

# **Pinkerton Academy Girls' Indoor Track**

**Winter 1996!**



**"ain't nothing gonna break our stride"**

## A letter from the coach.

It is very easy to explain our successes this past season. The reason is very clear. It is the same reason why most of us came out for the team in November. It's what keeps us practicing through the toughest workouts and the worst weather. It what will bring most of us back together next winter.

It's the attitude we bring with us each day. It's the attitude we're always ready to share with our teammates.

As you think back on your season, think of the long list of people that helped to make your season possible: your teammates, your coaches, your friends and family. None of what you did was possible without their help. Now, think of all your teammates you helped toward their best performance. Chances are, the list is just as long.

That's what a team is all about. In past years, we've had to plan and assign who would be taking sweats, who would be helping at the blocks and who would be taking splits. This year, there were always groups of people ready to help at the key moments in every meet. More than any other season, we were all able to rely on a large group of people, ready to support us in every way. Every time you went out of your way to help a teammate, you contributed to your team's success in a major way. Did you ever slight a teammate or make her feel unwelcome for any reason ?? That's when you start to destroy what we build.

I would like to give special thanks to Coach Shepard and Coach Garbowski. They are my teammates and they are my reasons for being a part of this team. I also want to thank this year's captains. They worked hard to accomplish much for all of us in a very short period of time.

I would like to thank the entire team and congratulate you on your success. You've worked hard to make our practices and meets a place we all want to be. As long as that remains true, I know our successes will continue and continue to grow. I know the best is still to come. We hope to see you all back next year.

grateful to be your coach,



Ted Carey.

# Pinkerton Academy Indoor Track Final Roster

## **Seniors:Class of 1996**

Shelley Arseneault, Captain  
Abby Bent  
Kate Burakowski, Captain  
Michele Ewell  
Danielle Fillis  
Sarah Hill  
Amy Joyce  
Kate Keefe  
Lizmarie Manzano, Captain  
Jen Schutter  
Dana Tripp  
Dina Vandersande  
Kristin Yasenka

## **Sophomores:Class of 1998**

Meredith Davine  
Shivani Desai  
Danielle Hidden  
Jaqui Higgins  
Kate Irwin  
Kim Kane  
Anna Loring  
Christina Mailloux  
Kate McCarthy  
Molly McGuinness  
Melissa Moreau  
Alison Nichols  
Laura Safron  
Julie Sarbanis  
Jen Smith

## **Coaches**

Ted Carey  
Sherri Garbowski  
Betty Shepard

## **Juniors:Class of 1997**

Marci Bilodeau  
Nichole Bukowski  
Tyna Butka  
Abby Call  
Rachel Dow  
Stephanie Dubios  
Emma Eldred  
Stacie Fillis  
Jocelyn Gale  
Suzanne Gale  
Sarah Grandy  
Jess Hoepf  
Mara Katsekas  
Heather Moher  
Erin Rehse  
Melynda Roscoe  
Abby Willets

## **Freshman:Class of 1999**

Kate Bakanosky  
Carrie Cotter  
Lisa Dimarco  
Courtney Dow  
Gail Faria  
Caitlin Kenny  
Nicki Pelletier  
Megan Richardson  
Gina Santos  
Jackie Shears  
Amanda Van Guilder

## Season Summary

Season Record: 28-1-0  
Central NH Class L: 2nd place  
Relay Carnival: 4th place  
State Meet: 5th place

State Qualifiers:

Marci Bilideau	4x160m
Nichole Bukowski	600m 1000m 4x400m
Kate Burakowski	1500m 1000m 600m 4x400m
Rachel Dow	3000m 1500m
Stephanie Dubios	4x160m
Emma Eldred	1000m 4x400m
Suzanne Gale	1500m 1000m
Sarah Grandy	600m 4x400m
Jess Hoepf	Shot Put
Kate Irwin	55m 4x160m
Mara Katsekas	Long Jump
Heather Moher	3000m
Nicki Pelletier	High Jump
Erin Rehse	300m 4x400m
Megan Richardson	55m Long Jump 4x160m
Melynda Roscoe	Hurdles
Jackie Shears	4x160m
Dana Tripp	600m 4x400m
Abby Willets	High Jump

League All-Star: Erin Rehse 300m

All-State Honors: Abby Willets High Jump  
Kate Burakowski 1500m  
Erin Rehse 300m  
4x800m Relay Team



# Our Best Performances!

Event by Event Summary of our Season's Best.

## 3000m

**State Record:** 10:06.5 Danielle Wood, Spaulding 1993

**School Record:** 10:42.8 Amy Kruschwitz 1985

Rachel Dow	11:25.6
Heather Moher	11:40.4
Danielle Fillis	12:04.5
Danielle Hidden	12:11.0
Abby Bent	12:57.9
Kristin Yasenka	13:00.1
Dina Vandersande	13:10.0
Sarah Hill	13:10.9

## 55M Hurdles

**State Record:** 8.40 Sandi Walker, Portsmouth 1984

**School Record:** 8.3 Sherri Hughes 1983

Melynda Roscoe	9.7
Mara Katsekas	9.9
Megan Richardson	10.1
Tyna Butka	10.2
Kate Keefe	10.3
Molly McGuinness	10.5
Jocelyn Gale	10.6
Shivani Desai	10.7

## 55M Dash

**State Record:** 6.90 Angie Johnson, Nashua 1989

**School Record:** 7.2 Sherri Hughes 1982

Megan Richardson	7.4
Kate Irwin	7.6
Jackie Shears	7.9
Jaqui Higgins	8.0
Stephanie Dubios	8.1
Caitlin Kenny	8.2
Jen Schutter	8.2
Kate Bakanosky	8.3
Marci Bilideau	8.3
Courtney Dow	8.4

## Shot Put

**State Record:** 42' 5" Cathy Ross, Portsmouth 1983

**School Record:** 32' 9" Kim Gillespie 1986

Jess Hoefp	29' 3/4"
Melissa Moreau	27' 4"
Lizmarie Manzano	26' 3"
Anna Loring	25' 8 1/2"
Meredith Davine	24' 1/2"

## High Jump

**State Record:** 5' 8" Alison Poulin, Oyster River 1985

**School Record:** 5' 2" Kim Spofford 1985

Leah White	1987
Abby Willets	1996
Abby Willets	5' 2"
Nicki Pelletier	5' 0"
Kim Kane	4' 0"
Michelle Ewell	3' 8"

## Long Jump

**State Record:** 18' 3.50" Robyn Proctor, Nashua 1985

**School Record:** 17' 2" Sherri Hughes 1983

Mara Katsekas	15' 1 3/4"
Megan Richardson	15' 1/4"
Erin Rehse	14' 10 3/4"
Nicki Pelletier	14' 4 3/4"
Gina Santos	14' 3 1/4"
Shelley Arseneault	13' 1/2"



### 1500M

**State Record: 4:48.30** Kristin Cobb, Timberlane 1991

**School Record: 4:54.8** Kate Burakowski 1996

Kate Burakowski	4:54.8
Suzanne Gale	5:17.2
Rachel Dow	5:17.7
Amy Joyce	5:32.0
Heather Moher	5:32.8
Damielle Hidden	5:35.2
Danielle Fillis	5:36.5
Kristin Yasenka	5:42.9
Sarah Hill	5:58.9
Julie Sarbanis	5:59.9
Dina Vandersande	6:10.0
Jen Smith	6:15.0
Heather Moher	5:32.8



**KATE BURAKOWSKI**  
Third in 1,500 meter

### 600M Dash

**State Record: 1:37.35** Alison Poulin, Oyster River 1988

**School Record: 1:43.2** Jen Grant 1988

Nichole Bukowski	1:44.5
Sarah Grandy	1:48.6
Kate Burakowski	1:49.5
Dana Tripp	1:49.7
Emma Eldred	1:50.1
Suzanne Gale	1:54.1
Shelley Arseneault	1:57.6
Michele Ewell	1:57.8
Courtney Dow	2:00.5
Tyna Butka	2:01.2
Christina Mailloux	2:07.0
Shivani Desai	2:07.6
Jen Smith	2:07.8
Gail Faria	2:08.1
Kate Bakanosky	2:08.6
Carrie Cotter	2:11.2

### 1000M Run

**State Record: 2:58.7** Helena Kimball, Londonderry 1991

**School Record: 3:09.1** Heather Langston 1982

Kate Burakowski	3:11.3
Emma Eldred	3:13.8
Nichole Bukowski	3:16.9
Suzanne Gale	3:18.1
Danielle Hidden	3:22.9
Abby Bent	3:41.1
Julie Sarbanis	3:45.7
Amanda Van Guilder	3:46.6
Lisa Dimarco	3:47.3



### 300M

**State Record: 41.00** Angie Johnson, Nashua 1989

**School Record: 42.6** Sherri Hughes 1982, 1983

Erin Rehse	43.5
Abby Call	47.2
Stephanie Dubios	48.3
Marci Bilodeau	48.4
Mara Katsekas	48.5
Jaqui Higgins	49.8
Jackie Shears	49.4
Shivani Desai	50.4
Caitlin Kenny	50.5
Laura Safron	51.5
Stacey Fillis	50.8
Courtney Dow	52.3
Kate Bakanosky	52.4
Christina Mailloux	52.9
Carrie Cotter	54.7

## Varsity Points: Season Summary

Kate Burakowski	53.0
Erin Rehse	45.0
Megan Richardson	36.0
Nicki Pelletier	33.0
Nichole Bukowski	30.0
Rachel Dow	26.0
Emma Eldred	25.0
Suzanne Gale	22.0
Mara Katsekas	22.0
Abby Willets	22.0
Heather Moher	20.0
Sarah Grandy	17.0
Melynda Roscoe	15.0
Mellissa Moreau	13.0
Danielle Hidden	12.0
Kate Irwin	12.0
Danielle Fillis	11.0
Kristin Yasenka	8.0
Amy Joyce	6.0
Abby Bent	5.0
Abby Call	5.0
Dana Tripp	5.0
Tyna Butka	3.0
Jess Hoepf	3.0
Dina Vandersande	3.0
Stephanie Dubios	2.0
Michelle Ewell	2.0
Marci Bilideau	1.0
Sarah Hill	1.0
Anna Loring	1.0



# SIFCS

Meet BG, Lon, Pink, Mil, Mem, Sp, Conv, Hills, Lac

Date 12/16/95

## 3000 METERS

1.	DeCamp, Amy	Lon	11:10.5
2.	Stahl, Erin	Lon	11:43.4
3.	Fillis, Danielle	Pink	12:04.5
4.	Moher, Heather	Pink	12:06.8
5.	Schaldenko, Denise	BG	12:09.1
6.	Garnache, Jess	Mem	12:21.2

## 55 METER HIGH HURDLES

1.	Farnham, Sarah	Lon	9.6
2.	Chapman, Shannon	Lon	9.7
3.	Hall, Marianne	Lon	10.0
4.	Katsekas, Mara	Pink	10.2
5.	Roscoe, Melynda	Pink	10.3
6.	Butka, Tyna	Pink	10.6

## 55 METER DASH

1.	Standbridge, Brianna	Mil	7.5
2.	Richardson, Megan	Pink	7.7
3.	Hood, Kerry	Lon	7.9
4.	Irwin, Kate	Pink	7.9
5.	Simson, Leanne	Lon	8.0
6.	Plamondon, Jill	BG	8.0

## 1500 METERS

1.	DeCamp, Amy	Lon	5:09.4
2.	Dow, Rachel	Pink	5:17.7
3.	Schaldenko, Noelle	BG	5:23.2
4.	Woo, Becky	Mem	5:24.2
5.	Gale, Suzanne	Pink	5:26.0
6.	Joyce, Amy	Pink	5:32.0

## 1000 METERS

1.	Burakowski, Kate	Pink	3:11.3
2.	Eldred, Emma	Pink	3:15.8
3.	Woo, Becky	Mem	3:21.2
4.	Hidder, Danielle	Pink	3:22.9
5.	Cate, Liz	Lon	3:23.9
6.	Garnache, Jess	Mem	3:35.6

## 600 METERS

1.	Burkowski, Nicole	Pink	1:45.2
2.	Brain, Mara	Lon	1:49.0
3.	Grandy, Sarah	Pink	1:50.6
4.	Schaldenko, Karissa	BG	1:51.7
5.	Carroll, Courtney	BG	1:51.9
6.	Anderson, Kim	Lon	1:52.6

## 4 X 160m RELAY

1.	Londonderry	1:31.2
2.	Pinkerton	1:32.7
3.	Memorial	1:34.0
4.	Bishop Guertin	DQ
5.		
6.		

## 300 METERS

1.	Rehse, Erin	Pink	44.5
2.	Hood, Kerry	Lon	45.4
3.	Coupland, Nicole	Lon	46.9
4.	Wdgan, Hilary	Lon	47.7
5.	Dubois, Stephanie	Pink	48.4
6.	Bilodeau, Marci	Pink	48.4

## 4 X 400m RELAY

1.	Pinkerton	4:30.5
2.	Londonderry	4:34.3
3.	Bishop Guertin	4:43.5
4.	Memorial	4:44.3
5.		
6.		

## SHOT PUT

1.	Gosztola, Beth	Lon	28'7"
2.	Moreau, Melissa	Pink	26'2"
3.	Jones, Vicky	Sp	25'11 1/2"
4.	Boyce, Tricia	Hills	25'9"
5.	Hoepf, Jess	Pink	25'8"
6.	Loring, Anna	Pink	25'1 1/2"

## high JUMP

1.	Pelletier, Nicki	Pink	4'10"
2.	Martin, Sara	BG	4'10"
3.	Willets, Abby	Pink	4'8"
4.	Barry, Michelle	BG	4'8"
5.	Frisch, Nicole	Mem	4'4"
6.	Gauthier, Lauren	BG	4'4"

## Long JUMP

1.	Nelson, Candice	Mem	14'10 3/4"
2.	Rehse, Erin	Pink	14'6 1/2"
3.	Hall, Marianne	Lon	13'11 1/2"
4.	Katsekas, Mara	Pink	13'9"
5.	Gillick, Kerry	Lon	13'7 1/2"
6.	Gauthier, Lauren	BG	13'5 1/2"

## TEAM RESULTS

## POINTS

1.	Pinkerton	99
2.	Londonderry	81
3.	Bishop Guertin	26
4.	Memorial	24
5.	Milford	6
6.	Spaulding	4
7.	Hillsboro	3
8.		
9.		
10.		



# GIRLS

Meet EX, OR, Pink, SANB., SP, Timb, WEST Date 12-23-95

**3000 METERS**

1.	Dow, Rachel	Pink	11:39.5
2.	Northrop, Christy	ORHS	11:54.2
3.	Moher, Heather	Pink	11:54.2
4.	Hidden, Danielle	Pink	12:11.0
5.	FAUCON, Amy	WEST	13:58.5
6.	HASKELL, Caitlin	EX.	14:23.9

**300 METERS**

1.	Rehse, ERW	Pink	45.2
2.	Kearney, Casey	Timb.	45.5
3.	Farnsworth, TARA	Timb.	45.5
4.	Stone, MARA	Exeter	45.9
5.	Sheehan, Meggy	WEST	46.7
6.	Fan, Jaime	Timb.	46.9

**55 METER HIGH HURDLES**

1.	Kearney, Casey	Timb	9.0
2.	Esposito, JANET	Timb	9.8
3.	KATSEKAS, MARA	Pink	9.9
4.	Rosce, Melinda	Pink	10.4
5.	Butka, Tyna	Pink	10.4
6.			

**4 X 400m RELAY**

1.	Pinkerton	4:30.5
2.	Timberlane	4:40.3
3.	WEST	4:43.2
4.	ORHS	4:51.6
5.		
6.		

\* **HOLT, Bella** Ames. 9.1  
**55 METER DASH**

1.	Hess, Karin	WEST	7.5
2.	Richardson, Megan	Pink	7.7
3.	ZAM, JAWNE	Timb.	7.7
4.	Irwin, KATE	Pink	7.8
5.	Farnsworth, TARA	Timb.	7.8
6.	JACOBSON, Amanda	WEST	8.1

**SHOT PUT**

1.	Wesman, Heather	EX.	32'2"
2.	Hadty, Chris	WEST	26'10 1/2"
3.	Moreau, Melissa	Pink	26'6 1/2"
4.	COB, Bethany	Timb.	26'6"
5.	BAKER, Chrissy	Timb.	26'2"
6.	Adams, April	Timb.	23'9 1/2"

**1500 METERS**

1.	GACE, Suzanne	Pink	5:17.2
2.	WASZECIAK, Carrie	WEST	5:28.1
3.	TOYCE, Amy	Pink	5:37.1
4.	Fillis, Danielle	Pink	5:42.0
5.	Vasenska, Kristin	Pink	5:59.1
6.	Jenkins, Irene	OR	6:04.8

**HIGH JUMP**

1.	Flathers, Chrissy	Timb.	5'
2.	Sheehan, Meg.	WEST	5'
3.	Quinn, Amy	WEST	4'10"
4.	Pelletier, Nicki	Pink	4'10"
5.	ESPOSITO, Janet	Timb	4'10"
6.	Willeys, Abby	Pink	4'8"

**1000 METERS**

1.	Kraft, Beth	OR	3:11.9
2.	Burakowski, KATE	Pink	3:12.2
3.	ELDRED, EMMA	Pink	3:15.0
4.	Purswell, Melissa	EX.	3:23.7
5.	Pierre, Elizabeth	EX.	3:31.4
6.	Shultz, Kim	SANB.	3:33.2

**LONG JUMP**

1.	Tode, Sara	EX	15'2"
2.	Jacobson, Amanda	WEST	15'
3.	Pelletier, Nicki	Pink	14'4 3/4"
4.	Kearney, Casey	Timb.	14'4"
5.	Katsekas, Mara	Pink	14'3 1/4"
6.	Crocker, Amanda	OR	13'11 3/4"

**600 METERS**

1.	BUKOWSKI, Nicole	Pink	1:45.7
2.	Waszeczak, Carrie	WEST	1:46.7
3.	Suriane, Tricia	Timb	1:48.9
4.	Grandy, Sarah	Pink	1:49.2
5.	Ewell, Michele	Pink	1:58.0
6.	Riddel, DANA	S Pauld	1:58.8

**TEAM RESULTS**

	POINTS
1.	Pinkerton 95
2.	Timberlane 60
3.	WEST 48
4.	Exeter 24
5.	ORHS 18
6.	SANBORN 1
7.	Spaulding 1
8.	
9.	
10.	

**4 X 160m RELAY**

1.	Timberlane	1:29.2
2.	WEST	1:31.4
3.	Pinkerton	1:32.1
4.	Exeter	1:38.4
5.	ORHS	1:41.0
6.		

\* Non-Scoring

NEW HAMPSHIRE INDOOR TRACK LEAGUE  
DARTMOUTH - Saturday Dec 30, 1995

## COMPLETE RESULTS FOR ALL ROUNDS

## Event 11 Women's 55 Meter Dash

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	RICHARDSON, MEGAN	9	PINKERTON	7.61	6
2	BIMBA, ALI	10	HANOVER	7.68	5
3	BEMBRIDGE, NICOLE	11	CONCORD	7.81	4
4	CHEEVER, HEIDI	10	KEENE	7.82	3
5	IRWIN, KATE	10	PINKERTON	8.05	2
6	NELSON, CANDACE	12	MEMORIAL	8.15	1

## ----- Preliminary Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT
1	CHEEVER, HEIDI	10	KEENE	7.73	1
2	BIMBA, ALI	10	HANOVER	7.80	4
3	RICHARDSON, MEGAN	9	PINKERTON	7.84	2
4	NELSON, CANDACE	12	MEMORIAL	8.01	3
5	BEMBRIDGE, NICOLE	11	CONCORD	7.80	1
6	IRWIN, KATE	10	PINKERTON	8.08	3
7	HIGGINS, JACKIE	10	PINKERTON	8.18	1
8	DONOVAN, KRISTIN	10	B. GUERTIN	8.30	2
9	MCFARLAND, ERIN	9	MERRIMACK VL	8.33	1
10	SHEARS, JACKIE	9	PINKERTON	8.34	3
11	BARRY, MICHELLE	11	B. GUERTIN	8.35	4
12	KENNETT, CASEY	9	MERRIMACK VL	8.83	4
13	KOREY, MAGGIE	10	HANOVER	8.91	3
14	BARKESDALE, ANNA	9	MERRIMACK VL	9.03	4
15	MCNIFF, JILL	10	B. GUERTIN	9.18	1
16	GAMACHE, CHRISTINE	10	MEMORIAL	9.19	4
17	ALLARD, LAURA	10	MEMORIAL	9.20	4
18	LAMOND, HALFEY	9	B. GUERTIN	9.28	2
19	CAMPBELL, ERIN	11	B. GUERTIN	9.48	3
-	BOVAY, JOANNA	10	B. GUERTIN	FS	2

## Event 17 Women's 300 Meter Dash

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	BIMBA, ALI	10	HANOVER	43.58	5	6
2	REHSE, ERIN	11	PINKERTON	44.31	5	5
3	CHEEVER, HEIDI	10	KEENE	45.84	4	4
4	BEMBRIDGE, NICOLE	11	CONCORD	46.34	5	3
5	BARRY, MICHELLE	11	B. GUERTIN	46.84	5	2
6	CALL, ABBY	11	PINKERTON	47.32	4	1
7	MCFARLAND, ERIN	9	MERRIMACK VL	47.62	5	
8	AMADIEMA, KEMDI	12	HANOVER	47.86	3	
9	SYLVAIN, ANNE	11	MEMORIAL	48.19	3	
10	RIEL, JENN	10	MERRIMACK VL	48.28	5	
11	DONOVAN, KRISTIN	10	B. GUERTIN	48.35	2	
12	DUBIOS, STEPHANIE	11	PINKERTON	48.51	4	
13	FRISCH, NICOLE	10	MEMORIAL	49.00	2	
14	BILODEAU, MARCI	11	PINKERTON	49.54	4	
15	PALERMO, TINA	10	B. GUERTIN	49.69	3	

## Event 17 Women's 300 Meter Dash (Continued)

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
16	FULLERTON, BECKY	11	KEENE	51.14	3	
17	BOVAY, JOANNA	10	B. GUERTIN	51.82	1	
18	WAREING, CATHERINE	11	MERRIMACK VL	52.18	4	
19	KENNETT, CASEY	9	MERRIMACK VL	52.41	3	
20	MCNIFF, JILL	10	B. GUERTIN	55.26	2	
21	CAMPBELL, ERIN	11	B. GUERTIN	56.19	1	
22	CORBEIL, JEN	10	MEMORIAL	57.56	2	

## Event 15 Women's 600 Meter Run

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	BUKOWSKI, NICOLE	11	PINKERTON	1:44.55	6
2	GRANDY, SARAH	11	PINKERTON	1:48.79	5
3	PUCKAZ, HEIDI	10	MEMORIAL	1:51.19	4
4	TRIPP, DANA	12	PINKERTON	1:51.79	3
5	CARROLL, COURTNEY	10	B. GUERTIN	1:51.90	2
6	ZINK-MAILLOUX, CAROL	10	MERRIMACK VL	1:53.73	1
7	ARSENault, SHELLEY	12	PINKERTON	1:57.54	
8	KOURY, CYRINA	11	HANOVER	1:59.16	
9	SLACK, KELLY	10	MEMORIAL	2:21.38	
10	JONAS, SARAH	10	MEMORIAL	2:25.94	

## Event 13 Women's 1,000 Meter Run

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	FLEMING, BRIDGET	11	B. GUERTIN	3:12.81	6
2	ELDRED, EMMA	11	PINKERTON	3:13.91	5
3	GALE, SUZANNE	11	PINKERTON	3:18.21	4
4	SCHALDENKO, TANYA	9	B. GUERTIN	3:38.80	3
5	MAKEPEACE, LAURA	9	B. GUERTIN	3:39.97	2
6	GAMACHE, JESSICA	12	MEMORIAL	3:40.05	1
7	BENT, ABBY	12	PINKERTON	3:41.09	
8	LEVASSEUR, EMILY	10	B. GUERTIN	3:41.86	
9	BROTHERS, KIM	10	GREEN MTN	3:52.50	
10	FOSTER, BETH	9	GREEN MTN	4:14.16	

## Event 19 Women's 1,500 Meter Run

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	BURAKOWSKI, KATE	12	PINKERTON	5:05.44	6
2	FLEMING, BRIDGET	11	B. GUERTIN	5:15.25	5
3	SCHALDENKO, NOELLE	10	B. GUERTIN	5:16.37	4
4	WOO, BECKY	10	MEMORIAL	5:20.12	3
5	HIDDEN, DANIELLE	10	PINKERTON	5:35.13	2
6	YASENKA, KRISTIN	12	PINKERTON	5:52.03	1
7	MAKEPEACE, LAURA	9	B. GUERTIN	5:52.38	

NEW HAMPSHIRE INDOOR TRACK LEAGUE  
DARTMOUTH - Saturday Dec 30, 1995

## COMPLETE RESULTS FOR ALL ROUNDS

## Event 19 Women's 1,500 Meter Run (Continued)

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
8	SCHALDENKO, TANYA	9	B. GUERTIN	6:05.47	
9	BROTHERS, KIM	10	GREEN MTN	6:07.42	
10	MORAIN, ANNE	12	HANOVER	6:08.68	
11	COLBY, SARA	9	MERRIMACK VL	6:17.76	
12	FOSTER, MANDY	12	GREEN MTN	6:23.37	

## Event 7 Women's 3,000 Meter Run

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	DOW, RACHEL	11	PINKERTON	11:25.66	6
2	SCHALDENKO, DENISE	9	B. GUERTIN	11:40.25	5
3	MOHER, HEATHER	11	PINKERTON	11:47.21	4
4	GAMACHE, JESSICA	12	MEMORIAL	12:16.93	3
5	FILLIS, DANIELLE	12	PINKERTON	12:26.39	2
6	MORAIN, ANNE	12	HANOVER	13:05.14	1
7	RAGAN, KATIE	10	B. GUERTIN	13:25.44	
8	MEAGHER, SHANNON	10	B. GUERTIN	13:31.32	

## Event 9 Women's 55 Meter High Hurdles

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	MULCAHEY, MARY	12	KEARSARGE	9.07	6
2	CHEEVER, HEIDI	10	KEENE	10.09	5
3	ROSCOE, MELYNDA	11	PINKERTON	10.32	4
4	KATSEKAS, MARA	11	PINKERTON	10.43	3
5	KOREY, MAGGIE	10	HANOVER	11.14	2
-	BUTKA, TYNA	11	PINKERTON	DQ	

## ----- Preliminary Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT
1	MULCAHEY, MARY	12	KEARSARGE	9.25	2
2	ROSCOE, MELYNDA	11	PINKERTON	10.26	4
3	KATSEKAS, MARA	11	PINKERTON	10.54	3
4	KOREY, MAGGIE	10	HANOVER	11.09	1
5	CHEEVER, HEIDI	10	KEENE	10.20	2
6	BUTKA, TYNA	11	PINKERTON	10.43	4
7	MCGUINNESS, MOLLY	10	PINKERTON	11.03	4
8	PALERMO, TINA	10	B. GUERTIN	11.10	1
9	DESAI, SHIVANI	10	PINKERTON	11.15	3
10	LEVASSEUR, EMILY	10	B. GUERTIN	11.17	4
11	FULLERTON, BECKY	11	KEENE	11.22	1
12	GALE, JOCELYN	11	PINKERTON	11.26	3
13	WAREING, CATHERINE	11	MERRIMACK VL	11.40	3
14	BARKESDALE, ANNA	9	MERRIMACK VL	11.58	1
15	WASHBURN, RACHEL	11	CONCORD	11.69	3
16	HARKINS, ELIZABETH	10	B. GUERTIN	12.22	2
16	RAFIEYMEHR, NASREEN	9	B. GUERTIN	12.22	4

## Event 9 Women's 55 Meter High Hurdles (Continued)

## ----- Preliminary Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT
18	DIERS, ACHSA	10	MEMORIAL	12.54	2
19	HARTMAN, CHRISTINA	9	HANOVER	13.01	4
20	CORBEIL, JEN	10	MEMORIAL	13.38	2

## Event 23 Women's 4x200 Meter Relay

## ----- Finals Results - Saturday 12/23/95 -----

PLACE	RELAY	AFFILIATION	TIME	PTS
1	PKA	PINKERTON ACADEMY	1:57.95	6
2	BGR	BISHOP GUERTIN	1:58.71	5
3	MEM	MANCHESTER MEMORIAL	2:01.61	4
4	MVL	MERRIMACK VALLEY	2:02.65	3

## Event 1 Women's High Jump

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1	BERQUIST, KAREN	11	CONCORD	4'10.00"	6
2	PELLETIER, NICKI	9	PINKERTON	4'08.00"	5
3	BEMBRIDGE, NICOLE	11	CONCORD	4'08.00"	4
4	WILLETTS, ABBY	11	PINKERTON	4'06.00"	2
4	FULLERTON, BECKY	11	KEENE	4'06.00"	2
4	MARTIN, SARA	10	B. GUERTIN	4'06.00"	2
7	DIERS, ACHSA	10	MEMORIAL	4'03.00"	
7	FRISCH, NICOLE	10	MEMORIAL	4'03.00"	
7	BARRY, MICHELLE	11	B. GUERTIN	4'03.00"	
-	MCFARLAND, ERIN	9	MERRIMACK VL	NH	

## Event 3 Women's Long Jump

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1	MULCAHEY, MARY	12	KEARSARGE	15'07.25"	6
2	AMADIEMA, KEMDI	12	HANOVER	15'02.50"	5
3	BEMBRIDGE, NICOLE	11	CONCORD	15'00.75"	4
4	RICHARDSON, MEGAN	9	PINKERTON	14'09.75"	3
5	BERQUIST, KAREN	11	CONCORD	14'07.00"	2
6	KATSEKAS, MARA	11	PINKERTON	13'10.25"	1
7	ZINK-MAILLOUX, CAROL	10	MERRIMACK VL	13'00.75"	
8	RIEL, JENN	10	MERRIMACK VL	13'00.00"	
9	SANTOS, GINA	9	PINKERTON	12'11.75"	
10	REHSE, ERIN	11	PINKERTON	12'09.50"	
11	COOK, JESSICA	9	HANOVER	12'04.25"	
12	PELLETIER, NICKI	9	PINKERTON	12'00.00"	
13	BIMBA, ALI	10	HANOVER	11'07.00"	
14	WAREING, CATHERINE	11	MERRIMACK VL	11'05.50"	
15	KENNETT, CASEY	9	MERRIMACK VL	11'02.75"	
-	MORIN, LIZ	10	B. GUERTIN	FOUL	

## COMPLETE RESULTS FOR ALL ROUNDS

## Event 5 Women's Shot Put

## ----- Finals Results - Saturday 12/23/95 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1	HUBER-RICHARDS, ANNE	10	HANOVER	35'07.00"	6
2	BURNS, JODI	11	KEENE	32'04.00"	5
3	ALBRECHT, DONIELLE	12	HANOVER	30'07.00"	4
4	REED, PENNY	11	HANOVER	29'07.00"	3
5	BURR, ANGELA	11	MERRIMACK VL	27'05.00"	2
6	MOREAU, MELISSA	10	PINKERTON	25'10.25"	1
7	BARKESDALE, ANNA	9	MERRIMACK VL	25'05.25"	
8	LORING, ANNA	10	PINKERTON	22'05.00"	
9	CARNES, KARRIE	11	B. GUERTIN	22'04.50"	
10	RALSTON, PAIGE	11	B. GUERTIN	21'09.25"	
11	WHITTEN, CHRISTY	9	MERRIMACK VL	19'08.50"	
12	LYNDS, EMILY	10	GREEN MTN	18'09.75"	
13	DAVIS, ANGIE	10	GREEN MTN	17'04.75"	
14	MCALLISTER, CAMERON	10	B. GUERTIN	16'11.00"	

Flash Results, Inc.

NEW HAMPSHIRE INDOOR TRACK LEAGUE  
DARTMOUTH - Sat 12/30/95Hy-Tek's MEET MANAGER  
Page 1

## SCORES FOR WOMEN

Rank	School	Score
1	PINKERTON ACADEMY	83
2	BISHOP GUERTIN	36
3	HANOVER	32
4	CONCORD	23
5	KEENE	19
6	MANCHESTER MEMORIAL	16
7	KEARSARGE	12
8	MERRIMACK VALLEY	6

# NH INDOOR TRACK LEAGUE RESULTS

MEET HELD AT PINKERTON ACADEMY

Date: 1 / 4 / 96

Pinkerton Academy Boys / Girls VS. SACEM

✓ 3000 METER [1st running event]

1. HEATHER MOHER (PA) 11:59.1
2. DANIELLE HIDDEN (PA) 12:30.4
3. DANIELLE FULLER (PA) 12:34.1
4. \_\_\_\_\_

4X1 LAP RELAY [8th event]

1. PINKERTON 1:23.1
2. SACEM 1:24.8
3. \_\_\_\_\_
4. \_\_\_\_\_

- 55 METER HIGH HURDLES [2nd event]

1. KATHRYN NEAL (S) 9.2
2. MELYNDA ROSCOE (PA) 9.9
3. MEGAN RICHARDSON (PA) 10.1
4. \_\_\_\_\_

4X400 METER RELAY [9th event]

1. PINKERTON 4:42.6
2. SACEM 5:00.6
3. \_\_\_\_\_
4. \_\_\_\_\_

✓ 55 METER DASH [3rd event]

1. MEGAN RICHARDSON (PA) 7.5
2. KATHRYN NEAL (S) 7.7
3. KATE FRWIN (PA) 7.8
4. (FRWIN ran a 7.6 in the semi)

SHOT PUT [Field event Girls/Boys]

1. LAURIE PEGRAM (S) 34'9 1/4"
2. KATIA POWELL (S) 27'9 1/4"
3. CHRISTINA GERAC (S) 27'0 1/2"
4. \_\_\_\_\_

✓ 1000 METER [4th event]

1. NICOLE BUKOWSKI (PA) 3:16.9
2. JILL PENNINGTON (S) 3:21.3
3. SUZANNE GALE (PA) 3:22.9
4. \_\_\_\_\_

LONG JUMP [Field event Boys/Girls]

1. " MEGAN RICHARDSON (PA) 15'1 1/4"
2. MARA KATSEKAS (PA) 14'7 1/2"
3. HOLLY PRUDHOMME (S) 13'8 1/2"
4. \_\_\_\_\_

✓ 600 METER [5th event]

1. KATE BURAKOWSKI (PA) 1:49.5
2. SARAH GRANDY (PA) 1:55.4
3. DANA TRIPP (PA) 1:55.6
4. \_\_\_\_\_

HIGH JUMP [Field event Girls/Boys]

1. NICKI PELLETIER (PA) 5'0"
2. ABBY WILLETS (PA) 4'10"
3. JACQUI BOYKO (S) 4'8"
4. \_\_\_\_\_

300 METER [6th event]

1. ERW REHSE (PA) 45.9
2. ABBY CALL (PA) 48.6
3. JULIE O'BRIEN (S) 48.8
4. \_\_\_\_\_

TEAM RESULTS

1. PINKERTON 74
2. SACEM 26
3. \_\_\_\_\_

1500 METER [7th event]

1. KRISTIN YASENKA (PA) 5:42.9
2. LAURA GAGNE (S) 5:48.9
3. AMY JOYCE (PA) 5:56.6
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 / 11<sup>th</sup> / 1996

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

✓ 3000 METER [1st running event]

1. ABBY BENT (PA) 12:57.9
2. DINA VANDERSANDE (PA) 13:10.0
3. SARAH HILL (PA) 13:10.9
4. \_\_\_\_\_

4X1 LAP RELAY [8th event]

1. PINKERTON 1:25.0
2. MERRIMACK \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

✓ 55 METER HIGH HURDLES [2nd event]

1. JESS COAKLEY (M) 9.5
2. MELYNDA ROSS (PA) 9.7
3. JESS BURKE (M) 9.9
4. \_\_\_\_\_

4X400 METER RELAY [9th event]

1. PINKERTON 4:35.9
2. MERRIMACK 5:00.9
3. \_\_\_\_\_
4. \_\_\_\_\_

✓ 55 METER DASH [3rd event]

1. VAL WILLIAMS (M) 7.6
2. KATE IRWIN (PA) 7.6
3. CHRISSE VENEGONI (M) 7.8
4. PRE-LIMS - Williams 7.6 Venegoni 7.7 Irwin 7.7

✓ SHOT PUT [Field event Girls/Boys]

1. SARAH ASAI (M) 27'4 1/2"
2. MELISSA MOREAU (PA) 27'4 1/4"
3. JESS HOEPE (PA) 26'11 1/2"
4. \_\_\_\_\_

✓ 1000 METER [4th event]

1. KATE BURAKOWSKI (PA) 3:15.0
2. RACHEL DOW (PA) 3:25.6
3. TRACY CANTWELL (M) 3:33.9
4. \_\_\_\_\_

✓ LONG JUMP [Field event Boys/Girls]

1. MARA KATSEKAS (PA) 15'1 3/4"
2. ERW REHSE (PA) 14'9 1/2"
3. NICKI PELLETIER (PA) 14'4"
4. \_\_\_\_\_

✓ 600 METER [5th event]

1. EMMA ELDRED (PA) 1:50.1
2. SUZANNE GALE (PA) 1:54.1
3. DANA TRIPP (PA) 1:54.3
4. \_\_\_\_\_

✓ HIGH JUMP [Field event Girls/Boys]

1. NICKI PELLETIER (PA) 4'10"
2. ABBY WILLETS (PA) 4'10"
3. KIM GAUDETTE (M) 4'8"
4. \_\_\_\_\_

✓ 300 METER [6th event]

1. ERW REHSE (PA) 45.1
2. VAL WILLIAMS (M) 45.5
3. ABBY CALL (PA) 48.7
4. \_\_\_\_\_

TEAM RESULTS

1. PINKERTON 74
2. MERRIMACK 26
3. \_\_\_\_\_

✓ 1500 METER [7th event]

1. TRACY CANTWELL (M) 5:32.0
2. HEATHER MOHER (PA) 5:32.8
3. DAVIELLE FILLIS (M) 5:36.8
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.



Meet

Date 1/13/96

**3000 METERS**

1.	Kraft, Beth	OR	11:04.4
2.	Corohin, Beth	Winn	11:28.2
3.	Dow, Rachel	Pink	11:34.5
4.	Moyer, Heather	Pink	11:46.1
5.	Gamoche, Jess	Mem	11:53.6
6.	Johnson, Missy	Hd/Br	11:59.5

**55 METER HIGH HURDLES**

1.	Mulcahey, Mary	Rear	9.0
2.	Neal, Kathryn	Sal	9.3
3.	Salas, Tanua	Nash	9.4
4.	Hartley, Kate	Newf	9.7
5.	Rukhoff, Valerie	Winn	9.8
6.	Farrell, Kelly	Nash	9.8

**55 METER DASH**

1.	Standbridge, Brianne	Milf	7.4
2.	Ritchie, Samantha	Winn	7.7
3.	Chamberlain, Kate	Nash	7.9
4.	Brown, Jacket	Nash	7.9
5.	Neal, Kathryn	Sal	8.0
6.	Fuller, Jennie	Hol	8.0

**1500 METERS**

1.	Fitzpatrick, Erin	Nash	4:54.4
2.	Loring, Amy	Winn	5:06.4
3.	Gale, Suzanne	Pink	5:24.1
4.	Jovee, Amy	Pink	5:28.0
5.	Schaltenker, Doree	BG	5:44.2
6.	Smith, Crystal	Hd/Br	5:48.5

**1000 METERS**

1.	Brady, Kelly	Han	3:04.0
2.	Stora, Traci	Nash	3:05.6
3.	Fleming, Bridget	BG	3:09.0
4.	Purackowski, Kate	Pink	3:11.8
5.	Woo, Becky	Mem	3:16.9
6.	Taylor, Sarah	Nash	3:18.1

**600 METERS**

1.	Morgan, Amy	Winn	1:44.1
2.	Devine, Heather	Nash	1:44.9
3.	Hartley, Jackie	Nash	1:46.3
4.	Puchaz, Heidi	Mem	1:49.5
5.	Grandy, Sarah	Pink	1:49.8
6.	Tripp, Dana	Pink	1:52.6

**4 X 160m RELAY**

1.	Nashua	1:28.4
2.	Salem	1:31.0
3.	Rishon, Buerlin	1:34.1
4.	Winnacomet	1:34.6
5.	Memorial	1:35.2
6.	Hanover	1:37.7

**300 METERS**

1.	Pratt, Liz	Nash	42.9
2.	Bimba, Ali	Han	43.3
3.	Rehse, Erin	Pink	43.5
4.	Chamberlain, Kate	Nash	44.7
5.	Andrade, Rosie	Nash	45.7
6.	Standbridge, Brianne	Milf	46.0

**4 X 400m RELAY**

1.	Nashua	4:21.2
2.	Pinketerior	4:28.8
3.	Winnacomet	4:30.7
4.	Salem	4:43.5
5.	Ouster River	4:43.8
6.	Memorial	4:45.0

**SHOT PUT**

1.	Huber-Richards, Anne	Han	36'8"
2.	Albrecht, Danielle	Han	35'11/4"
3.	Lavelley, Kim	Nash	35'8 3/4"
4.	Pegram, Laurie	Sal	35'2 1/2"
5.	Rou, Stephanie	Nash	32'7 1/2"
6.	Reed, Penny	Han	30'1 1/4"

**LONG JUMP**

1.	Nelson, Candace	Mem	16'2"
2.	Mulcahey, Mary	Rear	16'0"
3.	Ritchie, Samantha	Winn	15'6 1/4"
4.	Amadiene, Kendu	Han	15'5 1/2"
5.	Rehse, Erin	Pink	14'9"
6.	Katsikas, Mara	Pink	14'6 3/4"

**HIGH JUMP**

1.	Salas, Tanua	Nash	4'10"
2.	Willetts, Abby	Pink	4'10"
3.	Wallin, Lisa	Leb	4'8"
4.	Pelletier, Nicki	Pink	4'8"
5.	Martin, Sara	BG	4'8"
6.	Albrecht, Melissa	Con	4'8"

**TEAM RESULTS**

**POINTS**

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____

Meet LOND, PINK, BG, NASH, ALV, CONC, Keene, Merrimack, SAL

Date 1-19-96

**3000 METERS**

1. Fitzpatrick, ERIN NASH 10:29.1
2. DECAMP, Amy LOND 11:07.4
3. Dow, RACHEL PINK 11:37.5
4. Cantwell, Tracy Merr 11:42.3
5. CATE, LIZ LOND 11:44.1
6. MOHER, HEATHER PINK 11:44.4

**300 METERS**

1. PRATT, LIZ NASH 43.3
2. REHSE, ERIN PINK 43.5
3. CHAMBERS, KATHY LATE NASH 44.7
4. WILLIAMS, VAL MERR 45.1
5. Hood, LIZ LOND 45.4
6. CHEEVER, Heidi CONC 45.7

**55 METER HIGH HURDLES**

1. NEAL, KATHRYN, SAL 9.0
2. FARNHAM, SARAH LOND 9.1
3. SALEM, TANYA NASH 9.2
4. CHAPMAN, SHANNON LOND 9.2
5. COAKLEY, JESS MERR 9.6
6. HALL, MARIANNE LOND 9.6

**4 X 400m RELAY**

1. NASHUA 4:19.7
2. Pinkerton 4:26.8
3. LONDONDERRY 4:28.1
4. Bishop Guertin 4:44.6
5. ALVIRNE 4:51.4
6. MERRIMACK 4:56.4

**55 METER DASH**

1. PRATT, LIZ NASH 7.3
2. Richardson, MEG PINK 7.4
3. WILLIAMS, VAL MERR 7.7
4. Cheever, Heidi Keene 7.7
5. Rembridge, Nicole CONC 7.7
6. Coupland, Nicole LOND 7.7

**SHOT PUT**

1. LAVAZZINI, KIM NASH 36'2 1/4"
2. PESHAWAR, Lauric SAL 35'1"
3. Roy, Stephanie NASH 32'9 1/2"
4. [unclear] 31'11 1/4"
5. GOSZYTLA, BETH LOND 30'10 1/4"
6. POWELL, KATIA SAL 27'1"

**1500 METERS**

1. BURAKOWSKI, KATIE PINK 5:10.6
2. McKenna, BRE-Anne LOND 5:16.8
3. GALE, Suzanne PINK 5:22.1
4. KORN, Amy NASH 5:22.4
5. Dow, RACHEL PINK 5:22.6
6. FORD, Courtney Merr 5:23.5

**LONG JUMP**

1. Beaulieu, Nicole CONC 16'9 1/4"
2. PRATT, LIZ NASH 15'10 1/4"
3. Chapman, Shannon LOND 15'7"
4. SALEM, TANYA NASH 15'23 1/4"
5. BERGQUIST, KAREN CONC 14'1 1/2"
6. Richardson, MEGAN PINK 14'2 3/4"

**1000 METERS**

1. BURAKOWSKI, KATE PINK 3:11.3
2. Fleming, Bridget BG 3:13.7
3. ELDREN, EMMA PINK 3:14.0
4. Courchesne, Audrey Merr 3:19.5
5. GACE, SUZANNE PINK 3:21.2
6. Taylor, SARAH NASH 3:21.6

**HIGH JUMP**

1. BERGQUIST, KAREN CONC 5'
2. Fullerton, [unclear] 4'10"
3. Kelleter, Micki [unclear] 4'10"
4. MANN, SARAH BG 4'8"
5. BARRY, [unclear] BG 4'8"
6. WILKES, AUBY PINK 4'8"

**600 METERS**

1. SIPKA, Tracy NASH 1:37.2
2. HURLEY, JACKIE NASH 1:44.1
3. Bukowski, Nicole PINK 1:45.6
4. BRAIN, MARA LOND 1:45.9
5. GRANDY, SARAH PINK 1:48.6
6. Anderson, Kim LOND 1:48.9

**TEAM RESULTS**

- |                   | POINTS |
|-------------------|--------|
| 1. NASHUA         | 113.5  |
| 2. Pinkerton      | 86.5   |
| 3. Londonderry    | 61     |
| 4. SALEM          | 25     |
| 5. CONCORD        | 25     |
| 6. Merrimack      | 24     |
| 7. Bishop Guertin | 18     |
| 8. Keene          | 17     |
| 9. Alvirne        | 2      |
| 10.               |        |

**4 X 160m RELAY**

1. NASHUA 1:27.9
2. Londonderry 1:28.2
3. SALEM 1:31.8
4. Pinkerton 1:32.2
5. Merrimack 1:33.7
6. Concord 1:34.6



# 1996 N.H. INDOOR TRACK LEAGUE — GIRLS RELAY CARNIVAL

## R-RECORD

SHOT PUT RELAY	106'8.25"	LONG JUMP RELAY	49'1.25"
1. Hanover 104'4½"	4. Souhegan 86'7¼"	1. Nashua 46'5"	4. Pinkerton 44'1½"
2. Salem 91'2"	5. Exeter 83'11¼"	2. Londonderry 46'2¼"	5. Merrimack Valley 43'6"
3. Nashua 90'6"	6. West 82'2½"	3. Winnacunnet 45'10"	6. Memorial 42'7½"
HIGH JUMP RELAY	14'8"	4 X 800 METER RELAY	9:45.8
R 1. Timberlane 14'10"	4. Bishop Guertin 13'6"	R 1. Nashua 9:43.3	4. Guertin 10:25.3
2. West 13'10"	5. Pinkerton 13'6"	2. Pinkerton 10:06.6	5. Londonderry 10:33.1
3. Concord 13'8"	6. Alvirne 13'4"	3. Winnacunnet 10:14.1	6. Merrimack 10:45.5
SHUTTLE HURDLES	33.9	SHUTTLE DASH	28.1
1. Londonderry 35.0	4. Portsmouth 36.4	1. Nashua 28.2	4. West 29.0
2. Timberlane 35.2	5. Winnacunnet 36.5	2. Londonderry 28.7	5. Timberlane 29.1
3. Nashua 35.7	6. Dover 37.7	3. Merrimack 28.9	6. Souhegan 29.3
DISTANCE MEDLEY RELAY	12:41.6	4 X 160 METER RELAY	1:26.2
1. Nashua 12:58.4	4. Merrimack 13:48.8	1. Nashua 1:26.6	4. West 1:28.6
2. Londonderry 13:13.8	5. Hanover 13:49.6	2. Londonderry 1:27.3	5. Winnacunnet 1:29.9
3. Pinkerton 13:31.3	6. Memorial 14:07.4	3. Timberlane 1:28.3	6. Souhegan 1:30.5
4 X 400 METER RELAY	4:14.1		
R 1. Nashua 4:12.8	4. Londonderry 4:24.4		
2. Timberlane 4:14.4	5. Pinkerton 4:26.3		
3. Winnacunnet 4:23.4	6. Exeter 4:32.8		

## TEAM SCORES

1. Nashua	72	7. Hanover	12	13. Portsmouth	4	19. _____
2. Londonderry	48	8. Merrimack	11	14. Exeter	3	20. _____
3. Timberlane	34	9. Bishop Guertin	8	15. Memorial	2	21. _____
4. Pinkerton	22	10. Salem	8	16. Merrimack Valley	2	22. _____
5. Winnacunnet	22	11. Concord	6	17. Alvirne	1	23. _____
6. West	17	12. Souhegan	6	18. Dover	1	24. _____

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOC.  
 GIRLS INDOOR TRACK AND FIELD CHAMPIONSHIPS  
 PAUL SWEET OVAL UNIVERSITY OF NEW HAMPSHIRE - Friday Feb 2, 1996

TOP 6 RESULTS FOR FINALS

Event 1 Girls High Jump - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1	PLATHERS, CRISSY	10	TIMBERLANE	5'02.00"	10
2	WILLETS, ABBY	11	PINKERTON	5'02.00"	8
3	BUTTERFIELD, STEPHANI	9	TIMBERLANE	5'00.00"	5
3	O'DONNELL, ERIN	10	ALVIRNE	5'00.00"	5
5	BLANCHARD, LIZ	12	CENTRAL	5'00.00"	2
6	BERGQUIST, KAREN	11	CONCORD	5'00.00"	1

Event 2 Girls Long Jump - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1	BEMBRIDGE, NICOLE	11	CONCORD	17'01.00"	10
2	PRATT, LIZ	12	NASHUA	16'10.50"	8
3	RITCHIE, SAMANTHA	11	WINNACUNNET	16'09.25"	6
4	AMADIEME, KEMDI	12	HANOVER	16'08.50"	4
5	RAYMOND, ELIZABETH	11	WINNACUNNET	16'05.25"	2
6	MULCAHEY, MARY	12	KEARSARGE	16'03.00"	1

Event 3 Girls Shot Put - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	MARK	PTS
1	LAVALLEY, KIM	11	NASHUA	37'05.00"	10
2	ALBRECHT, DONIELLE	12	HANOVER	37'04.00"	8
3	PEGAM, LAURIE	11	SALEM	36'08.75"	6
4	HUBER-RICHARDS, ANNE	10	HANOVER	36'08.25"	4
5	ROY, STEPHANIE	10	NASHUA	35'02.25"	2
6	WEISMAN, HEATHER	12	EXETER	34'05.00"	1

Event 4 Girls 3,000 Meter Run - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	FITZPATRICK, ERIN	10	NASHUA	10:30.66	2	10
2	KRAFT, BETH	11	OYSTER RIVER	10:36.10	2	8
3	PALMER, ERICA	10	MONADNOCK	10:37.94	2	6
4	FITZPATRICK, KERRI	9	NASHUA	10:49.84	2	4
5	LOVERING, AMY	12	WINNACUNNET	10:59.17	2	2
6	BARIL, JODIE	11	CENTRAL	11:01.61	2	1

Event 5 Girls 55 Meter High Hurdles - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	GAYMAN, KATIE	11	CENTRAL	8.87	10
2	ESPOSITO, JANET	11	TIMBERLANE	8.89	8
3	KEARNEY, CASEY	11	TIMBERLANE	8.95	6
4	BLANCHARD, LIZ	12	CENTRAL	9.07	4

Event 5 Girls 55 Meter High Hurdles (Continued)

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
5	FARNHAM, SARAH	10	LONDONDERRY	9.08	2
6	MULCAHEY, MARY	12	KEARSARGE	9.09	1

Event 6 Girls 55 Meter Dash - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	PTS
1	PRATT, LIZ	12	NASHUA	7.35	10
2	STANDBRIDGE, BRIANNE	10	MILFORD	7.36	8
3	WILLIAMS, VAL	12	MERRIMACK	7.55	6
4	BIMBA, ALI	10	HANOVER	7.57	4
5	HESS, KARIN	10	WEST	7.59	2
6	IAN, JAIME	12	TIMBERLANE	7.64	1

Event 7 Girls 1,000 Meter Run - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	BRADY, KELLY	11	HANOVER	2:59.71	2	10
2	FLEMING, BRIDGET	11	B. GUERTIN	3:01.57	2	8
3	SIPKA, TRACY	12	NASHUA	3:01.80	2	6
4	WALLACE, KASIE	11	CENTRAL	3:06.41	2	4
5	LAURENDEAU, JILL	9	CENTRAL	3:08.21	2	2
6	BRAIN, MARA	10	LONDONDERRY	3:13.16	1	1

Event 8 Girls 600 Meter Run - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	BUTTERFIELD, STEPHANIE	9	TIMBERLANE	1:39.28	4	10
2	GATT, LIZ	9	CENTRAL	1:40.52	4	8
3	GAYMAN, KATIE	11	CENTRAL	1:41.28	4	6
4	DEVINE, HEATHER	10	NASHUA	1:42.02	3	4
5	HURLEY, JACKIE	12	NASHUA	1:43.31	3	2
6	MORGAN, AMY	11	WINNACUNNET	1:44.01	4	1

Event 9 Girls 300 Meter Dash - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR	SCHOOL	TIME	HT	PTS
1	BIMBA, ALI	10	HANOVER	42.69	6	10
2	SAUNDERS, KRISTEN	11	CENTRAL	43.54	5	8
3	PRATT, LIZ	12	NASHUA	43.59	6	6
4	WILLIAMS, VAL	12	MERRIMACK	43.85	5	4
5	REHSE, ERIN	11	PINKERTON	43.89	6	2
6	HESS, KARIN	10	WEST	44.20	5	1

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOC.  
 GIRLS INDOOR TRACK AND FIELD CHAMPIONSHIPS  
 PAUL SWEET OVAL UNIVERSITY OF NEW HAMPSHIRE - Friday Feb 2, 1996

TOP 6 RESULTS FOR FINALS

vent 10 Girls 1,500 Meter Run - Finals

----- Finals Results - Friday 02/02/96 -----

PL	ATHLETE NAME	YR SCHOOL	TIME	HT	PTS
1	BRADY, KELLY	11 HANOVER	4:50.61	2	10
2	FITZPATRICK, ERIN	10 NASHUA	4:50.74	2	8
3	BURAKOWSKI, KATE	12 PINKERTON	4:54.80	2	6
4	DECAMP, AMY	11 LONDONDERRY	4:55.98	2	4
5	LAURENDEAU, JILL	9 CENTRAL	4:59.01	2	2
6	WALLACE, KASIE	11 CENTRAL	4:59.16	2	1

vent 11 Girls 4x400 Meter Relay - Finals

----- Finals Results - Friday 02/02/96 -----

LACE RELAY	AFFILIATION	TIME	HT	PTS
1	CEN MANCHESTER CENTRAL	4:10.76	4	10
2	TIM TIMBERLANE	4:13.59	4	8
3	NAS NASHUA	4:13.88	4	6
4	LON LONDONDERRY	4:22.29	4	4
5	WIN WINNACUNNET	4:26.43	3	2
6	POR PORTSMOUTH	4:29.40	2	1

vent 12 Girls 4x160 Meter Relay - Finals

----- Finals Results - Friday 02/02/96 -----

LACE RELAY	AFFILIATION	TIME	HT	PTS
1	NAS NASHUA	1:26.22	1	10
2	TIM TIMBERLANE	1:27.51	2	8
3	WES MANCHESTER WEST	1:27.55	3	6
4	CEN MANCHESTER CENTRAL	1:27.60	2	4
5	WIN WINNACUNNET	1:30.11	3	2
6	DOV DOVER	1:30.15	6	1

SCORES FOR GIRLS

Rank	School	Score
1	NASHUA	86
2	MANCHESTER CENTRAL	62
3	TIMBERLANE	56
4	HANOVER	50
5	PINKERTON ACADEMY	16
6	WINNACUNNET	15
7	LONDONDERRY	11
7	CONCORD	11
9	MERRIMACK	10
10	MANCHESTER WEST	9
11	BISHOP GUERTIN	8
11	OYSTER RIVER	8
11	MILFORD	8
14	MONADNOCK	6
14	SALEM	6
16	ALVIRNE	5
17	KEARSARGE	2
18	EXETER	1
18	PORTSMOUTH	1
18	DOVER	1