

**Liberty League  
Outdoor Track & Field Championships  
Hosted By RPI - 5/3/2024 to 5/4/2024**

**Results**

**Women 100 Meter Dash**

**Conference:** 12.09 C 2019      **Michaela Burrell**  
**Meet:** 12.12 M 5/8/2021      **Michaela Burrell**  
**AARTFC:** 12.50 A

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Ava Novak	SR Vassar	12.31Q2.5
2	Ashley Heffernan	SR Rochester	A 12.39Q0.9
3	Christine Mallette	JR RPI	12.47Q2.2
4	Laura Suppa	SO Ithaca	12.51q 2.2
5	Ava Butler	FR Ithaca	12.54q 2.5
6	Traci Francis	JR Vassar	12.66q 2.5
7	Jamie Eu	SO Vassar	12.90q 2.2
8	Marley Froe	JR Union (N.Y.)	12.90q 2.5
9	Alyssa Fici	FR RPI	12.96 0.9
10	Nora Chen	FR Rochester	12.99 0.9
11	Toni Adewakun	FR Rochester	13.09 2.2
12	Maya Hatch	SO Rochester	13.10 2.5
13	Tina Kyriacou	SO Rochester	13.14 2.2
14	Tayla Hummel	FR Ithaca	13.26 0.9
15	Ava Partenza	FR Union (N.Y.)	13.28 0.9
16	Gabrielle Parchment	FR Bard	13.39 2.2
17	Grace Croft	FR Ithaca	13.41 0.9
18	Claudia Chong	FR Ithaca	13.44 2.5
19	Jael Ernest Fleurant	SR Rochester	13.54 2.2
20	Margaret McNally	SO St. Lawrence	13.63 2.5
21	Ashley Kane	FR Ithaca	13.87 0.9
22	Lyla Baldwin	FR St. Lawrence	13.96 2.2
23	J'Adora Lively	FR Bard	14.43 2.5

**Women 100 Meter Dash**

**Conference:** 12.09 C 2019      **Michaela Burrell**  
**Meet:** 12.12 M 5/8/2021      **Michaela Burrell**  
**AARTFC:** 12.50 A

Name	Yr	School	Finals
<b>Finals</b>			
1	Ashley Heffernan	SR Rochester	12.08C 10
2	Ava Novak	SR Vassar	12.25A 8
3	Christine Mallette	JR RPI	12.47A 6
4	Laura Suppa	SO Ithaca	12.63 5
5	Ava Butler	FR Ithaca	12.67 4
6	Traci Francis	JR Vassar	12.85 3
7	Jamie Eu	SO Vassar	12.94 2
8	Marley Froe	JR Union (N.Y.)	13.22 1

**Women 200 Meter Dash**

**Conference:** 24.50 C 2024      **Sadie Schreiner**  
**Meet:** 24.59 M 5/6/2023      **Susan Bansbach**  
**AARTFC:** 25.70 A

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Sadie Schreiner	SO RIT	M 24.51Q1.7

2	Madeline O'Connell	SR Rochester	A 25.01Q0.9
3	Caroline Hill	JR RIT	25.50Q2.3
4	Ava Novak	SR Vassar	A 25.43q 0.9
5	Christine Mallette	JR RPI	A 25.46q 0.9
6	Katie Manning	JR RPI	A 25.51q 1.7
7	Ava Butler	FR Ithaca	25.75q 2.3
8	Devan Adegbile	SR Ithaca	26.27q 2.3
9	Lauren Szalkowski	FR RPI	26.36 2.3
10	Natalie MacArthur	JR Ithaca	26.39 1.7
11	Alyssa Fici	FR RPI	26.63 0.9
12	Marley Froe	JR Union (N.Y.)	27.03 1.7
13	Ava Partenza	FR Union (N.Y.)	27.17 0.9
14	Hawra Moochhala	JR Bard	27.52 2.3
15	Jael Ernest Fleurant	SR Rochester	27.71 1.7
16	Margaret McNally	SO St. Lawrence	28.02 2.3
17	Gabrielle Parchment	FR Bard	28.86 0.9

**Women 200 Meter Dash**

**Conference:** 24.50 C 2024      **Sadie Schreiner**  
**Meet:** 24.59 M 5/6/2023      **Susan Bansbach**  
**AARTFC:** 25.70 A

Name	Yr	School	Finals
<b>Finals</b>			
1	Sadie Schreiner	SO RIT	24.14 10
2	Madeline O'Connell	SR Rochester	24.59 8
3	Ava Novak	SR Vassar	25.01 6
4	Katie Manning	JR RPI	25.16 5
5	Caroline Hill	JR RIT	25.22 4
6	Christine Mallette	JR RPI	25.62 3
7	Ava Butler	FR Ithaca	25.66 2
8	Devan Adegbile	SR Ithaca	25.96 1

**Women 400 Meter Dash**

**Conference:** 53.89 C 2015      **Heather Ingraham**  
**Meet:** 55.13 M 4/18/2015      **Heather Ingraham**  
**AARTFC:** 59.00 A

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Megan Bell	JR Rochester	A 56.17Q
2	Sadie Schreiner	SO RIT	A 56.82Q
3	Madeline O'Connell	SR Rochester	A 57.41Q
4	Kate Isaac	SR Rochester	A 58.12q
5	Caroline Hill	JR RIT	A 58.37q
6	Gabrielle Baker	JR Union (N.Y.)	59.64q
7	Devan Adegbile	SR Ithaca	1:00.00q
8	Lauren Szalkowski	FR RPI	1:00.03q
9	Raquella Casserino	FR Rochester	1:00.41
10	Natalie MacArthur	JR Ithaca	1:01.15
11	Julia Ryba	FR Ithaca	1:01.62
12	Glory Moncion-Allen	JR Union (N.Y.)	1:02.06
13	Caelan McHarney	SO St. Lawrence	1:02.08
14	Carolina Cedraschi	SO Ithaca	1:02.73
15	Faydia Thompson	JR RPI	1:02.90
16	Hawra Moochhala	JR Bard	1:03.36

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**Preliminaries ... (Women 400 Meter Dash)**

Name	Yr	School	Prelims
17 Katherine Doran	FR	Union (N.Y.)	1:04.86
18 Margaret McLaughlin	SO	Vassar	1:05.86
19 Chloe Desautels	SO	Bard	1:10.91

**Women 400 Meter Dash**

**Conference: 53.89 C 2015 Heather Ingraham**  
**Meet: 55.13 M 4/18/2015 Heather Ingraham**  
**AARTFC: 59.00 A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sadie Schreiner	SO	RIT	55.07M 10
2 Madeline O'Connell	SR	Rochester	55.29A 8
3 Megan Bell	JR	Rochester	55.84A 6
4 Kate Isaac	SR	Rochester	57.99A 5
5 Caroline Hill	JR	RIT	58.23A 4
6 Gabrielle Baker	JR	Union (N.Y.)	59.17 3
7 Devan Adegbile	SR	Ithaca	59.32 2
8 Lauren Szalkowski	FR	RPI	59.58 1

**Women 800 Meter Run**

**Conference: 2:09.56 C 2024 Megan Bell**  
**Meet: 2:12.84 M 5/7/2022 Susan Bansbach**  
**AARTFC: 2:21.00 A**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Megan Bell	JR	Rochester	A 2:17.85Q
2 Allison Sibold	JR	St. Lawrence	A 2:18.65Q
3 Ava Whitney	FR	Vassar	A 2:19.56Q
4 Sophia Henderson	JR	Vassar	A 2:18.05Q
5 Norah Reade	FR	Vassar	A 2:19.94Q
6 Joy Petersen	SO	Ithaca	A 2:20.64Q
7 Giana Haubrich	JR	Ithaca	A 2:18.71q
8 Rita Sciortino	SO	Rochester	A 2:19.24q
9 Abigail Nautel	SO	RIT	A 2:20.04
10 Emily Johnson	JR	Ithaca	A 2:20.64
11 Charlotte Blake	FR	St. Lawrence	A 2:20.73
12 Jordan Norman	SR	Vassar	2:21.20
13 Adelaide Nyhan	FR	Vassar	2:22.30
14 Kasey McGerald	JR	Union (N.Y.)	2:22.79
15 Julia Lantner	SO	Rochester	2:23.01
16 Emily Dill	FR	Rochester	2:23.64
17 Abigail Thomas	SO	RIT	2:26.18
18 Lyla Powers	FR	Ithaca	2:27.18
19 Alayna Gibson	JR	Union (N.Y.)	2:28.21
20 Haley Young	JR	RPI	2:29.99
21 Emma Grace Ricketts	JR	RPI	2:36.85
22 Sadie Torre	JR	Bard	2:51.70
23 Violet DiBiasio	FR	Bard	2:58.81

**Women 800 Meter Run**

**Conference: 2:09.56 C 2024 Megan Bell**  
**Meet: 2:12.84 M 5/7/2022 Susan Bansbach**  
**AARTFC: 2:21.00 A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Megan Bell	JR	Rochester	2:16.07A 10
2 Ava Whitney	FR	Vassar	2:17.97A 8
3 Rita Sciortino	SO	Rochester	2:19.50A 6
4 Sophia Henderson	JR	Vassar	2:19.72A 5
5 Giana Haubrich	JR	Ithaca	2:21.01 4
6 Norah Reade	FR	Vassar	2:21.42 3
7 Joy Petersen	SO	Ithaca	2:21.63 2
8 Allison Sibold	JR	St. Lawrence	2:23.54 1

**Women 1500 Meter Run**

**Conference: 4:25.40 C 2024 Haley Schoenegge**  
**Meet: 4:30.32 M 5/8/2021 Jordan Hurlbut**  
**AARTFC: 4:50.00 A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Haley Schoenegge	FR	Vassar	4:28.96M 10
2 Jules Bleskoski	FR	RPI	4:32.10A 8
3 Allison Sibold	JR	St. Lawrence	4:33.58A 6
4 Amelia Gilbert	SR	RIT	4:40.27A 5
5 Olivia Pisacano	SO	RPI	4:41.51A 4
6 Charlotte Blake	FR	St. Lawrence	4:44.09A 3
7 Catherine Dacey	FR	Union (N.Y.)	4:46.10A 2
8 Jessica Goode	SO	Ithaca	4:48.11A 1
9 Ellie Ponko	JR	Rochester	4:49.36A
10 Sierra Danieu	JR	RIT	4:50.72
11 Allison Malatesta	JR	Union (N.Y.)	4:51.10
12 Joy Petersen	SO	Ithaca	4:51.61
13 Kayleigh Milligan	FR	Ithaca	4:53.34
14 Sydney Burgard	SR	RIT	4:55.06
15 Adelaide Nyhan	FR	Vassar	4:56.83
16 Jordan Norman	SR	Vassar	5:00.96
17 Ally Zuidema	SR	RIT	5:01.00
18 Sab Lin	JR	Rochester	5:01.01
19 Abigail Nautel	SO	RIT	5:07.05
20 Abby Price	JR	RPI	5:12.93
21 Samantha Simon	FR	Bard	5:45.43
22 Odille Zexter-Kaiser	FR	Bard	5:54.34

**Women 5000 Meter Run**

**Conference: 16:17.94 C 2021 Parly Hannan**  
**Meet: 17:12.32 M 2016 Lisa Grohn**  
**AARTFC: 18:45.00 A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Haley Schoenegge	FR	Vassar	17:02.02M 10
2 Jules Bleskoski	FR	RPI	17:13.34A 8
3 Olivia Pisacano	SO	RPI	17:33.26A 6
4 Sennett Turner	SR	Rochester	17:38.55A 5

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**Finals ... (Women 5000 Meter Run)**

Name	Yr	School	Finals
5 Olivia Reid	JR	RPI	18:06.74A 4
6 Emma Palumbo	JR	St. Lawrence	18:09.75A 3
7 Anika Mueller-Hickler	SO	Vassar	18:20.87A 2
8 Katie Cobos	SR	RIT	18:24.12A 1
9 Jessica Goode	SO	Ithaca	18:41.25A
10 Leah Goodloe	JR	RPI	18:46.51
11 Therese Georgia	FR	RIT	18:55.78
12 Hannah Bennett	FR	St. Lawrence	19:02.37
13 Kyla Eisman	SO	Ithaca	19:08.08
14 Annabel Dobash	FR	Union (N.Y.)	19:12.08
15 Ellie Ponko	JR	Rochester	19:13.16
16 Kat Benninger	SR	Rochester	19:14.61
17 Caroline Kelly	JR	Union (N.Y.)	19:17.18
18 Tessa Bossom	SO	RPI	19:27.64
19 Acadia Helfand	FR	Vassar	19:32.85
20 Jess Suiter	SO	RPI	19:42.89
21 Nora Goldberg-Courtney	SO	Vassar	20:23.53
--- Cayley Swaim	FR	Vassar	DNF

**Women 10000 Meter Run**

**Conference: 33:44.06 C 2018 Taryn Cordani**  
**Meet: 35:48.19 M 2016 Shannon Trant**  
**AARTFC: 40:30.00 A**

Name	Yr	School	Finals
1 Sennett Turner	SR	Rochester	37:13.45A 10
2 Katie Cobos	SR	RIT	38:18.54A 8
3 Kyla Eisman	SO	Ithaca	38:19.40A 6
4 Leah Goodloe	JR	RPI	39:17.51A 5
5 Cayley Swaim	FR	Vassar	39:37.58A 4
6 Amaavi Miriyagalla	SR	Vassar	39:43.78A 3
7 Alyssa Horng	SO	Rochester	39:57.68A 2
8 Olivia Bernier	JR	St. Lawrence	40:00.31A 1
9 Andie Burton	JR	Rochester	40:24.16A
10 Alicia Lawson	JR	Rochester	40:32.30
11 Adriana Cecchetelli	SO	St. Lawrence	40:50.80
12 Hannah Fichter	JR	Ithaca	41:15.39
13 Gianna Coryea	SO	RPI	42:24.27
14 Kinsley Holl	JR	St. Lawrence	43:25.12
--- Meredith Crockett	JR	Rochester	DNF

**Women 100 Meter Hurdles**

**Conference: 13.93 C 2023 Logan Bruce**  
**Meet: 13.93 M 5/6/2023 Logan Bruce**  
**AARTFC: 15.65 A**

Name	Yr	School	Prelims
1 Laura Suppa	SO	Ithaca	A 14.63Q1.7
2 Ashley Heffernan	SR	Rochester	14.92Q2.3
3 Jahmilia Dennis	SO	Vassar	14.95q 2.3
4 Rachel Larson	SO	Ithaca	A 15.13q 1.7
5 Allison Regnante	JR	RIT	15.51q 2.3

6 Ashley Sheldon	FR	Union (N.Y.)	15.73q 1.7
7 Cecelia LaBonte	SO	Ithaca	15.92q 1.7
8 Rania Sabri	SO	RIT	15.93q 1.7
9 Elli Cloutier	FR	Ithaca	16.13 2.3
10 Freja Niklasson	SO	Vassar	16.38 1.7
11 Nora Jensen	SR	Vassar	16.38 2.3
12 Samantha Crisci	SO	RIT	16.93 2.3
13 Claudia Chong	FR	Ithaca	17.10 2.3
14 Amelia Burger	FR	RIT	17.68 1.7
15 Abby Seamans	JR	Rochester	18.18 1.7

**Women 100 Meter Hurdles**

**Conference: 13.93 C 2023 Logan Bruce**  
**Meet: 13.93 M 5/6/2023 Logan Bruce**  
**AARTFC: 15.65 A**

Name	Yr	School	Finals
1 Ashley Heffernan	SR	Rochester	14.53 10
2 Laura Suppa	SO	Ithaca	14.53 8
3 Jahmilia Dennis	SO	Vassar	14.75 6
4 Ashley Sheldon	FR	Union (N.Y.)	15.05 5
5 Rachel Larson	SO	Ithaca	15.12 4
6 Allison Regnante	JR	RIT	15.18 3
7 Cecelia LaBonte	SO	Ithaca	15.92 2
8 Rania Sabri	SO	RIT	25.05 1

**Women 400 Meter Hurdles**

**Conference: 1:00.24 C 2007 Jen Dias**  
**Meet: 1:01.87 M 5/4/2019 Harley Wilson**  
**AARTFC: 1:07.00 A**

Name	Yr	School	Prelims
1 Nora Chen	FR	Rochester	A 1:03.80Q
2 Caroline Stanton	JR	Union (N.Y.)	1:07.09Q
3 Luca Pecora	JR	Ithaca	1:07.74Q
4 Elli Cloutier	FR	Ithaca	1:07.71q
5 Samantha Crisci	SO	RIT	1:08.08q
6 Rachel Larson	SO	Ithaca	1:08.96q
7 Justine Draper	JR	RIT	1:09.11q
8 Christine Zong	FR	Rochester	1:09.68q
9 Jordina Coleman	JR	RPI	1:10.31
10 Kaden LeChase	FR	Ithaca	1:10.45
11 Freja Niklasson	SO	Vassar	1:10.71
12 Maya Carey	FR	Vassar	1:12.55
13 Laura Wong	SR	Vassar	1:13.27
14 Amelia Burger	FR	RIT	1:13.46
15 Maya Hatch	SO	Rochester	1:14.26
16 Elena Trempe	FR	St. Lawrence	1:18.73
17 Lauren Maher	JR	RPI	1:20.52

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**Women 400 Meter Hurdles**

**Conference: 1:00.24 C 2007 Jen Dias**  
**Meet: 1:01.87 M 5/4/2019 Harley Wilson**  
**AARTFC: 1:07.00 A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Nora Chen	FR	Rochester	1:01.86M 10
2 Luca Pecora	JR	Ithaca	1:05.87A 8
3 Samantha Crisci	SO	RIT	1:06.15A 6
4 Caroline Stanton	JR	Union (N.Y.)	1:06.72A 5
5 Justine Draper	JR	RIT	1:07.05 4
6 Elli Cloutier	FR	Ithaca	1:08.12 3
7 Rachel Larson	SO	Ithaca	1:09.59 2
8 Christine Zong	FR	Rochester	1:10.70 1

**Women 3000 Meter Steeplechase**

**Conference: 10:24.30 C 2014 Amy Cymerman**  
**Meet: 10:42.88 M W Pavlus/H Coolican**  
**AARTFC: 12:00.00 A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Allison Malatesta	JR	Union (N.Y.)	11:18.39A 10
2 Emma Palumbo	JR	St. Lawrence	11:23.46A 8
3 Tessa Bossom	SO	RPI	11:29.48A 6
4 Kat Benninger	SR	Rochester	11:30.69A 5
5 Claudia Wolf	SO	RPI	11:35.43A 4
6 Sab Lin	JR	Rochester	11:44.89A 3
7 Acadia Helfand	FR	Vassar	11:46.53A 2
8 Logan Brasacchio	SO	Ithaca	11:48.51A 1
9 Sabrina Terando	SR	Rochester	11:53.91A
10 Elsie Corbett	FR	RPI	11:57.22A
11 Hannah Bennett	FR	St. Lawrence	12:03.39
12 Carly Zack	FR	St. Lawrence	12:03.84
13 Alyse Karanian	SO	RPI	12:22.51
14 Fran Mavricos	FR	RPI	12:28.33
15 Mona Zeghal	SO	RPI	13:03.66
--- Adeline Moore	SO	St. Lawrence	DNF

**Women 4x100 Meter Relay**

**Conference: 46.69 C 2023 Rochester**  
**K Isaac, S Bansbach, A Heffernan, M O'Connell**  
**Meet: 47.27 M 5/6/2023 Rochester**  
**K Isaac, S Bansbach, A Heffernan, M O'Connell**  
**AARTFC: 50.00 A**

Team	Relay	Finals
<b>Finals</b>		
1 Rochester		47.98A 10
1) Tina Kyriacou SO	2) Alyssa Hoogs SR	
3) Ashley Heffernan SR	4) Madeline O'Connell SR	
2 RPI		48.07A 8
1) Christine Mallette JR	2) Katie Manning JR	
3) Alyssa Fici FR	4) Lauren Szalkowski FR	

3 Vassar		48.86A 6
1) Jamie Eu SO	2) Ava Novak SR	
3) Jahmilia Dennis SO	4) Traci Francis JR	
4 RIT		49.39A 5
1) Allison Regnante JR	2) Sadie Schreiner SO	
3) Rania Sabri SO	4) Caroline Hill JR	
5 Ithaca		49.55A 4
1) Ava Butler FR	2) Devan Adegbile SR	
3) Rachel Larson SO	4) Tayla Hummel FR	
6 Union (N.Y.)		50.09 3
1) Marley Froe JR	2) Katherine Doran FR	
3) Glory Moncion-Allen JR	4) Gabrielle Baker JR	
7 St. Lawrence		53.00 2
1) Margaret McNally SO	2) Caelan McHarney SO	
3) Mackenzie Marcus JR	4) Kiran Black SO	

**Women 4x400 Meter Relay**

**Conference: 3:41.17 C 2023 Rochester**  
**M O'Connell, M Bell, K Hardy, S Bansbach**  
**Meet: 3:48.75 M 5/6/2023 Rochester**  
**M O'Connell, K Hardy, M Bell, S Bansbach**  
**AARTFC: 4:08.00 A**

Team	Relay	Finals
<b>Finals</b>		
1 RIT		3:57.90A 10
1) Violet Ameen SR	2) Sydney Burgard SR	
3) Samantha Crisci SO	4) Caroline Hill JR	
2 Union (N.Y.)		4:00.88A 8
1) Glory Moncion-Allen JR	2) Kasey McGerald JR	
3) Gabrielle Baker JR	4) Caroline Stanton JR	
3 RPI		4:02.85A 6
1) Jordina Coleman JR	2) Alyssa Fici FR	
3) Lauren Maher JR	4) Christine Mallette JR	
4 Rochester		4:03.19A 5
1) Raquella Casserino FR	2) Kate Isaac SR	
3) Nora Chen FR	4) Megan Bell JR	
5 Ithaca		4:06.96A 4
1) Emily Johnson JR	2) Giana Haubrich JR	
3) Ava Butler FR	4) Julia Ryba FR	
6 Vassar		4:06.99A 3
1) Ava Novak SR	2) Ava Whitney FR	
3) Norah Reade FR	4) Sophia Henderson JR	
7 St. Lawrence		4:21.91 2
1) Margaret McNally SO	2) Allison Sibold JR	
3) Charlotte Blake FR	4) Caelan McHarney SO	
8 Bard		4:45.42 1
1) Chloe Desautels SO	2) Mieke Matteson FR	
3) Hawra Mochhala JR	4) Camila Sandaal FR	

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**Results**

**Women High Jump**

**Conference:** 1.71m C                      M Turner / J Scharlow  
**Meet:** 1.71m M 5/4/2019      Jacy Scharlow  
**AARTFC:** 1.57m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Lydia Barber	FR	Ithaca	1.59mA 10
2 Ashley Sheldon	FR	Union (N.Y.)	1.59mA 7
2 Madeleine Wright	FR	Ithaca	1.59mA 7
4 Celia Ryan	FR	Ithaca	1.54m 5
5 Caroline Stanton	JR	Union (N.Y.)	1.49m 3.5
5 Grace Ardito	SO	Union (N.Y.)	1.49m 3.5
7 Nora Dreslin	SO	Rochester	1.44m 2
8 Amelia Berthold	SO	St. Lawrence	1.39m 1
9 Mia Gerber	FR	RIT	1.39m
10 Lily Hubert	FR	Rochester	1.39m
--- Mieke Matteson	FR	Bard	NH
--- Jillian Benfante	FR	Vassar	NH
--- Camila Sandaal	FR	Bard	NH
--- Ashley Heffernan	SR	Rochester	DNS

**Women Pole Vault**

**Conference:** 4.31m C 2018                      Katherine Pitman  
**Meet:** 3.87m M 5/5/2023      Meghan Matheny  
**AARTFC:** 3.30m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Madeline O'Connell	SR	Rochester	3.81mA 10
2 Catherine Fox	SR	RIT	3.51mA 8
3 Erin Eastwood	SO	Ithaca	3.51mA 6
4 Bree Boyle	SO	Ithaca	3.51mA 5
5 Talia Hutchinson	FR	Ithaca	3.21m 4
6 Laura Suppa	SO	Ithaca	2.91m 3
7 Samantha Schlectman	SO	RIT	2.61m 2
8 Mia Gerber	FR	RIT	2.31m 1

**Women Long Jump**

**Conference:** 5.95m C 2015                      Divya Biswal  
**Meet:** 5.76m M 5/5/2023      Logan Bruce  
**AARTFC:** 5.35m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Ashley Heffernan	SR	Rochester	5.89mM 10
2 Allison Regnante	JR	RIT	5.54m 8
3 Alyssa Hoogs	SR	Rochester	5.53mA 6
4 Ashanti Stanley	SR	Ithaca	5.37mA 5
5 Jahmilia Dennis	SO	Vassar	5.33m 4
6 Jordyn Dolan	JR	Ithaca	5.26m 3
7 Alexis Brown	FR	Ithaca	5.25m 2
8 Ashleigh Barrett	SO	Rochester	5.20m 1
9 Ava Novak	SR	Vassar	5.17m 4.8
10 Sydney Passley-Harris	SO	Vassar	5.15m -0.6
11 Faye Stevens	JR	Vassar	5.12m 1.8
12 Katie Manning	JR	RPI	5.10m 3.1

13 Heather Kwafo	SR	Vassar	4.92m 0.9
14 Jamie Eu	SO	Vassar	4.80m 3.2
15 Quinn Taylor	SR	Rochester	4.60m 1.3
16 Mackenzie Marcus	JR	St. Lawrence	4.51m 1.4
17 Kiran Black	SO	St. Lawrence	4.49m 1.4
18 Grace Ardito	SO	Union (N.Y.)	4.49m 1.4
19 Katie Unger	JR	RPI	4.45m 2.7
20 J'Adora Lively	FR	Bard	4.12m -0.7

**Women Triple Jump**

**Conference:** 12.49m C 2015                      Divya Biswal  
**Meet:** 11.75m M 2014                      Divya Biswal  
**AARTFC:** 11.00m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jahmilia Dennis	SO	Vassar	11.65mA 10
2 Alyssa Hoogs	SR	Rochester	11.55mA 8
3 Luca Pecora	JR	Ithaca	11.31mA 6
4 Ashanti Stanley	SR	Ithaca	11.10m 5
5 Ashley Sheldon	FR	Union (N.Y.)	10.97m 4
6 Alexis Brown	FR	Ithaca	10.54m 3
7 Celia Ryan	FR	Ithaca	10.51m 2
8 Heather Kwafo	SR	Vassar	10.30m 1
9 Julia Hubbard	SR	RPI	10.28m 0.5
10 Ashleigh Barrett	SO	Rochester	10.27m 2.2
11 Violet Ameele	SR	RIT	10.23m 2.8
12 Rania Sabri	SO	RIT	10.10m 1.1
13 Grace Croft	FR	Ithaca	9.91m 2.7
14 Becca Itty	SO	RPI	9.67m 0.8

**Women Shot Put**

**Conference:** 14.50m C 2010                      Alyssa Pirinelli  
**Meet:** 14.40m M 2010                      Alyssa Pirinelli  
**AARTFC:** 12.00m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Deziree Garrick	JR	Rochester	12.53mA 10
2 Emily DiMarco	JR	RIT	12.50mA 8
3 Cora Rose	JR	Rochester	12.31mA 6
4 Lily Seyfert	SO	Ithaca	12.29mA 5
5 Madison Vargas	FR	Rochester	12.21mA 4
6 Marinna Heichberger	SO	RIT	12.08mA 3
7 Amelia Geck	FR	RIT	11.81m 2
8 Kylie Allen	FR	RPI	11.63m 1
9 Leanna Wells	FR	RPI	11.60m
10 Cheyenne McPeck	FR	Ithaca	11.45m
11 Sonya Shivok	JR	RIT	10.99m
12 Hannah Rogers	JR	RPI	10.95m
13 Aimee Oszer	FR	Rochester	10.56m
14 Charlotte Powell	FR	Ithaca	10.44m
15 Enya Green	FR	Ithaca	10.40m
16 Autumn Bernava	FR	RIT	10.38m
17 Talia Hutchinson	FR	Ithaca	10.28m
18 Katie Lynch	SO	RPI	10.05m
19 Lauryn Cruz	FR	St. Lawrence	9.97m

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**Results**

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

Name	Yr	School	Finals
20 Emily Boswell	JR	St. Lawrence	9.94m
21 Lacey Eckert	SO	St. Lawrence	9.89m
22 Bailee Drummond	FR	RIT	9.74m
23 Lauren Armstrong	JR	Union (N.Y.)	9.29m
24 Kolby Davis	SO	Vassar	8.82m
25 Sundee Kroyer	JR	Union (N.Y.)	7.38m

**Women Discus Throw**

Conference: 43.06m C 2023 Emily Demarco

Meet: 41.87m M 5/8/2021 Kari Leap

AARTFC: 38.00m A

Name	Yr	School	Finals
1 Emily DiMarco	JR	RIT	40.72mA 10
2 Katie Lynch	SO	RPI	40.64mA 8
3 Bailee Drummond	FR	RIT	39.67mA 6
4 Grace Richard	SO	RPI	38.11mA 5
5 Aimee Oszer	FR	Rochester	37.38m 4
6 Lacey Eckert	SO	St. Lawrence	37.23m 3
7 Madison Vargas	FR	Rochester	36.90m 2
8 Lily Seyfert	SO	Ithaca	36.85m 1
9 Leanna Wells	FR	RPI	36.68m
10 Sydney Petrie	SO	Vassar	35.09m
11 Charlotte Powell	FR	Ithaca	32.81m
12 Kylie Allen	FR	RPI	32.71m
13 Barbara Kotlan	FR	RPI	32.61m
14 Cheyenne McPeek	FR	Ithaca	31.36m
15 Emily Boswell	JR	St. Lawrence	30.95m
16 Marinna Heichberger	SO	RIT	30.77m
17 Enya Green	FR	Ithaca	29.84m
18 Cora Rose	JR	Rochester	29.81m
19 Soleil Yuong	JR	Vassar	29.49m
20 Victoria Bermeo	FR	Rochester	29.28m
21 Autumn Bernava	FR	RIT	29.05m
22 Hannah Rogers	JR	RPI	28.54m
23 Abbe Colgan	SO	Vassar	28.31m
24 Liv Ilasz	SO	Rochester	27.67m
25 Cassidy Romano	FR	Rochester	26.75m

**Women Hammer Throw**

Conference: 57.90m C 2014 Lydia Frangos

Meet: 54.06m M 2014 Lydia Frangos

AARTFC: 45.00m A

Name	Yr	School	Finals
1 Lily Seyfert	SO	Ithaca	47.58mA 10
2 Deziree Garrick	JR	Rochester	46.22mA 8
3 Liv Ilasz	SO	Rochester	45.50mA 6
4 Cheyenne McPeek	FR	Ithaca	43.55m 5
5 Grace Richard	SO	RPI	43.40m 4
6 Autumn Bernava	FR	RIT	39.91m 3
7 Cora Rose	JR	Rochester	39.24m 2
8 Lacey Eckert	SO	St. Lawrence	38.64m 1

9 Marinna Heichberger	SO	RIT	38.40m
10 Soncerae Hamiter	JR	Ithaca	37.31m
11 Aimee Oszer	FR	Rochester	35.74m
12 Enya Green	FR	Ithaca	35.29m
13 Lauryn Cruz	FR	St. Lawrence	35.11m
14 Charlotte Powell	FR	Ithaca	34.55m
15 Bailee Drummond	FR	RIT	33.89m
16 Epephanie LaBoy	FR	Union (N.Y.)	31.64m
17 Madison Vargas	FR	Rochester	31.20m
18 Emily Boswell	JR	St. Lawrence	29.32m
19 Victoria Bermeo	FR	Rochester	28.32m
20 Soleil Yuong	JR	Vassar	27.92m
21 Rosemary Fleischmann	SO	St. Lawrence	26.71m
22 Lauren Armstrong	JR	Union (N.Y.)	23.45m
--- Katie Lynch	SO	RPI	FOUL
--- Hannah Rogers	JR	RPI	DNS

**Women Javelin Throw**

Conference: 46.24m C 2021 Kathleen Merchant

Meet: 42.56m M 5/3/2019 Kathleen Merchant

AARTFC: 34.50m A

Name	Yr	School	Finals
1 Aimee Oszer	FR	Rochester	38.09mA 10
2 Sonya Shivok	JR	RIT	36.91mA 8
3 Lily Seyfert	SO	Ithaca	34.41m 6
4 Abigail Carpenter	SR	RIT	34.28m 5
5 Charlotte Powell	FR	Ithaca	33.73m 4
6 Katie Lynch	SO	RPI	31.08m 3
7 Leanna Wells	FR	RPI	30.68m 2
8 Sundee Kroyer	JR	Union (N.Y.)	30.40m 1
9 Lauren Armstrong	JR	Union (N.Y.)	29.91m
10 Celia Ryan	FR	Ithaca	29.42m
11 Annie Smith	FR	RIT	29.20m
12 Mia Gerber	FR	RIT	29.14m
13 Jordina Coleman	JR	RPI	29.05m
14 Cassidy Romano	FR	Rochester	27.97m
15 Victoria Bermeo	FR	Rochester	27.15m
16 Autumn Bernava	FR	RIT	22.95m
17 Margaret Buckley	FR	Union (N.Y.)	22.18m

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Yr	School	Finals
1 Cecelia LaBonte	SO	Ithaca	26.86 724
2 Julia Largett	SO	Rochester	27.81 646
3 Faye Stevens	JR	Vassar	28.09 624
4 Gabby Irvin	FR	RPI	29.05 551
5 Madeleine Wright	FR	Ithaca	29.43 523
6 Halle Raina	JR	RPI	29.56 513
7 Abigail Sasson	FR	Vassar	29.77 498
8 Amelia Berthold	SO	St. Lawrence	30.64 438

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**Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Julia Largett	SO Rochester	2:26.94	732
2	Madeleine Wright	FR Ithaca	2:32.14	666
3	Cecelia LaBonte	SO Ithaca	2:39.21	582
4	Faye Stevens	JR Vassar	2:41.99	550
5	Amelia Berthold	SO St. Lawrence	2:42.79	541
6	Halle Raina	JR RPI	2:50.34	460
7	Gabby Irvin	FR RPI	2:53.18	431
8	Abigail Sasson	FR Vassar	2:59.85	367

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Cecelia LaBonte	SO Ithaca	16.19	691
2	Julia Largett	SO Rochester	16.82	617
3	Faye Stevens	JR Vassar	16.94	603
4	Madeleine Wright	FR Ithaca	17.22	572
5	Gabby Irvin	FR RPI	17.85	504
6	Halle Raina	JR RPI	17.88	501
7	Abigail Sasson	FR Vassar	18.03	485
8	Amelia Berthold	SO St. Lawrence	21.36	199

**Heptathlon: #2 Women High Jump Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Madeleine Wright	FR Ithaca	1.68m	830
2	Abigail Sasson	FR Vassar	1.47m	588
3	Amelia Berthold	SO St. Lawrence	1.41m	523
4	Faye Stevens	JR Vassar	1.35m	460
5	Julia Largett	SO Rochester	1.32m	429
6	Halle Raina	JR RPI	1.29m	399
6	Gabby Irvin	FR RPI	1.29m	399
---	Cecelia LaBonte	SO Ithaca		NH

**Heptathlon: #5 Women Long Jump Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Faye Stevens	JR Vassar	5.02m	565
2	Cecelia LaBonte	SO Ithaca	4.88m	527
3	Julia Largett	SO Rochester	4.80m	506
4	Abigail Sasson	FR Vassar	4.77m	498
5	Madeleine Wright	FR Ithaca	4.64m	464
6	Amelia Berthold	SO St. Lawrence	4.28m	374
7	Gabby Irvin	FR RPI	4.18m	350
8	Halle Raina	JR RPI	4.05m	319

**Heptathlon: #3 Women Shot Put Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Madeleine Wright	FR Ithaca	8.58m	437
2	Cecelia LaBonte	SO Ithaca	8.19m	412
3	Julia Largett	SO Rochester	8.17m	410
4	Faye Stevens	JR Vassar	8.07m	404

5	Halle Raina	JR RPI	7.90m	393
6	Amelia Berthold	SO St. Lawrence	7.63m	375
7	Abigail Sasson	FR Vassar	7.23m	350
8	Gabby Irvin	FR RPI	6.05m	274

**Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Halle Raina	JR RPI	26.14m	404
2	Faye Stevens	JR Vassar	25.10m	384
3	Madeleine Wright	FR Ithaca	23.50m	354
4	Amelia Berthold	SO St. Lawrence	22.14m	329
5	Cecelia LaBonte	SO Ithaca	18.58m	263
6	Abigail Sasson	FR Vassar	18.44m	260
7	Gabby Irvin	FR RPI	10.35m	112
---	Julia Largett	SO Rochester		FOUL

**Women Heptathlon**

**Conference: 5220 C 2023 Logan Bruce**  
**Meet: 4890 M 5/4/2018 Kylee Bartlett**  
**AARTFC: 3300 A**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Madeleine Wright	FR Ithaca	3846A	10
2	Faye Stevens	JR Vassar	3590A	8
3	Julia Largett	SO Rochester	3340A	6
4	Cecelia LaBonte	SO Ithaca	3199	5
5	Abigail Sasson	FR Vassar	3046	4
6	Halle Raina	JR RPI	2989	3
7	Amelia Berthold	SO St. Lawrence	2779	2
8	Gabby Irvin	FR RPI	2621	1

**Men 100 Meter Dash**

**Conference: 10.59 C 2006 Kemar Brown**  
**Meet: 10.67 M 1998 Krishaun Gilmore**  
**AARTFC: 11.00 A**

Name	Yr	School	Prelims	
<b>Preliminaries</b>				
1	Josh Ihegihu	SO RPI	A 10.73Q1.3	
2	Sakyi Okwaning	FR Union (N.Y.)	A 10.81Q0.9	
3	Sam Ahern	JR Union (N.Y.)	10.82Q2.5	
4	William Hauf	JR St. Lawrence	10.84q 2.5	
5	P.J. London	JR Rochester	A 10.85q 0.9	
6	Max Liu	SO RPI	11.03q 1.3	
7	Jonathan Jacobs	JR RIT	11.03q 1.3	
8	Manny Eribo	JR Rochester	11.04q 0.9	
9	Rafael Steiner	SO RPI	11.12	2.5
10	Tucker Haluszczak	FR RIT	11.13	2.5
11	RJ Encarnacion	FR RPI	11.17	0.9
12	Alex Boreland	FR Ithaca	11.21	0.9
13	Sean (Cj) Jones	SO Ithaca	11.21	1.3
14	Kensei Chen	JR RPI	11.26	0.9
15	Jack Catelotti	SO RPI	11.39	1.3
16	Nicholas Lusardi	FR RIT	11.39	1.3

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**Preliminaries ... (Men 100 Meter Dash)**

Name	Yr	School	Prelims
17 Max Boreland	FR	Ithaca	11.46 2.5
18 Thomas Mulvaney	FR	RPI	11.52 2.5
19 Kyle Kelsey	FR	Rochester	11.60 1.3
20 Oluwaponmile Fafowora	FR	Vassar	11.69 2.5
21 Jacob Sellitti	SO	Vassar	11.71 0.9

**Men 100 Meter Dash**

**Conference: 10.59 C 2006      Kemar Brown**  
**Meet: 10.67 M 1998      Krishaun Gilmore**  
**AARTFC: 11.00 A**

Name	Yr	School	Finals
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**Finals**

1 Josh Ihegihu	SO	RPI	10.70A 10
2 Sam Ahern	JR	Union (N.Y.)	10.84A 8
3 Sakyi Okwaning	FR	Union (N.Y.)	10.92A 6
4 P.J. London	JR	Rochester	10.96A 5
5 William Hauf	JR	St. Lawrence	10.97A 4
6 Jonathan Jacobs	JR	RIT	11.05 3
7 Max Liu	SO	RPI	11.09 2
8 Manny Eribo	JR	Rochester	11.14 1

**Men 200 Meter Dash**

**Conference: 21.52 C 1997      Krishaun Gilmore**  
**Meet: 21.55 M 5/6/2023      Justin Jantzi**  
**AARTFC: 22.00 A**

Name	Yr	School	Prelims
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**Preliminaries**

1 Donovan Myrick	SO	RPI	A 21.71Q1.1
2 Sam Ahern	JR	Union (N.Y.)	21.74Q2.7
3 P.J. London	JR	Rochester	21.89Q2.8
4 Josh Ihegihu	SO	RPI	22.19Q1.3
5 Alex Flynn	FR	RPI	21.99q2.8
6 Mitch Lienert	SR	Rochester	22.20q2.7
7 Rafael Steiner	SO	RPI	22.25q2.8
8 Sean (Cj) Jones	SO	Ithaca	22.32q2.7
9 Peter Cavanaugh	JR	RPI	22.39 2.8
10 Max Liu	SO	RPI	22.41 2.7
11 Ronen Stewart	FR	RPI	22.46 1.3
12 Michael Sardo	SO	RIT	22.49 1.1
13 William Hauf	JR	St. Lawrence	22.57 1.3
14 Jonathan Jacobs	JR	RIT	22.62 2.7
15 Tucker Haluszczak	FR	RIT	22.70 1.1
16 Aaron Binion	FR	Union (N.Y.)	22.89 2.7
17 Sakyi Okwaning	FR	Union (N.Y.)	22.91 1.3
18 Alex Boreland	FR	Ithaca	22.98 1.1
19 Drew Kerr	SO	RPI	23.02 1.1
20 Jack Catelotti	SO	RPI	23.10 1.3
21 Benjamin Pochobradsky	SO	RIT	23.15 2.8
22 Stephen Fajen	JR	RPI	23.22 1.3
23 Caleb Young	FR	St. Lawrence	23.25 1.1
24 Nicholas Lusardi	FR	RIT	23.33 1.3
25 Kyle Kelsey	FR	Rochester	23.34 2.8

26 Jacob Sellitti	SO	Vassar	23.59 2.7
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**Men 200 Meter Dash**

**Conference: 21.52 C 1997      Krishaun Gilmore**  
**Meet: 21.55 M 5/6/2023      Justin Jantzi**  
**AARTFC: 22.00 A**

Name	Yr	School	Finals
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**Finals**

1 Josh Ihegihu	SO	RPI	21.51 10
2 Donovan Myrick	SO	RPI	21.60 8
3 Sam Ahern	JR	Union (N.Y.)	21.65 6
4 P.J. London	JR	Rochester	21.73 5
5 Mitch Lienert	SR	Rochester	22.19 4
6 Alex Flynn	FR	RPI	22.22 3
7 Rafael Steiner	SO	RPI	22.30 2
8 Sean (Cj) Jones	SO	Ithaca	22.36 1

**Men 400 Meter Dash**

**Conference: 48.18 C 2019      Neil Casimir**  
**Meet: 48.21 M 5/6/2023      Justin Jantzi**  
**AARTFC: 49.50 A**

Name	Yr	School	Prelims
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**Preliminaries**

1 Alex Flynn	FR	RPI	A 49.27Q
2 Jack Defeo	FR	RIT	50.03Q
3 Ryan Senf	SO	RIT	50.63Q
4 Peter Cavanaugh	JR	RPI	49.63q
5 Evan Bryant	FR	Rochester	50.24q
6 Leif Harvey	JR	St. Lawrence	50.35q
7 Caden Caron	SO	RPI	50.81q
8 Ronen Stewart	FR	RPI	51.29q
9 Ryan Hilliard	JR	Union (N.Y.)	51.33
10 Darnell Worley	SR	Vassar	51.35
11 Benjamin Pochobradsky	SO	RIT	51.35
12 Stephen Fajen	JR	RPI	51.57
13 Christian Voloshen	SR	Rochester	51.59
14 Caleb Young	FR	St. Lawrence	51.93
15 Colin Hascup	JR	Rochester	52.06
16 Justin Heinrichs	FR	RPI	52.10
17 Kristofer Mellor	SO	St. Lawrence	52.28
18 Drew Kerr	SO	RPI	52.28
19 Evan Cherry	FR	Ithaca	52.38
20 Jackson Klehr	FR	Union (N.Y.)	52.73
21 Max Creamer	SR	Rochester	53.00
22 George Nilson	FR	Ithaca	53.24

**Men 400 Meter Dash**

**Conference: 48.18 C 2019      Neil Casimir**  
**Meet: 48.21 M 5/6/2023      Justin Jantzi**  
**AARTFC: 49.50 A**

Name	Yr	School	Finals
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**Finals**

1 Alex Flynn	FR	RPI	49.11A 10
2 Peter Cavanaugh	JR	RPI	49.52 8

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**Results**

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

Name	Yr	School	Finals
3 Jack Defeo	FR	RIT	49.56 6
4 Ryan Senf	SO	RIT	50.34 5
5 Leif Harvey	JR	St. Lawrence	50.56 4
6 Evan Bryant	FR	Rochester	50.72 3
7 Caden Caron	SO	RPI	51.71 2
8 Ronen Stewart	FR	RPI	53.68 1

**Men 800 Meter Run**

Conference: 1:50.27 C 2024 Sean Hendricks

Meet: 1:52.16 M 5/6/2023 Scott Sikorski

AARTFC: 1:56.00 A

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Dominic Pena	FR	RPI	A 1:55.01Q
2 Jack Keelan	SR	Bard	A 1:55.80Q
3 Josh Bedford	SO	RIT	1:56.91Q
4 Tim Jacques	SR	Vassar	A 1:55.18Q
5 Matthew Smalling	JR	RPI	1:56.02Q
6 Sean Hendricks	JR	Rochester	1:56.93Q
7 Danny Gall	FR	RPI	A 1:55.93q
8 Sean Miller	FR	Vassar	1:56.11q
9 Domenick Rayleonard	JR	RPI	1:56.22
10 Jack Czarnecki	FR	RPI	1:57.40
11 Skye Crocker	JR	Rochester	1:57.83
12 Dylan Rosemark	JR	RPI	1:57.85
13 Rahul Maharjan	JR	RPI	1:57.91
14 Carter Rothwell	SO	Ithaca	1:59.35
15 Bretton Garrick	FR	Union (N.Y.)	2:00.12
16 Tye Royal	JR	St. Lawrence	2:00.13
17 Daniel Ford	SR	Rochester	2:00.13
18 Adam Mocho	SO	Ithaca	2:00.82
19 Oliver Pawelek	SR	Bard	2:01.00
20 Henry Baker	JR	St. Lawrence	2:01.08
21 Nicholas DeBaise	JR	Union (N.Y.)	2:01.11
22 Samuel Adamson	FR	RIT	2:01.32
23 Murray Copps	FR	RPI	2:01.48
24 Chris Licata	JR	Ithaca	2:02.99

**Men 800 Meter Run**

Conference: 1:50.27 C 2024 Sean Hendricks

Meet: 1:52.16 M 5/6/2023 Scott Sikorski

AARTFC: 1:56.00 A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jack Keelan	SR	Bard	1:51.20M 10
2 Dominic Pena	FR	RPI	1:53.26A 8
3 Josh Bedford	SO	RIT	1:55.79A 6
4 Matthew Smalling	JR	RPI	1:55.81A 5
5 Danny Gall	FR	RPI	1:55.84A 4
6 Sean Miller	FR	Vassar	1:56.47 3
7 Tim Jacques	SR	Vassar	1:57.24 2
8 Sean Hendricks	JR	Rochester	2:00.49 1

**Men 1500 Meter Run**

Conference: 3:44.23 C 2023 Matthew Lecky

Meet: 3:48.98 M 5/6/2023 Matthew Lecky

AARTFC: 4:00.00 A

Name	Yr	School	Finals
<b>Finals</b>			
1 Cory Kennedy	JR	RPI	3:51.36A 10
2 Nicholas Lyndaker	SO	St. Lawrence	3:51.64A 8
3 Matthew Smalling	JR	RPI	3:52.08A 6
4 Davis Piercy	SR	RPI	3:52.46A 5
5 Jack Loughery	SO	RPI	3:52.96A 4
6 Charles Alekson	JR	Union (N.Y.)	3:53.19A 3
7 Evan Lacey	FR	RPI	3:53.62A 2
8 Jack Czarnecki	FR	RPI	3:54.99A 1
9 Benjamin Neff	JR	Union (N.Y.)	3:55.17A
10 Jose Magana	JR	Vassar	3:55.42A
11 Danny Gall	FR	RPI	3:59.06A
12 Sean Hendricks	JR	Rochester	4:01.83
13 Tim Buchan	JR	Vassar	4:01.89
14 Evan Owens	SO	RIT	4:02.04
15 Tevin McLaren	FR	RPI	4:03.87
16 Ben Buffone	SO	Ithaca	4:03.92
17 Ben Trantanella	JR	Union (N.Y.)	4:04.98
18 Sam Gibbons	SO	RPI	4:06.95
19 Dylan Rosemark	JR	RPI	4:09.40
20 Anthony Zarrella	SO	RPI	4:10.04
21 Trevor Dix	FR	Ithaca	4:10.74
22 Christopher O'Donnell	JR	St. Lawrence	4:11.77
23 Andre Latina	SO	RPI	4:15.49
24 Will Bonnette	FR	Union (N.Y.)	4:15.99
25 Nolan Goldthwaite	SO	Rochester	4:22.25
26 Michael Paoletti	FR	RIT	4:23.16
27 Elijah Flynn	FR	Bard	4:27.23
28 Able Bloodgood	FR	Bard	4:36.93

**Men 5000 Meter Run**

Conference: 14:07.10 C 2023 Matthew Lecky

Meet: 14:29.29 M 5/7/2022 John Reed

AARTFC: 15:15.00 A

Name	Yr	School	Finals
<b>Finals</b>			
1 Mitchell Dailey	JR	RPI	14:53.79A 10
2 Vince Simonetti	JR	RPI	14:55.30A 8
3 Jonathan Craun	JR	RPI	14:59.40A 6
4 Cory Kennedy	JR	RPI	15:08.96A 5
5 Nick Gaitanis	SR	Rochester	15:14.54A 4
6 Jason Gibbons	SR	RPI	15:18.00 3
7 Jack Loughery	SO	RPI	15:21.96 2
8 Evan Lacey	FR	RPI	15:23.19 1
9 Joey Smith	SO	RPI	15:26.62
10 James Catania	JR	Rochester	15:28.70
11 Patrick Russell	SO	St. Lawrence	15:34.00
12 Aidan Mayer	SR	Vassar	15:35.96
13 Gwilym Horner	SO	RPI	15:39.47

**Liberty League  
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**Results**

**Finals ... (Men 5000 Meter Run)**

Name	Yr	School	Finals
14 Matthew Taylor	JR	St. Lawrence	15:48.35
15 Arlo Rucker	SO	Vassar	15:52.96
16 Derick Koen	SO	RIT	15:56.55
17 Griffin Roeder	SO	St. Lawrence	15:56.82
18 Caleb Watson	JR	RPI	15:56.86
19 Justin Cascio	SO	RPI	15:59.94
20 Jay Parker	JR	RPI	16:09.96
21 Zachary Eckhardt	SR	RIT	16:10.77
22 Mark D'Alessandro	JR	Union (N.Y.)	16:15.03
23 Matthew Serrano	SO	St. Lawrence	16:27.94
24 William Hawkins	SR	RPI	16:45.64
25 Clemente Esponilla	SO	Bard	17:10.41
26 Bo Hopwood	SO	Bard	18:05.03
--- Kai Chang	JR	Vassar	DNF
--- Jason Cirrito	JR	Vassar	DNF
--- Jonathan Wolf	FR	Ithaca	DNF
--- Matthew Andersen	SO	Ithaca	DNF
--- Nicholas Lyndaker	SO	St. Lawrence	DNF
--- Michael Skutt	JR	St. Lawrence	DNF

**Men 10000 Meter Run**

Conference: 29:18.13 C 2024 Vince Simonetti  
 Meet: 30:00.44 M 5/5/2023 Vince Simonetti  
 AARTFC: 32:45.00 A

Name	Yr	School	Finals
1 Vince Simonetti	JR	RPI	30:17.52A 10
2 Mitchell Dailey	JR	RPI	30:21.38A 8
3 Jonathan Craun	JR	RPI	30:34.87A 6
4 Miles Takiguchi	SR	Vassar	31:14.37A 5
5 James Hughes	JR	Ithaca	31:18.44A 4
6 Ryan Russell	JR	Union (N.Y.)	31:23.63A 3
7 Nick Gaitanis	SR	Rochester	31:24.99A 2
8 Gwilym Horner	SO	RPI	31:52.18A 1
9 Brady Geisler	SO	RPI	32:06.74A
10 Justin Cascio	SO	RPI	32:31.05A
11 Jay Parker	JR	RPI	32:44.13A
12 Matthew Taylor	JR	St. Lawrence	32:50.52
13 Matthew Serrano	SO	St. Lawrence	33:03.46
14 Derick Koen	SO	RIT	33:05.37
15 Caleb Watson	JR	RPI	33:06.61
16 Kai Chang	JR	Vassar	33:14.65
17 Tobin Durham	SO	RPI	33:29.68
18 Max Frazee	FR	Vassar	33:50.54
19 Zachary Sowers	FR	RIT	34:54.02
20 Henry Hagen	FR	St. Lawrence	35:16.08
--- William Hawkins	SR	RPI	DNF
--- Michael Skutt	JR	St. Lawrence	DNF

**Men 110 Meter Hurdles**

Conference: 14.44 C 2013 Jake Fredericks  
 Meet: 14.76 M 2012 Jake Fredericks  
 AARTFC: 15.60 A

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Cortez Garrett	SO	RPI	A 14.87Q1.8
2 Jason Bois	SO	Union (N.Y.)	15.16Q2.1
3 Cameron Chambers	SO	RIT	15.66q 2.1
4 Jacen Mitchell	FR	RIT	16.00q 1.8
5 Eric Antonecchia	SO	RIT	16.01q 2.1
6 Matt Lokshin	SO	Ithaca	16.18q 1.8
7 Chris Kay	FR	RPI	16.25q 2.1
8 Garrett Dietrich	SR	Rochester	16.32q 2.1
9 Elijah VanHoover	FR	Rochester	16.36 1.8
10 Mark Magyar	FR	Rochester	16.42 1.8
11 Jae Young Seo	JR	Vassar	16.66 2.1
12 William Beck	JR	Union (N.Y.)	16.79 1.8
13 Jake Dembrow	FR	Ithaca	17.04 1.8
14 Brogan McGorray	SO	St. Lawrence	17.09 1.8
--- Ben Vanaskie	SO	RIT	DQ 2.1

**Men 110 Meter Hurdles**

Conference: 14.44 C 2013 Jake Fredericks  
 Meet: 14.76 M 2012 Jake Fredericks  
 AARTFC: 15.60 A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jason Bois	SO	Union (N.Y.)	14.87A 10
2 Cortez Garrett	SO	RPI	14.87A 8
3 Jacen Mitchell	FR	RIT	15.29A 6
4 Cameron Chambers	SO	RIT	15.63 5
5 Eric Antonecchia	SO	RIT	15.96 4
6 Matt Lokshin	SO	Ithaca	16.10 3
7 Chris Kay	FR	RPI	16.58 2
8 Garrett Dietrich	SR	Rochester	16.76 1

**Men 400 Meter Hurdles**

Conference: 52.42 C 2016 Nicholas Crawford  
 Meet: 53.03 M 5/7/2022 Nate Oczkowski  
 AARTFC: 56.00 A

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Cortez Garrett	SO	RPI	A 55.91Q
2 Max Stein	JR	RIT	56.07Q
3 Jacen Mitchell	FR	RIT	56.83q
4 Shifan Shaffe	JR	St. Lawrence	57.03q
5 Joseph Napolitano	FR	Ithaca	57.67q
6 Mark Magyar	FR	Rochester	57.79q
7 Nick Krein	FR	Rochester	58.39q
8 Sean Graves	FR	RIT	58.41q
9 Matt Lokshin	SO	Ithaca	59.01

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**Results**

<b>Preliminaries ... (Men 400 Meter Hurdles)</b>				
Name	Yr	School	Prelims	
10	Elijah VanHoover	FR Rochester	1:00.01	
11	Garrett Dietrich	SR Rochester	1:00.65	
12	Jack Gips	FR RPI	1:00.78	
13	Joshua Garraway	FR Vassar	1:00.90	
14	Christopher Brandreth	JR Union (N.Y.)	1:02.89	
15	Carlos Sanchez	SO St. Lawrence	1:05.40	

**Men 400 Meter Hurdles**  
**Conference: 52.42 C 2016 Nicholas Crawford**  
**Meet: 53.03 M 5/7/2022 Nate Oczkowski**  
**AARTFC: 56.00 A**

Name	Yr	School	Finals	
1	Max Stein	JR RIT	53.20A 10	
2	Cortez Garrett	SO RPI	53.66A 8	
3	Jacen Mitchell	FR RIT	56.77 6	
4	Mark Magyar	FR Rochester	57.36 5	
5	Joseph Napolitano	FR Ithaca	57.63 4	
6	Shifan Shaffe	JR St. Lawrence	58.03 3	
7	Sean Graves	FR RIT	58.89 2	
8	Nick Krein	FR Rochester	58.96 1	

**Men 3000 Meter Steeplechase**  
**Conference: 9:09.75 C 2019 John Blake**  
**Meet: 9:20.87 M 5/6/2022 Aidan Mayer**  
**AARTFC: 9:45.00 A**

Name	Yr	School	Finals	
1	Jason Gibbons	SR RPI	9:27.49A 10	
2	Aidan Mayer	SR Vassar	9:30.93A 8	
3	Patrick Russell	SO St. Lawrence	9:38.38A 6	
4	Nolan Goldthwaite	SO Rochester	9:42.13A 5	
5	Michael Harkins	SO RPI	9:48.05 4	
6	Jason Cirrito	JR Vassar	9:56.29 3	
7	Patrick Bierach	SR Ithaca	9:58.80 2	
8	Drew Garringer	FR Rochester	9:59.07 1	
9	Jackson Burger	FR RIT	10:02.23	
10	Cole Jacobsen	FR St. Lawrence	10:11.47	
11	Alton Francisco	FR RPI	10:22.66	
12	Matthew Coleman	JR St. Lawrence	10:23.21	
13	Gus Smith	FR Rochester	10:32.03	
14	Branden McColm	FR RIT	10:35.84	
15	Aidan Loughlin	SO Ithaca	10:57.27	

**Men 4x100 Meter Relay**  
**Conference: 41.41 C 2019 RIT**  
**M Lienhard, M Gloskey, S Morrissey, C Geiger**  
**Meet: 41.62 M 5/4/2019 RIT**  
**M Lienhard, M Gloskey, S Morrissey, C Geiger**  
**AARTFC: 43.50 A**

Team	Relay	Finals
<b>Finals</b>		
1	RPI	42.14A 10
	1) Max Liu SO	2) Ronen Stewart FR
	3) Alex Flynn FR	4) Josh Ihegihu SO
2	Rochester	42.32A 8
	1) Evan Bryant FR	2) Mitch Lienert SR
	3) P.J. London JR	4) Manny Eribo JR
3	Union (N.Y.)	42.37A 6
	1) Sakyi Okwaning FR	2) Ryan Hilliard JR
	3) Aaron Binion FR	4) Sam Ahern JR
4	RIT	42.74A 5
	1) Tucker Haluszczak FR	2) Max Stein JR
	3) Michael Sardo SO	4) Jonathan Jacobs JR
5	St. Lawrence	44.99 4
	1) Robert Scalessa FR	2) Caleb Young FR
	3) Cameron Dillard JR	4) William Hauf JR
6	Vassar	45.60 3
	1) Jae Young Seo JR	2) Jacob Sellitti SO
	3) Rey Claro SR	4) Darnell Worley SR
---	Ithaca	DNF
	1) Max Boreland FR	2) Sean (Cj) Jones SO
	3) Alex Boreland FR	4) Jake Dembrow FR

**Men 4x400 Meter Relay**  
**Conference: 3:14.60 C 2023 RIT**  
**Senf, Wilson, Resnick, Jantzi**  
**Meet: 3:15.21 M 5/6/2023 RIT**  
**R Senf, O Wilson, T Goyette, J Jantzi**  
**AARTFC: 3:24.00 A**

Team	Relay	Finals
<b>Finals</b>		
1	RIT	3:17.17A 10
	1) Josh Bedford SO	2) Jack Defeo FR
	3) Jacen Mitchell FR	4) Benjamin Pochobradsky SO
2	RPI	3:17.17A 8
	1) Caden Caron SO	2) Peter Cavanaugh JR
	3) Stephen Fajen JR	4) Alex Flynn FR
3	Rochester	3:20.33A 6
	1) Evan Bryant FR	2) Mitch Lienert SR
	3) Max Creamer SR	4) Sean Hendricks JR
4	St. Lawrence	3:22.42A 5
	1) Kristofer Mellor SO	2) Shifan Shaffe JR
	3) Caleb Young FR	4) Leif Harvey JR
5	Vassar	3:24.13 4
	1) Darnell Worley SR	2) Tim Jacques SR
	3) Jose Magana JR	4) Sean Miller FR

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**Results**

**Finals ... (Men 4x400 Meter Relay)**

Team	Relay	Finals
6 Ithaca		3:26.48 3
1) Adam Mocho SO	2) Matt Lokshin SO	
3) Sean (Cj) Jones SO	4) George Nilson FR	
7 Union (N.Y.)		3:27.14 2
1) Aaron Binion FR	2) Jackson Klehr FR	
3) Ryan Hilliard JR	4) Aidan Savitt SO	
8 Bard		3:46.17 1
1) Able Bloodgood FR	2) Elijah Flynn FR	
3) Jack Keelan SR	4) Oliver Pawelek SR	

**Men High Jump**

**Conference:** 2.06m C 2014      **Stephen Silber**  
**Meet:** 2.04m M 2012      **Stephen Silber**  
**AARTFC:** 1.94m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Yathin Vemula	SO	RPI	1.95mA 10
2 Aadit Jain	SO	Rochester	1.95mA 8
3 Erich Brown	FR	RIT	1.85m 6
4 Tate Finger	FR	Rochester	1.80m 5
5 Dillen Owusu	FR	RPI	1.75m 4
6 Leo Lomangino	FR	RPI	1.75m 3
7 Jack Mailberg	SO	RPI	1.75m 2
8 Bradley Baybutt	JR	RIT	1.70m 0.5
8 Robert Smith	JR	RPI	1.70m 0.5
10 Cameron Dillard	JR	St. Lawrence	1.70m
11 Andrew Geschickter	SR	Ithaca	1.65m
12 Brogan McGorray	SO	St. Lawrence	1.65m
--- Oluwaponmile Fafowora	FR	Vassar	NH

**Men Pole Vault**

**Conference:** 5.11m C 2021      **Dominic Mikula**  
**Meet:** 4.88m M 5/5/2023      **James Zeolla**  
**AARTFC:** 4.45m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Dominic Mikula	SR	Ithaca	4.90mM 10
2 James Zeolla	JR	RPI	4.90mM 8
3 Moss Dengler	FR	RPI	4.75mA 6
4 Brendan Sheehan	SR	Ithaca	4.60mA 5
5 Joey Hinckley	SR	RPI	4.45mA 4
6 Cody Reeth	SO	Rochester	4.45mA 3
7 Aidan Sheahan	SR	RIT	4.30m 2
8 Alexander Bauer	JR	RIT	4.15m 1
9 Ryan Swenson	FR	RIT	4.00m
10 Duncan Haldeman	JR	RIT	3.85m
11 Josh Chait	SO	RPI	3.70m
12 Brendan O'Horo	FR	St. Lawrence	3.55m
12 Casey Selinske	SR	RPI	3.55m
--- Rey Claro	SR	Vassar	NH
--- Cayden Kuhns	FR	Ithaca	NH

**Men Long Jump**

**Conference:** 7.44m C 2024      **Cole Goodman**  
**Meet:** 7.41m M 1998      **Chris Burgess**  
**AARTFC:** 6.80m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Cole Goodman	JR	Rochester	7.58mC 10
2 Owen Haas	JR	RPI	7.29m 8
3 Kyle Lane	SR	Rochester	7.04mA 6
4 Manny Eribo	JR	Rochester	6.90mA 5
5 Sam Lorenzetti	JR	Rochester	6.79m 4
6 Robert Smith	JR	RPI	6.69m 3
7 Ervin Owusu	FR	RPI	6.58m 2
8 Kyle Kelsey	FR	Rochester	6.50m 1
9 Oliver Annon	SO	Rochester	6.39m 1.9
10 Regis Agbata	FR	RIT	6.33m 2.1
11 Eli Coleman	JR	Union (N.Y.)	6.33m 1.9
12 Maxwell Zielonka	FR	Rochester	6.32m 1.6
13 Evan Cherry	FR	Ithaca	6.25m 2.6
14 Erik Shattenberg	FR	St. Lawrence	6.14m 1.3
15 Joseph Smith	FR	Rochester	6.11m 1.5
16 Jae Young Seo	JR	Vassar	5.97m 2.2

**Men Triple Jump**

**Conference:** 15.46m C 2024      **Cole Goodman**  
**Meet:** 15.25m M 5/6/2023      **Cole Goodman**  
**AARTFC:** 13.50m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Cole Goodman	JR	Rochester	15.16mA 10
2 Sam Lorenzetti	JR	Rochester	13.86mA 8
3 Kyle Lane	SR	Rochester	13.74m 6
4 Joseph Smith	FR	Rochester	13.59m 5
5 Maxwell Zielonka	FR	Rochester	13.20m 4
6 Manny Eribo	JR	Rochester	12.98m 3
7 Ngawang Ghongwatsang	SO	RPI	12.89m 2
8 Ryan Hilliard	JR	Union (N.Y.)	12.85m 1
9 Andrew Orlando	FR	Ithaca	12.49m 5.5
10 Aaron Binion	FR	Union (N.Y.)	12.30m 2.5
11 Robert Smith	JR	RPI	12.19m 1.1
12 Erik Shattenberg	FR	St. Lawrence	12.13m 4.2
13 Liam Connelly	FR	Ithaca	12.01m 2.3
--- Owen Haas	JR	RPI	FOUL

**Men Shot Put**

**Conference:** 16.65m C 2003      **Justin Sievert**  
**Meet:** 16.65m M 2003      **Justin Sievert**  
**AARTFC:** 14.50m A

Name	Yr	School	Finals
<b>Finals</b>			
1 Ethan Beer	FR	Rochester	14.42m 10
2 Zachary Jaworski	JR	St. Lawrence	14.19m 8
3 Javier Bedoya	SO	RPI	14.11m 6
4 Paul Sussman	SO	RPI	13.87m 5

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**Results**

**Finals ... (Men Shot Put)**

Name	Yr	School	Finals
5 Jordan Johnson	JR	Rochester	13.73m 4
6 Yohermy Kpodo	SR	RIT	13.49m 3
7 Dylan Rykert	SR	Rochester	13.39m 2
8 Tristan Mangin	SO	RPI	13.22m 1
9 Kevin Fobare	SR	Rochester	13.06m
10 Mason Lang	SO	Union (N.Y.)	12.84m
11 Elliott Walter	SO	RIT	12.78m
12 Tito Bowens	JR	St. Lawrence	12.43m
12 James Bommentre	JR	RPI	12.43m
14 Nicholas Entner	SO	Union (N.Y.)	12.07m
15 Logan Gamlin	FR	RPI	11.95m
16 Noah Wilson	FR	RIT	11.65m
17 Antonio Cocchiario	SO	Union (N.Y.)	11.63m

**Men Discus Throw**

Conference: **54.11m C 2015** Tyler Yeastedt  
 Meet: **51.02m M 2001** Bill Monette  
 AARTFC: **43.50m A**

Name	Yr	School	Finals
1 Jordan Johnson	JR	Rochester	45.53mA 10
2 Tristan Mangin	SO	RPI	43.01m 8
3 Ethan Beer	FR	Rochester	42.87m 6
4 Elliott Walter	SO	RIT	42.32m 5
5 Javier Bedoya	SO	RPI	41.20m 4
6 Dylan Rykert	SR	Rochester	40.78m 3
7 Zajans Crapo	JR	Rochester	37.92m 2
8 Aidan Hughes	SR	RIT	36.12m 1
9 Kevin Fobare	SR	Rochester	35.94m
10 Yohermy Kpodo	SR	RIT	35.75m
11 Josh Auler	JR	RIT	34.72m
12 Tito Bowens	JR	St. Lawrence	34.60m
13 Zachary Jaworski	JR	St. Lawrence	33.98m
14 Loren Baker	FR	RIT	33.76m
15 Connor St. Peter	SO	St. Lawrence	33.57m
16 Colby Grove	SO	RPI	31.81m
17 Adam Finnimore	FR	Vassar	31.69m
18 Antonio Cocchiario	SO	Union (N.Y.)	30.80m
19 Adam Hecker	SO	Union (N.Y.)	29.43m

**Men Hammer Throw**

Conference: **61.32m C 2011** Ja'Mar Watson  
 Meet: **56.76m M 1998** Paul Hanrahan  
 AARTFC: **49.00m A**

Name	Yr	School	Finals
1 Jordan Johnson	JR	Rochester	55.41mA 10
2 Aidan Hughes	SR	RIT	53.24mA 8
3 Nolan Ragland	SR	Rochester	51.13mA 6
4 Zachary Jaworski	JR	St. Lawrence	49.18mA 5
5 Colby Grove	SO	RPI	49.09mA 4
6 Kevin Fobare	SR	Rochester	48.00m 3
7 Josh Auler	JR	RIT	47.28m 2

8 Zajans Crapo	JR	Rochester	46.53m 1
9 Armaan Butler	FR	Rochester	43.34m
10 Mason Lang	SO	Union (N.Y.)	40.47m
11 Paul Sussman	SO	RPI	40.02m
11 Kevin Chait	JR	RPI	40.02m
13 Yohermy Kpodo	SR	RIT	38.78m
14 Greg Watson	FR	RIT	35.85m
15 James Bommentre	JR	RPI	35.68m
16 Mason Banks	FR	RIT	35.01m
17 Aramis Suarez	FR	Union (N.Y.)	32.68m
18 Ethan Rowe	JR	St. Lawrence	30.43m
--- Javier Bedoya	SO	RPI	FOUL
--- Erik Schneider	SO	St. Lawrence	FOUL
--- Tito Bowens	JR	St. Lawrence	FOUL

**Men Javelin Throw**

Conference: **65.50m C 2014** Michael Goldstock  
 Meet: **61.54m M 2005** Jim Motzkin  
 AARTFC: **50.50m A**

Name	Yr	School	Finals
1 Tristan Mangin	SO	RPI	58.43mA 10
2 Andrew Bernacki	SR	RIT	57.73mA 8
3 Keenan Gosselin	FR	RIT	55.80mA 6
4 Jason Mohr	JR	RIT	55.77mA 5
5 Nicholas Entner	SO	Union (N.Y.)	54.93mA 4
6 Jordan Johnson	JR	Rochester	54.16mA 3
7 Mason Lang	SO	Union (N.Y.)	51.65mA 2
8 Zajans Crapo	JR	Rochester	49.62m 1
9 Erik Schneider	SO	St. Lawrence	47.96m
10 Ngawang Ghongwatsang	SO	RPI	47.49m
11 Jack Simack	JR	St. Lawrence	47.25m
12 Ethan Rowe	JR	St. Lawrence	45.85m
13 David Shaffer	SO	RIT	43.26m
14 Elliot Bernacki	JR	RIT	42.16m
15 Clinton Stutzman	JR	RPI	38.31m
16 Ryan Steele	SO	St. Lawrence	34.88m

**Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Yr	School	Finals
1 Gabe Thyne	JR	Rochester	11.51 750
2 Aeden Angelone	SR	Rochester	11.68 715
3 Leo Lomangino	FR	RPI	11.70 711
4 Noah McKibben	SO	Ithaca	11.74 703
5 Josh Chait	SO	RPI	11.76 699
6 Ashton Tokarski	FR	Rochester	11.79 693
7 Maxwell Bergman	JR	Vassar	12.05 641
8 Dillen Owusu	FR	RPI	12.26 601
9 Keenan Gosselin	FR	RIT	12.34 586

**Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	Yr	School	Finals
1 Gabe Thyne	JR	Rochester	49.90 819

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**Finals ... (Decathlon: #5 Men 400 Meter Dash Decathlon)**

Name	Yr	School	Finals
2 Leo Lomangino	FR	RPI	52.37 709
3 Aeden Angelone	SR	Rochester	52.60 699
4 Noah McKibben	SO	Ithaca	53.21 673
5 Ashton Tokarski	FR	Rochester	53.92 643
6 Maxwell Bergman	JR	Vassar	54.27 628
7 Keenan Gosselin	FR	RIT	57.48 503
8 Josh Chait	SO	RPI	58.36 471
9 Dillen Owusu	FR	RPI	58.88 452

**Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Yr	School	Finals
1 Leo Lomangino	FR	RPI	4:42.24 666
2 Keenan Gosselin	FR	RIT	4:44.67 651
3 Gabe Thyne	JR	Rochester	4:47.80 632
4 Ashton Tokarski	FR	Rochester	4:52.96 601
5 Aeden Angelone	SR	Rochester	4:55.21 588
6 Noah McKibben	SO	Ithaca	5:00.74 555
7 Maxwell Bergman	JR	Vassar	5:02.63 545
8 Dillen Owusu	FR	RPI	5:34.54 377
9 Josh Chait	SO	RPI	5:43.40 336

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

Name	Yr	School	Finals
1 Gabe Thyne	JR	Rochester	16.04 728
2 Aeden Angelone	SR	Rochester	16.33 696
3 Leo Lomangino	FR	RPI	17.10 614
4 Noah McKibben	SO	Ithaca	17.23 600
5 Ashton Tokarski	FR	Rochester	17.48 575
6 Dillen Owusu	FR	RPI	17.72 551
7 Maxwell Bergman	JR	Vassar	17.73 550
8 Keenan Gosselin	FR	RIT	17.93 531
9 Josh Chait	SO	RPI	23.04 149

**Decathlon: #4 Men High Jump Decathlon**

Name	Yr	School	Finals
1 Aeden Angelone	SR	Rochester	1.84m 661
1 Gabe Thyne	JR	Rochester	1.84m 661
3 Leo Lomangino	FR	RPI	1.75m 585
3 Ashton Tokarski	FR	Rochester	1.75m 585
5 Noah McKibben	SO	Ithaca	1.69m 536
6 Keenan Gosselin	FR	RIT	1.66m 512
7 Maxwell Bergman	JR	Vassar	1.63m 488
8 Dillen Owusu	FR	RPI	1.60m 464
9 Josh Chait	SO	RPI	1.54m 419

**Decathlon: #8 Men Pole Vault Decathlon**

Name	Yr	School	Finals
1 Aeden Angelone	SR	Rochester	4.00m 617
2 Josh Chait	SO	RPI	3.90m 590

3 Dillen Owusu	FR	RPI	3.60m 509
3 Maxwell Bergman	JR	Vassar	3.60m 509
3 Gabe Thyne	JR	Rochester	3.60m 509
6 Ashton Tokarski	FR	Rochester	3.40m 457
7 Keenan Gosselin	FR	RIT	3.20m 406
8 Leo Lomangino	FR	RPI	2.80m 309
--- Noah McKibben	SO	Ithaca	NH

**Decathlon: #2 Men Long Jump Decathlon**

Name	Yr	School	Finals
1 Aeden Angelone	SR	Rochester	6.42m 679
2 Gabe Thyne	JR	Rochester	6.33m 659
3 Leo Lomangino	FR	RPI	6.29m 650
4 Noah McKibben	SO	Ithaca	6.16m 621
5 Ashton Tokarski	FR	Rochester	6.14m 617
6 Maxwell Bergman	JR	Vassar	6.06m 600
7 Dillen Owusu	FR	RPI	5.69m 521
8 Keenan Gosselin	FR	RIT	5.63m 508
9 Josh Chait	SO	RPI	5.18m 417

**Decathlon: #3 Men Shot Put Decathlon**

Name	Yr	School	Finals
1 Keenan Gosselin	FR	RIT	12.21m 619
2 Aeden Angelone	SR	Rochester	11.96m 604
3 Leo Lomangino	FR	RPI	10.39m 509
4 Gabe Thyne	JR	Rochester	10.03m 487
5 Maxwell Bergman	JR	Vassar	9.44m 452
5 Dillen Owusu	FR	RPI	9.44m 452
7 Ashton Tokarski	FR	Rochester	9.35m 447
8 Josh Chait	SO	RPI	9.01m 426
9 Noah McKibben	SO	Ithaca	7.30m 325

**Decathlon: #7 Men Discus Throw Decathlon**

Name	Yr	School	Finals
1 Keenan Gosselin	FR	RIT	34.47m 553
2 Gabe Thyne	JR	Rochester	33.10m 526
3 Aeden Angelone	SR	Rochester	31.28m 490
4 Josh Chait	SO	RPI	27.15m 409
5 Dillen Owusu	FR	RPI	26.76m 401
6 Ashton Tokarski	FR	Rochester	26.46m 395
7 Leo Lomangino	FR	RPI	22.34m 316
8 Maxwell Bergman	JR	Vassar	22.06m 311
9 Noah McKibben	SO	Ithaca	18.67m 247

**Decathlon: #9 Men Javelin Throw Decathlon**

Name	Yr	School	Finals
1 Keenan Gosselin	FR	RIT	54.54m 656
2 Aeden Angelone	SR	Rochester	51.37m 609
3 Noah McKibben	SO	Ithaca	36.64m 394
4 Ashton Tokarski	FR	Rochester	36.47m 391
5 Leo Lomangino	FR	RPI	36.36m 390

**Liberty League**  
**Outdoor Track & Field Championships**  
**Hosted By RPI - 5/3/2024 to 5/4/2024**  
**Results**

**Finals ... (Decathlon: #9 Men Javelin Throw Decathlon)**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>
6	Maxwell Bergman	JR	Vassar	35.98m 384
7	Dillen Owusu	FR	RPI	33.21m 345
8	Josh Chait	SO	RPI	33.20m 344
9	Gabe Thyne	JR	Rochester	31.22m 316

**Men Decathlon**

**Conference:** 6750 C 2005 Trevor Tersmette

**Meet:** 6534 M 5/5/2023 Alex Opsahl

**AARTFC:** 5100 A

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>				
1	Aeden Angelone	SR	Rochester	6358A 10
2	Gabe Thyne	JR	Rochester	6087A 8
3	Keenan Gosselin	FR	RIT	5525A 6
4	Leo Lomangino	FR	RPI	5459A 5
5	Ashton Tokarski	FR	Rochester	5404A 4
6	Maxwell Bergman	JR	Vassar	5108A 3
7	Dillen Owusu	FR	RPI	4673 2
8	Noah McKibben	SO	Ithaca	4654 1
9	Josh Chait	SO	RPI	4260

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**Women - Team Rankings - 21 Events Scored**

1)	Rochester	209
2)	Ithaca	175
3)	RIT	135
4)	Vassar	108
5)	RPI	101
6)	Union (N.Y.)	56
7)	St. Lawrence	33
8)	Bard	1

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**Men - Team Rankings - 21 Events Scored**

1)	RPI	308.5
2)	Rochester	213
3)	RIT	121.5
4)	Union (N.Y.)	51
5)	St. Lawrence	47
6)	Ithaca	33
7)	Vassar	31
8)	Bard	11