

Utica Winter Opener
Hutton Sports & Recreation Center - 1/15/2022
Results

Women 60 Meter Dash

Facility: 7.84 F 2/8/2020 Riyana Owens
 AARTFC: 8.10 A

Name	Yr	School	Prelims
Preliminaries			
1	Jaylynn Sheppard	SR SUNY Delhi	A 8.02Q
2	Mallory DiFelice	FR Le Moyne	8.21Q
3	Kadie-Ann Whyte	FR SUNY Delhi	8.31Q
4	Grace Kane	FR Delaware Valley	8.39Q
5	Elizabeth Evans	JR RPI	8.54Q
6	Kathryn Morin	JR RPI	8.23q
7	Ashleigh Lacy	SR Oswego	8.34q
8	Laura Meade	SR Utica	8.41q
9	Natalie Lavello	FR Le Moyne	8.50
10	Brianna Simon	FR Le Moyne	8.54
11	Marley Froe	FR Union (N.Y.)	8.56
12	Hayley Castagnier	SO St. Lawrence	8.57
13	Maria Covelli	JR St. John Fisher	8.60
14	Claudia Vogel	SO St. John Fisher	8.67
15	Jedidiah Shortte	SO Saint Rose	8.68
16	Navi Shaw	SO Saint Rose	8.69
17	Maya Leonard	FR Utica	8.73
18	Victoria Dunn	SR Hamilton	8.82
19	Elizabeth Glomski	FR Utica	8.83
20	Faith Nelson	FR Cortland	8.83
21	Allison Lennebacker	FR St. John Fisher	8.84
22	Vandia Williams	SR Hartwick	8.86
23	Sylvea Cleary	JR Canisius	8.87
24	Kayla Guerre	SR Oswego	8.98
25	Julia Hubbard	SO RPI	9.10
26	Paige Lundgren	FR St. John Fisher	9.15
27	Ashley Holt	FR St. John Fisher	9.15
28	Carmem Da Costa	SO Saint Rose	9.94
29	Sonia Hernandez	JR Oswego	10.07
30	Estianna Merchant	FR Hartwick	10.37

Women 60 Meter Dash

Facility: 7.84 F 2/8/2020 Riyana Owens
 AARTFC: 8.10 A

Name	Yr	School	Finals
Finals			
1	Jaylynn Sheppard	SR SUNY Delhi	8.08A 10
2	Kathryn Morin	JR RPI	8.11 8
3	Mallory DiFelice	FR Le Moyne	8.14 6
4	Grace Kane	FR Delaware Valley	8.17 5
5	Kadie-Ann Whyte	FR SUNY Delhi	8.27 4
6	Ashleigh Lacy	SR Oswego	8.30 3
7	Laura Meade	SR Utica	8.43 2
8	Elizabeth Evans	JR RPI	8.46 1

Women 200 Meter Dash

Facility: 25.14 F 2/23/2019 Gina Dello Russo
 AARTFC: 26.70 A

Name	Yr	School	Finals
Finals			
1	Grace Kane	FR Delaware Valley	27.25 10
2	Kathryn Morin	JR RPI	27.35 8
3	Shania Mohammed	JR Saint Rose	27.69 6
4	Jaylynn Sheppard	SR SUNY Delhi	27.85 5
5	Mallory DiFelice	FR Le Moyne	27.86 4
6	Ashleigh Lacy	SR Oswego	27.96 3
7	Caroline Stanton	SO Union (N.Y.)	28.13 2
8	Jaelyn Howard	SO Saint Rose	28.17 1
9	Abigail McDowell	SO Cortland	28.26
10	Marley Froe	FR Union (N.Y.)	28.33
11	Elizabeth Liriano	FR Cortland	28.35
12	Natalie Lavello	FR Le Moyne	28.54
13	Kitty Tang	JR Cortland	28.65
14	Shaina Smith	SO Le Moyne	28.73
15	Michelle Wu	FR Hamilton	28.78
16	Katherine McDowell	SO Cortland	28.79
17	Avery Hebert	FR Cortland	28.99
18	Faith Nelson	FR Cortland	29.00
19	Matteson Donnelly	FR Cortland	29.31
20	Kelly Hastings	FR Delaware Valley	29.34
21	Maris Seabury	FR Cortland	29.44
22	Kristina Koes	SO St. Lawrence	29.58
23	Victoria Dunn	SR Hamilton	29.93
24	Jedidiah Shortte	SO Saint Rose	29.96
25	Maria Domingo	FR RPI	30.04
26	Katherine Burgess	JR Cortland	30.06
27	Elizabeth Glomski	FR Utica	30.21
28	Hayly Fredrickson	FR St. John Fisher	30.30
29	Mackenzie Marcus	FR St. Lawrence	30.44
30	Kayla Guerre	SR Oswego	31.03
31	Regan Kaiser	FR Cortland	31.05
32	Laken Mooney	SO St. Lawrence	31.05
33	Devin Griffin	FR Cortland	31.13
34	Jessica Loch	FR Le Moyne	31.15
35	Yurami Van Eer	FR Union (N.Y.)	31.21
36	Gabrielle Baker	FR Union (N.Y.)	31.26
37	Stephanie Seyfang	SO Canisius	31.82
38	Amy Francesconi	FR St. Lawrence	32.29
39	Lauren Maher	FR RPI	32.45
40	Ellie Lisec	JR RPI	32.72
41	Carmem Da Costa	SO Saint Rose	33.28
42	Sonia Hernandez	JR Oswego	34.76

Women 400 Meter Dash

Facility: 56.47 F 2/22/2019 Gina Dello Russo
 AARTFC: 1:01.00 A

Name	Yr	School	Finals
Finals			
1	Samantha Shea	SR St. John Fisher	59.29A 10
2	Grace Wright	FR St. John Fisher	59.79A 8

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Results

Finals ... (Women 400 Meter Dash)

Name	Yr	School	Finals
3 Elizabeth Liriano	FR	Cortland	1:03.25 6
4 Mackenzie Mix	FR	Utica	1:03.38 5
5 Caroline Stanton	SO	Union (N.Y.)	1:03.47 4
6 Faith Coyle	FR	Oswego	1:05.20 3
7 Emma Wright	FR	St. John Fisher	1:05.22 2
8 Avery Hebert	FR	Cortland	1:05.96 1
9 Breanna Lambert	SR	St. John Fisher	1:06.71
10 Alysia Joseph	SO	Delaware Valley	1:06.93
11 Katherine McDowell	SO	Cortland	1:07.00
12 Megan McAllister	SR	St. John Fisher	1:07.20
13 Kristina Koes	SO	St. Lawrence	1:07.97
14 Kelly Hastings	FR	Delaware Valley	1:08.22
15 Alexa Smith	SO	St. Lawrence	1:08.48
16 Delaney Manahan	FR	Le Moyne	1:08.82
17 Katherine Burgess	JR	Cortland	1:08.99
18 Maris Seabury	FR	Cortland	1:09.08
19 Ada Sylvester	SO	St. John Fisher	1:09.21
20 Christina Bagin	SO	Hamilton	1:09.64
21 Logan Fredrickson	FR	St. John Fisher	1:10.39
22 Gretchen Dowd	FR	Oswego	1:11.40
23 Stephanie Seyfang	SO	Canisius	1:15.24
24 Amy Francesconi	FR	St. Lawrence	1:16.74

Women 500 Meter Dash

Facility: 1:17.83 F 1/28/2017 Marissa Jones

Name	Yr	School	Finals
1 Jaelyn Howard	SO	Saint Rose	1:24.35 10
2 Janaiya Cruz-Bermudez	FR	Utica	1:25.37 8
3 Katie Gawronski	SO	Canisius	1:26.39 6
4 Alexis Cole	SO	Utica	1:29.57 5
5 Meliya Soller	FR	Hamilton	1:30.35 4
6 Maura Jordan	SO	Canisius	1:31.61 3
7 Sabrina Turner	SO	Hamilton	1:34.87 2
8 Catherine Durant	SO	Le Moyne	1:37.13 1
9 Noella Burlette	FR	Utica	1:39.16
10 Adrianna Sullivan	SR	Hartwick	1:41.14
11 Heather Bugenhagen	JR	Canisius	1:41.97
12 Ariana Bolourchi	FR	Le Moyne	1:47.23

Women 800 Meter Run

Facility: 2:17.11 F 1/29/2016 Marisa Divietro

AARTFC: 2:23.00 A

Name	Yr	School	Finals
1 Leah Wardner	SR	Canisius	2:26.58 10
2 Allison Sibold	FR	St. Lawrence	2:26.73 8
3 Jen McClintock	FR	Siena	2:29.95 6
4 Jillian Lees	SO	RPI	2:31.69 5
5 Alivia Collins	SR	St. John Fisher	2:31.81 4
6 Mia Schiel	SR	Hamilton	2:31.90 3
7 Taylor Highers	SR	St. John Fisher	2:34.01 2
8 Cleo Baker	SO	Le Moyne	2:34.19 1
9 Faith Coyle	FR	Oswego	2:35.85

10 Jordan Porter	JR	RPI	2:36.44
11 Catherine Dacey	FR	Union (N.Y.)	2:38.63
12 Grace Bridge	FR	St. Lawrence	2:39.76
13 Cassandra Shore	SO	RPI	2:39.97
14 Chelsea Lamphere	SO	St. John Fisher	2:40.09
15 Katie Sands	JR	Hamilton	2:40.51
16 Amanda Winn	SO	Le Moyne	2:41.11
17 Grace Cummings	JR	St. John Fisher	2:43.84
18 Brynne Ketchum	JR	Canisius	2:44.32
19 Anjulyyn Hvisdak	SO	Canisius	2:45.17
20 Nora Graves	FR	St. Lawrence	2:46.36
21 Alix Barry	FR	Union (N.Y.)	2:46.93
22 Abigail Perry	SO	St. John Fisher	2:48.29
23 Gretchen Dowd	FR	Oswego	2:49.15
24 Audrey Carragher	FR	St. John Fisher	2:49.98
25 Maggie Dolloff	FR	St. John Fisher	2:50.85
26 Sabrina Antonini	FR	St. John Fisher	2:51.50
27 Cayla Hungerford	SO	Le Moyne	2:55.78
28 Alexandria Caceres	SR	SUNY Delhi	3:15.31

Women 1000 Meter Run

Facility: 2:54.29 F 1/18/2020 Sascha Scott

Name	Yr	School	Finals
1 Allison Maltesta	FR	Union (N.Y.)	3:21.27 10
2 Bailey Pierce	SR	Canisius	3:22.67 8
3 Bridget Hastings	FR	St. Lawrence	3:23.06 6
4 Olivia Durant	SO	Siena	3:29.77 5
5 Mary Lyons	SO	SUNY Delhi	3:39.99 4
6 Caroline Kelly	FR	Union (N.Y.)	3:42.70 3
7 Shyanne Lawton	SO	SUNY Delhi	3:43.99 2
8 Kristin Daino	SR	Utica	3:44.08 1
9 Abigail Michalek	FR	Union (N.Y.)	3:45.48
10 Niamh McDade Clay	FR	Hamilton	3:48.61
11 Keelin Virgulito	FR	Union (N.Y.)	3:51.03
12 Lindsay Podlaski	JR	Union (N.Y.)	3:55.36
13 Briann Lohmann	FR	Utica	4:02.54
14 Olivia Snell	SO	Le Moyne	4:05.06
15 Emma Zacharewicz	FR	Utica	4:35.76
--- Alexis DiBernardo	SO	Saint Rose	DNF

Women 1 Mile Run

Facility: 5:06.50 F 2/11/2017 Taryn Cordani

AARTFC: 5:22.00 A

Name	Yr	School	Finals
1 Elaine Atanasova	SO	Siena	5:10.55A 10
2 Libby Benzer	SR	Canisius	5:11.49A 8
3 Sophia Vinciguerra	SO	Siena	5:13.37A 6
4 Morgan Lee	SO	RPI	5:13.63A 5
5 Claire Gardner	FR	Siena	5:26.38 4
6 Keira Flaherty	FR	Siena	5:32.10 3
7 Marissa Silba	JR	Canisius	5:34.81 2
8 Elizabeth Greene	SR	Hamilton	5:35.22 1
9 Jillian Lees	SO	RPI	5:36.29
10 Vanessa Burkard	FR	Cortland	5:36.90

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Finals ... (Women 1 Mile Run)

Name	Yr	School	Finals
11 Leana Dickhens	FR	St. Lawrence	5:39.80
12 Julia Caputo	FR	Siena	5:39.90
13 Lauren DeMichele	SO	St. John Fisher	5:41.27
14 Marlee Angus	SO	Cortland	5:41.85
15 Jules Jones	SO	Canisius	5:47.37
16 Sydney Smith	FR	Cortland	5:47.42
17 Khalifah Tracey	SO	Cortland	5:47.55
18 Samantha Pellegrini	JR	Le Moyne	5:48.30
19 Emma Palumbo	FR	St. Lawrence	5:48.85
20 Taylor Heschke	FR	Canisius	5:48.96
21 Lizzie Brown	FR	Siena	5:49.07
22 Bailey Pierce	SR	Canisius	5:49.12
23 Rachel Castello	SO	Cortland	5:49.55
24 Catherine Zamroz	SR	Cortland	5:50.62
25 Allison Maltesta	FR	Union (N.Y.)	5:50.95
26 Shannon Bergin	JR	Siena	5:51.10
27 Chloe Breen	FR	Canisius	5:53.25
28 Angelea Collins	SO	St. John Fisher	5:53.74
29 Sophie Steger	FR	Cortland	5:55.22
30 Elizabeth Conforti	SR	Canisius	5:55.82
31 Hilda Kiprono	FR	Le Moyne	5:58.88
32 Adeline Moore	FR	St. Lawrence	6:00.08
33 Caroline Kelly	FR	Union (N.Y.)	6:01.40
34 Elizabeth Mattair	FR	Saint Rose	6:03.74
35 Belle Painter	FR	Siena	6:13.78
36 Gabriela Gavala	FR	Union (N.Y.)	6:22.13
37 Brooke Iannone	FR	Saint Rose	6:22.65
38 Jenna Swyers	FR	SUNY Cobleskill	6:28.37
39 Lindsay Podlaski	JR	Union (N.Y.)	6:29.42
40 Abigail Michalek	FR	Union (N.Y.)	6:32.92
41 Sophie Chesnut	SO	Union (N.Y.)	6:34.54
42 Marissa Lombardi	FR	SUNY Delhi	6:45.80
43 Kailyn Oreglio	FR	SUNY Delhi	6:53.54
--- Kristen Bitsberger	SR	Hamilton	DNF

Women 3000 Meter Run

Facility: 9:50.10 F 1/2/2016 Kelsey Chmiel

AARTFC: 10:40.00 A

Name	Yr	School	Finals
Finals			
1 Delia McDade Clay	SO	Siena	10:13.50A 10
2 Kayla Schmidt	FR	Siena	10:14.20A 8
3 Morgan Lee	SO	RPI	10:43.84 6
4 Nia Goddard	SO	RPI	10:46.26 5
5 Betsy Overstrum	JR	Hamilton	11:02.16 4
6 Katie Hesler	FR	Siena	11:04.99 3
7 Miranda Gilbert	FR	Siena	11:16.46 2
8 Maddie Foss	FR	Hamilton	11:29.57 1
9 Ellie Decker	FR	Oswego	12:12.13
10 Hailey Beckwith	FR	Le Moyne	13:21.45
11 Anna Clarke	SR	SUNY Delhi	13:35.30

Women 5000 Meter Run

Facility: 17:51.80 F 2/2/2019 Christine Myers

AARTFC: 18:50.00 A

Name	Yr	School	Finals
Finals			
1 Nia Goddard	SO	RPI	18:29.11A 10
2 Kylie Oblak	SO	Hamilton	18:34.85A 8
3 Riley Corey	JR	St. John Fisher	18:36.23A 6
4 Billie McClosky	FR	St. Lawrence	19:31.10 5
5 Katherine Sheehy	SO	St. Lawrence	19:35.95 4
6 Laura Witt	SO	St. John Fisher	19:51.75 3
7 Olivia Bernier	FR	St. Lawrence	20:00.17 2
8 Brigid McGee	SO	St. John Fisher	20:09.17 1
9 Leigh McCaffrey	SO	RPI	20:17.44
10 Camryn Cortez	FR	Le Moyne	20:38.04
11 Lauren Almy	SO	St. John Fisher	21:23.26
12 Anna Capuano	SO	RPI	21:38.22
13 Madilynne Smith	FR	Hartwick	21:44.44

Women 60 Meter Hurdles

Facility: 9.08 F 2/18/2017 Amber Edwards

AARTFC: 9.50 A

Name	Yr	School	Prelims
Preliminaries			
1 Ciarra Franz	FR	St. John Fisher	9.99Q
2 Milan Simmons	FR	St. John Fisher	10.32Q
3 Isabel Caprood	JR	St. Lawrence	10.12q
4 Grace Kitterman	FR	Le Moyne	10.41q
5 Maria Domingo	FR	RPI	10.45q
6 Shaina Smith	SO	Le Moyne	10.49q
7 Stephany Heiberger	JR	Union (N.Y.)	10.94q
8 Hayley Castagnier	SO	St. Lawrence	11.00q
9 Sophie Henderson	SR	Utica	11.08
10 Logan Fredrickson	FR	St. John Fisher	11.49
11 Ellie Lisec	JR	RPI	11.64
12 Giovanna Wall	FR	Hartwick	11.94
13 Maya Verma	JR	RPI	12.29
14 Jessica Loch	FR	Le Moyne	12.59
15 Sophia Riker	SO	Hamilton	12.94

Women 60 Meter Hurdles

Facility: 9.08 F 2/18/2017 Amber Edwards

AARTFC: 9.50 A

Name	Yr	School	Finals
Finals			
1 Ciarra Franz	FR	St. John Fisher	9.55 10
2 Isabel Caprood	JR	St. Lawrence	10.05 8
3 Milan Simmons	FR	St. John Fisher	10.11 6
4 Shaina Smith	SO	Le Moyne	10.18 5
5 Stephany Heiberger	JR	Union (N.Y.)	10.63 4
6 Hayley Castagnier	SO	St. Lawrence	10.90 3
7 Grace Kitterman	FR	Le Moyne	11.07 2
8 Maria Domingo	FR	RPI	12.16 1

**Utica Winter Opener
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Results**

Women 4x200 Meter Relay

Facility: 1:45.85 F 2/18/2017 RFA

S Lewis, O Griggs, M Hunt, T Posey-Barry

Team	Relay	Finals
Finals		
1 Utica	A	1:53.09 10
1) Mackenzie Mix FR	2) Janaiya Cruz-Bermudez FR	
3) Laura Meade SR	4) Ayjah Clarke FR	
2 Le Moyne	A	1:54.89 8
1) Shaina Smith SO	2) Brianna Simon FR	
3) Natalie Lavello FR	4) Mallory DiFelice FR	
3 Hamilton	A	1:56.31 6
1) Michelle Wu FR	2) Sabrina Turner SO	
3) Leah Basel SO	4) Victoria Dunn SR	
4 St. John Fisher	A	2:02.20 5
1) Allison Lennebacker FR	2) Milan Simmons FR	
3) Ciarra Franz FR	4) Paige Lundgren FR	
5 Union (N.Y.)	A	2:04.78 4
1) Marley Froe FR	2) Gabrielle Baker FR	
3) Stephany Heiberger JR	4) Yurami Van Eer FR	

Women 4x400 Meter Relay

Facility: 4:01.97 F 2/18/2017 West Genesee HS

C. Benson, M. Delia, K. Dombroske, E. Young

AARTFC: 4:10.00 A

Team	Relay	Finals
Finals		
1 St. John Fisher	A	4:11.98 10
1) Grace Wright FR	2) Emma Wright FR	
3) Breanna Lambert SR	4) Samantha Shea SR	
2 Siena	B	4:34.82 8
1) Belle Painter FR	2) Jen McClintock FR	
3) Claire Gardner FR	4) Keira Flaherty FR	
3 Canisius	A	4:35.89 6
1) Katie Gawronski SO	2) Marissa Silba JR	
3) Chloe Breen FR	4) Jules Jones SO	
4 St. Lawrence	A	4:35.93 5
1) Alexa Smith SO	2) Emma Palumbo FR	
3) Allison Sibold FR	4) Hayley Castagnier SO	
5 Union (N.Y.)	A	4:36.48 4
1) Allison Maltesta FR	2) Alix Barry FR	
3) Catherine Dacey FR	4) Gabriela Gavala FR	
6 St. John Fisher	B	x4:36.82
1) Megan McAllister SR	2) Ada Sylvester SO	
3) Chelsea Lamphere SO	4) Taylor Highers SR	
7 Le Moyne	A	4:37.13 3
1) Samantha Pellegrini JR	2) Catherine Durant SO	
3) Delaney Manahan FR	4) Cleo Baker SO	
8 Canisius	C	x4:39.60
1) Leah Wardner SR	2) Libby Benzer SR	
3) Taylor Heschke FR	4) Elizabeth Conforti SR	
9 Canisius	B	x4:49.95
1) Maura Jordan SO	2) Olivia Moran JR	
3) Sylvea Cleary JR	4) Brynne Ketchum JR	

Women High Jump

Facility: 1.68m F 2021

Verma / Scharlow

AARTFC: 1.56m A

Name	Yr	School	Finals
Finals			
1 Maia Wahlquist	FR	St. Lawrence	1.59mA 10
2 Danielle Fisk	FR	Cortland	1.59m 8
3 Makiya Donnelly	FR	Utica	1.51m 5.5
3 Maya Verma	JR	RPI	1.51m 5.5
5 Amina Sinclair	FR	Utica	1.46m 3.5
5 Jennah Ferrari	JR	St. John Fisher	1.46m 3.5
7 Halle Tickell	SR	St. John Fisher	1.36m 2
--- Logan Fredrickson	FR	St. John Fisher	NH
--- Rebecca Marsh	JR	St. John Fisher	NH
--- Maya Leonard	FR	Utica	NH
--- Jacy Scharlow	JR	RPI	DNS

Women Pole Vault

Facility: 4.35m F 1/26/2019 Katherine Pitman

AARTFC: 3.20m A

Name	Yr	School	Finals
Finals			
1 Andrea Shipton	SR	Hamilton	3.41mA 10
2 Kimmy Arena	SO	Cortland	2.90m 8
3 Alondra Arroyo	SR	St. John Fisher	2.90m 6
4 Julianna Szczech	SO	Le Moyne	2.90m 5
5 Hayly Fredrickson	FR	St. John Fisher	2.60m 4
6 Emily Frech	FR	St. John Fisher	2.45m 3
7 Jordyn Poole	SR	St. John Fisher	2.30m 2

Women Long Jump

Facility: 5.66m F 2/20/2016 Kaitlyn Kieser

AARTFC: 5.25m A

Name	Yr	School	Finals
Finals			
1 Lauren Reed	SO	Saint Rose	5.20m 10
2 Jaelyn Howard	SO	Saint Rose	5.10m 8
3 Leah Basel	SO	Hamilton	4.89m 6
4 Kayla Guerre	SR	Oswego	4.83m 5
5 Elizabeth Evans	JR	RPI	4.80m 4
6 Ileana Sirois	JR	RPI	4.78m 3
7 Devin Griffin	FR	Cortland	4.77m 2
8 Abigail McDowell	SO	Cortland	4.68m 1
9 Matteson Donnelly	FR	Cortland	4.63m
10 Mackenzie Marcus	FR	St. Lawrence	4.58m
11 Holly Lauzon	SO	RPI	4.57m
12 Laken Mooney	SO	St. Lawrence	4.54m
13 Sophia Riker	SO	Hamilton	4.47m
14 Kitty Tang	JR	Cortland	4.43m
15 Janna Daniels	SO	Saint Rose	4.41m
16 Kelly Hastings	FR	Delaware Valley	4.31m
17 Angela Carlson	FR	St. John Fisher	4.28m
18 Lauren Maher	FR	RPI	4.27m
19 Lucia D'Acchille	SO	St. Lawrence	4.26m
20 Witchney Clersainville	SR	SUNY Delhi	4.24m

**Utica Winter Opener
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Results

Finals ... (Women Long Jump)

Name	Yr	School	Finals
21 Kelsey Sainsbury	SO	St. John Fisher	4.11m
22 Savarrah Sojda	SO	Hartwick	3.93m
23 Ashley Neier	SO	Hartwick	3.89m
24 Erin Dickinson	SO	St. John Fisher	3.66m
25 Regan Kaiser	FR	Cortland	3.63m
--- Jana Frattellone	SO	RPI	DNS

Women Triple Jump

Facility: 11.86m F 2/20/2016 Sarah Wiatr

AARTFC: 10.75m A

Name	Yr	School	Finals
Finals			
1 Lauren Reed	SO	Saint Rose	10.49m 10
2 Laura Meade	SR	Utica	10.47m 8
3 Julia Hubbard	SO	RPI	10.26m 6
4 Leah Basel	SO	Hamilton	10.09m 5
5 McKenna Cone	JR	St. John Fisher	9.88m 4
6 Sophia Riker	SO	Hamilton	9.84m 3
7 Elizabeth Evans	JR	RPI	9.81m 2
8 Ileana Sirois	JR	RPI	9.77m 1
9 Savarrah Sojda	SO	Hartwick	9.72m
10 Ryanne Williams	FR	RPI	9.54m
11 Laken Mooney	SO	St. Lawrence	9.27m
--- Janna Daniels	SO	Saint Rose	FOUL
--- Ashley Neier	SO	Hartwick	FOUL

Women Shot Put

Facility: 14.02m F 2/22/2019 Katie Weeks

AARTFC: 11.50m A

Name	Yr	School	Finals
Finals			
1 Jane Fahy	JR	Utica	12.44mA 10
2 Jordan Lehman	SR	St. John Fisher	11.64mA 8
3 Kitty Messina	FR	SUNY Delhi	11.38m 6
4 Madison Kozyra	FR	Le Moyne	11.30m 5
5 Kathleen Merchant	JR	St. Lawrence	11.02m 4
6 Lindsay Fluman	JR	Oswego	10.34m 3
7 Kimberly Merchant	JR	St. Lawrence	10.16m 2
8 Lyndsay O'Brien	JR	St. John Fisher	9.95m 1
9 Holly Lauzon	SO	RPI	9.93m
10 Morgan Daley	JR	RPI	9.84m
11 Ashley Dobransky	FR	Le Moyne	9.83m
12 Liz Spencer	JR	Cortland	9.44m
13 Jessey Bruening	JR	RPI	9.37m
14 Stephanie Green	SO	Saint Rose	9.30m
15 Brianne Rett	FR	Le Moyne	9.22m
16 Emily Boswell	FR	St. Lawrence	8.86m
17 Ryanne Williams	FR	RPI	8.68m
18 Sarah Parr	SO	Cortland	8.44m
19 Cassidy Cook	FR	Utica	8.43m
20 Gabrielle DeSanctis	SO	Utica	7.91m
21 Abigail Conpropst	SR	Oswego	7.86m
22 Cassandra Simmons	FR	Utica	7.83m
23 Odalis Garcia	JR	Utica	7.73m

24	Giovanna Wall	FR	Hartwick	7.72m
25	Maggie Hayes	FR	St. Lawrence	7.68m
26	Olivia DeGraw	FR	Saint Rose	7.47m
27	Cora Aragon	SO	Saint Rose	7.19m
28	Anissa Torres	SO	Saint Rose	6.99m
29	Ashtyn Allen	SR	Hartwick	6.95m
30	Sarra Ben Abdallah	FR	Hamilton	5.63m
---	Rebecca Clifford	JR	Utica	FOUL
---	Olivia DiTommaso	SO	Hamilton	DNS

Women Weight Throw

Facility: 18.17m F 1/26/2019 Valerie Hinds

AARTFC: 14.00m A

Name	Yr	School	Finals	
Finals				
1 Stephanie Green	SO	Saint Rose	15.14mA 10	
2 Jordan Lehman	SR	St. John Fisher	14.53mA 8	
3 Kathleen Merchant	JR	St. Lawrence	13.77m 6	
4 Gabrielle DeSanctis	SO	Utica	13.61m 5	
5 Morgan Daley	JR	RPI	13.58m 4	
6 Elizabeth Izydorczyk	SR	St. John Fisher	13.23m 3	
7 Kimberly Merchant	JR	St. Lawrence	13.11m 2	
8 Kitty Messina	FR	SUNY Delhi	12.90m 1	
9 Jessey Bruening	JR	RPI	12.47m	
10 Madison Kozyra	FR	Le Moyne	12.36m	
11 Liz Spencer	JR	Cortland	12.25m	
12 Skyler Whorf	FR	Utica	11.56m	
13 Kaitlyn Jones	FR	Delaware Valley	11.11m	
14 Madison Jones	FR	St. John Fisher	10.99m	
15 Maggie Hayes	FR	St. Lawrence	10.87m	
16 Laura Davis	JR	RPI	10.72m	
17 Lindsay Fluman	JR	Oswego	10.60m	
18 Brianne Rett	FR	Le Moyne	10.57m	
19 Sarah Parr	SO	Cortland	10.55m	
20 Emily Boswell	FR	St. Lawrence	10.35m	
21 Rebecca Clifford	JR	Utica	9.88m	
22 Rebecca Dwyer	SO	St. John Fisher	9.82m	
23 Odalis Garcia	JR	Utica	9.52m	
24 Abigail Conpropst	SR	Oswego	9.51m	
25 Ryanne Williams	FR	RPI	9.43m	
26 Cora Aragon	SO	Saint Rose	8.82m	
27 Olivia DeGraw	FR	Saint Rose	8.74m	
28 Cassidy Cook	FR	Utica	8.43m	
29 Ashley Dobransky	FR	Le Moyne	8.34m	
---	Olivia DiTommaso	SO	Hamilton	DNS
---	Jane Fahy	JR	Utica	DNS

Men 60 Meter Dash

Facility: 6.87 F 1/28/2017 Nicodemus Gambill

AARTFC: 7.15 A

Name	Yr	School	Prelims
Preliminaries			
1 Naquille Harris	FR	SUNY Delhi	A 6.94Q
2 Andy Hadasz		Unattached	X7.16Q
3 Joshua Harmsen	JR	Hamilton	7.23Q

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Preliminaries ... (Men 60 Meter Dash)

Name	Yr	School	Prelims
4 Andre Woods	SO	Saint Rose	7.26Q
5 Saleh Eltayeb	SO	Hamilton	7.27Q
6 Andrew Fox	JR	Union (N.Y.)	7.32Q
7 Jonathan St Hilaire	JR	Delaware Valley	7.22q
8 Shemar Delphin	FR	Saint Rose	7.32q
9 Chi Williams	SO	Cortland	7.34
10 Brandon McKenzie	SO	SUNY Delhi	7.40
11 Dominic Abbott	FR	Le Moyne	7.41
12 William Hauf	FR	St. Lawrence	7.41
13 Owen Sleasman	JR	SUNY Delhi	7.41
14 Cameron Dillard	FR	St. Lawrence	7.42
15 Michael Campbell	SO	Utica	7.43
16 Zashon Abrams	FR	Cortland	7.45
17 Messiah Smythe	FR	Delaware Valley	7.48
18 Corey Jones	JR	Hamilton	7.55
19 Matthew Stasiw	SO	St. John Fisher	7.56
20 James Boss	JR	Utica	7.57
21 Craig Denton	SO	Cortland	7.59
22 Michael Ngaw	FR	Hamilton	7.60
23 Andrew Wieder	FR	Utica	7.65
24 Shane Tinney	JR	Utica	7.68
25 Rasikh Shaukat	FR	Hamilton	7.70
26 Michael Corbitt	SO	St. Lawrence	7.70
27 Chase Pecoraro		Unattached	X7.75
28 Nyles Rogers	FR	Utica	7.76
29 Alex Strack	FR	Cortland	7.79
30 Ryan Delane	FR	St. John Fisher	7.80
31 William Comparin	FR	St. Lawrence	7.90
32 Charles Gartner	FR	St. Lawrence	7.90
33 Casey Selinske	SO	RPI	7.96
34 Joseph Catalano	SO	Hartwick	7.96
35 Emeh Chisomaga	JR	Hartwick	8.17
36 Nik Knobloch	FR	Cortland	8.18
37 Kevin Mason	SO	Hartwick	8.26

Men 60 Meter Dash
 Facility: 6.87 F 1/28/2017 Nicodemus Gambill
 AARTFC: 7.15 A

Name	Yr	School	Finals
Finals			
1 Naquille Harris	FR	SUNY Delhi	6.87F 10
2 Andy Hadasz		Unattached	X7.08A
3 Jonathan St Hilaire	JR	Delaware Valley	7.17 8
4 Shemar Delphin	FR	Saint Rose	7.22 6
5 Joshua Harmsen	JR	Hamilton	7.24 5
6 Andre Woods	SO	Saint Rose	7.27 4
7 Andrew Fox	JR	Union (N.Y.)	7.33 3

Men 200 Meter Dash
 Facility: 21.90 F 1/26/2019 George Alexandris
 AARTFC: 22.90 A

Name	Yr	School	Finals
Finals			
1 Aaron Jones	SO	Cortland	22.32A 10

2 Andy Hadasz		Unattached	X22.74A
3 Coltrane Goring	SO	Cortland	22.98 8
4 Messiah Smythe	FR	Delaware Valley	23.34 6
5 Alhagie-Sorie Sesay	SO	Cortland	23.52 5
6 Justin Schrom	FR	Cortland	23.53 4
7 Chi Williams	SO	Cortland	23.66 3
8 Dominic Abbott	FR	Le Moyne	23.69 2
9 Craig Denton	SO	Cortland	23.69 1
10 Logan Cooper	SR	Delaware Valley	23.71
11 Brennan Frascello	FR	SUNY Delhi	23.71
12 Douglas Knapp	SO	Cortland	23.73
13 Aidan Harrington	SO	Oswego	23.76
14 Richard Samuels	JR	Cortland	23.78
15 Mickenson Simon	FR	SUNY Delhi	23.84
16 Shemar Delphin	FR	Saint Rose	23.98
17 Morgan Condon	FR	SUNY Delhi	24.12
18 Josh Washington	SO	Utica	24.12
19 Andre Woods	SO	Saint Rose	24.13
20 James Boss	JR	Utica	24.14
21 Jack Hickey	SO	Oswego	24.28
22 Mathew Broadnax	SO	Oswego	24.39
23 Bate Egbe	SO	RPI	24.63
24 Zashon Abrams	FR	Cortland	24.69
25 Naquille Harris	FR	SUNY Delhi	24.77
26 Stephen Fajen	FR	RPI	24.85
27 Owen Sleasman	JR	SUNY Delhi	24.86
28 Trenton Wynn	JR	St. John Fisher	24.88
29 Colby Lauria	FR	St. Lawrence	24.90
30 Luke Defio	FR	St. John Fisher	24.93
31 Quallan Brown	FR	Utica	25.04
32 Alex Strack	FR	Cortland	25.11
33 William Comparin	FR	St. Lawrence	25.24
34 Harry Birchmore	FR	SUNY Delhi	25.25
35 Tristan Vargo	FR	Utica	25.28
36 Christopher Dorney	SO	Oswego	25.65
37 Michael Campbell	SO	Utica	25.69
38 Ethan Coxford	SO	St. John Fisher	25.74
39 Shane Tinney	JR	Utica	25.85
40 Ryan Delane	FR	St. John Fisher	25.90
41 Charles Gartner	FR	St. Lawrence	25.99
42 Gavin Henderson	FR	St. John Fisher	25.99
43 Nyles Rogers	FR	Utica	26.04
44 D'Andre Little	JR	Saint Rose	26.09
45 Moses Madison	FR	Delaware Valley	26.45
46 Widmarc Thomas	FR	Utica	26.58
47 Brandon McKenzie	SO	SUNY Delhi	26.82
48 Owen Dzierzgowski	FR	Hamilton	27.07
49 Patrick Uwechue	JR	Utica	27.17
50 Justin Rosenberger	FR	Delaware Valley	28.15

Men 400 Meter Dash
 Facility: 48.84 F 2/11/2017 Peter Girardi
 AARTFC: 51.30 A

Name	Yr	School	Finals
Finals			
1 Richard Samuels	JR	Cortland	51.00A 10

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Finals ... (Men 400 Meter Dash)

Name	Yr	School	Finals
2 Andrew Fox	JR	Union (N.Y.)	51.34 8
3 Coltrane Goring	SO	Cortland	51.72 6
4 Logan Cooper	SR	Delaware Valley	52.30 5
5 Justin Schrom	FR	Cortland	52.48 4
6 Brennan Frascello	FR	SUNY Delhi	52.58 3
7 Douglas Knapp	SO	Cortland	52.61 2
8 Aidan Harrington	SO	Oswego	53.02 1
9 Jack Hickey	SO	Oswego	53.22
10 Ryan Hilliard	FR	Union (N.Y.)	53.43
11 Zaire Higgins	FR	Cortland	53.78
12 Matthew Waruch	FR	Saint Rose	54.40
13 Morgan Condon	FR	SUNY Delhi	54.49
14 Brandon Scott	FR	Le Moyne	54.79
15 Shifan Shaffe	FR	St. Lawrence	54.90
16 Mathew Broadnax	SO	Oswego	54.94
17 Connor Lambert	JR	St. Lawrence	55.43
18 Luke Defio	FR	St. John Fisher	55.55
19 Mickenson Simon	FR	SUNY Delhi	55.78
20 Harry Birchmore	FR	SUNY Delhi	55.83
21 Joshua Campbell	SR	Saint Rose	56.31
22 Christopher Dorney	SO	Oswego	56.36
23 Ryan Steele	FR	St. Lawrence	56.51
24 Joseph Catalano	SO	Hartwick	56.63
25 Maxwell Blowers	JR	St. John Fisher	56.85
26 Josiah Bowers	JR	St. John Fisher	57.38
27 Ethan Berberabe	SR	Delaware Valley	57.54
28 Seamus McFague	FR	St. Lawrence	57.56
29 Brady Bishop	FR	St. John Fisher	57.80
30 Edward Rosenbaum	FR	Hamilton	58.00
31 Nik Knobloch	FR	Cortland	58.67
32 D'Andre Little	JR	Saint Rose	58.81
33 Gavin Henderson	FR	St. John Fisher	59.23
34 Patrick Uwechue	JR	Utica	59.93
35 Esteban Ramirez	FR	St. Lawrence	1:00.00

Men 500 Meter Dash

Facility: 1:06.02 F 1/14/2017 Nick Lababara

Name	Yr	School	Finals
Finals			
1 Luke Lyons	SO	RPI	1:06.78 10
2 Jaevon Ardrey	FR	Utica	1:10.27 8
3 Ethan Rowe	FR	St. Lawrence	1:10.77 6
4 Tristan Vargo	FR	Utica	1:11.68 5
5 Alex Ryan	SO	RPI	1:11.82 4
6 Raymond Rivituso	JR	RPI	1:11.85 3
7 Rasikh Shaukat	FR	Hamilton	1:13.32 2
8 James Cary	FR	St. Lawrence	1:14.33 1
9 Kyle Collins	FR	Union (N.Y.)	1:14.43
10 Paul Stannard	JR	Le Moyne	1:14.73
11 Ben Tichner	FR	Union (N.Y.)	1:15.92
12 Conor McManus	JR	Hamilton	1:16.90
13 Justin Rosenberger	FR	Delaware Valley	1:25.58

Men 800 Meter Run

Facility: 1:55.53 F 2/8/2020 Lucas Wright

AARTFC: 1:58.50 A

Name	Yr	School	Finals
Finals			
1 Kenneth Barrett	JR	Le Moyne	2:00.27 10
2 Tommy Anderson	SO	Siena	2:01.26 8
3 Christian Carlin-Saracene	SO	Le Moyne	2:01.82 6
4 Justin Kaufman	FR	Delaware Valley	2:02.04 5
5 Luke Tkaczyk	FR	Siena	2:03.19 4
6 Matthew Smalling	FR	RPI	2:03.81 3
7 Ryan Allen	SR	St. John Fisher	2:05.75 2
8 Richard Moore	JR	Canisius	2:07.02 1
9 Collin Rice	SO	Canisius	2:07.21
10 Alan Daniel	FR	Union (N.Y.)	2:07.38
11 Nate Skrutski		Unattached	X2:07.62
12 Benjamin Neff	FR	Union (N.Y.)	2:07.66
13 Chris Bertola	FR	Siena	2:07.76
14 Myles Andersen	JR	St. John Fisher	2:07.78
15 Peter Briggs	FR	St. John Fisher	2:09.22
16 Nick Dauphinee	SO	Canisius	2:09.86
17 Kevin Board	SO	Canisius	2:10.06
18 Jason Kincaid	SO	St. John Fisher	2:10.48
19 Kyle Vancoughnett	JR	Le Moyne	2:10.67
20 Derrick Tandle	SO	St. John Fisher	2:12.71
21 Evan Breitbeck	FR	Le Moyne	2:13.52
22 Connor Wiekierak	FR	St. Lawrence	2:13.80
23 Ethan Lowell	FR	St. John Fisher	2:14.30
24 Jamie Schappi	FR	St. John Fisher	2:14.61
25 Ian Spoor	SO	Union (N.Y.)	2:16.03
26 Mathieu Acquard	JR	St. John Fisher	2:16.93
27 Carter Owen	FR	Delaware Valley	2:17.48
28 Ryan English	SR	St. John Fisher	2:19.38
29 Miguel Tineo Reyes	FR	Oswego	2:20.45
30 Joshua Sandoval	FR	St. John Fisher	2:23.21

Men 1000 Meter Run

Facility: 2:31.86 F 2/8/2020 Andrew Horan

Name	Yr	School	Finals
Finals			
1 Timothy Boyce	FR	St. Lawrence	2:35.17 10
2 Turner Dirrigl	SR	Canisius	2:35.60 8
3 Jackson Hamilton	FR	St. Lawrence	2:35.72 6
4 Ronan McDonald	SO	Canisius	2:36.03 5
5 Nik Springer	FR	Siena	2:42.31 4
6 Benjamin Ingram	FR	Hamilton	2:45.09 3
7 Nicholas Mitch	SO	St. Lawrence	2:45.38 2
8 Matthew Waruch	FR	Saint Rose	2:46.78 1
9 Ben Trantanella	FR	Union (N.Y.)	2:48.25
10 Tom Appenheimer	JR	Canisius	2:48.36
11 David Levine	FR	Hamilton	2:51.25
12 Hayden Lohmann	FR	Utica	2:52.13
13 Charles Beams	FR	St. Lawrence	2:52.99
14 Kyle Ostrander	FR	Saint Rose	2:52.99
15 Andrew Deming	FR	Oswego	3:01.57

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Results**Finals ... (Men 1000 Meter Run)**

Name	Yr	School	Finals
16 Ethan Berberabe	SR	Delaware Valley	3:10.11
17 Dominick Angradi	JR	Oswego	3:10.45
18 Noah Christian	SO	Saint Rose	3:37.73

Men 1 Mile Run

Facility: 4:15.96 F 1/18/2020 Noah Falasco

AARTFC: 4:24.00 A

Name	Yr	School	Finals
Finals			
1 Matthew Lecky	SO	RPI	4:16.17A 10
2 Timothy Boyce	FR	St. Lawrence	4:18.16A 8
3 John Reed	SR	RPI	4:18.94A 6
4 Jackson Hamilton	FR	St. Lawrence	4:19.33A 5
5 Andrew Perreault	JR	Canisius	4:21.19A 4
6 Ryan Cory	SO	Cortland	4:22.14A 3
7 Tommy Anderson	SO	Siena	4:22.25A 2
8 Michael Peppy	SR	Canisius	4:22.86A 1
9 Tom Ragone	FR	Siena	4:22.90A
10 Luke Tkaczyk	FR	Siena	4:24.29
11 David Soto	JR	Cortland	4:25.87
12 George Brady	JR	Hamilton	4:27.61
13 James Gallagher	SO	Hamilton	4:27.94
14 Matthew Smalling	FR	RPI	4:28.68
15 Steven Spreizer	SO	RPI	4:31.04
16 Maxwell Steffey	SR	Hamilton	4:31.67
17 Dillon VanDemortel	SR	SUNY Cobleskill	4:33.57
18 Tom Appenheimer	JR	Canisius	4:33.79
19 Harry Tomasi	SO	Cortland	4:34.18
20 Chris Bertola	FR	Siena	4:34.80
21 Tye Royal	FR	St. Lawrence	4:37.88
22 Alan Daniel	FR	Union (N.Y.)	4:38.25
23 Aidan Cutting	SO	SUNY Delhi	4:39.93
24 Dom Favata	JR	RPI	4:42.20
25 Lewis Race	SO	SUNY Delhi	4:42.33
26 Aidan Canavan	SR	Siena	4:42.38
27 Scott Levy	FR	Hamilton	4:42.56
28 Matthew Pietzak	SO	Oswego	4:42.90
29 Clayton Santiago	JR	Cortland	4:43.73
30 Nate Skrutski		Unattached	X4:44.26
31 Zachary Booth	FR	Hamilton	4:45.73
32 Ben Trantanella	FR	Union (N.Y.)	4:46.17
33 August Kotula	FR	St. Lawrence	4:46.26
34 Christopher O'Donnell	FR	St. Lawrence	4:46.85
35 Benjamin Neff	FR	Union (N.Y.)	4:46.86
36 Patrick Garland	SO	Canisius	4:47.14
37 Peter DiNinno	SO	St. Lawrence	4:47.22
38 Matthew Mullen	FR	Cortland	4:47.26
39 Jon Hendley		Unattached	X4:47.63
40 Nate Poirier	SO	Siena	4:48.19
41 Nate Wilsoncroft	FR	Cortland	4:49.29
42 Jonathan Forbes	FR	Union (N.Y.)	4:49.80
43 Royce Breslawski	SO	Canisius	4:50.43
44 Aiden Rowley	SO	Union (N.Y.)	4:50.89
45 Brogan Deem-Ranzetta	SO	Hamilton	4:51.49

46 Justin Kaufman	FR	Delaware Valley	4:51.78
47 Andrew Deming	FR	Oswego	4:51.91
48 Jack Gibson	FR	Le Moyne	4:51.97
49 Connor Wiekierak	FR	St. Lawrence	4:52.54
50 Kyle Ostrander	FR	Saint Rose	4:52.60
51 Jacob Raichel	FR	Canisius	4:53.35
52 Jed Swayze	FR	Cortland	4:53.71
53 Maxwell Serling	FR	Le Moyne	4:56.81
54 Tucker Skowyra	JR	SUNY Cobleskill	4:59.10
55 Matthew Sinning	JR	Hamilton	5:00.13
56 Dylan Esquivel	FR	St. John Fisher	5:02.41
57 Carter Owen	FR	Delaware Valley	5:02.77
58 Ian Spoor	SO	Union (N.Y.)	5:05.82
59 Aidan Freda	FR	Hartwick	5:09.28
60 Sam Lees	FR	SUNY Delhi	5:16.12
61 Nate Kulp	FR	St. John Fisher	5:16.63
62 Allen Lawton	FR	SUNY Delhi	5:29.46
63 Gavin Fetterman	FR	SUNY Delhi	5:32.09
64 Nate Johnson	FR	Saint Rose	5:42.26
--- Scott Weeks		Unattached	XDNF

Men 3000 Meter Run

Facility: 8:18.57 F 2/18/2017 Benjamin Fazio

AARTFC: 8:50.00 A

Name	Yr	School	Finals
Finals			
1 Matthew Lecky	SO	RPI	8:42.23A 10
2 Killian McNamee	FR	Siena	8:42.54A 8
3 John Reed	SR	RPI	8:44.61A 6
4 Jackson Cayward	FR	Siena	8:47.94A 5
5 Jason Gibbons	JR	RPI	8:48.69A 4
6 Bram Mansbach	SO	Hamilton	8:48.81A 3
7 Ryan Shanahan	FR	Siena	8:50.46 2
8 Owen Szabo	JR	RPI	8:51.47 1
9 Matthew Abell	SO	St. Lawrence	8:56.23
10 Patrick Smyth	SO	RPI	8:58.62
11 Dan Stevens	SR	RPI	9:05.92
12 Connor Wooding	JR	RPI	9:06.48
13 Andrew Zuckerman	JR	Hamilton	9:09.08
14 Noah Greski	FR	Siena	9:13.86
15 Michael Skutt	FR	St. Lawrence	9:14.67
16 Nathan Couse	JR	Oswego	9:21.02
17 Tony DiRubbo	SO	St. John Fisher	9:22.11
18 Mark D'Alessandro	FR	Union (N.Y.)	9:25.39
19 Patrick Fiorillo	FR	Siena	9:25.64
20 Charles Alekson	FR	Union (N.Y.)	9:27.19
21 Ryan Humelsine	SR	RPI	9:32.72
22 Alex Colunno	FR	Le Moyne	10:17.77
23 Rafael Osella	JR	Hamilton	10:21.45
24 Sam Bordeau	FR	Union (N.Y.)	10:24.90
25 Ben Stevens	FR	Le Moyne	10:38.17
26 Connor Cavanaugh	FR	Union (N.Y.)	10:40.25
27 Miguel Tineo Reyes	FR	Oswego	11:04.17

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Men 5000 Meter Run

Facility: 15:02.41 F 12/3/2016 Jack Pierce
AARTFC: 15:30.00 A

Name	Yr	School	Finals
Finals			
1	Andrew Harrell	JR Hamilton	15:07.37A 10
2	Owen Szabo	JR RPI	15:29.02A 8
3	Patrick Smyth	SO RPI	15:29.23A 6
4	Dan Stevens	SR RPI	15:29.25A 5
5	Seth Bywater	SO SUNY Delhi	15:29.55A 4
6	Jason Gibbons	JR RPI	15:30.41 3
7	John Amenta	FR SUNY Delhi	15:30.64 2
8	Connor Wooding	JR RPI	15:34.84 1
9	Nicholas Lyon	SR Hamilton	15:37.42
10	Jordan Crist	JR RPI	15:40.52
11	Grey Conover	JR RPI	15:46.20
12	Ethan Billings	SO St. John Fisher	15:47.11
13	Andrew Ford	SR St. John Fisher	15:56.88
14	Peter Alden	SO Siena	15:56.91
15	Adam Yeager	SR St. John Fisher	16:10.97
16	Christopher Adamski	SO Siena	16:14.67
17	Matthew Coleman	FR St. Lawrence	16:15.71
18	Collin Clinton	FR Siena	16:22.91
19	William Hawkins	SO RPI	16:22.98
20	Edward Trenk	FR Hamilton	16:28.50
21	Nick Ferri	FR St. John Fisher	16:33.55
22	Ryan Russell	FR Union (N.Y.)	16:44.74
23	Brandon Nicosia	JR St. John Fisher	16:49.13
24	Bogdan Rozvora	JR St. John Fisher	16:51.95
25	Matthew Sinnenberg	SO Le Moyne	16:56.37
26	Matthew Taylor	FR St. Lawrence	16:57.49
27	Frank Triolo	JR RPI	16:59.73
28	Caleb Malery	SR Hartwick	17:04.68
29	Kevin Havens	JR St. John Fisher	17:43.92
30	Mark Garceau	SR Hartwick	18:35.54
31	Benjamin Roach	FR St. Lawrence	18:46.23

Men 60 Meter Hurdles

Facility: 8.06 F 2/8/2020 Brent Di Vittorio
AARTFC: 8.70 A

Name	Yr	School	Prelims
Preliminaries			
1	Brett Morse	SO Cortland	A 8.56Q
2	Erik Geier	SO St. Lawrence	8.89Q
3	Brandon Root	FR Cortland	8.90q
4	John Ruggio	SO St. John Fisher	8.96q
5	Bate Egbe	SO RPI	9.01q
6	Trenton Wynn	JR St. John Fisher	9.27q
7	Josiah Bowers	JR St. John Fisher	9.52q
8	Aidan Harrington	SO Oswego	9.56q
9	Colby Lauria	FR St. Lawrence	9.84
10	Maxwell Blowers	JR St. John Fisher	9.88
11	Nicholas Hafner	SO Le Moyne	10.06
12	Brady Szekeres	FR Utica	10.18

13	Owen Dzierzowski	FR Hamilton	10.56
---	Aaron Jones	SO Cortland	DNF

Men 60 Meter Hurdles

Facility: 8.06 F 2/8/2020 Brent Di Vittorio
AARTFC: 8.70 A

Name	Yr	School	Finals
Finals			
1	Brett Morse	SO Cortland	8.51A 10
2	Erik Geier	SO St. Lawrence	8.65A 8
3	John Ruggio	SO St. John Fisher	8.94 6
4	Bate Egbe	SO RPI	9.00 5
5	Brandon Root	FR Cortland	9.14 4
6	Trenton Wynn	JR St. John Fisher	9.45 3
7	Josiah Bowers	JR St. John Fisher	9.54 2

Men 4x200 Meter Relay

Facility: 1:30.68 F 2/18/2017 RIT

J Hall, P Butler, K Kaniecki, M Lienhard

Team	Relay	Finals
Finals		
1	Hamilton 1) Joshua Harmsen JR 2) Corey Jones JR 3) Peter Cuomo SO 4) Michael Ngaw FR	1:35.49 10
2	Le Moyne 1) Nicholas Hafner SO 2) Nolan Hillhouse SO 3) Brandon Scott FR 4) Dominic Abbott FR	1:36.10 8
3	St. Lawrence 1) Cameron Dillard FR 2) William Hauf FR 3) Colby Lauria FR 4) Michael Corbitt SO	1:36.33 6
4	Utica 1) Brady Szekeres FR 2) Nyles Rogers FR 3) Michael Campbell SO 4) Byamungu Mugushu SO	1:43.16 5

Men 4x400 Meter Relay

Facility: 3:23.14 F 2/18/2017 RPI

J Hall, P Butler, M Drexler, D Kelly

AARTFC: 3:27.00 A

Team	Relay	Finals
Finals		
1	RPI 1) Alex Ryan SO 2) Stephen Fajen FR 3) Raymond Rivituso JR 4) Luke Lyons SO	3:36.08 10
2	St. Lawrence 1) Ethan Rowe FR 2) Seamus McFague FR 3) Shifan Shaffe FR 4) Ryan Steele FR	3:38.81 8
3	Utica 1) Sei Sei SO 2) Tristan Vargo FR 3) Jaevon Ardrey FR 4) Andrew Wieder FR	3:39.31 6
4	Le Moyne 1) Evan Breitbeck FR 2) Christian Carlin-Saracene SC 3) Kyle Vancoughnett JR 4) Kenneth Barrett JR	3:39.61 5
5	Union (N.Y.) 1) Ben Tichner FR 2) Aiden Rowley SO 3) Andrew Fox JR 4) Kyle Collins FR	3:40.19 4

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Finals ... (Men 4x400 Meter Relay)			
Team	Relay	Finals	
6 Siena	A	3:40.20	3
1) Tommy Anderson SO	2) Chris Bertola FR		
3) Nik Springer FR	4) Luke Tkaczyk FR		
7 St. John Fisher	A	3:41.59	2
1) Peter Briggs FR	2) Myles Anderson JR		
3) Brady Bishop FR	4) John Ruggio SO		
8 Canisius	A	3:43.60	1
1) Andrew Perreault JR	2) Nick Dauphinee SO		
3) Kevin Board SO	4) Collin Rice SO		
9 Canisius	B	x3:48.70	
1) Turner Dirrigl SR	2) Ronan McDonald SO		
3) Richard Moore JR	4) Patrick Garland SO		
10 St. Lawrence	B	x3:53.71	
1) Nicholas Mitch SO	2) Christopher O'Donnell FR		
3) Esteban Ramirez FR	4) James Cary FR		
11 Union (N.Y.)	B	x3:55.70	
1) Charles Alekson FR	2) Mark D'Alessandro FR		
3) Ben Trantanella FR	4) Benjamin Neff FR		
12 St. John Fisher	B	x3:55.88	
1) Ryan Allen SR	2) Jason Kincaid SO		
3) Ryan English SR	4) Mathieu Acquard JR		
13 St. Lawrence	C	x3:55.88	
1) William Comparin FR	2) Charles Beams FR		
3) August Kotula FR	4) Peter DiNinno SO		
14 St. John Fisher	C	x4:02.60	
1) Joshua Sandoval FR	2) Jamie Schappi FR		
3) Ethan Lowell FR	4) Derrick Tandle SO		

Men High Jump

Facility: 2.13m F 12/3/2016 **Keimon Barrow**
AARTFC: 1.89m A

Name	Yr	School	Finals
Finals			
1 Tyler Brado		SUNY Cobleskill	2.03mA 10
2 Roland Zanger	FR	Cortland	1.79m 8
3 Sean Cochrane	SO	St. John Fisher	1.79m 6
4 Andrew Wieder	FR	Utica	1.74m 5
5 Luke Kovalcin	FR	RPI	1.74m 4
6 Byamungu Mugushu	SO	Utica	1.69m 2.5
6 Connor Lambert	JR	St. Lawrence	1.69m 2.5
8 Maxwell Mapstone	SO	St. Lawrence	1.64m 1
9 Nik Knobloch	FR	Cortland	1.54m
--- Cooper Jones	FR	Utica	NH
--- Justin Valentin	FR	Utica	NH
--- Kyle Rollins	SR	St. John Fisher	DNS
--- Ja'lil Reynolds	SO	Saint Rose	DNS
--- Jack Simack	FR	St. Lawrence	DNS

Men Pole Vault

Facility: 4.90m F 2/8/2020 **Dominic Mikula**
AARTFC: 4.40m A

Name	Yr	School	Finals
1 Zach Ferrara		Unattached	X5.40mF

2 Zachary Nyhart	SO	Cortland	4.25m	10
3 Samuel Haaland	FR	Cortland	3.95m	8
4 Joey Hinckley	SO	RPI	3.80m	6
5 Matthew Carr	JR	St. John Fisher	3.80m	5
6 Casey Selinske	SO	RPI	3.50m	4
7 Maxwell Blowers	JR	St. John Fisher	3.05m	3
8 Josiah Bowers	JR	St. John Fisher	2.90m	1.5
8 Christopher Dorney	SO	Oswego	2.90m	1.5
--- Jordan Kostera	SR	St. John Fisher	NH	
--- Dane Sorensen	JR	Cortland	NH	
--- Tyler Knapp	SO	RPI	NH	
--- Nathan Jennings	JR	Oswego	DNS	
--- Adam Palmer	JR	St. John Fisher	DNS	

Men Long Jump

Facility: 7.46m F 1/26/2019 **George Alexandris**
AARTFC: 6.65m A

Name	Yr	School	Finals
Finals			
1 Alhagie-Sorie Sesay	SO	Cortland	6.46m 10
2 Brett Morse	SO	Cortland	6.37m 8
3 Connor Lambert	JR	St. Lawrence	6.35m 6
4 Amarian Hughes	FR	Cortland	6.35m 5
5 Roland Zanger	FR	Cortland	6.29m 4
6 Ben Jakubczak	JR	Hamilton	6.21m 3
7 Eli Craddock	FR	Cortland	6.16m 2
8 Nicholas Hafner	SO	Le Moyne	6.16m 1
9 Peter Cuomo	SO	Hamilton	6.08m
10 Tim Wise	SR	RPI	5.97m
11 Nolan Hillhouse	SO	Le Moyne	5.93m
12 Desmond Lambe	JR	RPI	5.85m
13 Moses Madison	FR	Delaware Valley	5.83m
14 William Hauf	FR	St. Lawrence	5.79m
15 Tyler Knapp	SO	RPI	5.73m
16 Brandon Root	FR	Cortland	5.65m
17 Byamungu Mugushu	SO	Utica	5.61m
18 Alexander Daniel	SO	Cortland	5.51m
19 Sean Waltman	SR	Hartwick	4.78m
20 Cooper Jones	FR	Utica	4.73m
--- Eli Coleman	FR	Union (N.Y.)	FOUL

Men Triple Jump

Facility: 14.61m F 12/3/2016 **Keimon Barrow**
AARTFC: 13.40m A

Name	Yr	School	Finals
Finals			
1 Ka'Sean Watlington		Unattached	X13.80mA
2 Ivan Lopez-Testillano	JR	St. John Fisher	13.69mA 10
3 Saleh Eltayeb	SO	Hamilton	13.19m 8
4 Peter Cuomo	SO	Hamilton	12.38m 6
5 Josh Washington	SO	Utica	12.31m 5
6 Sei Sei	SO	Utica	12.10m 4
7 Desmond Lambe	JR	RPI	11.25m 3
--- Maxwell Mapstone	SO	St. Lawrence	FOUL
--- Cooper Jones	FR	Utica	FOUL
--- Ryan Steele	FR	St. Lawrence	FOUL

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Finals ... (Men Triple Jump)

Name	Yr	School	Finals
--- Ben Jakubczak	JR	Hamilton	FOUL
--- Kyle Rollins	SR	St. John Fisher	DNS
--- Nolan Hillhouse	SO	Le Moyne	DNS
--- Ryan Hilliard	FR	Union (N.Y.)	DNS

Men Shot Put

Facility: 16.53m F 2/22/2019 Keanu Heedram

AARTFC: 13.85m A

Name	Yr	School	Finals
Finals			
1 Hunter Logan	SO	Utica	15.74m 10
2 Arthur Bittel	JR	Utica	13.46m 8
3 Mitchell Makowski	JR	Cortland	13.23m 6
4 Brandon Perot	FR	Delaware Valley	12.65m 5
5 Billie Mays III	FR	Utica	12.64m 4
6 Max Toner	JR	RPI	11.93m 3
7 William Raeter	FR	Union (N.Y.)	11.89m 2
8 Michael McNeil	FR	Utica	11.81m 1
9 Zachary Jaworski	FR	St. Lawrence	11.41m
10 Jacob Barnes	SO	Utica	11.41m
11 Justin Park	SR	RPI	11.27m
12 Joseph O'Rourke	JR	St. Lawrence	11.20m
13 Brady VanAernam	SO	Utica	11.19m
14 Michael Saavedra	SR	Oswego	11.18m
15 Michael Cichon	FR	St. John Fisher	11.11m
16 Josh Cohen	SO	RPI	11.02m
17 Jack Mott	SR	St. John Fisher	10.63m
18 Joseph Jerkovich	SR	St. John Fisher	10.52m
19 Thomas Burek	FR	Cortland	10.50m
20 Daniel Stephens	SO	St. John Fisher	10.49m
21 Thomas Dunn	FR	Utica	10.46m
22 Quinn Demain	SO	St. Lawrence	10.26m
23 Daniel Miller	SO	Saint Rose	10.23m
24 Andrew Wieder	FR	Utica	10.12m
25 Tim Wise	SR	RPI	10.03m
26 Alexander Kline	FR	Oswego	9.96m
27 James Bommentre	FR	RPI	9.86m
28 Ross Arvin	SO	Hartwick	9.73m
29 Sean Laragy	FR	Union (N.Y.)	9.11m
30 Cole Fuller	FR	St. John Fisher	9.05m
31 Alexander Sandway	JR	Le Moyne	8.50m
32 Sean Waltman	SR	Hartwick	8.09m
33 Clinton Stutzman	FR	RPI	8.03m
34 Caleb Neuner	FR	St. John Fisher	6.36m
--- Chase Pecoraro		Unattached	XDNS
--- Mason Davis	SO	Saint Rose	DNS

Men Weight Throw

Facility: 19.55m F 1/14/2017 Luis Rivera

AARTFC: 15.00m A

Name	Yr	School	Finals
Finals			
1 Josh Cohen	SO	RPI	14.67m 10
2 Antwan Kelly	SO	Utica	14.48m 8

3 Mitchell Makowski	JR	Cortland	13.53m	6
4 Joseph Jerkovich	SR	St. John Fisher	13.38m	5
5 Joseph O'Rourke	JR	St. Lawrence	13.22m	4
6 Hunter Logan	SO	Utica	13.10m	3
7 Jack Bickford	JR	St. John Fisher	13.09m	2
8 Billie Mays III	FR	Utica	13.06m	1
9 Thomas Burek	FR	Cortland	12.78m	
10 Brady VanAernam	SO	Utica	12.05m	
11 Zachary Jaworski	FR	St. Lawrence	12.00m	
12 Max Toner	JR	RPI	11.92m	
13 Justin Park	SR	RPI	11.88m	
14 Michael Sportello	FR	Utica	11.74m	
15 Mark Brown	SO	Utica	11.61m	
16 Michael McNeil	FR	Utica	11.35m	
17 Jacob Barnes	SO	Utica	10.75m	
18 Daniel Miller	SO	Saint Rose	10.68m	
19 Jack Mott	SR	St. John Fisher	10.54m	
20 Alexander Sandway	JR	Le Moyne	9.44m	
21 Thomas Dunn	FR	Utica	8.94m	
22 Caleb Neuner	FR	St. John Fisher	8.94m	
23 William Raeter	FR	Union (N.Y.)	8.12m	
24 Jared Martz	SO	St. John Fisher	8.08m	
25 Clinton Stutzman	FR	RPI	7.76m	
26 James Bommentre	FR	RPI	7.62m	
27 Ross Arvin	SO	Hartwick	7.54m	
28 Ethan Denzak	FR	St. John Fisher	5.20m	
--- Quinn Demain	SO	St. Lawrence	FOUL	

Women - Team Rankings - 18 Events Scored

1) St. John Fisher	111.5
2) RPI	74.5
3) Siena	65
3) St. Lawrence	65
5) Utica	63
6) Saint Rose	55
7) Hamilton	53
8) Canisius	43
9) Le Moyne	40
10) SUNY Delhi	32
11) Union (N.Y.)	31
12) Cortland	26
13) Oswego	17
14) Delaware Valley	15

Men - Team Rankings - 18 Events Scored

1) Cortland	137
2) RPI	125
3) Utica	75.5
4) St. Lawrence	73.5
5) Hamilton	50
6) St. John Fisher	47.5
7) Siena	36
8) Le Moyne	32
9) Delaware Valley	29
10) Canisius	20
11) SUNY Delhi	19
12) Union (N.Y.)	17

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13) Saint Rose	11
14) SUNY Cobleskill	10
15) Oswego	2.5