

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009**LRHS****Results****Girls 100 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
Finals						
1 Wesley, J		Fryeburg Academy	13.10	13.3h	1	6
2 Dole, Samantha		Lakers	13.90	13.6h	1	4
3 Samuel, Z		Fryeburg Academy		13.8h	4	3
4 Shivers, N		Fryeburg Academy	13.40	13.9h	1	2
5 Curtis, Alyssa		Lakers	14.70	14.4h	2	0.50
5 Jewel, Catherine		Sacopee	14.50	14.4h	1	0.50
7 Zagon, g		Waynflete	13.90	14.6h	1	
7 Bosworth, Elysha		Lakers	14.80	14.6h	2	
7 Vogt, g		Waynflete	14.00	14.6h	1	
10 Keller, Danielle		Lakers	15.80	15.2h	2	
11 Kelley, Keryn		Sacopee		15.5h	4	
12 Foy, Caty		Sacopee	15.90	15.8h	2	
13 Kruger, S		Fryeburg Academy		15.9h	4	
14 Williams, Abby		Sacopee	16.90	16.7h	3	

Girls 200 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Wesley, J		Fryeburg Academy	28.10	28.2h	1	6
2 Dole, Samantha		Lakers	29.30	28.3h	1	4
3 Shivers, N		Fryeburg Academy	28.90	29.1h	1	3
4 Sobel, Z		Waynflete	32.00	29.6h	3	2
5 Cowperthwaite, Kari		Lakers	30.80	29.8h	2	1
6 Wesley, D		Fryeburg Academy	29.00	30.1h	1	
7 Curtis, Alyssa		Lakers	30.40	30.2h	2	
8 Pulito, L		Fryeburg Academy		30.6h	4	
9 Shumway, Tara		Sacopee	30.80	30.7h	2	
10 Vogt, g		Waynflete	30.80	31.2h	2	
11 Bessette, g		Waynflete	31.00	31.3h	2	
12 Staples, Evelyn		Sacopee	32.90	31.9h	3	
13 Heggie, K		Fryeburg Academy		32.0h	4	
14 Bosworth, Elysha		Lakers	33.70	32.1h	3	
15 Boyd, E		Fryeburg Academy		32.5h	4	
16 Trace, C		Fryeburg Academy		32.8h	4	
17 Keller, Danielle		Lakers	34.40	33.4h	3	
18 Leavitt, Sierra		Lakers	34.90	33.6h	3	

Girls 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Hennessy, S		Fryeburg Academy	1:06.10	1:05.2h	1	6
2 Sobel, Z		Waynflete	1:08.00	1:07.1h	1	4
3 Pulito, L		Fryeburg Academy	1:07.00	1:08.8h	1	3
4 Shumway, Tara		Sacopee	1:09.90	1:09.7h	1	2
5 DiMaria, Marissa		Lakers		1:10.1h	2	1
6 Kelley, Keryn		Sacopee	1:16.40	1:15.7h	2	
7 Schnier, g		Waynflete	1:11.00	1:15.9h	2	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009**LRHS****Results****Girls 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Hannes, S		Fryeburg Academy		2:40.5h	6
2 MacGillivray, L		Fryeburg Academy		2:41.1h	4
3 Miller, G		Fryeburg Academy		2:48.0h	3
4 Staires, M		Fryeburg Academy		2:48.8h	2
5 High, g		Waynflete		2:50.5h	1
6 Black, Jacqui		Lakers	2:49.20	2:50.6h	
7 Longcope, g		Waynflete		2:57.0h	
8 Trafton, g		Waynflete		2:59.3h	
9 Pizzo, g		Waynflete		3:22.9h	
10 Niemy, Galina		Lakers	3:53.90	3:47.0h	

Girls 1600 Meter Run

Name	Year	School	Seed	Finals	Points
1 Atwood, E		Fryeburg Academy		5:48.7h	6
2 Black, Jacqui		Lakers	6:01.00	5:49.2h	4
3 Hannes, S		Fryeburg Academy		6:06.2h	3
4 High, g		Waynflete		6:10.2h	2
5 Chiaccio, L		Fryeburg Academy		6:21.1h	1
6 Trafton, g		Waynflete		6:21.3h	
7 Marquis, A		Fryeburg Academy		7:40.5h	
8 Niemy, Galina		Lakers	7:57.00	8:17.9h	

Girls 3200 Meter Run

Name	Year	School	Seed	Finals	Points
1 Atwood, E		Fryeburg Academy		14:29.5h	6
2 Richmond, Maya		Sacopee	15:04.00	15:45.7h	4
3 Chiaccio, L		Fryeburg Academy		16:22.3h	3
4 Miller, G		Fryeburg Academy		16:22.7h	2

Girls 100 Meter Hurdles

Name	Year	School	Seed	Finals	Points
1 Cowperthwaite, Kari		Lakers	17.00	17.3h	6
2 Leckie, Doe		Lakers		17.5h	4
3 Balchunas, Betsy		Lakers	18.10	17.9h	3
4 Jewel, Catherine		Sacopee	19.30	18.9h	2
-- Flagg, Hannah		Lakers	18.40	DNF	

Girls 300 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1 Downey, Maeve		Sacopee	53.40	51.6h	1	6
2 Cowperthwaite, Kari		Lakers	54.10	53.3h	1	4
3 Leckie, Doe		Lakers		54.0h	1	3
4 Jewel, Catherine		Sacopee		57.3h	2	2
5 Flagg, Hannah		Lakers	59.70	58.2h	1	1

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009

LRHS

Results

Girls 4x100 Meter Relay

School	Seed	Finals	Points
1 Lake Region High School 'A'	56.94	55.6h	6
1) Cowperthwaite, Kari	2) Dole, Samantha		
3) Curtis, Alyssa	4) Leckie, Doe		
2 Fryeburg Academy 'A'		57.2h	4
1) Wesley, D	2) Hall, M		
3) Shivers, N	4) Wesley, J		
-- Lake Region High School 'B'		X1:03.2h	
1) Keller, Danielle	2) Burgess, Shelly		
3) Kolczynski, Caitlyn	4) Bosworth, Elysha		

Girls 4x400 Meter Relay

School	Seed	Finals	Points
1 Fryeburg Academy 'A'		4:36.8h	6
1) Hannes, S	2) Pulito, L		
3) MacGillivray, L	4) Hennessy, S		
2 Lake Region High School 'A'	4:54.00	4:43.8h	4
1) Dole, Samantha	2) Curtis, Alyssa		
3) Balchunas, Betsy	4) DiMaria, Marissa		
3 Sacopee Valley High School 'A'	4:53.00	4:59.0h	2
1) Kelley, Keryn	2) Shumway, Tara		
3) Downey, Maeve	4) Pierce, Dani		

Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 Fryeburg Academy 'A'		11:13.3h	6
1) Hannes, S	2) Miller, G		
3) Staires, M	4) Atwood, E		
2 Lake Region High School 'A'	12:08.90	12:57.2h	4
1) Black, Jacqui	2) DiMaria, Marissa		
3) Swecker, Elizabeth	4) Niemy, Galina		

Girls High Jump

Name	Year School	Seed	Finals	Points
1 Heggie, K	Fryeburg Academy		4-04.00	6
2 Souza, K	Fryeburg Academy		4-02.00	4
3 Brooks, S	Fryeburg Academy		J4-00.00	2
3 Richmond, Maya	Sacopee	4-02.00	J4-00.00	3

Girls Pole Vault

Name	Year School	Seed	Finals	Points
1 Shivers, N	Fryeburg Academy		J7-00.00	3
1 Hennessy, S	Fryeburg Academy		J7-00.00	6
1 Staples, Evelyn	Sacopee	7-06.00	J7-00.00	4
4 Kluge-Edwards, Leona	Lakers	6-00.00	J6-00.00	2
4 Brown, Armella	Sacopee	7-00.00	J6-00.00	1

Waynflete, Sacoee, Fryeburg @ LR - 5/22/2009**LRHS****Results****....Girls Pole Vault**

6 Balchunas, Betsy	Lakers	5-00.00
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Girls Long Jump

Name	Year	School	Seed	Finals	Points
1 Brown, Armella		Sacoee	14-03.00	14-02.50	6
2 Richmond, Maya		Sacoee	13-00.00	J13-00.25	3
2 Downey, Maeve		Sacoee	14-02.00	J13-00.25	4
4 Hall, M		Fryeburg Academy		12-11.75	2
5 Samuel, Z		Fryeburg Academy		12-04.25	1
6 Hartwell, Cassidy		Sacoee	12-10.00	12-02.50	
7 Staples, Evelyn		Sacoee	12-11.00	11-07.50	
8 Trace, C		Fryeburg Academy		11-05.50	
9 Kruger, S		Fryeburg Academy		11-01.75	
10 Hurst, K		Fryeburg Academy		11-01.50	
11 Swecker, Elizabeth		Lakers		10-05.75	
12 Keller, Danielle		Lakers	10-08.50	10-05.25	
13 Foy, Caty		Sacoee	10-01.00	10-03.00	
14 X, Ploy		Sacoee		9-10.00	
15 Banks, Demetria		Sacoee	9-05.00	9-05.75	
16 Brooks, S		Fryeburg Academy		9-00.00	
17 Williams, Abby		Sacoee	9-02.00	8-11.75	

Girls Triple Jump

Name	Year	School	Seed	Finals	Points
1 Downey, Maeve		Sacoee	30-11.00	30-03.25	6
2 Brown, Armella		Sacoee	29-09.00	29-04.00	4
3 Hennessy, S		Fryeburg Academy		28-04.00	3
4 Richmond, Maya		Sacoee	27-01.00	26-01.75	2
5 Flagg, Hannah		Lakers	26-03.00	25-06.75	1
6 Bosworth, Elysha		Lakers	24-07.00	24-10.75	
7 Kelley, Keryn		Sacoee	23-03.00	21-11.50	

Girls Shot Put

Name	Year	School	Seed	Finals	Points
1 D'Ascanio, Lauren		Lakers	33-02.50	35-01.50	6
2 Burnell, K		Fryeburg Academy		29-10.50	4
3 Burgess, Shelly		Lakers	29-09.00	29-10.00	3
4 Gushee, H		Fryeburg Academy		28-10.00	2
5 Souza, K		Fryeburg Academy		25-02.00	1
6 Flagg, Hannah		Lakers	26-01.00	24-02.00	
7 Boyd, E		Fryeburg Academy		24-00.00	
8 van Loan, Shannon		Lakers	20-03.00	22-03.00	
9 Petersen, Ellee		Sacoee	21-06.00	22-02.50	
10 Cyr, Cyrina		Lakers	20-05.50	21-07.50	
11 Swecker, Elizabeth		Lakers	21-05.50	21-06.00	
12 Montgomery, Destiny		Sacoee	20-11.00	20-09.50	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009
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....Girls Shot Put

13 Hurst, K	Fryeburg Academy		20-01.00
14 Bukoveckas, Rachel	Sacopee	21-05.00	18-06.50
15 MacGillivray, L	Fryeburg Academy		18-00.00
16 Thorne, Sam	Sacopee	18-06.50	17-04.00
17 Atwood, E	Fryeburg Academy		16-05.00

Girls Discus Throw

Name	Year School	Seed	Finals	Points
1 Balchunas, Betsy	Lakers	93-04	101-02	6
2 Souza, K	Fryeburg Academy		96-03	4
3 Burnell, K	Fryeburg Academy		94-05	3
4 Leavitt, Sierra	Lakers	77-05	83-08	2
5 Heggie, K	Fryeburg Academy		78-07	1
6 Burgess, Shelly	Lakers	101-06	73-05	
7 Morton, Corey Lynn	Lakers	68-07	66-05	
8 Steinbuck, J	Fryeburg Academy		64-06	
9 Petersen, Ellee	Sacopee	61-05	59-08	
10 Hurst, K	Fryeburg Academy		57-00	
11 Bukoveckas, Rachel	Sacopee	63-07	55-08	
12 Gushee, H	Fryeburg Academy		53-10	
13 Talbott, Sylvia	Lakers	60-02	50-03	
14 Montgomery, Destiny	Sacopee	61-00	48-09	
15 Cyr, Cyrina	Lakers	55-07	48-07	
16 van Loan, Shannon	Lakers	56-09	48-04	
17 Thorne, Sam	Sacopee	48-00	33-11	

Girls Javelin Throw

Name	Year School	Seed	Finals	Points
1 Steinbuck, J	Fryeburg Academy		84-06	6
2 Gushee, H	Fryeburg Academy		83-05	4
3 Leavitt, Sierra	Lakers	64-01	70-10	3
4 Burnell, K	Fryeburg Academy		70-00	2
5 Burgess, Shelly	Lakers	66-05	69-00	1
6 van Loan, Shannon	Lakers	55-02	68-00	
7 Petersen, Ellee	Sacopee	63-10	60-07	
8 Cyr, Cyrina	Lakers	48-03	60-04	
9 Morton, Corey Lynn	Lakers	52-07	53-10	
10 Foy, Caty	Sacopee	45-02	49-02	
11 Banks, Demetria	Sacopee	54-09	45-10	
12 Montgomery, Destiny	Sacopee	44-09	45-09	
13 Thorne, Sam	Sacopee	38-07	42-08	
14 Talbott, Sylvia	Lakers	37-03	37-10	
15 Bukoveckas, Rachel	Sacopee	34-00	33-01	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009**LRHS****Results****Girls 1600 Meter Race Walk**

Name	Year	School	Seed	Finals	Points
1 Goforth, Emily		Sacopee	10:56.40	10:45.1h	6
2 Hartwell, Cassidy		Sacopee	11:15.40	11:01.4h	4
3 Carder, Jen		Sacopee	11:34.00	11:08.9h	3
4 Talbott, Sylvia		Lakers	11:26.30	11:28.0h	2
5 Desrosiers, A		Fryeburg Academy		11:33.2h	1

Boys 100 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Thompson, Eli		Sacopee	11.90	11.7h	1	6
2 Watson, Mitchell		Sacopee	12.00	J12.0h	1	4
2 Lacey, Tristan		Lakers	12.20	J12.0h	1	3
4 Sherpa, N		Fryeburg Academy	12.20	12.9h	1	2
5 Sprague, Jeff		Sacopee		13.4h	2	1
6 Grant, Kurtis		Sacopee		13.5h	2	
7 Shaw, Andrew		Lakers		15.4h	2	

Boys 200 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Thompson, Eli		Sacopee	25.50	24.1h	1	6
2 Benvie, Tyler		Sacopee	25.20	24.8h	1	4
3 Watson, Mitchell		Sacopee	25.40	24.9h	1	3
4 vanVliet, Matt		Lakers		25.3h	2	2
5 Zholoshev, M		Fryeburg Academy		25.4h	1	1
6 Babb, Connor		Sacopee		26.4h	4	
7 Nowinski, Kyle		Lakers		26.5h	2	
8 Garret, A		Fryeburg Academy	26.50	26.7h	1	
9 Sobel, E		Waynflete	28.00	27.0h	2	
9 LaBarge, Garrett		Lakers	27.20	27.0h	1	
11 Grant, Kurtis		Sacopee		28.9h	4	
12 Quasnitschka, Nick		Lakers		29.1h	3	
13 Nathanson, b		Waynflete	31.50	29.5h	2	
14 Shaw, Andrew		Lakers	35.40	31.7h	2	
15 Hanrahan, b		Waynflete		32.5h	4	
15 Sobel, M		Waynflete	30.00	32.5h	2	

Boys 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Verrill, Alex		Sacopee	53.60	54.8h	1	6
2 Kim, S		Fryeburg Academy	55.00	55.1h	1	4
3 Hall, K		Fryeburg Academy	57.50	59.6h	1	3
4 Babb, Connor		Sacopee		59.8h	3	1.50
4 Reed, D		Fryeburg Academy	1:00.00	59.8h	1	1.50
6 Sobel, E		Waynflete	1:00.00	1:00.4h	2	
7 Sprague, Jeff		Sacopee		1:03.2h	3	
8 Hayes, Mark		Sacopee		1:03.3h	4	
9 Newlin, b		Waynflete	1:02.00	1:03.4h	2	
10 Nathanson, b		Waynflete	1:03.00	1:06.3h	2	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009**LRHS****Results****....Boys 400 Meter Dash**

11 Grant, Kurtis	Sacopee		1:10.2h	4
12 Sobel, M	Waynflete	1:04.00	1:10.9h	2
13 Hanrahan, b	Waynflete	1:14.00	1:14.5h	2

Boys 800 Meter Run

Name	Year	School	Seed	Finals	Points
1 Eastman, S		Fryeburg Academy		2:12.4h	6
2 Nee, Logan		Sacopee	2:09.00	2:14.6h	4
3 Nee, Liam		Sacopee	2:15.00	2:14.8h	3
4 Knudsen, Dillon		Lakers	2:19.50	2:16.2h	2
5 Gleason-Hart, Noah		Sacopee	2:21.00	2:16.7h	1
6 Roy, Chris		Lakers	2:22.20	2:26.9h	
7 Watson, Nate		Sacopee		2:27.8h	
8 Hayes, Mark		Sacopee		2:28.7h	
9 Meade, D		Fryeburg Academy		2:35.2h	
10 Kremzner, E		Fryeburg Academy		2:46.8h	
11 Hebert, Corey		Sacopee		2:58.4h	

Boys 1600 Meter Run

Name	Year	School	Seed	Finals	Points
1 Eastman, S		Fryeburg Academy		4:49.7h	6
2 Hall, K		Fryeburg Academy		4:51.0h	4
3 Nee, Liam		Sacopee	4:48.00	4:58.0h	3
4 Nee, Logan		Sacopee	4:53.00	5:11.5h	2
5 Garret, A		Fryeburg Academy		5:12.1h	1
6 Roy, Chris		Lakers	5:04.10	5:12.5h	
7 Jamison, Thomas		Lakers	5:43.90	5:34.8h	
8 Reyes, G		Fryeburg Academy		5:40.5h	
9 Shelton, R		Fryeburg Academy		5:44.6h	
10 Hebert, Corey		Sacopee		5:49.6h	
11 Kremzner, E		Fryeburg Academy		5:53.6h	
12 Xiang, X		Fryeburg Academy		6:08.4h	
13 Fulton, D		Fryeburg Academy		6:43.2h	

Boys 3200 Meter Run

Name	Year	School	Seed	Finals	Points
1 Shelton, R		Fryeburg Academy		12:04.3h	6
2 Solter, C		Fryeburg Academy		12:04.8h	4
3 Carlson, Andrew		Lakers	12:41.70	12:10.0h	3
4 Garret, A		Fryeburg Academy		12:20.1h	2
5 Burke, Z		Fryeburg Academy		13:23.6h	1
6 Dembowski, Andrew		Lakers		16:12.9h	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009

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Results

Boys 110 Meter Hurdles

Name	Year	School	Seed	Finals	Points
1 Chasse, Scott		Sacopee	16.30	16.9h	6
2 Bouchey, Kenny		Sacopee	19.30	18.3h	4
3 Meredith, Dalton		Sacopee	18.00	18.4h	3
4 Streck, Anthony		Sacopee	19.40	20.2h	2

Boys 300 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1 Chasse, Scott		Sacopee	44.60	45.3h	1	6
2 Tomkinson, Zach		Lakers		46.4h	2	4
3 Bouchey, Kenny		Sacopee	46.10	47.2h	1	3
4 Meredith, Dalton		Sacopee	46.40	48.5h	1	2
5 Sherpa, N		Fryeburg Academy		53.3h	2	1

Boys 4x100 Meter Relay

School	Seed	Finals	Points
1 Sacopee Valley High School 'A' 1) Thompson, Eli 3) Whitney, Blais	47.70	47.5h	6
2 Lake Region High School 'A' 1) Nowinski, Kyle 3) Bartlett, Zackary	49.84	50.3h	4
3 Fryeburg Academy 'A' 1) Sawin, Jj 3) Pelkie, S		52.2h	2

2) Benvie, Tyler
4) Watson, Mitchell
2) Lacey, Tristan
4) Jamison, Kevin
2) Fox, K
4) Holden, J

Boys 4x400 Meter Relay

School	Seed	Finals	Points
1 Sacopee Valley High School 'A' 1) Watson, Mitchell 3) Thompson, Eli	3:44.00	3:42.3h	6
2 Fryeburg Academy 'A' 1) Kim, S 3) Eastman, S		3:51.0h	4
3 Lake Region High School 'A' 1) Roy, Chris 3) Knudsen, Dillon	4:02.70	4:19.0h	2
4 Waynflete 'A' 1) Sobel, M 3) Horror, b		4:37.1h	

2) Verrill, Alex
4) Chasse, Scott
2) Reed, D
4) Hall, K
2) Nowinski, Kyle
4) vanVliet, Matt
2) Sobel, E
4) Nathanson, b

Boys 4x800 Meter Relay

School	Seed	Finals	Points
1 Sacopee Valley High School 'A' 1) Gleason-Hart, Noah 3) Nee, Liam	9:04.00	9:02.9h	6

2) Hayes, Mark
4) Nee, Logan

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009

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Results

....Boys 4x800 Meter Relay

2 Lake Region High School 'A'	10:13.20	9:35.7h	4
1) Tomkinson, Zach	2) Carlson, Andrew		
3) Nowinski, Kyle	4) Knudsen, Dillon		
3 Fryeburg Academy 'A'		9:43.4h	2
1) Solter, C	2) Reyes, G		
3) Meade, D	4) Garret, A		

Boys High Jump

Name	Year School	Seed	Finals	Points
1 vanVliet, Matt	Lakers	5-10.00	6-00.00	6
2 Lacey, Tristan	Lakers	5-04.00	5-08.00	4
3 Whitney, Blais	Sacopee	5-08.00	5-06.00	3
4 Jamison, Thomas	Lakers	5-04.00	5-04.00	2
5 Anderson, Joe	Sacopee	5-06.00	5-02.00	1
6 Babb, Connor	Sacopee		5-00.00	
-- Verrill, Alex	Sacopee	6-00.00	NH	

Boys Pole Vault

Name	Year School	Seed	Finals	Points
1 Vacchiano, Nick	Sacopee	12-00.00	12-00.00	6
2 Quasnitschka, Nick	Lakers		J10-06.00	3
2 Lawrence, Carlton	Sacopee	10-06.00	J10-06.00	4
4 Comeau, Dustin	Sacopee	10-06.00	10-00.00	2
5 Armington, A	Fryeburg Academy		8-00.00	1
6 Rowley, Chris	Sacopee		7-06.00	
-- Elliot, Ben	Lakers		NH	

Boys Long Jump

Name	Year School	Seed	Finals	Points
1 vanVliet, Matt	Lakers	18-07.50	19-01.00	6
2 Ngoal, b	Waynflete		18-03.50	4
3 Whitney, Blais	Sacopee	19-08.00	18-00.50	3
4 Benvie, Tyler	Sacopee		17-06.00	2
5 Anderson, Joe	Sacopee	16-01.50	16-04.25	1
6 Jamison, Thomas	Lakers	16-04.50	16-00.25	
7 Benson, Joshua	Sacopee		15-11.25	
8 Jamison, Kevin	Lakers	15-05.50	15-05.50	
9 Chen, Jerry	Fryeburg Academy		15-05.00	
10 Sherpa, N	Fryeburg Academy		15-03.00	
11 Bartlett, Zackary	Lakers	16-00.00	15-02.75	
12 Sprague, Jeff	Sacopee		14-11.00	
13 Barton, Mitchell	Sacopee		14-00.50	
14 Watson, Joshua	Sacopee		13-08.00	
15 Grant, Kurtis	Sacopee		12-07.50	
16 Bishop, Joshua	Sacopee		12-05.25	
17 Hebert, Corey	Sacopee		8-01.25	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009**LRHS****Results****Boys Triple Jump**

Name	Year School	Seed	Finals	Points
1 vanVliet, Matt	Lakers	38-03.00	40-05.50	6
2 Verrill, Alex	Sacopee	39-07.50	39-11.50	4
3 Lacey, Tristan	Lakers	37-09.00	38-00.50	3
4 Whitney, Blais	Sacopee	39-02.00	37-04.50	2
5 Anderson, Joe	Sacopee	33-06.50	36-01.25	1
6 Tomkinson, Zach	Lakers	36-09.50	36-00.25	
7 Chasse, Scott	Sacopee	37-06.00	35-10.00	
8 Vacchiano, Nick	Sacopee	35-05.50	34-03.25	
9 Benson, Joshua	Sacopee		34-00.00	
10 Bartlett, Zackary	Lakers	32-04.50	33-08.25	
11 Jamison, Kevin	Lakers	31-07.00	33-03.00	
12 Lawrence, Carlton	Sacopee		31-06.25	
13 Barton, Mitchell	Sacopee	31-07.00	30-09.50	

Boys Shot Put

Name	Year School	Seed	Finals	Points
1 Sawin, Jj	Fryeburg Academy		41-00.00	6
2 Fox, K	Fryeburg Academy		36-02.00	4
3 Holden, J	Fryeburg Academy		33-09.00	3
4 Babb, Connor	Sacopee	33-06.50	31-04.50	2
5 LaBarge, Garrett	Lakers	30-07.00	31-04.00	1
6 Dembowski, Andrew	Lakers	33-03.00	31-00.00	
7 LeBorgne, Lucas	Sacopee		30-09.50	
8 Benson, Joshua	Sacopee	33-06.00	30-02.00	
9 Meyers, Matt	Sacopee	31-04.00	29-03.50	
10 Chasse, Sam	Sacopee		29-00.00	
10 Nicholson, Ricky	Sacopee		29-00.00	
12 Pelkie, S	Fryeburg Academy		28-04.00	
13 Perry, C	Fryeburg Academy		28-00.50	
14 Wiley, Steven	Lakers	28-07.00	27-11.50	
15 Anderson, Mike	Sacopee		27-04.00	
16 Martin, C	Fryeburg Academy		27-03.00	
17 Nowinski, Alex	Lakers		26-04.00	
18 Perkins, Matthew	Sacopee		25-03.00	
19 Leavitt, D	Fryeburg Academy		23-02.50	
20 Locklin, Nate	Sacopee		23-02.00	
21 Shaw, Andrew	Lakers	20-09.00	19-08.00	

Boys Discus Throw

Name	Year School	Seed	Finals	Points
1 Tomkinson, Zach	Lakers	107-00	114-02	6
2 Sawin, Jj	Fryeburg Academy		113-08	4
3 Fox, K	Fryeburg Academy		103-04	3
4 Holden, J	Fryeburg Academy		97-06	2
5 Chasse, Sam	Sacopee		86-04	1
6 Meyers, Matt	Sacopee	94-06	85-01	
7 Dembowski, Andrew	Lakers	82-06.50	75-04	
8 Pelkie, S	Fryeburg Academy		74-04	
9 Anderson, Mike	Sacopee		73-07	

Waynflete, Sacopee, Fryeburg @ LR - 5/22/2009
LRHS
Results

....Boys Discus Throw

10	Wiley, Steven	Lakers	78-10	72-06
11	LeBorgne, Lucas	Sacopee		71-09
12	Nicholson, Ricky	Sacopee	89-01	71-06
13	Locklin, Nate	Sacopee		70-04
14	Pitman, R	Fryeburg Academy		68-11
15	LaBarge, Garrett	Lakers	67-06	68-10
16	Perry, C	Fryeburg Academy		68-01
17	Leavitt, D	Fryeburg Academy		67-00
18	Martin, C	Fryeburg Academy		65-01
19	Large, Hans	Sacopee		64-09
20	Ray, E	Fryeburg Academy		54-02
21	Nowinski, Alex	Lakers		50-11

Boys Javelin Throw

Name	Year	School	Seed	Finals	Points
1	O'Donnell, Riley	Sacopee	130-01	127-07	6
2	Fox, K	Fryeburg Academy		126-09	4
3	Zholoshev, M	Fryeburg Academy		124-00	3
4	Healey, Adam	Sacopee	120-06	113-09	2
5	Holden, J	Fryeburg Academy		112-07	1
6	LaBarge, Garrett	Lakers	88-06	108-10	
7	Large, Hans	Sacopee		107-08	
8	Pitman, R	Fryeburg Academy		104-00	
9	Dembowski, Andrew	Lakers	93-05	102-03	
10	Meade, D	Fryeburg Academy		92-04	
11	Pelkie, S	Fryeburg Academy		88-07	
12	Anderson, Mike	Sacopee		84-04	
13	Wiley, Steven	Lakers	77-09	82-00	
14	Watson, Joshua	Sacopee		71-00	
15	Ray, E	Fryeburg Academy		68-05	
16	Nowinski, Alex	Lakers		64-07	
17	Leavitt, D	Fryeburg Academy		63-06	
18	Shaw, Andrew	Lakers		53-06	

Boys 1600 Meter Race Walk

Name	Year	School	Seed	Finals	Points
1	O'Donnell, Riley	Sacopee	8:38.00	8:31.1h	6
2	Shelton, R	Fryeburg Academy		8:33.0h	4
3	Mixer, Duncan	Sacopee	9:48.60	9:24.0h	3
4	Healey, Adam	Sacopee	9:29.10	10:10.6h	2
5	Fulton, D	Fryeburg Academy		10:31.6h	1
6	Watson, Joshua	Sacopee	10:29.00	10:41.8h	