

**Cape Ann League Meet #5**  
**The TRACK at New Balance**  
**Results**

**Boys 55 Meter Dash Varsity**

Name	Year	School	Finals	H#
Finals				
1 McGuire, Ryan	12	North Reading	6.77	2
2 Kakouris, Yanni	12	Pentucket	6.85	1
3 Hansen, Colin	12	Ipswich	6.89	4
4 Cucciniello, Joe	11	Lynnfield	6.92	1
5 Burns, Parker	12	Triton	6.99	2
6 Sands, Caleb	12	North Reading	7.04	2
7 Dennis, Kade	11	Pentucket	7.06	1
8 Coco, Michael	9	Triton	7.16	2
9 Leblanc, Daniel	12	Essex Technical	7.18	3
10 Bauman, Peter	12	Ipswich	7.21	4
11 Spaulding, Joel	11	Pentucket	7.22	1 7.213
12 Newton, Jack	12	Manchester Essex	7.22	4 7.214
13 Morgan, Charles	10	Lynnfield	7.28	1
14 Hansen, Chase	12	Ipswich	7.30	4
15 Hight, William	10	Triton	7.32	2
16 Straccia, Kyle	12	Essex Technical	7.34	3
17 Donohoe, Luke	10	Manchester Essex	7.39	4 7.388
17 Foley, Joshua	11	Pentucket	7.39	1 7.388
19 Evans, Seth	9	North Reading	7.43	2
20 Lombara, Ethan	12	Ipswich	7.46	4
21 Clements, Nicholas	10	Manchester Essex	7.49	4
22 DiGangi, Jack	12	Lynnfield	7.52	1 7.513
23 Vittozzi, Aldo	12	North Reading	7.52	2 7.518
24 Bonasera, Nicolas	10	Triton	7.53	2
25 Almeida, Max	12	Hamilton-Wenham	7.66	3
26 Adametz, Quinn	10	Essex Technical	7.80	3

**Boys 300 Meter Dash Varsity**

Name	Year	School	Finals	H#
1 Burns, Parker	12	Triton	36.20	4
2 Miller, Nathan	12	North Reading	36.50	4
3 Kakouris, Yanni	12	Pentucket	37.68	2
4 Mann, Brodie	12	North Reading	37.90	4
5 Do Val, Lucas	10	North Reading	38.41	3
6 Macleod, Gabriel	9	Pentucket	38.50	1
7 Sands, Caleb	12	North Reading	39.22	3
8 Cucciniello, Joe	11	Lynnfield	39.37	1
9 Post-Montjoie, Adam	11	Pentucket	39.72	1
10 Coco, Michael	9	Triton	39.77	3
11 Hight, William	10	Triton	39.80	4
12 Monahan, Brandon	10	Ipswich	40.07	7
13 Donohoe, Luke	10	Manchester Essex	40.08	7
14 Beaulieu, Matt	12	Pentucket	40.15	2
15 Huang, Paulan	12	Triton	40.49	3
16 Joss-Green, Peter	11	Ipswich	41.02	6
17 Uzdarwin, Ethan	12	Ipswich	42.01	7
18 Almeida, Max	12	Hamilton-Wenham	42.03	5
19 Bothwell, Samuel	10	Manchester Essex	42.28	6
20 Thomas, Cole	11	Ipswich	42.38	6
21 Rose, Justin	12	Lynnfield	42.91	1

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22 Morgan, Charles	10 Lynnfield	43.36	2
23 Elso, Emrikk	10 Essex Technical	44.05	5
24 Adams, Cole	10 Lynnfield	45.39	2
25 Guttadauro, Logan	12 Essex Technical	46.95	5
-- Nickerson, Torin	10 North Reading	X39.60	3
-- Evans, Blaine	9 North Reading	X39.98	4
-- Norton, Ben	11 Triton	X40.91	3
-- Abt, Sam	11 Triton	X41.27	4
-- Foley, Joshua	11 Pentucket	X42.98	1
-- King, Wyatt	10 Ipswich	X44.00	6
-- Dick, James	9 Ipswich	X45.69	6
-- Field, Brady	10 Lynnfield	X47.11	1
-- Murphy, Michael	10 Lynnfield	X47.21	2

**Boys 600 Meter Run Varsity**

Name	Year	School	Finals	H#
1 Hansen, Colin	12	Ipswich	1:25.52	4
28.739 (28.739)	57.598 (28.860)	1:25.517 (27.919)		
2 Newton, Jack	12	Manchester Essex	1:28.30	4
29.329 (29.329)	59.049 (29.720)	1:28.297 (29.248)		
3 Beauparlant, Jackson	10	Pentucket	1:28.54	1
30.201 (30.201)	59.758 (29.558)	1:28.534 (28.776)		
4 Roche, Braeden	12	Pentucket	1:30.63	1
29.784 (29.784)	59.378 (29.595)	1:30.622 (31.244)		
5 Nichols, Bryan	12	Triton	1:31.04	2
29.039 (29.039)	59.935 (30.897)	1:31.040 (31.105)		
6 Lamont, Logan	11	North Reading	1:31.40	2
29.607 (29.607)	1:01.137 (31.530)	1:31.394 (30.257)		
7 Webber, Colin	12	Triton	1:31.47	2
29.332 (29.332)	1:00.350 (31.018)	1:31.462 (31.112)		
8 Brady, Gavin	9	North Reading	1:32.24	2
29.863 (29.863)	1:01.591 (31.728)	1:32.239 (30.648)		
9 Creilsen, Jack	10	Hamilton-Wenham	1:34.13	3
30.238 (30.238)	1:02.704 (32.466)	1:34.125 (31.421)		
10 Rodger, Liam	12	North Reading	1:35.86	2
30.598 (30.598)	1:03.254 (32.656)	1:35.859 (32.606)		
11 Joss-Green, Peter	11	Ipswich	1:36.41	4
30.334 (30.334)	1:01.928 (31.594)	1:36.409 (34.482)		
12 Zylinski, Jacob	12	Pentucket	1:37.03	1
31.751 (31.751)	1:03.322 (31.572)	1:37.022 (33.700)		
13 Moody, Jacob	12	Essex Technical	1:37.06	3
30.494 (30.494)	1:03.063 (32.569)	1:37.052 (33.989)		
14 Jones, Isaac	10	Hamilton-Wenham	1:38.88	3
32.007 (32.007)	1:05.320 (33.313)	1:38.871 (33.552)		
15 DiGangi, Jack	12	Lynnfield	1:41.04	1
31.423 (31.423)	1:04.330 (32.908)	1:41.034 (36.704)		
16 Hubbard-Brucher, Nic	12	Triton	1:41.17	2
31.239 (31.239)	1:05.638 (34.399)	1:41.167 (35.529)		
17 Quan, Ethan	9	North Reading	1:44.02	2
31.699 (31.699)	1:07.469 (35.771)	1:44.016 (36.548)		
18 Rizzo, Craig	10	Essex Technical	1:46.03	3
33.280 (33.280)	1:09.740 (36.460)	1:46.023 (36.284)		

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19 Stevens, Henry	10 Manchester Essex	1:46.60	4
33.411 (33.411)	1:08.888 (35.477)	1:46.592 (37.704)	
20 Chan, Davius	11 Lynnfield	1:49.38	1
33.691 (33.691)	1:10.242 (36.552)	1:49.380 (39.138)	
21 Silverstein, Robert	10 Manchester Essex	1:49.52	4
35.163 (35.163)	1:10.548 (35.385)	1:49.514 (38.967)	
22 Breed, Nathaniel	10 Hamilton-Wenham	1:51.40	3
33.778 (33.778)	1:12.965 (39.187)	1:51.391 (38.427)	
23 Bloxham, Luke	9 Essex Technical	1:52.95	3
35.506 (35.506)	1:13.947 (38.442)	1:52.944 (38.997)	
24 Clark, Timothy	9 Triton	2:03.46	2
36.883 (36.883)	1:21.252 (44.369)	2:03.451 (42.200)	
-- Jorda, Gerard	9 North Reading	X1:44.61	2
32.371 (32.371)	1:07.979 (35.609)	1:44.606 (36.627)	

**Boys 1000 Meter Run Varsity**

Name	Year School	Finals	H#
1 O'Hara, Finn	11 Manchester Essex	2:41.64	2
32.921 (32.921)	1:07.551 (34.630)	1:40.333 (32.782)	2:11.257 (30.925)
2:41.632 (30.375)			
2 White, Griffin	12 Triton	2:44.88	2
33.137 (33.137)	1:07.666 (34.530)	1:40.446 (32.780)	2:11.948 (31.502)
2:44.873 (32.926)			
3 Hemme, Michael	12 North Reading	2:47.26	2
33.026 (33.026)	1:07.555 (34.529)	1:40.944 (33.389)	2:14.311 (33.368)
2:47.254 (32.944)			
4 Rich, Ben	10 Hamilton-Wenham	2:49.67	1
31.565 (31.565)	1:05.583 (34.018)	1:41.321 (35.739)	2:17.063 (35.742)
2:49.663 (32.600)			
5 Rafferty, Tyler	12 Ipswich	2:51.05	2
33.911 (33.911)	1:09.192 (35.281)	1:43.617 (34.426)	2:17.556 (33.939)
2:51.046 (33.491)			
6 Seymour, Stratton	12 Pentucket	2:51.33	1
31.128 (31.128)	1:04.791 (33.664)	1:40.091 (35.300)	2:16.693 (36.603)
2:51.321 (34.628)			
7 Glidden, Clark	10 Hamilton-Wenham	2:56.09	1
31.889 (31.889)	1:05.819 (33.930)	1:41.669 (35.851)	2:18.551 (36.882)
2:56.084 (37.534)			
8 MacDonald, Duncan	11 Triton	2:57.91	2
35.385 (35.385)	1:12.839 (37.455)	1:50.462 (37.624)	2:26.429 (35.968)
2:57.910 (31.481)			
9 Rigoli, Isaac	12 Pentucket	3:00.29	1
30.315 (30.315)	1:02.235 (31.920)	1:38.343 (36.108)	2:18.466 (40.124)
3:00.281 (41.816)			
10 Meier, Benjamin	12 North Reading	3:01.06	2
35.328 (35.328)	1:12.641 (37.314)	1:50.300 (37.659)	2:27.318 (37.019)
3:01.051 (33.733)			
11 DaCosta, Christian	12 North Reading	3:02.27	2
37.213 (37.213)	1:14.558 (37.346)	1:52.078 (37.520)	2:29.110 (37.032)
3:02.262 (33.152)			
12 Rodi, Lucas	12 Manchester Essex	3:02.49	2
34.837 (34.837)	1:12.910 (38.074)	1:51.212 (38.302)	2:28.341 (37.129)
3:02.483 (34.143)			

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13 Regan, Cole	8 Hamilton-Wenham	3:06.47	1		
32.449 (32.449)	1:07.067 (34.618)	1:45.199 (38.132)		2:26.191 (40.993)	
3:06.461 (40.270)					
14 Mitasev, Alexander	10 North Reading	3:07.12	2		
37.094 (37.094)	1:13.706 (36.612)	1:51.517 (37.811)		2:29.529 (38.013)	
3:07.119 (37.590)					
15 Keach, Elias	12 Ipswich	3:07.31	2		
36.057 (36.057)	1:13.748 (37.692)	1:52.650 (38.903)		2:31.185 (38.536)	
3:07.301 (36.116)					
16 Harney, Scott	11 Essex Technical	3:12.89	1		
32.720 (32.720)	1:07.517 (34.797)	1:46.057 (38.540)		2:27.945 (41.888)	
3:12.886 (44.941)					
17 Lyon, Zach	12 Triton	3:21.82	2		
38.687 (38.687)	1:17.845 (39.159)	1:59.008 (41.163)		2:43.690 (44.683)	
3:21.819 (38.129)					
18 Kristian, Nate	11 Ipswich	3:22.96	2		
38.980 (38.980)	1:19.150 (40.171)	2:01.573 (42.424)		2:42.688 (41.115)	
3:22.959 (40.272)					
19 Coppola, Max	9 Pentucket	3:24.51	1		
33.803 (33.803)	1:11.077 (37.275)	1:54.177 (43.100)		2:40.667 (46.490)	
3:24.508 (43.842)					
20 Eagan, Timothy	10 Essex Technical	3:29.71	1		
34.931 (34.931)	1:14.753 (39.822)	1:59.986 (45.233)		2:47.256 (47.271)	
3:29.704 (42.448)					
21 King, Alexander	9 Hamilton-Wenham	3:33.61	1		
35.183 (35.183)	1:15.179 (39.997)	2:00.691 (45.512)		2:48.299 (47.608)	
3:33.610 (45.312)					
22 Greene, Calvin	9 Pentucket	3:53.67	1		
36.262 (36.262)	1:19.740 (43.479)	2:10.517 (50.777)		3:04.851 (54.335)	
3:53.666 (48.815)					
23 Sudak, Jeremy	11 Essex Technical	4:00.67	1		
44.124 (44.124)	1:31.245 (47.121)	2:21.985 (50.740)		3:12.667 (50.683)	
4:00.661 (47.994)					

**Boys 1 Mile Run Varsity**

Name	Year School	Finals	H#		
1 Glidden, Clark	10 Hamilton-Wenham	4:45.49	1		
36.144 (36.144)	1:11.832 (35.688)	1:48.910 (37.079)		2:26.559 (37.649)	
3:03.588 (37.029)	3:39.890 (36.303)	4:14.302 (34.412)		4:45.483 (31.181)	
2 Regan, James	10 Hamilton-Wenham	4:57.11	1		
35.754 (35.754)	1:11.951 (36.198)	1:49.247 (37.296)		2:26.913 (37.666)	
3:04.750 (37.838)	3:42.936 (38.186)	4:20.143 (37.208)		4:57.106 (36.963)	
3 MacDonald, Duncan	11 Triton	4:57.53	2		
37.676 (37.676)	1:16.589 (38.913)	1:56.209 (39.621)		2:35.277 (39.068)	
3:11.746 (36.470)	3:48.601 (36.856)	4:23.699 (35.098)		4:57.521 (33.823)	
4 Lyon, Zach	12 Triton	4:59.69	2		
37.673 (37.673)	1:16.381 (38.709)	1:55.953 (39.572)		2:35.063 (39.110)	
3:11.608 (36.545)	3:48.665 (37.058)	4:24.725 (36.060)		4:59.683 (34.959)	
5 Cooper, Logan	12 Manchester Essex	4:59.82	2		
36.178 (36.178)	1:13.621 (37.443)	1:51.501 (37.880)		2:30.553 (39.052)	
3:10.250 (39.698)	3:49.579 (39.329)	4:25.249 (35.670)		4:59.816 (34.568)	

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6 Amico, Hadden	10 Essex Technical	4:59.86	1		
36.994 (36.994)	1:13.387 (36.393)	1:52.282 (38.895)		2:31.801 (39.520)	
3:10.505 (38.704)	3:49.107 (38.603)	4:26.957 (37.850)		4:59.854 (32.897)	
7 Lations, Charlie	11 Manchester Essex	5:03.68	2		
36.068 (36.068)	1:13.533 (37.466)	1:51.362 (37.829)		2:30.166 (38.804)	
3:09.977 (39.811)	3:49.694 (39.718)	4:28.379 (38.685)		5:03.674 (35.296)	
8 Cunha, Christopher	11 Essex Technical	5:04.21	1		
37.373 (37.373)	1:13.318 (35.945)	1:52.099 (38.782)		2:31.451 (39.352)	
3:10.182 (38.732)	3:48.583 (38.401)	4:27.576 (38.993)		5:04.204 (36.628)	
9 Fabrizio, Nicholas	12 North Reading	5:04.37	2		
37.543 (37.543)	1:16.334 (38.792)	1:55.918 (39.584)		2:35.787 (39.869)	
3:13.944 (38.157)	3:53.097 (39.154)	4:30.075 (36.978)		5:04.361 (34.287)	
10 DeLuca, Angelo	12 Lynnfield	5:04.41	1		
36.768 (36.768)	1:13.773 (37.005)	1:52.469 (38.696)		2:31.155 (38.687)	
3:10.087 (38.932)	3:49.542 (39.456)	4:28.883 (39.341)		5:04.402 (35.519)	
11 Sunkenberg, Thomas	12 Pentucket	5:05.71	1		
37.147 (37.147)	1:13.934 (36.788)	1:52.762 (38.828)		2:31.426 (38.664)	
3:10.453 (39.027)	3:49.995 (39.543)	4:29.222 (39.227)		5:05.708 (36.487)	
12 Wilt, Lucas	11 Ipswich	5:17.38	2		
38.245 (38.245)	1:17.355 (39.110)	1:56.498 (39.144)		2:36.432 (39.934)	
3:15.700 (39.268)	3:56.983 (41.284)	4:39.118 (42.136)		5:17.373 (38.255)	
13 Scarano, Josiah	12 Ipswich	5:18.60	2		
38.001 (38.001)	1:17.557 (39.557)	1:57.695 (40.138)		2:38.501 (40.807)	
3:19.133 (40.632)	4:01.325 (42.192)	4:43.575 (42.250)		5:18.597 (35.023)	
14 Tamaro, Rocco	12 North Reading	5:20.37	2		
38.449 (38.449)	1:17.728 (39.280)	1:58.104 (40.376)		2:38.785 (40.682)	
3:19.493 (40.708)	4:01.606 (42.113)	4:43.937 (42.331)		5:20.365 (36.428)	
15 Wyatt, David	10 North Reading	5:38.49	2		
39.780 (39.780)	1:20.401 (40.621)	2:03.533 (43.132)		2:47.556 (44.024)	
3:30.668 (43.112)	4:15.380 (44.712)	4:57.947 (42.568)		5:38.489 (40.543)	
16 Hanson, Shane	12 North Reading	5:42.58	2		
40.192 (40.192)	1:20.961 (40.770)	2:03.838 (42.877)		2:47.539 (43.701)	
3:30.505 (42.967)	4:15.715 (45.210)	5:00.230 (44.516)		5:42.572 (42.342)	
17 Grant, Shane	12 Triton	5:43.57	2		
39.226 (39.226)	1:18.718 (39.492)	2:00.419 (41.701)		2:43.206 (42.788)	
3:27.878 (44.672)	4:13.165 (45.288)	4:59.369 (46.204)		5:43.562 (44.193)	
18 Smith, Fin	11 Essex Technical	5:44.23	1		
37.770 (37.770)	1:19.261 (41.492)	2:03.453 (44.192)		2:49.118 (45.665)	
3:35.103 (45.986)	4:21.285 (46.182)	5:05.530 (44.245)		5:44.230 (38.700)	
19 Jones, Brendan	10 Essex Technical	5:45.01	1		
39.946 (39.946)	1:20.298 (40.352)	2:03.986 (43.688)		2:49.572 (45.587)	
3:34.819 (45.248)	4:20.028 (45.209)	5:02.928 (42.900)		5:45.002 (42.075)	

**Boys 2 Mile Run Varsity**

Name	Year School	Finals			
1 Jacobsen, Cole	12 Triton	10:30.49			
38.764 (38.764)	1:17.695 (38.931)	1:58.519 (40.824)		2:40.304 (41.786)	
3:20.586 (40.282)	4:00.823 (40.238)	4:40.802 (39.979)		5:20.784 (39.983)	
6:00.284 (39.500)	6:40.082 (39.798)	7:20.676 (40.595)		8:02.177 (41.501)	
8:42.802 (40.625)	9:23.478 (40.676)	9:59.016 (35.539)		10:30.486 (31.470)	

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**....Boys 2 Mile Run Varsity**

2	Mollineaux, Sam	12 Triton	10:37.54		
	39.056 (39.056)	1:17.955 (38.900)	1:58.775 (40.820)	2:40.527 (41.753)	
	3:20.833 (40.306)	4:01.042 (40.209)	4:41.043 (40.001)	5:20.669 (39.627)	
	5:59.987 (39.318)	6:39.414 (39.428)	7:19.388 (39.975)	7:59.996 (40.608)	
	8:39.735 (39.740)	9:20.403 (40.668)	10:01.279 (40.876)	10:37.539 (36.260)	
3	Rich, Ben	10 Hamilton-Wenham	10:39.71		
	39.521 (39.521)	1:19.271 (39.750)	1:59.904 (40.634)	2:41.259 (41.356)	
	3:22.285 (41.026)	4:02.563 (40.278)	4:43.471 (40.908)	5:24.801 (41.331)	
	6:01.967 (37.166)	6:43.200 (41.234)	7:25.271 (42.071)	8:07.088 (41.818)	
	8:48.957 (41.869)	9:29.491 (40.535)	10:05.804 (36.313)	10:39.708 (33.904)	
4	Regan, James	10 Hamilton-Wenham	11:07.19		
	38.698 (38.698)	1:18.363 (39.666)	1:59.104 (40.741)	2:40.813 (41.709)	
	3:21.379 (40.566)	4:02.231 (40.853)	4:43.222 (40.991)	5:25.347 (42.125)	
	6:06.898 (41.552)	6:49.244 (42.347)	7:33.062 (43.818)	8:16.398 (43.336)	
	9:00.224 (43.827)	9:43.288 (43.064)	10:26.435 (43.147)	11:07.184 (40.750)	
5	Johnson, Nicolas	10 North Reading	11:21.09		
	41.575 (41.575)	1:21.559 (39.984)	2:03.030 (41.472)	2:43.598 (40.568)	
	3:23.003 (39.405)	4:04.407 (41.405)	4:46.005 (41.598)	5:29.392 (43.388)	
	6:12.786 (43.394)	6:57.189 (44.404)	7:42.672 (45.484)	8:28.866 (46.194)	
	9:15.566 (46.700)	10:00.880 (45.315)	10:42.400 (41.520)	11:21.082 (38.682)	
6	Hammerschmitt, Nathan	12 Essex Technical	11:29.64		
	41.243 (41.243)	1:21.144 (39.902)	2:02.765 (41.621)	2:44.792 (42.028)	
	3:28.101 (43.309)	4:11.872 (43.772)	4:56.067 (44.196)	5:41.230 (45.163)	
	6:26.105 (44.876)	7:10.419 (44.315)	7:55.131 (44.712)	8:39.727 (44.596)	
	9:23.834 (44.108)	10:07.563 (43.729)	10:50.571 (43.009)	11:29.635 (39.064)	
7	Baran, Aidan	10 Ipswich	11:40.73		
	39.759 (39.759)	1:19.949 (40.191)	2:02.046 (42.097)	2:44.995 (42.949)	
	3:29.758 (44.764)	4:15.546 (45.788)	5:01.431 (45.885)	5:47.999 (46.569)	
	6:33.965 (45.966)	7:20.031 (46.067)	8:07.086 (47.055)	8:53.851 (46.765)	
	9:39.326 (45.476)	10:23.993 (44.668)	11:04.832 (40.840)	11:40.728 (35.896)	
8	Zylinski, Jacob	12 Pentucket	12:00.20		
	42.688 (42.688)	1:25.944 (43.256)	2:11.099 (45.156)	2:56.501 (45.402)	
	3:42.485 (45.984)	4:28.231 (45.747)	5:14.302 (46.071)	5:59.487 (45.186)	
	6:44.799 (45.312)	7:30.787 (45.988)	8:16.580 (45.794)	9:03.586 (47.006)	
	9:50.093 (46.508)	10:35.998 (45.905)	11:20.649 (44.652)	12:00.191 (39.542)	
9	Fabrizio, Cole	9 North Reading	12:13.64		
	42.522 (42.522)	1:24.358 (41.836)	2:08.531 (44.174)	2:54.203 (45.672)	
	3:40.112 (45.909)	4:27.215 (47.103)	5:14.101 (46.887)	6:00.403 (46.303)	
	6:46.739 (46.336)	7:35.218 (48.479)	8:22.298 (47.080)	9:10.307 (48.009)	
	9:58.701 (48.395)	10:45.296 (46.596)	11:31.159 (45.864)	12:13.639 (42.480)	
10	Goodrich, Theo	10 Ipswich	12:20.57		
	42.352 (42.352)	1:23.747 (41.395)	2:07.486 (43.740)	2:53.553 (46.068)	
	3:39.471 (45.918)	4:26.778 (47.308)	5:14.020 (47.243)	6:00.916 (46.896)	
	6:47.796 (46.880)	7:35.911 (48.116)	8:25.067 (49.156)	9:14.318 (49.252)	
	10:03.375 (49.057)	10:51.679 (48.305)	11:39.611 (47.932)	12:20.568 (40.957)	
11	DiGangi, Brian	10 Lynnfield	14:19.48		
	46.703 (46.703)	1:35.342 (48.639)	2:25.412 (50.071)	3:16.818 (51.406)	
	4:06.255 (49.437)	4:57.748 (51.494)	5:49.744 (51.996)	6:43.075 (53.332)	
	7:37.227 (54.152)	8:34.239 (57.013)	9:29.628 (55.389)	10:27.339 (57.712)	
	11:26.464 (59.125)	12:26.757 (1:00.293)	13:25.290 (58.533)	14:19.476 (54.187)	

**Cape Ann League Meet #5**  
**The TRACK at New Balance**  
**Results**

**Boys 55 Meter Hurdles Varsity**

Name	Year	School	Finals	H#
1 Townsend, Keith	12	Ipswich	8.26	3
2 Gardner, Nate	11	Manchester Essex	8.50	3
3 McLaughlin, Shea	12	Triton	8.59	2
4 Bergner, Elijah	12	Ipswich	8.78	3
5 Johnson, Nicolas	10	North Reading	9.17	2
6 Pancini, Kaio	10	North Reading	9.23	2
7 Duval, Jacob	12	North Reading	9.31	2
8 O'Connell, Thomas	12	Ipswich	9.32	3
9 Noone, Marty	12	Ipswich	9.68	3
10 Nickerson, Torin	10	North Reading	10.01	2
11 Rose, Justin	12	Lynnfield	10.12	1
12 Jones, Isaac	10	Hamilton-Wenham	10.14	1
13 Chan, Davius	11	Lynnfield	10.36	1
14 Clark, Brian	10	Triton	10.66	2
15 Mauricio, Isaac	10	Essex Technical	11.48	1

**Boys 4x200 Meter Relay Varsity**

School	Finals	H#
1 Pentucket	1:35.24	1
1) Kakouris, Yanni 12		
2) Dennis, Kade 11		
3) Macleod, Gabriel 9		
4) Spaulding, Joel 11		
2 North Reading	1:35.25	2
1) Sands, Caleb 12		
2) DuPriest, Tanner 10		
3) Mann, Brodie 12		
4) Miller, Nathan 12		
3 Ipswich	1:39.41	2
1) Townsend, Cam 12		
2) Hansen, Chase 12		
3) Bauman, Peter 12		
4) Uzdarwin, Ethan 12		
4 Triton	1:42.04	2
1) Pugh, David 12		
2) Abt, Sam 11		
3) Conroy, Christian 9		
4) Norton, Ben 11		
5 Essex Technical	1:44.88	1
1) Eagan, Timothy 10		
2) Adametz, Quinn 10		
3) Leblanc, Daniel 12		
4) Straccia, Kyle 12		
6 Lynnfield	1:46.78	1
1) Rose, Justin 12		
2) Ford, Dante 9		
3) Morgan, Charles 10		
4) Groussis, Nicholas 10		
7 Manchester Essex	1:48.20	2
1) Clements, Nicholas 10		
2) Donohoe, Luke 10		
3) Newton, Jack 12		
4) Bothwell, Samuel 10		
8 Hamilton-Wenham	1:50.52	1
1) Cook, McLaren 11		
2) Creilsen, Jack 10		
3) Jones, Isaac 10		
4) Almeida, Max 12		

**Boys 4x400 Meter Relay Varsity**

School	Finals	H#	
1 Ipswich	3:39.19	2	
1) Hansen, Colin 12			
2) Townsend, Keith 12			
3) Milano, Brian 12			
4) Rafferty, Tyler 12			
52.855 (52.855)	1:45.010 (52.155)	2:42.532 (57.523)	3:39.186 (56.655)

**Cape Ann League Meet #5**  
**The TRACK at New Balance**  
**Results**

**....Boys 4x400 Meter Relay Varsity**

2 Triton						3:39.71	2		
1) McLaughlin, Shea 12				2) Webber, Colin 12					
3) Nichols, Bryan 12				4) White, Griffin 12					
54.885 (54.885)	1:51.379	(56.495)	2:46.735	(55.356)	3:39.702	(52.968)			
3 North Reading					3:41.31	2			
1) Brady, Gavin 9				2) Lamont, Logan 11					
3) Mann, Brodie 12				4) Hemme, Michael 12					
56.351 (56.351)	1:52.721	(56.370)	2:46.667	(53.947)	3:41.303	(54.636)			
4 Pentucket					3:52.67	1			
1) Beuparlant, Jackson 10				2) Beaulieu, Matt 12					
3) Seymour, Stratton 12				4) Roche, Braeden 12					
55.245 (55.245)	1:54.245	(59.001)	2:55.095	(1:00.850)	3:52.665	(57.570)			
5 Hamilton-Wenham					3:57.70	1			
1) Glidden, Clark 10				2) Creilsen, Jack 10					
3) Regan, James 10				4) Rich, Ben 10					
58.158 (58.158)	1:58.027	(59.869)	3:00.501	(1:02.475)	3:57.695	(57.194)			
6 Manchester Essex					4:06.44	2			
1) Gardner, Nate 11				2) O'Hara, Finn 11					
3) Cooper, Logan 12				4) Newton, Jack 12					
56.209 (56.209)	1:58.613	(1:02.404)	3:07.666	(1:09.053)	4:06.434	(58.768)			
7 Lynnfield					4:23.07	1			
1) DeLuca, Angelo 12				2) Chan, Davius 11					
3) DiGangi, Jack 12				4) Rose, Justin 12					
1:08.428 (1:08.428)	2:16.148	(1:07.720)	3:22.701	(1:06.554)	4:23.064	(1:00.363)			

**Boys High Jump Varsity**

Name	Year	School	Finals
1 Townsend, Keith	12	Ipswich	6-03.00
4-10 5-02 5-04 5-06 5-08 5-10 6-01 6-03 6-05			
P P P O O O XO XO XXX			
2 Newton, Jack	12	Manchester Essex	5-08.00
4-10 5-02 5-04 5-06 5-08 5-10			
P P P O XXX			
3 McLaughlin, Shea	12	Triton	J5-08.00
4-10 5-02 5-04 5-06 5-08 5-10			
P P XO O XO XXX			
4 Duval, Jacob	12	North Reading	J5-06.00
4-10 5-02 5-04 5-06 5-08			
O O O O XXX			
5 Noone, Marty	12	Ipswich	J5-06.00
4-10 5-02 5-04 5-06 5-08			
P XO O O XXX			
5 McGuire, Ryan	12	North Reading	J5-06.00
4-10 5-02 5-04 5-06 5-08			
P XO O O XXX			
7 Seymour, Stratton	12	Pentucket	5-04.00
4-10 5-02 5-04 5-06 5-08			
O XXO XO P XXX			
8 Maddocks, Tyler	10	Lynnfield	J5-02.00
4-10 5-02 5-04			
O O XXX			



**Cape Ann League Meet #5**  
**The TRACK at New Balance**  
**Results**

**....Boys High Jump Varsity**

9 Mahoney, Michael	10 North Reading	J5-02.00
4-10 5-02 5-04		
O XO XXX		
10 Lee, Anthony	9 Pentucket	J5-02.00
4-10 5-02 5-04		
O XXO XXX		
11 Roche, Braeden	12 Pentucket	4-10.00
4-10 5-02 5-04		
O XPP XXX		
11 Cook, McLaren	11 Hamilton-Wenham	4-10.00
4-10 5-02		
O X		
-- Mooradd, Peter	9 Ipswich	NH
4-10		
XXX		
-- Neubauer, Tom	11 Lynnfield	NH
4-10		
XXX		
-- Cook, Benjamin	9 North Reading	NH
4-10		
XXX		
-- Hosman, Tighe	11 Pentucket	NH
4-10		
XXX		

**Boys Long Jump Varsity**

Name	Year	School	Finals	H#
1 McGuire, Ryan	12	North Reading	21-00.50	2
20-07 20-04.75	21-00.50			
2 Miller, Nathan	12	North Reading	20-08.00	2
19-04 20-04.50	20-08			
3 Burns, Parker	12	Triton	20-03.50	2
20-02.25 20-00	20-03.50			
4 DuPriest, Tanner	10	North Reading	20-00.75	2
FOUL 20-00.75	19-04			
5 Beaulieu, Matt	12	Pentucket	19-01.00	1
18-07.50 19-01	18-00.50			
6 Hight, William	10	Triton	18-08.50	2
FOUL 18-08.50	16-05			
7 Dennis, Kade	11	Pentucket	18-06.00	1
17-09 18-06	FOUL			
8 Gardner, Nate	11	Manchester Essex	18-00.25	2
18-00.25 13-00.25	17-05			
9 Rafferty, Tyler	12	Ipswich	17-07.00	2
15-05.50 16-06.50	17-07			
10 Hansen, Chase	12	Ipswich	17-04.00	2
16-11.50 16-05.75	17-04			
11 Cucciniello, Joe	11	Lynnfield	17-02.25	1
16-08.50 17-02.25	FOUL			
12 Coco, Michael	9	Triton	17-01.00	2
16-08.75 17-01	FOUL			
13 Townsend, Cam	12	Ipswich	17-00.25	2
16-06.50 17-00.25	16-10			

**Cape Ann League Meet #5**  
**The TRACK at New Balance**  
**Results**

**....Boys Long Jump Varsity**

14 Mooradd, Peter	9 Ipswich	16-07.50	2
FOUL 15-09.50 16-07.50			
15 Quan, Ethan	9 North Reading	16-03.25	2
15-08.75 16-03.25 FOUL			
16 Clements, Nicholas	10 Manchester Essex	15-06.50	2
15-06.50 FOUL 15-03.25			
17 Cook, McLaren	11 Hamilton-Wenham	15-04.50	1
15-04.50 PASS PASS			
18 Murphy, Michael	10 Lynnfield	15-02.00	1
14-02 15-02 15-01.50			
19 Bothwell, Samuel	10 Manchester Essex	14-11.00	2
14-11 13-08.25 13-02.50			
20 Landry, Matthew	9 Essex Technical	14-02.25	1
14-02.25 FOUL FOUL			
21 Breed, Nathaniel	10 Hamilton-Wenham	14-01.50	1
12-08.75 14-01.50 FOUL			
-- Brosch, Tyler	10 Triton	FOUL	2
FOUL FOUL FOUL			

**Boys Triple Jump Varsity**

Name	Year	School	Finals
1 Cucciniello, Joe	11	Lynnfield	42-00.75
38-03 42-00.75 40-00			
2 Gardner, Nate	11	Manchester Essex	39-03.00
38-11.25 39-03 36-02			
3 Townsend, Cam	12	Ipswich	39-00.00
39-00 38-00.25 37-08			

**Boys Shot Put Varsity**

Name	Year	School	Finals	H#
1 Bauman, Peter	12	Ipswich	41-01.00	2
39-08.50 41-01 38-08				
2 Goldberg, Chase	12	Lynnfield	37-08.50	1
36-08 37-08.50 36-05				
3 Delano, Owen	12	North Reading	37-07.50	2
37-07.50 36-08 36-05				
4 Kneeland, Liam	11	Triton	37-05.50	2
35-09.50 34-09 37-05.50				
5 Dasilva, Samual	12	Pentucket	J37-05.50	1
35-00.50 37-05.50 34-07.50				
6 Pessina, William	12	Pentucket	36-00.00	1
FOUL 34-05.50 36-00				
7 Rosatone, Zachary	12	North Reading	35-04.00	2
34-10 33-06.50 35-04				
8 McCormack, Kyle	12	North Reading	35-00.00	2
FOUL 35-00 34-00				
9 Indelicato, Otto	9	North Reading	34-01.00	2
33-08.50 33-09.50 34-01				
10 Dessources, Benhji	11	Ipswich	32-07.00	2
30-09.50 31-09 32-07				

**Cape Ann League Meet #5**  
**The TRACK at New Balance**  
**Results**

**....Boys Shot Put Varsity**

11	Keach, Renaud	10	Ipswich	32-02.50	2
	31-01 31-00 32-02.50				
12	Fair, Gavin	12	Lynnfield	31-07.50	1
	30-02.50 31-07.50 31-01				
13	Gilman, Mathew	10	Essex Technical	J31-07.50	1
	31-07.50 28-07 29-04				
14	Santimone, Matthew	12	Pentucket	31-05.50	1
	29-06.50 31-05.50 29-01				
15	Danehy, Paul	10	Essex Technical	31-00.50	1
	30-00 29-11 31-00.50				
16	Cole, Ryan	12	Essex Technical	30-09.00	1
	30-07 30-09 29-03				
17	Heanue, Sam	10	Manchester Essex	30-07.00	2
	30-07 30-00 30-01				
18	Koponen, Rasmus	11	Ipswich	30-04.00	2
	29-09 30-04 29-11				
19	Murphy, Hudson	11	Triton	30-02.00	2
	29-08.50 28-01.50 30-02				
20	Schumer Vorbrodth, Victor	11	Hamilton-Wenham	28-05.00	1
	28-03 26-10 28-05				
21	Inger, Michael	11	Pentucket	27-07.50	1
	27-07 26-05 27-07.50				
22	Lopilato, Slate	11	Lynnfield	24-03.50	1
	21-04 24-03.50 22-02				
23	Grant, Shane	12	Triton	20-07.00	2
	20-00 19-05 20-07				
24	McPhail, Nathan	9	Hamilton-Wenham	17-05.50	1
	17-05.50 15-11 15-08				