



NYSPHSAA Section 3 Season Best List

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| Girls' 55m Dash | | | | | | |
|-----------------|-------------------|----|-----------------------|------|-------|---|
| 1 | Jessica RAZY | 11 | Rome Free Academy | 7.37 | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Krystal BOYD | 12 | Corcoran | 7.43 | 2/27 | NYHS Section III State Meet Qualifier |
| 3 | Victoria SAKAL | 11 | Skaneateles | 7.49 | 2/9 | NYHS Section III Indoor Championships |
| 4 | Christina MONROE | 12 | Proctor | 7.55 | 1/30 | MVITA Invitational |
| 5 | Melissa ZAJDEL | 12 | CBA | 7.56 | 1/10 | Southern Tier Invitational |
| 6 | Marae TEARNEY | 11 | Jamesville-Dewitt | 7.60 | 2/27 | NYHS Section III State Meet Qualifier |
| 6 | Ashley PALMER | 10 | Phoenix | 7.60 | 2/9 | NYHS Section III Indoor Championships |
| 8 | Tiffany PARKER | 12 | Auburn | 7.63 | 2/16 | CNYCL & OHSL Championships |
| 9 | Hilary BAKER | 11 | Rome Free Academy | 7.69 | 1/17 | Stanner Games |
| 9 | Erica COLE | 10 | Tully | 7.69 | 2/27 | NYHS Section III State Meet Qualifier |
| 11 | Macee BONOFOSKI | 11 | Pulaski | 7.72 | 2/5 | George Costantino Memorial Invitational |
| 11 | Nicole SANGIACOMO | 12 | CBA | 7.72 | 2/16 | CNYCL & OHSL Championships |
| 11 | Macee BONOFFSKI | 11 | Pulaski | 7.72 | 2/27 | NYHS Section III State Meet Qualifier |
| 14 | Angelice TEARNEY | 11 | Corcoran | 7.77 | 2/9 | NYHS Section III Indoor Championships |
| 15 | Shy SAFFOLD | 12 | Nottingham | 7.79 | 2/9 | NYHS Section III Indoor Championships |
| 16 | Rebecca BALDUZZI | 12 | Solvay | 7.82 | 2/9 | NYHS Section III Indoor Championships |
| 17 | Taylor GAIT | 9 | CBA | 7.84 | 2/9 | NYHS Section III Indoor Championships |
| 18 | Harmony CROSS | 12 | Liverpool | 7.88 | 2/9 | NYHS Section III Indoor Championships |
| 18 | Armani MOORE | 10 | Liverpool | 7.88 | 2/5 | George Costantino Memorial Invitational |
| 18 | Anjoua PERRYMAN | 11 | Fowler | 7.88 | 2/9 | NYHS Section III Indoor Championships |
| 21 | Nashyra ODOMS | 12 | Nottingham | 7.89 | 2/9 | NYHS Section III Indoor Championships |
| 22 | Alana HOTCHKISS | 12 | Cicero-North Syracuse | 7.90 | 1/10 | Southern Tier Invitational |
| 23 | Eliza PARKER | 11 | Oswego | 7.98 | 2/5 | George Costantino Memorial Invitational |
| 24 | Jordan ARMSTRONG | 11 | Oneida | 8.01 | 2/9 | NYHS Section III Indoor Championships |
| 25 | Linsay ROYER | 11 | Jamesville-Dewitt | 8.03 | 2/5 | George Costantino Memorial Invitational |
| 25 | Sarah DEAN | 9 | Cicero-North Syracuse | 8.03 | 1/21 | Bob Grieve Memorial Invitational |
| 25 | Ashley RUFFIN | 10 | Corcoran | 8.03 | 12/20 | CNYITA Christmas Relays |



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| Girls' 300m Dash | | | | | | |
|------------------|------------------|----|-----------------------|-------|------|---------------------------------------|
| 1 | Melissa ZAJDEL | 12 | CBA | 41.32 | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Christina MONROE | 12 | Proctor | 41.83 | 1/21 | Bob Grieve Memorial Invitational |
| 3 | Tiffany PARKER | 12 | Auburn | 42.71 | 2/27 | NYHS Section III State Meet Qualifier |
| 4 | Jess MARINI | 12 | Fayetteville-Manlius | 42.83 | 2/9 | NYHS Section III Indoor Championships |
| 5 | Jessica RAZY | 11 | Rome Free Academy | 43.06 | 2/16 | CNYCL & OHSL Championships |
| 6 | Taylor GAIT | 9 | CBA | 43.31 | 1/17 | Stanner Games |
| 7 | Katie BOTT | 11 | West Genesee | 43.42 | 2/9 | NYHS Section III Indoor Championships |
| 8 | Victoria SAKAL | 11 | Skaneateles | 43.43 | 1/21 | Bob Grieve Memorial Invitational |
| 9 | Amy SLEEPER | 12 | New Hartford | 43.89 | 2/9 | NYHS Section III Indoor Championships |
| 10 | Rebecca BALDUZZI | 12 | Solvay | 44.23 | 2/9 | NYHS Section III Indoor Championships |
| 11 | Wan'que GREEN | 12 | Corcoran | 44.24 | 2/16 | CNYCL & OHSL Championships |
| 12 | Renee KOCH | 11 | Onondaga | 44.40 | 2/27 | NYHS Section III State Meet Qualifier |
| 13 | Linsay ROYER | 11 | Jamesville-Dewitt | 44.51 | 2/9 | NYHS Section III Indoor Championships |
| 14 | Sarah WIATR | 9 | West Canada Valley | 44.69 | 2/9 | NYHS Section III Indoor Championships |
| 15 | Nachez BROWN | 12 | Liverpool | 44.86 | 2/9 | NYHS Section III Indoor Championships |
| 16 | Natalie MANNION | 11 | Jamesville-Dewitt | 45.02 | 2/9 | NYHS Section III Indoor Championships |
| 17 | Jamie RYAN | 10 | Cicero-North Syracuse | 45.06 | 1/17 | Stanner Games |
| 18 | Gabby CONANT | 10 | Tully | 45.12 | 2/9 | NYHS Section III Indoor Championships |
| 19 | Alexis FILES | 11 | Oswego | 45.17 | 2/27 | NYHS Section III State Meet Qualifier |
| 20 | Alana HOTCHKISS | 12 | Cicero-North Syracuse | 45.35 | 1/21 | Bob Grieve Memorial Invitational |
| 21 | Morgan COOPER | 10 | Fulton | 45.51 | 2/16 | CNYCL & OHSL Championships |
| 22 | Eileen FORD | 11 | Skaneateles | 45.61 | 2/9 | NYHS Section III Indoor Championships |
| 23 | Alex SEABURY | 10 | Fayetteville-Manlius | 45.64 | 2/16 | CNYCL & OHSL Championships |
| 24 | Lindsay PIRAINO | 11 | Cicero-North Syracuse | 45.90 | 1/17 | Stanner Games |
| 25 | Rayne PERRY | 10 | Homer | 46.08 | 1/21 | Bob Grieve Memorial Invitational |

| Girls' 600m Run | | | | | | |
|-----------------|----------------------|----|-----------------------|---------|------|---|
| 1 | Melissa ZAJDEL | 12 | CBA | 1:37.71 | 2/5 | George Costantino Memorial Invitational |
| 2 | Katie BOTT | 11 | West Genesee | 1:40.84 | 2/27 | NYHS Section III State Meet Qualifier |
| 3 | Jess MARINI | 12 | Fayetteville-Manlius | 1:41.03 | 2/5 | George Costantino Memorial Invitational |
| 4 | Amy SLEEPER | 12 | New Hartford | 1:41.65 | 2/27 | NYHS Section III State Meet Qualifier |
| 5 | Natalie ALIBRANDI | 11 | Fayetteville-Manlius | 1:42.79 | 2/27 | NYHS Section III State Meet Qualifier |
| 6 | Eileen FORD | 11 | Skaneateles | 1:42.88 | 2/9 | NYHS Section III Indoor Championships |
| 7 | Nicole CAMPAGNA | 10 | Cicero-North Syracuse | 1:42.94 | 2/9 | NYHS Section III Indoor Championships |
| 8 | Christie BARNETT | 12 | Skaneateles | 1:43.13 | 2/9 | NYHS Section III Indoor Championships |
| 9 | Miranda MCCONNELL | 12 | Liverpool | 1:44.02 | 2/16 | CNYCL & OHSL Championships |
| 10 | Chelsea DAVIDSON | 10 | Cicero-North Syracuse | 1:44.06 | 2/27 | NYHS Section III State Meet Qualifier |
| 11 | Nicole FECCO | 11 | Baldwinsville | 1:44.12 | 2/27 | NYHS Section III State Meet Qualifier |
| 12 | Katie BRISLIN | 8 | CBA | 1:44.48 | 2/9 | NYHS Section III Indoor Championships |
| 13 | Samantha PRENDERGAST | 11 | Proctor | 1:44.59 | 2/16 | CNYCL & OHSL Championships |
| 14 | Marissa COLBURN | 8 | Cicero-North Syracuse | 1:44.84 | 2/16 | CNYCL & OHSL Championships |
| 15 | Kindrah KOHNE | 10 | Homer | 1:45.05 | 2/27 | NYHS Section III State Meet Qualifier |
| 16 | Rachel ZAJDEL | 10 | CBA | 1:45.36 | 1/21 | Bob Grieve Memorial Invitational |
| 17 | Grace BRADSHAW | 11 | Jamesville-Dewitt | 1:46.64 | 2/9 | NYHS Section III Indoor Championships |
| 18 | Kara CANNIZZARO | 12 | Cazenovia | 1:46.88 | 2/5 | George Costantino Memorial Invitational |
| 19 | Caroline BUONOCORE | 11 | Westhill | 1:47.57 | 2/9 | NYHS Section III Indoor Championships |
| 20 | Kerry MILEY | 9 | VVS | 1:47.64 | 2/9 | NYHS Section III Indoor Championships |
| 21 | Sarah WIATR | 9 | West Canada Valley | 1:47.69 | 2/9 | NYHS Section III Indoor Championships |
| 22 | Kori HUGHES | 8 | Phoenix | 1:47.70 | 2/9 | NYHS Section III Indoor Championships |
| 23 | Beatrice WALTON | 12 | Skaneateles | 1:47.74 | 1/10 | Southern Tier Invitational |
| 24 | Erin EVKE | 9 | New Hartford | 1:48.63 | 1/21 | Bob Grieve Memorial Invitational |
| 25 | Nyakong JIAK | 12 | Nottingham | 1:48.73 | 2/16 | CNYCL & OHSL Championships |



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| Girls' 1000m Run | | | | | | |
|------------------|---------------------|----|-----------------------|---------|-------|---|
| 1 | Courtney CHAPMAN | 10 | Fayetteville-Manlius | 2:59.02 | 2/16 | CNYCL & OHSL Championships |
| 2 | Trina BILLS | 11 | Liverpool | 3:01.15 | 2/16 | CNYCL & OHSL Championships |
| 3 | Hannah LUBER | 11 | Fayetteville-Manlius | 3:05.16 | 2/16 | CNYCL & OHSL Championships |
| 4 | Christie BARNETT | 12 | Skaneateles | 3:06.89 | 2/16 | CNYCL & OHSL Championships |
| 5 | Lindsay RAULLI | 12 | Cicero-North Syracuse | 3:08.10 | 2/9 | NYHS Section III Indoor Championships |
| 6 | Carol GIBLIN | 12 | CBA | 3:08.65 | 2/16 | CNYCL & OHSL Championships |
| 7 | Nicole CAMPAGNA | 10 | Cicero-North Syracuse | 3:08.84 | 2/16 | CNYCL & OHSL Championships |
| 8 | Rachel ZAJDEL | 10 | CBA | 3:10.45 | 2/27 | NYHS Section III State Meet Qualifier |
| 9 | Taylor WENDLER | 11 | Cicero-North Syracuse | 3:11.75 | 1/21 | Bob Grieve Memorial Invitational |
| 10 | Rachel PUTMAN | 10 | Liverpool | 3:12.13 | 2/16 | CNYCL & OHSL Championships |
| 11 | Eileen CODY | 11 | Jamesville-Dewitt | 3:12.27 | 2/5 | George Costantino Memorial Invitational |
| 12 | Marissa COLBURN | 8 | Cicero-North Syracuse | 3:12.54 | 2/9 | NYHS Section III Indoor Championships |
| 13 | Katie BRISLIN | 8 | CBA | 3:13.94 | 12/20 | CNYITA Christmas Relays |
| 14 | Jaimee BALLONI | 11 | Baldwinsville | 3:14.22 | 2/16 | CNYCL & OHSL Championships |
| 15 | Melissa BUTTNER | 11 | Grimes/Ludden | 3:14.93 | 2/16 | CNYCL & OHSL Championships |
| 16 | Beatrice WALTON | 12 | Skaneateles | 3:15.06 | 2/9 | NYHS Section III Indoor Championships |
| 17 | Christina SAKOWSKI | 11 | Cicero-North Syracuse | 3:15.36 | 2/5 | George Costantino Memorial Invitational |
| 18 | Michaela GILDEMEYER | 9 | CBA | 3:15.63 | 2/5 | George Costantino Memorial Invitational |
| 19 | Lissa DIPAOLA | 10 | Westhill | 3:16.18 | 2/9 | NYHS Section III Indoor Championships |
| 20 | Gennie ARIOTTI | 11 | Fayetteville-Manlius | 3:16.80 | 2/5 | George Costantino Memorial Invitational |
| 21 | Miranda MCCONNELL | 12 | Liverpool | 3:17.09 | 12/20 | CNYITA Christmas Relays |
| 22 | Ashley SHAHEEN | 12 | Baldwinsville | 3:18.14 | 2/9 | NYHS Section III Indoor Championships |
| 23 | Kara CANNIZZARO | 12 | Cazenovia | 3:18.95 | 12/20 | CNYITA Christmas Relays |
| 24 | Erin EVKE | 9 | New Hartford | 3:19.36 | 2/9 | NYHS Section III Indoor Championships |
| 25 | Paige MORROW | 10 | Jamesville-Dewitt | 3:19.45 | 2/16 | CNYCL & OHSL Championships |

| Girls' 1500m Run | | | | | | |
|------------------|--------------------|----|-----------------------|---------|-------|---|
| 1 | Courtney CHAPMAN | 10 | Fayetteville-Manlius | 4:37.07 | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Hannah LUBER | 11 | Fayetteville-Manlius | 4:54.11 | 2/5 | George Costantino Memorial Invitational |
| 3 | Lindsay RAULLI | 12 | Cicero-North Syracuse | 4:56.14 | 2/27 | NYHS Section III State Meet Qualifier |
| 4 | Brigid HEENAN | 12 | Liverpool | 5:00.13 | 2/5 | George Costantino Memorial Invitational |
| 5 | Katie BRISLIN | 8 | CBA | 5:00.46 | 2/27 | NYHS Section III State Meet Qualifier |
| 6 | Taylor WENDLER | 11 | Cicero-North Syracuse | 5:02.21 | 2/9 | NYHS Section III Indoor Championships |
| 7 | Elizabeth MAHONEY | 12 | Auburn | 5:04.25 | 2/5 | George Costantino Memorial Invitational |
| 8 | Dana RINALDI | 9 | Cicero-North Syracuse | 5:04.38 | 2/16 | CNYCL & OHSL Championships |
| 9 | Alex INCAUDO | 9 | West Genesee | 5:05.16 | 2/16 | CNYCL & OHSL Championships |
| 10 | Danea POLSIN | 12 | Baldwinsville | 5:07.99 | 2/9 | NYHS Section III Indoor Championships |
| 11 | Gennie ARIOTTI | 11 | Fayetteville-Manlius | 5:08.03 | 2/9 | NYHS Section III Indoor Championships |
| 12 | Kristina SPRAGUE | 11 | Baldwinsville | 5:08.24 | 2/5 | George Costantino Memorial Invitational |
| 13 | Nicole CAMPAGNA | 10 | Cicero-North Syracuse | 5:08.44 | 1/17 | Stanner Games |
| 14 | Eileen CODY | 11 | Jamesville-Dewitt | 5:08.83 | 2/5 | George Costantino Memorial Invitational |
| 15 | Carol GIBLIN | 12 | CBA | 5:09.58 | 2/5 | George Costantino Memorial Invitational |
| 16 | Christina SAKOWSKI | 11 | Cicero-North Syracuse | 5:10.50 | 1/17 | Stanner Games |
| 17 | Trina BILLS | 11 | Liverpool | 5:10.55 | 12/20 | CNYITA Christmas Relays |
| 18 | Melissa BUTTNER | 11 | Grimes/Ludden | 5:10.77 | 2/27 | NYHS Section III State Meet Qualifier |
| 19 | Rachel PUTMAN | 10 | Liverpool | 5:12.46 | 1/10 | Southern Tier Invitational |
| 20 | Rachel ZAJDEL | 10 | CBA | 5:13.88 | 1/10 | Southern Tier Invitational |
| 21 | Jessica CURRY | 9 | Grimes/Ludden | 5:14.32 | 2/16 | CNYCL & OHSL Championships |
| 22 | Savannah BOUCHER | 11 | New Hartford | 5:14.56 | 2/9 | NYHS Section III Indoor Championships |
| 23 | Miranda MCCONNELL | 12 | Liverpool | 5:14.76 | 2/9 | NYHS Section III Indoor Championships |
| 24 | Betsy BLACK | 9 | Grimes/Ludden | 5:14.98 | 2/16 | CNYCL & OHSL Championships |
| 25 | Tia BULLARD | 10 | Mexico | 5:16.68 | 2/9 | NYHS Section III Indoor Championships |



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| Girls' 3000m Run | | | | | |
|------------------|---------------------|----|-----------------------|----------|--|
| 1 | Courtney CHAPMAN | 10 | Fayetteville-Manlius | 10:09.23 | 2/9 NYHS Section III Indoor Championships |
| 2 | Hannah LUBER | 11 | Fayetteville-Manlius | 10:31.29 | 2/9 NYHS Section III Indoor Championships |
| 3 | Taylor WENDLER | 11 | Cicero-North Syracuse | 10:43.06 | 1/17 Stanner Games |
| 4 | Katie BRISLIN | 8 | CBA | 10:47.70 | 1/10 Southern Tier Invitational |
| 5 | Eileen CODY | 11 | Jamesville-Dewitt | 10:48.15 | 2/9 NYHS Section III Indoor Championships |
| 6 | Danea POLSIN | 12 | Baldwinsville | 10:48.38 | 2/9 NYHS Section III Indoor Championships |
| 7 | Savannah BOUCHER | 11 | New Hartford | 10:52.94 | 2/9 NYHS Section III Indoor Championships |
| 8 | Jessica CURRY | 9 | Grimes/Ludden | 10:57.05 | 2/27 NYHS Section III State Meet Qualifier |
| 9 | Dana RINALDI | 9 | Cicero-North Syracuse | 11:01.58 | 2/27 NYHS Section III State Meet Qualifier |
| 10 | Nicole WATTERUD | 8 | Cicero-North Syracuse | 11:03.93 | 2/27 NYHS Section III State Meet Qualifier |
| 11 | Gennie ARIOTTI | 11 | Fayetteville-Manlius | 11:04.26 | 2/16 CNYCL & OHSL Championships |
| 12 | Elizabeth MAHONEY | 12 | Auburn | 11:04.72 | 2/9 NYHS Section III Indoor Championships |
| 13 | Tia BULLARD | 10 | Mexico | 11:04.84 | 2/16 CNYCL & OHSL Championships |
| 14 | Miranda MCCONNELL | 12 | Liverpool | 11:07.55 | 1/21 Bob Grieve Memorial Invitational |
| 15 | Brigid HEENAN | 12 | Liverpool | 11:16.10 | 1/21 Bob Grieve Memorial Invitational |
| 16 | Christina SAKOWSKI | 11 | Cicero-North Syracuse | 11:18.00 | 1/21 Bob Grieve Memorial Invitational |
| 17 | Katie POWERS | 11 | Westhill | 11:19.69 | 2/27 NYHS Section III State Meet Qualifier |
| 18 | Allison LASNICKI | 11 | Canastota | 11:19.77 | 1/30 MVITA Invitational |
| 19 | Abby KASTICK | 8 | West Genesee | 11:20.33 | 2/16 CNYCL & OHSL Championships |
| 20 | Marissa COLBURN | 8 | Cicero-North Syracuse | 11:25.1h | 1/24 Section 4 Age-Group Meet II |
| 21 | Kristina SPRAGUE | 11 | Baldwinsville | 11:27.16 | 2/9 NYHS Section III Indoor Championships |
| 22 | Michaela GILDEMEYER | 9 | CBA | 11:27.84 | 2/16 CNYCL & OHSL Championships |
| 23 | Lauren MACDONALD | 11 | VVS | 11:30.87 | 1/30 MVITA Invitational |
| 24 | Hannah MURPHY | 10 | Chittenango | 11:35.80 | 1/17 Yale Invitational |
| 25 | Anna LEO | 8 | West Genesee | 11:40.34 | 2/9 NYHS Section III Indoor Championships |

| Girls' 55m Hurdles | | | | | |
|--------------------|-------------------|----|-----------------------|-------|---|
| 1 | Jasmine THOMPSON | 11 | Cicero-North Syracuse | 8.68 | 2/5 George Costantino Memorial Invitational |
| 2 | Eliza PARKER | 11 | Oswego | 8.91 | 2/27 NYHS Section III State Meet Qualifier |
| 3 | Harmony CROSS | 12 | Liverpool | 8.93 | 1/15 Fred Kirschenheiter Memorial Relays |
| 4 | Ashley PALMER | 10 | Phoenix | 9.05 | 1/5 Jack Morse Relays |
| 5 | Hilary BAKER | 11 | Rome Free Academy | 9.36 | 2/27 NYHS Section III State Meet Qualifier |
| 6 | Linda HADFIELD | 11 | New York Mills | 9.44 | 1/30 MVITA Invitational |
| 7 | Cathleen GREEN | 12 | Baldwinsville | 9.54 | 2/9 NYHS Section III Indoor Championships |
| 8 | Gina CAMPAGNA | 12 | Cicero-North Syracuse | 9.58 | 1/5 Jack Morse Relays |
| 9 | Erica FREUND | 10 | Clinton | 9.60 | 2/9 NYHS Section III Indoor Championships |
| 10 | Betty ETHEREDGE | 10 | CBA | 9.65 | 1/15 Fred Kirschenheiter Memorial Relays |
| 11 | Nicole SANGIACOMO | 12 | CBA | 9.71 | 2/16 CNYCL & OHSL Championships |
| 12 | Krystal BOYD | 12 | Corcoran | 9.72 | 2/16 CNYCL & OHSL Championships |
| 13 | Nachez BROWN | 12 | Liverpool | 9.85 | 2/9 NYHS Section III Indoor Championships |
| 14 | Cassia HAMELINE | 10 | New Hartford | 9.89 | 2/9 NYHS Section III Indoor Championships |
| 15 | Paige BIVIANO | 9 | Cazenovia | 9.90 | 2/16 CNYCL & OHSL Championships |
| 16 | Tanisha HUDSON | 10 | Henninger | 9.96 | 1/15 Fred Kirschenheiter Memorial Relays |
| 17 | Marie CAMPESE | 12 | Clinton | 9.99 | 1/9 MVITA Relays #3 |
| 18 | Mallory BRUNET | 12 | Tully | 10.03 | 2/16 CNYCL & OHSL Championships |
| 18 | Gwen THOMAS | 10 | Corcoran | 10.03 | 2/16 CNYCL & OHSL Championships |
| 20 | Alexis FILES | 11 | Oswego | 10.05 | 1/21 Bob Grieve Memorial Invitational |
| 21 | Anika PERKINS | 11 | Mexico | 10.07 | 2/16 CNYCL & OHSL Championships |
| 21 | Ashley TWUM | 11 | Liverpool | 10.07 | 1/21 Bob Grieve Memorial Invitational |
| 23 | Chloe WHALEN | 12 | West Canada Valley | 10.09 | 1/5 Jack Morse Relays |
| 24 | Emily KOWALCZYK | 12 | New Hartford | 10.11 | 12/20 CNYITA Christmas Relays |
| 25 | Amanda SAUNDERS | 11 | Fayetteville-Manlius | 10.12 | 2/16 CNYCL & OHSL Championships |



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| Girls' 4x200m Relay | | | | | | |
|---------------------|---|-----------------------|---------|-------|---|--|
| 1 | H. Baker, J. Benjamin, J. Razy, S. Southwell | Rome Free Academy | 1:48.65 | 2/27 | NYHS Section III State Meet Qualifier | |
| 2 | O. Kyles, A. Tearney, K. Boyd, W. Green | Corcoran | 1:49.05 | 2/27 | NYHS Section III State Meet Qualifier | |
| 3 | L. Royer, N. Mannion, A. Tan, M. Tearney | Jamesville-Dewitt | 1:51.47 | 2/27 | NYHS Section III State Meet Qualifier | |
| 4 | C. Berg, E. Ford, C. Baulick, V. Sakal | Skaneateles | 1:52.07 | 2/27 | NYHS Section III State Meet Qualifier | |
| 5 | N. Brown, A. Moore, C. Sinclair, A. Twum | Liverpool | 1:53.85 | 2/16 | CNYCL & OHSL Championships | |
| 6 | J. Quigley, M. Zajdel, E. Douglas, T. Gait | CBA | 1:54.16 | 1/15 | Fred Kirschenheiter Memorial Relays | |
| 7 | A. Hotchkiss, J. Wheeler, J. Ryan, J. Thompson | Cicero-North Syracuse | 1:54.84 | 1/5 | Jack Morse Relays | |
| 8 | K. Kohne, R. Perry, J. Yonta, K. Kohne | Homer | 1:56.07 | 2/16 | CNYCL & OHSL Championships | |
| 9 | N. Jiak, S. Saffold, N. Odoms, V. Lewis | Nottingham | 1:56.37 | 2/5 | George Costantino Memorial Invitational | |
| 10 | N. Alibrandi, M. Helmer, M. Levy, A. Hamel | Fayetteville-Manlius | 1:56.38 | 2/9 | NYHS Section III Indoor Championships | |
| 11 | J. Vogl, K. Woodworth, G. Jaquith, P. Gianforte | Cazenovia | 1:56.83 | 2/9 | NYHS Section III Indoor Championships | |
| 12 | R. Balduzzi, C. Clemente, A. Ramirez, R. Quick | Solvay | 1:57.58 | 1/5 | Jack Morse Relays | |
| 13 | B. Newman, C. Buonocore, B. Rainone, M. Rainone | Westhill | 1:58.52 | 2/16 | CNYCL & OHSL Championships | |
| 14 | J. Hayes, J. Lombardoni, M. Laplante, J. Williamson | Mexico | 1:58.62 | 2/16 | CNYCL & OHSL Championships | |
| 15 | C. Delaney, H. Jordan, A. Morrissette, M. Pflug | Auburn | 1:58.98 | 2/9 | NYHS Section III Indoor Championships | |
| 16 | A. Files, A. Fidler, E. Parker, C. Ward | Oswego | 1:59.20 | 2/9 | NYHS Section III Indoor Championships | |
| 17 | G. Conant, G. Gates, C. Burns, E. Cole | Tully | 1:59.25 | 2/16 | CNYCL & OHSL Championships | |
| 18 | C. Whalen, M. Maxwell, S. Wiatr, M. Hall | West Canada Valley | 1:59.70 | 1/5 | Jack Morse Relays | |
| 19 | K. Gorden, A. Giarrosso, C. Stoddard, J. Stoddard | Chittenango | 1:59.78 | 2/16 | CNYCL & OHSL Championships | |
| 20 | C. Faber, A. McMichael, C. Hutchinson, A. Sleeper | New Hartford | 2:00.20 | 12/12 | MVITA Relays #1 | |
| 21 | a. Perryman, S. Lawson, N. Shehadeh, S. Montgomery | Fowler | 2:00.91 | 2/9 | NYHS Section III Indoor Championships | |
| 22 | E. Bell, A. Montanero, M. Campese, S. Corney | Clinton | 2:01.61 | 2/9 | NYHS Section III Indoor Championships | |
| 23 | M. Williams, R. Betts, J. Conlan, R. Jorolemon | Jordan-Elbridge | 2:03.00 | 2/9 | NYHS Section III Indoor Championships | |
| 24 | A. Vroman, L. Sawyer, K. Hogan, J. Conicella | Baldwinsville | 2:03.89 | 2/9 | NYHS Section III Indoor Championships | |
| 25 | K. Maestri, M. Sakran, E. Weiskopff, E. Hall | West Genesee | 2:04.59 | 2/9 | NYHS Section III Indoor Championships | |

| Girls' 4x400m Relay | | | | | | |
|---------------------|---|-----------------------|---------|-------|---|--|
| 1 | J. Quigley, M. Zajdel, T. Gait, K. Brislin | CBA | 4:08.63 | 2/27 | NYHS Section III State Meet Qualifier | |
| 2 | I. Williams, W. Green, L. Padgett, O. Kyles | Corcoran | 4:11.44 | 2/27 | NYHS Section III State Meet Qualifier | |
| 3 | C. Barnett, E. Ford, K. Eshleman, C. Berg | Skaneateles | 4:11.78 | 2/27 | NYHS Section III State Meet Qualifier | |
| 4 | J. Balloni, M. Cunningham, K. Mosher, N. Fecco | Baldwinsville | 4:14.18 | 2/27 | NYHS Section III State Meet Qualifier | |
| 5 | J. Ryan, A. Hotchkiss, C. Davidson, N. Campagna | Cicero-North Syracuse | 4:17.94 | 1/21 | Bob Grieve Memorial Invitational | |
| 6 | N. Brown, S. Borasky, J. Van derMeulen, C. Sinclair | Liverpool | 4:18.69 | 2/16 | CNYCL & OHSL Championships | |
| 7 | M. Helmer, J. Marini, H. Martin, N. Alibrandi | Fayetteville-Manlius | 4:20.46 | 1/21 | Bob Grieve Memorial Invitational | |
| 8 | K. Cannizzaro, H. Marcelle, M. Liddell, J. Vogl | Cazenovia | 4:20.74 | 2/16 | CNYCL & OHSL Championships | |
| 9 | C. Smith, K. Waters, K. Murphy, K. Bott | West Genesee | 4:21.76 | 2/9 | NYHS Section III Indoor Championships | |
| 10 | K. Kohne, R. Perry, B. McElhannon, K. Kohne | Homer | 4:25.51 | 2/16 | CNYCL & OHSL Championships | |
| 11 | J. Stanton, M. Rescott, H. Jordan, T. Parker | Auburn | 4:26.76 | 2/5 | George Costantino Memorial Invitational | |
| 12 | G. Conant, G. Gates, M. Farnham, E. Cole | Tully | 4:26.99 | 2/16 | CNYCL & OHSL Championships | |
| 13 | A. Sleeper, A. Buzzard, L. McKeon-Elsenbeck, C. McMichael | New Hartford | 4:28.05 | 12/12 | MVITA Relays #1 | |
| 14 | A. Files, A. Fidler, J. Delaney, R. Healy | Oswego | 4:28.22 | 2/9 | NYHS Section III Indoor Championships | |
| 15 | L. Royer, G. Bradshaw, R. Doss, M. Fuller | Jamesville-Dewitt | 4:28.69 | 1/21 | Bob Grieve Memorial Invitational | |
| 16 | B. Newman, K. Powers, M. Dwyer, N. Veit | Westhill | 4:30.16 | 2/9 | NYHS Section III Indoor Championships | |
| 17 | | Rome Free Academy | 4:32.24 | 1/30 | MVITA Invitational | |
| 18 | E. Cupernall, M. Laplante, J. Lombardoni, A. Sova | Mexico | 4:33.38 | 2/16 | CNYCL & OHSL Championships | |
| 19 | K. Hughes, J. Lewis, K. Williams, D. Darling | Phoenix | 4:35.54 | 1/21 | Bob Grieve Memorial Invitational | |
| 20 | A. Giarrosso, C. Stoddard, J. Stoddard, K. Alongi | Chittenango | 4:37.01 | 2/16 | CNYCL & OHSL Championships | |
| 21 | S. Butler, Q. Lee, J. Robinson, C. Dykes | Henninger | 4:42.27 | 2/9 | NYHS Section III Indoor Championships | |
| 22 | T. Flesher, M. McCann, M. Cooper, E. Hudson | Fulton | 4:42.83 | 2/16 | CNYCL & OHSL Championships | |
| 23 | E. Slaven, K. Miley, L. MacDonald, G. O'Brien | VVS | 4:43.45 | 12/12 | MVITA Relays #1 | |
| 24 | R. Quick, C. Clemente, A. Ramirez, R. Balduzzi | Solvay | 4:43.79 | 1/5 | Jack Morse Relays | |
| 25 | D. Rawson, A. Fogus, A. LaPoint, D. Darling | Central Square | 4:44.91 | 2/9 | NYHS Section III Indoor Championships | |



NYS PHSAA Section 3 Season Best List

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| Girls' 4x800m Relay | | | | | |
|---------------------|---|-----------------------|----------|-------|---------------------------------------|
| 1 | J. Marini, H. Luber, G. Ariotti, C. Chapman | Fayetteville-Manlius | 9:30.88 | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | N. Campagna, M. Colburn, T. Wendler, L. Raulli | Cicero-North Syracuse | 9:39.48 | 2/27 | NYHS Section III State Meet Qualifier |
| 3 | R. Putman, M. McConnell, T. Bills, B. Heenan | Liverpool | 9:40.61 | 2/27 | NYHS Section III State Meet Qualifier |
| 4 | | CBA | 9:51.96 | 1/17 | Stanner Games |
| 5 | B. Walton, C. Strods, C. Barnett, A. Mazzeo | Skaneateles | 10:01.28 | 2/27 | NYHS Section III State Meet Qualifier |
| 6 | A. Incaudo, K. Waters, C. Smith, K. Bott | West Genesee | 10:14.60 | 2/27 | NYHS Section III State Meet Qualifier |
| 7 | K. Sprague, A. Shaheen, D. Polsin, N. Fecco | Baldwinsville | 10:16.02 | 2/16 | CNYCL & OHSL Championships |
| 8 | | Westhill | 10:26.25 | 1/24 | New Balance Games |
| 9 | G. Bradshaw, P. Morrow, A. Share, E. Cody | Jamesville-Dewitt | 10:29.77 | 2/9 | NYHS Section III Indoor Championships |
| 10 | A. Buzzard, E. Evke, S. Boucher, A. Sleeper | New Hartford | 10:38.32 | 2/9 | NYHS Section III Indoor Championships |
| 11 | H. Marcelle, M. Liddell, G. Jaquith, K. Cannizzaro | Cazenovia | 10:41.50 | 1/5 | Jack Morse Relays |
| 12 | A. Lasnicki, F. Popple, M. Williams, C. Bradford | Canastota | 10:48.59 | 12/12 | MVITA Relays #1 |
| 13 | K. Miley, L. MacDonald, P. Jacobus, C. Kane | VVS | 10:49.64 | 12/12 | MVITA Relays #1 |
| 14 | D. Zgardzinski, M. Farnham, C. Edinger, K. Coyne | Tully | 10:54.31 | 2/16 | CNYCL & OHSL Championships |
| 15 | E. Nuffer, J. Lewis, K. LaGatella, K. Hughes | Phoenix | 10:55.99 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 16 | E. Mahoney, J. Bruno, C. Chehovich, M. Rescott | Auburn | 11:03.20 | 2/16 | CNYCL & OHSL Championships |
| 17 | M. Buttner, J. Curry, B. Black, M. Gilligan | Grimes/Ludden | 11:06.35 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 18 | C. Sirni, S. Knapp, M. Entelisano, B. Weir | Rome Free Academy | 11:08.20 | 2/9 | NYHS Section III Indoor Championships |
| 19 | C. Andrianos, M. Crandall, A. Riedman, M. Steinberg | East Syracuse-Minoa | 11:12.22 | 2/9 | NYHS Section III Indoor Championships |
| 20 | K. Gilbert, S. Guzelak, M. Mascaro, M. Spera | Central Square | 11:13.14 | 2/9 | NYHS Section III Indoor Championships |
| 21 | K. Anderson, J. Donnelly, R. Sager, H. Murphy | Chittenango | 11:18.41 | 2/16 | CNYCL & OHSL Championships |
| 22 | S. Chestnut, E. Cupernall, A. Sova, B. Stupke | Mexico | 11:28.02 | 2/16 | CNYCL & OHSL Championships |
| 23 | K. Foltz, C. Hourigan, P. Alley, R. Hare | Jordan-Elbridge | 11:31.74 | 2/16 | CNYCL & OHSL Championships |
| 24 | R. Crosley, M. D'aprix, A. Homer, A. Lalonde | Clinton | 11:32.69 | 12/12 | MVITA Relays #1 |
| 25 | K. Perotti, A. Mrowinski, D. Brown, S. O'Mara | Solvay | 11:35.01 | 2/9 | NYHS Section III Indoor Championships |

| Girls' Sprint Medley Relay | | | | | |
|----------------------------|--|-----------------------|---------|------|-------------------------------------|
| 1 | N. Mannion, L. Royer, A. Tan, E. Cody | Jamesville-Dewitt | 4:29.25 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 2 | N. Alibrandi, M. Levy, M. Helmer, J. Marini | Fayetteville-Manlius | 4:29.35 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 3 | J. Balloni, N. Fecco, M. Cunningham, K. Sprague | Baldwinsville | 4:32.70 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 4 | P. Fleischman, M. Rescott, C. Delaney, E. Mahoney | Auburn | 4:35.22 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 5 | G. Jaquith, J. Vogl, K. Woodworth, K. Cannizzaro | Cazenovia | 4:38.29 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 6 | K. Waters, K. Maestri, K. Powell, K. Bott | West Genesee | 4:40.50 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 7 | M. Zajdel, E. Douglas, A. Lettney, M. Gildemeyer | CBA | 4:42.84 | 1/5 | Jack Morse Relays |
| 8 | S. Dean, J. Wheeler, S. Harvey, K. Laris | Cicero-North Syracuse | 4:43.63 | 1/17 | Stanner Games |
| 9 | K. Williams, K. Hughes, J. Lewis, E. Nuffer | Phoenix | 4:45.28 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 10 | M. Buttner, B. Black, N. DiLello, J. Curry | Grimes/Ludden | 4:46.11 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 11 | M. Farnham, K. Mulvihill, G. Conant, K. Coyne | Tully | 4:48.24 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 12 | S. Knapp, J. Razy, K. Husband, B. Weir | Rome Free Academy | 4:48.47 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 13 | A. Giarrosso, C. Stoddard, C. Lukas, K. Alongi | Chittenango | 4:53.09 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 14 | C. Clemente, L. Garcia, A. Jimenez, D. Brown | Solvay | 4:54.29 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 15 | K. Foltz, M. Williams, R. Betts, N. Stroud | Jordan-Elbridge | 4:55.18 | 1/5 | Jack Morse Relays |
| 16 | K. Kohne, K. Kohne, R. Perry, S. Strauf | Homer | 4:55.49 | 1/5 | Jack Morse Relays |
| 17 | N. Shehadeh, a. Perryman, S. Montgomery, S. Lawson | Fowler | 4:55.96 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 18 | R. Koch, C. Joyce, D. Savich, E. Gilrein | Onondaga | 5:01.22 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 19 | T. Flesher, K. Jones, M. McCann, E. Hudson | Fulton | 5:06.00 | 1/5 | Jack Morse Relays |
| 20 | J. Robinson, A. Feliciano, A. Valdez, Q. Lee | Henninger | 5:07.65 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 21 | R. Lyman, L. Burns, R. Cary, K. Gilbert | Central Square | 5:09.48 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 22 | C. Barbosa, A. Ruffin, G. Thomas, C. Baldwin | Corcoran | 5:12.68 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 23 | M. Parker, R. Healy, A. Yule, B. Auyer | Oswego | 5:13.73 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 24 | N. Jiak, J. Everson, M. Betts, R. Dwyre | Nottingham | 5:14.63 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 25 | M. Crandall, L. Sweeney, C. Andrianos, N. Verone | East Syracuse-Minoa | 5:14.64 | 1/15 | Fred Kirschenheiter Memorial Relays |



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Girls' Distance Medley Relay

| | | | | | |
|----|--|-----------------------|----------|-----|-------------------|
| 1 | C. Giblin, R. Zajdel, M. Zajdel, K. Brislin | CBA | 12:54.53 | 1/5 | Jack Morse Relays |
| 2 | M. McConnell, S. Borasky, T. Bills, B. Heenan | Liverpool | 13:23.22 | 1/5 | Jack Morse Relays |
| 3 | J. Balloni, N. Fecco, D. Polsin, C. Sprague | Baldwinsville | 13:28.51 | 1/5 | Jack Morse Relays |
| 4 | G. Ariotti, A. Seabury, J. Marini, C. Mulvihill | Fayetteville-Manlius | 13:43.17 | 1/5 | Jack Morse Relays |
| 5 | K. Powers, B. Rainone, C. Coon, L. DiPaola | Westhill | 13:51.24 | 1/5 | Jack Morse Relays |
| 6 | P. Morrow, L. Royer, G. Bradshaw, E. Cody | Jamesville-Dewitt | 13:53.61 | 1/5 | Jack Morse Relays |
| 7 | A. Incaudo, K. Murphy, K. Waters, K. Bott | West Genesee | 14:06.67 | 1/5 | Jack Morse Relays |
| 8 | D. Zgardzinski, C. Edinger, M. Farnham, K. Coyne | Tully | 14:15.65 | 1/5 | Jack Morse Relays |
| 9 | J. Donnelly, C. Stoddard, K. Anderson, H. Murphy | Chittenango | 14:21.74 | 1/5 | Jack Morse Relays |
| 10 | A. Goetzmann, K. Eshleman, A. Mazzeo, T. Wellington | Skaneateles | 14:24.10 | 1/5 | Jack Morse Relays |
| 11 | B. Black, E. DeGarie, M. Buttner, J. Curry | Grimes/Ludden | 14:29.59 | 1/5 | Jack Morse Relays |
| 12 | A. Sova, J. Lombardoni, B. Stupke, T. Bullard | Mexico | 14:35.89 | 1/5 | Jack Morse Relays |
| 13 | A. Kukiela, P. Fleischman, M. Pflug, E. Mahoney | Auburn | 14:38.51 | 1/5 | Jack Morse Relays |
| 14 | S. Guzelak, R. Lyman, M. Mascaro, M. Spera | Central Square | 14:44.45 | 1/5 | Jack Morse Relays |
| 15 | K. Knopp, T. Flesher, B. Lamie, E. Hudson | Fulton | 14:49.51 | 1/5 | Jack Morse Relays |
| 16 | N. Verone, C. Andrianos, E. Heidelberger, A. Riedman | East Syracuse-Minoa | 15:21.77 | 1/5 | Jack Morse Relays |
| 17 | M. Mocete, C. Barbosa, S. Samuels, J. McCurn | Corcoran | 15:31.95 | 1/5 | Jack Morse Relays |
| 18 | S. Strauf, B. McElhannon, K. Kohne, J. McLaughlin | Homer | 15:35.03 | 1/5 | Jack Morse Relays |
| 19 | L. Fitch, O. Eilers, A. Dolbear, S. Fellows | Cazenovia | 15:48.35 | 1/5 | Jack Morse Relays |
| 20 | C. Callahan, L. Burke, S. Butler, N. Fiorini | Henninger | 15:49.97 | 1/5 | Jack Morse Relays |
| 21 | K. Perotti, M. Klassen, S. Alemic, C. Goslowski | Solvay | 15:50.09 | 1/5 | Jack Morse Relays |
| 22 | M. Losito, K. Kennedy, M. Donabella, B. Slocum | Cicero-North Syracuse | 16:11.77 | 1/5 | Jack Morse Relays |
| 23 | C. Koll, S. Kelly, B. Vensel, K. Colle | Marcellus | 16:14.26 | 1/5 | Jack Morse Relays |
| 24 | K. Madderom, K. Sperry, E. Esty, E. Romer | West Canada Valley | 16:30.31 | 1/5 | Jack Morse Relays |



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| Girls' High Jump | | | | | | |
|------------------|----------------------|----|-----------------------|--------------------|-------|---|
| 1 | Jasmine THOMPSON | 11 | Cicero-North Syracuse | 5-3 | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Gina CAMPAGNA | 12 | Cicero-North Syracuse | 5-2 $\frac{1}{4}$ | 1/5 | Jack Morse Relays |
| 2 | Imani WILLIAMS | 10 | Corcoran | 5-2 $\frac{1}{4}$ | 1/21 | Bob Grieve Memorial Invitational |
| 2 | Shy SAFFOLD | 12 | Nottingham | 5-2 $\frac{1}{4}$ | 2/9 | NYHS Section III Indoor Championships |
| 5 | Kaylea MORSE | 10 | Mexico | 5-1 | 1/21 | Bob Grieve Memorial Invitational |
| 5 | Eliza BELL | 10 | Clinton | 5-1 | 2/9 | NYHS Section III Indoor Championships |
| 7 | Brittany WOOLDRIDGE | 12 | Clinton | 4-11 $\frac{1}{2}$ | 12/12 | MVITA Relays #1 |
| 7 | Lexus PADGETT | 11 | Corcoran | 4-11 $\frac{1}{2}$ | 1/21 | Bob Grieve Memorial Invitational |
| 9 | Meagan TURNER | 10 | Liverpool | 4-9 $\frac{1}{2}$ | 12/20 | CNYITA Christmas Relays |
| 9 | Natalie MANNION | 11 | Jamesville-Dewitt | 4-9 $\frac{1}{2}$ | 1/5 | Jack Morse Relays |
| 9 | Erica GILREIN | 11 | Onondaga | 4-9 $\frac{1}{2}$ | 2/5 | George Costantino Memorial Invitational |
| 9 | Margaret FULLER | 9 | Jamesville-Dewitt | 4-9 $\frac{1}{2}$ | 12/20 | CNYITA Christmas Relays |
| 9 | Harmony CROSS | 12 | Liverpool | 4-9 $\frac{1}{2}$ | 12/20 | CNYITA Christmas Relays |
| 9 | Katrina KARBOUNICZAK | 11 | Chittenango | 4-9 $\frac{1}{2}$ | 2/9 | NYHS Section III Indoor Championships |
| 9 | Laura FARLEMAN | 11 | Baldwinsville | 4-9 $\frac{1}{2}$ | 1/21 | Bob Grieve Memorial Invitational |
| 9 | Samantha GRARD | 12 | Central Square | 4-9 $\frac{1}{2}$ | 2/16 | CNYCL & OHSL Championships |
| 17 | Maggie KLASSEN | 11 | Solvay | 4-7 $\frac{1}{2}$ | 1/10 | Southern Tier Invitational |
| 17 | Alysha HARLOST | 12 | Sherburne-Earlville | 4-7 $\frac{1}{2}$ | 1/30 | MVITA Invitational |
| 17 | Kelly SMITH | 10 | West Canada Valley | 4-7 $\frac{1}{2}$ | 1/16 | MVITA League Championships |
| 17 | Amy MONTANERO | 12 | Clinton | 4-7 $\frac{1}{2}$ | 1/30 | MVITA Invitational |
| 17 | Kelly BENFEY | 11 | Rome Free Academy | 4-7 $\frac{1}{2}$ | 1/15 | Fred Kirschenheiter Memorial Relays |
| 17 | Hilary BAKER | 11 | Rome Free Academy | 4-7 $\frac{1}{2}$ | 12/12 | MVITA Relays #1 |
| 23 | Cassia HAMELINE | 10 | New Hartford | 4-6 | 12/12 | MVITA Relays #1 |
| 23 | Natalie SPORTELLI | 10 | CBA | 4-6 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 23 | Elaine SLAVEN | 10 | VVS | 4-6 | 1/9 | MVITA Relays #3 |
| 23 | Julia QUIGLEY | 11 | CBA | 4-6 | 1/21 | Bob Grieve Memorial Invitational |
| 23 | Paige BIVIANO | 9 | Cazenovia | 4-6 | 2/9 | NYHS Section III Indoor Championships |
| 23 | Quannisha LEE | 12 | Henninger | 4-6 | 12/20 | CNYITA Christmas Relays |



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| Girls' Pole Vault | | | | | | |
|-------------------|------------------------|----|-----------------------|--------|-------|---------------------------------------|
| 1 | Linda HADFIELD | 11 | New York Mills | 12-4 | 1/24 | New Balance Games |
| 2 | Kelly BENFEY | 11 | Rome Free Academy | 11-3 | 2/9 | NYHS Section III Indoor Championships |
| 3 | Gabrielle SANTOFERRARA | 10 | Solvay | 10-11½ | 1/24 | Section 4 Age-Group Meet II |
| 4 | Amanda ZDANOWICZ | 11 | Proctor | 9-6½ | 1/30 | MVITA Invitational |
| 4 | Madison ECKLES | 12 | Skaneateles | 9-6½ | 1/21 | Bob Grieve Memorial Invitational |
| 6 | Marissa COLAVECCHIO | 11 | Jamesville-Dewitt | 8-6 | 1/21 | Bob Grieve Memorial Invitational |
| 6 | Piper GIANFORTE | 10 | Cazenovia | 8-6 | 2/9 | NYHS Section III Indoor Championships |
| 6 | Sara ROTHENBERG | 12 | Liverpool | 8-6 | 1/21 | Bob Grieve Memorial Invitational |
| 9 | Amanda TAN | 11 | Jamesville-Dewitt | 8-0 | 1/21 | Bob Grieve Memorial Invitational |
| 9 | Gina CAMPAGNA | 12 | Cicero-North Syracuse | 8-0 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 11 | Melissa TERRAZAS | 11 | Clinton | 7-6 | 1/9 | MVITA Relays #3 |
| 11 | Paula SANZ | 11 | Westhill | 7-6 | 1/5 | Jack Morse Relays |
| 13 | Chelsea ATTAWAY | 11 | Liverpool | 6-11½ | 1/5 | Jack Morse Relays |
| 13 | Vivian THURSTON | 10 | Oneida | 6-11½ | 1/30 | MVITA Invitational |
| 13 | Casey YORK | 12 | Tully | 6-11½ | 2/9 | NYHS Section III Indoor Championships |
| 13 | Nicole BARRETT | 9 | Liverpool | 6-11½ | 1/10 | Southern Tier Invitational |
| 13 | Judith BENJAMIN | 10 | Rome Free Academy | 6-11½ | 1/9 | MVITA Relays #3 |
| 13 | Caroline BUONOCORE | 11 | Westhill | 6-11½ | 1/5 | Jack Morse Relays |
| 13 | Amanda SAUNDERS | 11 | Fayetteville-Manlius | 6-11½ | 1/21 | Bob Grieve Memorial Invitational |
| 13 | Mikey MAXWELL | 8 | West Canada Valley | 6-11½ | 1/9 | MVITA Relays #3 |
| 21 | Libby HOWLETT | 10 | Clinton | 6-6 | 1/9 | MVITA Relays #3 |
| 22 | Stephanie MOORE | 11 | Clinton | 6-0 | 1/9 | MVITA Relays #3 |
| 22 | Kayla GRAHAM | 10 | VVS | 6-0 | 1/9 | MVITA Relays #3 |
| 22 | Brooke WAITE | 9 | VVS | 6-0 | 1/30 | MVITA Invitational |
| 25 | Emily ESTY | 8 | West Canada Valley | 5-6 | 1/9 | MVITA Relays #3 |
| 25 | Alexandra FERLO | 10 | Rome Free Academy | 5-6 | 12/12 | MVITA Relays #1 |

| Girls' Long Jump | | | | | | |
|------------------|------------------|----|-----------------------|--------|-------|---|
| 1 | Ashley PALMER | 10 | Phoenix | 17-4½ | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Christina MONROE | 12 | Proctor | 17-2 | 2/27 | NYHS Section III State Meet Qualifier |
| 3 | Jasmine THOMPSON | 11 | Cicero-North Syracuse | 16-9½ | 2/9 | NYHS Section III Indoor Championships |
| 4 | Cathleen GREEN | 12 | Baldwinsville | 16-7½ | 2/27 | NYHS Section III State Meet Qualifier |
| 5 | Alex SEABURY | 10 | Fayetteville-Manlius | 16-3½ | 2/16 | CNYCL & OHSL Championships |
| 5 | Armani MOORE | 10 | Liverpool | 16-3½ | 2/27 | NYHS Section III State Meet Qualifier |
| 7 | Linda HADFIELD | 11 | New York Mills | 16-2½ | 2/9 | NYHS Section III Indoor Championships |
| 8 | Tiffany PARKER | 12 | Auburn | 16-1½ | 2/5 | George Costantino Memorial Invitational |
| 9 | Kelly PERRY | 11 | Fayetteville-Manlius | 16-½ | 2/9 | NYHS Section III Indoor Championships |
| 10 | Angelice TEARNEY | 11 | Corcoran | 15-10½ | 2/9 | NYHS Section III Indoor Championships |
| 11 | Kelly BENFEY | 11 | Rome Free Academy | 15-9½ | 2/9 | NYHS Section III Indoor Championships |
| 12 | Paige BIVIANO | 9 | Cazenovia | 15-9 | 2/27 | NYHS Section III State Meet Qualifier |
| 13 | Betty ETHEREDGE | 10 | CBA | 15-8½ | 2/9 | NYHS Section III Indoor Championships |
| 14 | Alana HOTCHKISS | 12 | Cicero-North Syracuse | 15-7½ | 2/9 | NYHS Section III Indoor Championships |
| 15 | Kori HUGHES | 8 | Phoenix | 15-5½ | 2/9 | NYHS Section III Indoor Championships |
| 16 | Macee BONOFOSKI | 11 | Pulaski | 15-4½ | 2/5 | George Costantino Memorial Invitational |
| 17 | Marae TEARNEY | 11 | Jamesville-Dewitt | 15-3½ | 12/20 | CNYITA Christmas Relays |
| 18 | Nashyra ODOMS | 12 | Nottingham | 15-2 | 2/16 | CNYCL & OHSL Championships |
| 19 | Amanda TAN | 11 | Jamesville-Dewitt | 15-¾ | 1/21 | Bob Grieve Memorial Invitational |
| 19 | Ashley TWUM | 11 | Liverpool | 15-¾ | 2/16 | CNYCL & OHSL Championships |
| 21 | Wan'que GREEN | 12 | Corcoran | 15-0 | 1/5 | Jack Morse Relays |
| 22 | Erica FREUND | 10 | Clinton | 14-11½ | 12/12 | MVITA Relays #1 |
| 23 | Stacie DECARR | 9 | Cicero-North Syracuse | 14-10 | 1/5 | Jack Morse Relays |
| 24 | Alysha HARLOST | 12 | Sherburne-Earville | 14-8½ | 2/9 | NYHS Section III Indoor Championships |
| 25 | Jaclyn YONTA | 11 | Homer | 14-8½ | 2/16 | CNYCL & OHSL Championships |



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Girls' Triple Jump

| | | | | | | |
|----|------------------------|----|-----------------------|--------|-------|---------------------------------------|
| 1 | Alana HOTCHKISS | 12 | Cicero-North Syracuse | 35-1¼ | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Wan'que GREEN | 12 | Corcoran | 35-¾ | 2/27 | NYHS Section III State Meet Qualifier |
| 3 | Macee BONOFFSKI | 11 | Pulaski | 34-8¼ | 2/9 | NYHS Section III Indoor Championships |
| 4 | Erica FREUND | 10 | Clinton | 34-4¼ | 1/30 | MVITA Invitational |
| 5 | Cathleen GREEN | 12 | Baldwinsville | 34-0 | 2/9 | NYHS Section III Indoor Championships |
| 6 | Sarah WIATR | 9 | West Canada Valley | 33-9½ | 2/9 | NYHS Section III Indoor Championships |
| 7 | Lindsay PIRAINO | 11 | Cicero-North Syracuse | 33-6½ | 1/17 | Stanner Games |
| 8 | Betty ETHEREDGE | 10 | CBA | 33-5¼ | 2/9 | NYHS Section III Indoor Championships |
| 9 | Eliza BELL | 10 | Clinton | 33-3¼ | 2/9 | NYHS Section III Indoor Championships |
| 10 | Harmony CROSS | 12 | Liverpool | 33-2 | 2/16 | CNYCL & OHSL Championships |
| 11 | Tiffany PARKER | 12 | Auburn | 33-1 | 2/9 | NYHS Section III Indoor Championships |
| 12 | Quannisha LEE | 12 | Henninger | 33-½ | 2/27 | NYHS Section III State Meet Qualifier |
| 13 | Kelly BENFEY | 11 | Rome Free Academy | 32-11 | 1/15 | Fred Kirschenheiter Memorial Relays |
| 14 | Amanda TAN | 11 | Jamesville-Dewitt | 32-2 | 2/9 | NYHS Section III Indoor Championships |
| 15 | Jennifer VAN DERMEULEN | 12 | Liverpool | 31-10¼ | 2/16 | CNYCL & OHSL Championships |
| 16 | Grace BRADSHAW | 11 | Jamesville-Dewitt | 31-9¼ | 2/9 | NYHS Section III Indoor Championships |
| 17 | Imani WILLIAMS | 10 | Corcoran | 31-6¼ | 2/16 | CNYCL & OHSL Championships |
| 18 | Macee BONOFOFSKI | 11 | Pulaski | 31-6¼ | 1/15 | Fred Kirschenheiter Memorial Relays |
| 19 | Kelly PERRY | 11 | Fayetteville-Manlius | 31-6 | 2/9 | NYHS Section III Indoor Championships |
| 19 | Kayla GRAHAM | 10 | VVS | 31-6 | 12/12 | MVITA Relays #1 |
| 21 | Jasmine THOMPSON | 11 | Cicero-North Syracuse | 31-2 | 12/6 | Finger Lakes Invitational |
| 22 | Anjoua PERRYMAN | 11 | Fowler | 30-11¼ | 2/9 | NYHS Section III Indoor Championships |
| 23 | Mikey MAXWELL | 8 | West Canada Valley | 30-7¼ | 2/9 | NYHS Section III Indoor Championships |
| 24 | Katie KENNEDY | 11 | Cicero-North Syracuse | 30-5½ | 1/17 | Stanner Games |
| 25 | Eileen FORD | 11 | Skaneateles | 30-3½ | 2/9 | NYHS Section III Indoor Championships |

Girls' Shot Put

| | | | | | | |
|----|---------------------|----|-----------------------|--------|-------|---|
| 1 | Nicole WASCO | 12 | Rome Free Academy | 39-1¼ | 2/27 | NYHS Section III State Meet Qualifier |
| 2 | Melissa TERRAZAS | 11 | Clinton | 37-1 | 2/27 | NYHS Section III State Meet Qualifier |
| 3 | Kayla GRANT | 12 | Henninger | 36-4 | 2/16 | CNYCL & OHSL Championships |
| 4 | Casey WILMER | 11 | Cicero-North Syracuse | 33-10 | 1/17 | Stanner Games |
| 5 | Miranda NICOLETTI | 12 | Baldwinsville | 33-7½ | 2/9 | NYHS Section III Indoor Championships |
| 6 | Shar-kea LONG | 12 | Corcoran | 33-6 | 1/5 | Jack Morse Relays |
| 7 | Marae TEARNEY | 11 | Jamesville-Dewitt | 33-3¼ | 2/9 | NYHS Section III Indoor Championships |
| 8 | Shancrea MONTGOMERY | 11 | Fowler | 32-2¼ | 2/27 | NYHS Section III State Meet Qualifier |
| 9 | Tatiana GLADNEY | 10 | Liverpool | 31-11¼ | 2/27 | NYHS Section III State Meet Qualifier |
| 10 | Val LANGEVIN | 11 | Cicero-North Syracuse | 31-3¼ | 2/9 | NYHS Section III Indoor Championships |
| 11 | Raheema DAVIS | 10 | Proctor | 29-10 | 2/16 | CNYCL & OHSL Championships |
| 12 | Desiree KITCHEN | 11 | Clinton | 29-7¼ | 2/9 | NYHS Section III Indoor Championships |
| 13 | Krista WOLFE | 11 | Rome Free Academy | 29-6¼ | 2/16 | CNYCL & OHSL Championships |
| 14 | Jessica SHEFFIELD | 11 | Oswego | 28-6¼ | 2/9 | NYHS Section III Indoor Championships |
| 15 | Frantzesca TINGUE | 12 | Liverpool | 28-5 | 2/5 | George Costantino Memorial Invitational |
| 16 | Laura RACKETA | 11 | Liverpool | 28-3½ | 1/15 | Fred Kirschenheiter Memorial Relays |
| 17 | Vanessa MANGOVSKI | 12 | West Genesee | 28-1¼ | 12/20 | CNYITA Christmas Relays |
| 18 | Jhoville POMMELLS | 10 | Fayetteville-Manlius | 27-8¼ | 1/5 | Jack Morse Relays |
| 18 | Maria SAKRAN | 12 | West Genesee | 27-8¼ | 1/15 | Fred Kirschenheiter Memorial Relays |
| 20 | Keshanna CUBBAGE | 12 | Proctor | 27-6 | 2/16 | CNYCL & OHSL Championships |
| 21 | Ashley BAKER | 12 | Rome Free Academy | 27-4 | 12/12 | MVITA Relays #1 |
| 22 | Olivia COSTA | 11 | Jamesville-Dewitt | 27-3¼ | 2/9 | NYHS Section III Indoor Championships |
| 22 | Sierra EARLE | 10 | Baldwinsville | 27-3¼ | 1/21 | Bob Grieve Memorial Invitational |
| 24 | Jenna FIACCO | 10 | VVS | 27-1¼ | 1/9 | MVITA Relays #3 |
| 25 | Cheryl DEAN | 12 | Skaneateles | 27-1¼ | 2/9 | NYHS Section III Indoor Championships |



NYS PHSAA Section 3
Season Best List

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| Girls' Weight Throw | | | | | | |
|----------------------------|-------------------|----|--------------------|--------|------|----------------------------|
| 1 | Nicole WASCO | 12 | Rome Free Academy | 39-6½ | 1/9 | MVITA Relays #3 |
| 2 | Melissa TERRAZAS | 11 | Clinton | 34-9½ | 1/30 | MVITA Invitational |
| 3 | Desiree KITCHEN | 11 | Clinton | 29-3¾ | 1/16 | MVITA League Championships |
| 4 | Krista WOLFE | 11 | Rome Free Academy | 25-11½ | 1/30 | MVITA Invitational |
| 5 | Tela PRETTYMAN | 10 | VVS | 22-5¾ | 1/30 | MVITA Invitational |
| 6 | Jazmin COSTELLO | 11 | Rome Free Academy | 21-8 | 1/9 | MVITA Relays #3 |
| 7 | Laci PHILLIPS | 10 | VVS | 21-3¾ | 1/30 | MVITA Invitational |
| 8 | Kelli FAVILLE | 11 | West Canada Valley | 21-1¼ | 1/30 | MVITA Invitational |
| 9 | Jenna FIACCO | 10 | VVS | 20-8 | 1/9 | MVITA Relays #3 |
| 10 | Laura RACKETA | 11 | Liverpool | 20-¼ | 1/10 | Southern Tier Invitational |
| 11 | Jackie MCCLENTHAN | 10 | Liverpool | 19-9 | 1/10 | Southern Tier Invitational |
| 11 | Stephanie MOORE | 11 | Clinton | 19-9 | 1/16 | MVITA League Championships |
| 13 | Kim HILTS | 12 | West Canada Valley | 19-8¾ | 1/30 | MVITA Invitational |
| 14 | Shannon STRANEY | 12 | West Canada Valley | 19-5½ | 1/16 | MVITA League Championships |
| 15 | Tatiana GLADNEY | 10 | Liverpool | 19-3¾ | 1/10 | Southern Tier Invitational |
| 16 | Brittany MILOS | 12 | West Canada Valley | 19-2¾ | 1/16 | MVITA League Championships |
| 17 | Danielle COBB | 9 | Clinton | 18-10 | 1/9 | MVITA Relays #3 |
| 18 | Allison FORTH | 11 | Canastota | 18-8½ | 1/9 | MVITA Relays #3 |
| 19 | Shaela PURCELL | 10 | Oneida | 17-10¼ | 1/16 | MVITA League Championships |
| 20 | Molly STAGNITTI | 12 | Canastota | 14-8 | 1/16 | MVITA League Championships |
| 21 | Pam DUNHAM | 11 | West Canada Valley | 14-6 | 1/9 | MVITA Relays #3 |
| 22 | Morina DRUMMOND | 11 | Canastota | 12-2¼ | 1/9 | MVITA Relays #3 |