

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Women 60 Meter Dash

AARFTC: 8.05 A

Facility: 7.65 F 3/7/2020 Amanda Crooks

Name	Yr	School	Prelims
Preliminaries			
1 Alaina Morley	JR	Nazareth	A 7.97Q
2 Abigail Dorunda	FR	St. John Fisher	8.12Q
3 Kayla Huba	JR	SUNY Geneseo	8.12Q
4 Alexis Lasher	JR	Nazareth	8.14Q
5 Makenna Manson	FR	St. John Fisher	8.22q
6 Hannah Ragule	SR	Nazareth	8.27q
7 Caitlyn Smithers	SO	Nazareth	8.31q
8 Jasmine Kendrick	SO	Nazareth	8.32q
9 Sadie Omilian	FR	Rochester	8.36
10 Ella Radley	FR	St. John Fisher	8.39
11 Tina Kyriacou	JR	Rochester	8.39
12 Maya Hatch	JR	Rochester	8.45
13 Allison Nickson	FR	St. John Fisher	8.51
14 Allison Lennebacker	SR	St. John Fisher	8.56
15 Peytyn Geer	SO	Nazareth	8.58
16 Toni Adewakun	SO	Rochester	8.61
17 Lizzie Merrill	FR	Rochester	8.61
18 Raelen Green	FR	Rochester	8.63
19 Emily Salman	SR	Rochester	8.64
20 Quinn Taylor	SR	Rochester	8.71
21 Margaret Guilfoyle	SR	SUNY Geneseo	8.78
22 Ashley Holt	SR	St. John Fisher	8.83
23 Paige Lundgren	SR	St. John Fisher	9.21
24 Lillian Tripp	FR	St. John Fisher	9.30
25 Gabriella Primrose	FR	Nazareth	9.58

Women 60 Meter Dash

AARFTC: 8.05 A

Facility: 7.65 F 3/7/2020 Amanda Crooks

Name	Yr	School	Finals
Finals			
1 Alaina Morley	JR	Nazareth	7.93A
2 Alexis Lasher	JR	Nazareth	8.10
3 Abigail Dorunda	FR	St. John Fisher	8.11
4 Kayla Huba	JR	SUNY Geneseo	8.15
5 Makenna Manson	FR	St. John Fisher	8.19
6 Jasmine Kendrick	SO	Nazareth	8.27
7 Hannah Ragule	SR	Nazareth	8.34
8 Caitlyn Smithers	SO	Nazareth	8.42

Women 300 Meter Dash

Facility: 40.80 F 1/11/2020 Jada Kenner

Name	Yr	School	Finals
Finals			
1 Khia Laster	SR	Buffalo State	41.43
2 Abigail Dorunda	FR	St. John Fisher	43.41
3 Sophia Barclay	SO	SUNY Geneseo	43.55
4 Gigi Ferro	SO	SUNY Geneseo	43.93
5 Sophia Leach	SO	St. John Fisher	44.19

6 Allison Nickson	FR	St. John Fisher	44.61
7 Raquella Casserino	SO	Rochester	44.73
8 Sam Pynn	SR	SUNY Geneseo	44.75
9 Jordan Wagner	SO	Nazareth	44.98
10 Amari Germany	FR	Buffalo State	45.26
11 Grace Wright	SR	St. John Fisher	45.34
12 Isabella Lagios	FR	SUNY Geneseo	45.49
13 Justine Draper	SR	RIT	45.54
14 Maya Hatch	JR	Rochester	45.65
15 Makenna Manson	FR	St. John Fisher	45.87
16 Hayly Fredrickson	SR	St. John Fisher	46.79
17 Ella Radley	FR	St. John Fisher	46.95
18 Margaret Guilfoyle	SR	SUNY Geneseo	47.39
19 Kaitlyn Burt	SO	Nazareth	48.31
20 Emily Salman	SR	Rochester	48.47
21 Ashley Holt	SR	St. John Fisher	48.51
22 D'Rajenea Hill	FR	Buffalo State	48.60
23 Victoria Collins	SR	St. John Fisher	48.89
24 Sophia Janik	SO	Buffalo State	49.59
25 Amelia Burger	SO	RIT	49.67
26 Emma Wright	SR	St. John Fisher	50.58
27 Jenna Hostetler	FR	Nazareth	50.58

Women 400 Meter Dash Invite

AARFTC: 1:00.50 A

Facility: 56.41 F 12/9/2022 Madeline O'Connor

Name	Yr	School	Finals
Finals			
1 Brynn Mooney	SO	SUNY Geneseo	58.24A
2 Nora Chen	SO	Rochester	59.02A
3 Ava Bagley	SO	SUNY Geneseo	59.39A
4 Eva Ciuffetelli	SO	Rochester	59.47A
5 Caroline Hill	SR	RIT	59.69A
6 Nicole Gretzinger	JR	SUNY Geneseo	1:00.73
7 Lindsay Tellez	FR	SUNY Geneseo	1:01.35

Women 500 Meter Dash

Facility: 1:17.85 F 1/25/2020 Gina Dello Russo

Name	Yr	School	Finals
Finals			
1 Janelle Eckl	SR	SUNY Geneseo	1:18.75
2 Peyton Classer	FR	Rochester	1:22.67
3 Jorja DeCarlo	FR	RIT	1:22.80
4 Samantha Crisci	JR	RIT	1:23.18
5 Abigail Bowman	FR	Nazareth	1:23.49
6 Kennedy Rose	SO	Nazareth	1:24.73
7 Sophia DiGennaro	FR	RIT	1:25.29
8 Elisha Mensah	FR	RIT	1:29.14
9 Isabella Macer	FR	RIT	1:30.66

Women 1000 Meter Run

Facility: 2:55.09 F 12/8/2023 Sierra Doody

Name	Yr	School	Finals
Finals			
1 Megan Bell	SR	Rochester	2:54.71F
2 Rita Sciortino	JR	Rochester	3:11.76

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Finals ... (Women 1000 Meter Run)

	Name	Yr	School	Finals
3	Emily Dill	SO	Rochester	3:12.70
4	Julia Lantner	JR	Rochester	3:15.19
5	Isabella Doty	JR	Rochester	3:20.23
6	Hayley Deville	FR	St. John Fisher	4:18.29

Women 1 Mile Run**AARFTC: 5:20.00 A****Facility: 4:55.72 F 3/2/2024 Dale Leonard**

	Name	Yr	School	Finals
Finals				
1	Dakota Limbert	FR	SUNY Geneseo	5:25.22
2	Shelby Boise	SO	SUNY Geneseo	5:27.03
3	Chloe Kirgan	SO	SUNY Geneseo	5:31.94
4	Alyssa Horng	JR	Rochester	5:33.49
5	Brianne Hurlburt	FR	St. John Fisher	5:40.14
6	Abbey Moose	SO	SUNY Geneseo	5:43.17
7	Grace Caterina	FR	St. John Fisher	5:44.13
8	Peyton Carter	FR	St. John Fisher	5:53.54
9	Logan Fredrickson	SR	St. John Fisher	6:00.59
10	Grace Park	FR	Rochester	6:12.61
11	Jenna Rosenkrans	FR	St. John Fisher	6:20.21
12	Caroline Horton	FR	St. John Fisher	6:21.97
13	Audi Satterlee	FR	Buffalo State	6:27.50
14	Emma Turowski	FR	St. John Fisher	6:29.86
15	Sam Sargent	SO	Buffalo State	7:26.51

Women 3000 Meter Run**AARFTC: 10:40.00 A****Facility: 9:57.95 F 1/28/2023 Windsor Ardner**

	Name	Yr	School	Finals
Finals				
1	Baillee Burton	SO	St. John Fisher	11:28.76
2	Natalia Biehl-Narvaez	JR	SUNY Geneseo	11:33.68
3	Colleen Tytler	SR	Unattached	11:33.76
4	Audrey Carragher	SR	St. John Fisher	11:44.12
5	Adriana Ochoa	FR	Rochester	12:07.27
6	Kara Goldstein	FR	Rochester	12:09.41
7	Megan O'Malley	SO	St. John Fisher	12:15.24
8	Alexis Heary	FR	St. John Fisher	12:41.83
9	Abby Nash	FR	St. John Fisher	12:53.38
10	Maggie Dolloff	SR	St. John Fisher	12:59.28
11	Libby Drum	FR	St. John Fisher	13:15.32
12	Emma Massa	SR	St. John Fisher	14:13.18
---	Margaret Nawojski	JR	St. John Fisher	DNF

Women 60 Meter Hurdles**AARFTC: 9.50 A****Facility: 8.56 F 3/2/2024 Natalia Sawyer**

	Name	Yr	School	Prelims
Preliminaries				
1	Ava Bagley	SO	SUNY Geneseo	A 9.12Q
2	Jill Ambler	SO	SUNY Geneseo	A 9.13Q
3	Nora Chen	SO	Rochester	A 9.42Q

4	Lainey Flaitz	SO	SUNY Geneseo	A 9.43Q
5	Allison Regnante	SR	RIT	9.52Q
6	Samantha Luba	JR	Nazareth	9.62Q
7	Janelle Eckl	SR	SUNY Geneseo	9.81q
8	Sophia Barclay	SO	SUNY Geneseo	9.83q
9	Mackenzie Kubat	FR	SUNY Geneseo	10.02
10	Katie Atkins	FR	Rochester	10.11
11	Amari Germany	FR	Buffalo State	10.20
12	Lauren Bendall	SR	Nazareth	10.31
13	Hayly Fredrickson	SR	St. John Fisher	10.35
14	Meya McKown	SO	Nazareth	10.51
15	Julie Durham	FR	Rochester	10.75
16	Kaitlyn Burt	SO	Nazareth	10.79
17	Julia Large	JR	Rochester	10.92
18	Mallory Rice	SO	Nazareth	10.96
19	Amelia Burger	SO	RIT	10.99
20	Zoe Noble	JR	Rochester	11.19
21	Victoria Rogoyski	FR	St. John Fisher	11.36
22	Abby Seamans	SR	Rochester	11.48
23	Madelynn Jones	SO	Nazareth	11.65
24	Jenna Hostetler	FR	Nazareth	11.85

Women 60 Meter Hurdles**AARFTC: 9.50 A****Facility: 8.56 F 3/2/2024 Natalia Sawyer**

	Name	Yr	School	Finals
Finals				
1	Jill Ambler	SO	SUNY Geneseo	9.12A
2	Ava Bagley	SO	SUNY Geneseo	9.13A
3	Lainey Flaitz	SO	SUNY Geneseo	9.40A
4	Allison Regnante	SR	RIT	9.44A
5	Samantha Luba	JR	Nazareth	9.57
6	Nora Chen	SO	Rochester	9.58
---	Sophia Barclay	SO	SUNY Geneseo	FS

Women 4x200 Meter Relay**Facility: 1:43.05 F 3/2/2024 SUNY Geneseo****B Mooney, J Ambler, K Huba, S Pynn**

	Team	Relay	Finals
Finals			
1	Nazareth	A	1:48.56
	1) Alaina Morley JR	2) Alexis Lasher JR	
	3) Lauren Bendall SR	4) Jasmine Kendrick SO	
2	SUNY Geneseo	A	1:50.05
	1) Margaret Guilfoyle SR	2) Sam Pynn SR	
	3) Gigi Ferro SO	4) Kayla Huba JR	
3	Rochester	A	1:52.98
	1) Tina Kyriacou JR	2) Maya Hatch JR	
	3) Lizzie Merrill FR	4) Toni Adewakun SO	
4	RIT	A	1:55.79
	1) Allison Regnante SR	2) Rachel Kulp FR	
	3) Isabella Macer FR	4) Sophia DiGennaro FR	

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Women 4x400 Meter Relay

AARFTC: 4:10.00 A

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

J Strickland, L Zopf, M Mulder, A Flaitz

Team	Relay	Finals
Finals		
1 Rochester	A	3:59.10A
1) Nora Chen SO	2) Eva Ciuffetelli SO	
3) Raquella Casserino SO	4) Megan Bell SR	
2 SUNY Geneseo	A	4:00.04A
1) Lindsay Tellez FR	2) Jill Ambler SO	
3) Ava Bagley SO	4) Brynn Mooney SO	
3 RIT	A	4:12.31
1) Amelia Burger SO	2) Samantha Crisci JR	
3) Jorja DeCarlo FR	4) Caroline Hill SR	
4 Nazareth	A	4:18.80
1) Lauren Bendall SR	2) Alexis Lasher JR	
3) Kennedy Rose SO	4) Jordan Wagner SO	
5 Rochester	B	4:19.10
1) Peyton Classer FR	2) Rita Sciortino JR	
3) Julia Lantner JR	4) Emily Dill SO	
6 Rochester	C	4:22.87
1) Julia Largett JR	2) Julie Durham FR	
3) Isabella Doty JR	4) Grace McInerney FR	
7 Nazareth	B	4:24.28
1) Abigail Bowman FR	2) Meya McKown SO	
3) Madelynn Jones SO	4) Samantha Luba JR	
8 Nazareth	E	4:25.25
1) Ava Baker SO	2) Bailey Visingard SO	
3) Paige Ackley SR	4) Ella Impaglia JR	
9 Nazareth	D	4:28.24
1) Morgan Pospiech SO	2) Kennedy Doran SO	
3) Meghan Moyer SO	4) Kelsey Fahy SO	
10 Nazareth	C	4:48.60
1) Emily Miller FR	2) Alia Graziadei FR	
3) Nadia Dudley FR	4) Emily Perham FR	

Women High Jump

AARFTC: 1.58m A

Facility: 1.65m F Susann Foley/Avery McNulty

Name	Yr	School	Finals
Finals			
1 Kathryn Hillyard	FR	St. John Fisher	1.61mA
2 Sydney LaSalle	JR	Nazareth	1.48m
3 Samantha Luba	JR	Nazareth	1.43m
4 Kianna Naval	FR	St. John Fisher	1.43m
5 Madelynn Jones	SO	Nazareth	1.38m
6 Sophia Barclay	SO	SUNY Geneseo	1.38m
6 Gigi Ferro	SO	SUNY Geneseo	1.38m
8 Lily Hubert	SO	Rochester	1.38m
9 Mary Kate Rewakowski	FR	Nazareth	1.33m
--- Grace McInerney	FR	Rochester	NH
--- Julie Durham	FR	Rochester	NH
--- Gabriella Primrose	FR	Nazareth	NH
--- Julia Largett	JR	Rochester	NH

Women Pole Vault

AARFTC: 3.30m A

Facility: 4.03m F 3/1/2024 Madeline O'Connell

Name	Yr	School	Finals
Finals			
1 Isabel Morse	JR	Nazareth	3.60mA
2 Kiara Tornusciolo	JR	Nazareth	3.45mA
3 Abby Kopeck	FR	Rochester	3.15m
4 Madyson Bush	FR	Nazareth	3.15m
5 Gianna Batista	JR	SUNY Geneseo	2.85m
6 Kathryn Hillyard	FR	St. John Fisher	2.85m
7 Katie Atkins	FR	Rochester	2.85m
8 Emily Frech	SR	St. John Fisher	2.70m
9 Samantha Schlectman	JR	RIT	2.70m
10 Nicole Gretzinger	JR	SUNY Geneseo	2.70m
11 Mary Kate Rewakowski	FR	Nazareth	2.70m
12 Lillian Tripp	FR	St. John Fisher	2.40m

Women Long Jump

AARFTC: 5.30m A

Facility: 6.01m F 2/10/2024 Corintia Griffith

Name	Yr	School	Finals
Finals			
1 Khia Laster	SR	Buffalo State	5.52mA
2 Ariana D'Onofrio	SO	SUNY Geneseo	5.40mA
3 Veronica Duell	SR	St. John Fisher	5.39mA
4 Jill Ambler	SO	SUNY Geneseo	5.37mA
5 Alaina Morley	JR	Nazareth	5.31mA
6 Kayla Huba	JR	SUNY Geneseo	5.30mA
7 Janelle Eckl	SR	SUNY Geneseo	5.24m
8 Allison Regnante	SR	RIT	5.21m
9 Sam Pynn	SR	SUNY Geneseo	5.18m
10 Ashleigh Barrett	JR	Rochester	4.99m
11 Emily Lopez	SO	SUNY Geneseo	4.97m
12 Jasmine Kendrick	SO	Nazareth	4.93m
13 Katie Jacques	SR	Nazareth	4.89m
14 Grace McInerney	FR	Rochester	4.88m
15 Elizabeth Brandt	FR	St. John Fisher	4.86m
16 Gracie Conlan	FR	Rochester	4.84m
17 Madelynn Jones	SO	Nazareth	4.83m
18 Hannah Ragule	SR	Nazareth	4.83m
19 Jordan Wagner	SO	Nazareth	4.81m
20 Sadie Omilian	FR	Rochester	4.81m
21 Rachel Kulp	FR	RIT	4.79m
22 Peytyn Geer	SO	Nazareth	4.77m
23 Victoria Rogoyski	FR	St. John Fisher	4.71m
24 Raelen Green	FR	Rochester	4.68m
25 Lainey Flaitz	SO	SUNY Geneseo	4.61m
26 Abigail Bowman	FR	Nazareth	4.56m
27 Mackenzie Kubat	FR	SUNY Geneseo	4.56m
28 Isabelle Briggs	FR	SUNY Geneseo	4.54m
29 Corinne Albicker	SO	SUNY Geneseo	4.49m
30 Meya McKown	SO	Nazareth	4.45m
31 Anna Johnson	SO	Rochester	4.42m
32 Lauren Bendall	SR	Nazareth	4.35m

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Finals ... (Women Long Jump)

Name	Yr	School	Finals
33 Lamiricale Felder-Hampto	FR	St. John Fisher	3.96m

Women Triple Jump

AARFTC: 10.90m A

Facility: 13.18m F 2/23/2024 Corintia Griffith

Name	Yr	School	Finals
Finals			
1 Elyse Klump	FR	SUNY Geneseo	11.14mA
2 Katie Jacques	SR	Nazareth	10.97mA
3 Sydney LaSalle	JR	Nazareth	10.73m
4 Kianna Naval	FR	St. John Fisher	10.72m
5 Gracie Conlan	FR	Rochester	10.56m
6 Hannah Ragule	SR	Nazareth	10.40m
7 Emily Lopez	SO	SUNY Geneseo	10.35m
8 Violet Ameele	SR	RIT	10.33m
9 Madyson Bush	FR	Nazareth	10.28m
10 Isabelle Briggs	FR	SUNY Geneseo	10.25m
11 Peytyn Geer	SO	Nazareth	10.11m
12 Ariana D'Onofrio	SO	SUNY Geneseo	10.02m
13 Ashleigh Barrett	JR	Rochester	10.01m
14 Corinne Albicker	SO	SUNY Geneseo	9.71m
15 Quinn Taylor	SR	Rochester	9.61m
--- Sadie Omilian	FR	Rochester	FOUL
--- Anna Johnson	SO	Rochester	FOUL

Women Shot Put

AARFTC: 11.80m A

Facility: 16.15m F 2/17/2023 Victoire Kothor

Name	Yr	School	Finals
Finals			
1 Zoe Connor	SR	SUNY Geneseo	12.89mA
2 Emily DiMarco	SR	RIT	12.41mA
3 Lauren Jaklitsch	SO	SUNY Geneseo	12.30mA
4 Cora Rose	SR	Rochester	12.23mA
5 Payton Mehalick	JR	SUNY Geneseo	12.16mA
6 Aimee Oszer	SO	Rochester	11.92mA
7 Erin McGuinness	JR	St. John Fisher	11.70m
8 Deziree Garrick	SR	Rochester	11.38m
9 Amelia Geck	SO	RIT	11.18m
10 Madison Vargas	SO	Rochester	10.96m
11 Autumn Bernava	SO	RIT	10.91m
12 Paige Pavelski	SR	Buffalo State	10.86m
13 Emily Rolince	SO	Nazareth	10.85m
14 Morgan Collazo	SR	St. John Fisher	10.78m
15 Lea Richard	SR	Nazareth	10.55m
16 Ella Manellis	FR	SUNY Geneseo	10.15m
17 Sierra Myers	FR	St. John Fisher	9.87m
18 Bailee Drummond	SO	RIT	9.76m
19 Caroline Hill	SR	RIT	9.67m
20 Hannah Recine	SR	SUNY Geneseo	9.42m
21 Taylor Fischer	FR	St. John Fisher	8.91m
22 Bryanna Herring	FR	Buffalo State	8.52m
23 Cassidy Romano	SO	Rochester	8.38m
24 Caitlin Keating	JR	St. John Fisher	8.28m

25 Ashley Tubbs	SO	SUNY Geneseo	8.20m
26 Jacqueline Williams	SO	St. John Fisher	7.94m
27 Zakiyah McQueen	FR	Buffalo State	6.78m
28 Shamiah Brown	FR	Buffalo State	5.15m
29 Josie Mason	FR	Buffalo State	4.71m
30 Katelyn Becker	SO	Buffalo State	3.67m

Women Weight Throw

AARFTC: 14.60m A

Facility: 17.97m F 3/2/2024 Lea Richard

Name	Yr	School	Finals
Finals			
1 Zoe Connor	SR	SUNY Geneseo	16.95mA
2 Lea Richard	SR	Nazareth	16.93mA
3 Emily DiMarco	SR	RIT	15.10mA
4 Deziree Garrick	SR	Rochester	15.07mA
5 Lauren Jaklitsch	SO	SUNY Geneseo	14.91mA
6 Jazelle McIntyre	JR	St. John Fisher	14.28m
7 Cora Rose	SR	Rochester	14.16m
8 Autumn Bernava	SO	RIT	14.11m
9 Liv Ilasz	JR	Rochester	14.10m
10 Ella Manellis	FR	SUNY Geneseo	13.81m
11 Payton Mehalick	JR	SUNY Geneseo	13.66m
12 Ashley Tubbs	SO	SUNY Geneseo	13.65m
13 Aimee Oszer	SO	Rochester	12.70m
14 Zoe Chafouleas	SR	Rochester	12.58m
15 Grace Moyer	SR	Nazareth	12.57m
16 Christina Valicenti	JR	St. John Fisher	12.24m
17 Bryanna Herring	FR	Buffalo State	11.83m
18 Paige Pavelski	SR	Buffalo State	11.69m
19 Madison Jones	SR	St. John Fisher	11.61m
20 Emily Rolince	SO	Nazareth	11.59m
21 Bailee Drummond	SO	RIT	11.48m
22 Amelia Geck	SO	RIT	10.88m
23 Taylor Fischer	FR	St. John Fisher	10.80m
24 Hailee Garcia	FR	St. John Fisher	10.60m
25 Victoria Bermeo	SO	Rochester	10.27m
--- Hannah Recine	SR	SUNY Geneseo	FOUL
--- Laura Rugiero	FR	St. John Fisher	FOUL

Men 60 Meter Dash

AARFTC: 7.02 A

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

Name	Yr	School	Prelims
Preliminaries			
1 Julien Crandall	SO	SUNY Geneseo	7.08Q
2 P.J. London	SR	Rochester	7.08Q
3 Will Stiska	FR	Rochester	7.10Q
4 Bergen Caprood	FR	SUNY Geneseo	7.12Q
5 Aadit Jain	JR	Rochester	7.15Q
6 Jackson Burton	FR	SUNY Geneseo	7.18Q
7 Ronan Marston	FR	Rochester	7.10q
8 Christopher Lopez	FR	St. John Fisher	7.14q
9 Jack Towns	FR	SUNY Geneseo	7.20
10 Michael Prentice	FR	St. John Fisher	7.22

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Preliminaries ... (Men 60 Meter Dash)

Name	Yr	School	Prelims
11 Brady Bishop	SR	St. John Fisher	7.24
12 Ethan Fox	JR	St. John Fisher	7.25
13 Terrell Price	FR	Buffalo State	7.25
14 J'Den Thomas	FR	SUNY Geneseo	7.27
15 Kyle Kelsey	SO	Rochester	7.28
16 Tucker Haluszczak	SO	RIT	7.28
17 Brock Young	JR	St. John Fisher	7.29
18 Trevor Whitney	FR	Rochester	7.30
19 Nathaniel Kraft	FR	RIT	7.30
20 Ben Cerreta	FR	RIT	7.34
21 Manny Eribo	SR	Rochester	7.36
22 Diego De Los Santos	SO	Rochester	7.37
23 Greg Palma	FR	Rochester	7.37
24 Jeremy Barnwell	FR	St. John Fisher	7.38
25 D'Antonio Lawrence	SO	Buffalo State	7.39
26 Mike Welch		Unattached	7.41
27 R.J. Cui	FR	Rochester	7.42
28 Nicholas Lusardi	SO	RIT	7.49
29 Kerel Cooper	FR	St. John Fisher	7.54
30 Emmett Hansen	FR	Rochester	7.55
31 David Lang	FR	SUNY Geneseo	7.56
32 Jack Maness	JR	Rochester	7.58
33 Ryan Delaine	SR	St. John Fisher	7.59
34 Rob Hartigan	SR	St. John Fisher	7.62
35 Kyle Reid	SR	Nazareth	7.68
36 Elias Buck	FR	Nazareth	7.69
37 Jason Marchincin	JR	Nazareth	7.80
38 Tate Finger	SO	Rochester	7.80
39 Tyler Liebold	FR	St. John Fisher	7.89
40 Ethan Giles	FR	St. John Fisher	7.90
41 Gavin Henderson	SR	St. John Fisher	7.96
42 Colin Geelan	FR	St. John Fisher	8.16
43 Kalan Brown	FR	Nazareth	8.21
44 Reward Mulauzi	SO	Rochester	13.54

Men 60 Meter Dash

AARFTC: 7.02 A

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

Name	Yr	School	Finals
Finals			
1 Bergen Caprood	FR	SUNY Geneseo	7.03
2 Julien Crandall	SO	SUNY Geneseo	7.07
3 P.J. London	SR	Rochester	7.09
4 Will Stiska	FR	Rochester	7.09
5 Christopher Lopez	FR	St. John Fisher	7.10
6 Ronan Marston	FR	Rochester	7.14
7 Jackson Burton	FR	SUNY Geneseo	7.18

Men 300 Meter Dash

Facility: 35.38 F 12/9/2022 Lance Jensen

Name	Yr	School	Finals
Finals			
1 Jack Towns	FR	SUNY Geneseo	35.43
2 Ben Lewis	SR	Nazareth	36.66

3 Brady Bishop	SR	St. John Fisher	36.80
4 Michael Prentice	FR	St. John Fisher	36.85
5 Brock Young	JR	St. John Fisher	37.20
6 Jack Healy	SO	Nazareth	37.34
7 Christopher Lopez	FR	St. John Fisher	37.40
8 Gian Carlo Di Fava	SO	SUNY Geneseo	37.41
9 Sean Graves	SO	RIT	37.52
10 Jeremy Barnwell	FR	St. John Fisher	37.64
11 Arturo Contreras Jr.	SO	Rochester	37.72
12 Sidney Morris	SO	Buffalo State	37.72
13 Owen Hatungimana	FR	Rochester	37.80
14 Joseph Nettles	SR	Nazareth	37.90
15 Brendan McCollum	JR	Rochester	37.92
16 Adam Johnson	FR	St. John Fisher	37.99
17 Mark Magyar	SO	Rochester	38.19
18 Mike Welch		Unattached	38.30
19 Rob Hartigan	SR	St. John Fisher	38.51
20 Ethan Fox	JR	St. John Fisher	39.09
21 Nolan Lyon	FR	Buffalo State	39.74
22 Kerel Cooper	FR	St. John Fisher	40.46
23 Gavin Henderson	SR	St. John Fisher	40.60
24 Kalan Brown	FR	Nazareth	40.96
25 Colin Geelan	FR	St. John Fisher	41.32

Men 400 Meter Dash Invite

AARFTC: 50.30 A

Facility: 48.26 F 3/5/2022 Kieran Sheridan

Name	Yr	School	Finals
Finals			
1 Jacob Miller	JR	SUNY Geneseo	49.39A
2 Max Stein	SR	RIT	49.62A
3 Andrew Kent	JR	SUNY Geneseo	50.24A
4 Arjun Ojha	FR	SUNY Geneseo	50.72
5 Evan Bryant	SO	Rochester	51.17

Men 500 Meter Dash

Facility: 1:05.97 F 12/8/2023 Ryan Senf

Name	Yr	School	Finals
Finals			
1 Jack Defeo	SO	RIT	1:05.06F
2 Noah Flanders	SR	RIT	1:06.65
3 John Elliot	FR	RIT	1:07.07
4 Colin Hascup	SR	Rochester	1:08.34
5 Cole Hastings	SO	Nazareth	1:08.94
6 Patrick Kenyon	SR	RIT	1:09.16
7 John Neudeck	FR	RIT	1:10.47
8 Lucas Tartanella	FR	RIT	1:10.65
--- Trenton Goyette	SR	Unattached	DNF

Men 1000 Meter Run

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

Name	Yr	School	Finals
Finals			
1 Jacob Bernd	FR	Rochester	2:31.25
2 Joshua Goldberg	JR	SUNY Geneseo	2:31.50
3 Skye Crocker	SR	Rochester	2:35.39

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Finals ... (Men 1000 Meter Run)			
Name	Yr	School	Finals
4 Steven McChesney	SO	RIT	2:41.44
5 Andrew Scheible	SO	Rochester	2:43.76
6 Sam Yacob	SO	Rochester	2:44.06

Men 1 Mile Run			
AARFTC: 4:22.00 A			
Facility: 4:10.25 F 3/2/2024 Ryan Hagan			
Name	Yr	School	Finals
Finals			
1 Ryan Hagan	SO	SUNY Geneseo	4:16.41A
2 Nick Bauman	SR	SUNY Geneseo	4:22.03
3 Ethan Kenyon	SR	Nazareth	4:29.46
4 Brandon Blandino	FR	RIT	4:32.79
5 Joe Cataldo	JR	Nazareth	4:48.59
6 Connor Jackson	JR	Nazareth	4:59.76
7 Gabe Chizzonite	SR	Buffalo State	5:13.15
8 Yousef Mahamoud	FR	Nazareth	5:13.67

Men 3000 Meter Run			
AARFTC: 8:47.00 A			
Facility: 8:17.96 F 1/29/2022 Graham Tuohy-Gaydos			
Name	Yr	School	Finals
Finals			
1 Evan Owens	JR	RIT	9:06.61
2 Nate Kulp	SR	St. John Fisher	9:14.71
3 Thomas Blake	FR	SUNY Geneseo	9:18.88
4 Benicio Bengan	FR	RIT	9:27.96
5 Crosby Woods	FR	Unattached	9:27.96
6 Samuel Adamson	SO	RIT	9:27.99
7 Liam Hillis	FR	Rochester	9:33.11
8 William Eskenas	SO	Rochester	9:40.93
9 Ethan Morales	JR	St. John Fisher	10:27.81
10 Kyler Patrick	FR	St. John Fisher	11:40.78

Men 60 Meter Hurdles			
AARFTC: 8.60 A			
Facility: 8.01 F 3/2/2024 Kwaku Nkrumah			
Name	Yr	School	Prelims
Preliminaries			
1 Kaleb Luton	23	Naz Alumni	A 8.27Q
2 Brendan Style	SR	SUNY Geneseo	A 8.36Q
3 Jacen Mitchell	SO	RIT	A 8.57Q
4 Gabe Thyne	SR	Rochester	8.87Q
5 Cory Jarvis	SO	SUNY Geneseo	9.02Q
6 Holden Thomas	JR	Nazareth	9.02Q
7 Elijah VanHoover	SO	Rochester	9.14q
8 Cole Henderson	FR	RIT	9.14q
9 Mark Magyar	SO	Rochester	9.18
10 Aaron Lund	JR	Nazareth	9.23
11 Jonathan McNamara	SR	SUNY Geneseo	9.23
12 Jack Pomykaj	JR	Nazareth	9.24
13 Nolan Lyon	FR	Buffalo State	9.28
14 Ryan DeShane	JR	Nazareth	9.37

15 Adam Johnson	FR	St. John Fisher	9.50
16 Ashton Tokarski	SO	Rochester	9.82
17 Quinn Mathe	FR	RIT	9.86
18 Nicholas Galasso	FR	RIT	9.86

Men 60 Meter Hurdles			
AARFTC: 8.60 A			
Facility: 8.01 F 3/2/2024 Kwaku Nkrumah			
Name	Yr	School	Finals
Finals			
1 Kaleb Luton	23	Naz Alumni	8.11A
2 Brendan Style	SR	SUNY Geneseo	8.32A
3 Jacen Mitchell	SO	RIT	8.48A
4 Cory Jarvis	SO	SUNY Geneseo	8.89
5 Holden Thomas	JR	Nazareth	8.90
6 Elijah VanHoover	SO	Rochester	9.09
7 Cole Henderson	FR	RIT	9.46

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 Rochester	A	1:31.40
1) Ronan Marston FR	2) P.J. London SR	
3) Greg Palma FR	4) Trevor Whitney FR	
2 RIT	A	1:33.22
1) Sean Graves SO	2) Tucker Haluszczak SO	
3) Nicholas Lusardi SO	4) Alex Wiseman FR	
3 Rochester	B	1:33.87
1) Will Stiska FR	2) Arturo Contreras Jr. SO	
3) Diego De Los Santos SO	4) Kyle Kelsey SO	

Men 4x400 Meter Relay		
AARFTC: 3:27.00 A		
Facility: 3:17.02 F 3/6/2020 Rowan		
J Beasley, J Bishop, J Kolodziej, F Terry		
Team	Relay	Finals
Finals		
1 SUNY Geneseo	A	3:21.18A
1) Andrew Kent JR	2) Jack Towns FR	
3) Brendan Style SR	4) Jacob Miller JR	
2 RIT	A	3:21.49A
1) Jack Defeo SO	2) Matthew Resnick SR	
3) John Elliot FR	4) Max Stein SR	
3 Nazareth	A	3:32.92
1) Jack Healy SO	2) A.J. Dumas FR	
3) Joseph Nettles SR	4) Gavin McAllister JR	
4 Rochester	A	3:33.68
1) Evan Bryant SO	2) Greg Palma FR	
3) Owen Hatungimana FR	4) Colin Hascup SR	
5 Rochester	B	3:34.92
1) Gabe Thyne SR	2) Emmett Hansen FR	
3) Jack Maness JR	4) Ashton Tokarski SO	

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals
6 Nazareth	C	3:40.07
1) Joe Cataldo JR	2) Brennan Farr SO	
3) Thuan Nguyen FR	4) Ethan Kenyon SR	
7 RIT	C	3:41.79
1) Brandon Blandino FR	2) Nate Flaherty FR	
3) Derick Koen JR	4) Michael Paoletti SO	
8 RIT	D	3:43.39
1) Samuel Adamson SO	2) Jackson Burger SO	
3) Jeffrey Gibbs SR	4) Steven McChesney SO	
--- Nazareth	B	DNF
1) Ben Lewis SR	2) Elias Buck FR	
3) Holden Thomas JR	4) Cole Hastings SO	

Men High Jump

AARFTC: 1.92m A

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

Name	Yr	School	Finals
Finals			
1 Sean Cochrane	SR	St. John Fisher	2.02mA
2 Aadit Jain	JR	Rochester	1.97mA
3 Erich Brown	SO	RIT	1.87m
4 Trevor Krukin	FR	RIT	1.87m
5 Bryant DePaull	JR	St. John Fisher	1.82m
6 Jonathan McNamara	SR	SUNY Geneseo	1.77m
6 Dylan Rose	FR	St. John Fisher	1.77m
6 Cory Jarvis	SO	SUNY Geneseo	1.77m
6 Kyle Reid	SR	Nazareth	1.77m
10 Jason Marchincin	JR	Nazareth	1.77m
11 Quinn Mathe	FR	RIT	1.77m
12 Gabe Thyne	SR	Rochester	1.72m
12 Tate Finger	SO	Rochester	1.72m
14 Griffin Killian	SO	St. John Fisher	1.72m
15 Nicholas Galasso	FR	RIT	1.72m
16 Ashton Tokarski	SO	Rochester	1.72m
17 Brendan Hall	FR	St. John Fisher	1.67m
17 Kuyler Coffin	JR	St. John Fisher	1.67m

Men Pole Vault

AARFTC: 4.45m A

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

Name	Yr	School	Finals
Finals			
1 Hayden Penna	SO	St. John Fisher	4.72mA
2 Jack Pomykaj	JR	Nazareth	4.45mA
3 Cody Reeth	JR	Rochester	4.30m
4 Oren Welch	FR	St. John Fisher	4.30m
4 Jack Maness	JR	Rochester	4.30m
6 Ryan Swenson	SO	RIT	4.30m
7 Emmett Hansen	FR	Rochester	4.15m
8 Alexander Kolpien	FR	St. John Fisher	4.15m
9 Jason Bletsko	JR	Nazareth	4.15m
10 Nolan Armitage	FR	Nazareth	4.00m
11 Chris Desiderio	FR	SUNY Geneseo	4.00m
12 Drew Allocco	JR	SUNY Geneseo	3.85m

13	Nathan Sinclair	FR	Nazareth	3.85m
14	Andrew Rohde	FR	RIT	3.85m
15	Connor Ellison	FR	St. John Fisher	3.70m
15	Zachary Narowski	FR	RIT	3.70m
17	Alexander Tomaszewski	SO	RIT	3.55m
---	A.J. Dumas	FR	Nazareth	NH

Men Long Jump

AARFTC: 6.65m A

Facility: 7.37m F 3/1/2024 Cole Goodman

Name	Yr	School	Finals
Finals			
1 Cole Goodman	SR	Rochester	7.25mA
2 Manny Eribo	SR	Rochester	6.77mA
3 Austin Lansey	FR	Rochester	6.64m
4 Jonathan McNamara	SR	SUNY Geneseo	6.56m
5 Griffin Killian	SO	St. John Fisher	6.49m
6 Oliver Annon	JR	Rochester	6.40m
7 Jason Weng	JR	St. John Fisher	6.26m
8 Jack Pomykaj	JR	Nazareth	6.25m
9 Trey Feirman	SO	SUNY Geneseo	6.24m
10 Jackson Burton	FR	SUNY Geneseo	6.10m
11 Samuel Burns	FR	St. John Fisher	6.09m
12 Kyle Reid	SR	Nazareth	6.05m
13 Cole Henderson	FR	RIT	6.02m
14 Kyle Kelsey	SO	Rochester	6.01m
15 D'Antonio Lawrence	SO	Buffalo State	6.00m
16 Jackson Gloskey	JR	SUNY Geneseo	6.00m
17 Regis Agbata	SO	RIT	5.97m
18 David Lang	FR	SUNY Geneseo	5.92m
19 Holden Thomas	JR	Nazareth	5.86m
20 R.J. Cui	FR	Rochester	5.86m
21 David Argentieri	SO	St. John Fisher	5.85m
22 Aaron Lund	JR	Nazareth	5.74m
23 Alex Wiseman	FR	RIT	5.67m
24 Ryan DeShane	JR	Nazareth	5.51m

Men Triple Jump

AARFTC: 13.40m A

Facility: 14.92m F 3/4/2022 Ahmir Johnson

	Name	Yr	School	Finals
Finals				
1	Cole Goodman	SR	Rochester	15.57mF
2	Austin Lansey	FR	Rochester	14.01mA
3	Adam Reifsteck	JR	Nazareth	13.34m
4	Reward Mulauzi	SO	Rochester	13.17m
5	Manny Eribo	SR	Rochester	12.85m
6	Chris Desiderio	FR	SUNY Geneseo	12.73m
7	David Argentieri	SO	St. John Fisher	12.22m
8	Ryan DeShane	JR	Nazareth	11.79m
9	Regis Agbata	SO	RIT	11.54m
---	Joseph Smith	SO	Rochester	FOUL

Nazareth Alumni Opener
Golisano Training Center - 12/6/2024
Results

Men Shot Put

AARFTC: 14.50m A

Facility: 17.27m F 2/21/2020 Tony DeYoung

Name	Yr	School	Finals
Finals			
1	Xzavier Goodman	SO Buffalo State	14.47m
2	Dominic Cervellera	JR Buffalo State	14.00m
3	Jordan Johnson	SR Rochester	13.96m
4	Ray Trottier	SO SUNY Geneseo	13.68m
5	Bryan Honan	FR Buffalo State	13.54m
6	Daniel Davis	FR St. John Fisher	13.38m
7	Joey Curr	JR St. John Fisher	13.09m
8	Ethan Beer	SO Rochester	12.97m
9	Kevin Fobare	SR Rochester	12.79m
10	Jayden Carroll	SO SUNY Geneseo	12.71m
11	Brandon Kaplan	JR St. John Fisher	12.56m
12	Dylan Rykert	SR Rochester	12.47m
13	Noah Wilson	SO RIT	12.47m
14	Keenan Gosselin	SO RIT	12.43m
15	Graeden Heichberger	FR Nazareth	12.40m
16	David Dobrowolski	SO Nazareth	12.39m
17	Josh Auler	SR RIT	11.87m
18	Cole Fuller	SR St. John Fisher	11.63m
19	Erik Stephany	JR RIT	11.48m
20	Tyler Spencer	SR Buffalo State	11.28m
21	Joshua Dolansky	FR RIT	11.26m
22	Loren Baker	SO RIT	11.11m
23	Jason Kinder	FR Buffalo State	10.96m
24	Connor Rinas	FR Nazareth	10.49m
25	Paul Hayes	SO SUNY Geneseo	10.17m
26	Andrew Connolly	FR St. John Fisher	9.83m
27	Ben Meyer	SO Nazareth	9.29m
28	Brandon Keefe	FR St. John Fisher	9.27m
29	Jacob Ashe	SR Buffalo State	8.83m
30	Jack Zatlukal	SO Nazareth	8.62m
31	Dominic Wolff	FR Nazareth	7.26m

Men Weight Throw

AARFTC: 15.70m A

Facility: 20.94m F 3/2/2024 Nathan Williams

Name	Yr	School	Finals
Finals			
1	Jordan Johnson	SR Rochester	18.65mA
2	Brandon Kaplan	JR St. John Fisher	17.71mA
3	Josh Auler	SR RIT	16.94mA
4	David Dobrowolski	SO Nazareth	16.72mA
5	Xzavier Goodman	SO Buffalo State	16.45mA
6	Graeden Heichberger	FR Nazareth	15.40m
7	Zajans Crapo	SR Rochester	15.31m
8	Erik Stephany	JR RIT	15.10m
9	Armaan Butler	SO Rochester	14.57m
10	Bryan Honan	FR Buffalo State	14.37m
11	Tyler Spencer	SR Buffalo State	14.34m
12	Connor Rinas	FR Nazareth	14.06m
13	Blake Reese	FR St. John Fisher	13.45m

14	Kevin Fobare	SR Rochester	13.39m
15	Dominic Cervellera	JR Buffalo State	13.36m
16	Dominic Wolff	FR Nazareth	12.77m
17	Gavin Grinnell	JR St. John Fisher	12.59m
18	Jayden Carroll	SO SUNY Geneseo	12.44m
19	Greg Watson	SO RIT	12.17m
20	Jason Kinder	FR Buffalo State	11.78m
21	Eddie Bedient	JR RIT	11.58m
22	Ray Trottier	SO SUNY Geneseo	11.55m
23	Michael Zatlukal	FR St. John Fisher	11.49m
24	Paul Hayes	SO SUNY Geneseo	11.32m
25	Jacob Ashe	SR Buffalo State	10.61m
26	Ben Meyer	SO Nazareth	10.41m
27	Brandon Keefe	FR St. John Fisher	9.49m
28	Kevin Taylor	FR RIT	9.31m
29	Jack Zatlukal	SO Nazareth	8.62m
---	Bryce Grove	JR St. John Fisher	FOUL

Mixed 1 Mile Run Alumni

Name	Yr	School	Finals
Finals			
1	Patrick Healy	M24 Naz Alumni	4:50.49
2	Nate Bowers	M23 Naz Alumni	4:58.42
3	Lucas Sharron	M23 Naz Alumni	5:10.10
4	Matt Case	M10 Naz Alumni	5:14.28
5	Dave Patalano	M09 Naz Alumni	5:15.00
6	Jake Suddaby	M22 Naz Alumni	5:21.44
7	Ethan Glashauser	M24 Naz Alumni	5:24.22
8	Kenny Williams	M24 Naz Alumni	5:25.80
9	Jacob Murray	M17 Naz Alumni	5:34.49
10	Chris Patterson	M07 Naz Alumni	5:41.72
11	Paul Wheeler	M10 Naz Alumni	5:53.01
12	Rob Castor	M09 Naz Alumni	5:53.23
13	Brenna Johnson	W23 Naz Alumni	5:54.69
14	Emily Weaver	M23 Naz Alumni	5:56.26
15	Lauren Jamieson	W13 Naz Alumni	6:02.09
16	Amanda Robertson	W09 Naz Alumni	6:18.55
17	Matt Battaglia	M17 Naz Alumni	6:19.40
18	Lilianna Hanning	W24 Naz Alumni	6:20.47
19	Mike Welch	M Unattached	6:34.72
20	Jennifer Wheeler	W10 Naz Alumni	7:35.44
21	Jim Rolince	M04 Naz Alumni	7:51.00
---	Kaleb Luton	M23 Naz Alumni	DNF
---	Matthew Johnson	M22 Naz Alumni	DNF
---	McKenzie Leahey	W23 Naz Alumni	DNF
---	Patrick Neureuter	M16 Naz Alumni	DNF
---	Isabella Heath	W24 Naz Alumni	DNF
---	Sydney Vanderhood	W23 Naz Alumni	DNF
---	Sarah Merriwether	W23 Naz Alumni	DNF