



NJCAA Division III - Top 10 Seeds by Event as of April 25



Men

100 Meters

1	Lud BLAIR	SO	Montgomery-Rockville	10.84w	(4.3)	Apr 8
2	Theodore WESTCARR	FR	Kingsborough (N.Y.)	CC10.90	(-0.9)	Mar 23
3	Kendall BELSER	FR	Howard (Md.) CC	10.92	(0.0)	Mar 25
4	Malik JOHN	SO	Kingsborough (N.Y.)	CC10.94	(2.0)	Apr 15
5	Mauriel CARTY	FR	Kingsborough (N.Y.)	CC11.06	(2.0)	Apr 15
6	Jared NICHOLAS	FR	Rowan-Gloucester (N.J.)	11.07w	(6.8)	Apr 8
7	Rogike THORPE	FR	Kingsborough (N.Y.)	CC11.18w	(2.2)	Apr 8
8	Kole LONGSWORTH	FR	Harper (Ill.)	11.29w	(3.4)	Apr 14
9	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	11.32	(1.2)	Apr 22
10	Kohei SHIBATA	FR	Mohawk Valley (N.Y.)	C11.34w	(3.9)	Apr 15
10	Michael HOLLAND	SO	Valley Forge Military (Pa.)	11.34	(1.0)	Apr 14
10	Edward MARSHALL	FR	CC of Philadelphia (Pa.)	11.34	(0.0)	Mar 25

200 Meters

1	Malik JOHN	SO	Kingsborough (N.Y.)	CC21.59	(1.7)	Apr 15
1	Mauriel CARTY	FR	Kingsborough (N.Y.)	CC21.59	(0.0)	Apr 15
3	Kendall BELSER	FR	Howard (Md.) CC	22.10	()	Mar 31
4	Theodore WESTCARR	FR	Kingsborough (N.Y.)	CC22.24	(0.5)	Mar 23
5	Kimone PATERSON	FR	Kingsborough (N.Y.)	CC22.31	()	Feb 26
6	Rogike THORPE	FR	Kingsborough (N.Y.)	CC22.47	()	Feb 26
7	Lud BLAIR	SO	Montgomery-Rockville	22.63	(0.0)	Apr 14
8	Brian DONNA	SO	Roxbury CC	22.70	()	Jan 27
9	Jared NICHOLAS	FR	Rowan-Gloucester (N.J.)	22.81	(0.4)	Apr 14
10	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	22.87	(-1.0)	Mar 25

400 Meters

1	Stephen CADOGAN	SO	Kingsborough (N.Y.)	CC49.03		Mar 23
2	Kailon KIRBY	SO	Kingsborough (N.Y.)	CC50.13		Apr 21
3	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	50.29		Mar 25
4	Anija ADDISON	SO	Kingsborough (N.Y.)	CC50.30		Feb 17
5	Kimone PATERSON	FR	Kingsborough (N.Y.)	CC50.57		Feb 26
6	Ari WILSON	FR	Prince George's (Md.)	C50.73		Apr 15
7	Eddie BARRETO	FR	Roxbury CC	51.23		Feb 10
8	Mike KELLER	SO	Rowan-Gloucester (N.J.)	51.69		Mar 25
9	Michael WARCHOL	FR	Mohawk Valley (N.Y.)	C51.74		Apr 18
10	Justin LUCIER	FR	CCRI	51.75		Apr 15

800 Meters

1	Stephen CADOGAN	SO	Kingsborough (N.Y.)	CC1:56.59		Apr 21
2	Anija ADDISON	SO	Kingsborough (N.Y.)	CC1:56.83		Apr 15
3	Shawn RENE	SO	Kingsborough (N.Y.)	CC1:58.69		Apr 8
4	Noah AUSTIN	SO	Rowan-Gloucester (N.J.)	1:59.71		Apr 21
5	Christy ANDJALEPOU	FR	Prince George's (Md.)	C1:59.87		Apr 15
6	Michael WARCHOL	SO	Mohawk Valley (N.Y.)	C2:00.23		Feb 18
7	James KENNEDY	FR	Rowan-Gloucester (N.J.)	2:00.82		Apr 21
8	David CEDILLO	FR	Nassau (N.Y.) CC	2:01.20		Feb 17
9	Cristian FIGUEROA	FR	CCRI	2:01.99		Apr 22
10	Corey YOUNG	SO	Howard (Md.) CC	2:02.49		Feb 4

1500 Meters

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	4:11.10		Apr 21
2	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	4:11.14		Apr 14
3	Ryan CLOCKER	FR	Howard (Md.) CC	4:13.74		Mar 25
4	James KENNEDY	FR	Rowan-Gloucester (N.J.)	4:14.36		Apr 14
5	Michael WARCHOL	FR	Mohawk Valley (N.Y.)	C4:14.45		Apr 15
6	Ernest LONG	SO	Montgomery-Rockville	4:14.51		Mar 25
7	Scott WILLIAMS	FR	Harper (Ill.)	4:14.72		Apr 14
8	Corey YOUNG	FR	Howard (Md.) CC	4:16.69		Apr 21
9	Eamon SHEERIN	SO	Nassau (N.Y.) CC	4:16.93		Apr 14
10	Ilya WILSON	FR	Suffolk County (N.Y.)	C4:17.35		Apr 21

Steeplechase

1	Anthony FERNANDEZ	SO	Suffolk County (N.Y.)	CC10:07.35		Apr 21
2	Paul CHILLO	FR	Kingsborough (N.Y.)	CC10:20.90		Apr 22
3	Ilya WILSON	FR	Suffolk County (N.Y.)	CC10:28.59		Apr 14
4	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	10:31.89		Apr 8
5	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	10:33.04		Mar 31
6	Alan PRADO	FR	Triton	10:40.72		Apr 1
7	Abshir YEROW	FR	Onondaga (N.Y.) CC	10:45.83		Apr 9
8	Zach WILCOX	FR	Herkimer County (N.Y.)	10:47.47		Apr 14
9	James KENNEDY	FR	Rowan-Gloucester (N.J.)	10:49.46		Apr 21
10	Dakota CORNEY	SO	Mohawk Valley (N.Y.)	C10:54.35		Apr 18

5000 Meters

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	15:47.03		Apr 21
2	Scott WILLIAMS	FR	Harper (Ill.)	15:54.21		Apr 22
3	Joseph SWIECH	FR	Harper (Ill.)	16:10.67		Apr 14
4	Robert DOUGLAS	FR	Harper (Ill.)	16:16.12		Mar 3
5	Christopher LOUGHMAN	FR	Bergen (N.J.) CC	16:20.70		Apr 22
6	Alec AMBRUSO	FR	Mohawk Valley (N.Y.)	C16:25.99		Apr 2
7	Dandre MIGHTY	FR	Kingsborough (N.Y.)	CC16:31.96		Apr 22
8	Paul CHILLO	FR	Kingsborough (N.Y.)	CC16:33.04		Mar 25
9	James KENNEDY	FR	Rowan-Gloucester (N.J.)	16:39.16		Mar 31
10	Ryan CLOCKER	FR	Howard (Md.) CC	16:39.82		Mar 31



NJCAA Division III - Top 10 Seeds by Event as of April 25



Men

10,000 Meters

1	Abshir YEROW	FR	Onondaga (N.Y.) CC	34:36.93	Apr 22
2	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	34:45.66	Apr 14
3	Alec AMBRUSO	FR	Mohawk Valley (N.Y.) CC	34:53.31	Apr 22
4	Vincente PEREZ	FR	Harper (Ill.)	35:04.86	Apr 8
5	Robert Alan DOUGLAS	FR	Harper (Ill.)	35:04.92	Apr 8
6	Connor MCGILLICK	SO	Bergen (N.J.) CC	36:13.57	Mar 31
7	Mohamed MOHAMED	FR	Onondaga (N.Y.) CC	36:13.60	Apr 22
8	Austin CADY	SO	Mohawk Valley (N.Y.) CC	36:18.30	Apr 22
9	Brady SAN FILIPPO	SO	Mohawk Valley (N.Y.) CC	36:23.03	Apr 22
10	Kyle HOLMES	FR	Herkimer County (N.Y.) CC	36:26.28	Apr 22

110 Meter Hurdles

1	Brian DONNA	FR	Roxbury CC	15.01	(2.0)	Apr 21
2	Tyler GARLAND	FR	Rowan-Gloucester (N.J.) CC	15.15	()	Apr 14
3	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	15.16	(0.2)	Apr 9
4	Malik HINDS	SO	Suffolk County (N.Y.) CC	15.42	(-0.4)	Mar 31
5	Joshua LEGG	FR	Rowan-Gloucester (N.J.) CC	15.75	()	Apr 14
6	Devon DUNCAN	FR	Queensborough (N.Y.) CC	15.85	(-0.4)	Mar 31
7	James TIERNEY	FR	Sullivan County (N.Y.) CC	16.05w	(3.3)	Apr 22
8	Elijah RICHARDSON	SO	Howard (Md.) CC	16.29	(0.0)	Mar 25
9	Muhammad OMBALI	FR	Bergen (N.J.) CC	16.57	(1.0)	Mar 25
9	Eddy FONG	FR	Massasoit (Mass.) CC	16.57	(1.1)	Mar 24
9	Eric FREEMAN	SO	Howard (Md.) CC	16.57w	(6.8)	Apr 8

400 Meter Hurdles

1	Brian DONNA	FR	Roxbury CC	54.58	Apr 21
2	Lincoln ROBINSON	FR	CCRI	56.43	Apr 15
2	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	56.43	Apr 21
4	Devon DUNCAN	FR	Queensborough (N.Y.) CC	56.95	Apr 14
5	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	56.99	Apr 9
6	Daniel VELASQUEZ	FR	Suffolk County (N.Y.) CC	57.34	Apr 7
7	Joshua LEGG	FR	Rowan-Gloucester (N.J.) CC	57.45	Apr 14
8	James TIERNEY	FR	Sullivan County (N.Y.) CC	57.90	Mar 31
9	Tyler GARLAND	FR	Rowan-Gloucester (N.J.) CC	58.50	Apr 21
10	Elijah RICHARDSON	SO	Howard (Md.) CC	58.78	Mar 31

4x100 Relay

1	Kingsborough (N.Y.) CC	41.54	Mar 30
2	Harper (Ill.)	43.83	Apr 14
3	Howard (Md.) CC	43.86	Mar 31
4	CC of Philadelphia (Pa.)	43.90	Apr 22
5	Montgomery-Rockville	44.07	Mar 25
6	Rowan-Gloucester (N.J.) CC	44.31	Apr 8
7	Roxbury CC	44.58	Apr 15
8	Nassau (N.Y.) CC	44.81	Apr 8
9	Queensborough (N.Y.) CC	45.54	Apr 23
10	Triton	45.61	Apr 22

4x400 Relay

1	Kingsborough (N.Y.) CC	3:17.66	Mar 30
2	Prince George's (Md.) CC	3:25.79	Apr 15
3	CC of Philadelphia (Pa.)	3:29.16	Apr 22
4	Rowan-Gloucester (N.J.) CC	3:29.98	Apr 14
5	Howard (Md.) CC	3:30.99	Apr 21
6	Nassau (N.Y.) CC	3:31.66	Jan 27
7	Onondaga (N.Y.) CC	3:33.49	Apr 14
8	Queensborough (N.Y.) CC	3:34.47	Apr 23
9	Triton	3:36.50	Apr 14
10	CCRI	3:36.86	Apr 22

4x800 Relay

1	Rowan-Gloucester (N.J.) CC	8:19.13	Apr 14
2	Bergen (N.J.) CC	8:40.89	Apr 14
3	Kingsborough (N.Y.) CC	8:53.69	Mar 25
4	Suffolk County (N.Y.) CC	9:17.32	Mar 25

High Jump

1	Elijah RICHARDSON	FR	Howard (Md.) CC	1.99m	6-6½	Jan 28
2	Malik BRIGGS	FR	Herkimer County (N.Y.) CC	1.98m	6-6	Apr 9
3	Andrew HINES	FR	Onondaga (N.Y.) CC	1.93m	6-4	Feb 18
4	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	1.89m	6-2½	Feb 4
5	Julian POLYNICE	FR	Massasoit (Mass.) CC	1.85m	6-¾	Apr 15
6	Jashawn STEWARD	FR	Triton	1.83m	6-0	Feb 10
6	Brian DONNA	SO	Roxbury CC	1.83m	6-0	Feb 19
8	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	1.82m	5-11½	Apr 22
9	Hyyaan KHAN	FR	Harper (Ill.)	1.80m	5-10¾	Mar 31
9	Nolan RICE	FR	Northern Essex (Mass.)	1.80m	5-10¾	Apr 15



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Men

Pole Vault

1	Gustavo ALVAREZ	FR	Triton	4.30m	14-1½	Apr 22
2	Eric ELLEFSON	FR	Harper (Ill.)	4.16m	13-7¾	Mar 3
3	Bobby WOS	FR	Harper (Ill.)	3.95m	12-11½	Apr 14
3	Brian DONNA	SO	Roxbury CC	3.95m	12-11½	Feb 10
5	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	3.90m	12-9¾	Apr 14
5	Steven PHILPOTTS	FR	Mohawk Valley (N.Y.) CC	3.90m	12-9¾	Jan 28
5	Georgino CRUZ	FR	Suffolk County (N.Y.) CC	3.90m	12-9¾	Apr 21
8	Dan KIM	SO	Harper (Ill.)	3.85m	12-7¾	Mar 25
9	Dylan RINNIE	FR	Rowan-Gloucester (N.J.) CC	3.70m	12-1½	Mar 25
10	Koy CONNERS	FR	Rowan-Gloucester (N.J.) CC	3.20m	10-6	Mar 4

Long Jump

1	Andrew HINES	FR	Onondaga (N.Y.) CC	7.17mw	23-6¾ (2.4)	Apr 9
2	Keyshawn BROWN	SO	Harper (Ill.)	6.95m	22-9¾ (1.8)	Mar 31
3	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	6.77mw	22-2¾ (2.1)	Apr 9
3	Mateusz WIERZBA	FR	Bergen (N.J.) CC	6.77m	22-2¾ (-0.1)	Apr 8
5	Jashawn STEWARD	FR	Triton	6.68m	21-11 ()	Feb 18
6	Malik HINDS	SO	Suffolk County (N.Y.) CC	6.65m	21-10 ()	Mar 25
7	Jalen MICKLES	FR	Rowan-Gloucester (N.J.) CC	6.64mw	21-9¾ (2.1)	Apr 14
8	Justin TOLENTINO	SO	Harper (Ill.)	6.63m	21-9 ()	Apr 14
9	Joshua LINSTER	SO	Nassau (N.Y.) CC	6.62m	21-8¾ (0.6)	Apr 8
10	Brian DONNA	SO	Roxbury CC	6.59m	21-7¾ ()	Jan 27

Triple Jump

1	Jashawn STEWARD	FR	Triton	14.61m	47-11¼ ()	Feb 18
2	Micah ASSIBEY-BONSU	SO	Suffolk County (N.Y.) CC	14.50m	47-7 (0.4)	Mar 31
3	Kailon KIRBY	FR	Kingsborough (N.Y.) CC	13.79m	45-3 ()	Feb 26
4	Keyshawn BROWN	SO	Harper (Ill.)	13.66mw	44-9¾ (3.9)	Apr 8
5	Malik HINDS	SO	Suffolk County (N.Y.) CC	13.38m	43-10¾ (0)	Mar 31
6	Andrew HINES	FR	Onondaga (N.Y.) CC	13.34mw	43-9¾ (3.2)	Apr 14
7	Joshua LINSTER	SO	Nassau (N.Y.) CC	13.25m	43-5¾ (-0.1)	Apr 8
8	Justin TOLENTINO	SO	Harper (Ill.)	13.12m	43-½ (0.8)	Apr 8
9	Mateusz WIERZBA	FR	Bergen (N.J.) CC	13.02m	42-8¾ (-1.1)	Mar 25
10	Hyyaan KHAN	FR	Harper (Ill.)	12.86m	42-2¾ ()	Feb 4

Shot Put

1	Daniel USHER	FR	Howard (Md.) CC	15.22m	49-11¼	Mar 25
2	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.) CC	13.64m	44-9	Apr 21
3	Dyjon ADAMS	FR	Nassau (N.Y.) CC	13.30m	43-7¾	Apr 22
4	Jude MISKO	SO	Rowan-Gloucester (N.J.) CC	12.99m	42-7¾	Mar 31
5	Donovan TYLER	SO	Montgomery-Rockville	12.69m	41-7¾	Apr 14
6	Connor BEST	FR	Bergen (N.J.) CC	11.89m	39-¾	Apr 14
7	Brendan FRANCES	FR	Suffolk County (N.Y.) CC	11.82m	38-9¾	Apr 14
8	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.) CC	11.73m	38-6	Apr 21
9	Ben MORTAS	FR	Onondaga (N.Y.) CC	11.67m	38-3¾	Apr 14
10	Thomas RANDALL	FR	Mohawk Valley (N.Y.) CC	11.39m	37-4¾	Feb 18

Discus

1	Daniel USHER	FR	Howard (Md.) CC	46.10m	151-3	Apr 8
2	Connor BEST	FR	Bergen (N.J.) CC	41.07m	134-9	Apr 22
3	Thomas RANDALL	SO	Mohawk Valley (N.Y.) CC	38.80m	127-3	Apr 18
4	Phillip KOMBET	FR	Montgomery-Rockville	37.21m	122-1	Apr 1
5	Meghrasinh DODIA	FR	Middlesex County (N.J.) CC	36.82m	120-9	Mar 25
6	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.) CC	36.56m	119-11	Apr 14
7	Donovan TYLER	SO	Montgomery-Rockville	36.15m	118-7	Apr 15
8	Brian DONNA	FR	Roxbury CC	35.55m	116-7	Apr 15
9	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.) CC	34.80m	114-2	Apr 8
10	Brendan FRANCIS	FR	Suffolk County (N.Y.) CC	34.33m	112-7	Apr 7

Hammer

1	Jude MISKO	SO	Rowan-Gloucester (N.J.) CC	52.61m	172-7	Mar 31
2	Daniel USHER	FR	Howard (Md.) CC	41.97m	137-8	Apr 21
3	Nick MARCUCCI	SO	Rowan-Gloucester (N.J.) CC	41.95m	137-7	Apr 21
4	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.) CC	38.26m	125-6	Mar 31
5	Thomas RANDALL	SO	Mohawk Valley (N.Y.) CC	31.79m	104-3	Apr 22
6	Brandon TYSON	FR	Herkimer County (N.Y.) CC	27.23m	89-4	Apr 22
7	Enmanuel MATEO	FR	Onondaga (N.Y.) CC	27.21m	89-3¾	Apr 22
8	Ben MORTAS	FR	Onondaga (N.Y.) CC	26.51m	86-11¾	Apr 14
9	Miguel HERNANDEZ	FR	Middlesex County (N.J.) CC	25.16m	82-6¾	Apr 14
10	Haseeb SYED	FR	Middlesex County (N.J.) CC	23.56m	77-3¾	Apr 14

Javelin

1	Peter FLACCO	SO	Rowan-Gloucester (N.J.) CC	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.) CC	53.46m	175-4	Apr 14
4	Loukis FILLIPOU	FR	Queensborough (N.Y.) CC	49.54m	162-6	Mar 31
5	Donovan TYLER	SO	Montgomery-Rockville	48.84m	160-3	Mar 25
6	Bobby WOS	FR	Harper (Ill.)	45.83m	150-4	Apr 14
7	William FERDINANDO	FR	Union County (N.J.) CC	45.19m	148-3	Apr 8
8	Koy CONNERS	FR	Rowan-Gloucester (N.J.) CC	43.65m	143-2	Apr 14
9	Devin STEIGERWALT	FR	Thaddeus Stevens	43.44m	142-6	Apr 22
10	Gustavo ALVAREZ	FR	Triton	42.71m	140-1	Apr 22

Decathlon

1	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	5541	Apr 22
2	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	5138	Apr 22
3	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	5100	Apr 22
4	Koy CONNERS	FR	Rowan-Gloucester (N.J.) CC	4739	Apr 14
5	Eric ELLEFSON	FR	Harper (Ill.)	4314	Mar 31
6	Michael BATTIN	SO	Mohawk Valley (N.Y.) CC	4346	Apr 22
7	Eric FREEMAN	SO	Howard (Md.) CC	3155	Apr 21



NJCAA Division III - Top 10 Seeds by Event as of April 25



Women

100 Meters

1	Mary FODAY	FR Prince George's (Md.)	C12.09	(1.9)	Apr 8
2	Tatyana MILLS	SO Kingsborough (N.Y.)	CC12.11	(0.5)	Apr 21
3	Shantal ROUSE	FR Kingsborough (N.Y.)	CC12.61	(1.2)	Apr 21
4	Tasmere LEE	SO Suffolk County (N.Y.)	CC12.63w	(2.1)	Apr 7
5	Ashley PROKSA	SO Harper (Ill.)	12.69w	(7.0)	Apr 14
6	Ebinama GLORY	FR Howard (Md.)	CC 12.74	()	Mar 31
7	Siahn CORREA	FR Triton	12.87	()	Apr 14
8	Andriana HIGGINS	SO Roxbury CC	12.89	(-0.7)	Apr 7
9	Druex COLLINS	SO Prince George's (Md.)	C12.96	(1.8)	Apr 8
9	Alyssa MORAN	FR Montgomery-Rockville	12.96	(1.4)	Apr 14

200 Meters

1	Tatyana MILLS	SO Kingsborough (N.Y.)	CC23.74w	(3.9)	Apr 15
2	Shantal ROUSE	FR Kingsborough (N.Y.)	CC24.96	()	Feb 17
3	Mary FODAY	FR Prince George's (Md.)	C25.62w	(2.5)	Apr 22
4	Thea GENERAL	SO Kingsborough (N.Y.)	CC25.78	()	Feb 26
5	Ebinama GLORY	FR Howard (Md.)	CC 26.23	(1.8)	Apr 21
6	Marissa JONES	SO Mohawk Valley (N.Y.)	C26.27w	(5.6)	Apr 15
7	Sabrina PHILIPPE	SO Nassau (N.Y.)	CC 26.50	(-0.1)	Apr 14
8	Ashley PROKSA	SO Harper (Ill.)	26.69w	(2.9)	Apr 14
9	Tasmere LEE	SO Suffolk County (N.Y.)	CC26.70	(0.3)	Apr 21
10	Alyssa MORAN	FR Montgomery-Rockville	26.80w	(3.6)	Apr 8

400 Meters

1	Tatyana MILLS	SO Kingsborough (N.Y.)	CC54.09		Mar 30
2	Marissa JONES	SO Mohawk Valley (N.Y.)	C57.74		Apr 18
3	Shantal ROUSE	FR Kingsborough (N.Y.)	CC58.11		Feb 26
4	Thea GENERAL	SO Kingsborough (N.Y.)	CC58.42		Feb 3
5	Sabrina PHILIPPE	SO Nassau (N.Y.)	CC 1:00.91		Feb 5
6	Kimberly STAMETS	FR Montgomery-Rockville	1:01.80		Apr 21
7	Mairacely FIGUEROA	FR Triton	1:01.92		Apr 14
8	Ajani BETHEA-NURSE	SO Kingsborough (N.Y.)	CC1:02.02		Mar 23
9	Ebinama GLORY	FR Howard (Md.)	CC 1:02.14		Mar 18
9	Allison LENOX	FR CCRI	1:02.14		Feb 10

800 Meters

1	Dianne BARAJAS	FR Harper (Ill.)	2:21.02		Apr 14
2	Ajani BETHEL-NURSE	SO Kingsborough (N.Y.)	CC2:21.78 OT		Mar 3
3	Marissa JONES	SO Mohawk Valley (N.Y.)	C2:22.01		Apr 22
4	Natalie COOK	FR Harper (Ill.)	2:24.80		Apr 22
5	Melissa RODRIGUEZ	FR Harper (Ill.)	2:28.88		Apr 14
6	Tristynn MERCEDES	SO Nassau (N.Y.)	CC 2:30.97		Mar 25
7	Sabrina PHILIPPE	SO Nassau (N.Y.)	CC 2:32.56		Apr 22
8	Michalina SZELAZEK	FR Triton	2:32.91		Apr 22
9	Ali GUTT	SO Harper (Ill.)	2:33.15		Apr 14
10	Kate Rose TURLIK	FR Montgomery-Rockville	2:33.82		Apr 8

1500 Meters

1	Dianne BARAJAS	SO Harper (Ill.)	4:48.71c	5:11.81(1)	Feb 10
2	Ali GUTT	SO Harper (Ill.)	4:56.95		Apr 22
3	Natalie COOK	FR Harper (Ill.)	5:05.27		Apr 8
4	Ajani BETHEA-NURSE	SO Kingsborough (N.Y.)	CC5:09.55		Apr 8
5	Nancy VASQUEZ	FR Nassau (N.Y.)	CC 5:20.05		Apr 22
6	Breanna BOGUICKI	FR Harper (Ill.)	5:20.78		Apr 14
7	Chyanna BERNIER	FR Herkimer County (N.Y.)	5:21.06		Apr 14
8	Melissa RODRIGUEZ	FR Harper (Ill.)	5:22.55		Apr 8
9	Cameron HEANEY	FR FIT (N.Y.)	5:28.65		Apr 14
10	Justine CONCA	FR Bergen (N.J.)	CC 5:29.92		Mar 31

Steeplechase

1	Chyanna BERNIER	FR Herkimer County (N.Y.)	12:05.37		Apr 9
2	Vanessa MICKALONIS	SO FIT (N.Y.)	14:16.77		Apr 8
3	Michalina SZELAZEK	FR Triton	14:20.90		Apr 14
4	Krystina GEORGE	FR FIT (N.Y.)	15:00.61		Apr 8
5	Taylor SCALZO	SO Mohawk Valley (N.Y.)	C16:27.84		Apr 18
6	Brandy TORRES	SO Mohawk Valley (N.Y.)	C17:16.86		Apr 18

5000 Meters

1	Dianne BARAJAS	SO Harper (Ill.)	18:21.53		Mar 3
2	Breanna BOGUICKI	FR Harper (Ill.)	19:36.07		Apr 22
3	Justine CONCA	FR Bergen (N.J.)	CC 20:10.59		Apr 22
4	Chyanna BERNIER	FR Herkimer County (N.Y.)	20:23.59		Apr 9
5	Margret NILAND	FR Howard (Md.)	CC 20:39.17		Apr 21
6	Ajani BETHEA-NURSE	SO Kingsborough (N.Y.)	CC21:13.22		Apr 21
7	Brenda ROSAS	SO Howard (Md.)	CC 21:33.21		Mar 31
8	Amanda DURAN	SO Bergen (N.J.)	CC 22:55.46		Mar 25
9	Melissa DURAN	SO Bergen (N.J.)	CC 23:50.66		Apr 14
10	Jessica REYES	FR Bergen (N.J.)	CC 24:52.64		Mar 31

10,000 Meters

1	Chyanna BERNIER	FR Herkimer County (N.Y.)	40:01.75		Apr 22
2	Justine CONCA	FR Bergen (N.J.)	CC 41:48.54		Mar 31
3	Breanna BOGUICKI	FR Harper (Ill.)	42:07.43		Apr 8



NJCAA Division III - Top 10 Seeds by Event as of April 25



Women

100 Meter Hurdles

1	Andriana HIGGINS	SO Roxbury CC	14.99	(1.3)	Apr 21
2	Leslie PALACIOS	FR Triton	17.16	(1.7)	Apr 14
3	Victoria ANDERSON	FR CCRI	17.35	(-0.2)	Apr 22
4	Tanisha WITTER	FR Kingsborough (N.Y.) CC	17.38	()	Mar 25
5	Michelle RODRIGUEZ	SO Mohawk Valley (N.Y.) C	17.62	(1.6)	Apr 22
6	Abigail CHRZANOWSKI	SO Rowan-Gloucester (N.J.)	17.92w	(2.1)	Apr 14
7	Maya MASON	FR Harper (Ill.)	17.95w	(4.0)	Apr 14
8	Jacquelyn DEROSA	FR Suffolk County (N.Y.) C	18.17w	(2.1)	Apr 14
9	Angie HEMMINGS	SO Sullivan County (N.Y.) C	18.21w	(3.7)	Apr 22
10	Kaitlyn ABREU	FR Nassau (N.Y.) CC	18.25	()	Mar 25

400 Meter Hurdles

1	Andriana HIGGINS	SO Roxbury CC	1:05.87		Apr 21
2	Abigail CHRZANOWSKI	SO Rowan-Gloucester (N.J.)	1:10.41		Apr 14
3	Leslie PALACIOS	FR Triton	1:12.06		Apr 14
4	Jacquelyn DEROSA	FR Suffolk County (N.Y.) C	1:12.36		Apr 21
5	Mairacely FIGUEROA	FR Triton	1:12.85		Apr 14
6	Angie HEMMINGS	SO Sullivan County (N.Y.) C	1:13.24		Mar 31
7	Tanisha WITTER	FR Kingsborough (N.Y.) CC	1:13.58		Apr 21
8	Victoria ANDERSON	FR CCRI	1:14.91		Apr 15
9	Michalina SZELAZEK	FR Triton	1:15.61		Apr 14
10	Michelle RODRIGUEZ	SO Mohawk Valley (N.Y.) C	1:16.87		Apr 9

4x100 Relay

1	Kingsborough (N.Y.) CC	49.54		Mar 30
2	Prince George's (Md.)	50.00		Apr 15
3	Suffolk County (N.Y.) C	50.76		Apr 14
4	Montgomery-Rockville	51.89		Mar 25
5	Harper (Ill.)	53.10		Apr 14
6	Mohawk Valley (N.Y.) C	53.46		Apr 9
7	FIT (N.Y.)	55.24		Apr 22
8	Queensborough (N.Y.) C	58.12		Apr 8
9	Bergen (N.J.) CC	1:00.98		Mar 31
10	Herkimer County (N.Y.)	1:02.71		Apr 14

4x400 Relay

1	Kingsborough (N.Y.) CC	3:49.49		Feb 10
2	Harper (Ill.)	4:17.76		Apr 14
3	Triton	4:18.43		Apr 14
4	Prince George's (Md.)	4:20.83		Apr 1
5	Mohawk Valley (N.Y.) C	4:27.16		Apr 18
6	Montgomery-Rockville	4:28.24		Apr 8
7	Howard (Md.) CC	4:32.98		Mar 25
8	Suffolk County (N.Y.) C	4:35.76		Mar 31
9	FIT (N.Y.)	4:45.51		Apr 8
10	Queensborough (N.Y.) C	5:20.94		Apr 23

4x800 Relay

1	Harper (Ill.)	9:40.48		Apr 14
2	Triton	10:50.34		Apr 14
3	Kingsborough (N.Y.) CC	11:10.99		Apr 14
4	Bergen (N.J.) CC	11:34.27		Apr 14
5	FIT (N.Y.)	11:41.81		Mar 25

High Jump

1	Lauren WANGENSTEIN	SO Suffolk County (N.Y.) C	1.55m	5-1	Apr 21
1	Courtney SHERRY	FR Mohawk Valley (N.Y.) C	1.55m	5-1	Apr 22
3	Bethany CRUZ	SO Suffolk County (N.Y.) C	1.50m	4-11	Mar 25
4	Mikayla BLUMENSTOCK	FR Herkimer County (N.Y.)	1.40m	4-7	Apr 22
4	Bobbie BUERER	SO Harper (Ill.)	1.40m	4-7	Apr 22
6	Sharina TAPPIN	Queensborough (N.Y.)	1.35m	4-5	Feb 11
7	Gabrielle BRIDGEWATER	SO Herkimer County (N.Y.)	1.31m	4-3½	Apr 22
8	Michelle RODRIGUEZ	SO Mohawk Valley (N.Y.) C	1.19m	3-10¾	Apr 22
9	Elysia LAPLANTE	FR Herkimer County (N.Y.)	0.92m	3-¼	Apr 22

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	Ashley PROKSA	SO Harper (Ill.)	5.52m	18-1½ (0.0)	Apr 22
2	Tatyana MILLS	SO Kingsborough (N.Y.) CC	5.43mw	17-9¾ (2.5)	Apr 8
3	Alyssa MORAN	FR Montgomery-Rockville	5.29m	17-4¾ (-2.0)	Apr 1
4	Casey PEDONE	FR Suffolk County (N.Y.) C	5.17mw	16-11½ (2.0)	Apr 14
5	Ashley PEART	SO Nassau (N.Y.) CC	4.98m	16-4¾ (0.0)	Apr 22
6	Shantal ROUSE	FR Kingsborough (N.Y.) CC	4.84m	15-10½ (0.0)	Feb 17
7	Jacquelyn DEROSA	FR Suffolk County (N.Y.) C	4.76m	15-7½ (0.0)	Apr 21
8	Shermire COTTLE	FR CC of Philadelphia (Pa.)	4.75mw	15-7 (3.3)	Apr 8
9	Sharina TAPPIN	SO Queensborough (N.Y.)	4.69m	15-4¾ (1.0)	Mar 31
10	Mairacely FIGUEROA	FR Triton	4.62m	15-2 (0.0)	Mar 3



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Women

Triple Jump

1	Sharina TAPPIN	SO	Queensborough (N.Y.)	10.22m	33-6½ (I)	Feb 26
2	Kaylah WILLIAMS	FR	Suffolk County (N.Y.)	10.19m	33-5½ (0.2)	Mar 31
3	Ashley WILSON	FR	Prince George's (Md.)	10.17m	33-4½ (I)	Apr 8
4	Jacquelyn DEROSA	FR	Suffolk County (N.Y.)	9.77m	32-¾ (0.6)	Apr 14

Shot Put

1	Keziann JONES	SO	Kingsborough (N.Y.)	12.68m	41-7¼	Apr 21
2	Justina ABABIO	FR	Montgomery-Rockville	11.24m	36-10½	Mar 25
3	Devon NEALER	SO	Rowan-Gloucester (N.J.)	11.18m	36-8¼	Apr 21
4	Katherine HELEWA	FR	Bergen (N.J.)	10.10m	33-1¼	Apr 8
5	Gariele EMERAN		Queensborough (N.Y.)	10.02m	32-10½	Feb 11
6	Zaria HANKINS	FR	Mohawk Valley (N.Y.)	9.98m	32-9	Feb 18
7	Mary SAITTA	SO	Harper (Ill.)	9.95m	32-7¼	Mar 31
8	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	9.75m	32-0	Apr 14
9	Brielle FENNELL	SO	Middlesex County (N.J.)	9.07m	29-9¼	Apr 8
10	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	9.05m	29-8¼	Apr 2

Discus

1	Justina ABABIO	FR	Montgomery-Rockville	35.39m	116-1	Apr 8
2	Keziann JONES	SO	Kingsborough (N.Y.)	34.83m	114-3	Apr 8
3	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	30.78m	101-0	Apr 8
4	Sarina WATSON	FR	Rowan-Gloucester (N.J.)	30.59m	100-4	Mar 31
5	Mary SAITTA	SO	Harper (Ill.)	30.45m	99-11	Apr 22
6	Devon NEALER	SO	Rowan-Gloucester (N.J.)	28.95m	94-11¼	Apr 14
7	Gariele EMERAN	FR	Queensborough (N.Y.)	26.51m	86-11¼	Apr 14
8	Bobbie BUERER	SO	Harper (Ill.)	26.14m	85-9¼	Apr 14
9	Katherine HELEWA	FR	Bergen (N.J.)	25.74m	84-5½	Apr 8
10	Marissa LAWRENCE	SO	Mohawk Valley (N.Y.)	25.01m	82-¾	Apr 9

Hammer

1	Keziann JONES	SO	Kingsborough (N.Y.)	47.05m	154-4	Apr 14
2	Bobbie BUERER	SO	Harper (Ill.)	35.16m	115-4	Apr 14
3	Devon NEALER	SO	Rowan-Gloucester (N.J.)	34.33m	112-7	Apr 21
4	Mary SAITTA	SO	Harper (Ill.)	33.81m	110-11	Apr 22
5	Kayla BUTLER	FR	Mohawk Valley (N.Y.)	30.45m	99-11	Apr 15
6	Brielle FENNELL	SO	Middlesex County (N.J.)	30.40m	99-9	Apr 22
7	Maya MASON	FR	Harper (Ill.)	28.41m	93-2½	Apr 22
8	Gariele EMERAN	FR	Queensborough (N.Y.)	26.69m	87-6¼	Apr 8
9	Star CORDICE	SO	Kingsborough (N.Y.)	26.48m	86-10½	Apr 8
10	Zaria HANKINS	SO	Mohawk Valley (N.Y.)	26.10m	85-7¼	Apr 22

Javelin

1	Keziann JONES	SO	Kingsborough (N.Y.)	34.38m	112-9	Apr 21
2	Gina CONTE	FR	Middlesex County (N.J.)	34.09m	111-10	Apr 8
3	Catherine DUNN	FR	Rowan-Gloucester (N.J.)	30.44m	99-10½	Apr 14
4	Michalina SZELAZEK	FR	Triton	29.73m	97-6½	Apr 14
5	Devon NEALER	SO	Rowan-Gloucester (N.J.)	28.20m	92-6¼	Apr 14
6	Mary SAITTA	SO	Harper (Ill.)	26.45m	86-9½	Mar 25
7	Bobbie BUERER	SO	Harper (Ill.)	26.15m	85-9½	Apr 14
8	Courtney SHERRY	FR	Mohawk Valley (N.Y.)	24.44m	80-2¼	Apr 15
9	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	24.31m	79-9¼	Apr 9
10	Maitreya BIRD-WALKER	FR	Howard (Md.)	23.62m	77-6	Mar 25

Heptathlon

1	Gabrielle BRIDGEWATER	SO	Herkimer County (N.Y.)	2833	Apr 22
2	Michelle RODRIGUEZ	SO	Mohawk Valley (N.Y.)	2759	Apr 22
3	Courtney SHERRY	FR	Mohawk Valley (N.Y.)	2744	Apr 22
4	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	2472	Apr 22
5	Elysia LAPLANTE	FR	Herkimer County (N.Y.)	1471	Apr 22