

**All-Atlantic Region
Outdoor Track & Field Championships
Hosted By Williams - 5/14/2025 to 5/15/2025**

Results

Women 100 Meter Dash

Meet Record: 11.90 M 5/18/2022 Samantha Giordani

Name	Yr	School	Prelims
Preliminaries			
1 Shaesha Johnson	FR	SUNY Delhi	M 11.75Q1.4
2 Simone Waheed	SO	Colby	M 11.77Q1.4
3 Autumn Pittman	SR	Cortland St.	12.08Q0.7
4 Miranda Cole	SO	SUNY Delhi	11.93q 1.4
5 Aynisha McQuillar	FR	Ithaca	11.94q 1.4
6 Khia Laster	SR	Buffalo Stat	12.05q 1.4
7 Reyanna Henderson	SR	New Jersey C	12.17q 1.4
8 Rachel Arthur	SR	Williams	12.20q 0.7
9 Alexia Prince	SO	Cortland St.	12.23 1.4
10 McKay Alby	FR	Montclair St	12.27 1.4
11 Alaina Morley	JR	Nazareth	12.28 1.4
12 Kiara White	FR	Grove City	12.29 0.7
13 Angela Nuse	SO	York (Pa.)	12.41 1.4
14 Makenna Manson	FR	St. John Fis	12.47 0.7
15 Alexis Lasher	JR	Nazareth	12.47 1.4
16 Ashley Gordon	SO	Ramapo	12.48 0.7
17 Abigail Dorunda	FR	St. John Fis	12.50 0.7
18 Rachel Kulp	JR	RIT	12.53 1.4
19 Tatiana McCray	FR	Hamilton	12.57 0.7
20 Gianna Iglesias	SR	Misericordia	12.58 1.4
21 Ashley Newman	JR	Susquehanna	12.95 1.4

Women 100 Meter Dash

Meet Record: 11.90 M 5/18/2022 Samantha Giordani

Name	Yr	School	Finals
Finals			
1 Shaesha Johnson	FR	SUNY Delhi	11.68M 10
2 Miranda Cole	SO	SUNY Delhi	11.75M 8
3 Simone Waheed	SO	Colby	11.84M 6
4 Autumn Pittman	SR	Cortland St.	11.92 5
5 Aynisha McQuillar	FR	Ithaca	11.99 4
6 Khia Laster	SR	Buffalo Stat	12.09 3
7 Reyanna Henderson	SR	New Jersey C	12.44 2
--- Rachel Arthur	SR	Williams	DNS 1.3

Women 200 Meter Dash

Meet Record: 24.57 M 5/16/2024 Sadie Schreiner

Name	Yr	School	Finals
Finals			
1 Miranda Cole	SO	SUNY Delhi	24.08M 10
2 Zreyah Moore	SR	Rutgers-Newa	24.27M 8
3 Brynn Mooney	SO	SUNY Geneseo	24.27M 6
4 Reyanna Henderson	SR	New Jersey C	24.66 5
5 Autumn Pittman	SR	Cortland St.	24.69 4
6 Mariam Koita	SO	Widener	24.76 3
7 Jocelyn Smith	SO	Scranton	25.08 2
8 Aynisha McQuillar	FR	Ithaca	25.09 1
9 Abby Giamoni	SR	Moravian	25.26 -1.3
10 Alexia Prince	SO	Cortland St.	25.43 -1.3

11 Jill Ambler	SO	SUNY Geneseo	25.43 -0.4
12 Kiara White	FR	Grove City	25.44 -1.3
13 Abigail Dorunda	FR	St. John Fis	25.46 -0.6
14 Rukiyat Daranijo	SO	TCNJ	25.47 -0.4
15 Nora Chen	SO	Rochester	25.51 -0.6
16 Charlotte Brake-Hoffman	FR	Colby	25.62 -1.3
17 Ilana Hawkins	SO	Marymount (V	25.85 -0.6
18 Lindsay Tellez	FR	SUNY Geneseo	25.88 -0.6
19 Raquella Casserino	SO	Rochester	26.01 -1.3
20 Maya Hatch	JR	Rochester	26.69 -0.6
--- Rachel Arthur	SR	Williams	DNS -0.4
--- Fiona Mejico	SR	Colby	DNS +0.0
--- Tally Zeller	JR	Colby	DNS -1.3
--- Shaesha Johnson	FR	SUNY Delhi	DNS +0.0
--- Simone Waheed	SO	Colby	DNS -0.4

Women 400 Meter Dash

Meet Record: 54.57 M 5/19/2022 Madison Mulder

Name	Yr	School	Finals
Finals			
1 Brynn Mooney	SO	SUNY Geneseo	54.45M 10
2 Bella King-Harvey	SO	Williams	54.61 8
3 Megan Bell	SR	Rochester	54.66 6
4 Fiona Mejico	SR	Colby	55.05 5
5 Zreyah Moore	SR	Rutgers-Newa	55.70 4
6 Reyanna Henderson	SR	New Jersey C	56.30 3
7 Olivia Doherty	JR	Colby	56.89 2
8 Rukiyat Daranijo	SO	TCNJ	56.98 1
9 Grace Yarkosky	SO	Plattsburgh	57.13
10 Abby Giamoni	SR	Moravian	57.38
11 Raquella Casserino	SO	Rochester	57.58
12 Gabrielle Baker	SR	Union (N.Y.)	57.86
13 Isabella Shanley	SO	Stevens	58.03
14 Nicole Gretzinger	JR	SUNY Geneseo	58.32
15 Nadine Lauffer	FR	Grove City	58.38
16 Ilana Hawkins	SO	Marymount (V	58.41
17 Olivia Miller	JR	Scranton	58.51
18 Emily Krevey	FR	Misericordia	58.77
19 Grace Wright	SR	St. John Fis	58.81
20 Tally Zeller	JR	Colby	58.89
21 Audrey Karwowski	JR	Grove City	59.08
22 Natalie MacArthur	SR	Ithaca	1:00.37
23 Gwenna Haas	FR	Houghton	1:01.83
--- Zoe Rodi	JR	SUNY Delhi	DNS
--- Kaitlyn Ewald	SO	Colby	DNS

Women 800 Meter Run

Meet Record: 2:12.27 M 5/18/2023 Megan Bell

Name	Yr	School	Finals
Finals			
1 Janelle Eckl	SR	SUNY Geneseo	2:10.11M 10
2 Lydia Bennett	SR	Grove City	2:12.72 8
3 Jaylah Cossin	SR	Brockport St	2:13.64 6
4 Oli Kraynik	SO	Alfred State	2:13.99 5
5 Kelly O'Grady	JR	TCNJ	2:14.54 4

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Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
6 Brenna Omert	FR	TCNJ	2:16.77 3
7 Annalise Kauffman	JR	Franklin & M	2:17.36 2
8 Kristina Kyle	JR	Springfield	2:17.62 1
9 Natalia Sweat	FR	Oneonta	2:17.85
10 Victoria Urbaez	SO	Susquehanna	2:18.18
11 Grace Morningstar	SO	Misericordia	2:18.27
12 Kate Scibelli	JR	Hamilton	2:18.39
13 Emily Dill	SO	Rochester	2:18.80
14 Lizzie Lowe	FR	Vassar	2:19.20
15 Kyleigh Record	FR	Union (N.Y.)	2:19.28
16 Brianne Hurlburt	FR	St. John Fis	2:19.38
17 Alex Grivas	JR	TCNJ	2:19.48
18 Hannah Reichard	SO	Oswego State	2:19.82
19 Nieve Mahood	SR	SUNY Geneseo	2:19.99
20 Jade Dening	SR	Utica	2:20.13
21 Liza Levin	SR	Susquehanna	2:20.81
22 Addison Kleinle	FR	Elizabethtow	2:20.85
23 Rylie Murphy	SR	Moravian	2:21.05
24 Vanessa Ramos	SR	Brockport St	2:21.43
25 Olivia Grinnell	JR	St. John Fis	2:22.35
26 Abigail Bowman	FR	Nazareth	2:22.71
27 Olivia Class	SR	TCNJ	2:24.96
28 Abby Hughes	SO	Marymount (V	2:28.66
--- Maeve Robarge	JR	Brockport St	DNS
--- Norah Reade	SO	Vassar	DNS

Women 1500 Meter Run

Meet Record: 4:25.72 M 5/16/2024 Haley Schoenegge

Name	Yr	School	Finals
Finals			
1 Penelope Greene	SR	SUNY Geneseo	4:22.23M 10
2 Lydia Bennett	SR	Grove City	4:25.41M 8
3 Adelaide Nyhan	SO	Vassar	4:35.21 6
4 Ethne Degan	FR	Brockport St	4:36.08 5
5 Catherine Dacey	SR	Union (N.Y.)	4:37.60 4
6 Lily Yampolsky	FR	Williams	4:39.27 3
7 Autumn Garges	JR	Lebanon Vall	4:40.97 2
8 Mia Vizcaino	SR	Brockport St	4:41.44 1
9 Emily Pogozelski	JR	Hamilton	4:42.15
10 Kaitlyn Grossman	SR	SUNY Geneseo	4:42.32
11 Madison Kammer	JR	Misericordia	4:42.35
12 Cayla Lawrence	SO	Grove City	4:42.94
13 Caitlin Voloshen	JR	St. John Fis	4:43.58
14 Tori Sutera	FR	Montclair St	4:44.05
15 Kaylynn Johnson	SR	Grove City	4:44.30
16 Grace Smith	SR	Grove City	4:45.25
17 Brianna Wagner	SR	Misericordia	4:45.74
18 Charlotte Blake	SO	St. Lawrence	4:46.54
19 Addison Kleinle	FR	Elizabethtow	4:47.40
20 Joy Petersen	JR	Ithaca	4:47.99
21 Isabella Gabay	FR	Stevens	4:48.75
22 Lily Murphy	JR	St. Vincent	4:49.27
23 Zoey Cassavell	SR	Ramapo	4:51.23

24	Cassy Lanza	JR	St. Vincent	4:54.41
25	Maureen Bosak	SR	Elizabethtow	4:55.43
26	Evie Eastman	SO	SUNY Delhi	4:56.11
27	Tara Smurla	JR	Moravian	4:56.66
28	Quinn Sirgany	SO	St. Lawrence	4:58.39
29	Jenna Binney	FR	Houghton	5:01.38
30	Maria Khalifeh	FR	Rochester	5:06.10
---	Clara Gahm	FR	Williams	DNS

Women 5000 Meter Run

Meet Record: 16:58.39 M 5/19/2021 Parley Hannan

Name	Yr	School	Finals
Finals			
1 Gabriella McCarthy	SR	SUNY Geneseo	16:54.55M 10
2 Keira Rogan	FR	Hamilton	17:13.38 8
3 Grace Neubert	FR	St. Vincent	17:26.06 6
4 Emily Hopkins	JR	Scranton	17:49.50 5
5 Kyrianna Nemitz	SO	Lebanon Vall	17:50.76 4
6 Julia Brennan	SO	Williams	17:54.16 3
7 Elena Gaffney	FR	Oswego State	17:56.25 2
8 Annabel Dobash	SO	Union (N.Y.)	17:56.80 1
9 Sabrinna Mena	SR	Oneonta	18:05.05
10 Catherine Manna	FR	Utica	18:12.98
11 Tara Silverman	FR	Franklin & M	18:20.84
12 Marlo Townsend	SO	Utica	18:23.76
13 Hadley Snell	FR	Vassar	18:26.02
14 Naesha Gadie	SO	TCNJ	18:26.69
15 Ellie Ponko	SR	Rochester	18:28.74
16 Hayley Ballard	SO	Williams	18:29.54
17 Therese Georgia	SO	RIT	18:32.03
18 Anya Sloth	SO	Oneonta	18:38.58
19 Hannah Pawlowski	FR	Ithaca	18:45.11
20 Riley Joseph	JR	Rochester	18:46.83
21 Claire Pfanstiel	SO	Hamilton	18:58.63
22 Avery Blanchard	FR	St. Lawrence	19:03.29
23 Ava Biemuller	FR	TCNJ	19:09.54
24 Kayla O'Neil	SO	Moravian	19:27.01
25 Jessica Goode	JR	Ithaca	19:39.77
--- Abigail Churchill	FR	Montclair St	DNF
--- Jezena Aponte	SO	New Jersey C	DNF
--- Chloe Bonson	JR	Allegheny	DNS

Women 10000 Meter Run

Meet Record: 35:44.80 M 1984 Ellyn Block

Name	Yr	School	Finals
Finals			
1 Tara Smurla	JR	Moravian	36:48.56 10
2 Grace Gallagher	JR	Misericordia	37:15.88 8
3 Lily Murphy	SO	Hamilton	38:14.26 6
4 Ella Blau	SO	Rochester	38:20.88 5
5 Alicia Lawson	SR	Rochester	38:27.69 4
6 Cassidy Quinn	SR	TCNJ	38:31.48 3
7 Alyssa Horng	JR	Rochester	38:36.58 2
8 Julia Bauer	SR	Grove City	38:43.02 1
9 Virginia Williams	SR	Grove City	38:50.99

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Finals ... (Women 10000 Meter Run)

	Name	Yr	School	Finals
10	Noelle Linenfelser	JR	Houghton	38:59.25
11	Fionna Feerick	SR	Stevens	39:13.95
12	Aylene Noy	JR	Hood	39:23.27
13	Andie Burton	SR	Rochester	39:47.06
14	Gwyneth Young	JR	Elizabethtow	40:08.43
15	Kyla Eisman	JR	Ithaca	40:14.89
16	Gia Engel	SO	Oneonta	40:22.11
17	Olivia Holland	JR	Oneonta	40:40.02
18	Lindsey Hartle	JR	PSU-Behrend	40:45.90
19	Bridget Kennedy	SR	Elizabethtow	40:54.50
20	Rachel Ulrich	JR	Misericordia	41:29.64
21	Bethany Litwiler	JR	PSU-Behrend	41:46.42
22	Morgan Marckres	JR	Rutgers-Newa	41:57.35
23	Riley Jameson	SR	St. John Fis	42:09.28
---	Brier Amerlinck	SO	Marymount (V	DNF

Women 100 Meter Hurdles

Meet Record: 13.82 M 5/18/2022 Laura Mathews

	Name	Yr	School	Prelims
Preliminaries				
1	Laura Suppa	JR	Ithaca	13.89Q0.3
2	Jill Ambler	SO	SUNY Geneseo	14.18Q0.5
3	Ciarra Franz	SR	St. John Fis	14.34Q0.3
4	Katherine DeFosse	SO	Springfield	14.36q 0.3
5	Maya Richwine	SO	Muhlenberg	14.75q 0.3
6	Kaelin Ryan	JR	Ursinus	14.78q 0.5
7	Samantha Luba	JR	Nazareth	14.85q 0.3
8	Rania Sabri	JR	RIT	14.91q 0.3
9	Deziree Conklin	SR	Marymount (V	14.98 0.5
10	Jaiden Schrag	FR	Oneonta	14.99 0.5
11	Kendall Hall	FR	Montclair St	15.22 0.5
12	Zahara Simmons	FR	Widener	15.28 0.5
13	Emma Shafnisky	FR	Moravian	15.37 0.3
14	Dasha Jackson	JR	NYU	15.39 0.3
15	Samantha Wechsler	SO	Ursinus	15.46 0.3
16	Lilly Swyers	JR	Cortland St.	15.52 0.3
17	Cara Doyle	FR	Misericordia	15.60 0.3
18	Lanna Wandy	JR	SUNY Geneseo	15.68 0.3
19	Isabella Shanley	SO	Stevens	15.71 0.5
20	Sophia Barclay	SO	SUNY Geneseo	15.75 0.3
21	AnJalyna Talmadge	SR	Cortland St.	15.76 0.3
22	Abigail Reed	SO	Lebanon Vall	15.83 0.5
23	Rachel Larson	JR	Ithaca	20.58 0.3

Women 100 Meter Hurdles

Meet Record: 13.82 M 5/18/2022 Laura Mathews

	Name	Yr	School	Finals
Finals				
1	Laura Suppa	JR	Ithaca	13.86 10
2	Ciarra Franz	SR	St. John Fis	14.13 8
3	Jill Ambler	SO	SUNY Geneseo	14.16 6
4	Katherine DeFosse	SO	Springfield	14.36 5

5	Maya Richwine	SO	Muhlenberg	14.37	4
6	Kaelin Ryan	JR	Ursinus	14.77	3
7	Samantha Luba	JR	Nazareth	14.81	2
8	Rania Sabri	JR	RIT	14.92	1

Women 400 Meter Hurdles

Meet Record: 59.28 M 5/18/2023 Gwen Shepardson

	Name	Yr	School	Finals
Finals				
1	Lexi Rodriguez	JR	Brockport St	1:01.36 10
2	Eva Ciuffetelli	SO	Rochester	1:01.55 8
3	Eliza Bruncaj	SR	TCNJ	1:01.88 6
4	Mackenzie Burke	SO	TCNJ	1:01.94 5
5	Ava Bagley	FR	SUNY Geneseo	1:02.76 4
6	Payton Mann	SR	York (Pa.)	1:03.20 3
7	Caroline Hill	SR	RIT	1:03.43 2
8	Samantha Crisci	JR	RIT	1:04.40 1
9	Sophia Barclay	SO	SUNY Geneseo	1:04.74
10	Lauren Alley	FR	Stevens	1:04.81
11	Olivia Waruch	FR	Hamilton	1:05.51
12	Lily Rexford	JR	Brockport St	1:05.60
13	Samantha Luba	JR	Nazareth	1:05.62
14	Michelle Barnes	SO	Colby	1:05.88
15	Deziree Conklin	SR	Marymount (V	1:06.11
16	Nadine Lauffer	FR	Grove City	1:06.26
17	Lauren Bendall	SR	Nazareth	1:06.53
18	Isabella Scott	FR	Plattsburgh	1:06.85
19	Lainey Flaitz	SO	SUNY Geneseo	1:06.90
20	Abigail Reed	SO	Lebanon Vall	1:07.12
21	Kirsten Navich	FR	Elizabethtow	1:07.13
22	Kelsey Myler	SO	Scranton	1:07.16
23	Julia Acevedo	SR	Montclair St	1:07.83
24	Annabelle Townsend	JR	Alfred	1:08.25
25	Sophia Leach	SO	St. John Fis	1:08.61
26	Anyia Sadowski	FR	Stevens	1:11.36
27	Justine Draper	SR	RIT	1:12.94
---	Monica Cammarota	FR	Brockport St	DQ

Women 3000 Meter Steeplechase

Meet Record: 10:30.04 M 5/17/2023 Rachel Hirschkind

	Name	Yr	School	Finals
Finals				
1	Grace Smith	SR	Grove City	10:49.75 10
2	Ella Lyle	SR	Grove City	10:54.05 8
3	Sab Lin	SR	Rochester	10:59.42 6
4	Sylvie Najarian	SR	Hamilton	11:03.76 5
5	Samantha Hoffmann	SR	Scranton	11:04.99 4
6	Coyla Bartholomew	JR	Lebanon Vall	11:05.47 3
7	Isabel Marzec	SR	SUNY Geneseo	11:05.62 2
8	Charlotte Warner	FR	SUNY Delhi	11:05.63 1
9	Ella Impaglia	JR	Nazareth	11:12.73
10	Rachael Goodman	SR	Moravian	11:22.33
11	Amber Poniktera	SR	Moravian	11:22.42
12	Julianne Wilson	SR	Brockport St	11:24.05
13	Molly Bossdorf	SR	TCNJ	11:31.28

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Finals ... (Women 3000 Meter Steeplechase)

	Name	Yr	School	Finals
14	Bailey Visingard	SO	Nazareth	11:33.88
15	Leah Lloyd	SR	Brockport St	11:34.05
16	Kaitlyn Adams	SO	Stevens	11:35.01
17	Clara Gahm	FR	Williams	11:35.69
18	Acadia Helfand	SO	Vassar	11:36.42
19	Katie Scott	SO	Franklin & M	11:37.33
20	Logan Brasacchio	JR	Ithaca	11:46.23
21	Carly Zack	SO	St. Lawrence	11:54.37
22	Sabrina Antonini	SR	St. John Fis	12:11.07
---	Alexa Wolcott	JR	Cortland St.	DNF

Women 4x100 Meter Relay

Meet Record: 46.69 M 5/17/2023 Rochester

K Isaac, S Bansbach, A Heffernan, M O'Connell

	Team	Relay	Prelims
Preliminaries			
1	SUNY Delhi		M 46.40Q
	1) Zoe Rodi JR	2) Shaesha Johnson FR	
	3) Belvia Konodji FR	4) Miranda Cole SO	
2	Williams		M 46.46Q
	1) Bella King-Harvey SO	2) Malia Klein SR	
	3) Ella Sukup JR	4) Rachel Arthur SR	
3	SUNY Geneseo		46.83q
	1) Sam Pynn SR	2) Brynn Mooney SO	
	3) Jill Ambler SO	4) Kayla Huba JR	
4	Scranton		47.11q
	1) Tasia Miniotis JR	2) Samantha Sharrow JR	
	3) Kaia Grantham FR	4) Jocelyn Smith SO	
5	Ithaca		47.61q
	1) Aynisha McQuillar FR	2) Rachel Larson JR	
	3) Laura Suppa JR	4) Marykate Rudnicki FR	
6	Nazareth		48.22q
	1) Alexis Lasher JR	2) Alaina Morley JR	
	3) Jasmine Kendrick SO	4) Samantha Luba JR	
7	RIT		48.30q
	1) Allison Regnante SR	2) Caroline Hill SR	
	3) Rania Sabri JR	4) Rachel Kulp JR	
8	St. John Fisher		48.36q
	1) Makenna Manson FR	2) Abigail Dorunda FR	
	3) Ella Radley FR	4) Ashley Holt SR	
9	Montclair State		48.61
	1) Michelle Itoua JR	2) Aisha Garcia FR	
	3) Maile O'Neill FR	4) McKay Alby FR	
10	Hamilton		48.77
	1) Olivia Waruch FR	2) Tatiana McCray FR	
	3) Marley Meyers FR	4) Michelle Wu SR	
11	Grove City		48.82
	1) Carolyn Colteryahn SR	2) Nadine Lauffer FR	
	3) Hannah Costa SO	4) Kiara White FR	
12	Vassar		49.00
	1) Jamie Eu JR	2) Jahmilia Dennis JR	
	3) Lianna Camille FR	4) Lainie D'Auria FR	

13	Lebanon Valley	49.09
	1) Darrian Berkheimer SR	2) Ava Matter FR
	3) Karina Reilly SO	4) Mileyska Calderon SO
14	Oneonta	49.73
	1) Jaiden Schrag FR	2) Danielle Jackson SR
	3) Brianna Senatore SO	4) Nicolette DuBose SO
15	Moravian	50.37
	1) Isabella DeMassa SR	2) Abby Giamoni SR
	3) Shai Knight JR	4) Emma Shafnisky FR

Women 4x100 Meter Relay

Meet Record: 46.69 M 5/17/2023 Rochester

K Isaac, S Bansbach, A Heffernan, M O'Connell

	Team	Relay	Finals
Finals			
1	SUNY Delhi		45.98M 10
	1) Zoe Rodi JR	2) Shaesha Johnson FR	
	3) Belvia Konodji FR	4) Miranda Cole SO	
2	SUNY Geneseo		46.33M 8
	1) Sam Pynn SR	2) Brynn Mooney SO	
	3) Jill Ambler SO	4) Kayla Huba JR	
3	Ithaca		47.51 6
	1) Marykate Rudnicki FR	2) Laura Suppa JR	
	3) Rachel Larson JR	4) Aynisha McQuillar FR	
4	Scranton		47.87 5
	1) Tasia Miniotis JR	2) Samantha Sharrow JR	
	3) Kaia Grantham FR	4) Jocelyn Smith SO	
5	Nazareth		48.25 4
	1) Alexis Lasher JR	2) Alaina Morley JR	
	3) Jasmine Kendrick SO	4) Samantha Luba JR	
6	St. John Fisher		48.52 3
	1) Makenna Manson FR	2) Abigail Dorunda FR	
	3) Ella Radley FR	4) Ashley Holt SR	
7	RIT		48.63 2
	1) Allison Regnante SR	2) Caroline Hill SR	
	3) Rania Sabri JR	4) Rachel Kulp JR	
---	Williams		DNS
	1) Bella King-Harvey SO	2) Malia Klein SR	
	3) Ella Sukup JR	4) Rachel Arthur SR	

Women 4x400 Meter Relay

Meet Record: 3:42.19 M 5/18/2022 Geneseo

J Strickland, A Flaitz, G Shepardson, M Mulder

	Team	Relay	Finals
Finals			
1	TCNJ		3:48.71 10
	1) Rukiyat Daranijo SO	2) Mackenzie Burke SO	
	3) Brenna Omert FR	4) Kelly O'Grady JR	
2	Rochester		3:50.45 8
	1) Eva Ciuffetelli SO	2) Maya Hatch JR	
	3) Raquella Casserino SO	4) Nora Chen SO	
3	Hamilton		3:55.07 6
	1) Olivia Waruch FR	2) Claire Tratnyek JR	
	3) Mia O'Neill FR	4) Marley Meyers FR	

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Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
4 Grove City		3:56.36 5
1) Kiara White FR	2) Megan Marchand FR	
3) Nadine Lauffer FR	4) Audrey Karwowski JR	
5 Scranton		3:56.45 4
1) Tasia Miniotis JR	2) Olivia Miller JR	
3) Kelsey Myler SO	4) Isabella Fay FR	
6 Nazareth		3:56.98 3
1) Alexis Lasher JR	2) Lauren Bendall SR	
3) Abigail Bowman FR	4) Samantha Luba JR	
7 Ithaca		4:00.12 2
1) Natalie MacArthur SR	2) Marykate Rudnicki FR	
3) Lyla Powers SO	4) Julia Ryba SO	
8 Elizabethtown		4:00.32 1
1) Sophie Shadle FR	2) Melissa Patton SR	
3) Kirsten Navich FR	4) Kelty Oaster SR	
9 Lebanon Valley		4:00.46
1) Darrian Berkheimer SR	2) Ava Matter FR	
3) Mileyshka Calderon SO	4) Abigail Reed SO	
10 Union (N.Y.)		4:00.50
1) Gabrielle Baker SR	2) Grace Ardito JR	
3) Katherine Doran SO	4) Kyleigh Record FR	
11 St. John Fisher		4:00.66
1) Grace Wright SR	2) Emma Wright SR	
3) Sophia Leach SO	4) Abigail Dorunda FR	
12 RIT		4:03.12
1) Samantha Crisci JR	2) Sophia DiGennaro FR	
3) Justine Draper SR	4) Jorja DeCarlo FR	
13 Montclair State		4:03.20
1) Nyla Hannah FR	2) Julia Acevedo SR	
3) Odalys Guerrero-Dominguez	4) Kaelyn Rodriguez FR	
14 Susquehanna		4:07.17
1) Ashley Newman JR	2) Liza Levin SR	
3) Katie Wojton SO	4) Victoria Urbacz SO	
15 Moravian		4:10.21
1) Emerson Beamer FR	2) Rylie Murphy SR	
3) Isabella DeMassa SR	4) Shai Knight JR	
--- Springfield		DNS
1) Natalia Marchand FR	2) Elina Olmedo SR	
3) Ella Couchon SO	4) Julia Brillo SR	

Women 4x800 Meter Relay

Meet Record: 9:11.37 M 2005

Geneseo

Team	Relay	Finals
1 Rochester		9:09.01M 10
1) Rita Sciortino JR	2) Emily Dill SO	
3) Megan Bell SR	4) Maria Khalifeh FR	
2 Grove City		9:11.45 8
1) Cayla Lawrence SO	2) Julianna Lindberg FR	
3) Kaylynn Johnson SR	4) Lydia Bennett SR	
3 Hamilton		9:26.67 6
1) Emily Pogozelski JR	2) Kate Scibelli JR	
3) Keira Rogan FR	4) Sylvie Najarian SR	

4 SUNY Geneseo		9:27.80 5
1) Isabel Marzec SR	2) Gabriella McCarthy SR	
3) Kaitlyn Grossman SR	4) Penelope Greene SR	
5 Franklin & Marshall		9:33.27 4
1) Jordyn Collie SO	2) Emily Jones FR	
3) Katie Scott SO	4) Annalise Kauffman JR	
6 Stevens		9:37.05 3
1) Isabella Gabay FR	2) Taylor Enes JR	
3) Nina Burden SR	4) Isabel Vogel JR	
7 St. John Fisher		9:37.55 2
1) Grace Caterina FR	2) Brianne Hurlburt FR	
3) Olivia Grinnell JR	4) Caitlin Voloshen JR	
8 Union (N.Y.)		9:38.97 1
1) Catherine Dacey SR	2) Caroline Kelly SR	
3) Annabel Dobash SO	4) Kyleigh Record FR	
9 Montclair State		9:41.51
1) Tori Sutura FR	2) Odalys Guerrero-Dominguez	
3) Liliana Snyder FR	4) Abigail Churchill FR	
10 RIT		9:41.96
1) Abigail Nautel JR	2) Therese Georgia SO	
3) Sophia DiGennaro FR	4) Abigail Thomas JR	
11 Susquehanna		9:45.42
1) Liza Levin SR	2) Katie Wojton SO	
3) Gabby Howe SO	4) Victoria Urbacz SO	
12 TCNJ		9:53.72
1) Molly Bossdorf SR	2) Alex Grivas JR	
3) Carmelina Sanci SR	4) Olivia Class SR	
13 Ithaca		9:59.51
1) Emily Johnson SR	2) Lyla Powers SO	
3) Emma Anderson SO	4) Joy Petersen JR	
14 Alfred State		10:21.66
1) Hailey Kumpf SO	2) Ava Sylvester FR	
3) Olivia Plummer SO	4) Oli Kraynik SO	
--- Williams		DNS
1) Lily Yampolsky FR	2) Clara Gahm FR	
3) Grace Kaercher SR	4) Charlene Peng JR	
--- Brockport St.		DNS
1) Ethne Degan FR	2) Jaylah Cossin SR	
3) Mia Vizcaino SR	4) Vanessa Ramos SR	

Women High Jump

Meet Record: 1.74m M 1998

Heidi Nichols

Name	Yr	School	Finals
1 Caroline Tighe	SR	Stevens	1.65m 10
2 Alexa Belanger	FR	Houghton	1.62m 8
3 Anna Sawicki	FR	Lebanon Vall	1.62m 6
4 Celia Ryan	SO	Ithaca	1.62m 5
5 Ashley Sheldon	SO	Union (N.Y.)	1.62m 4
6 Madeleine Wright	SO	Ithaca	1.62m 3
7 Kathryn Hillyard	FR	St. John Fis	1.57m 2
8 Emily Richardson	FR	Alfred State	1.57m 1
9 Maggie Previglian	JR	Stevens	1.52m
9 Michaela Levesque	SR	Brockport St	1.52m
9 Elly Bruner	SO	Grove City	1.52m

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Finals ... (Women High Jump)

	Name	Yr	School	Finals
9	Carolina Wegman	JR	Lebanon Vall	1.52m
13	Hannah Allison	SO	Utica	1.52m
13	Rhiannon Butchko	JR	Oswego State	1.52m
15	Maya Lapinski	SO	Stevens	1.52m
---	Allie Canciani	SR	Stevens	NH
---	Autumn Bacik	FR	Springfield	NH
---	Amelie Jamanka	JR	Williams	DNS
---	Livi Mazerolle	JR	Williams	DNS
---	Tonna Ogina	JR	New Jersey C	DNS

Women Pole Vault

Meet Record: 4.28m M 5/5/2017 Katherine Pitman

	Name	Yr	School	Finals
Finals				
1	Isabel Morse	JR	Nazareth	3.89m 10
2	Jae Yu	SR	Williams	3.84m 8
3	Talia Hutchinson	SO	Ithaca	3.74m 6
4	Poppy Miller	SR	Williams	3.59m 5
5	Jillian Scott	SR	Springfield	3.59m 4
6	Erin Eastwood	JR	Ithaca	3.59m 3
7	Bree Boyle	JR	Ithaca	3.44m 2
8	Sarah Bower	SR	Susquehanna	3.44m 1
9	Kiara Tornusciolo	JR	Nazareth	3.44m
10	Abby Kopeck	FR	Rochester	3.44m
11	Teagan Kiger	FR	Ithaca	3.29m
12	Kathryn Hillyard	FR	St. John Fis	3.29m
13	Madysen Bush	FR	Nazareth	3.29m
14	Alexis Merola	JR	Stevens	3.29m
15	Hannah Herrmann	FR	Grove City	3.14m
15	Alita Paragon	FR	York (Pa.)	3.14m
15	Isabel Swyers	SO	Brockport St	3.14m
15	Maya Scannell	SO	TCNJ	3.14m
19	Nicole Gretzinger	JR	SUNY Geneseo	3.14m
---	Ellie Fitzgerald	JR	Williams	DNS

Women Long Jump

Meet Record: 6.06m M 5/19/2022 Victoria Kadiri

	Name	Yr	School	Finals
Finals				
1	Khia Laster	SR	Buffalo Stat	5.97m 10
2	Samantha Sharrow	JR	Scranton	5.73m 8
3	Lanna Wandy	JR	SUNY Geneseo	5.70m 6
4	Veronica Duell	SR	St. John Fis	5.60m 5
5	Alaina Morley	JR	Nazareth	5.56m 4
6	Kelsey Tarby	SO	Williams	5.55m 3
7	Ciarra Franz	SR	St. John Fis	5.51m 2
8	Jasmine Kendrick	SO	Nazareth	5.48m 1
9	Ariana D'Onofrio	FR	SUNY Geneseo	5.48m 0.4
10	Ashleigh Barrett	JR	Rochester	5.38m +0.0
11	Hannah Alderfer	SR	Susquehanna	5.37m 1.3
12	Sasha Schramm	JR	Brockport St	5.33m +0.0
13	Katie Jacques	SR	Nazareth	5.29m 0.1
14	Alexa Belanger	FR	Houghton	5.29m +0.0

15	Sahdahya Addy	JR	Neumann	5.26m +0.0
16	Kayla Huba	JR	SUNY Geneseo	5.25m 3.4
17	Samantha Wechsler	SO	Ursinus	5.20m 1.0
18	Ali Haeefe	JR	Moravian	5.20m +0.0
19	Lilly Swyers	JR	Cortland St.	5.19m +0.0
20	Anneliese Klein	FR	SUNY Coblesk	5.11m +0.0
21	Emma Shafnisky	FR	Moravian	5.05m -0.2
22	Janelle Eckl	SR	SUNY Geneseo	5.04m +0.0
23	Allison Regnante	SR	RIT	5.02m +0.0
24	Grace McNerney	FR	Rochester	5.01m +0.0
25	Madison Snayczuk	SR	Alfred State	4.94m +0.0
26	Autumn Bacik	FR	Springfield	4.80m +0.0
27	Olivia Finnegan	JR	Farmingdale	4.77m +0.0
28	Rinnah Brown	FR	Medgar Evers	4.63m +0.0
---	Tonna Ogina	JR	New Jersey C	DNS NWI

Women Triple Jump

Meet Record: 12.63m M 1998 Monique Hacker

	Name	Yr	School	Finals
Finals				
1	Jahmilia Dennis	JR	Vassar	12.01m 10
2	Samantha Wechsler	SO	Ursinus	11.86m 8
3	Samantha Paul	SR	Springfield	11.74m 6
4	Ali Haeefe	JR	Moravian	11.49m 5
5	Sydney LaSalle	JR	Nazareth	11.48m 4
6	Alexis Brown	SO	Ithaca	11.36m 3
7	Katie Jacques	SR	Nazareth	11.34m 2
8	Mireya King	FR	Williams	11.25m 1
9	Shira Gamson	JR	Muhlenberg	11.25m +0.0
10	Ariel Estime	FR	Colby	11.05m 1.3
11	Emmeline Stoetzel	FR	Hamilton	11.01m +0.0
12	Lucy Gyergyo	FR	Grove City	10.98m 1.9
13	Rania Sabri	JR	RIT	10.97m 1.9
14	Julia Acevedo	SR	Montclair St	10.94m 0.9
15	Madison Snayczuk	SR	Alfred State	10.77m +0.0
16	Nora Devitt	SR	Utica	10.75m 0.6
17	Violet Ameele	SR	RIT	10.70m +0.0
18	Brooke Valan	SR	TCNJ	10.63m 2.1
---	Natasha Mihalko	SR	Misericordia	DNS NWI
---	Tonna Ogina	JR	New Jersey C	DNS NWI

Women Shot Put

Meet Record: 15.45m M 5/17/2018 Victoire Kothor

	Name	Yr	School	Finals
Finals				
1	Brandy Varner	JR	King's (Pa.)	13.01m 10
2	Margie Rayne	JR	Moravian	12.76m 8
3	Lily Seyfert	JR	Ithaca	12.67m 6
4	Erin McGuinness	JR	St. John Fis	12.58m 5
5	Marinna Heichberger	JR	RIT	12.49m 4
6	Deziree Garrick	SR	Rochester	12.48m 3
7	AnJalyna Talmadge	SR	Cortland St.	12.24m 2
8	Fejiro Akiri	SR	Rutgers-Newa	12.12m 1
9	Lauren Jaklitsch	JR	SUNY Geneseo	12.11m
10	Payton Mehalick	JR	SUNY Geneseo	12.01m

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Finals ... (Women Shot Put)

	Name	Yr	School	Finals
11	Emily DiMarco	SR	RIT	11.52m
12	Tarryn Herman	JR	Oneonta	11.44m
13	Kerri McCarthy	SR	TCNJ	11.42m
14	Mackenzie Lawrence	FR	Oneonta	11.31m

Women Discus Throw

Meet Record: 49.54m M 5/7/2016 Brandy Smith

	Name	Yr	School	Finals
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Finals

1	Brandy Varner	JR	King's (Pa.)	45.17m	10
2	Emily DiMarco	SR	RIT	42.80m	8
3	Cora Rose	SR	Rochester	42.22m	6
4	Aimee Oszer	SO	Rochester	40.52m	5
5	Bailee Drummond	SO	RIT	40.15m	4
6	Ashley Muliawan	SR	Stevens	40.07m	3
7	Isabella Cowger	FR	Elizabethtow	40.02m	2
8	Rebecca Heuler	SR	Brockport St	39.97m	1
9	Margie Rayne	JR	Moravian	38.31m	
10	Skyler Klimow	JR	SUNY Geneseo	38.14m	
11	Madison Vargas	SO	Rochester	37.89m	
12	Ben Kayser-Cochran	FR	RIT	37.84m	
13	Michelle Uvieghara	SR	NYU	37.43m	
14	Victoria DeGraw	FR	Farmingdale	36.83m	
15	Lily Seyfert	JR	Ithaca	36.17m	
16	DaniRae Renno	SR	Elizabethtow	35.39m	
17	Alyssa Betz	SR	Lebanon Vall	34.09m	
18	Sofia Harnois	JR	York (Pa.)	33.80m	
19	Caitlyn D'Addieco	FR	Muhlenberg	33.46m	
20	Savana Henry	FR	Brockport St	33.27m	
21	Sophia Mitreski	SO	Oneonta	29.28m	

Women Hammer Throw

Meet Record: 56.92m M 5/18/2023 Emily Galvin

	Name	Yr	School	Finals
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Finals

1	Kerri McCarthy	SR	TCNJ	52.16m	10
2	Lea Richard	SR	Nazareth	51.97m	8
3	Katelyn Shoemaker	JR	King's (Pa.)	51.75m	6
4	Zoe Connor	SR	SUNY Geneseo	51.65m	5
5	Jennifer Ndukwu	JR	Cortland St.	50.32m	4
6	Anna Steed	JR	St. John Fis	50.27m	3
7	Jessica Reilly	SR	TCNJ	49.96m	2
8	Hannah McMasters	JR	Cortland St.	48.35m	1
9	Riley King	SO	Utica	48.26m	
10	Lily Seyfert	JR	Ithaca	47.87m	
11	Cheyenne McPeck	SO	Cortland St.	47.41m	
12	Allison Lavin	SO	TCNJ	46.97m	
13	Jazelle McIntyre	JR	St. John Fis	46.64m	
14	Caitlin Kirk	SO	King's (Pa.)	46.04m	
15	Tarryn Herman	JR	Oneonta	45.25m	
16	Amanda Hanrahan	FR	Vassar	44.92m	
17	Lauren Jaklitsch	JR	SUNY Geneseo	44.19m	
18	Taileen Zechman	SR	Hood	44.13m	

19	Lainey Porter	SR	Brockport St	43.16m
20	Bryanna Herring	FR	Buffalo Stat	42.46m
21	Natalya Ryckman	JR	Alfred	42.21m
22	Ella Manellis	FR	SUNY Geneseo	41.48m
23	Sarah Parr	SR	Brockport St	40.80m
24	Enya Green	SO	Ithaca	40.67m
25	Jillian Zukley	SO	St. Mary's (	39.66m
---	Cora Rose	SR	Rochester	FOUL
---	Maria Fareti	FR	Williams	DNS

Women Javelin Throw

Meet Record: 47.24m M 5/17/2023 Isabelle Deal

	Name	Yr	School	Finals
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Finals

1	Mackenzie Ward	SO	Franklin & M	41.46m	10
2	Dana Schwartz	JR	Hamilton	40.73m	8
3	Skyler Klimow	JR	SUNY Geneseo	37.90m	6
4	Kaitlyn Snyder	JR	Lebanon Vall	37.86m	5
5	Sierra Myers	FR	St. John Fis	37.39m	4
6	Ainslee Binkley	JR	Susquehanna	36.92m	3
7	Taileen Zechman	SR	Hood	36.04m	2
8	Kitty Messina	SR	SUNY Delhi	35.67m	1
9	Autumn Bernava	SO	RIT	35.57m	
10	Annalise Stephens	JR	TCNJ	35.56m	
11	Sage Douglass	SR	Oneonta	34.99m	
12	Lily Seyfert	JR	Ithaca	34.82m	
13	Morgan Stover	JR	Misericordia	34.66m	
14	Aimee Oszer	SO	Rochester	34.39m	
15	Lauryn Johnson	FR	Union (N.Y.)	33.83m	
16	Mia Gerber	SO	RIT	32.89m	
17	Braylee Lukehart	FR	PSU-Behrend	32.83m	
18	Caroline Lewis	FR	PSU-Behrend	32.60m	
19	Charlotte Powell	SO	Ithaca	32.39m	
20	Becca Caird	FR	Moravian	32.17m	
21	Zoe Myers	SR	York (Pa.)	31.82m	
22	Sonya Shivok	SR	RIT	31.50m	
23	Lily Lorio	SR	TCNJ	31.16m	
24	Kyleigh Joniec	JR	Neumann	30.83m	
25	Emma Grunin	JR	NYU	30.65m	
26	Celia Ryan	SO	Ithaca	30.50m	
27	Rocksann Smith	FR	St. Mary's (	29.71m	
28	Katelyn Shoemaker	JR	King's (Pa.)	26.49m	
---	Rebecca Heuler	SR	Brockport St	FOUL	
---	Bella Dauberman	SO	Susquehanna	FOUL	
---	Hannah Maxson	SO	Sage	DNS	

Heptathlon: #4 Women 200 Meter Dash Heptathlon

	Name	Yr	School	Finals
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Finals

1	Samantha Magin	SO	TCNJ	25.63	830
2	Hannah Alderfer	SR	Susquehanna	26.15	784
3	Molly White	JR	Scranton	26.51	753
4	Rocksann Smith	FR	St. Mary's (	26.64	742
5	Cecelia LaBonte	JR	Ithaca	26.67	740
6	Livi Mazerolle	JR	Williams	26.70	737

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Finals ... (Heptathlon: #4 Women 200 Meter Dash Heptathlon)

	Name	Yr	School	Finals	
7	Anne Spila	SR	Alfred	27.13	701
8	Cameron Ting	FR	Ithaca	27.18	697
9	Sarah Scepkowski	JR	TCNJ	27.44	676
10	Jessica Holler	JR	Montclair St	27.59	664
11	Eko Dodd-Brown	SO	Oneonta	27.59	664
12	Amelia Berthold	JR	St. Lawrence	27.62	661
13	Julia Largett	JR	Rochester	27.99	632
14	Stefania Grimaldi	SO	Utica	28.11	622
15	Amanda Imhauser	JR	Franklin & M	28.49	593
16	Victoria Rogoyski	FR	St. John Fis	28.59	585

Heptathlon: #7 Women 800 Meter Run Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Livi Mazerolle	JR	Williams	2:20.86	812
2	Molly White	JR	Scranton	2:20.98	810
3	Samantha Magin	SO	TCNJ	2:22.97	784
4	Cameron Ting	FR	Ithaca	2:29.34	701
5	Amelia Berthold	JR	St. Lawrence	2:31.33	676
6	Julia Largett	JR	Rochester	2:32.17	666
7	Cecelia LaBonte	JR	Ithaca	2:32.44	663
8	Hannah Alderfer	SR	Susquehanna	2:32.50	662
9	Anne Spila	SR	Alfred	2:34.89	633
10	Sarah Scepkowski	JR	TCNJ	2:36.33	616
11	Rocksann Smith	FR	St. Mary's (	2:37.77	599
12	Eko Dodd-Brown	SO	Oneonta	2:38.41	591
13	Amanda Imhauser	JR	Franklin & M	2:42.47	545
14	Stefania Grimaldi	SO	Utica	2:43.12	538
15	Jessica Holler	JR	Montclair St	2:52.26	440
16	Victoria Rogoyski	FR	St. John Fis	2:56.04	403

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Hannah Alderfer	SR	Susquehanna	15.28	805
2	Molly White	JR	Scranton	15.29	804
3	Sarah Scepkowski	JR	TCNJ	15.35	796
4	Livi Mazerolle	JR	Williams	15.39	791
5	Eko Dodd-Brown	SO	Oneonta	15.78	741
6	Stefania Grimaldi	SO	Utica	15.81	738
7	Cameron Ting	FR	Ithaca	15.82	736
8	Jessica Holler	JR	Montclair St	15.97	718
9	Anne Spila	SR	Alfred	16.08	704
10	Cecelia LaBonte	JR	Ithaca	16.13	698
11	Amelia Berthold	JR	St. Lawrence	16.37	670
12	Samantha Magin	SO	TCNJ	16.67	634
13	Rocksann Smith	FR	St. Mary's (	16.71	630
14	Victoria Rogoyski	FR	St. John Fis	16.96	601
15	Julia Largett	JR	Rochester	16.98	599
16	Amanda Imhauser	JR	Franklin & M	17.68	522

Heptathlon: #2 Women High Jump Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Livi Mazerolle	JR	Williams	1.59m	724
1	Molly White	JR	Scranton	1.59m	724
3	Sarah Scepkowski	JR	TCNJ	1.53m	655
4	Anne Spila	SR	Alfred	1.50m	621
5	Cecelia LaBonte	JR	Ithaca	1.47m	588
5	Amelia Berthold	JR	St. Lawrence	1.47m	588
5	Cameron Ting	FR	Ithaca	1.47m	588
5	Stefania Grimaldi	SO	Utica	1.47m	588
9	Jessica Holler	JR	Montclair St	1.44m	555
9	Rocksann Smith	FR	St. Mary's (	1.44m	555
11	Eko Dodd-Brown	SO	Oneonta	1.41m	523
11	Hannah Alderfer	SR	Susquehanna	1.41m	523
13	Amanda Imhauser	JR	Franklin & M	1.38m	491
13	Victoria Rogoyski	FR	St. John Fis	1.38m	491
13	Julia Largett	JR	Rochester	1.38m	491
13	Samantha Magin	SO	TCNJ	1.38m	491

Heptathlon: #5 Women Long Jump Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Hannah Alderfer	SR	Susquehanna	5.70m	759
2	Stefania Grimaldi	SO	Utica	5.37m	663
3	Eko Dodd-Brown	SO	Oneonta	5.23m	623
4	Cameron Ting	FR	Ithaca	5.19m	612
5	Molly White	JR	Scranton	5.17m	606
6	Anne Spila	SR	Alfred	5.15m	601
7	Livi Mazerolle	JR	Williams	5.14m	598
8	Victoria Rogoyski	FR	St. John Fis	5.11m	589
9	Cecelia LaBonte	JR	Ithaca	5.02m	565
10	Amanda Imhauser	JR	Franklin & M	4.93m	540
11	Sarah Scepkowski	JR	TCNJ	4.89m	530
12	Julia Largett	JR	Rochester	4.79m	503
13	Jessica Holler	JR	Montclair St	4.78m	500
14	Rocksann Smith	FR	St. Mary's (	4.67m	472
15	Amelia Berthold	JR	St. Lawrence	4.60m	454
16	Samantha Magin	SO	TCNJ	4.40m	403

Heptathlon: #3 Women Shot Put Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Livi Mazerolle	JR	Williams	10.64m	571
2	Hannah Alderfer	SR	Susquehanna	9.76m	514
3	Amanda Imhauser	JR	Franklin & M	9.47m	495
4	Sarah Scepkowski	JR	TCNJ	9.37m	488
5	Anne Spila	SR	Alfred	9.36m	488
6	Molly White	JR	Scranton	9.19m	477
7	Rocksann Smith	FR	St. Mary's (	9.16m	475
8	Victoria Rogoyski	FR	St. John Fis	9.12m	472
9	Eko Dodd-Brown	SO	Oneonta	8.94m	460
10	Samantha Magin	SO	TCNJ	8.87m	456
11	Stefania Grimaldi	SO	Utica	8.86m	455

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Finals ... (Heptathlon: #3 Women Shot Put Heptathlon)

	Name	Yr	School	Finals
12	Cecelia LaBonte	JR	Ithaca	8.02m 401
13	Julia Largett	JR	Rochester	7.91m 394
14	Cameron Ting	FR	Ithaca	7.59m 373
15	Amelia Berthold	JR	St. Lawrence	7.44m 363
16	Jessica Holler	JR	Montclair St	7.24m 350

Heptathlon: #6 Women Javelin Throw Heptathlon

	Name	Yr	School	Finals
Finals				
1	Rocksann Smith	FR	St. Mary's (	37.59m 621
2	Molly White	JR	Scranton	33.69m 547
3	Stefania Grimaldi	SO	Utica	33.06m 535
4	Hannah Alderfer	SR	Susquehanna	30.68m 489
5	Livi Mazerolle	JR	Williams	30.02m 477
6	Sarah Scepkowski	JR	TCNJ	26.49m 410
7	Amanda Imhauser	JR	Franklin & M	25.88m 399
8	Anne Spila	SR	Alfred	24.81m 379
9	Eko Dodd-Brown	SO	Oneonta	24.47m 372
10	Jessica Holler	JR	Montclair St	23.75m 359
11	Cameron Ting	FR	Ithaca	22.74m 340
12	Amelia Berthold	JR	St. Lawrence	21.88m 324
13	Cecelia LaBonte	JR	Ithaca	21.73m 321
14	Julia Largett	JR	Rochester	20.86m 305
15	Samantha Magin	SO	TCNJ	19.90m 287
16	Victoria Rogoyski	FR	St. John Fis	19.54m 280

Women Heptathlon

Meet Record: 4937 M 5/5/2017 Kylee Bartlett

	Name	Yr	School	Finals
Finals				
1	Molly White	JR	Scranton	4721 10
2	Livi Mazerolle	JR	Williams	4710 8
3	Hannah Alderfer	SR	Susquehanna	4536 6
4	Sarah Scepkowski	JR	TCNJ	4171 5
5	Stefania Grimaldi	SO	Utica	4139 4
6	Anne Spila	SR	Alfred	4127 3
7	Rocksann Smith	FR	St. Mary's (	4094 2
8	Cameron Ting	FR	Ithaca	4047 1
9	Cecelia LaBonte	JR	Ithaca	3976
10	Eko Dodd-Brown	SO	Oneonta	3974
11	Samantha Magin	SO	TCNJ	3885
12	Amelia Berthold	JR	St. Lawrence	3736
13	Julia Largett	JR	Rochester	3590
14	Jessica Holler	JR	Montclair St	3586
15	Amanda Imhauser	JR	Franklin & M	3585
16	Victoria Rogoyski	FR	St. John Fis	3421

Men 100 Meter Dash

Meet Record: 10.35 M 5/19/2022 Naquille Harris

	Name	Yr	School	Prelims
Preliminaries				
1	Maxim Rychkov	FR	TCNJ	10.45Q1.4

2	Carter Tobin	FR	PSU-Behrend	10.52Q1.4
3	Raymond Schmitt	SR	TCNJ	10.52Q1.9
4	Brandon Zimmerman	SR	Susquehanna	10.55Q0.4
5	Reco Griffith	FR	Medgar Evers	10.64Q1.2
6	Charles Cypress	JR	Plattsburgh	10.67q 1.4
7	Ian Irwin	FR	Colby	10.68q 1.9
8	Colin Winters	SO	Lebanon Vall	10.68q 1.2
9	Brandon Balcacer	SR	Ramapo	10.75 0.4
10	Sakyi Okwaning	SO	Union (N.Y.)	10.77 1.4
11	Cameron Michaels	FR	Elizabethtow	10.78 1.4
12	P.J. London	SR	Rochester	10.81 1.4
13	Derek Grimshaw	SO	Brockport St	10.86 1.9
14	Sheehan Pierre-Louis	FR	Williams	10.87 1.2
15	Jack Towns	FR	SUNY Geneseo	10.88 1.4
16	Jordan Williams	JR	Plattsburgh	10.88 1.4
17	Corinthian Reed	FR	St. John Fis	10.91 1.4
18	Jacob Fenstermaker	JR	Moravian	10.91 0.4
19	Matthew Lamb	JR	Elizabethtow	10.91 0.4
20	Owen Linder	SR	Lebanon Vall	10.92 1.9
21	Trevor Gray	SR	Moravian	10.93 1.2
22	Max Boreland	SO	Ithaca	10.95 1.4
23	Will Stiska	FR	Rochester	10.98 1.9
24	Evan Kurtz	SR	Houghton	10.98 1.9
25	Dan Mars	JR	Oswego State	11.00 1.2
26	Jonathan Jacobs	SR	RIT	11.04 1.2
27	Khamani Hunter	SO	Alfred	11.06 1.9
28	Dominic Santos	SO	Susquehanna	11.07 0.4
29	Cameron Spears	JR	Oneonta	11.08 1.2
30	Logan Abate	SO	Buffalo Stat	11.08 1.4
31	Jahiem Johnson	SO	Medgar Evers	11.19 1.4
32	Aiden Tobin	JR	Ursinus	11.24 0.4
---	Matthew Schaffert	JR	Cortland St.	DNS 1.4
---	Jabez Primus	FR	SUNY Delhi	DNS 0.4
---	Tyler Hackett	SO	Stevens	DNS 1.4

Men 100 Meter Dash

Meet Record: 10.35 M 5/19/2022 Naquille Harris

	Name	Yr	School	Finals
Finals				
1	Maxim Rychkov	FR	TCNJ	10.50 10
2	Raymond Schmitt	SR	TCNJ	10.55 8
3	Brandon Zimmerman	SR	Susquehanna	10.64 6
4	Charles Cypress	JR	Plattsburgh	10.65 5
5	Reco Griffith	FR	Medgar Evers	10.66 4
6	Carter Tobin	FR	PSU-Behrend	10.71 3
7	Colin Winters	SO	Lebanon Vall	10.72 2
8	Ian Irwin	FR	Colby	10.78 1

Men 200 Meter Dash

Meet Record: 21.07 M 5/19/2022 Naquille Harris

	Name	Yr	School	Finals
Finals				
1	Richard Billings	SR	Misericordia	21.53 10
2	Oscar Newman	SR	Williams	21.67 8
3	Elliott Davis	SR	Susquehanna	21.67 6

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Finals ... (Men 200 Meter Dash)

	Name	Yr	School	Finals
4	Jacob Hunter	SO	Misericordia	21.71 5
5	LeBron Richardson	FR	Cortland St.	21.75 4
6	Brandon Zimmerman	SR	Susquehanna	21.80 3
7	Jake Egizio	SO	PSU-Behrend	21.81 2
8	Carter Tobin	FR	PSU-Behrend	21.84 1
9	Charles Cypress	JR	Plattsburgh	21.85 -0.7
10	Michael Scott	SR	Springfield	21.86 -1.2
11	Reco Griffith	FR	Medgar Evers	21.91 -1.2
12	Corinthian Reed	FR	St. John Fis	21.95 -1.1
13	Noah Traverso	FR	TCNJ	22.08 -1.2
14	Chris Short	SO	Muhlenberg	22.12 -1.2
15	Mason Winslow	SO	Susquehanna	22.14 -1.1
16	P.J. London	SR	Rochester	22.16 -1.1
17	Jackson Davis	SR	Williams	22.18 -0.9
18	Cameron Michaels	FR	Elizabethtow	22.20 -1.1
19	Aiden Tobin	JR	Ursinus	22.23 -1.1
20	Evan Kurtz	SR	Houghton	22.34 -0.9
21	Ndubuisi Okeh	FR	Ramapo	22.34 -0.9
22	Jack Towns	FR	SUNY Geneseo	22.41 -1.2
23	Will Stiska	FR	Rochester	22.55 -0.9
24	John Wendt	SR	Ithaca	23.46 -0.9
---	Ian Irwin	FR	Colby	DNS -0.7
---	Alexander Mitchell	JR	Grove City	DNS -1.2

Men 400 Meter Dash

Meet Record: 46.89 M 5/19/2022 Cheickna Traore

	Name	Yr	School	Finals
Finals				
1	Josh Jeffes	SR	Cortland St.	46.63M 10
2	Elliott Davis	SR	Susquehanna	47.11 8
3	Evan Jensen	SR	Cortland St.	47.13 6
4	Jacob Miller	JR	SUNY Geneseo	47.17 5
5	Corinthian Reed	FR	St. John Fis	47.55 4
6	Richard Billings	SR	Misericordia	47.82 3
7	Neklor Smith	FR	SUNY Delhi	47.87 2
8	Colin Hansen	SO	Springfield	47.98 1
9	Alexander Mitchell	JR	Grove City	48.06
10	Pratt Charles	JR	New Jersey C	48.21
11	Harrison Gavalas	JR	Cortland St.	48.37
12	Arjun Ojha	FR	SUNY Geneseo	48.38
13	Ryan Swinea	SO	SUNY Delhi	48.40
14	Ren Zanze	SR	Colby	48.41
15	Zion Cheatham	SO	Cortland St.	48.43
16	Justin Jantzi	SR	RIT	48.48
17	Richard Fuller	FR	SUNY Delhi	48.62
18	Chris Short	SO	Muhlenberg	48.82
19	Michael Durski	JR	Brockport St	48.86
20	Mason Winslow	SO	Susquehanna	48.95
21	Donovan Goundie	JR	Lebanon Vall	49.01
22	Andrew Kent	JR	SUNY Geneseo	49.10
23	Sam Graubart	SO	Colby	49.28
24	Gian Carlo Di Fava	SO	SUNY Geneseo	49.38
25	Logan Natale	SO	Ramapo	49.42

26	Isaiah Ramirez	SO	New Jersey C	49.45
27	Brady Bishop	SR	St. John Fis	49.62
28	Jackson Coelho	JR	Colby	49.69
29	Seth Twarog	FR	Springfield	49.81
30	Michael Puglisi	JR	Nazareth	49.92
31	Tyrese Gilbert	SR	TCNJ	50.03
32	Wyatt Boyer	SO	Neumann	51.19
33	Stephen Kieffer	FR	Misericordia	52.22
---	Trevor Albright	SO	Elizabethtow	DNS

Men 800 Meter Run

Meet Record: 1:48.72 M 2008 Peter Kosgei

	Name	Yr	School	Finals
Finals				
1	Sean Miller	SO	Vassar	1:51.32 10
2	AJ Sasso	FR	Elizabethtow	1:51.61 8
3	Will Inglis	SO	Elizabethtow	1:52.37 6
4	Thomas Blach	JR	TCNJ	1:52.39 5
5	Jonathan Zavala	SR	Brockport St	1:52.60 4
6	John Elliot	FR	RIT	1:52.72 3
7	Daniel Jutras	JR	Stevens	1:52.77 2
8	Owen Arbocus	SO	Brockport St	1:53.63 1
9	David Seel	SO	Muhlenberg	1:53.92
10	Noah Flanders	SR	RIT	1:54.18
11	Brendan McCollum	JR	Rochester	1:54.47
12	Henry Reinke	FR	Williams	1:54.48
13	Zach Houff	FR	Franklin & M	1:54.51
14	Josh Bedford	JR	RIT	1:54.65
15	Trenton Goyette	SR	RIT	1:54.70
16	Raam Ravishankar	SO	Muhlenberg	1:54.71
17	Sidney Morris	SO	Buffalo Stat	1:55.21
18	Jordan Gagner	SO	Moravian	1:55.22
19	Nicolin Pierce	SO	PSU-Behrend	1:55.46
20	Patrick. Kenyon	SR	RIT	1:55.66
21	Lucas Lattimer	SO	TCNJ	1:55.75
22	Hugh Williams	JR	Hamilton	1:56.21
23	David Keefe	SO	TCNJ	1:56.50
24	Nick MacDonald	FR	Vassar	1:56.51
25	Gavin McAllister	JR	Nazareth	1:56.87
26	Jeffrey Simmons	JR	Oswego State	1:57.37
27	Andrew Donner	FR	SUNY Geneseo	1:57.49
28	Chris Sappe	JR	Hood	1:57.59
29	Eddy Corporan	SO	Utica	1:57.77
30	Brian Cappellini	FR	Brockport St	1:57.78
31	Christian Rosado	SR	Ursinus	1:58.59
32	Charles Dybala	FR	Williams	1:58.87
33	Jody Johnson	SR	Neumann	1:59.12
34	Christian Snee	SR	Scranton	2:00.47
35	Matt Califf	FR	RIT	2:01.90
---	Zachary Liu-Walter	JR	Williams	DNS

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Men 1500 Meter Run**Meet Record: 3:47.65 M 5/19/2022 Aleksei Seletskiy**

Name	Yr	School	Finals
Finals			
1 Jonthomas Bierman	SR	Oneonta	3:51.31 10
2 Keiyu Mamiya	FR	Williams	3:51.54 8
3 Nick Bauman	SR	SUNY Geneseo	3:52.01 6
4 Benjamin Neff	SR	Union (N.Y.)	3:52.24 5
5 Michael Rodriguez	SR	TCNJ	3:52.88 4
6 Christian Snee	SR	Scranton	3:53.07 3
7 Jose Magana	SR	Vassar	3:54.23 2
8 Bryan Kerchner	JR	Moravian	3:54.27 1
9 Trey Rhinehart	JR	Misericordia	3:54.55
10 Emil Nelson	FR	Williams	3:55.13
11 Jacob Bernd	FR	Rochester	3:56.46
12 Ryan Pena	JR	Ramapo	3:56.84
13 Brandon Chen	JR	TCNJ	3:56.99
14 Jake Aylmer	SR	Stevens	3:58.81
15 Liam Sakakeeny	FR	Rochester	3:59.22
16 Peter Stubler	SO	St. Lawrence	3:59.59
17 Kevin Matthews	JR	TCNJ	4:01.18
18 Logan Betyeman	SO	Moravian	4:02.08
19 Sean Killip	SR	Brockport St	4:02.94
20 Matthew Mullen	SR	Cortland St.	4:03.02
21 Aiden Jackson	SR	St. Vincent	4:03.95
22 Ryan Paradine	SO	Stevens	4:04.56
23 Casey Frank	SR	Moravian	4:05.22
24 Daniel Lanahan	SO	Scranton	4:05.68
25 Sean Hendricks	SR	Rochester	4:07.20
--- Daniel Myers	SR	Elizabethtow	DNF
--- Tom Emery	SO	Williams	DNS
--- Rory Lieberman	FR	Lebanon Vall	DNS

Men 5000 Meter Run**Meet Record: 14:34.09 M 1984 Marc Gosselin**

Name	Yr	School	Finals
Finals			
1 Derick Koen	JR	RIT	14:37.56 10
2 James Catania	SR	Rochester	14:39.59 8
3 Patrick Klinger	SR	Brockport St	14:42.39 6
4 Joseph Chukoskie	JR	Lebanon Vall	14:46.66 5
5 Malcolm Oakes	FR	Williams	14:50.08 4
6 Sam Cohen	FR	Rochester	14:53.79 3
7 Max Frazee	SO	Vassar	14:55.00 2
8 Micah McCulley	SR	SUNY Geneseo	14:57.26 1
9 Kai Chang	SR	Vassar	15:02.36
10 Adam Abushanab	SR	Rutgers-Newa	15:03.51
11 Thomas Bricker	JR	Misericordia	15:04.00
12 Amos Bixler	JR	Houghton	15:07.89
13 Matthew Granizo	SR	TCNJ	15:08.78
14 Evan Melito	JR	TCNJ	15:16.63
15 Liam Concannon	SR	Stevens	15:17.16
16 Nathan Moore	SO	Moravian	15:34.76
17 Owen Nahf	SR	Moravian	15:44.07

18 Jason Cirrito	SR	Vassar	15:49.31
19 Phil Pace	FR	TCNJ	15:52.30

Men 10000 Meter Run**Meet Record: 30:25.80 M 1988 John Trowse**

Name	Yr	School	Finals
Finals			
1 Cole Stanchina	SR	Moravian	30:57.42 10
2 Stephen Rowley	SR	Misericordia	30:58.00 8
3 Vishal Yalamanchili	SR	Rochester	31:02.50 6
4 Eli Welch	FR	Williams	31:09.39 5
5 Nathan Hajel	SR	Moravian	31:36.62 4
6 Michael Burns	SR	Oneonta	31:44.17 3
7 Derek Kendig	SO	Elizabethtow	31:50.28 2
8 Drew Taylor	JR	Ithaca	31:53.23 1
9 Edward Trenk	SR	Hamilton	31:53.25
10 Jonah DeWitt	SR	Grove City	32:35.71
11 Luke Roberts	JR	Grove City	32:37.83
12 Ryan Weber	SO	Misericordia	32:46.42
13 Ethan Wymer	SR	St. Vincent	32:58.21
14 Cam Almy	JR	Nazareth	33:02.58
15 Cameron DiTroia	SR	Rowan	33:03.75
16 Jake Porco	SR	Stevens	33:07.34
17 Samuel Van Auken	FR	Plattsburgh	33:10.80
18 Giovanni Ventura	SR	Buffalo Stat	33:22.20
19 Ryan Shulman	JR	Misericordia	33:22.97
20 Jeffrey Raynor	SR	St. Vincent	33:30.20
21 John Balk Jr.	SR	Oneonta	34:38.05
--- Matthew Serrano	JR	St. Lawrence	DNF
--- Brady Sundin	JR	St. Vincent	DNF
--- Josh Mangini	SR	Moravian	DNS

Men 110 Meter Hurdles**Meet Record: 14.00 M 5/16/2024 Kwaku Nkrumah**

Name	Yr	School	Prelims
Preliminaries			
1 Michael Anderson	SO	Springfield	14.35Q0.8
2 Calder Diakite	FR	Susquehanna	14.35Q1.6
3 Ethan Stallone	FR	Stevens	14.47Q1.8
4 Carter Smink	JR	Susquehanna	14.52Q0.2
5 Tawakal Omar	FR	SUNY Delhi	14.50q 1.6
6 Daniel Murtha	SR	Lebanon Vall	14.69q 1.6
7 Jason Bois	JR	Union (N.Y.)	14.81q 1.6
8 Brendan Style	SR	SUNY Geneseo	14.90q 0.8
9 Owen McGuffey	SR	Misericordia	15.02 0.8
10 Nathaniel Adams	SO	TCNJ	15.10 1.8
11 Roland Zanger	SR	Cortland St.	15.16 0.8
12 Jeremy Chen	JR	Brockport St	15.18 0.8
13 Calvin Hitzschke	JR	Oneonta	15.32 1.6
14 Jackson Gloskey	JR	SUNY Geneseo	15.35 1.8
15 Isaiah Hannah	SO	Springfield	15.44 1.8
16 Jayvee Dumas	JR	TCNJ	15.49 1.6
17 Bryant Groff	FR	Misericordia	15.51 1.8
18 Dominic Marino	SO	PSU-Behrend	15.55 0.2

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Preliminaries ... (Men 110 Meter Hurdles)

Name	Yr	School	Prelims
19 Cory Jarvis	SO	SUNY Geneseo	15.57 0.8
20 Jalil Coppedge	FR	Buffalo Stat	15.59 1.8
21 Ezra Miller	SR	Susquehanna	15.60 0.2
22 Julius Arias	FR	Buffalo Stat	15.61 0.2
23 Cade Tavares	FR	Utica	15.62 0.8
24 Patrick Kuprewicz	FR	Colby	15.75 0.2
25 Oren Welch	FR	St. John Fis	15.85 1.8
26 Peair Industrious	FR	SUNY Delhi	15.99 0.8
27 Jacen Mitchell	SO	RIT	16.92 1.8
--- Adam Carmo	SR	Elizabethtow	DNF 1.6
--- Tariq Earl	JR	Oneonta	DNF 0.2
--- Joshua Leidich	SO	Lebanon Vall	DNF 0.2
--- Thomas Clark	FR	Plattsburgh	DNF 0.2
--- Kevin Brown	FR	Brockport St	DNS 1.6

Men 110 Meter Hurdles

Meet Record: 14.00 M 5/16/2024 Kwaku Nkrumah

Name	Yr	School	Finals
Finals			
1 Calder Diakite	FR	Susquehanna	14.12 10
2 Michael Anderson	SO	Springfield	14.23 8
3 Carter Smink	JR	Susquehanna	14.42 6
4 Ethan Stallone	FR	Stevens	14.53 5
5 Tawakal Omar	FR	SUNY Delhi	14.67 4
6 Daniel Murtha	SR	Lebanon Vall	14.68 3
7 Brendan Style	SR	SUNY Geneseo	14.80 2
8 Jason Bois	JR	Union (N.Y.)	14.93 1

Men 400 Meter Hurdles

Meet Record: 50.95 M 5/17/2018 Peter Girardi

Name	Yr	School	Finals
Finals			
1 Ben Bulger	SR	Susquehanna	51.72 10
2 Ayden Grinion	JR	Brockport St	52.62 8
3 Nathaniel Adams	SO	TCNJ	52.76 6
4 Max Stein	SR	RIT	53.36 5
5 Brendan Style	SR	SUNY Geneseo	53.37 4
6 Sam Belmont	SO	SUNY Geneseo	53.37 3
7 Matthew Suero	JR	Ramapo	53.61 2
8 Tim Smith	FR	Brockport St	53.71 1
9 Shaun Apsley	SO	York (Pa.)	53.78
10 Anthony Senatore	FR	TCNJ	53.81
11 Jeremy Chen	JR	Brockport St	54.20
12 Matt Lokshin	JR	Ithaca	54.93
13 Nick Haylock	JR	St. Mary's (	55.07
14 Owen Hatungimana	FR	Rochester	55.15
15 Owen Smith	FR	Moravian	55.62
16 Owen McGuffey	SR	Misericordia	55.78
17 Greg Palma	FR	Rochester	55.93
18 Carter Smink	JR	Susquehanna	56.42
19 Reeve Derby	FR	Colby	56.45
20 Harrison Follett	FR	Misericordia	56.69
21 Nikolai Lulewich	FR	Susquehanna	56.80

22 Jamar Matthew	SO	SUNY Delhi	1:00.60
23 Sean Graves	SO	RIT	1:02.75
--- Samuel Aladegbougbe	JR	Farmingdale	DNS
--- Ethan Stallone	FR	Stevens	DNS

Men 3000 Meter Steeplechase

Meet Record: 8:59.31 M 5/15/2024 Alex Hillyard

Name	Yr	School	Finals
Finals			
1 Emerson Comer	SO	SUNY Geneseo	8:54.32M 10
2 Jonthomas Bierman	SR	Oneonta	9:03.58 8
3 Bennett Melita	SO	Utica	9:04.76 6
4 Cade Eells	SR	Nazareth	9:17.31 5
5 Eric Shelton	SR	Lebanon Vall	9:20.57 4
6 James Tette	FR	SUNY Geneseo	9:21.50 3
7 John Quinn	SO	Hamilton	9:22.25 2
8 Jackson Burger	SO	RIT	9:27.01 1
9 Patrick Russell	JR	St. Lawrence	9:39.16
10 Nikhil Denatale	JR	Williams	9:39.82
11 Ethan Kenyon	SR	Nazareth	9:41.85
12 Chris Schimkus	SO	Oneonta	9:44.36
13 Tyler Hunt	SR	York (Pa.)	9:47.09
14 Tobias Jeralds	JR	Utica	9:59.22
15 Jake Farrell	SR	Moravian	10:16.61
16 Gavin Hefferan	SO	Moravian	10:24.87

Men 4x100 Meter Relay

Meet Record: 40.37 M 5/17/2023 Rowan

S Love, J Beasley, N Agyemang, E Corcoran

Team	Relay	Prelims
Preliminaries		
1 Cortland St.		40.49Q
1) LeBron Richardson FR	2) Harrison Gavalas JR	
3) Zion Cheatham SO	4) Matthew Schaffert JR	
2 SUNY Delhi		40.72Q
1) Marvin Markland FR	2) Deron Davis JR	
3) Ransom Dutcher SO	4) Cristhian Cuevas JR	
3 Susquehanna		40.88Q
1) Dominic Santos SO	2) Mason Winslow SO	
3) Jordan Donahay FR	4) Brandon Zimmerman SR	
4 PSU-Behrend		41.36Q
1) Marshall Nock JR	2) Jake Egizio SO	
3) Carter Tobin FR	4) Brandon Konieczki FR	
5 Ramapo		41.13q
1) Marco Bozza-Caballero FR	2) Ndubuisi Okeh FR	
3) JC Mendoza FR	4) Brandon Balcacer SR	
6 Moravian		41.47q
1) Jason Gartner SR	2) Trevor Gray SR	
3) Owen Sabastro SR	4) Jacob Fenstermaker JR	
7 Misericordia		41.99q
1) Dylan Blackwell JR	2) Richard Billings SR	
3) Joseph Vacchio FR	4) Jacob Hunter SO	

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Preliminaries ... (Men 4x100 Meter Relay)

Team	Relay	Prelims
8 Lebanon Valley		42.01q
1) Donovan Goundie JR	2) Daniel Murtha SR	
3) Ayden Stankus SR	4) Colin Winters SO	
9 Medgar Evers		42.11
1) Jahiem Johnson SO	2) Reco Griffith FR	
3) Zion Young FR	4) Omari Hinds SO	
10 Alfred		42.54
1) Khamani Hunter SO	2) Jayden Noel SO	
3) Riley Ciamarra SO	4) Neil Peters SR	
11 St. John Fisher		42.58
1) Brady Bishop SR	2) Ethan Fox JR	
3) Brock Young JR	4) Corinthian Reed FR	
12 Farmingdale St.		42.60
1) Matthew Alicea FR	2) Davian Rodriguez FR	
3) Nathaniel White FR	4) Dontay Taylor JR	
13 Elizabethtown		42.71
1) Luke Vottero FR	2) Matthew Lamb JR	
3) Lucas Novack SO	4) Cameron Michaels FR	
14 Grove City		42.76
1) Gregory Wilson JR	2) Alexander Mitchell JR	
3) Jeremiah Knowles FR	4) Michael Chambers JR	
15 Ithaca		42.85
1) John Wendt SR	2) Matt Lokshin JR	
3) Jason Story FR	4) Max Boreland SO	
16 Buffalo State		43.10
1) Logan Abate SO	2) Terrell Price FR	
3) Shiloh Cornel FR	4) D'Antonio Lawrence FR	
17 Oswego State		43.13
1) Dan Mars JR	2) Soren Wolford FR	
3) Jack Hickey SR	4) Cory Morton FR	
18 Alvernia		43.20
1) Joseph Washington FR	2) Andrew Simmons FR	
3) Anthony Downs SO	4) Ethan Marcin SO	
19 Alfred State		43.40
1) Dean Brainard FR	2) Marco Quinteros FR	
3) Jordan White FR	4) Aden Alexander JR	
20 St. Mary's (Md.)		43.53
1) Jaedon Aso JR	2) Moses McRae FR	
3) Mason Layne SO	4) Nick Haylock JR	
21 Rutgers-Newark		44.01
1) Shareek Prophet FR	2) Isiah Marcellus FR	
3) Jason Abita FR	4) Godswill Abasifreke FR	
22 New Jersey City		44.12
1) Christian Palmer FR	2) Isaiah Ramirez SO	
3) Kameron McGainey FR	4) Pratt Charles JR	
23 Marymount (Va.)		44.84
1) Malachi Williams SR	2) Samuel Struggs JR	
3) Henry McFarlin FR	4) Marcone Pessoa SR	
--- Houghton		DQ
1) Kealon Knight FR	2) Evan Kurtz SR	
3) Tim Gordon FR	4) Avery Belanger SR	

---	Nazareth	DNS
1) Mike Welch SR	2) Ben Lewis SR	
3) Jack Healy SO	4) Solomon McFarlane JR	
---	Utica	DNS
1) Shane Tinney SR	2) Chris Ganley SR	
3) Shane Wallace FR	4) Tristan Vargo SR	

Men 4x100 Meter Relay

Meet Record: 40.37 M 5/17/2023 Rowan
S Love, J Beasley, N Agyemang, E Corcoran

Team	Relay	Finals
Finals		
1 Susquehanna		40.72 10
1) Dominic Santos SO	2) Mason Winslow SO	
3) Jordan Donahay FR	4) Brandon Zimmerman SR	
2 SUNY Delhi		40.75 8
1) Marvin Markland FR	2) Deron Davis JR	
3) Ransom Dutcher SO	4) Cristhian Cuevas JR	
3 PSU-Behrend		41.20 6
1) Marshall Nock JR	2) Jake Egizio SO	
3) Carter Tobin FR	4) Brandon Konieczki FR	
4 Lebanon Valley		41.34 5
1) Donovan Goundie JR	2) Owen Linder SR	
3) Ayden Stankus SR	4) Colin Winters SO	
5 Moravian		41.47 4
1) Jason Gartner SR	2) Trevor Gray SR	
3) Owen Sabastro SR	4) Jacob Fenstermaker JR	
6 Ramapo		41.66 3
1) Marco Bozza-Caballero FR	2) Ndubuisi Okeh FR	
3) JC Mendoza FR	4) Brandon Balcacer SR	
7 Misericordia		41.85 2
1) Dylan Blackwell JR	2) Richard Billings SR	
3) Joseph Vacchio FR	4) Jacob Hunter SO	
--- Cortland St.		DNS
1) LeBron Richardson FR	2) Harrison Gavalas JR	
3) Zion Cheatham SO	4) Matthew Schaffert JR	

Men 4x400 Meter Relay

Meet Record: 3:12.12 M 5/17/2023 Cortland St.
A Jones, C Goring, H Gavalas, D Knapp

Team	Relay	Finals
Finals		
1 SUNY Geneseo		3:09.30M 10
1) Arjun Ojha FR	2) Sam Belmont SO	
3) Gian Carlo Di Fava SO	4) Jacob Miller JR	
2 Colby		3:11.33M 8
1) Jackson Coelho JR	2) Peter Martel SR	
3) Levi Biery JR	4) Ren Zanze SR	
3 Springfield		3:13.10 6
1) Tyler Fabbri SR	2) Samuel Polley SR	
3) Michael Scott SR	4) Colin Hansen SO	
4 Susquehanna		3:13.14 5
1) Mason Winslow SO	2) Brandon Zimmerman SR	
3) Ben Bulger SR	4) Elliott Davis SR	

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Finals ... (Men 4x400 Meter Relay)							
Team	Relay	Finals					
5 RIT		3:14.28	4	2 Hamilton		7:51.08	8
1) John Elliot FR	2) Max Stein SR			1) Ellis Goodson SO	2) Brady Armstrong FR		
3) Ryan Senf JR	4) Justin Jantzi SR			3) John Quinn SO	4) Joseph Simeone JR		
6 Nazareth		3:18.39	3	3 Houghton		7:55.64	6
1) Ben Lewis SR	2) Jaylen Savage JR			1) Amos Bixler JR	2) Henry Sardina FR		
3) Jack Healy SO	4) Michael Puglisi JR			3) James Eustace SR	4) Aidan Fish FR		
7 Ramapo		3:19.35	2	4 Grove City		7:56.55	5
1) Anthony Gentile JR	2) Terrell Lockett SR			1) Isaac Busler JR	2) Jacob Call SO		
3) Mark Shinkorenko FR	4) Logan Natale SO			3) Eli Miller SO	4) Isaac Young JR		
8 Oswego State		3:21.00	1	5 Ramapo		7:56.86	4
1) Dan Mars JR	2) Jeffrey Simmons JR			1) Michael Mohr SR	2) Julian Mignone SO		
3) Tom Mahunik JR	4) Jack Hickey SR			3) Colin Unis JR	4) Ryan Pena JR		
9 Alfred		3:21.06		6 St. Lawrence		7:57.19	3
1) JJ Hodges FR	2) Neil Peters SR			1) Riley Cushman FR	2) Peter Stubler SO		
3) Finnegan Dean JR	4) Riley Ciamarra SO			3) Cyrus Goetze FR	4) Nicholas Lyndaker JR		
10 Utica		3:21.26		7 PSU-Behrend		7:57.51	2
1) Nolan Flynn JR	2) Evan Smith SO			1) Drew Knight FR	2) Aidan Reinsel JR		
3) Tristan Vargo SR	4) Cade Tavares FR			3) Aiden Seeman JR	4) Nicolin Pierce SO		
11 Hamilton		3:22.17		8 Utica		7:58.77	1
1) John Phillips SO	2) Hugh Williams JR			1) Forest Martin SO	2) Anthony Leotta JR		
3) Nicholas Obregon SO	4) Benjamin Ingram SR			3) Tobias Jeralds JR	4) Bennett Melita SO		
12 Grove City		3:22.27		9 St. John Fisher		8:05.32	
1) Gregory Wilson JR	2) Isaac Busler JR			1) Jamie Schappi SR	2) Landon Wertz FR		
3) Isaac Young JR	4) Jeremiah Knowles FR			3) Joshua Sandoval SR	4) Nathan Canale SO		
13 Moravian		3:22.49		10 Alvernia		8:06.81	
1) Delferson Contreras FR	2) Jordan Gagner SO			1) Zackary Wendel JR	2) Samuel Martinez SO		
3) Trevor Gray SR	4) Owen Smith FR			3) James Henry JR	4) Spencer Hahn SO		
14 St. Lawrence		3:23.84		11 Alfred State		8:17.24	
1) Kristofer Mellor JR	2) Leif Harvey SR			1) Mamadou Barry SO	2) Max Knight FR		
3) Dylan Keating FR	4) Caleb Young SO			3) Grayson Montague SO	4) Christian Wescott FR		
15 Houghton		3:24.01		--- TCNJ		DNS	
1) Kealon Knight FR	2) Henry Sardina FR			1) Kevin Matthews JR	2) Thomas Blach JR		
3) Tim Gordon FR	4) James Eustace SR			3) David Keefe SO	4) Michael Rodriguez SR		
16 Elizabethtown		3:24.41		--- Stevens		DNS	
1) Luke Vottero FR	2) Grant Kuhn SR			1) Liam Concannon SR	2) Bryan Onody SR		
3) Lucas Novack SO	4) Cameron Michaels FR			3) Frank Orlando SR	4) Jake Aylmer SR		
17 PSU-Behrend		3:32.82		--- Moravian		DNS	
1) Jake Nardoza FR	2) Drew Knight FR			1) Casey Frank SR	2) Logan Betyeman SO		
3) Aidan Reinsel JR	4) Aiden Seeman JR			3) Jordan Gagner SO	4) Bryan Kerchner JR		
--- SUNY Delhi		DQ		--- Williams		DNS	
1) Richard Fuller FR	2) Ryan Swinea SO			1) Charles Dybala FR	2) Henry Reinke FR		
3) Jamar Matthew SO	4) Neklor Smith FR			3) Emil Nelson FR	4) Malcolm Oakes FR		
--- Williams		DNS		--- Brockport St.		DNS	
1) Colin Stone SO	2) Yanni Kakouris SO			1) Frank Calhoun FR	2) Tim Smith FR		
3) Asa Shepard SO	4) Nathan Corriclus SO			3) Jonathan Zavala SR	4) Owen Arbocus SO		
Men 4x800 Meter Relay				--- SUNY Geneseo		DNS	
Meet Record: 7:39.69 M 2008	St. Lawrence			1) Micah McCulley FR	2) Nick Bauman SR		
Team	Relay	Finals		3) Andrew Donner FR	4) Emerson Comer SO		
Finals				--- RIT		DNS	
1 Union (N.Y.)		7:49.31	10	1) Trenton Goyette SR	2) John Elliot FR		
1) Liam Fitzgibbon FR	2) William Plante JR			3) Josh Bedford JR	4) Noah Flanders SR		
3) Michael Fitzmaurice SO	4) Benjaminn Neff SR			--- Elizabethtown		DNS	
				1) Andrew Reice JR	2) Will Inglis SO		
				3) Grant Kuhn SR	4) AJ Sasso FR		

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Finals ... (Men 4x800 Meter Relay)

Team	Relay	Finals
--- Nazareth		DNS
1) Cade Eells SR	2) Ethan Kenyon SR	
3) Jack Healy SO	4) Gavin McAllister JR	

Men High Jump

Meet Record: 2.24m M 1985 Kym Orr

Name	Yr	School	Finals
Finals			
1 Jerome Luckey	JR	Moravian	1.97m 10
2 Malik Hudes	SR	Elizabethtow	1.97m 7
2 Jackson Hooper	FR	Plattsburgh	1.97m 7
4 Ayobami Adebayo	FR	Oneonta	1.92m 5
5 Blake Haddon	FR	Elizabethtow	1.92m 4
6 Erich Brown	SO	RIT	1.92m 3
7 Louis Pinto	SO	Utica	1.92m 2
8 James Sims	JR	Ursinus	1.87m 0.5
8 Cardin Chau	FR	Brockport St	1.87m 0.5
10 Sean McNeil	FR	Muhlenberg	1.87m
--- Derek Hillhouse	JR	PSU-Behrend	NH
--- Jamil Manu	JR	Springfield	NH
--- Harryson Bellevue	SO	Hood	DNS
--- Aadit Jain	JR	Rochester	DNS

Men Pole Vault

Meet Record: 5.08m M 5/17/2023 Dominic Mikula

Name	Yr	School	Finals
Finals			
1 Peter Martel	SR	Colby	4.85m 10
2 Brayden Ecker	JR	York (Pa.)	4.85m 8
3 Vincent VanMaaren	SO	Williams	4.70m 6
4 Hayden Penna	SO	St. John Fis	4.70m 5
5 Logan Lehnert	JR	Colby	4.55m 4
6 Noah Koeng	SR	RIT	4.55m 3
7 Ryan Swenson	SO	RIT	4.40m 2
8 Oren Welch	FR	St. John Fis	4.40m 1
9 Jayvee Dumas	JR	TCNJ	4.40m
10 Shaun Herlihy	JR	Ithaca	4.25m
11 Brody Weachter	FR	York (Pa.)	4.25m
11 Ben VanVranken	FR	Alfred State	4.25m
11 Wyatt Patterson	FR	Colby	4.25m
--- Daniel Reinhart	SO	Brockport St	NH
--- Ryan Festa	SR	PSU-Behrend	NH
--- Ayden Stankus	SR	Lebanon Vall	NH
--- Zachary Kralec	JR	St. Mary's (	NH
--- Lexington Lehnert	FR	Colby	NH
--- Cody Reeth	JR	Rochester	DNS

Men Long Jump

Meet Record: 7.55m M 5/16/2019 George Alexandris

Name	Yr	School	Finals
Finals			
1 Brandon Konieczki	FR	PSU-Behrend	7.36m 10
2 William Murray	SR	Williams	7.36m 8

3 Ellis Urgent	FR	Utica	7.16m 6
4 Matthieu Brunelle	SR	Misericordia	7.15m 5
5 Jacob Grossman	JR	Widener	7.15m 4
6 Brandon Zimmerman	SR	Susquehanna	7.01m 3
7 Isaiah Slater	SO	Oneonta	6.96m 2
8 Isaiah Ritter	SO	Plattsburgh	6.95m 1
9 Tyler Konter	FR	Alfred State	6.80m 0.9
10 Chris Xue	FR	Williams	6.80m +0.0
11 Dennis Bobbitt	FR	Brockport St	6.79m +0.0
12 Jovany Philippe	SR	Farmingdale	6.78m 0.9
13 Omari Hinds	SO	Medgar Evers	6.73m 0.2
14 D'Antonio Lawrence	FR	Buffalo Stat	6.73m 1.8
15 Roland Zanger	SR	Cortland St.	6.72m 1.3
16 Amarian Hughes	SR	Cortland St.	6.71m 0.4
17 Oliver Fideler	SR	NYU	6.54m +0.0
18 Cody Bazemore	FR	Hartwick	6.52m +0.0
19 Maxwell Bergman	SR	Vassar	6.47m 0.7
20 Austin Lansey	FR	Rochester	6.43m 0.3
21 Charles Montross	SO	Susquehanna	6.34m +0.0
22 Andy Zigbuo	FR	Ursinus	6.27m +0.0
23 Collin Dicks	FR	Brockport St	6.20m +0.0
24 Zachariah Muyingo	JR	Rutgers-Newa	6.14m +0.0
--- Marcone Pessoa	SR	Marymount (V	DNS NWI

Men Triple Jump

Meet Record: 15.28m M 1971 Randy Smith

Name	Yr	School	Finals
Finals			
1 Amarian Hughes	SR	Cortland St.	15.02m 10
2 Manuel Sepulveda	SO	St. John Fis	14.60m 8
3 Daniel Bamfo	JR	Farmingdale	14.46m 6
4 Taehyoung Kim	FR	SUNY Delhi	14.41m 5
5 Max Broadbent	SO	Muhlenberg	14.26m 4
6 Austin Lansey	FR	Rochester	14.11m 3
7 Sean Stewart	SR	SUNY Geneseo	14.03m 2
8 Dennis Bobbitt	FR	Brockport St	13.99m 1
9 Sam Lorenzetti	SR	Rochester	13.95m 0.2
10 Aden Alexander	JR	Alfred State	13.91m +0.0
11 Isaac Tu	JR	NYU	13.85m +0.0
12 Adam Reifsteck	JR	Nazareth	13.85m +0.0
13 Nishad Sankar	SO	NYU	13.83m +0.0
14 Sean McNeil	FR	Muhlenberg	13.72m +0.0
15 Matthieu Brunelle	SR	Misericordia	13.71m +0.0
16 Jackson Mabry	SR	Susquehanna	13.68m +0.0
17 Ayobami Adebayo	FR	Oneonta	13.64m +0.0
18 Zachariah Muyingo	JR	Rutgers-Newa	13.43m +0.0
19 Cory Morton	FR	Oswego State	13.40m +0.0
20 Myles Sampson Glass	FR	King's (Pa.)	13.29m +0.0
21 Nick Petucci	JR	Grove City	13.24m +0.0
22 Daniel McGlashan	JR	Springfield	13.18m +0.0
23 Chris Desiderio	FR	SUNY Geneseo	13.15m +0.0
24 Samuel Struggs	JR	Marymount (V	12.94m +0.0
25 Omari Hinds	SO	Medgar Evers	12.85m +0.0

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Men Shot Put**Meet Record: 18.01m M 5/20/2021 Bram Miller**

	Name	Yr	School	Finals
Finals				
1	Isaiah Brunache	JR	Cortland St.	17.64m 10
2	Andrew Mott	SR	York (Pa.)	16.97m 8
3	Hunter Logan	SR	Utica	16.07m 6
4	Adonias Mercado	SO	Farmingdale	15.82m 5
5	Alex Cotton	JR	PSU-Behrend	15.70m 4
6	Antonio Faraone	SO	PSU-Behrend	15.69m 3
7	Luke Ellor	FR	Ithaca	15.62m 2
8	Graeden Heichberger	FR	Nazareth	15.37m 1
9	Tom Wood	SR	Ursinus	15.35m
10	Xzavier Goodman	SO	Buffalo Stat	14.90m
11	Jayden Wright	JR	TCNJ	14.85m
12	Ray Trottier	SO	SUNY Geneseo	14.76m
13	Braden Holm	JR	Ramapo	14.53m
14	Christian Farhat	SO	TCNJ	14.50m
15	Cole Goodwin	JR	Susquehanna	14.18m
16	Jason Crocker	SR	Alfred	13.95m
17	Nick Bordovsky	JR	York (Pa.)	13.89m
18	Ryan Lenhart	SR	Grove City	13.84m
19	Yohermy Kpodo	SR	RIT	13.50m
20	Michael Powel	JR	Muhlenberg	13.48m

Men Discus Throw**Meet Record: 55.12m M 5/16/2024 Timaull Williams**

	Name	Yr	School	Finals
Finals				
1	Andrew Mott	SR	York (Pa.)	53.46m 10
2	Nick Kaies	SR	Cortland St.	50.58m 8
3	Dan Dabrowski	SR	PSU-Behrend	50.46m 6
4	Isaiah Brunache	JR	Cortland St.	50.17m 5
5	G. Aonghas Evanick	JR	Lebanon Vall	47.15m 4
6	Ryan Lenhart	SR	Grove City	47.03m 3
7	Stephen Daramola	SR	TCNJ	46.93m 2
8	Xzavier Goodman	SO	Buffalo Stat	46.52m 1
9	Jordan Johnson	SR	Rochester	46.26m
10	Dominic Cervellera	JR	Buffalo Stat	45.14m
11	Adonias Mercado	SO	Farmingdale	45.02m
12	Anthony Morillo	SO	Moravian	44.18m
13	Sawyer Eckberg	SR	Oneonta	43.98m
14	Ethan Beer	SO	Rochester	43.58m
15	Daniel Davis	FR	St. John Fis	42.40m
16	Julius Reyes	FR	Moravian	42.29m
17	Brandon Russell	SO	Alfred State	41.51m
18	Carnell Kemp	SR	King's (Pa.)	41.40m
19	Alex Cotton	JR	PSU-Behrend	40.74m
20	Nick Bordovsky	JR	York (Pa.)	40.52m
21	Marcin Wasiuta	JR	Farmingdale	38.71m
22	Austin Hadley	SO	Franklin & M	38.31m
23	Michael Zatlukal	FR	St. John Fis	38.28m
24	Ernest Obiorah	FR	Colby	35.10m

Men Hammer Throw**Meet Record: 63.92m M 5/15/2024 Nathan Williams**

	Name	Yr	School	Finals
Finals				
1	Brandon Kaplan	JR	St. John Fis	57.59m 10
2	Jordan Johnson	SR	Rochester	57.16m 8
3	Spencer Borghardt	JR	Utica	57.02m 6
4	Evan Collette	SO	Cortland St.	56.56m 5
5	Joshua Talbot	JR	Utica	55.10m 4
6	Bryan Honan	FR	Buffalo Stat	54.29m 3
7	Nick Kaies	SR	Cortland St.	53.72m 2
8	Graeden Heichberger	FR	Nazareth	53.69m 1
9	David Dobrowolski	SO	Nazareth	53.43m
10	Stephen Daramola	SR	TCNJ	52.18m
11	Erik Stephany	JR	RIT	52.10m
12	Blake Gannon	FR	Utica	51.11m
13	Isaiah Brunache	JR	Cortland St.	51.03m
14	Stephen Gihl	JR	Misericordia	51.02m
15	Marco Alteri	SR	Oneonta	50.49m
16	Josh Auler	SR	RIT	50.44m
17	Sebastian Pross	SR	Ramapo	49.93m
18	Zajans Crapo	SR	Rochester	49.85m
19	Armaan Butler	SO	Rochester	49.44m
20	Greg Raymond	SO	Alfred State	48.51m
21	Kevin Fobare	SR	Rochester	47.99m
22	Travis Firkins	JR	Cortland St.	47.65m
23	Logan Darling	SO	Cortland St.	47.43m
24	Matt Muscolo	SR	Brockport St	46.67m
25	Jahvirye Wilks	SR	Farmingdale	46.36m
26	Sawyer Eckberg	SR	Oneonta	45.65m
27	Joseph Walko	SO	Elizabethtow	45.59m
28	Sean Keane	SO	Cortland St.	44.92m
29	G. Aonghas Evanick	JR	Lebanon Vall	44.24m
---	Aidan Rollinson	JR	York (Pa.)	FOUL
---	Elijah Cruz	SO	Oneonta	FOUL
---	Will Bramley	SR	Franklin & M	DNS

Men Javelin Throw**Meet Record: 62.95m M 2005 James Motzkin**

	Name	Yr	School	Finals
Finals				
1	Noel House	SR	Muhlenberg	63.33mM 10
2	Jacob Bono	SO	York (Pa.)	61.28m 8
3	Michael DeFalcis	JR	Lebanon Vall	60.78m 6
4	Ian Paul	SR	Lebanon Vall	60.54m 5
5	Aiden Grieneisen	SO	PSU-Behrend	59.22m 4
6	Nicholas Guerieri	SO	Lebanon Vall	58.47m 3
7	Ethan Jones	SO	York (Pa.)	57.82m 2
8	Keenan Gosselin	SO	RIT	55.90m 1
9	Andrew Bernacki	SR	RIT	54.74m
10	Marcus Morales	FR	Moravian	54.25m
11	Brady Stahelski	SO	Williams	53.98m
12	Thomas Martin	JR	Cortland St.	53.50m
13	Gabe Dunlap	SR	Grove City	52.51m

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Finals ... (Men Javelin Throw)

	Name	Yr	School	Finals
14	Ryan Mohr	FR	TCNJ	52.13m
15	Charlie Motter	FR	PSU-Behrend	52.07m
16	Nicholas Entner	JR	Union (N.Y.)	51.23m
17	Cristian Roman-Koenig	FR	Springfield	50.88m
18	Ryan Joule	SR	Cortland St.	49.96m
19	Alexander Bogues	SR	TCNJ	49.96m
20	Jace Hershey	SO	Susquehanna	49.31m
21	Tucker Owens	JR	Grove City	48.62m
22	Dustin Stoetzel	JR	Franklin & M	48.13m
23	Tyler Duffin	FR	Ithaca	48.05m
24	Braedan Joyce	SR	Stevens	47.97m
25	Nick Palmadesso	JR	Ramapo	47.29m
26	Zajans Crapo	SR	Rochester	47.23m
27	Kaiden Simpson	SR	Sage	47.04m
28	Mason Lang	JR	Union (N.Y.)	45.66m
29	Erik Schneider	JR	St. Lawrence	45.65m
---	Isaiah Collins	FR	Plattsburgh	FOUL
---	Tim Kizis	JR	Susquehanna	FOUL
---	Justin Kolpan	SO	Franklin & M	DNS

Decathlon: #1 Men 100 Meter Dash Decathlon

	Name	Yr	School	Finals
Finals				
1	Gabe Giannini	JR	Brockport St	10.98 865
2	Gabe Thyne	SR	Rochester	11.15 827
3	Myles Thornton-Sherman	SR	Colby	11.21 814
4	Jack Pomykaj	JR	Nazareth	11.28 799
5	Daniel Pagan	FR	SUNY Geneseo	11.29 797
6	Rhys Tickner	FR	Ithaca	11.35 784
7	Rowan Smith	JR	Susquehanna	11.40 774
8	Noah McKibben	JR	Ithaca	11.48 757
9	Ashton Tokarski	SO	Rochester	11.51 750
10	Joseph Kouame-Waldman	JR	Williams	11.51 750
11	Jack Maness	JR	Rochester	11.56 740
12	Charles Montross	SO	Susquehanna	11.58 736
13	Tyler Miller	SR	Brockport St	11.69 713
14	Jonathan McNamara	SR	SUNY Geneseo	11.70 711
---	Theodore Tsamis	SO	Utica	DNS 1.5

Decathlon: #5 Men 400 Meter Dash Decathlon

	Name	Yr	School	Finals
Finals				
1	Gabe Thyne	SR	Rochester	48.22 899
2	Myles Thornton-Sherman	SR	Colby	49.92 818
3	Gabe Giannini	JR	Brockport St	50.06 812
4	Rowan Smith	JR	Susquehanna	50.76 780
5	Rhys Tickner	FR	Ithaca	51.98 726
6	Jack Pomykaj	JR	Nazareth	52.11 720
7	Noah McKibben	JR	Ithaca	52.52 702
8	Ashton Tokarski	SO	Rochester	53.15 675
9	Jack Maness	JR	Rochester	53.75 650
10	Joseph Kouame-Waldman	JR	Williams	54.25 629
11	Tyler Miller	SR	Brockport St	54.81 606

12	Charles Montross	SO	Susquehanna	55.37 584
13	Jonathan McNamara	SR	SUNY Geneseo	1:04.70 267
---	Daniel Pagan	FR	SUNY Geneseo	DNS
---	Theodore Tsamis	SO	Utica	DNS

Decathlon: #10 Men 1500 Meter Run Decathlon

	Name	Yr	School	Finals
Finals				
1	Gabe Thyne	SR	Rochester	4:27.00 764
2	Myles Thornton-Sherman	SR	Colby	4:44.33 653
3	Ashton Tokarski	SO	Rochester	4:51.56 609
4	Noah McKibben	JR	Ithaca	4:53.40 598
5	Gabe Giannini	JR	Brockport St	4:54.82 590
6	Joseph Kouame-Waldman	JR	Williams	4:57.03 577
7	Jack Maness	JR	Rochester	4:58.79 567
8	Rowan Smith	JR	Susquehanna	5:01.99 548
9	Rhys Tickner	FR	Ithaca	5:33.94 380
10	Charles Montross	SO	Susquehanna	5:36.42 368
---	Jonathan McNamara	SR	SUNY Geneseo	DNS
---	Tyler Miller	SR	Brockport St	DNS
---	Jack Pomykaj	JR	Nazareth	DNS
---	Daniel Pagan	FR	SUNY Geneseo	DNS
---	Theodore Tsamis	SO	Utica	DNS

Decathlon: #6 Men 110 Meter Hurdles Decathlon

	Name	Yr	School	Finals
Finals				
1	Jack Pomykaj	JR	Nazareth	15.52 788
2	Charles Montross	SO	Susquehanna	15.63 775
3	Gabe Thyne	SR	Rochester	15.85 750
4	Rowan Smith	JR	Susquehanna	15.96 737
5	Myles Thornton-Sherman	SR	Colby	16.35 694
6	Rhys Tickner	FR	Ithaca	16.44 684
7	Gabe Giannini	JR	Brockport St	16.58 669
8	Noah McKibben	JR	Ithaca	16.84 641
9	Ashton Tokarski	SO	Rochester	17.32 591
10	Tyler Miller	SR	Brockport St	17.45 578
11	Jack Maness	JR	Rochester	18.16 509
12	Joseph Kouame-Waldman	JR	Williams	19.21 414
---	Jonathan McNamara	SR	SUNY Geneseo	DNF 2.7
---	Theodore Tsamis	SO	Utica	DNS 2.1
---	Daniel Pagan	FR	SUNY Geneseo	DNS 1.3

Decathlon: #4 Men High Jump Decathlon

	Name	Yr	School	Finals
Finals				
1	Charles Montross	SO	Susquehanna	1.94m 749
2	Rowan Smith	JR	Susquehanna	1.85m 670
3	Gabe Thyne	SR	Rochester	1.82m 644
4	Jonathan McNamara	SR	SUNY Geneseo	1.79m 619
4	Gabe Giannini	JR	Brockport St	1.79m 619
6	Jack Pomykaj	JR	Nazareth	1.76m 593
7	Daniel Pagan	FR	SUNY Geneseo	1.73m 569
7	Tyler Miller	SR	Brockport St	1.73m 569
9	Ashton Tokarski	SO	Rochester	1.70m 544

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Results

Finals ... (Decathlon: #4 Men High Jump Decathlon)

	Name	Yr	School	Finals
9	Jack Maness	JR	Rochester	1.70m 544
9	Myles Thornton-Sherman	SR	Colby	1.70m 544
12	Noah McKibben	JR	Ithaca	1.67m 520
13	Rhys Tickner	FR	Ithaca	1.64m 496
14	Joseph Kouame-Waldman	JR	Williams	1.58m 449
---	Theodore Tsamis	SO	Utica	DNS

Decathlon: #8 Men Pole Vault Decathlon

	Name	Yr	School	Finals
Finals				
1	Myles Thornton-Sherman	SR	Colby	4.55m 775
2	Tyler Miller	SR	Brockport St	4.45m 746
3	Jack Pomykaj	JR	Nazareth	4.25m 688
4	Jack Maness	JR	Rochester	4.15m 659
4	Gabe Giannini	JR	Brockport St	4.15m 659
6	Gabe Thyne	SR	Rochester	3.85m 576
7	Noah McKibben	JR	Ithaca	3.65m 522
7	Ashton Tokarski	SO	Rochester	3.65m 522
9	Jonathan McNamara	SR	SUNY Geneseo	3.55m 496
10	Rowan Smith	JR	Susquehanna	3.45m 469
10	Rhys Tickner	FR	Ithaca	3.45m 469
12	Joseph Kouame-Waldman	JR	Williams	3.15m 393
13	Charles Montross	SO	Susquehanna	3.05m 369
---	Daniel Pagan	FR	SUNY Geneseo	DNS
---	Theodore Tsamis	SO	Utica	DNS

Decathlon: #2 Men Long Jump Decathlon

	Name	Yr	School	Finals
Finals				
1	Gabe Giannini	JR	Brockport St	6.70m 743
2	Charles Montross	SO	Susquehanna	6.65m 732
3	Ashton Tokarski	SO	Rochester	6.45m 686
4	Noah McKibben	JR	Ithaca	6.38m 670
5	Myles Thornton-Sherman	SR	Colby	6.27m 646
6	Daniel Pagan	FR	SUNY Geneseo	6.23m 637
7	Jonathan McNamara	SR	SUNY Geneseo	6.22m 635
8	Gabe Thyne	SR	Rochester	6.20m 630
9	Jack Pomykaj	JR	Nazareth	6.19m 628
10	Joseph Kouame-Waldman	JR	Williams	6.18m 626
11	Rowan Smith	JR	Susquehanna	6.17m 624
12	Tyler Miller	SR	Brockport St	6.16m 621
13	Rhys Tickner	FR	Ithaca	6.06m 600
14	Jack Maness	JR	Rochester	5.94m 574
---	Theodore Tsamis	SO	Utica	DNS NWI

Decathlon: #3 Men Shot Put Decathlon

	Name	Yr	School	Finals
Finals				
1	Joseph Kouame-Waldman	JR	Williams	11.22m 559
2	Tyler Miller	SR	Brockport St	11.11m 553
3	Gabe Giannini	JR	Brockport St	10.87m 538
4	Gabe Thyne	SR	Rochester	10.49m 515
5	Rowan Smith	JR	Susquehanna	10.43m 512

6	Jonathan McNamara	SR	SUNY Geneseo	10.16m 495
7	Rhys Tickner	FR	Ithaca	10.12m 493
8	Daniel Pagan	FR	SUNY Geneseo	10.03m 487
9	Myles Thornton-Sherman	SR	Colby	9.77m 472
10	Jack Maness	JR	Rochester	9.66m 465
11	Ashton Tokarski	SO	Rochester	9.65m 465
12	Jack Pomykaj	JR	Nazareth	8.79m 413
13	Noah McKibben	JR	Ithaca	7.84m 357
14	Charles Montross	SO	Susquehanna	7.57m 341
---	Theodore Tsamis	SO	Utica	DNS

Decathlon: #7 Men Discus Throw Decathlon

	Name	Yr	School	Finals
Finals				
1	Tyler Miller	SR	Brockport St	36.75m 599
2	Gabe Thyne	SR	Rochester	33.60m 536
3	Rhys Tickner	FR	Ithaca	31.97m 503
4	Joseph Kouame-Waldman	JR	Williams	29.05m 446
5	Gabe Giannini	JR	Brockport St	28.42m 433
6	Rowan Smith	JR	Susquehanna	28.40m 433
7	Ashton Tokarski	SO	Rochester	28.26m 430
8	Myles Thornton-Sherman	SR	Colby	28.02m 426
9	Jack Pomykaj	JR	Nazareth	26.90m 404
10	Jack Maness	JR	Rochester	26.60m 398
11	Charles Montross	SO	Susquehanna	25.43m 375
12	Jonathan McNamara	SR	SUNY Geneseo	24.65m 360
13	Noah McKibben	JR	Ithaca	24.12m 350
---	Daniel Pagan	FR	SUNY Geneseo	DNS
---	Theodore Tsamis	SO	Utica	DNS

Decathlon: #9 Men Javelin Throw Decathlon

	Name	Yr	School	Finals
Finals				
1	Noah McKibben	JR	Ithaca	50.09m 590
2	Gabe Giannini	JR	Brockport St	45.18m 518
3	Rhys Tickner	FR	Ithaca	39.86m 440
4	Jack Maness	JR	Rochester	39.49m 435
5	Jack Pomykaj	JR	Nazareth	38.60m 422
6	Jonathan McNamara	SR	SUNY Geneseo	37.62m 408
7	Tyler Miller	SR	Brockport St	37.22m 402
8	Joseph Kouame-Waldman	JR	Williams	37.20m 402
9	Myles Thornton-Sherman	SR	Colby	35.89m 383
10	Ashton Tokarski	SO	Rochester	35.49m 377
11	Gabe Thyne	SR	Rochester	35.06m 371
12	Rowan Smith	JR	Susquehanna	34.40m 362
13	Charles Montross	SO	Susquehanna	28.58m 279
---	Daniel Pagan	FR	SUNY Geneseo	DNS
---	Theodore Tsamis	SO	Utica	DNS

Men Decathlon

Meet Record:		6742 M 1981		Matt Riordan	
Name		Yr	School	Finals	
Finals					
1	Gabe Thyne	SR	Rochester	6512	10
2	Gabe Giannini	JR	Brockport St	6446	8

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	Name	Yr	School	Finals	
3	Myles Thornton-Sherman	SR	Colby	6225	6
4	Rowan Smith	JR	Susquehanna	5909	5
5	Noah McKibben	JR	Ithaca	5707	4
6	Ashton Tokarski	SO	Rochester	5649	3
7	Rhys Tickner	FR	Ithaca	5575	2
8	Jack Maness	JR	Rochester	5541	1
9	Charles Montross	SO	Susquehanna	5308	
10	Joseph Kouame-Waldman	JR	Williams	5245	

Women - Team Rankings - 22 Events Scored

1)	SUNY Geneseo	88
2)	Rochester	63
3)	Ithaca	52
4)	TCNJ	49
5)	Grove City	48
6)	SUNY Delhi	40
7)	Williams	39
7)	Hamilton	39
9)	Nazareth	38
9)	Scranton	38
11)	St. John Fisher	34
12)	King's (Pa.)	26
13)	Moravian	23
13)	Brockport St.	23
15)	RIT	22
16)	Lebanon Valley	20
17)	Franklin & Marshall	16
17)	Cortland St.	16
17)	Stevens	16
17)	Vassar	16
17)	Springfield	16
22)	Buffalo State	13
22)	Rutgers-Newark	13
22)	Colby	13
25)	Ursinus	11
26)	Susquehanna	10
26)	Union (N.Y.)	10
26)	New Jersey City	10
29)	Misericordia	8
29)	Houghton	8
31)	Alfred State	6
31)	St. Vincent (Pa.)	6
33)	Muhlenberg	4
33)	Utica	4
35)	York (Pa.)	3
35)	Alfred	3
35)	Widener	3
35)	Elizabethtown	3
39)	St. Mary's (Md.)	2
39)	Hood	2
39)	Oswego State	2

Men - Team Rankings - 22 Events Scored

1)	Susquehanna	72
2)	Cortland St.	60

3)	SUNY Geneseo	46
4)	Rochester	42
5)	PSU-Behrend	41
6)	Williams	39
7)	Lebanon Valley	37
8)	York (Pa.)	36
9)	TCNJ	35
10)	Misericordia	33
11)	RIT	32
12)	Utica	31
13)	Brockport St.	29.5
14)	Colby	29
14)	Moravian	29
16)	St. John Fisher	28

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16) Oneonta	28
18) Elizabethtown	27
19) SUNY Delhi	19
20) Union (N.Y.)	16
21) Springfield	15
22) Vassar	14
22) Muhlenberg	14
24) Plattsburgh St.	13
25) Farmingdale St.	11
25) Ramapo	11
27) Hamilton	10
27) Nazareth	10
29) Ithaca	9
30) Grove City	8
31) Stevens	7
32) Houghton	6
33) Widener	4
33) Buffalo State	4
33) Medgar Evers	4
36) Scranton	3
36) St. Lawrence	3
38) Oswego State	1
39) Ursinus	0.5