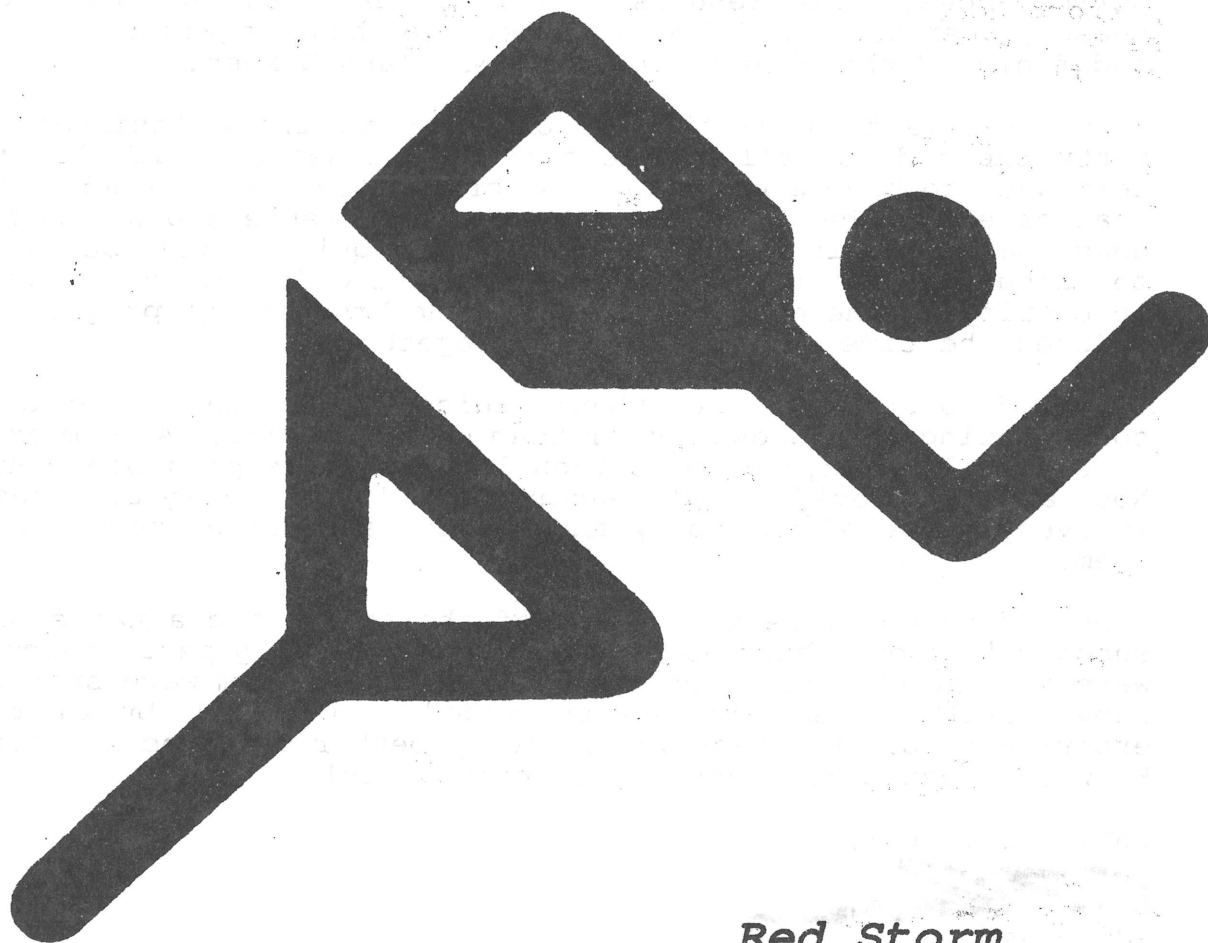


**Pinkerton Academy
Girls'
Indoor Track 1994**



**Red Storm
Rising!**

A letter from the coach.

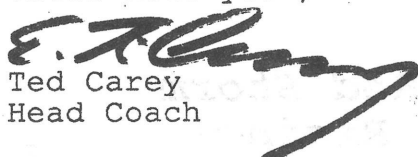
We were not the fastest team in the state, or even the second fastest, but, we can still look back with pride on our season together. As a team, we never stopped trying to improve our performances. The results showed in the last two meets of the season, when we posted dozens of personal bests against Timberlane, and finished third in the Central NH Class L Meet.

I would like to take this opportunity to thank Assistant Coach Betty Shepard for all her help this past season. If this year's team seem to have a new direction or a different attitude, much of that came from her. She carries the experience and attitude of a head coach. It is in her nature to work quietly and not be in the foreground, so it can be easy to miss her efforts. But I am happy to testify to the effort and energy she brought the program, and I enjoyed the time we spent working together.

I would also like to thank this year's senior class for contributing the finest set of team captains ever. A team as large as ours will always need as much leadership as possible. Hannah, Abby and Jen provided that leadership and more. They are champions in every sense of the word, and we were a stronger team thanks to them.

Those of us who made it the end of the season had a taste of what success is about: hard work followed by improving performances. We were just at the point where all parts of our team were starting to show results when the season ended. We will build on the experiences of this past year, and be better prepared for next. I know our best performances are ahead of us!

Until next year,


Ted Carey
Head Coach

1993-94 Pinkerton Academy Indoor Track Final Roster

Class of 1994

Amanda Blauvelt
Jen DeGroot, Captain
Tina Grimanis
Leah Katsekas
Amy LeSage
Ana Mayorca
Abby Phelps, Captain
Hannah Plaza, Captain

Class of 1995

Jess Bartley
Amy Belanger
Joan Bienvenue
Jess Carter
Kate Christian
Deb Christenson
Elisabeth Cook
Gilda Gaeta
Claire Grandy
Sandra Lukosius
Bethany Marcello
Melissa Martin
Kris Moreau
Kari Paro
Lisa Pellitier
Jess Potter
Jen Poulin
Heather Robitaille
Jen Rogers
Meghan Sarbanis
Janna Sicard
Khara Sweeney
Jen Wilucz

Head Coach Ted Carey

Assistant Coach Betty Shepard

Volunteer Assistants

Mike Gooden Beth Latham
Amy DeGroot Tim Sweeney

Class of 1996

Shelley Arsenault
Abby Bent
Kate Bradley
Melissa Busa
Kim Bush
Jen Dole
Danielle Fillis
Marissa Gallien
Jen Henault
Amy Joyce
Kate Keefe
Liz-Marie Manzano
Dana Tripp
Jess Vanderputten
Courtney Wilson
Kelley Ann Wisnieski
Kristen Yasenka

Class of 1997

Marcie Bilodeau
Lisa Cade
Lisa Colby
Rachel Dow
Stephanie Dubios
Anna Eldred
Emma Eldred
Stacie Fillis
Angela Finney
Suzanne Gale
Leslie Gill
Sarah Grandy
Michelle Grenier
Carrie Lopes, manager
Jess Marcoux
Jenn Matses
Jess Mueller
Jen Poitras
Erin Rehse
Stephanie Schlott
Beth Wasilak

Season Summary

Season Record: 19-12
State Meet: 10th place finish

State Qualifiers:

Jen DeGroot	55M	300M	4x160M
Rachel Dow	3000M		
Claire Grandy	4x160M		
Sarah Grandy	4x400M		
Tina Grimanis	4x400M		
Leah Katsekas	4x160M		
Amy LeSage	Shot Put		
Hannah Plaza	4x160		
Abby Phelps	3000M	1500M	1000M
Erin Rehse	300M	4x400M	
Heather Robitaille	4x160M		
Meghan Sarbanis	1000M	1500M	4x400M
Dana Tripp	4x400M		

League All Stars: Abby Phelps 1500M 3000M

All State Honors:

Jen DeGroot	300M
Abby Phelps	3000M
Erin Rehse	300M
4x400M Relay Team	

Varsity Points: Season Summary

Jen DeGroot	40	Khara Sweeney	4
Abby Phelps	39	Heather Robitaille	3
Meghan Sarbanis	26	Shelley Arsenault	3
Rachel Dow	22	Sandra Lukosius	3
Erin Rehse	19	Kate Keefe	3
Amy LeSage	14	Jen Rogers	3
Dana Tripp	11	Danielle Fillis	2
Kris Moreau	10	Jess Bartley	1
Melissa Martin	10	Emma Eldred	1
Suzanne Gale	8	Deb Christenson	1
Leah Katsekas	8	Stephanie Schlott	1
Hannah Plaza	7	Amanda Blauvelt	1
Corey Mullin	7		
Sarah Grandy	6		
Tina Grimanis	6		
Kate Bradley	6		

Our Best Performances!

Event by Event Summary of our Season's Best.

55M Dash

Jen DeGroot	7.6
Hannah Plaza	7.7
Heather Robitaille	7.8
Claire Grandy	8.0
Marci Bilodeau	8.1
Leah Katsekas	8.2
Deb Christenson	8.2
Kim Bush	8.3
Stephanie Dubios	8.4
Kate Keefe	8.4
Anna Eldred	8.5
Melissa Martin	8.5
Jess Marcoux	8.5
Jen Matseas	8.6
Jen Poitras	8.6
Kate Bradley	8.6
Angela Finney	8.7
Lisa Cade	8.8
Lisa Colby	9.0
Tricia Costa	9.2

300M

Jen DeGroot	44.8
Erin Rehse	45.0
Leah Katsekas	48.4
Sarah Grandy	48.5
Deb Christenson	49.1
Jen Poulin	49.6
Jen Rogers	49.6
Marci Bilodeau	50.6
Angela Finney	51.2
Anna Eldred	51.5
Stephanie Dubios	51.9
Lisa Cade	52.2
Jen Poitras	52.7
Kate Bradley	52.7
Lisa Colby	53.5
Michelle Grenier	53.6
Leslie Gill	54.2
Jen Matseas	54.4
Kim Bush	54.5
Melissa Busa	54.6
Stacie Fillis	55.3
Jess Vanderputten	55.9
Kate Christian	56.4
Jess Potter	57.0
Jen Wilucz	57.2
Kate Christian	57.4
Jess Mueller	57.5
Nicole St Armand	57.9
Liz-Marie Manzano	58.8
Elisabeth Cook	59.7
Beth Wasilak	59.8
Ana Mayorca	60.5
Elisabeth Cook	61.2
Janna Sicard	67.0

1000M Run

Meghan Sarbanis	3:15.7
Abby Phelps	3:18.0
Sandra Lukosius	3:41.3
Jen Rogers	3:42.6
Stephanie Schlott	3:47.1
Shelley Arsenault	3:50.9
Bethany Marcello	3:51.3
Kelley Ann Wisnieski	3:52.3
Marissa Gallien	3:53.0
Gilda Gaeta	3:54.2
Jen Henault	4:01.5

1500M Run

Abby Phelps	5:07.6
Meghan Sarbanis	5:22.0
Rachel Dow	5:34.3
Suzanne Gale	5:38.9
Danielle Fillis	5:45.0
Joan Bienvenue	5:46.6
Stephanie Schlott	5:51.5
Shelley Arsenault	6:04.8
Kristen Yasenka	6:20.9
Abby Bent	6:26.3

3000m

Abby Phelps	11:06.6
Rachel Dow	11:32.0
Suzanne Gale	12:20.0
Joan Bienvenue	12:26.0
Danielle Fillis	12:37.0
Abby Bent	14:40.0

Long Jump

Jen Poitras	10' 10 3/4"
Kari Paro	12' 4"
Jess Marcoux	12' 8"
Melissa Martin	12' 9 1/2"
Deb Christenson	12' 11"
Jen Dole	13' 0"
Meghan Sarbanis	14' 6 3/4"
Leah Katsekas	14' 7 1/2"
Kris Moreau	14' 10 1/2"

High Jump

Michelle Grenier	3' 8"
Khara Sweeney	3' 8"
Jess Mueller	4' 0"
Kari Paro	4' 0"
Jen Dole	4' 2"
Erin Rehse	4' 2"
Kristen Moreau	4' 4"
Melissa Martin	4' 4"
Corey Mullin	4' 4"
Kate Bradley	4' 6"

Shot Put

Leah Katsekas	20' 3/4"
Jess Bartley	25' 9 1/2"
Amanda Blauvelt	26' 7"
Tina Grimanis	27' 3 1/2 "
Amy Lesage	30' 1 1/2 "

55M Hurdles

Katie Keefe	10.2
Melissa Martin	10.2
Jen Dole	10.5
Khara Sweeney	10.6
Lisa Pellitier	11.4
Kari Paro	11.5
Nicole St. Amand	11.5
Michelle Grenier	12.0

600M Dash

Dana Tripp	1:50.3
Sarah Grandy	1:52.7
Emma Eldred	1:54.0
Jen Rogers	1:55.4
Tina Grimanis	1:56.2
Jess Carter	1:59.8
Jen Wilucz	2:04.7
Melissa Busa	2:10.4
Shelley Arsenault	2:12.3
Amy Joyce	2:14.4
Courtney Wilson	2:15.5
Jess Vanderputten	2:17.0
Liz-Marie Manzano	2:18.5
Stacie Fillis	2:21.0
Kate Christian	2:22.1
Elisabeth Cook	2:27.0
Janna Sicard	2:37.9

RED & WHITE MEET

NH INDOOR TRACK LEAGUE RESULTS

MEET HELD AT PINKERTON ACADEMY

Date: 12 / 15 / 93

Pinkerton Academy Boys / Girls VS. _____

✓ 3000 METER [1st running event]

1.	Rachel Dow (R)	11:59
2.	Suzanne Galt (W)	12:45
3.	Ashley Ken (W)	14:14
4.		

4X1 LAP RELAY [8th event]

1.	Red	1:29
2.	White	1:27
3.		
4.		

✓ 55 METER HIGH HURDLES [2nd event]

1.	Jen Dole (R)	10.8
2.	Khara Sweeney (W)	10.9
3.	Melissa Martin (R)	10.9
4.		

4X400 METER RELAY [9th event]

1.	Red	4:48
2.	White	4:57
3.		
4.		

✓ 55 METER DASH [3rd event]

1.	Jen Degroot (R)	8.0
2.	Heather Robitaille (R)	8.0
3.	Hannah Plaza (W)	8.1
4.		

✓ SHOT PUT [Field event Girls/Boys]

1.	* Amy Heslop (W)	28'2"
2.	Tina O'Rourke (R)	26'3"
3.	Brian K... (W)	23'4 1/4"
4.		

✓ 1000 METER [4th event]

1.	Meghan Sarban (W)	3:28.9
2.	Stacy Lukosius (W)	3:50.1
3.	Stephanie Schlar (R)	3:52.7
4.		

LONG JUMP [Field event Boys/Girls]

1.	...	14'1"
2.	K... Moreau (R)	14'1"
3.	Dea...	13'7"
4.	Leah K... (W)	13'7"

✓ 600 METER [5th event]

1.	Dana Tripp (R)	1:56.1
2.	Emma Fuller (W)	1:56.5
3.	Tina G... (R)	1:58.9
4.		

✓ HIGH JUMP [Field event Girls/Boys]

1.	Kate Bradley (W)	4'6"
2.	K... Moreau (R)	4'4"
3.	Jen Dole (R)	4'2"
4.		

✓ 300 METER [6th event]

1.	Jen Degroot (R)	48.5
2.	Erin Pense (R)	48.6
3.	Leah K... (W)	50.3
4.		

TEAM RESULTS

1.	Red	60
2.	White	10
3.		

1500 METER [7th event]

1.	Amy Phelps (R)	5:21.9
2.	Darbie Ellis (W)	6:05.7
3.	Jana Bienvenue (R)	6:11.2
4.		

6:54 PM - Weight events begin (Girls Shot & High Jump, and Boys' Long Jump first, and then reversed)

7:00 PM - Running events start. Girls to run 1st in all running events.

N.H. INDOOR TRACK LEAGUE RESULTS

Meet BG, Lond, PA, MV, Mem, Kear, South, BB, West

Date 12/18/93

3000 METERS

1.	Kimball, Helena	Lond	10:50.1
2.	Phelps, Abby	PA	11:04.1
3.	Wamboldt, Aimee	Lond	11:55.4
4.	Dow, Rachel	PA	12:06.0
5.	Baines, Christina	Mem	12:07.0
6.	Gale, Suzanne	PA	12:20.4

55 METER HIGH HURDLES

1.	Cummings, Susan	MV	9.4
2.	Skinner, Lisa	Lond	9.5
3.	O'Donnell, Lisa	Lond	9.5
4.	Bressler, Jaime	Mem	9.8
5.	Michaud, Kristie	Lond	9.9
6.	Snarski, Jaime	Mem	9.9

55 METER DASH

1.	Rice, Jen	West	7.6
2.	Sheehan, Meghan	West	7.6
3.	DeGroot, Jen	PA	7.6
4.	Plaza, Hannah	PA	8.1
5.	Robitaille, Heather	PA	8.2
6.	Chevalier, Alexa	Lond	8.3

1500 METERS

1.	Stahl, Erin	Lond	5:24.1
2.	Cole, Liz	Lond	5:25.0
3.	Feibel, Kelly	Lond	5:26.6
4.	Flemming, Bridget	BG	5:32.4
5.	Tuson, Jean	West	5:32.9
6.	Baines, Christina	Mem	5:39.8

1000 METERS

1.	Feibel, Kelly	Lond	3:18.2
2.	Sarbanis, Megan	PA	3:21.3
3.	Tuson, Jean	West	3:24.9
4.	Arsenault, Shelley	PA	3:44.2
5.	Guerra, Krista	Lond	3:44.6
6.	Lukosius, Sandra	PA	3:45.1

600 METERS

1.	Peer, Beth	Lond	1:53.9
2.	Anderson, Kim	Lond	1:54.3
3.	Gregory, Shannon	West	1:54.4
4.	Tripp, Dana	PA	1:56.3
5.	Sylvan, Ann	Mem	1:56.6
6.	Paradis, Danielle	Lond	1:56.9

4 X 160m RELAY

1.			
2.			
3.			
4.			
5.			
6.			

300 METERS

1.	Sheehan, Meghan	West	45.5
2.	Pariseau, Lynn	Mem	47.0
3.	Chevalier, Alexa	Lond	47.2
4.	DeGroot, Jen	PA	47.5
5.	Cummings, Susan	MV	47.6
6.	Behse, Erv	PA	47.9

4 X 400m RELAY

1.			
2.			
3.			
4.			
5.			
6.			

SHOT PUT

1.	Head, Nicole	Mem	31'1"
2.	Paradis, April	Lond	29'7"
3.	Lesage, Amy	PA	29'1/2"
4.	Bagnata, Merrill	BG	28'1"
5.	Chamberlain, Meghan	South	27'2"
6.	Waldvogel, Jackie	BB	27'0"

LONG JUMP

1.	Rice, Jen	West	15'9 1/2"
2.	Michaud, Kristie	Lond	14'9 1/4"
3.	Bressler, Jaime	Mem	14'9"
4.	Beland, Jen	West	14'8"
5.	Skinner, Lisa	Lond	14'6 1/2"
6.	O'Donnell, Lisa	Lond	14'3 3/4"

HIGH JUMP

1.	Rice, Jen	West	5'2"
2.	Miller, Amanda	Lond	5'0"
3.	Gray, Lisa	MV	5'0"
4.	Sheehan, Meghan	West	4'8"
5.	Beland, Jen	West	4'8"
6.	Snarski, Jaime	Mem	4'8"

TEAM RESULTS

POINTS

1.	Londonderry	79
2.	West	47
3.	Pinkerton	38
4.	Memorial	25
5.	Merrimack Valley	12
6.	Bishop Guertin	6
7.	Souhegan	2
8.	Bishop Brady	1
9.		
10.		

Meet Exeter, OR, Pink, Sal, Spauld, Timb, West, Kear, BB, Frank Date Dec. 29, 1993

3000 METERS

1.	Wood, Danyelle	Sp	10:26.3
2.	Dow, Rachel	PA	11:43.0
3.	Tuson, Jen	West	11:51.0
4.	Gale, Suzanne	PA	12:20.0
5.	Beaudoin, Sara	Sp	12:40.1
6.	Faucon, Amy	West	12:52.8

55 METER HIGH HURDLES

1.	Kraics, Kerri	Sal	9.6
2.	Kearney, Casey	Timb	9.7
3.	Warnock, Meghan	Exet	9.7
4.	Sweeney, Khara	PA	11.1
5.	Lavoie, Julie	Sal	14.1
6.	Hughes, Katie	Exet.	14.1

55 METER DASH

1.	Esposito, Jackie	Timb	7.4
2.	Rice, Jen	West	7.5
3.	Giaguina, Amy	Timb	7.6
4.	Allen, Jillian	Sp	7.8
5.	Sheehan, Meaghan	West	7.9
6.	Naskell, Chalayne	Ex	7.9

1500 METERS

1.	Wood, Danyelle	Sp	4:57.1
2.	Phelps, Abby	PA	5:07.6
3.	Kraft, Beth	OR	5:11.4
4.	Boddy, Colleen	Ex	5:18.2
5.	Levesque, Sandra	Sal	5:28.6
6.	Tuson, Jean	West	5:40.6

1000 METERS

1.	Buddy, Colleen	Ex	3:17.2
2.	Sarbanis, Megan	PA	3:20.4
3.	Budwell, Sarah	Ex	3:31.4
4.	Nazzaro, Lucia	OR	3:39.2
5.	Gagne, Laura	Sal	3:39.5
6.	Cole, J	West	3:41.4

600 METERS

1.	Gregory, Shannon	West	1:51.0
2.	Britton, Jessie	Ex	1:51.6
3.	Naskell, Chalayne	Ex	1:52.6
4.	Nazzaro, Mary Beth	OR	1:53.5
5.	Waszeciak, Kerry	West	1:53.5
6.	Lavoie, Dawn	Sp	1:54.3

4 X 160m RELAY

1.	Timberlane	1:30.3
2.	West	1:33.0
3.	Pinkerton	1:33.9
4.	Exeter	1:37.7
5.	Salem	1:38.1
6.	Oyster River	1:45.1

300 METERS

1.	Rehse, Erin	PA	45.5
2.	Sheehan, Meaghan	West	45.8
3.	Tan, Jamie	Timb	46.0
4.	DeGroot, Jen	PA	46.2
5.	Allen, Jillian	Sp	47.2
6.	Gregory, Shannon	West	48.1

4 X 400m RELAY

1.	Exeter	4:38.6
2.	Pinkerton	4:40.6
3.	Oyster River	4:55.0
4.	West	4:57.6
5.	Salem	4:59.9
6.		

SHOT PUT

1.	Hammond, Krissy	Timb	33'2"
2.	Tarbell, Laura	Sal	28'3"
3.	Wiesman, Heather	Exet	27'2"
4.	Grimanis, Tina	PA	27'35"
5.	Le Sage, Amy	PA	26'11"
6.	Carey, Kristen	Exet	23'1"

* Smith, Amy LONG JUMP

1.	Rice, Jen	West	15'10"
2.	Esposito, Jackie	Timb	14'10"
3.	Britton, Jess	Ex	14'9 ³ / ₄ "
4.	Boland, Jen	West	14'7 ¹ / ₂ "
5.	Katsekas, Leah	PA	13'10 ³ / ₄ "
6.	O'Brien, Julie	Sal	13'5 ³ / ₄ "

HIGH JUMP

1.	Rice, Jen	West	5'6"
2.	Hughes, Katie	Ex	4'10"
3.	Sheehan, Meaghan	West	4'8"
4.	Britton, Jess	Ex	4'8"
5.	Boland, Jen	West	4'8"
6.	Warnock, Meg	Ex	4'8"

TEAM RESULTS

POINTS

1.	West	57
2.	Exeter	55
3.	Pinkerton	46
4.	Timberlane	36
5.	Salem	22
6.	Spaulding	20
7.	Oyster River	15
8.		
9.		
10.		

5-3-1

NH INDOOR TRACK LEAGUE RESULTS

MEET HELD AT PINKERTON ACADEMY

Date: 1/12/94

Pinkerton Academy Boys / Girls VS. SALEM

3000 METER [1st running event]

- 1. SAUNDRA LEVESQUE (S) 11:58.7
- 2. LISA ERFU (S) -?-
- 3. SUZANNE GALT (P) 12:32.8
- 4.

4X1 LAP RELAY [8th event]

- 1. SALEM 1:29.0
- 2.
- 3.
- 4.

55 METER HIGH HURDLES [2nd event]

- 1. KERR KRIGGS (S) 9.4
- 2. ELLEN OUELLETTE (S) 9.6
- 3. HEATHER VIR (S) 9.7
- 4.

4X400 METER RELAY [9th event]

- 1. PINKERTON 4:44.5
- 2. SALEM 4:56.9
- 3.
- 4.

55 METER DASH [3rd event]

- 1. JEN DEGROOT (P) 7.8
- 2. MICHELLE NESBITT (S) 7.9
- 3. HANNAH PEARSON (P) 8.0
- 4.

SHOT PUT [Field event Girls/Boys]

- 1. LAURA THORPE (S) 31'10"
- 2. TINA GRIMMIS (P) 25'7"
- 3. JES. BARNUM (P) 24'4"
- 4.

1000 METER [4th event]

- 1. ABBY PHELPS (P) 3:23.0
- 2. NICOLE COMEAU (S) 3:40.9
- 3. SAUNDRA LUCAS (P) 3:45.5
- 4.

LONG JUMP [Field event Boys/Girls]

- 1. KRIS MORFAN (P) 19'2 1/4"
- 2. LEAH KASSIAC (P) 13'7 1/2"
- 3. JULIE O'BRIEN (S) 13'4 3/4"
- 4.

600 METER [5th event]

- 1. SAUNDRA LEVESQUE (S) 1:55.3
- 2. SARAH GRADY (P) 1:56.9
- 3. DANA TRIPP (P) 1:56.1
- 4.

HIGH JUMP [Field event Girls/Boys]

- 1. COREY MULLINS (P) 4'4"
- 2. MICHELLE NESBITT (P) 4'2"
- 3. KYLE BARNUM (P) 4'2"
- 4.

300 METER [6th event]

- 1. ERIN REHSE (P) 47.1
- 2. ELLEN OUELLETTE (S) 48.1
- 3. MICHELLE NESBITT (S) 48.4
- 4.

TEAM RESULTS

- 1. PINKERTON 57
- 2. SALEM 43
- 3.

1500 METER [7th event]

- 1. MEGAN SARGANS (P) 5:21.6
- 2. RACHEL DOWD (P) 5:34.3
- 3. PAMILLE FILLON (P) 5:47.0
- 4.

10-4

6:54 PM - Weight events begin (Girls Shot & High Jump, and Boys' Long Jump first, and then reversed)

7:00 PM - Running events start. Girls to run 1st in all running events.

GIRLS' TRACK

Meet Cent, Nash, OR, Timb, Mon, Ports, Mem, Kear, Pink, Conv

Date January 15, 1994

3000 METERS

1.	Hodson, Emily	Cent	10:52.6
2.	Kraft, Beth	OR	11:12.1
3.	Wallace, Kasie	Cent	11:17.8
4.	Marquis, Michelle	Nash	11:26.0
5.	Kohler, Carrie	Cent	11:31.5
6.	Dow, Rachel	Pink	11:43.6

55 METER HIGH HURDLES

1.	Gesel, Therese	Cent	8.8
2.	Flanders, Jen	Mon	8.9
3.	Blanchard, Liz	Cent	9.0
4.	Sharky, Kim	Timb	9.3
5.	Snarski, Jaime	Mem	9.5
6.	Tranfaglia, Alexis	Nash	9.6

55 METER DASH

1.	Pratt, Liz	Nash	7.3
2.	Gioquinta, Amy	Timb	7.3
3.	Jan, Jaime	Timb	7.7
4.	Saunders, Kristen	Cent	7.8
5.			
6.			

1500 METERS

1.	Gayman, Megan	Cent	5:12.4
2.	Baril, Jodie	Cent	5:12.9
3.	Wallace, Kasie	Cent	5:14.8
4.	Phelps, Abby	Pink	5:15.0
5.	Sipka, Tracy	Nash	5:15.5
6.	Cote, Lisa	Cent	5:21.1

1000 METERS

1.	Hodson, Emily	Cent	3:11.0
2.	Sipka, Tracy	Nash	3:11.3
3.	Dunn, Meaghan	Cent	3:11.5
4.	Taylor, Sarah	Nash	3:13.1
5.	Baril, Jodie	Cent	3:16.4
6.	Phelps, Abby	Pink	3:18.0

600 METERS

1.	Morin, Melanie	Mon	1:43.8
2.	Gayman, Megan	Cent	1:44.1
3.	Gesel, Therese	Cent	1:44.3
4.	Flanders, Jen	Mon	1:44.6
5.	Dulac, Vicki	Cent	1:45.9
6.	Conroy, Jaime	Nash	1:46.9

4 X 160m RELAY

1.	Timberlane	1:27.6
2.	Nashua	1:28.2
3.	Central	1:29.4
4.	Memorial	1:32.6
5.	Pinkerton	1:32.9
6.	Portsmouth	1:34.3

300 METERS

1.	Pratt, Liz	Nash	44.2
2.	Dunn, Meaghan	Cent	44.9
3.	Saunders, Kristen	Cent	45.4
4.	Deeroot, Jen	Pink	45.7
5.	Taylor, Sarah	Nash	45.7
6.	Blanchard, Liz	Cent	45.9

4 X 400m RELAY

1.	Central	4:26.4
2.	Nashua	4:30.0
3.	Pinkerton	4:34.9
4.	Monadnock	4:36.8
5.	Oyster River	4:40.8
6.	Portsmouth	4:49.9

SHOT PUT

1.	Hammond, Kassy	Timb	35'2 3/4"
2.	Gosselin, Danielle	Nash	31'10 1/2"
3.	Gesel, Therese	Cent	31'4 1/2"
4.	Harbinder, Helen	Mem	29'10"
5.	Head, Nicole	Mem	29'6 1/2"
6.	Tranfaglia, Alexis	Nash	27'3 1/2"

LONG JUMP

1.	Larochelle, Kathy	Cent	15'5 1/4"
2.	Pariseau, Lynn	Mem	15'2 3/4"
3.	Tranfaglia, Alexis	Nash	15'1 1/2"
4.	Esposito, Jackie	Timb	15'0"
5.	Pratt, Liz	Nash	14'10"
6.	Kohler, Karyn	Cent	14'3 1/2"

HIGH JUMP

1.	Gesel, Therese	Cent	5'0"
2.	Snarski, Jaime	Mem	4'10"
3.	Gallas, Tina	Cent	4'10"
4.	Tranfaglia, Alexis	Nash	4'8"
5.	Blanchard, Liz	Cent	4'8"
6.	Dailing, Ruth Anne	Cent	4'6"

TEAM RESULTS

POINTS

1.	Central	108
2.	Nashua	54
3.	Timberlane	27
4.	Memorial	20
5.	Monadnock	17
6.	Pinkerton	14
7.	Oyster River	7
8.	Portsmouth	2
9.		
10.		

Meet Central Class L Meet GIRLS Date 1/21/94

3000 METERS		
1. Abby Phelps	PINK	11:06.6
2. Sarah Taylor	NHS	11:18.8
3. Erin Stahl	LOND	11:25.7
4. Aimee Wamboldt	LOND	11:37.3
5. Rachel Dow	PINK	11:38.6
6. Lisa Eden	SALEM	12:23.6

55 METER HIGH HURDLES		
1. Primeau, Deb	Merr	8.8
2. Kraics, Kerry	Sal	9.3
3. Ouellette, Ellen	Sal	9.4
4. Tranfaglia, Alexis	Nash	9.4
5. Skinner, Lisa	Lond	9.4
6. Lombardi, Shane	Con	9.7

55 METER DASH		
1. Pratt, Liz	Nash	7.4
2. Williams, Val	Merr	7.5
3. DeGroot, Jen	Pink	7.8
4. Davis, Dawn	Nash	7.8
5. King, Kim	Nash	7.8
6. Nesbitt, Michelle	Sal	7.9

1500 METERS		
1. Evans, Cindy	Lond	5:10.3
2. Phelps, Abby	Pink	5:15.6
3. Cate, Liz	Lond	5:18.6
4. Fleming, Bridget	BG	5:24.5
5. Stahl, Erin	Lond	5:27.9
6. Ellis, Pam	Alv	5:38.1

1000 METERS		
1. Feibel, Kelly	Lond	3:14.1
2. Conrow, Jaime	Nash	3:18.4
3. Chow, Denise	Nash	3:19.7
4. Sarbanis, Megan	Pink	3:20.2
5. Mendzela, Maryann	Lond	3:23.7
6. Comeau, Nicole	Sal	3:26.3

600 METERS		
1. Sipka, Tracy	Nash	1:44.1
2. Feibel, Kelly	Lond	1:48.5
3. Anderson, Kim	Lond	1:49.2
4. Levesque, Sandra	Sal	1:49.3
5. Tripp, Dana	Pink	1:50.3
6. Taylor, Sarah	Nash	1:50.5

4 X 160m RELAY		
1. Nashua		1:29.5
2. Salem		1:30.7
3. Merrimack		1:32.1
4. Concord		1:32.3
5. Pinkerton		1:32.4
6. Londonderry		1:33.2

300 METERS		
1. Pratt, Liz	Nash	44.9
2. Williams, Val	Merr	45.3
3. Capland, Nicole	Lond	45.4
4. Rehse, Erin	Pink	45.6
5. DeGroot, Jen	Pink	46.0
6. Sipka, Tracy	Nash	46.1

4 X 400m RELAY		
1. Londonderry		4:28.6
2. Nashua		4:29.3
3. Pinkerton		4:33.4
4. Merrimack		4:45.3
5. Salem		4:55.9
6. Alvirne		5:03.1

SHOT PUT		
1. Lombardi, Shane	Con	30'9 ³ / ₄ "
2. LeSage, Amy	Pink	30'1 ¹ / ₂ "
3. Paradis, April	Lond	29'9"
4. Gosselin, Danielle	Nash	28'10"
5. Tarbell, Laura	Sal	27'7"
6. Colders, Niamh	Lond	27'6 ¹ / ₂ "

LONG JUMP		
1. O'Donnell, Lisa	Lond	15'6 ¹ / ₂ "
2. Primeau, Deb	Merr	15'6"
3. Jamrog, Viola	Merr	14'8 ¹ / ₄ "
4. Skinner, Lisa	Lond	14'7 ¹ / ₄ "
5. Tranfaglia, Alexis	Nash	14'6"
6. Fenton, Dawn	Merr	14'4 ¹ / ₂ "

HIGH JUMP		
1. Miller, Mandy	Lond	5'0"
2. Manger, Holly	Con	4'10"
3. Carter, Stephanie	Con	4'10"
4. Hill, Laura	Lond	4'8"
5. Tranfaglia, Alexis	Nash	4'8"
6. Sousa, Heidi	Alv	4'8"

TEAM RESULTS	POINTS
1. Londonderry	71
2. Nashua	60
3. Pinkerton	38
4. Merrimack	33
5. Salem	24
6. Concord	19
7. Alvirne	4
8. Bishop Guertin	3
9.	
10.	

NH INDOOR TRACK LEAGUE RESULTS
MEET HELD AT PINKERTON ACADEMY

Date: 1/26/94

Pinkerton Academy ~~Boys~~ / Girls VS. TIMBERLAKE

- 3000 METER [1st running event]
1. RACHEL DOW (P) 11:58.3
 2. SUZANNE GAGE (P) 12:31.0
 3. DANIELLE HILLS (P) 12:37.0
 4. _____

- 4X1 LAP RELAY [8th event]
1. PINKERTON DG
 2. _____
 3. _____
 4. _____

- 55 METER HIGH HURDLES [2nd event]
1. MELISSA MARTIN (P) 10.2
 2. KATE KEEFE (P) 10.4
 3. KHARA SWEENEY (P) 11.0
 4. _____

- 4X400 METER RELAY [9th event]
1. PINKERTON 4:39.3
 2. _____
 3. _____
 4. _____

- 55 METER DASH [3rd event]
1. JEN DEGROOT (P) 7.6
 2. HANNAH PLAZA (P) 7.7
 3. HEATHER RORTIACCE (P) 7.8
 4. _____

- SHOT PUT [Field event Girls/Boys]
1. KRISSE HAMMOND (T) 33'0"
 2. AMY LESAGE (P) 30'1³/₄"
 3. AMARA BLAVEL (P) 26'7"
 4. _____

- 1000 METER [4th event]
1. ABRIL PHELPS (P) 3:25.4
 2. JEN ROBERTS (P) 3:42.6
 3. SAURA LUKOSIS (P) 3:51.4
 4. _____

- LONG JUMP [Field event Boys/Girls]
1. KRIS MOREAU (P) 14'10¹/₂"
 2. LEAH KATIEKAS (P) 14'7¹/₂"
 3. MEGHAN SARRANIS (P) 14'6³/₄"
 4. _____

- 600 METER [5th event]
1. DANA TRIPP (P) 1:52.4
 2. SARAH GRANDY (P) 1:52.7
 3. EMMA ECORIO (P) 1:55.9
 4. _____

- HIGH JUMP [Field event Girls/Boys]
1. KATE BRADLEY (P) 4'4"
 2. COREY MULLIN (P) 4'2"
 3. MELISSA MARTIN (P) 4'2"
 4. _____

- 300 METER [6th event]
1. JEN DEGROOT (P) 45.8
 2. ERW RENSE (P) 45.8
 3. DEB CHRISTENSON (P) 49.1
 4. _____

- TEAM RESULTS
1. PINKERTON 90
 2. TIMBERLAKE 5
 3. _____

- 1500 METER [7th event]
1. MEGAN SARRANIS (P) 5:22.0
 2. RACHEL DOW (P) 5:42.5
 3. STEPHANIE SCHLOT (P) 5:53.3
 4. _____

PINKERTON REIDED 19-12

6:54 PM - Weight events begin (Girls Shot & High Jump, and Boys' Long Jump first, and then reversed)
7:00 PM - Running events start. Girls to run 1st in all running events.

GIRLS INDOOR STATE MEET -PAUL SWEET OVAL AT UNH -FEBRUARY 4, 1994

LONG JUMP, FINAL RESULTS

1. JACKIE ESPOSITO (TIMBERLANE) 16-04.25; 2. JEN RICE (MANCHESTER WEST) 16-01.0; 3. LIZ PRATT (NASHUA) 15-09.25; 4. DEB PRIMEAU (MERRIMACK) 15-04.5; 5. KARYN KOHLER (MANCHESTER CENTRAL) 15-02.75; 6. ALEXIS TRANFAGLIA (NASHUA) 14-10.5;

SHOT PUT, FINAL RESULTS

1. KRISSY HAMMOND (TIMBERLANE) 37-00.0; 2. ALISON ALBRECHT (HANOVER) 32-07.5; 3. DONIELLE ALBRECHT (HANOVER) 32-05.5; 4. SHANE LOMBARDI (CONCORD) 32-04.0; 5. BARBARA THOMAS (SOUHEGAN) 31-10.0; 6. THERESE GESEL (MANCHESTER CENTRAL) 31-07.5;

HIGH JUMP, FINAL RESULTS

1. JEN RICE (MANCHESTER WEST) 5-04.0; 2. THERESE GESEL (MANCHESTER CENTRAL) 5-02.0; 3. JESS BRITTON (EXETER) 5-00.0; 4. TINA GALLOS (MANCHESTER CENTRAL) 4-10.0; 5. AMANDA MILLER (LONDONDERRY) 4-10.0; 5. JAIME SNARSKI (MANCHESTER MEMORIAL) 4-10.0

3000 METER RUN, FINAL RESULTS

1. DANYELLE WOOD (SPAULDING) 10:16.9; 2. BETH KRAFT (OYSTER RIVER) 11:01.7; 3. KASIE WALLACE (MANCHESTER CENTRAL) 11:03.0; 4. ABBY PHELPS (PINKERTON ACADEMY) 11:11.1; 5. AMY LOVERING (WINNACUNNET) 11:19.0; 6. LISA COTE (MANCHESTER CENTRAL) 11:26.9;

55 METER HURDLES, FINAL RESULTS

1. JEN FLANDERS (MONADNOCK) 8.5; 2. THERESE GESEL (MANCHESTER CENTRAL) 8.7; 3. DEB PRIMEAU (MERRIMACK) 8.7; 4. LIZ BLANCHARD (MANCHESTER CENTRAL) 8.9; 5. CASEY KEARNEY (TIMBERLANE) 9.1; 6. KIM SHARKEY (TIMBERLANE) 9.1;

55 METER DASH, FINAL RESULTS

1. LIZ PRATT (NASHUA) 7.2; 2. JACKIE ESPOSITO (TIMBERLANE) 7.2; 3. JEN RICE (MANCHESTER WEST) 7.4; 4. VAL WILLIAMS (MERRIMACK) 7.4; 5. AMY GIAQUINTA (TIMBERLANE) 7.6; 6. JAIME IAN (TIMBERLANE) 7.6;

1000 METER RUN, FINAL RESULTS

1. EMILY HODGSON (MANCHESTER CENTRAL) 3:02.2*; 2. CARA ALLEY (HANOVER) 3:02.5*; 3. TRACY SIPKA (NASHUA) 3:06.6; 4. KIM WALKER (WINNACUNNET) 3:10.8; 5. MEAGHAN DUNN (MANCHESTER CENTRAL) 3:12.1; 6. SARAH TAYLOR (NASHUA) 3:13.6;

NEW STATE RECORD EMILY HODGSON 3:02.2

600 METER RUN, FINAL RESULTS

1. MEGAN GAYMAN (MANCHESTER CENTRAL) 1:40.5; 2. MELANIE MORIN (MONADNOCK) 1:42.9; 3. THERESE GESEL (MANCHESTER CENTRAL) 1:43.2; 4. JAIME CONROW (NASHUA) 1:43.9; 5. ASHLEY DENK (HANOVER) 1:45.0; 6. VICKY DULAC (MANCHESTER CENTRAL) 1:45.3;

300 METER DASH, FINAL RESULTS

1. LIZ PRATT (NASHUA) 42.8; 2. JEN FLANDERS (MONADNOCK) 43.4; 3. JEN DEGROOT (PINKERTON ACADEMY) 44.8; 4. NICOLE COUPLAND (LONDONDERRY) 44.9; 4. VAL WILLIAMS (MERRIMACK) 44.9; 6. ERIN REHSE (PINKERTON ACADEMY) 45.0;

1500 METER RUN, FINAL RESULTS

1. DANYELLE WOOD (SPAULDING) 4:53.6; 2. EMILY HODGSON (MANCHESTER CENTRAL) 5:05.7; 3. CINDY EVANS (LONDONDERRY) 5:08.6; 4. KELLY BRADY (HANOVER) 5:08.6; 5. JODIE BARIL (MANCHESTER CENTRAL) 5:11.3; 6. JANE RESCH (MANCHESTER CENTRAL) 5:12.0;

4 X 400 METER RELAY, FINAL RESULTS

1. NASHUA (NASHUA) 4:20.1; 2. HANOVER (HANOVER) 4:27.4; 3. LONDONDERRY (LONDONDERRY) 4:27.4; 4. EXETER (EXETER) 4:28.0; 5. PINKERTON (PINKERTON ACADEMY) 4:29.3; 6. TIMBERLANE (TIMBERLANE) 4:35.6;

4 X 160 METER RELAY, FINAL RESULTS

1. TIMBERLANE (TIMBERLANE) 1:26.2; 2. NASHUA (NASHUA) 1:26.5; 3. CENTRAL (MANCHESTER CENTRAL) 1:28.6; 4. LONDONDERRY (LONDONDERRY) 1:29.4; 5. SALEM (SALEM) 1:30.6; 6. CONCORD (CONCORD) 1:30.7;

GIRLS INDOOR STATE MEET PAUL SWEET OVAL AT UNH FEBRUARY 4, 1994

**** SCORING AFTER 12 EVENTS

----- Clerk of the Course (c)1991 Tournament Specialists -----

PLACE AFFILIATION POINTS

1	MANCHESTER CENTRAL	80	5	MONADNOCK	26	9	MERRIMACK	17
2	NASHUA	56	6	MANCHESTER WEST	24	10	PINKERTON ACADEMY	13
3	TIMBERLANE	45	7	LONDONDERRY	20.5	11	EXETER	10
4	HANOVER	36	8	SPAULDING	20	12	OYSTER RIVER	8
						13	WINNACUNNET	6
						14	CONCORD	5
						15	SALEM	2
							SOUHEGAN	2
						17	MANCHESTER MEMORIAL	1.5