

SPARTAN SPRING MEET

Pembroke, NH

Pembroke

Saturday, April 8, 2023

**OFFICIAL MEET REPORT**

printed: 4/12/2023 5:08 AM

RESULTS**#1 Men's 100 Meters**

Pl	Name	Team	Time	H(Pl)	Pts
1	RODRIGUEZ, Edwen	MANCHESTER W	11.42 (NW)	6(1)	6
2	VALENCIA, Lukas	MANCHESTER W	11.72 (NW)	6(2)	4
3	MONTGOMERY, Logan	JOHN STARK	11.86 (NW)	6(3)	3
4	MCCRANIE, Kody	BOW	11.88 (NW)	6(4)	2
5	GALLANT, Taylor	MANCHESTER W	12.08 (NW)	5(2)	1
6	BOULLION, Owen	BOW	12.36 (NW)	6(5)	
7	PARADIS, Logan	MANCHESTER W	12.53 (NW)	4(1)	
8	LURVEY, Brandon	PEMBROKE	12.60 (NW)	3(1)	
9	FLAGG, Chase	BOW	12.65 (NW)	1(1)	
10	LOVER, Ryan	BOW	12.84 (NW)	6(6)	
11	ENO, Connor	BOW	12.91 (NW)	1(2)	
12	PALLESCHI, Matthew	PEMBROKE	12.93 (NW)	1(3)	
13	GANCARZ, Jonathan	BOW	12.96 (NW)	2(1)	
14	PETERS, Nathan	JOHN STARK	12.96 (NW)	5(3)	
15	DOUZANIS, Joel	JOHN STARK	13.08 (NW)	5(4)	
16	RAMAANAN, Jeremiah	MANCHESTER W	13.17 (NW)	4(2)	
17	DAVIS, Taylor	PEMBROKE	13.36 (NW)	4(3)	
18	MADDEN, Herbie	BOW	13.49 (NW)	1(4)	
19	LAMBERT, Hunter	JOHN STARK	13.53 (NW)	3(2)	
20	BROWN, Corbin	PEMBROKE	13.56 (NW)	4(4)	
21	HAWKINS, Dylan	PEMBROKE	13.64 (NW)	2(2)	
22	BARKER, Teddy	BOW	13.65 (NW)	2(3)	
23	GILMAN, Jason	JOHN STARK	13.80 (NW)	5(5)	
24	THOMAS, Noah	JOHN STARK	13.81 (NW)	3(3)	
25	FREDYMA, Ethan	PEMBROKE	14.02 (NW)	3(4)	
26	BAILEY, Thomas	JOHN STARK	14.02 (NW)	2(4)	
27	POLLEY, Jacob	PEMBROKE	14.07 (NW)	2(5)	
28	GENTES, Andrei	PEMBROKE	14.28 (NW)	4(5)	
29	GIBNEY, Jude	PEMBROKE	14.62 (NW)	1(5)	
30	ST. JEAN, Rowen	MANCHESTER W	14.99 (NW)	4(6)	
31	BALLOU, Jacob	JOHN STARK	16.87 (NW)	5(6)	
32	WILLIAMS, Connor	JOHN STARK	17.54 (NW)	3(5)	
	NICHOLAS, Nicholas	PEMBROKE	NT (NW)	1	
	HEICHLINGER, Zachary	PEMBROKE	NT (NW)	2	
	BERKLEY, Evan	PEMBROKE	NT (NW)	3	

SECTION RESULTS

Pl	Name	Team	Time	Wind:
Section 1 of 6				
Wind: (NW)				
1	FLAGG, Chase	BOW	12.65	
2	ENO, Connor	BOW	12.91	
3	PALLESCHI, Matthew	PEMBROKE	12.93	
4	MADDEN, Herbie	BOW	13.49	
5	GIBNEY, Jude	PEMBROKE	14.62	
	NICHOLAS, Nicholas	PEMBROKE	NT	
Section 2 of 6				
Wind: (NW)				

#1 Men's 100 Meters (cont'd)

Pl	Name	Team	Time	Wind:
1	GANCARZ, Jonathan	BOW	12.96	
2	HAWKINS, Dylan	PEMBROKE	13.64	
3	BARKER, Teddy	BOW	13.65	
4	BAILEY, Thomas	JOHN STARK	14.02	
5	POLLEY, Jacob	PEMBROKE	14.07	
	HEICHLINGER, Zachary	PEMBROKE	NT	
Section 3 of 6				
Wind: (NW)				
1	LURVEY, Brandon	PEMBROKE	12.60	
2	LAMBERT, Hunter	JOHN STARK	13.53	
3	THOMAS, Noah	JOHN STARK	13.81	
4	FREDYMA, Ethan	PEMBROKE	14.02	
5	WILLIAMS, Connor	JOHN STARK	17.54	
	BERKLEY, Evan	PEMBROKE	NT	
Section 4 of 6				
Wind: (NW)				
1	PARADIS, Logan	MANCHESTER W	12.53	
2	RAMAANAN, Jeremiah	MANCHESTER W	13.17	
3	DAVIS, Taylor	PEMBROKE	13.36	
4	BROWN, Corbin	PEMBROKE	13.56	
5	GENTES, Andrei	PEMBROKE	14.28	
6	ST. JEAN, Rowen	MANCHESTER W	14.99	
Section 5 of 6				
Wind: (NW)				
2	GALLANT, Taylor	MANCHESTER W	12.08	
3	PETERS, Nathan	JOHN STARK	12.96	
4	DOUZANIS, Joel	JOHN STARK	13.08	
5	GILMAN, Jason	JOHN STARK	13.80	
6	BALLOU, Jacob	JOHN STARK	16.87	
Section 6 of 6				
Wind: (NW)				
1	RODRIGUEZ, Edwen	MANCHESTER W	11.42	
2	VALENCIA, Lukas	MANCHESTER W	11.72	
3	MONTGOMERY, Logan	JOHN STARK	11.86	
4	MCCRANIE, Kody	BOW	11.88	
5	BOULLION, Owen	BOW	12.36	
6	LOVER, Ryan	BOW	12.84	

#3 Men's 200 Meters

Pl	Name	Team	Time	H(Pl)	Pts
1	MONTGOMERY, Logan	JOHN STARK	23.79 (NW)	4(1)	6
2	MCCRANIE, Kody	BOW	24.12 (NW)	4(2)	4
3	LURVEY, Brandon	PEMBROKE	25.36 (NW)	2(1)	3
4	PETERS, Nathan	JOHN STARK	26.19 (NW)	4(3)	2
5	PARADIS, Logan	MANCHESTER W	26.33 (NW)	3(1)	1
6	ENO, Connor	BOW	26.76 (NW)	2(2)	
7	RAMAANAN, Jeremiah	MANCHESTER W	26.79 (NW)	4(4)	
8	BARKER, Teddy	BOW	27.26 (NW)	2(3)	
9	PALLESCHI, Matthew	PEMBROKE	27.29 (NW)	1(1)	
10	GANCARZ, Jonathan	BOW	27.37 (NW)	1(2)	
11	HAWKINS, Dylan	PEMBROKE	27.91 (NW)	2(4)	

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RESULTS**#3 Men's 200 Meters (cont'd)**

Pl	Name	Team	Time	H(Pl)	Pts
12	BUXTON, Gavin	BOW	28.10 (NW)	1(3)	
13	GENTES, Andrei	PEMBROKE	28.48 (NW)	3(2)	
14	FOX, Logan	BOW	28.65 (NW)	1(4)	
15	POLLEY, Jacob	PEMBROKE	28.73 (NW)	3(3)	
16	DAVIS, Taylor	PEMBROKE	29.62 (NW)	3(4)	
17	PRESCOTT, Ben	JOHN STARK	32.59 (NW)	3(5)	
18	FREEMAN, Austin	JOHN STARK	33.76 (NW)	2(5)	
19	WILLIAMS, Connor	JOHN STARK	35.98 (NW)	1(5)	
	LOVER, Ryan	BOW	NT (NW)	3	
	NICHOLAS, Nicholas	PEMBROKE	NT (NW)	2	
	RANSOM, Charlie	PEMBROKE	NT (NW)	1	
	GILMAN, Jason	JOHN STARK	NT (NW)	4	
	GALLANT, Taylor	MANCHESTER W	NT (NW)	4	

SECTION RESULTS

Pl	Name	Team	Time	Wind:
Section 1 of 4				
Wind: (NW)				
1	PALLESCHI, Matthew	PEMBROKE	27.29	
2	GANCARZ, Jonathan	BOW	27.37	
3	BUXTON, Gavin	BOW	28.10	
4	FOX, Logan	BOW	28.65	
5	WILLIAMS, Connor	JOHN STARK	35.98	
	RANSOM, Charlie	PEMBROKE	NT	
Section 2 of 4				
Wind: (NW)				
1	LURVEY, Brandon	PEMBROKE	25.36	
2	ENO, Connor	BOW	26.76	
3	BARKER, Teddy	BOW	27.26	
4	HAWKINS, Dylan	PEMBROKE	27.91	
5	FREEMAN, Austin	JOHN STARK	33.76	
	NICHOLAS, Nicholas	PEMBROKE	NT	
Section 3 of 4				
Wind: (NW)				
1	PARADIS, Logan	MANCHESTER W	26.33	
2	GENTES, Andrei	PEMBROKE	28.48	
3	POLLEY, Jacob	PEMBROKE	28.73	
4	DAVIS, Taylor	PEMBROKE	29.62	
5	PRESCOTT, Ben	JOHN STARK	32.59	
	LOVER, Ryan	BOW	NT	
Section 4 of 4				
Wind: (NW)				
1	MONTGOMERY, Logan	JOHN STARK	23.79	
2	MCCRANIE, Kody	BOW	24.12	
3	PETERS, Nathan	JOHN STARK	26.19	
4	RAMAANAN, Jeremiah	MANCHESTER W	26.79	
	GILMAN, Jason	JOHN STARK	NT	
	GALLANT, Taylor	MANCHESTER W	NT	

#5 Men's 400 Meters

Pl	Name	Team	Time	Pts
1	MILLER, Miles	BOW	1:00.56	6
2	WESTENBERG, Jake	BOW	1:00.57	4
3	BOULLION, Owen	BOW	1:03.81	3
4	GENTES, Andrei	PEMBROKE	1:05.80	2
5	KIMASI, Miradi	MANCHESTER W	1:12.88	1
	FREEMAN, Austin	JOHN STARK	NT	

#7 Men's 800 Meters

Pl	Name	Team	Time	Pts
1	BETTERLEY, Alden	BOW	2:11.72	6
2	KEIRSTEAD, Alex	JOHN STARK	2:13.53	4
3	BERKLEY, Evan	PEMBROKE	2:14.24	3
4	SARGENT, Thomas	BOW	2:20.21	2
5	DUGAS, Ben	PEMBROKE	2:22.67	1
6	KOHL, Jack	BOW	2:28.82	
7	DEMERS, Jake	PEMBROKE	2:30.60	
8	OGUNBAYO, Shinayomi	MANCHESTER W	2:34.31	
9	NOCE, Jack	BOW	2:36.25	
10	MILLER, Miles	BOW	2:42.72	
11	OWEN, David	BOW	2:54.76	
	GIBNEY, Jude	PEMBROKE	NT	

#9 Men's 1600 Meters

Pl	Name	Team	Time	Pts
1	BETTERLEY, Alden	BOW	5:13.37	6
2	BERKELEY, Isaiah	PEMBROKE	5:18.75	4
3	MILLER, Owen	BOW	5:19.13	3
4	LEMIRE, Eli	JOHN STARK	5:20.47	2
5	WORCESTER, Wyatt	BOW	5:37.39	1
6	PATENAUDE, Austin	JOHN STARK	5:37.63	
7	NOCE, Jack	BOW	5:49.82	
8	DECOSTA, Gavyn	BOW	5:49.92	
9	PETERSONS, Hayden	PEMBROKE	6:06.60	
10	SANDAHL, Caleb	BOW	6:31.44	
11	SOHL, Wyatt	JOHN STARK	6:38.20	

#11 Men's 3200 Meters

Pl	Name	Team	Time	Pts
1	LEMIRE, Eli	JOHN STARK	10:56.40	6
2	SATURLEY, Caleb	PEMBROKE	11:43.90	4

#14 Men's 110m Hurdles

Pl	Name	Team	Time	H(Pl)	Pts
1	THOMAS, Sam	PEMBROKE	20.17 (NW)	2(1)	6
2	MILLER, Liam	BOW	20.75 (NW)	1(1)	4
3	CHAVEZ, Sergio	JOHN STARK	21.21 (NW)	2(2)	3
4	KIMASI, Miradi	MANCHESTER W	22.42 (NW)	2(3)	2

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RESULTS**#14 Men's 110m Hurdles (cont'd)**

Pl	Name	Team	Time	H(Pl)	Pts
5	PRESCOTT, Ben	JOHN STARK	25.55 (NW)	1(2)	1

SECTION RESULTS

Pl	Name	Team	Time	Wind
Section 1 of 2				
Wind: (NW)				
1	MILLER, Liam	BOW	20.75	
2	PRESCOTT, Ben	JOHN STARK	25.55	
Section 2 of 2				
Wind: (NW)				
1	THOMAS, Sam	PEMBROKE	20.17	
2	CHAVEZ, Sergio	JOHN STARK	21.21	
3	KIMASI, Miradi	MANCHESTER W	22.42	

#15 Men's 300m Hurdles

Pl	Name	Team	Time	H(Pl)	Pts
1	THOMAS, Sam	PEMBROKE	52.00	2(1)	6
2	HAWKINS, Dylan	PEMBROKE	52.60	1(1)	4
3	VEILLEUX, Ethan	JOHN STARK	55.65	1(2)	3
4	THOMAS, Noah	JOHN STARK	55.94	1(3)	2
5	PRESCOTT, Ben	JOHN STARK	1:01.08	2(2)	1
	CHAVEZ, Sergio	JOHN STARK	NT	2	

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 2			
1	HAWKINS, Dylan	PEMBROKE	52.60
2	VEILLEUX, Ethan	JOHN STARK	55.65
3	THOMAS, Noah	JOHN STARK	55.94
Section 2 of 2			
1	THOMAS, Sam	PEMBROKE	52.00
2	PRESCOTT, Ben	JOHN STARK	1:01.08
	CHAVEZ, Sergio	JOHN STARK	NT

#17 Men's 4 x 100m Relay

Pl	Team	Time	Pts
1	MANCHESTER WEST (A)	47.95	6
2	BOW (A)	49.03	4
3	PEMBROKE (A)	49.75	2
4	JOHN STARK (A)	50.72	
5	BOW (B)	51.29	

#19 Men's 4 x 400m Relay

Pl	Team	Time	Pts
1	PEMBROKE (A)	3:56.50	6
2	BOW (A)	3:57.19	4
3	JOHN STARK (A)	4:27.24	2

#21 Men's High Jump

Pl	Name	Team	Mark	Pts
1	MONTGOMERY, Logan	JOHN STARK	5' 6"	6
2	CURRIER, Gavin	PEMBROKE	5' 4"	4
3	ATWELL, Colin	BOW	4' 10"	3
	BARKER, Teddy	BOW	NH	
	MILLER, Liam	BOW	NH	
	MCDOWELL, Ben	BOW	NH	
	ENO, Connor	BOW	NH	
	CALLE, Rio	JOHN STARK	NH	

#23 Men's Long Jump

Pl	Name	Team	Mark	F(Pl)	Pts
1	RODRIGUEZ, Edwen	MANCHESTER W	18' 7 ³ / ₄ (NW)	2(1)	6
2	CALLE, Rio	JOHN STARK	18' 3 ³ / ₄ (NW)	2(2)	4
3	VALENCIA, Lukas	MANCHESTER W	16' 11" (NW)	2(3)	3
4	GALLANT, Taylor	MANCHESTER W	15' 3" (NW)	2(4)	2
5	VEILLEUX, Ethan	JOHN STARK	14' 8 ³ / ₄ (NW)	2(5)	1
6	RAMAANAN, Jeremiah	MANCHESTER W	14' 1" (NW)	2(6)	
7	RANSOM, Charlie	PEMBROKE	13' 10 ³ / ₄ (NW)	2(7)	
8	GILMAN, Jason	JOHN STARK	13' 8 ¹ / ₂ (NW)	2(8)	
9	ATWELL, Colin	BOW	13' 6" (NW)	1(1)	
10	THOMAS, Sam	PEMBROKE	13' 4 ¹ / ₂ (NW)	2(9)	
11	BUXTON, Gavin	BOW	13' 4" (NW)	1(2)	
12	GIBNEY, Jude	PEMBROKE	12' 11" (NW)	1(3)	
13	BARKER, Teddy	BOW	12' 3" (NW)	1(4)	
14	FOX, Logan	BOW	11' 11 ³ / ₄ (NW)	1(5)	
15	BALLOU, Jacob	JOHN STARK	11' 7" (NW)	1(6)	
16	FREEMAN, Austin	JOHN STARK	10' 6" (NW)	1(7)	
17	WILLIAMS, Connor	JOHN STARK	9' 10" (NW)	1(8)	
	FAIAD, Abdalla	PEMBROKE	NM (NW)	1	
	MORETTE, Myles	JOHN STARK	NM (NW)	1	

FLIGHT RESULTS

Pl	Name	Team	Mark
Flight 1 of 2			
1	ATWELL, Colin	BOW	13' 6" (NW)
2	BUXTON, Gavin	BOW	13' 4" (NW)
3	GIBNEY, Jude	PEMBROKE	12' 11" (NW)
4	BARKER, Teddy	BOW	12' 3" (NW)
5	FOX, Logan	BOW	11' 11 ³ / ₄ (NW)
6	BALLOU, Jacob	JOHN STARK	11' 7" (NW)
7	FREEMAN, Austin	JOHN STARK	10' 6" (NW)
8	WILLIAMS, Connor	JOHN STARK	9' 10" (NW)
	FAIAD, Abdalla	PEMBROKE	NM (NW)
	MORETTE, Myles	JOHN STARK	NM (NW)

Flight 2 of 2

1	RODRIGUEZ, Edwen	MANCHESTER W	18' 7 ³ / ₄ (NW)
2	CALLE, Rio	JOHN STARK	18' 3 ³ / ₄ (NW)

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RESULTS**#23 Men's Long Jump (cont'd)**

PI Name	Team	Mark
3 VALENCIA, Lukas	MANCHESTER W	16' 11" (NW)
4 GALLANT, Taylor	MANCHESTER W	15' 3" (NW)
5 VEILLEUX, Ethan	JOHN STARK	14' 8 ³ / ₄ (NW)
6 RAMAANAN, Jeremiah	MANCHESTER W	14' 1" (NW)
7 RANSOM, Charlie	PEMBROKE	13' 10 ³ / ₄ (NW)
8 GILMAN, Jason	JOHN STARK	13' 8 ¹ / ₂ (NW)
9 THOMAS, Sam	PEMBROKE	13' 4 ¹ / ₂ (NW)

#25 Men's Triple Jump

PI Name	Team	Mark	Pts
1 CURRIER, Gavin	PEMBROKE	38' 6 ¹ / ₂ (NW)	6
2 MCDOWELL, Ben	BOW	35' 0 ¹ / ₄ (NW)	4
3 DOUZANIS, Joel	JOHN STARK	31' 11 ³ / ₄ (NW)	3
4 PETERS, Nathan	JOHN STARK	31' 1 ¹ / ₄ (NW)	2
5 GIBNEY, Jude	PEMBROKE	27' 0" (NW)	1
6 LAMBERT, Hunter	JOHN STARK	25' 4 ³ / ₄ (NW)	
RODRIGUEZ, Edwen	MANCHESTER WND	(NW)	

#27 Men's Shot Put

PI Name	Team	Mark	F(PI)	Pts
1 VALOTTO, Jimmy	PEMBROKE	42' 1 ¹ / ₂	2(1)	6
2 MAGOON, Rory	JOHN STARK	36' 4"	2(2)	4
3 NICHOLLS, Sean	BOW	34' 10 ¹ / ₂	2(3)	3
4 DOUZANIS, Joel	JOHN STARK	34' 9"	2(4)	2
5 HEICHLINGER, Zachary	PEMBROKE	31' 6 ¹ / ₂	2(5)	1
6 FLAGG, Chase	BOW	28' 10"	1(1)	
7 FREDYMA, Ethan	PEMBROKE	27' 5"	1(2)	
8 DRALEAUS, Vincent	JOHN STARK	27' 1 ¹ / ₂	2(6)	
9 DESFORGES, Richard	JOHN STARK	26' 11"	1(3)	
10 BROWN, Corbin	PEMBROKE	26' 9"	2(7)	
11 ALBUSHIES, William	BOW	26' 2"	1(4)	
12 SPOONER, Grant	JOHN STARK	25' 9 ¹ / ₂	1(5)	
13 MCDOWELL, Joseph	BOW	25' 6"	2(8)	
14 DREW, William	BOW	24' 5 ¹ / ₂	1(6)	
15 KOHL, Jack	BOW	21' 3 ¹ / ₂	1(7)	
16 BAILEY, Thomas	JOHN STARK	20' 6"	1(8)	
17 HAGLUNG, Graeme	PEMBROKE	15' 3 ¹ / ₂	1(9)	
DESCOTEAU, Alex	JOHN STARK	ND	2	

FLIGHT RESULTS

PI Name	Team	Mark
Flight 1 of 2		
1 FLAGG, Chase	BOW	28' 10"
2 FREDYMA, Ethan	PEMBROKE	27' 5"
3 DESFORGES, Richard	JOHN STARK	26' 11"
4 ALBUSHIES, William	BOW	26' 2"
5 SPOONER, Grant	JOHN STARK	25' 9 ¹ / ₂

#27 Men's Shot Put (cont'd)

PI Name	Team	Mark
6 DREW, William	BOW	24' 5 ¹ / ₂
7 KOHL, Jack	BOW	21' 3 ¹ / ₂
8 BAILEY, Thomas	JOHN STARK	20' 6"
9 HAGLUNG, Graeme	PEMBROKE	15' 3 ¹ / ₂
Flight 2 of 2		
1 VALOTTO, Jimmy	PEMBROKE	42' 1 ¹ / ₂
2 MAGOON, Rory	JOHN STARK	36' 4"
3 NICHOLLS, Sean	BOW	34' 10 ¹ / ₂
4 DOUZANIS, Joel	JOHN STARK	34' 9"
5 HEICHLINGER, Zachary	PEMBROKE	31' 6 ¹ / ₂
6 DRALEAUS, Vincent	JOHN STARK	27' 1 ¹ / ₂
7 BROWN, Corbin	PEMBROKE	26' 9"
8 MCDOWELL, Joseph	BOW	25' 6"
DESCOTEAU, Alex	JOHN STARK	ND

#29 Men's Discus

PI Name	Team	Mark	F(PI)	Pts
1 VALOTTO, Jimmy	PEMBROKE	110' 9"	2(1)	6
2 FOWLER, Josiah	JOHN STARK	85' 2"	2(2)	4
3 MAGOON, Rory	JOHN STARK	85' 0"	2(3)	3
4 MCDOWELL, Joseph	BOW	84' 2"	2(4)	2
5 BERKELEY, Isaiah	PEMBROKE	82' 11"	2(5)	1
6 DRALEAUS, Vincent	JOHN STARK	74' 11"	2(6)	
7 NICHOLLS, Sean	BOW	74' 7"	2(7)	
8 FLAGG, Chase	BOW	73' 1"	1(1)	
9 FREDYMA, Ethan	PEMBROKE	69' 6"	2(8)	
10 DESFORGES, Richard	JOHN STARK	68' 9"	1(2)	
11 ALBUSHIES, William	BOW	65' 3"	1(3)	
12 SPOONER, Grant	JOHN STARK	64' 2"	1(4)	
13 HEICHLINGER, Zachary	PEMBROKE	63' 5"	1(5)	
14 SATURLEY, Caleb	PEMBROKE	63' 4"	1(6)	
15 BROWN, Corbin	PEMBROKE	60' 11"	1(7)	
16 HAGLUNG, Graeme	PEMBROKE	32' 1"	1(8)	
NICHOLAS, Nicholas	PEMBROKE	ND	1	
DESCOTEAU, Alex	JOHN STARK	ND	2	

FLIGHT RESULTS

PI Name	Team	Mark
Flight 1 of 2		
1 FLAGG, Chase	BOW	73' 1"
2 DESFORGES, Richard	JOHN STARK	68' 9"
3 ALBUSHIES, William	BOW	65' 3"
4 SPOONER, Grant	JOHN STARK	64' 2"
5 HEICHLINGER, Zachary	PEMBROKE	63' 5"
6 SATURLEY, Caleb	PEMBROKE	63' 4"
7 BROWN, Corbin	PEMBROKE	60' 11"
8 HAGLUNG, Graeme	PEMBROKE	32' 1"

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PI Name	Team	Mark
NICHOLAS, Nicholas	PEMBROKE	ND
Flight 2 of 2		
1 VALOTTO, Jimmy	PEMBROKE	110' 9"
2 FOWLER, Josiah	JOHN STARK	85' 2"
3 MAGOON, Rory	JOHN STARK	85' 0"
4 MCDOWELL, Joseph	BOW	84' 2"
5 BERKELEY, Isaiah	PEMBROKE	82' 11"
6 DRALEAUS, Vincent	JOHN STARK	74' 11"
7 NICHOLLS, Sean	BOW	74' 7"
8 FREDYMA, Ethan	PEMBROKE	69' 6"
DESCOTEAU, Alex	JOHN STARK	ND

#31 Men's Javelin

PI Name	Team	Mark	Pts
1 PARADIS, Logan	MANCHESTER W	104' 4"	6
2 FOWLER, Josiah	JOHN STARK	103' 5"	4
3 HEICHLINGER, Zachary	PEMBROKE	100' 4"	3
4 MAGOON, Rory	JOHN STARK	100' 1"	2
5 VALOTTO, Jimmy	PEMBROKE	99' 10"	1
6 DAVIS, Taylor	PEMBROKE	97' 5"	
7 BROWN, Corbin	PEMBROKE	96' 3"	
8 NICHOLLS, Sean	BOW	95' 0"	
9 FREDYMA, Ethan	PEMBROKE	93' 10"	
10 ST. JEAN, Rowen	MANCHESTER W	90' 6"	
11 THOMAS, Sam	PEMBROKE	79' 6"	
12 DRALEAUS, Vincent	JOHN STARK	78' 4"	
13 PREVE, Nicholas	PEMBROKE	72' 1"	
14 SPOONER, Grant	JOHN STARK	66' 4"	
15 POLLEY, Jacob	PEMBROKE	64' 10"	
PALLESCHI, Matthew	PEMBROKE	ND	
DESCOTEAU, Alex	JOHN STARK	ND	

#2 Women's 100 Meters

PI Name	Team	Time	H(PI)	Pts
1 KONSTANTAKOS, Sage	BOW	13.74 (NW)	4(1)	6
2 AMYOT, Kayla	PEMBROKE	13.98 (NW)	4(2)	4
3 SINCLAIR, Jenna	JOHN STARK	14.31 (NW)	4(3)	3
4 BLAKE, Jasmine	PEMBROKE	14.71 (NW)	2(1)	2
5 DENNIS, Hayleigh	JOHN STARK	14.83 (NW)	3(1)	1
6 BECIROVIC, Meldina	BOW	14.96 (NW)	3(2)	
7 VAN HAM, Josie	BOW	15.01 (NW)	2(2)	
8 PATTERSON, Katie	JOHN STARK	15.11 (NW)	4(4)	
9 FARR, Lexana	BOW	15.12 (NW)	2(3)	
10 MORETTE, Madelyn	JOHN STARK	15.51 (NW)	3(3)	
11 MUSSEY, Rebecca	JOHN STARK	15.67 (NW)	3(4)	
12 RAISTY, Bella	BOW	15.78 (NW)	2(4)	
13 PEREZ, Saleena	MANCHESTER W	15.85 (NW)	4(5)	

#2 Women's 100 Meters (cont'd)

PI Name	Team	Time	H(PI)	Pts
14 FRANKLIN, Sarah	BOW	15.93 (NW)	4(6)	
15 LEONARD, Amanda	JOHN STARK	16.00 (NW)	1(1)	
16 MCALPINE, Madison	PEMBROKE	16.18 (NW)	1(2)	
17 OWEN, Maya	BOW	16.25 (NW)	1(3)	
18 MCKEEN, Ashe	BOW	17.00 (NW)	2(5)	
19 WESTFAHL, Elsa	JOHN STARK	17.10 (NW)	3(5)	
20 CHAVEZ, Yuliana	JOHN STARK	17.87 (NW)	1(4)	
21 ELLSWORTH, Samantha	PEMBROKE	18.05 (NW)	2(6)	
22 ABDULAH, Phoebe	BOW	18.68 (NW)	1(5)	
TAGLIAFERRO, Evelyn	JOHN STARK	NT (NW)	3	

SECTION RESULTS

PI Name	Team	Time	Wind:
Section 1 of 4			
Wind: (NW)			
1 LEONARD, Amanda	JOHN STARK	16.00	
2 MCALPINE, Madison	PEMBROKE	16.18	
3 OWEN, Maya	BOW	16.25	
4 CHAVEZ, Yuliana	JOHN STARK	17.87	
5 ABDULAH, Phoebe	BOW	18.68	
Section 2 of 4			
Wind: (NW)			
1 BLAKE, Jasmine	PEMBROKE	14.71	
2 VAN HAM, Josie	BOW	15.01	
3 FARR, Lexana	BOW	15.12	
4 RAISTY, Bella	BOW	15.78	
5 MCKEEN, Ashe	BOW	17.00	
6 ELLSWORTH, Samantha	PEMBROKE	18.05	
Section 3 of 4			
Wind: (NW)			
1 DENNIS, Hayleigh	JOHN STARK	14.83	
2 BECIROVIC, Meldina	BOW	14.96	
3 MORETTE, Madelyn	JOHN STARK	15.51	
4 MUSSEY, Rebecca	JOHN STARK	15.67	
5 WESTFAHL, Elsa	JOHN STARK	17.10	
TAGLIAFERRO, Evelyn	JOHN STARK	NT	
Section 4 of 4			
Wind: (NW)			
1 KONSTANTAKOS, Sage	BOW	13.74	
2 AMYOT, Kayla	PEMBROKE	13.98	
3 SINCLAIR, Jenna	JOHN STARK	14.31	
4 PATTERSON, Katie	JOHN STARK	15.11	
5 PEREZ, Saleena	MANCHESTER W	15.85	
6 FRANKLIN, Sarah	BOW	15.93	

#4 Women's 200 Meters

PI Name	Team	Time	H(PI)	Pts
1 AMYOT, Kayla	PEMBROKE	29.54 (NW)	3(1)	6
2 VALLEY, Ty	PEMBROKE	29.66 (NW)	3(2)	4
3 SINCLAIR, Jenna	JOHN STARK	30.38 (NW)	3(3)	3
4 LAMOTHE, Reaghan	JOHN STARK	30.45 (NW)	3(4)	2

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RESULTS**#4 Women's 200 Meters (cont'd)**

Pl	Name	Team	Time	H(Pl)	Pts
5	BLAKE, Jasmine	PEMBROKE	31.02 (NW)	1(1)	1
6	DENNIS, Hayleigh	JOHN STARK	31.49 (NW)	2(1)	
7	PATTERSON, Katie	JOHN STARK	31.78 (NW)	3(5)	
8	FARR, Lexana	BOW	32.35 (NW)	2(2)	
9	VAN HAM, Josie	BOW	32.42 (NW)	2(3)	
10	TAGLIAFERRO, Evelyn	JOHN STARK	33.19 (NW)	1(2)	
11	OWEN, Maya	BOW	34.87 (NW)	2(4)	
12	MCALPINE, Madison	PEMBROKE	35.22 (NW)	2(5)	
13	PERO, Soleil	PEMBROKE	35.82 (NW)	2(6)	
14	LEONARD, Amanda	JOHN STARK	35.91 (NW)	1(3)	
15	MCKEEN, Ashe	BOW	36.28 (NW)	1(4)	
16	WESTFAHL, Elsa	JOHN STARK	39.30 (NW)	1(5)	
	KONSTANTAKOS, Sage	BOW	NT (NW)	3	

SECTION RESULTS

Pl	Name	Team	Time	Wind:
Section 1 of 3				
Wind: (NW)				
1	BLAKE, Jasmine	PEMBROKE	31.02	
2	TAGLIAFERRO, Evelyn	JOHN STARK	33.19	
3	LEONARD, Amanda	JOHN STARK	35.91	
4	MCKEEN, Ashe	BOW	36.28	
5	WESTFAHL, Elsa	JOHN STARK	39.30	
Section 2 of 3				
Wind: (NW)				
1	DENNIS, Hayleigh	JOHN STARK	31.49	
2	FARR, Lexana	BOW	32.35	
3	VAN HAM, Josie	BOW	32.42	
4	OWEN, Maya	BOW	34.87	
5	MCALPINE, Madison	PEMBROKE	35.22	
6	PERO, Soleil	PEMBROKE	35.82	
Section 3 of 3				
Wind: (NW)				
1	AMYOT, Kayla	PEMBROKE	29.54	
2	VALLEY, Ty	PEMBROKE	29.66	
3	SINCLAIR, Jenna	JOHN STARK	30.38	
4	LAMOTHE, Reagan	JOHN STARK	30.45	
5	PATTERSON, Katie	JOHN STARK	31.78	
	KONSTANTAKOS, Sage	BOW	NT	

#6 Women's 400 Meters

Pl	Name	Team	Time	Pts
1	TARSA, Gabby	BOW	1:11.70	6
2	BERNARD, Sabrina	BOW	1:12.05	4
3	SMITH, Natalie	JOHN STARK	1:16.78	3

#8 Women's 800 Meters

Pl	Name	Team	Time	Pts
1	HOU, Julia	BOW	2:48.01	6
2	BARRIERE, Kayla	JOHN STARK	2:52.93	4

#8 Women's 800 Meters (cont'd)

Pl	Name	Team	Time	Pts
3	TARSA, Gabby	BOW	2:57.90	3
4	BROCHU, Delia	BOW	3:06.55	2
5	SMITH, Natalie	JOHN STARK	3:14.88	1

#10 Women's 1600 Meters

Pl	Name	Team	Time	Pts
1	BROCHU, Maya	BOW	5:44.53	6
2	BARNARD, Rylee	JOHN STARK	6:20.50	4
3	DUCHESNE, Abigail	PEMBROKE	7:04.84	3

#12 Women's 3200 Meters

Pl	Name	Team	Time	Pts
1	BERUBE, Rachel	JOHN STARK	15:06.70	6
2	DUCHESNE, Elizabeth	PEMBROKE	15:32.70	4

#13 Women's 100m Hurdles

Pl	Name	Team	Time	H(Pl)	Pts
1	WALL, Zoie	PEMBROKE	17.28 (NW)	2(1)	6
2	KORBET, Izabel	JOHN STARK	19.35 (NW)	2(2)	4
3	THOMAS, Gwen	PEMBROKE	19.58 (NW)	1(1)	3
4	WING, Teagan	PEMBROKE	19.82 (NW)	1(2)	2
5	BELIVEAU, Ayris	JOHN STARK	20.87 (NW)	2(3)	1
6	BIRNBAUM, Jessica	BOW	22.93 (NW)	1(3)	
7	PERO, Soleil	PEMBROKE	23.21 (NW)	2(4)	
8	ELLSWORTH, Reagan	PEMBROKE	31.02 (NW)	1(4)	

SECTION RESULTS

Pl	Name	Team	Time	Wind:
Section 1 of 2				
Wind: (NW)				
1	THOMAS, Gwen	PEMBROKE	19.58	
2	WING, Teagan	PEMBROKE	19.82	
3	BIRNBAUM, Jessica	BOW	22.93	
4	ELLSWORTH, Reagan	PEMBROKE	31.02	
Section 2 of 2				
Wind: (NW)				
1	WALL, Zoie	PEMBROKE	17.28	
2	KORBET, Izabel	JOHN STARK	19.35	
3	BELIVEAU, Ayris	JOHN STARK	20.87	
4	PERO, Soleil	PEMBROKE	23.21	

#16 Women's 300m Hurdles

Pl	Name	Team	Time	H(Pl)	Pts
1	WALL, Zoie	PEMBROKE	54.68	3(1)	6
2	KORBET, Izabel	JOHN STARK	57.01	3(2)	4
3	THOMAS, Gwen	PEMBROKE	58.70	2(1)	3
4	BELIVEAU, Ayris	JOHN STARK	59.26	3(3)	2
5	WING, Teagan	PEMBROKE	1:01.41	1(1)	1
6	WESTFAHL, Elsa	JOHN STARK	1:08.98	1(2)	
7	PERO, Soleil	PEMBROKE	1:14.59	2(2)	

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RESULTS**#16 Women's 300m Hurdles (cont'd)**

Pl	Name	Team	Time	H(Pl)	Pts
8	ELLSWORTH, Samantha	PEMBROKE	1:21.15	1(3)	
	ELLSWORTH, Reagan	PEMBROKE	NT	2	

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 3			
1	WING, Teagan	PEMBROKE	1:01.41
2	WESTFAHL, Elsa	JOHN STARK	1:08.98
3	ELLSWORTH, Samantha	PEMBROKE	1:21.15
Section 2 of 3			
1	THOMAS, Gwen	PEMBROKE	58.70
2	PERO, Soleil	PEMBROKE	1:14.59
	ELLSWORTH, Reagan	PEMBROKE	NT
Section 3 of 3			
1	WALL, Zoie	PEMBROKE	54.68
2	KORBET, Izabel	JOHN STARK	57.01
3	BELIVEAU, Ayris	JOHN STARK	59.26

#18 Women's 4 x 100m Relay

Pl	Team	Time	Pts
1	PEMBROKE (A)	55.43	6
2	JOHN STARK (A)	58.15	4
3	BOW (A)	58.71	2

#20 Women's 4 x 400m Relay

Pl	Team	Time	Pts
1	PEMBROKE (A)	4:55.69	6
2	BOW (A)	4:59.22	4
3	JOHN STARK (A)	5:03.61	2

#22 Women's High Jump

Pl	Name	Team	Mark	Pts
1	KORBET, Izabel	JOHN STARK	4' 2"	5
1	BLAKE, Jasmine	PEMBROKE	4' 2"	5
3	SZCZEPANIK, Mackenzie	BOW	4' 2"	3
4	FRANKLIN, Sarah	BOW	4' 0"	2
5	BERNARD, Sabrina	BOW	4' 0"	1
6	SINCLAIR, Jenna	JOHN STARK	4' 0"	
7	RAISTY, Bella	BOW	3' 8"	
	ULRICH, Claire	BOW	NH	
	MORETTE, Madelyn	JOHN STARK	NH	
	PEREZ, Saleena	MANCHESTER WNH		

#24 Women's Long Jump

Pl	Name	Team	Mark	Pts
1	BERNARD, Sabrina	BOW	13' 9" (NW)	6
2	INSLEY, Rebecca	PEMBROKE	12' 9 ¹ / ₄ (NW)	4
3	LAMOTHE, Reagan	JOHN STARK	12' 7 ³ / ₄ (NW)	3

#24 Women's Long Jump (cont'd)

Pl	Name	Team	Mark	Pts
4	BIRNBAUM, Jessica	BOW	11' 7" (NW)	2
5	PEREZ, Saleena	MANCHESTER W	11' 5 ¹ / ₄ (NW)	1
6	DENNIS, Hayleigh	JOHN STARK	11' 3 ¹ / ₂ (NW)	
7	MORETTE, Madelyn	JOHN STARK	11' 2" (NW)	
8	ULRICH, Claire	BOW	10' 8 ³ / ₄ (NW)	
9	RAISTY, Bella	BOW	10' 1 ¹ / ₂ (NW)	
	ABDULAH, Phoebe	BOW	ND (NW)	
	CHAVEZ, Yuliana	JOHN STARK	ND (NW)	

#26 Women's Triple Jump

Pl	Name	Team	Mark	Pts
1	VALLEY, Ty	PEMBROKE	27' 10 ³ / ₄ (NW)	6
2	INSLEY, Rebecca	PEMBROKE	26' 11" (NW)	4
3	LAMOTHE, Reagan	JOHN STARK	25' 9 ³ / ₄ (NW)	3
	BIRNBAUM, Jessica	BOW	FOUL (NW)	

#28 Women's Shot Put

Pl	Name	Team	Mark	Pts
1	LONGACRE, Natalie	PEMBROKE	27' 9"	6
2	SARGENT, Ali	BOW	21' 5"	4
3	CANNING, Samantha	PEMBROKE	20' 5 ¹ / ₂	3
4	ELLSWORTH, Samantha	PEMBROKE	19' 7 ¹ / ₂	2
5	WING, Teagan	PEMBROKE	19' 3"	1
6	NEFF, Grace	BOW	19' 1 ¹ / ₂	
7	LIBBY, Eve	BOW	18' 8"	
8	ELLSWORTH, Reagan	PEMBROKE	17' 6"	
9	KIANDER, Meredith	PEMBROKE	16' 5"	
10	MORROW, Mae	BOW	15' 7 ¹ / ₂	
11	MORROW, Cami	BOW	15' 2"	
12	FOX, Liana	BOW	12' 10 ¹ / ₂	

#30 Women's Discus

Pl	Name	Team	Mark	Pts
1	SARGENT, Ali	BOW	76' 2"	6
2	LONGACRE, Natalie	PEMBROKE	69' 8"	4
3	MUSSEY, Rebecca	JOHN STARK	61' 9"	3
4	LIBBY, Eve	BOW	50' 9"	2
5	CANNING, Samantha	PEMBROKE	50' 5"	1
6	CHAVEZ, Yuliana	JOHN STARK	45' 8"	
7	ELLSWORTH, Samantha	PEMBROKE	44' 8"	
8	KIANDER, Meredith	PEMBROKE	42' 11"	
9	DUCHESNE, Abigail	PEMBROKE	39' 6"	
10	NEFF, Grace	BOW	39' 1"	
11	FOX, Liana	BOW	28' 10"	

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#32 Women's Javelin

Pl	Name	Team	Mark	Pts
1	LONGACRE, Natalie	PEMBROKE	95' 3"	6
2	MUSSEY, Rebecca	JOHN STARK	83' 8"	4
3	CANNING, Samantha	PEMBROKE	83' 7"	3
4	DUCHESNE, Abigail	PEMBROKE	71' 10"	2
5	DUCHESNE, Elizabeth	PEMBROKE	64' 5"	1
6	NEFF, Grace	BOW	59' 8"	
7	SARGENT, Ali	BOW	51' 6"	
8	LIBBY, Eve	BOW	50' 5"	
9	MCALPINE, Madison	PEMBROKE	46' 0"	
10	ELLSWORTH, Reagan	PEMBROKE	38' 9"	
11	MCKEEN, Ashe	BOW	38' 4"	
12	KIANDER, Meredith	PEMBROKE	37' 5"	
	WALLACE, Mollie	PEMBROKE	ND	