

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Girls 100 Meter Dash

Name	Yr	School	Prelims	H#
Preliminaries				
1 Lettsome, Akeisha	12	South Jefferson	13.0 Q	3
2 Mason, Alexandra	9	Watertown	13.3 Q	2
2 Loomis, Shelby	9	South Lewis	13.3 Q	1
4 Moore, NC	12	Indian River	13.5 Q	4
5 Rook, Morgan	11	Lowville	13.4 Q	3
5 Natali, Adriana	11	South Jefferson	13.4 Q	1
5 Panowicz, Ashley	10	Lowville	13.4 Q	2
8 Worthington, Cynita	12	Carthage	13.5 Q	4
9 Baynham, Hillary	10	Indian River	13.7	3
9 Jantzi, Jaccilyn	10	Beaver River	13.7	4
9 Burnham, Kiley	9	South Jefferson	13.7	2
12 Cullen, Tia	10	Watertown	13.8	3
12 Hull, Rhaia	11	Indian River	13.8	1
14 Lyons, Rachel	10	Carthage	13.9	3
15 Marks, Ondraya	9	South Lewis	14.0	3
16 Myers, Jordan	10	Lowville	14.2	1
17 Hartage, Nasharay	12	Carthage	14.3	2
18 Jenkins, Megan	11	South Jefferson	14.4	4
18 West, Carrie	9	APW	14.4	4
18 Lewis, Bria	10	Watertown	14.4	1
18 Bush, Sagan	11	Sandy Creek	14.4	2
22 Sheppard, Hailey	10	Indian River	14.5	2
23 Vargulick, Jenelle	12	Lowville	14.9	4
--- Pearson-Martin, Ravonna	10	Carthage	SCR	1

Girls 100 Meter Dash

Name	Yr	School	Finals	H#	Points
Finals					
1 Loomis, Shelby	9	South Lewis	12.8		10
2 Moore, NC	12	Indian River	12.8		8
3 Lettsome, Akeisha	12	South Jefferson	12.9		6
4 Natali, Adriana	11	South Jefferson	13.2		4
5 Mason, Alexandra	9	Watertown	13.3		2
6 Panowicz, Ashley	10	Lowville	13.5		1
7 Worthington, Cynita	12	Carthage	13.8		
8 Rook, Morgan	11	Lowville	13.8		

Girls 100 Meter Dash unseeded

Name	Yr	School	Finals	H#
Finals				
1 Oaks, Kat	11	South Lewis	14.3	1
2 Morton, Bryahanna	10	Indian River	15.0	1
3 Amaral, Nayara	12	APW	15.0	1
4 Beller, Shauna	9	Lowville	15.3	2
5 Walker, Lashonte	11	Indian River	15.5	1
6 Towsley, Amanda	10	South Jefferson	15.6	1
7 Siptrott, Elizabeth	12	Indian River	15.9	2
8 Udeshi, Gunjan	12	Watertown	16.1	2

Finals ... (Girls 100 Meter Dash unseeded)

Frontier League Championship Meet**South Jefferson - 5/21/2009****Results**

Name	Yr	School	Finals	H#	
9 Cofield, Tamika	11	Carthage	16.2	3	
10 Williams, Norene	10	Indian River	x16.3	1	
10 Fritzsching, Megan	9	Carthage	16.3	2	
12 Lyons, Kimberly	10	Sandy Creek	16.4	3	
13 Feneran, Amanda	11	Indian River	x16.5	2	
14 Mono, Miriah	9	Carthage	16.7	3	
15 Causey, Amanda	10	Indian River	x17.1	2	
16 Goncalves, Maria	12	APW	17.5	3	
16 Bellin, Judith	12	APW	17.5	3	
18 Reed, Malinda	9	APW	x19.3	3	
Girls 200 Meter Dash					
Name	Yr	School	Finals	H#	Points
Finals					
1 Graham, LaTressa	10	Indian River	25.7	7	10
2 Moore, NC	12	Indian River	26.6	7	8
3 Lettsome, Akeisha	12	South Jefferson	27.1	7	6
4 Hutchinson, Angela	9	South Lewis	27.3	6	4
5 Haapala, Michelle	10	Lowville	27.4	6	2
6 Natali, Adriana	11	South Jefferson	27.8	7	1
7 McVoy, Olivia	9	Beaver River	27.9	7	
8 Mason, Alexandra	9	Watertown	28.0	7	
9 Loomis, Shelby	9	South Lewis	28.2	6	
10 Hovendon, Sara	10	Copenhagen	28.6	6	
11 Baynham, Hillary	10	Indian River	28.8	5	
11 Everett, Meghan	9	Indian River	x28.8	6	
11 Worthington, Cynita	12	Carthage	28.8	5	
11 Updike, Rachel	9	Beaver River	28.8	6	
15 Lajoie, Megan	10	Carthage	28.9	5	
16 Marshall, Brooke	9	Lowville	29.2	4	
17 Teal, Anna	9	Lowville	29.3	4	
18 Rook, Morgan	11	Lowville	x29.6	5	
19 Lampson, Morgan	10	Lowville	x29.8	4	
20 Cobb, Ashley	10	Beaver River	30.4	5	
20 McGrath, Kylie	9	Lowville	x30.4	4	
22 Jenkins, Megan	11	South Jefferson	30.6	4	
23 Sheppard, Hailey	10	Indian River	x30.7	5	
24 Flandera, Ahlearie	9	APW	31.1	2	
25 Vargulick, Jenelle	12	Lowville	x31.7	3	
25 Chruscicki, Carlin	10	South Lewis	31.7	3	
27 Berrus, Veronica	10	Lowville	x31.9	2	
28 Peck, Ashley	10	Carthage	32.0	2	
29 West, Carrie	9	APW	32.6	3	
30 Towsley, Amanda	10	South Jefferson	x32.7	3	
31 Hartage, Nasharay	12	Carthage	x33.9	3	
32 Hall, Kyle	9	APW	34.5	1	
33 Ashmead, Hillary	11	Carthage	x35.0	2	
34 Castillo, Stormy	9	Lowville	x35.4	1	
35 Herbert, Natasha	9	Carthage	x38.0	1	
36 Maloof, Jona	10	Sandy Creek	38.8	1	

Finals ... (Girls 200 Meter Dash)

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Results

Name	Yr	School	Finals	H#	Points
37 Bellin, Judith	12	APW	x39.7	1	
38 Reed, Malinda	9	APW	x41.7	1	
--- Bush, Sagan	11	Sandy Creek	SCR	4	
--- Beller, Kiana	11	Lowville	SCR	3	
--- Hobart, Brooke	10	Carthage	SCR	2	
--- Pearson-Martin, Ravonna	10	Carthage	SCR	2	

Girls 400 Meter Run

Name	Yr	School	Finals	H#	Points
Finals					
1 McCrum, Katie	10	Indian River	1:02.6	4	10
2 Andrews, Tabitha	11	Indian River	1:02.9	4	8
3 Hutchinson, Angela	9	South Lewis	1:03.7	3	6
4 Maring, Marissa	12	Lowville	1:04.4	3	4
5 Mundt, Michelle	9	South Jefferson	1:04.5	4	2
6 Connelly, Taylour	11	Carthage	1:04.9	4	1
7 Cramer, Mary	9	South Jefferson	1:05.2	4	
8 Fassler, Ella	11	APW	1:05.4	3	
9 Nuffer, Megan	12	Beaver River	1:05.8	4	
10 Edwards, Logan	11	Indian River	1:06.1	3	
11 Cobb, Ashley	10	Beaver River	1:08.5	3	
12 Stevens, Victoria	9	APW	1:09.1	2	
13 Beller, Kiana	11	Lowville	1:09.6	2	
14 Bogdanowicz, Kayla	10	Lowville	1:09.7	2	
15 Rhode, Allison	10	South Jefferson	1:11.2	2	
16 Swords, Kate	12	Carthage	1:11.9	3	
17 Hartley, Gabby	8	South Lewis	1:12.2	1	
18 Hayes, Sarah	10	Watertown	1:13.4	2	
19 Burgess, Delanie	9	Watertown	1:13.5	2	
20 Deveney, Caitlin	11	South Lewis	1:18.0	1	
21 Ashmead, Tori	12	Carthage	1:23.2	1	
22 Dalbey, Alex	9	Carthage	x1:25.6	1	
--- Hobart, Brooke	10	Carthage	SCR	1	
--- Sobotka, Morgan	9	APW	SCR	1	

Girls 800 Meter Run

Name	Yr	School	Finals	H#	Points
Finals					
1 Zehr, Sloane	10	Beaver River	2:27.4		10
2 White, Amanda	10	Watertown	2:28.6		8
3 Kaban, Deborah	10	Lowville	2:31.9		6
4 Godin, Mandie	12	Indian River	2:32.6		4
5 Crowell, Christina	12	Beaver River	2:36.4		2
6 Kerr, Kensey	9	APW	2:36.7		1
7 Widrick, Courtney	11	Beaver River	2:39.2		
8 Doney, Alex	9	South Lewis	2:41.0		
9 Lyndaker, Tari	12	Beaver River	x2:42.2		
10 Johnston, Liz	9	South Jefferson	2:49.2		
11 Capone, Ashley	9	Lowville	2:49.5		
12 Valentine, Anna	9	Watertown	2:50.7		

Finals ... (Girls 800 Meter Run)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr	School	Finals	H#	Points
13 Johnson, Shaina	9	Sandy Creek	2:51.6		
14 Lisk, Andrea	11	South Lewis	2:52.0		
15 Hanno, Sarah	10	Lowville	2:54.7		
16 Covarrubias, Cindy	12	Indian River	2:55.4		
17 Ingersoll, Lani	11	Lowville	x3:04.3		
18 House, Heather	10	Carthage	3:04.9		
19 Finn, Chelsea	9	Lowville	x3:05.3		
20 Craig, Amber	12	South Jefferson	3:08.5		
21 Garrison, Anna	9	Beaver River	x3:11.2		
22 Towsley, Ashley	10	South Jefferson	3:31.9		
--- Lyons, Kimberly	10	Sandy Creek	DQ		

Girls 1500 Meter Run

Name	Yr	School	Finals	H#	Points
Finals					
1 Ashley, Rachel	12	Lowville	5:18.8		10
2 Zehr, Sloane	10	Beaver River	5:18.9		8
3 Jamieson, Lauren	12	South Jefferson	5:21.6		6
4 Campanian, Tori	8	South Lewis	5:21.8		4
5 White, Amanda	10	Watertown	5:26.3		2
6 Duffer, Karlee	9	Beaver River	5:29.6		1
7 Lyndaker, Tari	12	Beaver River	5:37.0		
8 Beller, Deidra	10	Beaver River	x5:38.7		
9 Knollman, Amanda	10	Beaver River	x5:43.8		
10 Petzoldt, Emma	12	Beaver River	x5:45.0		
11 Ostrum, Helenka	11	South Lewis	5:48.2		
12 Interiano, Monica	8	Beaver River	x5:51.4		
13 Widrick, Morgan	10	Lowville	6:00.0		
14 Johnson, Shaina	9	Sandy Creek	6:01.7		
15 Carney, Sinead	12	Carthage	6:06.1		
16 Johnston, Liz	9	South Jefferson	6:09.8		
17 Lamanna, Katie	9	South Lewis	6:10.6		
18 Finn, Chelsea	9	Lowville	6:18.0		
19 Baldwin, Maccie	10	Indian River	6:19.0		
20 Doney, Ashley	9	South Lewis	x6:22.8		
21 Covarrubias, Cindy	12	Indian River	6:26.9		
22 Craig, Amber	12	South Jefferson	6:33.2		
23 Handura, Rachel	9	Watertown	6:35.0		
24 Mota, Vanessa	9	APW	6:41.5		
25 Godfrey, Juliana	10	Sandy Creek	7:02.0		
26 Towsley, Ashley	10	South Jefferson	x7:30.8		
--- Petrus, Angela	9	Indian River	SCR		
--- Sammon, Keely	11	Lowville	SCR		

Girls 3000 Meter Run

Name	Yr	School	Finals	H#	Points
Finals					
1 Campanian, Tori	8	South Lewis	11:15.7		10
2 Duffer, Karlee	9	Beaver River	11:33.1		8
3 Beller, Deidra	10	Beaver River	12:00.5		6

Finals ... (Girls 3000 Meter Run)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr	School	Finals	H#	Points
4 Kaban, Rachael	11	Lowville	12:09.8		4
5 Ostrum, Helenka	11	South Lewis	12:19.1		2
6 Interiano, Monica	8	Beaver River	13:07.2		1
7 Cruse, Sarah	9	Indian River	13:30.5		
8 Lamanna, Katie	9	South Lewis	13:56.2		
9 Doney, Ashley	9	South Lewis	x14:08.2		
10 Ashmead, Tori	12	Carthage	15:25.7		
11 Miller, Allison	10	Sandy Creek	16:10.4		
12 Cummings, Alexandra	12	Indian River	16:42.6		

Girls 100 Meter Hurdles

Name	Yr	School	Prelims	H#
Preliminaries				
1 Durant, Tracy	12	Indian River	17.3 Q	2
2 Voss, Emmaline	9	South Jefferson	17.8 Q	1
3 Keegan, Kerri	9	South Jefferson	17.3 Q	2
4 Updike, Rachel	9	Beaver River	18.5 Q	1
5 Ehlers, Ronni	8	South Lewis	17.5 Q	2
6 Domagala, Dominique	11	Lowville	18.7 Q	1
7 Cullen, Tia	10	Watertown	18.9 Q	2
8 Young, Sara	9	South Lewis	19.1 Q	1
9 Lyons, Rachel	10	Carthage	19.2	1
10 Rehley, Julianne	10	South Jefferson	20.1	2
11 LaFountain, Cassondra	11	Watertown	20.6	2
11 Hills, Alexis	10	Carthage	20.6	2
13 McGowan, Melissa	10	Carthage	21.5	1
14 Zehr, Maggie	10	Lowville	22.6	1
--- Petrus, Angela	9	Indian River	DQ	1

Girls 100 Meter Hurdles

Name	Yr	School	Finals	H#	Points
Finals					
1 Durant, Tracy	12	Indian River	17.0		10
2 Keegan, Kerri	9	South Jefferson	17.0		8
3 Voss, Emmaline	9	South Jefferson	17.8		6
4 Ehlers, Ronni	8	South Lewis	18.1		4
5 Updike, Rachel	9	Beaver River	18.1		2
6 Domagala, Dominique	11	Lowville	18.1		1
7 Cullen, Tia	10	Watertown	19.0		
8 Young, Sara	9	South Lewis	19.2		

Girls 400 Meter Hurdles

Name	Yr	School	Finals	H#	Points
Finals					
1 Durant, Tracy	12	Indian River	1:09.4	3	10
2 Ehlers, Ronni	8	South Lewis	1:10.6	3	8
3 Nuffer, Megan	12	Beaver River	1:12.0	3	6
4 Domagala, Dominique	11	Lowville	1:12.6	3	4
5 Updike, Rachel	9	Beaver River	1:14.7	2	2
6 Morse, Paula	9	South Jefferson	1:14.7	2	1

Finals ... (Girls 400 Meter Hurdles)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr	School	Finals	H#	Points
7 Grossman, Fantasia	12	Sandy Creek	1:18.1	3	
8 Hovendon, Sara	10	Copenhagen	1:18.4	2	
9 Roes, Dana	10	Lowville	1:19.0	2	
10 LaFountain, Cassondra	11	Watertown	1:20.6	1	
11 Berrus, Veronica	10	Lowville	1:22.8	1	
12 Petrus, Angela	9	Indian River	1:23.9	2	
13 Hills, Alexis	10	Carthage	1:26.3	2	
14 McGowan, Melissa	10	Carthage	1:26.6	1	
--- Fassler, Ella	11	APW	DQ	3	

Girls 4x100 Meter Relay

Team	Relay	Finals	H#	Points
Finals				
1 Indian River	A	52.7	1	10
1) Andrews, Tabitha 11	2) Baynham, Hillary 10	3) Graham, LaTressa 10	4) Everett, Meghan 9	
2 South Lewis	A	53.0	1	8
1) Ehlers, Ronni 8	2) Hutchinson, Angela 9	3) Loomis, Shelby 9	4) Marks, Ondraya 9	
3 South Jefferson	A	53.1	1	6
1) Mundt, Michelle 9	2) Burnham, Kiley 9	3) Cramer, Mary 9	4) Natali, Adriana 11	
4 Lowville	A	53.2	1	4
1) Haapala, Michelle 10	2) Lampson, Morgan 10	3) Panowicz, Ashley 10	4) Rook, Morgan 11	
5 Beaver River	A	54.0	1	2
1) Garrison, Anna 9	2) Jantzi, Jaccilyn 10	3) McVoy, Olivia 9	4) Petzoldt, Emma 12	
6 Carthage	A	54.8	1	1
1) Lyons, Rachel 10	2) Braithwaite, Amanda 12	3) Wormwood, Kelsey 11	4) Worthington, Cynita 12	
7 Lowville	B	x56.1	1	
1) Ingersoll, Lani 11	2) Duffer, Lahni 10	3) McGrath, Kylie 9	4) Myers, Jordan 10	
8 Watertown	A	59.5	1	
1) Cullen, Tia 10	2) Dois, Delyn 10	3) Lewis, Bria 10	4) Mason, Alexandra 9	
8 APW	A	59.5	2	
1) Amaral, Nayara 12	2) Faulkner, Willow 9	3) Flandera, Ahlearie 9	4) West, Carrie 9	
10 Carthage	B	x1:00.6	2	
1) Peck, Ashley 10	2) Mono, Miriah 9	3) Causey, Amanda 10	4) Hartage, Nasharay 12	
11 Indian River	B	x1:02.3	2	
1) Morton, Bryahna 10	2) Sheppard, Hailey 10	3) Causey, Amanda 10	4) Walker, Lashonte 11	

Girls 4x400 Meter Relay

Team	Relay	Finals	H#	Points
Finals				
1 Indian River	A	4:13.6	2	10
1) Andrews, Tabitha 11	2) Graham, LaTressa 10	3) Godin, Mandie 12	4) McCrum, Katie 10	
2 Beaver River	A	4:18.8	2	8
1) Roggie, Alayne 11	2) McVoy, Olivia 9	3) Nuffer, Megan 12	4) Zehr, Sloane 10	
3 Lowville	A	4:24.2	2	6
1) Kaban, Deborah 10	2) Haapala, Michelle 10	3) Maring, Marissa 12	4) Haenlin, Taylor 9	
4 South Jefferson	A	4:32.2	2	4
1) Morse, Paula 9	2) Lettsome, Akeijah 9	3) Mundt, Michelle 9	4) Cramer, Mary 9	
5 Carthage	A	4:32.7	2	2
1) Mushtare, Heather 12	2) Swords, Kate 12	3) Wormwood, Kelsey 11	4) Connelly, Taylour 11	
6 Lowville	B	x4:51.4	1	
1) Bogdanowicz, Kayla 10	2) Capone, Ashley 9	3) Hanno, Sarah 10	4) Roes, Dana 10	

Finals ... (Girls 4x400 Meter Relay)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Team	Relay	Finals	H#	Points
7 South Lewis	A	5:04.6	2	1
1) Lisk, Andrea 11	2) Oaks, Kat 11	3) Cole, Emily 10	4) Marks, Ondraya 9	
8 Carthage	B	x5:15.1	1	
1) Hills, Alexis 10	2) Goldman, Gloria 10	3) Lajoie, Megan 10	4) Lyons, Rachel 10	
--- APW	A	SCR	1	
1) Kerr, Kensey 9	3) Stevens, Victoria 9	4) Sobotka, Morgan 9		

Girls 4x800 Meter Relay

Team	Relay	Finals	H#	Points
Finals				
1 South Jefferson	A	10:25.7		10
1) Morse, Paula 9	2) Lettsome, Akeijah 9	3) Jamieson, Lauren 12	4) Williams, Leah 11	
2 Lowville	A	10:27.4		8
1) Ashley, Rachel 12	2) Kaban, Deborah 10	3) Kaban, Rachael 11	4) Sammon, Keely 11	
3 Beaver River	A	10:31.1		6
1) Duffer, Karlee 9	2) Petzoldt, Emma 12	3) Knollman, Amanda 10	4) Crowell, Christina 12	
4 Indian River	A	11:15.7		4
1) Cruse, Sarah 9	2) Edwards, Logan 11	3) Hull, Rhaia 11	4) Rojas, Helene 9	
5 Carthage	A	11:27.1		2
1) Carney, Sinead 12	2) Mushtare, Heather 12	3) House, Heather 10	4) Connelly, Taylour 11	
6 South Lewis	A	12:00.0		1
1) Campanian, Tori 8	2) Ostrum, Helenka 11	3) Doney, Alex 9	4) Lisk, Andrea 11	
7 Sandy Creek	A	14:24.0		
1) Godfrey, Juliana 10	2) Lyons, Kimberly 10	3) Maloof, Jona 10	4) Miller, Allison 10	

Girls High Jump

Name	Yr School	Finals	H#	Points
Finals				
1 Nuffer, Megan	12 Beaver River	5-00.00	1.52m	10
2 Haapala, Michelle	10 Lowville	4-11.00	1.49m	8
3 McCrum, Katie	10 Indian River	4-10.00	1.47m	6
4 Sindhu, Aisha	11 Watertown	4-09.00	1.44m	4
5 Jantzi, Jaccilyn	10 Beaver River	4-09.00	1.44m	2
6 Rehley, Julianne	10 South Jefferson	4-08.00	1.42m	1
7 Andrews, Tabitha	11 Indian River	4-07.00	1.39m	
7 Young, Sara	9 South Lewis	4-07.00	1.39m	
9 Valentine, Anna	9 Watertown	4-04.00	1.32m	
9 Lajoie, Megan	10 Carthage	4-04.00	1.32m	
9 Teal, Anna	9 Lowville	4-04.00	1.32m	
12 Chruscicki, Carlin	10 South Lewis	4-02.00	1.27m	
12 Interiano, Monica	8 Beaver River	4-02.00	1.27m	
14 Garrison, Anna	9 Beaver River	x4-00.00	1.21m	
14 White, Stephanie	9 APW	4-00.00	1.21m	
14 Hovendon, Sara	10 Copenhagen	4-00.00	1.21m	
14 Flandera, Ahlearie	9 APW	4-00.00	1.21m	
18 McGrath, Kylie	9 Lowville	3-10.00	1.16m	
--- Grossman, Fantasia	12 Sandy Creek	NH		

Girls Pole Vault

Name	Yr School	Finals	H#	Points
Finals				
1 Lisk, Andrea	11 South Lewis	9-00.00	2.74m	10

Finals ... (Girls Pole Vault)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr	School	Finals		H#	Points
2 Durant, Tracy	12	Indian River	9-00.00	2.74m		8
3 Voss, Emmaline	9	South Jefferson	7-06.00	2.28m		6
4 Keegan, Kerri	9	South Jefferson	7-06.00	2.28m		3
4 Haenlin, Taylor	9	Lowville	7-06.00	2.28m		3
6 Dois, Delyn	10	Watertown	7-00.00	2.13m		1
7 Fassler, Ella	11	APW	7-00.00	2.13m		
8 Beller, Deidra	10	Beaver River	6-06.00	1.98m		
9 Ashmead, Hillary	11	Carthage	6-00.00	1.82m		
10 Lyndaker, Tari	12	Beaver River	5-06.00	1.67m		
10 Goldman, Gloria	10	Carthage	5-06.00	1.67m		
10 Mushtare, Heather	12	Carthage	5-06.00	1.67m		
13 Carney, Sinead	12	Carthage	x5-00.00	1.52m		
--- Young, Sara	9	South Lewis	NH			
--- Castillo, Stormy	9	Lowville	NH			
--- Marks, Ondraya	9	South Lewis	NH			
--- Lyons, Rachel	10	Carthage	SCR			

Girls Long Jump

Name	Yr	School	Finals		H#	Points
Finals						
1 Haenlin, Taylor	9	Lowville	15-08.00	4.77m		10
2 Panowicz, Ashley	10	Lowville	15-07.00	4.74m		8
3 Moore, NC	12	Indian River	15-04.00	4.67m		6
4 Roggie, Alayne	11	Beaver River	15-01.00	4.59m		4
5 Duffer, Lahni	10	Lowville	14-11.50	4.55m		2
6 Everett, Meghan	9	Indian River	14-10.00	4.52m		1
7 White, Amanda	10	Watertown	14-09.75	4.51m		
8 Durant, Tracy	12	Indian River	14-07.25	4.45m		
9 Fassler, Ella	11	APW	14-02.00	4.31m		
9 Ashley, Rachel	12	Lowville	x14-02.00	4.31m		
11 Hutchinson, Angela	9	South Lewis	14-01.00	4.29m		
12 Mason, Alexandra	9	Watertown	13-09.00	4.19m		
13 Lewis, Bria	10	Watertown	13-08.00	4.16m		
14 McVoy, Olivia	9	Beaver River	13-07.00	4.14m		
15 Cobb, Ashley	10	Beaver River	13-06.50	4.12m		
16 Lyndaker, Tari	12	Beaver River	x13-06.00	4.11m		
17 Cole, Emily	10	South Lewis	13-05.00	4.09m		
18 Oaks, Kat	11	South Lewis	13-05.00	4.08m		
19 Lettsome, Akeijah	9	South Jefferson	13-01.50	4.00m		
20 Roes, Dana	10	Lowville	x12-11.00	3.93m		
21 Hills, Alexis	10	Carthage	12-10.50	3.92m		
22 Ashmead, Tori	12	Carthage	12-10.25	3.91m		
23 McGrath, Kylie	9	Lowville	x12-10.00	3.91m		
24 Hartage, Nasharay	12	Carthage	12-08.75	3.87m		
25 Mushtare, Heather	12	Carthage	x12-06.75	3.82m		
26 Rhode, Allison	10	South Jefferson	12-05.50	3.79m		
27 Hayes, Sarah	10	Watertown	x11-09.50	3.59m		
28 Walker, Lashonte	11	Indian River	x11-08.00	3.55m		
28 Goldman, Gloria	10	Carthage	x11-08.00	3.55m		
28 Baynham, Hillary	10	Indian River	x11-08.00	3.55m		

Finals ... (Girls Long Jump)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr School	Finals	H#	Points
31 Udeshi, Gunjan	12 Watertown	x11-01.00		3.37m
32 Williams, Norene	10 Indian River	x10-07.00		3.22m
33 Patane, Bonnie	11 APW	9-11.00		3.02m
34 Cofield, Tamika	11 Carthage	x9-09.50		2.98m
34 Fritzsching, Megan	9 Carthage	x9-09.50		2.98m
36 Feneran, Amanda	11 Indian River	x9-05.50		2.88m
37 Brancatella, Kylee	11 Indian River	x8-11.00		2.71m
38 Lyons, Kimberly	10 Sandy Creek	8-07.50		2.62m
39 Hall, Kyle	9 APW	7-08.00		2.33m
--- Pearson-Martin, Ravonna	10 Carthage	SCR		

Girls Triple Jump

Name	Yr School	Finals	H#	Points
Finals				
1 Moore, NC	12 Indian River	33-06.00		10
2 Graham, LaTressa	10 Indian River	32-08.50		8
3 Duffer, Lahni	10 Lowville	31-06.00		6
4 Roggie, Alayne	11 Beaver River	31-03.00		4
5 Wormwood, Kelsey	11 Carthage	30-08.75		2
6 Natali, Adriana	11 South Jefferson	30-05.00		1
7 Zehr, Sloane	10 Beaver River	30-01.00		
8 Young, Sara	9 South Lewis	30-00.75		
9 Marshall, Brooke	9 Lowville	29-08.00		
10 Lampson, Morgan	10 Lowville	29-04.25		
11 Cramer, Mary	9 South Jefferson	29-03.50		
12 Updike, Rachel	9 Beaver River	29-02.50		
13 Deveney, Caitlin	11 South Lewis	28-03.50		
14 Lewis, Bria	10 Watertown	28-00.00		
15 Baldwin, Maccie	10 Indian River	27-11.00		
16 Oaks, Kat	11 South Lewis	27-05.00		
17 Beller, Shauna	9 Lowville	x27-04.50		
18 Ehlers, Ronni	8 South Lewis	x27-00.00		
19 House, Heather	10 Carthage	26-09.50		
20 Herbert, Natasha	9 Carthage	25-07.50		
21 Cummings, Alexandra	12 Indian River	x21-02.50		
22 Causey, Amanda	10 Indian River	x21-01.00		
23 Bellin, Judith	12 APW	20-11.00		
--- Hovendon, Sara	10 Copenhagen	ND		

Girls Shot Put

Name	Yr School	Finals	H#	Points
Finals				
1 Lettsome, Akeisha	12 South Jefferson	35-00.00		10
2 Grossman, Fantasia	12 Sandy Creek	34-07.25		8
3 Steele, Dominique	12 South Lewis	30-09.50		6
4 Benford, Chiquitta	12 Indian River	28-03.50		4
5 Ocasio, Gisela	12 Watertown	28-00.50		2
6 Race, Julia	9 South Jefferson	27-08.00		1
7 Mathis, Elaine	9 South Lewis	27-05.50		
8 Fuller, Desiree	12 Indian River	26-08.00		

Finals ... (Girls Shot Put)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr	School	Finals	H#	Points
9	Gore, Atashae	11 Indian River	25-11.00	7.89m	
10	Crowell, Christina	12 Beaver River	23-09.00	7.23m	
11	Gydesen, Lydia	10 Beaver River	23-08.00	7.21m	
12	Peck, Ashley	10 Carthage	23-06.50	7.17m	
13	Daymont, Brianna	11 South Lewis	23-06.00	7.16m	
14	Braithwaite, Amanda	12 Carthage	23-03.25	7.09m	
15	Faulkner, Willow	9 APW	23-02.00	7.06m	
16	Craig, Amber	12 South Jefferson	22-05.25	6.83m	
17	Dalbey, Alex	9 Carthage	22-04.00	6.80m	
18	Griffin, Hannah	8 South Lewis	x22-01.00	6.73m	
18	Butler, Shannon	9 Indian River	x22-01.00	6.73m	
20	Ludes, Laura	12 Beaver River	21-10.50	6.66m	
21	Frederick, Morgan	11 APW	21-09.00	6.62m	
22	Schad, Korine	11 South Jefferson	x21-02.50	6.46m	
23	VanAlstine, Sam	11 South Lewis	x20-11.25	6.38m	
24	Burgess, Delanie	9 Watertown	20-05.75	6.24m	
25	Fuller, Savannah	10 Indian River	x20-03.00	6.17m	
26	Silva, Ellen	10 Indian River	x20-00.50	6.10m	
27	Patane, Bonnie	11 APW	19-11.25	6.07m	
28	Garrison, Anna	9 Beaver River	x19-06.75	5.96m	
29	Fuller, Samantha	10 Indian River	x19-06.25	5.94m	
30	Udeshi, Gunjan	12 Watertown	18-05.00	5.61m	
31	Poore, Katlyn	9 South Lewis	x18-00.00	5.48m	
32	Mono, Miriah	9 Carthage	x17-09.00	5.41m	
33	Berrus, Veronica	10 Lowville	17-06.00	5.33m	
34	Miller, Allison	10 Sandy Creek	17-00.50	5.19m	
35	Gabriel, Sierra	9 Indian River	x17-00.25	5.18m	
36	Fritzsching, Megan	9 Carthage	x16-00.00	4.87m	
37	Baslow, Vicky	11 South Lewis	x15-04.00	4.67m	
38	Godfrey, Juliana	10 Sandy Creek	14-10.00	4.52m	

Girls Discus Throw

Name	Yr	School	Finals	H#	Points
Finals					
1	Lettsome, Akeisha	12 South Jefferson	94-10	28.90m	10
2	Grossman, Fantasia	12 Sandy Creek	92-03	28.11m	8
3	Fuller, Desiree	12 Indian River	83-08	25.50m	6
4	Mathis, Elaine	9 South Lewis	81-03	24.76m	4
5	Race, Julia	9 South Jefferson	77-08	23.67m	2
6	Daymont, Brianna	11 South Lewis	74-00	22.55m	1
7	Crowell, Christina	12 Beaver River	72-11	22.22m	
8	Ashmead, Hillary	11 Carthage	72-02	21.99m	
9	Steele, Dominique	12 South Lewis	71-01	21.66m	
10	Griffin, Hannah	8 South Lewis	x71-00	21.64m	
11	Scriber, Christina	9 APW	69-00	21.03m	
12	Frederick, Morgan	11 APW	66-01	20.14m	
13	Butler, Shannon	9 Indian River	64-10	19.76m	
14	Ludes, Laura	12 Beaver River	58-00	17.67m	
15	Silva, Ellen	10 Indian River	56-00	17.06m	
16	Craig, Amber	12 South Jefferson	54-07	16.63m	

Finals ... (Girls Discus Throw)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr School	Finals	H#	Points
17 Gydesen, Lydia	10 Beaver River	53-03		16.23m
17 Miller, Allison	10 Sandy Creek	53-03		16.23m
19 Peck, Ashley	10 Carthage	52-07		16.02m
20 Fuller, Savannah	10 Indian River	x50-10		15.49m
21 Fuller, Samantha	10 Indian River	x50-02		15.29m
22 VanAlstine, Sam	11 South Lewis	x49-08		15.13m
23 Schad, Korine	11 South Jefferson	x48-05		14.75m
24 Braithwaite, Amanda	12 Carthage	46-04		14.12m
25 Gore, Atashae	11 Indian River	x45-03		13.79m
26 Mono, Miriah	9 Carthage	x43-04		13.20m
27 Poore, Katlyn	9 South Lewis	x42-03		12.87m
28 Baslow, Vicky	11 South Lewis	x41-11		12.77m
29 Gabriel, Sierra	9 Indian River	x40-10		12.44m
30 Godfrey, Juliana	10 Sandy Creek	40-03		12.26m
31 Goncalves, Maria	12 APW	29-10		9.09m

Outdoor Pentathlon: #5 Girls 800 Meter Run Outdoor Pentathlon

Name	Yr School	Finals	H#	Points
Finals				
1 Farney, Taylor	12 Beaver River	2:44.6		521
2 Gilligan, Lauren	10 South Jefferson	2:45.0		517
3 Hartshorn, Tabatha	9 Lowville	3:02.8		340
4 Hall, Nicole	10 Beaver River	3:04.6		324
5 Bailey, Jessica	10 Indian River	3:08.0		294
6 Green, Heather	9 Indian River	3:18.0		216
7 Watson, Emilee	12 South Lewis	3:21.2		193
8 Pisaniello, Mary	11 Lowville	3:23.3		179
9 Morton, Paige	12 Indian River	3:28.2		148

Outdoor Pentathlon: #1 Girls 100 Meter Hurdles Outdoor Pentathlon

Name	Yr School	Finals	H#	Points
Finals				
1 Farney, Taylor	12 Beaver River	18.5	1	415
1 Gilligan, Lauren	10 South Jefferson	18.5	1	415
3 Morton, Paige	12 Indian River	18.9	1	377
4 Bailey, Jessica	10 Indian River	19.7	3	307
5 Pisaniello, Mary	11 Lowville	20.5	2	244
6 Hall, Nicole	10 Beaver River	21.1	3	201
7 Green, Heather	9 Indian River	21.8	2	155
7 Watson, Emilee	12 South Lewis	21.8	2	155
9 Hartshorn, Tabatha	9 Lowville	22.3	3	126

Outdoor Pentathlon: #2 Girls High Jump Outdoor Pentathlon

Name	Yr School	Finals	H#	Points
Finals				
1 Morton, Paige	12 Indian River	1.32m	4-04.00	429
2 Gilligan, Lauren	10 South Jefferson	1.27m	4-02.00	379
2 Bailey, Jessica	10 Indian River	1.27m	4-02.00	379
4 Hall, Nicole	10 Beaver River	1.22m	4-00.00	331
4 Farney, Taylor	12 Beaver River	1.22m	4-00.00	331

Finals ... (Outdoor Pentathlon: #2 Girls High Jump Outdoor Pentathlon)

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

Name	Yr School	Finals	H#	Points
4 Green, Heather	9 Indian River	1.22m 4-00.00		331
7 Hartshorn, Tabatha	9 Lowville	1.17m 3-10.00		284
8 Pisaniello, Mary	11 Lowville	1.07m 3-06.00		197
--- Watson, Emilee	12 South Lewis	NH		

Outdoor Pentathlon: #4 Girls Long Jump Outdoor Pentathlon

Name	Yr School	Finals	H#	Points
Finals				
1 Gilligan, Lauren	10 South Jefferson	3.93m 12-10.75		292
2 Farney, Taylor	12 Beaver River	3.87m 12-08.50		279
3 Morton, Paige	12 Indian River	3.82m 12-06.50		267
4 Bailey, Jessica	10 Indian River	3.73m 12-03.00		248
5 Green, Heather	9 Indian River	3.65m 11-11.75		231
6 Hall, Nicole	10 Beaver River	3.50m 11-05.75		200
7 Watson, Emilee	12 South Lewis	3.42m 11-02.75		184
8 Hartshorn, Tabatha	9 Lowville	3.20m 10-06.00		142
9 Pisaniello, Mary	11 Lowville	3.07m 10-01.00		119

Outdoor Pentathlon: #3 Girls Shot Put Outdoor Pentathlon

Name	Yr School	Finals	H#	Points
Finals				
1 Hall, Nicole	10 Beaver River	9.27m 30-05.00		482
2 Bailey, Jessica	10 Indian River	7.56m 24-09.75		371
3 Farney, Taylor	12 Beaver River	7.42m 24-04.25		362
4 Gilligan, Lauren	10 South Jefferson	7.10m 23-03.50		341
5 Hartshorn, Tabatha	9 Lowville	6.34m 20-09.75		293
6 Pisaniello, Mary	11 Lowville	6.19m 20-03.75		283
7 Morton, Paige	12 Indian River	6.03m 19-09.50		273
8 Watson, Emilee	12 South Lewis	5.59m 18-04.25		245
9 Green, Heather	9 Indian River	5.55m 18-02.50		243

Girls Outdoor Pentathlon

Name	Yr School	Finals	H#	Points
Finals				
1 Gilligan, Lauren	10 South Jefferson	1944		10
2 Farney, Taylor	12 Beaver River	1908		8
3 Bailey, Jessica	10 Indian River	1599		6
4 Hall, Nicole	10 Beaver River	1538		4
5 Morton, Paige	12 Indian River	1494		2
6 Hartshorn, Tabatha	9 Lowville	1185		1
7 Green, Heather	9 Indian River	1176		
8 Pisaniello, Mary	11 Lowville	1022		
9 Watson, Emilee	12 South Lewis	777		

Women - Team Rankings - 18 Events Scored

1) Indian River	149	2) South Jefferson	104
3) Beaver River	94	4) Lowville	88
5) South Lewis	79	6) Watertown	19
7) Sandy Creek	16	8) Carthage	8

Frontier League Championship Meet
South Jefferson - 5/21/2009
Results

9) APW

1