

**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**  
**Results**

**Women 60 Meter Dash**

Facility: 7.65 F 3/7/2020 Amanda Crooks  
AARFTC: 8.10 A

| Name                 | Yr                   | School             | Prelims |
|----------------------|----------------------|--------------------|---------|
| <b>Preliminaries</b> |                      |                    |         |
| 1                    | Samantha Shea        | SR St. John Fisher | A 7.85Q |
| 2                    | Brenna Johnson       | SR Nazareth        | A 7.94Q |
| 3                    | Kate Isaac           | JR Rochester       | A 8.00Q |
| 4                    | Susan Bansbach       | SR Rochester       | A 8.00Q |
| 5                    | Zhane Lettsome       | FR St. John Fisher | A 8.04Q |
| 6                    | Sarah Levine         | SR Brockport       | A 8.04q |
| 7                    | Michaela Kurbs       | JR St. John Fisher | A 8.10q |
| 8                    | Khia Laster          | SO Buffalo State   | 8.13q   |
| 9                    | Annabelle Shanks     | SO Rochester       | 8.16    |
| 10                   | Isabelle Rowley      | FR St. John Fisher | 8.17    |
| 11                   | Lilyan Humphrey      | FR St. John Fisher | 8.20    |
| 12                   | Veronica Duell       | SO St. John Fisher | 8.22    |
| 13                   | Kayla Huba           | FR Geneseo         | 8.31    |
| 14                   | McKenzie Leahey      | SR Nazareth        | 8.34    |
| 15                   | Maya Hatch           | FR Rochester       | 8.42    |
| 16                   | Allison Lennebacker  | SO St. John Fisher | 8.45    |
| 17                   | Jael Ernest Fleurant | SR Rochester       | 8.46    |
| 18                   | Alexis Lasher        | FR Nazareth        | 8.46    |
| 19                   | Anne Spila           | FR Alfred          | 8.48    |
| 20                   | Jenna Raczka         | FR Buffalo State   | 8.48    |
| 21                   | Lina Young           | FR Alfred          | 8.51    |
| 22                   | Grace Wright         | SO St. John Fisher | 8.55    |
| 23                   | Yeidi Yuja           | SO Rochester       | 8.59    |
| 24                   | Ally Alvira          | SO Geneseo         | 8.61    |
| 25                   | Sydney Vanderhoof    | SR Nazareth        | 8.61    |
| 26                   | Skyler Klimow        | FR Geneseo         | 8.61    |
| 27                   | Aliye Egan           | SO Oswego          | 8.75    |
| 28                   | Emily Salman         | SO Rochester       | 8.82    |
| 29                   | Paige Lundgren       | SO St. John Fisher | 8.92    |
| 30                   | Mary Shaker          | JR Houghton        | 8.93    |
| 31                   | Hannah Heint         | SO Houghton        | 8.95    |
| 32                   | Roxanne Barnes       | SO Oswego          | 9.28    |
| 33                   | Jackie Janicki       | FR Oswego          | 9.43    |
| 34                   | Anna McNamara        | FR Houghton        | 9.77    |
| 35                   | Kathryn Houle        | FR St. John Fisher | 10.04   |
| 36                   | Mackenzie Grosskopf  | SR Alfred          | 10.88   |

**Women 60 Meter Dash**

Facility: 7.65 F 3/7/2020 Amanda Crooks  
AARFTC: 8.10 A

| Name          | Yr             | School             | Finals |
|---------------|----------------|--------------------|--------|
| <b>Finals</b> |                |                    |        |
| 1             | Samantha Shea  | SR St. John Fisher | 7.76A  |
| 2             | Brenna Johnson | SR Nazareth        | 7.88A  |
| 3             | Kate Isaac     | JR Rochester       | 7.99A  |
| 4             | Susan Bansbach | SR Rochester       | 8.01A  |
| 5             | Sarah Levine   | SR Brockport       | 8.08A  |
| 6             | Zhane Lettsome | FR St. John Fisher | 8.09A  |
| 7             | Khia Laster    | SO Buffalo State   | 8.14   |

8 Michaela Kurbs JR St. John Fisher 8.17

**Women 200 Meter Dash**

Facility: 25.35 F 3/7/2020 Eshone Coffield-Jackson  
AARFTC: 26.70 A

| Name          | Yr                    | School             | Finals |
|---------------|-----------------------|--------------------|--------|
| <b>Finals</b> |                       |                    |        |
| 1             | Susan Bansbach        | SR Rochester       | 25.63A |
| 2             | Kate Isaac            | JR Rochester       | 26.18A |
| 3             | Megan Bell            | SO Rochester       | 26.60A |
| 4             | Sarah Levine          | SR Brockport       | 26.68A |
| 5             | Kayla Huba            | FR Geneseo         | 26.69A |
| 6             | Khia Laster           | SO Buffalo State   | 27.04  |
| 7             | Brianna Lawless       | SR Brockport       | 27.35  |
| 8             | Grace Wright          | SO St. John Fisher | 27.36  |
| 9             | Isabelle Rowley       | FR St. John Fisher | 27.39  |
| 10            | Courtney Bostic       | FR Brockport       | 27.49  |
| 11            | Olivia Jaworski       | FR Geneseo         | 27.67  |
| 12            | Shiana Susa           | FR Nazareth        | 27.76  |
| 13            | Jael Ernest Fleurant  | SR Rochester       | 27.90  |
| 14            | Lilyan Humphrey       | FR St. John Fisher | 28.04  |
| 15            | Mia Montgomery        | SR Brockport       | 28.08  |
| 16            | Alaina Morley         | FR Nazareth        | 28.20  |
| 17            | Alexis Lasher         | FR Nazareth        | 28.22  |
| 18            | Brooklyn Lawrence     | SO Buffalo State   | 28.31  |
| 19            | Maya Hatch            | FR Rochester       | 28.35  |
| 20            | Stefani Teglash       | JR Geneseo         | 28.38  |
| 21            | Nyah Solly            | FR Alfred          | 28.40  |
| 22            | Alexandria Wisniewski | JR Houghton        | 28.43  |
| 23            | Lina Young            | FR Alfred          | 28.53  |
| 24            | Kyra Binney           | FR Houghton        | 28.71  |
| 25            | Paige Lundgren        | SO St. John Fisher | 28.81  |
| 26            | Mary Shaker           | JR Houghton        | 28.86  |
| 27            | Violet Ameele         | JR RIT             | 28.87  |
| 28            | April Jacobs          | FR Geneseo         | 29.23  |
| 29            | Julia Largett         | FR Rochester       | 29.30  |
| 30            | Noelle Linenfelser    | FR Houghton        | 29.40  |
| 31            | Hannah Heint          | SO Houghton        | 29.42  |
| 32            | Aliye Egan            | SO Oswego          | 30.03  |
| 33            | Emily Salman          | SO Rochester       | 30.34  |
| 34            | Roxanne Barnes        | SO Oswego          | 31.37  |
| 35            | Alexandra Liszkiewicz | FR Hilbert         | 31.44  |
| 36            | Vanessa Van Slyke     | FR Hilbert         | 31.90  |
| 37            | Zoe Noble             | FR Rochester       | 32.35  |
| 38            | Nela Busovska         | FR Hilbert         | 32.57  |
| 39            | Jackie Janicki        | FR Oswego          | 33.64  |
| 40            | Anna McNamara         | FR Houghton        | 34.36  |
| 41            | Kathryn Houle         | FR St. John Fisher | 36.45  |
| 42            | Mackenzie Grosskopf   | SR Alfred          | 38.31  |

**Women 400 Meter Dash**

Facility: 56.41 F 12/9/2022 Madeline O'Connor  
AARFTC: 1:01.00 A

| Name          | Yr             | School           | Finals |
|---------------|----------------|------------------|--------|
| <b>Finals</b> |                |                  |        |
| 1             | Natalia Sawyer | FR Buffalo State | 57.55A |

**Nazareth Conference Tune-Up  
Golisano Training Center - 2/17/2023**

**Results****Finals ... (Women 400 Meter Dash)**

|    | <b>Name</b>           | <b>Yr</b> | <b>School</b>   | <b>Finals</b> |
|----|-----------------------|-----------|-----------------|---------------|
| 2  | Megan Bell            | SO        | Rochester       | 59.33A        |
| 3  | Tori Fears            | SO        | Geneseo         | 1:00.72A      |
| 4  | Jennifer Metz         | JR        | Brockport       | 1:00.93A      |
| 5  | Olivia Gilbert        | SO        | Alfred          | 1:01.71       |
| 6  | Raechel Zielinski     | JR        | Geneseo         | 1:02.27       |
| 7  | Jenna Raczka          | FR        | Buffalo State   | 1:02.87       |
| 8  | Alexandria Wisniewski | JR        | Houghton        | 1:03.14       |
| 9  | Vanessa Ramos         | FR        | Brockport       | 1:03.17       |
| 10 | Courtney Bostic       | FR        | Brockport       | 1:03.60       |
| 11 | Brooklyn Lawrence     | SO        | Buffalo State   | 1:04.55       |
| 12 | Noelle Linenfelser    | FR        | Houghton        | 1:04.70       |
| 13 | Kyra Binney           | FR        | Houghton        | 1:04.82       |
| 14 | Leigha Gould          | SR        | Nazareth        | 1:05.33       |
| 15 | Brianna Lawless       | SR        | Brockport       | 1:05.68       |
| 16 | Carissa Minarovich    | SR        | Rochester       | 1:06.27       |
| 17 | Evelyn Smith          | SR        | Fredonia        | 1:08.17       |
| 18 | Ashley Holt           | SO        | St. John Fisher | 1:08.39       |
| 19 | Alexandra Liszkiewicz | FR        | Hilbert         | 1:13.92       |
| 20 | Vanessa Van Slyke     | FR        | Hilbert         | 1:15.18       |
| 21 | Nela Busovska         | FR        | Hilbert         | 1:18.31       |
| 22 | Magdalena Vyhnaalkova | FR        | Hilbert         | 1:27.49       |

**Women 800 Meter Run**

Facility: 2:14.25 F 3/5/2022 Lisa Pink

AARFTC: 2:23.00 A

|               | <b>Name</b>            | <b>Yr</b> | <b>School</b> | <b>Finals</b> |
|---------------|------------------------|-----------|---------------|---------------|
| <b>Finals</b> |                        |           |               |               |
| 1             | Windsor Ardner         | JR        | Geneseo       | 2:13.55F      |
| 2             | Sierra Doody           | FR        | Geneseo       | 2:14.48A      |
| 3             | Marcie Hogan           | JR        | Geneseo       | 2:18.61A      |
| 4             | Faith Coyle            | SO        | Oswego        | 2:19.48A      |
| 5             | Jennifer Metz          | JR        | Brockport     | 2:22.09A      |
| 6             | Abigail Nautel         | FR        | RIT           | 2:22.35A      |
| 7             | Veronica Dailey        | JR        | Brockport     | 2:25.16       |
| 8             | Amanda Burrichter      | JR        | Houghton      | 2:25.47       |
| 9             | Isabella Heath         | JR        | Nazareth      | 2:26.64       |
| 10            | Hannah Fiorentine      | SO        | Geneseo       | 2:26.94       |
| 11            | Mia Vizcaino           | SO        | Brockport     | 2:27.45       |
| 12            | McKenzie Hall          | SO        | Alfred        | 2:28.27       |
| 13            | Kaylee Haynes          | SO        | Brockport     | 2:28.29       |
| 14            | Miah Lee               | JR        | Geneseo       | 2:28.71       |
| 15            | Sarah Davis            | JR        | Brockport     | 2:28.85       |
| 16            | Abigail Thomas         | FR        | RIT           | 2:30.30       |
| 17            | Sarah Lutkins          | SO        | Alfred        | 2:32.22       |
| 18            | Lilianna Hanning       | JR        | Nazareth      | 2:32.53       |
| 19            | Paige Ackley           | JR        | Nazareth      | 2:32.77       |
| 20            | Naomi Sibley           | JR        | Brockport     | 2:33.56       |
| 21            | Veronica Szygalowicz   | SO        | Geneseo       | 2:33.99       |
| 22            | Vanessa Ryhal          | JR        | Fredonia      | 2:35.01       |
| 23            | Alexis Anagnostopoulos | SR        | Nazareth      | 2:35.52       |
| 24            | Kendra Watson          | SR        | Rochester     | 2:36.73       |
| 25            | Jade Kimmel            | SO        | RIT           | 2:37.97       |
| 26            | Ashley Page            | JR        | Alfred        | 2:38.26       |
| 27            | Fanny Venegas          | SO        | RIT           | 2:39.32       |

|    |                       |    |                 |         |
|----|-----------------------|----|-----------------|---------|
| 28 | Esther Nankumba       | FR | Brockport       | 2:39.41 |
| 29 | Maddie Fusco          | SR | Hilbert         | 2:39.55 |
| 30 | Isabella Doty         | FR | Rochester       | 2:40.57 |
| 31 | Gretchen Dowd         | SO | Oswego          | 2:42.41 |
| 32 | Ashley O'Toole        | SR | Alfred          | 2:47.14 |
| 33 | Maddie Bowen          | SO | St. John Fisher | 3:08.32 |
| 34 | Sara Togni            | FR | St. John Fisher | 3:15.74 |
| 35 | Magdalena Vyhnaalkova | FR | Hilbert         | 3:35.19 |

**Women 1000 Meter Run**

Facility: 3:04.00 F 1/25/2020 Julia Myers

|               | <b>Name</b>         | <b>Yr</b> | <b>School</b> | <b>Finals</b> |
|---------------|---------------------|-----------|---------------|---------------|
| <b>Finals</b> |                     |           |               |               |
| 1             | Lilly Fowler-Conner | SO        | Geneseo       | 3:03.67F      |
| 2             | Kennedy McCoy       | SO        | Houghton      | 3:26.49       |
| 3             | Erin Cool           | JR        | Fredonia      | 3:28.70       |
| 4             | Holly Rohrbach      | FR        | Fredonia      | 4:03.89       |
| 5             | Abigail Dent        | SR        | Hilbert       | 4:37.50       |

**Women 1 Mile Run**

Facility: 5:03.98 F 3/7/2020 Katelyn Bernotas

AARFTC: 5:22.00 A

|               | <b>Name</b>           | <b>Yr</b> | <b>School</b>   | <b>Finals</b> |
|---------------|-----------------------|-----------|-----------------|---------------|
| <b>Finals</b> |                       |           |                 |               |
| 1             | Marie Naudus          | SO        | Geneseo         | 5:08.62A      |
| 2             | Penelope Greene       | SO        | Geneseo         | 5:12.78A      |
| 3             | Kathleen McCarey      | JR        | Geneseo         | 5:13.34A      |
| 4             | Gabriella McCarthy    | SO        | Geneseo         | 5:13.83A      |
| 5             | Kerry Flower          | JR        | Brockport       | 5:16.42A      |
| 6             | Ann Brennan           | FR        | Geneseo         | 5:19.76A      |
| 7             | Emily Weaver          | SR        | Nazareth        | 5:21.86A      |
| 8             | Veronica Szygalowicz  | SO        | Geneseo         | 5:23.43       |
| 9             | Sarah Davis           | JR        | Brockport       | 5:25.93       |
| 10            | Bethany Lorenzo       | FR        | Geneseo         | 5:26.60       |
| 11            | Lejla Borcilo         | SO        | Geneseo         | 5:28.86       |
| 12            | Ella Impaglia         | FR        | Nazareth        | 5:29.12       |
| 13            | Rachel Domaracki      | JR        | Houghton        | 5:29.69       |
| 14            | Julianne Wilson       | SO        | Brockport       | 5:29.81       |
| 15            | Meredith Masker       | SO        | Brockport       | 5:30.48       |
| 16            | Sab Lin               | SO        | Rochester       | 5:30.87       |
| 17            | Ellie Ponko           | SO        | Rochester       | 5:31.20       |
| 18            | Ally Zuidema          | JR        | RIT             | 5:31.26       |
| 19            | Mackenzie Feeney      | JR        | Sage            | 5:32.60       |
| 20            | Lydia Cox             | SO        | Brockport       | 5:35.27       |
| 21            | Kyra Sandercock       | SR        | Rochester       | 5:39.96       |
| 22            | Ellie Decker          | SO        | Oswego          | 5:40.50       |
| 23            | Georgia Ross          | FR        | Geneseo         | 5:42.19       |
| 24            | Maddie Fusco          | SR        | Hilbert         | 5:42.42       |
| 25            | Emma Mathes           | JR        | Brockport       | 5:44.01       |
| 26            | Megan Morin           | SR        | Nazareth        | 5:45.43       |
| 27            | Riley Jameson         | SO        | St. John Fisher | 5:46.89       |
| 28            | Gwen Sullivan         | FR        | Brockport       | 5:49.52       |
| 29            | Bonnie Dong           | JR        | Rochester       | 5:50.73       |
| 30            | Natalia Biehl-Narvaez | FR        | Geneseo         | 5:54.32       |
| 31            | Rachael Smith         | FR        | Houghton        | 5:58.67       |
| 32            | Amanda Brunken        | SO        | RIT             | 5:58.84       |

**Nazareth Conference Tune-Up  
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**Results****Finals ... (Women 1 Mile Run)**

|     | Name             | Yr | School          | Finals  |
|-----|------------------|----|-----------------|---------|
| 33  | Ashley O'Toole   | SR | Alfred          | 5:59.92 |
| 34  | Maggie Dolloff   | SO | St. John Fisher | 6:22.12 |
| --- | McKenzie Gaffney | JR | Hilbert         | DQ      |
| --- | Kristine Twoguns | SR | Hilbert         | DQ      |
| --- | Abigail Dent     | SR | Hilbert         | DQ      |
| --- | Julia Weaver     | FR | Oswego          | DQ      |

**Women 3000 Meter Run**

Facility: 9:57.95 F 1/28/2023 Windsor Ardner

AARFTC: 10:40.00 A

|               | Name                | Yr | School          | Finals    |
|---------------|---------------------|----|-----------------|-----------|
| <b>Finals</b> |                     |    |                 |           |
| 1             | Kaitlyn Grossman    | SO | Geneseo         | 10:30.60A |
| 2             | Katherine Vogel     | JR | Geneseo         | 10:36.81A |
| 3             | Alexandra Ventresca | SO | Geneseo         | 10:40.35  |
| 4             | Isabel Marzec       | SO | Geneseo         | 10:58.42  |
| 5             | Morgan Bremer       | SR | Rochester       | 10:58.63  |
| 6             | Cristina Gaskiewicz | FR | Oswego          | 10:59.74  |
| 7             | Alicia Lawson       | SO | Rochester       | 11:05.06  |
| 8             | Lauren Yonko        | SO | Brockport       | 11:10.16  |
| 9             | Ally Battaglia      | SO | Fredonia        | 11:13.38  |
| 10            | Alyssa Horng        | FR | Rochester       | 11:16.32  |
| 11            | Anna Tessier        | FR | Geneseo         | 11:18.15  |
| 12            | Katherine Peterson  | SO | Geneseo         | 11:26.49  |
| 13            | Alicia Beam         | SR | Rochester       | 11:33.75  |
| 14            | Annika Hurley       | FR | Geneseo         | 11:39.36  |
| 15            | Meredith Crockett   | SO | Rochester       | 11:43.12  |
| 16            | Maeve Robarge       | FR | Brockport       | 11:55.67  |
| 17            | Taylor Hoffman      | FR | St. John Fisher | 12:04.16  |
| 18            | Riley Joseph        | FR | Rochester       | 12:05.50  |
| 19            | Kristine Twoguns    | SR | Hilbert         | 14:53.00  |
| 20            | McKenzie Gaffney    | JR | Hilbert         | 14:53.45  |
| ---           | Rachel Hirschkind   | JR | Geneseo         | DNF       |

**Women 60 Meter Hurdles**

Facility: 8.63 F 1/28/2023 Laura Mathews

AARFTC: 9.50 A

|                      | Name                  | Yr | School          | Prelims |
|----------------------|-----------------------|----|-----------------|---------|
| <b>Preliminaries</b> |                       |    |                 |         |
| 1                    | Ciarra Franz          | SO | St. John Fisher | A 9.13Q |
| 2                    | Lanna Wandy           | SO | Geneseo         | 9.52Q   |
| 3                    | Sydney Vanderhoof     | SR | Nazareth        | 9.67Q   |
| 4                    | Samantha Crisci       | FR | RIT             | 9.64q   |
| 5                    | Alexandria Wisniewski | JR | Houghton        | 10.12q  |
| 6                    | Hannah Ragule         | JR | Nazareth        | 10.12q  |
| 7                    | Lauren Bendall        | JR | Nazareth        | 10.18q  |
| 8                    | Hayly Fredrickson     | SO | St. John Fisher | 10.35q  |
| 9                    | April Jacobs          | FR | Geneseo         | 10.60   |
| 10                   | Lily Rexford          | FR | St. John Fisher | 10.61   |
| 11                   | Bianca Durso          | SO | Alfred          | 10.68   |
| 12                   | Destiny Rivera        | JR | Buffalo State   | 10.77   |
| 13                   | Zoe Noble             | FR | Rochester       | 10.88   |
| 14                   | Shiana Susa           | FR | Nazareth        | 10.91   |

|    |                    |    |                 |       |
|----|--------------------|----|-----------------|-------|
| 15 | Logan Fredrickson  | SO | St. John Fisher | 11.19 |
| 16 | Annabelle Townsend | SO | Alfred          | 11.20 |
| 17 | Julia Large        | FR | Rochester       | 11.20 |
| 18 | Abigail Seamans    | SO | Rochester       | 12.34 |
| 19 | Ana Ion            | SO | Alfred          | 12.55 |
| 20 | Natalya Ryckman    | FR | Alfred          | 12.96 |

**Women 60 Meter Hurdles**

Facility: 8.63 F 1/28/2023 Laura Mathews

AARFTC: 9.50 A

|               | Name                  | Yr | School          | Finals |
|---------------|-----------------------|----|-----------------|--------|
| <b>Finals</b> |                       |    |                 |        |
| 1             | Ciarra Franz          | SO | St. John Fisher | 9.06A  |
| 2             | Lanna Wandy           | SO | Geneseo         | 9.57   |
| 3             | Samantha Crisci       | FR | RIT             | 9.64   |
| 4             | Sydney Vanderhoof     | SR | Nazareth        | 9.72   |
| 5             | Lauren Bendall        | JR | Nazareth        | 9.89   |
| 6             | Hayly Fredrickson     | SO | St. John Fisher | 10.71  |
| 7             | Alexandria Wisniewski | JR | Houghton        | 10.72  |

**Women 4x400 Meter Relay**

Facility: 3:50.60 F 3/4/2022 Geneseo

J Strickland, L Zopf, M Mulder, A Flaitz

AARFTC: 4:10.00 A

|               | Team                   | Relay                 | Finals  |
|---------------|------------------------|-----------------------|---------|
| <b>Finals</b> |                        |                       |         |
| 1             | Geneseo                | A                     | 4:45.14 |
|               | 1) Marcie Hogan JR     | 2) Penelope Greene SO |         |
|               | 3) Kaitlyn Grossman SO | 4) Katherine Vogel JR |         |

**Women High Jump**

Facility: 1.65m F 3/7/2020 Susann Foley

AARFTC: 1.57m A

|               | Name              | Yr | School          | Finals |
|---------------|-------------------|----|-----------------|--------|
| <b>Finals</b> |                   |    |                 |        |
| 1             | Hayden Williamson | JR | Houghton        | 1.57mA |
| 2             | Destiny Rivera    | JR | Buffalo State   | 1.52m  |
| 2             | Sarah Killip      | SR | Brockport       | 1.52m  |
| 2             | Bianca Durso      | SO | Alfred          | 1.52m  |
| 5             | Claudia Vogel     | JR | St. John Fisher | 1.47m  |
| 6             | Sydney LaSalle    | FR | Nazareth        | 1.47m  |
| 7             | Brenna Johnson    | SR | Nazareth        | 1.42m  |
| 7             | Ana Ion           | SO | Alfred          | 1.42m  |
| 7             | Emily Abbati      | SR | Geneseo         | 1.42m  |
| 7             | Anne Spila        | FR | Alfred          | 1.42m  |
| 11            | Angela Carlson    | SO | St. John Fisher | 1.37m  |
| 12            | Ashley Heffernan  | JR | Rochester       | 1.37m  |
| 13            | Kira Davidson     | FR | Fredonia        | 1.37m  |
| 14            | Katie Pavelchak   | FR | Brockport       | 1.37m  |
| 14            | Nora Dreslin      | FR | Rochester       | 1.37m  |
| 16            | Jennah Ferrari    | SR | St. John Fisher | 1.32m  |
| ---           | Hayley Mercer     | FR | Fredonia        | NH     |
| ---           | Michaela Levesque | JR | Brockport       | NH     |
| ---           | Logan Fredrickson | SO | St. John Fisher | NH     |

**Nazareth Conference Tune-Up  
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**Results**

**Women Pole Vault**

**Facility:** 4.00m F 3/4/2022 **Meghan Matheny**  
**AARFTC:** 3.20m A

| Name                   | Yr | School          | Finals |
|------------------------|----|-----------------|--------|
| <b>Finals</b>          |    |                 |        |
| 1 Isabel Morse         | FR | Nazareth        | 3.36mA |
| 2 Cara Pellechia       | FR | Fredonia        | 3.36mA |
| 3 Kiara Tornusciolo    | FR | Nazareth        | 3.36mA |
| 4 Catherine Fox        | SR | RIT             | 3.21mA |
| 5 Nicole Gretzinger    | FR | Geneseo         | 3.06m  |
| 6 Tess Eichner         | SO | Brockport       | 3.06m  |
| 7 Rosie Morse          | FR | Nazareth        | 2.91m  |
| 7 Lauren Bendall       | JR | Nazareth        | 2.91m  |
| 9 Claire Lenihan       | SR | Geneseo         | 2.76m  |
| 9 Gianna Batista       | FR | Geneseo         | 2.76m  |
| 11 Hayly Fredrickson   | SO | St. John Fisher | 2.61m  |
| 11 Emily Frech         | SO | St. John Fisher | 2.61m  |
| 11 Samantha Schlectman | FR | RIT             | 2.61m  |
| 11 Madison Baker       | SR | Brockport       | 2.61m  |
| 11 Abigail Nuzzo       | FR | Houghton        | 2.61m  |
| 11 Ciara Murphy        | SO | Brockport       | 2.61m  |
| 11 Hunter Czajkowski   | SO | Brockport       | 2.61m  |
| 18 Sofie Fischler      | SO | Nazareth        | 2.61m  |
| --- Mya Henry          | SO | Brockport       | NH     |

**Women Long Jump**

**Facility:** 5.62m F 1/28/2023 **Veronica Duell**  
**AARFTC:** 5.25m A

| Name                 | Yr | School          | Finals |
|----------------------|----|-----------------|--------|
| <b>Finals</b>        |    |                 |        |
| 1 Mia Montgomery     | SR | Brockport       | 5.66mF |
| 2 Veronica Duell     | SO | St. John Fisher | 5.52mA |
| 3 Brenna Johnson     | SR | Nazareth        | 5.49mA |
| 4 Alyssa Hoogs       | SR | Rochester       | 5.29mA |
| 5 Hannah Ragule      | JR | Nazareth        | 5.29mA |
| 6 Sam Pynn           | SO | Geneseo         | 5.27mA |
| 7 Ashleigh Barrett   | FR | Rochester       | 5.23m  |
| 8 McKenzie Leahey    | SR | Nazareth        | 5.20m  |
| 9 Michaela Kurbs     | JR | St. John Fisher | 5.12m  |
| 10 Ally Alvira       | SO | Geneseo         | 5.08m  |
| 11 Lanna Wandy       | SO | Geneseo         | 5.05m  |
| 12 Lena Kiehl        | SO | Geneseo         | 5.05m  |
| 13 Isabella Heath    | JR | Nazareth        | 4.89m  |
| 14 Olivia Smock      | SO | Geneseo         | 4.87m  |
| 15 Quinn Taylor      | JR | Rochester       | 4.86m  |
| 16 Violet Ameele     | JR | RIT             | 4.85m  |
| 17 Alaina Morley     | FR | Nazareth        | 4.82m  |
| 18 Rosie Morse       | FR | Nazareth        | 4.71m  |
| 19 Julia Largett     | FR | Rochester       | 4.65m  |
| 20 Hayden Williamson | JR | Houghton        | 4.61m  |
| 21 Bianca Durso      | SO | Alfred          | 4.57m  |
| 22 Abrianna Kruger   | JR | Geneseo         | 4.56m  |
| 23 Abigail Nuzzo     | FR | Houghton        | 4.52m  |
| 24 Lauren Bendall    | JR | Nazareth        | 4.49m  |
| 25 Alanah Byrant     | FR | Brockport       | 4.40m  |

|                    |    |           |       |
|--------------------|----|-----------|-------|
| 26 Ana Ion         | SO | Alfred    | 4.34m |
| 27 Natalya Ryckman | FR | Alfred    | 4.33m |
| 28 Miah Idzi       | SO | Houghton  | 4.30m |
| 29 Safia Sesay     | FR | Brockport | 4.21m |
| --- Yeidi Yuja     | SO | Rochester | FOUL  |
| --- Zoe Fortin     | SR | Rochester | FOUL  |

**Women Triple Jump**

**Facility:** 12.88m F 2/18/2022 **Alexa Wandy**  
**AARFTC:** 10.75m A

| Name                 | Yr | School     | Finals  |
|----------------------|----|------------|---------|
| <b>Finals</b>        |    |            |         |
| 1 Alexa Wandy        |    | Unattached | 13.02mF |
| 2 Katelyn Jacques    | SO | Geneseo    | 11.96mA |
| 3 Nyah Solly         | FR | Alfred     | 10.72m  |
| 4 Ana Ion            | SO | Alfred     | 10.51m  |
| 5 Kira Davidson      | FR | Fredonia   | 10.01m  |
| 6 Alanah Byrant      | FR | Brockport  | 9.85m   |
| 7 Abigail Nuzzo      | FR | Houghton   | 9.75m   |
| 8 Annabelle Townsend | SO | Alfred     | 9.68m   |
| 9 Michaela Levesque  | JR | Brockport  | 9.65m   |
| 10 Miah Idzi         | SO | Houghton   | 9.39m   |
| --- Mia Montgomery   | SR | Brockport  | FOUL    |

**Women Shot Put**

**Facility:** 13.98m F 3/4/2022 **Sarah Crockett**  
**AARFTC:** 11.50m A

| Name                   | Yr | School          | Finals  |
|------------------------|----|-----------------|---------|
| <b>Finals</b>          |    |                 |         |
| 1 Victoire Kothor      | SR | Unattached      | 16.15mF |
| 2 Sarah Crockett       | JR | Brockport       | 13.50mA |
| 3 Zoe Conner           | SO | Geneseo         | 12.58mA |
| 4 Katrina Chandler     | FR | Brockport       | 12.02mA |
| 5 Makenna King         | JR | St. John Fisher | 11.68mA |
| 6 Erin McGuinness      | FR | St. John Fisher | 11.63mA |
| 7 Trinity Dees         | FR | Brockport       | 11.26m  |
| 8 Maleenah Ortiz       | JR | Brockport       | 11.21m  |
| 9 Cora Rose            | SO | Rochester       | 10.88m  |
| 10 Deziree Garrick     | SO | Rochester       | 10.61m  |
| 11 Lyndsay O'Brien     | SR | St. John Fisher | 10.52m  |
| 12 Rebecca Heuler      | FR | Brockport       | 10.47m  |
| 13 Lauren Jaklitsch    | FR | Geneseo         | 10.41m  |
| 14 Sarah Armenia       | SO | Brockport       | 10.35m  |
| 15 Liz Spencer         | SR | Brockport       | 10.20m  |
| 16 Lea Richard         | JR | Nazareth        | 10.17m  |
| 17 Liz Kingston        | SO | Brockport       | 10.16m  |
| 18 Kathryn Evans       | JR | Houghton        | 10.12m  |
| 19 Ana Ion             | SO | Alfred          | 9.94m   |
| 20 Marinna Heichberger | FR | RIT             | 9.82m   |
| 21 Lainey Porter       | SO | Brockport       | 9.75m   |
| 22 Michelle Russotti   | SO | Brockport       | 9.70m   |
| 23 Abrianna Kruger     | JR | Geneseo         | 9.57m   |
| 24 Payton Mehalick     | FR | Geneseo         | 9.32m   |
| 25 Caitlyn Vergari     | FR | Brockport       | 9.16m   |
| 26 Skyler Klimow       | FR | Geneseo         | 9.15m   |
| 27 Jazelle McIntyre    | FR | St. John Fisher | 9.12m   |

**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**  
**Results**

**Finals ... (Women Shot Put)**

|     | Name               | Yr | School          | Finals |
|-----|--------------------|----|-----------------|--------|
| 28  | Dani Saba          | SR | RIT             | 9.06m  |
| 29  | Logan Fredrickson  | SO | St. John Fisher | 8.64m  |
| 30  | Livia Ilasz        | FR | Rochester       | 8.44m  |
| 31  | Natalya Ryckman    | FR | Alfred          | 8.41m  |
| 32  | Tanyesha Darkins   | SO | Alfred          | 8.40m  |
| 33  | Jaclyn Jorolemon   | FR | Nazareth        | 8.27m  |
| 34  | Abigail Conpropst  | JR | Oswego          | 8.10m  |
| 35  | Alyson Witt        | SR | St. John Fisher | 8.01m  |
| 36  | Caitlin Keating    | FR | St. John Fisher | 7.67m  |
| 37  | Shea Masse         | FR | Oswego          | 7.60m  |
| 38  | Anna McNamara      | FR | Houghton        | 7.53m  |
| 39  | Annabelle Townsend | SO | Alfred          | 7.21m  |
| 40  | Grace Moyer        | SO | Nazareth        | 7.13m  |
| --- | Emily DiMarco      | SO | RIT             | FOUL   |

**Women Weight Throw**

Facility: 16.78m F 1/28/2023 Brenna Karnish

AARFTC: 14.20m A

|               | Name                | Yr | School          | Finals  |
|---------------|---------------------|----|-----------------|---------|
| <b>Finals</b> |                     |    |                 |         |
| 1             | Lea Richard         | JR | Nazareth        | 17.03mF |
| 2             | Katrina Chandler    | FR | Brockport       | 15.26mA |
| 3             | Zoe Conner          | SO | Geneseo         | 15.06mA |
| 4             | Lauren Jaklitsch    | FR | Geneseo         | 14.71mA |
| 5             | Gillian Reeder      | SR | Rochester       | 14.50mA |
| 6             | Vanessa Wish        | SR | Rochester       | 13.91m  |
| 7             | Lainey Porter       | SO | Brockport       | 13.75m  |
| 8             | Livia Ilasz         | FR | Rochester       | 13.68m  |
| 9             | Makenna King        | JR | St. John Fisher | 13.40m  |
| 10            | Trinity Dees        | FR | Brockport       | 13.38m  |
| 11            | Deziree Garrick     | SO | Rochester       | 12.73m  |
| 12            | Skyler Klimow       | FR | Geneseo         | 12.55m  |
| 13            | Cora Rose           | SO | Rochester       | 12.06m  |
| 14            | Jaclyn Jorolemon    | FR | Nazareth        | 12.00m  |
| 15            | Emily DiMarco       | SO | RIT             | 11.94m  |
| 16            | Grace Moyer         | SO | Nazareth        | 11.92m  |
| 17            | Maleenah Ortiz      | JR | Brockport       | 11.90m  |
| 18            | Liz Spencer         | SR | Brockport       | 11.61m  |
| 19            | Payton Mehalick     | FR | Geneseo         | 11.35m  |
| 20            | Marinna Heichberger | FR | RIT             | 11.30m  |
| 21            | Michelle Russotti   | SO | Brockport       | 11.17m  |
| 22            | Caitlyn Vergari     | FR | Brockport       | 11.16m  |
| 23            | Rebecca Heuler      | FR | Brockport       | 10.47m  |
| 24            | Liz Kingston        | SO | Brockport       | 10.38m  |
| 25            | Marisa Stravino     | SO | Fredonia        | 10.34m  |
| 26            | Sarah Armenia       | SO | Brockport       | 9.55m   |
| 27            | Abigail Conpropst   | JR | Oswego          | 9.35m   |
| 28            | Aliza Drabkin       | SO | Rochester       | 8.78m   |
| 29            | Jazelle McIntyre    | FR | St. John Fisher | 8.51m   |
| 30            | Emma Gabriel        | FR | Oswego          | 8.28m   |
| ---           | Hallie Knapp        | FR | St. John Fisher | FOUL    |
| ---           | Erin McGuinness     | FR | St. John Fisher | FOUL    |
| ---           | Anna Steed          | FR | St. John Fisher | FOUL    |
| ---           | Sarah Crockett      | JR | Brockport       | FOUL    |

**Men 60 Meter Dash**Facility: 6.74 F 3/5/2022 Jalen Leonard-Osbourne  
AARFTC: 7.15 A

|                      | Name              | Yr | School          | Prelims |
|----------------------|-------------------|----|-----------------|---------|
| <b>Preliminaries</b> |                   |    |                 |         |
| 1                    | Mitchell Lienert  | JR | Rochester       | A 7.04Q |
| 2                    | P.J. London       | SO | Rochester       | A 7.07Q |
| 3                    | Tyler McGrath     | FR | Buffalo State   | A 7.12Q |
| 4                    | Nick Abdo         | SR | Fredonia        | A 7.15Q |
| 5                    | Mike Welch        | SR | Nazareth        | 7.21Q   |
| 6                    | Manny Eribo       | SO | Rochester       | 7.23Q   |
| 7                    | Neil Peters       | SR | Alfred          | 7.29Q   |
| 8                    | Jacob Winn        | FR | Fredonia        | 7.21q   |
| 9                    | Curtis Cuvilly    | SR | St. John Fisher | 7.23    |
| 10                   | Alex Dankwa       | JR | Buffalo State   | 7.23    |
| 11                   | Sam Lorenzetti    | SO | Rochester       | 7.27    |
| 12                   | Brady Bishop      | SO | St. John Fisher | 7.28    |
| 13                   | Ben Lewis         | SO | Nazareth        | 7.32    |
| 14                   | David Ibalio      | SO | Buffalo State   | 7.33    |
| 15                   | Judson Delany     | FR | Geneseo         | 7.33    |
| 16                   | Trenton Wynn      | SR | St. John Fisher | 7.35    |
| 17                   | Evan Frost        | FR | Geneseo         | 7.36    |
| 18                   | Kyle Lane         | JR | Rochester       | 7.36    |
| 19                   | Kaleb Luton       | SR | Nazareth        | 7.36    |
| 20                   | Nas Muslim Dost   | SO | Buffalo State   | 7.40    |
| 21                   | Jaron Alexander   | JR | Buffalo State   | 7.42    |
| 22                   | Malachi Yeager    | SR | Houghton        | 7.42    |
| 23                   | Connor McCauslin  | SR | Nazareth        | 7.42    |
| 24                   | James Pavelchak   | SO | Brockport       | 7.44    |
| 25                   | David Adadjo      | SO | Sage            | 7.44    |
| 26                   | Chris Tremblay    | SR | RIT             | 7.45    |
| 27                   | Peter Brodnik     | SR | Rochester       | 7.45    |
| 28                   | Jack Pomykaj      | FR | Nazareth        | 7.46    |
| 29                   | Jaleel Joseph     | FR | Alfred          | 7.48    |
| 30                   | John Wendt        | JR | Alfred          | 7.51    |
| 31                   | Alex Reyes        | FR | Oswego          | 7.55    |
| 32                   | Jeremy Saluzzi    | SR | RIT             | 7.57    |
| 33                   | Ryan Delane       | SO | St. John Fisher | 7.65    |
| 34                   | Jayden Noel       | FR | Alfred          | 7.67    |
| 35                   | Mike Simpson      | SO | Buffalo State   | 7.69    |
| 36                   | Sam Tuttle        | JR | Brockport       | 7.69    |
| 37                   | Preston Guynup    | JR | Alfred          | 7.74    |
| 38                   | Noah Rivera       | FR | Sage            | 7.76    |
| 39                   | Jamal Harris      | FR | Hilbert         | 7.78    |
| 40                   | Kyle Reid         | SO | Nazareth        | 7.85    |
| 41                   | Josh Brito        | FR | Houghton        | 7.89    |
| 42                   | Jason Marchincin  | FR | Nazareth        | 7.94    |
| 43                   | Collin Nasso      | JR | Houghton        | 7.96    |
| 44                   | Gavin Henderson   | SO | St. John Fisher | 8.12    |
| 45                   | Connor Scriven    | FR | Alfred          | 8.15    |
| 46                   | Timothy Trimboli  | SR | Alfred          | 8.24    |
| ---                  | Cole Siewert      | JR | Rochester       | FS      |
| ---                  | Aaron Ottenwalder | FR | Brockport       | FS      |

**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**

**Results**

**Men 60 Meter Dash**

**Facility:** 6.74 F 3/5/2022 **Jalen Leonard-Osbourne**  
**AARFTC:** 7.15 A

| Name               | Yr | School        | Finals |
|--------------------|----|---------------|--------|
| <b>Finals</b>      |    |               |        |
| 1 Mitchell Lienert | JR | Rochester     | 6.95A  |
| 2 Tyler McGrath    | FR | Buffalo State | 7.06A  |
| 3 P.J. London      | SO | Rochester     | 7.09A  |
| 4 Nick Abdo        | SR | Fredonia      | 7.10A  |
| 5 Neil Peters      | SR | Alfred        | 7.11A  |
| 6 Jacob Winn       | FR | Fredonia      | 7.24   |
| 7 Mike Welch       | SR | Nazareth      | 7.32   |
| 8 Manny Eribo      | SO | Rochester     | 7.37   |

**Men 200 Meter Dash**

**Facility:** 21.88 F 3/5/2022 **Andy Frank**  
**AARFTC:** 22.90 A

| Name                     | Yr | School          | Finals |
|--------------------------|----|-----------------|--------|
| <b>Finals</b>            |    |                 |        |
| 1 Mitchell Lienert       | JR | Rochester       | 22.10A |
| 2 Nick Abdo              | SR | Fredonia        | 22.91  |
| 3 Aidan Harrington       | JR | Oswego          | 22.92  |
| 4 P.J. London            | SO | Rochester       | 22.96  |
| 5 Gabe Lundy             | SR | Rochester       | 22.97  |
| 6 Aaron Ottenwalder      | FR | Brockport       | 22.98  |
| 7 Matthew Resnick        | SO | RIT             | 23.11  |
| 8 Brady Bishop           | SO | St. John Fisher | 23.11  |
| 9 David Ibalio           | SO | Buffalo State   | 23.25  |
| 10 Andrew Kent           | FR | Geneseo         | 23.30  |
| 11 Ryan Senf             | FR | RIT             | 23.30  |
| 12 Andrew Koubek         | FR | RIT             | 23.32  |
| 13 Nick Marsowicz        | FR | Fredonia        | 23.33  |
| 14 Cole Ferris           | FR | St. John Fisher | 23.36  |
| 15 Judson Delany         | FR | Geneseo         | 23.37  |
| 16 Max Stein             | SO | RIT             | 23.41  |
| 17 Jarrod Polk           | FR | Buffalo State   | 23.42  |
| 18 Manny Eribo           | SO | Rochester       | 23.42  |
| 19 Jacob Winn            | FR | Fredonia        | 23.44  |
| 20 Aadit Jain            | FR | Rochester       | 23.50  |
| 21 Trenton Goyette       | SO | RIT             | 23.52  |
| 22 Neil Peters           | SR | Alfred          | 23.54  |
| 23 Trenton Wynn          | SR | St. John Fisher | 23.58  |
| 24 Chris Tremblay        | SR | RIT             | 23.75  |
| 25 John Wendt            | JR | Alfred          | 23.77  |
| 26 Evan Kurtz            | SO | Houghton        | 23.78  |
| 27 Curtis Cuvilly        | SR | St. John Fisher | 23.81  |
| 28 John Moyer            | SR | Rochester       | 23.82  |
| 29 Benjamin Pochobradsky | FR | RIT             | 23.86  |
| 30 Joseph Nettles        | SO | Nazareth        | 23.86  |
| 31 Mathew Broadnax       | JR | Oswego          | 23.93  |
| 32 Dylan Devine          | SO | Buffalo State   | 23.94  |
| 33 David Adadjo          | SO | Sage            | 23.95  |
| 34 Evan Frost            | FR | Geneseo         | 24.05  |
| 35 Dylan Williams        | FR | Buffalo State   | 24.09  |
| 36 Jaron Alexander       | JR | Buffalo State   | 24.18  |

|                       |    |                 |       |
|-----------------------|----|-----------------|-------|
| 37 Rob Hartigan       | JR | St. John Fisher | 24.20 |
| 38 Alex Reyes         | FR | Oswego          | 24.20 |
| 39 Nathan Roehrig     | FR | Brockport       | 24.26 |
| 40 John Ruggio        | JR | St. John Fisher | 24.44 |
| 41 Jaleel Joseph      | FR | Alfred          | 24.45 |
| 42 Colin Hascup       | SO | Rochester       | 24.53 |
| 43 Joel Ramirez       | SO | Buffalo State   | 24.56 |
| 44 Josh Brito         | FR | Houghton        | 24.57 |
| 45 Christopher Dorney | SR | Oswego          | 24.71 |
| 46 Jamal Harris       | FR | Hilbert         | 24.97 |
| 47 James Eustace      | SO | Houghton        | 25.07 |
| 48 Collin Nasso       | JR | Houghton        | 25.18 |
| 49 Sam Tuttle         | JR | Brockport       | 25.21 |
| 50 Jordan Cancel      | SO | Brockport       | 25.21 |
| 51 Siddharth Bose     | SO | Unattached      | 25.53 |
| 52 Zachary DeMott     | FR | Oswego          | 25.60 |
| 53 Ryan Delane        | SO | St. John Fisher | 25.74 |
| 54 Noah Rivera        | FR | Sage            | 25.94 |
| 55 Mikey Thammavong   | FR | Alfred          | 26.45 |
| 56 Preston Guynup     | JR | Alfred          | 26.67 |
| 57 Timothy Trimboli   | SR | Alfred          | 27.45 |
| --- James Pavelchak   | SO | Brockport       | DNF   |

**Men 400 Meter Dash**

**Facility:** 48.26 F 3/5/2022 **Kieran Sheridan**  
**AARFTC:** 51.30 A

| Name                    | Yr | School          | Finals |
|-------------------------|----|-----------------|--------|
| <b>Finals</b>           |    |                 |        |
| 1 Gabe Lundy            | SR | Rochester       | 50.53A |
| 2 Justin Jantzi         | JR | RIT             | 50.73A |
| 3 Ryan Senf             | FR | RIT             | 51.43  |
| 4 Kevin Fischer         | SR | Brockport       | 51.58  |
| 5 Aidan Harrington      | JR | Oswego          | 51.64  |
| 6 Matthew Sheehan       | SO | Geneseo         | 51.73  |
| 7 Gabe Thyne            | SO | Rochester       | 51.75  |
| 8 Michael Durski        | FR | Brockport       | 52.27  |
| 9 Benjamin Pochobradsky | FR | RIT             | 52.40  |
| 10 George Mecca         | SR | Alfred          | 52.75  |
| 11 Mathew Broadnax      | JR | Oswego          | 52.95  |
| 12 Gavin McAllister     | FR | Nazareth        | 53.02  |
| 13 Nathan Roehrig       | FR | Brockport       | 53.25  |
| 14 Colin Hascup         | SO | Rochester       | 53.35  |
| 15 Christopher Dorney   | SR | Oswego          | 53.49  |
| 16 Joseph Nettles       | SO | Nazareth        | 53.75  |
| 17 Rob Hartigan         | JR | St. John Fisher | 53.76  |
| 18 Aaron Langston       | FR | Geneseo         | 54.58  |
| 19 Cassidy Gilmore      | FR | Brockport       | 54.66  |
| 20 Sam Kellner          | SR | Rochester       | 54.78  |
| 21 Holden Thomas        | FR | Nazareth        | 54.85  |
| 22 James Eustace        | SO | Houghton        | 55.40  |
| 23 Jordan Cancel        | SO | Brockport       | 55.64  |
| 24 Kevin Voegelin       | FR | Fredonia        | 56.38  |
| 25 Zachary DeMott       | FR | Oswego          | 56.67  |
| 26 Jayden Noel          | FR | Alfred          | 57.03  |
| 27 Jamal Harris         | FR | Hilbert         | 57.08  |
| 28 Mikey Thammavong     | FR | Alfred          | 57.47  |

**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**  
**Results**

**Finals ... (Men 400 Meter Dash)**

|     | Name                | Yr | School          | Finals  |
|-----|---------------------|----|-----------------|---------|
| 29  | Siddharth Bose      | SO | Unattached      | 58.02   |
| 30  | Elias Carter-Faires | FR | Bryant & Stratt | 58.85   |
| 31  | Isaac Langer        | SO | Sage            | 1:01.77 |
| --- | John Moyer          | SR | Rochester       | FS      |
| --- | Brennan Lewandowski | SO | Houghton        | DNF     |
| --- | Nick Markle         | SO | Brockport       | DNF     |

**Men 800 Meter Run**

Facility: 1:51.98 F 2/18/2022 Ryan Karker

AARFTC: 1:58.50 A

|               | Name              | Yr | School          | Finals   |
|---------------|-------------------|----|-----------------|----------|
| <b>Finals</b> |                   |    |                 |          |
| 1             | Ezra Ruggles      | JR | Geneseo         | 1:53.68A |
| 2             | Ryan Hagan        | FR | Unattached      | 1:56.90A |
| 3             | Frank Bubbico     | SO | Geneseo         | 1:57.62A |
| 4             | Nick Bauman       | SO | Geneseo         | 1:57.66A |
| 5             | Griffin Weiner    | SR | Rochester       | 1:58.11A |
| 6             | Josh Bedford      | FR | RIT             | 1:58.49A |
| 7             | Alec Glazier      | SR | Rochester       | 1:58.49A |
| 8             | Skye Crocker      | SO | Rochester       | 1:58.74  |
| 9             | Cade Eells        | SO | Nazareth        | 1:59.68  |
| 10            | Nathan Bowers     | SR | Nazareth        | 2:00.11  |
| 11            | Brett Doxsee      | FR | Geneseo         | 2:01.39  |
| 12            | Bryan Friedel     | FR | Geneseo         | 2:01.49  |
| 13            | Myles Andersen    | SR | St. John Fisher | 2:02.13  |
| 14            | Lukas Walters     | SO | Brockport       | 2:03.40  |
| 15            | Peter Briggs      | SO | St. John Fisher | 2:03.43  |
| 16            | Lucas Sharron     | SR | Nazareth        | 2:03.68  |
| 17            | Tom Mahunik       | FR | Oswego          | 2:03.73  |
| 18            | Amos Bixler       | FR | Houghton        | 2:04.47  |
| 19            | Kobe Oley         | SR | RIT             | 2:04.54  |
| 20            | Joseph Coughlin   | SO | RIT             | 2:05.22  |
| 21            | Brian Kenny       | FR | Geneseo         | 2:05.63  |
| 22            | Giovanni Ventura  | FR | Buffalo State   | 2:06.58  |
| 23            | Jason Kincaid     | JR | St. John Fisher | 2:07.08  |
| 24            | Jon Sullo         | SO | Rochester       | 2:07.41  |
| 25            | Noah Engel        | SO | Nazareth        | 2:08.00  |
| 26            | Aaron Mendez      | SO | Fredonia        | 2:08.23  |
| 27            | Connor Scriven    | FR | Alfred          | 2:08.94  |
| 28            | Kevin Flint       | JR | Alfred          | 2:09.84  |
| 29            | Joe Cataldo       | FR | Nazareth        | 2:11.38  |
| 30            | Vincent Mendez    | JR | Fredonia        | 2:11.80  |
| 31            | Matt Reimann      | JR | Nazareth        | 2:11.87  |
| 32            | Christopher Davis | SO | Hilbert         | 2:13.22  |
| 33            | Mathieu Acquard   | SR | St. John Fisher | 2:13.42  |
| 34            | Max Rasilla       | SO | Alfred          | 2:14.43  |
| 35            | Chris Pellegrini  | FR | Sage            | 2:14.65  |
| 36            | Yuner Sesmas      | SO | Alfred          | 2:15.94  |
| 37            | William Moore     | FR | Alfred          | 2:16.21  |
| 38            | Jadon Harley      | FR | Houghton        | 2:20.45  |
| 39            | Daniel Sorge      | SO | Buffalo State   | 2:21.30  |
| 40            | Matthew Morrison  | FR | Oswego          | 2:23.97  |
| 41            | Kody Harrison     | SR | Hilbert         | 2:32.20  |
| 42            | Gabe Chizzonite   | SO | Buffalo State   | 2:32.20  |

**Men 1000 Meter Run**

Facility: 2:31.46 F 12/10/2021 Joshua Goldberg

|               | Name            | Yr | School    | Finals   |
|---------------|-----------------|----|-----------|----------|
| <b>Finals</b> |                 |    |           |          |
| 1             | Jonathan Zavala | SO | Brockport | 2:29.41F |
| 2             | Ben Allen       | FR | Houghton  | 2:47.62  |
| 3             | Colin Campbell  | JR | Houghton  | 2:49.76  |
| 4             | Sam Lyon        | SO | Houghton  | 2:50.61  |
| 5             | Cole Siewert    | JR | Rochester | 3:05.11  |
| 6             | Ian Szemcsak    | FR | Brockport | 3:12.13  |
| 7             | Kenny Trometer  | SO | Hilbert   | 3:16.87  |
| 8             | Josh Kidder     | SO | Hilbert   | 3:26.03  |
| 9             | Malachi Yeager  | SR | Houghton  | 3:29.27  |
| ---           | Paul Suflita    | SR | Brockport | DNF      |

**Men 1 Mile Run**

Facility: 4:11.83 F 3/5/2022 Nick Andrews

AARFTC: 4:24.00 A

|               | Name                | Yr | School          | Finals   |
|---------------|---------------------|----|-----------------|----------|
| <b>Finals</b> |                     |    |                 |          |
| 1             | Nick Andrews        | JR | Geneseo         | 4:14.09A |
| 2             | Ryan Hagan          | FR | Unattached      | 4:18.49A |
| 3             | Thomas Kressly      | SO | Brockport       | 4:21.40A |
| 4             | Ryan Mitchell       | SR | Geneseo         | 4:21.89A |
| 5             | Alex Hillyard       | SO | Geneseo         | 4:23.70A |
| 6             | Evan Owens          | FR | RIT             | 4:24.42  |
| 7             | Jared Smith         | SO | Brockport       | 4:25.01  |
| 8             | Vishal Yalamanchili | SO | Rochester       | 4:25.95  |
| 9             | Joseph Coughlin     | SO | RIT             | 4:26.66  |
| 10            | Patrick Klinger     | SO | Fredonia        | 4:31.15  |
| 11            | Brian Kenny         | FR | Geneseo         | 4:31.43  |
| 12            | Olutayo Sonuga      | SO | RIT             | 4:34.35  |
| 13            | Tony DiRubbo        | JR | St. John Fisher | 4:34.74  |
| 14            | Ethan Glashauser    | JR | Nazareth        | 4:36.85  |
| 15            | Sembel Koshi        | JR | Fredonia        | 4:37.16  |
| 16            | Richard Santarosa   | SO | Rochester       | 4:37.81  |
| 17            | Nolan Goldthwaite   | FR | Rochester       | 4:38.63  |
| 18            | Daniel Casey        | FR | Brockport       | 4:38.69  |
| 19            | Miguel Tineo Reyes  | SO | Oswego          | 4:39.07  |
| 20            | Matthew Pietzak     | SO | Oswego          | 4:39.12  |
| 21            | Kenny Williams      | JR | Nazareth        | 4:39.21  |
| 22            | Riley Nash          | SO | St. John Fisher | 4:41.19  |
| 23            | Sam Cottrell        | SR | Fredonia        | 4:45.76  |
| 24            | Konstantin Dits     | SR | Rochester       | 4:47.72  |
| 25            | Connor Jackson      | FR | Nazareth        | 4:48.25  |
| 26            | Antonio Benitez     | FR | Nazareth        | 4:48.60  |
| 27            | Cam Almy            | FR | Nazareth        | 4:48.94  |
| 28            | Miguel Benito       | FR | Brockport       | 4:49.04  |
| 29            | Aiden Meyer         | FR | Nazareth        | 4:49.25  |
| 30            | Reid Hooker         | FR | St. John Fisher | 4:49.66  |
| 31            | JJ Montemaro        | FR | Brockport       | 4:50.69  |
| 32            | Brandon Nicosia     | SR | St. John Fisher | 4:51.62  |
| 33            | Max Rasilla         | SO | Alfred          | 4:51.63  |
| 34            | Dairo Reyes         | FR | Oswego          | 4:52.65  |
| 35            | Yuner Sesmas        | SO | Alfred          | 4:53.48  |

**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**

**Results**

**Finals ... (Men 1 Mile Run)**

|    | Name                     | Yr | School          | Finals  |
|----|--------------------------|----|-----------------|---------|
| 36 | Joshua Sandoval          | SO | St. John Fisher | 4:57.51 |
| 37 | Dominick Angradi         | JR | Oswego          | 5:03.90 |
| 38 | Daniel Sorge             | SO | Buffalo State   | 5:04.59 |
| 39 | Joseph Hernandez-Bentley | SO | Fredonia        | 5:08.11 |
| 40 | Christopher Davis        | SO | Hilbert         | 5:08.39 |
| 41 | Michael McCutcheon       | FR | Houghton        | 5:14.31 |
| 42 | Brad Laquidari           | SR | Oswego          | 5:24.17 |
| 43 | Aidan Hafer              | FR | Oswego          | 5:34.38 |
| 44 | Kenny Trometer           | SO | Hilbert         | 5:36.26 |
| 45 | Joseph Gleason           | FR | Oswego          | 5:36.30 |
| 46 | Josh Kidder              | SO | Hilbert         | 5:55.66 |
| 47 | Ethan Billings           | SR | Alfred          | 6:25.09 |
| 48 | Jordan Ortman            | FR | Hilbert         | 6:46.26 |

**Men 3000 Meter Run**

Facility: 8:17.96 F 1/29/2022 Graham Tuohy-Gaydos

AARFTC: 8:50.00 A

|               | Name                | Yr | School          | Finals   |
|---------------|---------------------|----|-----------------|----------|
| <b>Finals</b> |                     |    |                 |          |
| 1             | William Hall        | SO | Geneseo         | 8:40.03A |
| 2             | Nathaniel Brunacini | SR | Rochester       | 8:49.74A |
| 3             | Jack Heraty         | SO | Geneseo         | 9:02.92  |
| 4             | Derick Koen         | FR | RIT             | 9:07.28  |
| 5             | Nathan Couse        | SR | Oswego          | 9:07.74  |
| 6             | Kyle Campbell       | SR | Fredonia        | 9:09.21  |
| 7             | Nathan Ballay       | SR | RIT             | 9:10.64  |
| 8             | Jake Roberts        | SR | Unattached      | 9:15.45  |
| 9             | Joseph Krenzer      | FR | RIT             | 9:17.86  |
| 10            | Jacob Fricano       | JR | RIT             | 9:25.20  |
| 11            | Nick Ferri          | SO | St. John Fisher | 9:27.58  |
| 12            | Giovanni Ventura    | FR | Buffalo State   | 9:32.92  |
| 13            | Kevin Havens        | SR | St. John Fisher | 9:34.10  |
| 14            | Henry Rose          | SO | Oswego          | 9:35.64  |
| 15            | Ben Russell         | SR | RIT             | 9:42.50  |
| 16            | Jordan Washburn     | FR | Brockport       | 9:42.57  |
| 17            | Ethan Morales       | FR | St. John Fisher | 9:54.24  |
| 18            | Christopher Davis   | SO | Hilbert         | 10:53.49 |
| 19            | Kody Harrison       | SR | Hilbert         | 11:56.26 |

**Men 60 Meter Hurdles**

Facility: 8.09 F 1/25/2020 Brent Di Vittorio

AARFTC: 8.70 A

|                      | Name             | Yr | School          | Prelims |
|----------------------|------------------|----|-----------------|---------|
| <b>Preliminaries</b> |                  |    |                 |         |
| 1                    | Kaleb Luton      | SR | Nazareth        | A 8.43Q |
| 2                    | Peter Brodnik    | SR | Rochester       | A 8.53Q |
| 3                    | Brendan Style    | SO | Geneseo         | A 8.56Q |
| 4                    | Brandon Lindsay  |    | Unattached      | A 8.58Q |
| 5                    | Shevaughn Allen  | JR | Buffalo State   | A 8.62q |
| 6                    | Aaron Lund       | FR | Nazareth        | A 8.70q |
| 7                    | Connor McCauslin | SR | Nazareth        | 8.79q   |
| 8                    | John Ruggio      | JR | St. John Fisher | 8.80q   |
| 9                    | Matthew Doerner  | SR | RIT             | 8.99    |

|    |                  |    |                 |       |
|----|------------------|----|-----------------|-------|
| 10 | Jacob Mairena    | FR | Buffalo State   | 9.20  |
| 11 | Cameron Chambers | FR | RIT             | 9.23  |
| 12 | Holden Thomas    | FR | Nazareth        | 9.27  |
| 13 | Lucas Thiele     | SO | Rochester       | 9.35  |
| 14 | Josiah Bowers    | SR | St. John Fisher | 9.36  |
| 15 | Isaiah Wright    | FR | Brockport       | 9.40  |
| 16 | Ryan DeShane     | FR | Nazareth        | 9.41  |
| 17 | Mike Simpson     | SO | Buffalo State   | 9.44  |
| 18 | Shy Lucas        | FR | Buffalo State   | 9.53  |
| 19 | Avery Belanger   | FR | Houghton        | 9.57  |
| 20 | Ben Vanaskie     | FR | RIT             | 9.60  |
| 21 | Jacob Schmid     | SO | Geneseo         | 9.71  |
| 22 | Luke Defio       | SO | St. John Fisher | 9.80  |
| 23 | Ian Szemcsak     | FR | Brockport       | 9.85  |
| 24 | Maxwell Blowers  | SR | St. John Fisher | 10.00 |
| 25 | Zach Piper       | FR | St. John Fisher | 11.06 |
| 26 | Sean Stewart     | JR | Geneseo         | 12.39 |

**Men 60 Meter Hurdles**

Facility: 8.09 F 1/25/2020 Brent Di Vittorio

AARFTC: 8.70 A

|               | Name             | Yr | School          | Finals |
|---------------|------------------|----|-----------------|--------|
| <b>Finals</b> |                  |    |                 |        |
| 1             | Kaleb Luton      | SR | Nazareth        | 8.19A  |
| 2             | Brendan Style    | SO | Geneseo         | 8.44A  |
| 3             | Aaron Lund       | FR | Nazareth        | 8.63A  |
| 4             | John Ruggio      | JR | St. John Fisher | 8.65A  |
| 5             | Peter Brodnik    | SR | Rochester       | 8.67A  |
| 6             | Brandon Lindsay  |    | Unattached      | 8.77   |
| 7             | Connor McCauslin | SR | Nazareth        | 8.97   |
| 8             | Shevaughn Allen  | JR | Buffalo State   | 8.97   |

**Men 4x400 Meter Relay**

Facility: 3:17.02 F 3/6/2020 Rowan

J Beasley, J Bishop, J Kolodziej, F Terry

AARFTC: 3:27.00 A

|               | Team                  | Relay                     | Finals   |
|---------------|-----------------------|---------------------------|----------|
| <b>Finals</b> |                       |                           |          |
| 1             | Brockport             | A                         | 3:26.70A |
|               | 1) Michael Durski FR  | 2) Josh Jeziorski SR      |          |
|               | 3) Ayden Grinion FR   | 4) Kelly Brown JR         |          |
| 2             | Geneseo               | A                         | 3:38.53  |
|               | 1) Nick Bauman SO     | 2) Aaron Langston FR      |          |
|               | 3) Evan Frost FR      | 4) Bryan Friedel FR       |          |
| 3             | Houghton              | A                         | 3:38.79  |
|               | 1) Evan Kurtz SO      | 2) Josh Brito FR          |          |
|               | 3) Collin Nasso JR    | 4) Brennan Lewandowski SO |          |
| 4             | St. John Fisher       | A                         | 3:46.49  |
|               | 1) Peter Briggs SO    | 2) Luke Defio SO          |          |
|               | 3) Mathieu Acquard SR | 4) Gavin Henderson SO     |          |
| 5             | Houghton              | B                         | x3:59.26 |
|               | 1) Amos Bixler FR     | 2) Colin Campbell JR      |          |
|               | 3) Ben Allen FR       | 4) Jadon Harley FR        |          |



**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**  
**Results**

**Men High Jump**

**Facility:** 2.20m F 3/5/2022 Kyle Rollins  
**AARFTC:** 1.91m A

| Name                | Yr | School          | Finals |
|---------------------|----|-----------------|--------|
| <b>Finals</b>       |    |                 |        |
| 1 Tyler Hulse       | SR | RIT             | 1.96mA |
| 2 Sean Cochrane     | JR | St. John Fisher | 1.91mA |
| 3 Peter Anderson    | SO | RIT             | 1.91mA |
| 4 Devin Austin      | FR | Buffalo State   | 1.91mA |
| 5 Aadit Jain        | FR | Rochester       | 1.86m  |
| 6 Rudy Alvarez      |    | S.W.I.F.T       | 1.81m  |
| 7 Shy Lucas         | FR | Buffalo State   | 1.81m  |
| 8 Toby Onuoha       | SR | Fredonia        | 1.81m  |
| 9 Mark Simmons      | FR | Brockport       | 1.81m  |
| 10 Aeden Angelone   | JR | Rochester       | 1.76m  |
| 11 Jeremy Saluzzi   | SR | RIT             | 1.76m  |
| 12 Colin Cassidy    | SO | Fredonia        | 1.76m  |
| 13 Dillion Murphy   | FR | Brockport       | 1.71m  |
| 14 Cole Siewert     | JR | Rochester       | 1.66m  |
| 14 Kuyler Coffin    | FR | St. John Fisher | 1.66m  |
| 14 Jason Marchincin | FR | Nazareth        | 1.66m  |
| 17 Josiah Bowers    | SR | St. John Fisher | 1.66m  |
| --- Lucas Thiele    | SO | Rochester       | NH     |
| --- Zach Piper      | FR | St. John Fisher | NH     |

**Men Pole Vault**

**Facility:** 5.40m F 12/6/2019 Zach Ferrara  
**AARFTC:** 4.40m A

| Name                | Yr | School          | Finals |
|---------------------|----|-----------------|--------|
| <b>Finals</b>       |    |                 |        |
| 1 Matt Keim         | SR | Unattached      | 5.06mA |
| 2 Ethan Maguire     |    | Unattached      | 4.91mA |
| 3 Dustin Meyer      | FR | Brockport       | 4.91mA |
| 4 Chris Kaszynski   | SO | Buffalo State   | 4.56mA |
| 5 Noah Koeng        | SO | RIT             | 4.26m  |
| 6 Cody Reeth        | FR | Rochester       | 4.26m  |
| 7 Josh Pomerleau    | SR | Nazareth        | 4.26m  |
| 8 Michael Ferguson  |    | Good Deeds      | 4.26m  |
| 9 Brett Patmore     | SR | Geneseo         | 4.11m  |
| 10 Jason Bletsko    | FR | Nazareth        | 4.11m  |
| 11 Aeden Angelone   | JR | Rochester       | 3.96m  |
| 11 Maxwell Curran   |    | NSVC            | 3.96m  |
| 13 Duncan Haldeman  | SO | RIT             | 3.96m  |
| 14 James Schmidt    | JR | Rochester       | 3.96m  |
| 15 Marshall Testa   | SO | Geneseo         | 3.96m  |
| 16 Adam Jackson     | FR | Buffalo State   | 3.81m  |
| 17 Aidan Sheahan    | JR | RIT             | 3.81m  |
| 18 Chris Gualtieri  | JR | Fredonia        | 3.66m  |
| 18 Jack Pomykaj     | FR | Nazareth        | 3.66m  |
| 20 Jack Maness      | FR | Rochester       | 3.66m  |
| 20 Ethan Pocock     | SR | Fredonia        | 3.66m  |
| --- Maxwell Blowers | SR | St. John Fisher | NH     |
| --- Matthew Carr    | SR | St. John Fisher | NH     |
| --- Drew Miller     | SO | Brockport       | NH     |
| --- Zach Ferrara    |    | Unattached      | NH     |

|     |                  |    |           |    |
|-----|------------------|----|-----------|----|
| --- | Alastair Sweeney | FR | Fredonia  | NH |
| --- | Drew Allocco     | FR | Geneseo   | NH |
| --- | Ian Szemcsak     | FR | Brockport | NH |
| --- | Alexander Bauer  | SO | RIT       | NH |
| --- | Jack DiLiberto   | FR | Brockport | NH |

**Men Long Jump**

**Facility:** 7.33m F 3/5/2022 Nana Agyemang  
**AARFTC:** 6.65m A

|        | Name            | Yr | School          | Finals |
|--------|-----------------|----|-----------------|--------|
| Finals |                 |    |                 |        |
| 1      | Josh Jeziorski  | SR | Brockport       | 7.11mA |
| 2      | Malachi Yeager  | SR | Houghton        | 6.68mA |
| 3      | Kyle Lane       | JR | Rochester       | 6.66mA |
| 4      | Jarrod Polk     | FR | Buffalo State   | 6.64m  |
| 5      | Howard Nix      | FR | Brockport       | 6.37m  |
| 6      | Julian Hopkins  | SR | RIT             | 6.33m  |
| 7      | Manny Eribo     | SO | Rochester       | 6.33m  |
| 8      | Ben Eassa       | SR | RIT             | 6.31m  |
| 9      | Jacob Mairena   | FR | Buffalo State   | 6.26m  |
| 10     | Andrew Ryan     | FR | Houghton        | 6.26m  |
| 11     | Adam Reifsteck  | FR | Nazareth        | 6.24m  |
| 12     | Nas Muslim Dost | SO | Buffalo State   | 6.23m  |
| 13     | Derek Edick     | SO | Brockport       | 6.13m  |
| 14     | Gabe Wilson     | FR | Nazareth        | 6.12m  |
| 15     | Jack Pomykaj    | FR | Nazareth        | 6.10m  |
| 16     | Aaron Lund      | FR | Nazareth        | 6.00m  |
| 17     | Hunter Zangerle | FR | Brockport       | 6.00m  |
| 18     | Ryan DeShane    | FR | Nazareth        | 5.90m  |
| 19     | Gavin Luckey    | JR | Houghton        | 5.86m  |
| 20     | Oliver Annon    | FR | Rochester       | 5.83m  |
| 21     | Kyle Reid       | SO | Nazareth        | 5.83m  |
| 22     | D'Andre Hunter  | JR | Brockport       | 5.82m  |
| 23     | KJ Newman       | FR | Brockport       | 5.76m  |
| 24     | Cole Siewert    | JR | Rochester       | 5.58m  |
| 25     | Jason Weng      | FR | St. John Fisher | 5.56m  |
| 26     | Jacob Schmid    | SO | Geneseo         | 5.56m  |
| ---    | Cameron Sample  | FR | Fredonia        | FOUL   |

**Men Triple Jump**

**Facility:** 14.92m F 3/4/2022 Ahmir Johnson  
**AARFTC:** 13.40m A

| Name                    | Yr | School          | Finals  |
|-------------------------|----|-----------------|---------|
| <b>Finals</b>           |    |                 |         |
| 1 Ivan Lopez-Testillano | SR | St. John Fisher | 14.52mA |
| 2 Rudy Alvarez          |    | S.W.I.F.T       | 14.25mA |
| 3 Alex Irving           | SR | Brockport       | 14.04mA |
| 4 Connor Burrows        | SR | RIT             | 13.72mA |
| 5 Toby Onuoha           | SR | Fredonia        | 13.68mA |
| 6 Kaleb Luton           | SR | Nazareth        | 13.21m  |
| 7 Dylan Olson           | SO | Geneseo         | 13.05m  |
| 8 Avery Belanger        | FR | Houghton        | 12.72m  |
| 9 Miles Hunter          | SO | Bryant & Stratt | 12.56m  |
| 10 Noah Rivera          | FR | Sage            | 12.38m  |
| 11 Gavin Luckey         | JR | Houghton        | 12.38m  |
| 12 D'Andre Hunter       | JR | Brockport       | 12.15m  |

**Nazareth Conference Tune-Up**  
**Golisano Training Center - 2/17/2023**  
**Results**

**Finals ... (Men Triple Jump)**

|     | Name            | Yr | School    | Finals |
|-----|-----------------|----|-----------|--------|
| 13  | Julian Hopkins  | SR | RIT       | 11.77m |
| 14  | Hunter Zangerle | FR | Brockport | 11.72m |
| 15  | Derek Edick     | SO | Brockport | 11.50m |
| --- | Ben Eassa       | SR | RIT       | FOUL   |
| --- | Cameron Sample  | FR | Fredonia  | FOUL   |
| --- | Sam Lorenzetti  | SO | Rochester | FOUL   |

**Men Shot Put**

Facility: 17.27m F 2/21/2020 Tony DeYoung  
AARFTC: 13.85m A

|               | Name               | Yr | School          | Finals  |
|---------------|--------------------|----|-----------------|---------|
| <b>Finals</b> |                    |    |                 |         |
| 1             | Matthew Funicelli  | SR | RIT             | 16.32mA |
| 2             | Alex Rood          | SO | Brockport       | 15.27mA |
| 3             | Jason Marincic     | JR | Brockport       | 14.90mA |
| 4             | James O'Neill      | SR | Rochester       | 14.13mA |
| 5             | John Coddington    | SO | Sage            | 14.08mA |
| 6             | Nolan Ragland      | JR | Rochester       | 13.49m  |
| 7             | Michael Saavedra   | SR | Oswego          | 13.03m  |
| 8             | Joe Bumpus         | SR | Rochester       | 12.96m  |
| 9             | Yohermy Kpodo      | JR | RIT             | 12.82m  |
| 10            | Dylan Rykert       | JR | Rochester       | 12.61m  |
| 11            | Jason Crocker      | FR | Alfred          | 12.61m  |
| 12            | Dean Bartles       | FR | RIT             | 12.60m  |
| 13            | Kevin Fobare       | JR | Rochester       | 12.42m  |
| 14            | Nicholas Bocach    | FR | Brockport       | 12.29m  |
| 15            | Erik Stephany      | FR | RIT             | 12.26m  |
| 16            | Dominic Cervellera | FR | Buffalo State   | 12.21m  |
| 17            | Eddie Bedient      | FR | RIT             | 11.90m  |
| 18            | Ashton Glasser     | FR | St. John Fisher | 11.69m  |
| 19            | Nick Hutson        | SR | RIT             | 11.09m  |
| 20            | Joey Curr          | FR | St. John Fisher | 10.68m  |
| 21            | Elliott Walter     | FR | RIT             | 10.68m  |
| 22            | Alexander Kline    | SO | Oswego          | 10.58m  |
| 23            | Josiah Bowers      | SR | St. John Fisher | 10.58m  |
| 24            | Daniel Stephens    | JR | St. John Fisher | 10.53m  |
| 25            | Aaron Lund         | FR | Nazareth        | 10.49m  |
| 26            | Connor Brown       | FR | Oswego          | 10.39m  |
| 27            | Matthew Jackson    | JR | Brockport       | 10.30m  |
| 28            | Tyler Spencer      | SO | Buffalo State   | 10.29m  |
| 29            | Cole Fuller        | SO | St. John Fisher | 10.01m  |
| 30            | Jacob DeWilde      | SO | Brockport       | 9.78m   |
| 31            | Ian Szemcsak       | FR | Brockport       | 9.67m   |
| 32            | Maxwell Blowers    | SR | St. John Fisher | 9.50m   |
| 33            | Jacob Ashe         | SO | Buffalo State   | 9.21m   |
| 34            | Michael Carlson    | FR | Oswego          | 8.70m   |
| 35            | Jacob Mitts        | SO | Oswego          | 8.32m   |
| 36            | Nate Marrero       | SR | Alfred          | 8.10m   |
| 37            | Zach Piper         | FR | St. John Fisher | 7.98m   |
| ---           | Adam Cuyler        | FR | Oswego          | FOUL    |

**Men Weight Throw**

Facility: 19.85m F 12/6/2019 Luis Rivera  
AARFTC: 15.50m A

|               | Name               | Yr | School          | Finals  |
|---------------|--------------------|----|-----------------|---------|
| <b>Finals</b> |                    |    |                 |         |
| 1             | John Coddington    | SO | Sage            | 16.61mA |
| 2             | Nolan Ragland      | JR | Rochester       | 16.32mA |
| 3             | Jordan Johnson     | SO | Rochester       | 15.53mA |
| 4             | James O'Neill      | SR | Rochester       | 14.86m  |
| 5             | Matthew Jackson    | JR | Brockport       | 14.79m  |
| 6             | Joe Bumpus         | SR | Rochester       | 14.53m  |
| 7             | Aidan Hughes       | SR | RIT             | 14.49m  |
| 8             | Jacob DeWilde      | SO | Brockport       | 13.99m  |
| 9             | Peter Stefos       | SR | RIT             | 13.52m  |
| 10            | Josh Auler         | SO | RIT             | 13.46m  |
| 11            | Alex Rood          | SO | Brockport       | 13.40m  |
| 12            | Yohermy Kpodo      | JR | RIT             | 13.34m  |
| 13            | Jack Bickford      | SR | St. John Fisher | 13.09m  |
| 14            | Erik Stephany      | FR | RIT             | 13.07m  |
| 15            | Andrew Parnapy     | SO | Alfred          | 12.87m  |
| 16            | Kevin Fobare       | JR | Rochester       | 12.85m  |
| 17            | Zajans Crapo       | SO | Rochester       | 12.55m  |
| 18            | Elliot Bernacki    | SO | RIT             | 12.14m  |
| 19            | Elliott Walter     | FR | RIT             | 11.92m  |
| 20            | Kenneth Berlin     | JR | Alfred          | 11.91m  |
| 21            | Dominic Cervellera | FR | Buffalo State   | 11.24m  |
| 22            | Ryan Goss          | FR | Rochester       | 11.20m  |
| 23            | Brandon Kaplan     | FR | St. John Fisher | 11.04m  |
| 24            | Dean Bartles       | FR | RIT             | 10.98m  |
| 25            | Keegan Reyome      | SR | St. John Fisher | 10.97m  |
| 26            | Eddie Bedient      | FR | RIT             | 10.83m  |
| 27            | Bryce Grove        | FR | St. John Fisher | 10.51m  |
| 28            | Nicholas Bocach    | FR | Brockport       | 10.36m  |
| 29            | Gavin Grinnell     | FR | St. John Fisher | 10.35m  |
| 30            | Adam Cuyler        | FR | Oswego          | 10.14m  |
| 31            | Jacob Mitts        | SO | Oswego          | 9.50m   |
| 32            | Kaiden Simpson     | FR | Sage            | 8.95m   |
| ---           | Alexander Kline    | SO | Oswego          | FOUL    |
| ---           | Ethan Denzak       | JR | St. John Fisher | FOUL    |
| ---           | Tyler Spencer      | SO | Buffalo State   | FOUL    |