



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

MEN — 2023 Week #3, April 10

as of 4/10/2023 11:37:31 AM

Central

Men's 100 Meters

1	2	Cory STOLL	#1	Mineral Area (M	DI 11.07	(2.0)	3/31
2	3	Noah MACK	#2	DuPage (Ill.)	DI 11.11	(-0.3)	4/7
2	3	Hunter CARY	#1	Mineral Area (M	DI 11.11	(1.3)	3/31
4	5	Sie'ntez LERMA	#1	Mineral Area (M	DI 11.12	(0.2)	3/24
5	6	Ezekiel JATTO	#3	Howard (Md.) C	DI 11.20	(1.8)	3/31
6	7	Koby CUSTODIO	#3	Howard (Md.) C	DI 11.22	(1.5)	3/3
7	11	Jerette PASSERO	#4	Harper (Ill.)	DI 11.40	(-0.7)	4/7
8	12	Rashid BLACKMON	#7	Prince George's	DI 11.46	(0.0)	3/24
9	14	Jaelyn WILLIAMS	#4	Harper (Ill.)	DI 11.47w	(3.1)	4/1
10	16	Dylan MORRISON	#1	Mineral Area (M	DI 11.50w	(2.2)	3/31

Men's 110 Meter Hurdles

1	2	Hunter CARY	#1	Mineral Area (M	DI 15.48w	(2.4)	3/31
2	7	Graham MCANINCH	#2	DuPage (Ill.)	DI 17.12	(1.6)	4/1
3	16	Mitchell MEYER	#1	Mineral Area (M	DI 19.79	(-1.9)	4/7
4	19	Alexander ZAKY	#3	Howard (Md.) C	DI 23.01w	(2.6)	4/8

Men's 200 Meters

1	1	Sie'ntez LERMA	#1	Mineral Area (M	DI 22.14	(-0.7)	4/7
2	4	Noah MACK	#2	DuPage (Ill.)	DI 22.62	(1.7)	4/1
3	6	Koby CUSTODIO	#3	Howard (Md.) C	DI 22.73	(1.1)	3/3
4	8	Tylen PETERS	#4	Harper (Ill.)	DI 22.86		3/3
5	11	Jerette PASSERO	#4	Harper (Ill.)	DI 23.08	(1.3)	4/7
6	13	Mark BAVARO	#4	Harper (Ill.)	DI 23.28	(2.0)	4/7
7	15	Dylan MORRISON	#1	Mineral Area (M	DI 23.44	(0.0)	3/24
8	17	Ezekiel JATTO	#3	Howard (Md.) C	DI 23.49	(0.1)	3/31
9	19	Jaelyn WILLIAMS	#4	Harper (Ill.)	DI 23.51	(2.0)	4/7
10	22	Gabriel PARKER	#2	DuPage (Ill.)	DI 23.61	(-0.1)	4/7

Men's 400 Meters

1	1	Sie'ntez LERMA	#1	Mineral Area (M	DI 49.95		4/7
2	3	Graham MCANINCH	#2	DuPage (Ill.)	DI 51.02		4/1
3	4	Koby CUSTODIO	#3	Howard (Md.) C	DI 51.12		3/31
4	5	Brenton LONG	#4	Harper (Ill.)	DI 51.38		4/7
5	6	Joshua DEVEAUX	#5	Thaddeus Steve	DI 51.56		3/31
6	7	Mark ALDAY	#4	Harper (Ill.)	DI 51.58		4/7
7	10	Alex MENDEZ	#2	DuPage (Ill.)	DI 52.25		4/7
8	11	Kamren BELT	#3	Howard (Md.) C	DI 52.27		3/31
9	12	Dylan MORRISON	#1	Mineral Area (M	DI 52.36		3/31
10	13	Derrk ERDMAN	#2	DuPage (Ill.)	DI 52.57		4/7

Men's 400 Meter Hurdles

1	1	Hunter SHAWLEY	#5	Thaddeus Steve	DI 57.43		3/25
2	2	Graham MCANINCH	#2	DuPage (Ill.)	DI 58.26		4/7
3	3	Hunter ZEHNER	#5	Thaddeus Steve	DI 1:00.63		3/25
4	6	Rashid BLACKMON	#7	Prince George's	DI 1:01.35		3/24
5	8	Mitchell MEYER	#1	Mineral Area (M	DI 1:02.88		4/7
6	12	Diego FARIAS	#4	Harper (Ill.)	DI 1:05.04		4/7
7	14	Timothy BRYANT	#4	Harper (Ill.)	DI 1:07.13		4/7

Men's 800 Meters

1	1	Bradley AHRENS	#1	Mineral Area (M	DI 1:55.52		4/7
2	2	Remy JANKUSKY	#4	Harper (Ill.)	DI 1:59.66		3/3
3	3	Anthony EDDY	#2	DuPage (Ill.)	DI 2:01.60		2/17
4	4	Sebastian ESPARZA	#2	DuPage (Ill.)	DI 2:01.78		2/17
5	7	Randy ALMARALES	#2	DuPage (Ill.)	DI 2:02.68		2/11
6	8	Eian BUTLER	#3	Howard (Md.) C	DI 2:03.01		4/8
7	9	Levi WIEGAND	#1	Mineral Area (M	DI 2:03.43		4/7
8	16	Joshua DEVEAUX	#5	Thaddeus Steve	DI 2:06.07		3/25
9	17	Sheldon POWELL	#2	DuPage (Ill.)	DI 2:06.22		2/4
10	18	Lucas SMITH	#1	Mineral Area (M	DI 2:06.49		3/24

Men's 1500 Meters

1	1	Bradley AHRENS	#1	Mineral Area (M	DI 3:58.75		3/3
2	2	Remy JANKUSKY	#4	Harper (Ill.)	DI 4:08.81		2/17
3	3	Anthony EDDY	#2	DuPage (Ill.)	DI 4:08.97		4/7
4	4	Sheldon POWELL	#2	DuPage (Ill.)	DI 4:10.68		2/4
5	7	Randy ALMARALES	#2	DuPage (Ill.)	DI 4:13.32		2/17
6	12	Nicholas KEELING	#2	DuPage (Ill.)	DI 4:15.75		2/4
7	13	Albert SZEWCZYK	#4	Harper (Ill.)	DI 4:15.84		3/3
8	14	Sebastian ESPARZA	#2	DuPage (Ill.)	DI 4:16.18		2/17
9	15	Jacob ARNOLD	#1	Mineral Area (M	DI 4:16.80		4/7
10	16	Eian BUTLER	#3	Howard (Md.) C	DI 4:17.99		3/31

Men's Steeplechase

1	6	Dominic VERI	#3	Howard (Md.) C	DI 13:10.81		3/31
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Men's 5000 Meters

1	3	Albert SZEWCZYK	#4	Harper (Ill.)	DI 16:02.49		4/1
2	5	Elijah MYERS	#1	Mineral Area (M	DI 16:11.43		1/27
3	6	Bradley AHRENS	#1	Mineral Area (M	DI 16:16.19		1/27
4	7	Sheldon POWELL	#2	DuPage (Ill.)	DI 16:18.98		4/7
5	8	Nicholas KEELING	#2	DuPage (Ill.)	DI 16:24.27		2/17
6	9	Devin ST. CLAIR	#1	Mineral Area (M	DI 16:24.81		3/24
7	10	Timothy O'LEARY	#2	DuPage (Ill.)	DI 16:34.98		2/17
8	11	Jacob ARNOLD	#1	Mineral Area (M	DI 16:36.12		3/24
9	14	Axel HUERTA	#2	DuPage (Ill.)	DI 16:40.10		4/7
10	15	Eian BUTLER	#3	Howard (Md.) C	DI 16:57.97		3/3

Men's 10,000 Meters

1	1	Albert SZEWCZYK	#4	Harper (Ill.)	DI 31:58.93		4/7
2	2	Jacob ARNOLD	#1	Mineral Area (M	DI 34:17.10		3/31
3	3	Caleb DEBOER	#2	DuPage (Ill.)	DI 34:27.19		4/1
4	4	Nicholas KEELING	#2	DuPage (Ill.)	DI 34:29.61		4/1
5	6	Devin ST. CLAIR	#1	Mineral Area (M	DI 35:10.55		3/31
6	7	Elijah MYERS	#1	Mineral Area (M	DI 35:58.73		3/31
7	8	Trevor MAY	#4	Harper (Ill.)	DI 36:02.61		4/7
8	12	Timothy O'LEARY	#2	DuPage (Ill.)	DI 37:02.44		4/1



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MEN — 2023 Week #3, April 10

as of 4/10/2023 11:37:32 AM

Central

Men's 4x100 Relay

1	1	Sie'ntez LERMA, Anthony TREADWELL, Dylan MORRISON, Cory STOLL	#1	Mineral Area (Mn)	DI 43.69	4/7
2	2	Gabriel PARKER, Noah MACK, Aubrey OBERSHAN, Tramere CORNELIUS	#2	DuPage (Ill.)	DI 43.98	4/7
3	3	Mark BAVARO, Timothy BRYANT, Jaelyn WILLIAMS, Jerette PASSERO	#4	Harper (Ill.)	DI 44.11	4/7
4	5	Ezekiel JATTO, Koby CUSTODIO, Michael JATTO, Kamren BELT	#3	Howard (Md.) C	DI 44.52	3/25
5	7	Tarius JACKSON, Hunter SHAWLEY, Zachary STOUTD, Joshua GIBSON	#5	Thaddeus Steve	DI 44.88	3/31
6	8	Javon WATTS, Rashid BLACKMON, Chris GBAKINRO, Maurice FRANKLIN	#7	Prince George's	DI 45.85	4/8
7	11	Cameron EASLEY, Jamari JOHNSON, Conner STANLEY, Tahli CLANTON	#8	Patrick & Henry	DI 46.54	4/8

Men's 4x400 Relay

1	1	Marcos JAIMES, Remy JANKUSKY, Timothy BRYANT, Brenton LONG	#4	Harper (Ill.)	DI 3:30.03	4/7
2	2	Bradley AHRENS, Levi WIEGAND, Dylan MORRISON, Sie'ntez LERMA	#1	Mineral Area (Mn)	DI 3:30.46	4/7
3	3	Alexander ZAKY, Koby CUSTODIO, Eian BUTLER, Kamren BELT	#3	Howard (Md.) C	DI 3:30.73	3/31
4	7	Tarius JACKSON, Hunter SHAWLEY, Isaiah LAMISIN, Joshua DEVEAUX	#5	Thaddeus Steve	DI 3:36.46	3/31
5	8	https://www.tfrrs.org/teams/685	#2	DuPage (Ill.)	DI 3:36.48	2/11
6	10	Rashid BLACKMON, Chris GBAKINRO, Javon WATTS, Maurice FRANKLIN	#7	Prince George's	3:39.83	3/24

Men's High Jump

1	1	Jewleus BENNER	#5	Thaddeus Steve	DI 1.98m	6-6	3/31
2	4	Hunter CARY	#1	Mineral Area (Mn)	DI 1.85m	6-3/4	3/31
2	4	Gavin CARTWRIGHT	#1	Mineral Area (Mn)	DI 1.85m	6-3/4	4/7
4	8	Toby BROWN	#1	Mineral Area (Mn)	DI 1.78m	5-10	3/24
4	8	Jaedon SARDON	#4	Harper (Ill.)	DI 1.78m	5-10	4/7
4	8	Alexander ZAKY	#3	Howard (Md.) C	DI 1.78m	5-10	3/31
7	13	Ny'Aud FRAZIER	#5	Thaddeus Steve	1.72m	5-7 3/4	4/8

Men's Pole Vault

1	1	Jack SAUDER	#2	DuPage (Ill.)	DI 4.60m	15-1	4/7
2	2	Matt GREENHOLT	#4	Harper (Ill.)	DI 3.95m	12-11 1/2	2/17
3	5	Thomas KLING	#2	DuPage (Ill.)	DI 3.78m	12-4 3/4	4/1
4	6	Cody BISHOP	#1	Mineral Area (Mn)	DI 3.65m	11-11 3/4	2/17
5	7	James MAROMPON	#4	Harper (Ill.)	DI 3.60m	11-9 3/4	2/11
6	9	Tabor MAYES	#1	Mineral Area (Mn)	2.76m	9-1/2	1/27
7	11	Hunter CARY	#1	Mineral Area (Mn)	2.45m	8-1/2	3/31
8	12	Alexander ZAKY	#3	Howard (Md.) C	2.35m	7-8 1/2	4/8

Men's Long Jump

1	3	Cory STOLL	#1	Mineral Area (Mn)	DI 6.83m	22-5 (1.0)	3/24
2	6	Austin DUNN	#1	Mineral Area (Mn)	DI 6.54m		4/7
3	7	Anthony TREADWELL	#1	Mineral Area (Mn)	DI 6.47m		4/7
4	8	Hunter CARY	#1	Mineral Area (Mn)	DI 6.46m	21-2 1/2 (0.9)	3/31
5	11	Gabriel PARKER	#2	DuPage (Ill.)	DI 6.16m		4/1
6	15	Jewleus BENNER	#5	Thaddeus Steve	5.99m	19-8 (-1.1)	3/31
6	15	Ezekiel JATTO	#3	Howard (Md.) C	5.99m	19-8 (0.0)	4/8
8	17	Jaelyn WILLIAMS	#4	Harper (Ill.)	5.98m	19-7 1/2	2/4
9	20	Donovan MEDLEY	#3	Howard (Md.) C	5.89m	19-4 (0.0)	3/25
10	21	Alexander ZAKY	#3	Howard (Md.) C	5.86m	19-2 3/4 (1.0)	3/3

Men's Triple Jump

1	4	Anthony TREADWELL	#1	Mineral Area (Mn)	DI 13.25m	43-5 3/4	2/17
2	5	Austin DUNN	#1	Mineral Area (Mn)	DI 13.05m	42-9 3/4	2/11
3	7	Donovan MEDLEY	#3	Howard (Md.) C	12.60m		4/8
4	11	Mohammed ALI	#2	DuPage (Ill.)	11.97m		4/1
5	15	Elijah EGURIDU	#7	Prince George's	11.34m	37-2 1/2 (-0.0)	4/8
6	16	Koral FLINN	#2	DuPage (Ill.)	11.01m	36-1 1/2	1/27
7	17	Harris MANCHO	#7	Prince George's	11.00m	36-1 1/4 (0.0)	3/24

Men's Shot Put

1	2	Kimani COFFEE	#6	Triton (Ill.)	DI 12.90m	42-4	2/17
1	2	Levi MAYER	#5	Thaddeus Steve	DI 12.90m	42-4	3/25
3	4	Trenton BRASWELL	#1	Mineral Area (Mn)	DI 12.82m	42-3/4	2/11
3	4	Dustyn KOCISIS	#2	DuPage (Ill.)	DI 12.82m	42-3/4	2/4
5	7	Gavin POPEJOY	#5	Thaddeus Steve	DI 12.66m	41-6 1/2	3/31
6	9	Miguel MORAN	#3	Howard (Md.) C	DI 12.18m	39-11 1/2	3/25
7	11	Isaias LOPEZ	#2	DuPage (Ill.)	DI 11.80m	38-8 3/4	2/17
8	12	Dale PROPST	#1	Mineral Area (Mn)	11.49m	37-8 1/2	1/27
9	14	Hunter CARY	#1	Mineral Area (Mn)	11.38m	37-4	2/4
10	15	Josh NARCISSE	#2	DuPage (Ill.)	11.28m	37-1/4	2/17



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Central

Men's Discus

1	1	Kimani COFFEE	#6	Triton (Ill.)	DI 41.80m	137-2	3/24
2	2	Trenton BRASWELL	#1	Mineral Area (Mo	DI 40.25m	132-1	3/24
3	3	Isaias LOPEZ	#2	DuPage (Ill.)	DI 39.48m	129-7	4/7
4	4	Dustyn KOCSIS	#2	DuPage (Ill.)	DI 39.07m	128-2	4/7
5	5	Alexander ZAKY	#3	Howard (Md.) CC	DI 38.45m	126-2	4/8
6	7	Miguel MORAN	#3	Howard (Md.) CC	DI 37.85m	124-2	3/3
7	10	Josh DUERR	#1	Mineral Area (Mo	35.00m	114-10	3/24
8	11	Dale PROPST	#1	Mineral Area (Mo	32.73m	107-5	3/31
9	14	Hunter CARY	#1	Mineral Area (Mo	31.56m	103-7	4/7
10	15	Grant EATON	#1	Mineral Area (Mo	30.78m	101-0	3/24

Men's Hammer

1	4	Isaias LOPEZ	#2	DuPage (Ill.)	DI 39.29m	128-11	4/7
2	5	Miguel MORAN	#3	Howard (Md.) CC	DI 36.86m	120-11	3/3
3	7	Dustyn KOCSIS	#2	DuPage (Ill.)	DI 36.40m	119-5	4/7
4	8	Luke GAVIN	#2	DuPage (Ill.)	33.20m	108-11	4/7
5	9	Kimani COFFEE	#6	Triton (Ill.)	32.33m	106-1	4/1
6	11	Trenton BRASWELL	#1	Mineral Area (Mo	28.80m	94-6	4/7
7	12	Grant EATON	#1	Mineral Area (Mo	27.20m	89-3	4/7
8	16	Sam PEREZ	#6	Triton (Ill.)	17.79m	58-4½	4/1
9	17	Dale PROPST	#1	Mineral Area (Mo	15.40m	50-6¼	4/7

Men's Javelin

1	1	Kaleb HILYER	#5	Thaddeus Stevel:Q	54.44m	178-8	3/31
2	3	Trenton BRASWELL	#1	Mineral Area (Mo	DI 46.06m	151-2	3/24
2	3	Gavin POPEJOY	#5	Thaddeus Steve	DI 46.06m	151-2	3/31
4	5	Hunter CARY	#1	Mineral Area (Mo	DI 45.34m	148-9	3/24
5	8	Thomas KLING	#2	DuPage (Ill.)	DI 37.66m	123-7	4/1
6	12	Kamil DROZD	#4	Harper (Ill.)	34.51m	113-3	4/7
7	14	Dale PROPST	#1	Mineral Area (Mo	33.50m	109-11	3/31
8	18	Alexander ZAKY	#3	Howard (Md.) CC	32.83m	107-9	4/8
9	22	Mohammed ALI	#2	DuPage (Ill.)	31.12m	102-1	4/1
10	30	Jack SAUDER	#2	DuPage (Ill.)	27.28m	89-6	4/1

Men's Decathlon

1	1	Hunter CARY	#1	Mineral Area (Mo	5,685		3/31
2	2	Alexander ZAKY	#3	Howard (Md.) CC	4,870		4/8



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East

Men's 100 Meters

1	1	Charles BENICHOUX	#1	Hudson Valley (I)	DI 10.92	(0.0)	4/8
2	9	Khalif HORTON	#2	RCSJ Gloucester	DI 11.36		4/7
3	12	James COLEMAN	#2	RCSJ Gloucester	DI 11.46	(-0.3)	3/30
4	20	Michael BUSBEE	#4	Camden County	11.58		4/7
5	22	Simba MAZARURA	#4	Camden County	11.59		4/7
6	26	Hayden DAY	#3	Mohawk Valley (I)	11.65w	(4.7)	4/1
7	32	Zach WILECZEK	#2	RCSJ Gloucester	11.82w	(2.2)	3/4
8	38	Jonathan HANNA	#1	Hudson Valley (I)	11.95w	(6.4)	3/26
8	38	Anthony JOHNSON	#1	Hudson Valley (I)	11.95w	(2.7)	3/26
10	42	Ainsley DALEY	#4	Camden County	11.97	(0.3)	3/25

Men's 110 Meter Hurdles

1	4	Demetrius WILLIAMS	#1	Hudson Valley (I)	DI 16.32	(0.1)	4/8
2	6	Brian REILE	#7	Herkimer County	DI 16.99w	(4.3)	4/1
3	10	Tommy ECCLESTON	#8	SUNY Broome C	18.57	(0.6)	4/7
4	12	Dylan LAWLESS	#1	Hudson Valley (I)	18.87	(-1.6)	4/8
5	14	Xavier HUGHES	#1	Hudson Valley (I)	19.29	(1.7)	3/26

Men's 200 Meters

1	2	Jessi JIMENEZ	#6	Middlesex County	DI 22.24w	(4.3)	3/24
2	5	Charles BENICHOUX	#1	Hudson Valley (I)	DI 22.69	(1.7)	3/26
3	7	James COLEMAN	#2	RCSJ Gloucester	DI 22.75	(0.0)	3/30
4	10	Khalif HORTON	#2	RCSJ Gloucester	DI 23.07	(-0.8)	3/30
5	20	Zach WILECZEK	#2	RCSJ Gloucester	DI 23.58	(-0.4)	3/30
6	23	Michael BUSBEE	#4	Camden County	DI 23.63	(1.9)	3/25
7	24	Simba MAZARURA	#4	Camden County	23.69w	(2.9)	4/7
8	35	Ben ROSS	#1	Hudson Valley (I)	23.96	(1.6)	3/26
9	40	Demetrius WILLIAMS	#1	Hudson Valley (I)	24.19	(1.1)	3/26
10	49	Maurice HERNANDEZ	#6	Middlesex County	24.37	(1.2)	3/24

Men's 400 Meters

1	2	Jessi JIMENEZ	#6	Middlesex County	DI 50.94		3/24
2	14	Khalif HORTON	#2	RCSJ Gloucester	52.96		3/30
3	16	Zach WILECZEK	#2	RCSJ Gloucester	53.00		3/30
4	19	James COLEMAN	#2	RCSJ Gloucester	53.50		3/25
5	21	Maurice HERNANDEZ	#6	Middlesex County	53.70		3/24
6	24	Giorgio BRUNO	#2	RCSJ Gloucester	53.90		3/25
7	26	Allen BOOTH	#7	Herkimer County	54.01		4/7
8	39	Anthony JOHNSON	#1	Hudson Valley (I)	55.18		3/26
9	43	Memphis LOHNES	#5	Finger Lakes (N.)	55.56		2/3
10	59	Xavier HUGHES	#1	Hudson Valley (I)	58.05		4/1

Men's 400 Meter Hurdles

1	4	Demetrius WILLIAMS	#1	Hudson Valley (I)	DI 1:00.72		4/1
2	7	Xavier HUGHES	#1	Hudson Valley (I)	DI 1:02.34		3/26

Men's 800 Meters

1	6	Joshua CASON	#4	Camden County	DI 2:02.37		3/30
2	11	Angelo BOTTEON	#6	Middlesex County	DI 2:04.27		3/24
3	12	Anas BENSABUD	#2	RCSJ Gloucester	DI 2:04.54		3/30
4	14	Omar MOHAMED	#3	Mohawk Valley (I)	2:04.72		4/7
5	19	Jan NOLASCO	#6	Middlesex County	2:07.08		3/24
6	25	Derek WYLLIE	#2	RCSJ Gloucester	2:08.73		3/30
7	27	Avion HARRIS	#7	Herkimer County	2:09.18		4/7
8	30	Josh ORMILON	#6	Middlesex County	2:09.71		3/24
9	31	Ryan KEENAN	#3	Mohawk Valley (I)	2:10.01		4/7
10	43	Tom BELL	#6	Middlesex County	2:13.12		3/24

Men's 1500 Meters

1	8	Joshua CASON	#4	Camden County	DI 4:13.39		3/30
2	9	Omar MOHAMED	#3	Mohawk Valley (I)	DI 4:13.68		4/7
3	17	Anas BENSABUD	#2	RCSJ Gloucester	DI 4:18.63		4/7
4	18	Angelo BOTTEON	#6	Middlesex County	4:18.93		3/24
5	27	Ryan KEENAN	#3	Mohawk Valley (I)	4:25.79		2/17
6	31	Avion HARRIS	#7	Herkimer County	4:28.54		4/7
7	38	Charlie HEPLER	#2	RCSJ Gloucester	4:33.22		4/7
8	42	Derek WYLLIE	#2	RCSJ Gloucester	4:35.51		4/7
9	43	Eric DEHART	#8	SUNY Broome C	4:36.55		4/7
10	48	Allen BOOTH	#7	Herkimer County	4:41.36		4/1

Men's Steeplechase

1	1	John ZIMMERMAN	#5	Finger Lakes (N.)	DI 10:54.55		4/2
2	2	Michael OBERDORF	#5	Finger Lakes (N.)	11:18.66		4/8
3	8	Jesse EUSON	#3	Mohawk Valley (I)	13:59.84		4/1

Men's 5000 Meters

1	1	Conner SMITH	#8	SUNY Broome C	DI 15:24.09		4/7
2	2	Joshua CASON	#4	Camden County	DI 15:55.33		4/7
3	16	Charlie HEPLER	#2	RCSJ Gloucester	17:10.81		3/30
4	18	John ZIMMERMAN	#5	Finger Lakes (N.)	17:11.95		2/17
5	20	Mike ABATE	#2	RCSJ Gloucester	17:18.36		3/30
6	24	Enrique HERRERA	#4	Camden County	17:31.48		4/7
7	26	Avion HARRIS	#7	Herkimer County	17:44.94		4/1
8	28	Jacob DIGIOVANNI	#5	Finger Lakes (N.)	18:32.81		4/8
9	30	Derek WYLLIE	#2	RCSJ Gloucester	18:48.90		3/30
10	31	Adam BLOUGH	#1	Hudson Valley (I)	18:59.23		4/1

Men's 10,000 Meters

1	10	Mike ABATE	#2	RCSJ Gloucester	DI 36:19.58		4/7
2	13	Jacob DIGIOVANNI	#5	Finger Lakes (N.)	DI 38:20.20		4/2



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

MEN — 2023 Week #3, April 10

as of 4/10/2023 11:37:32 AM

East

Men's 4x100 Relay

1	6	Axel ROMERO, Matthew SUTTON, Jessi JIMENEZ, Maurice HERNANDEZ	#6 Middlesex County	DI 44.77	3/24
2	9	James COLEMAN, Khalif HORTON, Weslie ORENGO, Zach WILECZEK	#2 RCSJ Gloucester	DI 46.13	4/7
3	10	Ainsley DALEY, Chris MILLER, Kris MATTHEWS, Simba MAZARURA	#4 Camden County	DI 46.19	3/30
4	14	Jonathan HANNA, Dylan LAWLESS, Brooks ROBSON, Daniel HONSINGER	#1 Hudson Valley (I)	47.50	4/8
5	16	Nokio KENNEDY, Abdulhamid WILLIAMS, Joaquin NIETES, Brian REILE	#7 Herkimer County	48.38	4/1
6	17	Sultan OKLLA, Tommy ECCLESTON, Dandre JAMES, Daniel LAMB	#8 SUNY Broome County	49.75	4/7

Men's 4x400 Relay

1	4	Axel ROMERO, Jessi JIMENEZ, Tom BELL, Jan NOLASCO	#6 Middlesex County	DI 3:31.78	3/24
2	9	Anthony JOHNSON, Xavier HUGHES, Ben ROSS, Charles BENICHOX	#1 Hudson Valley (I)	3:39.14	4/1
3	11	Anas BENSABOUD, James COLEMAN, Khalif HORTON, Zach WILECZEK	#2 RCSJ Gloucester	3:41.15	4/7
4	13	John ZIMMERMAN, Memphis LOHNES, DeShawn OWENS, Michael OBERDORF	#5 Finger Lakes (N.)	3:51.46	4/8
5	14	Avion HARRIS, Allen BOOTH, Landon KEPPEL, Abdulhamid WILLIAMS	#7 Herkimer County	3:51.50	4/7

Men's 4x800 Relay

1	2	Anas BENSABOUD, Charlie HEPLER, Benjamin KELLUM, Derek WYLLIE	#2 RCSJ Gloucester	8:46.94	4/7
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Men's High Jump

1	3	Brian REILE	#7 Herkimer County	DI 1.87m	6-1½	2/17
2	6	Keenan CANNON	#3 Mohawk Valley (I)	DI 1.82m	5-11½	2/17
3	7	Simba MAZARURA	#4 Camden County	DI 1.81m	5-11¼	4/7
4	12	Jonathan HANNA	#1 Hudson Valley (I)	1.75m	5-8¾	4/8
5	17	Omar MOHAMED	#3 Mohawk Valley (I)	1.66m	5-5¼	1/27
5	17	Khalif HORTON	#2 RCSJ Gloucester	1.66m	5-5¼	4/7
7	19	Dylan LAWLESS	#1 Hudson Valley (I)	1.65m	5-5	4/8

Men's Pole Vault

1	2	Memphis LOHNES	#5 Finger Lakes (N.)	DI 3.95m	12-11½	2/3
2	4	Aden HOLLENBECK	#8 SUNY Broome County	DI 3.80m	12-5½	4/7

Men's Long Jump

1	1	Keenan CANNON	#3 Mohawk Valley (I)	DI 7.10m	23-3½	2/11
2	4	Brooks ROBSON	#1 Hudson Valley (I)	DI 6.64mw	21-9½ (3.0)	3/26
3	5	Brian REILE	#7 Herkimer County	DI 6.63m	21-9	2/17
4	9	Kaden STEVENS	#10 Bergen (N.J.) CC	DI 6.38m	20-11¼ (0.3)	3/31
5	10	Jonathan HANNA	#1 Hudson Valley (I)	DI 6.34mw	20-9¾ (2.7)	3/26
6	12	Daniel HONSINGER	#1 Hudson Valley (I)	6.13mw	20-1½ (3.5)	3/26
7	18	Chris MILLER	#4 Camden County	5.91m	19-4¾ (0.3)	3/30
8	19	Simba MAZARURA	#4 Camden County	5.90m	19-4¼ (1.0)	3/30
9	22	Abdulhamid WILLIAMS	#7 Herkimer County	5.82m	19-1¼ (1.2)	4/7
10	23	Joaquin NIETES	#7 Herkimer County	5.77mw	18-11¼ (4.0)	4/1

Men's Triple Jump

1	1	Keenan CANNON	#3 Mohawk Valley (I)	DI 13.46m	44-2 (0.2)	4/7
2	2	Brooks ROBSON	#1 Hudson Valley (I)	DI 13.45m	44-1½ (1.7)	3/26
3	6	Jay BOWMAN	#3 Mohawk Valley (I)	DI 12.67m	41-7	1/27
4	8	Dandre JAMES	#8 SUNY Broome County	12.52m	41-1 (2.0)	4/7
5	9	Matthew SUTTON	#6 Middlesex County	12.45mw	40-10¼ (2.0)	3/24
6	10	Joaquin NIETES	#7 Herkimer County	12.17mw	39-11¼ (4.0)	4/1
7	13	Hayden DAY	#3 Mohawk Valley (I)	11.83mw	38-9¾ (2.6)	4/1

Men's Shot Put

1	1	Chris GUERRIERI	#2 RCSJ Gloucester	DI 15.57m	51-1	4/7
2	6	Jaylen WIMMS	#5 Finger Lakes (N.)	DI 12.70m	41-8	1/21
3	8	Guerin DUPUIS	#1 Hudson Valley (I)	DI 12.47m	40-11	4/8
4	10	Jalen GRAHAM	#1 Hudson Valley (I)	DI 11.90m	39-½	1/28
5	13	Yaman OKLLA	#8 SUNY Broome County	11.48m	37-8	4/7
6	20	Aiden ALAXANIAN	#1 Hudson Valley (I)	10.62m	34-10¼	3/26
7	21	Alex BALDOSARO	#4 Camden County	10.52m	34-6¼	3/25
8	22	Robert FITZGERALD	#1 Hudson Valley (I)	10.08m	33-1	1/28
9	26	Jimmy RILEY	#3 Mohawk Valley (I)	9.45m	31-0	4/7
10	29	Evan HOPE	#2 RCSJ Gloucester	9.27m	30-5	3/25



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MEN — 2023 Week #3, April 10

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East

Men's Discus

1	6	Chris GUERRIERI	#2	RCSJ Gloucester DI	38.22m	125-5	3/4
2	8	Michael TAYLOR	#2	RCSJ Gloucester DI	36.96m	121-3	3/30
3	9	Jalen GRAHAM	#1	Hudson Valley (I	36.78m	120-8	4/1
4	13	Jaylen WIMMS	#5	Finger Lakes (N.	31.59m	103-8	4/8
5	16	Jimmy RILEY	#3	Mohawk Valley (	30.22m	99-1¾	4/7
6	17	Aiden ALAXANIAN	#1	Hudson Valley (I	30.07m	98-8	4/8
7	21	Yaman OKLLA	#8	SUNY Broome Co	28.04m	92-0	4/7
8	22	Robert FITZGERALD	#1	Hudson Valley (I	27.18m	89-2¼	3/26
9	26	Bo JOHNZO	#3	Mohawk Valley (	24.84m	81-6	4/1
10	32	Evan HOPE	#2	RCSJ Gloucester	22.28m	73-1¼	3/4

Men's Hammer

1	1	Michael TAYLOR	#2	RCSJ Gloucester DI	44.04m	144-6	3/4
2	2	Jalen GRAHAM	#1	Hudson Valley (I	43.71m	143-5	3/26
3	3	Chris GUERRIERI	#2	RCSJ Gloucester DI	41.86m	137-4	4/7
4	6	Robert FITZGERALD	#1	Hudson Valley (I	36.50m	119-9	4/1
5	10	Guerin DUPUIS	#1	Hudson Valley (I	30.96m	101-7	4/8
6	15	Evan HOPE	#2	RCSJ Gloucester	18.40m	60-4½	4/7

Men's Javelin

1	2	Thomas FLANAGAN	#9	Union County (N	49.88m	163-8	4/8
2	6	Jalen GRAHAM	#1	Hudson Valley (I	42.86m	140-8	3/26
3	7	Alex BALDOSARO	#4	Camden County DI	39.25m	128-9	3/25
4	9	Aiden ALAXANIAN	#1	Hudson Valley (I	37.20m	122-1	3/26
5	11	Daniel HONSINGER	#1	Hudson Valley (I	35.23m	115-7	3/26
6	13	Jimmy RILEY	#3	Mohawk Valley (	34.14m	112-0	4/7
7	23	Bo JOHNZO	#3	Mohawk Valley (	30.46m	99-11¼	4/7
8	24	Emin SKILJAN	#3	Mohawk Valley (	29.58m	97-¾	4/1
9	25	Jason HAMMOND	#5	Finger Lakes (N.	29.37m	96-4¼	4/2
10	27	Gavin FERNAAYS	#5	Finger Lakes (N.	28.36m	93-½	4/2



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

MEN — 2023 Week #3, April 10

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Northeast

Men's 100 Meters

1	10	Ayoub ELFAHIM	#1	Queensborough	DI 11.38	4/7
2	17	Marcello MASTROCCO	#2	Suffolk County (	11.55	4/7
3	20	David ADEKOYA	#1	Queensborough	11.58 (1.3)	4/2
4	23	Jaaden HENRY	#2	Suffolk County (	11.61 (0.4)	3/31
5	24	Mohammad MOHAMMAD	#2	Suffolk County (	11.64	4/7
6	30	Samuel ESTHERSON	#2	Suffolk County (	11.79	4/7
7	31	Isaiah LEE	#3	Nassau (N.Y.) CC	11.80 (1.3)	4/2
8	37	Derrick SPERLING	#3	Nassau (N.Y.) CC	11.94	4/7
9	43	Malik DAVIS	#4	Onondaga (N.Y.)	12.01 (0.0)	4/7
10	48	Tariq EARL	#2	Suffolk County (	12.06 (2.0)	3/25

Men's 110 Meter Hurdles

1	1	Samuel ESTHERSON	#2	Suffolk County (	DI 15.03 (1.8)	4/7
2	3	Tariq EARL	#2	Suffolk County (	DI 15.79 (1.5)	4/2
3	5	David ADEKOYA	#1	Queensborough	DI 16.42 (0.3)	4/2
4	8	Paul DOUGLAS	#1	Queensborough	DI 17.77	3/25
5	11	Carlos DIAZ	#4	Onondaga (N.Y.)	18.83 (1.0)	4/7
6	15	Chrisnel NICOLAS	#1	Queensborough	19.30	3/25
7	17	Andrew COLEMAN	#4	Onondaga (N.Y.)	19.88 (1.0)	4/7
8	20	Arturo GISCOMBE	#1	Queensborough	31.16	3/25

Men's 200 Meters

1	3	Ayoub ELFAHIM	#1	Queensborough	DI 22.59w (2.6)	4/7
2	9	David ADEKOYA	#1	Queensborough	DI 22.90	3/25
3	14	Marcello MASTROCCO	#2	Suffolk County (	DI 23.32w (3.0)	4/7
4	16	Jaaden HENRY	#2	Suffolk County (	DI 23.47 (-0.6)	3/31
5	17	Mohammad MOHAMMAD	#2	Suffolk County (	DI 23.49w (3.6)	4/7
6	26	Michael BAILEY	#2	Suffolk County (	23.75 (-0.6)	3/31
7	33	John ZARNOWSKI	#3	Nassau (N.Y.) CC	23.90	3/25
8	36	Dontay TAYLOR	#5	Kingsborough (	24.00	3/25
9	37	Lesny FONTUS	#5	Kingsborough (	24.10	3/25
10	44	Justin EWEKU	#1	Queensborough	24.27 (-0.5)	4/2

Men's 400 Meters

1	8	Michael BAILEY	#2	Suffolk County (	DI 51.78	3/31
2	9	Ayoub ELFAHIM	#1	Queensborough	DI 51.80	1/13
3	17	LeAndre SIMPSON	#1	Queensborough	53.12	2/26
4	22	David ADEKOYA	#1	Queensborough	53.77	1/13
5	30	Luke CLACKETT	#2	Suffolk County (	54.30	3/31
6	35	Justin EWEKU	#1	Queensborough	54.93	2/18
7	40	Paul DOUGLAS	#1	Queensborough	55.19	4/7
8	46	Anthony BEARESE	#2	Suffolk County (	55.70	3/31
9	47	Anson HENRY	#7	Roxbury CC	56.37	4/1
10	48	Tyreece DACOSTA	#3	Nassau (N.Y.) CC	56.44	4/7

Men's 400 Meter Hurdles

1	5	Luke CLACKETT	#2	Suffolk County (	DI 1:00.89	4/7
2	10	LeAndre SIMPSON	#1	Queensborough	1:03.82	3/25
3	11	Paul DOUGLAS	#1	Queensborough	1:04.46	4/2
4	13	David ADEKOYA	#1	Queensborough	1:05.78	4/7
5	17	Carlos DIAZ	#4	Onondaga (N.Y.)	1:10.69	4/7
6	18	Rueben CHEONG	#3	Nassau (N.Y.) CC	1:11.26	4/7
7	19	Arturo GISCOMBE	#1	Queensborough	1:12.29	4/2
8	20	Richard STAFFORD	#2	Suffolk County (	1:12.31	4/7
9	21	Brian CRUZ	#1	Queensborough	1:13.49	4/2

Men's 800 Meters

1	10	Jeffrey SIMMONS	#2	Suffolk County (	DI 2:04.26	3/31
2	12	Michael BURNS	#2	Suffolk County (	DI 2:04.54	3/31
3	22	Renaediaz MILLER	#1	Queensborough	2:08.09	2/11
4	33	LeAndre SIMPSON	#1	Queensborough	2:10.15	2/18
5	35	Logan FERRARI	#2	Suffolk County (	2:10.22	4/7
6	38	Douglas BURGESS	#3	Nassau (N.Y.) CC	2:11.48	3/25
7	47	Oliver PEREZ	#3	Nassau (N.Y.) CC	2:14.15	3/25
8	48	Nickolas PIROVOLIKOS	#1	Queensborough	2:14.67	2/18
9	61	Thomas POVEROMO	#4	Onondaga (N.Y.)	2:18.68	4/7
10	63	Peter HOFFMANN	#1	Queensborough	2:19.99	1/13

Men's 1500 Meters

1	5	Michael BURNS	#2	Suffolk County (	DI 4:12.07	4/7
2	6	Logan FERRARI	#2	Suffolk County (	DI 4:12.51	4/7
3	30	Renaediaz MILLER	#1	Queensborough	4:28.41	4/2
4	34	Oliver PEREZ	#3	Nassau (N.Y.) CC	4:30.24	4/2
5	39	Thomas POVEROMO	#4	Onondaga (N.Y.)	4:33.74	4/7
6	46	Nickolas PIROVOLIKOS	#1	Queensborough	4:39.41	2/26
7	53	Peter HOFFMANN	#1	Queensborough	4:49.59	2/3
8	56	Douglas BURGESS	#3	Nassau (N.Y.) CC	4:53.11	4/2
9	59	Cade DUDA	#4	Onondaga (N.Y.)	4:57.85	2/4
10	60	Ryan TRENDLELL	#4	Onondaga (N.Y.)	4:58.68	4/7

Men's Steeplechase

1	3	Peter HOFFMANN	#1	Queensborough	11:59.63	4/2
2	5	Nickolas PIROVOLIKOS	#1	Queensborough	12:21.37	4/2
3	7	Karlo BALDONADO	#1	Queensborough	13:50.22	4/2

Men's 5000 Meters

1	4	Michael BURNS	#2	Suffolk County (	DI 16:07.39	3/31
2	21	Renaediaz MILLER	#1	Queensborough	17:22.93	4/2
3	29	Peter HOFFMANN	#1	Queensborough	18:35.77	3/25
4	35	Matthew POLLACKOV	#6	FIT (N.Y.)	20:11.05	3/25
5	36	Karlo BALDONADO	#1	Queensborough	21:08.47	3/25

Men's 10,000 Meters

1	9	Renaediaz MILLER	#1	Queensborough	DI 36:13.10	4/7
2	14	Nickolas PIROVOLIKOS	#1	Queensborough	38:52.62	4/7



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

MEN — 2023 Week #3, April 10

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Northeast

Men's 4x100 Relay

1	4	David ADEKOYA, Justin EWEKA, LeAndre SIMPSON, Ayoub ELFAHIM	#1	Queensborough (DI)	44.25	4/7
2	15	Kedron GOLDEN, Deyquan CRAWFORD, Malik DAVIS, Carlos DIAZ	#4	Onondaga (N.Y.)	47.84	4/7

Men's 4x400 Relay

1	5	Anthony BEARESE, Alexander EDGEHILL, Tariq EARL, Samuel ESTHERSON	#2	Suffolk County (DI)	3:34.21	3/25
2	6	https://www.tfrrs.org/teams/8055	#1	Queensborough (DI)	3:36.40	2/18
3	16	https://www.tfrrs.org/teams/70564	#4	Onondaga (N.Y.)	4:23.63	1/27

Men's 4x800 Relay

1	3	Stanley CAZEAU, LeAndre SIMPSON, Paul DOUGLAS, Renaediaz MILLER	#1	Queensborough	9:04.35	4/7
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Men's High Jump

1	14	Dillon POWELL	#3	Nassau (N.Y.) CC	1.71m	5-7¼	4/7
2	15	Dean GAGAN	#2	Suffolk County (DI)	1.70m	5-7	4/2
3	19	Paul DOUGLAS	#1	Queensborough	1.65m	5-5	4/2
4	22	Chrisnel NICOLAS	#1	Queensborough	1.61m	5-3¼	4/7

Men's Pole Vault

1	8	Hunter DILLON	#2	Suffolk County (DI)	3.55m	11-7¾	4/7
2	10	Chrisnel NICOLAS	#1	Queensborough	2.65m	8-8¼	4/7
3	13	Paul DOUGLAS	#1	Queensborough	2.29m	7-6	4/2

Men's Long Jump

1	13	Kedron GOLDEN	#4	Onondaga (N.Y.)	6.04mw	19-9¾ (2.2)	4/7
2	14	David ADEKOYA	#1	Queensborough	6.01m	19-8¾ (0.5)	4/2
3	26	Jahmire CRUZ	#3	Nassau (N.Y.) CC	5.62m	18-5¼ (-1)	4/2
4	34	Chrisnel NICOLAS	#1	Queensborough	5.47m	17-11½	1/13
5	36	Henry ALMANZAR	#2	Suffolk County (DI)	5.45mw	17-10¾ (3)	4/7
6	42	Paul DOUGLAS	#1	Queensborough	5.30m	17-4¾	2/26
7	47	Dean GAGAN	#2	Suffolk County (DI)	5.19m	17-½ (0.1)	4/2
8	54	Justin EWEKU	#1	Queensborough	4.33m	14-2½	2/3

Men's Triple Jump

1	12	Kedron GOLDEN	#4	Onondaga (N.Y.)	11.90m	39-½	1/27
2	14	Chrisnel NICOLAS	#1	Queensborough	11.62m	38-1½	2/26
3	18	Carlos DIAZ	#4	Onondaga (N.Y.)	10.43m	34-2¾	2/4

Men's Shot Put

1	18	Rodney YARBROUGH	#3	Nassau (N.Y.) CC	10.81m	35-5¾	4/7
2	23	Isaiah LEE	#3	Nassau (N.Y.) CC	9.93m	32-7	4/2
3	31	Chrisnel NICOLAS	#1	Queensborough	9.11m	29-10¾	2/26
4	34	James KNIGHT	#3	Nassau (N.Y.) CC	8.78m	28-9¾	3/25
5	36	Paul DOUGLAS	#1	Queensborough	8.53m	28-0	4/7
6	37	Carter AURELIO	#4	Onondaga (N.Y.)	8.39m	27-6½	4/7
7	39	Philip PARK	#1	Queensborough	8.35m	27-4¾	4/2
8	41	Nyiem GREEN-POTTER	#1	Queensborough	8.03m	26-4¼	2/3

Men's Discus

1	19	Isaiah LEE	#3	Nassau (N.Y.) CC	29.00m	95-1¾	4/2
2	20	Chrisnel NICOLAS	#1	Queensborough	28.35m	93-¼	4/7
3	28	Rodney YARBROUGH	#3	Nassau (N.Y.) CC	23.45m	76-11¼	3/25
4	29	Paul DOUGLAS	#1	Queensborough	22.92m	75-2½	4/7
5	31	Philip PARK	#1	Queensborough	22.88m	75-¾	4/2
6	39	James KNIGHT	#3	Nassau (N.Y.) CC	17.65m	57-11	3/25
7	40	Henry ALMANZAR	#2	Suffolk County (DI)	17.07m	56-0	4/7
8	41	Dillon POWELL	#3	Nassau (N.Y.) CC	16.22m	53-2¾	4/2

Men's Hammer

1	13	Philip PARK	#1	Queensborough	19.99m	65-7	4/2
2	14	Carter AURELIO	#4	Onondaga (N.Y.)	18.71m	61-4¾	4/7

Men's Javelin

1	15	Carter AURELIO	#4	Onondaga (N.Y.)	33.22m	109-0	4/7
2	16	David ADEKOYA	#1	Queensborough	32.88m	107-11	4/7
3	17	Chrisnel NICOLAS	#1	Queensborough	32.85m	107-10	4/2
4	19	Rodney YARBROUGH	#3	Nassau (N.Y.) CC	32.21m	105-8	4/2
5	20	Andrew COLEMAN	#4	Onondaga (N.Y.)	31.69m	104-0	4/7
6	26	Bryan GODETTE	#1	Queensborough	28.63m	93-11¼	3/25
7	33	Philip PARK	#1	Queensborough	23.78m	78-¼	4/2
8	36	James KNIGHT	#3	Nassau (N.Y.) CC	21.12m	69-3½	4/2
9	38	Dillon POWELL	#3	Nassau (N.Y.) CC	19.34m	63-5½	4/2
10	39	Paul DOUGLAS	#1	Queensborough	18.96m	62-2½	4/7

Men's Decathlon

1	3	Chrisnel NICOLAS	#1	Queensborough	4,040	4/7
2	4	Paul DOUGLAS	#1	Queensborough	3,913	4/7