



**2015 NSSAF Track & Field Provincial Championship**  
**June 5th & 6th**  
**Acadia University, Wolfville, N.S.**  
**Meet Information**



**Meet Director: Dave Morton: Northeast Kings Education Centre: [dmorton@nspes.ca](mailto:dmorton@nspes.ca)**

**Live results: [nssaf.ednet.ns.ca/results/2015/Provincials](http://nssaf.ednet.ns.ca/results/2015/Provincials)**  
**More information: [nssaf.ca/track-field](http://nssaf.ca/track-field)**

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### **Executive Director Remarks - NSSAF Track and Field Championships**

It gives me great pleasure to write this message for the 2015 NSSAF Track and Field Championship. It takes a lot of dedication and hard work to qualify for a NSSAF Championship and you, the student-athletes, are to be commended for your efforts. Extra congratulations to the grade twelve student-athletes! Thank you for your contribution to school sport and all the best in the future.

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

Thanks to the Partners of the NSSAF! Education partner - Department of Education and Early Childhood Development, Government partner – Department of Health and Wellness. Presenting Partner - Eastlink. Senior Partner -The Chronicle Herald. Major Partners – Recharge With Milk and T. Litzen Sports. Official suppliers – Comfort Inn, Enterprise Car Rental and Nova Trophy. The NSSAF Media Partner is New Cap Radio - Q104.

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

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

A handwritten signature in black ink that reads "Darrell Dempster". The signature is written in a cursive, flowing style.

Darrell Dempster  
Executive Director  
Nova Scotia School Athletic Federation

## General Information, Rules and Regulations

1. Coaches Meeting will take place at 9:00 am on Friday, June 5<sup>th</sup>. Location: Hall of Fame Room
2. Opening Ceremonies will take place June 5<sup>th</sup>. Start time: 10:00 am. Each school is permitted one male & one female per classification/school and a sign / banner or flag identifying your school. The full Championship Schedule is included in this document. Meet begins at 10:30 am.
3. Parking is available at the site. Do not park on the grass or in assigned parking spaces. Buses may drop off the student-athletes at the Complex and may park in an adjacent designated lot.
4. The synthetic surface of the eight-lane track, jump runways, javelin runway and pole vault area are full-pour polyurethane systems with embedded EPDM granules. Pyramid and pin spikes only (max length 7 mm) are permitted for all running events as well as the long jump, triple jump, pole vault and javelin; this will be enforced at marshalling tents. Pin spikes available for sale. **High jump will be conducted on the turf field and spikes are not permitted.** The circles for discus and shot put are concrete.
5. Canteen and food service will be available and there are other eating spots nearby.
6. There will be an entry fee for spectator admission during certain times of the day. \$2.00 for adults and \$1.00 for youth. There will be no charge for coaches, athletes or officials.
7. NSSAF Provincial Championship souvenir t-shirts will be for sale for \$20 on site.
8. Covered stands are available and provide protection in case of extreme weather conditions, however, bringing your own tarps and tents is recommended. The Complex building has changing and washroom facilities.
9. First Aid/Physiotherapy services will be available for student-athletes on site, but are encouraged to bring your own supplies. Schools are expected to bring a first aid kit.
10. Outside sporting equipment (balls /frisbees/other) is prohibited at the track meet as they pose a significant tripping and interference hazard.
11. Medals are awarded to the top three finishers in each event and to all 4 members of top three relay teams. Banners are awarded for JG, JB, overall Junior, IG, IB, overall Intermediate, SG, SB, overall Senior and for total school points in Division 1, 2, 3 and 4.
12. The team point system is as follows

### **Individual events**

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

### **Relays**

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

13. Uniforms that identify a student-athlete's school are requested. No "club" or "games" uniforms are to be worn during competition. Student-athletes attempting to compete in inappropriate attire will be asked to change before being allowed to compete.
14. In throw and jump for distance events, each competitor will be given three (3) trials. The top eight (ties broken when possible) will then be given three (3) more trials. The best of the six (6) attempts will count for placing. Rounds 4-6 will follow the "worst to first" order following round 3.
15. The following time limits should not be exceeded: Pole Vault - 2 minutes; all other field events - 1 1/2 minutes. No unnecessary delay in making an attempt in any field event will be permitted. High jump may alter the time frame when the number of competitors reaches a specific number.
16. Equipment. Athletes in the Pole Vault must use their own poles. In throwing events, an athlete may request that the head field official certify an athlete's implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event. All other athletes must use the equipment, including relay batons and starting blocks, supplied by the Meet Organizers.

17.	<u>Implements:</u>	<b>Shot Put</b>	SB	6.00kg
			IB	5.00kg
			JG	3.00kg
			JB/IG/SG	4.00kg
			SAJB/SASB	4.00kg
			SAJG/SASG	3.00kg
		<b>Discus</b>	SB	1.75kg
			IB	1.50kg
			SG/IG/JB	1.00kg
			JG	0.75kg (formerly 1.0kg)
		<b>Javelin</b>	SB	800g
			IB	700g
			SG/JB	600g
			IG	500g (formerly 600g)
			JG	400g (formerly 600g)

18.	<u>Starting Jump Heights:</u>	<b><u>Class</u></b>	<b><u>High Jump</u></b>	<b><u>Pole Vault</u></b>
		SB	1.45 m	1.80 m
		IB	1.40 m	1.80 m
		JB	1.25 m	-----
		SG	1.25 m	1.40 m
		IG	1.25 m	1.40 m
		JG	1.15 m	-----

19.	<u>Hurdle heights &amp; distances:</u>	JG	30" X 80m
		IG/SG	33" X 80m
		JB	33" X 100m
		IB	36" X 100m
		SB	39" X 100m

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

21. Hurdlers shall be disqualified if he/she a) does not jump any hurdle; b) trails his/her foot or leg below the horizontal plane of the top of the hurdle at the instance of clearance; c) jumps any hurdle not in his/her own lane; d) in the opinion of the referee deliberately knocks down any hurdle. They will also be disqualified if they interfere outside their lane with student-athletes in other lanes. Races can be re-run at the discretion of the track referee if a student-athlete is impeded to an extent that an "unfair" race occurs.

21. The 800m, 1500m, and 3000m shall be run as timed finals. The Special Athlete 100m and both relays will be run as a 2-heat timed section final. The hurdles, 100m, 200m and 400m races will have semi-finals and then finals.

22. Qualification for track event finals (from semi-finals).

<u># of Heats</u>	<u>Qualification</u>
2	top 3 in each heat + next 2 fastest times

23. Blocks will be mandatory for the 100m, 200m, 400m, 4x100m, 4x400m and hurdles. Blocks will **not** be used in the 800m, 1500m or 3000m or the Special Athlete 100m.

24. The 800m will be run in a waterfall formation. This will be explained at the start of each race. 1500m and 3000m will be run on a curved start line.

25. Individual student-athletes are permitted a false start each in all individual track events. Student-athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a semi-final and a final are two individual events.

26. All competitors must start each event for which they are qualified and put forth a competitive effort. This does not preclude an athlete from passing on attempts in field events or from becoming injured during an event and competing later with written confirmation from medical personnel.

27. Student-athletes are requested to stay out of the infield area unless he/she is participating in the event being conducted. Spectators and coaches must remain outside the track and off the infield at all times. The Track Finish Line area must be kept free from spectators and coaches at all times to prevent any accidental interference with the electronic timing system.

28. When an athlete is involved in both a track and a field event, the track events takes priority over the field event. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible. You may ask and be permitted to throw/jump ahead/late of your usual order, but once a round is finished you lose your attempt for that round. For instance an athlete could throw first in one round and last in the next round but an athlete may not throw 2 throws in one round. Please ensure athletes understand this procedure and are proactive in discussing this with both the field official and clerks/marshals of track events. Ultimately, the responsibility lies with the athlete.
29. Pacing in races by persons not participating in the race, by athletes lapped or about to be lapped or by any kind of technical device (aside from personal watch or personal GPS) is considered outside assistance. Also, possession or use of video recorders, radios, CD, MP3, radio transmitters, mobile phones or similar devices in the competition area is prohibited. Coaches may not give advice from within the competition area and athletes may not leave the competition area to engage in dialogue with persons during the event. Communication between the athlete and coach not placed in the competition area can occur as long as it does not interfere with the staging of the event and is not considered assistance or technology as noted above. Special Athletes however are permitted one person in the competition area per athlete as per NSSAF rule. If a Special Athlete requires more than one helper to successfully participate in the event, this issue should be discussed with the Meet Director at the coaches' meeting on the morning of the event. Failure to comply: First Offence = warning by the referee. Second Offence = disqualification from the event.
30. All student-athletes in track events must report to the marshalling area when called to do so to obtain lane assignments and hip numbers. All field athletes must report to the official in charge of their event at the event area. We will do a 1st and 2nd call of the announcing system. After this the official/marshal/clerk will do a final call in their area. Following this final call, athletes who have not checked in may be replaced by the 5th place alternate. The 5th place alternate from each Region can only compete if an athlete from their own Region does not show by final call of the event. No athletes beyond 5th place in their Region are eligible to compete at Provincials regardless of how many no shows there are from that Region. Alternates are listed in the program and are issued bib numbers.
31. In order to more efficiently identify student-athletes in all events, all student-athletes will be issued a bib number which must be worn at check in with the clerk/official of the event until the completion of event. All bib numbers are included in the School / Coach Registration Package and will be used for both days of competition. A \$ 5.00 replacement fee is charged if the bib is lost. Student-athletes must have their bib number with them for event marshalling/check in.
32. In addition to bib numbers, track athletes will wear hip numbers. In laned track events (hurdles, 100m, 200m, 400m), hip numbers will be worn to designate lane assignment. In the 800m, 1500m, 3000m, numbers 1-16 corresponding to how they are listed in the program will be worn and in the 4x100m and 4x400m, the 4th runner will receive a number based on their starting lane. These numbers will be provided at marshalling of the event.
33. Results will be posted on the results board posted underneath the stands near canteen and washrooms and will be available in real-time through a link on the NSSAF Track & Field page, [nssaf.ednet.ns.ca/track-field](http://nssaf.ednet.ns.ca/track-field) or directly at [nssaf.ednet.ns.ca/results/2015/Provincials](http://nssaf.ednet.ns.ca/results/2015/Provincials). We will be using Finish Lynx timing equipment and Meet Manager software for all results management.

### Track Events - Friday, June 5, 2015

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



### Field Events - Friday June 5, 2015

Start Time	Event	Category	Event #	Awards
10:30 am	Long Jump	Special Athlete Junior High Girls	29	Presentations Following Events
	Long Jump	Special Athlete Junior High Boys	30	
	Shot Put	Special Athlete Senior High Girls	31	
	Shot Put	Special Athlete Senior High Boys	32	
	Pole Vault	Intermediate Girls	33	Presentations 1:30 pm
	Pole Vault	Senior Girls	34	
11:00 am	Long Jump	Intermediate Boys	35	
	High Jump	Junior Girls	36	
	Triple Jump	Intermediate Girls	37	
	Shot Put	Junior Boys	38	
	Discus	Senior Girls	39	
	Javelin	Senior Boys	40	
12:30 pm	Shot Put	Special Athlete Junior High Girls	41	Presentations Following Events
	Shot Put	Special Athlete Junior High Boys	42	
	Long Jump	Special Athlete Senior High Girls	43	
	Long Jump	Special Athlete Senior High Boys	44	
1:00 pm	Pole Vault	Intermediate Boys	45	Presentations 4:00 pm
	Pole Vault	Senior Boys	46	
2:00 pm	Long Jump	Junior Boys	47	
	High Jump	Intermediate Girls	48	
	Triple Jump	Senior Girls	49	
	Shot Put	Senior Boys	50	
	Discus	Junior Girls	51	
	Javelin	Intermediate Boys	52	
4:00 pm	Long Jump	Senior Boys	53	Presentations 5:15 pm
	High Jump	Senior Girls	54	
	Triple Jump	Junior Girls	55	
	Shot Put	Intermediate Boys	56	
	Discus	Intermediate Girls	57	
	Javelin	Junior Boys	58	

### Track Events - Saturday June 6, 2015

Start Time	Event	Type	Category	Event #	Awards
9:00 am	200 m	Semi Final	Junior Girls	59	
9:10 am			Junior Boys	60	
9:20 am			Intermediate Girls	61	
9:30 am			Intermediate Boys	62	
9:40 am			Senior Girls	63	
9:50 am			Senior Boys	64	
10:10 am	800 m	Final	Junior Girls	65	Presentations 11:30 am
10:20 am			Junior Boys	66	
10:30 am			Intermediate Girls	67	
10:40 am			Intermediate Boys	68	
10:50 am			Senior Girls	69	
11:00 am			Senior Boys	70	
11:20 am	4 X 100 m	Timed Section Final	Junior Girls	71	Presentations 2:30 pm
11:35 am			Junior Boys	72	
11:55 am			Intermediate Girls	73	
12:10 pm			Intermediate Boys	74	
12:30 pm			Senior Girls	75	
12:45 pm			Senior Boys	76	
1:05 pm	200 m	Final	Junior Girls	59F	Presentations 2:30 pm
1:10 pm			Junior Boys	60F	
1:15 pm			Intermediate Girls	61F	
1:20 pm			Intermediate Boys	62F	
1:25 pm			Senior Girls	63F	
1:30 pm			Senior Boys	64F	
1:55 pm	3000 m	Final	Junior Girls	77	Presentations 4:00 pm
2:10 pm			Junior Boys	78	
2:25 pm			Intermediate Girls	79	
2:45 pm			Intermediate Boys	80	
3:05 pm			Senior Girls	81	
3:25 pm			Senior Boys	82	
3:55 pm	4x400	Timed Section Final	Junior Girls	83	Presentations 5:45 pm
4:15 pm			Junior Boys	84	
4:35 pm			Intermediate Girls	85	
4:55 pm			Intermediate Boys	86	
5:15 pm			Senior Girls	87	
5:35 pm			Senior Boys	88	

### Field Events- Saturday June 6, 2015

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

### Accommodations at Acadia University

Acadia is pleased to be hosting the Provincial Track & Field competitions and will be offering a bed and breakfast package for anyone interested in residence rooms on campus. The cost for this event will be \$50 tax inclusive, per person, per night. This rate includes the residence room and breakfast the following morning. Supper can also be available if requested for an additional fee. Teams can reserve a block of rooms by calling the Acadia Box Office at 1-800-542-8425. All booking requests must be confirmed by 4pm on Monday June 1st - confirmation must include first & last names of participants and a \$10 per person non-refundable deposit. Any rooms not confirmed by this time will be released. Any rooms cancelled after 4pm Monday June 1st will be charged an additional \$10 cancellation fee.

Please contact:

Nicole Weisner '08  
 Coordinator, Event Services  
 Acadia University  
 Wolfville, Nova Scotia, Canada, B4P 2R6  
 t. 902.585.1236 c. 902.680.5637  
 f. 902.585.1048  
 Learn more. [www.acadiau.ca](http://www.acadiau.ca)



**Nova Scotia School Athletic Federation**  
**Provincial Championship Track and Field Records**

**Junior Girls**

**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>80m Hurdles (30")</b>	Stephanie Johnson	12.9	Cornwallis Jr.	1985
	Kilah Rolle	12.9	Tantallon Jr.	1993
	Jaimee Mulrooney	13.04*	Chester Area Middle School	2009
<b>100m</b>	Christine Fleury	12.5	West Kings	1995
	Nikkia Jones	12.64*	Gorsebrook	2006
<b>200m</b>	Kris Crowell	26.5	Cornwallis Jr.	1976
	<b>Taylor Mattinson</b>	<b>26.49*</b>	<b>Oxford Regional Education Center</b>	<b>2014</b>
<b>400m</b>	Jenna Martin	1:00.3	North Queens	2001
<b>800m</b>	Mary Jean Barrett	2:19.9	Sackville Heights	1977
<b>1500m</b>	Rachel Crawley	4:49.85*	St. Agnes	2011
<b>3000m</b>	Rachel Crawley	10:18.76*	St. Agnes	2011
<b>4 x 100m</b>		<b>52.50*</b>	<b>Riverside Education Center</b>	<b>2014</b>
<b>4 x 400m</b>		4:23.2	Cornwallis Jr.	1982
<b>Shot Put (2.72 kg)</b>	Chelsea Whalen	14.51 m	South Queens	2007
<b>Shot Put (3kg)</b>	Taylor Stutely	11.58 m	A.J. Smeltzer	2010
<b>Discus (1kg)</b>	Taylor Stutely	31.25m	A.J. Smeltzer	2010
<b>Discus (0.75kg)</b>				2015
<b>Javelin (400g)</b>	Katherine Marksson	37.38m	Astral Drive	1999
<b>Javelin (600g)</b>	Allison Chandler	31.70 m	Chester Area Middle School	2012
<b>High Jump</b>	Laura Maessen	1.63m	Bicentennial Jr. High	2004
<b>Long Jump</b>	Michele Adams	4.98 m	Chester	1985
<b>Triple Jump</b>	Rachel Holland	10.48m	Middleton Regional	2013

\*electronic timing

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

**Non-Synthetic Track**

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



**Nova Scotia School Athletic Federation  
Provincial Championship Track and Field Records**

**Junior Boys**

**Synthetic Track**

<b>Event</b>	<b>Athlete</b>	<b>Time/Distance</b>	<b>School</b>	<b>Year</b>
<b>100m Hurdles (33")</b>	Craig Leger	14.88*	Bible Hill	2003
<b>100m</b>	Nick Smith	11.5	Caledonia	1995
	Jack Campbell	11.73*	Halifax Central	2013
<b>200m</b>	Derek Dempster	24.1	A.J. Smeltzer	1984
	Cameron Veinot	24.26*	North Queens	2005
<b>400m</b>	Barrett Dachyshyn	53.72*	Halifax Central	2013
<b>800m</b>	Hudson Grimshaw-Surrette	2:05.11*	Maple Grove	2013
<b>1500m</b>	Mike Tate	4:19.71*	St. Andrew Jr. High	2009
<b>3000m</b>	Tobias Wolter	9:15.14*	Hebbville	2011
<b>4 x 100m</b>		48.4	Astral Drive	1990
<b>4 x 400m</b>		3:48.10*	Halifax Central	2013
<b>Shot Put (4kg)</b>	Bill MacQuarrie	13.90m	St. Andrew Jr. High	1977
<b>Discus (1kg)</b>	Bill MacQuarrie	43.68m	St. Andrew Jr. High	1977
<b>Javelin (600g)</b>	Robbie Goodwin	45.12m	Cornwallis Jr.	1981
<b>High Jump</b>	Brandon Mallally	1.77m	Bible Hill	2004
<b>Long Jump</b>	David MacDonald	5.79m	Fountain Academy	2012
<b>Triple Jump</b>	Kaelan Schmidt	12.03m	East Pictou Middle School	2012

*\*electronic timing*

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

**Non-Synthetic Track**

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



**Nova Scotia School Athletic Federation  
Provincial Championship Track and Field Records**

**Intermediate Girls**

**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>80m Hurdles (33")</b>	Susie Lajoie	12.5	Middleton Regional	2008
	Emily Phelan	12.70*	Dartmouth High	2010
<b>100m Hurdles (33")</b>	Rachelle Langford	14.7	Yarmouth	1983
<b>100m</b>	Trina Nickerson	12.2	Barrington	1991
	Christine Fleury	12.2	West Kings	1997
	Marissa Walter	12.33*	Central Kings	2007
<b>200m</b>	Cecilia Branch	25.5	St. Patrick's	1973
	Leanne Huck	25.66*	Halifax Grammar	2001
<b>400m</b>	Jenna Martin	57.24*	Bridgewater	2003
<b>800m</b>	Louise Palmer	2:12.6	Gorsebrook	1977
<b>1500m</b>	Sadie Petrie	4:45.49*	Oxford Jr. High	2009
<b>3000m</b>	Sadie Petrie	10:20.17*	Oxford Jr. High	2009
<b>4 x 100m</b>		51.52*	Cobequid Education Center	2010
<b>4 x 400m</b>		4:07.64*	Halifax Grammar	2007
<b>Shot Put (4kg)</b>	Chelsea Whalen	12.98m	Liverpool Regional	2009
<b>Discus (1kg)</b>	Sarah Colborne	39.15m	Cobequid Education Center	2012
<b>Javelin (600g)</b>	Kate Forbes	39.00m	Central Colchester	1997
<b>Javelin (500g)</b>				2015
<b>High Jump</b>	Tracey Loke	1.72m	Halifax West	1986
	Natalie Munroe	1.72m	Queen Elizabeth	1986
<b>Long Jump</b>	Cecilia Branch	5.32m	St. Patrick's	1973
<b>Triple Jump</b>	Kristen Gibson	11.02m	Lockview	2010
<b>Pole Vault</b>	Laura Maessen	2.60m	Bicentennial	2005

\*electronic timing

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

**Non-Synthetic Track**

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



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**Intermediate Boys**

**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>100m Hurdles (36")</b>	Matt Coolen	14.17*	Halifax West	<b>2013</b>
	Dominic Bricault	14.1	Ecole du Carrefour	1995
<b>110m Hurdles (36")</b>	Ray Bourque	15.7	Halifax West	1983
<b>100m</b>	Patrick Benjamin	10.5	Cole Harbour High	1998
<b>200m</b>	Patrick Benjamin	22.3	Cole Harbour High	1998
<b>400m</b>	Jonathan Campbell	50.87*	Sydney Academy	2005
<b>800m</b>	Brett Bauld	1:59.0	Halifax West	1986
	<b>Hudson Grimshaw-Surrette</b>	<b>1:59.10*</b>	<b>Yarmouth Consolidated</b>	<b>2014</b>
<b>1500m</b>	Sebastien Flynn	4:05.98	Ellenvale	2004
<b>3000m</b>	Tobias Wolter	8:51.66*	Park View	2013
<b>4 x 100m</b>		45.5	Sackville High	1976
<b>4 x 400m</b>		3:35.4	Prince Andrew	1984
<b>Shot Put (4kg)</b>	Chris Meisner	17.56m	Lunenburg High	1999
<b>Shot Put (5kg)</b>	Robert Kennedy	14.43m	Cobequid Education Center	2010
	Luke Young	14.43m	Forest Heights	2012
<b>Discus (1.616kg)</b>	Geoffrey Myatt	42.68m	Sydney Academy	2007
<b>Discus (1.5kg)</b>	Peter Millman	42.29m	Cobequid Education Center	2010
<b>Javelin (800g)</b>	Jared Baird	53.46m	Cobequid Education Center	2005
<b>Javelin (700g)</b>	Logan Cleveland	49.63m	Park View	2013
<b>High Jump</b>	Charles Mackay	1.95m	Inverness Consolidated	1988
<b>Long Jump</b>	David Paxton	6.44m	South Colchester	1997
<b>Triple Jump</b>	Mike Orodugba	13.82m	King's-Edgehill	1986
<b>Pole Vault</b>	Brendan O'Neill	3.65m	Sackville High	1993

*\*electronic timing*

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**Non-Synthetic Track**

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





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**Senior Girls**

**Synthetic Track**

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

*\*electronic timing*

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**Non-Synthetic Track**

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





**Nova Scotia School Athletic Federation  
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**Senior Boys**

**Synthetic Track**

Event	Athlete	Time/Distance	School	Year
<b>110m Hurdles (39")</b>	Scott Kirkpatrick	14.6	Halifax West	1982
<b>100m Hurdles (39")</b>	Troy Bezanson	13.7	Sir. John A. MacDonald	1993
<b>100m</b>	Roger Crawley	10.5	Graham Creighton	1971
	Kyu-Wbn Cho	10.69*	Citadel High	2009
<b>200m</b>	<b>Mike Van Der Pol</b>	<b>21.72</b>	<b>Cobequid Education Center</b>	<b>2014</b>
<b>400m</b>	Justin Blades	49.01*	Yarmouth Memorial	2010
<b>800m</b>	Jake Gallagher	1:54.47*	C.P Allen	2005
<b>1500m</b>	Mike Tate	3:54.91*	Dr. J.H. Gillis	2013
<b>3000m</b>	Mike Tate	8:49.61*	Dr. J.H. Gillis	2012
<b>5000m</b>	John Carson	14:56.6	Prince Andrew	1982
<b>4 x 100m</b>		<b>43.26*</b>	<b>Cobequid Education Center</b>	<b>2014</b>
<b>4 x 400m</b>		<b>3:26.09*</b>	<b>Cobequid Education Center</b>	<b>2014</b>
<b>Shot Put (5.44 kg)</b>	Chris Meisner	16.48m	Lunenburg Jr/Sr	2001
<b>Shot Put (6kg)</b>	Peter Millman	16.17m	Cobequid Education Center	2012
<b>Discus (1.616kg)</b>	Chris Meisner	49.22m	Lunenburg Jr/Sr	2000
<b>Discus (1.75kg)</b>	Peter Millman	49.76m	Cobequid Education Center	2012
<b>Javelin (800g)</b>	Adam Volkins	61.64m	Shelburne	2005
<b>High Jump</b>	Tim Wrigley	2.06m	Middleton	1981
<b>Long Jump</b>	Dave Lucas	7.15m	Annapolis	1956
<b>Triple Jump</b>	Howie Jackson	14.25m	Bridgetown	1964
<b>Pole Vault</b>	Dominic Bricault	3.85m	Ecole du Carrefour	1996

*\*electronic timing*

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**Non-Synthetic Track**

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