

**Saints Holiday Relays**  
**Newell Field House - St. Lawrence University - 12/5/2015**  
**Results - Holiday Relay Meet**

**Event 1 Women 60 Meter Hurdles**

**Meet Record:** 9.03 \* 12/13/2014 Devyani Biswal  
**Newell FH:** 8.44 ^ 1/18/2014 Karelle Edwards  
**SLU Record:** 9.04 s 2/14/2015 Divya Biswal

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1		Ottawa Lions	X9.57Q
2	SO	Plattsburgh	10.29Q
3		Algonquin	9.72q
4	SO	St. Lawrence	10.32q
5	SR	St. Lawrence	10.36q
6		Ottawa Gg's	10.43q
7		Ottawa Gg's	10.63q
8	SR	St. Lawrence	11.55q

**Event 2 Men 60 Meter Hurdles**

**Meet Record:** 8.36 \* 12/10/2011 Joe Pruckno  
**Newell FH:** 8.10 ^ 1/18/2014 Sekou Kaba  
**SLU Record:** 8.28 s 2/9/2013 Jacob Fredericks

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1		Ottawa Gg's	8.73Q
2		Ottawa Gg's	8.86Q
3	13	Unat	X8.92q
4	SO	St. Lawrence	9.18q
5	FR	St. Lawrence	9.25q
6		Carleton Ravens	9.29q
7	SR	St. Lawrence	9.45q
7	FR	Plattsburgh	9.45q
9	JR	Plattsburgh	9.47
10		Ottawa Gg's	9.86
11	JR	Plattsburgh	10.07
12	SO	St. Lawrence	10.46
13		Ottawa Gg's	11.29
14	SR	St. Lawrence	11.32

**Event 3 Men 60 Meter Dash**

**Meet Record:** 6.99 \* 12/10/2011 Sean Bernstein  
**Newell FH:** 6.82 ^ 1/21/2012 Moussa Sissoko  
**SLU Record:** 7.03 s 2/21/2009 Jarell Roberts & 2.11.12

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1		Ottawa Gg's	7.07Q
2	SR	Plattsburgh	7.27Q
3	SR	Plattsburgh	7.32Q
4		Algonquin	7.37Q
5		Carleton Ravens	7.40q
6	SR	St. Lawrence	7.41q
7	SO	Plattsburgh	7.42q
8	JR	Plattsburgh	7.47q
9	SO	St. Lawrence	7.50
10	SO	St. Lawrence	7.52
11		Unat	X7.53
11		Ottawa Gg's	7.53
11	FR	St. Lawrence	7.53

14		Ottawa Gg's	7.57
15		Ottawa Gg's	7.59
16	FR	St. Lawrence	7.64
17		Ottawa Gg's	7.65
18	FR	St. Lawrence	7.67
19	FR	St. Lawrence	7.72
19		Algonquin	7.72
21		Ottawa Gg's	7.82
21	FR	St. Lawrence	7.82
23		Ottawa Gg's	7.85
24		Carleton Ravens	7.89
25		Ottawa Gg's	7.95
26		Carleton Ravens	8.26
27	FR	Plattsburgh	8.85

**Event 4 Women 60 Meter Dash**

**Meet Record:** 7.78 \* 12/13/2014 Sarah De Carufel  
**Newell FH:** 7.49 ^ 1/21/2012 Delphine Atangana  
**SLU Record:** 7.92 s 2/15/2014 Hannah Kinsey

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1		Ottawa Gg's	7.92Q
2		Ottawa Gg's	8.09Q
3	SR	St. Lawrence	8.37q
4	FR	St. Lawrence	8.58q
5		Carleton Ravens	8.61q
6		Carleton Ravens	8.62q
7		Carleton Ravens	8.63q
8		Ottawa Gg's	8.80q
9	JR	St. Lawrence	8.90
10	FR	St. Lawrence	8.98
11		Ottawa Gg's	9.41
12		Carleton Ravens	9.55

**Event 5 Women 1 Mile Run**

**Meet Record:** 5:08.47 \* 12/13/2014 Clare McGrath  
**Newell FH:** 4:56.79 ^ 2/15/2014 Grace Tilton  
**SLU Record:** 4:55.50 s 2/21/2015 Cassia Hameline

Name	Yr	School	Finals
<b>Finals</b>			
1		Ottawa Gg's	5:16.26 10
2		Ottawa Gg's	5:16.44 8
3		Ottawa Gg's	5:21.60 6
4		Ottawa Gg's	5:42.45 4
5	SO	St. Lawrence	5:43.26 2
6	SR	Plattsburgh	5:45.13 1
7		Ottawa Gg's	5:50.58
8	JR	Plattsburgh	5:53.94
9	FR	St. Lawrence	5:56.92
10	SO	St. Lawrence	5:58.05
11		Ottawa Gg's	6:00.50
12	JR	St. Lawrence	6:04.15

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**Event 6 Men 1 Mile Run**

**Meet Record:** 4:17.47 \* 12/12/2009 Dan Ramsey  
**Newell FH:** 4:10.54 ^ 3/1/2008 Peter Kosgei  
**SLU Record:** 4:12.02 s 3/8/2008 Erik Donohoe

Name	Yr	School	Finals
<b>Finals</b>			
1	Saville, Sebastian	Carleton Ravens	4:23.98 10
2	Trapeau, Lucas	Ottawa Gg's	4:29.40 8
3	Qureshi, Hamza	Ottawa Gg's	4:30.86 6
4	Bates, Kevin	Ottawa Gg's	4:34.53 4
5	Ruest, Jared	Ottawa Gg's	4:38.98 2
6	El Hankouri, Ziyad	Ottawa Gg's	4:43.89 1
7	Starnes, Hal	17 Unat	X4:45.91
8	Belden, Zane	SO St. Lawrence	4:47.20
9	MacDonell, Ryan	Ottawa Gg's	4:48.02
10	Bronner, William	FR St. Lawrence	4:48.82
11	Toll, Ellis	SR St. Lawrence	4:51.53
12	Grossi, Nick	Carleton Ravens	4:51.82
13	French, Aidan	Ottawa Gg's	4:53.15
14	Lang, Zachary	FR St. Lawrence	4:53.24
15	Bain, David	FR St. Lawrence	4:54.84
16	Zapotoski, Brandon	FR Plattsburgh	4:54.86
17	Lepkowski Ostrum, Leif	FR St. Lawrence	4:55.88
18	Tu, Eugene	Ottawa Gg's	4:56.34
19	Scarallo, Christopher	JR Plattsburgh	4:56.35
20	Wong, Aaron	Ottawa Gg's	4:58.75
21	Stewart, James	JR Plattsburgh	4:59.55
22	Bruce, Liam	Carleton Ravens	5:01.10
23	McManus, Brett	FR Plattsburgh	5:06.64
24	Whalen, Christian	JR Plattsburgh	5:16.15
25	Campbell, Michael	FR Plattsburgh	5:16.86
26	Kulkarni, Rohan	Carleton Ravens	5:21.82
27	Warren, Sean	FR Plattsburgh	5:26.18
28	Brosseau, Charles-Antoine	Carleton Ravens	5:57.15

**Event 7 Women 400 Meter Dash**

**Meet Record:** 57.85 \* 12/11/2004 Ashlee Robertson  
**Newell FH:** 56.95 ^ 1/22/2005 Bailey Lewis  
**SLU Record:** 56.71 s 1/13/2015 Marisa Turner

Name	Yr	School	Finals
<b>Finals</b>			
1	Turner, Marisa	SR St. Lawrence	58.68 10
2	Skorenky, Sophia	Ottawa Gg's	59.07 8
3	Martel-Lamothe, Dominiq	Ottawa Gg's	1:03.84 6
4	Mengad, Sophia	Ottawa Gg's	1:05.21 4
5	Pier, Jaleigh	SR St. Lawrence	1:05.77 2
6	Lindsay, Tiffany	Carleton Ravens	1:06.60 1
7	Ambursley, Tatiana	Carleton Ravens	1:07.99
8	Wismer, Laura	Ottawa Gg's	1:08.47
9	Ricardo, Rebecca	Carleton Ravens	1:08.82
10	Dalati, Liana	Ottawa Gg's	1:09.10
11	De Pieri, Julia	Ottawa Gg's	1:09.59
12	Riccitelli, Holly	FR St. Lawrence	1:10.52
13	Johnson, Kenna	SO St. Lawrence	1:11.15
14	Martell, Mikaela	FR St. Lawrence	1:11.27

**Event 8 Men 400 Meter Dash**

**Meet Record:** 48.62 \* 12/11/2008 Eric Theiss  
**Newell FH:** 48.62 ^ 2/28/2004 Eric Theiss  
**SLU Record:** 48.32 s 1987 Tim McCrossen

Name	Yr	School	Finals
<b>Finals</b>			
1	Crawford, Nicholas	SR St. Lawrence	50.15 10
2	Jones, Kyle	SR Plattsburgh	50.36 8
3	Stivers, Harrison	SO St. Lawrence	51.00 6
4	Grandy, Zach	JR Plattsburgh	51.89 4
5	Viscardi, Daniel	JR St. Lawrence	51.94 2
6	Wells, Ben	SO Plattsburgh	52.04 1
7	Evans, Stephen	Ottawa Gg's	52.64
8	Cameron, Justin	Ottawa Gg's	53.02
9	Meades, Liam	Ottawa Gg's	53.08
10	Santaniello, Theodore	Unat	X54.04
11	Davidson, Dylan	Ottawa Gg's	54.96
12	Fabian, Brian	FR Plattsburgh	55.62
13	Heaney, Connor	SR St. Lawrence	56.00
14	Gustafson, Sven	JR St. Lawrence	57.53
15	Krejcik, Peter	Ottawa Gg's	58.56
16	Moynihnan, Will	SR St. Lawrence	59.55

**Event 9 Women 60 Meter Hurdles**

**Meet Record:** 9.03 \* 12/13/2014 Devyani Biswal  
**Newell FH:** 8.44 ^ 1/18/2014 Karelle Edwards  
**SLU Record:** 9.04 s 2/14/2015 Divya Biswal

Name	Yr	School	Finals
<b>Finals</b>			
1	Abrams, Andrea	Ottawa Lions	X9.36
2	Charles, Ibukun	SO Plattsburgh	10.15 10
3	Scarf, Allison	SR St. Lawrence	10.32 8
4	Balthazar, Marlynda	Ottawa Gg's	10.52 6
5	Fake, Hannah	SO St. Lawrence	10.54 4
6	Hunt, Serena	Ottawa Gg's	10.64 2
7	Grigg, Teresa	SR St. Lawrence	11.50 1
---	Lucien, Nafthalia	Algonquin	DNF

**Event 10 Men 60 Meter Hurdles**

**Meet Record:** 8.36 \* 12/10/2011 Joe Pruckno  
**Newell FH:** 8.10 ^ 1/18/2014 Sekou Kaba  
**SLU Record:** 8.28 s 2/9/2013 Jacob Fredericks

Name	Yr	School	Finals
<b>Finals</b>			
1	Hancock, Scott	Ottawa Gg's	8.73 10
2	Powrie, Jacob	Ottawa Gg's	8.84 8
3	Fredericks, Jacob	13 Unat	X8.87
4	Stowe, Nathaniel	FR St. Lawrence	8.96 6
5	Jannini, Mark	SO St. Lawrence	9.11 4
6	Brady, Matthew	FR Plattsburgh	9.60 2
7	Frizzell, Mitchell	Carleton Ravens	9.63 1
8	Wells, Zach	SR St. Lawrence	9.77

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**Event 11 Women 60 Meter Dash**

**Meet Record:** 7.78 \* 12/13/2014 Sarah De Carufel  
**Newell FH:** 7.49 ^ 1/21/2012 Delphine Atangana  
**SLU Record:** 7.92 s 2/15/2014 Hannah Kinsey

Name	Yr	School	Finals
<b>Finals</b>			
1 Labarang, Charifa		Ottawa Gg's	7.90 10
2 Biswal, Devyani		Ottawa Gg's	7.96 8
3 Asanya, Chinelo	SR	St. Lawrence	8.39 6
4 Eaman, Olivia		Carleton Ravens	8.55 4
5 Lindsay, Tiffany		Carleton Ravens	8.64 2
6 Scribner, Taylor	FR	St. Lawrence	8.67 1
7 De Pieri, Julia		Ottawa Gg's	8.80
8 Ambursley, Tatiana		Carleton Ravens	8.96

**Event 12 Men 60 Meter Dash**

**Meet Record:** 6.99 \* 12/10/2011 Sean Bernstein  
**Newell FH:** 6.82 ^ 1/21/2012 Mousssa Sissoko  
**SLU Record:** 7.03 s 2/21/2009 Jarell Roberts & 2.11.12

Name	Yr	School	Finals
<b>Finals</b>			
1 Martineau, Brandyn		Ottawa Gg's	7.01 10
2 Potash, Luke	SR	Plattsburgh	7.28 8
3 Heron, Rajiv	SR	St. Lawrence	7.33 6
4 Carrington, Marcus		Carleton Ravens	7.39 4
5 Ben-Smith, Betwin		Algonquin	7.42 2
6 Wells, Ben	SO	Plattsburgh	7.75 1
7 Jones, Kyle	SR	Plattsburgh	8.49
8 Grandy, Zach	JR	Plattsburgh	11.86

**Event 13 Women 800 Meter Run**

**Meet Record:** 2:15.55 \* 12/14/2013 Charlotte Gardner  
**Newell FH:** 2:11.76 ^ 3/6/2015 Rachael Shine  
**SLU Record:** 2:18.32 s 3/2/1996 Deb Danehy

Name	Yr	School	Finals
<b>Finals</b>			
1 Gardner, Charlotte		Ottawa Gg's	2:24.34 10
2 Narine, Priya		Ottawa Gg's	2:28.53 8
3 Menard, Alexandra		Ottawa Gg's	2:30.98 6
4 Mullen, Courtney	SR	St. Lawrence	2:38.48 4
5 Brennan, Rebecca		Ottawa Gg's	2:39.11 2
6 Pomainville, Carrie	SO	St. Lawrence	2:40.27 1
7 Waldrop, Rachael	JR	Unat	X2:49.41
8 Sperry, Jessica		Ottawa Gg's	2:50.45
9 Benz, Bridget	SO	St. Lawrence	2:54.92
10 Sutherland, Tamara		Ottawa Gg's	3:00.35

**Event 14 Men 800 Meter Run**

**Meet Record:** 1:55.69 \* 12/14/2013 Harrison Sloan  
**Newell FH:** 1:53.21 ^ 3/1/2008 Justin Wager  
**SLU Record:** 1:53.20 s 3/1/2002 Kris Enwright

Name	Yr	School	Finals
<b>Finals</b>			
1 Palamar, Eric		Ottawa Gg's	2:02.68 10
2 Hitchcox, Scott		Ottawa Gg's	2:04.59 8

3 Martin, Jack	SO	St. Lawrence	2:05.33 6
4 Fleming, Kieran		Carleton Ravens	2:10.32 4
5 Dobson, Connor		Carleton Ravens	2:10.55 2
6 O'Brien, Timothy	FR	St. Lawrence	2:12.94 1
7 Cutting, Ian	SO	Plattsburgh	2:13.54
8 DeChamplain, Andrew		Carleton Ravens	2:13.79
9 Kabeya-Mulumba, Kevin		Ottawa Gg's	2:14.48
10 Gillooly, John	FR	St. Lawrence	2:15.14
11 Page, Evan	SO	St. Lawrence	2:16.40
12 Mahalanobis, Neil		Ottawa Gg's	2:26.02

**Event 15 Women 200 Meter Dash**

**Meet Record:** 25.93 \* 12/13/2014 Charifa Labarang  
**Newell FH:** 24.83 ^ 1/17/2004 Michelle Burgher  
**SLU Record:** 25.70 s 1/14/2014 Hannah Kinsey

Name	Yr	School	Finals
<b>Finals</b>			
1 Labarang, Charifa		Ottawa Gg's	26.40 10
2 Skorenky, Sophia		Ottawa Gg's	26.87 8
3 Asanya, Chinelo	SR	St. Lawrence	28.13 6
4 Charles, Ibukun	SO	Plattsburgh	28.20 4
5 Lucien, Nafthalia		Algonquin	28.38 2
6 Scribner, Taylor	FR	St. Lawrence	28.76 1
7 Estes, Ashlee	SO	Plattsburgh	28.82
8 Martel-Lamothe, Dominiq		Ottawa Gg's	29.14
9 Mengad, Sophia		Ottawa Gg's	29.17
10 De Pieri, Julia		Ottawa Gg's	29.24
11 Lindsay, Tiffany		Carleton Ravens	29.48
12 Ambursley, Tatiana		Carleton Ravens	29.60
13 Young, Jessica	FR	St. Lawrence	30.05
14 Wismer, Laura		Ottawa Gg's	30.21
15 Dalati, Liana		Ottawa Gg's	30.29
16 Grigg, Teresa	SR	St. Lawrence	31.21
17 Okezie-Ajaero, Stephanie		Ottawa Gg's	31.22
18 Ricardo, Rebecca		Carleton Ravens	31.76
19 Mbenoun, Daneen		Carleton Ravens	32.16

**Event 16 Men 200 Meter Dash**

**Meet Record:** 22.48 \* 12/10/2011 Sean Bernstein  
**Newell FH:** 21.96 ^ 3/5/2005 Sherron Bullock  
**SLU Record:** 22.44 s 2/28/2004 Seyamack Afzali/Jarell Roberts

Name	Yr	School	Finals
<b>Finals</b>			
1 Martineau, Brandyn		Ottawa Gg's	23.04 10
2 Potash, Luke	SR	Plattsburgh	23.13 8
3 Hamre, Travis	SO	St. Lawrence	23.31 6
4 Ben-Smith, Betwin		Algonquin	23.99 4
5 Crouse, Ryan	FR	St. Lawrence	24.57 2
6 Meades, Liam		Ottawa Gg's	24.72 1
7 Whelan, Sean		Algonquin	24.73
8 Johnson, William	SO	St. Lawrence	24.79
9 Felix, Gio		Ottawa Gg's	24.84
10 Ma, JooWon	SO	St. Lawrence	25.08
11 Frizzell, Mitchell		Carleton Ravens	25.56
12 Safarini, Amin		Carleton Ravens	25.88
13 Krejcik, Peter		Ottawa Gg's	26.02

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**Finals ... (Event 16 Men 200 Meter Dash)**

Name	Yr	School	Finals
14 Bouchard, Taylor	SO	St. Lawrence	26.13
15 Perez, Nic		Carleton Ravens	26.15
16 Abozmal, Ali		Ottawa Gg's	26.16
17 Finch, Adesolu	FR	Plattsburgh	29.05

**Event 17 Women 3000 Meter Run**

Meet Record: 10:24.45 \* 12/8/2012 Ella Martin

Newell FH: 9:54.08 ^ 3/1/2014 Amy Cymerman

SLU Record: 9:46.49 s 3/14/2014 Amy Cymerman

Name	Yr	School	Finals
<b>Finals</b>			
1 Seeley, Laura		Ottawa Gg's	10:58.51 10
2 McRae, Jessica		Carleton Ravens	11:01.19 8
3 Needham, Jessica		Carleton Ravens	11:07.05 6
4 Carter, Jillian		Ottawa Gg's	11:11.47 4

**Event 18 Men 3000 Meter Run**

Meet Record: 8:49.92 \* 12/14/2013 Thomas Caulfield

Newell FH: 8:29.49 ^ 3/1/2008 Seth Dubois

SLU Record: 8:14.6h s 1984 Jukka Tammisuo

Name	Yr	School	Finals
<b>Finals</b>			
1 Glassco, Tom		Ottawa Gg's	9:32.71 10
2 Mancuso, Logan	FR	St. Lawrence	9:36.46 8
3 Mitchell, Jonathan	FR	St. Lawrence	9:43.12 6
4 Tompkins, Aaron		Unat	X9:56.64 4
5 Hodgins, Seamus		Carleton Ravens	10:15.99 2

**Event 19 Women 4x400 Meter Relay**

Meet Record: 4:09.23 \* 12/14/2013 Ottawa GG's

Newell FH: 3:58.32 ^ 3/5/2005

B Boyd, A Tecco, E Huggler, J Bonelli

SLU Record: 3:57.61 s 3/2/2013

C Stine, A Pond, H Kinsey, J Marini

Team	Relay	Finals
<b>Finals</b>		
1 Ottawa Gg's	A	4:18.78 10
1) Wiwchar, Katie	2) Seeley, Laura	
3) Menard, Alexandra	4) Ross, Sarya	
2 Plattsburgh St.	A	4:23.24 8
1) Charles, Ibukun SO	2) Estes, Ashlee SO	
3) Schweizer, Megan SR	4) Taylor, Melanie JR	
3 St. Lawrence	A	4:31.88 6
1) Breton, Anna FR	2) Breton, Elina FR	
3) Grigg, Teresa SR	4) Scarf, Allison SR	
4 Carleton Ravens	A	4:46.12 4
5 Ottawa Gg's	B	x4:47.89
1) Barton, Rebecca	2) Carter, Jillian	
3) Thibault, Gabrielle	4) Fletcher, Emily	

**Event 20 Men 4x400 Meter Relay**

Meet Record: 3:26.77 \* 12/11/2010 SUNY DELHI

L HAYWOOD, R GRAHAM, Z BROWN, A ADKINS

Newell FH: 3:22.19 ^ 3/5/2005

R Hussey, A Miles, J Taylor, A Campbell

SLU Record: 3:20.17 s 1985

T Plimpton, J Disotelle, A Silver, T McCrossen

Team	Relay	Finals
<b>Finals</b>		
1 Ottawa Gg's	A	3:32.90 10
1) Trapeau, Lucas	2) Wong, Aaron	
3) Ruest, Jared	4) Palamar, Eric	
2 St. Lawrence	A	3:41.84 8
1) Heaney, Connor SR	2) Ma, JooWon SO	
3) Gillooly, John FR	4) Martin, Jack SO	
3 Plattsburgh St.	C	x3:50.25
4 Ottawa Gg's	B	x3:56.02
1) Qureshi, Hamza	2) El Hankouri, Ziyad	
3) Bates, Kevin	4) McConnell, Graeme	
5 Plattsburgh St.	B	x4:05.61
1) Stewart, James JR	2) Cutting, Ian SO	
3) Scarallo, Christopher JR	4) Whalen, Christian JR	

**Event 21 Women 4x200 Meter Relay**

Meet Record: 1:45.15 \* 12/14/2013 Ottawa GG's

Newell FH: 1:45.15 ^ 12/14/2013

C Labarang, C Phillips, C Gardner, S DeCarufel

SLU Record: 1:45.58 s 2/28/2014

D Biswal, K Mason, C Stine, H Kinsey

Team	Relay	Finals
<b>Finals</b>		
1 St. Lawrence	A	1:51.08 10
1) Asanya, Chinelo SR	2) Scribner, Taylor FR	
3) Pier, Jaleigh SR	4) Turner, Marisa SR	
2 Ottawa Gg's	A	1:52.35 8
3 Ottawa Gg's	B	x2:00.06
1) Balthazar, Marlynda	2) Hunt, Serena	
3) Okezie-Ajaero, Stephanie	4) Mengad, Sophia	
4 St. Lawrence	B	x2:02.94
1) Young, Jessica FR	2) Johnson, Kenna SO	
3) Riccitelli, Holly FR	4) Martell, Mikaela FR	

**Event 22 Men 4x200 Meter Relay**

Meet Record: 1:30.35 \* 12/8/2007 SUNY Cortland

K Ma, J Riese, M Bieringer, A Siddeeq

Newell FH: 1:27.88 ^ 1/19/2013

O Makinde, M Robertson, D Biocci, T Makinde

SLU Record: 1:30.42 s 2/27/2009 22.6, 22.6, 23.0, 22.22

J. Thornhill, K. Burrall, S. Heiss, J. Roberts

Team	Relay	Finals
<b>Finals</b>		
1 St. Lawrence	A	1:31.74 10
1) Hamre, Travis SO	2) Crawford, Nicholas SR	
3) White, Gordon SO	4) Stivers, Harrison SO	

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**Finals ... (Event 22 Men 4x200 Meter Relay)**

Team	Relay	Finals
2 Plattsburgh St.	A	1:32.71 8
1) Potash, Luke SR	2) Denny, Eric JR	
3) Wells, Ben SO	4) Jones, Kyle SR	
3 St. Lawrence	B	x1:36.01
1) Crouse, Ryan FR	2) Heron, Rajiv SR	
3) Viscardi, Daniel JR	4) Brush, Andrew FR	
4 Ottawa Gg's	A	1:37.86 6
1) Hancock, Scott	2) Felix, Gio	
3) Halpenny, Jon	4) Fortier, Jesse	
5 St. Lawrence	C	x1:38.79
1) Johnson, William SO	2) Wells, Zach SR	
3) Stowe, Nathaniel FR	4) Quintilliani, Sebastian FR	
6 Carleton Ravens	A	1:40.73 4
1) Carrington, Marcus	2) Frizzell, Mitchell	
3) Fleming, Kieran	4) Perez, Nic	

**Event 23 Women Distance Medley**  
**Meet Record: 12:44.08 \* 12/13/2014 St. Lawrence University**  
**C Pomainville, H Fake, A Leta, M Kellogg**  
**Newell FH: 11:51.09 ^ 2/28/2003**  
**K Cravatta, L Janovich, E Maston, A Laytham**  
**SLU Record: 12:02.83 s 2/22/2013**  
**L Edwards, C Stine, J Marini, E Marin**

Team	Relay	Finals
<b>Finals</b>		
1 Ottawa Gg's	A	13:01.87 10
1) Wiwchar, Katie	2) Seeley, Laura	
3) Menard, Alexandra	4) Ross, Sarya	
2 St. Lawrence	B	x13:17.76
1) Grohn, Lisa JR	2) Bronson, Gaelyn FR	
3) Driscoll, Caroline FR	4) Moon, Sarah FR	
3 St. Lawrence	A	13:47.49 8
1) Scott, Cassidy FR	2) Fake, Hannah SO	
3) Howe, Lindsay SO	4) Pomainville, Carrie SO	
4 Ottawa Gg's	B	x14:06.23
1) Barton, Rebecca	2) Narine, Priya	
3) Thibault, Gabrielle	4) Fletcher, Emily	

**Event 24 Men Distance Medley**  
**Meet Record: 10:26.09 \* 12/14/2002 St. Lawrence**  
**A Van Nortwick, S Coffin, K Enwright, M Migonis**  
**Newell FH: 10:05.30 ^ 2/28/2003**  
**B Cocca, J Ravener, B Mallette, G Wagner**  
**SLU Record: 9:57.87 s 3/4/2011 3:01.4 50.1 1:54.1 4:12.1**  
**S Kiplagat, C Funch, A Goodwin, J LeBlanc**

Team	Relay	Finals
<b>Finals</b>		
1 Ottawa Gg's	B	x11:21.26
1) Qureshi, Hamza	2) El Hankouri, Ziyad	
3) Bates, Kevin	4) MacDonell, Ryan	
2 Carleton Ravens	A	11:27.81 10
1) Saville, Sebastian	2) Dobson, Connor	
3) Fleming, Kieran	4) Grossi, Nick	

3 Ottawa Gg's	A	11:36.00 8
1) Trapeau, Lucas	2) Wong, Aaron	
3) Ruest, Jared	4) Palamar, Eric	
4 St. Lawrence	B	x11:46.58
1) Page, Evan SO	2) Jannini, Mark SO	
3) Bronner, William FR	4) Belden, Zane SO	
5 St. Lawrence	A	12:07.94 6
1) Bain, David FR	2) Gustafson, Sven JR	
3) Lepkowski Ostrum, Leif FR	4) Lang, Zachary FR	

**Event 25 Women Shot Put**  
**Meet Record: 14.08m \* 12/12/2009 Alyssa Pirinelli**  
**Newell FH: 15.22m ^ 1/18/2003 Caroline Larose**  
**SLU Record: 14.69m s 2/20/2010 Alyssa Pirinelli**

Name	Yr	School	Finals
<b>Finals</b>			
1 Wood, Meghann	SO	St. Lawrence	11.79m 10
2 Flaherty, Trisha	FR	Plattsburgh	10.41m 8
3 Scarf, Allison	SR	St. Lawrence	9.63m 6
4 Berry, Liz	FR	Plattsburgh	9.40m 4
5 Norberg, Sara	FR	St. Lawrence	9.36m 2
6 Ngwu, Princess	FR	St. Lawrence	9.26m 1
7 Conners, Leah	JR	St. Lawrence	8.87m
8 Potter, Jessica	FR	St. Lawrence	8.39m
9 Dignan, Mariah	JR	St. Lawrence	7.97m
10 DiPresso, Brianna	SO	Plattsburgh	6.34m

**Event 26 Women Pole Vault**  
**Meet Record: 3.45m \* 12/8/2007 Sarah Kimball**  
**Newell FH: 3.60m ^ 2/28/2014 Rebecca Graudons**  
**SLU Record: 3.30m s 2/15/2014 Caitlin Boreyko**

Name	Yr	School	Finals
<b>Finals</b>			
1 Fake, Hannah	SO	St. Lawrence	2.45m 10
--- Young, Jessica	FR	St. Lawrence	NH

**Event 27 Women Long Jump**  
**Meet Record: 5.50m \* 12/14/2002 Kate De Puy**  
**Newell FH: 5.84m ^ 2/28/2003 Kate De Puy**  
**SLU Record: 5.87m s 2/22/2003 Kate DePuy**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hunt, Serena		Ottawa Gg's	4.57m 10
2 Espinoza, Francesca		Ottawa Gg's	4.56m 8
3 Kelly, Grace	FR	St. Lawrence	4.50m 6
4 Grigg, Teresa	SR	St. Lawrence	4.41m 4
5 Estes, Ashlee	SO	Plattsburgh	4.34m 2
6 Rosser, Morgan	FR	St. Lawrence	J4.34m 1
7 Eaman, Olivia		Carleton Ravens	4.31m
8 Balthazar, Marlynda		Ottawa Gg's	4.06m

**Saints Holiday Relays**  
**Newell Field House - St. Lawrence University - 12/5/2015**  
**Results - Holiday Relay Meet**

**Event 28 Men High Jump****Meet Record:** 2.14m \* 12/8/2012 Kerrin Payne**Newell FH:** 2.14m ^ 12/8/2012 Kerrin Payne**SLU Record:** 2.04m s 1996 Pete Basta

Name	Yr	School	Finals
<b>Finals</b>			
1 Ntivumbura, Yvan		Ottawa Gg's	1.98m 10
2 Kane, Brian		Unat	X1.93m
3 Linardic, Daniel		Ottawa Gg's	1.88m 8
4 Powrie, Jacob		Ottawa Gg's	1.83m 6
5 Emerson, Samuel	FR	St. Lawrence	1.78m 4
6 Ford, Paul	JR	Plattsburgh	1.73m 2
7 Brougham, Derek		Ottawa Gg's	J1.73m 1
8 Bouchard, Taylor	SO	St. Lawrence	J1.73m
9 Quintilliani, Sebastian	FR	St. Lawrence	1.68m
--- Denny, Eric	JR	Plattsburgh	NH
--- Nkusi, Steve		Ottawa Gg's	NH
--- Murrell, Tyler	FR	Plattsburgh	NH

**Event 29 Men Shot Put****Meet Record:** 16.55m \* 12/9/2006 Josh Dupuis**Newell FH:** 16.63m ^ 3/5/2005 Matt Kuenzel**SLU Record:** 16.54m s 3/14/2008 Geoff Grambo

Name	Yr	School	Finals
<b>Finals</b>			
1 Kasson, Scott	SR	St. Lawrence	13.99m 10
2 Babcock, Dylan	FR	St. Lawrence	11.50m 8
3 Wertz, Robert	FR	Plattsburgh	10.71m 6
4 Bussey, Steven	JR	Plattsburgh	10.29m 4
5 Fleming, Chris	FR	St. Lawrence	10.02m 2
6 Moynihan, Will	SR	St. Lawrence	8.36m 1

**Event 30 Men Pole Vault****Meet Record:** 4.95m \* 12/10/2011 Ryan Pericozzi**Newell FH:** 4.95m ^ 12/10/2011 Ryan Pericozzi**SLU Record:** 4.89m s 1989 Alexander Grelland

Name	Yr	School	Finals
<b>Finals</b>			
1 Faber, Nick	SO	Plattsburgh	3.80m 10
2 Merchant, William	FR	St. Lawrence	3.50m 8
3 Murrell, Tyler	FR	Plattsburgh	J3.50m 6

**Event 31 Men Long Jump****Meet Record:** 6.73m \* 12/8/2001 Ohene Cornelius**Newell FH:** 7.07m ^ 1/26/2002 Ohene Cornelius**SLU Record:** 7.32m s 1997 Chris Burgess

Name	Yr	School	Finals
<b>Finals</b>			
1 White, Gordon	SO	St. Lawrence	6.49m 10
2 Denny, Eric	JR	Plattsburgh	6.39m 8
3 Baker, Sean	FR	Plattsburgh	6.15m 6
4 Powrie, Jacob		Ottawa Gg's	5.88m 4
5 Merchant, William	FR	St. Lawrence	5.77m 2
6 Brady, Matthew	FR	Plattsburgh	5.72m 1
7 Wells, Zach	SR	St. Lawrence	5.62m

8 Gurnsey, Jake		Ottawa Gg's	5.56m
9 Carrington, Marcus		Carleton Ravens	5.52m
10 Linardic, Daniel		Ottawa Gg's	5.42m
11 Ford, Paul	JR	Plattsburgh	5.38m
12 Gustafson, Sven	JR	St. Lawrence	5.32m
12 Emerson, Samuel	FR	St. Lawrence	5.32m
14 Halpenny, Jon		Ottawa Gg's	5.30m
15 Fortier, Jesse		Ottawa Gg's	5.25m
15 Brougham, Derek		Ottawa Gg's	5.25m
17 Moynihan, Will	SR	St. Lawrence	5.17m
--- Brush, Andrew	FR	St. Lawrence	FOUL

**Event 32 Women High Jump****Meet Record:** 1.68m \* 12/8/2012 Marisa Turner**Newell FH:** 1.78m ^ 1/17/2004 Kristy Kerin**SLU Record:** 1.68m s 12/8/2012 Marisa Turner

Name	Yr	School	Finals
<b>Finals</b>			
1 Turner, Marisa	SR	St. Lawrence	1.65m 10
2 Hunt, Serena		Ottawa Gg's	1.45m 8
3 Kelly, Grace	FR	St. Lawrence	J1.45m 6
4 Estes, Ashlee	SO	Plattsburgh	1.30m 4
--- Espinoza, Francesca		Ottawa Gg's	NH

**Event 33 Women Weight Throw****Meet Record:** 16.68m \* 12/10/2011 Sarah Timmons**Newell FH:** 18.65m ^ 3/4/2005 Kelly Godsey**SLU Record:** 17.65m s 2/27/2009 Alyssa Pirinelli

Name	Yr	School	Finals
<b>Finals</b>			
1 Connors, Leah	JR	St. Lawrence	12.17m 10
2 Dignan, Mariah	JR	St. Lawrence	10.82m 8
3 Potter, Jessica	FR	St. Lawrence	9.26m 6
4 Norberg, Sara	FR	St. Lawrence	8.92m 4
5 DiPresso, Brianna	SO	Plattsburgh	8.80m 2
6 Ngwu, Princess	FR	St. Lawrence	8.03m 1
7 Flaherty, Trisha	FR	Plattsburgh	7.86m
8 Berry, Liz	FR	Plattsburgh	J7.86m

**Event 34 Women Triple Jump****Meet Record:** 11.21m \* 12/13/2014 Krista Sipprell**Newell FH:** 11.70m ^ 3/1/2014 Divya Biswal**SLU Record:** 12.07m s 3/1/2013 Divya Biswal

Name	Yr	School	Finals
<b>Finals</b>			
1 Scarf, Allison	SR	St. Lawrence	10.37m 10
2 Rosser, Morgan	FR	St. Lawrence	10.02m 8
3 Riccitelli, Holly	FR	St. Lawrence	9.53m 6

**Event 35 Men Weight Throw****Meet Record:** 21.69m \* 12/9/2006 Jesse Doty**Newell FH:** 21.69m ^ 12/9/2006 Jesse Doty**SLU Record:** 19.31m s 3/5/2010 Eric Jones

Name	Yr	School	Finals
<b>Finals</b>			
1 Kasson, Scott	SR	St. Lawrence	15.00m 10

**Saints Holiday Relays**  
**Newell Field House - St. Lawrence University - 12/5/2015**  
**Results - Holiday Relay Meet**

**Finals ... (Event 35 Men Weight Throw)**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>	
2	DeBoer, Bryce	SR	St. Lawrence	12.38m	8
3	James, Stephen		Carleton Ravens	11.68m	6
4	Fleming, Chris	FR	St. Lawrence	9.66m	4
5	Wertz, Robert	FR	Plattsburgh	9.50m	2
6	Babcock, Dylan	FR	St. Lawrence	J9.50m	1
7	Bussey, Steven	JR	Plattsburgh	8.29m	

**Event 36 Men Triple Jump**

**Meet Record:** 14.14m \* 12/12/2009 Dasheen Ellis

**Newell FH:** 14.99m ^ 3/1/2003 Allen Simms

**SLU Record:** 14.32m s 3/2/2012 Jamal Samaroo

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>					
1	Baker, Sean	FR	Plattsburgh	12.77m	10
2	Quintilliani, Sebastian	FR	St. Lawrence	12.72m	8
3	Bouchard, Taylor	SO	St. Lawrence	11.23m	6

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Women - Team Rankings - 16 Events Scored

1)	Ottawa GG's	184
2)	St. Lawrence University	179
3)	Plattsburgh St.	43
4)	Carleton Ravens	25
5)	Algonquin College	2

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Men - Team Rankings - 16 Events Scored

1)	St. Lawrence University	169
2)	Ottawa GG's	141
3)	Plattsburgh St.	95
4)	Carleton Ravens	43
5)	Algonquin College	6