

Empire 8 Outdoor Track & Field Championships
Hosted By St. John Fisher - 5/7/2021 to 5/8/2021
Performance List

Event 13 Women 100 Meter Dash Prelims

Meet: 12.29 2014		Miasia Hillman	
Facility: 12.08		M. Hillman / C. Hayward	
AARTFC: 12.85			
Name	Yr	School	Seed Time
1 Brenna Johnson	JR	Nazareth	12.58
2 Maria Covelli	SO	St. John Fisher	12.78
3 Caroline Castriotta	JR	Utica	12.90
4 Laura Meade	SO	Utica	13.02
5 Breanna Lambert	JR	St. John Fisher	13.25
6 Michaela Kurbs	FR	St. John Fisher	13.30
7 McKenna Cone	SO	St. John Fisher	13.36
8 Claudia Vogel	FR	St. John Fisher	13.57
8 Ayjah Clarke	FR	Utica	13.57
10 Alexa Rizzo	FR	Nazareth	13.65
11 Hailey Hall	FR	Alfred	13.68
12 Julianna Bunnell	JR	Nazareth	13.76
13 Victoria Johnson	FR	Sage	13.78
13 Alexandra Buhrle	SR	St. John Fisher	13.78
15 Madison Sabourin	JR	Nazareth	13.79
16 Gianna Cognetti	SO	Utica	13.95

Event 19 Women 200 Meter Dash

Meet: 24.93 5/4/2019		Gina Dello Russo	
Facility: 24.72 4/19/2015		Miasia Hillman	
AARTFC: 26.50			
Name	Yr	School	Seed Time
1 Brenna Johnson	JR	Nazareth	26.25
2 Breanna Lambert	JR	St. John Fisher	27.34
3 Abbey Szumloz	SR	Nazareth	27.65
4 Olivia Pawlewicz	JR	St. John Fisher	28.00
5 Haley DeJager	SO	Houghton	28.16
6 Claudia Vogel	FR	St. John Fisher	28.17
6 Mary Shaker	FR	Houghton	28.17
8 Janaiya Cruz-Bermudez	FR	Utica	28.29
9 Caroline Castriotta	JR	Utica	28.32
9 McKenna Cone	SO	St. John Fisher	28.32
11 Michaela Kurbs	FR	St. John Fisher	28.44
12 Julianna Bunnell	JR	Nazareth	28.69
13 Victoria Johnson	FR	Sage	28.75
14 Alyssa Fitzgerald	FR	Sage	28.80
15 Madison Sabourin	JR	Nazareth	29.15
16 Ayjah Clarke	FR	Utica	29.26
17 Erin Bruttomesso	FR	Utica	31.25

Event 11 Women 400 Meter Dash

Meet: 56.16 2004		Sheri Kelleher	
Facility: 56.46 4/24/2021		Emily Lavarney	
AARTFC: 1:00.00			
Name	Yr	School	Seed Time
1 Edena Sanchez	JR	Houghton	58.71
2 Brenna Johnson	JR	Nazareth	59.49
3 Elizabeth Decker	SR	Nazareth	1:00.63
4 Breanna Lambert	JR	St. John Fisher	1:01.65
5 Mary Shaker	FR	Houghton	1:02.43

6 Abbey Szumloz	SR	Nazareth	1:02.72
7 Janaiya Cruz-Bermudez	FR	Utica	1:02.98
8 Lauren Bendall	FR	Nazareth	1:03.01
9 Olivia Pawlewicz	JR	St. John Fisher	1:03.57
10 Skylar Grybos	FR	Sage	1:03.82
11 Haley DeJager	SO	Houghton	1:05.20
12 Bryanna Roos	SR	Nazareth	1:11.87
13 Alyson Witt	SO	St. John Fisher	1:13.88

Event 15 Women 800 Meter Run

Meet: 2:15.25 2013		Jennifer Randall	
Facility: 2:12.34 4/30/2016		Laura Morrison	
AARTFC: 2:21.00			
Name	Yr	School	Seed Time
1 Edena Sanchez	JR	Houghton	2:20.54
2 Elizabeth Decker	SR	Nazareth	2:24.22
3 Claire Bargabos	JR	Nazareth	2:26.21
4 Olivia Pawlewicz	JR	St. John Fisher	2:28.21
5 Alivia Collins	JR	St. John Fisher	2:28.94
6 Mackenzie Feeney	FR	Sage	2:30.40
7 Alexis Anagnostopulos	SO	Nazareth	2:30.72
8 Leah O'Connell	FR	Houghton	2:30.79
9 Leigha Gould	FR	Nazareth	2:32.56
10 Chelsea Lamphere	FR	St. John Fisher	2:34.62
11 Olivia Gilbert	FR	Alfred	2:38.25
12 Marinna Raqueno	SO	St. John Fisher	2:38.67
13 Holly Passetti	JR	Alfred	2:39.82
14 Morgan Brothers	JR	Alfred	2:41.08
15 Alyssa Winberg	FR	Utica	2:45.84
16 Priya Katwala	FR	Utica	3:04.70

Event 7 Women 1500 Meter Run

Meet: 4:37.75 4/22/2017		Amy Regan	
Facility: 4:35.56 5/3/2014		Amy Cymerman	
AARTFC: 4:54.00			
Name	Yr	School	Seed Time
1 Amanda Burrichter	FR	Houghton	4:59.90
2 Emily Weaver	SO	Nazareth	5:01.48
3 Alivia Collins	JR	St. John Fisher	5:05.10
4 Mackenzie Feeney	FR	Sage	5:06.47
5 Lauren DeMichele	FR	St. John Fisher	5:07.93
6 Holly Passetti	JR	Alfred	5:12.60
7 Megan Morin	SO	Nazareth	5:13.97
8 Paige Ackley	FR	Nazareth	5:22.11
9 Elisabeth Kettinger	SO	Houghton	5:25.82
10 Emily Strauss	FR	Houghton	5:36.75
11 Kristin Daino	JR	Utica	5:38.11
12 Brooke Wilson	FR	Utica	5:48.33
13 Chelsea Lamphere	FR	St. John Fisher	NT

Event 21 Women 5000 Meter Run

Meet: 17:44.66 4/23/2016		Amy Regan	
Facility: 17:18.10 5/6/2017		Taryn Cordani	
AARTFC: 18:45.00			
Name	Yr	School	Seed Time
1 Riley Corey	SO	St. John Fisher	18:28.09

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Event 21 ... (Women 5000 Meter Run)

	Name	Yr	School	Seed Time
2	Lauren DeMichele	FR	St. John Fisher	18:53.77
3	Morgan Gould	JR	St. John Fisher	19:07.36
4	Amanda Burrichter	FR	Houghton	19:17.43
5	Emily Weaver	SO	Nazareth	19:26.60
6	Laura Witt	FR	St. John Fisher	19:32.63
7	Emma Cronin	FR	Sage	19:33.41
8	Hayley Cronin	JR	Nazareth	19:35.26
9	Lilianna Hanning	FR	Nazareth	19:40.02
10	Elizabeth Darling	JR	Utica	20:17.87
11	Rachel Domaracki	FR	Houghton	20:23.24
12	Giselle Rainville	SO	Nazareth	20:29.01
13	Abigail Perry	FR	St. John Fisher	20:29.70
14	Angelea Collins	FR	St. John Fisher	20:32.64
15	Molly Kane	FR	Sage	20:49.50
16	Lauren Almy	FR	St. John Fisher	21:21.26
17	Mari Jablonski	FR	Alfred	21:50.67

Event 2 Women 10000 Meter Run

Meet: 39:14.25 5/3/2019 Clarissa Hensler Facility: 36:31.71 5/14/2017 Mackenzie Donahue AARTFC: 41:30.00				
	Name	Yr	School	Seed Time
1	Riley Corey	SO	St. John Fisher	38:41.26
2	Morgan Gould	JR	St. John Fisher	40:43.41
3	Laura Witt	FR	St. John Fisher	43:27.11
4	Sophia Prouty	SO	St. John Fisher	46:02.74
5	Rachel Domaracki	FR	Houghton	NT
5	Giselle Rainville	SO	Nazareth	NT
5	Lilianna Hanning	FR	Nazareth	NT
5	Molly Kane	FR	Sage	NT
5	Megan Morin	SO	Nazareth	NT

Event 9 Women 100 Meter Hurdles Prelims

Meet: 14.38 2007 LaKeisha Perez Facility: 14.56 4/28/2018 Kylee Bartlett AARTFC: 15.80				
	Name	Yr	School	Seed Time
1	McKenna Cone	SO	St. John Fisher	15.75
2	Abbey Szumloz	SR	Nazareth	16.46
3	Ana Ion	FR	Alfred	16.76
4	Sydney Vanderhoof	SO	Nazareth	16.90
5	Alexandria Wisniewski	FR	Houghton	17.25
6	Cora Maxwell	JR	Utica	17.59
7	Hannah Ragule	FR	Nazareth	17.68
8	Hailey Hall	FR	Alfred	17.76
9	Annika McPhail	FR	Nazareth	18.01
10	Giuliana Capparello	FR	Sage	18.44
11	Katie Widmer	FR	Houghton	20.35
12	Kala Farley	SO	Alfred	23.92

Event 17 Women 400 Meter Hurdles

Meet: 1:04.06 4/22/2017 Tayler Dence Facility: 1:01.84 5/3/2014 Cameron Edwards AARTFC: 1:09.00				
	Name	Yr	School	Seed Time
1	Abbey Szumloz	SR	Nazareth	1:09.07
2	Lauren Bendall	FR	Nazareth	1:10.40
3	Ashley Page	FR	Alfred	1:10.96
4	Cora Maxwell	JR	Utica	1:11.55
5	Laura Levi	SO	Utica	1:11.75
6	Hannah Ragule	FR	Nazareth	1:11.82
7	Alexandria Wisniewski	FR	Houghton	1:15.32
8	Hayden Williamson	FR	Houghton	1:15.54
9	Ada Sylvester	FR	St. John Fisher	1:16.10
10	Grace Cummings	SO	St. John Fisher	1:25.15
11	Kala Farley	SO	Alfred	1:44.61

Event 3 Women 3000 Meter Steeplechase

Meet: 11:02.76 2014 Gabrielle Lebihan Facility: 10:45.31 5/6/2017 Anne Peterson AARTFC: 12:30.00				
	Name	Yr	School	Seed Time
1	Holly Passetti	JR	Alfred	12:23.14
2	Emma Cronin	FR	Sage	12:24.45
3	Alivia Collins	JR	St. John Fisher	12:30.54
4	Alexis Anagnostopoulos	SO	Nazareth	12:46.43
5	Angelea Collins	FR	St. John Fisher	12:48.05
6	Paige Ackley	FR	Nazareth	13:04.29
7	Grace Cummings	SO	St. John Fisher	14:12.10

Event 5 Women 4x100 Meter Relay

Meet: 48.79 2013 Ithaca	
Friedman, Dewart, Kelly, Werner	
Facility: 47.02 4/30/2016 Buffalo State	
C Burroughs, N Houpe, S Pricher, J Porter	
AARTFC: 51.00	
Team	Relay Seed Time
1 St. John Fisher	50.51
1) Michaela Kurbs FR	2) McKenna Cone SO
3) Maria Covelli SO	4) Breanna Lambert JR
5) Alexandra Buhrle SR	
2 Nazareth	51.33
1) Alexa Rizzo FR	2) Abbey Szumloz SR
3) Madison Sabourin JR	4) Brenna Johnson JR
5) Hannah Ragule FR	6) Julianna Bunnell JR
3 Utica	52.35
1) Ayjah Clarke FR	2) Janaiya Cruz-Bermudez FR
3) Gianna Cognetti SO	4) Laura Meade SO
4 Sage	54.45
1) Victoria Johnson FR	2) Sarah Masse FR
3) Alyssa Fitzgerald FR	4) Jasmine Zollman FR
5) Anna Breidenbach FR	6) Monalissa Carius FR

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Event 5 ... (Women 4x100 Meter Relay)

Team	Relay	Seed Time
5 Alfred		55.21
1) Hailey Hall FR	2) Megan Jones JR	
3) Olivia Chamberlin FR	4) Mackenzie Grosskopf FR	
5) Ashley Page FR	6) Krissy Roberts JR	

Event 23 Women 4x400 Meter Relay

Meet: 3:59.59 2007 RIT		
Perez, Palermo, Varble, Simmons		
Facility: 3:54.53 5/3/2014 Rochester		
B Porter, L Lockard, C Edwards, B Galasso		
AARTFC: 4:12.00		
Team	Relay	Seed Time
1 Nazareth		4:05.72
1) Claire Bargabos JR	2) Elizabeth Decker SR	
3) Brenna Johnson JR	4) Lauren Bendall FR	
5) Abbey Szumloz SR		
2 Houghton		4:19.97
1) Mary Shaker FR	2) Haley DeJager SO	
3) Edena Sanchez JR	4) Leah O'Connell FR	
3 St. John Fisher		4:23.50
1) Breanna Lambert JR	2) Olivia Pawlewicz JR	
3) Chelsea Lamphere FR	4) Alivia Collins JR	
5) Ada Sylvester FR	6) Alyson Witt SO	
4 Utica		4:28.66
1) Ayjah Clarke FR	2) Laura Meade SO	
3) Janaiya Cruz-Bermudez FR	4) Laura Levi SO	
5) Cora Maxwell JR	6) Elizabeth Darling JR	
5 Sage		4:39.37
1) Skylar Grybos FR	2) Mackenzie Feeney FR	
3) Kristin McAlonen JR	4) Sarah Masse FR	
5) Sophia Keravich SR	6) Giannah French SR	
6 Alfred		5:20.86
1) Ashley Page FR	2) Ana Ion FR	
3) Krissy Roberts JR	4) Olivia Gilbert FR	
5) Morgan Brothers JR	6) Mackenzie Grosskopf FR	
7) Olivia Chamberlin FR		

Event 25 Women 4x800 Meter Relay

Meet: 9:45.25 5/3/2019 Houghton		
M Kruth, J Hotchkiss, E Sanchez, G Stokes		
Facility: 9:19.42 5/5/2017 Rochester		
A Freese, A Peterson, C Knox, S Kitchen		
Team	Relay	Seed Time
1 Nazareth		10:32.38
1) Alexis Anagnostopoulos SO	2) Paige Ackley FR	
3) Elizabeth Decker SR	4) Claire Bargabos JR	
5) Leigha Gould FR		
2 Alfred		11:22.37
1) Morgan Brothers JR	2) Olivia Gilbert FR	
3) Ashley Page FR	4) Holly Passetti JR	
5) Mari Jablonski FR	6) Sally Johnston SO	
7) Samantha Arthurs FR		

3 St. John Fisher	NT
1) Olivia Pawlewicz JR	2) Chelsea Lamphere FR
3) Alivia Collins JR	4) Lauren DeMichele FR
5) Marinna Raqueno SO	
3 Utica	NT
1) Laura Levi SO	2) Elizabeth Darling JR
3) Kristin Daino JR	4) Brooke Wilson FR
5) Alyssa Winberg FR	6) Priya Katwala FR
3 Houghton	NT
1) Leah O'Connell FR	2) Julia Hotchkiss JR
3) Edena Sanchez JR	4) Elisabeth Kettinger SO
3 Sage	NT
1) Mackenzie Feeney FR	2) Skylar Grybos FR
3) Kristin McAlonen JR	4) Sophia Keravich SR
5) Giannah French SR	

Event 33 Women High Jump**Progression:**

Meet:	1.72m 4/19/2015	Gladys Njoku
Facility:	1.72m 4/19/2015	Gladys Njoku
AARTFC:	1.55m	

Name	Yr	School	Seed Mark
1 Hayden Williamson	FR	Houghton	1.55m
1 Brenna Johnson	JR	Nazareth	1.55m
3 Bianca Durso	FR	Alfred	1.53m
4 Ana Ion	FR	Alfred	1.51m
5 Claudia Vogel	FR	St. John Fisher	1.48m
6 Sarah Merriwether	SO	Nazareth	1.47m
7 Halle Tickell	JR	St. John Fisher	1.35m
8 Laura Meade	SO	Utica	1.31m
9 Rebecca Marsh	SO	St. John Fisher	1.25m
10 Sophia Keravich	SR	Sage	1.24m
10 Giannah French	SR	Sage	1.24m

Event 31 Women Pole Vault**Progression:**

Meet:	4.10m 4/22/2017	Katherine Pitman
Facility:	4.28m 5/5/2017	Katherine Pitman
AARTFC:	3.20m	

Name	Yr	School	Seed Mark
1 Alondra Arroyo	JR	St. John Fisher	3.00m
2 Taylor Woltz	JR	Nazareth	2.91m
3 Caroline Castriotta	JR	Utica	2.90m
4 Lauren Bendall	FR	Nazareth	2.60m
5 Jordyn Poole	JR	St. John Fisher	2.45m
6 Gabrielle DeSanctis	FR	Utica	2.25m

Event 27 Women Long Jump

Meet:	5.62m 2013	Taylor Pierson
Facility:	6.10m 5/14/2016	Sarah Wiatr
AARTFC:	5.20m	

Name	Yr	School	Seed Mark
1 Kelsey Wands	FR	Utica	5.57m
2 McKenna Cone	SO	St. John Fisher	5.21m
3 Michaela Kurbs	FR	St. John Fisher	5.19m
4 Hannah Ragule	FR	Nazareth	5.11m

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Event 27 ... (Women Long Jump)

	Name	Yr	School	Seed Mark
5	Brenna Johnson	JR	Nazareth	5.10m
6	Ana Ion	FR	Alfred	5.04m
7	Krissy Roberts	JR	Alfred	5.03m
8	Laura Meade	SO	Utica	4.98m
9	Alexandra Buhrle	SR	St. John Fisher	4.78m
10	Gianna Cagnetti	SO	Utica	4.76m
11	Alexa Rizzo	FR	Nazareth	4.72m
12	Isabella Heath	FR	Nazareth	4.68m
13	McKenzie Leahey	SO	Nazareth	4.46m
14	Jasmine Zollman	FR	Sage	4.45m
15	Victoria Johnson	FR	Sage	4.44m
16	Bianca Durso	FR	Alfred	4.29m
17	Katie Widmer	FR	Houghton	ND

Event 29 Women Triple Jump

Meet: 11.78m 4/23/2016 Sarah Wiatr				
Facility: 12.38m 5/14/2016 Sarah Wiatr				
AARTFC: 10.80m				
	Name	Yr	School	Seed Mark
1	Hannah Ragule	FR	Nazareth	10.92m
2	Ana Ion	FR	Alfred	10.91m
3	Maria Covelli	SO	St. John Fisher	10.89m
4	Laura Meade	SO	Utica	10.75m
5	McKenna Cone	SO	St. John Fisher	10.65m
6	Krissy Roberts	JR	Alfred	10.49m
7	Isabella Heath	FR	Nazareth	10.06m
8	Victoria Johnson	FR	Sage	9.58m
9	Gianna Cagnetti	SO	Utica	ND

Event 35 Women Shot Put

Meet: 13.29m 5/4/2019 Katie Weeks				
Facility: 15.05m 4/28/2018 Victoire Kothor				
AARTFC: 11.20m				
	Name	Yr	School	Seed Mark
1	Jane Fahy	SO	Utica	12.69m
2	Madison Palmer	SO	Alfred	11.72m
3	Gabrielle Pighetti	JR	Nazareth	11.14m
4	Jordan Lehman	SR	St. John Fisher	11.01m
5	Makenna King	FR	St. John Fisher	11.00m
6	Lyndsay O'Brien	SO	St. John Fisher	10.99m
7	Lea Richard	FR	Nazareth	10.92m
8	Monalisa Carius	FR	Sage	10.90m
9	Esther Boateng	JR	Alfred	10.31m
10	Rosemarie Fesko	SO	Utica	9.38m
11	Kathryn Evans	FR	Houghton	8.98m

Event 41 Women Discus Throw

Meet: 48.26m 4/22/2017 Brandy Smith				
Facility: 50.93m 5/13/2017 Brandy Smith				
AARTFC: 35.00m				
	Name	Yr	School	Seed Mark
1	Jordan Lehman	SR	St. John Fisher	37.49m
2	Alyssa Lyon	FR	Houghton	35.41m
3	Makenna King	FR	St. John Fisher	33.45m

4	Jane Fahy	SO	Utica	33.25m
5	Gabrielle Pighetti	JR	Nazareth	33.16m
6	Elizabeth Izydorczak	SR	St. John Fisher	31.45m
7	Esther Boateng	JR	Alfred	30.69m
8	Ally Criswell	JR	Nazareth	30.15m
9	Lea Richard	FR	Nazareth	29.65m
9	Rosemarie Fesko	SO	Utica	29.65m
11	Madison Palmer	SO	Alfred	28.97m
12	Gabrielle DeSanctis	FR	Utica	27.64m
13	Fiona Mulligan	FR	Sage	27.03m
14	Lyndsay O'Brien	SO	St. John Fisher	23.62m
15	Kathryn Evans	FR	Houghton	22.47m
16	Skyler Whorf	FR	Utica	21.55m
17	Rebecca Clifford	JR	Utica	20.76m

Event 39 Women Hammer Throw

Meet: 52.57m 5/3/2019 Katie Weeks				
Facility: 54.52m 5/3/2014 Lydia Frangos				
AARTFC: 43.00m				
	Name	Yr	School	Seed Mark
1	Jordan Lehman	SR	St. John Fisher	47.86m
2	Lea Richard	FR	Nazareth	43.30m
3	Elizabeth Izydorczak	SR	St. John Fisher	42.69m
4	Madison Palmer	SO	Alfred	41.07m
5	Gabrielle DeSanctis	FR	Utica	38.50m
6	Gabrielle Pighetti	JR	Nazareth	37.65m
7	Skyler Whorf	FR	Utica	34.42m
8	Makenna King	FR	St. John Fisher	34.23m
9	Jenna Costello	JR	St. John Fisher	33.09m
10	Esther Boateng	JR	Alfred	32.26m
11	Rebecca Clifford	JR	Utica	31.64m
12	Monalisa Carius	FR	Sage	29.22m
13	Rebecca Dwyer	FR	St. John Fisher	28.90m
14	Fiona Mulligan	FR	Sage	26.63m
15	Kathryn Evans	FR	Houghton	23.59m

Event 37 Women Javelin Throw

Meet: 41.19m 2011 Ashley Dlubac				
Facility: 49.57m 5/14/2016 Nika Oullette				
AARTFC: 32.00m				
	Name	Yr	School	Seed Mark
1	Jenna Costello	JR	St. John Fisher	31.59m
2	Ally Criswell	JR	Nazareth	26.16m
3	Claire Connolly	JR	Sage	25.68m
4	Cora Maxwell	JR	Utica	25.43m
5	Monalisa Carius	FR	Sage	25.39m
6	Ana Ion	FR	Alfred	25.12m
7	Stephanie Mandelkow	SO	Utica	25.01m
8	Jane Fahy	SO	Utica	23.82m
9	Jordan Lehman	SR	St. John Fisher	23.74m
10	Rosemarie Fesko	SO	Utica	23.45m
11	Bianca Durso	FR	Alfred	22.08m
12	Gabrielle Pighetti	JR	Nazareth	21.93m
13	Fiona Mulligan	FR	Sage	20.97m
14	Sarah Merriwether	SO	Nazareth	20.42m
15	Anna Breidenbach	FR	Sage	18.96m

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Name	Yr	School	Seed Mark
16 Mackenzie Grosskopf	FR	Alfred	13.22m

Event 14 Men 100 Meter Dash Prelims

Meet:	10.57	4/23/2016	Nicodemus Gambill
Facility:	10.61	5/5/2017	Nicodemus Gambill
AARTFC:	11.10		

Name	Yr	School	Seed Time
1 Connor McCauslin	SO	Nazareth	11.31
2 Daijon Richards	FR	Utica	11.35
3 Josh Washington	FR	Utica	11.46
3 Mike Welch	SO	Nazareth	11.46
5 Matthew Pennell	SR	St. John Fisher	11.49
5 Neil Peters	SO	Alfred	11.49
7 Jonah Dean	SO	St. John Fisher	11.50
8 Timothy Trimboli	SO	Alfred	11.59
9 Jerome Houston	JR	Houghton	11.66
10 Trenton Wynn	SO	St. John Fisher	11.68
11 Steven Jackson	FR	Alfred	11.76
12 Ramosaj Williams	JR	Sage	11.79
13 Zuriel Wright	FR	Utica	11.88
14 Michael Campbell	FR	Utica	11.90
15 Ethan Coxford	FR	St. John Fisher	11.96
16 Shane Tinney	FR	Utica	12.10
17 Terrence Toussaint	FR	Utica	12.13
18 Daniel Elliott	FR	Utica	12.18
19 Josey Rivera	FR	Houghton	12.49
20 Micah Williams	FR	Houghton	NT

Event 20 Men 200 Meter Dash

Meet:	21.58	5/4/2019	Alex Kainer
Facility:	21.71	5/5/2017	Nicodemus Gambill
AARTFC:	22.40		

Name	Yr	School	Seed Time
1 Jonah Dean	SO	St. John Fisher	22.47
2 Nathaniel Zedomi	JR	Houghton	22.61
2 Mike Welch	SO	Nazareth	22.61
4 Connor McCauslin	SO	Nazareth	23.00
5 Neil Peters	SO	Alfred	23.17
6 Matthew Pennell	SR	St. John Fisher	23.20
7 Daijon Richards	FR	Utica	23.21
8 Josh Washington	FR	Utica	23.23
9 Timothy Trimboli	SO	Alfred	23.24
10 Matthew Stasiw	JR	St. John Fisher	23.25
11 Ramosaj Williams	JR	Sage	24.03
12 Jerome Houston	JR	Houghton	24.25
13 Ellis Richardson	JR	Sage	24.27
14 Levi Kennel	FR	Houghton	24.38
15 Ethan Coxford	FR	St. John Fisher	24.46
16 Tyler Mitchell	JR	Sage	24.81

Event 12 Men 400 Meter Dash

Meet:	47.35	4/22/2017	Peter Girardi
Facility:	47.98	5/4/2018	Peter Girardi
AARTFC:	50.30		

Name	Yr	School	Seed Time
1 Nathaniel Zedomi	JR	Houghton	49.82
2 Jonah Dean	SO	St. John Fisher	50.01
3 Ellis Richardson	JR	Sage	50.88
4 Mike Welch	SO	Nazareth	50.91
5 Matt Johnson	JR	Nazareth	52.96
6 Brennan Lewandowski	FR	Houghton	53.14
7 Arnoldo Burnett	SR	Sage	54.12
8 Connor Kerr	FR	Alfred	55.00
9 Collin Nasso	FR	Houghton	55.59

Event 16 Men 800 Meter Run

Meet:	1:51.73	2006	Nick Stenuf
Facility:	1:52.71	4/30/2016	Ben Griffin
AARTFC:	1:57.00		

Name	Yr	School	Seed Time
1 Grant Stokoe	JR	St. John Fisher	1:55.56
2 Dominic Nova	FR	Sage	2:01.41
3 Chris Celecki	SR	Nazareth	2:01.66
4 Ryan Allen	JR	St. John Fisher	2:02.06
5 Josh Tomaka	JR	Nazareth	2:02.37
6 Myles Anderson	SO	St. John Fisher	2:02.76
7 Nate McNally	SO	Nazareth	2:02.80
8 Patrick Healy	JR	Nazareth	2:02.83
9 Ryan English	JR	St. John Fisher	2:03.66
10 Adam McCutcheon	FR	Houghton	2:04.17
11 Kyle Jenkins	SO	Alfred	2:04.49
12 Kenny Williams	FR	Nazareth	2:05.19
13 Chris Mayo	JR	Alfred	2:05.35
14 Jared Young	JR	Sage	2:06.35
15 Jason Kincaid	FR	St. John Fisher	2:08.34
16 Anthony DiRubbo	FR	St. John Fisher	2:09.47
17 Mathieu Acquard	SO	St. John Fisher	2:17.87

Event 8 Men 1500 Meter Run

Meet:	3:53.53	2007	Nick Stenuf
Facility:	3:55.18	4/29/2017	Ben Griffin
AARTFC:	4:03.00		

Name	Yr	School	Seed Time
1 Grant Stokoe	JR	St. John Fisher	4:05.57
2 Nate McNally	SO	Nazareth	4:06.02
3 Josh Tomaka	JR	Nazareth	4:10.49
4 Dave Russo	SO	Houghton	4:13.04
5 Ethan Glashauser	FR	Nazareth	4:13.94
6 Dominic Nova	FR	Sage	4:16.23
7 Myles Anderson	SO	St. John Fisher	4:16.83
8 Ryan Allen	JR	St. John Fisher	4:17.95
9 Jake Suddaby	JR	Nazareth	4:20.24
9 Kyle Jenkins	SO	Alfred	4:20.24
11 Lucas Sharron	SO	Nazareth	4:20.58
12 Kyle Full	JR	Alfred	4:22.46

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Event 8 ... (Men 1500 Meter Run)

	Name	Yr	School	Seed Time
13	Tim Mayo	JR	Alfred	4:26.90
14	Colin Campbell	FR	Houghton	4:47.51
15	Brian Glantz	FR	Utica	5:08.03
16	John Colocho	FR	Utica	5:53.37

Event 22 Men 5000 Meter Run

Meet: 14:53.75 2006		Fontana Fluke		
Facility: 14:47.71 5/6/2017		Grant O'Connor		
AARTFC: 15:25.00				
	Name	Yr	School	Seed Time
1	Nathan Bowers	SO	Nazareth	15:41.22
2	Dillon Bell	SO	Houghton	15:47.78
3	Ethan Billings	FR	St. John Fisher	15:55.58
4	Dylan Beckhorn	SO	Houghton	15:55.78
5	Matt Reimann	FR	Nazareth	16:00.36
6	Michael Brown	SR	Nazareth	16:04.57
7	Seth Greene	FR	Houghton	16:10.59
8	Jake Suddaby	JR	Nazareth	16:19.33
9	Bogdan Rozvora	SO	St. John Fisher	16:22.71
10	Caleb Kasper	FR	Houghton	16:41.35
11	Nathan Szatkowski	FR	St. John Fisher	16:45.49
12	Holden Maynard	JR	Sage	16:58.63
13	Brandon Nicosia	SO	St. John Fisher	17:09.75
14	Michael Capuano	FR	St. John Fisher	17:25.97
15	Ben Liu	FR	Nazareth	17:28.49
16	Keegan Reyome	SO	St. John Fisher	17:52.16
17	Kevin Flint	FR	Alfred	18:04.89
18	Evan Miller	JR	Houghton	NT

Event 1 Men 10000 Meter Run

Meet: 32:53.83 5/3/2019		Tyler Deuschle		
Facility: 30:01.42 4/23/2021		Matthew Sayre		
AARTFC: 33:30.00				
	Name	Yr	School	Seed Time
1	Ethan Billings	FR	St. John Fisher	33:41.76
2	Dylan Beckhorn	SO	Houghton	33:51.64
3	Dillon Bell	SO	Houghton	33:59.30
4	Brandon Nicosia	SO	St. John Fisher	35:14.74
5	Gavin Wilbert	SO	Alfred	37:24.53
6	Ryan Driscoll	JR	St. John Fisher	37:49.88
7	Holden Maynard	JR	Sage	NT
7	Ethan Glashauser	FR	Nazareth	NT
7	Nathan Bowers	SO	Nazareth	NT
7	Michael Brown	SR	Nazareth	NT

Event 10 Men 110 Meter Hurdles Prelims

Meet: 14.35		Girardi & Mahana		
Facility: 14.35 5/4/2018		Peter Girardi		
AARTFC: 15.80				
	Name	Yr	School	Seed Time
1	Connor McCauslin	SO	Nazareth	14.85
2	Kaleb Luton	SO	Nazareth	15.55
3	Kyle Swiecki	SR	Utica	15.69
4	John Ruggio	FR	St. John Fisher	16.13

5	Trenton Wynn	SO	St. John Fisher	16.22
6	Justin Valentin	FR	Utica	16.77
7	Josiah Bowers	SO	St. John Fisher	17.03
8	Jon Burns	FR	Houghton	17.39
9	Sean Cochrane	FR	St. John Fisher	18.14
10	George Mecca	FR	Alfred	18.67

Event 18 Men 400 Meter Hurdles

Meet:	52.95	4/23/2016	Peter Girardi	
Facility:	51.59	5/6/2017	Peter Girardi	
AARTFC:	57.00			
	Name	Yr	School	Seed Time
1	Jonathan Simmons	FR	Utica	59.12
2	George Mecca	FR	Alfred	59.84
3	John Ruggio	FR	St. John Fisher	59.95
4	Jack Howard	SO	Houghton	59.99
5	Rashid Abuelmaali	SR	Alfred	1:00.35
6	Justin Valentin	FR	Utica	1:01.68
7	Trenton Wynn	SO	St. John Fisher	1:03.20
8	Adam Yeager	JR	St. John Fisher	1:04.35
9	Andrew Wieder	FR	Utica	1:05.16
10	Bogdan Rozvora	SO	St. John Fisher	1:05.60
11	Arnoldo Burnett	SR	Sage	1:08.51
12	Kevin Havens	SO	St. John Fisher	1:09.10
13	Kyler Ford	JR	Utica	1:10.76
14	Kyle Swiecki	SR	Utica	NT

Event 4 Men 3000 Meter Steeplechase

Meet: 9:19.22 2005		Shawn Calabrese		
Facility: 9:19.75 4/23/2021		Ezra Ruggles		
AARTFC: 9:55.00				
	Name	Yr	School	Seed Time
1	Chris Celecki	SR	Nazareth	10:14.28
2	Seth Greene	FR	Houghton	10:15.33
3	Bogdan Rozvora	SO	St. John Fisher	10:21.91
4	Ryan English	JR	St. John Fisher	10:28.01
5	Kyle Full	JR	Alfred	10:35.73
6	Kevin Havens	SO	St. John Fisher	10:57.87
7	Evan Miller	JR	Houghton	11:09.34
8	Adam Yeager	JR	St. John Fisher	11:21.01
9	Kyler Ford	JR	Utica	13:52.16

Event 6 Men 4x100 Meter Relay

Meet: 41.44 5/4/2019		Stevens Institute	
D LaMastra, A Kainer, N DiMaria, E Kainer			
Facility: 42.05 4/30/2016		Buffalo State	
S Johnson, T Demuth, R Liebel, M Roach			
AARTFC: 43.50			
	Team	Relay	Seed Time
1	Houghton		44.48
	1) Jerome Houston JR	2) Jack Howard SO	
	3) Levi Kennel FR	4) Micah Williams FR	

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Event 6 ... (Men 4x100 Meter Relay)

	Team	Relay	Seed Time
2	Alfred		44.49
	1) Timothy Trimboli SO	2) Cody Collins FR	
	3) John Wendt FR	4) Rashid Abuelmaali SR	
	5) Connor Kerr FR	6) Neil Peters SO	
	7) Nate Marrero FR		
3	Sage		44.99
	1) Ellis Richardson JR	2) Arnoldo Burnett SR	
	3) Tyler Mitchell JR	4) Ramosaj Williams JR	
4	St. John Fisher		45.06
	1) Jonah Dean SO	2) Matthew Pennell SR	
	3) Trenton Wynn SO	4) John Ruggio FR	
	5) Ethan Coxford FR		
5	Utica		45.14
	1) Daijon Richards FR	2) Zuriel Wright FR	
	3) Josh Washington FR	4) Michael Campbell FR	
	5) Daniel Elliott FR	6) Terrence Toussaint FR	
	7) Kyle Swiecki SR		
6	Nazareth		NT
	1) Mike Welch SO	2) Connor McCauslin SO	
	3) Matt Johnson JR	4) Kaleb Luton SO	
	5) A.J. DeVasto SO		

Event 24 Men 4x400 Meter Relay

Meet: 3:16.39 5/5/2018 Utica
A Luckoo, B Moore, N Proper, K Gangemi
Facility: 3:16.39 5/4/2018 Utica
A Luckoo, B Moore, N Proper, K Gangemi
AARTFC: 3:27.00

	Team	Relay	Seed Time
1	Sage		3:31.48
	1) Ramosaj Williams JR	2) Arnoldo Burnett SR	
	3) Dominic Nova FR	4) Ellis Richardson JR	
	5) Tyler Mitchell JR	6) Michael Cichy FR	
	7) Jared Young JR		
2	Nazareth		3:32.08
	1) Chris Celecki SR	2) Patrick Healy JR	
	3) Matt Johnson JR	4) Mike Welch SO	
	5) Kenny Williams FR	6) Nate McNally SO	
3	St. John Fisher		3:36.22
	1) Myles Anderson SO	2) Jonah Dean SO	
	3) John Ruggio FR	4) Grant Stokoe JR	
	5) Ryan Allen JR		
4	Houghton		3:39.16
	1) Brennan Lewandowski FR	2) Micah Williams FR	
	3) Jack Howard SO	4) Nathaniel Zedomi JR	
5	Alfred		3:44.69
	1) Rashid Abuelmaali SR	2) George Mecca FR	
	3) Connor Kerr FR	4) Timothy Trimboli SO	
	5) Chris Mayo JR	6) John Wendt FR	
	7) Cody Collins FR		

6	Utica	3:57.84
	1) Josh Washington FR	2) Sei Sei FR
	3) Jonathan Simmons FR	4) Michael Campbell FR
	5) Justin Valentin FR	6) Andrew Wieder FR
	7) Brian Glantz FR	

Event 26 Men 4x800 Meter Relay

Meet: 7:59.47 5/3/2019 Stevens Institute
S James, J Lawrence, R Russo, T LaDue
Facility: 7:48.27 5/5/2017 Rochester
L Orsini, A Gutierrez, W Clayton, C Dalke

	Team	Relay	Seed Time
1	Nazareth		8:32.46
	1) Lucas Sharron SO	2) Patrick Healy JR	
	3) Josh Tomaka JR	4) Chris Celecki SR	
	5) Nate McNally SO	6) Kenny Williams FR	
2	Alfred		8:53.56
	1) Kyle Jenkins SO	2) Kyle Full JR	
	3) George Mecca FR	4) Chris Mayo JR	
	5) Tim Mayo JR	6) Grant Baldwin SO	
3	St. John Fisher		9:02.65
	1) Ryan Allen JR	2) Grant Stokoe JR	
	3) Myles Anderson SO	4) Ryan English JR	
	5) Jason Kincaid FR	6) Anthony DiRubbo FR	
4	Utica		NT
	1) John Collocho FR	2) Michael Collocho SO	
	3) Brian Glantz FR	4) Kyler Ford JR	
	5) Alex Waterman FR		
4	Houghton		NT
	1) Adam McCutcheon FR	2) Dave Russo SO	
	3) Joel Wheeler JR	4) Alex Haines SO	
4	Sage		NT
	1) Dominic Nova FR	2) Ellis Richardson JR	
	3) Jared Young JR	4) Brett Labier JR	
	5) Holden Maynard JR	6) Michael Cichy FR	
	7) Arnoldo Burnett SR		

Event 34 Men High Jump**Progression:**

Meet: 2.08m 4/23/2016 Rob Tutein
Facility: 2.05m 4/19/2015 Rob Tutein
AARTFC: 1.90m

	Name	Yr	School	Seed Mark
1	Kyle Rollins	SR	St. John Fisher	2.17m
2	Zuriel Wright	FR	Utica	1.90m
3	Sean Cochrane	FR	St. John Fisher	1.89m
4	Chase Pecoraro	SR	Utica	1.81m
5	Zachary Briggs	SR	St. John Fisher	1.78m
6	Brennan Lewandowski	FR	Houghton	1.75m
6	A.J. DeVasto	SO	Nazareth	1.75m
8	Justin Valentin	FR	Utica	1.70m
8	Ramosaj Williams	JR	Sage	1.70m

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Event 32 Men Pole Vault**Progression:**

Meet: 4.90m 2010 Michael Dempsey
Facility: 4.95m 4/23/2021 Zachary Ferrara
AARTFC: 4.40m

	Name	Yr	School	Seed Mark
1	Chase Pecoraro	SR	Utica	4.40m
2	Josh Pomerleau	JR	Nazareth	4.25m
3	Bryce Florian	SO	Nazareth	4.01m
4	Sean Foley	SR	Alfred	3.95m
4	Phoenix Palmer	SO	St. John Fisher	3.95m
6	Kyle Swiecki	SR	Utica	3.70m
7	Levi Kennel	FR	Houghton	3.50m
7	Jordan Kostera	JR	St. John Fisher	3.50m
9	Matthew Carr	SO	St. John Fisher	3.35m
9	Adam Palmer	SO	St. John Fisher	3.35m
11	Andrew Wieder	FR	Utica	3.20m
11	Hans Goodnow	FR	Alfred	3.20m

Event 28 Men Long Jump

Meet: 7.11m Kyle Devins & Eric Riley
Facility: 7.46m 5/4/2018 Mark Van Marter
AARTFC: 6.70m

	Name	Yr	School	Seed Mark
1	Kyle Rollins	SR	St. John Fisher	6.96m
2	Matthew Stasiw	JR	St. John Fisher	6.63m
2	Malachi Yeager	SO	Houghton	6.63m
4	Kaleb Luton	SO	Nazareth	6.59m
5	Sei Sei	FR	Utica	6.53m
6	Micah Williams	FR	Houghton	6.48m
7	Tyler Mitchell	JR	Sage	6.46m
8	Neil Peters	SO	Alfred	6.44m
9	Matthew Breault	FR	Utica	6.34m
10	Zuriel Wright	FR	Utica	6.27m
11	Matt Johnson	JR	Nazareth	6.06m
12	Josh Washington	FR	Utica	5.98m
13	Andrew Wieder	FR	Utica	5.69m
14	A.J. DeVasto	SO	Nazareth	5.63m
15	Gavin Luckey	SO	Houghton	5.33m
16	Sean Cochrane	FR	St. John Fisher	5.16m

Event 30 Men Triple Jump

Meet: 14.69m 5/5/2018 Ka'Sean Watlington
Facility: 14.69m 5/5/2018 Ka'Sean Watlington
AARTFC: 13.30m

	Name	Yr	School	Seed Mark
1	Kyle Rollins	SR	St. John Fisher	15.45m
2	Zuriel Wright	FR	Utica	12.95m
3	Matt Johnson	JR	Nazareth	12.92m
4	Sei Sei	FR	Utica	12.43m
5	Matthew Stasiw	JR	St. John Fisher	12.37m
6	Kaleb Luton	SO	Nazareth	12.30m
7	Matthew Breault	FR	Utica	12.09m

Event 36 Men Shot Put

Meet: 15.81m 4/22/2017 Neil Forrester
Facility: 16.30m 5/14/2016 Jon Rogers
AARTFC: 13.75m

	Name	Yr	School	Seed Mark
1	Ryan Desautels	SR	St. John Fisher	14.37m
2	Chase Corcoran	SR	St. John Fisher	13.99m
3	Arthur Bittel	SO	Utica	13.44m
4	Brady VanAernam	FR	Utica	12.59m
5	William Corwin	SR	St. John Fisher	12.37m
6	Jacob Barnes	FR	Utica	12.26m
7	Josef Brunner	FR	St. John Fisher	12.01m
8	Daniel Stephens	FR	St. John Fisher	11.10m
9	Michael McNeil	FR	Utica	10.98m
10	Chris Perez	SO	Nazareth	10.89m
11	Jack Mott	JR	St. John Fisher	10.07m
12	Caleb Pettit	SO	Houghton	9.60m
13	Andrew Clark	FR	Utica	9.25m

Event 42 Men Discus Throw

Meet: 46.22m 4/23/2016 Keanu Heedram
Facility: 47.88m 5/13/2017 Mitchel Couch
AARTFC: 41.00m

	Name	Yr	School	Seed Mark
1	Chase Corcoran	SR	St. John Fisher	47.14m
2	Antwan Kelly	FR	Utica	43.06m
3	Ryan Desautels	SR	St. John Fisher	43.01m
4	Joseph Jerkovich	JR	St. John Fisher	39.98m
5	Brady VanAernam	FR	Utica	38.41m
6	William Corwin	SR	St. John Fisher	36.53m
7	Arthur Bittel	SO	Utica	35.25m
8	Josiah Bowers	SO	St. John Fisher	34.82m
9	Michael McNeil	FR	Utica	34.56m
10	Jordan Weaver	FR	Utica	33.45m
11	Chris Perez	SO	Nazareth	32.03m
12	Jack Bickford	SO	St. John Fisher	30.90m
13	Jack Mott	JR	St. John Fisher	30.86m
14	Andrew Clark	FR	Utica	28.29m
15	Mark Brown	FR	Utica	24.19m
16	Caleb Pettit	SO	Houghton	23.39m

Event 40 Men Hammer Throw

Meet: 55.45m 5/4/2018 Ross Mathewson
Facility: 64.30m 4/29/2017 Tyler Burdoff
AARTFC: 47.00m

	Name	Yr	School	Seed Mark
1	Chase Corcoran	SR	St. John Fisher	53.77m
2	Antwan Kelly	FR	Utica	46.98m
3	Ryan Desautels	SR	St. John Fisher	44.27m
4	Mark Brown	FR	Utica	42.19m
5	Josef Brunner	FR	St. John Fisher	40.88m
6	Jack Bickford	SO	St. John Fisher	39.95m
7	Chris Perez	SO	Nazareth	37.69m
8	Jacob Barnes	FR	Utica	37.42m
9	William Corwin	SR	St. John Fisher	37.39m

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Event 40 ...(Men Hammer Throw)

	Name	Yr	School	Seed Mark
10	Brady VanAernam	FR	Utica	35.80m
11	Jack Mott	JR	St. John Fisher	35.16m
12	Arthur Bittel	SO	Utica	34.98m
13	Caleb Pettit	SO	Houghton	32.36m
14	Michael Sportello	FR	Utica	31.79m

Event 38 Men Javelin Throw

Meet: 61.88m 2007 Stephen Burns				
Facility: 59.77m 4/19/2014 Sean Locker				
AARTFC: 49.00m				
	Name	Yr	School	Seed Mark
1	Chase Pecoraro	SR	Utica	55.05m
2	Joseph Jerkovich	JR	St. John Fisher	51.18m
3	Joel Field	FR	Utica	44.35m
4	Anthony Ricoszi	FR	Utica	43.35m
5	William Corwin	SR	St. John Fisher	43.26m
6	Caleb Lutz	FR	Houghton	42.16m
7	Jack Howard	SO	Houghton	41.51m
8	Sean Foley	SR	Alfred	39.82m
9	Jacob Barnes	FR	Utica	39.18m
10	Maxwell Blowers	FR	St. John Fisher	39.05m
11	Arnoldo Burnett	SR	Sage	37.85m
12	Josiah Bowers	SO	St. John Fisher	35.65m
13	Colten Prince	FR	Houghton	34.02m
14	Antonio Reyes	FR	Utica	33.36m
15	Kameren Port	FR	Utica	32.35m
16	Michael Cichy	FR	Sage	32.21m