

NH Indoor Track League
UNH Morning Session
Paul Sweet Oval - 12/16/2023
Results

Girls 55 Meter Dash
Top 6 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Musa, Nyahingiva (Nyah)	12	Nashua South	7.56q	8
2 Thompson, Rayna	12	Exeter	7.73q	1
3 Nada, Mariam	12	Portsmouth	7.77q	3
4 Jenkins, Lily	12	Portsmouth	7.79q	2
5 Sippel, Hannah	12	Pinkerton	7.80q	4
6 Roberts, Eva	12	Pinkerton	7.88q	6
7 Brayall, Nora	10	Pinkerton	7.95	9
8 Tallman, Kaitlin	11	Spaulding	7.99	3
9 Bilodeau, Sophia	11	Bishop Guertin	7.99	9
10 DeLorey, Eres	10	Londonderry	8.08	2
11 McNulty, Camryn	9	Pinkerton	8.09	6
12 Gillette, Gabby	9	Bishop Guertin	8.09	1
13 Chavarin, Alejandra	11	Nashua South	8.10	4
14 Christiana, Annie	12	Exeter	8.12	5
15 George, Ava	9	Pinkerton	8.14	6
16 Silva, Bailey	9	Pinkerton	8.17	8
17 Carter, Ella	10	Portsmouth	8.20	7
18 Ernst, Isabelle	9	Exeter	8.23	4
19 Hyles, Kate	10	Exeter	8.29	3
20 Patterson, Lily	10	Portsmouth	8.33	6
21 Hope, Maddie	11	Bishop Guertin	8.34	3
22 Plante, Madeleine	12	Londonderry	8.34	7
23 Paige, Madeline	12	Exeter	8.38	5
24 George, Ann	12	Exeter	8.38	1
25 Smith, Damoira	9	Pinkerton	8.39	8
26 Coleman, Katie	9	Pinkerton	8.41	9
27 Flynn, Molly	9	Portsmouth	8.43	5
28 Takekoshi, Lela	10	Spaulding	8.45	1
29 Nelson, Pearl	10	Nashua South	8.46	1
30 Junkins, Abby	10	Spaulding	8.46	7
31 Leone, Molly	9	Londonderry	8.53	7
32 Ogbunamiri, Nina	10	Bishop Guertin	8.55	5
33 Courtemanche, Kyra	11	Londonderry	8.58	4
34 Lachance, Camryn	10	Exeter	8.58	8
35 Rodriguez, Penelope	10	Nashua South	8.59	2
36 Austen, Abigail	11	Londonderry	8.76	7
37 Andrade, Caroline	9	Nashua South	8.76	3
38 Sargent, Abby	12	Portsmouth	8.78	6
39 Goldrick, Lydia	9	Exeter	8.88	9
40 Meulenbroek, Caroline	10	Spaulding	8.89	8
41 Kapala, Danielle	9	Bishop Guertin	8.91	5
42 Dumont, Isabella	10	Spaulding	8.92	3
43 Ochoa, Dulcemaria	11	Nashua South	9.00	2
44 Fegan, Amelie	11	Londonderry	9.01	7
45 Jacobs, Jailynn	11	Spaulding	9.04	4
46 Zaryckyj, Kaylee	9	Nashua South	9.23	4
47 Perigny, Ayden	9	Winnacunnet	9.27	9
48 Uviedo, Janelis	12	Nashua South	9.31	2
49 Awad, Aliviyah	11	Londonderry	9.81	8
50 St. Jean, Sam	9	Bishop Guertin	10.37	6

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....Girls 55 Meter Dash

-- Masse, Olivia 10 Spaulding DNF 9

Girls 55 Meter Dash

Name	Year	School	Finals	Points
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Finals

1	Musa, Nyahingiva (Nyah)	12 Nashua South	7.45	10
2	Sippel, Hannah	12 Pinkerton	7.70	8
3	Thompson, Rayna	12 Exeter	7.72	6
4	Jenkins, Lily	12 Portsmouth	7.75	4
5	Nada, Mariam	12 Portsmouth	7.76	2
6	Roberts, Eva	12 Pinkerton	7.83	1

Girls 300 Meter Dash

Name	Year	School	Finals	H#	Points
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1	Jenkins, Lily	12 Portsmouth	44.19	8	10
2	Musa, Nyahingiva (Nyah)	12 Nashua South	44.32	4	8
3	Timerman, Avery	12 Portsmouth	44.77	8	6
4	Sippel, Isabella	10 Pinkerton	44.91	7	4
5	Sippel, Hannah	12 Pinkerton	45.17	8	2
6	Sprague, Aislinn	9 Pinkerton	45.29	6	1
7	Ernst, Isabelle	9 Exeter	45.90	8	
8	Clifford, Maitri	11 Winnacunnet	46.17	6	
9	Eppolito, Nevaeh	11 Nashua South	46.72	5	
10	Clifford, Moxie	10 Winnacunnet	47.01	7	
11	Wheale, Mollie	10 Pinkerton	47.14	7	
12	Brayall, Nora	10 Pinkerton	47.24	7	
13	Witta, Sarah	10 Nashua South	47.37	6	
14	Ortiz, Myasiah (Mimi)	12 Nashua South	47.38	5	
15	Gillette, Gabby	9 Bishop Guertin	47.44	2	
16	Chrisite, Isla	9 Winnacunnet	48.15	3	
17	Pacheco, Liana	11 Winnacunnet	49.06	3	
18	Bilodeau, Sophia	11 Bishop Guertin	49.25	4	
19	Desjadon, Madeline	10 Bishop Guertin	49.49	3	
20	Paige, Madeline	12 Exeter	49.74	6	
21	Gatheral, Brooke	12 Bishop Guertin	50.02	4	
22	Plante, Madeleine	12 Londonderry	50.28	5	
23	Lachance, Camryn	10 Exeter	50.52	5	
24	Knab, Evelyn	9 Exeter	50.80	4	
25	Takekoshi, Lela	10 Spaulding	52.14	1	
26	Olson, Ella	12 Winnacunnet	53.78	3	
27	Ochoa, Dulcemaria	11 Nashua South	54.58	2	
28	Dumont, Isabella	10 Spaulding	56.17	1	
29	Morin, Emma	11 Spaulding	56.82	2	

Girls 600 Meter Run

Name	Year	School	Finals	H#	Points
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1	Blake, Nicole	10 Pinkerton	1:48.01	3	10
2	Rzasa, Sarah	10 Pinkerton	1:50.21	3	8

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....Girls 600 Meter Run

3	Houghton, Maddy	10	Portsmouth	1:50.76	3	6
4	Orleans, Amber	11	Exeter	1:51.19	3	4
5	Sokolnicki, Sarah	10	Portsmouth	1:55.45	2	2
6	Rooney, Teagan	11	Winnacunnet	1:57.16	1	1
7	Sherman, Drewanne	10	Londonderry	1:57.43	2	
8	Marengo, Ariana	10	Nashua South	1:58.29	1	
9	Tremblay, Abigail	9	Exeter	1:58.49	3	
10	Nardone, Sofia	12	Winnacunnet	1:59.31	1	
11	Maher, Lily	10	Exeter	2:01.69	2	
12	Boston, Caitlyn	12	Spaulding	2:02.06	2	
13	Kelly, Caroline	10	Nashua South	2:06.87	2	
14	Long, Zelena	12	Nashua South	2:10.19	2	
15	Andrade, Caroline	9	Nashua South	2:20.83	1	
16	Zaryckyj, Kaylee	9	Nashua South	2:21.20	1	

Girls 1000 Meter Run

Name	Year	School	Finals	H#	Points
1 Cross, Eli	9	Exeter	3:14.88	2	10
2 Knowlton, Parker	10	Pinkerton	3:18.97	2	8
3 Bedard, Gabrielle	10	Pinkerton	3:20.19	2	6
4 Campbell, Kelsey	10	Portsmouth	3:25.55	2	4
5 Knab, Clara	12	Exeter	3:26.84	2	2
6 Carter, Chloe	9	Portsmouth	3:38.55	2	1
7 Burness, Ava	12	Winnacunnet	3:42.62	2	
8 Wadell, Ella	11	Winnacunnet	3:43.16	1	
9 Williams, Austin	9	Exeter	3:46.54	1	
10 DeLong, Gabriella	9	Londonderry	3:47.45	1	
11 Barrows, Ava	10	Portsmouth	3:47.79	1	
12 Baez Alcantara, Genesis	10	Nashua South	3:54.55	1	
13 Mohammed, Ava	11	Pinkerton	4:00.05	1	
14 Dillaby, Lauren	10	Nashua South	4:07.85	1	

Girls 1500 Meter Run

Name	Year	School	Finals	H#	Points
1 Groulx, Isabelle	12	Pinkerton	4:59.24	2	10
2 Silva, Contessa	12	Pinkerton	5:00.18	2	8
3 Folsom, Susannah	9	Pinkerton	5:05.45	2	6
4 Marzolf, Kalisan	10	Pinkerton	5:19.32	2	4
5 Melendez, Emely	12	Nashua South	5:26.21	2	2
6 Mariotti, Carson	11	Winnacunnet	5:26.97	2	1
7 Sinclair, Anna	10	Bishop Guertin	5:50.80	2	
8 Philipp, Samantha Priya	10	Pinkerton	5:50.88	1	
9 DiBuono, Ella	10	Londonderry	6:07.47	1	
10 LaBonte, Harper	9	Londonderry	6:12.86	1	
11 Chemim, Isabella	9	Nashua South	6:19.48	1	
12 Coler, Phoebe	10	Bishop Guertin	6:21.27	1	
13 Biwalkar, Medhavi	9	Nashua South	6:44.81	1	
14 Almonte, Jolina	10	Nashua South	6:50.49	1	

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Girls 3000 Meter Run

Name	Year	School	Finals	Points
1 Fondakowski, Anna	11	Bishop Guertin	11:03.75	10
2 Masson, Lyla	10	Bishop Guertin	11:39.88	8
3 Paterna, Brianna	9	Exeter	11:44.74	6
4 LeBlanc, Althea	11	Pinkerton	11:49.81	4
5 Paterna, Alexis	9	Exeter	11:59.53	2
6 Roache, Delaney	11	Exeter	12:07.67	1
7 White, Sayde	11	Londonderry	12:11.46	

Girls 55 Meter Hurdles**Top 6 Advance by Time**

Name	Year	School	Prelims	H#
Preliminaries				
1 Nada, Mariam	12	Portsmouth	9.28q	1
2 Adams, Hayden	12	Winnacunnet	9.78q	4
3 Witta, Sarah	10	Nashua South	9.83q	4
4 Gatheral, Brooke	12	Bishop Guertin	10.22q	2
5 MacVicar, Sydney	10	Exeter	10.45q	3
6 Flynn, Molly	9	Portsmouth	10.55q	1
7 Wheale, Mollie	10	Pinkerton	10.74	1
8 Rosario, Heidy	12	Bishop Guertin	10.77	2
9 Vinciguerra, Ginger	10	Portsmouth	10.83	4
10 Postage, Riley	11	Exeter	10.85	2
11 Peterson-Matos, Devin	11	Spaulding	10.88	3
12 Galeaz, Jaylin	10	Londonderry	10.92	3
13 Boston, Caitlyn	12	Spaulding	11.62	2
14 Checket, Cecelia	9	Pinkerton	11.73	2
15 Bartel, Colleen	12	Exeter	11.76	3
16 Woodard, Laney	9	Exeter	11.92	1
17 Dean, Ellie	11	Exeter	13.63	4

Girls 55 Meter Hurdles

Name	Year	School	Finals	Points
Finals				
1 Nada, Mariam	12	Portsmouth	9.45	10
2 Adams, Hayden	12	Winnacunnet	9.55	8
3 Witta, Sarah	10	Nashua South	9.63	6
4 Gatheral, Brooke	12	Bishop Guertin	10.08	4
5 MacVicar, Sydney	10	Exeter	10.17	2
6 Flynn, Molly	9	Portsmouth	10.42	1

Girls 4x160 Meter Relay

School	Finals	H#	Points
1 Portsmouth	1:29.37	3	10
1) Timerman, Avery 12	2) Patterson, Lily 10		
3) Nada, Mariam 12	4) Jenkins, Lily 12		
2 Winnacunnet	1:32.04	2	8

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....Girls 4x160 Meter Relay

1) Adams, Hayden 12	2) Clifford, Moxie 10			
3) Chrisite, Isla 9	4) Clifford, Maitri 11			
3 Bishop Guertin	1:32.19	2	6	
1) Gillette, Gabby 9	2) Gatheral, Brooke 12			
3) Bilodeau, Sophia 11	4) Desjadon, Madeline 10			
4 Exeter	1:32.24	3	4	
1) Christiana, Annie 12	2) Knab, Clara 12			
3) Ernst, Isabelle 9	4) Thompson, Rayna 12			
5 Nashua South	1:33.04	4	2	
1) Chavarin, Alejandra 11	2) Ortiz, Myasiah (Mimi) 12			
3) Rodriguez, Penelope 10	4) Musa, Nyahingiva (Nyah) 12			
6 Londonderry	1:36.25	1	1	
1) DeLorey, Eres 10	2) Galeaz, Jaylin 10			
3) Leone, Molly 9	4) Plante, Madeleine 12			
7 Spaulding	1:37.69	1		
1) Jacobs, Jailyynn 11	2) Peterson-Matos, Devin 11			
3) Junkins, Abby 10	4) Tallman, Kaitlin 11			
-- Pinkerton	DNF	4		
1) Roberts, Eva 12	2) Wheale, Mollie 10			
3) Brayall, Nora 10	4) Sippel, Hannah 12			

Girls 4x400 Meter Relay

School	Finals	Points
1 Pinkerton	4:28.70	10
1) Rzasa, Sarah 10	2) Knowlton, Parker 10	
3) Blake, Nicole 10	4) Sippel, Isabella 10	
2 Portsmouth	4:33.44	8
1) Houghton, Maddy 10	2) Sokolnicki, Sarah 10	
3) Vinciguerra, Ginger 10	4) Carter, Ella 10	
3 Nashua South	4:34.15	6
1) Witta, Sarah 10	2) Ortiz, Myasiah (Mimi) 12	
3) Melendez, Emely 12	4) Eppolito, Nevaeh 11	
4 Londonderry	4:54.09	4
1) Courtemanche, Kyra 11	2) Gregoire, Linsey 11	
3) Sherman, Drewanne 10	4) White, Sayde 11	
5 Winnacunnet	4:57.54	2
1) Rooney, Teagan 11	2) Olson, Ella 12	
3) Burness, Ava 12	4) Pacheco, Liana 11	

Girls High Jump

Name	Year School	Finals	Points
1 Horan, Alexis	10 Bishop Guertin	4-08.00	10
2 Gregoire, Linsey	11 Londonderry	J4-08.00	7
2 Rodriguez, Penelope	10 Nashua South	J4-08.00	7
4 DeLorey, Eres	10 Londonderry	4-06.00	4
5 Nastasi, Taylor	9 Pinkerton	J4-06.00	2
6 Adams, Hayden	12 Winnacunnet	4-04.00	0.50
6 Strandberg, Payton	9 Exeter	4-04.00	0.50
7 Horan, Ashley	10 Bishop Guertin	J4-04.00	
7 Lander, Emma	9 Portsmouth	J4-04.00	

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....Girls High Jump

10 Checket, Cecelia	9 Pinkerton	4-02.00
10 Dillaby, Lauren	10 Nashua South	4-02.00
10 Melendez, Emely	12 Nashua South	4-02.00
13 Foster, Emme	12 Portsmouth	4-00.00
13 Smith, Damoira	9 Pinkerton	4-00.00

Girls Long Jump

Name	Year School	Finals	H#	Points
1 Adams, Hayden	12 Winnacunnet	15-07.00	1	10
x 15-07 15-00				
2 Chavarin, Alejandra	11 Nashua South	14-02.25	1	8
14-02.25 13-01.25 13-00.25 12-07.50				
3 Tallman, Kaitlin	11 Spaulding	14-00.50	1	6
13-06.50 13-03.50 14-00.50				
4 Peterson-Matos, Devin	11 Spaulding	13-11.50	1	4
13-07.75 13-09.50 13-09 13-11.50				
5 Clifford, Moxie	10 Winnacunnet	13-11.00	1	2
13-01 13-11 13-04.50 13-09.50				
6 Bartnicki, Madalyn	9 Nashua South	13-03.00	2	1
12-04.25 13-03 12-11				
7 MacVicar, Sydney	10 Exeter	13-02.75	1	
13-02.75 13-01.50 11-06.25 12-05.25				
8 Bartel, Colleen	12 Exeter	12-09.50	1	
11-08 12-09.50 12-05.75				
9 Nastasi, Taylor	9 Pinkerton	12-09.25	2	
12-09.25 12-01.50				
10 McClellan, Riley	9 Pinkerton	12-07.25	2	
10-06 12-07.25 12-00.50				
11 Postage, Riley	11 Exeter	11-11.00	1	
10-08 11-00.50 11-11 11-03.75				
12 Knab, Evelyn	9 Exeter	11-05.50	2	
11-05.50 11-05.50 10-10.25 10-05.50				
13 Chrisite, Isla	9 Winnacunnet	11-03.00	1	
10-07.25 11-03				
-- Coleman, Katie	9 Pinkerton	ND	2	
x ND				
-- Nada, Mariam	12 Portsmouth	ND	1	
ND x				
-- Barron, Shakey	12 Portsmouth	ND	2	
ND x				
-- Ahern, Claire	10 Exeter	ND	1	
ND x				
-- Nelson, Pearl	10 Nashua South	ND	2	
ND x				
-- Rosario, Heidy	12 Bishop Guertin	ND	1	
ND x				
-- Sinclair, Anna	10 Bishop Guertin	ND	1	
x ND x				
-- Uviedo, Janelis	12 Nashua South	ND	2	
ND x				
-- Sippel, Isabella	10 Pinkerton	ND	2	
ND x				

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....Girls Long Jump

-- Marengo, Ariana 10 Nashua South ND 2
 ND x

Girls Shot Put

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Name	Year	School	Finals	H#	Points
=====					
1 Gautieri, Nora	11	Nashua South	31-07.75	1	10
31-07.75 29-02.50 30-00 30-01.50					
2 Trask, Jameson	11	Pinkerton	30-08.50	1	8
25-09 29-02 28-07.50 30-08.50					
3 Cruz, Chloe	11	Nashua South	29-11.25	1	6
28-06.50 29-08.50 29-11.25 28-02					
4 Abbis, Marissa	12	Nashua South	28-04.75	1	4
25-03.50 28-04.75 26-11.50 25-01					
5 Fabiano, Autumn	10	Exeter	28-02.00	1	2
26-10 24-07 23-06 28-02					
6 Ortiz Cueves, Vanessa	10	Nashua South	28-00.00	1	1
26-09 26-09.50 28-00 26-05					
7 Beem, Lucille	10	Exeter	27-05.50	1	
25-01 25-09 27-05.50 26-09					
8 Terrenzio, Juliana	11	Pinkerton	27-02.50	1	
25-03 27-00.25 25-08.50 27-02.50					
9 Yazbek, Autumn	10	Londonderry	26-08.00	1	
26-03 26-07.50 25-10 26-08					
10 Haggett, Autumn	11	Pinkerton	26-05.00	1	
24-09.50 26-04 23-11 26-05					
11 Akalonu, Maria	12	Portsmouth	26-02.00	1	
26-02 25-11 25-03					
12 Wambu, Nkechi	11	Londonderry	26-01.00	1	
26-01 25-07.50 22-07 25-00					
13 Sutton, Ava	12	Spaulding	25-11.00	1	
25-06 25-02.50 25-09.50 25-11					
14 Jacobs, Jailynn	11	Spaulding	25-04.50	2	
25-04.50 24-10 23-06 23-00					
15 Perigny, Ayden	9	Winnacunnet	25-03.00	2	
23-08 24-06.25 25-03 23-00.50					
16 Freer, Margaux	12	Portsmouth	24-06.00	2	
24-06 23-07 23-08 22-06.50					
17 Kelly, Caroline	10	Nashua South	23-09.00	2	
23-09 22-06 23-08.50 21-06.50					
18 Austen, Abigail	11	Londonderry	23-08.00	2	
22-06 23-08 21-06 22-07.50					
19 Vinciguerra, Ginger	10	Portsmouth	23-06.00	2	
23-06 22-01.50 21-07.25 23-00					
20 Myers, Callen	9	Exeter	22-00.00	2	
19-03 20-00 22-00					
21 Coleman, Katie	9	Pinkerton	21-09.00	2	
20-11 21-04.50 21-07.50 21-09					
22 Silva, Bailey	9	Pinkerton	21-04.00	2	
21-04 20-05					
23 Oby, Peyton	9	Exeter	20-00.00	2	
17-11 20-00					

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....Girls Shot Put

24 Chandonnet, Abby	9 Bishop Guertin	19-02.00	2
19-02 x			
25 Reny, Devyn	11 Bishop Guertin	19-01.50	2
19-01.50 x			
26 Wheeler, Sophia	10 Exeter	18-11.00	2
27 Currier, Ellis	10 Londonderry	18-03.00	2
18-03 x			
-- Ulven, Josslyn	12 Exeter	ND	1
ND x x			

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Women - Team Rankings - 12 Events Scored

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1) Pinkerton	100	2) Nashua South	71
3) Portsmouth	64	4) Exeter	39.50
5) Bishop Guertin	38	6) Winnacunnet	32.50
7) Londonderry	16	8) Spaulding	10