



2017 Outdoor Track & Field, Week #3

Men's 100 Meters

CENTRAL

1	Kole LONGSWORTH	FR	Harper (Ill.)	11.29w	(3.4)	4/14
2	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	11.34	(0.0)	3/25
2	Michael HOLLAND	SO	Valley Forge Military (Pa)	11.34	(1.0)	4/14
4	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	11.36	(1.0)	3/31
5	Anthony WILLIAMS	SO	Triton	11.47w	(5.7)	4/14
6	Edward DENNIS	FR	Valley Forge Military (Pa)	11.57	(1.3)	3/31
7	David NIXON	FR	CC of Philadelphia (Pa.)	11.59	(1.5)	3/31
8	Jacques HAYES		Triton	11.68	(0.0)	4/1

EAST

1	Lud BLAIR	SO	Montgomery-Rockville	10.84w	(4.3)	4/8
2	Kendall BELSER	FR	Howard (Md.) CC	10.92	(0.0)	3/25
3	Jared NICHOLAS	FR	Rowan-Gloucester (N.J.)	11.07w	(6.8)	4/8
4	Bob OKOROAJUZIE	FR	Montgomery-Rockville	11.39w	(4.3)	4/8
5	Jordan JOE	FR	Springfield Tech CC	11.43w	(2.6)	4/15
6	Justin LEONARD	FR	Montgomery-Rockville	11.48	(1.2)	4/14
6	Mike KELLER	SO	Rowan-Gloucester (N.J.)	11.48w	(6.1)	4/8
8	Aderinsola DAYO-OTEKUNRIN	SO	Howard (Md.) CC	11.58	(-0.3)	3/25
8	Daivon CRAWFORD	FR	Union County (N.J.)	11.58	(2.1)	4/14

NORTHEAST

1	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	10.90	(-0.9)	3/23
2	Malik JOHN	SO	Kingsborough (N.Y.) CC	10.94	(2.0)	4/15
3	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	11.06	(2.0)	4/15
5	Kohei SHIBATA	FR	Mohawk Valley (N.Y.) CC	11.34w	(3.9)	4/15
6	Joshua LINSTER	SO	Nassau (N.Y.) CC	11.46	(1.0)	4/8
7	Michael MARCUCCI	FR	Herkimer County (N.Y.)	11.47	(2.1)	4/9
8	J'Son HOBSON	SO	Suffolk County (N.Y.) CC	11.54	(0.3)	4/14



2017 Outdoor Track & Field, Week #3

Men's 200 Meters

CENTRAL

1	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	22.87	(-1.0)	3/25
2	David NIXON	FR	CC of Philadelphia (Pa.)	23.22	(2.1)	4/8
2	Kole LONGSWORTH	FR	Harper (Ill.)	23.22w	(3.9)	4/14
4	Michael HOLLAND	SO	Valley Forge Military (Pa)	23.36	(-1.1)	4/14
5	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	23.48	(2.2)	3/31
6	Danny GEARY	FR	Harper (Ill.)	23.60	(1.3)	4/8
7	Dwayne JR.	SO	Harper (Ill.)	23.87	(1.8)	4/14
8	Edward DENNIS	FR	Valley Forge Military (Pa)	24.09	(1.8)	3/31
8	Lenner BROWN	FR	Triton	24.09	(1.8)	4/14

EAST

1	Kendall BELSER	FR	Howard (Md.) CC	22.10	()	3/31
2	Lud BLAIR	SO	Montgomery-Rockville	22.63	(0.0)	4/14
3	Brian DONNA	SO	Roxbury CC	22.70	()	1/27
4	Jared NICHOLAS	FR	Rowan-Gloucester (N.J.)	22.81	(0.4)	4/14
5	Ari WILSON	FR	Prince George's (Md.) C	22.91w	(3.1)	4/8
6	Eddie BARRETO	FR	Roxbury CC	23.04	(-0.3)	4/7
7	Aderinsola DAYO-OTEKUNRIN	SO	Howard (Md.) CC	23.29	(2.5)	3/18
8	Mike KELLER	SO	Rowan-Gloucester (N.J.)	23.39	(0.6)	3/25

NORTHEAST

1	Malik JOHN	SO	Kingsborough (N.Y.) CC	21.59	(1.7)	4/15
1	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	21.59	(0.0)	4/15
3	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	22.24	(0.5)	3/23
6	Joshua THOMPSON	SO	Onondaga (N.Y.) CC	22.89	(0.7)	4/14
7	Jordan BROWN	FR	Nassau (N.Y.) CC	23.23	(0.8)	4/14
7	J'Son HOBSON	SO	Suffolk County (N.Y.) CC	23.23	()	3/25



2017 Outdoor Track & Field, Week #3

Men's 400 Meters

CENTRAL

1	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	50.29	3/25
2	Bobby WOS	FR	Harper (Ill.)	53.28	4/14
3	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	53.35	2/17
4	Eric ELLEFSON	FR	Harper (Ill.)	54.07	4/14
5	Lenner BROWN	FR	Triton	54.52	4/1
6	Marshall DRUMMOND	SO	CC of Philadelphia (Pa.)	54.79	3/25
7	Alan PRADO	FR	Triton	55.13	4/1

EAST

1	Ari WILSON	FR	Prince George's (Md.) C	50.73	4/15
2	Eddie BARRETO	FR	Roxbury CC	51.23	2/10
3	Mike KELLER	SO	Rowan-Gloucester (N.J.)	51.69	3/25
4	Kendall BELSER	FR	Howard (Md.) CC	52.35	4/8
5	Daivon CRAWFORD	FR	Union County (N.J.)	53.64	4/8
6	Josh CAPISTRANO	SO	Union County (N.J.)	53.97	3/31
7	Clifton SHAW	FR	Howard (Md.) CC	54.01	3/31
8	Billy BELIZAIRE	FR	Roxbury CC	54.21	2/10

NORTHEAST

1	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	49.03	3/23
2	Anija ADDISON	SO	Kingsborough (N.Y.) CC	50.30	2/17
3	Kimone PATERSON	FR	Kingsborough (N.Y.) CC	50.57	2/26
5	Justin LUCIER	FR	CCRI	51.75	4/15
6	Joshua THOMPSON	SO	Onondaga (N.Y.) CC	52.08	4/14
7	Jordan BROWN	FR	Nassau (N.Y.) CC	52.13	4/8



2017 Outdoor Track & Field, Week #3

Men's 800 Meters

CENTRAL

1	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	2:02.96	2/10
2	Ray REYES	FR	Thaddeus Stevens	2:03.46	4/14
3	Scott WILLIAMS	FR	Harper (Ill.)	2:04.61	4/14
4	David KNOTTNERUS	FR	Harper (Ill.)	2:12.14	2/17
6	Alan PRADO	FR	Triton	2:22.09	2/10
7	Trevor CURCIO	FR	Triton	2:22.21	4/1

EAST

1	Christy ANDJALEPOU	FR	Prince George's (Md.) C	1:59.87	4/15
2	Noah AUSTIN	SO	Rowan-Gloucester (N.J.)	2:00.88	4/14
3	Corey YOUNG	SO	Howard (Md.) CC	2:02.49	2/4
4	Ernest LONG	SO	Montgomery-Rockville	2:02.70	4/8
5	James KENNEDY	FR	Rowan-Gloucester (N.J.)	2:03.89	3/25
6	Ryan CLOCKER	FR	Howard (Md.) CC	2:04.23	3/25
7	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	2:04.81	3/25

NORTHEAST

1	Anija ADDISON	SO	Kingsborough (N.Y.) CC	1:56.83	4/15
2	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	1:57.76	1/27
3	Shawn RENE	SO	Kingsborough (N.Y.) CC	1:58.69	4/8
4	Michael WARCHOL	SO	Mohawk Valley (N.Y.) CC	2:00.23	2/18
5	David CEDILLO	FR	Nassau (N.Y.) CC	2:01.20	2/17
6	Kenneth BURDICK	SO	Mohawk Valley (N.Y.) CC	2:03.05	4/9
7	Cristian FIGUEROA	FR	CCRI	2:03.12	4/15



2017 Outdoor Track & Field, Week #3

Men's 1500 Meters

CENTRAL

1	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	4:11.14	4/14
2	Scott WILLIAMS	FR	Harper (Ill.)	4:14.72	4/14
3	Robert Alan DOUGLAS	FR	Harper (Ill.)	4:22.34	3/31
6	Alan PRADO	FR	Triton	4:31.12c 1:52.81(1)	2/18
8	Horacio GOMEZ-SOTO	SO	Triton	4:56.00	4/14

EAST

1	Ryan CLOCKER	FR	Howard (Md.) CC	4:13.74	3/25
2	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	4:14.15	3/25
3	James KENNEDY	FR	Rowan-Gloucester (N.J.)	4:14.36	4/14
4	Ernest LONG	SO	Montgomery-Rockville	4:14.51	3/25
5	Corey YOUNG	FR	Howard (Md.) CC	4:19.82	3/31
6	Mike MAZZEI	FR	Middlesex County (N.J.)	4:20.03	4/14
7	Connor MCGILLICK	SO	Bergen (N.J.) CC	4:21.98	4/14
8	Elijah CROUCH	SO	Rowan-Gloucester (N.J.)	4:28.81	4/14

NORTHEAST

1	Michael WARCHOL	FR	Mohawk Valley (N.Y.) CC	4:14.45	4/15
2	Eamon SHEERIN	SO	Nassau (N.Y.) CC	4:16.93	4/14
3	Ilya WILSON	FR	Suffolk County (N.Y.) CC	4:18.36	4/7
4	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	4:19.52c 1:40.29(1)	2/3
5	Abshir YEROW	FR	Onondaga (N.Y.) CC	4:22.98	4/14
6	Ryan EVANS	SO	Suffolk County (N.Y.) CC	4:23.20	3/31
7	Tim CHAMBERS	FR	CCRI	4:27.82c 1:49.25(1)	1/27
8	Mohamed MOHAMED	FR	Onondaga (N.Y.) CC	4:28.39	4/14



2017 Outdoor Track & Field, Week #3

Men's Steeplechase

CENTRAL

1	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	10:33.04	3/31
2	Alan PRADO	FR	Triton	10:40.72	4/1
3	Scott WILLIAMS	FR	Harper (Ill.)	11:13.82	3/31

EAST

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	10:31.89	4/8
2	Nikko REYES	FR	Bergen (N.J.) CC	11:09.49	4/14
3	Muhammed JAWNEH	SO	Middlesex County (N.J.)	11:42.07	4/14
4	Brandon KRUPINSKI	FR	Rowan-Gloucester (N.J.)	12:46.29	3/31
5	Nick MIGUELINO	FR	Howard (Md.) CC	13:02.14	4/8

NORTHEAST

1	Ilya WILSON	FR	Suffolk County (N.Y.) CC	10:28.59	4/14
2	Anthony FERNANDEZ	SO	Suffolk County (N.Y.) CC	10:45.70	4/7
3	Abshir YEROW	FR	Onondaga (N.Y.) CC	10:45.83	4/9
4	Zach WILCOX	FR	Herkimer County (N.Y.)	10:47.47	4/14
5	Brandon RAWSON	FR	Herkimer County (N.Y.)	10:54.80	4/14
6	Paul CHILLO	FR	Kingsborough (N.Y.) CC	11:04.36	4/8
7	Dakota CORNEY	SO	Mohawk Valley (N.Y.) CC	11:06.08	4/2
8	Kyle HOLMES	FR	Herkimer County (N.Y.)	11:15.01	4/2



2017 Outdoor Track & Field, Week #3

Men's 5000 Meters

CENTRAL

1	Joseph SWIECH	FR	Harper (Ill.)	16:10.67	4/14
2	Scott WILLIAMS	FR	Harper (Ill.)	16:12.00	3/3
3	Robert DOUGLAS	FR	Harper (Ill.)	16:16.12	3/3

EAST

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	16:14.95	3/31
2	Christopher LOUGHMAN	FR	Bergen (N.J.) CC	16:38.23	4/14
3	James KENNEDY	FR	Rowan-Gloucester (N.J.)	16:39.16	3/31
4	Ryan CLOCKER	FR	Howard (Md.) CC	16:39.82	3/31
5	Corey YOUNG	FR	Howard (Md.) CC	16:44.58	3/25
6	Connor MCGILLICK	SO	Bergen (N.J.) CC	17:08.57	3/25
7	Garrett BIRSA	FR	Howard (Md.) CC	17:13.43	3/25
8	Ruben SANTA-WALDRON	FR	Northern Essex (Mass.)	17:19.09	3/24

NORTHEAST

1	Alec AMBRUSO	FR	Mohawk Valley (N.Y.) CC	16:25.99	4/2
2	Paul CHILLO	FR	Kingsborough (N.Y.) CC	16:33.04	3/25
3	Anthony FERNANDEZ	SO	Suffolk County (N.Y.) CC	16:42.75	4/14
4	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	16:54.21	2/26
5	Abshir YEROW	FR	Onondaga (N.Y.) CC	16:59.05	4/9
6	Ilya WILSON	FR	Suffolk County (N.Y.) CC	17:06.83	3/31
7	Tim CHAMBERS	FR	CCRI	17:07.05	4/7
8	Austin CADY	FR	Mohawk Valley (N.Y.) CC	17:13.14	1/28



2017 Outdoor Track & Field, Week #3

Men's 10,000 Meters

CENTRAL

1	Vincente PEREZ	FR	Harper (Ill.)	35:04.86	4/8
2	Robert Alan DOUGLAS	FR	Harper (Ill.)	35:04.92	4/8
3	Joseph SWIECH	FR	Harper (Ill.)	36:55.09	4/8

EAST

1	Connor MCGILLICK	SO	Bergen (N.J.) CC	36:13.57	3/31
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NORTHEAST

1	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	34:45.66	4/14
2	Brandon RAWSON	FR	Herkimer County (N.Y.)	36:42.75	4/14
3	Austin CADY	SO	Mohawk Valley (N.Y.) CC	36:47.82	4/9
4	Kyle HOLMES	FR	Herkimer County (N.Y.)	37:28.39	4/14



2017 Outdoor Track & Field, Week #3

Men's 110 Meter Hurdles

CENTRAL

1	Gustavo ALVAREZ	FR	Triton	18.14	(2.5)	4/14
2	Ryan DIPIETRO	FR	Harper (Ill.)	18.97w	(3.5)	3/25
3	Eric ELLEFSON	FR	Harper (Ill.)	21.34	(0.0)	3/31

EAST

1	Tyler GARLAND	FR	Rowan-Gloucester (N.J.)	15.15	()	4/14
2	Brian DONNA	FR	Roxbury CC	15.24	(-0.4)	4/15
3	Joshua LEGG	FR	Rowan-Gloucester (N.J.)	15.75	()	4/14
4	Elijah RICHARDSON	SO	Howard (Md.) CC	16.29	(0.0)	3/25
5	Eric FREEMAN	SO	Howard (Md.) CC	16.57w	(6.8)	4/8
5	Eddy FONG	FR	Massasoit (Mass.) CC	16.57	(1.1)	3/24
5	Muhammad OMBALI	FR	Bergen (N.J.) CC	16.57	(1.0)	3/25
8	Ryan MANESS	FR	Rowan-Gloucester (N.J.)	16.74w	(6.8)	4/8

NORTHEAST

1	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	15.16	(0.2)	4/9
2	Malik HINDS	SO	Suffolk County (N.Y.) CC	15.42	(-0.4)	3/31
3	Devon DUNCAN	FR	Queensborough (N.Y.) C	15.85	(-0.4)	3/31
4	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	17.46	(1.6)	4/14
5	James TIERNEY	FR	Sullivan County (N.Y.) CC	17.54	(1.6)	3/31
6	Tyson MCCARROLL	FR	Onondaga (N.Y.) CC	18.55	(1.6)	4/14
7	Tyler COOK	FR	Columbia-Greene (N.Y.)	19.52	(2.5)	4/15

**2017 Outdoor Track & Field, Week #3****Men's 400 Meter Hurdles****CENTRAL**

1	Anthony WILLIAMS	SO	Triton	59.99	4/14
2	Ryan DIPIETRO	FR	Harper (Ill.)	1:04.47	4/14
3	Lavdrim AHMETI	FR	Harper (Ill.)	1:09.38	4/14

EAST

1	Brian DONNA	FR	Roxbury CC	56.55	4/15
2	Joshua LEGG	FR	Rowan-Gloucester (N.J.)	57.45	4/14
3	Elijah RICHARDSON	SO	Howard (Md.) CC	58.78	3/31
4	Julian POLYNICE	FR	Massasoit (Mass.) CC	59.47	4/15
5	Sheldon ROMAN	SO	Montgomery-Rockville	59.68	4/15
6	Ryan MANESS	FR	Rowan-Gloucester (N.J.)	1:01.40	4/14
7	Shaheed THOMPSON	FR	Bergen (N.J.) CC	1:01.60	4/8
8	Tyler GARLAND	FR	Rowan-Gloucester (N.J.)	1:03.19	3/31

NORTHEAST

1	Lincoln ROBINSON	FR	CCRI	56.43	4/15
2	Devon DUNCAN	FR	Queensborough (N.Y.) C	56.95	4/14
3	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	56.99	4/9
4	Daniel VELASQUEZ	FR	Suffolk County (N.Y.) CC	57.34	4/7
5	James TIERNEY	FR	Sullivan County (N.Y.) CC	57.90	3/31
6	Timothy HINES	SO	Queensborough (N.Y.) C	1:05.10	3/31
7	Aaron DUNCAN	FR	Nassau (N.Y.) CC	1:06.22	3/25
8	Jacob ROBBINS	FR	Onondaga (N.Y.) CC	1:08.12	4/14



2017 Outdoor Track & Field, Week #3

Men's 4x100 Relay

CENTRAL

1	Harper (Ill.)	43.83	4/14
2	CC of Philadelphia (Pa.)	44.67	3/31
3	Valley Forge Military (Pa)	47.02	4/14

EAST

1	Howard (Md.) CC	43.86	3/31
2	Montgomery-Rockville	44.07	3/25
3	Rowan-Gloucester (N.J.)	44.31	4/8
4	Roxbury CC	44.58	4/15
5	Bergen (N.J.) CC	47.46	3/25
6	Massasoit (Mass.) CC	47.72	4/2

NORTHEAST

1	Kingsborough (N.Y.) CC	41.54	3/30
2	Nassau (N.Y.) CC	44.81	4/8
3	Suffolk County (N.Y.) CC	45.64	3/31
4	Onondaga (N.Y.) CC	46.01	4/9
5	Queensborough (N.Y.) C	46.11	3/25
6	CCRI	46.12	4/15
7	Herkimer County (N.Y.)	46.80	4/14
8	Finger Lakes (N.Y.) CC	46.81	4/14



2017 Outdoor Track & Field, Week #3

Men's 4x400 Relay

CENTRAL

1	CC of Philadelphia (Pa.)	3:34.56	3/31
2	Triton	3:36.50	4/14
3	Harper (Ill.)	3:38.35	4/14

EAST

1	Prince George's (Md.) C	3:25.79	4/15
2	Rowan-Gloucester (N.J.)	3:29.98	4/14
3	Howard (Md.) CC	3:33.94	3/4
4	Union County (N.J.)	3:42.34	3/31
5	Montgomery-Rockville	3:42.56	4/8

NORTHEAST

1	Kingsborough (N.Y.) CC	3:17.66	3/30
2	Nassau (N.Y.) CC	3:31.66	1/27
3	Onondaga (N.Y.) CC	3:33.49	4/14
4	Suffolk County (N.Y.) CC	3:40.22	4/14
5	Queensborough (N.Y.) C	3:41.50	3/25
6	CCRI	3:42.53	4/7
7	Herkimer County (N.Y.)	3:48.56	4/14
8	Finger Lakes (N.Y.) CC	3:58.19	4/14



2017 Outdoor Track & Field, Week #3

Men's 4x800 Relay

EAST

1	Rowan-Gloucester (N.J.)	8:19.13	4/14
2	Bergen (N.J.) CC	8:40.89	4/14

NORTHEAST

1	Kingsborough (N.Y.) CC	8:53.69	3/25
2	Suffolk County (N.Y.) CC	9:17.32	3/25



2017 Outdoor Track & Field, Week #3

Men's High Jump

CENTRAL

1	Jashawn STEWARD	FR	Triton	1.83m	6-0	2/10
2	Hyyaan KHAN	FR	Harper (Ill.)	1.80m	5-10%	3/31
3	Tony ZICCARDI	FR	Harper (Ill.)	1.78m	5-10	2/17
4	Eric ELLEFSON	FR	Harper (Ill.)	1.71m	5-7%	3/31

EAST

1	Elijah RICHARDSON	FR	Howard (Md.) CC	1.99m	6-6%	1/28
2	Julian POLYNICE	FR	Massasoit (Mass.) CC	1.85m	6-¾	4/15
3	Brian DONNA	SO	Roxbury CC	1.83m	6-0	2/19
4	Nolan RICE	FR	Northern Essex (Mass.)	1.80m	5-10%	4/15
5	Maxwell ZELLER-FING	FR	Howard (Md.) CC	1.73m	5-8	2/4
6	Aaron SOUZA		Howard (Md.) CC	1.68m	5-6	3/4
7	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	1.62m	5-3%	4/14

NORTHEAST

1	Malik BRIGGS	FR	Herkimer County (N.Y.)	1.98m	6-6	4/9
2	Andrew HINES	FR	Onondaga (N.Y.) CC	1.93m	6-4	2/18
3	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	1.89m	6-2½	2/4
4	Sean BONNEY	SO	Suffolk County (N.Y.) CC	1.75m	5-8%	3/31
4	Martin JOHNSON	FR	Suffolk County (N.Y.) CC	1.75m	5-8%	3/31
4	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	1.75m	5-8%	2/11
4	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	1.75m	5-8%	2/17
4	Osafo PROFITT	FR	Kingsborough (N.Y.) CC	1.75m	5-8%	4/8



2017 Outdoor Track & Field, Week #3

Men's Pole Vault

CENTRAL

1	Gustavo ALVAREZ	FR	Triton	4.25m	13-11½	4/14
2	Eric ELLEFSON	FR	Harper (Ill.)	4.16m	13-7½	3/3
3	Bobby WOS	FR	Harper (Ill.)	3.95m	12-11½	4/14
4	Dan KIM	SO	Harper (Ill.)	3.85m	12-7½	3/25

EAST

1	Brian DONNA	SO	Roxbury CC	3.95m	12-11½	2/10
2	Dylan RINNIER	FR	Rowan-Gloucester (N.J.)	3.70m	12-1½	3/25
3	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	3.20m	10-6	3/4

NORTHEAST

1	Steven PHILPOTTS	FR	Mohawk Valley (N.Y.) CC	3.90m	12-9½	1/28
1	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	3.90m	12-9½	4/14
3	Georgino CRUZ	FR	Suffolk County (N.Y.) CC	3.85m	12-7½	3/31
4	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	2.50m	8-2½	2/4



2017 Outdoor Track & Field, Week #3

Men's Long Jump

CENTRAL

1	Keyshawn BROWN	SO	Harper (Ill.)	6.95m	1-9 3/4 (1.8)	3/31
2	Jashawn STEWARD	FR	Triton	6.68m	21-11 ()	2/18
3	Justin TOLENTINO	SO	Harper (Ill.)	6.63m	21-9 ()	4/14
4	Tony ZICCARDI	FR	Harper (Ill.)	5.89m	19-4 ()	2/10
6	Donta MCNEAR	FR	CC of Philadelphia (Pa.)	5.71m	18-9 ()	3/3

EAST

1	Mateusz WIERZBA	FR	Bergen (N.J.) CC	6.77m	-2 1/2 (-0.1)	4/8
2	Jalen MICKLES	FR	Rowan-Gloucester (N.J.)	6.64mw	1-9 1/2 (2.7)	4/14
3	Brian DONNA	SO	Roxbury CC	6.59m	21-7 1/2 ()	1/27
4	Justin LEONARD	FR	Montgomery-Rockville	6.37m	10 3/4 (2.1)	3/25
4	Maxwell ZELLER-FING	SO	Howard (Md.) CC	6.37m	10 3/4 (-1.1)	3/25
6	Julian POLYNICE	FR	Massasoit (Mass.) CC	6.26m	1-6 1/2 (1.8)	3/24
7	Kendall BELSER		Howard (Md.) CC	6.21m	1-4 1/2 (1.1)	3/4
8	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	6.17m	20-3 (1.1)	4/14

NORTHEAST

1	Andrew HINES	FR	Onondaga (N.Y.) CC	7.17m	1-6 3/4 (2.4)	4/9
2	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	6.77mw	1-2 1/2 (2.7)	4/9
3	Malik HINDS	SO	Suffolk County (N.Y.) CC	6.65m	21-10 ()	3/25
4	Joshua LINSTER	SO	Nassau (N.Y.) CC	6.62m	1-8 3/4 (0.0)	4/8
5	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	6.58m	1-7 3/4 (0.0)	3/23
6	Micah ASSIBEY-BONSU	SO	Suffolk County (N.Y.) CC	6.40m	1-10 (-0.4)	4/7
7	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	6.24m	20-5 1/2 ()	2/26
8	Malik BRIGGS	FR	Herkimer County (N.Y.)	6.22m	20-5 (1.9)	4/14



2017 Outdoor Track & Field, Week #3

Men's Triple Jump

CENTRAL

1	Jashawn STEWARD	FR	Triton	14.61m	47-11½ ()	2/18
2	Keyshawn BROWN	SO	Harper (Ill.)	13.66mw	1-9¾ (3.9)	4/8
3	Justin TOLENTINO	SO	Harper (Ill.)	13.12m	13-½ (0.8)	4/8
4	Hyyaan KHAN	FR	Harper (Ill.)	12.86m	42-2¼ ()	2/4

EAST

1	Mateusz WIERZBA	FR	Bergen (N.J.) CC	13.02m	-8¾ (-1.1)	3/25
2	Jalen MICKLES	FR	Rowan-Gloucester (N.J.)	12.59m	-3¾ (-0.6)	3/25
3	Elijah CROUCH	SO	Rowan-Gloucester (N.J.)	12.29m	40-4 (1.1)	3/4
4	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	11.75m	¾-6¾ (1.7)	3/31
5	Syed MAHMOOD	FR	Bergen (N.J.) CC	11.53m	7-10 (1.0)	3/25
6	Liam BRENNAN	SO	Massasoit (Mass.) CC	11.24m	10½ (-2.1)	4/2
7	Davon PETERS	FR	Bergen (N.J.) CC	11.05m	36-3 (1.3)	3/25

NORTHEAST

1	Micah ASSIBEY-BONSU	SO	Suffolk County (N.Y.) CC	14.50m	47-7 (0.4)	3/31
2	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	13.79m	45-3 ()	2/26
3	Malik HINDS	SO	Suffolk County (N.Y.) CC	13.38m	10¾ (0.4)	3/31
4	Andrew HINES	FR	Onondaga (N.Y.) CC	13.34mw	¾-9¾ (3.2)	4/14
5	Joshua LINSTER	SO	Nassau (N.Y.) CC	13.25m	-5¾ (-0.3)	4/8
6	Tyson MCCARROLL	FR	Onondaga (N.Y.) CC	12.64m	41-5¾ ()	2/11
7	Devon DUNCAN	FR	Queensborough (N.Y.) C	11.33m	7-2¼ (1.1)	4/14
8	Andrew AMATUZZO	FR	Herkimer County (N.Y.)	10.94mw	10¾ (3.6)	4/2



2017 Outdoor Track & Field, Week #3

Men's Shot Put

CENTRAL

1	Nafis DAVIS	SO	Valley Forge Military (Pa)	10.87m	35-8	4/8
2	Eric ELLEFSON	FR	Harper (Ill.)	9.06m	29-8%	3/31
3	Bobby WOS	FR	Harper (Ill.)	8.82m	28-11%	2/17
4	Gustavo ALVAREZ	FR	Triton	7.96m	26-1%	2/18

EAST

1	Daniel USHER	FR	Howard (Md.) CC	15.22m	49-11%	3/25
2	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.)	13.57m	44-6%	3/25
3	Jude MISKO	SO	Rowan-Gloucester (N.J.)	12.99m	42-7%	3/31
4	Donovan TYLER	SO	Montgomery-Rockville	12.69m	41-7%	4/14
5	Connor BEST	FR	Bergen (N.J.) CC	11.89m	39-¾	4/14
6	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.)	11.65m	38-2%	3/31
8	Miguel HERNANDEZ	FR	Middlesex County (N.J.)	9.24m	30-3%	3/25

NORTHEAST

1	Brendan FRANCES	FR	Suffolk County (N.Y.) CC	11.82m	38-9%	4/14
2	Ben MORTAS	FR	Onondaga (N.Y.) CC	11.67m	38-3%	4/14
3	Thomas RANDALL	FR	Mohawk Valley (N.Y.) CC	11.39m	37-4%	2/18
4	Wilnick LOUIS		Nassau (N.Y.) CC	11.07m	36-4	2/11
5	Dalton GORINSHEK	SO	Mohawk Valley (N.Y.) CC	10.63m	34-10%	1/28
6	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	9.68m	31-9%	4/9
6	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	9.68m	31-9%	2/26
8	Brandon TYSON	FR	Herkimer County (N.Y.)	9.42m	30-11	4/14



2017 Outdoor Track & Field, Week #3

Men's Discus

CENTRAL

1	Gustavo ALVAREZ	FR	Triton	29.34m	96-3/4	4/14
2	Eric ELLEFSON	FR	Harper (Ill.)	23.79m	78-3/4	3/31

EAST

1	Daniel USHER	FR	Howard (Md.) CC	46.10m	151-3	4/8
2	Connor BEST	FR	Bergen (N.J.) CC	40.72m	133-7	4/14
3	Phillip KOMBET	FR	Montgomery-Rockville	37.21m	122-1	4/1
4	Meghrasinh DODIA	FR	Middlesex County (N.J.)	36.82m	120-9	3/25
5	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.)	36.56m	119-11	4/14
6	Donovan TYLER	SO	Montgomery-Rockville	36.15m	118-7	4/15
7	Brian DONNA	FR	Roxbury CC	35.55m	116-7	4/15
8	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.)	34.80m	114-2	4/8

NORTHEAST

1	Thomas RANDALL	SO	Mohawk Valley (N.Y.) CC	36.12m	118-6	4/9
2	Brendan FRANCIS	FR	Suffolk County (N.Y.) CC	34.33m	112-7	4/7
3	Ben MORTAS	FR	Onondaga (N.Y.) CC	30.73m	100-10	4/9
4	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	26.95m	88-5	4/9
5	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	25.97m	85-2 1/2	4/2
6	Willard LAMONT	FR	Herkimer County (N.Y.)	22.22m	72-11	4/9
7	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	19.35m	63-6	4/8
8	Brandon TYSON	FR	Herkimer County (N.Y.)	17.17m	56-4	4/9



2017 Outdoor Track & Field, Week #3

Men's Hammer

EAST

1	Jude MISKO	SO	Rowan-Gloucester (N.J.)	52.61m	172-7	3/31
2	Daniel USHER		Howard (Md.) CC	41.52m	136-2	3/4
3	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.)	41.01m	134-6	4/8
4	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.)	38.26m	125-6	3/31
5	Miguel HERNANDEZ	FR	Middlesex County (N.J.)	25.16m	82-6½	4/14
6	Haseeb SYED	FR	Middlesex County (N.J.)	23.56m	77-3¾	4/14
7	John MILLER	SO	Middlesex County (N.J.)	21.00m	68-10½	4/8

NORTHEAST

1	Thomas RANDALL	SO	Mohawk Valley (N.Y.) CC	29.42m	96-6½	4/15
2	Ben MORTAS	FR	Onondaga (N.Y.) CC	26.51m	86-11½	4/14
3	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	26.22m	86-¾	4/14
4	Brandon TYSON	FR	Herkimer County (N.Y.)	21.65m	71-½	4/14
5	Willard LAMONT	FR	Herkimer County (N.Y.)	17.30m	56-9½	4/9
6	Jason LEWIS	FR	Herkimer County (N.Y.)	15.74m	51-7½	4/2



2017 Outdoor Track & Field, Week #3

Men's Javelin

CENTRAL

1	Bobby WOS	FR	Harper (Ill.)	45.83m	150-4	4/14
2	Devin STEIGERWALT	FR	Thaddeus Stevens	42.52m	139-6	4/1
3	Gustavo ALVAREZ	FR	Triton	40.59m	133-2	4/14
4	Eric ELLEFSON	FR	Harper (Ill.)	38.90m	127-7	3/31
5	Justin TOLENTINO	SO	Harper (Ill.)	35.40m	116-1	4/8

EAST

1	Peter FLACCO	SO	Rowan-Gloucester (N.J.)	61.24m	200-11	3/25
2	Brian DONNA	FR	Roxbury CC	53.97m	177-1	4/2
3	Andrew BURKHARDT	FR	Rowan-Gloucester (N.J.)	53.46m	175-4	4/14
4	Donovan TYLER	SO	Montgomery-Rockville	48.84m	160-3	3/25
5	William FERDINANDO	FR	Union County (N.J.)	45.19m	148-3	4/8
6	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	43.65m	143-2	4/14
7	Daniel USHER	FR	Howard (Md.) CC	42.60m	139-9	3/18
8	Joseph LYONS	FR	Springfield Tech CC	40.03m	131-4	4/15

NORTHEAST

1	Loukis FILLIPPOU	FR	Queensborough (N.Y.) C	49.54m	162-6	3/31
2	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	39.03m	128-0	4/14
3	Conor HARRIGAN	FR	Finger Lakes (N.Y.) CC	38.90m	127-7	4/14
4	Billy CROMARTIE	SO	Onondaga (N.Y.) CC	38.47m	126-2	4/14
5	Ben MORTAS	FR	Onondaga (N.Y.) CC	36.92m	121-1	4/9
6	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	36.91m	121-1	4/14
7	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	36.84m	120-10	4/9
8	Patrick SMITH-LABOMBARD	SO	Finger Lakes (N.Y.) CC	35.07m	115-0	4/14



2017 Outdoor Track & Field, Week #3

Men's Decathlon

CENTRAL

1	Eric ELLEFSON	FR	Harper (Ill.)	4,314	3/31
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EAST

1	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	4,739	4/14
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2017 Outdoor Track & Field, Week #3

Women's 100 Meters

CENTRAL

1	Ashley PROKSA	SO	Harper (Ill.)	12.69w	(7.0)	4/14
2	Siahn CORREA	FR	Triton	12.87	()	4/14
3	Shermire COTTLE	FR	CC of Philadelphia (Pa.)	13.28	(1.8)	3/31
4	Dhama MARTIN- DEL CAMPO	FR	Triton	15.65	(1.9)	4/1
5	Starr DUNBAR	FR	CC of Philadelphia (Pa.)	16.75w	(3.5)	4/8

EAST

1	Mary FODAY	FR	Prince George's (Md.) C	12.09	(1.9)	4/8
2	Ebinama GLORY	FR	Howard (Md.) CC	12.74	()	3/31
3	Andriana HIGGINS	SO	Roxbury CC	12.89	(-0.7)	4/7
4	Alyssa MORAN	FR	Montgomery-Rockville	12.96	(1.4)	4/14
4	Druex COLLINS	SO	Prince George's (Md.) C	12.96	(1.8)	4/8
6	Jade ZHANG	FR	Montgomery-Rockville	13.28w	(2.6)	4/8
7	Taaj CLARK	FR	Howard (Md.) CC	13.61w	(5.2)	4/8
8	Kimberly STAMETS	FR	Montgomery-Rockville	13.67	(0.4)	3/25

NORTHEAST

1	Tasmere LEE	SO	Suffolk County (N.Y.) CC	12.63	(2.1)	4/7
2	Tymaiah HARPER	FR	Onondaga (N.Y.) CC	12.99	(2.2)	4/9
2	Tanisha WITTER	FR	Kingsborough (N.Y.) CC	12.99	(0.9)	4/8
4	Shenieka GRAY	SO	Mohawk Valley (N.Y.) CC	13.09w	(5.7)	4/15
5	Taylor FIGUEROA	FR	Queensborough (N.Y.) C	13.14	(1.9)	4/14
6	Casey PEDONE	FR	Suffolk County (N.Y.) CC	13.16	()	4/14
7	Marissa JONES	SO	Mohawk Valley (N.Y.) CC	13.23	(0.1)	4/2
8	Sharina TAPPIN	SO	Queensborough (N.Y.) C	13.31	(2.0)	4/14



2017 Outdoor Track & Field, Week #3

Women's 200 Meters

CENTRAL

1	Ashley PROKSA	SO	Harper (Ill.)	26.69w	(2.9)	4/14
2	Siahn CORREA	FR	Triton	27.20w	(3.7)	4/14
3	Shermire COTTLE	FR	CC of Philadelphia (Pa.)	27.60w	(2.6)	3/31
4	Maya MASON	FR	Harper (Ill.)	27.98	()	2/4
5	Mairacely FIGUEROA	FR	Triton	28.61	()	2/18
6	Leslie PALACIOS	FR	Triton	29.41	()	2/18

EAST

1	Mary FODAY	FR	Prince George's (Md.) C	25.98	(-0.8)	4/15
2	Ebinama GLORY	FR	Howard (Md.) CC	26.30	(-0.3)	3/18
3	Alyssa MORAN	FR	Montgomery-Rockville	26.80w	(3.6)	4/8
4	Hannah WHITE	FR	Prince George's (Md.) C	27.18w	(4.0)	4/8
5	Kimberly STAMETS	FR	Montgomery-Rockville	27.21w	(2.7)	4/8
6	Jade ZHANG	FR	Montgomery-Rockville	27.47	(0.0)	4/15
7	Ashley WILSON	FR	Prince George's (Md.) C	27.58	(-1.7)	4/15

NORTHEAST

1	Tatyana MILLS	SO	Kingsborough (N.Y.) CC	23.74w	(3.9)	4/15
2	Shantal ROUSE	FR	Kingsborough (N.Y.) CC	24.96	()	2/17
3	Thea GENERAL	SO	Kingsborough (N.Y.) CC	25.78	()	2/26
4	Marissa JONES	SO	Mohawk Valley (N.Y.) CC	26.27w	(5.6)	4/15
5	Sabrina PHILIPPE	SO	Nassau (N.Y.) CC	26.50	(-0.1)	4/14
6	Tasmere LEE	SO	Suffolk County (N.Y.) CC	27.21	(1.3)	4/7
7	Tymaiah HARPER	FR	Onondaga (N.Y.) CC	27.54	(1.7)	4/9
8	Lauren WANGENSTEIN	SO	Suffolk County (N.Y.) CC	27.59	()	3/25



2017 Outdoor Track & Field, Week #3

Women's 400 Meters

CENTRAL

1	Mairacely FIGUEROA	FR	Triton	1:01.92	4/14
2	Michalina SZELAZEK	FR	Triton	1:05.66	2/18
3	Leslie PALACIOS	FR	Triton	1:07.01	2/10
7	Jazmin CARRASCO	FR	Harper (Ill.)	1:17.95	4/14

EAST

1	Kimberly STAMETS	FR	Montgomery-Rockville	1:01.96	4/15
2	Ebinama GLORY	FR	Howard (Md.) CC	1:02.14	3/18
3	Taaj CLARK	FR	Howard (Md.) CC	1:06.66	3/25
4	Dien JENKINS	FR	Howard (Md.) CC	1:06.95	3/18
5	Djamila ZANGRE	FR	Montgomery-Rockville	1:06.97	4/8
6	Jerminah JOSEPH	SO	Montgomery-Rockville	1:11.79	3/25

NORTHEAST

1	Tatyana MILLS	SO	Kingsborough (N.Y.) CC	54.09	3/30
2	Shantal ROUSE	FR	Kingsborough (N.Y.) CC	58.11	2/26
3	Thea GENERAL	SO	Kingsborough (N.Y.) CC	58.42	2/3
4	Marissa JONES	SO	Mohawk Valley (N.Y.) CC	58.66	4/9
5	Sabrina PHILIPPE	SO	Nassau (N.Y.) CC	1:00.91	2/5
7	Allison LENOX	FR	CCRI	1:02.14	2/10
8	Lauren WANGENSTEIN	SO	Suffolk County (N.Y.) CC	1:04.84	4/7



2017 Outdoor Track & Field, Week #3

Women's 800 Meters

CENTRAL

1	Dianne BARAJAS	FR	Harper (Ill.)	2:21.02	4/14
2	Natalie COOK	FR	Harper (Ill.)	2:25.34	3/31
3	Melissa RODRIGUEZ	FR	Harper (Ill.)	2:28.88	4/14
5	Michalina SZELAZEK	FR	Triton	2:36.37	3/3
6	Sondra MACNEAL	FR	Thaddeus Stevens	2:37.42	3/25
7	Victoria MARTIN DEL CAMPO	SO	Triton	2:47.13	2/10

EAST

1	Kate Rose TURLIK	FR	Montgomery-Rockville	2:33.82	4/8
2	Brenda ROSAS	SO	Howard (Md.) CC	2:39.84	3/25
3	Justine CONCA	FR	Bergen (N.J.) CC	2:39.88	4/8
4	Jessica REYES	FR	Bergen (N.J.) CC	2:44.16	4/14
5	Jasmine GARRETT	FR	Montgomery-Rockville	2:45.30	4/1
6	Margret NILAND	SO	Howard (Md.) CC	2:47.79	1/28
7	Julia COREAS	FR	Montgomery-Rockville	3:09.29	4/15
8	Amanda DURAN	SO	Bergen (N.J.) CC	3:10.59	4/8

NORTHEAST

1	Ajani BETHEL-NURSE	SO	Kingsborough (N.Y.) CC	2:21.78 OT	3/3
2	Marissa JONES	FR	Mohawk Valley (N.Y.) CC	2:23.62	2/18
3	Tristynn MERCEDES	SO	Nassau (N.Y.) CC	2:30.97	3/25
4	Sabrina PHILIPPE	SO	Nassau (N.Y.) CC	2:33.47	4/14
5	Jessica HUNSUCKER	FR	Suffolk County (N.Y.) CC	2:38.60	3/25
6	Kristen SLATE	FR	Mohawk Valley (N.Y.) CC	2:39.91	4/15
7	Chyanna BERNIER	FR	Herkimer County (N.Y.)	2:41.98	4/14
8	Cameron HEANEY	FR	FIT (N.Y.)	2:44.13	4/8



2017 Outdoor Track & Field, Week #3

Women's 1500 Meters

CENTRAL

1	Dianne BARAJAS	SO	Harper (Ill.)	4:48.71c	1:11.81(1)	2/10
2	Natalie COOK	FR	Harper (Ill.)	5:05.27		4/8
3	Ali GUTT	SO	Harper (Ill.)	5:11.23		4/8
6	Michalina SZELAZEK	FR	Triton	5:30.80c	1:57.27(1)	2/10

EAST

1	Justine CONCA	FR	Bergen (N.J.) CC	5:29.92		3/31
2	Margret NILAND	SO	Howard (Md.) CC	5:32.41c	1:59.01(1)	1/28
3	Jasmine GARRETT	FR	Montgomery-Rockville	5:34.48		4/1
4	Brenda ROSAS	SO	Howard (Md.) CC	5:35.83		3/18
5	Jessica REYES	FR	Bergen (N.J.) CC	6:08.98		4/8
6	Jessica HARRIS	FR	Massasoit (Mass.) CC	6:12.48		3/24
7	Amanda DURAN	SO	Bergen (N.J.) CC	6:20.14		3/31

NORTHEAST

1	Ajani BETHEA-NURSE	SO	Kingsborough (N.Y.) CC	5:09.55		4/8
2	Chyanna BERNIER	FR	Herkimer County (N.Y.)	5:21.06		4/14
3	Nancy VASQUEZ	FR	Nassau (N.Y.) CC	5:25.91		3/25
4	Cameron HEANEY	FR	FIT (N.Y.)	5:28.65		4/14
5	Carolyn PECK	FR	Mohawk Valley (N.Y.) CC	5:41.27		4/15
6	Krystina GEORGE	FR	FIT (N.Y.)	5:50.96		3/25
7	Alanna JONES	FR	FIT (N.Y.)	5:57.78		3/25



2017 Outdoor Track & Field, Week #3

Women's Steeplechase

CENTRAL

1	Michalina SZELAZEK	FR	Triton	14:20.90	4/14
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NORTHEAST

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	12:05.37	4/9
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2	Vanessa MICKALONIS	SO	FIT (N.Y.)	14:16.77	4/8
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3	Krystina GEORGE	FR	FIT (N.Y.)	15:00.61	4/8
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2017 Outdoor Track & Field, Week #3

Women's 5000 Meters

CENTRAL

1	Dianne BARAJAS	SO	Harper (Ill.)	18:21.53	3/3
2	Breanna BOGUCKI	FR	Harper (Ill.)	20:08.48	3/3

EAST

1	Margret NILAND	FR	Howard (Md.) CC	21:05.17	3/31
2	Brenda ROSAS	SO	Howard (Md.) CC	21:33.21	3/31
3	Amanda DURAN	SO	Bergen (N.J.) CC	22:55.46	3/25
4	Melissa DURAN	SO	Bergen (N.J.) CC	23:50.66	4/14
5	Jessica REYES	FR	Bergen (N.J.) CC	24:52.64	3/31

NORTHEAST

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	20:23.59	4/9
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2017 Outdoor Track & Field, Week #3

Women's 10,000 Meters

CENTRAL

1	Breanna BOGUCKI	FR	Harper (Ill.)	42:07.43	4/8
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EAST

1	Justine CONCA	FR	Bergen (N.J.) CC	41:48.54	3/31
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NORTHEAST

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	40:43.18	4/14
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2017 Outdoor Track & Field, Week #3

Women's 100 Meter Hurdles

CENTRAL

1	Leslie PALACIOS	FR	Triton	17.16	(1.7)	4/1
2	Maya MASON	FR	Harper (Ill.)	17.95w	(4.0)	4/14

EAST

1	Andriana HIGGINS	SO	Roxbury CC	15.47	(-0.4)	4/7
2	Abigail CHRZANOWSKI	SO	Rowan-Gloucester (N.J.)	17.92	(2.1)	4/14

NORTHEAST

1	Tanisha WITTER	FR	Kingsborough (N.Y.) CC	17.38	()	3/25
2	Victoria ANDERSON	FR	CCRI	17.43	(-0.2)	4/15
3	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	17.78	(2.4)	4/9
4	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	18.17	(2.1)	4/14
5	Kaitlyn ABREU	FR	Nassau (N.Y.) CC	18.25	()	3/25
6	Angie HEMMINGS	SO	Sullivan County (N.Y.) CC	18.90	(0.9)	3/31
7	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	19.59	(1.0)	4/9
8	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	19.82	(1.9)	4/14



2017 Outdoor Track & Field, Week #3

Women's 400 Meter Hurdles

CENTRAL

1	Leslie PALACIOS	FR	Triton	1:12.06	4/14
2	Mairacely FIGUEROA	FR	Triton	1:12.85	4/14
3	Michalina SZELAZEK	FR	Triton	1:15.61	4/14

EAST

1	Abigail CHRZANOWSKI	SO	Rowan-Gloucester (N.J.)	1:10.41	4/14
2	Andriana HIGGINS	SO	Roxbury CC	1:14.83	4/15

NORTHEAST

1	Angie HEMMINGS	SO	Sullivan County (N.Y.) CC	1:13.24	3/31
2	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	1:14.21	4/14
3	Victoria ANDERSON	FR	CCRI	1:14.91	4/15
4	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	1:16.87	4/9
5	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	1:21.34	4/2
6	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	1:29.82	4/2
7	Emily AHRENS	FR	Onondaga (N.Y.) CC	1:29.83	4/14



2017 Outdoor Track & Field, Week #3

Women's 4x100 Relay

CENTRAL

1	Harper (Ill.)	53.10	4/14
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EAST

1	Prince George's (Md.) C	50.00	4/15
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2	Montgomery-Rockville	51.89	3/25
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3	Bergen (N.J.) CC	1:00.98	3/31
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NORTHEAST

1	Kingsborough (N.Y.) CC	49.54	3/30
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2	Suffolk County (N.Y.) CC	50.76	4/14
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3	Mohawk Valley (N.Y.) CC	53.46	4/9
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4	Queensborough (N.Y.) C	58.12	4/8
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5	Herkimer County (N.Y.)	1:02.71	4/14
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2017 Outdoor Track & Field, Week #3

Women's 4x400 Relay

CENTRAL

1	Harper (Ill.)	4:17.76	4/14
2	Triton	4:18.43	4/14

EAST

1	Prince George's (Md.) C	4:20.83	4/1
2	Montgomery-Rockville	4:28.24	4/8
3	Howard (Md.) CC	4:32.98	3/25

NORTHEAST

1	Kingsborough (N.Y.) CC	3:49.49	2/10
2	Suffolk County (N.Y.) CC	4:35.76	3/31
3	FIT (N.Y.)	4:45.51	4/8



2017 Outdoor Track & Field, Week #3

Women's 4x800 Relay

CENTRAL

1	Harper (Ill.)	9:40.48	4/14
2	Triton	10:50.34	4/14

EAST

1	Bergen (N.J.) CC	11:34.27	4/14
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NORTHEAST

1	Kingsborough (N.Y.) CC	11:10.99	4/14
2	FIT (N.Y.)	11:41.81	3/25



2017 Outdoor Track & Field, Week #3

Women's High Jump

CENTRAL

1	Bobbie BUERER	SO	Harper (Ill.)	1.32m	4-4	2/17
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NORTHEAST

1	Bethany CRUZ	SO	Suffolk County (N.Y.) CC	1.50m	4-11	3/25
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2	Courtney SHERRY	FR	Mohawk Valley (N.Y.) CC	1.49m	4-10½	4/15
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3	Sharina TAPPIN		Queensborough (N.Y.) C	1.35m	4-5	2/11
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2017 Outdoor Track & Field, Week #3

Women's Pole Vault

EAST

1	Camille CALUPAD	SO	Bergen (N.J.) CC	2.65m	8-8½	3/25
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NORTHEAST

1	Rachel GRUPP	SO	Suffolk County (N.Y.) CC	2.45m	8-½	3/31
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2017 Outdoor Track & Field, Week #3

Women's Long Jump

CENTRAL

1	Ashley PROKSA	SO	Harper (Ill.)	5.25m	17-2½ ()	4/14
2	Shermire COTTLE	FR	CC of Philadelphia (Pa.)	4.75mw	15-7 (3.3)	4/8
3	Mairacely FIGUEROA	FR	Triton	4.62m	15-2 ()	3/3
4	Nancy LEINWANDER	SO	Harper (Ill.)	4.31m	14-1½ ()	2/17

EAST

1	Alyssa MORAN	FR	Montgomery-Rockville	5.29m	-4¼ (-2.4)	4/1
2	Nisheil FORBES	SO	Prince George's (Md.) C	4.61m	-1½ (-0.3)	4/1
3	Ashley WILSON	FR	Prince George's (Md.) C	4.34m	4-3 (-0.8)	4/1
4	Faega FOSTOK	FR	Bergen (N.J.) CC	3.74m	2-3¾ (2.2)	4/14
5	Deja HOUSTON	SO	Massasoit (Mass.) CC	3.56m	-8¼ (-1.7)	4/2

NORTHEAST

1	Tatyana MILLS	SO	Kingsborough (N.Y.) CC	5.43m	2-9¾ (2.5)	4/8
2	Casey PEDONE	FR	Suffolk County (N.Y.) CC	5.17mw	11½ (2.8)	4/14
3	Shantal ROUSE	FR	Kingsborough (N.Y.) CC	4.84m	15-10½ ()	2/17
4	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	4.70m	15-5 (1.4)	4/14
5	Sharina TAPPIN	SO	Queensborough (N.Y.) C	4.69m	1-4¾ (1.0)	3/31
6	Kaylah WILLIAMS	FR	Suffolk County (N.Y.) CC	4.46m	1-7¾ (0.0)	4/14
8	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	4.40m	1-5¾ (2.0)	4/14



2017 Outdoor Track & Field, Week #3

Women's Triple Jump

EAST

1	Ashley WILSON	FR	Prince George's (Md.) C	10.17m	33-4½ ()	4/8
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NORTHEAST

1	Sharina TAPPIN	SO	Queensborough (N.Y.) C	10.22m	33-6½ ()	2/26
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2	Kaylah WILLIAMS	FR	Suffolk County (N.Y.) CC	10.19m	33-5¼ (0.2)	3/31
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3	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	9.77m	32-¼ (0.6)	4/14
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2017 Outdoor Track & Field, Week #3

Women's Shot Put

CENTRAL

1	Mary SAITTA	SO	Harper (Ill.)	9.95m	32-7%	3/31
2	Bobbie BUERER	SO	Harper (Ill.)	8.95m	29-4%	2/10

EAST

1	Justina ABABIO	FR	Montgomery-Rockville	11.24m	36-10%	3/25
2	Devon NEALER	SO	Rowan-Gloucester (N.J.)	10.81m	35-5%	3/31
3	Katherine HELEWA	FR	Bergen (N.J.) CC	10.10m	33-1%	4/8
4	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	9.75m	32-0	4/14
5	Brielle FENNELL	SO	Middlesex County (N.J.)	9.07m	29-9%	4/8
6	Brenda DIAZ	SO	Union County (N.J.)	8.82m	28-11%	4/14
7	Maitreya BIRD-WALKER	FR	Howard (Md.) CC	8.32m	27-3%	3/25
8	Gina CONTE	FR	Middlesex County (N.J.)	8.20m	26-11	4/1

NORTHEAST

1	Keziann JONES	SO	Kingsborough (N.Y.) CC	12.43m	40-9%	3/3
2	Gariele EMERAN		Queensborough (N.Y.) C	10.02m	32-10%	2/11
3	Zaria HANKINS	FR	Mohawk Valley (N.Y.) CC	9.98m	32-9	2/18
4	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	9.05m	29-8%	4/2
5	Giovanna CIOCIA	FR	Suffolk County (N.Y.) CC	8.28m	27-2	4/14
6	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	8.09m	26-6%	4/9
7	Kayla BUTLER	SO	Mohawk Valley (N.Y.) CC	8.06m	26-5%	2/18
8	Holly BJALME-EVANS	SO	FIT (N.Y.)	7.85m	25-9%	4/14



2017 Outdoor Track & Field, Week #3

Women's Discus

CENTRAL

1	Mary SAITTA	SO	Harper (Ill.)	30.37m	99-7%	3/31
2	Bobbie BUERER	SO	Harper (Ill.)	26.14m	85-9%	4/14
3	Nancy LEINWANDER	SO	Harper (Ill.)	24.51m	80-5	4/14
4	Michalina SZELAZEK	FR	Triton	16.45m	53-11%	4/14

EAST

1	Justina ABABIO	FR	Montgomery-Rockville	35.39m	116-1	4/8
2	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	30.78m	101-0	4/8
3	Sarina WATSON	FR	Rowan-Gloucester (N.J.)	30.59m	100-4	3/31
4	Devon NEALER	SO	Rowan-Gloucester (N.J.)	28.95m	94-11%	4/14
5	Katherine HELEWA	FR	Bergen (N.J.) CC	25.74m	84-5%	4/8
6	Brielle FENNELL	SO	Middlesex County (N.J.)	22.02m	72-3	4/14
7	Gina CONTE	FR	Middlesex County (N.J.)	21.26m	69-9	4/1
8	Maitreya BIRD-WALKER	FR	Howard (Md.) CC	19.98m	65-6%	3/31

NORTHEAST

1	Keziann JONES	SO	Kingsborough (N.Y.) CC	34.83m	114-3	4/8
2	Gariele EMERAN	FR	Queensborough (N.Y.) C	26.51m	86-11%	4/14
3	Marissa LAWRENCE	SO	Mohawk Valley (N.Y.) CC	25.01m	82-¾	4/9
4	Leeza THEODORE	FR	Queensborough (N.Y.) C	22.45m	73-8	4/14
5	Jaclyn KELLER	SO	FIT (N.Y.)	20.97m	68-9%	4/14
6	Charlotte COLLINS	FR	FIT (N.Y.)	20.27m	66-6	3/31
7	Autumn THIELE	FR	Sullivan County (N.Y.) CC	18.97m	62-3	3/31
8	Holly BJALME-EVANS	SO	FIT (N.Y.)	18.72m	61-5	4/8



2017 Outdoor Track & Field, Week #3

Women's Hammer

CENTRAL

1	Bobbie BUERER	SO	Harper (Ill.)	35.16m	115-4	4/14
2	Mary SAITTA	SO	Harper (Ill.)	30.18m	99-¾	4/8
3	Maya MASON	FR	Harper (Ill.)	26.71m	87-7½	4/14

EAST

1	Devon NEALER	SO	Rowan-Gloucester (N.J.)	31.07m	101-11	4/8
2	Brielle FENNELL	SO	Middlesex County (N.J.)	28.58m	93-9½	4/14
3	Sarina WATSON	FR	Rowan-Gloucester (N.J.)	21.17m	69-5½	4/14

NORTHEAST

1	Keziann JONES	SO	Kingsborough (N.Y.) CC	47.05m	154-4	4/14
2	Kayla BUTLER	FR	Mohawk Valley (N.Y.) CC	30.45m	99-11	4/15
3	Gariele EMERAN	FR	Queensborough (N.Y.) C	26.69m	87-6½	4/8
4	Star CORDICE	SO	Kingsborough (N.Y.) CC	26.48m	86-10½	4/8
5	Zaria HANKINS	SO	Mohawk Valley (N.Y.) CC	24.40m	80-¾	4/2
6	Brittney BENSON	FR	Queensborough (N.Y.) C	17.97m	58-11½	4/8
7	Tarynna FITZPATRICK	SO	Herkimer County (N.Y.)	14.77m	48-5½	4/14
8	Jessica WIEGAND	FR	Herkimer County (N.Y.)	14.01m	45-11½	4/9



2017 Outdoor Track & Field, Week #3

Women's Javelin

CENTRAL

1	Michalina SZELAZEK	FR	Triton	29.73m	97-6½	4/14
2	Mary SAITTA	SO	Harper (Ill.)	26.45m	86-9½	3/25
3	Bobbie BUERER	SO	Harper (Ill.)	26.15m	85-9½	4/14
4	Mairacely FIGUEROA	FR	Triton	22.68m	74-5	4/14

EAST

1	Gina CONTE	FR	Middlesex County (N.J.)	34.09m	111-10	4/8
2	Catherine DUNN	FR	Rowan-Gloucester (N.J.)	30.44m	99-10½	4/14
3	Devon NEALER	SO	Rowan-Gloucester (N.J.)	28.20m	92-6½	4/14
4	Maitreya BIRD-WALKER	FR	Howard (Md.) CC	23.62m	77-6	3/25
5	Brenda DIAZ	SO	Union County (N.J.)	21.53m	70-7½	3/25
6	Paige KRESSLEY	FR	Rowan-Gloucester (N.J.)	19.96m	65-6	3/31
7	Camille CALUPAD	SO	Bergen (N.J.) CC	18.63m	61-1½	4/8
8	Ayesha NASIR	SO	Howard (Md.) CC	17.36m	56-11½	3/31

NORTHEAST

1	Keziann JONES	SO	Kingsborough (N.Y.) CC	33.33m	109-4	4/8
2	Courtney SHERRY	FR	Mohawk Valley (N.Y.) CC	24.44m	80-2½	4/15
3	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	24.31m	79-9½	4/9
4	Zaria HANKINS	SO	Mohawk Valley (N.Y.) CC	23.34m	76-7	4/15
5	Leeza THEODORE	FR	Queensborough (N.Y.) C	19.77m	64-10½	3/31
6	Marissa LAWRENCE	SO	Mohawk Valley (N.Y.) CC	19.59m	64-3½	4/15
7	Kaylaann HALL	SO	FIT (N.Y.)	19.24m	63-1½	4/8
8	Gariele EMERAN	FR	Queensborough (N.Y.) C	16.41m	53-10½	3/31