

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Event 1 Men 1600 Sprint Medley**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Lawrence 1) Besette, Payton FR	A 2) Bedard, Maximus FR	3:46.02	3:49.81 4) Russell, Patrick JR	10
2 Potsdam St. 1) Moussa, Zane SR	A 2) Manley, Mike SO	3:57.37	4:27.43 4) Rock, Alic SO	8

**Event 2 Women 1600 Sprint Medley**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Lawrence 1) Bougard Duncan, Isla FR	A 2) Brosell, Emma FR	5:06.44	4:46.31 4) Stone, Cameran JR	10
2 Potsdam St. 1) Wagner, Madison JR	A 2) Yousey, Emily JR		4:51.95 4) Farmer, Makayla FR	8

**Event 3 Men 60 Meter Hurdles**

Name	Yr School	Seed	Finals	Points
<b>Finals</b>				
1 Marelli, Erik	FR St. Lawrence		8.98	10
2 Clark, Thomas	FR Plattsburgh St.		8.99	8
3 Biller, Trystan	FR St. Lawrence		9.04	6
4 Hall, Tucker	FR St. Lawrence		9.24	5
5 Baker, Tyler	SO Plattsburgh St.	9.32	9.51	4
6 McGorray, Brogan	JR St. Lawrence	9.47	9.56	3
7 Webber, Faris	JR Plattsburgh St.	11.13	10.94	2

**Event 4 Women 60 Meter Hurdles**

Name	Yr School	Seed	Finals	Points
<b>Finals</b>				
1 Moreland, Kathryn	SO Ottawa University	10.09	9.83	10
2 LeDuc, Marissa	JR Plattsburgh St.	10.34	10.13	8
3 Black, Kiran	JR St. Lawrence	9.86	10.50	6
4 Berthold, Amelia	JR St. Lawrence	10.89	10.53	5
5 Feberova, Natalie	SO Ottawa University		11.08	4
6 Trempe, Elena	SO St. Lawrence	11.33	11.71	3
--- Khadijah, Mikayla	JR Plattsburgh St.	10.36	SCR	

**Event 5 Men 60 Meter Dash**

Name	Yr School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Senechal-Becker, Thomas	SR Ottawa University	7.15	7.08 q	2
2 Cypress, Charles	JR Plattsburgh St.	7.06	7.12 q	1
2 Williams, Jordan	JR Plattsburgh St.	7.00	7.12 q	6
4 Gurnsey, Joel	SO Ottawa University	7.15	7.16 q	3
5 James, Julius	SO Plattsburgh St.		7.25 q	1
6 Jeggo, Zachary	Ottawa Lions TF Club	7.30	7.27 q	6
7 Storm, Jack	FR St. Lawrence		7.33 q	1
7 Bridges, Shemir	FR St. Lawrence	7.34	7.33 q	6
9 Ritter, Isaiah	SO Plattsburgh St.	7.22	7.36	2
10 Beltran, Ryan	SO Plattsburgh St.	7.61	7.40	5
10 Raji, Alex	FR Ottawa University	7.50	7.40	4

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Preliminaries ... (Event 5 Men 60 Meter Dash)**

Name	Yr	School	Seed	Prelims	H#
12 Gartner, Charles	SR	St. Lawrence	7.42	7.41	3
13 McNaught, Owen		Ottawa Lions TF Club	7.42	7.43	1
14 Meikle, Jamie		Ottawa Lions TF Club	7.28	7.44	1
15 Gratton, Jonah		Ottawa Lions TF Club	7.80	7.45	1
15 Rushia, Justin	FR	Plattsburgh St.	7.25	7.45	3
17 Abrams, Zashon	SO	Plattsburgh St.	7.22	7.50	4
17 Beauchesne, Jack	SO	St. Lawrence	7.30	7.50	5
19 Lobdell, Aidan	SO	Plattsburgh St.	7.52	7.53	2
19 Shannon, Brian	FR	Plattsburgh St.	7.66	7.53	5
21 Kalkas, Ali	FR	Carleton (Ont.)		7.55	3
22 Fraser, Brody		Ottawa Lions TF Club	7.81	7.56	3
23 Hauf, William	SR	St. Lawrence	6.97	7.58	5
24 Barjon, Christian	FR	Plattsburgh St.		7.65	5
24 Bessette, Payton	FR	St. Lawrence	7.55	7.65	1
26 Scauri, Jack	FR	Plattsburgh St.	7.55	7.69	3
27 Uche, Augustine		Ottawa Lions TF Club	7.99	7.70	2
28 Nonez, Fabrice	SR	Ottawa University	7.30	7.75	5
29 Pfothenauer, Sam	FR	Carleton (Ont.)	7.50	7.81	2
30 Gregory, Jack	FR	Plattsburgh St.	7.55	7.89	6
31 Bedard, Maximus	FR	St. Lawrence		8.17	6
32 Webber, Faris	JR	Plattsburgh St.	8.05	8.21	4
33 Manley, Mike	SO	Potsdam St.		8.24	6
34 Page, James	FR	Potsdam St.		8.41	2
35 Gerken, Locke	SO	Plattsburgh St.		8.54	3
36 Compeau, James	FR	Ottawa University	7.20	8.96	4
37 Williams, Ryan	SO	Plattsburgh St.	8.00	9.42	4
--- Smith Robson, Malcolm	SO	Carleton (Ont.)	7.50	SCR	4
--- Osawe, Osaze	FR	Carleton (Ont.)		SCR	5
--- Lin, Sampson	SO	Plattsburgh St.	7.71	SCR	6

**Event 6 Women 60 Meter Dash**

Name	Yr	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Basu, Rose	SO	Carleton (Ont.)	7.85	7.90 Q	4
2 Leblanc, Amy		Ottawa Lions TF Club	8.00	8.07 Q	3
3 Gilbert, Ella-Grace	JR	Carleton (Ont.)	7.98	8.18 Q	1
4 Cobby, Franky	FR	Ottawa University	8.20	8.45 Q	2
5 Appiah-Kubi, Michaella	FR	Carleton (Ont.)	8.40	8.33 q	4
6 Wagner, Madison	JR	Potsdam St.	8.25	8.44 q	3
6 Pender, Tatiana	SO	Ottawa University	8.40	8.44 q	4
8 McGillvray, Kierra	FR	Carleton (Ont.)	8.45	8.46 q	2
9 #1 Kisuke, Heidi		Carleton (Ont.)		8.51	2
10 Kabongo, Kaylyne	JR	Carleton (Ont.)	8.44	8.60	3
11 Carroll, Shyloh	FR	Plattsburgh St.	8.44	8.65	2
12 McDonald, Alexis	FR	Plattsburgh St.	8.65	8.66	4
13 Davis, Deja	SO	Plattsburgh St.	8.75	8.68	3
14 Timothee, Danika	FR	Carleton (Ont.)	8.70	8.69	1
15 Baldwin, Lyla	SO	St. Lawrence	8.97	8.74	2
16 Vivian, Jade	FR	Ottawa University		8.77	1
17 Bougard Duncan, Isla	FR	St. Lawrence		8.80	3

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Preliminaries ... (Event 6 Women 60 Meter Dash)**

Name	Yr	School	Seed	Prelims	H#
18 Fowler, Olajire	SO	Carleton (Ont.)	8.50	8.89	1
19 Schneider, Annie	FR	Plattsburgh St.	8.22	8.90	2
20 Donnelly, Karissa	SO	Potsdam St.		8.92	4
21 McNally, Margaret	JR	St. Lawrence	8.47	9.25	3
22 Wright, Olivia	FR	Plattsburgh St.		9.55	4
23 Chappell, Halla	JR	St. Lawrence	10.17	9.75	2
24 Persaud, Smytha	SO	Plattsburgh St.	8.55	9.89	4

**Event 7 Men 1 Mile Run**

Name	Yr	School	Seed	Finals	Points
<b>Finals</b>					
1 Russell, Patrick	JR	St. Lawrence	4:39.46	4:34.51	10
2 Mcleish, William	SR	Ottawa University		4:37.25	8
3 Rodriguez-Garnica, Denali	JR	Plattsburgh St.	4:48.60	4:42.18	6
4 Taylor, Matthew	SR	St. Lawrence		4:45.01	5
5 Patry, Owen	JR	St. Lawrence	4:34.85	4:46.97	4
6 Young, Colin	JR	St. Lawrence		4:49.08	3
7 O'Mahoney, Eliot	FR	St. Lawrence		4:52.26	2
8 Halasz, Galen	SO	St. Lawrence		4:52.94	1
9 Ploss, Logan	JR	Potsdam St.	4:55.00	4:53.58	
10 Chalfant, William	FR	St. Lawrence		4:57.58	
11 LaRose, Brogan	FR	St. Lawrence		5:03.93	
--- Gaffney, Kyle	FR	St. Lawrence		SCR	
--- Kucera, Erik	JR	Plattsburgh St.	4:28.30	SCR	

**Event 8 Women 1 Mile Run**

Name	Yr	School	Seed	Finals	Points
<b>Finals</b>					
1 Sirgany, Quinn	SO	St. Lawrence	5:34.82	5:36.79	10
2 Poirier, Paige	FR	St. Lawrence		5:59.06	8
3 Wieland, Ashley	SO	St. Lawrence	6:12.12	6:07.97	6
4 Farmer, Makayla	FR	Potsdam St.	6:00.00	6:26.89	5
5 Head, Jillian	FR	Plattsburgh St.		6:29.32	4
--- Farrington, Grace	FR	Ottawa University		DNF	
--- Gross, Sara	FR	Carleton (Ont.)		DNF	
--- Smith, Sarah	SR	Plattsburgh St.	5:26.06	DNF	
--- Meghann, Tanner		Unattached	6:15.00	X5:59.80	

**Event 9 Men 600 Meter Run**

Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>						
1 Elmansari, Safwan	FR	Ottawa University	1:21.80	1:21.28	2	10
2 Boyce, Timothy	JR	St. Lawrence	1:25.00	1:27.21	2	8
3 Mahan, Lachlan		Ottawa Lions TF Club	1:24.00	1:27.70	2	6
4 Mellor, Kristofer	JR	St. Lawrence	1:28.50	1:27.93	2	5
5 Cushman, Riley	FR	St. Lawrence	1:27.00	1:28.77	2	4
6 DeJulio, Matt	SO	Plattsburgh St.	1:32.16	1:29.31	1	3
7 Baker, Henry	JR	St. Lawrence	1:29.75	1:29.80	1	2
8 Scalessa, Robert	SO	St. Lawrence	1:29.00	1:30.36	2	1
9 Parsons, Nicholas	FR	Carleton (Ont.)		1:31.78	1	

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Finals ... (Event 9 Men 600 Meter Run)**

	Name	Yr	School	Seed	Finals	H#	Points
10	Zaine, Bradley	FR	Carleton (Ont.)	1:30.00	1:38.36	1	
11	Barney, Samuel	SO	Potsdam St.		1:39.60	1	
12	Schroeder, Jack	SO	Potsdam St.		1:52.44	1	

**Event 10 Women 600 Meter Run**

	Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>							
1	McGregor, Ellie		Ottawa Lions TF Club	1:35.00	1:38.08	2	10
2	Yarkosky, Grace	FR	Plattsburgh St.	1:38.85	1:40.36	2	8
3	Tyman, Elliot	SR	Ottawa University	1:41.00	1:47.21	1	6
4	Estus, Grace	SO	Plattsburgh St.	1:43.00	1:51.49	1	5
5	Lamarche, Madison	SO	Ottawa University	1:53.42	1:53.57	1	4
6	McCullen, Kayleigh	FR	St. Lawrence		2:02.49	1	3
---	Moreland, Kathryn	SO	Ottawa University	1:38.00	DNF	2	
---	Dewar, Shannon		Ottawa Lions TF Club	1:39.80	SCR		
---	Coughlin, Quinn		Ottawa Lions TF Club	1:34.00	SCR		

**Event 11 Men 60 Meter Dash**

	Name	Yr	School	Prelims	Finals	Points
<b>Finals</b>						
1	Cypress, Charles	JR	Plattsburgh St.	7.12	7.00	10
2	Williams, Jordan	JR	Plattsburgh St.	7.12	7.05	8
3	Gurnsey, Joel	SO	Ottawa University	7.16	7.06	6
4	Senechal-Becker, Thomas	SR	Ottawa University	7.08	7.08	5
5	Storm, Jack	FR	St. Lawrence	7.33	7.23	4
6	Jeggo, Zachary		Ottawa Lions TF Club	7.27	7.25	3
7	Bridges, Shemir	FR	St. Lawrence	7.33	7.33	2
---	James, Julius	SO	Plattsburgh St.	7.25	SCR	

**Event 12 Women 60 Meter Dash**

	Name	Yr	School	Prelims	Finals	Points
<b>Finals</b>						
1	Basu, Rose	SO	Carleton (Ont.)	7.90	7.86	10
2	Leblanc, Amy		Ottawa Lions TF Club	8.07	8.04	8
3	Appiah-Kubi, Michaella	FR	Carleton (Ont.)	8.33	8.18	6
4	Wagner, Madison	JR	Potsdam St.	8.44	8.44	5
5	McGillvray, Kierra	FR	Carleton (Ont.)	8.46	8.45	4
6	Cobby, Franky	FR	Ottawa University	8.45	8.48	3
7	Pender, Tatiana	SO	Ottawa University	8.44	8.49	2
---	Gilbert, Ella-Grace	JR	Carleton (Ont.)	8.18	SCR	

**Event 13 Men 1000 Meter Run**

	Name	Yr	School	Seed	Finals	Points
<b>Finals</b>						
1	Stubler, Peter	SO	St. Lawrence	2:50.15	2:36.69	10
2	Wilson, Max	FR	Ottawa University	2:35.00	2:37.66	8
3	Goetze, Cyrus	FR	St. Lawrence		2:45.25	6
4	Hagen, Henry	SO	St. Lawrence	2:44.86	2:47.96	5
5	Afshar, Ali	FR	Carleton (Ont.)	2:50.00	2:54.01	4
6	Parsons, Nicholas	FR	Carleton (Ont.)		2:55.55	3
7	Sterling-Wisdom, D'Andre	FR	Ottawa University	2:50.00	3:03.12	2

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Finals ... (Event 13 Men 1000 Meter Run)**

	Name	Yr	School	Seed	Finals	Points
8	Zaine, Bradley	FR	Carleton (Ont.)	2:50.00	3:14.61	1
9	Robinson, Kain	SR	Potsdam St.	3:08.29	3:14.98	
10	Rock, Alic	SO	Potsdam St.		3:26.59	
11	Kaufman, Josef	JR	Potsdam St.		3:26.62	

**Event 14 Women 1000 Meter Run**

	Name	Yr	School	Seed	Finals	Points
<b>Finals</b>						
1	MacDonald, Aria	JR	Carleton (Ont.)	3:05.00	3:07.56	10
2	Brown, Taylor	SR	Ottawa University	3:07.00	3:25.77	8
3	Stone, Cameran	JR	St. Lawrence	3:19.04	3:27.21	6
4	Moore, Adeline	SR	St. Lawrence		3:29.69	5
5	Orlando, Adrianna	SO	Potsdam St.	3:36.03	3:39.31	4
6	Graves, Nora	SR	St. Lawrence	3:45.10	3:42.57	3
7	Hopsicker, Alivia	FR	St. Lawrence		3:48.64	2
8	Hertle, Aislinn	JR	Potsdam St.	4:44.96	5:01.48	1

**Event 15 Men 300 Meter Dash**

	Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>							
1	Cypress, Charles	JR	Plattsburgh St.	35.00	35.54	8	10
2	Gurnsey, Joel	SO	Ottawa University	36.00	35.71	7	8
3	Compeau, James	FR	Ottawa University	36.00	36.42	7	6
4	Young, Caleb	SO	St. Lawrence	37.23	36.54	6	5
5	Beltran, Ryan	SO	Plattsburgh St.	37.00	36.82	6	4
6	Molnar, Bodie	SO	St. Lawrence	35.30	36.92	8	3
7	Fraser, Brody		Ottawa Lions TF Club	37.80	37.51	6	2
8	Keating, Dylan	FR	St. Lawrence	40.18	37.62	4	1
9	Beauchesne, Jack	SO	St. Lawrence	38.76	37.71	5	
10	Gregory, Jack	FR	Plattsburgh St.	38.00	37.89	5	
11	Gratton, Jonah		Ottawa Lions TF Club	37.10	37.93	6	
12	McNaught, Owen		Ottawa Lions TF Club	36.60	38.39	7	
13	Gaboriault, Joshua	FR	Plattsburgh St.		38.54	2	
14	Barjon, Christian	FR	Plattsburgh St.		38.92	2	
15	Kalkas, Ali	FR	Carleton (Ont.)		38.96	1	
16	Meikle, Jamie		Ottawa Lions TF Club		39.29	1	
17	Nonez, Fabrice	SR	Ottawa University	36.80	39.44	7	
18	Shannon, Brian	FR	Plattsburgh St.	39.90	39.51	4	
19	Besette, Payton	FR	St. Lawrence	39.90	39.79	4	
20	Uche, Augustine		Ottawa Lions TF Club	43.92	39.95	3	
21	Pfotenhauer, Sam	FR	Carleton (Ont.)	40.00	42.06	4	
22	Schroeder, Jack	SO	Potsdam St.		49.15	3	
23	Page, James	FR	Potsdam St.		50.32	1	
---	Lobdell, Aidan	SO	Plattsburgh St.	38.55	SCR	5	
---	Jeggo, Zachary		Ottawa Lions TF Club	35.50	SCR	8	
---	Scauri, Jack	FR	Plattsburgh St.	39.00	SCR	5	
---	Elmansari, Safwan	FR	Ottawa University	35.80	SCR	8	
---	DeJulio, Matt	SO	Plattsburgh St.		SCR	2	
---	St. John, Hassani	FR	Plattsburgh St.	38.88	SCR		
---	Conway, Mike	SR	Carleton (Ont.)	41.22	SCR	3	

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Event 16 Women 300 Meter Dash**

	Name	Yr	School	Seed	Finals	H#	Points
<b>Finals</b>							
1	Cross, Laura	JR	Carleton (Ont.)	41.00	43.51	5	10
2	Appiah-Kubi, Michaella	FR	Carleton (Ont.)	43.50	43.59	4	8
3	Pender, Tatiana	SO	Ottawa University	42.89	44.37	5	6
4	Cenac, Courtney	JR	Ottawa University	43.00	44.64	4	5
5	Wise, Brianna	FR	Plattsburgh St.	47.00	44.99	3	4
6	Leblanc, Amy		Ottawa Lions TF Club	41.50	45.45	5	3
7	Yousey, Emily	JR	Potsdam St.	50.00	45.69	1	2
8	Kabongo, Kaylyne	JR	Carleton (Ont.)	44.77	45.89	4	1
9	Wamsganz, Lydia	JR	St. Lawrence		46.08	1	
10	Fowler, Olajire	SO	Carleton (Ont.)	45.75	46.21	4	
11	Scott, Isabella	FR	Plattsburgh St.	47.00	46.24	3	
12	Donnelly, Karissa	SO	Potsdam St.		47.57	1	
12	Marcus, Mackenzie	SR	St. Lawrence	48.35	47.57	2	
14	#1 Kisuke, Heidi		Carleton (Ont.)		47.72	2	
15	Vivian, Jade	FR	Ottawa University		48.15	1	
16	McGillvray, Kierra	FR	Carleton (Ont.)	46.70	48.31	3	
17	McNally, Margaret	JR	St. Lawrence	46.92	48.44	3	
18	Trempe, Elena	SO	St. Lawrence	49.95	49.69	2	
19	Carroll, Shyloh	FR	Plattsburgh St.	47.88	50.08	2	
---	Dewar, Shannon		Ottawa Lions TF Club	42.50	SCR		
---	Coull, Samiyah	FR	Plattsburgh St.	47.88	SCR		

**Event 17 Men 4x200 Meter Relay Hurdles**

	Team	Relay	Seed	Finals
<b>Finals</b>				
1	St. Lawrence	A		1:53.31
	1) Marelli, Erik FR	2) Biller, Trystan FR	3) Russell, Patrick JR	4) Hall, Tucker FR

**Event 18 Men 3000 Meter Run**

	Name	Yr	School	Seed	Finals	Points
<b>Finals</b>						
1	Roeder, Griffin	JR	St. Lawrence	8:59.63	9:13.97	10
2	Serrano, Matthew	JR	St. Lawrence	9:30.15	9:33.10	8
3	Jacobsen, Cole	SO	St. Lawrence	9:23.74	9:43.08	6
4	Brown, Zander	SO	Plattsburgh St.	9:52.49	9:51.57	5
5	Beams, Charles	JR	St. Lawrence		9:53.85	4
6	Natali Jr, Jack	JR	Plattsburgh St.	9:45.00	9:55.15	3
7	Alexander, Nathan	SO	Plattsburgh St.	9:54.16	9:59.58	2
8	Lauvau, Matthias	SO	Plattsburgh St.	10:01.50	10:04.40	1
9	Roach, Benjamin	JR	St. Lawrence	10:44.76	10:57.67	
---	Kotula, August	SR	St. Lawrence		SCR	
---	Abanto Enns, Nicolas	SR	Ottawa University	8:38.00	SCR	

**Event 19 Women 3000 Meter Run**

	Name	Yr	School	Seed	Finals	Points
<b>Finals</b>						
1	Zack, Carly	SO	St. Lawrence	11:30.00	11:11.63	10
2	Cecchetelli, Adriana	JR	St. Lawrence	11:30.00	11:18.40	8
3	Stuttard, Ella	FR	Plattsburgh St.	12:00.00	12:03.09	6

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Finals ... (Event 19 Women 3000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
4 Cunningham, Isabelle	FR	Plattsburgh St.	12:00.00	12:06.73	5

**Event 20 Men 4x200 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Lawrence 1) Gartner, Charles SR	A 2) Young, Caleb SO	1:33.63	1:35.61	10
2 Plattsburgh St. 1) Cypress, Charles JR	A 2) Williams, Jordan JR	1:31.76	1:37.53	8
3 Ottawa Lions TF Club 1) Meikle, Jamie 0	A 2) Fraser, Brody 0	1:33.20	1:38.03	6
4 Plattsburgh St. 1) Abrams, Zashon SO	B 2) Barjon, Christian FR	1:38.00	x1:38.58	
5 Carleton (Ont.) 1) Kalkas, Ali FR	A 2) Smith Robson, Malcolm SO		1:41.16	5
	3) Paluska, Joel FR		4) Osawe, Osaze FR	

**Event 21 Women 4x200 Meter Relay**

Team	Relay	Seed	Finals	H#	Points
<b>Finals</b>					
1 Carleton (Ont.) 1) Basu, Rose SO	A 2) Gilbert, Ella-Grace JR	1:54.81	1:50.06	2	10
2 Ottawa University 1) Pender, Tatiana SO	A 2) Cenac, Courtney JR	1:35.00	1:52.79	2	8
3 Plattsburgh St. 1) McDonald, Alexis FR	B 2) Persaud, Smytha SO	1:52.58	x1:53.46	2	
4 St. Lawrence 1) McNally, Margaret JR	A 2) Bougard Duncan, Isla FR	2:01.53	1:59.19	1	6
5 Plattsburgh St. 1) Scott, Isabella FR	A 2) Wise, Brianna FR		1:59.90	1	5
6 St. Lawrence 1) Baldwin, Lyla SO	B 2) Hines, Caroline JR	2:01.53	x2:00.57	1	
--- Ottawa Lions TF Club 1) Leblanc, Amy 0	A 2) Chouikhi, Balqis 0	1:35.00	SCR	2	
	3) Coughlin, Quinn 0		4) Dewar, Shannon 0		

**Event 22 Men Distance Medley**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Lawrence 1) O'Mahoney, Eliot FR	A 2) Stubler, Peter SO	10:49.42	11:38.64	10
2 St. Lawrence 1) Patry, Owen JR	C 2) Hagen, Henry SO	10:49.42	x11:43.09	
3 Potsdam St. 1) Barney, Samuel SO	A 2) Schroeder, Jack SO	11:50.17	12:58.56	8
--- St. Lawrence 1) Cushman, Riley FR	B 2) Storm, Jack FR	10:49.42	SCR	
	3) Gaffney, Kyle FR			

**Event 23 Women Distance Medley**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Lawrence 1) Poirier, Paige FR	A 2) McCullen, Kayleigh FR	11:59.62	14:30.51	10
	3) Moore, Adeline SR		4) Sirgany, Quinn SO	

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Event 24 Men 4x400 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Ottawa University	A	3:28.00	3:28.27	10
1) Gurnsey, Joel SO	2) Nonez, Fabrice SR	3) Compeau, James FR	4) Elmansari, Safwan FR	
2 St. Lawrence	A	3:22.42	3:32.02	8
1) Keating, Dylan FR	2) Cushman, Riley FR	3) Boyce, Timothy JR	4) Mellor, Kristofer JR	

**Event 25 Women 4x400 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Plattsburgh St.	A	4:22.39	4:42.63	10
1) Estus, Grace SO	2) Smith, Sarah SR	3) Head, Jillian FR	4) Stuttard, Ella FR	
2 St. Lawrence	A	4:42.00	4:46.34	8
1) Marcus, Mackenzie SR	2) Berthold, Amelia JR	3) Graves, Nora SR	4) Trempe, Elena SO	
--- Carleton (Ont.)	A		SCR	
1) Cross, Laura JR	2) Kabongo, Kaylyne JR	3) MacDonald, Aria JR	4) Fowler, Olajiire SO	
--- Ottawa University	A	4:17.20	SCR	
1) Cenac, Courtney JR	2) Moreland, Kathryn SO	3) Brown, Taylor SR	4) Ostertag, Coralie SR	

**Event 26 Mixed 4x400 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Lawrence	A		4:10.35	10
2 Potsdam St.	A		4:17.85	8
3 St. Lawrence	B		x4:27.46	
--- Plattsburgh St.	A		SCR	

**Event 27 Women Shot Put**

Name	Yr	School	Finals	Points	
<b>Finals</b>					
1 Asiamah, Brianna	SR	Carleton (Ont.)	13.11m	43-00.25	10
2 Gilbert, Sadie		Ottawa Lions TF Club	11.63m	38-02.00	8
3 Sanders, Harmony	FR	Plattsburgh St.	9.94m	32-07.50	6
4 Buckley, Lola	FR	St. Lawrence	9.35m	30-08.25	5
5 Huntley, Tessy	FR	Plattsburgh St.	8.30m	27-02.75	4
6 Jump, Taygin	SO	Plattsburgh St.	8.16m	26-09.25	3
7 Fleischmann, Rosemary	JR	St. Lawrence	8.15m	26-09.00	2
8 Semco, Rylee	JR	Potsdam St.	7.88m	25-10.25	1
9 Gaetano, Eva	FR	St. Lawrence	7.72m	25-04.00	
10 Khadijah, Mikayla	JR	Plattsburgh St.	7.55m	24-09.25	
11 Conners, Alaina	SR	Plattsburgh St.	7.12m	23-04.50	
12 Marsillo, Emma	FR	Potsdam St.	6.91m	22-08.00	

**Event 28 Men Shot Put Follows WSP**

Name	Yr	School	Finals	Points	
<b>Finals</b>					
1 Webber, Nathan	FR	Plattsburgh St.	11.93m	39-01.75	10
2 Moussa, Zane	SR	Potsdam St.	11.74m	38-06.25	8
3 Brinck, Matthew	FR	St. Lawrence	11.63m	38-02.00	6
4 Schneider, Erik	JR	St. Lawrence	11.39m	37-04.50	5
5 Wade, Noah	FR	St. Lawrence	10.36m	34-00.00	4
6 Olivier, Manny	FR	Plattsburgh St.	9.99m	32-09.50	3



**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Finals ... (Event 28 Men Shot Put Follows WSP)**

Name	Yr	School	Finals		Points
7 Stevens, Zane	JR	Potsdam St.	9.68m	31-09.25	2
8 Ladouceur, Cooper	JR	Potsdam St.	9.67m	31-08.75	1
9 Baxter, Chandler	SO	Plattsburgh St.	9.59m	31-05.75	
10 Kozub, Mark	JR	Potsdam St.	9.43m	30-11.25	
11 Stevens, Zachary	FR	Plattsburgh St.	9.12m	29-11.25	
12 Konnick, Thomas	JR	Plattsburgh St.	9.03m	29-07.50	
13 Webber, Faris	JR	Plattsburgh St.	8.64m	28-04.25	
14 Carola, Jack	FR	Potsdam St.	8.32m	27-03.75	
15 Frayler, Lance	SO	Potsdam St.	8.01m	26-03.50	
--- Zachary, Jaworski		Unattached	X11.51m	37-09.25	

**Event 29 Men Weight Throw Follows WWT**

Name	Yr	School	Finals		Points
<b>Finals</b>					
1 Schneider, Erik	JR	St. Lawrence	13.56m	44-06.00	10
2 Moussa, Zane	SR	Potsdam St.	13.03m	42-09.00	8
3 Webber, Nathan	FR	Plattsburgh St.	12.11m	39-08.75	6
4 Stevens, Zachary	FR	Plattsburgh St.	12.05m	39-06.50	5
5 Brinck, Matthew	FR	St. Lawrence	11.36m	37-03.25	4
6 Konnick, Thomas	JR	Plattsburgh St.	10.68m	35-00.50	3
7 Wade, Noah	FR	St. Lawrence	9.82m	32-02.75	2
8 Baxter, Chandler	SO	Plattsburgh St.	9.12m	29-11.25	1
9 Olivier, Manny	FR	Plattsburgh St.	5.86m	19-02.75	
10 Bedard, Maximus	FR	St. Lawrence	5.35m	17-06.75	
--- Zachary, Jaworski		Unattached	X14.35m	47-01.00	

**Event 30 Women Weight Throw Follows MSP**

Name	Yr	School	Finals		Points
<b>Finals</b>					
1 Jump, Taygin	SO	Plattsburgh St.	12.58m	41-03.25	10
2 Fleischmann, Rosemary	JR	St. Lawrence	10.95m	35-11.25	8
3 Huntley, Tessy	FR	Plattsburgh St.	10.88m	35-08.50	6
4 Sanders, Harmony	FR	Plattsburgh St.	10.52m	34-06.25	5
5 Conners, Alaina	SR	Plattsburgh St.	10.43m	34-02.75	4
6 Semco, Rylee	JR	Potsdam St.	9.82m	32-02.75	3
7 Buckley, Lola	FR	St. Lawrence	9.02m	29-07.25	2
8 Gaetano, Eva	FR	St. Lawrence	7.55m	24-09.25	1

**Event 31 Men Pole Vault**

Name	Yr	School	Finals		Points
<b>Finals</b>					
1 Mordel, Eli		Ottawa Lions TF Club	3.40m	11-01.75	10
--- Robertson, Cameron	SO	Ottawa University	DNS		
--- Parlebas, Nathan	FR	Carleton (Ont.)	DNS		

**Event 32 Women Pole Vault follows MPV**

Name	Yr	School	Finals		Points
<b>Finals</b>					
1 Lupien, Rosalie	FR	Carleton (Ont.)	3.50m	11-05.75	10
2 Chouikhi, Balqis		Ottawa Lions TF Club	J3.50m	11-05.75	8
3 Chappell, Halla	JR	St. Lawrence	2.15m	7-00.50	5.50

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Finals ... (Event 32 Women Pole Vault follows MPV)**

Name	Yr	School	Finals	Points
3 Morin, Alexis	FR	Ottawa University	2.15m 7-00.50	5.50

**Event 33 Men High Jump follows WPV**

Name	Yr	School	Finals	Points
<b>Finals</b>				
1 Hooper, Jackson	FR	Plattsburgh St.	1.90m 6-02.75	10
2 Paluska, Joel	FR	Carleton (Ont.)	1.80m 5-10.75	8
3 Smigen, Michael	SO	St. Lawrence	1.75m 5-08.75	6
4 McGorray, Brogan	JR	St. Lawrence	1.70m 5-07.00	4.50
4 Gerken, Locke	SO	Plattsburgh St.	1.70m 5-07.00	4.50
--- Webber, Faris	JR	Plattsburgh St.	DNS	

**Event 34 Women High Jump follows MHJ**

Name	Yr	School	Finals	Points
<b>Finals</b>				
1 Moreland, Elizabeth	SR	Ottawa University	1.55m 5-01.00	10
2 Berthold, Amelia	JR	St. Lawrence	1.50m 4-11.00	8
3 LeDuc, Marissa	JR	Plattsburgh St.	J1.50m 4-11.00	6
4 Feberova, Natalie	SO	Ottawa University	1.45m 4-09.00	5
5 Ostertag, Coralie	SR	Ottawa University	1.35m 4-05.00	4
6 Schneider, Annie	FR	Plattsburgh St.	1.30m 4-03.25	3

**Event 35 Women Long Jump**

Name	Yr	School	Finals	Points
<b>Finals</b>				
1 LeDuc, Marissa	JR	Plattsburgh St.	4.86m 15-11.50	10
2 Marcus, Mackenzie	SR	St. Lawrence	4.64m 15-02.75	8
3 Baldwin, Lyla	SO	St. Lawrence	4.49m 14-08.75	6
4 Wagner, Madison	JR	Potsdam St.	4.44m 14-07.00	5
5 Black, Kiran	JR	St. Lawrence	4.36m 14-03.75	4
6 Feberova, Natalie	SO	Ottawa University	4.20m 13-09.50	3
7 Ostertag, Coralie	SR	Ottawa University	4.05m 13-03.50	2
8 Bougard Duncan, Isla	FR	St. Lawrence	3.98m 13-00.75	1
9 Brosell, Emma	FR	St. Lawrence	3.93m 12-10.75	
10 Gaetano, Eva	FR	St. Lawrence	3.91m 12-10.00	
11 Davis, Deja	SO	Plattsburgh St.	3.64m 11-11.50	
12 Wright, Olivia	FR	Plattsburgh St.	2.93m 9-07.50	
--- Hines, Caroline	JR	St. Lawrence	FOUL	

**Event 36 Men Long Jump follows WLJ**

Name	Yr	School	Finals	Points
<b>Finals</b>				
1 Ritter, Isaiah	SO	Plattsburgh St.	6.33m 20-09.25	10
2 Osawe, Osaze	FR	Carleton (Ont.)	6.20m 20-04.25	8
3 Smith Robson, Malcolm	SO	Carleton (Ont.)	6.19m 20-03.75	6
4 Baker, Tyler	SO	Plattsburgh St.	6.00m 19-08.25	5
5 Lin, Sampson	SO	Plattsburgh St.	5.93m 19-05.50	4
6 Watson, De'Andre	SO	Plattsburgh St.	5.71m 18-09.00	3
7 Hall, Tucker	FR	St. Lawrence	5.65m 18-06.50	2
8 Webber, Faris	JR	Plattsburgh St.	5.07m 16-07.75	1
9 Manley, Mike	SO	Potsdam St.	4.69m 15-04.75	

**Saints Holiday Relays - 12/7/2024****Newell Field House****Results - HOLIDAY RELAYS****Finals ... (Event 36 Men Long Jump follows WLJ)**

Name	Yr	School	Finals	Points
--- Moussa, Zane	SR	Potsdam St.	FOUL	
--- Storm, Jack	FR	St. Lawrence	DNS	

**Event 37 Women Triple Jump follows MLJ**

Name	Yr	School	Finals	Points
<b>Finals</b>				
1 Gilbert, Ella-Grace	JR	Carleton (Ont.)	11.06m 36-03.50	10
2 Moreland, Elizabeth	SR	Ottawa University	11.02m 36-02.00	8
3 Bougard Duncan, Isla	FR	St. Lawrence	9.30m 30-06.25	6
4 Gaetano, Eva	FR	St. Lawrence	9.28m 30-05.50	5
5 Brosell, Emma	FR	St. Lawrence	9.14m 30-00.00	4
--- Hines, Caroline	JR	St. Lawrence	FOUL	
--- Reid, Sideka	FR	Ottawa University	DNS	

**Event 38 Men Triple Jump follows WTJ**

Name	Yr	School	Finals	Points
<b>Finals</b>				
1 Osawe, Osaze	FR	Carleton (Ont.)	12.81m 42-00.50	10
2 Smigen, Michael	SO	St. Lawrence	12.32m 40-05.00	8
3 Watson, De'Andre	SO	Plattsburgh St.	11.49m 37-08.50	6
4 Moussa, Zane	SR	Potsdam St.	11.34m 37-02.50	5
5 Manley, Mike	SO	Potsdam St.	9.79m 32-01.50	4