

**MAC COSTONIS CAREER COLLEGIATE RESULTS**

**INDOOR TRACK & FIELD**

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
2/6/21	Army West Point	West Point, N.Y.	Gillis Field House	500 Meters	1:08.64	3	
3/5/21	Villanova Indoor Meet	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	50.89	3	
1/15/22	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	200 Meters	22.75	12	
2/5/22	Columbia Challenge	New York, N.Y.	The Armory	400 Meters	51.28	31	
2/11/22	Rutgers Open	New York, N.Y.	The Armory	400 Meters	50.27	9	
2/12/22	Rutgers Open	New York, N.Y.	The Armory	4x400 Meter Relay (Anchor)	3:18.23	2	
2/25/22	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	400 Meters	50.23	15	Preliminary Heats
2/26/22	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	4x400 Meter Relay (2nd)	3:18.09	5	
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	51.14	16	
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	4x400 Meter Relay (2nd)	3:21.99	4	
1/21/23	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	200 Meters	22.69	12	

**OUTDOOR TRACK & FIELD**

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/19/21	Villanova Opener	Villanova, Pa.	Villanova Stadium	400 Meters	51.17	3	
3/27/21	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	57.21	3	
4/3/21	Philadelphia Big 5 Meet	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	56.88	6	
4/9/21	Temple Invite	Philadelphia, Pa.	Temple Sports Complex	400 Meter Hurdles	56.21	1	
4/24/21	Philadelphia Metropolitan Collegiate Invitational	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	56.29	9	
4/24/21	Philadelphia Metropolitan Collegiate Invitational	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (3rd)	3:17.34	4	
5/1/21	Penn Twilight	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	56.01	2	
5/14/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	400 Meter Hurdles	56.24	6	Preliminary Heats
5/15/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	400 Meter Hurdles	57.57	7	Final
3/19/22	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	56.48	5	
4/2/22	Philadelphia Big 5 Meet	Philadelphia, Pa.	Franklin Field	200 Meters	22.43	2	
4/2/22	Philadelphia Big 5 Meet	Philadelphia, Pa.	Franklin Field	400 Meters	49.77	2	
4/16/22	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	400 Meter Hurdles	56.10	15	
4/16/22	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	4x400 Meter Relay (2nd)	3:19.98	7	
4/23/22	Virginia Challenge	Charlottesville, Va.	Lannigan Field	400 Meter Hurdles	54.85	16	
4/29/22	Penn Challenge	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:17.63	13	College Section
5/13/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	400 Meter Hurdles	54.39	9	Preliminary Heats
5/14/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	4x400 Meter Relay (3rd)	3:13.61	5	
3/18/23	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	55.38	5	
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	56.26	7	
4/22/23	Virginia Challenge	Charlottesville, Va.	Lannigan Field	400 Meter Hurdles	56.23	19	
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	400 Meter Hurdles	55.38	7	Preliminary Heats
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	400 Meter Hurdles	54.82	6	Final