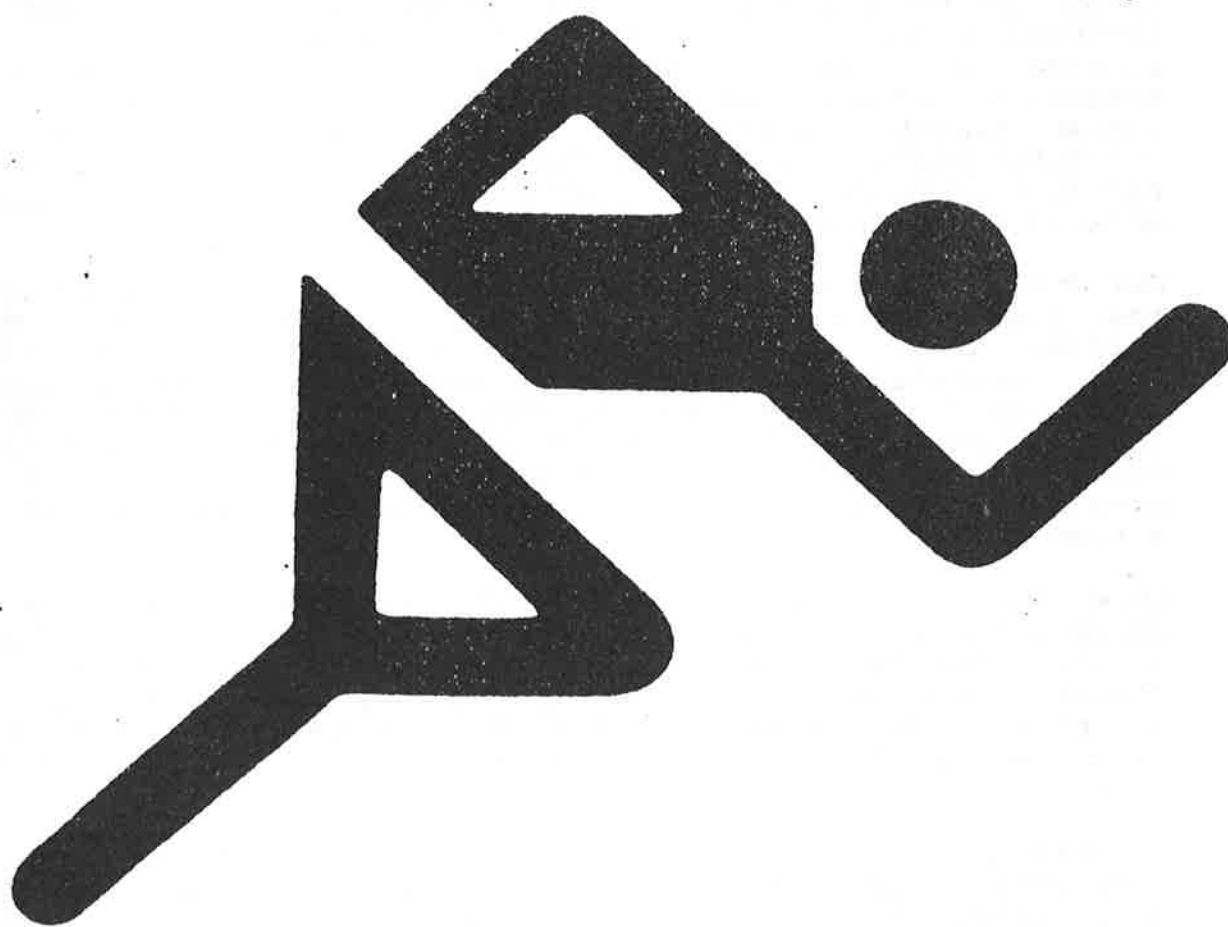


**Pinkerton Academy
Girls'
Indoor Track**



Winter 1995!

A letter from the coach.

Our season was exactly what every season should be. There were some good times and some rough times; there were highs and lows; there were successes and failures. Through it all, we worked hard and stayed together as a team. This past winter, I know there was no one on our team who threw, jumped or ran alone. We all had close friends we knew we could depend upon. We all had a large team that always stood ready to support us. This is a true advantage our team has that many teams do not. It is something in which we should all take pride.

Our successes this season were many and easy to list. Our regular season record was a significant improvement over last year. It included a modest 13 meet win streak that climaxed with a strong showing at Dartmouth against Hanover, Concord, Memorial and Monadnock. We also had a strong showing at the Central N.H. Class L Meet, finishing only six points behind second place Londonderry. Our fifth place finish at the Relay Carnival was the best our team had done since 1986. Individually, we had more state qualifiers in more events than we have had in many seasons.

Our disappointments are equally strong in our memories, but the one that stays most with me is how many of us missed meets due to illness, injury or discipline. We were never able to field our best, complete team at any single meet this past season, and it's something I would've loved to see. There will always be some factors that are out of our control, but we will work hard next year to keep our team running through as much of the season as possible. Only then, will we know what we are truly capable of as a team.

Once again, I would like to take this opportunity to thank Coach Shepard for all her work this past season. I know she ran the sprint teams hard, but I also know the workouts were fun. (The distance teams were always asking when they were going to get to do the plys!) She carries the attitude of a winner, and she kept our team running the week of the relay carnival, when we needed it most.

Despite our fifteenth place showing at the state meet. I'm confident our program is moving in the right direction. Our effort at practice is excellent, our performances are improving, and we are gaining the experiences needed to be competitive as a team. I hope we are all looking forward to next season, when we can continue to build on what we have begun.

grateful to be your coach,


Ted Carey.

1993-94 Pinkerton Academy Indoor Track Final Roster

Class of 1995

Jess Bartley
Amy Belanger
Joan Bienvenue, Captain
Jess Carter
Deb Christenson
Kate Frawley
Sandra Lukosius
Melissa Martin
Kristen Moreau
Corey Mullin
Jen Poulin
Jen Rogers, Captain
Meghan Sarbanis, Captain

Class of 1996

Shelley Arseneault
Abby Bent
Kate Burakowski
Jen Dole
Danielle Fillis
Marissa Gallien
Jen Henault
Sarah Hill
Amy Joyce
Lizmarie Manzano
Kelly Pane
Jen Schutter
Kristin Yassenka

Coaches

Ted Carey
Betty Shepard

Class of 1997

Marci Bilodeau
Nicole Bukowski
Tyna Butka
Lisa Cade
Abby Call
Rachel Dow
Stephanie Dubios
Emma Eldred
Michelle Ewell
Stacie Fillis
Jocelyn Gale
Suzanne Gale
Sarah Grandy
Heather Moher
Jess Mueller
Jen Poitras
Erin Rehse
Stephanie Schlott

Class of 1998

Kate Irwin
Julia Kosky
Kate Malonson
Molly McGuinness
Melissa Moreau
Julie Sarbanis
Jen Smith

Season Summary

Season Record: 21-3-0
Central NH Class L: 3rd place
Relay Carnival: 5th place
State Meet: 15th place

State Qualifiers:

Joan Bienvenue	3000M		
Marci Bilodeau	4x160M		
Nicole Bukowski	600M	1000M	4x400M
Kate Burakowski	1000M	4x400M	
Abby Call	300M	4x160M	4x400M
Deb Christenson	4x160M		
Rachel Dow	1500M	3000M	
Stephanie Dubios	4x160M		
Emma Eldred	1000M	4x400M	
Sarah Grandy	600M	4x400M	
Kate Irwin	4x160M		
Melissa Moreau	Shot	Put	
Erin Rehse	300M	4x400M	
Meghan Sarbanis	1000M	1500M	
Stephanie Schlott	3000M		
Jen Schutter	4x160M		

All State Honors: Rachel Dow 3000M
 4x800M Relay Team
 4x400M Relay Team

Varsity Points: Season Summary (revised 6-5-4-3-2-1 system)

Rachel Dow	46.0	Melissa Martin	8.5
Nicole Bukowski	25.0	Jen Rogers	8.0
Kate Burakowski	24.0	Suzanne Gale	7.0
Sarah Grandy	24.0	Melynda Roscoe	6.0
Corey Mullin	23.5	Heather Moher	5.0
Jen Dole	20.0	Danielle Fillis	4.0
Meghan Sarbanis	21.0	Melissa Moreau	4.0
Erin Rehse	18.0	Julia Kosky	4.0
Emma Eldred	18.0	Deb Christenson	1.3
Jess Bartley	14.0	Michelle Ewell	1.0
Joan Bienvenue	14.0	Jocelyn Gale	1.0
Kate Irwin	11.3	Sandra Lukosius	1.0
Kristen Moreau	10.5	Tyna Butka	1.0
Abby Call	10.0	Marci Bilodeau	0.3
Kristin Yassenka	10.0		

Our Best Performances!

Event by Event Summary of our Season's Best.

3000m

Rachel Dow	11:10.3
Stephanie Schlott	11:32.5
Joan Bienvenue	11:36.3
Kristin Yasenka	12:03.5
Heather Moher	12:16.6
Danielle Fillis	12:16.6
Tyna Butka	12:46.8

55M Hurdles

Jen Dole	9.9
Melissa Martin	10.1
Melynda Roscoe	10.2
Jocelyn Gale	10.4
Molly McGuinness	10.9
Jen Poitras	11.4

55M Dash

Kate Irwin	7.8
Marci Bilodeau	8.0
Deb Christenson	8.0
Jen Schutter	8.1
Abby Call	8.1
Stephanie Dubios	8.2
Kristen Moreau	8.3

1000M Run

Kate Burakowski	3:10.3
Emma Eldred	3:10.8
Meghan Sarbanis	3:17.7
Sandra Lukosius	3:30.4
Nicole Bukowski	3:18.8
Michelle Ewell	3:32.9
Abby Bent	3:41.7
Sarah Hill	3:46.9
Amy Joyce	3:51.9
Jen Smith	4:00.6
Stacie Fillis	4:10.0

Shot Put

Melissa Moreau	28' 3/4"
Jess Bartley	27' 3 1/2"
Corey Mullin	25" 7"
Lizmarie Manzano	22' 4"

High Jump

Corey Mullin	4' 6"
Kristen Moreau	4' 2"
Julia Kosky	4' 2"
Melissa Martin	4' 0"

600M Dash

Nicole Bukowski	1:46.8
Sarah Grandy	1:48.4
Jen Rogers	1:50.6
Michelle Ewell	1:55.1
Julia Kosky	1:55.3
Jen Poulin	1:57.6
Jessica Carter	2:02.2
Shelley Arseneault	2:03.2
Julie Sarbanis	2:04.1
Marissa Gallien	2:06.0
Kelly Pane	2:08.6
Sarah Hill	2:08.7

300M

Erin Rehse	44.7
Abby Call	45.7
Kate Irwin	46.9
Stephanie Dubios	48.8
• Marci Bilodeau	49.1
• Jen Schutter	49.5
• Kate Malonson	49.5
• Jen Poulin	51.0
Shelley Arseneault	51.3
• Jess Mueller	55.4

1500M

Meghan Sarbanis	5:12.8
Rachel Dow	5:15.3
Suzanne Gale	5:20.7
Kate Burakowski	5:20.7
Stephanie Schlott	5:23.3
Danielle Fillis	5:32.3
Joan Bienvenue	5:35.5
Heather Moher	5:36.8
Kristin Yasenka	5:48.4
Amy Belanger	5:55.0
Abby Bent	5:55.0
Jen Smith	6:08.0

Long Jump

Kristen Moreau	14' 5 1/4"
Jen Dole	13' 9 3/4"
Shelley Arseneault	12' 11"
Molly McGuinness	12' 8 1/4"
Melissa Martin	12' 8"
Abby Call	11' 7"

KED/WHITE MEET 77

5-3-1

NH INDOOR TRACK LEAGUE RESULTS
MEET HELD AT PINKERTON ACADEMY

Date: 12 / 14 / 94

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

✓ 3000 METER [1st running event]

1. RACHEL DOW W 11:28.6
2. KRISTEN YASENKA W 12:54.9
3. SURANNE GALE R 12:57.9
4. _____

4X1 LAP RELAY [8th event]

RED TEAM 1:29.3

✓ 55 METER HIGH HURDLES [2nd event]

1. JEN DOLE R 10.2
2. MELYNDA ROSCOE W 10.4
3. MELISSA MARTIN W 10.7
4. JACELYN GALE W 10.7

4X400 METER RELAY [9th event] 8:40

1. RED TEAM 4:51.7
2. WHITE TEAM 4:57.9

✓ 55 METER DASH [3rd event]

1. KATE IRWIN R 8.1
2. DEB CHRISTENSON R 8.1
3. GWAY TIE W 8.3
4. _____

✓ SHOT PUT [Field event Girls/Boys]

1. JESS BARICEY W 24'3 1/2"
2. COREY MULLEN R 23'1"
3. MELISSA MARTIN W 23'1"

✓ 1000 METER [4th event]

- 1:30
1. KATE BURAKOWSKI R 3:28.1
 2. SANDRA LUKOSIUS R 3:39.2
 3. MICHELE EWELL R 3:42.9
 4. _____

✓ LONG JUMP [Field event Boys/Girls]

1. KRISTEN MOREAU R 13'5"
2. JEN DOLE R 13'3"
3. DEB CHRISTENSON R 12'10"

✓ 600 METER [5th event]

- 1:00p
1. JEN ROGERS R 1:53.8
 2. SARAH GRANDY R 1:54.8
 3. EMMA FLOREN R 1:54.9
 4. _____

✓ HIGH JUMP [Field event Girls/Boys]

1. COREY MULLEN R 4'6"
2. KRISTEN MOREAU R 4'0"
3. MELISSA MARTIN W 4'0"

300 METER [6th event]

1. ERW REHSE W 46.1
2. ABBY CACC W 49.3
3. MARU BILDEAU W 50.9
4. _____

TEAM RESULTS

1. _____
2. _____
3. _____

1500 METER [7th event]

- 8:30
1. STEPHANIE SCHLON W 5:43.5
 2. JOAN BIENVENUE W 5:44.2
 3. TYNA BUTKA R 5:45.2
 4. _____

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

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

3000 METERS

1.	Kimball, Helena	Lond	10:39.8
2.	Dow, Rachel	Pink	11:20.0
3.	Stahl, Erin	Lond	11:34.2
4.	Vasenska, Kristin	Pink	12:05.9
5.	Moher, Heather	Pink	12:16.6
6.	Butka, Tyna	Pink	12:46.8

55 METER HIGH HURDLES

1.	Sparski, Jaime	Mem	9.5
2.	Dole, Jen	Pink	9.9
3.	Lajoie, Michelle	Lond	10.0
4.	Martin, Melissa	Pink	10.4
5.	Roscoe, Melinda	Pink	10.4
6.	Chapman, Shannon	Lond	10.8

55 METER DASH

1.	Standbridge, Brianne	Milf	7.6
2.	Hood, Kerry	Lond	7.9
3.	Nelson, Candace	Mem	8.0
4.	Davis, Janet	Lond	8.1
5.	Prouty, Jennifer	Lond	8.1
6.	Pariseau, Lynn	Mem	8.1

1500 METERS

1.	Kimball, Helena	Lond	4:54.1
2.	Dow, Rachel	Pink	5:15.3
3.	Cate, Liz	Lond	5:19.2
4.	Olsen, Mary	BG	5:20.7
5.	Schlott, Stephanie	Pink	5:23.3
6.	Stahl, Erin	Lond	5:29.7

1000 METERS

1.	Feibel, Kelly	Lond	3:07.6
2.	Burakowski, Kate	Pink	3:14.5
3.	Edwards, Karen	Lond	3:17.3
4.	Cate, Liz	Lond	3:20.0
5.	Eldred, Emma	Pink	3:25.0
6.	Schaldenka, Noelle	BG	3:28.6

600 METERS

1.	Anderson, Kim	Lond	1:48.5
2.	Boyers, Jen	Pink	1:50.6
3.	Grandy, Sarah	Pink	1:51.1
4.	Pariseau, Lynn	Mem	1:53.9
5.	Kosky, Julia	Pink	1:57.2
6.	Schaldenka, Larissa	BG	1:59.7

4 X 160m RELAY

1.	Memorial	1:32.9
2.	Londonderry	1:33.5
3.	Pinkerton Academy	1:37.0
4.	Bishop Guertin	1:41.6
5.		
6.		

300 METERS

1.	Rehse, Eric	Pink	45.0
2.	Sylvain, Anne	Mem	46.9
3.	Hood, Kerry	Lond	47.0
4.	Call, Abby	Pink	47.4
5.	Prouty, Jennifer	Lond	48.8
6.	Davis, Janet	Lond	49.1

4 X 400m RELAY

1.	Pinkerton	4:31.4
2.	Londonderry	4:33.8
3.	Bishop Guertin	4:54.6
4.	Memorial	4:58.5
5.		
6.		

SHOT PUT

1.	Colders, Niamh	Lond	26'11"
2.	Mullin, Corey	Pink	25'7"
3.	Bartley, Jess	Pink	25'0"
4.	Gasztyla, Beth	Lond	24'10"
5.	Lane, Sara	Lond	24'3"
6.	Moreau, Melissa	Pink	23'2"

LONG JUMP

1.	Nelson, Candace	Mem	14'11"
2.	Hood, Kerry	Lond	14'11/4"
3.	Prouty, Jennifer	Lond	14'1/2"
4.	Moreau, Kristin	Pink	13'9 3/4"
5.	Dole, Jen	Pink	13'9 3/4"
6.	Chapman, Shannon	Lond	13'8"

HIGH JUMP

1.	Miller, Amanda	Lond	5'2 1/2"
2.	Sparski, Jamie	Mem	4'10"
3.	Muccin, Corey	Pink	4'6"
4.	Vansteensburg, Erika	Lond	4'2"
5.	Martin, Melissa	Pink	4'0"
6.			

TEAM RESULTS

POINTS

1.	Londonderry	102
2.	Pinkerton	86
3.	Memorial	39
4.	Bishop Guertin	12
5.	Milford	6
6.		
7.		
8.		
9.		
10.		

Meet Ex, OR, Pink, Sal, Sp, Tim, West

Date 12/28/94

3000 METERS

1.	Bienvenue, Joan	Pink	11:54.4
2.	Yaskenka, Kristin	Pink	12:08.3
3.	Ellis, Danielle	Pink	12:16.6
4.	Moher, Heather	Pink	12:16.9
5.	Tuson, Jean	West	12:30
6.	Haskell, Caitlin	EX	13:15

55 METER HIGH HURDLES

1.	Rearney, Casey	Timb	9.3
2.	Neal, Kathryn	Sal	9.3
3.	Warnock, Meghan	EX	9.7
4.	Farnsworth, Tara	Timb	10.1
5.	Dole, Jen	Pink	10.1
6.	Lavoie, Julie	Sal	10.4

55 METER DASH

1.	Sheehan, Meghan	West	7.6
2.	Jan, Jamie	Timb	7.7
3.	Hess, Karin	West	8.0
4.	O'Brien, Julie	Sal	8.1
5.	Stone, Mara	EX	8.1
6.	Haskell, Chalagne	EX	8.2

1500 METERS

1.	Dow, Rachel	Pink	5:15.9
2.	Boddy, Colleen	EX	5:21
3.	Schlott, Stephanie	Pink	5:24.4
4.	Gale, Suzanne	Pink	5:33.5
5.	Eden, Lisa	Sal	5:36.5
6.	Tuson, Jean	West	5:57.3

1000 METERS

1.	Kraft, Beth	OR	3:11.5
2.	Burakowski, Kate	Pink	3:11.8
3.	Sarbanis, Meghan	Pink	3:17.7
4.	Eldred, Emma	Pink	3:18.2
5.	Vanderhoof, Angela	Timb	3:20.9
6.	Boddy, Colleen	EX	3:21.3

600 METERS

1.	Suriani, Tricia	Timb	1:49.6
2.	Bukowski, Nicole	Pink	1:49.9
3.	Brandy, Sarah	Pink	1:50.4
4.	Gregory, Shannon	West	1:53
5.	Pingree, Liz	Timb	1:54.9
6.	Boddy, Robin	EX	1:54.9

4 X 160m RELAY

1.	Timberlane	1:31.2
2.	Salem	1:33.7
3.	West	1:34.8
4.	Exeter	1:35.0
5.	Pinkerton	1:37.8
6.	Oyster River	1:44.3

300 METERS

1.	Sheehan, Meghan	West	45.5
2.	Rearney, Casey	Tim	46.2
3.	Stone, Mara	EX	46.6
4.	O'Brien, Julie	Sal	47.3
5.	Irwin, Kate	Pink	47.5
6.	Tode, Sara	EX	47.7

4 X 400m RELAY

1.	Pinkerton	4:32.8
2.	Exeter	4:33.5
3.	OR	4:44.1
4.	West	4:45.9
5.	Timberlane	4:48.1
6.	Salem	4:52.3

SHOT PUT

1.	Hammond, Kristine	Timb	32'5"
2.	Pearson, Laurie	Sal	32'9"
3.	Wiesman, Heather	EX	31'3"
4.	Kozumek, Elizabeth	Sal	26'7"
5.	Gieras, Christina	Sal	25'5"
6.	Bartley, Jess	Pink	23'4"

LONG JUMP

1.	Dole, Jen	Pink	14'5 1/4"
2.	Warnock, Meg	EX	14'4 1/2"
3.	Suriani, Tricia	Tim	14'4"
4.	Paelaert, Seanna	EX	13'10 1/2"
5.	Gieras, Christina	Sal	13'10 1/4"
6.	Moreau, Kristen	Pink	13'5 1/4"

HIGH JUMP

1.	Warnock, Meg	EX	4'10"
2.	Sheehan, Meg	West	4'10"
3.	Hughes, Katie	EX	4'8"
4.	Bodwell, Sarah	EX	4'6"
5.	Flathers, Chrissy	Timb	4'6"
6.	Mullen, Corey	Pink	4'4"

TEAM RESULTS

	POINTS
1.	Pinkerton 73
2.	Exeter 53
3.	Timberlane 49
4.	West 34
5.	Salem 32
6.	Oyster River 6
7.	Spaulding 0
8.	
9.	
10.	

NH INDOOR TRACK LEAGUE RESULTS
MEET HELD AT PINKERTON ACADEMY

Date: JAN 14th 1995

Pinkerton Academy Boys / Girls VS. SALEM

3000 METER [1st running event]

1.	RACHEL DOW	PA	---
2.	JOAN BIENVENUE	PA	---
3.	STEPHANIE SCHLOTT	PA	---
4.	no official times		

4X1 LAP RELAY [8th event]

1.	SALEM	1:24.7
2.	PINKERTON	1:25.4
3.		
4.		

55 METER HIGH HURDLES [2nd event]

1.	HEATHER VIR	SAL	9.2
2.	KATHRYN NEAL	SAL	9.3
3.	JULIE LAVOIE	SAL	10.0
4.			

4X400 METER RELAY [9th event]

1.	PINKERTON	4:45.3
2.	SALEM	4:47.0
3.		
4.		

55 METER DASH [3rd event]

1.	KATHRYN NEAL	SAL	7.8
2.	HEATHER VIR	SAL	7.9
3.	KATE IRWIN	PA	"
4.	JULIE O'BRIEN	SAL	"

SHOT PUT [Field event Girls/Boys]

1.	LAURIE PEGRAM	SAL	31'11"
2.	LIZ ROZUMEK	SAL	28'1"
3.	JESS BARTLEY	PA	26'7 1/2"
4.			

1000 METER [4th event]

1.	NICOLE BUKOWSKI	PA	3:18.8
2.	EMMA ELORED	PA	3:23.9
3.	SANDRA LUKOSIUS	PA	3:33.9
4.			

LONG JUMP [Field event Boys/Girls]

1.	JULIE O'BRIEN	SAL	13'4"
2.	KRISTEN MOREAU	PA	13'2 1/4"
3.	CHRISTENA GERAS	SAL	13'2"
4.			

600 METER [5th event]

1.	SARAH GRANDY	PA	1:53.6
2.	LISA COLLINS	SAL	1:57.2
3.	CATHERINE CHON	SAL	1:58.2
4.			

HIGH JUMP [Field event Girls/Boys]

1.	COREY MULLIN	PA	4'6"
2.	HEATHER VIR	SAL	4'4"
3.	ERIN COREY	SAL	4'2"
4.			

300 METER [6th event]

1.	JULIE O'BRIEN	SAL	47.4
2.	ABBY CALL	PA	47.7
3.	KATE IRWIN	PA	48.2
4.			

TEAM RESULTS

1.	PINKERTON	50 1/3
2.	SALEM	49 2/3
3.		

1500 METER [7th event]

1.	KATE BURAKOWSKI	PA	5:20.7
2.	MEGHAN SARBANIS	PA	5:26.5
3.	LISA EREN	SAL	5:36.6
4.			

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

NH INDOOR TRACK LEAGUE RESULTS
 MEET HELD AT PINKERTON ACADEMY

Date: JAN 19th 1995

Pinkerton Academy Boys / Girls VS. MERRIMACK

3000 METER [1st running event]

1.	<u>RACHEL DOW PA</u>	<u>11:21.9</u>
2.	<u>TRACEY CANTWELL ME</u>	<u>11:45.6</u>
3.	<u>STEPHANIE SCHOTT PA</u>	<u>11:46.5</u>
4.		

4X1 LAP RELAY [8th event]

1.	<u>PINKERTON</u>	<u>1:24.5</u>
2.	<u>MERRIMACK</u>	<u>1:27.2</u>
3.		
4.		

55 METER HIGH HURDLES [2nd event]

1.	<u>JEN DOLF PA</u>	<u>10.0</u>
2.	<u>MELISSA MARTIN PA</u>	<u>10.1</u>
3.	<u>MELUNDA RUSCOE PA</u>	<u>10.1</u>
4.		

4X400 METER RELAY [9th event]

1.	<u>PINKERTON</u>	<u>4:42.7</u>
2.	<u>MERRIMACK</u>	<u>4:47.0</u>
3.		
4.		

55 METER DASH [3rd event]

1.	<u>VAL WILLIAMS ME</u>	<u>7.4</u>
2.	<u>KATE IRWIN PA</u>	<u>7.9</u>
3.	<u>T</u> <u>AMY MONTAVES ME</u>	<u>8.0</u>
	<u>E</u> <u>MARCI BUREAU PA</u>	<u>"</u>
	<u>DEB CHRISTENSEN PA</u>	<u>"</u>

SHOT PUT [Field event Girls/Boys]

1.	<u>JESS BARTLEY PA</u>	<u>27'3 1/2"</u>
2.	<u>KAREN BABISH ME</u>	<u>26'6"</u>
3.	<u>EMILY MAUGHAN ME</u>	<u>25'8 3/4"</u>
4.		

1000 METER [4th event]

1.	<u>NICOLE BURKOWSKI PA</u>	<u>3:20.8</u>
2.	<u>EMMA EUREO PA</u>	<u>3:22.2</u>
3.	<u>LARA JARULLO ME</u>	<u>3:29.8</u>
4.		

LONG JUMP [Field event Boys/Girls]

1.	<u>T</u> <u>VAL WILLIAMS ME</u>	<u>14'4 1/2"</u>
	<u>E</u> <u>KRISTEN MOREAU PA</u>	<u>"</u>
3.	<u>MICHELE DUMOULIN ME</u>	<u>14'1 1/2"</u>
4.		

600 METER [5th event]

1.	<u>SARAH GRADY PA</u>	<u>1:52.3</u>
2.	<u>TRACEY FENTON ME</u>	<u>1:53.5</u>
3.	<u>JULIA KOSKY PA</u>	<u>1:57.1</u>
4.		

HIGH JUMP [Field event Girls/Boys]

1.	<u>COREY MULLIN PA</u>	<u>4'6"</u>
2.	<u>MICHELE DUMOULIN ME</u>	<u>4'4"</u>
3.	<u>T</u> <u>MELISSA MARTIN PA</u>	<u>4'0"</u>
	<u>E</u> <u>KRISTEN MOREAU PA</u>	<u>4'0"</u>

300 METER [6th event]

1.	<u>ERW RENSE PA</u>	<u>45.8</u>
2.	<u>VAL WILLIAMS ME</u>	<u>46.1</u>
3.	<u>ABBY CALL PA</u>	<u>47.1</u>
4.		

TEAM RESULTS

1.	<u>PINKERTON</u>	<u>69 2/3</u>
2.	<u>MERRIMACK</u>	<u>30 1/3</u>
3.		

1500 METER [7th event]

1.	<u>MEGHAN SARRANIS PA</u>	<u>5:24.9</u>
2.	<u>COURTNEY FORD ME</u>	<u>5:29.0</u>
3.	<u>SURANNE GALE PA</u>	<u>5:37.9</u>
4.		

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

New Hampshire Winter Track League 01/14/95

Girls 55 Meter Dash:

Finals: 1. Morin, Melanie, Monadnock 7.75; 2. Mulcahey, Mary, Kearsarge 7.89; 3. Irwin, Katie, Pinkerton 8.01; 4. Clark, Megan, Hanover 8.03; 5. Nelson, Candace, Memorial 8.11; 6. Christenson, Deb, Pinkerton 8.25; 7. Schutter, Jen, Pinkerton 8.29; 8. Whitham, Tara, Monadnock 8.34.

Prelims Girls 55 Meter Dash:

Heat 1: 1. Morin, Melanie, Monadnock 7.92; 2. Christenson, Deb, Pinkerton 8.25; 3. Bilodeau, Marci, Pinkerton 8.38; 4. Hines, Jessica, Memorial 8.85; 5. Matthewson, Anne, Hanover 9.41; 6. Smith, Sharon, Memorial 9.64.

Heat 2: 1. Clark, Megan, Hanover 8.11; 2. Nelson, Candace, Memorial 8.18; 3. Descoteaux, Jessi, Monadnock 8.57; 4. Corbeil, Jennifer, Memorial 8.70; 5. Houghton, Liz, Memorial 9.05; 6. Stern, Beth, Memorial 9.35; - Reed, Penny, Hanover DQ.

Heat 3: 1. Mulcahey, Mary, Kearsarge 7.91; 2. Irwin, Katie, Pinkerton 8.06; 3. Schutter, Jen, Pinkerton 8.29; 4. Whitham, Tara, Monadnock 8.34; 5. Mownsey, Sarah, Concord 9.01; 6. Dennerly, Martha, Concord 9.19; 7. Boisvert, Anne, Memorial 9.99.

Girls 300 Meter Dash:

1. Morin, Melanie, Monadnock 43.46; 2. Rehse, Erin, Pinkerton 45.01; 3. Call, Abby, Pinkerton 45.74; 4. Whitham, Tara, Monadnock 45.80; 5. Mulcahey, Mary, Kearsarge 45.97; 6. Irwin, Katie, Pinkerton 46.85; 7. Sylvain, Ann, Memorial 46.87; 8. Clark, Megan, Hanover 47.34; 9. Manger, Holly, Concord 47.65; 10. Papademas, Calla, Hanover 48.65; 11. Dubios, Stephanie, Pinkerton 48.79; 12. Hilbert, Jenn, Hanover 49.59; 13. Jaworowski, Jessica, White Mounta 49.64; 14. Schutter, Jen, Pinkerton 49.98; 15. Puchaz, Carolyn, Memorial 50.00; 16. Malunson, Katie, Pinkerton 50.09; 17. Sullivan, Kylene, Memorial 50.14; 18. Stapanon, Celeste, Concord 50.52; 19. Heidenreich, Maria, Hanover 50.63; 20. Arsenault, Shelley, Pinkerton 51.31; 21. Beland, Nicole, Memorial 52.41; 22. Mownsey, Sarah, Concord 53.13; 23. Hall, Laura, Hanover 53.22; 24. Borger, Kelli, Memorial 56.14; 25. Crawford, Trisha, Concord 59.22; 26. Peratto, Nancy, Memorial 1:05.03.

Girls 600 Meter Run:

1. Owens, Sarah, Hanover 1:42.61; 2. Bukowski, Nicole, Pinkerton 1:47.17; 3. Grandy, Sarah, Pinkerton 1:48.04; 4. Rogers, Jen, Pinkerton 1:52.47; 5. Pariseau, Lynn, Memorial 1:54.66; 6. Kosky, Julia, Pinkerton 1:55.03; 7. Colaccio, Bridget, Hanover 1:58.77; 8. LeClerc, Jess, Concord 2:00.08; 9. Koury, Cyrena, Hanover 2:03.90.

Girls 1,000 Meter Run:

1. Brady, Kelly, Hanover 3:04.80; 2. Burakowski, Kate, Pinkerton 3:14.76; 3. Eldred, Emma, Pinkerton 3:18.22; 4. Wood, Heather, Monadnock 3:20.87; 5. McAllister, Beth, Concord 3:27.50; 6. Ewell, Michelle, Pinkerton 3:32.94; 7. Shuteran, Meghan, Monadnock 3:33.57; 8. Lukoslos, Sandra, Pinkerton 3:34.59; 9. Moon, Erin, Concord 3:34.83; 10. Curtis-McLane, Sierra, Hanover 3:39.46; 11. Bent, Abby, Pinkerton 3:41.89.

Girls 1,500 Meter Run:

1. Aley, Cara, Hanover 4:46.99; 2. Sarbanis, Meghan, Pinkerton 5:12.89; 3. Dow, Rachel, Pinkerton 5:15.30; 4. Gale, Suzanne, Pinkerton 5:20.75; 5. Wood, Heather, Monadnock 5:22.83; 6. Woo, Rebecca, Memorial 5:24.42; 7. McAllister, Beth, Concord 5:34.99; 8. Maher, Heather, Pinkerton 5:36.76; 9. Fillis, Danielle, Pinkerton 5:41.71; 10. Brado, Elizabeth, White Mounta 5:45.78; 11. Blank, Amanda, Hanover 5:47.66; 12. Moon, Erin, Concord 5:47.81; 13. Palmer, Erica, Monadnock 5:48.05; 14. White, Jen, White Mounta 5:57.93; 15. Gamache, Chris, Memorial 5:58.43; 16. Loftus, Alicia, Memorial 5:58.79.

Girls 3,000 Meter Run:

1. Dow, Rachel, Pinkerton 11:25.07; 2. Schlott, Stephanie, Pinkerton 11:32.46; 3. Bienvenue, Joan, Pinkerton 11:36.96; 4. Palmer, Erica, Monadnock 11:41.52; 5. Yassenka, Kristen, Pinkerton 12:03.58; 6. Gamache, Jessica, Memorial 13:00.25; 7. Fitts, Deirdre, Memorial 13:22.34.

Girls 55 Meter Hurdles:

1. Snarski, Jamie, Memorial 9.56; 2. Mulcahey, Mary, Kearsarge 9.94; 3. Blum, Sarah, Hanover 10.17; 4. Roscoe, Melynda, Pinkerton 10.32; 5. Stapanon, Celeste, Concord 10.88; 6. Gale, Jocelyn, Pinkerton 11.19; 7. Haskell, Sarah, Concord 11.84; - Washburn, Rachel, Concord DNF.

Girls 4x200 Meter Relay:

1. Memorial 1:56.84; 2. Hanover 2:00.10; 3. Pinkerton 2:01.65; 4. Monadnock 2:03.85; 5. Concord 2:07.70; 6. Hanover "B" 2:10.91.

Girls 4x400 Meter Relay:

1. Pinkerton 4:22.85; 2. Hanover 4:24.74; 3. Monadnock 4:39.30; 4. Memorial 4:46.40; 5. Concord 4:54.73.

Girls High Jump:

1. Manger, Holly, Concord 4-1 (1.47m); 1. Bergquist, Karen, Concord 4-1 (1.47m); 3. Snarski, Jamie, Memorial 4-08 (1.42m); 4. Papademas, Calla, Hanover 4-04 (1.32m); 5. Shuteran, Meghan, Monadnock 4-04 (1.32m); 5. Mullin, Corey, Pinkerton 4-04 (1.32m).

Girls Long Jump:

1. Blum, Sarah, Hanover 15-01.5 (4.61m); 2. Pariseau, Lynn, Memorial 15-01 (4.60m); 3. Amadiume, Kemdi, Hanover 14-04 (4.37m); 4. Bergquist, Karen, Concord 14-02 (4.32m); 5. Moreau, Kristen, Pinkerton 14-02 (4.32m); 6. Moon, Erin, Concord 13-1 (4.22m).

Flash Results, Inc.
01/14/95 8:20 PM

New Hampshire Winter Track League
Leverone Field House
Dartmouth College, Hanover, NH - Sat 01/14/95

Hy-Tek's MEET MANAGER
Page 1

Event 21 Girls Shot Put
Results of Finals - Saturday 01/14/95

RANK	COMP#	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1		Huber-Richards, Ann	9	Hanover	31'06.00" (9.60m)	6.0
2		Albrecht, Donielle	11	Hanover	31'06.00" (9.60m)	5.0
3		Haarlander, Helen	12	Memorial	29'08.00" (9.04m)	4.0
4		Bartley, Jess	12	Pinkerton	27'02.00" (8.29m)	3.0
5		Moreau, Melissa	9	Pinkerton	26'01.50" (7.96m)	2.0
6		Manger, Holly	12	Concord	25'07.50" (7.81m)	1.0
7		Mullin, Corey	12	Pinkerton	25'03.00" (7.70m)	
-		Moraine, Anne	11	Hanover	No Data	

GIRLS SCORES

Rank	School	Score	Rank	School	Score
1	Pinkerton	89.50	4	Monadnock	31.50
2	Hanover	60	5	Concord	24
3	Memorial	34	6	Kearsarge	12

1115 SOUTH Central NH Class L meet

Meet Alv, BG, Con, Lond, Merr, Nash, Pink, Sal

Date January 20, 1995

3000 METERS

1.	Fitzpatrick, Erin	Nash	10:37.4
2.	Edwards, Karen	Lond	10:47.0
3.	Dow, Rachel	Pink	11:15.3
4.	Stahl, Erin	Lond	11:21.2
5.	Schlott, Stephanie	Pink	11:36.0
6.	Bienvenue, Joan	Pink	11:36.2

55 METER HIGH HURDLES

1.	Vir, Heather	Sal	9.3
2.	Farnum, Sarah	Lond	9.6
3.	Salgals, Tanya	Nash	9.7
4.	Fenton, Dawn	Merr	9.7
5.	Gilbert, Anja	Merr	9.8
6.	Lajoie, Michelle	Lond	10.4

55 METER DASH

1.	Pratt, Liz	Nash	7.1
2.	Williams, Val	Merr	7.4
3.	Gioffi, Lisa	Nash	7.6
4.	Kim, Kim	Nash	7.7
5.	Venegoni, Chrissy	Merr	7.7
6.	Hood, Kerry	Lond	7.7

1500 METERS

1.	Feibel, Kelly	Lond	5:06.9
2.	Dow, Rachel	Pink	5:14.0
3.	Sarbanis, Meghan	Pink	5:15.1
4.	Olson, Mary	B.G.	5:18.2
5.	Ellis, Pam	Alv	5:20.7
6.	Ford, Courtney	Merr	5:24.8

1000 METERS

1.	Feibel, Kelly	Lond	3:07.2
2.	Sipka, Tracy	Nash	3:07.4
3.	Burkowski, Kate	Pink	3:10.3
4.	Eldred, Emma	Pink	3:17.0
5.	Taylor, Sarah	Nash	3:21.4
6.	Fleming, Bridget	B.G.	3:22.4

600 METERS

1.	Conrow, Jaime	Nash	1:46.2
2.	Burkowski, Nicole	Pink	1:46.8
3.	Hurley, Jackie	Nash	1:47.0
4.	Brain, Mara	Lond	1:47.9
5.	Grandy, Sarah	Pink	1:48.8
6.	Anderson, Kim	Pink LON	1:50.3

4 X 160m RELAY

1.	Nashua	1:27.3
2.	Salem	1:29.9
3.	Londonderry	1:32.1
4.	Merrimack	1:32.8
5.	Pinkerton	1:33.9
6.	Alvirne	1:35.0

300 METERS

1.	Pratt, Liz	Nash	42.8
2.	Deyne, Heather	Nash	44.0
3.	Williams, Val	Merr	44.4
4.	Chamberlain, Katie	Nash	44.8
5.	Rehse, Erin	Pink	45.2
6.	O'Brien, Julie	Sal	46.0

4 X 400m RELAY

1.	Nashua	4:20.9
2.	Pinkerton	4:26.5
3.	Londonderry	4:35.9
4.	Merrimack	4:38.8
5.	Bishop Guertin	4:44.9
6.	Concord	4:46.2

SHOT PUT

1.	Gosselin, Danielle	Nash	35'7"
2.	Pegram, Laurie	Sal	34'10 1/4"
3.	Lavalley, Kim	Nash	34'1 1/4"
4.	Roy, Stephanie	Nash	29'7"
5.	Geddes, Kristin	Alv	28'5 1/2"
6.	Moreau, Kristin	Pink	28'3/4"

LONG JUMP

1.	Venegoni, Chrissy	Nash	15'9 1/2"
2.	Kim, Kim	Nash	15' 1/2"
3.	Prouty, Jennifer	Lond	14'9 1/2"
4.	Bergqvist, Karen	Con	14'8 1/4"
5.	Gilbert, Anja	Merr	14'8"
6.	Michelle, Dumoulin	Merr	14'3 1/2"

HIGH JUMP

1.	Manger, Holly	Con	5'0"
2.	Miller, Amanda	Lond	4'10"
3.	Bergqvist, Karen	Con	4'8"
4.	Boyko, Jacqui	Sal	4'6"
5.	Mullin, Corey	Pink	4'4"
6.	Dumoulin, Michelle	Merr	4'4"
6.	Farrington, Sara	Nash	4'4"

TEAM RESULTS

	POINTS
1.	Nashua 90.5
2.	Londonderry 47.48
3.	Pinkerton 43.42
4.	Merrimack 26.5
5.	Salem 20
6.	Concord 14
7.	Bishop Guertin 6
8.	Alvirne 5
9.	
10.	

Scoring 6-5-4-3-2-1

1995 N.H. INDOOR TRACK LEAGUE — RELAY CARNIVAL

SHOT PUT RELAY				LONG JUMP RELAY			
1. Nashua	100' 4 1/4"	4. Souhegan	91' 4"	1. Central	45' 5 3/4"	4. Memorial	43' 1"
2. Hanover	92' 1 1/4"	5. Central	84' 1 1/2"	2. Nashua	43' 10 3/4"	5. Londonderry	42' 11 1/2"
3. Timberlane	91' 9 1/4"	6. Londonderry	83' 10 1/2"	3. Winnacunnet	43' 1"	6. Concord	42' 8 3/4"
HIGH JUMP RELAY				4 X 800 METER RELAY			
1. Concord	14' 0"	4. Nashua	13' 0"	1. Nashua	9:52.8	4. Londonderry	10:08.7
2. Central	13' 11"	5. Londonderry	12' 10"	2. Central	9:53.3	5. Bishop Guertin	10:24.0
3. Exeter	13' 9"	6. Pinkerton	12' 6"	3. Pinkerton	10:05.6	6. Oyster River	10:30.9
SHUTTLE HURDLES				SHUTTLE DASH			
1. Central	34.7	4. Timberlane	35.9	1. Nashua	28.1 R	4. Merrimack	29.1
2. Winnacunnet	35.8	5. Londonderry	37.1	2. Souhegan	28.8	5. Memorial	29.1
2-3. Salem	35.8	6. Nashua	37.4	3. Central	28.9	6. Salem	29.2
DISTANCE MEDLEY RELAY				4 X 160 METER RELAY			
1. Hanover	13:05.6	4. Pinkerton	13:25.0	1. Nashua	1:26.3 R	4. Timberlane	1:29.9
2. Londonderry	13:17.7	5. Nashua	13:30.1	2. Central	1:28.2	5. Souhegan	1:29.9
3. Central	13:20.5	6. Exeter	13:42.1	3. Memorial	1:29.4	6. Salem	1:30.4
4 X 400 METER RELAY							
1. Nashua	4:16.6	3. Londonderry	4:20.2	5. Exeter	4:28.6		
2. Central	4:17.4	4. Pinkerton	4:27.8	6. Timberlane	4:29.0		

TEAM SCORES

1. Central	66	7. Timberlane	14	13. Merrimack	3	19. _____
2. Nashua	65	8. Memorial	13	14. Bishop Guertin	2	20. _____
3. Londonderry	25	9. Winnacunnet	13	15. Oyster River	1	21. _____
4. Hanover	18	10. Concord	11	16. _____		22. _____
5. Souhegan	15	11. Exeter	9	17. _____		23. _____
5-6. Pinkerton	15	12. Salem	9	18. _____		24. _____

R = new record

LONG JUMP, FINAL RESULTS

1. LIZ PRATT (NASHUA) 16-10.0*; 2. KATBY LAROCHELLE (MANCHESTER CENTRAL) 16-04.5*; 3. SARAH BLUM (HANOVER) 16-01.5;
 4. NICOLE BEMBRIDGE (CONCORD) 16-00.25; 5. SAMANTHA RITCHIE (WINNACUNNET) 15-11.5; 6. LIZ BLANCHARD (MANCHESTER CENTRAL) 15-09.5

SHOT PUT, FINAL RESULTS

1. DANIELLE GOSSELIN (NASHUA) 35-11.75; 2. KRISTINE HAMMOND (TIMBERLANE) 35-08.0; 3. DONI ALBRECHT (HANOVER) 34-09.5;
 4. KIM LAVALLEY (NASHUA) 34-04.0; 5. LAURIE PEGRAM (SALEM) 33-10.5; 6. ANNE HUBER-RICHARDS (HANOVER) 33-01.0;

HIGH JUMP, FINAL RESULTS

1. AMANDA MILLER (LONDONDERRY) 5-00.0; 2. LIZ BLANCHARD (MANCHESTER CENTRAL) 5-00.0; 2. KAREN BERGQUIST (CONCORD) 5-00.0;
 4. MEG WARNOCK (EXETER) 4-10.0; 5. SARAH DEROCHE (TIMBERLANE) 4-10.0; 6. TINA GALLOS (MANCHESTER CENTRAL) 4-10.0;

3000 METER RUN, FINAL RESULTS

1. ERIN FITZPATRICK (NASHUA) 10:38.2; 2. BETH KRAFT (OYSTER RIVER) 10:38.6; 3. CLAIRE SHEARMAN (PORTSMOUTH) 10:46.0;
 4. KAREN EDWARDS (LONDONDERRY) 10:57.3; 5. JODIE BARIL (MANCHESTER CENTRAL) 11:05.7; 6. RACHEL DOW (PINKERTON ACADEMY) 11:10.3;

55 METER HURDLES, FINAL RESULTS

1. CASEY KEARNEY (TIMBERLANE) 8.9; 2. LIZ BLANCHARD (MANCHESTER CENTRAL) 8.9; 3. TINA GALLOS (MANCHESTER CENTRAL) 9.1;
 4. KATHERYN NEAL (SALEM) 9.1; 5. JAIMIE SNARSKI (MANCHESTER MEMORIAL) 9.3; 6. MARY MULCAHEY (KEARSARGE) 9.7;

55 METER DASH, FINAL RESULTS

1. LIZ PRATT (NASHUA) 7.1*; 2. BRIANNE STANBRIDGE (MILFORD) 7.3; 3. LISA CIOFFI (NASHUA) 7.4; 4. HEATHER GUADIANA (SOUHEGAN)
 4; 5. VAL WILLIAMS (MERRIMACK) 7.5; 6. COURTNEY HEATH (SOUHEGAN) 7.5;

1000 METER RUN, FINAL RESULTS

1. HELENA KIMBALL (LONDONDERRY) 2:58.7**; 2. KELLY BRADY (HANOVER) 3:01.4*; 3. TRACY SIPKA (NASHUA) 3:03.8; 4. COLEEN BODDY
 (EXETER) 3:07.9; 5. KASIE WALLACE (MANCHESTER CENTRAL) 3:09.2; 6. BRIDGET FLEMING (BISHOP GUERTIN) 3:10.2;

NEW STATE RECORD HELENA KIMBALL LONDONDERRY 2:58.7 IN THE 1000 METER RUN.

600 METER RUN, FINAL RESULTS

1. MEAGHAN DUNN (MANCHESTER CENTRAL) 1:42.5; 2. SARAH OWENS (HANOVER) 1:43.2; 3. JANE RESCH (MANCHESTER CENTRAL) 1:44.0;
 4. TRICIA SURIANI (TIMBERLANE) 1:44.8; 5. SARAH TAYLOR (NASHUA) 1:45.8; 6. CARRIE WASZECIAK (MANCHESTER WEST) 1:46.7;

300 METER DASH, FINAL RESULTS

1. LIZ PRATT (NASHUA) 42.2*; 2. MELANIE MORIN (MONADNOCK) 42.2*; 3. COURTNEY HEATH (SOUHEGAN) 43.4; 4. VAL WILLIAMS (MERRIMACK)
 3.8; 5. HEATHER DEVINE (NASHUA) 44.0; 6. KRISTEN SAUNDERS (MANCHESTER CENTRAL) 44.2;

1500 METER RUN, FINAL RESULTS

1. HELENA KIMBALL (LONDONDERRY) 4:57.0; 2. CARA ALEY (HANOVER) 4:57.7; 3. ERIN FITZPATRICK (NASHUA) 5:03.9; 4. ANGELA VANDERHOOF
 (TIMBERLANE) 5:04.0; 5. BETH KRAFT (OYSTER RIVER) 5:06.0; 6. CLAIRE SHEARMAN (PORTSMOUTH) 5:06.0;

4 X 400 METER RELAY, FINAL RESULTS

1. LONDONDERRY (LONDONDERRY) 4:19.5*; 2. MANCHESTER CENTRAL (MANCHESTER CENTRAL) 4:21.1; 3. NASHUA (NASHUA) 4:24.4;
 4. PINKERTON ACADEMY (PINKERTON ACADEMY) 4:24.5; 5. TIMBERLANE (TIMBERLANE) 4:27.0; 6. MERRIMACK VALLEY (MERRIMACK VALLEY) 4:28.3

4 X 160 METER RELAY, FINAL RESULTS

1. NASHUA (NASHUA) 1:26.0*; 2. MANCHESTER CENTRAL (MANCHESTER CENTRAL) 1:27.2; 3. SOUHEGAN (SOUHEGAN) 1:28.0; 4. TIMBERLANE
 (TIMBERLANE) 1:29.0; 5. MANCHESTER WEST (MANCHESTER WEST) 1:29.6; 6. WINNACUNNET (WINNACUNNET) 1:29.7;

1	NASHUA	92	9	EXETER	8	16	MANCHESTER WEST	3
2	MANCHESTER CENTRAL	68		MILFORD	8		WINNACUNNET	3
3	LONDONDERRY	44		MONADNOCK	8	18	MANCHESTER MEMORIAL	2
4	HANOVER	37	12	PORTSMOUTH	7	19	BISHOP GUERTIN	1
5	TIMBERLANE	34	13	MERRIMACK	6		KEARSARGE	1
6	SOUHEGAN	17		SALEM	6		MERRIMACK VALLEY	1
7	CONCORD	11	15	PINKERTON ACADEMY	5			
8	OYSTER RIVER	10						