

**LUKE RAKOWITZ CAREER COLLEGIATE RESULTS**

<b>INDOOR TRACK &amp; FIELD</b>							
<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>VENUE</b>	<b>EVENT</b>	<b>TIME</b>	<b>PLACE</b>	<b>NOTES</b>
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	200 Meters	23.27	13	
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	4x400 Meter Relay (Anchor)	3:17.99	2	
1/21/23	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	200 Meters	23.30	20	
1/28/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (3rd)	3:21.72	13	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	200 Meters	23.08	30 (tie)	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	50.37	10	
2/24/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	200 Meters	23.07	17	Preliminary Heats
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	49.35	6	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	4x400 Meter Relay (2nd)	3:16.50	2	
1/27/24	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	400 Meters	49.29	14	
1/27/24	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (3rd)	3:15.16	5	
2/10/24	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	4x400 Meter Relay (3rd)	3:12.81	7	
2/23/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	48.86	8	Preliminary Heats
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	48.61	5	Final
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x400 Meter Relay (Anchor)	3:14.33	4	
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	500 Meters	1:03.85	4	
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	4x400 Meter Relay (3rd)	3:19.35	3	
1/31/25	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	400 Meters	48.22	7	
2/1/25	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (3rd)	3:15.33	4	
2/14/25	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	200 Meters	22.14	15	
2/14/25	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	400 Meters	48.18	5	
2/28/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	48.14	4	Preliminary Heats
3/1/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	400 Meters	48.29	3	Final
3/1/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x400 Meter Relay (Anchor)	3:15.06	3	
<b>OUTDOOR TRACK &amp; FIELD</b>							
<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>VENUE</b>	<b>EVENT</b>	<b>TIME</b>	<b>PLACE</b>	<b>NOTES</b>
3/18/23	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meters	50.54	11	
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	400 Meters	49.37	7	
4/8/23	Hurricane Alumni Invitational	Coral Gables, Fla.	Cobb Stadium	400 Meters	49.96	20	
4/8/23	Hurricane Alumni Invitational	Coral Gables, Fla.	Cobb Stadium	4x400 Meter Relay (1st)	3:15.48	2	
4/22/23	Widener Invitational	Chester, Pa.	Leslie C. Quick, Jr. Stadium	200 Meters	22.68	20	
4/22/23	Widener Invitational	Chester, Pa.	Leslie C. Quick, Jr. Stadium	400 Meters	48.88	5	
4/28/23	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:17.88	4	Preliminary Heats / College Section
4/29/23	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (1st)	3:12.87	8	Final / College Section
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	400 Meters	49.40	13	Preliminary Heats
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x100 Meter Relay (2nd)	44.03	7	
3/22/24	Knights Invite	Orlando, Fla.	UCF Track and Field Stadium	400 Meter Hurdles	56.61	27	
3/23/24	Knights Invite	Orlando, Fla.	UCF Track and Field Stadium	400 Meters	48.23	15	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	56.09	15	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:11.98	1	
4/20/24	Virginia Challenge	Charlottesville, Va.	Lannigan Field	400 Meter Hurdles	55.95	19	
4/26/24	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (400)	9:35.90	1	Championship of America
4/27/24	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:11.43	3	Final / College Section
3/28/25	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	400 Meters	48.29	40	
4/4/25	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	4x400 Meter Relay (3rd)	3:12.85	2	
4/19/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	400 Meters	48.73	30	
4/19/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	4x400 Meter Relay (2nd)	3:16.17	8	
4/25/25	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (400)	9:28.14	5	Championship of America
4/26/25	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (2nd)	3:11.05	3	Final / College Section
5/3/25	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	200 Meters	22.56	21	
5/16/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	400 Meters	48.48	12	Preliminary Heats
5/17/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	4x400 Meter Relay (Anchor)	3:09.25	3	