



NJCAA Division III - Top 10 Seeds by Event as of April 3



Men

100 Meters

1	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	10.90	(-0.9)	Mar 23
2	Kendall BELSER	FR	Howard (Md.) CC	10.92	(0.0)	Mar 25
3	Malik JOHN	SO	Kingsborough (N.Y.) CC	11.11	(0.3)	Mar 23
4	Lud BLAIR	SO	Montgomery-Rockville	11.13	(0.2)	Mar 25
5	Rogike THORPE	FR	Kingsborough (N.Y.) CC	11.29	(-1.1)	Mar 23
6	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	11.34	(0.0)	Mar 25
7	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	11.35	(0.9)	Mar 23
8	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	11.36	(1.0)	Mar 31
8	Michael HOLLAND	SO	Valley Forge Military (Pa.)	11.36	(1.3)	Mar 31
10	Bob OKOROAJUZIE	FR	Montgomery-Rockville	11.48	(0.8)	Mar 25

200 Meters

1	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	22.08	(-0.9)	Mar 23
2	Kendall BELSER	FR	Howard (Md.) CC	22.10	()	Mar 31
3	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	22.24	(0.5)	Mar 23
4	Malik JOHN	SO	Kingsborough (N.Y.) CC	22.48	(-1.2)	Mar 23
5	Lud BLAIR	SO	Montgomery-Rockville	22.70	(1.1)	Mar 25
6	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	22.87	(-1.0)	Mar 25
6	Rogike THORPE	FR	Kingsborough (N.Y.) CC	22.87	(-0.3)	Mar 23
8	Joshua THOMPSON	SO	Onondaga (N.Y.) CC	23.14	(-1.1)	Apr 2
9	Ari WILSON	FR	Prince George's (Md.)	23.18	(0.5)	Apr 1
10	J'Son HOBSON	SO	Suffolk County (N.Y.) CC	23.23	()	Mar 25

400 Meters

1	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	49.03		Mar 23
2	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	50.29		Mar 25
3	Anija ADDISON	SO	Kingsborough (N.Y.) CC	50.33		Mar 23
4	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	51.29		Mar 23
5	Mike KELLER	SO	Rowan-Gloucester (N.J.)	51.69		Mar 25
6	Jordan BROWN	FR	Nassau (N.Y.) CC	52.29		Mar 25
7	Joshua THOMPSON	SO	Onondaga (N.Y.) CC	52.39		Apr 2
8	Robert ROBINSON	FR	Kingsborough (N.Y.) CC	52.53		Mar 25
9	Joshua JEAN	FR	Nassau (N.Y.) CC	52.74		Mar 25
10	Eddie BARRETO	FR	Roxbury CC	53.32		Apr 2

800 Meters

1	Anija ADDISON	SO	Kingsborough (N.Y.) CC	1:58.86		Mar 23
2	Shawn RENE	SO	Kingsborough (N.Y.) CC	2:02.83		Mar 25
3	Noah AUSTIN	SO	Rowan-Gloucester (N.J.)	2:03.02		Mar 25
4	James KENNEDY	FR	Rowan-Gloucester (N.J.)	2:03.89		Mar 25
5	Ryan CLOCKER	FR	Howard (Md.) CC	2:04.23		Mar 25
6	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	2:04.81		Mar 25
7	Elijah CROUCH	SO	Rowan-Gloucester (N.J.)	2:05.46		Mar 25
8	Ernest LONG	SO	Montgomery-Rockville	2:05.50		Mar 25
9	David CEDILLO	FR	Nassau (N.Y.) CC	2:05.64		Mar 25
10	Cristian FIGUEROA	FR	CCRI	2:06.12		Mar 25

1500 Meters

1	Ryan CLOCKER	FR	Howard (Md.) CC	4:13.74		Mar 25
2	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	4:14.15		Mar 25
3	Ernest LONG	SO	Montgomery-Rockville	4:14.51		Mar 25
4	Michael WARCHOL	FR	Mohawk Valley (N.Y.) CC	4:19.24		Apr 2
5	Corey YOUNG	FR	Howard (Md.) CC	4:19.82		Mar 31
6	Mike MAZZEI	FR	Middlesex County (N.J.)	4:20.97		Mar 25
7	Ilya WILSON	FR	Suffolk County (N.Y.) CC	4:21.28		Mar 25
8	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	4:21.89		Mar 25
9	Robert Alan DOUGLAS	FR	Harper (Ill.)	4:22.34		Mar 31
10	Eamon SHEERIN	SO	Nassau (N.Y.) CC	4:22.93		Mar 25

Steeplechase

1	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	10:33.04		Mar 31
2	Alan PRADO	FR	Triton	10:40.72		Apr 1
3	Ilya WILSON	FR	Suffolk County (N.Y.) CC	10:49.33		Mar 31
4	Dakota CORNEY	SO	Mohawk Valley (N.Y.) CC	11:06.08		Apr 2
5	Brandon RAWSON	FR	Herkimer County (N.Y.)	11:10.55		Apr 2
6	Scott WILLIAMS	FR	Harper (Ill.)	11:13.82		Mar 31
7	Kyle HOLMES	FR	Herkimer County (N.Y.)	11:15.01		Apr 2
8	Brandon KRUPINSKI	FR	Rowan-Gloucester (N.J.)	12:46.29		Mar 31
9	Taj PARKER	SO	Herkimer County (N.Y.)	12:49.14		Apr 2
10	Mark PTASZNIK	FR	Herkimer County (N.Y.)	13:07.87		Apr 2

5000 Meters

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	16:14.95		Mar 31
2	Joseph SWIECH	FR	Harper (Ill.)	16:22.69		Mar 25
3	Robert Alan DOUGLAS	FR	Harper (Ill.)	16:23.34		Mar 25
4	Alec AMBRUSO	FR	Mohawk Valley (N.Y.) CC	16:25.99		Apr 2
5	Paul CHILLO	FR	Kingsborough (N.Y.) CC	16:33.04		Mar 25
6	James KENNEDY	FR	Rowan-Gloucester (N.J.)	16:39.16		Mar 31
7	Ryan CLOCKER	FR	Howard (Md.) CC	16:39.82		Mar 31
8	Corey YOUNG	FR	Howard (Md.) CC	16:44.58		Mar 25
9	Vincente PEREZ	FR	Harper (Ill.)	16:51.08		Mar 25
10	Christopher LOUGHMAN	FR	Bergen (N.J.) CC	16:57.94		Mar 31

10,000 Meters

1	Connor MCGILLICK	SO	Bergen (N.J.) CC	36:13.57		Mar 31
---	------------------	----	------------------	----------	--	--------



NJCAA Division III - Top 10 Seeds by Event as of April 3



Men

110 Meter Hurdles

1	Malik HINDS	SO	Suffolk County (N.Y.) CC	15.42	(-0.4)	Mar 31
2	Tyler GARLAND	FR	Rowan-Gloucester (N.J.)	15.54	(1.2)	Mar 25
3	Devon DUNCAN	FR	Queensborough (N.Y.)	15.85	(-0.4)	Mar 31
4	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	15.91	(-0.3)	Apr 2
5	Joshua LEGG	FR	Rowan-Gloucester (N.J.)	16.18	(1.2)	Mar 25
6	Elijah RICHARDSON	SO	Howard (Md.) CC	16.29	(0.0)	Mar 25
7	Eddy FONG	FR	Massasoit (Mass.) CC	16.57	(1.1)	Mar 24
7	Muhammad OMBALI	FR	Bergen (N.J.) CC	16.57	(1.0)	Mar 25
9	Eric FREEMAN	SO	Howard (Md.) CC	16.92	(0.0)	Mar 25
10	James TIERNEY	FR	Sullivan County (N.Y.) CC	17.54	(1.6)	Mar 31

400 Meter Hurdles

1	James TIERNEY	FR	Sullivan County (N.Y.) CC	57.90		Mar 31
2	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	58.23		Apr 2
3	Daniel VELASQUEZ	FR	Suffolk County (N.Y.) CC	58.51		Mar 31
4	Lincoln ROBINSON	FR	CCRI	58.60		Apr 2
5	Elijah RICHARDSON	SO	Howard (Md.) CC	58.78		Mar 31
6	Devon DUNCAN	FR	Queensborough (N.Y.)	58.87		Mar 31
7	Joshua LEGG	FR	Rowan-Gloucester (N.J.)	1:00.36		Mar 25
8	Julian POLYNICE	FR	Massasoit (Mass.) CC	1:00.74		Apr 2
9	Anthony WILLIAMS	SO	Triton	1:02.34		Apr 1
10	Ryan MANESS	FR	Rowan-Gloucester (N.J.)	1:02.55		Mar 25

4x100 Relay

1	Kingsborough (N.Y.) CC	41.54	Mar 30
2	Howard (Md.) CC	43.86	Mar 31
3	Montgomery-Rockville	44.07	Mar 25
4	Harper (Ill.)	44.19	Mar 25
5	CC of Philadelphia (Pa.)	44.67	Mar 31
6	Suffolk County (N.Y.) CC	45.64	Mar 31
7	Nassau (N.Y.) CC	45.73	Mar 25
8	Queensborough (N.Y.)	46.11	Mar 25
9	Herkimer County (N.Y.)	47.14	Apr 2
10	Bergen (N.J.) CC	47.46	Mar 25

4x400 Relay

1	Kingsborough (N.Y.) CC	3:17.66	Mar 30
2	Rowan-Gloucester (N.J.)	3:31.87	Mar 25
3	Howard (Md.) CC	3:33.94	Mar 4
4	CC of Philadelphia (Pa.)	3:34.56	Mar 31
5	Prince George's (Md.)	3:38.46	Apr 1
6	Suffolk County (N.Y.) CC	3:40.30	Mar 25
7	Queensborough (N.Y.)	3:41.50	Mar 25
8	Union County (N.J.)	3:42.34	Mar 31
9	Harper (Ill.)	3:45.80	Mar 25

4x800 Relay

1	Kingsborough (N.Y.) CC	8:53.69	Mar 25
2	Suffolk County (N.Y.) CC	9:17.32	Mar 25
3	Bergen (N.J.) CC	9:56.95	Mar 31

High Jump

1	Elijah RICHARDSON	SO	Howard (Md.) CC	1.98m	6-6	Mar 18
2	Malik BRIGGS	FR	Herkimer County (N.Y.)	1.95m	6-4½	Apr 2
3	Andrew HINES	FR	Onondaga (N.Y.) CC	1.90m	6-2¾	Apr 2
4	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	1.85m	6-¾	Apr 2
5	Hyyaan KHAN	FR	Harper (Ill.)	1.80m	5-10½	Mar 31
6	Julian POLYNICE	FR	Massasoit (Mass.) CC	1.78m	5-10	Apr 2
7	Sean BONNEY	SO	Suffolk County (N.Y.) CC	1.75m	5-8¾	Mar 31
7	Martin JOHNSON	FR	Suffolk County (N.Y.) CC	1.75m	5-8¾	Mar 31
9	Nolan RICE	FR	Northern Essex (Mass.)	1.72m	5-7¾	Mar 24
10	Eric ELLEFSON	FR	Harper (Ill.)	1.71m	5-7¾	Mar 31

Pole Vault

1	Gustavo ALVAREZ	FR	Triton	3.85m	12-7½	Apr 1
1	Dan KIM	SO	Harper (Ill.)	3.85m	12-7½	Mar 25
1	Georgino CRUZ	FR	Suffolk County (N.Y.) CC	3.85m	12-7½	Mar 31
1	Eric ELLEFSON	FR	Harper (Ill.)	3.85m	12-7½	Mar 25
5	Dylan RINNIE	FR	Rowan-Gloucester (N.J.)	3.70m	12-1½	Mar 25
6	Koy CONNERS	FR	Rowan-Gloucester (N.J.)	3.20m	10-6	Mar 4

Long Jump

1	Keyshawn BROWN	SO	Harper (Ill.)	6.95m	22-9¾ (1.8)	Mar 31
2	Mateusz WIERZBA	FR	Bergen (N.J.) CC	6.66m	21-10½ (0)	Mar 25
3	Malik HINDS	SO	Suffolk County (N.Y.) CC	6.65m	21-10 (1)	Mar 25
4	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	6.58m	21-7¾ (0.0)	Mar 23
5	Andrew HINES	FR	Onondaga (N.Y.) CC	6.57m	21-6¾ (0.3)	Apr 2
6	Maxwell ZELLER-FING	SO	Howard (Md.) CC	6.37m	20-10½ (-1)	Mar 25
6	Justin LEONARD	FR	Montgomery-Rockville	6.37mw	20-10½ (2)	Mar 25
8	Jalen MICKLES	FR	Rowan-Gloucester (N.J.)	6.29mw	20-7¾ (2.8)	Mar 31
9	Justin TOLENTINO	SO	Harper (Ill.)	6.27m	20-7 (0.7)	Mar 31
10	Julian POLYNICE	FR	Massasoit (Mass.) CC	6.26m	20-6½ (1.8)	Mar 24



NJCAA Division III - Top 10 Seeds by Event as of April 3



Men

Triple Jump

1	Micah ASSIBEY-BONSU	SO Suffolk County (N.Y.) CC	14.50m	47-7 (0.4)	Mar 31
2	Malik HINDS	SO Suffolk County (N.Y.) CC	13.38m	43-10% (0.4)	Mar 31
3	Jashaun STEWARD	FR Triton	13.16m	43-2% (-1.1)	Apr 1
4	Kailon KIRBY	SO Kingsborough (N.Y.) CC	13.02m	42-8% (-1.1)	Mar 23
4	Mateusz WIERZBA	FR Bergen (N.J.) CC	13.02m	42-8% (-1.1)	Mar 25
6	Jalen MICKLES	FR Rowan-Gloucester (N.J.)	12.59m	41-3% (-0.8)	Mar 25
7	Tyson MCCARROLL	FR Onondaga (N.Y.) CC	12.58m	41-3% (1.5)	Apr 2
8	Hyyaan KHAN	FR Harper (Ill.)	12.52m	41-1 (1.5)	Mar 31
9	Elijah CROUCH	SO Rowan-Gloucester (N.J.)	12.29m	40-4 (1.1)	Mar 4
10	Koy CONNERS	FR Rowan-Gloucester (N.J.)	11.75m	38-6% (1.1)	Mar 31

Shot Put

1	Daniel USHER	FR Howard (Md.) CC	15.22m	49-11%	Mar 25
2	Andrew KUSTERA	SO Rowan-Gloucester (N.J.)	13.57m	44-6%	Mar 25
3	Jude MISKO	SO Rowan-Gloucester (N.J.)	12.99m	42-7%	Mar 31
4	Donovan TYLER	SO Montgomery-Rockville	11.94m	39-2%	Mar 25
5	Nick MARCUCCI	SO Rowan-Gloucester (N.J.)	11.65m	38-2%	Mar 31
6	Ben MORTAS	FR Onondaga (N.Y.) CC	11.38m	37-4	Apr 2
7	Connor BEST	FR Bergen (N.J.) CC	10.40m	34-1%	Mar 25
8	Miguel HERNANDEZ	FR Middlesex County (N.J.)	9.24m	30-3%	Mar 25
9	Meghrasinh DODIA	FR Middlesex County (N.J.)	9.16m	30-3%	Mar 25
10	Brendan FRANCIS	FR Suffolk County (N.Y.) CC	9.15m	30-3%	Mar 31

Discus

1	Daniel USHER	FR Howard (Md.) CC	45.65m	149-9	Mar 31
2	Connor BEST	FR Bergen (N.J.) CC	40.14m	131-8	Mar 31
3	Phillip KOMBET	FR Montgomery-Rockville	37.21m	122-1	Apr 1
4	Meghrasinh DODIA	FR Middlesex County (N.J.)	36.82m	120-9	Mar 25
5	Andrew KUSTERA	SO Rowan-Gloucester (N.J.)	34.17m	112-1	Mar 31
6	Jarred RACER	SO Rowan-Gloucester (N.J.)	34.10m	111-10	Mar 4
7	Donovan TYLER	SO Montgomery-Rockville	33.53m	110-0	Mar 25
8	Nick MARCUCCI	SO Rowan-Gloucester (N.J.)	33.15m	108-9	Mar 25
9	Aaron PRESCOTT	SO Massasoit (Mass.) CC	33.08m	108-6	Mar 24
10	Brendan FRANCIS	FR Suffolk County (N.Y.) CC	30.68m	100-8	Mar 31

Hammer

1	Jude MISKO	SO Rowan-Gloucester (N.J.)	52.61m	172-7	Mar 31
2	Daniel USHER	Howard (Md.) CC	41.52m	136-2	Mar 4
3	Andrew KUSTERA	SO Rowan-Gloucester (N.J.)	38.26m	125-6	Mar 31
4	Nick MARCUCCI	SO Rowan-Gloucester (N.J.)	36.12m	118-6	Mar 31
5	Ben MORTAS	FR Onondaga (N.Y.) CC	25.69m	84-3%	Apr 2
6	Enmanuel MATEO	FR Onondaga (N.Y.) CC	23.31m	76-5%	Apr 2
7	Brandon TYSON	FR Herkimer County (N.Y.)	21.29m	69-10%	Apr 2
8	Jason LEWIS	FR Herkimer County (N.Y.)	15.74m	51-7%	Apr 2
9	Willard LAMONT	FR Herkimer County (N.Y.)	14.02m	46-0	Apr 2

Javelin

1	Peter FLACCO	SO Rowan-Gloucester (N.J.)	51.24m	200-11	Mar 25
2	Brian DONNA	FR Roxbury CC	53.97m	177-1	Apr 2
3	Andrew BURKHARDT	FR Rowan-Gloucester (N.J.)	52.19m	171-2	Mar 25
4	Loukis FILLIPPOU	FR Queensborough (N.Y.)	49.54m	162-6	Mar 31
5	Donovan TYLER	SO Montgomery-Rockville	48.84m	160-3	Mar 25
6	Bobby WOS	FR Harper (Ill.)	43.73m	143-5	Mar 31
7	Daniel USHER	FR Howard (Md.) CC	42.60m	139-9	Mar 18
8	Devin STEIGERWALT	FR Thaddeus Stevens	42.52m	139-6	Apr 1
9	William FERDINANDO	FR Union County (N.J.)	39.99m	131-2	Mar 31
10	Eric ELLEFSON	FR Harper (Ill.)	38.90m	127-7	Mar 31

Decathlon

1	Eric ELLEFSON	FR Harper (Ill.)	4314	Mar 31
---	---------------	------------------	------	--------



NJCAA Division III - Top 10 Seeds by Event as of April 3



Women

100 Meters

1	Mary FODAY	FR	Prince George's (Md.)	C12.54w	(2.1)	Apr 1
2	Ebinama GLORY	FR	Howard (Md.)	CC 12.74	()	Mar 31
3	Tasmere LEE	SO	Suffolk County (N.Y.)	CC13.16	()	Mar 25
4	Marissa JONES	SO	Mohawk Valley (N.Y.)	C13.23	(0.1)	Apr 2
5	Ashley PROKSA	SO	Harper (Ill.)	13.27w	(2.8)	Mar 25
6	Shermire COTTLE	FR	CC of Philadelphia (Pa.)	13.28	(1.8)	Mar 31
7	Tanisha WITTER	FR	Kingsborough (N.Y.)	CC13.33	()	Mar 25
8	Alyssa MORAN	FR	Montgomery-Rockville	13.40	(-0.8)	Mar 25
9	Jade ZHANG	FR	Montgomery-Rockville	13.48	(-0.2)	Mar 25
10	Tymaiah HARPER	FR	Onondaga (N.Y.)	CC 13.49	(-1.1)	Apr 2
10	Casey PEDONE	FR	Suffolk County (N.Y.)	CC13.49	(0.0)	Mar 31

200 Meters

1	Tatyana MILLS	SO	Kingsborough (N.Y.)	CC24.67	(-4.3)	Mar 23
2	Ebinama GLORY	FR	Howard (Md.)	CC 26.30	(-0.3)	Mar 18
3	Marissa JONES	SO	Mohawk Valley (N.Y.)	C26.51	(-1.2)	Apr 2
4	Thea GENERAL	SO	Kingsborough (N.Y.)	CC26.69	(1.1)	Mar 23
5	Ashley PROKSA	SO	Harper (Ill.)	27.29	(0.3)	Mar 31
6	Tasmere LEE	SO	Suffolk County (N.Y.)	C27.35	()	Mar 25
7	Alyssa MORAN	FR	Montgomery-Rockville	27.43	(1.2)	Apr 1
8	Lauren WANGENSTEIN	SO	Suffolk County (N.Y.)	C27.59	()	Mar 25
9	Shermire COTTLE	FR	CC of Philadelphia (Pa.)	27.60w	(2.6)	Mar 31
10	Kimberly STAMETS	FR	Montgomery-Rockville	27.64	(0.8)	Mar 25

400 Meters

1	Tatyana MILLS	SO	Kingsborough (N.Y.)	CC54.09		Mar 30
2	Thea GENERAL	SO	Kingsborough (N.Y.)	CC58.74		Mar 23
3	Ajani BETHEA-NURSE	SO	Kingsborough (N.Y.)	CC1:02.02		Mar 23
4	Ebinama GLORY	FR	Howard (Md.)	CC 1:02.14		Mar 18
5	Kimberly STAMETS	FR	Montgomery-Rockville	1:03.29		Apr 1
6	Allison LENOX	FR	CCRI	1:03.83		Apr 2
7	Taaj CLARK	FR	Howard (Md.)	CC 1:06.66		Mar 25
8	Ashley MACK	SO	Suffolk County (N.Y.)	CC1:06.92		Mar 31
9	Dien JENKINS	FR	Howard (Md.)	CC 1:06.95		Mar 18
10	Carolyn PECK	FR	Mohawk Valley (N.Y.)	C1:07.36		Apr 2

800 Meters

1	Ajani BETHEA-NURSE	SO	Kingsborough (N.Y.)	CC2:23.25		Mar 23
2	Natalie COOK	FR	Harper (Ill.)	2:25.34		Mar 31
3	Melissa RODRIGUEZ	FR	Harper (Ill.)	2:29.03		Mar 31
4	Tristynn MERCEDES	SO	Nassau (N.Y.)	CC 2:30.97		Mar 25
5	Kate Rose TURLIK	FR	Montgomery-Rockville	2:36.81		Mar 25
6	Sondra MACNEAL	FR	Thaddeus Stevens	2:37.42		Mar 25
7	Jessica HUNSUCKER	FR	Suffolk County (N.Y.)	CC2:38.60		Mar 25
8	Brenda ROSAS	SO	Howard (Md.)	CC 2:39.84		Mar 25
9	Jasmine GARRETT	FR	Montgomery-Rockville	2:45.30		Apr 1
10	Victoria MARTIN DEL CAMPO	FR	Triton	2:51.74		Apr 1

1500 Meters

1	Dianne BARAJAS	FR	Harper (Ill.)	4:48.96		Mar 25
2	Breanna BOGUICKI	FR	Harper (Ill.)	5:21.78		Mar 31
3	Nancy VASQUEZ	FR	Nassau (N.Y.)	CC 5:25.91		Mar 25
4	Justine CONCA	FR	Bergen (N.J.)	CC 5:29.92		Mar 31
5	Chyanna BERNIER	FR	Herkimer County (N.Y.)	5:31.33		Apr 2
6	Cameron HEANEY	FR	FIT (N.Y.)	5:32.33		Mar 25
7	Jasmine GARRETT	FR	Montgomery-Rockville	5:34.48		Apr 1
8	Margret NILAND	FR	Howard (Md.)	CC 5:34.64		Mar 25
9	Brenda ROSAS	SO	Howard (Md.)	CC 5:35.83		Mar 18
10	Krystina GEORGE	FR	FIT (N.Y.)	5:50.96		Mar 25

Steeplechase

1	Chyanna BERNIER	FR	Herkimer County (N.Y.)	12:19.14		Apr 2
---	-----------------	----	------------------------	----------	--	-------

5000 Meters

1	Breanna BOGUICKI	FR	Harper (Ill.)	20:13.93		Mar 25
2	Margret NILAND	FR	Howard (Md.)	CC 21:05.17		Mar 31
3	Brenda ROSAS	SO	Howard (Md.)	CC 21:33.21		Mar 31
4	Amanda DURAN	SO	Bergen (N.J.)	CC 22:55.46		Mar 25
5	Melissa DURAN	SO	Bergen (N.J.)	CC 24:20.62		Mar 31
6	Jessica REYES	FR	Bergen (N.J.)	CC 24:52.64		Mar 31

10,000 Meters

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

100 Meter Hurdles

1	Leslie PALACIOS	FR	Triton	17.16	(1.7)	Apr 1
2	Tanisha WITTER	FR	Kingsborough (N.Y.)	CC17.38	()	Mar 25
3	Victoria ANDERSON	FR	CCRI	17.98	(0.6)	Apr 2
4	Kaitlyn ABREU	FR	Nassau (N.Y.)	CC 18.25	()	Mar 25
5	Abigail CHRZANOWSKI	SO	Rowan-Gloucester (N.J.)	18.30	(0.6)	Mar 25
6	Angie HEMMINGS	SO	Sullivan County (N.Y.)	CC18.90	(0.9)	Mar 31
7	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	21.21	(-0.7)	Apr 2
8	Elysia LAPLANTE	FR	Herkimer County (N.Y.)	22.07	(-0.9)	Apr 2



NJCAA Division III - Top 10 Seeds by Event as of April 3



Women

400 Meter Hurdles

1	Abigail CHRZANOWSKI	SO Rowan-Gloucester (N.J.)	1:12.32	Mar 25
2	Angie HEMMINGS	SO Sullivan County (N.Y.)	1:13.24	Mar 31
3	Leslie PALACIOS	FR Triton	1:14.63	Apr 1
4	Gabrielle BRIDGEWATER	SO Herkimer County (N.Y.)	1:21.34	Apr 2
5	Mikayla BLUMENSTOCK	FR Herkimer County (N.Y.)	1:29.82	Apr 2

4x100 Relay

1	Kingsborough (N.Y.)	CC	49.54	Mar 30
2	Prince George's (Md.)	C	51.59	Apr 1
3	Montgomery-Rockville		51.89	Mar 25
4	Suffolk County (N.Y.)	C	52.04	Mar 31
5	Bergen (N.J.)	CC	1:00.98	Mar 31

4x400 Relay

1	Kingsborough (N.Y.)	CC	3:50.91	Mar 30
2	Prince George's (Md.)	C	4:20.83	Apr 1
3	Howard (Md.)	CC	4:32.98	Mar 25
4	Suffolk County (N.Y.)	C	4:35.76	Mar 31
5	Triton		4:36.47	Apr 1

4x800 Relay

1	FIT (N.Y.)		11:41.81	Mar 25
---	------------	--	----------	--------

High Jump

1	Bethany CRUZ	SO Suffolk County (N.Y.)	C	1.50m	4-11	Mar 25
2	Courtney SHERRY	FR Mohawk Valley (N.Y.)	C	1.48m	4-10½	Apr 2

Pole Vault

1	Camille CALUPAD	SO Bergen (N.J.)	CC	2.65m	8-8¾	Mar 25
2	Rachel GRUPP	SO Suffolk County (N.Y.)	C	2.45m	8-½	Mar 31

Long Jump

1	Alyssa MORAN	FR	Montgomery-Rockville	5.29m	17-4¼ (-2.6)	Apr 1
2	Ashley PROKSA	SO	Harper (Ill.)	5.20m	17-¾ (2.6)	Mar 25
3	Casey PEDONE	FR	Suffolk County (N.Y.)	C4.87m	15-11¼ (1.0)	Mar 25
4	Sharina TAPPIN	SO	Queensborough (N.Y.)	4.69m	15-4¼ (1.0)	Mar 31
5	Nisheil FORBES	SO	Prince George's (Md.)	4.61m	15-1½ (-0.8)	Apr 1
6	Ashley WILSON	FR	Prince George's (Md.)	4.34m	14-3 (-0.8)	Apr 1
7	Kaylah WILLIAMS	FR	Suffolk County (N.Y.)	C4.28m	14-½ (0.9)	Mar 31
8	Bethany CRUZ	SO	Suffolk County (N.Y.)	C4.13m	13-6¼ (1.0)	Mar 25
9	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	4.09m	13-5 (1.8)	Apr 2
10	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	3.89m	12-9¼ (0.6)	Apr 2

Triple Jump

1	Kaylah WILLIAMS	FR Suffolk County (N.Y.)	CC	10.19m	33-5¼ (0.2)	Mar 31
2	Ashley WILSON	FR Prince George's (Md.)	C	9.89m	32-5¼ (0.3)	Apr 1

Shot Put

1	Keziann JONES	SO Kingsborough (N.Y.)	CC	11.83m	38-9%	Mar 23
2	Justina ABABIO	FR Montgomery-Rockville		11.24m	36-10%	Mar 25
3	Devon NEALER	SO Rowan-Gloucester (N.J.)		10.81m	35-5%	Mar 31
4	Mary SAITTA	SO Harper (Ill.)		9.95m	32-7%	Mar 31
5	Zaria HANKINS	SO Mohawk Valley (N.Y.)	C	9.83m	32-3	Apr 2
6	Rylee REDMAN	FR Rowan-Gloucester (N.J.)		9.68m	31-9%	Mar 4
7	Katherine HELEWA	FR Bergen (N.J.)	CC	9.19m	30-2	Mar 25
8	Gabrielle BRIDGEWATER	SO Herkimer County (N.Y.)		9.05m	29-8%	Apr 2
9	Brielle FENNELL	SO Middlesex County (N.J.)		9.00m	29-6%	Mar 25
10	Maitreya BIRD-WALKER	FR Howard (Md.)	CC	8.32m	27-3%	Mar 25

Discus

1	Justina ABABIO	FR	Montgomery-Rockville	33.45m	109-9	Mar 25
2	Keziann JONES	SO	Kingsborough (N.Y.)	CC31.23m	102-5	Mar 23
3	Sarina WATSON	FR	Rowan-Gloucester (N.J.)	30.59m	100-4	Mar 31
4	Mary SAITTA	SO	Harper (Ill.)	30.37m	99-7½	Mar 31
5	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	26.64m	87-5	Mar 31
6	Devon NEALER	SO	Rowan-Gloucester (N.J.)	25.51m	83-8½	Mar 31
7	Katherine HELEWA	FR	Bergen (N.J.)	CC 25.45m	83-6	Mar 31
8	Nancy LEINWANDER	SO	Harper (Ill.)	22.77m	74-8½	Mar 31
9	Gina CONTE	FR	Middlesex County (N.J.)	21.26m	69-9	Apr 1
10	Gariele EMERAN	FR	Queensborough (N.Y.)	C21.19m	69-6¼	Mar 31

Hammer

1	Keziann JONES	SO Kingsborough (N.Y.)	CC	46.79m	153-6	Mar 23
2	Mary SAITTA	SO Harper (Ill.)		29.96m	98-3½	Mar 25
3	Kayla BUTLER	FR Mohawk Valley (N.Y.)	C	26.38m	86-6¼	Apr 2
4	Zaria HANKINS	SO Mohawk Valley (N.Y.)	C	24.40m	80-¾	Apr 2
5	Tarynna FITZPATRICK	SO Herkimer County (N.Y.)		13.59m	44-7	Apr 2
6	Jessica WIEGAND	FR Herkimer County (N.Y.)		13.57m	44-6¼	Apr 2

Javelin

1	Gina CONTE	FR	Middlesex County (N.J.)	31.36m	102-10	Apr 1
2	Mary SAITTA	SO	Harper (Ill.)	26.45m	86-9½	Mar 25
3	Catherine DUNN	FR	Rowan-Gloucester (N.J.)	25.75m	84-5¾	Mar 31
4	Maitreya BIRD-WALKER	FR	Howard (Md.) CC	23.62m	77-6	Mar 25
5	Brenda DIAZ	SO	Union County (N.J.)	21.53m	70-7¾	Mar 25
6	Paige KRESSLEY	FR	Rowan-Gloucester (N.J.)	19.96m	65-6	Mar 31
7	Leeza THEODORE	FR	Queensborough (N.Y.)	19.77m	64-10½	Mar 31
8	Kaylaann HALL	SO	FIT (N.Y.)	19.01m	62-4½	Mar 31
9	Ayesha NASIR	SO	Howard (Md.) CC	17.36m	56-11½	Mar 31
10	Camille CALUPAD	SO	Bergen (N.J.) CC	16.64m	54-7¾	Mar 31