

NH Indoor Track League
Plymouth State University
George E. Davis Track - 12/18/2022
Results

Boys 55 Meter Dash
Top 8 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Sanborn, Damien	10	Belmont	6.91q	6
2 Brooks, Kevin	11	Windham	6.92q	6
3 Gentchos, Joshua	11	Bishop Brady	6.95q	3
4 Marino, Quinn	12	Concord	7.02q	2
5 Croteau, David	12	Windham	7.06q	2
6 Mangala, Demerce	11	Manchester Central	7.16q	2
7 Gallant, Taylor	11	Manchester West	7.17q	6
8 Valencia, Lukas	12	Manchester West	7.18q	1
9 Biswas, Shayan	11	Windham	7.18	5
10 Haddocks, Anthony	12	Gilford	7.29	1
11 Beland, Brandon	12	Windham	7.29	5
12 Hines, Deagan	9	Concord	7.34	3
13 Kafkoulis, Demetri	11	Belmont	7.34	4
14 Calle, Rio	10	John Stark	7.38	3
15 Ramaanan, Jeremiah	10	Manchester West	7.41	1
16 Akili, Mathayo	11	Manchester Central	7.41	4
17 Barra, Riccardo	11	Franklin	7.46	5
18 Foulds, Sam	12	Concord	7.46	3
19 Donahue, Aidan	12	Winnisquam	7.47	2
20 Ransom, Charlie	12	Pembroke	7.58	3
21 Paradis, Logan	10	Manchester West	7.73	5
22 Liriano, Randy	9	Manchester Central	7.74	1
23 Ngemonza, Angelo	10	Manchester Central	7.76	6
24 Douzanis, Joel	10	John Stark	7.89	4
25 Marland, Marcus	12	Franklin	7.93	2
26 Hoffman, Nathan	11	Windham	7.96	6
27 Erlick, Hunter	11	Belmont	7.99	3
28 Lurvey, Brandon	9	Pembroke	8.04	4
29 Rochford, Robert	10	Concord	8.07	5
30 Valentine, Steven	12	Pembroke	8.08	4
31 Chudoba, Terrence	12	Merrimack Valley	8.09	2
32 Dionne, Kyle	10	Concord	8.17	1
33 Businba, Kihemu	11	Manchester Central	8.18	3
34 Akili, Kenny	11	Manchester Central	8.19	1
35 Tripp, David	9	Belmont	8.20	6
36 Pagauisan, Nick	10	Bishop Brady	8.25	6
37 Palleschi, Matthew	9	Pembroke	8.26	5
38 Ismael, Ayob	12	Concord	8.26	4
39 Bisson, Declan	9	Merrimack Valley	8.43	2
40 Gibney, Jude	9	Pembroke	8.79	1
41 Willmott, Landen	9	Concord	9.71	4
42 Whitney, Rowan	10	Concord	11.56	5

Boys 55 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Gentchos, Joshua	11	Bishop Brady	6.98	6
2 Sanborn, Damien	10	Belmont	7.03	5

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3 Gallant, Taylor	11	Manchester West	7.08	4
4 Brooks, Kevin	11	Windham	7.09	3
5 Mangala, Demerce	11	Manchester Central	7.12	2
6 Croteau, David	12	Windham	7.12	1
7 Marino, Quinn	12	Concord	7.15	

Boys 300 Meter Dash

Name	Year	School	Finals	H#	Points
1 Brooks, Kevin	11	Windham	38.32	1	6
2 Marino, Quinn	12	Concord	39.96	1	5
3 Gallant, Taylor	11	Manchester West	40.18	2	4
4 Guarnaccia, Jojo	12	Windham	40.59	1	3
5 Steigmeyer, Nate	12	Bishop Brady	41.05	5	2
6 Mangala, Demerce	11	Manchester Central	41.07	5	1
7 Gentchos, Joshua	11	Bishop Brady	41.45	1	
8 Yap, Alan	11	Bishop Brady	41.86	3	
9 Tomasek, Jack	11	Windham	42.27	4	
10 Valencia, Lukas	12	Manchester West	42.47	4	
11 Fricchione, Jake	11	Windham	42.48	1	
12 Haddocks, Nicholas	10	Gilford	42.49	2	
13 Williams, Cameron	10	Windham	42.56	2	
14 Ransom, Charlie	12	Pembroke	42.99	1	
15 Paradis, Logan	10	Manchester West	43.81	3	
16 Chudoba, Terrence	12	Merrimack Valley	44.58	2	
17 Ramaanan, Jeremiah	10	Manchester West	44.80	3	
18 Lurvey, Brandon	9	Pembroke	45.46	3	
19 Krupnik, Cayden	12	Gilford	45.60	4	
20 Ngemonza, Angelo	10	Manchester Central	46.62	2	
21 Dionne, Kyle	10	Concord	46.62	3	
22 Cutrer, Carter	10	Concord	46.71	4	
23 Liriano, Randy	9	Manchester Central	46.80	4	
24 Akili, Kenny	11	Manchester Central	47.64	5	
25 Martin, Cole	11	Concord	48.05	4	
26 Valentine, Steven	12	Pembroke	49.42	3	
27 Bisson, Declan	9	Merrimack Valley	49.49	2	
28 Curtain, Joseph	10	Winnisquam	50.42	5	
29 Businba, Kihemu	11	Manchester Central	52.97	5	

Boys 600 Meter Run

Name	Year	School	Finals	H#	Points
1 Conrad, Jack	12	Windham	1:32.05	2	6
2 Thapa, Bishow	12	Merrimack Valley	1:33.70	2	5
3 White, Liam	11	Concord	1:34.03	2	4
4 Wallace, Tyler	12	Merrimack Valley	1:36.60	2	3
5 Hooper, Matthew	12	Concord	1:43.80	2	2
6 Newton, Ben	9	Merrimack Valley	1:45.76	1	1
7 Dwyer, Robert	12	Windham	1:47.24	1	
8 Shah, Vraj	9	Windham	1:48.73	1	
9 Palleschi, Matthew	9	Pembroke	1:50.82	1	
10 Turant, Joshua	11	Concord	1:52.26	2	

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....Boys 600 Meter Run

11 Conely-Smith, Nasiem	10 Manchester Central	1:54.63	1
12 Laidlaw, Simon	12 Concord	2:06.28	1

Boys 1000 Meter Run

Name	Year	School	Finals	H#	Points
1 Flenniken, Cooper	11	Windham	3:05.77	2	6
2 Smith, Brad	9	Windham	3:07.37	2	5
3 Carey-Matthews, Marshall	12	Merrimack Valley	3:11.50	2	4
4 Defosses, Alexander		Laconia	3:21.89	1	3
33.659 (33.659)	1:09.751 (36.092)	1:51.104 (41.354)			2:38.728 (47.624)
3:21.883 (43.156)					
5 Demers, Jake	11	Pembroke	3:24.22	2	2
6 Heichlinger, Zachary	9	Pembroke	3:25.47	1	1
33.988 (33.988)	1:11.257 (37.270)	1:54.013 (42.757)			2:41.046 (47.033)
3:25.463 (44.418)					
7 Cryans, Andrew	9	Belmont	3:33.48	2	
8 Kleiner, Jonathan	9	Concord	3:41.96	2	
9 Christensen, Evan	11	Belmont	3:46.65	2	
10 Gibney, Jude	9	Pembroke	3:50.62	1	
36.682 (36.682)	1:23.358 (46.677)	2:16.079 (52.721)			3:06.981 (50.902)
3:50.620 (43.640)					
11 Daigneault, Nicholas	11	Belmont	3:51.07	1	
35.097 (35.097)	1:17.332 (42.235)	2:08.857 (51.526)			3:02.701 (53.844)
3:51.064 (48.364)					
12 Dow, Ross	9	Concord	4:03.06	2	

Boys 1500 Meter Run

Name	Year	School	Finals	Points
1 Fifield, Shaun	12	Concord	4:29.84	6
2 Lemire, Eli	11	John Stark	4:30.16	5
3 Reynolds, Mychal	10	Merrimack Valley	4:56.42	4
4 Dugas, Ben	12	Pembroke	4:57.00	3
5 Keirstead, Alex	11	John Stark	4:59.67	2
6 Linardos, Charlie	11	Windham	5:06.07	1
7 Fricchione, Cole	9	Windham	5:07.69	
8 Foley, William	11	Windham	5:09.10	
9 Sader, David	11	Windham	5:25.88	
10 Shapiro, Ethan	9	Windham	5:30.26	
-- Sullivan, Colin	9	Franklin	DNF	

Boys 3000 Meter Run

Name	Year	School	Finals	Points
1 Conley, Josiah	9	Concord	9:20.18	6
2 Carter, Logan	12	Windham	9:27.38	5
3 Gleason, Liam	12	Concord	10:04.87	4
4 McAleer, Thomas	11	Windham	10:16.68	3
5 Gower-Hall, Isaac	12	Windham	10:23.84	2
6 Hawkins, Nicholas	12	Windham	10:28.70	1

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Boys 55 Meter Hurdles

Name	Year	School	Finals	Points
1 Ntoro, Henry	12	Windham	8.91	6
2 Leppanen, Justin	11	Windham	9.24	5
3 Haddocks, Nicholas	10	Gilford	9.36	4
4 Reynolds, Mychal	10	Merrimack Valley	9.52	3
5 McGahan, Connor	10	Concord	10.11	2
6 Krupnik, Cayden	12	Gilford	11.24	1

Boys 4x200 Meter Relay

School	Finals	Points
1 Windham	1:39.28	12
1) Biswas, Shayan 11	2) Brooks, Kevin 11	
3) Croteau, David 12	4) Guarnaccia, Jojo 12	
2 Belmont	1:49.25	10
1) Filteau, Brady 9	2) Sanborn, Damien 10	
3) Erlick, Hunter 11	4) Kafkoulis, Demetri 11	
3 Manchester West	1:49.70	8
1) Paradis, Logan 10	2) Ramaanan, Jeremiah 10	
3) Valencia, Lukas 12	4) Gallant, Taylor 11	
4 Merrimack Valley	1:50.36	6
1) Wallace, Tyler 12	2) Thapa, Bishow 12	
3) Carey-Matthews, Marshall 12	4) Reynolds, Mychal 10	
5 Concord	1:51.40	4
1) Hines, Deagan 9	2) Rochford, Robert 10	
3) McGahan, Connor 10	4) Marino, Quinn 12	
6 Manchester Central	1:51.92	2
1) Gagne, Kaedin 10	2) Liriano, Randy 9	
3) Tyler-Fules, Dawon 10	4) Ngemonza, Angelo 10	

Boys 4x400 Meter Relay

School	Finals	Points
1 Merrimack Valley	3:52.96	12
1) Carey-Matthews, Marshall 12	2) Wallace, Tyler 12	
3) Chudoba, Terrance 12	4) Thapa, Bishow 12	
2 Windham	3:57.59	10
1) Biswas, Shayan 11	2) Williams, Cameron 10	
3) Conrad, Jack 12	4) Carter, Logan 12	
-- Concord	DNF	
1) White, Liam 11	2) Conley, Josiah 9	
3) Fifield, Shaun 12	4) Gleason, Liam 12	

Boys High Jump

Name	Year	School	Finals	Points
1 Donahue, Aidan	12	Winnisquam	5-08.00	6
5-00 5-02 5-04 5-06 5-08 6-03				
P P O O O XXX				

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....Boys High Jump

2	Conrad, Jack	12	Windham	5-06.00	5
	5-00 5-02 5-04 5-06 5-08				
	P P O O XXX				
3	Montgomery, Logan	11	John Stark	J5-06.00	4
	5-00 5-02 5-04 5-06 5-08				
	O O XO O XXX				
4	Haddocks, Anthony	12	Gilford	J5-06.00	3
	5-00 5-02 5-04 5-06 5-08				
	XO XO XO O XXX				
5	Kinsey-Turner, Sam	10	John Stark	J5-06.00	2
	5-00 5-02 5-04 5-06 5-08				
	O O XO XO XXX				
6	Calle, Rio	10	John Stark	5-02.00	0.50
	5-00 5-02 5-04				
	P XO XXX				
6	Haddocks, Nicholas	10	Gilford	5-02.00	0.50
	5-00 5-02 5-04				
	P XO XXX				
8	Thapa, Bishow	12	Merrimack Valley	5-00.00	
	5-00 5-02				
	O XXX				
--	Krizan, Reid	11	Windham	NH	
	5-00				
	XXX				
--	Cutrer, Carter	10	Concord	NH	
	5-00				
	XXX				
--	Marland, Marcus	12	Franklin	NH	
	5-00				
	XXX				
--	Barra, Riccardo	11	Franklin	NH	
	5-00				
	XXX				
--	Krupnik, Cayden	12	Gilford	NH	
	5-00				
	XXX				
--	Wallace, Tyler	12	Merrimack Valley	NH	
	5-00 5-02				
	XXP X				
--	Yap, Alan	11	Bishop Brady	NH	
	5-00				
	XXX				

Boys Long Jump 18-00 = extr

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Name	Year	School	Finals	H#	Points
=====					
1 Gentchos, Joshua	11	Bishop Brady	19-11.00	1	6
19-11 18-11 FOUL	18-03				
2 Biswas, Shayan	11	Windham	19-03.00	1	5
18-10 18-01 18-06	19-03				
3 Calle, Rio	10	John Stark	J19-03.00	1	4
19-03 18-04 FOUL					

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....Boys Long Jump 18-00 = extr

4	Haddocks, Anthony	12	Gilford	18-10.00	1	3
	18-10 17-09 18-03 18-08					
5	Mangala, Demerice	11	Manchester Central	18-00.00	2	2
	18-00 FOUL 16-05 17-06					
6	Yap, Alan	11	Bishop Brady	17-11.00	2	1
	FOUL 16-07 17-11					
7	Gallant, Taylor	11	Manchester West	17-07.00	1	
	17-05 17-07 16-07					
8	Williams, Cameron	10	Windham	16-06.00	2	
	16-06 15-08 FOUL					
9	Ngemonza, Angelo	10	Manchester Central	16-05.00	2	
	13-04 15-08 16-05					
10	Foulds, Sam	12	Concord	16-01.00	1	
	16-01 14-05 PASS					
11	Ramaan, Jeremiah	10	Manchester West	15-11.00	2	
	15-05 FOUL 15-11					
12	Ntoro, Henry	12	Windham	J15-11.00	1	
	15-00 FOUL 15-11					
13	Donahue, Aidan	12	Winnisquam	15-07.00	1	
	FOUL 15-07 PASS					
14	Paradis, Logan	10	Manchester West	15-02.00	1	
	15-02 14-00 14-11					
15	Eagen, Bennett	10	Manchester Central	14-10.00	1	
	FOUL 14-10 FOUL					
16	Krupnik, Cayden	12	Gilford	14-09.00	2	
	13-10 13-11 14-09					
17	Curtain, Joseph	10	Winnisquam	14-00.00	2	
	FOUL 13-04 14-00					
18	Tripp, David	9	Belmont	13-06.00	2	
	13-06 11-06 13-04					
19	Rochford, Robert	10	Concord	12-11.00	2	
	12-11 12-08					
20	Bisson, Declan	9	Merrimack Valley	12-01.00	2	
	11-01 FOUL 12-01					

Boys Shot Put 36-00 extra

Name	Year	School	Finals	H#	Points
1 An, Tiger	11	Windham	41-04.00	1	6
	36-09 41-01 41-04 39-01				
2 Valotto, Jimmy	12	Pembroke	40-00.00	1	5
	37-08 40-00 36-05				
3 Ntoro, Henry	12	Windham	38-04.00	1	4
	33-02 38-04 37-11				
4 Ismael, Ayob	12	Concord	37-06.00	1	3
	35-03 37-06 36-06 37-02				
5 Foulds, Sam	12	Concord	35-03.00	1	2
	35-03 32-09 30-09				
6 Douzanis, Joel	10	John Stark	32-06.00	1	1
	30-10 29-11 32-06				
7 Magoon, Rory	11	John Stark	31-09.00	1	
	FOUL 31-09 30-00				

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....Boys Shot Put 36-00 extra

8 Lard, Alexander	12 Franklin	J31-09.00	2
29-03 31-09 28-11			
9 Heichlinger, Zachary	9 Pembroke	30-02.00	2
28-06 28-07 30-02			
10 Valentine, Steven	12 Pembroke	30-01.00	2
28-07 29-02 30-01			
11 Filteau, Brady	9 Belmont	29-08.00	2
29-08 27-01 28-01			
12 Erlick, Hunter	11 Belmont	29-02.00	1
27-11 29-02 28-02			
13 Amonor, Edward	11 Merrimack Valley	27-04.00	1
26-02 26-03 27-04			
14 Rivera, Ethan	9 Belmont	27-03.00	2
27-03 27-01 26-01			
15 Roussos, Matt	10 Concord	26-05.00	2
23-02 26-01 26-05			
16 Camley, Jacob	9 Manchester Central	22-09.00	2
16-11 22-09 20-06			
17 Begley, Jonathan	9 Manchester Central	17-10.00	2
16-08 17-10 17-04			

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Men - Team Rankings - 12 Events Scored

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1) Windham	95	2) Merrimack Valley	38
2) Concord	38	4) John Stark	18.50
5) Manchester West	16	6) Bishop Brady	15
6) Belmont	15	8) Gilford	11.50
9) Pembroke	11	10) Manchester Central	7
11) Winnisquam	6	12) Laconia	3