

Sam Howell Invitational - 4/2/2022

**Princeton University
Results - Saturday**

Women 100 Meter Dash

Meet Record: 11.4h # Michelle Brown

| Name | Yr | School | Finals |
|---------------------------|----|--------------|------------|
| Finals | | | |
| 1 554 Hee, Olivia | FR | Princeton | 12.23 +0.0 |
| 2 82 Green, Shirley | JR | Columbia | 12.28 +0.0 |
| 3 775 Rose, Sydney | SO | St. Joseph's | 12.37 +0.0 |
| 4 99 Marsh, Rachel | JR | Columbia | 12.58 +0.0 |
| 5 780 Walker, Judith | FR | St. Joseph's | 12.59 0.3 |
| 6 772 Nkwonta, Ginika | SR | St. Joseph's | 12.65 0.3 |
| 7 737 Vouillemin, Mandana | SO | St. John's | 12.65 +0.0 |
| 8 221 Phillips, Tricia | SO | FDU | 13.97 +0.0 |
| 9 215 Johnson, Aniya | FR | FDU | 15.09 +0.0 |

Women 200 Meter Dash

Meet Record: 23.48 # 2005 Aliann Pompey

| Name | Yr | School | Finals |
|----------------------------|----|----------------|------------|
| Finals | | | |
| 1 887 Gardner, English | | Unattached | 24.43 +0.0 |
| 2 543 Asante, Adelaide | FR | Princeton | 24.88 +0.0 |
| 3 560 Ingemi, India | FR | Princeton | 24.92 -0.7 |
| 4 569 Mponzi, Brianna | FR | Princeton | 24.97 +0.0 |
| 5 80 Goldson, Sydney | FR | Columbia | 25.19 +0.0 |
| 6 545 Brumett-Dunn, Harlov | FR | Princeton | 25.24 +0.0 |
| 7 578 Smith, Arianna | FR | Princeton | 25.25 +0.0 |
| 8 82 Green, Shirley | JR | Columbia | 25.28 +0.0 |
| 9 99 Marsh, Rachel | JR | Columbia | 25.38 -0.8 |
| 10 432 Onuorah, Chinenye | FR | Monroe College | 25.45 +0.0 |
| 11 554 Hee, Olivia | FR | Princeton | 25.60 -0.7 |
| 12 218 Lewis, Jazmyn | SR | FDU | 25.72 -0.8 |
| 13 737 Vouillemin, Mandana | SO | St. John's | 25.76 -0.8 |
| 14 774 Rodriguez, Maris | SO | St. Joseph's | 25.77 +0.0 |
| 15 757 Harding, Jaclyn | SO | St. Joseph's | 25.79 -0.7 |
| 16 775 Rose, Sydney | SO | St. Joseph's | 25.83 +0.0 |
| 17 219 Lucas, Chloe | SO | FDU | 25.88 -0.7 |
| 18 575 Rodriguez, Paola | FR | Princeton | 26.26 +0.0 |
| 19 324 Lewis, Kedarjah | FR | Iona | 26.72 -0.7 |
| 20 329 Oatman, Bria | SO | Iona | 26.95 +0.0 |
| 21 727 McPherson, Dolce | FR | St. John's | 26.99 +0.0 |

Women 400 Meter Dash

Meet Record: 53.22 # 2013 Sophie Smellie

| Name | Yr | School | Finals |
|---------------------------|----|----------------|--------|
| Finals | | | |
| 1 105 Onyeukwu, Amara | FR | Columbia | 55.51 |
| 2 568 Mosby, Nia | FR | Princeton | 55.70 |
| 3 2 Buissereth, Gabrielle | JR | Adelphi | 56.31 |
| 4 218 Lewis, Jazmyn | SR | FDU | 57.10 |
| 5 432 Onuorah, Chinenye | FR | Monroe College | 57.30 |
| 6 575 Rodriguez, Paola | FR | Princeton | 57.39 |
| 7 219 Lucas, Chloe | SO | FDU | 57.55 |
| 8 563 Lanouette, Grace | SO | Princeton | 57.72 |
| 9 94 Knight, Alexis | JR | Columbia | 58.10 |
| 10 541 Anderson, Samantha | JR | Princeton | 58.19 |
| 11 118 Woods, Kimmi | SO | Columbia | 58.62 |

| | | | |
|----------------------------|----|--------------|---------|
| 12 758 Hiltbold, Stephanie | JR | St. Joseph's | 58.96 |
| 13 752 Doherty, Alexis | FR | St. Joseph's | 59.50 |
| 14 7 Griffin, Gabrielle | JR | Adelphi | 59.52 |
| 15 783 Wojtowicz, Olivia | JR | St. Joseph's | 1:00.17 |
| 16 774 Rodriguez, Maris | SO | St. Joseph's | 1:00.57 |
| 17 210 Campbell, Shy-Ann | FR | FDU | 1:01.13 |
| 18 760 Johnson, Kimberly | FR | St. Joseph's | 1:01.67 |
| 19 727 McPherson, Dolce | FR | St. John's | 1:01.73 |
| 20 721 Jones, Malia | FR | St. John's | 1:02.29 |
| 21 214 Griffith, Daniella | SR | FDU | 1:05.06 |
| 22 320 Gudyka, Jamie | SO | Iona | 1:07.68 |

Women 800 Meter Run Seeded

Meet Record: 2:01.04 # 4/6/2019 Raevyn Rogers

| Name | Yr | School | Finals |
|---------------------------|----|------------------|---------|
| Finals | | | |
| 1 334 Sparrow, Grace | SO | Iona | 2:14.60 |
| 2 13 Marsh, Isabel | SO | Adelphi | 2:14.87 |
| 3 171 Marascia, Maria | | CPTC Tracksmith | 2:15.60 |
| 4 325 Menard, Katie | FR | Iona | 2:16.88 |
| 5 106 Rodman, Alex | SR | Columbia | 2:17.07 |
| 6 184 Bromfield, Delverna | SO | Essex CC | 2:17.49 |
| 7 109 Sanacore, Delaney | SR | Columbia | 2:17.92 |
| 8 14 Marsh, Katherine | SO | Adelphi | 2:23.54 |
| 9 534 Seykora, Maria | | Phila. Runner TC | 2:24.45 |
| 10 191 Thompson, Megan | SO | Essex CC | 2:26.42 |

Women 1500 Meter Run Seeded

Meet Record: 4:13.75 # 4/6/2019 Ajee Wilson

| Name | Yr | School | Finals |
|--------------------------|----|------------------|---------|
| Finals | | | |
| 1 386 Mancini, Christine | SO | La Salle | 4:22.19 |
| 2 253 Farrow, Ersula | | Garden State TC | 4:23.50 |
| 3 582 Weir, India | SO | Princeton | 4:24.09 |
| 4 669 Lomascolo, Olivia | JR | Siena | 4:26.62 |
| 5 566 Max, Fiona | FR | Princeton | 4:27.81 |
| 6 565 Loveys, Abigail | SO | Princeton | 4:28.38 |
| 7 66 Mack, Jeanne | | Brooklyn TC | 4:28.86 |
| 8 113 Virtue, Emily | SR | Columbia | 4:29.05 |
| 9 570 Noble, Mari | FR | Princeton | 4:29.45 |
| 10 169 Kosichenko, Olga | 2 | CPTC Tracksmith | 4:35.07 |
| 11 539 Allen, Alexis | FR | Princeton | 4:36.71 |
| 12 888 Jaskot, Erin | 8 | Unattached | 4:36.77 |
| 13 564 Liebich, Margaret | FR | Princeton | 4:37.89 |
| 14 551 Fulkerson, Lucca | FR | Princeton | 4:38.48 |
| 15 255 Ramirez, Elise | | Hands On A Clock | 4:38.81 |
| 16 281 Serkes, Morgan | SR | Hofstra | 4:42.23 |
| 17 331 Richardson, Maya | SO | Iona | 4:42.81 |
| 18 322 Klein, Madison | SO | Iona | 4:43.11 |
| 19 323 Lazarou, Olivia | JR | Iona | 4:47.49 |
| 20 167 Haspel, Brianna | | CPTC Tracksmith | 4:55.14 |
| 21 742 Baier, Briana | SR | St. Joseph's | 4:57.66 |
| 22 330 Raymond, Isabel | FR | Iona | 5:01.35 |
| 23 335 Spiridon, Cosmina | SO | Iona | 5:05.43 |

Sam Howell Invitational - 4/2/2022

**Princeton University
Results - Saturday**

Women 5000 Meter Run Seeded

Meet Record: 16:05.52 # 2006 Cack Ferrell

| Name | Yr | School | Finals |
|---------------|----|-------------------------|--------------------------|
| Finals | | | |
| 1 | | 422 Moore, Grace | Leonia TC 15:56.74# |
| 2 | | 885 Bell, Rolanda | Unattached 16:43.41 |
| 3 | | 533 Mascoli, Rosie | Phila. Runner TC16:47.42 |
| 4 | | 170 Loeb, Frances | CPTC Tracksmith16:51.13 |
| 5 | | 886 Condell, Alyssa | Unattached 17:01.68 |
| 6 | | 675 Rosati, Regina | SR Siena 17:01.85 |
| 7 | | 164 Brumley, Briar | CPTC Tracksmith17:04.56 |
| 8 | | 166 Fitzgerald, Corinne | CPTC Tracksmith17:13.12 |
| 9 | | 671 McDade Clay, Delia | SO Siena 17:17.10 |
| 10 | | 655 Atanasova, Elaine | SO Siena 17:18.54 |
| 11 | | 165 Fisher, Laurel | CPTC Tracksmith17:23.46 |
| 12 | | 85 Hartman, Charlotte | SR Columbia 17:29.82 |
| 13 | | 713 Cushing, Claire | SO St. John's 17:29.97 |
| 14 | | 83 Grela, Lauren | JR Columbia 17:40.57 |
| 15 | | 110 Schmidt, Isabel | SO Columbia 17:49.78 |
| 16 | | 771 Myers, Sarah | JR St. Joseph's 17:56.61 |
| 17 | | 660 Caputo, Julia | FR Siena 18:10.87 |
| 18 | | 173 Taylor, Abby | CPTC Tracksmith18:13.64 |
| 19 | | 666 Hesler, Katie | SO Siena 18:14.93 |
| 20 | | 495 Zodl, Athina | SR NYU 18:17.77 |
| 21 | | 720 Huleatt, Hannah | SO St. John's 18:24.62 |
| 22 | | 765 Martin, Ashley | SR St. Joseph's 18:26.84 |
| 23 | | 332 Sherman, Kate | FR Iona 18:37.76 |

Women 100 Meter Hurdles

Meet Record: 13.68 # 4/6/2019 Sara Gardner

| Name | Yr | School | Finals |
|---------------|----|-----------------------|-------------------------|
| Finals | | | |
| 1 | | 96 Landsman, Serena | FR Columbia 15.00 0.7 |
| 2 | | 224 St Louis, Aquilla | SR FDU 15.06 0.7 |
| 3 | | 739 Ysaac, Zamira | SO St. John's 15.32 0.7 |
| 4 | | 193 white, yanique | SO Essex CC 15.51 0.7 |
| 5 | | 722 Jones, Rushellee | JR St. John's 15.79 0.7 |
| 6 | | 223 Riley, Shaunelle | JR FDU 16.31 0.7 |
| 7 | | 321 Guelcher, Kristen | FR Iona 18.29 0.7 |

Women 400 Meter Hurdles

Meet Record: 58.17 # 2012 Wendy Fawn-Dorr

| Name | Yr | School | Finals |
|---------------|----|------------------------|-----------------------|
| Finals | | | |
| 1 | | 739 Ysaac, Zamira | SO St. John's 1:05.16 |
| 2 | | 79 Duran, Sevilla | SO Columbia 1:05.84 |
| 3 | | 76 Darnell, Tess | FR Columbia 1:05.94 |
| 4 | | 19 Roth, Alexis | JR Adelphi 1:07.24 |
| 5 | | 114 Walker, Fredericka | FR Columbia 1:08.26 |

Women 2000 Meter Steeplechase

Meet Record: 9:50.54 # 2012 Ashley Higginson

| Name | Yr | School | Finals |
|---------------|----|-----------------------|---------------------|
| Finals | | | |
| 1 | | 277 McDonnell, Jordyn | SO Hofstra 6:22.46# |

| | | | |
|---|----------------------|--------------|----------|
| 2 | 539 Allen, Alexis | FR Princeton | 6:27.84# |
| 3 | 551 Fulkerson, Lucca | FR Princeton | 6:38.12# |

Women 4x100 Meter Relay

Meet Record: 45.80 # 4/6/2018 Penn

B Biney, T McCorkle, C Dickson, C Ene

| Team | Relay | Finals |
|---------------|------------------------------|------------------------------|
| Finals | | |
| 1 | St. John's | A 46.02 |
| | 1) 715 Diop, Skyy JR | 2) 726 McKenzie, Tatyana FR |
| | 3) 711 Chestnut, Brooklyn SO | 4) 705 Anderson, Leah SR |
| 2 | Princeton | A 47.02 |
| | 1) 569 Mponzi, Brianna FR | 2) 563 Lanouette, Grace SO |
| | 3) 547 Burton, Casey FR | 4) 545 Brumett-Dunn, Harlowe |
| | 5) 554 Hee, Olivia FR | |
| 3 | St. Joseph's (Pa.) | A 48.38 |
| | 1) 772 Nkwonta, Ginika SR | 2) 780 Walker, Judith FR |
| | 3) 775 Rose, Sydney SO | 4) 757 Harding, Jaclyn SO |
| | 5) 774 Rodriguez, Maris SO | 6) 769 Minus-Vincent, Darynn |
| 4 | Iona | A 50.37 |
| | 1) 329 Oatman, Bria SO | 2) 324 Lewis, Kedarjah FR |
| | 3) 319 Fullerton, Tonian SO | 4) 321 Guelcher, Kristen FR |

Women 4x400 Meter Relay

Meet Record: 3:45.30 # 4/8/2017 Princeton

H Baron, A Willingham, M Craver, E Steele

| Team | Relay | Finals |
|---------------|-------------------------------|-------------------------------|
| Finals | | |
| 1 | St. John's | A 3:43.19# |
| | 1) 726 McKenzie, Tatyana FR | 2) 705 Anderson, Leah SR |
| | 3) 711 Chestnut, Brooklyn SO | 4) 715 Diop, Skyy JR |
| 2 | Adelphi | A 3:55.43 |
| | 1) 7 Griffin, Gabrielle JR | 2) 2 Buissereth, Gabrielle JR |
| | 3) 14 Marsh, Katherine SO | 4) 13 Marsh, Isabel SO |
| | 5) 19 Roth, Alexis JR | 6) 17 O'Regan, Claire SO |
| 3 | St. Joseph's (Pa.) | A 3:57.79 |
| | 1) 758 Hiltbold, Stephanie JR | 2) 752 Doherty, Alexis FR |
| | 3) 783 Wojtowicz, Olivia JR | 4) 774 Rodriguez, Maris SO |
| | 5) 769 Minus-Vincent, Darynn | |
| 4 | Iona | A 4:18.65 |
| | 1) 318 Donegan, Nadine SR | 2) 337 Toth, Gabrielle SO |
| | 3) 325 Menard, Katie FR | 4) 334 Sparrow, Grace SO |
| | 5) 323 Lazarou, Olivia JR | |

Women High Jump

Meet Record: 1.84m # 2006 Deidra Mullen

| Name | Yr | School | Finals |
|---------------|-----------------------|-------------|--------|
| Finals | | | |
| 1 | 69 Bautista, Tiffany | JR Columbia | 1.70m |
| 2 | 183 Alexander, Jelese | FR Essex CC | 1.52m |

Sam Howell Invitational - 4/2/2022

Princeton University
Results - Saturday

Women Pole Vault

Meet Record: 3.95m # 2012 Abigail Schaffer

Meet Record: 3.95m # 4/9/2016 Allison Harris

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|----------------------|---------------|-------|
| 1 | 544 Borstlap, Hanne | SO Princeton | 3.85m |
| 2 | 549 Cohen, SJ | FR Princeton | 3.75m |
| 3 | 724 Ladd, Meghan | SO St. John's | 3.45m |
| 4 | 728 Metcalf, Colette | FR St. John's | 3.20m |

Women Long Jump

Meet Record: 6.13m # 2012 Aurelie Talbot

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|----|--------------------------|-------------------|------------|
| 1 | 69 Bautista, Tiffany | JR Columbia | 5.51m +0.0 |
| 2 | 547 Burton, Casey | FR Princeton | 5.40m 0.1 |
| 3 | 324 Lewis, Kedarjah | FR Iona | 5.37m 0.5 |
| 4 | 707 Belgrave, Amanda | JR St. John's | 5.36m 1.7 |
| 5 | 225 Warfvinge, Lisa | JR FDU | 5.29m -0.4 |
| 6 | 737 Vouillemin, Mandana | SO St. John's | 5.17m +0.0 |
| 7 | 183 Alexander, Jelese | FR Essex CC | 5.13m +0.0 |
| 8 | 220 Morris, Akayla | SO FDU | 5.06m 1.3 |
| 9 | 424 Bell, Justine | FR Monroe College | 4.87m -2.0 |
| 10 | 217 Leskauskaite, Dominy | JR FDU | 4.69m 1.4 |
| 11 | 723 Kyprianou, Ioanna | SO St. John's | 4.68m 0.7 |

Women Triple Jump

Meet Record: 12.81m # 2012 Nadie Eke

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|--------------------------|---------------|-------------|
| 1 | 225 Warfvinge, Lisa | JR FDU | 11.87m +0.0 |
| 2 | 576 Rozario, Tia | SO Princeton | 11.85m -1.3 |
| 3 | 707 Belgrave, Amanda | JR St. John's | 11.12m 1.1 |
| 4 | 217 Leskauskaite, Dominy | JR FDU | 10.94m 1.2 |

Women Shot Put

Meet Record: 15.40m # 2015 Chioma Onyekwere

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|--------------------|---------------|--------|
| 1 | 458 Sumpter, Sage | FR Nyack | 13.13m |
| 2 | 730 Padedze, Lasma | SR St. John's | 12.80m |
| 3 | 738 Walsh, Ashley | JR St. John's | 11.06m |

Women Discus Throw

Meet Record: 57.22m # 4/6/2019 Obiageri Amaechi

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|------------------------|-------------------|--------|
| 1 | 436 Stickdorn, Kristin | SO Monroe College | 42.77m |
| 2 | 730 Padedze, Lasma | SR St. John's | 41.37m |
| 3 | 584 Wolford, Madeline | FR Princeton | 35.74m |
| 4 | 458 Sumpter, Sage | FR Nyack | 34.18m |

Women Hammer Throw

Meet Record: 68.71m # 2014 Julia Ratcliffe

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|----------------------------|-------------------|--------|
| 1 | 548 Chantler Edmond, Lui | SO Princeton | 53.90m |
| 2 | 436 Stickdorn, Kristin | SO Monroe College | 52.94m |
| 3 | 706 Andreou, Ismini | SO St. John's | 46.84m |
| 4 | 584 Wolford, Madeline | FR Princeton | 45.51m |
| 5 | 211 Convery, Ashleigh | SR FDU | 44.96m |
| 6 | 738 Walsh, Ashley | JR St. John's | 39.58m |
| 7 | 704 Alladio Zacpal, Ariani | FR St. John's | 38.34m |

Women Javelin Throw

Meet Record: 52.54m # 4/8/2017 Dominique Ouellette

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|------------------------|---------------|--------|
| 1 | 733 Reyes, Esmeralda | SR St. John's | 40.00m |
| 2 | 714 D'Amato, Nina | SR St. John's | 33.02m |
| 3 | 216 Johnson, Ella | FR FDU | 32.48m |
| 4 | 571 Okeremi, Oluwatise | FR Princeton | 32.05m |

Men 100 Meter Dash

Meet Record: 10.3h #

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|-------------------------|-----------------|------------|
| 1 | 135 Hernandez, Jahi | JR Columbia | 10.69 1.8 |
| 2 | 121 Balthazar, Chris | JR Columbia | 10.78 1.8 |
| 3 | 638 Phillippy, Michael | SR Princeton | 10.86 1.8 |
| 4 | 650 Topfer, Ladislav | SO Princeton | 10.89 1.8 |
| 5 | 202 Henry, Dwight | SO Essex CC | 10.91 1.8 |
| 6 | 465 Cumberbatch, Josiah | JR Nyack | 11.34 -1.8 |
| 7 | 784 Adams, Donald | SO St. Joseph's | 11.36 -1.8 |
| 8 | 786 Bamgbose, Ladi | SO St. Joseph's | 11.37 -1.8 |
| 9 | 363 Scott, Jeremy | SO Iona | 11.37 1.8 |

Men 200 Meter Dash

Meet Record: 20.9h #

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|----|-------------------------|-----------------|------------|
| 1 | 638 Phillippy, Michael | SR Princeton | 21.30 -1.0 |
| 2 | 135 Hernandez, Jahi | JR Columbia | 21.37 -1.0 |
| 3 | 121 Balthazar, Chris | JR Columbia | 21.50 -1.0 |
| 4 | 650 Topfer, Ladislav | SO Princeton | 21.60 +0.0 |
| 5 | 202 Henry, Dwight | SO Essex CC | 21.93 +0.0 |
| 6 | 350 Fullerton, Kevin | SR Iona | 22.43 -1.0 |
| 7 | 784 Adams, Donald | SO St. Joseph's | 22.54 0.1 |
| 8 | 132 Garrett, Matthew | FR Columbia | 22.68 0.1 |
| 9 | 465 Cumberbatch, Josiah | JR Nyack | 22.70 0.1 |
| 10 | 33 Cronin, Kyle | SO Adelphi | 23.08 0.1 |
| 11 | 363 Scott, Jeremy | SO Iona | 23.36 0.1 |

Men 400 Meter Dash

Meet Record: 47.20 # 2010 Mike Eddy

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

Finals

| | | | |
|---|--------------------|-----------------|-------|
| 1 | 830 Welde, Michael | JR St. Joseph's | 47.61 |
|---|--------------------|-----------------|-------|

Sam Howell Invitational - 4/2/2022

**Princeton University
Results - Saturday**

Finals ... (Men 400 Meter Dash)

| Name | Yr | School | Finals |
|----------------------------|----|----------------|--------|
| 2 196 Cunningham, Daniel | SO | Essex CC | 48.25 |
| 3 204 Mills, khabeeba | SO | Essex CC | 48.42 |
| 4 367 Tabois, Jady | SO | Iona | 48.59 |
| 5 234 Ellis, Conroy | JR | FDU | 48.76 |
| 6 250 Ricketts, Malik | FR | FDU | 48.80 |
| 7 206 Stewart, Rashuan | SO | Essex CC | 48.81 |
| 8 789 Brittingham, Michael | FR | St. Joseph's | 48.81 |
| 9 205 Soumare, Mohamed | SO | Essex CC | 49.23 |
| 10 236 Elysee, Sandley | SR | FDU | 49.32 |
| 11 802 Edobi, Kris | JR | St. Joseph's | 49.34 |
| 12 805 Ford, Eric | SO | St. Joseph's | 49.39 |
| 13 129 Davey, Devon | SO | Columbia | 49.62 |
| 14 232 Crooks, Duran | SR | FDU | 49.68 |
| 15 891 Coleman, Nicolas | SR | Unattached | 50.07 |
| 16 235 Ellis, Kenroy | JR | FDU | 50.11 |
| 17 58 Shepherd, Tyler | SR | Adelphi | 50.76 |
| 18 497 Asay, Brett | SR | NYU | 50.79 |
| 19 31 Chester, Khalil | SO | Adelphi | 50.88 |
| 20 448 Nyoni, Tendai | FR | Monroe College | 51.35 |
| 21 57 Senat, Giovanni | SO | Adelphi | 51.55 |
| 22 360 Providence, Jordan | SO | Iona | 51.63 |
| 23 49 Nwankwo, Chuck | FR | Adelphi | 51.89 |
| 24 501 Devine, Daniel | SR | NYU | 52.05 |
| 25 52 Perez, John | SO | Adelphi | 52.37 |
| 26 349 Forson, Prince | SR | Iona | 52.42 |
| 27 33 Cronin, Kyle | SO | Adelphi | 52.72 |
| 28 238 Hislop, Ako | SR | FDU | 53.43 |
| 29 242 Martin, Yahnik | SO | FDU | 54.60 |

Men 800 Meter Run Seeded

Meet Record: 1:49.02 # 2012 Selasi Lumax

| Name | Yr | School | Finals |
|---------------------------|----|-----------------|----------|
| Finals | | | |
| 1 416 Rivard, Liam | SO | La Salle | 1:48.66# |
| 2 181 Downs, Robert | SR | Diadora | 1:49.47 |
| 3 153 O'Toole, Justin | SO | Columbia | 1:49.58 |
| 4 884 Kraus, Matthew | | Three States TC | 1:51.20 |
| 5 902 Anderson, Miller | SO | Villanova | 1:51.38 |
| 6 136 Hicks, Brandon | SR | Columbia | 1:52.95 |
| 7 629 McDermott, Kieran | JR | Princeton | 1:53.58 |
| 8 827 Szwed, Michael | JR | St. Joseph's | 1:54.85 |
| 9 502 Diaz, Jon | JR | NYU | 1:55.11 |
| 10 818 McClellan, Stephen | SR | St. Joseph's | 1:55.16 |
| 11 621 Kenkel, Jack | SO | Princeton | 1:55.23 |
| 12 932 Potts, Trevor | JR | Villanova | 1:55.63 |
| 13 200 Gray, Davian | SO | Essex CC | 1:56.13 |
| 14 649 Thompson, Scott | JR | Princeton | 1:56.32 |
| 15 941 Weeks, Christopher | FR | Villanova | 1:57.07 |
| 16 345 Dilcher, Damien | SO | Iona | 1:57.39 |
| 17 820 Moelter, Owen | SO | St. Joseph's | 1:57.78 |
| 18 234 Ellis, Conroy | JR | FDU | 1:57.93 |
| 19 369 Ubriaco, Dante | FR | Iona | 1:59.93 |
| 20 203 McDonald-Hylton, D | SO | Essex CC | 2:02.27 |
| 21 340 Conroy, John | SO | Iona | 2:05.90 |

22 905 Bonanotte, Jacob SR Villanova 2:06.31

Men 1500 Meter Run Seeded

Meet Record: 3:45.00 # 2010 Kyle Merber

| Name | Yr | School | Finals |
|-----------------------------|----|-----------------|---------|
| Finals | | | |
| 1 914 Dolan, Sean | SO | Villanova | 3:45.97 |
| 2 928 O'Donovan, Charlie | SO | Villanova | 3:46.37 |
| 3 893 Donoghue, Sean | FR | Unattached | 3:47.77 |
| 4 899 Thorsteins, Trausti | JR | Unattached | 3:47.95 |
| 5 405 Jaciw-Zurakowsky, Lt | SR | La Salle | 3:48.07 |
| 6 892 Comber, Devon | FR | Unattached | 3:51.58 |
| 7 410 Mbambo, Taonga | SO | La Salle | 3:53.11 |
| 8 178 Petrecca, Alex | | CPTC Tracksmith | 3:53.68 |
| 9 794 Daly, Ira | JR | St. Joseph's | 3:54.21 |
| 10 694 McNamee, Killian | SO | Siena | 3:54.31 |
| 11 174 Gross, Derek | | CPTC Tracksmith | 3:54.41 |
| 12 607 Fast, Joseph | FR | Princeton | 3:54.49 |
| 13 792 Coffey, Matthew | SO | St. Joseph's | 3:54.62 |
| 14 833 Ackerman, Erik | FR | Stockton | 3:56.44 |
| 15 790 Campbell, Gavin | SO | St. Joseph's | 3:56.78 |
| 16 599 Chen, Connor | FR | Princeton | 3:56.82 |
| 17 826 Steinhoff, George | SR | St. Joseph's | 3:57.90 |
| 18 825 Smith, Zach | JR | St. Joseph's | 3:58.00 |
| 19 693 Laframboise, Matthew | SO | Siena | 4:00.35 |
| 20 940 Walker, Colton | FR | Villanova | 4:00.54 |
| 21 609 Fisher, Sebastian | SO | Princeton | 4:00.79 |
| 22 649 Thompson, Scott | JR | Princeton | 4:03.07 |
| 23 819 McIntyre, Ethan | FR | St. Joseph's | 4:04.14 |
| 24 894 Faulkner, Gillan | SR | Unattached | 4:05.64 |
| 25 359 Penna, Matt | FR | Iona | 4:23.29 |

Men 5000 Meter Run Seeded

Meet Record: 14:05.33 # 2012 Christopher Johnson

| Name | Yr | School | Finals |
|-----------------------------|----|-----------------|-----------|
| Finals | | | |
| 1 931 Phillips, Josh | JR | Villanova | 13:49.64# |
| 2 938 Strintzos, Haftu | SO | Villanova | 13:51.28# |
| 3 592 Bendsten, Nicholas | FR | Princeton | 13:59.76# |
| 4 912 Cutter, Ryan | JR | Villanova | 14:02.45# |
| 5 635 O'Brien, Daniel | FR | Princeton | 14:05.45 |
| 6 177 Palumbo, Victor | | CPTC Tracksmith | 14:06.02 |
| 7 810 Hastie, Bobby | SR | St. Joseph's | 14:06.72 |
| 8 180 Ritchie, Ian | | CPTC Tracksmith | 14:07.59 |
| 9 634 Nisbet, Connor | SO | Princeton | 14:10.27 |
| 10 917 Fredian, Jack | JR | Villanova | 14:13.11 |
| 11 254 McGorty, Ryan | | Garden State TC | 14:15.02 |
| 12 935 Seiple, Benjamin | JR | Villanova | 14:20.08 |
| 13 646 Stanley, Jack | SO | Princeton | 14:21.49 |
| 14 208 Gerstenbacher, Samue | SR | F&M Track Club | 14:21.79 |
| 15 623 Kirk, Jarrett | SO | Princeton | 14:24.70 |
| 16 175 Harper, Ben | | CPTC Tracksmith | 14:34.70 |
| 17 680 Anderson, Tommy | SO | Siena | 15:03.17 |
| 18 647 Tavakolian, Nate | SO | Princeton | 15:14.22 |

Sam Howell Invitational - 4/2/2022

**Princeton University
Results - Saturday**

Men 5000 Meter Run Unseeded

Meet Record: 14:05.33 # 2012 Christopher Johnson

| Name | Yr | School | Finals |
|---------------|-----|-----------------------|--------------------------|
| Finals | | | |
| 1 | 690 | Gillooley, Aidan | FR Siena 14:28.10 |
| 2 | 417 | Rowe, MacCallum | FR La Salle 14:28.43 |
| 3 | 179 | Porto, Luis | CPTC Tracksmith14:35.97 |
| 4 | 528 | Tobin, Ryan | FR NYU 14:36.66 |
| 5 | 453 | Daniels, James | New Freedom 14:36.67 |
| 6 | 683 | Cayward, Jackson | FR Siena 14:37.95 |
| 7 | 157 | Syed, Talha | FR Columbia 14:40.74 |
| 8 | 895 | McDonnell, Kevin | Unattached 14:43.00 |
| 9 | 682 | Canavan, Aidan | SR Siena 14:51.24 |
| 10 | 423 | Long, Tom | Leonia TC 14:52.78 |
| 11 | 697 | Ragone, Tom | SO Siena 14:53.49 |
| 12 | 418 | Sandras, Alex | SO La Salle 14:56.61 |
| 13 | 703 | Tkaczyk, Luke | FR Siena 14:59.07 |
| 14 | 176 | Lewis, Daniel | CPTC Tracksmith14:59.96 |
| 15 | 362 | Schulten, Peter | SO Iona 15:05.52 |
| 16 | 687 | DeForest, Christopher | SO Siena 15:08.08 |
| 17 | 812 | Jumper, Kevin | FR St. Joseph's 15:10.64 |
| 18 | 509 | Hasan, Aidin | FR NYU 15:10.74 |
| 19 | 47 | Nanan, Nicholas | SO Adelphi 15:35.90 |
| 20 | 150 | Nelson, Owen | FR Columbia 15:38.36 |
| 21 | 55 | Roulette, Thomas | JR Adelphi 15:40.93 |
| 22 | 353 | Harkins, TJ | FR Iona 15:43.98 |
| 23 | 42 | Llanos, Diego | SO Adelphi 15:48.79 |
| 24 | 523 | Rocha, Jorge | FR NYU 15:53.34 |

Men 10000 Meter Run

Meet Record: 29:27.00 # 2012 Alejandro Arroyo Yamin

| Name | Yr | School | Finals |
|---------------|-----|------------------|-----------------------------|
| Finals | | | |
| 1 | 593 | Berry, Kevin | SR Princeton 28:55.31# |
| 2 | 631 | Monte, Anthony | FR Princeton 28:56.38# |
| 3 | 612 | Grossman, Matt | SR Princeton 28:56.68# |
| 4 | 654 | Zelek, Joshua | SO Princeton 29:05.99# |
| 5 | 606 | Farrell, Matthew | FR Princeton 29:20.88# |
| 6 | 622 | Kintzele, Jakob | SR Princeton 29:34.74 |
| 7 | 182 | Martin, Brendan | Empire Elite 29:49.57 |
| 8 | 309 | Van Houten, Zach | FR Hofstra 29:54.89 |
| 9 | 537 | Konhaus, Aidan | Phila. Runner TC32:42.30 |
| 10 | 536 | Choi, David | SR Phila. Runner TC33:29.67 |

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010 Jeff Porter

| Name | Yr | School | Finals |
|---------------|-----|-------------------|-----------------------------|
| Finals | | | |
| 1 | 652 | Whitfield, Taraje | SR Princeton 14.51 1.4 |
| 2 | 588 | Aigbekaen, Jovan | SO Princeton 14.60 1.4 |
| 3 | 452 | Williams, Edward | SO Monroe College 14.63 1.4 |
| 4 | 202 | Henry, Dwight | SO Essex CC 14.76 1.4 |

Men 400 Meter Hurdles

Meet Record: 51.70 # 2013 Logan Sharpe

| Name | Yr | School | Finals |
|---------------|-----|-----------------|-----------------------|
| Finals | | | |
| 1 | 817 | Magee, Kyle | JR St. Joseph's 53.57 |
| 2 | 235 | Ellis, Kenroy | JR FDU 55.21 |
| 3 | 637 | Paige, Chris | FR Princeton 55.32 |
| 4 | 232 | Crooks, Duran | SR FDU 56.85 |
| 5 | 240 | Malone, Brandon | SR FDU 1:05.51 |

Men 3000 Meter Steeplechase

Meet Record: 8:39.92 # 2012 Donn Cabral

| Name | Yr | School | Finals |
|---------------|-----|---------------------|--------------------------|
| Finals | | | |
| 1 | 933 | Powell, Mathias | SO Villanova 9:08.32 |
| 2 | 137 | Ireland, Jacob | SO Columbia 9:12.47 |
| 3 | 936 | Spychalski, Patrick | JR Villanova 9:16.69 |
| 4 | 535 | Branch-Shaw, Harry | Phila. Runner TC 9:28.01 |
| 5 | 144 | Lockyer, Owen | FR Columbia 9:32.33 |
| 6 | 865 | Navalance, Kyle | SR Stockton 9:34.70 |
| 7 | 37 | Gemma, Matthew | JR Adelphi 9:43.42 |

Men 4x400 Meter Relay

Meet Record: 3:10.89 # 2013 So. Conn. St.

| Team | Relay | Finals |
|---------------|------------------------------|--------------------------------|
| Finals | | |
| 1 | St. Joseph's (Pa.) A | 3:14.84 |
| | 1) 786 Bamgbose, Ladi SO | 2) 789 Brittingham, Michael FF |
| | 3) 817 Magee, Kyle JR | 4) 830 Welde, Michael JR |
| | 5) 805 Ford, Eric SO | 6) 802 Edobi, Kris JR |
| 2 | St. Joseph's (Pa.) B | 3:17.03 |
| | 1) 808 Greene, Jayden SO | 2) 818 McClellan, Stephen SR |
| | 3) 820 Moelter, Owen SO | 4) 827 Szwed, Michael JR |
| 3 | Essex CC A | 3:21.74 |
| | 1) 196 Cunningham, Daniel SO | 2) 205 Soumare, Mohamed SO |
| | 3) 206 Stewart, Rashuan SO | 4) 204 Mills, khabeeba SO |
| | 5) 200 Gray, Davian SO | |
| 4 | Adelphi A | 3:25.80 |
| | 1) 57 Senat, Giovanni SO | 2) 58 Shepherd, Tyler SR |
| | 3) 31 Chester, Khalil SO | 4) 49 Nwankwo, Chuck FR |
| | 5) 52 Perez, John SO | 6) 33 Cronin, Kyle SO |

Men High Jump

Meet Record: 2.22m # Tora Harris

| Name | Yr | School | Finals |
|---------------|-----|--------------------|-----------------------|
| Finals | | | |
| 1 | 134 | Gramentine, Nathan | JR Columbia 2.06m |
| 2 | 803 | Fehm, Patrick | SO St. Joseph's 2.01m |
| 3 | 195 | Bell, James | SO Essex CC 1.96m |
| 4 | 615 | Hogan, John | FR Princeton 1.86m |

Men Long Jump

Meet Record: 7.80m # 2009 Cadeau Kelley

| Name | Yr | School | Finals |
|---------------|-----|-------------|-------------------|
| Finals | | | |
| 1 | 241 | Mane, Salif | JR FDU 7.05m -0.9 |

Sam Howell Invitational - 4/2/2022

Princeton University
Results - Saturday**Finals ... (Men Long Jump)**

| | Name | Yr | School | Finals |
|---|--------------------|----|--------|-----------|
| 2 | 243 Mefford, Sean | SR | FDU | 6.82m 0.8 |
| 3 | 247 O'Garro, Taeco | JR | FDU | 6.74m 0.2 |

Men Triple Jump

Meet Record: 15.82m # 2009 Tuan Wren

| | Name | Yr | School | Finals |
|---|-------------------|----|--------------|------------|
| 1 | 610 Furman, Ilay | FR | Princeton | 14.35m 1.3 |
| 2 | 803 Fehm, Patrick | SO | St. Joseph's | 13.72m 2.5 |

Men Shot Put

Meet Record: 20.41m # 4/8/2017 Nick Vena

| | Name | Yr | School | Finals |
|---|----------------------|----|-----------|--------|
| 1 | 230 Clay, Benjamin | SR | FDU | 16.74m |
| 2 | 228 Cepys, Dominykas | SO | FDU | 16.18m |
| 3 | 624 Konopka, Tyler | FR | Princeton | 15.86m |
| 4 | 246 Mullings, Tahj | SO | FDU | 14.07m |
| 5 | 617 Iosivas, Andrei | JR | Princeton | 12.77m |

Men Discus Throw

Meet Record: 60.50m # 2014 Sam Mattis

| | Name | Yr | School | Finals |
|---|-------------------------|----|-----------|---------|
| 1 | 636 Otal, Zorawar | SR | Princeton | 61.71m# |
| 2 | 626 Licata, Christopher | SR | Princeton | 53.35m |
| 3 | 246 Mullings, Tahj | SO | FDU | 48.84m |
| 4 | 644 Shunneson, Avery | FR | Princeton | 47.51m |
| 5 | 624 Konopka, Tyler | FR | Princeton | 45.79m |
| 6 | 230 Clay, Benjamin | SR | FDU | 43.46m |
| 7 | 228 Cepys, Dominykas | SO | FDU | 42.80m |
| 8 | 617 Iosivas, Andrei | JR | Princeton | 38.66m |

Men Hammer Throw

Meet Record: 74.01m # 2012 Conor McCullough

| | Name | Yr | School | Finals |
|---|---------------------|----|------------|--------|
| 1 | 598 Cauley, William | JR | Princeton | 58.22m |
| 2 | 595 Brennan, Paul | JR | Princeton | 57.32m |
| 3 | 942 Brennan, Tim | | Unattached | 54.64m |

Men Javelin Throw

Meet Record: 76.03m # 2012 Brian Chaput

| | Name | Yr | School | Finals |
|---|-------------------------|----|------------|--------|
| 1 | 896 Messick, Alex | | Unattached | 59.44m |
| 2 | 618 Jaramillo, Zach | JR | Princeton | 54.25m |
| 3 | 244 Mioduszewski, Roman | JR | FDU | 50.12m |
| 4 | 251 Theuerkauf, Dane | FR | FDU | 42.78m |