

NAC Section X Championships - 2/16/2023

SLU

Results - NAC Meet

Event 1 Girls 4x800 Meter Relay

Section X: 9:16.39 R 2014

Canton, Canton

Team	Relay	Seed	Finals	Points
Finals				
1 Norwood-Norfolk Central School 1) #165 Hewey, Rachel 11	A 2) #159 Colbert, Sharon 12	11:05.31 3) #157 Carista, Madison 9	10:22.35 4) #173 Snell, Allie 9	10
2 Canton 1) #23 Schmitt, Bennett 9	A 2) #13 McCarthy, Rori 12	10:48.00 3) #5 Casserly, Aurora 8	10:37.37 4) #28 Tupper, Johanna 10	8
3 Potsdam 1) #235 Williams, Sadie JR	A 2) #227 Kelson, Ali FR	10:53.60 3) #226 Hinckley, Keira FR	11:50.37 4) #218 Clark, Meridyth SO	6
4 Franklin Academy 1) #65 Winters, Katrina 10	A 2) #59 Marlow, Rhyan 9	12:05.90 3) #57 Lawrence, Tye 10	11:54.46 4) #51 Bennett, Rabecca 11	5
5 Gouverneur Central School 1) #84 Blaine, Llydia 11	A 2) #89 Griffith, Rikki 12	11:17.94 3) #92 Shippee, Lillianna 10	12:54.10 4) #90 Morrow, Haley 11	4
6 Ogdensburg Free Academy 1) #187 Bouchey, Ellah 8	A 2) #189 Curtis, Annabel 8	13:24.26 3) #194 Lalone, Kiely	4) #192 Honeywell, Kendall 8	3

Event 2 Boys 4x800 Meter Relay

Section X: 8:01.60 R 1989

Malone, Malone

Lawrence, Mulverhill, Taylor, VanEss

Team	Relay	Seed	Finals	Points
Finals				
1 Norwood-Norfolk Central School 1) #181 Fiacco, Dominic 11	A 2) #180 Fiacco, Anthony 12	8:51.07 3) #179 Bradley, Logan 11	8:52.63 4) #178 Bradley, Lance 12	10
2 Indian River 1) #127 Ramos, Hector 12	A 2) #123 Johnston, Elijah 12	9:17.39 3) #121 Gauthier, Ryan 9	9:22.83 4) #124 Jones, Connor 9	8
3 Massena 1) #144 Bush, Kaden 11	A 2) #147 Eggleston, Logan 12	10:11.18 3) #146 Dostie, Jayden 12	9:55.86 4) #141 Becht, Chase 12	6
4 Potsdam 1) #259 Yang, Nick 12	A 2) #256 Vink, Bailey 9	10:23.81 3) #242 Grainger, Nick 10	9:57.77 4) #250 Munoz, Jehavani 9	5
5 Franklin Academy 1) #76 Johnston, Carter	A 2) #80 Perry, Reece	9:28.41 3) #67 Benardot, Maxwell	10:27.73 4) #78 LaChance, Brandon	4

Event 3 Girls 60 Meter Dash

Section X: 8.16 R 2/10/2023

Makenna Manson, Salmon River

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #265 Manson, Makenna	11	Salmon River	8.16	8.12 R	2	10
2 #85 Bowman, Abigail	11	Gouverneur Central School	8.42	8.42	2	8
3 #2 Blair, Hailee	12	Canton	8.50	8.48	2	6
4 #223 El Labban, Sarah	FR	Potsdam	8.52	8.57	2	5
5 #62 Powers, Joanne	12	Franklin Academy	8.58	8.62	2	4
6 #161 Cupps, Meadow	11	Norwood-Norfolk Central School	8.68	8.77	2	3
7 #87 Greenhill, Meadow	11	Gouverneur Central School	8.70	8.83	2	2
8 #104 Adams, Mackenzie	11	Indian River	8.96	8.86	1	1
9 #94 Smith, Emily	10	Gouverneur Central School	8.84	8.90	1	
10 #190 Curtis, Autumn	10	Ogdensburg Free Academy	9.03	8.93	1	
11 #195 McRoberts, Brianna	12	Ogdensburg Free Academy	8.63	9.05	2	
12 #106 Cavaliere, Kayla	10	Indian River	8.82	9.08	1	
13 #47 Ashlaw, Natalie	11	Franklin Academy	8.83	9.10	1	
14 #113 Thorpe, Jaida	9	Indian River	8.93	9.16	1	
15 #196 Mix, Kadence	12	Ogdensburg Free Academy	8.96	9.35	1	
16 #136 Oldenburgh, Mackenzie	9	Massena	9.09	9.69	1	

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Event 4 Boys 60 Meter Dash

Section X: 7.05 R 2020		Caleb Farr, Gouverneur						
Name	Yr	School	Seed	Finals	H#	Points		
Finals								
1	#117	Adams, Caleb	12	Indian River	7.10	7.30	2	10
2	#46	Young, Caleb	12	Canton	7.30	7.36	2	8
3	#151	Monroe, Wyatt	12	Massena	7.20	7.46	2	6
4	#278	Sharrow, Tehonietathe	12	Salmon River	7.81	7.69	2	5
5	#184	Milller-Lynch, Liam	10	Norwood-Norfolk Central School	7.70	7.83	2	4
6	#143	Binion, Jacob	12	Massena	7.82	7.86	2	3
7	#213	Sutherland, Ryan	11	Ogdensburg Free Academy	8.04	7.87	2	2
8	#124	Jones, Connor	9	Indian River	8.11	7.98	1	1
9	#68	Benjamin, Button		Franklin Academy	8.11	8.02	1	
10	#66	Ashlaw, Mitchell		Franklin Academy	8.01	8.03	2	
11	#297	Robillard, Luke	10	Tupper Lake	8.17	8.06	1	
12	#99	Lucas, Maxwel	11	Gouverneur Central School	8.10	8.18	1	
13	#182	Gardner, Corbin		Norwood-Norfolk Central School	8.10	8.19	1	
13	#239	Cardona, Landon	12	Potsdam	8.09	8.19	1	
15	#120	Gauthier, Adam	9	Indian River	8.09	8.22	1	

Event 5 Girls 60 Meter Hurdles

Section X: 10.43 R 2020		Sydney Lorenc, Canton						
Name	Yr	School	Seed	Finals	H#	Points		
Finals								
1	#280	Ellis, Olivia	12	Tupper Lake	10.45	10.28 R	2	10
2	#27	Shipman, Stella	11	Canton	10.74	10.42 R	2	8
3	#1	Armstrong, Maddie	12	Canton	10.72	10.60	2	6
4	#231	Rutledge, Jaedyn	SR	Potsdam	11.36	11.21	2	5
5	#3	Brandy, Madison	12	Canton	10.99	11.42	2	4
6	#168	Masuk, Autumn	8	Norwood-Norfolk Central School	10.83	11.46	2	3
7	#174	Tebo, Kylie	12	Norwood-Norfolk Central School	11.15	11.55	2	2
8	#164	Gates, Brielle	9	Norwood-Norfolk Central School	11.83	11.90	1	1
9	#282	Foote, Emelia	11	Tupper Lake	12.26	12.19	1	
10	#232	Seitzer, Abi	SO	Potsdam	11.74	12.35	2	
11	#53	Branconnier, Morgan	10	Franklin Academy	12.32	12.89	1	
12	#187	Bouchev, Ellah	8	Ogdensburg Free Academy	13.02	13.24	1	
13	#135	Lannis, Molly	11	Massena	13.50	13.50	1	
14	#136	Oldenburgh, Mackenzie	9	Massena	14.24	15.09	1	

Event 6 Boys 60 Meter Hurdles

Section X: 8.91 R 2/8/2019		Jeremaih vonBorstel, Massena						
Name	Yr	School	Seed	Finals	Points			
Finals								
1	#36	Hall, Owen	12	Canton	10.68	9.95		10
2	#249	Morey, Xaiden	9	Potsdam	10.59	10.33		8
3	#153	Wilhelm, Zander	10	Massena	10.86	10.79		6
4	#209	Peabody, Gabe	10	Ogdensburg Free Academy	10.90	11.00		5
5	#140	Ashley, Jordan	10	Massena	11.60	11.54		4
6	#208	Peabody, Crofton	10	Ogdensburg Free Academy	11.82	12.21		3
7	#241	Gilbert, Jack	10	Potsdam	12.18	12.23		2
8	#252	Pace, Patrick	11	Potsdam	12.58	12.70		1

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Results - NAC Meet

Event 7 Girls 1500 Meter Run

Section X: 4:41.54 R 2013

Laura Pierce, Canton

Name	Yr	School	Seed	Finals	Points
Finals					
1 #159 Colbert, Sharon	12	Norwood-Norfolk Central School	5:06.22	5:17.29	10
2 #233 Shatraw, Izzy	SR	Potsdam	5:09.24	5:19.09	8
3 #173 Snell, Allie	9	Norwood-Norfolk Central School	5:16.66	5:27.82	6
4 #5 Casserly, Aurora	8	Canton	5:16.07	5:28.34	5
5 #89 Griffith, Rikki	12	Gouverneur Central School	5:31.53	5:31.05	4
6 #58 Leroy, Ellie	11	Franklin Academy	6:01.85	5:41.68	3
7 #28 Tupper, Johanna	10	Canton	5:48.65	5:49.46	2
8 #235 Williams, Sadie	JR	Potsdam	5:55.18	5:51.16	1
9 #22 Salvimiguel, Marilisa	10	Canton	6:03.03	5:53.79	
10 #59 Marlow, Rhyan	9	Franklin Academy	6:13.50	6:08.47	
11 #56 Hammill, Jillian	11	Franklin Academy	6:19.31	6:09.43	
12 #216 Cardinal, Mackenzie	SO	Potsdam	6:30.31	6:20.62	

Event 8 Girls 4x200 Meter Relay

Section X: 1:49.70 R 2007

Indian River, Indian River

Dore, Kubber, Robinson, Woodson

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Gouverneur Central School	A	1:56.46	1:54.71	2	10
1) #88 Griffith, Randi 12	2) #91 Sheen, Jacey 11	3) #87 Greenhill, Meadow 11	4) #85 Bowman, Abigail 11		
2 Canton	A	1:56.99	1:56.59	2	8
1) #2 Blair, Hailee 12	2) #27 Shipman, Stella 11	3) #20 Robert, Elaina 10	4) #3 Brandy, Madison 12		
3 Franklin Academy	A	2:02.43	2:00.90	2	6
1) #62 Powers, Joanne 12	2) #61 Perham, Emily 11	3) #47 Ashlaw, Natalie 11	4) #57 Lawrence, Tye 10		
4 Potsdam	A	2:02.67	2:01.02	2	5
1) #220 Davidson, Lizzie JR	2) #228 LaBarge, Tayler SO	3) #232 Seitzer, Abi SO	4) #223 El Labban, Sarah FR		
5 Indian River	A	2:08.40	2:06.42	1	4
1) #106 Cavaliere, Kayla 10	2) #110 Nustad, Ashlynn 10	3) #111 Pauly Solar, Mary 10	4) #113 Thorpe, Jaida 9		
6 Ogdensburg Free Academy	A	2:05.93	2:06.62	2	3
1) #196 Mix, Kadence 12	2) #201 Wilson, Katharine 9	3) #190 Curtis, Autumn 10	4) #195 McRoberts, Brianna 12		
7 Norwood-Norfolk Central School	A	2:05.43	2:09.77	2	2
1) #161 Cupps, Meadow 11	2) #168 Masuk, Autumn 8	3) #169 Miller-Lynch, Tessa 7	4) #175 Wagstaff, Margaret 11		
8 Massena	A	2:17.95	2:17.30	1	1
1) #136 Oldenburgh, Mackenzie 9	2) #133 Hendricks, Madyson 10	3) #135 Lannis, Molly 11	4) #132 Farmer, Makayla 11		
9 Tupper Lake	A	2:10.48	2:17.89	1	
1) #282 Foote, Emelia 11	2) #284 Nadeau, Meika 12	3) #287 Tarbox, Lacey 8	4) #279 Becker, Mary 10		

Event 9 Boys 4x200 Meter Relay

Section X: 1:35.70 R 2006

Norwood-Norfolk, Norwood-Norfolk

Bisceglia, Colby, Gay, Wagschal

Team	Relay	Seed	Finals	Points
Finals				
1 Massena	A	1:39.31	1:38.21	10
1) #143 Binion, Jacob 12	2) #139 Acevedo, Eligha 11	3) #151 Monroe, Wyatt 12	4) #142 Binion, Aaron 12	
2 Franklin Academy	A	1:44.98	1:44.42	8
1) #66 Ashlaw, Mitchell	2) #68 Benjamin, Button	3) #77 Keating, Dylan	4) #73 Debose, Ayden	
3 Potsdam	A	1:50.50	1:48.96	6
1) #239 Cardona, Landon 12	2) #244 Jones, William 9	3) #250 Munoz, Jehavani 9	4) #243 Haggett, Max 10	

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

Team	Relay	Seed	Finals	Points
4 Tupper Lake	A	1:48.17	1:51.20	5
1) #291 Farnsworth, Jayden 12	2) #298 Whitman, Owen 12	3) #297 Robillard, Luke 10	4) #292 Fleishman, Brock 9	
5 Gouverneur Central School	A	2:00.28	1:52.37	4
1) #95 Bice, Kelvin III 9	2) #99 Lucas, Maxwel 11	3) #97 Fenlong, Ethan 12	4) #101 Schroeder, Jack 11	
6 Indian River	A	1:46.68	1:56.06	3
1) #125 McCranie, David 10	2) #120 Gauthier, Adam 9	3) #118 Adams, Josiah 9	4) #130 Waldrun, Donald 12	

Event 10 Boys 1600 Meter Run

Section X: 4:14.00 R 1981

Jim Tyler, Norwood-Norfolk

Name	Yr	School	Seed	Finals	Points
Finals					
1 #72 Chodat, Watson		Franklin Academy	4:45.42	4:42.02	10
2 #31 Armendariz-Haun, Daniel	10	Canton	4:53.10	4:45.60	8
3 #127 Ramos, Hector	12	Indian River	4:55.17	J4:45.60	6
4 #181 Fiacco, Dominic	11	Norwood-Norfolk Central School	4:51.27	4:54.08	5
5 #145 David, Andrew	9	Massena	4:58.76	4:58.21	4
6 #74 Fefee, Brayden		Franklin Academy	5:09.62	5:10.39	3
7 #178 Bradley, Lance	12	Norwood-Norfolk Central School	5:05.71	5:12.82	2
8 #256 Vink, Bailey	9	Potsdam	5:23.29	5:16.57	1
9 #121 Gauthier, Ryan	9	Indian River	5:19.73	5:20.20	
10 #103 Wells, Kaden	9	Gouverneur Central School	5:43.00	5:26.43	
11 #75 Guerin, Donovan		Franklin Academy	5:27.04	5:27.63	
12 #144 Bush, Kaden	11	Massena	5:40.81	5:39.38	
13 #276 Oakes, Lucas	10	Salmon River	5:39.83	5:40.68	

Event 11 Girls 600 Meter Run

Section X: 1:37.57 R 2014

Rebekkah Bond, Malone

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #233 Shatraw, Izzy	SR	Potsdam	1:44.54	1:44.07	2	10
2 #225 Grainger, Ali	JR	Potsdam	1:44.71	1:44.21	2	8
3 #88 Griffith, Randi	12	Gouverneur Central School	1:48.03	1:48.18	2	6
4 #267 Oakes, Krissy	12	Salmon River	1:50.33	1:49.00	2	5
5 #234 Steinrotter, Emmie	FR	Potsdam	1:57.17	1:52.10	2	4
6 #65 Winters, Katrina	10	Franklin Academy	1:57.97	1:56.64	1	3
7 #30 Zysik, Annika	10	Canton	1:56.90	1:58.64	2	2
8 #155 Ashley, Madison	10	Norwood-Norfolk Central School	2:07.70	2:03.51	1	1
9 #133 Hendricks, Madyson	10	Massena	2:08.38	2:04.65	1	
10 #162 Donahue, Caitlin	8	Norwood-Norfolk Central School	2:07.40	2:05.06	1	
11 #109 Mullen, Gracelynn	12	Indian River	2:10.24	2:06.23	1	

Event 12 Boys 600 Meter Run

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

Jeremiah vonBorstel, Massena

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #77 Keating, Dylan		Franklin Academy	1:30.97	1:30.17	2	10
2 #123 Johnston, Elijah	12	Indian River	1:37.82	1:31.46	2	8
3 #124 Jones, Connor	9	Indian River	1:37.96	1:33.40	2	6
4 #37 Lee-Powell, Rylan	10	Canton	1:38.17	1:35.59	2	5
5 #274 Lazore, Cayde	12	Salmon River	1:32.33	1:37.39	2	4
6 #182 Gardner, Corbin		Norwood-Norfolk Central School	1:39.49	1:39.46	1	3

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

Name	Yr	School	Seed	Finals	H#	Points
7 #209 Peabody, Gabe	10	Ogdensburg Free Academy	1:38.41	1:39.97	1	2
8 #118 Adams, Josiah	9	Indian River	1:44.69	1:41.59	1	1
9 #147 Eggleston, Logan	12	Massena	1:43.20	1:41.63	1	
10 #139 Acevedo, Eligha	11	Massena	1:34.26	1:41.65	2	

Event 13 Girls 3000 Meter Run

Section X: 10:09.70 R 2014

Laura Pierce, Canton

Name	Yr	School	Seed	Finals	Points
Finals					
1 #157 Carista, Madison	9	Norwood-Norfolk Central School	11:45.88	11:29.45	10
2 #23 Schmitt, Bennett	9	Canton	11:52.57	11:34.33	8
3 #173 Snell, Allie	9	Norwood-Norfolk Central School	12:10.48	11:52.26	6
4 #266 Oakes, Jasmine	11	Salmon River	12:24.28	12:15.13	5
5 #28 Tupper, Johanna	10	Canton	12:39.53	12:36.97	4
6 #218 Clark, Meridyth	SO	Potsdam	12:45.74	12:55.48	3
7 #235 Williams, Sadie	JR	Potsdam	12:31.64	12:57.19	2
8 #48 Benardot, Cora	11	Franklin Academy	14:02.38	13:40.07	1
9 #227 Kelson, Ali	FR	Potsdam	14:03.48	13:56.20	
10 #56 Hammill, Jillian	11	Franklin Academy	14:17.11	14:04.42	
--- #164 Gates, Brielle	9	Norwood-Norfolk Central School	12:31.97	DNF	
--- #59 Marlow, Rhyan	9	Franklin Academy	13:42.30	DNF	

Event 14 Girls 300 Meter Dash

Section X: 41.46 R 1982

Sue Hutchins, Malone

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #265 Manson, Makenna	11	Salmon River	43.38	43.42	3	10
2 #215 Betrus, Lindy	JR	Potsdam	43.32	43.79	3	8
3 #85 Bowman, Abigail	11	Gouverneur Central School	45.25	45.54	3	6
4 #231 Rutledge, Jaedyn	SR	Potsdam	46.45	46.22	3	5
5 #13 McCarthy, Rori	12	Canton	46.55	47.54	3	4
6 #223 El Labban, Sarah	FR	Potsdam	47.48	47.61	2	3
7 #61 Perham, Emily	11	Franklin Academy	48.70	47.73	2	2
8 #62 Powers, Joanne	12	Franklin Academy	47.06	47.76	3	1
9 #94 Smith, Emily	10	Gouverneur Central School	48.70	47.91	2	
10 #161 Cupps, Meadow	11	Norwood-Norfolk Central School	49.70	49.49	1	
11 #267 Oakes, Krissy	12	Salmon River	49.43	49.54	1	
12 #87 Greenhill, Meadow	11	Gouverneur Central School	48.94	49.82	2	
13 #25 Seegar, Julia	10	Canton	49.59	49.98	1	

Event 15 Boys 300 Meter Dash

Section X: 35.40 R 2007

Gino Bisceglia, Norwood-Norfolk

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 #46 Young, Caleb	12	Canton	37.58	38.00	2	10
2 #142 Binion, Aaron	12	Massena	38.23	39.36	2	8
3 #184 Milller-Lynch, Liam	10	Norwood-Norfolk Central School	40.15	40.66	2	6
4 #77 Keating, Dylan		Franklin Academy	39.87	41.33	2	5
5 #73 Debose, Ayden		Franklin Academy	41.21	41.39	1	4
6 #274 Lazore, Cayde	12	Salmon River	40.80	41.50	2	3

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

Name	Yr	School	Seed	Finals	H#	Points
7 #139 Acevedo, Eligha	11	Massena	41.42	41.61	1	2
8 #211 Smith, Ian	11	Ogdensburg Free Academy	42.26	41.86	1	1
9 #243 Haggett, Max	10	Potsdam	42.17	41.88	1	
10 #120 Gauthier, Adam	9	Indian River	42.92	42.78	1	
11 #250 Munoz, Jehavani	9	Potsdam	42.80	46.39	1	
--- #117 Adams, Caleb	12	Indian River	37.99	FS	2	

Event 16 Girls 1000 Meter Run

Section X: 3:00.00 R 2014 Rebecca Delrossi, Canton

Name	Yr	School	Seed	Finals	Points
Finals					
1 #159 Colbert, Sharon	12	Norwood-Norfolk Central School	3:11.16	3:13.18	10
2 #225 Grainger, Ali	JR	Potsdam	3:23.09	3:18.89	8
3 #5 Casserly, Aurora	8	Canton	3:32.93	3:31.04	6
4 #234 Steinrotter, Emmie	FR	Potsdam	3:37.01	3:41.41	5
5 #22 Salvimiguel, Marilisa	10	Canton	3:52.63	3:48.37	4
6 #133 Hendricks, Madyson	10	Massena	3:59.01	3:57.85	3
7 #155 Ashley, Madison	10	Norwood-Norfolk Central School	4:08.82	4:01.34	2
8 #224 Ewy, Emily	FR	Potsdam	4:02.87	4:01.50	1
9 #54 Chodat, Adeline	12	Franklin Academy	4:06.45	4:02.36	
10 #192 Honeywell, Kendall	8	Ogdensburg Free Academy	4:02.25	4:02.59	

Event 17 Boys 1000 Meter Run

Section X: 2:32.90 R 1998 Ed Zysik, Massena

Name	Yr	School	Seed	Finals	Points
Finals					
1 #72 Chodat, Watson		Franklin Academy	2:47.01	2:46.80	10
2 #180 Fiacco, Anthony	12	Norwood-Norfolk Central School	2:53.64	2:51.18	8
3 #179 Bradley, Logan	11	Norwood-Norfolk Central School	2:58.97	2:57.05	6
4 #259 Yang, Nick	12	Potsdam	3:03.54	2:57.32	5
5 #127 Ramos, Hector	12	Indian River	2:57.40	2:57.52	4
6 #69 Bormann, Justin		Franklin Academy	3:18.58	3:13.93	3
7 #121 Gauthier, Ryan	9	Indian River	3:17.05	3:14.69	2
8 #294 Kendall, Jonah	9	Tupper Lake	3:19.14	3:16.17	1
--- #123 Johnston, Elijah	12	Indian River	3:02.99	DNF	

Event 18 Boys 3200 Meter Run

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

Name	Yr	School	Seed	Finals	Points
Finals					
1 #40 Rodriguez-Doyle, Aiden	10	Canton	10:56.00	10:43.21	10
2 #42 Watts, Lucas	10	Canton	10:58.81	10:48.00	8
3 #74 Fefee, Brayden		Franklin Academy	11:03.65	10:54.63	6
4 #145 David, Andrew	9	Massena	11:28.44	10:58.92	5
5 #44 Worthley, Kaden	10	Canton	11:42.74	11:18.88	4
6 #268 ., Tehoronhiathe	12	Salmon River	11:35.64	11:24.42	3
7 #178 Bradley, Lance	12	Norwood-Norfolk Central School	11:20.06	11:37.79	2
8 #75 Guerin, Donovan		Franklin Academy	11:54.06	11:49.18	1
9 #78 LaChance, Brandon		Franklin Academy	12:26.18	12:33.36	
--- #179 Bradley, Logan	11	Norwood-Norfolk Central School	11:38.78	DNF	

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Results - NAC Meet

Event 19 Girls 4x400 Meter Relay

Section X: 4:12.80 R 2001

Malone, Malone

Devins, Hardy, Hutchins, Weber

Team	Relay	Seed	Finals	Points
Finals				
1 Potsdam	A	4:29.21	4:31.14	10
1) #231 Rutledge, Jaedyn SR	2) #220 Davidson, Lizzie JR	3) #234 Steinrotter, Emmie FR	4) #225 Grainger, Ali JR	
2 Canton	A	4:43.50	4:45.31	8
1) #13 McCarthy, Rori 12	2) #25 Seegar, Julia 10	3) #30 Zysik, Annika 10	4) #10 Lawton, Lynzie 12	
3 Franklin Academy	A	4:52.02	4:48.74	6
1) #65 Winters, Katrina 10	2) #58 Leroy, Ellie 11	3) #61 Perham, Emily 11	4) #57 Lawrence, Tye 10	
4 Norwood-Norfolk Central School	A	4:45.59	4:52.68	5
1) #165 Hewey, Rachel 11	2) #157 Carista, Madison 9	3) #174 Tebo, Kylie 12	4) #168 Masuk, Autumn 8	
5 Gouverneur Central School	A	4:56.88	4:57.70	4
1) #84 Blaine, Llydia 11	2) #92 Shippee, Lillianna 10	3) #89 Griffith, Rikki 12	4) #88 Griffith, Randi 12	
6 Ogdensburg Free Academy	A	5:21.80	5:22.55	3
1) #192 Honeywell, Kendall 8	2) #189 Curtis, Annabel 8	3) #195 McRoberts, Brianna 12	4) #194 Lalone, Kiely	

Event 20 Boys 4x400 Meter Relay

Section X: 3:33.76 R 2000

Malone, Malone

Barnett, Honahan, Moulton, Seymour

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Canton	A	3:48.91	3:48.21	2	10
1) #46 Young, Caleb 12	2) #36 Hall, Owen 12	3) #31 Armendariz-Haun, Daniel 14	4) #37 Lee-Powell, Rylan 10		
2 Norwood-Norfolk Central School	A	3:52.37	3:48.89	2	8
1) #184 Milller-Lynch, Liam 10	2) #182 Gardner, Corbin	3) #181 Fiacco, Dominic 11	4) #180 Fiacco, Anthony 12		
3 Salmon River	A	4:06.18	4:05.24	2	6
1) #278 Sharrow, Tehonietathe 12	2) #271 Cole, Kyren 12	3) #268 ., Tehoronhiathe 12	4) #274 Lazore, Cayde 12		
4 Potsdam	A	4:17.16	4:07.63	1	5
1) #239 Cardona, Landon 12	2) #259 Yang, Nick 12	3) #249 Morey, Xaiden 9	4) #243 Haggett, Max 10		
5 Massena	A	4:00.28	4:15.18	2	4
1) #141 Becht, Chase 12	2) #153 Wilhelm, Zander 10	3) #154 Young, Hunter 12	4) #150 Fregoe, Connor 12		
6 Franklin Academy	A	3:56.90	4:31.81	2	3
1) #76 Johnston, Carter	2) #80 Perry, Reece	3) #69 Bormann, Justin	4) #70 Brooks, Zebulon		
7 Gouverneur Central School	A	4:35.00	4:34.75	1	2
1) #95 Bice, Kelvin III 9	2) #101 Schroeder, Jack 11	3) #98 Hitchcock, Tanner 11	4) #103 Wells, Kaden 9		
8 Tupper Lake	A	4:45.01	4:48.30	1	1
1) #294 Kendall, Jonah 9	2) #292 Fleishman, Brock 9	3) #296 Logie, Sawyer 12	4) #290 Dominic, Luke 9		

Event 21 Girls High Jump

Section X: 5-06.50 R 1992

Darby Krause, Ogdensburg

Name	Yr	School	Seed	Finals	Points
Finals					
1 #86 Gaines, Audrey	10	Gouverneur Central School	5-04.00	5-02.00	10
2 #280 Ellis, Olivia	12	Tupper Lake	4-10.00	4-10.00	8
3 #165 Hewey, Rachel	11	Norwood-Norfolk Central School	4-06.00	J4-08.00	6
4 #55 Funk, Darci	8	Franklin Academy	5-00.00	J4-08.00	5
5 #1 Armstrong, Maddie	12	Canton	4-06.00	J4-06.00	4
6 #9 Kitzman, Ella	12	Canton	4-06.00	J4-06.00	3
7 #54 Chodat, Adeline	12	Franklin Academy	4-08.00	J4-06.00	1.50
7 #91 Sheen, Jacey	11	Gouverneur Central School	4-06.00	J4-06.00	1.50
9 #114 VanTassel, Ali	11	Indian River	4-04.00	J4-04.00	

NAC Section X Championships - 2/16/2023

SLU

Results - NAC Meet

Finals ... (Event 21 Girls High Jump)

Name	Yr	School	Seed	Finals	Points
10 #220 Davidson, Lizzie	JR	Potsdam	4-04.00	J4-04.00	
11 #190 Curtis, Autumn	10	Ogdensburg Free Academy	4-06.00	J4-02.00	
12 #105 Burnard, Carolina	11	Indian River	4-04.00	J4-00.00	
13 #48 Benardot, Cora	11	Franklin Academy	4-02.00	J4-00.00	

Event 22 Boys High Jump

Section X: 6-09 R 1988 Tom Michaud, Massena

Name	Yr	School	Seed	Finals	Points
Finals					
1 #117 Adams, Caleb	12	Indian River	6-00.00	5-11.00	10
2 #257 Washburn, Austin	12	Potsdam	5-04.00	5-02.00	8
3 #252 Pace, Patrick	11	Potsdam	4-09.00	4-10.00	6
4 #271 Cole, Kyren	12	Salmon River	4-06.00	4-08.00	5
5 #209 Peabody, Gabe	10	Ogdensburg Free Academy	4-09.00	J4-08.00	3.50
5 #125 McCranie, David	10	Indian River	5-02.00	J4-08.00	3.50
7 #154 Young, Hunter	12	Massena	4-09.00	J4-08.00	2
8 #67 Benardot, Maxwell		Franklin Academy	4-09.00	4-06.00	1
--- #69 Bormann, Justin		Franklin Academy	4-09.00	NH	

Event 23 Girls Long Jump

Section X: 18-05.50 R 1985 Leslie Revier, Norwood-Norfolk

Name	Yr	School	Seed	Finals	Points
Finals					
1 #215 Betrus, Lindy	JR	Potsdam	16-09.00	16-11.50	10
2 #86 Gaines, Audrey	10	Gouverneur Central School	15-03.75	15-04.00	8
3 #104 Adams, Mackenzie	11	Indian River	15-10.25	15-02.50	6
4 #1 Armstrong, Maddie	12	Canton	15-04.75	14-11.50	5
5 #280 Ellis, Olivia	12	Tupper Lake	15-01.50	14-09.75	4
6 #2 Blair, Hailee	12	Canton	14-04.00	14-03.75	3
7 #91 Sheen, Jacey	11	Gouverneur Central School	14-09.75	14-02.50	2
8 #113 Thorpe, Jaida	9	Indian River	13-01.50	13-04.25	1
9 #201 Wilson, Katharine	9	Ogdensburg Free Academy	13-03.00	13-00.00	
10 #287 Tarbox, Lacey	8	Tupper Lake	13-02.25	12-10.25	
11 #54 Chodat, Adeline	12	Franklin Academy	13-03.50	12-08.75	
12 #109 Mullen, Gracelynn	12	Indian River	13-04.00	12-08.25	
13 #196 Mix, Kadence	12	Ogdensburg Free Academy	13-02.00	12-02.50	

Event 24 Boys Long Jump

Section X: 23-07 R 1989 Lucas Kerley, South Jefferson

Name	Yr	School	Seed	Finals	Points
Finals					
1 #151 Monroe, Wyatt	12	Massena	20-00.00	19-05.75	10
2 #73 Debose, Ayden		Franklin Academy	18-04.50	18-01.25	8
3 #140 Ashley, Jordan	10	Massena	17-07.75	17-06.50	6
4 #211 Smith, Ian	11	Ogdensburg Free Academy	16-10.25	16-07.25	5
5 #257 Washburn, Austin	12	Potsdam	17-05.50	16-06.50	4
6 #83 Smythe, Landon		Franklin Academy	16-00.00	16-02.50	3
7 #143 Binion, Jacob	12	Massena	16-06.50	16-02.00	2
8 #95 Bice, Kelvin III	9	Gouverneur Central School	15-00.00	15-09.00	1
9 #186 Waite, Mason	9	Norwood-Norfolk Central School	14-09.00	15-08.75	

NAC Section X Championships - 2/16/2023

SLU

Results - NAC Meet

Finals ... (Event 24 Boys Long Jump)

Name	Yr	School	Seed	Finals	Points
10 #208 Peabody, Crofton	10	Ogdensburg Free Academy	16-04.00	15-04.75	

Event 25 Girls Triple Jump

Section X: 39-04 R 1986

Leslie Revier, Norwood-Norfolk

Name	Yr	School	Seed	Finals	Points
Finals					
1 #215 Betrus, Lindy	JR	Potsdam	33-05.00	34-02.50	10
2 #233 Shatraw, Izzy	SR	Potsdam	31-09.75	32-01.75	8
3 #27 Shipman, Stella	11	Canton	32-03.75	31-04.25	6
4 #267 Oakes, Krissy	12	Salmon River	30-07.25	30-09.00	5
5 #48 Benardot, Cora	11	Franklin Academy	28-02.00	28-10.75	4
6 #58 Leroy, Ellie	11	Franklin Academy	28-05.50	28-01.50	3
7 #201 Wilson, Katharine	9	Ogdensburg Free Academy	29-03.25	27-10.75	2
8 #218 Clark, Meridyth	SO	Potsdam	27-00.50	26-10.25	1
9 #105 Burnard, Carolina	11	Indian River	26-11.25	26-08.25	
10 #19 Perretta, Isabella	9	Canton	26-06.00	26-02.25	
11 #53 Branconnier, Morgan	10	Franklin Academy	24-03.25	23-01.50	
--- #189 Curtis, Annabel	8	Ogdensburg Free Academy	26-09.25	FOUL	

Event 26 Boys Triple Jump

Section X: 46-06.50 R 1989

Lucas Kerley, South Jefferson

Name	Yr	School	Seed	Finals	Points
Finals					
1 #142 Binion, Aaron	12	Massena	37-06.50	38-03.25	10
2 #154 Young, Hunter	12	Massena	35-06.75	35-09.00	8
3 #42 Watts, Lucas	10	Canton	35-01.50	34-08.25	6
4 #66 Ashlaw, Mitchell		Franklin Academy	34-02.75	34-01.00	5
5 #257 Washburn, Austin	12	Potsdam	34-06.50	32-08.50	4
6 #211 Smith, Ian	11	Ogdensburg Free Academy	32-09.75	32-01.25	3
7 #153 Wilhelm, Zander	10	Massena	31-04.75	31-09.75	2
8 #252 Pace, Patrick	11	Potsdam	32-00.00	31-03.50	1
9 #271 Cole, Kyren	12	Salmon River	31-10.00	31-03.25	
10 #78 LaChance, Brandon		Franklin Academy	30-00.75	31-01.00	
11 #210 Skelly, Jaxton	9	Ogdensburg Free Academy	30-00.00	30-00.00	
12 #255 Teich, Charlie	9	Potsdam	27-08.75	27-10.50	

Event 27 Girls Shot Put

Section X: 37-02 R 1983

Peggy Mariano, Norwood-Norfolk

Name	Yr	School	Seed	Finals	Points
Finals					
1 #137 Oliver, Kristen	12	Massena	30-06.75	30-07.75	10
2 #163 Elliott, Madelyn	11	Norwood-Norfolk Central School	26-07.00	28-09.50	8
3 #200 Valcour, Ava	11	Ogdensburg Free Academy	29-04.75	28-06.50	6
4 #219 Clark, Olivia	JR	Potsdam	27-06.00	26-10.50	5
5 #60 Monette, MaKenna	12	Franklin Academy	27-06.00	26-02.00	4
6 #104 Adams, Mackenzie	11	Indian River	27-08.00	24-08.00	3
7 #156 Burns, Kerisa	11	Norwood-Norfolk Central School	24-10.00	24-07.00	2
8 #158 Charles, Sydney	10	Norwood-Norfolk Central School	27-05.50	24-05.00	1
9 #53 Branconnier, Morgan	10	Franklin Academy	21-10.00	22-00.50	
10 #17 Newman, Wyatt	12	Canton	22-09.00	21-10.25	

NAC Section X Championships - 2/16/2023**SLU****Results - NAC Meet****Finals ... (Event 27 Girls Shot Put)**

Name	Yr	School	Seed	Finals	Points
11 #286 Strack, Kathryn	11	Tupper Lake	22-04.00	21-10.00	
12 #11 Magurk, Grace	11	Canton	23-05.00	21-08.00	

Event 28 Boys Shot Put

Section X: 53-03 R 1998

Frank Grand, Indian River

Name	Yr	School	Seed	Finals	Points
Finals					
1 #102 Siebels, Owen	11	Gouverneur Central School	38-04.00	41-04.75	10
2 #202 Baxter, Chandler	11	Ogdensburg Free Academy	36-07.00	37-03.75	8
3 #152 Robillard-Ramatici, Ethan	11	Massena	36-10.00	36-09.75	6
4 #81 Rogers, Witt		Franklin Academy	32-05.00	35-00.50	5
5 #297 Robillard, Luke	10	Tupper Lake	33-02.00	34-01.00	4
6 #288 Baker, Mike	11	Tupper Lake	32-05.00	33-08.25	3
7 #298 Whitman, Owen	12	Tupper Lake	32-03.00	31-01.50	2
8 #131 Yang, Sam	12	Indian River	30-04.00	30-07.00	1
9 #148 Favreau, Shane	11	Massena	30-07.00	30-05.25	
10 #249 Morey, Xaiden	9	Potsdam	32-01.00	30-03.50	
11 #278 Sharrow, Tehonietathe	12	Salmon River	30-11.00	29-08.50	

Women - Team Rankings - 14 Events Scored

1) Potsdam	131	2) Canton	104
3) Norwood-Norfolk Central School	88	4) Gouverneur Central School	65.5
5) Franklin Academy	48.5	6) Salmon River	35
7) Tupper Lake	22	8) Ogdensburg Free Academy	17
9) Indian River	15	10) Massena	14

Men - Team Rankings - 14 Events Scored

1) Massena	104	2) Franklin Academy	89
3) Canton	79	4) Indian River	63.5
5) Potsdam	56	6) Norwood-Norfolk Central School	54
7) Ogdensburg Free Academy	32.5	8) Salmon River	26
9) Gouverneur Central School	17	10) Tupper Lake	16