

**All-Atlantic Region
Indoor Track & Field Championships
Nazareth University Golisano Training Center - 3/1/2024 to 3/2/2024
Results**

Women 60 Meter Dash

Meet: 7.65 M 2020 Amanda Crooks

Facility: 7.65 F 3/7/2020 Amanda Crooks

Name	Yr	School	Prelims
Preliminaries			
1	Zreyah Moore	SR Rutgers-Newark	7.69Q
2	Khia Laster	JR Buffalo State	7.73Q
3	Autumn Pittman	JR Cortland St.	7.75Q
4	Kendall Sobczyk	SO Cortland St.	7.78Q
5	Victoria Brewster	FR Houghton	7.78q
6	Chidimma Igwe	SR Rutgers-Newark	7.82q
7	Michelle Itoua	SO Montclair State	7.87q
8	Alexa Rine	SR Susquehanna	7.90q
9	Ashanae Morrison	JR Stockton	7.91
10	Simone Waheed	FR Colby	7.93
11	Kaitlyn Doherty	SO Springfield	7.97
12	Jarrett Wagner	SR Elizabethtown	8.01
13	Elisabeth Schwarz	SO Alvernia	8.02
14	Mackenzie Burke	FR TCNJ	8.06
15	Stephanie Brown	SR Springfield	8.07
16	Ellie Wang	FR Colby	8.11
17	Seneca Guneratne	FR NYU	8.13
18	Alexxis McNeil	SR Farmingdale	8.14
19	Kadie-Ann Whyte	SR SUNY Delhi	8.15
20	Nicolette DuBose	FR Oneonta	8.18
21	Katherine DeFosse	FR Springfield	8.19
22	Angela Nuse	FR York (Pa.)	8.21
23	Pepita Graham	FR Hartwick	8.25

Women 60 Meter Dash

Meet: 7.65 M 2020 Amanda Crooks

Facility: 7.65 F 3/7/2020 Amanda Crooks

Name	Yr	School	Finals
Finals			
1	Zreyah Moore	SR Rutgers-Newark	7.68 10
2	Autumn Pittman	JR Cortland St.	7.74 8
3	Kendall Sobczyk	SO Cortland St.	7.76 6
4	Victoria Brewster	FR Houghton	7.81 5
5	Chidimma Igwe	SR Rutgers-Newark	7.81 4
6	Khia Laster	JR Buffalo State	7.83 3
7	Alexa Rine	SR Susquehanna	7.99 2
8	Michelle Itoua	SO Montclair State	8.05 1

Women 200 Meter Dash

Meet: 25.19 M 2023 Natalia Sawyer

Facility: 25.26 F 2/16/2024 Madeline O'Connell

Name	Yr	School	Finals
Finals			
1	Sadie Schreiner	SO RIT	25.09M 10
2	Chidimma Igwe	SR Rutgers-Newark	25.58 8
3	Rebecca Kneppel	JR Ramapo	25.80 6
4	Autumn Pittman	JR Cortland St.	25.81 5
5	Victoria Brewster	FR Houghton	25.89 4

6	Jasmine Pope	JR Rowan	25.94 3
7	Marissa Wise	JR Brockport St	25.98 2
8	Caroline Hill	JR RIT	26.04 1
9	Mariam Koita	FR Widener	26.05
10	Caleigh Bold	FR Elizabethtown	26.42
11	Abby Giamoni	JR Moravian	26.51
12	Matty Lucey	FR Cortland St.	26.74
13	Kadie-Ann Whyte	SR SUNY Delhi	26.80
14	Elisabeth Schwarz	SO Alvernia	26.98

Women 400 Meter Dash

Meet: 57.11 M 2016 Marisa Turner

Facility: 56.41 F 12/9/2022 Madeline O'Connor

Name	Yr	School	Finals
Finals			
1	Fiona Mejico	JR Colby	57.30 10
2	Nevaeh Lorjuste	JR Rowan	57.74 8
3	Molly Lodge	SO Rowan	57.88 6
4	Nora Chen	FR Rochester	58.44 5
5	Jenna Raczka	JR Buffalo State	58.44 4
6	Caroline Hill	JR RIT	58.56 3
7	Kelly Barr	SO Widener	58.91 2
8	Arianna McClendon	FR Utica	58.92 1
9	Marissa Wise	JR Brockport St	59.28
10	Kathleen Pedersen	SR Rowan	59.29
11	Zoe Rodi	SO SUNY Delhi	59.37
12	Kristina Pizzi	JR Colby	59.43
13	Mackenzie Mix	JR Utica	59.51
14	Abby Giamoni	JR Moravian	59.87
15	Avery Hebert	SR Cortland St.	59.95
16	Isabella Shanley	FR Stevens	1:00.33
17	Natalie MacArthur	JR Ithaca	1:00.50
18	Oli Kraynik	FR Alfred State	1:00.80
19	Emma Schultz	JR Widener	1:01.77

Women 800 Meter Run

Meet: 2:12.51 M 2023 Windsor Ardner

Facility: 2:13.55 F 2/17/2023 Windsor Ardner

Name	Yr	School	Finals
Finals			
1	Kayla Kass	SO Stockton	2:12.32M 10
2	Megan Bell	JR Rochester	2:13.53F 8
3	Sierra Doody	SO SUNY Geneseo	2:14.54 6
4	Janelle Eckl	JR SUNY Geneseo	2:16.74 5
5	Olivia Gilbert	JR Alfred	2:16.90 4
6	Brooke Adams	JR Ursinus	2:17.06 3
7	Emily Lannen	SR Carnegie Mellon	2:17.40 2
8	Grace Morningstar	FR Misericordia	2:17.66 1
9	Lydia Bennett	JR Grove City	2:17.72
10	Donna Holt	JR Widener	2:17.91
11	Haley Wims	SR Colby	2:19.77
12	Jillian O'Rourke	FR SUNY Geneseo	2:19.87
13	Kate Scibelli	SO Hamilton	2:20.04
14	Kristin Gallagher	SR Misericordia	2:20.52
15	Nina Burden	JR Stevens	2:20.98

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Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
16 Faith Coyle	JR	Oswego State	2:21.11
17 Mia Vizcaino	SR	Brockport St	2:22.22
18 Sierra Kapsos	SO	Lebanon Valley	2:22.49
19 Gianna Burgio	SO	Rowan	2:22.95
20 Celia Cocca	JR	Allegheny	2:23.24
21 Emily Johnson	JR	Ithaca	2:23.80
22 Amanda McNally	SR	Rowan	2:23.92
23 Nieve Mahood	JR	SUNY Geneseo	2:24.71
24 Ava Rizzo	FR	Rowan	2:25.08
25 Anna Mackey	SO	Colby	2:27.15

Women 1 Mile Run
 Meet: 4:58.53 M 2016 Lisa Grohn
 Facility: 5:03.98 F 3/7/2020 Katelyn Bernotas

Name	Yr	School	Finals
Finals			
1 Dale Leonard	FR	Ramapo	4:55.72M 10
2 Rachel Hirschkind	SR	SUNY Geneseo	5:01.66F 8
3 Lydia Bennett	JR	Grove City	5:03.20F 6
4 Penelope Greene	JR	SUNY Geneseo	5:03.32F 5
5 Anna Sasse	JR	Rowan	5:09.13 4
6 Charlotte Blake	FR	St. Lawrence	5:10.63 3
7 Jessica Goode	SO	Ithaca	5:11.44 2
8 Amelia Gilbert	SR	RIT	5:12.04 1
9 Madison Kammer	SO	Misericordia	5:13.20
10 Caitlin Voloshen	SO	St. John Fisher	5:13.49
11 Ally Wernik	FR	Rowan	5:14.40
12 Hannah Bennett	FR	St. Lawrence	5:14.74
13 Joy Petersen	SO	Ithaca	5:15.82
14 Miranda Cincotta	FR	St. Vincent (Pa)	5:17.35
15 Julianne Wilson	JR	Brockport St	5:17.69
16 Naesha Gadie	FR	TCNJ	5:17.92
17 Autumn Garges	SO	Lebanon Valley	5:19.74
18 Grace Gallagher	SO	Misericordia	5:20.76
19 Sierra Danieu	JR	RIT	5:21.31
20 Nelly Stafford	JR	Allegheny	5:21.70
21 Gwen Sullivan	SO	Brockport St	5:24.54
22 Zoey Cassavell	JR	Ramapo	5:25.03
23 Emily Weaver	SR	Nazareth	5:30.14
24 Sierra Basco	JR	Oneonta	5:30.34
25 Isabelle Popoff	SR	Alfred State	5:32.75
26 Mackenzie Feeny	SR	Sage	5:34.20
27 Veronica Dailey	SR	Brockport St	5:35.74
--- Megan Francoeur	JR	Oneonta	DNF

Women 3000 Meter Run
 Meet: 9:44.7h M 1984 Trisha Lacasse
 Facility: 9:57.95 F 1/28/2023 Windsor Ardner

Name	Yr	School	Finals
Finals			
1 Lilly Fowler-Conner	JR	SUNY Geneseo	9:59.21 10
2 Kerry Flower	SR	Brockport St	10:07.80 8
3 Grace Smith	JR	Grove City	10:18.98 6

4 Emma Palumbo	JR	St. Lawrence	10:19.12 5
5 Ann Brennan	SO	SUNY Geneseo	10:21.12 4
6 Cera Gaston	SR	Alvernia	10:22.12 3
7 Tara Smurla	SO	Moravian	10:23.20 2
8 Emily Hopkins	SO	Scranton	10:24.31 1
9 Brianna Wagner	JR	Misericordia	10:30.67
10 Kyla Eisman	SO	Ithaca	10:31.46
11 Sabrinna Mena	JR	Oneonta	10:37.32
12 Coyla Bartholomew	SO	Lebanon Valley	10:45.19
13 Ellie Ponko	JR	Rochester	10:47.83
14 Cristina Gaskiewicz	SO	Oswego State	10:53.18
--- Rachel Hirschkind	SR	SUNY Geneseo	DNF

Women 5000 Meter Run
 Meet: 16:47.36 M 2003 Melissa White
 Facility: 16:40.29 F 3/6/2021 Parley Hannan

Name	Yr	School	Finals
Finals			
1 Kerry Flower	SR	Brockport St	17:32.58 10
2 Sennett Turner	SR	Rochester	17:37.19 8
3 Katherine Vogel	JR	SUNY Geneseo	17:49.96 6
4 Kyla Eisman	SO	Ithaca	17:52.02 5
5 Grace Gallagher	SO	Misericordia	17:52.08 4
6 Tara Smurla	SO	Moravian	17:52.54 3
7 Katie Cobos	JR	RIT	17:59.96 2
8 Cera Gaston	SR	Alvernia	18:05.48 1
9 Lauren DeMichele	SR	St. John Fisher	18:10.44
10 Megan Francoeur	JR	Oneonta	18:20.25
11 Alexa Wolcott	SO	Cortland St.	18:21.46
12 Mia Guerra	SR	Rowan	18:26.07
13 Aubrey Johnson	SR	Montclair State	18:31.76
14 Gabriella McCarthy	JR	SUNY Geneseo	18:32.74
15 Isabel Marzec	JR	SUNY Geneseo	18:33.92
16 Riley Jameson	JR	St. John Fisher	18:36.37
17 Elizabeth Ingellis	JR	Sage	18:36.62
18 Marissa Colvin	SO	Plattsburgh	18:44.83
19 Cameron Wright	JR	Rowan	18:45.14
20 Cassidy Quinn	SR	TCNJ	19:09.49
21 Hannah Fichter	JR	Ithaca	19:28.75
22 Lindsey Hartle	SO	PSU-Behrend	19:39.08

Women 60 Meter Hurdles
 Meet: 8.56 M 2023 Laura Mathews
 Facility: 8.63 F 1/28/2023 Laura Mathews

Name	Yr	School	Prelims
Preliminaries			
1 Natalia Sawyer	SO	Buffalo State	8.70Q
2 Ejim Nnate	JR	Oneonta	8.78Q
3 Erin Daugherty	JR	Colby	8.83Q
4 Chloe Yoder	JR	Susquehanna	8.87Q
5 Laura Suppa	SO	Ithaca	8.87q
6 Kristen Williams	SR	Stevens	8.92q
7 Katherine DeFosse	FR	Springfield	8.98q
8 Lauren Dunnigan	FR	Franklin & Marsh	9.13q

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Preliminaries ... (Women 60 Meter Hurdles)

Name	Yr	School	Prelims
9 Allyson Surowick	JR	SUNY Geneseo	9.17
10 Samantha Wechsler	FR	Ursinus	9.18
11 Maya Richwine	FR	Muhlenberg	9.22
12 Lainey Flaitz	FR	SUNY Geneseo	9.23
13 Rachel Larson	SO	Ithaca	9.25
14 Allison Regnante	JR	RIT	9.33
15 Anne Spila	SO	Alfred	9.44
16 Caroline Kozera	FR	St. Vincent (Pa)	9.45
17 Mackenzie Burke	FR	TCNJ	9.49
18 Brya Byrd	JR	Rutgers-Newark	9.56
19 Kate Bendall	FR	Elizabethtown	9.57
20 Dasha Jackson	SO	NYU	9.59
21 AnJalyna Talmadge	JR	Cortland St.	9.62
22 Samantha Stallard	SR	Springfield	9.73
23 Gloria Hughes	SR	Rowan	9.75
24 Carmelle Alexis	SO	Rutgers-Newark	9.87
25 Denicia German	FR	Susquehanna	10.16

Women 60 Meter Hurdles

Meet: 8.56 M 2023 Laura Mathews
Facility: 8.63 F 1/28/2023 Laura Mathews

Name	Yr	School	Finals
1 Natalia Sawyer	SO	Buffalo State	8.56M 10
2 Chloe Yoder	JR	Susquehanna	8.63F 8
3 Erin Daugherty	JR	Colby	8.80 6
4 Ejim Nnate	JR	Oneonta	8.90 5
5 Laura Suppa	SO	Ithaca	8.94 4
6 Kristen Williams	SR	Stevens	8.94 3
7 Katherine DeFosse	FR	Springfield	8.98 2
8 Lauren Dunnigan	FR	Franklin & Marsh	9.25 1

Women 4x200 Meter Relay

Meet: 1:41.93 M 2023 Rowan
J Broadway, A Sosa Caceres, K Pedersen, M Lodge
Facility: 1:44.00 F 3/5/2022 TCNJ
V Riggins, A Demko, A MacLure, M Grill

Team	Relay	Finals
1 SUNY Geneseo		1:43.05F 10
1) Brynn Mooney SO	2) Jill Ambler FR	
3) Kayla Huba SO	4) Sam Pynn JR	
2 Utica		1:45.37 8
1) Mackenzie Mix JR	2) Janaiya Cruz-Bermudez SR	
3) Abrianna Wadley JR	4) Arianna McClendon FR	
3 Susquehanna		1:47.05 6
1) Hannah Alderfer JR	2) Alexa Rine SR	
3) Ashley Newman SO	4) Chloe Yoder JR	
4 Rutgers-Newark		1:47.20 5
1) Chidimma Igwe SR	2) Nadya Coleman FR	
3) Carmelle Alexis SO	4) Brya Byrd JR	

5 Cortland St.	1:47.40 4
1) Kendall Sobczyk SO	2) Matty Lucey FR
3) Avery Hebert SR	4) Yasmine Peralta SO
6 Ithaca	1:47.40 3
1) Devan Adegbile JR	2) Ava Butler FR
3) Luca Pecora JR	4) Natalie MacArthur JR
7 TCNJ	1:47.53 2
1) Mackenzie Burke FR	2) Kelsey Thomas FR
3) Samantha Magin FR	4) Cameron Ruffini SO
8 Lebanon Valley	1:47.91 1
1) Darrian Berkheimer JR	2) Alyssa Peiffer JR
3) Karina Reilly FR	4) Mileyshka Calderon FR
9 Elizabethtown	1:47.95
1) Jarrett Wagner SR	2) Sara Rich FR
3) Ashley Rich FR	4) Caleigh Bold FR
10 NYU	1:48.05
1) Cindy Leonard FR	2) Kate Walsh SO
3) Beverly Okyere FR	4) Seneca Guneratne FR
11 Nazareth	1:48.09
1) Alaina Morley SO	2) Alexis Lasher SO
3) Hannah Ragule SR	4) Jasmine Kendrick FR
12 Rochester	1:48.32
1) Maya Hatch SO	2) Nora Chen FR
3) Raquella Casserino FR	4) Tina Kyriacou SO
13 Ramapo	1:49.17
1) Rebecca Kneppel JR	2) Jianna Gorospe FR
3) Barbara Exilus JR	4) Ashley Gordon FR
14 Hamilton	1:49.36
1) Alexa Thomas FR	2) Claire Tratnyek SO
3) Renata Mendez-Alvarez FR	4) Hannah Turner SO
15 Stockton	1:49.49
1) Ashanae Morrison JR	2) Emma Conroy SO
3) Abby Petrolia FR	4) Kayla Sullivan SO
16 Rowan	1:49.89
1) Brooke Driver SO	2) Mya Walker FR
3) Brianna DeSanto FR	4) Gloria Hughes SR
17 Montclair State	1:49.91
1) Faith Williams FR	2) Odalys Guerrero-Dominguez
3) Michelle Itoua SO	4) Alexa Ali SO
18 Moravian	1:50.47
1) Rachele Grigoli FR	2) Shai Knight SO
3) Elena Bocchetti SO	4) Abby Giamoni JR
19 New Jersey City	1:51.10
1) Ayriana Young SO	2) Reyanna Henderson JR
3) Ashley Adames SO	4) Jezena Aponte FR
20 PSU-Behrend	1:52.34
1) Madison Kappeler JR	2) Brooke Reding FR
3) Peyton Grimm FR	4) Ivy Laffan JR
21 Plattsburgh St.	1:52.58
1) Deanna Zoch SR	2) Marissa LeDuc SO
3) Morgan Thompson JR	4) Grace Estus FR
22 Farmingdale St.	1:53.46
1) Mishell Delgado FR	2) Alycia Haynes SR
3) Precious Akahara FR	4) Alexis McNeil SR

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Finals ... (Women 4x200 Meter Relay)

Team	Relay	Finals
23 Brockport St.		1:53.56
1) Courtney Bostic SO	2) Bayleigh Woodard JR	
3) Lily Rexford FR	4) Rachel Daskiewich FR	
24 Hartwick		1:54.25
1) Stephanie Cohen FR	2) Destiny Carter FR	
3) Atticus Dinsmore SO	4) Pepita Graham FR	
25 Medgar Evers		1:55.08
1) Desireth Ramirez FR	2) Deja Davis FR	
3) Jada Lambert FR	4) Imani Richardson FR	
--- Alfred State		DNF
1) Sarah Rivet SR	2) Madison Snayczuk FR	
3) Lily Schnell SR	4) Oli Kraynik FR	

Women 4x400 Meter Relay
Meet: 3:48.15 M 2023 Rochester
K Isaac, M Bell, K Hardy, S Bansbach
Facility: 3:50.60 F 3/4/2022 Geneseo
J Strickland, L Zopf, M Mulder, A Flaitz

Team	Relay	Finals
Finals		
1 Rowan		3:52.83 10
1) Molly Lodge SO	2) Jasmine Pope JR	
3) Kathleen Pedersen SR	4) Nevaeh Lorjuste JR	
2 Utica		3:57.69 8
1) Mackenzie Mix JR	2) Janaiya Cruz-Bermudez SR	
3) Abrianna Wadley JR	4) Arianna McClendon FR	
3 SUNY Geneseo		3:58.00 6
1) Brynn Mooney SO	2) Jill Ambler FR	
3) Janelle Eckl JR	4) Sierra Doody SO	
4 Colby		4:01.21 5
1) Haley Wims SR	2) Olivia Doherty SO	
3) Anna Mackey SO	4) Marielle Goganian FR	
5 TCNJ		4:02.45 4
1) Kelly O'Grady SO	2) Mackenzie Burke FR	
3) Kelsey Thomas FR	4) Amanda Demko JR	
6 Cortland St.		4:05.57 3
1) Avery Hebert SR	2) Yasmine Peralta SO	
3) Maris Seabury SR	4) Matty Lucey FR	
7 Hamilton		4:05.88 2
1) Claire Tratnyek SO	2) Kate Scibelli SO	
3) Hannah Turner SO	4) Renata Mendez-Alvarez FR	
8 Lebanon Valley		4:06.15 1
1) Darrian Berkheimer JR	2) Alyssa Peiffer JR	
3) Abigail Reed FR	4) Mileyshka Calderon FR	
9 Ithaca		4:07.21
1) Natalie MacArthur JR	2) Joy Petersen SO	
3) Ava Butler FR	4) Devan Adegbile JR	
10 RIT		4:08.04
1) Samantha Crisci SO	2) Abigail Nautel SO	
3) Violet Ameele SR	4) Sadie Schreiner SO	
11 NYU		4:09.57
1) Laila Goodman SO	2) Cindy Leonard FR	
3) Beverly Okyere FR	4) Seneca Guneratne FR	

12 Stevens		4:10.33
1) Allie Canciani JR	2) Isabel Vogel SO	
3) Taylor Enes SO	4) Isabella Shanley FR	
13 Stockton		4:10.71
1) Emma Conroy SO	2) Abigail Petrolia FR	
3) Kayla Sullivan SO	4) Emma Petrolia SO	
14 New Jersey City		4:11.45
1) Reyanna Henderson JR	2) Ayriana Young SO	
3) Ashley Adames SO	4) Jezena Aponte FR	
15 Rutgers-Newark		4:12.68
1) Carmelle Alexis SO	2) Brya Byrd JR	
3) Nadya Coleman FR	4) Nydia Jackson SO	

Women Distance Medley
Meet: 11:51.09 M 2003 Ithaca
K. Cravotta, L. Janovich, E. Maston, A. Laytham
Facility: 11:52.83 F 3/6/2020 Ithaca
M Nickerson, K Hutchison, L Scott, P Hannan

Team	Relay	Finals
Finals		
1 St. Lawrence		11:59.62 10
1) Emma Palumbo JR	2) Margaret McNally SO	
3) Charlotte Blake FR	4) Allison Sibold JR	
2 Rowan		12:16.59 8
1) Ally Wernik FR	2) Nevaeh Lorjuste JR	
3) Amanda McNally SR	4) Anna Sasse JR	
3 Grove City		12:24.27 6
1) Kaylynn Johnson JR	2) Annie Hermann FR	
3) Cayla Lawrence FR	4) Lydia Bennett JR	
4 RIT		12:25.30 5
1) Sierra Daniecu JR	2) Caroline Hill JR	
3) Abigail Nautel SO	4) Amelia Gilbert SR	
5 Stevens		12:36.89 4
1) Nina Burden JR	2) Taylor Enes SO	
3) Isabel Vogel SO	4) Rachel Rouse SO	
6 Ithaca		12:37.54 3
1) Emily Johnson JR	2) Luca Pecora JR	
3) Lyla Powers FR	4) Jessica Goode SO	
7 Brockport St.		12:39.89 2
1) Veronica Dailey SR	2) Ariana Proper FR	
3) Vanessa Ramos SO	4) Mia Vizcaino SR	
8 Oneonta		12:40.64 1
1) Sabrinna Mena JR	2) Danielle Jackson JR	
3) Eva Woodworth SO	4) Olivia O'Donnell JR	
9 Nazareth		12:45.68
1) Paige Ackley SR	2) Alexis Lasher SO	
3) Kennedy Rose FR	4) Ella Impaglia SO	
10 St. Vincent (Pa.)		12:47.00
1) Cassy Lanza SO	2) Miranda Guthrie SR	
3) Lily Murphy SO	4) Miranda Cincotta FR	
11 Houghton		12:47.43
1) Tabitha Clark JR	2) Sarah Coddington FR	
3) Kyra Binney SO	4) Noelle Linenfelsner SO	

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Finals ... (Women Distance Medley)		
Team	Relay	Finals
12 Hamilton		12:49.18
1) Emily Pogozelski SO	2) Alexa Thomas FR	
3) Katie Sands SR	4) Betsy Overstrum SR	
13 Montclair State		12:53.48
1) Julie Murphy SO	2) Jealyne Ramos JR	
3) Kayla McAdams JR	4) Aubrey Johnson SR	
14 Plattsburgh St.		12:55.18
1) Virginia Lucchetti SO	2) Sophia Gambino FR	
3) Lillian Moran FR	4) Sarah Smith JR	
15 St. John Fisher		12:58.35
1) Allison List SO	2) Caitlin Voloshen SO	
3) Maggie Bacon FR	4) Olivia Grinnell SO	
16 Moravian		13:00.71
1) Elena Bocchetti SO	2) Rylie Murphy JR	
3) Alexis Rushatz JR	4) Amber Poniktera JR	
17 DeSales		13:00.93
1) Shae Zeitler JR	2) Avery Peluszak FR	
3) Caitlyn Saccary SR	4) Haley Estus JR	
18 Stockton		13:17.33
1) Rachel Hayes SO	2) Emma Conroy SO	
3) Paige Baney JR	4) Olivia Harris SR	

Women High Jump

Progression: 1.52, 1.57, 1.61, 1.65, 1.69, 1.73...

Meet: 1.75m M 1999 Marie Megnin

Facility: 1.65m F 3/7/2020 Susann Foley

Name	Yr	School	Finals
Finals			
1 Avery McNulty	SO	Muhlenberg	1.65mF 10
2 Casey Allen	JR	Misericordia	1.61m 8
3 Caroline Tighe	JR	Stevens	1.61m 6
4 Lexi Groff	SR	Moravian	1.57m 4.5
4 Kayley Harnett	SR	TCNJ	1.57m 4.5
6 Madeleine Wright	FR	Ithaca	1.57m 2.5
6 Maya Lapinski	FR	Stevens	1.57m 2.5
8 Lainey Flaitz	FR	SUNY Geneseo	1.52m 0.1
8 Hannah Allison	FR	Utica	1.52m 0.1
8 Celia Ryan	FR	Ithaca	1.52m 0.1
8 Elly Bruner	FR	Grove City	1.52m 0.1
8 Kaitlyn Vervier	JR	Stockton	1.52m 0.1
8 Regan Kaiser	JR	Cortland St.	1.52m 0.1
8 Ali Haefele	SO	Moravian	1.52m 0.1
15 Ashley Rich	FR	Elizabethtown	1.52m
15 Bianca Durso	JR	Alfred	1.52m
15 Areyanna McCarthy	SO	NYU	1.52m
15 Rhiannon Butchko	FR	Oswego State	1.52m
19 Reilly Quinn	FR	Cortland St.	1.52m
19 Jocelynn Itterly	SR	Moravian	1.52m
--- Bethanie Becker	FR	SUNY Cobleskill	NH
--- Sasha Schramm	SO	Brockport St	NH
--- Allison Huelbig	SO	Franklin & Marsh	NH
--- Lydia Barber	FR	Ithaca	NH
--- Abigail Pfaff	JR	TCNJ	NH

---	Abrianna Wadley	JR	Utica	NH
Women Pole Vault				
Progression: 3.15 +15cm to 3.60, 3.69, 3.78, 3.87, 3.96...				
Meet: 4.27m M 2018 Katherine Pitman				
Facility: 4.00m F 3/4/2022 Meghan Matheny				
Name	Yr	School	Finals	
Finals				
1	Madeline O'Connell	SR	Rochester	4.03mF 10
2	Catherine Fox	SR	RIT	3.60m 8
3	Rosie Morse	SO	Nazareth	3.45m 6
4	Erin Eastwood	SO	Ithaca	3.45m 4.5
4	Madison Kappeler	JR	PSU-Behrend	3.45m 4.5
6	Becca Bready	SO	Brockport St	3.45m 3
7	Jo-Michelle Huczko	SR	Carnegie Mellon	3.30m 0.8
7	Tess Eichner	JR	Brockport St	3.30m 0.8
7	Talia Hutchinson	FR	Ithaca	3.30m 0.8
7	Alexis Merola	SO	Stevens	3.30m 0.8
11	Isabel Morse	SO	Nazareth	3.30m
12	Cara Pellechia	SO	Fredonia	3.30m
13	Kiara Tornusciolo	SO	Nazareth	3.30m
14	Bree Boyle	SO	Ithaca	3.30m
15	Haley Lerner	JR	Fredonia	3.15m
15	Rachel Snavely	SR	Lebanon Valley	3.15m
17	Hazel Buonopane	FR	Carnegie Mellon	3.15m
17	Isabel Swyers	FR	Brockport St	3.15m
17	Emily Oriel	SO	Lebanon Valley	3.15m

Women Long Jump

Meet: 5.95m M 2018 Camille Wutz

Facility: 6.01m F 2/10/2024 Corintia Griffith

Name	Yr	School	Finals
Finals			
1	Remi Acord	JR	Susquehanna 5.68m 10
2	Khia Laster	JR	Buffalo State 5.58m 8
3	Kayla Huba	SO	SUNY Geneseo 5.56m 6
4	Nora Devitt	JR	Utica 5.50m 5
5	Hannah Alderfer	JR	Susquehanna 5.49m 4
6	Mackayla Nerjuste	FR	SUNY Geneseo 5.41m 3
7	Janelle Eckl	JR	SUNY Geneseo 5.39m 2
8	Sam Pynn	JR	SUNY Geneseo 5.35m 1
9	Ally Alvira	JR	SUNY Geneseo 5.29m
10	Lena Kiehl	JR	SUNY Geneseo 5.24m
11	Lia Malave	FR	TCNJ 5.23m
12	Jill Ambler	FR	SUNY Geneseo 5.23m
13	Hannah Ragule	SR	Nazareth 5.17m
14	Ava Novak	SR	Vassar 5.16m
15	Isabella Heath	SR	Nazareth 5.11m
16	Iniyaa Mohanraj	SO	Carnegie Mellon 5.09m
17	Sasha Schramm	SO	Brockport St 5.09m
18	Mileyshka Calderon	FR	Lebanon Valley 5.08m
19	Peytyn Geer	FR	Nazareth 5.07m
20	Allison Regnante	JR	RIT 5.05m
21	Kate Walsh	SO	NYU 5.04m
22	Michaela Kurbs	SR	St. John Fisher 4.98m

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Finals ... (Women Long Jump)

Name	Yr	School	Finals
23 Anne Spila	SO	Alfred	4.97m
24 Ali Haefele	SO	Moravian	4.92m
25 Aaliyah Bartholomew	FR	Medgar Evers	4.90m

Women Triple Jump
Meet: 12.23m M 1997 Monique Hacker
Facility: 13.18m F 2/23/2024 Corintia Griffith

Name	Yr	School	Finals
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Finals

1 Remi Acord	JR	Susquehanna	11.89m	10
2 Nora Devitt	JR	Utica	11.67m	8
3 Samantha Paul	JR	Springfield	11.62m	6
4 Rafaela Delgado	FR	Williams	11.54m	5
5 Katelyn Jacques	JR	SUNY Geneseo	11.48m	4
6 Samantha Wechsler	FR	Ursinus	11.45m	3
7 Iniyaa Mohanraj	SO	Carnegie Mellon	11.33m	2
8 Kristen Williams	SR	Stevens	11.30m	1
9 Sydney LaSalle	SO	Nazareth	11.26m	
10 Alyssa Hoogs	SR	Rochester	11.18m	
11 Julia Acevedo	SR	Susquehanna	11.15m	
12 Jahmilia Dennis	SO	Vassar	11.14m	
13 Lena Kiehl	JR	SUNY Geneseo	11.13m	
14 Ali Haefele	SO	Moravian	11.07m	
15 Hannah Ragule	SR	Nazareth	11.03m	
16 Alyssa Youngs	FR	Utica	11.02m	
17 Luca Pecora	JR	Ithaca	11.02m	
18 Dasha Jackson	SO	NYU	10.99m	
19 Areyanna McCarthy	SO	NYU	10.93m	
20 Emma Petrolia	SO	Stockton	10.91m	
21 Alexis Brown	FR	Ithaca	10.87m	
22 Rania Sabri	SO	RIT	10.83m	
23 Khristina Washington	SR	Stockton	10.83m	
24 Kate Bendall	FR	Elizabethtown	10.80m	
25 Shira Gamson	SO	Muhlenberg	10.76m	
26 Shanice Williams	SO	Muhlenberg	10.74m	
27 Michaela Schaffer	JR	Plattsburgh	10.71m	
28 Sasha Schramm	SO	Brockport St	10.69m	
29 Rylee Long	FR	PSU-Behrend	10.67m	
30 Isabella Heath	SR	Nazareth	10.58m	
31 Mia Peguero	SR	Montclair State	10.42m	

Women Shot Put
Meet: 15.42m M 2018 Victoire Kothor
Facility: 16.15m F 2/17/2023 Victoire Kothor

Name	Yr	School	Finals
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Finals

1 Jane Fahy	SR	Utica	14.63m	10
2 Isabella Fabrizio	JR	Oneonta	13.28m	8
3 Sarah Crockett	SR	Brockport St	13.27m	6
4 Isabelle Deal	SR	Rowan	13.13m	5
5 Kerri McCarthy	JR	TCNJ	12.37m	4
6 Shanil Auguste	JR	Rutgers-Newark	12.32m	3
7 Caroline Reed	SR	Lebanon Valley	12.23m	2

8 Deziree Garrick	JR	Rochester	12.18m	1
9 Edith Gonzalez	SR	TCNJ	12.18m	
10 Zoe Connor	JR	SUNY Geneseo	12.02m	
11 Cora Rose	JR	Rochester	12.00m	
12 Madison Palmer	SR	Houghton	11.92m	
13 Laila Davis	JR	Allegheny	11.92m	
14 Allie Cary	FR	Utica	11.85m	
15 Makenna King	SR	St. John Fisher	11.80m	
16 Jacqueline Allen	JR	Ursinus	11.65m	
17 Erin McGuinness	SO	St. John Fisher	11.56m	
18 Emma Miller	JR	Allegheny	11.44m	
19 Hailey Webber	FR	Nazareth	11.44m	
20 Cheyenne McPeck	FR	Ithaca	11.39m	
21 Mylea Neidig	SR	Elizabethtown	11.38m	
22 Lauren Jaklitsch	SO	SUNY Geneseo	11.32m	
23 Rebecca Heuler	SR	Brockport St	11.28m	
24 Emily DiMarco	JR	RIT	10.99m	
25 Jillian Zukley	FR	St. Mary's (Md.)	10.96m	
26 Amelia Geck	FR	RIT	10.86m	
27 Megan Wise	SO	Grove City	10.81m	
28 Maggie Boyer	SR	Susquehanna	10.73m	
29 Aimee Oszer	FR	Rochester	10.39m	
30 Charlotte Powell	FR	Ithaca	10.31m	

Women Weight Throw
Meet: 18.36m M 2011 Yaneve Fonge
Facility: 17.37m F 2/16/2024 Lea Richard

Name	Yr	School	Finals
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Finals

1 Lea Richard	SR	Nazareth	17.97mF	10
2 Maggie Boyer	SR	Susquehanna	17.47mF	8
3 Zoe Connor	JR	SUNY Geneseo	17.26m	6
4 Sarah Crockett	SR	Brockport St	16.71m	5
5 Lauren Jaklitsch	SO	SUNY Geneseo	16.42m	4
6 Jessica Reilly	JR	TCNJ	16.29m	3
7 Shanil Auguste	JR	Rutgers-Newark	16.20m	2
8 Deziree Garrick	JR	Rochester	15.89m	1
9 Jennifer Ndukwu	SO	Cortland St.	15.15m	
10 Emma Kinnicutt	SR	Brockport St	14.96m	
11 Gabby Bellomo	JR	Misericordia	14.76m	
12 Isabella Fabrizio	JR	Oneonta	14.76m	
13 Isabelle Deal	SR	Rowan	14.73m	
14 Isabel Rodriguez	SO	Widener	14.68m	
15 Hannah McMasters	SO	Cortland St.	14.62m	
16 Laila Davis	JR	Allegheny	14.54m	
17 Katrina Chandler	SO	Brockport St	14.50m	
18 Lauren Assante	JR	Lebanon Valley	14.46m	
19 Emily DiMarco	JR	RIT	14.41m	
20 Isabella Freda	JR	Stockton	14.29m	
21 Kerri McCarthy	JR	TCNJ	14.27m	
22 Gabi Ragozzine	SO	Oneonta	14.25m	
23 Edith Gonzalez	SR	TCNJ	14.20m	
24 Madison Palmer	SR	Houghton	13.97m	
25 Emily Diszler	JR	TCNJ	13.71m	
26 Riley King	FR	Utica	13.67m	

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Finals ... (Women Weight Throw)

Name	Yr	School	Finals
27 Hailey Webber	FR	Nazareth	13.41m
28 Liv Ilasz	SO	Rochester	12.52m
29 Kitty Messina	JR	SUNY Delhi	12.33m
30 Hailey Hrouda	FR	Utica	12.17m
31 Soncerae Hamiter	JR	Ithaca	11.90m

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Eliza Bruncaj	JR	TCNJ	2:23.22 780
2 Julia Largett	SO	Rochester	2:26.75 734
3 Hannah Alderfer	JR	Susquehanna	2:28.92 706
4 Michelle Fitting	JR	SUNY Geneseo	2:28.95 706
5 Breannnda Davis	SR	Westminster (Pa)	2:30.12 691
6 Lauren Bendall	SR	Nazareth	2:34.94 632
7 Laura Mathews	SR	Stevens	2:36.02 619
8 Lanna Wandy	JR	SUNY Geneseo	2:37.39 603
9 Samantha Luba	SO	Nazareth	2:37.86 598
10 Sarah Scepkowski	SO	TCNJ	2:37.91 597
11 Cecelia LaBonte	SO	Ithaca	2:38.29 593
12 Stefania Grimaldi	FR	Utica	2:44.20 526

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Laura Mathews	SR	Stevens	8.53 1,010
2 Eliza Bruncaj	JR	TCNJ	9.05 900
3 Hannah Alderfer	JR	Susquehanna	9.15 879
4 Breannnda Davis	SR	Westminster (Pa)	9.56 796
5 Cecelia LaBonte	SO	Ithaca	9.62 785
6 Stefania Grimaldi	FR	Utica	9.73 763
7 Sarah Scepkowski	SO	TCNJ	9.84 742
8 Michelle Fitting	JR	SUNY Geneseo	9.85 740
9 Samantha Luba	SO	Nazareth	9.89 733
10 Lanna Wandy	JR	SUNY Geneseo	10.02 708
11 Lauren Bendall	SR	Nazareth	10.03 706
12 Julia Largett	SO	Rochester	10.07 699

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Breannnda Davis	SR	Westminster (Pa)	1.57m 701
1 Eliza Bruncaj	JR	TCNJ	1.57m 701
3 Sarah Scepkowski	SO	TCNJ	1.54m 666
4 Laura Mathews	SR	Stevens	1.51m 632
4 Samantha Luba	SO	Nazareth	1.51m 632
6 Cecelia LaBonte	SO	Ithaca	1.48m 599
7 Michelle Fitting	JR	SUNY Geneseo	1.42m 534
7 Lauren Bendall	SR	Nazareth	1.42m 534
7 Lanna Wandy	JR	SUNY Geneseo	1.42m 534
10 Hannah Alderfer	JR	Susquehanna	1.39m 502
11 Stefania Grimaldi	FR	Utica	1.36m 470
12 Julia Largett	SO	Rochester	1.33m 439

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hannah Alderfer	JR	Susquehanna	5.51m 703
2 Laura Mathews	SR	Stevens	5.44m 683
3 Eliza Bruncaj	JR	TCNJ	5.33m 651
4 Michelle Fitting	JR	SUNY Geneseo	5.13m 595
5 Lanna Wandy	JR	SUNY Geneseo	5.11m 589
6 Samantha Luba	SO	Nazareth	5.10m 587
7 Breannnda Davis	SR	Westminster (Pa)	5.06m 576
8 Stefania Grimaldi	FR	Utica	5.05m 573
9 Julia Largett	SO	Rochester	4.91m 535
10 Sarah Scepkowski	SO	TCNJ	4.76m 495
10 Cecelia LaBonte	SO	Ithaca	4.76m 495
12 Lauren Bendall	SR	Nazareth	4.67m 472

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hannah Alderfer	JR	Susquehanna	9.52m 498
2 Laura Mathews	SR	Stevens	8.98m 463
3 Breannnda Davis	SR	Westminster (Pa)	8.96m 462
4 Stefania Grimaldi	FR	Utica	8.94m 460
5 Lauren Bendall	SR	Nazareth	8.81m 452
6 Sarah Scepkowski	SO	TCNJ	8.55m 435
7 Eliza Bruncaj	JR	TCNJ	8.48m 430
8 Lanna Wandy	JR	SUNY Geneseo	8.35m 422
9 Michelle Fitting	JR	SUNY Geneseo	8.28m 417
10 Cecelia LaBonte	SO	Ithaca	8.18m 411
11 Samantha Luba	SO	Nazareth	7.82m 388
12 Julia Largett	SO	Rochester	7.60m 374

Women Indoor Pentathlon

Meet: 3508 M 2010 Emma Dewart
Facility: 3366 F 3/4/2022 Elizabeth Barre

Name	Yr	School	Finals
Finals			
1 Eliza Bruncaj	JR	TCNJ	3462F 10
2 Laura Mathews	SR	Stevens	3407F 8
3 Hannah Alderfer	JR	Susquehanna	3288 6
4 Breannnda Davis	SR	Westminster (Pa)	3226 5
5 Michelle Fitting	JR	SUNY Geneseo	2992 4
6 Samantha Luba	SO	Nazareth	2938 3
7 Sarah Scepkowski	SO	TCNJ	2935 2
8 Cecelia LaBonte	SO	Ithaca	2883 1
9 Lanna Wandy	JR	SUNY Geneseo	2856
10 Lauren Bendall	SR	Nazareth	2796
11 Stefania Grimaldi	FR	Utica	2792
12 Julia Largett	SO	Rochester	2781

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Men 60 Meter Dash

Meet: 6.74 M 2022 Jalen Leonard-Osbourne
Facility: 6.74 F 3/5/2022 Jalen Leonard-Osbourne

Name	Yr	School	Prelims
Preliminaries			
1	Evan Corcoran	SO Rowan	6.90Q
2	Shamar Love	JR Rowan	6.92Q
3	Myron Holland	JR Elizabethtown	6.94Q
4	Raymond Schmitt	SR TCNJ	6.94Q
5	Dante Lingley	JR Springfield	6.95Q
6	Tyler McGrath	SO Buffalo State	6.99Q
7	Evan Weber	SR Springfield	6.95q
8	Dayzin Legare	FR SUNY Delhi	6.95q
9	Matthew Schaffert	SO Cortland St.	6.96
10	Craig Duffy	SR Brockport St	6.97
11	Brexton Montville	SR Plattsburgh	6.98
12	Fabrice Saint Hillien	SO Stevenson	6.98
13	Masai Byrd	SO Rowan	6.99
14	Jamel Mins	JR Hood	6.99
15	Richard Billings	FR Misericordia	6.99
16	Jordan Williams	SO Plattsburgh	7.00
17	Anik Dole	SR Springfield	7.02
18	Michael Scott	JR Springfield	7.03
19	Brandon Zimmerman	JR Susquehanna	7.04
20	Mason Winslow	FR Susquehanna	7.05
21	Chris Ganley	SR Oneonta	7.05
22	Charles Cypress	SO Plattsburgh	7.06
23	Brandon Balcacer	JR Ramapo	7.07
24	P.J. London	JR Rochester	7.07
25	Justin Gomez	SR TCNJ	7.08
26	Jason Garcia	SR New Jersey City	7.09
27	Terrel Hood-Simeon	FR Colby	7.09
28	Logan Berner	SR DeSales	7.10
29	Austin Hurrell	SO Susquehanna	7.11
30	Anthony Penta	SR Springfield	7.12
31	Javon McKay	FR Moravian	7.12
32	Carson Latham	JR Stockton	7.13
33	Jake Egizio	FR PSU-Behrend	7.13
34	Jack Short	SR Alvernia	7.14
35	Trevor Gray	JR Moravian	7.14
36	William Hauf	JR St. Lawrence	7.15
37	Logan Abate	FR Buffalo State	7.16
38	Peter Cuomo	SR Hamilton	7.17
39	Collin Fitzgerald	FR St. Mary's (Md.)	7.18
40	Manny Eribo	JR Rochester	7.19
41	Jacob Fenstermaker	SO Moravian	7.20
42	Ty Tindal	FR St. Mary's (Md.)	7.25
43	Travis Perry	SO NYU	7.31
44	Jacob Winn	SO Fredonia	7.42
---	Ryan Beard	SR Westminster (Pa)	DNF

Men 60 Meter Dash

Meet: 6.74 M 2022 Jalen Leonard-Osbourne
Facility: 6.74 F 3/5/2022 Jalen Leonard-Osbourne

Name	Yr	School	Finals
Finals			
1	Shamar Love	JR Rowan	6.89 10
2	Raymond Schmitt	SR TCNJ	6.90 8
3	Dayzin Legare	FR SUNY Delhi	6.94 6
4	Evan Corcoran	SO Rowan	6.97 5
5	Evan Weber	SR Springfield	6.99 4
6	Dante Lingley	JR Springfield	7.00 3
7	Myron Holland	JR Elizabethtown	7.08 2

Men 200 Meter Dash

Meet: 21.60 M 2023 Lance Jensen
Facility: 21.88 F 3/5/2022 Andy Frank

Name	Yr	School	Finals
Finals			
1	Evan Weber	SR Springfield	21.99 10
2	Dayzin Legare	FR SUNY Delhi	22.01 8
3	Jack Attali	FR TCNJ	22.16 6
4	Richard Billings	FR Misericordia	22.17 5
5	Aiden Tobin	SO Ursinus	22.17 4
6	Michael Scott	JR Springfield	22.18 3
7	Evan Corcoran	SO Rowan	22.22 2
8	Dante Lingley	JR Springfield	22.33 1
9	Fabrice Saint Hillien	SO Stevenson	22.34
10	Andrew Hadasz	SR Utica	22.35
11	Eli Hendricks	FR Rowan	22.37
12	Brandon Levin	FR Cortland St.	22.41
13	Charles Cypress	SO Plattsburgh	22.49
14	Jamel Mins	JR Hood	22.53
15	P.J. London	JR Rochester	22.57
16	Alexander Mitchell	SO Grove City	22.64
17	Anik Dole	SR Springfield	22.64
18	Jake Egizio	FR PSU-Behrend	22.70
19	Justin Gomez	SR TCNJ	22.81
20	Ethan Kain	SR Utica	22.99
21	Anthony Downs	FR Alvernia	23.03
22	Collin Fitzgerald	FR St. Mary's (Md.)	23.08

Men 400 Meter Dash

Meet: 47.87 M 2023 Cheickna Traore
Facility: 48.26 F 3/5/2022 Kieran Sheridan

Name	Yr	School	Finals
Finals			
1	Josh Jeffes	JR SUNY Delhi	48.55 10
2	Samuel Knowles	JR Widener	48.67 8
3	Alexander Mitchell	SO Grove City	49.65 6
4	Michael Puglisi	SO Nazareth	49.91 5
5	Payton Stanziani	SR Ursinus	49.99 4
6	Nicholas Razze	SR Rowan	50.17 3
7	Jacob Hunter	FR Misericordia	50.22 2
8	Mitch Lienert	SR Rochester	50.37 1

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Finals ... (Men 400 Meter Dash)

Name	Yr	School	Finals
9 Max Stein	JR	RIT	50.42
10 Charles Foote	SO	SUNY Cobleskill	50.44
11 Jackson Coelho	SO	Colby	50.44
12 Jack Defeo	FR	RIT	50.57
13 Mason Jolivet	JR	Ursinus	50.74
14 Manny Brito	SO	NYU	50.94
15 Jai Raccioppi	JR	Stevenson	51.00
16 Samael Milevoix	JR	Rowan	51.18
17 Brion McNear	JR	Widener	51.50
18 Josh Schreiner	SR	Widener	52.01
19 PJ McNeal	FR	St. Vincent (Pa)	52.25
20 Mathew Latimer	FR	Farmingdale	52.25
21 Shaun Apsley	FR	York (Pa.)	52.26

Men 800 Meter Run

Meet: 1:52.71 M 2022 Scott Sikorski

Facility: 1:51.98 F 2/18/2022 Ryan Karker

Name	Yr	School	Finals
Finals			
1 Sean Hendricks	JR	Rochester	1:52.78 10
2 Matthew Sheehan	JR	SUNY Geneseo	1:54.41 8
3 David Kenny	JR	Ursinus	1:55.49 6
4 Scott Hubbard	SO	Rowan	1:55.96 5
5 Jack Bisbee	FR	Cortland St.	1:56.43 4
6 Elijah McKell	SO	Lebanon Valley	1:56.90 3
7 Chris Sappe	SO	Hood	1:57.00 2
8 Ryan Wahler	FR	Carnegie Mellon	1:57.11 1
9 Owen Arbocus	FR	Brockport St	1:57.46
10 Skye Crocker	JR	Rochester	1:57.55
11 Teddy Wilson	FR	Rowan	1:57.59
12 Joseph deBeaumont	JR	Stockton	1:58.14
13 Spencer Hahn	FR	Alvernia	1:59.09
14 Sebastian Ruiz	SR	Montclair State	1:59.87
15 Daniel Ford	SR	Rochester	2:02.25
16 Ryan Pena	SO	Ramapo	2:03.22

Men 1 Mile Run

Meet: 4:06.03 M 2023 Ezra Ruggles

Facility: 4:11.83 F 3/5/2022 Nick Andrews

Name	Yr	School	Finals
Finals			
1 Ryan Hagan	FR	SUNY Geneseo	4:10.25F 10
2 Nicholas Lyndaker	SO	St. Lawrence	4:11.99 8
3 Timothy Lanahan	SR	Scranton	4:12.54 6
4 Noah Bonesteel	JR	Plattsburgh	4:13.41 5
5 Jacob Riley	JR	Rowan	4:14.56 4
6 Jonthomas Bierman	JR	Oneonta	4:16.78 3
7 Nick Logan	SR	SUNY Cobleskill	4:17.18 2
8 Tim Patterson	JR	St. Vincent (Pa)	4:17.48 1
9 Michael Burns	JR	Oneonta	4:17.65
10 Thomas Kressly	JR	Brockport St	4:17.86
11 Tucker McGrath	JR	Ursinus	4:18.00
12 Johannes Rivera	FR	Rowan	4:18.84

13 Mike Taranto	FR	SUNY Geneseo	4:19.46
14 Daniel Myers	JR	Elizabethtown	4:20.46
15 Brandon Baxter	SR	Elizabethtown	4:20.80
16 Christian Brower	FR	Carnegie Mellon	4:21.33
17 Vince Ferrizzi	SR	Lebanon Valley	4:21.41
18 Jake Aylmer	JR	Stevens	4:21.67
19 Eamon Brady	JR	Carnegie Mellon	4:21.72
20 Ronnie Melao	SR	Stevens	4:21.77
21 Cade Eells	JR	Nazareth	4:22.20
22 John Quinn	FR	Hamilton	4:22.21
23 Casey Frank	SR	Moravian	4:22.87
24 John Amenta	SR	SUNY Delhi	4:23.09
25 Christian Snee	JR	Scranton	4:24.51
26 Amos Bixler	SO	Houghton	4:24.73
27 Tyler Greene	SO	Rowan	4:25.14
28 Davis Trump	SO	DeSales	4:26.04
29 Sembel Koshi	SR	Fredonia	4:26.55
30 Logan Betyeman	FR	Moravian	4:28.48
--- Nick Bauman	SR	SUNY Geneseo	DNF
--- Matthew Short	FR	Carnegie Mellon	DNF

Men 3000 Meter Run

Meet: 8:18.83 M 2023 Colin McLaughlin

Facility: 8:17.96 F 1/29/2022 Graham Tuohy-Gaydos

Name	Yr	School	Finals
Finals			
1 Owen Nahf	JR	Moravian	8:26.37 10
2 Jared Smith	JR	Brockport St	8:27.07 8
3 Anson Butler	SO	SUNY Geneseo	8:28.73 6
4 James Catania	JR	Rochester	8:29.22 5
5 Trey Rhinehart	JR	Misericordia	8:29.73 4
6 Erik Ackerman	JR	Stockton	8:30.44 3
7 Bennett Melita	FR	Utica	8:32.17 2
8 Joseph Simeone	SO	Hamilton	8:34.00 1
9 Patrick Klinger	JR	Brockport St	8:37.06
10 Joshua Cason	FR	Rowan	8:37.76
11 Pierce Young	FR	SUNY Geneseo	8:37.82
12 Matthew Granizo	JR	TCNJ	8:38.23
13 Sean Killip	JR	Brockport St	8:41.80
14 Liam Johnston	SO	Ursinus	8:45.29
15 Nicholas Lyndaker	SO	St. Lawrence	8:45.51
16 Brandon Chen	FR	TCNJ	8:46.54
17 Liam Concannon	JR	Stevens	8:47.20
18 John Amenta	SR	SUNY Delhi	8:57.30
19 Samuel Rothstein	SO	Lebanon Valley	9:00.90
--- Alex Hillyard	SR	SUNY Geneseo	DNF

Men 5000 Meter Run

Meet: 14:32.15 M 2017 Grant O'Connor

Facility: 14:39.67 F 3/6/2020 Matthew Sayre

Name	Yr	School	Finals
Finals			
1 Matthew Coyle	JR	Carnegie Mellon	14:27.43M 10
2 Matthew Porter	SR	Carnegie Mellon	14:28.53M 8
3 David Durdaller	SR	Carnegie Mellon	14:37.39F 6

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Finals ... (Men 5000 Meter Run)

Name	Yr	School	Finals
4 Charlie Wilson	SR	SUNY Geneseo	14:47.59 5
5 William Hall	SR	SUNY Geneseo	14:57.97 4
6 James Hughes	JR	Ithaca	14:58.97 3
7 Stephen Rowley	JR	Misericordia	15:02.10 2
8 Patrick Russell	SO	St. Lawrence	15:04.59 1
9 Matthew Conway	JR	Rowan	15:04.73
10 Alex Hillyard	SR	SUNY Geneseo	15:04.88
11 Giancarlo Vega	JR	Rowan	15:05.26
12 Seth Williams	JR	Carnegie Mellon	15:05.91
13 Nathan Hajel	JR	Moravian	15:08.52
14 Kyle Gronau	JR	SUNY Geneseo	15:09.76
15 Shane Vostenak	SO	Rowan	15:10.11
16 Vishal Yalamanchili	JR	Rochester	15:10.51
17 Ethan Billings	SR	St. John Fisher	15:11.27
18 Caleb Kasper	JR	Houghton	15:11.68
19 Nick Gaitanis	SR	Rochester	15:13.55
20 Eion McClain	JR	SUNY Geneseo	15:14.63
21 Charlie Murphy	SR	Carnegie Mellon	15:16.10
22 Austin Schoen	JR	SUNY Geneseo	15:21.14
23 Matthew Santana	FR	Lebanon Valley	15:22.98
24 Shane Artis	SR	DeSales	15:24.59
25 Hayden Schindler	JR	Stevenson	15:38.59
--- Michael Skutt	JR	St. Lawrence	DNF

Men 60 Meter Hurdles

Meet: 8.01 M 2018 Bobby Cooks
Facility: 8.09 F 1/25/2020 Brent Di Vittorio

Name	Yr	School	Prelims
1 Kwaku Nkrumah	SO	Rowan	F 8.06Q
2 Marquise Young	JR	Rowan	8.13Q
3 Jack Attali	FR	TCNJ	8.15Q
4 Jason Agyemang	SO	Rowan	8.24q
5 Anaia Hughes	SO	Rowan	8.27q
6 Zachary Reed	SR	Lebanon Valley	8.30q
7 Brendan Style	JR	SUNY Geneseo	8.32q
8 Bryan Jacobs	JR	SUNY Geneseo	8.36q
9 Michael Anderson	FR	Springfield	8.40
10 Carter Smink	SO	Susquehanna	8.42
11 Levi Biery	SO	Colby	8.45
12 Federico Yacoubian	JR	Stevens	8.48
13 Michael Lawrence	SO	Rowan	8.52
14 Kadan Smith	JR	Lebanon Valley	8.52
15 Jacen Mitchell	FR	RIT	8.54
16 Sam Estherson	JR	DeSales	8.58
17 Daniel Murtha	JR	Lebanon Valley	8.58
18 Anthony Kamenski	SR	Westminster (Pa)	8.69
19 Gavin Lum	SO	Stockton	8.78
20 Joey Ciufo	SR	SUNY Delhi	8.79
21 Connor McCauslin	SR	Nazareth	8.88
22 Jae Young Seo	JR	Vassar	9.16
23 Luca Montesano	FR	Hartwick	9.28

Men 60 Meter Hurdles

Meet: 8.01 M 2018 Bobby Cooks
Facility: 8.09 F 1/25/2020 Brent Di Vittorio

Name	Yr	School	Finals
1 Kwaku Nkrumah	SO	Rowan	8.01M 10
2 Marquise Young	JR	Rowan	8.07F 8
3 Jason Agyemang	SO	Rowan	8.08F 6
4 Jack Attali	FR	TCNJ	8.14 5
5 Zachary Reed	SR	Lebanon Valley	8.39 4
6 Brendan Style	JR	SUNY Geneseo	8.55 3
7 Bryan Jacobs	JR	SUNY Geneseo	8.72 2
8 Anaia Hughes	SO	Rowan	9.07 1

Men 4x200 Meter Relay

Meet: 1:25.86 M 2023 Rowan
Facility: 1:27.45 F 3/5/2022 Rowan

E Corcoran, A Conte, N Agyemang, J Beasley
R McKinney, N Agyemang, A Conte, J Beasley

Team	Relay	Finals
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Finals

1	Susquehanna	1:29.68	10
	1) Brandon Zimmerman JR	2) Mason Winslow FR	
	3) Austin Hurrell SO	4) Elliott Davis JR	
2	Rowan	1:29.89	8
	1) Eli Hendricks FR	2) Masai Byrd SO	
	3) Shamar Love JR	4) Evan Corcoran SO	
3	TCNJ	1:30.44	6
	1) Jack Attali FR	2) Justin Gomez SR	
	3) Raymond Schmitt SR	4) Tyrese Gilbert JR	
4	Rochester	1:30.51	5
	1) P.J. London JR	2) Mitch Lienert SR	
	3) Evan Bryant FR	4) Manny Eribo JR	
5	Lebanon Valley	1:31.56	4
	1) Owen Linder JR	2) Donovan Goundie SO	
	3) Daniel Murtha JR	4) Zachary Reed SR	
6	Plattsburgh St.	1:31.76	3
	1) Brexton Montville SR	2) Ryan Beltran FR	
	3) Jordan Williams SO	4) Charles Cypress SO	
7	Utica	1:31.88	2
	1) Andrew Hadasz SR	2) Tanner Warren FR	
	3) Connor Dean FR	4) Nolan Flynn SO	
8	Fredonia	1:31.93	1
	1) Jordan Lockett FR	2) Cameron Sample SO	
	3) Jacob Winn SO	4) Nick Marsowicz SO	
9	Oswego State	1:32.34	
	1) Dan Mars SO	2) Ernest Venable Jr. FR	
	3) Jack Hickey SR	4) Mathew Broadnax SR	
10	Misericordia	1:32.38	
	1) Richard Billings FR	2) Dylan Blackwell SO	
	3) Nae'qwon Morris FR	4) Jacob Hunter FR	
11	Brockport St.	1:32.44	
	1) Derek Grimshaw FR	2) Judson Delany SO	
	3) Nathan Roehrig JR	4) Jason Swanson FR	

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Finals ... (Men 4x200 Meter Relay)		
Team	Relay	Finals
12 SUNY Geneseo		1:32.66
1) Brendan Style JR	2) Gian Carlo Di Fava FR	
3) Daniel Blae-Prince FR	4) Lance Jensen JR	
13 Moravian		1:32.83
1) Javon McKay FR	2) Owen Sabastro JR	
3) Jacob Fenstermaker SO	4) Trevor Gray JR	
14 Ithaca		1:33.23
1) Sean (CJ) Jones SO	2) Joseph Napolitano FR	
3) Alex Boreland FR	4) Max Boreland FR	
15 Elizabethtown		1:33.42
1) Myron Holland JR	2) Logan Freyermuth FR	
3) Matthew Lamb SO	4) Trevor Albright FR	
16 Ramapo		1:33.48
1) Terrell Lockett JR	2) Matthew Suero SO	
3) Logan Natale FR	4) Brandon Balcacer JR	
17 Hamilton		1:33.60
1) Peter Cuomo SR	2) Mateo Alvarez FR	
3) Quinn Zurolo FR	4) Benjamin Ingram JR	
18 St. Lawrence		1:33.65
1) Carter Daniels FR	2) Cameron Dillard JR	
3) Caleb Young FR	4) William Hauf JR	
19 St. John Fisher		1:33.74
1) Brock Young SO	2) Ethan Fox SO	
3) Griffin Killian FR	4) Trenton Wynn SR	
20 NYU		1:33.75
1) Travis Perry SO	2) Matt Marcelo SR	
3) Nishad Sankar FR	4) Manny Brito SO	
21 Nazareth		1:33.86
1) Ben Lewis JR	2) Mike Welch SR	
3) Jack Healy FR	4) Joseph Nettles JR	
22 New Jersey City		1:34.36
1) Juan Cruz SO	2) Jason Garcia SR	
3) Pratt Charles SO	4) Gerard Victor SO	
23 PSU-Behrend		1:34.42
1) Marshall Nock SO	2) Jake Walden FR	
3) Brandon Konieczki FR	4) Jake Egizio FR	
24 Farmingdale St.		1:34.60
1) Dontay Taylor SO	2) Mathew Latimer FR	
3) Tyler Miles FR	4) Timothy Folarin SR	
25 Grove City		1:34.86
1) Gregory Wilson SO	2) Isaac Young SO	
3) Cory Boyer SR	4) Tyler Eagan JR	
26 Rutgers-Newark		1:34.96
1) Diego Gomes JR	2) Choice Dousuah FR	
3) Cedric Augustin SR	4) Andrew Mark FR	
27 Alfred State		1:36.25
1) Nicholas Florczak SO	2) Derek Walter SR	
3) Chimaij Okafor FR	4) Patrick Puffer FR	
28 Hartwick		1:36.34
1) Quran Best SO	2) Corey Quomony JR	
3) Joseph Catalano SR	4) Patrick Conteh SO	

29 Medgar Evers		1:38.62
1) Adeolu Adeyemi FR	2) Rupert Luard-Charles FR	
3) Dontay Washington SO	4) Christopher Richards SO	
30 Montclair State		1:42.21
1) Anthony Holmes SO	2) Nicholas Schaffer SO	
3) Sheldon Agyemang FR	4) Daniel Alsina FR	
Men 4x400 Meter Relay		
Meet: 3:17.00 M 2023 Cortland		
E Jensen, D Knapp, H Gavalas, C Goring		
Facility: 3:17.02 F 3/6/2020 Rowan		
J Beasley, J Bishop, J Kolodziej, F Terry		
Team	Relay	Finals
Finals		
1 Cortland St.		3:17.25 10
1) Harrison Gavalas SO	2) Andrew O'Gorman SR	
3) Zion Cheatham FR	4) Douglas Knapp SR	
2 Brockport St.		3:17.68 8
1) Michael Durski SO	2) Craig Duffy SR	
3) Ayden Grinion SO	4) Jacob Miller SO	
3 Ursinus		3:18.37 6
1) Aiden Tobin SO	2) Daniel Tabor SR	
3) Collin Ney JR	4) Payton Stanziani SR	
4 RIT		3:21.48 5
1) Max Stein JR	2) Michael Sardo SO	
3) Trenton Goyette JR	4) Jack Defeo FR	
5 Susquehanna		3:22.29 4
1) Mason Winslow FR	2) Brandon Zimmerman JR	
3) Kareem Beck JR	4) Elliott Davis JR	
6 SUNY Geneseo		3:23.47 3
1) Sam Belmont FR	2) Brendan Style JR	
3) Daniel Blae-Prince FR	4) Gian Carlo Di Fava FR	
7 Colby		3:23.50 2
1) Peter Martel JR	2) Sam Graubart FR	
3) Levi Biery SO	4) Raghav Kadambi SR	
8 Rowan		3:24.36 1
1) Jarquil Young SO	2) Teddy Wilson FR	
3) James Coleman FR	4) Samael Milevoix JR	
9 Utica		3:25.11
1) Tanner Warren FR	2) Connor Dean FR	
3) Jonathan Simmons JR	4) Nolan Flynn SO	
10 Grove City		3:30.90
1) Gregory Wilson SO	2) Isaac Young SO	
3) Cory Boyer SR	4) Tyler Eagan JR	
11 Rutgers-Newark		3:31.22
1) Diego Gomes JR	2) Choice Dousuah FR	
3) Andrew Mark FR	4) Christopher Williams JR	
12 New Jersey City		3:33.37
1) Juan Cruz SO	2) Pratt Charles SO	
3) Adnan Kpodo SR	4) Gerard Victor SO	
13 Ithaca		3:33.99
1) Carter Rothwell SO	2) George Nilson FR	
3) Joseph Napolitano FR	4) Adam Mocho SO	

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Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals
14 Medgar Evers		3:40.31
1) Jahiem Johnson FR	2) Christopher Richards SO	
3) Adeolu Adeyemi FR	4) Rupert Luard-Charles FR	

Men Distance Medley

Meet: 9:56.94 M 2018 Geneseo

Holtzman, Hannahoe, Faulkner, Garcia-Cassani

Facility: 10:06.06 F 3/6/2020 Rowan

N Neville, V Delle, J Devito, K Lauer

Team	Relay	Finals
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Finals

1 SUNY Geneseo		10:00.31F 10
1) Nick Bauman SR	2) Lance Jensen JR	
3) Matthew Sheehan JR	4) Ryan Hagan FR	
2 Rowan		10:08.50 8
1) Tyler Greene SO	2) Nicholas Razze SR	
3) Jacob Riley JR	4) Scott Hubbard SO	
3 Brockport St.		10:09.80 6
1) Thomas Kressly JR	2) Nick Markle JR	
3) Owen Arbocus FR	4) Jonathan Zavala JR	
4 Stevens		10:17.98 5
1) Daniel Jutras SO	2) Mick Barbi SO	
3) Jake Aylmer JR	4) Ronnie Melao SR	
5 Hamilton		10:21.02 4
1) Hugh Williams SO	2) Benjamin Ingram JR	
3) James Gallagher SR	4) John Quinn FR	
6 Utica		10:24.83 3
1) Anthony Leotta SO	2) Tristan Vargo JR	
3) Tobias Jeralds SO	4) Bennett Melita FR	
7 TCNJ		10:24.84 2
1) Kevin Matthews SO	2) Aidan Ferraez FR	
3) Lucas Lattimer FR	4) Roman Fabbriatore SO	
8 Nazareth		10:27.79 1
1) Ethan Kenyon JR	2) Ben Lewis JR	
3) Gavin McAllister SO	4) Nathan Bowers SR	
9 Misericordia		10:30.42
1) Trey Rhinehart JR	2) Nathan Horn FR	
3) Tavian McKenna SO	4) Thomas Bricker SO	
10 St. John Fisher		10:33.86
1) Tony DiRubbo SR	2) John Ruggio SR	
3) Myles Andersen SR	4) Riley Nash JR	
11 Susquehanna		10:34.73
1) TJ Grenda JR	2) Elliott Davis JR	
3) Evander Lackman FR	4) Asa Alderman FR	
12 PSU-Behrend		10:39.76
1) Aidan Domencic SR	2) Jake Walden FR	
3) Aidan Reinsel SO	4) Kody Klein JR	
13 St. Lawrence		10:49.42
1) Christopher O'Donnell JR	2) Caleb Young FR	
3) Kristofer Mellor SO	4) Peter Stubler FR	
14 Ithaca		10:51.57
1) Aidan Loughlin SO	2) Adam Mocho SO	
3) Carter Rothwell SO	4) Patrick Bierach SR	

15 Oswego State		11:00.08
1) Miguel Tineo Reyes JR	2) Jack Hickey SR	
3) Henry Rose JR	4) Andrew Deming JR	

Men High Jump

Progression: 1.87, 1.92, 1.97, 2.02, 2.05, 2.08...

Meet: 2.20m M 2022 Kyle Rollins

Facility: 2.20m F 3/5/2022 Kyle Rollins

Name	Yr	School	Finals
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Finals

1 Jamile Gantt	FR	Rowan	2.02m 10
2 Samuel Hetrick	JR	PSU-Behrend	2.02m 8
3 Jerome Luckey	SR	Moravian	1.97m 6
4 Damarion Potts	FR	Rowan	1.97m 5
5 Marcus Moyer	SO	Susquehanna	1.97m 4
6 Sebastian Sanso	JR	Carnegie Mellon	1.97m 3
7 Bryce Ellinger	SR	Susquehanna	1.92m 2
8 Erich Brown	FR	RIT	1.92m 1
9 Jalani Joseph	FR	Montclair State	1.87m
9 Aadit Jain	SO	Rochester	1.87m
11 Bryant DePaull	SO	St. John Fisher	1.87m
--- Daniel Hyde	SO	Springfield	NH
--- James Sims	SO	Ursinus	NH
--- Malik Huges	JR	Elizabethtown	NH
--- Aidan Kelly	JR	Oneonta	NH
--- Jamil Manu	SO	Springfield	NH
--- Arrington Rhym	FR	Rowan	NH

Men Pole Vault

Progression: 4.31 +15cm to 4.76, 4.82, 4.88, 4.94, 5.00...

Meet: 5.13m M 2023 Dominic Mikula

Facility: 5.40m F 12/6/2019 Zach Ferrara

Name	Yr	School	Finals
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Finals

1 Nicholas Lourenco	SO	Farmingdale	4.88m 10
2 Brendan Sheehan	SR	Ithaca	4.82m 8
3 Christian Duckworth	SO	Carnegie Mellon	4.61m 6
4 Tyler Raimondi	SO	Rowan	4.61m 5
5 Isaiah Blatt	SR	Susquehanna	4.61m 3.5
5 Ryan Handron	FR	Carnegie Mellon	4.61m 3.5
7 Myles Thornton-Sherman	JR	Colby	4.61m 2
8 Solomon Glavach	FR	Carnegie Mellon	4.46m 1
9 Chris Filatov	SR	SUNY Delhi	4.46m
9 Logan Lehnert	SO	Colby	4.46m
11 Hayden Penna	FR	St. John Fisher	4.46m
11 Ayden Stankus	JR	Lebanon Valley	4.46m
13 Daniel Reinhart	FR	Brockport St	4.31m
14 Noah Koeng	JR	RIT	4.31m
15 Aidan Sheahan	SR	RIT	4.31m
--- Gavin Lum	SO	Stockton	NH
--- Zachary Kralec	SO	St. Mary's (Md.)	NH
--- Michael Chambers	SO	Grove City	NH
--- Peter Martel	JR	Colby	NH
--- Joseph Morales	JR	Stockton	NH
--- Chris Kaszynski	JR	Buffalo State	NH

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Men Long Jump

Meet: 7.48m M 2019 George Alexandris
Facility: 7.33m F 3/5/2022 Nana Agyemang

Name	Yr	School	Finals
Finals			
1 Cole Goodman	JR	Rochester	7.37mF 10
2 Nana Agyemang	JR	Rowan	7.23m 8
3 Peter Cuomo	SR	Hamilton	7.02m 6
4 Cameron Sample	SO	Fredonia	6.95m 5
5 Matthieu Brunelle	SR	Misericordia	6.94m 4
6 Bryan Jacobs	JR	SUNY Geneseo	6.92m 3
7 Manny Eribo	JR	Rochester	6.85m 2
8 Jovany Philippe	JR	Farmingdale	6.75m 1
9 Austin Hurrell	SO	Susquehanna	6.74m
10 Damarion Potts	FR	Rowan	6.71m
11 Matthew Schaffert	SO	Cortland St.	6.71m
12 Matthew Stasiw	SR	St. John Fisher	6.62m
13 Kai Messmer	FR	Buffalo State	6.61m
14 Joseph Morales	JR	Stockton	6.59m
15 Jamil Manu	SO	Springfield	6.51m
16 Brandon Konieczki	FR	PSU-Behrend	6.50m
17 Nas Muslim Dost	JR	Buffalo State	6.47m
18 Aidan Masten	JR	Plattsburgh	6.42m
19 Seth Conner	SO	Buffalo State	6.39m
20 Luke Foster	FR	SUNY Delhi	6.37m
21 Zachariah Muyingo	JR	Rutgers-Newark	6.24m
22 Aden Alexander	SO	Alfred State	6.06m
23 Cristhian Cuevas	SO	SUNY Delhi	5.95m
24 Brandon Zimmerman	JR	Susquehanna	5.89m

Men Triple Jump

Meet: 14.92m M 2022 Ahmir Johnson
Facility: 14.92m F 3/4/2022 Ahmir Johnson

Name	Yr	School	Finals
Finals			
1 Matayo McGraw	FR	Widener	14.79m 10
2 Jabez Thomas	SO	Montclair State	14.39m 8
3 Jarrod Polk	SO	Buffalo State	14.23m 6
4 Keith Green III	SR	Susquehanna	14.08m 5
5 Beck Deeny	JR	Montclair State	14.06m 4
6 Daniel Bamfo	SO	Farmingdale	13.97m 3
7 Sam Lorenzetti	JR	Rochester	13.84m 2
8 Joshua Justin	FR	Rowan	13.81m 1
9 Jalani Joseph	FR	Montclair State	13.76m
10 Trevone Green	SR	Stockton	13.56m
11 Nick Petucci	SO	Grove City	13.45m
12 Jack Mahoney	SR	York (Pa.)	13.43m
13 Sebastian Sanso	JR	Carnegie Mellon	13.39m
14 Camden Buchanan	FR	Cortland St.	13.37m
15 Nishad Sankar	FR	NYU	13.28m
16 Mitch Diamond	FR	Cortland St.	13.02m
17 Jackson Mabry	SR	Susquehanna	12.98m
18 Daniel McGlashan	SO	Springfield	12.94m
19 Thomas Herberger	FR	SUNY Cobleskill	12.88m

20	Jeremy Bertolet	SR	Williams	12.86m
21	Cameron Sample	SO	Fredonia	12.74m
22	Aden Alexander	SO	Alfred State	12.51m
23	Kai Messmer	FR	Buffalo State	12.42m
---	Matthieu Brunelle	SR	Misericordia	FOUL

Men Shot Put

Meet: 17.33m M 1983 Dan Mlodozeniec
Facility: 17.27m F 2/21/2020 Tony DeYoung

Name	Yr	School	Finals	
Finals				
1 Andrew Mott	SR	York (Pa.)	16.89m 10	
2 Nathan Williams	JR	Stevenson	16.76m 8	
3 Hunter Logan	JR	Utica	16.34m 6	
4 John Griffith	SR	Montclair State	15.81m 5	
5 Xzavier Goodman	FR	Buffalo State	15.67m 4	
6 Tom Wood	JR	Ursinus	15.49m 3	
7 Alex Rood	JR	Brockport St	15.15m 2	
8 Nick Gustafson	SR	Grove City	15.12m 1	
9 Bailey O'Malley	SR	Carnegie Mellon	14.91m	
10 Ryan Lenhart	JR	Grove City	14.89m	
11 Mike Carfagno	SR	Stockton	14.71m	
12 Ethan Beer	FR	Rochester	14.71m	
13 Cory Gray	SO	Alvernia	14.70m	
14 Chris Guerrieri	FR	Rowan	14.61m	
15 Evan Collette	FR	Cortland St.	14.61m	
16 Harrison Sharp	SR	York (Pa.)	14.60m	
17 Alexander Witmer	FR	Alvernia	14.55m	
18 Billie Mays III	JR	Utica	14.50m	
19 David Waters	JR	Widener	14.25m	
20 George Agyei-Sam	JR	TCNJ	14.13m	
21 Nicholas Larocque	SR	Cortland St.	14.11m	
22 Josh Caudill	SO	Rowan	14.09m	
23 Dean Bartles	SO	RIT	13.49m	
24 Matt Muscolo	JR	Brockport St	13.23m	
25 Cole Goodwin	SO	Susquehanna	12.81m	
---	Alex Cotton	SO	PSU-Behrend	FOUL
---	Stephen Daramola	JR	TCNJ	FOUL

Men Weight Throw

Meet: 19.45m M 2023 Alex Kristeller
Facility: 19.85m F 12/6/2019 Luis Rivera

Name	Yr	School	Finals
Finals			
1 Nathan Williams	JR	Stevenson	20.94mF 10
2 Isaiah Brunache	SO	Cortland St.	18.51m 8
3 Antwan Kelly	SR	Utica	17.70m 6
4 Jordan Johnson	JR	Rochester	17.49m 5
5 John Griffith	SR	Montclair State	17.12m 4
6 Zachary Mackiewicz	SR	TCNJ	16.59m 3
7 Matthew Jackson	SR	Brockport St	16.42m 2
8 Josh Auler	JR	RIT	16.32m 1
9 Justin Swavely	JR	Utica	16.31m
10 Zajans Crapo	JR	Rochester	16.18m
11 Evan Collette	FR	Cortland St.	16.15m

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Finals ... (Men Weight Throw)

Name	Yr	School	Finals
12 Aidan Hughes	SR	RIT	16.12m
13 Mike Carfagno	SR	Stockton	15.96m
14 Luke Schrank Garcia	SR	TCNJ	15.95m
15 Erik Stephany	SO	RIT	15.38m
16 Spencer Borghardt	SO	Utica	15.34m
17 Aidan Rollinson	SO	York (Pa.)	15.33m
18 Greg Raymond	FR	Alfred State	14.96m
19 Chase Shaneman	JR	Ursinus	14.82m
20 Dylan DeMagistris	SR	Muhlenberg	14.78m
21 Conrad Howell	SR	Widener	14.60m
22 Marco Alteri	JR	Oneonta	14.59m
23 Brandon Kaplan	SO	St. John Fisher	14.24m
24 Zachary Jaworski	JR	St. Lawrence	13.92m
25 Sawyer Eckberg	SO	Oneonta	13.87m
26 Michael Powel	SO	Muhlenberg	13.72m
--- Nolan Ragland	SR	Rochester	FOUL
--- Jahvirye Wilks	SR	Farmingdale	FOUL
--- Stephen Daramola	JR	TCNJ	FOUL
--- George Agyei-Sam	JR	TCNJ	FOUL

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Yr	School	Finals
Finals			
1 Gabe Dunlap	SR	Grove City	7.27 789
2 Gabe Thyne	JR	Rochester	7.31 775
3 Jack Pomykaj	SO	Nazareth	7.33 769
4 Charles Montross	FR	Susquehanna	7.34 765
5 Jayvee Dumas	SO	TCNJ	7.37 755
6 Rowan Smith	SO	Susquehanna	7.37 755
7 Brandon Kiefer	SO	Stevens	7.38 752
8 Noah McKibben	SO	Ithaca	7.53 703
9 Andrew Wieder	SR	Utica	7.59 684
10 Aaron Lund	SO	Nazareth	7.74 637

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Yr	School	Finals
Finals			
1 Gabe Thyne	JR	Rochester	2:45.53 813
2 Aaron Lund	SO	Nazareth	2:52.78 737
3 Andrew Wieder	SR	Utica	2:55.35 711
4 Rowan Smith	SO	Susquehanna	3:01.04 654
5 Jack Pomykaj	SO	Nazareth	3:01.44 650
6 Jayvee Dumas	SO	TCNJ	3:02.87 636
7 Noah McKibben	SO	Ithaca	3:07.46 593
8 Gabe Dunlap	SR	Grove City	3:14.16 532
9 Charles Montross	FR	Susquehanna	3:36.75 350

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Yr	School	Finals
Finals			
1 Jayvee Dumas	SO	TCNJ	8.65 825
2 Charles Montross	FR	Susquehanna	8.70 813
3 Rowan Smith	SO	Susquehanna	8.71 811

4 Aaron Lund	SO	Nazareth	8.89	770
5 Gabe Thyne	JR	Rochester	8.95	757
6 Gabe Dunlap	SR	Grove City	9.39	662
7 Jack Pomykaj	SO	Nazareth	9.40	660
8 Noah McKibben	SO	Ithaca	9.47	646
9 Andrew Wieder	SR	Utica	9.67	605

Heptathlon: #4 Men High Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Rowan Smith	SO	Susquehanna	1.82m 644
1 Gabe Thyne	JR	Rochester	1.82m 644
3 Jayvee Dumas	SO	TCNJ	1.79m 619
4 Charles Montross	FR	Susquehanna	1.73m 569
4 Andrew Wieder	SR	Utica	1.73m 569
4 Gabe Dunlap	SR	Grove City	1.73m 569
7 Aaron Lund	SO	Nazareth	1.67m 520
8 Noah McKibben	SO	Ithaca	1.64m 496
8 Brandon Kiefer	SO	Stevens	1.64m 496
10 Jack Pomykaj	SO	Nazareth	1.61m 472

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	SO	Nazareth	4.35m 716
2 Jayvee Dumas	SO	TCNJ	4.25m 688
3 Gabe Dunlap	SR	Grove City	3.65m 522
3 Andrew Wieder	SR	Utica	3.65m 522
5 Noah McKibben	SO	Ithaca	3.55m 496
6 Gabe Thyne	JR	Rochester	3.45m 469
7 Aaron Lund	SO	Nazareth	3.25m 418
8 Rowan Smith	SO	Susquehanna	3.05m 369
9 Charles Montross	FR	Susquehanna	2.85m 321

Heptathlon: #2 Men Long Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Charles Montross	FR	Susquehanna	6.79m 764
2 Gabe Thyne	JR	Rochester	6.49m 695
3 Aaron Lund	SO	Nazareth	6.46m 688
4 Brandon Kiefer	SO	Stevens	6.39m 673
5 Jack Pomykaj	SO	Nazareth	6.28m 648
6 Gabe Dunlap	SR	Grove City	6.26m 644
7 Rowan Smith	SO	Susquehanna	6.24m 639
8 Andrew Wieder	SR	Utica	6.07m 602
9 Noah McKibben	SO	Ithaca	6.03m 593
10 Jayvee Dumas	SO	TCNJ	5.98m 582

Heptathlon: #3 Men Shot Put Heptathlon

Name	Yr	School	Finals
Finals			
1 Gabe Dunlap	SR	Grove City	11.13m 554
2 Brandon Kiefer	SO	Stevens	10.92m 541
3 Aaron Lund	SO	Nazareth	10.71m 528
4 Gabe Thyne	JR	Rochester	10.24m 500

**All-Atlantic Region
Indoor Track & Field Championships
Nazareth University Golisano Training Center - 3/1/2024 to 3/2/2024
Results**

Finals ... (Heptathlon: #3 Men Shot Put Heptathlon)

Name	Yr	School	Finals
5 Andrew Wieder	SR	Utica	10.10m 492
6 Rowan Smith	SO	Susquehanna	10.06m 489
7 Jack Pomykaj	SO	Nazareth	9.52m 457
8 Jayvee Dumas	SO	TCNJ	9.24m 440
9 Charles Montross	FR	Susquehanna	8.26m 382
10 Noah McKibben	SO	Ithaca	7.68m 347

31) Alvernia	4
34) Hamilton	2
34) Widener	2
36) Scranton	1
36) Franklin & Marshall	1
36) Montclair State	1

Men Heptathlon

Meet: 4980 M 2016 Patrick Rice

Facility: 4951 F 3/7/2020 Jacob Wadsworth

Name	Yr	School	Finals
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Finals

1 Gabe Thyne	JR	Rochester	4653 10
2 Jayvee Dumas	SO	TCNJ	4545 8
3 Jack Pomykaj	SO	Nazareth	4372 6
4 Rowan Smith	SO	Susquehanna	4361 5
5 Aaron Lund	SO	Nazareth	4298 4
6 Gabe Dunlap	SR	Grove City	4272 3
7 Andrew Wieder	SR	Utica	4185 2
8 Charles Montross	FR	Susquehanna	3964 1
9 Noah McKibben	SO	Ithaca	3874

Women - Team Rankings - 18 Events Scored

1) SUNY Geneseo	90.1428
2) Susquehanna	54
3) Rowan	44
4) Utica	40.1428
5) Brockport St.	36.75
6) Rochester	33
7) Rutgers-Newark	32
8) RIT	30
9) TCNJ	29.5
10) Cortland St.	26.1428
11) Ithaca	25.8928
12) Stevens	25.25
13) Buffalo State	25
14) Colby	21
15) Nazareth	19
16) Grove City	18.1428
17) St. Lawrence	18
18) Ramapo	16
19) Oneonta	14
20) Misericordia	13
21) Stockton	10.1428
22) Muhlenberg	10
23) Moravian	9.64285
24) Houghton	9
25) Springfield	8
26) Ursinus	6
27) Westminster (Pa.)	5
27) Williams	5
29) Carnegie Mellon	4.75
30) PSU-Behrend	4.5
31) Lebanon Valley	4
31) Alfred	4

All-Atlantic Region
Indoor Track & Field Championships
Nazareth University Golisano Training Center - 3/1/2024 to 3/2/2024
Results

Men - Team Rankings - 18 Events Scored

1) Rowan	100
2) SUNY Geneseo	54
3) Rochester	50
4) Carnegie Mellon	38.5
5) TCNJ	38
6) Susquehanna	34.5
7) Brockport St.	26
8) SUNY Delhi	24
9) Ursinus	23
10) Cortland St.	22
11) Montclair State	21
11) Springfield	21
11) Utica	21
14) Widener	18
14) Stevenson	18
16) Misericordia	17
17) Nazareth	16
17) Moravian	16
19) Farmingdale St.	14
20) Hamilton	11
20) Ithaca	11
20) Lebanon Valley	11
23) Grove City	10
23) York (Pa.)	10
23) Buffalo State	10
26) St. Lawrence	9
27) PSU-Behrend	8
27) Plattsburgh St.	8
29) RIT	7
30) Scranton	6
30) Fredonia	6
32) Stevens	5
33) Colby	4
34) Stockton	3
34) Oneonta	3
36) Elizabethtown	2
36) Hood	2
36) SUNY Cobleskill	2
39) St. Vincent (Pa.)	1