

NAC Indoor Meet 2 - 1/6/2023

SLU

Results - NAC Meet

Event 1 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Canton	A	10:48.40 10
1) #13 McCarthy, Rori 12	2) #15 McDonough, Grace 12	
3) #23 Schmitt, Bennett 9	4) #5 Casserly, Aurora 8	
5) #30 Zysik, Annika 10	6) #22 Salvimiguel, Marilisa 10	
2 Potsdam	A	10:53.60 8
1) #226 Grainger, Ali JR	2) #219 Clark, Meridyth SO	
3) #236 Williams, Sadie JR	4) #234 Shatraw, Izzy SR	
5) #222 Dhaniyala, Saadhika FR	6) #225 Ewy, Emily FR	
7) #218 Cetinkaya, Elif SO		
3 Norwood-Norfolk	A	11:12.00 6
1) #158 Carista, Madison 9	2) #166 Hewey, Rachel 11	
3) #174 Snell, Allie 9	4) #173 Smith, Brielle 11	
4 Gouverneur	A	11:12.70 5
1) #88 Griffith, Rikki 12	2) #91 Shippee, Lillianna 10	
3) #92 Siebels, Lilah 8	4) #87 Griffith, Randi 12	
5 Franklin Academy	A	12:30.90 4
1) #64 Winters, Katrina 10	2) #55 Hammill, Jillian 11	
3) #50 Bennett, Rabecca 11	4) #60 Perham, Emily 11	
5) #56 Lawrence, Tye 10		
--- Canton	B	X12:34.10
1) #10 Lawton, Lynzie 12	2) #30 Zysik, Annika 10	
3) #22 Salvimiguel, Marilisa 10	4) #6 Foster, Violet 10	

Event 2 Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Canton	A	9:30.20 10
1) #31 Armendariz-Haun, Daniel 11	2) #39 Rodriguez-Doyle, Aiden 10	
3) #41 Watts, Lucas 10	4) #43 Worthley, Kaden 10	
5) #38 Richardson, James 9	6) #44 Worthley, Kolten 10	
7) #36 Lee-Powell, Rylan 10		
2 Indian River	A	9:33.80 8
1) #128 Ramos, Hector 12	2) #123 Gauthier, Ryan 9	
3) #125 Johnston, Elijah 12	4) #119 Adams, Josiah 9	
5) #132 Yang, Sam 12		
3 Franklin Academy	A	9:43.40 6
1) #73 Fefee, Brayden	2) #68 Bormann, Justin	
3) #76 Keating, Dylan	4) #74 Guerin, Donovan	
5) #77 LaChance, Brandon		
4 Potsdam	A	10:52.00 5
1) #260 Yang, Nick 12	2) #257 Vink, Bailey 9	
3) #250 Morey, Xaiden 9	4) #243 Grainger, Nick 10	
5 Massena	A	10:55.60 4
1) #147 Dostie, Jayden 12	2) #145 Bush, Kaden 11	
3) #142 Becht, Chase 12	4) #148 Eggleston, Logan 12	
5) #146 David, Andrew 9		
--- Franklin Academy	B	X11:05.00
1) #66 Benardot, Maxwell	2) #75 Johnston, Carter	
3) #78 Menke, Ryan	4) #79 Perry, Reece	

Event 3 Girls 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 #266 Manson, Makenna	11	Salmon River	8.23 10
2 #84 Bowman, Abigail	11	Gouverneur	8.42 8
3 #224 El Labban, Sarah	FR	Potsdam	8.52 6
4 #61 Powers, Joanne	12	Malone	8.58 5
5 #193 McRoberts, Brianna	12	Blue Devils	8.63 4
6 #162 Cupps, Meadow	11	Norwood-Norfolk	8.68 3
7 #46 Ashlaw, Natalie	11	Malone	8.83 2
8 #93 Smith, Emily	10	Gouverneur	8.85 1
9 #114 Thorpe, Jaida	9	IR	8.93
10 #194 Mix, Kadence	12	Blue Devils	8.96
11 #137 Oldenburgh, Mackenzie	9	Massena	9.09
12 #159 Charles, Sydney	10	Norwood-Norfolk	9.21
13 #163 Donahue, Caitlin	8	Norwood-Norfolk	9.31
14 #8 Hibbard, Lilly	10	Canton	9.37
15 #110 Nustad, Ashlynn	10	IR	9.39
16 #282 Flag, Caydence	10	Tupper Lake	9.43
17 #288 Tarbox, Lacey	8	Tupper Lake	9.44
18 #231 Moore, Kenadi	JR	Potsdam	9.54
19 #229 LaBarge, Tayler	SO	Potsdam	9.55
20 #108 Gorski, Mackenzie	10	IR	9.69
21 #170 Miller-Lynch, Tessa	7	Norwood-Norfolk	9.92
22 #26 Shipman, Cecily	10	Canton	10.21
23 #217 Cardinal, Mackenzie	SO	Potsdam	10.44
24 #29 Venn-Chew, Paloma	10	Canton	10.48
25 #59 Monette, MaKenna	12	Malone	10.62
26 #280 Becker, Mary	10	Tupper Lake	10.79
27 #51 Bess, Mykenna	9	Malone	11.50
28 #177 Waite, Jaden	11	Norwood-Norfolk	11.93
--- #90 Sheen, Jacey	11	Gouverneur	X8.32
--- #83 Blaine, Llydia	11	Gouverneur	X9.05
--- #188 Curtis, Autumn	10	Blue Devils	X9.10
--- #89 Morrow, Haley	11	Gouverneur	X9.20
--- #185 Bouchey, Allah	8	Blue Devils	X9.30
--- #116 Wells, Na'Keya	11	IR	X9.34
--- #157 Burns, Kerisa	11	Norwood-Norfolk	X9.45
--- #112 Ringuette, Hailey	11	IR	X9.49
--- #304 Lalone, Kiely		Blue Devils	X9.67
--- #176 Wagstaff, Margaret	11	Norwood-Norfolk	X9.67
--- #192 Johnson, KiKi		Blue Devils	X9.84
--- #117 Yang, Zoe	11	IR	X10.07
--- #186 Cross, Mia	11	Blue Devils	X10.08
--- #197 Pratt, Jenna	11	Blue Devils	X11.36
--- #286 Sparks, Aubrey	12	Tupper Lake	X12.57
--- #287 Strack, Kathryn	11	Tupper Lake	X14.36

Event 4 Boys 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 #118 Adams, Caleb	12	IR	7.10 10
2 #152 Monroe, Wyatt	12	Massena	7.20 8
3 #45 Young, Caleb	12	Canton	7.30 6
4 #143 Binion, Aaron	12	Massena	7.40 5

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Results - NAC Meet

Finals ... (Event 4 Boys 60 Meter Dash)

Name	Yr	School	Finals
5 #183 Milller-Lynch, Liam	10	Norwood-Norfolk	7.70 4
6 #181 Gardner, Corbin		Norwood-Norfolk	8.10 2.5
6 #98 Lucas, Maxwell	11	Gouverneur	8.10 2.5
8 #82 Smythe, Landon		Malone	8.20 0.5
8 #151 Fregoe, Connor	12	Massena	8.20 0.5
10 #298 Robillard, Luke	10	Tupper Lake	8.30
10 #184 Waite, Mason	9	Norwood-Norfolk	8.30
10 #149 Favreau, Shane	11	Massena	8.30
13 #259 Wellings, Andrew	12	Potsdam	8.40
13 #127 McCranie, David	10	IR	8.40
15 #94 Bice, Kelvin III	9	Gouverneur	8.50
16 #300 Whitman, Owen	12	Tupper Lake	8.60
16 #245 Jones, William	9	Potsdam	8.60
18 #255 Simmons, Jackson	12	Potsdam	8.70
18 #251 Munoz, Jehavani	9	Potsdam	8.70
18 #292 Farnsworth, Jayden	12	Tupper Lake	8.70
21 #254 Savage, Kurtis	10	Potsdam	8.80
22 #302 Bigtree, Jace		Salmon River	8.99
23 #80 Rogers, Witt		Malone	9.20
24 #239 Brothers, Ryan	9	Potsdam	9.50
25 #248 Malit, Jimmy		Potsdam	9.69
26 #81 Shea, Jeb		Malone	9.70
27 #246 Magoon-Lacombe, Noal	9	Potsdam	10.09
28 #247 Magoon-Lacombe, Sam	9	Potsdam	10.11
--- #95 Crews, Hunter	12	Gouverneur	NT
--- #289 Baker, Mike	11	Tupper Lake	XNT
--- #293 Fleishman, Brock	9	Tupper Lake	XNT
--- #34 Cartright, Tegan	P	Canton	NT
--- #40 Simons, Christian	12	Canton	NT
--- #67 Benjamin, Button		Malone	NT
--- #178 Boprey, Dominic	11	Norwood-Norfolk	X8.30
--- #296 Levey, CJ	10	Tupper Lake	X8.60
--- #297 Logie, Sawyer	12	Tupper Lake	X8.70
--- #291 Dominic, Luke	9	Tupper Lake	X9.82
--- #182 Garrow, Jaron	9	Norwood-Norfolk	X10.00

Event 5 Girls 60 Meter Hurdles

Name	Yr	School	Finals
1 #27 Shipman, Stella	11	Canton	10.77 10
2 #169 Masuk, Autumn	8	Norwood-Norfolk	10.83 8
3 #1 Armstrong, Maddie	12	Canton	10.98 6
4 #3 Brandy, Madison	12	Canton	10.99 5
5 #175 Tebo, Kylie	12	Norwood-Norfolk	11.15 4
6 #104 Adams, Mackenzie	11	IR	11.29 3
7 #232 Rutledge, Jaedyn	SR	Potsdam	11.48 2
8 #233 Seitzer, Abi	SO	Potsdam	11.74 1
9 #165 Gates, Brielle	9	Norwood-Norfolk	11.83
9 #195 Murray, Emma	12	Blue Devils	11.83
9 #54 Funk, Darci	8	Malone	11.83
12 #221 Davidson, Lizzie	JR	Potsdam	12.05
13 #52 Branconnier, Morgan	10	Malone	12.34
14 #19 Perretta, Isabella	9	Canton	12.95
15 #230 Lemieux, Mya	JR	Potsdam	13.43

16 #136 Lannis, Molly 11 Massena 13.50

Event 6 Boys 60 Meter Hurdles

Name	Yr	School	Finals
1 #154 Wilhelm, Zander	10	Massena	11.10 10
2 #250 Morey, Xaiden	9	Potsdam	11.20 8
3 #206 Havens, Jace	9	Blue Devils	11.60 5.5
3 #141 Ashley, Jordan	10	Massena	11.60 5.5
5 #242 Gilbert, Jack	10	Potsdam	12.50 4

Event 7 Girls 1500 Meter Run

Name	Yr	School	Finals
1 #88 Griffith, Rikki	12	Gouverneur	5:36.00 10
2 #174 Snell, Allie	9	Norwood-Norfolk	5:36.10 8
3 #5 Casserly, Aurora	8	Canton	5:43.20 6
4 #267 Oakes, Jasmine	11	Salmon River	5:54.40 5
5 #236 Williams, Sadie	JR	Potsdam	5:59.30 4
6 #22 Salvimiguel, Marilisa	10	Canton	6:11.70 3
7 #64 Winters, Katrina	10	Malone	6:13.30 2
8 #228 Kelson, Ali	FR	Potsdam	6:18.20 1
9 #58 Marlow, Rhyan	9	Malone	6:20.50
10 #6 Foster, Violet	10	Canton	6:41.40
11 #173 Smith, Brielle	10	Norwood-Norfolk	7:03.10
12 #218 Cetinkaya, Elif	SO	Potsdam	7:36.30
--- #165 Gates, Brielle	9	Norwood-Norfolk	X6:08.10

Event 8 Girls 4x200 Meter Relay

Team	Relay	Finals
1 Gouverneur	A	1:58.70 10
1) #84 Bowman, Abigail 11	2) #93 Smith, Emily 10	
3) #90 Sheen, Jacey 11	4) #87 Griffith, Randi 12	
2 Canton	A	1:59.00 8
1) #2 Blair, Hailee 12	2) #27 Shipman, Stella 11	
3) #20 Robert, Elaina 10	4) #3 Brandy, Madison 12	
5) #10 Lawton, Lynzie 12	6) #8 Hibbard, Lilly 10	
3 Potsdam	A	2:06.30 6
1) #229 LaBarge, Tayler SO	2) #231 Moore, Kenadi JR	
3) #221 Davidson, Lizzie JR	4) #224 El Labban, Sarah FR	
5) #233 Seitzer, Abi SO	6) #230 Lemieux, Mya JR	
4 Blue Devils	A	2:07.80 5
1) #200 Wilson, Katharine 9	2) #194 Mix, Kadence 12	
3) #193 McRoberts, Brianna 12	4) #188 Curtis, Autumn 10	
5 Franklin Academy	A	2:08.40 4
1) #46 Ashlaw, Natalie 11	2) #54 Funk, Darci 8	
3) #53 Chodat, Adeline 12	4) #61 Powers, Joanne 12	
5) #50 Bennett, Rabecca 11		
6 Norwood-Norfolk	A	2:10.40 3
1) #162 Cupps, Meadow 11	2) #175 Tebo, Kylie 12	
3) #170 Miller-Lynch, Tessa 7	4) #169 Masuk, Autumn 8	
7 Indian River	A	2:18.30 2
1) #108 Gorski, Mackenzie 10	2) #110 Nustad, Ashlynn 10	
3) #111 Pauly-Solar, Mary 10	4) #114 Thorpe, Jaida 9	
5) #116 Wells, Na'Keya 11		

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Results - NAC Meet

Finals ... (Event 8 Girls 4x200 Meter Relay)

Team	Relay	Finals
---	Gouverneur B	X2:15.00
1) #89 Morrow, Haley 11	2) #83 Blaine, Llydia 11	
3) #91 Shippee, Lillianna 10	4) #92 Siebels, Lilah 8	
---	Indian River B	X2:17.20
1) #105 Burnard, Carolina 11	2) #115 VanTassel, Ali 11	
3) #109 Mullen, Gracelynn 12	4) #112 Ringuette, Hailey 11	
5) #117 Yang, Zoe 11		
---	Potsdam B	X2:17.90
1) #233 Seitzer, Abi SO	2) #230 Lemieux, Mya JR	
3) #217 Cardinal, Mackenzie SO	4) #227 Hincley, Keira FR	
5) #237 Williamson, Hailey JR	6) #231 Moore, Kenadi JR	
---	Canton B	X2:19.20
1) #10 Lawton, Lynzie 12	2) #8 Hibbard, Lilly 10	
3) #26 Shipman, Cecily 10	4) #29 Venn-Chew, Paloma 10	
5) #21 Rossiter, Natasha 9	6) #4 Campoy Egea, Paula	
7) #9 Kitzman, Ella 12		
---	Norwood-Norfolk B	X2:33.60
1) #176 Wagstaff, Margaret 11	2) #161 Coller, Kesley 10	
3) #177 Waite, Jaden 11	4) #157 Burns, Kerisa 11	
5) #164 Elliott, Madelyn 11		

Event 9 Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Massena A		1:47.10 10
1) #144 Binion, Jacob 12	2) #151 Fregoe, Connor 12	
3) #149 Favreau, Shane 11	4) #141 Ashley, Jordan 10	
5) #140 Acevedo, Eligha 11	6) #153 Robillard-Ramatici, Ethan	
2 Tupper Lake A		1:49.30 8
1) #292 Farnsworth, Jayden 12	2) #300 Whitman, Owen 12	
3) #298 Robillard, Luke 10	4) #294 Gerstenberger, Cohen 9	
5) #297 Logie, Sawyer 12		
3 Franklin Academy A		1:52.20 6
1) #65 Ashlaw, Mitchell	2) #67 Benjamin, Button	
3) #82 Smythe, Landon	4) #72 Debose, Ayden	
4 Blue Devils A		1:57.20 5
1) #204 Ericksen, Kresten 09	2) #206 Havens, Jace 9	
3) #212 Smith, Ian 11		
5 Indian River A		1:57.60 4
1) #129 Rivera, Kaylum 12	2) #122 Gauthier, Adam 9	
3) #121 Francois, Malachi 9	4) #127 McCranie, David 10	
6 Potsdam A		1:57.70 3
1) #253 Pace, Patrick 11	2) #245 Jones, William 9	
3) #244 Haggett, Max 10	4) #255 Simmons, Jackson 12	
5) #254 Savage, Kurtis 10		
---	Tupper Lake B	XDQ
1) #290 Barkley, Nathan 10	2) #291 Dominic, Luke 9	
3) #293 Fleishman, Brock 9	4) #296 Levey, CJ 10	
---	Franklin Academy B	X2:12.40
1) #69 Brooks, Zebulon	2) #70 Carr, David	
3) #80 Rogers, Witt	4) #81 Shea, Jeb	
---	Potsdam B	X2:27.40
1) #246 Magoon-Lacombe, Noah 9	2) #247 Magoon-Lacombe, Sam 9	
3) #259 Wellings, Andrew 12	4) #239 Brothers, Ryan 9	

Event 10 Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 #31 Armendariz-Haun, Daniel	10	Canton	5:01.30 10
2 #128 Ramos, Hector	12	IR	5:07.00 8
3 #125 Johnston, Elijah	12	IR	5:07.20 6
4 #146 David, Andrew	9	Massena	5:08.90 5
5 #39 Rodriguez-Doyle, Aiden	10	Canton	5:09.20 4
6 #179 Bradley, Lance	12	Norwood-Norfolk	5:15.30 3
7 #180 Bradley, Logan	11	Norwood-Norfolk	5:18.40 2
8 #73 Fefee, Brayden		Malone	5:19.50 0.5
8 #260 Yang, Nick	12	Potsdam	5:19.50 0.5
10 #269 ., Tehoronhathie	12	Salmon River	5:31.60
11 #276 Mitchell, Gunner	10	Salmon River	5:39.00
12 #123 Gauthier, Ryan	9	IR	5:39.20
13 #277 Oakes, Lucas	10	Salmon River	5:41.00
14 #74 Guerin, Donovan		Malone	5:42.90
15 #103 Wells, Kaden	9	Gouverneur	5:43.00
16 #66 Benardot, Maxwell		Malone	5:45.50
17 #257 Vink, Bailey	9	Potsdam	5:45.80
18 #79 Perry, Reece		Malone	5:46.60
19 #295 Kendall, Jonah	9	Tupper Lake	5:50.60
20 #147 Dostie, Jayden	12	Massena	5:59.80
21 #78 Menke, Ryan		Malone	6:02.20
22 #278 Oakes, Ryan	12	Salmon River	6:21.90
23 #44 Worthley, Kolten	10	Canton	6:23.80
24 #203 Brenno, Brody	09	Blue Devils	6:48.00

Event 11 Girls 600 Meter Run

Name	Yr	School	Finals
Finals			
1 #226 Grainger, Ali	JR	Potsdam	1:54.50 10
2 #87 Griffith, Randi	12	Gouverneur	1:54.80 8
3 #268 Oakes, Krissy	12	Salmon River	2:00.40 6
4 #235 Steinrotter, Emmie	FR	Potsdam	2:02.60 5
5 #15 McDonough, Grace	12	Canton	2:02.80 4
6 #195 Murray, Emma	12	Blue Devils	2:03.90 3
7 #56 Lawrence, Tye	10	Malone	2:04.00 2
8 #92 Siebels, Lilah	8	Gouverneur	2:05.20 1
9 #223 Duffy, Daly	SO	Potsdam	2:07.90
10 #60 Perham, Emily	11	Malone	2:08.80
11 #134 Hendricks, Madyson	10	Massena	2:11.90
12 #225 Ewy, Emily	FR	Potsdam	2:12.10
13 #222 Dhaniyala, Saadhika	FR	Potsdam	2:14.30
14 #163 Donahue, Caitlin	8	Norwood-Norfolk	2:15.70
15 #136 Lannis, Molly	11	Massena	2:20.80
16 #10 Lawton, Lynzie	12	Canton	2:21.30
17 #262 Arquette, Mataya	11	Salmon River	2:23.50
18 #264 Cook, Cloe	10	Salmon River	2:26.90
19 #17 Newman, Wyatt	12	Canton	3:05.30

Event 12 Boys 600 Meter Run

Name	Yr	School	Finals
Finals			
1 #71 Chodat, Watson		Malone	1:33.20 10

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

Name	Yr	School	Finals
2 #76 Keating, Dylan		Malone	1:34.10 8
3 #36 Lee-Powell, Rylan	10	Canton	1:43.70 6
4 #126 Jones, Connor	9	IR	1:44.30 5
5 #154 Wilhelm, Zander	10	Massena	1:44.50 4
6 #125 Johnston, Elijah	12	IR	1:47.10 3
7 #272 Francis, Jeremy	10	Salmon River	1:48.90 2
8 #142 Becht, Chase	12	Massena	1:49.10 1
9 #155 Young, Hunter	12	Massena	1:50.40
10 #119 Adams, Josiah	9	IR	1:51.30
11 #211 Skelly, Jaxton	9	Blue Devils	1:52.30
12 #242 Gilbert, Jack	10	Potsdam	1:53.90
13 #100 Schroeder, Jack	11	Gouverneur	1:54.10
14 #96 Fenlong, Ethan	12	Gouverneur	1:57.40
15 #215 Thornhill, Jackson	8	Blue Devils	2:00.40
16 #97 Hitchcock, Tanner	11	Gouverneur	2:01.70
17 #302 Bigtree, Jace		Salmon River	2:02.00
18 #254 Savage, Kurtis	10	Potsdam	2:04.40
19 #256 Teich, Charlie	9	Potsdam	2:04.70
20 #290 Barkley, Nathan	10	Tupper Lake	2:04.90
--- #212 Smith, Ian	11	Blue Devils	X1:48.91

Event 13 Girls 3000 Meter Run

Name	Yr	School	Finals
1 #23 Schmitt, Bennett	9	Canton	12:20.20 10
2 #88 Griffith, Rikki	12	Gouverneur	12:46.10 8
3 #268 Oakes, Krissy	12	Salmon River	13:22.00 6
4 #236 Williams, Sadie	JR	Potsdam	13:36.70 5
5 #219 Clark, Meridyth	SO	Potsdam	13:54.40 4
6 #228 Kelson, Ali	FR	Potsdam	14:18.20 3
7 #55 Hammill, Jillian	11	Malone	14:41.30 2
8 #50 Bennett, Rabecca	11	Malone	14:45.90 1
9 #218 Cetinkaya, Elif	SO	Potsdam	17:13.20

Event 14 Girls 300 Meter Dash

Name	Yr	School	Finals
1 #216 Betrus, Lindy	JR	Potsdam	43.90 10
2 #266 Manson, Makenna	11	Salmon River	46.10 8
3 #84 Bowman, Abigail	11	Gouverneur	46.20 6
4 #13 McCarthy, Rori	12	Canton	46.90 5
5 #224 El Labban, Sarah	FR	Potsdam	48.80 4
6 #20 Robert, Elaina	10	Canton	49.10 3
7 #193 McRoberts, Brianna	12	Blue Devils	50.30 2
8 #30 Zysik, Annika	10	Canton	50.80 1
9 #235 Steinrotter, Emmie	FR	Potsdam	51.00
10 #288 Tarbox, Lacey	8	Tupper Lake	51.30
11 #64 Winters, Katrina	10	Malone	51.50
12 #112 Ringuette, Hailey	11	IR	52.20
13 #229 LaBarge, Tayler	SO	Potsdam	52.80
14 #110 Nustad, Ashlynn	10	IR	53.30
15 #233 Seitzer, Abi	SO	Potsdam	53.50
16 #162 Cupps, Meadow	11	Norwood-Norfolk	54.30
17 #231 Moore, Kenadi	JR	Potsdam	54.60

18 #282 Flagg, Caydence	10	Tupper Lake	55.20
18 #227 Hinckley, Keira	FR	Potsdam	55.20
20 #108 Gorski, Mackenzie	10	IR	55.30
21 #21 Rossiter, Natasha	9	Canton	55.50
22 #137 Oldenburgh, Mackenzie	9	Massena	55.60
23 #170 Miller-Lynch, Tessa	7	Norwood-Norfolk	56.20
24 #185 Bouchey, Ellah	8	Blue Devils	57.70
25 #136 Lannis, Molly	11	Massena	1:00.80
26 #262 Arquette, Mataya	11	Salmon River	1:01.20
27 #48 Bennett, Jorja	9	Malone	1:01.50
28 #198 Putman, Maeve	10	Blue Devils	1:02.20
--- #109 Mullen, Gracelynn	12	IR	X54.60
--- #304 Lalone, Kiely		Blue Devils	X58.10
--- #186 Cross, Mia	11	Blue Devils	X59.70

Event 15 Boys 300 Meter Dash

Name	Yr	School	Finals
1 #45 Young, Caleb	12	Canton	38.10 10
2 #118 Adams, Caleb	12	IR	38.40 8
3 #152 Monroe, Wyatt	12	Massena	39.40 6
4 #143 Binion, Aaron	12	Massena	39.50 5
5 #35 Hall, Owen	12	Canton	40.40 4
6 #183 Milller-Lynch, Liam	10	Norwood-Norfolk	40.60 3
7 #274 Lazore, Cayde	12	Salmon River	40.80 2
8 #181 Gardner, Corbin		Norwood-Norfolk	41.90 1
9 #144 Binion, Jacob	12	Massena	42.80
9 #251 Munoz, Jehavani	9	Potsdam	42.80
11 #244 Haggett, Max	10	Potsdam	43.30
11 #294 Gerstenberger, Cohen	9	Tupper Lake	43.30
11 #129 Rivera, Kaylum	12	IR	43.30
14 #67 Benjamin, Button		Malone	43.40
15 #122 Gauthier, Adam	9	IR	44.10
16 #99 Ritchie, Jackson	9	Gouverneur	44.40
17 #38 Richardson, James	9	Canton	44.50
18 #184 Waite, Mason	9	Norwood-Norfolk	45.00
19 #100 Schroeder, Jack	11	Gouverneur	45.30
20 #96 Fenlong, Ethan	12	Gouverneur	47.50
21 #293 Fleishman, Brock	9	Tupper Lake	47.60
22 #204 Ericksen, Kresten	09	Blue Devils	47.70
23 #202 Beaulieu, Patrick	9	Blue Devils	47.90
24 #34 Cartright, Tegan	P	Canton	48.00
25 #272 Francis, Jeremy	10	Salmon River	48.40
26 #302 Bigtree, Jace		Salmon River	50.60
27 #95 Crews, Hunter	12	Gouverneur	50.80
28 #239 Brothers, Ryan	9	Potsdam	53.00
29 #291 Dominic, Luke	9	Tupper Lake	54.10
--- #121 Francois, Malachi	9	IR	X43.10
--- #126 Jones, Connor	9	IR	X45.20

Event 16 Girls 1000 Meter Run

Name	Yr	School	Finals
1 #234 Shatraw, Izzy	SR	Potsdam	3:24.80 10
2 #226 Grainger, Ali	JR	Potsdam	3:28.50 8
3 #158 Carista, Madison	9	Norwood-Norfolk	3:28.70 6

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Results - NAC Meet

Finals ... (Event 16 Girls 1000 Meter Run)

Name	Yr	School	Finals
4 #57 Leroy, Ellie	11	Malone	3:43.40 5
5 #267 Oakes, Jasmine	11	Salmon River	3:51.30 4
6 #22 Salvimiguel, Marilisa	10	Canton	4:01.20 3
7 #56 Lawrence, Tye	10	Malone	4:07.90 2
8 #47 Benardot, Cora	11	Malone	4:08.90 1
9 #6 Foster, Violet	10	Canton	4:09.10
10 #134 Hendricks, Madyson	10	Massena	4:11.40
11 #58 Marlow, Rhyan	9	Malone	4:11.90
12 #191 Honeywell, Kendall	8	Blue Devils	4:14.80
13 #222 Dhaniyala, Saadhika	FR	Potsdam	4:16.80
14 #225 Ewy, Emily	FR	Potsdam	4:20.00
15 #187 Curtis, Annabel	8	Blue Devils	4:28.40
16 #173 Smith, Brielle	10	Norwood-Norfolk	4:30.80

Event 17 Boys 1000 Meter Run

Name	Yr	School	Finals
1 #71 Chodat, Watson		Malone	2:51.10 10
2 #274 Lazore, Cayde	12	Salmon River	3:04.50 8
3 #146 David, Andrew	9	Massena	3:07.70 6
4 #260 Yang, Nick	12	Potsdam	3:09.50 5
5 #41 Watts, Lucas	10	Canton	3:12.10 4
6 #269 ., Tehoronhiathe	12	Salmon River	3:17.60 3
7 #36 Lee-Powell, Rylan	10	Canton	3:19.30 2
8 #209 Peabody, Gabe	10	Blue Devils	3:20.10 1
9 #271 Cole, Kyren	12	Salmon River	3:21.80
10 #295 Kendall, Jonah	9	Tupper Lake	3:27.10
11 #103 Wells, Kaden	9	Gouverneur	3:31.00
12 #79 Perry, Reece		Malone	3:31.50
13 #147 Dostie, Jayden	12	Massena	3:36.00
14 #75 Johnston, Carter		Malone	3:36.60
15 #78 Menke, Ryan		Malone	3:44.00
16 #100 Schroeder, Jack	11	Gouverneur	3:50.10
17 #69 Brooks, Zebulon		Malone	3:52.30
18 #44 Worthley, Kolten	10	Canton	3:52.50

Event 18 Boys 3200 Meter Run

Name	Yr	School	Finals
1 #179 Bradley, Lance	12	Norwood-Norfolk	11:37.40 10
2 #73 Fefee, Brayden		Malone	11:45.10 8
3 #128 Ramos, Hector	12	IR	11:48.20 6
4 #180 Bradley, Logan	11	Norwood-Norfolk	11:59.50 5
5 #43 Worthley, Kaden	10	Canton	12:11.40 4
6 #74 Guerin, Donovan		Malone	12:27.50 3
7 #257 Vink, Bailey	9	Potsdam	12:45.20 2
8 #276 Mitchell, Gunner	10	Salmon River	13:11.90 1
9 #94 Bice, Kelvin III	9	Gouverneur	14:05.70

Event 19 Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Norwood-Norfolk	A	4:43.40 10
1) #166 Hewey, Rachel 11	2) #174 Snell, Allie 9	
3) #175 Tebo, Kylie 12	4) #158 Carista, Madison 9	
5) #163 Donahue, Caitlin 8		
2 Canton	A	4:43.50 8
1) #13 McCarthy, Rori 12	2) #30 Zysik, Annika 10	
3) #15 McDonough, Grace 12	4) #5 Casserly, Aurora 8	
5) #20 Robert, Elaina 10	6) #3 Brandy, Madison 12	
3 Potsdam	A	4:50.10 6
1) #232 Rutledge, Jaedyn SR	2) #235 Steinrotter, Emmie FR	
3) #223 Duffy, Daly SO	4) #216 Betrus, Lindy JR	
5) #225 Ewy, Emily FR	6) #222 Dhaniyala, Saadhika FR	
4 Franklin Academy	A	5:06.40 5
1) #46 Ashlaw, Natalie 11	2) #61 Powers, Joanne 12	
3) #60 Perham, Emily 11	4) #57 Leroy, Ellie 11	
5) #64 Winters, Katrina 10		
5 Blue Devils	A	5:39.30 4
1) #192 Johnson, KiKi	2) #191 Honeywell, Kendall 8	
3) #185 Bouchey, Ellah 8	4) #187 Curtis, Annabel 8	

Event 20 Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Canton	A	3:53.80 10
1) #45 Young, Caleb 12	2) #35 Hall, Owen 12	
3) #31 Armendariz-Haun, Daniel 10	4) #39 Rodriguez-Doyle, Aiden 10	
5) #40 Simons, Christian 12	6) #44 Worthley, Kolten 10	
2 Franklin Academy	A	3:56.90 8
1) #65 Ashlaw, Mitchell	4) #77 LaChance, Brandon	
3) #76 Keating, Dylan	6) #68 Bormann, Justin	
7) #71 Chodat, Watson		
3 Norwood-Norfolk	A	4:11.20 6
1) #181 Gardner, Corbin	2) #179 Bradley, Lance 12	
3) #184 Waite, Mason 9	4) #183 Milller-Lynch, Liam 10	
5) #180 Bradley, Logan 11		
4 Potsdam	A	4:27.20 5
1) #250 Morey, Xaiden 9	2) #256 Teich, Charlie 9	
3) #251 Munoz, Jehavani 9	4) #244 Hagggett, Max 10	
5) #243 Grainger, Nick 10		
5 Massena	A	4:33.60 4
1) #155 Young, Hunter 12	2) #148 Eggleston, Logan 12	
3) #142 Becht, Chase 12	4) #151 Fregoe, Connor 12	
5) #145 Bush, Kaden 11	6) #153 Robillard-Ramatici, Ethan	
6 Blue Devils	A	4:36.90 3
2) #212 Smith, Ian 11		
3) #204 Ericksen, Kresten 09	4) #206 Havens, Jace 9	

Event 21 Girls High Jump

Name	Yr	School	Finals
Finals			
1 #54 Funk, Darci	8	Malone	4-10.00 10

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Results - NAC Meet

Finals ... (Event 21 Girls High Jump)

Name	Yr	School	Finals
2 #166 Hewey, Rachel	11	Norwood-Norfolk	4-06.00 7
2 #1 Armstrong, Maddie	12	Canton	4-06.00 7
4 #104 Adams, Mackenzie	11	IR	J4-06.00 5
5 #53 Chodat, Adeline	12	Malone	4-04.00 4
6 #169 Masuk, Autumn	8	Norwood-Norfolk	J4-02.00 3
7 #221 Davidson, Lizzie	JR	Potsdam	J4-02.00 1.5
7 #56 Lawrence, Tye	10	Malone	J4-02.00 1.5
9 #188 Curtis, Autumn	10	Blue Devils	J4-02.00
10 #9 Kitzman, Ella	12	Canton	J4-02.00
11 #105 Burnard, Carolina	11	IR	4-00.00
11 #47 Benardot, Cora	11	Malone	4-00.00
11 #115 VanTassel, Ali	11	IR	4-00.00
14 #227 Hinckley, Keira	FR	Potsdam	3-10.00
--- #55 Hammill, Jillian	11	Malone	NH
--- #228 Kelson, Ali	FR	Potsdam	NH
--- #282 Flagg, Caydence	10	Tupper Lake	NH

Event 22 Boys High Jump

Name	Yr	School	Finals
1 #118 Adams, Caleb	12	IR	J5-08.00 10
2 #68 Bormann, Justin		Malone	J4-09.00 8
3 #66 Benardot, Maxwell		Malone	J4-09.00 6
4 #209 Peabody, Gabe	10	Blue Devils	J4-00.00 5
--- #258 Washburn, Austin	12	Potsdam	NH
--- #248 Malit, Jimmy		Potsdam	NH

Event 23 Girls Long Jump

Name	Yr	School	Finals
1 #216 Betrus, Lindy	JR	Potsdam	16-00.00 10
2 #104 Adams, Mackenzie	11	IR	15-03.25 8
3 #1 Armstrong, Maddie	12	Canton	13-10.25 6
4 #90 Sheen, Jacey	11	Gouverneur	13-08.00 5
5 #195 Murray, Emma	12	Blue Devils	13-04.00 4
6 #111 Paulyn-Solar, Mary	10	IR	13-03.25 3
7 #194 Mix, Kadence	12	Blue Devils	13-02.00 2
8 #200 Wilson, Katharine	9	Blue Devils	12-08.50 1
9 #109 Mullen, Gracelynn	12	IR	12-02.25
10 #217 Cardinal, Mackenzie	SO	Potsdam	12-01.75
11 #53 Chodat, Adeline	12	Malone	11-09.50
12 #58 Marlow, Rhyan	9	Malone	11-07.75
13 #288 Tarbox, Lacey	8	Tupper Lake	11-06.25
14 #8 Hibbard, Lilly	10	Canton	11-03.75
15 #262 Arquette, Mataya	11	Salmon River	11-02.75
16 #223 Duffy, Daly	SO	Potsdam	10-09.50
17 #89 Morrow, Haley	11	Gouverneur	10-00.00
18 #137 Oldenburgh, Mackenzie	9	Massena	9-03.50

Event 24 Boys Long Jump

Name	Yr	School	Finals
1 #72 Debose, Ayden		Malone	18-02.75 10
2 #141 Ashley, Jordan	10	Massena	16-08.00 8

3 #258 Washburn, Austin	12	Potsdam	16-02.75 6
4 #294 Gerstenberger, Cohen	9	Tupper Lake	15-08.25 5
5 #271 Cole, Kyren	12	Salmon River	15-07.75 4
6 #259 Wellings, Andrew	12	Potsdam	14-04.00 3
7 #144 Binion, Jacob	12	Massena	14-03.00 2
8 #98 Lucas, Maxwel	11	Gouverneur	14-01.50 1
9 #94 Bice, Kelvin III	9	Gouverneur	13-10.25
10 #82 Smythe, Landon		Malone	13-07.75
11 #129 Rivera, Kaylum	12	IR	12-10.00
12 #34 Cartright, Tegan	P	Canton	12-03.25
13 #178 Boprey, Dominic	11	Norwood-Norfolk	12-01.25
14 #256 Teich, Charlie	9	Potsdam	11-08.25
15 #295 Kendall, Jonah	9	Tupper Lake	10-09.00
16 #202 Beaulieu, Patrick	9	Blue Devils	10-08.50
--- #152 Monroe, Wyatt	12	Massena	FOUL
--- #97 Hitchcock, Tanner	11	Gouverneur	FOUL

Event 25 Girls Triple Jump

Name	Yr	School	Finals
1 #234 Shatraw, Izzy	SR	Potsdam	31-09.75 10
2 #27 Shipman, Stella	11	Canton	30-09.50 8
3 #268 Oakes, Krissy	12	Salmon River	28-03.25 6
4 #57 Leroy, Ellie	11	Malone	27-05.50 5
5 #200 Wilson, Katharine	9	Blue Devils	27-02.00 4
6 #105 Burnard, Carolina	11	IR	26-10.75 3
7 #47 Benardot, Cora	11	Malone	26-07.25 2
8 #219 Clark, Meridyth	SO	Potsdam	26-07.00 1
9 #19 Perretta, Isabella	9	Canton	26-06.00
10 #230 Lemieux, Mya	JR	Potsdam	24-00.00
11 #115 VanTassel, Ali	11	IR	23-05.50
12 #52 Branconnier, Morgan	10	Malone	23-00.75
--- #187 Curtis, Annabel	8	Blue Devils	FOUL

Event 26 Boys Triple Jump

Name	Yr	School	Finals
1 #143 Binion, Aaron	12	Massena	37-06.50 10
2 #155 Young, Hunter	12	Massena	34-07.50 8
3 #41 Watts, Lucas	10	Canton	34-07.25 6
4 #65 Ashlaw, Mitchell		Malone	34-02.75 5
5 #258 Washburn, Austin	12	Potsdam	33-11.75 4
6 #154 Wilhelm, Zander	10	Massena	31-01.00 3
7 #211 Skelly, Jaxton	9	Blue Devils	30-00.00 2
--- #271 Cole, Kyren	12	Salmon River	FOUL
--- #208 Peabody, Crofton	10	Blue Devils	FOUL

Event 27 Girls Shot Put

Name	Yr	School	Finals
1 #138 Oliver, Kristen	12	Massena	29-01.50 10
2 #220 Clark, Olivia	JR	Potsdam	27-04.50 8
3 #59 Monette, MaKenna	12	Malone	27-01.00 6
4 #164 Elliott, Madelyn	11	Norwood-Norfolk	26-07.00 5
5 #159 Charles, Sydney	10	Norwood-Norfolk	26-02.00 4
6 #157 Burns, Kerisa	11	Norwood-Norfolk	23-06.50 3

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Results - NAC Meet

Finals ... (Event 27 Girls Shot Put)

Name	Yr	School	Finals
7 #237 Williamson, Hailey	JR	Potsdam	22-09.00 1.5
7 #17 Newman, Wyatt	12	Canton	22-09.00 1.5
9 #107 Cratsenberg, Sierra	10	IR	21-02.00
10 #287 Strack, Kathryn	11	Tupper Lake	20-10.50
11 #176 Wagstaff, Margaret	11	Norwood-Norfolk	20-07.00
12 #21 Rossiter, Natasha	9	Canton	20-03.00
13 #134 Hendricks, Madyson	10	Massena	19-11.00
14 #280 Becker, Mary	10	Tupper Lake	19-07.50
15 #286 Sparks, Aubrey	12	Tupper Lake	19-05.00
16 #52 Branconnier, Morgan	10	Malone	19-01.00
17 #26 Shipman, Cecily	10	Canton	16-00.00
18 #264 Cook, Cloe	10	Salmon River	15-09.50
19 #48 Bennett, Jorja	9	Malone	15-06.00
20 #51 Bess, Mykenna	9	Malone	15-00.00
21 #197 Pratt, Jenna	11	Blue Devils	13-04.25
--- #168 LaBar, Brianna	11	Norwood-Norfolk	X18-07.50
--- #172 Sherman, Audrieanna	10	Norwood-Norfolk	X18-05.00
--- #177 Waite, Jaden	11	Norwood-Norfolk	X18-02.50
--- #167 Kennedy, Kiley	11	Norwood-Norfolk	X15-09.00
--- #161 Coller, Kesley	10	Norwood-Norfolk	X15-00.00

Women - Team Rankings - 14 Events Scored

1) Potsdam	125
2) Canton	104.5
3) Norwood-Norfolk Central School	70
4) Franklin Academy	63.5
5) Gouverneur Central School	62
6) Salmon River	45
7) Ogdensburg Free Academy	29
8) Indian River	24
9) Massena	10

Men - Team Rankings - 14 Events Scored

1) Massena	113
2) Franklin Academy	92
3) Canton	76
4) Indian River	68
5) Potsdam	49.5
6) Norwood-Norfolk Central School	36.5
7) Ogdensburg Free Academy	29.5
8) Salmon River	20
9) Tupper Lake	19
10) Gouverneur Central School	13.5

Event 28 Boys Shot Put

Name	Yr	School	Finals
1 #101 Siebels, Owen	11	Gouverneur	37-03.00 10
2 #201 Baxter, Chandler	11	Blue Devils	J35-04.00 8
3 #153 Robillard-Ramatici, Eth	11	Massena	J35-04.00 6
4 #298 Robillard, Luke	10	Tupper Lake	33-02.00 5
5 #250 Morey, Xaiden	9	Potsdam	32-01.00 4
6 #80 Rogers, Witt		Malone	30-01.00 3
7 #149 Favreau, Shane	11	Massena	29-10.00 2
8 #289 Baker, Mike	11	Tupper Lake	J29-05.00 1
9 #300 Whitman, Owen	12	Tupper Lake	J29-05.00
10 #81 Shea, Jeb		Malone	28-04.00
11 #132 Yang, Sam	12	IR	27-04.00
11 #40 Simons, Christian	12	Canton	27-04.00
13 #292 Farnsworth, Jayden	12	Tupper Lake	26-08.00
14 #270 Burns, Kobryn	12	Salmon River	26-07.00
15 #178 Boprey, Dominic	11	Norwood-Norfolk	26-06.00
15 #255 Simmons, Jackson	12	Potsdam	26-06.00
17 #69 Brooks, Zebulon		Malone	26-04.00
17 #38 Richardson, James	9	Canton	26-04.00
19 #99 Ritchie, Jackson	9	Gouverneur	25-05.00
20 #70 Carr, David		Malone	24-10.00
21 #95 Crews, Hunter	12	Gouverneur	24-03.00
22 #215 Thornhill, Jackson	8	Blue Devils	23-10.00
23 #273 Hasty, Oakley	9	Salmon River	23-08.00
24 #182 Garrow, Jaron	9	Norwood-Norfolk	21-00.00
25 #301 Stewart, Caden		Norwood-Norfolk	20-03.00
--- #296 Levey, CJ	10	Tupper Lake	X30-04.00
--- #290 Barkley, Nathan	10	Tupper Lake	X23-04.00