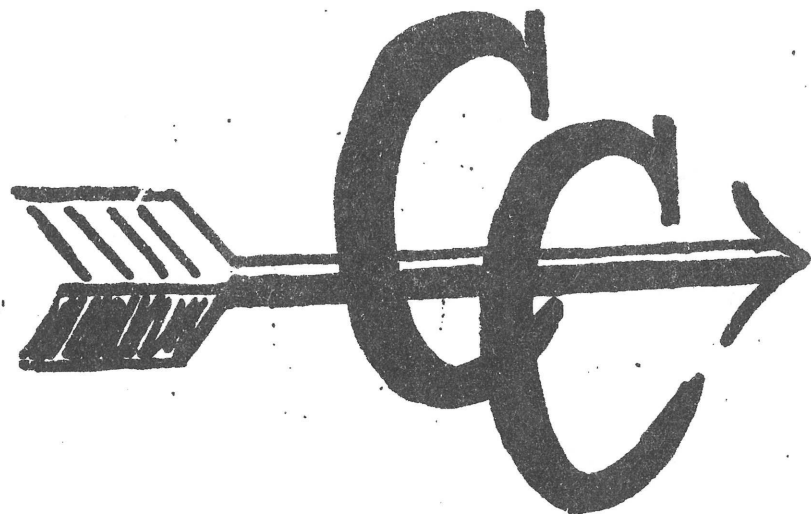


**Pinkerton Girls'
Cross Country
Fall 1994**



Commitment
Dedication
Pride
Achievement

**Twentieth Season
1975-1994**

a letter from the coach.

Dear Athletes,

We faced a special challenge at the beginning of this season: to improve upon last year's successes. To meet this challenge, we would have to expect more from ourselves and our team. We wanted to improve because we wanted to stay competitive with the best teams in the state. We knew it would take our best running and our best efforts.

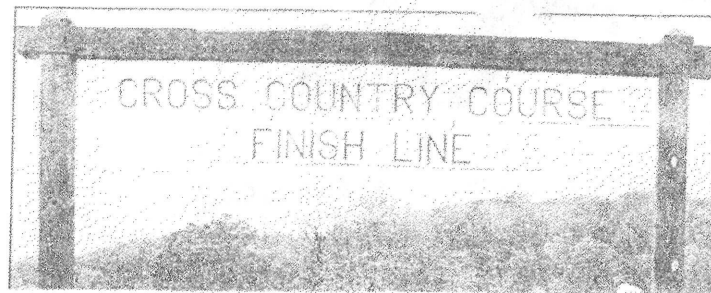
Our successes this season happened only because we were willing to meet this challenge as a team. We shared our victories and defeats; we shared our good days and bad. By the end of the season, we could all take pride in our team's accomplishments. We knew that each of us had contributed in an important way to making our program one of the best in New England.

People who read the newspapers will remember our team for the wins and losses, but you and I will always have much more. I'll remember this season as much for our dinners and breakfasts together as I will for anything else. Only we will know that we can jump rope and kick the soccer ball as well as we can run a race (almost). We worked hard this season, but we also enjoyed it. I hope each one of you had the best season ever.

I would like to single out our four-year veterans for their many contributions to our team. As athletes, they have experienced both good and bad seasons during their years here at Pinkerton. This support and experience became the foundation for our team's success. Although we will be losing these runners, we must make sure their experiences stay with us.

I have many images of each of you from this season; I have much I would love to tell you that will remain unsaid. I want each of you to know to know I was proud to be your coach. I would like to congratulate each one of you for a tremendous season, and I hope you enjoy this booklet.


Coach Ted Carey.





Pinkerton Girls' Cross Country Fall 1994

Final Roster

Seniors: Class of 1995

Amy Belanger, Captain
Joan Bienvenue
Sandra Lukosius
Jen Muller
Jen Rogers, Captain
Meghan Sarbanis, Captain

Sophomores: Class of 1997

Tyna Butka
Alison Day
Rachel Dow
Emma Eldred
Suzanne Gale
Shannon Marcotte
Heather Moher
Stephanie Schlott
Abby Willets

Juniors: Class of 1996

Shelley Arsenault
Abby Bent
Jen Dole
Danielle Fillis
Sarah Hill
Amy Joyce
Lizmarie Manzano
Tara Schirm, Manager
Kristin Yasenka

Freshmen: Class of 1998

Julia Kosky
Jen Smith

Coach: Ted Carey

Splits:

8125194
1st

2nd

3rd

Ave

	1st	2nd	3rd	Ave
RACHEL D.	6:26	13:48 (7:22)	20:44 (6:56)	6:55
STEPH SC.	6:55	14:18 (7:23)	21:32 (7:14)	7:10
MEGHAN SA	6:40	13:57 (7:17)	21:39 (7:42)	7:13
HEATHER M	6:53	14:35 (7:42)	22:15 (7:40)	7:25
EMMA EL	7:08	14:57 (7:49)	22:40 (7:43)	7:33
AMY BEL	7:15	15:14 (7:59)	23:08 (7:54)	7:42
KRISTEN YAZ	7:20	15:12 (7:52)	23:14 (8:02)	7:44
DANIELE F.	---	15:25 (---)	23:25 (8:00)	7:48
ALISON DA	7:15	15:25 (8:10)	23:26 (8:01)	7:48
AMY JO	7:23	15:26 (8:03)	23:39 (8:13)	7:53
TYNA BUTIK	---	15:36 (---)	23:43 (8:06)	7:54
SUZANNE G	7:15	---	23:57 (---)	7:59
SANDRA LUK	7:29	15:45 (8:16)	23:58 (8:13)	7:59
JEN RO	7:32	16:06 (8:24)	24:02 (7:56)	8:01
SARAH H.	---	15:56 (---)	24:04 (8:08)	8:01
JOAN BIEN	---	---	24:08 (---)	8:03
ABBY BE	7:31	---	24:27 (---)	8:09
SHANNON M	7:33	16:08 (8:35)	24:36 (8:28)	8:12
SHELLEY ARS	---	16:10 (---)	24:38 (8:28)	8:13
JEN DO	7:52	16:19 (8:24)	24:50 (8:31)	8:17
JEN MUL	---	16:19 (---)	25:03 (8:44)	8:21
LIZ MARIE	7:38	---	25:18 (---)	8:26
ABBY WIL	7:47	16:?? (9:??)	25:24 (9:??)	8:28
JULIA KOS	8:13	17:30 (9:17)	26:39 (8:51)	8:53
JEN SAM	8:15	18:07 (9:52)	27:55 (9:48)	9:18

ALUMNAE MEET!

9/2/94

<u>SPLITS</u>	1.0m	2.0m	FINISH
RACHEL	6:21	13:15 (6:54)	20:04 20:09 (6:54) ✓
STEPH	7:01	14:34 (7:33)	21:59 (7:25) ✓
MEG	6:34	13:56 (7:22)	21:22 (7:26) ✓
HEATHER	7:00	14:33 (7:33)	21:56 (7:23) ✓
EMMA	7:03	14:47 (7:44)	22:15 (7:28) ✓
AMY BEL	7:17	14:55 (7:38)	22:32 (7:37) ✓
KRISTIN	7:17	15:05 (7:48)	22:48 (7:43) ✓
DANIELLE F	7:18	14:54 (7:36)	22:25 (7:31) ✓
ALISON D	7:19	15:19 (8:00)	23:12 (7:53) ✓
AMY JOYCE	7:20	15:36 (8:16)	23:53 (8:17) ✓
TYNA B	7:32	16:01 (8:29)	23:54 (7:53) ✓
SUZANNE	7:20	15:17 (7:57)	23:00 (7:43) ✓
SAVORAL	7:26	15:28 (8:02)	23:38 (8:10) ✓
JEN ROG	7:19	15:57 (8:38)	24:05 (8:08) ✓
SARAH H	7:46	16:29 (8:43)	25:09 (8:35) ✓
JOAN B	7:17	15:09 (7:52)	23:11 (8:03) ✓
ABBY B	7:16	15:25 (8:09)	23:20 (7:55) ✓
SHANNON M	7:21	15:50 (8:29)	23:54 (8:04) ✓
JEN D	7:36	16:14 (8:38)	24:33 (8:19) ✓
JEN M	7:24	15:29 (8:05)	23:36 (8:07) ✓
LIZMARIE	—	—	—
JULIA	7:37	16:14 (8:37)	24:33 (8:19) ✓
JEN SM	7:55	17:11 (9:16)	26:18 (9:07) ✓

Pinkerton Academy Girls'

Cross Country 1994

Dual Meet Record 9-1-0:

Summary

September 7, 1994 at Alvirne.

Pinkerton 18
Alvirne 41

Pinkerton 15
Concord 49

Meet Winner: Rachel Dow (20:06)

Trailblazer: Sandra Lukosius

September 13, 1994 at Pinkerton.

Pinkerton 15
Merrimack 50

Pinkerton 19
Bishop Guertin 42

Meet Winner: Rachel Dow (20:13)

Trailblazer: Tyna Butka/Kristin Yasenka

October 4, 1994 at Derryfield Park.

Pinkerton 15
Trinity 50

Pinkerton 18
Salem 44

Meet Winner: Rachel Dow (20:54)

Trailblazer: Joan Bienvenue

October 8, 1994 at Londonderry.

Pinkerton 44
Londonderry 15

Meet Winner: Helena Kimball (19:01)

First Pinkerton Finisher: Rachel Dow (6th 20:34)

Trailblazer: Abby Willets

October 18, 1994 at Derryfield Park..

Pinkerton 27 Pinkerton 15
Nashua 28 Keene 50

Pinkerton 15
Winnacunnet 50

Meet Winner: Rachel Dow (20:39)

Trailblazer: Jen Rogers

CROSS COUNTRY

PINKERTON ACADEMY vs.

Alvirne and Concord

Place Alvirne

Weather Cool/Cloudy

70's Date 9/7/94

Course Length 3.1 mi

Course Record _____

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Rachel Dow	PA	20:06	31	Shannon Marcotte	PA	24:47
2	Stephanie Schlott	PA	20:51	32	Meghan Ellis	A1	24:50
3	Julie Boyson	A1	21:23	33	Kathleen Jones	C	25:02
4	Meghan Sarbanis	PA	21:32	34	Leena Scheifer	A1	25:04
5	Emma Eldred	PA	21:34	35	Sarah Rosenthal	C	25:11
6	Heather Moher	PA	21:44	36	Julia Kosky	PA	25:24
7	Kathy McGaffigan	A1	21:45	37	Sarah Hill	PA	25:34
8	Leigh Beaudett	A1	22:00	38	Beth O'Neil	C	25:38
9	Amy Belanger	PA	22:08	39	Meg Sausage	C	25:40
10	Helena Johnson	C	22:11	40	Jen Smith	PA	25:45
11	Kristen Yasenka	PA	22:11	41	Jessica Tibanao	A1	26:22
12	Tyna Butka	PA	22:29	42	Jill Cote	A1	26:35
13	Pam Ellis	A1	22:30	43	Trisha Comey	C	26:39
14	Suzanne Gale	PA	22:49	44	Amy Robidoux	A1	26:42
15	Sandra Lukosius	PA	22:50	45	Ellen Puffy	A1	26:54
16	Danielle Fillis	PA	22:52	46	Jenny Riley	C	27:28
17	Jen Muller	PA	22:53	47			
18	Joan Bienvenue	PA	22:56	48			
19	Eileen O'Neil	A1	23:03	49			
20	Abby Bent	PA	23:10	50			
21	Amy Joyce	PA	23:30	51			
22	Marie Malmstrom	A1	23:40	52			
23	Jen Dole	PA	23:51	53			
24	Beth Curley	C	24:05	54			
25	Lori Grabowski	C	24:06	55			
26	Alison Day	PA	24:07	56			
27	Emma Sisti	C	24:08	57			
28	Karen Desjardais	A1	24:35	58			
29	Lizmarie Manzano	PA	24:39	59			
30	Jen Rogers	PA	24:44	60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	2	4	5	6	9	10	18
Alvirne	3	7	8	11	12			41
PINKERTON	1	2	3	4	5	6	8	15
Concord	7	9	10	11	12			49

SPLITS: 9/18/94

Home!
Finish!

	1.0 mi:	2.0 mi	
RACHEL D	6:12	13:13 (7:01)	20:13 (7:00) ✓
STEPH Sc	6:37	13:52 (7:15)	21:06 (7:14) -
EMMA Ec	6:48	14:29 (7:41)	22:07 (7:38) -
HEATH M	6:48	14:18 (7:33)	21:44 (7:26) ✓
AMY BEL	6:55	15:22 (8:27)	24:46 (9:24) ✓
KRISTEN YAS	6:50?	14:54 (8:00)	22:41 (7:47) ✓
TYNA BUTK OXS	6:54	14:46 (7:52)	22:33 (7:49) ✓
SUZANNE G	7:10	15:18 (8:08)	23:16 (7:58) -
SANDRA LUK	7:00	15:26	23:31 (8:05) -
DANIELE FIL	7:09	15:03 (7:54)	22:56 (7:53) ✓
JEN MALL	7:00	15:20	23:24 (8:04) -
JOAN BIEN	6:56	15:03	23:21
ABBY BEUT	7:15	15:24 (8:09)	23:23 (7:56) -
AMY J	7:22	15:56 (8:34)	24:29 (8:33) ✓
JEN D	7:42	16:25 (8:43)	25:20 (8:55)
LIZMARIE	7:41	16:30 (8:49)	25:04 (8:34)
JEN ROG	?	16:30	25:00 (8:30)
SHANNON M	7:35	16:30 (8:55)	25:11 (8:41)
JULIA K	7:05?	15:28 (8:23)	23:36 (8:08)
SARAH H	7:24	15:56 (8:32)	24:37 (8:41)
JEN SM	7:42	16:30 (8:48)	25:22 (8:52)
ABBY WILL	7:35	16:58 (9:23)	26:09 (9:11)
GHELEEN AR	7:41	16:44 (9:03)	25:59 (9:15)
MEG	6:44	14:32 (7:48)	22:00 (7:28)

SPLITS At DERRYFIELD PARK

9/24/94
PAKE!

1.0

2.0

F

	1.0	2.0	F	
RACHEL	6:17	13:39 (7:22)	20:28 (6:49)	✓ 6:35
STEPH	6:55	14:38 (7:43)	21:45 (7:07)	✓ 7:00
EMMA	6:55	14:35 (7:40)	22:12 (7:37)	✓ 7:09
HEATHER	6:57	15:02 (8:05)	22:16 (7:14)	✓ 7:10
KRISTEN	7:05	15:01 (7:56)	22:34 (7:33)	✓ 7:16
TYNA	7:02	15:02 (8:00)	22:36 (7:34)	✓ 7:16
SUZANNE	7:05	15:29 (8:24)	23:11 (7:42)	✓ 7:28
MEGHAN	7:01	15:03 (8:02)	22:39 (7:36)	✓ 7:17
DANIELLE	7:12	15:20 (8:08)	22:45 (7:25)	✓ 7:19
JEN M	7:22	15:32 (8:10)	23:17 (7:45)	✓ 7:30
SAUDRA	7:22	15:43 (8:21)	23:21 (7:38)	✓ 7:31
AMY B	7:22	16:01 (8:39)	24:01 (8:00)	✓ 7:44
JOAN B	7:13	15:22 (8:09)	24:02 (8:40)	✓ 7:44
ABBY B	7:34	16:12 (8:38)	24:12 (8:00)	✓ 7:47
JEN R	7:37	16:31 (8:54)	24:25 (7:54)	✓ 7:52
LIZMARIE	7:45	16:47 (9:02)	24:50 (8:03)	✓ 8:00
AMY J	7:57	16:47 17:19 (9:22)	25:54 (8:35)	✓ 8:20
JULIA	7:12	15:34 (8:22)		7:47
JENS	7:58	17:46 (9:48)		8:53

SPLITS AT DERRYFIELD PARK

10/18/94

	1.0 mi	2.0 mi	F	PACE!
RACHEL	6:21	13:48 (7:27)	20:39 (6:51)	6:39
TYNA	6:36	14:08 (7:32)	21:10 (7:02)	6:50
EMMA	6:38	14:18 (7:40)	21:16 (6:58)	6:52
STEPH	6:37	14:22 (7:45)	21:44 (7:22)	7:00
DAWIELE	6:55	14:47 (7:52)	22:09 (7:22)	7:08
KRISTEN	6:45	14:55 (8:10)	22:15 (7:20)	7:10
HEATHER	6:51	15:05 (8:14)	22:16 (7:11)	7:10
SUZANNE	7:00	15:06 (8:06)	22:17 (7:11)	7:11
JEN M	7:10	15:08 (7:58)	22:37 (7:29)	7:17
SANDRA LUK	7:08	15:09 (8:01)	22:41 (7:32)	7:18
ABBY B	7:20	16:17 (8:57)	23:28 (7:11)	7:34
JOAN	6:53	15:37 (8:44)	23:29 (7:52)	7:35
ABBY W	7:22	15:54 (8:32)	24:01 (8:07)	7:45
JEN R	7:15	16:06 (8:51)	24:08 (8:02)	7:47
SARAH	7:20	16:34 (9:14)	24:11 (7:37)	7:48
SHELLEY	7:23	16:42 (9:19)	24:17 (7:35)	7:50
JEN S	7:35	17:01 (9:26)	25:23 (8:22)	8:13
SHANNON	7:30	17:13 (9:43)	25:34 (8:21)	8:15
Amy J	7:58	18:27 (10:31)	27:10 (8:43)	8:46

PA Cup 10/25/94

- ① Meghan 6:09
- ② Jen R. 6:55
- ③ Jen M. 6:58
- ④ Joan 7:05
- ⑤ Abby 7:19

- ⑥ Sandy 7:24
- ⑦ Shannon 7:29
- ⑧ Sarah 7:30
- ⑨ Shelley 7:39
- ⑩ Amy J. 7:44

- ⑪ Abby W. 7:46
- ⑫ Amy B. 7:47
- ⑬ Jen S. 7:48
- ⑭ Julia 7:48
- ⑮
- ⑯
- ⑰

Big Cross-Country Season on Tap

By JOHN R. HUSSEY
Union Leader Sports

One of the truly memorable seasons in New Hampshire cross country history should unfold this fall, with Manchester's Derryfield Park promising to be the mecca for big-time interscholastic action.



Nationally ranked runners Andy Downin of Pinkerton and John Mortimer of Londonderry will be the focal points for the boys as their teams challenge for state honors.

Londonderry's girls are favored to dethrone Central as New England's leading girls team.

The action gets started with the Manchester Invitational on Sept. 24 and it runs through the regular season, which culminates with the Class Meets on Oct. 29.

culminates with the Class Meets on Oct. 29.

Boys, girls Academy harriers win opener

By Kevin Conway
DERRY NEWS STAFF

HUDSON — Pinkerton Academy's boys and girls cross country teams began the '94 campaign with double dual meet sweeps of Alvirne and Concord High Schools Wednesday, both nearly shutting out their two opponents in the sport's point system over the 3.1-mile course.

The PA boys, currently ranked 13th in the Footlocker Super 25 national high school cross country poll published in "Harrier Magazine," simply dominated the host Broncos and Tide by taking nine of the top 10 spots en route to 15-50 and 18-45 wins, respectively. In addition, the Astros set a new Pinkerton record when freshman Adam Prescott, the 25th academy runner, finished at 19:59, marking the first time in school history all Astro runners

broke the 20-minute barrier.

The Lady Astros, too, overwhelmed the opposition in placing six runners in the top 10, posting a 18-41 victory over Alvirne and wiping out Concord, 15-49. Five PA girls broke the 22-minute mark while all 12 academy runners finished under 23 minutes.

The 10 top places and finishers for the Astros were: Matt Downin, senior, 16:22; John Fesh, sophomore, 16:35; Jon Alizio, senior, 17:10; Greg Parthon, sophomore, 17:12; Mark Blanchard, senior, 17:17; Chris Dufresne, senior, 17:19; Courtney Harding-Smith, senior, 17:24; Ian Lanza, senior, 17:32; Joel Kress, senior, 17:33 and Mike Anzalone, senior, 17:41.

The PA girls had two personal best times reached when sophomore Rachel Dow finished first at 20:06 and second-year harrier Stephanie Sochlott was right behind her at 20:15 in second place.

GIRLS' CROSS COUNTRY

Dow leads the way as Pinkerton romps

DERRY, N.H. — Rachel Dow finished first overall and Pinkerton had seven of the top ten runners yesterday to take the tri-meet against Bishop Guertin and Merrimack convincingly.

Dow completed the 3.0-mile course in 20:13, defeating her nearest competition by 25 seconds.

Pinkerton 19, Bishop Guertin 42
Pinkerton 15, Merrimack 50
Bishop Guertin 21, Merrimack 35

Top 10: 1. Rachel Dow (P) 20:13; 2. Bridgitte Fleming (BG) 20:38; 3. Stephanie Schlott (P) 21:00; 4. Heather Moher (P) 21:44; 5. Meghan Sarbanis (P) 22:00; 6. Emma Eldred (P) 22:07; 7. Mary Olsen (BG) 22:32; 8. Tyra Butka (P) 22:33; 9. Kristen Yasenka (P) 22:41; 10. Noelle Schalderko (BG) 22:52

Records: Pinkerton 4-0

Next meet: Pinkerton at Bobcat Invitational in Durham, N.H., on Saturday, 10 a.m.

Astros stand tall



High schools



They're off and running at the start of the girls' Division I race.

GIRLS' CROSS COUNTRY

Astros go to Boston, win 22-team meet

By Kevin Conway
DERRY NEWS STAFF

BOSTON — Twenty-two Northeast region high schools arrived here Saturday for the 35th edition of the Catholic Memorial Invitational cross country meet at Franklin Park. One left the champion of both the boys' and girls' divisions — Pinkerton Academy.

Needing a complete team effort, both squads placed a number of runners in the top 30 of their races to bring the titles back to Derry. And team effort they gave.

"It was a pretty impressive performance," said Mike Clark, PA boys' coach. "To come away with a team victory like that was just incredible."

Girls' coach Ted Carey echoed Clark's thoughts.

"Team performance is exactly what it was. Everybody came in in a real hurry when they had to," Carey said.

PA's boys topped the team list with 63 points. Their closest competitor was Archbishop Wood of Warminster, Pa., at 109 points.

Astro girls from their closest rival, Woburn, Mass., 118-128; Durfee (Mass.) High (150); Haverhill High (158) and Amherst (Mass.) Regional (170) were distance top five finishers.

The PA freshmen boys also took their race title with a 45-point performance placing three in the top 10.

In the boys' varsity category, nobody could catch the Astros. Matt Downin, who set a new course and invitational record of 13:58 coming in first in the 2.85-mile race. This performance and many like them earlier this fall are the main reasons the senior all-stater and the rest of the Astros are ranked 16th overall in the updated Foot Locker Super 25 high school cross country poll in "Harrier Magazine," and fourth in the Northeast region.

"Matt was absolutely outstanding," Clark said. "He had an outstanding race partly because he's familiar with the course, because he used to race there before." As a freshman, Downin ran for Duxbury (Mass.) High, which raced at the world-class Franklin Park facility various times during the season.

But Downin was only one of seven Astros who finished in the top 30 in the dominating victory.

Sophomore Greg Parthum was the second PA harrier to cross the finish line at 14:52 in ninth place, just 12 seconds ahead of 15th-place senior Jon Alizio. Right behind him in 17th position was senior Courtney Harding-Smith (15:07) and sophomore John Fesh (15:10) four alets later. Seniors Chris Dufresne (23rd, 15:12) and Mike Anzalone (30th, 15:22) secured the 46-point victory for the Astros with solid finishes.

Unlike the boys, who know they had grabbed the title early on in the race, the PA girls had to sweat out the end of the meet as Haverhill had four girls finish in the top 25 along with Woburn High's three. So their crown wasn't placed on their heads until juniors Kristen Yesanka (19:22) and Danielle Ellis (19:44) came across in 44th and 53rd place, respectively, in front of all other Hillies and Tamners.

The top five female Astros were all sophomores led by Rachel Dow (17:55), who was the lone PA harrier in the top 10 at No. 6. Tyna Butka followed 30 seconds behind to 17th, while Stephanie Schiott (26th, 18:39) and Emma Eldred (25th, 18:39) were pacing one another not far behind. Heather Meher (19:15) was the final Astro sophomore to break the tape in 41st place.

It was the first invitational team victory in three attempts this fall for the PA girls and first invitational title of any kind in quite some time.



Pinkerton Academy's star sophomore Rachel Dow finished sixth at the Catholic Memorial Invitational at Boston's Franklin Park course Saturday in 17:55 to help the Astros to their first invitational title of the season. 3-column cut page 21

GM INVITATIONAL CROSS-COUNTRY RESULTS

at Franklin Park

BOYS		GIRLS	
1. Pinkerton Academy, 63 pts.	1. Durfee (Mass.) High, 118-128	1. Durfee (Mass.) High, 118-128	1. Durfee (Mass.) High, 118-128
2. Archbishop Wood, 109 pts.	2. Durfee (Mass.) High, 150	2. Durfee (Mass.) High, 150	2. Durfee (Mass.) High, 150
3. Durfee (Mass.) High, 150	3. Durfee (Mass.) High, 158	3. Durfee (Mass.) High, 158	3. Durfee (Mass.) High, 158
4. Durfee (Mass.) High, 158	4. Durfee (Mass.) High, 170	4. Durfee (Mass.) High, 170	4. Durfee (Mass.) High, 170
5. Durfee (Mass.) High, 170	5. Durfee (Mass.) High, 170	5. Durfee (Mass.) High, 170	5. Durfee (Mass.) High, 170

BOYS TEAMS

1. Pinkerton Academy, 63 pts.
2. Archbishop Wood, 109 pts.
3. Durfee (Mass.) High, 150 pts.
4. Durfee (Mass.) High, 158 pts.
5. Durfee (Mass.) High, 170 pts.

GIRLS TEAMS

1. Durfee (Mass.) High, 118-128
2. Durfee (Mass.) High, 150
3. Durfee (Mass.) High, 158
4. Durfee (Mass.) High, 170
5. Durfee (Mass.) High, 170

September 17th: After our first team dinner at the Rogers', we head to Durham for our first invitational. We enter both the varsity and jv divisions of the **Bobcat Invitational**. We win more plaques and tee-shirts than ever before. Rachel Dow's sixth place finish leads the varsity to a third place finish, while Suzanne Gale, Amy Belanger, Joan Bienevenue, Jen Muller, Sandra Lukosius, Julia Kosky and Jen Rogers sweep seven of the first eight scoring places to win the JV division.

(Our Top Eight Finishers in this meet would be the eight runners who represented us in the post-season.)

September 24th: We split the team and run in all three divisions of the **20th Annual Coca-Cola Manchester Invitational**. Julia Kosky takes a medal in the freshman race by running the fourth best time ever for a Pinkerton Runner on the 2.0 mile course. Captain Meghan Sarbanis leads a group of eight medalists in the Women's B Race. All five scorers in the Women's A Race finish in the top 50 in the scoring meet, as the varsity places seventh, only six points behind Nashua and Norwich Free Academy.

(The year-long assault on the all-time sophomore school records at Derryfield would begin today as Heather, Stephanie, Emma and Rachel all post times good enough to make the list. Tyna would later join and displace her teammates on the list)

September 26th: The toughest week of workouts ever is posted, as we use the off week in the schedule to step-up our practices. Included in the week is our annual trip to Berry Hill for an intense afternoon, and an extended 7.6 mile run through Londonderry.

(We ran these workouts as we would soon be running our meets--without hesitation!)

October 4th: We run the first of our home-away-from-home meets at Derryfield, taking dual wins over **Trinity** and **Salem**. Many of us take advantage of the cool weather to run our PR's for the course, including Tyna Butka, Stephanie Schlott, Emma Eldred, Kristin Ysenka and Danielle Fillis.

(The wins raise our record to 6-0, as we head into the most exciting part of our season.)

October 6th - 8th: Homecoming week began with the Pep Rally (but no bonfire) Thursday Nite, and a Coed Spaghetti Dinner Friday Nite. We run our best races Saturday Morning, only to see Londonderry sweep the first five places in the meet. Rachel Dow's sixth place finish is the only performance that prevents what would have been the first 15-50 shut-out in our team's history. Meghan Sarbanis finishes second on the team in what would be her strongest run of the season.

(Londonderry would go on to be ranked 2nd nationally, and eventually win the Class L. We would emerge from the meet as a stronger team, ready to compete at the next level. We would not lose again this season.)

October 13th - 14th: After attending the Homecoming Dance, and seeing Joan Bienvenue elected Homecoming Queen, we take advantage of a day off from classes to have a light practice and a **heavy** breakfast.

October 15th: We are the first team to arrive in Boston on a cold, windy morning for the **35th Annual Catholic Memorial Invitational**. We outrun teams from eight states to take the Division One Championship. Rachel Dow's sixth place finish leads the way. Tyna Butka, Stephanie Schlott and Emma Eldred all place in the Top 30. Heather Moher is our fifth scorer, while Kristin Yasenka and Danielle Fillis both displace runners on every team except runner-up Woburn.

(It was our first team championship of any kind since the 1984 Class L meet.)

October 18th: With only two days rest, we return to Derryfield Park to take on Nashua in our final meet of regular season. In a meet that sees the lead change throughout the entire race, we squeak out a one point victory. Rachel Dow leads the way with her ninth dual meet victory of the season. Danielle Fillis breaks the team's Top 5 for the first time today.

*(In addition to beating Nashua, we also scored dual shut-out wins over **Keene** and **Winnacunnet** to finish the season at 9-1. Meghan's running season would end today, as she would go down on the course only yards before the finish line. She would continue to lead and support our team throughout the post season, and be named Trailblazer for the New England Meet.)*

October 21st: Sandra Lukosius' peak performance leads us to a second place finish at the **State JV Championships**. Veterans Any Belanger, Jen Muller, Abby Bent and Jen Rogers also run their best races of the season. Sarah Hill and Shelley Arsenault round out the Top Seven. Only Manchester Central runs ahead of us, as 13 Astro runners take home medals.

October 29th: Strong performances by all seven runners propel us to a fourth place finish at the **Class "L" Championships**, only three points behind third place Nashua. Rachel Dow and Tyna Butka both run personal records to finish in the State's Top 10. Stephanie Schlott, Emma Eldred and Danielle Fillis all score in the Top 35 of the scoring meet.

(While the Varsity was preparing for the meet, a large group of runners was helping Suzanne Gale prepare for the MOC. Suzanne would be one of only two runners on the team to run back to back MOC's.)

High schools



GIRLS' CROSS COUNTRY



They're off and running at the start of the girls' Division I race.

Astros go to Boston, win 22-team meet

By Kevin Conway
DERRY NEWS STAFF

BOSTON — Twenty-two Northeast region high schools arrived here Saturday for the 35th edition of the Catholic Memorial Invitational cross country meet at Franklin Park. One left the champion of both the boys' and girls' divisions — Pinkerton Academy.

Needing a complete team effort, both squads placed a number of runners in the top 30 of their races to bring the titles back to Derry. And team effort they gave.

"It was a pretty impressive performance," said Mike Clark, PA boys' coach. "To come away with a team victory like that was just incredible."

Girls' coach Ted Carey echoed Clark's thoughts.

"Team performance is exactly what it was. Everybody came in a real hurry when they had to," Carey said.

PA's boys topped the team list with 63 points. Their closest competitor was Archbishop Wood of Warminster, Pa., at 109 points. Boston College High (120), McQuaid Jesuit of New York (138) and Central Catholic of Lawrence, Mass., (193) rounded out the top five schools.

Only 10 points separated the

Astro girls from their closest rival, Woburn, Mass., 118-128. Durfee, (Mass.) High (156), Haverhill High (158) and Attaherst (Mass.) Regional (170) were distance top five finishers.

The PA freshmen boys also took their race title with a 48-point performance placing three in the top 10.

In the boys' varsity category, nobody could catch the Astros. Matt Downin, who set a new course and invitational record of 13:55 coming in first in the 2.85-mile race. This performance and many like them earlier this fall are the main reasons the senior all-stater and the rest of the Astros are ranked 10th overall in the updated Foot Locker Super 25 high school cross country poll in "Harrier Magazine," and fourth in the Northeast region.

"Matt was absolutely outstanding," Clark said. "He had an outstanding race partly because he's familiar with the course, because he used to race there before." As a freshman, Downin ran for Duxbury (Mass.) High, which raced at the world-class Franklin Park facility various times during the season.

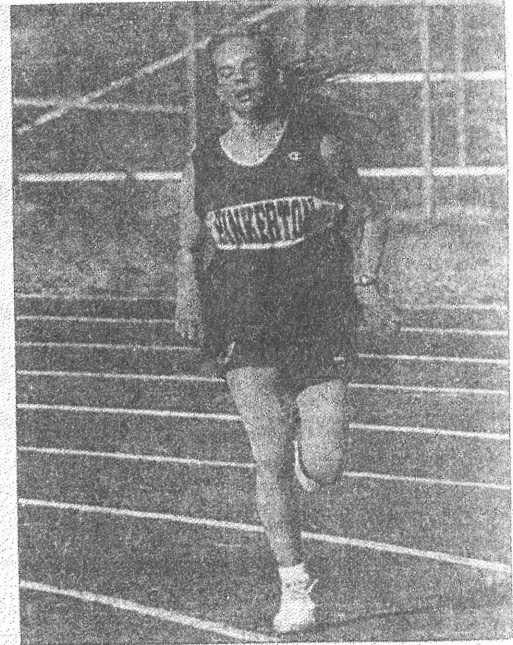
But Downin was only one of seven Astros who finished in the top 30 in the dominating victory.

Sophomore Greg Parthum was the second PA harrier to cross the finish line at 14:52 in ninth place, just 12 seconds ahead of 15th-place senior Jon Aizio. Right behind him in 17th position was senior Courtney Harding-Smith (15:07) and sophomore John Fesh (16:10) four sixths later. Seniors Chris Dufresne (23rd, 15:12) and Mike Anzalone (30th, 15:22) secured the 46-point victory for the Astros with solid finishes.

Unlike the boys, who knew they had grabbed the title early on in the race, the PA girls had to sweat out the end of the meet as Haverhill had four girls finish in the top 25 along with Woburn High's three. So their crown wasn't placed on their heads until juniors Cristen Yessanka (19:22) and Danielle Filizia (19:44) came across in 44th and 53rd place, respectively, in front of all other fillies and Tanners.

The top five female Astros were all sophomores led by Rachel Dow (17:55), who was the lone PA harrier in the top 10. No. 6 Tyna Butka followed 30 seconds behind in 17th, while Stephanie Schiott (20th, 18:38) and Emma Eldred (25th, 18:39) were pacing one another not far behind. Heather Mober (19:15) was the final Astro sophomore to break the tape in 41st place.

It was the first invitational team victory in three attempts this fall for the PA girls and first invitational title of any kind in quite some time.



Pinkerton Academy's star sophomore Rachel Dow finished sixth at the Catholic Memorial Invitational at Boston's Franklin Park course Saturday in 17:55 to help the Astros to their first invitational title of the season. 3-column cut page 21

CM INVITATIONAL CROSS-COUNTRY RESULTS

at Franklin Park

BOYS

1. Durfee (Mass.) 48 pts. 2. Pinkerton Academy 46 pts. 3. Boston College High 40 pts. 4. Archbishop Wood 38 pts. 5. McQuaid Jesuit 35 pts. 6. Central Catholic 32 pts. 7. Lawrenceville 30 pts. 8. Attaherst Regional 28 pts. 9. Haverhill High 26 pts. 10. Woburn 24 pts. 11. Wrentham 22 pts. 12. Franklin Park 20 pts. 13. St. Ignace 18 pts. 14. St. Ann 16 pts. 15. St. Joseph 14 pts. 16. St. Vincent 12 pts. 17. St. Francis 10 pts. 18. St. Anthony 8 pts. 19. St. Elizabeth 6 pts. 20. St. James 4 pts. 21. St. Peter 2 pts. 22. St. Michael 0 pts.

GIRLS

1. Pinkerton Academy 46 pts. 2. Boston College High 40 pts. 3. Archbishop Wood 38 pts. 4. McQuaid Jesuit 35 pts. 5. Central Catholic 32 pts. 6. Lawrenceville 30 pts. 7. Attaherst Regional 28 pts. 8. Haverhill High 26 pts. 9. Woburn 24 pts. 10. Wrentham 22 pts. 11. Franklin Park 20 pts. 12. St. Ignace 18 pts. 13. St. Ann 16 pts. 14. St. Joseph 14 pts. 15. St. Vincent 12 pts. 16. St. Francis 10 pts. 17. St. Anthony 8 pts. 18. St. Elizabeth 6 pts. 19. St. James 4 pts. 20. St. Peter 2 pts. 21. St. Michael 0 pts.

BOYS TEAMS

1. Pinkerton Academy 46 pts. 2. Boston College High 40 pts. 3. Archbishop Wood 38 pts. 4. McQuaid Jesuit 35 pts. 5. Central Catholic 32 pts. 6. Lawrenceville 30 pts. 7. Attaherst Regional 28 pts. 8. Haverhill High 26 pts. 9. Woburn 24 pts. 10. Wrentham 22 pts. 11. Franklin Park 20 pts. 12. St. Ignace 18 pts. 13. St. Ann 16 pts. 14. St. Joseph 14 pts. 15. St. Vincent 12 pts. 16. St. Francis 10 pts. 17. St. Anthony 8 pts. 18. St. Elizabeth 6 pts. 19. St. James 4 pts. 20. St. Peter 2 pts. 21. St. Michael 0 pts.

GIRLS TEAMS

1. Pinkerton Academy 46 pts. 2. Boston College High 40 pts. 3. Archbishop Wood 38 pts. 4. McQuaid Jesuit 35 pts. 5. Central Catholic 32 pts. 6. Lawrenceville 30 pts. 7. Attaherst Regional 28 pts. 8. Haverhill High 26 pts. 9. Woburn 24 pts. 10. Wrentham 22 pts. 11. Franklin Park 20 pts. 12. St. Ignace 18 pts. 13. St. Ann 16 pts. 14. St. Joseph 14 pts. 15. St. Vincent 12 pts. 16. St. Francis 10 pts. 17. St. Anthony 8 pts. 18. St. Elizabeth 6 pts. 19. St. James 4 pts. 20. St. Peter 2 pts. 21. St. Michael 0 pts.

Astro, Lancer cross country clubs split battle of unbeaten powers



Pinkerton Academy's sports team captains take center stage Saturday night to receive the Mack Plaque after besting archrival Londonderry for the ninth time in 12 years — the second year straight — in the weekend competition.

Mack Plaque stays in Derry

Pinkerton rolls up 9th victory over Londonderry

Pinkerton Academy continued its domination over archrival Londonderry High School in the annual Mack Plaque competition last weekend. But this year's outcome came down to Saturday night's football game.

And the Astros left no doubt in the minds of the 4,000-plus spectators who jammed Londonderry's Lancer Park as they handily defeated LHS in a come-from-behind 35-7 win.

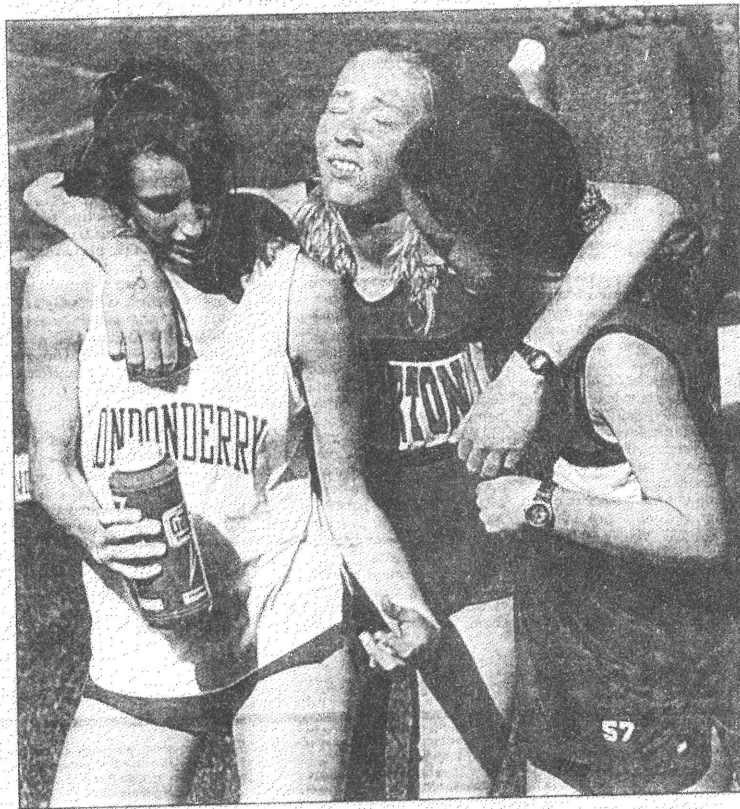
It was Pinkerton's second straight and ninth overall plaque title to go along with two ties. Londonderry captured the 1990 crown for its only title in the event's 12-year history.

Friday night, the Pinkerton field hockey squad squeaked out a 1-0 win over the Lancers to start the festivities. It was followed the next morning by an Astro victory between the undefeated boys' cross-country teams, 27-29.

The Lancers countered with a girls' cross country victory in shutting out PA, 15-44, and the first-ever win for the LHS girls' soccer club over its archenemy, 2-1.

A 1-1 tie in the boys' soccer tussle set up the climactic ending on the football field.

See Sports, Page 15-16, for game reports.



Pinkerton harrier Heather Moher, center, gets a hand from teammate Jen Miller, right, and Londonderry's Kelly Feibel, at the finish line of Saturday's Mack Plaque event.

LONDONDERRY — Four undefeated, untied Class L cross country teams went head-to-head in the Mack Plaque square off between the Pinkerton Academy and Londonderry High-boy and girl harriers. And, as if not to give either one of the nationally

ranked powers the upper hand heading into the Class L showdown Oct. 29, they split the decision.

The Astro boys took a slim 27-29 victory over the Londonderry. But the Lady Lancers were able to shut out the Pinkerton girls, 15-44.

This meet had everything cross country fans could want. Four powerhouse teams, a championship air, beautiful weather and perfect conditions on the 3.1-mile course.

The only thing that was missing was Lancer all-state runner John Mortimer, who was visiting the campus of the University of Notre Dame where the record-setting senior might reside next fall.

Pinkerton swiped the boys meet because of the efforts of senior Matt Downin who finished the course first at 16:40. He was

followed in the top 10 by Astros Jon Alizio (4th, 17:22), Chris Dufresne (5th, 17:23), Greg Parthum (8th, 17:34) and John Fesh (9th, 17:34).

The Lancers' No. 1 performer in place of Mortimer was junior Ted Gillick, who came in the runners-up position 13 seconds behind Downin. Other LHS top finishers were Joe Letourneau (3rd, 16:56), Steve Dutton (6th, 17:24) and Chris Raymond (7th, 17:29).

Helena Kimball's Lancer Park course record of 19:01 paced the Lady Lancers to the easier victory, placing six in the top seven slots. Kimball was chased by teammates Kelly Feibel (2nd, 19:34), Karen Edwards (3rd, 19:37), Amy DeCamp (4th, 19:43), Liz Cate (5th, 20:22) and Erin Stahl (7th, 21:08).

Rachel Dow was the top performer for the PA girls in sixth place with a 20:34 finish. Meghan Sarbanis (8th, 21:12), Stephanie Schlott (9th, 21:20), Emma Eldred (10th, 21:33) and Tyna Butka (11th, 21:53) followed.

The Pinkerton boys and Londonderry girls remain the only unbeaten clubs in Class L. LHS boys and PA girls fell to 6-1 on the year.

Londonderry 15, Pinkerton 44

at Londonderry, N.H. (3.1 miles)

Summary: Both teams entered the race undefeated but Londonderry, one of the top five teams in the country, displayed just how tough it is.

"It was just an incredible day for them," said Pinkerton coach Ted Carey, admiringly. "They just have a great group."

Helena Kimball set a new course record, shaving seven seconds off the previous mark set by current Hanover standout Cara Aley.

Kelly Feibel, Karen Edwards and Amy DeCamp were all well under 20 minutes.

Top 10: 1. Helena Kimball (L) 19:01; 2. Kelly Feibel (L) 19:34; 3. Karen Edwards (L) 19:37; 4. Amy DeCamp (L) 19:43; 5. Liz Cate (L) 20:22; 6. Rachel Dow (P) 20:34; 7. Erin Stahl (L) 21:08; 8. Meghan Sarbanis (P) 21:12; 9. Stephanie Schlott (P) 21:20; 10. Emma Eldred (P) 21:33

Records: Londonderry 7-0, Pinkerton 6-1

November 5th: Rachel Dow runs by three Manchester Central Runners to finish in the Top 10 at the **Meet of Champions**. Stephanie Schlott also earns all-state honors by finishing twenty-fifth. Kristin Yasenka breaks the team's Top Five for the first time since MI to help the team to a fourth place finish. Danielle Fillis would displace Nashua's Abby Geheb to push the Panthers down to sixth.

(Tyna would just miss all-state honors after going down on the course at the second hurdle. She would be back to run her best race ever in the New Englands. While the Varsity was preparing for today's meet, a large group of runners was helping Heather Moher prepare for the New Englands. Heather would be one of only two runners on the team to run back to back New England Meets.)

November 12th: Our long season ends with us achieving a team goal and finishing in the Top 10 at the **New England Championships**. Rachel Dow becomes only the third Pinkerton Runner to break 20:00 at Derryfield Park, as she sets a new school sophomore record. Tyna Butka, Emma Eldred, Stephanie Schlott and Kristin Yasenka all run personal bests. Danielle Fillis and Heather Moher complete the team that finished only 39 points from a sixth place finish, and buried the next New Hampshire team by 116 points !

(The 1984 State Championship Team was the last Pinkerton team to finish higher than tenth at the New Englands)



GIRLS' CROSS COUNTRY

Pinkerton girls post rare win over Nashua

The Pinkerton girls posted a 27-28 win over Nashua yesterday at on the 3.1 mile course at Derryfield Park in Manchester.

"We beat them for first time in many, many moons," said Pinkerton coach Ted Carey. "Last year they just about shut us out."

"It was back and forth whole race, when race ended just happened to go our way. Everybody brought their times down 10-12 seconds."

Pinkerton finishes the regular season at 9-1.

Pinkerton 27, Nashua 28
Pinkerton 15, Keene 50
Pinkerton 15, Winnacunnet 50

Top 10: 1. Rachel Dow (P) 20:39; 2. Amy Lovering (W) 20:51; 3. Sarah Taylor (N) 20:54; 4. Tracy Sipka (N) 20:55; 5. Tyna Butka (P) 21:10; 6. Beth Coughlin (W) 21:10; 7. Emma Eldred (P) 21:16; 8. Jackie Hurley (N) 21:22; 9. Stephanie Schlott (P)

21:44; 10. Heather Devine (N) 21:47
Records: Pinkerton 9-1
Next varsity meet: Pinkerton at Class I Meet, Oct. 29, 10 a.m.

Fontbonne 17, St. Mary's 38

at Milton (2.8 miles)
Summary: All Salverio was the top finisher for St. Mary's coming in fourth overall.
Top 10: 1. Kerri Kowley (F) 20:20; 2. Rachel Pauli (F) 21:16; 3. Katie Rooney (F) 21:49; 4. Ali Salverio (StM) 22:06; 5. Laurie Costello (F) 22:27; 6. Kristen Irwin (F) 23:23; 7. Alison Berube (StM) 24:45; 8. Lauren Stagno (StM) 25:52; 9. Xednee Teveras (StM) 25:32; 10. Noelia Fernandez (StM) 29:12
Records: St. Mary's 1-5
Next varsity meet: St. Mary's at Tyngsboro, Thursday at 3:15 p.m.

Bedrosian wins SENH Meet

at Pelham, N.H. (3.1 miles)
Summary: Elise Bedrosian of Pelham finished first overall in the Southeastern New Hampshire championships yesterday.
Top Pelham finishers: 1. Elise Bedrosian 21:26; 2. Beth Maslasky 27:29; 17. Molly Ratcliffe 29:38; 18. Katie Grigas 30:31
Next varsity meet: State Class on Saturday, October 29, at Derryfield Park in Manchester, 8:45, 10 a.m.

► GIRLS CROSS COUNTRY

Pinkerton girls second in JV meet

Sandra Lukosius's time of 22:18 was good enough to capture fourth place as she led Pinkerton Academy to a second-place finish in the third Annual Junior Varsity State Cross Country Championships held at Derryfield Park. The Astros fell to a powerful Manchester Central squad led by Becky Brooks, falling 17-48. Taking third was Keene 75, Merrimack 119, Manchester West 138, Nashua and Londonderry didn't field enough runners to score.

Other top Astro finishers included Amy Belanger, 10th in 23:07; Jen Muller, 11th in 23:14; and Abby Bent, 16th in 23:53. Top finisher for Nashua was Jamie MacFarland, 17th in 24:02; and Merrimack's Christy Walters came in 27th with a time of 24:55.

Individual Results

Girls Meet: 1. Becky Brooks, Central, 21:19; 2. Liz Blanchard, Central, 21:56; 3. Vicky Dulac, Central, 22:04; 4. Sandra Lukosius, Pinkerton, 22:18; 5. Chris Gesel, Central, 22:37; 6. Meagan Snodgrass, Central, 22:48; 7. Suzie Byron, Keene, 22:52; 8. Barbie Lapierre, Salem, 22:53; 9. Nicole Cornau, Salem, 23:00; 10. Amy Belanger, Pinkerton, 23:07; 11. Jen Muller, Pinkerton, 23:14; 12. Molly Craig, Central, 23:18; 13. Theresa Madison, Central, 23:26; 14. Katie Desmaris, Central, 23:33; 15. Denise Beat, Keene, 23:42; 16. Abbie Bent, Pinkerton, 23:53; 17. Jamie McFarland, Nashua, 24:02; 18. Jen Rogers, Pinkerton, 24:06; 19. Denise Freeman, Central, 24:08; 20. Shelly Arseneault, Pinkerton, 24:13; 21. Sarah Hill, Pinkerton, 24:15; 22. Joan Blenvenue, Pinkerton, 24:22; 23. Kathy Larochele, Central, 24:29; 24. Molly Hood, Central, 24:29; 25. Meagan McMahon, Keene, 24:46.

Boys Meet: 1. Mike Arzalone, Pinkerton, 17:36; 2. Joel Kress, Pinkerton, 17:39; 3. Todd Swenson, Londonderry, 17:43; 4. Chris Dufresne, Pinkerton, 17:46; 5. Kurt Kress, Pinkerton, 17:51; 6. Shaun Cronin, Londonderry, 17:52; 7. Chris Raymond, Londonderry, 17:56; 8. Mike Buco, Londonderry, 17:57; 9. Ian Lanza, Pinkerton, 17:58; 10. Angelo Santito, Pinkerton, 18:02; 11. Matt Tagua, Pinkerton, 18:08; 12. Ben Nadeau, Central, 18:10; 13. Steven Butterfield, Pinkerton, 18:18; 14. Randy Fesh, Pinkerton, 18:27; 15. Mike Daniel, Pinkerton, 18:29; 16. David Lewry, Central, 18:29; 17. Nick Pilotte, Memorial, 18:30; 18. Grant Voss, Timberlane, 18:30; 19. Jason Cipriano, Pinkerton, 18:31; 20. Chris Casey, Londonderry, 18:37; 21. Will Alizio, Pinkerton, 18:38; 22. Brad Costello, Pinkerton, 18:39; 23. Josh Matthews, Nashua, 18:40; 24. Dave DeCosta, Pinkerton, 18:43; 25. Tim Sheedy, Pinkerton, 18:44.

Lancer harriers dethrown Central Pinkerton girls capture No. 4 spot

■ GIRLS

Continued from Page 17

in 14th place at 20:52 to clinch the win, as the Little Green owned places five through eight as well as 13.

Central made a move for the lead at the halfway point of the race as all four of the Little Green top harriers past DeCamp, who was a distant second to Kimball. But in the last 1,200 meters of the race coming down the hill towards the finish line at Derryfield Park, DeCamp, Edwards and Feibel overtook their opponents to accomplish the first-ever feat.

"All of a sudden, Amy was in eighth at one point and started to pass everybody, including her teammates, down the hill as she saved it for the end of the race. And Kelly was strong enough to hold off Central's Kasie Wallace (20:00) for fourth place," Burgess said.

Kimball, DeCamp, Edwards and Stahl all notched their best-

ever times at Derryfield Park as did Lancer Kristy Maslowski (47th, 22:54). Liz Cate was the other Lancer runner placing 23rd at 21:29.

The Astros' fourth-place finish was paced by Rachel Dow (9th, 20:27) and Tyna Butka (10th, 20:37), two runners Burgess was impressed with.

"I've been really impressed with Pinkerton's team. They had a good showing (Saturday) along with having fun. Dow and Butka were really strong," the LHS coach said.

"Our goal was to beat Nashua, so it was tough to take a three-point loss," said Astro coach Ted Carey. "It was a matter of two good teams pushing one another on a day when both wanted it. Nashua just got three more points than us."

The rest of Pinkerton's squad finished under two minutes of each other. Stephanie Schlott

(24th, 21:32), Emma Eldred (34th, 22:01), Danielle Fillis (37th, 22:12), Kristin Yasenka (39th, 22:25) and Heather Moher (55th, 23:15) rounded out the Astro finishers.

Burgess said next weekend's Meet of Champions will be more of an individualists' race for the Lancers, who expect to qualify for the New England championships at Derryfield Park Nov. 12. The Lancers were the region's runners-up to Central last year.

It may be a tougher task for Carey's crew but he believes he will have at least two representatives from Pinkerton in the New England meet if the entire team doesn't make it.

"We were fourth in the class but when you add in the rest of the state it's always tough," said Carey, referring to the top six schools and 25 individuals from the Meet of Champions advancing to the regional meet.



How to Score a Cross Country Meet.

I was surprised to learn that many of you did not understand how our meets were scored. The general rules are these: only the first seven from any one team can have any effect on the scoring in the meet. A team's score is determined by the place finishes of its first five runners in this scoring meet. While the sixth and seventh runners do not affect their own team's score, they may still displace other team's runners. All other runners are removed from the meet entirely. Check the samples on the next page and read the explanations. I hope they help you to understand your sport a little better !!

Sample One: Score the dual meet.

#1 PA Runner: Noftle. 2nd in meet--adds two points to PA total

#5 NHS Runner: Theriault. 12th in meet--adds 12 points to NHS
total

#6 PA Runner: Sheridan. 8th in meet--does not add to PA total but
displaces five NHS runners.

#8 PA runner: Ball. 13th in meet--does not appear in the scoring
meet.

#6 NHS Runner: Carey. 15th in meet; 13th in scoring meet--does not
add to NHS total and displaces no PA runners.

Sample Two: Score the dual meet.

#5 PA Runner: Bureau. 8th in meet--adds eight points to PA total.

#7 PA Runner: Muller. 11th in meet--adds no points to PA total,
displaces one LHS runner.

#8 PA Runner: Cecere. 12th in meet--has no effect on any scoring.

#5 LHS Runner: Boylinski. 13th in meet; 12th in scoring meet--
adds twelve points to LHS total.

#7 LHS Runner: Mortenson. 24th in meet; 14th in scoring meet--
does not add to LHS total, displaces no
PA runners.

Sample Three: Score Hanover vs PA from the New Englands Results.

Take the top seven from each team: score as a dual meet. Pretty
close, eh ??

Try scoring PA vs Nashua from the New Englands. Do you get a 23 to
33 win ??

SAMPLE 1

CROSS COUNTRY SCORE SHEET

Date Sept. 15, 1976 Weather Hot & Humid 83° Site Nashua

Condition of Course Dry, wooded trails Course Distance 2.8 Course Record 1st time run

Place	Name	Time	School	Place	Name	Time	School
1	Gannon	14:36	N	36			
2	Noztle	14:44	P	37			
3	Bergeron	15:20	P	38			
4	Probert	15:25	P	39			
5	Dickie	15:35	P	40			
6	Cabell	15:37	P	41			
7	Field	16:06	N	42			
8	Sheridan	16:09	P	43			
9	Thompson	16:12	N	44			
10	McCarty	16:27	N	45			
11	Dumas	16:33	P	46			
12	Theriacult	16:37	N	47			
13	Ball	16:59	P	48			
14	Dubisz	17:04	P	49			
15	Carey	17:17	N	50			
16	Ireland	17:29	N	51			
17	Doyle	17:48	N	52			
18	Hart	17:50	N	53			
19	Slobuszewski	18:30	P	54			
20				55			
21				56			

TEAM RESULTS

Team	No.	Place	Time	Team	No.	Place	Time
Pinkerton				Nashua			
1	Noztle	2	14:44	1	Gannon	7	14:36
2	Bergeron	3	15:20	2	Field	7	16:06
3	Probert	4	15:25	3	Thompson	9	16:09
4	Dickie	5	15:35	4	McCarty	10	16:27
5	Cabell	6	15:37	5	Theriacult	12	16:37
TOTAL TEAM POINTS		20	76:41	TOTAL TEAM POINTS		39	79:55

6	Sheridan	8	16:09	6	Carey	13	17:17
7	Dumas	11	16:33	7	Ireland	14	17:29
Top 5-:53		Top 7-1:49		Top 5-2:01		Top 7-2:53	

Team	No.	Place	Time	Team	No.	Place	Time

SAMPLE 2

CROSS COUNTRY

PINKERTON ACADEMY vs. Londonderry
 Place Pinkerton Weather Cloudy, 60's Date 10-5-91
 Course Length 3.0 miles Course Record Bridgette Puley 19:50

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Helena Miniball	LHS	19:15	31	Julie Montenegro	PA	27:11
2	Tif Pope	PA	19:45	32			
3	Cindy Evans	LHS	20:35	33			
4	Nelle Feibel	LHS	20:44	34			
5	Marta Prachen	PA	21:04	35			
6	Lisa Chavez	PA	21:58	36			
7	Kate Kretschmer	PA	22:29	37			
8	Michelle Bureau	PA	22:52	38			
9	Teannie Gehuch	LHS	23:07	39			
10	Beth Szugda	PA	23:08	40			
11	Jan Muller	PA	23:23	41			
12	Oliver Con	PA	23:23	42			
13	Heather Poylinski	LHS	24:09	43			
14	Jan Zabatis	OPA	24:09	44			
15	Samuel Liborius	PA	24:17	45			
16	Val Bortette	PA	24:28	46			
17	Jan Shorter	PA	24:57	47			
18	Jan Goldthornite	PA	25:03	48			
19	Christina Vinson	PA	25:04	49			
20	Tania Rumson	LHS	25:15	50			
21	Jill Johnson	PA	25:30	51			
22	Louise Teunier	PA	25:42	52			
23	Mari Parn	PA	25:53	53			
24	Erva Mortenson	LHS	25:57	54			
25	Pam Colbertson	PA	26:06	55			
26	Amy Balancer	PA	26:13	56			
27	Molly McGovern	PA	26:14	57			
28	Jana MacDonnell	LHS	26:45	58			
29	Jill Thendier	PA	26:46	59			
30	Melanie Oulette	PA	26:48	60			

Team	No.	Place	Time	Team	No.	Place	Time
PA				LOND			
1	POPE	2	19:42	1	KIMBALL	1	19:15
2	PRACHAR	5	20:45	2	EVANS	3	20:32
3	CHAVEZ	6	21:58	3	FEIBEL	4	20:44
4	KRETSCHMER	7	22:29	4	GEHUCH	9	23:07
5	BUREAU	8	22:52	5	BOYLWUSKI	12	24:09
TOTAL TEAM POINTS		28		TOTAL TEAM POINTS		29	

6	SZUGDA	10	23:08	6	RUMSON	13	25:15
7	MULLER	11	23:23	7	MORTENSON	14	25:57

SAMPLE 3

Team	No.	Place	Time	Team	No.	Place	Time		
PA				HAN					
1	DOW	33	3	19:57	1	ALEY	1	18:19	
2	BUTKA	39	4	20:07	2	BRADY	16	2	19:33
3	ELOREO	90	6	21:09	3	OWENS	69	5	20:49
4	SCHLOTT	97	7	21:15	4	RAPPAPORT	99	8	21:19
5	YASENKA	140	9	22:05	5	KELLY	152	11	22:27
TOTAL TEAM POINTS		29		TOTAL TEAM POINTS		27			

6	FILUS	148	10	22:25	6	VANARMAN	173	13	23:06
7	MOHER	169	12	22:55	7				

N.H.S.A.A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 29, 1994
CLASS 1 WOMEN

PLACE	BI	NO.	NAME	SCHOOL	RR	TIME	PACE
1	1	271	HELENA KIMBALL	LONDONDERRY	12	18:59	6:07
2	2	273	AMY DECAIR	LONDONDERRY	10	19:39	6:19
3	3	276	KAREN EDWARDS	LONDONDERRY	9	19:48	6:22
4	4	272	KELLY FEIKEL	LONDONDERRY	12	19:56	6:20
5	5	233	KASIE WALLACE	CENTRAL	10	20:00	6:26
6	6	231	JODIE BARRI	CENTRAL	10	20:09	6:29
7	7	232	SARAH GAGNE-HALL	CENTRAL	10	20:15	6:31
8	8	234	VERONICA RESEI	CENTRAL	9	20:19	6:32
9	9	305	RACHEL DOW	PINKERTON	10	20:27	6:35
10	10	309	TYNA BUTICA	PINKERTON	10	20:37	6:38
11	11	293	TRACY SUPKA	NASHUA	11	20:39	6:38
12	12	294	SARAH TAYLOR	NASHUA	11	20:40	6:39
13	13	224	LISA COLE	CENTRAL	12	20:43	6:40
14	14	274	FRJIN STAM	LONDONDERRY	11	20:52	6:43
15	15	326	ALESHA PARADIS	SALEM	9	20:56	6:44
16		358	AMY LOVERING	WINNACUNNET	11	20:58	6:45
17		356	BETH COUGHLIN	WINNACUNNET	10	21:05	6:47
18	16	227	KATIE MCQUAID	CENTRAL	12	21:12	6:49
19	17	346	JEAN TUSON	WEST	12	21:17	6:51
20	18	247	KRISTINA SHARP	DOVER	10	21:21	6:52
21	19	295	JACKIE HURLEY	NASHUA	11	21:24	6:53
22	20	218	MARY OLSON	BISHOP GUERTIN	10	21:27	6:54
23	21	275	LIZ COLE	LONDONDERRY	10	21:29	6:55
24	22	306	STEPHANIE SCHIOTT	PINKERTON	10	21:32	6:56
25	23	201	JULIE BOYSON	ALVIRNE	11	21:36	6:57
26	24	202	LEIGH BEAUDETTE	ALVIRNE	12	21:38	6:58
27	25	298	HEATHER DEVINE	NASHUA	9	21:39	6:58
28	26	330	JILL PENDLETON	SALEM	9	21:42	6:59
29	27	221	NOELLE SCHALDENKO	BISHOP GUERTIN	9	21:42	6:59
30	28	203	EILEEN O'NEIL	ALVIRNE	10	21:45	7:00
31	29	329	LISA EDEN	SALEM	12	21:48	7:01
32	30	325	LAURA GAGNE	SALEM	11	21:55	7:03
33	31	327	MICHELLE MILONE	SALEM	12	21:56	7:04
34	32	307	EMMA ELDRED	PINKERTON	10	22:01	7:05
35	33	331	NICOLE GOODWIN	SALEM	11	22:04	7:06
36	34	226	CARRIE KOHLER	CENTRAL	12	22:10	7:08
37	35	312	DANIELE FILLIS	PINKERTON	11	22:12	7:09
38	36	320	TRACY LYFORD	PORTSMOUTH	11	22:20	7:11
39	37	310	KRISTEN YASENKA	PINKERTON	11	22:25	7:13
40	38	297	DENISE CHOW	NASHUA	11	22:27	7:14
41	39	207	KATHY MCGAFFIGAN	ALVIRNE	9	22:36	7:16
42	40	281	TRACY FENTON	MERRIMACK	12	22:38	7:17
43	41	291	COURTNEY FORD	MERRIMACK	9	22:40	7:18
44	42	206	MEGAN ELLIS	ALVIRNE	9	22:42	7:18
45	43	235	HELENA JOHNSON	CONCORD	11	22:44	7:19
46	44	347	ALYSON PARIS	WEST	12	22:47	7:20
47	45	277	KRISTY MASLOWSKI	LONDONDERRY	10	22:54	7:22
48	46	299	ARBY GEHEB	NASHUA	11	22:55	7:23
49	47	332	KRISTIE LAPIERRE	SALEM	12	22:56	7:23
50	48	259	JODI JACOBS	KEENE	12	22:57	7:23

N.H. I. S. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 29, 1994
CLASS 1 WOMEN

PLACE	T&P1	NO.	NAME	SCHOOL	GR	TIME	PACE
51	49	322	SUSAN STOWE	PORTSMOUTH	11	23:02	7:25
52	50	236	LOHI GRABOWSKI	CONCORD	9	23:04	7:25
53	51	260	KEIT MOORE	KEENE	11	23:05	7:26
54	52	290	AMY BORDERS	MERRIMACK	9	23:10	7:27
55	53	316	HEATHER MOHER	PINKERTON	10	23:15	7:29
56		345	MEREDITH NOYES	TRINITY	11	23:16	7:29
57	54	237	BETH MCALLISTER	CONCORD	11	23:20	7:31
58	55	372	REBECCA WOOD	MEMORIAL	9	23:28	7:33
59	56	220	MARISSA SCHALDENKO	BISHOP GUERTIN	11	23:31	7:34
60	57	239	EMMA SISTI	CONCORD	9	23:34	7:35
61	58	238	CELESTE STAPANON	CONCORD	10	23:35	7:35
62	59	261	JACKIE BRYCE	KEENE	11	23:35	7:35
63	60	205	PAM ELLIS	ALVIRNE	10	23:36	7:36
64	61	262	STACY MOORE	KEENE	10	23:41	7:37
65	62	282	ANJA GILBERT	MERRIMACK	12	23:46	7:39
66	63	204	LINA SCHLIFFER	ALVIRNE	10	23:54	7:42
67	64	212	LILIA KRESSMAN	PORTSMOUTH	10	24:00	7:43
68	65	317	SUZIE BUCK	PORTSMOUTH	12	24:05	7:45
69	66	246	HEATHER DRAKE	DOVER	10	24:05	7:45
70	67	313	LIZ HENSON	PORTSMOUTH	9	24:06	7:45
71		333	HEATHER JONES	SPAULDING	11	24:09	7:46
72	68	211	LAWRIE MARRISON	CONCORD	10	24:12	7:47
73	69	300	KIERSTEAD HAMILTON	WEST	10	24:18	7:49
74	70	308	SUZANNE RUSSELL	WEST	12	24:19	7:50
75	71	313	JESSICA GAMACHE	MEMORIAL	11	24:20	7:50
76	72	292	SARAH BURPEE	MERRIMACK	9	24:22	7:51
77	73	300	JAINIE MCFARIAND	NASHUA	9	24:24	7:51
78	74	358	LYNN PARISEAU	MEMORIAL	12	24:26	7:52
79	75	216	LISA GEARGALDS	BISHOP GUERTIN	11	24:29	7:53
80	76	288	MARISSA MASLEN	MERRIMACK	10	24:37	7:55
81	77	319	TINA PALERMA	BISHOP GUERTIN	9	24:56	8:02
82	78	264	KARILYN SAUNDERS	KEENE	10	24:58	8:02
83	79	267	ADRIENNE SORG	KEENE	12	24:59	8:02
84	80	287	LARA JARDULID	MERRIMACK	10	25:14	8:07
85	81	240	KATHLEEN JONES	CONCORD	9	25:21	8:10
86	82	222	JOAN SNAITH	BISHOP GUERTIN	10	25:22	8:10
87	83	213	SHERI DOBENS	BISHOP GUERTIN	9	25:28	8:12
88		254	HOLLY BOUDREAU	EXETER	11	25:36	8:14
89	84	355	CARIE REINHURT	WEST	11	25:40	8:16
90	85	263	BECKY FULLERTON	KEENE	10	25:41	8:16
91	86	349	SARAH NELSON	WEST	12	25:56	8:21
92		360	STACEY WEBER	WINNACUNNET	11	26:02	8:23
93	87	362	MISSY FRANCOEUR	MEMORIAL	9	26:12	8:26
94	88	369	JEN PILOTTE	MEMORIAL	12	26:22	8:29
95	89	365	KARI MANNI	MEMORIAL	9	26:28	8:31
96	90	332	CARRIE ROY	WEST	11	26:36	8:34
97	91	370	CAROLYN PUCHACZ	MEMORIAL	12	26:39	8:35
98	92	252	SOMCHAY THAVISOUK	DOVER	11	27:52	8:58
99	93	249	JOY DRAKE	DOVER	12	27:55	8:59
100		293	VENESSA RING	EXETER	9	28:16	9:06

N. H. I. A. A.
 HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
 OCTOBER 29, 1974
 CLASS 1 WOMEN

PLACE	TAPI	NO.	NAME	SCHOOL	GR TIME	PACE
101		359	KRISTIN RITTENDIR	WINNACONNET	10 30:00	9:39
102	94	324	BOBBIE JO WISCARVA	PORTSMOUTH	10 30:24	9:47
103	95	250	MARY BRAKE	DOVER	10 31:03	10:00
104		256	MEGAN WARNOCK	EXETER	12 32:17	10:23
105	96	253	ALITSON TUSEL	DOVER	9 34:14	11:01
106		258	SHEREE DAWE	EXETER	9 34:15	11:01

N. H. I. A. S.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 29, 1994
CLASS I WOMEN

T E A M R E S U L T S

1. LONDONDERRY
1 2 3 4 14 (21) (45) = 24
HELENA KIMBALL, AMY DECAMP, KAREN EDWARDS, KELLY FEIBEL,
ERIN STAHL, LIZ CATE, KRISTY MASIOWSKI
2. CENTRAL
5 6 7 8 13 (16) (34) = 39
KASIE WALLACE, JODIE BARTL, SARAH GAGNE-HALL, VERONICA GEBEL,
LISA COTE, KATIE MCQUAID, CARRIE KOHLER
3. NASHUA
11 12 19 25 38 (46) (73) = 105
TRACY SIPKA, SARAH TAYLOR, JACKIE HURLEY, HEATHER DEVINE,
DENISE CHOW, ABBY GEHEB, JAIME MCFARLAND
4. PINKERTON
9 10 22 32 35 (37) (53) = 108
RACHEL DOW, TYNA BUTICA, STEPHANIE SCHLOTT, EMMA ELDRED,
DANIELLE FILLIS, KRISTEN YASENKA, HEATHER MOHER
5. SALEM
15 26 29 30 31 (33) (47) = 131
ALESHA PARADIS, JILL PENDLETON, LISA EDEN, LAURA GAGNE,
MICHELLE MILONE, NICOLE GOODWIN, KRISTIE LAPIERRE
6. ALVIRNE
23 24 28 39 42 (60) (63) = 156
JULIE BOYSON, LEIGH BEAUDETTE, EILEEN O'NEIL, KATHY MCGAFFIGAN,
MEGAN ELLIS, PAM ELLIS, LINA SCHLEIFER
7. BISHOP GUERTIN
20 27 56 75 77 (82) (83) = 255
MARY OLSON, NOELLE SCHALDENKO, LARISSA SCHALDENKO, LISA GEARGALOS,
TINA PALERMA, JOAN SNAITH, SHERI DOBENS
8. CONCORD
43 50 54 57 58 (68) (81) = 262
HELENA JOHNSON, LORI GRABOWSKI, BETH MCALLISTER, EMMA SISTI,
CELESTE STAPANON, LAWRIE MARRISON, KATHLEEN JONES
9. MERRIMACK
40 41 52 62 72 (76) (80) = 267
TRACY FENTON, COURTNEY FORD, AMY BORDERS, ANJA GILBERT,
SARAH BURFEE, LARISSA MASLEN, LARA JARDULIO
10. PORTSMOUTH
36 49 64 65 67 (94) = 281
TRACY LYFORD, SUSAN STOWE, LORA KRESSMAN, SUZIE BUCK,
LIZ HENSON, BOBBIE JO WISCARVA
11. WEST
17 44 69 70 84 (86) (90) = 284
JEAN TUSON, ALYSON PARIS, KIERSTEAD HAMILTON, SUZANNE RUSSELL,
CARRIE REINHURT, SARAH NELSON, CARRIE ROY
12. KEENE
48 51 59 61 78 (79) (85) = 297
JODI JACOBS, KEUT MOORE, JACKIE BRYCE, STACY MOORE,
KARILYN SAUNDERS, ADRIENNE SORG, BECKY FULLERTON

N.H.I.A.A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 23, 1994
CLASS 1 WOMEN

TEAM RESULTS

13. DOVER

18 66 92 93 95 (96) = 354
KRISTINA SHARP, HEATHER DRAKE, SOMCHAY THAVISOUK, JOY DRAKE,
MARY BRAKE, ALLISON TIGER

14. MEMORIAL

55 71 74 87 88 (89) (91) = 375
REBECCA WOO, JESSICA GAMACHE, LYNN PARISEAU, MISSY FRANCOEUR,
JEN PILOTTE, KARI MANNI, CAROLYN RUCHACZ

N. H. L. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 5, 1994
MEET OF CHAMPIONS WOMEN

PLACE	T&P	NO.	NAME	SCHOOL	CLS	GR	TIME	PACE
1	1	139A	CARA ALEY	HANOVER	I	12	18:23	5:55
2	2	134A	HELENA KIMBALL	LONDONDERRY	I	12	18:51	6:04
3		1482	GRETCHEN WERNIG	GILFORD	M&S	11	19:17	6:12
4	3	1446	BETH KRAFT	OYSTER RIVER	I	10	19:34	6:18
5	4	1349	KELLY FEIBEL	LONDONDERRY	I	12	19:44	6:21
6	5	1399	KELLY BRADY	HANOVER	I	10	19:46	6:22
7	6	1345	KASIE WALLACE	CENTRAL	I	10	19:55	6:25
8	7	1350	AMY DECAMP	LONDONDERRY	I	10	20:17	6:32
9	8	1353	KAREN EDWARDS	LONDONDERRY	I	9	20:27	6:35
10	9	1370	RACHEL DOW	PINKERTON	I	10	20:29	6:36
11	10	1344	SARAH GAGNE-HALL	CENTRAL	I	10	20:31	6:36
12	11	1343	JODIF BARRI	CENTRAL	I	10	20:42	6:40
13		1434	MEGHAN SHUTERAN	MONADNOCK	I	10	20:42	6:40
14	12	1336	LISA COTE	CENTRAL	I	12	20:45	6:41
15	13	1358	TRACY SIPKA	NASHUA	I	11	20:54	6:44
16		1394	AMY LOVERING	WINNACUNNET	I	11	20:55	6:44
17	14	1346	VERONICA GESEI	CENTRAL	I	9	20:58	6:45
18		1508	JILL STEVENSON	WOODSVILLE	M&S	9	20:58	6:45
19		1393	BETH COUGHLIN	WINNACUNNET	I	10	20:59	6:45
20		1460	ANGELA VANDERHOOF	TIMBERLANE	I	9	21:01	6:46
21		1333	MARY OLSON	BISHOP GUERTIN	I	10	21:01	6:46
22	15	1359	SARAH TAYLOR	NASHUA	I	11	21:02	6:46
23	16	1476	MARY LAMBERT	FALL MOUNTAIN	M&S	10	21:00	6:46
24	17	1351	ERIN STAHL	LONDONDERRY	I	11	21:16	6:51
25	18	1371	STEPHANIE SCHLOTT	PINKERTON	I	10	21:16	6:51
26	19	1374	TYNA BUTKA	PINKERTON	I	10	21:27	6:54
27	20	1383	ALESIA PARADIS	SALEM	I	9	21:29	6:55
28	21	1352	LIZ CATE	LONDONDERRY	I	10	21:34	6:56
29	22	1382	LAURA GAGNE	SALEM	I	11	21:34	6:56
30	23	1498	JESSICA JAWOROWSKI	WHITE MOUNTAINS	M&S	12	21:35	6:57
31	24	1372	EMMA ELDRED	PINKERTON	I	10	21:38	6:58
32	25	1501	JULIE INGERSON	WHITE MOUNTAINS	M&S	10	21:42	6:59
33		1488	ELISE BEDROSIAN	PELHAM	M&S	11	21:45	7:00
34	26	1339	KATIE MCQUAID	CENTRAL	I	12	21:46	7:00
35		1435	MELANIE MORIN	MONADNOCK	I	12	21:47	7:01
36	27	1411	KATIE BURDETTE	KENNETT	I	10	21:47	7:01
37	28	1387	JILL PENDLETON	SALEM	I	9	21:52	7:02
38		1447	ANDREA BENVENUTI	NEWMARKET	M&S	8	21:55	7:03
39	29	1400	KATE RAPPAPORT	HANOVER	I	12	21:56	7:04
40	30	1502	ELIZABETH BRADO	WHITE MOUNTAINS	M&S	9	21:57	7:04
41		1392	JEAN TUSON	WEST	I	12	21:58	7:04
42	31	1401	SARAH OWENS	HANOVER	I	11	21:58	7:04
43	32	1321	JULIE BOYSON	ALVIRNE	I	11	22:03	7:06
44	33	1323	EILEEN O'NEIL	ALVIRNE	I	10	22:06	7:07
45	34	1362	DENISE CHOW	NASHUA	I	11	22:09	7:08
46		1436	HEATHER WOOD	MONADNOCK	I	10	22:14	7:09
47	35	1322	LEIGH BEAUDETTE	ALVIRNE	I	12	22:14	7:09
48	36	1464	RACHEL WALKER	CONANT	M&S	11	22:15	7:10
49	37	1335	BECKY BROOKS	CENTRAL	I	12	22:16	7:10
50		1489	ELIN KONDRAD	SANT BAWI	M&S	12	22:18	7:11

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 5, 1994
MEET OF CHAMPIONS WOMEN

PLACE	T&PI	NO.	NAME	SCHOOL	CLS	GR	TIME	PACE
51	38	1375	KRISTEN YASENKA	PINKERTON	L	11	22:21	7:12
52	39	1354	KRISTY MASLOWSKI	LONDONDERRY	L	10	22:22	7:12
53		1459	LESLIE THURSTON	SANBORN	I	12	22:23	7:12
54	40	1406	AMANDA BLANK	HANOVER	I	11	22:24	7:13
55	41	1499	JEN WHITE	WHITE MOUNTAINS	M&S	12	22:24	7:13
56	42	1472	RENEE KINGSBURY	FALL MOUNTAIN	M&S	11	22:25	7:13
57		1334	NOELLE SCHALDENKO	BISHOP GUERTIN	L	9	22:28	7:14
58	43	1384	MICHELLE MILONE	SALEM	L	12	22:35	7:16
59	44	1389	KRISTIE LAPIERRE	SALEM	L	12	22:36	7:16
60	45	1363	HEATHER DEVINE	NASHUA	L	9	22:38	7:17
61		1395	CHANDRA WALKER	CON-VAL	I	12	22:39	7:17
62	46	1412	MARA KENDRICK	KENNETT	I	11	22:40	7:18
63	47	1404	EMILY VANARMAN	HANOVER	I	12	22:42	7:18
64	48	1466	KIRSTEN YOUNG	CONANT	M&S	11	22:43	7:19
65		1397	JENN KINDER	DOFFSTOWN	I	11	22:44	7:19
66		1433	ANGIE HOOPER	MERRIMACK VALLEY	I	11	22:46	7:20
67	49	1326	MEGAN ELLIS	ALVIRNE	L	9	22:47	7:20
68		1461	TRICIA SUCIARNI	TIMBERLANE	I	9	22:48	7:20
69	50	1377	DANIELE FILLIS	PINKERTON	L	11	22:49	7:21
70		1347	KRISTINA SHARP	DOVER	L	10	22:49	7:21
71		1485	SARAH AVER	JOHN STARK	M&S	11	22:49	7:21
72	51	1364	ABBY GEHEB	NASHUA	L	11	22:51	7:23
73		1486	CONNIE SYLVAIN	JOHN STARK	M&S	12	22:51	7:23
74	52	1449	BRITTA HULT	OYSTER RIVER	I	9	22:51	7:23
75	53	1447	MARYBETH NAZZARO	OYSTER RIVER	I	12	23:00	7:24
76	54	1388	NICOLE GOODWIN	SALEM	L	11	23:02	7:25
77		1507	SANDRA ABBOTT	WINNISQUAM	M&S	12	23:03	7:25
78	55	1490	LORNA FORTIN	STRATFORD	M&S	8	23:04	7:25
79	56	1477	ODNA COGGESHALL	FALL MOUNTAIN	M&S	9	23:05	7:26
80		1421	STEPHANIE COTTER	LACONIA	I	11	23:06	7:26
81		1427	ELIZABETH PELECKIS	LACONIA	I	9	23:09	7:27
82		1396	KERRY HICKOX	CON-VAL	I	11	23:09	7:27
83		1432	SARAH DORAN	LEBANON	I	11	23:10	7:27
84		1484	ERIN MORROSSEY	HOPKINTON	M&S	9	23:20	7:31
85	57	1448	CHRISTY NORTHROP	OYSTER RIVER	I	11	23:22	7:31
86	58	1471	JESSICA FOOTE	FALL MOUNTAIN	M&S	12	23:23	7:32
87	59	1376	SUZANNE GALE	PINKERTON	L	10	23:23	7:32
88	60	1451	STEPHANIE ZAIDLICZ	OYSTER RIVER	I	10	23:33	7:35
89	61	1469	YARROW WRIGHT	CONANT	M&S	10	23:33	7:35
90	62	1403	MEGAN KELLY	HANOVER	I	11	23:35	7:35
91	63	1455	AMANDA CROCKER	OYSTER RIVER	I	9	23:38	7:36
92	64	1493	MELANIE ROTH	STRATFORD	M&S	11	23:38	7:36
93		1483	CRYSTAL SMITH	HOLLIS/BROOKLINE	M&S	9	23:38	7:36
94	65	1492	KIM MAILHOT	STRATFORD	M&S	9	23:41	7:37
95	66	1360	JACKIE HURLEY	NASHUA	L	11	23:47	7:39
96	67	1327	KATHY MCGAFFIGAN	ALVIRNE	L	9	23:48	7:40
97	68	1494	ERIN ROTH	STRATFORD	M&S	9	23:51	7:41
98	69	1506	JANET ASHBY	WHITE MOUNTAINS	M&S	11	23:51	7:41
99	70	1500	MOLLY CORRIGAN	WHITE MOUNTAINS	M&S	11	23:54	7:42
100		1458	RACHEL BORCHERS	PLYMOUTH	I	10	23:56	7:42

N. H. I. A. A.
 HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
 NOVEMBER 5, 1994
 MEET OF CHAMPIONS WOMEN

PLACE	TIME	NO.	NAME	SCHOOL	CLS	GR	TIME	PAGE
101	71	1467	HOLLY SCHEUHING	CONANT	M&S	10	23:58	7:43
102	72	1324	LINA SCHLEIFER	ALVIRNE	L	10	24:59	7:43
103	73	1491	CHRISTIE KENNETT	STRATFORD	M&S	10	24:00	7:43
104	74	1386	LISA EDEN	SALEM	L	12	24:09	7:46
105		1431	MANDI HERRIN	LEBANON	I	12	24:19	7:50
106	75	1328	KAREN DESJARDINS	ALVIRNE	L	11	24:21	7:50
107	76	1473	CAITLIN FURMAN	FALL MOUNTAIN	M&S	11	24:26	7:52
108	77	1385	JAIMIE MCFARLAND	NASHUA	L	9	24:32	7:54
109	78	1468	MARILEE VASALEBRE	CONANT	M&S	10	24:34	7:54
110		1462	MARTHA WOODS	BELMONT	M&S	11	24:47	7:59
111	79	1413	MORIAH DOUCETTE	KENNETT	I	10	25:01	8:03
112	80	1410	MANDY HERGET	KENNETT	I	12	25:11	8:07
113	81	1478	TOVA HAINES	FALL MOUNTAIN	M&S	9	25:25	8:11
114	82	1456	NICOLE WOJICK	OYSTER RIVER	I	11	25:36	8:14
115	83	1495	HEIDI OWENS	STRATFORD	M&S	10	25:42	8:16
116	84	1414	AMANDA EVANS	KENNETT	I	10	26:00	8:22
117	85	1496	PAM STINSON	STRATFORD	M&S	7	26:47	8:37
118	86	1463	KATE DESPRES	CONANT	M&S	12	27:09	8:44
119	87	1415	JESSICA DOWD	KENNETT	I	12	28:04	9:02
120	88	1505	ANNIE WHITE	WHITE MOUNTAINS	M&S	9	28:08	9:03
121	89	1474	ALEGRA ANDREOLI	FALL MOUNTAIN	M&S	11	31:19	10:05
122	90	1416	TRICIA TREMBLY	KENNETT	I	10	31:19	11:05

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 5, 1994
MEET OF CHAMPIONS WOMEN

T E A M R E S U L T S

1. LONDONDERRY
2 4 7 8 17 (21) (39) = 38
HELENA KIMBALL, KELLY FEIBEL, AMY DECOMP, KAREN EDWARDS,
FRIN STAH, LIZ COTE, KRISTY MASLONSKI
2. CENTRAL
6 10 11 12 14 (26) (37) = 53
KASIE WALLACE, SARAH GAGNE-HALL, JODIE BARRI, LISA COTE,
VERONICA BESEI, KATIE MCQUAID, AECY BROOKS
3. HANOVER
1 5 29 31 40 (47) (62) = 106
CARA ALEY, KELLY BRADY, KATE RAPPAPORT, SARAH OWENS,
AMANDA BLANK, EMILY VANARMAN, MEGAN KELLY
4. PINKERTON
9 18 19 24 38 (50) (59) = 108
RACHEL DOW, STEPHANIE SCHLOTT, TYNA BUTKA, EMMA ELDRED,
KRISTEN YASENKA, DANIELLE FILLIS, SUZANNE GALE
5. SALEM
20 22 28 43 44 (54) (74) = 157
ALESHA PARADIS, LAURA GAGNE, JILL PENDLETON, MICHELLE MILONE,
KRISTIE LAPIERRE, NICOLE GOODWIN, LISA EDEN
6. NASHUA
13 15 34 45 51 (66) (77) = 158
TRACY SIPKA, SARAH TAYLOR, DENISE CHOW, HEATHER DEVINE,
ABBY GEHER, JACKIE HURLEY, JAIME MCFARLAND
7. WHITE MOUNTAINS
23 25 30 41 69 (70) (88) = 188
JESSICA JAWOROWSKI, JULIE INGERSON, ELIZABETH BRADO, JEN WHITE,
JANET ASHBY, MOLLY CORRIGAN, ANNIE WHITE
8. ALVIRNE
32 33 35 49 67 (72) (75) = 216
JULIE BOYSON, EILEEN O'NEIL, LEIGH BEAUDETTE, MEGAN ELLIS,
KATHY MCGAFFIGAN, LINA SCHLEIFER, KAREN DESJARDINS
9. OYSTER RIVER
3 52 53 57 60 (63) (82) = 225
BETH KRAFT, BRITTA HULT, MARYBETH NAZZARO, CHRISTY NORTHROP,
STEPHANIE ZAJDLICZ, AMANDA CROCKER, NICOLE WOJICK
10. FALL MOUNTAIN
16 42 56 58 76 (81) (89) = 248
MARY LAMBERT, RENEE KINGSBURY, DONA COGGESHALL, JESSICA FOOTE,
CAITLIN FURMAN, TOVA HAINES, ALEGRA ANDREOLI
11. CONANT
36 48 61 71 78 (86) = 294
RACHEL WALKER, KIRSTEN YOUNG, YARROW WRIGHT, HOLLY SCHEUHING,
MARILEE VAGALEBRE, KATE DESPRES
12. KENNETT
27 46 79 80 84 (87) (90) = 316
KATIE BURDETTE, MARA KENDRICK, MORIAH DOUCETTE, MANDY HERGET,
AMANDA EVANS, JESSICA DOWD, TRICIA TREMBLY
13. STRATFORD
55 64 65 68 73 (83) (85) = 325
LORNA FORTIN, MELANIE ROTH, KIM MAILHOT, ERIN ROTH,
CHRISTIE KENNETT, HEIDI OWENS, PAM STINSON

N. H. T. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 5, 1994
MEET OF CHAMPIONS WOMEN

PLACE	TOTL	NO.	NAME	SCHOOL	D.S	GR	TIME	PAGE
1	1	1398	CARA AILEY	HANOVER	I	12	18:23	5:55
2	2	1348	HELENA KIMBALL	LONDONDERRY	I	12	18:51	6:04
3		1482	GRETCHEN WERNIG	GILFORD	M&S	11	19:17	6:12
4	3	1446	BETH KRAFT	OYSTER RIVER	I	10	19:34	6:18
5	4	1349	KELLY FEIBEL	LONDONDERRY	I	12	19:44	6:21
6	5	1399	KELLY BRADY	HANOVER	I	10	19:46	6:22
7	6	1345	KASIE WALLACE	CENTRAL	I	10	19:55	6:25
8	7	1350	AMY DECAMP	LONDONDERRY	I	10	20:17	6:32
9	8	1353	KAREN EDWARDS	LONDONDERRY	I	9	20:27	6:35
10	9	1370	RACHEL DOW	PINKERTON	I	10	20:29	6:36
11	10	1344	SARAH GAGNE-HALL	CENTRAL	I	10	20:31	6:36
12	11	1343	JODIF BARRI	CENTRAL	I	10	20:42	6:40
13		1434	MEGHAN SHUTERAN	MONADNOCK	I	10	20:42	6:40
14	12	1336	LISA COTE	CENTRAL	I	12	20:45	6:41
15	13	1358	TRACY SIPKA	NASHUA	I	11	20:54	6:44
16		1394	AMY LOVERING	WINNACUNNET	L	11	20:55	6:44
17	14	1346	VERONICA GESSEL	CENTRAL	L	9	20:58	6:45
18		1508	JILL STEVENSON	WOODSVILLE	M&S	9	20:58	6:45
19		1393	BETH COUGHLIN	WINNACUNNET	I	10	20:59	6:45
20		1460	ANGELA VANDERHOOF	TIMBERLANE	I	9	21:01	6:46
21		1333	MARY OLSON	BISHOP GUERTIN	L	10	21:01	6:46
22	15	1359	SARAH TAYLOR	NASHUA	L	11	21:02	6:46
23	16	1476	MARY LAMBERT	FALL MOUNTAIN	M&S	10	21:08	6:48
24	17	1351	ERIN STAHL	LONDONDERRY	I	11	21:16	6:51
25	18	1371	STEPHANIE SCHLOTT	PINKERTON	L	10	21:16	6:51
26	19	1374	TYNA BUTKA	PINKERTON	L	10	21:27	6:54
27	20	1383	ALESIA PARADIS	SALEM	L	9	21:29	6:55
28	21	1352	LIZ CATE	LONDONDERRY	L	10	21:34	6:56
29	22	1382	LAURA GAGNE	SALEM	L	11	21:34	6:56
30	23	1498	JESSICA JAWOROWSKI	WHITE MOUNTAINS	M&S	12	21:35	6:57
31	24	1372	EMMA ELDRED	PINKERTON	L	10	21:38	6:58
32	25	1501	JULIE INGERSON	WHITE MOUNTAINS	M&S	10	21:42	6:59
33		1488	ELISE BEDROSIAN	PELHAM	M&S	11	21:45	7:00
34	26	1339	KATIE MCQUAID	CENTRAL	L	12	21:46	7:00
35		1435	MELANIE MORIN	MONADNOCK	I	12	21:47	7:01
36	27	1411	KATIE BURDETTE	KENNETT	I	10	21:47	7:01
37	28	1387	JILL PENDLETON	SALEM	L	9	21:52	7:02
38		1487	ANDREA BENVENUTI	NEWMARKET	M&S	8	21:55	7:03
39	29	1400	KATE RAPPAPORT	HANOVER	I	12	21:56	7:04
40	30	1502	ELIZABETH BRADY	WHITE MOUNTAINS	M&S	9	21:57	7:04
41		1392	JEAN TUSON	WEST	L	12	21:58	7:04
42	31	1401	SARAH OWENS	HANOVER	I	11	21:58	7:04
43	32	1321	JULIE BOYSON	ALVIRNE	L	11	22:03	7:06
44	33	1323	EILEEN O'NEIL	ALVIRNE	L	10	22:06	7:07
45	34	1362	DENISE CHOW	NASHUA	L	11	22:09	7:08
46		1436	HEATHER WOOD	MONADNOCK	I	10	22:14	7:09
47	35	1322	LEIGH BEAUDETTE	ALVIRNE	L	12	22:14	7:09
48	36	1464	RACHEL WALKER	CONANT	M&S	11	22:15	7:10
49	37	1335	BECKY BROOKS	CENTRAL	L	12	22:16	7:10
50		1489	ELIN KONDRAD	SANT BANI	M&S	12	22:18	7:11

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 5, 1994
MEET OF CHAMPIONS WOMEN

PLACE	T&P1	NO.	NAME	SCHOOL	CLS	GR	TIME	PACE
51	38	1375	KRISTEN YASENKA	PINKERTON	L	11	22:21	7:12
52	39	1354	KRISTY MASLOWSKI	LONDONDERRY	L	10	22:22	7:12
53		1459	LESLIE THURSTON	SANBORN	I	12	22:23	7:12
54	40	1406	AMANDA BLANK	HANOVER	I	11	22:24	7:13
55	41	1499	JEN WHITE	WHITE MOUNTAINS	M&S	12	22:24	7:13
56	42	1472	RENEE KINGSBURY	FALL MOUNTAIN	M&S	11	22:25	7:13
57		1334	NOELLE SCHALDENKO	BISHOP GUERTIN	L	9	22:28	7:14
58	43	1384	MICHELLE MILONE	SALEM	L	12	22:35	7:16
59	44	1389	KRISTIE LAPIERRE	SALEM	L	12	22:35	7:16
60	45	1363	HEATHER DEVINE	NASHUA	L	9	22:38	7:17
61		1395	CHANDRA WALKER	CON-VAL	I	12	22:39	7:17
62	46	1412	MARA KENDRICK	KENNETT	I	11	22:40	7:18
63	47	1404	EMILY VANARMAN	HANOVER	I	12	22:42	7:18
64	48	1466	KIRSTEN YOUNG	CONANT	M&S	11	22:43	7:19
65		1397	JENN KINDER	GOFFSTOWN	I	11	22:44	7:19
66		1433	ANGIE HOOPER	MERRIMACK VALLEY	I	11	22:46	7:20
67	49	1326	MEGAN ELLIS	ALVIRNE	L	9	22:47	7:20
68		1461	TRICIA SUCIARNI	TIMBERLANE	I	9	22:48	7:20
69	50	1377	DANIELLE FILIIS	PINKERTON	L	11	22:49	7:21
70		1347	KRISTINA SHARP	DOVER	L	10	22:50	7:21
71		1485	SARAH AVER	JOHN STARK	M&S	11	22:50	7:21
72	51	1364	ABBY GEHEB	NASHUA	L	11	22:57	7:23
73		1486	CONNIE SYLVAIN	JOHN STARK	M&S	12	22:57	7:23
74	52	1449	BRITTA HULT	OYSTER RIVER	I	9	22:57	7:23
75	53	1447	MARYBETH NAZZARO	OYSTER RIVER	I	12	23:00	7:24
76	54	1388	NICOLE GOODWIN	SALEM	L	11	23:02	7:25
77		1507	SANDRA ABBOTT	WINNISQUAM	M&S	12	23:03	7:25
78	55	1490	LORNA FORTIN	STRATFORD	M&S	8	23:04	7:25
79	56	1477	ODNA COGGESHALL	FALL MOUNTAIN	M&S	9	23:05	7:26
80		1421	STEPHANIE COTTER	LACONIA	I	11	23:06	7:26
81		1427	ELIZABETH PELECKIS	LACONIA	I	9	23:09	7:27
82		1396	KERRY HICKOX	CON-VAL	I	11	23:09	7:27
83		1432	SARAH DORAN	LEBANON	I	11	23:10	7:27
84		1484	ERIN MORROSSEY	HOPKINTON	M&S	9	23:20	7:31
85	57	1448	CHRISTY NORTHROP	OYSTER RIVER	I	11	23:22	7:31
86	58	1471	JESSICA FOOTE	FALL MOUNTAIN	M&S	12	23:23	7:32
87	59	1376	SUZANNE GALE	PINKERTON	L	10	23:23	7:32
88	60	1451	STEPHANIE ZIDLICZ	OYSTER RIVER	I	10	23:33	7:35
89	61	1469	YARROW WRIGHT	CONANT	M&S	10	23:33	7:35
90	62	1403	MEGAN KELLY	HANOVER	I	11	23:35	7:35
91	63	1455	AMANDA CROCKER	OYSTER RIVER	I	9	23:38	7:36
92	64	1493	MELANIE ROTH	STRATFORD	M&S	11	23:38	7:36
93		1483	CRYSTAL SMITH	HOLLIS/BROOKLINE	M&S	9	23:38	7:36
94	65	1492	KIM MAILHOT	STRATFORD	M&S	9	23:41	7:37
95	66	1360	JACKIE HURLEY	NASHUA	L	11	23:47	7:39
96	67	1327	KATHY MCGAFFIGAN	ALVIRNE	L	9	23:48	7:40
97	68	1494	ERIN ROTH	STRATFORD	M&S	9	23:51	7:41
98	69	1505	JANET ASHBY	WHITE MOUNTAINS	M&S	11	23:51	7:41
99	70	1500	MOLLY CORRIDAN	WHITE MOUNTAINS	M&S	11	23:54	7:42
100		1458	RACHEL BORCHERS	PLYMOUTH	I	10	23:56	7:42

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 5, 1994
MEET OF CHAMPIONS WOMEN

PLACE	TIME	PL NO.	NAME	SCHOOL	CLS	GR	TIME	PACE
101	71	1457	HOLLY SCHEUHING	CONANT	M&S	10	23:58	7:43
102	72	1324	LINA SCHLEIFER	ALVIRNE	L	10	23:59	7:43
103	73	1491	CHRISTIE KENNETT	STRATFORD	M&S	10	24:00	7:43
104	74	1396	LISA EDEN	SALEM	L	12	24:09	7:46
105		1431	MANDI HERRIN	LEBANON	I	12	24:19	7:50
106	75	1328	KAREN DESJARDINS	ALVIRNE	L	11	24:21	7:50
107	76	1473	CAITLIN FURMAN	FALL MOUNTAIN	M&S	11	24:26	7:52
108	77	1365	JAIME MCFARLAND	NASHUA	L	9	24:32	7:54
109	78	1468	MARILEE VAGALEBRE	CONANT	M&S	10	24:36	7:54
110		1462	MARTHA WOODS	BELMONT	M&S	11	24:47	7:59
111	79	1413	MORIAH DOUCETTE	KENNETT	I	10	25:05	8:05
112	80	1410	MANDY HERGET	KENNETT	I	12	25:11	8:07
113	81	1478	TOVA HAINES	FALL MOUNTAIN	M&S	9	25:21	8:11
114	82	1456	NICOLE WOJICK	OYSTER RIVER	I	11	25:36	8:14
115	83	1495	HEIDI OWENS	STRATFORD	M&S	10	25:42	8:16
116	84	1414	AMANDA EVANS	KENNETT	I	10	26:00	8:22
117	85	1496	PAM STINSON	STRATFORD	M&S	7	26:47	8:37
118	86	1463	KATE DESPRES	CONANT	M&S	12	27:09	8:44
119	87	1415	JESSICA DOWD	KENNETT	I	12	28:04	9:02
120	88	1505	ANNIE WHITE	WHITE MOUNTAINS	M&S	9	28:08	9:03
121	89	1474	ALEGRA ANDREOLI	FALL MOUNTAIN	M&S	11	31:19	10:05
122	90	1416	TRICIA TREMBLY	KENNETT	I	10	31:19	10:05

N. H. T. A. A.
 HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
 NOVEMBER 5, 1994
 MEET OF CHAMPIONS WOMEN

T E A M R E S U L T S

1. LONDONDERRY
 2 4 7 8 17 (21) (39) = 38
 HELENA KIMBALL, KELLY FEIBEL, AMY DECOMP, KAREN EDWARDS,
 FRIN STAH, IJZ CATE, KRISTY MASLOWSKI
2. CENTRAL
 6 10 11 12 14 (26) (37) = 53
 KASIE WALLACE, SARAH GAGNE-HALL, JODIE BARRI, LISA COTE,
 VERONICA GEFEL, KATIE MCQUAID, RECKY BROOKS
3. HANOVER
 1 5 29 31 40 (47) (62) = 106
 CARA ALEY, KELLY BRADY, KATE RAPPAPORT, SARAH OWENS,
 AMANDA BLANK, EMILY VANARMAN, MEGAN KELLY
4. PINKERTON
 9 18 19 24 38 (50) (59) = 108
 RACHEL DOW, STEPHANIE SCHLOTT, TYNA BUTKA, EMMA ELDRED,
 KRISTEN YASENKA, DANIELLE FILIJS, SUZANNE GALE
5. SALEM
 20 22 28 43 44 (54) (74) = 157
 ALESHA PARADIS, LAURA GAGNE, JILL PENDLETON, MICHELLE MILONE,
 KRISTIE LAPIERRE, NICOLE GOODWIN, LISA EDEN
6. NASHUA
 13 15 34 45 51 (66) (77) = 158
 TRACY SIPKA, SARAH TAYLOR, DENISE CHOW, HEATHER DEVINE,
 ABBY GEHEB, JACKIE HURLEY, JAIME MCFARLAND
7. WHITE MOUNTAINS
 23 25 30 41 69 (70) (88) = 188
 JESSICA JAWOROWSKI, JULIE INGERSON, ELIZABETH BRADO, JEN WHITE,
 JANET ASHBY, MOLLY CORRIDAN, ANNIE WHITE
8. ALVIRNE
 32 33 35 49 67 (72) (75) = 216
 JULIE BOYSON, EILEEN O'NEIL, LEIGH BEAUDETTE, MEGAN ELLIS,
 KATHY MCGAFFIGAN, LINA SCHLEIFER, KAREN DESJARDINS
9. OYSTER RIVER
 3 52 53 57 60 (63) (82) = 225
 BETH KRAFT, BRITTA HULT, MARYBETH NAZZARO, CHRISTY NORTHROP,
 STEPHANIE ZAIDLICZ, AMANDA CROCKER, NICOLE WOJICK
10. FALL MOUNTAIN
 16 42 56 58 76 (81) (89) = 248
 MARY LAMBERT, RENEE KINGSBURY, DONA COGGESHALL, JESSICA FOOTE,
 CAITI IN FURMAN, TOVA HAINES, ALESRA ANDREOLI
11. CONANT
 36 48 61 71 78 (86) = 294
 RACHEL WALKER, KIRSTEN YOUNG, YARROW WRIGHT, HOLLY SCHEUHING,
 MARILEE VAGALEBRE, KATE DESPRES
12. KENNETT
 27 46 79 80 84 (87) (90) = 316
 KATIE BURDETTE, NARA KENDRICK, MORIAH DOUCETTE, MANDY HERGET,
 AMANDA EVANS, JESSICA DOWD, TRICIA TREMBLY
13. STRATFORD
 55 64 65 68 73 (83) (85) = 325
 LORNA FORTIN, MELANIE ROTH, KIM MAILHOT, ERIN ROTH,
 CHRISTIE KENNETT, HEIDI OWENS, PAM STINSON

COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION
 NEW ENGLAND INTERSCHOLASTIC CROSS COUNTRY CHAMPIONSHIPS
 DERRYFIELD PARK, MANCHESTER NH
 NOVEMBER 12, 1994
 WOMEN

PLACE	T/PI	NO.	NAME	SCHOOL	ST	GR	TIME	PACE
151	115	389	BRANDE LEO	MILTON	VT	12	22:27	7:14
152	116	323	MEGAN KELLY	HANDOVER	NH	11	22:27	7:14
153	117	504	JOELIE DUJARDIN	ST. RAPHAEL	RI	12	22:33	7:15
154	118	346	KRISTI LAPIERRE	SALEM	NH	12	22:33	7:15
155	119	507	COURTNEY CARPENTER	CUMBERLAND	RI	9	22:33	7:15
156	120	508	JESSICA GIORGIANNI	CUMBERLAND	RI	12	22:39	7:17
157	121	492	KATE MENDILLO	SOUTH KINGSTOWN	RI	11	22:40	7:18
158	122	527	SHAALISE MANZA	TOLMAN	RI	12	22:40	7:18
159	123	376	JEN LEGACY	LYNDON INSTITUTE	VT	9	22:43	7:19
160		358	MARY OLSON	BISHOP GUERTIN	NH	10	22:43	7:19
161	124	499	CARRIE SAMPERS	ST. RAPHAEL	RI	11	22:44	7:19
162	125	509	LORI POIRIER	CUMBERLAND	RI	9	22:47	7:20
163	126	344	JILL FENDLETON	SALEM	NH	9	22:48	7:20
164	127	526	KARYI COYLE	TOLMAN	RI	12	22:50	7:21
165	128	515	EMMA LEE	EAST PROVIDENCE	RI	10	22:50	7:21
166	129	347	NICOLE GOODWIN	SALEM	NH	11	22:50	7:21
167	130	348	LISA EDEN	SALEM	NH	12	22:51	7:21
168	131	483	SARAH COOMBS	BARRINGTON	RI	10	22:54	7:22
169	132	330	HEATHER MOHER	PINKERTON	NH	10	22:55	7:22
170	133	391	DANIELLE SWAIN	RUTLAND	VT	9	23:03	7:25
171	134	445	ANDREA SIMKOWSKI	NORWICH FREE	CT	11	23:04	7:25
172	135	364	MARY JANE BALLARD	CHAMPLAIN VALLEY	VT	9	23:05	7:26
173	136	322	EMILY VANARMAN	HANDOVER	NH	12	23:06	7:26
174	137	528	JULIE CARDIN	TOLMAN	RI	12	23:08	7:27
175	138	518	LIZ ESTEVES	EAST PROVIDENCE	RI	12	23:20	7:31
176	139	399	SONYA DUVENECK	THETFORD ACADEMY	VT	10	23:22	7:31
177	140	360	HILARY BOLDUC	CHAMPLAIN VALLEY	VT	11	23:24	7:32
178	141	510	MICHELE GIORGIANNI	CUMBERLAND	RI	10	23:29	7:34
179	142	385	JESSICA RICHARD	MILTON	VT	11	23:31	7:34
180	143	465	KARA EISELE	SIMSBURY	CT	9	23:31	7:34
181	144	530	LISA DEBURGO	TOLMAN	RI	12	23:32	7:34
182	145	361	MEGAN LEOPOLD	CHAMPLAIN VALLEY	VT	12	23:34	7:35
183	146	362	CORY SMITH	CHAMPLAIN VALLEY	VT	11	23:34	7:35
184	147	366	NATALIE HAYES	CHAMPLAIN VALLEY	VT	10	23:35	7:35
185	148	363	LIZ HOLLENBACH	CHAMPLAIN VALLEY	VT	11	23:37	7:36
186	149	402	MERRIDITH FOGG	THETFORD ACADEMY	VT	10	23:41	7:37
187	150	517	JANET GOULET	EAST PROVIDENCE	RI	12	23:43	7:38
188	151	329	JARIME MCFARLAND	NASHUA	NH	9	23:46	7:39
189	152	520	SAMANTHA BENNETTI	EAST PROVIDENCE	RI	12	23:46	7:40
190	153	521	AMANDA SEQUIN	ST. RAPHAEL	RI	12	23:50	7:40
191	154	396	BROOKE HALEY	RUTLAND	VT	11	23:56	7:42
192	155	511	JEN BONNER	CUMBERLAND	RI	10	24:11	7:47
193	156	429	KATIE KRUEGER	CHESHIRE	CT	11	24:17	7:49
194	157	395	JESSIE ARTHUR	RUTLAND	VT	10	24:28	7:52
195	158	437	TARA ALLEN	WOLCOTT	CT	9	24:32	7:54
196	159	438	JENESSA SENK	WOLCOTT	CT	9	25:07	8:05
197	160	365	SHAUNE GOKEY	CHAMPLAIN VALLEY	VT	12	26:26	8:30
198	161	385	AIMEE MAYO	MILTON	VT	12	30:17	9:45

BOUNCE OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION
NEW ENGLAND INTERSCHOLASTIC CROSS COUNTRY CHAMPIONSHIPS
DERRYFIELD PARK, MANCHESTER NH
NOVEMBER 12, 1994
WOMEN

TEAM RESULTS

1. ESSEX JUNCTION
5 14 18 25 29 (58) (86) = 91
SARA BAUER, KALEN VARRICCHIONE, MARISSA COLSTON, AMY BERGERON,
HEATHER RANSOM, LYNN PRENTICE, KRISTINA RAGOSTA
2. CENTRAL
17 26 27 31 33 (65) (100) = 134
KASIE WALLACE, JODIE BARIL, LIBA COTE, SARAH GAGNE-HALL,
VERONICA GESEL, KATIE MCQUAID, CARRIE KOHLER
3. LONDONDERRY
2 8 37 39 52 (92) = 138
HELENA KIMBALL, KELLY FEIBEL, LIZ CATE, AMY DECAMP,
ERIN STAHL, KRISTY MASLOWSKI
4. NORWICH FREE
3 19 23 53 64 (88) (134) = 162
JILL AKUS, ERIN-KATE MANDELBURG, STEPHANIE JOHNSON, MOLLY BURNETT,
STEPHANIE SMITH, CORRIE HANSEN, ANDREA SIMKOWSKI
5. MANCHESTER
12 30 38 41 46 (60) (93) = 167
SHELLY BRAND, JILL NEUMAYER, ANN MARY LUKAS, JENNIFER GATES,
AKILAH BARR, JENNIFER JACKSON, JESSEY HOLMES
6. HANOVER
1 10 48 59 116 (136) = 244
CARA ALEY, KELLY BRADY, SARAH OWENS, KATE RAPPAPORT,
MEGAN KELLY, EMILY VANARMAN
7. WOLCOTT
7 20 54 84 103 (158) (159) = 268
KATIE LERZ, MELISSA RUPENSKI, KIM ALMEIDA, KRISTIN BARNES,
KARISA FINLEY, TARA ALLEN, JENESSA SENK
8. BARRINGTON
11 49 66 72 75 (81) (131) = 273
CHERYL TWOMEY, EMILY HODER, MOLLY LACHER-KATZ, SADIE GILLETT,
CAROLINE DANISH, AMANDA KEE, SARAH COOMBS
9. CHESHIRE
21 55 59 63 77 (106) (156) = 275
AMY BAXTER, LISA BODNER, ALEX PIATROWSKI, JENNIFER MARTIN,
KRISTEN DANTACHER, REBECCA SCHRUMM, KATIE KRUEGER
10. PINKERTON
22 28 62 67 104 (112) (132) = 283
RACHEL DOW, TYNA BUTKA, EMMA ELDRED, STEPHANIE SCHLOTT,
KRISTIN YASENKA, DANIELLE FILLIS, HEATHER MOHER
11. WILTON
4 40 73 76 91 (94) (107) = 284
JAMIE BUTHERLAND, AMY LEVENTHAL, SARAH LANTZ, CINDY SCHWARTZ,
MEGHAN LYNCH, MASHAN HAGBERG, NADIA LEHMEJIAN
12. SIMSBURY
9 51 56 79 90 (105) (143) = 285
MEGHAN CALLAHAN, ANNE STOWELL, ALLISON EISELE, MEGAN CLARK,
BETSY NICOLL, ANNE WHITING, KARA EISELE

COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION
NEW ENGLAND INTERSCHOLASTIC CROSS COUNTRY CHAMPIONSHIPS
DERRYFIELD PARK, MANCHESTER NH
NOVEMBER 12, 1994
WOMEN

TEAM RESULTS

13. LYNDON INSTITUTE

34 36 61 83 87 (111)(123) = 381

DIANA KRAUSS, LEANN LABOR, CHRISTINE BROSSEAU, BRIGITTA BRAATZ,
CHRISTINE LEGACY, CYNTHIA VASKO, JEN LEGACY

14. RUTLAND

16 32 70 71 133 (154)(157) = 322

TOYA TETREAULT, LISA MARSHALL, KRISTEN CARLSON, ERIN KIRK-ELKIN,
DANIELLE SWAIN, BROOKE HALEY, JESSIE ARTHUR

15. ST. RAPHAEL

13 42 78 99 117 (124)(153) = 349

REBECCA PEREIRA, MARISA OLIVO, VALERIE KLEK, JENNIFER WILDBOOSE,
JOELLE OIJARDIN, CARRIE SAMPERS, AMANDA SEGUIN

16. SOUTH KINGSTOWN

24 57 95 101 108 (110)(121) = 385

JESSICA MCGARTY, CHRISTINE BERNIER, EVA DWYER, CATHY LAULI,
LAUREN MCGARTY, SARAH TRECARTEN, KATE MENDILLO

17. NASHUA

43 45 96 102 113 (114)(151) = 399

SARAH TAYLOR, TRACY SIKA, DENISE CHOW, HEATHER DEVINE,
JACKIE HURLEY, ABBY GEHEB, JAIME MCFARLAND

18. MILTON

15 44 98 115 142 (161) = 414

ALANNA JONES, JULIE ROBERTS, LEAH ARANJO, BRANDE LEG,
JESSICA RICHARD, AIMEE MAYO

19. THEYFORD ACADEMY

35 50 74 139 149 = 447

DANTELE BRAGG, ELIZABETH PERRY, ANNE PERRY, SONYA DUVENECK,
MERRIDITH FOGG

20. EAST PROVIDENCE

6 47 128 138 150 (152) = 469

KIM SCHIFINO, MICHELLE CAPOBIANO, EMMA LEE, LIZ ESTEVES,
JANET BOULET, SAMANTHA BENNETTI

21. SALEM

80 89 97 118 126 (129)(130) = 510

LAURA GAGNE, ALESHA PARADIS, MICHELLE MILONE, KRISTI LAPIERRE,
JILL PENDLETON, NICOLE GOODWIN, LISA EDEN

22. TOLMAN

68 82 122 127 137 (144) = 536

JAMIE TOMALSAN, STEPHANIE PANETO, SHARLISE MANZA, KARYI COYLE,
JULIE CARDIN, LISA DEBURGO

23. CUMBERLAND

85 109 119 120 125 (141)(155) = 558

MICHELLE COSTA, ALLISON HALEY, COURTNEY CARPENTER, JESSICA GIORGIANNI,
LBRI POIRIER, MICHELE GIORGIANNI, JEN BONNER

24. CHAMPAIN VALLEY

135 140 145 146 147 (148)(160) = 713

MARY JANE BOLLARD, HILARY BOLDUC, MEGAN LEHOLD, CORY BRITH,
NATALIE HAYES, LIZ HOLLENBACH, SHAUNE SOREY

Top 30 All-Time Women's
Performances
Pinkerton Cross-Country Course

1)	Danielle Wood	Spaulding	17:44	1992
2)	Bridgette Riley	Pinkerton	18:52	1984
3)	Helena Kimball	Londonderry	18:54	1993
4)	Christy Bonneau	Keene	18:57	1989
5)	Amy DeCamp	Londonderry	19:02	1995
6)	Nancy Belanger	Central	19:09	1984
7)	Helena Kimball	Londonderry	19:15	1991
8)	Andrea O'Connell	Pinkerton	19:16	1985
9)	Renee White	Timberlane	19:17	1988
10)	Emily Cartwright	Keene	19:19	1989
11)	Abby Phelps	Pinkerton	19:21	1993
12)	Kelly Feibel	Londonderry	19:23	1993
13)	Abby Phelps	Pinkerton	19:24	1993
14)	Rachel Dow	Pinkerton	19:25	1995
14)	Amy DeCamp	Londonderry	19:25	1993
16)	Amy Kruschwitz	Pinkerton	19:27	1984
17)	Michelle Remillard	Pinkerton	19:30	1985
17)	Tracy Sipka	Nashua	19:30	1990
19)	Jo Ann Connolly	Central	19:34	1985
19)	Jody Higgins	Concord	19:34	1985
21)	Carlye Kinsella	Pinkerton	19:41	1990
21)	Erin Stahl	Londonderry	19:41	1993
23)	Tiffany Pope	Pinkerton	19:42	1991
24)	Suzanne Gale	Pinkerton	19:43	1995
25)	Carlye Kinsella	Pinkerton	19:49	1990
25)	Tricia Connell	Londonderry	19:49	1987
27)	Bridget Fleming	Bishop Guertin	19:50	1995
28)	Liz Cate	Londonderry	19:51	1995
29)	Tiffany Pope	Pinkerton	19:53	1989
30)	Abby Phelps	Pinkerton	19:54	1993
31)	Cheri Brown	Concord	19:59	1987
32)	Sharon Caterina	Central	20:00	1984

Pinkerton Academy Girls' Cross Country Class Records

Top Seven Performances at Home (since 1984)

Top Seven Performances at Derryfield (since 1985)

Seniors

Bridgette Riley(1984)	18:52
Abby Phelps(1993)	19:21
Abby Phelps(1993)	19:24
Amy Kruschwitz(1984)	19:27
Michelle Remillard(1985)	19:30
Carlye Kinsella(1990)	19:41
Tiffany Pope(1991)	19:42

Abby Phelps(1993 MoC)	19:47
Carlye Kinsella(1990 MI)	19:49
Abby Phelps(1993 L)	19:59
Tiffany Pope(1991 MI)	20:03
Abby Phelps(1993 P/W)	20:17
Abby Phelps(1993 MI)	20:24
Michelle Remillard(1985 L)	20:29

Juniors

Tiffany Pope(1990)	20:02
Kristen Rackley(1987)	20:05
Kristen Rackley(1987)	20:20
Marta Prachar(1992)	20:21
Marta Prachar(1992)	20:35
Abby Phelps(1992)	20:44
Carlye Kinsella(1989)	20:53

Tiffany Pope(1990 L)	20:12
Tiffany Pope(1990 MoC)	20:41
Tiffany Pope(1990 MI)	20:43
Carlye Kinsella(1989 L)	20:49
Abby Phelps(1992 L)	21:08
Abby Phelps(1992 P/W)	21:16
Carlye Kinsella(1989 MoC)	21:16
Marta Prachar(1992 P/W)	21:16

Sophomores

Tiffany Pope(1989)	19:53
Rachel Dow(1994)	20:13
Tiffany Pope(1989)	20:38
Marta Prachar(1991)	20:45
Stephanie Schlott(1994)	21:00
Marta Prachar(1991)	21:09
Heather Moher (1994)	21:44
Andrea O'Connell(1986)	21:44

Rachel Dow(1994 NE's)	19:57
Tyna Butka(1994 NE's)	20:07
Rachel Dow(1994 L)	20:27
Rachel Dow(1994 MI)	20:28
Rachel Dow(1994 MoC)	20:29
Tyna Butka(1994 L)	20:37
Rachel Dow(1994 Nash)	20:39

Freshmen

Andrea O'Connell(1985)	19:16
Andrea O'Connell(1985)	20:22
Rachel Dow(1993)	20:30
Rachel Dow(1993)	20:34
Andrea O'Connell(1985)	20:37
Heather Moher(1993)	21:11
Rachel Dow(1993)	21:20

Andrea O'Connell(1985 MI)	20:37
Andrea O'Connell(1985 L)	20:39
Andrea O'Connell(1985 Ce)	20:47
Andrea O'Connell(1985 MoC)	21:04
Tiffany Pope(1988 MI)	21:10
Tiffany Pope(1988 L)	21:16
Rachel Dow(1993 P/W)	21:20

Two Mile Course

Heather Moher(1993)	14:28
Rachel Dow(1993)	14:34
Suzanne Gale(1993)	14:55
Julia Kosky(1994)	15:34
Abby Willets(1993)	15:35
Abby Lefebvre(1993)	15:57
Alison Day(1993)	15:52

Things we did well:

Things we will improve:

Attendance
Attitude
Pre-Season Running
Weight Room
Long Runs
Performance
Attended an out of state invitational
Season's record
Qualified for New England's Soccer and Jump Rope
Ate BIG Breakfasts !!
Looked good in our new shorts.

Avoid Injury
Pre-Season Running
Beat Londonderry !!!

Special Thanks To:

Mr. Royce Mrs. Carey Mike Beeman The Lukosius Family
Mr. Rutland Mr. Clark Mr. Schriber The Rogers Family
Ms. Latham Mr. Gundrum Miss Shepard

all the family and friends who came to cheer us on!!

Varsity Letters:

Rachel Dow Stephanie Schlott Kristin Yasenka Heather Moher Sandra Lukosius Joan Bienvenue
Tyna Butka Emma Eldred Danielle Fillis Suzanne Gale Jen Muller Amy Belanger

Coach's Awards:

Jen Rogers Shannon Marcotte

to the 1994 girls cross-country team

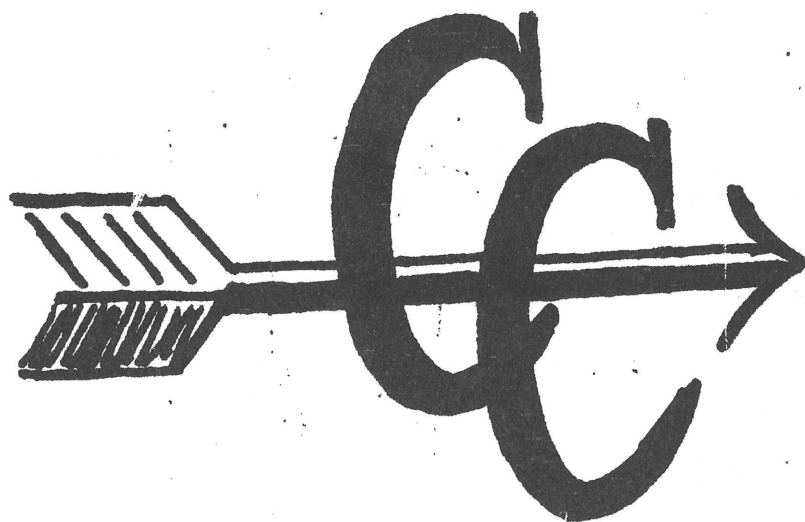
Jen Rogers

Meghan Sarbanis

PAKXC 1994
the starting line 7 mile run Lane Road 20th season
Seobie Pond crowded bus rides Freshmen Red Hair
Town Loop try-outs Beaver Lake
sweat rice
'Im Every Woman' warm up Mack Plaque 9-1
Jackets medals ribbons
stolen cooler cheering singlets and t-shirts LLS Derryfield
7th Place Mandar 35 crunches each way! count!!!
Apple Tree nervousness
top & lucky socks school dances Indian Fik
Shannon Julia *Jen S.
Berry Hill 2nd Place
the guys Band practice Band dances trampoline *Amy B.
*Sandy *Joan *Coach Carey
McIntyre
Dow the Saw
the Pinkerton Cup
the course
stars of the meet
Oyster River - Bobcat
JV champs
Hospital
Team runs Queen *Jen E.
*Stephanie *Emma *Alison
Tug-of-war
'injured at a pep rally?'
Cemetery
Bandanas *Rachael *Tyna *Stephanie *Emma *Alison
3rd Place - Bobcat
Invitational
Seniors
mack plaque warm-ups
PR's CMZ Class L's spaghetti dinners Abby's desserts
Trailblazer weightlifting newspaper articles
East Derry Hill running with the guys Homecoming Sophomores Pond Road Juniors scrunchies announcements Tainnibho 45 seconds together
singing warmup runs Karaoke step-up week English Range

By: Jen Rogers
10:28-94
12:18 am
Class L Day

Pinkerton Girls'
Cross Country
Fall 1994



Twentieth Season
1975-1994

Introduction

As a student-athlete at Pinkerton Academy you should be aware that:

*You have the **privilege** to participate in sports.

*You are a student first and an athlete second. **Never use sports as an excuse for poor academic performance.**

*Cross-Country is a unique sport. It is the single most grueling test of an athlete.

*Hard Work, discipline, desire and dedication are the keys to excellence.

*Winners are rare and special. Strive to be a winner.

* Only a consistent, daily effort in practice will lead to success. It is expected you will always do your best. When you do not give your best, you cheat yourself and your team.

*Only **you** can make yourself a winner. You coach and your teammates can only point the way.

*Your coach and team are asking you to make a four-year commitment. Four years of dedicated hard work will make you a competitor.

*Be an enthusiastic supporter of your teammates in everything they do. Be there for your teammates and they will be there for you.

***Take pride in yourself and your team.** Do nothing that would shame your school, team or coach.

***Smoking, drinking, or taking drugs will not make you a better athlete, student or person.**

Remember, anything worthwhile requires sacrifice. The rewards are many for those willing to commit. Our commitment begins in August and ends the weekend of the New England. Your coach is dedicated to helping you reach your individual and team goals. Dedicate yourself to making your team something that we all want to be a part of. Your coach knows that, with your help, your Cross-Country season will be a rewarding and enjoyable experience.

Team Rules and Expectations

*Athletes must meet all eligibility requirements as listed in the PA Athletic Booklet. Athletes must have had a physical, returned a physical form and returned the permission form in order to participate.

***Attendance is mandatory at every practice and meet.** Even if injured or sick, you are still expected to attend practices and meets unless excused by the coach. **Those who do not practice will not run in meets.**

*You are required to stay until the end of every meet, including the warm-down and stretch. Your teammates need and deserve your full support.

*If you are not on the absentee list for the day, you will be required to have a note to the coach before 12:00 pm to be excused from practice for that day. **This note will not automatically excuse you from the practice.** You should always bring a note with you upon return to the team.

*The posted and assigned workouts will be followed. Never cut a practice short without talking to the coach. Never cheat on a practice.

*The locker room will be left the same way you found it: spotless every day!!

*Disciplinary action will be taken against any athlete caught smoking, drinking, taking drugs. Disciplinary action will be taken against athletes who disrupt classes, campus or practices.

*Uniforms issued to you, your own practice gear, your personal possessions and equipment assigned to you are **your** responsibility. Take care of your uniforms, equipment, locker rooms and facilities.

*No fooling around will be permitted in the locker room, on the track, on the course, on the roads, on the bus, at the meets, etc.....

*You are expected to ride the team bus **to and from** each away meet.

*The team will show good sportsmanship. The athlete will respect and cooperate with officials.

THE COACH AND THE CAPTAINS WILL ENFORCE THESE RULES. THE TEAM WILL GIVE IS RESPECT AND COOPERATION TO THE CAPTAINS AND COACH.

THE PUNISHMENTS SHALL FIT THE CRIMES!!

RANGE OF PUNISHMENTS WILL BE FROM 50/50/50 TO PROBATIONS TO MEET SUSPENSIONS.

Mr. Ted Carey
Coach
Pinkerton Academy Girls' Cross-Country

Rules of the Road

As road running will be the single most important part of our training, these rules will be followed to make for safe, effective workouts.

- 1) Whenever possible, use the sidewalk.
- 2) If there is no sidewalk, always run **against** the traffic.
- 3) Stay running in single file, especially on the narrow backroads.
- 4) **Never** run in front of a car. Always assume the driver has not seen you. When crossing the street, always wait for the signal or wait for traffic to clear. **A car should never have to slow because you are on the road!**
- 5) Respect the property of others. Stay off private land. Concentrate on your running. **Don't fool around on the road!**
- 6) **Dress for the weather.** Be prepared to run in cold or wet weather. Have a hat ready; have a towel ready for when we get back from a sloppy run. If you do not have proper dress, you will not be able to practice.

Remember: the impression we leave while running on the road is the impression our towns have of us as a team. Let's leave the best impression possible.

Weight Room Rules

- 1) No students or athletes can be in the weight room without a coach or teacher present and supervising.
- 2) Be protective of the weight room. It looks nice now and we want to keep it that way.
- 3) **Emphasize safety.** Use only the equipment that has been assigned. Use only the equipment that you know how to safely handle.
- 4) An inventory of all weights should be done before you leave the room. Weight trees are numbered and plates that are hung should match these checklists.
- 5) Be sure all doors are locked when you leave.

The Cross-Country team will be assigned set times for the weight room. All athletes will be expected to stay for the entire session. There will be no loitering in the hallway. No one will be dismissed early without the prior permission of the coach.

Pinkerton Girls' Cross-Country Seasons Summary 1975-1994

Year	Season	Class L	NE's
1975	9-1	Twelfth	
1976	9-4	Third	
1977	11-0	First	Second
1978	11-0	First	First
1979	9-0	First	First
1980	9-1	Second	Second
1981	9-1	Second	Second
1982	12-1	Third	Fourth
1983	12-0	Second	Second
1984	10-1	First	Fifth
1985	8-2	Fifth	
1986	7-7	Seventh	
1987	8-2	Sixth	
1988	12-0	Third	
1989	7-3	Third	
1990	12-1	Second	Tenth
1991	10-3	Fifth	
1992	6-7	Seventh	
1993	9-2	Fourth	Sixteenth

Top 25 All-Time Women's Performances Pinkerton Cross-Country Course

1)	Danielle Wood	Spaulding	17:44	1992
2)	Bridgette Riley	Pinkerton	18:52	1984
3)	Helena Kimball	Londonderry	18:54	1993
4)	Christy Bonneau	Keene	18:57	1989
5)	Nancy Belanger	Central	19:09	1984
6)	Helena Kimball	Londonderry	19:15	1991
7)	Andrea O'Connell	Pinkerton	19:16	1985
8)	Renee White	Timberlane	19:17	1988
9)	Emily Cartwright	Keene	19:19	1989
10)	Abby Phelps	Pinkerton	19:21	1993
11)	Kelly Feibel	Londonderry	19:23	1993
12)	Abby Phelps	Pinkerton	19:24	1993
13)	Amy DeCamp	Londonderry	19:25	1993
14)	Amy Kruschwitz	Pinkerton	19:27	1984
15)	Michelle Remillard	Pinkerton	19:30	1985
15)	Tracy Sipka	Nashua	19:30	1990
17)	Jo Ann Connolly	Central	19:34	1985
17)	Jody Higgins	Concord	19:34	1985
19)	Carlye Kinsella	Pinkerton	19:41	1990
19)	Erin Stahl	Londonderry	19:41	1993
21)	Tiffany Pope	Pinkerton	19:42	1991
22)	Carlye Kinsella	Pinkerton	19:49	1990
22)	Tricia Connell	Londonderry	19:49	1987
24)	Tiffany Pope	Pinkerton	19:53	1989
25)	Abby Phelps	Pinkerton	19:54	1993
26)	Cheri Brown	Concord	19:59	1987
27)	Sharon Caterina	Central	20:00	1984

Pinkerton Academy Girls' Cross Country Class Records

Top Seven Performances at Home (since 1984)

Top Seven Performances at Derryfield (since 1985)

Seniors

Bridgette Riley(1984)	18:52
Abby Phelps(1993)	19:21
Abby Phelps(1993)	19:24
Amy Kruschwitz(1984)	19:27
Michelle Remillard(1985)	19:30
Carlye Kinsella(1990)	19:41
Tiffany Pope(1991)	19:42

Abby Phelps(1993MoC)	19:47
Carlye Kinsella(1990MI)	19:49
Abby Phelps(1993L)	19:59
Tiffany Pope(1991MI)	20:03
Abby Phelps(1993P/W)	20:17
Abby Phelps(1993MI)	20:24
Michelle Remillard(1985L)	20:29

Juniors

Tiffany Pope(1990)	20:02
Kristen Rackley(1987)	20:05
Kristen Rackley(1987)	20:20
Marta Prachar(1992)	20:21
Marta Prachar(1992)	20:35
Abby Phelps(1992)	20:44
Carlye Kinsella(1989)	20:53

Tiffany Pope(1990L)	20:12
Tiffany Pope(1990MoC)	20:41
Tiffany Pope(1990MI)	20:43
Carlye Kinsella(1989L)	20:49
Abby Phelps(1992L)	21:08
Abby Phelps(1992P/W)	21:16
Carlye Kinsella(1989MoC)	21:16
Marta Prachar(1992P/W)	21:16

Sophomores

Tiffany Pope(1989)	19:53
Tiffany Pope(1989)	20:38
Marta Prachar(1991)	20:45
Marta Prachar(1991)	21:09
Andrea O'Connell(1986)	21:44
Vicki Marshall(1991)	21:59
Amy Belanger(1992)	22:28

Tiffany Pope(1989MI)	20:41
Tiffany Pope(1989L)	20:55
Marta Prachar(1991L)	21:06
Marta Prachar(1991MI)	21:32
Andrea O'Connell(1986MI)	21:47
Marta Prachar(1991MoC)	22:00
Kate Kretschmer(1991L)	22:26

Freshmen

Andrea O'Connell(1985)	19:16
Andrea O'Connell(1985)	20:22
Rachel Dow(1993)	20:30
Rachel Dow(1993)	20:34
Andrea O'Connell(1985)	20:37
Heather Moher(1993)	21:11
Rachel Dow(1993)	21:20

Andrea O'Connell(1985MI)	20:37
Andrea O'Connell(1985L)	20:39
Andrea O'Connell(1985Ce)	20:47
Andrea O'Connell(1985MoC)	21:04
Rachel Dow(1993P/W)	21:20
Rachel Dow(1993MoC)	21:22
Heather Moher(1993L)	21:34

Two Mile Course

Heather Moher(1993)	14:28
Rachel Dow(1993)	14:34
Suzanne Gale(1993)	14:55
Abby Willets(1993)	15:35
Abby Lefebvre(1993)	15:57
Alison Day(1993)	15:52
Janis Decosta(1990)	16:07