

3200 M Relay:

Place:	Name:	School:	Time/Distance:
1	Rewko, Chryzonowski, Thaickal, Anderson	Colonie	10:57.5
2	Kirgan, Wieczorak, Hampston, McCarthy	Voorheesville	11:35.4
3	Adams, Betts, VanSlyke, Robinson	Canjo	12:00.0
4	Hogan, Conley, Brings, Karker	FP-OESJ	12:38
5			
6			

100 M Hurdles:

Place:	Name:	School:	Time/Distance:
1	Merideth Diegel	Colonie	17.8
2	Sydney Blake	South Glens Falls	17.9
3	Amelia Petersen	Fonda	18.6
4	Cheyenne Wahl	FP-OESJ	19.3
5	Megan Mormile	Fonda	20.1
6	Maya Taylor	South Glens Falls	21.3

100 M Dash:

Place:	Name:	School:	Time/Distance:
1	Morgan Delsignore	Watervliet	13.3
2	Rachel Gorzolce	Colonie	13.5
3	Juliana Hebert	Voorheesville	14.8

4	Lee Ortiz	Colonie	14.6
5	Reyna Mojica	FP-OESJ	14.7
6	Carolyn Cranker	Fonda	15.0

1500 M Run:

Place:	Name:	School:	Time/Distance:
1	Marien Sarahi	Voorheesville	5:12.4
2	Lily Czub	Hoosic Valley	5:16.7
3	Julianna Frankenfield	Colonie	5:19
4	Lillian Moron	Colonie	5:25.1
5	Haley Clear	Fonda	5:47.2
6	Vikki Adams	Canjo	5:59.3

400 M Relay:

Place:	Name:	School:	Time/Distance:
1	Garzome, Bennett, Trai, Villa	Colonie	55:0
2	Roman, Owens, Morris, Herbert	Voorheesville	56.4
3	Vicra, Cranker, Roman, Petersen	Fonda	58.9
4	Bates, Mojica, Schell, Barker	FP-OESJ	61.1
5	DotShey, Clarkson, Rice, Rose	Hoosic Valley	63.1
6	Blake, Shorte, Winchell, Owens	South Glens Falls	DNF

400 M Dash:

Place:	Name:	School:	Time/Distance:
1	Madeline Duffy	Colonie	66.0
2	Teagon Clancy	Colonie	67.8
3	Petra Shorte	South Glens Falls	68.7
4	Chloe Kingan	Voorheesville	68.9
5	Gianna Bolognio	Hoosic Valley	69.6
6	Molli Bates	FP-OESJ	70.4

400 M Hurdles:

Place:	Name:	School:	Time/Distance:
1	Meredith Diegel	Colonie	81.4
2	Sydney Blake	South Glens Falls	84.4
3	Ella Robinson	Canjo	86.6
4	Cheyenne Wahl	FP-OESJ	87.0
5	Lily Vink	Voorheesville	93.2
6			

800 M Run:

Place:	Name:	School:	Time/Distance:
1	Trinity Abraham	Colonie	2:47.4
2	Megan Rice	Hoosic Valley	2:52.9
3	Lillian Rogers	Colonie	2:57.5
4	Kianna Hanson	Fonda	3:12.9
5	Hailey Hogan	FP-OESJ	3:14.0
6	Sarah Paradiso	FP-OESJ	3:16.2

200 M Dash:

Place:	Name:	School:	Time/Distance:
1	Chloe Kirgan	Voorheesville	29.2
2	Abby Seaman	South Glens Falls	29.3
3	Anastacia Stewart	Colonie	29.8
4	Jenna Romani	Voorheesville	30.1
5	Vanessa VanSlyke	Canjo	30.6
6	Granna Ardis	Colonie	31.8

3000 M Run:

Place:	Name:	School:	Time/Distance:
1	Mariem Sayalti	Voorheesville	11:30.0
2	Lily Czub	Hoosic Valley	11:30.0
3	Miranda VonNess	Colonie	12:49.1
4	Haley Clear	Fonda Fultonville	12:58.9
5	Anna Hampston	Voorheesville	13:10.5
6	Emma Gepfert	Colonie	DNF

1600 M Relay:

Place:	Name:	School:	Time/Distance:
1	Frankerfield, Duffy, Morow, Cahill	Colonie	4:34.1
2		Voorheesville	4:48.8
3		Fonda Fultonville	5:07.9
4		FP-OESJ	5:13.8
5			
6			

High Jump:

Place:	Name:	School:	Time/Distance:
1	Abby Seaman	SGF	4'9"
2	Brooke Morris	Voor	4'9"
3	Petra Shorte	SGF	4'6"
4 Tie	Ella Robinson	Canjo	4'0"
4 Tie	Meaghan Mormile	Fonda	4'0"
6			

Pole Vault:

Place:	Name:	School:	Time/Distance:
1	Ashley Owens	SGF	6'0"
2			
3			
4			
5			
6			

Shot Put:

Place:	Name:	School:	Time/Distance:
1	Victoria Jarasz	HV	32' 6½
2	Christine Shiyam	Colonie	31' 4 ½
3	Sarah Florian	FP	25' 4 ½
4	Madison Clum	HV	24' 6 ½
5	Melissa Kayembe	Vliet	23' 9

6	Jocelyn Novick	SGF	23' 3 ¼
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Discus:

Place:	Name:	School:	Time/Distance:
1	Christine Shiyan	Colonie	92'11"
2	Victoria Janosz	HV	90'2"
3	Moriah Blakemore	Colonie	82'10"
4	Sarah Parajido	FP	74'
5	Melissa Kaymbe	Vliet	73'9"
6	Emily Goolsell	SGF	67'5"

Long Jump:

Place:	Name:	School:	Time/Distance:
1	Morgan Delsignore	Watervliet	14.8 ¾
2	Destiny Bennett	Colonie	14.4 ½
3	Molli Bates	Fort Plain	12.6 ¼
4	Gionna Ardis	Colonie	12.3
5	Maya Taylor	South Glens Falls	11.8 ½
6	Madisyn Shell	Fort Plain	11.2 ¼

Triple Jump:

Place:	Name:	School:	Time/Distance:
1	Destiny bennett	col	32' 1"
2	Morgan delsignorce	v'liet	32' 1"
3	Abby seaman	sgf	29' 11"

4	Elizabeth cahill	col	27' 10 ¾ "
5	Vanessa, vanskyle	canjo	27'6"
6	Isabella Viera	Fonda	27'3"