

NH Indoor Track League
PSU Morning Session
George E. Davis Track - 12/30/2022
Results

Girls 55 Meter Dash
Top 8 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Winslow, Emma	12	Belmont	7.64q	1
2 Giordano, Keely	11	Milford	7.85q	2
3 Nassy, Annalise	12	Milford	7.94q	5
4 MacPhee, Lauren	12	Kingswood	7.96q	3 7.951
5 Ortiz-Blanco, Leanny	9	Salem	7.96q	4 7.953
6 Rapoza, Kylie	10	Kingswood	8.04q	5
7 Heimark, Natalie	10	Souhegan	8.09q	3
8 Nassy, Ellianna	10	Milford	8.27q	1
9 Johnson, Carley	11	Kingswood	8.29	2
10 Laroche, Charlotte	9	Bow	8.36	1
11 Kulengosky, Becc	12	Winnisquam	8.44	3
12 Leak, Victoria	12	Merrimack Valley	8.51	4
13 Gelinas, Shyanne	12	Milford	8.59	3
14 Kane, Chloe	12	Prospect Mountain	8.69	5
15 Tomany, Hanna	10	Sanborn Regional	8.71	1
16 Moore, Zariah	9	Winnisquam	8.76	2
17 Takantjas, Adeline	10	Belmont	8.80	2
18 Johnson, Lily	12	Franklin	8.88	5
19 Whittaker, Ella	9	Salem	8.97	2
20 Micklon, Emma	10	Salem	9.04	3 9.034
21 Cote, Keira	9	Merrimack Valley	9.04	2 9.035
22 Gerlack, Trynity	11	Merrimack Valley	9.05	5
23 Robb, Kaiden	9	Winnisquam	9.10	1
24 Tripple, Emily	9	Winnisquam	9.15	4
25 Cornaro, Isabella	10	Milford	9.20	4
26 Ouellette, Megan	11	Kingswood	9.24	4
27 Hayward, Abby	9	Laconia	9.28	2
28 Hughes, Autumn	12	Mascenic Regional	9.36	3
29 Lynch, Tessa	9	Merrimack Valley	9.61	1
30 Ulrich, Claire	10	Bow	9.72	3
31 Evans, Gia	12	Milford	9.81	1
32 Dezan, Piper	9	Salem	9.86	5
33 Donovan, Sara	9	Sanborn Regional	9.97	5
34 Alley-Violette, Abhi	11	Sanborn Regional	11.21	4

Girls 55 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Winslow, Emma	12	Belmont	7.62	6
2 Giordano, Keely	11	Milford	7.70	5
3 MacPhee, Lauren	12	Kingswood	7.81	4
4 Nassy, Annalise	12	Milford	7.82	3
5 Ortiz-Blanco, Leanny	9	Salem	7.86	2
6 Rapoza, Kylie	10	Kingswood	7.89	1
7 Heimark, Natalie	10	Souhegan	8.04	
8 Nassy, Ellianna	10	Milford	8.29	

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Girls 300 Meter Dash

Name	Year	School	Finals	H#	Points
1 MacPhee, Lauren	12	Kingswood	46.53	5	6
2 DeNitto, Marcella	12	Kingswood	47.26	5	5
3 Nassy, Annalise	12	Milford	47.68	5	4
4 Johnson, Carley	11	Kingswood	47.87	5	3
5 Giordano, Keely	11	Milford	47.88	3	2
6 Heimark, Natalie	10	Souhegan	48.28	5	1
7 Laroche, Charlotte	9	Bow	49.66	4	
8 Nialetz, Jaelyn	10	Belmont	49.74	4	
9 D'Amico, Marina	10	Salem	50.10	5	
10 Konstantakos, Sage	12	Bow	50.11	4	
11 Kane, Chloe	12	Prospect Mountain	50.66	3	
12 Fauteux, Emily	10	Bow	50.77	1	
13 Berry, Mackenzie	12	Souhegan	50.97	4	
14 Giannetti, Abigail	10	Souhegan	51.04	4	
15 Bernard, Sabrina	11	Bow	51.78	3	
16 Robb, Kaiden	9	Winnisquam	52.23	3	
17 Kimball, Brook	11	Gilford	52.74	3	
18 Tripple, Emily	9	Winnisquam	53.48	2	
19 Papadopolulos, Helena	11	Belmont	53.73	4	
20 Krawiecki, Teresa	12	Souhegan	54.49	2	
21 Moore, Zariah	9	Winnisquam	55.32	2	
22 Hayward, Abby	9	Laconia	55.36	2	
23 McCartney, Eva	9	Prospect Mountain	56.02	2	
24 Cornaro, Isabella	10	Milford	56.41	1	
25 Gerlack, Trynity	11	Merrimack Valley	58.45	3	
26 Clairmont, Hailey	9	Belmont	1:02.87	1	
27 Petit, Hannah	12	Kingswood	1:16.74	1	

Girls 600 Meter Run

Name	Year	School	Finals	H#	Points
1 Littlefield, Audrey	12	Souhegan	1:52.06	3	6
37.274 (37.274)	1:15.277 (38.004)	1:52.055 (36.778)			
2 Rapoza, Kylie	10	Kingswood	1:53.93	3	5
36.745 (36.745)	1:15.685 (38.940)	1:53.924 (38.239)			
3 Insana, Lexi	10	Bow	1:55.84	2	4
36.675 (36.675)	1:17.359 (40.685)	1:55.832 (38.473)			
4 Stocker, Kaitlyn	9	Sanborn Regional	1:56.01	3	3
37.644 (37.644)	1:16.134 (38.490)	1:56.006 (39.873)			
5 Kenyon, Allison	12	Gilford	1:57.79	3	2
37.933 (37.933)	1:16.710 (38.778)	1:57.785 (41.075)			
6 Kimball, Samantha	12	Merrimack Valley	2:02.67	2	1
38.861 (38.861)	1:21.088 (42.228)	2:02.665 (41.577)			
7 Devine, Riley	12	Souhegan	2:02.92	2	
39.841 (39.841)	1:23.186 (43.346)	2:02.912 (39.726)			
8 Barlow, Anna	9	Sanborn Regional	2:03.72	1	
37.541 (37.541)	1:18.569 (41.028)	2:03.715 (45.146)			
9 Johnson, Lily	12	Franklin	2:04.76	1	
38.284 (38.284)	1:17.984 (39.700)	2:04.751 (46.768)			
10 Geddes, Madison	10	Merrimack Valley	2:07.00	2	
39.406 (39.406)	1:22.891 (43.485)	2:06.991 (44.100)			

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....Girls 600 Meter Run

11 Vaillancourt, Mackenzie	10 Mascenic Regional	2:07.18	2
40.861 (40.861)	1:25.666 (44.806)	2:07.177 (41.512)	
12 Davidson, Kendra	10 Merrimack Valley	2:09.68	3
41.072 (41.072)	1:24.197 (43.126)	2:09.676 (45.479)	
13 Harding, Page	9 Prospect Mountain	2:12.08	1
38.767 (38.767)	1:21.247 (42.480)	2:12.077 (50.830)	
14 Schaumloffel, Florence	11 Mascenic Regional	2:29.52	1
43.050 (43.050)	1:34.861 (51.812)	2:29.512 (54.652)	
15 Ulrich, Claire	10 Bow	2:33.48	1
44.168 (44.168)	1:37.964 (53.796)	2:33.478 (55.515)	

Girls 1000 Meter Run

Name	Year School	Finals	Points
1 Hou, Julia	9 Bow	3:36.44	6
39.532 (39.532)	1:21.912 (42.380)	2:07.560 (45.648)	2:53.427 (45.867)
3:36.433 (43.007)			
2 Sutherland, Reagan	10 Plymouth Regional	3:46.28	5
39.949 (39.949)	1:21.535 (41.587)	2:11.572 (50.037)	3:02.224 (50.653)
3:46.272 (44.048)			
3 Brochu, Delia	12 Bow	3:50.64	4
42.799 (42.799)	1:28.801 (46.003)	2:18.194 (49.394)	3:07.097 (48.903)
3:50.635 (43.539)			
4 Smith, Brighton	9 Souhegan	3:51.26	3
42.652 (42.652)	1:25.654 (43.003)	2:13.074 (47.420)	3:04.087 (51.013)
3:51.252 (47.166)			
5 Defrancesco, Emilie	11 Belmont	4:00.75	2
42.925 (42.925)	1:29.388 (46.463)	2:19.583 (50.196)	3:12.262 (52.679)
4:00.741 (48.479)			
6 Marchesi, Ava	10 Salem	4:10.18	1
42.725 (42.725)	1:29.648 (46.923)	2:20.798 (51.150)	3:14.792 (53.995)
4:10.180 (55.388)			

Girls 1500 Meter Run

Name	Year School	Finals	Points
1 Brochu, Maya	12 Bow	5:17.71	6
20.216 (20.216)	59.738 (39.523)	1:42.846 (43.108)	2:27.926 (45.080)
3:12.775 (44.849)	3:55.285 (42.510)	4:37.074 (41.789)	5:17.702 (40.628)
2 Thomas, Lily	11 Salem	5:26.45	5
19.824 (19.824)	59.495 (39.672)	1:42.629 (43.135)	2:27.722 (45.093)
3:13.263 (45.542)	3:57.739 (44.477)	4:43.666 (45.927)	5:26.449 (42.784)
3 O'Shea, Kaitlin	9 Mascenic Regional	5:30.88	4
20.585 (20.585)	1:03.968 (43.384)	1:49.007 (45.039)	2:36.011 (47.004)
3:22.152 (46.142)	4:08.029 (45.878)	4:53.157 (45.128)	5:30.875 (37.718)
4 O'Shea, Erin	9 Mascenic Regional	5:32.10	3
21.102 (21.102)	1:03.661 (42.559)	1:47.883 (44.223)	2:34.786 (46.904)
3:20.476 (45.690)	4:06.134 (45.658)	4:51.029 (44.896)	5:32.091 (41.062)
5 Schaumloffel, Emma	11 Mascenic Regional	5:33.22	2
20.791 (20.791)	1:03.765 (42.975)	1:48.398 (44.634)	2:35.103 (46.705)
3:20.828 (45.726)	4:06.719 (45.892)	4:51.497 (44.778)	5:33.214 (41.717)

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....Girls 1500 Meter Run

6 Smith, Amelia	11 Mascenic Regional	6:05.64	1
21.731 (21.731)	1:06.531 (44.800)	1:54.046 (47.516)	2:42.308 (48.263)
3:32.645 (50.337)	4:25.043 (52.398)	5:17.171 (52.128)	6:05.636 (48.466)
7 Shippee, Brielle	12 Mascenic Regional	6:15.51	
21.781 (21.781)	1:05.896 (44.116)	1:54.382 (48.486)	2:44.532 (50.150)
3:36.712 (52.180)	5:23.566 (1:46.855)	6:15.503 (51.937)	6:15.503 (0.000)
8 Sutherland, Reagan	10 Plymouth Regional	6:33.00	
21.672 (21.672)	1:08.447 (46.776)	1:59.803 (51.356)	2:54.864 (55.062)
3:47.018 (52.155)	4:45.759 (58.742)	5:43.596 (57.837)	6:32.995 (49.399)

Girls 55 Meter Hurdles

Name	Year School	Finals	Points
1 Ortiz-Blanco, Leanny	9 Salem	10.40	6
2 Ahlers, Abigail	12 Salem	10.41	5
3 Takantjas, Adeline	10 Belmont	10.46	4
4 Leak, Victoria	12 Merrimack Valley	10.85	3
5 Hayward, Abby	9 Laconia	11.76	2
6 Lynch, Tessa	9 Merrimack Valley	12.17	1
7 Micklon, Emma	10 Salem	12.19	

Girls 4x200 Meter Relay

School	Finals	H#	Points
1 Kingswood	1:55.78	2	12
1) DeNitto, Marcella 12	2) Rapoza, Kylie 10		
3) Johnson, Carley 11	4) MacPhee, Lauren 12		
26.987 (26.987)	57.755 (30.768)	1:27.256 (29.502)	1:55.776 (28.520)
2 Milford	1:57.31	2	10
1) Giordano, Keely 11	2) Gelinas, Shyanne 12		
3) Nassy, Ellianna 10	4) Nassy, Annalise 12		
28.218 (28.218)	57.437 (29.219)	57.930 (0.494)	1:57.301 (59.372)
3 Souhegan	2:02.93	2	8
1) Berry, Mackenzie 12	2) Heimark, Natalie 10		
3) Giannetti, Abigail 10	4) Littlefield, Audrey 12		
32.328 (32.328)	1:01.736 (29.408)	1:32.474 (30.738)	2:02.925 (30.452)
4 Bow	2:03.33	2	6
1) Larochelle, Charlotte 9	2) Fauteux, Emily 10		
3) Bernard, Sabrina 11	4) Konstantakos, Sage 12		
28.294 (28.294)	1:33.764 (1:05.470)	2:03.330 (29.567)	2:03.330 (0.000)
5 Belmont	2:07.28	1	4
1) Nialetz, Jaelyn 10	2) Papadopolulos, Helena 11		
3) Takantjas, Adeline 10	4) Winslow, Emma 12		
31.995 (31.995)	1:04.376 (32.382)	1:38.584 (34.208)	2:07.280 (28.696)
6 Winnisquam	2:12.34	1	2
1) Tripple, Emily 9	2) Moore, Zariah 9		
3) Kulengosky, Becc 12	4) Robb, Kaiden 9		
33.446 (33.446)	1:07.954 (34.508)	1:40.761 (32.807)	2:12.339 (31.578)
7 Mascenic Regional	2:22.88	1	
1) Hughes, Autumn 12	2) Vaillancourt, Mackenzie 10		
3) Schaumloffel, Emma 11	4) O'Shea, Kaitlin 9		
34.410 (34.410)	1:09.305 (34.896)	1:48.604 (39.299)	2:22.872 (34.268)

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Girls 4x400 Meter Relay

School		Finals	Points
1	Bow	4:57.57	12
	1) Hou, Julia 9	2) Brochu, Delia 12	
	3) Brochu, Maya 12	4) Insana, Lexi 10	
	1:16.797 (1:16.797) 2:33.617 (1:16.820) 3:45.975 (1:12.358) 4:57.562 (1:11.588)		
2	Sanborn Regional	5:00.27	10
	1) Stocker, Kaitlyn 9	2) Tomany, Hanna 10	
	3) Barlow, Anna 9	4) Tedford, Lily 11	
	1:12.120 (1:12.120) 2:28.119 (1:15.999) 3:49.066 (1:20.947) 5:00.262 (1:11.197)		
3	Merrimack Valley	5:10.75	8
	1) Spack, Sydney 9	2) Leak, Victoria 12	
	3) Geddes, Madison 10	4) Kimball, Samantha 12	
	1:17.040 (1:17.040) 2:31.451 (1:14.412) 3:52.359 (1:20.908) 5:10.748 (1:18.389)		
4	Mascenic Regional	5:13.83	6
	1:32.568 (1:32.568) 2:49.552 (1:16.985) 4:03.892 (1:14.340) 5:13.823 (1:09.932)		

Girls 4x800 Meter Relay

School		Finals	Points
1	Bow	11:10.43	12
	1) Hou, Julia 9	2) Brochu, Delia 12	
	3) Brochu, Maya 12	4) Insana, Lexi 10	
	2:50.702 (2:50.702) 5:46.777 (2:56.076) 8:26.318 (2:39.542) 11:10.427 (2:44.109)		
2	Mascenic Regional	11:24.97	10
	1) O'Shea, Erin 9	2) O'Shea, Kaitlin 9	
	3) Schaumlöffel, Emma 11	4) Shippee, Brielle 12	
	2:44.233 (2:44.233) 5:39.284 (2:55.052) 8:38.806 (2:59.523) 11:24.963 (2:46.157)		
3	Merrimack Valley	11:50.31	8
	1) Spack, Sydney 9	2) Geddes, Madison 10	
	3) Davidson, Kendra 10	4) Kimball, Samantha 12	
	2:54.268 (2:54.268) 5:50.936 (2:56.668) 8:59.123 (3:08.187) 11:50.308 (2:51.186)		

Girls High Jump

Name	Year School	Finals	Points
1 Nassy, Ellianna	10 Milford	4-06.00	6
4-00 4-02 4-04 4-06 4-08			
O O XO O XXX			
2 Bernard, Sabrina	11 Bow	J4-06.00	5
4-00 4-02 4-04 4-06 4-08			
P O O XO XXX			
3 Sutherland, Reagan	10 Plymouth Regional	J4-06.00	4
4-00 4-02 4-04 4-06 4-08			
O O XO XO XXX			
4 Tomany, Hanna	10 Sanborn Regional	J4-06.00	3
4-00 4-02 4-04 4-06 4-08			
P O O XXO XXX			
5 Szczepanik, Mackenzie	10 Bow	4-04.00	2
4-00 4-02 4-04 4-06			
O O XO XXX			

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6 Vaillancourt, Mackenzie	10 Mascenic Regional	4-02.00	1
4-00 4-02 4-04			
O XO XXX			
7 Cote, Keira	9 Merrimack Valley	4-00.00	
4-00 4-02			
O XXX			
8 Barlow, Anna	9 Sanborn Regional	J4-00.00	
4-00 4-02			
XXO XXX			

Girls Long Jump

Name	Year School	Finals	H#	Points
1 Winslow, Emma	12 Belmont	16-04.00	1	6
15-04.25 15-02.50 16-04 15-10.50				
2 Nassy, Annalise	12 Milford	14-10.00	1	5
13-10.25 14-06 14-00.50 14-10				
3 Nassy, Ellianna	10 Milford	14-08.75	1	4
14-08.75 14-07.25 14-08 14-01.75				
4 Leak, Victoria	12 Merrimack Valley	14-06.25	1	3
13-11.25 14-06.25 FOUL 14-04.75				
5 Laroche, Charlotte	9 Bow	14-04.50	1	2
14-04.50 FOUL FOUL 14-03.25				
6 Geddes, Madison	10 Merrimack Valley	13-10.50	1	1
13-07.75 13-00.50 13-10.50				
7 DeNitto, Marcella	12 Kingswood	13-05.50	1	
13-00.50 13-00.25 13-05.50				
8 Bernard, Sabrina	11 Bow	13-05.25	1	
13-05.25 13-00 FOUL				
9 Rapoza, Kylie	10 Kingswood	13-02.75	2	
12-05.75 13-02.75 13-01				
10 Ortiz-Blanco, Leanny	9 Salem	13-00.00	1	
FOUL 12-11 13-00				
11 Johnson, Carley	11 Kingswood	12-06.50	2	
11-10 12-06.50 FOUL				
12 Ulrich, Claire	10 Bow	11-09.75	2	
10-10 11-09.75 FOUL				
13 Gerlack, Trynity	11 Merrimack Valley	11-09.25	1	
FOUL FOUL 11-09.25				
14 Stocker, Kaitlyn	9 Sanborn Regional	11-03.50	2	
FOUL 11-03.50 10-11.75				
15 Ouellette, Megan	11 Kingswood	11-02.75	2	
11-02.75 10-02.50 FOUL				
16 Dezan, Piper	9 Salem	10-03.00	2	
8-07.75 9-09.50 10-03				
17 Szczepanik, Mackenzie	10 Bow	10-02.00	2	
FOUL 10-02 FOUL				
18 Kimball, Brook	11 Gilford	10-00.75	2	
10-00.75 FOUL 9-05				
19 Donovan, Sara	9 Sanborn Regional	9-03.00	2	
9-03 8-06 8-10.25				
20 Alley-Violette, Abhi	11 Sanborn Regional	8-05.75	2	
FOUL FOUL 8-05.75				

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21 Diaz, Victoria	12 Milford	7-11.50	2
7-08.50 7-11.50 7-10			
-- Petit, Hannah	12 Kingswood	FOUL	2
FOUL FOUL FOUL			

Girls Shot Put

Name	Year	School	Finals	H#	Points
1 Colizzi, Bella	12	Salem	33-08.00	1	6
28-06 30-10 33-08 33-07					
2 Ahlers, Abigail	12	Salem	30-07.00	1	5
28-09 29-10 30-07 29-04					
3 Chesbro, Paige	11	Sanborn Regional	27-04.00	1	4
26-01 26-06 26-07 27-04					
4 Leak, Victoria	12	Merrimack Valley	26-08.00	1	3
26-05 22-00 25-05 26-08					
5 Kulengosky, Becc	12	Winnisquam	26-04.00	1	2
26-04 25-10 25-00 25-05					
6 Soares, Emma	12	Sanborn Regional	25-02.00	1	1
25-02 24-01 24-08					
7 Lucas, Abbie	12	Sanborn Regional	23-09.00	1	
FOUL 23-09 FOUL					
8 Hughes, Autumn	12	Mascenic Regional	22-09.00	1	
22-09 22-08 21-00					
9 Kimball, Brook	11	Gilford	21-03.00	1	
20-11 20-10 21-03					
10 Contarino, Mia	9	Salem	21-00.00	1	
20-01 21-00 20-10					
11 Marchesi, Amelia	9	Salem	20-10.00	2	
19-06 18-04 20-10					
12 Abrahamson, Priscilla	9	Bishop Brady	19-09.00	2	
16-06 19-04 19-09					
13 Evans, Gia	12	Milford	19-06.00	2	
19-06 19-00 FOUL					
14 Diaz, Victoria	12	Milford	19-05.00	2	
19-00 16-08 19-05					
15 Neff, Grace	12	Bow	18-09.00	2	
18-06 17-11 18-09					
16 Petit, Hannah	12	Kingswood	17-07.00	2	
16-10 17-07 16-04					
17 Ouellette, Megan	11	Kingswood	17-06.00	2	
17-04 16-11 17-06					
18 Bernard, Kayla	12	Salem	17-03.00	2	
14-10 15-11 17-03					
19 Thompson-Weeks, Jessi	10	Merrimack Valley	15-07.00	2	
13-07 13-08 15-07					

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Women - Team Rankings - 12 Events Scored

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1) Bow	59	2) Milford	39
3) Kingswood	36	4) Salem	30
5) Merrimack Valley	28	6) Mascenic Regional	27
7) Belmont	22	8) Sanborn Regional	21

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9) Souhegan	18	10) Plymouth Regional	9
11) Winnisquam	4	12) Laconia	2
12) Gilford	2		