

**2023 Colonial Athletic League - 5/22/2023**

**Track & Field Championships**

**Assabet Valley Regional**

**Results**

**Event 1 Girls High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sophia Falconer	10	Bay Path Rvt	4-10.00 10
2 Maia Tyra	11	Blackstone V	4-08.00 8
3 Peyton Knott	11	Assabet Vall	4-06.00 5
3 Kennedy Gustafson	11	Parker Chart	4-06.00 5
5 Aniya Barnett	11	Worcester Te	J4-06.00 2
6 Kahlia Parker	11	Worcester Te	4-04.00 0.5
6 Melanie Gitau	10	Worcester Te	4-04.00 0.5
8 Sarah Rogers	11	Parker Chart	J4-04.00
9 Meredith Clark	11	Bay Path Rvt	J4-04.00
10 Salma Menkari	12	Adv. Math an	J4-02.00
11 Joy Ellsworth	10	Montachusett	J4-02.00
12 Mecheanise Calo Resto	9	Bay Path Rvt	4-00.00
--- Ruth Puterbaugh	10	Parker Chart	NH
--- Marianna Tsianatalis	7	Adv. Math an	NH
--- Jaileiz Esquilin	9	Abby Kelley	NH
--- Molly Danner	10	Blackstone V	NH
--- Isabel Cahill	12	Blackstone V	NH

**Event 3 Girls Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Alexis Angelini	12	Montachusett	80-11 10
2 Isabella Scavone	10	Adv. Math an	80-00 8
3 Sarah Rogers	11	Parker Chart	79-10 6
4 Cassi Doyle	9	Blackstone V	70-09 4
5 Bino Silva	11	Keefe Techni	J70-08 2
6 Caitlyn Kelly	9	Blackstone V	J70-08 1
7 Luana Grau-Moura	12	Adv. Math an	68-00
8 Talacia Bellofatto	9	Keefe Techni	67-06
9 Meadow McKinnon	11	Keefe Techni	67-03
10 Mary Zouharis	11	Assabet Vall	65-05
11 Chrys Olsen	8	Parker Chart	65-03
12 Judith Adu	12	Worcester Te	60-04
13 Janet Asiamah	10	Abby Kelley	59-07
14 Jane Ihechukwu	10	Adv. Math an	57-04
15 Precious Muchiri	9	Abby Kelley	56-06
16 Gabrielle Gannon	9	Blackstone V	56-04
17 Angevin Argow-Sniderman	11	Parker Chart	51-07
18 Funbi Fatoke	10	Worcester Te	50-04
19 Akua Asamoah-Addo	10	Abby Kelley	40-07
20 Avarie Beauchamp	11	Bay Path Rvt	39-07

**Event 6 Girls Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Grace Bleakney	12	Adv. Math an	34-03.00 10
2 Alexis Angelini	12	Montachusett	31-01.50 8
3 Aysha Silva	9	Adv. Math an	28-08.00 6
4 Luana Grau-Moura	12	Adv. Math an	27-06.00 4
5 Ava Soderman	11	Parker Chart	27-05.00 2
6 Janet Asiamah	10	Abby Kelley	24-09.50 1

7 Ericka Lizotte	9	Blackstone V	J23-10.00
8 Cassi Doyle	9	Blackstone V	J23-10.00
9 Judith Adu	12	Worcester Te	23-07.00
10 Akua Asamoah-Addo	10	Abby Kelley	J23-05.00
11 Makayla Ofori	9	Abby Kelley	J23-05.00
12 Chrys Olsen	8	Parker Chart	22-07.50
13 Funbi Fatoke	10	Worcester Te	22-00.00
14 Alannah Doyle	9	Blackstone V	20-07.00
15 Mary Zouharis	11	Assabet Vall	17-09.00
16 Alexis Moriarty	12	Montachusett	17-01.50
17 Amelia White	10	Bay Path Rvt	16-05.50
18 Maria Cintron	9	Bay Path Rvt	14-10.00
19 Talacia Bellofatto	9	Keefe Techni	14-08.00
20 Sofia Dos Santos	10	Worcester Te	14-03.50
21 Kaitlin Dowds	8	Parker Chart	13-11.00

**Event 8 Girls Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Haley Bilodeau	10	Blackstone V	86-03 10
2 Hailey Litjelusche	12	Blackstone V	86-01 8
3 Jenna Olson	12	Adv. Math an	84-07 6
4 Katelyn Steele	12	Blackstone V	79-03 4
5 Grace Bleakney	12	Adv. Math an	78-03 2
6 Avarie Beauchamp	11	Bay Path Rvt	77-07 1
7 Bino Silva	11	Keefe Techni	77-05
8 Hope Davis	11	Parker Chart	76-00
9 Lixion Koumbai	11	Worcester Te	74-05
10 Terry Simon	12	Bay Path Rvt	71-09
11 Nhilynn Reyes	11	Worcester Te	62-10
12 Anna-Clara DeSouza	9	Keefe Techni	60-06
13 Shea Sanderson	10	Parker Chart	60-01
14 Meadow McKinnon	11	Keefe Techni	59-10
15 Delara Panahi	12	Adv. Math an	59-07
16 Praisey Baidoo	10	Worcester Te	57-01
17 Bailey Tetreault	9	Montachusett	56-06
18 Cecilia Hall	9	Montachusett	54-04
19 Brianna Brink	9	Bay Path Rvt	53-01
20 Chantell Njoroge	10	Abby Kelley	52-09
21 Layomi Akintan	10	Abby Kelley	52-06
22 Gracie Condon	8	Parker Chart	52-02
23 Jaileiz Esquilin	9	Abby Kelley	49-00
24 Sydney Yorston	10	Assabet Vall	47-01
25 Isla Marija Bukow	11	Assabet Vall	44-11
26 Karry Carvalho	9	Assabet Vall	34-09

**Event 9 Girls Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Valerie Asare	11	Worcester Te	15-11.50 10
2 Kaitlyn Daykin	9	Montachusett	14-09.00 8
3 Joy Ellsworth	10	Montachusett	14-05.50 6
4 Kinsley Kline	9	Parker Chart	J14-00.50 4
5 Stacy Sam	10	Worcester Te	J14-00.50 2
6 Jessica Zanchi	9	Keefe Techni	J14-00.50 1

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**Finals ... (Event 9 Girls Long Jump)**

Name	Yr	School	Finals
7 Sophia Falconer	10	Bay Path Rvt	13-11.50
8 Jada Guo	11	Adv. Math an	13-11.00
9 Avery Herrick	11	Blackstone V	13-07.00
10 Trysta Lamarche	11	Blackstone V	13-04.25
11 Aaliyah Perez	9	Keefe Techni	J13-02.50
12 Zoey Savitzky	10	Assabet Vall	J13-02.50
13 Sophia Martinez	11	Adv. Math an	13-00.50
13 Kaelyn McGee	9	Keefe Techni	13-00.50
15 Laila L'Bahy	9	Parker Chart	12-11.00
16 Ryleigh Dufour	10	Montachusett	12-10.50
17 Evelyn Majovski	11	Worcester Te	12-09.00
18 Natalie Ingles	9	Bay Path Rvt	12-08.00
19 Autumn Herrick	12	Blackstone V	12-07.50
20 Emily Corey	9	Bay Path Rvt	12-04.50
21 Marianna Tsianatalis	7	Adv. Math an	12-02.00
22 Rayna Ferlin	9	Parker Chart	12-00.50
23 Danika McLaughlin	11	Assabet Vall	11-10.00
24 Kimora Kuffour	9	Abby Kelley	11-07.50
25 Karen Koranteng	9	Abby Kelley	11-07.25
26 Mame-Yaa Owusu	9	Abby Kelley	10-01.00
--- Alex Millen	11	Keefe Techni	FOUL
--- Bella Sayarath	9	Montachusett	FOUL

**Event 11 Girls Triple Jump**

Name	Yr	School	Finals
1 Kinsley Kline	9	Parker Chart	32-08.50 10
2 Kennedy Gustafson	11	Parker Chart	32-04.00 8
3 Avery Herrick	11	Blackstone V	31-06.50 6
4 Valerie Asare	11	Worcester Te	30-07.00 4
5 Kaitlyn Daykin	9	Montachusett	30-03.00 2
6 Jada Guo	11	Adv. Math an	30-00.00 1
7 Aniya Barnett	11	Worcester Te	29-11.50
8 Sophia Martinez	11	Adv. Math an	29-05.50
9 Mecheanise Calo Resto	9	Bay Path Rvt	29-04.50
10 Abigail Kibaru	11	Bay Path Rvt	28-03.50
11 Alex Millen	11	Keefe Techni	28-02.50
12 Jessica Zanchi	9	Keefe Techni	28-00.50
13 Arie yana Robinson	11	Worcester Te	J27-02.50
14 Cinayah Williams	10	Keefe Techni	J27-02.50
15 Ryleigh Dufour	10	Montachusett	26-11.50
16 Rayna Ferlin	9	Parker Chart	26-08.50
17 Danika McLaughlin	11	Assabet Vall	26-00.50
18 Bella Sayarath	9	Montachusett	25-11.00
19 Alexis Moody	9	Bay Path Rvt	25-02.50
20 Ava Mills	11	Blackstone V	25-00.25
21 Adylenis Perez	10	Abby Kelley	24-11.50
22 Annaliese Blesser Bonsu	9	Abby Kelley	23-02.50
23 Anisha Peri	10	Adv. Math an	23-02.00
24 Molly Danner	10	Blackstone V	22-06.50
--- Stacey Twum-Bariamah	9	Abby Kelley	FOUL

**Event 13 Girls 2 Mile Run**

Name	Yr	School	Finals
1 Chloe Vescio	11	Blackstone V	12:41.94 10
2 Hannah Veracka	12	Adv. Math an	12:48.32 8
3 Rosalia Martinez	9	Adv. Math an	12:58.05 6
4 Juliana Fernandez	12	Worcester Te	13:45.30 4
5 Lily Chen	10	Montachusett	14:06.73 2
6 Emilly Moura	12	Parker Chart	14:08.07 1
7 Jessica Calle Ali	11	Worcester Te	14:15.09
8 Camille Graffeo	12	Assabet Vall	14:33.94
9 Genevieve Kovolyan	9	Blackstone V	14:53.58
10 Meredith Clark	11	Bay Path Rvt	15:05.79
11 Heidi Lewis	8	Parker Chart	15:21.52
12 Taylor Holzer	10	Parker Chart	15:31.92
13 Gabby Bourassa	11	Adv. Math an	16:17.77
14 Kiyomi Erickson	11	Keefe Techni	18:31.11

**Event 15 Girls 100 Meter Hurdles**

Name	Yr	School	Finals
1 Haley Bilodeau	10	Blackstone V	16.91 10
2 Salma Menkari	12	Adv. Math an	19.41 8
3 Kylee-ann McAllister	9	Montachusett	19.60 6
4 Marianna Tsianatalis	7	Adv. Math an	19.64 4
5 Mecheanise Calo Resto	9	Bay Path Rvt	20.09 2
6 Deborah Oluokun	9	Keefe Techni	20.46 1
7 Habibatou Diallo	10	Worcester Te	20.49
8 Sarah Rogers	11	Parker Chart	20.98
9 Abigail Kibaru	11	Bay Path Rvt	21.18
10 Natalie Ingles	9	Bay Path Rvt	21.24
11 Trysta Lamarche	11	Blackstone V	21.26
12 Angevin Argow-Snideman	11	Parker Chart	21.36
13 Harmony Melendez-Torres	10	Blackstone V	21.79
14 Mame-Yaa Owusu	9	Abby Kelley	22.27
15 Bino Silva	11	Keefe Techni	22.63
16 Linda Eshia	11	Worcester Te	22.66
17 Karen Koranteng	9	Abby Kelley	22.97
18 Faith Harrington	9	Assabet Vall	24.21
--- Arie yana Robinson	11	Worcester Te	FS

**Event 17 Girls 100 Meter Dash**

Name	Yr	School	Finals
1 Valerie Asare	11	Worcester Te	12.99 10
2 Grace Shields	9	Blackstone V	13.30 8
3 Cecilia Hall	9	Montachusett	13.51 6
4 Kaitlyn Daykin	9	Montachusett	13.53 4
5 Jada Guo	11	Adv. Math an	13.79 2
6 Aysha Silva	9	Adv. Math an	13.80 1
7 Kaelyn McGee	9	Keefe Techni	13.94
8 Jaylan Camara	9	Adv. Math an	14.14
9 Madelyn Kalajian	10	Blackstone V	14.19
10 Sophie Brazell	10	Parker Chart	14.28

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**Finals ... (Event 17 Girls 100 Meter Dash)**

Name	Yr	School	Finals
11 Hilary Arthur	10	Worcester Te	14.30
12 Sophia Falconer	10	Bay Path Rvt	14.31
13 Kennedy Gustafson	11	Parker Chart	14.34
14 Nhilynn Reyes	11	Worcester Te	14.40
15 Raquel Valente	9	Montachusett	14.44
16 Cecelia Dualu	9	Blackstone V	14.66
17 Ayla McGrail	10	Bay Path Rvt	14.87
18 Briana Adjei	10	Abby Kelley	15.03
19 Meadow McKinnon	11	Keefe Techni	15.17
20 Cinayah Williams	10	Keefe Techni	15.43
21 Adylenis Perez	10	Abby Kelley	15.66
22 Delaney Rezac	8	Parker Chart	15.66
23 Kimora Kuffour	9	Abby Kelley	16.38
24 Terry Simon	12	Bay Path Rvt	17.15

**Event 19 Girls 1 Mile Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Peyton Knott	11	Assabet Vall	5:43.16 10
2 Katie Massey	10	Adv. Math an	5:44.69 8
3 Laney Beahn	11	Blackstone V	5:44.69 6
4 Mara Keane	10	Blackstone V	5:48.58 4
5 Isabella Generelli	11	Worcester Te	5:49.47 2
6 Hannah Veracka	12	Adv. Math an	6:07.72 1
7 Ava Georger	9	Adv. Math an	6:13.58
8 Trisuli Mitchell	10	Parker Chart	6:22.37
9 Mía Guadagnoli	12	Blackstone V	6:22.82
10 Elsa Pierpont	8	Parker Chart	6:29.22
11 Noemi Loggins-Wuensch	9	Parker Chart	6:33.69
12 Lily Chen	10	Montachusett	6:48.76
13 Mairipaz Ramos	11	Keefe Techni	7:06.20
14 Emily Corey	9	Bay Path Rvt	7:07.22
15 Esmeralda Velez	9	Bay Path Rvt	7:34.80
16 Rupa Garujel	10	Worcester Te	7:35.37
17 Kathleen McManus	11	Assabet Vall	7:45.84
18 Hawa Amadou	12	Worcester Te	8:14.40
19 Karry Carvalho	9	Assabet Vall	8:18.63

**Event 21 Girls 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Emma Guadagnoli	12	Blackstone V	59.47 10
2 Dashley Cajuste	9	Parker Chart	1:04.09 8
3 Stacy Sam	10	Worcester Te	1:07.91 6
4 Shivani Ross	10	Adv. Math an	1:09.53 4
5 Alex Millen	11	Keefe Techni	1:10.00 2
6 Bailey Tetreault	9	Montachusett	1:11.07 1
7 Summer Goyette	7	Parker Chart	1:11.63
8 Autumn Herrick	12	Blackstone V	1:11.88
9 Maria Dasilva	11	Worcester Te	1:12.33
10 Antoinette Nsengiyumva	10	Blackstone V	1:13.41
11 Sophia Martinez	11	Adv. Math an	1:13.66
12 Abigail Kibaru	11	Bay Path Rvt	1:13.66

13 Michelle Ihechukwu	9	Adv. Math an	1:14.32
14 Asher Ash	9	Montachusett	1:14.43
15 Jackie Manu	9	Abby Kelley	1:15.95
16 Alisha Gastonguay	9	Montachusett	1:16.09
17 Brianna Brink	9	Bay Path Rvt	1:17.36
18 Stacey Twum-Bariamah	9	Abby Kelley	1:18.11
19 Eva Lombardi	10	Bay Path Rvt	1:18.79
20 Angeli Ramos	9	Worcester Te	1:21.28
21 Sameidy Echeverria	10	Keefe Techni	1:21.52
22 Thea Ferlin	7	Parker Chart	1:21.65
23 Julissa Torres	9	Keefe Techni	1:21.81
24 Annaliese Blessor Bonsu	9	Abby Kelley	1:22.14
25 Isla Marija Bukow	11	Assabet Vall	1:36.41
26 Mary Zouharis	11	Assabet Vall	1:39.96

**Event 23 Girls 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Worcester Technical	A	54.38 10
2 Blackstone V	A	55.46 8
3 Montachusett Rvt	A	56.09 6
4 Parker Chart	A	56.45 4
5 Keefe Technical	A	57.10 2
6 Adv. Math an	A	57.20 1
7 Abby Kelley Foster	A	59.19
8 Bay Path Rvt	A	1:01.03
9 Assabet Valley	A	1:07.78

**Event 25 Girls 400 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Haley Bilodeau	10	Blackstone V	1:11.56 10
2 Bella Sayarath	9	Montachusett	1:12.79 8
3 Jessica Zanchi	9	Keefe Techni	1:14.61 6
4 Salma Menkari	12	Adv. Math an	1:17.25 4
5 Marianna Tsianatalis	7	Adv. Math an	1:21.45 2
6 Sarah Rogers	11	Parker Chart	1:23.01 1
7 Meredith Clark	11	Bay Path Rvt	1:26.65
8 Zoey Savitzky	10	Assabet Vall	1:26.85
9 Alice Rosa	11	Blackstone V	1:27.55
10 Avery Corriveau	9	Worcester Te	1:27.78
11 Aylana Majeed	10	Worcester Te	1:28.65
12 Rosalia Martinez	9	Adv. Math an	1:30.25
13 Harmony Melendez-Torres	10	Blackstone V	1:30.38
14 Deborah Oluokun	9	Keefe Techni	1:32.29
15 Alexis Moody	9	Bay Path Rvt	1:35.24
16 Danika McLaughlin	11	Assabet Vall	1:38.57
17 Janelle Attafah	8	Abby Kelley	1:42.05
18 Tessa Bielak	11	Keefe Techni	1:48.77
19 Rayna Ferlin	9	Parker Chart	1:58.88

**Event 27 Girls 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Emma Guadagnoli	12	Blackstone V	2:26.62 10

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**Finals ... (Event 27 Girls 800 Meter Run)**

Name	Yr	School	Finals
2	Isabella Generelli	11 Worcester Te	2:32.41 8
3	Katie Massey	10 Adv. Math an	2:34.36 6
4	Peyton Knott	11 Assabet Vall	2:35.32 4
5	Lixion Koumbai	11 Worcester Te	2:38.15 2
6	Laney Beahn	11 Blackstone V	2:40.20 1
7	Holly Beaman	9 Montachusett	2:41.27
8	Juliana Fernandez	12 Worcester Te	2:47.26
9	Maia Tyra	11 Blackstone V	2:49.23
10	Elsa Pierpont	8 Parker Chart	2:56.42
11	Mairipaz Ramos	11 Keefe Techni	2:57.99
12	Ava Soderman	11 Parker Chart	3:08.77
13	Sophia Martinez	11 Adv. Math an	3:10.15
14	Maggie Steiner	10 Keefe Techni	3:15.73
15	Esmeralda Velez	9 Bay Path Rvt	3:18.66
16	Kamila Silva	10 Keefe Techni	3:26.93
17	Jaileiz Esquilin	9 Abby Kelley	3:41.35
18	Nada Tahan	10 Abby Kelley	4:02.66

6	Keefe Technical	A	5:23.25	1
7	Bay Path Rvt	A	5:28.67	
8	Assabet Valley	A	5:31.02	
9	Abby Kelley Foster	A	5:33.08	

**Women - Team Rankings - 16 Events Scored**

1)	Blackstone Valley Voc/Tech	129
2)	Adv. Math and Science Academy	94
3)	Montachusett RVT	81
4)	Worcester Technical	79
5)	Parker Charter Essential	55
6)	Keefe Technical	25
7)	Assabet Valley	19
8)	Bay Path RVT	13
9)	Abby Kelley Foster	1

**Event 29 Girls 200 Meter Dash**

Name	Yr	School	Finals
1	Jessica Zanchi	9 Keefe Techni	27.48 10
2	Kaitlyn Daykin	9 Montachusett	27.88 8
3	Aniya Barnett	11 Worcester Te	28.49 6
4	Kahlia Parker	11 Worcester Te	28.68 4
5	Hope Davis	11 Parker Chart	28.71 2
6	Pricille Blega	10 Blackstone V	29.61 1
7	Mecheanise Calo Resto	9 Bay Path Rvt	29.70
8	Joy Ellsworth	10 Montachusett	29.76
9	Olivia Guido	9 Blackstone V	29.90
10	Kennedy Gustafson	11 Parker Chart	30.13
11	Habibatou Diallo	10 Worcester Te	30.35
12	Mia Guadagnoli	12 Blackstone V	30.37
13	Aaliyah Perez	9 Keefe Techni	30.92
14	Natalie Ingles	9 Bay Path Rvt	31.93
15	Isabella Duque	9 Adv. Math an	32.05
16	Jenna Olson	12 Adv. Math an	32.47
17	Alexis Moriarty	12 Montachusett	32.77
18	Adylenis Perez	10 Abby Kelley	33.36
19	Janelle Sefah	10 Abby Kelley	33.59
20	Maya Ortiz	10 Bay Path Rvt	34.53
21	Aleah Brink	9 Bay Path Rvt	34.65
22	Leilani Muji	10 Abby Kelley	36.74
23	Vitoria Ferraz	11 Keefe Techni	41.70

**Event 31 Girls 4x400 Meter Relay**

Team	Relay	Finals
1	Blackstone V	A 4:39.06 10
2	Worcester Technical	A 4:39.58 8
3	Montachusett Rvt	A 4:42.54 6
4	Parker Chart	A 4:44.04 4
5	Adv. Math an	A 5:13.86 2