

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**Girls 55 Meter Dash**  
**Top 8 Advance by Time**

Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1 Best, Alexis	12	Merrimack	7.34q	1
2 Nada, Mariam	12	Portsmouth	7.39q	2
3 Thompson, Rayna	12	Exeter	7.45q	3
4 Roberts, Eva	12	Pinkerton	7.51q	4
5 Brayall, Nora	10	Pinkerton	7.54q	4
6 Sippel, Hannah	12	Pinkerton	7.66q	2
7 Brown, Tiana	11	Nashua North	7.69q	1
8 Kim, Anna	12	Phillips Exeter	7.70q	3
9 Frye, Allison	10	Nashua North	7.72	2
10 McBride, Martelle	10	Exeter	7.79	1
11 Christiana, Annie	12	Exeter	7.87	4
12 McNulty, Camryn	9	Pinkerton	7.88	3
13 Zoota, Lauren	12	Phillips Exeter	7.89	1
14 Plante, Madeleine	12	Londonderry	7.94	3
15 Lombardi, Lily	9	Phillips Exeter	7.95	3
16 Carter, Ella	10	Portsmouth	7.96	4
17 George, Ava	9	Pinkerton	7.97	1
18 Kelly, Tate	11	Phillips Exeter	7.99	4
19 Benochi, Sam	11	Phillips Exeter	8.02	2
20 Yount, Reagan	9	Newmarket	8.08	3
21 Silva, Bailey	9	Pinkerton	8.09	2
22 DeLorey, Eres	10	Londonderry	8.17	1
23 Roy, Haylie	12	Merrimack	8.19	4
24 Escabi, Maggie	11	Coe-Brown	8.20	1
25 Ernst, Isabelle	9	Exeter	8.21	2
26 Kouchoukos, Tessa	9	Coe-Brown	8.23	2
27 Ross, Shannon	11	Coe-Brown	8.29	3

**Girls 55 Meter Dash**

Name	Year	School	Finals
<b>Finals</b>			
1 Best, Alexis	12	Merrimack	7.27
2 Nada, Mariam	12	Portsmouth	7.31
3 Thompson, Rayna	12	Exeter	7.43
4 Roberts, Eva	12	Pinkerton	7.48
5 Brayall, Nora	10	Pinkerton	7.58
6 Sippel, Hannah	12	Pinkerton	7.66
7 Kim, Anna	12	Phillips Exeter	7.68
8 Brown, Tiana	11	Nashua North	7.79

**Girls 300 Meter Dash**

Name	Year	School	Finals	H#
1 Thomas, Jhanelle	11	Nashua North	42.20	4
2 Jenkins, Lily	12	Portsmouth	42.62	4
3 Kelly, Tate	11	Phillips Exeter	43.66	3
4 Needham, Isabel	10	Winnacunnet	44.28	4

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**....Girls 300 Meter Dash**

5	Frye, Allison	10	Nashua North	44.74	3
6	McNulty, Camryn	9	Pinkerton	44.99	4
7	Sprague, Aislinn	9	Pinkerton	45.34	4
8	George, Ava	9	Pinkerton	45.46	3
9	Sippel, Isabella	10	Pinkerton	45.50	4
10	Fowler, McKinley	9	Winnacunnet	46.42	2
11	Christie, Isla	9	Winnacunnet	46.55	2
12	Zoota, Lauren	12	Phillips Exeter	46.94	3
13	Escabi, Maggie	11	Coe-Brown	47.22	2
14	Kouchoukos, Tessa	9	Coe-Brown	47.35	1
15	Wheale, Mollie	10	Pinkerton	47.56	3
16	Yount, Reagan	9	Newmarket	49.17	1

**Girls 600 Meter Run**

Name	Year	School	Finals	H#	
1	Knab, Clara	12	Exeter	1:42.56	4
2	Caron, Danica	10	Exeter	1:43.20	4
3	Rzasa, Sarah	10	Pinkerton	1:43.45	4
4	Blake, Nicole	10	Pinkerton	1:43.92	4
5	Houghton, Maddy	10	Portsmouth	1:45.35	3
6	Orleans, Amber	11	Exeter	1:47.26	3
7	Juris, Christina	12	Nashua North	1:48.22	3
8	Timerman, Avery	12	Portsmouth	1:49.15	4
9	Carter, Ella	10	Portsmouth	1:49.90	3
10	Burke, Allison	12	Newmarket	1:50.23	4
11	Clifford, Maitri	11	Winnacunnet	1:50.75	3
12	Lovett, Annabelle	9	Coe-Brown	1:51.07	2
13	Baker, Mallory	9	Portsmouth	1:52.14	3
14	Sokolnicki, Sarah	10	Portsmouth	1:54.41	2
15	Hewson, Skyler	10	Nashua North	1:55.91	2
16	Foregger, Willow	10	Phillips Exeter	1:56.01	1
17	Rooney, Teagan	11	Winnacunnet	1:56.46	1
18	Maher, Lily	10	Exeter	1:56.53	2
19	Williams, Austin	9	Exeter	1:59.39	2
20	Perry, Allie	10	Newmarket	2:00.30	1
21	Lachance, Camryn	10	Exeter	2:01.02	1
22	Bergeron, Mary	10	Coe-Brown	2:10.11	1

**Girls 1000 Meter Run**

Name	Year	School	Finals	H#	
1	Hagen, Alanna	12	Newmarket	3:03.80	2
2	Bremer, Isabelle	9	Exeter	3:11.98	2
3	Bedard, Melanie	11	Merrimack	3:13.57	2
4	Bedard, Gabrielle	10	Pinkerton	3:18.38	2
5	McKenna, Eilis	11	Newmarket	3:27.60	1
6	Farris, Aly	10	Keene	3:29.78	1
7	Campbell, Kelsey	10	Portsmouth	3:34.32	2
8	Redmond, Magnolia	10	Newmarket	3:34.79	1
9	DeLong, Gabriella	9	Londonderry	3:35.57	1
10	Ferguson, Francesca	12	Coe-Brown	3:48.38	1

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**....Girls 1000 Meter Run**

11 Kerivan, Meredith	10	Coe-Brown	3:50.24	1
----------------------	----	-----------	---------	---

**Girls 1500 Meter Run**

Name	Year	School	Finals	H#
1 Cross, Eli	9	Exeter	4:55.41	2
2 Koutalidis, Charlotte	12	Winnacunnet	4:56.96	2
3 White, Laura	11	Nashua North	4:57.02	2
4 Groulx, Isabelle	12	Pinkerton	4:57.55	2
5 Silva, Contessa	12	Pinkerton	4:58.97	2
6 Paterna, Alexis	9	Exeter	5:02.19	2
7 Mariotti, Carson	11	Winnacunnet	5:09.37	2
8 Witkoskie, Sonya	12	Nashua North	5:09.40	2
9 Marzolf, Kalisan	10	Pinkerton	5:10.12	1
10 Knowlton, Parker	10	Pinkerton	5:11.63	2
11 Paterna, Brianna	9	Exeter	5:13.60	2
12 Finelli, Annika	12	Phillips Exeter	5:14.66	1
13 Murdough, Paige	11	Coe-Brown	5:26.69	1
14 McWhirter, Megan	10	Merrimack	5:27.05	1
15 Carter, Chloe	9	Portsmouth	5:36.10	1
16 White, Sayde	11	Londonderry	5:40.36	1
17 Roache, Delaney	11	Exeter	5:49.43	1
18 Burness, Ava	12	Winnacunnet	5:51.63	1
19 LaBonte, Harper	9	Londonderry	5:59.47	1
20 Philipp, Samantha Priya	10	Pinkerton	6:07.57	1

**Girls 55 Meter Hurdles****Top 8 Advance by Time**

Name	Year	School	Prelims	H#
Preliminaries				
1 Thomas, Jhanelle	11	Nashua North	8.60q	1
2 Nada, Mariam	12	Portsmouth	8.93q	2
3 Brown, Tiana	11	Nashua North	9.08q	2
4 Adams, Hayden	12	Winnacunnet	9.45q	1
5 Shirland, Bristol	9	Coe-Brown	9.50q	1
6 MacVicar, Sydney	10	Exeter	9.73q	2
7 Frye, Sarah	10	Nashua North	9.81q	2
8 Wheale, Mollie	10	Pinkerton	9.84q	1
9 Flynn, Molly	9	Portsmouth	10.06	2
10 Collier, Abrielle	10	Merrimack	10.16	1
11 Manning, Delaney	11	Coe-Brown	10.35	2
12 Bancroft, Jocelyn	11	Portsmouth	10.38	1
13 Dean, Ellie	11	Exeter	10.43	1
14 Taormina, Anna	10	Phillips Exeter	10.49	1
15 Fowler, McKinley	9	Winnacunnet	10.59	2
16 Grote, Lola	9	Winnacunnet	11.00	2

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**Girls 55 Meter Hurdles**

Name	Year School	Finals
Finals		
1 Thomas, Jhanelle	11 Nashua North	8.45
2 Nada, Mariam	12 Portsmouth	8.93
3 Brown, Tiana	11 Nashua North	9.26
4 Shirland, Bristol	9 Coe-Brown	9.29
5 Adams, Hayden	12 Winnacunnet	9.56
6 MacVicar, Sydney	10 Exeter	9.62
7 Wheale, Mollie	10 Pinkerton	9.69
8 Frye, Sarah	10 Nashua North	9.88

**Girls 4x200 Meter Relay**

School	Finals	H#
1 Portsmouth	1:50.67	3
1) Timerman, Avery 12	2) Carter, Ella 10	
3) Baryiames, Alexa 10	4) Nada, Mariam 12	
2 Pinkerton	1:50.78	3
1) Roberts, Eva 12	2) Sprague, Aislinn 9	
3) Brayall, Nora 10	4) Sippel, Hannah 12	
3 Nashua North	1:52.18	3
1) Juris, Christina 12	2) Brown, Tiana 11	
3) Frye, Allison 10	4) Thomas, Jhanelle 11	
4 Exeter	1:52.30	2
1) Christiana, Annie 12	2) Ernst, Isabelle 9	
3) McBride, Martelle 10	4) Thompson, Rayna 12	
5 Winnacunnet	1:56.14	3
1) Adams, Hayden 12	2) Reynoso-Santana, Hayren 10	
3) Pacheco, Liana 11	4) Christie, Isla 9	
6 Coe-Brown	1:58.24	2
1) Kouchoukos, Tessa 9	2) Ross, Shannon 11	
3) Shirland, Bristol 9	4) Manning, Delaney 11	
7 Londonderry	1:59.17	2
1) Galeaz, Jaylin 10	2) DeLorey, Eres 10	
3) Plante, Madeleine 12	4) Leone, Molly 9	
8 Merrimack	2:00.62	1
1) Collier, Abrielle 10	2) Siik, Amelia 10	
3) Amoo, Kaylin 11	4) Roy, Haylie 12	
9 Keene	2:04.40	1
1) Houston, Lucy 10	2) Castor, Maddox 9	
3) LaBatt, Ava 9	4) Perry, Violet 10	
-- Newmarket	DQ	1 zone violation
1) Thompson, Lillian 10	2) Moore, Mairead 10	
3) Yount, Reagan 9	4) Santiago, Gabrylle 12	

**Girls 4x400 Meter Relay**

School	Finals	H#
1 Portsmouth	4:10.31	2
1) Patterson, Lily 10	2) Vinciguerra, Ginger 10	
3) Guarracino, Sylvia 10	4) Jenkins, Lily 12	

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**....Girls 4x400 Meter Relay**

2 Exeter	4:15.08	2
1) Knab, Clara 12	2) Bremer, Isabelle 9	
3) Cross, Eli 9	4) Caron, Danica 10	
3 Pinkerton	4:18.72	2
1) McNulty, Camryn 9	2) Knowlton, Parker 10	
3) Sippel, Isabella 10	4) Sippel, Hannah 12	
4 Merrimack	4:26.39	1
1) Best, Alexis 12	2) Amoo, Kaylin 11	
3) Roy, Haylie 12	4) Bedard, Melanie 11	
5 Nashua North	4:28.23	2
1) Juris, Christina 12	2) Brown, Tiana 11	
3) Frye, Allison 10	4) Thomas, Jhanelle 11	
6 Winnacunnet	4:30.77	2
1) Clifford, Maitri 11	2) Goodwin, Natalia 9	
3) Nardone, Sofia 12	4) Ouellette, Maeve 9	
7 Newmarket	4:36.28	1
1) Redmond, Magnolia 10	2) McKenna, Eilis 11	
3) Burke, Allison 12	4) Hagen, Alanna 12	
8 Londonderry	4:36.76	1
1) Plante, Madeleine 12	2) Sherman, Drewanne 10	
3) DiBuono, Ella 10	4) Gregoire, Linsey 11	
9 Keene	4:37.53	1
1) Houston, Lucy 10	2) Hildreth, Anna 12	
3) Farris, Aly 10	4) Perry, Violet 10	
10 Coe-Brown	4:55.37	1
1) Escabi, Maggie 11	2) Murdough, Paige 11	
3) Lovett, Annabelle 9	4) Bergeron, Mary 10	

**Girls 4x800 Meter Relay**

School	Finals
1 Pinkerton	9:40.69
1) Rzasa, Sarah 10	2) Knowlton, Parker 10
3) Groulx, Isabelle 12	4) Silva, Contessa 12
2 Newmarket	10:13.99
1) Redmond, Magnolia 10	2) McKenna, Eilis 11
3) Burke, Allison 12	4) Hagen, Alanna 12
3 Nashua North	10:18.78
1) White, Laura 11	2) Witkoskie, Sonya 12
3) Hewson, Skyler 10	4) Juris, Christina 12
4 Portsmouth	10:36.94
1) Baker, Mallory 9	2) Campbell, Kelsey 10
3) Carter, Chloe 9	4) Houghton, Maddy 10
5 Londonderry	10:47.88
1) DeLong, Gabriella 9	2) DiBuono, Ella 10
3) LaBonte, Harper 9	4) Sherman, Drewanne 10
6 Merrimack	10:50.40
1) McWhirter, Megan 10	2) Vinson, Ella 9
3) Taylor, Ella 10	4) Bedard, Melanie 11
7 Exeter	11:06.39
1) Maher, Lily 10	2) Roache, Delaney 11
3) Tremblay, Abigail 9	4) Williams, Austin 9
8 Coe-Brown	11:38.22

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**....Girls 4x800 Meter Relay**

- |                         |                           |
|-------------------------|---------------------------|
| 1) Bergeron, Mary 10    | 2) Ferguson, Francesca 12 |
| 3) Kerivan, Meredith 10 | 4) Zadakis, Olivia 10     |

**Girls High Jump**

Name	Year School	Finals
1 DeLorey, Eres	10 Londonderry	5-02.00
4-00 4-02 4-04 4-06 4-08 4-10 5-00 5-02		
P P O O O XXO XXO XO		
2 Nastasi, Taylor	9 Pinkerton	5-00.00
4-00 4-02 4-04 4-06 4-08 4-10 5-00 5-02		
P P P O O XO O XXX		
3 Comeau, Savanna	10 Somersworth	4-10.00
4-00 4-02 4-04 4-06 4-08 4-10 5-00		
P P P P O O XXX		
4 Gregoire, Linsey	11 Londonderry	J4-10.00
4-00 4-02 4-04 4-06 4-08 4-10 5-00		
P P P XO O XXO XXX		
5 Adams, Hayden	12 Winnacunnet	4-08.00
4-00 4-02 4-04 4-06 4-08 4-10		
O O O O O XXX		
6 Lander, Emma	9 Portsmouth	J4-08.00
4-00 4-02 4-04 4-06 4-08 4-10		
P P O XO XXO XXX		
7 Handte, Steph	11 Phillips Exeter	4-06.00
4-00 4-02 4-04 4-06 4-08		
O O O XO XXX		
7 Russo, Liv	9 Portsmouth	4-06.00
4-00 4-02 4-04 4-06 4-08		
P P O XO XXX		
9 Grote, Lola	9 Winnacunnet	J4-06.00
4-00 4-02 4-04 4-06 4-08		
O O O XXO XXX		
10 Strandberg, Payton	9 Exeter	4-02.00
4-00 4-02 4-04		
O O XXX		
-- Foster, Emme	12 Portsmouth	NH
4-00		
X		

**Girls Long Jump**

Name	Year School	Finals	H#
1 Best, Alexis	12 Merrimack	17-04.50	1
FOUL FOUL 17-04.50 16-01 FOUL 16-07.75			
2 Nada, Mariam	12 Portsmouth	16-10.25	1
16-06 FOUL 16-10.25 15-11.50 FOUL FOUL			
3 Adams, Hayden	12 Winnacunnet	16-00.50	1
16-00.50 FOUL 15-03.50 15-03.50 15-10 FOUL			
4 Knab, Evelyn	9 Exeter	15-05.50	2
12-07.75 15-05.50 12-07			

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**....Girls Long Jump**

4	McBride, Martelle	10 Exeter	15-05.50	1
	15-00.50 FOUL 15-05.50 FOUL FOUL 14-08.50			
6	MacVicar, Sydney	10 Exeter	15-03.00	2
	12-10 15-00.50 13-11 FOUL 15-03 14-08			
7	Handte, Steph	11 Phillips Exeter	15-01.25	2
	13-11 14-01.50 14-11.50 15-01.25 FOUL 15-01			
8	Needham, Isabel	10 Winnacunnet	14-07.00	2
	13-03.25 13-07.75 14-07			
9	Perry, Violet	10 Keene	14-04.50	2
	12-09.50 14-04.50 13-11.50			
10	Manning, Delaney	11 Coe-Brown	14-04.00	2
	14-04 14-00.25 13-04.75			
11	Ross, Shannon	11 Coe-Brown	14-00.50	2
	13-05.75 14-00.50 12-01.50			
12	Smith, Damoira	9 Pinkerton	13-10.75	2
	13-07.25 13-10.75 12-01.75			
13	Frye, Sarah	10 Nashua North	13-09.25	1
	13-09.25 FOUL FOUL			
14	Coleman, Katie	9 Pinkerton	13-07.25	2
	FOUL FOUL 13-07.25			
15	Chocket, Cecelia	9 Pinkerton	13-03.00	2
	12-01.50 13-00 13-03			
--	Escabi, Maggie	11 Coe-Brown	FOUL	1
	FOUL FOUL FOUL			
--	Ahern, Claire	10 Exeter	FOUL	1
	FOUL FOUL FOUL			
--	Roberts, Eva	12 Pinkerton	FOUL	1
	FOUL FOUL FOUL			

**Girls Shot Put**

=====					
Name	Year	School	Finals	H#	
=====					
1	Bobb, Janelle	12 Phillips Exeter	32-04.50	1	
	32-01.75 29-00.75 32-04.50 FOUL 29-04 24-10.50				
2	Fabiano, Autumn	10 Exeter	31-11.00	1	
	26-11 29-01.25 29-03.75 28-11 29-06.50 31-11				
3	Anderson, Sydney	12 Phillips Exeter	31-09.00	1	
	31-09 29-11.25 30-05.25 29-09.25 30-03.50 29-09.25				
4	Grenier, Isabelle	10 Coe-Brown	31-03.75	1	
	29-10.75 29-08.75 29-07.75 31-03.75 31-02.50 30-01				
5	Trask, Jameson	11 Pinkerton	30-10.25	1	
	29-03.75 28-01.25 FOUL 30-09.50 30-10.25 30-06.25				
6	Edwards, Charlotte	11 Nashua North	30-05.00	1	
	30-05 28-03 29-02.75 29-01.50 28-09.50				
7	Akalonu, Maria	12 Portsmouth	30-00.25	1	
	30-00.25 28-05.75 28-11.25 28-02.75 29-03.50 FOUL				
8	Beem, Lucille	10 Exeter	28-09.50	1	
	28-00.75 28-09.50 27-10.50				
9	Terrenzio, Juliana	11 Pinkerton	27-02.25	1	
	27-02.25 26-11.75 25-06				
9	Gallant, Jenna	12 Nashua North	27-02.25	2	
	24-03.75 23-04 27-02.25				

**NH Indoor Track League**  
**Phillips Exeter Academy Session**  
**Boyce Thompson Fieldhouse - 2/3/2024**  
**Results**

**....Girls Shot Put**

11 Haggett, Autumn	11 Pinkerton	27-00.50	1
27-00.50 26-07.25 25-09			
12 Milotte, Troia	12 Keene	26-11.50	1
23-05.75 23-10.50 26-11.50			
13 Sharar, Maya	12 Phillips Exeter	26-09.75	1
26-00.75 26-05.75 26-09.75			
14 Wheale, Mollie	10 Pinkerton	26-06.00	2
26-02.50 25-10 26-06			
15 Roberts, Taylor	11 Keene	26-05.00	2
26-05 24-09.75 24-04.50			
16 Perigny, Ayden	9 Winnacunnet	26-02.50	2
25-00.25 26-02.50 23-04.50			
17 Yazbek, Autumn	10 Londonderry	25-10.50	2
25-10.50 24-10.75 25-10.25			
18 Freer, Margaux	12 Portsmouth	25-08.00	2
24-05.50 25-08 25-04.75			
18 Wambu, Nkechi	11 Londonderry	25-08.00	2
25-08 24-06 25-01.75			
20 McAfee, Fiona	9 Winnacunnet	25-04.75	2
23-08.50 24-10 25-04.75			
21 Ulven, Josslyn	12 Exeter	25-03.00	2
25-03 23-08.25 23-02.50			
22 Christiana, Annie	12 Exeter	24-11.75	2
23-08 FOUL 24-11.75			
23 Cassetty, Annabelle	9 Merrimack	24-06.75	2
24-06.75 24-04.50 FOUL			
24 Rezaoui, Moriah	10 Merrimack	23-03.75	2
22-06.50 21-11 23-03.75			