

NAC Indoor Meet 3 - 1/5/2024

SLU

Results - NAC Meet

Girls 60 Meter Dash

Section X: 8.12 R 2/16/2023 Makenna Manson

Name	Yr	School	Finals
Finals			
1	#388 Manson, Makenna	12 SR	8.19 10
2	#29 Bowman, Abigail	12 Wildcats	8.53 8
3	#328 Kalunda, Cleopatra	10 IR	8.57 6
4	#598 Green, Grace	10 Norwood-Norfolk	8.66 5
5	#314 Benson, Gianna	12 IR	8.80 4
6	#31 Greenhill, Meadow	12 Wildcats	8.87 3
7	#399 Laplant, Brooke	9 Malone	9.05 2
8	#2 Beck, Mattie	9 Wildcats	9.08 1
9	#446 Planty, Teagan	10 Sandstoners	9.09
10	#404 Rundquist, Vera	11 Malone	9.11
11	#595 Watehronhi'ne, .	7 SR	9.25
12	#605 Mittelstaedt, Lily	9 Norwood-Norfolk	9.35
12	#324 Day, Kay'den	9 IR	9.35
14	#443 Labarge, Tayler	11 Sandstoners	9.41
15	#579 Tillman, Nylah	10 Massena	9.50
16	#444 Mikhalaki, Elena	11 Sandstoners	9.75
17	#376 Barney, Olivia	9 BMC	9.81
18	#385 Arquette, Mataya	12 SR	9.82
19	#572 Phillips, Avy	9 Massena	9.94
20	#599 Seaver, Elizabeth	10 Norwood-Norfolk	9.98
21	#427 Buffham, Breanna	9 Sandstoners	9.99
22	#349 LaFluer, Leeanah	10 Blue Devils	10.04
23	#566 Monacelli, Sophia	12 Massena	10.30
24	#354 Thomas, Madyson	9 Blue Devils	10.52
24	#378 Jiang, Sabrina	10 BMC	10.52
26	#540 Colby, Myra	10 Massena	10.59
27	#462 Bujold, Heather	FR Lumberjacks	10.79
27	#400 Legault, Eve	10 Malone	10.79
29	#351 Planty, Raven	9 Blue Devils	10.88
29	#463 Chesborough, Olivia	FR Lumberjacks	10.88
31	#454 Becker, Mary	JR Lumberjacks	11.02
32	#352 Putman, Maeve	11 Blue Devils	11.11
33	#603 Pratt, Zoey	9 Blue Devils	11.55
34	#353 Reed, Addison	9 Blue Devils	12.01
---	#496 Shipman, Cecily	11 CAN	DQ
---	#52 Lacks, Ameillia	10 Wildcats	X8.80
---	#420 Laferriere, Lundan	9 Norwood-Norfolk	X9.41
---	#9 Ordway, Lauren	9 Wildcats	X9.77
---	#445 Moore, Kenadi	11 Sandstoners	X9.91
---	#428 Burks, T'Aja	9 Sandstoners	X9.98
---	#562 Maurer, Makenzie	10 Massena	X10.46
---	#606 Perry, Jordan	10 Norwood-Norfolk	X10.48
---	#447 Robinson, Erika	9 Sandstoners	X10.57
---	#554 Kellogg, Allandra	10 Massena	X10.61
---	#397 Kompan, Emma	11 Malone	X10.83
---	#319 Borley, Keeva	10 IR	X11.09
---	#405 Tylenda, Abigail	9 Malone	X11.26
---	#52 Bess, Mykenna	10 Malone	X11.49
---	#452 Lohr, Morgan	SO Lumberjacks	X11.59
---	#449 Sharlow, Kaidence	11 Sandstoners	X11.89
---	#325 Delima, Jaylin	10 IR	X14.99

Girls 300 Meter Dash

Section X: 41.46 R 1982 Sue Hutchins

Name	Yr	School	Finals
Finals			
1	#498 Shipman, Stella	12 CAN	44.50 10
2	#425 Betrus, Lindy	12 Sandstoners	44.56 8
3	#388 Manson, Makenna	12 SR	44.63 6
4	#451 Sullivan, Jilliana	9 Sandstoners	46.81 5
5	#113 Thorpe, Jaida	10 IR	46.90 4
6	#312 Acevedo, Jasmine	12 IR	47.61 3
7	#111 Solar, Mary Paulyn	11 IR	47.95 2
8	#446 Planty, Teagan	10 Sandstoners	48.18 1
9	#377 Gerow, Brexyss	10 BMC	48.42
10	#52 Lacks, Ameillia	10 Wildcats	48.65
11	#13 Spicer, Azlan	8 Wildcats	49.61
12	#404 Rundquist, Vera	11 Malone	49.79
13	#47 Ashlaw, Natalie	12 Malone	49.89
14	#595 Watehronhi'ne, .	7 SR	51.04
15	#467 Towne, Brianna	FR Lumberjacks	51.08
16	#168 Masuk, Autumn	9 Norwood-Norfolk	51.18
17	#2 Beck, Mattie	9 Wildcats	51.99
18	#548 Goolden, Maddison	12 Massena	52.39
19	#492 Rossiter, Natasha	10 CAN	54.08
20	#579 Tillman, Nylah	10 Massena	57.95
21	#572 Phillips, Avy	9 Massena	57.97
22	#465 Opdyke, Kelli	FR Lumberjacks	58.09
23	#599 Seaver, Elizabeth	10 Norwood-Norfolk	59.94
24	#463 Chesborough, Olivia	FR Lumberjacks	1:01.06
25	#351 Planty, Raven	9 Blue Devils	1:02.46
26	#352 Putman, Maeve	11 Blue Devils	1:02.80
27	#348 Kroeger, Lily	9 Blue Devils	1:06.29
28	#603 Pratt, Zoey	9 Blue Devils	1:07.70
---	#337 Stinson, Laila	9 IR	X52.80
---	#573 Prashaw, Aaliyah	9 Massena	X54.73
---	#428 Burks, T'Aja	9 Sandstoners	X54.73
---	#340 Verne, Savannah	11 IR	X55.29
---	#40 Siebels, Lilah	9 Wildcats	X55.34
---	#49 Bennett, Jorja	10 Malone	X57.19
---	#566 Monacelli, Sophia	12 Massena	X58.65
---	#562 Maurer, Makenzie	10 Massena	X59.62
---	#438 Fowler, Adrian	10 Sandstoners	X1:03.54
---	#462 Bujold, Heather	FR Lumberjacks	X1:03.61
---	#452 Lohr, Morgan	SO Lumberjacks	X1:06.98

Girls 600 Meter Run

Section X: 1:37.57 R 2014 Rebekkah Bond

Name	Yr	School	Finals
Finals			
1	#439 Grainger, Ali	12 Sandstoners	1:46.61 10
2	#401 McClain, Grace	11 Malone	1:47.70 8
3	#29 Bowman, Abigail	12 Wildcats	1:47.80 6
4	#431 Clark, Meridyth	11 Sandstoners	1:51.85 5
5	#423 Andrews-Perry, Johnny	9 Sandstoners	1:56.09 4
6	#472 Ames, Hannah	9 CAN	1:56.58 3
7	#65 Winters, Katrina	11 Malone	1:58.41 2

NAC Indoor Meet 3 - 1/5/2024

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Results - NAC Meet

Finals ... (Girls 600 Meter Run)

Name	Yr	School	Finals	
8 #544 Farmer, Makayla	12	Massena	2:03.24	1
9 #105 Newcombe, Ninah	12	Wildcats	2:03.48	
10 #350 Lalone, Kiely	10	Blue Devils	2:06.17	
11 #112 Ringuette, Hailey	12	IR	2:08.38	
12 #403 Race, Katherine	9	Malone	2:08.90	
13 #64 Tober, Ellie	11	Malone	2:10.77	
14 #162 Donahue, Caitlin	9	Norwood-Norfolk	2:11.72	
15 #320 Broadbent, Allison	9	IR	2:11.81	
16 #569 Oldenburgh, Mackenzie	10	Massena	2:13.93	
17 #51 Bennett, Rabecca	12	Malone	2:15.49	
18 #564 McDermott, Peyton	9	Massena	2:16.45	
19 #483 Lapierre, Daphne	9	CAN	2:16.53	
20 #385 Arquette, Mataya	12	SR	2:17.59	
21 #378 Jiang, Sabrina	10	BMC	2:24.98	
22 #351 Planty, Raven	9	Blue Devils	2:38.06	
23 #477 Colello, Beatrice	9	CAN	2:40.97	
24 #343 Chapman, Kate	9	Blue Devils	2:51.90	
--- #576 Therrien, Alyssa	9	Massena	XDNF	
--- #556 Lannis, Molly	12	Massena	X2:19.15	
--- #537 Boulais, Hailey	10	Massena	X2:20.95	
--- #327 Hartman, Sara	9	IR	X2:54.05	

Girls 1000 Meter Run

Section X: 3:00.00 R 2014		Rebecca Delrossi		
Name	Yr	School	Finals	
1 #439 Grainger, Ali	12	Sandstoners	3:30.61	10
2 #58 Leroy, Ellie	12	Malone	3:40.56	8
3 #450 Steinrotter, Emmie	10	Sandstoners	3:49.01	6
4 #544 Farmer, Makayla	12	Massena	3:53.19	5
5 #381 Smith, Carissa	12	BMC	3:54.72	4
6 #11 Scott, Brianna	9	Wildcats	4:02.14	3
7 #48 Benardot, Cora	12	Malone	4:04.05	2
8 #162 Donahue, Caitlin	9	Norwood-Norfolk	4:05.93	1
9 #437 Ewy, Emily	10	Sandstoners	4:06.99	
10 #483 Lapierre, Daphne	9	CAN	4:15.05	
11 #440 Grainger, Jackie	9	Sandstoners	4:15.06	
12 #376 Barney, Olivia	9	BMC	4:17.75	
13 #551 Hendricks, Madyson	11	Massena	4:17.87	
14 #346 Daisey, Toni	9	Blue Devils	4:25.19	
15 #461 Facticeau, Ava	FR	Lumberjacks	4:26.32	
16 #334 Raimundo, Elizabeth	11	IR	4:35.87	
17 #581 White, Aubrey	9	Massena	4:39.72	
18 #315 Bigelow, Taylor	10	IR	4:49.89	
19 #318 Booth, Samantha	12	IR	4:56.76	
20 #477 Colello, Beatrice	9	CAN	4:58.73	
21 #343 Chapman, Kate	9	Blue Devils	5:39.27	

Girls 1500 Meter Run

Section X: 4:41.54 R 2013		Laura Pierce		
Name	Yr	School	Finals	
1 #57 Lawrence, Tye	11	Malone	5:46.64	10
2 #450 Steinrotter, Emmie	10	Sandstoners	5:47.67	8

3 #479 Frank, Lena	9	CAN	5:49.40	6
4 #344 Cole, Clara	12	Blue Devils	5:52.98	5
5 #478 Foster, Violet	11	CAN	5:53.22	4
6 #173 Snell, Addison	10	Norwood-Norfolk	6:10.25	3
7 #380 McCaffery, Danielle	12	BMC	6:14.02	2
8 #347 Honeywell, Kendall	10	Blue Devils	6:21.51	1
9 #389 Oakes, Jasmine	12	SR	6:29.00	
10 #395 Goachee, Henna	11	Malone	6:41.09	
11 #59 Marlow, Rhyan	10	Malone	6:48.40	
12 #461 Facticeau, Ava	FR	Lumberjacks	6:55.58	
13 #581 White, Aubrey	9	Massena	6:55.93	
14 #322 Carrien, Audrey	10	IR	6:57.67	
15 #387 George, Grayci	10	SR	6:58.86	
16 #326 Gray, Hailey	9	IR	7:02.08	

Girls 3000 Meter Run

Section X: 10:09.70 R 2014		Laura Pierce		
Name	Yr	School	Finals	
1 #489 Mounmen, Salma	11	CAN	11:26.01	10
2 #494 Schmitt, Bennett	10	CAN	11:52.38	8
3 #401 McClain, Grace	11	Malone	12:29.34	6
4 #61 Perham, Emily	12	Malone	12:54.10	5
5 #173 Snell, Addison	10	Norwood-Norfolk	13:10.09	4
6 #379 Lennox, Becca	12	BMC	13:47.33	3
7 #441 Hinkley, Keira	10	Sandstoners	13:50.86	2
8 #442 Kelson, Ali	10	Sandstoners	13:58.53	1
9 #51 Bennett, Rabecca	12	Malone	15:09.68	
10 #434 Darie, Celeste	9	Sandstoners	16:25.15	

Girls 60 Meter Hurdles

Section X: 10.43 R 2020		Sydney Lorenc		
Name	Yr	School	Finals	
1 #498 Shipman, Stella	12	CAN	10.44	10
2 #104 Adams, Mackenzie	12	IR	10.74	8
3 #168 Masuk, Autumn	9	Norwood-Norfolk	10.76	6
4 #355 Wilson, Katharine	9	Blue Devils	11.52	5
5 #55 Funk, Darci	9	Malone	11.87	4
6 #467 Towne, Brianna	FR	Lumberjacks	11.88	3
7 #448 Seitzer, Abi	11	Sandstoners	11.98	2
8 #539 Cichetti, Katherine	12	Massena	12.32	1
9 #464 Dattola, Adrianna	FR	Lumberjacks	12.50	
10 #53 Brannonier, Morgan	11	Malone	12.63	
11 #488 Mouden, Maysa	12	CAN	12.83	
12 #441 Hinkley, Keira	10	Sandstoners	13.02	
13 #313 Bates, Lexi	9	IR	13.03	
14 #490 Perretta, Isabella	10	CAN	13.14	
15 #556 Lannis, Molly	12	Massena	13.47	
16 #465 Opdyke, Kelli	FR	Lumberjacks	13.57	
--- #573 Prashaw, Aaliyah	9	Massena	X13.26	

NAC Indoor Meet 3 - 1/5/2024

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Results - NAC Meet

Girls 4x200 Meter Relay

Section X: 1:49.70 R 2007

Indian River

Dore, Kubber, Robinson, Woodson

Team	Relay	Finals
Finals		
1 Franklin Academy	A	1:56.81 10
1) #47 Ashlaw, Natalie 12	2) #399 Laplant, Brooke 9	
3) #61 Perham, Emily 12	4) #396 King, Adyson 10	
2 Indian River	A	2:00.37 8
1) #314 Benson, Gianna 12	2) #338 Timmons, Madison 10	
3) #113 Thorpe, Jaida 10	4) #328 Kalunda, Cleopatra 10	
5) #337 Stinson, Laila 9	6) #105 Burnard, Carolina 12	
3 Wildcats	A	2:01.08 6
1) #2 Beck, Mattie 9	2) #21 Sheen, Jacey 12	
3) #31 Greenhill, Meadow 12	4) #8 Gaines, Audrey 11	
5) #52 Lacks, Ameillia 10		
4 Potsdam	A	2:06.22 5
1) #443 Labarge, Tayler 11	2) #451 Sullivan, Jilliana 9	
3) #444 Mikhalaki, Elena 11	4) #427 Buffham, Breanna 9	
5) #428 Burks, T'Aja 9	6) #448 Seitzer, Abi 11	
7) #445 Moore, Kenadi 11		
5 Massena	A	2:09.14 4
1) #548 Goolden, Maddison 12	2) #579 Tillman, Nylah 10	
3) #572 Phillips, Avy 9	4) #539 Cichetti, Katherine 12	
6 Norwood-Norfolk	A	2:11.17 3
1) #598 Green, Grace 10	2) #168 Masuk, Autumn 9	
3) #169 Miller-Lynch, Tessa 8	4) #599 Seaver, Elizabeth 10	
5) #420 Laferriere, Lundan 9		
7 Canton	A	2:12.67 2
1) #496 Shipman, Cecily 11	2) #492 Rossiter, Natasha 10	
3) #488 Moumen, Maysa 12	4) #490 Perretta, Isabella 10	
5) #500 Terrell, Harper 9		
8 Lumberjacks	A	2:17.37 1
1) #467 Towne, Brianna FR	2) #463 Chesborough, Olivia FR	
3) #465 Opdyke, Kelli FR	4) #464 Dattola, Adrianna FR	
5) #461 Facticeau, Ava FR	6) #462 Bujold, Heather FR	
9 Blue Devils	A	2:35.41
1) #349 LaFluer, Leeanah 10	2) #348 Kroeger, Lily 9	
3) #352 Putman, Maeve 11	4) #603 Pratt, Zoey 9	
5) #353 Reed, Addison 9		
--- Indian River	B	X2:09.29
1) #313 Bates, Lexi 9	2) #339 Verne, Olivia 9	
3) #340 Verne, Savannah 11	4) #324 Day, Kay'den 9	
5) #114 VanTassel, Ali 12		
--- Wildcats	B	X2:10.67
1) #49 Macaulay, Lily 9	2) #40 Siebels, Lilah 9	
3) #9 Ordway, Lauren 9	4) #13 Spicer, Azlan 8	
5) #11 Scott, Brianna 9		
--- Franklin Academy	B	X2:12.83
1) #403 Race, Katherine 9	2) #404 Rundquist, Vera 11	
3) #64 Tober, Ellie 11	4) #392 Denny, Kelly 10	
--- Potsdam	B	X2:16.68
1) #448 Seitzer, Abi 11	2) #445 Moore, Kenadi 11	
3) #440 Grainger, Jackie 9	4) #428 Burks, T'Aja 9	
5) #447 Robinson, Erika 9		

--- Massena	B	X2:24.76
1) #566 Monacelli, Sophia 12	2) #573 Prashaw, Aaliyah 9	
3) #562 Maurer, Makenzie 10	4) #543 Donahue, Kyla 9	
--- Franklin Academy	C	X2:26.49
1) #49 Bennett, Jorja 10	2) #52 Bess, Mykenna 10	
3) #397 Kompan, Emma 11	4) #53 Branconnier, Morgan 11	
--- Massena	C	X2:41.45
1) #540 Colby, Myra 10	2) #576 Therrien, Alyssa 9	
3) #546 Finnegan, Kate 10	4) #570 Oliver, Lauren 9	

Girls 4x400 Meter Relay

Section X: 4:12.80 R 2001

Malone

Devins, Hardy, Hutchins, Weber

Team	Relay	Finals
Finals		
1 Potsdam	A	4:36.99 10
1) #446 Planty, Teagan 10	2) #423 Andrews-Perry, Johnny 9	
3) #451 Sullivan, Jilliana 9	4) #431 Clark, Meridyth 11	
5) #427 Buffham, Breanna 9	6) #437 Ewy, Emily 10	
2 Indian River	A	4:38.66 8
1) #339 Verne, Olivia 9	2) #312 Acevedo, Jasmine 12	
3) #111 Solar, Mary Pauly 11	4) #113 Thorpe, Jaida 10	
5) #337 Stinson, Laila 9	6) #340 Verne, Savannah 11	
7) #338 Timmons, Madison 10		
3 Franklin Academy	A	4:54.38 6
1) #59 Marlow, Rhyan 10	2) #65 Winters, Katrina 11	
3) #57 Lawrence, Tye 11	4) #58 Leroy, Ellie 12	
5) #403 Race, Katherine 9		
4 BMC	A	5:00.00 5
1) #376 Barney, Olivia 9	2) #377 Gerow, Brexyss 10	
3) #380 McCaffery, Danielle 12	4) #381 Smith, Carissa 12	
5) #378 Jiang, Sabrina 10	6) #379 Lennox, Becca 12	
5 Massena	A	5:16.14 4
1) #539 Cichetti, Katherine 12	2) #548 Goolden, Maddison 12	
3) #569 Oldenburgh, Mackenzie 10	4) #564 McDermott, Peyton 9	
6 Canton	A	5:16.40 3
1) #483 Lapierre, Daphne 9	2) #479 Frank, Lena 9	
3) #478 Foster, Violet 11	4) #488 Moumen, Maysa 12	
5) #489 Mounmen, Salma 11	6) #494 Schmitt, Bennett 10	
7 Blue Devils	A	5:40.58 2
1) #350 Lalone, Kiely 10	2) #346 Daisy, Toni 9	
3) #343 Chapman, Kate 9	4) #345 Curtis, Annabel 9	
5) #349 LaFluer, Leeanah 10		
--- Massena	B	XDNF
1) #577 Thompson, Kaniehtentha 11	2) #551 Hendricks, Madyson 11	
3) #571 Park, Lauren 9	4) #556 Lannis, Molly 12	
--- Potsdam	B	X5:38.38
1) #427 Buffham, Breanna 9	2) #437 Ewy, Emily 10	
3) #429 Cardinal, Mackenzie 11	4) #447 Robinson, Erika 9	
5) #438 Fowler, Adrian 10	6) #449 Sharlow, Kaidence 11	
7) #440 Grainger, Jackie 9		

NAC Indoor Meet 3 - 1/5/2024

SLU

Results - NAC Meet

Girls 4x800 Meter Relay

Section X: 9:16.39 R 2014

Canton

Team	Relay	Finals
Finals		
1 Franklin Academy	A	10:28.99 10
1) #61 Perham, Emily 12	2) #401 McClain, Grace 11	
3) #57 Lawrence, Tye 11	4) #396 King, Adyson 10	
2 Potsdam	A	10:39.77 8
1) #439 Grainger, Ali 12	2) #423 Andrews-Perry, Johnny 9	
3) #450 Steinrotter, Emmie 10	4) #431 Clark, Meridith 11	
5) #437 Ewy, Emily 10	6) #429 Cardinal, Mackenzie 11	
7) #440 Grainger, Jackie 9	8) #430 Cetinkaya, Elif 11	
3 Canton	A	11:02.95 6
1) #472 Ames, Hannah 9	2) #478 Foster, Violet 11	
3) #489 Mounmen, Salma 11	4) #494 Schmitt, Bennett 10	
5) #479 Frank, Lena 9		
4 BMC	A	11:49.45 5
1) #377 Gerow, Brexys 10	2) #379 Lennox, Becca 12	
3) #380 McCaffery, Danielle 12	4) #381 Smith, Carissa 12	
5) #376 Barney, Olivia 9	6) #378 Jiang, Sabrina 10	
5 Norwood-Norfolk	A	12:10.44 4
1) #596 Colbert, Eliza 10	2) #162 Donahue, Caitlin 9	
3) #606 Perry, Jordan 10	4) #173 Snell, Addison 10	
6 Blue Devils	A	12:37.51 3
1) #350 Lalone, Kiely 10	2) #347 Honeywell, Kendall 10	
3) #345 Curtis, Annabel 9	4) #344 Cole, Clara 12	
5) #346 Daisey, Toni 9		
7 Massena	A	12:37.66 2
1) #544 Farmer, Makayla 12	2) #569 Oldenburgh, Mackenzie 10	
3) #537 Boulais, Hailey 10	4) #564 McDermott, Peyton 9	
5) #581 White, Aubrey 9	6) #551 Hendricks, Madyson 11	
7) #547 Gamble, Millie 9		
8 Wildcats	A	12:47.25 1
1) #40 Siebels, Lilah 9	2) #105 Newcombe, Ninah 12	
3) #104 Kerr, Marissa 9	4) #11 Scott, Brianna 9	
9 Indian River	A	13:16.10
1) #112 Ringuette, Hailey 12	2) #108 Gorski, Mackenzie 11	
3) #320 Broadbent, Allison 9	4) #322 Carrien, Audrey 10	
5) #327 Hartman, Sara 9		
--- Franklin Academy	B	X12:10.92
1) #392 Denny, Kelly 10	2) #402 Perry, Marley 9	
3) #59 Marlow, Rhyan 10	4) #65 Winters, Katrina 11	
5) #64 Tober, Ellie 11		
--- Indian River	B	X13:51.39
1) #318 Booth, Samantha 12	2) #326 Gray, Hailey 9	
3) #334 Raimundo, Elizabeth 11	4) #315 Bigelow, Taylor 10	

Girls High Jump

Section X: 5-06.50 R 1992

Darby Krause

Name	Yr	School	Finals
Finals			
1 #8 Gaines, Audrey	11	Wildcats	5-00.00 10
2 #55 Funk, Darci	9	Malone	4-06.00 8
3 #21 Sheen, Jacey	12	Wildcats	4-04.00 6
4 #114 VanTassel, Ali	12	IR	4-02.00 5

5 #441 Hinckley, Keira	10	Sandstoners	J4-02.00 4
6 #105 Burnard, Carolina	12	IR	4-00.00 3
7 #48 Benardot, Cora	12	Malone	3-10.00 2
--- #434 Darie, Celeste	9	Sandstoners	NH
--- #442 Kelson, Ali	10	Sandstoners	NH

Girls Long Jump

Section X: 18-05.50 R 1985

Leslie Revier

Name	Yr	School	Finals
Finals			
1 #425 Betrus, Lindy	12	Sandstoners	16-08.50 10
2 #312 Acevedo, Jasmine	12	IR	14-08.75 7
2 #111 Solar, Mary Paulyn	11	IR	14-08.75 7
4 #596 Colbert, Eliza	10	Norwood-Norfolk	14-04.75 5
5 #104 Adams, Mackenzie	12	IR	14-01.25 4
6 #8 Gaines, Audrey	11	Wildcats	14-01.00 3
7 #13 Spicer, Azlan	8	Wildcats	13-02.75 2
8 #47 Ashlaw, Natalie	12	Malone	12-09.00 1
9 #355 Wilson, Katharine	9	Blue Devils	12-08.75
10 #496 Shipman, Cecily	11	CAN	12-08.00
11 #55 Funk, Darci	9	Malone	12-07.75
12 #385 Arquette, Mataya	12	SR	12-03.75
12 #379 Lennox, Becca	12	BMC	12-03.75
14 #595 Watehronhi'ne, .	7	SR	12-02.75
15 #444 Mikhalaki, Elena	11	Sandstoners	11-09.00
16 #605 Mittelstaedt, Lily	9	Norwood-Norfolk	11-06.50
17 #387 George, Grayci	10	SR	11-05.25
17 #571 Park, Lauren	9	Massena	11-05.25
19 #443 Labarge, Tayler	11	Sandstoners	11-03.25
20 #543 Donahue, Kyla	9	Massena	10-04.25
--- #9 Ordway, Lauren	9	Wildcats	FOUL
--- #462 Bujold, Heather	FR	Lumberjacks	FOUL

Girls Triple Jump

Section X: 39-04 R 1986

Leslie Revier

Name	Yr	School	Finals
Finals			
1 #425 Betrus, Lindy	12	Sandstoners	33-03.50 10
2 #498 Shipman, Stella	12	CAN	31-00.75 8
3 #21 Sheen, Jacey	12	Wildcats	30-02.50 6
4 #58 Leroy, Ellie	12	Malone	29-07.00 5
5 #29 Bowman, Abigail	12	Wildcats	28-10.25 4
6 #596 Colbert, Eliza	10	Norwood-Norfolk	28-09.25 3
7 #338 Timmons, Madison	10	IR	28-02.75 2
8 #345 Curtis, Annabel	9	Blue Devils	27-01.50 1
9 #48 Benardot, Cora	12	Malone	26-04.50
10 #387 George, Grayci	10	SR	25-09.75
11 #355 Wilson, Katharine	9	Blue Devils	25-07.75
12 #105 Burnard, Carolina	12	IR	25-04.25
13 #448 Seitzer, Abi	11	Sandstoners	24-05.50
14 #472 Ames, Hannah	9	CAN	24-04.50
15 #464 Dattola, Adrianna	FR	Lumberjacks	24-03.50
16 #490 Perretta, Isabella	10	CAN	24-03.00
17 #461 Facticeau, Ava	FR	Lumberjacks	23-06.50
18 #543 Donahue, Kyla	9	Massena	23-03.75
18 #114 VanTassel, Ali	12	IR	23-03.75

NAC Indoor Meet 3 - 1/5/2024

SLU

Results - NAC Meet

Finals ... (Girls Triple Jump)

Name	Yr	School	Finals
20 #442 Kelson, Ali	10	Sandstoners	23-01.00
21 #537 Boulais, Hailey	10	Massena	22-03.00

Girls Shot Put

Section X: 37-02 R 1983 Peggy Mariano

Name	Yr	School	Finals
1 #426 Buckley, Lola	12	Sandstoners	30-07.50 10
2 #104 Adams, Mackenzie	12	IR	27-00.50 8
3 #432 Clark, Olivia	12	Sandstoners	25-09.50 6
4 #31 Greenhill, Meadow	12	Wildcats	25-07.50 5
5 #330 Luke, Emily	10	IR	25-01.00 3.5
5 #571 Park, Lauren	9	Massena	25-01.00 3.5
7 #454 Becker, Mary	JR	Lumberjacks	25-00.00 2
8 #492 Rossiter, Natasha	10	CAN	24-07.50 1
9 #53 Branconnier, Morgan	11	Malone	24-07.00
10 #323 Coles, Myaunna	9	IR	24-01.50
11 #386 Cook, Cloe	11	SR	23-10.50
12 #336 Russell, Cora	9	IR	22-10.00
13 #354 Thomas, Madyson	9	Blue Devils	22-00.50
14 #561 Lucey, Kya	12	Massena	22-00.00
15 #391 Baker, Hillary	12	Malone	21-10.50
16 #546 Finnegan, Kate	10	Massena	21-08.00
17 #570 Oliver, Lauren	9	Massena	21-01.00
18 #445 Moore, Kenadi	11	Sandstoners	20-10.00
19 #171 Sherman, Audrianna	11	Norwood-Norfolk	20-05.50
20 #500 Terrell, Harper	9	CAN	19-07.00
21 #176 Waite, Jaden	12	Norwood-Norfolk	18-08.00
22 #400 Legault, Eve	10	Malone	18-05.00
23 #476 Casserly, Aurora	9	CAN	18-01.00
24 #348 Kroeger, Lily	9	Blue Devils	17-02.50
25 #397 Kompan, Emma	11	Malone	16-02.50
26 #353 Reed, Addison	9	Blue Devils	13-10.50
--- #554 Kellogg, Allandra	10	Massena	X19-03.00
--- #49 Bennett, Jorja	10	Malone	X17-05.50
--- #405 Tylenda, Abigail	9	Malone	X17-00.00
--- #449 Sharlow, Kaidence	11	Sandstoners	X16-09.00
--- #438 Fowler, Adrian	10	Sandstoners	X15-04.00
--- #52 Bess, Mykenna	10	Malone	X13-02.00

Boys 60 Meter Dash

Section X: 7.05 R 2020 Caleb Farr

Name	Yr	School	Finals
1 #54 Thomas, Vincent	12	Wildcats	7.30 10
2 #184 Milller-Lynch, Liam	11	Norwood-Norfolk	7.49 8
3 #358 Biller, Trystan	12	Blue Devils	7.50 6
4 #73 Debose, Ayden		Malone	7.54 5
5 #58 Hull, Tiamane	11	Wildcats	7.66 4
6 #607 Thompson, Takaronhiot	12	Massena	7.76 3
7 #307 Richards, Roje	10	IR	7.80 2
8 #409 Button, Benjamin		Malone	7.93 1
9 #124 Jones, Connor	10	IR	7.95
10 #542 Deshane, Mason	10	Massena	8.01

11 #469 Robillard, Luke	JR	Lumberjacks	8.02
12 #186 Waite, Mason	10	Norwood-Norfolk	8.09
13 #182 Gardner, Corbin	12	Norwood-Norfolk	8.10
14 #534 Acevedo, Eligha	12	Massena	8.11
15 #366 Smith, Ian	12	Blue Devils	8.19
16 #28 Bice, Kelvin III	10	Wildcats	8.31
16 #470 Sabialta, Leonardo	SR	Lumberjacks	8.31
18 #591 Schwartzfigure, Matthew	11	Sandstoners	8.45
19 #455 Fleishman, Brock	SO	Lumberjacks	8.56
20 #475 Cartwright, Tegan	10	CAN	8.68
21 #183 Garrow, Jaren	10	Norwood-Norfolk	9.83
22 #505 Williams, Darvay	11	CAN	10.04
23 #71 Carr, David		Malone	10.83
--- #373 LaRock, Aidan	9	BMC	DQ
--- #125 McCranie, David	11	IR	X8.08
--- #119 Francois, Malachi	10	IR	X8.25
--- #417 Clark, Tyler	11	Norwood-Norfolk	X8.37
--- #304 Garcia, Messiah	9	IR	X8.78
--- #356 Beaulieu, Patrick	10	Blue Devils	X8.80
--- #468 Dominic, Luke	SO	Lumberjacks	X8.90
--- #550 Green, Hayden	10	Massena	X8.94
--- #520 Huynh-Thien, Ben	10	Sandstoners	X8.95
--- #523 Malit, Jimmy	10	Sandstoners	X9.04
--- #102 Davis, Gavin	11	Wildcats	X9.13
--- #565 Miller, Brody	10	Massena	X9.19
--- #53 Schiszler, Zackery	10	Wildcats	X9.37
--- #56 Bush, Zachery	10	Wildcats	X9.42
--- #509 Atkinson, Isaac	10	Sandstoners	X9.47
--- #522 Keleher, Nate	11	Sandstoners	X9.86
--- #501 Townsend, Calvin	9	CAN	X11.56

Boys 300 Meter Dash

Section X: 35.40 R 2007 Gino Bisceglia

Name	Yr	School	Finals
1 #184 Milller-Lynch, Liam	11	Norwood-Norfolk	39.17 10
2 #607 Thompson, Takaronhiot	12	Massena	40.49 8
3 #504 Wilkinson, Caleb	11	CAN	40.71 6
4 #542 Deshane, Mason	10	Massena	41.34 5
5 #412 Schrader, Luke		Malone	41.44 3.5
5 #519 Haggett, Maxwell	10	Sandstoners	41.44 3.5
7 #457 Gerstenberger, Cohen	SO	Lumberjacks	41.66 2
8 #409 Button, Benjamin		Malone	42.10 1
9 #582 Wilhelm, Zander	11	Massena	42.60
10 #33 Ritchie, Jackson	10	Wildcats	42.98
11 #417 Clark, Tyler	11	Norwood-Norfolk	43.10
12 #357 Biller, Levi	10	Blue Devils	43.58
13 #359 Ericksen, Kresten	10	Blue Devils	43.59
14 #513 Draper, Benjamin	11	Sandstoners	44.08
15 #455 Fleishman, Brock	SO	Lumberjacks	44.75
16 #512 Corbett, Patrick	11	Sandstoners	45.93
17 #102 Davis, Gavin	11	Wildcats	46.79
18 #499 Terrell, Crosby	9	CAN	47.37
19 #356 Beaulieu, Patrick	10	Blue Devils	47.88
20 #604 Trickey, Bruce	11	BMC	48.12
21 #307 Richards, Roje	10	IR	48.25

NAC Indoor Meet 3 - 1/5/2024

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Results - NAC Meet

Finals ... (Boys 300 Meter Dash)

Name	Yr	School	Finals
22 #468 Dominic, Luke	SO	Lumberjacks	48.51
23 #602 Hewitt, Clark	8	Norwood-Norfolk	48.83
24 #53 Schiszler, Zackery	10	Wildcats	51.09
25 #505 Williams, Darvay	11	CAN	56.74
26 #522 Keleher, Nate	11	Sandstoners	57.74
--- #453 Barkley, Nathan	JR	Lumberjacks	X48.01
--- #119 Francois, Malachi	10	IR	X48.91
--- #304 Garcia, Messiah	9	IR	X49.72
--- #516 Gilbert, Jack	11	Sandstoners	X50.31
--- #550 Green, Hayden	10	Massena	X50.60

Boys 600 Meter Run

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

Name	Yr	School	Finals
1 #77 Keating, Dylan		Malone	1:31.27 10
2 #480 Gendebein, Noah	11	CAN	1:34.09 8
3 #413 Sims, Kyle		Malone	1:36.56 6
4 #182 Gardner, Corbin	12	Norwood-Norfolk	1:37.36 5
5 #374 Oakes, Lucas	11	BMC	1:37.41 4
6 #412 Schrader, Luke		Malone	1:38.46 3
7 #363 Peabody, Crofton	11	Blue Devils	1:39.56 2
8 #528 Shaw, Oscar	9	Sandstoners	1:44.07 1
9 #365 Self, Skylar	10	Blue Devils	1:44.31
10 #415 Betts, Nikki	9	Norwood-Norfolk	1:45.20
11 #306 Phalen, Drake	11	IR	1:46.74
12 #533 Vink, Bailey	10	Sandstoners	1:48.50
13 #310 Sherbino, Javier	11	IR	1:50.89
14 #368 Sutton, Kellan	9	Blue Devils	1:51.46
15 #532 Teich, Charlie	10	Sandstoners	1:52.07
16 #384 Rourke-Martin, River	9	SR	1:52.86
17 #568 Murtagh, Conner	10	Massena	1:54.33
18 #558 LaShomb, Cohen	8	Massena	1:56.31
19 #373 LaRock, Aidan	9	BMC	1:56.48
20 #56 Bush, Zachery	10	Wildcats	1:59.37
--- #515 Frego, Kellan	9	Sandstoners	X1:52.50

Boys 1000 Meter Run

Section X: 2:32.90 R 1998 Ed Zysik

Name	Yr	School	Finals
1 #541 David, Andrew	10	Massena	3:02.36 10
2 #480 Gendebein, Noah	11	CAN	3:07.01 8
3 #414 Sweet, Riley	9	Norwood-Norfolk	3:07.11 6
4 #471 Wood, Sean	FR	Lumberjacks	3:11.12 5
5 #415 Betts, Nikki	9	Norwood-Norfolk	3:12.10 4
6 #458 Kendall, Jonah	SO	Lumberjacks	3:13.64 3
7 #553 Johnson, Zachary	10	Massena	3:16.11 2
8 #27 Wells, Kaden	11	Wildcats	3:18.41 1
9 #507 Worthley, Kolten	11	CAN	3:18.54
10 #78 LaChance, Brandon		Malone	3:18.86
11 #67 Benardot, Maxwell		Malone	3:24.05
12 #369 Besio-Melech, Noah	12	BMC	3:28.09
13 #518 Greer, Jackson	9	Sandstoners	3:29.20

14 #361 Hires, Jeffery	9	Blue Devils	3:32.79
15 #584 Kent, Lucas	9	Norwood-Norfolk	3:32.81
16 #79 Menke, Ryan		Malone	3:34.37
17 #384 Rourke-Martin, River	9	SR	3:36.67
18 #362 Merz, Payden	9	Blue Devils	3:58.48
19 #563 Mayer, Colin	10	Massena	4:08.77

Boys 1600 Meter Run

Section X: 4:14.00 R 1981 Jim Tyler

Name	Yr	School	Finals
1 #508 Fiacco, Dominic	12	Norwood-Norfolk	4:47.30 10
2 #541 David, Andrew	10	Massena	4:52.12 8
3 #506 Worthley, Kaden	11	CAN	5:10.65 6
4 #493 Sabatini, Adam	10	CAN	5:12.38 5
5 #414 Sweet, Riley	9	Norwood-Norfolk	5:17.71 4
6 #407 Borman, Justin		Malone	5:18.16 3
7 #76 Johnston, Carter		Malone	5:19.76 2
8 #553 Johnson, Zachary	10	Massena	5:22.49 1
9 #415 Betts, Nikki	9	Norwood-Norfolk	5:22.93
10 #458 Kendall, Jonah	SO	Lumberjacks	5:28.28
11 #507 Worthley, Kolten	11	CAN	5:30.82
12 #27 Wells, Kaden	11	Wildcats	5:30.85
13 #533 Vink, Bailey	10	Sandstoners	5:32.85
14 #80 Perry, Reece		Malone	5:40.42
15 #67 Benardot, Maxwell		Malone	5:40.51
16 #589 Wormuth, Garrett	8	Lumberjacks	5:45.27
17 #311 Thomas, Ajay	10	IR	5:51.12
18 #79 Menke, Ryan		Malone	5:52.28
19 #372 Holmes, Christian	9	BMC	5:52.29
20 #518 Greer, Jackson	9	Sandstoners	5:52.86
21 #369 Besio-Melech, Noah	12	BMC	6:03.77
22 #552 Hurlbut, Jeremiah	10	Massena	6:39.44

Boys 3200 Meter Run

Section X: 9:18.66 R 2002 Jon Pierce

Name	Yr	School	Finals
1 #508 Fiacco, Dominic	12	Norwood-Norfolk	10:37.78 10
2 #491 Rodriguez-Doyle, Aiden	11	CAN	10:41.23 8
3 #503 Watts, Lucas	11	CAN	10:52.37 6
4 #414 Sweet, Riley	9	Norwood-Norfolk	11:12.74 5
5 #506 Worthley, Kaden	11	CAN	11:19.12 4
6 #76 Johnston, Carter		Malone	11:58.67 3
7 #372 Holmes, Christian	9	BMC	12:12.71 2
8 #411 Reynolds, Blake		Malone	12:12.79 1
9 #80 Perry, Reece		Malone	13:10.86

Boys 60 Meter Hurdles

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

Name	Yr	School	Finals
1 #358 Biller, Trystan	12	Blue Devils	9.55 10
2 #524 Morey, Xaiden	10	Sandstoners	10.17 8
3 #510 Atteman, Miles	11	Sandstoners	10.24 6
4 #582 Wilhelm, Zander	11	Massena	10.52 5

NAC Indoor Meet 3 - 1/5/2024

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Results - NAC Meet

Finals ... (Boys 60 Meter Hurdles)

Name	Yr	School	Finals
5 #363 Peabody, Crofton	11	Blue Devils	10.93 4
6 #504 Wilkinson, Caleb	11	CAN	11.13 3
7 #360 Havens, Jace	10	Blue Devils	11.24 2
8 #558 LaShomb, Cohen	8	Massena	11.87 1
9 #516 Gilbert, Jack	11	Sandstoners	12.12
10 #559 LeBlanc, Benjamin	12	Massena	12.19
11 #70 Brooks, Zebulon		Malone	12.29
12 #410 Gurin, Donovan		Malone	12.66
13 #411 Reynolds, Blake		Malone	13.67
--- #568 Murtagh, Conner	10	Massena	X12.41

Boys 4x200 Meter Relay

Section X: 1:35.70 R 2006 Norwood-Norfolk

Bisceglia, Colby, Gay, Wagschal

Team	Relay	Finals
1 Franklin Academy	A	1:41.82 10
1) #409 Button, Benjamin	2) #77 Keating, Dylan	4) #73 Debose, Ayden
5) #413 Sims, Kyle		
2 Massena	A	1:43.07 8
1) #582 Wilhelm, Zander 11	2) #607 Thompson, Takaronhiotaki	4) #534 Acevedo, Eligha 12
3) #535 Ashley, Jordan 11		
5) #545 Favreau, Shane 12		
3 Indian River	A	1:43.76 6
1) #308 Richards, Romando 12	2) #303 Ewing, Jeremyiah 10	4) #125 McCranie, David 11
3) #124 Jones, Connor 10		
5) #306 Phalen, Drake 11		
4 Blue Devils	A	1:46.94 5
1) #367 Sutherland, Ryan 12	2) #366 Smith, Ian 12	4) #359 Ericksen, Kresten 10
3) #357 Biller, Levi 10		
5) #356 Beaulieu, Patrick 10		
5 Lumberjacks	A	1:47.11 4
1) #455 Fleishman, Brock SO	2) #457 Gerstenberger, Cohen SO	4) #469 Robillard, Luke JR
3) #470 Sabialta, Leonardo SR		
5) #459 Levey, CJ JR		
6 Potsdam	A	1:49.87 3
1) #510 Atteman, Miles 11	2) #590 Fallik, Josh 11	4) #517 Grainger, Nicholas 11
3) #513 Draper, Benjamin 11		6) #591 Schwartzfigure, Matthew 11
5) #512 Corbett, Patrick 11		
7 Wildcats	A	1:52.67 2
1) #27 Wells, Kaden 11	2) #54 Thomas, Vincent 12	4) #33 Ritchie, Jackson 10
3) #58 Hull, Tiamane 11		
5) #28 Bice, Kelvin III 10		
8 Canton	A	1:55.84 1
1) #481 Gendebein, Truman 12	2) #475 Cartwright, Tegan 10	4) #499 Terrell, Crosby 9
3) #497 Shipman, Placid 10		6) #491 Rodriguez-Doyle, Aiden 11
5) #505 Williams, Darvay 11		
--- Potsdam	B	X1:56.41
1) #531 Swaby, Gabe 11	2) #591 Schwartzfigure, Matthew 11	4) #512 Corbett, Patrick 11
3) #530 Simons, Jackson 12		6) #523 Malit, Jimmy 10
5) #515 Frego, Kellan 9		

--- Franklin Academy	B	X2:08.55
1) #408 Borman, Zachary	2) #70 Brooks, Zebulon	
3) #71 Carr, David	4) #410 Gurin, Donovan	

Boys 4x400 Meter Relay

Section X: 3:33.76 R 2000 Malone

Barnett, Honahan, Moulton, Seymour

Team	Relay	Finals
1 Norwood-Norfolk	A	3:52.18 10
1) #417 Clark, Tyler 11	2) #508 Fiacco, Dominic 12	
3) #182 Gardner, Corbin 12	4) #184 Milller-Lynch, Liam 11	
2 Franklin Academy	A	3:56.26 8
1) #407 Borman, Justin	2) #412 Schrader, Luke	
3) #77 Keating, Dylan		
5) #413 Sims, Kyle		
3 Potsdam	A	4:09.93 6
1) #519 Haggett, Maxwell 10	2) #590 Fallik, Josh 11	
3) #528 Shaw, Oscar 9	4) #517 Grainger, Nicholas 11	
5) #532 Teich, Charlie 10	6) #512 Corbett, Patrick 11	
4 Massena	A	4:12.96 5
1) #541 David, Andrew 10	2) #535 Ashley, Jordan 11	
3) #558 LaShomb, Cohen 8	4) #568 Murtagh, Conner 10	
5) #594 Murray, Thomas 11	6) #536 Barksdale, Joshua 9	
7) #553 Johnson, Zachary 10		
5 Canton	A	4:29.33 4
1) #493 Sabatini, Adam 10	2) #481 Gendebein, Truman 12	
3) #499 Terrell, Crosby 9	4) #507 Worthley, Kolten 11	
5) #497 Shipman, Placid 10		
--- Potsdam	B	X4:50.34
1) #512 Corbett, Patrick 11	2) #532 Teich, Charlie 10	
3) #531 Swaby, Gabe 11	4) #516 Gilbert, Jack 11	
5) #515 Frego, Kellan 9	6) #522 Keleher, Nate 11	

Boys 4x800 Meter Relay

Section X: 8:01.60 R 1989 Malone

Lawrence, Mulverhill, Taylor, VanEss

Team	Relay	Finals
1 Canton	A	9:15.40 10
1) #484 Lee-Powell, Rylan 11	2) #491 Rodriguez-Doyle, Aiden 11	
3) #480 Gendebein, Noah 11	4) #503 Watts, Lucas 11	
5) #506 Worthley, Kaden 11		
2 Franklin Academy	A	10:03.86 8
1) #80 Perry, Reece	2) #76 Johnston, Carter	
3) #78 LaChance, Brandon	4) #79 Menke, Ryan	
	6) #411 Reynolds, Blake	
3 Potsdam	A	10:04.57 6
1) #518 Greer, Jackson 9	2) #532 Teich, Charlie 10	
3) #528 Shaw, Oscar 9	4) #533 Vink, Bailey 10	
5) #517 Grainger, Nicholas 11	6) #515 Frego, Kellan 9	
4 Lumberjacks	A	10:13.92 5
1) #453 Barkley, Nathan JR	2) #458 Kendall, Jonah SO	
3) #589 Wormuth, Garrett 8	4) #471 Wood, Sean FR	
5) #459 Levey, CJ JR		

NAC Indoor Meet 3 - 1/5/2024

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Results - NAC Meet

Finals ... (Boys 4x800 Meter Relay)

Team	Relay	Finals
5 BMC	A	10:19.37 4
1) #369 Besio-Melech, Noah 12	2) #372 Holmes, Christian 9	
3) #374 Oakes, Lucas 11	4) #604 Trickey, Bruce 11	
5) #373 LaRock, Aidan 9		
6 Indian River	A	10:29.21 3
1) #306 Phalen, Drake 11	2) #310 Sherbino, Javier 11	
3) #118 Adams, Josiah 10	4) #311 Thomas, Ajay 10	
7 Blue Devils	A	10:42.76 2
1) #361 Hires, Jeffery 9	2) #362 Merz, Payden 9	
3) #365 Self, Skylar 10	4) #368 Sutton, Kellan 9	
8 Massena	A	11:29.47 1
1) #560 Lincoln, Kellon 12	2) #594 Murray, Thomas 11	
3) #552 Hurlbut, Jeremiah 10	4) #563 Mayer, Colin 10	
5) #536 Barksdale, Joshua 9		

Boys High Jump

Section X: 6-09 R 1988		Tom Michaud	
Name	Yr	School	Finals
Finals			
1 #358 Biller, Trystan	12	Blue Devils	J5-04.00 9
1 #493 Sabatini, Adam	10	CAN	J5-04.00 9
3 #303 Ewing, Jeremiah	10	IR	J5-04.00 6
4 #524 Morey, Xaiden	10	Sandstoners	J5-04.00 5
5 #407 Borman, Justin		Malone	J5-00.00 4
6 #560 Lincoln, Kellon	12	Massena	J5-00.00 3
7 #67 Benardot, Maxwell		Malone	J4-09.00 2
8 #527 Pace, Patrick	12	Sandstoners	J4-09.00 1
--- #575 Robillard-Ramatici, Eth	12	Massena	NH
--- #513 Draper, Benjamin	11	Sandstoners	NH
--- #408 Borman, Zachary		Malone	NH
--- #523 Malit, Jimmy	10	Sandstoners	X4-06.00

Boys Long Jump

Section X: 23-07 R 1989		Lucas Kerley	
Name	Yr	School	Finals
Finals			
1 #73 Debose, Ayden		Malone	18-02.50 10
2 #527 Pace, Patrick	12	Sandstoners	16-08.25 8
3 #534 Acevedo, Eligha	12	Massena	16-07.00 6
4 #374 Oakes, Lucas	11	BMC	16-03.50 5
5 #357 Biller, Levi	10	Blue Devils	16-03.25 4
6 #33 Ritchie, Jackson	10	Wildcats	16-01.50 3
7 #360 Havens, Jace	10	Blue Devils	16-00.00 2
8 #28 Bice, Kelvin III	10	Wildcats	15-11.75 1
9 #186 Waite, Mason	10	Norwood-Norfolk	15-10.50
10 #542 Deshane, Mason	10	Massena	15-08.50
11 #550 Green, Hayden	10	Massena	15-03.00
11 #519 Haggett, Maxwell	10	Sandstoners	15-03.00
13 #475 Cartwright, Tegan	10	CAN	14-08.50
14 #590 Fallik, Josh	11	Sandstoners	14-04.50
15 #304 Garcia, Messiah	9	IR	13-09.25
16 #468 Dominie, Luke	SO	Lumberjacks	13-03.25
17 #470 Sabialta, Leonardo	SR	Lumberjacks	13-02.25
18 #604 Trickey, Bruce	11	BMC	13-01.25

19 #584 Kent, Lucas	9	Norwood-Norfolk	12-03.00
20 #373 LaRock, Aidan	9	BMC	12-02.00
21 #362 Merz, Payden	9	Blue Devils	12-01.25
22 #602 Hewitt, Clark	8	Norwood-Norfolk	11-08.25

Boys Triple Jump

Section X: 46-06.50 R 1989		Lucas Kerley	
Name	Yr	School	Finals
Finals			
1 #535 Ashley, Jordan	11	Massena	37-01.50 10
2 #524 Morey, Xaiden	10	Sandstoners	35-09.50 8
3 #510 Atteman, Miles	11	Sandstoners	34-06.75 6
4 #186 Waite, Mason	10	Norwood-Norfolk	34-06.50 5
5 #504 Wilkinson, Caleb	11	CAN	33-09.00 4
6 #361 Hires, Jeffery	9	Blue Devils	32-09.75 3
7 #457 Gerstenberger, Cohen	SO	Lumberjacks	32-08.75 2
8 #559 LeBlanc, Benjamin	12	Massena	32-04.50 1
9 #363 Peabody, Crofton	11	Blue Devils	32-02.75
9 #527 Pace, Patrick	12	Sandstoners	32-02.75
11 #78 LaChance, Brandon		Malone	31-09.00
12 #560 Lincoln, Kellon	12	Massena	30-06.00
--- #584 Kent, Lucas	9	Norwood-Norfolk	FOUL

Boys Shot Put

Section X: 53-03 R 1998		Frank Grand	
Name	Yr	School	Finals
Finals			
1 #54 Thomas, Vincent	12	Wildcats	38-11.00 10
2 #55 Siebels, Owen	12	Wildcats	38-10.00 8
3 #469 Robillard, Luke	JR	Lumberjacks	38-05.00 6
4 #575 Robillard-Ramatici, Eth	12	Massena	34-06.50 5
5 #410 Gurin, Donovan		Malone	32-03.00 4
6 #509 Atkinson, Isaac	10	Sandstoners	J31-05.00 3
7 #591 Schwaftfigure, Matthew	11	Sandstoners	J31-05.00 2
8 #545 Favreau, Shane	12	Massena	31-04.00 1
9 #453 Barkley, Nathan	JR	Lumberjacks	31-03.00
10 #408 Borman, Zachary		Malone	30-07.00
10 #70 Brooks, Zebulon		Malone	30-07.00
12 #71 Carr, David		Malone	27-10.50
13 #368 Sutton, Kellan	9	Blue Devils	26-10.50
14 #471 Wood, Sean	FR	Lumberjacks	25-00.00
15 #53 Schiszler, Zackery	10	Wildcats	24-09.50
16 #185 Stewart, Caeden	10	Norwood-Norfolk	24-07.00
17 #583 Fregoe, Kaleb	10	Norwood-Norfolk	24-04.00
18 #497 Shipman, Placid	10	CAN	24-00.50
19 #416 Charter, Ashton	12	Norwood-Norfolk	23-11.00
20 #501 Townsend, Calvin	9	CAN	15-02.00
--- #520 Huynh-Thien, Ben	10	Sandstoners	X31-08.00
--- #565 Miller, Brody	10	Massena	X25-11.00
--- #559 LeBlanc, Benjamin	12	Massena	X25-07.00
--- #183 Garrow, Jaren	10	Norwood-Norfolk	X20-10.50

Women - Team Rankings - 14 Events Scored

NAC Indoor Meet 3 - 1/5/2024**SLU****Results - NAC Meet**

1) Potsdam	125
2) Franklin Academy	89
3) Indian River	82.5
4) Canton	71
5) Gouverneur Central School	64
6) Norwood-Norfolk Central School	34
7) Massena	20.5
8) Brushton Moira Central	19
9) Ogdensburg Free Academy	17
10) Salmon River	16
11) Tupper Lake Lumberjacks	6

Men - Team Rankings - 14 Events Scored

1) Franklin Academy	84.5
2) Massena	83
3) Canton	82
4) Norwood-Norfolk Central School	77
5) Potsdam	66.5
6) Ogdensburg Free Academy	49
7) Gouverneur Central School	39
8) Tupper Lake Lumberjacks	27
9) Indian River	17
10) Brushton Moira Central	15