

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Women 100 Meter Dash

Meet Record: 11.4h #

Michelle Brown

| Name | Yr | School | Finals |
|-------------------------|----|----------------|------------|
| Finals | | | |
| 1 Clarke, Oniesha | SR | Rutgers | 11.85 1.4 |
| 2 Williamson, Trudy-Ann | SO | Villanova | 11.86 1.4 |
| 3 Solan, Imani | SR | Penn | 11.88 1.4 |
| 4 Anderson, Leah | SO | St. John's | 11.88 0.9 |
| 5 Ene, Cecil | JR | Penn | 11.95 1.4 |
| 6 Mitchell, Ariel | SR | La Salle | 11.96 1.4 |
| 7 Dickson, Camille | SO | Penn | 12.12 1.4 |
| 8 Knight, Mia | FR | Penn | 12.16 0.3 |
| 9 Jeffers, Aleisha | SR | Adelphi | 12.21 0.9 |
| 10 Francis, Jhada | SO | Buffalo | 12.25 1.4 |
| 11 Faa, Priscilla | SO | Buffalo | 12.32 1.4 |
| 12 Lanouette, Grace | FR | Princeton | 12.32 -1.1 |
| 13 Little, Kayla | FR | Adelphi | 12.36 0.9 |
| 14 Osei-Boateng, Marion | SO | Albany | 12.40 0.9 |
| 15 Thomas, Ava | FR | Yale | 12.41 0.3 |
| 16 Dodrill, Nicole | JR | Albany | 12.43 0.3 |
| 17 Meade, Kayla | FR | Albany | 12.47 0.9 |
| 18 Lyons, Julia | JR | Boston College | 12.48 0.9 |
| 19 Magassouba, Mariam | SO | Albany | 12.53 0.3 |
| 20 Santana, Brenda | FR | Albany | 12.53 0.9 |
| 21 Morrison, Cleopatra | SR | Rider | 12.60 0.9 |
| 22 Singletary, Travasia | FR | Buffalo | 12.66 0.3 |
| 23 LaForce, Torisha | SR | St. John's | 12.72 -1.1 |
| 24 Wade, Tanaya | SR | Sacred Heart | 12.72 0.3 |
| 25 Wilson, Kiara | FR | Adelphi | 12.90 -0.6 |

Women 200 Meter Dash

Meet Record: 23.48 # 2005

Aliann Pompey

| Name | Yr | School | Finals |
|-------------------------|----|------------|------------|
| Finals | | | |
| 1 Anderson, Leah | SO | St. John's | 23.69 +0.0 |
| 2 Ene, Cecil | JR | Penn | 23.89 +0.0 |
| 3 Davis, Destiny | JR | St. John's | 24.27 +0.0 |
| 4 Sule, Iman | JR | Columbia | 24.43 0.2 |
| 5 Baron, Heide | JR | Princeton | 24.67 +0.0 |
| 6 Dickson, Camille | SO | Penn | 24.73 +0.0 |
| 7 Knight, Mia | FR | Penn | 24.76 +0.0 |
| 8 Diop, Skyy | FR | St. John's | 24.96 +0.0 |
| 9 Boshnak, Aliyah | FR | Yale | 25.10 +0.0 |
| 10 Willingham, Ashley | JR | Princeton | 25.18 0.2 |
| 11 Villarini, Amy | JR | Buffalo | 25.25 0.2 |
| 12 O'Neil, Caroline | SO | Penn | 25.26 +0.0 |
| 13 Ottley, Kafi | JR | St. John's | 25.27 0.2 |
| 14 Little, Kayla | FR | Adelphi | 25.46 +0.0 |
| 15 Thomas, Ava | FR | Yale | 25.51 +0.0 |
| 16 Meade, Kayla | FR | Albany | 25.52 0.1 |
| 17 Walker, Genesis | FR | Rider | 25.58 +0.0 |
| 18 Mitchell, Ariel | SR | La Salle | 25.60 0.2 |
| 19 Furth, Kayleigh | FR | Cornell | 25.83 +0.0 |
| 20 Osei-Boateng, Marion | SO | Albany | 25.87 +0.0 |
| 21 Dodrill, Nicole | JR | Albany | 25.88 +0.0 |

| | | | |
|----------------------|----|---------|------------|
| 22 McMahon, Libby | FR | Yale | 25.95 0.1 |
| 23 Pizarro, Tamartha | JR | Iona | 25.95 0.1 |
| 24 Lee, Kayla | FR | Penn | 26.00 0.1 |
| 25 Seiders, Emma | SO | Buffalo | 26.02 +0.0 |

Women 400 Meter Dash

Meet Record: 53.22 # 2013

Sophie Smellie

| Name | Yr | School | Finals |
|-------------------------|----|----------------|---------|
| Finals | | | |
| 1 Sule, Iman | JR | Columbia | 54.52 |
| 2 Onque-Shabazz, Amari | JR | Villanova | 54.86 |
| 3 Tanaka, Melissa | SO | Penn | 56.22 |
| 4 Buissereth, Gabrielle | FR | Adelphi | 57.15 |
| 5 Strunkey, Arianne | JR | Rutgers | 57.25 |
| 6 Alvarez-Tyler, Ajae | FR | Rutgers | 57.32 |
| 7 Patterson, Jackie | FR | Columbia | 57.34 |
| 8 Furth, Kayleigh | FR | Cornell | 57.74 |
| 9 Ottley, Kafi | JR | St. John's | 57.79 |
| 10 Heil, Monica | JR | Boston College | 57.91 |
| 11 Castronovo, Sophia | FR | Rider | 57.93 |
| 12 Ilelaboye, Mary | FR | Rider | 58.34 |
| 13 Prezume, Mackenzie | FR | Rutgers | 58.45 |
| 14 Isom, Sophie | FR | Yale | 58.56 |
| 15 Perrier, Katriel | FR | Buffalo | 58.62 |
| 16 Lee, Kayla | FR | Penn | 58.62 |
| 17 Roberts, Tamiya | FR | Georgetown | 58.77 |
| 18 Osley, Desirae | JR | La Salle | 58.98 |
| 19 March, Sydney | JR | Buffalo | 59.27 |
| 20 Anderson, Samantha | SO | Princeton | 59.55 |
| 21 Pizarro, Tamartha | JR | Iona | 59.70 |
| 22 Hart, Madison | SO | Misericordia | 59.77 |
| 23 Piiru, Chandi | SR | Monmouth | 59.79 |
| 24 Heckel, Sarah | FR | Boston College | 1:00.40 |
| 25 Kinney, Emma | FR | Boston College | 1:00.43 |

Women 800 Meter Run Seeded

Meet Record: 2:04.70 # 2014

Ajee Wilson

| Name | Yr | School | Finals |
|-------------------------|----|-----------|----------|
| Finals | | | |
| 1 Rogers, Raevyn | | Nike | 2:01.04# |
| 2 Wilson, Allie | SR | Monmouth | 2:03.81# |
| 3 Rodriguez, Deborah | | Herbalife | 2:04.13# |
| 4 McArthur, Rachel | SO | Villanova | 2:07.35 |
| 5 Groom, Sydney | SO | Columbia | 2:07.65 |
| 6 Stratz, Brianna | SR | Monmouth | 2:07.80 |
| 7 Berardo, Jackie | SR | Princeton | 2:09.26 |
| 8 Alonzo, Bianca | JR | Columbia | 2:10.00 |
| 9 Chau, Jocelyn | FR | Yale | 2:11.00 |
| 10 Cantine, Sophie | SO | Princeton | 2:11.07 |
| 11 Jennings, Alexa | SR | Dartmouth | 2:11.11 |
| 12 O'Sullivan, Caroline | FR | Penn | 2:11.72 |
| 13 Claffey, Elise | SR | Brown | 2:11.91 |
| 14 Ohrtman, Kaitlyn | JR | Iona | 2:12.05 |
| 15 Velock, Kyra | SO | Monmouth | 2:12.43 |
| 16 Fordyce, Alie | JR | Princeton | 2:13.09 |
| 17 Danoski, Carly | JR | Moravian | 2:13.14 |

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Princeton University

Results - Friday

Finals ... (Women 800 Meter Run Seeded)

| Name | Yr | School | Finals |
|--------------------|----|------------|---------|
| 18 Stratz, Amber | SR | Monmouth | 2:13.87 |
| 19 Del Gizzo, Lexi | SO | Georgetown | 2:24.71 |

Women 800 Meter Run Unseeded

Meet Record: 2:04.70 # 2014 Ajee Wilson

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

Finals

| | | | |
|----------------------------|----|----------------|---------|
| 1 Villalba, Maddie | JR | Penn | 2:08.16 |
| 2 Rauls, Shari | JR | Brown | 2:12.43 |
| 3 Glossinger, Allison | SR | Princeton | 2:13.50 |
| 4 Rutt, Samantha | FR | Albany | 2:13.86 |
| 5 Leach, Brighie | SR | Princeton | 2:14.17 |
| 6 McGill, Erin | FR | Boston College | 2:14.58 |
| 7 Quimby, Megan | SO | Yale | 2:15.12 |
| 8 Wright, Solange | SO | Albany | 2:15.71 |
| 9 Connolly-Sporing, Hannah | SR | Penn | 2:16.33 |
| 10 Irish, Morgan | JR | Georgetown | 2:17.92 |
| 11 Weiss, Olivia | JR | Sacred Heart | 2:17.96 |
| 12 Lopez-Anido, Rebecca | SO | Wesleyan | 2:18.26 |
| 13 Waleksi, Erica | SR | Chestnut Hill | 2:18.29 |
| 14 Bertscha, Erin | FR | Rutgers | 2:19.55 |
| 15 Jensen, Chloe | SO | Yale | 2:19.60 |
| 16 Gobi, Kate | JR | Georgetown | 2:20.39 |
| 17 Gutter, Sara | FR | Rutgers | 2:20.71 |
| 18 Martin, Clare | SO | Princeton | 2:21.52 |
| 19 Stremme, Rachel | SR | Penn | 2:21.67 |
| 20 Kaminski, Kirsten | SR | Albany | 2:21.86 |
| 21 Rosario, Kayla | FR | Rutgers | 2:23.92 |
| 22 Grady, Alicia | FR | Albany | 2:30.01 |

Women 1500 Meter Run Unseeded

Meet Record: 4:18.84 # 2012 Delilah DiCrescenzo

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

Finals

| | | | |
|-----------------------|----|----------------|---------|
| 1 Spratford, Katrina | | NE Distance | 4:28.70 |
| 2 Jurew, Anna | SR | Princeton | 4:33.86 |
| 3 Archer, Lauren | JR | Dartmouth | 4:37.70 |
| 4 DeLoreto, Katherine | SO | Boston College | 4:41.22 |
| 5 Martin, Jessica | SR | Boston College | 4:42.02 |
| 6 Harsch, Carole | SR | Penn | 4:43.65 |
| 7 Hergenrother, Laura | SR | Princeton | 4:43.68 |
| 8 Mitchell, Julia | SR | Wesleyan | 4:44.13 |
| 9 Viscontino, Karli | SR | Penn | 4:44.41 |
| 10 De Lucia, Bianca | JR | Sacred Heart | 4:44.83 |
| 11 Hughes, Kaleigh | SO | Villanova | 4:45.03 |
| 12 Bragen, Kaitlyn | SO | Rutgers | 4:45.43 |
| 13 Nuechertlein, Zoe | SO | Yale | 4:45.52 |
| 14 Lazarou, Olivia | FR | Iona | 4:47.16 |
| 15 Martin, Clare | SO | Princeton | 4:47.29 |
| 16 Hayes, Niamh | SO | Penn | 4:47.88 |
| 17 Babski, Olivia | FR | Penn | 4:48.10 |
| 18 Fuller, Brittany | JR | Buffalo | 4:48.32 |
| 19 Bergman, Emma | SO | Rutgers | 4:48.45 |
| 20 Endres, Erin | JR | Princeton | 4:48.87 |

| | | | |
|----------------------|----|----------------|---------|
| 21 Pillard, Sarah | SO | Yale | 4:50.24 |
| 22 Criscuolo, Emily | SO | Boston College | 4:50.50 |
| 23 Breyer, Marie-Fee | SR | Princeton | 4:51.45 |
| 24 Mialhe, Lou | SO | Rutgers | 4:51.83 |
| 25 Chapey, Lauren | JR | Yale | 4:52.86 |

Women 1500 Meter Run Seeded

Meet Record: 4:18.84 # 2012 Delilah DiCrescenzo

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

Finals

| | | | |
|--------------------------|----|------------------|----------|
| 1 Wilson, Ajee | | Adidas | 4:13.75# |
| 2 Hutchinson, Nicole | SR | Villanova | 4:14.01# |
| 3 Wagner, Gillian | FR | Princeton | 4:24.62 |
| 4 Offstein, Madison | SR | Princeton | 4:25.16 |
| 5 Ryan, Lauren | SO | Villanova | 4:26.09 |
| 6 Oskan-Clarke, Shelayna | | New Balance | 4:27.39 |
| 7 Dougherty, Claire | JR | Dartmouth | 4:27.58 |
| 8 Bockoven, Sammy | SR | Villanova | 4:27.99 |
| 9 Fear, Georgia | JR | Dartmouth | 4:28.81 |
| 10 Ryan, Olivia | SR | Penn | 4:30.15 |
| 11 Sapone, Lauren | JR | Dartmouth | 4:30.22 |
| 12 Ghazarian, Sevanne | SO | Yale | 4:30.53 |
| 13 Valentine, Samantha | SO | Brown | 4:30.82 |
| 14 Campbell, Ann | SR | Villanova | 4:31.20 |
| 15 Sumner, Madeleine | JR | Princeton | 4:31.65 |
| 16 Chittenden, Melia | SO | Princeton | 4:32.04 |
| 17 Seykora, Maria | | Princeton Alumni | 4:33.69 |
| 18 Catania, Julianna | JR | Penn | 4:36.96 |
| 19 Scheriff, Jessica | SR | Iona | 4:37.07 |
| 20 Lord, Arianna | JR | Yale | 4:37.11 |
| 21 Warner, Marin | SR | Penn | 4:37.55 |
| 22 Condell, Alyssa | SO | Penn | 4:38.45 |
| 23 Thompson, Grace | SR | Dartmouth | 4:38.93 |
| 24 Dekker, Eliza | SR | Dartmouth | 4:39.73 |
| 25 Rancan, Christina | JR | Penn | 4:42.65 |

Women 5000 Meter Run Unseeded

Meet Record: 16:05.52 # 2006 Cack Ferrell

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

Finals

| | | | |
|---------------------|----|------------------|----------|
| 1 Sullivan, Meggie | | CPTC New Balance | 17:18.53 |
| 2 Kennedy, Isabelle | SR | Boston College | 17:21.77 |
| 3 Sliney, Colleen | SO | Boston College | 17:41.53 |
| 4 Vaughn, Mary Kate | JR | Boston College | 17:48.79 |
| 5 Barry, Caroline | FR | Boston College | 17:50.97 |
| 6 Lomascolo, Olivia | FR | Siena | 17:53.86 |
| 7 Suss, Rachel | JR | Yale | 17:54.50 |
| 8 Grahn, Kayla | SR | Georgetown | 17:55.61 |
| 9 Cary, Emma | SR | Sacred Heart | 17:56.69 |
| 10 Zack, Kierra | SR | Eastern | 17:58.22 |
| 11 Steffke, Hannah | JR | Yale | 18:02.38 |
| 12 Sanders, Alyssa | SO | Rowan | 18:03.40 |
| 13 Hartz, Meredith | SR | Misericordia | 18:09.84 |
| 14 Burns, Alison | JR | Boston College | 18:13.70 |
| 15 Marvin, Sarah | SR | Boston College | 18:15.92 |
| 16 Aldridge, Alyssa | FR | Georgetown | 18:17.93 |

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Princeton University

Results - Friday

Finals ... (Women 5000 Meter Run Unseeded)

| Name | Yr | School | Finals |
|------|---------------------|-------------------|----------|
| 17 | Zendell, Kate | SR Yale | 18:21.52 |
| 18 | Novotni, Natalie | SO Moravian | 18:23.75 |
| 19 | Pellegrini, Carolyn | JR Siena | 18:24.99 |
| 20 | Visaggio, Olivia | FR Misericordia | 18:29.01 |
| 21 | Flower, Julia | JR Iona | 18:30.44 |
| 22 | Guilfoyle, Noreen | FR Albany | 18:41.36 |
| 23 | Kattman, Gaelyn | SO Sacred Heart | 18:42.67 |
| 24 | Mowrey, Kate | JR Lebanon Valley | 18:43.74 |
| 25 | Pepe, Rowan | SO Misericordia | 18:43.98 |

Women 5000 Meter Run Seeded

Meet Record: 16:05.52 # 2006 Cack Ferrell

| Name | Yr | School | Finals |
|------|------------------------|------------------|----------|
| 1 | Stevenson, Julia | JR Dartmouth | 16:45.92 |
| 2 | Kingham, Victoria | CPTC New Balance | 16:46.97 |
| 3 | Srou, Lucy | SR Brown | 16:55.36 |
| 4 | Forman, Sarah | SR Siena | 16:58.60 |
| 5 | Anderson, Lillian | SR Dartmouth | 17:04.52 |
| 6 | Gong, Maryann | CPTC New Balance | 17:05.18 |
| 7 | Schoen, Clare | JR Misericordia | 17:07.66 |
| 8 | Leggat-Barr, Katherine | SO Princeton | 17:19.18 |
| 9 | Murphy, Glennis | SO Dartmouth | 17:22.04 |
| 10 | Moynihan, Orlaith | JR Iona | 17:25.58 |
| 11 | Johnson, Sydney | JR Siena | 17:26.76 |
| 12 | Johnson, Camryn | JR Siena | 17:31.84 |
| 13 | Avila, Indra | Unattached | 17:36.63 |
| 14 | Castaneda, Sierra | SO Princeton | 17:37.79 |
| 15 | Iocca, Kelly | SO Albany | 17:43.32 |
| 16 | Molloy, Hannah | JR Iona | 18:00.00 |
| 17 | Visca, Mary | SR Stevens Inst | 18:19.19 |

Women 10000 Meter Run

Meet Record: 34:21.08 # 2013 Abby Levene

| Name | Yr | School | Finals |
|------|----------------|-------------|-----------|
| 1 | Hassett, Dylan | NE Distance | 34:20.51# |

Women 100 Meter Hurdles

Meet Record: 13.88 # 4/6/2018 Breanne Bygrave

| Name | Yr | School | Prelims |
|------|--------------------|-------------------|--------------|
| 1 | Gardner, Sara | SR Rider | # 13.68Q0.4 |
| 2 | Randolph, Ellie | SR Princeton | # 13.80Q+0.0 |
| 3 | Hilditch, Isabella | FR Princeton | # 13.83Q-0.3 |
| 4 | Souter, Kasja | FR Princeton | 14.43Q-0.8 |
| 5 | Barnes, Meghan | SR Penn | 14.47q-0.3 |
| 6 | Wilson, Skyla | FR Penn | 14.57q-0.8 |
| 7 | Milledge, Vickie | SO Georgetown | 14.57q+0.0 |
| 8 | Rizek, Haley | FR Penn | 14.79q+0.0 |
| 9 | Sebastian, Chenoa | SR St. John's | 14.94 0.4 |
| 10 | Brown-Soler, Elena | JR Penn | 14.95 -0.8 |
| 11 | Creedon, Jessica | SO Boston College | 15.01 0.4 |
| 12 | Wende, Christina | FR Buffalo | 15.15 -0.8 |

| | | | |
|----|------------------|-------------------|------------|
| 13 | Assongba, Yvette | FR Rider | 15.23 -0.3 |
| 14 | Taylor, Emma | JR Boston College | 15.30 -0.3 |
| 15 | Lodge, Frances | SR Princeton | 15.33 -0.3 |
| 16 | Lindo, Dav | FR Yale | 15.42 -0.3 |
| 17 | Bigelow, Dyani | SO Rider | 15.43 0.4 |
| 18 | Coleman, Ava | SR Villanova | 15.59 -0.8 |
| 19 | Schmidt, Lindsey | SO Princeton | 15.62 0.4 |
| 20 | Kilmer, Jillian | JR Sacred Heart | 15.79 -0.3 |
| 21 | Morgan, Olivia | FR Villanova | 15.83 -0.8 |
| 22 | Hubbard, Mariah | JR Monmouth | 15.88 +0.0 |
| 23 | Frazier, Antonia | SO St. John's | 15.98 0.4 |
| 24 | Gibbs, Janelle | SR Monmouth | 16.08 +0.0 |
| 25 | Antal, Elsa | FR Buffalo | 16.15 +0.0 |

Women 100 Meter Hurdles

Meet Record: 13.88 # 4/6/2018 Breanne Bygrave

| Name | Yr | School | Finals |
|------|------------------|---------------|------------|
| 1 | Gardner, Sara | SR Rider | 13.71# 1.1 |
| 2 | Barnes, Meghan | SR Penn | 14.25 1.1 |
| 3 | Wilson, Skyla | FR Penn | 14.27 1.1 |
| 4 | Souter, Kasja | FR Princeton | 14.40 1.1 |
| 5 | Milledge, Vickie | SO Georgetown | 14.59 1.1 |
| 6 | Rizek, Haley | FR Penn | 14.81 1.1 |

Women 400 Meter Hurdles

Meet Record: 58.17 # 2012 Wendy Fawn-Dorr

| Name | Yr | School | Finals |
|------|-------------------------|-------------------|---------|
| 1 | Bonnet, Carly | SR Princeton | 1:00.01 |
| 2 | Coy, Addison | SO Yale | 1:00.25 |
| 3 | Block-Funkhouser, Devon | JR Princeton | 1:02.37 |
| 4 | Bigelow, Dyani | SO Rider | 1:02.47 |
| 5 | Byrnes, Ellen | FR Penn | 1:02.52 |
| 6 | Rizek, Haley | FR Penn | 1:03.02 |
| 7 | Berry, Nicole | JR Rider | 1:03.14 |
| 8 | Taylor, Emma | JR Boston College | 1:03.47 |
| 9 | Yatsko, Abbey | JR Cornell | 1:03.74 |
| 10 | Sebastian, Chenoa | SR St. John's | 1:03.95 |
| 11 | Sandy, Bryann | SO Georgetown | 1:04.22 |
| 12 | Brown-Soler, Elena | JR Penn | 1:04.24 |
| 13 | Johnson, Joshonda | SO Rider | 1:04.92 |
| 14 | Seiders, Hannah | JR Buffalo | 1:05.37 |
| 15 | LaForce, Torisha | SR St. John's | 1:06.06 |
| 16 | Griffin, Gabrielle | FR Adelphi | 1:06.71 |
| 17 | McNeil, Hannah | JR Boston College | 1:07.10 |
| 18 | Letros, Adrianna | JR Villanova | 1:08.99 |
| 19 | Wisowaty, Jessica | FR Monmouth | 1:09.04 |
| 20 | Whichard, Fahra | FR Sacred Heart | 1:09.42 |
| 21 | Heckel, Sarah | FR Boston College | 1:10.11 |

Women 3000 Meter Steeplechase

Meet Record: 9:50.54 # 2012 Ashley Higginson

| Name | Yr | School | Finals |
|------|--------------------|--------------|----------|
| 1 | Klimkiewicz, Allie | SR Princeton | 10:23.42 |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Women 3000 Meter Steeplechase)

| Name | Yr | School | Finals |
|----------------------|----|--------------|----------|
| 2 Stowe, Rebecca | | Unattached | 10:39.76 |
| 3 Modrall, Katherine | FR | Georgetown | 10:52.48 |
| 4 Sessa, Rachel | FR | Georgetown | 11:02.04 |
| 5 Brazil, Abigail | SO | Dartmouth | 11:12.99 |
| 6 Dammer, Katie | FR | Georgetown | 11:16.31 |
| 7 Thorne, Jacqueline | JR | Sacred Heart | 11:19.85 |
| 8 Glover, Breanna | FR | Dartmouth | 11:19.90 |
| 9 Machabee, Holly | JR | Albany | 11:19.95 |

Women 4x100 Meter Relay

Meet Record: 45.80 # 4/6/2018 Penn

B Biney, T McCorkle, C Dickson, C Ene

| Team | Relay | Finals |
|--------------------------|----------------------------|--------|
| Finals | | |
| 1 St. John's | A | 46.64 |
| 1) Joyner, Ja'Tae FR | 2) Anderson, Leah SO | |
| 3) Diop, Skyy FR | 4) Davis, Destiny JR | |
| 2 Princeton | A | 46.72 |
| 1) Randolph, Ellie SR | 2) Willingham, Ashley JR | |
| 3) Lanouette, Grace FR | 4) Hilditch, Isabella FR | |
| 3 Buffalo | A | 47.54 |
| 1) Faa, Priscilla SO | 2) Francis, Jhada SO | |
| 3) Villarini, Amy JR | 4) Singletary, Travasia FR | |
| 4 Albany | A | 48.07 |
| 1) Dodrill, Nicole JR | 2) Santana, Brenda FR | |
| 3) Magassouba, Mariam SO | 4) Osei-Boateng, Marion SO | |
| 5 Yale | A | 48.12 |
| 1) Isom, Sophie FR | 2) Boshnak, Aliyah FR | |
| 3) Enes, Lillian SO | 4) Drysch, Lauren SO | |
| 6 Adelphi | A | 48.19 |
| 1) Jeffers, Aleisha SR | 2) Major, Victoria JR | |
| 3) Little, Kayla FR | 4) Wilson, Kiara FR | |
| 7 Rider | A | 48.79 |
| 1) Castronovo, Sophia FR | 2) Walker, Genesis FR | |
| 3) Assongba, Yvette FR | 4) Gardner, Sara SR | |
| 8 Boston College | A | 48.90 |
| 1) Taylor, Emma JR | 2) Heil, Monica JR | |
| 3) Kinney, Emma FR | 4) Lyons, Julia JR | |
| 9 Yale | B | 49.70 |
| 1) Tessier, Arielle SO | 2) McMahon, Libby FR | |
| 3) Stavig, Lauren FR | 4) Thomas, Ava FR | |
| 10 Sacred Heart | A | 49.71 |
| 1) Forcucci, Adriana JR | 2) Brody, Tara FR | |
| 3) Hoyos, Antonia SO | 4) Wade, Tanaya SR | |
| 11 Sacred Heart | B | 53.33 |
| 1) Kavarsky, Alexa FR | 2) Rampersad, Ahjante FR | |
| 3) Hefty, Kaitlin FR | 4) DeGennaro, Brianna SO | |

Women 4x400 Meter Relay

Meet Record: 3:45.30 # 4/8/2017

H Baron, A Willingham, M Craver, E Steele

| Team | Relay | Finals |
|-------------------------------|-----------------------------|---------|
| Finals | | |
| 1 Princeton | A | 3:48.48 |
| 1) Anderson, Samantha SO | 2) Bonnet, Carly SR | |
| 3) Block-Funkhouser, Devon JF | 4) Willingham, Ashley JR | |
| 2 Adelphi | A | 3:51.39 |
| 1) Jeffers, Aleisha SR | 2) Buissereth, Gabrielle FR | |
| 3) Griffin, Gabrielle FR | 4) Major, Victoria JR | |
| 3 Boston College | A | 3:53.87 |
| 1) Heil, Monica JR | 2) McGill, Erin FR | |
| 3) Gothers, Abigail JR | 4) Bender, Gianna SR | |
| 4 Buffalo | A | 3:54.26 |
| 1) Perrier, Katriel FR | 2) March, Sydney JR | |
| 3) Seiders, Emma SO | 4) Villarini, Amy JR | |
| 5 Yale | A | 3:55.07 |
| 1) Osborne, Emma SO | 2) Drysch, Lauren SO | |
| 3) Boshnak, Aliyah FR | 4) Isom, Sophie FR | |
| 6 Rider | A | 3:55.99 |
| 1) Johnson, Joshonda SO | 2) Berry, Nicole JR | |
| 3) Castronovo, Sophia FR | 4) Ilelaboye, Mary FR | |
| 7 Albany | A | 4:00.83 |
| 8 Boston College | B | 4:05.73 |
| 1) Heckel, Sarah FR | 2) Criscuolo, Emily SO | |
| 3) DeLoreto, Katherine SO | 4) McNeil, Hannah JR | |
| 9 Iona | A | 4:10.48 |
| 1) Kearley, Julia JR | 2) Morenaite, Egle SO | |
| 3) Nuttall, Gemma JR | 4) Murphy, Sophie SO | |
| 10 Sacred Heart | A | 4:11.59 |
| 1) King, Devyn SO | 2) Kilmer, Jillian JR | |
| 3) Weiss, Olivia JR | 4) Whichard, Fahra FR | |
| 11 Sacred Heart | C | 4:19.90 |
| 1) Torres, Shannon SO | 2) Thibodeau, Brenna SO | |
| 3) Vega, Gabrielle SO | 4) Lynch, Victoria JR | |

Women High Jump

Meet Record: 1.84m # 2006

Deidra Mullen

| Name | Yr | School | Finals |
|-----------------------|----|----------------|--------|
| Finals | | | |
| 1 Major, Victoria | JR | Adelphi | 1.70m |
| 2 Schmidt, Lindsey | SO | Princeton | 1.65m |
| 3 Bithell, Quinn | JR | Rider | 1.65m |
| 4 Welsh, Olivia | JR | Penn | 1.65m |
| 5 Wilhoite, Hadley | JR | Princeton | 1.60m |
| 5 Moreau, Claire | FR | Penn | 1.60m |
| 5 Hjelm, Samantha | JR | Buffalo | 1.60m |
| 8 Mooney, Olivia | JR | Yale | 1.60m |
| 9 Gothers, Abigail | JR | Boston College | 1.60m |
| 9 Calabrese, Sofia | SR | Villanova | 1.60m |
| 11 Adelson, Elizabeth | JR | Yale | 1.60m |
| 12 Wagner, Reilly | SR | Misericordia | 1.55m |
| 13 Angelini, Chloe | SR | Monmouth | 1.55m |
| 13 Souter, Kasja | FR | Princeton | 1.55m |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Women High Jump)

| Name | Yr | School | Finals |
|-------------------|----|-----------|--------|
| 13 Lodge, Frances | SR | Princeton | 1.55m |
| 16 Thorne, Selena | JR | Rutgers | 1.50m |

Women Pole Vault

Meet Record: 3.95m # 2012 Abigail Schaffer

Meet Record: 3.95m # 4/9/2016 Allison Harris

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

Finals

| | | | |
|------------------------|----|-----------|-------|
| 1 Schroeder, Katherine | JR | Penn | 3.80m |
| 2 Preston, Ashley | FR | Villanova | 3.65m |
| 2 Borstlap, Hanne | FR | Princeton | 3.65m |
| 4 McNelis, Amanda | SO | Villanova | 3.50m |

Women Long Jump

Meet Record: 6.13m # 2012 Aurelie Talbot

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

Finals

| | | | |
|-----------------------|----|----------------|------------|
| 1 Dickson, Camille | SO | Penn | 5.73m -0.5 |
| 2 Lyons, Julia | JR | Boston College | 5.69m +0.0 |
| 3 Schoenauer, Kathryn | JR | Penn | 5.68m NWI |
| 4 Clarke, Oniesha | SR | Rutgers | 5.61m -1.4 |
| 5 Bauer, Lindsay | JR | Rider | 5.52m -1.3 |
| 6 Simmons, Jacqueline | SO | Rutgers | 5.49m +0.0 |
| 6 Joyner, Ja'Tae | FR | St. John's | 5.49m NWI |
| 8 Baston, Patrice | SR | Monmouth | 5.47m +0.0 |
| 9 Hubbard, Mariah | JR | Monmouth | 5.10m NWI |
| 10 Sanchez, Gabriela | FR | Rutgers | 5.01m -0.7 |
| 11 Patrick, Alexandra | SR | Villanova | 4.90m 0.8 |

Women Triple Jump

Meet Record: 12.81m # 2012 Nadie Eke

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

Finals

| | | | |
|-------------------------|----|--------------|-------------|
| 1 Davidson, Kerri | SR | Princeton | 12.20m +0.0 |
| 2 Donou, Gloria | SR | Villanova | 11.86m -0.3 |
| 3 Rodriguez, Yohanny | JR | Rider | 11.81m -1.6 |
| 4 Barr, Zia | FR | Rutgers | 11.73m -0.1 |
| 5 Hubbard, Mariah | JR | Monmouth | 11.52m +0.0 |
| 6 Steele, Kara | SO | Princeton | 11.49m 0.5 |
| 7 Akinniyi, Eni | FR | Georgetown | 11.41m NWI |
| 8 Baston, Patrice | SR | Monmouth | 11.38m 0.9 |
| 9 Wende, Christina | FR | Buffalo | 11.14m -1.0 |
| 10 DeGennaro, Brianna | SO | Sacred Heart | 11.12m +0.0 |
| 11 Belgrave, Amanda | FR | St. John's | 10.96m 0.1 |
| 12 Hoyos, Antonia | SO | Sacred Heart | 10.83m +0.0 |
| 13 Ciccarrone, Kathleen | JR | Villanova | 10.74m +0.0 |

Women Shot Put

Meet Record: 15.40m # 2015 Chioma Onyekwere

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

Finals

| | | | |
|-----------------|----|------------|--------|
| 1 Kimmel, Maura | JR | Penn | 14.96m |
| 2 Vasen, Emma | FR | Yale | 14.69m |
| 3 Berry, Amarys | JR | St. John's | 14.49m |

| | | | |
|----------------------|----|------------|--------|
| 4 Taub, Allison | SR | Monmouth | 14.42m |
| 5 Offiaeli, Kendra | JR | Brown | 14.38m |
| 6 Jules, Fidele | SO | Rider | 14.26m |
| 7 Hunter, Ronetta | JR | Rider | 13.44m |
| 8 Amonu, Chibuzo | SO | Monmouth | 13.15m |
| 9 Light, Catherine | FR | Monmouth | 12.88m |
| 10 Coles, Onnie | SR | Monmouth | 12.59m |
| 11 Morillo, Samantha | FR | St. John's | 12.49m |
| 12 Van Note, Jasmine | FR | Rutgers | 11.70m |
| 13 Blamon, Prisca | SO | Monmouth | 10.04m |
| 14 Souter, Kasja | FR | Princeton | 9.93m |
| 15 Lodge, Frances | SR | Princeton | 9.56m |
| 16 Schmidt, Lindsey | SO | Princeton | 9.37m |

Women Discus Throw

Meet Record: 52.69m # 4/6/2018 Obiageri Amaechi

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

Finals

| | | | |
|-----------------------|----|--------------|---------|
| 1 Amaechi, Obiageri | SO | Princeton | 57.22m# |
| 2 Anumba, Ashley | SO | Penn | 53.14m# |
| 3 Crawford, Jae | FR | Brown | 45.65m |
| 4 Taub, Allison | SR | Monmouth | 44.51m |
| 5 Harisay, Julia | SO | Princeton | 44.32m |
| 6 McCreedy, Molly | FR | Buffalo | 44.25m |
| 7 Berry, Ashley | SR | Rider | 43.06m |
| 8 Odoemene, Jennifer | SR | St. John's | 42.50m |
| 9 Bradway, Madelyn | SO | Sacred Heart | 41.95m |
| 10 Morris, Jalah | FR | Princeton | 41.87m |
| 11 Offiaeli, Kendra | JR | Brown | 40.89m |
| 12 Patterson, Alladia | SO | Yale | 37.39m |
| 13 Mckenzie, Brianna | FR | Buffalo | 33.86m |

Women Hammer Throw

Meet Record: 68.71m # 2014 Julia Ratcliffe

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

Finals

| | | | |
|----------------------|----|--------------|--------|
| 1 Wilson, Rachel | SR | Penn | 63.89m |
| 2 Scott-Young, Ellen | JR | Princeton | 55.75m |
| 3 Bjorkman, Nina | FR | Manhattan | 54.54m |
| 4 Odoemene, Jennifer | SR | St. John's | 54.45m |
| 5 Mckenzie, Brianna | FR | Buffalo | 54.45m |
| 6 Wildermuth, Jordan | JR | Monmouth | 49.85m |
| 7 Amonu, Chibuzo | SO | Monmouth | 48.21m |
| 8 Bradway, Madelyn | SO | Sacred Heart | 46.32m |
| 9 Vasen, Emma | FR | Yale | 44.60m |
| 10 Pignataro, Alexis | SR | Rider | 43.90m |
| 11 Blamon, Prisca | SO | Monmouth | 43.30m |
| 12 Roberts, Evelyn | SR | Yale | 40.88m |

Women Javelin Throw

Meet Record: 52.54m # 4/8/2017 Dominique Ouellette

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

Finals

| | | | |
|---------------------|----|----------------|--------|
| 1 Reyes, Esmeralda | SO | St. John's | 43.20m |
| 2 West, Kirsten | FR | Penn | 43.05m |
| 3 Sinkewicz, Amanda | JR | Boston College | 40.44m |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Women Javelin Throw)

| Name | Yr | School | Finals |
|----------------------|----|--------------|--------|
| 4 Tanner, Lauren | SO | Sacred Heart | 39.51m |
| 5 D'Amato, Nina | SO | St. John's | 36.58m |
| 6 Wesley, Sara | JR | Buffalo | 34.62m |
| 7 Harisay, Julia | SO | Princeton | 34.12m |
| 8 Rich, Sierrah | FR | Sacred Heart | 31.64m |
| 9 Barilla, Isabella | JR | Monmouth | 30.91m |
| 10 Sawyer, Mikaela | SR | Princeton | 26.01m |
| 11 Feshbach, Natasha | JR | Yale | 20.01m |

Men 100 Meter Dash

Meet Record: 10.3h #

Mark Johnson

| Name | Yr | School | Finals |
|-------------------------|----|--------------|------------|
| 1 Ndhlovu, Simang'Aliso | FR | Princeton | 10.64 0.2 |
| 2 Gallen, Troy | SR | Villanova | 10.75 0.2 |
| 3 Pierce, Sterling | SR | Rutgers | 10.80 0.2 |
| 4 Carbone, Austin | SO | Princeton | 10.80 0.2 |
| 5 McGrath, Joe | JR | Princeton | 10.96 0.2 |
| 6 Chen, Ethan | JR | Penn | 10.97 0.2 |
| 7 Fullerton, Kevin | SO | Iona | 11.00 -0.4 |
| 8 Macauley, Kyle | JR | Yale | 11.00 0.2 |
| 9 Barriffe, D'Andre | FR | Georgetown | 11.07 0.2 |
| 10 Young, Alexander | JR | Yale | 11.11 -0.4 |
| 11 Dufane, Quaheem | SR | Sacred Heart | 11.12 -1.7 |
| 12 Cumberbatch, Josiah | SO | Nyack | 11.14 0.1 |
| 13 Brown, Denzell | SO | Georgetown | 11.14 -1.7 |
| 14 Bridgett, A'Nan | FR | Rutgers | 11.15 -0.4 |
| 15 Cephas, Michael | JR | Rider | 11.15 -0.4 |
| 16 Zuccaro, Phil | FR | Yale | 11.17 -0.4 |
| 17 Rhoden, Romaine | FR | Monmouth | 11.21 -1.7 |
| 18 Smallwood, Marcquis | SO | Rider | 11.28 -1.7 |
| 19 Dixon, Jowell | FR | Albany | 11.29 0.1 |
| 20 Wendt, Weston | FR | Penn | 11.31 -0.4 |
| 21 Whitsett, Demetri | SO | Penn | 11.31 -0.4 |
| 22 Colangelo, John | JR | Princeton | 11.33 -0.4 |
| 23 Somoza, Michael | FR | Sacred Heart | 11.38 0.1 |
| 24 Umuhuza, Blaise | FR | Albany | 11.46 -1.7 |
| 25 Parker, Brandon | SO | Sacred Heart | 11.50 -1.7 |

Men 200 Meter Dash

Meet Record: 20.9h #

Rort Hargrove

| Name | Yr | School | Finals |
|-------------------------|----|-----------|-----------|
| 1 Pierce, Sterling | SR | Rutgers | 21.46 2.0 |
| 2 Ayhan, Ekrem | SO | Yale | 21.51 2.0 |
| 3 Sholars, Gregory | FR | Princeton | 21.74 0.5 |
| 4 Bush, Richard | SO | Villanova | 21.75 2.0 |
| 5 Sei, Juma | FR | Yale | 21.75 0.5 |
| 6 Carbone, Austin | SO | Princeton | 21.85 1.8 |
| 7 Custodio, Felipe | SO | Adelphi | 21.85 0.5 |
| 8 Ndhlovu, Simang'Aliso | FR | Princeton | 21.90 0.5 |
| 9 Herrick, Tyler | JR | Penn | 21.92 0.5 |
| 10 Fullerton, Kevin | SO | Iona | 21.93 2.0 |
| 11 Smallwood, Marcquis | SO | Rider | 22.02 1.8 |

| | | | |
|-------------------------|----|-----------|-----------|
| 12 Duchow, William | SR | Penn | 22.08 1.8 |
| 13 Cheung, Enoch | FR | Penn | 22.11 2.0 |
| 14 Phillippy, Michael | FR | Princeton | 22.14 0.5 |
| 15 Young, Alexander | JR | Yale | 22.14 2.0 |
| 16 Forson, Prince | SO | Iona | 22.19 1.1 |
| 17 Nartey, Desmond | JR | Adelphi | 22.20 1.8 |
| 18 Oden, Kyle | JR | Penn | 22.22 1.8 |
| 19 Zuccaro, Phil | FR | Yale | 22.23 1.1 |
| 20 Rhoden, Romaine | FR | Monmouth | 22.25 1.1 |
| 21 Cephas, Michael | JR | Rider | 22.25 2.0 |
| 22 Brock, Amir | SO | Villanova | 22.26 0.5 |
| 23 Morris, Gyasi | JR | Buffalo | 22.30 1.1 |
| 24 Colbert, Christopher | FR | Yale | 22.56 2.0 |
| 25 Willis, Semaj | FR | Rutgers | 22.57 2.0 |

Men 400 Meter Dash

Meet Record: 47.20 # 2010 Mike Eddy

| Name | Yr | School | Finals |
|--------------------------|----|--------------|--------|
| 1 Leake, Lawrence | SO | Georgetown | 47.87 |
| 2 Malko, Russell | SR | Rider | 48.04 |
| 3 Alleyne, Nate | SO | Georgetown | 48.15 |
| 4 Bender, Ryan | SO | Penn | 48.26 |
| 5 Green, James | FR | Rider | 48.48 |
| 6 Matthews, Connor | JR | Princeton | 48.65 |
| 7 Montilus, Malcolm | SR | NYU | 48.79 |
| 8 Bush, Richard | SO | Villanova | 49.26 |
| 9 Custodio, Felipe | SO | Adelphi | 49.28 |
| 10 Brock, Amir | SO | Villanova | 49.30 |
| 11 Bransford, Cole | SR | Princeton | 49.39 |
| 12 Boyer, Jerome | FR | Rider | 49.42 |
| 13 Ingraham, Tahkwan | FR | Rider | 49.49 |
| 14 Duchow, William | SR | Penn | 49.62 |
| 15 Lampinen, Ville | SR | Villanova | 49.72 |
| 16 Hill, Connor | SR | Yale | 50.15 |
| 17 Nartey, Desmond | JR | Adelphi | 50.29 |
| 18 Akil, Isaiah | SR | La Salle | 50.92 |
| 19 Devine, Daniel | FR | NYU | 51.24 |
| 20 Pelletier, Nicholas | FR | Sacred Heart | 51.25 |
| 21 Avolio, Thomas | SO | Rider | 51.31 |
| 22 Novak, Joseph | SR | Penn | 51.44 |
| 23 Graca, Elias | SR | Penn | 51.54 |
| 24 Burnett-Small, Fergal | JR | Yale | 52.09 |
| 25 Armstrong, Khalid | FR | Albany | 52.24 |

Men 800 Meter Run Unseeded

Meet Record: 1:49.02 # 2012 Selasi Lumax

| Name | Yr | School | Finals |
|--------------------|----|-----------|---------|
| 1 Barnes, Eric | SO | Rutgers | 1:53.44 |
| 2 Spiezio, Jeremy | SR | Princeton | 1:55.08 |
| 3 Bonanotte, Jacob | SO | Villanova | 1:55.66 |
| 4 Zaleck, Ed | SR | Rutgers | 1:56.08 |
| 5 Klopff, Robert | SR | Penn | 1:56.15 |
| 6 Swift, Kohl | JR | Yale | 1:56.56 |
| 7 Hofer, Alec | SO | Ithaca | 1:56.71 |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Men 800 Meter Run Unseeded)

| Name | Yr | School | Finals |
|---------------------|----|---------------|---------|
| 8 Smith, Chris | FR | Rutgers | 1:56.73 |
| 9 Sandvold, Cole | SO | Princeton | 1:57.24 |
| 10 Kamat, Soham | SR | NYU | 1:57.53 |
| 11 Muldoon, Daniel | SR | Buffalo | 1:57.87 |
| 12 Demos, Dimitri | SR | Rutgers | 1:57.96 |
| 13 Lawrence, Jordon | SO | Albany | 1:58.71 |
| 14 Thompson, Scott | FR | Princeton | 1:58.86 |
| 15 DiCello, Jacob | JR | Chestnut Hill | 2:01.20 |
| 16 Grossman, Matt | JR | Princeton | 2:02.87 |
| 17 Anzano, Drake | SO | Princeton | 2:08.51 |

Men 800 Meter Run Seeded

Meet Record: 1:49.02 # 2012 Selasi Lumax

| Name | Yr | School | Finals |
|-----------------------|----|---------------|---------|
| Finals | | | |
| 1 Fiore, Luciano | JR | Siena | 1:51.66 |
| 2 Peralta, Luis | | Leonia TC | 1:51.77 |
| 3 Reyes, Tayron | | Leonia TC | 1:52.00 |
| 4 Kibet, Evans | JR | Siena | 1:52.08 |
| 5 Crimmins, Brian | | NE Distance | 1:52.34 |
| 6 Wyman, Cameron | SO | Yale | 1:52.50 |
| 7 DiLaurenzio, Louis | FR | Monmouth | 1:53.23 |
| 8 Somerville, Joe | JR | Albany | 1:53.80 |
| 9 DeGraw, Evan | JR | Albany | 1:54.16 |
| 10 Colby, Trevor | SR | Dartmouth | 1:54.90 |
| 11 Thurston, Michael | JR | Dartmouth | 1:54.91 |
| 12 Galvin, Danny | JR | Iona | 1:54.95 |
| 13 Tanner, Simpson | SR | Dartmouth | 1:55.58 |
| 14 Sartini, Joseph | SO | Princeton | 1:55.59 |
| 15 Siff-Scherr, Aaron | FR | Penn | 1:55.89 |
| 16 Rafferty, Ryan | JR | Monmouth | 1:56.09 |
| 17 Morris, Aaron | JR | Chestnut Hill | 1:56.26 |
| 18 Twist, Michael | | Unattached | 1:57.81 |
| 19 Ragone, Charlie | JR | Albany | 2:01.23 |

Men 1500 Meter Run Unseeded

Meet Record: 3:45.00 # 2010 Kyle Merber

| Name | Yr | School | Finals |
|-------------------------|----|------------|---------|
| Finals | | | |
| 1 Spiezio, Jeremy | SR | Princeton | 3:53.22 |
| 2 Poynter, Mitchell | JR | Penn | 3:53.88 |
| 3 Ahmed, Maazin | FR | Georgetown | 3:55.44 |
| 4 Convey, Kurt | SR | Penn | 3:55.49 |
| 5 Ragone, Charlie | JR | Albany | 3:55.89 |
| 6 Dolan, Tim | FR | Penn | 3:56.80 |
| 7 Tell, Riley | FR | Iona | 3:58.19 |
| 8 Dynan, Matthew | SR | Babson | 3:58.95 |
| 9 Wightman, Ross | | Unattached | 3:59.22 |
| 10 Renken, Ryan | FR | Penn | 3:59.26 |
| 11 Grossman, Matt | JR | Princeton | 3:59.60 |
| 12 Hart, Daniel | SR | Ithaca | 4:00.28 |
| 13 Van Inwegen, Grant | JR | Wesleyan | 4:00.42 |
| 14 JeanPierre, Matthew | JR | Albany | 4:00.73 |
| 15 Garrity, Christopher | | Unattached | 4:01.00 |

| | | | |
|----------------------|----|------------|---------|
| 16 Thompson, Scott | FR | Princeton | 4:01.78 |
| 17 Singer, Chris | SO | Ithaca | 4:01.95 |
| 18 Whitney, Robert | JR | Cornell | 4:02.11 |
| 19 Cornetta, Justin | FR | Penn | 4:02.33 |
| 20 McCarthy, Jackson | | Unattached | 4:02.74 |
| 21 Sandvold, Cole | SO | Princeton | 4:02.92 |
| 22 Baird, Graham | SO | Iona | 4:02.93 |
| 23 Anzano, Drake | SO | Princeton | 4:02.99 |
| 24 Romero, Chris | FR | Penn | 4:03.29 |
| 25 Endy, Josh | FR | Ithaca | 4:03.57 |

Men 1500 Meter Run Seeded

Meet Record: 3:45.00 # 2010 Kyle Merber

| Name | Yr | School | Finals |
|--------------------------|----|-------------|---------|
| Finals | | | |
| 1 Salisbury, Jack | SO | Georgetown | 3:45.43 |
| 2 Sellaro, Ray | FR | Penn | 3:45.82 |
| 3 Daly, Colin | JR | Penn | 3:45.93 |
| 4 Wareham, Nicholas | JR | Georgetown | 3:46.56 |
| 5 Ellis, Sam | SO | Princeton | 3:46.63 |
| 6 Motschmann, Johannes | SR | Iona | 3:47.33 |
| 7 Dee, Jamie | FR | Iona | 3:49.94 |
| 8 Lundy, Conor | JR | Princeton | 3:50.52 |
| 9 Gatewood, Mason | FR | Penn | 3:50.74 |
| 10 Lee, James | FR | Penn | 3:51.29 |
| 11 Fountain, Solomon | SO | Columbia | 3:51.50 |
| 12 Bouthillette, Matthew | SO | Georgetown | 3:51.63 |
| 13 Daly, William | JR | Penn | 3:51.69 |
| 14 Carey, Noah | SO | Penn | 3:52.05 |
| 15 Van Scoter, Jack | SO | Georgetown | 3:52.31 |
| 16 Swenson, Zach | SR | Villanova | 3:52.75 |
| 17 Sterling, Henry | | NE Distance | 3:53.15 |
| 18 Padhal, Ruach | SO | Georgetown | 3:53.80 |
| 19 Feffer, Nick | SO | Dartmouth | 3:54.55 |
| 20 Johnson, Jake | JR | Albany | 4:03.58 |

Men 5000 Meter Run Seeded

Meet Record: 14:05.33 # 2012 Christopher Johnson

| Name | Yr | School | Finals |
|----------------------|----|------------------|----------|
| Finals | | | |
| 1 Kujdych, Rusty | FR | Georgetown | 14:19.27 |
| 2 Strintzos, Haftu | | Unattached | 14:20.73 |
| 3 Mueller, Kyle | SR | Monmouth | 14:27.33 |
| 4 Freudian, Jack | | Unattached | 14:30.89 |
| 5 Quilty, Brian | | Breakneck TC | 14:31.05 |
| 6 Chavez, Johnathan | SO | Georgetown | 14:31.86 |
| 7 Bloomer, Reilly | JR | Georgetown | 14:32.81 |
| 8 Morton, Sam | SO | Dartmouth | 14:38.55 |
| 9 James, Ryan | FR | La Salle | 14:39.71 |
| 10 Hilbert, Liam | JR | Buffalo | 14:43.40 |
| 11 Nichols, Paul | SO | Villanova | 14:48.51 |
| 12 Lane, Kobie | SR | SUNY Delhi | 14:49.69 |
| 13 Fitch, Alexander | JR | Misericordia | 14:50.81 |
| 14 Palumbo, Victor | | CPTC New Balance | 14:50.97 |
| 15 Mitchell, Ryan | SR | Monmouth | 14:51.05 |
| 16 Arnecke, Nicholas | SR | SUNY Delhi | 14:52.81 |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Men 5000 Meter Run Seeded)

| Name | Yr | School | Finals |
|------------------------|----|------------------|----------|
| 17 Brownlow, Ty | FR | Georgetown | 14:53.94 |
| 18 Craemer, Patrick | | Unattached | 14:54.54 |
| 19 Thompson, Chris | SR | Columbia | 14:54.87 |
| 20 Hendry, Christopher | | Penn Running Cl. | 14:58.17 |
| 21 Dove, John | | Unattached | 15:02.43 |
| 22 Henry, Daniel Fitch | SR | Rowan | 15:04.00 |
| 23 Flannery, Thomas | SO | Buffalo | 15:07.70 |
| 24 Spychalski, Patrick | | Unattached | 15:11.51 |
| 25 Haderle, Ben | SR | NYU | 15:12.62 |

Men 10000 Meter Run

Meet Record: 29:27.00 # 2012 Alejandro Arroyo Yamin

| Name | Yr | School | Finals |
|-----------------------|----|---------------|----------|
| 1 Deokar, Viraj | JR | Princeton | 29:34.18 |
| 2 Kintzele, Jakob | FR | Princeton | 30:14.37 |
| 3 Cooney, Quinn | JR | Dartmouth | 30:18.11 |
| 4 Livolsi, Franklin | JR | Widener | 30:38.35 |
| 5 Butlak, Calvin | SR | Albany | 31:05.42 |
| 6 Thomas, Greg | SR | Eastern | 31:09.32 |
| 7 Yerow, Abshir | JR | SUNY Delhi | 31:44.94 |
| 8 Brandon, Kevin | | Unattached | 31:45.67 |
| 9 Messler, Jon | JR | Albany | 31:49.38 |
| 10 Myers, Christopher | JR | Elizabethtown | 32:09.10 |
| 11 Fisher, Ziggy | JR | Chestnut Hill | 32:10.63 |

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010 Jeff Porter

| Name | Yr | School | Prelims |
|---------------------------|----|--------------|-------------|
| 1 Daniels, Joseph | JR | Princeton | 13.94Q0.9 |
| 2 Whitfield, Taraje | FR | Princeton | 14.75Q-0.1 |
| 3 Hall, Ache | JR | La Salle | 14.85q-0.1 |
| 4 Burnett, Dylan | SO | La Salle | 14.88q 0.9 |
| 5 Williams, Dawshawn | SO | Albany | 14.88q 0.9 |
| 6 Young, Jeffrey | JR | Sacred Heart | 15.05q -0.1 |
| 7 Silveira, Sebastian | SR | Princeton | 15.33q 0.9 |
| 8 Cheung, Enoch | FR | Penn | 15.34q -0.1 |
| 9 Daniluk, Andrew | FR | Rutgers | 15.35 0.9 |
| 10 Johnson-Waters, Khyree | FR | La Salle | 15.51 -0.1 |
| 11 Wang, Matthew | FR | Columbia | 15.86 0.9 |
| 12 Elters, Jared | FR | Penn | 15.96 0.9 |
| 13 Ononiwu, Chineme | FR | Buffalo | 16.18 -0.1 |

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010 Jeff Porter

| Name | Yr | School | Finals |
|----------------------|----|-----------|------------|
| 1 Daniels, Joseph | JR | Princeton | 13.84 -0.5 |
| 2 Whitfield, Taraje | FR | Princeton | 14.61 -0.5 |
| 3 Hall, Ache | JR | La Salle | 14.62 -0.5 |
| 4 Cheung, Enoch | FR | Penn | 14.83 -0.5 |
| 5 Williams, Dawshawn | SO | Albany | 14.85 -0.5 |
| 6 Burnett, Dylan | SO | La Salle | 15.14 -0.5 |

| | | | |
|-----------------------|----|--------------|------------|
| 7 Young, Jeffrey | JR | Sacred Heart | 15.16 -0.5 |
| 8 Silveira, Sebastian | SR | Princeton | 15.38 -0.5 |

Men 400 Meter Hurdles

Meet Record: 51.70 # 2013 Logan Sharpe

| Name | Yr | School | Finals |
|----------------------------|----|--------------|--------|
| 1 Okolo, Anthony | JR | Penn | 52.35 |
| 2 Whitfield, Taraje | FR | Princeton | 52.52 |
| 3 Jenkins, Chris | SO | Rutgers | 53.26 |
| 4 Rivera-Sharp, Noah | FR | Rider | 54.38 |
| 5 Montilus, Julian | JR | NYU | 55.02 |
| 6 Dixon, Justice | JR | Princeton | 55.19 |
| 7 Bayer, Konrad | JR | Villanova | 55.36 |
| 8 Velasquez, Alex | FR | Albany | 56.03 |
| 9 Chapman, Jackson | SO | Yale | 56.25 |
| 10 Oyola, Devin | SR | Misericordia | 56.43 |
| 11 Hall, Ache | JR | La Salle | 56.57 |
| 12 White, La'Shan | FR | Rider | 56.93 |
| 13 Sandhur, Baltaj | SO | Buffalo | 57.36 |
| 14 Tierney, James | JR | Albany | 57.89 |
| 15 Deshpande, Utsav | SR | Villanova | 57.98 |
| 16 Fitzpatrick, Demetrious | SR | Rider | 58.32 |

Men 3000 Meter Steeplechase

Meet Record: 8:39.92 # 2012 Donn Cabral

| Name | Yr | School | Finals |
|-------------------------|----|------------------|----------|
| 1 Liddell, Christian | JR | Georgetown | 8:56.85 |
| 2 Pompilj, Marco | SR | Dartmouth | 9:02.34 |
| 3 Ritz, Owen | SO | Dartmouth | 9:02.61 |
| 4 Mercer, Matthew | JR | Buffalo | 9:04.28 |
| 5 Gearinger, Dylan | SR | Phila. Runner TC | 9:13.23 |
| 6 Nohilly, Eion | JR | Georgetown | 9:13.24 |
| 7 Miranda, Robert | FR | Yale | 9:16.13 |
| 8 Gerstenbacher, Samuel | JR | Elizabethtown | 9:16.15 |
| 9 Jandl, Greg | JR | Moravian | 9:18.71 |
| 10 VanEpps, Justin | SR | Buffalo | 9:28.44 |
| 11 Randall, William | SR | Siena | 9:28.57 |
| 12 Smith, Harrison | FR | Yale | 9:32.14 |
| 13 Owens, Price | FR | Georgetown | 9:33.93 |
| 14 Trador, Zach | SR | Nyack | 9:36.46 |
| 15 Warsh, Brian | JR | Iona | 9:42.50 |
| 16 Perillo, Christopher | JR | Albany | 9:43.24 |
| 17 Blake, John | JR | Ithaca | 9:50.86 |
| 18 Greco, Louis | FR | Buffalo | 10:24.32 |
| 19 Ramdani, Nassim | FR | Albany | 10:37.38 |

Men 4x100 Meter Relay

Meet Record: 41.17 # 2013

| Team | Relay | Finals |
|-----------------------------|------------------------|--------|
| 1 Princeton | A | 40.80# |
| 1) Ndhlovu, Simang'Aliso FR | 2) Sholars, Gregory FR | |
| 3) Carbone, Austin SO | 4) Daniels, Joseph JR | |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Men 4x100 Meter Relay)

| Team | Relay | Finals |
|------------------------------|---------------------------|--------|
| 2 Yale | A | 40.90# |
| 1) Macauley, Kyle JR | 2) Vaughns, Vincent JR | |
| 3) Sei, Juma FR | 4) Ayhan, Ekrem SO | |
| 3 Penn | A | 41.19 |
| 1) Rogers, Calvary SR | 2) Morgan, Marvin SO | |
| 3) Bender, Ryan SO | 4) Herrick, Tyler JR | |
| 4 Georgetown | A | 41.39 |
| 1) Brown, Denzell SO | 2) Barriffe, D'Andre FR | |
| 3) Laney, Josiah SO | 4) Alleyne, Nate SO | |
| 5 Penn | B | 42.51 |
| 1) Cheung, Enoch FR | 2) Wendt, Weston FR | |
| 3) Oden, Kyle JR | 4) Chen, Ethan JR | |
| 6 Yale | B | 42.59 |
| 1) Young, Alexander JR | 2) Hill, Connor SR | |
| 3) Zuccaro, Phil FR | 4) McIntyre, Alexander SR | |
| 7 Albany | A | 42.72 |
| 1) Umuhuza, Blaise FR | 2) Dixon, Jowell FR | |
| 3) Williams, Dawshawn SO | 4) Boyd-Postel, Malik SO | |
| 8 Iona | A | 42.78 |
| 1) Anderson, Fabian SR | 2) Forson, Prince SO | |
| 3) Fullerton, Kevin SO | 4) Solis, Gerom JR | |
| 9 Sacred Heart | A | 43.49 |
| 1) Brinken, Corry FR | 2) Dufane, Quaheem SR | |
| 3) Guerrier-Heyward, Devon S | 4) Parker, Brandon SO | |

Men 4x400 Meter Relay

Meet Record: 3:10.89 # 2013

| Team | Relay | Finals |
|----------------------------|------------------------------|---------|
| 1 Rider | A | 3:14.72 |
| 1) Green, James FR | 2) Ingraham, Tahkwan FR | |
| 3) Malko, Russell SR | 4) Boyer, Jerome FR | |
| 2 Rutgers | A | 3:14.98 |
| 1) Pierce, Sterling SR | 2) Jenkins, Chris SO | |
| 3) Woodell, Jameson FR | 4) Willis, Semaj FR | |
| 3 Yale | A | 3:17.06 |
| 1) Colbert, Christopher FR | 2) Hill, Connor SR | |
| 3) Macauley, Kyle JR | 4) McIntyre, Alexander SR | |
| 4 Rider | B | 3:20.52 |
| 1) Abraham, Alvin SR | 2) Avolio, Thomas SO | |
| 3) Hackley, Dalin SR | 4) Rivera-Sharp, Noah FR | |
| 5 Albany | A | 3:22.83 |
| 1) DeGraw, Evan JR | 2) JeanPierre, Matthew JR | |
| 3) Lawrence, Jordon SO | 4) Somerville, Joe JR | |
| 6 Penn | A | 3:23.83 |
| 1) Woodhouse, Sam FR | 2) Duchow, William SR | |
| 3) Oden, Kyle JR | 4) Herrick, Tyler JR | |
| 7 Sacred Heart | A | 3:25.80 |
| 1) Pelletier, Nicholas FR | 2) Dufane, Quaheem SR | |
| 3) Cleveland, Evan JR | 4) Keller, Michael SO | |
| 8 Sacred Heart | B | 3:34.96 |
| 1) Brinken, Corry FR | 2) Guerrier-Heyward, Devon S | |
| 3) Young, Jeffrey JR | 4) Almodovar, Phillip SO | |

| | | |
|----------------------|-----------------------|---------|
| 9 Iona | A | 3:42.38 |
| 1) Forson, Prince SO | 2) Tell, Riley FR | |
| 3) Kirui, Gilbert SR | 4) Brannan, Jordan SO | |

Men High Jump

Meet Record: 2.22m # Tora Harris

| Name | Yr | School | Finals |
|----------------------------|----|-----------|--------|
| Finals | | | |
| 1 Hollis, Jeff | SO | Princeton | 2.12m |
| 2 Diehl, Andrew | SR | Princeton | 2.03m |
| 3 Yassay, Lance | SR | Penn | 2.03m |
| 4 Lee-Heidenreich, Jeffrey | SO | Princeton | 1.98m |
| 4 Tompkins, Ryan | SO | Villanova | 1.98m |
| 4 Manyeah, Dennis | SO | La Salle | 1.98m |
| 7 Lorenzo, Jordan | SR | Rutgers | 1.98m |
| 8 Willis, Peter | FR | Villanova | 1.93m |
| 8 O'Neill, Spencer | JR | Yale | 1.93m |
| 10 Bridgett, A'Nan | FR | Rutgers | 1.93m |

Men Pole Vault

Meet Record: 5.40m # 4/8/2016 Adam Bragg

| Name | Yr | School | Finals |
|------------------|----|-----------|--------|
| Finals | | | |
| 1 Fisher, Nathan | JR | Penn | 5.06m |
| 2 Morris, Payton | FR | Penn | 4.96m |
| 3 Drury, Will | FR | Princeton | 4.86m |
| 4 Laut, Austin | SR | Yale | 4.86m |
| 5 Hurley, Noah | JR | Princeton | 4.56m |
| 6 Conboy, Thomas | JR | Villanova | 4.56m |

Men Long Jump

Meet Record: 7.80m # 2009 Cadeau Kelley

| Name | Yr | School | Finals |
|----------------------|----|--------------|------------|
| Finals | | | |
| 1 Thibodeau, Jesse | JR | Princeton | 7.37m NWI |
| 2 Pierre, Jelani | SO | Iona | 6.98m NWI |
| 3 Troup, Michael | SO | Villanova | 6.83m +0.0 |
| 4 Whitsett, Demetri | SO | Penn | 6.80m NWI |
| 5 Allen, Shevaugh | FR | Buffalo | 6.71m NWI |
| 6 Jing, Darius | FR | Yale | 6.63m -0.6 |
| 7 Alston, Darian | JR | La Salle | 6.62m 0.6 |
| 8 Wildermuth, Evan | SO | Eastern | 6.56m NWI |
| 9 Jackson, Dorian | FR | Monmouth | 6.52m NWI |
| 10 Warren, Patrick | JR | Rutgers | 6.49m NWI |
| 11 Killiebrew, Avery | SR | Rider | 6.17m +0.0 |
| 12 Mefford, Sean | SO | Sacred Heart | 5.60m 0.1 |

Men Triple Jump

Meet Record: 15.82m # 2009 Tuan Wren

| Name | Yr | School | Finals |
|---------------------|----|-----------|-------------|
| Finals | | | |
| 1 Alston, Darian | JR | La Salle | 14.99m 0.9 |
| 2 Horn, Michael | SR | Rider | 14.80m -0.7 |
| 3 Abeeb, Adedayo | FR | Princeton | 14.75m 2.6 |
| 4 Killiebrew, Allen | SR | Rider | 14.40m -0.1 |
| 5 Shih, Jimmy | SR | Yale | 14.20m -1.1 |

Sam Howell Invitational - 4/6/2019

Princeton University

Results - Friday

Finals ... (Men Triple Jump)

| Name | Yr | School | Finals |
|-----------------------|----|--------------|-------------|
| 6 Allen, Shevaugh | FR | Buffalo | 14.08m -0.1 |
| 7 Sengelmann, Vincent | SO | Villanova | 13.52m 0.2 |
| 8 Laney, Josiah | SO | Georgetown | 13.02m -1.1 |
| 9 Olugbenga, Olutobi | SR | Misericordia | 12.92m +0.0 |

Men Shot Put A

Meet Record: 20.41m # 4/8/2017 Nick Vena

| Name | Yr | School | Finals |
|----------------------|----|-----------|--------|
| Finals | | | |
| 1 Murphy, Corey | SR | Monmouth | 19.16m |
| 2 Patterson, Devon | SR | Buffalo | 18.12m |
| 3 Chastulik, Kelton | SO | Princeton | 17.96m |
| 4 Landis, Cam | FR | Penn | 17.72m |
| 5 Awonusi, Anu | SO | Manhattan | 17.11m |
| 6 Tummino, Andrew | SR | Monmouth | 17.02m |
| 7 Addlesberger, Ryan | SR | Manhattan | 16.79m |
| 8 Davis, Brandon | JR | Monmouth | 16.72m |

Men Shot Put B

| Name | Yr | School | Finals |
|---------------------|----|--------------|--------|
| Finals | | | |
| 1 Despinasse, Nigel | JR | Brown | 16.52m |
| 2 Waugh, Eric | SR | Manhattan | 15.92m |
| 3 Kearns, Michael | SR | Sacred Heart | 15.81m |
| 4 Turner, Christian | JR | Sacred Heart | 15.50m |
| 5 Kobolak, Kamron | FR | Rutgers | 15.25m |
| 6 Sise, Henry | SR | Villanova | 15.21m |
| 7 Gilligan, Daniel | JR | Monmouth | 15.13m |
| 8 Ikpeazu, Chudi | SO | Penn | 14.50m |
| 9 Huisman, Andrew | SO | Monmouth | 14.00m |

Men Discus Throw

Meet Record: 60.50m # 2014 Sam Mattis

| Name | Yr | School | Finals |
|----------------------|----|-----------|--------|
| Finals | | | |
| 1 Mooers, John | SR | Rutgers | 54.35m |
| 2 Campbell, Jason | SO | Rutgers | 52.34m |
| 3 Murphy, Corey | SR | Monmouth | 52.23m |
| 4 Otal, Zorawar | SO | Princeton | 52.11m |
| 5 Wray, Samuel | JR | Buffalo | 50.72m |
| 6 Ikpeazu, Chudi | SO | Penn | 50.70m |
| 7 Waugh, Eric | SR | Manhattan | 48.09m |
| 8 Tummino, Andrew | SR | Monmouth | 46.43m |
| 9 Parker, Campbell | SO | Penn | 46.08m |
| 10 Schroeter, Kegan | FR | Brown | 45.28m |
| 11 Gilligan, Daniel | JR | Monmouth | 44.92m |
| 12 Kubiatowicz, Jake | SO | Penn | 43.60m |
| 13 Kobolak, Kamron | FR | Rutgers | 43.45m |
| 14 Patterson, Devon | SR | Buffalo | 43.18m |
| 15 Johnson, Montel | SO | Monmouth | 43.03m |
| 16 Huisman, Andrew | SO | Monmouth | 42.63m |
| 17 Landis, Cam | FR | Penn | 42.54m |

Men Hammer Throw

Meet Record: 74.01m # 2012 Conor McCullough

| Name | Yr | School | Finals |
|-------------------------|----|------------|---------|
| Finals | | | |
| 1 Winkler, Rudy | | Unattached | 74.83m# |
| 2 Kelly, Adam | SR | Princeton | 71.34m |
| 3 Russell, Owen | SR | Brown | 64.51m |
| 4 Martinez, Enrique | JR | Manhattan | 60.10m |
| 5 Kubiatowicz, Jake | SO | Penn | 59.83m |
| 6 Coppolino, Michael | JR | Brown | 58.45m |
| 7 Johnson, Montel | SO | Monmouth | 58.02m |
| 8 Fradelakis, Evangelos | JR | Adelphi | 57.00m |
| 9 Kraemer, Matthew | SR | Rider | 56.53m |
| 10 Kocienda, Nick | JR | Manhattan | 56.34m |
| 11 Parker, Campbell | SO | Penn | 53.87m |
| 12 Schroeter, Kegan | FR | Brown | 52.55m |
| 13 Davis, Brandon | JR | Monmouth | 50.28m |
| 14 Dunn, Jack | FR | Yale | 50.06m |
| 15 Tummino, Andrew | SR | Monmouth | 48.75m |

Men Javelin Throw

Meet Record: 76.03m # 2012 Brian Chaput

| Name | Yr | School | Finals |
|------------------------|----|-----------|--------|
| Finals | | | |
| 1 Ault, Chandler | FR | Princeton | 64.04m |
| 2 Grula, Joe | FR | Brown | 61.18m |
| 3 Messick, Alex | SR | Monmouth | 60.27m |
| 4 Jackson, Dorian | FR | Monmouth | 58.53m |
| 5 Fisher, Grant | JR | Eastern | 56.44m |
| 6 Ragusa, Anthony | FR | Rider | 55.45m |
| 7 Poloso, Greg | FR | Rider | 54.76m |
| 8 Keys, James | FR | Villanova | 48.89m |
| 9 Bagnell, Christopher | FR | Rider | 48.48m |
| 10 Chesonis, Stephen | SO | Rider | 46.93m |
| 11 Ozminowski, Ryan | SR | Princeton | 45.51m |