

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Event 1 Boys 4x800 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Canton	A	8:54.43	9:09.25	10
1) #611 Armendariz-Huang, Daniel	2) #484 Lee-Powell, Rylan 11	3) #491 Rodriguez-Doyle, Aiden 14	4) #506 Worthley, Kaden 11	
2 Massena	A	9:32.27	9:25.76	8
1) #541 David, Andrew 10	2) #558 LaShomb, Cohen 8	3) #560 Lincoln, Kellon 12	4) #553 Johnson, Zachary 10	
3 Brushton Moira Central	A	9:52.02	9:30.17	6
1) #616 Debyah, Jacob 11	2) #618 Holmes, Christian 9	3) #615 Besio-Melech, Noah 12	4) #623 Oakes, Lucas 11	
4 Tupper Lake Lumberjacks	A	9:46.71	9:30.43	5
1) #458 Kendall, Jonah SO	2) #453 Barkley, Nathan JR	3) #589 Wormuth, Garrett 8	4) #471 Wood, Sean FR	
5 Potsdam	A	9:43.00	9:32.16	4
1) #533 Vink, Bailey 10	2) #528 Shaw, Oscar 9	3) #518 Greer, Jackson 9	4) #517 Grainger, Nicholas 11	
6 Franklin Academy	A	9:58.90	9:45.29	3
1) #67 Benardot, Maxwell	2) #76 Johnston, Carter 11	3) #80 Perry, Reece 11	4) #78 LaChance, Brandon 10	
7 Ogdensburg Free Academy	A	10:24.91	10:01.21	2
1) #361 Hires, Jeffery 9	2) #362 Merz, Payden 9	3) #365 Self, Skylar 10	4) #368 Sutton, Kellan 9	
--- Indian River	A	9:29.62	DNF	
1) #306 Phalen, Drake 11	2) #310 Sherbino, Javier 11	3) #118 Adams, Josiah 10	4) #311 Thomas, Ajay 10	

Event 2 Girls 4x800 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Potsdam	A	10:26.90	10:08.36	10
1) #423 Andrews-Perry, Johnny 9	2) #431 Clark, Meridyth 11	3) #425 Betrus, Lindy 12	4) #439 Grainger, Ali 12	
2 Norwood-Norfolk Central School	A	10:45.76	10:35.32	8
1) #157 Carista, Madison 10	2) #596 Colbert, Eliza 10	3) #165 Hewey, Rachel 12	4) #600 Snell, Allie 10	
3 Franklin Academy	A	10:28.99	10:36.68	6
1) #57 Lawrence, Tye 11	2) #61 Perham, Emily 12	3) #401 McClain, Grace 11	4) #396 King, Adyson 10	
4 Canton	A	10:56.93	11:21.87	5
1) #478 Foster, Violet 11	2) #479 Frank, Lena 9	3) #494 Schmitt, Bennett 10	4) #502 Tupper, Johanna 11	
5 Massena	A	11:55.38	11:46.22	4
1) #544 Farmer, Makayla 12	2) #569 Oldenburgh, Mackenzie 10	3) #537 Boulais, Hailey 10	4) #551 Hendricks, Madyson 11	
6 Gouverneur Central School	A	11:54.37	12:22.80	3
1) #105 Newcombe, Ninah 12	2) #9 Ordway, Lauren 9	3) #11 Scott, Brianna 9	4) #40 Siebels, Lilah 9	
7 Ogdensburg Free Academy	A	12:16.44	12:25.08	2
1) #347 Honeywell, Kendall 10	2) #346 Daisey, Toni 9	3) #345 Curtis, Annabel 9	4) #344 Cole, Clara 12	

Event 3 Boys 60 Meter Dash

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #54 Thomas, Vincent	12	Gouverneur Central School	7.27	7.27	2	10
2 #358 Biller, Trystan	12	Ogdensburg Free Academy	7.37	7.33	2	8
3 #73 Debose, Ayden	11	Franklin Academy	7.47	7.44	2	6
4 #58 Hull, Tiamane	11	Gouverneur Central School	7.59	7.49	2	5
5 #184 Miller-Lynch, Liam	11	Norwood-Norfolk Central School	7.49	7.55	2	4
6 #367 Sutherland, Ryan	12	Ogdensburg Free Academy	7.68	7.80	2	3
7 #124 Jones, Connor	10	Indian River	7.71	7.82	2	2
8 #309 Rush, Michael	11	Indian River	7.82	7.82	2	1
9 #469 Robillard, Luke	JR	Tupper Lake Lumberjacks	7.89	7.82	1	
10 #182 Gardner, Corbin	12	Norwood-Norfolk Central School	8.00	8.04	1	
11 #417 Clark, Tyler	11	Norwood-Norfolk Central School	8.07	8.12	1	
12 #455 Fleishman, Brock	SO	Tupper Lake Lumberjacks	8.35	8.20	1	

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 3 Boys 60 Meter Dash)

	Name	Yr	School	Seed	Finals	H#	Points
13	#475 Cartwright, Tegan	10	Canton	8.27	8.24	1	
14	#590 Fallik, Josh	11	Potsdam	8.32	8.25	1	
15	#591 Schwartfigure, Matthew	11	Potsdam	8.38	8.35	1	
16	#531 Swaby, Gabe	11	Potsdam	8.54	8.53	1	

Event 4 Girls 60 Meter Dash

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	#388 Manson, Makenna	12	Salmon River	8.11	8.04	2	10
2	#328 Kalunda, Cleopatra	10	Indian River	8.33	8.26	2	8
3	#436 El Labban, Sarah	10	Potsdam	8.48	8.41	2	6
4	#29 Bowman, Abigail	12	Gouverneur Central School	8.51	8.49	2	5
5	#419 Brothers, Ayzia	9	Norwood-Norfolk Central School	8.46	8.61	2	4
6	#52 Lacks, Ameillia	10	Gouverneur Central School	8.73	8.68	2	3
7	#598 Green, Grace	10	Norwood-Norfolk Central School	8.66	8.73	2	2
8	#399 Laplant, Brooke	9	Franklin Academy	8.83	8.76	1	1
9	#106 Cavaliere, Kayla	11	Indian River	8.79	8.79	1	
10	#31 Greenhill, Meadow	12	Gouverneur Central School	8.79	8.88	1	
11	#597 Cupps, Meadow	12	Norwood-Norfolk Central School	8.77	9.03	2	
12	#579 Tillman, Nylah	10	Massena	9.38	9.23	1	
13	#63 Rivera, Kylie	12	Franklin Academy	9.50	9.28	1	
14	#572 Phillips, Avy	9	Massena	9.47	9.44	1	
15	#496 Shipman, Cecily	11	Canton	9.51	9.47	1	
16	#564 McDermott, Peyton	9	Massena	9.56	9.60	1	

Event 5 Boys 60 Meter Hurdles

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	#358 Biller, Trystan	12	Ogdensburg Free Academy	9.08	9.13	2	10
2	#524 Morey, Xaiden	10	Potsdam	9.31	9.27	2	8
3	#510 Atteman, Miles	11	Potsdam	10.07	9.87	2	6
4	#363 Peabody, Crofton	11	Ogdensburg Free Academy	10.29	10.15	2	5
5	#582 Wilhelm, Zander	11	Massena	10.50	10.59	2	4
6	#558 LaShomb, Cohen	8	Massena	11.18	11.16	2	3
7	#70 Brooks, Zebulon	10	Franklin Academy	12.08	11.77	2	2
8	#559 LeBlanc, Benjamin	12	Massena	11.68	11.93	2	1
9	#516 Gilbert, Jack	11	Potsdam	12.12	12.13	1	
10	#411 Reynolds, Blake	9	Franklin Academy	12.86	12.96	1	
---	#75 Guerin, Donovan	12	Franklin Academy	12.66	DNF	1	

Event 6 Girls 60 Meter Hurdles

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	#104 Adams, Mackenzie	12	Indian River	10.41	10.14	2	10
2	#498 Shipman, Stella	12	Canton	10.17	10.24	2	8
3	#168 Masuk, Autumn	9	Norwood-Norfolk Central School	10.76	10.71	2	6
4	#165 Hewey, Rachel	12	Norwood-Norfolk Central School	11.27	10.88	2	5
5	#355 Wilson, Katharine	9	Ogdensburg Free Academy	11.11	11.07	2	4
6	#55 Funk, Darci	9	Franklin Academy	11.28	11.17	2	3
7	#467 Towne, Brianna	FR	Tupper Lake Lumberjacks	11.58	11.42	2	2

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 6 Girls 60 Meter Hurdles)

Name	Yr	School	Seed	Finals	H#	Points
8 #448 Seitzer, Abi	11	Potsdam	11.81	11.44	1	1
9 #539 Cichetti, Katherine	12	Massena	11.60	11.51	2	
10 #456 Fritts, Raegan	SR	Tupper Lake Lumberjacks	11.74	11.82	1	
11 #488 Moumen, Maysa	12	Canton	12.01	12.01	1	
12 #169 Miller-Lynch, Tessa	8	Norwood-Norfolk Central School	12.24	12.15	1	
13 #53 Branconnier, Morgan	11	Franklin Academy	12.54	12.38	1	
14 #313 Bates, Lexi	9	Indian River	12.32	12.50	1	
15 #573 Prashaw, Aaliyah	9	Massena	12.70	13.05	1	
--- #495 Seegar, Julia	11	Canton	11.72	DNF	1	

Event 7 Boys 1600 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 #508 Fiacco, Dominic	12	Norwood-Norfolk Central School	4:40.40	4:50.75	10
2 #506 Worthley, Kaden	11	Canton	4:54.13	4:54.49	8
3 #611 Armendariz-Huang, Daniel	11	Canton	4:45.87	4:55.53	6
4 #503 Watts, Lucas	11	Canton	4:59.90	4:59.39	5
5 #458 Kendall, Jonah	SO	Tupper Lake Lumberjacks	4:55.31	5:01.54	4
6 #414 Sweet, Riley	9	Norwood-Norfolk Central School	5:09.07	5:04.56	3
7 #415 Betts, Nikki	9	Norwood-Norfolk Central School	5:11.51	5:05.45	2
8 #69 Bormann, Justin	12	Franklin Academy	5:12.32	5:10.26	1
9 #76 Johnston, Carter	11	Franklin Academy	5:16.80	5:26.93	
10 #27 Wells, Kaden	11	Gouverneur Central School	5:24.46	5:29.07	
11 #311 Thomas, Ajay	10	Indian River	5:40.23	5:36.62	
12 #80 Perry, Reece	11	Franklin Academy	5:40.42	5:55.67	

Event 8 Boys 4x200 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Franklin Academy	A	1:39.85	1:38.23	2	10
1) #73 Debose, Ayden 11	2) #77 Keating, Dylan 12	3) #412 Schrader, Luke 9	4) #413 Sims, Kyle 11		
2 Massena	A	1:39.87	1:38.37	2	8
1) #582 Wilhelm, Zander 11	2) #535 Ashley, Jordan 11	3) #542 Deshane, Mason 10	4) #607 Thompson, Takaronhiotaki		
3 Ogdensburg Free Academy	A	1:44.22	1:44.00	2	6
1) #357 Biller, Levi 10	2) #367 Sutherland, Ryan 12	3) #363 Peabody, Crofton 11	4) #366 Smith, Ian 12		
4 Potsdam	A	1:47.82	1:47.45	1	5
1) #590 Fallik, Josh 11	2) #517 Grainger, Nicholas 11	3) #512 Corbett, Patrick 11	4) #513 Draper, Benjamin 11		
5 Tupper Lake Lumberjacks	A	1:52.00	1:50.31	1	4
1) #455 Fleishman, Brock SO	2) #468 Dominic, Luke SO	3) #589 Wormuth, Garrett 8	4) #471 Wood, Sean FR		
6 Canton	A	1:52.55	1:51.03	1	3
1) #481 Gendebein, Truman 12	2) #497 Shipman, Placid 10	3) #499 Terrell, Crosby 9	4) #475 Cartwright, Tegan 10		
7 Gouverneur Central School	A	1:47.20	1:55.64	2	2
1) #56 Bush, Zachery 10	2) #102 Davis, Gavin 11	3) #58 Hull, Tiamane 11	4) #53 Schiszler, Zackery 10		

Event 9 Girls 4x200 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Indian River	A	1:55.40	1:54.52	2	10
1) #106 Cavaliere, Kayla 11	2) #113 Thorpe, Jaida 10	3) #338 Timmons, Madison 10	4) #328 Kalunda, Cleopatra 10		
2 Gouverneur Central School	A	1:56.40	1:55.29	2	8
1) #52 Lacks, Ameillia 10	2) #21 Sheen, Jacey 12	3) #31 Greenhill, Meadow 12	4) #29 Bowman, Abigail 12		

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 9 Girls 4x200 Meter Relay)

Team	Relay	Seed	Finals	H#	Points
3 Potsdam	A	1:54.47	1:56.18	2	6
1) #451 Sullivan, Jilliana 9	2) #446 Planty, Teagan 10	3) #443 Labarge, Tayler 11	4) #436 El Labban, Sarah 10		
4 Norwood-Norfolk Central School	A	2:00.03	1:56.77	2	5
1) #419 Brothers, Ayzia 9	2) #168 Masuk, Autumn 9	3) #597 Cupps, Meadow 12	4) #598 Green, Grace 10		
5 Franklin Academy	A	1:56.81	1:59.28	2	4
1) #47 Ashlaw, Natalie 12	2) #57 Lawrence, Tye 11	3) #399 Laplant, Brooke 9	4) #61 Perham, Emily 12		
6 Massena	A	2:04.60	2:01.96	2	3
1) #548 Goolden, Maddison 12	2) #539 Cichetti, Katherine 12	3) #579 Tillman, Nylah 10	4) #572 Phillips, Avy 9		
7 Canton	A	2:11.48	2:13.12	1	2
1) #488 Moumen, Maysa 12	2) #490 Perretta, Isabella 10	3) #496 Shipman, Cecily 11	4) #502 Tupper, Johanna 11		
8 Ogdensburg Free Academy	A	2:17.89	2:16.56	1	1
1) #355 Wilson, Katharine 9	2) #351 Planty, Raven 9	3) #342 Bouchey, Ellah 9	4) #354 Thomas, Madyson 9		
9 Tupper Lake Lumberjacks	A	2:11.65	2:17.23	1	
1) #587 Hopkins-Estes, Alivia FR	2) #461 Facticeau, Ava FR	3) #467 Towne, Brianna FR	4) #462 Bujold, Heather FR		

Event 10 Girls 1500 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 #157 Carista, Madison	10	Norwood-Norfolk Central School	5:14.16	5:24.87	10
2 #489 Mounmen, Salma	11	Canton	5:16.65	5:28.67	8
3 #600 Snell, Allie	10	Norwood-Norfolk Central School	5:21.75	5:29.53	6
4 #401 McClain, Grace	11	Franklin Academy	5:16.62	5:37.47	5
5 #58 Leroy, Ellie	12	Franklin Academy	5:51.59	5:37.75	4
6 #479 Frank, Lena	9	Canton	5:38.88	5:41.34	3
7 #622 McCaffery, Danielle	12	Brushton Moira Central	5:49.29	5:49.13	2
8 #478 Foster, Violet	11	Canton	5:31.94	5:51.18	1
9 #173 Snell, Addison	10	Norwood-Norfolk Central School	5:59.77	5:53.00	
10 #544 Farmer, Makayla	12	Massena	5:51.27	5:59.04	
11 #621 Lennox, Becca	12	Brushton Moira Central	6:07.78	6:09.30	
12 #389 Oakes, Jasmine	12	Salmon River	6:26.12	6:10.99	
13 #347 Honeywell, Kendall	10	Ogdensburg Free Academy	6:16.64	6:18.03	

Event 11 Boys 600 Meter Run

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #77 Keating, Dylan	12	Franklin Academy	1:28.83	1:28.99	2	10
2 #413 Sims, Kyle	11	Franklin Academy	1:33.39	1:30.45	2	8
3 #457 Gerstenberger, Cohen	SO	Tupper Lake Lumberjacks	1:33.48	1:30.90	2	6
4 #182 Gardner, Corbin	12	Norwood-Norfolk Central School	1:32.38	1:33.52	2	5
5 #118 Adams, Josiah	10	Indian River	1:38.21	1:35.20	1	4
6 #528 Shaw, Oscar	9	Potsdam	1:39.06	1:36.71	1	3
7 #471 Wood, Sean	FR	Tupper Lake Lumberjacks	1:38.24	1:36.73	1	2
--- #480 Gendebein, Noah	11	Canton	1:32.52	DNF	2	
--- #484 Lee-Powell, Rylan	11	Canton	1:32.15	DNF	2	

Event 12 Girls 600 Meter Run

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #396 King, Adyson	10	Franklin Academy	1:39.42	1:38.11	2	10
2 #439 Grainger, Ali	12	Potsdam	1:43.47	1:44.88	2	8
3 #29 Bowman, Abigail	12	Gouverneur Central School	1:46.92	1:49.10	2	6

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 12 Girls 600 Meter Run)

	Name	Yr	School	Seed	Finals	H#	Points
4	#431 Clark, Meridyth	11	Potsdam	1:51.16	1:49.14	2	5
5	#450 Steinrotter, Emmie	10	Potsdam	1:51.90	1:52.09	2	4
6	#472 Ames, Hannah	9	Canton	1:53.66	1:52.11	1	3
7	#65 Winters, Katrina	11	Franklin Academy	1:51.53	1:54.46	2	2
8	#625 Smith, Carissa	12	Brushton Moira Central	1:57.74	1:56.54	1	1
9	#456 Fritts, Raegan	SR	Tupper Lake Lumberjacks	2:00.26	1:58.79	1	
10	#55 Funk, Darci	9	Franklin Academy	2:02.64	2:07.22	1	
11	#162 Donahue, Caitlin	9	Norwood-Norfolk Central School	2:05.59	2:16.73	1	
---	#476 Casserly, Aurora	9	Canton	1:54.29	DNF	1	

Event 13 Boys 3200 Meter Run

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#508 Fiacco, Dominic	12	Norwood-Norfolk Central School	9:54.03	10:18.35	10
2	#491 Rodriguez-Doyle, Aiden	11	Canton	10:27.95	10:22.35	8
3	#541 David, Andrew	10	Massena	10:17.43	10:23.89	6
4	#506 Worthley, Kaden	11	Canton	10:30.62	10:53.37	5
5	#503 Watts, Lucas	11	Canton	10:40.65	11:28.43	4
6	#76 Johnston, Carter	11	Franklin Academy	11:48.75	11:36.42	3
7	#553 Johnson, Zachary	10	Massena	11:45.63	11:50.41	2
8	#618 Holmes, Christian	9	Brushton Moira Central	11:48.25	11:50.96	1
9	#411 Reynolds, Blake	9	Franklin Academy	12:02.14	11:51.42	
10	#27 Wells, Kaden	11	Gouverneur Central School	11:59.28	12:04.51	
---	#533 Vink, Bailey	10	Potsdam	11:47.98	DNF	

Event 14 Boys 300 Meter Dash

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	#184 Milller-Lynch, Liam	11	Norwood-Norfolk Central School	38.30	38.61	3	10
2	#358 Biller, Trystan	12	Ogdensburg Free Academy	39.40	38.78	3	8
3	#412 Schrader, Luke	9	Franklin Academy	39.88	39.14	3	6
4	#542 Deshane, Mason	10	Massena	39.45	39.32	3	5
5	#504 Wilkinson, Caleb	11	Canton	39.37	39.35	3	4
6	#124 Jones, Connor	10	Indian River	40.43	39.83	2	3
7	#607 Thompson, Takaronhiotakie	12	Massena	39.76	40.40	3	2
8	#519 Haggett, Maxwell	10	Potsdam	40.51	40.41	2	1
9	#469 Robillard, Luke	JR	Tupper Lake Lumberjacks	41.01	40.65	2	
10	#417 Clark, Tyler	11	Norwood-Norfolk Central School	40.88	41.62	2	
11	#310 Sherbino, Javier	11	Indian River	41.93	42.52	1	
12	#359 Ericksen, Kresten	10	Ogdensburg Free Academy	42.33	42.56	1	
13	#357 Biller, Levi	10	Ogdensburg Free Academy	41.77	43.11	1	

Event 15 Girls 300 Meter Dash

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	#388 Manson, Makenna	12	Salmon River	43.65	43.87	2	10
2	#498 Shipman, Stella	12	Canton	44.34	44.48	2	8
3	#451 Sullivan, Jilliana	9	Potsdam	45.48	44.73	2	6
4	#436 El Labban, Sarah	10	Potsdam	45.53	44.89	2	5
5	#419 Brothers, Ayzia	9	Norwood-Norfolk Central School	45.14	45.39	2	4

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 15 Girls 300 Meter Dash)

	Name	Yr	School	Seed	Finals	H#	Points
6	#446 Planty, Teagan	10	Potsdam	48.18	46.45	1	3
7	#337 Stinson, Laila	9	Indian River	48.72	46.93	1	2
8	#617 Gerow, Brexyss	10	Brushton Moira Central	47.45	47.21	2	1
9	#598 Green, Grace	10	Norwood-Norfolk Central School	49.00	48.09	1	
10	#13 Spicer, Azlan	8	Gouverneur Central School	48.41	48.69	1	
11	#548 Goolden, Maddison	12	Massena	48.41	49.19	1	
12	#47 Ashlaw, Natalie	12	Franklin Academy	49.89	51.08	1	

Event 16 Boys 1000 Meter Run

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#484 Lee-Powell, Rylan	11	Canton	2:51.37	2:50.54	10
2	#611 Armendariz-Huang, Daniel	11	Canton	2:50.87	2:50.76	8
3	#541 David, Andrew	10	Massena	2:50.44	2:54.60	6
4	#503 Watts, Lucas	11	Canton	3:01.21	2:59.12	5
5	#414 Sweet, Riley	9	Norwood-Norfolk Central School	3:02.96	2:59.28	4
6	#415 Betts, Nikki	9	Norwood-Norfolk Central School	3:07.54	3:00.92	3
7	#458 Kendall, Jonah	SO	Tupper Lake Lumberjacks	3:02.53	3:05.87	2
8	#616 Debyah, Jacob	11	Brushton Moira Central	3:11.30	3:06.17	1
9	#518 Greer, Jackson	9	Potsdam	3:11.64	3:07.45	
10	#80 Perry, Reece	11	Franklin Academy	3:13.59	3:08.94	
11	#589 Wormuth, Garrett	8	Tupper Lake Lumberjacks	3:13.49	3:17.01	
12	#584 Kent, Lucas	8	Norwood-Norfolk Central School	3:09.77	3:21.25	
13	#27 Wells, Kaden	11	Gouverneur Central School	3:13.46	3:22.12	
14	#78 LaChance, Brandon	10	Franklin Academy	3:12.95	3:23.48	

Event 17 Girls 1000 Meter Run

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#396 King, Adyson	10	Franklin Academy	3:13.39	3:21.38	10
2	#423 Andrews-Perry, Johnny	9	Potsdam	3:25.05	3:29.52	8
3	#479 Frank, Lena	9	Canton	3:31.82	3:37.08	6
4	#450 Steinrotter, Emmie	10	Potsdam	3:31.04	3:40.33	5
5	#344 Cole, Clara	12	Ogdensburg Free Academy	3:46.32	3:40.84	4
6	#476 Casserly, Aurora	9	Canton	3:52.92	3:42.82	3
7	#472 Ames, Hannah	9	Canton	3:42.33	3:44.70	2
8	#11 Scott, Brianna	9	Gouverneur Central School	3:47.54	3:45.06	1
9	#392 Denny, Kelly	10	Franklin Academy	3:53.87	3:48.79	
10	#551 Hendricks, Madyson	11	Massena	3:58.60	3:51.86	
11	#389 Oakes, Jasmine	12	Salmon River	3:58.13	4:01.99	
12	#162 Donahue, Caitlin	9	Norwood-Norfolk Central School	3:56.10	4:04.47	
---	#401 McClain, Grace	11	Franklin Academy	3:24.99	DNF	

Event 18 Girls 3000 Meter Run

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#494 Schmitt, Bennett	10	Canton	11:10.20	11:11.76	10
2	#489 Mounmen, Salma	11	Canton	11:21.40	11:44.08	8
3	#600 Snell, Allie	10	Norwood-Norfolk Central School	11:53.69	12:12.14	6
4	#157 Carista, Madison	10	Norwood-Norfolk Central School	12:17.15	12:27.83	5

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 18 Girls 3000 Meter Run)

Name	Yr	School	Seed	Finals	Points
5 #61 Perham, Emily	12	Franklin Academy	12:54.10	12:28.62	4
6 #431 Clark, Meridyth	11	Potsdam	12:38.88	12:45.23	3
7 #173 Snell, Addison	10	Norwood-Norfolk Central School	12:50.36	12:52.71	2
8 #441 Hinckley, Keira	10	Potsdam	13:33.84	13:17.13	1
9 #442 Kelson, Ali	10	Potsdam	13:29.48	13:18.65	
10 #621 Lennox, Becca	12	Brushton Moira Central	13:28.35	14:03.63	
--- #48 Benardot, Cora	12	Franklin Academy	14:00.25	DNF	
--- #502 Tupper, Johanna	11	Canton	12:32.62	DNF	

Event 19 Boys 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Franklin Academy	A	3:47.93	3:43.98	10
1) #69 Bormann, Justin 12	2) #77 Keating, Dylan 12	3) #412 Schrader, Luke 9	4) #413 Sims, Kyle 11	
2 Norwood-Norfolk Central School	A	3:49.82	3:45.79	8
1) #186 Waite, Mason 10	2) #508 Fiacco, Dominic 12	3) #184 Miller-Lynch, Liam 11	4) #182 Gardner, Corbin 12	
3 Massena	A	3:49.71	3:50.85	6
1) #582 Wilhelm, Zander 11	2) #535 Ashley, Jordan 11	3) #542 Deshane, Mason 10	4) #607 Thompson, Takaronhiotaki	
4 Canton	A	3:52.28	3:54.29	5
1) #504 Wilkinson, Caleb 11	2) #491 Rodriguez-Doyle, Aiden 13	3) #480 Gendebein, Noah 11	4) #493 Sabatini, Adam 10	
5 Potsdam	A	4:01.03	3:54.85	4
1) #519 Haggett, Maxwell 10	2) #527 Pace, Patrick 12	3) #517 Grainger, Nicholas 11	4) #528 Shaw, Oscar 9	
6 Ogdensburg Free Academy	A	4:18.97	4:26.44	3
1) #368 Sutton, Kellan 9	2) #365 Self, Skylar 10	3) #359 Ericksen, Kresten 10	4) #362 Merz, Payden 9	

Event 20 Girls 4x400 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Potsdam	A	4:22.74	4:20.65	2	10
1) #450 Steinrotter, Emmie 10	2) #423 Andrews-Perry, Johnny 9	3) #451 Sullivan, Jilliana 9	4) #439 Grainger, Ali 12		
2 Indian River	A	4:23.02	4:24.89	2	8
1) #339 Verne, Olivia 9	2) #312 Acevedo, Jasmine 12	3) #111 Solar, Mary Pauly 11	4) #113 Thorpe, Jaida 10		
3 Brushton Moira Central	A	4:53.85	4:47.18	1	6
1) #617 Gerow, Brexys 10	2) #625 Smith, Carissa 12	3) #622 McCaffery, Danielle 12	4) #614 Barney, Olivia 9		
4 Franklin Academy	A	4:38.99	4:49.11	2	5
1) #57 Lawrence, Tye 11	2) #403 Race, Katherine 9	3) #58 Leroy, Ellie 12	4) #65 Winters, Katrina 11		
5 Canton	A	4:47.58	4:50.23	2	4
1) #498 Shipman, Stella 12	2) #478 Foster, Violet 11	3) #488 Moumen, Maysa 12	4) #476 Casserly, Aurora 9		
6 Massena	A	4:52.97	4:51.21	1	3
1) #548 Goolden, Maddison 12	2) #539 Cichetti, Katherine 12	3) #573 Prashaw, Aaliyah 9	4) #544 Farmer, Makayla 12		
7 Gouverneur Central School	A	5:10.00	5:03.04	1	2
1) #2 Beck, Mattie 9	2) #104 Kerr, Marissa 9	3) #11 Scott, Brianna 9	4) #105 Newcombe, Ninah 12		
8 Ogdensburg Free Academy	A	5:40.58	5:24.24	1	1
1) #344 Cole, Clara 12	2) #346 Daisey, Toni 9	3) #347 Honeywell, Kendall 10	4) #342 Bouchey, Ellah 9		

Event 21 Boys High Jump

Name	Yr	School	Seed	Finals	Points
Finals					
1 #524 Morey, Xaiden	10	Potsdam	5-06.00	5-08.00	10
2 #493 Sabatini, Adam	10	Canton	5-06.00	J5-04.00	8
3 #309 Rush, Michael	11	Indian River	5-06.00	J5-04.00	5.50
3 #560 Lincoln, Kellon	12	Massena	5-02.00	J5-04.00	5.50

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 21 Boys High Jump)

Name	Yr	School	Seed	Finals	Points
5 #536 Barksdale, Joshua	9	Massena	5-02.00	J5-02.00	4
6 #67 Benardot, Maxwell		Franklin Academy	5-02.00	J5-02.00	3
7 #513 Draper, Benjamin	11	Potsdam	5-00.00	J5-00.00	2
8 #69 Bormann, Justin	12	Franklin Academy	5-02.00	J5-00.00	1
9 #361 Hires, Jeffery	9	Ogdensburg Free Academy	4-09.00	4-09.00	
9 #310 Sherbino, Javier	11	Indian River	4-09.00	4-09.00	
9 #610 Bormann, Zachary	11	Franklin Academy	4-09.00	4-09.00	
12 #527 Pace, Patrick	12	Potsdam	5-02.00	4-06.00	

Event 22 Girls High Jump

Name	Yr	School	Seed	Finals	Points
Finals					
1 #8 Gaines, Audrey	11	Gouverneur Central School	5-02.00	5-02.00	10
2 #55 Funk, Darci	9	Franklin Academy	4-10.00	J5-00.00	8
3 #21 Sheen, Jacey	12	Gouverneur Central School	4-10.00	J5-00.00	6
4 #495 Seegar, Julia	11	Canton	4-02.00	4-06.00	5
5 #165 Hewey, Rachel	12	Norwood-Norfolk Central School	4-06.00	J4-04.00	4
6 #312 Acevedo, Jasmine	12	Indian River	4-00.00	J4-04.00	3
7 #114 VanTassel, Ali	12	Indian River	4-02.00	J4-02.00	2
8 #543 Donahue, Kyla	9	Massena	4-02.00	J4-02.00	.50
8 #441 Hinckley, Keira	10	Potsdam	4-02.00	J4-02.00	.50
10 #105 Bernard, Carolina	12	Indian River	4-02.00	3-10.00	
--- #48 Benardot, Cora	12	Franklin Academy	4-00.00	NH	

Event 23 Boys Long Jump

Name	Yr	School	Seed	Finals	Points
Finals					
1 #54 Thomas, Vincent	12	Gouverneur Central School	18-10.25	19-03.25	10
2 #357 Biller, Levi	10	Ogdensburg Free Academy	17-04.00	17-08.75	8
3 #457 Gerstenberger, Cohen	SO	Tupper Lake Lumberjacks	16-09.50	17-00.50	6
4 #186 Waite, Mason	10	Norwood-Norfolk Central School	17-10.75	16-11.50	5
5 #73 Debose, Ayden	11	Franklin Academy	18-02.50	16-11.25	4
6 #58 Hull, Tiamane	11	Gouverneur Central School	17-00.25	16-03.75	3
7 #510 Atteman, Miles	11	Potsdam	17-05.50	16-03.00	2
8 #550 Green, Hayden	10	Massena	15-09.50	16-02.75	1
9 #519 Haggett, Maxwell	10	Potsdam	16-02.00	15-09.75	
10 #527 Pace, Patrick	12	Potsdam	16-08.25	15-09.25	
11 #623 Oakes, Lucas	11	Brushton Moira Central	17-00.25	15-07.75	
--- #367 Sutherland, Ryan	12	Ogdensburg Free Academy	16-06.25	FOUL	

Event 24 Girls Long Jump

Name	Yr	School	Seed	Finals	Points
Finals					
1 #425 Betrus, Lindy	12	Potsdam	17-04.00	16-11.50	10
2 #312 Acevedo, Jasmine	12	Indian River	15-11.00	16-03.75	8
3 #52 Lacks, Ameillia	10	Gouverneur Central School	15-08.50	16-00.25	6
4 #104 Adams, Mackenzie	12	Indian River	15-07.50	15-10.25	5
5 #111 Solar, Mary Paulyn	11	Indian River	15-06.00	15-05.00	4
6 #596 Colbert, Eliza	10	Norwood-Norfolk Central School	14-04.75	14-06.75	3
7 #47 Ashlaw, Natalie	12	Franklin Academy	14-01.00	13-05.25	2

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 24 Girls Long Jump)

	Name	Yr	School	Seed	Finals	Points
8	#446 Planty, Teagan	10	Potsdam	13-11.50	13-03.00	1
9	#605 Mittelstaedt, Lily	9	Norwood-Norfolk Central School	12-08.75	12-10.25	
10	#13 Spicer, Azlan	8	Gouverneur Central School	13-11.50	12-09.00	
11	#169 Miller-Lynch, Tessa	8	Norwood-Norfolk Central School	12-11.50	12-05.00	
12	#495 Seegar, Julia	11	Canton	13-09.75	12-04.00	

Event 25 Boys Triple Jump

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#535 Ashley, Jordan	11	Massena	39-03.00	38-07.50	10
2	#457 Gerstenberger, Cohen	SO	Tupper Lake Lumberjacks	35-05.75	36-03.50	8
3	#524 Morey, Xaiden	10	Potsdam	36-07.75	36-00.50	6
4	#186 Waite, Mason	10	Norwood-Norfolk Central School	38-02.25	34-07.00	5
5	#510 Atteman, Miles	11	Potsdam	35-06.75	34-06.50	4
6	#363 Peabody, Crofton	11	Ogdensburg Free Academy	33-06.50	33-09.00	3
7	#481 Gendebein, Truman	12	Canton	33-03.50	J33-01.25	2
8	#559 LeBlanc, Benjamin	12	Massena	33-06.25	J33-01.25	1
9	#361 Hires, Jeffery	9	Ogdensburg Free Academy	32-09.75	32-05.25	
10	#590 Fallik, Josh	11	Potsdam	32-10.75	32-05.00	
11	#504 Wilkinson, Caleb	11	Canton	33-09.00	32-03.75	
12	#78 LaChance, Brandon	10	Franklin Academy	32-04.75	31-10.00	
13	#305 Kim, Daniel	9	Indian River	32-04.00	31-00.25	
14	#558 LaShomb, Cohen	8	Massena	32-07.25	30-06.00	

Event 26 Girls Triple Jump

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#425 Betrus, Lindy	12	Potsdam	34-10.50	34-07.50	10
2	#596 Colbert, Eliza	10	Norwood-Norfolk Central School	30-05.00	30-10.75	8
3	#338 Timmons, Madison	10	Indian River	30-02.00	29-06.00	6
4	#21 Sheen, Jacey	12	Gouverneur Central School	31-07.50	28-09.25	5
5	#58 Leroy, Ellie	12	Franklin Academy	29-07.00	28-09.00	4
6	#345 Curtis, Annabel	9	Ogdensburg Free Academy	29-04.00	28-04.75	3
7	#355 Wilson, Katharine	9	Ogdensburg Free Academy	28-11.00	27-10.00	2
8	#456 Fritts, Raegan	SR	Tupper Lake Lumberjacks	27-08.50	27-09.00	1
9	#13 Spicer, Azlan	8	Gouverneur Central School	29-00.25	27-04.25	
10	#490 Perretta, Isabella	10	Canton	26-11.00	27-00.00	
11	#48 Benardot, Cora	12	Franklin Academy	26-04.50	26-10.00	
12	#105 Burnard, Carolina	12	Indian River	27-08.25	26-07.00	

Event 27 Boys Shot Put

	Name	Yr	School	Seed	Finals	Points
Finals						
1	#55 Siebels, Owen	12	Gouverneur Central School	42-10.00	42-09.50	10
2	#469 Robillard, Luke	JR	Tupper Lake Lumberjacks	39-01.00	39-02.50	8
3	#54 Thomas, Vincent	12	Gouverneur Central School	39-10.00	38-07.50	6
4	#575 Robillard-Ramatichi, Ethan	12	Massena	37-06.00	37-00.00	5
5	#591 Schwartfigure, Matthew	11	Potsdam	34-11.50	35-11.25	4
6	#509 Atkinson, Isaac	10	Potsdam	35-09.00	35-01.25	3
7	#610 Bormann, Zachary	11	Franklin Academy	32-08.00	33-09.25	2

NAC Section X Championships - 2/9/2024

SLU

Results - NAC Meet

Finals ... (Event 27 Boys Shot Put)

Name	Yr	School	Seed	Finals	Points
8 #545 Favreau, Shane	12	Massena	31-09.00	32-08.50	1
9 #70 Brooks, Zebulon	10	Franklin Academy	31-08.00	32-07.50	
10 #75 Guerin, Donovan	12	Franklin Academy	34-08.00	32-04.50	
11 #383 Hasty, Oakley	10	Salmon River	32-05.00	32-00.75	
12 #520 Huynh-Thien, Ben	10	Potsdam	31-08.00	31-11.50	
13 #559 LeBlanc, Benjamin	12	Massena	31-01.00	31-07.00	
14 #453 Barkley, Nathan	JR	Tupper Lake Lumberjacks	32-04.00	31-03.75	

Event 28 Girls Shot Put

Name	Yr	School	Seed	Finals	Points
Finals					
1 #426 Buckley, Lola	12	Potsdam	32-03.00	32-08.50	10
2 #104 Adams, Mackenzie	12	Indian River	32-05.00	32-03.00	8
3 #391 Baker, Hillary	12	Franklin Academy	24-09.00	26-07.25	6
4 #432 Clark, Olivia	12	Potsdam	27-04.50	26-05.75	5
5 #571 Park, Lauren	9	Massena	26-02.00	26-05.50	4
6 #330 Luke, Emily	10	Indian River	25-10.00	25-09.00	3
7 #445 Moore, Kenadi	11	Potsdam	25-08.50	25-06.50	2
8 #31 Greenhill, Meadow	12	Gouverneur Central School	26-09.00	25-05.75	1
9 #454 Becker, Mary	JR	Tupper Lake Lumberjacks	25-06.50	25-02.00	
10 #492 Rossiter, Natasha	10	Canton	25-05.00	25-01.00	
11 #336 Russell, Cora	9	Indian River	27-07.50	24-08.00	
12 #485 Magurk, Grace	12	Canton	24-09.00	24-07.00	
13 #561 Lucey, Kya	12	Massena	24-05.00	24-03.00	
14 #386 Cook, Cloe	11	Salmon River	24-03.00	23-11.50	
15 #53 Branconnier, Morgan	11	Franklin Academy	25-01.00	23-10.75	

Women - Team Rankings - 14 Events Scored

1) Potsdam	119.5	2) Norwood-Norfolk Central School	78
3) Indian River	77	4) Canton	76
5) Franklin Academy	74	6) Gouverneur Central School	56
7) Salmon River	20	8) Ogdensburg Free Academy	17
9) Massena	14.5	10) Brushton Moira Central	10
11) Tupper Lake Lumberjacks	3		

Men - Team Rankings - 14 Events Scored

1) Canton	91	2) Massena	78.5
3) Norwood-Norfolk Central School	69	3) Franklin Academy	69
5) Potsdam	62	6) Ogdensburg Free Academy	56
7) Gouverneur Central School	46	8) Tupper Lake Lumberjacks	45
9) Indian River	15.5	10) Brushton Moira Central	8