

NH Indoor Track League
UNH Afternoon Session
Paul Sweet Oval - 1/5/2025
Results

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

=====				
8.10 D1 Division 1 Qual				
8.30 D2 Division 2 Qual				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Saysaw, Grace	11	Concord	7.70qD1	1
2 O'Keefe, Ella	11	Bedford	7.75qD1	2
3 Bradley, Maeve	10	Hanover	7.86qD1	4
4 Toenah, Chelsea	11	Concord	7.89qD1	5
5 Conteh, Ballay	12	Concord	7.91qD1	3
6 Carter, Ella	11	Portsmouth	7.93qD1	6
7 Lutz, Jenney	12	Lebanon	8.03 D1	8 8.022
8 Foxx, Libby	10	Bedford	8.03 D1	7 8.023
9 Thomas, Sadie	10	Bedford	8.19 D2	3
10 Ethier, Sophia	10	Keene	8.21 D2	7
11 Galeaz, Jaylin	11	Londonderry	8.23 D2	8
12 Gillis, Natalia	10	Keene	8.28 D2	4
13 Nadeau, Emma	12	Londonderry	8.29 D2	6
14 Jackson, Shaneda	10	Londonderry	8.30 D2	3 8.297
15 Barud, Lillian	9	Londonderry	8.30 D2	4 8.299
16 Davis, Mae	9	Bedford	8.51	1 8.504
17 Morrison, Julia	10	Londonderry	8.51	7 8.507
18 Muskus, Rose	11	Keene	8.56	5
19 Carey, Neela	12	Keene	8.57	6
20 Katane, Mia	11	Bedford	8.58	4
21 Mayala, Clementine	10	Concord	8.61	6
22 Dilegge, Ashlan	10	Keene	8.68	2
23 Higgins, Kristen	10	Lebanon	8.73	1 8.724
24 Arigala, Sabrina	9	Merrimack	8.73	3 8.726
25 Del Frari, Maggie	9	Lebanon	8.73	5 8.728
26 Norse, Olive	11	Hanover	8.74	2
27 Ford, Brooke	9	Portsmouth	8.78	4
28 Kalala, Irene	12	Concord	8.84	2 8.832
29 Austen, Abigail	12	Londonderry	8.84	1 8.833
30 Chestnut, Iris	10	Hanover	9.12	5
31 Cuipa, Victoria	9	Merrimack	9.14	6 9.133
32 Yarosz, Catherine	9	Keene	9.14	8 9.138
33 Malone, Mason	12	Merrimack	9.16	5
34 Salaun, Maddie	9	Portsmouth	9.29	3
35 Gray, Gigi	9	Hanover	9.35	1
36 Fleurant, Ammiyah	9	Concord	9.47	7
37 Kapuba, Adonai	9	Concord	9.59	8
38 St. Louis, Emma	12	Londonderry	9.67	5
39 Rosen, Gillian	11	Londonderry	10.02	2
40 Bassett, Cadence	10	Merrimack	10.05	7
41 Anderson, Carly	9	Hanover	10.20	8

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Girls 55 Meter Dash

8.10 D1 Division 1 Qual

8.30 D2 Division 2 Qual

Name	Year School	Finals	Points
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Finals

1	Saysaw, Grace	11 Concord	7.51 D1	10
2	O'Keefe, Ella	11 Bedford	7.63 D1	8
3	Bradley, Maeve	10 Hanover	7.83 D1	6
4	Toenah, Chelsea	11 Concord	7.92 D1	4
5	Carter, Ella	11 Portsmouth	7.93 D1	2
6	Conteh, Ballay	12 Concord	8.01 D1	1

Girls 300 Meter Dash

47.50 D1 Division 1 Qual

48.00 D2 Division 2 Qual

Name	Year School	Finals	H#	Points
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1	Lutz, Jenney	12 Lebanon	45.11 D1	9 10
2	Vinciguerra, Ginge	11 Portsmouth	46.19 D1	9 8
3	Foxx, Libby	10 Bedford	46.54 D1	8 6
4	O'Keefe, Ella	11 Bedford	47.71 D2	9 4
5	Thomas, Sadie	10 Bedford	47.78 D2	6 2
6	Amoo, Kaylin	12 Merrimack	48.05	7 1
7	Perry, Violet	11 Keene	48.19	8
8	Ames, Eden	11 Lebanon	48.66	7
9	Bailey, Taylor	11 Bedford	48.85	6
10	Horak, Rachel	10 Lebanon	49.06	5
11	Houston, Lucy	11 Keene	49.19	7
12	Collins, Poppy	12 Hanover	49.20	6
13	Katane, Mia	11 Bedford	49.79	5
14	Castor, Maddox	10 Keene	50.73	8
15	Cuipa, Victoria	9 Merrimack	51.91	3
16	Arigala, Sabrina	9 Merrimack	52.37	4
17	Del Frari, Maggie	9 Lebanon	52.96	5
18	Hartwell, Maude	9 Concord	54.09	3
19	Chestnut, Iris	10 Hanover	55.03	4
20	Norse, Olive	11 Hanover	55.45	4
21	Gray, Gigi	9 Hanover	57.82	2
22	Emond, Olivia	9 Concord	58.77	3
23	Greenwood, Averie	10 Concord	59.00	2
24	Malone, Mason	12 Merrimack	59.63	1
25	Hussein, Deeqo	10 Concord	1:01.43	1
26	Bassett, Cadence	10 Merrimack	1:02.21	1
27	Scriba, Evelyn	9 Concord	1:03.44	2

Girls 600 Meter Run

1:56.00 D1 Division 1 Qual

2:05.00 D2 Division 2 Qual

Name	Year School	Finals	H#	Points
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1	Boll, Grace	10 Bedford	1:49.08 D1	2 10
2	Kinson, Corinne	12 Keene	1:51.07 D1	2 8

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....Girls 600 Meter Run

3	Bekkering, Joy	10	Bedford	1:51.94	D1	2	6
4	Carter, Ella	11	Portsmouth	1:52.77	D1	1	4
5	Sherman, Drewanne	11	Londonderry	1:52.90	D1	2	2
6	Bradley, Maeve	10	Hanover	1:54.49	D1	2	1
7	Sands, Ella	10	Bedford	1:58.74	D2	1	
8	Reed, Rylee	9	Bedford	2:01.31	D2	1	
9	Taylor, Sadie	9	Merrimack	2:22.54		1	
10	Chacos, Alexandra	9	Concord	2:30.63		1	

Girls 1000 Meter Run

=====							
	3:40.00	D1	Division 1 Qual				
	3:55.00	D2	Division 2 Qual				
Name	Year	School	Finals	H#	Points		
=====							
1	Barry, Mikita	11	Bedford	2:55.71	D1	2	10
2	Smith, Shelly	12	Concord	3:12.72	D1	2	8
3	Bell, Alice	10	Hanover	3:20.33	D1	2	6
4	DeLong, Gabriella	10	Londonderry	3:22.51	D1	2	4
5	Ray, Anna	11	Bedford	3:26.86	D1	2	2
6	Denon, Lydia	11	Bedford	3:29.98	D1	2	1
7	Farris, Aly	11	Keene	3:35.73	D1	2	
8	DiBuono, Ella	11	Londonderry	3:35.90	D1	1	
9	Doherty, Quinn	10	Concord	3:38.73	D1	2	
10	Ryan, Jenny	9	Portsmouth	3:42.95	D2	1	
11	Colman, Addie	9	Portsmouth	3:43.98	D2	1	
12	Remsen, Lily	11	Portsmouth	3:45.03	D2	1	
13	Hand, Aylin	9	Londonderry	3:48.43	D2	1	
14	LaBonte, Harper	10	Londonderry	3:49.64	D2	1	
15	Ryan, Kayla	9	Portsmouth	3:51.72	D2	1	
16	Smith, Sarah	11	Lebanon	3:56.60		1	
17	Vinson, Ella	10	Merrimack	4:10.96		1	

Girls 1500 Meter Run

=====					
	5:55.00	D2	Division 2 Qual		
	5:55.00	D1	Division 1 Qual		
Name	Year	School	Finals		Points
=====					
1	White, Sayde	12	Londonderry	5:24.90 D2	10
2	Bell, Alice	10	Hanover	5:33.69 D2	8
3	Laufersweiler, Ann	9	Londonderry	5:44.29 D2	6
4	Carter, Chloe	10	Portsmouth	5:48.36 D2	4
5	Dutton, Stella	9	Londonderry	5:49.28 D2	2
6	Wisher, Reese	12	Bedford	6:02.03	1
7	Cowher, Lauren	9	Keene	6:06.58	
8	Harris, Avery	11	Keene	6:07.10	
9	King, Aylah	9	Keene	6:26.46	
10	Price, Jillian	9	Concord	6:38.78	

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Girls 3000 Meter Run

=====					
13:00.00	D2	Division 2 Qual			
13:00.00	D1	Division 1 Qual			
Name	Year	School	Finals	Points	
=====					
1	Carter, Chloe	10 Portsmouth	12:11.16 D2	10	
2	Ryan, Jenny	9 Portsmouth	12:11.83 D2	8	
3	Stewart, Grace	10 Hanover	12:33.77 D2	6	
4	Matson, Meredith	10 Bedford	12:36.64 D2	4	

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

=====					
10.60	D1	Division 1 Qual			
11.20	D2	Division 2 Qual			
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1	Scott, Anika	12 Bedford	8.59qD1	1	
2	Flynn, Molly	10 Portsmouth	9.70qD1	2	
3	Massaquoi, Bakela	11 Concord	10.17qD1	3	
4	Castor, Maddox	10 Keene	10.23qD1	2	
5	LaBatt, Ava	10 Keene	10.25qD1	3	
6	Perkins, Brenna	9 Portsmouth	10.32qD1	1	
7	Horak, Rachel	10 Lebanon	10.60 D1	1	
8	Hindle, Piper	10 Portsmouth	10.76 D2	3	
9	Caron, Brooklyn	11 Bedford	10.94 D2	3	
10	Higgins, Kristen	10 Lebanon	10.99 D2	2	
11	Burke, Leah	11 Bedford	11.20 D2	2	
12	Yaros, Catherine	9 Keene	11.67	1	
13	Beniste, Annelise	11 Concord	11.79	2	
14	Del Frari, Maggie	9 Lebanon	12.24	3	
15	Arigala, Sabrina	9 Merrimack	12.28	1	

Girls 55 Meter Hurdles

=====					
10.60	D1	Division 1 Qual			
11.20	D2	Division 2 Qual			
Name	Year	School	Finals	Points	
=====					
Finals					
1	Scott, Anika	12 Bedford	8.08 D1	10	
2	Flynn, Molly	10 Portsmouth	9.91 D1	8	
3	Castor, Maddox	10 Keene	10.17 D1	6	
4	LaBatt, Ava	10 Keene	10.32 D1	4	
5	Massaquoi, Bakela	11 Concord	10.36 D1	2	
6	Perkins, Brenna	9 Portsmouth	10.40 D1	1	

Girls 4x160 Meter Relay

=====					
School	Finals	H#	Points		
=====					
1	Concord	1:28.10	3	10	
2	Bedford	1:30.00	3	8	
3	Londonderry	1:33.21	1	6	

....Girls 4x160 Meter Relay

Girls 4x400 Meter Relay

Girls High Jump

=====										
4-06.00		D1 Division 1 Qual								
4-04.00		D2 Division 2 Qual								
Name		Year School						Finals		Points
=====										
1	Flynn, Molly	10 Portsmouth						5-00.00	D1	10
	4-00	4-02	4-04	4-06	4-08	4-10	5-00			
	PPP	PPP	PPP	PPP	O	O	O			
2	Goulas, Ella	12 Concord						J5-00.00	D1	8
	4-00	4-02	4-04	4-06	4-08	4-10	5-00			
	PPP	PPP	PPP	PPP	O	XXO	O			
3	Mijal, Mya	11 Bedford						4-08.00	D1	6
	4-00	4-02	4-04	4-06	4-08	4-10				
	PPP	PPP	PPP	O	O	XXX				
4	DeLorey, Eres	11 Londonderry						J4-08.00	D1	3
	4-00	4-02	4-04	4-06	4-08	4-10				
	PPP	O	O	O	XO	XXX				
4	Russo, Liv	10 Portsmouth						J4-08.00	D1	3
	4-00	4-02	4-04	4-06	4-08	4-10				
	PPP	PPP	PPP	O	XO	XXX				
6	Gregoire, Linsey	12 Londonderry						J4-08.00	D1	1
	4-00	4-02	4-04	4-06	4-08	4-10				
	PPP	PPP	PPP	XO	XO	XXX				
7	French, Lauren	11 Keene						J4-08.00	D1	
	4-00	4-02	4-04	4-06	4-08	4-10				
	PPP	O	O	O	XXO	XXX				
7	Tibbs, Kendal	9 Bedford						J4-08.00	D1	
	4-00	4-02	4-04	4-06	4-08	4-10				
	PPP	PPP	PPP	O	XXO	XXX				
9	O'Donnell, Katheri	11 Bedford						4-06.00	D1	
	4-00	4-02	4-04	4-06	4-08					
	PPP	PPP	PPP	O	XXX					
10	Owen, Akadya	11 Keene						J4-06.00	D1	
	4-00	4-02	4-04	4-06	4-08					
	PPP	XO	O	XO	XXX					

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....Girls High Jump

11	Dodds, Sarah	11 Merrimack	4-04.00 D2
	4-00 4-02 4-04 4-06		
	O O XO XXX		
12	Kaneza, Clemence	10 Concord	4-02.00
	4-00 4-02 4-04		
	O O XXX		
--	Ahdi, Aaria	10 Bedford	NH
	4-00 4-02 4-04		
	PPP PPP XXX		
--	Kapuba, Adonai	9 Concord	NH
	4-00		
	XXX		

Girls Long Jump

=====					
	14-00.00	D1	Division 1 Qual		
	13-06.00	D2	Division 2 Qual		
Name	Year	School	Finals	H#	Points
=====					
1	Scott, Anika	12 Bedford	18-09.75 D1	1	10
	18-03.50	18-01 18-00.50	18-09.75		
2	Goulas, Ella	12 Concord	16-04.50 D1	1	8
	13-09.50	15-08 15-10 16-04.50			
3	Conteh, Ballay	12 Concord	14-11.75 D1	1	6
	14-10 14-11.75	14-10.75	14-04		
4	Lutz, Jenney	12 Lebanon	14-08.25 D1	1	4
	13-10.75	14-00 14-06.75	14-08.25		
5	Ahdi, Aaria	10 Bedford	14-06.75 D1	1	2
	14-00.50	14-05.75 14-02.50	14-06.75		
6	Ethier, Sophia	10 Keene	14-06.50 D1	1	1
	14-01.25	13-08.25 14-01.50	14-06.50		
7	Bailey, Taylor	11 Bedford	14-03.00 D1	1	
	14-03	FOUL FOUL 13-02.75			
8	Russo, Liv	10 Portsmouth	13-08.00 D2	1	
	12-01.25	13-03 13-08 13-07.75			
9	Boll, Grace	10 Bedford	13-05.50	1	
	12-10 12-07.75	12-10.50	13-05.50		
10	Nishimwe, Deborah	12 Concord	13-00.75	1	
	12-02 11-08.50	11-11 13-00.75			
11	Muskus, Rose	11 Keene	13-00.50	2	
	12-10.25	12-02.75 FOUL 13-00.50			
12	Dilegge, Ashlan	10 Keene	12-04.75	2	
	11-05 11-10.75	12-04.75 11-11.25			
13	Ward, Grace	10 Portsmouth	11-11.75	2	
	FOUL FOUL	11-08.25 11-11.75			
14	Dodds, Sarah	11 Merrimack	11-11.00	2	
	11-08.50	11-07.50 FOUL 11-11			
15	Rigo, Alyssa	9 Concord	11-08.25	2	
	FOUL 10-11.50	11-08.25 11-03.25			
16	Owen, Akadya	11 Keene	11-07.75	2	
	11-01.25	10-07.75 11-07.75	11-05.25		
17	O'Donnell, Katheri	11 Bedford	11-07.50	2	
	FOUL 11-07.50	11-07 11-04			

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....Girls Long Jump

18	Cuipa, Victoria	9	Merrimack	10-11.50	2
	10-11.50 10-02 10-10.50				
19	Vorachak, Breanna	10	Lebanon	10-10.50	2
	10-10.50 FOUL FOUL FOUL				
--	Emond, Olivia	9	Concord	FOUL	2
	FOUL FOUL PASS PASS				
--	Gillis, Natalia	10	Keene	FOUL	2
	FOUL FOUL FOUL FOUL				

Girls Shot Put

=====						
	25-00.00	D2	Division 2	Qual		
	25-00.00	D1	Division 1	Qual		
Name	Year	School	Finals	H#	Points	
=====						
1	Kemp, Carolyn	11	Bedford	29-07.75 D2	1	10
	27-03.75 29-07.75 28-02.25 29-05					
2	Borico, Consuelo	10	Concord	29-02.75 D2	1	8
	27-10.75 27-11.25 28-04.75 29-02.75					
3	Wentworth, Emmie	11	Portsmouth	27-09.50 D2	1	6
	22-05.75 27-09.50 26-01.25 27-02.50					
4	Yazbek, Autumn	11	Londonderry	27-07.50 D2	1	4
	26-07 27-07.50 26-06.50 27-04.25					
5	Nishimwe, Deborah	12	Concord	27-02.50 D2	1	2
	26-05.75 26-09.75 27-02.50 25-11					
6	Wambu, Nkechi	12	Londonderry	26-04.50 D2	2	1
	26-04.50 25-08.75 26-03.25 25-11.75					
7	Van Valkenburg, As	12	Bedford	25-07.50 D2	1	
	24-09.75 25-00 24-11 25-07.50					
8	Cassetty, Annabell	10	Merrimack	25-07.25 D2	1	
	25-01.25 25-07.25 24-01 25-05					
9	Rezaoui, Moriah	11	Merrimack	25-05.00 D2	1	
	25-05 25-00 FOUL 24-06.25					
10	Weber, Caroline	11	Lebanon	24-04.50	2	
	22-05 24-03.50 24-04.50 21-06.75					
11	Laird, Hannah	11	Bedford	23-05.75	2	
	20-11.25 23-05.75 23-04.75 22-10.50					
12	Tatakis, Anna	11	Bedford	23-04.25	2	
	21-06.50 23-02.75 FOUL 23-04.25					
13	Austen, Abigail	12	Londonderry	23-04.00	2	
	21-06.25 22-06.25 23-03 23-04					
14	Ames, Eden	11	Lebanon	22-09.75	2	
	21-02.25 21-11 22-09.75 21-00.50					
15	Marcelin, Samy	12	Concord	22-04.00	1	
	22-04 21-04.75 FOUL 21-09.50					
16	Lachance, Mia	11	Bedford	22-03.25	2	
	21-01.75 21-11.75 20-08 22-03.25					
17	DiLegge, Tatum	12	Keene	21-10.25	2	
	20-08.75 20-07.25 21-10.25 19-09.75					
18	Tharrington, Molly	10	Londonderry	20-05.00	2	
	18-06.75 ND ND 20-05					

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....Girls Shot Put

=====			
Women - Team Rankings - 12 Events Scored			
=====			
1) Bedford	110	2) Portsmouth	74
3) Concord	67	4) Londonderry	45
5) Hanover	28	6) Keene	27
7) Lebanon	17	8) Merrimack	1