

NH Indoor Track League
UNH Afternoon Session
Paul Sweet Oval - 1/19/2025
Results

Girls 55 Meter Dash
Top 6 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Lacasse, Ava	11	Belmont	7.66q	4
2 Rapoza, Kylie	12	Kingswood	7.79q	1
3 McBride, Martelle	11	Exeter	7.83q	3
4 Tetreault, Samantha	12	Pelham	7.86q	4
5 Sawyer, Macy	10	Gilford	7.87q	2
6 Belisle, Lily	12	Kingswood	7.98q	3
7 Raab, Amelia	12	Newmarket	7.99	1
8 Lopashanski, Piper	12	Kennett	8.01	3 8.005
9 Young, Hannah	11	Belmont	8.01	2 8.009
10 Milley, Ava	11	Pelham	8.03	1
11 Goodwin, Natalia	10	Winnacunnet	8.12	1
12 Allen, Sarah	12	Bishop Brady	8.15	4
13 Wilson, Camden	10	Bow	8.18	4
14 Lorenz, Katie	11	John Stark	8.19	2
15 Watson, Talia	12	Belmont	8.21	3
16 Frechette, Isabelle	12	Kennett	8.24	4
17 Benevides, Riley	9	Exeter	8.26	2
18 Souphakhot, Kierra	12	Newmarket	8.29	3 8.281
19 Boudreau, Sara	11	Spaulding	8.29	1 8.286
20 Hutt, Caterina	11	Portsmouth C	8.33	3 8.328
21 Salmons, Adelynn	12	Portsmouth C	8.33	2 8.330
22 Waters, Addison	10	Epping	8.41	1

Girls 55 Meter Dash

Name	Year	School	Finals
Finals			
1 Lacasse, Ava	11	Belmont	7.61
2 Rapoza, Kylie	12	Kingswood	7.64
3 McBride, Martelle	11	Exeter	7.73
4 Tetreault, Samantha	12	Pelham	7.88
5 Sawyer, Macy	10	Gilford	7.90
6 Belisle, Lily	12	Kingswood	7.96

Girls 300 Meter Dash

Name	Year	School	Finals	H#
1 Rapoza, Kylie	12	Kingswood	43.37	8
2 Lacasse, Ava	11	Belmont	43.52	8
3 Sawyer, Macy	10	Gilford	44.00	8
4 Pawlowski, Hannah	12	Bow	44.77	7
5 Clifford, Maitri	12	Winnacunnet	44.97	7
6 Ernst, Isabelle	10	Exeter	45.85	6
7 Milley, Ava	11	Pelham	46.03	7
8 Roeder, Emma	9	Exeter	46.43	6
9 Tomany, Hanna	12	Sanborn Regional	46.63	2
10 Benevides, Riley	9	Exeter	46.67	5
11 Williams, Denessa	11	Winnisquam	46.72	5

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12 Cubero, Gabriella	11 Kennett	47.00	5
13 Sherrill, Ruthie	10 Portsmouth C	47.78	2
14 Lorenz, Katie	11 John Stark	47.85	4
15 Boie, Caralyn	9 Winnacunnet	47.91	3
16 Clifford, Moxie	11 Winnacunnet	47.94	4
17 Reynoso-Santana, Hayren	11 Winnacunnet	48.13	3
18 Boudreau, Sara	11 Spaulding	48.14	6
19 Salmons, Adelynn	12 Portsmouth C	49.20	1
20 Griffin, Saige	10 Kingswood	50.06	1
21 Mertzt, Scarlett	10 Pelham	51.13	2

Girls 600 Meter Run

Name	Year	School	Finals	H#
1 Pawlowski, Hannah	12	Bow	1:41.84	3
2 Thurlow, Sophie	10	Sanborn Regional	1:43.38	3
3 Paterna, Brianna	10	Exeter	1:44.03	3
4 Lopashanski, Piper	12	Kennett	1:49.26	3
5 Redmond, Magnolia	11	Newmarket	1:49.29	3
6 Riccio, Abby	9	Exeter	1:49.56	3
7 Pekalsky, Addie	9	Raymond	1:53.08	2
8 Winther, Elsa	11	John Stark	1:53.16	3
9 Maher, Lily	11	Exeter	1:53.58	3
10 Lachance, Cami	11	Exeter	1:55.40	2
11 Lemire, Rylie	9	Campbell	1:56.09	2
12 Robb, Kaiden	11	Winnisquam	1:56.54	2
13 Tremblay, Abigail	10	Exeter	1:56.93	2
14 Short, Emma	9	Monadnock	1:57.22	1
15 Behle, Joanna	11	Mascoma Valley	1:57.80	2
16 Ryan, Leah	11	St. Thomas Aquinas	1:57.92	2
17 Sutherland, Reagan	12	Plymouth Regional	2:01.33	1
18 Perry, Allie	11	Newmarket	2:02.20	1
19 Clairmont, Hailey	11	Belmont	2:08.20	1
20 Lhermitte, Clemence	12	Belmont	2:08.55	1
21 Thellen, Hailey	9	John Stark	2:09.96	1
22 Tetreault, Emily	10	Pelham	2:10.03	1
23 Dewar, Ariaiah	12	Gilford	2:13.50	1
24 Hart, Sarah	12	Campbell	2:18.98	1

Girls 1000 Meter Run

Name	Year	School	Finals	H#
1 Caron, Danica	11	Exeter	3:13.54	2
2 Bremer, Isabelle	10	Exeter	3:14.06	2
3 O'Shea, Kaitlin	11	Mascenic Regional	3:14.13	2
4 Stocker, Kaitlyn	11	Sanborn Regional	3:20.69	2
5 Latulippe, Annaliese	9	Portsmouth C	3:21.84	2
6 Hou, Julia	11	Bow	3:22.63	2
7 Adair, Whitney	11	Con-Val	3:23.16	2
8 Orleans, Amber	12	Exeter	3:29.88	2
9 Silliman, Anna	11	Kennett	3:31.86	1
10 Brewitt, Ellie	10	Raymond	3:34.53	1

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....Girls 1000 Meter Run

11 Zagami, Celia	11 Exeter	3:34.53	1
12 Barnard, Rylee	11 John Stark	3:34.89	1
13 Martin, Addison	10 Pelham	3:36.92	1
14 Barlow, Anna	11 Sanborn Regional	3:45.73	1
15 Barriere, Kayla	11 John Stark	3:47.45	1
16 Mormando, Lily	10 Conant	3:56.16	1
17 Johnson, Emma	9 Portsmouth C	4:03.39	1

Girls 1500 Meter Run

Name	Year School	Finals
1 Bergeron, Caitrin	9 Pembroke	5:23.44
2 Madden, Izzy	11 Exeter	5:23.69
3 Roache, Delaney	12 Exeter	5:38.18
4 Roache, Maeve	9 Exeter	5:39.35
5 Stewart, Elizabeth	7 Portsmouth C	5:40.63
6 Kelley, Sofia	9 Exeter	5:48.78

Girls 3000 Meter Run

Name	Year School	Finals
1 O'Shea, Erin	11 Mascenic Regional	11:23.87
2 Unger, Leah	9 Raymond	11:28.52
11:28.516 (11:28.516)		
3 Parisi, Sofia	9 Winnacunnet	12:04.52
4 Ralabate, Madeline	10 Exeter	12:11.35
5 Flanagan, Brianna	11 Campbell	12:33.86
6 Duncan, Calleigh	9 Campbell	12:41.98
7 Nickerson, Gabby	12 Portsmouth C	13:18.29
-- Davis, Kelsie	10 Kingswood	DNF

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

Name	Year School	Prelims	H#
Preliminaries			
1 Milley, Ava	11 Pelham	9.24q	1
2 Tetreault, Samantha	12 Pelham	9.46q	2
3 Pelletier, Norah	10 Kingswood	9.49q	3
4 Grote, Lola	10 Winnacunnet	9.70q	4
5 Raab, Amelia	12 Newmarket	9.80q	4
6 Takantjas, Adeline	12 Belmont	9.95q	3
7 Aguiar, Emily	10 Gilford	10.15	1
8 Downes, Sophia	9 Laconia	10.25	1
9 Beliveau, Ayris	12 John Stark	10.38	3 10.371
10 Waters, Addison	10 Epping	10.38	2 10.378
11 Peterson-Matos, Devin	12 Spaulding	10.44	3 10.432
11 Fauteux, Emily	12 Bow	10.44	2 10.432
13 Bureau, Autumn	9 Bow	10.46	4 10.456
14 Postage, Riley	12 Exeter	10.46	2 10.459
15 Brown, Alexis	10 Pembroke	10.49	4

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16	Flagg, Vita	9	Bow	10.61	3
17	Ouellette, Jennifer	9	Campbell	10.69	2
18	Wooster, Kendra	12	Conant	11.12	4
19	Norris, Karlee	9	Exeter	12.40	4
	12.399 (12.399)				

Girls 55 Meter Hurdles

Name	Year	School	Finals
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Finals

1	Tetreault, Samantha	12	Pelham	9.05
2	Milley, Ava	11	Pelham	9.10
3	Pelletier, Norah	10	Kingswood	9.23
4	Grote, Lola	10	Winnacunnet	9.89
5	Takantjas, Adeline	12	Belmont	9.92
6	Raab, Amelia	12	Newmarket	9.95

Girls 4x160 Meter Relay

School	Finals	H#
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1	Exeter	1:29.93	6
2	Winnacunnet	1:30.03	7
3	Belmont	1:30.95	4
4	Kennett	1:30.99	6
5	Bow	1:31.80	7
6	Kingswood	1:32.27	5
7	Portsmouth Christian	1:34.96	3
8	Newmarket	1:35.52	5
9	Sanborn Regional	1:35.70	4
10	Spaulding	1:35.82	2
11	Pelham	1:37.36	3
12	Winnisquam	1:38.20	2
13	Campbell	1:39.90	1
14	Monadnock	1:41.31	1
15	Prospect Mountain	1:44.58	1

Girls 4x400 Meter Relay

School	Finals	H#
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1	Exeter	4:33.17	2
2	Winnacunnet	4:44.64	2
3	Sanborn Regional	4:47.46	2
4	Belmont	4:56.11	1
5	Kennett	4:56.26	1
6	Spaulding	4:57.30	1
7	Bow	4:57.62	2
8	Portsmouth Christian	4:58.74	1
9	Newmarket	5:04.99	2
10	Pelham	5:07.45	1

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Girls High Jump

Name	Year	School	Finals
1 Wilson, Camden	10	Bow	5-00.00
4-00 4-02 4-04 4-06 4-08 4-10 5-00 5-01			
PPP PPP O O XO O O XXX			
2 Bristol, Delilah	9	Sanborn Regional	4-10.00
4-00 4-02 4-04 4-06 4-08 4-10 5-00			
PPP O O O O XO XXX			
3 Tomany, Hanna	12	Sanborn Regional	4-08.00
4-00 4-02 4-04 4-06 4-08 4-10			
PPP PPP O O XXO XXX			
4 Ryan, Aleah	12	Bishop Brady	4-06.00
4-00 4-02 4-04 4-06 4-08			
O O O O XXX			
5 O'Meara, Keegan	9	Bow	J4-06.00
4-00 4-02 4-04 4-06 4-08			
O O XO O XXX			
6 Fauteux, Emily	12	Bow	J4-06.00
4-00 4-02 4-04 4-06 4-08			
PPP O O XO XXX			
7 Grote, Lola	10	Winnacunnet	J4-06.00
4-00 4-02 4-04 4-06 4-08			
PPP O XO XO XXX			
8 Blake, Jasmine	11	Pembroke	4-04.00
4-00 4-02 4-04 4-06			
O XO O XXX			
9 Hubbard, Reanne	9	Bow	4-02.00
4-00 4-02 4-04			
O O XXX			
10 Salmons, Adelynn	12	Portsmouth C	J4-02.00
4-00 4-02 4-04			
O XO XXX			
11 Leonard, Jordyn	9	Bow	J4-02.00
4-00 4-02 4-04			
XO XXO XXX			
12 Paris, Ellie	10	Sanborn Regional	4-00.00
4-00 4-02			
O XXX			

Girls Long Jump

Name	Year	School	Finals
1 McBride, Martelle	11	Exeter	16-02.75
16-00.50 15-06 16-02.75 13-09.50 16-02 FOUL			
2 Pelletier, Norah	10	Kingswood	15-06.75
15-04.50 15-06.75 15-02 14-09.50 14-07.25 15-00			
3 Silliman, Autumn	9	Kennett	15-02.75
14-05.75 14-08 14-06.50 14-03.25 14-10.25 15-02.75			
4 Clifford, Moxie	11	Winnacunnet	14-10.50
13-07.50 14-04.75 14-10.50 14-09.75 14-07 FOUL			
5 Hutt, Caterina	11	Portsmouth C	14-07.00
14-03.25 14-05 FOUL 13-11 13-11.50 14-07			

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6 Allen, Sarah	12 Bishop Brady	13-10.00
FOUL 13-10 13-09.75 13-04 12-10.75 13-09.50		
6 Tallman, Kaitlin	12 Spaulding	13-10.00
13-03.75 13-10 13-02.75 13-01.75 10-10.25 13-04.25		
8 Nyhan, Teagan	10 Pembroke	13-06.25
12-08.25 13-06.25 13-02 12-01.75 12-11.75 11-10.75		
9 Downes, Sophia	9 Laconia	13-05.25
FOUL 13-05.25 13-03.25		
10 Postage, Riley	12 Exeter	13-05.00
FOUL 12-06.50 13-05		
11 Behle, Joanna	11 Mascoma Valley	13-04.25
12-10.25 FOUL 13-04.25		
12 Young, Hannah	11 Belmont	13-02.75
13-00.25 12-11.25 13-02.75		
13 Norris, Karlee	9 Exeter	13-00.25
FOUL 13-00.25 FOUL		
14 Ryan, Aleah	12 Bishop Brady	12-11.00
FOUL FOUL 12-11		

Girls Shot Put

Name	Year School	Finals	H#
1 Beem, Lucille	11 Exeter	35-02.50	2
31-10 31-08 32-05 32-08 35-02.50 34-03			
2 Fabiano, Autumn	11 Exeter	34-00.00	2
32-01.50 30-10 31-05 29-08.25 33-05.50 34-00			
3 Keller, Addison	12 Pelham	31-03.50	2
29-01 28-05 31-03.50 28-06.50 29-00.50 30-06			
4 Trefrey, Morgan	9 Laconia	29-10.00	2
27-08 29-10 26-11 27-09.25 29-04.50 29-03			
5 Jacobs, Jailynn	12 Spaulding	28-07.00	2
28-07 28-01.25 26-07 27-05 25-11.50 26-00			
6 Oby, Peyton	10 Exeter	27-00.50	1
25-06 27-00.50 26-03 23-11.50 25-01 22-07			
7 Hidalgo, Bridgette	12 Campbell	26-11.50	2
24-09.25 24-08 26-06.25 25-02 26-11.50 26-04.50			
8 Wishart, Cam	12 St. Thomas Aquinas	26-10.00	2
26-04.25 26-07.50 26-10 26-02 26-01 23-10.50			
9 Witham, Jazmine	10 Prospect Mountain	26-00.00	1
24-03.25 22-08.50 26-00			
10 Murphy, Makenna	10 Sanborn Regional	25-04.25	1
24-05 23-09.50 25-04.25			
11 Tonkin, Ava	12 Belmont	25-00.00	1
23-09.50 25-00 24-03			
12 Gutowski, Samantha	10 Exeter	24-11.00	1
24-03.75 24-11 23-00			
13 D'Almeida, Celestyn	9 Laconia	24-06.00	1
21-10 21-07.50 24-06			
14 Myers, Callen	10 Exeter	24-00.00	2
FOUL FOUL 24-00			
15 Divers, Madelyn	10 Belmont	23-10.00	1
22-00.25 23-10 22-02			

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16	Timmons, Devin	11	Winnisquam	22-10.50	1
	22-10.50	22-10	21-01.50		
17	Fay, Shannon	10	Kennett	21-09.50	1
	21-03	21-09.50	20-08.25		