



2017 NSSAF Track & Field Provincial Championships
June 2nd & 3rd, 2017
Beazley Field, Dartmouth, NS



Meet Directors and Host Schools

Donna Duggan - Halifax West High School - dduggan@hrsb.ca

Jason Murphy - Citadel High School - jason.murphy@hrsb.ca

Live results

Watch the live broadcast on Eastlink TV

nssaf.ca/results/2017/Provincials

More information

<http://www.nssaf.ca/track-field>

<https://www.trackie.com/online-registration/>

Download the Meet Mobile app and search for
NSSAF

Beazley Field Layout for NSSAF Provincial Championships



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Executive Director Remarks - NSSAF Track and Field Championships

It gives me great pleasure to welcome everyone to the 2017 NSSAF Track and Field Championship. It takes a lot of dedication and hard work to qualify for a NSSAF Championship and you, the student-athletes, are to be commended for your efforts. Extra congratulations to the grade twelve student athletes! Thank you for your contribution to school sport and all the best in the future.

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

Thanks to the Partners of the NSSAF! Education partner - Department of Education and Early Childhood Development, Government partner – Department of Communities, Culture and Heritage. Presenting Partner - Eastlink. Senior Partner – T. Litzen Sports. Official suppliers – Comfort Inn, Enterprise Car Rental and Nova Trophy.

The Federation would also like to thank the Metro High School Athletic Association for organizing such a great event. It takes a lot of time and effort on the part of the school, the community and its many volunteers to run the largest NSSAF championship and we commend you.

On behalf of the Board of Governors I would like to wish you all the best for a great championship. Safe travels to all.

A handwritten signature in black ink that reads 'Stephen Gallant'. The signature is written in a cursive, flowing style.

Stephen Gallant
Executive Director
Nova Scotia School Athletic Federation

General Information

1. Location: 50 Caledonia Road, Dartmouth NS B2X 1K8.
2. Parking is available on site but is very limited. Please park legally on nearby streets if necessary. Halifax Regional Police strictly enforce parking in the area and will be ticketing and/or towing illegally parked vehicles. Buses are not able to enter the parking lot as they cannot turn around, so please drop athletes off by pulling up in front of Caledonia Junior High School and have athletes walk from there. Bus parking is off site at St. Thomas More Parish, 15 Caledonia Road (corner of Caledonia Road and Main Street). We have access to the back, unpaved gravel portion, of their parking lot. Please ensure your driver is made aware of this information.
3. Coaches Meeting: 9:15am-9:45am, Friday, June 2nd. Lower level, East Dartmouth Boys and Girls Club (building in main parking lot). Entrance closest to the track.
4. Officials Meeting: 9:45am-10:00am, Friday, June 2nd. Lower level, East Dartmouth Boys and Girls Club. (building in main parking lot). Entrance closest to the track. Please feel free to also attend the coaches meeting.
5. Opening Ceremonies 10:00am, Friday, June 2nd. Please gather on the backstretch near the shipping containers. Each school is permitted one male & one female per classification/school and a sign/banner or flag identifying your school.
6. The Facility See facility layout map. The track is an eight-lane synthetic rubberized track. The two jumping runways, javelin runway and high jump surface are the same rubberized surface. Shot put and discus circles are poured concrete. Only officials and athletes currently actively competing are permitted inside the fences, on the track or in field event areas.
7. Canteen and Food service will be available in the building below the main grandstand. There are also many eating establishments nearby on Main Street.
8. There will be an entry fee for spectator admission. \$2.00 for adults and \$1.00 for youth. There will be no charge for coaches, athletes or officials. Please no pets inside the facility. Thank you.
9. NSSAF Provincial Championship souvenir t-shirts will be for sale for \$20 at the main entry or later in the day or in inclement weather, in the grey shack at the end of the track.
10. First Aid services are located on the second floor of the building behind the grandstand. They are to be used only for injuries during the meet. If you require physiotherapy services above and beyond an acute injury they are available but there is a charge for supplies. Taping can be done if you bring your own taping and supplies but massage or manipulations will only be done for a service fee paid to the First Aid Providers. In addition, schools are asked to bring their own first aid kits for minor injuries.
11. Bleacher style seating is limited on site but there is some space outside the competition area for shelter building. There is very little natural or man-made shelter on site so tents and tarps are suggested. Security will be on site Thursday and Friday night so shelters would remain safe between day 1 and day 2.

12. Results will be posted in paper copy on a results board behind the grey shack at the end of the track. However, results will also be available more quickly in real-time through a link on the NSSAF Track & Field page, nssaf.ca/track-field or directly at nssaf.ca/results/2017/Provincials. You can also download the fantastic Meet Manager Mobile App for both iOS and Android and search for the NSSAF meet information and results. In the app you can tag and follow your favorite athletes and receive notifications when they have new results available. We will be using Finish Lynx timing equipment and Meet Manager software for all entry and results management.
13. NSSAF presenting partner Eastlink will be providing live television coverage of the meet.

General Rules and Regulations

(When not covered or clarified below, see NSSAF handbook and/or IAAF rules)

1. Uniforms that identify a student-athlete's school are requested. No "club" or "games" uniforms are to be worn during competition. Student-athletes attempting to compete in inappropriate attire will be asked to change before being allowed to compete.
2. Medals are awarded to the top three finishers in each individual event and to all 4 members of top three relay teams.
3. Banners are awarded for JG, JB, overall Junior, IG, IB, overall Intermediate, SG, SB, overall Senior and for total school points in Division 1, 2, and 3 (*new divisions for 2017). In addition to the above all Special Athletes will receive a participation certificate.

The team point system is as follows

Individual events

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

Relays

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

4. All student-athletes in track events must report to the marshalling area located at the start of the 100m at the call of their event in possession of their bib. Bibs will be checked, lane assignments verified and athletes walked by clerk of the course to the start line of their event. All field athletes must report to the official in charge of their event at the event area. We will do a 1st and 2nd/final call via the announcing system. 5 minutes after this 2nd/final call, the official/marshal/clerk will do a final call at marshalling or field event area. Following this final call, athletes who have not checked in will be replaced by the 5th place alternate if the alternate has checked in. The 5th place alternate from each region can only compete if an athlete from their own region does not show by final call of the event. No athletes beyond 5th place in their region are eligible to compete at provincials regardless of how many no shows there are from that region. Alternates are listed in the program and are issued individual bib numbers.
5. In order to more efficiently identify student-athletes in all events, all student-athletes will be issued a bib number which must be worn on their chest at check in with the clerk/official of the event until the completion of event. All bib numbers are included in the School / Coach Package and will be used for both days of competition. A \$ 5.00 replacement fee is charged if the bib is lost. Student-athletes must have their bib number with them for event marshalling/check in.
6. In addition to individual athlete bib numbers, track athletes in the 800m, 1500m and 3000m will wear additional identification numbers 1-16 corresponding to their lane listed in the program. Also, in the 4x400m, the 4th runner will receive a number based on their teams starting lane 1-8. These numbers will be provided at marshalling and should be applied above the bib number in the center of the chest.
7. In both vertical and horizontal jump and throwing events, each competitor will be given three (3) trials. The top eight competitors (ties broken when possible) will then be given three (3) more trials. Rounds 4-6 will follow the "worst to first" order following based on round end of round 3 position. The best attempt of the competition for each athlete counts for placing. Special athletes and Para athletes are given three (3) trials but do not have additional rounds for the top 8 athletes.

8. The following time limits should not be exceeded: Pole Vault - 2 minutes; all other field events - 1.5 minutes. No unnecessary delay in making an attempt in any field event will be permitted. High jump and pole vault may alter the time frame when the number of competitors reaches a specific number as directed by the official in charge of the event.
9. Equipment. Athletes in the Pole Vault must use their own poles. In throwing events, an athlete may request that the head field official certify an implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event. Otherwise athletes must use the equipment, including relay batons and starting blocks, supplied by the Meet Organizers.

10. Implements:

Shot Put

SB	6.00kg
IB	5.00kg
JG/Para Girls	3.00kg
JB/IG/SG/Para Boys	4.00kg
SAJB/SASB	4.00kg
SAJG/SASG	3.00kg

Discus

SB	1.75kg
IB	1.50kg
SG/IG/JB	1.00kg
JG	0.75kg

Javelin

SB	800g
IB	700g
SG/JB	600g
IG	500g
JG	400g

11. Starting Jump Heights:

Class	High Jump	Pole Vault
SB	1.45 m	1.80 m
IB	1.40 m	1.80 m
JB	1.25 m	-----
SG	1.25 m	1.40 m
IG	1.25 m	1.40 m
JG	1.15 m	-----

12. Hurdle heights & distances:

JG	30" X 80m
IG/SG	33" X 80m
JB	33" X 100m
IB	36" X 100m
SB	39" X 100m

13. <u>Hurdle placements:</u>	<u>80 m</u>	<u>100 m</u>
To first hurdle:	12 m	13 m
Between hurdles:	8 m	8.5 m
Last hurdle to finish:	12 m	10.5 m

14. Hurdlers shall be disqualified if he/she a) does not jump any hurdle; b) trails his/her foot or leg below the horizontal plane of the top of the hurdle at the instance of clearance; c) jumps any hurdle not in his/her own lane; d) in the opinion of the referee deliberately knocks down any hurdle e) if they interfere outside their lane with student-athletes in other lanes. Races can be re-run at the discretion of the track referee if a student-athlete is impeded to an extent that an “unfair” race occurs.
15. The 800m, 1500m, and 3000m shall be run as timed finals. The Special Athlete 100m, Para Athlete 200m and both the 4x100m and 4x400m relays will be run as timed section finals. The hurdles, 100m (not Special Athlete), 200m (not Para Athlete) and 400m races will have semi-finals and then finals.
16. Qualification for track event finals from semi-finals
- | <u># of Heats</u> | <u>Qualification</u> |
|-------------------|--|
| 2 | top 3 in each heat + next 2 fastest times (preferred lanes for finals based on semi results) |
17. Blocks will be used for the 100m, 200m, 400m, 4x100m, 4x400m and hurdles. Blocks will **not** be used in the 800m, 1500m, 3000m or the Special Athlete 100m. Blocks are optional for the Para Athlete 200m.
18. The 800m will start in a waterfall formation where two athletes share a lane for ¼ lap before they are able to cut in. This will be explained at the start of each race. 1500m and 3000m will start on a curved start line where cut in is immediate when safe to do so.
19. Individual student-athletes are permitted one false start in all individual track events. Student-athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a semi-final and a final are separate individual events.
20. All competitors must start each event for which they are qualified and put forth a competitive effort. This does not preclude an athlete from passing on attempts in field events or from becoming injured during an event and competing later with written confirmation from medical personnel.
21. Spikes (max. 7 mm) will be permitted on the track or runways. Maximum number of spikes per shoe is 11 and no cleat type shoes may be worn. We strongly suggest use of pyramid type spikes to reduce track damage and for athletes at this development stage.
22. No sporting equipment should be brought to the track meet and used on any of the adjacent fields. There are no “warm up” areas for throwing events other than on the specified competition area under supervision of the official for the event. Adjacent fields are not to be used as practice or warm up areas. Runners may at times be able to warm up on the outside of the upper field near the start of the 200m or on the backstretch in the outside 3 lanes during non-laned events

23. When an athlete is involved in both a track and a field event, the track events takes priority over the field event. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible. You may ask and be permitted to throw/jump ahead of/after than your usual order, but once a round is finished you lose your attempt for that round. For instance, an athlete could throw first in one round and last in the next round but an athlete may not throw 2 throws in one round. Please ensure athletes understand this procedure and are proactive in discussing this with both the field official and clerks/marshals of track events. Ultimately, the responsibility lies with the athlete but officials are there to help when asked for advice and assistance.
24. Pacing in races by persons not participating in the race, by athletes lapped or about to be lapped or by any kind of technical device (aside from personal watch or personal GPS) is considered outside assistance. Also, possession or use of video recorders, radios, CD, MP3, radio transmitters, **mobile phones or similar devices in the competition area is prohibited.** Coaches may not give advice from within the competition area and athletes may not leave the competition area to engage in dialogue with persons during the event. Communication between the athlete and coach not placed in the competition area can occur as long as it does not interfere with the staging of the event and is not considered assistance or technology as noted above. Special Athletes are permitted one person in the competition area per athlete as per NSSAF rule. If a Special Athlete requires more than one helper to successfully participate in the event, this issue should be discussed with the Meet Director at the coaches meeting on the morning of the event. Failure to comply: First Offence = warning by the referee. Second Offence = disqualification from the event.
25. Para Athletes. The NSSAF in conjunction with Athletics Canada have added several Para events to the NSSAF Track and Field Championships. The events are the 200 meter Timed Finals (ambulatory and wheelchair), 800 meters Timed Finals (ambulatory), Shot Put (seated and ambulatory - 3 throws per student athlete - Girls 3kg, Boys 4kg). Divisions are Open grades 7-12 (as long as they are attending a member school, they are eligible and if the school also houses grade 6 athletes, a grade 6 student could compete, no age limit). Entry. Schools with Para student athletes should register directly with the Provincial entry and results manager, Jason Murphy (jason.murphy@hrsb.ca) prior to Monday May 29th 5pm if they have not already competed at their district or regional level meet. If they have already competed at districts or regionals, they will automatically be registered for the Provincial Meet June 3rd. Para student athletes are permitted one person in the competition area per athlete. If a Para student athlete requires more than one helper to successfully participate, that must be approved by the Meet Director.
26. Special Athletes are athletes with "intellectual disabilities" and schools are to make these decisions. The events are the 100 meters (Timed finals), Shot put (3 throws per athlete Ladies-3 kg, Men-4 kg) and Long Jump (Standing or Running - 3 jumps per athlete measure from takeoff board). No additional rounds of top 8 as per NSSAF rule. Divisions - Junior Girls (grades 7-9), Junior Boys (grades 7-9), Senior Girls (grades 10-12), Senior Boys (grades 10-12). As long as they are in these grades they are eligible; no age limit. If a school also encompasses grade 6 students they may compete as well. Special athletes are permitted one person in the competition area per athlete. If a Special student-athlete requires more than one helper to successfully participate, that must be approved by the Meet Director.

2017 NSSAF Track and Field Provincial Championship Heats and Lanes (Seeding) Protocol

We have made some alterations to past practice in order to bring us more in line with IAAF Rules 166 and 180 now that we have moved to Meet Manger™ software. We will still adjust IAAF rules in some track events to continue more in the spirit of past NSSAF practice but are moving closer to IAAF rules each year with seeding.

Track events

1) Events with Preliminaries and Finals

100m, 200m, 400m, 80m and 100m Hurdles

Each athlete's regional final time will be used as a seed time to create 2 heats of equal strength at the NSSAF Provincial Championship Meet. We will adjust this so that no region has all four advancers in one heat while maintaining equal strength. Advancement to the final will be top 3 in each heat plus the next 2 fastest times as it has been in the past.

Lanes for prelims are random draw while finals are drawn in two groups. Lanes 3, 4, 5, 6 go randomly to the top 4 ranked athletes, then lanes 2, 7, 1 and 8 go to the next 4.

2) One heat timed-section finals

800m, 1500m and 3000m

Each event will be seeded randomly

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

3) Two heat timed-section finals

Special athlete 100m and 4x100m/4x400m relays

Since it is a timed section final each athlete's/team's regional placing (not time) will be used to create a first heat of 3rd and 4th place regional finishers and a second heat of 1st and 2nd place regional finishers. Lanes are then randomized.

Field Events

1) Horizontal jumps and all throwing events

Long Jump, Triple Jump, Discus, Shot, Javelin

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

Rounds 4-6 will be held for the Top 8 athletes after rounds 1-3. These rounds will be ordered so that the lowest ranked athlete after rounds 1-3 competes first and the top ranked athlete competes last. This order does not change for rounds 5 and/or 6. If there is a tie for 8th after rounds 1-3 after tiebreakers are applied, the order for rounds 4-6 of the athletes involved is the same as the original rounds if a tie is not broken for order.

2) Vertical Jumps

High Jump and Pole Vault

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

Track Events - Friday June 2, 2017

Start Time	Event	Type	Category	Event #	Awards	
10:30 am	80 m Hurdles	Semi Finals	Junior Girls	1		
10:40 am			Intermediate Girls	2		
10:50 am			Senior Girls	3		
11:00 am	100 m Hurdles	Semi Finals	Junior Boys	4		
11:10 am			Intermediate Boys	5		
11:20 am			Senior Boys	6		
11:30 am	80 m Hurdles	Final	Junior Girls	1F	Presentations 12:45 pm	
11:35 am			Intermediate Girls	2F		
11:40 am			Senior Girls	3F		
11:45 am	100 m Hurdles	Final	Junior Boys	4F		
11:50 am			Intermediate Boys	5F		
11:55 am			Senior Boys	6F		
12:10 pm	100 m	Timed Section Final	Special Athlete Junior High Girls	7	Presentations 12:30 pm	
12:15 pm			Special Athlete Junior High Boys	8		
12:20 pm			Special Athlete Senior High Girls	9		
12:25 pm			Special Athlete Senior High Boys	10		
Short break for track officials						
1:00 pm	400 m	Semi Finals	Junior Girls	11		
1:10 pm			Junior Boys	12		
1:20 pm			Intermediate Girls	13		
1:30 pm			Intermediate Boys	14		
1:40 pm			Senior Girls	15		
1:50 pm			Senior Boys	16		
2:00 pm	100 m	Semi Finals	Junior Girls	17		
2:10 pm			Junior Boys	18		
2:20 pm			Intermediate Girls	19		
2:30 pm			Intermediate Boys	20		
2:40 pm			Senior Girls	21		
2:50 pm			Senior Boys	22		
3:00 pm	1500 m	Final	Junior Girls	23		Presentations 4:30 pm
3:10 pm			Junior Boys	24		
3:20 pm			Intermediate Girls	25		
3:30 pm			Intermediate Boys	26		
3:40 pm			Senior Girls	27		
3:50 pm			Senior Boys	28		
4:05 pm	100 m	Final	Junior Girls	17F	Presentations 5:00 pm	
4:10 pm			Junior Boys	18F		
4:15 pm			Intermediate Girls	19F		
4:20 pm			Intermediate Boys	20F		
4:25 pm			Senior Girls	21F		
4:30 pm			Senior Boys	22F		
4:35 pm	400 m	Final	Junior Girls	11F	Presentations 5:30 pm	
4:40 pm			Junior Boys	12F		
4:45 pm			Intermediate Girls	13F		
4:50 pm			Intermediate Boys	14F		
4:55 pm			Senior Girls	15F		
5:00 pm			Senior Boys	16F		

Field Events - Friday June 2, 2017

Start Time	Event	Category	Event #	Awards
11:00 am	Long Jump	Special Athlete Junior High Girls	29	Presentations 11:30 am
	Long Jump	Special Athlete Junior High Boys	30	
	Shot Put	Special Athlete Senior High Girls	31	
	Shot Put	Special Athlete Senior High Boys	32	
	Pole Vault	Intermediate Girls	33	Presentations 2:00 pm
	Pole Vault	Senior Girls	34	
12:00 noon	Long Jump	Intermediate Boys	35	
	High Jump	Junior Girls	36	
	Triple Jump	Intermediate Girls	37	
	Shot Put	Junior Boys	38	
	Discus	Senior Girls	39	Presentations 2:00 pm
	Javelin	Senior Boys	40	
1:30 pm	Shot Put	Special Athlete Junior High Girls	41	Presentations 2:00 pm
	Shot Put	Special Athlete Junior High Boys	42	
	Long Jump	Special Athlete Senior High Girls	43	
	Long Jump	Special Athlete Senior High Boys	44	
1:00 pm	Pole Vault	Intermediate Boys	45	Presentations 4:00 pm
	Pole Vault	Senior Boys	46	
2:00 pm	Long Jump	Junior Boys	47	Presentations 4:00 pm
	High Jump	Intermediate Girls	48	
	Triple Jump	Senior Girls	49	
	Shot Put	Senior Boys	50	
	Discus	Junior Girls	51	
	Javelin	Intermediate Boys	52	
4:00 pm	Long Jump	Senior Boys	53	Presentations 5:45 pm
	High Jump	Senior Girls	54	
	Triple Jump	Junior Girls	55	
	Shot Put	Intermediate Boys	56	
	Discus	Intermediate Girls	57	
	Javelin	Junior Boys	58	

Track Events - Saturday June 3, 2017

Start Time	Event	Type	Category	Event #	Awards
9:00 am	200 m	Semi Finals	Junior Girls	59	
9:10 am			Junior Boys	60	
9:20 am			Intermediate Girls	61	
9:30 am			Intermediate Boys	62	
9:40 am			Senior Girls	63	
9:50 am			Senior Boys	64	
10:00 am		Timed Section Final	Para Athletes	107/108	
10:10 am	800 m	Final	Junior Girls	65	
10:20 am			Junior Boys	66	
10:30 am			Intermediate Girls	67	
10:40 am			Intermediate Boys	68	
10:50 am			Senior Girls	69	
11:00 am			Senior Boys	70	
11:10 am		Timed Section Final	Para Athletes	109/110	Presentations 1:00 pm
11:20 am	4 X 100 m	Timed Section Final	Junior Girls	71	
11:35 pm			Junior Boys	72	
11:50 pm			Intermediate Girls	73	
12:05 pm			Intermediate Boys	74	
12:20 pm			Senior Girls	75	
12:35 pm			Senior Boys	76	
Short break for track officials					
1:10 pm	200 m	Final	Junior Girls	59F	Presentations 2:15 pm
1:15 pm			Junior Boys	60F	
1:20 pm			Intermediate Girls	61F	
1:25 pm			Intermediate Boys	62F	
1:30 pm			Senior Girls	63F	
1:35 pm			Senior Boys	64F	
1:45 pm	3000 m	Final	Junior Girls	77	Presentations 3:30 pm
2:05 pm			Junior Boys	78	
2:25 pm			Intermediate Girls	79	
2:45 pm			Intermediate Boys	80	
3:00 pm			Senior Girls	81	
3:15 pm			Senior Boys	82	
3:30 pm	4x400	Timed Section Final	Junior Girls	83	Presentations 5:15 pm
3:50 pm			Junior Boys	84	
4:10 pm			Intermediate Girls	85	
4:30 pm			Intermediate Boys	86	
4:45 pm			Senior Girls	87	
5:00 pm			Senior Boys	88	

Banners for JG, JB, Combined Junior Banners for IG, IB, Combined Intermediate Banners for SG, SB, Combined Senior Banners for Div 3, Div 2, Div 1 (*new divisions for 2017)	Presentations 5:30 pm
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Field Events- Saturday June 3, 2017

Start Time	Event	Category	Event #	Awards
10:00 am	Long Jump	Intermediate Girls	89	Presentations 12:00 pm
	High Jump	Senior Boys	90	
	Triple Jump	Junior Boys	91	
	Shot Put	Junior Girls	92	
	Discus	Intermediate Boys	93	
	Javelin	Senior Girls	94	
12:00 noon	Long Jump	Junior Girls	95	Presentations 2:00 pm
	High Jump	Junior Boys	96	
	Triple Jump	Intermediate Boys	97	
	Shot Put	Senior Girls	98	
	Discus	Senior Boys	99	
	Javelin	Intermediate Girls	100	
1:30 pm	Shot Put	Para	111/112	
2:00 pm	Long Jump	Senior Girls	101	Presentations 4:00 pm
	High Jump	Intermediate Boys	102	
	Triple Jump	Senior Boys	103	
	Shot Put	Intermediate Girls	104	
	Discus	Junior Boys	105	
	Javelin	Junior Girls	106	

Banners for JG, JB, Combined Junior Banners for IG, IB, Combined Intermediate Banners for SG, SB, Combined Senior Banners for Div 3, Div 2, Div 1 (*new divisions for 2017)	Presentations 5:30 pm
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Nova Scotia School Athletic Federation
Provincial Championship Track and Field Records
(current June 12, 2016)

Junior Girls
Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (30")	Sierra Sweeney	12.11*	Gaetzbrook	2016
100m	Christine Fleury	12.5	West Kings	1995
	Nikkia Jones	12.64*	Gorsebrook	2006
200m	Kris Crowell	26.5	Cornwallis Jr.	1976
	Taylor Mattinson	26.49*	Oxford Regional EducationCenter	2014
400m	Jenna Martin	1:00.3	North Queens	2001
800m	Mary Jean Barrett	2:19.9	Sackville Heights	1977
1500m	Rachel Crawley	4:49.85*	St. Agnes	2011
3000m	Rachel Crawley	10:18.76*	St. Agnes	2011
4 x 100m		52.50*	Riverside Education Center	2014
4 x 400m		4:23.2	Cornwallis Jr.	1982
Shot Put (2.72 kg)	Chelsea Whalen	14.51 m	South Queens	2007
Shot Put (3kg)	Taylor Stutely	11.58 m	A.J. Smeltzer	2010
Discus (1kg)	Taylor Stutely	31.25m	A.J. Smeltzer	2010
Discus (0.75kg)	Sydney Davidson	28.49m	Redcliffe Middle School	2015
Javelin (400g)	Katherine Marksson	37.38m	Astral Drive	1999
Javelin (600g)	Allison Chandler	31.70 m	Chester Area Middle School	2012
High Jump	Laura Maessen	1.63m	Bicentennial Jr. High	2004
Long Jump	Michele Adams	4.98 m	Chester	1985
Triple Jump	Sierra Sweeney	11.00m	Gaetzbrook	2016

*electronic timing

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

Non-Synthetic Track

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



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Junior Boys
Synthetic Track

Event	Athlete	Time/Distance	School	Year
100m Hurdles (33")	Nolan Wentzell	14.48*	Hebville	2016
100m	Nick Smith	11.5	Caledonia	1995
	Braden Gray	11.59*	Bible Hill Junior High	2016
200m	Derek Dempster	24.1	A.J. Smeltzer	1984
	Cameron Veinot	24.26*	North Queens	2005
400m	Barrett Dachyshyn	53.72*	Halifax Central	2013
800m	Camden Springer	2:04.93*	Bicentennial	2016
1500m	Mike Tate	4:19.71*	St. Andrew Jr. High	2009
3000m	Tobias Wolter	9:15.14*	Hebville	2011
4 x 100m		48.4	Astral Drive	1990
4 x 400m		3:48.10*	Halifax Central	2013
Shot Put (4kg)	Logan Taylor	14.37m	Bluenose Academy	2016
Discus (1kg)	Parker Swain	43.75m	Dr. W.A. MacLeod	2016
Javelin (600g)	Michael Adams	45.48m	Truro Junior	2015
High Jump	Brandon Mallally	1.77m	Bible Hill	2004
Long Jump	David MacDonald	5.79m	Fountain Academy	2012
Triple Jump	Kaelan Schmidt	12.03m	East Pictou Middle School	2012

*electronic timing

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

Non-Synthetic Track

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



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Intermediate Girls
Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (33")	Zoe Carvery	12.45*	Millwood High	2016
100m Hurdles (33")	Rachelle Langford	14.7	Yarmouth	1983
100m	Trina Nickerson	12.2	Barrington	1991
	Christine Fleury	12.2	West Kings	1997
	Marissa Walter	12.33*	Central Kings	2007
200m	Cecilia Branch	25.5	St. Patrick's	1973
	Leanne Huck	25.66*	Halifax Grammar	2001
400m	Jenna Martin	57.24*	Bridgewater	2003
800m	Louise Palmer	2:12.6	Gorsebrook	1977
1500m	Sadie Petrie	4:45.49*	Oxford Jr. High	2009
3000m	Sadie Petrie	10:20.17*	Oxford Jr. High	2009
4 x 100m		51.52*	Cobequid Education Center	2010
4 x 400m		4:07.64*	Halifax Grammar	2007
Shot Put (4kg)	Chelsea Whalen	12.98m	Liverpool Regional	2009
Discus (1kg)	Sarah Colborne	39.15m	Cobequid Education Center	2012
Javelin (600g)	Kate Forbes	39.00m	Central Colchester	1997
Javelin (500g)	Madelyn Quinn	41.73m	Cobequid Education Center	2016
High Jump	Tracey Loke	1.72m	Halifax West	1986
	Natalie Munroe	1.72m	Queen Elizabeth	1986
Long Jump	Cecilia Branch	5.32m	St. Patrick's	1973
Triple Jump	Gabrielle Fraser	11.19m	Advocate District	2016
Pole Vault	Laura Maessen	2.60m	Bicentennial	2005

*electronic timing

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

Non-Synthetic Track

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



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Intermediate Boys
Synthetic Track

Event	Athlete	Time/Distance	School	Year
100m Hurdles (36")	Matt Coolen	14.17*	Halifax West	2013
	Dominic Bricault	14.1	Ecole du Carrefour	1995
110m Hurdles (36")	Ray Bourque	15.7	Halifax West	1983
100m	Patrick Benjamin	10.5	Cole Harbour High	1998
200m	Patrick Benjamin	22.3	Cole Harbour High	1998
400m	Jonathan Campbell	50.87*	Sydney Academy	2005
800m	Hudson Grimshaw-Surette	1:58.21*	Yarmouth Consolidated	2015
1500m	Hudson Grimshaw-Surette	3:59.92*	Yarmouth Consolidated	2015
3000m	Andrew Peverill	8:50.61*	Sackville High	2015
4 x 100m		45.5	Sackville High	1976
4 x 400m		3:35.4	Prince Andrew	1984
Shot Put (4kg)	Chris Meisner	17.56m	Lunenburg High	1999
Shot Put (5kg)	Cameron Whynot	14.88m	Parkview	2016
Discus (1.616kg)	Geoffrey Myatt	42.68m	Sydney Academy	2007
Discus (1.5kg)	Peter Millman	42.29m	Cobequid Education Center	2010
Javelin (800g)	Jared Baird	53.46m	Cobequid Education Center	2005
Javelin (700g)	Logan Cleveland	49.63m	Parkview	2013
High Jump	Charles MacKay	1.95m	Inverness Consolidated	1988
Long Jump	David Paxton	6.44m	South Colchester	1997
Triple Jump	Mike Orodugba	13.82m	King's-Edgehill	1986
Pole Vault	Brendan O'Neill	3.65m	Sackville High	1993

*electronic timing

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

Non-Synthetic Track

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



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Senior Girls
Synthetic Track

Event	Athlete	Time/Distance	School	Year
80m Hurdles (33")	Kari Beiswanger	12.30*	Halifax West	2012
100m Hurdles (33")	Cecilia Branch	13.7	St. Patrick's	1975
100m	Cecilia Branch	11.7	St. Patrick's	1975
	Nicole Gillis	11.7	Sackville High	1987
	Jenna Martin	11.91*	Bridgetown	2006
200m	Jenn Meech	24.84*	Cobequid Education Center	2012
400m	Jenna Martin	54.13*	Bridgetown	2006
800m	Mary Jean Barrett	2:13.3	Sackville High	1980
1500m	Robyn Meagher	4:35.7	Mulgrave Memorial	1984
3000m	Laura Englehutt	10:16.18*	Halifax Grammar	2006
4 x 100m		50.32*	Cobequid Education Center	2004
4 x 400m		4:01.53*	Park View	2009
Shot Put (4kg)	Chelsea Whalen	13.26m	Liverpool Regional	2010
Discus (1kg)	Kayla Gallagher	41.92m	Cobequid Education Center	2012
Javelin (600g)	Chelsea Whalen	44.20m	Liverpool Regional	2010
High Jump	Linda Ayer	1.72m	Halifax West	1983
Long Jump	Cecilia Branch	5.45m	St. Patrick's	1975
Triple Jump	Carly Bunyan	11.31m	SAERC	1999
Pole Vault	Aly McPhee	3.15m	Sir John A. MacDonald	2006

*electronic timing

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

Non-Synthetic Track

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



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Senior Boys
Synthetic Track

Event	Athlete	Time/Distance	School	Year
110m Hurdles (39")	Scott Kirkpatrick	14.6	Halifax West	1982
100m Hurdles (39")	Matthew Coolen	13.28*	Halifax West	2015
100m	Roger Crawley	10.5	Graham Creighton	1971
	Kyu-Won Cho	10.69*	Citadel High	2009
200m	Matthew Coolen	21.58*	Halifax West	2015
400m	Mike Van Der Poel	48.49*	Cobequid Education Center	2015
800m	Jake Gallagher	1:54.47*	C.P Allen	2005
1500m	Mike Tate	3:54.91*	Dr. J.H. Gillis	2013
3000m	Andrew Peverill	8:44.69*	Sackville High School	2016
5000m	John Carson	14:56.6	Prince Andrew	1982
4 x 100m		43.26*	Cobequid Education Center	2014
4 x 400m		3:26.09*	Cobequid Education Center	2014
Shot Put (5.44 kg)	Chris Meisner	16.48m	Lunenburg Jr/Sr	2001
Shot Put (6kg)	Peter Millman	16.17m	Cobequid Education Center	2012
Discus (1.616kg)	Chris Meisner	49.22m	Lunenburg Jr/Sr	2000
Discus (1.75kg)	Peter Millman	49.76m	Cobequid Education Center	2012
Javelin (800g)	Adam Wolkins	61.64m	Shelburne	2005
High Jump	Tim Wrigley	2.06m	Middleton	1981
Long Jump	Dave Lucas	7.15m	Annapolis	1956
Triple Jump	Howie Jackson	14.25m	Bridgetown	1964
Pole Vault	Dominic Bricault	3.85m	Ecole du Carrefour	1996

*electronic timing

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

Non-Synthetic Track

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