

Nazareth Conference Tune-Up
Golisano Training Center - 2/16/2024
Results

Women 60 Meter Dash

Facility: 7.65 F 3/7/2020 Amanda Crooks
 AARFTC: 8.05 A

Name	Yr	School	Prelims
Preliminaries			
1	Ashley Heffernan	SR Rochester	A 7.79Q
2	Khia Laster	JR Buffalo State	A 7.83Q
3	Caroline Hill	JR RIT	A 8.03Q
4	Alexis Lasher	SO Nazareth	8.13Q
5	Alaina Morley	SO Nazareth	8.14Q
6	Kayla Huba	SO SUNY Geneseo	8.14q
7	Tina Kyriacou	SO Rochester	8.20q
8	Michaela Kurbs	SR St. John Fisher	8.22q
9	Toni Adewakun	FR Rochester	8.30
10	Alyssa Hoogs	SR Rochester	8.36
11	Caitlyn Smithers	FR Nazareth	8.36
12	Sydney LaSalle	SO Nazareth	8.39
13	Jasmine Kendrick	FR Nazareth	8.40
14	Bayleigh Woodard	JR Brockport St	8.45
15	Allison Lennebacker	JR St. John Fisher	8.50
16	Jael Ernest Fleurant	SR Rochester	8.51
17	Raquella Casserino	FR Rochester	8.52
18	Emily Salman	JR Rochester	8.58
19	Zoe Rainville	FR Alfred	8.59
20	Tanasha Brown	FR Oswego State	8.64
21	Sarah Merriwether	SR Nazareth	8.66
22	Rachel Daskiewich	FR Brockport St	8.68
23	Ashley Holt	JR St. John Fisher	8.74
24	Chyra Patterson	SR Brockport St	8.92
25	Carin Young	FR Nazareth	9.05
26	Tashae Samuels	FR Alfred State	9.24
27	Katelyn Baez	SO Oswego State	9.32
28	Hannah Pinnock	SO Oswego State	9.38
29	Arianna Santos	FR St. John Fisher	9.52
30	Jackie Janicki	SO Oswego State	9.55
31	Rachel Scharf	FR Houghton	9.62
32	Lauren Hanningan	FR Oswego State	10.33

Women 60 Meter Dash

Facility: 7.65 F 3/7/2020 Amanda Crooks
 AARFTC: 8.05 A

Name	Yr	School	Finals
Finals			
1	Khia Laster	JR Buffalo State	7.82A
2	Caroline Hill	JR RIT	8.14
3	Alaina Morley	SO Nazareth	8.14
4	Kayla Huba	SO SUNY Geneseo	8.16
5	Alexis Lasher	SO Nazareth	8.22
6	Tina Kyriacou	SO Rochester	8.24
7	Michaela Kurbs	SR St. John Fisher	8.45

Women 200 Meter Dash

Facility: 25.35 F 3/7/2020 Eshone Cofield-Jackson
 AARFTC: 26.30 A

Name	Yr	School	Finals
Finals			
1	Madeline O'Connell	SR Rochester	25.26F
2	Sadie Schreiner	SO RIT	25.58A
3	Marissa Wise	JR Brockport St	25.95A
4	Nora Chen	FR Rochester	26.45
5	Victoria Brewster	FR Houghton	26.46
6	Jenna Raczka	JR Buffalo State	26.90
7	Anne Spila	SO Alfred	27.32
8	Grace Dolan	FR St. John Fisher	27.48
9	Alaina Morley	SO Nazareth	27.56
10	Courtney Bostic	SO Brockport St	27.59
11	Sophia Barclay	FR SUNY Geneseo	27.68
12	Gigi Ferro	FR SUNY Geneseo	27.68
13	Sarah Coddington	FR Houghton	27.70
14	Raquella Casserino	FR Rochester	27.73
15	Tina Kyriacou	SO Rochester	27.73
16	Lainey Flaitz	FR SUNY Geneseo	27.78
17	Toni Adewakun	FR Rochester	28.03
18	Jael Ernest Fleurant	SR Rochester	28.15
19	McKenna Johnson	SO SUNY Geneseo	28.21
20	Zoe Rainville	FR Alfred	28.30
21	Shiana Susa	SO Nazareth	28.41
22	Emily Salman	JR Rochester	28.72
23	Justine Draper	JR RIT	28.85
24	Lily Rexford	FR Brockport St	28.88
25	Bayleigh Woodard	JR Brockport St	28.96
26	Tanasha Brown	FR Oswego State	28.99
27	Noladia Blum	FR Oswego State	29.23
28	Peytyn Geer	FR Nazareth	29.40
29	Rachel Daskiewich	FR Brockport St	29.60
30	Autumn Cole	JR Brockport St	30.41
31	Kaitlyn Burt	FR Nazareth	30.43
32	Ashley Holt	JR St. John Fisher	30.77
33	Neve Tilley	FR Houghton	31.25
34	Charis Evans	FR Alfred State	31.32
35	Carin Young	FR Nazareth	31.34
36	Roxanne Barnes	JR Oswego State	31.54
37	Hannah Pinnock	SO Oswego State	31.63
38	Vanessa Ryhal	SR Fredonia	31.80
39	Desirea Stuart	FR Alfred	31.94
40	Katelyn Baez	SO Oswego State	32.38
41	Hayley Mercer	JR Fredonia	32.39
42	Arianna Santos	FR St. John Fisher	32.86
43	Rachel Scharf	FR Houghton	32.92
44	Jackie Janicki	SO Oswego State	33.34

**Nazareth Conference Tune-Up
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Women 400 Meter Dash
Facility: 56.41 F 12/9/2022 Madeline O'Connor
AARFTC: 1:00.50 A

Name	Yr	School	Finals
Finals			
1	Oli Kraynik	FR Alfred State	1:00.03A
2	Olivia Gilbert	JR Alfred	1:00.90
3	Courtney Bostic	SO Brockport St	1:02.70
4	Nicole Gretzinger	SO SUNY Geneseo	1:02.80
5	Shiana Susa	SO Nazareth	1:03.59
6	McKenna Johnson	SO SUNY Geneseo	1:03.84
7	Alexis Lasher	SO Nazareth	1:03.91
8	Ariana Proper	FR Brockport St	1:04.18
9	Sophia Leach	FR St. John Fisher	1:04.79
10	Christine Zong	FR Rochester	1:04.99
11	Maya Hatch	SO Rochester	1:05.41
12	Jordan Wagner	FR Nazareth	1:05.68
13	Noladia Blum	FR Oswego State	1:05.98
14	Paige Lundgren	JR St. John Fisher	1:08.29
15	Sophia Janik	FR Buffalo State	1:08.64
16	Autumn Cole	JR Brockport St	1:08.88
17	Vanessa Ryhal	SR Fredonia	1:09.60

Women 800 Meter Run
Facility: 2:13.55 F 2/17/2023 Windsor Ardner
AARFTC: 2:23.00 A

Name	Yr	School	Finals
Finals			
1	Sierra Doody	SO SUNY Geneseo	2:17.30A
2	Faith Coyle	JR Oswego State	2:18.25A
3	Jillian O'Rourke	FR SUNY Geneseo	2:21.71A
4	Mia Vizcaino	SR Brockport St	2:23.98
5	Kaitlyn Grossman	JR SUNY Geneseo	2:24.69
6	Ella Impaglia	SO Nazareth	2:25.23
7	Paige Ackley	SR Nazareth	2:25.34
8	Isabella Heath	SR Nazareth	2:25.66
9	Kyra Binney	SO Houghton	2:26.52
10	Rita Sciortino	SO Rochester	2:26.87
11	Sab Lin	JR Rochester	2:27.70
12	Abigail Nautel	SO RIT	2:27.80
13	Ava Baker	FR Nazareth	2:28.61
14	Abbey Moose	FR SUNY Geneseo	2:28.73
15	Lejla Borcilo	JR SUNY Geneseo	2:29.01
16	Chloe Kirgan	FR SUNY Geneseo	2:29.19
17	Kennedy Rose	FR Nazareth	2:30.84
18	McKenzie Hall	JR Alfred	2:34.18
19	Esther Nankumba	SO Brockport St	2:34.66
20	Emma Wendt	FR Nazareth	2:35.80
21	Kevina Drennan	FR Fredonia	2:37.01
22	Olivia Plummer	FR Alfred State	2:38.58
23	Cristina Gaskievicz	SO Oswego State	2:40.04
24	Sarah Lutkins	JR Alfred	2:42.01
25	Angelea Collins	SR St. John Fisher	2:46.67
26	Elisha Benway	FR Houghton	2:51.89
27	Jenna Nguyen	FR Buffalo State	2:55.34

28	Lillian Farrand	SO St. John Fisher	3:00.47
29	Kayla Sterner	JR Buffalo State	3:03.12
30	Maddie Bowen	JR St. John Fisher	3:03.82

Women 1000 Meter Run
Facility: 3:03.67 F 2/17/2023 Lilly Fowler-Conner

Name	Yr	School	Finals
Finals			
1	Miranda Lyon	FR Houghton	3:27.07
2	Nadyleen Phelps	FR Houghton	4:14.75
3	Emma Massa	JR St. John Fisher	4:35.01

Women 1 Mile Run
Facility: 5:03.98 F 3/7/2020 Katelyn Bernotas
AARFTC: 5:20.00 A

Name	Yr	School	Finals
Finals			
1	Lilly Fowler-Conner	JR SUNY Geneseo	5:08.09A
2	Ann Brennan	SO SUNY Geneseo	5:18.60A
3	Gwen Sullivan	SO Brockport St	5:19.74A
4	Katherine Vogel	JR SUNY Geneseo	5:20.38
5	Marie Naudus	JR SUNY Geneseo	5:21.99
6	Kat Benninger	SR Rochester	5:22.67
7	Julianne Wilson	JR Brockport St	5:25.53
8	Hannah Wierer	FR SUNY Geneseo	5:27.64
9	Lauren Yonko	JR Brockport St	5:30.42
10	Alyssa Horng	SO Rochester	5:31.81
11	Marlo Townsend	FR SUNY Geneseo	5:32.77
12	Morgan Pospiech	FR Nazareth	5:33.36
13	Sara Mongelli	FR SUNY Geneseo	5:34.44
14	Cristina Gaskievicz	SO Oswego State	5:34.87
15	Lydia Cox	SR Brockport St	5:38.41
16	Noelle Linenfelser	SO Houghton	5:38.90
17	Kelsey Fahy	FR Nazareth	5:39.27
18	Riley Joseph	JR Rochester	5:40.90
19	Isabelle Popoff	SR Alfred State	5:44.08
20	Ella Blau	FR Rochester	5:44.17
21	Meghan Moyer	FR Nazareth	5:45.04
22	Sophia Maum	FR Brockport St	5:45.58
23	Bethany Lorenzo	SO SUNY Geneseo	5:45.85
24	Sophie Bagley	FR SUNY Geneseo	5:46.24
25	Jocelyn Countryman	SR Brockport St	5:46.68
26	Abigail Polus	FR Brockport St	5:46.71
27	Aria Larson	FR Houghton	5:54.36
28	Gretchen Dowd	JR Oswego State	5:54.77
29	Risa Palmer	FR Houghton	5:55.22
30	Alyssa Young	FR St. Bonaventure	6:08.46
31	Molly Hart	JR St. John Fisher	6:10.22
32	Olivia Plummer	FR Alfred State	6:12.77
33	Juliana Rodriquez	FR Fredonia	6:17.61
34	Desirea Stuart	FR Alfred	6:33.18
35	Emma Massa	JR St. John Fisher	7:26.58

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Women 3000 Meter Run

**Facility: 9:57.95 F 1/28/2023 Windsor Ardner
AARFTC: 10:40.00 A**

Name	Yr	School	Finals
Finals			
1	Ella Impaglia	SO Nazareth	10:44.25
2	Isabel Marzec	JR SUNY Geneseo	10:44.82
3	Veronica Szygalowicz	JR SUNY Geneseo	10:47.43
4	Katherine Peterson	JR SUNY Geneseo	10:51.05
5	Faith Coyle	JR Oswego State	10:52.85
6	Lilianna Hanning	SR Nazareth	10:56.57
7	Gabriella McCarthy	JR SUNY Geneseo	10:58.14
8	Meredith Crockett	JR Rochester	11:01.34
9	Alexandra Ventresca	JR SUNY Geneseo	11:01.42
10	Katelyn Wilkes	FR St. Bonaventure	11:04.47
11	Annika Hurley	SO SUNY Geneseo	11:04.62
12	McKenzie Hall	JR Alfred	11:06.14
13	Leah Lloyd	JR Brockport St	11:18.62
14	Bailey Visingard	FR Nazareth	11:21.25
15	Sabrina Antonini	JR St. John Fisher	11:31.41
16	Tabitha Clark	JR Houghton	11:32.03
17	Lauren Almy	SR St. John Fisher	11:33.37
18	Kennedy Doran	FR Nazareth	11:33.80
19	Natalia Biehl-Narvaez	SO SUNY Geneseo	11:37.55
20	Ellie Decker	JR Oswego State	11:38.16
21	Andie Burton	JR Rochester	11:44.53
22	Rachael Smith	SO Houghton	11:50.34
23	Noelle Linenfelser	SO Houghton	11:50.46
24	Anna Tessier	SO SUNY Geneseo	11:59.48
25	Liz Gloss	SR Fredonia	11:59.63
26	Julia Weaver	SO Oswego State	12:02.82
27	Delaney Grant	FR Houghton	12:05.27
28	Natalie Hurd	FR Nazareth	12:19.71
29	Maggie Dolloff	JR St. John Fisher	12:22.38
30	Samantha Hulme	FR St. Bonaventure	12:45.02
31	Sage Springsteen	SR Brockport St	13:20.11

Women 60 Meter Hurdles

**Facility: 8.63 F 1/28/2023 Laura Mathews
AARFTC: 9.50 A**

Name	Yr	School	Prelims
Preliminaries			
1	Ciarra Franz	JR St. John Fisher	A 8.83Q
2	Allison Regnante	JR RIT	A 9.35Q
3	Jill Ambler	FR SUNY Geneseo	A 9.37Q
4	Michelle Fitting	JR SUNY Geneseo	9.80Q
5	Samantha Crisci	SO RIT	9.52q
6	Nora Chen	FR Rochester	9.56q
7	Ava Bagley	FR SUNY Geneseo	9.59q
8	Rania Sabri	SO RIT	9.67q
9	Sophia Barclay	FR SUNY Geneseo	9.80
10	Lily Rexford	FR Brockport St	9.92
11	Brenna O'Brien	FR Oswego State	9.93
12	Lanna Wendy	JR SUNY Geneseo	10.17

13	Amelia Burger	FR RIT	10.22
14	Bianca Durso	JR Alfred	10.32
15	Justine Draper	JR RIT	10.34
16	Kaitlyn Burt	FR Nazareth	10.42
17	Lauren Bendall	SR Nazareth	10.51
18	Christine Zong	FR Rochester	10.55
19	Maya Hatch	SO Rochester	10.59
20	Zoe Noble	SO Rochester	10.62
21	Mary Claire Rollins	FR St. John Fisher	10.76
22	Logan Fredrickson	JR St. John Fisher	10.91
23	Lillian Farrand	SO St. John Fisher	11.03
24	Katie Widmer	JR Houghton	11.30
25	Abby Seamans	JR Rochester	11.52
26	Charis Evans	FR Alfred State	11.60
27	Neve Tilley	FR Houghton	12.38

Women 60 Meter Hurdles

**Facility: 8.63 F 1/28/2023 Laura Mathews
AARFTC: 9.50 A**

Name	Yr	School	Finals
Finals			
1	Allison Regnante	JR RIT	9.40A
2	Samantha Crisci	SO RIT	9.63
3	Ava Bagley	FR SUNY Geneseo	9.67
4	Rania Sabri	SO RIT	9.75
5	Michelle Fitting	JR SUNY Geneseo	9.89
6	Nora Chen	FR Rochester	10.09
---	Ciarra Franz	JR St. John Fisher	DNF

Women 4x200 Meter Relay

Facility: 1:44.00 F 3/5/2022 TCNJ

V Riggins, A Demko, A MacLure, M Grill

Team	Relay	Finals
Finals		
1	Oswego State	A 2:10.24
	1) Katelyn Baez SO	2) Roxanne Barnes JR
	3) Hannah Pinnock SO	4) Riley Flynn FR

Women 4x400 Meter Relay

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

J Strickland, L Zopf, M Mulder, A Flaitz

Team	Relay	Finals
Finals		
1	Alfred State	A 4:19.11
	1) Sarah Rivet SR	2) Lily Schnell SR
	3) Isabelle Popoff SR	4) Oli Kraynik FR
2	Houghton	A 4:22.30
	1) Sarah Coddington FR	2) Victoria Brewster FR
	3) Kyra Binney SO	4) Risa Palmer FR
3	Nazareth	A 4:30.39
	1) Ava Baker FR	2) Ella Impaglia SO
	3) Kelsey Fahy FR	4) Paige Ackley SR
4	SUNY Geneseo	A 4:33.01
	1) Ann Brennan SO	2) Lilly Fowler-Conner JR
	3) Kaitlyn Grossman JR	4) Katherine Vogel JR

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Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
5 Houghton	B	x4:38.05
1) Noelle Linenfelser SO	2) Aria Larson FR	
3) Miranda Lyon FR	4) Elisha Benway FR	

Women High Jump

Facility: 1.65m F 3/7/2020 Susann Foley
AARFTC: 1.57m A

Name	Yr	School	Finals
Finals			
1 Natalia Sawyer	SO	Buffalo State	1.57mA
2 Rhiannon Butchko	FR	Oswego State	1.52m
2 Bianca Durso	JR	Alfred	1.52m
4 Claudia Vogel	SR	St. John Fisher	1.52m
5 Mary Claire Rollins	FR	St. John Fisher	1.47m
6 Anne Spila	SO	Alfred	1.47m
7 Sophia Barclay	FR	SUNY Geneseo	1.42m
8 Gigi Ferro	FR	SUNY Geneseo	1.42m
9 Sarah Jacques	SO	St. John Fisher	1.42m
10 Angela Carlson	JR	St. John Fisher	1.42m
11 Nora Dreslin	SO	Rochester	1.37m
11 Katie Widmer	JR	Houghton	1.37m
13 Trinity Johnson	SO	Rochester	1.37m
13 Mia Gerber	FR	RIT	1.37m
15 Katie Pavelchak	SO	Brockport St	1.37m
--- Lily Hubert	FR	Rochester	NH
--- Logan Fredrickson	JR	St. John Fisher	NH
--- Kira Davidson	SO	Fredonia	NH

Women Pole Vault

Facility: 4.00m F 3/4/2022 Meghan Matheny
AARFTC: 3.30m A

Name	Yr	School	Finals
Finals			
1 Catherine Fox	SR	RIT	3.60mA
2 Isabel Morse	SO	Nazareth	3.45mA
3 Becca Bready	SO	Brockport St	3.30mA
4 Tess Eichner	JR	Brockport St	3.30mA
5 Kiara Tornusciolo	SO	Nazareth	3.30mA
6 Isabel Swyers	FR	Brockport St	3.30mA
7 Rosie Morse	SO	Nazareth	3.15m
8 Cara Pellechia	SO	Fredonia	3.15m
9 Gianna Batista	SO	SUNY Geneseo	3.00m
10 Emily Frech	JR	St. John Fisher	3.00m
10 Lauren Bendall	SR	Nazareth	3.00m
12 Caitlyn Smithers	FR	Nazareth	2.80m
12 Nicole Gretzinger	SO	SUNY Geneseo	2.80m
14 Sofie Fischler	SR	Nazareth	2.80m
15 Samantha Schlectman	SO	RIT	2.60m
15 Mia Gerber	FR	RIT	2.60m
17 Laura Walter	SR	Alfred State	2.60m
--- Oli Kraynik	FR	Alfred State	NH
--- Mya Henry	JR	Brockport St	NH
--- Madeline O'Connell	SR	Rochester	NH

Women Long Jump

Facility: 6.01m F 2/10/2024 Corintia Griffith
AARFTC: 5.25m A

Name	Yr	School	Finals
Finals			
1 Lena Kiehl	JR	SUNY Geneseo	5.51mA
2 Alaina Morley	SO	Nazareth	5.42mA
3 Anne Spila	SO	Alfred	5.37mA
4 Kayla Huba	SO	SUNY Geneseo	5.37mA
5 Mackayla Nerjuste	FR	SUNY Geneseo	5.34mA
6 Jill Ambler	FR	SUNY Geneseo	5.29mA
7 Ashley Heffernan	SR	Rochester	5.26mA
8 Michaela Kurbs	SR	St. John Fisher	5.25mA
9 Allison Regnante	JR	RIT	5.15m
10 Isabella Heath	SR	Nazareth	5.15m
11 Peytyn Geer	FR	Nazareth	5.12m
12 Jasmine Kendrick	FR	Nazareth	5.06m
13 Olivia Smock	JR	SUNY Geneseo	4.99m
14 Sydney LaSalle	SO	Nazareth	4.95m
15 Sarah Merriwether	SR	Nazareth	4.94m
16 Katie Widmer	JR	Houghton	4.92m
17 Ashleigh Barrett	SO	Rochester	4.87m
18 Victoria Brewster	FR	Houghton	4.87m
19 Alyssa Hoogs	SR	Rochester	4.87m
20 Lauren Bendall	SR	Nazareth	4.85m
21 Corinne Albicker	FR	SUNY Geneseo	4.84m
22 Lanna Wandy	JR	SUNY Geneseo	4.81m
23 Bianca Durso	JR	Alfred	4.79m
24 Quinn Taylor	SR	Rochester	4.73m
25 Jordan Wagner	FR	Nazareth	4.71m
26 Yeidi Yuja	JR	Rochester	4.64m
27 Bayleigh Woodard	JR	Brockport St	4.62m
28 Victoria Bermeo	FR	Rochester	4.57m
29 Julia Largett	SO	Rochester	4.48m
30 Anna Johnson	FR	Rochester	4.31m
31 Neve Tilley	FR	Houghton	3.99m
32 Chyra Patterson	SR	Brockport St	3.83m

Women Triple Jump

Facility: 13.08m F 2/10/2024 Corintia Griffith
AARFTC: 10.80m A

Name	Yr	School	Finals
Finals			
1 Katelyn Jacques	JR	SUNY Geneseo	11.62mA
2 Rania Sabri	SO	RIT	10.97mA
3 Gianna Boland	FR	SUNY Geneseo	10.43m
4 Ashleigh Barrett	SO	Rochester	10.34m
5 Emily Lopez	FR	SUNY Geneseo	10.06m
6 Corinne Albicker	FR	SUNY Geneseo	9.61m
7 Kira Davidson	SO	Fredonia	9.58m
8 Trinity Johnson	SO	Rochester	9.17m
--- Marisa Mazzacco	FR	SUNY Geneseo	FOUL

**Nazareth Conference Tune-Up
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Women Shot Put

Facility: 16.15m F 2/17/2023 Victoire Kothor
AARFTC: 11.50m A

Name	Yr	School	Finals
Finals			
1		Sarah Crockett	SR Brockport St 12.93mA
2		Jaden Finch	Unattached 12.80mA
3		Makenna King	SR St. John Fisher 12.68mA
4		Zoe Connor	JR SUNY Geneseo 12.47mA
5		Madison Palmer	SR Houghton 12.13mA
6		Deziree Garrick	JR Rochester 11.99mA
7		Rebecca Heuler	SR Brockport St 11.75mA
8		Lauren Jaklitsch	SO SUNY Geneseo 11.70mA
9		Hailey Webber	FR Nazareth 11.42m
10		Trinity Dees	SO Brockport St 11.25m
11		Erin McGuinness	SO St. John Fisher 11.22m
12		Amelia Geck	FR RIT 11.15m
13		Cora Rose	JR Rochester 11.05m
14		Emma Kinnicutt	SR Brockport St 10.94m
15		Madison Vargas	FR Rochester 10.72m
16		Skyler Klimow	SO SUNY Geneseo 10.70m
17		Lea Richard	SR Nazareth 10.59m
18		Payton Mehalick	SO SUNY Geneseo 10.37m
19		Madison Kirkpatrick	FR Brockport St 10.35m
20		Sarah Armenia	SR Brockport St 10.16m
21		Paige Pavelski	FR Buffalo State 10.12m
22		Aimee Oszer	FR Rochester 10.04m
23		Emily Rolince	FR Nazareth 9.95m
24		Morgan Collazo	JR St. John Fisher 9.92m
25		Bailee Drummond	FR RIT 9.58m
26		Bailey Ellis	FR St. John Fisher 9.31m
27		Liz Kingston	SO Brockport St 9.29m
28		Ashley Tubbs	FR SUNY Geneseo 9.10m
29		Jenna Fischer	FR Houghton 9.08m
30		Kiara Tornusciolo	SO Nazareth 8.97m
31		Katrina Chandler	SO Brockport St 8.86m
32		Cassidy Romano	FR Rochester 8.84m
33		Mileena Ossman	FR Nazareth 8.83m
34		Natalya Ryckman	SO Alfred 8.82m
35		Jileena Stearns	FR Alfred State 8.58m
36		Caitlin Keating	SO St. John Fisher 8.49m

Women Weight Throw

Facility: 17.03m F 2/17/2023 Lea Richard
AARFTC: 14.50m A

Name	Yr	School	Finals
Finals			
1		Lea Richard	SR Nazareth 17.37mF
2		Zoe Connor	JR SUNY Geneseo 16.78mA
3		Deziree Garrick	JR Rochester 16.43mA
4		Lauren Jaklitsch	SO SUNY Geneseo 16.11mA
5		Emma Kinnicutt	SR Brockport St 15.42mA
6		Sarah Crockett	SR Brockport St 15.38mA
7		Katrina Chandler	SO Brockport St 15.13mA
8		Jaden Finch	Unattached 14.65mA

9		Liv Ilasz	SO Rochester 14.42m
10		Hailey Webber	FR Nazareth 14.28m
11		Madison Palmer	SR Houghton 14.27m
12		Grace Moyer	JR Nazareth 13.88m
13		Cora Rose	JR Rochester 13.87m
14		Makenna King	SR St. John Fisher 13.36m
15		Christina Valicenti	SO St. John Fisher 12.89m
16		Payton Mehalick	SO SUNY Geneseo 12.63m
17		Emily Rolince	FR Nazareth 12.41m
18		Ashley Tubbs	FR SUNY Geneseo 12.27m
19		Rebecca Heuler	SR Brockport St 12.18m
20		Jaclyn Jorolemon	SO Nazareth 12.06m
21		Trinity Dees	SO Brockport St 12.04m
22		Madison Vargas	FR Rochester 11.84m
23		Paige Pavelski	FR Buffalo State 11.22m
24		Madison Jones	JR St. John Fisher 10.98m
25		Sarah Armenia	SR Brockport St 10.95m
26		Natalya Ryckman	SO Alfred 10.71m
27		Aimee Oszer	FR Rochester 10.52m
28		Jenna Fischer	FR Houghton 10.46m
29		Mileena Ossman	FR Nazareth 10.31m
30		Mackenzie Gillette	SO Alfred State 9.96m
31		Aliza Drabkin	JR Rochester 9.90m
32		Liz Kingston	SO Brockport St 9.36m
33		Grace Neeley	FR Houghton 9.10m
34		Madison Kirkpatrick	FR Brockport St 8.55m
---		Anna Steed	SO St. John Fisher FOUL
---		Jazelle McIntyre	SO St. John Fisher FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1		Annabelle Townsend	JR Alfred 2:36.25 617
2		Mallory Rice	FR Nazareth 2:42.27 547
3		Samantha Luba	SO Nazareth 2:48.68 477
4		Lainey Flaitz	FR SUNY Geneseo 2:53.88 424
5		Madelynn Jones	FR Nazareth 2:54.12 422

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1		Lainey Flaitz	FR SUNY Geneseo 9.70 769
2		Mallory Rice	FR Nazareth 9.91 729
3		Madelynn Jones	FR Nazareth 10.09 695
4		Samantha Luba	SO Nazareth 10.13 688
5		Annabelle Townsend	JR Alfred 11.02 533

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1		Lainey Flaitz	FR SUNY Geneseo 1.54m 666
2		Samantha Luba	SO Nazareth 1.48m 599
3		Madelynn Jones	FR Nazareth 1.45m 566
4		Mallory Rice	FR Nazareth 1.42m 534
5		Annabelle Townsend	JR Alfred 1.33m 439

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Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

AARFTC: 5.30m A

Name	Yr	School	Finals	
Finals				
1	Lainey Flaitz	FR	SUNY Geneseo	5.06m 576
2	Samantha Luba	SO	Nazareth	4.91m 535
3	Madelynn Jones	FR	Nazareth	4.84m 516
4	Mallory Rice	FR	Nazareth	4.73m 487
5	Annabelle Townsend	JR	Alfred	4.63m 461

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

AARFTC: 11.70m A

Name	Yr	School	Finals	
Finals				
1	Samantha Luba	SO	Nazareth	8.32m 420
2	Annabelle Townsend	JR	Alfred	7.25m 351
3	Madelynn Jones	FR	Nazareth	7.08m 340
4	Lainey Flaitz	FR	SUNY Geneseo	6.67m 314
5	Mallory Rice	FR	Nazareth	6.28m 289

Women Indoor Pentathlon

AARFTC: 2500 A

Name	Yr	School	Finals	
Finals				
1	Lainey Flaitz	FR	SUNY Geneseo	2749A
2	Samantha Luba	SO	Nazareth	2719A
3	Mallory Rice	FR	Nazareth	2586A
4	Madelynn Jones	FR	Nazareth	2539A
5	Annabelle Townsend	JR	Alfred	2401

Men 60 Meter Dash

Facility: 6.74 F 3/5/2022 Jalen Leonard-Osbourne

AARFTC: 7.10 A

Name	Yr	School	Prelims	
Preliminaries				
1	Mekhi Christensen	FR	Alfred State	7.11Q
2	P.J. London	JR	Rochester	7.12Q
3	Manny Eribo	JR	Rochester	7.13Q
4	Jacob Winn	SO	Fredonia	7.15Q
5	Kaleb Luton	SR	Nazareth	7.16Q
6	Jonathan Jacobs	JR	RIT	7.19Q
7	Logan Abate	FR	Buffalo State	7.29Q
8	Dan Mars	SO	Oswego State	7.16q
9	Derek Grimshaw	FR	Brockport St	7.18
10	Bryan Jacobs	JR	SUNY Geneseo	7.22
11	Mitch Lienert	SR	Rochester	7.22
12	Nicholas Florczak	SO	Alfred State	7.23
13	Tucker Haluszczak	FR	RIT	7.29
14	Trey Feirman	FR	SUNY Geneseo	7.30
15	Kyle Kelsey	FR	Rochester	7.37
16	Sean Cochrane	SR	St. John Fisher	7.38
17	Jack Pomykaj	SO	Nazareth	7.38
18	Mathew Broadnax	SR	Oswego State	7.38
19	Evan Frost	SO	SUNY Geneseo	7.39

20	Ethan Fox	SO	St. John Fisher	7.39
21	Enrico Ganz	SO	Rochester	7.39
22	Aadit Jain	SO	Rochester	7.39
23	Matthew Stasiw	SR	St. John Fisher	7.40
24	Brock Young	SO	St. John Fisher	7.40
25	Collin Gannon	FR	St. John Fisher	7.40
26	Ernest Venable Jr.	FR	Oswego State	7.41
27	Evan Bryant	FR	Rochester	7.42
28	Riley Ciamarra	FR	Alfred	7.46
29	Griffin Killian	FR	St. John Fisher	7.47
30	Joseph Nettles	JR	Nazareth	7.49
31	Matthew Then	SR	Brockport St	7.51
32	Nicholas Lusardi	FR	RIT	7.51
33	Connor McCauslin	SR	Nazareth	7.55
34	Ashton Tokarski	FR	Rochester	7.56
35	Sam Tuttle	SR	Brockport St	7.57
36	Mekhi Dozier	FR	Brockport St	7.58
37	Xavier Rao	FR	RIT	7.59
38	Brandon Lindsay		Unattached	7.63
39	Ryan Delaine	JR	St. John Fisher	7.65
40	Hunter Zangerle	SO	Brockport St	7.75
41	Aaron Lund	SO	Nazareth	7.78
42	Micah Walker	SR	Brockport St	7.80
43	Holden Thomas	SO	Nazareth	7.89
44	Preston Guynup	SO	Alfred	7.93
45	Kyahn Henry	FR	Brockport St	7.96
46	Gavin Henderson	JR	St. John Fisher	7.98
47	Ahmad Yasir Majidy	FR	Alfred	8.03
48	Jordan Braymiller	FR	Fredonia	8.16
49	Jayden Brown	FR	Alfred State	8.17
50	Daniel Nelson	FR	Alfred	8.19

Men 60 Meter Dash

Facility: 6.74 F 3/5/2022 Jalen Leonard-Osbourne

AARFTC: 7.10 A

Name	Yr	School	Finals	
Finals				
1	Mekhi Christensen	FR	Alfred State	6.95A
2	P.J. London	JR	Rochester	7.09A
3	Kaleb Luton	SR	Nazareth	7.11
4	Dan Mars	SO	Oswego State	7.14
5	Jonathan Jacobs	JR	RIT	7.16
6	Manny Eribo	JR	Rochester	7.18
7	Logan Abate	FR	Buffalo State	7.18
8	Jacob Winn	SO	Fredonia	7.26

Men 200 Meter Dash

Facility: 21.88 F 3/5/2022 Andy Frank

AARFTC: 22.60 A

Name	Yr	School	Finals	
Finals				
1	P.J. London	JR	Rochester	22.49A
2	Dan Mars	SO	Oswego State	22.93
3	Mitch Lienert	SR	Rochester	22.96
4	Michael Sardo	SO	RIT	22.99
5	Jordan Lockett	FR	Fredonia	23.12

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Finals ... (Men 200 Meter Dash)

Name	Yr	School	Finals
6 Aidan Harrington	SR	Oswego State	23.19
7 Tucker Haluszczak	FR	RIT	23.21
8 Mekhi Christensen	FR	Alfred State	23.29
9 Jacen Mitchell	FR	RIT	23.48
10 Derek Grimshaw	FR	Brockport St	23.50
11 Jason Swanson	FR	Brockport St	23.53
12 Logan Abate	FR	Buffalo State	23.54
13 Evan Bryant	FR	Rochester	23.57
14 Rob Hartigan	SR	St. John Fisher	23.67
15 Judson Delany	SO	Brockport St	23.72
16 Evan Frost	SO	SUNY Geneseo	23.73
17 Mathew Broadnax	SR	Oswego State	23.76
18 Ernest Venable Jr.	FR	Oswego State	23.87
19 Jonathan Jacobs	JR	RIT	23.88
20 Mike Welch	SR	Nazareth	23.89
21 Daniel Blae-Prince	FR	SUNY Geneseo	23.97
22 Brock Young	SO	St. John Fisher	24.00
23 Diego De Los Santos	FR	Rochester	24.01
24 Enrico Ganz	SO	Rochester	24.06
25 Nathan Roehrig	JR	Brockport St	24.08
26 Eric Antonecchia	SO	RIT	24.10
27 Jack Hickey	SR	Oswego State	24.13
28 Max Creamer	SR	Rochester	24.15
29 Riley Ciamarra	FR	Alfred	24.16
30 Benjamin Pochobradsky	SO	RIT	24.19
31 Sean Graves	FR	RIT	24.25
32 Collin Gannon	FR	St. John Fisher	24.43
33 Noah Engel	JR	Nazareth	24.51
34 Matthew Then	SR	Brockport St	24.51
35 Ethan Fox	SO	St. John Fisher	24.55
36 Oluseye Ilori	SO	Brockport St	24.70
37 Patrick Puffer	FR	Alfred State	24.77
38 Sam Tuttle	SR	Brockport St	24.87
39 Preston Guynup	SO	Alfred	24.91
40 Xavier Rao	FR	RIT	24.91
41 Elijah VanHoover	FR	Rochester	24.98
42 Mikey Thammavong	SO	Alfred	24.99
43 Mekhi Dozier	FR	Brockport St	25.04
44 Andrew Ryan	SO	Houghton	25.04
45 Chimaij Okafor	FR	Alfred State	25.05
46 Gavin Henderson	JR	St. John Fisher	25.37
47 Max Rasilla	JR	Alfred	25.37
48 Ben Gorman	FR	Fredonia	25.40
49 Kevin Voegelin	SO	Alfred	25.42
50 Connor Scriven	SO	Alfred	25.71
51 Carter Buckman	FR	Alfred	25.75
52 Brandon Hernandez	FR	Fredonia	25.82
53 Ryan Delaine	JR	St. John Fisher	25.88
54 Jordan Braymiller	FR	Fredonia	26.29
55 Kyahn Henry	FR	Brockport St	26.47
56 Ahmad Yasir Majidy	FR	Alfred	26.50
57 Elias Adamson-Endres	JR	Brockport St	26.90
58 Daniel Nelson	FR	Alfred	27.17
--- Elijah Hungerford	FR	Houghton	FS

Men 400 Meter Dash

Facility: 48.26 F 3/5/2022 Kieran Sheridan
AARFTC: 50.50 A

Name	Yr	School	Finals
Finals			
1 Max Stein	JR	RIT	50.52
2 Jack Defeo	FR	RIT	50.88
3 Sidney Morris	FR	Buffalo State	51.23
4 Aidan Harrington	SR	Oswego State	51.48
5 Owen Arbocus	FR	Brockport St	51.84
6 Ben Lewis	JR	Nazareth	51.89
7 Ryan Senf	SO	RIT	52.01
8 Trenton Goyette	JR	RIT	52.42
9 Mike Welch	SR	Nazareth	52.45
10 Daniel Ford	SR	Rochester	52.48
11 Christian Voloshen	SR	Rochester	52.56
12 Nick Marsowicz	SO	Fredonia	52.63
13 Colin Hascup	JR	Rochester	52.87
14 Jason Swanson	FR	Brockport St	52.93
15 Benjamin Pochobradsky	SO	RIT	52.96
16 Cole Hastings	FR	Nazareth	53.04
17 Mathew Broadnax	SR	Oswego State	53.11
18 Mark Magyar	FR	Rochester	53.13
19 Hammad Malik	FR	Brockport St	53.13
20 Nathan Roehrig	JR	Brockport St	53.23
21 Maxwell Ming	SO	Buffalo State	53.26
22 Joseph Nettles	JR	Nazareth	53.27
23 Jordan Lockett	FR	Fredonia	53.32
24 Aaron Langston	SO	SUNY Geneseo	53.55
25 Dylan Devine	JR	Buffalo State	53.60
26 Brian Clark	SR	Alfred State	53.82
27 Jack Hickey	SR	Oswego State	54.04
28 Sean Graves	FR	RIT	54.10
29 Myles Andersen	SR	St. John Fisher	54.27
30 Phil Rosengarten	FR	SUNY Geneseo	54.32
31 Tony DiRubbo	SR	St. John Fisher	54.63
32 Evan Kurtz	JR	Houghton	55.24
33 Noah Engel	JR	Nazareth	55.44
34 Mikey Thammavong	SO	Alfred	55.62
35 Luke Defio	JR	St. John Fisher	56.07
36 Kevin Voegelin	SO	Alfred	56.46
37 Derek Walter	SR	Alfred State	56.64
38 Jordan Cancel	JR	Brockport St	56.78
39 Nick Trubia	FR	Fredonia	56.85
40 Jacob Armer	FR	St. Bonaventure	57.22
41 Anthony Chevalier	FR	Brockport St	57.57
42 Brandon Hernandez	FR	Fredonia	57.61
43 Connor Scriven	SO	Alfred	57.64
44 Kyle Brown	SR	Alfred State	58.87
--- Connor Schreiber	FR	Alfred State	FS

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Men 800 Meter Run

Facility: 1:51.98 F 2/18/2022 Ryan Karker
AARFTC: 1:57.50 A

Name	Yr	School	Finals
Finals			
1	Ryan Karker	SR Roberts	1:52.55A
2	Ryan Hagan	FR SUNY Geneseo	1:54.81A
3	Jonathan Zavala	JR Brockport St	1:55.65A
4	Skye Crocker	JR Rochester	1:58.16
5	Jack Hislop	JR SUNY Geneseo	1:58.69
6	Nick Bauman	SR SUNY Geneseo	1:59.05
7	Bryan Friedel	SO SUNY Geneseo	1:59.06
8	Tim Sheahan	FR SUNY Geneseo	1:59.74
9	Cade Eells	JR Nazareth	1:59.75
10	Gavin McAllister	SO Nazareth	2:00.09
11	Amos Bixler	SO Houghton	2:00.25
12	Evan Owens	SO RIT	2:00.45
13	Brett Doxsee	SO SUNY Geneseo	2:00.87
14	Josh Bedford	SO RIT	2:01.05
15	Zach Gauronski	SR SUNY Geneseo	2:01.64
16	James McNaughton	FR SUNY Geneseo	2:02.50
17	Ethan Kenyon	JR Nazareth	2:02.75
18	Michael McGowan	JR Brockport St	2:02.85
19	Dawson Wadsworth	FR SUNY Geneseo	2:03.23
20	Matthew Quinn	JR Brockport St	2:04.38
21	Cody Harloff	FR Brockport St	2:04.40
22	Nate Kulp	JR St. John Fisher	2:04.63
23	Andrew Lembo-Ehms	SR Brockport St	2:04.86
24	Joe Cataldo	SO Nazareth	2:04.87
25	Samuel Adamson	FR RIT	2:04.91
26	Brennan Farr	FR Nazareth	2:04.95
27	Eddie Scroxton	JR Alfred State	2:05.10
28	Mamadou Barry	FR Alfred State	2:05.14
29	Lukas Walters	JR Brockport St	2:05.30
30	Kenny Williams	SR Nazareth	2:05.37
31	Ethan Glashauser	SR Nazareth	2:05.65
32	Jason Kincaid	SR St. John Fisher	2:06.43
33	Joshua Sandoval	JR St. John Fisher	2:07.16
34	Jack Healy	FR Nazareth	2:07.17
35	Daniel Morgan	SO Brockport St	2:07.62
36	Eli Noecker	FR Fredonia	2:07.64
37	Sam Yacob	FR Rochester	2:09.05
38	Brennen Cockrell	FR St. Bonaventure	2:10.22
39	Michael Paoletti	FR RIT	2:10.49
40	Derick Koen	SO RIT	2:10.71
41	Joe Britschge	FR Nazareth	2:10.76
42	Logan Ceiley	FR Fredonia	2:13.91
43	Nolan Manahan	FR Nazareth	2:14.64
44	Thomas (Tj) Bowes	FR Oswego State	2:14.81
45	Jacob Armer	FR St. Bonaventure	2:18.72
46	Jackson Collins	FR Houghton	2:25.09
---	Gabe Schill	FR Brockport St	DNF
---	Theodore Pintabona	SR Roberts	DNF

Men 1000 Meter Run

Facility: 2:29.41 F 2/17/2023 Jonathan Zavala

Name	Yr	School	Finals
Finals			
1	Brendan Chapple	FR St. Bonaventure	2:32.91
2	Alex Ryan	SO St. Bonaventure	2:34.41
3	Joshua Lopez	FR St. Bonaventure	2:36.41
4	Joseph Krenzer	SO RIT	2:38.04
5	James Eustace	JR Houghton	2:38.19
6	Thomas Kressly	JR Brockport St	2:39.77
7	Ryan Umiker	FR St. Bonaventure	2:41.26
8	Jacob Taylor	FR Alfred	2:43.34
9	Connor Demo	FR Brockport St	2:44.16
10	Brecken Riley	FR St. Bonaventure	2:46.00
11	James Fitzmaurice	JR St. Bonaventure	2:46.23
12	Patrick Allen	SO Brockport St	2:47.77
13	Wil Bainbridge	SO Brockport St	2:49.09
14	Drew Carlson	JR St. Bonaventure	2:49.79
15	Maxwell Chiarella	SO Alfred State	2:50.23
16	Kevin Flint	JR Alfred	2:53.28
17	Owen Noecker	JR St. Bonaventure	2:54.99
18	Matthew Morrison	SO Oswego State	3:15.72
19	Charlie Warner	FR Alfred	3:35.03

Men 1 Mile Run

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

AARFTC: 4:23.00 A

Name	Yr	School	Finals
Finals			
1	Eion McClain	JR SUNY Geneseo	4:20.71A
2	Anson Butler	SO SUNY Geneseo	4:21.21A
3	Pierce Young	FR SUNY Geneseo	4:22.16A
4	Mike Taranto	FR SUNY Geneseo	4:22.44A
5	Ryan Mitchell	Unattached	4:23.98
6	Austin Schoen	JR SUNY Geneseo	4:27.48
7	Aidan Glynn	JR SUNY Geneseo	4:27.58
8	Nathan Bowers	SR Nazareth	4:28.19
9	Derick Koen	SO RIT	4:30.46
10	Drew Cox	SO SUNY Geneseo	4:30.77
11	William McCarthy	FR St. Bonaventure	4:31.55
12	Dylan Friel	FR SUNY Geneseo	4:33.61
13	Lucas Catarella	FR St. Bonaventure	4:34.57
14	Andrew Deming	JR Oswego State	4:34.86
15	Jesse Rinzel	FR Rochester	4:35.34
16	Miguel Tineo Reyes	JR Oswego State	4:35.48
17	Emerson Comer	FR SUNY Geneseo	4:36.22
18	Dillon McClary	SR SUNY Geneseo	4:36.40
19	Andrew Scheible	FR Rochester	4:36.45
20	Brian Kenny	SO SUNY Geneseo	4:36.76
21	Richard Santarosa	JR Rochester	4:37.25
22	Henry Rose	JR Oswego State	4:38.84
23	Antonio Benitez	SO Nazareth	4:39.04
24	Dawson Tooker	JR SUNY Geneseo	4:40.84
25	Branden McColm	FR RIT	4:40.92
26	Jon Sullo	JR Rochester	4:43.43

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Finals ... (Men 1 Mile Run)

Name	Yr	School	Finals
27 Owen Noecker	JR	St. Bonaventure	4:45.25
28 Joe Britschge	FR	Nazareth	4:47.74
29 Matthew Pietzak	JR	Oswego State	4:50.04
30 Liam Buckenroth	FR	Oswego State	4:50.25
31 Jonah Epps	JR	GoldBerg Elite	4:51.05
32 Connor Jackson	SO	Nazareth	4:51.48
33 Max Rasilla	JR	Alfred	4:52.30
34 Andrew Zielinski	FR	Alfred State	4:55.03
35 Thomas (Tj) Bowes	FR	Oswego State	4:56.96
36 Kevin Flint	JR	Alfred	4:57.51
37 Kaho Wong	SR	Brockport St	4:57.53
38 Maxwell Chiarella	SO	Alfred State	4:58.74
39 Caleb Kasper	JR	Houghton	4:58.88
40 Sam Cobb	FR	Houghton	4:59.68
41 Zach Tucker	JR	Houghton	5:00.35
42 William Austin	FR	St. John Fisher	5:00.71
43 Jamie Schappi	JR	St. John Fisher	5:00.99
44 Gabe Chizzonite	JR	Buffalo State	5:02.04
45 Seth Fonda	JR	Buffalo State	5:02.12
46 Dairo Reyes	SO	Oswego State	5:05.63
47 Ben Lamsma	FR	Oswego State	5:05.74
48 Ben Allen	SO	Houghton	5:16.51
49 Jackson Collins	FR	Houghton	5:19.52
50 Aiden Bonomo	JR	Alfred State	5:27.50
51 Joseph Gleason	SO	Oswego State	5:29.62
52 Aidan Hafer	SO	Oswego State	5:36.82
53 Christian Spreizer	JR	Alfred State	5:39.05
54 Sam Lyon	JR	Houghton	6:05.48
55 Isaac Gasparri	SO	Houghton	6:05.64
--- Evan Cornwell	FR	Brockport St	DNF

Men 3000 Meter Run
Facility: 8:17.96 F 1/29/2022 Graham Tuohy-Gaydos
AARFTC: 8:47.00 A

Name	Yr	School	Finals
Finals			
1 James Catania	JR	Rochester	8:41.51A
2 Jared Smith	JR	Brockport St	8:43.86A
3 Sean Killip	JR	Brockport St	8:45.85A
4 Nick Gaitanis	SR	Rochester	8:46.08A
5 Zach Spergel	SR	Rochester	8:47.24
6 Dillon VanDemortel	SR	Unattached	8:47.95
7 Vishal Yalamanchili	JR	Rochester	8:49.51
8 Ryan Hagan	FR	SUNY Geneseo	8:51.13
9 Daniel Casey	SO	Brockport St	8:54.36
10 Jack Heraty	JR	SUNY Geneseo	8:58.28
11 Justin Thang	SR	SUNY Geneseo	9:04.46
12 Howie Vargas	FR	Brockport St	9:05.37
13 Ben Dertinger		Roc Bottom	9:05.50
14 Gabriel Spanbauer	SR	SUNY Geneseo	9:06.67
15 Miguel Benito	JR	Brockport St	9:06.92
16 JJ Montemaro	JR	Brockport St	9:12.28
17 Giovanni Ventura	JR	Buffalo State	9:12.38
18 Steven McChesney	FR	RIT	9:13.49

19 Sembel Koshi	SR	Fredonia	9:15.92
20 Cam Almy	SO	Nazareth	9:17.30
21 Andrew Deming	JR	Oswego State	9:19.24
22 Drew Garringer	FR	Rochester	9:21.39
23 Gus Smith	FR	Rochester	9:23.89
24 Nathan Micillo	JR	SUNY Geneseo	9:26.36
25 Nolan Goldthwaite	SO	Rochester	9:28.81
26 Tyler Schott	SO	St. Bonaventure	9:29.79
27 Jackson Burger	FR	RIT	9:30.79
28 Evan Fisher-Perez	SR	RIT	9:32.24
29 Henry Rose	JR	Oswego State	9:32.36
30 Henry Trost	SR	St. Bonaventure	9:33.24
31 Ben Allen	SO	Houghton	9:34.20
32 Yuner Sesmas	JR	Alfred	9:35.99
33 Sam Lyon	JR	Houghton	9:42.34
34 Aidan Ward	FR	Brockport St	9:46.33
35 Luke Ellis	FR	Houghton	9:47.83
36 Nathan Szatkowski	SR	St. John Fisher	10:06.22
37 Cristian Zabala	JR	Brockport St	10:09.42
38 Andrew Zielinski	FR	Alfred State	10:10.35
39 Liam Buckenroth	FR	Oswego State	10:17.66
40 Ethan Morales	SO	St. John Fisher	10:20.99
41 Ben Lamsma	FR	Oswego State	10:39.75
42 Carter Riley	SO	Alfred State	11:03.04
43 Aidan Hafer	SO	Oswego State	11:23.60
--- Miguel Tineo Reyes	JR	Oswego State	DNF

Men 60 Meter Hurdles
Facility: 8.09 F 1/25/2020 Brent Di Vittorio
AARFTC: 8.60 A

Name	Yr	School	Prelims
Preliminaries			
1 Bryan Jacobs	JR	SUNY Geneseo	A 8.45Q
2 Brendan Style	JR	SUNY Geneseo	A 8.51Q
3 Connor McCauslin	SR	Nazareth	8.71Q
4 Shy Lucas	SO	Buffalo State	8.66q
5 John Ruggio	SR	St. John Fisher	8.80q
6 Trenton Wynn	SR	St. John Fisher	8.81q
7 Jacen Mitchell	FR	RIT	8.83q
8 Aaron Lund	SO	Nazareth	8.86q
9 Jordan Ballard	FR	Oswego State	8.95
10 Eric Antonecchia	SO	RIT	8.99
11 Quillan Shimp	FR	Fredonia	9.04
12 Mark Magyar	FR	Rochester	9.17
13 Carlton Garnes	FR	Nazareth	9.27
14 Cameron Chambers	SO	RIT	9.27
15 Elijah VanHoover	FR	Rochester	9.33
16 Ryan DeShane	SO	Nazareth	9.38
17 Luke Defio	JR	St. John Fisher	9.60
18 Holden Thomas	SO	Nazareth	9.68
19 Keenan Gosselin	FR	RIT	9.75
20 Carter Buckman	FR	Alfred	10.07
21 Aidan VanAmburg	FR	Fredonia	10.21
22 Elias Adamson-Endres	JR	Brockport St	10.78

**Nazareth Conference Tune-Up
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Results**

Men 60 Meter Hurdles

Facility: 8.09 F 1/25/2020 Brent Di Vittorio
AARFTC: 8.60 A

Name	Yr	School	Finals
Finals			
1 Shy Lucas	SO	Buffalo State	8.59A
2 John Ruggio	SR	St. John Fisher	8.71
3 Jacen Mitchell	FR	RIT	8.78
4 Aaron Lund	SO	Nazareth	8.91
5 Trenton Wynn	SR	St. John Fisher	9.00

Men 4x200 Meter Relay

Facility: 1:27.45 F 3/5/2022 Rowan

R McKinney, N Agyemang, A Conte, J Beasley

Team	Relay	Finals
Finals		
1 Oswego State	A	1:34.09
1) Aidan Harrington SR	2) Dan Mars SO	
3) Mathew Broadnax SR	4) Michael-Daniel Vodzogbe St	
2 Brockport St.	A	1:35.39
1) Jordan Cancel JR	2) Derek Grimshaw FR	
3) Hammad Malik FR	4) Matthew Then SR	
3 Alfred State	A	1:35.49
1) Nicholas Florczak SO	2) Mekhi Christensen FR	
3) Patrick Puffer FR	4) Chimaij Okafor FR	

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
Finals		
1 Brockport St.	A	3:20.37A
1) Michael Durski SO	2) Craig Duffy SR	
3) Ayden Grinion SO	4) Jacob Miller SO	
2 Fredonia	A	3:29.92
1) Nick Marsowicz SO	2) Quillan Shimp FR	
3) Aidan VanAmburg FR	4) Cameron Sample SO	
3 Rochester	A	3:31.35
1) Christian Voloshen SR	2) Colin Hascup JR	
3) Daniel Ford SR	4) Skye Crocker JR	
4 Alfred State	A	3:34.92
1) Derek Walter SR	2) Mamadou Barry FR	
3) Eddie Scroxton JR	4) Brian Clark SR	
5 SUNY Geneseo	A	3:38.18
1) Zach Gauronski SR	2) Nick Bauman SR	
3) Dawson Wadsworth FR	4) Tim Sheahan FR	
6 Nazareth	A	3:40.81
1) Cade Eells JR	2) Joe Cataldo SO	
3) Nolan Manahan FR	4) Kenny Williams SR	
7 Nazareth	B	x3:44.88
1) Antonio Benitez SO	2) Brennan Farr FR	
3) Nathan Bowers SR	4) Ethan Glashauser SR	

8 Fredonia	B	x3:47.58
1) Nick Trubia FR	2) Ben Gorman FR	
3) Eli Noecker FR	4) Logan Ceiley FR	
9 Houghton	B	3:47.74
1) Zach Tucker JR	2) Caleb Kasper JR	
3) Avery Belanger SO	4) Sam Cobb FR	

Men High Jump

Facility: 2.20m F 3/5/2022 Kyle Rollins

AARFTC: 1.92m A

Name	Yr	School	Finals
Finals			
1 Aadit Jain	SO	Rochester	1.98mA
2 Gabe Giannini	FR	Brockport St	1.82m
2 Dillon Murphy	SO	Brockport St	1.82m
4 Quillan Shimp	FR	Fredonia	1.77m
5 Shy Lucas	SO	Buffalo State	1.77m
5 Griffin Killian	FR	St. John Fisher	1.77m
7 Kyle Reid	JR	Nazareth	1.77m
8 Gian Carlo Di Fava	FR	SUNY Geneseo	1.72m
9 Bradley Baybutt	JR	RIT	1.72m
10 Andrew Ryan	SO	Houghton	1.72m
10 Kuyler Coffin	SO	St. John Fisher	1.72m
12 Tate Finger	FR	Rochester	1.72m
13 David Argentieri	FR	St. John Fisher	1.67m
--- Hunter Zangerle	SO	Brockport St	NH
--- Gabe Wilson	SO	Nazareth	NH

Men Pole Vault

Facility: 5.40m F 12/6/2019 Zach Ferrara

AARFTC: 4.45m A

Name	Yr	School	Finals
Finals			
1 Chris Kaszynski	JR	Buffalo State	4.75mA
2 Hayden Penna	FR	St. John Fisher	4.60mA
3 Noah Koeng	JR	RIT	4.30m
3 Jack Pomykaj	SO	Nazareth	4.30m
5 Jason Bletsko	SO	Nazareth	4.30m
6 Ryan Swenson	FR	RIT	4.30m
7 Memphis Lohnes	JR	Brockport St	4.15m
8 Tyler Miller	JR	Brockport St	4.15m
8 Daniel Reinhart	FR	Brockport St	4.15m
10 Drew Allocco	SO	SUNY Geneseo	4.00m
11 Corey Suhr	FR	Brockport St	4.00m
12 Brett Patmore	SR	SUNY Geneseo	4.00m
12 Gabe Giannini	FR	Brockport St	4.00m
14 Jack DiLiberto	SO	Brockport St	3.65m
--- Duncan Haldeman	JR	RIT	NH
--- Aidan Sheahan	SR	RIT	NH
--- Alastair Sweeney	SO	Fredonia	NH
--- Alexander Bauer	JR	RIT	NH
--- Chris Weiner	SR	Brockport St	NH

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Men Long Jump

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

Name	Yr	School	Finals
Finals			
1	Cole Goodman	JR Rochester	7.14mA
2	Kyle Lane	SR Rochester	6.76mA
3	Manny Eribo	JR Rochester	6.73mA
4	Seth Conner	SO Buffalo State	6.61m
5	Kai Messmer	FR Buffalo State	6.60m
6	Cameron Sample	SO Fredonia	6.54m
7	Nas Muslim Dost	JR Buffalo State	6.52m
8	Aden Alexander	SO Alfred State	6.43m
9	Adam Specht	JR SUNY Geneseo	6.40m
10	Avery Belanger	SO Houghton	6.37m
11	Gabe Thyne	JR Rochester	6.28m
12	Aeden Angelone	SR Rochester	6.26m
13	Herven Sanon	FR Brockport St	6.18m
14	Sean Cochrane	SR St. John Fisher	6.17m
15	Jack Pomykaj	SO Nazareth	6.14m
16	Kaleb Luton	SR Nazareth	6.10m
17	Hunter Zangerle	SO Brockport St	6.06m
18	Patrick Puffer	FR Alfred State	6.01m
19	D'Andre Hunter	SR Brockport St	6.01m
20	Isaac Rivet	JR Alfred State	5.99m
21	Micah Walker	SR Brockport St	5.94m
22	Cameron Rynders	JR Brockport St	5.92m
23	Timothy Shin	FR RIT	5.88m
24	Jason Weng	SO St. John Fisher	5.87m
25	Regis Agbata	FR RIT	5.83m
26	Oliver Annon	SO Rochester	5.82m
27	Aidan VanAmburg	FR Fredonia	5.80m
28	Kyle Kelsey	FR Rochester	5.74m
29	Aaron Lund	SO Nazareth	5.72m
30	Joseph Smith	FR Rochester	5.69m
31	Jason Marchincin	SO Nazareth	5.59m
32	Carter Buckman	FR Alfred	5.57m
33	Elijah Hungerford	FR Houghton	5.14m

Men Triple Jump

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

Name	Yr	School	Finals
Finals			
1	Jarrold Polk	SO Buffalo State	13.98mA
2	Avery Belanger	SO Houghton	13.19m
3	Micah Walker	SR Brockport St	13.15m
4	Aden Alexander	SO Alfred State	13.09m
5	Cameron Rynders	JR Brockport St	12.95m
6	Reward Mulauzi	FR Rochester	12.78m
7	D'Andre Hunter	SR Brockport St	12.73m
8	Noah Dueker	FR St. John Fisher	12.67m
9	Brendan Style	JR SUNY Geneseo	12.67m
10	Dylan Olson	JR SUNY Geneseo	12.52m
11	Joseph Smith	FR Rochester	12.36m

12	Chris Miller	FR SUNY Geneseo	12.36m
13	Isaac Rivet	JR Alfred State	12.19m
14	Carlton Garnes	FR Nazareth	12.12m
15	Ryan DeShane	SO Nazareth	11.91m
16	Gregory Weston	FR Oswego State	11.65m

Men Shot Put

Facility: 17.27m F 2/21/2020 **Tony DeYoung**
AARFTC: 14.40m A

Name	Yr	School	Finals
Finals			
1	Alex Rood	JR Brockport St	15.83mA
2	Dean Bartles	SO RIT	14.57mA
3	Xzavier Goodman	FR Buffalo State	14.23m
4	Ethan Beer	FR Rochester	14.06m
5	Jason Marincic	SR Brockport St	14.04m
6	Matt Muscolo	JR Brockport St	13.75m
7	Dominic Cervellera	SO Buffalo State	13.30m
8	Yohermy Kpodo	SR RIT	13.11m
9	Jason Crocker	SO Alfred	12.86m
10	Michael Emmel	FR Fredonia	12.78m
11	Ray Trottier	FR SUNY Geneseo	12.70m
12	Elliott Walter	SO RIT	12.37m
13	Dylan Rykert	SR Rochester	12.36m
14	Kevin Fobare	SR Rochester	12.36m
15	Nicholas Bocach	SO Brockport St	12.25m
16	Jayden Carroll	FR SUNY Geneseo	12.23m
17	Brandon Kaplan	SO St. John Fisher	12.02m
18	Daimel Fowler	FR Alfred	12.01m
19	Sean Cochrane	SR St. John Fisher	11.85m
20	David Dobrowolski	FR Nazareth	11.79m
21	Mitchell Ellsworth	FR Brockport St	11.69m
22	Greg Raymond	FR Alfred State	11.62m
23	Noah Wilson	FR RIT	11.57m
24	Brandon Balonek	FR St. John Fisher	11.24m
25	Adam Cuyler	SO Oswego State	11.21m
26	Andrew Parnapy	JR Alfred	11.19m
27	Duncan Harbin	FR Brockport St	11.17m
28	Preston Guynup	SO Alfred	11.14m
29	Jacob DeWilde	JR Brockport St	11.11m
30	Alexander Kline	JR Oswego State	10.77m
31	Daniel Stephens	SR St. John Fisher	10.33m
32	Kapichok Kyle	FR Alfred State	9.81m
---	Joey Curr	SO St. John Fisher	FOUL
---	Tyler Lantrip	FR Alfred State	FOUL
---	Jordan Johnson	JR Rochester	FOUL

Men Weight Throw

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

Name	Yr	School	Finals
Finals			
1	Jordan Johnson	JR Rochester	16.73mA
2	Aidan Hughes	SR RIT	16.50mA
3	Nolan Ragland	SR Rochester	16.26mA
4	Zajans Crapo	JR Rochester	15.95mA

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Finals ... (Men Weight Throw)

	Name	Yr	School	Finals
5	Greg Raymond	FR	Alfred State	15.42m
6	Brandon Kaplan	SO	St. John Fisher	15.42m
7	Josh Auler	JR	RIT	15.38m
8	Xzavier Goodman	FR	Buffalo State	15.08m
9	Armaan Butler	FR	Rochester	14.57m
10	Jack Bickford	SR	St. John Fisher	14.32m
11	Matt Muscolo	JR	Brockport St	14.02m
12	Kevin Fobare	SR	Rochester	13.99m
13	Yohermy Kpodo	SR	RIT	13.96m
14	Dean Bartles	SO	RIT	13.80m
15	Jacob DeWilde	JR	Brockport St	13.65m
16	Duncan Harbin	FR	Brockport St	13.56m
17	Alex Rood	JR	Brockport St	13.49m
18	David Dobrowolski	FR	Nazareth	13.41m
19	Jason Crocker	SO	Alfred	13.23m
20	Nicholas Bocach	SO	Brockport St	13.08m
21	Tyler Spencer	JR	Buffalo State	13.00m
22	Joey Curr	SO	St. John Fisher	12.71m
23	Declan Murphy	SO	Nazareth	12.43m
24	Andrew Parnapy	JR	Alfred	12.40m
25	Tyler Lantrip	FR	Alfred State	12.33m
26	Dominic Cervellera	SO	Buffalo State	12.19m
27	Brandon Russell	FR	Alfred State	12.13m
28	Gavin Grinnell	SO	St. John Fisher	12.12m
29	Kenneth Berlin	JR	Alfred	11.77m
30	Bryce Grove	SO	St. John Fisher	11.31m
31	Jayden Carroll	FR	SUNY Geneseo	11.18m
32	Daniel Stephens	SR	St. John Fisher	11.06m
33	Jairo Agosto	FR	Alfred State	10.69m
34	Loren Baker	FR	RIT	10.51m
---	Mitchell Ellsworth	FR	Brockport St	FOUL
---	Matthew Jackson	SR	Brockport St	FOUL