

Northern Athletic Conference girls indoor track & field

—Top 10 Times—

Updated and including meets through 2/09/2008 · Maintained by Andy Devins, NNYTOA

Girls 3200 Meter Relay

NAC Record - 9:41.48 Malone [Bergh, Harwood, Hastings, Paige] 1990

1	10:31.4	Canton 'A'		02/02/08
		1) Goobic, Sophie	2) Lapinski, Maggie	
		3) Fanning, Kaitlin	4) Beaudette, Aimee	
2	10:42.6	Malone 'A'		01/18/08
3	11:07.3	Tupper Lake 'A'		02/09/08
4	11:08.1	Gouverneur 'A'		02/09/08
5	11:13.4	Potsdam 'A'		02/09/08

Girls 55 Meter Dash

NAC Record - 6.8 Tracy Darmstadt, Potsdam [1985]

1	7.1	Dore, Geneen	12	Indian River	02/02/08
2	7.5	Moody, Brittany	12	South Jefferson	12/14/07
2	7.5	Farmer, Jessica	11	Malone	12/14/07
2	7.5	Kenyon, Kyla	9	Tupper Lake	01/04/08
5	7.6	Kubber, Taylor	11	Indian River	12/14/07
6	7.7	Graham, Latressa	9	Indian River	01/11/08
7	7.8	Caskinette, Marissa	10	Norwood-Norfolk	01/11/08
8	7.9	Sexton, Kaitlin	11	Malone	12/14/07
8	7.9	Wood, Michelle	12	Salmon River	01/11/08
8	7.9	Hutchinson, Cali	12	South Jefferson	02/09/08

Girls 55 Meter Hurdles

NAC Record - 8.46 Debbie Basalt, South Jefferson [1987]

1	8.8	Moody, Brittany	12	South Jefferson	01/18/08
2	9.5	George, Mikala	12	Massena	02/09/08
3	9.9	Hutchinson, Cali	12	South Jefferson	12/28/07
4	10.0	Becraft, Jessica	10	Massena	12/14/07
4	10.0	Lamica, Kaylie	10	Malone	02/09/08
6	10.2	Spaulding, Sara	10	Salmon River	02/02/08
6	10.2	Dusharm, Kayli	11	Gouverneur	02/02/08
8	10.3	Kesaris, Samantha	9	Indian River	01/04/08
8	10.3	Matthews, Kate	12	Malone	01/11/08
8	10.3	Voss, Kathryn	11	South Jefferson	02/09/08

Girls 1500 Meter Run

NAC Record - 4:50.7 Laura Werner, Malone [1992]

1	5:10.0	Beaudette, Aimee	9	Canton	02/09/08
2	5:11.2	Longmore, Nadine	12	South Jefferson	02/09/08
3	5:18.8	Lamica, Ashley	12	Malone	02/09/08
4	5:28.1	Goobic, Sophie	10	Canton	01/18/08
5	5:28.2	Studlack, Paige	11	Malone	01/11/08
6	5:28.8	McCrum, Katherine	9	Indian River	01/18/08
7	5:29.4	Lamica, Kaylie	10	Malone	01/11/08
8	5:29.9	Coombe, Kaitlyn	9	Malone	01/04/08
9	5:32.0	Morrow, Elizabeth	7	Salmon River	02/02/08
10	5:36.3	Walsh, Olivia	9	Tupper Lake	02/02/08

Girls 600 Meter Dash

NAC Record - 1:38.1 Lisa Woytowich, Malone [1987]

1	1:39.14	Kenyon, Kyla	9	Tupper Lake	01/12/08
2	1:43.0	Lapinski, Maggie	11	Canton	02/02/08
3	1:46.5	Marlowe, Sarah	12	Malone	02/02/08
4	1:48.5	Tischler, Alissa	12	Potsdam	02/09/08
5	1:52.2	Behrens, Katie	12	Massena	01/04/08
6	1:52.57	Longmore, Nadine	12	South Jefferson	12/28/07
6	1:52.8	Sutter, Christine	10	Massena	01/18/08
8	1:52.9	Hull, Rhaia	10	Indian River	02/09/08
9	1:53.4	Hathaway, Colleen	9	South Jefferson	02/02/08
10	1:54.0	Brown, Samantha	9	Canton	01/11/08

Girls 300 Meter Dash

NAC Record - 41.71 Sue Hutchins, Malone [1982]

1	41.6	Farmer, Jessica	11	Malone	01/18/08
2	42.9	Graham, Latressa	9	Indian River	02/02/08
3	43.40	Kenyon, Kyla	9	Tupper Lake	01/12/08
4	44.1	Lapinski, Maggie	11	Canton	01/11/08
5	44.3	Behrens, Katie	12	Massena	01/18/08
6	44.5	Smith, Michelle	11	Gouverneur	02/09/08
6	45.5	Tischler, Alissa	12	Potsdam	01/11/08
8	45.7	Kubber, Taylor	11	Indian River	01/04/08
9	45.9	Hathaway, Colleen	9	South Jefferson	01/04/08
9	45.9	teRiele, Joanne	12	Canton	02/09/08

Girls 1000 Meter Run

NAC Record - 3:05.18 Beth Goolden, Canton [1999]

1	3:18.6	Kenyon, Kyla	9	Tupper Lake	01/04/08
2	3:19.7	Longmore, Nadine	12	South Jefferson	01/11/08
3	3:20.2	Lapinski, Maggie	11	Canton	02/09/08
4	3:20.3	Dumas, Danielle	11	Malone	01/18/08
5	3:20.4	Beaudette, Aimee	9	Canton	02/09/08
6	3:21.1	Coombe, Kaitlin	9	Malone	01/18/08
7	3:29.5	Weldon, Lindsey	10	Gouverneur	02/09/08
8	3:31.7	Hull, Rhaia	10	Indian River	01/11/08
9	3:34.0	McCrum, Katherine	9	Indian River	01/11/08
10	3:34.9	Goobic, Sophie	10	Canton	01/04/08

Girls 3000 Meter Run

NAC Record - 10:27.58 Melissa Sicley, South Jefferson [1995]

1	11:08.4	Lamica, Ashley	12	Malone	02/09/08
2	11:20.2	Beaudette, Aimee	9	Canton	12/14/07
3	11:55.1	Goobic, Sophie	10	Canton	01/11/08
4	11:55.7	Morrow, Elizabeth	7	Salmon River	02/09/08
5	11:58.9	Coombe, Kaitlyn	9	Malone	01/11/08
6	11:59.2	Whitman, Jacqueline	8	Malone	02/09/08
7	12:04.2	Longmore, Nadine	12	South Jefferson	12/14/07
8	12:04.6	McCrum, Katherine	9	Indian River	12/14/07
9	12:15.3	Lamica, Kaylie	10	Malone	02/09/08
10	12:24.6	Studlack, Paige	11	Malone	01/18/08

Girls 1600 Meter Relay

NAC Record - 4:12.8 Malone [Devins, Hardy, Hutchins, Weber] 2001

1	4:17.5	Malone 'A'		02/02/08
		1) Marlowe, Sarah	2) Dumas, Danielle	
		3) Sexton, Kaitlin	4) Farmer, Jessica	
2	4:22.0	Canton 'A'		02/09/08
3	4:34.0	South Jefferson 'A'		02/02/08
4	4:42.3	Indian River 'A'		02/09/08
5	4:43.4	Massena 'A'		12/14/07

Girls 800 Meter Relay

NAC Record - 1:49.7 Indian River [Dore, Kubber, Robinson, Woodson] 2007

1	1:54.1	Indian River 'A'		02/02/08
		1) Kubber, Taylor	2) Graham, Lametria	
		3) Graham, Latressa	4) Cherry, Naomi	
2	1:54.2	Malone 'A'		02/02/08
3	1:56.2	Gouverneur 'A'		02/09/08
4	1:58.2	South Jefferson 'A'		02/09/08
5	1:59.2	Potsdam 'A'		01/18/08

Girls Long Jump

NAC Record - 18-05.50 Leslie Revier, Norwood-Norfolk [1985]

1	16-03.00	Dore, Geneen	12	Indian River	02/02/08
2	15-08.00	Moody, Brittany	12	South Jefferson	02/09/08
3	15-04.50	Smith, Michelle	11	Gouverneur	12/14/07
4	15-01.00	Ritchie, Kara	11	Gouverneur	02/09/08
5	14-07.75	Behrens, Katie	12	Massena	01/11/08
6	14-07.50	Hathaway, Colleen	10	South Jefferson	02/09/08
7	14-05.50	Bowdish, Rachael	12	Canton	02/09/08
8	14-03.50	Moeller, Amanda	9	Tupper Lake	01/11/08
9	14-01.75	Hutchinson, Cali	12	South Jefferson	12/21/07
10	13-10.00	Spaulding, Sara	10	Salmon River	01/04/08

Girls Triple Jump

NAC Record - 39-02.75 Leslie Revier, Norwood-Norfolk [1985]

1	36-04.50	Dore, Geneen	12	Indian River	02/02/08
2	31-07.00	Graham, Latressa	9	Indian River	02/02/08
3	31-06.00	Natali, Adrianna	12	South Jefferson	01/11/08
4	30-10.00	Kubber, Taylor	11	Indian River	01/18/08
5	30-09.00	Ward, Justine	12	Gouverneur	01/18/08
6	30-08.00	Lapinski, Maggie	11	Canton	01/04/08
7	30-05.00	Tolman, Lyndsey	10	Ogdensburg	02/09/08
8	28-10.00	Ashley, Alana	9	Ogdensburg	02/09/08
9	28-06.00	Allen, Hannah	12	Massena	01/04/08
10	28-04.00	George, Mikala	12	Massena	01/18/08

Girls High Jump

NAC Record - 5-06.50 Darby Krause, Ogdensburg [1992]

1	5-00.00	Hutchinson, Cali	12	South Jefferson	12/14/07
1	5-00.00	Ward, Justine	12	Gouverneur	02/09/08
3	4-10.00	Tolman, Lyndsey	10	Ogdensburg	12/14/07
3	4-10.00	Marlowe, Sarah	12	Malone	12/14/07
5	4-08.00	Matthews, Kate	12	Malone	12/14/07
6	4-07.00	Bray, Janae	10	Indian River	01/04/08
7	4-06.00	Chubb, Tahentahawi	11	Salmon River	01/11/08
7	4-06.00	Grace, Cassie	9	Potsdam	12/14/07
7	4-06.00	Garland, Elora	12	Potsdam	01/11/08
7	4-06.00	George, Mikala	12	Massena	01/18/08

Girls Shot Put

NAC Record - 37-02.00 Peggy Mariano, Norwood-Norfolk [1983]

1	36-03.50	Poirier, Leanna	10	South Jefferson	01/18/08
2	33-09.00	McCarney, Katelyn	11	Ogdensburg	02/02/08
3	31-04.00	Lawrence, Anna	12	Ogdensburg	01/04/08
4	28-04.50	Durant, Thea	12	South Jefferson	01/18/08
5	27-11.50	Dattola, Katie	11	Tupper Lake	01/18/08
6	27-05.00	Corbine, Miranda	12	Canton	02/02/08
7	27-00.50	Collins, Nickole	11	Gouverneur	02/02/08
8	26-11.00	Cox, Kara	12	Ogdensburg	01/04/08
9	26-09.00	Mulverhill, Katelyn	11	Malone	01/18/08
10	26-06.75	Gadway, Billie	11	Tupper Lake	01/18/08