

The Hampshire Dome Season Best Performances-Girls (thru 2/11/22)

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Women's 55m Dash

	Name	Team	Time	Date
1	Ross, Soraya	Nashua South	7.51	1/18/2022
2	Braswell, Iyana	Nashua South	7.70	1/18/2022
3	Dillon, Kailey	Merrimack	7.73	1/18/2022
4	Kunysz, Grace	Exeter	7.76	1/10/2022
5	Lavelle, Sydney	Exeter	7.76	1/27/2022
6	Adigun, Fareedah	Salem	7.79	1/27/2022
7	Boette, Sam	Conant	7.79	2/7/2022
8	Jenkins, Lily	Portsmouth	7.79	2/11/2022
9	Sawyer, Sarah	Milford	7.86	1/18/2022
10	Mullen, Ayva	Concord	7.88	1/18/2022
11	Chirichella, Lilliana	Monadnock	7.88	2/7/2022
12	Chavda, Anushka	Coe-Brown	7.90	1/6/2022
13	Connors, Madison	Pinkerton	7.93	2/11/2022
14	Sippel, Hannah	Pinkerton	7.94	2/11/2022
15	Nada, Mariam	Portsmouth	7.96	2/11/2022

Women's 300m Dash

	Name	Team	Time	Date
1	Ross, Soraya	Nashua South	43.93	1/18/2022
2	Sippel, Hannah	Pinkerton	43.87	2/11/2022
3	Jenkin, Lilly	Portsmouth	44.15	2/11/2022
4	Connors, Madison	Pinkerton	44.51	2/11/2022
5	Tavarez, Rosalinda	Nashua North	44.68	1/18/2022
6	Kennedy, Emma	Souhegan	44.94	1/20/2022
7	Dillon, Kailey	Merrimack	44.96	1/18/2022
8	Chirichella, Lilliana	Monadnock	45.45	1/20/2022
9	Cruz, Mia	Nashua South	45.94	1/18/2022

10	Goulas, Ella	Concord	46.20	1/10/2022
11	Boette, Sam	Conant	46.59	2/7/2022
12	Lane, Nydia	Concord	46.67	1/6/2022
13	Cote, Sophia	Bishop Guertin	46.74	1/4/2022
14	Cairns, Caroline	Bishop Guertin	46.75	1/18/2022
15	Christian, Hanna	Winnacunnet	46.86	1/4/2022

Women's 600m Run

	Name	Team	Time	Date
1	Quinlan, Kylee	Winnacunnet	1:38.67	1/4/2022
2	Shepard, Hannah	Keene	1:44.07	1/4/2022
3	Doherty, Fiona	Bishop Guertin	1:44.18	12/16/2021
4	Vaillant, Whitney	Concord	1:46.84	1/27/2022
5	Silva,Contessa	Pinkerton	1:47.49	2/11/2022
6	Trudel, Chloe	Souhegan	1:48.59	1/31/2022
7	White, Elizabeth	Bishop Guertin	1:51.46	1/18/2022
8	Guardino, Sophia	Keene	1:51.61	1/27/2022
9	McDonough, Grace	Londonderry	1:51.91	2/11/2022
10	Clifford, Maitri	Winnacunnet	1:52.12	1/18/2022
11	Juris, Christina	Nashua North	1:52.13	12/16/2021
12	Herrero, Emma	Souhegan	1:52.52	12/28/2021
13	Alden, Makenna	Pinkerton	1:53.95	2/11/2022
14	Halloran, Abby	Milford	1:54.02	12/28/2021
15	Trost, Jelina	Goffstown	1:54.27	12/28/2021

Women's 1,000m Run

	Name	Team	Time	Date
1	Doherty, Fiona	Bishop Guertin	3:06.34	1/17/2022
2	Trudel, Chloe	Souhegan	3:08.21	1/4/2022
3	Braccio, Dantia	Nashua North	3:17.12	12/28/2022
4	Shepard, Hanna	Keene	3:18.69	12/28/2022
5	Guardiano, Sofia	Keene	3:19.50	1/17/2022
6	White, Elizabeth	Bishop Guertin	3:21.35	1/4/2022

7 Finn, Mary Kate	Bishop Guertin	3:21.64	1/4/2022
8 Vailant, Whitney	Concord	3:24.11	1/10/2022
9 Goulas, Abby	Concord	3:24.46	1/10/2022
10 Mariotti, Carson	Winnacunnet	3:25.43	1/17/2022
11 Pincoske, Alina	Concord	3:26.12	1/10/2022
12 Sung, Erica	Nashua North	3:28.37	1/17/2022
13 Martin, Abby	Keene	3:33.11	12/28/2022
14 Hayden, Annika	Souhegan	3:37.65	1/20/2022
15 Orleans, Amber	Exeter	3:42.05	1/10/2022

Women's 1,500m Run

	Name	Team	Time	Date
1	Doherty, Fiona	Bishop Guertin	4:52.83	1/13/2022
2	Finn, Mary-Kate	Bishop Guertin	4:58.58	12/16/2021
3	Groulx, Isabelle	Pinkerton	5:09.27	2/11/2022
4	Svendsen, Stephanie	Souhegan	5:12.97	2/11/2022
5	Brammer-DePuy, Anna	Souhegan	5:13.11	2/11/2022
6	Goulas, Abby	Concord	5:13.70	1/17/2022
7	Fisher, Sheldyn	Coe-Brown	5:15.06	1/6/2022
8	Smith, Shelly	Concord	5:15.16	1/6/2022
9	Conway, Meghan	Nashua South	5:16.57	12/16/2021
10	Guardiano, Sofia	Keene	5:17.39	2/11/2022
11	Pincoske, Alina	Concord	5:17.63	1/6/2022
12	Welch, Olivia	Pinkerton	5:24.63	2/11/2022
13	Martin, Abby	Keene	5:28.22	2/11/2022
14	Alden, Makenna	Pinkerton	5:29.24	2/11/2022
15	Thomas, Lilly	Salem	5:30.41	1/18/2022

Women's 3,000m Run*

	Name	Team	Time	Date
1	Trudel, Chloe	Souhegan	10:24.86	1/17/2022
2	Finn, Mary-Kate	Bishop Guertin	10:35.60	1/17/2022
3	Smith, Shelly	Concord	10:58.78	1/17/2022

4	Brammer-DePuy, Anna	Souhegan	11:16.32	1/17/2022
5	Svendsen, Stephanie	Souhegan	11:44.51	12/28/2021
6	Kraft, Katie	Bishop Guertin	12:07.99	1/17/2022
7	Hayden, Annika	Nashua North	12:30.15	12/28/2021

*Sub 13 minutes Only

Women's 55m Hurdles

	Name	Team	Time	Date
1	Wheaton, Jordan	Pinkerton	9.30	2/11/2022
2	Plante, Emily	Salem	9.56	1/27/2022
3	Sicard, Natalie	Coe-Brown	9.92	1/10/2022
4	Rosario, Heidy	Bishop Guertin	10.16	1/17/2021
5	Dillon, Kailey	Merrimack	10.25	1/17/2022
6	Weeks, Caroline	Portsmouth	10.34	2/11/2022
7	Ortiz, Myasiah	Nashua South	10.38	12/28/2021
8	Muller, Katherine	Concord	10.40	1/27/2022
9	Cairns, Caroline	Bishop Guertin	10.54	1/17/2022
10	O'Louglin, Lilly	Nashua South	10.63	1/4/2022
11	Castor, McKenna	Keene	10.63	1/17/2022
12	Tetreault, Samantha	Pelham	10.64	12/28/2021
13	Gatheral, Brooke	Bishop Guertin	10.69	1/17/2022
14	Wall, Zoie	Pembroke	10.69	12/28/2022
15	Doherty, Morgan	Concord	10.71	1/17/2022

Women's High Jump

	Name	Team	Mark	Date
1	Arakelian, Zoe	Portsmouth	5'4"	2/11/2022
2	Okorie, Kelechi	Nashua North	5' 2"	12/28/2021
3	O'Donnell, Molly	Alvirne	5' 1"	2/3/2022
4	Mackeen, Kiersten	Timberlane	5'0"	2/11/2022
5	Prock, Marie	Keene	5' 0"	1/4/2022
6	Dillon, Kailey	Merrimack	5' 0"	1/4/2022
7	Murrin, Audrey	Bishop Guertin	4'10"	1/13/2022
8	Mazerolle, Olivia	Nashua North	4'10"	12/16/2021

9 Luehrs, Katherine	Plymouth	4'10"	1/27/2022
10 Wheaton, Jordan	Pinkerton	4'10"	2/11/2022
11 Buzzell, Olivia	Coe-Brown	4' 8"	1/10/2022
12 Potter, Sarah	Concord	4' 8"	1/27/2022
13 Cruz, Mia	Nashua South	4'8"	2/3/2022
14 Arpin, Madison	Nashua South	4'8"	2/3/2022
15 Sicard, Natalie	Coe-Brown	4'6"	1/10/2022
15 Young, Natalie	Spaulding	4'6"	2/11/2022

Women's Shot Put

	Name	Team	Mark	Date
1	Danis, Briana	Pinkerton	36-9.0"	2/11/2022
2	Riley, Natalie	Coe-Brown	35-4.5"	1/13/2022
3	Rzasa, Alyssa	Pinkerton	32-8.25"	2/11/2022
4	Novak, Madelyn	Nashua North	32-1.25"	1/6/2022
5	Riley, Natalie	Coe-Brown	32-1.25"	1/6/2022
6	Allen, Kylie	Milford	30-5.5"	1/31/2022
7	Mosley, Ruthy	Nashua South	29-11"	1/18/2022
8	Beaton, Zakayla	Bishop Guertin	28-6"	12/16/2021
9	Abbot, Alyssa	Alvirne	28-4"	2/3/2022
10	Parshley, Marissa	Bishop Guertin	27-8.25"	1/18/2022
11	Leak, Victoria	Merrimack Valley	27-5.5"	1/10/2022
12	Roberts, Zoe Jane	Keene	27-2.75"	1/18/2022
13	Hewes, Ella	Pinkerton	26-11.75"	2/11/2022
14	Luehrs, Katherine	Plymouth	26-10.75"	2/11/2022
15	Anderson, Lilly	Merrimack	26-10"	2/3/2022

Womens 4 x 1 Lap Relay*

	Team	Relay Letter	Time	Date
1	Pinkerton	A	3:13.80	2/11/2022
2	Bishop Guertin	A	3:15.54	2/3/2022
3	Souhegan	A	3:15.93	2/3/2022
4	Nashua South	A	3:16.53	2/3/2022

5	Concord	A	3:18.16	1/27/2022
6	Alvirne	A	3:18.97	2/3/2022
7	Keene	A	3:19.79	1/18/2022
8	Pelham	A	3:22.74	2/7/2022
9	Nashua North	A	3:24.81	1/20/2022
10	Milford	A	3:25.91	1/31/2022

*Top 10

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