

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

Event 1 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Norwood-Norfolk	A	11:05.31 10
1) #157 Carista, Madison 9	2) #165 Hewey, Rachel 11	
3) #173 Snell, Allie 9	4) #159 Colbert, Sharon 12	
5) #172 Smith, Brielle 10		
2 Potsdam	A	12:02.85 8
1) #218 Clark, Meridyth SO	2) #227 Kelson, Ali FR	
3) #221 Dhaniyala, Saadhika FR	4) #234 Steinrotter, Emmie FR	
5) #224 Ewy, Emily FR	6) #217 Cetinkaya, Elif SO	
3 Franklin Academy	A	12:06.14 6
1) #59 Marlow, Rhyann 9	2) #51 Bennett, Rabecca 11	
3) #57 Lawrence, Tye 10	4) #61 Perham, Emily 11	
5) #64 Tober, Ellie 10		
4 Canton	A	12:07.10 5
1) #28 Tupper, Johanna 10	2) #23 Schmitt, Bennett 9	
3) #6 Foster, Violet 10	4) #16 McKinley, Cecelia 10	
5) #21 Rossiter, Natasha 9	6) #19 Perretta, Isabella 9	

Event 2 Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Norwood-Norfolk	A	9:05.15 10
1) #181 Fiacco, Dominic 11	2) #180 Fiacco, Anthony 12	
3) #178 Bradley, Lance 12	4) #179 Bradley, Logan 11	
5) #184 Milller-Lynch, Liam 10		
2 Indian River	A	9:17.39 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 Canton	A	9:19.43 6
1) #37 Lee-Powell, Rylan 10	2) #40 Rodriguez-Doyle, Aiden 10	
3) #31 Armendariz-Haun, Daniel 10	4) #42 Watts, Lucas 10	
5) #45 Worthley, Kolten 10	6) #44 Worthley, Kaden 10	
4 Franklin Academy	A	9:58.05 5
1) #76 Johnston, Carter	2) #69 Bormann, Justin	
3) #77 Keating, Dylan	4) #74 Fefee, Brayden	
5) #80 Perry, Reece		
5 Tupper Lake	A	10:30.70 4
1) #289 Barkley, Nathan 10	2) #290 Dominic, Luke 9	
3) #292 Fleishman, Brock 9	4) #294 Kendall, Jonah 9	
6 Massena	A	10:39.91 3
1) #146 Dostie, Jayden 12	2) #154 Young, Hunter 12	
3) #141 Becht, Chase 12	4) #147 Eggleston, Logan 12	
5) #152 Robillard-Ramatici, Ethan	6) #145 David, Andrew 9	
7 Potsdam	A	10:43.23 2
1) #259 Yang, Nick 12	2) #256 Vink, Bailey 9	
3) #249 Morey, Xaiden 9	4) #242 Grainger, Nick 10	

Event 3 Girls 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 #265 Manson, Makenna	11	Salmon River	8.31 10
2 #2 Blair, Hailee	12	Canton	8.50 8

3 #161 Cupps, Meadow	11	Norwood-Norfolk	8.70 6
4 #62 Powers, Joanne	12	Malone	8.73 5
5 #223 El Labban, Sarah	FR	Potsdam	8.76 4
6 #106 Cavaliere, Kayla	10	IR	9.03 3
7 #195 McRoberts, Brianna	12	Blue Devils	9.09 2
8 #47 Ashlaw, Natalie	11	Malone	9.12 1
9 #190 Curtis, Autumn	10	Blue Devils	9.23
10 #113 Thorpe, Jaida	9	IR	9.26
10 #158 Charles, Sydney	10	Norwood-Norfolk	9.26
12 #8 Hibbard, Lilly	10	Canton	9.34
13 #196 Mix, Kadence	12	Blue Devils	9.39
14 #110 Nustad, Ashlynn	10	IR	9.51
15 #228 LaBarge, Tayler	SO	Potsdam	9.55
16 #230 Moore, Kenadi	JR	Potsdam	9.62
17 #282 Foote, Emelia	11	Tupper Lake	9.91
18 #108 Gorski, Mackenzie	10	IR	9.92
19 #281 Flagg, Caydence	10	Tupper Lake	9.94
20 #187 Bouchey, Ellah	8	Blue Devils	10.00
21 #136 Oldenburgh, Mackenzie	9	Massena	10.01
22 #26 Shipman, Cecily	10	Canton	10.16
23 #169 Miller-Lynch, Tessa	7	Norwood-Norfolk	10.17
23 #261 Arquette, Mataya	11	Salmon River	10.17
25 #194 Lalone, Kiely		Blue Devils	10.34
26 #60 Monette, MaKenna	12	Malone	10.70
27 #216 Cardinal, Mackenzie	SO	Potsdam	10.77
28 #191 Finley, Kaitlin		Blue Devils	10.78
29 #279 Becker, Mary	10	Tupper Lake	10.93
30 #52 Bess, Mykenna	9	Malone	11.79
31 #285 Sparks, Aubrey	11	Tupper Lake	13.33
--- #156 Burns, Kerisa	11	Norwood-Norfolk	X9.71
--- #175 Wagstaff, Margaret	11	Norwood-Norfolk	X10.12
--- #116 Yang, Zoe	11	IR	X10.16
--- #162 Donahue, Caitlin	8	Norwood-Norfolk	X10.27
--- #199 Putman, Maeve	10	Blue Devils	X10.65
--- #198 Pratt, Jenna	11	Blue Devils	X11.35
--- #176 Waite, Jaden	11	Norwood-Norfolk	X11.76

Event 4 Boys 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 #117 Adams, Caleb	12	IR	7.32 10
2 #151 Monroe, Wyatt	12	Massena	7.48 8
3 #46 Young, Caleb	12	Canton	7.52 6
4 #184 Milller-Lynch, Liam	10	Norwood-Norfolk	7.85 5
5 #278 Sharrow, Tehonietathe	12	Salmon River	7.96 4
6 #143 Binion, Jacob	12	Massena	7.98 3
7 #66 Ashlaw, Mitchell		Malone	8.01 2
8 #213 Sutherland, Ryan	11	Blue Devils	8.04 1
9 #239 Cardona, Landon	12	Potsdam	8.19
10 #182 Gardner, Corbin		Norwood-Norfolk	8.23
11 #252 Pace, Patrick	11	Potsdam	8.25
12 #297 Robillard, Luke	10	Tupper Lake	8.31
13 #150 Fregoe, Connor	12	Massena	8.32
14 #186 Waite, Mason	9	Norwood-Norfolk	8.39
15 #125 McCranie, David	10	IR	8.41
16 #298 Whitman, Owen	12	Tupper Lake	8.49

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

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

Name	Yr	School	Finals
16 #68 Benjamin, Button		Malone	8.49
18 #291 Farnsworth, Jayden	12	Tupper Lake	8.62
19 #258 Wellings, Andrew	12	Potsdam	8.65
20 #83 Smythe, Landon		Malone	8.69
21 #244 Jones, William	9	Potsdam	8.70
22 #272 Francis, Jeremy	10	Salmon River	8.80
23 #254 Simmons, Jackson	12	Potsdam	8.83
24 #81 Rogers, Witt		Malone	9.09
25 #43 Williams, Darvay	10	Canton	9.26
26 #35 Cortright, Tegan	9	Canton	9.31
27 #253 Savage, Kurtis	10	Potsdam	9.40
28 #32 Button, Nate	10	Canton	9.43
28 #269 Bigtree, Jace	11	Salmon River	9.43
30 #270 Burns, Kobryn	12	Salmon River	9.66
31 #82 Shea, Jeb		Malone	9.78
32 #41 Simons, Christian	12	Canton	9.93
33 #246 Magoon-Lacombe, Sam	9	Potsdam	10.96
34 #273 Hasty, Oakley	9	Salmon River	11.92
35 #240 Emlaw, Austin	9	Potsdam	14.54
--- #177 Boprey, Dominic	11	Norwood-Norfolk	X8.36
--- #288 Baker, Mike	11	Tupper Lake	X9.55
--- #296 Logie, Sawyer	12	Tupper Lake	X9.86
--- #183 Garrow, Jaron	9	Norwood-Norfolk	X10.24
--- #129 Sayre, Emeory	11	IR	X10.80

Event 5 Girls 60 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 #280 Ellis, Olivia	12	Tupper Lake	10.52 10
2 #27 Shipman, Stella	11	Canton	10.98 8
3 #1 Armstrong, Maddie	12	Canton	11.33 6
4 #231 Rutledge, Jaedyn	SR	Potsdam	11.46 5
5 #174 Tebo, Kylie	12	Norwood-Norfolk	11.61 4
6 #168 Masuk, Autumn	8	Norwood-Norfolk	11.62 3
7 #3 Brandy, Madison	12	Canton	11.63 2
8 #55 Funk, Darci	8	Malone	11.66 1
9 #104 Adams, Mackenzie	11	IR	11.68
10 #232 Seitzer, Abi	SO	Potsdam	11.84
11 #164 Gates, Brielle	9	Norwood-Norfolk	11.89
12 #197 Murray, Emma	12	Blue Devils	11.90
13 #220 Davidson, Lizzie	JR	Potsdam	12.19
14 #53 Branconnier, Morgan	10	Malone	12.32
15 #19 Perretta, Isabella	9	Canton	13.38
16 #135 Lannis, Molly	11	Massena	14.29
17 #136 Oldenburgh, Mackenzie	9	Massena	14.96

Event 6 Boys 60 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 #36 Hall, Owen	12	Canton	10.89 10
2 #249 Morey, Xaiden	9	Potsdam	11.06 8
3 #153 Wilhelm, Zander	10	Massena	11.21 6
4 #140 Ashley, Jordan	10	Massena	11.78 5
5 #208 Peabody, Crofton	10	Blue Devils	12.05 4

6 #209 Peabody, Gabe	10	Blue Devils	12.26 3
7 #252 Pace, Patrick	11	Potsdam	13.13 2

Event 7 Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 #159 Colbert, Sharon	12	Norwood-Norfolk	5:11.73 10
2 #233 Shatraw, Izzy	SR	Potsdam	5:19.00 8
3 #23 Schmitt, Bennett	9	Canton	5:19.56 6
4 #173 Snell, Allie	9	Norwood-Norfolk	5:21.14 5
5 #5 Casserly, Aurora	8	Canton	5:22.56 4
6 #15 McDonough, Grace	12	Canton	5:40.60 3
7 #235 Williams, Sadie	JR	Potsdam	6:05.59 2
8 #59 Marlow, Rhyen	9	Malone	6:13.50 1
9 #266 Oakes, Jasmine	11	Salmon River	6:27.04
10 #6 Foster, Violet	10	Canton	6:37.63
11 #217 Cetinkaya, Elif	SO	Potsdam	7:40.37
--- #172 Smith, Brielle	10	Norwood-Norfolk	X6:36.80

Event 8 Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Canton	A	1:59.32 10
1) #27 Shipman, Stella 11	2) #20 Robert, Elaina 10	
3) #25 Seegar, Julia 10	4) #3 Brandy, Madison 12	
5) #2 Blair, Hailee 12	6) #10 Lawton, Lynzie 12	
7) #8 Hibbard, Lilly 10		
2 Franklin Academy	A	2:04.41 8
1) #47 Ashlaw, Natalie 11	2) #54 Chodat, Adeline 12	
3) #61 Perham, Emily 11	4) #62 Powers, Joanne 12	
3 Potsdam	A	2:06.96 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		
4 Blue Devils	A	2:08.10 5
1) #201 Wilson, Katharine 9	2) #196 Mix, Kadence 12	
3) #190 Curtis, Autumn 10	4) #195 McRoberts, Brianna 12	
5 Norwood-Norfolk	A	2:08.43 4
1) #161 Cupps, Meadow 11	2) #174 Tebo, Kylie 12	
3) #169 Miller-Lynch, Tessa 7	4) #168 Masuk, Autumn 8	
6 Indian River	A	2:08.85 3
1) #106 Cavaliere, Kayla 10	2) #110 Nustad, Ashlynn 10	
3) #111 Paulyn Solar, Mary 10	4) #113 Thorpe, Jaida 9	
5) #108 Gorski, Mackenzie 10		
7 Tupper Lake	A	2:13.27 2
1) #284 Nadeau, Meika 12	2) #283 Fritts, Raegan 11	
3) #281 Flagg, Caydence 10	4) #282 Foote, Emelia 11	
--- Canton	B	X2:08.82
1) #10 Lawton, Lynzie 12	2) #8 Hibbard, Lilly 10	
3) #26 Shipman, Cecily 10	4) #9 Kitzman, Ella 12	
5) #21 Rossiter, Natasha 9	6) #29 Venn-Chew, Paloma 10	
--- Potsdam	B	X2:21.83
1) #230 Moore, Kenadi JR	2) #226 Hinckley, Keira FR	
3) #216 Cardinal, Mackenzie SO	4) #236 Williamson, Hailey JR	

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

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

Team	Relay	Finals
--- Norwood-Norfolk	B	X2:25.99
1) #158 Charles, Sydney 10	2) #175 Wagstaff, Margaret 11	
3) #176 Waite, Jaden 11	4) #156 Burns, Kerisa 11	
5) #163 Elliott, Madelyn 11		
--- Franklin Academy	B	X2:30.98
1) #64 Tober, Ellie 10	2) #52 Bess, Mykenna 9	
3) #49 Bennett, Jorja 9	4) #63 Rivera, Kylie 11	
5) #60 Monette, MaKenna 12		

Event 9 Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Massena	A	1:40.41 10
1) #143 Binion, Jacob 12	2) #140 Ashley, Jordan 10	
3) #151 Monroe, Wyatt 12	4) #142 Binion, Aaron 12	
5) #152 Robillard-Ramatici, Ethan		
2 Franklin Academy	A	1:47.32 8
1) #66 Ashlaw, Mitchell	2) #68 Benjamin, Button	
3) #83 Smythe, Landon	4) #73 Debose, Ayden	
3 Tupper Lake	A	1:48.19 6
1) #291 Farnsworth, Jayden 12	2) #298 Whitman, Owen 12	
3) #297 Robillard, Luke 10	4) #293 Gerstenberger, Cohen 9	
4 Blue Devils	A	1:50.09 5
1) #206 Gillette, Gary 12	2) #205 Ericksen, Kresten 09	
3) #211 Smith, Ian 11		
5) #203 Beaulieu, Patrick 9		
5 Potsdam	A	1:51.43 4
1) #244 Jones, William 9	2) #243 Haggett, Max 10	
3) #239 Cardona, Landon 12	4) #258 Wellings, Andrew 12	
6 Indian River	A	1:56.03 3
1) #128 Rivera, Kaylum 12	2) #120 Gauthier, Adam 9	
3) #119 Francois, Malachi 9	4) #125 McCranie, David 10	
5) #130 Waldrun, Donald 12		
--- Tupper Lake	B	X2:05.39
1) #290 Dominic, Luke 9	2) #295 Levey, CJ 10	
3) #292 Fleishman, Brock 9	4) #296 Logie, Sawyer 12	
5) #288 Baker, Mike 11		
--- Franklin Academy	B	X2:07.67
1) #70 Brooks, Zebulon	2) #75 Guerin, Donovan	
3) #81 Rogers, Witt	4) #82 Shea, Jeb	
--- Potsdam	B	X2:14.08
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

Name	Yr	School	Finals
Finals			
1 #181 Fiacco, Dominic	11	Norwood-Norfolk	4:54.42 10
2 #31 Armendariz-Haun, Daniel	10	Canton	4:57.91 8
3 #123 Johnston, Elijah	12	IR	5:02.87 6
4 #145 David, Andrew	9	Massena	5:07.56 5
5 #127 Ramos, Hector	12	IR	5:12.03 4
6 #179 Bradley, Logan	11	Norwood-Norfolk	5:15.54 3
7 #178 Bradley, Lance	12	Norwood-Norfolk	5:16.98 2

8 #259 Yang, Nick	12	Potsdam	5:17.16 1
9 #74 Fefee, Brayden		Malone	5:17.82
10 #121 Gauthier, Ryan	9	IR	5:28.05
11 #44 Worthley, Kaden	10	Canton	5:37.62
12 #256 Vink, Bailey	9	Potsdam	5:37.67
13 #75 Guerin, Donovan		Malone	5:39.63
14 #276 Oakes, Lucas	10	Salmon River	5:39.83
15 #76 Johnston, Carter		Malone	5:44.68
16 #80 Perry, Reece		Malone	5:50.40
17 #250 Munoz, Jehavani	9	Potsdam	5:52.90
18 #275 Mitchell, Gunner	10	Salmon River	5:54.47
19 #79 Menke, Ryan		Malone	5:58.92
20 #45 Worthley, Kolten	10	Canton	6:03.54
21 #277 Oakes, Ryan	12	Salmon River	6:05.30
22 #32 Button, Nate	10	Canton	7:28.52

Event 11 Girls 600 Meter Run

Name	Yr	School	Finals
Finals			
1 #159 Colbert, Sharon	12	Norwood-Norfolk	1:47.72 10
2 #225 Grainger, Ali	JR	Potsdam	1:48.01 8
3 #267 Oakes, Krissy	12	Salmon River	1:50.56 6
4 #13 McCarthy, Rori	12	Canton	1:54.75 5
5 #30 Zysik, Annika	10	Canton	1:56.90 4
6 #234 Steinrotter, Emmie	FR	Potsdam	1:57.17 3
7 #65 Winters, Katrina	10	Malone	1:57.97 2
8 #58 Leroy, Ellie	11	Malone	1:57.99 1
9 #222 Duffy, Daly	SO	Potsdam	2:05.79
10 #162 Donahue, Caitlin	8	Norwood-Norfolk	2:09.80
11 #197 Murray, Emma	12	Blue Devils	2:10.35
12 #135 Lannis, Molly	11	Massena	2:17.82
13 #51 Bennett, Rabecca	11	Malone	2:24.65
14 #261 Arquette, Mataya	11	Salmon River	2:26.13
15 #17 Newman, Wyatt	12	Canton	3:03.20

Event 12 Boys 600 Meter Run

Name	Yr	School	Finals
Finals			
1 #274 Lazore, Cayde	12	Salmon River	1:32.33 10
2 #77 Keating, Dylan		Malone	1:32.47 8
3 #139 Acevedo, Eligha	11	Massena	1:38.30 6
4 #182 Gardner, Corbin		Norwood-Norfolk	1:39.49 5
5 #40 Rodriguez-Doyle, Aiden	10	Canton	1:39.90 4
6 #37 Lee-Powell, Rylan	10	Canton	1:43.08 3
7 #124 Jones, Connor	9	IR	1:44.57 2
8 #272 Francis, Jeremy	10	Salmon River	1:46.87 1
9 #210 Skelly, Jaxton	9	Blue Devils	1:47.84
10 #154 Young, Hunter	12	Massena	1:48.84
11 #153 Wilhelm, Zander	10	Massena	1:49.18
12 #118 Adams, Josiah	9	IR	1:51.60
13 #141 Becht, Chase	12	Massena	1:52.12
14 #242 Grainger, Nick	10	Potsdam	1:56.09
15 #70 Brooks, Zebulon		Malone	1:58.61
16 #269 Bigtree, Jace	11	Salmon River	1:59.23
17 #214 Thornhill, Jackson	8	Blue Devils	2:02.10
18 #253 Savage, Kurtis	10	Potsdam	2:04.96

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

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

Name	Yr	School	Finals
--- #131 Yang, Sam	12	IR	X1:47.67

Event 13 Girls 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 #164 Gates, Brielle	9	Norwood-Norfolk	13:02.80 10
2 #218 Clark, Meridyth	SO	Potsdam	13:36.90 8
3 #235 Williams, Sadie	JR	Potsdam	13:38.30 6
4 #59 Marlow, Rhyan	9	Malone	13:42.30 5
5 #227 Kelson, Ali	FR	Potsdam	14:19.50 4
6 #16 McKinley, Cecelia	10	Canton	14:28.40 3

Event 14 Girls 300 Meter Dash

Name	Yr	School	Finals
Finals			
1 #215 Betrus, Lindy	JR	Potsdam	43.82 10
2 #265 Manson, Makenna	11	Salmon River	43.89 8
3 #13 McCarthy, Rori	12	Canton	47.06 6
4 #231 Rutledge, Jaedyn	SR	Potsdam	48.35 5
5 #223 El Labban, Sarah	FR	Potsdam	48.47 4
6 #195 McRoberts, Brianna	12	Blue Devils	50.08 3
7 #161 Cupps, Meadow	11	Norwood-Norfolk	50.17 2
8 #30 Zysik, Annika	10	Canton	51.07 1
9 #25 Seegar, Julia	10	Canton	51.19
10 #10 Lawton, Lynzie	12	Canton	51.39
11 #3 Brandy, Madison	12	Canton	51.73
12 #110 Nustad, Ashlynn	10	IR	51.83
13 #65 Winters, Katrina	10	Malone	51.84
14 #111 Paulyn Solar, Mary	10	IR	52.13
15 #232 Seitzer, Abi	SO	Potsdam	52.51
16 #57 Lawrence, Tye	10	Malone	52.57
17 #21 Rossiter, Natasha	9	Canton	54.21
18 #187 Bouchey, Ellah	8	Blue Devils	54.87
19 #108 Gorski, Mackenzie	10	IR	55.14
20 #230 Moore, Kenadi	JR	Potsdam	55.60
21 #136 Oldenburgh, Mackenzie	9	Massena	55.68
22 #282 Foote, Emelia	11	Tupper Lake	56.32
23 #284 Nadeau, Meika	12	Tupper Lake	56.41
24 #169 Miller-Lynch, Tessa	7	Norwood-Norfolk	56.64
25 #55 Funk, Darci	8	Malone	57.07
26 #194 Lalone, Kiely		Blue Devils	58.84
27 #49 Bennett, Jorja	9	Malone	59.46
28 #135 Lannis, Molly	11	Massena	59.74
29 #191 Finley, Kaitlin		Blue Devils	1:03.00
--- #199 Putman, Maeve	10	Blue Devils	X1:03.37

Event 15 Boys 300 Meter Dash

Name	Yr	School	Finals
Finals			
1 #117 Adams, Caleb	12	IR	37.99 10
2 #46 Young, Caleb	12	Canton	38.06 8
3 #142 Binion, Aaron	12	Massena	39.06 6
4 #77 Keating, Dylan		Malone	39.87 5
5 #184 Milller-Lynch, Liam	10	Norwood-Norfolk	40.26 4

6 #36 Hall, Owen	12	Canton	40.51 3
7 #139 Acevedo, Eligha	11	Massena	41.42 2
8 #243 Haggett, Max	10	Potsdam	42.17 1
9 #278 Sharrow, Tehonietathe	12	Salmon River	42.99
10 #239 Cardona, Landon	12	Potsdam	43.26
11 #206 Gillette, Gary	12	Blue Devils	43.47
12 #68 Benjamin, Button		Malone	43.64
13 #271 Cole, Kyren	12	Salmon River	44.23
14 #143 Binion, Jacob	12	Massena	44.58
15 #258 Wellings, Andrew	12	Potsdam	44.66
16 #293 Gerstenberger, Cohen	9	Tupper Lake	44.69
17 #186 Waite, Mason	9	Norwood-Norfolk	44.94
18 #205 Ericksen, Kresten	09	Blue Devils	45.77
19 #272 Francis, Jeremy	10	Salmon River	46.01
20 #244 Jones, William	9	Potsdam	46.32
21 #119 Francois, Malachi	9	IR	46.94
22 #292 Fleishman, Brock	9	Tupper Lake	47.10
23 #250 Munoz, Jehavani	9	Potsdam	47.59
24 #269 Bigtree, Jace	11	Salmon River	50.15
25 #35 Cortright, Tegan	9	Canton	50.27
26 #43 Williams, Darvay	10	Canton	56.87
27 #290 Dominic, Luke	9	Tupper Lake	57.91
28 #295 Levey, CJ	10	Tupper Lake	1:02.20
--- #120 Gauthier, Adam	9	IR	X43.04
--- #124 Jones, Connor	9	IR	X43.70

Event 16 Girls 1000 Meter Run

Name	Yr	School	Finals
Finals			
1 #233 Shatraw, Izzy	SR	Potsdam	3:28.89 10
2 #225 Grainger, Ali	JR	Potsdam	3:30.05 8
3 #157 Carista, Madison	9	Norwood-Norfolk	3:32.19 6
4 #5 Casserly, Aurora	8	Canton	3:32.93 5
5 #23 Schmitt, Bennett	9	Canton	3:34.78 4
6 #15 McDonough, Grace	12	Canton	3:39.42 3
7 #283 Fritts, Raegan	11	Tupper Lake	3:57.17 2
8 #61 Perham, Emily	11	Malone	3:59.72 1
9 #48 Benardot, Cora	11	Malone	4:00.43
10 #6 Foster, Violet	10	Canton	4:09.28
11 #172 Smith, Brielle	10	Norwood-Norfolk	4:12.40
12 #221 Dhaniyala, Saadhika	FR	Potsdam	4:13.80
13 #192 Honeywell, Kendall	8	Blue Devils	4:14.77
14 #224 Ewy, Emily	FR	Potsdam	4:17.78
15 #217 Cetinkaya, Elif	SO	Potsdam	5:03.22
--- #58 Leroy, Ellie	11	Malone	DNF

Event 17 Boys 1000 Meter Run

Name	Yr	School	Finals
Finals			
1 #256 Vink, Bailey	9	Potsdam	2:23.00 10
2 #180 Fiacco, Anthony	12	Norwood-Norfolk	3:05.99 8
3 #259 Yang, Nick	12	Potsdam	3:07.56 6
4 #37 Lee-Powell, Rylan	10	Canton	3:12.79 5
5 #268 ., Tehoronhiathe	12	Salmon River	3:16.53 4
6 #271 Cole, Kyren	12	Salmon River	3:17.68 3
7 #69 Bormann, Justin		Malone	3:18.58 2

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

Finals ... (Event 17 Boys 1000 Meter Run)

Name	Yr	School	Finals	
8 #44 Worthley, Kaden	10	Canton	3:21.01	1
9 #147 Eggleston, Logan	12	Massena	3:21.41	
10 #121 Gauthier, Ryan	9	IR	3:26.71	
11 #76 Johnston, Carter		Malone	3:27.24	
12 #146 Dostie, Jayden	12	Massena	3:28.92	
13 #276 Oakes, Lucas	10	Salmon River	3:30.35	
14 #294 Kendall, Jonah	9	Tupper Lake	3:30.59	
15 #67 Benardot, Maxwell		Malone	3:32.53	
16 #79 Menke, Ryan		Malone	3:32.70	
17 #277 Oakes, Ryan	12	Salmon River	3:39.38	
18 #80 Perry, Reece		Malone	3:42.35	
19 #45 Worthley, Kolten	10	Canton	3:44.72	

Event 18 Boys 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 #181 Fiacco, Dominic	11	Norwood-Norfolk	11:24.78	10
2 #274 Lazore, Cayde	12	Salmon River	11:28.21	8
3 #145 David, Andrew	9	Massena	11:28.44	6
4 #42 Watts, Lucas	10	Canton	11:29.72	5
5 #74 Fefee, Brayden		Malone	11:29.78	4
6 #179 Bradley, Logan	11	Norwood-Norfolk	11:57.05	3
7 #178 Bradley, Lance	12	Norwood-Norfolk	12:09.29	2
8 #268 ., Tehoronhiathe	12	Salmon River	12:28.33	1
9 #75 Guerin, Donovan		Malone	12:32.49	
--- #78 LaChance, Brandon		Malone	DNF	

Event 19 Girls 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Potsdam	A	4:39.59	10
1) #231 Rutledge, Jaedyn SR	2) #234 Steinrotter, Emmie FR		
3) #222 Duffy, Daly SO	4) #225 Grainger, Ali JR		
5) #235 Williams, Sadie JR	6) #227 Kelson, Ali FR		
2 Norwood-Norfolk	A	4:45.59	8
1) #165 Hewey, Rachel 11	2) #173 Snell, Allie 9		
3) #174 Tebo, Kylie 12	4) #169 Miller-Lynch, Tessa 7		
5) #168 Masuk, Autumn 8	6) #162 Donahue, Caitlin 8		
3 Franklin Academy	A	5:03.92	6
1) #47 Ashlaw, Natalie 11	2) #57 Lawrence, Tye 10		
3) #65 Winters, Katrina 10	4) #62 Powers, Joanne 12		
5) #64 Tober, Ellie 10			
4 Canton	A	5:17.41	5
1) #25 Seegar, Julia 10	2) #10 Lawton, Lynzie 12		
3) #15 McDonough, Grace 12	4) #30 Zysik, Annika 10		
5) #16 McKinley, Cecelia 10			
5 Potsdam	B	5:22.31	4
1) #226 Hinkley, Keira FR	2) #224 Ewy, Emily FR		
3) #221 Dhaniyala, Saadhika FR	4) #228 LaBarge, Tayler SO		
5) #235 Williams, Sadie JR	6) #227 Kelson, Ali FR		
7) #217 Cetinkaya, Elif SO			

Event 20 Boys 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Canton	A	3:54.32	10
1) #46 Young, Caleb 12	2) #36 Hall, Owen 12		
3) #31 Armendariz-Haun, Daniel 10	4) #40 Rodriguez-Doyle, Aiden 10		
5) #41 Simons, Christian 12	6) #45 Worthley, Kolten 10		
2 Norwood-Norfolk	A	4:10.30	8
1) #184 Milller-Lynch, Liam 10	2) #182 Gardner, Corbin		
3) #186 Waite, Mason 9	4) #180 Fiacco, Anthony 12		
5) #181 Fiacco, Dominic 11			
3 Potsdam	A	4:31.02	6
1) #249 Morey, Xaiden 9	2) #250 Munoz, Jehavani 9		
3) #243 Haggett, Max 10	4) #242 Grainger, Nick 10		
4 Franklin Academy	A	4:31.09	5
1) #67 Benardot, Maxwell	2) #78 LaChance, Brandon		
3) #79 Menke, Ryan	4) #80 Perry, Reece		
5) #76 Johnston, Carter			
5 Massena	A	4:59.29	4
1) #141 Becht, Chase 12	2) #146 Dostie, Jayden 12		
3) #147 Eggleston, Logan 12	4) #150 Fregoe, Connor 12		
5) #152 Robillard-Ramatici, Ethan			

Event 21 Girls High Jump

Name	Yr	School	Finals	
Finals				
1 #55 Funk, Darci	8	Malone	4-08.00	10
2 #280 Ellis, Olivia	12	Tupper Lake	4-06.00	8
3 #9 Kitzman, Ella	12	Canton	4-04.00	4.5
3 #165 Hewey, Rachel	11	Norwood-Norfolk	4-04.00	4.5
3 #1 Armstrong, Maddie	12	Canton	4-04.00	4.5
3 #54 Chodat, Adeline	12	Malone	4-04.00	4.5
7 #190 Curtis, Autumn	10	Blue Devils	4-02.00	0.6
7 #168 Masuk, Autumn	8	Norwood-Norfolk	4-02.00	0.6
7 #220 Davidson, Lizzie	JR	Potsdam	4-02.00	0.6
7 #48 Benardot, Cora	11	Malone	4-02.00	0.6
7 #114 VanTassel, Ali	11	IR	4-02.00	0.6
12 #105 Burnard, Carolina	11	IR	4-00.00	
--- #226 Hinkley, Keira	FR	Potsdam	NH	
--- #56 Hammill, Jillian	11	Malone	NH	

Event 22 Boys High Jump

Name	Yr	School	Finals	
Finals				
1 #257 Washburn, Austin	12	Potsdam	5-02.00	10
2 #69 Bormann, Justin		Malone	4-09.00	7
2 #67 Benardot, Maxwell		Malone	4-09.00	7
4 #252 Pace, Patrick	11	Potsdam	4-06.00	5

Event 23 Girls Long Jump

Name	Yr	School	Finals	
Finals				
1 #280 Ellis, Olivia	12	Tupper Lake	15-01.50	10
2 #215 Betrus, Lindy	JR	Potsdam	14-09.50	8
3 #1 Armstrong, Maddie	12	Canton	14-08.00	6

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

Finals ... (Event 23 Girls Long Jump)

Name	Yr	School	Finals
4 #104 Adams, Mackenzie	11	IR	14-04.00 5
5 #197 Murray, Emma	12	Blue Devils	13-07.75 4
6 #201 Wilson, Katharine	9	Blue Devils	13-03.00 3
7 #113 Thorpe, Jaida	9	IR	13-01.50 2
8 #111 Paulyn Solar, Mary	10	IR	12-08.00 1
9 #54 Chodat, Adeline	12	Malone	12-07.50
9 #222 Duffy, Daly	SO	Potsdam	12-07.50
11 #216 Cardinal, Mackenzie	SO	Potsdam	12-06.75
12 #261 Arquette, Mataya	11	Salmon River	11-10.50
13 #8 Hibbard, Lilly	10	Canton	10-11.50
--- #196 Mix, Kadence	12	Blue Devils	FOUL

Event 24 Boys Long Jump

Name	Yr	School	Finals
Finals			
1 #151 Monroe, Wyatt	12	Massena	20-00.00 10
2 #117 Adams, Caleb	12	IR	18-10.50 8
3 #73 Debose, Ayden		Malone	17-09.25 6
4 #140 Ashley, Jordan	10	Massena	17-07.75 5
5 #257 Washburn, Austin	12	Potsdam	17-05.50 4
6 #213 Sutherland, Ryan	11	Blue Devils	15-09.00 3
7 #293 Gerstenberger, Cohen	9	Tupper Lake	15-06.25 2
8 #83 Smythe, Landon		Malone	14-08.50 1
9 #271 Cole, Kyren	12	Salmon River	14-07.75
10 #294 Kendall, Jonah	9	Tupper Lake	13-09.25
11 #32 Button, Nate	10	Canton	13-04.50
12 #150 Fregoe, Connor	12	Massena	12-10.00
13 #255 Teich, Charlie	9	Potsdam	12-01.25
14 #35 Cortright, Tegan	9	Canton	12-00.50

Event 25 Girls Triple Jump

Name	Yr	School	Finals
Finals			
1 #215 Betrus, Lindy	JR	Potsdam	33-05.00 10
2 #233 Shatraw, Izzy	SR	Potsdam	30-11.25 8
3 #267 Oakes, Krissy	12	Salmon River	30-05.50 6
4 #27 Shipman, Stella	11	Canton	29-10.75 5
5 #201 Wilson, Katharine	9	Blue Devils	29-03.25 4
6 #48 Benardot, Cora	11	Malone	28-02.00 3
7 #58 Leroy, Ellie	11	Malone	27-07.50 2
8 #218 Clark, Meridyth	SO	Potsdam	26-11.75 1
9 #105 Burnard, Carolina	11	IR	26-11.25
10 #283 Fritts, Raegan	11	Tupper Lake	26-10.75
11 #114 VanTassel, Ali	11	IR	24-07.25
12 #53 Branconnier, Morgan	10	Malone	24-03.25
13 #19 Perretta, Isabella	9	Canton	24-01.25
14 #284 Nadeau, Meika	12	Tupper Lake	22-09.00
15 #189 Curtis, Annabel	8	Blue Devils	22-08.75

Event 26 Boys Triple Jump

Name	Yr	School	Finals
Finals			
1 #142 Binion, Aaron	12	Massena	35-04.25 10
2 #257 Washburn, Austin	12	Potsdam	34-06.00 8

3 #66 Ashlaw, Mitchell	Malone	33-09.25 6
4 #42 Watts, Lucas	10 Canton	33-08.00 5
5 #154 Young, Hunter	12 Massena	31-08.75 4
6 #211 Smith, Ian	11 Blue Devils	31-07.25 3
7 #78 LaChance, Brandon	Malone	29-04.50 2
8 #153 Wilhelm, Zander	10 Massena	28-00.75 1
9 #210 Skelly, Jaxton	9 Blue Devils	27-08.50
10 #255 Teich, Charlie	9 Potsdam	27-02.25

Event 27 Girls Shot Put

Name	Yr	School	Finals
Finals			
1 #200 Valcour, Luc	11	Blue Devils	29-01.00 10
2 #137 Oliver, Kristen	12	Massena	28-07.00 8
3 #104 Adams, Mackenzie	11	IR	27-08.00 6
4 #219 Clark, Olivia	JR	Potsdam	27-06.00 5
5 #60 Monette, MaKenna	12	Malone	26-00.00 4
6 #163 Elliott, Madelyn	11	Norwood-Norfolk	25-11.00 3
7 #158 Charles, Sydney	10	Norwood-Norfolk	25-03.00 2
8 #156 Burns, Kerisa	11	Norwood-Norfolk	24-05.00 1
9 #11 Magurk, Grace	11	Canton	22-09.00
10 #236 Williamson, Hailey	JR	Potsdam	22-08.00
11 #53 Branconnier, Morgan	10	Malone	21-10.00
12 #17 Newman, Wyatt	12	Canton	20-11.00
13 #285 Sparks, Aubrey	11	Tupper Lake	20-09.00
14 #279 Becker, Mary	10	Tupper Lake	19-10.00
15 #21 Rossiter, Natasha	9	Canton	19-09.00
16 #107 Cratsenberg, Sierra	10	IR	19-08.00
17 #26 Shipman, Cecily	10	Canton	18-08.00
18 #49 Bennett, Jorja	9	Malone	15-00.00
19 #52 Bess, Mykenna	9	Malone	13-06.00
20 #198 Pratt, Jenna	11	Blue Devils	12-01.00
--- #175 Wagstaff, Margaret	11	Norwood-Norfolk	X20-07.00
--- #167 LaBar, Brianna	11	Norwood-Norfolk	X18-01.00
--- #171 Sherman, Audrieanna	10	Norwood-Norfolk	X17-03.00
--- #176 Waite, Jaden	11	Norwood-Norfolk	X17-02.00
--- #166 Kennedy, Kiley	11	Norwood-Norfolk	X14-01.00

Event 28 Boys Shot Put

Name	Yr	School	Finals
Finals			
1 #202 Baxter, Chandler	11	Blue Devils	34-02.00 10
2 #152 Robillard-Ramatici, Etha	11	Massena	32-10.00 8
3 #297 Robillard, Luke	10	Tupper Lake	32-09.00 6
4 #249 Morey, Xaiden	9	Potsdam	31-01.00 4.5
4 #288 Baker, Mike	11	Tupper Lake	31-01.00 4.5
6 #298 Whitman, Owen	12	Tupper Lake	30-11.00 3
7 #81 Rogers, Witt		Malone	30-07.00 2
8 #278 Sharrow, Tehonietathe	12	Salmon River	29-00.00 1
9 #82 Shea, Jeb		Malone	28-09.25
10 #129 Sayre, Emeory	11	IR	28-09.00
11 #270 Burns, Kobryn	12	Salmon River	28-06.00
12 #41 Simons, Christian	12	Canton	28-05.00
13 #177 Boprey, Dominic	11	Norwood-Norfolk	28-01.00
14 #70 Brooks, Zebulon		Malone	27-01.00
15 #254 Simmons, Jackson	12	Potsdam	26-08.00

NAC Indoor Meet 4 - 1/20/2023

SLU

Results - NAC Meet

Finals ... (Event 28 Boys Shot Put)

	Name	Yr	School	Finals
16	#131 Yang, Sam	12	IR	26-04.00
17	#214 Thornhill, Jackson	8	Blue Devils	25-05.00
18	#273 Hasty, Oakley	9	Salmon River	23-11.00
19	#185 Stewart, Caden		Norwood-Norfolk	22-07.00
20	#183 Garrow, Jaron	9	Norwood-Norfolk	20-11.00
21	#240 Emlaw, Austin	9	Potsdam	19-07.00
---	#295 Levey, CJ	10	Tupper Lake	X29-06.00
---	#291 Farnsworth, Jayden	12	Tupper Lake	X26-07.00
---	#289 Barkley, Nathan	10	Tupper Lake	X22-06.00

Women - Team Rankings - 14 Events Scored

1)	Potsdam	145.6
2)	Canton	108
3)	Norwood-Norfolk Central School	89.1
4)	Franklin Academy	61.1
5)	Tupper Lake	32
6)	Ogdensburg Free Academy	31.6
7)	Salmon River	30
8)	Indian River	20.6
9)	Massena	8

Men - Team Rankings - 14 Events Scored

1)	Massena	102
2)	Canton	74
3)	Potsdam	71.5
4)	Franklin Academy	70
4)	Norwood-Norfolk Central School	70
6)	Indian River	51
7)	Salmon River	32
8)	Ogdensburg Free Academy	29
9)	Tupper Lake	25.5