Mori - Male - Comp#: 257 - Ind/Rel: 1 / 0 | | | | |
| #46 Boys 3000 Meter Run Intermediate | 12:00.78 | 1/5 | 2025-05-22 | 1:15 PM |

Cole Harbour District High Total Individual Entries: 6 - Total Relays: 0

SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Cunard Junior High (CUN)

- | | | | | |
|--|---------|-----|------------|----------|
| 1. Jahream Fletcher - Male - Comp#: 259 - Ind/Rel: 3 / 0 | | | | |
| #8 Boys 400 Meter Dash Junior Prelims | 1:00.37 | 1/2 | 2025-05-21 | 11:45 AM |
| #14 Boys 100 Meter Dash Junior Prelims | 13.11 | 1/8 | 2025-05-21 | 12:45 PM |
| #26 Boys 200 Meter Dash Junior Prelims | 26.52 | 1/3 | 2025-05-22 | 10:00 AM |
| 2. Mary Johns - Female - Comp#: 258 - Ind/Rel: 1 / 0 | | | | |
| #19 Girls 1500 Meter Run Junior | 5:45.53 | 1/3 | 2025-05-21 | 1:30 PM |
| 3. Stephen Marshall - Male - Comp#: 260 - Ind/Rel: 1 / 0 | | | | |
| #121 Boys 100 Meter Dash Supported Junior | 16.34 | 1/2 | 2025-05-21 | 10:30 AM |

Cunard Junior High Total Individual Entries: 5 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Dartmouth High (DHS)**

1. Anna Archibald - Female - Comp#: 261 - Ind/Rel: 2 / 0				
#35 Girls 800 Meter Run Senior	2:42.68	1/7	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	12:15.29	1/6	2025-05-22	1:30 PM
2. David Babalola - Male - Comp#: 280 - Ind/Rel: 3 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.08	3/2	2025-05-21	1:10 PM
#60 Boys Long Jump Senior	6.45m	1/15	2025-05-21	2:00 PM
#72 Boys Triple Jump Senior	12.56m	1/9	2025-05-22	2:00 PM
3. Deborah Beach - Female - Comp#: 262 - Ind/Rel: 3 / 0				
#21 Girls 1500 Meter Run Intermediate	5:05.94	1/13	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:28.17	1/5	2025-05-22	10:45 AM
#45 Girls 3000 Meter Run Intermediate	11:23.16	1/10	2025-05-22	1:15 PM
4. Carey Bent - Male - Comp#: 281 - Ind/Rel: 1 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.59	1/1	2025-05-21	1:10 PM
5. Josh Bent - Male - Comp#: 282 - Ind/Rel: 2 / 0				
#58 Boys Long Jump Intermediate	5.34m	1/7	2025-05-21	10:00 AM
#64 Boys High Jump Intermediate	1.65m	1/12	2025-05-22	2:00 PM
6. Mya Bonang - Female - Comp#: 263 - Ind/Rel: 2 / 0				
#77 Girls Shot Put 4kg Senior	7.29m	1/11	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	16.68m	1/15	2025-05-21	10:00 AM
7. Davian Bonnick - Male - Comp#: 283 - Ind/Rel: 1 / 0				
#60 Boys Long Jump Senior	5.75m	1/4	2025-05-21	2:00 PM
8. Zakyra Bundy - Female - Comp#: 264 - Ind/Rel: 2 / 0				
#5 Girls 100 Meter Hurdles 30" Senior Prelims	17.61	1/2	2025-05-21	10:30 AM
#17 Girls 100 Meter Dash Senior Prelims	13.79	1/2	2025-05-21	1:10 PM
9. Peyton Crowe - Female - Comp#: 265 - Ind/Rel: 2 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.88	1/3	2025-05-21	10:00 AM
#69 Girls Triple Jump Intermediate	9.26m	1/7	2025-05-21	10:00 AM
10. D'Ontay Fraser - Male - Comp#: 284 - Ind/Rel: 2 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	18.94	1/3	2025-05-21	10:30 AM
#115 Boys Javelin Throw 800g Senior	26.73m	1/13	2025-05-21	10:00 AM
11. Emily Harding - Female - Comp#: 266 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	22.58m	1/12	2025-05-22	12:00 PM
12. Connell Higgins - Male - Comp#: 285 - Ind/Rel: 2 / 0				
#30 Boys 200 Meter Dash Senior Prelims	24.94	1/6	2025-05-22	10:20 AM
#78 Boys Shot Put 6kg Senior	8.90m	1/14	2025-05-21	12:00 PM
13. Brianna Hoskin - Female - Comp#: 267 - Ind/Rel: 3 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.03	2/5	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	27.29	2/4	2025-05-22	10:00 AM
#57 Girls Long Jump Intermediate	5.02m	1/6	2025-05-22	10:00 AM
14. Celine Hoyeck - Female - Comp#: 268 - Ind/Rel: 2 / 0				
#17 Girls 100 Meter Dash Senior Prelims	13.32	2/5	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	27.47	2/5	2025-05-22	10:20 AM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Dartmouth High (DHS)**

15. Tremelle Kennedy-Colley - Male - Comp#: 286 - Ind/Rel: 2 / 0				
#30 Boys 200 Meter Dash Senior Prelims	25.89	2/5	2025-05-22	10:20 AM
#115 Boys Javelin Throw 800g Senior	27.90m	1/9	2025-05-21	10:00 AM
16. Skyla Kingston-Axiak - Female - Comp#: 269 - Ind/Rel: 1 / 0				
#59 Girls Long Jump Senior	4.22m	1/4	2025-05-22	2:00 PM
17. Berâ€™niyah Lewis - Female - Comp#: 270 - Ind/Rel: 2 / 0				
#122 Girls 100 Meter Dash Supported Senior	21.54	1/8	2025-05-21	10:30 AM
#130 Girls Long Jump 3 jumps Supported Senior	1.26m	1/5	2025-05-21	10:00 AM
18. Abby Livingston - Female - Comp#: 271 - Ind/Rel: 1 / 0				
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.79m	1/16	2025-05-21	11:15 PM
19. Teigan Long - Female - Comp#: 272 - Ind/Rel: 1 / 0				
#57 Girls Long Jump Intermediate	4.23m	1/1	2025-05-22	10:00 AM
20. Molly MacDonald - Female - Comp#: 273 - Ind/Rel: 1 / 0				
#57 Girls Long Jump Intermediate	4.15m	1/5	2025-05-22	10:00 AM
21. Frances MacLeod - Female - Comp#: 274 - Ind/Rel: 4 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:02.05	3/5	2025-05-21	12:15 PM
#23 Girls 1500 Meter Run Senior	4:54.05	1/3	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:19.34	1/9	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	10:41.22	1/9	2025-05-22	1:30 PM
22. Nolen Mitchell - Male - Comp#: 287 - Ind/Rel: 1 / 0				
#46 Boys 3000 Meter Run Intermediate	10:27.89	1/8	2025-05-22	1:15 PM
23. Olivia Murphy - Female - Comp#: 275 - Ind/Rel: 2 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:10.21	2/1	2025-05-21	12:15 PM
#65 Girls High Jump Senior	1.35m	1/10	2025-05-21	2:00 PM
24. Phoebe Murphy - Female - Comp#: 276 - Ind/Rel: 1 / 0				
#63 Girls High Jump Intermediate	1.20m	1/10	2025-05-21	12:00 PM
25. Ruth O'Reagan - Female - Comp#: 277 - Ind/Rel: 3 / 0				
#77 Girls Shot Put 4kg Senior	8.12m	1/9	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	22.97m	1/14	2025-05-21	10:00 AM
#109 Girls Javelin Throw 600g Senior	21.32m	1/16	2025-05-22	10:00 AM
26. Tori Rendell - Female - Comp#: 278 - Ind/Rel: 1 / 0				
#63 Girls High Jump Intermediate	1.40m	1/5	2025-05-21	12:00 PM
27. Neil Rissesco - Male - Comp#: 288 - Ind/Rel: 3 / 0				
#24 Boys 1500 Meter Run Senior	4:55.61	1/8	2025-05-21	2:00 PM
#48 Boys 3000 Meter Run Senior	10:42.07	1/5	2025-05-22	1:30 PM
#78 Boys Shot Put 6kg Senior	7.11m	1/7	2025-05-21	12:00 PM
28. Maliq Robinson-Leveen - Male - Comp#: 289 - Ind/Rel: 1 / 0				
#60 Boys Long Jump Senior	5.43m	1/16	2025-05-21	2:00 PM
29. Thomas Smith - Male - Comp#: 290 - Ind/Rel: 1 / 0				
#123 Boys 100 Meter Dash Supported Senior	14.99	1/2	2025-05-21	10:30 AM
30. Glendon Snow - Male - Comp#: 291 - Ind/Rel: 2 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.31	1/5	2025-05-21	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	23.62	1/1	2025-05-22	10:20 AM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Dartmouth High (DHS)**

31. Grace Theunissen - Female - Comp#: 279 - Ind/Rel: 2 / 0				
#21 Girls 1500 Meter Run Intermediate	5:35.07	1/6	2025-05-21	1:30 PM
#45 Girls 3000 Meter Run Intermediate	12:26.70	1/4	2025-05-22	1:15 PM
32. Jack Theunissen - Male - Comp#: 292 - Ind/Rel: 1 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	20.31	2/4	2025-05-21	10:30 AM
33. Joseph Williams - Male - Comp#: 293 - Ind/Rel: 2 / 0				
#123 Boys 100 Meter Dash Supported Senior	14.08	2/5	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.30m	1/13	2025-05-21	11:15 AM
34. Sam Williams - Male - Comp#: 294 - Ind/Rel: 1 / 0				
#78 Boys Shot Put 6kg Senior	11.83m	1/18	2025-05-21	12:00 PM
1. Dartmouth High - 'A'				
#39 Girls 4x100 Meter Relay Intermediate	53.82	1/8	2025-05-22	11:30 AM
2. Dartmouth High - 'A'				
#41 Girls 4x100 Meter Relay Senior	55.52	1/4	2025-05-22	12:00 PM
3. Dartmouth High - 'A'				
#42 Boys 4x100 Meter Relay Senior	44.35	1/4	2025-05-22	12:00 PM
4. Dartmouth High - 'A'				
#51 Girls 4x400 Meter Relay Intermediate	4:47.36	1/6	2025-05-22	2:15 PM
5. Dartmouth High - 'A'				
#53 Girls 4x400 Meter Relay Senior	4:36.83	1/4	2025-05-22	2:45 PM
6. Dartmouth High - 'A'				
#54 Boys 4x400 Meter Relay Senior	3:50.80	1/5	2025-05-22	2:45 PM

Dartmouth High Total Individual Entries: 61 - Total Relays: 6

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Dartmouth South Academy (DSA)**

- | | | | | |
|--|---------|------|------------|----------|
| 1. Reid Ash - Male - Comp#: 299 - Ind/Rel: 3 / 0 | | | | |
| #62 Boys High Jump Junior | 1.45m | 1/17 | 2025-05-22 | 12:00 PM |
| #80 Boys Discus Throw 1kg Junior | 22.71m | 1/16 | 2025-05-22 | 2:00 PM |
| #91 Boys Javelin Throw 600g Junior | 24.20m | 1/9 | 2025-05-21 | 2:00 PM |
| 2. Evie Best - Female - Comp#: 295 - Ind/Rel: 1 / 0 | | | | |
| #85 Girls Javelin Throw 400g Junior | 25.35m | 1/15 | 2025-05-22 | 2:00 PM |
| 3. Aliyah Hoskin - Female - Comp#: 296 - Ind/Rel: 1 / 0 | | | | |
| #55 Girls Long Jump Junior | 4.03m | 1/7 | 2025-05-22 | 12:00 PM |
| 4. Ella Macfarlane - Female - Comp#: 297 - Ind/Rel: 1 / 0 | | | | |
| #7 Girls 400 Meter Dash Junior Prelims | 1:05.86 | 2/6 | 2025-05-21 | 11:45 AM |
| 5. Sadie Maclachlan - Female - Comp#: 298 - Ind/Rel: 2 / 0 | | | | |
| #79 Girls Discus Throw 0.75kg Junior | 17.25m | 1/14 | 2025-05-21 | 12:00 PM |
| #85 Girls Javelin Throw 400g Junior | 20.63m | 1/10 | 2025-05-22 | 2:00 PM |

Dartmouth South Academy Total Individual Entries: 8 - Total Relays: 0**SCHOOL SPORT
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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

East Coast Varsity (ECV)

- | | | | | |
|--|----------|------|------------|----------|
| 1. Leroy Crowe - Male - Comp#: 302 - Ind/Rel: 1 / 0
#68 Boys Triple Jump Junior | 9.20m | 1/8 | 2025-05-22 | 10:00 AM |
| 2. Zoe Fischer - Female - Comp#: 300 - Ind/Rel: 1 / 0
#75 Girls Shot Put 4kg Intermediate | 6.67m | 1/15 | 2025-05-22 | 2:00 PM |
| 3. Lucas Rent - Male - Comp#: 303 - Ind/Rel: 1 / 0
#91 Boys Javelin Throw 600g Junior | 23.29m | 1/5 | 2025-05-21 | 2:00 PM |
| 4. Jasper Walker - Male - Comp#: 304 - Ind/Rel: 1 / 0
#44 Boys 3000 Meter Run Junior | 11:34.55 | 1/14 | 2025-05-22 | 12:45 PM |

East Coast Varsity Total Individual Entries: 4 - Total Relays: 0

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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Eastern Passage Education Cent (EPEC)

- | | | | |
|--|---------|------|---------------------|
| 1. Hazel Boyce - Female - Comp#: 305 - Ind/Rel: 1 / 0 | | | |
| #31 Girls 800 Meter Run Junior | 2:47.58 | 1/14 | 2025-05-22 10:45 AM |
| 2. Audrey Tetford - Female - Comp#: 306 - Ind/Rel: 1 / 0 | | | |
| #25 Girls 200 Meter Dash Junior Prelims | 30.10 | 1/2 | 2025-05-22 10:00 AM |

Eastern Passage Education Cent Total Individual Entries: 2 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Eastern Shore Consolidated (ESC)**

1. Rylan Bent - Male - Comp#: 312 - Ind/Rel: 3 / 0				
#78 Boys Shot Put 6kg Senior	9.30m	1/9	2025-05-21	12:00 PM
#84 Boys Discus Throw 1.75kg Senior	25.20m	1/6	2025-05-22	12:00 PM
#115 Boys Javelin Throw 800g Senior	36.36m	1/14	2025-05-21	10:00 AM
2. Lucas Dando - Male - Comp#: 313 - Ind/Rel: 2 / 0				
#8 Boys 400 Meter Dash Junior Prelims	NT	3/7	2025-05-21	11:45 AM
#62 Boys High Jump Junior	1.40m	1/16	2025-05-22	12:00 PM
3. Zoe Debaie - Female - Comp#: 307 - Ind/Rel: 2 / 0				
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.79m	1/12	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.40m	1/6	2025-05-21	10:00 AM
4. Hayden Drodge - Male - Comp#: 314 - Ind/Rel: 2 / 0				
#14 Boys 100 Meter Dash Junior Prelims	13.19	2/3	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	27.00	2/5	2025-05-22	10:00 AM
5. Vincent Fitzmorris - Male - Comp#: 315 - Ind/Rel: 3 / 0				
#123 Boys 100 Meter Dash Supported Senior	14.04	2/4	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	7.30m	1/14	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.13m	1/3	2025-05-21	10:00 AM
6. Rylee Lewis - Female - Comp#: 308 - Ind/Rel: 1 / 0				
#69 Girls Triple Jump Intermediate	7.60m	1/1	2025-05-21	10:00 AM
7. Delaney MacKenzie - Female - Comp#: 309 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	7.94m	1/8	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	24.07m	1/11	2025-05-21	12:00 PM
8. Gavin MacKenzie - Male - Comp#: 316 - Ind/Rel: 1 / 0				
#82 Boys Discus Throw 1.5kg Intermediate	22.94m	1/12	2025-05-22	10:00 AM
9. Caden Mitchell - Male - Comp#: 317 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	8.84m	1/11	2025-05-21	10:00 AM
10. Devin Parker - Male - Comp#: 318 - Ind/Rel: 2 / 0				
#58 Boys Long Jump Intermediate	5.13m	1/10	2025-05-21	10:00 AM
#103 Boys Javelin Throw 700g Intermediate	31.81m	1/12	2025-05-21	12:00 PM
11. Aerianna Sanderson - Female - Comp#: 310 - Ind/Rel: 1 / 0				
#109 Girls Javelin Throw 600g Senior	19.79m	1/6	2025-05-22	10:00 AM
12. Emily Sinclair-White - Female - Comp#: 311 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	26.09m	1/16	2025-05-22	12:00 PM

Eastern Shore Consolidated Total Individual Entries: 21 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Ecole du Carrefour (EDCA)**

1. Brielle Breau - Female - Comp#: 319 - Ind/Rel: 1 / 0 #55 Girls Long Jump Junior	4.07m	1/6	2025-05-22	12:00 PM
2. Jackson Lefrank - Male - Comp#: 321 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.45m	1/6	2025-05-22	12:00 PM
3. Duncan MacLaughlin - Male - Comp#: 322 - Ind/Rel: 2 / 0 #20 Boys 1500 Meter Run Junior	5:09.26	1/13	2025-05-21	1:30 PM
#44 Boys 3000 Meter Run Junior	11:44.54	1/6	2025-05-22	12:45 PM
4. Agathe Tremblay - Female - Comp#: 320 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	18.85m	1/2	2025-05-21	12:00 PM
5. Jack White - Male - Comp#: 323 - Ind/Rel: 1 / 0 #20 Boys 1500 Meter Run Junior	5:09.56	1/7	2025-05-21	1:30 PM

Ecole du Carrefour Total Individual Entries: 6 - Total Relays: 0

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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Ecole du Sommet (SOMM)**

1. Elayna Brooks - Female - Comp#: 324 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	28.60m	1/3	2025-05-22 10:00 AM
2. Noah Denis - Male - Comp#: 326 - Ind/Rel: 1 / 0 #66 Boys High Jump Senior	1.70m	1/16	2025-05-22 10:00 AM
3. Ella Gallant - Female - Comp#: 325 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	3.87m	1/11	2025-05-22 2:00 PM
4. Beni Kamana - Male - Comp#: 327 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	30.35m	1/5	2025-05-21 12:00 PM
5. Sylvain Mbuyi - Male - Comp#: 328 - Ind/Rel: 2 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.08	2/4	2025-05-21 1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	25.44	1/6	2025-05-22 10:20 AM

Ecole du Sommet Total Individual Entries: 6 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Ecole Mer et Monde (EMEM)**

1. Abraham Diamond - Male - Comp#: 330 - Ind/Rel: 2 / 0				
#20 Boys 1500 Meter Run Junior	5:10.29	1/14	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:26.42	1/5	2025-05-22	10:45 AM
2. Hichem Hamdidouche - Male - Comp#: 331 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	8.66m	1/5	2025-05-21	10:00 AM
3. Lia Mosher - Female - Comp#: 329 - Ind/Rel: 1 / 0				
#55 Girls Long Jump Junior	3.96m	1/2	2025-05-22	12:00 PM
4. Joshua Sullivan - Male - Comp#: 332 - Ind/Rel: 2 / 0				
#12 Boys 400 Meter Dash Senior Prelims	NT	3/6	2025-05-21	12:15 PM
#36 Boys 800 Meter Run Senior	NT	1/16	2025-05-22	11:10 AM
5. Jack Tanner - Male - Comp#: 333 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	8.65m	1/9	2025-05-21	10:00 AM

Ecole Mer et Monde Total Individual Entries: 7 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Ecole secondaire Mosaïque (ESM)**

1. Daniel A'Court - Male - Comp#: 336 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.55m	1/11	2025-05-22	2:00 PM
2. Sage Boyd-Perryman - Male - Comp#: 337 - Ind/Rel: 2 / 0				
#22 Boys 1500 Meter Run Intermediate	4:52.97	1/15	2025-05-21	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:26.70	1/15	2025-05-22	1:15 PM
3. Lamar Gallant - Male - Comp#: 338 - Ind/Rel: 2 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	11.83	2/1	2025-05-21	1:10 PM
#58 Boys Long Jump Intermediate	5.85m	1/15	2025-05-21	10:00 AM
4. Audrey Joseph - Female - Comp#: 334 - Ind/Rel: 2 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.47	1/8	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	28.93	1/4	2025-05-22	10:00 AM
5. Lincoln Carmen Landry - Male - Comp#: 339 - Ind/Rel: 2 / 0				
#24 Boys 1500 Meter Run Senior	4:47.40	1/14	2025-05-21	2:00 PM
#48 Boys 3000 Meter Run Senior	10:14.05	1/2	2025-05-22	1:30 PM
6. Sadie May Landry - Female - Comp#: 335 - Ind/Rel: 1 / 0				
#45 Girls 3000 Meter Run Intermediate	12:58.16	1/15	2025-05-22	1:15 PM
7. Owen Weigelin - Male - Comp#: 340 - Ind/Rel: 2 / 0				
#60 Boys Long Jump Senior	5.34m	1/13	2025-05-21	2:00 PM
#66 Boys High Jump Senior	1.65m	1/5	2025-05-22	10:00 AM
1. Ecole secondaire Mosaïque - 'A'				
#40 Boys 4x100 Meter Relay Intermediate	48.71	1/6	2025-05-22	12:00 PM

Ecole secondaire Mosaïque Total Individual Entries: 12 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Elizabeth Sutherland (ELS)**

1. Aiva Brown - Female - Comp#: 341 - Ind/Rel: 1 / 0				
#79 Girls Discus Throw 0.75kg Junior	19.22m	1/8	2025-05-21	12:00 PM
2. Morgan Lee - Female - Comp#: 342 - Ind/Rel: 2 / 0				
#55 Girls Long Jump Junior	3.95m	1/10	2025-05-22	12:00 PM
#67 Girls Triple Jump Junior	8.22m	1/4	2025-05-21	2:00 PM
3. Violet McNeill - Female - Comp#: 343 - Ind/Rel: 2 / 0				
#61 Girls High Jump Junior	1.35m	1/1	2025-05-21	10:00 AM
#67 Girls Triple Jump Junior	7.82m	1/10	2025-05-21	2:00 PM
4. Darragh Reynolds - Male - Comp#: 345 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.57	2/2	2025-05-21	10:00 AM
5. Tim Shevchenko - Male - Comp#: 346 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	8.67m	1/8	2025-05-21	10:00 AM
6. Natalia Zarczynski - Female - Comp#: 344 - Ind/Rel: 2 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.53	1/8	2025-05-21	10:00 AM
#25 Girls 200 Meter Dash Junior Prelims	29.65	2/1	2025-05-22	10:00 AM

Elizabeth Sutherland Total Individual Entries: 9 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Ellenvale Junior High (ELLN)**

1. David Amechi-Ogbunchi - Male - Comp#: 350 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	8.74m	1/7	2025-05-21 10:00 AM
2. Favour Bamidele - Male - Comp#: 351 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	22.57m	1/6	2025-05-22 2:00 PM
3. Rylenn Best - Female - Comp#: 347 - Ind/Rel: 1 / 0 #120 Girls 100 Meter Dash Supported Junior	28.43	2/1	2025-05-21 10:30 AM
4. Patrick Cody-Cox - Male - Comp#: 352 - Ind/Rel: 2 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:03.22	1/5	2025-05-21 11:45 AM
#26 Boys 200 Meter Dash Junior Prelims	27.17	2/7	2025-05-22 10:00 AM
5. Bryce Dixon - Male - Comp#: 353 - Ind/Rel: 1 / 0 #139 Boys 50 Meter Dash WC Wheelchair	22.19	1/4	2025-05-21 11:00 AM
6. Alice Laventure - Female - Comp#: 348 - Ind/Rel: 3 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:05.89	1/3	2025-05-21 11:45 AM
#19 Girls 1500 Meter Run Junior	5:41.86	1/10	2025-05-21 1:30 PM
#31 Girls 800 Meter Run Junior	2:39.46	1/5	2025-05-22 10:45 AM
7. Josie Maccormick - Female - Comp#: 349 - Ind/Rel: 1 / 0 #19 Girls 1500 Meter Run Junior	5:42.77	1/14	2025-05-21 1:30 PM
8. Kaden Misner - Male - Comp#: 354 - Ind/Rel: 1 / 0 #129 Boys Long Jump 3 jumps Supported Junior	1.71m	1/8	2025-05-21 10:00 AM

Ellenvale Junior High Total Individual Entries: 11 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Eric Graves Junior High (EGJH)**

1. Sam Greenough - Male - Comp#: 359 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Supported Junior	18.42	1/8	2025-05-21 10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	3.45m	1/7	2025-05-21 11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.40m	1/4	2025-05-21 10:00 AM
2. Jace Haggerty - Male - Comp#: 360 - Ind/Rel: 1 / 0			
#82 Boys Discus Throw 1.5kg Intermediate	26.87m	1/11	2025-05-22 10:00 AM
3. Troy MacLaughlin - Male - Comp#: 361 - Ind/Rel: 3 / 0			
#121 Boys 100 Meter Dash Supported Junior	14.17	2/8	2025-05-21 10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	3.67m	1/6	2025-05-21 11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.10m	1/11	2025-05-21 10:00 AM
4. Chloe McKay - Female - Comp#: 356 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Supported Junior	24.18	2/3	2025-05-21 10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.56m	1/2	2025-05-21 11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.25m	1/6	2025-05-21 10:00 AM
5. Dariusz Meider - Male - Comp#: 362 - Ind/Rel: 2 / 0			
#121 Boys 100 Meter Dash Supported Junior	18.55	1/7	2025-05-21 10:30 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.21m	1/12	2025-05-21 10:00 AM
6. Harley Reid - Male - Comp#: 363 - Ind/Rel: 1 / 0			
#82 Boys Discus Throw 1.5kg Intermediate	21.81m	1/8	2025-05-22 10:00 AM
7. Lilly Shepard-O'Brien - Female - Comp#: 357 - Ind/Rel: 1 / 0			
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.23m	1/3	2025-05-21 11:15 AM
8. Keira Ternan - Female - Comp#: 358 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Supported Junior	32.55	1/7	2025-05-21 10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.33m	1/1	2025-05-21 11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.36m	1/5	2025-05-21 10:00 AM
9. Rush Warren - Male - Comp#: 364 - Ind/Rel: 2 / 0			
#76 Boys Shot Put 5kg Intermediate	8.45m	1/5	2025-05-21 2:00 PM
#82 Boys Discus Throw 1.5kg Intermediate	22.80m	1/2	2025-05-22 10:00 AM

Eric Graves Junior High Total Individual Entries: 19 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Fairview Junior High (FAIR)**

1. Natty Abreha - Male - Comp#: 376 - Ind/Rel: 2 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.23	2/5	2025-05-21	10:30 AM
#70 Boys Triple Jump Intermediate	10.51m	1/8	2025-05-22	12:00 PM
2. Elijah Amore - Male - Comp#: 377 - Ind/Rel: 4 / 0				
#14 Boys 100 Meter Dash Junior Prelims	12.97	2/4	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.46	2/3	2025-05-22	10:00 AM
#56 Boys Long Jump Junior	4.78m	1/12	2025-05-21	12:00 PM
#68 Boys Triple Jump Junior	8.50m	1/9	2025-05-22	10:00 AM
3. Natalie Debaie - Female - Comp#: 365 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	7.97m	1/3	2025-05-21	2:00 PM
4. Gracie Downing - Female - Comp#: 366 - Ind/Rel: 3 / 0				
#75 Girls Shot Put 4kg Intermediate	7.79m	1/14	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	19.22m	1/15	2025-05-21	2:00 PM
#97 Girls Javelin Throw 500g Intermediate	20.38m	1/10	2025-05-22	12:00 PM
5. Lacey Hanley - Female - Comp#: 367 - Ind/Rel: 2 / 0				
#57 Girls Long Jump Intermediate	4.24m	1/4	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	9.12m	1/11	2025-05-21	10:00 AM
6. Isla Hopkins - Female - Comp#: 368 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	7.56m	1/1	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	18.66m	1/16	2025-05-21	12:00 PM
7. Johanna Lobban - Female - Comp#: 369 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	7.87m	1/12	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	19.35m	1/1	2025-05-21	12:00 PM
8. Jasper Macauley - Male - Comp#: 378 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	27.52m	1/3	2025-05-21	2:00 PM
9. Felix Macdonald - Male - Comp#: 379 - Ind/Rel: 2 / 0				
#20 Boys 1500 Meter Run Junior	5:14.88	1/9	2025-05-21	1:30 PM
#44 Boys 3000 Meter Run Junior	11:31.67	1/3	2025-05-22	12:45 PM
10. Duncan Ogilvie - Male - Comp#: 380 - Ind/Rel: 3 / 0				
#56 Boys Long Jump Junior	4.42m	1/16	2025-05-21	12:00 PM
#62 Boys High Jump Junior	1.45m	1/9	2025-05-22	12:00 PM
#68 Boys Triple Jump Junior	9.10m	1/6	2025-05-22	10:00 AM
11. Rire Olewole - Male - Comp#: 381 - Ind/Rel: 2 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.84	1/8	2025-05-21	10:30 AM
#70 Boys Triple Jump Intermediate	9.65m	1/4	2025-05-22	12:00 PM
12. Caleb Postmaa - Male - Comp#: 382 - Ind/Rel: 1 / 0				
#70 Boys Triple Jump Intermediate	10.35m	1/10	2025-05-22	12:00 PM
13. Daisy Roberts - Female - Comp#: 370 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	7.82m	1/9	2025-05-22	10:00 AM
14. Michaela Salomon - Female - Comp#: 371 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.40m	1/2	2025-05-21	10:00 AM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Fairview Junior High (FAIR)**

15. Amelia Sandford - Female - Comp#: 372 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:04.80	2/8	2025-05-21	11:45 AM
#13 Girls 100 Meter Dash Junior Prelims	14.30	1/3	2025-05-21	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	29.26	2/8	2025-05-22	10:00 AM
#31 Girls 800 Meter Run Junior	2:40.04	1/10	2025-05-22	10:45 AM
16. Marley Sandford - Female - Comp#: 373 - Ind/Rel: 2 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:06.88	2/2	2025-05-21	11:45 AM
#67 Girls Triple Jump Junior	8.38m	1/15	2025-05-21	2:00 PM
17. Carmen Savory - Female - Comp#: 374 - Ind/Rel: 2 / 0				
#19 Girls 1500 Meter Run Junior	5:35.21	1/11	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:41.25	1/4	2025-05-22	10:45 AM
18. Aidan Stone - Male - Comp#: 383 - Ind/Rel: 2 / 0				
#121 Boys 100 Meter Dash Supported Junior	14.58	2/5	2025-05-21	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	5.52m	1/12	2025-05-21	11:15 AM
19. Elle Thomas - Female - Comp#: 375 - Ind/Rel: 3 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.80	1/4	2025-05-21	10:00 AM
#13 Girls 100 Meter Dash Junior Prelims	14.11	1/5	2025-05-21	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	29.30	2/4	2025-05-22	10:00 AM
1. Fairview Junior High - 'A'				
#37 Girls 4x100 Meter Relay Junior	57.01	1/4	2025-05-22	11:30 AM
2. Fairview Junior High - 'A'				
#49 Girls 4x400 Meter Relay Junior	4:49.40	1/8	2025-05-22	2:15 PM
Fairview Junior High Total Individual Entries: 40 - Total Relays: 2				

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

School Entries - All Events

Five Bridges Junior High (FBJH)

1. Hayley Barry - Female - Comp#: 384 - Ind/Rel: 2 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:06.81	2/3	2025-05-21	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	29.84	1/1	2025-05-22	10:00 AM
2. Ali Bragg - Female - Comp#: 385 - Ind/Rel: 1 / 0				
#43 Girls 3000 Meter Run Junior	12:51.32	1/15	2025-05-22	12:45 PM
3. Felicity Ferrier - Female - Comp#: 386 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.35m	1/14	2025-05-21	10:00 AM
4. Ewan Gillis - Male - Comp#: 393 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.60m	1/16	2025-05-22	2:00 PM
5. Anna Griffith - Female - Comp#: 387 - Ind/Rel: 1 / 0				
#43 Girls 3000 Meter Run Junior	13:29.79	1/7	2025-05-22	12:45 PM
6. Vicki Jean - Female - Comp#: 388 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	23.50m	1/11	2025-05-22	12:00 PM
7. Blake Langdon - Male - Comp#: 394 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	14.72	2/4	2025-05-21	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.04m	1/17	2025-05-21	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	3.07m	1/6	2025-05-21	10:00 AM
8. Jamie MacGregor - Female - Comp#: 389 - Ind/Rel: 2 / 0				
#75 Girls Shot Put 4kg Intermediate	7.30m	1/7	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	19.85m	1/9	2025-05-21	2:00 PM
9. Arwen Middleton Meakin - Female - Comp#: 390 - Ind/Rel: 2 / 0				
#19 Girls 1500 Meter Run Junior	5:32.27	1/8	2025-05-21	1:30 PM
#43 Girls 3000 Meter Run Junior	12:24.75	1/2	2025-05-22	12:45 PM
10. Odin Myrick - Male - Comp#: 395 - Ind/Rel: 2 / 0				
#74 Boys Shot Put 4kg Junior	9.40m	1/3	2025-05-21	10:00 AM
#80 Boys Discus Throw 1kg Junior	26.65m	1/15	2025-05-22	2:00 PM
11. Olivia Power - Female - Comp#: 391 - Ind/Rel: 3 / 0				
#120 Girls 100 Meter Dash Supported Junior	33.92	1/2	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.41m	1/11	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.65m	1/12	2025-05-21	10:00 AM
12. Scarlett Turner - Female - Comp#: 392 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.35m	1/10	2025-05-21	10:00 AM
1. Five Bridges Junior High - 'A'				
#49 Girls 4x400 Meter Relay Junior	4:52.78	1/6	2025-05-22	2:15 PM

Five Bridges Junior High Total Individual Entries: 20 - Total Relays: 1



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Georges P. Vanier Junior High (GPV)**

1. Claire Fahey - Female - Comp#: 396 - Ind/Rel: 3 / 0				
#120 Girls 100 Meter Dash Supported Junior	22.23	1/4	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.12m	1/4	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.85m	1/1	2025-05-21	10:00 AM
2. Josh Gilby - Male - Comp#: 413 - Ind/Rel: 3 / 0				
#8 Boys 400 Meter Dash Junior Prelims	59.36	3/2	2025-05-21	11:45 AM
#14 Boys 100 Meter Dash Junior Prelims	12.76	2/7	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.60	1/6	2025-05-22	10:00 AM
3. Josie Haverstock - Female - Comp#: 397 - Ind/Rel: 2 / 0				
#19 Girls 1500 Meter Run Junior	5:55.06	1/15	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:46.48	1/6	2025-05-22	10:45 AM
4. Allyssa Ivany - Female - Comp#: 398 - Ind/Rel: 1 / 0				
#79 Girls Discus Throw 0.75kg Junior	20.09m	1/15	2025-05-21	12:00 PM
5. Ethan Johnson - Male - Comp#: 414 - Ind/Rel: 1 / 0				
#32 Boys 800 Meter Run Junior	2:35.73	1/14	2025-05-22	10:45 AM
6. Nick Johnson - Male - Comp#: 415 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	9.92m	1/6	2025-05-21	10:00 AM
7. Aiden Knowles - Male - Comp#: 416 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.85	1/3	2025-05-21	10:00 AM
8. Ellie Knowles - Female - Comp#: 399 - Ind/Rel: 2 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.25	2/1	2025-05-21	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	29.72	2/7	2025-05-22	10:00 AM
9. Oliver Knowles - Male - Comp#: 417 - Ind/Rel: 3 / 0				
#14 Boys 100 Meter Dash Junior Prelims	12.25	2/1	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.05	1/2	2025-05-22	10:00 AM
#62 Boys High Jump Junior	1.45m	1/14	2025-05-22	12:00 PM
10. Maria Legge - Female - Comp#: 400 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:08.49	1/2	2025-05-21	11:45 AM
#19 Girls 1500 Meter Run Junior	5:40.85	1/7	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:41.29	1/2	2025-05-22	10:45 AM
#43 Girls 3000 Meter Run Junior	12:11.35	1/10	2025-05-22	12:45 PM
11. Samantha Leslie - Female - Comp#: 401 - Ind/Rel: 1 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.27	1/7	2025-05-21	12:45 PM
12. Avery MacKinnon - Female - Comp#: 402 - Ind/Rel: 2 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.86	1/2	2025-05-21	10:00 AM
#55 Girls Long Jump Junior	3.73m	1/8	2025-05-22	12:00 PM
13. Nathan MacLean - Male - Comp#: 418 - Ind/Rel: 1 / 0				
#8 Boys 400 Meter Dash Junior Prelims	NT	1/1	2025-05-21	11:45 AM
14. Nadja McQueen - Female - Comp#: 403 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	8.16m	1/6	2025-05-21	2:00 PM
15. Bella Miller - Female - Comp#: 404 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.30m	1/4	2025-05-21	10:00 AM
16. Joss Moran - Female - Comp#: 405 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	21.27m	1/7	2025-05-22	2:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Georges P. Vanier Junior High (GPV)**

17. Regan O'Sullivan - Female - Comp#: 406 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:05.56	2/1	2025-05-21	11:45 AM
#19 Girls 1500 Meter Run Junior	5:39.99	1/2	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:46.12	1/12	2025-05-22	10:45 AM
#43 Girls 3000 Meter Run Junior	12:51.07	1/14	2025-05-22	12:45 PM
18. Marshall Potter - Male - Comp#: 419 - Ind/Rel: 3 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.69	1/6	2025-05-21	10:00 AM
#56 Boys Long Jump Junior	4.37m	1/1	2025-05-21	12:00 PM
#68 Boys Triple Jump Junior	10.01m	1/15	2025-05-22	10:00 AM
19. Cameron Searle - Male - Comp#: 420 - Ind/Rel: 1 / 0				
#62 Boys High Jump Junior	1.40m	1/3	2025-05-22	12:00 PM
20. Rylan Soper - Female - Comp#: 407 - Ind/Rel: 2 / 0				
#55 Girls Long Jump Junior	3.77m	1/4	2025-05-22	12:00 PM
#61 Girls High Jump Junior	1.35m	1/5	2025-05-21	10:00 AM
21. Jackson Swan - Male - Comp#: 421 - Ind/Rel: 3 / 0				
#20 Boys 1500 Meter Run Junior	5:20.68	1/2	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:31.85	1/11	2025-05-22	10:45 AM
#44 Boys 3000 Meter Run Junior	11:29.32	1/5	2025-05-22	12:45 PM
22. Claire Trumble - Female - Comp#: 408 - Ind/Rel: 5 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.04	2/2	2025-05-21	10:00 AM
#13 Girls 100 Meter Dash Junior Prelims	14.22	2/5	2025-05-21	12:45 PM
#55 Girls Long Jump Junior	3.76m	1/13	2025-05-22	12:00 PM
#61 Girls High Jump Junior	1.35m	1/12	2025-05-21	10:00 AM
#67 Girls Triple Jump Junior	8.49m	1/12	2025-05-21	2:00 PM
23. Cassandra While - Female - Comp#: 409 - Ind/Rel: 2 / 0				
#120 Girls 100 Meter Dash Supported Junior	17.07	2/6	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.18m	1/5	2025-05-21	11:15 AM
24. Kate Whitman - Female - Comp#: 410 - Ind/Rel: 3 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	15.45	2/6	2025-05-21	10:00 AM
#55 Girls Long Jump Junior	4.03m	1/1	2025-05-22	12:00 PM
#61 Girls High Jump Junior	1.35m	1/15	2025-05-21	10:00 AM
25. Cassie Yowile - Female - Comp#: 411 - Ind/Rel: 1 / 0				
#128 Girls Long Jump 3 jumps Supported Junior	2.00m	1/2	2025-05-21	10:00 AM
1. Georges P. Vanier Junior High - 'A'				
#37 Girls 4x100 Meter Relay Junior	56.12	1/2	2025-05-22	11:30 AM
2. Georges P. Vanier Junior High - 'A'				
#38 Boys 4x100 Meter Relay Junior	51.00	1/4	2025-05-22	11:30 AM
3. Georges P. Vanier Junior High - 'A'				
#49 Girls 4x400 Meter Relay Junior	4:43.13	1/2	2025-05-22	2:15 PM
4. Georges P. Vanier Junior High - 'A'				
#50 Boys 4x400 Meter Relay Junior	4:15.96	1/5	2025-05-22	2:15 PM

Georges P. Vanier Junior High Total Individual Entries: 52 - Total Relays: 4

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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Gorsebrook Junior High (GOR)**

1. Henry Anderson - Male - Comp#: 428 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	26.95m	1/14	2025-05-21	12:00 PM
2. Lilly Bishop - Female - Comp#: 422 - Ind/Rel: 2 / 0 #19 Girls 1500 Meter Run Junior	5:38.51	1/4	2025-05-21	1:30 PM
#43 Girls 3000 Meter Run Junior	12:28.13	1/3	2025-05-22	12:45 PM
3. Annika Compton - Female - Comp#: 423 - Ind/Rel: 2 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	15.98	2/8	2025-05-21	10:00 AM
#61 Girls High Jump Junior	1.35m	1/3	2025-05-21	10:00 AM
4. Victoria Kirby - Female - Comp#: 424 - Ind/Rel: 2 / 0 #19 Girls 1500 Meter Run Junior	5:34.08	1/9	2025-05-21	1:30 PM
#43 Girls 3000 Meter Run Junior	12:20.85	1/12	2025-05-22	12:45 PM
5. Kenley Mills - Female - Comp#: 425 - Ind/Rel: 1 / 0 #43 Girls 3000 Meter Run Junior	12:37.38	1/5	2025-05-22	12:45 PM
6. Ryland Norman - Male - Comp#: 429 - Ind/Rel: 4 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims	14.64	2/5	2025-05-21	10:00 AM
#32 Boys 800 Meter Run Junior	2:36.43	1/6	2025-05-22	10:45 AM
#56 Boys Long Jump Junior	4.34m	1/5	2025-05-21	12:00 PM
#62 Boys High Jump Junior	1.40m	1/15	2025-05-22	12:00 PM
7. Cohen Raimondo - Male - Comp#: 430 - Ind/Rel: 2 / 0 #20 Boys 1500 Meter Run Junior	5:14.78	1/11	2025-05-21	1:30 PM
#44 Boys 3000 Meter Run Junior	11:17.22	1/1	2025-05-22	12:45 PM
8. Jane Rigby - Female - Comp#: 426 - Ind/Rel: 1 / 0 #31 Girls 800 Meter Run Junior	2:44.45	1/16	2025-05-22	10:45 AM
9. Alex Tracy - Male - Comp#: 431 - Ind/Rel: 1 / 0 #32 Boys 800 Meter Run Junior	2:29.08	1/13	2025-05-22	10:45 AM
10. Tayden Yeh - Male - Comp#: 432 - Ind/Rel: 1 / 0 #80 Boys Discus Throw 1kg Junior	23.98m	1/8	2025-05-22	2:00 PM
1. Gorsebrook Junior High - 'A' #49 Girls 4x400 Meter Relay Junior	5:00.93	1/3	2025-05-22	2:15 PM

Gorsebrook Junior High Total Individual Entries: 17 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Graham Creighton Junior High (GCJH)**

1. Na'zyia Dean - Female - Comp#: 433 - Ind/Rel: 1 / 0 #13 Girls 100 Meter Dash Junior Prelims	14.17	2/2	2025-05-21	12:45 PM
2. Devayo Dorsett - Male - Comp#: 437 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	32.55m	1/2	2025-05-21	12:00 PM
3. Gavin Drake - Male - Comp#: 438 - Ind/Rel: 3 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:03.08	1/7	2025-05-21	11:45 AM
#14 Boys 100 Meter Dash Junior Prelims	12.83	2/5	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.39	2/8	2025-05-22	10:00 AM
4. Grayson Foley - Male - Comp#: 439 - Ind/Rel: 2 / 0 #121 Boys 100 Meter Dash Supported Junior	15.99	1/1	2025-05-21	10:30 AM
#129 Boys Long Jump 3 jumps Supported Junior	1.70m	1/17	2025-05-21	10:00 AM
5. Hoon Jung - Male - Comp#: 440 - Ind/Rel: 1 / 0 #22 Boys 1500 Meter Run Intermediate	5:19.53	1/4	2025-05-21	2:00 PM
6. Piper McDonald - Female - Comp#: 434 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	21.68m	1/12	2025-05-21	12:00 PM
7. Aaron Rose - Male - Comp#: 441 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	24.03m	1/7	2025-05-22	10:00 AM
8. Amina Simmonds - Female - Comp#: 435 - Ind/Rel: 1 / 0 #13 Girls 100 Meter Dash Junior Prelims	14.22	1/1	2025-05-21	12:45 PM
9. Kelcey Sparks - Female - Comp#: 436 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	7.05m	1/12	2025-05-22	2:00 PM

Graham Creighton Junior High Total Individual Entries: 12 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax Central Junior High (CENT)**

1. Ellen Brady - Female - Comp#: 442 - Ind/Rel: 3 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:06.57	1/7	2025-05-21	11:45 AM
#31 Girls 800 Meter Run Junior	2:41.73	1/11	2025-05-22	10:45 AM
#43 Girls 3000 Meter Run Junior	12:39.36	1/4	2025-05-22	12:45 PM
2. Daniel Chisholm - Male - Comp#: 445 - Ind/Rel: 1 / 0				
#82 Boys Discus Throw 1.5kg Intermediate	24.58m	1/16	2025-05-22	10:00 AM
3. Ben Connick - Male - Comp#: 446 - Ind/Rel: 1 / 0				
#44 Boys 3000 Meter Run Junior	11:45.11	1/16	2025-05-22	12:45 PM
4. Sophie Fisher - Female - Comp#: 443 - Ind/Rel: 1 / 0				
#79 Girls Discus Throw 0.75kg Junior	17.66m	1/4	2025-05-21	12:00 PM
5. Emersen Lengema - Male - Comp#: 447 - Ind/Rel: 2 / 0				
#32 Boys 800 Meter Run Junior	2:38.60	1/16	2025-05-22	10:45 AM
#62 Boys High Jump Junior	1.40m	1/4	2025-05-22	12:00 PM
6. Chloe MacNeil - Female - Comp#: 444 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	18.84m	1/14	2025-05-22	2:00 PM
7. John Park - Male - Comp#: 448 - Ind/Rel: 3 / 0				
#74 Boys Shot Put 4kg Junior	9.25m	1/10	2025-05-21	10:00 AM
#80 Boys Discus Throw 1kg Junior	22.71m	1/3	2025-05-22	2:00 PM
#91 Boys Javelin Throw 600g Junior	31.25m	1/16	2025-05-21	2:00 PM
8. Joe Rimmer - Male - Comp#: 449 - Ind/Rel: 2 / 0				
#20 Boys 1500 Meter Run Junior	5:12.93	1/3	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:33.91	1/15	2025-05-22	10:45 AM

Halifax Central Junior High Total Individual Entries: 14 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax Christian Academy (HCA)**

1. Jackson Fraser - Male - Comp#: 450 - Ind/Rel: 1 / 0				
#78 Boys Shot Put 6kg Senior	7.97m	1/4	2025-05-21	12:00 PM
2. Elliott Herod - Male - Comp#: 451 - Ind/Rel: 2 / 0				
#78 Boys Shot Put 6kg Senior	7.97m	1/10	2025-05-21	12:00 PM
#84 Boys Discus Throw 1.75kg Senior	21.34m	1/9	2025-05-22	12:00 PM
3. Jack Hull - Male - Comp#: 452 - Ind/Rel: 1 / 0				
#84 Boys Discus Throw 1.75kg Senior	19.69m	1/11	2025-05-22	12:00 PM
4. Sam Mateos Gomez - Male - Comp#: 453 - Ind/Rel: 2 / 0				
#60 Boys Long Jump Senior	5.38m	1/10	2025-05-21	2:00 PM
#84 Boys Discus Throw 1.75kg Senior	11.13m	1/1	2025-05-22	12:00 PM
5. Michael Obudu - Male - Comp#: 454 - Ind/Rel: 1 / 0				
#84 Boys Discus Throw 1.75kg Senior	16.90m	1/5	2025-05-22	12:00 PM
6. Ajijolaoluwa Ogunbosi - Male - Comp#: 455 - Ind/Rel: 1 / 0				
#78 Boys Shot Put 6kg Senior	7.44m	1/13	2025-05-21	12:00 PM
1. Halifax Christian Academy - 'A'				
#42 Boys 4x100 Meter Relay Senior	50.92	1/8	2025-05-22	12:00 PM

Halifax Christian Academy Total Individual Entries: 8 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax Grammar (HGS)**

1. Levi Adler - Male - Comp#: 471 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	17.93	2/3	2025-05-21	10:30 AM
2. Kashton Armstrong - Male - Comp#: 472 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	10.20m	1/15	2025-05-22	12:00 PM
3. Adam Deans - Male - Comp#: 473 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	24.69m	1/16	2025-05-21	12:00 PM
4. Coulton Downey - Male - Comp#: 474 - Ind/Rel: 2 / 0 #76 Boys Shot Put 5kg Intermediate	9.53m	1/1	2025-05-21	2:00 PM
#103 Boys Javelin Throw 700g Intermediate	33.21m	1/15	2025-05-21	12:00 PM
5. Juliet Fatokun - Female - Comp#: 456 - Ind/Rel: 2 / 0 #17 Girls 100 Meter Dash Senior Prelims	13.38	1/6	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	28.48	3/2	2025-05-22	10:20 AM
6. Malcolm Fatokun - Male - Comp#: 475 - Ind/Rel: 2 / 0 #14 Boys 100 Meter Dash Junior Prelims	13.03	1/5	2025-05-21	12:45 PM
#56 Boys Long Jump Junior	4.50m	1/11	2025-05-21	12:00 PM
7. Beckett Forsyth - Male - Comp#: 476 - Ind/Rel: 1 / 0 #32 Boys 800 Meter Run Junior	2:39.98	1/8	2025-05-22	10:45 AM
8. Bianca Grossi - Female - Comp#: 457 - Ind/Rel: 3 / 0 #23 Girls 1500 Meter Run Senior	5:07.54	1/11	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:27.25	1/2	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	11:02.57	1/1	2025-05-22	1:30 PM
9. Leo Hanada - Male - Comp#: 477 - Ind/Rel: 1 / 0 #36 Boys 800 Meter Run Senior	2:17.59	1/5	2025-05-22	11:10 AM
10. King He - Male - Comp#: 478 - Ind/Rel: 2 / 0 #66 Boys High Jump Senior	1.65m	1/15	2025-05-22	10:00 AM
#115 Boys Javelin Throw 800g Senior	25.88m	1/8	2025-05-21	10:00 AM
11. Zoe Hunter - Female - Comp#: 458 - Ind/Rel: 3 / 0 #63 Girls High Jump Intermediate	1.25m	1/6	2025-05-21	12:00 PM
#69 Girls Triple Jump Intermediate	8.65m	1/15	2025-05-21	10:00 AM
#81 Girls Discus Throw 1kg Intermediate	19.66m	1/7	2025-05-21	2:00 PM
12. Vivian Johnson - Female - Comp#: 459 - Ind/Rel: 4 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	16.33	2/3	2025-05-21	10:30 AM
#59 Girls Long Jump Senior	ND	1/1	2025-05-22	2:00 PM
#65 Girls High Jump Senior	1.55m	1/11	2025-05-21	2:00 PM
#71 Girls Triple Jump Senior	10.40m	1/11	2025-05-21	12:00 PM
13. Kiera Lee - Female - Comp#: 460 - Ind/Rel: 1 / 0 #29 Girls 200 Meter Dash Senior Prelims	NT	2/1	2025-05-22	10:20 AM
14. Malaya Leger - Female - Comp#: 461 - Ind/Rel: 3 / 0 #27 Girls 200 Meter Dash Intermediate Prelims	29.67	2/8	2025-05-22	10:00 AM
#75 Girls Shot Put 4kg Intermediate	8.81m	1/17	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	18.54m	1/10	2025-05-21	2:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax Grammar (HGS)**

15. Kai Liu - Male - Comp#: 479 - Ind/Rel: 3 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:00.05	2/4	2025-05-21	11:45 AM
#20 Boys 1500 Meter Run Junior	5:07.08	1/12	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:26.60	1/1	2025-05-22	10:45 AM
16. Cadence MacLeod - Male - Comp#: 480 - Ind/Rel: 1 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	56.69	1/7	2025-05-21	12:15 PM
17. Michelle Mangiri - Female - Comp#: 462 - Ind/Rel: 4 / 0				
#55 Girls Long Jump Junior	4.07m	1/9	2025-05-22	12:00 PM
#73 Girls Shot Put 3kg Junior	7.84m	1/15	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	19.64m	1/13	2025-05-21	12:00 PM
#85 Girls Javelin Throw 400g Junior	18.58m	1/9	2025-05-22	2:00 PM
18. Scarlet Mason - Female - Comp#: 463 - Ind/Rel: 3 / 0				
#19 Girls 1500 Meter Run Junior	5:26.96	1/6	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:36.88	1/1	2025-05-22	10:45 AM
#43 Girls 3000 Meter Run Junior	12:18.98	1/1	2025-05-22	12:45 PM
19. Eva Montoya - Female - Comp#: 464 - Ind/Rel: 1 / 0				
#31 Girls 800 Meter Run Junior	2:45.75	1/8	2025-05-22	10:45 AM
20. Heidi Nuyens - Female - Comp#: 465 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:09.34	1/7	2025-05-21	2:00 PM
#47 Girls 3000 Meter Run Senior	11:21.75	1/11	2025-05-22	1:30 PM
21. Joy Nwachukwu - Female - Comp#: 466 - Ind/Rel: 1 / 0				
#75 Girls Shot Put 4kg Intermediate	8.43m	1/9	2025-05-22	2:00 PM
22. Teni Ogunsakin - Female - Comp#: 467 - Ind/Rel: 1 / 0				
#25 Girls 200 Meter Dash Junior Prelims	30.04	1/7	2025-05-22	10:00 AM
23. Sam Olugu - Male - Comp#: 481 - Ind/Rel: 2 / 0				
#18 Boys 100 Meter Dash Senior Prelims	NT	1/7	2025-05-21	1:10 PM
#66 Boys High Jump Senior	NH	1/3	2025-05-22	10:00 AM
24. Eme Olusa - Male - Comp#: 482 - Ind/Rel: 1 / 0				
#58 Boys Long Jump Intermediate	5.20m	1/12	2025-05-21	10:00 AM
25. Anderson Powers - Male - Comp#: 483 - Ind/Rel: 1 / 0				
#56 Boys Long Jump Junior	4.32m	1/7	2025-05-21	12:00 PM
26. Orli Sutherland - Female - Comp#: 468 - Ind/Rel: 1 / 0				
#43 Girls 3000 Meter Run Junior	13:06.58	1/8	2025-05-22	12:45 PM
27. Ayla Williams - Female - Comp#: 469 - Ind/Rel: 3 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:02.62	1/8	2025-05-21	11:45 AM
#21 Girls 1500 Meter Run Intermediate	5:13.92	1/7	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:29.39	1/11	2025-05-22	10:45 AM
28. Carley Williams - Female - Comp#: 470 - Ind/Rel: 3 / 0				
#21 Girls 1500 Meter Run Intermediate	5:16.12	1/15	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:25.89	1/7	2025-05-22	10:45 AM
#45 Girls 3000 Meter Run Intermediate	12:12.20	1/12	2025-05-22	1:15 PM
29. Narian Williams - Male - Comp#: 484 - Ind/Rel: 2 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	11.87	1/5	2025-05-21	1:10 PM
#58 Boys Long Jump Intermediate	5.48m	1/5	2025-05-21	10:00 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax Grammar (HGS)**

30.	Josh Wu - Male - Comp#: 485 - Ind/Rel: 1 / 0				
	#115 Boys Javelin Throw 800g Senior	26.82m	1/4	2025-05-21	10:00 AM
31.	Jaye Yuan - Male - Comp#: 486 - Ind/Rel: 2 / 0				
	#80 Boys Discus Throw 1kg Junior	22.74m	1/10	2025-05-22	2:00 PM
	#91 Boys Javelin Throw 600g Junior	30.51m	1/6	2025-05-21	2:00 PM
1.	Halifax Grammar - 'A'				
	#41 Girls 4x100 Meter Relay Senior	53.54	1/1	2025-05-22	12:00 PM
2.	Halifax Grammar - 'A'				
	#50 Boys 4x400 Meter Relay Junior	4:19.27	1/3	2025-05-22	2:15 PM
3.	Halifax Grammar - 'A'				
	#51 Girls 4x400 Meter Relay Intermediate	4:27.58	1/7	2025-05-22	2:15 PM
4.	Halifax Grammar - 'A'				
	#52 Boys 4x400 Meter Relay Intermediate	3:56.88	1/1	2025-05-22	2:45 PM

Halifax Grammar Total Individual Entries: 59 - Total Relays: 4

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax West (HFXW)**

1. Hunter Ashley - Male - Comp#: 502 - Ind/Rel: 3 / 0				
#123 Boys 100 Meter Dash Supported Senior	13.08	3/6	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	5.05m	1/12	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.79m	1/7	2025-05-21	10:00 AM
2. Ryan Brown - Male - Comp#: 503 - Ind/Rel: 1 / 0				
#115 Boys Javelin Throw 800g Senior	23.92m	1/10	2025-05-21	10:00 AM
3. Amarachi Ezurike - Female - Comp#: 487 - Ind/Rel: 3 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:04.24	1/6	2025-05-21	11:45 AM
#15 Girls 100 Meter Dash Intermediate Prelims	13.61	1/1	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	28.04	1/6	2025-05-22	10:00 AM
4. Abigail Gaudet - Female - Comp#: 488 - Ind/Rel: 6 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.43	1/6	2025-05-21	10:00 AM
#57 Girls Long Jump Intermediate	4.39m	1/13	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	8.64m	1/3	2025-05-21	10:00 AM
#75 Girls Shot Put 4kg Intermediate	8.05m	1/11	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	25.01m	1/4	2025-05-21	2:00 PM
#97 Girls Javelin Throw 500g Intermediate	21.94m	1/14	2025-05-22	12:00 PM
5. Zlata Honchur - Female - Comp#: 489 - Ind/Rel: 3 / 0				
#77 Girls Shot Put 4kg Senior	ND	1/1	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	ND	1/2	2025-05-21	10:00 AM
#109 Girls Javelin Throw 600g Senior	ND	1/1	2025-05-22	10:00 AM
6. Touleen Kanaan - Female - Comp#: 490 - Ind/Rel: 1 / 0				
#33 Girls 800 Meter Run Intermediate	2:43.71	1/15	2025-05-22	10:45 AM
7. Niko Katsihtis - Male - Comp#: 506 - Ind/Rel: 2 / 0				
#76 Boys Shot Put 5kg Intermediate	13.07m	1/14	2025-05-21	2:00 PM
#82 Boys Discus Throw 1.5kg Intermediate	35.16m	1/6	2025-05-22	10:00 AM
8. Gabby Kelloway - Female - Comp#: 491 - Ind/Rel: 1 / 0				
#17 Girls 100 Meter Dash Senior Prelims	13.56	1/8	2025-05-21	1:10 PM
9. Abhinav Kumar - Male - Comp#: 507 - Ind/Rel: 1 / 0				
#103 Boys Javelin Throw 700g Intermediate	27.46m	1/10	2025-05-21	12:00 PM
10. Lyric Lepage - Female - Comp#: 492 - Ind/Rel: 1 / 0				
#29 Girls 200 Meter Dash Senior Prelims	27.40	1/6	2025-05-22	10:20 AM
11. Olivia Logan - Female - Comp#: 493 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:12.91	1/10	2025-05-21	2:00 PM
#47 Girls 3000 Meter Run Senior	11:35.94	1/8	2025-05-22	1:30 PM
12. John Lumaguey - Male - Comp#: 508 - Ind/Rel: 1 / 0				
#66 Boys High Jump Senior	1.60m	1/7	2025-05-22	10:00 AM
13. Ava MacNutt - Female - Comp#: 494 - Ind/Rel: 2 / 0				
#17 Girls 100 Meter Dash Senior Prelims	13.73	2/8	2025-05-21	1:10 PM
#71 Girls Triple Jump Senior	9.10m	1/9	2025-05-21	12:00 PM
14. Atharv Mahajan - Male - Comp#: 509 - Ind/Rel: 1 / 0				
#84 Boys Discus Throw 1.75kg Senior	16.09m	1/12	2025-05-22	12:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax West (HFXW)**

15. Robert Martin - Male - Comp#: 510 - Ind/Rel: 3 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	15.56	2/2	2025-05-21	10:30 AM
#12 Boys 400 Meter Dash Senior Prelims	54.46	1/1	2025-05-21	12:15 PM
#72 Boys Triple Jump Senior	11.79m	1/5	2025-05-22	2:00 PM
16. Yosef Masry - Male - Comp#: 511 - Ind/Rel: 1 / 0				
#60 Boys Long Jump Senior	5.29m	1/8	2025-05-21	2:00 PM
17. Julia McInnis` - Female - Comp#: 495 - Ind/Rel: 1 / 0				
#109 Girls Javelin Throw 600g Senior	23.62m	1/4	2025-05-22	10:00 AM
18. Ally McLean - Female - Comp#: 496 - Ind/Rel: 2 / 0				
#23 Girls 1500 Meter Run Senior	5:17.03	1/1	2025-05-21	2:00 PM
#47 Girls 3000 Meter Run Senior	11:32.93	1/3	2025-05-22	1:30 PM
19. Aaron Metzger - Male - Comp#: 512 - Ind/Rel: 2 / 0				
#58 Boys Long Jump Intermediate	5.78m	1/13	2025-05-21	10:00 AM
#70 Boys Triple Jump Intermediate	12.32m	1/11	2025-05-22	12:00 PM
20. Ethan Metzger - Male - Comp#: 513 - Ind/Rel: 3 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	NT	1/7	2025-05-21	10:30 AM
#30 Boys 200 Meter Dash Senior Prelims	NT	2/1	2025-05-22	10:20 AM
#66 Boys High Jump Senior	NH	1/2	2025-05-22	10:00 AM
21. Maggie Mills - Female - Comp#: 497 - Ind/Rel: 2 / 0				
#122 Girls 100 Meter Dash Supported Senior	17.69	1/2	2025-05-21	10:30 AM
#130 Girls Long Jump 3 jumps Supported Senior	1.71m	1/14	2025-05-21	10:00 AM
22. Addison Myers - Female - Comp#: 498 - Ind/Rel: 1 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:07.30	1/1	2025-05-21	11:45 AM
23. Caleb Myers - Male - Comp#: 514 - Ind/Rel: 3 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.96	2/1	2025-05-21	1:10 PM
#60 Boys Long Jump Senior	5.58m	1/11	2025-05-21	2:00 PM
#66 Boys High Jump Senior	1.65m	1/4	2025-05-22	10:00 AM
24. Ava Parker - Female - Comp#: 499 - Ind/Rel: 1 / 0				
#17 Girls 100 Meter Dash Senior Prelims	14.22	1/3	2025-05-21	1:10 PM
25. Channele Rodriguez-Cooper - Female - Comp#: 500 - Ind/Rel: 2 / 0				
#17 Girls 100 Meter Dash Senior Prelims	13.69	2/4	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	28.53	1/4	2025-05-22	10:20 AM
26. Feyikemi Rotimi - Female - Comp#: 501 - Ind/Rel: 4 / 0				
#59 Girls Long Jump Senior	4.28m	1/13	2025-05-22	2:00 PM
#71 Girls Triple Jump Senior	9.63m	1/12	2025-05-21	12:00 PM
#77 Girls Shot Put 4kg Senior	8.76m	1/10	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	24.82m	1/13	2025-05-21	10:00 AM
27. Kasey Roy - Male - Comp#: 515 - Ind/Rel: 3 / 0				
#123 Boys 100 Meter Dash Supported Senior	13.98	2/3	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.25m	1/11	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	4.02m	1/5	2025-05-21	10:00 AM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Halifax West (HFXW)**

28. Graham Sauer - Male - Comp#: 516 - Ind/Rel: 3 / 0				
#24 Boys 1500 Meter Run Senior	4:26.76	1/13	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:03.10	1/11	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	9:44.99	1/10	2025-05-22	1:30 PM
29. Logan Short - Male - Comp#: 355 - Ind/Rel: 1 / 0				
#139 Boys 50 Meter Dash WC Wheelchair	2:15.67	1/2	2025-05-21	11:00 AM
30. Aven Stanford - Male - Comp#: 517 - Ind/Rel: 2 / 0				
#123 Boys 100 Meter Dash Supported Senior	13.62	2/1	2025-05-21	10:30 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.07m	1/6	2025-05-21	10:00 AM
31. James Thibault - Male - Comp#: 518 - Ind/Rel: 2 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	53.06	1/1	2025-05-21	12:15 PM
#28 Boys 200 Meter Dash Intermediate Prelims	23.49	2/7	2025-05-22	10:20 AM
32. Cole Willows - Male - Comp#: 520 - Ind/Rel: 1 / 0				
#36 Boys 800 Meter Run Senior	2:17.55	1/15	2025-05-22	11:10 AM
33. Yunshu Zhao - Male - Comp#: 521 - Ind/Rel: 2 / 0				
#12 Boys 400 Meter Dash Senior Prelims	54.40	3/4	2025-05-21	12:15 PM
#18 Boys 100 Meter Dash Senior Prelims	11.97	1/2	2025-05-21	1:10 PM
1. Halifax West - 'A'				
#39 Girls 4x100 Meter Relay Intermediate	57.13	1/7	2025-05-22	11:30 AM
2. Halifax West - 'A'				
#41 Girls 4x100 Meter Relay Senior	52.75	1/6	2025-05-22	12:00 PM
3. Halifax West - 'A'				
#54 Boys 4x400 Meter Relay Senior	3:36.01	1/3	2025-05-22	2:45 PM

Halifax West Total Individual Entries: 67 - Total Relays: 3

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Harold T. Barrett Junior High (HTB)**

1. Raymond Campbell - Male - Comp#: 523 - Ind/Rel: 2 / 0

#125 Boys Shot Put 4kg-3 throws Supported Junior

4.39m 1/13 2025-05-21 11:15 AM

#129 Boys Long Jump 3 jumps Supported Junior

1.69m 1/13 2025-05-21 10:00 AM

2. Patrick Lydiard - Male - Comp#: 524 - Ind/Rel: 2 / 0

#125 Boys Shot Put 4kg-3 throws Supported Junior

4.85m 1/10 2025-05-21 11:15 AM

#129 Boys Long Jump 3 jumps Supported Junior

1.90m 1/14 2025-05-21 10:00 AM

3. Gabby Smith - Female - Comp#: 522 - Ind/Rel: 3 / 0

#120 Girls 100 Meter Dash Supported Junior

17.96 2/7 2025-05-21 10:30 AM

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

1.84m 1/8 2025-05-21 11:15 AM

#128 Girls Long Jump 3 jumps Supported Junior

1.25m 1/11 2025-05-21 10:00 AM

Harold T. Barrett Junior High Total Individual Entries: 7 - Total Relays: 0SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Highland Park Junior High (HPJH)**

- | | | | | |
|---|--------|------|------------|----------|
| 1. Lennox Francis - Male - Comp#: 526 - Ind/Rel: 2 / 0 | | | | |
| #74 Boys Shot Put 4kg Junior | 10.46m | 1/15 | 2025-05-21 | 10:00 AM |
| #80 Boys Discus Throw 1kg Junior | 29.69m | 1/14 | 2025-05-22 | 2:00 PM |
| 2. Dean Harris - Female - Comp#: 525 - Ind/Rel: 3 / 0 | | | | |
| #73 Girls Shot Put 3kg Junior | 7.84m | 1/2 | 2025-05-22 | 10:00 AM |
| #79 Girls Discus Throw 0.75kg Junior | 21.04m | 1/10 | 2025-05-21 | 12:00 PM |
| #85 Girls Javelin Throw 400g Junior | 31.07m | 1/16 | 2025-05-22 | 2:00 PM |
| 3. Elliot Patriquin - Male - Comp#: 527 - Ind/Rel: 1 / 0 | | | | |
| #62 Boys High Jump Junior | 1.40m | 1/1 | 2025-05-22 | 12:00 PM |
| 4. Hayden Theriault - Male - Comp#: 528 - Ind/Rel: 1 / 0 | | | | |
| #64 Boys High Jump Intermediate | 1.55m | 1/6 | 2025-05-22 | 2:00 PM |
| Highland Park Junior High Total Individual Entries: 7 - Total Relays: 0 | | | | |



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NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Island View High School (IVHS)**

1. Piper Anderson - Female - Comp#: 529 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	7.56m	1/6	2025-05-22	2:00 PM
2. Zoey Benett - Female - Comp#: 530 - Ind/Rel: 3 / 0 #120 Girls 100 Meter Dash Supported Junior	15.78	2/8	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.63m	1/7	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	2.20m	1/8	2025-05-21	10:00 AM
3. Makenzie Bryan - Female - Comp#: 531 - Ind/Rel: 1 / 0 #138 Girls 50 Meter Dash WC Wheelchair	11.99	1/1	2025-05-21	11:00 AM
4. Ransom Doucet - Male - Comp#: 534 - Ind/Rel: 1 / 0 #115 Boys Javelin Throw 800g Senior	30.30m	1/15	2025-05-21	10:00 AM
5. Aiden MacLean - Male - Comp#: 535 - Ind/Rel: 1 / 0 #66 Boys High Jump Senior	1.60m	1/10	2025-05-22	10:00 AM
6. Harmony Maddigan - Female - Comp#: 532 - Ind/Rel: 1 / 0 #122 Girls 100 Meter Dash Supported Senior	18.60	1/6	2025-05-21	10:30 AM
7. Brady Mullins - Male - Comp#: 536 - Ind/Rel: 1 / 0 #129 Boys Long Jump 3 jumps Supported Junior	1.63m	1/1	2025-05-21	10:00 AM
8. Patrick O'Keefe - Male - Comp#: 537 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.06	1/6	2025-05-21	10:30 AM
9. Maddison Winger - Female - Comp#: 533 - Ind/Rel: 2 / 0 #122 Girls 100 Meter Dash Supported Senior	19.67	1/4	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	4.10m	1/15	2025-05-21	11:15 PM

Island View High School Total Individual Entries: 12 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****JL Ilsley High School (JLI)**

1. Mako Abdullahi-Hussein - Female - Comp#: 538 - Ind/Rel: 2 / 0				
#120 Girls 100 Meter Dash Supported Junior	35.60	1/3	2025-05-21	10:30 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.20m	1/4	2025-05-21	10:00 AM
2. Gwen Achenbach - Female - Comp#: 539 - Ind/Rel: 3 / 0				
#9 Girls 400 Meter Dash Intermediate Prelims	1:04.31	2/5	2025-05-21	11:45 AM
#21 Girls 1500 Meter Run Intermediate	5:33.86	1/11	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:40.50	1/13	2025-05-22	10:45 AM
3. Daniela Attedjro - Female - Comp#: 540 - Ind/Rel: 1 / 0				
#65 Girls High Jump Senior	1.25m	1/5	2025-05-21	2:00 PM
4. Katherine Craig - Female - Comp#: 541 - Ind/Rel: 1 / 0				
#59 Girls Long Jump Senior	3.53m	1/17	2025-05-22	2:00 PM
5. Xavier Desmond - Male - Comp#: 553 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	8.59m	1/3	2025-05-21	2:00 PM
6. Darian Fukala - Male - Comp#: 554 - Ind/Rel: 2 / 0				
#34 Boys 800 Meter Run Intermediate	2:18.82	1/9	2025-05-22	11:10 AM
#64 Boys High Jump Intermediate	1.70m	1/15	2025-05-22	2:00 PM
7. Joelle Gray - Female - Comp#: 542 - Ind/Rel: 2 / 0				
#77 Girls Shot Put 4kg Senior	6.46m	1/14	2025-05-22	12:00 PM
#109 Girls Javelin Throw 600g Senior	19.73m	1/11	2025-05-22	10:00 AM
8. Alex Gyorfi - Male - Comp#: 555 - Ind/Rel: 3 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	57.47	2/7	2025-05-21	12:15 PM
#34 Boys 800 Meter Run Intermediate	2:18.76	1/13	2025-05-22	11:10 AM
#58 Boys Long Jump Intermediate	5.01m	1/4	2025-05-21	10:00 AM
9. Cadence Holt - Female - Comp#: 543 - Ind/Rel: 1 / 0				
#83 Girls Discus Throw 1kg Senior	19.84m	1/16	2025-05-21	10:00 AM
10. Annie Johns - Female - Comp#: 544 - Ind/Rel: 1 / 0				
#33 Girls 800 Meter Run Intermediate	2:47.20	1/16	2025-05-22	10:45 AM
11. Chloe Kennedy - Female - Comp#: 545 - Ind/Rel: 3 / 0				
#120 Girls 100 Meter Dash Supported Junior	46.56	1/1	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.46m	1/10	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.20m	1/3	2025-05-21	10:00 AM
12. Marilyn Kennedy-Stover - Female - Comp#: 546 - Ind/Rel: 3 / 0				
#122 Girls 100 Meter Dash Supported Senior	18.34	1/5	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	2.56m	1/13	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.58m	1/9	2025-05-21	10:00 AM
13. Omar Khalaf - Male - Comp#: 556 - Ind/Rel: 2 / 0				
#78 Boys Shot Put 6kg Senior	9.69m	1/12	2025-05-21	12:00 PM
#115 Boys Javelin Throw 800g Senior	30.65m	1/11	2025-05-21	10:00 AM
14. Alex Landry-Woodbury - Male - Comp#: 557 - Ind/Rel: 1 / 0				
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.45m	1/2	2025-05-21	11:15 AM
15. Drew Lucas - Male - Comp#: 558 - Ind/Rel: 1 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.06	1/4	2025-05-21	10:30 AM
16. Nick MacPhee - Male - Comp#: 559 - Ind/Rel: 1 / 0				
#115 Boys Javelin Throw 800g Senior	23.60m	1/19	2025-05-21	10:00 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****JL Ilsley High School (JLI)**

17. Will Mestdagh - Male - Comp#: 560 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.50m	1/9	2025-05-22	2:00 PM
18. Ibrahim Msabaha - Male - Comp#: 561 - Ind/Rel: 2 / 0 #82 Boys Discus Throw 1.5kg Intermediate	23.47m	1/13	2025-05-22	10:00 AM
#103 Boys Javelin Throw 700g Intermediate	26.09m	1/9	2025-05-21	12:00 PM
19. Dami Nasser - Female - Comp#: 548 - Ind/Rel: 4 / 0 #65 Girls High Jump Senior	1.15m	1/3	2025-05-21	2:00 PM
#77 Girls Shot Put 4kg Senior	8.43m	1/5	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	19.82m	1/12	2025-05-21	10:00 AM
#109 Girls Javelin Throw 600g Senior	15.92m	1/2	2025-05-22	10:00 AM
20. Lauchlan Peters - Male - Comp#: 562 - Ind/Rel: 1 / 0 #64 Boys High Jump Intermediate	1.50m	1/10	2025-05-22	2:00 PM
21. Dontae Richard - Male - Comp#: 563 - Ind/Rel: 2 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	11.86	2/2	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.41	2/6	2025-05-22	10:20 AM
22. Lometh Samarasinghe - Male - Comp#: 564 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	57.83	1/8	2025-05-21	12:15 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.60	1/1	2025-05-22	10:20 AM
#34 Boys 800 Meter Run Intermediate	2:18.95	1/15	2025-05-22	11:10 AM
23. Rylee Tibbo - Female - Comp#: 550 - Ind/Rel: 2 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:12.67	1/6	2025-05-21	12:15 PM
#59 Girls Long Jump Senior	4.00m	1/14	2025-05-22	2:00 PM
24. Rhys Tobin - Male - Comp#: 565 - Ind/Rel: 1 / 0 #22 Boys 1500 Meter Run Intermediate	4:55.36	1/12	2025-05-21	2:00 PM
25. Daniel Tokar - Male - Comp#: 566 - Ind/Rel: 1 / 0 #36 Boys 800 Meter Run Senior	2:09.72	1/9	2025-05-22	11:10 AM
26. Rakan Turkmani - Male - Comp#: 567 - Ind/Rel: 1 / 0 #78 Boys Shot Put 6kg Senior	8.78m	1/16	2025-05-21	12:00 PM
27. Xavier Verde - Male - Comp#: 568 - Ind/Rel: 1 / 0 #129 Boys Long Jump 3 jumps Supported Junior	2.22m	1/15	2025-05-21	10:00 AM
28. Sonja Watkentin - Female - Comp#: 551 - Ind/Rel: 1 / 0 #65 Girls High Jump Senior	1.15m	1/1	2025-05-21	2:00 PM
29. Madisyn Wile - Female - Comp#: 552 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	25.09m	1/3	2025-05-22	12:00 PM
30. Macade Wright - Male - Comp#: 569 - Ind/Rel: 3 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	11.84	1/3	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.01	1/8	2025-05-22	10:20 AM
#58 Boys Long Jump Intermediate	5.44m	1/1	2025-05-21	10:00 AM
1. JL Ilsley High School - 'A' #40 Boys 4x100 Meter Relay Intermediate	47.97	1/2	2025-05-22	12:00 PM
2. JL Ilsley High School - 'A' #52 Boys 4x400 Meter Relay Intermediate	3:51.70	1/6	2025-05-22	2:45 PM

JL Ilsley High School Total Individual Entries: 52 - Total Relays: 2

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****John Martin Junior High (JMJD)**

1. Elias Ahmady - Male - Comp#: 572 - Ind/Rel: 1 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims	14.26	1/4	2025-05-21 10:00 AM
2. Caiden Allen - Male - Comp#: 573 - Ind/Rel: 1 / 0 #26 Boys 200 Meter Dash Junior Prelims	27.32	1/5	2025-05-22 10:00 AM
3. Michael Okoabah - Male - Comp#: 574 - Ind/Rel: 1 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	11.82	2/3	2025-05-21 1:10 PM
4. Esther Popoola - Female - Comp#: 570 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.69	2/8	2025-05-21 10:00 AM
5. Loic Siewe - Male - Comp#: 575 - Ind/Rel: 1 / 0 #2 Boys 80 Meter Hurdles 30" Junior Prelims	14.72	1/2	2025-05-21 10:00 AM
1. John Martin Junior High - 'A' #38 Boys 4x100 Meter Relay Junior	53.36	1/8	2025-05-22 11:30 AM

John Martin Junior High Total Individual Entries: 5 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Leslie Thomas Junior High (LTJH)**

1. Mathias Aladejebi - Male - Comp#: 577 - Ind/Rel: 2 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	16.40	2/8	2025-05-21	10:00 AM
#8 Boys 400 Meter Dash Junior Prelims	1:03.94	3/4	2025-05-21	11:45 AM
2. Grayson Benoit - Male - Comp#: 578 - Ind/Rel: 1 / 0				
#80 Boys Discus Throw 1kg Junior	25.68m	1/2	2025-05-22	2:00 PM
3. Leo Jiang - Male - Comp#: 579 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	25.71m	1/15	2025-05-21	2:00 PM
4. Lilly Landry - Female - Comp#: 576 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	7.12m	1/10	2025-05-22	10:00 AM
5. James Lane - Male - Comp#: 580 - Ind/Rel: 3 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.08	1/5	2025-05-21	10:00 AM
#8 Boys 400 Meter Dash Junior Prelims	NT	3/1	2025-05-21	11:45 AM
#14 Boys 100 Meter Dash Junior Prelims	13.18	1/3	2025-05-21	12:45 PM
6. Kai Macdonald - Male - Comp#: 581 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	21.32m	1/8	2025-05-21	2:00 PM
7. Landis Payne - Male - Comp#: 582 - Ind/Rel: 2 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	14.60	2/6	2025-05-21	10:00 AM
#62 Boys High Jump Junior	1.40m	1/5	2025-05-22	12:00 PM
8. Domenic Redmond - Male - Comp#: 583 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	20.65m	1/4	2025-05-21	2:00 PM
1. Leslie Thomas Junior High - 'A'				
#38 Boys 4x100 Meter Relay Junior	54.26	1/3	2025-05-22	11:30 AM
2. Leslie Thomas Junior High - 'A'				
#50 Boys 4x400 Meter Relay Junior	4:28.37	1/2	2025-05-22	2:15 PM

Leslie Thomas Junior High Total Individual Entries: 12 - Total Relays: 2

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Lockview High (LOCK)**

1. Gabby Allen - Female - Comp#: 584 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	16.74m	1/9	2025-05-22	10:00 AM
2. Max Anderson - Male - Comp#: 600 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior	15.22	1/4	2025-05-21	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	2.84m	1/3	2025-05-21	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	4.10m	1/5	2025-05-21	10:00 AM
3. James Brien - Male - Comp#: 601 - Ind/Rel: 1 / 0 #24 Boys 1500 Meter Run Senior	5:20.21	1/12	2025-05-21	2:00 PM
4. Harry Brown - Male - Comp#: 602 - Ind/Rel: 1 / 0 #48 Boys 3000 Meter Run Senior	11:10.29	1/13	2025-05-22	1:30 PM
5. Brady Capbell - Male - Comp#: 603 - Ind/Rel: 1 / 0 #48 Boys 3000 Meter Run Senior	12:41.59	1/15	2025-05-22	1:30 PM
6. Anna Carruthers - Female - Comp#: 585 - Ind/Rel: 3 / 0 #23 Girls 1500 Meter Run Senior	4:58.63	1/9	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:20.82	1/3	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	10:47.34	1/10	2025-05-22	1:30 PM
7. Sophie Daigle - Female - Comp#: 586 - Ind/Rel: 3 / 0 #17 Girls 100 Meter Dash Senior Prelims	13.85	1/4	2025-05-21	1:10 PM
#59 Girls Long Jump Senior	4.48m	1/3	2025-05-22	2:00 PM
#71 Girls Triple Jump Senior	9.55m	1/6	2025-05-21	12:00 PM
8. Paityn Fownes - Female - Comp#: 587 - Ind/Rel: 3 / 0 #75 Girls Shot Put 4kg Intermediate	8.28m	1/13	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	20.86m	1/11	2025-05-21	2:00 PM
#97 Girls Javelin Throw 500g Intermediate	25.11m	1/8	2025-05-22	12:00 PM
9. Cate Gaudry - Female - Comp#: 588 - Ind/Rel: 5 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	16.58	2/5	2025-05-21	10:30 AM
#59 Girls Long Jump Senior	3.87m	1/12	2025-05-22	2:00 PM
#65 Girls High Jump Senior	1.15m	1/2	2025-05-21	2:00 PM
#71 Girls Triple Jump Senior	10.03m	1/13	2025-05-21	12:00 PM
#77 Girls Shot Put 4kg Senior	8.62m	1/3	2025-05-22	12:00 PM
10. Mykeirah Gray - Female - Comp#: 589 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Supported Senior	14.04	2/3	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	3.70m	1/4	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	2.65m	1/16	2025-05-21	10:00 AM
11. Cicely Harnum - Female - Comp#: 590 - Ind/Rel: 6 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	NT	2/8	2025-05-21	10:30 AM
#23 Girls 1500 Meter Run Senior	5:33.58	1/14	2025-05-21	2:00 PM
#47 Girls 3000 Meter Run Senior	12:14.35	1/12	2025-05-22	1:30 PM
#77 Girls Shot Put 4kg Senior	7.04m	1/6	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	ND	1/1	2025-05-21	10:00 AM
#109 Girls Javelin Throw 600g Senior	21.69m	1/17	2025-05-22	10:00 AM
12. Cole Howell - Male - Comp#: 604 - Ind/Rel: 2 / 0 #78 Boys Shot Put 6kg Senior	ND	1/1	2025-05-21	12:00 PM
#115 Boys Javelin Throw 800g Senior	ND	1/2	2025-05-21	10:00 AM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Lockview High (LOCK)**

13. Brandon Ivany - Male - Comp#: 605 - Ind/Rel: 1 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	NT	2/8	2025-05-21	10:30 AM
14. Addison Labucki - Female - Comp#: 591 - Ind/Rel: 3 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.76	1/7	2025-05-21	12:45 PM
#57 Girls Long Jump Intermediate	4.40m	1/3	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	9.61m	1/5	2025-05-21	10:00 AM
15. Eugene Legge - Male - Comp#: 606 - Ind/Rel: 2 / 0 #30 Boys 200 Meter Dash Senior Prelims	25.64	1/3	2025-05-22	10:20 AM
#60 Boys Long Jump Senior	5.53m	1/17	2025-05-21	2:00 PM
16. Josie Leslie - Female - Comp#: 592 - Ind/Rel: 2 / 0 #15 Girls 100 Meter Dash Intermediate Prelims	13.29	1/4	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	28.47	2/2	2025-05-22	10:00 AM
17. Maliah Lucas - Female - Comp#: 593 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Supported Senior	17.86	1/1	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	4.27m	1/5	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.50m	1/15	2025-05-21	10:00 AM
18. Josie Luedey - Female - Comp#: 594 - Ind/Rel: 2 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.82	2/5	2025-05-21	10:00 AM
#21 Girls 1500 Meter Run Intermediate	5:56.18	1/14	2025-05-21	1:30 PM
19. Alex Macaulay - Male - Comp#: 607 - Ind/Rel: 1 / 0 #24 Boys 1500 Meter Run Senior	4:33.36	1/9	2025-05-21	2:00 PM
20. Ava Manley - Female - Comp#: 595 - Ind/Rel: 3 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:06.91	1/5	2025-05-21	11:45 AM
#27 Girls 200 Meter Dash Intermediate Prelims	29.39	1/2	2025-05-22	10:00 AM
#63 Girls High Jump Intermediate	1.30m	1/16	2025-05-21	12:00 PM
21. Andrew McArthy - Male - Comp#: 608 - Ind/Rel: 2 / 0 #76 Boys Shot Put 5kg Intermediate	8.39m	1/6	2025-05-21	2:00 PM
#82 Boys Discus Throw 1.5kg Intermediate	23.17m	1/5	2025-05-22	10:00 AM
22. Claire McKim - Female - Comp#: 596 - Ind/Rel: 3 / 0 #21 Girls 1500 Meter Run Intermediate	5:56.21	1/5	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:50.89	1/14	2025-05-22	10:45 AM
#63 Girls High Jump Intermediate	1.30m	1/7	2025-05-21	12:00 PM
23. Oliver Murphy - Male - Comp#: 609 - Ind/Rel: 1 / 0 #58 Boys Long Jump Intermediate	4.92m	1/11	2025-05-21	10:00 AM
24. Jun Namikawa - Male - Comp#: 610 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate	4:59.01	1/10	2025-05-21	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:55.21	1/13	2025-05-22	1:15 PM
25. Ben Phillips - Male - Comp#: 611 - Ind/Rel: 4 / 0 #12 Boys 400 Meter Dash Senior Prelims	57.39	1/2	2025-05-21	12:15 PM
#24 Boys 1500 Meter Run Senior	4:57.79	1/2	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:14.89	1/12	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	11:09.84	1/3	2025-05-22	1:30 PM
26. Tucker Potter - Male - Comp#: 612 - Ind/Rel: 1 / 0 #60 Boys Long Jump Senior	5.31m	1/6	2025-05-21	2:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Lockview High (LOCK)**

27. Reese Quist - Female - Comp#: 597 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	17.56m	1/7	2025-05-21 10:00 AM
28. Jack Robichaud - Male - Comp#: 613 - Ind/Rel: 3 / 0 #78 Boys Shot Put 6kg Senior	9.52m	1/5	2025-05-21 12:00 PM
#84 Boys Discus Throw 1.75kg Senior	22.77m	1/14	2025-05-22 12:00 PM
#115 Boys Javelin Throw 800g Senior	31.18m	1/5	2025-05-21 10:00 AM
29. Callum Sampson - Male - Comp#: 614 - Ind/Rel: 1 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	20.89	2/5	2025-05-21 10:30 AM
30. Noah Skeete - Male - Comp#: 615 - Ind/Rel: 3 / 0 #6 Boys 110 Meter Hurdles 36" Senior Prelims	16.71	1/6	2025-05-21 10:30 AM
#18 Boys 100 Meter Dash Senior Prelims	11.20	2/3	2025-05-21 1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	23.09	2/3	2025-05-22 10:20 AM
31. Riley Skeete - Male - Comp#: 616 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	57.49	1/6	2025-05-21 12:15 PM
32. Anna Smith - Female - Comp#: 598 - Ind/Rel: 2 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	20.31	1/1	2025-05-21 10:30 AM
#11 Girls 400 Meter Dash Senior Prelims	1:13.12	1/2	2025-05-21 12:15 PM
33. Charlotte Whitman - Female - Comp#: 599 - Ind/Rel: 2 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:02.08	2/2	2025-05-21 11:45 AM
#33 Girls 800 Meter Run Intermediate	2:34.77	1/1	2025-05-22 10:45 AM
34. Trenton Wile - Male - Comp#: 617 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	54.87	1/4	2025-05-21 12:15 PM
#16 Boys 100 Meter Dash Intermediate Prelims	12.01	2/6	2025-05-21 1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.90	2/1	2025-05-22 10:20 AM
1. Lockview High - 'A' #39 Girls 4x100 Meter Relay Intermediate	53.47	1/5	2025-05-22 11:30 AM
2. Lockview High - 'A' #40 Boys 4x100 Meter Relay Intermediate	47.21	1/4	2025-05-22 12:00 PM
3. Lockview High - 'A' #41 Girls 4x100 Meter Relay Senior	53.72	1/5	2025-05-22 12:00 PM
4. Lockview High - 'A' #42 Boys 4x100 Meter Relay Senior	47.43	1/6	2025-05-22 12:00 PM
5. Lockview High - 'A' #51 Girls 4x400 Meter Relay Intermediate	4:33.23	1/3	2025-05-22 2:15 PM
6. Lockview High - 'A' #52 Boys 4x400 Meter Relay Intermediate	3:59.55	1/8	2025-05-22 2:45 PM
7. Lockview High - 'A' #53 Girls 4x400 Meter Relay Senior	4:51.33	1/6	2025-05-22 2:45 PM
8. Lockview High - 'A' #54 Boys 4x400 Meter Relay Senior	4:08.77	1/1	2025-05-22 2:45 PM

Lockview High Total Individual Entries: 78 - Total Relays: 8

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Madeline Symonds Middle School (MSMS)**

1. Emma Bayer - Female - Comp#: 618 - Ind/Rel: 3 / 0				
#73 Girls Shot Put 3kg Junior	7.82m	1/3	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	21.43m	1/9	2025-05-21	12:00 PM
#85 Girls Javelin Throw 400g Junior	23.65m	1/17	2025-05-22	2:00 PM
2. Ethan Brady - Male - Comp#: 624 - Ind/Rel: 1 / 0				
#44 Boys 3000 Meter Run Junior	11:25.66	1/4	2025-05-22	12:45 PM
3. Makenna Cameron - Female - Comp#: 619 - Ind/Rel: 2 / 0				
#43 Girls 3000 Meter Run Junior	13:14.15	1/16	2025-05-22	12:45 PM
#67 Girls Triple Jump Junior	8.09m	1/11	2025-05-21	2:00 PM
4. Breton Durdle - Male - Comp#: 625 - Ind/Rel: 2 / 0				
#74 Boys Shot Put 4kg Junior	9.34m	1/2	2025-05-21	10:00 AM
#80 Boys Discus Throw 1kg Junior	22.38m	1/9	2025-05-22	2:00 PM
5. Zoey Goodfellow - Female - Comp#: 620 - Ind/Rel: 1 / 0				
#31 Girls 800 Meter Run Junior	2:43.90	1/15	2025-05-22	10:45 AM
6. Victoria Humphreys - Female - Comp#: 621 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:05.24	1/5	2025-05-21	11:45 AM
#19 Girls 1500 Meter Run Junior	5:24.88	1/13	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:32.72	1/3	2025-05-22	10:45 AM
#43 Girls 3000 Meter Run Junior	12:17.97	1/11	2025-05-22	12:45 PM
7. Xavier Lamorre - Male - Comp#: 626 - Ind/Rel: 2 / 0				
#20 Boys 1500 Meter Run Junior	5:15.29	1/1	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:33.36	1/9	2025-05-22	10:45 AM
8. Thomas Mugford - Male - Comp#: 627 - Ind/Rel: 1 / 0				
#32 Boys 800 Meter Run Junior	2:37.83	1/7	2025-05-22	10:45 AM
9. Noelle Peck - Female - Comp#: 622 - Ind/Rel: 2 / 0				
#19 Girls 1500 Meter Run Junior	5:44.94	1/5	2025-05-21	1:30 PM
#25 Girls 200 Meter Dash Junior Prelims	30.08	2/2	2025-05-22	10:00 AM
10. Caitlan Perry - Female - Comp#: 623 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.40m	1/6	2025-05-21	10:00 AM
11. Caden Slauenwhite - Male - Comp#: 628 - Ind/Rel: 1 / 0				
#44 Boys 3000 Meter Run Junior	10:45.12	1/9	2025-05-22	12:45 PM
12. Austin Stevens - Male - Comp#: 629 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	21.30m	1/12	2025-05-21	2:00 PM
1. Madeline Symonds Middle School - 'A'				
#37 Girls 4x100 Meter Relay Junior	57.48	1/1	2025-05-22	11:30 AM

Madeline Symonds Middle School Total Individual Entries: 21 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Millwood (MILL)**

1. Abby Arbuckle - Female - Comp#: 630 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	7.16m	1/4	2025-05-22	2:00 PM
2. Hailey Bragg - Female - Comp#: 631 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	17.02	2/1	2025-05-21	10:00 AM
3. Brody Brewer - Male - Comp#: 641 - Ind/Rel: 1 / 0 #34 Boys 800 Meter Run Intermediate	2:21.41	1/16	2025-05-22	11:10 AM
4. Tyler Burgess - Male - Comp#: 642 - Ind/Rel: 2 / 0 #123 Boys 100 Meter Dash Supported Senior	11.75	3/7	2025-05-21	10:30 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.31m	1/4	2025-05-21	10:00 AM
5. Joshua Campbell - Male - Comp#: 643 - Ind/Rel: 3 / 0 #121 Boys 100 Meter Dash Supported Junior	13.50	2/2	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.35m	1/1	2025-05-21	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.83m	1/3	2025-05-21	10:00 AM
6. Owen Carpenter - Male - Comp#: 644 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	22.11m	1/9	2025-05-22	10:00 AM
7. Violet Coffin - Female - Comp#: 632 - Ind/Rel: 3 / 0 #77 Girls Shot Put 4kg Senior	8.66m	1/8	2025-05-22	12:00 PM
#83 Girls Discus Throw 1kg Senior	20.62m	1/8	2025-05-21	10:00 AM
#109 Girls Javelin Throw 600g Senior	19.32m	1/5	2025-05-22	10:00 AM
8. Simeon Drew - Male - Comp#: 645 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	10.06m	1/3	2025-05-22	12:00 PM
9. Maddy Dyer - Female - Comp#: 633 - Ind/Rel: 3 / 0 #17 Girls 100 Meter Dash Senior Prelims	13.85	2/6	2025-05-21	1:10 PM
#29 Girls 200 Meter Dash Senior Prelims	29.64	1/5	2025-05-22	10:20 AM
#65 Girls High Jump Senior	1.20m	1/7	2025-05-21	2:00 PM
10. Devika Ellickal - Female - Comp#: 634 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	20.56	1/7	2025-05-21	10:30 AM
11. Quinn Groomsbridge - Female - Comp#: 635 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	14.08m	1/10	2025-05-21	10:00 AM
12. Grace Henry - Female - Comp#: 636 - Ind/Rel: 3 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:08.17	1/2	2025-05-21	11:45 AM
#21 Girls 1500 Meter Run Intermediate	6:05.82	1/1	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:50.43	1/4	2025-05-22	10:45 AM
13. Emma Jordan - Female - Comp#: 637 - Ind/Rel: 3 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:04.37	2/4	2025-05-21	11:45 AM
#15 Girls 100 Meter Dash Intermediate Prelims	13.62	1/5	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	28.20	1/1	2025-05-22	10:00 AM
14. Lexi Joy - Female - Comp#: 638 - Ind/Rel: 1 / 0 #11 Girls 400 Meter Dash Senior Prelims	1:12.18	2/2	2025-05-21	12:15 PM
15. Theresa Julian - Female - Comp#: 639 - Ind/Rel: 1 / 0 #130 Girls Long Jump 3 jumps Supported Senior	1.85m	1/7	2025-05-21	10:00 AM
16. Jessy Lord - Male - Comp#: 646 - Ind/Rel: 1 / 0 #72 Boys Triple Jump Senior	10.49m	1/4	2025-05-22	2:00 PM



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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Millwood (MILL)

17. Shane Lucas - Male - Comp#: 647 - Ind/Rel: 1 / 0				
#16 Boys 100 Meter Dash Intermediate Prelims	12.12	1/1	2025-05-21	1:10 PM
18. Katheryn MacEachern - Female - Comp#: 640 - Ind/Rel: 3 / 0				
#11 Girls 400 Meter Dash Senior Prelims	1:10.40	1/4	2025-05-21	12:15 PM
#29 Girls 200 Meter Dash Senior Prelims	30.22	2/4	2025-05-22	10:20 AM
#71 Girls Triple Jump Senior	8.30m	1/7	2025-05-21	12:00 PM
19. Ethan Murphy - Male - Comp#: 648 - Ind/Rel: 1 / 0				
#121 Boys 100 Meter Dash Supported Junior	13.75	2/7	2025-05-21	10:30 AM
20. Victorien Oliver - Male - Comp#: 649 - Ind/Rel: 1 / 0				
#72 Boys Triple Jump Senior	10.62m	1/6	2025-05-22	2:00 PM
21. Noah Tovell - Male - Comp#: 650 - Ind/Rel: 1 / 0				
#78 Boys Shot Put 6kg Senior	9.12m	1/17	2025-05-21	12:00 PM
1. Millwood - 'A'				
#54 Boys 4x400 Meter Relay Senior	4:06.65	1/2	2025-05-22	2:45 PM

Millwood Total Individual Entries: 34 - Total Relays: 1

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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Oxford School (OX)**

1. Daniel Aladejebi - Male - Comp#: 660 - Ind/Rel: 2 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	15.40	2/1	2025-05-21	10:30 AM
#28 Boys 200 Meter Dash Intermediate Prelims	24.66	2/3	2025-05-22	10:20 AM
2. Astrid Askheim - Female - Comp#: 651 - Ind/Rel: 1 / 0				
#55 Girls Long Jump Junior	4.06m	1/11	2025-05-22	12:00 PM
3. Bohdan Bogdanov - Male - Comp#: 661 - Ind/Rel: 1 / 0				
#129 Boys Long Jump 3 jumps Supported Junior	1.53m	1/7	2025-05-21	10:00 AM
4. Nico Cuadra Dumke - Male - Comp#: 662 - Ind/Rel: 2 / 0				
#14 Boys 100 Meter Dash Junior Prelims	12.40	1/6	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	24.95	2/1	2025-05-22	10:00 AM
5. Olivia Ianni - Female - Comp#: 652 - Ind/Rel: 1 / 0				
#55 Girls Long Jump Junior	3.98m	1/5	2025-05-22	12:00 PM
6. Leo Jackson - Male - Comp#: 663 - Ind/Rel: 4 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:02.60	3/6	2025-05-21	11:45 AM
#20 Boys 1500 Meter Run Junior	5:11.32	1/5	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:35.58	1/4	2025-05-22	10:45 AM
#44 Boys 3000 Meter Run Junior	11:40.41	1/15	2025-05-22	12:45 PM
7. Charlie Lewis - Male - Comp#: 664 - Ind/Rel: 1 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:05.14	1/4	2025-05-21	11:45 AM
8. Ruby McCormack - Female - Comp#: 653 - Ind/Rel: 3 / 0				
#57 Girls Long Jump Intermediate	4.25m	1/2	2025-05-22	10:00 AM
#63 Girls High Jump Intermediate	1.25m	1/1	2025-05-21	12:00 PM
#69 Girls Triple Jump Intermediate	9.19m	1/8	2025-05-21	10:00 AM
9. Joy Monaghan - Female - Comp#: 654 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	18.58m	1/1	2025-05-22	2:00 PM
10. Atilla Narvey - Male - Comp#: 665 - Ind/Rel: 3 / 0				
#10 Boys 400 Meter Dash Intermediate Prelims	56.41	1/2	2025-05-21	12:15 PM
#16 Boys 100 Meter Dash Intermediate Prelims	11.82	1/8	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.24	1/2	2025-05-22	10:20 AM
11. Regan Poirier - Female - Comp#: 655 - Ind/Rel: 1 / 0				
#43 Girls 3000 Meter Run Junior	12:44.93	1/6	2025-05-22	12:45 PM
12. Quinn Rogers - Female - Comp#: 656 - Ind/Rel: 1 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	16.11	1/1	2025-05-21	10:00 AM
13. Jelani Stevenson - Male - Comp#: 666 - Ind/Rel: 1 / 0				
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.24m	1/11	2025-05-21	11:15 AM
14. Savannah Thalheimer-Wells - Female - Comp#: 657 - Ind/Rel: 1 / 0				
#25 Girls 200 Meter Dash Junior Prelims	29.82	2/6	2025-05-22	10:00 AM
15. Clara Walker - Female - Comp#: 658 - Ind/Rel: 1 / 0				
#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.35	2/2	2025-05-21	10:00 AM
16. Mahrell Willis - Female - Comp#: 659 - Ind/Rel: 1 / 0				
#13 Girls 100 Meter Dash Junior Prelims	14.00	2/7	2025-05-21	12:45 PM
17. Simon Winter - Male - Comp#: 667 - Ind/Rel: 2 / 0				
#14 Boys 100 Meter Dash Junior Prelims	13.17	1/4	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	27.34	2/6	2025-05-22	10:00 AM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Oxford School (OX)

- | | | | | | |
|----|---|---------|-----|------------|----------|
| 1. | Oxford School - 'A' | | | | |
| | #37 Girls 4x100 Meter Relay Junior | 58.46 | 1/5 | 2025-05-22 | 11:30 AM |
| 2. | Oxford School - 'A' | | | | |
| | #40 Boys 4x100 Meter Relay Intermediate | 47.61 | 1/7 | 2025-05-22 | 12:00 PM |
| 3. | Oxford School - 'A' | | | | |
| | #50 Boys 4x400 Meter Relay Junior | 4:17.27 | 1/7 | 2025-05-22 | 2:15 PM |

Oxford School Total Individual Entries: 27 - Total Relays: 3

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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Oyster Pond Academy (OPA)**

1. Aidan Aaboe - Male - Comp#: 672 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	22.90m	1/7	2025-05-21	2:00 PM
2. Kyla Boutilier - Female - Comp#: 668 - Ind/Rel: 3 / 0 #73 Girls Shot Put 3kg Junior	8.04m	1/5	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	28.33m	1/5	2025-05-21	12:00 PM
#85 Girls Javelin Throw 400g Junior	17.74m	1/6	2025-05-22	2:00 PM
3. Ada Coolen - Female - Comp#: 669 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.09	2/4	2025-05-21	10:00 AM
4. Abigale Fahie - Female - Comp#: 670 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	22.18m	1/9	2025-05-22	12:00 PM
5. Michael Julian - Male - Comp#: 673 - Ind/Rel: 1 / 0 #74 Boys Shot Put 4kg Junior	9.44m	1/4	2025-05-21	10:00 AM
6. Ryllynne Smith - Female - Comp#: 671 - Ind/Rel: 2 / 0 #75 Girls Shot Put 4kg Intermediate	7.14m	1/3	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	23.46m	1/14	2025-05-21	2:00 PM

Oyster Pond Academy Total Individual Entries: 9 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Park West School (PWS)**

1. Mohannad Al Jaber - Male - Comp#: 678 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	8.94m	1/4	2025-05-21	2:00 PM
2. Sidhant Bhatia - Male - Comp#: 679 - Ind/Rel: 1 / 0 #91 Boys Javelin Throw 600g Junior	22.29m	1/10	2025-05-21	2:00 PM
3. Frank Chen - Male - Comp#: 680 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	8.94m	1/1	2025-05-22	10:00 AM
4. Marissa Drane - Female - Comp#: 674 - Ind/Rel: 1 / 0 #63 Girls High Jump Intermediate	1.30m	1/13	2025-05-21	12:00 PM
5. Alex Fraser - Female - Comp#: 675 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	7.98m	1/5	2025-05-21	2:00 PM
6. Karim Hamo - Male - Comp#: 681 - Ind/Rel: 3 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:03.73	3/5	2025-05-21	11:45 AM
#14 Boys 100 Meter Dash Junior Prelims	12.87	1/1	2025-05-21	12:45 PM
#68 Boys Triple Jump Junior	9.23m	1/12	2025-05-22	10:00 AM
7. Ashlyn Kendell - Female - Comp#: 676 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	7.87m	1/14	2025-05-21	2:00 PM
8. Delight Maphosa - Male - Comp#: 682 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.45m	1/10	2025-05-22	12:00 PM
9. Brody McMahon - Male - Comp#: 683 - Ind/Rel: 1 / 0 #62 Boys High Jump Junior	1.40m	1/19	2025-05-22	12:00 PM
10. Arizona Sparks - Female - Comp#: 677 - Ind/Rel: 1 / 0 #61 Girls High Jump Junior	1.30m	1/8	2025-05-21	10:00 AM
1. Park West School - 'A' #38 Boys 4x100 Meter Relay Junior	52.27	1/7	2025-05-22	11:30 AM

Park West School Total Individual Entries: 12 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Ridgecliff Middle School (RIDG)**

1. Isla Adams - Female - Comp#: 684 - Ind/Rel: 2 / 0				
#19 Girls 1500 Meter Run Junior	5:38.00	1/16	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:42.55	1/13	2025-05-22	10:45 AM
2. Reese Adams - Female - Comp#: 685 - Ind/Rel: 3 / 0				
#13 Girls 100 Meter Dash Junior Prelims	13.30	2/8	2025-05-21	12:45 PM
#25 Girls 200 Meter Dash Junior Prelims	27.67	2/5	2025-05-22	10:00 AM
#55 Girls Long Jump Junior	3.74m	1/15	2025-05-22	12:00 PM
3. Abdul Adebayo - Male - Comp#: 688 - Ind/Rel: 3 / 0				
#62 Boys High Jump Junior	1.50m	1/7	2025-05-22	12:00 PM
#68 Boys Triple Jump Junior	8.62m	1/5	2025-05-22	10:00 AM
#80 Boys Discus Throw 1kg Junior	25.69m	1/4	2025-05-22	2:00 PM
4. Sammy Arowojolu - Male - Comp#: 689 - Ind/Rel: 1 / 0				
#64 Boys High Jump Intermediate	1.65m	1/13	2025-05-22	2:00 PM
5. Sun Choi - Male - Comp#: 690 - Ind/Rel: 1 / 0				
#56 Boys Long Jump Junior	4.76m	1/4	2025-05-21	12:00 PM
6. Austin Crawford - Male - Comp#: 691 - Ind/Rel: 1 / 0				
#8 Boys 400 Meter Dash Junior Prelims	1:04.65	1/6	2025-05-21	11:45 AM
7. Mitchell Durling - Male - Comp#: 692 - Ind/Rel: 1 / 0				
#4 Boys 100 Meter Hurdles 33" Intermediate Prelims	18.04	2/2	2025-05-21	10:30 AM
8. Chaewon Moon - Female - Comp#: 687 - Ind/Rel: 1 / 0				
#55 Girls Long Jump Junior	3.78m	1/12	2025-05-22	12:00 PM
9. Jackson Wheler - Male - Comp#: 693 - Ind/Rel: 2 / 0				
#14 Boys 100 Meter Dash Junior Prelims	13.11	2/2	2025-05-21	12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.70	2/4	2025-05-22	10:00 AM
1. Ridgecliff Middle School - 'A'				
#37 Girls 4x100 Meter Relay Junior	56.83	1/7	2025-05-22	11:30 AM
2. Ridgecliff Middle School - 'A'				
#38 Boys 4x100 Meter Relay Junior	53.95	1/6	2025-05-22	11:30 AM

Ridgecliff Middle School Total Individual Entries: 15 - Total Relays: 2

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Rockingstone Heights (ROCK)**

1. Hans Dibra - Male - Comp#: 696 - Ind/Rel: 3 / 0				
#121 Boys 100 Meter Dash Supported Junior	14.99	2/1	2025-05-21	10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.95m	1/4	2025-05-21	11:15 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.24m	1/16	2025-05-21	10:00 AM
2. Tenzil Musa - Female - Comp#: 694 - Ind/Rel: 2 / 0				
#73 Girls Shot Put 3kg Junior	7.87m	1/4	2025-05-22	10:00 AM
#85 Girls Javelin Throw 400g Junior	22.75m	1/13	2025-05-22	2:00 PM
3. Rynase Nkanyo - Male - Comp#: 697 - Ind/Rel: 1 / 0				
#62 Boys High Jump Junior	1.45m	1/12	2025-05-22	12:00 PM
4. Zipporah Torres-Crooks - Female - Comp#: 695 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	8.12m	1/13	2025-05-22	10:00 AM
Rockingstone Heights Total Individual Entries: 7 - Total Relays: 0				



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2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Rocky Lake Junior High (RLJH)**

1. Michelle Adebayo - Female - Comp#: 698 - Ind/Rel: 1 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:06.86	2/3	2025-05-21	11:45 AM
2. Izak Bungay - Male - Comp#: 708 - Ind/Rel: 1 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	58.22	2/3	2025-05-21	12:15 PM
3. Payton Byrne - Female - Comp#: 699 - Ind/Rel: 1 / 0 #57 Girls Long Jump Intermediate	4.07m	1/8	2025-05-22	10:00 AM
4. Elija Calder - Male - Comp#: 709 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	8.50m	1/13	2025-05-21	2:00 PM
5. Raphael Choi - Male - Comp#: 710 - Ind/Rel: 1 / 0 #70 Boys Triple Jump Intermediate	10.24m	1/7	2025-05-22	12:00 PM
6. Carlie Dickson - Female - Comp#: 700 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	8.07m	1/2	2025-05-21	2:00 PM
7. Kamji Emezie-Ejinima - Male - Comp#: 711 - Ind/Rel: 2 / 0 #26 Boys 200 Meter Dash Junior Prelims	26.88	1/7	2025-05-22	10:00 AM
#56 Boys Long Jump Junior	4.60m	1/3	2025-05-21	12:00 PM
8. Marlon Fletcher - Male - Comp#: 712 - Ind/Rel: 1 / 0 #16 Boys 100 Meter Dash Intermediate Prelims	12.15	2/7	2025-05-21	1:10 PM
9. Emily Gorman - Female - Comp#: 701 - Ind/Rel: 2 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:05.41	1/1	2025-05-21	11:45 AM
#13 Girls 100 Meter Dash Junior Prelims	14.14	1/2	2025-05-21	12:45 PM
10. Laura Hill - Female - Comp#: 702 - Ind/Rel: 3 / 0 #21 Girls 1500 Meter Run Intermediate	5:52.18	1/12	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:49.95	1/2	2025-05-22	10:45 AM
#45 Girls 3000 Meter Run Intermediate	12:36.31	1/1	2025-05-22	1:15 PM
11. Griffin Humphrey - Male - Comp#: 713 - Ind/Rel: 1 / 0 #20 Boys 1500 Meter Run Junior	5:22.38	1/10	2025-05-21	1:30 PM
12. Arin Jung - Female - Comp#: 703 - Ind/Rel: 1 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	16.22	2/4	2025-05-21	10:00 AM
13. Parker Lewis - Male - Comp#: 715 - Ind/Rel: 1 / 0 #44 Boys 3000 Meter Run Junior	11:38.49	1/8	2025-05-22	12:45 PM
14. Sophie Lin - Female - Comp#: 704 - Ind/Rel: 2 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:07.84	2/7	2025-05-21	11:45 AM
#97 Girls Javelin Throw 500g Intermediate	23.89m	1/5	2025-05-22	12:00 PM
15. Levi Macdonald - Male - Comp#: 716 - Ind/Rel: 1 / 0 #82 Boys Discus Throw 1.5kg Intermediate	22.20m	1/1	2025-05-22	10:00 AM
16. Maeve Macdonald - Female - Comp#: 705 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	13:25.18	1/5	2025-05-22	1:15 PM
17. Violet Nam - Female - Comp#: 706 - Ind/Rel: 2 / 0 #57 Girls Long Jump Intermediate	4.10m	1/15	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	8.82m	1/9	2025-05-21	10:00 AM
18. Milo Noble - Male - Comp#: 717 - Ind/Rel: 1 / 0 #103 Boys Javelin Throw 700g Intermediate	31.86m	1/8	2025-05-21	12:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Rocky Lake Junior High (RLJH)**

19.	Rishon Pilgram - Male - Comp#: 718 - Ind/Rel: 2 / 0				
	#58 Boys Long Jump Intermediate	4.99m	1/3	2025-05-21	10:00 AM
	#70 Boys Triple Jump Intermediate	10.27m	1/1	2025-05-22	12:00 PM
20.	Marco Primelles Ramos - Male - Comp#: 719 - Ind/Rel: 3 / 0				
	#8 Boys 400 Meter Dash Junior Prelims	1:02.78	2/6	2025-05-21	11:45 AM
	#26 Boys 200 Meter Dash Junior Prelims	27.36	1/4	2025-05-22	10:00 AM
	#32 Boys 800 Meter Run Junior	2:29.64	1/3	2025-05-22	10:45 AM
21.	Meghan Proude - Female - Comp#: 707 - Ind/Rel: 1 / 0				
	#3 Girls 80 Meter Hurdles 30" Intermediate Prelims	17.00	1/1	2025-05-21	10:00 AM
22.	Blake Stocker - Male - Comp#: 720 - Ind/Rel: 1 / 0				
	#8 Boys 400 Meter Dash Junior Prelims	1:03.38	2/2	2025-05-21	11:45 AM
23.	Fletcher Woods - Male - Comp#: 721 - Ind/Rel: 2 / 0				
	#20 Boys 1500 Meter Run Junior	5:23.62	1/15	2025-05-21	1:30 PM
	#44 Boys 3000 Meter Run Junior	11:19.43	1/13	2025-05-22	12:45 PM
1.	Rocky Lake Junior High - 'A'				
	#38 Boys 4x100 Meter Relay Junior	51.32	1/1	2025-05-22	11:30 AM
2.	Rocky Lake Junior High - 'A'				
	#39 Girls 4x100 Meter Relay Intermediate	56.79	1/1	2025-05-22	11:30 AM
3.	Rocky Lake Junior High - 'A'				
	#50 Boys 4x400 Meter Relay Junior	4:30.01	1/4	2025-05-22	2:15 PM
4.	Rocky Lake Junior High - 'A'				
	#51 Girls 4x400 Meter Relay Intermediate	4:43.45	1/1	2025-05-22	2:15 PM

Rocky Lake Junior High Total Individual Entries: 33 - Total Relays: 4

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Sackville Heights Junior High (SKHT)**

1. Arnajah Downey-Smith - Female - Comp#: 722 - Ind/Rel: 1 / 0 #1 Girls 80 Meter Hurdles 30" Junior Prelims	16.10	1/5	2025-05-21	10:00 AM
2. Landon Harvieux - Male - Comp#: 728 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:02.94	3/3	2025-05-21	11:45 AM
3. Addie Hyson - Female - Comp#: 723 - Ind/Rel: 2 / 0 #19 Girls 1500 Meter Run Junior	5:51.13	1/1	2025-05-21	1:30 PM
#43 Girls 3000 Meter Run Junior	12:40.84	1/13	2025-05-22	12:45 PM
4. Nicholas Ifejanyi - Male - Comp#: 729 - Ind/Rel: 2 / 0 #62 Boys High Jump Junior	1.45m	1/11	2025-05-22	12:00 PM
#68 Boys Triple Jump Junior	8.99m	1/2	2025-05-22	10:00 AM
5. Arabella Ings - Female - Comp#: 724 - Ind/Rel: 2 / 0 #73 Girls Shot Put 3kg Junior	8.10m	1/7	2025-05-22	10:00 AM
#79 Girls Discus Throw 0.75kg Junior	21.36m	1/3	2025-05-21	12:00 PM
6. Hannah Miller - Female - Comp#: 725 - Ind/Rel: 1 / 0 #79 Girls Discus Throw 0.75kg Junior	20.31m	1/6	2025-05-21	12:00 PM
7. Zach Nurnber - Male - Comp#: 730 - Ind/Rel: 3 / 0 #20 Boys 1500 Meter Run Junior	5:14.68	1/16	2025-05-21	1:30 PM
#32 Boys 800 Meter Run Junior	2:34.09	1/12	2025-05-22	10:45 AM
#44 Boys 3000 Meter Run Junior	10:58.63	1/11	2025-05-22	12:45 PM
8. Micah Pottle - Male - Comp#: 731 - Ind/Rel: 4 / 0 #62 Boys High Jump Junior	1.35m	1/2	2025-05-22	12:00 PM
#74 Boys Shot Put 4kg Junior	8.92m	1/13	2025-05-21	10:00 AM
#80 Boys Discus Throw 1kg Junior	22.88m	1/1	2025-05-22	2:00 PM
#91 Boys Javelin Throw 600g Junior	30.31m	1/13	2025-05-21	2:00 PM
9. Ava Purdy - Female - Comp#: 726 - Ind/Rel: 3 / 0 #120 Girls 100 Meter Dash Supported Junior	23.77	1/6	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.23m	1/6	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	1.75m	1/13	2025-05-21	10:00 AM
10. Sophie Robichaud - Female - Comp#: 727 - Ind/Rel: 1 / 0 #67 Girls Triple Jump Junior	8.11m	1/8	2025-05-21	2:00 PM
11. Aiden Vaughan - Male - Comp#: 732 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.09m	1/3	2025-05-22	10:00 AM
12. Ian Wilde - Male - Comp#: 733 - Ind/Rel: 1 / 0 #68 Boys Triple Jump Junior	9.39m	1/14	2025-05-22	10:00 AM
1. Sackville Heights Junior High - 'A' #50 Boys 4x400 Meter Relay Junior	4:27.74	1/8	2025-05-22	2:15 PM

Sackville Heights Junior High Total Individual Entries: 22 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Sackville High (SH)**

1. Jaden Allen - Male - Comp#: 739 - Ind/Rel: 1 / 0 #127 Boys Shot Put 4kg-3 throws Supported Senior	5.22m	1/16	2025-05-21	11:15 AM
2. Noah Baird - Male - Comp#: 740 - Ind/Rel: 1 / 0 #115 Boys Javelin Throw 800g Senior	36.80m	1/6	2025-05-21	10:00 AM
3. Zaila Benjamin - Female - Comp#: 734 - Ind/Rel: 2 / 0 #59 Girls Long Jump Senior	4.48m	1/7	2025-05-22	2:00 PM
#71 Girls Triple Jump Senior	10.90m	1/14	2025-05-21	12:00 PM
4. Nick Cooper - Male - Comp#: 741 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Supported Senior	12.32	3/5	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	9.10m	1/15	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.48m	1/2	2025-05-21	10:00 AM
5. Joel Dickinson - Male - Comp#: 742 - Ind/Rel: 1 / 0 #78 Boys Shot Put 6kg Senior	9.94m	1/15	2025-05-21	12:00 PM
6. Andrew Kaulback - Male - Comp#: 743 - Ind/Rel: 1 / 0 #4 Boys 100 Meter Hurdles 33" Intermediate Prelims	16.60	2/8	2025-05-21	10:30 AM
7. Chloe MacKenzie - Female - Comp#: 735 - Ind/Rel: 1 / 0 #5 Girls 100 Meter Hurdles 30" Senior Prelims	24.09	1/8	2025-05-21	10:30 AM
8. Dawn MacKenzie - Female - Comp#: 736 - Ind/Rel: 2 / 0 #126 Girls Shot Put 3kg-3 throws Supported Senior	4.07m	1/14	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.75m	1/8	2025-05-21	10:00 AM
9. Damon McDowell - Male - Comp#: 744 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	9.17m	1/10	2025-05-21	2:00 PM
10. Isabelle Pickup - Female - Comp#: 737 - Ind/Rel: 2 / 0 #81 Girls Discus Throw 1kg Intermediate	21.26m	1/3	2025-05-21	2:00 PM
#97 Girls Javelin Throw 500g Intermediate	25.53m	1/2	2025-05-22	12:00 PM
11. Rowan Pottie - Male - Comp#: 745 - Ind/Rel: 1 / 0 #58 Boys Long Jump Intermediate	5.08m	1/8	2025-05-21	10:00 AM
12. Ashlyn Rooks - Female - Comp#: 738 - Ind/Rel: 2 / 0 #23 Girls 1500 Meter Run Senior	5:32.45	1/12	2025-05-21	2:00 PM
#47 Girls 3000 Meter Run Senior	12:10.50	1/13	2025-05-22	1:30 PM
13. Gordon Rooks - Male - Comp#: 746 - Ind/Rel: 1 / 0 #48 Boys 3000 Meter Run Senior	12:02.16	1/6	2025-05-22	1:30 PM
14. Wyatt Thurston - Male - Comp#: 747 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	52.51	2/1	2025-05-21	12:15 PM
#16 Boys 100 Meter Dash Intermediate Prelims	11.50	2/8	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	23.79	1/4	2025-05-22	10:20 AM
15. William Zwicker - Male - Comp#: 748 - Ind/Rel: 2 / 0 #123 Boys 100 Meter Dash Supported Senior	14.98	1/5	2025-05-21	10:30 AM
#131 Boys Long Jump 3 jumps Supported Senior	1.77m	1/8	2025-05-21	10:00 AM
1. Sackville High - 'A' #40 Boys 4x100 Meter Relay Intermediate	47.38	1/8	2025-05-22	12:00 PM

Sackville High Total Individual Entries: 24 - Total Relays: 1

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Sacred Heart School (SHSH)**

1. Liam Bent - Male - Comp#: 759 - Ind/Rel: 1 / 0 #60 Boys Long Jump Senior	ND	1/2	2025-05-21	2:00 PM
2. Zoe Boody - Female - Comp#: 749 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	13:31.30	1/8	2025-05-22	1:15 PM
3. Simon Bortolussi - Male - Comp#: 760 - Ind/Rel: 1 / 0 #12 Boys 400 Meter Dash Senior Prelims	57.05	2/4	2025-05-21	12:15 PM
4. Liam Connolly - Male - Comp#: 761 - Ind/Rel: 1 / 0 #8 Boys 400 Meter Dash Junior Prelims	1:02.85	2/3	2025-05-21	11:45 AM
5. Liviya Driver - Female - Comp#: 750 - Ind/Rel: 4 / 0 #11 Girls 400 Meter Dash Senior Prelims	NT	2/6	2025-05-21	12:15 PM
#23 Girls 1500 Meter Run Senior	NT	1/17	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:43.76	1/14	2025-05-22	11:10 AM
#47 Girls 3000 Meter Run Senior	12:30.69	1/4	2025-05-22	1:30 PM
6. Fiona Francis - Female - Comp#: 751 - Ind/Rel: 1 / 0 #13 Girls 100 Meter Dash Junior Prelims	14.21	1/8	2025-05-21	12:45 PM
7. Ainsley Gouthro - Female - Comp#: 752 - Ind/Rel: 1 / 0 #25 Girls 200 Meter Dash Junior Prelims	29.42	1/6	2025-05-22	10:00 AM
8. Olivia Hunter - Female - Comp#: 753 - Ind/Rel: 1 / 0 #83 Girls Discus Throw 1kg Senior	22.60m	1/11	2025-05-21	10:00 AM
9. Jaden MacArthur - Female - Comp#: 754 - Ind/Rel: 1 / 0 #77 Girls Shot Put 4kg Senior	6.82m	1/7	2025-05-22	12:00 PM
10. Desintee Mata - Female - Comp#: 755 - Ind/Rel: 2 / 0 #75 Girls Shot Put 4kg Intermediate	7.59m	1/8	2025-05-22	2:00 PM
#81 Girls Discus Throw 1kg Intermediate	19.83m	1/12	2025-05-21	2:00 PM
11. Mary-Lou O'Regan - Female - Comp#: 756 - Ind/Rel: 2 / 0 #23 Girls 1500 Meter Run Senior	5:51.54	1/8	2025-05-21	2:00 PM
#35 Girls 800 Meter Run Senior	2:51.51	1/16	2025-05-22	11:10 AM
12. Isobel Schrader - Female - Comp#: 757 - Ind/Rel: 1 / 0 #69 Girls Triple Jump Intermediate	9.05m	1/14	2025-05-21	10:00 AM
13. Judi Smith - Female - Comp#: 758 - Ind/Rel: 1 / 0 #7 Girls 400 Meter Dash Junior Prelims	1:07.88	1/6	2025-05-21	11:45 AM
1. Sacred Heart School - 'A' #37 Girls 4x100 Meter Relay Junior	58.24	1/6	2025-05-22	11:30 AM
2. Sacred Heart School - 'A' #49 Girls 4x400 Meter Relay Junior	4:50.27	1/7	2025-05-22	2:15 PM
3. Sacred Heart School - 'A' #50 Boys 4x400 Meter Relay Junior	4:19.86	1/1	2025-05-22	2:15 PM
4. Sacred Heart School - 'A' #53 Girls 4x400 Meter Relay Senior	5:04.38	1/2	2025-05-22	2:45 PM

Sacred Heart School Total Individual Entries: 18 - Total Relays: 4

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Sir Robert Borden (SRB)**

1. Jordan Amoateng - Male - Comp#: 763 - Ind/Rel: 2 / 0			
#121 Boys 100 Meter Dash Supported Junior	15.75	1/3	2025-05-21 10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	3.60m	1/16	2025-05-21 11:15 AM
2. Max Arsenaault - Male - Comp#: 764 - Ind/Rel: 1 / 0			
#32 Boys 800 Meter Run Junior	2:33.12	1/2	2025-05-22 10:45 AM
3. Jacob Caines-Kinslow - Male - Comp#: 765 - Ind/Rel: 1 / 0			
#125 Boys Shot Put 4kg-3 throws Supported Junior	4.18m	1/15	2025-05-21 11:15 AM
4. Jovan Campbell - Male - Comp#: 766 - Ind/Rel: 3 / 0			
#14 Boys 100 Meter Dash Junior Prelims	12.64	1/7	2025-05-21 12:45 PM
#26 Boys 200 Meter Dash Junior Prelims	26.13	1/1	2025-05-22 10:00 AM
#56 Boys Long Jump Junior	4.47m	1/14	2025-05-21 12:00 PM
5. Brayden Crawford - Male - Comp#: 767 - Ind/Rel: 1 / 0			
#76 Boys Shot Put 5kg Intermediate	8.48m	1/8	2025-05-21 2:00 PM
6. Maxx Hebrard - Male - Comp#: 768 - Ind/Rel: 2 / 0			
#121 Boys 100 Meter Dash Supported Junior	14.92	1/6	2025-05-21 10:30 AM
#125 Boys Shot Put 4kg-3 throws Supported Junior	5.46m	1/14	2025-05-21 11:15 AM
7. Xavier Machielsen-Walsh - Male - Comp#: 769 - Ind/Rel: 1 / 0			
#80 Boys Discus Throw 1kg Junior	20.76m	1/11	2025-05-22 2:00 PM
8. Ember Seguin - Female - Comp#: 762 - Ind/Rel: 3 / 0			
#120 Girls 100 Meter Dash Supported Junior	17.31	2/2	2025-05-21 10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	3.16m	1/9	2025-05-21 11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	1.35m	1/7	2025-05-21 10:00 AM

Sir Robert Borden Total Individual Entries: 14 - Total Relays: 0

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****St. Agnes Junior High (STAG)**

1. Oliver Adams - Male - Comp#: 783 - Ind/Rel: 2 / 0				
#56 Boys Long Jump Junior	4.49m	1/13	2025-05-21	12:00 PM
#68 Boys Triple Jump Junior	8.51m	1/10	2025-05-22	10:00 AM
2. Trevon Allison - Male - Comp#: 784 - Ind/Rel: 1 / 0				
#26 Boys 200 Meter Dash Junior Prelims	26.05	1/8	2025-05-22	10:00 AM
3. Yael Atienza - Male - Comp#: 785 - Ind/Rel: 1 / 0				
#14 Boys 100 Meter Dash Junior Prelims	13.14	2/8	2025-05-21	12:45 PM
4. Cruz Bellefontaine - Male - Comp#: 786 - Ind/Rel: 2 / 0				
#121 Boys 100 Meter Dash Supported Junior	17.00	1/5	2025-05-21	10:30 AM
#129 Boys Long Jump 3 jumps Supported Junior	2.42m	1/2	2025-05-21	10:00 AM
5. Malachi Campbell-Stewart - Male - Comp#: 787 - Ind/Rel: 1 / 0				
#74 Boys Shot Put 4kg Junior	9.06m	1/1	2025-05-21	10:00 AM
6. Saron Ermias - Female - Comp#: 770 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	19.96m	1/2	2025-05-22	2:00 PM
7. Brynn Feeney - Female - Comp#: 771 - Ind/Rel: 1 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.77	2/6	2025-05-21	12:45 PM
8. Olivia Hernandez-Jennex - Female - Comp#: 772 - Ind/Rel: 1 / 0				
#63 Girls High Jump Intermediate	1.20m	1/3	2025-05-21	12:00 PM
9. Emma Laycock - Female - Comp#: 773 - Ind/Rel: 4 / 0				
#7 Girls 400 Meter Dash Junior Prelims	1:03.33	2/7	2025-05-21	11:45 AM
#19 Girls 1500 Meter Run Junior	5:05.23	1/12	2025-05-21	1:30 PM
#31 Girls 800 Meter Run Junior	2:26.26	1/9	2025-05-22	10:45 AM
#43 Girls 3000 Meter Run Junior	11:47.54	1/9	2025-05-22	12:45 PM
10. Jesse Lazzaratto - Male - Comp#: 788 - Ind/Rel: 1 / 0				
#91 Boys Javelin Throw 600g Junior	22.42m	1/2	2025-05-21	2:00 PM
11. James Lo - Male - Comp#: 789 - Ind/Rel: 1 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.21	1/7	2025-05-21	10:00 AM
12. Molly McGrath - Female - Comp#: 774 - Ind/Rel: 1 / 0				
#85 Girls Javelin Throw 400g Junior	20.09m	1/8	2025-05-22	2:00 PM
13. Isaiah Mosher - Male - Comp#: 790 - Ind/Rel: 2 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	15.70	1/1	2025-05-21	10:00 AM
#68 Boys Triple Jump Junior	8.28m	1/4	2025-05-22	10:00 AM
14. Goodness Ologu - Female - Comp#: 775 - Ind/Rel: 2 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	14.01	1/3	2025-05-21	10:00 AM
#13 Girls 100 Meter Dash Junior Prelims	13.73	1/4	2025-05-21	12:45 PM
15. Ellie Panopalis - Female - Comp#: 776 - Ind/Rel: 1 / 0				
#97 Girls Javelin Throw 500g Intermediate	23.70m	1/1	2025-05-22	12:00 PM
16. Anna Parafianowicz - Female - Comp#: 777 - Ind/Rel: 1 / 0				
#67 Girls Triple Jump Junior	8.29m	1/1	2025-05-21	2:00 PM
17. Sam Terrio - Female - Comp#: 778 - Ind/Rel: 4 / 0				
#1 Girls 80 Meter Hurdles 30" Junior Prelims	14.08	1/6	2025-05-21	10:00 AM
#7 Girls 400 Meter Dash Junior Prelims	1:04.65	2/5	2025-05-21	11:45 AM
#25 Girls 200 Meter Dash Junior Prelims	27.70	1/4	2025-05-22	10:00 AM
#67 Girls Triple Jump Junior	9.22m	1/7	2025-05-21	2:00 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****St. Agnes Junior High (STAG)**

18. Olivia Thomson - Female - Comp#: 779 - Ind/Rel: 2 / 0				
#55 Girls Long Jump Junior	3.96m	1/3	2025-05-22	12:00 PM
#61 Girls High Jump Junior	1.35m	1/13	2025-05-21	10:00 AM
19. Linden Todd - Male - Comp#: 791 - Ind/Rel: 4 / 0				
#2 Boys 80 Meter Hurdles 30" Junior Prelims	12.98	2/4	2025-05-21	10:00 AM
#56 Boys Long Jump Junior	5.26m	1/2	2025-05-21	12:00 PM
#62 Boys High Jump Junior	1.45m	1/8	2025-05-22	12:00 PM
#68 Boys Triple Jump Junior	10.26m	1/13	2025-05-22	10:00 AM
20. Sahar Tofan Ataye - Female - Comp#: 780 - Ind/Rel: 3 / 0				
#120 Girls 100 Meter Dash Supported Junior	28.71	1/5	2025-05-21	10:30 AM
#124 Girls Shot Put 3kg-3 throws Supported Junior	2.00m	1/12	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.50m	1/9	2025-05-21	10:00 AM
21. Aidan Van Wart - Male - Comp#: 792 - Ind/Rel: 1 / 0				
#76 Boys Shot Put 5kg Intermediate	8.75m	1/15	2025-05-21	2:00 PM
22. Audrey Veinot - Female - Comp#: 781 - Ind/Rel: 1 / 0				
#61 Girls High Jump Junior	1.35m	1/16	2025-05-21	10:00 AM
23. Hannah Wilbur - Female - Comp#: 782 - Ind/Rel: 2 / 0				
#124 Girls Shot Put 3kg-3 throws Supported Junior	1.76m	1/13	2025-05-21	11:15 AM
#128 Girls Long Jump 3 jumps Supported Junior	0.47m	1/10	2025-05-21	10:00 AM
1. St. Agnes Junior High - 'A'				
#37 Girls 4x100 Meter Relay Junior	56.14	1/3	2025-05-22	11:30 AM
2. St. Agnes Junior High - 'A'				
#38 Boys 4x100 Meter Relay Junior	49.96	1/5	2025-05-22	11:30 AM
3. St. Agnes Junior High - 'A'				
#49 Girls 4x400 Meter Relay Junior	4:35.79	1/1	2025-05-22	2:15 PM
4. St. Agnes Junior High - 'A'				
#50 Boys 4x400 Meter Relay Junior	4:22.15	1/6	2025-05-22	2:15 PM
5. St. Agnes Junior High - 'A'				
#51 Girls 4x400 Meter Relay Intermediate	4:50.76	1/8	2025-05-22	2:15 PM

St. Agnes Junior High Total Individual Entries: 40 - Total Relays: 5

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Summit Academy of Active Learn (SAAL)**

- | | | | | |
|---|---------|------|------------|----------|
| 1. Alora Mabe - Female - Comp#: 793 - Ind/Rel: 2 / 0 | | | | |
| #57 Girls Long Jump Intermediate | 3.98m | 1/10 | 2025-05-22 | 10:00 AM |
| #63 Girls High Jump Intermediate | 1.43m | 1/11 | 2025-05-21 | 12:00 PM |
| 2. Adison White - Female - Comp#: 794 - Ind/Rel: 1 / 0 | | | | |
| #57 Girls Long Jump Intermediate | 3.98m | 1/14 | 2025-05-22 | 10:00 AM |
| 3. Nataliya Woycheshyn - Female - Comp#: 795 - Ind/Rel: 3 / 0 | | | | |
| #1 Girls 80 Meter Hurdles 30" Junior Prelims | 13.41 | 2/5 | 2025-05-21 | 10:00 AM |
| #7 Girls 400 Meter Dash Junior Prelims | 1:03.78 | 1/8 | 2025-05-21 | 11:45 AM |
| #31 Girls 800 Meter Run Junior | 2:37.70 | 1/7 | 2025-05-22 | 10:45 AM |

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

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events**

Unattached (UNA)

1. Charlie Whalen - Male - Comp#: 796 - Ind/Rel: 3 / 0

#133 Boys 200 Meter Dash AMB Para Athletes

NT 1/4

2025-05-22 10:30 AM

#135 Boys 800 Meter Dash AMB Para Athletes

NT 1/1

2025-05-22 11:30 AM

#137 Boys Shot Put 4kg-3 throws AMB Para Athletes

ND 1/1

2025-05-22 12:30 PM

Unattached Total Individual Entries: 3 - Total Relays: 0



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****West Bedford High School (WBH)**

1. Anna Adara - Female - Comp#: 797 - Ind/Rel: 3 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.86	2/1	2025-05-21	12:45 PM
#57 Girls Long Jump Intermediate	4.33m	1/9	2025-05-22	10:00 AM
#69 Girls Triple Jump Intermediate	9.36m	1/2	2025-05-21	10:00 AM
2. Sarah Adara - Female - Comp#: 798 - Ind/Rel: 1 / 0				
#73 Girls Shot Put 3kg Junior	7.20m	1/14	2025-05-22	10:00 AM
3. Connor Amero - Male - Comp#: 806 - Ind/Rel: 3 / 0				
#24 Boys 1500 Meter Run Senior	4:48.35	1/5	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:13.79	1/13	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	10:49.35	1/4	2025-05-22	1:30 PM
4. Logan Amero - Male - Comp#: 807 - Ind/Rel: 3 / 0				
#20 Boys 1500 Meter Run Junior	5:25.91	1/4	2025-05-21	1:30 PM
#74 Boys Shot Put 4kg Junior	10.06m	1/16	2025-05-21	10:00 AM
#80 Boys Discus Throw 1kg Junior	28.45m	1/12	2025-05-22	2:00 PM
5. Lucy Corning - Female - Comp#: 799 - Ind/Rel: 1 / 0				
#45 Girls 3000 Meter Run Intermediate	13:15.85	1/3	2025-05-22	1:15 PM
6. Lily Jodrey - Female - Comp#: 800 - Ind/Rel: 2 / 0				
#33 Girls 800 Meter Run Intermediate	2:54.60	1/8	2025-05-22	10:45 AM
#63 Girls High Jump Intermediate	1.35m	1/8	2025-05-21	12:00 PM
7. Maëlle Jodrey - Female - Comp#: 801 - Ind/Rel: 1 / 0				
#69 Girls Triple Jump Intermediate	7.83m	1/16	2025-05-21	10:00 AM
8. Gemma Jupp - Female - Comp#: 802 - Ind/Rel: 1 / 0				
#63 Girls High Jump Intermediate	1.43m	1/14	2025-05-21	12:00 PM
9. Avery Nelson - Female - Comp#: 804 - Ind/Rel: 1 / 0				
#15 Girls 100 Meter Dash Intermediate Prelims	13.93	1/2	2025-05-21	12:45 PM
10. Kate Rogers - Female - Comp#: 805 - Ind/Rel: 2 / 0				
#21 Girls 1500 Meter Run Intermediate	5:56.59	1/16	2025-05-21	1:30 PM
#33 Girls 800 Meter Run Intermediate	2:53.32	1/10	2025-05-22	10:45 AM
1. West Bedford High School - 'A'				
#39 Girls 4x100 Meter Relay Intermediate	56.42	1/6	2025-05-22	11:30 AM
2. West Bedford High School - 'A'				
#51 Girls 4x400 Meter Relay Intermediate	4:48.89	1/2	2025-05-22	2:15 PM

West Bedford High School Total Individual Entries: 18 - Total Relays: 2

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Woodlawn High School (WHS)**

1. Chidimma Akunyili - Female - Comp#: 808 - Ind/Rel: 1 / 0 #71 Girls Triple Jump Senior	6.67m	1/3	2025-05-21	12:00 PM
2. Jonathan Assoun-Gritten - Male - Comp#: 825 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Supported Senior	13.24	3/2	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	5.23m	1/5	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	3.68m	1/13	2025-05-21	10:00 AM
3. Nikhil Batra - Male - Comp#: 826 - Ind/Rel: 2 / 0 #22 Boys 1500 Meter Run Intermediate	4:40.56	1/11	2025-05-21	2:00 PM
#46 Boys 3000 Meter Run Intermediate	10:24.98	1/4	2025-05-22	1:15 PM
4. Jada Bonang - Female - Comp#: 809 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	4.30m	1/15	2025-05-22	2:00 PM
5. T'Onia Borschowa-Thompson - Female - Comp#: 810 - Ind/Rel: 1 / 0 #138 Girls 50 Meter Dash WC Wheelchair	11.12	1/3	2025-05-21	11:00 AM
6. Philip Bourque - Male - Comp#: 827 - Ind/Rel: 2 / 0 #127 Boys Shot Put 4kg-3 throws Supported Senior	5.51m	1/3	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	1.85m	1/12	2025-05-21	10:00 AM
7. Shylaijah Brooks - Female - Comp#: 811 - Ind/Rel: 3 / 0 #9 Girls 400 Meter Dash Intermediate Prelims	1:05.56	2/8	2025-05-21	11:45 AM
#15 Girls 100 Meter Dash Intermediate Prelims	13.57	2/4	2025-05-21	12:45 PM
#27 Girls 200 Meter Dash Intermediate Prelims	27.99	2/3	2025-05-22	10:00 AM
8. Treyzi Brooks - Male - Comp#: 828 - Ind/Rel: 3 / 0 #123 Boys 100 Meter Dash Supported Senior	13.53	3/8	2025-05-21	10:30 AM
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.60m	1/4	2025-05-21	11:15 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.92m	1/10	2025-05-21	10:00 AM
9. Talia Cummins - Female - Comp#: 812 - Ind/Rel: 1 / 0 #45 Girls 3000 Meter Run Intermediate	13:13.37	1/6	2025-05-22	1:15 PM
10. Lana Cushing - Female - Comp#: 813 - Ind/Rel: 1 / 0 #59 Girls Long Jump Senior	4.09m	1/10	2025-05-22	2:00 PM
11. Riley Cutcliffe - Female - Comp#: 814 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	25.97m	1/7	2025-05-22	12:00 PM
12. Rowan Cutcliffe - Female - Comp#: 815 - Ind/Rel: 1 / 0 #97 Girls Javelin Throw 500g Intermediate	20.89m	1/15	2025-05-22	12:00 PM
13. Timothy DeLong - Male - Comp#: 829 - Ind/Rel: 3 / 0 #22 Boys 1500 Meter Run Intermediate	4:32.79	1/8	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:06.00	1/5	2025-05-22	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:15.15	1/6	2025-05-22	1:15 PM
14. Thomas Dewitt - Male - Comp#: 830 - Ind/Rel: 2 / 0 #24 Boys 1500 Meter Run Senior	NT	1/15	2025-05-21	2:00 PM
#48 Boys 3000 Meter Run Senior	NT	1/17	2025-05-22	1:30 PM
15. Shyanna Dixon - Female - Comp#: 816 - Ind/Rel: 1 / 0 #126 Girls Shot Put 3kg-3 throws Supported Senior	4.90m	1/6	2025-05-21	11:15 PM
16. Talia Downey-Gillie - Female - Comp#: 817 - Ind/Rel: 2 / 0 #59 Girls Long Jump Senior	3.65m	1/6	2025-05-22	2:00 PM
#77 Girls Shot Put 4kg Senior	6.86m	1/16	2025-05-22	12:00 PM



2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Woodlawn High School (WHS)**

17. Jacob Drane - Male - Comp#: 831 - Ind/Rel: 1 / 0 #66 Boys High Jump Senior	1.55m	1/6	2025-05-22	10:00 AM
18. Dennis Eisenhauer - Male - Comp#: 832 - Ind/Rel: 1 / 0 #123 Boys 100 Meter Dash Supported Senior	14.99	1/3	2025-05-21	10:30 AM
19. Christina Ezugworie Achukwu - Female - Comp#: 818 - Ind/Rel: 1 / 0 #71 Girls Triple Jump Senior	5.99m	1/1	2025-05-21	12:00 PM
20. Meaghan Ferguson - Female - Comp#: 819 - Ind/Rel: 1 / 0 #75 Girls Shot Put 4kg Intermediate	6.87m	1/10	2025-05-22	2:00 PM
21. Becky Guevera - Female - Comp#: 820 - Ind/Rel: 3 / 0 #122 Girls 100 Meter Dash Supported Senior	17.44	2/6	2025-05-21	10:30 AM
#126 Girls Shot Put 3kg-3 throws Supported Senior	2.62m	1/7	2025-05-21	11:15 PM
#130 Girls Long Jump 3 jumps Supported Senior	1.60m	1/13	2025-05-21	10:00 AM
22. Jacob Harmon - Male - Comp#: 833 - Ind/Rel: 3 / 0 #10 Boys 400 Meter Dash Intermediate Prelims	53.58	1/3	2025-05-21	12:15 PM
#16 Boys 100 Meter Dash Intermediate Prelims	11.89	2/5	2025-05-21	1:10 PM
#28 Boys 200 Meter Dash Intermediate Prelims	24.03	2/8	2025-05-22	10:20 AM
23. Markus Harrison - Male - Comp#: 834 - Ind/Rel: 1 / 0 #76 Boys Shot Put 5kg Intermediate	8.55m	1/9	2025-05-21	2:00 PM
24. Nathan Herman - Male - Comp#: 835 - Ind/Rel: 2 / 0 #12 Boys 400 Meter Dash Senior Prelims	57.94	1/6	2025-05-21	12:15 PM
#30 Boys 200 Meter Dash Senior Prelims	24.87	1/5	2025-05-22	10:20 AM
25. Chisara Ivoko - Female - Comp#: 821 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	18.06m	1/15	2025-05-22	10:00 AM
26. Maya Jamieson - Female - Comp#: 822 - Ind/Rel: 1 / 0 #71 Girls Triple Jump Senior	6.54m	1/2	2025-05-21	12:00 PM
27. Molly Lodge - Female - Comp#: 823 - Ind/Rel: 3 / 0 #3 Girls 80 Meter Hurdles 30" Intermediate Prelims	15.16	1/4	2025-05-21	10:00 AM
#9 Girls 400 Meter Dash Intermediate Prelims	1:08.21	1/3	2025-05-21	11:45 AM
#27 Girls 200 Meter Dash Intermediate Prelims	29.08	2/7	2025-05-22	10:00 AM
28. Dezmond MacPhee - Male - Comp#: 836 - Ind/Rel: 1 / 0 #139 Boys 50 Meter Dash WC Wheelchair	16.29	1/6	2025-05-21	11:00 AM
29. Stephanie Maristela - Female - Comp#: 824 - Ind/Rel: 1 / 0 #109 Girls Javelin Throw 600g Senior	19.16m	1/8	2025-05-22	10:00 AM
30. TJ Negus - Male - Comp#: 837 - Ind/Rel: 1 / 0 #139 Boys 50 Meter Dash WC Wheelchair	18.86	1/8	2025-05-21	11:00 AM
31. Ethan Obeng Nkrymah - Male - Comp#: 838 - Ind/Rel: 2 / 0 #58 Boys Long Jump Intermediate	5.05m	1/9	2025-05-21	10:00 AM
#70 Boys Triple Jump Intermediate	11.63m	1/9	2025-05-22	12:00 PM
32. Evan Ren - Male - Comp#: 839 - Ind/Rel: 3 / 0 #22 Boys 1500 Meter Run Intermediate	4:51.76	1/3	2025-05-21	2:00 PM
#34 Boys 800 Meter Run Intermediate	2:17.52	1/1	2025-05-22	11:10 AM
#46 Boys 3000 Meter Run Intermediate	10:23.62	1/12	2025-05-22	1:15 PM

2025 SSNS Capital Regional Championships - 2025-05-21 to 2025-05-22**School Entries - All Events****Woodlawn High School (WHS)**

33. William Sepa - Male - Comp#: 840 - Ind/Rel: 2 / 0				
#18 Boys 100 Meter Dash Senior Prelims	11.53	3/4	2025-05-21	1:10 PM
#30 Boys 200 Meter Dash Senior Prelims	24.63	1/2	2025-05-22	10:20 AM
34. Resean Simmons-Ferguson - Male - Comp#: 841 - Ind/Rel: 2 / 0				
#123 Boys 100 Meter Dash Supported Senior	12.27	3/1	2025-05-21	10:30 AM
#131 Boys Long Jump 3 jumps Supported Senior	2.83m	1/11	2025-05-21	10:00 AM
35. Ethan Smith - Male - Comp#: 842 - Ind/Rel: 3 / 0				
#24 Boys 1500 Meter Run Senior	4:51.84	1/16	2025-05-21	2:00 PM
#36 Boys 800 Meter Run Senior	2:17.83	1/7	2025-05-22	11:10 AM
#48 Boys 3000 Meter Run Senior	11:00.65	1/8	2025-05-22	1:30 PM
36. Keegan Smith - Male - Comp#: 843 - Ind/Rel: 1 / 0				
#127 Boys Shot Put 4kg-3 throws Supported Senior	6.13m	1/2	2025-05-21	11:15 AM
37. Sohit Tatisethi - Male - Comp#: 844 - Ind/Rel: 3 / 0				
#60 Boys Long Jump Senior	ND	1/1	2025-05-21	2:00 PM
#66 Boys High Jump Senior	NH	1/1	2025-05-22	10:00 AM
#72 Boys Triple Jump Senior	ND	1/1	2025-05-22	2:00 PM
38. Joaquin Yakubu - Male - Comp#: 845 - Ind/Rel: 1 / 0				
#6 Boys 110 Meter Hurdles 36" Senior Prelims	20.97	1/5	2025-05-21	10:30 AM
1. Woodlawn High School - 'A'				
#39 Girls 4x100 Meter Relay Intermediate	56.30	1/2	2025-05-22	11:30 AM
2. Woodlawn High School - 'A'				
#42 Boys 4x100 Meter Relay Senior	48.63	1/2	2025-05-22	12:00 PM
3. Woodlawn High School - 'A'				
#52 Boys 4x400 Meter Relay Intermediate	3:54.59	1/4	2025-05-22	2:45 PM
4. Woodlawn High School - 'A'				
#54 Boys 4x400 Meter Relay Senior	4:03.32	1/6	2025-05-22	2:45 PM

Woodlawn High School Total Individual Entries: 66 - Total Relays: 4