

Cortland Upstate Alternative
SUNY Cortland - 4/16/2022
Results

Women 100 Meter Dash**AARTFC: 12.65 A**

	Name	Yr	School	Finals
Finals				
1	Hayley Castagnier	SO	St. Lawrence	13.26 2.9
2	Aubrianna DeLario-Brown	SO	SUNY-ESF	13.32 2.9
3	Emily Hammond	FR	Ithaca	13.45 2.9
4	Lia Soares	FR	Hudson Valley CC	13.56 2.9
5	Olivia Middleton	SO	St. Lawrence	13.65 2.9
6	Ericka Moody	FR	Finger Lakes CC	13.69 0.5
7	Jynnae Stevens	FR	Herkimer CCC	13.76 2.9
8	Sadia Abakar	FR	Mohawk Valley C	13.91 0.3
9	Ashley Tricarico	FR	Hartwick	14.05 0.5
10	Khaliyah Ollivierre-Ryner	FR	Cortland	14.07 0.3
11	Iveion Seabrooks	FR	Mohawk Valley C	14.13 0.3
12	Kristine Krumpfer	JR	Unattached	14.14 0.3
13	Ashanti Stanley	FR	Ithaca	14.14 2.9
14	Olivia Jones	FR	Ithaca	14.37 0.3
15	Mackenzie Marcus	FR	St. Lawrence	14.54 0.3
16	Estianna Merchant	FR	Hartwick	15.30 0.5
17	Isabelle Magre	FR	Ithaca	15.35 0.5
18	Hanadi Tajir	FR	Mohawk Valley C	15.43 0.3
19	Isabella Lambert	FR	Ithaca	15.47 0.5
20	Gillian Pineau	FR	SUNY-ESF	15.53 0.5
21	Chyra Patterson	SO	Finger Lakes CC	15.93 0.3
22	Deja Glover	SO	Finger Lakes CC	17.36 0.5
---	Rebecca Salim	FR	Cortland	DNF 2.9

Women 200 Meter Dash**AARTFC: 26.00 A**

	Name	Yr	School	Finals
Finals				
1	Laura Suppa	FR	Cortland	27.44 +0.0
2	Aubrianna DeLario-Brown	SO	SUNY-ESF	27.73 +0.0
3	Kitty Tang	JR	Cortland	28.38 +0.0
4	Emily Hammond	FR	Ithaca	28.43 +0.0
5	Lia Soares	FR	Hudson Valley CC	28.44 +0.0
6	Mercy Aladegbounge	FR	Cortland	28.45 0.9
7	Lauren Anderson	SO	Cortland	28.81 +0.0
8	Josephine Alliano	SO	Oneonta	28.85 0.9
9	Kristina Koes	SO	St. Lawrence	28.95 +0.0
10	Ericka Moody	FR	Finger Lakes CC	29.21 0.1
11	Laken Mooney	SO	St. Lawrence	29.44 0.9
12	Bridget Welch	SO	Cortland	29.55 0.1
13	Khaliyah Ollivierre-Ryner	FR	Cortland	29.73 0.1
14	Alyssa Bruno	FR	Hudson Valley CC	30.43 +0.0
15	Sage Douglass	FR	Oneonta	30.76 0.9
16	Regan Kaiser	FR	Cortland	30.91 +0.0
17	Erica Scholl	SO	Albany Pharmacy	31.90 0.1
18	Estianna Merchant	FR	Hartwick	32.40 +0.0
19	Chyra Patterson	SO	Finger Lakes CC	34.43 0.1
20	Deja Glover	SO	Finger Lakes CC	38.57 +0.0

Women 400 Meter Dash**AARTFC: 1:00.00 A**

	Name	Yr	School	Finals
Finals				
1	Devan Adegbile	FR	Ithaca	1:03.28
2	Mariana McManus	JR	Syracuse	1:04.10
3	Rachel Rose	SO	Ithaca	1:05.43
4	Kristina Koes	SO	St. Lawrence	1:05.50
5	Giana Haubrich	FR	Ithaca	1:06.02
6	Bridget Welch	SO	Cortland	1:06.87
7	Madison Martinez	SO	Ithaca	1:06.98
8	Mercy Aladegbounge	FR	Cortland	1:07.55
9	Kaelyn Haggerty	FR	Ithaca	1:07.89
10	Cherise Mack	FR	SUNY Broome	1:12.77
11	Erica Scholl	SO	Albany Pharmacy	1:15.26
12	Adrianna Sullivan	SR	Hartwick	1:16.21
13	Sofie Fischler	SO	St. Lawrence	1:16.90

Women 800 Meter Run**AARTFC: 2:21.00 A**

	Name	Yr	School	Finals
Finals				
1	Bearett Tarris	SR	Syracuse	2:23.82
2	Allison Sibold	SO	St. Lawrence	2:27.72
3	Sarah Eddy	JR	Syracuse	2:31.15
4	Emma Palumbo	FR	St. Lawrence	2:31.81
5	Emily Johnson	FR	Ithaca	2:33.87
6	Aine Haugh	JR	SUNY-ESF	2:35.16
7	Ruby Bashant	FR	St. Lawrence	2:35.88
8	Carly Gross	FR	Ithaca	2:39.07
9	Sarah Churchill	FR	St. Lawrence	2:39.77
10	Olivia Skylstad	FR	Hudson Valley CC	2:42.30
11	Aubrey Soller	FR	Oneonta	2:42.66
12	McKenzie Dombroski	JR	SUNY-ESF	2:42.71
13	Molly Chiarella	FR	Oneonta	2:54.10
14	Arafa Djouma	FR	Mohawk Valley C	2:59.77
15	Eva Sgambettera	FR	Hudson Valley CC	3:03.86
16	Rosemary Macri	JR	Albany Pharmacy	3:09.08
17	Morgan Muller	SO	Albany Pharmacy	3:15.15
18	Elizabeth Erno	FR	Hudson Valley CC	3:33.98
---	Sierra Basco	SO	Oneonta	DNF
---	Juliana Novais	FR	Ithaca	DNF

Women 1500 Meter Run**AARTFC: 4:54.00 A**

	Name	Yr	School	Finals
Finals				
1	Caroline Kirby	FR	Syracuse	4:46.08A
2	Shanley Koekemoer	JR	Syracuse	4:50.28A
3	Bethany Steiner	FR	Syracuse	4:51.09A
4	Emily Nugent	SO	Syracuse	4:51.73A
5	Juliette Keller	FR	Syracuse	4:55.67
6	Bridget Hastings	FR	St. Lawrence	5:13.51
7	Leana Dickhens	SO	St. Lawrence	5:20.98
8	Sarah Luby	FR	Oneonta	5:23.31

Cortland Upstate Alternative**SUNY Cortland - 4/16/2022****Results****Finals ... (Women 1500 Meter Run)**

	Name	Yr	School	Finals
9	Sabrina Mena	FR	Oneonta	5:30.85
10	Adeline Moore	FR	St. Lawrence	5:31.90
11	Olivia Skylstad	FR	Hudson Valley CC	5:34.90
12	Sarah Vicente	JR	Oneonta	5:38.98
13	Sarah Knox	SR	Oneonta	5:43.84
14	Cassidy Engleson	SR	SUNY-ESF	5:51.13
15	Hickory Whelan	FR	Hudson Valley CC	6:01.96
16	Jenna Swyers	FR	SUNY Cobleskill	6:06.95
17	Eva Sgambettera	FR	Hudson Valley CC	6:07.12
18	Haley Hagerman	FR	SUNY Broome	7:37.30

Women 5000 Meter Run**AARTFC: 18:45.00 A**

	Name	Yr	School	Finals
Finals				
1	Kinsley Holl	SO	St. Lawrence	20:10.35
2	Emma Trefzger	FR	Cortland	20:10.59
3	Adrienne Martin	SO	Cortland	20:37.83
4	Devin Reilly	FR	Cortland	20:39.20
5	Sydney Smith	SO	Cortland	20:47.92
6	Madilynne Smith	FR	Hartwick	20:54.41
7	Courtney Schoepflin	JR	Cortland	21:13.25
8	Claudia Chermak	FR	SUNY Broome	21:29.47
9	Lilly Johnson	FR	Ithaca	21:48.86
10	Francesca Frasco	SO	Cortland	21:50.86
11	Melissa O'Leary	SO	Cortland	21:51.04
12	Gabrielle Myers	FR	Mohawk Valley	22:42.78
13	Amber Cina	SR	Albany Pharmacy	24:24.84
14	Shania Camardello	SR	Albany Pharmacy	24:37.76

Women 100 Meter Hurdles**AARTFC: 15.65 A**

	Name	Yr	School	Finals
Finals				
1	Laura Suppa	FR	Cortland	16.06 +0.0
2	Sheridan McGadden	FR	Syracuse	16.37 +0.0
3	Lauren Anderson	SO	Cortland	16.62 +0.0
4	Abbey Stowell	JR	Ithaca	17.15 +0.0
5	Josephine Alliano	SO	Oneonta	17.43 +0.0
6	Kristine Krumpfer	JR	Unattached	17.58 +0.0
7	Hayley Castagnier	SO	St. Lawrence	17.90 +0.0
8	Hayleigh Girard	FR	SUNY Cobleskill	18.03 +0.0
9	Moriah Byrd	SO	Ithaca	18.06 +0.0
10	Megan Carden	FR	SUNY Broome	18.22 +0.0
11	Ja'Nia Ray	SO	Herkimer CCC	18.57 +0.0
12	Sage Douglass	FR	Oneonta	19.49 +0.0
13	Dhatri Sangasani	FR	Albany Pharmacy	19.50 +0.0
14	Regan Kaiser	FR	Cortland	22.27 +0.0

Women 400 Meter Hurdles**AARTFC: 1:07.50 A**

	Name	Yr	School	Finals
Finals				
1	Samantha Becker	SO	Cortland	1:06.59A

2	Katherine Burgess	JR	Cortland	1:12.99
3	Madison Martinez	SO	Ithaca	1:13.59
4	Melissa Carden	FR	SUNY Broome	1:17.88
5	Isabel Johnston	JR	Ithaca	1:18.74
6	Iris Pellani	FR	Ithaca	1:18.94
7	Bridget Hastings	FR	St. Lawrence	1:19.31
8	Sarah Vicente	JR	Oneonta	1:21.11
9	Tori Maceira	FR	Ithaca	1:21.15
10	Maris Seabury	SO	Cortland	1:21.45
11	Giovanna Wall	FR	Hartwick	1:35.69

Women 3000 Meter Steeplechase**AARTFC: 12:10.00 A**

	Name	Yr	School	Finals
Finals				
1	Sage Springsteen	SO	Oneonta	14:14.53
2	Sophie Ridgway	FR	Hartwick	15:43.38

Women 4x100 Meter Relay**AARTFC: 51.00 A**

	Team	Relay	Finals
Finals			
1	St. Lawrence	A	54.13
	1) Hayley Castagnier SO	2) Mackenzie Marcus FR	
	3) Laken Mooney SO	4) Olivia Middleton SO	
2	Hartwick	A	54.98
	1) Ashley Tricarico FR	2) Ashley Neier SO	
	3) Savarrah Sojda SO	4) Vandia Williams SR	
3	Onondaga CC	A	1:07.71
	1) Brashauna Defreitas FR	2) Aubree Domagala FR	
	3) Samantha Harrison FR	4) Lauren Shaler FR	

Women 4x400 Meter Relay**AARTFC: 4:08.00 A**

	Team	Relay	Finals
Finals			
1	Ithaca	A	4:25.28
	1) Isabel Johnston JR	2) Rachel Rose SO	
	3) Emily Johnson FR	4) Carly Gross FR	
2	Ithaca	B	x4:34.85
	1) Kaelyn Haggerty FR	2) Tori Maceira FR	
	3) Madison Martinez SO	4) Devan Adegbile FR	
3	St. Lawrence	A	4:36.49
	1) Kristina Koes SO	2) Leana Dickens SO	
	3) Hayley Castagnier SO	4) Bridget Hastings FR	

Women High Jump**AARTFC: 1.55m A**

	Name	Yr	School	Finals
Finals				
1	Maia Wahlquist	FR	St. Lawrence	1.55mA
2	Olivia Etienvre	FR	Syracuse	1.55mA
3	Malana Booker	FR	Cortland	1.55mA
4	Lilah Ward	SO	SUNY Cobleskill	1.45m
5	Gabrielle Schlessinger	JR	Ithaca	1.40m
5	Alyssa Bruno	FR	Hudson Valley CC	1.40m

Cortland Upstate Alternative

SUNY Cortland - 4/16/2022

Results

Finals ... (Women High Jump)

	Name	Yr	School	Finals
7	Megan Carden	FR	SUNY Broome	1.35m
8	Elizabeth Rose	FR	Finger Lakes CC	1.35m
---	Giovanna Wall	FR	Hartwick	NH
---	Ashley Neier	SO	Hartwick	DNS

Women Pole Vault

AARTFC: 3.20m A

	Name	Yr	School	Finals
Finals				
1	Meghan Matheny	JR	Ithaca	3.66mA
2	Martha Kemp-Neilson	SO	Ithaca	3.51mA
3	Jamie Rossig	SO	Ithaca	3.21mA
4	Kennedy Heichel	SO	Ithaca	3.06m
5	Kimmy Arena	SO	Cortland	2.91m
6	Malana Booker	FR	Cortland	2.16m
---	Sofie Fischler	SO	St. Lawrence	NH
---	Sara Altonen	SO	Ithaca	DNS

Women Long Jump

AARTFC: 5.25m A

	Name	Yr	School	Finals
Finals				
1	Abigail McDowell	SO	Cortland	5.32mANWI
2	Laken Mooney	SO	St. Lawrence	5.01m 0.4
3	Lauren Anderson	SO	Cortland	4.94m 0.7
4	Olivia Middleton	SO	St. Lawrence	4.86m 1.2
5	Josephine Alliano	SO	Oneonta	4.77m 1.2
6	Iveion Seabrooks	FR	Mohawk Valley C	4.64m 0.8
7	Megan Carden	FR	SUNY Broome	4.55m 0.5
8	Lia Soares	FR	Hudson Valley CC	4.50m +0.0
9	Savarrah Sojda	SO	Hartwick	4.46m 0.3
10	Melissa Carden	FR	SUNY Broome	4.40m 1.0
11	Sage Douglass	FR	Oneonta	4.19m +0.0
12	Sadia Abakar	FR	Mohawk Valley C	4.14m +0.0
13	Ciena Lentz	FR	Hudson Valley CC	4.05m 0.1
14	Mackenzie Marcus	FR	St. Lawrence	4.02m 0.8
15	Arafa Djouma	FR	Mohawk Valley C	4.02m +0.0
16	Ericka Moody	FR	Finger Lakes CC	3.99m +0.0
17	Ashley Neier	SO	Hartwick	3.98m +0.0
18	Yasmin Wilson	FR	Mohawk Valley C	3.93m +0.0
19	Hanadi Tajir	FR	Mohawk Valley C	3.87m +0.0
20	Chyra Patterson	SO	Finger Lakes CC	3.83m +0.0
21	Isabelle Magre	FR	Ithaca	3.82m +0.0
22	Isabella Lambert	FR	Ithaca	3.80m +0.0
23	Dhatri Sangasani	FR	Albany Pharmacy	3.11m +0.0
---	Kitty Tang	JR	Cortland	FOUL
---	Elizabeth Rose	FR	Finger Lakes CC	DNS NWI

Women Triple Jump

AARTFC: 10.80m A

	Name	Yr	School	Finals
Finals				
1	Abigail McDowell	SO	Cortland	10.84mA0.9
2	Matteson Donnelly	SO	Cortland	10.38m +0.0

3	Savarrah Sojda	SO	Hartwick	9.95m 1.4
4	Laken Mooney	SO	St. Lawrence	9.78m 0.7
5	Ashanti Stanley	FR	Ithaca	9.65m +0.0
---	Isabella Lambert	FR	Ithaca	FOUL
---	Dhatri Sangasani	FR	Albany Pharmacy	DNS NWI
---	Yasmin Wilson	FR	Mohawk Valley C	DNS NWI
---	Melissa Carden	FR	SUNY Broome	DNS NWI
---	Ciena Lentz	FR	Hudson Valley CC	DNS NWI
---	Hanadi Tajir	FR	Mohawk Valley C	DNS NWI
---	Rebecca Salim	FR	Cortland	DNS NWI

Women Shot Put

AARTFC: 11.50m A

	Name	Yr	School	Finals
Finals				
1	Kathleen Merchant	JR	St. Lawrence	11.56mA
2	Kimberly Merchant	JR	St. Lawrence	11.04m
3	Ariyahna Bernard	JR	Ithaca	10.62m
4	Kate Bellman	SO	Oneonta	10.55m
5	Abbey Stowell	JR	Ithaca	10.41m
6	Liz Spencer	JR	Cortland	9.84m
7	Sarah Parr	FR	Cortland	9.36m
8	Christina Luciano	SO	Oneonta	9.18m
9	Sage Douglass	FR	Oneonta	8.26m
10	Soncerac Hamiter	FR	Ithaca	7.74m
11	Jocelyn Hall	FR	SUNY Broome	7.69m
12	Samantha Harrison	FR	Onondaga CC	7.64m
13	Lauren Shaler	FR	Onondaga CC	7.55m
14	Ashtyn Allen	JR	Hartwick	7.40m
15	Brashauna Defreitas	FR	Onondaga CC	7.28m
16	Brianna Schermerhorn	FR	Cortland	7.07m
17	Aubree Domagala	FR	Onondaga CC	6.96m
18	Audrey DeGraw	FR	Albany Pharmacy	6.93m
19	Jessica Hall	FR	SUNY Broome	6.90m
20	Gwen Gisler	FR	Ithaca	6.21m
---	Athina Giogakis	JR	Albany Pharmacy	DNS
---	Josephine Alliano	SO	Oneonta	DNS
---	Cailynn Patterson	FR	Mohawk Valley C	DNS

Women Discus Throw

AARTFC: 36.00m A

	Name	Yr	School	Finals
Finals				
1	Kimberly Merchant	JR	St. Lawrence	37.75mA
2	Kathleen Merchant	JR	St. Lawrence	35.92m
3	Ariyahna Bernard	JR	Ithaca	33.06m
4	Catie Lally	JR	Cortland	32.13m
5	Kate Bellman	SO	Oneonta	31.80m
6	Sarah Parr	FR	Cortland	29.61m
7	Maggie Hayes	SO	St. Lawrence	26.21m
8	Christina Luciano	SO	Oneonta	25.99m
9	Aubree Domagala	FR	Onondaga CC	24.40m
10	Brianna Schermerhorn	FR	Cortland	23.82m
11	Samantha Harrison	FR	Onondaga CC	23.70m
12	Liana Shames	JR	Ithaca	23.37m
13	Giovanna Wall	FR	Hartwick	21.84m

Cortland Upstate Alternative

SUNY Cortland - 4/16/2022

Results

Finals ... (Women Discus Throw)

Name	Yr	School	Finals
14 Soncerae Hamiter	FR	Ithaca	21.44m
15 Jessica Hall	FR	SUNY Broome	19.69m
16 Audrey DeGraw	FR	Albany Pharmacy	19.10m
17 Isabella Guyer	FR	Hudson Valley CC	18.57m
18 Jocelyn Hall	FR	SUNY Broome	18.48m
19 Ashtyn Allen	JR	Hartwick	17.70m
20 Martha Kemp-Neilson	SO	Ithaca	17.59m
--- Christina Groleau	SO	Oneonta	FOUL
--- Athina Giogakis	JR	Albany Pharmacy	DNS
--- Cailynn Patterson	FR	Mohawk Valley CC	DNS
--- Liz Spencer	JR	Cortland	DNS
--- Skylar Lentz	FR	Mohawk Valley CC	DNS
--- Haley Hagerman	FR	SUNY Broome	DNS
--- Felicity Robles	FR	SUNY Broome	DNS

Women Hammer Throw

AARTFC: 43.50m A

Name	Yr	School	Finals
Finals			
1 Liana Shames	JR	Ithaca	44.91mA
2 Christina Groleau	SO	Oneonta	41.91m
3 Ariyahna Bernard	JR	Ithaca	41.15m
4 Sarah Parr	FR	Cortland	40.52m
5 Kimberly Merchant	JR	St. Lawrence	39.56m
6 Kathleen Merchant	JR	St. Lawrence	39.36m
7 Liz Spencer	JR	Cortland	37.97m
8 Christina Luciano	SO	Oneonta	35.17m
9 Brianna Schermerhorn	FR	Cortland	34.82m
10 Maggie Hayes	SO	St. Lawrence	31.82m
11 Catie Lally	JR	Cortland	29.81m
12 Morgan Sharer	JR	Cortland	27.92m
13 Soncerae Hamiter	FR	Ithaca	27.75m
14 Lauren Shaler	FR	Onondaga CC	24.43m
15 Isabella Guyer	FR	Hudson Valley CC	19.19m
16 Audrey DeGraw	FR	Albany Pharmacy	17.55m
--- Athina Giogakis	JR	Albany Pharmacy	DNS
--- Alyssa Bruno	FR	Hudson Valley CC	DNS

Women Javelin Throw

AARTFC: 33.50m A

Name	Yr	School	Finals
Finals			
1 Kathleen Merchant	JR	St. Lawrence	35.09mA
2 Kimberly Merchant	JR	St. Lawrence	28.69m
3 Ariyahna Bernard	JR	Ithaca	26.64m
4 Hannah Murdock	JR	Oneonta	25.88m
5 Kate Bellman	SO	Oneonta	22.95m
6 Gwen Gisler	FR	Ithaca	22.43m
7 Liz Spencer	JR	Cortland	22.37m
8 Morgan Sharer	JR	Cortland	21.68m
9 Ashtyn Allen	JR	Hartwick	21.44m
10 Olivia Jones	FR	Ithaca	18.28m
11 Isabelle Magre	FR	Ithaca	17.94m
12 Laura Suppa	FR	Cortland	17.56m

13 Regan Kaiser	FR	Cortland	16.55m
14 Alyssa Bruno	FR	Hudson Valley CC	16.25m
15 Samantha Harrison	FR	Onondaga CC	16.08m
16 Isabella Guyer	FR	Hudson Valley CC	15.73m
17 Audrey DeGraw	FR	Albany Pharmacy	10.62m
--- Athina Giogakis	JR	Albany Pharmacy	DNS

Men 100 Meter Dash

AARTFC: 11.10 A

Name	Yr	School	Finals
Finals			
1 Charles Benichoux	FR	Hudson Valley CC	10.94A1.1
2 Andy Hadasz	SO	Mohawk Valley CC	11.18 1.1
3 Ryan Haak	SO	Albany Pharmacy	11.34 1.1
4 Akap Takor	JR	Ithaca	11.69 1.1
5 William Hauf	FR	St. Lawrence	11.82 1.1
6 Theo Marston	JR	Ithaca	11.98 1.6
7 Cameron Rynders	FR	Finger Lakes CC	11.99 1.6
8 Ryan Serp	SO	Cortland	12.09 1.1
9 Alex Strack	FR	Cortland	12.13 1.1
10 Stephen Baauer	FR	SUNY Broome	12.20 1.6
11 Ely Sidibe	FR	Mohawk Valley CC	12.26 1.6
12 Josh Carguello	FR	SUNY-ESF	12.40 0.6
13 Jesse Lutz	FR	St. Lawrence	12.49 1.6
14 Isaac Jean Baptiste	FR	Hudson Valley CC	12.49 0.5
15 Damian Terrell	FR	SUNY Broome	12.58 0.6
16 Nik Knobloch	FR	Cortland	12.60 0.6
17 Charles Gartner	FR	St. Lawrence	12.71 1.6
18 Ethan Nigro	SO	Albany Pharmacy	12.87 0.5
19 Austin Franklin	FR	Finger Lakes CC	12.89 1.6
20 Joseph Stalpes	FR	Onondaga CC	13.00 0.6
21 Angel Gonzalez	FR	Onondaga CC	13.24 0.5
22 Joseph Tschoop	SO	Onondaga CC	13.30 0.5
23 Mysiah Williams	FR	Finger Lakes CC	13.57 0.6
24 Andrew Coleman	FR	Onondaga CC	13.62 0.5
25 Alexander Graziano	FR	Hudson Valley CC	13.81 0.6
26 Michael Prata	SO	Oneonta	14.04 0.5

Men 200 Meter Dash

AARTFC: 22.40 A

Name	Yr	School	Finals
Finals			
1 Charles Benichoux	FR	Hudson Valley CC	22.34A0.9
2 Unique Henderson	FR	Hudson Valley CC	23.88 0.9
3 Joshua Jamison	SO	Cortland	24.77 0.9
4 James Anderson	SO	Ithaca	24.78 1.3
5 Michael Carey	FR	Oneonta	25.00 1.3
6 Kevin McNamara	FR	Ithaca	25.15 1.3
7 Stephen Baauer	FR	SUNY Broome	25.24 0.1
8 Charles Gartner	FR	St. Lawrence	25.56 1.3
9 Cliff Biehl	SO	Oneonta	25.91 0.1
10 Joshua Wan	FR	Ithaca	26.16 0.1
11 Austin Franklin	FR	Finger Lakes CC	26.23 1.3
12 Mark Puskey	JR	Ithaca	26.29 1.3
13 William Ford	SR	Oneonta	26.42 0.1
14 Joseph Stalpes	FR	Onondaga CC	26.85 +0.0

Cortland Upstate Alternative**SUNY Cortland - 4/16/2022****Results****Finals ... (Men 200 Meter Dash)**

	Name	Yr	School	Finals
15	Sultan Oklla	FR	SUNY Broome	27.07 +0.0
16	Alexander Graziano	FR	Hudson Valley CC	28.56 0.9
17	Robert Romeo	FR	SUNY Broome	28.61 +0.0

Men 400 Meter Dash**AARTFC: 50.00 A**

	Name	Yr	School	Finals
Finals				
1	Alexander Segarra	FR	Syracuse	51.45
2	Unique Henderson	FR	Hudson Valley CC	53.53
3	Seamus McFague	FR	St. Lawrence	53.94
4	Joshua Jamison	SO	Cortland	54.47
5	Nicholas Reyes	JR	Ithaca	54.57
6	Ryan Steele	FR	St. Lawrence	54.68
7	David Melick	SO	Cortland	55.13
8	James Anderson	SO	Ithaca	55.39
9	Joseph Catalano	SO	Hartwick	55.55
10	Kevin McNamara	FR	Ithaca	55.57
11	Daniel DiSalvo	FR	Finger Lakes CC	58.79
12	Blake Porter	SR	Albany Pharmacy	59.53
13	Daten Beasley	SO	Albany Pharmacy	1:01.11
14	Sultan Oklla	FR	SUNY Broome	1:01.62
15	Ryan Trendell	FR	Onondaga CC	1:02.31
16	Kevin Mason	SO	Hartwick	1:02.47
17	Jackson Slade	FR	SUNY-ESF	1:03.31
18	Damian Terrell	FR	SUNY Broome	1:05.63
19	Dylan Sweeney	FR	Onondaga CC	1:07.04
20	Jack Whetstone	JR	Syracuse	1:11.36
21	Silas Derfel	SO	Syracuse	1:11.44
22	Sam Lawler	FR	Syracuse	1:11.50
23	Ethan Wechsler	FR	Syracuse	1:11.53
24	Joseph Eovaldi	SO	Syracuse	1:11.68
25	Noah Beveridge	SO	Syracuse	1:11.87
26	Angel Gonzalez	FR	Onondaga CC	1:17.18

Men 800 Meter Run**AARTFC: 1:57.00 A**

	Name	Yr	School	Finals
Finals				
1	Timothy Boyce	FR	St. Lawrence	2:02.96
2	Matthew Tripp	JR	SUNY-ESF	2:03.54
3	Leif Harvey	FR	St. Lawrence	2:04.40
4	Ben Coates	JR	Ithaca	2:04.61
5	Tyler Anderson	FR	SUNY-ESF	2:05.11
6	Clayton Davis	SO	Oneonta	2:05.24
7	Jacob Getchell	FR	SUNY Broome	2:08.12
8	Chris Licata	FR	Ithaca	2:08.14
9	Jack Hulsey	FR	St. Lawrence	2:08.90
10	Vinny Levchenko	FR	Hudson Valley CC	2:09.85
11	Dan DeGloria	SR	SUNY-ESF	2:10.83
12	Drew Taylor	FR	Ithaca	2:11.15
13	Giovanni Ventura	SO	Finger Lakes CC	2:11.82
14	Ben Fenton	FR	Cortland	2:11.93
15	Michael Alvarez	FR	Cortland	2:13.80

16	Peter DiNinno	FR	St. Lawrence	2:13.94
17	Shazim Permaul	FR	Hudson Valley CC	2:14.12
18	Trevor Dzikowicz	FR	Hudson Valley CC	2:14.90
19	James Cary	FR	St. Lawrence	2:15.63
20	Felix Sprock	FR	Cortland	2:18.05
21	Kyle Green	FR	Finger Lakes CC	2:20.09
22	Alex Brodmerkel	SO	Cortland	2:26.86
23	Dermot O'Connor	SO	Hudson Valley CC	2:31.33
24	Sean Tan	SR	Albany Pharmacy	2:31.62
25	Dylan Sweeney	FR	Onondaga CC	2:35.87
26	Ryan Trendell	FR	Onondaga CC	2:36.53
27	Matthew Harrington	SR	Albany Pharmacy	2:41.20
28	Austin Tompkins	FR	SUNY Broome	2:47.12
29	Nickolaus Maliszewski	JR	Albany Pharmacy	3:12.76

Men 1500 Meter Run**AARTFC: 4:02.00 A**

	Name	Yr	School	Finals
Finals				
1	Nathan Lawler	SO	Syracuse	4:02.80
2	Jackson Hamilton	FR	St. Lawrence	4:10.28
3	Dillon VanDemortel	SR	SUNY Cobleskill	4:11.22
4	Nick Logan	FR	SUNY Cobleskill	4:11.51
5	Matt Frame	SR	SUNY-ESF	4:12.58
6	Michael Skutt	FR	St. Lawrence	4:14.73
7	Matthew Dragon	SO	Syracuse	4:19.00
8	Ben Fenton	FR	Cortland	4:20.44
9	George Gowdy	FR	St. Lawrence	4:21.48
10	Patrick Malone	FR	Unattached	4:22.10
11	Matthew Taylor	FR	St. Lawrence	4:25.34
12	Korben Anderson	FR	SUNY-ESF	4:26.56
13	Sam Auria	JR	SUNY-ESF	4:27.98
14	Michael Alvarez	FR	Cortland	4:28.13
15	Shazim Permaul	FR	Hudson Valley CC	4:28.28
16	Giovanni Ventura	SO	Finger Lakes CC	4:29.53
17	Felix Sprock	FR	Cortland	4:30.10
18	Avion Harris	FR	Herkimer CCC	4:31.05
19	Charles Beams	FR	St. Lawrence	4:32.89
20	Alex Brodmerkel	SO	Cortland	4:35.14
21	Tucker Skowrya	JR	SUNY Cobleskill	4:35.70
22	Colin Flannery	FR	SUNY-ESF	4:37.01
23	Henry Baker	FR	St. Lawrence	4:37.97
24	Kyle Green	FR	Finger Lakes CC	4:42.04
25	Riley Transue	FR	SUNY Broome	4:56.88
26	Adam Kantor	JR	SUNY-ESF	5:09.30
27	Matthew Harrington	SR	Albany Pharmacy	5:21.54
28	Kevin Hufziger	SO	Mohawk Valley CC	5:30.03
29	Chase Bowman	SO	Herkimer CCC	5:39.88
30	Nickolaus Maliszewski	JR	Albany Pharmacy	6:36.25
31	David Martin	FR	Albany Pharmacy	6:37.88

Men 5000 Meter Run**AARTFC: 15:25.00 A**

	Name	Yr	School	Finals
Finals				
1	Tye Royal	FR	St. Lawrence	16:04.22

Cortland Upstate Alternative**SUNY Cortland - 4/16/2022****Results****Finals ... (Men 5000 Meter Run)**

	Name	Yr	School	Finals
2	John Balk Jr.	SO	Oneonta	16:14.75
3	Nicholas Mitch	FR	St. Lawrence	16:17.56
4	Tobias Gaynor	SO	Oneonta	16:18.01
5	Shane Marchese	SO	Oneonta	16:23.47
6	Adam Schreiber	FR	Cortland	16:27.63
7	John Zimmerman	FR	Finger Lakes CC	16:46.82
8	Matthew Mullen	FR	Cortland	16:51.76
9	Caleb Malery	SR	Hartwick	16:53.17
10	Benjamin Zinger	JR	Cortland	16:53.85
11	Richard O'Keefe	FR	St. Lawrence	16:56.84
12	Gavin Watkins	SO	Cortland	16:58.37
13	Sean Dristle	FR	SUNY-ESF	17:01.14
14	Justin Murillo	JR	Oneonta	17:18.28
15	Benjamin Roach	FR	St. Lawrence	17:31.60
16	Eric Dehart	FR	SUNY Broome	17:36.36
17	David Schurter	FR	Ithaca	17:38.09
18	Andrew Sorrell	FR	Oneonta	17:47.53
19	Mark Garceau	SR	Hartwick	18:04.23
20	Kevin Le	SR	Albany Pharmacy	18:58.40
21	Jacob DiGiovanni	FR	Finger Lakes CC	19:23.39
---	Christian Noa	SO	Oneonta	DNF

Men 110 Meter Hurdles**AARTFC: 15.80 A**

	Name	Yr	School	Finals
Finals				
1	Colby Lauria	FR	St. Lawrence	17.82 +0.0
2	Michael Janaro	FR	Onondaga CC	20.98 +0.0
3	Robert Romeo	FR	SUNY Broome	22.30 +0.0
4	Andrew Coleman	FR	Onondaga CC	23.30 +0.0
5	Josh Miller	FR	Mohawk Valley C	24.28 +0.0

Men 400 Meter Hurdles**AARTFC: 57.00 A**

	Name	Yr	School	Finals
Finals				
1	Christopher Blake	SO	Cortland	1:00.83
2	Colby Lauria	FR	St. Lawrence	1:01.14
3	Esteban Ramirez	FR	St. Lawrence	1:03.07
4	Daniel DiSalvo	FR	Finger Lakes CC	1:06.58
5	Mark Puskey	JR	Ithaca	1:07.13

Men 3000 Meter Steeplechase**AARTFC: 9:55.00 A**

	Name	Yr	School	Finals
Finals				
1	Eamonn Sullivan	FR	SUNY Cobleskill	9:40.79A
2	Bryce Maopolski	SO	Oneonta	10:08.96
3	Conner Smith	FR	SUNY Broome	10:24.43
4	Colin Young	FR	St. Lawrence	10:24.71
5	Matthew Coleman	FR	St. Lawrence	10:37.06
6	Aidan Freda	FR	Hartwick	11:44.69
7	Garrick Smith-Growick	FR	Hudson Valley CD	2:51.85
8	Trevor Dzikowicz	FR	Hudson Valley CD	2:59.96

9	Logan Reppard	FR	SUNY Broome	13:42.84
10	Austin Tompkins	FR	SUNY Broome	15:15.16
11	Sean Tan	SR	Albany Pharmacy	15:39.18

Men 4x100 Meter Relay**AARTFC: 43.50 A**

	Team	Relay	Finals
Finals			
1	Ithaca	A	46.03
	1) Sam Panzer SO	2) James Anderson SO	
	3) Spenc Whitmore SO	4) Nicholas Reyes JR	
2	St. Lawrence	A	46.48
	1) William Hauf FR	2) Seamus McFague FR	
	3) Colby Lauria FR	4) Michael Corbitt FR	
3	Finger Lakes CC	A	46.52
	1) Hunter Zangerle FR	2) Tyqwan Coles FR	
	3) Memphis Lohnes FR	4) Cameron Rynders FR	
4	Albany Pharmacy	A	48.10
	1) Blake Porter SR	2) Ethan Nigro SO	
	3) Scott Wood FR	4) Ryan Haak SO	
5	Hartwick	A	48.30
	1) Joseph Catalano SO	2) Kevin Mason SO	
	3) Corey Quomony FR	4) Armani Banton SO	
6	SUNY Broome	A	53.48
	1) Stephen Baauer FR	2) Sultan Oklla FR	
	3) Robert Romeo FR	4) Damian Terrell FR	
7	Hudson Valley CC	A	59.57
	1) Aiden Alaxanian FR	2) Andrew Sherman FR	
	3) Robert Fitzgerald FR	4) Alexander Graziano FR	
---	Mohawk Valley CC	A	DNF
	1) Khaleel Roberts FR	2) Hayden Day FR	
	3) Ely Sidibe FR	4) Andy Hadasz SO	

Men 4x400 Meter Relay**AARTFC: 3:24.00 A**

	Team	Relay	Finals
Finals			
1	St. Lawrence	A	3:38.73
	1) Jack Hulsey FR	2) Ryan Steele FR	
	3) Colby Lauria FR	4) Leif Harvey FR	
2	SUNY-ESF	A	3:40.82
	1) Josh Carguello FR	2) Tyler Anderson FR	
	3) Matt Frame SR	4) Matthew Tripp JR	
3	SUNY-ESF	B	x3:49.06
	1) Dan DeGloria SR	2) Colin Flannery FR	
	3) Sam Auria JR	4) Korben Anderson FR	
4	Ithaca	A	3:51.18
	1) Drew Taylor FR	2) Chris Licata FR	
	3) Kevin McNamara FR	4) Mark Puskey JR	
5	Oneonta	A	4:00.75
	1) Cameron O'Connell JR	2) Clayton Davis SO	
	3) Jake McGowan FR	4) Nick Festa FR	
6	Hartwick	A	4:04.66
	1) Joseph Catalano SO	2) Kevin Mason SO	
	3) Caleb Malery SR	4) Mark Garceau SR	

Cortland Upstate Alternative**SUNY Cortland - 4/16/2022****Results****Men High Jump****AARTFC: 1.90m A**

Name	Yr	School	Finals
Finals			
1 Tyler Brado	SR	SUNY Cobleskill	2.00mA
2 Roland Zanger	FR	Cortland	1.85m
3 Daniel Hutchinson	JR	Ithaca	1.85m
4 Armani Banton	SO	Hartwick	1.70m
--- Connor Wallenbeck	FR	Ithaca	NH
--- Austin Franklin	FR	Finger Lakes CC	NH
--- Maxwell Mapstone	FR	St. Lawrence	DNS
--- Ethan Nigro	SO	Albany Pharmacy	DNS

Men Pole Vault**AARTFC: 4.40m A**

Name	Yr	School	Finals
Finals			
1 Zach Ferrara		Talons Up Vault	5.25mA
2 Dominic Mikula	JR	Ithaca	4.85mA
3 Brendan Sheehan	SO	Ithaca	4.40mA
4 Callum Howald	JR	Ithaca	4.40mA
5 Shaun Herlihy	FR	Ithaca	4.20m
6 Chris Weiner		Next Step Vault	4.20m
7 Matt Weil	SO	Ithaca	3.80m
8 Michael Carey	FR	Oneonta	3.60m
9 Jack Hulsey	FR	St. Lawrence	3.40m
9 Memphis Lohnes	FR	Finger Lakes CC	3.40m
11 William Ford	SR	Oneonta	3.20m
--- Armani Banton	SO	Hartwick	NH
--- Sean Waltman	SR	Hartwick	NH

Men Long Jump**AARTFC: 6.70m A**

Name	Yr	School	Finals
Finals			
1 William Hauf	FR	St. Lawrence	6.33m +0.0
2 Roland Zanger	FR	Cortland	6.19m +0.0
3 Daniel Hutchinson	JR	Ithaca	6.17m 0.3
4 Akap Takor	JR	Ithaca	6.13m +0.0
5 Ryan Steele	FR	St. Lawrence	6.09m +0.0
6 Daniel Honsinger	FR	Hudson Valley CC	6.05m +0.0
7 Ryan Serp	SO	Cortland	5.81m +0.0
8 Jesse Lutz	FR	St. Lawrence	5.68m +0.0
9 Gonyzer Foster	FR	SUNY Cobleskill	5.63m +0.0
10 Nik Knobloch	FR	Cortland	5.61m +0.0
11 Isaac Jean Baptiste	FR	Hudson Valley CC	5.48m +0.0
12 Ely Sidibe	FR	Mohawk Valley CC	5.43m 1.1
13 Michael Prata	SO	Oneonta	5.41m +0.0
14 Cliff Biehl	SO	Oneonta	5.38m 0.6
15 Corey Quomony	FR	Hartwick	5.23m +0.0
16 Connor Wallenbeck	FR	Ithaca	5.15m 0.9
17 Kedron Golden	FR	Unattached	4.99m +0.0
18 Notorius Gue	FR	Herkimer CCC	4.81m +0.0
19 Zach Moore	SO	Mohawk Valley CC	4.65m 0.7
20 Josh Miller	FR	Mohawk Valley CC	4.43m 1.7

---	Joe Dragon	SR	Syracuse	DNS	NWI
---	Nathan Henderson	JR	Syracuse	DNS	NWI
---	Kevin Robertson	SO	Syracuse	DNS	NWI
---	Tyqwan Coles	FR	Finger Lakes CC	DNS	NWI
---	Mysiah Williams	FR	Finger Lakes CC	DNS	NWI
---	Austin Franklin	FR	Finger Lakes CC	DNS	NWI

Men Triple Jump**AARTFC: 13.50m A**

	Name	Yr	School	Finals	
Finals					
1	Jean-Andre Sassine	FR	Cortland	12.79m	1.2
2	Spenc Whitmore	SO	Ithaca	12.60m	0.7
3	Alexander Daniel	FR	Cortland	12.43m	1.2
4	Cameron Rynders	FR	Finger Lakes CC	12.25m	0.7
5	Tyqwan Coles	FR	Finger Lakes CC	12.22m	+0.0
6	Connor Wallenbeck	FR	Ithaca	9.71m	+0.0
---	Kedron Golden	FR	Unattached	DNS	NWI
---	Gonyzer Foster	FR	SUNY Cobleskill	DNS	NWI
---	Zach Moore	SO	Mohawk Valley CC	DNS	NWI
---	Hunter Zangerle	FR	Finger Lakes CC	DNS	NWI
---	Notorius Gue	FR	Herkimer CCC	DNS	NWI
---	Amarian Hughes	SO	Cortland	DNS	NWI
---	Daniel Honsinger	FR	Hudson Valley CC	DNS	NWI
---	Darius Greene	FR	Hudson Valley CC	DNS	NWI

Men Shot Put**AARTFC: 13.75m A**

	Name	Yr	School	Finals
Finals				
1	Kevin Danaher	SR	Ithaca	15.39mA
2	Luke Tobia	SR	Ithaca	14.10mA
3	Justin Showstead	JR	Ithaca	14.08mA
4	Thomas Burek	FR	Cortland	12.90m
5	Vincent Zheng	FR	Oneonta	12.74m
6	Mitchell Makowski	JR	Cortland	12.68m
7	Nicholas Larocque	SO	Cortland	11.85m
8	Martin Bond	FR	Hudson Valley CC	11.64m
9	Joseph O'Rourke	FR	St. Lawrence	11.44m
10	Zachary Jaworski	FR	St. Lawrence	11.41m
11	Tito Bowens	FR	St. Lawrence	11.23m
12	Jason Briscoe	SR	Oneonta	11.21m
13	Bryan Placide	FR	St. Lawrence	11.00m
14	Zachary Belles	FR	Ithaca	10.31m
15	Nick Kaires	FR	Cortland	10.13m
16	Robert Fitzgerald	FR	Hudson Valley CC	9.88m
17	Guerin Dupuis	FR	Hudson Valley CC	9.82m
18	Ross Arvin	SO	Hartwick	9.35m
19	Connor Stetts	FR	SUNY Broome	8.51m
20	Aidan Kelly	SO	Oneonta	8.48m
21	Aiden Alaxanian	FR	Hudson Valley CC	8.31m
22	Robert Romeo	FR	SUNY Broome	7.90m
23	Andrew Sherman	FR	Hudson Valley CC	6.60m
---	Jake Williams	FR	Finger Lakes CC	DNS
---	Michael Carlson	FR	Herkimer CCC	DNS
---	Josh Miller	FR	Mohawk Valley CC	DNS

Cortland Upstate Alternative**SUNY Cortland - 4/16/2022****Results****Finals ... (Men Shot Put)**

Name	Yr	School	Finals
--- Jacob Walling	SO	Albany Pharmacy	DNS
--- Dillian Hernandez	FR	Finger Lakes CC	DNS
--- Zach Moore	SO	Mohawk Valley CC	DNS

Men Discus Throw**AARTFC: 41.00m A**

Name	Yr	School	Finals
Finals			
1 Kevin Danaher	SR	Ithaca	47.57mA
2 Justin Showstead	JR	Ithaca	40.11m
3 Joseph O'Rourke	FR	St. Lawrence	38.91m
4 Vincent Zheng	FR	Oneonta	38.39m
5 Thomas Burek	FR	Cortland	37.27m
6 Nick Kaires	FR	Cortland	35.44m
7 Mitchell Makowski	JR	Cortland	35.17m
8 Tyler Scerbo	JR	Ithaca	35.16m
9 Timothy Hudson, Jr.	SO	Albany Pharmacy	34.70m
10 Jason Briscoe	SR	Oneonta	34.60m
11 Nicholas Larocque	SO	Cortland	34.31m
12 Martin Bond	FR	Hudson Valley CC	32.81m
13 Bryan Placide	FR	St. Lawrence	32.49m
14 Marco Alteri	FR	Oneonta	32.36m
15 Stuart McLeod	SO	Cortland	32.29m
16 Zachary Belles	FR	Ithaca	31.34m
17 Tito Bowens	FR	St. Lawrence	30.69m
18 Aidan Kelly	SO	Oneonta	26.42m
19 Aiden Alaxanian	FR	Hudson Valley CC	24.73m
20 Michael Carlson	FR	Herkimer CCC	24.06m
21 Kyle Shambo	SR	SUNY Cobleskill	23.90m
22 Jack Simack	FR	St. Lawrence	23.73m
23 Ross Arvin	SO	Hartwick	23.47m
24 Robert Romeo	FR	SUNY Broome	23.33m
25 James Tumia	FR	Oneonta	21.92m
26 Connor Stetts	FR	SUNY Broome	20.42m
--- Zachary Jaworski	FR	St. Lawrence	FOUL
--- Brendan Sheehan	SO	Ithaca	DNS
--- Jacob Walling	SO	Albany Pharmacy	DNS

Men Hammer Throw**AARTFC: 47.50m A**

Name	Yr	School	Finals
Finals			
1 Luke Tobia	SR	Ithaca	54.66mA
2 Mitchell Makowski	JR	Cortland	50.80mA
3 Justin Showstead	JR	Ithaca	50.30mA
4 Kevin Danaher	SR	Ithaca	49.47mA
5 D'Shaun Ricketts	SR	Oneonta	46.77m
6 Thomas Burek	FR	Cortland	45.96m
7 Jason Briscoe	SR	Oneonta	42.88m
8 Martin Bond	FR	Hudson Valley CC	40.52m
9 James Tumia	FR	Oneonta	40.17m
10 Marco Alteri	FR	Oneonta	40.07m
11 Tyler Scerbo	JR	Ithaca	39.38m
12 Nick Kaires	FR	Cortland	39.08m

13 Nicholas Larocque	SO	Cortland	38.27m
14 Joseph O'Rourke	FR	St. Lawrence	37.73m
15 Zachary Jaworski	FR	St. Lawrence	37.47m
16 Timothy Hudson, Jr.	SO	Albany Pharmacy	31.67m
17 Stuart McLeod	SO	Cortland	30.65m
18 Guerin Dupuis	FR	Hudson Valley CC	28.27m
19 Robert Fitzgerald	FR	Hudson Valley CC	27.37m
20 Zachary Belles	FR	Ithaca	27.22m
--- Jacob Walling	SO	Albany Pharmacy	DNS

Men Javelin Throw**AARTFC: 50.50m A**

Name	Yr	School	Finals
Finals			
1 Martin Bond	FR	Hudson Valley CC	39.27m
2 Jack Simack	FR	St. Lawrence	38.48m
3 Dillian Hernandez	FR	Finger Lakes CC	37.62m
4 Aidan Kelly	SO	Oneonta	36.62m
5 Timothy Hudson, Jr.	SO	Albany Pharmacy	34.34m
6 Stuart McLeod	SO	Cortland	34.26m
7 Marco Alteri	FR	Oneonta	33.20m
8 Andrew Coleman	FR	Onondaga CC	27.32m
9 Aiden Alaxanian	FR	Hudson Valley CC	24.59m
10 Amarian Hughes	SO	Cortland	23.88m
11 Aiden Tuck	FR	SUNY Cobleskill	23.88m
12 Ryan Trendell	FR	Onondaga CC	22.30m
13 Joseph Tschoop	SO	Onondaga CC	22.22m
14 Nik Knobloch	FR	Cortland	21.14m
15 Ryan Serp	SO	Cortland	19.82m
16 Zach Moore	SO	Mohawk Valley CC	18.79m
--- Maxwell Mapstone	FR	St. Lawrence	DNS
--- Ethan Nigro	SO	Albany Pharmacy	DNS
--- Asa Diamond	SO	Herkimer CCC	DNS
--- Tyler Scerbo	JR	Ithaca	DNS
--- Ryan Joule	FR	Cortland	DNS
--- James Tumia	FR	Oneonta	DNS
--- D'Shaun Ricketts	SR	Oneonta	DNS