

## 2026 SSNS Capital Regional Championships - 2026-05-20 to 2026-05-21

## Results

**Event 1 Girls 80 Meter Hurdles 30" Junior**

SSNS: 12.11 2016-06-03 Sierra Sweeney

Name	School	Finals
<b>Finals</b>		
1 #334 Natalia Zarczynski	Elizabeth Su	13.13 1.2
2 #705 Arnajah Downey	Sackville Height	14.15 1.2
3 #553 Lase Ajagunibala	John Martin	14.42 1.2
4 #102 Zoe Muise	Bicentennial	14.62 1.2
5 #786 Emy Rimmer	St. Agnes	14.70 1.2

**Event 2 Boys 80 Meter Hurdles 30" Junior**

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

Name	School	Finals
<b>Finals</b>		
1 #264 David Adebiyi	Eastern Pass	12.38 1.2
2 #110 Jack McCarthy	Brookside Ju	13.67 1.2
3 #297 Brysen Wood	Ecole du Car	13.73 1.2
4 #704 Kyle Doucette	Sackville Height	13.81 1.2
5 #554 Kelvin Bonney	John Martin	13.82 1.2

**Event 3 Girls 80 Meter Hurdles 30" Intermediate**

SSNS: 12.12 2023-06-12 Maryn Smith

Name	School	Finals
<b>Finals</b>		
1 #802 Nataliya Woycheshyn	Summit Academy	12.56 1.4
2 #189 Eleanor McHenry	Citadel High	12.90 1.4
3 #784 Goodness Olugu	St. Agnes	13.08 1.4
4 #604 Kate Whitman	Lockview	13.15 1.4
5 #368 Elle Thomas	Fairview	13.63 1.4

**Event 4 Boys 100 Meter Hurdles 33" Intermediate**

SSNS: 13.71 2025-05-30 Declan O'Brien

Name	School	Finals
<b>Finals</b>		
1 #172 Daniel Aladejebi	Citadel High	14.16 2.4
2 #6 Sachin Jeyakumar	Armbrae Academy	14.23 2.4
3 #791 Linden Todd	St. Agnes	15.04 2.4
4 #557 Loic Siewe	John Martin	15.08 2.4
5 #470 Natnael Abreha	Halifax West	16.44 2.4

**Event 5 Girls 100 Meter Hurdles 30" Senior**

SSNS: 14.40 2024-05-31 Queen Clayton

Name	School	Finals
<b>Finals</b>		
1 #208 Liae Yang	Citadel High	16.46 3.2
2 #839 Molly Lodge	Woodlawn	17.52 3.2
3 #10 Audrey Napier	Armbrae Academy	18.17 3.2
4 #55 Addison Miller	Auburn Drive	18.25 3.2
5 #184 Anna Jeong	Citadel High	18.26 3.2

**Event 6 Boys 110 Meter Hurdles 36" Senior**

SSNS: 14.79 2024-05-31 Luke Colwell

Name	School	Finals
<b>Finals</b>		
1 #482 Robert Martin	Halifax West	15.43 1.2
2 #161 Leo Mont	Charles P. A	15.96 1.2
3 #160 Emmett Mont	Charles P. A	16.73 1.2
4 #210 Favour Yusuff	Citadel High	16.86 1.2
5 #8 DJ MacLean	Armbrae Academy	17.34 1.2

**Event 7 Girls 400 Meter Dash Junior**

SSNS: 58.99 2019-05-31 Cara MacDonald

Name	School	Finals
<b>Finals</b>		
1 #652 Isla Adams	Ridgecliff	1:02.17
2 #670 Jaelyn Miller	Ridgecliff	1:05.92
3 #394 Maria Legge	Georges P. V	1:06.69
4 #741 Ainsley Gouthro	Sacred Heart	1:06.88
5 #111 Libby Mills	Brookside Ju	1:08.60

**Event 8 Boys 400 Meter Dash Junior**

SSNS: 53.72 2013 Barrett Dachyshyn

Name	School	Finals
<b>Finals</b>		
1 #453 Kai Liu	Halifax Gram	54.98
2 #686 Declan Lapointe	Rocky Lake	56.51
3 #708 Landon Harvieux	Sackville Height	57.36
4 #760 Ebube Kimemenihian	Sir Robert B	58.36
5 #400 Kyle O'Neil	Georges P. V	58.96

**Event 9 Girls 400 Meter Dash Intermediate**

SSNS: 57.24 2003 Jenna Martin

Name	School	Finals
<b>Finals</b>		
1 #778 Emma Laycock	St. Agnes	59.54
2 #464 Carley Williams	Halifax Gram	59.69
3 #789 Sam Terrio	St. Agnes	1:01.15
4 #247 Cassidy McFarlane	Dartmouth High	1:01.39
5 #603 Charlotte Whitman	Lockview	1:02.73

**Event 10 Boys 400 Meter Dash Intermediate**

SSNS: 50.87 2005 Jonathan Campbell

Name	School	Finals
<b>Finals</b>		
1 #566 Max Brien	Lockview	53.44
2 #454 Cadence Macleod	Halifax Gram	55.84
3 #734 Kellen Brown	Sacred Heart	56.05
4 #676 Omar Al Safadi	Rocky Lake	56.40
5 #523 Jahream Fletcher	JL Ilsley	56.71

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## Event 11 Girls 400 Meter Dash Senior

SSNS: 54.13 2006 Jenna Martin

Name	School	Finals
<b>Finals</b>		
1 #205 Ayla Williams	Citadel High	1:00.62
2 #182 Grace Galloway	Citadel High	1:01.56
3 #820 Shylaijah Brooks	Woodlawn	1:02.73
4 #474 Amarachi Ezurike	Halifax West	1:03.42
5 #512 Gwen Achenbach	JL Ilsley	1:04.70

## Event 12 Boys 400 Meter Dash Senior

SSNS: 47.63 2025-05-30 Jacob White

Name	School	Finals
<b>Finals</b>		
1 #729 Wyatt Thurston	Sackville High	49.69
2 #75 Quinn Campbell	Bay View High	51.07
3 #490 James Thibault	Halifax West	51.71
4 #482 Robert Martin	Halifax West	52.36
5 #618 Logan Carr	Millwood	52.93

## Event 13 Girls 100 Meter Dash Junior

SSNS: 12.64 2006 Nikkia Jones

Name	School	Finals
<b>Finals</b>		
1 #12 Lexi Desrosiers	Astral Drive	13.31 2.0
2 #26 Etta Nagle	Astral Drive	13.33 2.0
3 #710 Anayah Lyne	Sackville Height	13.41 2.0
4 #409 Beatrice McHenry	Gorsebrook	13.51 2.0
5 #366 Amelia Sandford	Fairview	13.59 2.0

## Event 14 Boys 100 Meter Dash Junior

SSNS: 11.56 2023-06-12 Wyatt Thurston

Name	School	Finals
<b>Finals</b>		
1 #757 Jovan Campbell	Sir Robert B	11.55 0.3
2 #415 Ju'kyree Beals	Graham Creig	11.94 0.3
3 #264 David Adebisi	Eastern Pass	12.22 0.3
4 #733 Wyatt Blain	Sacred Heart	12.35 0.3
5 #122 Jax Mosher	Caledonia Ju	12.41 0.3

## Event 15 Girls 100 Meter Dash Intermediate

SSNS: 12.33 2007 Marissa Wolter

Name	School	Finals
<b>Finals</b>		
1 #126 Anna Adara	Charles P. A	12.73 3.1
2 #478 Abigail Joseph	Halifax West	13.05 3.1
3 #603 Charlotte Whitman	Lockview	13.22 3.1
4 #189 Eleanor McHenry	Citadel High	13.40 3.1
5 #100 Alaura Downey-Burns	Bicentennial	13.48 3.1

## Event 16 Boys 100 Meter Dash Intermediate

SSNS: 10.50 1998 Patrick Benjamin (hand)

Name	School	Finals
<b>Finals</b>		
1 #192 Attila Narvey	Citadel High	11.25 1.5
2 #178 Seth Cogswell	Citadel High	11.50 1.5
3 #88 Aaron McPherson	Bay View High	11.55 1.5
4 #250 Michael Okoabah	Dartmouth High	11.67 1.5
5 #242 Benjamin Lelievre	Dartmouth High	11.87 1.5

## Event 17 Girls 100 Meter Dash Senior

SSNS: 11.91 2006 Jenna Martin

Name	School	Finals
<b>Finals</b>		
1 #195 Annabelle Raymond	Citadel High	12.41 2.1
2 #239 Brianna Hoskin	Dartmouth High	12.88 2.1
3 #149 Grace Killoran	Charles P. A	12.97 2.1
4 #581 Josie Leslie	Lockview	13.12 2.1
5 #49 Claire Kelly	Auburn Drive	13.20 2.1

## Event 18 Boys 100 Meter Dash Senior

SSNS: 10.69 2009 Kyu-Won Cho

Name	School	Finals
<b>Finals</b>		
1 #254 Glendon Snow	Dartmouth High	10.78 2.7
2 #75 Quinn Campbell	Bay View High	11.20 2.7
3 #631 Zain Shehata	Millwood	11.23 2.7
4 #194 Deaglan Nichol	Citadel High	11.24 2.7
5 #850 William Sepa	Woodlawn	11.28 2.7

## Event 19 Girls 1500 Meter Run Junior

SSNS: 4:46.13 2019 Abby Lewis

Name	School	Finals
<b>Finals</b>		
1 #652 Isla Adams	Ridgecliff	5:06.76
2 #298 Grace Adams	Ecole du Som	5:14.24
3 #394 Maria Legge	Georges P. V	5:14.84
4 #386 Ivy Sieniewicz	Five Bridges	5:20.62
5 #449 Hannah Hayami	Halifax Gram	5:25.28

## Event 20 Boys 1500 Meter Run Junior

SSNS: 4:19.71 2009 Mike Tate

Name	School	Finals
<b>Finals</b>		
1 #453 Kai Liu	Halifax Gram	4:45.62
2 #119 Hayden Doucet	Caledonia Ju	4:45.94
3 #327 Oliver Kutcher-White	Elizabeth Su	4:46.87
4 #412 Alex Tracy	Gorsebrook	4:47.18
5 #712 Zach Nurnber	Sackville Height	4:49.97

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**Event 21 Girls 1500 Meter Run Intermediate**

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

Name	School	Finals
<b>Finals</b>		
1 #778 Emma Laycock	St. Agnes	4:41.69
2 #456 Scarlet Mason	Halifax Gram	5:00.68
3 #206 Kaye Wilson	Citadel High	5:11.58
4 #408 Victoria Kirby	Gorsebrook	5:14.80
5 #315 Sadie May Landry	Ecole Mosaique	5:29.16

**Event 22 Boys 1500 Meter Run Intermediate**

SSNS: 3:59.92 2015 Hudson Grimshaw-Surette

Name	School	Finals
<b>Finals</b>		
1 #566 Max Brien	Lockview	4:31.85
2 #56 Henry Muise	Auburn Drive	4:39.63
3 #601 Jackson Swan	Lockview	4:40.46
4 #754 Ben Wellner	Sacred Heart	4:42.67
5 #204 Chase Whitman	Citadel High	4:42.69

**Event 23 Girls 1500 Meter Run Senior**

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

Name	School	Finals
<b>Finals</b>		
1 #569 Anna Carruthers	Lockview	4:42.55
2 #447 Bianca Grossi	Halifax Gram	4:48.25
3 #79 Molly Evers	Bay View High	4:57.18
4 #459 Heidi Nuyens	Halifax Gram	4:58.01
5 #229 Deborah Beach	Dartmouth High	5:04.13

**Event 24 Boys 1500 Meter Run Senior**

SSNS: 3:54.91 2013 Mike Tate

Name	School	Finals
<b>Finals</b>		
1 #827 Tim DeLong	Woodlawn	4:10.12
2 #314 Lincoln Carmen Landry	Ecole Mosaique	4:13.13
3 #183 Seamus Howard	Citadel High	4:15.94
4 #171 David Ackerman	Citadel High	4:19.96
5 #224 Ryan Giles	Cole Harbour	4:27.21

**Event 25 Girls 200 Meter Dash Junior**

SSNS: 26.25 2024-06-01 Kaitlynn Mead

Name	School	Finals
<b>Finals</b>		
1 #334 Natalia Zarczynski	Elizabeth Su	27.57 2.0
2 #366 Amelia Sandford	Fairview	27.84 2.0
3 #641 Savannah Thalheimer-W	Oxford School	28.63 2.0
4 #337 Brooke Dolan	Ellenvale	28.76 2.0
5 #115 Julia Campbell	Caledonia Ju	28.85 2.0

**Event 26 Boys 200 Meter Dash Junior**

SSNS: 23.85 2023-06-13 Wyatt Thurston

Name	School	Finals
<b>Finals</b>		
1 #264 David Adebisi	Eastern Pass	24.59 1.4
2 #415 Ju'kyree Beals	Graham Creig	24.84 1.4
3 #733 Wyatt Blain	Sacred Heart	25.67 1.4
4 #708 Landon Harvieux	Sackville Height	25.67 1.4
5 #772 Cameron Dunphy	St. Agnes	25.67 1.4

**Event 27 Girls 200 Meter Dash Intermediate**

SSNS: 25.24 2025-05-31 Kaitlynn Mead

Name	School	Finals
<b>Finals</b>		
1 #478 Abigail Joseph	Halifax West	27.08 -2.1
2 #603 Charlotte Whitman	Lockview	27.22 -2.1
3 #789 Sam Terrio	St. Agnes	27.33 -2.1
4 #126 Anna Adara	Charles P. A	27.94 -2.1
5 #802 Nataliya Woycheshyn	Summit Academy	28.16 -2.1

**Event 28 Boys 200 Meter Dash Intermediate**

SSNS: 22.30 1998 Patrick Benjamin (hand)

Name	School	Finals
<b>Finals</b>		
1 #250 Michael Okoabah	Dartmouth High	24.44 -0.9
2 #88 Aaron McPherson	Bay View High	24.51 -0.9
3 #242 Benjamin Lelievre	Dartmouth High	24.75 -0.9
4 #579 Oliver Knowles	Lockview	24.92 -0.9
5 #172 Daniel Aladejebi	Citadel High	25.25 -0.9

**Event 29 Girls 200 Meter Dash Senior**

SSNS: 24.84 2012 Jenn Meech

Name	School	Finals
<b>Finals</b>		
1 #195 Annabelle Raymond	Citadel High	25.34 1.1
2 #239 Brianna Hoskin	Dartmouth High	27.14 1.1
3 #149 Grace Killoran	Charles P. A	27.27 1.1
4 #49 Claire Kelly	Auburn Drive	27.37 1.1
5 #182 Grace Galloway	Citadel High	27.44 1.1

**Event 30 Boys 200 Meter Dash Senior**

SSNS: 21.58 2015 Matthew Coolen

Name	School	Finals
<b>Finals</b>		
1 #254 Glendon Snow	Dartmouth High	21.97 0.5
2 #75 Quinn Campbell	Bay View High	22.55 0.5
3 #729 Wyatt Thurston	Sackville High	22.59 0.5
4 #551 Macade Wright	JL Ilsley	23.07 0.5
5 #71 Daniel Arends	Bay View High	23.31 0.5

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**Event 31 Girls 800 Meter Run Junior**

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

Name	School	Finals
<b>Finals</b>		
1 #652 Isla Adams	Ridgecliff	2:25.37
2 #449 Hannah Hayami	Halifax Gram	2:35.21
3 #298 Grace Adams	Ecole du Som	2:35.26
4 #406 Annie Grant	Gorsebrook	2:39.00
5 #375 Anna Griffith	Five Bridges	2:43.27

**Event 32 Boys 800 Meter Run Junior**

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

Name	School	Finals
<b>Finals</b>		
1 #453 Kai Liu	Halifax Gram	2:13.45
2 #448 Jonah Halef	Halifax Gram	2:17.51
3 #412 Alex Tracy	Gorsebrook	2:18.30
4 #798 Blake O'Hearn	Summit Academy	2:19.86
5 #119 Hayden Doucet	Caledonia Ju	2:23.15

**Event 33 Girls 800 Meter Run Intermediate**

SSNS: 2:12.60 1977 Louise Palmer (hand)

Name	School	Finals
<b>Finals</b>		
1 #464 Carley Williams	Halifax Gram	2:19.15
2 #456 Scarlet Mason	Halifax Gram	2:22.64
3 #501 Hazel Boyce	Island View	2:34.93
4 #812 Victoria Humphreys	West Bedford	2:35.29
5 #593 Avah Nicholson	Lockview	2:36.55

**Event 34 Boys 800 Meter Run Intermediate**

SSNS: 1:58.21 2015 Hudson Grimshaw-Surette

Name	School	Finals
<b>Finals</b>		
1 #54 Liam MacKnight	Auburn Drive	2:11.52
2 #170 Lucas Van Poelgeest	Charles P. A	2:12.76
3 #601 Jackson Swan	Lockview	2:13.45
4 #736 Liam Connolly	Sacred Heart	2:14.88
5 #306 Abraham Diamond	Ecole Mer et	2:14.89

**Event 35 Girls 800 Meter Run Senior**

SSNS: 2:11.58 2019 Maggie Smith

Name	School	Finals
<b>Finals</b>		
1 #569 Anna Carruthers	Lockview	2:16.55
2 #447 Bianca Grossi	Halifax Gram	2:20.03
3 #79 Molly Evers	Bay View High	2:20.95
4 #459 Heidi Nuyens	Halifax Gram	2:22.99
5 #176 Faye Chiasson	Citadel High	2:25.98

**Event 36 Boys 800 Meter Run Senior**

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

Name	School	Finals
<b>Finals</b>		
1 #827 Tim DeLong	Woodlawn	1:59.49
2 #171 David Ackerman	Citadel High	2:01.33
3 #314 Lincoln Carmen Landry	Ecole Mosaïque	2:01.84
4 #580 Eugene Legge	Lockview	2:05.85
5 #482 Robert Martin	Halifax West	2:06.67

**Event 37 Girls 4x100 Meter Relay Junior**

SSNS: 52.50 2014 Riverside Education Center

Team	Relay	Finals
<b>Finals</b>		
1 Fairview Junior High	A	54.56
2 Astral Drive	A	55.48
3 Sacred Heart School	A	55.66
4 Georges P. V	A	55.91
5 Halifax Grammar	A	56.48

**Event 38 Boys 4x100 Meter Relay Junior**

SSNS: 48.40 1990 Astral Drive (hand)

Team	Relay	Finals
<b>Finals</b>		
1 St. Agnes Junior High	A	50.76
2 Rocky Lake	A	51.23
3 Eastern Pass	A	51.47
4 Oxford School	A	51.71
5 Sackville Height	A	52.13

**Event 39 Girls 4x100 Meter Relay Intermediate**

SSNS: 51.34 2019-06-01 Lockview High School

Team	Relay	Finals
<b>Finals</b>		
1 Lockview High	A	52.51
2 Charles P. Allen	A	52.87
3 Fairview Junior High	A	55.08
4 JL Ilsley High School	A	55.55
5 Ridgecliff	A	55.57

**Event 40 Boys 4x100 Meter Relay Intermediate**

SSNS: 44.95 2024-06-01 Cobequid Educational Centre

Team	Relay	Finals
<b>Finals</b>		
1 Citadel High	A	47.14
2 St. Agnes Junior High	A	48.15
3 Rocky Lake	A	48.27
4 Dartmouth High	A	48.30
5 Sacred Heart School	A	48.99

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**Event 41 Girls 4x100 Meter Relay Senior**

SSNS: 50.32 2004 CEC

Team	Relay	Finals
<b>Finals</b>		
1 Citadel High	A	51.65
2 Auburn Drive	A	53.56
3 Woodlawn High School	A	54.02
4 Dartmouth High	A	54.17
5 Charles P. Allen	A	54.61

**Event 42 Boys 4x100 Meter Relay Senior**

SSNS: 43.12 2025-05-31 Cobequid Educational Centre

Team	Relay	Finals
<b>Finals</b>		
1 Bay View High School	A	43.96
2 Dartmouth High	A	45.15
3 Charles P. Allen	A	45.19
4 JL Ilesley High School	A	45.33
5 Woodlawn High School	A	45.68

**Event 43 Girls 3000 Meter Run Junior**

SSNS: 10:18.76 2011 Rachel Crawley

Name	School	Finals
<b>Finals</b>		
1 #652 Isla Adams	Ridgecliff	10:54.36
2 #394 Maria Legge	Georges P. V	11:10.68
3 #298 Grace Adams	Ecole du Som	11:17.88
4 #449 Hannah Hayami	Halifax Gram	11:25.79
5 #386 Ivy Sieniewicz	Five Bridges	11:27.46

**Event 44 Boys 3000 Meter Run Junior**

SSNS: 9:15.14 2011 Tobias Wolter

Name	School	Finals
<b>Finals</b>		
1 #119 Hayden Doucet	Caledonia Ju	10:13.07
2 #712 Zach Number	Sackville Height	10:30.84
3 #327 Oliver Kutcher-White	Elizabeth Su	10:32.28
4 #665 Houston MacDonald	Ridgecliff	10:35.22
5 #412 Alex Tracy	Gorsebrook	10:35.51

**Event 45 Girls 3000 Meter Run Intermediate**

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

Name	School	Finals
<b>Finals</b>		
1 #456 Scarlet Mason	Halifax Gram	10:46.53
2 #206 Kaye Wilson	Citadel High	10:56.30
3 #408 Victoria Kirby	Gorsebrook	11:04.72
4 #315 Sadie May Landry	Ecole Mosaique	11:39.74
5 #622 Addie Hyson	Millwood	11:45.15

**Event 46 Boys 3000 Meter Run Intermediate**

SSNS: 8:50.61 2015 Andrew Peverill

Name	School	Finals
<b>Finals</b>		
1 #2 James Burke	Armbrae Academy	10:06.96
2 #411 Cohen Raimondo	Gorsebrook	10:23.17
3 #601 Jackson Swan	Lockview	10:30.32
4 #204 Chase Whitman	Citadel High	10:33.37
5 #413 Elias Willett	Gorsebrook	10:40.45

**Event 47 Girls 3000 Meter Run Senior**

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

Name	School	Finals
<b>Finals</b>		
1 #569 Anna Carruthers	Lockview	10:05.85
2 #447 Bianca Grossi	Halifax Gram	10:17.55
3 #229 Deborah Beach	Dartmouth High	10:45.69
4 #79 Molly Evers	Bay View High	11:02.22
5 #459 Heidi Nuyens	Halifax Gram	11:13.99

**Event 48 Boys 3000 Meter Run Senior**

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

Name	School	Finals
<b>Finals</b>		
1 #183 Seamus Howard	Citadel High	9:17.35
2 #827 Tim DeLong	Woodlawn	9:23.85
3 #314 Lincoln Carmen Landry	Ecole Mosaique	9:26.62
4 #224 Ryan Giles	Cole Harbour	9:35.10
5 #848 Evan Ren	Woodlawn	9:40.22

**Event 49 Girls 4x400 Meter Relay Junior**

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

Team	Relay	Finals
<b>Finals</b>		
1 Ridgecliff	A	4:35.80
2 Rocky Lake	A	4:36.48
3 Sacred Heart School	A	4:36.68
4 Georges P. V	A	4:40.01
5 Halifax Grammar	A	4:49.75

**Event 50 Boys 4x400 Meter Relay Junior**

SSNS: 3:48.10 2013 Halifax Central Junior

Team	Relay	Finals
<b>Finals</b>		
1 Halifax Grammar	A	4:08.64
2 St. Agnes Junior High	A	4:18.98
3 Summit Academy	A	4:21.07
4 Sacred Heart School	A	4:23.89
5 Georges P. V	A	4:25.47

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## Event 51 Girls 4x400 Meter Relay Intermediate

SSNS: 4:07.64 2007 Halifax Grammar

Team	Relay	Finals
<b>Finals</b>		
1 Lockview High	A	4:26.23
2 Citadel High	A	4:31.68
3 Charles P. Allen	A	4:34.99
4 St. Agnes Junior High	A	4:37.76
5 Armbrae Academy	A	4:39.32

## Event 52 Boys 4x400 Meter Relay Intermediate

SSNS: 3:35.40 1984 Prince Andrew (hand)

Team	Relay	Finals
<b>Finals</b>		
1 Sacred Heart School	A	3:52.07
2 Halifax Grammar	A	3:53.22
3 Lockview High	A	3:53.44
4 Charles P. Allen	A	3:54.91
5 Citadel High	A	3:56.24

## Event 53 Girls 4x400 Meter Relay Senior

SSNS: 4:01.53 2009 Park View

Team	Relay	Finals
<b>Finals</b>		
1 Citadel High	A	4:05.07
2 Halifax Grammar	A	4:12.40
3 Charles P. Allen	A	4:33.36
4 Woodlawn High School	A	4:37.26
5 Auburn Drive	A	4:46.21

## Event 54 Boys 4x400 Meter Relay Senior

SSNS: 3:25.42 2025-05-31 Park View Education Centre

Team	Relay	Finals
<b>Finals</b>		
1 Bay View High School	A	3:40.42
2 Lockview High	A	3:44.19
3 Halifax West	A	3:44.56
4 Woodlawn High School	A	3:44.62
5 Millwood	A	3:45.59

## Event 55 Girls Long Jump Junior

SSNS: 5.00m 2023-06-13 Myka Wilson

Name	School	Finals
<b>Finals</b>		
1 #334 Natalia Zarczynski	Elizabeth Su	J4.45m NWI
2 #292 Amelia Joseph	Ecole du Car	J4.41m NWI
3 #397 Bella Miller	Georges P. V	J4.15m NWI
4 #692 Petra Palov	Rocky Lake	J4.13m NWI
5 #258 Aliyah Hoskin	Dartmouth South	J4.13m NWI

## Event 56 Boys Long Jump Junior

SSNS: 5.79m 2012 David MacDonald

Name	School	Finals
<b>Finals</b>		
1 #264 David Adebisi	Eastern Pass	J5.55m NWI
2 #646 Jihwan Yun	Oxford School	J5.05m NWI
3 #27 Dami Okunoye	Astral Drive	J5.05m NWI
4 #358 Duncan Ogilvie	Fairview	J5.03m NWI
5 #363 Maxwell Prole	Fairview	J4.96m NWI

## Event 57 Girls Long Jump Intermediate

SSNS: 5.49m 2025-05-31 Myka Wilson

Name	School	Finals
<b>Finals</b>		
1 #126 Anna Adara	Charles P. A	J4.91m NWI
2 #127 Michelle Adebayo	Charles P. A	J4.64m NWI
3 #247 Cassidy McFarlane	Dartmouth High	J4.63m NWI
4 #477 Lacey Hanley	Halifax West	J4.46m NWI
5 #133 Payton Byrne	Charles P. A	J4.46m NWI

## Event 58 Boys Long Jump Intermediate

SSNS: 6.44m 1997 David Paxton

Name	School	Finals
<b>Finals</b>		
1 #231 Josh Bent	Dartmouth High	5.99m NWI
2 #816 Luca Barreiro	Woodlawn	5.67m NWI
3 #140 Marlon Fletcher	Charles P. A	5.62m NWI
4 #166 Rishon Pilgrim	Charles P. A	5.32m NWI
5 #222 Gefe Eneremedu	Cole Harbour	5.29m NWI

## Event 59 Girls Long Jump Senior

SSNS: 5.49m 2017-06-03 Denver Fraser

Name	School	Finals
<b>Finals</b>		
1 #239 Brianna Hoskin	Dartmouth High	J4.76m NWI
2 #193 Esja Nener	Citadel High	J4.36m NWI
3 #246 Molly MacDonald	Dartmouth High	J4.30m NWI
4 #157 Kennedy May	Charles P. A	J4.29m NWI
5 #208 Liae Yang	Citadel High	J4.18m NWI

## Event 60 Boys Long Jump Senior

SSNS: 7.15m 1956 Dave Lucas

Name	School	Finals
<b>Finals</b>		
1 #726 Rowan Pottie	Sackville High	6.19m NWI
2 #514 Kadin Areny	JL Ilsley	6.07m NWI
3 #484 Aaron Metzger	Halifax West	6.03m NWI
4 #846 Ethan Obeng Nkrymah	Woodlawn	5.94m NWI
5 #160 Emmett Mont	Charles P. A	5.76m NWI

## 2026 SSNS Capital Regional Championships - 2026-05-20 to 2026-05-21

## Results

**Event 61 Girls High Jump Junior**

SSNS: 1.63m 2004

Laura Maessen

Name	School	Finals
<b>Finals</b>		
1 #212 Lucy Drover	Clayton Park	J1.43m
2 #398 Cali Mullins	Georges P. V	J1.40m
3 #290 Matea Gauthier	Ecole du Car	J1.35m
4 #102 Zoe Muise	Bicentennial	J1.35m
5 #263 Ella Addie	Eastern Pass	J1.35m

**Event 62 Boys High Jump Junior**

SSNS: 1.77m 2004

Brandon Mallally

Name	School	Finals
<b>Finals</b>		
1 #400 Kyle O'Neil	Georges P. V	J1.60m
2 #711 Aaron MacDonald	Sackville Height	J1.60m
3 #700 Greyson McGinnis	Ross Road	J1.60m
4 #497 Elliot Patriquin	Highland Park	J1.55m
5 #363 Maxwell Prole	Fairview	J1.55m

**Event 63 Girls High Jump Intermediate**

SSNS: 1.72m 1986

Tracey Loke

Name	School	Finals
<b>Finals</b>		
1 #189 Eleanor McHenry	Citadel High	J1.51m
2 #814 Caity Perry	West Bedford	J1.51m
3 #604 Kate Whitman	Lockview	J1.40m
4 #85 Alora Mabe	Bay View High	J1.40m
5 #145 Lily Jodrey	Charles P. A	J1.40m

**Event 64 Boys High Jump Intermediate**

SSNS: 1.95m 1988

Charles MacKay

Name	School	Finals
<b>Finals</b>		
1 #816 Luca Barreiro	Woodlawn	J1.82m
2 #231 Josh Bent	Dartmouth High	J1.73m
3 #854 David Uwuigbe	Woodlawn	J1.70m
4 #172 Daniel Aladejebi	Citadel High	J1.65m
5 #416 Trekai Beals-Downey	Graham Creig	J1.60m
5 #654 Abdul Adebayo	Ridgecliff	J1.60m

**Event 65 Girls High Jump Senior**

SSNS: 1.81m 2023-06-12

Jennessa Wolfe

Name	School	Finals
<b>Finals</b>		
1 #43 Deandra Gibson	Auburn Drive	J1.46m
2 #727 Eva Ronayne	Sackville High	J1.43m
3 #235 Sienna Foley	Dartmouth High	J1.43m
4 #38 Alena Collens	Auburn Drive	J1.35m
5 #842 Beatrice Marzolini	Woodlawn	J1.30m

**Event 66 Boys High Jump Senior**

SSNS: 2.06m 1981

Tim Wrigley

Name	School	Finals
<b>Finals</b>		
1 #83 Donovan Jay	Bay View High	J1.70m
2 #548 Rhys Tobin	JL Ilsley	J1.70m
3 #525 Darion Fukala	JL Ilsley	J1.65m
3 #8 DJ MacLean	Armbrac Academy	J1.65m
5 #507 Aidan MacLean	Island View	J1.65m

**Event 67 Girls Triple Jump Junior**

SSNS: 11.00m 2016-06-03

Sierra Sweeney

Name	School	Finals
<b>Finals</b>		
1 #397 Bella Miller	Georges P. V	9.15m NWI
2 #332 Jasmim Taffarello	Elizabeth Su	9.10m NWI
3 #350 Ruth Eboigde	Fairview	9.07m NWI
4 #606 Makenna Cameron	Madeline Sym	9.02m NWI
5 #663 Paige Gill	Ridgecliff	8.92m NWI

**Event 68 Boys Triple Jump Junior**

SSNS: 12.03m 2012

Kaelan Schmidt

Name	School	Finals
<b>Finals</b>		
1 #363 Maxwell Prole	Fairview	10.78m NWI
2 #646 Jihwan Yun	Oxford School	10.26m NWI
3 #690 Harry Osibanjo	Rocky Lake	10.20m NWI
4 #333 Gabe Tran	Elizabeth Su	10.18m NWI
5 #27 Dami Okunoye	Astral Drive	9.89m NWI

**Event 69 Girls Triple Jump Intermediate**

SSNS: 11.30m 2025-05-30

Myka Wilson

Name	School	Finals
<b>Finals</b>		
1 #126 Anna Adara	Charles P. A	10.26m NWI
2 #247 Cassidy McFarlane	Dartmouth High	10.07m NWI
3 #477 Lacey Hanley	Halifax West	9.79m NWI
4 #460 Joy Nwachukwu	Halifax Gram	9.65m NWI
5 #789 Sam Terrio	St. Agnes	9.64m NWI

**Event 70 Boys Triple Jump Intermediate**

SSNS: 13.82m 1986

Mike Arodugba

Name	School	Finals
<b>Finals</b>		
1 #465 Narian Williams	Halifax Gram	11.97m NWI
2 #566 Max Brien	Lockview	11.88m NWI
3 #444 Tolu Adebisi	Halifax Gram	11.41m NWI
4 #658 Sun Choi	Ridgecliff	10.92m NWI
5 #470 Natnael Abreha	Halifax West	10.54m NWI

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## Results

## Event 71 Girls Triple Jump Senior

SSNS: 11.71m 2018-06-01 Gabrielle Fraser

Name	School	Finals
<b>Finals</b>		
1 #208 Liae Yang	Citadel High	10.35m NWI
2 #188 Emmy Mastnak	Citadel High	9.72m NWI
3 #157 Kennedy May	Charles P. A	9.70m NWI
4 #55 Addison Miller	Auburn Drive	9.54m NWI
5 #234 Peyton Crowe	Dartmouth High	9.46m NWI

## Event 72 Boys Triple Jump Senior

SSNS: 14.25m 1964 Howie Jackson

Name	School	Finals
<b>Finals</b>		
1 #846 Ethan Obeng Nkrymah	Woodlawn	13.19m NWI
2 #484 Aaron Metzger	Halifax West	13.17m NWI
3 #162 Nathan Mulholland	Charles P. A	12.27m NWI
4 #128 Caleb Anderson	Charles P. A	11.99m NWI
5 #141 Conor Gilcoyle	Charles P. A	11.20m NWI

## Event 73 Girls Shot Put 3kg Junior

SSNS: 11.58m 2010 Taylor Stutley

Name	School	Finals
<b>Finals</b>		
1 #811 Lydia Higgs	West Bedford	9.03m
2 #685 Audrey Hill	Rocky Lake	8.64m
3 #348 Brooke Boutilier	Fairview	8.61m
4 #364 Daisy Roberts	Fairview	8.51m
5 #709 Arabella Ings	Sackville Height	8.45m

## Event 74 Boys Shot Put 4kg Junior

SSNS: 15.41m 2025-05-30 Bowen Taylor

Name	School	Finals
<b>Finals</b>		
1 #286 Aaron Asua	Ecole du Car	J11.60m
2 #393 Nick Johnson	Georges P. V	J11.60m
3 #281 Caden Mitchell	Eastern Shore	J11.46m
4 #335 David Amechi-Ogbuchi	Ellenvale	J10.66m
5 #436 Angus McKinnon	Halifax Central	J10.34m

## Event 75 Girls Shot Put 4kg Intermediate

SSNS: 12.98m 2009 Chelsea Whalen

Name	School	Finals
<b>Finals</b>		
1 #481 Lily Langley	Halifax West	8.54m
2 #460 Joy Nwachukwu	Halifax Gram	8.24m
3 #278 Delaney MacKenzie	Eastern Shore	8.06m
4 #498 Ash Anderson	Island View	8.02m
5 #805 Emma Bayer	West Bedford	7.76m

## Event 76 Boys Shot Put 5kg Intermediate

SSNS: 14.88m 2016-06-03 Cameron Whynot

Name	School	Finals
<b>Finals</b>		
1 #816 Luca Barreiro	Woodlawn	12.60m
2 #594 Will Nolter	Lockview	10.96m
3 #494 Lennox Francis	Highland Park	10.92m
4 #679 Jayden Cool	Rocky Lake	10.82m
5 #39 Brayden Cound	Auburn Drive	10.70m

## Event 77 Girls Shot Put 4kg Senior

SSNS: 13.26m 2010 Chelsea Whalen

Name	School	Finals
<b>Finals</b>		
1 #574 Paityn Fownes	Lockview	9.86m
2 #156 Brynn Martin	Charles P. A	8.97m
3 #475 Abigail Gaudet	Halifax West	8.71m
4 #540 Dami Nasser	JL Ilsley	8.70m
5 #568 Emma Browne	Lockview	7.55m

## Event 78 Boys Shot Put 6kg Senior

SSNS: 16.17m 2012 Peter Millman

Name	School	Finals
<b>Finals</b>		
1 #479 Niko Katsihtis	Halifax West	13.66m
2 #256 Jack Williams	Dartmouth High	12.06m
3 #257 Sam Williams	Dartmouth High	11.92m
4 #83 Donovan Jay	Bay View High	11.14m
5 #253 Curtis Snelgrove	Dartmouth High	11.08m

## Event 79 Girls Discus Throw 0.75kg Junior

SSNS: 30.77m 2024-05-31 Belle Pierrard

Name	School	Finals
<b>Finals</b>		
1 #493 Grace Berrigan	Highland Park	24.47m
2 #302 Charlotte Robinson	Ecole du Som	23.74m
3 #259 Bodhi Kerr	Dartmouth South	22.31m
4 #649 Kaylee Laybolt	Oyster Pond	22.03m
5 #372 Bea Donaldson	Five Bridges	20.96m

## Event 80 Boys Discus Throw 1kg Junior

SSNS: 46.76m 2022-06-04 Max Minihan

Name	School	Finals
<b>Finals</b>		
1 #703 Jacob Brewer	Sackville Height	30.94m
2 #286 Aaron Asua	Ecole du Car	28.71m
3 #393 Nick Johnson	Georges P. V	28.63m
4 #765 Malek Abu Osba	St. Agnes	27.15m
5 #707 Micah Harris	Sackville Height	26.25m

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## Results

**Event 81 Girls Discus Throw 1kg Intermediate**

SSNS: 39.15m 2012 Sarah Colborne

Name	School	Finals
<b>Finals</b>		
1 #481 Lily Langley	Halifax West	26.21m
2 #278 Delaney MacKenzie	Eastern Shore	25.15m
3 #496 Dean Harris	Highland Park	24.85m
4 #805 Emma Bayer	West Bedford	24.41m
5 #355 Johanna Lobban	Fairview	23.14m

**Event 82 Boys Discus Throw 1.5kg Intermediate**

SSNS: 44.65m 2024-06-01 Max Minihan

Name	School	Finals
<b>Finals</b>		
1 #816 Luca Barreiro	Woodlawn	34.36m
2 #804 Logan Amero	West Bedford	30.52m
3 #381 Odin Myrick	Five Bridges	30.41m
4 #494 Lennox Francis	Highland Park	30.33m
5 #240 Adam Jarrett	Dartmouth High	29.35m

**Event 83 Girls Discus Throw 1kg Senior**

SSNS: 41.92m 2012 Kayla Gallagher

Name	School	Finals
<b>Finals</b>		
1 #549 Brooklyn Veinot	JL Ilsley	28.48m
2 #574 Paityn Fownes	Lockview	28.23m
3 #94 Amelya Seymour	Bay View High	25.00m
4 #52 Isabelle Lukenda	Auburn Drive	22.82m
5 #155 Millie Madden	Charles P. A	20.96m

**Event 84 Boys Discus Throw 1.75kg Senior**

SSNS: 49.76m 2012 Peter Millman

Name	School	Finals
<b>Finals</b>		
1 #479 Niko Katsihtis	Halifax West	34.04m
2 #270 Andrew Colbourne	Eastern Shore	32.20m
3 #442 Michael Obudu	Halifax Chri	30.45m
4 #253 Curtis Snelgrove	Dartmouth High	29.85m
5 #589 Andrew McCarthy	Lockview	28.24m

**Event 85 Girls Javelin Throw 400g Junior**

SSNS: 37.38m 1999 Katherine Markusson

Name	School	Finals
<b>Finals</b>		
1 #354 Niaomi Linsangan	Fairview	25.62m
2 #493 Grace Berrigan	Highland Park	25.21m
3 #112 Finley Northrup	Brookside Ju	24.47m
4 #693 Jimin Park	Rocky Lake	22.23m
5 #280 Marie MacKenzie	Eastern Shore	21.48m

**Event 91 Boys Javelin Throw 600g Junior**

SSNS: 45.48m 2015 Michael Adams

Name	School	Finals
<b>Finals</b>		
1 #611 Rylan O'Neil	Madeline Sym	34.99m
2 #211 Bishop Daye	Clayton Park	32.89m
3 #107 Ronan Browne	Brookside Ju	32.85m
4 #291 Mateo Hibon	Ecole du Car	27.76m
5 #678 Ben Calder	Rocky Lake	27.56m

**Event 97 Girls Javelin Throw 500g Intermediate**

SSNS: 41.73m 2016-06-04 Madelyn Quinn

Name	School	Finals
<b>Finals</b>		
1 #496 Dean Harris	Highland Park	30.62m
2 #237 Emily Harding	Dartmouth High	27.45m
3 #590 Joss Moran	Lockview	27.20m
4 #274 Abby Fahie	Eastern Shore	23.36m
5 #481 Lily Langley	Halifax West	22.64m

**Event 103 Boys Javelin Throw 700g Intermediate**

SSNS: 54.19m 2019-05-31 Noah Berniquier

Name	School	Finals
<b>Finals</b>		
1 #240 Adam Jarrett	Dartmouth High	34.52m
2 #504 Thane Day	Island View	32.58m
3 #552 Elias Ahmady	John Martin	32.39m
4 #163 Milo Nobble	Charles P. A	32.21m
5 #173 Henry Anderson	Citadel High	31.15m

**Event 109 Girls Javelin Throw 600g Senior**

SSNS: 44.20m 2010 Chelsea Whalen

Name	School	Finals
<b>Finals</b>		
1 #574 Paityn Fownes	Lockview	29.36m
2 #823 Mady Chandler	Woodlawn	27.27m
3 #475 Abigail Gaudet	Halifax West	25.42m
4 #4 Mariah Dicks	Armbrae Academy	24.38m
5 #550 Madi Wile	JL Ilsley	24.18m

**Event 115 Boys Javelin Throw 800g Senior**

SSNS: 61.64m 2005 Adam Wolkins

Name	School	Finals
<b>Finals</b>		
1 #570 Julian Dohrendorf	Lockview	39.61m
2 #269 Rylan Bent	Eastern Shore	38.72m
3 #283 Devin Parker	Eastern Shore	38.62m
4 #853 Ethan Smith	Woodlawn	37.49m
5 #279 Gavin MacKenzie	Eastern Shore	36.77m

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## Results

## Event 120 Girls 100 Meter Dash Supported Junior

Name	School	Finals
<b>Finals</b>		
1 #345 Gaby House	Eric Graves	14.61 NWI
2 #401 Cassie Wile	Georges P. V	14.74 NWI
3 #117 Miley Corey	Caledonia Ju	15.38 NWI
4 #123 Cylvia Wainright Taylor	Caledonia Ju	15.96 NWI
5 #116 Piper Connolly Smith	Caledonia Ju	16.40 NWI

## Event 121 Boys 100 Meter Dash Supported Junior

Name	School	Finals
<b>Finals</b>		
1 #321 Zion Butler	Elizabeth Su	12.75 NWI
2 #759 Maxx Hebrard	Sir Robert B	12.93 NWI
3 #607 Colin Decker	Madeline Sym	13.41 NWI
4 #521 Hans Dibra	JL Ilsley	13.50 NWI
5 #377 Blake Langdon	Five Bridges	13.78 NWI

## Event 122 Girls 100 Meter Dash Supported Senior

Name	School	Finals
<b>Finals</b>		
1 #186 Bella MacKenzie	Citadel High	12.12 NWI
2 #576 Mykeirah Gray	Lockview	13.72 NWI
3 #68 Brooklyn Willis	Auburn Drive	15.39 NWI
4 #87 Aleksandra MacKenzie	Bay View High	15.59 NWI
5 #500 Zoey Bennett	Island View	15.69 NWI

## Event 123 Boys 100 Meter Dash Supported Senior

Name	School	Finals
<b>Finals</b>		
1 #851 Resean Simmons-Fergus	Woodlawn	11.64 NWI
2 #36 Deray Cain-Downey	Auburn Drive	11.86 NWI
3 #617 Josh Campbell	Millwood	12.10 NWI
4 #721 Nick Cooper	Sackville High	12.28 NWI
5 #48 Owen Jewer	Auburn Drive	12.57 NWI

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

Name	School	Finals
<b>Finals</b>		
1 #401 Cassie Wile	Georges P. V	J4.41m
2 #323 Harper Coffin	Elizabeth Su	J4.35m
3 #345 Gaby House	Eric Graves	J4.35m
4 #123 Cylvia Wainright Taylor	Caledonia Ju	J4.26m
5 #787 Mya Simon	St. Agnes	J3.98m

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

Name	School	Finals
<b>Finals</b>		
1 #759 Maxx Hebrard	Sir Robert B	6.98m
2 #499 Hunter Anthony	Island View	6.64m
3 #640 Jelani Stevenson	Oxford School	6.43m
4 #33 Cooper Zinck	Astral Drive	5.94m

5 #428 Antwan Patterson Graham Creig 5.81m

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

Name	School	Finals
<b>Finals</b>		
1 #186 Bella MacKenzie	Citadel High	5.28m
2 #68 Brooklyn Willis	Auburn Drive	4.90m
3 #583 Maliah Lucas	Lockview	4.72m
4 #272 Zoe Debaie	Eastern Shore	4.60m
5 #511 Maddison Winger	Island View	4.26m

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

Name	School	Finals
<b>Finals</b>		
1 #721 Nick Cooper	Sackville High	10.10m
2 #187 Jacob Martin	Citadel High	8.72m
3 #487 Kasey Roy	Halifax West	7.34m
4 #36 Deray Cain-Downey	Auburn Drive	6.70m
5 #617 Josh Campbell	Millwood	6.68m

## Event 128 Girls Long Jump 3 jumps Supported Junior

Name	School	Finals
<b>Finals</b>		
1 #123 Cylvia Wainright Taylor	Caledonia Ju	2.60m NWI
2 #345 Gaby House	Eric Graves	2.54m NWI
3 #116 Piper Connolly Smith	Caledonia Ju	2.01m NWI
4 #117 Miley Corey	Caledonia Ju	1.93m NWI
5 #401 Cassie Wile	Georges P. V	1.81m NWI

## Event 129 Boys Long Jump 3 jumps Supported Junior

Name	School	Finals
<b>Finals</b>		
1 #377 Blake Langdon	Five Bridges	3.41m NWI
2 #759 Maxx Hebrard	Sir Robert B	3.30m NWI
3 #426 James Mauger	Graham Creig	3.02m NWI
4 #321 Zion Butler	Elizabeth Su	2.99m NWI
5 #422 Liam Hughes	Graham Creig	2.71m NWI

## Event 130 Girls Long Jump 3 jumps Supported Senior

Name	School	Finals
<b>Finals</b>		
1 #186 Bella MacKenzie	Citadel High	2.14m NWI
2 #500 Zoey Bennett	Island View	1.95m NWI
3 #485 Maggie Mills	Halifax West	1.93m NWI
4 #68 Brooklyn Willis	Auburn Drive	1.80m NWI
5 #53 Jorja MacCallum	Auburn Drive	1.39m NWI

## Event 131 Boys Long Jump 3 jumps Supported Senior

Name	School	Finals
<b>Finals</b>		
1 #48 Owen Jewer	Auburn Drive	J3.76m NWI
2 #36 Deray Cain-Downey	Auburn Drive	J3.76m NWI
3 #617 Josh Campbell	Millwood	J3.41m NWI

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**Finals ... (Event 131 Boys Long Jump 3 jumps Supported Senior)**

Name	School	Finals
4 #721 Nick Cooper	Sackville High	J3.40m NWI
5 #487 Kasey Roy	Halifax West	J3.10m NWI

**Event 136 Girls Shot Put 3kg-3 throws Para Athletes**

Name	School	Finals
1 #92 Sophia Phillips	Bay View High	1.11m

Women - Junior - Team Rankings - 15 Events Scored

1) Fairview Junior High	105.75
2) Ridgecliff Middle School	93
3) Georges P. Vanier Junior High	81
4) Rocky Lake Junior High	61
5) Elizabeth Sutherland	51
6) Halifax Grammar	49
7) Gorsebrook Junior High	43
8) Astral Drive Junior High	41
9) Ecole du Sommet	38
9) Sacred Heart School	38
11) Five Bridges Junior High	36
12) Sackville Heights Junior High	35
13) Oxford School	30
14) Brookside Junior High	27
14) Ecole du Carrefour	27
16) Highland Park Junior High	22
16) Oyster Pond Academy	22
18) St. Agnes Junior High	18
19) Madeline Symonds Middle School	17.75
20) Bicentennial School	16
20) Dartmouth South Academy	16
22) Clayton Park Junior High	15.75
23) Caledonia Junior High	13
23) John Martin Junior High	13
25) West Bedford High School	12
26) Ellenvale Junior High	8
27) Eastern Passage Education Cent	7
27) Eastern Shore Consolidated	7
29) Eric Graves Junior High	6
30) Halifax Independent School	5
30) Graham Creighton Junior High	5
32) Ecole Mer et Monde	3.75

Women - Intermediate - Team Rankings - 15 Events Scored

1) Lockview High	121
2) Charles P. Allen	96
3) Halifax West	89
4) St. Agnes Junior High	87
5) Halifax Grammar	78
5) Citadel High	78
7) Dartmouth High	52
8) West Bedford High School	45

9) Fairview Junior High	36
10) Eastern Shore Consolidated	33
11) Five Bridges Junior High	26
12) Summit Academy of Active Learn	25
13) Highland Park Junior High	21
13) Gorsebrook Junior High	21
15) Millwood	18
16) Island View High School	17
17) JL Ilsley High School	15
17) Ecole secondaire Mosaique	15
19) Bicentennial School	12
20) Woodlawn High School	11
21) Armbrae Academy	10
21) Ridgecliff Middle School	10



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23) Rocky Lake Junior High	8	11) Caledonia Junior High	36
23) Bay View High School	8	12) Oxford School	35
25) Sacred Heart School	6	13) Summit Academy of Active Learn	29
25) Halifax Central Junior High	6	14) Ellenvale Junior High	28
25) Brookside Junior High	6	14) Brookside Junior High	28
28) Graham Creighton Junior High	4	16) Ridgecliff Middle School	25
29) Astral Drive Junior High	2		

## Women - Senior - Team Rankings - 15 Events Scored

1) Citadel High	188
2) Lockview High	108
3) Charles P. Allen	105
4) Dartmouth High	104
5) Woodlawn High School	96
6) Auburn Drive	92
7) Halifax Grammar	67
8) Bay View High School	52
8) Halifax West	52
10) JL IIsley High School	44
11) Sackville High	27
12) Armbrae Academy	17
13) Sacred Heart School	11

## Women - Supported Junior - Team Rankings - 3 Events Scored

1) Caledonia Junior High	70
2) Georges P. Vanier Junior High	33
3) Eric Graves Junior High	31
4) St. Agnes Junior High	30
5) Elizabeth Sutherland	10
6) Five Bridges Junior High	9

## Women - Supported Senior - Team Rankings - 3 Events Scored

1) Citadel High	40.5
2) Auburn Drive	34
3) Island View High School	30
4) Lockview High	29
5) Eastern Shore Consolidated	13
6) Bay View High School	12.5
7) Halifax West	9
8) Dartmouth High	6

## Men - Junior - Team Rankings - 15 Events Scored

1) Sackville Heights Junior High	87
2) Rocky Lake Junior High	79
3) Halifax Grammar	68
4) St. Agnes Junior High	61
5) Fairview Junior High	58
6) Eastern Passage Education Cent	57
7) Georges P. Vanier Junior High	48
8) Sacred Heart School	42
9) Ecole du Carrefour	39
10) Elizabeth Sutherland	37



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17) Madeline Symonds Middle School	24	3) Halifax West	110
17) Gorsebrook Junior High	24	4) Citadel High	96
19) Sir Robert Borden	20	5) Charles P. Allen	83
19) Graham Creighton Junior High	20	6) Dartmouth High	82
21) Astral Drive Junior High	16	7) JL Ilsley High School	69.5
22) Ross Road	15	8) Lockview High	59
22) Eastern Shore Consolidated	15	9) Eastern Shore Consolidated	46
22) Clayton Park Junior High	15	10) Sackville High	42
25) John Martin Junior High	12	11) Millwood	33
26) Leslie Thomas Junior High	11	12) Ecole secondaire Mosaique	32
27) Highland Park Junior High	8	13) Cole Harbour District High	20
28) Halifax Central Junior High	7	14) Armbrae Academy	15.5
29) Five Bridges Junior High	6	15) Halifax Christian Academy	9
29) Ecole Mer et Monde	6	16) Island View High School	7
		17) Auburn Drive	5

## Men - Intermediate - Team Rankings - 15 Events Scored

1) Citadel High	112
2) Lockview High	96
3) Dartmouth High	88
4) Woodlawn High School	72
5) Charles P. Allen	69
6) Halifax Grammar	54.5
7) Sacred Heart School	51
8) Auburn Drive	50
9) St. Agnes Junior High	40
10) Rocky Lake Junior High	36
11) Millwood	27
12) Ridgecliff Middle School	25.5
13) Island View High School	22
13) Armbrae Academy	22
15) Bay View High School	19
16) John Martin Junior High	17
16) Gorsebrook Junior High	17
16) Highland Park Junior High	17
19) Halifax West	14
19) West Bedford High School	14
21) Cole Harbour District High	12
22) Graham Creighton Junior High	11
23) Brookside Junior High	9
23) Five Bridges Junior High	9
25) Halifax Central Junior High	8
26) Oxford School	7
26) Ecole Mer et Monde	7
26) JL Ilsley High School	7
29) Fairview Junior High	6
29) Bicentennial School	6
31) Sackville High	5
31) Astral Drive Junior High	5
33) East Coast Varsity	4

## Men - Senior - Team Rankings - 15 Events Scored

1) Woodlawn High School	125
2) Bay View High School	122



## 2026 SSNS Capital Regional Championships - 2026-05-20 to 2026-05-21

## Results

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Men - Supported Junior - Team Rankings - 3 Events Scored	
1) Graham Creighton Junior High	40
2) Sir Robert Borden	36
3) Elizabeth Sutherland	24
4) Five Bridges Junior High	19
5) Island View High School	15
6) St. Agnes Junior High	10
7) Madeline Symonds Middle School	9
7) Oxford School	9
9) Astral Drive Junior High	8
9) JL Ilsley High School	8
11) Leslie Thomas Junior High	5

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Men - Supported Senior - Team Rankings - 3 Events Scored	
1) Auburn Drive	52
2) Millwood	30
3) Sackville High	28
4) Halifax West	27
5) Woodlawn High School	18
6) Eastern Shore Consolidated	14
7) Citadel High	10
8) JL Ilsley High School	4