

NH Indoor Track League
Phillips Exeter Academy
Thompson Field House - 1/21/2022
Results

Event 1 Girls 1 Mile Run

Name	Year	School	Finals	
Finals				
1 Mariotti, Carson	FR	Winnacunnet	5:58.45	
42.523 (42.523)	1:25.957 (43.434)	2:11.423 (45.466)	2:58.011 (46.588)	
3:44.097 (46.086)	4:29.733 (45.636)	5:15.909 (46.176)	5:58.445 (42.536)	
2 Alexander, Evangeline	SO	Dover	6:11.26	
42.589 (42.589)	1:26.153 (43.564)	2:11.771 (45.618)	2:58.711 (46.940)	
3:46.027 (47.316)	4:34.923 (48.896)	5:24.457 (49.534)	6:11.253 (46.796)	
3 Hodgson, Georgia	JR	Portsmouth	6:11.43	
44.455 (44.455)	1:30.033 (45.578)	2:16.697 (46.664)	3:05.255 (48.558)	
3:53.445 (48.190)	4:42.255 (48.810)	5:30.797 (48.542)	6:11.427 (40.630)	
4 Blanchette, Anna	FR	Dover	6:27.54	
42.897 (42.897)	1:27.327 (44.430)	2:13.981 (46.654)	3:04.641 (50.660)	
4:47.253 (1:42.612)	5:38.039 (50.786)	6:27.535 (49.496)		
5 Dwyer, Olivia	JR	Sanborn Regional	6:29.29	
43.877 (43.877)	1:29.507 (45.630)	2:17.291 (47.784)	3:06.207 (48.916)	
3:57.507 (51.300)	4:48.023 (50.516)	5:39.907 (51.884)	6:29.285 (49.378)	
6 Larson, Emma	NH	Thunder	6:33.37	
44.951 (44.951)	1:30.563 (45.612)	2:18.699 (48.136)	3:08.445 (49.746)	
3:59.569 (51.124)	4:50.575 (51.006)	5:42.427 (51.852)	6:33.369 (50.942)	
7 Timerman, Avery	SO	Portsmouth	6:50.12	
42.723 (42.723)	1:26.495 (43.772)	2:12.641 (46.146)	3:03.845 (51.204)	
3:56.985 (53.140)	4:52.931 (55.946)	5:51.569 (58.638)	6:50.113 (58.544)	

Event 3 Girls 55 Meter Hurdles

Name	Year	School	Finals	H#
1 Fontenot, Kirstin	SR	Phillips Exeter	9.96	1
2 Duncan, Hope	SR	Dover	9.97	1
3 Uwakwe, Catherine	SR	Phillips Exeter	10.04	1
4 Trempe, Elena	JR	Mascoma Valley	10.74	1
5 Arakelian, Zoe	SR	Portsmouth	10.92	1
6 Nada, Mariam	SO	Portsmouth	11.21	1
7 Bancroft, Jocelyn	FR	Portsmouth	11.23	2
8 Freer, Margaux	SO	Portsmouth	12.30	2
9 Ellsworth, Reagan	SO	Pembroke	12.94	2
10 Kirk, Zoe	FR	Dover	13.82	1

Event 5 Girls 55 Meter Dash

Name	Year	School	Finals	H#
1 Jenkins, Lily	SO	Portsmouth	7.70	1
2 Chavda, Anushka	NH	Thunder	7.80	1
3 Nada, Mariam	SO	Portsmouth	7.82	1
4 Ajufo, Ifeoma	SR	Phillips Exeter	7.85	1
5 Betournay, Paige	SR	Portsmouth	7.89	1
6 Sinclair, Hope	SR	Winnacunnet	7.97	2
7 Fontenot, Kirstin	SR	Phillips Exeter	8.05	1
8 Nkounkou, Grace	JR	Dover	8.30	2
9 Bancroft, Jocelyn	FR	Portsmouth	8.31	2
10 Duncan, Hope	SR	Dover	8.32	4 8.312

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....Event 5 Girls 55 Meter Dash

11	Lutz, Jenney	FR Mascoma Valley	8.32	1	8.313
12	Jenkins, Grace	SR Portsmouth	8.34	2	
13	Despres, Camdyn	FR Pembroke	8.49	1	
14	Goard, Maxine	FR Dover	8.54	3	
15	Littlefield, Elle	SR Winnacunnet	8.62	2	8.612
16	Buffington, Ann	FR Mascoma Valley	8.62	3	8.616
17	Morin, Katharine	FR Dover	8.67	3	
18	Tracey, Abigail	FR Dover	8.70	4	8.694
19	Kiander, Meredith	SO Pembroke	8.70	5	8.700
20	Trempe, Elena	JR Mascoma Valley	8.71	4	
21	Pacheco, Liana	FR Winnacunnet	8.72	2	8.712
22	Friend-Gray, Emeline	FR Dover	8.72	3	8.716
23	O'Connor, Maeve	SO Winnacunnet	8.85	4	
24	Maguire, Jannah	FR Phillips Exeter	8.86	3	8.854
25	Skaggs, Braeden	JR Phillips Exeter	8.86	4	8.860
26	Deora, Naisha	SR Phillips Exeter	8.89	3	
27	Zhang, Nainwen(Alaysha)	SO Phillips Exeter	8.90	4	
28	Ng, Hei Man(Jolie)	JR Phillips Exeter	8.92	2	
29	Corbitt, Lillian	JR Pembroke	9.12	2	
30	Ault, Shannon	JR Dover	9.18	4	
31	Canning, Samantha	JR Pembroke	9.23	4	
32	Wallace, Mollie	JR Pembroke	9.31	3	
33	Gao, Lotus	FR Phillips Exeter	9.66	5	

Event 7 Girls 600 Meter Run

Name	Year	School	Finals	H#
=====				
1	McIntyre, Isabel	SO Dover	1:44.00	2
	32.957 (32.957)	32.957 (0.000)	1:43.999 (1:11.042)	
2	Crotty, Tristen	JR Phillips Exeter	1:52.77	2
	32.863 (32.863)	1:10.533 (37.670)	1:52.765 (42.232)	
3	Bergeron, Anna	NH Thunder	1:58.39	2
	35.499 (35.499)	1:14.929 (39.430)	1:58.381 (43.452)	
4	Raum, Brooke	FR Phillips Exeter	1:59.24	1
5	Haley, Megan	JR Portsmouth	2:02.93	1
6	Reyes, Delia	SO Phillips Exeter	2:04.23	2
	34.335 (34.335)	1:15.351 (41.016)	2:04.227 (48.876)	
7	Cole, Avery	JR Portsmouth	2:07.42	2
	35.949 (35.949)	2:07.417 (1:31.468)		
8	Avilova, Phil	JR Phillips Exeter	2:11.86	1
9	Yang, Lianna	SO Phillips Exeter	2:17.48	2
	35.397 (35.397)	2:17.473 (1:42.076)		
10	Olson, Ella	SO Winnacunnet	2:17.65	1

Event 9 Girls 4x200 Meter Relay

School	Finals	H#
=====		
1 Phillips Exeter	2:00.54	2
1) Ajufo, Ifeoma SR		
2) Uwakwe, Catherine SR		
3) Fontenot, Kirstin SR		
4) Deora, Naisha SR		
2:00.535 (2:00.535)		
2 Dover	2:01.83	1

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....Event 9 Girls 4x200 Meter Relay

1) Friend-Gray, Emeline FR	2) Goard, Maxine FR		
3) Duncan, Hope SR	4) Nkounkou, Grace JR		
3 Winnacunnet		2:05.77	2
1) Pacheco, Liana FR	2) Littlefield, Elle SR		
3) O'Connor, Maeve SO	4) Sinclair, Hope SR		
2:05.761 (2:05.761)			
4 Pembroke		2:12.77	2
1) Corbitt, Lillian JR	2) Kiander, Meredith SO		
3) Wallace, Mollie JR	4) Despres, Camdyn FR		
2:12.765 (2:12.765)			
5 Mascoma Valley		2:16.10	1
1) Trempe, Elena JR	2) Colburn, Emma FR		
3) Buffington, Ann FR	4) Lutz, Jenney FR		
6 Sanborn Regional		2:22.53	1
1) Alley-Violette, Abhi SO	2) Dwyer, Olivia JR		
3) Lussier, Kate JR	4) Lucas, Abbie JR		
-- Portsmouth		DQ	2
1) Bancroft, Jocelyn FR	2) Nada, Mariam SO		
3) Jenkins, Lily SO	4) Jenkins, Grace SR		
1:56.861 (1:56.861)			

Event 13 Girls 300 Meter Dash

Name	Year School	Finals	H#
1 Jenkins, Lily	SO Portsmouth	45.85	1
2 Chavda, Anushka	NH Thunder	45.95	1
3 Nkounkou, Grace	JR Dover	47.53	2
4 Duncan, Hope	SR Dover	48.44	3
5 Maguire, Jannah	FR Phillips Exeter	49.20	2
6 Lutz, Jenney	FR Mascoma Valley	49.29	2
7 Goard, Maxine	FR Dover	49.74	4
8 Despres, Camdyn	FR Pembroke	50.02	4
9 Uwakwe, Catherine	SR Phillips Exeter	50.04	1
10 Hennessey, Kaylin	JR St. Thomas Aquinas	50.51	2
11 Foster, Emme	SO Portsmouth	50.93	3
12 Buffington, Ann	FR Mascoma Valley	51.07	5
13 Friend-Gray, Emeline	FR Dover	51.45	3
14 Skaggs, Braeden	JR Phillips Exeter	51.57	3
15 Morin, Katharine	FR Dover	51.63	4
16 Tracey, Abigail	FR Dover	52.05	4
17 Zhang, Nainwen(Alaysha)	SO Phillips Exeter	52.38	2
18 Schallehn, Sophia	FR Portsmouth	52.56	4
19 Ellsworth, Reagan	SO Pembroke	58.96	5
20 Canning, Samantha	JR Pembroke	59.32	5
21 Gao, Lotus	FR Phillips Exeter	1:00.11	4

Event 15 Girls 1000 Meter Run

Name	Year School	Finals	H#
1 Quinlan, Kylee	SR Winnacunnet	3:05.42	2
2 Poulin, Anique	FR Dover	3:14.07	2
3 Bortz, Alyson	SO Dover	3:25.04	2

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....Event 15 Girls 1000 Meter Run

4 Tsai, Anika	SR Phillips Exeter	3:36.25	2
5 Craighead, Nicole	SR Phillips Exeter	3:42.58	2
6 Iacobucci, Shaela	JR Phillips Exeter	3:50.04	2
7 Bachrach, Madeline	SO Dover	4:05.53	1
8 Pelletier, Luisa	FR Dover	4:07.87	1
9 Avilova, Phil	JR Phillips Exeter	4:10.51	2
10 McNulty, Kati	SO Sanborn Regional	4:27.93	1
11 Lesmerises, Quinn	SO Pembroke	4:34.01	1
12 Colburn, Emma	FR Mascoma Valley	4:34.90	1
13 Rockwell, Julia	FR Sanborn Regional	4:38.61	1
14 Gross, Sophia	SR St. Thomas Aquinas	4:51.59	1

Event 17 Girls 4x400 Meter Relay

School	Finals
1 Dover	4:40.13
1) Alexander, Evangeline SO	2) Bortz, Alyson SO
3) McIntyre, Isabel SO	4) Poulin, Anique FR
2 Phillips Exeter	5:01.61

Event 19 Girls Pole Vault

Name	Year School	Finals
1 Mason, Anna	Phillips Exeter	8-00.00
5-00 5-06 6-00 6-06 7-00 7-06 8-00 8-06		
P P P P O O O XXX		
2 Gao, Lotus	FR Phillips Exeter	6-00.00
5-00 5-06 6-00 6-06		
O O O XXX		
3 Hennessey, Kaylin	JR St. Thomas Aquinas	5-00.00
5-00 5-06		
XO XXX		

Event 21 Girls High Jump

Name	Year School	Finals
1 Arakelian, Zoe	SR Portsmouth	5-00.00
3-06 3-08 3-10 4-00 4-02 4-04 4-06 4-08 4-10 5-00 5-02		
P P P P P P O O XO O XXX		
2 Uwakwe, Catherine	SR Phillips Exeter	4-06.00
3-06 3-08 3-10 4-00 4-02 4-04 4-06 4-08		
P P P P P P XO XXX		
3 Morin, Katharine	FR Dover	J4-06.00
3-06 3-08 3-10 4-00 4-02 4-04 4-06 4-08		
P P P O O O XO XXX		
4 Kirk, Zoe	FR Dover	4-02.00
3-06 3-08 3-10 4-00 4-02 4-04		
P P P O XO XXX		
5 Sutherland, Reagan	FR Plymouth Regional	4-00.00
3-06 3-08 3-10 4-00 4-02		
P O O O XXX		

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....Event 21 Girls High Jump

6	Lucas, Abbie	JR Sanborn Regional	J4-00.00
	3-06 3-08 3-10 4-00 4-02		
	O O XO O XXX		
7	Lutz, Jenney	FR Mascoma Valley	3-08.00
	3-06 3-08 3-10		
	O O XXX		
--	Alley-Violette, Abhi	SO Sanborn Regional	NH
	3-06		
	XXX		
--	Lussier, Kate	JR Sanborn Regional	NH
	3-06		
	XXX		

Event 23 Girls Long Jump

Name	Year	School	Finals
1 Nada, Mariam	SO	Portsmouth	14-09.00
	14-09 14-04 FOUL 14-02.50 14-01.25 FOUL		
2 Ajufo, Ifeoma	SR	Phillips Exeter	13-05.00
	FOUL FOUL FOUL FOUL 13-05 13-04.25		
3 Deora, Naisha	SR	Phillips Exeter	12-10.00
	FOUL FOUL FOUL FOUL 12-10 FOUL		
4 Skaggs, Braeden	JR	Phillips Exeter	11-09.25
	FOUL FOUL FOUL FOUL 11-09.25 FOUL		
5 Ng, Hei Man(Jolie)	JR	Phillips Exeter	11-03.00
	9-03 10-08 11-03 FOUL FOUL FOUL		
6 Wallace, Mollie	JR	Pembroke	10-07.00
	10-07 10-04 FOUL 9-05 9-04 FOUL		
7 Alley-Violette, Abhi	SO	Sanborn Regional	10-05.00
	FOUL 10-04 FOUL 10-03 8-06 10-05		
8 Ellsworth, Reagan	SO	Pembroke	10-04.00
	FOUL FOUL FOUL 10-04 9-01 FOUL		
-- Kirk, Zoe	FR	Dover	FOUL
	FOUL FOUL FOUL FOUL FOUL FOUL		

Event 25 Girls Shot Put

Name	Year	School	Finals
1 Shinnlinger, Opal	SR	Mascoma Valley	36-03.75
	34-11.50 34-01.25 FOUL 34-03.25 36-03.75 33-10.50		
2 Hastings, Avery	SR	Phillips Exeter	33-06.75
	29-05.50 30-11.50 32-06 31-09.75 33-06.75 32-09.50		
3 Riley, Natalie	NH	Thunder	31-04.75
	29-01.75 30-11.25 31-04.75 28-07 29-08 30-07.75		
4 Serdar-Espinosa, Andrew	JR	Phillips Exeter	27-09.50
	27-09.50 25-09.50 24-11.75 25-06 26-11.75 FOUL		
5 Chesbro, Paige	SO	Sanborn Regional	24-06.75
	24-06.75 24-00 21-01.50 23-10 23-08 23-02.25		
6 Lucas, Abbie	JR	Sanborn Regional	23-07.25
	22-07.25 20-07.25 21-01.50 22-03 23-00.50 23-07.25		
7 Corbitt, Lillian	JR	Pembroke	21-09.25
	21-09.25 21-03.50 20-11.50		

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....Event 25 Girls Shot Put

8 Trempe, Elena	JR Mascoma Valley	21-04.00
20-08 19-09.50 21-04		
9 Canning, Samantha	JR Pembroke	20-00.75
19-07.50 17-11.25 20-00.75		
10 Lussier, Kate	JR Sanborn Regional	19-09.50
19-07.50 19-09.50 FOUL		
11 Alley-Violette, Hannah	SO Sanborn Regional	15-00.00
14-07.75 15-00 13-09.75		
12 Barrett, Zoe	SO Mascoma Valley	14-10.75
14-10.75 14-03.25 13-02.75		