

Cape Ann League Meet #3
The TRACK at new balance
Results

Girls Weight Throw

Name	Year	School	Finals
Finals			
1 Scholz, Sydney	11	North Reading	25-08.00
25-08 23-06.50 22-02			
2 Karafilidis, Maria	11	North Reading	20-04.50
20-04.50 17-05 19-01.50			

Girls 55 M Dash Varsity

Name	Year	School	Finals	H#
1 Treitel-Poore, Ella	12	Triton	7.79	3
2 Taylor, Tess	10	Manchester Essex	7.87	2
3 Novello, Alana	11	Ipswich	7.89	2
4 Whyte, Una	11	Ipswich	7.90	2
5 Giardina, Sofia	11	Lynnfield	7.95	1
6 Sweeney, Kate	10	Pentucket	8.03	4
7 Forbush, Madison	11	North Reading	8.05	3 8.043
8 Zimmerman, Katie	12	North Reading	8.05	3 8.044
9 Berkley, Emma	9	North Reading	8.06	3
10 Call, Sawyer	10	Pentucket	8.11	4 8.102
11 Berthiaume, Maggie	9	Ipswich	8.11	2 8.104
12 Kent, Abigail	12	Manchester Essex	8.15	2
13 Keller, Avery	11	North Reading	8.16	3
14 Johnson, Colleen	12	Triton	8.19	3 8.185
15 Minniear, Madison	9	Lynnfield	8.19	1 8.186
16 Snyder, Nella	10	Pentucket	8.25	4
17 Dinsmore, Sienna	8	Triton	8.29	3
18 Logemann, Emily	12	Hamilton-Wenham	8.35	1
19 Mills, Sophia	10	Essex Technical	8.42	4
20 DeOliveira, Helena	10	Lynnfield	8.45	1
21 Voltero, Jasmine	9	Triton	8.51	3
22 Capachietti, Sabrina	10	Lynnfield	8.53	1
23 Kent, Annie	9	Manchester Essex	8.54	2
24 Archung, Etta	11	Ipswich	8.60	2
25 Bleichfeld, Allie	12	Pentucket	8.64	4
26 Walz, Lily	10	Essex Technical	8.72	4
27 Rose, Brooke	9	Essex Technical	8.73	4
28 Baker, Mia	8	Hamilton-Wenham	8.84	1
29 Roman, Yesmina	8	Hamilton-Wenham	9.18	1
30 McGrath, Lyla	9	Manchester Essex	9.30	2

Girls 300 M Dash Varsity

Name	Year	School	Finals	H#
1 Palmer, Nyla	10	Essex Technical	43.95	8
2 Whyte, Una	11	Ipswich	44.79	4
3 Treitel-Poore, Ella	12	Triton	45.26	6
4 Novello, Alana	11	Ipswich	45.95	4
5 Carvalho, Nayana	10	Pentucket	46.21	8
6 Farmer, Shea	11	North Reading	46.23	6
7 Dinsmore, Sienna	8	Triton	46.25	6
8 Keller, Avery	11	North Reading	46.47	6

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9 Giardina, Sofia	11 Lynnfield	46.55	2
10 Roach, Addison	11 Pentucket	46.60	8
11 Eliassen, Caroline	12 Manchester Essex	46.98	4
12 Call, Sawyer	10 Pentucket	47.83	7
13 Morgese, Sophia	10 Lynnfield	47.88	2
14 Binieris, Melina	8 Manchester Essex	48.21	4
15 Connolly, Mya	8 Triton	48.76	5
16 Capachietti, Sabrina	10 Lynnfield	49.41	1
17 Novak, Tessa	8 Manchester Essex	49.58	3
18 Faustino, Naiya	10 Essex Technical	49.94	7
19 Galvin, Lily	10 North Reading	50.25	5
20 Yukins, Claire	9 Manchester Essex	50.26	3
21 Nickerson, Avery	9 Essex Technical	52.27	7
22 Randazzo, Alex	10 Ipswich	52.34	3
23 Logemann, Emily	12 Hamilton-Wenham	52.36	2
24 Zacharias, Ella	10 Hamilton-Wenham	52.39	2
25 Carmody, Isabella	12 Triton	52.73	5
26 Kordha, Eleona	11 Essex Technical	53.32	8
27 Golden, Fiona	10 Lynnfield	53.92	1
28 Heard, Eva	9 Pentucket	54.84	7
29 Roman, Yesmina	8 Hamilton-Wenham	57.07	1
30 Ricca, Laila	9 North Reading	59.25	5
-- Kennison, Sophie	12 Lynnfield	X50.43	1
-- Faulkner, Kayla	10 North Reading	X52.16	6
-- Pesce, Natalie	8 Triton	X52.40	6
-- Eggleston, Marina	8 Triton	X54.89	5
-- Frangioso, Maya	11 Manchester Essex	X55.29	3
-- Ochs, Lucia	7 Manchester Essex	X58.38	4
-- Brasier, Alexia	11 Pentucket	X58.53	7
-- Cronin, Katherine	9 North Reading	X1:00.33	5

Girls 600 M Run Varsity

Name	Year School	Finals	H#
1 Kent, Abigail	12 Manchester Essex	1:43.88	2
2 Vant, Paige	10 North Reading	1:49.13	3
3 Shearer, Soren	12 Ipswich	1:49.21	2
4 Whitten, Stella	11 Ipswich	1:49.63	2
5 Breen, Regan	12 Pentucket	1:50.53	4
6 Binieris, Melina	8 Manchester Essex	1:50.59	2
7 Dinsmore, Riley	11 Triton	1:50.98	3
8 Marquis, Sophia	10 Pentucket	1:51.39	4
9 Donovan, Mikayla	12 Essex Technical	1:53.33	4
10 Keller, Brooke	11 North Reading	1:59.03	3
11 Mattia, Lauren	11 Lynnfield	2:00.72	1
12 Grossi, Maya	10 North Reading	2:01.11	3
13 Ragusa, Ava	10 Lynnfield	2:01.67	1
14 Regan, Anna	9 Hamilton-Wenham	2:02.58	1
15 Pillai, Nikhita	11 Hamilton-Wenham	2:05.01	1
16 Cameron, Kaitlyn	11 North Reading	2:07.42	3
17 Sweeney, Allison	11 Lynnfield	2:11.26	1
18 Begin, Elsa	8 Hamilton-Wenham	2:12.38	1
19 Cormier, Hazel	9 Ipswich	2:27.13	2
-- Reyen, Willow	11 North Reading	X2:03.10	3

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....Girls 600 M Run Varsity

-- Mooso, Claire 8 Manchester Essex X2:29.37 2

Girls 1000 M Run Varsity

Name	Year	School	Finals	H#
1 Kelly, Quinlan	12	North Reading	3:18.92	1
2 Rich, Grace	11	Hamilton-Wenham	3:23.69	1
3 Bergeron, Evelyn	7	Manchester Essex	3:28.36	2
4 Hall, Eleanor	8	Manchester Essex	3:34.76	2
5 Ma, Annabelle	9	Ipswich	3:35.82	2
6 O'Rourke, Teagan	7	Manchester Essex	3:37.64	2
7 Blanchet, Julia	12	Triton	3:46.34	1
8 Neumann, Tessa	12	Pentucket	3:47.57	2
9 Towne, Lulu	9	Triton	3:52.69	1
10 Rowe, Julianna	8	Hamilton-Wenham	3:53.46	1
11 Simmons, Angela	12	Triton	3:54.02	1
12 Gitonga, Abigail	11	Essex Technical	3:54.54	2
13 Attwood, Kathryn	11	North Reading	3:58.64	1
14 Bonafede, Camilla	10	Triton	3:59.00	1
15 Giacobbi, Bella	12	Lynnfield	3:59.06	1
16 Schmidt, Alex	12	Lynnfield	4:01.65	1
17 Goncalves, Chanel	9	Essex Technical	4:03.10	2
18 Obrien, Alexis	11	Essex Technical	4:03.81	2
19 Ma, Jasmine	11	Ipswich	4:04.75	2
20 Bartolo, Ali	11	Pentucket	4:04.83	2
21 Amara, Alessia	10	North Reading	4:09.82	1
22 Driscoll, Adrianna	10	North Reading	4:16.82	1
23 Siebert, Marissa	12	Hamilton-Wenham	4:22.47	1

Girls 1 Mile Run Varsity

Name	Year	School	Finals	H#
1 Rich, Grace	11	Hamilton-Wenham	5:39.18	1
2 Jaworski, Mia	11	Triton	5:45.07	1
3 Waters, Emily	11	Essex Technical	5:57.29	2
4 Bergeron, Evelyn	7	Manchester Essex	5:59.87	2
5 Sergi, Anna	9	Manchester Essex	6:02.29	2
6 Hall, Adelaide	8	Manchester Essex	6:02.99	2
7 Kelly, Adelyn	11	North Reading	6:03.72	1
8 Bussone, Giulia	10	Essex Technical	6:12.50	2
9 Albers, Anneliese	9	Essex Technical	6:15.54	2
10 Winthrop, Caroline	10	Ipswich	6:26.90	2
11 Healey, Miread	10	Ipswich	6:27.84	2
12 Nastari, Guiliana	10	Lynnfield	6:32.66	1
13 Bruno, Emma	10	Pentucket	6:49.44	2
14 Madden, Margaret	9	Hamilton-Wenham	6:58.67	1
15 Hosman, Harper	11	Pentucket	7:05.10	2
16 Griffin, Brooke	10	North Reading	7:18.16	1
17 Rabbani, Afsana	10	Lynnfield	7:24.77	1
18 Cormier, Hazel	9	Ipswich	7:36.30	2

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Girls 2 Mile Run Varsity

Name	Year	School	Finals
1 Lopez, Abigail	12	Lynnfield	12:08.65
2 Jaworski, Mia	11	Triton	12:59.62
3 MacDonald, Riley	11	North Reading	13:05.99
4 Sergi, Anna	9	Manchester Essex	13:15.69
5 Hall, Adelaide	8	Manchester Essex	13:28.62
6 Kelly, Adelyn	11	North Reading	13:36.12
7 Hall, Eleanor	8	Manchester Essex	13:38.74
8 Love, Mary	11	Ipswich	13:54.25
9 Bourgeois, Morgan	12	Essex Technical	14:15.73
10 Dollery, Brynn	9	Hamilton-Wenham	14:37.44
11 Neumann, Tessa	12	Pentucket	15:40.63
12 Romano, Fiona	10	Triton	15:44.95
13 Ma, Jasmine	11	Ipswich	16:02.02
-- McDonnell, Vivienne	8	Hamilton-Wenham	DNF

Girls 55 M Hurdles Varsity

Name	Year	School	Finals	H#
1 Novello, Alana	11	Ipswich	9.18	2
2 Perron, Kameya	12	Ipswich	9.19	2
3 Perron, Akina	9	Ipswich	9.38	2
4 Johnson, Colleen	12	Triton	9.47	3
5 Taylor, Tess	10	Manchester Essex	9.93	2
6 Whitten, Stella	11	Ipswich	9.97	2
7 Greenleaf, Emma	11	Lynnfield	10.15	1
8 Sayani, Shenaz	10	Pentucket	10.38	4
9 Zimmerman, Katie	12	North Reading	10.39	3
10 Lee, Zoey	9	Essex Technical	10.45	4
11 Auciello, Giuliana	12	North Reading	10.61	3
12 McCormack, Aislin	12	Lynnfield	10.95	1
13 Zacharias, Ella	10	Hamilton-Wenham	11.05	1
14 Crowder, Lily	10	Pentucket	11.33	4
15 Novak, Tessa	8	Manchester Essex	11.38	2
16 Donovan, Nora	10	Lynnfield	11.47	1
17 Stapleton, Devyn	11	Essex Technical	11.57	4
18 DesRoiers, Kenderlie	11	Essex Technical	11.73	4
19 Gladchun, Calla	8	Hamilton-Wenham	12.27	1
20 Yukins, Claire	9	Manchester Essex	12.30	2
21 McGrath, Lyla	9	Manchester Essex	12.96	2
22 Wiswall, Leila	11	Essex Technical	13.16	4
23 Reyen, Willow	11	North Reading	13.25	3
24 Seymour, Tenning	10	Pentucket	13.30	4
25 Francis, Faye	10	Pentucket	14.19	4

Girls 4x200 M Relay Varsity

School	Finals	H#
1 Manchester Essex	1:53.26	2
1) Taylor, Tess 10	2) Binieris, Melina 8	
3) Donohoe, Cecilia 12	4) Kent, Abigail 12	
2 Ipswich	1:54.02	2

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....Girls 4x200 M Relay Varsity

1) Bruno, Bella 12	2) Perron, Akina 9		
3) Whyte, Una 11	4) Berthiaume, Maggie 9		
3 North Reading	1:56.49	1	
1) Zimmerman, Katie 12	2) Forbush, Madison 11		
3) Keller, Avery 11	4) Berkley, Emma 9		
4 Pentucket	1:56.60	2	
1) Roach, Addison 11	2) Sayani, Shenaz 10		
3) Sweeney, Kate 10	4) Breen, Regan 12		
5 Triton	1:57.56	1	
1) Dinsmore, Sienna 8	2) Johnson, Maeve 9		
3) Voltero, Jasmine 9	4) Connolly, Mya 8		
6 Lynnfield	1:57.63	1	
1) Greenleaf, Emma 11	2) Minniear, Madison 9		
3) DeOliveira, Helena 10	4) Giardina, Sofia 11		
7 Essex Technical	2:00.40	2	
1) Walz, Lily 10	2) Rose, Brooke 9		
3) Stapleton, Devyn 11	4) Palmer, Nyla 10		
8 Hamilton-Wenham	2:11.07	1	
1) Zacharias, Ella 10	2) Gladchun, Calla 8		
3) O'Toole, Catherine 9	4) Baker, Mia 8		

Girls 4x400 M Relay Varsity

School	Finals	H#
1 North Reading	4:31.39	1
1) Farmer, Shea 11	2) Vant, Paige 10	
3) Molla, Annika 11	4) Kelly, Quinlan 12	
2 Ipswich	4:34.65	2
1) Whitten, Stella 11	2) Shearer, Soren 12	
3) Ma, Annabelle 9	4) Novello, Alana 11	
3 Lynnfield	4:42.26	1
1) Mattia, Lauren 11	2) McCormack, Aislin 12	
3) Ragusa, Ava 10	4) Morgese, Sophia 10	
4 Manchester Essex	4:44.44	2
1) Eliassen, Caroline 12	2) Bergeron, Evelyn 7	
3) Novak, Tessa 8	4) O'Rourke, Teagan 7	
5 Triton	4:44.85	1
1) Dinsmore, Riley 11	2) Simmons, Angela 12	
3) Blanchet, Julia 12	4) Jaworski, Mia 11	
6 Essex Technical	4:54.52	2
1) Donovan, Mikayla 12	2) Bussone, Giulia 10	
3) Bourgeois, Morgan 12	4) Waters, Emily 11	
7 Pentucket	5:05.45	2
1) Seymour, Tenning 10	2) Hosman, Harper 11	
3) Bruno, Emma 10	4) Marquis, Sophia 10	
8 Hamilton-Wenham	5:13.29	1
1) Regan, Anna 9	2) Pillai, Nikhita 11	
3) Rowe, Julianna 8	4) Rich, Grace 11	

Girls High Jump Varsity

Name	Year School	Finals
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....Girls High Jump Varsity

1 Perron, Kameya	12 Ipswich	4-10.00
4-02 4-04 4-06 4-08 4-10 5-00		
O O O O O XXX		
2 Auciello, Giuliana	12 North Reading	J4-10.00
4-02 4-04 4-06 4-08 4-10 5-00		
P O O O XXO XXX		
3 Maddocks, Allison	11 Lynnfield	4-08.00
4-02 4-04 4-06 4-08 4-10		
O O O O XXX		
4 Donohoe, Cecilia	12 Manchester Essex	J4-08.00
4-02 4-04 4-06 4-08 4-10		
XO XO O O XXX		
5 Johnson, Colleen	12 Triton	J4-08.00
4-02 4-04 4-06 4-08 4-10		
P P O XO XXX		
6 Call, Sawyer	10 Pentucket	J4-08.00
4-02 4-04 4-06 4-08 4-10		
O O O XXO XXX		
7 Crowder, Lily	10 Pentucket	4-06.00
4-02 4-04 4-06 4-08		
O O O XXX		
8 Perron, Akina	9 Ipswich	J4-06.00
4-02 4-04 4-06 4-08		
O XO XXO XXX		
9 Johnson, Maeve	9 Triton	4-04.00
4-02 4-04 4-06		
O O XXX		
9 Seymour, Tenning	10 Pentucket	4-04.00
4-02 4-04 4-06		
O O XXX		
11 King, Remington	10 Essex Technical	J4-04.00
4-02 4-04 4-06		
XO O XXX		
12 Stapleton, Devyn	11 Essex Technical	J4-04.00
4-02 4-04 4-06		
XXO O XXX		
13 Kennison, Sophie	12 Lynnfield	4-02.00
4-02 4-04		
O XXX		
13 Berkley, Emma	9 North Reading	4-02.00
4-02 4-04		
O XXX		
13 Haggerty, Avery	9 North Reading	4-02.00
4-02 4-04		
O XXX		
16 Choi, Christine	10 Lynnfield	J4-02.00
4-02 4-04		
XO XXX		
16 Cronin, Abigail	9 North Reading	J4-02.00
4-02 4-04		
XO XXX		
-- Yukins, Claire	9 Manchester Essex	NH
4-02		
XXX		

Cape Ann League Meet #3
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....Girls High Jump Varsity

-- Wen, Grace 11 Ipswich NH
 4-02
 XXX

Girls Long Jump Varsity

Name	Year	School	Finals	H#
1 Treitel-Poore, Ella	12	Triton	15-04.00	2
15-00 FOUL 15-04				
2 Roach, Addison	11	Pentucket	14-09.50	1
14-00.50 FOUL 14-09.50				
3 Farmer, Shea	11	North Reading	14-09.25	2
14-02.25 14-08 14-09.25				
4 Zimmerman, Katie	12	North Reading	14-04.50	2
14-03 14-04.50 13-10.75				
5 Perron, Kameya	12	Ipswich	14-01.50	1
14-00 13-03.50 14-01.50				
6 Shearer, Soren	12	Ipswich	14-00.50	1
14-00.50 14-00 FOUL				
7 Maddocks, Allison	11	Lynnfield	13-11.50	2
12-10 13-11.50 13-05.75				
8 Carvalho, Nayana	10	Pentucket	13-09.00	1
13-02.25 13-09 13-06.50				
9 Bruno, Bella	12	Ipswich	13-06.50	1
13-06.50 FOUL 13-06				
10 Greenleaf, Emma	11	Lynnfield	13-04.50	2
13-04 13-04.50 12-09.50				
11 Auciello, Giuliana	12	North Reading	13-03.50	2
13-00 12-11.75 13-03.50				
12 Eliassen, Caroline	12	Manchester Essex	13-02.25	1
12-00 FOUL 13-02.25				
13 Logemann, Emily	12	Hamilton-Wenham	13-00.50	2
13-00.50 11-02.25 12-11.50				
14 Snyder, Nella	10	Pentucket	12-09.00	1
12-06.75 12-09 10-09.25				
15 Lee, Zoey	9	Essex Technical	12-08.50	1
9-11 11-00.50 12-08.50				
16 Sayani, Shenaz	10	Pentucket	12-04.00	1
11-00.50 10-10.50 12-04				
17 Capachietti, Sabrina	10	Lynnfield	12-03.75	2
12-03.75 12-00 12-03				
18 Minniear, Madison	9	Lynnfield	12-03.25	2
11-04.25 12-02.50 12-03.25				
19 Magers, Sophie	10	Ipswich	12-01.25	1
1-05 12-01.25 11-08				
20 Carmody, Isabella	12	Triton	11-11.00	2
10-11.25 11-11 10-10				
21 Cronin, Abigail	9	North Reading	11-05.25	2
11-05.25 FOUL FOUL				

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Girls Shot Put Varsity

Name	Year	School	Finals	H#
1 Cole, London	12	Triton	29-08.00	1
28-09.75 29-08 28-00.50				
2 Scholz, Sydney	11	North Reading	29-01.00	1
28-07.50 28-00.50 29-01				
3 Doucet, Bree	12	Ipswich	27-07.25	2
27-07.25 26-00.25 26-08				
4 Basque, Sophia	11	Pentucket	27-02.25	2
27-02.25 26-04.75 26-01				
5 Bleichfeld, Allie	12	Pentucket	26-11.50	2
25-09 26-11.50 26-00.75				
6 Karafilidis, Maria	11	North Reading	25-05.00	1
24-06.75 24-11.75 25-05				
7 Ngem, Kimora	11	Ipswich	24-11.00	2
24-07.75 24-11 23-06.75				
8 Quinn, Kelsey	10	North Reading	24-06.50	1
24-00.25 23-01.75 24-06.50				
9 Morgese, Sophia	10	Lynnfield	24-00.50	1
23-03.75 24-00.50 FOUL				
10 Crosscup-Flemming, Mila	12	Essex Technical	23-09.00	2
23-09 21-06.25 20-05				
11 Molla, Annika	11	North Reading	23-03.25	1
22-06.25 23-03.25 22-05.50				
12 Siebert, Marissa	12	Hamilton-Wenham	23-02.00	1
21-03.25 23-02 22-05				
13 MacRea, Morgan	12	Ipswich	22-09.00	2
22-09 21-03 20-01.50				
14 Caulfield, Sadie	10	Lynnfield	22-07.50	1
21-04 20-05 22-07.50				
15 Richio, Niclola	8	Hamilton-Wenham	21-08.75	1
19-06 21-08.75 20-05.50				
16 Broady, Jamie	12	Lynnfield	21-01.00	1
19-11 20-04.25 21-01				
17 Kent, Annie	9	Manchester Essex	20-04.00	2
20-04 18-04.50 17-05				
18 Kolesar, Abigail	10	Hamilton-Wenham	20-01.75	1
19-07.25 20-01.75 15-11.50				
19 Perez Zayas, Janiyah	11	Triton	18-08.00	1
18-08 17-09 18-04.50				
20 LeBlanc, Hannah	9	Hamilton-Wenham	18-04.50	1
16-07.50 18-04.50 17-04.50				
21 Harty, Eliza	11	Ipswich	18-02.50	2
16-02.25 16-07.50 18-02.50				
22 Heard, Eva	9	Pentucket	16-05.00	2
FOUL 16-03 16-05				
23 Brasier, Alexia	11	Pentucket	16-03.00	2
15-10 15-04.75 16-03				
24 Ochs, Lucia	7	Manchester Essex	15-09.00	2
15-09 14-06.25 13-00				
-- Bornstein, Miriana	12	North Reading	X22-04.00	1
22-04 21-00.25 18-02				
-- Rich, Emma	8	Hamilton-Wenham	X14-04.75	1
13-06.50 14-04.75 14-04				