

MICAH TRUSTY CAREER COLLEGIATE RESULTS							
CROSS COUNTRY							
DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/16/22	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	17:56.0	4	
9/15/23	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	18:47.8	23	

MICAH TRUSTY CAREER COLLEGIATE RESULTS							
INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/21/23	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	56.69	2	
1/28/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	600 Meters	1:30.47	2	Invitational Section
1/28/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (2nd)	3:48.62	8	
2/3/23	Bruce Lehane Scarlet & White Invite	Boston, Mass.	Track & Tennis Center	Distance Medley Relay (400)	11:01.21	3	
2/4/23	Bruce Lehane Scarlet & White Invite	Boston, Mass.	Track & Tennis Center	800 Meters	2:07.19	15	
2/24/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	55.38	2	Preliminary Heats
2/25/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	55.27	3	Final
2/25/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x800 Meter Relay (2nd)	8:45.22	3	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	500 Meters	1:15.12	4	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	4x400 Meter Relay (2nd)	3:47.15	2	
1/26/24	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	800 Meters	2:06.23	3	
1/27/24	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (2nd)	3:43.69	1	
2/10/24	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	4x400 Meter Relay (2nd)	3:45.40	7	
2/23/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	800 Meters	2:08.05	7	Preliminary Heats
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	800 Meters	2:05.61	2	Final
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x400 Meter Relay (2nd)	3:44.22	3	
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	500 Meters	1:14.81	4	
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	4x400 Meter Relay (Anchor)	3:52.45	4	
1/25/25	Penn 10 Elite	Philadelphia, Pa.	The Ott Center	800 Meters	2:13.14	9	
2/14/25	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	200 Meters	25.47	16	
2/14/25	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	400 Meters	56.34	11	
2/28/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	56.02	7	Preliminary Heats
3/1/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	55.79	6	Final
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/24/23	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	400 Meters	56.04	28	
4/7/23	Duke Invitational	Durham, N.C.	Morris Williams Track	800 Meters	2:07.92	7	Invitational Section
4/14/23	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	800 Meters	2:05.84	6	
4/28/23	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (400)	11:12.22	9	Championship of America
4/29/23	Penn Relays	Philadelphia, Pa.	Franklin Field	4x800 Meter Relay (2nd)	8:30.42	3	Championship of America
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	800 Meters	2:06.54	5	Preliminary Heats
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	800 Meters	2:05.71	2	Final
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x400 Meter Relay (3rd)	3:48.15	5	
5/25/23	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	800 Meters	2:06.18	15	National First Round
5/27/23	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	800 Meters	2:07.65	20	National Quarterfinal
4/6/24	Hurricane Alumni Invitational	Coral Gables, Fla.	Cobb Stadium	800 Meters	2:04.90	3	
4/6/24	Hurricane Alumni Invitational	Coral Gables, Fla.	Cobb Stadium	4x400 Meter Relay (2nd)	3:44.72	4	
4/12/24	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	800 Meters	2:06.67	6	Elite Section
4/19/24	Virginia Challenge	Charlottesville, Va.	Lannigan Field	400 Meters	56.12	19	
4/26/24	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:45.05	1	Eastern Section Heats
4/26/24	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (800)	11:03.72	10	Championship of America
4/27/24	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (3rd)	3:44.63	1	Eastern Section Final
5/10/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	800 Meters	2:08.51	1	Preliminary Heats
5/11/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	800 Meters	2:05.34	5	Final
5/11/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x400 Meter Relay (Anchor)	3:40.00	1	
5/23/24	NCAA East Preliminary	Lexington, Ky.	University of Kentucky Outdoor Track and Field Complex	800 Meters	2:04.65	16	National First Round
5/25/24	NCAA East Preliminary	Lexington, Ky.	University of Kentucky Outdoor Track and Field Complex	800 Meters	2:04.72	18	National Quarterfinal
3/28/25	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	400 Meters	55.86	30	
3/29/25	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	800 Meters	2:09.70	42	
4/18/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	800 Meters	2:07.64	7	Invite Section
4/19/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	4x400 Meter Relay (Anchor)	3:42.46	5	
4/25/25	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (800)	11:10.82	6	Championship of America
4/26/25	Penn Relays	Philadelphia, Pa.	Franklin Field	4x800 Meter Relay (2nd)	8:37.63	7	Championship of America
5/2/25	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	800 Meters	2:05.26	5	Elite Section