

Average: 27:19.91

Conference 4 Results 5000 Run

1	#1699	Maggie Reid	12	Locust Valley	7:08.8	22:12.05	1
2	#1633	Catherine Zamroz	10	Island Trees	7:10.0	22:15.69	2
3	#1627	Cara Duffy	7	Island Trees	7:13.8	22:27.58	3
4	#1628	Brittany Jenkofsky	10	Island Trees	7:21.7	22:52.02	4
5	#1697	Kameron Palagonia	11	Locust Valley	7:23.7	22:58.34	5
6	#1700	Amanda Weiss	11	Locust Valley	7:28.6	23:13.74	6
7	#1695	Roisin O'Neill	10	Locust Valley	7:31.3	23:22.08	7
8	#1690	Madeline Casalino	12	Locust Valley	7:34.2	23:31.15	8
9	#1693	Kristy Jahchan	10	Locust Valley	7:36.9	23:39.50	9
10	#1696	Siobhan O'Neill	12	Locust Valley	7:37.3	23:40.51	10
11	#1694	Christine Lee	10	Locust Valley	7:40.8	23:51.57	
12	#2316	Leanna Donahue	12	Island Trees	7:50.7	24:22.31	11
13	#1376	Caroline DeBellis	8	Cold Spring Harbor	7:53.8	24:31.78	12
14	#1698	Megan Prosser	10	Locust Valley	7:59.8	24:50.51	
15	#1623	Angela Brocco	12	Island Trees	8:02.5	24:58.90	13
16	#1692	Paige Gugerty	12	Locust Valley	8:10.3	25:23.32	
17	#1414	Rachel Graves	9	East Rockaway	8:34.1	26:37.14	14
18	#1418	Emma Nicoletti	12	East Rockaway	8:35.6	26:41.64	15
19	#1413	Caleigh Goldman	12	East Rockaway	8:38.3	26:50.15	16
20	#1382	Claire Taylor	9	Cold Spring Harbor	9:12.6	28:36.64	17
21	#1381	Nicole Schaffer	11	Cold Spring Harbor	9:12.8	28:37.37	18
22	#1407	Katharine Calabres	10	East Rockaway	9:24.5	29:13.56	19
23	#1403	Kristi Ackerina	9	East Rockaway	9:24.9	29:15.08	20
24	#1406	Abbie Calabrese	10	East Rockaway	9:40.9	30:04.71	21
25	#1411	Kelsey Daverin	12	East Rockaway	9:42.3	30:09.10	22
26	#1409	Tara Connor	12	East Rockaway	10:20.9	32:08.80	
27	#1377	Kristen Incorvaia	11	Cold Spring Harbor	10:23.5	32:16.96	23
28	#1379	Miichaella Kufner	11	Cold Spring Harbor	10:23.6	32:17.28	24
29	#1624	Samantha Brunie	10	Island Trees	11:28.1	35:37.70	25
30	#1631	Keilah Parada	10	Island Trees	11:29.0	35:40.40	26

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Conference 4 Results 5000 Run

1	Locust Valley	27	1	5	6	7	8	9	10
	Total Time:	1:55:17.36							
	Average:	23:03.48							
2	Island Trees	33	2	3	4	11	13	25	26
	Total Time:	1:56:56.50							
	Average:	23:23.30							
3	East Rockaway	84	14	15	16	19	20	21	22
	Total Time:	2:18:37.57							
	Average:	27:43.52							
4	Cold Spring Harbor	94	12	17	18	23	24		
	Total Time:	2:26:20.03							
	Average:	29:16.01							

Event 3 Girls 5k Run CC Var Race 2

Name	Year	School	Avg Mile	Finals	Points
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Event 4 Girls 5k Run CC Var Race 3

Name	Year	School	Avg Mile	Finals	Points	
Conference 3 Results 5000 Run						
1	#1841	Stephanie Bazan	11 North Shore	6:13.6	19:20.53	1
2	#1860	Morgan Nerud	11 North Shore	6:22.7	19:48.93	2
3	#1859	Stacie Nadel	12 North Shore	6:26.1	19:59.32	3
4	#1545	Samantha Law	9 Great Neck North	6:48.4	21:08.76	4
5	#1864	Emma Rivera	8 North Shore	6:53.8	21:25.52	5
6	#1856	Hannah Leventhal	8 North Shore	6:54.3	21:27.12	6
7	#1868	Cailey Welch	8 North Shore	6:56.1	21:32.76	7
8	#1842	Hally Bello	9 North Shore	6:56.2	21:33.03	8
9	#1544	Nicole Lalezarzade	12 Great Neck North	7:03.6	21:55.91	9
10	#1548	Maya Mualem	10 Great Neck North	7:15.6	22:33.15	10
11	#1601	Nicole Matza	10 Hewlett	7:16.2	22:35.03	11
12	#1550	Ruby Paisner	11 Great Neck North	7:16.7	22:36.72	12
13	#1552	Michelle Toker	12 Great Neck North	7:18.2	22:41.34	13
14	#1539	Ariela Frenkel	12 Great Neck North	7:20.3	22:47.69	14
15	#1546	Victoria Liu	10 Great Neck North	7:21.8	22:52.49	15
16	#1857	Sarah Leventhal	10 North Shore	7:22.9	22:55.90	
17	#1600	Lori Matza	10 Hewlett	7:26.1	23:05.69	16
18	#1851	Jenna Donohue	12 North Shore	7:29.5	23:16.44	
19	#1606	Natalie Weintraub	12 Hewlett	7:30.9	23:20.78	17
20	#1595	Collette Davies	10 Hewlett	7:33.7	23:29.54	18
21	#1553	Daniella Zandi	12 Great Neck North	8:04.9	25:06.32	
22	#1594	Emily Cooperstein	11 Hewlett	8:04.9	25:06.53	19
23	#1547	Ella Mualem	12 Great Neck North	8:07.8	25:15.27	
24	#1542	Yael Harooni	12 Great Neck North	8:09.9	25:21.98	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Conference 3 Results 5000 Run											
1	North Shore	17	1	2	3	5	6	7	8		
	Total Time:	1:42:01.42									
	Average:	20:24.29									
2	Great Neck North	48	4	9	10	12	13	14	15		
	Total Time:	1:50:55.88									
	Average:	22:11.18									
3	Hewlett	81	11	16	17	18	19				
	Total Time:	1:57:37.57									
	Average:	23:31.52									

Conference 4 Results 5000 Run

1	#2197	Katherine Keller	12 Wheatley	7:26.5	23:07.03
2	#2196	Morgan Hanel	12 Wheatley	7:26.7	23:07.61
3	#2193	Leigh Anderson	12 Wheatley	7:41.2	23:52.78
4	#1832	Marissa Karasz	11 Mineola	8:07.4	25:14.16
5	#1833	Claudia Serna	11 Mineola	8:13.5	25:33.03
6	#2146	Stessy Louis	12 VS South	8:28.2	26:18.90
7	#1831	Deborah Gabbay	12 Mineola	8:30.4	26:25.46
8	#2195	Alexa Georgetown	11 Wheatley	8:34.6	26:38.79
9	#2144	Natalia Fernandez	11 VS South	9:35.1	29:46.53

Conference 4 Results 5000 Run

1	#1495	Isabella Pascucci	12	Friends Academy	6:23.1	19:50.02	1
2	#1492	Paige Duca	12	Friends Academy	6:28.3	20:06.31	2
3	#2177	kiera donovan	11	West Hempstead	6:36.7	20:32.51	
4	#1497	Catherine Sullivan	12	Friends Academy	7:17.0	22:37.45	3
5	#1493	Anna Pappas	9	Friends Academy	7:22.1	22:53.27	4
6	#1494	Katherine Pappas	12	Friends Academy	7:33.1	23:27.54	5
7	#1368	Gabriella Martins	12	Clarke	7:44.2	24:02.12	6
8	#1371	Briana Pereira	10	Clarke	7:57.6	24:43.66	7
9	#1373	Alexandra Rodrigue	11	Clarke	7:58.1	24:45.31	8
10	#1374	Kate Su	9	Clarke	8:06.2	25:10.58	9
11	#1489	Anna Asnis	9	Friends Academy	8:37.5	26:47.76	10
12	#1490	Elizabeth Chatpar	9	Friends Academy	8:45.5	27:12.67	11
13	#1369	Alyssa Ng	9	Clarke	9:09.7	28:27.62	12
14	#1372	Abby Pineda	9	Clarke	9:11.2	28:32.45	13
15	#1366	Tori Kalberer	11	Clarke	9:18.8	28:55.98	14
16	#1370	Alyssa Peralta	10	Clarke	9:58.3	30:58.73	
17	#1363	Adriana Cano	12	Clarke	10:36.0	32:55.98	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Conference 4 Results 5000 Run

1	Friends Academy	15	1	2	3	4	5	10	11
	Total Time:	1:48:54.59							
	Average:	21:46.92							
2	Clarke	42	6	7	8	9	12	13	14
	Total Time:	2:07:09.29							
	Average:	25:25.86							

Girls 5k Run CC Jr. Varsity

Name	Year	School	Avg Mile	Finals	Points
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Conference 3 Results 5000 Run

1	#1852	Ayanna Fossett	11	North Shore	7:29.1	23:15.26	1
2	#1854	Amanda Giannattasi	11	North Shore	7:32.5	23:25.77	2
3	#1775	Isabelle VanRoy	11	Manhasset	7:34.8	23:32.84	3
4	#2051	Meredith Nothel	12	South Side	7:35.9	23:36.42	4
5	#1770	Juliet Schneider	12	Manhasset	7:39.0	23:46.05	5
6	#2050	Katie Negroni	11	South Side	7:45.6	24:06.43	6
7	#1853	Danielle Fossett	9	North Shore	7:46.1	24:07.97	7
8	#2043	Elizabeth McCarthy	10	South Side	7:46.4	24:08.80	8
9	#2065	Kieran Travers	9	South Side	7:50.6	24:22.03	9
10	#1869	Gabrielle Zaffiro	9	North Shore	7:52.9	24:29.06	10
11	#1865	Theresa Scarola	9	North Shore	7:53.8	24:31.93	11
12	#1843	Bianca Borges	12	North Shore	7:55.7	24:37.70	12
13	#1844	Raquel Borges	12	North Shore	8:00.2	24:51.64	13
14	#2038	Gillian Leonard	11	South Side	8:00.2	24:51.93	14
15	#1536	Gabriella Burgos	10	Great Neck North	8:00.8	24:53.77	15
16	#1846	Marisa Cabrera	12	North Shore	8:06.9	25:12.74	
17	#2041	Darcie Lynch	11	South Side	8:08.1	25:16.42	16
18	#2055	Kelsey Quinn	10	South Side	8:11.3	25:26.13	17

19	#1861	Anne O'Brien	10	North Shore	8:15.6	25:39.58	
20	#1778	Amanda Wysota	11	Manhasset	8:23.1	26:02.85	18
21	#1756	Sammi Lulov	11	Manhasset	8:24.1	26:06.04	19
22	#2049	Kelsey Nass	10	South Side	8:26.9	26:14.83	
23	#1599	Samantha Mannino	11	Hewlett	8:27.2	26:15.53	
24	#1597	Carly Ganz	12	Hewlett	8:29.3	26:22.29	
25	#2035	Kendall Kelly	9	South Side	8:31.1	26:27.87	
26	#2068	Olivia Watterson	9	South Side	8:35.8	26:42.38	
27	#1549	Daniella Namdar	11	Great Neck North	8:36.4	26:44.30	20
28	#1849	Irene Coritsidis	12	North Shore	8:39.5	26:53.77	
29	#1777	Janna Winchester	12	Manhasset	8:40.0	26:55.41	21
30	#2054	Kelly O'Sullivan	11	South Side	8:45.1	27:11.31	
31	#2045	Carolynn McElroy	11	South Side	8:45.2	27:11.67	
32	#1870	Isabel Zorn	9	North Shore	8:48.2	27:20.82	
33	#1453	Anna Burnett	9	Floral Park	8:50.4	27:27.65	22
34	#2057	Maggie Reich	9	South Side	8:51.1	27:30.06	
35	#1760	Mieke McLoughlin	10	Manhasset	8:53.6	27:37.68	23
36	#2019	Donna Angelis	11	South Side	8:53.9	27:38.53	
37	#2030	Ailis DeTommaso	9	South Side	8:58.4	27:52.72	
38	#1541	Ashley Hakimian	10	Great Neck North	8:59.6	27:56.30	24
39	#2033	Samantha Horowitz	10	South Side	9:05.9	28:15.79	
40	#1867	Elysian Wagner	9	North Shore	9:07.3	28:20.14	
41	#1772	Sabrina Syed	10	Manhasset	9:07.5	28:20.88	25
42	#2040	Christina Luvin	11	South Side	9:11.1	28:32.05	
43	#2060	Madeline Sautner	11	South Side	9:11.7	28:33.94	
44	#2027	Laura Cecere	9	South Side	9:15.8	28:46.53	
45	#1537	Melina Cornejo	10	Great Neck North	9:21.7	29:04.94	26
46	#1763	Sophia Miradoli	12	Manhasset	9:22.7	29:08.08	
47	#1779	Jessica Zand	9	Manhasset	9:25.9	29:18.08	
48	#2031	Emma Garry	11	South Side	9:26.2	29:19.04	
49	#1766	Cristina Ras	11	Manhasset	9:31.6	29:35.62	
50	#2208	Jamie Bressmer	11	Floral Park	9:31.7	29:35.96	27
51	#1994	Maria Espichan	12	Roslyn	9:34.5	29:44.74	
52	#1995	Phoebe Klein	9	Roslyn	9:34.8	29:45.73	
53	#1458	Molly Dixon	12	Floral Park	9:34.9	29:46.13	28
54	#2020	Alyssa Arcoleo	11	South Side	9:41.7	30:07.03	
55	#1466	Nicole Ross	12	Floral Park	9:43.7	30:13.29	29
56	#1469	Julia Smith	12	Floral Park	9:47.9	30:26.26	30
57	#1448	Grace Afflerbach	12	Floral Park	9:48.6	30:28.52	31
58	#2067	Amanda Ventura	10	South Side	9:52.0	30:39.06	
59	#1771	Alexandra Steck	11	Manhasset	9:52.2	30:39.71	
60	#1764	Nicole Paone	11	Manhasset	9:52.3	30:40.04	
61	#1454	Anna Christ	12	Floral Park	9:52.4	30:40.47	32
62	#1769	Alyssa Sanders	11	Manhasset	9:55.1	30:48.73	
63	#1848	Lauren Carbonara	9	North Shore	9:56.6	30:53.47	
64	#1462	Victoria Lopez	9	Floral Park	9:58.2	30:58.47	
65	#1465	Aliye Murphy	9	Floral Park	9:59.7	31:02.92	
66	#1938	Katelyn Dorane	9	Plainedge	10:01.5	31:08.59	
67	#2021	Jacqueline Arcoleo	12	South Side	10:03.0	31:13.43	
68	#1767	Jaaziel Robinson	12	Manhasset	10:07.3	31:26.54	
69	#1862	Miranda Purcell	11	North Shore	10:07.8	31:28.32	
70	#1534	Shira Balakhaneh	11	Great Neck North	10:09.7	31:34.03	33
71	#1734	Danielle Tuzzio	11	Lynbrook	10:10.9	31:37.85	34
72	#1728	Briana Piro	9	Lynbrook	10:11.8	31:40.74	35
73	#2039	Liana Lo	10	South Side	10:19.1	32:03.34	
74	#2026	Emily Cameron	11	South Side	10:21.4	32:10.41	
75	#1931	Alicia Biggin	11	Plainedge	10:33.2	32:47.02	
76	#2135	Alexa Foster	9	VS North	10:46.6	33:28.88	
77	#1754	Katherine Hannon	11	Manhasset	10:46.9	33:29.62	
78	#1451	Beverly Bruno	9	Floral Park	10:55.9	33:57.76	
79	#1463	Grace McGovern	12	Floral Park	10:57.5	34:02.51	
80	#1996	Mackenzie Liotta	11	Roslyn	11:01.7	34:15.64	
81	#1593	Eleni Astidaftis	9	Hewlett	11:02.1	34:16.77	

82	#1750	Maria Budis	10	Manhasset	11:03.2	34:20.49					
83	#1934	Jessica Coacci	9	Plainedge	11:04.9	34:25.57					
84	#1761	Chryssie Michael	11	Manhasset	11:06.6	34:31.00					
85	#1468	Sophia Skiadas	12	Floral Park	11:06.9	34:31.95					
86	#1732	Zoe Simeone	11	Lynbrook	11:07.4	34:33.37				36	
87	#1730	Grace Ridings	9	Lynbrook	11:08.1	34:35.53				37	
88	#1930	Julianne Appierto	9	Plainedge	11:08.2	34:35.83					
89	#1716	Melissa Braun	9	Lynbrook	11:16.3	35:01.00				38	
90	#2024	Michaela Becconsal	11	South Side	11:21.4	35:16.92					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Conference 3 Results 5000 Run											
1	North Shore	31	1	2	7	10	11	12	13		
	Total Time:	1:59:49.99									
	Average:	23:58.00									
2	South Side	41	4	6	8	9	14	16	17		
	Total Time:	2:01:05.62									
	Average:	24:13.13									
3	Manhasset	66	3	5	18	19	21	23	25		
	Total Time:	2:06:23.19									
	Average:	25:16.64									
4	Great Neck North	118	15	20	24	26	33				
	Total Time:	2:20:13.34									
	Average:	28:02.67									
5	Floral Park	136	22	27	28	29	30	31	32		
	Total Time:	2:27:29.29									
	Average:	29:29.86									
6	Lynbrook	180	34	35	36	37	38				
	Total Time:	2:47:28.49									
	Average:	33:29.70									

Conference 4 Results 5000 Run

Junior Varsity

1	#1691	Gianna Ferrara	8	Locust Valley	9:04.1	28:10.21
2	#1928	Allison Suttentberg	9	Oyster Bay	9:39.4	29:59.97
3	#2175	jayna andrikou	9	West Hempstead	9:42.0	30:08.06
4	#1408	Caitlin Cassini	9	East Rockaway	9:47.3	30:24.49
5	#1420	Valencia Poorajah	9	East Rockaway	10:17.8	31:59.19
6	#1921	Micah Covelli	9	Oyster Bay	10:21.6	32:11.20