

NAC Indoor Meet 7 - 2/10/2023

SLU

Results - NAC Meet

Event 1 Girls 4x800 Meter Relay

Section X: 9:16.39 R 2014

Canton

Team	Relay	Finals
Finals		
1 Canton	A	10:41.42 10
1) #23 Schmitt, Bennett 9	2) #13 McCarthy, Rori 12	
3) #5 Casserly, Aurora 8	4) #15 McDonough, Grace 12	
2 Gouverneur	A	11:17.24 8
1) #88 Griffith, Randi 12	2) #92 Shippee, Lillianna 10	
3) #93 Siebels, Lilah 8	4) #89 Griffith, Rikki 12	
5) #84 Blaine, Llydia 11		
3 Norwood-Norfolk	A	11:42.43 6
1) #157 Carista, Madison 9	2) #165 Hewey, Rachel 11	
3) #164 Gates, Brielle 9	4) #155 Ashley, Madison 10	
5) #172 Smith, Brielle 10		
4 Potsdam	A	11:52.33 5
1) #225 Grainger, Ali JR	2) #235 Williams, Sadie JR	
3) #227 Kelson, Ali FR	4) #234 Steinrotter, Emmie FR	
5) #224 Ewy, Emily FR	6) #221 Dhaniyala, Saadhika FR	
5 Franklin Academy	A	12:13.91 4
1) #59 Marlow, Rhyan 9	2) #51 Bennett, Rabecca 11	
3) #57 Lawrence, Tye 10	4) #65 Winters, Katrina 10	
5) #56 Hammill, Jillian 11		
--- Canton	B	X12:10.28
1) #6 Foster, Violet 10	2) #16 McKinley, Cecelia 10	
3) #22 Salvimiguel, Marilisa 10	4) #28 Tupper, Johanna 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	9:28.64 10
1) #182 Gardner, Corbin	2) #180 Fiacco, Anthony 12	
3) #178 Bradley, Lance 12	4) #179 Bradley, Logan 11	
5) #181 Fiacco, Dominic 11		
2 Indian River	A	9:43.78 8
1) #127 Ramos, Hector 12	2) #121 Gauthier, Ryan 9	
3) #118 Adams, Josiah 9	4) #123 Johnston, Elijah 12	
5) #131 Yang, Sam 12		
3 Franklin Academy	A	10:45.15 6
3) #78 LaChance, Brandon	2) #69 Bormann, Justin	
5) #67 Benardot, Maxwell	4) #79 Menke, Ryan	
6) #70 Brooks, Zebulon		
4 Potsdam	A	10:49.05 5
1) #256 Vink, Bailey 9		
3) #242 Grainger, Nick 10	4) #255 Teich, Charlie 9	
5) #259 Yang, Nick 12		

Event 3 Girls 60 Meter Dash

Section X: 8.16 R 2/10/2023

Makenna Manson

Name	Yr	School	Finals
Finals			
1 #265 Manson, Makenna	11	Salmon River	8.16R 10
2 #85 Bowman, Abigail	11	Gouverneur	8.61 8

3 #62 Powers, Joanne	12	Malone	8.64 6
4 #2 Blair, Hailee	12	Canton	8.66 5
5 #223 El Labban, Sarah	FR	Potsdam	8.69 4
6 #161 Cupps, Meadow	11	Norwood-Norfolk	8.72 3
7 #91 Sheen, Jacey	11	Gouverneur	8.81 2
8 #106 Cavaliere, Kayla	10	IR	8.82 1
9 #94 Smith, Emily	10	Gouverneur	8.84
10 #87 Greenhill, Meadow	11	Gouverneur	8.88
11 #104 Adams, Mackenzie	11	IR	8.96
12 #195 McRoberts, Brianna	12	Blue Devils	9.00
13 #20 Robert, Elaina	10	Canton	9.06
14 #113 Thorpe, Jaida	9	IR	9.10
15 #190 Curtis, Autumn	10	Blue Devils	9.11
16 #158 Charles, Sydney	10	Norwood-Norfolk	9.21
17 #228 LaBarge, Tayler	SO	Potsdam	9.25
17 #47 Ashlaw, Natalie	11	Malone	9.25
19 #8 Hibbard, Lilly	10	Canton	9.52
20 #84 Blaine, Llydia	11	Gouverneur	9.63
21 #287 Tarbox, Lacey	8	Tupper Lake	9.68
22 #230 Moore, Kenadi	JR	Potsdam	9.76
23 #281 Flagg, Caydence	10	Tupper Lake	9.93
24 #90 Morrow, Haley	11	Gouverneur	9.95
25 #169 Miller-Lynch, Tessa	7	Norwood-Norfolk	9.96
26 #261 Arquette, Mataya	11	Salmon River	9.98
26 #63 Rivera, Kylie	11	Malone	9.98
28 #26 Shipman, Cecily	10	Canton	10.06
29 #263 Cook, Cloe	10	Salmon River	10.08
29 #4 Campoy Egea, Paula		Canton	10.08
31 #199 Putman, Maeve	10	Blue Devils	10.63
32 #191 Finley, Kaitlin		Blue Devils	10.78
33 #300 Jenks, Katence		Blue Devils	10.84
34 #279 Becker, Mary	10	Tupper Lake	10.86
35 #198 Pratt, Jenna	11	Blue Devils	10.90
36 #60 Monette, MaKenna	12	Malone	10.91
--- #156 Burns, Kerisa	11	Norwood-Norfolk	X9.75
--- #194 Lalone, Kiely		Blue Devils	X9.93
--- #162 Donahue, Caitlin	8	Norwood-Norfolk	X10.03
--- #115 Wells, Na'Keya	12	IR	X10.07
--- #175 Wagstaff, Margaret	11	Norwood-Norfolk	X10.16
--- #49 Bennett, Jorja	9	Malone	X10.95
--- #107 Cratsenberg, Sierra	10	IR	X11.43
--- #176 Waite, Jaden	11	Norwood-Norfolk	X11.73
--- #52 Bess, Mykenna	9	Malone	X11.95
--- #286 Strack, Kathryn	11	Tupper Lake	X15.45

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	7.35 10
2 #151 Monroe, Wyatt	12	Massena	7.53 8
3 #46 Young, Caleb	12	Canton	7.57 6
4 #184 Milller-Lynch, Liam	10	Norwood-Norfolk	7.79 5
5 #278 Sharrow, Tehonietathe	12	Salmon River	7.81 4
6 #143 Binion, Jacob	12	Massena	7.82 3
7 #120 Gauthier, Adam	9	IR	8.09 2

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Results - NAC Meet

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

Name	Yr	School	Finals	
8 #68 Benjamin, Button		Malone	8.11	1
9 #297 Robillard, Luke	10	Tupper Lake	8.17	
10 #66 Ashlaw, Mitchell		Malone	8.21	
11 #124 Jones, Connor	9	IR	8.22	
12 #125 McCranie, David	10	IR	8.31	
13 #293 Gerstenberger, Cohen	9	Tupper Lake	8.35	
14 #298 Whitman, Owen	12	Tupper Lake	8.38	
14 #177 Boprey, Dominic	11	Norwood-Norfolk	8.38	
16 #99 Lucas, Maxwel	11	Gouverneur	8.39	
17 #150 Fregoe, Connor	12	Massena	8.42	
18 #83 Smythe, Landon		Malone	8.50	
19 #205 Ericksen, Kresten	09	Blue Devils	8.51	
20 #244 Jones, William	9	Potsdam	8.60	
21 #272 Francis, Jeremy	10	Salmon River	8.61	
22 #95 Bice, Kelvin III	9	Gouverneur	8.62	
23 #254 Simmons, Jackson	12	Potsdam	8.75	
24 #203 Beaulieu, Patrick	9	Blue Devils	8.77	
25 #32 Button, Nate	10	Canton	9.25	
26 #269 Bigtree, Jace	11	Salmon River	9.26	
27 #81 Rogers, Witt		Malone	9.28	
28 #43 Williams, Darvay	10	Canton	9.29	
29 #35 Cortright, Tegan	9	Canton	9.37	
30 #270 Burns, Kobryn	12	Salmon River	9.77	
31 #82 Shea, Jeb		Malone	9.84	
32 #247 Malit, Jimmy		Potsdam	9.98	
33 #41 Simons, Christian	12	Canton	10.03	
34 #212 Stowell, Chase	11	Blue Devils	10.04	
35 #183 Garrow, Jaron	9	Norwood-Norfolk	10.05	
36 #245 Magoon-Lacombe, Noal	9	Potsdam	10.10	
37 #246 Magoon-Lacombe, Sam	9	Potsdam	10.36	
38 #273 Hasty, Oakley	9	Salmon River	11.82	
--- #291 Farnsworth, Jayden	12	Tupper Lake	X8.94	
--- #296 Logie, Sawyer	12	Tupper Lake	X8.94	
--- #288 Baker, Mike	11	Tupper Lake	X9.67	
--- #129 Sayre, Emeory	11	IR	X10.81	

Event 5 Girls 60 Meter Hurdles
Section X: 10.43 R 2020 Sydney Lorenc

Name	Yr	School	Finals	
1 #1 Armstrong, Maddie	12	Canton	10.72	10
2 #280 Ellis, Olivia	12	Tupper Lake	J10.72	8
3 #27 Shipman, Stella	11	Canton	11.36	6
4 #168 Masuk, Autumn	8	Norwood-Norfolk	11.43	5
5 #174 Tebo, Kylie	12	Norwood-Norfolk	11.51	4
6 #3 Brandy, Madison	12	Canton	11.61	3
7 #55 Funk, Darci	8	Malone	11.62	2
8 #231 Rutledge, Jaedyn	SR	Potsdam	11.63	1
9 #201 Wilson, Katharine	9	Blue Devils	11.89	
10 #164 Gates, Brielle	9	Norwood-Norfolk	12.10	
11 #232 Seitzer, Abi	SO	Potsdam	12.18	
12 #53 Branconnier, Morgan	10	Malone	12.56	
13 #187 Bouchey, Ellah	8	Blue Devils	13.02	
14 #19 Perretta, Isabella	9	Canton	13.06	

15 #135 Lannis, Molly 11 Massena 13.62

Event 6 Boys 60 Meter Hurdles
Section X: 8.91 R 2/8/2019 Jeremaih vonBorstel

Name	Yr	School	Finals	
1 #36 Hall, Owen	12	Canton	10.68	10
2 #153 Wilhelm, Zander	10	Massena	10.86	8
3 #209 Peabody, Gabe	10	Blue Devils	10.90	6
4 #208 Peabody, Crofton	10	Blue Devils	11.99	5
5 #241 Gilbert, Jack	10	Potsdam	12.18	4
6 #252 Pace, Patrick	11	Potsdam	12.76	3

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	5:06.22	10
2 #233 Shatraw, Izzy	SR	Potsdam	5:09.24	8
3 #173 Snell, Allie	9	Norwood-Norfolk	5:25.08	6
4 #23 Schmitt, Bennett	9	Canton	5:25.96	5
5 #89 Griffith, Rikki	12	Gouverneur	5:31.53	4
6 #266 Oakes, Jasmine	11	Salmon River	5:47.13	3
7 #28 Tupper, Johanna	10	Canton	5:48.65	2
8 #235 Williams, Sadie	JR	Potsdam	5:56.70	1
9 #22 Salvimiguel, Marilisa	10	Canton	6:03.03	
10 #16 McKinley, Cecelia	10	Canton	6:26.41	

Event 8 Girls 4x200 Meter Relay
Section X: 1:49.70 R 2007 Indian River
Dore, Kubber, Robinson, Woodson

Team	Relay	Finals	
1 Gouverneur	A	1:56.46	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 Franklin Academy	A	2:02.43	8
1) #47 Ashlaw, Natalie 11	2) #57 Lawrence, Tye 10		
3) #61 Perham, Emily 11	4) #62 Powers, Joanne 12		
3 Potsdam	A	2:03.00	6
1) #220 Davidson, Lizzie JR	2) #228 LaBarge, Tayler SO		
3) #232 Seitzer, Abi SO	4) #222 Duffy, Daly SO		
5) #230 Moore, Kenadi JR	6) #223 El Labban, Sarah FR		
4 Indian River	A	2:08.40	5
1) #106 Cavaliere, Kayla 10	2) #114 VanTassel, Ali 11		
3) #112 Ringuette, Hailey 11	4) #113 Thorpe, Jaida 9		
5) #110 Nustad, Ashlynn 10	6) #111 Paulyn Solar, Mary 10		
7) #115 Wells, Na'Keya 12			
5 Blue Devils	A	2:09.00	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	2:09.60	3
1) #161 Cupps, Meadow 11	2) #174 Tebo, Kylie 12		
3) #169 Miller-Lynch, Tessa 7	4) #168 Masuk, Autumn 8		

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Results - NAC Meet

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

Team	Relay	Finals
--- Canton	A	DNF
1) #2 Blair, Hailee 12	2) #27 Shipman, Stella 11	
3) #20 Robert, Elaina 10	4) #3 Brandy, Madison 12	
5) #25 Seegar, Julia 10	6) #10 Lawton, Lynzie 12	
--- Canton	B	X2:13.96
1) #8 Hibbard, Lilly 10	2) #21 Rossiter, Natasha 9	
3) #26 Shipman, Cecily 10	4) #4 Campoy Egea, Paula	
5) #19 Perretta, Isabella 9	6) #9 Kitzman, Ella 12	
--- Gouverneur	B	X2:14.31
1) #84 Blaine, Llydia 11	2) #90 Morrow, Haley 11	
3) #93 Siebels, Lilah 8	4) #94 Smith, Emily 10	
5) #92 Shippee, Lillianna 10		
--- Franklin Academy	B	X2:21.46
1) #58 Leroy, Ellie 11	2) #53 Branconnier, Morgan 10	
3) #60 Monette, MaKenna 12	4) #63 Rivera, Kylie 11	
5) #52 Bess, Mykenna 9	6) #49 Bennett, Jorja 9	
--- Norwood-Norfolk	B	X2:28.94
1) #160 Coller, Kesley 10	2) #162 Donahue, Caitlin 8	
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	1:44.07 10
1) #143 Binion, Jacob 12	2) #153 Wilhelm, Zander 10	
3) #150 Fregoe, Connor 12	4) #140 Ashley, Jordan 10	
5) #152 Robillard-Ramatici, Ethan		
2 Franklin Academy	A	1:44.98 8
1) #66 Ashlaw, Mitchell	2) #77 Keating, Dylan	
3) #68 Benjamin, Button	4) #83 Smythe, Landon	
7) #75 Guerin, Donovan	6) #73 Debose, Ayden	
3 Norwood-Norfolk	A	1:47.42 6
1) #184 Miller-Lynch, Liam 10	2) #182 Gardner, Corbin	
3) #177 Boprey, Dominic 11	4) #186 Waite, Mason 9	
5) #183 Garrow, Jaron 9		
4 Tupper Lake	A	1:48.17 5
1) #291 Farnsworth, Jayden 12	2) #298 Whitman, Owen 12	
3) #297 Robillard, Luke 10	4) #293 Gerstenberger, Cohen 9	
5 Potsdam	A	1:54.37 4
1) #244 Jones, William 9	2) #243 Hagggett, Max 10	
3) #239 Cardona, Landon 12	4) #254 Simmons, Jackson 12	
5) #253 Savage, Kurtis 10		
6 Indian River	A	1:55.00 3
1) #128 Rivera, Kaylum 12	2) #120 Gauthier, Adam 9	
3) #125 McCranie, David 10	4) #130 Waldrun, Donald 12	
5) #118 Adams, Josiah 9		
7 Blue Devils	A	1:55.93 2
1) #203 Beaulieu, Patrick 9	2) #205 Ericksen, Kresten 09	
3) #206 Gillette, Gary 12	4) #210 Skelly, Jaxton 9	
5) #212 Stowell, Chase 11	6) #214 Thornhill, Jackson 8	

8 Gouverneur	A	2:00.28 1
1) #103 Wells, Kaden 9	2) #101 Schroeder, Jack 11	
3) #98 Hitchcock, Tanner 11	4) #95 Bice, Kelvin III 9	
5) #97 Fenlong, Ethan 12	6) #99 Lucas, Maxwel 11	
7) #100 Ritchie, Jackson 9		
9 Canton	A	2:06.38
1) #35 Cortright, Tegan 9	2) #32 Button, Nate 10	
3) #41 Simons, Christian 12	4) #43 Williams, Darvay 10	
5) #299 Richardson, James 9		
--- Franklin Academy	B	X2:11.94
1) #70 Brooks, Zebulon	2) #71 Carr, David	
3) #81 Rogers, Witt	4) #82 Shea, Jeb	

Event 10 Boys 1600 Meter Run

Section X: 4:14.00 R 1981

Jim Tyler

Name	Yr	School	Finals
1 #72 Chodat, Watson		Malone	4:45.42 10
2 #180 Fiacco, Anthony	12	Norwood-Norfolk	4:46.85 8
3 #31 Armendariz-Haun, Daniel	10	Canton	4:53.10 6
4 #127 Ramos, Hector	12	IR	4:55.17 5
5 #123 Johnston, Elijah	12	IR	4:55.75 4
6 #40 Rodriguez-Doyle, Aiden	10	Canton	4:57.57 3
7 #145 David, Andrew	9	Massena	4:59.32 2
8 #42 Watts, Lucas	10	Canton	5:04.26 1
9 #179 Bradley, Logan	11	Norwood-Norfolk	5:07.36
10 #178 Bradley, Lance	12	Norwood-Norfolk	5:08.86
11 #74 Fefee, Brayden		Malone	5:09.62
12 #37 Lee-Powell, Rylan	10	Canton	5:11.00
13 #121 Gauthier, Ryan	9	IR	5:19.73
14 #256 Vink, Bailey	9	Potsdam	5:23.29
15 #44 Worthley, Kaden	10	Canton	5:24.17
16 #75 Guerin, Donovan		Malone	5:27.04
17 #80 Perry, Reece		Malone	5:35.49
18 #78 LaChance, Brandon		Malone	5:40.84
19 #103 Wells, Kaden	9	Gouverneur	5:46.45
20 #45 Worthley, Kolten	10	Canton	5:49.95
21 #277 Oakes, Ryan	12	Salmon River	5:50.17
22 #146 Dostie, Jayden	12	Massena	6:07.42
23 #204 Brenno, Brody	09	Blue Devils	6:16.61
--- #144 Bush, Kaden	11	Massena	DNF

Event 11 Girls 600 Meter Run

Section X: 1:37.57 R 2014

Rebekkah Bond

Name	Yr	School	Finals
1 #233 Shatraw, Izzy	SR	Potsdam	1:44.54 10
2 #225 Grainger, Ali	JR	Potsdam	1:44.71 8
3 #88 Griffith, Randi	12	Gouverneur	1:48.03 6
4 #267 Oakes, Krissy	12	Salmon River	1:52.97 5
5 #93 Siebels, Lilah	8	Gouverneur	1:57.57 4
6 #30 Zysik, Annika	10	Canton	1:59.67 3
7 #226 Hinckley, Keira	FR	Potsdam	2:01.55 2
8 #15 McDonough, Grace	12	Canton	2:01.56 1
9 #162 Donahue, Caitlin	8	Norwood-Norfolk	2:07.41
10 #6 Foster, Violet	10	Canton	2:08.17

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Results - NAC Meet

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

Name	Yr	School	Finals
11 #133 Hendricks, Madyson	10	Massena	2:08.38
12 #155 Ashley, Madison	10	Norwood-Norfolk	2:09.25
13 #109 Mullen, Gracelynn	12	IR	2:10.24
14 #59 Marlow, Rhyan	9	Malone	2:10.39
15 #221 Dhaniyala, Saadhika	FR	Potsdam	2:10.74
16 #108 Gorski, Mackenzie	10	IR	2:11.34
17 #51 Bennett, Rabecca	11	Malone	2:17.73
18 #135 Lannis, Molly	11	Massena	2:18.28
19 #116 Yang, Zoe	11	IR	2:20.05

Event 12 Boys 600 Meter Run

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

Name	Yr	School	Finals
1 #77 Keating, Dylan		Malone	1:30.97 10
2 #274 Lazore, Cayde	12	Salmon River	1:37.76 8
3 #124 Jones, Connor	9	IR	1:37.98 6
4 #209 Peabody, Gabe	10	Blue Devils	1:38.41 5
5 #147 Eggleston, Logan	12	Massena	1:43.20 4
6 #272 Francis, Jeremy	10	Salmon River	1:44.40 3
7 #118 Adams, Josiah	9	IR	1:44.69 2
8 #208 Peabody, Crofton	10	Blue Devils	1:44.99 1
9 #141 Becht, Chase	12	Massena	1:48.87
10 #210 Skelly, Jaxton	9	Blue Devils	1:49.98
11 #101 Schroeder, Jack	11	Gouverneur	1:50.19
12 #76 Johnston, Carter		Malone	1:51.59
13 #242 Grainger, Nick	10	Potsdam	1:52.46
14 #97 Fenlong, Ethan	12	Gouverneur	1:53.37
15 #70 Brooks, Zebulon		Malone	1:58.08
16 #269 Bigtree, Jace	11	Salmon River	1:59.73
17 #253 Savage, Kurtis	10	Potsdam	1:59.90

Event 13 Girls 3000 Meter Run

Section X: 10:09.70 R 2014 Laura Pierce

Name	Yr	School	Finals
1 #157 Carista, Madison	9	Norwood-Norfolk	11:45.88 10
2 #5 Casserly, Aurora	8	Canton	11:51.41 8
3 #173 Snell, Allie	9	Norwood-Norfolk	12:10.48 6
4 #266 Oakes, Jasmine	11	Salmon River	12:24.28 5
5 #89 Griffith, Rikki	12	Gouverneur	12:53.04 4
6 #235 Williams, Sadie	JR	Potsdam	13:31.71 3
7 #216 Cardinal, Mackenzie	SO	Potsdam	14:35.09 2
8 #227 Kelson, Ali	FR	Potsdam	14:35.64 1
9 #217 Cetinkaya, Elif	SO	Potsdam	17:13.63

Event 14 Girls 300 Meter Dash

Section X: 41.46 R 1982 Sue Hutchins

Name	Yr	School	Finals
1 #215 Betrus, Lindy	JR	Potsdam	43.38 10
2 #265 Manson, Makenna	11	Salmon River	43.38 8
3 #85 Bowman, Abigail	11	Gouverneur	45.25 6
4 #231 Rutledge, Jaedyn	SR	Potsdam	46.45 5

5 #62 Powers, Joanne	12	Malone	47.06 4
6 #223 El Labban, Sarah	FR	Potsdam	47.48 3
7 #61 Perham, Emily	11	Malone	47.64 2
8 #13 McCarthy, Rori	12	Canton	47.89 1
9 #94 Smith, Emily	10	Gouverneur	48.70
10 #87 Greenhill, Meadow	11	Gouverneur	48.98
11 #267 Oakes, Krissy	12	Salmon River	49.43
12 #10 Lawton, Lynzie	12	Canton	49.83
13 #65 Winters, Katrina	10	Malone	49.84
14 #3 Brandy, Madison	12	Canton	50.04
15 #25 Seegar, Julia	10	Canton	50.12
16 #228 LaBarge, Tayler	SO	Potsdam	50.33
17 #195 McRoberts, Brianna	12	Blue Devils	50.55
18 #287 Tarbox, Lacey	8	Tupper Lake	50.59
19 #161 Cupps, Meadow	11	Norwood-Norfolk	50.60
20 #110 Nustad, Ashlynn	10	IR	50.74
21 #111 Pauly Solar, Mary	10	IR	50.79
22 #112 Ringuette, Hailey	11	IR	51.58
23 #92 Shippee, Lillianna	10	Gouverneur	52.58
24 #47 Ashlaw, Natalie	11	Malone	52.89
25 #232 Seitzer, Abi	SO	Potsdam	53.47
26 #169 Miller-Lynch, Tessa	7	Norwood-Norfolk	55.26
27 #281 Flagg, Caydence	10	Tupper Lake	56.63
28 #194 Lalone, Kiely		Blue Devils	57.99
29 #191 Finley, Kaitlin		Blue Devils	1:01.97
30 #135 Lannis, Molly	11	Massena	1:02.49
31 #199 Putman, Maeve	10	Blue Devils	1:03.45
32 #300 Jenks, Katence		Blue Devils	1:07.41
33 #198 Pratt, Jenna	11	Blue Devils	1:09.18
34 #17 Newman, Wyatt	12	Canton	1:15.18

Event 15 Boys 300 Meter Dash

Section X: 35.40 R 2007 Gino Bisceglia

Name	Yr	School	Finals
1 #46 Young, Caleb	12	Canton	37.79 10
2 #142 Binion, Aaron	12	Massena	38.42 8
3 #77 Keating, Dylan		Malone	40.18 6
4 #36 Hall, Owen	12	Canton	40.32 5
5 #73 Debose, Ayden		Malone	41.21 4
6 #211 Smith, Ian	11	Blue Devils	42.26 3
7 #243 Haggett, Max	10	Potsdam	42.42 2
8 #128 Rivera, Kaylum	12	IR	42.99 1
9 #153 Wilhelm, Zander	10	Massena	43.03
10 #206 Gillette, Gary	12	Blue Devils	43.41
11 #186 Waite, Mason	9	Norwood-Norfolk	43.83
12 #120 Gauthier, Adam	9	IR	44.46
13 #272 Francis, Jeremy	10	Salmon River	44.52
14 #68 Benjamin, Button		Malone	44.76
15 #244 Jones, William	9	Potsdam	45.81
16 #205 Ericksen, Kresten	09	Blue Devils	45.95
17 #97 Fenlong, Ethan	12	Gouverneur	46.18
18 #292 Fleishman, Brock	9	Tupper Lake	47.12
19 #203 Beaulieu, Patrick	9	Blue Devils	47.17
20 #150 Fregoe, Connor	12	Massena	47.48
21 #250 Munoz, Jehavani	9	Potsdam	47.56

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Results - NAC Meet

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

Name	Yr	School	Finals
22 #299 Richardson, James	9	Canton	47.78
23 #296 Logie, Sawyer	12	Tupper Lake	48.10
24 #101 Schroeder, Jack	11	Gouverneur	48.64
25 #289 Barkley, Nathan	10	Tupper Lake	49.21
26 #269 Bigtree, Jace	11	Salmon River	50.86
27 #43 Williams, Darvay	10	Canton	52.54
28 #130 Waldrun, Donald	12	IR	54.33
--- #274 Lazore, Cayde	12	Salmon River	DNF

Event 16 Girls 1000 Meter Run

Section X: 3:00.00 R 2014 Rebecca Delrossi

Name	Yr	School	Finals
1 #159 Colbert, Sharon	12	Norwood-Norfolk	3:11.16 10
2 #225 Grainger, Ali	JR	Potsdam	3:23.09 8
3 #23 Schmitt, Bennett	9	Canton	3:36.71 6
4 #234 Steinrotter, Emmie	FR	Potsdam	3:37.01 5
5 #15 McDonough, Grace	12	Canton	3:41.81 4
6 #28 Tupper, Johanna	10	Canton	3:43.22 3
7 #22 Salvimiguel, Marilisa	10	Canton	3:52.63 2
8 #48 Benardot, Cora	11	Malone	3:57.06 1
9 #133 Hendricks, Madyson	10	Massena	3:59.01
10 #6 Foster, Violet	10	Canton	3:59.48
11 #30 Zysik, Annika	10	Canton	3:59.93
12 #54 Chodat, Adeline	12	Malone	4:06.45
13 #221 Dhaniyala, Saadhika	FR	Potsdam	4:07.01
14 #192 Honeywell, Kendall	8	Blue Devils	4:07.62
15 #16 McKinley, Cecelia	10	Canton	4:10.27
16 #224 Ewy, Emily	FR	Potsdam	4:10.67

Event 17 Boys 1000 Meter Run

Section X: 2:32.90 R 1998 Ed Zysik

Name	Yr	School	Finals
1 #181 Fiacco, Dominic	11	Norwood-Norfolk	2:46.67 10
2 #72 Chodat, Watson		Malone	2:47.01 8
3 #179 Bradley, Logan	11	Norwood-Norfolk	2:58.97 6
4 #127 Ramos, Hector	12	IR	3:02.60 5
5 #123 Johnston, Elijah	12	IR	3:02.99 4
6 #42 Watts, Lucas	10	Canton	3:05.64 3
7 #69 Bormann, Justin		Malone	3:20.00 2
8 #147 Eggleston, Logan	12	Massena	3:20.32 1
9 #256 Vink, Bailey	9	Potsdam	3:20.68
10 #80 Perry, Reece		Malone	3:20.90
11 #76 Johnston, Carter		Malone	3:26.70
12 #103 Wells, Kaden	9	Gouverneur	3:29.16
13 #67 Benardot, Maxwell		Malone	3:33.28
14 #146 Dostie, Jayden	12	Massena	3:34.91
15 #141 Becht, Chase	12	Massena	3:36.11
16 #79 Menke, Ryan		Malone	3:39.68
17 #45 Worthley, Kolten	10	Canton	3:40.46

Event 18 Boys 3200 Meter Run

Section X: 9:18.66 R 2002 Jon Pierce

Name	Yr	School	Finals
1 #31 Armendariz-Haun, Daniel	10	Canton	10:54.83 10
2 #40 Rodriguez-Doyle, Aiden	10	Canton	10:56.00 8
3 #74 Fefee, Brayden		Malone	11:03.65 6
4 #178 Bradley, Lance	12	Norwood-Norfolk	11:20.06 5
5 #44 Worthley, Kaden	10	Canton	11:42.74 4
6 #268 ., Tehoronhiathe	12	Salmon River	11:44.91 3
7 #75 Guerin, Donovan		Malone	11:54.95 2

Event 19 Girls 4x400 Meter Relay

Section X: 4:12.80 R 2001 Malone

Team	Relay	Finals
1 Potsdam	A	4:32.27 10
1) #231 Rutledge, Jaedyn SR	2) #223 El Labban, Sarah FR	
3) #234 Steinrotter, Emmie FR	4) #220 Davidson, Lizzie JR	
5) #222 Duffy, Daly SO	6) #225 Grainger, Ali JR	
2 Norwood-Norfolk	A	4:40.11 8
1) #168 Masuk, Autumn 8	2) #173 Snell, Allie 9	
3) #159 Colbert, Sharon 12	4) #157 Carista, Madison 9	
5) #165 Hewey, Rachel 11		
3 Franklin Academy	A	4:52.02 6
1) #57 Lawrence, Tye 10	2) #61 Perham, Emily 11	
3) #58 Leroy, Ellie 11	4) #65 Winters, Katrina 10	
5) #59 Marlow, Rhyann 9	6) #51 Bennett, Rebecca 11	
4 Blue Devils	A	5:21.88 5
1) #192 Honeywell, Kendall 8	2) #194 Lalone, Kiely	
3) #187 Bouchey, Allah 8	4) #189 Curtis, Annabel 8	
5) #191 Finley, Kaitlin	6) #188 Cross, Mia 11	
--- Potsdam	B	X5:21.55
1) #222 Duffy, Daly SO	2) #226 Hinckley, Keira FR	
3) #224 Ewy, Emily FR	4) #221 Dhaniyala, Saadhika FR	
5) #216 Cardinal, Mackenzie SO		

Event 20 Boys 4x400 Meter Relay

Section X: 3:33.76 R 2000 Malone

Team	Relay	Finals
1 Canton	A	3:50.72 10
1) #46 Young, Caleb 12	2) #36 Hall, Owen 12	
3) #42 Watts, Lucas 10	4) #37 Lee-Powell, Rylan 10	
5) #31 Armendariz-Haun, Daniel 10		
2 Norwood-Norfolk	A	3:52.86 8
1) #184 Milller-Lynch, Liam 10	2) #182 Gardner, Corbin	
3) #181 Fiacco, Dominic 11	4) #180 Fiacco, Anthony 12	
5) #186 Waite, Mason 9		
3 Massena	A	4:00.28 6
1) #151 Monroe, Wyatt 12	2) #140 Ashley, Jordan 10	
3) #154 Young, Hunter 12	4) #142 Binion, Aaron 12	
5) #141 Becht, Chase 12	6) #145 David, Andrew 9	

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

Team	Relay	Finals
4 Salmon River	A	4:06.18 5
1) #278 Sharrow, Tehonietathe 12	2) #271 Cole, Kyren 12	
3) #268 ., Tehoronhiathe 12	4) #274 Lazore, Cayde 12	
5 Potsdam	A	4:30.74 4
1) #249 Morey, Xaiden 9	2) #242 Grainger, Nick 10	
3) #243 Haggett, Max 10	4) #250 Munoz, Jehavani 9	
5) #258 Wellings, Andrew 12		
6 Franklin Academy	A	4:32.48 3
1) #72 Chodat, Watson	2) #76 Johnston, Carter	
3) #79 Menke, Ryan	4) #80 Perry, Reece	
	6) #74 Fefee, Brayden	

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	5-05.00 10
2 #55 Funk, Darci	8	Malone	5-00.00 8
3 #280 Ellis, Olivia	12	Tupper Lake	4-10.00 6
4 #54 Chodat, Adeline	12	Malone	4-08.00 5
5 #9 Kitzman, Ella	12	Canton	4-06.00 4
6 #1 Armstrong, Maddie	12	Canton	J4-06.00 3
7 #165 Hewey, Rachel	11	Norwood-Norfolk	J4-06.00 2
8 #114 VanTassel, Ali	11	IR	4-04.00 1
9 #220 Davidson, Lizzie	JR	Potsdam	4-02.00
10 #105 Burnard, Carolina	11	IR	J4-02.00
11 #48 Benardot, Cora	11	Malone	4-00.00
11 #190 Curtis, Autumn	10	Blue Devils	4-00.00
13 #226 Hinckley, Keira	FR	Potsdam	3-10.00
--- #56 Hammill, Jillian	11	Malone	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	6-00.00 10
2 #257 Washburn, Austin	12	Potsdam	5-04.00 8
3 #125 McCranie, David	10	IR	5-02.00 6
4 #69 Bormann, Justin		Malone	4-09.00 5
5 #252 Pace, Patrick	11	Potsdam	J4-06.00 3
5 #154 Young, Hunter	12	Massena	J4-06.00 3
5 #181 Fiacco, Dominic	11	Norwood-Norfolk	J4-06.00 3
8 #67 Benardot, Maxwell		Malone	J4-06.00 1
9 #271 Cole, Kyren	12	Salmon River	J4-06.00

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	16-06.00 10
2 #104 Adams, Mackenzie	11	IR	15-10.25 8
3 #1 Armstrong, Maddie	12	Canton	15-04.75 6
4 #86 Gaines, Audrey	10	Gouverneur	15-03.25 5
5 #91 Sheen, Jacey	11	Gouverneur	14-09.75 4

6 #109 Mullen, Gracelynn	12	IR	13-04.00 3
7 #54 Chodat, Adeline	12	Malone	13-03.50 2
8 #287 Tarbox, Lacey	8	Tupper Lake	13-01.25 1
9 #196 Mix, Kadence	12	Blue Devils	12-11.50
10 #113 Thorpe, Jaida	9	IR	12-10.75
11 #222 Duffy, Daly	SO	Potsdam	11-11.00
12 #216 Cardinal, Mackenzie	SO	Potsdam	11-09.25
13 #261 Arquette, Mataya	11	Salmon River	11-08.00
14 #90 Morrow, Haley	11	Gouverneur	11-06.25
--- #2 Blair, Hailee	12	Canton	FOUL

Event 24 Boys Long Jump

Section X: 23-07 R 1989		Lucas Kerley	
Name	Yr	School	Finals
Finals			
1 #151 Monroe, Wyatt	12	Massena	19-06.50 10
2 #117 Adams, Caleb	12	IR	18-09.00 8
3 #73 Debose, Ayden		Malone	17-08.50 6
4 #211 Smith, Ian	11	Blue Devils	16-10.25 5
5 #140 Ashley, Jordan	10	Massena	16-07.25 4
6 #143 Binion, Jacob	12	Massena	16-06.50 3
7 #208 Peabody, Crofton	10	Blue Devils	16-04.00 2
8 #257 Washburn, Austin	12	Potsdam	15-11.00 1
9 #209 Peabody, Gabe	10	Blue Devils	15-03.25
10 #293 Gerstenberger, Cohen	9	Tupper Lake	14-09.50
11 #95 Bice, Kelvin III	9	Gouverneur	14-04.75
12 #32 Button, Nate	10	Canton	14-03.75
13 #276 Oakes, Lucas	10	Salmon River	14-01.75
14 #186 Waite, Mason	9	Norwood-Norfolk	13-11.25
15 #35 Cortright, Tegan	9	Canton	13-09.25
16 #255 Teich, Charlie	9	Potsdam	13-07.25
17 #277 Oakes, Ryan	12	Salmon River	13-02.75
18 #83 Smythe, Landon		Malone	12-10.00
19 #292 Fleishman, Brock	9	Tupper Lake	11-02.00
20 #128 Rivera, Kaylum	12	IR	11-00.50
--- #99 Lucas, Maxwel	11	Gouverneur	FOUL
--- #241 Gilbert, Jack	10	Potsdam	FOUL

Event 25 Girls Triple Jump

Section X: 39-04 R 1986		Leslie Revier	
Name	Yr	School	Finals
Finals			
1 #27 Shipman, Stella	11	Canton	31-11.50 10
2 #215 Betrus, Lindy	JR	Potsdam	31-10.00 8
3 #233 Shatraw, Izzy	SR	Potsdam	31-07.75 6
4 #267 Oakes, Krissy	12	Salmon River	30-07.25 5
5 #58 Leroy, Ellie	11	Malone	28-05.50 4
6 #48 Benardot, Cora	11	Malone	28-01.00 3
7 #189 Curtis, Annabel	8	Blue Devils	26-09.25 2
8 #105 Burnard, Carolina	11	IR	26-01.75 1
9 #19 Perretta, Isabella	9	Canton	25-03.75
10 #114 VanTassel, Ali	11	IR	24-07.25
11 #53 Brannonier, Morgan	10	Malone	23-01.25
12 #227 Kelson, Ali	FR	Potsdam	21-07.75

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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	37-02.25 10
2 #154 Young, Hunter	12	Massena	35-06.75 8
3 #66 Ashlaw, Mitchell		Malone	33-06.50 6
4 #257 Washburn, Austin	12	Potsdam	33-02.50 5
5 #211 Smith, Ian	11	Blue Devils	32-09.75 4
6 #271 Cole, Kyren	12	Salmon River	31-07.25 3
7 #252 Pace, Patrick	11	Potsdam	31-00.00 2
8 #78 LaChance, Brandon		Malone	29-01.00 1
9 #210 Skelly, Jaxton	9	Blue Devils	26-09.25

Event 27 Girls Shot Put

Section X: 37-02 R 1983 Peggy Mariano

Name	Yr	School	Finals
Finals			
1 #137 Oliver, Kristen	12	Massena	29-05.00 10
2 #200 Valcour, Luc	11	Blue Devils	28-08.00 8
3 #219 Clark, Olivia	JR	Potsdam	26-10.00 6
4 #163 Elliott, Madelyn	11	Norwood-Norfolk	26-01.00 5
5 #158 Charles, Sydney	10	Norwood-Norfolk	25-10.00 4
6 #104 Adams, Mackenzie	11	IR	25-03.50 3
7 #60 Monette, MaKenna	12	Malone	25-02.00 2
8 #156 Burns, Kerisa	11	Norwood-Norfolk	24-07.00 1
9 #236 Williamson, Hailey	JR	Potsdam	23-08.00
10 #286 Strack, Kathryn	11	Tupper Lake	22-04.00
11 #11 Magurk, Grace	11	Canton	22-03.50
12 #21 Rossiter, Natasha	9	Canton	21-09.00
13 #17 Newman, Wyatt	12	Canton	21-03.00
14 #175 Wagstaff, Margaret	11	Norwood-Norfolk	21-02.00
15 #279 Becker, Mary	10	Tupper Lake	21-01.50
16 #263 Cook, Cloe	10	Salmon River	21-01.00
17 #107 Cratsenberg, Sierra	10	IR	19-08.00
18 #26 Shipman, Cecily	10	Canton	18-05.50
19 #171 Sherman, Audrieanna	10	Norwood-Norfolk	18-01.50
20 #49 Bennett, Jorja	9	Malone	16-11.00
21 #133 Hendricks, Madyson	10	Massena	16-10.00
22 #198 Pratt, Jenna	11	Blue Devils	15-06.50
23 #217 Cetinkaya, Elif	SO	Potsdam	15-03.00
24 #52 Bess, Mykenna	9	Malone	12-11.00
--- #176 Waite, Jaden	11	Norwood-Norfolk	X18-02.00
--- #167 LaBar, Brianna	11	Norwood-Norfolk	X18-00.00
--- #160 Coller, Kesley	10	Norwood-Norfolk	X16-02.00
--- #166 Kennedy, Kiley	11	Norwood-Norfolk	X14-11.00

Event 28 Boys Shot Put

Section X: 53-03 R 1998 Frank Grand

Name	Yr	School	Finals
Finals			
1 #102 Siebels, Owen	11	Gouverneur	38-04.00 10
2 #152 Robillard-Ramatici, Eth	11	Massena	36-10.00 8
3 #202 Baxter, Chandler	11	Blue Devils	36-07.00 6
4 #81 Rogers, Witt		Malone	32-05.00 5

5 #288 Baker, Mike	11	Tupper Lake	J32-05.00 4
6 #298 Whitman, Owen	12	Tupper Lake	32-03.00 3
7 #297 Robillard, Luke	10	Tupper Lake	32-00.00 2
8 #278 Sharrow, Tehonietathe	12	Salmon River	30-11.00 1
9 #148 Favreau, Shane	11	Massena	30-07.00
10 #131 Yang, Sam	12	IR	30-04.00
11 #82 Shea, Jeb		Malone	29-10.00
11 #129 Sayre, Emeory	11	IR	29-10.00
13 #177 Boprey, Dominic	11	Norwood-Norfolk	29-00.00
14 #270 Burns, Kobryn	12	Salmon River	28-10.00
15 #41 Simons, Christian	12	Canton	28-04.00
16 #254 Simmons, Jackson	12	Potsdam	28-03.00
17 #70 Brooks, Zebulon		Malone	27-07.00
18 #214 Thornhill, Jackson	8	Blue Devils	27-03.00
19 #100 Ritchie, Jackson	9	Gouverneur	27-01.00
20 #273 Hasty, Oakley	9	Salmon River	26-10.00
21 #71 Carr, David		Malone	26-05.00
22 #299 Richardson, James	9	Canton	24-11.00
23 #185 Stewart, Caden		Norwood-Norfolk	23-07.00
24 #183 Garrow, Jaron	9	Norwood-Norfolk	21-07.00
--- #289 Barkley, Nathan	10	Tupper Lake	X25-07.00
--- #291 Farnsworth, Jayden	12	Tupper Lake	X23-08.00

Women - Team Rankings - 14 Events Scored

1) Potsdam	122
2) Canton	92
3) Norwood-Norfolk Central School	83
4) Gouverneur Central School	71
5) Franklin Academy	57
6) Salmon River	36
7) Indian River	22
8) Ogdensburg Free Academy	19
9) Tupper Lake	15
10) Massena	10

Men - Team Rankings - 14 Events Scored

1) Massena	96
2) Franklin Academy	90
3) Canton	76
4) Indian River	74
5) Norwood-Norfolk Central School	61
6) Potsdam	41
7) Ogdensburg Free Academy	39
8) Salmon River	27
9) Tupper Lake	14
10) Gouverneur Central School	11