

Northern Athletic Conference girls indoor track & field

—Top 10 Times—

Updated and including meets through 1/18/2008 · Maintained by Andy Devins, NNYTOA

Girls 3200 Meter Relay

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

1	10:32.8	Canton 'A'		01/18/08
		1) Goobic, Sophie	2) Lapinski, Maggie	
		3) Fanning, Kaitlin	4) Beaudette, Aimee	
2	10:42.6	Malone 'A'		01/18/08
3	11:20.1	Gouverneur 'A'		01/18/08
4	11:21.8	South Jefferson 'A'		01/18/08
5	11:26.9	Potsdam 'A'		01/11/08

Girls 55 Meter Dash

NAC Record - 6.8 Tracy Darmstadt, Potsdam [1985]

1	7.2	Dore, Geneen	12	Indian River	01/04/08
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
10	8.0	Ashley, Alana	9	Ogdensburg	01/04/08

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	9.6	George, Mikala	12	Massena	01/04/08
3	9.9	Hutchinson, Cali	12	South Jefferson	12/28/07
4	10.0	Becraft, Jessica	10	Massena	12/14/07
5	10.3	Spaulding, Sara	10	Salmon River	12/14/07
5	10.3	Kesaris, Samantha	9	Indian River	01/04/08
5	10.3	Matthews, Kate	12	Malone	01/11/08
5	10.3	Lamica, Kaylie	10	Malone	01/11/08
9	10.4	Dusharm, Kayli	11	Gouverneur	01/11/08
10	10.5	Reandeau, Brooke	9	Tupper Lake	01/11/08

Girls 1500 Meter Run

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

1	5:16.8	Longmore, Nadine	12	South Jefferson	01/04/08
2	5:27.5	Beaudette, Aimee	9	Canton	01/04/08
3	5:28.1	Goobic, Sophie	10	Canton	01/18/08
4	5:28.2	Studlack, Paige	11	Malone	01/11/08
5	5:28.8	McCrum, Katherine	9	Indian River	01/18/08
6	5:29.4	Lamica, Kaylie	10	Malone	01/11/08
7	5:29.9	Coombe, Kaitlyn	9	Malone	01/04/08
8	5:35.2	Morrow, Elizabeth	7	Salmon River	01/11/08
9	5:38.8	Potter, Nicole	9	Canton	01/18/08
10	5:44.5	Collyns, Robin	10	Gouverneur	01/18/08

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	1:51.2	Marlowe, Sarah	12	Malone	01/18/08
3	1:52.2	Behrens, Katie	12	Massena	01/04/08
4	1:52.57	Longmore, Nadine	12	South Jefferson	12/28/07
5	1:52.8	Sutter, Christine	10	Massena	01/18/08
6	1:53.7	Lapinski, Maggie	11	Canton	12/14/07
6	1:53.7	Hull, Rhaia	10	Indian River	01/18/08
8	1:54.0	Brown, Samantha	9	Canton	01/11/08
9	1:54.3	Fanning, Kaitlin	10	Canton	12/14/07
10	1:54.8	Longmore, Lynea	12	South Jefferson	12/14/07

Girls 300 Meter Dash

NAC Record - 41.46 Sue Hutchins, Malone [1982]

1	41.6	Farmer, Jessica	11	Malone	01/18/08
2	43.40	Kenyon, Kyla	9	Tupper Lake	01/12/08
3	44.0	Graham, Latressa	9	Indian River	12/14/07
4	44.1	Lapinski, Maggie	11	Canton	01/11/08
5	44.3	Behrens, Katie	12	Massena	01/18/08
6	44.9	Smith, Michelle	11	Gouverneur	01/18/08
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
10	46.0	Grace, Cassie	9	Potsdam	12/14/07

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	3:20.3	Dumas, Danielle	11	Malone	01/18/08
4	3:21.1	Coombe, Kaitlin	9	Malone	01/18/08
5	3:22.3	Beaudette, Aimee	9	Canton	01/11/08
6	3:31.7	Hull, Rhaia	10	Indian River	01/11/08
7	3:34.0	McCrum, Katherine	9	Indian River	01/11/08
8	3:34.9	Goobic, Sophie	10	Canton	01/04/08
9	3:35.0	Walsh, Olivia	9	Tupper Lake	01/11/08
10	3:38.7	Studlack, Ellen	10	Malone	01/18/08

Girls 3000 Meter Run

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

1	11:10.2	Lamica, Ashley	12	Malone	12/14/07
2	11:20.2	Beaudette, Aimee	9	Canton	12/14/07
3	11:55.1	Goobic, Sophie	10	Canton	01/11/08
4	11:58.9	Coombe, Kaitlyn	9	Malone	01/11/08
5	12:04.2	Longmore, Nadine	12	South Jefferson	12/14/07
6	12:04.6	McCrum, Katherine	9	Indian River	12/14/07
7	12:08.2	Whitman, Jacqueline	8	Malone	01/18/08
8	12:20.7	Lamica, Kaylie	10	Malone	01/18/08
9	12:24.6	Studlack, Paige	11	Malone	01/18/08
10	12:25.5	Walsh, Olivia	9	Tupper Lake	01/18/08

Girls 1600 Meter Relay

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

1	4:23.4	Malone 'A'		01/11/08
		1) Marlowe, Sarah	2) Dumas, Danielle	
		3) Sexton, Kaitlin	4) Farmer, Jessica	
2	4:27.8	Canton 'A'		01/18/08
3	4:42.3	South Jefferson 'A'		01/04/08
4	4:43.4	Massena 'A'		12/14/07
5	4:50.3	Ogdensburg 'A'		12/14/07

Girls 800 Meter Relay

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

1	1:56.2	Indian River 'A'		12/14/07
		1) Kubber, Taylor	2) Graham, Lametria	
		3) Graham, Latressa	4) Dore, Geneen	
2	1:56.8	Gouverneur 'A'		01/11/08
3	1:57.4	Malone 'A'		01/18/08
4	1:59.2	Potsdam 'A'		01/18/08
5	2:02.1	Canton 'A'		01/11/08

Girls Long Jump

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

1	16-03.00	Dore, Geneen	12	Indian River	01/18/08
2	15-05.00	Moody, Brittany	12	South Jefferson	01/18/08
3	15-04.50	Smith, Michelle	11	Gouverneur	12/14/07
4	14-11.00	Ritchie, Kara	11	Gouverneur	01/11/08
5	14-07.75	Behrens, Katie	12	Massena	01/11/08
6	14-03.50	Moeller, Amanda	9	Tupper Lake	01/11/08
7	14-02.00	Hathaway, Colleen	10	South Jefferson	01/04/08
8	14-01.75	Hutchinson, Cali	12	South Jefferson	12/21/07
9	13-10.00	Spaulding, Sara	10	Salmon River	01/04/08
10	13-07.50	Graham, Latressa	9	Indian River	01/18/08

Girls Triple Jump

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

1	36-00.00	Dore, Geneen	12	Indian River	01/11/08
2	31-06.00	Natali, Adrianna	12	South Jefferson	01/11/08
3	31-00.00	Graham, Latressa	9	Indian River	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	29-11.00	Tolman, Lyndsey	11	Ogdensburg	01/18/08
8	28-06.00	Allen, Hannah	12	Massena	01/04/08
9	28-04.00	George, Mikala	12	Massena	01/18/08
10	28-00.50	Centofanti, Frankie	11	Potsdam	01/04/08

Girls High Jump

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

1	5-00.00	Hutchinson, Cali	12	South Jefferson	12/14/07
2	4-10.00	Ward, Justine	12	Gouverneur	12/14/07
2	4-10.00	Tolman, Lyndsey	11	Ogdensburg	12/14/07
2	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	31-04.00	Lawrence, Anna	12	Ogdensburg	01/04/08
3	30-10.00	McCarney, Katelyn	11	Ogdensburg	01/11/08
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	27-04.25	Corbine, Miranda	12	Canton	12/14/07
7	26-11.00	Cox, Kara	12	Ogdensburg	01/04/08
8	26-09.00	Mulverhill, Katelyn	11	Malone	01/18/08
9	26-06.75	Gadway, Billie	11	Tupper Lake	01/18/08
10	26-06.50	Tice, Nina	11	Tupper Lake	01/11/08