

NAC Indoor Meet 5 - 1/27/2023

SLU

Results - NAC Meet

Event 1 Girls 4x800 Meter Relay

Section X: 9:16.39 R 2014

Canton

Team	Relay	Finals
Finals		
1 Norwood-Norfolk	A	11:14.35 10
1) #157 Carista, Madison 9	2) #165 Hewey, Rachel 11	
3) #173 Snell, Allie 9	4) #155 Ashley, Madison 10	
2 Gouverneur	A	11:22.82 8
1) #88 Griffith, Randi 12	2) #89 Griffith, Rikki 12	
3) #92 Shippee, Lillianna 10	4) #93 Siebels, Lilah 8	
3 Potsdam	A	11:57.11 6
1) #235 Williams, Sadie JR	2) #218 Clark, Meridyth SO	
3) #227 Kelson, Ali FR	4) #234 Steinrotter, Emmie FR	
5) #217 Cetinkaya, Elif SO		
4 Franklin Academy	A	12:05.90 5
1) #51 Bennett, Rabecca 11	2) #57 Lawrence, Tye 10	
3) #59 Marlow, Rhyan 9	4) #65 Winters, Katrina 10	

Event 2 Boys 4x800 Meter Relay

Section X: 8:01.60 R 1989

Malone

Lawrence, Mulverhill, Taylor, VanEss

Team	Relay	Finals
Finals		
1 Norwood-Norfolk	A	9:20.11 10
1) #181 Fiacco, Dominic 11	2) #180 Fiacco, Anthony 12	
3) #178 Bradley, Lance 12	4) #179 Bradley, Logan 11	
5) #182 Gardner, Corbin		
2 Indian River	A	9:28.74 8
1) #127 Ramos, Hector 12	2) #121 Gauthier, Ryan 9	
3) #124 Jones, Connor 9	4) #123 Johnston, Elijah 12	
5) #118 Adams, Josiah 9	6) #131 Yang, Sam 12	
3 Salmon River	A	10:04.13 6
1) #268 ., Tehoronhiathe 12	2) #278 Sharrow, Tehonietathe 12	
3) #271 Cole, Kyren 12	4) #274 Lazore, Cayde 12	
4 Massena	A	10:13.41 5
1) #145 David, Andrew 9	2) #154 Young, Hunter 12	
3) #141 Becht, Chase 12	4) #146 Dostie, Jayden 12	
5) #147 Eggleston, Logan 12	6) #144 Bush, Kaden 11	
5 Potsdam	A	10:45.79 4
1) #259 Yang, Nick 12	2) #256 Vink, Bailey 9	
3) #255 Teich, Charlie 9	4) #242 Grainger, Nick 10	
6 Franklin Academy	A	10:47.39 3
1) #76 Johnston, Carter	2) #69 Bormann, Justin	
3) #78 LaChance, Brandon	4) #79 Menke, Ryan	
7 Tupper Lake	A	11:51.38 2
1) #289 Barkley, Nathan 10	2) #290 Dominic, Luke 9	
3) #292 Fleishman, Brock 9	4) #294 Kendall, Jonah 9	

Event 3 Girls 60 Meter Dash

Section X: 8.19 R 2020

Tiffany Plunkett

Name	Yr	School	Finals
Finals			
1 #265 Manson, Makenna	11	Salmon River	8.29 10
2 #85 Bowman, Abigail	11	Gouverneur	8.48 8
3 #223 El Labban, Sarah	FR	Potsdam	8.58 6

4 #87 Greenhill, Meadow	11	Gouverneur	8.70	5
5 #62 Powers, Joanne	12	Malone	8.77	4
6 #161 Cupps, Meadow	11	Norwood-Norfolk	8.79	3
7 #91 Sheen, Jacey	11	Gouverneur	8.93	2
8 #94 Smith, Emily	10	Gouverneur	8.97	1
9 #195 McRoberts, Brianna	12	Blue Devils	9.01	
10 #190 Curtis, Autumn	10	Blue Devils	9.03	
11 #106 Cavaliere, Kayla	10	IR	9.06	
12 #113 Thorpe, Jaida	9	IR	9.10	
13 #158 Charles, Sydney	10	Norwood-Norfolk	9.26	
14 #228 LaBarge, Tayler	SO	Potsdam	9.27	
15 #287 Tarbox, Lacey	8	Tupper Lake	9.36	
15 #47 Ashlaw, Natalie	11	Malone	9.36	
17 #8 Hibbard, Lilly	10	Canton	9.40	
18 #196 Mix, Kadence	12	Blue Devils	9.42	
19 #110 Nustad, Ashlynn	10	IR	9.49	
20 #63 Rivera, Kylie	11	Malone	9.66	
21 #230 Moore, Kenadi	JR	Potsdam	9.67	
22 #136 Oldenburgh, Mackenzie	9	Massena	9.74	
23 #261 Arquette, Mataya	11	Salmon River	9.82	
24 #90 Morrow, Haley	11	Gouverneur	9.86	
25 #84 Blaine, Llydia	11	Gouverneur	9.88	
26 #281 Flaggy, Caydence	10	Tupper Lake	9.89	
27 #187 Bouchey, Ellah	8	Blue Devils	9.92	
28 #26 Shipman, Cecily	10	Canton	9.94	
29 #169 Miller-Lynch, Tessa	7	Norwood-Norfolk	10.03	
30 #194 Lalone, Kiely		Blue Devils	10.09	
31 #199 Putman, Maeve	10	Blue Devils	10.50	
32 #191 Finley, Kaitlin		Blue Devils	10.75	
33 #216 Cardinal, Mackenzie	SO	Potsdam	10.80	
34 #49 Bennett, Jorja	9	Malone	10.81	
35 #198 Pratt, Jenna	11	Blue Devils	10.98	
36 #60 Monette, MaKenna	12	Malone	11.02	
37 #279 Becker, Mary	10	Tupper Lake	11.09	
38 #52 Bess, Mykenna	9	Malone	11.96	
--- #112 Ringuette, Hailey	11	IR	X9.70	
--- #116 Yang, Zoe	11	IR	X9.95	
--- #115 Wells, Na'Keya	11	IR	X10.07	
--- #162 Donahue, Caitlin	8	Norwood-Norfolk	X10.11	
--- #175 Wagstaff, Margaret	11	Norwood-Norfolk	X10.24	
--- #176 Waite, Jaden	11	Norwood-Norfolk	X11.58	
--- #285 Sparks, Aubrey	11	Tupper Lake	X13.65	
--- #286 Strack, Kathryn	11	Tupper Lake	X16.07	

Event 4 Boys 60 Meter Dash

Section X: 7.05 R 2020

Caleb Farr

Name	Yr	School	Finals
Finals			
1 #117 Adams, Caleb	12	IR	7.30 10
2 #151 Monroe, Wyatt	12	Massena	7.39 8
3 #46 Young, Caleb	12	Canton	7.46 6
4 #73 Debose, Ayden		Malone	7.73 5
5 #293 Gerstenberger, Cohen	9	Tupper Lake	7.78 3.5
5 #184 Milller-Lynch, Liam	10	Norwood-Norfolk	7.78 3.5
7 #143 Binion, Jacob	12	Massena	7.82 2
8 #278 Sharrow, Tehonietathe	12	Salmon River	7.88 1

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Results - NAC Meet

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

Name	Yr	School	Finals
9 #66 Ashlaw, Mitchell		Malone	8.04
10 #239 Cardona, Landon	12	Potsdam	8.09
11 #124 Jones, Connor	9	IR	8.11
12 #297 Robillard, Luke	10	Tupper Lake	8.23
13 #150 Fregoe, Connor	12	Massena	8.26
14 #213 Sutherland, Ryan	11	Blue Devils	8.35
15 #177 Boprey, Dominic	11	Norwood-Norfolk	8.36
16 #258 Wellings, Andrew	12	Potsdam	8.50
16 #125 McCranie, David	10	IR	8.50
18 #298 Whitman, Owen	12	Tupper Lake	8.55
19 #203 Beaulieu, Patrick	9	Blue Devils	8.60
20 #272 Francis, Jeremy	10	Salmon River	8.63
20 #95 Bice, Kelvin III	9	Gouverneur	8.63
22 #254 Simmons, Jackson	12	Potsdam	8.76
23 #126 Mason, Nathan		IR	9.16
24 #35 Cortright, Tegan	9	Canton	9.17
25 #32 Button, Nate	10	Canton	9.21
26 #43 Williams, Darvay	10	Canton	9.31
27 #96 Crews, Hunter	12	Gouverneur	9.54
28 #82 Shea, Jeb		Malone	9.82
29 #41 Simons, Christian	12	Canton	9.85
30 #270 Burns, Kobryn	12	Salmon River	9.87
31 #273 Hasty, Oakley	9	Salmon River	12.10
--- #186 Waite, Mason	9	Norwood-Norfolk	X8.60
--- #244 Jones, William	9	Potsdam	X8.70
--- #296 Logie, Sawyer	12	Tupper Lake	X8.77
--- #291 Farnsworth, Jayden	12	Tupper Lake	X8.80
--- #292 Fleishman, Brock	9	Tupper Lake	X9.11
--- #238 Brothers, Ryan	9	Potsdam	X9.26
--- #253 Savage, Kurtis	10	Potsdam	X9.35
--- #212 Stowell, Chase	11	Blue Devils	X9.57
--- #247 Malit, Jimmy		Potsdam	X9.60
--- #288 Baker, Mike	11	Tupper Lake	X9.64
--- #290 Dominic, Luke	9	Tupper Lake	X9.73
--- #245 Magoon-Lacombe, Noal	9	Potsdam	X10.11
--- #183 Garrow, Jaron	9	Norwood-Norfolk	X10.43
--- #129 Sayre, Emeory	11	IR	X10.98
--- #246 Magoon-Lacombe, Sam	9	Potsdam	X11.04
--- #240 Emlaw, Austin	9	Potsdam	X14.61

Event 5 Girls 60 Meter Hurdles

Section X: 10.43 R 2020 Sydney Lorenc

Name	Yr	School	Finals
1 #280 Ellis, Olivia	12	Tupper Lake	10.45 10
2 #27 Shipman, Stella	11	Canton	10.78 8
3 #1 Armstrong, Maddie	12	Canton	10.99 6
4 #168 Masuk, Autumn	8	Norwood-Norfolk	11.38 5
5 #3 Brandy, Madison	12	Canton	11.62 4
6 #201 Wilson, Katharine	9	Blue Devils	11.68 3
7 #231 Rutledge, Jaedyn	SR	Potsdam	11.72 2
8 #174 Tebo, Kylie	12	Norwood-Norfolk	11.73 1
9 #55 Funk, Darci	8	Malone	11.80
10 #232 Seitzer, Abi	SO	Potsdam	11.94

11 #282 Foote, Emelia	11	Tupper Lake	12.26
12 #53 Branconnier, Morgan	10	Malone	12.50
13 #197 Murray, Emma	12	Blue Devils	12.69
14 #19 Perretta, Isabella	9	Canton	13.25
15 #135 Lannis, Molly	11	Massena	13.87
16 #136 Oldenburgh, Mackenzie	9	Massena	14.24

Event 6 Boys 60 Meter Hurdles

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

Name	Yr	School	Finals
1 #249 Morey, Xaiden	9	Potsdam	10.85 10
2 #36 Hall, Owen	12	Canton	10.89 8
3 #153 Wilhelm, Zander	10	Massena	10.90 6
4 #209 Peabody, Gabe	10	Blue Devils	11.33 5
5 #208 Peabody, Crofton	10	Blue Devils	11.82 4
6 #241 Gilbert, Jack	10	Potsdam	12.55 3
7 #252 Pace, Patrick	11	Potsdam	12.58 2

Event 7 Girls 1500 Meter Run

Section X: 4:41.54 R 2013 Laura Pierce

Name	Yr	School	Finals
1 #159 Colbert, Sharon	12	Norwood-Norfolk	5:10.23 10
2 #233 Shatraw, Izzy	SR	Potsdam	5:16.82 8
3 #173 Snell, Allie	9	Norwood-Norfolk	5:18.73 6
4 #23 Schmitt, Bennett	9	Canton	5:19.39 5
5 #266 Oakes, Jasmine	11	Salmon River	5:41.05 4
6 #89 Griffith, Rikki	12	Gouverneur	5:46.14 3
7 #235 Williams, Sadie	JR	Potsdam	5:55.18 2
8 #58 Leroy, Ellie	11	Malone	6:01.85 1
9 #22 Salvimiguel, Marilisa	10	Canton	6:12.94
10 #56 Hammill, Jillian	11	Malone	6:19.31
11 #16 McKinley, Cecelia	10	Canton	6:21.72
12 #51 Bennett, Rabecca	11	Malone	6:36.53

Event 8 Girls 4x200 Meter Relay

Section X: 1:49.70 R 2007 Indian River

Team	Relay	Finals
1 Gouverneur	A	1:57.02 10
1) #87 Greenhill, Meadow 11	2) #91 Sheen, Jacey 11	
3) #88 Griffith, Randi 12	4) #85 Bowman, Abigail 11	
5) #86 Gaines, Audrey 10		
2 Canton	A	1:57.62 8
1) #27 Shipman, Stella 11	2) #20 Robert, Elaina 10	
3) #3 Brandy, Madison 12	4) #25 Seegar, Julia 10	
5) #10 Lawton, Lynzie 12		
3 Potsdam	A	2:03.86 6
1) #220 Davidson, Lizzie JR	2) #232 Seitzer, Abi SO	
3) #228 LaBarge, Tayler SO	4) #223 El Labban, Sarah FR	
5) #230 Moore, Kenadi JR	6) #236 Williamson, Hailey JR	
4 Franklin Academy	A	2:04.31 5
1) #47 Ashlaw, Natalie 11	2) #54 Chodat, Adeline 12	
3) #61 Perham, Emily 11	4) #62 Powers, Joanne 12	

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Results - NAC Meet

Finals ... (Event 8 Girls 4x200 Meter Relay)		
Team	Relay	Finals
5 Blue Devils	A	2:05.93 4
1) #196 Mix, Kadence 12	2) #201 Wilson, Katharine 9	
3) #190 Curtis, Autumn 10	4) #195 McRoberts, Brianna 12	
6 Norwood-Norfolk	A	2:08.35 3
1) #161 Cupps, Meadow 11	2) #174 Tebo, Kylie 12	
3) #169 Miller-Lynch, Tessa 7	4) #168 Masuk, Autumn 8	
7 Indian River	A	2:08.59 2
1) #106 Cavaliere, Kayla 10	2) #110 Nustad, Ashlynn 10	
3) #111 Paulyn Solar, Mary 10	4) #113 Thorpe, Jaida 9	
8 Tupper Lake	A	2:11.57 1
1) #284 Nadeau, Meika 12	2) #282 Foote, Emelia 11	
3) #287 Tarbox, Lacey 8	4) #281 Flagg, Caydence 10	
9 Massena	A	2:18.15
1) #136 Oldenburgh, Mackenzie 9	2) #137 Oliver, Kristen 12	
3) #133 Hendricks, Madyson 10	4) #135 Lannis, Molly 11	
--- Canton	B	X2:09.37
1) #10 Lawton, Lynzie 12	2) #25 Seegar, Julia 10	
3) #8 Hibbard, Lilly 10	4) #21 Rossiter, Natasha 9	
5) #26 Shipman, Cecily 10	6) #29 Venn-Chew, Paloma 10	
--- Indian River	B	X2:12.30
1) #115 Wells, Na'Keya 11	2) #114 VanTassel, Ali 11	
3) #109 Mullen, Gracelynn 12	4) #112 Ringuette, Hailey 11	
5) #105 Burnard, Carolina 11	6) #116 Yang, Zoe 11	
--- Gouverneur	B	X2:14.60
1) #94 Smith, Emily 10	2) #84 Blaine, Llydia 11	
3) #90 Morrow, Haley 11	4) #92 Shippee, Lillianna 10	
5) #93 Siebels, Lilah 8		
--- Franklin Academy	B	X2:19.26
1) #55 Funk, Darci 8	2) #63 Rivera, Kylie 11	
3) #57 Lawrence, Tye 10	4) #52 Bess, Mykenna 9	
5) #60 Monette, MaKenna 12		
--- Norwood-Norfolk	B	X2:34.49
1) #160 Coller, Kesley 10	2) #175 Wagstaff, Margaret 11	
3) #176 Waite, Jaden 11	4) #156 Burns, Kerisa 11	
5) #163 Elliott, Madelyn 11		

Event 9 Boys 4x200 Meter Relay

Section X: 1:35.70 R 2006

Norwood-Norfolk

Bisceglia, Colby, Gay, Wagschal

Team	Relay	Finals
1 Massena	A	1:42.18 10
1) #143 Binion, Jacob 12	2) #150 Fregoe, Connor 12	
3) #151 Monroe, Wyatt 12	4) #142 Binion, Aaron 12	
5) #152 Robillard-Ramatici, Ethan		
2 Franklin Academy	A	1:48.98 8
1) #66 Ashlaw, Mitchell	2) #72 Chodat, Watson	
5) #73 Debose, Ayden	4) #83 Smythe, Landon	
3 Tupper Lake	A	1:49.05 6
1) #291 Farnsworth, Jayden 12	2) #298 Whitman, Owen 12	
3) #297 Robillard, Luke 10	4) #293 Gerstenberger, Cohen 9	

4 Potsdam	A	1:51.06 5
1) #244 Jones, William 9	2) #243 Haggett, Max 10	
3) #239 Cardona, Landon 12	4) #254 Simmons, Jackson 12	
5 Blue Devils	A	1:53.19 4
1) #205 Ericksen, Kresten 09	2) #211 Smith, Ian 11	
3) #206 Gillette, Gary 12	4) #213 Sutherland, Ryan 11	
6 Gouverneur	A	2:00.28 3
1) #100 Ritchie, Jackson 9	2) #98 Hitchcock, Tanner 11	
3) #95 Bice, Kelvin III 9	4) #97 Fenlong, Ethan 12	
5) #96 Crews, Hunter 12		
7 Indian River	A	2:01.23 2
1) #118 Adams, Josiah 9	2) #120 Gauthier, Adam 9	
3) #125 McCranie, David 10	4) #130 Waldrun, Donald 12	
--- Franklin Academy	B	X2:18.22
1) #76 Johnston, Carter	2) #80 Perry, Reece	
3) #71 Carr, David	4) #82 Shea, Jeb	
--- Potsdam	B	X2:22.99
1) #246 Magoon-Lacombe, Sam 9	2) #245 Magoon-Lacombe, Noah 9	
3) #253 Savage, Kurtis 10	4) #238 Brothers, Ryan 9	

Event 10 Boys 1600 Meter Run

Section X: 4:14.00 R 1981

Jim Tyler

Name	Yr	School	Finals
Finals			
1 #127 Ramos, Hector	12	IR	4:58.82 10
2 #179 Bradley, Logan	11	Norwood-Norfolk	4:59.14 8
3 #123 Johnston, Elijah	12	IR	4:59.26 6
4 #31 Armendariz-Haun, Daniel	10	Canton	4:59.73 5
5 #40 Rodriguez-Doyle, Aiden	10	Canton	5:00.66 4
6 #42 Watts, Lucas	10	Canton	5:06.22 3
7 #74 Fefee, Brayden		Malone	5:11.29 2
8 #259 Yang, Nick	12	Potsdam	5:12.27 1
9 #178 Bradley, Lance	12	Norwood-Norfolk	5:16.75
10 #44 Worthley, Kaden	10	Canton	5:23.62
11 #121 Gauthier, Ryan	9	IR	5:24.78
12 #75 Guerin, Donovan		Malone	5:32.70
13 #256 Vink, Bailey	9	Potsdam	5:34.76
14 #276 Oakes, Lucas	10	Salmon River	5:46.68
15 #76 Johnston, Carter		Malone	5:51.81
16 #67 Benardot, Maxwell		Malone	5:53.28
17 #250 Munoz, Jehavani	9	Potsdam	5:56.21
18 #277 Oakes, Ryan	12	Salmon River	5:56.28
19 #45 Worthley, Kolten	10	Canton	6:03.67
20 #80 Perry, Reece		Malone	6:29.19
21 #204 Brenno, Brody	09	Blue Devils	6:37.04
--- #181 Fiacco, Dominic	11	Norwood-Norfolk	DNF

Event 11 Girls 600 Meter Run

Section X: 1:37.57 R 2014

Rebekkah Bond

Name	Yr	School	Finals
Finals			
1 #159 Colbert, Sharon	12	Norwood-Norfolk	1:46.84 10
2 #225 Grainger, Ali	JR	Potsdam	1:47.19 8
3 #88 Griffith, Randi	12	Gouverneur	1:49.59 6
4 #5 Casserly, Aurora	8	Canton	1:50.31 5
5 #267 Oakes, Krissy	12	Salmon River	1:50.33 4

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Results - NAC Meet

Finals ... (Event 11 Girls 600 Meter Run)

Name	Yr	School	Finals
6 #13 McCarthy, Rori	12	Canton	1:51.26 3
7 #30 Zysik, Annika	10	Canton	2:00.56 2
8 #234 Steinrotter, Emmie	FR	Potsdam	2:00.73 1
9 #93 Siebels, Lilah	8	Gouverneur	2:01.46
10 #104 Adams, Mackenzie	11	IR	2:02.53
11 #222 Duffy, Daly	SO	Potsdam	2:05.05
12 #6 Foster, Violet	10	Canton	2:05.32
13 #59 Marlow, Rhyan	9	Malone	2:07.33
14 #226 Hinckley, Keira	FR	Potsdam	2:07.80
15 #162 Donahue, Caitlin	8	Norwood-Norfolk	2:09.16
16 #22 Salvimiguel, Marilisa	10	Canton	2:10.01
17 #108 Gorski, Mackenzie	10	IR	2:12.06
18 #133 Hendricks, Madyson	10	Massena	2:14.16
19 #155 Ashley, Madison	10	Norwood-Norfolk	2:14.21
20 #261 Arquette, Mataya	11	Salmon River	2:15.42
21 #263 Cook, Cloe	10	Salmon River	2:23.79

Event 12 Boys 600 Meter Run

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

Name	Yr	School	Finals
Finals			
1 #72 Chodat, Watson		Malone	1:32.84 10
2 #139 Acevedo, Eligha	11	Massena	1:34.26 8
3 #37 Lee-Powell, Rylan	10	Canton	1:38.17 6
4 #182 Gardner, Corbin		Norwood-Norfolk	1:39.52 5
5 #124 Jones, Connor	9	IR	1:39.60 4
6 #184 Milller-Lynch, Liam	10	Norwood-Norfolk	1:39.65 3
7 #140 Ashley, Jordan	10	Massena	1:45.24 2
8 #272 Francis, Jeremy	10	Salmon River	1:46.88 1
9 #209 Peabody, Gabe	10	Blue Devils	1:47.35
10 #210 Skelly, Jaxton	9	Blue Devils	1:49.44
11 #141 Becht, Chase	12	Massena	1:49.67
12 #118 Adams, Josiah	9	IR	1:50.07
13 #97 Fenlong, Ethan	12	Gouverneur	1:52.96
14 #241 Gilbert, Jack	10	Potsdam	1:53.16
15 #214 Thornhill, Jackson	8	Blue Devils	1:59.40
16 #289 Barkley, Nathan	10	Tupper Lake	2:00.72
17 #253 Savage, Kurtis	10	Potsdam	2:00.76
--- #242 Grainger, Nick	10	Potsdam	DNF

Event 13 Girls 3000 Meter Run

Section X: 10:09.70 R 2014 Laura Pierce

Name	Yr	School	Finals
Finals			
1 #23 Schmitt, Bennett	9	Canton	11:52.57 10
2 #266 Oakes, Jasmine	11	Salmon River	12:32.25 8
3 #235 Williams, Sadie	JR	Potsdam	13:13.61 6
4 #218 Clark, Meridyth	SO	Potsdam	13:20.40 5
5 #28 Tupper, Johanna	10	Canton	13:24.32 4
6 #48 Benardot, Cora	11	Malone	14:02.38 3
7 #227 Kelson, Ali	FR	Potsdam	14:03.48 2
8 #61 Perham, Emily	11	Malone	14:14.64 1
9 #56 Hammill, Jillian	11	Malone	14:17.11
10 #51 Bennett, Rebecca	11	Malone	14:39.21

Event 14 Girls 300 Meter Dash

Section X: 41.46 R 1982 Sue Hutchins

Name	Yr	School	Finals
Finals			
1 #215 Betrus, Lindy	JR	Potsdam	43.32 10
2 #265 Manson, Makenna	11	Salmon River	43.92 8
3 #85 Bowman, Abigail	11	Gouverneur	46.59 6
4 #231 Rutledge, Jaedyn	SR	Potsdam	48.49 5
5 #62 Powers, Joanne	12	Malone	48.52 4
6 #223 El Labban, Sarah	FR	Potsdam	48.53 3
7 #87 Greenhill, Meadow	11	Gouverneur	48.94 2
8 #20 Robert, Elaina	10	Canton	49.10 1
9 #25 Seegar, Julia	10	Canton	49.59
10 #3 Brandy, Madison	12	Canton	50.00
11 #220 Davidson, Lizzie	JR	Potsdam	50.05
12 #10 Lawton, Lynzie	12	Canton	50.65
13 #111 Pauly Solar, Mary	10	IR	51.05
14 #228 LaBarge, Tayler	SO	Potsdam	51.25
15 #112 Ringuette, Hailey	11	IR	52.25
16 #47 Ashlaw, Natalie	11	Malone	52.28
17 #110 Nustad, Ashlynn	10	IR	52.52
18 #230 Moore, Kenadi	JR	Potsdam	52.67
19 #30 Zysik, Annika	10	Canton	53.12
20 #232 Seitzer, Abi	SO	Potsdam	53.14
21 #169 Miller-Lynch, Tessa	7	Norwood-Norfolk	55.52
22 #21 Rossiter, Natasha	9	Canton	55.60
23 #284 Nadeau, Meika	12	Tupper Lake	55.98
24 #162 Donahue, Caitlin	8	Norwood-Norfolk	56.23
25 #282 Foote, Emelia	11	Tupper Lake	57.11
26 #4 Campoy Egea, Paula		Canton	57.15
27 #194 Lalone, Kiely		Blue Devils	57.18
28 #63 Rivera, Kylie	11	Malone	57.41
29 #135 Lannis, Molly	11	Massena	59.73
30 #191 Finley, Kaitlin		Blue Devils	1:01.69
31 #199 Putman, Maeve	10	Blue Devils	1:03.19
32 #17 Newman, Wyatt	12	Canton	1:10.85
--- #109 Mullen, Gracelynn	12	IR	X53.23

Event 15 Boys 300 Meter Dash

Section X: 35.40 R 2007 Gino Bisceglia

Name	Yr	School	Finals
Finals			
1 #46 Young, Caleb	12	Canton	37.58 10
2 #142 Binion, Aaron	12	Massena	38.77 8
3 #117 Adams, Caleb	12	IR	38.81 6
4 #36 Hall, Owen	12	Canton	40.97 5
5 #211 Smith, Ian	11	Blue Devils	42.69 4
6 #243 Hagggett, Max	10	Potsdam	42.90 3
7 #120 Gauthier, Adam	9	IR	42.92 2
8 #206 Gillette, Gary	12	Blue Devils	43.50 1
9 #100 Ritchie, Jackson	9	Gouverneur	44.76
10 #205 Ericksen, Kresten	09	Blue Devils	45.11
11 #244 Jones, William	9	Potsdam	45.43
12 #97 Fenlong, Ethan	12	Gouverneur	45.58
13 #272 Francis, Jeremy	10	Salmon River	47.02

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Results - NAC Meet

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

Name	Yr	School	Finals
14 #299 Richardson, James	9	Canton	47.26
15 #292 Fleishman, Brock	9	Tupper Lake	47.41
16 #98 Hitchcock, Tanner	11	Gouverneur	50.67
17 #35 Cortright, Tegan	9	Canton	51.41
18 #43 Williams, Darvay	10	Canton	52.26
19 #290 Dominic, Luke	9	Tupper Lake	53.93
--- #258 Wellings, Andrew	12	Potsdam	X45.78
--- #296 Logie, Sawyer	12	Tupper Lake	X47.72
--- #250 Munoz, Jehavani	9	Potsdam	X48.17
--- #238 Brothers, Ryan	9	Potsdam	X52.25
--- #247 Malit, Jimmy		Potsdam	X53.89
--- #130 Waldrun, Donald	12	IR	X54.29

Event 16 Girls 1000 Meter Run

Section X: 3:00.00 R 2014 Rebecca Delrossi

Name	Yr	School	Finals
1 #233 Shatraw, Izzy	SR	Potsdam	3:19.46 10
2 #159 Colbert, Sharon	12	Norwood-Norfolk	3:19.51 8
3 #225 Grainger, Ali	JR	Potsdam	3:23.70 6
4 #89 Griffith, Rikki	12	Gouverneur	3:39.40 5
5 #65 Winters, Katrina	10	Malone	3:56.65 4
6 #59 Marlow, Rhyan	9	Malone	3:57.92 3
7 #16 McKinley, Cecelia	10	Canton	4:00.57 2
8 #6 Foster, Violet	10	Canton	4:01.23 1
9 #192 Honeywell, Kendall	8	Blue Devils	4:02.25
10 #224 Ewy, Emily	FR	Potsdam	4:02.87

Event 17 Boys 1000 Meter Run

Section X: 2:32.90 R 1998 Ed Zysik

Name	Yr	School	Finals
1 #180 Fiacco, Anthony	12	Norwood-Norfolk	2:53.64 10
2 #127 Ramos, Hector	12	IR	2:57.40 8
3 #274 Lazore, Cayde	12	Salmon River	2:59.17 6
4 #145 David, Andrew	9	Massena	2:59.32 5
5 #40 Rodriguez-Doyle, Aiden	10	Canton	3:02.38 4
6 #259 Yang, Nick	12	Potsdam	3:03.54 3
7 #178 Bradley, Lance	12	Norwood-Norfolk	3:08.63 2
8 #121 Gauthier, Ryan	9	IR	3:17.05 1
9 #69 Bormann, Justin		Malone	3:18.79
10 #256 Vink, Bailey	9	Potsdam	3:20.64
11 #78 LaChance, Brandon		Malone	3:22.52
12 #80 Perry, Reece		Malone	3:24.45
13 #67 Benardot, Maxwell		Malone	3:29.15
14 #294 Kendall, Jonah	9	Tupper Lake	3:29.75
15 #45 Worthley, Kolten	10	Canton	3:34.99

Event 18 Boys 3200 Meter Run

Section X: 9:18.66 R 2002 Jon Pierce

Name	Yr	School	Finals
1 #72 Chodat, Watson		Malone	10:38.68 10
2 #31 Armendariz-Haun, Daniel	10	Canton	11:09.73 8

3 #42 Watts, Lucas	10	Canton	11:10.69 6
4 #74 Fefee, Brayden		Malone	11:13.81 5
5 #268 ., Tehoronhiathe	12	Salmon River	11:38.12 4
6 #179 Bradley, Logan	11	Norwood-Norfolk	11:38.78 3
7 #75 Guerin, Donovan		Malone	11:54.06 2
8 #44 Worthley, Kaden	10	Canton	11:57.44 1
9 #79 Menke, Ryan		Malone	12:46.70
10 #146 Dostie, Jayden	12	Massena	13:20.27

Event 19 Girls 4x400 Meter Relay

Section X: 4:12.80 R 2001 Malone

Devins, Hardy, Hutchins, Weber

Team	Relay	Finals
1 Potsdam	A	4:41.01 10
1) #231 Rutledge, Jaedyn SR		2) #234 Steinrotter, Emmie FR
3) #222 Duffy, Daly SO		4) #225 Grainger, Ali JR
5) #227 Kelson, Ali FR		6) #230 Moore, Kenadi JR
7) #226 Hinckley, Keira FR		
2 Norwood-Norfolk	A	4:42.40 8
1) #165 Hewey, Rachel 11		2) #173 Snell, Allie 9
3) #174 Tebo, Kylie 12		4) #157 Carista, Madison 9
5) #162 Donahue, Caitlin 8		
3 Canton	A	4:43.50 6
1) #25 Seegar, Julia 10		2) #15 McDonough, Grace 12
3) #13 McCarthy, Rori 12		4) #30 Zysik, Annika 10
4 Franklin Academy	A	4:59.42 5
1) #57 Lawrence, Tye 10		2) #61 Perham, Emily 11
3) #58 Leroy, Ellie 11		4) #65 Winters, Katrina 10
5) #49 Bennett, Jorja 9		
5 Blue Devils	A	5:28.64 4
1) #192 Honeywell, Kendall 8		2) #194 Lalone, Kiely
3) #187 Bouchey, Ellah 8		4) #189 Curtis, Annabel 8
--- Canton	B	X5:18.76
1) #5 Casserly, Aurora 8		2) #22 Salvimiguel, Marilisa 10
3) #10 Lawton, Lynzie 12		4) #6 Foster, Violet 10
5) #16 McKinley, Cecelia 10		

Event 20 Boys 4x400 Meter Relay

Section X: 3:33.76 R 2000 Malone

Barnett, Honahan, Moulton, Seymour

Team	Relay	Finals
1 Norwood-Norfolk	A	4:01.32 10
1) #184 Miller-Lynch, Liam 10		2) #182 Gardner, Corbin
3) #181 Fiacco, Dominic 11		4) #180 Fiacco, Anthony 12
5) #186 Waite, Mason 9		
2 Canton	A	4:02.63 8
1) #46 Young, Caleb 12		2) #36 Hall, Owen 12
3) #299 Richardson, James 9		4) #37 Lee-Powell, Rylan 10
5) #40 Rodriguez-Doyle, Aiden 10		6) #41 Simons, Christian 12
3 Massena	A	4:04.83 6
1) #140 Ashley, Jordan 10		2) #153 Wilhelm, Zander 10
3) #141 Becht, Chase 12		4) #139 Acevedo, Eligha 11
5) #145 David, Andrew 9		

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Finals ... (Event 20 Boys 4x400 Meter Relay)

Team	Relay	Finals
4 Blue Devils	A	4:18.03 5
1) #211 Smith, Ian 11	2) #206 Gillette, Gary 12	
3) #208 Peabody, Crofton 10	4) #209 Peabody, Gabe 10	
5) #210 Skelly, Jaxton 9		
5 Potsdam	A	4:22.31 4
1) #249 Morey, Xaiden 9	2) #250 Munoz, Jehavani 9	
3) #243 Haggett, Max 10	4) #258 Wellings, Andrew 12	

Event 21 Girls High Jump

Section X: 5-06.50 R 1992		Darby Krause	
Name	Yr	School	Finals
Finals			
1 #86 Gaines, Audrey	10	Gouverneur	J5-00.00 10
2 #55 Funk, Darci	8	Malone	J5-00.00 8
3 #165 Hewey, Rachel	11	Norwood-Norfolk	J4-06.00 6
4 #104 Adams, Mackenzie	11	IR	J4-06.00 4.5
4 #1 Armstrong, Maddie	12	Canton	J4-06.00 4.5
6 #9 Kitzman, Ella	12	Canton	J4-06.00 3
7 #220 Davidson, Lizzie	JR	Potsdam	J4-04.00 1
7 #190 Curtis, Autumn	10	Blue Devils	J4-04.00 1
7 #105 Burnard, Carolina	11	IR	J4-04.00 1
10 #54 Chodat, Adeline	12	Malone	J4-04.00
11 #114 VanTassel, Ali	11	IR	J4-04.00
11 #168 Masuk, Autumn	8	Norwood-Norfolk	J4-04.00
13 #48 Benardot, Cora	11	Malone	J4-02.00
14 #56 Hammill, Jillian	11	Malone	J3-10.00
--- #226 Hinckley, Keira	FR	Potsdam	NH
--- #281 Flagg, Caydence	10	Tupper Lake	NH

Event 22 Boys High Jump

Section X: 6-09 R 1988		Tom Michaud	
Name	Yr	School	Finals
Finals			
1 #117 Adams, Caleb	12	IR	5-08.00 10
2 #257 Washburn, Austin	12	Potsdam	5-04.00 8
3 #69 Bormann, Justin		Malone	J4-09.00 6
4 #154 Young, Hunter	12	Massena	J4-09.00 5
5 #252 Pace, Patrick	11	Potsdam	J4-09.00 4
6 #67 Benardot, Maxwell		Malone	4-06.00 3
--- #150 Fregoe, Connor	12	Massena	NH

Event 23 Girls Long Jump

Section X: 18-05.50 R 1985		Leslie Revier	
Name	Yr	School	Finals
Finals			
1 #215 Betrus, Lindy	JR	Potsdam	16-06.25 10
2 #104 Adams, Mackenzie	11	IR	15-06.00 8
3 #86 Gaines, Audrey	10	Gouverneur	15-03.75 6
4 #1 Armstrong, Maddie	12	Canton	14-11.25 5
5 #280 Ellis, Olivia	12	Tupper Lake	14-08.50 4
6 #91 Sheen, Jacey	11	Gouverneur	13-11.00 3
7 #287 Tarbox, Lacey	8	Tupper Lake	13-02.25 2
8 #197 Murray, Emma	12	Blue Devils	13-02.00 1
9 #109 Mullen, Gracelynn	12	IR	13-01.25

10 #196 Mix, Kadence	12	Blue Devils	12-11.75
11 #54 Chodat, Adeline	12	Malone	12-10.50
12 #261 Arquette, Mataya	11	Salmon River	12-03.75
13 #8 Hibbard, Lilly	10	Canton	12-00.75
14 #111 Pauly Solar, Mary	10	IR	12-00.50
15 #222 Duffy, Daly	SO	Potsdam	11-08.25
16 #90 Morrow, Haley	11	Gouverneur	10-10.50

Event 24 Boys Long Jump

Section X: 23-07 R 1989		Lucas Kerley	
Name	Yr	School	Finals
Finals			
1 #151 Monroe, Wyatt	12	Massena	19-11.50 10
2 #73 Debose, Ayden		Malone	18-04.50 8
3 #140 Ashley, Jordan	10	Massena	17-02.25 6
4 #213 Sutherland, Ryan	11	Blue Devils	16-08.75 5
5 #257 Washburn, Austin	12	Potsdam	15-10.25 4
6 #143 Binion, Jacob	12	Massena	15-04.75 3
7 #293 Gerstenberger, Cohen	9	Tupper Lake	15-00.25 2
8 #208 Peabody, Crofton	10	Blue Devils	J15-00.25 1
9 #271 Cole, Kyren	12	Salmon River	14-07.00
10 #241 Gilbert, Jack	10	Potsdam	14-05.75
11 #95 Bice, Kelvin III	9	Gouverneur	14-05.50
12 #186 Waite, Mason	9	Norwood-Norfolk	14-03.50
13 #255 Teich, Charlie	9	Potsdam	13-07.50
14 #70 Brooks, Zebulon		Malone	13-07.25
15 #294 Kendall, Jonah	9	Tupper Lake	13-06.50
16 #35 Cortright, Tegan	9	Canton	13-05.25
17 #32 Button, Nate	10	Canton	12-08.25
18 #203 Beaulieu, Patrick	9	Blue Devils	10-07.50
--- #98 Hitchcock, Tanner	11	Gouverneur	FOUL

Event 25 Girls Triple Jump

Section X: 39-04 R 1986		Leslie Revier	
Name	Yr	School	Finals
Finals			
1 #215 Betrus, Lindy	JR	Potsdam	33-03.00 10
2 #27 Shipman, Stella	11	Canton	32-03.75 8
3 #233 Shatraw, Izzy	SR	Potsdam	31-09.25 6
4 #267 Oakes, Krissy	12	Salmon River	30-06.50 5
5 #48 Benardot, Cora	11	Malone	27-08.00 4
6 #201 Wilson, Katharine	9	Blue Devils	27-07.00 3
7 #58 Leroy, Ellie	11	Malone	27-04.75 2
8 #157 Carista, Madison	9	Norwood-Norfolk	27-04.00 1
9 #105 Burnard, Carolina	11	IR	25-11.25
10 #189 Curtis, Annabel	8	Blue Devils	25-09.25
11 #218 Clark, Meridyth	SO	Potsdam	25-09.00
12 #19 Perretta, Isabella	9	Canton	25-06.50
13 #114 VanTassel, Ali	11	IR	24-05.25
14 #53 Branconnier, Morgan	10	Malone	24-00.50
15 #284 Nadeau, Meika	12	Tupper Lake	23-02.75

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Event 26 Boys Triple Jump

Section X: 46-06.50 R 1989 Lucas Kerley

Name	Yr	School	Finals
Finals			
1 #142 Binion, Aaron	12	Massena	36-11.50 10
2 #154 Young, Hunter	12	Massena	34-10.00 8
3 #257 Washburn, Austin	12	Potsdam	34-06.50 6
4 #66 Ashlaw, Mitchell		Malone	33-10.25 5
5 #252 Pace, Patrick	11	Potsdam	32-00.00 4
6 #271 Cole, Kyren	12	Salmon River	31-10.00 3
7 #153 Wilhelm, Zander	10	Massena	31-04.75 2
8 #210 Skelly, Jaxton	9	Blue Devils	29-05.00 1
9 #78 LaChance, Brandon		Malone	28-10.00
10 #255 Teich, Charlie	9	Potsdam	27-08.75

Event 27 Girls Shot Put

Section X: 37-02 R 1983 Peggy Mariano

Name	Yr	School	Finals
Finals			
1 #137 Oliver, Kristen	12	Massena	30-05.50 10
2 #200 Valcour, Luc	11	Blue Devils	27-11.50 8
3 #219 Clark, Olivia	JR	Potsdam	26-08.00 6
4 #60 Monette, MaKenna	12	Malone	26-03.50 5
5 #158 Charles, Sydney	10	Norwood-Norfolk	25-10.00 4
6 #163 Elliott, Madelyn	11	Norwood-Norfolk	25-00.00 3
7 #236 Williamson, Hailey	JR	Potsdam	J25-00.00 2
8 #286 Strack, Kathryn	11	Tupper Lake	21-10.00 1
9 #53 Branconnier, Morgan	10	Malone	20-11.00
10 #11 Magurk, Grace	11	Canton	20-10.50
10 #17 Newman, Wyatt	12	Canton	20-10.50
12 #21 Rossiter, Natasha	9	Canton	20-08.00
13 #279 Becker, Mary	10	Tupper Lake	20-07.50
14 #285 Sparks, Aubrey	11	Tupper Lake	19-05.00
15 #107 Cratsenberg, Sierra	10	IR	19-04.00
16 #263 Cook, Cloe	10	Salmon River	18-08.00
17 #26 Shipman, Cecily	10	Canton	17-05.50
18 #49 Bennett, Jorja	9	Malone	15-01.00
19 #198 Pratt, Jenna	11	Blue Devils	13-11.00
20 #52 Bess, Mykenna	9	Malone	13-00.00
--- #175 Wagstaff, Margaret	11	Norwood-Norfolk	X20-04.50
--- #176 Waite, Jaden	11	Norwood-Norfolk	X18-07.00
--- #171 Sherman, Audrieanna	10	Norwood-Norfolk	X17-02.00
--- #167 LaBar, Brianna	11	Norwood-Norfolk	X16-05.50
--- #160 Collier, Kesley	10	Norwood-Norfolk	X15-01.00
--- #166 Kennedy, Kiley	11	Norwood-Norfolk	X14-00.50

Event 28 Boys Shot Put

Section X: 53-03 R 1998 Frank Grand

Name	Yr	School	Finals
Finals			
1 #102 Siebels, Owen	11	Gouverneur	36-01.00 10
2 #202 Baxter, Chandler	11	Blue Devils	35-03.00 8
3 #152 Robillard-Ramatici, Eth	11	Massena	34-10.00 6
4 #288 Baker, Mike	11	Tupper Lake	31-08.00 5
5 #297 Robillard, Luke	10	Tupper Lake	31-07.00 4

6 #249 Morey, Xaiden	9	Potsdam	30-06.00 3
7 #129 Sayre, Emeory	11	IR	29-10.00 2
8 #131 Yang, Sam	12	IR	29-09.00 1
9 #278 Sharrow, Tehonietathe	12	Salmon River	29-08.00
10 #270 Burns, Kobryn	12	Salmon River	29-07.00
11 #298 Whitman, Owen	12	Tupper Lake	29-05.00
12 #82 Shea, Jeb		Malone	28-10.00
13 #177 Boprey, Dominic	11	Norwood-Norfolk	28-03.00
14 #41 Simons, Christian	12	Canton	27-02.00
15 #214 Thornhill, Jackson	8	Blue Devils	27-00.00
16 #70 Brooks, Zebulon		Malone	26-06.00
17 #100 Ritchie, Jackson	9	Gouverneur	26-04.00
18 #254 Simmons, Jackson	12	Potsdam	26-02.00
19 #273 Hasty, Oakley	9	Salmon River	25-07.00
20 #96 Crews, Hunter	12	Gouverneur	25-06.00
21 #299 Richardson, James	9	Canton	25-05.00
21 #71 Carr, David		Malone	25-05.00
23 #185 Stewart, Caden		Norwood-Norfolk	23-04.00
24 #242 Grainger, Nick	10	Potsdam	22-02.00
25 #183 Garrow, Jaron	9	Norwood-Norfolk	20-06.00
--- #289 Barkley, Nathan	10	Tupper Lake	X25-11.00
--- #291 Farnsworth, Jayden	12	Tupper Lake	X25-10.00
--- #240 Emlaw, Austin	9	Potsdam	X18-08.00

Women - Team Rankings - 14 Events Scored

1) Potsdam	131
2) Canton	85.5
3) Norwood-Norfolk Central School	78
4) Gouverneur Central School	75
5) Franklin Academy	54
6) Salmon River	39
7) Ogdensburg Free Academy	24
8) Tupper Lake	18
9) Indian River	15.5
10) Massena	10

Men - Team Rankings - 14 Events Scored

1) Massena	110
2) Canton	74
3) Indian River	70
4) Franklin Academy	67
5) Potsdam	64
6) Norwood-Norfolk Central School	54.5
7) Ogdensburg Free Academy	38
8) Tupper Lake	22.5
9) Salmon River	21
10) Gouverneur Central School	13