

NH Indoor Track League
UNH Morning Session
Paul Sweet Oval - 1/20/2024
Results

Girls 55 Meter Dash
Top 6 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Best, Alexis	12	Merrimack	7.48q	1
2 Thomas, Jhanelle	11	Nashua North	7.54q	5 7.539
3 Barber, Harriet	12	Manchester Central	7.54q	3 7.540
4 Nada, Mariam	12	Portsmouth	7.59q	5
5 Roberts, Eva	12	Pinkerton	7.62q	3
6 Brayall, Nora	10	Pinkerton	7.65q	2
7 Jenkins, Lily	12	Portsmouth	7.73	2 7.727
8 Brown, Tiana	11	Nashua North	7.73	1 7.729
9 Giordano, Keely	12	Milford	7.75	4
10 Lee, Sedona	11	Windham	7.87	1
11 Lauder, Eshaya	11	Manchester West	7.89	4
12 McNulty, Camryn	9	Pinkerton	7.92	5 7.913
13 Rodriguez, Hannah	11	Manchester Memorial	7.92	4 7.920
14 Frye, Allison	10	Nashua North	7.98	2
15 Silva, Bailey	9	Pinkerton	7.99	4
16 DeLorey, Eres	10	Londonderry	8.00	1
17 Mann, Tianna	10	Manchester Central	8.01	3
18 Carter, Ella	10	Portsmouth	8.08	2 8.077
19 Aprile, Emerson	10	Timberlane	8.08	3 8.078
20 George, Ava	9	Pinkerton	8.10	5
21 Plante, Madeleine	12	Londonderry	8.12	1
22 Kouchoukos, Tessa	9	Coe-Brown	8.23	5
23 Shirland, Bristol	9	Coe-Brown	8.24	5
24 Ross, Shannon	11	Coe-Brown	8.28	3
25 Caruso, Jilian	11	Timberlane	8.33	3
26 Roy, Haylie	12	Merrimack	8.40	2
27 Sayward, Camdyn	10	Milford	8.42	2
28 Song, Hayeon	9	Hanover	8.47	1
29 Lewis, Gizel	10	Goffstown	8.51	4

Girls 55 Meter Dash

Name	Year	School	Finals
Finals			
1 Barber, Harriet	12	Manchester Central	7.37
2 Thomas, Jhanelle	11	Nashua North	7.50
3 Best, Alexis	12	Merrimack	7.51
4 Nada, Mariam	12	Portsmouth	7.63
5 Roberts, Eva	12	Pinkerton	7.65
6 Brayall, Nora	10	Pinkerton	7.70

Girls 300 Meter Dash

Name	Year	School	Finals	H#
1 Barber, Harriet	12	Manchester Central	40.63	5
2 Timerman, Avery	12	Portsmouth	44.44	5
3 Thomas, Jhanelle	11	Nashua North	44.48	5
4 Sippel, Isabella	10	Pinkerton	44.54	4

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5 McNulty, Camryn	9 Pinkerton	45.15	5
6 Courter, Jordan	10 Manchester Memorial	45.76	4
7 Giordano, Keely	12 Milford	45.85	2
8 Frye, Allison	10 Nashua North	45.87	3
9 Blake, Nicole	10 Pinkerton	46.08	4
10 Patterson, Lily	10 Portsmouth	46.33	3
11 Wheale, Mollie	10 Pinkerton	46.42	2
12 Sanni, Ayomide	12 Manchester Memorial	46.63	4
13 Wright, Laurel	9 Windham	47.31	2
14 Escabi, Maggie	11 Coe-Brown	47.99	2
15 Song, Hayeon	9 Hanover	49.14	1
16 Lewis, Gizel	10 Goffstown	51.37	1
-- Guarracino, Sylvia	10 Portsmouth	FS	3
-- Brayall, Nora	10 Pinkerton	DQ	3 out of lane

Girls 600 Meter Run

Name	Year	School	Finals	H#
1 Rzasas, Sarah	10	Pinkerton	1:44.65	2
2 Juris, Christina	12	Nashua North	1:47.79	2
3 Carter, Ella	10	Portsmouth	1:51.75	2
4 Spack, Sydney	10	Merrimack Valley	1:51.89	1
5 Beaudoin, Charlotte	10	Timberlane	1:52.47	2
6 Fronc, Julia	12	Timberlane	1:52.72	2
7 Madden, Darby	11	Windham	1:52.81	2
8 Nur, Fatumo	10	Manchester Memorial	1:53.30	2
9 Hewson, Skyler	10	Nashua North	1:54.54	1
10 Murdough, Paige	11	Coe-Brown	1:54.83	1
11 Lovett, Annabelle	9	Coe-Brown	1:55.46	1
12 Simpson, Eva	12	Hanover	1:56.75	1
13 Carter, Catriona	11	Milford	1:57.12	1
14 Kerivan, Meredith	10	Coe-Brown	2:06.31	1
-- Baker, Mallory	9	Portsmouth	DQ	2

Girls 1000 Meter Run

Name	Year	School	Finals	H#
1 White, Laura	11	Nashua North	3:07.02	2
2 Knowlton, Parker	10	Pinkerton	3:12.41	2
3 Klinger, Katherine	12	Windham	3:15.30	2
4 Bedard, Melanie	11	Merrimack	3:16.45	2
5 Tschida, Kara	11	Goffstown	3:18.65	2
6 Witkoskie, Sonya	12	Nashua North	3:20.72	2
7 Houghton, Maddy	10	Portsmouth	3:23.22	2
8 Sherman, Drewanne	10	Londonderry	3:27.70	1
9 Sokolnicki, Sarah	10	Portsmouth	3:29.40	1
10 Bell, Alice	9	Hanover	3:33.28	1
11 DiBuono, Ella	10	Londonderry	3:33.30	1
12 McWhirter, Megan	10	Merrimack	3:34.13	1
13 DeLong, Gabriella	9	Londonderry	3:35.58	1
14 Remsen, Lily	10	Portsmouth	3:36.97	1
15 Sweet, Fahren	11	Goffstown	4:10.30	1

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Girls 1500 Meter Run

Name	Year	School	Finals
1 Bedard, Gabrielle	10	Pinkerton	5:21.30
2 Krantz, Elliot	11	Manchester Memorial	5:33.91
3 Carter, Chloe	9	Portsmouth	5:34.79
4 Geddes, Madison	11	Merrimack Valley	5:40.72
5 LaBonte, Harper	9	Londonderry	5:48.70
6 Anderson, Jacklyn	11	Hanover	6:02.16
7 Ferguson, Francesca	12	Coe-Brown	6:09.04
8 Bergeron, Mary	10	Coe-Brown	6:14.06
9 Perron, Samantha	11	Coe-Brown	6:14.26

Girls 3000 Meter Run

Name	Year	School	Finals
1 Silva, Contessa	12	Pinkerton	10:31.20
2 Groulx, Isabelle	12	Pinkerton	10:52.23
3 Folsom, Susannah	9	Pinkerton	10:55.75
4 LeBlanc, Althea	11	Pinkerton	11:50.12
5 Hayden, Annika	12	Nashua North	11:52.54
6 Marzolf, Kalisan	10	Pinkerton	11:59.08
7 Campbell, Kelsey	10	Portsmouth	12:16.98
8 Philipp, Samantha Priya	10	Pinkerton	12:24.63
9 Morgan, Riley	12	Windham	12:40.85
10 Reynolds, Kaitlyn	12	Timberlane	12:59.05
11 Reynolds, Julia	12	Timberlane	12:59.51

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

Name	Year	School	Prelims	H#
Preliminaries				
1 Nada, Mariam	12	Portsmouth	9.13q	1
2 Brown, Tiana	11	Nashua North	9.18q	3
3 Shirland, Bristol	9	Coe-Brown	9.44q	2
4 Ford, Victoria	10	Manchester Memorial	9.56q	3
5 Wheale, Mollie	10	Pinkerton	9.93q	1
6 Collier, Abrielle	10	Merrimack	10.01q	1
7 Flynn, Molly	9	Portsmouth	10.22	2
8 Frye, Sarah	10	Nashua North	10.63	2
9 Manning, Delaney	11	Coe-Brown	10.64	1
10 Munsell, Kaya	11	Timberlane	10.67	3
11 Bancroft, Jocelyn	11	Portsmouth	10.72	3
12 Becker, Ava	10	Manchester Central	10.82	2
13 Simpson, Eva	12	Hanover	11.20	1
14 Cornaro, Isabella	11	Milford	11.26	2
15 Spead, Montana	11	Coe-Brown	11.70	3

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Name	Year School	Finals
Finals		
1 Nada, Mariam	12 Portsmouth	9.21
2 Shirland, Bristol	9 Coe-Brown	9.28
3 Brown, Tiana	11 Nashua North	9.64
4 Ford, Victoria	10 Manchester Memorial	9.68
5 Wheale, Mollie	10 Pinkerton	9.96
6 Collier, Abrielle	10 Merrimack	10.02

Girls 4x160 Meter Relay

School	Finals	H#
1 Manchester Central	1:30.12	3
1) Mann, Tianna 10	2) Cenesca, Angela 10	
3) Becker, Ava 10	4) Barber, Harriet 12	
2 Nashua North	1:30.30	4
1) Brown, Tiana 11	2) Frye, Allison 10	
3) Juris, Christina 12	4) Thomas, Jhanelle 11	
3 Portsmouth	1:30.60	4
1) Carter, Ella 10	2) Patterson, Lily 10	
3) Houghton, Maddy 10	4) Nada, Mariam 12	
4 Manchester Memorial	1:31.09	3
1) Courter, Jordan 10	2) Sanni, Ayomide 12	
3) Ford, Victoria 10	4) Rodriguez, Hannah 11	
5 Londonderry	1:34.68	1
1) Galeaz, Jaylin 10	2) DeLorey, Eres 10	
3) Plante, Madeleine 12	4) Leone, Molly 9	
6 Coe-Brown	1:36.64	1
1) Escabi, Maggie 11	2) Kouchoukos, Tessa 9	
3) Shirland, Bristol 9	4) Ross, Shannon 11	
7 Merrimack	1:36.79	2
1) Siik, Amelia 10	2) Collier, Abrielle 10	
3) Amoo, Kaylin 11	4) Roy, Haylie 12	
8 Hanover	1:37.37	1
1) Song, Hayeon 9	2) Bell, Alice 9	
3) Simpson, Eva 12	4) Anderson, Jacklyn 11	
-- Timberlane	DQ	2 INTERFERENCE
1) Aprile, Emerson 10	2) Alperin, Taylor 10	
3) Munsell, Kaya 11	4) Johnson, Isabella 10	

Girls 4x400 Meter Relay

School	Finals	H#
1 Portsmouth	4:22.24	3
1) Timerman, Avery 12	2) Houghton, Maddy 10	
3) Guarracino, Sylvia 10	4) Jenkins, Lily 12	
2 Pinkerton	4:23.35	3
1) Rzasas, Sarah 10	2) Blake, Nicole 10	
3) McNulty, Camryn 9	4) Sippel, Isabella 10	
3 Nashua North	4:26.88	3
1) Brown, Tiana 11	2) Frye, Allison 10	

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....Girls 4x400 Meter Relay

3) Juris, Christina 12	4) Thomas, Jhanelle 11	
4 Merrimack	4:34.12	3
1) Best, Alexis 12	2) Roy, Haylie 12	
3) McWhirter, Megan 10	4) Bedard, Melanie 11	
5 Timberlane	4:35.34	3
1) Fronc, Julia 12	2) Fitzgerald, Aubrey 9	
3) Caruso, Jilian 11	4) Beaudoin, Charlotte 10	
6 Londonderry	4:42.32	1
1) DeLong, Gabriella 9	2) Sherman, Drewanne 10	
3) DiBuono, Ella 10	4) Gregoire, Linsey 11	
7 Milford	4:43.27	1
1) Sayward, Camdyn 10	2) Carter, Catriona 11	
3) Mucheru, Grace 9	4) Cornaro, Isabella 11	
8 Windham	4:52.68	1
1) Hall, Chloe 12	2) Sanchez, Ava 12	
3) Wright, Laurel 9	4) Madden, Darby 11	
9 Coe-Brown	4:54.71	1
1) Escabi, Maggie 11	2) Murdough, Paige 11	
3) Kouchoukos, Tessa 9	4) Shirland, Bristol 9	
10 Merrimack Valley	5:04.14	1
1) Spack, Sydney 10	2) Baca, Emily 9	
3) Jefferson, Reagan 9	4) Geddes, Madison 11	

Girls High Jump

Name	Year School	Finals
1 COMEAVI, SAVANNA	SOMERSWORTH HIGH	5-00.00
2 Lauder, Eshaya	11 Manchester West	4-10.00
3 Russo, Liv	9 Portsmouth	4-08.00
4 Lander, Emma	9 Portsmouth	4-06.00
4 DeLorey, Eres	10 Londonderry	4-06.00
6 Gregoire, Linsey	11 Londonderry	J4-06.00
7 Foster, Emme	12 Portsmouth	4-04.00

Girls Long Jump

Name	Year School	Finals
1 Best, Alexis	12 Merrimack	17-02.50
15-00.50 17-02.50	16-09 16-09.25	
2 Lauder, Eshaya	11 Manchester West	16-07.00
16-07 15-11.50	15-08.50 16-04.75 15-02.75	
3 Nada, Mariam	12 Portsmouth	15-08.00
15-08 15-08 15-04	15-05 15-06.50	
4 Roberts, Eva	12 Pinkerton	15-02.75
15-02.75 15-01.50	14-10.50 15-02	
5 Rodriguez, Hannah	11 Manchester Memorial	14-09.00
13-11 13-06.50	13-08.50 14-05 14-09	
6 Frye, Sarah	10 Nashua North	14-08.00
x 13-11.75 13-11.50	14-02.50 13-10.50 14-08	
7 Wright, Kelly	11 Windham	14-01.00
12-08 13-10 13-10.50	13-09 14-01	

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8 Coleman, Katie	9 Pinkerton	13-05.00
13-05		
9 Ross, Shannon	11 Coe-Brown	13-02.00
13-02 12-07		
10 Ali, Simone	10 Goffstown	12-11.50
12-03.50 12-11.50 12-03.50		
11 Manning, Delaney	11 Coe-Brown	12-07.50
12-07.50 12-03 12-02		

Girls Shot Put

Name	Year	School	Finals	H#
1 Grenier, Isabelle	10	Coe-Brown	32-02.00	2
28-06.75 29-06.25 30-06 31-03.75 32-01.75 32-02				
2 Getchell, Mia	12	Merrimack	32-00.50	2
30-00.25 30-09.25 30-01 30-05.75 31-04 32-00.50				
3 Trask, Jameson	11	Pinkerton	30-09.25	2
28-07.75 26-08 29-03 30-09.25 28-05 30-08				
4 Wright, Kelly	11	Windham	30-02.50	2
28-03.25 27-06.50 29-01.50 29-05.75 28-04.50 30-02.50				
5 Akalonu, Maria	12	Portsmouth	29-10.50	2
27-06.75 29-10.50 28-04				
6 Beaton, Zakayla	12	Manchester Memorial	29-06.00	2
28-07.25 28-04.75 29-06 27-08.50 29-00.50 28-00.25				
7 Johnson, Brynn	10	Windham	28-04.50	2
27-01.50 28-04.50 28-03.25 26-04 27-00 28-03.75				
7 Haggett, Autumn	11	Pinkerton	28-04.50	1
24-10.25 28-04.50 27-08 27-07.75 28-01.50 26-02.75				
9 Bah, abby	12	Manchester Memorial	28-00.00	2
26-10 28-00 25-10				
10 Gilroy, Chloe	12	Manchester Central	27-03.50	1
26-08 26-04.25 27-03.50				
11 Wambu, Nkechi	11	Londonderry	26-10.75	1
25-07.50 26-10.75 24-05.75				
12 Cuddy, Laura	11	Goffstown	26-10.00	2
26-10 26-00 25-02.25				
13 Yazbek, Autumn	10	Londonderry	26-06.25	1
25-05 24-09 26-06.25				
14 Terrenzio, Juliana	11	Pinkerton	26-04.00	1
25-10.25 24-05.25 26-04				
15 Edwards, Charlotte	11	Nashua North	26-01.00	1
24-09.75 26-01 25-10				
16 Cassetty, Annabelle	9	Merrimack	25-03.75	1
25-03.75 25-02.25 24-07.50				
17 Freer, Margaux	12	Portsmouth	24-00.00	1
22-10.75 22-06.75 24-00				
18 Rezaoui, Moriah	10	Merrimack	23-04.00	1
21-10 23-04				