



2017 Outdoor Track & Field, Week #5

Men's 100 Meters

CENTRAL

1	Michael HOLLAND	SO	Valley Forge Military (Pa)	11.25	(-0.4)	4/28
2	Kole LONGSWORTH	FR	Harper (Ill.)	11.29w	(3.4)	4/14
3	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	11.34	(0.0)	3/25
4	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	11.36	(1.0)	3/31
5	Edward DENNIS	FR	Valley Forge Military (Pa)	11.46	(1.6)	4/28
6	Anthony WILLIAMS	SO	Triton	11.47w	(5.7)	4/14
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
5	Justin LEONARD	FR	Montgomery-Rockville	11.43w	(4.4)	4/29
7	Aderinsola DAYO-OTEKUNRIN	SO	Howard (Md.) CC	11.45	(1.7)	4/29
8	Mike KELLER	SO	Rowan-Gloucester (N.J.)	11.48w	(6.1)	4/8

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	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	11.32	(1.2)	4/22
6	Kohei SHIBATA	FR	Mohawk Valley (N.Y.) CC	11.34w	(3.9)	4/15
7	Shane TOBEE	FR	Nassau (N.Y.) CC	11.35	(1.6)	4/28
8	Joshua LINSTER	SO	Nassau (N.Y.) CC	11.46	(1.0)	4/8



2017 Outdoor Track & Field, Week #5

Men's 200 Meters

CENTRAL

1	Michael HOLLAND	SO	Valley Forge Military (Pa)	22.85	(0.4)	4/28
2	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	22.87	(-1.0)	3/25
3	Kole LONGSWORTH	FR	Harper (Ill.)	23.22w	(3.9)	4/14
3	David NIXON	FR	CC of Philadelphia (Pa.)	23.22	(2.1)	4/8
5	Dwayne JR.	SO	Harper (Ill.)	23.32w	(3.7)	4/22
6	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	23.48	(2.2)	3/31
7	Danny GEARY	FR	Harper (Ill.)	23.60	(1.3)	4/8
8	Edward DENNIS	FR	Valley Forge Military (Pa)	23.73	(0.6)	4/28

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	Jared NICHOLAS	FR	Rowan-Gloucester (N.J.)	22.66	(0.8)	4/28
4	Brian DONNA	SO	Roxbury CC	22.70	()	1/27
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	Noah AUSTIN	SO	Rowan-Gloucester (N.J.)	23.17	(1.9)	4/28
8	Justin LEONARD	FR	Montgomery-Rockville	23.22	(0.9)	4/29

NORTHEAST

1	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	21.59	(0.0)	4/15
1	Malik JOHN	SO	Kingsborough (N.Y.) CC	21.59	(1.7)	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	Shane TOBEE	FR	Nassau (N.Y.) CC	23.22	(1.4)	4/22
8	J'Son HOBSON	SO	Suffolk County (N.Y.) CC	23.23	()	3/25
8	Jordan BROWN	FR	Nassau (N.Y.) CC	23.23	(0.8)	4/14



2017 Outdoor Track & Field, Week #5

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	Lenner BROWN	FR	Triton	53.43	4/22
5	Eric ELLEFSON	FR	Harper (Ill.)	54.07	4/14
6	Marshall DRUMMOND	SO	CC of Philadelphia (Pa.)	54.79	3/25
7	Alan PRADO	FR	Triton	55.13	4/1

EAST

1	Brian DONNA	FR	Roxbury CC	49.10	4/29
2	Ari WILSON	FR	Prince George's (Md.) C	50.73	4/15
3	Eddie BARRETO	FR	Roxbury CC	51.23	2/10
4	Mike KELLER	SO	Rowan-Gloucester (N.J.)	51.69	3/25
5	Kendall BELSER	FR	Howard (Md.) CC	52.35	4/8
6	Baladji DIAKITE	FR	Prince George's (Md.) C	52.82	4/22
7	Daivon CRAWFORD	FR	Union County (N.J.)	53.64	4/8
8	Josh CAPISTRANO	SO	Union County (N.J.)	53.97	3/31

NORTHEAST

1	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	49.03	3/23
2	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	50.13	4/21
3	Anija ADDISON	SO	Kingsborough (N.Y.) CC	50.30	2/17
5	Miles JAMES	FR	Finger Lakes (N.Y.) CC	50.68	4/29
6	Michael WARCHOL	FR	Mohawk Valley (N.Y.) CC	51.74	4/18
7	Justin LUCIER	FR	CCRI	51.75	4/15
8	Joshua THOMPSON	SO	Onondaga (N.Y.) CC	52.08	4/14



2017 Outdoor Track & Field, Week #5

Men's 800 Meters

CENTRAL

1	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	2:02.96	2/10
2	Ray REYES	FR	Thaddeus Stevens	2:03.15	4/22
3	Scott WILLIAMS	FR	Harper (Ill.)	2:04.61	4/14
4	Alan PRADO	FR	Triton	2:09.44	4/22
5	David KNOTTNERUS	FR	Harper (Ill.)	2:12.14	2/17
7	Trevor CURCIO	FR	Triton	2:22.21	4/1

EAST

1	Noah AUSTIN	SO	Rowan-Gloucester (N.J.)	1:59.71	4/21
2	Christy ANDJALEPOU	FR	Prince George's (Md.) C	1:59.87	4/15
3	Ernest LONG	SO	Montgomery-Rockville	2:00.68	4/29
4	James KENNEDY	FR	Rowan-Gloucester (N.J.)	2:00.82	4/21
5	Corey YOUNG	SO	Howard (Md.) CC	2:02.49	2/4
6	Ryan CLOCKER	FR	Howard (Md.) CC	2:02.77	4/29
7	Muhammed JAWNEH	SO	Middlesex County (N.J.)	2:04.60	4/28
8	Michael MUSAMBI	SO	Howard (Md.) CC	2:04.70	4/29

NORTHEAST

1	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	1:56.59	4/21
2	Anija ADDISON	SO	Kingsborough (N.Y.) CC	1:56.83	4/15
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	Cristian FIGUEROA	FR	CCRI	2:01.99	4/22
7	Kenneth BURDICK	SO	Mohawk Valley (N.Y.) CC	2:03.05	4/9



2017 Outdoor Track & Field, Week #5

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	4:29.57	4/22
8	Horacio GOMEZ-SOTO	SO	Triton	4:56.00	4/14

EAST

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	4:08.25	4/28
2	Ernest LONG	SO	Montgomery-Rockville	4:10.64	4/29
3	Ryan CLOCKER	FR	Howard (Md.) CC	4:13.74	3/25
4	James KENNEDY	FR	Rowan-Gloucester (N.J.)	4:14.36	4/14
5	Corey YOUNG	FR	Howard (Md.) CC	4:16.69	4/21
6	Christy ANDJALEPOU	FR	Prince George's (Md.) C	4:17.63	4/22
7	Mike MAZZEI	FR	Middlesex County (N.J.)	4:18.98	4/28
8	Connor MCGILLICK	SO	Bergen (N.J.) CC	4:20.14	4/28

NORTHEAST

1	Ilya WILSON	FR	Suffolk County (N.Y.) CC	4:12.08	4/28
2	Michael WARCHOL	FR	Mohawk Valley (N.Y.) CC	4:14.18	4/29
3	Eamon SHEERIN	SO	Nassau (N.Y.) CC	4:16.93	4/14
4	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	4:19.52c 4:40.29(1)	2/3
5	Ryan EVANS	SO	Suffolk County (N.Y.) CC	4:19.70	4/21
6	Abshir YEROW	FR	Onondaga (N.Y.) CC	4:22.98	4/14
7	Tim CHAMBERS	FR	CCRI	4:27.82c 4:49.25(1)	1/27
8	Mohamed MOHAMED	FR	Onondaga (N.Y.) CC	4:28.39	4/14



2017 Outdoor Track & Field, Week #5

Men's Steeplechase

CENTRAL

1	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	10:27.59	4/29
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	James KENNEDY	FR	Rowan-Gloucester (N.J.)	10:49.46	4/21
3	Andrew TORNEY	SO	Rowan-Gloucester (N.J.)	11:01.83	4/21
4	Nikko REYES	FR	Bergen (N.J.) CC	11:04.07	4/28
5	Muhammed JAWNEH	SO	Middlesex County (N.J.)	11:42.07	4/14
6	Kacper WROBEL	FR	Bergen (N.J.) CC	12:36.50	4/22
8	Nick MIGUELINO	FR	Howard (Md.) CC	13:02.14	4/8

NORTHEAST

1	Anthony FERNANDEZ	SO	Suffolk County (N.Y.) CC	10:07.35	4/21
2	Paul CHILLO	FR	Kingsborough (N.Y.) CC	10:20.90	4/22
3	Jake BAILEY	FR	Finger Lakes (N.Y.) CC	10:23.74	4/29
4	Ilya WILSON	FR	Suffolk County (N.Y.) CC	10:28.59	4/14
5	Abshir YEROW	FR	Onondaga (N.Y.) CC	10:45.83	4/9
6	Zach WILCOX	FR	Herkimer County (N.Y.)	10:47.47	4/14
7	Dakota CORNEY	SO	Mohawk Valley (N.Y.) CC	10:54.35	4/18
8	Brandon RAWSON	FR	Herkimer County (N.Y.)	10:54.80	4/14



2017 Outdoor Track & Field, Week #5

Men's 5000 Meters

CENTRAL

1	Scott WILLIAMS	FR	Harper (Ill.)	15:54.21	4/22
2	Joseph SWIECH	FR	Harper (Ill.)	16:10.67	4/14
3	Robert DOUGLAS	FR	Harper (Ill.)	16:16.12	3/3

EAST

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	15:47.03	4/21
2	Christopher LOUGHMAN	FR	Bergen (N.J.) CC	16:20.70	4/22
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	Connor MCGILLICK	SO	Bergen (N.J.) CC	16:40.63	4/22
6	Corey YOUNG	FR	Howard (Md.) CC	16:44.58	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	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	16:31.96	4/22
3	Paul CHILLO	FR	Kingsborough (N.Y.) CC	16:33.04	3/25
4	Anthony FERNANDEZ	SO	Suffolk County (N.Y.) CC	16:42.75	4/14
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	SO	Mohawk Valley (N.Y.) CC	17:12.17	4/29



2017 Outdoor Track & Field, Week #5

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
2	Garrett BIRSA	FR	Howard (Md.) CC	39:53.41	4/29

NORTHEAST

1	Abshir YEROW	FR	Onondaga (N.Y.) CC	34:36.93	4/22
2	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	34:45.66	4/14
3	Alec AMBRUSO	FR	Mohawk Valley (N.Y.) CC	34:53.31	4/22
4	Mohamed MOHAMED	FR	Onondaga (N.Y.) CC	36:13.60	4/22
5	Austin CADY	SO	Mohawk Valley (N.Y.) CC	36:18.30	4/22
6	Brady SAN FILIPPO	SO	Mohawk Valley (N.Y.) CC	36:23.03	4/22
7	Kyle HOLMES	FR	Herkimer County (N.Y.)	36:26.28	4/22

**2017 Outdoor Track & Field, Week #5****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	Brian DONNA	FR	Roxbury CC	15.01	(2.0)	4/21
2	Tyler GARLAND	FR	Rowan-Gloucester (N.J.)	15.15	()	4/14
3	Joshua LEGG	FR	Rowan-Gloucester (N.J.)	15.75	()	4/14
4	Muhammad OMBALI	FR	Bergen (N.J.) CC	16.08	(0.9)	4/28
5	Elijah RICHARDSON	SO	Howard (Md.) CC	16.29	(0.0)	3/25
6	Eddy FONG	FR	Massasoit (Mass.) CC	16.57	(1.1)	3/24
6	Eric FREEMAN	SO	Howard (Md.) CC	16.57w	(6.8)	4/8
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	James TIERNEY	FR	Sullivan County (N.Y.) CC	16.05w	(3.3)	4/22
5	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	17.29	(-0.1)	4/22
6	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	18.37	(0.2)	4/29
7	Tyson MCCARROLL	FR	Onondaga (N.Y.) CC	18.55	(1.6)	4/14
8	Timothy HINES	SO	Queensborough (N.Y.) C	18.87	(0.2)	4/23



2017 Outdoor Track & Field, Week #5

Men's 400 Meter Hurdles

CENTRAL

1	Anthony WILLIAMS	SO	Triton	59.99	4/14
2	Ryan DIPIETRO	FR	Harper (Ill.)	1:01.91	4/22
3	Lavdrim AHMETI	FR	Harper (Ill.)	1:09.38	4/14

EAST

1	Brian DONNA	FR	Roxbury CC	54.58	4/21
2	Joshua LEGG	FR	Rowan-Gloucester (N.J.)	56.92	4/28
3	Tyler GARLAND	FR	Rowan-Gloucester (N.J.)	58.50	4/21
4	Elijah RICHARDSON	SO	Howard (Md.) CC	58.78	3/31
5	Julian POLYNICE	FR	Massasoit (Mass.) CC	59.47	4/15
6	Sheldon ROMAN	SO	Montgomery-Rockville	59.68	4/15
7	Shaheed THOMPSON	FR	Bergen (N.J.) CC	1:00.67	4/28
8	Ryan MANESS	FR	Rowan-Gloucester (N.J.)	1:01.40	4/14

NORTHEAST

1	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	56.43	4/21
1	Lincoln ROBINSON	FR	CCRI	56.43	4/15
3	Devon DUNCAN	FR	Queensborough (N.Y.) C	56.95	4/14
4	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	56.99	4/9
5	Daniel VELASQUEZ	FR	Suffolk County (N.Y.) CC	57.34	4/7
6	James TIERNEY	FR	Sullivan County (N.Y.) CC	57.90	3/31
7	Timothy HINES	SO	Queensborough (N.Y.) C	1:01.58	4/23
8	Robert ROBINSON	FR	Kingsborough (N.Y.) CC	1:03.22	4/22



2017 Outdoor Track & Field, Week #5

Men's 4x100 Relay

CENTRAL

1	Harper (Ill.)	43.83	4/14
2	CC of Philadelphia (Pa.)	43.90	4/22
3	Triton	45.61	4/22
4	Valley Forge Military (Pa)	47.02	4/14

EAST

1	Howard (Md.) CC	43.51	4/27
2	Montgomery-Rockville	43.70	4/29
3	Rowan-Gloucester (N.J.)	44.31	4/8
4	Roxbury CC	44.58	4/15
5	Bergen (N.J.) CC	46.32	4/28
6	Union County (N.J.)	46.93	4/28
6	Massasoit (Mass.) CC	46.93	4/22

NORTHEAST

1	Kingsborough (N.Y.) CC	41.54	3/30
2	Nassau (N.Y.) CC	44.81	4/8
3	Queensborough (N.Y.) C	45.26	4/27
4	Suffolk County (N.Y.) CC	45.64	3/31
5	CCRI	45.93	4/22
6	Onondaga (N.Y.) CC	46.01	4/9
7	Herkimer County (N.Y.)	46.80	4/14
8	Finger Lakes (N.Y.) CC	46.81	4/14



2017 Outdoor Track & Field, Week #5

Men's 4x400 Relay

CENTRAL

1	CC of Philadelphia (Pa.)	3:29.16	4/22
2	Triton	3:36.50	4/14
3	Harper (Ill.)	3:36.89	4/22

EAST

1	Prince George's (Md.) C	3:25.79	4/15
2	Howard (Md.) CC	3:27.48	4/27
3	Rowan-Gloucester (N.J.)	3:29.62	4/28
4	Montgomery-Rockville	3:34.05	4/29
5	Union County (N.J.)	3:37.93	4/22
6	Bergen (N.J.) CC	3:43.72	4/28

NORTHEAST

1	Kingsborough (N.Y.) CC	3:13.90	4/27
2	Nassau (N.Y.) CC	3:31.66	1/27
3	Onondaga (N.Y.) CC	3:33.49	4/14
4	Queensborough (N.Y.) C	3:34.47	4/23
5	CCRI	3:36.86	4/22
6	Mohawk Valley (N.Y.) CC	3:39.01	4/29
7	Suffolk County (N.Y.) CC	3:40.22	4/14
8	Herkimer County (N.Y.)	3:48.56	4/14



2017 Outdoor Track & Field, Week #5

Men's 4x800 Relay

EAST

1	Rowan-Gloucester (N.J.)	8:18.18	4/5
2	Bergen (N.J.) CC	8:40.89	4/14

NORTHEAST

1	Kingsborough (N.Y.) CC	8:01.88	4/8
2	Queensborough (N.Y.) C	8:46.93	4/23
3	Suffolk County (N.Y.) CC	9:17.32	3/25
4	Finger Lakes (N.Y.) CC	9:37.93	4/29



2017 Outdoor Track & Field, Week #5

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	Jalen MICKLES	FR	Rowan-Gloucester (N.J.)	1.80m	5-10%	4/28
4	Nolan RICE	FR	Northern Essex (Mass.)	1.80m	5-10%	4/15
6	Tariq LACOURT	FR	Bergen (N.J.) CC	1.75m	5-8%	4/28
7	Maxwell ZELLER-FING	FR	Howard (Md.) CC	1.73m	5-8	2/4
8	Aaron SOUZA		Howard (Md.) CC	1.68m	5-6	3/4

NORTHEAST

1	Malik BRIGGS	FR	Herkimer County (N.Y.)	2.00m	6-6%	4/29
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	Michael JAMES	FR	Hostos (N.Y.) CC	1.85m	6-¾	4/22
5	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	1.82m	5-11½	4/22
6	Martin JOHNSON	FR	Suffolk County (N.Y.) CC	1.80m	5-10%	4/28
7	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	1.79m	5-10%	4/22
8	Sean BONNEY	SO	Suffolk County (N.Y.) CC	1.75m	5-8%	3/31
8	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	1.75m	5-8%	2/17
8	Osafo PROFITT	FR	Kingsborough (N.Y.) CC	1.75m	5-8%	4/8



2017 Outdoor Track & Field, Week #5

Men's Pole Vault

CENTRAL

1	Gustavo ALVAREZ	FR	Triton	4.30m	14-1½	4/22
2	Eric ELLEFSON	FR	Harper (Ill.)	4.20m	13-9½	4/29
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	Georgino CRUZ	FR	Suffolk County (N.Y.) CC	3.95m	12-11½	4/28
2	Steven PHILPOTTS	FR	Mohawk Valley (N.Y.) CC	3.90m	12-9½	1/28
2	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	3.90m	12-9½	4/14
4	Michael BATTIN	SO	Mohawk Valley (N.Y.) CC	2.85m	9-4½	4/29
5	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	2.70m	8-10½	4/22
6	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	2.60m	8-6½	4/22



2017 Outdoor Track & Field, Week #5

Men's Long Jump

CENTRAL

1	Keyshawn BROWN	SO	Harper (Ill.)	6.95m	2-9 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 (0.0)	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	6.95m	2-9 3/4 (0.9)	4/28
2	Jalen MICKLES	FR	Rowan-Gloucester (N.J.)	6.64mw	21-9 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	6.42mw	21-1 1/4 (3.2)	4/29
5	Maxwell ZELLER-FING	SO	Howard (Md.) CC	6.37m	21-0 1/2 (-1.1)	3/25
6	Julian POLYNICE	FR	Massasoit (Mass.) CC	6.26m	20-6 1/2 (1.8)	3/24
7	Kendall BELSER		Howard (Md.) CC	6.21m	20-4 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	23-6 1/4 (2.4)	4/9
2	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	6.77mw	22-2 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	21-8 3/4 (0.0)	4/8
5	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	6.58m	21-7 1/4 (0.0)	3/23
6	Malik BRIGGS	FR	Herkimer County (N.Y.)	6.55m	21-6 (0.0)	4/29
7	Micah ASSIBEY-BONSU	SO	Suffolk County (N.Y.) CC	6.40m	21-0 (-0.4)	4/7
8	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	6.24m	20-5 1/4 ()	2/26



2017 Outdoor Track & Field, Week #5

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	13.58mw	1-6¾ (3.5)	4/28
2	Maxwell ZELLER-FING	SO	Howard (Md.) CC	13.05m	1-9¾ (1.5)	4/29
3	Jalen MICKLES	FR	Rowan-Gloucester (N.J.)	12.59m	-3¼ (-0.6)	3/25
4	Elijah CROUCH	SO	Rowan-Gloucester (N.J.)	12.29m	40-4 (1.1)	3/4
5	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	11.75m	1-6¾ (1.7)	3/31
6	Syed MAHMOOD	FR	Bergen (N.J.) CC	11.53m	7-10 (1.0)	3/25
7	Liam BRENNAN	SO	Massasoit (Mass.) CC	11.24m	10½ (-2.1)	4/2
8	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	Joshua LINSTER	SO	Nassau (N.Y.) CC	13.40m	11¼ (2.2)	4/28
4	Malik HINDS	SO	Suffolk County (N.Y.) CC	13.38m	10¾ (0.4)	3/31
5	Andrew HINES	FR	Onondaga (N.Y.) CC	13.34mw	1-9¾ (3.2)	4/14
6	Tyson MCCARROLL	FR	Onondaga (N.Y.) CC	12.64m	41-5¾ ()	2/11
7	Georgino CRUZ	FR	Suffolk County (N.Y.) CC	11.88m	11¼ (1.5)	4/28
8	Emilio PENA	FR	Hostos (N.Y.) CC	11.86m	38-11 ()	4/22



2017 Outdoor Track & Field, Week #5

Men's Shot Put

CENTRAL

1	Nafis DAVIS	SO	Valley Forge Military (Pa)	10.87m	35-8	4/8
2	Brandon BLACKSHEAR	SO	Valley Forge Military (Pa)	9.18m	30-1½	4/21
3	Eric ELLEFSON	FR	Harper (Ill.)	9.06m	29-8¾	3/31
4	Bobby WOS	FR	Harper (Ill.)	8.82m	28-11½	2/17
5	Gustavo ALVAREZ	FR	Triton	7.96m	26-1½	2/18

EAST

1	Daniel USHER	FR	Howard (Md.) CC	15.22m	49-11½	3/25
2	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.)	13.64m	44-9	4/21
3	Donovan TYLER	SO	Montgomery-Rockville	13.05m	42-9¾	4/29
4	Jude MISKO	SO	Rowan-Gloucester (N.J.)	12.99m	42-7½	3/31
5	Connor BEST	FR	Bergen (N.J.) CC	11.89m	39-¾	4/14
6	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.)	11.73m	38-6	4/21
8	Miguel HERNANDEZ	FR	Middlesex County (N.J.)	9.36m	30-8¾	4/22

NORTHEAST

1	Dyjon ADAMS	FR	Nassau (N.Y.) CC	13.35m	43-9¾	4/28
2	Brendan FRANCES	FR	Suffolk County (N.Y.) CC	12.49m	40-11½	4/28
3	Ben MORTAS	FR	Onondaga (N.Y.) CC	11.67m	38-3¾	4/14
4	Thomas RANDALL	FR	Mohawk Valley (N.Y.) CC	11.39m	37-4¾	2/18
5	Wilnick LOUIS		Nassau (N.Y.) CC	11.07m	36-4	2/11
6	Dalton GORINSHEK	SO	Mohawk Valley (N.Y.) CC	10.63m	34-10½	1/28
7	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	9.68m	31-9¾	4/9
7	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	9.68m	31-9¾	2/26



2017 Outdoor Track & Field, Week #5

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	41.78m	137-1	4/28
3	Donovan TYLER	SO	Montgomery-Rockville	39.71m	130-3	4/29
4	Phillip KOMBET	FR	Montgomery-Rockville	37.21m	122-1	4/1
5	Meghrasinh DODIA	FR	Middlesex County (N.J.)	36.82m	120-9	3/25
6	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.)	36.56m	119-11	4/14
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	38.80m	127-3	4/18
2	Brendan FRANCIS	FR	Suffolk County (N.Y.) CC	34.33m	112-7	4/7
3	Ben MORTAS	FR	Onondaga (N.Y.) CC	30.95m	101-6	4/22
4	Jack BRUNDAGE	FR	Finger Lakes (N.Y.) CC	30.76m	100-11	4/29
5	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	29.11m	95-6 1/2	4/22
6	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	26.52m	87-3/4	4/22
8	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	25.46m	83-6 1/2	4/22



2017 Outdoor Track & Field, Week #5

Men's Hammer

EAST

1	Jude MISKO	SO	Rowan-Gloucester (N.J.)	52.61m	172-7	3/31
2	Daniel USHER	FR	Howard (Md.) CC	46.19m	151-6	4/29
3	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.)	41.95m	137-7	4/21
4	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.)	38.26m	125-6	3/31
5	Haseeb SYED	FR	Middlesex County (N.J.)	25.38m	83-3½	4/28
6	John MILLER	SO	Middlesex County (N.J.)	25.23m	82-9½	4/28
7	Miguel HERNANDEZ	FR	Middlesex County (N.J.)	25.16m	82-6½	4/14

NORTHEAST

1	Thomas RANDALL	SO	Mohawk Valley (N.Y.) CC	34.42m	112-11	4/29
2	Brandon TYSON	FR	Herkimer County (N.Y.)	27.23m	89-4	4/22
3	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	27.21m	89-3½	4/22
4	Ben MORTAS	FR	Onondaga (N.Y.) CC	26.51m	86-11½	4/14
5	Willard LAMONT	FR	Herkimer County (N.Y.)	17.30m	56-9½	4/9
6	Titus FRANCIS	FR	Queensborough (N.Y.) C	17.23m	56-6½	4/23
7	Jason LEWIS	FR	Herkimer County (N.Y.)	15.74m	51-7½	4/2



2017 Outdoor Track & Field, Week #5

Men's Javelin

CENTRAL

1	Bobby WOS	FR	Harper (Ill.)	45.83m	150-4	4/14
2	Devin STEIGERWALT	FR	Thaddeus Stevens	44.00m	144-4	4/29
3	Gustavo ALVAREZ	FR	Triton	42.71m	140-1	4/22
4	Eric ELLEFSON	FR	Harper (Ill.)	38.90m	127-7	3/31
5	Justin TOLENTINO	SO	Harper (Ill.)	37.36m	122-7	4/22

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.)	45.30m	148-7	4/28
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	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	42.22m	138-6	4/22
3	Patrick SMITH-LABOMBARD	SO	Finger Lakes (N.Y.) CC	42.08m	138-0	4/29
4	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	41.64m	136-7	4/22
5	Conor HARRIGAN	FR	Finger Lakes (N.Y.) CC	38.99m	127-11	4/22
6	Billy CROMARTIE	SO	Onondaga (N.Y.) CC	38.47m	126-2	4/14
7	Ben MORTAS	FR	Onondaga (N.Y.) CC	36.92m	121-1	4/9
8	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	36.91m	121-1	4/14



2017 Outdoor Track & Field, Week #5

Men's Decathlon

CENTRAL

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

EAST

1	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	4,739	4/14
---	-------------	----	-------------------------	-------	------

2	Eric FREEMAN	SO	Howard (Md.) CC	3,155	4/21
---	--------------	----	-----------------	-------	------

NORTHEAST

1	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	5,541	4/22
---	----------------	----	--------------------	-------	------

2	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	5,138	4/22
---	--------------	----	------------------------	-------	------

3	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	5,100	4/22
---	---------------	----	--------------------	-------	------

4	Michael BATTIN	SO	Mohawk Valley (N.Y.) CC	3,346	4/22
---	----------------	----	-------------------------	-------	------



2017 Outdoor Track & Field, Week #5

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	Mairacely FIGUEROA	FR	Triton	13.39	(1.9)	4/22
5	Maya MASON	FR	Harper (Ill.)	13.73	(0.8)	4/29
6	Maggie MADDEN	SO	Harper (Ill.)	14.91	(0.4)	4/22
7	Dhama MARTIN- DEL CAMPO	FR	Triton	15.65	(1.9)	4/1

EAST

1	Mary FODAY	FR	Prince George's (Md.) C	12.09	(1.9)	4/8
2	Ebinama GLORY	FR	Howard (Md.) CC	12.36	(-0.3)	4/29
3	Alyssa MORAN	FR	Montgomery-Rockville	12.73w	(3.9)	4/29
4	Andriana HIGGINS	SO	Roxbury CC	12.89	(-0.7)	4/7
5	Druex COLLINS	SO	Prince George's (Md.) C	12.96	(1.8)	4/8
6	Jade ZHANG	FR	Montgomery-Rockville	13.16	(0.4)	4/29
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	Tatyana MILLS	SO	Kingsborough (N.Y.) CC	12.11	(0.5)	4/21
2	Shantal ROUSE	FR	Kingsborough (N.Y.) CC	12.61	(1.2)	4/21
3	Tasmere LEE	SO	Suffolk County (N.Y.) CC	12.63	(2.1)	4/7
4	Tanisha WITTER	FR	Kingsborough (N.Y.) CC	12.99	(0.9)	4/8
4	Tymaiah HARPER	FR	Onondaga (N.Y.) CC	12.99	(2.2)	4/9
6	Shenieka GRAY	SO	Mohawk Valley (N.Y.) CC	13.09w	(5.7)	4/15
7	Casey PEDONE	FR	Suffolk County (N.Y.) CC	13.14	(1.8)	4/28
7	Taylor FIGUEROA	FR	Queensborough (N.Y.) C	13.14	(1.9)	4/14



2017 Outdoor Track & Field, Week #5

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	Mairacely FIGUEROA	FR	Triton	27.27	(2.2)	4/22
4	Shermire COTTLE	FR	CC of Philadelphia (Pa.)	27.60w	(2.6)	3/31
5	Maya MASON	FR	Harper (Ill.)	27.98	()	2/4
6	Leslie PALACIOS	FR	Triton	28.98	(2.2)	4/22

EAST

1	Ebinama GLORY	FR	Howard (Md.) CC	25.57	(1.8)	4/29
2	Mary FODAY	FR	Prince George's (Md.) C	25.62	(2.5)	4/22
3	Alyssa MORAN	FR	Montgomery-Rockville	26.71	(0.2)	4/29
4	Druex COLLINS	SO	Prince George's (Md.) C	27.04	(1.3)	4/22
5	Jade ZHANG	FR	Montgomery-Rockville	27.14	(0.7)	4/29
6	Hannah WHITE	FR	Prince George's (Md.) C	27.18w	(4.0)	4/8
7	Kimberly STAMETS	FR	Montgomery-Rockville	27.21w	(2.7)	4/8

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	26.70	(0.3)	4/21
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 #5

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	1:06.57	4/22
7	Jazmin CARRASCO	FR	Harper (Ill.)	1:17.95	4/14

EAST

1	Andriana HIGGINS	SO	Roxbury CC	59.58	4/29
2	Kimberly STAMETS	FR	Montgomery-Rockville	1:00.90	4/29
3	Ebinama GLORY	FR	Howard (Md.) CC	1:02.14	3/18
4	Hannah WHITE	FR	Prince George's (Md.) C	1:02.34	4/22
5	Druex COLLINS	SO	Prince George's (Md.) C	1:03.02	4/22
6	Djamila ZANGRE	FR	Montgomery-Rockville	1:05.51	4/29
7	Taaj CLARK	FR	Howard (Md.) CC	1:06.66	3/25
8	Dien JENKINS	FR	Howard (Md.) CC	1:06.95	3/18

NORTHEAST

1	Tatyana MILLS	SO	Kingsborough (N.Y.) CC	54.09	3/30
2	Marissa JONES	SO	Mohawk Valley (N.Y.) CC	57.74	4/18
3	Shantal ROUSE	FR	Kingsborough (N.Y.) CC	58.11	2/26
4	Thea GENERAL	SO	Kingsborough (N.Y.) CC	58.42	2/3
5	Sabrina PHILIPPE	SO	Nassau (N.Y.) CC	1:00.91	2/5
7	Allison LENOX	FR	CCRI	1:02.14	2/10
8	Frantszia GERARD	FR	Nassau (N.Y.) CC	1:04.04	4/22



2017 Outdoor Track & Field, Week #5

Women's 800 Meters

CENTRAL

1	Dianne BARAJAS	FR	Harper (Ill.)	2:21.02	4/14
2	Natalie COOK	FR	Harper (Ill.)	2:24.80	4/22
3	Melissa RODRIGUEZ	FR	Harper (Ill.)	2:28.88	4/14
4	Michalina SZELAZEK	FR	Triton	2:32.91	4/22
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	Amanda DURAN	SO	Bergen (N.J.) CC	3:04.78	4/28
8	Julia COREAS	FR	Montgomery-Rockville	3:09.29	4/15

NORTHEAST

1	Ajani BETHEL-NURSE	SO	Kingsborough (N.Y.) CC	2:21.78 OT	3/3
2	Marissa JONES	SO	Mohawk Valley (N.Y.) CC	2:22.01	4/22
3	Tristynn MERCEDES	SO	Nassau (N.Y.) CC	2:30.97	3/25
4	Sabrina PHILIPPE	SO	Nassau (N.Y.) CC	2:32.56	4/22
5	Jessica HUNSUCKER	FR	Suffolk County (N.Y.) CC	2:35.66	4/28
6	Carolyn PECK	FR	Mohawk Valley (N.Y.) CC	2:38.62	4/18
7	Kristen SLATE	FR	Mohawk Valley (N.Y.) CC	2:39.91	4/15
8	Angie HEMMINGS	SO	Sullivan County (N.Y.) CC	2:40.18	4/29



2017 Outdoor Track & Field, Week #5

Women's 1500 Meters

CENTRAL

1	Dianne BARAJAS	SO	Harper (Ill.)	4:48.71c	1:11.81(1)	2/10
2	Ali GUTT	SO	Harper (Ill.)	4:56.95		4/22
3	Natalie COOK	FR	Harper (Ill.)	5:05.27		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	Brenda ROSAS	SO	Howard (Md.) CC	5:34.11		4/21
4	Jasmine GARRETT	FR	Montgomery-Rockville	5:34.48		4/1
5	Jessica REYES	FR	Bergen (N.J.) CC	6:01.29		4/28
6	Amanda DURAN	SO	Bergen (N.J.) CC	6:05.64		4/28
7	Jessica HARRIS	FR	Massasoit (Mass.) CC	6:12.48		3/24

NORTHEAST

1	Ajani BETHEA-NURSE	SO	Kingsborough (N.Y.) CC	5:09.55		4/8
2	Nancy VASQUEZ	FR	Nassau (N.Y.) CC	5:20.05		4/22
3	Chyanna BERNIER	FR	Herkimer County (N.Y.)	5:21.06		4/14
4	Cameron HEANEY	FR	FIT (N.Y.)	5:28.65		4/14
5	Carolyn PECK	FR	Mohawk Valley (N.Y.) CC	5:30.31		4/22
6	Krystina GEORGE	FR	FIT (N.Y.)	5:50.96		3/25
7	Jessica HUNSUCKER	FR	Suffolk County (N.Y.) CC	5:54.05		4/21
8	Vanessa MICKALONIS	SO	FIT (N.Y.)	5:56.52		4/28



2017 Outdoor Track & Field, Week #5

Women's Steeplechase

CENTRAL

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

NORTHEAST

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	12:05.37	4/9
---	-----------------	----	------------------------	----------	-----

2	Vanessa MICKALONIS	SO	FIT (N.Y.)	14:16.77	4/8
---	--------------------	----	------------	----------	-----

3	Krystina GEORGE	FR	FIT (N.Y.)	15:00.61	4/8
---	-----------------	----	------------	----------	-----

4	Taylor SCALZO	SO	Mohawk Valley (N.Y.) CC	15:14.91	4/29
---	---------------	----	-------------------------	----------	------

5	Brandy TORRES	SO	Mohawk Valley (N.Y.) CC	17:16.86	4/18
---	---------------	----	-------------------------	----------	------

6	SaraJane DREWETT	SO	Sullivan County (N.Y.) CC	19:14.01	4/29
---	------------------	----	---------------------------	----------	------



2017 Outdoor Track & Field, Week #5

Women's 5000 Meters

CENTRAL

1	Dianne BARAJAS	SO	Harper (Ill.)	18:21.53	3/3
2	Breanna BOGUCKI	FR	Harper (Ill.)	19:36.07	4/22

EAST

1	Justine CONCA	FR	Bergen (N.J.) CC	20:10.59	4/22
2	Margret NILAND	FR	Howard (Md.) CC	20:39.17	4/21
3	Brenda ROSAS	SO	Howard (Md.) CC	21:26.71	4/29
4	Amanda DURAN	SO	Bergen (N.J.) CC	22:55.46	3/25
5	Melissa DURAN	SO	Bergen (N.J.) CC	23:50.66	4/14

NORTHEAST

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	18:52.03	4/29
2	Ajani BETHEA-NURSE	SO	Kingsborough (N.Y.) CC	21:13.22	4/21



2017 Outdoor Track & Field, Week #5

Women's 10,000 Meters

CENTRAL

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

EAST

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

2	Margret NILAND	FR	Howard (Md.) CC	43:56.64	4/29
---	----------------	----	-----------------	----------	------

NORTHEAST

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	40:01.75	4/22
---	-----------------	----	------------------------	----------	------



2017 Outdoor Track & Field, Week #5

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	14.99	(1.3)	4/21
2	Abigail CHRZANOWSKI	SO	Rowan-Gloucester (N.J.)	17.92	(2.1)	4/14

NORTHEAST

1	Victoria ANDERSON	FR	CCRI	17.35	(-0.2)	4/22
2	Tanisha WITTER	FR	Kingsborough (N.Y.) CC	17.38	()	3/25
3	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	17.62	(1.6)	4/22
4	Angie HEMMINGS	SO	Sullivan County (N.Y.) CC	17.99	()	4/29
5	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	18.17	(2.1)	4/14
6	Kaitlyn ABREU	FR	Nassau (N.Y.) CC	18.25	()	3/25
7	Mallory RATHON	FR	Kingsborough (N.Y.) CC	18.39	(1.0)	4/22
8	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	18.80	(-1.9)	4/29

**2017 Outdoor Track & Field, Week #5****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	Andriana HIGGINS	SO	Roxbury CC	1:05.87	4/21
2	Abigail CHRZANOWSKI	SO	Rowan-Gloucester (N.J.)	1:10.41	4/14

NORTHEAST

1	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	1:12.36	4/21
2	Angie HEMMINGS	SO	Sullivan County (N.Y.) CC	1:13.24	3/31
3	Tanisha WITTER	FR	Kingsborough (N.Y.) CC	1:13.58	4/21
4	Victoria ANDERSON	FR	CCRI	1:14.91	4/15
5	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	1:15.48	4/29
6	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	1:21.34	4/2
7	Mallory RATHON	FR	Kingsborough (N.Y.) CC	1:27.08	4/22
8	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	1:29.82	4/2



2017 Outdoor Track & Field, Week #5

Women's 4x100 Relay

CENTRAL

1	Harper (Ill.)	53.10	4/14
---	---------------	-------	------

EAST

1	Prince George's (Md.) C	49.72	4/27
---	-------------------------	-------	------

2	Montgomery-Rockville	51.89	3/25
---	----------------------	-------	------

3	Bergen (N.J.) CC	1:00.98	3/31
---	------------------	---------	------

NORTHEAST

1	Kingsborough (N.Y.) CC	49.54	3/30
---	------------------------	-------	------

2	Suffolk County (N.Y.) CC	50.76	4/14
---	--------------------------	-------	------

3	Mohawk Valley (N.Y.) CC	53.46	4/9
---	-------------------------	-------	-----

4	FIT (N.Y.)	55.24	4/22
---	------------	-------	------

5	Queensborough (N.Y.) C	58.12	4/8
---	------------------------	-------	-----

6	Sullivan County (N.Y.) CC	59.78	4/29
---	---------------------------	-------	------

7	Herkimer County (N.Y.)	1:02.71	4/14
---	------------------------	---------	------



2017 Outdoor Track & Field, Week #5

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	4:16.35	4/27
2	Montgomery-Rockville	4:19.01	4/29
3	Howard (Md.) CC	4:32.98	3/25

NORTHEAST

1	Kingsborough (N.Y.) CC	3:49.49	2/10
2	Mohawk Valley (N.Y.) CC	4:18.28	4/29
3	Suffolk County (N.Y.) CC	4:35.76	3/31
4	FIT (N.Y.)	4:45.51	4/8
5	Queensborough (N.Y.) C	5:20.94	4/23
6	Hostos (N.Y.) CC	5:31.08	4/22



2017 Outdoor Track & Field, Week #5

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
---	------------------	----------	------

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 #5

Women's High Jump

CENTRAL

1	Bobbie BUERER	SO	Harper (Ill.)	1.40m	4-7	4/22
---	---------------	----	---------------	-------	-----	------

EAST

1	Andriana HIGGINS	SO	Roxbury CC	1.50m	4-11	4/29
---	------------------	----	------------	-------	------	------

NORTHEAST

1	Lauren WANGENSTEIN	SO	Suffolk County (N.Y.) CC	1.55m	5-1	4/21
---	--------------------	----	--------------------------	-------	-----	------

1	Courtney SHERRY	FR	Mohawk Valley (N.Y.) CC	1.55m	5-1	4/22
---	-----------------	----	-------------------------	-------	-----	------

3	Bethany CRUZ	SO	Suffolk County (N.Y.) CC	1.50m	4-11	3/25
---	--------------	----	--------------------------	-------	------	------

4	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	1.40m	4-7	4/22
---	---------------------	----	------------------------	-------	-----	------

5	Sharina TAPPIN		Queensborough (N.Y.) C	1.35m	4-5	2/11
---	----------------	--	------------------------	-------	-----	------

6	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	1.31m	4-3½	4/22
---	-----------------------	----	------------------------	-------	------	------

7	Imani BAYNE	FR	Hostos (N.Y.) CC	1.25m	4-1½	4/22
---	-------------	----	------------------	-------	------	------

8	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	1.21m	3-11½	4/29
---	--------------------	----	-------------------------	-------	-------	------



2017 Outdoor Track & Field, Week #5

Women's Pole Vault

EAST

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

NORTHEAST

1	Rachel GRUPP	SO	Suffolk County (N.Y.) CC	2.45m	8-½	3/31
---	--------------	----	--------------------------	-------	-----	------

**2017 Outdoor Track & Field, Week #5****Women's Long Jump****CENTRAL**

1	Ashley PROKSA	SO	Harper (Ill.)	5.52m	3-1½ (0.0)	4/22
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	5.32m	7-5½ (2.1)	4/29
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	7-3¾ (2.2)	4/14
5	Deja HOUSTON	SO	Massasoit (Mass.) CC	3.56m	-8¼ (-1.7)	4/2

NORTHEAST

1	Casey PEDONE	FR	Suffolk County (N.Y.) CC	5.45m	10¾ (0.3)	4/28
2	Tatyana MILLS	SO	Kingsborough (N.Y.) CC	5.43m	7-9¾ (2.5)	4/8
3	Ashley PEART	SO	Nassau (N.Y.) CC	4.98m	5-4¾ (0.0)	4/22
4	Shantal ROUSE	FR	Kingsborough (N.Y.) CC	4.84m	15-10½ ()	2/17
5	Shenieka GRAY	SO	Mohawk Valley (N.Y.) CC	4.82m	15-9¾ ()	4/29
6	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	4.80m	15-9 (1.7)	4/28
7	Kaylah WILLIAMS	FR	Suffolk County (N.Y.) CC	4.69m	5-4¾ (0.0)	4/28
7	Sharina TAPPIN	SO	Queensborough (N.Y.) C	4.69m	5-4¾ (1.0)	3/31



2017 Outdoor Track & Field, Week #5

Women's Triple Jump

EAST

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

NORTHEAST

1	Sharina TAPPIN	SO	Queensborough (N.Y.) C	10.22m	33-6½ ()	2/26
---	----------------	----	------------------------	--------	-----------	------

2	Kaylah WILLIAMS	FR	Suffolk County (N.Y.) CC	10.19m	33-5¼ (0.2)	3/31
---	-----------------	----	--------------------------	--------	-------------	------

3	Ashley PEART	SO	Nassau (N.Y.) CC	10.12mw	32-2½ (2.8)	4/28
---	--------------	----	------------------	---------	-------------	------

4	Jacquelyn DEROSA	FR	Suffolk County (N.Y.) CC	9.77m	32-¾ (0.6)	4/14
---	------------------	----	--------------------------	-------	------------	------



2017 Outdoor Track & Field, Week #5

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.)	11.18m	36-8%	4/21
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	12.68m	41-7%	4/21
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	Olivia-Denise STEWART	FR	Hostos (N.Y.) CC	9.72m	31-10%	4/22
5	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	9.05m	29-8%	4/2
6	Giovanna CIOCIA	FR	Suffolk County (N.Y.) CC	8.28m	27-2	4/14
7	Imani BAYNE	FR	Hostos (N.Y.) CC	8.23m	27-0	4/22
8	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	8.09m	26-6%	4/9



2017 Outdoor Track & Field, Week #5

Women's Discus

CENTRAL

1	Mary SAITTA	SO	Harper (Ill.)	30.45m	99-11	4/22
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	19.12m	62-8%	4/22

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	Gina CONTE	FR	Middlesex County (N.J.)	23.57m	77-4	4/28
7	Brielle FENNELL	SO	Middlesex County (N.J.)	22.75m	74-7%	4/22
8	Ayesha NASIR	SO	Howard (Md.) CC	22.16m	72-8%	4/29

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	Autumn THIELE	FR	Sullivan County (N.Y.) CC	24.24m	79-6%	4/22
5	Leeza THEODORE	FR	Queensborough (N.Y.) C	22.45m	73-8	4/14
6	Jessica WIEGAND	FR	Herkimer County (N.Y.)	21.39m	70-2%	4/29
7	Jaclyn KELLER	SO	FIT (N.Y.)	20.97m	68-9%	4/14
8	Olivia-Denise STEWART	FR	Hostos (N.Y.) CC	20.46m	67-1%	4/22



2017 Outdoor Track & Field, Week #5

Women's Hammer

CENTRAL

1	Bobbie BUERER	SO	Harper (Ill.)	35.16m	115-4	4/14
2	Mary SAITTA	SO	Harper (Ill.)	33.81m	110-11	4/22
3	Maya MASON	FR	Harper (Ill.)	28.41m	93-2½	4/22

EAST

1	Devon NEALER	SO	Rowan-Gloucester (N.J.)	34.36m	112-8	4/28
2	Brielle FENNELL	SO	Middlesex County (N.J.)	32.01m	105-0	4/28
3	Justina ABABIO	FR	Montgomery-Rockville	30.10m	98-9	4/29
4	Sarina WATSON	FR	Rowan-Gloucester (N.J.)	27.89m	91-6	4/28
5	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	21.56m	70-9	4/28

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	FR	Kingsborough (N.Y.) CC	26.48m	86-10½	4/8
5	Zaria HANKINS	SO	Mohawk Valley (N.Y.) CC	26.10m	85-7½	4/22
6	Autumn THIELE	FR	Sullivan County (N.Y.) CC	24.20m	79-4½	4/29
7	Brittney BENSON	FR	Queensborough (N.Y.) C	17.97m	58-11½	4/8
8	Tarynna FITZPATRICK	SO	Herkimer County (N.Y.)	16.78m	55-¾	4/22



2017 Outdoor Track & Field, Week #5

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	Paige KRESSLEY	FR	Rowan-Gloucester (N.J.)	24.60m	80-8½	4/28
5	Maitreya BIRD-WALKER	FR	Howard (Md.) CC	23.62m	77-6	3/25
6	Brenda DIAZ	SO	Union County (N.J.)	23.00m	75-5½	4/28
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	34.38m	112-9	4/21
2	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	28.38m	93-1½	4/29
3	Olivia-Denise STEWART	FR	Hostos (N.Y.) CC	25.14m	82-5½	4/22
4	Courtney SHERRY	FR	Mohawk Valley (N.Y.) CC	24.44m	80-2½	4/15
5	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	24.31m	79-9½	4/9
6	Zaria HANKINS	SO	Mohawk Valley (N.Y.) CC	24.00m	78-9	4/29
7	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.) CC	20.66m	67-9½	4/29
8	Leeza THEODORE	FR	Queensborough (N.Y.) C	19.77m	64-10½	3/31



2017 Outdoor Track & Field, Week #5

Women's Heptathlon

NORTHEAST

1	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	2,833	4/22
2	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.)	CC 2,759	4/22
3	Courtney SHERRY	FR	Mohawk Valley (N.Y.)	CC 2,744	4/22
4	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	2,472	4/22
5	Elysia LAPLANTE	FR	Herkimer County (N.Y.)	1,471	4/22