

2025 NHIAA Division I Track & Field Championships
Portsmouth High School - 5/30/2025
Meet Program

Event 17 Girls 100 M Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1				
2	Gillette, Gabby	10	Bishop Guert	13.45
3	Milks, Carolyn	11	Portsmouth	13.04
4	Brayall, Nora	11	Pinkerton	12.67
5	Ortiz-Blanco, Leanny	11	Salem	12.54
6	Horan, Meara	12	Londonderry	13.04
7	Rogers, Alexys	10	Exeter	13.44
8				

Heat 2 of 3 Prelims

1				
2				
3	Pelletier, Noelle	10	Dover	13.42
4	Russell, Courtney	10	Pinkerton	12.86
5	Saysaw, Grace	11	Concord	12.12
6	O'Keefe, Ella	11	Bedford	13.17
7	Amoo, Kaylin	12	Merrimack	13.41
8				

Heat 3 of 3 Prelims

1				
2	Hartson, Ella	12	Alvirne	13.49
3	Wright, Serenah	10	Merrimack	13.30
4	Thomas, Natalee	9	Nashua South	12.84
5	Cory, Leiana	9	Portsmouth	12.48
6	George, Ava	10	Pinkerton	13.04
7	Toenah, Chelsea	11	Concord	13.34
8				

Event 29 Girls 200 M Dash

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Gillette, Gabby	10	Bishop Guert	27.91
2	Rogers, Alexys	10	Exeter	27.71
3	Silva, Bailey	10	Pinkerton	27.60
4	Swisher, Josephine	9	Merrimack	27.60
5	Perry, Violet	11	Keene	27.72
6	Perry, Diamond	11	Nashua South	27.92

Section 2 of 3 Finals

1	Ayi, Camrin	10	Nashua South	27.15
2	West, Sophie	12	Spaulding	26.85
3	Russell, Courtney	10	Pinkerton	26.58
4	Brayall, Nora	11	Pinkerton	26.65
5	Milks, Carolyn	11	Portsmouth	26.95
6	Lougee, Kaylee	12	Keene	27.50

Section 3 of 3 Finals

1	Thomas, Natalee	9	Nashua South	26.12
2	Brown, Tiana	12	Nashua North	26.02
3	Saysaw, Grace	11	Concord	24.40
4	Cory, Leiana	9	Portsmouth	25.25
5	Cenesca, Angela	11	Manchester C	26.09
6	Ortiz-Blanco, Leanny	11	Salem	26.44

Event 23 Girls 400 M Run

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Robichaud, Jolie	10	Portsmouth	66.14
2	Dumont, Isabella	11	Spaulding	65.68
3	McNulty, Camryn	10	Pinkerton	64.52
4	Houde, Rose	11	Goffstown	65.61
5	Bailey, Taylor	11	Bedford	65.87
6	Sands, Ella	10	Bedford	66.17

Section 2 of 3 Finals

1	Hebert, Paige	11	Dover	63.96
2	Ernst, Isabelle	10	Exeter	63.12
3	Amoo, Kaylin	12	Merrimack	62.77
4	Roeder, Emma	9	Exeter	62.88
5	Summers, Abrielle	9	Bedford	63.90
6	Curtin, Kelly	9	Winnacunnet	63.97

Section 3 of 3 Finals

1	Bekkering, Joy	10	Bedford	62.03
2	Poteet, Madeline	11	Exeter	60.89
3	Cenesca, Angela	11	Manchester C	58.45
4	McBride, Martelle	11	Exeter	60.30
5	Osanya, Rebecca	9	Pinkerton	61.45
6	Lynch, Kathleen	9	Dover	62.42

Event 27 Girls 800 M Run**Start in lanes - 1-turn stagger**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Boie, Caralyn	9	Winnacunnet	2:31.40
2	Marengo, Ariana	11	Nashua South	2:30.81
3	Riccio, Abby	9	Exeter	2:29.87
4	Martin, Ava	12	Alvirne	2:30.14
5	Ouellette, Maeve	10	Winnacunnet	2:31.16
6	Drew, Gemma	10	Keene	2:33.08

Section 2 of 3 Finals

1	Sinclair, Anna	11	Bishop Guert	2:28.93
2	Sherman, Drewanne	11	Londonderry	2:26.22
3	Denon, Lydia	11	Bedford	2:25.85
4	Boll, Grace	10	Bedford	2:26.09
5	Madden, Darby	12	Windham	2:27.82
6	Marzolf, Kalisan	11	Pinkerton	2:28.98

Section 3 of 3 Finals

1	Blake, Nicole	11	Pinkerton	2:23.35
2	Neveu, Rosalie	10	Nashua North	2:20.87
3	Bremer, Isabelle	10	Exeter	2:18.50
4	Paterna, Brianna	10	Exeter	2:19.30
5	Tschida, Kara	12	Goffstown	2:21.48
6	Ray, Anna	11	Bedford	2:25.42

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Event 19 Girls 1600 M Run**Waterfall start**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Paterna, Alexis	10	Exeter	4:51.35
2	White, Laura	12	Nashua North	5:04.69
3	Cross, Eli	10	Exeter	5:08.46
4	Paterna, Brianna	10	Exeter	5:09.65
5	Smith, Shelly	12	Concord	5:23.00
6	Bedard, Melanie	12	Merrimack	5:26.22
7	Pinegar, Abigail	10	Keene	5:29.32
8	Moranti, Mia	11	Bedford	5:29.88
9	McWhirter, Megan	11	Merrimack	5:30.66
10	Parisi, Sofia	9	Winnacunnet	5:32.20
11	Forsyth, Shannon	9	Bishop Guert	5:33.62
12	O'Loughlin, Shae	9	Salem	5:35.90
13	Caridade, Raissa	11	Bedford	5:42.45
14	MacDonald, Sophie	9	Goffstown	5:42.92
15	Ryan, Jenny	9	Portsmouth	5:46.11
16	Scherr, Mia	11	Portsmouth	5:47.69
17	MacEachern, Ashleigh	9	Exeter	5:48.28
18	O'Neil, Kloeigh	11	Bedford	5:49.23

Event 31 Girls 3200 M Run**Waterfall start**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Paterna, Alexis	10	Exeter	10:49.86
2	White, Laura	12	Nashua North	11:18.94
3	Cross, Eli	10	Exeter	11:19.71
4	Smith, Shelly	12	Concord	11:23.90
5	Fondakowski, Anna	12	Bishop Guert	11:30.89
6	Bedard, Gabrielle	11	Pinkerton	11:41.73
7	Burdette, Mahalie	10	Concord	11:45.45
8	Pinegar, Abigail	10	Keene	11:51.74
9	Simpson, Anna	12	Alvirne	12:00.60
10	Masson, Lyla	11	Bishop Guert	12:04.64
11	Berube, Sophia	12	Alvirne	12:11.16
12	Laufersweiler, Anna	9	Londonderry	12:11.24
13	Wichland, Addie	9	Keene	12:21.57
14	Cartagena, Olivia	9	Alvirne	12:22.80
15	Matson, Meredith	10	Bedford	12:30.00
16	Fiorenza, Lily	10	Dover	12:31.08
17	Ralabate, Madeline	10	Exeter	12:31.87
18	Yellin, Zosia	11	Merrimack	12:37.91

Event 15 Girls 100 M Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Kelley, Elizabeth	11	Manchester C	18.62
2	Bancroft, Jocelyn	12	Portsmouth	17.64
3	Grote, Lola	10	Winnacunnet	17.06
4	Kirk, Zoe	12	Dover	16.47
5	Brown, Tiana	12	Nashua North	15.56
6	Kaupp, Ruby	12	Bedford	16.87
7	Tsetsilas, Teya	9	Windham	17.39
8	LaBatt, Ava	10	Keene	17.56

Heat 2 of 3 Prelims

1	Schreiner, Isabella	10	Windham	18.31
2	Collier, Abrielle	11	Merrimack	17.93
3	Pierannunzi, Lucy	11	Keene	16.90
4	Ford, Victoria	11	Manchester M	16.37
5	Flynn, Molly	10	Portsmouth	16.03
6	Bolobanic, Jordyn	12	Dover	16.89
7	Bobar, Alexandra	10	Bedford	18.16
8	Becker, Ava	11	Manchester C	18.21

Heat 3 of 3 Prelims

1	Schmidt, Gracie	12	Dover	18.37
2	Mann, Tianna	11	Manchester C	17.86
3	Massaquoi, Bakela	11	Concord	17.34
4	Witta, Sarah	11	Nashua South	16.62
5	Thomas, Jhanelle	12	Nashua North	14.74
6	MacVicar, Sydney	11	Exeter	16.86
7	Castor, Maddox	10	Keene	17.38
8	Perkins, Brenna	9	Portsmouth	17.61

Event 25 Girls 300 M Hurdles

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Ash, Elise	11	Portsmouth	51.66
2	Norris, Karlee	9	Exeter	51.36
3	Perkins, Brenna	9	Portsmouth	50.32
4	Grote, Lola	10	Winnacunnet	50.53
5	Vitaria, Laura	10	Concord	51.59
6	MacVicar, Sydney	11	Exeter	51.68

Section 2 of 3 Finals

1	O'Malley, Norah	10	Dover	50.28
2	Wilson, Charlotte	10	Nashua North	50.05
3	Stienecker, Abigail	10	Pinkerton	49.11
4	Bolobanic, Jordyn	12	Dover	49.73
5	Baryames, Alexa	11	Portsmouth	50.27
6	Wright, Serenah	10	Merrimack	50.30

Section 3 of 3 Finals

1	Witta, Sarah	11	Nashua South	48.80
2	Brown, Tiana	12	Nashua North	47.70
3	Thomas, Jhanelle	12	Nashua North	45.60
4	Clifford, Maitri	12	Winnacunnet	47.62
5	Metcalf, Sienna	11	Portsmouth	47.95
6	Frye, Allison	11	Nashua North	48.95

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Event 21 Girls 4x100 M Relay

Lane Team	Relay	Seed Time
Section 1 of 3 Finals		
1 Windham		55.56
2 Alvirne		54.02
3 Manchester M		52.97
4 Dover		53.18
5 Manchester C		54.50
6		
Section 2 of 3 Finals		
1 Spaulding		52.81
2 Exeter		52.29
3 Londonderry		51.95
4 Merrimack		52.04
5 Keene		52.38
6 Bishop Guert		52.96
Section 3 of 3 Finals		
1 Nashua South		50.71
2 Nashua North		49.89
3 Concord		48.33
4 Portsmouth		49.62
5 Pinkerton		49.93
6 Bedford		51.42

Event 33 Girls 4x400 M Relay**3-turn stagger**

Lane Team	Relay	Seed Time
Section 1 of 3 Finals		
1 Windham		4:30.84
2 Goffstown		4:28.48
3 Keene		4:26.43
4 Manchester C		4:27.83
5 Alvirne		4:29.33
6 Spaulding		4:30.94
Section 2 of 3 Finals		
1 Merrimack		4:20.57
2 Nashua South		4:17.36
3 Dover		4:14.75
4 Winnacunnet		4:15.53
5 Bishop Guert		4:19.91
6 Londonderry		4:24.07
Section 3 of 3 Finals		
1 Pinkerton		4:08.15
2 Concord		4:04.65
3 Nashua North		4:01.02
4 Exeter		4:03.11
5 Portsmouth		4:06.62
6 Bedford		4:12.75

Event 35 Girls 4x800 M Relay

Waterfall start		
Lane Team	Relay	Seed Time
Section 1 of 1 Finals		
1 Exeter		9:23.03
2 Pinkerton		10:00.88
3 Bedford		10:04.37
4 Concord		10:08.46
5 Alvirne		10:12.60
6 Londonderry		10:13.79
7 Portsmouth		10:21.61
8 Merrimack		10:22.46
9 Goffstown		10:30.73
10 Nashua North		10:32.04
11 Windham		10:36.72
12 Nashua South		10:41.61

Event 13 Girls High Jump**Starting Height 4' 8"**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Mijal, Mya	11	Bedford	4-08.00
2	Ruehr, Greta	11	Keene	4-08.00
3	O'Donnell, Katherine	11	Bedford	4-08.00
4	Oates, Marley	12	Manchester C	4-08.00
5	Owen, Akadya	11	Keene	4-08.00
6	Courter, Jordan	11	Manchester M	4-08.00
7	Kirk, Zoe	12	Dover	4-09.00
8	Stienecker, Abigail	10	Pinkerton	4-10.00
9	White, Arianna	9	Londonderry	4-10.00
10	French, Lauren	11	Keene	4-10.00
11	Ahdi, Aaria	10	Bedford	4-10.00
12	Turner, Quinn	10	Manchester C	4-10.00
13	Pataki, Maggie	12	Portsmouth	4-10.00
14	Schreiner, Isabella	10	Windham	5-00.00
15	Jimeno, Cassandra	9	Merrimack	5-00.00
16	Lander, Emma	10	Portsmouth	5-00.00
17	Gregoire, Linsey	12	Londonderry	5-00.00
18	Goulas, Ella	12	Concord	5-04.00

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Event 1 Girls Pole Vault**Starting height 8' 0"**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Muskus, Rose	11	Keene		8-06.00
2	Takekoshi, Lela	11	Spaulding		8-06.00
3	Rushton, Catherine	11	Salem		8-06.00
4	Ruehr, Greta	11	Keene		8-06.00
5	Bobar, Alexandra	10	Bedford		8-06.00
6	Kelly, Brooke	12	Dover		8-07.00
7	Powers, Bridget	10	Bishop Guert		9-00.00
8	Cahoon, Sophia	11	Pinkerton		9-00.00
9	Millette, Emma	10	Nashua South		9-06.00
10	Paquin, Delaney	9	Pinkerton		9-06.00
11	Muller, Madeline	12	Concord		10-00.00
12	Kaupp, Ruby	12	Bedford		11-06.00
13					
14					
15					
16					
17					
18					

Event 9 Girls Long Jump**TOP 8 to the FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Amadi, Lisa	11	Alvirne		15-03.75
2	Dandeneau, Allie	11	Nashua North		15-05.50
3	Perry, Diamond	11	Nashua South		15-05.75
4	Frye, Sarah	11	Nashua North		15-06.00
5	MacVicar, Sydney	11	Exeter		15-06.00
6	Ahdi, Aaria	10	Bedford		15-09.00
7	Russell, Courtney	10	Pinkerton		15-09.00
8	Ethier, Sophia	10	Keene		15-10.75
9	Cenesca, Angela	11	Manchester C		16-00.00

Flight 2 of 2 Finals

1	Yahya, Nabah	12	Concord		16-00.25
2	Coleman, Katie	10	Pinkerton		16-00.50
3	Witta, Sarah	11	Nashua South		16-01.75
4	McNulty, Camryn	10	Pinkerton		16-02.00
5	Ahern, Claire	11	Exeter		16-03.00
6	McBride, Martelle	11	Exeter		16-06.50
7	Lynch, Kathleen	9	Dover		16-06.75
8	Conteh, Ballay	12	Concord		17-00.00
9	Goulas, Ella	12	Concord		18-03.00

Event 11 Girls Triple Jump**TOP 8 to the FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Rossetti, Alex	12	Nashua North		31-06.00
2	Rogers, Alexys	10	Exeter		31-09.00
3	Chavarin, Alejandra	12	Nashua South		31-10.00
4	Amadi, Lisa	11	Alvirne		32-00.00
5	Mullen, Grace	9	Concord		32-00.00
6	Pena, Alexandra	11	Londonderry		32-03.00
7	Ramirez, Amalie	11	Nashua South		32-03.00
8	Boudreau, Sara	11	Spaulding		32-10.25
9	Kirk, Zoe	12	Dover		33-00.00

Flight 2 of 2 Finals

1	Ethier, Sophia	10	Keene		33-01.50
2	Millette, Emma	10	Nashua South		33-01.50
3	Friend-Gray, Emeline	12	Dover		33-02.50
4	Coleman, Katie	10	Pinkerton		33-11.00
5	Flynn, Molly	10	Portsmouth		34-00.00
6	Elmera, Naima	12	Pinkerton		34-01.00
7	Frye, Sarah	11	Nashua North		34-01.00
8	Yahya, Nabah	12	Concord		34-03.50
9	Goulas, Ella	12	Concord		38-02.00

Event 3 Girls Shot Put**TOP 8 to the FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Perigny, Ayden	10	Winnacunnet		29-10.00
2	Marzolf, Skylar	9	Pinkerton		29-10.00
3	Henderson, Charlotte	12	Nashua North		29-10.00
4	Murray, Aniya	9	Nashua North		30-01.25
5	Nishimwe, Deborah	12	Concord		30-01.75
6	Wentworth, Emmie	11	Portsmouth		30-03.00
7	Hatcher, Bella	10	Alvirne		31-01.50
8	Cruz, Chloe	12	Nashua South		31-05.00
9	Haggett, Autumn	12	Pinkerton		31-08.50

Flight 2 of 2 Finals

1	Anderson, Lilly	12	Merrimack		31-09.50
2	Fabiano, Autumn	11	Exeter		32-11.50
3	Trask, Jameson	12	Pinkerton		33-00.00
4	Beem, Lucille	11	Exeter		33-00.50
5	Gautieri, Nora	12	Nashua South		33-09.50
6	Kemp, Carolyn	11	Bedford		34-04.00
7	Johnson, Brynn	11	Windham		34-08.00
8	Trask, Avery	9	Pinkerton		36-07.00
9	Borico, Consuelo	10	Concord		37-04.00

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Event 5 Girls Discus Throw**TOP 8 to the FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Lefebvre, Josie	9	Manchester C	90-04.50
2	Ortiz Cuevas, Vanessa	11	Nashua South	91-08
3	Wambu, Nkechi	12	Londonderry	93-05
4	Anderson, Lilly	12	Merrimack	95-01
5	Wentworth, Emmie	11	Portsmouth	95-01
6	Morin, Taylor	10	Manchester C	95-11
7	Yazbek, Autumn	11	Londonderry	96-06
8	Gutowski, Samantha	10	Exeter	97-02
9	Murray, Aniya	9	Nashua North	97-10

Flight 2 of 2 Finals

1	Gautieri, Nora	12	Nashua South	98-06
2	Terrenzio, Juliana	12	Pinkerton	99-00
3	Johnson, Brynn	11	Windham	100-01
4	Beem, Lucille	11	Exeter	101-11
5	Fabiano, Autumn	11	Exeter	103-01
6	Brown, Sarah	10	Keene	107-03
7	Kemp, Carolyn	11	Bedford	109-01
8	Cruz, Chloe	12	Nashua South	113-11
9	Trask, Jameson	12	Pinkerton	116-07

Event 7 Girls Javelin Throw**TOP 8 to the FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Da Silva, Samantha	11	Alvirne	87-02
2	Tardif, Ava	9	Alvirne	87-07
3	Henderson, Charlotte	12	Nashua North	88-10
4	Annis, Gwendelynn	10	Goffstown	89-11
5	O'Connor, Ava	10	Pinkerton	90-07
6	Beland, Roe	11	Portsmouth	90-11
7	Ash, Elise	11	Portsmouth	93-11
8	Lefebvre, Josie	9	Manchester C	94-06
9	Brown, Sarah	10	Keene	98-06

Flight 2 of 2 Finals

1	O'Malley, Norah	10	Dover	99-07
2	Kemp, Carolyn	11	Bedford	100-00
3	Gautieri, Nora	12	Nashua South	101-00
4	Root, Makayla	12	Concord	104-05
5	Pataki, Maggie	12	Portsmouth	107-06
6	Kelly, Brooke	12	Dover	109-00
7	Knapp, Makenna	12	Keene	113-11
8	Wright, Kelly	12	Windham	114-09
9	Rzasa, Sarah	11	Pinkerton	115-09