



NJCAA Division III - Top 10 Seeds by Event as of May 1



Men

100 Meters

1	Lud BLAIR	SO	Montgomery-Rockville	10.84w	(4.3)	Apr 8
2	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	10.90	(-0.9)	Mar 23
3	Kendall BELSER	FR	Howard (Md.) CC	10.92	(0.0)	Mar 25
4	Malik JOHN	SO	Kingsborough (N.Y.) CC	10.94	(2.0)	Apr 15
5	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	11.06	(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.) CC	11.18w	(2.2)	Apr 8
8	Michael HOLLAND	SO	Valley Forge Military (Pa.)	11.25	(-0.4)	Apr 28
9	Kole LONGSWORTH	FR	Harper (Ill.)	11.29w	(3.4)	Apr 14
10	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	11.32	(1.2)	Apr 22

200 Meters

1	Mauriel CARTY	FR	Kingsborough (N.Y.) CC	21.59	(0.0)	Apr 15
1	Malik JOHN	SO	Kingsborough (N.Y.) CC	21.59	(1.7)	Apr 15
3	Kendall BELSER	FR	Howard (Md.) CC	22.10	()	Mar 31
4	Theodore WESTCARR	FR	Kingsborough (N.Y.) CC	22.24	(0.5)	Mar 23
5	Kimone PATERSON	FR	Kingsborough (N.Y.) CC	22.31	()	Feb 26
6	Rogike THORPE	FR	Kingsborough (N.Y.) CC	22.47	()	Feb 26
7	Lud BLAIR	SO	Montgomery-Rockville	22.63	(0.0)	Apr 14
8	Jared NICHOLAS	FR	Rowan-Gloucester (N.J.)	22.66	(0.8)	Apr 28
9	Brian DONNA	SO	Roxbury CC	22.70	()	Jan 27
10	Michael HOLLAND	SO	Valley Forge Military (Pa.)	22.85	(0.4)	Apr 28

400 Meters

1	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	49.03		Mar 23
2	Brian DONNA	FR	Roxbury CC	49.10		Apr 29
3	Kailon KIRBY	SO	Kingsborough (N.Y.) CC	50.13		Apr 21
4	Sean RINGGOLD	FR	CC of Philadelphia (Pa.)	50.29		Mar 25
5	Anija ADDISON	SO	Kingsborough (N.Y.) CC	50.30		Feb 17
6	Kimone PATERSON	FR	Kingsborough (N.Y.) CC	50.57		Feb 26
7	Miles JAMES	FR	Finger Lakes (N.Y.) CC	50.68		Apr 29
8	Ari WILSON	FR	Prince George's (Md.)	50.73		Apr 15
9	Eddie BARRETO	FR	Roxbury CC	51.23		Feb 10
10	Mike KELLER	SO	Rowan-Gloucester (N.J.)	51.69		Mar 25

800 Meters

1	Stephen CADOGAN	SO	Kingsborough (N.Y.) CC	1:56.59		Apr 21
2	Anija ADDISON	SO	Kingsborough (N.Y.) CC	1:56.83		Apr 15
3	Shawn RENE	SO	Kingsborough (N.Y.) CC	1:58.69		Apr 8
4	Noah AUSTIN	SO	Rowan-Gloucester (N.J.)	1:59.71		Apr 21
5	Christy ANDJALEPOU	FR	Prince George's (Md.)	1:59.87		Apr 15
6	Michael WARCHOL	SO	Mohawk Valley (N.Y.)	2:00.23		Feb 18
7	Ernest LONG	SO	Montgomery-Rockville	2:00.68		Apr 29
8	James KENNEDY	FR	Rowan-Gloucester (N.J.)	2:00.82		Apr 21
9	David CEDILLO	FR	Nassau (N.Y.) CC	2:01.20		Feb 17
10	Cristian FIGUEROA	FR	CCRI	2:01.99		Apr 22

1500 Meters

1	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	4:08.25		Apr 28
2	Ernest LONG	SO	Montgomery-Rockville	4:10.64		Apr 29
3	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	4:11.14		Apr 14
4	Ilya WILSON	FR	Suffolk County (N.Y.) CC	4:12.08		Apr 28
5	Ryan CLOCKER	FR	Howard (Md.) CC	4:13.74		Mar 25
6	Michael WARCHOL	FR	Mohawk Valley (N.Y.)	4:14.18		Apr 29
7	James KENNEDY	FR	Rowan-Gloucester (N.J.)	4:14.36		Apr 14
8	Scott WILLIAMS	FR	Harper (Ill.)	4:14.72		Apr 14
9	Corey YOUNG	FR	Howard (Md.) CC	4:16.69		Apr 21
10	Eamon SHEERIN	SO	Nassau (N.Y.) CC	4:16.93		Apr 14

Steeplechase

1	Anthony FERNANDEZ	SO	Suffolk County (N.Y.) CC	10:07.35		Apr 21
2	Paul CHILLO	FR	Kingsborough (N.Y.) CC	10:20.90		Apr 22
3	Jake BAILEY	FR	Finger Lakes (N.Y.) CC	10:23.74		Apr 29
4	Ryan ZIOLKOWSKI	FR	Harper (Ill.)	10:27.59		Apr 29
5	Ilya WILSON	FR	Suffolk County (N.Y.) CC	10:28.59		Apr 14
6	Jake CARUSO	FR	Rowan-Gloucester (N.J.)	10:31.89		Apr 8
7	Alan PRADO	FR	Triton	10:40.72		Apr 1
8	Abshir YEROW	FR	Onondaga (N.Y.) CC	10:45.83		Apr 9
9	Zach WILCOX	FR	Herkimer County (N.Y.)	10:47.47		Apr 14
10	James KENNEDY	FR	Rowan-Gloucester (N.J.)	10:49.46		Apr 21

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.)	16:25.99		Apr 2
7	Dandre MIGHTY	FR	Kingsborough (N.Y.) CC	16:31.96		Apr 22
8	Paul CHILLO	FR	Kingsborough (N.Y.) CC	16:33.04		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 May 1



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	Muhammad OMBALI	FR	Bergen (N.J.) CC	16.08	(0.9)	Apr 28
9	Elijah RICHARDSON	SO	Howard (Md.) CC	16.29	(0.0)	Mar 25
10	Eddy FONG	FR	Massasoit (Mass.) CC	16.57	(1.1)	Mar 24
10	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	Joshua LEGG	FR	Rowan-Gloucester (N.J.) CC	56.92	Apr 28
5	Devon DUNCAN	FR	Queensborough (N.Y.) CC	56.95	Apr 14
6	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	56.99	Apr 9
7	Daniel VELASQUEZ	FR	Suffolk County (N.Y.) CC	57.34	Apr 7
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	Howard (Md.) CC	43.51	Apr 27
3	Montgomery-Rockville	43.70	Apr 29
4	Harper (Ill.)	43.83	Apr 14
5	CC of Philadelphia (Pa.)	43.90	Apr 22
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	45.26	Apr 27
10	Triton	45.61	Apr 22

4x400 Relay

1	Kingsborough (N.Y.) CC	3:13.90	Apr 27
2	Prince George's (Md.) CC	3:25.79	Apr 15
3	Howard (Md.) CC	3:27.48	Apr 27
4	CC of Philadelphia (Pa.)	3:29.16	Apr 22
5	Rowan-Gloucester (N.J.) CC	3:29.62	Apr 28
6	Nassau (N.Y.) CC	3:31.66	Jan 27
7	Onondaga (N.Y.) CC	3:33.49	Apr 14
8	Montgomery-Rockville	3:34.05	Apr 29
9	Queensborough (N.Y.) CC	3:34.47	Apr 23
10	Triton	3:36.50	Apr 14

4x800 Relay

1	Kingsborough (N.Y.) CC	8:01.88	Apr 8
2	Rowan-Gloucester (N.J.) CC	8:18.18	Apr 5
3	Bergen (N.J.) CC	8:40.89	Apr 14
4	Queensborough (N.Y.) CC	8:46.93	Apr 23
5	Suffolk County (N.Y.) CC	9:17.32	Mar 25
6	Finger Lakes (N.Y.) CC	9:37.93	Apr 29

High Jump

1	Malik BRIGGS	FR	Herkimer County (N.Y.) CC	2.00m	6-6 3/4	Apr 29
2	Elijah RICHARDSON	FR	Howard (Md.) CC	1.99m	6-6 1/4	Jan 28
3	Andrew HINES	FR	Onondaga (N.Y.) CC	1.93m	6-4	Feb 18
4	Noah TOWNSEND	SO	Onondaga (N.Y.) CC	1.89m	6-2 1/4	Feb 4
5	Michael JAMES	FR	Hostos (N.Y.) CC	1.85m	6-1	Apr 22
5	Julian POLYNICE	FR	Massasoit (Mass.) CC	1.85m	6-1	Apr 15
7	Brian DONNA	SO	Roxbury CC	1.83m	6-0	Feb 19
7	Jashawn STEWARD	FR	Triton	1.83m	6-0	Feb 10
9	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	1.82m	5-11 1/2	Apr 22
10	Jalen MICKLES	FR	Rowan-Gloucester (N.J.) CC	1.80m	5-10 3/4	Apr 28
10	Nolan RICE	FR	Northern Essex (Mass.)	1.80m	5-10 3/4	Apr 15
10	Martin JOHNSON	FR	Suffolk County (N.Y.) CC	1.80m	5-10 3/4	Apr 28
10	Hyaaan KHAN	FR	Harper (Ill.)	1.80m	5-10 3/4	Mar 31



NJCAA Division III - Top 10 Seeds by Event as of May 1



Men

Pole Vault

1	Gustavo ALVAREZ	FR	Triton	4.30m	14-1½	Apr 22
2	Eric ELLEFSON	FR	Harper (Ill.)	4.20m	13-9½	Apr 29
3	Georgino CRUZ	FR	Suffolk County (N.Y.) CC	3.95m	12-11½	Apr 28
3	Brian DONNA	SO	Roxbury CC	3.95m	12-11½	Feb 10
3	Bobby WOS	FR	Harper (Ill.)	3.95m	12-11½	Apr 14
6	Steven PHILPOTTS	FR	Mohawk Valley (N.Y.) CC	3.90m	12-9½	Jan 28
6	Luke SHIVELY	SO	Finger Lakes (N.Y.) CC	3.90m	12-9½	Apr 14
8	Dan KIM	SO	Harper (Ill.)	3.85m	12-7½	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	23-6½ (2.4)	Apr 9
2	Keyshawn BROWN	SO	Harper (Ill.)	6.95m	22-9½ (1.8)	Mar 31
2	Mateusz WIERZBA	FR	Bergen (N.J.) CC	6.95m	22-9½ (0.9)	Apr 28
4	Jeffrey MENYAH	FR	Onondaga (N.Y.) CC	6.77mw	22-2½ (2.7)	Apr 9
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	21-9½ (2.7)	Apr 14
8	Justin TOLENTINO	SO	Harper (Ill.)	6.63m	21-9 (0.0)	Apr 14
9	Joshua LINSTER	SO	Nassau (N.Y.) CC	6.62m	21-8½ (0.0)	Apr 8
10	Brian DONNA	SO	Roxbury CC	6.59m	21-7½ ()	Jan 27

Triple Jump

1	Jashawn STEWARD	FR	Triton	14.61m	47-11½ ()	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	44-9½ (3.9)	Apr 8
5	Mateusz WIERZBA	FR	Bergen (N.J.) CC	13.58mw	44-6½ (3.9)	Apr 28
6	Joshua LINSTER	SO	Nassau (N.Y.) CC	13.40mw	43-11½ (2.7)	Apr 28
7	Malik HINDS	SO	Suffolk County (N.Y.) CC	13.38m	43-10½ (0.0)	Mar 31
8	Andrew HINES	FR	Onondaga (N.Y.) CC	13.34mw	43-9½ (3.2)	Apr 14
9	Justin TOLENTINO	SO	Harper (Ill.)	13.12m	43-½ (0.8)	Apr 8
10	Maxwell ZELLER-FING	SO	Howard (Md.) CC	13.05m	42-9½ (1.9)	Apr 29

Shot Put

1	Daniel USHER	FR	Howard (Md.) CC	15.22m	49-11½	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	13.35m	43-9½	Apr 28
4	Donovan TYLER	SO	Montgomery-Rockville	13.05m	42-9½	Apr 29
5	Jude MISKO	SO	Rowan-Gloucester (N.J.) CC	12.99m	42-7½	Mar 31
6	Brendan FRANCES	FR	Suffolk County (N.Y.) CC	12.49m	40-11½	Apr 28
7	Connor BEST	FR	Bergen (N.J.) CC	11.89m	39-¾	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	38-3½	Apr 14
10	Thomas RANDALL	FR	Mohawk Valley (N.Y.) CC	11.39m	37-4½	Feb 18

Discus

1	Daniel USHER	FR	Howard (Md.) CC	46.10m	151-3	Apr 8
2	Connor BEST	FR	Bergen (N.J.) CC	41.78m	137-1	Apr 28
3	Donovan TYLER	SO	Montgomery-Rockville	39.71m	130-3	Apr 29
4	Thomas RANDALL	SO	Mohawk Valley (N.Y.) CC	38.80m	127-3	Apr 18
5	Phillip KOMBET	FR	Montgomery-Rockville	37.21m	122-1	Apr 1
6	Meghrasinh DODIA	FR	Middlesex County (N.J.) CC	36.82m	120-9	Mar 25
7	Andrew KUSTERA	SO	Rowan-Gloucester (N.J.) CC	36.56m	119-11	Apr 14
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	46.19m	151-6	Apr 29
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	34.42m	112-11	Apr 29
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	89-3½	Apr 22
8	Ben MORTAS	FR	Onondaga (N.Y.) CC	26.51m	86-11½	Apr 14
9	Haseeb SYED	FR	Middlesex County (N.J.) CC	25.38m	83-3½	Apr 28
10	John MILLER	SO	Middlesex County (N.J.) CC	25.23m	82-9½	Apr 28

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	45.30m	148-7	Apr 28
8	Devin STEIGERWALT	FR	Thaddeus Stevens	44.00m	144-4	Apr 29
9	Koy CONNERS	FR	Rowan-Gloucester (N.J.) CC	43.65m	143-2	Apr 14
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 May 1



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	Ebinama GLORY	FR	Howard (Md.)	CC 12.36	(-0.3)	Apr 29
4	Shantal ROUSE	FR	Kingsborough (N.Y.)	CC12.61	(1.2)	Apr 21
5	Tasmere LEE	SO	Suffolk County (N.Y.)	CC12.63w	(2.1)	Apr 7
6	Ashley PROKSA	SO	Harper (Ill.)	12.69w	(7.0)	Apr 14
7	Alyssa MORAN	FR	Montgomery-Rockville	12.73w	(3.9)	Apr 29
8	Siahn CORREA	FR	Triton	12.87	()	Apr 14
9	Andriana HIGGINS	SO	Roxbury CC	12.89	(-0.7)	Apr 7
10	Druex COLLINS	SO	Prince George's (Md.)	C12.96	(1.8)	Apr 8

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	Ebinama GLORY	FR	Howard (Md.)	CC 25.57	(1.8)	Apr 29
4	Mary FODAY	FR	Prince George's (Md.)	C25.62w	(2.5)	Apr 22
5	Thea GENERAL	SO	Kingsborough (N.Y.)	CC25.78	()	Feb 26
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	26.71	(0.2)	Apr 29

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	Andriana HIGGINS	SO	Roxbury CC	59.58		Apr 29
6	Kimberly STAMETS	FR	Montgomery-Rockville	1:00.90		Apr 29
7	Sabrina PHILIPPE	SO	Nassau (N.Y.)	CC 1:00.91		Feb 5
8	Mairacely FIGUEROA	FR	Triton	1:01.92		Apr 14
9	Ajani BETHEA-NURSE	SO	Kingsborough (N.Y.)	CC1:02.02		Mar 23
10	Allison LENOX	FR	CCRI	1:02.14		Feb 10
10	Ebinama GLORY	FR	Howard (Md.)	CC 1:02.14		Mar 18

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.)	C15:14.91		Apr 29
6	Brandy TORRES	SO	Mohawk Valley (N.Y.)	C17:16.86		Apr 18
7	SaraJane DREWETT	SO	Sullivan County (N.Y.)	CC19:14.01		Apr 29

5000 Meters

1	Dianne BARAJAS	SO	Harper (Ill.)	18:21.53		Mar 3
2	Chyanna BERNIER	FR	Herkimer County (N.Y.)	18:52.03		Apr 29
3	Breanna BOGUICKI	FR	Harper (Ill.)	19:36.07		Apr 22
4	Justine CONCA	FR	Bergen (N.J.)	CC 20:10.59		Apr 22
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 21:26.71		Apr 29
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
4	Margret NILAND	FR	Howard (Md.)	CC 43:56.64		Apr 29



NJCAA Division III - Top 10 Seeds by Event as of May 1



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 1
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	Angie HEMMINGS	SO Sullivan County (N.Y.) C	17.99	()	Apr 29
9	Jacquelyn DEROSA	FR Suffolk County (N.Y.) C	18.17w	(2.1)	Apr 14
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	Michelle RODRIGUEZ	SO Mohawk Valley (N.Y.) C	1:15.48		Apr 29
10	Michalina SZELAZEK	FR Triton	1:15.61		Apr 14

4x100 Relay

1	Kingsborough (N.Y.) CC	49.54		Mar 30
2	Prince George's (Md.) C	49.72		Apr 27
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	Sullivan County (N.Y.) C	59.78		Apr 29
10	Bergen (N.J.) CC	1:00.98		Mar 31

4x400 Relay

1	Kingsborough (N.Y.) CC	3:49.49		Feb 10
2	Prince George's (Md.) C	4:16.35		Apr 27
3	Harper (Ill.)	4:17.76		Apr 14
4	Mohawk Valley (N.Y.) C	4:18.28		Apr 29
5	Triton	4:18.43		Apr 14
6	Montgomery-Rockville	4:19.01		Apr 29
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	Courtney SHERRY	FR Mohawk Valley (N.Y.) C	1.55m	5-1	Apr 22
1	Lauren WANGENSTEIN	SO Suffolk County (N.Y.) C	1.55m	5-1	Apr 21
3	Andriana HIGGINS	SO Roxbury CC	1.50m	4-11	Apr 29
3	Bethany CRUZ	SO Suffolk County (N.Y.) C	1.50m	4-11	Mar 25
5	Mikayla BLUMENSTOCK	FR Herkimer County (N.Y.)	1.40m	4-7	Apr 22
5	Bobbie BUERER	SO Harper (Ill.)	1.40m	4-7	Apr 22
7	Sharina TAPPIN	Queensborough (N.Y.) C	1.35m	4-5	Feb 11
8	Gabrielle BRIDGEWATER	SO Herkimer County (N.Y.)	1.31m	4-3½	Apr 22
9	Imani BAYNE	FR Hostos (N.Y.) CC	1.25m	4-1¼	Apr 22
10	Michelle RODRIGUEZ	SO Mohawk Valley (N.Y.) C	1.21m	3-11½	Apr 29

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	Casey PEDONE	FR Suffolk County (N.Y.) C	5.45m	17-10¼ (0.0)	Apr 28
3	Tatyana MILLS	SO Kingsborough (N.Y.) CC	5.43mw	17-9¼ (2.5)	Apr 8
4	Alyssa MORAN	FR Montgomery-Rockville	5.32mw	17-5½ (2.1)	Apr 29
5	Ashley PEART	SO Nassau (N.Y.) CC	4.98m	16-4¼ (0.0)	Apr 22
6	Shantal ROUSE	FR Kingsborough (N.Y.) CC	4.84m	15-10¼ (0.0)	Feb 17
7	Shenieka GRAY	SO Mohawk Valley (N.Y.) C	4.82m	15-9¼ (0.0)	Apr 29
8	Jacquelyn DEROSA	FR Suffolk County (N.Y.) C	4.80m	15-9 (1.7)	Apr 28
9	Shermire COTTLE	FR CC of Philadelphia (Pa.)	4.75mw	15-7 (3.3)	Apr 8
10	Kaylah WILLIAMS	FR Suffolk County (N.Y.) C	4.69m	15-4¼ (0.0)	Apr 28
10	Sharina TAPPIN	SO Queensborough (N.Y.) C	4.69m	15-4¼ (1.0)	Mar 31



NJCAA Division III - Top 10 Seeds by Event as of May 1



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	Ashley PEART	SO	Nassau (N.Y.)	10.12m	33-2½ (2.8)	Apr 28
5	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	41-7½	Apr 21
2	Justina ABABIO	FR	Montgomery-Rockville	11.24m	36-10½	Mar 25
3	Devon NEALER	SO	Rowan-Gloucester (N.J.)	11.18m	36-8½	Apr 21
4	Katherine HELEWA	FR	Bergen (N.J.)	10.10m	33-1½	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	32-7½	Mar 31
8	Rylee REDMAN	FR	Rowan-Gloucester (N.J.)	9.75m	32-0	Apr 14
9	Olivia-Denise STEWART	FR	Hostos (N.Y.)	9.72m	31-10½	Apr 22
10	Brielle FENNELL	SO	Middlesex County (N.J.)	9.07m	29-9½	Apr 8

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	94-11½	Apr 14
7	Gariele EMERAN	FR	Queensborough (N.Y.)	26.51m	86-11½	Apr 14
8	Bobbie BUERER	SO	Harper (Ill.)	26.14m	85-9½	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.)	34.36m	112-8	Apr 28
4	Mary SAITTA	SO	Harper (Ill.)	33.81m	110-11	Apr 22
5	Brielle FENNELL	SO	Middlesex County (N.J.)	32.01m	105-0	Apr 28
6	Kayla BUTLER	FR	Mohawk Valley (N.Y.)	30.45m	99-11	Apr 15
7	Justina ABABIO	FR	Montgomery-Rockville	30.10m	98-9	Apr 29
8	Maya MASON	FR	Harper (Ill.)	28.41m	93-2½	Apr 22
9	Sarina WATSON	FR	Rowan-Gloucester (N.J.)	27.89m	91-6	Apr 28
10	Gariele EMERAN	FR	Queensborough (N.Y.)	26.69m	87-6½	Apr 8

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	Mikayla BLUMENSTOCK	FR	Herkimer County (N.Y.)	28.38m	93-1½	Apr 29
6	Devon NEALER	SO	Rowan-Gloucester (N.J.)	28.20m	92-6½	Apr 14
7	Mary SAITTA	SO	Harper (Ill.)	26.45m	86-9½	Mar 25
8	Bobbie BUERER	SO	Harper (Ill.)	26.15m	85-9½	Apr 14
9	Olivia-Denise STEWART	FR	Hostos (N.Y.)	25.14m	82-5½	Apr 22
10	Paige KRESSLEY	FR	Rowan-Gloucester (N.J.)	24.60m	80-8½	Apr 28

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