

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Girls 100 Meter Dash

Name	School	Finals
--- Hebert, Shyann	Ichabod Cran	SCR
--- Kelsey, Annabel	Shaker	SCR
--- Marable, Lauryn	Catholic Cen	SCR
--- Sousa, Leana	Shaker	SCR

Section 1

1 Gannon, Holly	Fair Haven H	15.44
2 Fernandez, Aina	Fair Haven H	16.52
3 Begmuratova, Muyassar	Fair Haven H	17.21
4 McDade, Madelynn	Catholic Cen	17.84
5 Wongvilla, Bua	Fair Haven H	18.15

Section 2

1 Dawes, Brynn	Ichabod Cran	15.05
2 Gordon, Kyonna	Ichabod Cran	15.20
3 Spensieri, Elizabeth	Ichabod Cran	15.79
4 Chen, Selina	Ballston Spa	16.70
5 Carrozza, Ava	Catholic Cen	17.25
6 Ifudu, Alysia	Catholic Cen	18.19
7 Holmes, Pilar	Catholic Cen	18.85
8 Carpenter, Haley	Catholic Cen	19.04

Section 3

1 Samascott, Kristanna	Ichabod Cran	14.29
2 Mooney, Nicole	Ballston Spa	14.84
3 Miller, Samai	Shaker	15.05
4 Merkel, Ayame	Fair Haven H	15.25
5 Ames, Ashley	Ichabod Cran	15.66
6 Paglia, Emily	Catholic Cen	15.95
7 Guay, Sophia	Catholic Cen	16.21
--- Kuehn, Ella	Fair Haven H	DNS

Section 4

1 Vincent, Alexis	Averill Park	13.87	2
2 Luna, Gianna	Shaker	14.39	
3 Beyer, Isabel	Guilderland	14.45	
4 Reish, Angelina	Guilderland	14.54	
5 Carrara, Julia	Fair Haven H	14.70	
6 Del Pozzo, Angela	Guilderland	15.41	
7 Pizza, Grace	Ichabod Cran	15.45	
8 Himmelwright, Sarah	Ballston Spa	16.16	

Section 5

1 Hanlon, Marley	Averill Park	13.96
2 McCray, Tatiana	Ballston Spa	13.99
3 Wojcik, Maya	Guilderland	14.21
4 Small, Gianna	Shaker	14.23
5 Cox, Ali	Ichabod Cran	14.31
6 Hickey, Lauren	Guilderland	14.37
7 Perry, Madison	Fair Haven H	14.62
8 Cushing, Alexa	Ballston Spa	15.95

Section 6

1 Wicks, Abigail	Averill Park	12.76	10
2 Swan, Megan	Guilderland	12.88	8
3 Cramer, Tatum	Guilderland	12.91	6
4 Zborovszky, Petrina	Ballston Spa	13.27	5

5 Majeran, Ella	Shaker	13.41	4
6 Lawrence, Renee	Shaker	13.62	3
7 Hilton, Olivia	Guilderland	13.88	1
8 Mazzacco, Marisa	Averill Park	14.21	

Girls 200 Meter Dash

Name	School	Finals
--- Sousa, Leana	Shaker	SCR
--- Hebert, Shyann	Ichabod Cran	SCR
--- Majeran, Ella	Shaker	SCR

Section 1

1 Dawes, Brynn	Ichabod Cran	46.85
2 Macpherson, Elliana	Ichabod Cran	48.68
3 Paglia, Emily	Catholic Cen	49.35
4 McDade, Madelynn	Catholic Cen	53.22
5 Holmes, Pilar	Catholic Cen	55.34
6 Carpenter, Haley	Catholic Cen	55.60
7 Ladabouche, Vivian	Fair Haven H	58.52
8 O'Brien, Molly	Catholic Cen	59.34

Section 2

1 Perry, Madison	Fair Haven H	30.34
2 Lopriore-Rosenstrach, Ari	Ichabod Cran	30.91
3 Carrara, Julia	Fair Haven H	32.62
4 Himmelwright, Sarah	Ballston Spa	32.95
5 Chen, Selina	Ballston Spa	33.87
6 Carrozza, Ava	Catholic Cen	35.08
7 Guay, Sophia	Catholic Cen	35.86
--- Kuehn, Ella	Fair Haven H	DNS

Section 3

1 Taveras, Xeshelle	Shaker	28.01	4
2 Small, Gianna	Shaker	29.33	
3 Lather, Maelyn	Guilderland	29.75	
4 Cole, Destini	Shaker	30.04	
5 Levernois, Logan	Guilderland	30.11	
6 Lu, Jeanne	Guilderland	30.94	
7 Gordon, Kyonna	Ichabod Cran	31.23	
8 Cushing, Alexa	Ballston Spa	33.01	

Section 4

1 Sala, Emilia	Averill Park	28.12	3
2 Hanlon, Marley	Averill Park	28.84	2
3 Burnett, Evynn	Guilderland	28.87	1
4 Samascott, Kristanna	Ichabod Cran	29.21	
5 Igweike, Chelsea	Guilderland	29.32	
6 Barnhart, Kirsten	Guilderland	29.34	
7 Knapp, Lauren	Shaker	29.60	
8 Pizza, Grace	Ichabod Cran	32.07	

Section 5

1 Barnhart, Kendall	Guilderland	25.70	10
2 Assabahi, Saida	Guilderland	26.01	8
3 Lawrence, Renee	Shaker	27.18	6
4 Zborovszky, Petrina	Ballston Spa	27.90	5
5 McCray, Tatiana	Ballston Spa	29.03	
6 Medford, Kamira	Shaker	29.10	
7 Lee, Sophia	Ballston Spa	29.52	

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Section 5 ... (Girls 200 Meter Dash)

Name	School	Finals
--- Wicks, Abigail	Averill Park	DNS

Girls 400 Meter Dash

Name	School	Finals
--- Kelsey, Annabel	Shaker	SCR
--- Duvall, Shayla	Shaker	SCR

Section 1

1 Spensieri, Elizabeth	Ichabod Cran	1:15.57
2 Newman, Emma	Ballston Spa	1:16.42
3 Talyor, Amy	Ballston Spa	1:17.37
4 Vallabhaneni, Meena	Guilderland	1:22.57
5 wheland, Leah	Catholic Cen	1:24.88
6 Shapiro, Molly	Guilderland	1:24.96
7 Marando, Antonella	Guilderland	1:25.13
8 Russell, Erin	Ichabod Cran	1:26.51

Section 2

1 Taveras, Xeshelle	Shaker	1:04.76	3
2 Knapp, Lauren	Shaker	1:07.69	1
3 Vasquez, Anabelle	Shaker	1:09.50	
4 Conjalka, Katherine	Shaker	1:10.52	
5 Miracle, Ruby	Shaker	1:13.34	
6 David, Kylie	Catholic Cen	1:22.91	
7 Alin, Rachel	Guilderland	1:24.87	
--- Rogers, Allison	Fair Haven H	DNS	

Section 3

1 Barnhart, Kendall	Guilderland	57.72	10
2 Swan, Megan	Guilderland	59.63	8
3 Cramer, Tatum	Guilderland	1:01.17	6
4 Melanson, Kiley	Ichabod Cran	1:02.18	5
5 Gutta, Pravalika	Guilderland	1:04.11	4
6 Sala, Emilia	Averill Park	1:05.45	2
7 Gordon, Claire	Shaker	1:08.50	
8 Guay, Sophia	Catholic Cen	1:19.34	

Girls 800 Meter Run

Name	School	Finals
--- Bonocordo, Ava	Shaker	SCR
--- Praiapati, Archana	Shaker	SCR

Section 1

1 LeRoy, Taylor	Ballston Spa	2:47.01
2 Barker, Laura	Ichabod Cran	3:05.15
3 Jiang, Christine	Ballston Spa	3:07.63
4 Grace, Rebekah	Ichabod Cran	3:08.48
5 McDonnell, Isabelle	Ballston Spa	3:08.61
6 Higgins, Emilee	Fair Haven H	3:09.89
7 Loomis, Megan	Ballston Spa	3:12.39
8 Ganneboina, Nihitha	Shaker	3:17.49
9 Corniel, Anabel	Shaker	3:17.53
10 wheland, Leah	Catholic Cen	3:21.00
11 Church, Rebecca	Ichabod Cran	3:22.00
12 Mease, Liz	Shaker	3:22.20
13 David, Kylie	Catholic Cen	3:27.85
14 Razzano, Megan	Shaker	3:28.09

15 Ladabouche, Vivian	Fair Haven H	3:57.40
--- Kopec, Valerie	Ichabod Cran	DNS

Section 2

1 Bryant, Mary	Averill Park	2:36.72	3
2 Austin, Elizabeth	Bethlehem Ce	2:40.48	
3 Rivard, Alexandra	Bethlehem Ce	2:42.31	
4 Hubbard, Elca	Guilderland	2:44.88	
5 Shatynski, Sophia	Guilderland	2:45.42	
6 Doria, Brianna	Ichabod Cran	2:46.05	
7 Field, Allison	Catholic Cen	2:54.53	
8 Gorevich, Julia	Guilderland	2:55.16	
9 Clark, Haley	Catholic Cen	3:25.55	
--- Eisler, Alexis	Ballston Spa	DNS	
--- McKinley, Lee	Ballston Spa	DNS	

Section 3

1 Vellekoop, Addison	Guilderland	2:17.82	10
2 O'Meara, Charlotte	Bethlehem Ce	2:18.88	8
3 Dunkel, Charlotte	Shaker	2:21.69	6
4 Kosier, Alexa	Guilderland	2:34.69	5
5 Kleiber, Rebecca	Guilderland	2:35.33	4
6 Manley, Audrey	Bethlehem Ce	2:36.74	2
7 Mazzacco, Kimberly	Averill Park	2:38.67	1
8 Raghubar, Victoria	Shaker	2:42.87	
9 Lagios, Isabella	Guilderland	2:43.16	
10 Irwin, Erika	Guilderland	2:45.30	

Girls 1500 Meter Run

Name	School	Finals
--- Macasaddug, Amaris	Guilderland	SCR
--- Dupuis, Violet	Averill Park	SCR

Section 1

1 LeRoy, Taylor	Ballston Spa	5:43.55	1
2 Field, Allison	Catholic Cen	6:06.63	
3 Miracle, Sahana	Shaker	6:16.13	
4 Doolittle, Isabella	Shaker	6:16.20	
5 Lin, Lydia	Shaker	6:20.75	
6 Jiang, Christine	Ballston Spa	6:23.07	
7 Loomis, Megan	Ballston Spa	6:23.15	
8 McDonnell, Isabelle	Ballston Spa	6:23.19	
9 Byraju, Harika	Shaker	6:37.60	
10 wheland, Leah	Catholic Cen	6:41.86	
11 Grace, Rebekah	Ichabod Cran	6:46.79	
12 Clark, Haley	Catholic Cen	6:52.53	
13 Church, Rebecca	Ichabod Cran	6:57.06	
14 Meyers, Macey	Shaker	7:00.49	
15 Phillips, Arianna	Shaker	7:08.41	
16 David, Kylie	Catholic Cen	7:11.63	
--- Kelly, Mackenzie	Shaker	DNS	

Section 2

1 Bolke, Annie	Bethlehem Ce	5:02.22	10
2 Pachter, Liv	Bethlehem Ce	5:11.34	8
3 Bell, Audrey	Bethlehem Ce	5:18.16	6
4 Deer, Olivia	Bethlehem Ce	5:19.87	5
5 Tynan, Eryn	Guilderland	5:23.14	4

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Section 2 ... (Girls 1500 Meter Run)				
Name	School	Finals		
6	Hubbard, Lily	Guilderland	5:28.20	3
7	Doria, Brianna	Ichabod Cran	5:36.27	2
8	Shull, Ava	Fair Haven H	5:46.51	
9	McCutcheon, Violet	Guilderland	5:50.08	
10	Taylor, Kate	Ballston Spa	5:52.39	
11	Del Pozzo, Deena	Guilderland	5:54.36	
12	Lagios, Brooklyn	Guilderland	5:57.82	
13	Gorevich, Julia	Guilderland	5:58.59	
14	Kondreddy, Kavya	Guilderland	6:03.35	
---	McKinley, Lee	Ballston Spa	DNS	
---	Eisler, Alexis	Ballston Spa	DNS	

Girls 3000 Meter Run			
Name	School	Finals	
---	Field, Allison	Catholic Cen	SCR
---	Macasaddug, Amaris	Guilderland	SCR

Section 1				
1	Davis, Rylee	Bethlehem Ce	10:36.36	10
2	Cornell, Braelyn	Guilderland	10:59.88	8
3	Kuhn, Logan	Bethlehem Ce	11:08.73	6
4	Bannigan, Katherine	Bethlehem Ce	11:28.99	5
5	Harris, Kaitlyn	Bethlehem Ce	11:32.18	4
6	Whiteside, Kara	Guilderland	11:41.05	3
7	Lee, Lyndsey	Ballston Spa	11:48.63	2
8	Iyer, Tara	Guilderland	11:52.48	1
9	Boucek, Sophie	Shaker	12:06.09	
10	Guyette, Sarah	Bethlehem Ce	12:12.23	
11	Wu, Isabella	Guilderland	12:34.63	
12	Alpart, Maxine	Guilderland	12:46.97	
13	Winokur-Kiegle, Xiao Lu	Guilderland	13:39.53	
---	Kondreddy, Kavya	Guilderland	DNS	

Girls 100 Meter Hurdles				
Name	School	Finals		
1	Ross, Jordan	Shaker	20.61	1
2	Felder, Nya	Ichabod Cran	21.93	
3	Kerr, Maya	Guilderland	22.21	
4	Powell, Grace	Guilderland	22.55	
---	Royer, Isabella	Guilderland	FS	

Section 2				
1	Steele, Parker	Guilderland	15.46	10
2	Medford, Kamira	Shaker	16.80	8
3	Dunn, Rylee	Ichabod Cran	17.52	6
4	Brown, Kylie	Ichabod Cran	17.92	5
5	Scott, Isabella	Ichabod Cran	18.40	4
6	Clickman, Molly	Ichabod Cran	18.84	3
7	Aiossa, Elizabeth	Averill Park	20.05	2
8	Church, Audrey	Ichabod Cran	21.15	

Girls 400 Meter Hurdles			
Name	School	Finals	
---	Marable, Lauryn	Catholic Cen	SCR

---	Mirabile, Julianna	Shaker	SCR	
Section 1				
1	Church, Audrey	Ichabod Cran	1:29.61	3
2	Royer, Isabella	Guilderland	1:31.40	2
3	Powell, Grace	Guilderland	1:31.69	1

Section 2				
1	Steele, Parker	Guilderland	1:08.04	10
2	Kerr, Avery	Guilderland	1:11.67	8
3	Scott, Isabella	Ichabod Cran	1:13.43	6
4	Kerr, Maya	Guilderland	1:25.23	5
5	Geiger, Zoe	Ichabod Cran	1:28.78	4
---	Dunn, Rylee	Ichabod Cran	DNS	

Girls 4x100 Meter Relay				
Team	Relay	Finals		
Section 1				
1	Ichabod Crane	B	56.60	3
	1) Ames, Ashley	2) Samascott, Kristanna		
	3) Brown, Kylie	4) Felder, Nya		
2	Ballston Spa	B	1:00.81	
	1) Himmelwright, Sarah	2) Talyor, Amy		
	3) Chen, Selina	4) Cushing, Alexa		
---	Fair Haven H	B	DNS	

Section 2				
1	Guilderland	A	48.76	10
	1) Swan, Megan	2) Barnhart, Kendall		
	3) Cramer, Tatum	4) Assabahi, Saida		
2	Guilderland	B	50.95	8
	1) Sano, Kadija	2) Steele, Parker		
	3) Gutta, Pravalika	4) Hilton, Olivia		
3	Shaker	A	52.93	6
	1) Lawrence, Renee	2) Majeran, Ella		
	3) Medford, Kamira	4) Knapp, Lauren		
4	Ichabod Crane	A	54.85	5
	1) Flint, Allison	2) Flint, Kathryn		
	3) Clickman, Molly	4) Cox, Ali		
5	Shaker	B	55.79	4
	1) Small, Gianna	2) Luna, Gianna		
	3) Conjalka, Katherine	4) Miller, Samai		
6	Fair Haven H	A	58.04	2
	1) Merkel, Ayame	2) Gannon, Holly		
	3) Kuehn, Ella	4) Carrara, Julia		
7	Guilderland	C	59.42	1
	1) Burnett, Evynn	2) Bryant, Shealee		
	3) Frimpong, Nanaadwoa	4) Igweike, Chelsea		

Girls 4x400 Meter Relay				
Team	Relay	Finals		
Section 1				
1	Ichabod Crane	A	4:27.99	10
	1) Scott, Isabella	2) Doria, Brianna		
	3) Dunn, Rylee	4) Melanson, Kiley		

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Section 1 ... (Girls 4x400 Meter Relay)			
Team	Relay	Finals	
2 Shaker	A	4:32.76	8
1) Lawrence, Renee	2) Majeran, Ella		
3) Medford, Kamira	4) Knapp, Lauren		
3 Guilderland	B	4:43.64	6
1) Lather, Maelyn	2) Hickey, Lauren		
3) McCutcheon, Violet	4) Hubbard, Lily		
4 Guilderland	A	4:43.71	5
1) Wojcik, Maya	2) Shatynski, Sophia		
3) Beyer, Isabel	4) Lu, Jeanne		
5 Fair Haven H	A	4:59.17	4
1) Merkel, Ayame	2) Higgins, Emilee		
3) Carrara, Julia	4) Shull, Ava		
6 Guilderland	C	5:03.74	3
1) Winokur-Kiegle, Xiao Lu	2) Lagios, Brooklyn		
3) Del Pozzo, Angela	4) Levernois, Logan		
--- Shaker	B	DNS	
1) Taveras, Xeshelle	2) Vasquez, Anabelle		
3) Conjalka, Katherine	4) Miller, Samai		

Girls 4x800 Meter Relay			
Team	Relay	Finals	
Section 1			
1 Guilderland	A	9:57.60	10
1) Kerr, Avery	2) Kosier, Alexa		
3) Cornell, Braelyn	4) Vellekoop, Addison		
2 Bethlehem Central	A	10:08.84	8
1) O'Meara, Charlotte	2) Manley, Audrey		
3) Bolke, Annie	4) Davis, Rylee		
3 Saranac	A	10:14.50	6
1) Boulds, Sienna	2) Denial, Laura		
3) Fay, Kaelyn	4) Miner, Gillian		
4 Bethlehem Central	B	10:55.56	5
1) Bell, Audrey	2) Deer, Olivia		
3) Rivard, Alexandra	4) Kuhn, Logan		
5 Guilderland	B	11:05.34	4
1) Whiteside, Kara	2) Kleiber, Rebecca		
3) Tynan, Eryn	4) Wendt, Emma		
6 Shaker	A	11:22.03	3
1) Raghubar, Victoria	2) McLoughlin, Bridget		
3) Koa, Elizabeth	4) Robin, Annika		
7 Guilderland	C	11:24.19	2
1) Lagios, Isabella	2) Del Pozzo, Angela		
3) Gorevich, Julia	4) Irwin, Erika		
8 Shaker	B	12:16.68	1
1) Kelly, Mackenzie	2) Lin, Lydia		
3) Doolittle, Isabella	4) Miracle, Sahana		
9 Ballston Spa	A	12:24.16	
1) Jiang, Christine	2) Loomis, Megan		
3) McDonnell, Isabelle	4) LeRoy, Taylor		
10 Ichabod Crane	A	13:23.45	
1) Barker, Laura	2) Grace, Rebekah		
3) Russell, Erin	4) Kopec, Valerie		

11 Shaker	C	14:01.48	
1) Bonocordo, Ava	2) Byraju, Harika		
3) Phillips, Arianna	4) Razzano, Megan		

Girls Distance Medley			
Team	Relay	Finals	
Section 1			
1 Shaker	A	12:51.03	10
1) Dunkel, Charlotte	2) Griffin, Leonna		
3) Mirabile, Julianna	4) Raghubar, Victoria		
2 Guilderland	A	12:55.54	8
1) Kosier, Alexa	2) Kerr, Avery		
3) Cornell, Braelyn	4) Vellekoop, Addison		
3 Saranac	A	13:20.76	6
1) Boulds, Sienna	2) Denial, Laura		
3) Fay, Kaelyn	4) Miner, Gillian		
4 Guilderland	B	13:43.23	5
1) Kleiber, Rebecca	2) Shatynski, Sophia		
3) Whiteside, Kara	4) Iyer, Tara		
5 Bethlehem Central	A	13:57.35	4
1) Harris, Kaitlyn	2) Austin, Elizabeth		
3) Bannigan, Katherine	4) Guyette, Sarah		
6 Ballston Spa	A	14:20.67	3
1) Eisler, Alexis	2) Lee, Lyndsey		
3) Taylor, Kate	4) LeRoy, Taylor		
7 Shaker	B	14:41.05	2
1) Koa, Elizabeth	2) McLoughlin, Bridget		
3) O'Donnell, Isabella	4) Robin, Annika		
8 Guilderland	C	14:53.61	1
1) Alpart, Maxine	2) Winokur-Kiegle, Xiao Lu		
3) Wendt, Emma	4) Wu, Isabella		

Girls High Jump			
Name	School	Finals	
Flight 1			
1 Lee, Sophia	Ballston Spa	4-10.00	10
2 Liu, Elizabeth	Guilderland	4-08.00	8
3 Melanson, Kiley	Ichabod Cran	4-04.00	6
4 Vasquez, Anabelle	Shaker	J4-04.00	5
5 Geiger, Zoe	Ichabod Cran	4-02.00	3.5
5 Yadav, Pranjali	Shaker	4-02.00	3.5
7 Aiossa, Elizabeth	Averill Park	J4-02.00	2
8 Taylor, Kate	Ballston Spa	4-00.00	1
9 Mair, Olivia	Guilderland	J4-00.00	
10 Gannon, Holly	Fair Haven H	J4-00.00	
--- Schneider, Anneliese	Shaker	NH	
--- Kuehn, Ella	Fair Haven H	NH	
--- Ifudu, Alysia	Catholic Cen	NH	
--- Brown, Kylie	Ichabod Cran	SCR	
--- Miller, Samai	Shaker	SCR	

Girls Pole Vault			
Name	School	Finals	
Flight 1			
1 Flint, Allison	Ichabod Cran	9-00.00	10

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results**Flight 1 ... (Girls Pole Vault)**

Name	School	Finals
2 Famodu, Aliyah	Guilderland	8-06.00 8
3 Hanlon, Marley	Averill Park	J8-06.00 6
4 Ross, Jordan	Shaker	6-06.00 5
5 Wall, Kali	Shaker	J6-06.00 4
6 Clarke, Elizabeth	Shaker	6-00.00 3
7 Talyor, Amy	Ballston Spa	5-06.00 2
8 Reish, Angelina	Guilderland	J5-06.00 1
--- Romania, Claire	Shaker	SCR

Girls Long Jump

Name	School	Finals
Flight 1		
1 Taveras, Xeshelle	Shaker	14-08.00
2 Small, Gianna	Shaker	14-03.00
3 Cole, Destini	Shaker	J13-04.00
4 Norbi, Lexine	Shaker	13-03.00
5 Samascott, Angelina	Ichabod Cran	12-04.25
6 Russell, Erin	Ichabod Cran	8-07.00
7 Clickman, Nora	Ichabod Cran	8-03.00
8 O'Brien, Molly	Catholic Cen	5-04.75
--- Schneider, Anneliese	Shaker	FOUL

Flight 2

1 Frimpong, Nanaadwoa	Guilderland	12-05.75
2 Chen, Selina	Ballston Spa	10-11.00
3 Paglia, Emily	Catholic Cen	10-07.00
4 Brady, Tara	Catholic Cen	10-05.00
5 McDade, Madelynn	Catholic Cen	9-06.00
6 Clark, Haley	Catholic Cen	8-11.00
7 Holmes, Pilar	Catholic Cen	8-03.50
8 Carrozza, Ava	Catholic Cen	7-08.75
9 Ladabouche, Vivian	Fair Haven H	7-06.00
--- Kopec, Valerie	Ichabod Cran	FOUL

Flight 3

1 Grant, Jasmyn	Guilderland	15-00.00 3
2 Vincent, Alexis	Averill Park	14-05.75
3 Mair, Olivia	Guilderland	13-07.50
4 Glunk, Genevieve	Guilderland	13-04.00
5 Himmelwright, Sarah	Ballston Spa	12-09.50
6 Mooney, Nicole	Ballston Spa	12-05.50
7 Flint, Kathryn	Ichabod Cran	12-02.25
8 Newman, Emma	Ballston Spa	11-05.50
9 Parker, Sofia	Guilderland	11-05.25
10 Cushing, Alexa	Ballston Spa	8-08.00

Flight 4

1 Mazzacco, Marisa	Averill Park	17-07.25 10
2 Barnhart, Kirsten	Guilderland	17-00.50 8
3 Liu, Elizabeth	Guilderland	15-11.50 6
4 Lee, Sophia	Ballston Spa	15-04.50 5
5 Cox, Ali	Ichabod Cran	15-00.75 4
6 Perry, Madison	Fair Haven H	14-10.25 2
7 Gordon, Claire	Shaker	14-09.00 1
8 Conjalca, Katherine	Shaker	13-08.50

9 Merkel, Ayame	Fair Haven H	13-05.50
--- Bryant, Shealee	Guilderland	FOUL

Girls Triple Jump

Name	School	Finals
Flight 1		
1 Hilton, Olivia	Guilderland	36-07.00 10
2 Sano, Kadija	Guilderland	J36-07.00 8
3 Gutta, Pravalika	Guilderland	34-10.00 6
4 Flint, Allison	Ichabod Cran	34-06.25 5
5 Medford, Kamira	Shaker	34-00.75 4
6 Perry, Madison	Fair Haven H	30-10.75 3
7 Luna, Gianna	Shaker	29-04.50 2
8 Glunk, Genevieve	Guilderland	29-01.00 1
9 Norbi, Lexine	Shaker	28-06.00
10 Miller, Samai	Shaker	28-00.50
11 Yadav, Pranjai	Shaker	28-00.00
12 Talyor, Amy	Ballston Spa	23-10.50

Girls Shot Put

Name	School	Finals
Flight 1		
1 Del Pazzo, Calliegh	Guilderland	26-09.25 5
2 Gade, Caroline	Guilderland	25-05.50 3
3 Famodu, Aliyah	Guilderland	23-06.00
4 Flint, Kathryn	Ichabod Cran	21-10.25
5 Crowley, Madeline	Guilderland	20-04.25
6 Whiteside, Nora	Guilderland	19-06.50
7 Barmen, Sophia	Ichabod Cran	19-00.00
8 Smith, Jordyn	Guilderland	18-10.50
9 Schock, Lauren	Ballston Spa	18-10.25
10 Felder, Nya	Ichabod Cran	18-06.25
11 Clickman, Nora	Ichabod Cran	17-10.25
12 Lopriore-Rosenstrach, Ari	Ichabod Cran	17-05.50
13 Vasquez, Gabriella	Shaker	12-10.00

Flight 2

1 Hunt, Ellerie	Catholic Cen	30-10.00 10
2 Hassan, Lamies	Shaker	29-05.25 8
3 Buchholz, Cali	Averill Park	27-01.25 6
4 Aiossa, Elizabeth	Averill Park	25-09.00 4
5 Schrom, Lauren	Shaker	24-10.00 2
6 Munger, Elizabeth	Fair Haven H	24-07.00 1
7 Baker, Sara	Guilderland	24-03.75
8 Ryan, Emily	Guilderland	23-00.75
9 Kuehn, Rowan	Fair Haven H	21-09.25
10 Pino-Mercado, Cesia	Shaker	20-09.50
11 Peterkin, Ja'Nae	Catholic Cen	19-07.50
12 Brady, Tara	Catholic Cen	18-07.50
13 Corniel, Anabel	Shaker	15-03.25

Girls Discus Throw

Name	School	Finals
Flight 1		
1 Del Pazzo, Calliegh	Guilderland	71-06 4
2 Munger, Elizabeth	Fair Haven H	70-06 3

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results**Flight 1 ... (Girls Discus Throw)**

Name	School	Finals
3 Del Pozzo, Angela	Guilderland	66-04 2
4 Sano, Kadija	Guilderland	61-11 1
5 Kuehn, Rowan	Fair Haven H	50-06
6 Clickman, Nora	Ichabod Cran	50-05
7 Gade, Caroline	Guilderland	49-05
8 Barmen, Sophia	Ichabod Cran	48-11
9 Crowley, Madeline	Guilderland	48-07
10 Vasquez, Gabriella	Shaker	48-05
11 Whiteside, Nora	Guilderland	43-03
12 Ladabouche, Vivian	Fair Haven H	40-00
13 Lopriore-Rosenstrach, Ari	Ichabod Cran	37-05

Flight 2

1 Hunt, Ellerie	Catholic Cen	89-06 10
2 Baker, Sara	Guilderland	86-05 8
3 Schrom, Lauren	Shaker	74-07 6
4 Buchholz, Cali	Averill Park	J74-07 5
5 Ryan, Emily	Guilderland	55-05
6 Schock, Lauren	Ballston Spa	55-03
7 Pino-Mercado, Cesia	Shaker	54-03
8 Hassan, Lamies	Shaker	51-01
9 Brady, Tara	Catholic Cen	51-00
10 Sadek, Sabrin	Shaker	50-07
11 Carpenter, Haley	Catholic Cen	43-08
12 Peterkin, Ja'Nae	Catholic Cen	40-03
--- Ducatte, Brenna	Saranac	SCR

Boys 100 Meter Dash

Name	School	Finals
--- Williams, Lj	Catholic Cen	SCR
--- Matta, Kole	Fair Haven H	SCR

Section 1

1 Paxton, Shawn	Columbia (S)	13.15
2 Brusie, John	Ichabod Cran	13.69
3 Ramirez, Josh	Ichabod Cran	13.98
4 Mallory, Adrian	Catholic Cen	14.91
5 Paul, Neil	Columbia (S)	15.38
--- Hayes, Brennan	Fair Haven H	DNS
--- Cavosie, Aidan	Catholic Cen	DNS

Section 2

1 Antalek, Samuel	Ichabod Cran	12.48
2 Benn, Derick	Ichabod Cran	12.77
3 Hemraj, Devin	Ballston Spa	12.89
4 Evans, Zion	Ichabod Cran	13.18
5 Paone, Joe	Ichabod Cran	13.23
6 Gray Jr., David	Ichabod Cran	13.34
7 Allard, Garrett	Columbia (S)	14.57
8 Ordenez, Sebastian	Catholic Cen	15.15

Section 3

1 Bakar, Jamal	Ichabod Cran	12.55
2 Spaulding, Cooper	Fair Haven H	13.07
3 O'Connor, Jack	Averill Park	13.14
4 Spaulding, Jack	Fair Haven H	13.17

5 Loughlin, Kenan	Catholic Cen	13.18
6 Hutchinson, Cayden	Guilderland	13.23
7 Ko, Bryan	Columbia (S)	13.64
8 Bentum, Possible	Columbia (S)	13.66

Section 4

1 Mahar III, Thomas	Averill Park	12.32 1
2 Laboy, Joel	Shaker	12.46
3 Monteau, Cedric	Columbia (S)	12.61
4 Gregory, Jack	Guilderland	12.70
5 McLeod, Elijah	Shaker	12.77
6 Perkins, Jacob	Ballston Spa	12.87
7 Older, Wyatt	Ballston Spa	13.47
8 Casey, Collin	Ballston Spa	14.07

Section 5

1 Makanani, Kala'l	Ballston Spa	12.04 5.5
2 Cerrone, Nicholas	Shaker	12.34
3 Burgess, Alijah	Ballston Spa	12.36
4 Stone, Patrick	Fair Haven H	12.40
5 Toutoute, Warren	Shaker	12.67
6 Flowers, Octavius	Guilderland	12.72
7 Bielawa, Gavin	Columbia (S)	13.50
8 Molina, Nathan	Ballston Spa	14.08

Section 6

1 Beayon, Noah	Fair Haven H	11.57 10
2 Larson, Jack	Guilderland	11.91 8
3 Stamper, Michael	Ballston Spa	12.04 5.5
4 Pollard, Jack	Columbia (S)	12.14 4
5 Conboy, Brady	Guilderland	12.22 3
6 Darrigo, Alex	Guilderland	12.24 2
7 Solomon, Ethan	Guilderland	12.39
8 Igweike, Brian	Guilderland	12.40

Boys 200 Meter Dash

Name	School	Finals
--- Hansen, Emmett	Ballston Spa	SCR
--- Williams, Lj	Catholic Cen	SCR

Section 1

1 Lopez, Max	Ichabod Cran	29.06
2 Cleary, Silas	Ichabod Cran	30.84
--- Ordenez, Sebastian	Catholic Cen	DNS

Section 2

1 O'Connor, Jack	Averill Park	25.77
2 Evans, Zion	Ichabod Cran	25.83
3 Paone, Joe	Ichabod Cran	26.51
4 Hetrick, Jace	Fair Haven H	27.07
5 Older, Wyatt	Ballston Spa	27.82
6 Ramirez, Josh	Ichabod Cran	29.84

Section 3

1 Monteau, Cedric	Columbia (S)	25.16
2 Young, Nathaniel	Fair Haven H	25.61
3 Gray Jr., David	Ichabod Cran	26.24
4 Alber, Zackery	Columbia (S)	26.62
5 Ko, Bryan	Columbia (S)	26.97
6 Hutchinson, Cayden	Guilderland	28.10

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Section 3 ... (Boys 200 Meter Dash)

Name	School	Finals
--- Loughlin, Kenan	Catholic Cen	DNS
--- Hemraj, Devin	Ballston Spa	DNS

Section 4

1 Bakar, Jamal	Ichabod Cran	24.65
2 McLeod, Elijah	Shaker	24.83
3 Mahar III, Thomas	Averill Park	24.92
4 Simmons, Zachary	Ballston Spa	24.96
5 Bielawa, Gavin	Columbia (S)	25.44
6 Mastroianni, Marcellus	Columbia (S)	25.78
7 Molina, Nathan	Ballston Spa	27.87
--- Manglapus, Theo	Ballston Spa	DNS

Section 5

1 McLain, Jackson	Shaker	23.97	3
2 Makanani, Kala'l	Ballston Spa	24.07	2
3 Burgess, Alijah	Ballston Spa	24.50	1
4 Igweike, Brian	Guilderland	24.71	
5 Darrigo, Alex	Guilderland	24.82	
6 Hickey, Evan	Guilderland	25.10	
7 Langer, Ethan	Shaker	25.37	
8 Gregory, Jack	Guilderland	25.81	

Section 6

1 Beayon, Noah	Fair Haven H	23.22	10
2 Mingle, Cameron	Columbia (S)	23.71	8
3 Carter, Christopher	Columbia (S)	23.73	6
4 Pollard, Jack	Columbia (S)	23.74	5
5 Conboy, Brady	Guilderland	23.88	4
6 Flowers, Octavius	Guilderland	24.65	
7 Pierre, Alexander	Shaker	24.77	
--- Whitney, Trevor	Guilderland	DNS	

Boys 400 Meter Dash

Name	School	Finals
--- Hansen, Emmett	Ballston Spa	SCR

Section 1

1 O'Dell, Kohean	Fair Haven H	57.41
2 Casavant, TJ	Guilderland	57.44
3 Stead, Sam	Ichabod Cran	57.91
4 Hetrick, Jace	Fair Haven H	58.32
5 Haessig, Broden	Guilderland	1:01.50
6 Hayes, Brennan	Fair Haven H	1:04.80
7 Sanford, Zachary	Columbia (S)	1:08.20
--- Eich, Chris	Catholic Cen	DNS

Section 2

1 Williams, Khalil	Shaker	55.52	6
2 Simmons, Zachary	Ballston Spa	55.88	4
3 Rapport, Quinn	Ichabod Cran	56.29	1
4 Mendez, Kevin	Shaker	57.19	
5 Alber, Zackery	Columbia (S)	59.10	
6 Perkins, Jacob	Ballston Spa	59.39	
7 Keenan, Kieran	Columbia (S)	1:02.74	
--- Manglapus, Theo	Ballston Spa	DNS	

Section 3

1 Mingle, Cameron	Columbia (S)	52.64	10
2 Whitney, Trevor	Guilderland	55.24	8
3 Armer, Jacob	Ballston Spa	55.53	5
4 Wagner, Jackson	Columbia (S)	55.98	3
5 Pierre, Alexander	Shaker	56.16	2
6 Parsons, Will	Guilderland	56.72	
7 Ehrlich, Miles	Shaker	56.84	
8 Gregory, Jack	Guilderland	59.14	

Boys 800 Meter Run

Name	School	Finals
--- Bunaes, Jack	Shaker	SCR
--- Wood, Nikolai	Fair Haven H	SCR
--- Mercado, Riley	Ballston Spa	SCR
--- Freedman, Clayton	Guilderland	SCR
--- Shaffer, Ian	Guilderland	SCR

Section 1

1 Quinn, Anson	Ballston Spa	2:22.80
2 Graziano, Robert	Columbia (S)	2:23.99
3 Raso, Jack	Ballston Spa	2:25.24
4 Strodl, Ben	Columbia (S)	2:38.05
5 Rappold, Aiden	Columbia (S)	2:44.80
6 Priest, Sean	Ballston Spa	2:47.75
7 Howe, Shooter	Ballston Spa	2:48.52
8 Eich, Chris	Catholic Cen	2:48.54
9 Shaw, Michael	Columbia (S)	2:49.94
10 Allard, Garrett	Columbia (S)	3:03.30
11 Ravilla, Mokshanga Aashi	Columbia (S)	3:12.16
12 Sikora, Theodore	Columbia (S)	3:15.82
13 Coupe, Brenden	Fair Haven H	3:47.30

Section 2

1 Grossman, Tyler	Bethlehem Ce	2:11.44	1
2 Xu, Young	Guilderland	2:13.01	
3 Wang, Dylan	Bethlehem Ce	2:17.50	
4 Sardi, Carter	Columbia (S)	2:20.92	
5 Sabatino, Brett	Guilderland	2:23.56	
6 Khambete, Ishan	Shaker	2:24.11	
7 Cardinal-Schmitt, Leif	Ichabod Cran	2:27.90	
8 Sweeney, Ian	Ichabod Cran	2:29.04	
9 Byon, Evan	Guilderland	2:34.39	
--- Wu, Andrew	Guilderland	DNS	

Section 3

1 Sweeney, Jack	Ichabod Cran	2:03.07	10
2 Burke, Finn	Guilderland	2:05.68	8
3 Cummings, Luca	Guilderland	2:06.67	6
4 Lau, Vincent	Shaker	2:06.74	5
5 Oldrich, David	Ichabod Cran	2:09.27	4
6 Dounane, Zach	Bethlehem Ce	2:10.99	3
7 Murphy, Patrick	Bethlehem Ce	2:11.01	2
8 Armer, Jacob	Ballston Spa	2:16.16	
9 Miller, Michael	Ballston Spa	2:16.17	
10 Passino, Alex	Shaker	2:21.38	

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results**Boys 1600 Meter Run**

Name	School	Finals
--- Blasiak, Alex	Guilderland	SCR
--- Bunaes, Jack	Shaker	SCR

Section 1

1 Fielder, Freddie	Bethlehem Ce	5:20.94
2 Quinn, Anson	Ballston Spa	5:22.63
3 Myles, William	Ballston Spa	5:23.11
4 Bowman, Christopher	Guilderland	5:29.41
5 Levin, Josh	Bethlehem Ce	5:36.41
6 Peet, Andrew	Ballston Spa	5:44.60
7 Priest, Sean	Ballston Spa	5:46.89
8 Meredith, Mason	Ichabod Cran	5:49.05
9 Ducharme, CJ	Averill Park	5:50.68
10 Howe, Shooter	Ballston Spa	6:22.29
11 Eich, Chris	Catholic Cen	6:52.07
--- Oakman, Cole	Fair Haven H	DNS
--- Schmitt, Nolan	Ballston Spa	DNS
--- Greene, Chicory	Fair Haven H	DNS

Section 2

1 Kosier, Joseph	Guilderland	5:00.03	1
2 Johnson, Noah	Guilderland	5:00.66	
3 Stead, Joseph	Ichabod Cran	5:17.09	
4 Cirincione, Daniel	Columbia (S	5:17.12	
5 Sollohub, Noah	Averill Park	5:19.02	
6 Doolittle, Hunter	Shaker	5:19.23	
7 Dalton, Pierce	Columbia (S	5:20.93	
8 Mostert, Stephen	Shaker	5:21.48	
9 Theiss-Helden, Theodore	Ichabod Cran	5:24.16	
10 Melchior, Joshua	Guilderland	5:25.10	
11 Clarke, Graham	Guilderland	5:25.81	
12 Young, Alex	Guilderland	5:26.88	
13 Sardi, Devin	Columbia (S	5:28.64	
14 Meek, Sean	Bethlehem Ce	5:29.90	

Section 3

1 Norton, Carter	Columbia (S	4:32.23	10
2 LaPietra, Giovanni	Columbia (S	4:32.73	8
3 Christian, Nikolas	Ichabod Cran	4:36.20	6
4 Fajen, Nathan	Columbia (S	4:44.77	5
5 DeLaCruz, Robert	Shaker	4:54.78	4
6 O'Connor, Evan	Averill Park	4:58.79	3
7 Vargas, Howie	Bethlehem Ce	4:59.06	2
8 Wing, Jeremy	Averill Park	5:05.20	
9 Edick, Johnny	Columbia (S	5:05.76	
10 Bonesteel, Samuel	Averill Park	5:25.42	

Boys 3200 Meter Run

Name	School	Finals
--- Blasiak, Alex	Guilderland	SCR
--- Burke, Nathaniel	Guilderland	SCR

Section 1

1 Murphy, Mikey	Bethlehem Ce	10:09.52	10
2 Iyer, Aakash	Guilderland	10:11.36	8
3 Fodera, Joseph	Ballston Spa	10:31.10	6

4 Prescott, Ethan	Bethlehem Ce	11:05.52	5
5 Wattie, Evan	Ballston Spa	11:08.37	4
6 Agni, Vedhant	Shaker	11:16.60	3
7 Mosert, Matthew	Shaker	11:36.38	2
8 Webster, Noah	Guilderland	11:38.84	1
9 Theiss-Helden, Felix	Ichabod Cran	11:46.13	
10 Hershberg, Luke	Bethlehem Ce	12:38.07	
11 Scanlan, Miles	Guilderland	13:24.11	
12 Halligan, Sean	Guilderland	14:08.69	
--- Ducharme, CJ	Averill Park	DNS	
--- Wood, Nikolai	Fair Haven H	DNS	
--- DeLaCruz, Robert	Shaker	DNS	
--- Balzersen, Alex	Guilderland	DNS	

Boys 110 Meter Hurdles

Name	School	Finals
--- Iyer, Sriman	Shaker	SCR

Section 1

1 Zieba, Adrian	Guilderland	20.52	1
2 Cavagnaro, Cody	Ichabod Cran	21.55	
3 Sweet, Spencer	Averill Park	22.87	
4 Yerdon, Liam	Guilderland	23.26	

Section 2

1 Cummings, Adrian	Guilderland	17.70	10
2 Sheldon, Noah	Shaker	18.31	8
3 Casavant, TJ	Guilderland	18.45	6
4 Oliver, Ashon	Guilderland	19.02	5
5 Castracani, Jady	Shaker	19.34	4
6 Wagner, Mason	Columbia (S	19.47	3
7 Clark, Prophet	Shaker	20.21	2
8 Warner, Gavin	Ichabod Cran	22.50	

Boys 400 Meter Hurdles

Name	School	Finals
------	--------	--------

Section 1

1 Warner, Gavin	Ichabod Cran	1:12.29
2 Zieba, Adrian	Guilderland	1:15.47
3 Yerdon, Liam	Guilderland	1:18.74
4 Sweet, Spencer	Averill Park	1:23.45

Section 2

1 Young, Nathaniel	Fair Haven H	1:04.38	10
2 Mastroianni, Marcellus	Columbia (S	1:06.41	8
3 Oliver, Ashon	Guilderland	1:07.11	6
4 Cummings, Adrian	Guilderland	1:08.42	5
5 Castracani, Jady	Shaker	1:08.58	4
6 Wagner, Mason	Columbia (S	1:09.20	3
7 Iyer, Sriman	Shaker	1:10.30	2
8 Clark, Prophet	Shaker	1:11.77	1

Boys 4x100 Meter Relay

Team	Relay	Finals
------	-------	--------

Section 1

1 Ballston Spa	A	46.77	5
1) Makanani, Kala'l	2) Stamper, Michael		
3) Burgess, Alijah	4) Manglapus, Theo		

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Section 1 ... (Boys 4x100 Meter Relay)

Team	Relay	Finals
2 Ballston Spa	B	53.87
1) Molina, Nathan	2) Simmons, Zachary	
3) Hemraj, Devin	4) Perkins, Jacob	
--- Ballston Spa	C	DNS
1) Gwardschaladse, Evan	2) Russell, Brandon	
3) Parent, Aidan	4) Pingelski Jr., Brad	

Section 2

1 Guilderland	A	45.07	10
1) Solomon, Ethan	2) Jack, Larsons		
3) Whitney, Trevor	4) Conboy, Brady		
2 Columbia (Sec 2)	A	46.44	8
1) Pollard, Jack	2) Holder, Jabari		
3) Monteau, Cedric	4) Carter, Christopher		
3 Fair Haven H	A	46.50	6
1) Stone, Patrick	2) Spaulding, Jack		
3) Spaulding, Cooper	4) Beayon, Noah		
4 Ichabod Crane	A	47.29	4
1) Bakar, Jamal	2) Evans, Zion		
3) Paone, Joe	4) Colwell, Dylan		
5 Shaker	A	47.30	3
1) Toutoute, Warren	2) Santiago, Justin		
3) Sheldon, Noah	4) Wall, Naviyir		
6 Guilderland	B	47.62	2
1) Hutchinson, Cayden	2) Flowers, Octavius		
3) Walthal, Trevon	4) Oliver, Ashon		
7 Columbia (Sec 2)	B	48.16	1
1) Fey Jr., Thomas	2) Paxton, Shawn		
3) Jackson, Malese	4) Bielawa, Gavin		
--- Ichabod Crane	B	DNF	
1) Benn, Derick	2) Rapport, Quinn		
3) Ramirez, Josh	4) Antalek, Samuel		

Boys 4x400 Meter Relay

Team	Relay	Finals
--- Fair Haven H	A	SCR
1) Bean, Phil	2) Hetrick, Jace	
3) Finnegan, Matthew	4) Greene, Chicory	

Section 1

1 Columbia (Sec 2)	A	3:45.89	10
1) Mastroianni, Marcellus	2) Wagner, Jackson		
3) Wagner, Mason	4) Mingle, Cameron		
2 Guilderland	A	3:49.96	8
1) Iyer, Aakash	2) Xu, Young		
3) Cummings, Luca	4) Burke, Finn		
3 Shaker	A	3:50.21	6
1) McLain, Jackson	2) Ehrlich, Miles		
3) Watts, Isaiah	4) Karthik, Namrish		
4 Averill Park	A	3:52.50	5
1) Bonesteel, Samuel	2) O'Connor, Evan		
3) Sollohub, Noah	4) Wing, Jeremy		
5 Guilderland	B	3:55.37	4
1) Igweike, Brian	2) Flowers, Octavius		
3) Hickey, Evan	4) Oliver, Ashon		

6 Bethlehem Central	A	4:10.87	3
1) Murphy, Patrick	2) Grossman, Tyler		
3) Cea, Joseph	4) Rider, AJ		
7 Ichabod Crane	A	4:19.62	2
1) Stead, Sam	2) Lopez, Max		
3) Cleary, Silas	4) Cavagnaro, Cody		
8 Columbia (Sec 2)	B	4:28.19	1
1) Sanford, Zachary	2) Allard, Garrett		
3) Alber, Zackery	4) Ko, Bryan		

Boys 4x800 Meter Relay

Team	Relay	Finals	
Section 1			
1 Christian Br	A	8:15.57	10
1) Marchese, Jack	2) Clary, Giovanni		
3) Versaci, Michael	4) McKenna, Jack		
2 Columbia (Sec 2)	A	8:35.63	8
1) Fajen, Nathan	2) Norton, Carter		
3) Edick, Johnny	4) LaPietra, Giovanni		
3 Saranac	A	8:50.33	6
1) Cayea, Gabe	2) Denial, Andrew		
3) Morris, Landon	4) Thayer, Noah		
4 Ichabod Crane	A	9:02.96	5
1) Sweeney, Jack	2) Christian, Nikolas		
3) Stead, Joseph	4) Oldrich, David		
5 Bethlehem Central	A	9:12.17	4
1) Dounane, Zach	2) Vargas, Howie		
3) Grossman, Tyler	4) Murphy, Patrick		
6 Shaker	A	9:21.42	3
1) Lau, Vincent	2) Mendez, Kevin		
3) Passino, Alex	4) Doolittle, Hunter		
7 Guilderland	A	9:43.66	2
1) McLaughlin, Kaseem	2) Bianca, Giancarlo		
3) Kosier, Joseph	4) Davis, Gavin		
8 Columbia (Sec 2)	B	9:58.12	1
1) Cirincione, Daniel	2) Dalton, Pierce		
3) Sardi, Devin	4) Chandrasekera, Thenuk		
9 Bethlehem Central	B	10:09.12	
1) Prescott, Ethan	2) Rider, AJ		
3) Hershberg, Luke	4) Cea, Joseph		
10 Ballston Spa	B	10:13.27	
1) Miller, Michael	2) Raso, Jack		
3) Quinn, Anson	4) Priest, Sean		
11 Shaker	B	10:17.17	
1) Mostert, Stephen	2) Pierre, Joesiah		
3) Zheng, Rui	4) Shukralla, Imran		
12 Guilderland	B	10:27.47	
1) Better, Riley	2) McDonnell, Drew		
3) Brown, Maxwell	4) Vrooman, Benjamin		
13 Ichabod Crane	B	10:33.93	
1) Theiss-Helden, Theodore	2) Sweeney, Ian		
3) Cardinal-Schmitt, Leif	4) Theiss-Helden, Felix		
14 Ballston Spa	A	10:45.88	
1) Peet, Andrew	2) Schmitt, Nolan		
3) Myles, William	4) Mercado, Riley		

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results**Boys Distance Medley**

Team	Relay	Finals
Section 1		
1 Saranac	A	11:25.57 10
1) Cayea, Gabe	2) Denial, Andrew	
3) Morris, Landon	4) Thayer, Noah	
2 Ballston Spa	A	12:11.03 8
1) Armer, Jacob	2) Miller, Michael	
3) Wattie, Evan	4) Schmitt, Nolan	
3 Columbia (Sec 2)	A	13:02.48 6
1) Chandrasekera, Thenuk	2) Keenan, Kieran	
3) Sardi, Devin	4) Graziano, Robert	
4 Guilderland	B	13:09.00 5
1) Davis, Colin	2) Byon, Evan	
3) Kransler, Jack	4) Mayer, Ben	
5 Shaker	A	13:15.72 4
1) Agni, Vedhant	2) Conjalka, Kevin	
3) Pierre, Joesiah	4) Zheng, Rui	
6 Guilderland	A	13:29.77 3
1) Schliecher, Evan	2) Levy, Sean	
3) Wallner, Thomas	4) Bowman, Christopher	
7 Shaker	B	14:34.34 2
1) Razzano, Dominic	2) Khambete, Ishan	
3) Saravanan, Sanjay	4) Chaganti, Varun	

Boys High Jump

Name	School	Finals
Flight 1		
1 Antalek, Ryan	Ichabod Cran	5-10.00 10
2 Fey Jr., Thomas	Columbia (S	5-08.00 8
3 Langer, Ethan	Shaker	5-06.00 6
4 Holder, Jabari	Columbia (S	5-02.00 5
5 Jackson, Malese	Columbia (S	J5-02.00 4
6 Whitney, Trevor	Guilderland	5-00.00 3
7 Schmitt, Nolan	Ballston Spa	J5-00.00 2
8 Burnett, Taj	Guilderland	4-10.00 1
9 Williams, Khalil	Shaker	J4-10.00
9 Bentum, Possible	Columbia (S	J4-10.00
--- Pentak, Tyler	Guilderland	NH
--- Glunk, Aidan	Guilderland	NH
--- Rainka, Ryan	Guilderland	NH
--- Casavant, TJ	Guilderland	NH
--- Sabatino, Joseph	Ballston Spa	NH
--- Makoyi, Brandon	Shaker	NH
--- Cegalis, Lief	Fair Haven H	SCR
--- Hayes, Brennan	Fair Haven H	SCR
--- Lamonthé, Jerod	Shaker	SCR
--- Spaulding, Jack	Fair Haven H	SCR
--- Hetrick, Jace	Fair Haven H	SCR

Boys Pole Vault

Name	School	Finals
Flight 1		
1 Fazzone, Nathan	Shaker	12-00.00 10

2 O'Donnell, Tyler	Shaker	10-00.00 8
3 Hanley, Luke	Shaker	J10-00.00 6
4 Santiago, Justin	Shaker	9-06.00 5
5 Kum, Alex	Shaker	J9-06.00 4
6 Antalek, Ryan	Ichabod Cran	J9-06.00 3
7 Razzano, Dominic	Shaker	8-06.00 2
8 Casey, Collin	Ballston Spa	J8-06.00 1
9 Xu, Davey	Shaker	8-00.00
--- Bowman, Christopher	Guilderland	SCR

Boys Long Jump

Name	School	Finals
Flight 1		
1 Spaulding, Jack	Fair Haven H	16-11.25
2 Hayes, Brennan	Fair Haven H	16-00.75
3 Walthal, Trevon	Guilderland	15-08.50
4 Glunk, Aidan	Guilderland	14-10.50
5 Everett, Jaydon	Guilderland	14-06.75
6 Rapport, Quinn	Ichabod Cran	12-04.75
--- Matta, Kole	Fair Haven H	SCR
Flight 2		
1 O'Connor, Jack	Averill Park	16-08.50
2 Mahar III, Thomas	Averill Park	16-02.25
3 Hemraj, Devin	Ballston Spa	J16-02.25
4 Older, Wyatt	Ballston Spa	15-05.75
5 Cavagnaro, Cody	Ichabod Cran	15-00.50
6 Pentak, Tyler	Guilderland	14-06.00
7 Casey, Collin	Ballston Spa	14-04.50
8 Ordenez, Sebastian	Catholic Cen	10-04.75
--- Williams, Lj	Catholic Cen	SCR
--- Myles, William	Ballston Spa	SCR
Flight 3		
1 Solomon, Ethan	Guilderland	18-10.25 6
2 Randall, Scott	Shaker	J18-06.50 3
3 Fey Jr., Thomas	Columbia (S	18-06.00 2
4 Jackson, Malese	Columbia (S	17-01.00
5 Mohamed, Qaswara	Shaker	16-06.00
6 Burnett, Taj	Guilderland	16-04.00
7 Bentum, Possible	Columbia (S	J15-09.00
8 Loughlin, Kenan	Catholic Cen	15-00.00
9 Burgess, Alijah	Ballston Spa	14-03.25
--- Wall, Naviyir	Shaker	FOUL
Flight 4		
1 Larson, Jack	Guilderland	20-03.75 10
2 Holder, Jabari	Columbia (S	19-09.75 8
3 Ramay, Ahmad	Shaker	18-08.50 5
4 Carter, Christopher	Columbia (S	18-06.50 4
5 Young, Nathaniel	Fair Haven H	18-03.00 1
6 Makanani, Kala'l	Ballston Spa	18-00.00
7 Colwell, Dylan	Ichabod Cran	17-04.25
8 Casavant, TJ	Guilderland	16-01.00
9 Stamper, Michael	Ballston Spa	15-09.50
10 Stone, Patrick	Fair Haven H	15-09.00

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School

Results

Boys Triple Jump

Name	School	Finals		
Flight 1				
1 Holder, Jabari	Columbia (S)	41-00.00	10	
2 Larson, Jack	Guilderland	39-03.50	8	
3 Fey Jr., Thomas	Columbia (S)	39-02.25	6	
4 Corey, Dominic	Shaker	38-11.75	5	
5 Young, Nathaniel	Fair Haven H	38-05.25	4	
6 Ramay, Ahmad	Shaker	37-07.75	3	
7 Loughlin, Kenan	Catholic Cen	37-06.75	2	
8 Bentum, Possible	Columbia (S)	35-09.75	1	
9 Jackson, Malese	Columbia (S)	33-01.25		
10 Wattie, Evan	Ballston Spa	31-06.00		
11 Eheart Carrington, Jesiah	Guilderland	30-10.25		
12 Green, Michael	Shaker	30-04.50		
13 Yerdon, Liam	Guilderland	28-05.00		
14 Conjalka, Kevin	Shaker	J28-05.00		

Boys Shot Put

Name	School	Finals		
Flight 1				
1 Norton, Ronan	Guilderland	32-09.50		
2 Antalek, Samuel	Ichabod Cran	32-04.50		
3 Finnegan, Matthew	Fair Haven H	29-10.50		
4 Collins, Henry	Columbia (S)	29-08.50		
5 Lynch, Caden	Fair Haven H	29-06.50		
6 Brown, Quinn	Ballston Spa	29-01.50		
7 Johnson, Judah	Guilderland	29-00.25		
8 Brown, Sebastian	Averill Park	28-11.00		
9 Guynup, Sean	Guilderland	28-02.50		
10 Maloney, Aidan	Ballston Spa	26-06.00		
11 DiMura, Livio	Guilderland	26-01.00		
12 Roy, Alex	Columbia (S)	24-08.25		
13 Brusie, John	Ichabod Cran	22-08.50		
14 Stone, Dylan	Guilderland	22-03.50		
Flight 2				
1 Mahoney, Mack	Shaker	35-10.50	1	
2 Heath, Nico	Columbia (S)	35-02.00		
3 Banker, Ayden	Averill Park	32-07.50		
4 Johnson, Collin	Shaker	31-11.00		
5 Vecellio, Ben	Ichabod Cran	31-10.50		
6 Stedge, Griffen	Guilderland	31-00.00		
7 DelGrosso, Thomas	Columbia (S)	30-09.75		
8 O'Brien, Dillon	Guilderland	30-08.50		
9 Terry, Jordan	Catholic Cen	29-03.50		
10 Kreisher, Eli	Averill Park	28-11.50		
11 Kardash, Matthew	Columbia (S)	28-10.50		
12 Drake, Payton	Guilderland	27-09.25		
13 Pingelski Jr., Brad	Ballston Spa	27-03.00		
Flight 3				
1 Bobbie, Gavin	Seton Cathol	45-01.00	10	
2 Doran, David	Fair Haven H	44-11.00	8	
3 Schrom, Anthony	Shaker	42-10.25	6	
4 Lucier, Shaun	Averill Park	40-10.50	5	

5 Russell, Brandon	Ballston Spa	40-00.00	4	
6 Palladino, Nicholas	Shaker	38-01.00	3	
7 Lento, Michael	Columbia (S)	37-01.25	2	
8 Gwardschaladse, Evan	Ballston Spa	34-07.00		
9 Spaulding, Cooper	Fair Haven H	33-09.00		
10 Cox, Cooper	Averill Park	33-01.50		
11 Mallory, Adrian	Catholic Cen	31-03.00		
--- Cavosie, Aidan	Catholic Cen	SCR		
--- Matta, Kole	Fair Haven H	SCR		

Boys Discus Throw

Name	School	Finals		
Flight 1				
1 Peter, George	Guilderland	79-09		
2 Gwardschaladse, Evan	Ballston Spa	78-01		
3 Mallory, Adrian	Catholic Cen	77-02		
4 Brusie, John	Ichabod Cran	70-09		
5 Lynch, Caden	Fair Haven H	69-09		
6 Collins, Henry	Columbia (S)	65-08		
7 Roy, Alex	Columbia (S)	62-10		
8 Drake, Payton	Guilderland	58-06		
9 Kardash, Matthew	Columbia (S)	56-10		
10 Priest, Sean	Ballston Spa	56-08		
11 Howe, Shooter	Ballston Spa	53-04		
12 Sheehan, Riley	Columbia (S)	53-03		
13 Aviles, Jacinto	Guilderland	50-10		
--- Parent, Aidan	Ballston Spa	SCR		
Flight 2				
1 Heath, Nico	Columbia (S)	90-06		
2 Vecellio, Ben	Ichabod Cran	84-04		
3 Larios, Marvin	Shaker	84-00		
4 Pelon, Jared	Shaker	79-02		
5 Brown, Quinn	Ballston Spa	74-06		
6 Maloney, Aidan	Ballston Spa	J74-06		
7 Guynup, Sean	Guilderland	74-00		
8 Brown, Sebastian	Averill Park	73-06		
9 O'Brien, Dillon	Guilderland	71-00		
10 Stedge, Griffen	Guilderland	70-10		
11 Johnson, Judah	Guilderland	68-05		
12 Banker, Ayden	Averill Park	68-00		
13 Dunn, Ian	Guilderland	65-04		
Flight 3				
1 Lucier, Shaun	Averill Park	127-02	10	
2 Russell, Brandon	Ballston Spa	125-08	8	
3 Doran, David	Fair Haven H	111-03	6	
4 Bobbie, Gavin	Seton Cathol	109-11	5	
5 Spaulding, Cooper	Fair Haven H	105-03	4	
6 Stone, Patrick	Fair Haven H	103-09	3	
7 Kreisher, Eli	Averill Park	99-08	2	
8 Palladino, Nicholas	Shaker	96-03	1	
9 Cox, Cooper	Averill Park	94-10		
10 Dupree, Justice	Shaker	94-03		
11 DelGrosso, Thomas	Columbia (S)	91-09		
12 Pingelski Jr., Brad	Ballston Spa	87-10		

2023 Guilderland Frigid Cup Invitational - 4/1/2023
TIMING AND SCORING BY UNDERDOG RACE TIMING
Guilderland High School
Results

Flight 3 ... (Boys Discus Throw)

Name	School	Finals
--- Matta, Kole	Fair Haven H	SCR

Women - Team Rankings - 18 Events Scored

1) Guilderland	281
2) Shaker	113.5
3) Ichabod Crane	84.5
4) Bethlehem Central	81
5) Averill Park	58
6) Ballston Spa	34
7) Catholic Central (Troy)	20
8) Fair Haven High School	15
9) Saranac	12

Men - Team Rankings - 18 Events Scored

1) Columbia (Sec 2)	158
2) Guilderland	144
3) Shaker	132
4) Fair Haven High School	62
5) Ballston Spa	61
6) Ichabod Crane	45
7) Bethlehem Central	30
8) Averill Park	26
9) Saranac	16
10) Seton Catholic (7)	15
11) Christian Brothers Academy (CB)	10
12) Catholic Central (Troy)	2