

**Empire 8 Championships**  
**Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024**  
**Performance List**

**Event 1 Women 60 Meter Dash (13) Prelims**

**Conference:** 7.77 2015 Mi'Asia Hillman  
**Meet:** 7.82 2/25/2023 Brenna Johnson  
**Facility:** 7.65 1/19/2018 Chelsea Hayward  
**AARTFC:** 8.05

Name	Yr	School	Seed	Time
1 Victoria Brewster	FR	Houghton		7.83
2 Michaela Kurbs	SR	St. John Fisher		7.95
3 Alaina Morley	SO	Nazareth		7.99
4 Alexis Lasher	SO	Nazareth		8.13
5 Zeniyah Gholson	SO	Utica		8.15
6 Pepita Graham	FR	Hartwick		8.25
7 Caitlyn Smithers	FR	Nazareth		8.26
8 Jasmine Kendrick	FR	Nazareth		8.32
9 Allison Lennebacker	JR	St. John Fisher		8.35
10 Ayjah Clarke	SR	Utica		8.38
11 Elizabeth Glomski	JR	Utica		8.40
12 Sarah Coddington	FR	Houghton		8.47
13 Zoe Rainville	FR	Alfred		8.50

**Event 5 Women 200 Meter Dash (18)**

**Conference:** 25.14 2/22/2019 Gina Dello Russo  
**Meet:** 25.14 2/23/2019 Gina Dello Russo  
**Facility:** 24.32 2/18/2017 Chelsea Hayward  
**AARTFC:** 26.30

Name	Yr	School	Seed	Time
1 Mackenzie Mix	JR	Utica		26.25
2 Victoria Brewster	FR	Houghton		26.46
2 Arianna McClendon	FR	Utica		26.46
4 Anne Spila	SO	Alfred		27.32
5 Abrianna Wadley	JR	Utica		27.44
6 Alexis Lasher	SO	Nazareth		27.45
7 Grace Dolan	FR	St. John Fisher		27.48
8 Alaina Morley	SO	Nazareth		27.56
9 Jasmine Kendrick	FR	Nazareth		27.57
9 Michaela Kurbs	SR	St. John Fisher		27.57
11 Sarah Coddington	FR	Houghton		27.70
12 Pepita Graham	FR	Hartwick		27.79
12 Alyssa Youngs	FR	Utica		27.79
14 Caitlyn Smithers	FR	Nazareth		27.87
15 Claudia Simione	JR	Utica		27.91
16 Zoe Rainville	FR	Alfred		28.28
17 Amelia Petersen	FR	Utica		28.64
18 Destiny Carter	FR	Hartwick		29.41

**Event 7 Women 400 Meter Dash (11)**

**Conference:** 56.13 3/9/2018 Gina Dello Russo  
**Meet:** 56.47 2/22/2019 Gina Dello Russo  
**Facility:** 56.16 2/18/2017 Chelsea Gilles  
**AARTFC:** 1:00.50

Name	Yr	School	Seed	Time
1 Arianna McClendon	FR	Utica		58.29
2 Mackenzie Mix	JR	Utica		59.52
3 Olivia Gilbert	JR	Alfred		1:00.90
4 Isabella Heath	SR	Nazareth		1:02.16

5 Grace Dolan	FR	St. John Fisher		1:02.22
6 Janaiya Cruz-Bermudez	SR	Utica		1:02.37
7 Claudia Simione	JR	Utica		1:02.41
8 Abrianna Wadley	JR	Utica		1:02.95
9 Sophia Leach	FR	St. John Fisher		1:04.79
10 Jordan Wagner	FR	Nazareth		1:05.68
11 Stephanie Cohen	FR	Hartwick		1:06.93

**Event 9 Women 800 Meter Run (16)**

**Conference:** 2:14.38 3/2/2013 Jenn Randall  
**Meet:** 2:17.00 2004 Emily Maston  
**Facility:** 2:17.69 2/18/2017 Destinee Allen  
**AARTFC:** 2:23.00

Name	Yr	School	Seed	Time
1 Olivia Gilbert	JR	Alfred		2:22.04
2 Caitlin Voloshen	SO	St. John Fisher		2:24.42
3 Ella Impaglia	SO	Nazareth		2:25.23
4 Paige Ackley	SR	Nazareth		2:25.34
5 Isabella Heath	SR	Nazareth		2:25.66
6 Kyra Binney	SO	Houghton		2:26.52
7 Jade Dening	JR	Utica		2:27.06
8 Ava Baker	FR	Nazareth		2:27.36
9 Olivia Grinnell	SO	St. John Fisher		2:27.55
10 Maggie Bacon	FR	St. John Fisher		2:28.32
11 Janaiya Cruz-Bermudez	SR	Utica		2:29.40
12 Allison List	SO	St. John Fisher		2:29.52
13 Kennedy Rose	FR	Nazareth		2:30.84
14 Mackenzie Feeney	SR	Sage		2:31.49
15 Miranda Lyon	FR	Houghton		2:33.40
16 Emma Wendt	FR	Nazareth		2:35.80

**Event 11 Women 1 Mile Run (10)**

**Conference:** 4:51.31 2/27/2016 Amy Regan  
**Meet:** 5:03.64 2/13/2016 Taryn Cordani  
**Facility:** 5:02.91 1/22/2016 Laura Morrison  
**AARTFC:** 5:20.00

Name	Yr	School	Seed	Time
1 Caitlin Voloshen	SO	St. John Fisher		5:14.15
2 Emily Weaver	SR	Nazareth		5:18.37
3 Ella Impaglia	SO	Nazareth		5:21.23
4 Jade Dening	JR	Utica		5:27.00
5 Olivia Grinnell	SO	St. John Fisher		5:30.25
6 Mackenzie Feeney	SR	Sage		5:30.76
7 McKenzie Hall	JR	Alfred		5:33.23
8 Morgan Pospiech	FR	Nazareth		5:33.36
9 Tabitha Clark	JR	Houghton		5:35.17
10 Kelsey Fahy	FR	Nazareth		5:39.27

**Event 13 Women 3000 Meter Run (18)**

**Conference:** 9:30.80 3/12/2016 Amy Regan  
**Meet:** 10:15.82 2/25/2023 Amanda Burrichter  
**Facility:** 9:53.15 2/23/2019 Elise Ramirez  
**AARTFC:** 10:40.00

Name	Yr	School	Seed	Time
1 Emily Weaver	SR	Nazareth		10:34.11
2 Ella Impaglia	SO	Nazareth		10:44.25

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**Event 13 ... (Women 3000 Meter Run (18))**

Name	Yr	School	Seed Time
3 Noelle Linenfelser	SO	Houghton	10:48.70
4 Elizabeth Ingellis	JR	Sage	10:49.36
5 Riley Jameson	JR	St. John Fisher	10:52.38
6 Lilianna Hanning	SR	Nazareth	10:53.28
7 Lauren DeMichele	SR	St. John Fisher	11:01.16
8 McKenzie Hall	JR	Alfred	11:06.14
9 Laura Witt	SR	St. John Fisher	11:09.23
10 Meghan Moyer	FR	Nazareth	11:15.93
11 Morgan Pospiech	FR	Nazareth	11:16.97
12 Bailey Visingard	FR	Nazareth	11:21.25
13 Kelsey Fahy	FR	Nazareth	11:22.85
14 Aria Larson	FR	Houghton	11:27.77
15 Sabrina Antonini	JR	St. John Fisher	11:31.41
16 Tabitha Clark	JR	Houghton	11:32.03
17 Kennedy Doran	FR	Nazareth	11:33.80
18 Brynita Haas	SO	Hartwick	11:54.11

**Event 15 Women 5000 Meter Run (18)**

**Conference: 16:23.40 2/5/2016 Amy Regan**  
**Meet: 17:41.92 2/13/2016 Amy Regan**  
**Facility: 16:47.38 12/1/2023 Rachel Hirschkind**  
**AARTFC: 18:50.00**

Name	Yr	School	Seed Time
1 Elizabeth Ingellis	JR	Sage	18:21.97
2 Lauren DeMichele	SR	St. John Fisher	18:35.96
3 Riley Jameson	JR	St. John Fisher	18:53.70
4 Lilianna Hanning	SR	Nazareth	19:07.69
5 Noelle Linenfelser	SO	Houghton	19:21.93
6 Laura Witt	SR	St. John Fisher	19:26.23
7 Meghan Moyer	FR	Nazareth	19:41.35
8 Aria Larson	FR	Houghton	20:25.65
9 Brynita Haas	SO	Hartwick	20:25.85
10 Kennedy Doran	FR	Nazareth	20:26.36
11 Mari Jablonski	SR	Alfred	20:34.49
12 Lauren Almy	SR	St. John Fisher	20:34.99
13 Margaret Nawojski	SO	St. John Fisher	20:35.77
14 Bailey Visingard	FR	Nazareth	20:43.30
15 Sabrina Antonini	JR	St. John Fisher	20:46.95
16 Abigail Perry	SR	St. John Fisher	20:56.07
17 Rachael Smith	SO	Houghton	20:59.77
18 Brianna Salvo	SO	Utica	21:50.01

**Event 3 Women 60 Meter Hurdles (13) Prelims**

**Conference: 8.82 12/8/2023 Ciarra Franz**  
**Meet: 8.97 2/25/2023 Ciarra Franz**  
**Facility: 8.66 12/2/2022 Christina Wende**  
**AARTFC: 9.50**

Name	Yr	School	Seed Time
1 Anne Spila	SO	Alfred	9.59
2 Stefania Grimaldi	FR	Utica	9.71
3 Amelia Petersen	FR	Utica	9.81
3 Lauren Bendall	SR	Nazareth	9.81
5 Hannah Ragule	SR	Nazareth	9.86
6 Mallory Rice	FR	Nazareth	9.91

7 Madelynn Jones	FR	Nazareth	10.09
8 Samantha Luba	SO	Nazareth	10.13
9 Stephanie Cohen	FR	Hartwick	10.28
10 Olivia Jensen	FR	Utica	10.34
11 Kaitlyn Burt	FR	Nazareth	10.42
12 Giovanna Wall	JR	Hartwick	10.59
13 Molly Corbett	FR	Hartwick	10.63

**Event 20 Women 4x400 Meter Relay (7)**

**Conference: 3:56.19 3/2/2013 Ithaca**  
**Meet: 4:02.83 2/25/2023 St. John Fisher**

**G Wright, E Wright, B Le, S Shea**  
**Facility: 3:53.11 2/18/2017 Oklahoma Baptist**  
**M Mitchell, R King, A Mayfield, K Barnes**  
**AARTFC: 4:10.00**

Team	Relay	Seed Time
1 Utica		4:08.63
1) Abrianna Wadley JR	2) Janaiya Cruz-Bermudez SR	
3) Mackenzie Mix JR	4) Arianna McClendon FR	
5) Claudia Simione JR	6) Jade Dening JR	
7) Alyssa Youngs FR		
2 Nazareth		4:17.06
1) Lauren Bendall SR	2) Alexis Lasher SO	
3) Isabella Heath SR	4) Ava Baker FR	
5) Shiana Susa SO	6) Kennedy Rose FR	
7) Alaina Morley SO		
3 St. John Fisher		4:21.15
1) Maggie Bacon FR	2) Grace Dolan FR	
3) Olivia Grinnell SO	4) Sophia Leach FR	
5) Allison List SO	6) Caitlin Voloshen SO	
4 Houghton		4:22.30
1) Kyra Binney SO	2) Victoria Brewster FR	
3) Sarah Coddington FR	4) Risa Palmer FR	
5) Miranda Lyon FR		
5 Alfred		4:24.94
1) Zoe Rainville FR	2) Anne Spila SO	
3) Annabelle Townsend JR	4) Olivia Gilbert JR	
5) Bianca Durso JR	6) Natalya Ryckman SO	
7) Mari Jablonski SR	8) McKenzie Hall JR	
6 Hartwick		4:33.57
1) Giovanna Wall JR	2) Atticus Dinsmore SO	
3) Destiny Carter FR	4) Stephanie Cohen FR	
5) Pepita Graham FR	6) Molly Corbett FR	
7 Sage		4:53.60
1) Giuliana Capparello JR	2) Mackenzie Feeney SR	
3) Charisma Losee SO	4) Tirzah Spivey SO	

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**Event 18 Women Distance Medley (7)**

**Conference: 11:51.09 2/28/2003 Ithaca**  
**Meet: 11:59.16 2004 Ithaca**  
**Cravotta, McQuarrie, Maston, Laytham**  
**Facility: 12:38.54 12/1/2023 Geneseo**  
**L Fowler-Conner, S Doody, R Hirschkind, K Vogel**  
**AARTFC: 13:10.00**

Team	Relay	Seed Time
1 Nazareth		13:08.31
1) Kennedy Rose FR	2) Shiana Susa SO	
3) Ella Impaglia SO	4) Morgan Pospiech FR	
5) Ava Baker FR	6) Emily Weaver SR	
7) Lilianna Hanning SR	8) Paige Ackley SR	
2 Houghton		13:28.55
1) Kyra Binney SO	2) Sarah Coddington FR	
3) Miranda Lyon FR	4) Tabitha Clark JR	
5) Risa Palmer FR		
3 Sage		13:46.75
1) Charisma Losee SO	2) Giuliana Capparello JR	
3) Tirzah Spivey SO	4) Mackenzie Feeney SR	
4 Alfred		14:06.96
1) Desirea Stuart FR	2) Zoe Rainville FR	
3) Natalya Ryckman SO	4) McKenzie Hall JR	
5) Olivia Gilbert JR	6) Anne Spila SO	
7) Bianca Durso JR	8) Annabelle Townsend JR	
5 Utica		14:27.41
1) Noella Burlette JR	2) Gianna Welker SO	
3) Jade Dening JR	4) Kamryn Williams FR	
5) Brianna Salvo SO	6) Cassandra Wood FR	
6 Hartwick		15:03.63
1) Sophie Ridgway JR	2) Giovanna Wall JR	
3) Madilynne Smith JR	4) Brynita Haas SO	
5) Sophia Kehr JR		
7 St. John Fisher		NT
1) Maggie Bacon FR	2) Grace Dolan FR	
3) Olivia Grinnell SO	4) Allison List SO	
5) Caitlin Voloshen SO		

**Event 21 Women High Jump (15)**

**Progression:**  
**1.31, 1.36, 1.41, 1.46, 1.51, 1.54, 1.57, 1.60 +3cm**  
**Conference: 1.80m 2/7/2015 Gladys Njoku**  
**Meet: 1.70m 2/14/2015 Gladys Njoku**  
**Facility: 1.70m Njoku / Turner**  
**AARTFC: 1.57m**

Name	Yr	School	Seed Mark
1 Hannah Allison	FR	Utica	1.58m
2 Abrianna Wadley	JR	Utica	1.57m
3 Anne Spila	SO	Alfred	1.55m
4 Sarah Merriwether	SR	Nazareth	1.52m
4 Claudia Vogel	SR	St. John Fisher	1.52m
4 Bianca Durso	JR	Alfred	1.52m
7 Sydney LaSalle	SO	Nazareth	1.50m
8 Mary Claire Rollins	FR	St. John Fisher	1.49m
9 Samantha Luba	SO	Nazareth	1.48m

10 Alaina Morley	SO	Nazareth	1.47m
10 Angela Carlson	JR	St. John Fisher	1.47m
12 Madelynn Jones	FR	Nazareth	1.45m
13 Sarah Jacques	SO	St. John Fisher	1.42m
14 Jada Anthony	FR	Utica	1.41m
15 Madelyn Pratt	FR	St. John Fisher	1.37m

**Event 23 Women Pole Vault (10)**

**Progression:**  
**2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.55 +10cm**  
**Conference: 4.25m 2/11/2017 Katherine Pitman**  
**Meet: 4.25m 2/11/2017 Katherine Pitman**  
**Facility: 3.97m 2/17/2017 Danielle Wojciechowski**  
**AARTFC: 3.30m**

Name	Yr	School	Seed Mark
1 Isabel Morse	SO	Nazareth	3.45m
2 Rosie Morse	SO	Nazareth	3.31m
3 Kiara Tornusciolo	SO	Nazareth	3.30m
4 Lauren Bendall	SR	Nazareth	3.05m
5 Emily Frech	JR	St. John Fisher	3.00m
5 Cassandra Wood	FR	Utica	3.00m
7 Maizie Poulakis	FR	Utica	2.85m
7 Caitlyn Smithers	FR	Nazareth	2.85m
9 Sofie Fischler	SR	Nazareth	2.80m
10 Jayle Leonard	FR	Utica	2.75m

**Event 25 Women Long Jump (15)**

**Conference: 5.86m 2/26/2010 Marcia McCord**  
**Meet: 5.70m 1/28/2012 Emma Dewart**  
**Facility: 6.03m 12/2/2022 Christina Wende**  
**AARTFC: 5.30m**

Name	Yr	School	Seed Mark
1 Veronica Duell	JR	St. John Fisher	5.68m
2 Michaela Kurbs	SR	St. John Fisher	5.62m
3 Alaina Morley	SO	Nazareth	5.42m
4 Nora Devitt	JR	Utica	5.38m
5 Anne Spila	SO	Alfred	5.37m
6 Hannah Ragule	SR	Nazareth	5.22m
7 Victoria Brewster	FR	Houghton	5.17m
8 Isabella Heath	SR	Nazareth	5.15m
9 Peytyn Geer	FR	Nazareth	5.12m
10 Jasmine Kendrick	FR	Nazareth	5.07m
11 Sarah Merriwether	SR	Nazareth	4.98m
12 Nyasia Marsh	FR	Utica	4.93m
13 Jordan Wagner	FR	Nazareth	4.82m
14 Sophia Bruce	FR	Utica	4.77m
15 Camdyn Cole	FR	Utica	4.66m

**Event 27 Women Triple Jump (11)**

**Conference: 12.25m 1/25/2014 Emilia Scheemaker**  
**Meet: 12.07m 2/1/2014 Emilia Scheemaker**  
**Facility: 12.73m 3/13/2021 Alexa Wandy**  
**AARTFC: 10.80m**

Name	Yr	School	Seed Mark
1 Nora Devitt	JR	Utica	11.45m
2 Zeniyah Gholson	SO	Utica	11.12m

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**Event 27 ... (Women Triple Jump (11))**

Name	Yr	School	Seed Mark
3 Isabella Heath	SR	Nazareth	11.00m
4 Hannah Ragule	SR	Nazareth	10.91m
5 Samantha Luba	SO	Nazareth	10.52m
6 Peytyn Geer	FR	Nazareth	10.51m
7 Nyasia Marsh	FR	Utica	10.47m
8 Sophia Bruce	FR	Utica	10.27m
9 Alyssa Youngs	FR	Utica	10.15m
10 Mallory Rice	FR	Nazareth	9.96m
11 Camdyn Cole	FR	Utica	9.93m

**Event 31 Women Shot Put (16)**

**Conference:** 15.21m 3/11/2017 **Brandy Smith**  
**Meet:** 14.02m 2/22/2019 **Katie Weeks**  
**Facility:** 14.88m 12/2/2022 **Teasha McKoy**  
**AARTFC:** 11.70m

Name	Yr	School	Seed Mark
1 Jane Fahy	SR	Utica	13.82m
2 Makenna King	SR	St. John Fisher	13.38m
3 Allie Cary	FR	Utica	12.50m
4 Madison Palmer	SR	Houghton	12.13m
5 Hailey Webber	FR	Nazareth	12.00m
6 Erin McGuinness	SO	St. John Fisher	11.47m
7 Riley King	FR	Utica	11.45m
8 Morgan Collazo	JR	St. John Fisher	11.31m
9 Lea Richard	SR	Nazareth	10.72m
10 Emily Rolince	FR	Nazareth	10.70m
11 Megan Brinck	SO	Utica	10.68m
12 Ranasia Bailey	SO	Utica	10.67m
13 Bailey Ellis	FR	St. John Fisher	9.92m
14 Mileena Ossman	FR	Nazareth	9.48m
15 Giovanna Wall	JR	Hartwick	9.45m
16 Amanda Hausle	SO	Utica	9.39m

**Event 33 Women Weight Throw 20 lb. (20)**

**Conference:** 18.46m 3/11/2016 **Brandy Smith**  
**Meet:** 18.28m 2/13/2016 **Brandy Smith**  
**Facility:** 17.68m 2/12/2017 **Brianna McKenzie**  
**AARTFC:** 14.50m

Name	Yr	School	Seed Mark
1 Lea Richard	SR	Nazareth	17.52m
2 Hailey Webber	FR	Nazareth	15.52m
3 Riley King	FR	Utica	14.97m
4 Madison Palmer	SR	Houghton	14.89m
5 Makenna King	SR	St. John Fisher	14.31m
6 Ranasia Bailey	SO	Utica	14.13m
7 Hailey Hrouda	FR	Utica	13.93m
8 Allie Cary	FR	Utica	13.91m
9 Grace Moyer	JR	Nazareth	13.88m
10 Jazelle McIntyre	SO	St. John Fisher	13.78m
11 Sarah Florian	SO	Utica	13.49m
12 Christina Valicenti	SO	St. John Fisher	12.89m
13 Anna Steed	SO	St. John Fisher	12.72m
14 Jaclyn Jorolemon	SO	Nazareth	12.48m
15 Emily Rolince	FR	Nazareth	12.41m

16 Emilia Costello	JR	Utica	11.68m
17 Jenna Fischer	FR	Houghton	11.22m
18 Mileena Ossman	FR	Nazareth	11.19m
19 Mercedes Cecelia-Storey	FR	Sage	10.69m
20 Ashley Rabbitt	SO	Sage	10.27m

**Event 35 Women Indoor Pentathlon (12)**

**Conference:** 3674 3/9/2012 **Emma Dewart**  
**Meet:** 2955 2/24/2023 **Laura Meade**  
**Facility:** 3172 2/17/2017 **Lacey Herbert**  
**AARTFC:** 2500

Name	Yr	School	Points
1 Hannah Ragule	SR	Nazareth	2934
2 Lauren Bendall	SR	Nazareth	2802
3 Samantha Luba	SO	Nazareth	2719
4 Mallory Rice	FR	Nazareth	2586
5 Alyssa Youngs	FR	Utica	2549
6 Madelynn Jones	FR	Nazareth	2539
7 Bianca Durso	JR	Alfred	2535
8 Mary Claire Rollins	FR	St. John Fisher	2421
9 Stefania Grimaldi	FR	Utica	2403
10 Annabelle Townsend	JR	Alfred	2401
11 Katie Widmer	JR	Houghton	2325
12 Logan Fredrickson	JR	St. John Fisher	2260

**Event 2 Men 60 Meter Dash (17) Prelims**

**Conference:** 6.82 2017 **Nicodemus Gambill**  
**Meet:** 6.88 2/11/2017 **Nicodemus Gambill**  
**Facility:** 6.87 2/8/2017 **Dean Simon**  
**AARTFC:** 7.10

Name	Yr	School	Seed Time
1 Andrew Hadasz	SR	Utica	7.02
2 Kaleb Luton	SR	Nazareth	7.11
3 Nolan Flynn	SO	Utica	7.15
4 Evan Kurtz	JR	Houghton	7.19
5 Ben Lewis	JR	Nazareth	7.24
5 Shane Tinney	JR	Utica	7.24
7 Jack Pomykaj	SO	Nazareth	7.26
8 Collin Gannon	FR	St. John Fisher	7.27
9 Trenton Wynn	SR	St. John Fisher	7.32
9 Ethan Kain	SR	Utica	7.32
11 Patrick Conteh	SO	Hartwick	7.33
12 Nyles Rogers	JR	Utica	7.36
13 Ethan Fox	SO	St. John Fisher	7.39
14 Brock Young	SO	St. John Fisher	7.40
15 Connor McCauslin	SR	Nazareth	7.41
16 Corey Quomony	JR	Hartwick	7.42
17 Quran Best	SO	Hartwick	7.44

**Event 6 Men 200 Meter Dash (17)**

**Conference:** 21.91 2016 **Nicodemus Gambill**  
**Meet:** 21.91 2/24/2018 **Alex Kainer**  
**Facility:** 22.01 1/20/2024 **Josh Jeffes**  
**AARTFC:** 22.60

Name	Yr	School	Seed Time
1 Andrew Hadasz	SR	Utica	22.15

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Name	Yr	School	Seed Time
2 Michael Puglisi	SO	Nazareth	22.57
3 Tanner Warren	FR	Utica	22.86
4 Connor Dean	FR	Utica	23.18
5 David Adadjo	JR	Sage	23.24
6 Ben Lewis	JR	Nazareth	23.26
7 Evan Kurtz	JR	Houghton	23.37
8 Ethan Kain	SR	Utica	23.39
9 Mike Welch	SR	Nazareth	23.60
10 Nolan Flynn	SO	Utica	23.64
11 Rob Hartigan	SR	St. John Fisher	23.67
12 Trenton Wynn	SR	St. John Fisher	23.81
13 Riley Ciamarra	FR	Alfred	23.94
13 Joseph Nettles	JR	Nazareth	23.94
13 Patrick Conteh	SO	Hartwick	23.94
16 Brock Young	SO	St. John Fisher	24.00
17 Andrew Ryan	SO	Houghton	25.04

**Event 8 Men 400 Meter Dash (14)**

Name	Yr	School	Seed Time
1 Andrew Hadasz	SR	Utica	50.06
2 Michael Puglisi	SO	Nazareth	50.43
3 Tanner Warren	FR	Utica	50.62
4 Connor Dean	FR	Utica	51.03
5 David Adadjo	JR	Sage	51.18
6 Ben Lewis	JR	Nazareth	51.89
7 Rob Hartigan	SR	St. John Fisher	52.02
8 Evan Smith	FR	Utica	52.21
9 Mike Welch	SR	Nazareth	52.31
10 Jack Healy	FR	Nazareth	53.12
11 Joseph Nettles	JR	Nazareth	53.27
12 Joseph Catalano	SR	Hartwick	54.74
13 Noah Engel	JR	Nazareth	55.29
14 Dominic Harkness	SO	Sage	57.38

**Event 10 Men 800 Meter Run (17)**

Name	Yr	School	Seed Time
1 Cade Eells	JR	Nazareth	1:59.75
2 Gavin McAllister	SO	Nazareth	2:00.09
3 Amos Bixler	SO	Houghton	2:00.25
4 Myles Andersen	SR	St. John Fisher	2:00.77
5 Hayden Lohmann	SR	Utica	2:00.83
6 Tony DiRubbo	SR	St. John Fisher	2:01.08
7 Evan Smith	FR	Utica	2:01.90
8 James Eustace	JR	Houghton	2:02.39
9 Cole Hastings	FR	Nazareth	2:02.57
10 Tristan Vargo	JR	Utica	2:02.69

11 Tobias Jeralds	SO	Utica	2:03.52
12 Brennan Farr	FR	Nazareth	2:04.55
13 Joe Cataldo	SO	Nazareth	2:04.59
14 Ethan Glashauser	SR	Nazareth	2:05.21
15 Kenny Williams	SR	Nazareth	2:05.37
16 Jason Kincaid	SR	St. John Fisher	2:06.43
17 Ben Lohmann	FR	Utica	2:07.54

**Event 12 Men 1 Mile Run (16)**

Name	Yr	School	Seed Time
1 Cade Eells	JR	Nazareth	4:22.67
2 Amos Bixler	SO	Houghton	4:27.37
3 Nathan Bowers	SR	Nazareth	4:28.19
4 Tony DiRubbo	SR	St. John Fisher	4:28.55
5 Bennett Melita	FR	Utica	4:29.80
6 Anthony Leotta	SO	Utica	4:29.84
7 Jacob Taylor	FR	Alfred	4:35.15
8 James Eustace	JR	Houghton	4:38.07
9 Nathan Canale	FR	St. John Fisher	4:40.73
10 Joseph Santiago	FR	Utica	4:40.87
11 Ethan Glashauser	SR	Nazareth	4:43.12
12 Kenny Williams	SR	Nazareth	4:45.64
13 Forest Martin	FR	Utica	4:48.77
14 Jason Kincaid	SR	St. John Fisher	4:49.62
15 Jodi Johnson	FR	Hartwick	4:51.60
16 Joshua Sandoval	JR	St. John Fisher	4:52.46

**Event 14 Men 3000 Meter Run (18)**

Name	Yr	School	Seed Time
1 Bennett Melita	FR	Utica	8:37.79
2 Ethan Billings	SR	St. John Fisher	8:53.34
3 Cade Eells	JR	Nazareth	8:55.26
4 Nathan Bowers	SR	Nazareth	9:01.69
5 Zach Tucker	JR	Houghton	9:01.88
6 Jace Stuart	FR	St. John Fisher	9:07.64
7 Riley Nash	JR	St. John Fisher	9:08.26
8 Caleb Kasper	JR	Houghton	9:11.49
9 Ethan Kenyon	JR	Nazareth	9:11.91
10 Nate Kulp	JR	St. John Fisher	9:14.96
11 Ben Allen	SO	Houghton	9:17.11
12 Cam Almy	SO	Nazareth	9:17.30
13 Zachary Brown	SO	Utica	9:18.78
14 Anthony Leotta	SO	Utica	9:19.59
15 Antonio Benitez	SO	Nazareth	9:22.65
16 Reid Hooker	SO	St. John Fisher	9:30.87
17 Joe Britschge	FR	Nazareth	9:35.70
18 Sam Lyon	JR	Houghton	9:36.51

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**Event 16 Men 5000 Meter Run (16)**

**Conference:** 14:42.12 2/22/2014 Michael Cahill  
**Meet:** 14:48.42 2007 Nate Lowe  
**Facility:** 14:38.19 12/1/2023 Michael Brannigan  
**AARTFC:** 15:25.00

Name	Yr	School	Seed Time
1 Ethan Billings	SR	St. John Fisher	15:14.85
2 Caleb Kasper	JR	Houghton	15:15.43
3 Nathan Bowers	SR	Nazareth	15:26.15
4 Jace Stuart	FR	St. John Fisher	15:39.59
5 Riley Nash	JR	St. John Fisher	15:43.84
6 Zach Tucker	JR	Houghton	15:47.33
7 Zachary Brown	SO	Utica	16:15.96
8 Antonio Benitez	SO	Nazareth	16:17.03
9 Ben Allen	SO	Houghton	16:20.16
10 Cam Almy	SO	Nazareth	16:20.91
11 Reid Hooker	SO	St. John Fisher	16:38.69
12 Yuner Sesmas	JR	Alfred	16:39.36
13 Joe Britschge	FR	Nazareth	16:46.98
14 Connor Jackson	SO	Nazareth	16:48.86
15 Sam Lyon	JR	Houghton	16:51.32
16 Ben Bellinger	FR	Utica	16:56.53

**Event 4 Men 60 Meter Hurdles (14) Prelims**

**Conference:** 8.02 2/28/2020 Eddie Mahana  
**Meet:** 8.02 2020 Eddie Mahana  
**Facility:** 8.02 E Mahana/C Ononiwu  
**AARTFC:** 8.60

Name	Yr	School	Seed Time
1 Kaleb Luton	SR	Nazareth	8.14
2 Connor McCauslin	SR	Nazareth	8.51
3 John Ruggio	SR	St. John Fisher	8.71
4 Trenton Wynn	SR	St. John Fisher	8.79
5 Aaron Lund	SO	Nazareth	8.86
6 Justin Valentin	SR	Utica	8.96
7 Carlton Garnes	FR	Nazareth	8.99
8 Holden Thomas	SO	Nazareth	9.22
9 Avery Belanger	SO	Houghton	9.33
10 Ryan DeShane	SO	Nazareth	9.38
11 Luke Defio	JR	St. John Fisher	9.50
12 Luca Montesano	FR	Hartwick	9.52
13 Kyle Coyne	FR	Sage	9.53
14 Bryan Reeves	FR	Utica	10.12

**Event 19 Men 4x400 Meter Relay (7)**

**Conference:** 3:18.10 2/10/2018 Utica  
**Luckoo, Gangemi, Moore, Wright**  
**Meet:** 3:21.72 2/13/2016 Nazareth  
**N LaBarbera, M Battaglia, M Morris, T Sippie**  
**Facility:** 3:21.93 2/23/2019 Geneseo  
**G Faulkner, K Sheridan, E Bellante, S Ferris**  
**AARTFC:** 3:27.00

Team	Relay	Seed Time
1 Utica		3:28.37
1) Tanner Warren FR	2) Evan Smith FR	
3) Jonathan Simmons JR	4) Connor Dean FR	
5) Nolan Flynn SO	6) Andrew Hadasz SR	
7) Tristan Vargo JR	8) Hayden Lohmann SR	
2 Nazareth		3:29.04
1) Noah Engel JR	2) Ben Lewis JR	
3) Jack Healy FR	4) Kaleb Luton SR	
5) Mike Welch SR	6) Michael Puglisi SO	
7) Gavin McAllister SO	8) Cole Hastings FR	
3 Hartwick		3:43.16
1) Joseph Catalano SR	2) Hans Higgins FR	
3) Marquis Jones-Mckinney FR	4) Patrick Conteh SO	
5) Luca Montesano FR	6) Quran Best SO	
4 Alfred		3:43.42
1) Mikey Thammavong SO	2) John Wendt JR	
3) Riley Ciamarra FR	4) Finnegan Dean SO	
5) Carter Buckman FR	6) Kevin Flint JR	
7) Max Rasilla JR	8) Connor Scriven SO	
5 Sage		3:44.12
1) Dominic Harkness SO	2) Stephen Fleury SO	
3) Chris Pellegrini SO	4) David Adadjo JR	
5) Jacob Haynes JR	6) Isaac Langer JR	
6 St. John Fisher		3:45.14
1) Myles Andersen SR	2) Luke Defio JR	
3) Tony DiRubbo SR	4) Rob Hartigan SR	
7 Houghton		3:47.74
1) James Eustace JR	2) Evan Kurtz JR	
3) Avery Belanger SO	4) Amos Bixler SO	

**Event 17 Men Distance Medley (7)**

**Conference:** 9:55.09 2/10/2018 Stevens Inst  
**John, DiMaria, Selvaggi, Zickgraf**  
**Meet:** 10:16.61 2007 RIT  
**Varble, Sealander, O'Donnell, Hardbarger**  
**Facility:** 10:29.93 2/22/2019 Oneonta  
**M Palmer, C Brown, S Ryan, R O'Rourke**  
**AARTFC:** 10:40.00

Team	Relay	Seed Time
1 Utica		10:35.55
1) Anthony Leotta SO	2) Jonathan Simmons JR	
3) Tobias Jeralds SO	4) Bennett Melita FR	
5) Hayden Lohmann SR	6) Timothy Jeralds FR	
7) Tristan Vargo JR		

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**Event 17 ... (Men Distance Medley (7))**

Team	Relay	Seed Time
2 St. John Fisher		10:36.74
1) Myles Andersen SR	2) Tony DiRubbo SR	
3) Rob Hartigan SR	4) Jason Kincaid SR	
5) Nate Kulp JR		
3 Nazareth		10:46.74
1) Kenny Williams SR	2) Jack Healy FR	
3) Cade Eells JR	4) Antonio Benitez SO	
5) Nathan Bowers SR	6) Cole Hastings FR	
7) Gavin McAllister SO	8) Ethan Glashauser SR	
4 Houghton		10:52.34
1) Amos Bixler SO	2) Andrew Ryan SO	
3) Sam Cobb FR	4) Luke Ellis FR	
5 Alfred		11:19.60
1) Finnegan Dean SO	2) Mikey Thammavong SO	
3) Kevin Flint JR	4) Jacob Taylor FR	
5) Max Rasilla JR	6) Connor Scriven SO	
7) Kevin Voegelin SO	8) John Wendt JR	
6 Hartwick		NT
1) Hans Higgins FR	2) Marquis Jones-Mckinney FR	
3) Frank Guenther FR	4) Jodi Johnson FR	
6 Sage		NT
1) Isaac Langer JR	2) Stephen Fleury SO	
3) Jacob Haynes JR	4) Chris Pellegrini SO	
5) Dominic Harkness SO		

**Event 22 Men High Jump (15)**

**Progression:**  
**1.63, 1.68, 1.73, 1.78, 1.83, 1.86, 1.89, 1.92, 1.95 +3cm**

**Conference: 2.15m 2/7/2020 Kyle Rollins**  
**Meet: 2.09m 2/26/2022 Kyle Rollins**  
**Facility: 2.07m 12/13/2019 Kyle Rollins**  
**AARTFC: 1.92m**

Name	Yr	School	Seed Mark
1 Sean Cochrane	SR	St. John Fisher	2.03m
2 Bryant DePaull	SO	St. John Fisher	1.96m
3 Louis Pinto	FR	Utica	1.87m
4 Andrew Wieder	SR	Utica	1.78m
5 Griffin Killian	FR	St. John Fisher	1.77m
5 David Argentieri	FR	St. John Fisher	1.77m
5 Gabe Wilson	SO	Nazareth	1.77m
5 Kyle Reid	JR	Nazareth	1.77m
9 Connor Dean	FR	Utica	1.76m
9 Cooper Jones	JR	Utica	1.76m
11 Theodore Tsamis	FR	Utica	1.75m
12 Jason Marchincin	SO	Nazareth	1.72m
12 Andrew Ryan	SO	Houghton	1.72m
12 Kuyler Coffin	SO	St. John Fisher	1.72m
15 Marquis Jones-Mckinney	FR	Hartwick	1.65m

**Event 24 Men Pole Vault (6)**

**Progression:**  
**3.10, 3.25, 3.40, 3.55, 3.70, 3.85, 4.00, 4.15, 4.30, 4.45 +10c**

**Conference: 5.16m 3/4/2011 Michael Dempsey**  
**Meet: 4.75m 2010 Michael Dempsey**  
**Facility: 5.30m 12/13/2019 Zachary Ferrara**  
**AARTFC: 4.45m**

Name	Yr	School	Seed Mark
1 Hayden Penna	FR	St. John Fisher	4.60m
2 Jack Pomykaj	SO	Nazareth	4.40m
3 Jason Bletsko	SO	Nazareth	4.31m
4 Andrew Wieder	SR	Utica	3.50m
5 Aaron Lund	SO	Nazareth	3.35m
6 Carter Buckman	FR	Alfred	3.34m

**Event 26 Men Long Jump (17)**

**Conference: 7.36m 3/9/2018 Mark VanMarter**  
**Meet: 7.20m 2010 Kyle Devins**  
**Facility: 7.17m 12/8/2017 Mark VanMarter**  
**AARTFC: 6.65m**

Name	Yr	School	Seed Mark
1 Matthew Stasiw	SR	St. John Fisher	6.71m
2 Connor Dean	FR	Utica	6.45m
3 Jack Pomykaj	SO	Nazareth	6.38m
4 Avery Belanger	SO	Houghton	6.37m
4 Bryant DePaull	SO	St. John Fisher	6.37m
6 Adam Reifsteck	SO	Nazareth	6.30m
7 Gabe Wilson	SO	Nazareth	6.29m
8 Jason Weng	SO	St. John Fisher	6.22m
9 Sean Cochrane	SR	St. John Fisher	6.17m
10 Corey Quomony	JR	Hartwick	6.11m
11 Kaleb Luton	SR	Nazareth	6.10m
12 Carlton Ganes	FR	Nazareth	6.09m
13 Matthew Murphy	FR	Utica	5.99m
14 Robert Jackson	FR	Utica	5.96m
15 Andrew Ryan	SO	Houghton	5.95m
15 Kyle Reid	JR	Nazareth	5.95m
17 Byamungu Mugushu	SR	Utica	5.79m

**Event 28 Men Triple Jump (11)**

**Conference: 14.83m 3/8/2019 Clarence Skipper**  
**Meet: 14.55m 2019 Ka'Sean Watlington**  
**Facility: 14.52m 2/29/2020 Kyle Rollins**  
**AARTFC: 13.40m**

Name	Yr	School	Seed Mark
1 Avery Belanger	SO	Houghton	13.19m
2 Trenton Wynn	SR	St. John Fisher	13.06m
3 Kaleb Luton	SR	Nazareth	12.74m
4 Noah Dueker	FR	St. John Fisher	12.67m
5 Adam Reifsteck	SO	Nazareth	12.66m
6 Connor Dean	FR	Utica	12.64m
7 Gabe Wilson	SO	Nazareth	12.46m
8 David Adadjo	JR	Sage	12.40m
9 Carlton Ganes	FR	Nazareth	12.12m
10 Ryan DeShane	SO	Nazareth	11.91m

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**Event 28 ... (Men Triple Jump (11))**

Name	Yr	School	Seed Mark
11 Matthew Murphy	FR	Utica	11.83m

**Event 32 Men Shot Put (18)**

Conference: 17.50m 3/8/2019 Keanu Headram			
Meet: 16.53m 2019 Keanu Heedram			
Facility: 17.01m 12/2/2022 Jonathan Surdej			
AARTFC: 14.40m			
Name	Yr	School	Seed Mark
1 Hunter Logan	JR	Utica	16.11m
2 Billie Mays III	JR	Utica	14.40m
3 Justin Swavely	JR	Utica	13.99m
4 Jason Crocker	SO	Alfred	13.65m
5 Michael McNeil	JR	Utica	12.94m
6 Jay Brown	JR	Utica	12.68m
7 Thomas Dunn	JR	Utica	12.66m
8 Isaiah Anighoro	FR	Utica	12.57m
9 Brandon Kaplan	SO	St. John Fisher	12.02m
10 Daimel Fowler	FR	Alfred	12.01m
11 David Dobrowolski	FR	Nazareth	12.00m
12 Antwan Kelly	SR	Utica	11.99m
13 Joey Curr	SO	St. John Fisher	11.85m
14 Edward Haeffer	FR	Utica	11.66m
15 Michael Rollins	JR	Utica	11.39m
15 Andrew Parnapy	JR	Alfred	11.39m
17 Preston Guynup	SO	Alfred	11.38m
18 James Adams	FR	Hartwick	10.82m

**Event 34 Men Weight Throw 35 lb. (17)**

Conference: 20.45m 3/11/2016 Luis Rivera			
Meet: 18.84m 2/13/2016 Luis Rivera			
Facility: 20.41m 1/19/2018 Luis Rivera			
AARTFC: 15.50m			
Name	Yr	School	Seed Mark
1 Antwan Kelly	SR	Utica	17.83m
2 Justin Swavely	JR	Utica	15.71m
3 Spencer Borghardt	SO	Utica	15.63m
4 Brandon Kaplan	SO	St. John Fisher	15.42m
5 Joshua Talbot	SO	Utica	14.48m
6 Jack Bickford	SR	St. John Fisher	14.32m
7 Gavin Grinnell	SO	St. John Fisher	13.97m
8 David Dobrowolski	FR	Nazareth	13.55m
9 Andrew Parnapy	JR	Alfred	13.29m
10 Mark Brown	SR	Utica	13.27m
11 Jason Crocker	SO	Alfred	13.23m
12 Billie Mays III	JR	Utica	13.22m
13 Michael Rollins	JR	Utica	13.06m
14 Hunter Logan	JR	Utica	12.87m
15 Joey Curr	SO	St. John Fisher	12.78m
16 Kenneth Berlin	JR	Alfred	12.65m
17 Declan Murphy	SO	Nazareth	12.43m

**Event 36 Men Heptathlon (8)**

Conference: 5093 3/14/2015 Devin Cornelius			
Meet: 4464 2/24/2023 Malachi Yeager			
Facility: 4935 2/17/2017 Hayden Ashley			
AARTFC: 3900			
Name	Yr	School	Points
1 Jack Pomykaj	SO	Nazareth	4237
2 Aaron Lund	SO	Nazareth	4139
3 Andrew Wieder	SR	Utica	3916
4 Holden Thomas	SO	Nazareth	3361
5 Carter Buckman	FR	Alfred	3175
6 Theodore Tsamis	FR	Utica	3004
7 Jeffrey Forkhamer	FR	Utica	2634
8 Ryan DeShane	SO	Nazareth	2559