



DUQUESNE TRACK & FIELD

2025 ATLANTIC 10 INDOOR TRACK & FIELD CHAMPIONSHIPS

FEBRUARY 27-28 • ESPN+ • VIRGINIA BEACH SPORTS CENTER (VIRGINIA BEACH, VA.)

2025-26 INDOOR SCHEDULE

Date	Meet
12/5	at Youngstown State Ice Breaker
1/16	at Youngstown State Collegiate Invitational
1/24	at Ashland Invitational
1/30-31	at Penn State National Open / YSU Mid-Major
2/7	at Penn State Sykes & Sabock Challenge
2/13	at Youngstown State Last Chance Invitational
2/27-28	at Atlantic 10 Indoor Championships

THE UNIVERSITY

Name of School	Duquesne University
Street Address	600 Forbes Avenue
Location	Pittsburgh, Pa. 15282
Founded	1878 by the Holy Ghost Fathers
Enrollment	8,294
Nickname	Dukes
School Colors	Red and Blue
Varsity Sports	20
Affiliation	Atlantic 10
President	Ken Gormley (Pittsburgh '77)
VP of Athletics	Dave Harper (Wright State '92)
Athletic Dept. Phone	412.396.6565
University Website	www.duq.edu
Athletics Website	www.GoDuquesne.com

DUQUESNE AT 2025 A-10 INDOOR CHAMPIONSHIPS

Team Finish	6th (53 points)
Medal Count	(3) - 0 G - 3 S - 0 B

DUQUESNE TEAM HISTORY

Best A-10 Finish	2nd (2014)
Most Points at A-10s	109 (2014)
Most Medals at A-10s	9 (2014)
Gold	6 (2014)
Silver	4 (2005)
Bronze	5 (2003)

COACHING STAFF

Jeff Gibson	Head Coach (5th Season)
Brian Reed	Sprints/Hurdles/Relays
Shannon Taub	Multi/Throws/Jumps
Jim Spisak	Distance
Amy Allen	Mid-Distance/Long Sprints/Relays
Diane Gibson	Assistant Coach

SOCIAL MEDIA

Duquesne XCTF - X/IG/FB	@DuqXCTF
Duquesne Athletics - X/IG/FB	@GoDuquesne

STRATEGIC COMMUNICATIONS

Director of Strategic Comm.	Jacob Davey
Email	daveyj@duq.edu

STARTING LINE

- Duquesne sends 28 athletes with 34 individual entries and two relay teams to Virginia Beach for the Atlantic 10 Conference Indoor Track & Field Championships.

SEASON SNAPSHOT

- The Dukes have added 10 entries to the program's all-time top-five lists this season, including three school records. **Rose Kuchera** set two of those marks in the long jump and triple jump, while **Nadia Constantakis** broke her own school record in the pole vault in January.

- Through six meets, Duquesne has captured 10 event titles. Most recently, **Sylvia Kashak** (800m) and **Lauren Stroka** (triple jump) earned first-place finishes at Youngstown State on Feb. 13 in the team's final competition before the Atlantic 10 Championships.

THIS YEAR IN THE RECORD BOOK

Long Jump

- **School Record: Rose Kuchera** — 6.52m (YSU Mid-Major Invitational, Jan. 30 ... second program record jump of season)
- 3rd All-Time: **Isabella Costa** — 5.90m (YSU Mid-Major Invitational, Jan. 30)
- 4th All-Time: **Eva Leatherman** — 5.89m (YSU Mid-Major Invitational, Jan. 30)

Triple Jump

- **School Record: Rose Kuchera** — 12.44m (Penn State Sykes & Sabock Challenge, Feb. 7)

Pole Vault

- **School Record: Nadia Constantakis** — 3.73m (YSU Collegiate Invite, Jan. 16)

60m Hurdles

- 2nd All-Time: **Anna Rorrer** — 8.71 (Penn State Sykes & Sabock Challenge, Feb. 7)
- 3rd All-Time: **Rose Kuchera** — 8.72 (YSU Last Chance Invitational, Feb. 13)

1000 Meters

- 3rd All-Time: **Sylvia Kashak** — 2:51.94 (Penn State Sykes & Sabock Challenge, Feb. 7)

Mile

- 3rd All-Time: **Sylvia Kashak** — 4:53.40 (Ashland Invitational, Jan. 24)

Pentathlon

- 3rd All-Time: **Rose Kuchera** — 3.694 (YSU Mid-Major Invitational, Jan. 30)

800 Meters

- 5th All-Time: **Sylvia Kashak** — 2:11.43 (YSU Last Chance Invitational, Feb. 13)

60 Meters

- 5th All-Time: **Melani Schmidt** — 7.79 (YSU Icebreaker, Dec. 5)

WEEKLY HONORS

- **Rose Kuchera** — Atlantic 10 Field Performer of the Week (Feb. 3)

- *Made three Duquesne record book edits, headlined by a 6.52m (21-4.75) long jump that shattered her previous program record by more than 17 inches ... Also posted a total of 3,694 points in her first career pentathlon — ranking third in program history — and ran an 8.79 in the 60-meter hurdles, moving into fourth on Duquesne's all-time list — a time she has beat twice since ... The long jump mark still stands in the top-10 nationally and No. 1 in the conference.*

- **Isabella Costa** — Atlantic 10 Rookie of the Week (Feb. 3)

- *Recorded the best long jump by a freshman in the Atlantic 10 and the No. 4 mark overall with a 5.90m (19-4.25) to place third on Duquesne's all-time list ... Also charted season bests in four of five pentathlon events.*

RANKED DUKES

- Entering the championships, Duquesne has 11 entries ranked in the top five on the conference leaderboard.

- **Rose Kuchera** leads the A-10 in the long jump (6.52 m) and ranks second in the triple jump (12.44 m), with both marks setting new school records. Her long jump also sits No. 1 in the Mid-Atlantic Region and seventh nationally. The top 16 in each individual event earn a spot at the NCAA Division I Indoor Championships, and Duquesne has never had an athlete qualify for the NCAA Indoor meet.
- **Sylvia Kashak's** 2:51.94 in the 1000m is fifth in the conference and the fastest among freshmen.
- **Anna Rorrer** is tied for fourth in the 60m hurdles (8.71)
- The 4x400m relay team of Schmidt, Costa, Leatherman, and Bajgoric posted a 3:50.27 at Penn State, fifth-best in the A-10 this season.
- **Caroline Garbe** cleared 1.67m in high jump at Ashland, ranking fourth in the conference.
- **Nadia Constantakis** set a school-record pole vault of 3.73m, good for fifth in the A-10.
- **Isabella Costa** (5.90m long jump) and **Madelyn Moretti** (13.15m shot put) are both fifth in the conference. Costa's long jump is the top mark among freshmen.
- **Eva Leatherman** totaled 3,467 pentathlon points earlier this year at Youngstown State, fifth in the A-10.

A-10 INDOOR HISTORY

- Duquesne finished sixth at last season's championships, earning three silver medals.
 - The Dukes have won at least one medal in every A-10 meet since 2000 and have claimed at least three medals in each of the last seven.
 - Duquesne has medaled in the 4x400m relay in five of the last six championships. In the pentathlon and 500m, a Duke has earned a podium spot in four consecutive championships.

RETURNING MEDALISTS

- **Eva Leatherman** (4x400m — Silver in 2025)
- **Madelyn Moretti** (Shot Put — Bronze in 2024)

BASH AT THE BEACH

- This will be the third straight year that the Indoor Championships take place in Virginia Beach. Duquesne finished fifth in 2024 and sixth last season.

**DUQUESNE ENTRIES****Seava Cresta (60m, 200m)**

- Freshman out of Gibsonia, Pa ... Season best times in both 60m (7.95) and 200m (25.81) last meet at YSU.

Melani Schmidt (400m)

- Freshman out of North Huntingdon, Pa ... Season-best 56.59 in 400m last week — finished fourth at YSU meet ... Set 5th-fastest 60m time in program history in first meet.

Selma Bajgoric (400m)

- Freshman out of Pittsburgh, Pa ... Season-best 57.78 in 400m last meet at YSU ... Placed third in 400m earlier this season at Ashland.

Trinity Basara (500m)

- Won the 500m at YSU Collegiate Invitational (1:20.46) ... Was first and only 500m race of career ... Sophomore out of Dallas, Pa. competing in first A-10 championship.

Macie Steiner (500m)

- Freshman out of Sharpsville, Pa ... Finished third in only 500m race this season (1:23.92 at YSU Collegiate Invitational).

Cydney Blahovec (800m)

- Junior from Youngwood, Pa ... Third A-10 Indoor Championships (15th in 800m and 8th in 4x800m last year, 14th in 500m in 2024) ... PR'd in 800m last meet (2:17.21).

Reagan Ryen (800m)

- Junior from Marion Center, Pa ... First A-10 Indoor Championship ... PR'd in 800m this season at Ashland (2:17.54) ... Placed third at YSU Mid-Major Invitational in 800m.

Kate Saum (800m)

- Senior from Akron, Ohio ... Second A-10 Indoor Championship (finished 22nd in mile in 2023 as a freshman) ... PR'd in 800m last meet (2:18.04).

Kendall Lucas (800m)

- Freshman out of Pittsburgh, Pa ... Season-best 2:19.29 last meet in the 800m.

Sylvia Kashak (1000m)

- Freshman out of Jefferson Hills, Pa ... One 1000m race this season (2:51.94 — 5th in A-10, fastest among A-10 freshmen, 3rd in DU history) ... Won three meets (two in 800m, one in mile) ... Posted top-five times in DU indoor history in 1000m (3rd), mile (3rd), and 800m (5th) in her first season.

Lauren Ciuca (3000m)

- Freshman out of Vandergrift, Pa ... Ran a 10:21.12 finishing 6th at Ashland in lone 3000m race this season ... Was A-10 Cross Country Rookie of the Week on Sept. 16.

Grace Sennaway (3000m)

- Sophomore out of McMurray, Pa ... Second A-10 Indoor Championship (finished 34th with a 10:30.17 last year in 3000m) ... PR is 10:18.46 from last season.

Sophia Trevenen (5000m)

- Senior from Pittsburgh, Pa ... Set a 5k PR last meet at YSU with an 18:51.70 ... Second A-10 Indoor Championship (ran a 19:04.95 in 30th place of 5000m in 2024).

Anna Rorrer (60m hurdles)

- Junior from Woodridge, Ohio ... PR'd at Penn State on Feb. 7 with an 8.71 — 2nd fastest in DU history, tied 4th-best in A-10 this season ... Third A-10 Indoor Championship (4th in 2025 — 8.86 ... prelims in 2024 — 9.04) ... 2024 A-10 Outdoor All-Rookie Team (bronze in 400m hurdles).

Rose Kuchera (60m hurdles, long jump, triple jump)

- Sophomore out of Canonsburg, Pa ... Leads the A-10 in long jump (6.52m — DU record, ranks No. 1 in Mid-Atlantic Region, and No. 7 nationally) ... 2nd in A-10 in triple jump (12.44m — DU record) ... No. 3 in DU history with 8.72 in 60m hurdles ... A-10 Field Performer of the Week (Feb. 3) ... Second A-10 Indoor Championship (last year: foul out in long jump, 4th in triple jump — 11.88m) ... Reigning A-10 Outdoor bronze medalist in both long and triple jump ... 2025 A-10 Outdoor All-Rookie Team.

Caroline Garbe (high jump)

- Junior from Webster, NY ... Owns DU program record (1.74m) set last season ... Season-best 1.67m won meet at Ashland and ranks 4th in A-10 ... Third A-10 Indoor Championship (8th in 2024 — 1.59m — and 2025 — 1.65m) ... Reigning A-10 outdoor high jump bronze medalist ... 2024 A-10 Indoor All-Rookie Team.

Brandi Brozeski (high jump, pentathlon)

- Freshman out of North Huntingdon, Pa ... Scored 3449 in lone pentathlon ... Season-best high jump is 1.61m ... Sister Emily won 2023 A-10 indoor pentathlon gold as a Duke.

Isabella Costa (high jump, long jump, pentathlon)

- Freshman out of Pittsburgh, Pa ... Scored 3288 in lone pentathlon with season-bests in 4 of 5 events at YSU ... A-10 Rookie of the Week (Feb. 3) ... 5.90m long jump is 3rd all-time at DU, 5th this season in A-10 and leads all conference freshmen.

Grace Patterson (high jump)

- Sophomore out of Holland, Pa ... First A-10 Indoor Championship ... PR'd in this year's season opener at YSU (1.60m).

Nadia Constantakis (pole vault)

- Sophomore out of Gibsonia, Pa ... Owns DU indoor & outdoor pole vault record ... Broke own indoor record this season clearing 3.73m (5th in A-10) ... Finished 10th at A-10 Indoor in 2025 — 3.62m) ... 2025 A-10 Outdoor All-Rookie Team.

Charly Schlauch (long jump)

- Sophomore out of Bloomsburg Pa ... Second A-10 Indoor Championship (finished 18th in long jump last year — 5.07m) ... PR'd last meet at YSU (5.26m).

Capri DeCaro (long jump)

- Senior from Greensburg Pa ... PR'd last meet at YSU (5.20m) ... Fourth A-10 Indoor Championship (21st in 2025 — 4.97m ... 17th in 2024 — 5.09m ... foul out in 2023).

Lauren Stroka (triple jump)

- Sophomore out of Dubois Pa ... First place twice this season (last meet at YSU & at Ashland) ... PR'd at PSU (11.83m) ... Second A-10 Indoor Champ. (14th in 2025 — 11.14m).

Devlyn Faber (triple jump)

- Freshman out of Warrington, Pa ... Two top-three finishes this season (3rd last meet at YSU, 2nd at Ashland) ... Season-best 11.57m at Penn State on Feb. 7.

Madelyn Moretti (shot put)

- Senior from Madison, Ohio ... One of two DU entries with A-10 Indoor medal ... Fourth A-10 Indoor Championship (5th in 2023 — 13.25m ... Bronze medal in 2024 — 14.05m ... 5th in 2025 — 13.75m) ... Season-high 13.15m ranks 5th in A-10 this year ... Owns No. 2 indoor shot put in DU history (14.52m last season) ... Is DU outdoor shot put record holder ... 2024 A-10 Outdoor Most Outstanding Field Performer ... Two-time A-10 Outdoor All-Academic Team selection.

Megan Palinski (weight throw)

- Sophomore out of Gates Mills, Ohio ... Second A-10 Indoor Championship (21st last season at 11.60m) ... PR is 12.63m from last season ... Season-high 12.37m in first meet.

Kyndra Seddon (weight throw)

- Freshman out of Cochranton, Pa ... Season-high 11.79m at Penn State on Feb. 7.

Eva Leatherman (pentathlon)

- Senior from Carlisle, Pa ... One of two DU entries with A-10 Indoor medal (was on silver-medal 4x400m relay last year) ... Third A-10 Indoor Championship pentathlon (20th in 2025 — 2171 points ... 15th in 2024 — 2688 points) ... Career-best 3467 points (5th in A-10) this season at YSU ... Has posted PR's in 4 of 5 pentathlon events this season.

4x400m relay**Schmidt, Costa, Leatherman, Bajgoric, Rorrer, or Basara**

- Team of Schmidt, Costa, Leatherman, Bajgoric ran a season-best 3:50.27 at Penn State on Feb. 7 — the 5th-best time in the A-10 this season.
- Duquesne won silver last year in the 4x400m ... Leatherman is the lone returner ... The Dukers have medaled in the 4x400m in five of the last six indoor championships.

4x800m relay**Ryen, Kashak, Blahovec, Saum, or Lucas**

- Dukers have not competed at 4x800m this season.

MEET SCHEDULE**Friday (Feb. 27)****Pentathlon**

9:20 AM - 60m Hurdles

10:00 AM - High Jump

11:40 AM - Shot Put

12:30 PM - Long Jump

1:30 PM - 800m

Field Events

11:30 AM - Pole Vault

1:00 PM - Weight Throw

2:30 PM - Long Jump

Track Events

1:15 PM - 60m Hurdle Trials

1:50 PM - 400m Trials

2:20 PM - 500m Trials

3:00 PM - 60m Trials

3:30 PM - 800m Trials

4:00 PM - 1000m Trials

4:40 PM - 200m Trials

5:30 PM - 5000m Final

6:55 PM - DMR Final

Saturday (Feb. 28)**Field Events**

10:00 AM - Shot Put

10:30 AM - Triple Jump

1:00 PM - High Jump

Track Events

11:10 AM - Mile Final

11:40 AM - 60m Hurdle Final

12:05 PM - 400m Final

12:25 PM - 500m Final

12:45 PM - 60m Final

1:00 PM - 800m Final

1:15 PM - 1000m Final

1:25 PM - 200m Final

1:55 PM - 3000m Final

2:40 PM - 4x800m Final

3:15 PM - 4x400m Final

3:40 PM - Awards