

## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Girls 60 Meter Dash

Section X:		8.12	R	2/16/2023	Makenna Manson, Salmon River					
Name	Yr	School	Seed	Finals	H#	Points				
<b>Finals</b>										
1	#388	Manson, Makenna	12	Salmon River	8.40	8.13	7	10		
2	#419	Brothers, Ayzia	9	Norwood-Norfolk Central School	8.55	8.50	7	8		
3	#436	El Labban, Sarah	10	Potsdam	8.50	8.59	7	6		
4	#328	Kalunda, Cleopatra	10	Indian River	8.50	8.60	7	5		
5	#106	Cavaliere, Kayla	11	Indian River	8.82	8.83	7	4		
6	#31	Greenhill, Meadow	12	Gouverneur Central School	8.70	8.90	7	3		
7	#2	Beck, Mattie	9	Gouverneur Central School	9.45	9.05	5	2		
8	#399	Laplant, Brooke	9	Franklin Academy	8.90	9.15	6	1		
9	#404	Rundquist, Vera	11	Franklin Academy	9.00	9.16	6			
10	#451	Sullivan, Jilliana	9	Potsdam	9.00	9.20	6			
10	#47	Ashlaw, Natalie	12	Franklin Academy	8.83	9.20	7			
12	#24	Smith, Emily	11	Gouverneur Central School	8.84	9.22	7			
13	#482	Kiah, Reagan	9	Canton		9.46	1			
14	#443	Labarge, Tayler	11	Potsdam	8.90	9.47	6			
15	#579	Tillman, Nylah	10	Massena	9.60	9.63	5			
15	#385	Arquette, Mataya	12	Salmon River	9.82	9.63	4			
17	#580	Warriner, Ayla	11	Massena	8.90	9.70	6			
18	#63	Rivera, Kylie	12	Franklin Academy	9.66	9.73	4			
19	#496	Shipman, Cecily	11	Canton	9.00	9.75	6			
20	#324	Day, Kay'den	9	Indian River	9.50	9.76	5			
21	#548	Goolden, Maddison	12	Massena	10.00	9.82	3			
22	#428	Burks, T'Aja	9	Potsdam	9.60	9.92	5			
23	#376	Barney, Olivia	9	Brushton Moira Central	9.90	9.93	4			
24	#386	Cook, Cloe	11	Salmon River	10.08	9.95	3			
25	#427	Buffham, Breanna	9	Potsdam	9.40	9.97	6			
26	#445	Moore, Kenadi	11	Potsdam	9.50	10.12	5			
27	#465	Opdyke, Kelli	FR	Tupper Lake Lumberjacks	9.90	10.13	4			
28	#349	LaFluer, Leeannah	10	Ogdensburg Free Academy	11.00	10.15	2			
29	#421	Aces, Willow	9	Potsdam	9.50	10.21	5			
30	#424	Berry-Wilson, Ashley	11	Potsdam	9.70	10.46	4			
31	#447	Robinson, Erika	9	Potsdam	10.50	10.70	3			
32	#463	Chesborough, Olivia	FR	Tupper Lake Lumberjacks	10.10	10.77	3			
33	#433	Crosslin, Amber	11	Potsdam	9.60	10.79	5			
34	#397	Kompan, Emma	11	Franklin Academy	11.40	11.04	2			
34	#354	Thomas, Madyson	9	Ogdensburg Free Academy	11.00	11.04	2			
36	#393	Falion, Jailin	9	Franklin Academy	11.60	11.34	1			
37	#405	Tylenda, Abigail	9	Franklin Academy	9.80	11.43	4			
38	#52	Bess, Mykenna	10	Franklin Academy	11.50	11.60	1			
39	#420	Laferriere, Lundan	9	Norwood-Norfolk Central School	9.00	13.52	6			
---	#314	Benson, Gianna	12	Indian River	9.60	X9.16	5			
---	#11	Scott, Brianna	9	Gouverneur Central School	9.95	X9.44	4			
---	#49	Macaulay, Lily	9	Gouverneur Central School	9.98	X9.49	3			
---	#9	Ordway, Lauren	9	Gouverneur Central School	10.05	X9.58	3			
---	#572	Phillips, Avy	9	Massena	10.60	X9.71	3			
---	#562	Maurer, Makenzie	10	Massena	11.80	X10.29	1			
---	#329	Littlejohn, Dy'Neshia	11	Indian River	11.50	X10.34	1			
---	#554	Kellogg, Allandra	10	Massena	11.80	X10.41	1			

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## Finals ... (Girls 60 Meter Dash)

Name	Yr	School	Seed	Finals	H#	Points
--- #341 Yancy, Emma	10	Indian River	10.90	X10.49	2	
--- #543 Donahue, Kyla	9	Massena	11.94	X10.71	1	
--- #540 Colby, Myra	10	Massena	11.52	X10.75	1	
--- #325 Delima, Jaylin	10	Indian River	11.10	X10.78	2	
--- #462 Bujold, Heather	FR	Tupper Lake Lumberjacks	10.70	X10.92	3	
--- #333 Parker, Sydney	12	Indian River	11.00	X10.92	2	
--- #454 Becker, Mary	JR	Tupper Lake Lumberjacks	10.80	X11.11	2	
--- #319 Borley, Keeva	10	Indian River	10.90	X11.23	2	

## Girls 300 Meter Dash

Section X: 41.46 R 1982 Sue Hutchins, Malone

Name	Yr	School	Seed	Finals	H#	Points
1 #388 Manson, Makenna	12	Salmon River	44.00	44.18	8	10
2 #425 Betrus, Lindy	12	Potsdam	43.00	44.64	8	8
3 #498 Shipman, Stella	12	Canton	46.00	44.91	8	6
4 #419 Brothers, Ayzia	9	Norwood-Norfolk Central School	46.50	45.21	8	5
5 #113 Thorpe, Jaida	10	Indian River	49.60	46.71	7	4
6 #436 El Labban, Sarah	10	Potsdam	47.00	47.13	8	3
7 #13 Spicer, Azlan	8	Gouverneur Central School	51.00	48.41	6	2
8 #52 Lacks, Ameillia	10	Gouverneur Central School	49.70	48.64	7	1
9 #377 Gerow, Brexyss	10	Brushton Moira Central	55.00	48.73	4	
10 #111 Solar, Mary Paulyne	11	Indian River	50.79	48.81	6	
11 #399 Laplant, Brooke	9	Franklin Academy	50.00	49.24	7	
12 #404 Rundquist, Vera	11	Franklin Academy	51.00	49.92	6	
13 #443 Labarge, Tayler	11	Potsdam	51.00	51.22	6	
14 #403 Race, Katherine	9	Franklin Academy	53.00	51.72	5	
15 #467 Towne, Brianna	FR	Tupper Lake Lumberjacks	48.12	51.92	7	
16 #168 Masuk, Autumn	9	Norwood-Norfolk Central School	49.00	52.27	7	
17 #355 Wilson, Katharine	9	Ogdensburg Free Academy	51.00	52.40	6	
18 #539 Cichetti, Katherine	12	Massena	56.09	52.64	3	
19 #24 Smith, Emily	11	Gouverneur Central School	47.91	53.10	8	
20 #63 Rivera, Kylie	12	Franklin Academy	54.96	53.41	4	
21 #548 Goolden, Maddison	12	Massena	54.60	53.81	4	
22 #577 Thompson, Kaniehtentha	10	Massena	56.53	54.21	3	
23 #448 Seitzer, Abi	11	Potsdam	55.00	55.04	4	
24 #340 Verne, Savannah	11	Indian River	54.50	55.18	5	
25 #422 Andrews, Addyson	10	Potsdam	55.00	55.21	4	
26 #483 Lapierre, Daphne	9	Canton	55.00	55.27	4	
27 #337 Stinson, Laila	9	Indian River	52.00	55.53	5	
28 #428 Burks, T'Aja	9	Potsdam	56.50	55.87	3	
29 #421 Acres, Willow	9	Potsdam	54.50	56.70	5	
30 #49 Bennett, Jorja	10	Franklin Academy	59.46	58.01	2	
31 #402 Perry, Marley	9	Franklin Academy	52.00	1:00.11	5	
32 #447 Robinson, Erika	9	Potsdam	1:01.00	1:02.21	2	
33 #351 Planty, Raven	9	Ogdensburg Free Academy	58.00	1:03.81	3	
--- #572 Phillips, Avy	9	Massena	1:00.90	X54.06	2	
--- #103 Doyle, Abigail	11	Gouverneur Central School	54.00	X54.36	5	
--- #573 Prashaw, Aaliyah	9	Massena	1:08.50	X55.21	1	
--- #562 Maurer, Makenzie	10	Massena	1:09.20	X58.42	1	

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## Finals ... (Girls 300 Meter Dash)

Name	Yr	School	Seed	Finals	H#	Points
--- #554 Kellogg, Allandra	10	Massena	1:02.80	X1:00.07	2	
--- #104 Kerr, Marissa	9	Gouverneur Central School	57.00	X1:00.79	3	
--- #540 Colby, Myra	10	Massena	1:10.80	X1:05.07	1	

## Girls 600 Meter Run

Section X: 1:37.57 R 2014

Rebekkah Bond, Malone

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #396 King, Adyson	10	Franklin Academy	1:40.00	1:40.82	3	10
2 #439 Grainger, Ali	12	Potsdam	1:47.00	1:46.93	3	8
3 #446 Planty, Teagan	10	Potsdam	1:58.00	1:54.96	3	6
4 #29 Bowman, Abigail	12	Gouverneur Central School	1:57.00	1:54.99	3	5
5 #450 Steinrotter, Emmie	10	Potsdam	1:56.00	1:55.65	3	4
6 #472 Ames, Hannah	9	Canton	2:08.00	2:03.42	2	3
7 #65 Winters, Katrina	11	Franklin Academy	1:56.00	2:03.43	3	2
8 #57 Lawrence, Tye	11	Franklin Academy	2:04.00	2:06.68	3	1
9 #40 Siebels, Lilah	9	Gouverneur Central School	2:01.00	2:06.73	3	
10 #406 Wells, Taylor	12	Franklin Academy	2:10.00	2:07.43	2	
11 #11 Scott, Brianna	9	Gouverneur Central School	2:08.00	2:08.87	2	
12 #350 Lalone, Kiely	10	Ogdensburg Free Academy	2:30.00	2:09.60	1	
13 #403 Race, Katherine	9	Franklin Academy	2:15.00	2:12.95	2	
14 #389 Oakes, Jasmine	12	Salmon River	2:10.00	2:15.69	2	
15 #564 McDermott, Peyton	9	Massena	2:02.00	2:15.85	3	
16 #385 Arquette, Mataya	12	Salmon River	2:15.00	2:16.27	2	
17 #569 Oldenburgh, MacKenzie	10	Massena	2:04.00	2:16.77	3	
18 #495 Seegar, Julia	11	Canton	2:05.00	2:17.06	2	
19 #440 Grainger, Jackie	9	Potsdam	2:01.00	2:17.94	3	
20 #51 Bennett, Rabecca	12	Franklin Academy	2:16.00	2:17.96	2	
21 #483 Lapierre, Daphne	9	Canton	2:25.00	2:18.10	2	
22 #320 Broadbent, Allison	9	Indian River	2:30.00	2:18.44	1	
23 #551 Hendricks, Madyson	11	Massena	2:05.00	2:20.79	2	
24 #376 Barney, Olivia	9	Brushton Moira Central	2:30.00	2:23.21	1	
25 #332 Morgan, Autumn	9	Indian River	2:30.00	2:23.54	1	
26 #343 Chapman, Kate	9	Ogdensburg Free Academy	2:30.00	2:50.57	1	
27 #378 Jiang, Sabrina	10	Brushton Moira Central	3:00.00	2:54.24	1	
28 #327 Hartman, Sara	9	Indian River	2:30.00	2:56.94	1	
--- #556 Lannis, Molly	12	Massena	2:19.00	X2:20.17	2	
--- #555 LaBarge, Abigail	9	Massena	3:21.00	X2:32.04	1	
--- #576 Therrien, Alyssa	9	Massena	2:30.00	X2:38.99	1	

## Girls 1000 Meter Run

Section X: 3:00.00 R 2014

Rebecca Delrossi, Canton

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #396 King, Adyson	10	Franklin Academy	3:20.00	3:21.13	2	10
2 #439 Grainger, Ali	12	Potsdam	3:27.00	3:26.24	2	8
3 #489 Mounmen, Salma	11	Canton	3:30.00	3:27.45	2	6
4 #157 Carista, Madison	10	Norwood-Norfolk Central School	3:20.00	3:33.40	2	5
5 #165 Hewey, Rachel	12	Norwood-Norfolk Central School	3:40.00	3:37.24	2	4
6 #450 Steinrotter, Emmie	10	Potsdam	3:40.00	3:39.49	2	3

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## Finals ... (Girls 1000 Meter Run)

Name	Yr	School	Seed	Finals	H#	Points
7 #61 Perham, Emily	12	Franklin Academy	3:59.00	3:42.31	2	2
8 #478 Foster, Violet	11	Canton	3:40.00	3:51.46	2	1
9 #380 McCaffery, Danielle	12	Brushton Moira Central	4:25.00	3:52.27	1	
10 #344 Cole, Clara	12	Ogdensburg Free Academy	4:05.00	3:52.42	1	
11 #472 Ames, Hannah	9	Canton	3:50.00	3:54.31	2	
12 #441 Hinckley, Keira	10	Potsdam	3:55.00	3:56.07	2	
13 #392 Denny, Kelly	10	Franklin Academy	4:15.00	4:05.59	1	
14 #395 Goachee, Henna	11	Franklin Academy	4:00.00	4:06.47	1	
15 #435 Dhaniyala, Saadhika	10	Potsdam	4:00.00	4:10.85	1	
16 #389 Oakes, Jasmine	12	Salmon River	3:45.00	4:15.97	2	
17 #538 Chakranarayan, Yajna	10	Massena	4:46.00	4:21.03	1	
18 #440 Grainger, Jackie	9	Potsdam	4:03.00	4:26.72	1	
19 #315 Bigelow, Taylor	10	Indian River	4:30.00	4:30.74	1	
20 #334 Raimundo, Elizabeth	11	Indian River	4:30.00	4:31.81	1	
21 #581 White, Aubrey	9	Massena	5:08.48	4:33.11	1	
22 #430 Cetinkaya, Elif	11	Potsdam	5:00.00	4:50.01	1	
23 #477 Colello, Beatrice	9	Canton		4:54.59	1	
--- #387 George, Grayci	10	Salmon River	4:00.00	DNF	2	

## Girls 1500 Meter Run

Section X: 4:41.54 R 2013

Laura Pierce, Canton

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #494 Schmitt, Bennett	10	Canton	5:20.00	5:25.09	2	10
2 #489 Mounmen, Salma	11	Canton	5:30.00	5:25.21	2	8
3 #401 McClain, Grace	11	Franklin Academy	6:00.00	5:36.12	2	6
4 #344 Cole, Clara	12	Ogdensburg Free Academy	5:45.00	6:06.04	2	5
5 #58 Leroy, Ellie	12	Franklin Academy	5:41.00	6:07.25	2	4
6 #544 Farmer, Makayla	12	Massena	5:30.46	6:08.17	2	3
7 #478 Foster, Violet	11	Canton	6:20.00	6:09.93	1	2
8 #381 Smith, Carissa	12	Brushton Moira Central	6:10.00	6:10.22	2	1
9 #173 Snell, Addison	10	Norwood-Norfolk Central School		6:12.09	1	
10 #347 Honeywell, Kendall	10	Ogdensburg Free Academy	6:30.00	6:20.92	1	
11 #395 Goachee, Henna	11	Franklin Academy	6:00.00	6:31.61	2	
12 #59 Marlow, Rhyan	10	Franklin Academy	6:08.00	6:49.50	2	
13 #429 Cardinal, Mackenzie	11	Potsdam	6:15.00	6:51.97	2	
14 #402 Perry, Marley	9	Franklin Academy	6:15.00	6:59.52	1	
15 #108 Gorski, Mackenzie	11	Indian River	7:00.00	7:10.30	1	
16 #326 Gray, Hailey	9	Indian River	6:30.00	7:10.94	1	
17 #581 White, Aubrey	9	Massena	7:15.00	7:11.37	1	
18 #322 Carrien, Audrey	10	Indian River	6:30.00	7:15.76	1	
19 #461 Facteau, Ava	FR	Tupper Lake Lumberjacks	6:10.10	7:17.25	2	
20 #477 Colello, Beatrice	9	Canton		7:40.86	1	

## Girls 3000 Meter Run

Section X: 10:09.70 R 2014

Laura Pierce, Canton

Name	Yr	School	Seed	Finals	Points
<b>Finals</b>					
1 #494 Schmitt, Bennett	10	Canton	11:15.00	11:45.13	10
2 #157 Carista, Madison	10	Norwood-Norfolk Central School	11:40.00	12:17.15	8

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## Finals ... (Girls 3000 Meter Run)

Name	Yr	School	Seed	Finals	Points
3 #57 Lawrence, Tye	11	Franklin Academy	13:00.00	13:06.90	6
4 #431 Clark, Meridyth	11	Potsdam	13:00.00	13:36.17	5
5 #173 Snell, Addison	10	Norwood-Norfolk Central School		13:42.26	4
6 #48 Benardot, Cora	12	Franklin Academy	13:40.00	14:00.25	3
7 #379 Lennox, Becca	12	Brushton Moira Central	13:45.00	14:03.00	2
8 #442 Kelson, Ali	10	Potsdam	14:00.00	14:07.63	1
9 #434 Darie, Celeste	9	Potsdam		16:42.48	
--- #345 Curtis, Annabel	9	Ogdensburg Free Academy	15:00.00	DNF	
--- #59 Marlow, Rhyan	10	Franklin Academy	13:43.00	DNF	

## Girls 60 Meter Hurdles

Section X: 10.43 R 2020 Sydney Lorenc, Canton

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #498 Shipman, Stella	12	Canton	10.80	10.85	3	10
2 #168 Masuk, Autumn	9	Norwood-Norfolk Central School	11.00	10.92	3	8
3 #467 Towne, Brianna	FR	Tupper Lake Lumberjacks	11.50	11.58	3	6
4 #55 Funk, Darci	9	Franklin Academy	11.62	11.74	3	5
5 #355 Wilson, Katharine	9	Ogdensburg Free Academy	11.68	11.84	3	4
6 #456 Fritts, Raegan	SR	Tupper Lake Lumberjacks	12.10	11.93	3	3
7 #446 Planty, Teagan	10	Potsdam	13.10	12.01	2	2
8 #448 Seitzer, Abi	11	Potsdam	13.00	12.16	2	1
9 #406 Wells, Taylor	12	Franklin Academy	12.00	12.38	3	
10 #490 Perretta, Isabella	10	Canton	12.50	12.60	2	
11 #169 Miller-Lynch, Tessa	8	Norwood-Norfolk Central School		12.69	1	
12 #53 Branconnier, Morgan	11	Franklin Academy	12.32	12.84	2	
13 #488 Moumen, Maysa	12	Canton		12.88	1	
14 #539 Cichetti, Katherine	12	Massena	12.20	13.19	2	
15 #577 Thompson, Kaniehtentha	10	Massena	12.40	13.23	2	
16 #313 Bates, Lexi	9	Indian River	13.50	13.28	1	
17 #442 Kelson, Ali	10	Potsdam	14.00	13.37	1	
18 #573 Prashaw, Aaliyah	9	Massena	12.80	13.60	2	
19 #164 Gates, Brielle	10	Norwood-Norfolk Central School	11.80	15.00	3	
--- #556 Lannis, Molly	12	Massena	13.50	X13.55	1	

## Girls 4x200 Meter Relay

Section X: 1:49.70 R 2007 Indian River, Indian River  
Dore, Kubber, Robinson, Woodson

Team	Relay	Seed	Finals	H#	Points
<b>Finals</b>					
1 Gouverneur Central School 1) #8 Gaines, Audrey 11 5) #24 Smith, Emily 11	A 2) #21 Sheen, Jacey 12 3) #31 Greenhill, Meadow 12 4) #29 Bowman, Abigail 12	1:57.00	1:57.87	3	10
2 Indian River 1) #106 Cavaliere, Kayla 11 5) #314 Benson, Gianna 12	A 2) #338 Timmons, Madison 10 6) #105 Burnard, Carolina 12	2:00.00	1:58.15	3	8
3 Potsdam 1) #443 Labarge, Tayler 11 5) #448 Seitzer, Abi 11	A 2) #423 Andrews-Perry, Johnny 9 6) #445 Moore, Kenadi 11	2:03.00	2:03.40	3	6
4 Franklin Academy 1) #47 Ashlaw, Natalie 12	A 2) #404 Rundquist, Vera 11 3) #399 Laplant, Brooke 9 4) #61 Perham, Emily 12	2:04.00	2:03.54	3	5

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## Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Seed	Finals	H#	Points
5 Norwood-Norfolk Central School	A	2:10.00	2:07.18	3	4
1) #419 Brothers, Ayzia 9	2) #420 Laferriere, Lundan 9	3) #168 Masuk, Autumn 9	4) #169 Miller-Lynch, Tessa 8		
6 Massena	A	2:00.00	2:14.07	3	3
1) #580 Warriner, Ayla 11	2) #539 Cichetti, Katherine 12	3) #548 Goolden, Maddison 12	4) #549 Grant, Christine 12		
7 Canton	A	2:10.00	2:15.24	2	2
1) #492 Rossiter, Natasha 10	2) #482 Kiah, Reagan 9	3) #490 Perretta, Isabella 10	4) #488 Moumen, Maysa 12		
5) #483 Lapierre, Daphne 9					
8 Tupper Lake Lumberjacks	A		2:38.64	2	1
1) #463 Chesborough, Olivia FR	2) #464 Dattola, Adrianna FR	3) #465 Opdyke, Kelli FR	4) #460 Tarbox, Lacey FR		
5) #456 Fritts, Raegan SR	6) #462 Bujold, Heather FR	7) #454 Becker, Mary JR			
--- Gouverneur Central School	B	2:10.00	X2:09.18	2	
1) #49 Macaulay, Lily 9	2) #11 Scott, Brianna 9	3) #40 Siebels, Lilah 9	4) #9 Ordway, Lauren 9		
5) #2 Beck, Mattie 9					
--- Indian River	B	2:10.00	X2:13.59	2	
1) #313 Bates, Lexi 9	2) #339 Verne, Olivia 9	3) #340 Verne, Savannah 11	4) #324 Day, Kay'den 9		
5) #337 Stinson, Laila 9	6) #333 Parker, Sydnie 12				
--- Potsdam	B		X2:15.06	1	
1) #448 Seitzer, Abi 11	2) #445 Moore, Kenadi 11	3) #427 Buffham, Breanna 9	4) #421 Acres, Willow 9		
5) #422 Andrews, Addyson 10	6) #428 Burks, T'Aja 9				
--- Massena	B	2:17.00	X2:17.02	2	
1) #579 Tillman, Nylah 10	2) #572 Phillips, Avy 9		4) #543 Donahue, Kyla 9		
5) #540 Colby, Myra 10	6) #573 Prashaw, Aaliyah 9				
--- Potsdam	C		X2:21.84	1	
1) #422 Andrews, Addyson 10	2) #428 Burks, T'Aja 9	3) #424 Berry-Wilson, Ashley 11	4) #447 Robinson, Erika 9		
5) #434 Darie, Celeste 9	6) #444 Mikhalaki, Elena 11				
--- Franklin Academy	B	2:30.00	X2:27.57	2	
1) #52 Bess, Mykenna 10	2) #49 Bennett, Jorja 10	3) #397 Kompan, Emma 11	4) #63 Rivera, Kylie 12		
5) #55 Funk, Darci 9					

## Girls 4x400 Meter Relay

Section X: 4:12.80 R 2001

Malone, Malone  
Devins, Hardy, Hutchins, Weber

Team	Relay	Seed	Finals	H#	Points
<b>Finals</b>					
1 Potsdam	A	4:30.00	4:35.73	2	10
1) #446 Planty, Teagan 10	2) #423 Andrews-Perry, Johnny 9	3) #451 Sullivan, Jilliana 9	4) #439 Grainger, Ali 12		
5) #441 Hinckley, Keira 10	6) #427 Buffham, Breanna 9	7) #440 Grainger, Jackie 9			
2 Indian River	A	5:00.00	4:55.70	2	8
1) #339 Verne, Olivia 9	2) #111 Solar, Mary Paulyn 11	3) #338 Timmons, Madison 10	4) #113 Thorpe, Jaida 10		
5) #106 Cavaliere, Kayla 11	6) #337 Stinson, Laila 9				
3 Franklin Academy	A	4:50.00	5:01.36	2	6
1) #47 Ashlaw, Natalie 12	2) #401 McClain, Grace 11	3) #395 Goachee, Henna 11	4) #65 Winters, Katrina 11		
4 Brushton Moira Central	A	5:15.00	5:02.40	1	5
1) #376 Barney, Olivia 9	2) #377 Gerow, Brexyss 10	3) #380 McCaffery, Danielle 12	4) #381 Smith, Carissa 12		
5) #379 Lennox, Becca 12	6) #378 Jiang, Sabrina 10				
5 Canton	A	4:50.00	5:04.81	2	4
1) #495 Seegar, Julia 11	2) #498 Shipman, Stella 12	3) #489 Mounmen, Salma 11	4) #496 Shipman, Cecily 11		
5) #488 Moumen, Maysa 12					
6 Gouverneur Central School	A	5:22.55	5:11.67	1	3
1) #52 Lacks, Ameillia 10	2) #2 Beck, Mattie 9	3) #9 Ordway, Lauren 9	4) #13 Spicer, Azlan 8		
5) #105 Newcombe, Ninah 12					

## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Finals ... (Girls 4x400 Meter Relay)

Team	Relay	Seed	Finals	H#	Points
7 Tupper Lake Lumberjacks	A		5:23.67	1	2
1) #456 Fritts, Raegan SR	2) #461 Facticeau, Ava FR	3) #467 Towne, Brianna FR	4) #460 Tarbox, Lacey FR		
5) #466 Stevens, Peyton FR	6) #463 Chesborough, Olivia FR				
8 Massena	A	4:50.00	5:31.47	2	1
1) #564 McDermott, Peyton 9	2) #569 Oldenburgh, MacKenzie 10	13) #537 Boulais, Hailey 10	4) #544 Farmer, Makayla 12		
9 Ogdensburg Free Academy	A	5:10.00	6:14.38	2	
1) #343 Chapman, Kate 9	2) #350 Lalone, Kiely 10	3) #351 Planty, Raven 9	4) #348 Kroeger, Lily 9		
--- Franklin Academy	B	5:10.00	X5:30.91	1	
1) #402 Perry, Marley 9	2) #403 Race, Katherine 9	3) #392 Denny, Kelly 10	4) #51 Bennett, Rabecca 12		
5) #406 Wells, Taylor 12					
--- Massena	B	5:30.00	X5:53.43	1	
1) #562 Maurer, Makenzie 10	2) #555 LaBarge, Abigail 9	3) #570 Oliver, Lauren 9	4) #556 Lannis, Molly 12		
5) #576 Therrien, Alyssa 9					
--- Potsdam	B		X5:53.68	1	
1) #427 Buffham, Breanna 9	2) #440 Grainger, Jackie 9	3) #422 Andrews, Addyson 10	4) #430 Cetinkaya, Elif 11		
5) #434 Darie, Celeste 9					

## Girls 4x800 Meter Relay

Section X: 9:16.39 R 2014

Canton, Canton

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Franklin Academy	A	12:00.00	10:47.98	10
1) #58 Leroy, Ellie 12	2) #57 Lawrence, Tye 11	3) #65 Winters, Katrina 11	4) #396 King, Adyson 10	
2 Norwood-Norfolk Central School	A	10:30.00	11:11.09	8
1) #157 Carista, Madison 10	2) #164 Gates, Brielle 10	3) #165 Hewey, Rachel 12	4) #173 Snell, Addison 10	
3 Potsdam	A	12:00.00	11:34.57	6
1) #431 Clark, Meridyth 11	2) #435 Dhaniyala, Saadhika 10	3) #429 Cardinal, Mackenzie 11	4) #450 Steinrotter, Emmie 10	
5) #440 Grainger, Jackie 9	6) #430 Cetinkaya, Elif 11			
4 Brushton Moira Central	A	12:20.00	11:43.42	5
1) #377 Gerow, Brexyss 10	2) #379 Lennox, Becca 12	3) #380 McCaffery, Danielle 12	4) #381 Smith, Carissa 12	
5) #378 Jiang, Sabrina 10	6) #376 Barney, Olivia 9			
5 Massena	A	12:30.00	12:11.96	4
1) #544 Farmer, Makayla 12	2) #569 Oldenburgh, MacKenzie 10	13) #564 McDermott, Peyton 9	4) #551 Hendricks, Madyson 11	
5) #538 Chakranarayan, Yajna 10	6) #581 White, Aubrey 9	7) #576 Therrien, Alyssa 9	8) #570 Oliver, Lauren 9	
6 Gouverneur Central School	A	12:20.00	12:55.13	3
1) #103 Doyle, Abigail 11	2) #104 Kerr, Marissa 9	3) #105 Newcombe, Ninah 12	4) #40 Siebels, Lilah 9	
7 Ogdensburg Free Academy	A	12:48.00	13:15.92	2
1) #344 Cole, Clara 12	2) #346 Daisey, Toni 9	3) #347 Honeywell, Kendall 10	4) #345 Curtis, Annabel 9	
5) #343 Chapman, Kate 9				
8 Indian River	A	14:00.00	13:22.15	1
1) #326 Gray, Hailey 9	2) #108 Gorski, Mackenzie 11	3) #322 Carrien, Audrey 10	4) #334 Raimundo, Elizabeth 11	
5) #315 Bigelow, Taylor 10	6) #320 Broadbent, Allison 9	7) #327 Hartman, Sara 9	8) #332 Morgan, Autumn 9	
--- Franklin Academy	B	12:15.00	X11:32.04	
1) #401 McClain, Grace 11	2) #392 Denny, Kelly 10	3) #61 Perham, Emily 12	4) #59 Marlow, Rhyan 10	
5) #51 Bennett, Rabecca 12				
--- Massena	B	14:00.00	X13:42.18	
1) #537 Boulais, Hailey 10	2) #538 Chakranarayan, Yajna 10	3) #576 Therrien, Alyssa 9	4) #555 LaBarge, Abigail 9	
5) #581 White, Aubrey 9				

## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Girls High Jump

Section X: 5-06.50 R 1992		Darby Krause, Ogdensburg		Seed	Finals	Points	
Name	Yr	School					
<b>Finals</b>							
1	#55	Funk, Darci	9	Franklin Academy	5-00.00	4-08.00	10
2	#165	Hewey, Rachel	12	Norwood-Norfolk Central School	4-08.00	4-02.00	8
3	#441	Hinckley, Keira	10	Potsdam		4-00.00	5.50
3	#105	Burnard, Carolina	12	Indian River		4-00.00	5.50
5	#114	VanTassel, Ali	12	Indian River		J4-00.00	3
5	#434	Darie, Celeste	9	Potsdam		J4-00.00	3
5	#48	Benardot, Cora	12	Franklin Academy	4-02.00	J4-00.00	3
8	#442	Kelson, Ali	10	Potsdam		3-10.00	1
---	#465	Opdyke, Kelli	FR	Tupper Lake Lumberjacks		NH	
---	#350	Lalone, Kiely	10	Ogdensburg Free Academy		NH	
---	#8	Gaines, Audrey	11	Gouverneur Central School		NH	

## Girls Long Jump

Section X: 18-05.50 R 1985		Leslie Revier, Norwood-Norfolk		Seed	Finals	Points	
Name	Yr	School					
<b>Finals</b>							
1	#425	Betrus, Lindy	12	Potsdam		15-03.50	10
2	#8	Gaines, Audrey	11	Gouverneur Central School		15-00.00	8
3	#21	Sheen, Jacey	12	Gouverneur Central School		14-10.25	6
4	#111	Solar, Mary Paulyn	11	Indian River		14-03.75	5
5	#328	Kalunda, Cleopatra	10	Indian River		14-01.75	4
6	#495	Seegar, Julia	11	Canton		13-09.75	3
7	#52	Lacks, Ameillia	10	Gouverneur Central School		13-08.00	2
8	#423	Andrews-Perry, Johnny	9	Potsdam		13-00.75	1
9	#385	Arquette, Mataya	12	Salmon River	12-03.75	12-05.00	
10	#496	Shipman, Cecily	11	Canton		11-11.00	
11	#549	Grant, Christine	12	Massena		11-08.75	
12	#429	Cardinal, Mackenzie	11	Potsdam		11-06.75	
13	#571	Park, Lauren	9	Massena		10-10.00	
14	#387	George, Grayci	10	Salmon River		10-08.00	
15	#351	Planty, Raven	9	Ogdensburg Free Academy		10-00.00	
---	#169	Miller-Lynch, Tessa	8	Norwood-Norfolk Central School	11-00.00	FOUL	
---	#349	LaFluer, Leeanah	10	Ogdensburg Free Academy		FOUL	
---	#462	Bujold, Heather	FR	Tupper Lake Lumberjacks		FOUL	
---	#580	Warriner, Ayla	11	Massena		FOUL	

## Girls Triple Jump

Section X: 39-04 R 1986		Leslie Revier, Norwood-Norfolk		Seed	Finals	Points	
Name	Yr	School					
<b>Finals</b>							
1	#425	Betrus, Lindy	12	Potsdam		34-00.50	10
2	#21	Sheen, Jacey	12	Gouverneur Central School		29-05.00	8
3	#338	Timmons, Madison	10	Indian River		29-04.25	6
4	#58	Leroy, Ellie	12	Franklin Academy	28-05.00	29-01.75	5
5	#355	Wilson, Katharine	9	Ogdensburg Free Academy		28-11.00	4
6	#431	Clark, Meridyth	11	Potsdam		27-11.75	3
7	#456	Fritts, Raegan	SR	Tupper Lake Lumberjacks	28-00.00	27-08.50	2



## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Finals ... (Girls Triple Jump)

Name	Yr	School	Seed	Finals	Points
8 #482 Kiah, Reagan	9	Canton		25-11.75	1
9 #490 Perretta, Isabella	10	Canton		25-09.50	
10 #48 Benardot, Cora	12	Franklin Academy	28-10.00	25-07.75	
11 #472 Ames, Hannah	9	Canton		25-06.50	
12 #345 Curtis, Annabel	9	Ogdensburg Free Academy		25-06.00	
13 #387 George, Grayci	10	Salmon River		25-04.75	
14 #435 Dhaniyala, Saadhika	10	Potsdam		24-10.75	
15 #461 Facteau, Ava	FR	Tupper Lake Lumberjacks		24-08.00	
16 #577 Thompson, Kaniehtentha	10	Massena		24-06.00	
17 #105 Burnard, Carolina	12	Indian River		24-02.00	
18 #53 Branconnier, Morgan	11	Franklin Academy	24-03.00	23-06.50	
19 #114 VanTassel, Ali	12	Indian River		23-03.75	
20 #537 Boulais, Hailey	10	Massena		23-01.75	
21 #543 Donahue, Kyla	9	Massena		22-04.75	

## Girls Shot Put

Section X: 37-02 R 1983

Peggy Mariano, Norwood-Norfolk

Name	Yr	School	Seed	Finals	Points
1 #426 Buckley, Lola	12	Potsdam		29-07.00	10
2 #432 Clark, Olivia	12	Potsdam		25-06.00	8
3 #31 Greenhill, Meadow	12	Gouverneur Central School		25-02.00	6
4 #485 Magurk, Grace	12	Canton		24-09.00	5
5 #386 Cook, Cloe	11	Salmon River	21-01.00	24-03.00	4
6 #29 Bowman, Abigail	12	Gouverneur Central School		24-01.00	3
7 #454 Becker, Mary	JR	Tupper Lake Lumberjacks	23-00.00	23-09.50	2
8 #331 Miller, Kieona	10	Indian River		23-07.00	.50
8 #571 Park, Lauren	9	Massena		23-07.00	.50
10 #445 Moore, Kenadi	11	Potsdam		23-04.50	
11 #492 Rossiter, Natasha	10	Canton		23-04.00	
12 #549 Grant, Christine	12	Massena		22-06.50	
13 #330 Luke, Emily	10	Indian River		22-05.50	
14 #53 Branconnier, Morgan	11	Franklin Academy	22-00.00	22-03.00	
14 #391 Baker, Hillary	12	Franklin Academy		22-03.00	
14 #579 Tillman, Nylah	10	Massena		22-03.00	
17 #323 Coles, Myaunna	9	Indian River		21-08.00	
18 #171 Sherman, Audrieanna	11	Norwood-Norfolk Central School	20-00.00	20-06.50	
19 #354 Thomas, Madyson	9	Ogdensburg Free Academy		20-06.00	
20 #424 Berry-Wilson, Ashley	11	Potsdam		20-01.00	
21 #400 Legault, Eve	10	Franklin Academy		18-06.00	
22 #49 Bennett, Jorja	10	Franklin Academy	15-06.00	17-11.50	
23 #348 Kroeger, Lily	9	Ogdensburg Free Academy		17-10.00	
24 #405 Tylenda, Abigail	9	Franklin Academy		17-02.50	
25 #176 Waite, Jaden	12	Norwood-Norfolk Central School	14-00.00	17-01.00	
26 #393 Falion, Jailin	9	Franklin Academy		16-05.50	
27 #449 Sharlow, Kaidence	11	Potsdam		16-01.50	
28 #433 Crosslin, Amber	11	Potsdam		15-06.00	
29 #52 Bess, Mykenna	10	Franklin Academy	15-00.00	13-07.00	
--- #546 Finnegan, Kate	10	Massena		X22-06.50	
--- #570 Oliver, Lauren	9	Massena		X20-00.50	

## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Finals ... (Girls Shot Put)

Name	Yr	School	Seed	Finals	Points
--- #561 Lucey, Kya	12	Massena		X19-09.00	
--- #554 Kellogg, Allandra	10	Massena		X19-03.00	

## Boys 60 Meter Dash

Section X: 7.05 R 2020

Caleb Farr, Gouverneur

Name	Yr	School	Seed	Finals	H#	Points
1 #54 Thomas, Vincent	12	Gouverneur Central School	7.83	7.30	7	10
2 #358 Biller, Trystan	12	Ogdensburg Free Academy	7.90	7.41	7	8
3 #184 Milller-Lynch, Liam	11	Norwood-Norfolk Central School	8.00	7.50	7	6
4 #58 Hull, Tiamane	11	Gouverneur Central School	8.10	7.65	6	5
5 #504 Wilkinson, Caleb	11	Canton	7.80	7.72	7	4
6 #367 Sutherland, Ryan	12	Ogdensburg Free Academy	8.00	7.84	6	3
7 #307 Richards, Roje	10	Indian River	8.00	7.85	7	2
8 #182 Gardner, Corbin	12	Norwood-Norfolk Central School	8.10	8.02	6	.50
8 #68 Benjamin, Button		Franklin Academy		8.02	1	.50
10 #542 Deshane, Mason	10	Massena	7.79	8.10	7	
10 #469 Robillard, Luke	JR	Tupper Lake Lumberjacks	7.90	8.10	7	
12 #303 Ewing, Jeremiah	10	Indian River	8.10	8.12	6	
13 #309 Rush, Michael	11	Indian River	8.20	8.14	6	
14 #366 Smith, Ian	12	Ogdensburg Free Academy	8.10	8.24	6	
15 #28 Bice, Kelvin III	10	Gouverneur Central School	9.20	8.27	4	
16 #186 Waite, Mason	10	Norwood-Norfolk Central School	8.50	8.28	5	
17 #417 Clark, Tyler	11	Norwood-Norfolk Central School	8.10	8.29	6	
18 #470 Sabialta, Leonardo	SR	Tupper Lake Lumberjacks	8.00	8.35	6	
19 #514 Falik, Josh	11	Potsdam	8.70	8.43	4	
20 #557 Lannis, Noah	10	Massena	8.40	8.50	5	
21 #567 Murtagh, Camden	10	Massena	9.36	8.55	3	
21 #529 Shwartzfigure, Matthew	11	Potsdam	9.30	8.55	4	
23 #475 Cartwright, Tegan	10	Canton	8.30	8.57	5	
24 #481 Gendebein, Truman	12	Canton	7.90	8.68	7	
25 #531 Swaby, Gabe	11	Potsdam	9.00	8.69	4	
26 #525 Munzo, Jehovani	10	Potsdam	8.50	8.88	5	
27 #515 Frego, Kellan	9	Potsdam	8.80	9.04	4	
28 #530 Simons, Jackson	12	Potsdam	9.30	9.07	3	
29 #499 Terrell, Crosby	9	Canton	9.00	9.13	4	
30 #520 Huynh-Thien, Ben	10	Potsdam	9.40	9.15	3	
31 #497 Shipman, Placid	10	Canton	8.50	9.23	5	
32 #373 LaRock, Aidan	9	Brushton Moira Central	9.00	9.41	4	
33 #474 Button, Nate	11	Canton	8.50	9.43	5	
34 #459 Levey, CJ	JR	Tupper Lake Lumberjacks	9.70	9.53	3	
35 #509 Atkinson, Isaac	10	Potsdam	9.40	9.58	3	
36 #584 Kent, Lucas	9	Norwood-Norfolk Central School		9.72	2	
37 #183 Garrow, Jaren	10	Norwood-Norfolk Central School	12.50	10.31	2	
38 #71 Carr, David		Franklin Academy		11.26	1	
39 #501 Townsend, Calvin	9	Canton	9.50	12.17	3	
--- #124 Jones, Connor	10	Indian River		X7.91	2	
--- #125 McCranie, David	11	Indian River		X8.09	2	
--- #119 Francois, Malachi	10	Indian River		X8.65	2	
--- #302 Baychue, Rameich	9	Indian River		X8.67	1	

## NAC Indoor Meet 1 - 12/8/2023

SLU

## Results - NAC Meet

## Finals ... (Boys 60 Meter Dash)

Name	Yr	School	Seed	Finals	H#	Points
--- #304 Garcia, Messiah	9	Indian River		X8.88	1	
--- #356 Beaulieu, Patrick	10	Ogdensburg Free Academy	8.30	X9.08	5	
--- #550 Green, Hayden	10	Massena	8.50	X9.11	5	
--- #565 Miller, Brody	10	Massena	9.60	X9.18	3	
--- #51 Kerr, Anthony	10	Gouverneur Central School	10.50	X9.45	2	
--- #102 Davis, Gavin	11	Gouverneur Central School	10.00	X9.52	3	
--- #56 Bush, Zachery	10	Gouverneur Central School	10.10	X9.82	2	
--- #53 Schiszler, Zackery	10	Gouverneur Central School	10.30	X9.87	2	

## Boys 300 Meter Dash

Section X: 35.40 R 2007 Gino Bisceglia, Norwood-Norfolk

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #184 Milller-Lynch, Liam	11	Norwood-Norfolk Central School	40.00	38.95	5	10
2 #358 Biller, Trystan	12	Ogdensburg Free Academy	41.00	39.40	5	8
3 #534 Acevedo, Eligha	12	Massena	44.00	39.46	5	6
4 #307 Richards, Roje	10	Indian River	45.00	40.56	4	5
5 #457 Gerstenberger, Cohen	SO	Tupper Lake Lumberjacks	43.10	40.77	5	4
6 #412 Schrader, Luke		Franklin Academy		41.32	1	3
7 #33 Ritchie, Jackson	10	Gouverneur Central School	44.40	42.02	4	2
8 #519 Haggett, Maxwell	10	Potsdam	44.20	42.23	4	1
9 #303 Ewing, Jeremiah	10	Indian River	49.00	42.29	3	
10 #359 Ericksen, Kresten	10	Ogdensburg Free Academy	44.00	42.41	5	
11 #357 Biller, Levi	10	Ogdensburg Free Academy	43.00	42.54	5	
12 #409 Button, Benjamin		Franklin Academy		43.23	1	
13 #557 Lannis, Noah	10	Massena	47.00	44.90	3	
14 #481 Gendebein, Truman	12	Canton	46.00	45.23	4	
15 #455 Fleishman, Brock	SO	Tupper Lake Lumberjacks	46.10	45.38	4	
16 #567 Murtagh, Camden	10	Massena	49.54	46.62	3	
17 #499 Terrell, Crosby	9	Canton	50.00	46.71	3	
18 #356 Beaulieu, Patrick	10	Ogdensburg Free Academy	45.00	47.26	4	
19 #512 Corbett, Patrick	11	Potsdam	1:02.30	47.71	1	
20 #119 Francois, Malachi	10	Indian River	50.00	47.75	2	
21 #102 Davis, Gavin	11	Gouverneur Central School	53.00	48.44	2	
22 #468 Dominie, Luke	SO	Tupper Lake Lumberjacks	48.20	48.53	3	
23 #516 Gilbert, Jack	11	Potsdam	53.20	50.78	2	
24 #373 LaRock, Aidan	9	Brushton Moira Central	55.00	52.56	1	
25 #53 Schiszler, Zackery	10	Gouverneur Central School	55.00	57.24	2	
--- #310 Sherbino, Javier	11	Indian River		X44.14	1	
--- #51 Kerr, Anthony	10	Gouverneur Central School	55.00	X48.37	2	
--- #550 Green, Hayden	10	Massena	53.50	X51.00	2	

## Boys 600 Meter Run

Section X: 1:21.99 R 2/2/2019 Jeremiah vonBorstel, Massena

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #77 Keating, Dylan		Franklin Academy	1:34.00	1:30.36	2	10
2 #484 Lee-Powell, Rylan	11	Canton	1:30.00	1:36.36	2	8
3 #182 Gardner, Corbin	12	Norwood-Norfolk Central School	1:39.00	1:36.40	2	6
4 #413 Sims, Kyle		Franklin Academy	1:40.00	1:37.07	2	5

## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Finals ... (Boys 600 Meter Run)

Name	Yr	School	Seed	Finals	H#	Points
5 #124 Jones, Connor	10	Indian River	1:44.00	1:38.55	2	4
6 #363 Peabody, Crofton	11	Ogdensburg Free Academy	1:42.00	1:38.90	2	3
7 #374 Oakes, Lucas	11	Brushton Moira Central	1:50.00	1:40.90	1	2
8 #582 Wilhelm, Zander	11	Massena	1:43.00	1:41.14	2	1
9 #365 Self, Skylar	10	Ogdensburg Free Academy	1:55.00	1:42.46	1	
10 #517 Grainger, Nicholas	11	Potsdam	1:55.20	1:44.75	1	
11 #118 Adams, Josiah	10	Indian River	1:48.00	1:45.24	2	
12 #535 Ashley, Jordan	11	Massena	1:35.00	1:45.26	2	
13 #471 Wood, Sean	FR	Tupper Lake Lumberjacks	1:42.20	1:45.97	2	
14 #528 Shaw, Oscar	9	Potsdam	1:56.80	1:48.09	1	
15 #368 Sutton, Kellan	9	Ogdensburg Free Academy	1:50.00	1:48.89	2	
16 #558 LaShomb, Cohen	8	Massena	1:39.00	1:51.52	2	
17 #453 Barkley, Nathan	JR	Tupper Lake Lumberjacks	1:50.20	1:51.89	1	
18 #516 Gilbert, Jack	11	Potsdam	2:00.00	1:57.95	1	
19 #56 Bush, Zachery	10	Gouverneur Central School	1:58.00	1:58.00	1	
20 #384 Rourke-Martin, River	9	Salmon River		1:59.79	1	
--- #568 Murtagh, Conner	10	Massena	1:50.00	X1:55.95	1	
--- #563 Mayer, Colin	10	Massena	2:20.00	X2:16.02	1	

## Boys 1000 Meter Run

Section X: 2:32.90 R 1998

Ed Zysik, Massena

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #541 David, Andrew	10	Massena	3:04.00	2:55.30	2	10
2 #491 Rodriguez-Doyle, Aiden	11	Canton	2:50.00	2:57.40	2	8
3 #414 Sweet, Riley	9	Norwood-Norfolk Central School	3:05.00	3:14.93	2	6
4 #553 Johnson, Zachary	10	Massena	3:21.00	3:19.31	2	5
5 #27 Wells, Kaden	11	Gouverneur Central School	3:27.62	3:22.06	2	4
6 #518 Greer, Jackson	9	Potsdam	3:32.00	3:23.05	1	3
7 #78 LaChance, Brandon		Franklin Academy	3:30.00	3:23.41	2	2
8 #507 Worthley, Kolten	11	Canton	3:20.00	3:27.07	2	1
9 #369 Besio-Melech, Noah	12	Brushton Moira Central	3:40.00	3:28.42	1	
10 #584 Kent, Lucas	9	Norwood-Norfolk Central School		3:31.34	1	
11 #67 Benardot, Maxwell		Franklin Academy	3:40.00	3:32.99	1	
12 #532 Teich, Charlie	10	Potsdam	3:30.00	3:34.26	2	
13 #79 Menke, Ryan		Franklin Academy	3:35.00	3:36.70	1	
14 #365 Self, Skylar	10	Ogdensburg Free Academy	3:50.00	3:45.09	1	
15 #563 Mayer, Colin	10	Massena	4:00.00	4:20.10	1	

## Boys 1600 Meter Run

Section X: 4:14.00 R 1981

Jim Tyler, Norwood-Norfolk

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #508 Fiacco, Dominic	12	Norwood-Norfolk Central School	4:50.00	4:53.21	2	10
2 #541 David, Andrew	10	Massena	4:58.00	4:57.55	2	8
3 #491 Rodriguez-Doyle, Aiden	11	Canton	4:45.00	4:58.09	2	6
4 #480 Gendebein, Noah	11	Canton	4:55.00	5:03.98	2	5
5 #121 Gauthier, Ryan	10	Indian River	5:29.00	5:17.03	2	4
6 #414 Sweet, Riley	9	Norwood-Norfolk Central School	5:10.00	5:17.88	2	3
7 #407 Borman, Justin		Franklin Academy	5:31.00	5:20.20	1	2

**NAC Indoor Meet 1 - 12/8/2023**

**SLU**

**Results - NAC Meet**

**Finals ... (Boys 1600 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
8 #533 Vink, Bailey	10	Potsdam	5:45.00	5:20.29	1	1
9 #415 Betts, Nikki	9	Norwood-Norfolk Central School	5:30.00	5:20.78	2	
10 #76 Johnston, Carter		Franklin Academy	5:10.00	5:23.31	2	
11 #27 Wells, Kaden	11	Gouverneur Central School	5:26.43	5:24.64	2	
12 #371 Debyah, Jacob	11	Brushton Moira Central	5:50.00	5:27.66	1	
13 #553 Johnson, Zachary	10	Massena	6:12.00	5:31.38	1	
14 #507 Worthley, Kolten	11	Canton	5:30.00	5:36.60	2	
15 #526 Myers, Liam	10	Potsdam	6:05.00	5:39.52	1	
16 #458 Kendall, Jonah	SO	Tupper Lake Lumberjacks	5:15.10	5:46.39	2	
17 #311 Thomas, Ajay	10	Indian River	5:50.00	5:54.27	1	
18 #79 Menke, Ryan		Franklin Academy	5:59.00	5:55.02	1	
19 #411 Reynolds, Blake		Franklin Academy	6:30.00	6:02.53	1	
20 #362 Merz, Payden	9	Ogdensburg Free Academy	6:00.00	6:29.93	1	

**Boys 3200 Meter Run**

Section X: 9:18.66 R 2002 Jon Pierce, Canton

Name	Yr	School	Seed	Finals	Points
<b>Finals</b>					
1 #508 Fiacco, Dominic	12	Norwood-Norfolk Central School	10:30.00	10:21.28	10
2 #506 Worthley, Kaden	11	Canton	11:00.00	11:00.42	8
3 #503 Watts, Lucas	11	Canton	10:50.00	11:01.82	6
4 #414 Sweet, Riley	9	Norwood-Norfolk Central School	11:00.00	11:39.07	5
5 #76 Johnston, Carter		Franklin Academy	12:01.00	11:50.60	4
6 #533 Vink, Bailey	10	Potsdam	12:05.00	11:53.77	3
7 #415 Betts, Nikki	9	Norwood-Norfolk Central School	11:30.00	12:13.14	2
8 #372 Holmes, Christian	9	Brushton Moira Central	12:20.00	12:22.43	1
9 #411 Reynolds, Blake		Franklin Academy	13:00.00	12:49.64	
10 #362 Merz, Payden	9	Ogdensburg Free Academy	13:30.00	14:44.16	

**Boys 60 Meter Hurdles**

Section X: 8.91 R 2/8/2019 Jeremaih vonBorstel, Massena

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 #364 Peabody, Gabe	11	Ogdensburg Free Academy	9.00	10.02	2	10
2 #524 Morey, Xaiden	10	Potsdam	11.10	10.12	2	8
3 #582 Wilhelm, Zander	11	Massena	10.79	10.80	2	6
4 #360 Havens, Jace	10	Ogdensburg Free Academy	9.50	11.27	2	5
5 #558 LaShomb, Cohen	8	Massena	11.40	11.97	2	4
6 #536 Barksdale, Joshua	9	Massena	11.90	12.50	1	3
7 #516 Gilbert, Jack	11	Potsdam	13.80	12.62	1	2
--- #559 LeBlanc, Benjamin	12	Massena	14.40	X12.65	1	
--- #568 Murtagh, Conner	10	Massena	15.00	X13.06	1	

**Boys 4x200 Meter Relay**

Section X: 1:35.70 R 2006 Norwood-Norfolk, Norwood-Norfolk

Team	Relay	Seed	Finals	H#	Points
<b>Finals</b>					
1 Massena	A	1:41.00	1:43.46	2	10
1) #535 Ashley, Jordan 11	2) #534 Acevedo, Eligha 12	3) #545 Favreau, Shane 12	4) #542 Deshane, Mason 10		
5) #567 Murtagh, Camden 10					

**NAC Indoor Meet 1 - 12/8/2023**

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**Results - NAC Meet**

**Finals ... (Boys 4x200 Meter Relay)**

Team	Relay	Seed	Finals	H#	Points
2 Franklin Academy 1) #409 Button, Benjamin 5) #83 Smythe, Landon	A 2) #77 Keating, Dylan	1:50.00 3) #412 Schrader, Luke	1:44.64 4) #413 Sims, Kyle	2	8
3 Gouverneur Central School 1) #28 Bice, Kelvin III 10 5) #27 Wells, Kaden 11	A 2) #58 Hull, Tiamane 11	1:56.06 3) #33 Ritchie, Jackson 10	1:47.20 4) #54 Thomas, Vincent 12	2	6
4 Ogdensburg Free Academy 1) #366 Smith, Ian 12 5) #359 Ericksen, Kresten 10	A 2) #357 Biller, Levi 10 6) #360 Havens, Jace 10	1:55.00 3) #367 Sutherland, Ryan 12	1:48.54 4) #364 Peabody, Gabe 11	2	5
5 Canton 1) #474 Button, Nate 11 5) #505 Williams, Darvay 11	A 2) #475 Cartwright, Tegan 10		2:02.41 4) #499 Terrell, Crosby 9	1	4
--- Tupper Lake Lumberjacks 1) #455 Fleishman, Brock SO 5) #471 Wood, Sean FR	A 2) #457 Gerstenberger, Cohen SO 6) #468 Dominic, Luke SO	1:45.10 3) #470 Sabialta, Leonardo SR	DQ 4) #469 Robillard, Luke JR	2	
--- Potsdam 1) #519 Haggett, Maxwell 10 5) #513 Draper, Benjamin 11	A 2) #524 Morey, Xaiden 10	1:55.00 3) #525 Munzo, Jehovani 10	DQ 4) #527 Pace, Patrick 12	2	
--- Potsdam 1) #531 Swaby, Gabe 11 5) #530 Simons, Jackson 12	B 2) #509 Atkinson, Isaac 10	2:15.00 3) #529 Shwartzfigure, Matthew 14)	X1:59.72 4) #513 Draper, Benjamin 11	1	
--- Potsdam 1) #512 Corbett, Patrick 11 5) #530 Simons, Jackson 12	C 2) #523 Malit, Jimmy 10	2:16.00 3) #520 Huynh-Thien, Ben 10	X2:02.69 4) #515 Frego, Kellan 9	1	

**Boys 4x400 Meter Relay**

Section X: 3:33.76 R 2000

Malone, Malone  
Barnett, Honahan, Moulton, Seymour

Team	Relay	Seed	Finals	Points
<b>Finals</b> 1 Norwood-Norfolk Central School 1) #415 Betts, Nikki 9	A 2) #417 Clark, Tyler 11	3:55.00 3) #182 Gardner, Corbin 12	3:57.37 4) #508 Fiacco, Dominic 12	10
2 Canton 1) #480 Gendebein, Noah 11	A 2) #481 Gendebein, Truman 12	4:00.00 3) #504 Wilkinson, Caleb 11	4:00.50 4) #484 Lee-Powell, Rylan 11	8
3 Franklin Academy 1) #76 Johnston, Carter 5) #409 Button, Benjamin	A 2) #412 Schrader, Luke	3:46.60 3) #77 Keating, Dylan	4:03.84 4) #413 Sims, Kyle	6
4 Potsdam 1) #519 Haggett, Maxwell 10 5) #528 Shaw, Oscar 9	A 2) #514 Falik, Josh 11	4:19.28 3) #518 Greer, Jackson 9	4:13.15 4) #527 Pace, Patrick 12	5
5 Massena 1) #560 Lincoln, Kellon 12 5) #541 David, Andrew 10	A 2) #536 Barksdale, Joshua 9 6) #553 Johnson, Zachary 10	4:15.00 3) #558 LaShomb, Cohen 8	4:21.22 4) #582 Wilhelm, Zander 11	4
6 Brushton Moira Central 1) #369 Besio-Melech, Noah 12 5) #372 Holmes, Christian 9	A 2) #371 Debyah, Jacob 11	4:35.00 3) #373 LaRock, Aidan 9	4:22.94 4) #374 Oakes, Lucas 11	3
7 Tupper Lake Lumberjacks 1) #453 Barkley, Nathan JR 5) #459 Levey, CJ JR	A 2) #468 Dominic, Luke SO		4:33.44 4) #455 Fleishman, Brock SO	2
--- Potsdam 1) #512 Corbett, Patrick 11	B 2) #523 Malit, Jimmy 10	4:30.00 3) #515 Frego, Kellan 9	X4:39.15 4) #528 Shaw, Oscar 9	

## NAC Indoor Meet 1 - 12/8/2023

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## Results - NAC Meet

## Boys 4x800 Meter Relay

Section X: 8:01.60 R 1989

Malone, Malone

Lawrence, Mulverhill, Taylor, VanEss

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Canton	A	8:50.00	9:12.51	10
1) #480 Gendebein, Noah 11	2) #484 Lee-Powell, Rylan 11	3) #491 Rodriguez-Doyle, Aiden 14) #506 Worthley, Kaden 11		
5) #503 Watts, Lucas 11	6) #507 Worthley, Kolten 11			
2 Indian River	A	9:35.00	9:49.60	8
1) #306 Phalen, Drake 11	2) #121 Gauthier, Ryan 10	3) #118 Adams, Josiah 10 4) #311 Thomas, Ajay 10		
5) #310 Sherbino, Javier 11				
3 Potsdam	A	10:25.53	9:51.67	6
1) #526 Myers, Liam 10	2) #532 Teich, Charlie 10	3) #528 Shaw, Oscar 9 4) #533 Vink, Bailey 10		
5) #515 Frego, Kellan 9				
4 Brushton Moira Central	A	10:00.00	9:52.02	5
1) #369 Besio-Melech, Noah 12	2) #371 Debyah, Jacob 11	3) #372 Holmes, Christian 9 4) #374 Oakes, Lucas 11		
5) #373 LaRock, Aidan 9				
5 Franklin Academy	A	9:30.00	10:15.44	4
1) #67 Benardot, Maxwell	2) #80 Perry, Reece	3) #78 LaChance, Brandon 4) #79 Menke, Ryan		
5) #407 Borman, Justin				

## Boys High Jump

Section X: 6-09 R 1988

Tom Michaud, Massena

Name	Yr School	Seed	Finals	Points
<b>Finals</b>				
1 #358 Biller, Trystan	12 Ogdensburg Free Academy		5-06.00	10
2 #524 Morey, Xaiden	10 Potsdam		5-04.00	8
3 #303 Ewing, Jeremyiah	10 Indian River		J5-04.00	6
4 #309 Rush, Michael	11 Indian River		5-02.00	5
5 #67 Benardot, Maxwell	Franklin Academy	5-02.00	J5-02.00	4
6 #527 Pace, Patrick	12 Potsdam		5-00.00	3
7 #407 Borman, Justin	Franklin Academy	5-00.00	J5-00.00	2
8 #560 Lincoln, Kellon	12 Massena		J5-00.00	1
9 #184 Milller-Lynch, Liam	11 Norwood-Norfolk Central School	4-08.00	4-09.00	
9 #408 Borman, Zachary	Franklin Academy	5-02.00	4-09.00	
9 #536 Barksdale, Joshua	9 Massena		4-09.00	
9 #310 Sherbino, Javier	11 Indian River		4-09.00	
9 #523 Malit, Jimmy	10 Potsdam		4-09.00	
--- #584 Kent, Lucas	9 Norwood-Norfolk Central School		NH	

## Boys Long Jump

Section X: 23-07 R 1989

Lucas Kerley, South Jefferson

Name	Yr School	Seed	Finals	Points
<b>Finals</b>				
1 #534 Acevedo, Eligha	12 Massena		17-10.00	10
2 #542 Deshane, Mason	10 Massena		16-10.75	8
3 #186 Waite, Mason	10 Norwood-Norfolk Central School	15-00.00	16-09.00	6
4 #360 Havens, Jace	10 Ogdensburg Free Academy		16-08.00	5
5 #33 Ritchie, Jackson	10 Gouverneur Central School		16-05.00	4
6 #457 Gerstenberger, Cohen	SO Tupper Lake Lumberjacks		16-02.75	2.50
6 #357 Biller, Levi	10 Ogdensburg Free Academy		16-02.75	2.50
8 #504 Wilkinson, Caleb	11 Canton		16-00.00	1
9 #550 Green, Hayden	10 Massena		15-06.00	

## NAC Indoor Meet 1 - 12/8/2023

## SLU

## Results - NAC Meet

## Finals ... (Boys Long Jump)

Name	Yr	School	Seed	Finals	Points
10 #363 Peabody, Crofton	11	Ogdensburg Free Academy		15-02.00	
11 #532 Teich, Charlie	10	Potsdam		15-00.00	
12 #417 Clark, Tyler	11	Norwood-Norfolk Central School	15-00.00	14-09.25	
13 #28 Bice, Kelvin III	10	Gouverneur Central School		14-09.00	
14 #513 Draper, Benjamin	11	Potsdam		14-06.75	
15 #475 Cartwright, Tegan	10	Canton		14-00.00	
16 #470 Sabialta, Leonardo	SR	Tupper Lake Lumberjacks		13-09.25	
17 #305 Kim, Daniel	9	Indian River		13-08.00	
18 #307 Richards, Roje	10	Indian River		13-07.50	
19 #531 Swaby, Gabe	11	Potsdam		13-06.25	
20 #474 Button, Nate	11	Canton		13-03.00	
21 #70 Brooks, Zebulon		Franklin Academy		12-10.00	
22 #468 Dominie, Luke	SO	Tupper Lake Lumberjacks		11-05.00	
--- #411 Reynolds, Blake		Franklin Academy		FOUL	

## Boys Triple Jump

Section X: 46-06.50 R 1989

Lucas Kerley, South Jefferson

Name	Yr	School	Seed	Finals	Points
1 #535 Ashley, Jordan	11	Massena		37-05.75	10
2 #186 Waite, Mason	10	Norwood-Norfolk Central School	32-00.00	34-06.75	8
3 #363 Peabody, Crofton	11	Ogdensburg Free Academy		32-06.00	6
4 #514 Falik, Josh	11	Potsdam		32-05.75	5
5 #78 LaChance, Brandon		Franklin Academy	30-06.00	32-04.75	4
6 #305 Kim, Daniel	9	Indian River		31-09.75	3
7 #560 Lincoln, Kellon	12	Massena		30-10.75	2
8 #518 Greer, Jackson	9	Potsdam		29-02.00	1
9 #513 Draper, Benjamin	11	Potsdam		26-11.75	
10 #559 LeBlanc, Benjamin	12	Massena		26-11.50	
--- #364 Peabody, Gabe	11	Ogdensburg Free Academy		FOUL	

## Boys Shot Put

Section X: 53-03 R 1998

Frank Grand, Indian River

Name	Yr	School	Seed	Finals	Points
1 #55 Siebels, Owen	12	Gouverneur Central School		39-07.50	10
2 #54 Thomas, Vincent	12	Gouverneur Central School		38-02.00	8
3 #469 Robillard, Luke	JR	Tupper Lake Lumberjacks		37-05.50	6
4 #575 Robillard-Ramatici, Ethan	12	Massena		35-09.00	5
5 #459 Levey, CJ	JR	Tupper Lake Lumberjacks		32-08.50	4
6 #529 Shwartzfigure, Matthew	11	Potsdam		30-09.00	2
6 #453 Barkley, Nathan	JR	Tupper Lake Lumberjacks	30-00.00	30-09.00	2
6 #383 Hasty, Oakley	10	Salmon River		30-09.00	2
9 #509 Atkinson, Isaac	10	Potsdam		30-04.00	
10 #545 Favreau, Shane	12	Massena		30-03.50	
11 #70 Brooks, Zebulon		Franklin Academy		30-02.00	
11 #530 Simons, Jackson	12	Potsdam		30-02.00	
13 #408 Borman, Zachary		Franklin Academy		29-08.50	
14 #520 Huynh-Thien, Ben	10	Potsdam		29-06.00	
15 #557 Lannis, Noah	10	Massena		28-03.00	



**NAC Indoor Meet 1 - 12/8/2023****SLU****Results - NAC Meet****Finals ... (Boys Shot Put)**

Name	Yr	School	Seed	Finals	Points
16 #71 Carr, David		Franklin Academy		27-11.00	
17 #185 Stewart, Caden	10	Norwood-Norfolk Central School	25-00.00	25-11.00	
18 #53 Schiszler, Zackery	10	Gouverneur Central School		25-08.00	
19 #497 Shipman, Placid	10	Canton		25-01.50	
20 #583 Fregoe, Kaleb	10	Norwood-Norfolk Central School	20-00.00	24-09.50	
21 #368 Sutton, Kellan	9	Ogdensburg Free Academy		24-02.00	
22 #365 Self, Skylar	10	Ogdensburg Free Academy		22-04.00	
23 #501 Townsend, Calvin	9	Canton		14-06.00	
--- #521 Jones, William	10	Potsdam		X26-05.50	
--- #559 LeBlanc, Benjamin	12	Massena		X25-09.00	
--- #471 Wood, Sean	FR	Tupper Lake Lumberjacks		X23-11.00	
--- #183 Garrow, Jaren	10	Norwood-Norfolk Central School		X23-10.00	
--- #565 Miller, Brody	10	Massena		X22-08.00	
--- #418 Montgomery, Aaron	10	Norwood-Norfolk Central School		X21-10.00	

**Women - Team Rankings - 14 Events Scored**

1) Potsdam	128.5	2) Franklin Academy	89
3) Canton	71	4) Gouverneur Central School	62
4) Norwood-Norfolk Central School	62	6) Indian River	54
7) Salmon River	24	8) Tupper Lake Lumberjacks	16
9) Ogdensburg Free Academy	15	10) Brushton Moira Central	13
11) Massena	11.5		

**Men - Team Rankings - 14 Events Scored**

1) Massena	93	2) Norwood-Norfolk Central School	82.5
3) Canton	69	4) Ogdensburg Free Academy	65.5
5) Franklin Academy	54.5	6) Gouverneur Central School	49
7) Potsdam	48	8) Indian River	37
9) Tupper Lake Lumberjacks	20.5	10) Brushton Moira Central	11
11) Salmon River	2		