

**2017 NSSAF Capital Regional
Meet Program**

Event 1 Girls 80 Meter Hurdles 30" Junior (12)**Top 8 Advance by Time**

NSSAF: 12.12 2016-06-03 Sierra Sweeney

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	683 Ashley Penney	Newbridge Ac
2	618 Madeline Cook	Madeline Symond:
3	687 Mary Sweetapple	Newbridge Ac
4	813 Claire Tramble	Rocky Lake Jr
5	409 Amelie Springer	Halifax Grammar
6	314 Elena Egamino	Graham Creighton
7		
8		

Heat 2 of 2 Prelims

1	107 Jaylen Keiver	Bicentennial
2	613 Millie Bhaskara	Madeline Symond:
3	673 Samantha Blair	Newbridge Ac
4	797 Hannah Kappernaes	Rocky Lake Jr
5	678 Annie Honkoop	Newbridge Ac
6	789 Allyssa Cross	Rocky Lake Jr
7		
8		

Event 2 Girls 80 Meter Hurdles 33" Intermediate (15)**Top 8 Advance by Time**

NSSAF: 12.45 2016-06-03 Zoe Carvery

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	567 Emily Lush	Lockview High
2	102 Macy Giles	Bicentennial
3	189 Olivia Falkenham	Citadel High
4	737 Gael Cameron	Prince Andrew
5	140 Victoria Christiansen	Charles P. Allen
6	264 Annique Lezama	Dartmouth High
7	467 Renee Macleod	Halifax West
8	514 Katrine Power	Herring Cove Jr.

Heat 2 of 2 Prelims

1	155 Teresa Treen	Charles P. Allen
2	738 Paige Colpitts	Prince Andrew
3	812 Desiree Spears	Rocky Lake Jr
4	194 Ashia Leblanc	Citadel High
5	455 Dina Gomiero	Halifax West
6	674 Paige Bodnar	Newbridge Ac
7	626 Hannah Murphy	Madeline Symond:
8		

Event 3 Girls 80 Meter Hurdles 33" Senior (12)**Top 8 Advance by Time**

NSSAF: 12.30 2012 Kari Beiswanger

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	750 Manami Yamaguchi	Prince Andrew
2	22 Talia Furey	Auburn Drive
3	142 Meghan Hamilton	Charles P. Allen
4	579 Bella Willett	Lockview High
5	30 Anna Manuel	Auburn Drive
6	744 Megan Hodder	Prince Andrew
7		
8		

Heat 2 of 2 Prelims

1		
2	745 Elizabeth Leahy	Prince Andrew
3	561 Olivia Hill	Lockview High
4	35 Lauren O'Leary	Auburn Drive
5	181 Faduma Abukar	Citadel High
6	742 Olivia Hamilton	Prince Andrew
7	845 Zoe Carvery	Sackville High
8		

Event 4 Boys 100 Meter Hurdles 33" Junior (11)**Top 8 Advance by Time**

NSSAF: 14.48 2016-06-03 Nolan Wentzell

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	819 Jahdai Belle	Rocky Lake Jr
2	720 Aidan Meister	Newbridge Ac
3	349 Ezra Wright	Graham Creighton
4	825 Owen Flemming	Rocky Lake Jr
5	721 Carter Murchison	Newbridge Ac
6	636 Trevor Ballie	Madeline Symond:
7		
8		

Heat 2 of 2 Prelims

1	689 Oliver Arnfast	Newbridge Ac
2	531 David Wells	Herring Cove Jr.
3	820 Luca Cameron	Rocky Lake Jr
4	651 Thomas Kleinknecht	Madeline Symond:
5	715 Cameron Maclean	Newbridge Ac
6		
7		
8		



**2017 NSSAF Capital Regional
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Event 5 Boys 100 Meter Hurdles 36" Intermediate (25)

Top 8 Advance by Time			
NSSAF:		14.17	2013
		Matt Coolen	
Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	497 Liam Oxner	Halifax West	
2	712 Cameron Lewis	Newbridge Ac	
3	870 Daniel Surette	Sackville High	
4	521 Eric Bechard	Herring Cove Jr.	
5	422 Noah Hann	Halifax Grammar	
6	179 Mathew Watters	Charles P. Allen	
7			
8			
Heat 2 of 4 Prelims			
1	120 George Griffen	Bicentennial	
2	602 Jonathan Pickrem	Lockview High	
3	530 Ben Thompson	Herring Cove Jr.	
4	935 Liam McLean	Sir John A.	
5	718 Patrick McInnis	Newbridge Ac	
6	427 A J Kapilan	Halifax Grammar	
7			
8			
Heat 3 of 4 Prelims			
1	552 Sacha Stover-Evong	J.L. Ilsley	
2	172 Keith Newsome	Charles P. Allen	
3	282 Ben Harrington	Dartmouth High	
4	583 Tom Barry	Lockview High	
5	717 Gavin McGinn	Newbridge Ac	
6	639 Bradley Bryant	Madeline Symonds	
7			
8			
Heat 4 of 4 Prelims			
1	940 Ben Williams	Sir John A.	
2	650 Sam Kennedy	Madeline Symonds	
3	834 Oliver McLatchey	Rocky Lake Jr	
4	784 Jack Warnell	Prince Andrew	
5	708 Noah House	Newbridge Ac	
6	168 Jacob Guy	Charles P. Allen	
7	595 Anthony Lutz	Lockview High	
8			

Event 6 Boys 100 Meter Hurdles 39" Senior (11)

Top 8 Advance by Time			
NSSAF:		13.28	2015
		Matthew Coolen	
Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	933 Adam Farmer	Sir John A.	
2	48 Alex Gyau	Auburn Drive	
3	774 Samuel Pineo	Prince Andrew	
4	45 Thomas Dooling	Auburn Drive	
5	231 Ben Trites	Citadel High	
6	492 Yvan Kammelu	Halifax West	
7			
8			
Heat 2 of 2 Prelims			
1	550 Adam Quaadoud	J.L. Ilsley	
2	216 Garret Johnson	Citadel High	
3	765 Lachlan Greechan	Prince Andrew	
4	69 Sha Upshaw	Auburn Drive	
5	757 Matt Connors	Prince Andrew	
6			
7			
8			

Event 7 Girls 400 Meter Dash Junior (29)

Top 8 Advance by Time			
NSSAF:		1:00.30	2001
		Jenna Martin	
Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	618 Madeline Cook	Madeline Symonds	
2	512 Breanne Llewellyn	Herring Cove Jr.	
3	357 Julia Drosbeck	Halifax Central	
4	99 Abbey Aucoin	Bicentennial	
5	403 Jessica Lee	Halifax Grammar	
6	890 Lauren Titus	Sacred Heart	
7	808 Sarah Normandeau	Rocky Lake Jr	
8	82 Kieryn Stuart	Bedford Academy	
Heat 2 of 4 Prelims			
1	506 Melissa Dewolfe	Herring Cove Jr.	
2	409 Amelie Springer	Halifax Grammar	
3	621 Abi Horne	Madeline Symonds	
4	802 Kennedy Mackill	Rocky Lake Jr	
5	353 Jenna Black	Halifax Central	
6	886 Claire Sheppard	Sacred Heart	
7	111 Sami Russell	Bicentennial	
8			



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Heat 3 of 4 Prelims...(Event 7 Girls 400 Meter Dash Junior (29))

1	509 Charlotte Kerr	Herring Cove Jr.
2	370 Emily Stewart	Halifax Central
3	399 Erika Johnston	Halifax Grammar
4	811 Gracie Somers	Rocky Lake Jr
5	559 Lauren Fergusson	Lockview High
6	631 Caitlin Taylor	Madeline Symonds
7	891 Maya Tugwell	Sacred Heart
8		

Heat 4 of 4 Prelims

1	879 Allyson Lightfoot	Sacred Heart
2	790 Sophie Doucette	Rocky Lake Jr
3	358 Kayleigh Dunphy	Halifax Central
4	400 Lara Jollimore-Behie	Halifax Grammar
5	510 Mackenzie Koidl	Herring Cove Jr.
6	625 Tara Merrick	Madeline Symonds
7	675 Audrey Donahue	Newbridge Ac
8		

Event 8 Boys 400 Meter Dash Junior (30)**Top 8 Advance by Time**

NSSAF:	53.72	2013	Barrett Dachyshyn
Lane	Name	School	Seed Time

Heat 1 of 4 Prelims

1	414 Seamus Adams	Halifax Grammar
2	380 Gregory Goss	Halifax Central
3	651 Thomas Kleinknecht	Madeline Symonds
4	14 Josh Maclean	Armbrae
5	716 Liam Macrae	Newbridge Ac
6	837 Griffin Minor	Rocky Lake Jr
7	338 Gavin Maclean	Graham Creighton
8	133 Jake Smith	Bicentennial

Heat 2 of 4 Prelims

1	435 Alexander Oxner	Halifax Grammar
2	526 Jasper McLellan	Herring Cove Jr.
3	657 Matthew Macneil	Madeline Symonds
4	336 Craig Johnson	Graham Creighton
5	689 Oliver Arnfast	Newbridge Ac
6	820 Luca Cameron	Rocky Lake Jr
7	384 Beck Lawson	Halifax Central
8	117 Nate Davies	Bicentennial

Heat 3 of 4 Prelims

1	665 Trevor Sawurd	Madeline Symonds
2	429 Grant Keefe	Halifax Grammar
3	125 Daniel McVicar	Bicentennial
4	386 Max Mir	Halifax Central
5	706 Daniel Hornik	Newbridge Ac
6	829 Nic Koch	Rocky Lake Jr
7	8 Aiden Cox	Armbrae
8		

Heat 4 of 4 Prelims

1	838 Ethan Morgan	Rocky Lake Jr
2	709 Zach Jenkins	Newbridge Ac
3	119 Jack Foster	Bicentennial
4	593 Andrew Fergusson	Lockview High
5	900 Eoin Morrison	Sacred Heart
6	326 Omari Boachi	Graham Creighton
7	663 Jake Ryan	Madeline Symonds
8		

Event 9 Girls 400 Meter Dash Intermediate (32)**Top 8 Advance by Time**

NSSAF:	57.24	2003	Jenna Martin
Lane	Name	School	Seed Time

Heat 1 of 4 Prelims

1	624 Abby MacDonald	Madeline Symonds
2	240 Robyn Pike	Cole Harbour Hig
3	513 Arielle Mountain	Herring Cove Jr.
4	145 Abby Koch	Charles P. Allen
5	913 Kiley Corkum	Sir John A.
6	471 Sydnie Paris	Halifax West
7	404 Joyce Li	Halifax Grammar
8	565 Clair Langille	Lockview High

Heat 2 of 4 Prelims

1	739 Jasmine Dang	Prince Andrew
2	617 Meaghan Comeau	Madeline Symonds
3	466 Mariah Macleod	Halifax West
4	807 Lauren Mooy	Rocky Lake Jr
5	395 Katie Blunden	Halifax Grammar
6	141 Haley Fitzgerald	Charles P. Allen
7	567 Emily Lush	Lockview High
8	923 Olivia Skinner	Sir John A.

Heat 3 of 4 Prelims

1	914 Laura De Berdt Romilly	Sir John A.
2	633 Sarah Tucker	Madeline Symonds
3	407 Rebecca Raphael	Halifax Grammar
4	507 Fallon Furey	Herring Cove Jr.
5	199 Riley Paris	Citadel High
6	108 Fiona Macdermid	Bicentennial
7	795 Saffron Hyde	Rocky Lake Jr
8	568 Sloan MacKenzie	Lockview High

Heat 4 of 4 Prelims

1	136 Rachel Aske	Charles P. Allen
2	194 Ashia Leblanc	Citadel High
3	787 Shawna Cosgrove	Rocky Lake Jr
4	519 Madi Turner-Slaunwhite	Herring Cove Jr.
5	628 Kayli Strickland	Madeline Symonds
6	106 Emily Johnston	Bicentennial
7	736 Ryleigh Burns	Prince Andrew
8	910 Ella Andrews	Sir John A.



**2017 NSSAF Capital Regional
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Event 10 Boys 400 Meter Dash Intermediate (41)**Top 8 Advance by Time**

NSSAF: 50.87 2005

Jonathan Campbell

Lane	Name	School	Seed Time
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Heat 1 of 6 Prelims

1	702 Cameron Gale	Newbridge Ac
2	640 Colby Burton	Madeline Symond:
3	609 Carter Theriault	Lockview High
4	773 Jonathan Parsons	Prince Andrew
5	940 Ben Williams	Sir John A.
6	826 Cole Fraser	Rocky Lake Jr
7		
8		

Heat 2 of 6 Prelims

1	128 Griffen Moore	Bicentennial
2	377 Emerson Crick	Halifax Central
3	863 Bennet Lindala	Sackville High
4	671 Brennan Ware	Madeline Symond:
5	40 Blaine Beals	Auburn Drive
6	936 Alex McPherson	Sir John A.
7	226 Alex Radford	Citadel High
8		

Heat 3 of 6 Prelims

1	213 Sam Haynes	Citadel High
2	589 Jarrett Crowell	Lockview High
3	430 Ian Keefe	Halifax Grammar
4	764 Kyle Gouthro	Prince Andrew
5	934 Thomas MacLellan	Sir John A.
6	722 Duncan Nichols-Delay	Newbridge Ac
7	547 Patrick Lefort	J.L. Ilsley
8		

Heat 4 of 6 Prelims

1	929 Ryaan Dalloul	Sir John A.
2	205 Omar Abdelkader	Citadel High
3	711 Alex Leveque	Newbridge Ac
4	828 Ethan Ivanoff	Rocky Lake Jr
5	861 Samuel Jobb	Sackville High
6	485 Kyrell Clarke	Halifax West
7	134 Camden Springer	Bicentennial
8		

Heat 5 of 6 Prelims

1	692 Matthew Byron	Newbridge Ac
2	587 Connor Clark	Lockview High
3	212 Drew Harper	Citadel High
4	59 Ryan Miles	Auburn Drive
5	830 Morgan Lake	Rocky Lake Jr
6	116 Luke Conlon	Bicentennial
7	664 Devon Saberi	Madeline Symond:
8		

Heat 6 of 6 Prelims

1	290 Tyler Myers	Dartmouth High
2	160 Oliver Cail	Charles P. Allen
3	642 James Dowell	Madeline Symond:
4	842 Liam Walsh	Rocky Lake Jr
5	252 Shea Lenihan	Cole Harbour Hig
6	121 Keegan Hammond	Bicentennial
7	585 Oscar Brown	Lockview High
8		

Event 11 Girls 400 Meter Dash Senior (12)**Top 8 Advance by Time**

NSSAF: 54.13 2006

Jenna Martin

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	468 Lauryn Marchand	Halifax West
2	912 Shania Bugbee	Sir John A.
3	561 Olivia Hill	Lockview High
4	750 Manami Yamaguchi	Prince Andrew
5	411 Edie Wilson	Halifax Grammar
6	877 Sydney Hayden	Sacred Heart
7		
8		

Heat 2 of 2 Prelims

1	566 Sophie Leblanc	Lockview High
2	474 Jane Warren	Halifax West
3	570 Claire Morley	Lockview High
4	748 Emma Wigle	Prince Andrew
5	447 Samantha Carrigan-Kaise	Halifax West
6	148 Sarah Macneil	Charles P. Allen
7		
8		

Event 12 Boys 400 Meter Dash Senior (36)**Top 8 Advance by Time**

NSSAF: 48.49 2015

Mike Van Der Poel

Lane	Name	School	Seed Time
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Heat 1 of 5 Prelims

1	544 Sam Julian	J.L. Ilsley
2	606 Hunter Rose	Lockview High
3	224 Toby Otti	Citadel High
4	171 Neil MacDonald	Charles P. Allen
5	779 Cheol Shin	Prince Andrew
6	255 Billy Sommers	Cole Harbour Hig
7	69 Sha Upshaw	Auburn Drive
8	483 Matthew Carlton	Halifax West



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Heat 2 of 5 Prelims...(Event 12 Boys 400 Meter Dash Senior (36))

1	218 Hinrich Kerstein	Citadel High
2	419 Kirk Drabble	Halifax Grammar
3	765 Lachlan Greechan	Prince Andrew
4	285 Greg Mayo	Dartmouth High
5	162 Phillippe Carpentier	Charles P. Allen
6	592 Nathan Ferguson	Lockview High
7	887 Kyle Smith	Sacred Heart
8		

Heat 3 of 5 Prelims

1	488 Praise Fagbile	Halifax West
2	284 Ben Macqueen	Dartmouth High
3	256 Eban Tebay	Cole Harbour Hig
4	45 Thomas Dooling	Auburn Drive
5	440 Ben Stevens	Halifax Grammar
6	306 Yannick Laberge	Ecole du Som
7	596 Ben Marsh	Lockview High
8		

Heat 4 of 5 Prelims

1	909 Lukas Willsie	Sacred Heart
2	588 Tristan Connors	Lockview High
3	61 Jack O'Brien	Auburn Drive
4	281 Boyd Hammond	Dartmouth High
5	207 Conor Campbell	Citadel High
6	930 Zak Dalloul	Sir John A.
7	428 Connor Keefe	Halifax Grammar
8		

Heat 5 of 5 Prelims

1	778 Jake Russell	Prince Andrew
2	254 Gustavo Petradi	Cole Harbour Hig
3	216 Garret Johnson	Citadel High
4	931 Ben Edwards	Sir John A.
5	542 Migue Hernandez	J.L. Ilsley
6	441 Dawson Tilley	Halifax Grammar
7	271 Brady Beaver	Dartmouth High
8		

Event 13 Girls 100 Meter Dash Junior (43)**Top 8 Advance by Time**

	NSSAF:	12.64	2006	Nikkia Jones
Lane	Name	School	Seed Time	

Heat 1 of 6 Prelims

1	6 Frida Kaeubler-Delong	Armbrae
2	78 Cate Majury	Bedford Academy
3	673 Samantha Blair	Newbridge Ac
4	620 Kaylee Hickey	Madeline Symonds
5	792 Marissa Gear	Rocky Lake Jr
6	104 Myah Jennings	Bicentennial
7	371 Jorja Thomas	Halifax Central
8	876 Emma Hamlyn	Sacred Heart

Heat 2 of 6 Prelims

1	398 Livia Dunn	Halifax Grammar
2	365 Rachel MacMillan	Halifax Central
3	109 Maura Murphy	Bicentennial
4	324 Tamia Thomas	Graham Creighton
5	520 Alena Zinck	Herring Cove Jr.
6	77 Olivia Liu	Bedford Academy
7	618 Madeline Cook	Madeline Symonds
8		

Heat 3 of 6 Prelims

1	4 Erika Hilchie-Py	Armbrae
2	613 Millie Bhaskara	Madeline Symonds
3	73 Abby Falkenham	Bedford Academy
4	358 Kayleigh Dunphy	Halifax Central
5	317 Maddison (mj) Jackson	Graham Creighton
6	794 Maren Hall	Rocky Lake Jr
7	678 Annie Honkoop	Newbridge Ac
8		

Heat 4 of 6 Prelims

1	408 Lily Reid	Halifax Grammar
2	510 Mackenzie Koidl	Herring Cove Jr.
3	72 Joud Abukhadijeh	Bedford Academy
4	808 Sarah Normandeau	Rocky Lake Jr
5	680 Molly Lenihan	Newbridge Ac
6	627 Ali Poisson	Madeline Symonds
7	874 Talia Friesen	Sacred Heart
8		

Heat 5 of 6 Prelims

1	100 Lauren Clarke	Bicentennial
2	676 Mackenzie Drake	Newbridge Ac
3	506 Melissa Dewolfe	Herring Cove Jr.
4	314 Elena Egamino	Graham Creighton
5	559 Lauren Fergusson	Lockview High
6	400 Lara Jollimore-Behie	Halifax Grammar
7	890 Lauren Titus	Sacred Heart
8		

Heat 6 of 6 Prelims

1	875 Hannah Gogan	Sacred Heart
2	804 Erin McCormick	Rocky Lake Jr
3	518 Sierra Simms	Herring Cove Jr.
4	406 Krissa Mou	Halifax Grammar
5	107 Jaylen Keiver	Bicentennial
6	352 Jessica Bethune	Halifax Central
7	312 Jazmine Day	Graham Creighton
8		



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Event 14 Boys 100 Meter Dash Junior (36)

Top 8 Advance by Time			
NSSAF:		11.59	2016
		Braden Gray	
Lane	Name	School	Seed Time
Heat 1 of 5 Prelims			
1	335 Sequain Hudson-Ash	Graham Creighton	
2	908 Ty Wheatley	Sacred Heart	
3	643 Matthias Fenez	Madeline Symond:	
4	439 Cherokee Robinson	Halifax Grammar	
5	114 Ben Boyd	Bicentennial	
6	307 Lucas Orychock	Ecole du Som	
7	384 Beck Lawson	Halifax Central	
8	693 Alex Carr	Newbridge Ac	
Heat 2 of 5 Prelims			
1	896 Aidan James	Sacred Heart	
2	380 Gregory Goss	Halifax Central	
3	343 Romey Smith	Graham Creighton	
4	835 Brendon McQuaid	Rocky Lake Jr	
5	305 Austin Conrad	Ecole du Som	
6	118 Aidan Foster	Bicentennial	
7	663 Jake Ryan	Madeline Symond:	
8			
Heat 3 of 5 Prelims			
1	531 David Wells	Herring Cove Jr.	
2	905 Jacob Scott	Sacred Heart	
3	13 James Macintyre	Armbrae	
4	432 Gilad Maiani	Halifax Grammar	
5	715 Cameron Maclean	Newbridge Ac	
6	820 Luca Cameron	Rocky Lake Jr	
7	126 Keegan McVicar	Bicentennial	
8			
Heat 4 of 5 Prelims			
1	691 Josh Braine	Newbridge Ac	
2	127 Dylan Moore	Bicentennial	
3	822 Zik Chipuda	Rocky Lake Jr	
4	414 Seamus Adams	Halifax Grammar	
5	386 Max Mir	Halifax Central	
6	657 Matthew Macneil	Madeline Symond:	
7	347 Marques Williams	Graham Creighton	
8			
Heat 5 of 5 Prelims			
1	892 Daniel Atherton	Sacred Heart	
2	827 Jack Humprey	Rocky Lake Jr	
3	655 Jack Mackay	Madeline Symond:	
4	373 Luke Allan	Halifax Central	
5	688 Dylan Andrews	Newbridge Ac	
6	435 Alexander Oxner	Halifax Grammar	
7	345 Kyree Thompson	Graham Creighton	
8			

Event 15 Girls 100 Meter Dash Intermediate (61)

Top 8 Advance by Time			
NSSAF:		12.33	2007
		Marissa Wolter	
Lane	Name	School	Seed Time
Heat 1 of 8 Prelims			
1	322 Shykara Saunders	Graham Creighton	
2	189 Olivia Falkenham	Citadel High	
3	672 Emma Bishop	Newbridge Ac	
4	851 Annie Tulk	Sackville High	
5	367 Leah Mir	Halifax Central	
6	150 Olivia Moller	Charles P. Allen	
7	262 Clair Gascoigne	Dartmouth High	
8	558 Olivia Crowe	Lockview High	
Heat 2 of 8 Prelims			
1	517 Radka Sevcik	Herring Cove Jr.	
2	199 Riley Paris	Citadel High	
3	153 Taylor Shannon	Charles P. Allen	
4	923 Olivia Skinner	Sir John A.	
5	266 Yasmine Serafico	Dartmouth High	
6	787 Shawna Cosgrove	Rocky Lake Jr	
7	677 Tait Hayden	Newbridge Ac	
8	629 Allison Stright	Madeline Symond:	
Heat 3 of 8 Prelims			
1	849 Taylor Stone	Sackville High	
2	316 Symone Grosse	Graham Creighton	
3	805 Allison McNeil	Rocky Lake Jr	
4	519 Madi Turner-Slaunwhite	Herring Cove Jr.	
5	619 Nicola Downward	Madeline Symond:	
6	563 Shaydan James-Pitts	Lockview High	
7	194 Ashia Leblanc	Citadel High	
8	476 Madeline West	Halifax West	
Heat 4 of 8 Prelims			
1	504 Amy Carey	Herring Cove Jr.	
2	144 Sarah Keeler	Charles P. Allen	
3	850 Ruth Tilahun	Sackville High	
4	913 Kiley Corkum	Sir John A.	
5	738 Paige Colpitts	Prince Andrew	
6	39 Lorin Tolliver	Auburn Drive	
7	102 Macy Giles	Bicentennial	
8	796 Lara Issa	Rocky Lake Jr	
Heat 5 of 8 Prelims			
1	916 Chelsey Jeffery	Sir John A.	
2	16 Coretta Beals	Auburn Drive	
3	240 Robyn Pike	Cole Harbour Hig	
4	471 Sydnie Paris	Halifax West	
5	404 Joyce Li	Halifax Grammar	
6	368 Catherine Robbins	Halifax Central	
7	300 Estella Rose Mullen	Ecole du Som	
8	323 Sierra Sweeney	Graham Creighton	



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Heat 6 of 8 Prelims...(Event 15 Girls 100 Meter Dash Intermediate (6)

1	247 Kaitlyn Way	Cole Harbour Hig
2	264 Annique Lezama	Dartmouth High
3	795 Saffron Hyde	Rocky Lake Jr
4	473 Katelyn Power	Halifax West
5	682 Ashley Neves	Newbridge Ac
6	112 Sammi Szeto	Bicentennial
7	19 Julia Chan	Auburn Drive
8		

Heat 7 of 8 Prelims

1	407 Rebecca Raphael	Halifax Grammar
2	743 Mackenzie Henderson	Prince Andrew
3	568 Sloan MacKenzie	Lockview High
4	27 Sara Leslie	Auburn Drive
5	321 Quendara Provo	Graham Creighton
6	533 Kenzie Chranofsky	J.L. Ilsley
7	359 Sophie Fitzgerald	Halifax Central
8		

Heat 8 of 8 Prelims

1	302 Christina Wyllie	Ecole du Som
2	198 Bella O'Keefe	Citadel High
3	363 May Green	Halifax Central
4	457 Samantha Henneberry	Halifax West
5	624 Abby MacDonald	Madeline Symonds
6	914 Laura De Berdt Romilly	Sir John A.
7	565 Clair Langille	Lockview High
8		

Event 16 Boys 100 Meter Dash Intermediate (73)**Top 8 Advance by Time**

NSSAF: 10.50 1998		Patrick Benjamin	
Lane	Name	School	Seed Time

Heat 1 of 10 Prelims

1	67 Tajhon Thomas	Auburn Drive
2	251 Bailey Henwood	Cole Harbour Hig
3	233 David Warner	Citadel High
4	89 Sam Johnston	Bedford Academy
5	443 Alex Yan	Halifax Grammar
6	500 Bryan Swaniker	Halifax West
7	860 Jacob Jefferson	Sackville High
8	642 James Dowell	Madeline Symonds

Heat 2 of 10 Prelims

1	390 Jacob Yazbek	Halifax Central
2	640 Colby Burton	Madeline Symonds
3	170 Conor Jacobs	Charles P. Allen
4	59 Ryan Miles	Auburn Drive
5	341 Araya Smith	Graham Creighton
6	422 Noah Hann	Halifax Grammar
7	252 Shea Lenihan	Cole Harbour Hig
8	840 Connor Stone	Rocky Lake Jr

Heat 3 of 10 Prelims

1	529 Spencer Scott	Herring Cove Jr.
2	667 Alex Snair	Madeline Symonds
3	545 Josh Lawrence	J.L. Ilsley
4	391 Allan Young	Halifax Central
5	940 Ben Williams	Sir John A.
6	501 Gaurab Tiwari	Halifax West
7	590 Matteo Diquinzio	Lockview High
8	66 Jonathon Steeves	Auburn Drive

Heat 4 of 10 Prelims

1	212 Drew Harper	Citadel High
2	84 Amro Abukhadjeh	Bedford Academy
3	585 Oscar Brown	Lockview High
4	121 Keegan Hammond	Bicentennial
5	856 Connor Burns	Sackville High
6	298 Ma-Kel Vincent	Dartmouth High
7	528 Joey Saoud	Herring Cove Jr.
8		

Heat 5 of 10 Prelims

1	282 Ben Harrington	Dartmouth High
2	525 Keegan Irons	Herring Cove Jr.
3	379 David Frost	Halifax Central
4	656 Luke Maclean	Madeline Symonds
5	824 Joe Dibb	Rocky Lake Jr
6	70 Jaiden Williams	Auburn Drive
7	864 Connor McHugh	Sackville High
8		

Heat 6 of 10 Prelims

1	730 Michael Short	Newbridge Ac
2	283 Dylan Jones	Dartmouth High
3	939 Riley Webb	Sir John A.
4	859 Spencer Holman	Sackville High
5	227 Sungbeen Song	Citadel High
6	598 Cameron McNab	Lockview High
7	328 Charles Bundy	Graham Creighton
8		

Heat 7 of 10 Prelims

1	129 Seth Night	Bicentennial
2	870 Daniel Surrette	Sackville High
3	304 Nicolas Beaulieu	Ecole du Som
4	733 Alex Williams	Newbridge Ac
5	497 Liam Oxner	Halifax West
6	540 Connor Duggan	J.L. Ilsley
7	843 Kyle Yoo	Rocky Lake Jr
8		



**2017 NSSAF Capital Regional
Meet Program**

Heat 8 of 10 Prelims...(Event 16 Boys 100 Meter Dash Intermediate (C))

1	296 Jahleel Stairs	Dartmouth High
2	547 Patrick Lefort	J.L. Ilsley
3	88 Ethan Grey	Bedford Academy
4	599 Ethan Oderkirk	Lockview High
5	344 Stacy Smith	Graham Creighton
6	303 Kyle Arthur	Ecole du Som
7	172 Keith Newsome	Charles P. Allen
8		

Heat 9 of 10 Prelims

1	229 Ethan Steenbeek	Citadel High
2	135 Kai Tia	Bicentennial
3	426 Jackson Hunter	Halifax Grammar
4	160 Oliver Cail	Charles P. Allen
5	731 Jack Taylor	Newbridge Ac
6	817 Will Bartlett	Rocky Lake Jr
7	530 Ben Thompson	Herring Cove Jr.
8		

Heat 10 of 10 Prelims

1	346 Tyler Verge	Graham Creighton
2	692 Matthew Byron	Newbridge Ac
3	552 Sacha Stover-Evong	J.L. Ilsley
4	935 Liam McLean	Sir John A.
5	95 Thomas Scott	Bedford Academy
6	128 Griffen Moore	Bicentennial
7	387 Mykeo Parker-Christmas	Halifax Central
8		

Event 17 Girls 100 Meter Dash Senior (38)**Top 8 Advance by Time**

NSSAF: 11.91 2006

Jenna Martin

Lane	Name	School	Seed Time
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Heat 1 of 5 Prelims

1	846 Mackenzie Farkash	Sackville High
2	244 Carliegh Romkey	Cole Harbour Hig
3	21 Alexis Downey	Auburn Drive
4	261 Julia Dunbar	Dartmouth High
5	461 Isabel Lopez-McLean	Halifax West
6	571 Britney Plume	Lockview High
7	191 Karah Fleet	Citadel High
8	751 Sarah Zozuk	Prince Andrew

Heat 2 of 5 Prelims

1	912 Shania Bugbee	Sir John A.
2	257 Ainsley Buffett	Dartmouth High
3	460 Brooke Laroche	Halifax West
4	848 Taylor Perrot	Sackville High
5	878 Maddie Hebb	Sacred Heart
6	741 Christine George	Prince Andrew
7	142 Meghan Hamilton	Charles P. Allen
8	235 Josee Belanger	Cole Harbour Hig

Heat 3 of 5 Prelims

1	237 Robin Giroux	Cole Harbour Hig
2	535 Lindsay Mitchell	J.L. Ilsley
3	745 Elizabeth Leahy	Prince Andrew
4	852 Taylor Williams Parrot	Sackville High
5	448 Heather Chigora	Halifax West
6	882 Grace McCrae	Sacred Heart
7	560 Rylee Garnett	Lockview High
8	185 Nikola Doelle	Citadel High

Heat 4 of 5 Prelims

1	871 Meghan Beland	Sacred Heart
2	195 Natasha Miller	Citadel High
3	566 Sophie Leblanc	Lockview High
4	534 Arianna Conrod	J.L. Ilsley
5	844 Katelyn Blinn	Sackville High
6	147 Ellen MacDonald	Charles P. Allen
7	454 Jessica Duru	Halifax West
8		

Heat 5 of 5 Prelims

1	884 Kenzie Peverill	Sacred Heart
2	536 Klara Sobotta	J.L. Ilsley
3	192 Jade Frazer	Citadel High
4	139 Mackenzie Burke	Charles P. Allen
5	747 Talyia McCready	Prince Andrew
6	241 Victoria Porter	Cole Harbour Hig
7	570 Claire Morley	Lockview High
8		

Event 18 Boys 100 Meter Dash Senior (41)**Top 8 Advance by Time**

NSSAF: 10.69 2009

Kyu-Won Cho

Lane	Name	School	Seed Time
------	------	--------	-----------

Heat 1 of 6 Prelims

1	277 Evan Desilva	Dartmouth High
2	765 Lachlan Greechan	Prince Andrew
3	553 Marco Tsirigotis	J.L. Ilsley
4	701 David Gabriel-Cote	Newbridge Ac
5	592 Nathan Ferguson	Lockview High
6	486 Luke Davison	Halifax West
7		
8		

Heat 2 of 6 Prelims

1	225 Andrew Parkhill	Citadel High
2	554 Anton Wernik	J.L. Ilsley
3	867 Josh Rasmussen	Sackville High
4	483 Matthew Carlton	Halifax West
5	250 Nori Hagasaki	Cole Harbour Hig
6	48 Alex Gyau	Auburn Drive
7	761 Brett Draper	Prince Andrew
8		



**2017 NSSAF Capital Regional
Meet Program**

Heat 3 of 6 Prelims...(Event 18 Boys 100 Meter Dash Senior (41))

1	248 Noah Brown	Cole Harbour Hig
2	228 Jassin States	Citadel High
3	753 Tyson Carvery	Prince Andrew
4	608 Caleb Shiels	Lockview High
5	487 Raheem Elliott	Halifax West
6	161 Tevin Campbell	Charles P. Allen
7	12 Bryce Maciniss	Armbrac
8		

Heat 4 of 6 Prelims

1	723 Christopher Piche	Newbridge Ac
2	178 Ethan Tucker	Charles P. Allen
3	597 Tyler McKay	Lockview High
4	297 Cameron Vallis	Dartmouth High
5	220 Songnian Liu	Citadel High
6	64 Sam Singleton	Auburn Drive
7	865 Joe McKegney	Sackville High
8		

Heat 5 of 6 Prelims

1	166 Alex Godfrey	Charles P. Allen
2	766 Noah Kane	Prince Andrew
3	549 Jonah Manuel	J.L. Ilsley
4	53 Johnathan Keirstead	Auburn Drive
5	489 Precious Fagbile	Halifax West
6	932 Bryce Edwards	Sir John A.
7	857 Nick Cullen	Sackville High
8		

Heat 6 of 6 Prelims

1	65 Kahlil Spivey	Auburn Drive
2	539 Kyle Brooks	J.L. Ilsley
3	606 Hunter Rose	Lockview High
4	725 Alex Provo	Newbridge Ac
5	853 Connor Adams	Sackville High
6	285 Greg Mayo	Dartmouth High
7	232 Keyshawn Upshaw	Citadel High
8		

Event 19 Girls 1500 Meter Run Junior (23)

NSSAF: 4:49.85 2011		Rachel Crawley	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	687 Mary Sweetapple	Newbridge Ac	
2	679 Bella House	Newbridge Ac	
3	366 Fiona McClure	Halifax Central	
4	369 Pascale St.peters	Halifax Central	
5	559 Lauren Fergusson	Lockview High	
6	412 Julia Wright	Halifax Grammar	
7	396 Bekkah Celikkanat	Halifax Grammar	
8	397 Brit Drysdale	Halifax Grammar	
9	7 Abbie Langill	Armbrac	
10	883 Sasha Oreskovich	Sacred Heart	
11	881 Tallulah Macneil	Sacred Heart	
12	880 Sarah Macaskill	Sacred Heart	
13	885 Claire Rankin	Sacred Heart	
14	814 Emma Tye	Rocky Lake Jr	
15	802 Kennedy Mackill	Rocky Lake Jr	
16	811 Gracie Somers	Rocky Lake Jr	
17	810 Claire Shea	Rocky Lake Jr	
18	81 Lily Ramsay	Bedford Academy	
19	623 Cassidy Khattar	Madeline Symonds	
20	612 Cameron Beaton	Madeline Symonds	
21	635 Ella Whynot	Madeline Symonds	
22	622 Hannah Horton	Madeline Symonds	
23	99 Abbey Aucoin	Bicentennial	
24			

Event 20 Boys 1500 Meter Run Junior (34)

NSSAF: 4:19.71 2009		Mike Tate	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	125 Daniel McVicar	Bicentennial	
2	119 Jack Foster	Bicentennial	
3	8 Aiden Cox	Armbrac	
4	11 Calum Love	Armbrac	
5	423 Will Hardman	Halifax Grammar	
6	900 Eoin Morrison	Sacred Heart	
7	898 Lauchlan McDonough	Sacred Heart	
8	523 Ezra Eastwood	Herring Cove Jr.	
9	527 Dylan Reinhardt	Herring Cove Jr.	
10	388 Simon Rostis	Halifax Central	
11	720 Aidan Meister	Newbridge Ac	
12	699 Ryan Farrow	Newbridge Ac	
13	658 Duncan McCallum	Madeline Symonds	
14	669 Ben Thompson	Madeline Symonds	
15	839 Matthew Sophocleous	Rocky Lake Jr	
16	829 Nic Koch	Rocky Lake Jr	
17			
18			



**2017 NSSAF Capital Regional
Meet Program**

Section 2 of 2 Finals...(Event 20 Boys 1500 Meter Run Junior (34))

1	384 Beck Lawson	Halifax Central
2	385 Oliver Lawson	Halifax Central
3	821 Damon Chandler	Rocky Lake Jr
4	825 Owen Flemming	Rocky Lake Jr
5	349 Ezra Wright	Graham Creighton
6	438 Neil Purcell	Halifax Grammar
7	442 David Waller	Halifax Grammar
8	719 Ephram McNutt	Newbridge Ac
9	698 Akihiro Enomoto	Newbridge Ac
10	641 Davis Cooper	Madeline Symonds
11	665 Trevor Sawurd	Madeline Symonds
12	901 William Nickerson	Sacred Heart
13	130 Logan Raftus	Bicentennial
14	124 Angus Latter	Bicentennial
15	526 Jasper McLellan	Herring Cove Jr.
16	14 Josh Maclean	Armbrae
17	15 Yale O'Connor	Armbrae
18	91 Peter Kouzovnikov	Bedford Academy

Event 21 Girls 1500 Meter Run Intermediate (25)

NSSAF: 4:45.49 2009		Sadie Petrie	
Lane	Name	School	Seed Time

Section 1 of 1 Finals

1	682 Ashley Neves	Newbridge Ac
2	152 Katelyn Richards	Charles P. Allen
3	154 Laura Taylor	Charles P. Allen
4	138 Kianna Bensen	Charles P. Allen
5	921 Sarah Merlin	Sir John A.
6	203 Martha Young	Citadel High
7	196 Madeleine Murphy	Citadel High
8	184 Meadow Carman	Citadel High
9	186 Alexis Donovan	Citadel High
10	240 Robyn Pike	Cole Harbour Hig
11	614 Carley Birrell	Madeline Symonds
12	628 Kayli Strickland	Madeline Symonds
13	617 Meaghan Comeau	Madeline Symonds
14	28 Abby MacDonald	Auburn Drive
15	17 Tanna Burke	Auburn Drive
16	888 Maggie Smith	Sacred Heart
17	872 Gabrielle Cote	Sacred Heart
18	1 Julia Alwayn	Armbrae
19	258 Charlotte Courtney	Dartmouth High
20	264 Annique Lezama	Dartmouth High
21	556 Adriana Caswell	Lockview High
22	360 Kirsten Fleet	Halifax Central
23	355 Cait Cotter	Halifax Central
24	737 Gael Cameron	Prince Andrew
25	464 Marlee Macintosh	Halifax West
26		

Event 22 Boys 1500 Meter Run Intermediate (50)

NSSAF: 3:59.92 2015		Hudson Grimshaw-Surette	
Lane	Name	School	Seed Time

Section 1 of 2 Finals

1	310 Téoman Ugurluoglu	Ecole du Som
2	826 Cole Fraser	Rocky Lake Jr
3	816 Mohamed Abusayma	Rocky Lake Jr
4	584 Brody Boudreau	Lockview High
5	594 Jeremy Harper	Lockview High
6	436 Julian Oxner	Halifax Grammar
7	9 Jack Langille	Armbrae
8	637 Max Barton	Madeline Symonds
9	638 Andrew Billard	Madeline Symonds
10	764 Kyle Gouthro	Prince Andrew
11	770 Cole Myers	Prince Andrew
12	936 Alex McPherson	Sir John A.
13	485 Kyrell Clarke	Halifax West
14	204 Jacob Abbott	Citadel High
15	217 Andrew Keating	Citadel High
16	290 Tyler Myers	Dartmouth High
17	541 Toma's Gomez	J.L. Ilsley
18	548 James Lewis	J.L. Ilsley
19	175 Drew Somers	Charles P. Allen
20	339 Tyler Mitchell	Graham Creighton
21	327 Brett Boudreau	Graham Creighton
22	437 Liam Pirie	Halifax Grammar
23	712 Cameron Lewis	Newbridge Ac
24	773 Jonathan Parsons	Prince Andrew
25	382 Ali Islam	Halifax Central
26		



**2017 NSSAF Capital Regional
Meet Program**

Section 2 of 2 Finals...(Event 22 Boys 1500 Meter Run Intermediate (

1	286 Dylan McKeen	Dartmouth High
2	668 Ben Thomas	Madeline Symonds
3	646 Will Greenlaw	Madeline Symonds
4	421 Stelios Hantias	Halifax Grammar
5	413 Thomas Adamo-Schmidt	Halifax Grammar
6	551 Wyatt Reinhardt	J.L. Ilsley
7	547 Patrick Lefort	J.L. Ilsley
8	334 Liam Haley	Graham Creighton
9	337 Callin Kilpatrick	Graham Creighton
10	929 Ryaan Dalloul	Sir John A.
11	600 Camden Pero	Lockview High
12	586 Nick Burgers-Lamontagn	Lockview High
13	894 Krabbe Eichhorn	Sacred Heart
14	209 Noah Douglas	Citadel High
15	226 Alex Radford	Citadel High
16	828 Ethan Ivanoff	Rocky Lake Jr
17	841 Ethan Thompson	Rocky Lake Jr
18	309 Jackie Spearns	Ecole du Som
19	179 Mathew Watters	Charles P. Allen
20	173 Ryan Nichols	Charles P. Allen
21	378 Suliman Elomrani	Halifax Central
22	374 Luke Berryman	Halifax Central
23	116 Luke Conlon	Bicentennial
24	727 Jeremy Rehberg	Newbridge Ac
25	495 Cameron Lordon	Halifax West
26		

Event 23 Girls 1500 Meter Run Senior (14)

NSSAF: 4:35.70 1984		Robyn Meagher	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	260 Lauren Dessureault	Dartmouth High	
2	257 Ainsley Buffett	Dartmouth High	
3	402 Maddie Lavers	Halifax Grammar	
4	580 Haley Wiseman	Lockview High	
5	562 Valentina Honorati	Lockview High	
6	577 Janna Sunde	Lockview High	
7	576 Claire Steele	Lockview High	
8	146 Lauren Liem	Charles P. Allen	
9	200 Charlotte Stretton	Citadel High	
10	190 Marina Flaim	Citadel High	
11	453 Alex Doane	Halifax West	
12	459 Leoni Knauer	Halifax West	
13	532 Bhreagh Burke	J.L. Ilsley	
14	889 Miho Suzuki	Sacred Heart	
15			
16			

Event 24 Boys 1500 Meter Run Senior (20)

NSSAF: 3:54.91 2013		Mike Tate	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	783 Chase Wall	Prince Andrew	
2	904 David Sapp	Sacred Heart	
3	902 Benno Orr	Sacred Heart	
4	903 Mitchell Reardon	Sacred Heart	
5	866 Andrew Peverill	Sackville High	
6	862 Aaron Kenty	Sackville High	
7	417 Will Blunden	Halifax Grammar	
8	479 Dylan Bennett	Halifax West	
9	478 Rohan Banori	Halifax West	
10	502 Noah Worth	Halifax West	
11	224 Toby Otti	Citadel High	
12	176 Alex Steeves	Charles P. Allen	
13	177 Jonathan Taylor	Charles P. Allen	
14	256 Eban Tebay	Cole Harbour Hig	
15	255 Billy Sommers	Cole Harbour Hig	
16	55 Jeremy Lavigne	Auburn Drive	
17	271 Brady Beaver	Dartmouth High	
18	280 Malcolm Gascoinge	Dartmouth High	
19	707 Niko House	Newbridge Ac	
20	926 Brandon Benvie	Sir John A.	
21			

Event 25 Girls 200 Meter Dash Junior (37)

Top 8 Advance by Time			
NSSAF: 26.49 2014		Taylor Mattinson	
Lane	Name	School	Seed Time
Heat 1 of 5 Prelims			
1	324 Tamia Thomas	Graham Creighton	
2	876 Emma Hamlyn	Sacred Heart	
3	620 Kaylee Hickey	Madeline Symonds	
4	100 Lauren Clarke	Bicentennial	
5	82 Kiernyn Stuart	Bedford Academy	
6	790 Sophie Doucette	Rocky Lake Jr	
7	509 Charlotte Kerr	Herring Cove Jr.	
8	399 Erika Johnston	Halifax Grammar	
Heat 2 of 5 Prelims			
1	627 Ali Poisson	Madeline Symonds	
2	78 Cate Majury	Bedford Academy	
3	685 Trinity Skerry	Newbridge Ac	
4	357 Julia Drosbeck	Halifax Central	
5	792 Marissa Gear	Rocky Lake Jr	
6	107 Jaylen Keiver	Bicentennial	
7	890 Lauren Titus	Sacred Heart	
8	408 Lily Reid	Halifax Grammar	



**2017 NSSAF Capital Regional
Meet Program**

Heat 3 of 5 Prelims...(Event 25 Girls 200 Meter Dash Junior (37))

1	518 Sierra Simms	Herring Cove Jr.
2	365 Rachel MacMillan	Halifax Central
3	794 Maren Hall	Rocky Lake Jr
4	312 Jazmine Day	Graham Creighton
5	559 Lauren Fergusson	Lockview High
6	2 Kecia An-Jager	Armbrae
7	405 Sophie McKegney	Halifax Grammar
8		

Heat 4 of 5 Prelims

1	631 Caitlin Taylor	Madeline Symonds
2	104 Myah Jennings	Bicentennial
3	874 Talia Friesen	Sacred Heart
4	356 Maya Dixon	Halifax Central
5	808 Sarah Normandeau	Rocky Lake Jr
6	506 Melissa Dewolfe	Herring Cove Jr.
7	675 Audrey Donahue	Newbridge Ac
8		

Heat 5 of 5 Prelims

1	686 Carys Sullivan	Newbridge Ac
2	618 Madeline Cook	Madeline Symonds
3	371 Jorja Thomas	Halifax Central
4	398 Livia Dunn	Halifax Grammar
5	109 Maura Murphy	Bicentennial
6	875 Hannah Gogan	Sacred Heart
7	520 Alena Zinck	Herring Cove Jr.
8		

Event 26 Boys 200 Meter Dash Junior (31)**Top 8 Advance by Time**

NSSAF: 24.26 2005

Cameron Veinot

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	122 Kai Hollett	Bicentennial
2	416 Liam Bates	Halifax Grammar
3	13 James Macintyre	Armbrae
4	728 Camden Rendell	Newbridge Ac
5	335 Sequain Hudson-Ash	Graham Creighton
6	651 Thomas Kleinknecht	Madeline Symonds
7	376 Mateo Caverio Gutierrez	Halifax Central
8	835 Brendon McQuaid	Rocky Lake Jr

Heat 2 of 4 Prelims

1	347 Marques Williams	Graham Creighton
2	820 Luca Cameron	Rocky Lake Jr
3	892 Daniel Atherton	Sacred Heart
4	126 Keegan McVicar	Bicentennial
5	643 Matthias Fenez	Madeline Symonds
6	431 Jackson Macaulay	Halifax Grammar
7	93 Jai Paliwal	Bedford Academy
8	380 Gregory Goss	Halifax Central

Heat 3 of 4 Prelims

1	414 Seamus Adams	Halifax Grammar
2	114 Ben Boyd	Bicentennial
3	373 Luke Allan	Halifax Central
4	827 Jack Humprey	Rocky Lake Jr
5	665 Trevor Sawurd	Madeline Symonds
6	98 Mingchung Xia	Bedford Academy
7	706 Daniel Hornik	Newbridge Ac
8	908 Ty Wheatley	Sacred Heart

Heat 4 of 4 Prelims

1	822 Zik Chipuda	Rocky Lake Jr
2	386 Max Mir	Halifax Central
3	663 Jake Ryan	Madeline Symonds
4	853 Connor Adams	Sackville High
5	133 Jake Smith	Bicentennial
6	715 Cameron Maclean	Newbridge Ac
7	432 Gilad Maiani	Halifax Grammar
8		

Event 27 Girls 200 Meter Dash Intermediate (45)**Top 8 Advance by Time**

NSSAF: 25.66 2001

Leanne Huck

Lane	Name	School	Seed Time
------	------	--------	-----------

Heat 1 of 6 Prelims

1	619 Nicola Downward	Madeline Symonds
2	266 Yasmine Serafico	Dartmouth High
3	910 Ella Andrews	Sir John A.
4	682 Ashley Neves	Newbridge Ac
5	787 Shawna Cosgrove	Rocky Lake Jr
6	563 Shaydan James-Pitts	Lockview High
7	150 Olivia Moller	Charles P. Allen
8	463 Paige MacDonald	Halifax West

Heat 2 of 6 Prelims

1	457 Samantha Henneberry	Halifax West
2	674 Paige Bodnar	Newbridge Ac
3	368 Catherine Robbins	Halifax Central
4	805 Allison McNeil	Rocky Lake Jr
5	743 Mackenzie Henderson	Prince Andrew
6	629 Allison Stright	Madeline Symonds
7	851 Annie Tulk	Sackville High
8	194 Ashia Leblanc	Citadel High

Heat 3 of 6 Prelims

1	26 Hannah Kinch	Auburn Drive
2	153 Taylor Shannon	Charles P. Allen
3	302 Christina Wyllie	Ecole du Som
4	258 Charlotte Courtney	Dartmouth High
5	102 Macy Giles	Bicentennial
6	199 Riley Paris	Citadel High
7	367 Leah Mir	Halifax Central
8	519 Madi Turner-Slaunwhite	Herring Cove Jr.



**2017 NSSAF Capital Regional
Meet Program**

Heat 4 of 6 Prelims...(Event 27 Girls 200 Meter Dash Intermediate (4)

1	513 Arielle Mountain	Herring Cove Jr.
2	916 Chelsey Jeffery	Sir John A.
3	323 Sierra Sweeney	Graham Creighton
4	565 Clair Langille	Lockview High
5	624 Abby MacDonald	Madeline Symonds
6	27 Sara Leslie	Auburn Drive
7	796 Lara Issa	Rocky Lake Jr
8		

Heat 5 of 6 Prelims

1	180 Tata Aballa	Citadel High
2	795 Saffron Hyde	Rocky Lake Jr
3	923 Olivia Skinner	Sir John A.
4	359 Sophie Fitzgerald	Halifax Central
5	3 Molly Drohan	Armbrae
6	514 Katrine Power	Herring Cove Jr.
7	300 Estella Rose Mullen	Ecole du Som
8		

Heat 6 of 6 Prelims

1	568 Sloan MacKenzie	Lockview High
2	198 Bella O'Keefe	Citadel High
3	106 Emily Johnston	Bicentennial
4	504 Amy Carey	Herring Cove Jr.
5	247 Kaitlyn Way	Cole Harbour Hig
6	321 Quendara Provo	Graham Creighton
7	476 Madeline West	Halifax West
8		

Event 28 Boys 200 Meter Dash Intermediate (62)**Top 8 Advance by Time**

NSSAF: 22.30 1998

Patrick Benjamin

Lane	Name	School	Seed Time
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Heat 1 of 8 Prelims

1	485 Kyrell Clarke	Halifax West
2	298 Ma-Kel Vincent	Dartmouth High
3	598 Cameron McNab	Lockview High
4	226 Alex Radford	Citadel High
5	70 Jaiden Williams	Auburn Drive
6	530 Ben Thompson	Herring Cove Jr.
7	341 Araya Smith	Graham Creighton
8	730 Michael Short	Newbridge Ac

Heat 2 of 8 Prelims

1	500 Bryan Swaniker	Halifax West
2	692 Matthew Byron	Newbridge Ac
3	552 Sacha Stover-Evong	J.L. Ilsley
4	296 Jahleel Stairs	Dartmouth High
5	843 Kyle Yoo	Rocky Lake Jr
6	160 Oliver Cail	Charles P. Allen
7	859 Spencer Holman	Sackville High
8	128 Griffen Moore	Bicentennial

Heat 3 of 8 Prelims

1	304 Nicolas Beaulieu	Ecole du Som
2	275 Jack Cummings	Dartmouth High
3	824 Joe Dibb	Rocky Lake Jr
4	870 Daniel Surrette	Sackville High
5	700 Christopher Fleming	Newbridge Ac
6	422 Noah Hann	Halifax Grammar
7	83 Abdallah Abukhadijeh	Bedford Academy
8	67 Tajhon Thomas	Auburn Drive

Heat 4 of 8 Prelims

1	40 Blaine Beals	Auburn Drive
2	134 Camden Springer	Bicentennial
3	817 Will Bartlett	Rocky Lake Jr
4	87 Omid Fanaei	Bedford Academy
5	590 Matteo Diquinzio	Lockview High
6	233 David Warner	Citadel High
7	860 Jacob Jefferson	Sackville High
8	501 Gaurab Tiwari	Halifax West

Heat 5 of 8 Prelims

1	379 David Frost	Halifax Central
2	121 Keegan Hammond	Bicentennial
3	443 Alex Yan	Halifax Grammar
4	731 Jack Taylor	Newbridge Ac
5	525 Keegan Irons	Herring Cove Jr.
6	664 Devon Saberi	Madeline Symonds
7	547 Patrick Lefort	J.L. Ilsley
8	346 Tyler Verge	Graham Creighton

Heat 6 of 8 Prelims

1	599 Ethan Oderkirk	Lockview High
2	59 Ryan Miles	Auburn Drive
3	856 Connor Burns	Sackville High
4	430 Ian Keefe	Halifax Grammar
5	129 Seth Night	Bicentennial
6	84 Amro Abukhadijeh	Bedford Academy
7	640 Colby Burton	Madeline Symonds
8	939 Riley Webb	Sir John A.

Heat 7 of 8 Prelims

1	861 Samuel Jobb	Sackville High
2	172 Keith Newsome	Charles P. Allen
3	656 Luke Maclean	Madeline Symonds
4	95 Thomas Scott	Bedford Academy
5	528 Joey Saoud	Herring Cove Jr.
6	251 Bailey Henwood	Cole Harbour Hig
7	212 Drew Harper	Citadel High
8		



**2017 NSSAF Capital Regional
Meet Program**

Heat 8 of 8 Prelims...(Event 28 Boys 200 Meter Dash Intermediate (6))

1	642 James Dowell	Madeline Symond
2	282 Ben Harrington	Dartmouth High
3	545 Josh Lawrence	J.L. Ilsley
4	840 Connor Stone	Rocky Lake Jr
5	587 Connor Clark	Lockview High
6	229 Ethan Steenbeek	Citadel High
7	390 Jacob Yazbek	Halifax Central
8		

Event 29 Girls 200 Meter Dash Senior (24)**Top 8 Advance by Time**

NSSAF: 24.84 2012		Jenn Meech	
Lane	Name	School	Seed Time

Heat 1 of 3 Prelims

1	181 Faduma Abukar	Citadel High
2	878 Maddie Hebb	Sacred Heart
3	560 Rylee Garnett	Lockview High
4	411 Edie Wilson	Halifax Grammar
5	142 Meghan Hamilton	Charles P. Allen
6	195 Natasha Miller	Citadel High
7	845 Zoe Carvery	Sackville High
8	536 Klara Sobotta	J.L. Ilsley

Heat 2 of 3 Prelims

1	877 Sydney Hayden	Sacred Heart
2	237 Robin Giroux	Cole Harbour Hig
3	147 Ellen MacDonald	Charles P. Allen
4	871 Meghan Beland	Sacred Heart
5	192 Jade Frazer	Citadel High
6	535 Lindsay Mitchell	J.L. Ilsley
7	570 Claire Morley	Lockview High
8	566 Sophie Leblanc	Lockview High

Heat 3 of 3 Prelims

1	139 Mackenzie Burke	Charles P. Allen
2	882 Grace McCrae	Sacred Heart
3	912 Shania Bugbee	Sir John A.
4	191 Karah Fleet	Citadel High
5	235 Josee Belanger	Cole Harbour Hig
6	561 Olivia Hill	Lockview High
7	534 Arianna Conrod	J.L. Ilsley
8	747 Talyia McCready	Prince Andrew

Event 30 Boys 200 Meter Dash Senior (43)**Top 8 Advance by Time**

NSSAF: 21.58 2015		Matthew Coolen	
Lane	Name	School	Seed Time

Heat 1 of 6 Prelims

1	178 Ethan Tucker	Charles P. Allen
2	492 Yvan Kammelu	Halifax West
3	553 Marco Tsirigotis	J.L. Ilsley
4	857 Nick Cullen	Sackville High
5	597 Tyler McKay	Lockview High
6	250 Nori Hagasaki	Cole Harbour Hig
7	218 Hinrich Kerstein	Citadel High
8	10 Luke Langille	Armbrac

Heat 2 of 6 Prelims

1	765 Lachlan Greechan	Prince Andrew
2	909 Lukas Willsie	Sacred Heart
3	592 Nathan Ferguson	Lockview High
4	254 Gustavo Petradi	Cole Harbour Hig
5	166 Alex Godfrey	Charles P. Allen
6	306 Yannick Laberge	Ecole du Som
7	544 Sam Julian	J.L. Ilsley
8		

Heat 3 of 6 Prelims

1	766 Noah Kane	Prince Andrew
2	483 Matthew Carlton	Halifax West
3	280 Malcolm Gascoinge	Dartmouth High
4	596 Ben Marsh	Lockview High
5	171 Neil MacDonald	Charles P. Allen
6	867 Josh Rasmussen	Sackville High
7	228 Jassin States	Citadel High
8		

Heat 4 of 6 Prelims

1	256 Eban Tebay	Cole Harbour Hig
2	225 Andrew Parkhill	Citadel High
3	486 Luke Davison	Halifax West
4	281 Boyd Hammond	Dartmouth High
5	542 Migue Hernandez	J.L. Ilsley
6	608 Caleb Shiels	Lockview High
7	854 Ricardo Almeida	Sackville High
8		

Heat 5 of 6 Prelims

1	723 Christopher Piche	Newbridge Ac
2	488 Praise Fagbile	Halifax West
3	887 Kyle Smith	Sacred Heart
4	12 Bryce Maciniss	Armbrac
5	48 Alex Gyau	Auburn Drive
6	297 Cameron Vallis	Dartmouth High
7	220 Songnian Liu	Citadel High
8		



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Heat 6 of 6 Prelims...(Event 30 Boys 200 Meter Dash Senior (43))

1	284 Ben Macqueen	Dartmouth High
2	440 Ben Stevens	Halifax Grammar
3	932 Bryce Edwards	Sir John A.
4	554 Anton Wernik	J.L. Ilsley
5	701 David Gabriel-Cote	Newbridge Ac
6	248 Noah Brown	Cole Harbour Hig
7	161 Tevin Campbell	Charles P. Allen
8		

Event 31 Girls 800 Meter Run Junior (23)

NSSAF: 2:19.90 1977		Mary Jean Barrett	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	891 Maya Tugwell	Sacred Heart	
2	802 Kennedy Mackill	Rocky Lake Jr	
3	366 Fiona McClure	Halifax Central	
4	511 Angela Lane-Potter	Herring Cove Jr.	
5	396 Bekkah Celikkanat	Halifax Grammar	
6	370 Emily Stewart	Halifax Central	
7	811 Gracie Somers	Rocky Lake Jr	
8	631 Caitlin Taylor	Madeline Symonds	
9	622 Hannah Horton	Madeline Symonds	
10	788 Nirah Cowan	Rocky Lake Jr	
11	99 Abbey Aucoin	Bicentennial	
12	886 Claire Sheppard	Sacred Heart	
Section 2 of 2 Finals			
1	791 Julia Forsey	Rocky Lake Jr	
2	880 Sarah Macaskill	Sacred Heart	
3	627 Ali Poisson	Madeline Symonds	
4	675 Audrey Donahue	Newbridge Ac	
5	635 Ella Whynot	Madeline Symonds	
6	410 Sophia Toth	Halifax Grammar	
7	881 Tallulah Macneil	Sacred Heart	
8	81 Lily Ramsay	Bedford Academy	
9	512 Breanne Llewellyn	Herring Cove Jr.	
10	559 Lauren Fergusson	Lockview High	
11	364 Kirsten Mackeen	Halifax Central	
12			

Event 32 Boys 800 Meter Run Junior (30)

NSSAF: 2:04.93 2016-06-04		Camden Springer	
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	14 Josh Maclean	Armbræ	
2	654 Eric MacDonald	Madeline Symonds	
3	838 Ethan Morgan	Rocky Lake Jr	
4	93 Jai Paliwal	Bedford Academy	
5	716 Liam Macrae	Newbridge Ac	
6	438 Neil Purcell	Halifax Grammar	
7	15 Yale O'Connor	Armbræ	
8	124 Angus Latter	Bicentennial	
9	307 Lucas Orychock	Ecole du Som	
10	724 Blake Pilgram-Edwards	Newbridge Ac	
11	523 Ezra Eastwood	Herring Cove Jr.	
12	593 Andrew Fergusson	Lockview High	
13	125 Daniel McVicar	Bicentennial	
14	829 Nic Koch	Rocky Lake Jr	
15	434 Daniel Nickerson	Halifax Grammar	
16			
Section 2 of 2 Finals			
1	119 Jack Foster	Bicentennial	
2	375 Patrick Casault	Halifax Central	
3	900 Eoin Morrison	Sacred Heart	
4	336 Craig Johnson	Graham Creighton	
5	720 Aidan Meister	Newbridge Ac	
6	415 Declan Baskett	Halifax Grammar	
7	641 Davis Cooper	Madeline Symonds	
8	837 Griffin Minor	Rocky Lake Jr	
9	11 Calum Love	Armbræ	
10	98 Mingchung Xia	Bedford Academy	
11	442 David Waller	Halifax Grammar	
12	839 Matthew Sophocleous	Rocky Lake Jr	
13	665 Trevor Sawurd	Madeline Symonds	
14	660 Aidan Murdock	Madeline Symonds	
15	526 Jasper McLellan	Herring Cove Jr.	
16			



**2017 NSSAF Capital Regional
Meet Program**

Event 33 Girls 800 Meter Run Intermediate (30)

NSSAF: 2:12.60 1977		Louise Palmer	
Lane	Name	School	Seed Time

Section 1 of 2 Finals

1	624 Abby MacDonald	Madeline Symonds	
2	108 Fiona Macdermid	Bicentennial	
3	806 Paige Michaud	Rocky Lake Jr	
4	395 Katie Blunden	Halifax Grammar	
5	138 Kianna Bensen	Charles P. Allen	
6	565 Clair Langille	Lockview High	
7	182 Natalie Berry	Citadel High	
8	360 Kirsten Fleet	Halifax Central	
9	467 Renee Macleod	Halifax West	
10	888 Maggie Smith	Sacred Heart	
11	736 Ryleigh Burns	Prince Andrew	
12	17 Tanna Burke	Auburn Drive	
13	873 Mary Cate Driscoll-Sangs	Sacred Heart	
14	203 Martha Young	Citadel High	
15	145 Abby Koch	Charles P. Allen	
16			

Section 2 of 2 Finals

1	574 Eden Smith	Lockview High	
2	617 Meaghan Comeau	Madeline Symonds	
3	1 Julia Alwayn	Armbrac	
4	154 Laura Taylor	Charles P. Allen	
5	872 Gabrielle Cote	Sacred Heart	
6	186 Alexis Donovan	Citadel High	
7	921 Sarah Merlin	Sir John A.	
8	514 Katrine Power	Herring Cove Jr.	
9	513 Arielle Mountain	Herring Cove Jr.	
10	628 Kayli Strickland	Madeline Symonds	
11	737 Gael Cameron	Prince Andrew	
12	466 Mariah Macleod	Halifax West	
13	136 Rachel Aske	Charles P. Allen	
14	196 Madeleine Murphy	Citadel High	
15	31 Tatiana McCormick	Auburn Drive	
16			

Event 34 Boys 800 Meter Run Intermediate (39)

NSSAF: 1:58.21 2015		Hudson Grimshaw-Surette	
Lane	Name	School	Seed Time

Section 1 of 3 Finals

1	226 Alex Radford	Citadel High	
2	718 Patrick McInnis	Newbridge Ac	
3	830 Morgan Lake	Rocky Lake Jr	
4	204 Jacob Abbott	Citadel High	
5	495 Cameron Lordon	Halifax West	
6	94 Nicholas Rockwell	Bedford Academy	
7	934 Thomas MacLellan	Sir John A.	
8	286 Dylan McKeen	Dartmouth High	
9	668 Ben Thomas	Madeline Symonds	
10	413 Thomas Adamo-Schmidt	Halifax Grammar	
11	770 Cole Myers	Prince Andrew	
12	339 Tyler Mitchell	Graham Creighton	
13	584 Brody Boudreau	Lockview High	
14			
15			
16			
17			

Section 2 of 3 Finals

1	309 Jackie Spearns	Ecole du Som	
2	217 Andrew Keating	Citadel High	
3	644 Adam Giles	Madeline Symonds	
4	585 Oscar Brown	Lockview High	
5	334 Liam Haley	Graham Creighton	
6	134 Camden Springer	Bicentennial	
7	653 Brian MacDonald	Madeline Symonds	
8	594 Jeremy Harper	Lockview High	
9	764 Kyle Gouthro	Prince Andrew	
10	713 Noah Locke	Newbridge Ac	
11	377 Emerson Crick	Halifax Central	
12	828 Ethan Ivanoff	Rocky Lake Jr	
13	327 Brett Boudreau	Graham Creighton	
14			
15			
16			
17			



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Section 3 of 3 Finals...(Event 34 Boys 800 Meter Run Intermediate (3'

1	437 Liam Pirie	Halifax Grammar
2	826 Cole Fraser	Rocky Lake Jr
3	330 Ryan Cross	Graham Creighton
4	528 Joey Saoud	Herring Cove Jr.
5	9 Jack Langille	Armbrae
6	714 Colby Loveless	Newbridge Ac
7	929 Ryaan Dalloul	Sir John A.
8	586 Nick Burgers-Lamontagn	Lockview High
9	290 Tyler Myers	Dartmouth High
10	209 Noah Douglas	Citadel High
11	670 Johan Van Der Put	Madeline Symonds
12	485 Kyrell Clarke	Halifax West
13	842 Liam Walsh	Rocky Lake Jr
14		
15		
16		
17		

Event 35 Girls 800 Meter Run Senior (14)

NSSAF: 2:13.30 1980		Mary Jane Barrett	
Lane	Name	School	Seed Time

Section 1 of 1 Finals

1	30 Anna Manuel	Auburn Drive
2	190 Marina Flaim	Citadel High
3	402 Maddie Lavers	Halifax Grammar
4	562 Valentina Honorati	Lockview High
5	33 Katrina Mullane	Auburn Drive
6	242 Leila Rashid	Cole Harbour Hig
7	577 Janna Sunde	Lockview High
8	234 Martha Avery	Cole Harbour Hig
9	146 Lauren Liem	Charles P. Allen
10	468 Lauryn Marchand	Halifax West
11	148 Sarah Macneil	Charles P. Allen
12	34 Amber Myatt	Auburn Drive
13	532 Bhreagh Burke	J.L. Ilsley
14	200 Charlotte Stretton	Citadel High
15		
16		

Event 36 Boys 800 Meter Run Senior (18)

NSSAF: 1:54.47 2005		Jake Gallagher	
Lane	Name	School	Seed Time

Section 1 of 1 Finals

1	256 Eban Tebay	Cole Harbour Hig
2	428 Connor Keefe	Halifax Grammar
3	224 Toby Otti	Citadel High
4	931 Ben Edwards	Sir John A.
5	441 Dawson Tilley	Halifax Grammar
6	478 Rohan Banori	Halifax West
7	783 Chase Wall	Prince Andrew
8	207 Conor Campbell	Citadel High
9	502 Noah Worth	Halifax West
10	10 Luke Langille	Armbrae
11	308 Vincent Rioux	Ecole du Som
12	542 Migue Hernandez	J.L. Ilsley
13	588 Tristan Connors	Lockview High
14	254 Gustavo Petradi	Cole Harbour Hig
15	218 Hinrich Kerstein	Citadel High
16	903 Mitchell Reardon	Sacred Heart
17	779 Cheol Shin	Prince Andrew
18	255 Billy Sommers	Cole Harbour Hig

Event 37 Girls 4x100 Meter Relay Junior (11)

NSSAF: 52.50 2014		Riverside Education Center	
Lane	Team	Relay	Seed Time

Section 1 of 2 Finals

1	Halifax Central
2	Graham Creighton
3	Madeline Symonds
4	Herring Cove Jr.
5	Bedford Academy
6	Sacred Heart
7	
8	

Section 2 of 2 Finals

1	Bicentennial
2	Rocky Lake Jr
3	Halifax Grammar
4	Newbridge Ac
5	Armbrae
6	
7	
8	



**2017 NSSAF Capital Regional
Meet Program**

Event 38 Boys 4x100 Meter Relay Junior (8)

NSSAF: 48.40 1990 Astral Drive			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Herring Cove Jr.		
2	Madeline Symonds		
3	Halifax Grammar		
4	Graham Creighton		
5	Rocky Lake Jr		
6	Halifax Central		
7	Bicentennial		
8	Newbridge Ac		

Event 39 Girls 4x100 Meter Relay Intermediate (17)

NSSAF: 51.52 2010 Cec			
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Sackville High		
2	Madeline Symonds		
3	Lockview High		
4	Bicentennial		
5	Halifax West		
6	Graham Creighton		
7			
8			
Section 2 of 3 Finals			
1	Sir John A.		
2	Dartmouth High		
3	Rocky Lake Jr		
4	Charles P. Allen		
5	Prince Andrew		
6			
7			
8			
Section 3 of 3 Finals			
1	Halifax Central		
2	Halifax Grammar		
3	Auburn Drive		
4	Newbridge Ac		
5	Citadel High		
6	Herring Cove Jr.		
7			
8			

Event 40 Boys 4x100 Meter Relay Intermediate (18)

NSSAF: 45.50 1976 Sackville High			
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Rocky Lake Jr		
2	Sackville High		
3	Lockview High		
4	Halifax Grammar		
5	Auburn Drive		
6	Graham Creighton		
7			
8			
Section 2 of 3 Finals			
1	Newbridge Ac		
2	Halifax Central		
3	Charles P. Allen		
4	Citadel High		
5	Herring Cove Jr.		
6	Bedford Academy		
7			
8			
Section 3 of 3 Finals			
1	Madeline Symonds		
2	Halifax West		
3	J.L. Ilsley		
4	Dartmouth High		
5	Bicentennial		
6	Sir John A.		
7			
8			

Event 41 Girls 4x100 Meter Relay Senior (11)

NSSAF: 50.32 2004 Cec			
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
1	Halifax West		
2	J.L. Ilsley		
3	Prince Andrew		
4	Charles P. Allen		
5	Sacred Heart		
6	Lockview High		
7			
8			



**2017 NSSAF Capital Regional
Meet Program**

Section 2 of 2 Finals...(Event 41 Girls 4x100 Meter Relay Senior (11))

- 1 Auburn Drive
- 2 Sackville High
- 3 Cole Harbour Hig
- 4 Dartmouth High
- 5 Citadel High
- 6
- 7
- 8

Event 42 Boys 4x100 Meter Relay Senior (12)

NSSAF: 43.26 2014		Cec	
Lane	Team	Relay	Seed Time

Section 1 of 2 Finals

- 1 Halifax West
- 2 Citadel High
- 3 Charles P. Allen
- 4 Cole Harbour Hig
- 5 Auburn Drive
- 6 Newbridge Ac
- 7
- 8

Section 2 of 2 Finals

- 1 Sir John A.
- 2 Lockview High
- 3 J.L. Ilsley
- 4 Sackville High
- 5 Dartmouth High
- 6 Prince Andrew
- 7
- 8

Event 43 Girls 3000 Meter Run Junior (21)

NSSAF: 10:18.76 2011		Rachel Crawley	
Lane	Name	School	Seed Time

Section 1 of 1 Finals

- | | | |
|----|-----------------------|------------------|
| 1 | 396 Bekkah Celikkanat | Halifax Grammar |
| 2 | 397 Brit Drysdale | Halifax Grammar |
| 3 | 412 Julia Wright | Halifax Grammar |
| 4 | 508 Morgan Hudder | Herring Cove Jr. |
| 5 | 370 Emily Stewart | Halifax Central |
| 6 | 366 Fiona McClure | Halifax Central |
| 7 | 622 Hannah Horton | Madeline Symonds |
| 8 | 612 Cameron Beaton | Madeline Symonds |
| 9 | 635 Ella Whynot | Madeline Symonds |
| 10 | 616 Melayne Carson | Madeline Symonds |
| 11 | 7 Abbie Langill | Armbrae |
| 12 | 687 Mary Sweetapple | Newbridge Ac |
| 13 | 879 Allyson Lightfoot | Sacred Heart |
| 14 | 883 Sasha Oreskovich | Sacred Heart |
| 15 | 885 Claire Rankin | Sacred Heart |
| 16 | 880 Sarah Macaskill | Sacred Heart |
| 17 | 559 Lauren Fergusson | Lockview High |
| 18 | 810 Claire Shea | Rocky Lake Jr |
| 19 | 814 Emma Tye | Rocky Lake Jr |
| 20 | 800 Cayley Lindgreen | Rocky Lake Jr |
| 21 | 798 Ella Leeco | Rocky Lake Jr |
| 22 | | |
| 23 | | |



**2017 NSSAF Capital Regional
Meet Program**

Event 44 Boys 3000 Meter Run Junior (27)

NSSAF: 9:15.14 2011		Tobias Wolter	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	15 Yale O'Connor	Armbræ	
2	14 Josh Maclean	Armbræ	
3	8 Aiden Cox	Armbræ	
4	442 David Waller	Halifax Grammar	
5	645 Jack Greenlaw	Madeline Symond:	
6	665 Trevor Sawurd	Madeline Symond:	
7	641 Davis Cooper	Madeline Symond:	
8	658 Duncan McCallum	Madeline Symond:	
9	900 Eoin Morrison	Sacred Heart	
10	898 Lauchlan McDonough	Sacred Heart	
11	901 William Nickerson	Sacred Heart	
12	349 Ezra Wright	Graham Creighton	
13	698 Akihiro Enomoto	Newbridge Ac	
14	719 Ephram McNutt	Newbridge Ac	
15	724 Blake Pilgram-Edwards	Newbridge Ac	
16	699 Ryan Farrow	Newbridge Ac	
17	523 Ezra Eastwood	Herring Cove Jr.	
18	527 Dylan Reinhardt	Herring Cove Jr.	
19	384 Beck Lawson	Halifax Central	
20	385 Oliver Lawson	Halifax Central	
21	389 Alexander Roy	Halifax Central	
22	130 Logan Raftus	Bicentennial	
23	124 Angus Latter	Bicentennial	
24	833 Isaac Matheson	Rocky Lake Jr	
25	825 Owen Flemming	Rocky Lake Jr	
26	839 Matthew Sophocleous	Rocky Lake Jr	
27	821 Damon Chandler	Rocky Lake Jr	
28			
29			

Event 45 Girls 3000 Meter Run Intermediate (17)

NSSAF: 10:20.17 2009		Sadie Petrie	
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	556 Adriana Caswell	Lockview High	
2	140 Victoria Christiansen	Charles P. Allen	
3	152 Katelyn Richards	Charles P. Allen	
4	143 Kate Keast	Charles P. Allen	
5	28 Abby MacDonald	Auburn Drive	
6	17 Tanna Burke	Auburn Drive	
7	367 Leah Mir	Halifax Central	
8	186 Alexis Donovan	Citadel High	
9	184 Meadow Carman	Citadel High	
10	196 Madeleine Murphy	Citadel High	
11	203 Martha Young	Citadel High	
12	392 Anna Bakowsky	Halifax Grammar	
13	872 Gabrielle Cote	Sacred Heart	
14	888 Maggie Smith	Sacred Heart	
15	464 Marlee Macintosh	Halifax West	
16	737 Gael Cameron	Prince Andrew	
17	614 Carley Birrell	Madeline Symond:	
18			
19			



**2017 NSSAF Capital Regional
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Event 46 Boys 3000 Meter Run Intermediate (44)

NSSAF: 8:50.61 2015 Andrew Peverill			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	209 Noah Douglas	Citadel High	
2	204 Jacob Abbott	Citadel High	
3	226 Alex Radford	Citadel High	
4	217 Andrew Keating	Citadel High	
5	374 Luke Berryman	Halifax Central	
6	712 Cameron Lewis	Newbridge Ac	
7	727 Jeremy Rehberg	Newbridge Ac	
8	638 Andrew Billard	Madeline Symonds	
9	644 Adam Giles	Madeline Symonds	
10	646 Will Greenlaw	Madeline Symonds	
11	653 Brian MacDonald	Madeline Symonds	
12	764 Kyle Gouthro	Prince Andrew	
13	773 Jonathan Parsons	Prince Andrew	
14	770 Cole Myers	Prince Andrew	
15	286 Dylan McKeen	Dartmouth High	
16	421 Stelios Hantias	Halifax Grammar	
17	437 Liam Pirie	Halifax Grammar	
18	436 Julian Oxner	Halifax Grammar	
19	826 Cole Fraser	Rocky Lake Jr	
20	816 Mohamed Abusayma	Rocky Lake Jr	
21	841 Ethan Thompson	Rocky Lake Jr	
22	894 Krabbe Eichhorn	Sacred Heart	
23	548 James Lewis	J.L. Ilsley	
24	551 Wyatt Reinhardt	J.L. Ilsley	
25	541 Toma's Gomez	J.L. Ilsley	
26	9 Jack Langille	Armbrae	
27	495 Cameron Lordon	Halifax West	
28	485 Kyrell Clarke	Halifax West	
29	497 Liam Oxner	Halifax West	
30	327 Brett Boudreau	Graham Creighton	
31	337 Callin Kilpatrick	Graham Creighton	
32	339 Tyler Mitchell	Graham Creighton	
33	334 Liam Haley	Graham Creighton	
34	116 Luke Conlon	Bicentennial	
35	600 Camden Pero	Lockview High	
36	610 Zack Thibault	Lockview High	
37	584 Brody Boudreau	Lockview High	
38	586 Nick Burgers-Lamontagn	Lockview High	
39	929 Ryaan Dalloul	Sir John A.	
40	936 Alex McPherson	Sir John A.	
41	173 Ryan Nichols	Charles P. Allen	
42	175 Drew Somers	Charles P. Allen	
43	309 Jackie Spearns	Ecole du Som	
44	310 Téoman Ugurluoglu	Ecole du Som	
45			
46			

Event 47 Girls 3000 Meter Run Senior (11)

NSSAF: 10:16.18 2006 Laura Englehutt			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	260 Lauren Dessureault	Dartmouth High	
2	459 Leoni Knauer	Halifax West	
3	474 Jane Warren	Halifax West	
4	453 Alex Doane	Halifax West	
5	889 Miho Suzuki	Sacred Heart	
6	566 Sophie Leblanc	Lockview High	
7	562 Valentina Honorati	Lockview High	
8	532 Bhreagh Burke	J.L. Ilsley	
9	190 Marina Flaim	Citadel High	
10	197 Rachel Nicholson	Citadel High	
11	200 Charlotte Stretton	Citadel High	
12			
13			

Event 48 Boys 3000 Meter Run Senior (12)

NSSAF: 8:44.69 2016-06-04 Andrew Peverill			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	707 Niko House	Newbridge Ac	
2	866 Andrew Peverill	Sackville High	
3	862 Aaron Kenty	Sackville High	
4	926 Brandon Benvie	Sir John A.	
5	417 Will Blunden	Halifax Grammar	
6	176 Alex Steeves	Charles P. Allen	
7	177 Jonathan Taylor	Charles P. Allen	
8	502 Noah Worth	Halifax West	
9	904 David Sapp	Sacred Heart	
10	55 Jeremy Lavigne	Auburn Drive	
11	902 Benno Orr	Sacred Heart	
12	255 Billy Sommers	Cole Harbour Hig	
13			
14			

Event 49 Girls 4x400 Meter Relay Junior (8)

NSSAF: 4:23.20 1982 Cornwallis			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Rocky Lake Jr		
2	Bicentennial		
3	Halifax Grammar		
4	Sacred Heart		
5	Herring Cove Jr.		
6	Halifax Central		
7	Newbridge Ac		
8	Madeline Symonds		



**2017 NSSAF Capital Regional
Meet Program**

Event 50 Boys 4x400 Meter Relay Junior (7)

NSSAF: 3:48.10 2013		Halifax Central Junior	
Lane	Team	Relay	Seed Time

Section 1 of 1 Finals

- 1 Bicentennial
- 2 Halifax Grammar
- 3 Madeline Symonds
- 4 Newbridge Ac
- 5 Sacred Heart
- 6 Herring Cove Jr.
- 7 Rocky Lake Jr
- 8

Event 51 Girls 4x400 Meter Relay Intermediate (11)

NSSAF: 4:07.64 2007		Halifax Grammar	
Lane	Team	Relay	Seed Time

Section 1 of 2 Finals

- 1 Lockview High
- 2 Bicentennial
- 3 Halifax Grammar
- 4 Prince Andrew
- 5 Herring Cove Jr.
- 6 Sir John A.
- 7
- 8

Section 2 of 2 Finals

- 1 Halifax West
- 2 Rocky Lake Jr
- 3 Madeline Symonds
- 4 Charles P. Allen
- 5 Citadel High
- 6
- 7
- 8

Event 52 Boys 4x400 Meter Relay Intermediate (12)

NSSAF: 3:35.40 1984		Prince Andrew	
Lane	Team	Relay	Seed Time

Section 1 of 2 Finals

- 1 Newbridge Ac
- 2 Bicentennial
- 3 Dartmouth High
- 4 J.L. Ilsley
- 5 Prince Andrew
- 6 Madeline Symonds
- 7
- 8

Section 2 of 2 Finals

- 1
- 2 Lockview High
- 3 Sir John A.
- 4 Halifax Grammar
- 5 Citadel High
- 6 Rocky Lake Jr
- 7 Charles P. Allen
- 8

Event 53 Girls 4x400 Meter Relay Senior (5)

NSSAF: 4:01.53 2009		Park View	
Lane	Team	Relay	Seed Time

Section 1 of 1 Finals

- 1 Prince Andrew
- 2 Lockview High
- 3 Charles P. Allen
- 4 Citadel High
- 5 Halifax West
- 6
- 7
- 8

Event 54 Boys 4x400 Meter Relay Senior (11)

NSSAF: 3:26.09 2014		Cec	
Lane	Team	Relay	Seed Time

Section 1 of 2 Finals

- 1 Prince Andrew
- 2 Citadel High
- 3 Lockview High
- 4 Sackville High
- 5 Dartmouth High
- 6 Sacred Heart
- 7
- 8

Section 2 of 2 Finals

- 1 Charles P. Allen
- 2 Halifax Grammar
- 3 Sir John A.
- 4 J.L. Ilsley
- 5 Halifax West
- 6
- 7
- 8



**2017 NSSAF Capital Regional
Meet Program**

Event 55 Girls Long Jump Junior (33)

NSSAF: 4.98m 1985 Michele Adams			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	324 Tamia Thomas	Graham Creighton	
2	813 Claire Tramble	Rocky Lake Jr	
3	676 Mackenzie Drake	Newbridge Ac	
4	401 Jihee Jung	Halifax Grammar	
5	611 Abbey Ashton	Madeline Symonds	
6	683 Ashley Penney	Newbridge Ac	
7	364 Kirsten Mackeen	Halifax Central	
8	678 Annie Honkoop	Newbridge Ac	
9	82 Kierny Stuart	Bedford Academy	
10	5 Erika Hilchie-Pye	Armbrae	
11	78 Cate Majury	Bedford Academy	
12	612 Cameron Beaton	Madeline Symonds	
13	875 Hannah Gogan	Sacred Heart	
14	393 Sonja Bakowsky	Halifax Grammar	
15	405 Sophie McKegney	Halifax Grammar	
16	793 Lydia Green	Rocky Lake Jr	
17	509 Charlotte Kerr	Herring Cove Jr.	
18	673 Samantha Blair	Newbridge Ac	
19	789 Allyssa Cross	Rocky Lake Jr	
20	111 Sami Russell	Bicentennial	
21	876 Emma Hamlyn	Sacred Heart	
22	412 Julia Wright	Halifax Grammar	
23	365 Rachel MacMillan	Halifax Central	
24	613 Millie Bhaskara	Madeline Symonds	
25	508 Morgan Hudder	Herring Cove Jr.	
26	351 Kate Bagnell	Halifax Central	
27	634 Sarah Walters	Madeline Symonds	
28	73 Abby Falkenham	Bedford Academy	
29	786 Taylor Burke	Rocky Lake Jr	
30	511 Angela Lane-Potter	Herring Cove Jr.	
31	6 Frida Kaeubler-Delong	Armbrae	
32	350 Imogen Ash	Halifax Central	
33	516 Lenka Sevcik	Herring Cove Jr.	
34			
35			

Event 56 Boys Long Jump Junior (34)

NSSAF: 5.79m 2012 David MacDonald			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	907 Matthew Stevens	Sacred Heart	
2	380 Gregory Goss	Halifax Central	
3	652 Lochlan Kotzer	Madeline Symonds	
4	385 Oliver Lawson	Halifax Central	
5	524 Colby Giles	Herring Cove Jr.	
6	343 Romey Smith	Graham Creighton	
7	425 Charlie Hunter	Halifax Grammar	
8	115 Caleb Burt	Bicentennial	
9	728 Camden Rendell	Newbridge Ac	
10	439 Cherokee Robinson	Halifax Grammar	
11	383 Thomas Kowalczyk	Halifax Central	
12	636 Trevor Ballie	Madeline Symonds	
13	838 Ethan Morgan	Rocky Lake Jr	
14	342 Nacari Smith	Graham Creighton	
15	13 James Macintyre	Armbrae	
16	643 Matthias Fenez	Madeline Symonds	
17	699 Ryan Farrow	Newbridge Ac	
18	305 Austin Conrad	Ecole du Som	
19	386 Max Mir	Halifax Central	
20	657 Matthew Macneil	Madeline Symonds	
21	531 David Wells	Herring Cove Jr.	
22	97 Ryan Smith	Bedford Academy	
23	690 Dawson Blanchard	Newbridge Ac	
24	133 Jake Smith	Bicentennial	
25	418 Alex Brushett	Halifax Grammar	
26	729 Yutaro Sasaki	Newbridge Ac	
27	819 Jahdai Belle	Rocky Lake Jr	
28	832 Ben MacDonald	Rocky Lake Jr	
29	522 Gage Drake	Herring Cove Jr.	
30	126 Keegan McVicar	Bicentennial	
31	307 Lucas Orychock	Ecole du Som	
32	523 Ezra Eastwood	Herring Cove Jr.	
33	829 Nic Koch	Rocky Lake Jr	
34	345 Kyree Thompson	Graham Creighton	
35			
36			



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Meet Program**

Event 57 Girls Long Jump Intermediate (41)

NSSAF: 5.32m 1973		Cecilia Branch	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	141 Haley Fitzgerald	Charles P. Allen	
2	80 Ava Ramsay	Bedford Academy	
3	578 Emily Webb	Lockview High	
4	189 Olivia Falkenham	Citadel High	
5	519 Madi Turner-Slaunwhite	Herring Cove Jr.	
6	157 Lexi Walker	Charles P. Allen	
7	619 Nicola Downward	Madeline Symonds	
8	300 Estella Rose Mullen	Ecole du Som	
9	39 Lorin Tolliver	Auburn Drive	
10	359 Sophie Fitzgerald	Halifax Central	
11	112 Sammi Szeto	Bicentennial	
12	633 Sarah Tucker	Madeline Symonds	
13	812 Desiree Spears	Rocky Lake Jr	
14	372 Gabi Whitehead	Halifax Central	
15	473 Katelyn Power	Halifax West	
16	106 Emily Johnston	Bicentennial	
17	368 Catherine Robbins	Halifax Central	
18	674 Paige Bodnar	Newbridge Ac	
19	805 Allison McNeil	Rocky Lake Jr	
20	849 Taylor Stone	Sackville High	
21	795 Saffron Hyde	Rocky Lake Jr	
22	626 Hannah Murphy	Madeline Symonds	
23	103 Grace Hartlen	Bicentennial	
24	507 Fallon Furey	Herring Cove Jr.	
25	787 Shawna Cosgrove	Rocky Lake Jr	
26	150 Olivia Moller	Charles P. Allen	
27	918 Teigan Labor	Sir John A.	
28	322 Shykara Saunders	Graham Creighton	
29	246 Lauren Stienburg	Cole Harbour Hig	
30	457 Samantha Henneberry	Halifax West	
31	533 Kenzie Chranofsky	J.L. Ilsley	
32	105 Katrina Johnson	Bicentennial	
33	514 Katrine Power	Herring Cove Jr.	
34	323 Sierra Sweeney	Graham Creighton	
35			
36	153 Taylor Shannon	Charles P. Allen	
37	677 Tait Hayden	Newbridge Ac	
38	568 Sloan MacKenzie	Lockview High	
39	681 Kristen Macneil	Newbridge Ac	
40	513 Arielle Mountain	Herring Cove Jr.	
41	684 Sophia Rowe	Newbridge Ac	
42	243 Jenna Rehbarg	Cole Harbour Hig	
43			
44			

Event 58 Boys Long Jump Intermediate (52)

NSSAF: 6.44m 1997		David Paxton	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	609 Carter Theriault	Lockview High	
2	941 Luke Winsor	Sir John A.	
3	823 Tyler Cook	Rocky Lake Jr	
4	521 Eric Bechard	Herring Cove Jr.	
5	54 Joel King	Auburn Drive	
6	540 Connor Duggan	J.L. Ilsley	
7	525 Keegan Irons	Herring Cove Jr.	
8	86 Jack Falkenham	Bedford Academy	
9	708 Noah House	Newbridge Ac	
10	304 Nicolas Beaulieu	Ecole du Som	
11	842 Liam Walsh	Rocky Lake Jr	
12	227 Sungbeen Song	Citadel High	
13	582 John Bailey	Lockview High	
14	170 Conor Jacobs	Charles P. Allen	
15	726 Jake Quillan	Newbridge Ac	
16	501 Gaurab Tiwari	Halifax West	
17	940 Ben Williams	Sir John A.	
18	670 Johan Van Der Put	Madeline Symonds	
19	935 Liam McLean	Sir John A.	
20	87 Omid Fanaei	Bedford Academy	
21	427 A J Kapilan	Halifax Grammar	
22	864 Connor McHugh	Sackville High	
23	298 Ma-Kel Vincent	Dartmouth High	
24	205 Omar Abdelkader	Citadel High	
25	497 Liam Oxner	Halifax West	
26	282 Ben Harrington	Dartmouth High	
27	377 Emerson Crick	Halifax Central	
28	233 David Warner	Citadel High	
29	860 Jacob Jefferson	Sackville High	
30	70 Jaiden Williams	Auburn Drive	
31	863 Bennet Lindala	Sackville High	
32	816 Mohamed Abusayma	Rocky Lake Jr	
33	602 Jonathan Pickrem	Lockview High	
34	639 Bradley Bryant	Madeline Symonds	
35	120 George Griffen	Bicentennial	
36	696 Ben Dewar	Newbridge Ac	
37	310 Téoman Ugurluoglu	Ecole du Som	
38	206 Abdulrahman Abu Osba	Citadel High	
39	249 Khalid El-Amassi	Cole Harbour Hig	
40	733 Alex Williams	Newbridge Ac	
41	387 Mykeo Parker-Christmas	Halifax Central	
42	666 Dolphin Smith	Madeline Symonds	
43	817 Will Bartlett	Rocky Lake Jr	
44	587 Connor Clark	Lockview High	
45	856 Connor Burns	Sackville High	
46	784 Jack Warnell	Prince Andrew	
47	129 Seth Night	Bicentennial	
48	661 Liam Murdock	Madeline Symonds	



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Flight 1 of 1 Finals

49	870 Daniel Surette	Sackville High
50	443 Alex Yan	Halifax Grammar
51	94 Nicholas Rockwell	Bedford Academy
52	426 Jackson Hunter	Halifax Grammar
53		
54		

Event 59 Girls Long Jump Senior (30)

	NSSAF:	5.45m	1975	Cecilia Branch
Pos	Name	School	Seed	Mark

Flight 1 of 1 Finals

1	185 Nikola Doelle	Citadel High
2	451 Brianna Davidson	Halifax West
3	560 Rylee Garnett	Lockview High
4	181 Faduma Abukar	Citadel High
5	237 Robin Giroux	Cole Harbour Hig
6	35 Lauren O'Leary	Auburn Drive
7	877 Sydney Hayden	Sacred Heart
8	454 Jessica Duru	Halifax West
9	33 Katrina Mullane	Auburn Drive
10	577 Janna Sunde	Lockview High
11	912 Shania Bugbee	Sir John A.
12	450 Katrina Cruickshank	Halifax West
13	151 Sara Pitman	Charles P. Allen
14	191 Karah Fleet	Citadel High
15	845 Zoe Carvery	Sackville High
16	261 Julia Dunbar	Dartmouth High
17	882 Grace McCrae	Sacred Heart
18	236 Julia Dorey	Cole Harbour Hig
19	742 Olivia Hamilton	Prince Andrew
20	394 Corinne Bernett	Halifax Grammar
21	579 Bella Willett	Lockview High
22	747 Talyia McCready	Prince Andrew
23	268 Allison Van Der Weegan	Dartmouth High
24	22 Talia Furey	Auburn Drive
25	238 Skylar Jardine	Cole Harbour Hig
26	142 Meghan Hamilton	Charles P. Allen
27	458 Juliana Jong	Halifax West
28	566 Sophie Leblanc	Lockview High
29	32 Julia McIntosh	Auburn Drive
30	235 Josee Belanger	Cole Harbour Hig
31		
32		

Event 60 Boys Long Jump Senior (38)

	NSSAF:	7.15m	1956	Dave Lucas
Pos	Name	School	Seed	Mark

Flight 1 of 1 Finals

1	493 Lukasz Kolanko	Halifax West
2	887 Kyle Smith	Sacred Heart
3	930 Zak Dalloul	Sir John A.
4	867 Josh Rasmussen	Sackville High
5	178 Ethan Tucker	Charles P. Allen
6	865 Joe McKegney	Sackville High
7	550 Adam Quaadoud	J.L. Ilsley
8	53 Johnathan Keirstead	Auburn Drive
9	254 Gustavo Petradi	Cole Harbour Hig
10	12 Bryce Maciniss	Armbrae
11	596 Ben Marsh	Lockview High
12	285 Greg Mayo	Dartmouth High
13	707 Niko House	Newbridge Ac
14	57 Jordan Matthews	Auburn Drive
15	277 Evan Desilva	Dartmouth High
16	486 Luke Davison	Halifax West
17	605 Ben Renouf	Lockview High
18	753 Tyson Carvery	Prince Andrew
19	761 Brett Draper	Prince Andrew
20	220 Songnian Liu	Citadel High
21	903 Mitchell Reardon	Sacred Heart
22	608 Caleb Shiels	Lockview High
23	248 Noah Brown	Cole Harbour Hig
24	61 Jack O'Brien	Auburn Drive
25	224 Toby Otti	Citadel High
26	775 Brandon Raulenzo	Prince Andrew
27	774 Samuel Pineo	Prince Andrew
28	219 Noah Laing	Citadel High
29	542 Migue Hernandez	J.L. Ilsley
30	499 Simon Salah	Halifax West
31	225 Andrew Parkhill	Citadel High
32	549 Jonah Manuel	J.L. Ilsley
33	597 Tyler McKay	Lockview High
34	489 Precious Fagbile	Halifax West
35	306 Yannick Laberge	Ecole du Som
36	539 Kyle Brooks	J.L. Ilsley
37	933 Adam Farmer	Sir John A.
38	45 Thomas Dooling	Auburn Drive
39		
40		
41		



**2017 NSSAF Capital Regional
Meet Program**

Event 61 Girls High Jump Junior (14)

NSSAF: 1.63m 2004 Laura Maessen			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	625 Tara Merrick	Madeline Symond:	
2	627 Ali Poisson	Madeline Symond:	
3	412 Julia Wright	Halifax Grammar	
4	111 Sami Russell	Bicentennial	
5	319 Tyasia Morton	Graham Creighton	
6	357 Julia Drosbeck	Halifax Central	
7	620 Kaylee Hickey	Madeline Symond:	
8	353 Jenna Black	Halifax Central	
9	315 Asia Francis-Williams	Graham Creighton	
10	393 Sonja Bakowsky	Halifax Grammar	
11	635 Ella Whynt	Madeline Symond:	
12	371 Jorja Thomas	Halifax Central	
13	350 Imogen Ash	Halifax Central	
14	313 Jillian Dobbin	Graham Creighton	
15			
16			

Event 62 Boys High Jump Junior (19)

NSSAF: 1.77m 2004 Brandon Mallally			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	819 Jahdai Belle	Rocky Lake Jr	
2	125 Daniel McVicar	Bicentennial	
3	418 Alex Brushett	Halifax Grammar	
4	665 Trevor Sawurd	Madeline Symond:	
5	126 Keegan McVicar	Bicentennial	
6	343 Romey Smith	Graham Creighton	
7	133 Jake Smith	Bicentennial	
8	114 Ben Boyd	Bicentennial	
9	643 Matthias Fenez	Madeline Symond:	
10	434 Daniel Nickerson	Halifax Grammar	
11	325 Keyonte Beals	Graham Creighton	
12	660 Aidan Murdock	Madeline Symond:	
13	420 Artie Fotheringham	Halifax Grammar	
14	305 Austin Conrad	Ecole du Som	
15	659 Hudson McGrath	Madeline Symond:	
16	425 Charlie Hunter	Halifax Grammar	
17	345 Kyree Thompson	Graham Creighton	
18	721 Carter Murchison	Newbridge Ac	
19	386 Max Mir	Halifax Central	
20			
21			

Event 63 Girls High Jump Intermediate (18)

NSSAF: 1.72m 1986 Tracey Loke			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	105 Katrina Johnson	Bicentennial	
2	567 Emily Lush	Lockview High	
3	262 Clair Gascoigne	Dartmouth High	
4	849 Taylor Stone	Sackville High	
5	140 Victoria Christiansen	Charles P. Allen	
6	457 Samantha Henneberry	Halifax West	
7	368 Catherine Robbins	Halifax Central	
8	795 Saffron Hyde	Rocky Lake Jr	
9	258 Charlotte Courtney	Dartmouth High	
10	626 Hannah Murphy	Madeline Symond:	
11	564 Antonia Langer	Lockview High	
12	367 Leah Mir	Halifax Central	
13	920 Robyn Meredith	Sir John A.	
14	372 Gabi Whitehead	Halifax Central	
15	619 Nicola Downward	Madeline Symond:	
16	463 Paige MacDonald	Halifax West	
17	27 Sara Leslie	Auburn Drive	
18	240 Robyn Pike	Cole Harbour Hig	
19			
20			



**2017 NSSAF Capital Regional
Meet Program**

Event 64 Boys High Jump Intermediate (25)

NSSAF: 1.95m 1988 Charles MacKay			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	639 Bradley Bryant	Madeline Symond:	
2	333 Jasha'juan Downey	Graham Creighton	
3	670 Johan Van Der Put	Madeline Symond:	
4	298 Ma-Kel Vincent	Dartmouth High	
5	938 Max Spiess	Sir John A.	
6	760 Lorenzo Downey	Prince Andrew	
7	120 George Griffen	Bicentennial	
8	54 Joel King	Auburn Drive	
9	129 Seth Night	Bicentennial	
10	595 Anthony Lutz	Lockview High	
11	426 Jackson Hunter	Halifax Grammar	
12	282 Ben Harrington	Dartmouth High	
13	650 Sam Kennedy	Madeline Symond:	
14	427 A J Kapilan	Halifax Grammar	
15	168 Jacob Guy	Charles P. Allen	
16	661 Liam Murdock	Madeline Symond:	
17	332 Jayrell Diggs	Graham Creighton	
18	172 Keith Newsome	Charles P. Allen	
19	501 Gaurab Tiwari	Halifax West	
20	170 Conor Jacobs	Charles P. Allen	
21	540 Connor Duggan	J.L. Ilsley	
22	348 Taeon Williams	Graham Creighton	
23	173 Ryan Nichols	Charles P. Allen	
24	602 Jonathan Pickrem	Lockview High	
25	935 Liam McLean	Sir John A.	
26			
27			

Event 65 Girls High Jump Senior (15)

NSSAF: 1.72m 1983 Linda Ayer			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	579 Bella Willett	Lockview High	
2	446 Charlotte Cameron-Hami	Halifax West	
3	845 Zoe Carvery	Sackville High	
4	29 Taylor Macleod	Auburn Drive	
5	452 Hannah Devoe	Halifax West	
6	394 Corinne Bernett	Halifax Grammar	
7	38 Skylar Thornton	Auburn Drive	
8	750 Manami Yamaguchi	Prince Andrew	
9	268 Allison Van Der Weegan	Dartmouth High	
10	32 Julia McIntosh	Auburn Drive	
11	451 Brianna Davidson	Halifax West	
12	236 Julia Dorey	Cole Harbour Hig	
13	454 Jessica Duru	Halifax West	
14	181 Faduma Abukar	Citadel High	
15	22 Talia Furey	Auburn Drive	
16			
17			

Event 66 Boys High Jump Senior (18)

NSSAF: 2.06m 1981 Tim Wrigley			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	550 Adam Quaadoud	J.L. Ilsley	
2	285 Greg Mayo	Dartmouth High	
3	218 Hinrich Kerstein	Citadel High	
4	933 Adam Farmer	Sir John A.	
5	45 Thomas Dooling	Auburn Drive	
6	493 Lukasz Kolanko	Halifax West	
7	903 Mitchell Reardon	Sacred Heart	
8	489 Precious Fagbile	Halifax West	
9	231 Ben Trites	Citadel High	
10	596 Ben Marsh	Lockview High	
11	768 Jack McGovern	Prince Andrew	
12	61 Jack O'Brien	Auburn Drive	
13	775 Brandon Raulenzo	Prince Andrew	
14	57 Jordan Matthews	Auburn Drive	
15	225 Andrew Parkhill	Citadel High	
16	248 Noah Brown	Cole Harbour Hig	
17	62 Mitchell Plante	Auburn Drive	
18	601 Olivier Philips	Lockview High	
19			
20			



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Event 67 Girls Triple Jump Junior (19)

NSSAF: 11.00m 2016-06-03 Sierra Sweeney			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	324 Tamia Thomas	Graham Creighton	
2	516 Lenka Sevcik	Herring Cove Jr.	
3	813 Claire Tramble	Rocky Lake Jr	
4	74 Anastasiya Feldman	Bedford Academy	
5	508 Morgan Hudder	Herring Cove Jr.	
6	350 Imogen Ash	Halifax Central	
7	801 Jessica Liu	Rocky Lake Jr	
8	620 Kaylee Hickey	Madeline Symonds	
9	75 Yasmeen Ghoti	Bedford Academy	
10	511 Angela Lane-Potter	Herring Cove Jr.	
11	634 Sarah Walters	Madeline Symonds	
12	364 Kirsten Mackeen	Halifax Central	
13	613 Millie Bhaskara	Madeline Symonds	
14	351 Kate Bagnell	Halifax Central	
15	789 Allyssa Cross	Rocky Lake Jr	
16	81 Lily Ramsay	Bedford Academy	
17	509 Charlotte Kerr	Herring Cove Jr.	
18	683 Ashley Penney	Newbridge Ac	
19	611 Abbey Ashton	Madeline Symonds	
20			
21			

Event 68 Boys Triple Jump Junior (20)

NSSAF: 12.03m 2012 Kaelan Schmidt			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	699 Ryan Farrow	Newbridge Ac	
2	657 Matthew Macneil	Madeline Symonds	
3	690 Dawson Blanchard	Newbridge Ac	
4	115 Caleb Burt	Bicentennial	
5	375 Patrick Casault	Halifax Central	
6	524 Colby Giles	Herring Cove Jr.	
7	381 Theo Iatrou	Halifax Central	
8	593 Andrew Fergusson	Lockview High	
9	325 Keyonte Beals	Graham Creighton	
10	819 Jahdai Belle	Rocky Lake Jr	
11	643 Matthias Fenez	Madeline Symonds	
12	839 Matthew Sophocleous	Rocky Lake Jr	
13	531 David Wells	Herring Cove Jr.	
14	383 Thomas Kowalczyk	Halifax Central	
15	728 Camden Rendell	Newbridge Ac	
16	343 Romey Smith	Graham Creighton	
17	652 Lochlan Kotzer	Madeline Symonds	
18	838 Ethan Morgan	Rocky Lake Jr	
19	729 Yutaro Sasaki	Newbridge Ac	
20	651 Thomas Kleinknecht	Madeline Symonds	
21			
22			



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Event 69 Girls Triple Jump Intermediate (27)

NSSAF: 11.19m 2016-06-03 Gabrielle Fraser			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	910 Ella Andrews	Sir John A.	
2	558 Olivia Crowe	Lockview High	
3	807 Lauren Mooy	Rocky Lake Jr	
4	145 Abby Koch	Charles P. Allen	
5	684 Sophia Rowe	Newbridge Ac	
6	507 Fallon Furey	Herring Cove Jr.	
7	156 Laura Troke	Charles P. Allen	
8	189 Olivia Falkenham	Citadel High	
9	626 Hannah Murphy	Madeline Symonds	
10	505 Lauren Day	Herring Cove Jr.	
11	457 Samantha Henneberry	Halifax West	
12	815 Stephanie Wooden	Rocky Lake Jr	
13	264 Annique Lezama	Dartmouth High	
14	918 Teigan Labor	Sir John A.	
15	633 Sarah Tucker	Madeline Symonds	
16	372 Gabi Whitehead	Halifax Central	
17	806 Paige Michaud	Rocky Lake Jr	
18	144 Sarah Keeler	Charles P. Allen	
19	569 Ainslee Macleod	Lockview High	
20	359 Sophie Fitzgerald	Halifax Central	
21	323 Sierra Sweeney	Graham Creighton	
22	300 Estella Rose Mullen	Ecole du Som	
23	261 Julia Dunbar	Dartmouth High	
24	677 Tait Hayden	Newbridge Ac	
25	799 Hannah Leeco	Rocky Lake Jr	
26	920 Robyn Meredith	Sir John A.	
27	619 Nicola Downward	Madeline Symonds	
28			
29			

Event 70 Boys Triple Jump Intermediate (27)

NSSAF: 13.82m 1986 Mike Arodugba			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	379 David Frost	Halifax Central	
2	935 Liam McLean	Sir John A.	
3	227 Sungbeen Song	Citadel High	
4	670 Johan Van Der Put	Madeline Symonds	
5	864 Connor McHugh	Sackville High	
6	595 Anthony Lutz	Lockview High	
7	233 David Warner	Citadel High	
8	661 Liam Murdock	Madeline Symonds	
9	941 Luke Winsor	Sir John A.	
10	696 Ben Dewar	Newbridge Ac	
11	377 Emerson Crick	Halifax Central	
12	249 Khalid El-Amassi	Cole Harbour Hig	
13	639 Bradley Bryant	Madeline Symonds	
14	387 Mykeo Parker-Christmas	Halifax Central	
15	826 Cole Fraser	Rocky Lake Jr	
16	717 Gavin McGinn	Newbridge Ac	
17	170 Conor Jacobs	Charles P. Allen	
18	205 Omar Abdelkader	Citadel High	
19	252 Shea Lenihan	Cole Harbour Hig	
20	662 Zack Nauss	Madeline Symonds	
21	540 Connor Duggan	J.L. Ilsley	
22	818 James Battis	Rocky Lake Jr	
23	726 Jake Quillan	Newbridge Ac	
24	939 Riley Webb	Sir John A.	
25	42 Chad Campbell	Auburn Drive	
26	426 Jackson Hunter	Halifax Grammar	
27	718 Patrick McInnis	Newbridge Ac	
28			
29			



**2017 NSSAF Capital Regional
Meet Program**

Event 71 Girls Triple Jump Senior (15)

NSSAF: 11.31m 1999		Carly Bunyan	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	450 Katrina Cruickshank	Halifax West	
2	22 Talia Furey	Auburn Drive	
3	268 Allison Van Der Weegan	Dartmouth High	
4	236 Julia Dorey	Cole Harbour Hig	
5	151 Sara Pitman	Charles P. Allen	
6	394 Corinne Bernett	Halifax Grammar	
7	451 Brianna Davidson	Halifax West	
8	191 Karah Fleet	Citadel High	
9	577 Janna Sunde	Lockview High	
10	747 Talyia McCready	Prince Andrew	
11	35 Lauren O'Leary	Auburn Drive	
12	244 Carliegh Romkey	Cole Harbour Hig	
13	30 Anna Manuel	Auburn Drive	
14	458 Juliana Jong	Halifax West	
15	877 Sydney Hayden	Sacred Heart	
16			
17			

Event 72 Boys Triple Jump Senior (20)

NSSAF: 14.25m 1964		Howie Jackson	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	775 Brandon Raulenzo	Prince Andrew	
2	487 Raheem Elliott	Halifax West	
3	57 Jordan Matthews	Auburn Drive	
4	224 Toby Otti	Citadel High	
5	499 Simon Salah	Halifax West	
6	308 Vincent Rioux	Ecole du Som	
7	214 Louis Holland	Citadel High	
8	605 Ben Renouf	Lockview High	
9	539 Kyle Brooks	J.L. Ilsley	
10	63 Ej Raiche-Tanner	Auburn Drive	
11	867 Josh Rasmussen	Sackville High	
12	550 Adam Quaadoud	J.L. Ilsley	
13	597 Tyler McKay	Lockview High	
14	488 Praise Fagbile	Halifax West	
15	549 Jonah Manuel	J.L. Ilsley	
16	771 Michael Naugle	Prince Andrew	
17	277 Evan Desilva	Dartmouth High	
18	930 Zak Dalloul	Sir John A.	
19	757 Matt Connors	Prince Andrew	
20	178 Ethan Tucker	Charles P. Allen	
21			
22			

Event 73 Girls Shot Put 3kg Junior (23)

NSSAF: 11.58m 2010		Taylor Stutley	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	678 Annie Honkoop	Newbridge Ac	
2	354 Anne Christie	Halifax Central	
3	632 Olivia Thurier	Madeline Symonds	
4	680 Molly Lenihan	Newbridge Ac	
5	107 Jaylen Keiver	Bicentennial	
6	361 Victoria Frauzel	Halifax Central	
7	793 Lydia Green	Rocky Lake Jr	
8	625 Tara Merrick	Madeline Symonds	
9	79 Sophie Maunder	Bedford Academy	
10	676 Mackenzie Drake	Newbridge Ac	
11	785 Kaede Aras Hall	Rocky Lake Jr	
12	615 Drew Burton	Madeline Symonds	
13	320 Beyonca Payne	Graham Creighton	
14	358 Kayleigh Dunphy	Halifax Central	
15	786 Taylor Burke	Rocky Lake Jr	
16	362 Maxie Grant	Halifax Central	
17	883 Sasha Oreskovich	Sacred Heart	
18	5 Erika Hilchie-Pye	Armbrae	
19	110 Fynn Robson	Bicentennial	
20	631 Caitlin Taylor	Madeline Symonds	
21	683 Ashley Penney	Newbridge Ac	
22	803 Lauren Macrae	Rocky Lake Jr	
23	113 Vivian Tia	Bicentennial	
24			
25			



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Event 74 Boys Shot Put 4kg Junior (20)

NSSAF: 14.37m 2016-06-03 Logan Taylor			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	694 Wil Chisholm	Newbridge Ac	
2	836 Jack Milloy	Rocky Lake Jr	
3	522 Gage Drake	Herring Cove Jr.	
4	127 Dylan Moore	Bicentennial	
5	704 Owen Gravel	Newbridge Ac	
6	117 Nate Davies	Bicentennial	
7	648 Sam Hopkins	Madeline Symond:	
8	123 Dawson Hollingsworth	Bicentennial	
9	375 Patrick Casault	Halifax Central	
10	897 Sean Kontak	Sacred Heart	
11	699 Ryan Farrow	Newbridge Ac	
12	669 Ben Thompson	Madeline Symond:	
13	92 Zachary Mussa	Bedford Academy	
14	531 David Wells	Herring Cove Jr.	
15	647 Matthew Hamlin	Madeline Symond:	
16	524 Colby Giles	Herring Cove Jr.	
17	96 Adam Simm	Bedford Academy	
18	703 Lane George	Newbridge Ac	
19	832 Ben MacDonald	Rocky Lake Jr	
20	654 Eric MacDonald	Madeline Symond:	
21			
22			

Event 75 Girls Shot Put 4kg Intermediate (24)

NSSAF: 12.98m 2009 Chelsea Whalen			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	103 Grace Hartlen	Bicentennial	
2	188 Claire Ellison	Citadel High	
3	155 Teresa Treen	Charles P. Allen	
4	504 Amy Carey	Herring Cove Jr.	
5	157 Lexi Walker	Charles P. Allen	
6	311 Elizabeth Dalley	Graham Creighton	
7	787 Shawna Cosgrove	Rocky Lake Jr	
8	517 Radka Sevcik	Herring Cove Jr.	
9	266 Yasmine Serafico	Dartmouth High	
10	684 Sophia Rowe	Newbridge Ac	
11	515 Paige Price	Herring Cove Jr.	
12	569 Ainslee Macleod	Lockview High	
13	372 Gabi Whitehead	Halifax Central	
14	505 Lauren Day	Herring Cove Jr.	
15	847 Haley Giffin	Sackville High	
16	806 Paige Michaud	Rocky Lake Jr	
17	575 Haley Soucy	Lockview High	
18	672 Emma Bishop	Newbridge Ac	
19	243 Jenna Rehburg	Cole Harbour Hig	
20	812 Desiree Spears	Rocky Lake Jr	
21	578 Emily Webb	Lockview High	
22	259 Matyia David	Dartmouth High	
23	809 Kiara Peppar	Rocky Lake Jr	
24	557 Brooke Clarke	Lockview High	
25			
26			



**2017 NSSAF Capital Regional
Meet Program**

Event 76 Boys Shot Put 5kg Intermediate (39)

NSSAF: 14.88m 2016-06-03 Cameron Whynot			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	50 Kennedy Hawes	Auburn Drive	
2	868 Marc Remboski	Sackville High	
3	834 Oliver McLatchey	Rocky Lake Jr	
4	481 Ryan Braund	Halifax West	
5	656 Luke Maclean	Madeline Symond:	
6	44 Brady Crossley	Auburn Drive	
7	329 Lucas Bungay	Graham Creighton	
8	602 Jonathan Pickrem	Lockview High	
9	692 Matthew Byron	Newbridge Ac	
10	424 Amir Hasan	Halifax Grammar	
11	763 Bruen Fisher	Prince Andrew	
12	649 Noah James	Madeline Symond:	
13	41 Keaton Brown	Auburn Drive	
14	132 Andrew Smith	Bicentennial	
15	899 Amir Mishreky	Sacred Heart	
16	823 Tyler Cook	Rocky Lake Jr	
17	543 Jessie Hopkins	J.L. Ilsley	
18	433 Ethan Marshall-Harris	Halifax Grammar	
19	51 Ryan Hudson	Auburn Drive	
20	210 Owin Hall	Citadel High	
21	928 Deandre Chiola	Sir John A.	
22	249 Khalid El-Amassi	Cole Harbour Hig	
23	705 David Hibbs	Newbridge Ac	
24	929 Ryaan Dalloul	Sir John A.	
25	179 Mathew Watters	Charles P. Allen	
26	906 James Simms	Sacred Heart	
27	276 Cody Davison	Dartmouth High	
28	662 Zack Nauss	Madeline Symond:	
29	390 Jacob Yazbek	Halifax Central	
30	529 Spencer Scott	Herring Cove Jr.	
31	583 Tom Barry	Lockview High	
32	666 Dolphin Smith	Madeline Symond:	
33	731 Jack Taylor	Newbridge Ac	
34	547 Patrick Lefort	J.L. Ilsley	
35	893 Isaac Burke	Sacred Heart	
36	831 Robin Lee	Rocky Lake Jr	
37	760 Lorenzo Downey	Prince Andrew	
38	591 Kai Dwyer	Lockview High	
39	696 Ben Dewar	Newbridge Ac	
40			

Event 77 Girls Shot Put 4kg Senior (10)

NSSAF: 13.26m 2010 Chelsea Whalen			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	185 Nikola Doelle	Citadel High	
2	572 Shae Porter	Lockview High	
3	236 Julia Dorey	Cole Harbour Hig	
4	20 Mrianna Diab	Auburn Drive	
5	740 Susan Davis	Prince Andrew	
6	234 Martha Avery	Cole Harbour Hig	
7	735 Alexis Amero	Prince Andrew	
8	917 Taylor Keeping	Sir John A.	
9	36 Riel Reddick-Stevens	Auburn Drive	
10	573 Georgia Saleski	Lockview High	
11			
12			



**2017 NSSAF Capital Regional
Meet Program**

Event 78 Boys Shot Put 6kg Senior (30)

NSSAF: 16.17m 2012		Peter Millman	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	606 Hunter Rose	Lockview High	
2	725 Alex Provo	Newbridge Ac	
3	254 Gustavo Petradi	Cole Harbour Hig	
4	219 Noah Laing	Citadel High	
5	887 Kyle Smith	Sacred Heart	
6	53 Johnathan Keirstead	Auburn Drive	
7	280 Malcolm Gascoinge	Dartmouth High	
8	498 Elias Salah	Halifax West	
9	546 Connor Leblanc	J.L. Ilsley	
10	734 Daniel Zinck	Newbridge Ac	
11	62 Mitchell Plante	Auburn Drive	
12	752 Joseph Brown	Prince Andrew	
13	491 Rob Jollimore	Halifax West	
14	769 Che Morales	Prince Andrew	
15	596 Ben Marsh	Lockview High	
16	701 David Gabriel-Cote	Newbridge Ac	
17	297 Cameron Vallis	Dartmouth High	
18	601 Olivier Philips	Lockview High	
19	937 Lyndon Morrissey	Sir John A.	
20	537 Liam Abbott	J.L. Ilsley	
21	52 Nathan Hussey	Auburn Drive	
22	767 Whyatt Langille	Prince Andrew	
23	480 Isaac Bezanson	Halifax West	
24	869 Cameryn Robichaud	Sackville High	
25	732 Sean Tobin	Newbridge Ac	
26	755 Morgan Clark	Prince Andrew	
27	604 Michael Reed	Lockview High	
28	858 Logan Graves	Sackville High	
29	895 Ian Inglis	Sacred Heart	
30	499 Simon Salah	Halifax West	
31			
32			

Event 79 Girls Discus Throw 0.75kg Junior (19)

NSSAF: 28.49m 2015		Sydney Davidson	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	320 Beyonca Payne	Graham Creighton	
2	813 Claire Tramble	Rocky Lake Jr	
3	632 Olivia Thurier	Madeline Symonds	
4	673 Samantha Blair	Newbridge Ac	
5	110 Fynn Robson	Bicentennial	
6	803 Lauren Macrae	Rocky Lake Jr	
7	687 Mary Sweetapple	Newbridge Ac	
8	615 Drew Burton	Madeline Symonds	
9	113 Vivian Tia	Bicentennial	
10	683 Ashley Penney	Newbridge Ac	
11	365 Rachel MacMillan	Halifax Central	
12	354 Anne Christie	Halifax Central	
13	793 Lydia Green	Rocky Lake Jr	
14	630 Hailey Tanner	Madeline Symonds	
15	675 Audrey Donahue	Newbridge Ac	
16	362 Maxie Grant	Halifax Central	
17	785 Kaede Aras Hall	Rocky Lake Jr	
18	358 Kayleigh Dunphy	Halifax Central	
19	631 Caitlin Taylor	Madeline Symonds	
20			
21			



**2017 NSSAF Capital Regional
Meet Program**

Event 80 Boys Discus Throw 1.0kg Junior (20)

NSSAF: 43.75m 2016-06-04 Parker Swain			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	127 Dylan Moore	Bicentennial	
2	829 Nic Koch	Rocky Lake Jr	
3	117 Nate Davies	Bicentennial	
4	524 Colby Giles	Herring Cove Jr.	
5	654 Eric MacDonald	Madeline Symonds	
6	375 Patrick Casault	Halifax Central	
7	709 Zach Jenkins	Newbridge Ac	
8	96 Adam Simm	Bedford Academy	
9	659 Hudson McGrath	Madeline Symonds	
10	832 Ben MacDonald	Rocky Lake Jr	
11	383 Thomas Kowalczyk	Halifax Central	
12	648 Sam Hopkins	Madeline Symonds	
13	695 Adam Crocker	Newbridge Ac	
14	123 Dawson Hollingsworth	Bicentennial	
15	836 Jack Milloy	Rocky Lake Jr	
16	118 Aidan Foster	Bicentennial	
17	647 Matthew Hamlin	Madeline Symonds	
18	522 Gage Drake	Herring Cove Jr.	
19	704 Owen Gravel	Newbridge Ac	
20	92 Zachary Mussa	Bedford Academy	
21			
22			

Event 81 Girls Discus Throw 1.0kg Intermediate (21)

NSSAF: 39.15m 2012 Sarah Colborne			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1			
2	674 Paige Bodnar	Newbridge Ac	
3	672 Emma Bishop	Newbridge Ac	
4	243 Jenna Rehburg	Cole Harbour Hig	
5	259 Matyia David	Dartmouth High	
6	188 Claire Ellison	Citadel High	
7	517 Radka Sevcik	Herring Cove Jr.	
8	246 Lauren Stienburg	Cole Harbour Hig	
9	240 Robyn Pike	Cole Harbour Hig	
10	809 Kiara Peppar	Rocky Lake Jr	
11	569 Ainslee Macleod	Lockview High	
12	505 Lauren Day	Herring Cove Jr.	
13	812 Desiree Spears	Rocky Lake Jr	
14	633 Sarah Tucker	Madeline Symonds	
15	787 Shawna Cosgrove	Rocky Lake Jr	
16	578 Emily Webb	Lockview High	
17	684 Sophia Rowe	Newbridge Ac	
18	504 Amy Carey	Herring Cove Jr.	
19	847 Haley Giffin	Sackville High	
20	682 Ashley Neves	Newbridge Ac	
21	515 Paige Price	Herring Cove Jr.	
22	924 Alexis Smith	Sir John A.	
23			
24			



**2017 NSSAF Capital Regional
Meet Program**

Event 82 Boys Discus Throw 1.5kg Intermediate (33)

NSSAF: 42.29m 2010 Peter Millman			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	382 Ali Islam	Halifax Central	
2	591 Kai Dwyer	Lockview High	
3	276 Cody Davison	Dartmouth High	
4	251 Bailey Henwood	Cole Harbour Hig	
5	710 Kurtis Lang	Newbridge Ac	
6	210 Owin Hall	Citadel High	
7	253 Marshall M	Cole Harbour Hig	
8	41 Keaton Brown	Auburn Drive	
9	705 David Hibbs	Newbridge Ac	
10	481 Ryan Braund	Halifax West	
11	391 Allan Young	Halifax Central	
12	662 Zack Nauss	Madeline Symond:	
13	868 Marc Remboski	Sackville High	
14	379 David Frost	Halifax Central	
15	649 Noah James	Madeline Symond:	
16	582 John Bailey	Lockview High	
17	842 Liam Walsh	Rocky Lake Jr	
18	44 Brady Crossley	Auburn Drive	
19	666 Dolphin Smith	Madeline Symond:	
20	132 Andrew Smith	Bicentennial	
21	830 Morgan Lake	Rocky Lake Jr	
22	731 Jack Taylor	Newbridge Ac	
23	433 Ethan Marshall-Harris	Halifax Grammar	
24	763 Bruen Fisher	Prince Andrew	
25	543 Jessie Hopkins	J.L. Ilsley	
26	697 Chase Ellis	Newbridge Ac	
27	831 Robin Lee	Rocky Lake Jr	
28	594 Jeremy Harper	Lockview High	
29	824 Joe Dibb	Rocky Lake Jr	
30	529 Spencer Scott	Herring Cove Jr.	
31	50 Kennedy Hawes	Auburn Drive	
32	424 Amir Hasan	Halifax Grammar	
33	671 Brennan Ware	Madeline Symond:	
34			
35			

Event 83 Girls Discus Throw 1.0kg Senior (16)

NSSAF: 41.92m 2012 Kayla Gallagher			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	236 Julia Dorey	Cole Harbour Hig	
2	20 Mrianna Diab	Auburn Drive	
3	234 Martha Avery	Cole Harbour Hig	
4	36 Riel Reddick-Stevens	Auburn Drive	
5	245 Megan Sams	Cole Harbour Hig	
6	185 Nikola Doelle	Citadel High	
7	452 Hannah Devoe	Halifax West	
8	18 Erin Cassidy	Auburn Drive	
9	572 Shae Porter	Lockview High	
10	922 Julie Ramsay	Sir John A.	
11	30 Anna Manuel	Auburn Drive	
12	735 Alexis Amero	Prince Andrew	
13	919 Kaleigh McLeod	Sir John A.	
14	917 Taylor Keeping	Sir John A.	
15	573 Georgia Saleski	Lockview High	
16	740 Susan Davis	Prince Andrew	
17			
18			



**2017 NSSAF Capital Regional
Meet Program**

Event 84 Boys Discus Throw 1.75kg Senior (28)

NSSAF: 49.76m 2012		Peter Millman	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	869 Cameryn Robichaud	Sackville High	
2	546 Connor Leblanc	J.L. Ilsley	
3	858 Logan Graves	Sackville High	
4	499 Simon Salah	Halifax West	
5	895 Ian Inglis	Sacred Heart	
6	933 Adam Farmer	Sir John A.	
7	480 Isaac Bezanson	Halifax West	
8	937 Lyndon Morrissey	Sir John A.	
9	752 Joseph Brown	Prince Andrew	
10	254 Gustavo Petradi	Cole Harbour Hig	
11	755 Morgan Clark	Prince Andrew	
12	732 Sean Tobin	Newbridge Ac	
13	69 Sha Upshaw	Auburn Drive	
14	601 Olivier Philips	Lockview High	
15	930 Zak Dalloul	Sir John A.	
16	49 Liam Hagerman	Auburn Drive	
17	308 Vincent Rioux	Ecole du Som	
18	701 David Gabriel-Cote	Newbridge Ac	
19	498 Elias Salah	Halifax West	
20	769 Che Morales	Prince Andrew	
21	725 Alex Provo	Newbridge Ac	
22	604 Michael Reed	Lockview High	
23	62 Mitchell Plante	Auburn Drive	
24	603 Neil Redden	Lockview High	
25	734 Daniel Zinck	Newbridge Ac	
26	768 Jack McGovern	Prince Andrew	
27	52 Nathan Hussey	Auburn Drive	
28	491 Rob Jollimore	Halifax West	
29			
30			

Event 85 Girls Javelin Throw 400g Junior (13)

NSSAF: 37.38m 1999		Katherine Marksson	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	813 Claire Tramble	Rocky Lake Jr	
2	630 Hailey Tanner	Madeline Symonds	
3	75 Yasmeen Ghoti	Bedford Academy	
4	615 Drew Burton	Madeline Symonds	
5	801 Jessica Liu	Rocky Lake Jr	
6	71 Jana Abdel Aty	Bedford Academy	
7	803 Lauren Macrae	Rocky Lake Jr	
8	110 Fynn Robson	Bicentennial	
9	632 Olivia Thurier	Madeline Symonds	
10	107 Jaylen Keiver	Bicentennial	
11	620 Kaylee Hickey	Madeline Symonds	
12	797 Hannah Kappernaes	Rocky Lake Jr	
13	101 Keanna Davies	Bicentennial	
14			
15			

Event 91 Boys Javelin Throw 600g Junior (20)

NSSAF: 45.48m 2015		Michael Adams	
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	698 Akihiro Enomoto	Newbridge Ac	
2	651 Thomas Kleinknecht	Madeline Symonds	
3	97 Ryan Smith	Bedford Academy	
4	522 Gage Drake	Herring Cove Jr.	
5	825 Owen Flemming	Rocky Lake Jr	
6	90 Joe Kendziora	Bedford Academy	
7	689 Oliver Arnfast	Newbridge Ac	
8	654 Eric MacDonald	Madeline Symonds	
9	127 Dylan Moore	Bicentennial	
10	719 Ephram McNutt	Newbridge Ac	
11	123 Dawson Hollingsworth	Bicentennial	
12	669 Ben Thompson	Madeline Symonds	
13	117 Nate Davies	Bicentennial	
14	92 Zachary Mussa	Bedford Academy	
15	659 Hudson McGrath	Madeline Symonds	
16	897 Sean Kontak	Sacred Heart	
17	694 Wil Chisholm	Newbridge Ac	
18	836 Jack Milloy	Rocky Lake Jr	
19	524 Colby Giles	Herring Cove Jr.	
20	118 Aidan Foster	Bicentennial	
21			
22			



**2017 NSSAF Capital Regional
Meet Program**

Event 97 Girls Javelin Throw 500g Intermediate (30)

NSSAF: 41.73m 2016-06-04 Madelyn Quinn			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1			
2	300 Estella Rose Mullen	Ecole du Som	
3	674 Paige Bodnar	Newbridge Ac	
4	467 Renee Macleod	Halifax West	
5	923 Olivia Skinner	Sir John A.	
6	157 Lexi Walker	Charles P. Allen	
7	672 Emma Bishop	Newbridge Ac	
8	246 Lauren Stienburg	Cole Harbour Hig	
9	180 Tata Aballa	Citadel High	
10	76 Ruby Shane Leysa	Bedford Academy	
11	918 Teigan Labor	Sir John A.	
12	513 Arielle Mountain	Herring Cove Jr.	
13	259 Matyia David	Dartmouth High	
14	184 Meadow Carman	Citadel High	
15	578 Emily Webb	Lockview High	
16	847 Haley Giffin	Sackville High	
17	155 Teresa Treen	Charles P. Allen	
18	574 Eden Smith	Lockview High	
19	557 Brooke Clarke	Lockview High	
20	633 Sarah Tucker	Madeline Symonds	
21	243 Jenna Rehburg	Cole Harbour Hig	
22	507 Fallon Furey	Herring Cove Jr.	
23	80 Ava Ramsay	Bedford Academy	
24	738 Paige Colpitts	Prince Andrew	
25	809 Kiara Peppar	Rocky Lake Jr	
26	533 Kenzie Chranofsky	J.L. Ilsley	
27	569 Ainslee Macleod	Lockview High	
28	156 Laura Troke	Charles P. Allen	
29	805 Allison McNeil	Rocky Lake Jr	
30	103 Grace Hartlen	Bicentennial	
31	188 Claire Ellison	Citadel High	
32			
33			

Event 103 Boys Javelin Throw 700g Intermediate (31)

NSSAF: 49.63m 2013 Logan Cleveland			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	906 James Simms	Sacred Heart	
2	433 Ethan Marshall-Harris	Halifax Grammar	
3	40 Blaine Beals	Auburn Drive	
4	132 Andrew Smith	Bicentennial	
5	664 Devon Saberi	Madeline Symonds	
6	717 Gavin McGinn	Newbridge Ac	
7	582 John Bailey	Lockview High	
8	671 Brennan Ware	Madeline Symonds	
9	823 Tyler Cook	Rocky Lake Jr	
10	700 Christopher Fleming	Newbridge Ac	
11	893 Isaac Burke	Sacred Heart	
12	831 Robin Lee	Rocky Lake Jr	
13	868 Marc Remboski	Sackville High	
14	41 Keaton Brown	Auburn Drive	
15	275 Jack Cummings	Dartmouth High	
16	731 Jack Taylor	Newbridge Ac	
17	276 Cody Davison	Dartmouth High	
18	85 Owen Carter	Bedford Academy	
19	649 Noah James	Madeline Symonds	
20	543 Jessie Hopkins	J.L. Ilsley	
21	666 Dolphin Smith	Madeline Symonds	
22	424 Amir Hasan	Halifax Grammar	
23	54 Joel King	Auburn Drive	
24	253 Marshall M	Cole Harbour Hig	
25	490 Sam Gagnon	Halifax West	
26	210 Owin Hall	Citadel High	
27	607 Graydon Saleski	Lockview High	
28	42 Chad Campbell	Auburn Drive	
29	249 Khalid El-Amassi	Cole Harbour Hig	
30	86 Jack Falkenham	Bedford Academy	
31	834 Oliver McLatchey	Rocky Lake Jr	
32			
33			



**2017 NSSAF Capital Regional
Meet Program**

Event 109 Girls Javelin Throw 600g Senior (16)

NSSAF: 44.20m 2010 Chelsea Whalen			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	871 Meghan Beland	Sacred Heart	
2	20 Mrianna Diab	Auburn Drive	
3	239 Kaitlyn Jobe	Cole Harbour Hig	
4	912 Shania Bugbee	Sir John A.	
5	845 Zoe Carvery	Sackville High	
6	234 Martha Avery	Cole Harbour Hig	
7	18 Erin Cassidy	Auburn Drive	
8	469 Brooke Marriott	Halifax West	
9	242 Leila Rashid	Cole Harbour Hig	
10	572 Shae Porter	Lockview High	
11	33 Katrina Mullane	Auburn Drive	
12	185 Nikola Doelle	Citadel High	
13	561 Olivia Hill	Lockview High	
14	245 Megan Sams	Cole Harbour Hig	
15	452 Hannah Devoe	Halifax West	
16	922 Julie Ramsay	Sir John A.	
17			
18			

Event 115 Boys Javelin Throw 800g Senior (21)

NSSAF: 61.64m 2005 Adam Wolkins			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	902 Benno Orr	Sacred Heart	
2	537 Liam Abbott	J.L. Ilsley	
3	499 Simon Salah	Halifax West	
4	755 Morgan Clark	Prince Andrew	
5	546 Connor Leblanc	J.L. Ilsley	
6	858 Logan Graves	Sackville High	
7	601 Olivier Philips	Lockview High	
8	855 Sean Bonvie	Sackville High	
9	46 Max Emin	Auburn Drive	
10	887 Kyle Smith	Sacred Heart	
11	606 Hunter Rose	Lockview High	
12	491 Rob Jollimore	Halifax West	
13	895 Ian Inglis	Sacred Heart	
14	56 Mike Leblanc	Auburn Drive	
15	930 Zak Dalloul	Sir John A.	
16	869 Cameryn Robichaud	Sackville High	
17	49 Liam Hagerman	Auburn Drive	
18	225 Andrew Parkhill	Citadel High	
19	498 Elias Salah	Halifax West	
20	53 Johnathan Keirstead	Auburn Drive	
21	162 Phillippe Carpentier	Charles P. Allen	
22			
23			
24			

Event 119 Boys Pole Vault Senior (1)

NSSAF: 3.85m 1996 Dominic Bricault			
Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	933 Adam Farmer	Sir John A.	
2			
3			
4			

Event 120 Girls 100 Meter Dash Special Junior (1)

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	318 Victoria Mackeigan	Graham Creighton	
2			
3			
4			
5			
6			
7			
8			

Event 121 Boys 100 Meter Dash Special Junior (3)

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	131 Ali Smith	Bicentennial	
2	331 Logan Davidson	Graham Creighton	
3	340 Ryan Simmons	Graham Creighton	
4			
5			
6			
7			
8			

Event 122 Girls 100 Meter Dash Special Senior (25)

Lane	Name	School	Seed Time
Section 1 of 4 Finals			
1	465 Olivia MacKenzie	Halifax West	
2	456 Yasmina Hashem	Halifax West	
3	462 Josee MacDonald	Halifax West	
4	475 Fiona Watt	Halifax West	
5	746 Hailey MacDonald	Prince Andrew	
6	749 Anne Williams	Prince Andrew	
7			
8			



**2017 NSSAF Capital Regional
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Section 2 of 4 Finals

1	202 Jessica Watson	Citadel High
2	201 Autumn Walsh	Citadel High
3	193 Ava Keddy	Citadel High
4	187 Karlee Elliott	Citadel High
5	183 Tegan Bielawski	Citadel High
6	137 Carlie Belong	Charles P. Allen
7	149 Bailee Mason	Charles P. Allen
8		

Section 3 of 4 Finals

1	37 Kiera Sparks Lucas	Auburn Drive
2	23 Lauren Hearn	Auburn Drive
3	24 Brie Hurley	Auburn Drive
4	25 Emma Hurley	Auburn Drive
5	925 Jillian Trudeau	Sir John A.
6	911 Samantha Brown	Sir John A.
7	915 Jenna Giles	Sir John A.
8		

Section 4 of 4 Finals

1		
2	265 Hannah Mackay	Dartmouth High
3	270 Gaby Young	Dartmouth High
4	269 Jenna Webb	Dartmouth High
5	263 Deanna Graham	Dartmouth High
6	267 Ariel Stewart	Dartmouth High
7		
8		

Event 123 Boys 100 Meter Dash Special Senior (46)

Lane	Name	School	Seed Time
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Section 1 of 7 Finals

1	221 Austin Massan	Citadel High
2	211 Mike Hanlon	Citadel High
3	230 Matt Sutton	Citadel High
4	215 Fred Jean	Citadel High
5	208 Luc ` Desrosiers	Citadel High
6	222 Dan Morris	Citadel High
7		
8		

Section 2 of 7 Finals

1	484 Alex Clarke	Halifax West
2	503 Colin Wright	Halifax West
3	482 Jordan Cameron	Halifax West
4	555 Christopher Yeadon	J.L. Ilsley
5	538 Jason Boutilier	J.L. Ilsley
6	927 Griffin Brigley-Coolen	Sir John A.
7		
8		

Section 3 of 7 Finals...(Event 123 Boys 100 Meter Dash Special Senior)

1	781 David Tong	Prince Andrew
2	754 Jesse Chaplin	Prince Andrew
3	776 Corey Rose	Prince Andrew
4	780 Mason Slade	Prince Andrew
5	759 Alex Dharmaratnam	Prince Andrew
6	756 Justus Colley	Prince Andrew
7	772 Demyron Parsons	Prince Andrew
8		

Section 4 of 7 Finals

1	68 Clarke Turner	Auburn Drive
2	47 Jewels Glasgow	Auburn Drive
3	43 Tyler Crooks	Auburn Drive
4	60 Devin Morrison	Auburn Drive
5	58 Nicolas Mavrin	Auburn Drive
6		
7		
8		

Section 5 of 7 Finals

1	174 Logan Roy	Charles P. Allen
2	165 Brady Gerrior	Charles P. Allen
3	158 Kyle Avery	Charles P. Allen
4	164 Patrick Flewelling	Charles P. Allen
5	159 Liam Berrigan	Charles P. Allen
6	163 Scott Chaddock	Charles P. Allen
7	167 Kendrick Gould	Charles P. Allen
8	169 Kirkland Hartlen	Charles P. Allen

Section 6 of 7 Finals

1	294 Patrick Schnard	Dartmouth High
2	278 Miguel Diggs	Dartmouth High
3	293 Ryan Purdy	Dartmouth High
4	279 Isai Esty	Dartmouth High
5	299 Kyle Ward	Dartmouth High
6	295 Cole Siteman	Dartmouth High
7	289 James Monk	Dartmouth High
8		

Section 7 of 7 Finals

1	291 James Oram	Dartmouth High
2	274 Izaac Croft	Dartmouth High
3	272 Dylan Cooper	Dartmouth High
4	288 Jeviel Merrick	Dartmouth High
5	287 Rene Menard	Dartmouth High
6	292 Ben Perry	Dartmouth High
7	273 Gabe Croft	Dartmouth High
8		



**2017 NSSAF Capital Regional
Meet Program**

Event 125 Boys Shot Put 4kg Special Junior (3)

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	131 Ali Smith	Bicentennial	
2	331 Logan Davidson	Graham Creighton	
3	340 Ryan Simmons	Graham Creighton	
4			
5			

Event 126 Girls Shot Put 3kg Special Senior (29)

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	263 Deanna Graham	Dartmouth High	
2	269 Jenna Webb	Dartmouth High	
3	265 Hannah Mackay	Dartmouth High	
4	270 Gaby Young	Dartmouth High	
5	267 Ariel Stewart	Dartmouth High	
6	472 Madhu Pasthurati	Halifax West	
7	449 Ashley Cox	Halifax West	
8	462 Josee MacDonald	Halifax West	
9	465 Olivia MacKenzie	Halifax West	
10	444 Mahnoor Ahmedani	Halifax West	
11	475 Fiona Watt	Halifax West	
12	470 Breanna Misener	Halifax West	
13	456 Yasmina Hashem	Halifax West	
14	445 Hannah Ball	Halifax West	
15	137 Carlie Belong	Charles P. Allen	
16	149 Bailee Mason	Charles P. Allen	
17	37 Kiera Sparks Lucas	Auburn Drive	
18	24 Brie Hurley	Auburn Drive	
19	23 Lauren Hearn	Auburn Drive	
20	25 Emma Hurley	Auburn Drive	
21	925 Jillian Trudeau	Sir John A.	
22	915 Jenna Giles	Sir John A.	
23	911 Samantha Brown	Sir John A.	
24	187 Karlee Elliott	Citadel High	
25	201 Autumn Walsh	Citadel High	
26	202 Jessica Watson	Citadel High	
27	183 Tegan Bielawski	Citadel High	
28	193 Ava Keddy	Citadel High	
29	749 Anne Williams	Prince Andrew	
30			
31			
32			

Event 127 Boys Shot Put 4kg Special Senior (51)

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	758 Alex Delorey	Prince Andrew	
2	781 David Tong	Prince Andrew	
3	776 Corey Rose	Prince Andrew	
4	780 Mason Slade	Prince Andrew	
5	762 Riley Dunham	Prince Andrew	
6	759 Alex Dharmaratnam	Prince Andrew	
7	777 Josh Ross	Prince Andrew	
8	782 Ben Varga	Prince Andrew	
9	772 Demyron Parsons	Prince Andrew	
10	230 Matt Sutton	Citadel High	
11	221 Austin Massan	Citadel High	
12	222 Dan Morris	Citadel High	
13	208 Luc ` Desrosiers	Citadel High	
14	215 Fred Jean	Citadel High	
15	211 Mike Hanlon	Citadel High	
16	223 Blaire Murphy	Citadel High	
17	299 Kyle Ward	Dartmouth High	
18	295 Cole Siteman	Dartmouth High	
19	274 Izaac Croft	Dartmouth High	
20	272 Dylan Cooper	Dartmouth High	
21	289 James Monk	Dartmouth High	
22	291 James Oram	Dartmouth High	
23	273 Gabe Croft	Dartmouth High	
24	278 Miguel Diggs	Dartmouth High	
25	288 Jeviel Merrick	Dartmouth High	
26	293 Ryan Purdy	Dartmouth High	
27	294 Patrick Schnard	Dartmouth High	
28	292 Ben Perry	Dartmouth High	
29	287 Rene Menard	Dartmouth High	
30	494 Umar Lai	Halifax West	
31	496 Shane Neve	Halifax West	
32	484 Alex Clarke	Halifax West	
33	477 Devon Amey	Halifax West	
34	482 Jordan Cameron	Halifax West	
35	503 Colin Wright	Halifax West	
36	927 Griffin Brigley-Coolen	Sir John A.	
37	538 Jason Boutillier	J.L. Ilsley	
38	555 Christopher Yeadon	J.L. Ilsley	
39	47 Jewels Glasgow	Auburn Drive	
40	68 Clarke Turner	Auburn Drive	
41	43 Tyler Crooks	Auburn Drive	
42	60 Devin Morrison	Auburn Drive	
43	58 Nicolas Mavrin	Auburn Drive	
44	164 Patrick Flewelling	Charles P. Allen	
45	158 Kyle Avery	Charles P. Allen	
46	163 Scott Chaddock	Charles P. Allen	
47	159 Liam Berrigan	Charles P. Allen	
48	174 Logan Roy	Charles P. Allen	
49	169 Kirkland Hartlen	Charles P. Allen	



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50	165 Brady Gerrior	Charles P. Allen
51	167 Kendrick Gould	Charles P. Allen
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Event 129 Boys Long Jump Special Junior (3)

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	131 Ali Smith	Bicentennial	
2	340 Ryan Simmons	Graham Creighton	
3	331 Logan Davidson	Graham Creighton	
4			

Event 130 Girls Long Jump Special Senior (26)

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	465 Olivia MacKenzie	Halifax West	
2	449 Ashley Cox	Halifax West	
3	470 Breanna Misener	Halifax West	
4	472 Madhu Pasthurati	Halifax West	
5	456 Yasmina Hashem	Halifax West	
6	444 Mahnoor Ahmedani	Halifax West	
7	462 Josee MacDonald	Halifax West	
8	475 Fiona Watt	Halifax West	
9	137 Carlie Belong	Charles P. Allen	
10	149 Bailee Mason	Charles P. Allen	
11	187 Karlee Elliott	Citadel High	
12	183 Tegan Bielawski	Citadel High	
13	193 Ava Keddy	Citadel High	
14	202 Jessica Watson	Citadel High	
15	925 Jillian Trudeau	Sir John A.	
16	915 Jenna Giles	Sir John A.	
17	911 Samantha Brown	Sir John A.	
18	749 Anne Williams	Prince Andrew	
19	25 Emma Hurley	Auburn Drive	
20	23 Lauren Hearn	Auburn Drive	
21	24 Brie Hurley	Auburn Drive	
22	263 Deanna Graham	Dartmouth High	
23	265 Hannah Mackay	Dartmouth High	
24	267 Ariel Stewart	Dartmouth High	
25	269 Jenna Webb	Dartmouth High	
26	270 Gaby Young	Dartmouth High	
27			
28			

Event 131 Boys Long Jump Special Senior (48)

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	782 Ben Varga	Prince Andrew	
2	780 Mason Slade	Prince Andrew	
3	758 Alex Delorey	Prince Andrew	
4	754 Jesse Chaplin	Prince Andrew	
5	756 Justus Colley	Prince Andrew	
6	762 Riley Dunham	Prince Andrew	
7	772 Demyron Parsons	Prince Andrew	
8	781 David Tong	Prince Andrew	
9	759 Alex Dharmaratnam	Prince Andrew	
10	496 Shane Neve	Halifax West	
11	503 Colin Wright	Halifax West	
12	494 Umar Lai	Halifax West	
13	482 Jordan Cameron	Halifax West	
14	484 Alex Clarke	Halifax West	
15	274 Izaac Croft	Dartmouth High	
16	278 Miguel Diggs	Dartmouth High	
17	273 Gabe Croft	Dartmouth High	
18	291 James Oram	Dartmouth High	
19	288 Jeviel Merrick	Dartmouth High	
20	289 James Monk	Dartmouth High	
21	294 Patrick Schnard	Dartmouth High	
22	293 Ryan Purdy	Dartmouth High	
23	299 Kyle Ward	Dartmouth High	
24	287 Rene Menard	Dartmouth High	
25	272 Dylan Cooper	Dartmouth High	
26	295 Cole Siteman	Dartmouth High	
27	292 Ben Perry	Dartmouth High	
28	159 Liam Berringan	Charles P. Allen	
29	174 Logan Roy	Charles P. Allen	
30	163 Scott Chaddock	Charles P. Allen	
31	167 Kendrick Gould	Charles P. Allen	
32	165 Brady Gerrior	Charles P. Allen	
33	158 Kyle Avery	Charles P. Allen	
34	164 Patrick Flewelling	Charles P. Allen	
35	169 Kirkland Hartlen	Charles P. Allen	
36	208 Luc ` Desrosiers	Citadel High	
37	211 Mike Hanlon	Citadel High	
38	215 Fred Jean	Citadel High	
39	222 Dan Morris	Citadel High	
40	221 Austin Massan	Citadel High	
41	68 Clarke Turner	Auburn Drive	
42	47 Jewels Glasgow	Auburn Drive	
43	60 Devin Morrison	Auburn Drive	
44	58 Nicolas Mavrin	Auburn Drive	
45	43 Tyler Crooks	Auburn Drive	
46	927 Griffin Brigley-Coolen	Sir John A.	
47	538 Jason Boutilier	J.L. Ilsley	
48	555 Christopher Yeadon	J.L. Ilsley	
49			



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