

St. Lawrence University Intercollegiate Athletics Twilight Meeting - 4/27/2024

Results

Women 100 Meter Dash

M-P Facility: 11.56 F 4/19/2002 Ashley Purnell
SLU Team: 12.41 s 5/4/2016 Ketura Mason
Meet: 12.28 M 4/29/2023 Victoria McIntyre
LL Qual: 13.60 L
AARTFC: 12.65 A

Name	Yr	School	Finals
Finals			
1	Kayla Vieux	C.A.N.I. Ath	12.02M+0.0
2	Nkeka Pinheiro	C.A.N.I. Ath	12.03M+0.0
3	Madison Wagner	SO Potsdam St.	13.03L 7
4	Deanna Zoch	SR Plattsburgh	13.06L 5
5	Coralie Ostertage	Ottawa Lions	14.13 +0.0
6	Natalie Feberova	Ottawa Lions	14.37 +0.0
7	Peyton Hunsicker	FR St. Lawrence	14.52 4
8	Lyla Baldwin	FR St. Lawrence	14.55 3
9	Grace Dam	FR Plattsburgh	14.76 2

Women 200 Meter Dash

M-P Facility: 23.73 F 4/19/2002 Ashley Purnell
SLU Team: 25.05 s 5/6/2016 Marisa Turner
Meet: 25.27 M 4/29/2023 Victoria McIntyre
LL Qual: 27.00 L
AARTFC: 26.00 A

Name	Yr	School	Finals
Finals			
1	Nkeka Pinheiro	C.A.N.I. Ath	24.62M0.4
2	Kayla Vieux	C.A.N.I. Ath	24.95M0.4
3	Ieasha Parris	C.A.N.I. Ath	25.51 0.4
4	Deanna Zoch	SR Plattsburgh	27.23 7
5	Emma Robbins	JR Potsdam St.	27.54 5
6	Emily Yousey	JR Potsdam St.	27.96 4
7	Margaret McNally	SO St. Lawrence	28.24 3
8	Caelan McHarney	SO St. Lawrence	28.50 2
9	Peyton Hunsicker	FR St. Lawrence	x29.66 1.7
10	Katherine Berge	JR Plattsburgh	29.77 1
11	Natalie Feberova	Ottawa Lions	30.23 0.4
12	Raven Winters	JR Potsdam St.	x30.35 1.7
13	Mackenzie Marcus	JR St. Lawrence	x30.69 1.7
14	Amy Francesconi	JR St. Lawrence	x32.05 1.7

Women 400 Meter Dash

M-P Facility: 53.89 F 5/23/2015 Heather Ingraham
SLU Team: 55.54 s 5/26/2016 Marisa Turner
Meet: 59.08 M 5/1/2021 Janyll Barber
LL Qual: 1:04.00 L
AARTFC: 1:00.00 A

Name	Yr	School	Finals
Finals			
1	Ieasha Parris	C.A.N.I. Ath	57.79M
2	Caelan McHarney	SO St. Lawrence	1:03.60L 7
3	Margaret McNally	SO St. Lawrence	1:04.53 5
4	Morgan Thompson	JR Plattsburgh	1:05.35 4
5	Grace Estus	FR Plattsburgh	1:05.94 3
6	Amy Francesconi	JR St. Lawrence	x1:13.44

Women 800 Meter Run

M-P Facility: 2:07.39 F 5/24/2003 Liz Woodworth
SLU Team: 2:13.96 s 5/6/2016 Elina Breton
Meet: 2:21.49 M 5/1/2021 Aislyn McDonough
LL Qual: 2:28.00 L
AARTFC: 2:21.00 A

Name	Yr	School	Finals
Finals			
1	Emily Yousey	JR Potsdam St.	2:27.67L 7
2	Lillian Moran	FR Plattsburgh	2:29.14 5
3	Quinn Sirgany	FR St. Lawrence	2:33.50 4
4	Anyia Sloth	FR Plattsburgh	2:33.52 3
5	Ashley Wieland	FR St. Lawrence	2:39.79 2
6	Nora Graves	SO St. Lawrence	x2:40.55
7	Grace McDonough	FR St. Lawrence	x2:46.92
8	Amelia Berthold	SO St. Lawrence	x2:52.64

Women 1500 Meter Run

M-P Facility: 4:20.86 F 5/24/2003 Missy Buttry
SLU Team: 4:28.62 s 5/14/2015 Megan Kellogg
Meet: 4:48.83 M 4/29/2023 Haylei Coolican
LL Qual: 5:00.00 L
AARTFC: 4:54.00 A

Name	Yr	School	Finals
Finals			
1	Waverley Mulligan	SR Unat-Queen's	4:35.35M
2	Caleigh Pribaz	SO Unat-Queen's	4:35.82M
3	Allison Sibold	JR St. Lawrence	4:38.43M 7
4	Charlotte Blake	FR St. Lawrence	4:46.52M 5
5	Grace Yarkosky	FR Plattsburgh	4:51.87A 4
6	Erica Smith	SR Unat-Queen's	4:52.04
7	Emma Palumbo	JR St. Lawrence	x4:52.34A
8	Katherine Taylor	SR Unat-Queen's	4:55.30
9	Adriana Cecchetelli	SO St. Lawrence	x4:57.05L
10	Olivia Bernier	JR St. Lawrence	x4:58.00L
11	Olivia Hendrikx	SO Unat-Queen's	4:58.29
12	Gillian Porter	SO Unat-Queen's	4:58.38
13	Marissa Colvin	SO Plattsburgh	4:59.59L 3
14	Sarah Smith	JR Plattsburgh	x5:00.10
15	Hannah Bennett	FR St. Lawrence	x5:05.97
16	Claire Brackenbury	SO Unat-Queen's	5:15.96
17	Virginia Lucchetti	SO Plattsburgh	x5:20.50
18	Kinsley Holl	JR St. Lawrence	x5:22.69
19	Emma Rothe	JR St. Lawrence	x5:39.49
20	Adrianna Orlando	FR Potsdam St.	5:51.18 2
21	Kailyn Ginter	SO Plattsburgh	x6:06.42
22	Julia Robinson	FR Plattsburgh	x6:14.90

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Women 5000 Meter Run

M-P Facility: 15:51.23 F 5/24/2003 Missy Buttry
 SLU Team: 16:38.29 s 4/28/2016 Megan Kellogg
 Meet: 18:28.25 M 4/30/2022 Billie McClosky
 LL Qual: 19:00.00 L
 AARTFC: 18:45.00 A

Name	Yr	School	Finals
Finals			
1	Kylee Fowler	Ottawa Lions	19:09.70
2	Jordyn Naylor	Unattached	19:30.99
3	Natalia Castro	JR Plattsburgh	21:19.06 7
4	Kayla Grant	FR Plattsburgh	21:33.59 5
5	Jodie May	SO Plattsburgh	x23:15.78

Women 100 Meter Hurdles

M-P Facility: 13.66 F 5/22/2015 Adrianna Wright
 SLU Team: 14.54 s 5/14/2015 Divya Biswal
 Meet: 15.23 M 4/29/2023 Janyll Barber
 LL Qual: 18.00 L
 AARTFC: 15.65 A

Name	Yr	School	Finals
Finals			
1	Marissa LeDuc	SO Plattsburgh	16.42 7
2	Raven Winters	JR Potsdam St.	18.01 5
3	Elena Trempe	FR St. Lawrence	18.57 4
4	Katherine Berge	JR Plattsburgh	18.68 3

Women 400 Meter Hurdles

M-P Facility: 59.22 F 5/24/2003 Tierra Hicks
 SLU Team: 1:00.68 s 5/23/1998 Karen LaMora
 Meet: 1:02.72 M 4/29/2023 Janyll Barber
 LL Qual: 1:15.00 L
 AARTFC: 1:07.50 A

Name	Yr	School	Finals
Finals			
1	Elena Trempe	FR St. Lawrence	1:20.52 7

Women 3000 Meter Steeplechase

M-P Facility: 10:25.32 F 5/23/2015 Lucy Cheadle
 SLU Team: 10:24.30 s 5/10/2014 Amy Cymerman
 Meet: 11:44.47 M 4/28/2018 Jacqueline Corbett
 LL Qual: 13:00.00 L
 AARTFC: 12:10.00 A

Name	Yr	School	Finals
Finals			
1	Carly Zack	FR St. Lawrence	11:53.05A 7
2	Adeline Moore	SO St. Lawrence	13:23.41 5

Women 4x100 Meter Relay

M-P Facility: 45.90 F 5/23/2015 UW Eau Claire
 K Woracheck, J Feineck, L Laufenberg, C Fehler
 SLU Team: 48.93 s 5/3/2003 St. Lawrence
 A. Nortz K. De Puy A. Bibb K. Simpson
 Meet: 51.29 M 5/1/2021 Plattsburgh
 J Barber, M Schaffer, K Boerke, J Piper
 AARTFC: 51.00 A

Team	Relay	Finals
Finals		
1	Potsdam St.	A 52.78 7
	1) Madison Wagner SO	2) Emma Robbins JR
	3) Raven Winters JR	4) Emily Yousey JR
---	St. Lawrence	A DQ
	1) Margaret McNally SO	2) Mackenzie Marcus JR
	3) Lyla Baldwin FR	4) Caelan McHarney SO

Women 4x400 Meter Relay

M-P Facility: 3:43.32 F 5/24/2003 Wheaton (MA)
 T Donoghue, V Smith, J Bromell, A James
 SLU Team: 3:51.31 s 5/11/2013 57.5, 58.6, 58.3, 56.7
 J. Marini, H. Kinsey, M. Turner, C. Stine
 Meet: 4:17.81 M 4/28/2018 St. Lawrence
 M Terhune, C Hayward, L Gardner, C Bartlett
 AARTFC: 4:08.00 A

Team	Relay	Finals
Finals		
1	Plattsburgh St.	A 4:30.32 7
	1) Virginia Lucchetti SO	2) Marissa Colvin SO
	3) Lillian Moran FR	4) Grace Yarkosky FR
2	St. Lawrence	A 4:31.04 5
	1) Charlotte Blake FR	2) Allison Sibold JR
	3) Adriana Cecchetelli SO	4) Emma Palumbo JR
3	St. Lawrence	B x5:03.35
	1) Quinn Sirgany FR	2) Nora Graves SO
	3) Amy Francesconi JR	4) Grace McDonough FR

Women High Jump Follows MHJ

M-P Facility: 1.75m F 5/23/2015 Jenna Breaker
 SLU Team: 1.71m s 4/11/2015 Marisa Turner
 Meet: 1.55m M 4/30/2022 Maia Wahlquist
 LL Qual: 1.43m L
 AARTFC: 1.55m A

Name	Yr	School	Finals
Finals			
1	Katherine Berge	JR Plattsburgh	1.40m 7
2	Grace Dam	FR Plattsburgh	1.35m 4.5
2	Amelia Berthold	SO St. Lawrence	1.35m 4.5
---	Rebecca Christie	SO Plattsburgh	DNS
---	Marissa LeDuc	SO Plattsburgh	DNS

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Women Long Jump

M-P Facility: 6.09m F 5/22/2003 Darcell Edwards
SLU Team: 5.95m s 5/21/2015 Divya Biswal
Meet: 5.09m M 4/29/2023 Kristina Koes
LL Qual: 4.70m L
AARTFC: 5.25m A

Name	Yr	School	Finals
Finals			
1	Marissa LeDuc	SO Plattsburgh	5.06m 7
2	Michaela Schaffer	JR Plattsburgh	4.87m 5
3	Madison Wagner	SO Potsdam St.	4.74mL 4
4	Natalie Feberova	Ottawa Lions	4.63m 3.8
5	Mackenzie Marcus	JR St. Lawrence	4.21m 3
6	Lyla Baldwin	FR St. Lawrence	4.06m 2
7	Coralie Ostertage	Ottawa Lions	3.83m 1.1
8	Alivia Menser	CU Track & F	3.71m 1.2
9	Abbie O'Brien	CU Track & F	2.98m 1.4
---	Kathryn Moreland	Ottawa Lions	DNS NWI

Women Triple Jump Follows MLJ

M-P Facility: 12.87m F 5/21/2015 Bria Halama
SLU Team: 12.49m s 5/21/2015 Divya Biswal
Meet: 10.78m M 4/29/2023 Heather Grandy
LL Qual: 9.76m L
AARTFC: 10.80m A

Name	Yr	School	Finals
Finals			
1	Ella Gilbert	Ottawa Lions	11.11mM0.9

Women Shot Put Follows MSP

M-P Facility: 15.18m F 5/24/2003 Healy Thompson
SLU Team: 14.50m s 5/28/2010 Alyssa Pirinelli
Meet: 12.49m M 4/30/2022 Kathleen Merchant
LL Qual: 9.50m L
AARTFC: 11.50m A

Name	Yr	School	Finals
Finals			
1	Sadie Gilbert	Ottawa Lions	11.37m
2	Kaitlyn Bjelko	Unattached	11.36m
3	Katie Rachwal	FR Plattsburgh	9.99mL 7
4	Bliss Rhoads	SR Plattsburgh	9.83mL 5
5	Emily Boswell	JR St. Lawrence	9.65mL 4
6	Lacey Eckert	SO St. Lawrence	9.64mL 3
7	Taygin Jump	FR Plattsburgh	x9.00m
8	Lauryn Cruz	FR St. Lawrence	x8.63m
9	Rosemary Fleischmann	SO St. Lawrence	x8.36m
10	Natalie Feberova	Ottawa Lions	7.37m
11	Rylee Semco	SO Potsdam St.	7.20m 2
12	Amelia Berthold	SO St. Lawrence	x7.02m
13	Coralie Ostertage	Ottawa Lions	5.83m
14	Jane Mattingly	SO Potsdam St.	5.19m 1
---	Jessica Gyamfi	Ottawa Lions	FOUL
---	Alexis Hartmann	JR Potsdam St.	DNS
---	Kathryn Moreland	Ottawa Lions	DNS

Women Discus Throw Follows MJT

M-P Facility: 53.00m F 5/21/2015 Brandy Smith
SLU Team: 39.56m s 4/24/2021 Kathleen Merchant
Meet: 40.12m M 4/30/2022 Kimberly Merchant
LL Qual: 27.00m L
AARTFC: 36.00m A

Name	Yr	School	Finals
Finals			
1	Lacey Eckert	SO St. Lawrence	35.95mL 7
2	Mackenzie Roth	CU Track & F	32.09m
3	Leah Conners	Unattached	29.72m
4	Katie Rachwal	FR Plattsburgh	29.42mL 5
5	Emily Boswell	JR St. Lawrence	28.78mL 4
6	Bliss Rhoads	SR Plattsburgh	24.76m 3
7	Abbie O'Brien	CU Track & F	24.33m
8	Conners Libby	Unattached	23.82m
9	Lauryn Cruz	FR St. Lawrence	x23.65m
10	Alaina Conners	JR Plattsburgh	x21.64m
11	Rylee Semco	SO Potsdam St.	19.74m 2
12	Rosemary Fleischmann	SO St. Lawrence	x19.50m
13	Jane Mattingly	SO Potsdam St.	15.41m 1
---	Alexis Hartmann	JR Potsdam St.	DNS
---	Taygin Jump	FR Plattsburgh	DNS

Women Hammer Throw Follows MHT

M-P Facility: 58.71m F 5/22/2015 Melanie Brickner
SLU Team: 54.88m s 5/13/2010 Alyssa Pirinelli
Meet: 45.36m M 4/28/2018 Leah Conners
LL Qual: 30.00m L
AARTFC: 43.50m A

Name	Yr	School	Finals
Finals			
1	Leah Conners	Unattached	43.01m
2	Taygin Jump	FR Plattsburgh	36.54mL 7
3	Kaitlyn Bjelko	Unattached	35.86m
4	Lauryn Cruz	FR St. Lawrence	35.54mL 5
5	Lacey Eckert	SO St. Lawrence	35.05mL 4
6	Rosemary Fleischmann	SO St. Lawrence	x34.94mL
7	Alaina Conners	JR Plattsburgh	33.06mL 3
8	Conners Libby	Unattached	31.50m
9	Emily Boswell	JR St. Lawrence	x30.61mL
10	Rylee Semco	SO Potsdam St.	26.43m 2
---	Alexis Hartmann	JR Potsdam St.	DNS

Women Javelin Throw

M-P Facility: 55.34m F 5/23/2003 Christina Scherwin
SLU Team: 46.24m s 4/3/2021 Kathleen Merchant
Meet: 37.66m M 4/30/2022 Kathleen Merchant
LL Qual: 24.60m L
AARTFC: 33.50m A

Name	Yr	School	Finals
Finals			
1	Olivia Merritt	Ottawa Lions	42.65mM
2	Taygin Jump	FR Plattsburgh	29.60mL 7
3	Bliss Rhoads	SR Plattsburgh	25.84mL 5
4	Katie Rachwal	FR Plattsburgh	x21.85m

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Results

Finals ... (Women Javelin Throw)

Name	Yr	School	Finals
5 Mackenzie Roth		CU Track & F	21.83m
6 Grace Dam	FR	Plattsburgh	x21.40m
7 Amelia Berthold	SO	St. Lawrence	19.71m 4
8 Rylee Semco	SO	Potsdam St.	19.68m 3
9 Abbie O'Brien		CU Track & F	19.58m
10 Katherine Berge	JR	Plattsburgh	x13.97m
--- Mikayla Khadijah	SO	Plattsburgh	FOUL

Men 100 Meter Dash

M-P Facility: 10.51 F 5/1/2015 **Winston Lee**
SLU Team: 10.2h s 1987 **Tim McCrossen**
Meet: 10.89 M 4/28/2018 **Jodd Nelson**
LL Qual: 11.60 L
AARTFC: 11.10 A

Name	Yr	School	Prelims
Preliminaries			
1 Lionel Muteba		C.A.N.I. Ath	M 10.64Q1.2
2 William Batley		C.A.N.I. Ath	M 10.87Q0.8
3 Charles Cypress	SO	Plattsburgh	M 10.82q 1.2
4 William Hauf	JR	St. Lawrence	A 10.94q 0.8
5 Brexton Montville	SR	Plattsburgh	A 10.96q 0.8
6 Jonelle Halog		C.A.N.I. Ath	10.98q 1.2
7 Jordan Williams	SO	Plattsburgh	A 11.01q 1.2
8 Harold Songmene		C.A.N.I. Ath	11.12q 0.8
9 Kyle Waldrum		Ottawa Lions	11.45q 0.8
10 Justin Rushia	FR	Plattsburgh	L 11.45 1.2
11 Robert Davis		CU Track & F	12.78 0.8

Men 100 Meter Dash

M-P Facility: 10.51 F 5/1/2015 **Winston Lee**
SLU Team: 10.2h s 1987 **Tim McCrossen**
Meet: 10.89 M 4/28/2018 **Jodd Nelson**
LL Qual: 11.60 L
AARTFC: 11.10 A

Name	Yr	School	Finals
Finals			
1 Lionel Muteba		C.A.N.I. Ath	10.56M0.3
2 William Batley		C.A.N.I. Ath	10.78M0.3
3 Charles Cypress	SO	Plattsburgh	10.80M 7
4 Brexton Montville	SR	Plattsburgh	10.84M 5
5 Jordan Williams	SO	Plattsburgh	x10.90A0.3
6 William Hauf	JR	St. Lawrence	11.05A 4
7 Jonelle Halog		C.A.N.I. Ath	11.05 0.3
8 Harold Songmene		C.A.N.I. Ath	11.22 0.3
9 Kyle Waldrum		Ottawa Lions	12.18 0.3

Men 200 Meter Dash

M-P Facility: 21.07 F 5/24/2003 **Andrew Rock**
SLU Team: 21.23 s 1987 **Tim McCrossen**
Meet: 22.31 M 4/29/2023 **Bertwin Ben-Smith**
LL Qual: 23.30 L
AARTFC: 22.40 A

Name	Yr	School	Finals
Finals			
1 Lionel Muteba		C.A.N.I. Ath	21.42M.2
2 William Batley		C.A.N.I. Ath	21.58M.2
3 Charles Cypress	SO	Plattsburgh	21.85M 7
4 Jonelle Halog		C.A.N.I. Ath	22.60 1.2
5 Harold Songmene		C.A.N.I. Ath	23.27 1.2
6 Erik Shattenberg	FR	St. Lawrence	23.76 5
7 Robert Scalessa	FR	St. Lawrence	23.79 4
8 Calvin Hitzsche	SO	Potsdam St.	23.96 3
9 Saj Alhaddad		Ottawa Lions	24.12 1.2
10 Ryan Williams	FR	Plattsburgh	24.72 2

Men 400 Meter Dash

M-P Facility: 45.29 F 5/24/2003 **Andrew Rock**
SLU Team: 46.68 s 1987 **Tim McCrossen**
Meet: 50.60 M 4/30/2022 **Cody Monnat**
LL Qual: 52.00 L
AARTFC: 50.00 A

Name	Yr	School	Finals
Finals			
1 Leif Harvey	JR	St. Lawrence	50.55M 7
2 Quinn Lyness		Ottawa Lions	50.89
3 Caleb Young	FR	St. Lawrence	51.63L 5
4 Kristofer Mellor	SO	St. Lawrence	x51.79L
5 Kyle Waldrum		Ottawa Lions	52.10
6 Robert Scalessa	FR	St. Lawrence	x53.03
7 William Kennedy		C.A.N.I. Ath	54.11
8 Nicholas Gelsomino	SO	Plattsburgh	55.60 4
9 Sean Henley	FR	Potsdam St.	57.61 3
10 Zach DeLorme	SO	Potsdam St.	59.09 2

Men 800 Meter Run

M-P Facility: 1:49.51 F 4/24/2003 **Nick Symmonds**
SLU Team: 1:51.1h s 1986 **Tom Thorp**
Meet: 1:53.41 M 4/29/2023 **Timothy Boyce**
LL Qual: 2:01.00 L
AARTFC: 1:57.00 A

Name	Yr	School	Finals
Finals			
1 Graham Richard	FR	Plattsburgh	2:00.83L 7
2 Christopher O'Donnell	JR	St. Lawrence	2:01.17 5
3 Tye Royal	JR	St. Lawrence	2:01.28 4
4 Adriano Padoin-Castillo		Ottawa Lions	2:01.99
5 Sam Renaud	JR	Potsdam St.	2:02.27 3
6 Henry Baker	JR	St. Lawrence	x2:03.02
7 Matt DeJulio	FR	Plattsburgh	2:03.83 2
8 Michael Conway		Ottawa Lions	2:04.26
9 Eli Siracusa	SO	Potsdam St.	2:14.45 1
10 Kain Robinson	JR	Potsdam St.	x2:17.91

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Results

Finals ... (Men 800 Meter Run)

Name	Yr	School	Finals
11 Connor St. Peter	SO	St. Lawrence	x2:23.13
12 Alic Rock	FR	Potsdam St.	x2:28.40
13 Connor Till	SO	Potsdam St.	x2:29.28
14 Zach DeLorme	SO	Potsdam St.	x2:43.31
15 Jack Schroeder	FR	Potsdam St.	x2:45.34

Men 1500 Meter Run

M-P Facility: 3:46.66 F 5/24/2003 Nick Symmonds

SLU Team: 3:46.65 s 1984 Dave Elster

Meet: 3:59.12 M 4/29/2023 Noah Bonesteel

LL Qual: 4:07.00 L

AARTFC: 4:02.00 A

Name	Yr	School	Finals
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Finals

1 Jude Wheeler-Dee	JR	Unat-Queen's	3:48.86M
2 Tanner Hueglin	SO	Unat-Queen's	3:51.01M
3 Nicholas Lyndaker	SO	St. Lawrence	3:51.73M 7
4 Noah Bonesteel	JR	Plattsburgh	3:54.39M 5
5 Peter Stubler	FR	St. Lawrence	4:08.86 4
6 Erik Kucera	SO	Plattsburgh	4:16.87 3
7 Andre Larocque	JR	Unat-Queen's	4:19.70
8 Logan Selander	FR	St. Lawrence	x4:31.74
9 Nathan Alexander	FR	Plattsburgh	x4:39.47
10 Matthias Lauvau	FR	Plattsburgh	x4:40.67

Men 5000 Meter Run

M-P Facility: 14:10.29 F 5/23/2015 Josh Thorson

SLU Team: 14:23.21 s 4/16/2016 Thomas Caulfield

Meet: 15:06.63 M 4/28/2018 Logan Mancuso

LL Qual: 15:40.00 L

AARTFC: 15:25.00 A

Name	Yr	School	Finals
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Finals

1 Griffin Roeder	SO	St. Lawrence	15:25.71L 7
2 Patrick Russell	SO	St. Lawrence	15:26.53L 5
3 Matthew Serrano	SO	St. Lawrence	x15:28.95L
4 Matthew Taylor	JR	St. Lawrence	x15:28.99L
5 Tristan Gazaille	JR	Unat-Queen's	16:09.67
6 Peter Basile	FR	Plattsburgh	16:12.03 4
7 Cole Jacobsen	FR	St. Lawrence	x16:19.88
8 Michael Brockway	SR	Plattsburgh	16:27.07 3
9 William Chalfant	FR	St. Lawrence	x16:58.88
10 Evan Howe	JR	Plattsburgh	x17:04.02
11 Denali Rodriguez-Garnica	JR	Plattsburgh	x17:11.51
12 Galen Halasz	FR	St. Lawrence	x17:13.37
13 JT Zimmerman	JR	Plattsburgh	x17:36.54
14 Benjamin Roach	JR	St. Lawrence	x18:00.75

Men 10000 Meter Run

M-P Facility: 30:09.44 F 5/22/2003 Cory Stelljes

SLU Team: 30:00.10 s 1983 Sandy Hulme

Meet: 32:45.02 M 4/28/2018 Mitch Ryan

LL Qual: 33:30.00 L

AARTFC: 33:00.00 A

Name	Yr	School	Finals
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Finals

1 Michael Skutt	JR	St. Lawrence	32:30.75M 7
2 George Gowdy		Unattached	33:04.71
3 Henry Hagen	FR	St. Lawrence	33:08.72L 5

Men 110 Meter Hurdles

M-P Facility: 14.17 F 5/22/2015 Terrence Gibson

SLU Team: 14.44 s 5/16/2013 Jacob Fredericks

Meet: 15.54 M 4/28/2018 Jordan Kane

LL Qual: 18.00 L

AARTFC: 15.80 A

Name	Yr	School	Finals
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Finals

1 Calvin Hitzsche	SO	Potsdam St.	16.10L 7
2 Evan Rando	FR	Plattsburgh	17.87L 5
3 Brogan McGorray	SO	St. Lawrence	18.11 4
4 Sean Ramirez	JR	Plattsburgh	19.11 3
5 Faris Webber	SO	Plattsburgh	x19.86 0.8

Men 400 Meter Hurdles

M-P Facility: 50.57 F 5/23/2015 Luke Campbell

SLU Team: 52.42 s 5/28/2016 Nicholas Crawford

Meet: 56.22 M 4/30/2022 Collin Chidester

LL Qual: 1:02.00 L

AARTFC: 57.00 A

Name	Yr	School	Finals
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Finals

1 Saj Alhaddad		Ottawa Lions	54.35M
2 Shifan Shaffe	JR	St. Lawrence	57.29L 7
3 Ryan Orcutt	JR	Potsdam St.	1:00.00L 5
4 Carlos Sanchez	SO	St. Lawrence	1:05.19 4
5 Zander Brown	FR	Plattsburgh	1:09.36 3

Men 3000 Meter Steeplechase

M-P Facility: 8:46.58 F 5/23/2015 Dawson Miller

SLU Team: 9:19.6h s 1985 Jukka Tammisuo

Meet: 10:01.35 M 4/29/2023 Erik Kucera

LL Qual: 10:45.00 L

AARTFC: 9:55.00 A

Name	Yr	School	Finals
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Finals

1 Matthew Coleman	JR	St. Lawrence	10:36.15L 7
2 Harper Barrett	SR	Potsdam St.	12:21.76 5

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Results

Men 4x400 Meter Relay

M-P Facility: 3:10.68 F 5/23/2015 Mount Union

T Mettelle, T Sparks, T Neff, C Swisher

SLU Team: 3:15.54 s 1988 St. Lawrence

T. Plimpton A. Silver T. McCrossen J. Disotelle

Meet: 3:22.00 M 4/28/2018 St. Lawrence

H Stivers, T Hamre, E Wickland Shearer, G White

AARTFC: 3:24.00 A

Team	Relay	Finals
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Finals

1	St. Lawrence	A	3:37.60	7
	1) Robert Scalessa FR	2) Christopher O'Donnell JR		
	3) Henry Baker JR	4) Tye Royal JR		
2	Potsdam St.	A	3:38.91	5
	1) Sam Renaud JR	2) Sean Henley FR		
	3) Calvin Hitzsche SO	4) Ryan Orcutt JR		
3	Potsdam St.	B	x4:17.08	
	1) Kain Robinson JR	2) Connor Till SO		
	3) Jack Schroeder FR	4) Alic Rock FR		

Men High Jump Follows MPV

M-P Facility: 2.16m F 5/22/2003 Dan Olson

SLU Team: 2.06m s 1978 Myles Odaniel

Meet: 1.90m M 4/30/2022 Chase Pecoraro

LL Qual: 1.70m L

AARTFC: 1.90m A

Name	Yr	School	Finals
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Finals

1	Aly Ceesay	SR	Potsdam St.	1.80mL	7
2	Locke Gerken	FR	Plattsburgh	1.70mL	5
3	Cameron Dillard	JR	St. Lawrence	1.70mL	4
4	Evan Rando	FR	Plattsburgh	1.70mL	3
5	Michael Anderson	SR	Potsdam St.	1.65m	2
6	Brogan McGorray	SO	St. Lawrence	1.60m	1

Men Pole Vault

M-P Facility: 5.35m F 5/23/2003 Hans Schmidt

SLU Team: 4.90m s 1989 Alexander Grelland

Meet: 4.05m M 4/28/2018 Christopher Fisk

LL Qual: 3.65m L

AARTFC: 4.40m A

Name	Yr	School	Finals
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Finals

1	Brendan O'Horo	FR	St. Lawrence	3.65mL	7
2	Faris Webber	SO	Plattsburgh	2.58m	5

Men Long Jump Follows WLJ

M-P Facility: 7.38m F 5/23/2003 Dion Ballentine

SLU Team: 7.42m s 5/1/1998 Chris Burgess

Meet: 6.33m M 4/30/2022 Josh Washington

LL Qual: 6.00m L

AARTFC: 6.70m A

Name	Yr	School	Finals
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Finals

1	Erik Shattenberg	FR	St. Lawrence	6.26mL	7
2	Aidan Masten	SR	Plattsburgh	6.15mL	5

3	Isaiah Ritter	FR	Plattsburgh	5.97m	4
4	Jesse Lutz	JR	St. Lawrence	5.49m	3
5	Ryan Williams	FR	Plattsburgh	x5.22m	1.6
6	Matt Petty	SO	Unattached	4.76m	1.0
---	Charles Gartner	JR	St. Lawrence	DNS	NWI
---	Julius James	SO	Plattsburgh	DNS	NWI
---	Michael Anderson	SR	Potsdam St.	DNS	NWI

Men Triple Jump Follows WTJ

M-P Facility: 15.51m F 5/23/2015 Chris Perry

SLU Team: 14.41m s 5/12/2012 Jamal Samaroo

Meet: 13.49m M 4/29/2023 Jackson Colquhoun

LL Qual: 12.00m L

AARTFC: 13.50m A

Name	Yr	School	Finals
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Finals

1	De'Andre Watson	FR	Plattsburgh	11.24m	7
2	Jesse Lutz	JR	St. Lawrence	10.30m	5

Men Shot Put

M-P Facility: 18.73m F 5/23/2015 Roger Steen

SLU Team: 16.38m s 4/12/2008 Geoff Grambo

Meet: 15.80m M 4/30/2022 Antwan Kelly

LL Qual: 11.60m L

AARTFC: 13.75m A

Name	Yr	School	Finals
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Finals

1	Zachary Jaworski	JR	St. Lawrence	13.87m	7
2	Tito Bowens	JR	St. Lawrence	12.91mL	5
3	Jorge Cabrera	SR	Plattsburgh	11.58m	4
4	Tate Lehman		CU Track & F	11.38m	
5	Tim Petty	SR	Potsdam St.	10.99m	3
6	Zane Moussa	JR	Potsdam St.	10.03m	2
7	Cooper Ladouceur	SO	Potsdam St.	x9.93m	
8	Zane Stevens	SO	Potsdam St.	x9.80m	
9	Spencer Trudo	SR	Plattsburgh	9.79m	1
10	Chandler Baxter	FR	Plattsburgh	x9.39m	
10	Caspian Lefevre	FR	Plattsburgh	x9.39m	
12	Ryan Steele	SO	St. Lawrence	x9.26m	
13	Alex Sufirin	FR	Plattsburgh	x8.91m	
14	Lance Frayler	FR	Potsdam St.	x7.89m	

Men Discus Throw Follows WDT

M-P Facility: 56.90m F 5/21/2015 Grant Harvard

SLU Team: 47.36m s 1987 Chris Dunlay

Meet: 43.94m M 4/28/2018 Jude Manford

LL Qual: 33.00m L

AARTFC: 41.00m A

Name	Yr	School	Finals
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Finals

1	Zaire Rogers	SR	Potsdam St.	34.21mL	7
2	Tito Bowens	JR	St. Lawrence	33.68mL	5
3	Connor St. Peter	SO	St. Lawrence	33.54mL	4
4	Jorge Cabrera	SR	Plattsburgh	33.01mL	3
5	Zachary Jaworski	JR	St. Lawrence	x31.44m	
6	Luc Thimot	JR	Potsdam St.	30.53m	2
7	Thomas Konnick	SO	Plattsburgh	30.28m	1

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Results

Finals ... (Men Discus Throw Follows WDT)

Name	Yr	School	Finals
8 Tim Petty	SR	Potsdam St.	x29.28m
9 Cooper Ladouceur	SO	Potsdam St.	x28.70m
10 Erik Schneider	SO	St. Lawrence	x27.82m
11 Harrison Sullivan	FR	Potsdam St.	x26.81m
12 Faris Webber	SO	Plattsburgh	x26.66m
13 Chandler Baxter	FR	Plattsburgh	x26.33m
14 Zane Stevens	SO	Potsdam St.	x24.93m
15 Caspian Lefevre	FR	Plattsburgh	x23.86m
16 Spencer Trudo	SR	Plattsburgh	x22.29m
17 Zane Moussa	JR	Potsdam St.	x15.98m

Men - Team Rankings - 19 Events Scored

1) St. Lawrence	168
2) Plattsburgh St.	108
3) Potsdam St.	67

Men Hammer Throw

M-P Facility: 64.49m F 5/21/2015 Pat Weinert

SLU Team: 62.54m s 1988 Rich Wright

Meet: 45.92m M 4/28/2018 Dylan Babcock

LL Qual: 35.00m L

AARTFC: 47.50m A

Name	Yr	School	Finals
Finals			
1 Zachary Jaworski	JR	St. Lawrence	49.21mA 7
2 Jorge Cabrera	SR	Plattsburgh	42.45mL 5
3 Zane Moussa	JR	Potsdam St.	42.29mL 4
4 Erik Schneider	SO	St. Lawrence	39.42mL 3
5 Tito Bowns	JR	St. Lawrence	x38.47mL
6 Spencer Trudo	SR	Plattsburgh	36.77mL 2
7 Caspian Lefevre	FR	Plattsburgh	x35.44mL
8 Ethan Rowe	JR	St. Lawrence	x33.57m
9 Thomas Konnick	SO	Plattsburgh	x31.44m
10 Chandler Baxter	FR	Plattsburgh	x25.05m

Men Javelin Throw Follows WJT

M-P Facility: 67.50m F 5/23/2015 Travon Godette

SLU Team: 62.00m s 1996 Kirk Winters

Meet: 52.22m M 4/28/2018 William Merchant

LL Qual: 40.00m L

AARTFC: 50.50m A

Name	Yr	School	Finals
Finals			
1 Ethan Rowe	JR	St. Lawrence	46.74mL 7
2 Erik Schneider	SO	St. Lawrence	45.69mL 5
3 Ryan Steele	SO	St. Lawrence	x39.11m
4 Zane Moussa	JR	Potsdam St.	38.23m 4
5 Faris Webber	SO	Plattsburgh	37.01m 3
6 Robert Davis		CU Track & F	35.52m
7 Harrison Sullivan	FR	Potsdam St.	35.44m 2
8 Zane Stevens	SO	Potsdam St.	x26.02m
--- Alex Sufrin	FR	Plattsburgh	FOUL
--- Lance Frayler	FR	Potsdam St.	FOUL

Women - Team Rankings - 18 Events Scored

1) Plattsburgh St.	131.5
2) St. Lawrence	110.5
3) Potsdam St.	52