

## Cortland Upstate Alternative

SUNY Cortland - 4/15/2023

## Results

## Women 100 Meter Dash

AARTFC: 12.65 A

| Name                       | Yr | School          | Finals    |
|----------------------------|----|-----------------|-----------|
| <b>Finals</b>              |    |                 |           |
| 1 Kimberly Dean            | JR | SUNY Delhi      | 13.04 2.6 |
| 2 Lilah Ward               | SO | SUNY Cobleskill | 13.04 2.6 |
| 3 Juliet Brady             | SO | King's (Pa.)    | 13.04 2.6 |
| 4 Margaret Petty           | FR | Oneonta         | 13.08 2.6 |
| 5 Moenae Washington        | SO | Mohawk Valley C | 13.11 2.6 |
| 6 Gianna Motto             | FR | Cortland        | 13.15 2.6 |
| 7 Iveion Seabrooks         | SO | Mohawk Valley C | 13.44 2.6 |
| 8 Khaliah Ollivierre-Ryner | SO | Cortland        | 13.45 2.6 |
| 9 Katherine Downey         | JR | Ithaca          | 13.59 3.1 |
| 10 Olga Akhremenko         | FR | Mohawk Valley C | 13.83 2.1 |
| 11 Mia Sarchilli           | FR | Cortland        | 13.91 2.1 |
| 12 Toni Brown              | FR | Mohawk Valley C | 14.03 2.1 |
| 13 Isabella Lambert        | JR | Ithaca          | 14.48 2.1 |
| 14 Sophia Tighe            | SO | Bard            | 14.52 2.1 |
| 15 Jessica Carney          | FR | SUNY Cobleskill | 14.59 3.1 |
| 16 Sydney Velez            | FR | SUNY Broome     | 14.70 2.1 |
| 17 Jynaiya Grizzle         | FR | Bard            | 15.13 2.1 |
| 18 Alex Nguyen             | FR | Bard            | 16.60 2.1 |
| 19 Julius Nguyen           | FR | Bard            | 17.19 3.1 |

## Women 200 Meter Dash

AARTFC: 26.00 A

| Name                        | Yr | School          | Finals    |
|-----------------------------|----|-----------------|-----------|
| <b>Finals</b>               |    |                 |           |
| 1 Karizma Brathwaite        | FR | Onondaga CC     | 25.72A1.2 |
| 2 Devan Adegbile            | SO | Ithaca          | 26.39 1.2 |
| 3 Moenae Washington         | SO | Mohawk Valley C | 27.02 1.5 |
| 4 Lilah Ward                | SO | SUNY Cobleskill | 27.29 1.2 |
| 5 Kimberly Dean             | JR | SUNY Delhi      | 27.31 1.5 |
| 6 Juliet Brady              | SO | King's (Pa.)    | 27.51 1.2 |
| 7 Gianna Motto              | FR | Cortland        | 27.60 1.2 |
| 8 Ashley Tricarico          | SO | Hartwick        | 27.90 1.5 |
| 9 Katherine Downey          | JR | Ithaca          | 27.90 1.2 |
| 10 Victoria Zultevicz       | SO | King's (Pa.)    | 27.94 1.5 |
| 11 Margaret Petty           | FR | Oneonta         | 27.95 1.5 |
| 12 Aubrianna DeLario-Brown  | JR | SUNY-ESF        | 27.96 1.2 |
| 13 Jynnae Stevens           | SO | Herkimer CCC    | 28.24 1.2 |
| 14 Khaliah Ollivierre-Ryner | SO | Cortland        | 28.47 1.5 |
| 15 Carolina Cedraschi       | FR | Ithaca          | 28.50 1.5 |
| 16 Abbie Gregory            | FR | Cortland        | 28.68 1.5 |
| 17 Rachel Larson            | FR | Ithaca          | 28.77 0.8 |
| 18 Jordyn Dolan             | FR | Ithaca          | 28.90 2.3 |
| 19 Iveion Seabrooks         | SO | Mohawk Valley C | 29.11 2.8 |
| 20 Mariella Michitti        | FR | SUNY Broome     | 29.28 0.8 |
| 21 Mia Sarchilli            | FR | Cortland        | 29.39 0.8 |
| 22 Sophia Tighe             | SO | Bard            | 30.02 0.8 |
| 23 Madison Martinez         | JR | Ithaca          | 30.15 2.3 |
| 24 Jynaiya Grizzle          | FR | Bard            | 31.17 0.8 |
| 25 Sarake Dembele           | FR | Ithaca          | 32.36 2.8 |
| 26 Chloe Desautels          | FR | Bard            | 32.69 2.8 |
| 27 Eva Murphy               | FR | Onondaga CC     | 34.32 2.8 |

|                        |    |              |           |
|------------------------|----|--------------|-----------|
| 28 Erica Lee           | FR | Bard         | 35.34 2.8 |
| 29 Alex Nguyen         | FR | Bard         | 35.62 2.3 |
| 30 Lyria Bennett       | FR | Herkimer CCC | 35.95 0.8 |
| 31 Julius Nguyen       | FR | Bard         | 36.33 2.8 |
| 32 Laura Ibanez        | FR | Bard         | 38.10 2.8 |
| 33 Genevieve Donaldson | FR | Bard         | 40.59 2.3 |

## Women 400 Meter Dash

AARTFC: 1:00.00 A

| Name                   | Yr | School       | Finals  |
|------------------------|----|--------------|---------|
| <b>Finals</b>          |    |              |         |
| 1 Natalie MacArthur    | SO | Ithaca       | 1:00.75 |
| 2 Karizma Brathwaite   | FR | Onondaga CC  | 1:01.39 |
| 3 Emily Johnson        | SO | Ithaca       | 1:03.32 |
| 4 Tessa Stanley        | FR | Ithaca       | 1:03.58 |
| 5 Laura Dinauski       | SO | King's (Pa.) | 1:04.64 |
| 6 Mariella Michitti    | FR | SUNY Broome  | 1:04.68 |
| 7 Ashley Tricarico     | SO | Hartwick     | 1:05.31 |
| 8 Madison Martinez     | JR | Ithaca       | 1:08.66 |
| 9 Marissa Civatte      | FR | SUNY-ESF     | 1:10.36 |
| 10 Alisea Scott        | FR | Herkimer CCC | 1:12.54 |
| 11 Lizzie Aldous       | FR | Bard         | 1:16.29 |
| 12 Eva Murphy          | FR | Onondaga CC  | 1:18.63 |
| 13 Ashlee Sphabmixay   | FR | Oneonta      | 1:20.93 |
| 14 Gillian Pineau      | JR | SUNY-ESF     | 1:22.11 |
| 15 Genevieve Donaldson | FR | Bard         | 1:33.88 |

## Women 800 Meter Run

AARTFC: 2:21.00 A

| Name                  | Yr | School          | Finals  |
|-----------------------|----|-----------------|---------|
| <b>Finals</b>         |    |                 |         |
| 1 Rachel Rose         | JR | Ithaca          | 2:25.10 |
| 2 Amelia Bowman-Mccoy | FR | Herkimer CCC    | 2:27.74 |
| 3 Savannah Kuhr       | SO | SUNY-ESF        | 2:29.84 |
| 4 Jessica Goode       | FR | Ithaca          | 2:31.40 |
| 5 Giana Haubrich      | SO | Ithaca          | 2:31.92 |
| 6 Nicole Zambetti     | SO | King's (Pa.)    | 2:32.33 |
| 7 Aja Jackson         | FR | SUNY Broome     | 2:33.00 |
| 8 Andrea Rice         | FR | Cortland        | 2:36.06 |
| 9 Sierra Basco        | JR | Oneonta         | 2:38.09 |
| 10 Aubrey Soller      | JR | Oneonta         | 2:39.78 |
| 11 Cherise Mack       | JR | Cortland        | 2:41.69 |
| 12 Aine Haugh         | SR | SUNY-ESF        | 2:41.95 |
| 13 Anika Parnell      | JR | Cortland        | 2:43.73 |
| 14 Claudia Chermak    | SO | SUNY Broome     | 2:43.76 |
| 15 Lydia Reimer       | FR | Herkimer CCC    | 2:43.85 |
| 16 Jenna Swyers       | FR | SUNY Cobleskill | 2:44.50 |
| 17 Kathrine Ledermann | JR | SUNY Cobleskill | 2:45.41 |
| 18 Maura O'Brien      | FR | SUNY-ESF        | 2:45.65 |
| 19 Olivia Holland     | FR | Oneonta         | 2:46.32 |
| 20 Erin Gallagher     | SO | Oneonta         | 2:46.46 |
| 21 Madison Altamura   | FR | Herkimer CCC    | 2:49.12 |
| 22 Shea Schleicher    | JR | Oneonta         | 2:59.78 |
| 23 Lindsey Urist      | FR | Oneonta         | 3:09.42 |
| 24 Kaitlynn Schmitz   | SO | SUNY Cobleskill | 3:11.02 |
| 25 Kaitlynn McNamara  | JR | Oneonta         | 3:11.77 |

**Cortland Upstate Alternative  
SUNY Cortland - 4/15/2023**

**Results**

**Finals ... (Women 800 Meter Run)**

| Name               | Yr | School          | Finals  |
|--------------------|----|-----------------|---------|
| 26 Lacey Merideth  | FR | Mohawk Valley C | 3:20.00 |
| --- Laylin Horvath | FR | SUNY Delhi      | DNF     |

**Women 1500 Meter Run**  
AARTFC: 4:54.00 A

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

**Finals**

|                       |    |                 |         |
|-----------------------|----|-----------------|---------|
| 1 Rachel Rose         | JR | Ithaca          | 4:58.33 |
| 2 Jessica Goode       | FR | Ithaca          | 5:06.31 |
| 3 Julia Tomanovich    | JR | Ithaca          | 5:06.81 |
| 4 Amelia Bowman-Mccoy | FR | Herkimer CCC    | 5:09.49 |
| 5 Anika Parnell       | JR | Cortland        | 5:13.78 |
| 6 Andrea Rice         | FR | Cortland        | 5:20.04 |
| 7 Logan Brasacchio    | FR | Ithaca          | 5:23.81 |
| 8 Cherise Mack        | JR | Cortland        | 5:27.71 |
| 9 Sarah Luby          | SO | Oneonta         | 5:30.02 |
| 10 Claudia Chermak    | SO | SUNY Broome     | 5:36.97 |
| 11 Jenna Swyers       | FR | SUNY Cobleskill | 5:38.74 |
| 12 Kathrine Ledermann | JR | SUNY Cobleskill | 5:43.25 |
| 13 Sadie Torre        | SO | Bard            | 5:56.68 |
| 14 Cecilia Chipriano  | FR | King's (Pa.)    | 6:06.04 |
| 15 Sage Springsteen   | JR | Oneonta         | 6:09.87 |
| 16 Sophie Ridgway     | SO | Hartwick        | 6:27.19 |
| 17 Lacey Merideth     | FR | Mohawk Valley C | 7:30.13 |
| --- Caroline Westvig  | FR | Oneonta         | DNF     |

**Women 5000 Meter Run**  
AARTFC: 18:45.00 A

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

**Finals**

|                      |    |              |          |
|----------------------|----|--------------|----------|
| 1 Emma Trefzger      | SO | Cortland     | 20:10.14 |
| 2 Vanessa Burkard    | JR | Cortland     | 20:12.59 |
| 3 Brynita Haas       | FR | Hartwick     | 20:14.37 |
| 4 Julia Johnson      | SO | King's (Pa.) | 20:31.39 |
| 5 Mikaela Majcher    | SO | King's (Pa.) | 21:06.10 |
| 6 Zoe Tomko          | SO | King's (Pa.) | 21:13.49 |
| 7 Sarah Edwards      | SO | SUNY-ESF     | 24:24.33 |
| --- Deirdre Sullivan | SO | Cortland     | DNF      |

**Women 100 Meter Hurdles**  
AARTFC: 15.65 A

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

**Finals**

|                       |    |                 |           |
|-----------------------|----|-----------------|-----------|
| 1 Rachel Larson       | FR | Ithaca          | 15.80 1.1 |
| 2 Victoria Zultevecz  | SO | King's (Pa.)    | 15.88 1.1 |
| 3 Giavanna Innamorati | FR | King's (Pa.)    | 16.60 1.1 |
| 4 Abbie Gregory       | FR | Cortland        | 17.04 1.1 |
| 5 Lilly Swyers        | FR | SUNY Cobleskill | 17.16 1.1 |
| 6 Gianna Lawrence     | FR | SUNY Broome     | 17.45 1.1 |
| 7 Giovanna Wall       | SO | Hartwick        | 17.94 3.4 |
| 8 Lauren Anderson     | SR | Cortland        | 18.26 1.1 |
| 9 Shealinn Stevens    | FR | SUNY Cobleskill | 18.56 3.4 |
| 10 Melissa Carden     | SO | SUNY Broome     | 18.96 3.4 |
| 11 Madison Altamura   | FR | Herkimer CCC    | 19.00 3.4 |

|                      |    |             |           |
|----------------------|----|-------------|-----------|
| 12 Sydney Velez      | FR | SUNY Broome | 19.04 3.4 |
| 13 Ashlee Sphabmixay | FR | Oneonta     | 19.20 3.4 |
| 14 Laura Ibanez      | FR | Bard        | 23.69 3.4 |

**Women 400 Meter Hurdles**  
AARTFC: 1:07.50 A

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

**Finals**

|                       |    |              |         |
|-----------------------|----|--------------|---------|
| 1 Taylor Johnson      | SO | Oneonta      | 1:10.97 |
| 2 Mariella Michitti   | FR | SUNY Broome  | 1:11.79 |
| 3 Melissa Carden      | SO | SUNY Broome  | 1:12.74 |
| 4 Helena Trackey      | FR | Cortland     | 1:15.19 |
| 5 Breanne Millson     | FR | Herkimer CCC | 1:16.10 |
| 6 Hannah Martinez     | FR | Ithaca       | 1:17.76 |
| 7 Giavanna Innamorati | FR | King's (Pa.) | 1:17.98 |
| 8 Logan Brasacchio    | FR | Ithaca       | 1:20.25 |

**Women 3000 Meter Steeplechase**  
AARTFC: 12:05.00 A

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

**Finals**

|                 |    |                 |           |
|-----------------|----|-----------------|-----------|
| 1 Taylor Harvey | FR | Mohawk Valley C | 11:52.05A |
| 2 Alexa Wolcott | FR | SUNY Delhi      | 12:02.43A |

**Women 4x100 Meter Relay**  
AARTFC: 51.00 A

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

**Finals**

|                         |                         |       |
|-------------------------|-------------------------|-------|
| 1 Mohawk Valley CC      | A                       | 53.71 |
| 1) Moenae Washington SO | 2) Olga Akhremenko FR   |       |
| 3) Toni Brown FR        | 4) Iveion Seabrooks SO  |       |
| 2 Herkimer County CC    | A                       | 54.39 |
| 1) Breanne Millson FR   | 2) Lydia Reimer FR      |       |
| 3) Alisea Scott FR      | 4) Jynnae Stevens SO    |       |
| 3 SUNY Broome           | A                       | 54.68 |
| 1) Melissa Carden SO    | 2) Sydney Velez FR      |       |
| 3) Gianna Lawrence FR   | 4) Mariella Michitti FR |       |

**Women 4x400 Meter Relay**  
AARTFC: 4:08.00 A

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

**Finals**

|                           |                               |         |
|---------------------------|-------------------------------|---------|
| 1 Ithaca                  | A                             | 4:25.26 |
| 1) Emily Johnson SO       | 2) Giana Haubrich SO          |         |
| 3) Carolina Cedraschi FR  | 4) Hannah Martinez FR         |         |
| 2 King's (Pa.)            | A                             | 4:30.95 |
| 1) Giavanna Innamorati FR | 2) Laura Dainauski SO         |         |
| 3) Elizabeth Porto SO     | 4) Nicole Zambetti SO         |         |
| 3 SUNY Broome             | A                             | 4:33.98 |
| 1) Aja Jackson FR         | 2) Claudia Chermak SO         |         |
| 3) Mariella Michitti FR   | 4) Melissa Carden SO          |         |
| 4 SUNY-ESF                | A                             | 4:34.55 |
| 1) Savannah Kuhr SO       | 2) Aine Haugh SR              |         |
| 3) Marissa Civatte FR     | 4) Aubrianna DeLario-Brown J. |         |

**Cortland Upstate Alternative  
SUNY Cortland - 4/15/2023**

**Results**

**Finals ... (Women 4x400 Meter Relay)**

| Team                    | Relay                 | Finals  |
|-------------------------|-----------------------|---------|
| 5 Mohawk Valley CC      | A                     | 4:34.94 |
| 1) Moenae Washington SO | 2) Toni Brown FR      |         |
| 3) Olga Akhremenko FR   | 4) Taylor Harvey FR   |         |
| 6 Herkimer County CC    | A                     | 4:44.76 |
| 1) Lydia Reimer FR      | 2) Jynnae Stevens SO  |         |
| 3) Madison Altamura FR  | 4) Breanne Millson FR |         |
| 7 Bard                  | A                     | 4:56.59 |
| 1) Chloe Desautels FR   | 2) Lizzie Aldous FR   |         |
| 3) Sadie Torre SO       | 4) Sophia Tighe SO    |         |

**Women High Jump**  
AARTFC: 1.57m A

| Name                | Yr | School          | Finals |
|---------------------|----|-----------------|--------|
| <b>Finals</b>       |    |                 |        |
| 1 Charly Slusser    | SO | Ithaca          | 1.61mA |
| 2 Mariah Saggese    | FR | Cortland        | 1.61mA |
| 3 Regan Kaiser      | SO | Cortland        | 1.55m  |
| 4 Madison Armitage  | SO | King's (Pa.)    | 1.50m  |
| 5 Lilah Ward        | SO | SUNY Cobleskill | 1.50m  |
| 6 Hayleigh Girard   | SO | SUNY Cobleskill | 1.35m  |
| --- Chloe Desautels | FR | Bard            | NH     |

**Women Pole Vault**  
AARTFC: 3.25m A

| Name                  | Yr | School       | Finals |
|-----------------------|----|--------------|--------|
| <b>Finals</b>         |    |              |        |
| 1 Meghan Matheny      | SR | Ithaca       | 3.55mA |
| 2 Martha Kemp-Neilson | JR | Ithaca       | 3.40mA |
| 3 Kennedy Heichel     | JR | Ithaca       | 3.40mA |
| 4 Becca Bready        | FR | Cortland     | 3.40mA |
| 5 Erin Eastwood       | FR | Ithaca       | 3.25mA |
| 6 Jamie Rossig        | JR | Ithaca       | 3.10m  |
| 7 Victoria Zultevecz  | SO | King's (Pa.) | 3.10m  |
| 8 Bree Boyle          | FR | Ithaca       | 2.95m  |
| 9 Faith Hoyt          | FR | Cortland     | 2.95m  |
| 10 Kimmy Arena        | SR | Cortland     | 2.75m  |
| 11 Elizabeth Porto    | SO | King's (Pa.) | 2.35m  |
| --- Sherry Georgeson  | SR | Oneonta      | NH     |

**Women Long Jump**  
AARTFC: 5.35m A

| Name                 | Yr | School          | Finals     |
|----------------------|----|-----------------|------------|
| <b>Finals</b>        |    |                 |            |
| 1 Karizma Brathwaite | FR | Onondaga CC     | 5.28m 2.4  |
| 2 Sara Brown         | JR | Ithaca          | 5.27m 0.7  |
| 3 Madelynn Perfilio  | FR | King's (Pa.)    | 5.24m 1.9  |
| 4 Jamie Rossig       | JR | Ithaca          | 5.10m 2.1  |
| 5 Melissa Carden     | SO | SUNY Broome     | 5.02m 2.0  |
| 6 Gabriella Conforti | SO | King's (Pa.)    | 4.97m 0.7  |
| 7 Shealinn Stevens   | FR | SUNY Cobleskill | 4.95m -0.5 |
| 8 Jordyn Dolan       | FR | Ithaca          | 4.90m 2.7  |
| 9 Ayenaliz Velasquez | JR | Ithaca          | 4.85m 1.1  |
| 10 Gianna Lawrence   | FR | SUNY Broome     | 4.74m 1.7  |
| 11 Kimberly Dean     | JR | SUNY Delhi      | 4.68m 2.2  |

|                     |    |                  |           |
|---------------------|----|------------------|-----------|
| 12 Regan Kaiser     | SO | Cortland         | 4.64m 2.6 |
| 13 Ashley Neier     | JR | Hartwick         | 4.42m 2.9 |
| 14 Iveion Seabrooks | SO | Mohawk Valley CC | 4.34m 1.1 |
| 15 Atticus Dinsmore | FR | Hartwick         | 3.96m 0.6 |
| 16 Hayleigh Girard  | SO | SUNY Cobleskill  | 3.92m 2.6 |
| 17 Sarake Dembele   | FR | Ithaca           | 3.55m 1.7 |
| 18 Elaine Pretak    | FR | Cortland         | 3.41m 2.0 |

**Women Triple Jump**  
AARTFC: 10.80m A

| Name                 | Yr | School          | Finals      |
|----------------------|----|-----------------|-------------|
| <b>Finals</b>        |    |                 |             |
| 1 Gabriella Conforti | SO | King's (Pa.)    | 11.31mA1.9  |
| 2 Caitlin Maher      | FR | Cortland        | 10.86m 2.9  |
| 3 Melissa Carden     | SO | SUNY Broome     | 10.54m +0.0 |
| 4 Lilly Swyers       | FR | SUNY Cobleskill | 10.29m 2.3  |
| 5 Erin Eastwood      | FR | Ithaca          | 10.25m 2.2  |
| 6 Madelynn Perfilio  | FR | King's (Pa.)    | 10.21m 2.6  |
| 7 Isabella Lambert   | JR | Ithaca          | 9.48m 1.7   |

**Women Shot Put**  
AARTFC: 11.60m A

| Name                   | Yr | School           | Finals  |
|------------------------|----|------------------|---------|
| <b>Finals</b>          |    |                  |         |
| 1 Brandy Varner        | FR | King's (Pa.)     | 11.69mA |
| 2 Kitty Messina        | SO | SUNY Delhi       | 11.25m  |
| 3 Adele Hollander      | SO | King's (Pa.)     | 11.25m  |
| 4 Lily Seyfert         | FR | Ithaca           | 11.08m  |
| 5 Teghan Garris        | SO | Oneonta          | 10.75m  |
| 6 Arla Davis           | FR | Ithaca           | 10.59m  |
| 7 Megan Spencer        | FR | Cortland         | 10.41m  |
| 8 Jennifer Ndukwu      | FR | Cortland         | 10.14m  |
| 9 Tarryn Herman        | FR | Oneonta          | 9.87m   |
| 11 Hannah McMasters    | FR | Cortland         | 9.84m   |
| 12 Veronica McClelland | SO | King's (Pa.)     | 9.55m   |
| 13 Giovanna Wall       | SO | Hartwick         | 9.17m   |
| 14 Alyssa Cole         | FR | SUNY Delhi       | 8.75m   |
| 15 Soncerae Hamiter    | SO | Ithaca           | 8.27m   |
| 16 Isabella Smith      | SO | Herkimer CCC     | 7.98m   |
| 17 Dory Gooselin       | FR | SUNY Cobleskill  | 7.74m   |
| 18 Victoria Zultevecz  | SO | King's (Pa.)     | 7.68m   |
| 19 Jocelyn Hall        | SO | SUNY Broome      | 7.47m   |
| 20 Carlene Palmer      | FR | SUNY Broome      | 6.40m   |
| 21 Nidia Richardson    | FR | SUNY Broome      | 5.96m   |
| 22 Cheryl Bielby       | FR | Mohawk Valley CC | 5.61m   |
| 23 Danielle Williams   | FR | SUNY Broome      | 5.38m   |
| 9 Lauren Shaler        | SO | Onondaga CC      | SCR     |

**Women Discus Throw**  
AARTFC: 38.00m A

| Name            | Yr | School       | Finals  |
|-----------------|----|--------------|---------|
| <b>Finals</b>   |    |              |         |
| 1 Brandy Varner | FR | King's (Pa.) | 38.01mA |
| 2 Bryn Whitman  | FR | Onondaga CC  | 34.22m  |
| 3 Megan Spencer | FR | Cortland     | 32.09m  |
| 4 Arla Davis    | FR | Ithaca       | 30.57m  |

**Cortland Upstate Alternative  
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Results**

**Finals ... (Women Discus Throw)**

| Name                   | Yr | School          | Finals |
|------------------------|----|-----------------|--------|
| 5 Jessica Neubert      | FR | Cortland        | 30.46m |
| 6 Jennifer Ndukwu      | FR | Cortland        | 29.71m |
| 7 Hannah McMasters     | FR | Cortland        | 27.43m |
| 8 Isabella Smith       | SO | Herkimer CCC    | 27.25m |
| 9 Teghan Garris        | SO | Oneonta         | 26.10m |
| 10 Isabelle Lebrun     | FR | King's (Pa.)    | 25.98m |
| 11 Hannah Preble       | FR | Cortland        | 24.65m |
| 12 Veronica McClelland | SO | King's (Pa.)    | 24.61m |
| 13 Suzy Conners        | FR | Cortland        | 24.54m |
| 14 Makenna Black       | FR | Oneonta         | 24.16m |
| 15 Colleen Patrie      | FR | Cortland        | 23.84m |
| 16 Dory Gooselin       | FR | SUNY Cobleskill | 23.20m |
| 17 Tarryn Herman       | FR | Oneonta         | 23.09m |
| 18 Soncerae Hamiter    | SO | Ithaca          | 22.88m |
| 19 Martha Gomez        | FR | Bard            | 21.09m |
| 20 Dianna Duncan       | FR | King's (Pa.)    | 21.03m |
| 21 Jocelyn Hall        | SO | SUNY Broome     | 19.26m |
| 22 Carlene Palmer      | FR | SUNY Broome     | 14.93m |
| 23 Danielle Williams   | FR | SUNY Broome     | 14.26m |
| 24 Nidia Richardson    | FR | SUNY Broome     | 12.61m |
| --- Alyssa Cole        | FR | SUNY Delhi      | FOUL   |
| --- Lily Seyfert       | FR | Ithaca          | FOUL   |
| --- Sarah Parr         | SR | Cortland        | FOUL   |
| --- Anna Bellucci      | SO | King's (Pa.)    | FOUL   |
| --- Gabi Ragozzine     | FR | Oneonta         | FOUL   |
| --- Katelyn Shoemaker  | FR | King's (Pa.)    | FOUL   |

**Women Hammer Throw  
AARTFC: 44.00m A**

| Name                | Yr | School          | Finals  |
|---------------------|----|-----------------|---------|
| <b>Finals</b>       |    |                 |         |
| 1 Sarah Parr        | SR | Cortland        | 49.02mA |
| 2 Lily Seyfert      | FR | Ithaca          | 45.28mA |
| 3 Anna Bellucci     | SO | King's (Pa.)    | 43.75m  |
| 4 Katelyn Shoemaker | FR | King's (Pa.)    | 43.62m  |
| 5 Jennifer Ndukwu   | FR | Cortland        | 43.45m  |
| 6 Gabi Ragozzine    | FR | Oneonta         | 42.18m  |
| 7 Suzy Conners      | FR | Cortland        | 40.20m  |
| 8 Soncerae Hamiter  | SO | Ithaca          | 39.88m  |
| 9 Megan Spencer     | FR | Cortland        | 39.71m  |
| 10 Adele Hollander  | SO | King's (Pa.)    | 38.47m  |
| 11 Hannah McMasters | FR | Cortland        | 38.32m  |
| 12 Kitty Messina    | SO | SUNY Delhi      | 38.06m  |
| 13 Arla Davis       | FR | Ithaca          | 34.32m  |
| 14 Makenna Black    | FR | Oneonta         | 30.96m  |
| 15 Colleen Patrie   | FR | Cortland        | 30.95m  |
| 16 Lauren Shaler    | SO | Onondaga CC     | 30.92m  |
| 17 Hannah Preble    | FR | Cortland        | 24.25m  |
| 18 Jessica Neubert  | FR | Cortland        | 23.78m  |
| 19 Teghan Garris    | SO | Oneonta         | 21.57m  |
| 20 Martha Gomez     | FR | Bard            | 18.79m  |
| 21 Isabella Smith   | SO | Herkimer CCC    | 17.89m  |
| 22 Cheryl Bielby    | FR | Mohawk Valley C | 16.12m  |

**Women Javelin Throw**

**AARTFC: 34.50m A**

| Name                | Yr | School          | Finals  |
|---------------------|----|-----------------|---------|
| <b>Finals</b>       |    |                 |         |
| 1 Katelyn Shoemaker | FR | King's (Pa.)    | 36.10mA |
| 2 Kitty Messina     | SO | SUNY Delhi      | 32.32m  |
| 3 Jessica Carney    | FR | SUNY Cobleskill | 28.84m  |
| 4 Bryn Whitman      | FR | Onondaga CC     | 28.03m  |
| 5 Alyssa Cole       | FR | SUNY Delhi      | 26.49m  |
| 6 Hannah Preble     | FR | Cortland        | 25.23m  |
| 7 Suzy Conners      | FR | Cortland        | 22.54m  |
| 8 Atticus Dinsmore  | FR | Hartwick        | 21.54m  |
| 9 Giovanna Wall     | SO | Hartwick        | 21.34m  |
| 10 Sherry Georgeson | SR | Oneonta         | 18.74m  |
| 11 Isabelle Lebrun  | FR | King's (Pa.)    | 17.32m  |
| 12 Cheryl Bielby    | FR | Mohawk Valley C | 16.90m  |
| 13 Jessica Neubert  | FR | Cortland        | 16.52m  |
| 14 Dianna Duncan    | FR | King's (Pa.)    | 14.81m  |
| 15 Alex Nguyen      | FR | Bard            | 14.27m  |
| --- Regan Kaiser    | SO | Cortland        | FOUL    |
| --- Tarryn Herman   | FR | Oneonta         | FOUL    |

**Men 100 Meter Dash**

**AARTFC: 11.10 A**

| Name                   | Yr | School          | Finals    |
|------------------------|----|-----------------|-----------|
| <b>Finals</b>          |    |                 |           |
| 1 Andy Frank           | SR | Ithaca          | 10.88 2.4 |
| 2 Zaire Higgins        | FR | Cortland        | 11.26 2.4 |
| 3 Brendan Avery        | SO | King's (Pa.)    | 11.26 2.4 |
| 4 Jordan Rife          | FR | King's (Pa.)    | 11.47 2.4 |
| 5 Sam Panzer           | JR | Ithaca          | 11.49 2.4 |
| 6 Allen Cawthon        | SO | Unattached      | 11.49 2.5 |
| 7 Michael Masocco      | FR | SUNY Cobleskill | 11.54 1.9 |
| 8 Ian Ertel            | SR | Ithaca          | 11.57 2.5 |
| 9 Hayden Day           | SO | Mohawk Valley C | 11.57 2.4 |
| 10 CeDaniel Sumpter    | JR | Bard            | 11.58 2.3 |
| 11 Corey Quomony       | SO | Hartwick        | 11.58 2.5 |
| 12 Kevin Andreski      | FR | Cortland        | 11.60 2.3 |
| 13 Kedron Golden       | FR | Onondaga CC     | 11.63 1.4 |
| 14 Nicholas Reyes      | SR | Ithaca          | 11.63 2.5 |
| 15 Jordan Lewis        | SR | Cortland        | 11.64 1.9 |
| 16 Alec Weiss          | JR | Oneonta         | 11.64 2.5 |
| 17 Omar Smith          | FR | King's (Pa.)    | 11.65 2.2 |
| 18 Jeffery Alvarado    | FR | SUNY Cobleskill | 11.68 2.3 |
| 19 Alex Solano         | SO | King's (Pa.)    | 11.69 2.3 |
| 20 Ameen Jabbar        | FR | King's (Pa.)    | 11.70 2.5 |
| 21 Jonathon Brathwaite | SR | SUNY Delhi      | 11.75 2.3 |
| 22 Jeremy Rosario      | FR | SUNY Cobleskill | 11.76 2.2 |
| 23 Theo Marston        | SR | Ithaca          | 11.76 2.4 |
| 24 Jeremiah Brathwaite | SR | SUNY Delhi      | 11.78 2.3 |
| 25 Quran Best          | FR | Hartwick        | 11.81 2.5 |
| 26 Richard Mangogna    | JR | Oneonta         | 11.84 2.4 |
| 27 Chad Franklin       | FR | Oneonta         | 11.87 1.9 |
| 28 Dandre James        | FR | SUNY Broome     | 11.91 1.9 |
| 29 Drew Obernesser     | FR | Oneonta         | 11.94 2.2 |

## Cortland Upstate Alternative

SUNY Cortland - 4/15/2023

## Results

## Finals ... (Men 100 Meter Dash)

| Name                | Yr | School          | Finals    |
|---------------------|----|-----------------|-----------|
| 30 Malik Davis      | FR | Onondaga CC     | 11.94 1.9 |
| 31 Joshua Worrell   | SO | Hartwick        | 11.97 2.3 |
| 32 Joey Ciufu       | JR | SUNY Delhi      | 11.98 2.3 |
| 33 Joshua Wan       | SO | Ithaca          | 12.15 1.9 |
| 34 Deyquan Crawford | FR | Onondaga CC     | 12.19 1.4 |
| 35 Maxwell Horsford | SR | SUNY-ESF        | 12.49 1.9 |
| 36 Brett Jeremiah   | FR | Ithaca          | 12.54 1.4 |
| 37 Sultan Oklla     | SO | SUNY Broome     | 12.70 1.4 |
| 38 Aidan Broderick  | FR | SUNY-ESF        | 12.82 2.2 |
| 39 Ryan Gozy        | FR | Mohawk Valley C | 12.92 1.4 |
| 40 John Babinsky    | FR | King's (Pa.)    | 12.93 1.4 |
| 41 Hosam Jawabra    | FR | Bard            | 13.15 1.4 |

## Men 200 Meter Dash

AARTFC: 22.40 A

| Name                   | Yr | School          | Finals    |
|------------------------|----|-----------------|-----------|
| 1 Andy Frank           | SR | Ithaca          | 21.89A2.0 |
| 2 Alhagie-Sorie Sesay  | SR | Cortland        | 22.88 2.0 |
| 3 Zaire Higgins        | FR | Cortland        | 22.96 2.0 |
| 4 Justin Schrom        | JR | Cortland        | 23.04 2.0 |
| 5 Sam Panzer           | JR | Ithaca          | 23.21 2.0 |
| 6 Ian Ertel            | SR | Ithaca          | 23.22 0.1 |
| 7 Josh Geschwind       | FR | Cortland        | 23.31 1.9 |
| 8 Jack Keelan          | JR | Bard            | 23.42 2.0 |
| 9 Nicholas Reyes       | SR | Ithaca          | 23.48 1.9 |
| 10 Travis Iwuagwu      | FR | Cortland        | 23.51 2.0 |
| 11 Hayden Day          | SO | Mohawk Valley C | 23.57 1.4 |
| 12 Kevin Andreski      | FR | Cortland        | 23.58 0.1 |
| 13 Oba Awolowo         | FR | Cortland        | 23.71 0.1 |
| 14 CeDaniel Sumpter    | JR | Bard            | 23.73 0.1 |
| 15 Allen Cawthon       | SO | Unattached      | 23.78 1.9 |
| 16 Jeffery Alvarado    | FR | SUNY Cobleskill | 23.85 1.8 |
| 17 Alec Weiss          | JR | Oneonta         | 23.86 0.1 |
| 18 Theo Marston        | SR | Ithaca          | 23.97 0.1 |
| 19 Noah McKibben       | FR | Ithaca          | 23.99 0.7 |
| 20 Matt Lokshin        | FR | Ithaca          | 24.06 0.7 |
| 21 Jonathon Brathwaite | SR | SUNY Delhi      | 24.08 1.9 |
| 22 Jordan Rife         | FR | King's (Pa.)    | 24.13 1.9 |
| 23 Jeremiah Brathwaite | SR | SUNY Delhi      | 24.25 1.9 |
| 24 Deyquan Crawford    | FR | Onondaga CC     | 24.29 0.4 |
| 25 Sean Platt          | FR | Cortland        | 24.44 0.7 |
| 26 Ethan Aguilar       | FR | Ithaca          | 24.46 0.4 |
| 27 Quran Best          | FR | Hartwick        | 24.46 1.8 |
| 28 Ben Dizer           | FR | SUNY Broome     | 24.47 0.4 |
| 29 Kevin McNamara      | SO | Ithaca          | 24.49 0.7 |
| 30 Joshua Wan          | SO | Ithaca          | 24.69 1.8 |
| 31 Joseph Catalano     | JR | Hartwick        | 24.75 0.7 |
| 32 Brendan Sheehan     | JR | Ithaca          | 24.76 0.1 |
| 33 Joshua Worrell      | SO | Hartwick        | 24.80 1.9 |
| 34 Michael Carey       | JR | Oneonta         | 24.97 0.7 |
| 35 Kevin Mason         | SO | Hartwick        | 25.00 0.7 |
| 36 Brett Atkin         | FR | Ithaca          | 25.45 0.4 |
| 37 Brett Jeremiah      | FR | Ithaca          | 25.52 0.4 |

|                     |    |                 |           |
|---------------------|----|-----------------|-----------|
| 38 Maxwell Horsford | SR | SUNY-ESF        | 25.53 1.8 |
| 39 Sultan Oklla     | SO | SUNY Broome     | 26.20 0.4 |
| 40 Daniel Lamb      | FR | SUNY Broome     | 26.23 1.4 |
| 41 Andrew Coleman   | SO | Onondaga CC     | 26.56 0.4 |
| 42 Ryan Gozy        | FR | Mohawk Valley C | 26.62 1.4 |
| 43 Aidan Broderick  | FR | SUNY-ESF        | 26.71 1.4 |
| 44 John Babinsky    | FR | King's (Pa.)    | 27.05 0.4 |
| --- Chad Franklin   | FR | Oneonta         | FS 1.8    |

## Men 400 Meter Dash

AARTFC: 50.00 A

| Name               | Yr | School          | Finals  |
|--------------------|----|-----------------|---------|
| 1 Andrew Novrocki  | SO | King's (Pa.)    | 49.45A  |
| 2 Charles Foote    | FR | SUNY Cobleskill | 51.31   |
| 3 Justin Schrom    | JR | Cortland        | 51.76   |
| 4 Aidan Garafola   | FR | Cortland        | 52.35   |
| 5 Hayden Bregg     | FR | SUNY-ESF        | 52.87   |
| 6 Oba Awolowo      | FR | Cortland        | 53.50   |
| 7 Kevin McNamara   | SO | Ithaca          | 53.71   |
| 8 Korben Anderson  | SO | SUNY-ESF        | 53.95   |
| 9 Josh Geschwind   | FR | Cortland        | 53.96   |
| 10 Joseph Catalano | JR | Hartwick        | 54.23   |
| 11 Ben Dizer       | FR | SUNY Broome     | 54.93   |
| 12 Sean Platt      | FR | Cortland        | 55.44   |
| 13 Kevin Mason     | SO | Hartwick        | 57.93   |
| 14 Daniel Lamb     | FR | SUNY Broome     | 58.59   |
| 15 Jewliann Chery  | FR | Herkimer CCC    | 1:03.17 |

## Men 800 Meter Run

AARTFC: 1:57.00 A

| Name                    | Yr | School          | Finals   |
|-------------------------|----|-----------------|----------|
| 1 Nate Wilsoncroft      | SR | Cortland        | 1:56.02A |
| 2 Elijah Schechter      | FR | Unattached      | 1:56.48A |
| 3 Tyler Petty           | SO | King's (Pa.)    | 1:57.10  |
| 4 Owen Foytack          | SO | King's (Pa.)    | 1:58.76  |
| 5 Michael Alvarez       | SO | Cortland        | 2:01.25  |
| 6 Ben Buffone           | FR | Ithaca          | 2:01.68  |
| 7 Ben Coates            | SR | Ithaca          | 2:02.69  |
| 8 Omar Mohamed          | FR | Mohawk Valley C | 2:04.22  |
| 9 Jonathan Bussa        | FR | Unattached      | 2:04.30  |
| 10 Sam Lees             | SO | SUNY Delhi      | 2:04.50  |
| 11 David Martinez Lopez |    | Unattached      | 2:04.93  |
| 12 Casey Weaver         | FR | King's (Pa.)    | 2:05.13  |
| 13 Allen Booth          | FR | Herkimer CCC    | 2:05.73  |
| 14 Courtney Rogers      | FR | Hartwick        | 2:06.37  |
| 15 Conor Ryan           | JR | Ithaca          | 2:06.50  |
| 16 Tyler Anderson       | JR | SUNY-ESF        | 2:06.85  |
| 17 Nick Logan           | JR | SUNY Cobleskill | 2:08.10  |
| 18 Gabriel Garcia       |    | Unattached      | 2:08.73  |
| 19 Nyerere Hill         | FR | SUNY Delhi      | 2:09.31  |
| 20 Ryan Keenan          | FR | Mohawk Valley C | 2:10.09  |
| 21 Nic Soucy            | JR | Bard            | 2:10.87  |
| 22 Aidan Freda          | SO | Hartwick        | 2:10.92  |
| 23 Cheo Munford         | FR | SUNY Delhi      | 2:10.97  |

## Cortland Upstate Alternative

SUNY Cortland - 4/15/2023

## Results

## Finals ... (Men 800 Meter Run)

| Name                       | Yr | School          | Finals  |
|----------------------------|----|-----------------|---------|
| 24 Graeme Lauterbach-Masor | SO | Bard            | 2:13.90 |
| 25 Thomas Poveromo         | FR | Onondaga CC     | 2:15.84 |
| 26 Bo Hopwood              | FR | Bard            | 2:15.92 |
| 27 Abdulhamid Williams     | FR | Herkimer CCC    | 2:19.54 |
| 28 Ryan Trendell           | SO | Onondaga CC     | 2:21.40 |
| 29 Ryan Jenkins            | FR | Herkimer CCC    | 2:22.20 |
| 30 Daniel Jaffin           | FR | SUNY Cobleskill | 2:27.62 |
| 31 Wehelive Ahmed          | FR | Onondaga CC     | 2:34.57 |
| 32 Joey Kaufman            | FR | Onondaga CC     | 2:36.84 |
| 33 William Staack          | SO | SUNY Cobleskill | 2:44.84 |
| --- Conner Smith           | SO | SUNY Broome     | DNF     |

## Men 1500 Meter Run

AARTFC: 4:02.00 A

| Name                   | Yr | School          | Finals  |
|------------------------|----|-----------------|---------|
| 1 Nick Logan           | JR | SUNY Cobleskill | 4:07.44 |
| 2 Omar Mohamed         | FR | Mohawk Valley C | 4:10.19 |
| 3 Gabriel Garcia       |    | Unattached      | 4:11.00 |
| 4 Avion Harris         | SO | Herkimer CCC    | 4:11.05 |
| 5 Conner Smith         | SO | SUNY Broome     | 4:12.91 |
| 6 Alexander Kasper     |    | Unattached      | 4:13.41 |
| 7 David Martinez Lopez |    | Unattached      | 4:14.10 |
| 8 Brandon Mulholland   | FR | Cortland        | 4:16.08 |
| 9 Marc Lucasey         | FR | Cortland        | 4:16.83 |
| 10 Aidan Loughlin      | FR | Ithaca          | 4:20.06 |
| 11 Joseph Ayala        | JR | Oneonta         | 4:20.50 |
| 12 Jack Keelan         | JR | Bard            | 4:24.09 |
| 13 Clayton Davis       | JR | Oneonta         | 4:25.82 |
| 14 Reed Campbell       | SO | Bard            | 4:26.27 |
| 15 Lewis Race          | SR | SUNY Delhi      | 4:27.54 |
| 16 Matthew Andersen    | FR | Ithaca          | 4:27.66 |
| 17 Clemente Esponilla  | FR | Bard            | 4:28.10 |
| 18 Ryan Keenan         | FR | Mohawk Valley C | 4:28.87 |
| 19 Andrew Sorrell      | SO | Oneonta         | 4:29.65 |
| 20 Will McCarroll      | FR | King's (Pa.)    | 4:31.59 |
| 21 Joshua Osa          | FR | Cortland        | 4:31.89 |
| 22 Thomas Poveromo     | FR | Onondaga CC     | 4:32.97 |
| 23 Eric Dehart         | SO | SUNY Broome     | 4:33.55 |
| 24 Paul Tommolino      | FR | Cortland        | 4:33.83 |
| 25 Matt Hayden         | SO | Oneonta         | 4:34.35 |
| 26 Nik Recore          | FR | SUNY Cobleskill | 4:35.06 |
| 27 Jacob Rhinesmith    | FR | SUNY Cobleskill | 4:37.04 |
| 28 Aidan Freda         | SO | Hartwick        | 4:39.13 |
| 29 Felix Sprock        | SO | Cortland        | 4:40.00 |
| 30 Jarrett Deneau      | FR | Oneonta         | 4:41.19 |
| 31 Alex Brodmerkel     | SR | Cortland        | 4:41.83 |
| 32 Daniel Jaffin       | FR | SUNY Cobleskill | 4:46.61 |
| 33 Sean White          | FR | SUNY-ESF        | 4:48.60 |
| 34 Ryan Jenkins        | FR | Herkimer CCC    | 4:49.77 |
| 35 Ryan Trendell       | SO | Onondaga CC     | 4:57.27 |
| 36 Eduardo Chagoya     | FR | SUNY-ESF        | 5:01.73 |
| 37 Liam Bonner         | FR | SUNY-ESF        | 5:03.88 |
| 38 Wehelive Ahmed      | FR | Onondaga CC     | 5:07.15 |

|                   |    |                 |         |
|-------------------|----|-----------------|---------|
| 39 William Staack | SO | SUNY Cobleskill | 5:28.99 |
| 40 Joey Kaufman   | FR | Onondaga CC     | 5:40.64 |

## Men 5000 Meter Run

AARTFC: 15:20.00 A

| Name              | Yr | School       | Finals   |
|-------------------|----|--------------|----------|
| 1 RJ Davis        | SO | Cortland     | 15:53.82 |
| 2 James Hughes    | SO | Ithaca       | 15:56.49 |
| 3 Sean Dristle    | JR | SUNY-ESF     | 16:04.88 |
| 4 Matt Frame      | SR | SUNY-ESF     | 16:08.40 |
| 5 Adam Schreiber  | JR | Cortland     | 16:09.87 |
| 6 Drew Taylor     | SO | Ithaca       | 16:15.62 |
| 7 Thomas Adamescu | SR | Cortland     | 16:25.92 |
| 8 Jakob Getchell  | SO | Cortland     | 16:35.70 |
| 9 Robby Davidson  | SO | Cortland     | 16:43.34 |
| 10 Nathan Goodwin | FR | SUNY Delhi   | 16:48.02 |
| 11 Daniel Patrick | FR | Cortland     | 16:51.14 |
| 12 Josh Koeppe    | SO | Cortland     | 16:54.13 |
| 13 Colin Flannery | JR | SUNY-ESF     | 17:00.00 |
| 14 Gavin Watkins  | JR | Cortland     | 17:33.42 |
| 15 Logan Taylor   | SO | King's (Pa.) | 18:02.92 |
| 16 Ryan King      | JR | SUNY-ESF     | 18:04.96 |
| 17 David Schurter | SO | Ithaca       | 18:30.36 |
| 18 Dan Mack       | FR | SUNY-ESF     | 18:40.89 |
| 19 Adam Kantor    | SR | SUNY-ESF     | 19:09.95 |
| --- Adam Mocho    | FR | Ithaca       | DNF      |

## Men 110 Meter Hurdles

AARTFC: 15.80 A

| Name              | Yr | School          | Finals    |
|-------------------|----|-----------------|-----------|
| 1 Travis Iwuagwu  | FR | Cortland        | 15.93 3.2 |
| 2 Kameron Cusmano | FR | SUNY Cobleskill | 16.22 3.2 |
| 3 Roland Zanger   | SO | Cortland        | 16.24 3.2 |
| 4 Brett Atkin     | FR | Ithaca          | 16.35 3.2 |
| 5 Joey Ciufu      | JR | SUNY Delhi      | 16.39 3.2 |
| 6 Brian Reile     | FR | Herkimer CCC    | 16.43 3.2 |
| 7 Matt Lokshin    | FR | Ithaca          | 16.57 3.2 |
| 8 Tommy Eccleston | FR | SUNY Broome     | 17.20 1.3 |
| 9 Ryan Boon       | FR | SUNY-ESF        | 17.60 1.3 |
| 10 Travis Lane    | SO | King's (Pa.)    | 18.32 1.3 |
| 11 Josh Carguello | JR | SUNY-ESF        | 18.61 1.3 |
| 12 Andrew Coleman | SO | Onondaga CC     | 20.34 1.3 |

## Men 400 Meter Hurdles

AARTFC: 57.00 A

| Name             | Yr | School       | Finals  |
|------------------|----|--------------|---------|
| 1 Aidan Aguirre  | FR | Cortland     | 57.81   |
| 2 Landon Kepple  | FR | Herkimer CCC | 59.74   |
| 3 Garret Tomasek | SO | King's (Pa.) | 1:00.45 |
| 4 Josh Carguello | JR | SUNY-ESF     | 1:01.10 |
| 5 Ryan Boon      | FR | SUNY-ESF     | 1:01.53 |
| 6 Colin Flannery | JR | SUNY-ESF     | 1:10.64 |

**Cortland Upstate Alternative  
SUNY Cortland - 4/15/2023  
Results**

**Men 3000 Meter Steeplechase**

AARTFC: 9:55.00 A

| Name               | Yr | School          | Finals   |
|--------------------|----|-----------------|----------|
| <b>Finals</b>      |    |                 |          |
| 1 Avion Harris     | SO | Herkimer CCC    | 10:30.00 |
| 2 Derek Leiter     | FR | SUNY Delhi      | 10:52.56 |
| 3 Nik Recore       | FR | SUNY Cobleskill | 10:59.76 |
| 4 Jacob Rhinesmith | FR | SUNY Cobleskill | 11:14.11 |
| 5 Liam Bonner      | FR | SUNY-ESF        | 12:56.13 |

**Men 4x100 Meter Relay**

AARTFC: 43.50 A

| Team                  | Relay                  | Finals |
|-----------------------|------------------------|--------|
| <b>Finals</b>         |                        |        |
| 1 King's (Pa.)        | A                      | 43.94  |
| 1) Alex Solano SO     | 2) Andrew Novrocki SO  |        |
| 3) Brendan Avery SO   | 4) Jordan Rife FR      |        |
| 2 King's (Pa.)        | B                      | x45.17 |
| 1) Garret Tomasek SO  | 2) Ameen Jabbar FR     |        |
| 3) Jaden Poole FR     | 4) Omar Smith FR       |        |
| 3 Onondaga CC         | A                      | 46.48  |
| 1) Andrew Coleman SO  | 2) Kedron Golden FR    |        |
| 3) Thomas Poveromo FR | 4) Deyquan Crawford FR |        |
| 4 SUNY Broome         | A                      | 49.45  |
| 1) Ben Dizer FR       | 2) Tommy Eccleston FR  |        |
| 3) Dandre James FR    | 4) Daniel Lamb FR      |        |
| --- Hartwick          | A                      | DQ     |
| 1) Corey Quomony SO   | 2) Quran Best FR       |        |
| 3) Kevin Mason SO     | 4) Courtney Rogers FR  |        |

**Men 4x400 Meter Relay**

AARTFC: 3:24.00 A

| Team                         | Relay                     | Finals  |
|------------------------------|---------------------------|---------|
| <b>Finals</b>                |                           |         |
| 1 King's (Pa.)               | A                         | 3:27.43 |
| 1) Brendan Avery SO          | 2) Owen Foytack SO        |         |
| 3) Tyler Petty SO            | 4) Andrew Novrocki SO     |         |
| 2 Cortland                   | A                         | 3:29.57 |
| 1) Nate Wilsoncroft SR       | 2) Michael Alvarez SO     |         |
| 3) Aidan Garafola FR         | 4) Aidan Aguirre FR       |         |
| 3 Ithaca                     | A                         | 3:34.32 |
| 1) Conor Ryan JR             | 2) Ian Ertel SR           |         |
| 3) Kevin McNamara SO         | 4) Ben Buffone FR         |         |
| 4 SUNY-ESF                   | A                         | 3:40.28 |
| 1) Hayden Bregg FR           | 2) Josh Carguello JR      |         |
| 3) Korben Anderson SO        | 4) Matt Frame SR          |         |
| 5 Herkimer County CC         | A                         | 3:43.15 |
| 1) Allen Booth FR            | 2) Landon Kepple FR       |         |
| 3) Joaquin Nietes FR         | 4) Abdulhamid Williams FR |         |
| 6 Bard                       | A                         | 3:50.62 |
| 1) CeDaniel Sumpter JR       | 2) Nic Soucy JR           |         |
| 3) Graeme Lauterbach-Mason S | 4) Bo Hopwood FR          |         |
| 7 SUNY Broome                | A                         | 4:06.22 |
| 1) Daniel Lamb FR            | 2) Eric Dehart SO         |         |
| 3) Aden Hollenbeck FR        | 4) Sultan Oklla SO        |         |

**Men High Jump**

AARTFC: 1.91m A

| Name               | Yr | School          | Finals  |
|--------------------|----|-----------------|---------|
| <b>Finals</b>      |    |                 |         |
| 1 Alex Ordonez     | FR | Oneonta         | 1.96m A |
| 2 Brian Reile      | FR | Herkimer CCC    | 1.83m   |
| 3 Roland Zanger    | SO | Cortland        | 1.83m   |
| 4 Jeremy Rosario   | FR | SUNY Cobleskill | 1.78m   |
| 5 Kameron Cusmano  | FR | SUNY Cobleskill | 1.73m   |
| 6 Jordan Rife      | FR | King's (Pa.)    | 1.73m   |
| 7 Tommy Eccleston  | FR | SUNY Broome     | 1.68m   |
| 8 Noah McKibben    | FR | Ithaca          | 1.68m   |
| --- Patrick Bennie | SO | King's (Pa.)    | NH      |

**Men Pole Vault**

AARTFC: 4.45m A

| Name                | Yr | School          | Finals  |
|---------------------|----|-----------------|---------|
| <b>Finals</b>       |    |                 |         |
| 1 Dominic Mikula    | SR | Ithaca          | 4.90m A |
| 2 Zachary Nyhart    | SR | Cortland        | 4.90m A |
| 3 Shaun Herlihy     | SO | Ithaca          | 4.60m A |
| 4 Callum Howald     | SR | Ithaca          | 4.30m   |
| 5 Robert George     | FR | Ithaca          | 4.30m   |
| 6 Matt Weil         | JR | Ithaca          | 3.90m   |
| 7 Aden Hollenbeck   | FR | SUNY Broome     | 3.70m   |
| 8 Michael Carey     | JR | Oneonta         | 3.50m   |
| 9 Ryan Morales      | FR | Cortland        | 3.50m   |
| 10 Travis Lane      | SO | King's (Pa.)    | 3.50m   |
| 11 Joseph Gervasio  | FR | Cortland        | 3.10m   |
| --- Brendan Sheehan | JR | Ithaca          | NH      |
| --- Brandon Gannon  | FR | Mohawk Valley C | NH      |

**Men Long Jump**

AARTFC: 6.70m A

| Name                   | Yr | School          | Finals     |
|------------------------|----|-----------------|------------|
| <b>Finals</b>          |    |                 |            |
| 1 Alhagie-Sorie Sesay  | SR | Cortland        | 6.91m 2.9  |
| 2 Joe Mascetta         | FR | Cortland        | 6.53m 1.1  |
| 3 Omar Smith           | FR | King's (Pa.)    | 6.50m 3.1  |
| 4 Chad Franklin        | FR | Oneonta         | 6.48m 2.1  |
| 5 Joseph Ciardi        | FR | Oneonta         | 6.35m 0.8  |
| 6 Brett Atkin          | FR | Ithaca          | 6.30m 3.0  |
| 7 Hayden Day           | SO | Mohawk Valley C | 6.22m +0.0 |
| 8 Brendan Sheehan      | JR | Ithaca          | 6.19m 2.1  |
| 9 Brian Reile          | FR | Herkimer CCC    | 6.19m +0.0 |
| 10 Kedron Golden       | FR | Onondaga CC     | 6.18m 1.2  |
| 11 Noah McKibben       | FR | Ithaca          | 6.04m 3.8  |
| 12 Alec Weiss          | JR | Oneonta         | 5.96m 0.2  |
| 13 Luke Foster         | FR | SUNY Delhi      | 5.94m 0.9  |
| 14 Ethan Aguilar       | FR | Ithaca          | 5.92m 2.0  |
| 15 Abdulhamid Williams | FR | Herkimer CCC    | 5.89m 1.0  |
| 16 Michael Masocco     | FR | SUNY Cobleskill | 5.87m 3.0  |
| 17 Joaquin Nietes      | FR | Herkimer CCC    | 5.85m 1.6  |
| 18 Michael Prata       | JR | Oneonta         | 5.82m 2.0  |
| 19 Kevin Andreski      | FR | Cortland        | 5.82m +0.0 |

**Cortland Upstate Alternative  
SUNY Cortland - 4/15/2023**

**Results**

**Finals ... (Men Long Jump)**

| Name               | Yr | School          | Finals    |
|--------------------|----|-----------------|-----------|
| 20 Dandre James    | FR | SUNY Broome     | 5.82m 2.1 |
| 21 Corey Quomony   | SO | Hartwick        | 5.78m 1.7 |
| 22 Aidan Kelly     | JR | Oneonta         | 5.67m 1.9 |
| 23 Ameen Jabbar    | FR | King's (Pa.)    | 5.64m 1.0 |
| 24 Kameron Cusmano | FR | SUNY Cobleskill | 5.53m 2.6 |
| 25 Joshua Wan      | SO | Ithaca          | 5.39m 1.7 |
| 26 Tommy Eccleston | FR | SUNY Broome     | 5.11m 3.1 |

**Men Triple Jump**

**AARTFC: 13.50m A**

| Name                 | Yr | School       | Finals     |
|----------------------|----|--------------|------------|
| <b>Finals</b>        |    |              |            |
| 1 Jean-Andre Sassine | SR | Cortland     | 14.42mA1.0 |
| 2 Amarian Hughes     | JR | Cortland     | 14.40mA0.3 |
| 3 Alexander Daniel   | SR | Cortland     | 13.23m 0.9 |
| 4 Kedron Golden      | FR | Onondaga CC  | 13.01m 0.5 |
| 5 Joseph Ciardi      | FR | Oneonta      | 12.95m 0.6 |
| 6 Dandre James       | FR | SUNY Broome  | 12.92m 2.3 |
| 7 Joe Mascetta       | FR | Cortland     | 12.37m 1.8 |
| 8 Joaquin Nietes     | FR | Herkimer CCC | 12.28m 1.0 |
| 9 Patrick Bennie     | SO | King's (Pa.) | 11.81m 2.1 |
| 10 Matt Lokshin      | FR | Ithaca       | 11.60m 1.7 |
| --- Michael Prata    | JR | Oneonta      | FOUL       |

**Men Shot Put**

**AARTFC: 14.20m A**

| Name                | Yr | School          | Finals  |
|---------------------|----|-----------------|---------|
| <b>Finals</b>       |    |                 |         |
| 1 Carnell Kemp      | SO | King's (Pa.)    | 14.72mA |
| 2 Isaiah Brunache   | FR | Cortland        | 14.58mA |
| 3 Mitchell Makowski | SR | Cortland        | 13.23m  |
| 4 Nicholas Larocque | JR | Cortland        | 12.82m  |
| 5 Vincent Zheng     | JR | Oneonta         | 12.80m  |
| 6 Nick Kaires       | SO | Cortland        | 11.80m  |
| 7 Yaman Oklla       | FR | SUNY Broome     | 11.54m  |
| 8 Robert Burns      | FR | Hartwick        | 11.49m  |
| 9 Jetli Tang        | SO | King's (Pa.)    | 10.88m  |
| 10 Aidan Kelly      | JR | Oneonta         | 10.20m  |
| 11 Michael Iavaroni | FR | Cortland        | 9.73m   |
| 12 Jimmy Riley      | FR | Mohawk Valley C | 8.95m   |
| 13 Carter Aurelio   | FR | Onondaga CC     | 8.88m   |
| 14 Bo Johnzo        | FR | Mohawk Valley C | 8.37m   |
| 15 Jeverett Brauer  | FR | King's (Pa.)    | 8.28m   |
| 16 Quwayne Lawernce | FR | Hartwick        | 7.62m   |
| 17 Dakata Saxe      | FR | Mohawk Valley C | 7.18m   |
| 18 Emin Skiljan     | FR | Mohawk Valley C | 6.25m   |

**Men Discus Throw**

**AARTFC: 43.00m A**

| Name              | Yr | School       | Finals  |
|-------------------|----|--------------|---------|
| <b>Finals</b>     |    |              |         |
| 1 Isaiah Brunache | FR | Cortland     | 44.31mA |
| 2 Carnell Kemp    | SO | King's (Pa.) | 42.68m  |
| 3 Nick Kaires     | SO | Cortland     | 42.01m  |

|                      |    |                 |        |
|----------------------|----|-----------------|--------|
| 4 Vincent Zheng      | JR | Oneonta         | 41.65m |
| 5 Brendan Sheehan    | JR | Ithaca          | 39.62m |
| 6 Nicholas Larocque  | JR | Cortland        | 38.08m |
| 7 Michael Iavaroni   | FR | Cortland        | 36.99m |
| 8 Cal Marks          | FR | SUNY Cobleskill | 36.71m |
| 9 Ryan Dalton        | FR | King's (Pa.)    | 35.74m |
| 10 Mitchell Makowski | SR | Cortland        | 35.25m |
| 11 Jared Wachtel     | FR | Cortland        | 30.96m |
| 12 Richard Mangogna  | JR | Oneonta         | 30.91m |
| 13 Robert Burns      | FR | Hartwick        | 30.86m |
| 14 Tyler Scerbo      | SR | Ithaca          | 29.24m |
| 15 Jetli Tang        | SO | King's (Pa.)    | 29.16m |
| 16 Jeverett Brauer   | FR | King's (Pa.)    | 28.96m |
| 17 Jimmy Riley       | FR | Mohawk Valley C | 28.46m |
| 18 Yaman Oklla       | FR | SUNY Broome     | 26.12m |
| 19 Travis Firkins    | FR | Cortland        | 25.39m |
| 20 Kyle Shambo       | SR | SUNY Cobleskill | 24.92m |
| 21 Bo Johnzo         | FR | Mohawk Valley C | 23.26m |
| 22 Quwayne Lawernce  | FR | Hartwick        | 21.40m |
| 23 Dakata Saxe       | FR | Mohawk Valley C | 16.70m |
| --- James Tumia      | JR | Oneonta         | FOUL   |

**Men Hammer Throw**

**AARTFC: 48.00m A**

| Name                 | Yr | School          | Finals  |
|----------------------|----|-----------------|---------|
| <b>Finals</b>        |    |                 |         |
| 1 Justin Showstead   | SR | Ithaca          | 51.42mA |
| 2 Mitchell Makowski  | SR | Cortland        | 50.96mA |
| 3 Martin Carey       |    | Unattached      | 48.45mA |
| 4 Isaiah Brunache    | FR | Cortland        | 47.91m  |
| 5 Marco Alteri       | SO | Oneonta         | 47.52m  |
| 6 Nick Kaires        | SO | Cortland        | 43.06m  |
| 7 Jetli Tang         | SO | King's (Pa.)    | 41.64m  |
| 8 Michael Iavaroni   | FR | Cortland        | 39.90m  |
| 9 Travis Firkins     | FR | Cortland        | 39.25m  |
| 10 Nicholas Larocque | JR | Cortland        | 39.21m  |
| 11 James Tumia       | JR | Oneonta         | 38.81m  |
| 12 Cal Marks         | FR | SUNY Cobleskill | 38.42m  |
| 13 Tyler Scerbo      | SR | Ithaca          | 30.24m  |
| 14 Jared Wachtel     | FR | Cortland        | 29.62m  |
| 15 Robert Burns      | FR | Hartwick        | 26.32m  |
| 16 Jimmy Riley       | FR | Mohawk Valley C | 22.36m  |
| 17 Carter Aurelio    | FR | Onondaga CC     | 22.10m  |
| 18 Bo Johnzo         | FR | Mohawk Valley C | 16.06m  |
| 19 Dakata Saxe       | FR | Mohawk Valley C | 13.76m  |
| --- Carnell Kemp     | SO | King's (Pa.)    | FOUL    |

**Men Javelin Throw**

**AARTFC: 50.50m A**

| Name             | Yr | School       | Finals  |
|------------------|----|--------------|---------|
| <b>Finals</b>    |    |              |         |
| 1 Scott Gersten  | FR | Unattached   | 51.14mA |
| 2 Thomas Martin  | FR | Cortland     | 47.62m  |
| 3 Coit Holbrook  | JR | King's (Pa.) | 45.98m  |
| 4 Rich Halvorsen | SO | Ithaca       | 45.80m  |
| 5 Robert Burns   | FR | Hartwick     | 44.22m  |



**Cortland Upstate Alternative****SUNY Cortland - 4/15/2023****Results****Finals ... (Men Javelin Throw)**

|    | <b>Name</b>         | <b>Yr</b> | <b>School</b>   | <b>Finals</b> |
|----|---------------------|-----------|-----------------|---------------|
| 6  | Drew Obernesser     | FR        | Oneonta         | 41.34m        |
| 7  | Tyler Scerbo        | SR        | Ithaca          | 40.05m        |
| 8  | Marco Alteri        | SO        | Oneonta         | 38.23m        |
| 9  | Amarian Hughes      | JR        | Cortland        | 36.78m        |
| 10 | Jimmy Riley         | FR        | Mohawk Valley C | 33.95m        |
| 11 | Carter Aurelio      | FR        | Onondaga CC     | 32.14m        |
| 12 | Jeremiah Brathwaite | SR        | SUNY Delhi      | 31.96m        |
| 13 | Bo Johnzo           | FR        | Mohawk Valley C | 31.42m        |
| 14 | Andrew Coleman      | SO        | Onondaga CC     | 31.18m        |
| 15 | Jonathon Brathwaite | SR        | SUNY Delhi      | 29.89m        |
| 16 | Kyle Shambo         | SR        | SUNY Cobleskill | 29.28m        |
| 17 | Emin Skiljan        | FR        | Mohawk Valley C | 24.53m        |
| 18 | Dakata Saxe         | FR        | Mohawk Valley C | 16.17m        |