

Sam Howell Invitational - 3/30/2024

**Princeton University
Results - Saturday**

Women 100 Meter Dash

Meet Record: 11.4h #

Michelle Brown

Name	Yr	School	Finals
Finals			
1 Harlowe Brumett-Dunn	SR	Princeton	12.10 1.2
2 Franziska Burchett	FR	Princeton	12.18 1.2
3 Skylar Harris	JR	Fordham	12.27 1.0
4 Gabrielle Hyatt	SR	Binghamton	12.35 1.2
5 Lauren Jones	SR	Cornell	12.40 1.2
5 Allyson Metzger	JR	Temple	12.40 1.0
7 Dillyn Green	SO	Fordham	12.41 1.2
8 Lucia Garcia-Beltran	SO	Rutgers	12.44 1.0
9 Nya Browne	FR	Temple	12.47 1.0
10 Glenn Parker	JR	Cornell	12.54 1.0
11 Giavanna Ciaravino	SO	Holy Cross	12.60 1.2
12 Jianna Fairfax	FR	Rider	12.61 1.5
13 Olivia Foster	SO	Holy Cross	12.67 1.3
14 Sabrina Difilippo	FR	Rider	12.68 1.3
15 Samara Jones	SO	Rider	12.69 1.0
16 Kaylen Tenemille	FR	Binghamton	12.71 1.2
17 Caroline Fallona	FR	Fordham	12.73 1.2
18 Ashlyn Rattray	FR	Binghamton	12.73 1.5
19 Alepha Ferrer	SO	Binghamton	12.74 1.5
20 Olivia Binns	SO	St. Joseph's	12.75 1.5
21 Ava McIntyre	FR	Holy Cross	12.82 1.0
22 Aronke Fashina	SR	La Salle	12.93 1.5
23 Samantha Magin	FR	TCNJ	12.94 1.3
24 Sydney McDonald	SO	Holy Cross	13.02 1.3
25 Thalia Dyer	SR	Rutgers	13.02 1.5
26 Lindsay Gill	FR	Holy Cross	13.02 1.3
27 Taylor Bennett	SO	La Salle	13.17 -0.5
28 Angelina Lancey	FR	Holy Cross	13.27 1.5
29 Amanda Ogden	FR	Holy Cross	13.28 1.3
30 Terren Bolton	FR	Temple	13.56 -0.5
31 Kathleen Gsell	FR	TCNJ	13.79 1.3
32 Brandi Camp	JR	La Salle	13.88 1.5
33 Stacy Larose	JR	La Salle	13.89 -0.5

Women 200 Meter Dash

Meet Record: 23.48 # 2005

Aliann Pompey

Name	Yr	School	Finals
Finals			
1 Brianna Mponzi	SR	Princeton	24.66 1.3
2 Harlowe Brumett-Dunn	SR	Princeton	24.89 1.3
3 Justine Hounsell	SO	Cornell	24.99 2.8
4 Sophia Morone	SR	Binghamton	25.05 1.3
5 Jade Pope	JR	Temple	25.13 2.8
6 Allyson Metzger	JR	Temple	25.13 -1.1
7 Georgina Scoot	SO	Princeton	25.14 2.4
8 Angie Mesa-Espinosa	SO	Binghamton	25.17 2.4
9 Hillary Abankwa	JR	Binghamton	25.23 -1.1
10 Delaney Benedict	SR	Cornell	25.24 1.3
11 Camylin Blake	SO	Columbia	25.30 2.8
12 Nya Browne	FR	Temple	25.39 2.8
13 Michele Daye	JR	Fordham	25.47 -0.8

14 Alexandra Kelly	SO	Princeton	25.53 2.4
15 Takiya Henson	FR	Cornell	25.53 1.3
16 Lucia Garcia-Beltran	SO	Rutgers	25.56 -1.1
17 Sydney Rose	SR	St. Joseph's	25.64 2.4
18 Skylar Harris	JR	Fordham	25.68 -0.5
19 Lily Parris	JR	Princeton	25.80 2.8
20 Valencia Gosser	SO	Rider	25.95 2.8
21 Julia Jongejeugd	SO	Princeton	25.97 -0.8
22 Glenn Parker	JR	Cornell	25.97 2.4
23 Alexandra Williams	SO	Fordham	26.19 -0.8
24 Maris Rodriguez	SR	St. Joseph's	26.22 -0.8
25 Jaclyn Harding	SR	St. Joseph's	26.27 -1.1
26 Judith Walker	JR	St. Joseph's	26.56 -1.1
27 Sabrina Difilippo	FR	Rider	26.63 -0.8
28 Kimberly Johnson	JR	St. Joseph's	26.63 -0.8
29 Lindsay Marjanski	SR	Holy Cross	26.65 1.1
30 Giavanna Ciaravino	SO	Holy Cross	26.77 -0.5
31 Celia Kulis	SO	Holy Cross	26.92 -0.5
32 Samantha Magin	FR	TCNJ	26.93 -0.8
33 Taylor Bennett	SO	La Salle	27.04 -0.8
34 Thalia Dyer	SR	Rutgers	27.13 -0.5
35 Cameron Ruffini	SO	TCNJ	27.21 1.1
36 Caroline Fallona	FR	Fordham	27.22 -0.8
37 Lindsay Gill	FR	Holy Cross	27.35 -0.8
38 Terren Bolton	FR	Temple	27.41 1.1
39 Isabella Portillo	FR	Binghamton	27.48 1.1
40 Stacy Larose	JR	La Salle	28.51 1.1

Women 400 Meter Dash

Meet Record: 53.22 # 2013

Sophie Smellie

Name	Yr	School	Finals
Finals			
1 Maddie Stevens	JR	NJIT	54.30
2 Jade Pope	JR	Temple	55.39
3 Alexandria Yarbrough	SR	Rutgers	55.67
4 Soleil Morrison	FR	La Salle	56.15
5 Hailey Palmer	JR	Rider	56.48
6 India Ingemi	SR	Princeton	56.52
7 Kameron Scille	SR	Rutgers	56.76
8 Rachel Wilson	FR	Princeton	57.74
9 Maya Primas	SR	La Salle	57.87
10 Lauren Harris	JR	Princeton	57.90
11 Francine Stevens	FR	Cornell	58.00
12 Molly O'Connor	JR	Holy Cross	58.19
13 Kaya Duran	FR	Binghamton	58.19
14 Kimberly Johnson	JR	St. Joseph's	58.67
15 Esther St. Fort	FR	Binghamton	59.23
16 Paola Rodriguez	JR	Princeton	59.51
17 Linise Greene	SR	La Salle	59.77
18 Jessica Rubio	JR	St. Joseph's	59.93
19 Riley Ebersole	FR	Cornell	1:00.00
20 Kelly O'Grady	SO	TCNJ	1:00.11
21 Patricia Nester	SO	Binghamton	1:00.45
22 Maris Rodriguez	SR	St. Joseph's	1:00.54
23 Jordanne Nichols	FR	Cornell	1:00.57
24 Laila Cottom	FR	Temple	1:00.89

Sam Howell Invitational - 3/30/2024

Princeton University
Results - Saturday

Finals ... (Women 400 Meter Dash)

Name	Yr	School	Finals
25 Helene Cummings	JR	Holy Cross	1:00.96
26 Sydney Rose	SR	St. Joseph's	1:01.50
27 Maeve O'Sullivan	FR	Holy Cross	1:01.75
28 Briyel Brown	FR	St. Joseph's	1:02.33
29 Judith Walker	JR	St. Joseph's	1:03.06
30 Eyota Bey	FR	Temple	1:03.90

Women 800 Meter Run Unseeded

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

Name	Yr	School	Finals
Finals			
1 Olivia Martin	FR	Princeton	2:10.16
2 Maddie Cramer	SO	Princeton	2:11.26
3 Charlotte O'Toole	SR	Princeton	2:11.38
4 Stella Vieth	SO	Princeton	2:11.95
5 Hayley Lucido	FR	NJIT	2:15.47
6 Katelyn Maley	FR	Princeton	2:15.53
7 Fiona Max	SR	Princeton	2:15.82
8 Brenna Sears	FR	Fordham	2:15.82
9 Ana Mordvinova	FR	Binghamton	2:15.85
10 Story Downing	JR	Columbia	2:16.55
11 Fiona Doherty	SO	Holy Cross	2:17.07
12 Megan McCann	FR	Fordham	2:17.40
13 Jenai Berry	FR	Rutgers	2:17.48
14 Lucea Wright	SO	Cornell	2:17.91
15 Dominyka Petraskaite	JR	Temple	2:18.23
16 Zoe Rose	JR	Binghamton	2:18.89
17 Emily Cooper	FR	Princeton	2:19.02
18 Anna McNatt	FR	Princeton	2:19.04
19 Mikaela Vlasic		Liberty TC	2:19.07
20 Brooke Hirsch	SO	Cornell	2:19.98
21 Shelby Boise	FR	Rider	2:20.34
22 Brynn Hogan	FR	Binghamton	2:20.89
23 Jerika Lufano	SR	La Salle	2:21.66
24 Abby Granrath	SO	Holy Cross	2:22.65
25 Kate Meeks	FR	Fordham	2:24.14
26 Rebekah Hickey	SO	Rider	2:24.42
27 Shannon Jordan	JR	Holy Cross	2:25.24
28 Maile McFadden	FR	Rider	2:27.70
29 Morgan Jackson	FR	Rider	2:28.48

Women 800 Meter Run Elite

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

Name	Yr	School	Finals
Finals			
1 Cassidy Johnson		Garden State	2:05.49
2 Mena Scatchard	JR	Princeton	2:06.37
3 Sonia Gaskin		UNAT-York	2:07.52
4 Margaret Liebich	SR	Princeton	2:07.76
5 Katja Jackson	SO	Cornell	2:09.93
6 Olivia Schmitt	SR	Columbia	2:09.95
7 Grace Carr	FR	Columbia	2:11.59
8 Lexy Rivard	SO	La Salle	2:16.42
--- Paola Rodriguez	JR	Princeton	DNF

Women 1500 Meter Run

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

Name	Yr	School	Finals
Finals			
1 Augustine Haquet	JR	Cornell	4:19.08
2 Olivia Martin	FR	Princeton	4:30.10
3 Mairead Clas	SO	Cornell	4:30.22
4 Gwen Parks	JR	Cornell	4:34.01
5 Gwenno Goode	FR	La Salle	4:35.13
6 Bridget Forbes	SR	Cornell	4:36.11
7 Maddie Cramer	SO	Princeton	4:37.42
8 Fiona Max	SR	Princeton	4:37.66
9 Alyssa Taylor		Unattached	4:37.94
10 Sarah Van Ornum	FR	NJIT	4:38.18
11 Abigail Hughes	JR	Holy Cross	4:38.39
12 Ava Curry	JR	St. Joseph's	4:38.73
13 Alyssa Condell		Phila Runner TC	4:38.79
14 Georgia-Rose Dawson	SO	La Salle	4:39.50
15 Daniela Quintero	SO	Columbia	4:39.88
16 Alex Lusby	SO	Holy Cross	4:40.14
17 Stella Vieth	SO	Princeton	4:40.36
18 Maisie McManus	FR	Cornell	4:40.55
19 Naomi Toft	SO	Columbia	4:41.29
20 Anna McNatt	FR	Princeton	4:41.66
21 Katelyn Maley	FR	Princeton	4:44.39
22 Jennalee Dunn	SO	Cornell	4:45.48
23 Neve Moulai	SO	La Salle	4:47.31
24 Sydney Leitner	SO	Binghamton	4:47.36
25 Helene Usher	FR	La Salle	4:49.00
26 Dominga Rivera	FR	NYU	4:49.26
27 Mary Kathryn Underwood	SR	Fordham	4:49.54
28 Caroline Schleif	SO	Columbia	4:51.19
29 Emily Cooper	FR	Princeton	4:51.43
30 Sarah Eskew	JR	Rider	4:54.81
31 Danielle Juliano	JR	St. Joseph's	4:55.05
32 Nicole Dauberman	FR	Rider	4:56.91
33 Morgan Reed-Davis	FR	Binghamton	4:57.32
34 Lex Eglin	SO	Rider	4:58.13
35 Sophia Reich	SO	Rutgers	4:59.18
36 Makala Hansen	SO	Rider	5:00.14
37 Alexandra Thomas	SR	Fordham	5:02.33
38 Katherine Rice	SR	TCNJ	5:02.83
39 Kyra Guerri	SR	Binghamton	5:04.81
40 Amelia Artz	FR	La Salle	5:06.21
41 Ava Wilmot	FR	Rutgers	5:09.89
42 Delilah Ayan	SR	Temple	5:16.91

Women 5000 Meter Run Seeded

Meet Record: 15:56.74 # 4/2/2022 Grace Moore

Name	Yr	School	Finals
Finals			
1 Linnea Kavulich		Pacers GRC NB	16:49.75
2 Lucca Fulkerson	JR	Princeton	17:02.54
3 Madeline Nason	SO	Cornell	17:14.13
4 Brigid McCabe	JR	Columbia	17:14.72

Sam Howell Invitational - 3/30/2024

Princeton University
Results - Saturday

Finals ... (Women 5000 Meter Run Seeded)

Name	Yr	School	Finals
5 Maggie Bennett	FR	Columbia	17:18.63
6 Emma O'Day	FR	Cornell	17:26.07
7 Janie Cooper	SO	NYU	17:31.00
8 Becca Millar	SR	St. Joseph's	17:39.49
9 Daniela Sekhar	SO	NYU	17:45.59
10 Casey Walter	SR	Rutgers	17:45.72
11 Jennifer Mui	JR	Binghamton	17:47.33
12 Grace Medei	JR	Rider	17:50.89
13 Michelle Lupu	SR	Rutgers	17:53.20
14 Ella Verello	SO	La Salle	17:55.46
15 Lucy Gott	SO	NYU	17:56.37
16 Madeleine Ryan	JR	Fordham	17:57.72
17 Olivia Jackson	FR	NYU	17:58.94
18 Grace Rowley	FR	NYU	18:05.62
19 Emma Baeyens	JR	Rutgers	18:09.15
20 Megan Donlevie	FR	Rutgers	18:19.23
21 Stella Hammond	FR	La Salle	18:21.59
22 Sierra Burror	JR	Cornell	18:23.83
23 Josephine Dziedzic	FR	NYU	18:25.83
24 Madison Buddenbohn	SR	St. Joseph's	18:32.57
25 Melanie Barbosa	SO	Rutgers	19:09.38
26 Bridget Gottlieb		Liberty TC	19:14.51

Women 10000 Meter Run

Meet Record: 34:20.51 # 4/6/2019 Dylan Hassett

Name	Yr	School	Finals
1 Leanna Johnston	FR	Columbia	35:19.91
2 Kate Kuwahara	JR	Columbia	36:58.07
--- Sarah Zahaykevich	FR	Fordham	DNF
--- Jordan Mathis	SR	Columbia	DNF

Women 100 Meter Hurdles

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

Name	Yr	School	Prelims
Preliminaries			
1 Jenna Chan	SR	Binghamton	14.01Q0.8
2 Camylin Blake	SO	Columbia	14.05Q2.7
3 Lily Parris	JR	Princeton	14.35Q0.9
4 Julia Jongejeugd	SO	Princeton	14.11q 0.8
5 Aniyah Walters	JR	Cornell	14.34q 0.8
6 Mariah Stephens	JR	Rider	14.38q 0.8
7 Celia Kulis	SO	Holy Cross	14.39q 0.9
8 Adelaide Asante	JR	Princeton	14.42q 0.9
9 Ella Grey	JR	Holy Cross	14.51 2.7
10 Anabella Chin	SO	Rutgers	14.75 0.8
11 Delilah Cruz	SR	Binghamton	14.92 2.7
12 Claudine Smith	SR	Rutgers	15.03 0.8
13 Kylie Emmens	JR	Rider	15.22 2.7
14 Belle Bennett	FR	Cornell	15.58 2.7
15 Jane Feeney	JR	Holy Cross	15.86 0.8
16 Sarah Scepkowski	SO	TCNJ	16.59 0.8
17 Logan Wheeler	SO	Binghamton	16.63 0.9
18 Raisa Thunig	JR	Rider	16.71 0.9

19 Erin McGauley SO TCNJ 20.23 2.7

Women 100 Meter Hurdles

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

Name	Yr	School	Finals
Finals			
1 Jenna Chan	SR	Binghamton	13.92 NWI
2 Camylin Blake	SO	Columbia	13.95 NWI
3 Celia Kulis	SO	Holy Cross	14.26 NWI
4 Adelaide Asante	JR	Princeton	14.32 NWI
5 Lily Parris	JR	Princeton	14.35 NWI
6 Aniyah Walters	JR	Cornell	14.41 NWI
7 Mariah Stephens	JR	Rider	14.68 NWI

Women 400 Meter Hurdles

Meet Record: 58.17 # 2012 Wendy Fawn-Dorr

Name	Yr	School	Finals
Finals			
1 Reyne Rodrigues	SO	Cornell	1:00.54
2 Elise Sawyer	FR	Cornell	1:03.00
3 Haley Murphy	JR	Holy Cross	1:03.69
4 India Ingemi	SR	Princeton	1:04.00
5 Lydia Wallace	JR	Rider	1:04.73
6 Penelope Paldino	SR	Binghamton	1:04.80
7 Alexa Colondona	FR	Binghamton	1:05.71
8 Nyia Cummings	SR	Cornell	1:06.41
9 Anabella Chin	SO	Rutgers	1:06.49
10 Kylie Ritz	SO	Fordham	1:06.69
11 Jessica Faustin	SR	Binghamton	1:07.37
12 Nicole Lytle	SO	Fordham	1:07.85
13 Jessica Prentice	JR	Binghamton	1:08.77
14 Faith Capolupo	SO	Rider	1:09.10
15 Sophia Cruce	JR	Fordham	1:09.19
16 Melina Updale	SO	Rider	1:10.12
17 Kylie Emmens	JR	Rider	1:14.02

Women 3000 Meter Steeplechase

Meet Record: 9:50.54 # 2012 Ashley Higginson

Name	Yr	School	Finals
Finals			
1 Marge Dalseth	JR	Cornell	10:38.34
2 Alexis Allen	JR	Princeton	10:46.56
3 Giavanna Comerford	JR	Wagner	10:47.32
4 Meredith Gotzman	FR	Fordham	10:53.04

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 Binghamton	A	46.71
1) Gabrielle Hyatt SR	2) Angie Mesa-Espinosa SO	
3) Sophia Morone SR	4) Tatum Norris SO	
2 St. Joseph's (Pa.)	A	47.78
1) Maris Rodriguez SR	2) Sydney Rose SR	
3) Judith Walker JR	4) Briyel Brown FR	

Sam Howell Invitational - 3/30/2024

Princeton University
Results - Saturday

Finals ... (Women 4x100 Meter Relay)

Team	Relay	Finals
3 Rider	A	47.81
1) Valencia Gosser SO	2) Hailey Palmer JR	
3) Mariah Stephens JR	4) Jianna Fairfax FR	
4 Cornell	A	48.21
1) Tia Taylor JR	2) Skyy Johnson SO	
3) Meilee Kry SR	4) Lauren Jones SR	
5 Binghamton	B	48.38
1) Alepha Ferrer SO	2) Dami Modupe FR	
3) Ashlyn Rattray FR	4) Kaylen Tenemille FR	
6 Holy Cross	A	49.62
1) Giavanna Ciaravino SO	2) Molly O'Connor JR	
3) Kiley Ronan SR	4) Ella Grey JR	
7 Holy Cross	B	50.71
1) Ava McIntyre FR	2) Olivia Foster SO	
3) Haley Murphy JR	4) Lindsay Gill FR	
--- Princeton	A	DNF
1) Brianna Mponzi SR	2) Adelaide Asante JR	
3) Franziska Burchett FR	4) Harlowe Brumett-Dunn SR	

Women 4x400 Meter Relay

Meet Record: 3:43.19 # 4/2/2022 St. John's

T McKenzie, L Anderson, B Chestnut, S Diop

Team	Relay	Finals
1 Cornell	A	3:49.69
1) Elise Sawyer FR	2) Justine Hounsell SO	
3) Reyne Rodrigues SO	4) Delaney Benedict SR	
2 NJIT	A	3:50.90
1) Grace Burke SR	2) Hayley Lucido FR	
3) Sanai Jenkins SO	4) Maddie Stevens JR	
3 Rider	A	4:02.89
1) Hailey Palmer JR	2) Lydia Wallace JR	
3) Valencia Gosser SO	4) Melina Updale SO	
4 Fordham	A	4:03.65
1) Alexandra Williams SO	2) Michele Daye JR	
3) Dillyn Green SO	4) Kylie Ritz SO	
5 Holy Cross	A	4:04.20
1) Molly O'Connor JR	2) Haley Murphy JR	
3) Kiley Ronan SR	4) Alex Lusby SO	
6 Cornell	B	4:07.42
1) Takiya Henson FR	2) Riley Ebersole FR	
3) Francine Stevens FR	4) Jordanne Nichols FR	
7 Binghamton	A	4:09.35
1) Ana Mordvinova FR	2) Zoe Rose JR	
3) Brynn Hogan FR	4) Delilah Cruz SR	
8 Rider	B	4:14.21
1) Shelby Boise FR	2) Maile McFadden FR	
3) Jianna Fairfax FR	4) Sabrina Difilippo FR	

Women High Jump

Progression: 1.53, 1.58, 1.63, 1.68, 1.73, 1.76, 1.79

Meet Record: 1.84m # 2006 Deidra Mullen

Name	Yr	School	Finals
1 Madeleine Wood	JR	Princeton	1.68m
1 Kasi Brown	JR	La Salle	1.68m
3 Lucciana Robertson	JR	Binghamton	1.68m
4 Jenovia Logan	FR	Rutgers	1.68m
5 Savanna Marcantonio	JR	Rider	1.63m
5 Amira Green	JR	Temple	1.63m
7 Nicole Castor	SR	Temple	1.58m
8 Julia Jongejeugd	SO	Princeton	1.58m
9 Catalina Zaloj	SR	Cornell	1.53m
9 Kayley Harnett	SR	TCNJ	1.53m
--- Teyana Ames	SO	Rutgers	NH
--- Abigail Pfaff	JR	TCNJ	NH
--- Rachel Bonnet	SR	Cornell	NH
--- Sarah Scepkowski	SO	TCNJ	NH

Women Pole Vault

Progression: 3.30, 3.45, 3.60, 3.75, 3.90, 4.00 +5cm

Meet Record: 3.95m # 2012 Abigail Schaffer

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

Name	Yr	School	Finals
1 Avery Hilliard	FR	Cornell	4.00m#
2 Cierra Crane	SR	Temple	3.60m
3 Kianna Tucker	SO	Rider	3.60m
4 Quincy Hansen	SO	Cornell	3.60m
4 Maura Switzer	JR	Holy Cross	3.60m
6 Alyssa Armitage	SO	Binghamton	3.60m
7 Gabrielle Vetere	SO	Rider	3.45m
8 Emma Keating	FR	Rutgers	3.45m
9 Tatum Norris	SO	Binghamton	3.30m
--- Tessa Mudd	SO	Princeton	NH
--- Emily Rogers	FR	Rutgers	NH
--- Caroline Fatta	SR	Binghamton	NH
--- Aliza White Vega	JR	Temple	NH
--- Julia Dakwar	SR	TCNJ	NH
--- Jodi Parrott	SO	Cornell	NH

Women Long Jump

Meet Record: 6.13m # 2012 Aurelie Talbot

Name	Yr	School	Finals
1 Georgina Scoot	SO	Princeton	6.28m# 0.8
2 Meilee Kry	SR	Cornell	5.72m 0.5
3 Maddie Packer	JR	Cornell	5.72m -0.2
4 Inara Shell	JR	Temple	5.59m 2.4
5 Skyy Johnson	SO	Cornell	5.55m +0.0
6 Soraya Patterson	SO	Princeton	5.47m -1.1
7 Karissa Watson	SR	Rider	5.44m +0.0
8 Raisa Thunig	JR	Rider	5.38m +0.0
9 Lauren Jones	SR	Cornell	5.34m 1.6

Sam Howell Invitational - 3/30/2024

Princeton University
Results - Saturday

Finals ... (Women Long Jump)

	Name	Yr	School	Finals
10	Claudine Smith	SR	Rutgers	5.32m 1.8
11	Olivia Smith	SO	Rider	5.31m -0.3
12	Tia Taylor	JR	Cornell	5.19m 1.3
13	Casey Burton	SR	Princeton	4.94m 1.8
14	Erin McGauley	SO	TCNJ	4.57m +0.0
15	Emily Turschmann	FR	TCNJ	4.41m 0.5
---	Kathleen Gsell	FR	TCNJ	FOUL

Women Triple Jump

Meet Record: 12.81m # 2012 Nadie Eke

	Name	Yr	School	Finals
Finals				
1	Alexandra Kelly	SO	Princeton	13.04m 3.3
2	Obiamaka Igwenagu	SR	Temple	12.30m 2.2
3	Anika Sukumar	FR	Cornell	11.96m 1.2
4	Inara Shell	JR	Temple	11.93m +0.0
5	Mariah Stephens	JR	Rider	11.93m 0.6
6	Ayotunde Folawewo	FR	Rutgers	11.72m +0.0
7	Sarah Caldwell	SO	Cornell	11.68m 3.4
8	Alejandra Bartutis	JR	Rider	11.49m 1.5
9	Soraya Patterson	SO	Princeton	11.23m +0.0
10	Samara Jones	SO	Rider	11.16m -0.8
11	Cassidy Cheesman	SR	Cornell	11.13m +0.0
---	Laila Gedeon	SR	Binghamton	FOUL
---	Natalia Lee	FR	Binghamton	FOUL

Women Shot Put

Meet Record: 15.40m # 2015 Chioma Onyekwere

	Name	Yr	School	Finals
Finals				
1	Alicia Campbell	JR	Rutgers	14.48m
2	Noelle Elkinton	JR	Cornell	14.28m
3	Makenna Marshall	FR	Princeton	13.99m
4	Ciara Demarest	FR	Rutgers	13.18m
5	Teyana Ames	SO	Rutgers	13.01m
6	Natya Glasco	SR	Rider	12.91m
7	Chika Efobi	JR	Rider	12.75m
8	McKinlee Morris	SR	Columbia	12.66m
9	Charli Stewart	JR	Cornell	12.43m
10	Abby Nonnenberg	SR	Cornell	11.94m
11	Maura Baker	SO	Rider	11.69m
12	Samantha Kamara	SR	Rider	11.32m
13	Deborah Estabine	FR	Binghamton	11.12m
14	Kaydence Fischer	FR	TCNJ	10.27m
15	Allison Lavin	FR	TCNJ	9.87m

Women Discus Throw

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

	Name	Yr	School	Finals
Finals				
1	Noelle Elkinton	JR	Cornell	43.46m
2	Makenna Marshall	FR	Princeton	43.23m
3	Abby Nonnenberg	SR	Cornell	43.06m
4	McKinlee Morris	SR	Columbia	41.49m

5	Angelina Tapia	SR	Rider	41.39m
6	Gianna Hoose	JR	Binghamton	39.20m
7	Olivia Prescott	FR	Rutgers	37.97m
8	Kaydence Fischer	FR	TCNJ	37.47m
9	Gabrielle Paoella	FR	Holy Cross	34.63m
10	Ciara Demarest	FR	Rutgers	33.07m
11	Angela McAuslan-Kelly	SO	Princeton	31.42m
12	Kyleigh Elsayed	JR	Rider	31.31m
13	Zuriel Jimenez	FR	Columbia	31.03m
14	Melissa Aymil	SO	Rider	30.74m

Women Hammer Throw

Contested at Broadmead

Meet Record: 68.71m # 2014 Julia Ratcliffe

	Name	Yr	School	Finals
Finals				
4	Madeline Wolford	JR	Princeton	50.51m
5	Avery Hastings	FR	Cornell	50.46m
6	Gianna Hoose	JR	Binghamton	48.10m
8	Erin Waters	JR	Binghamton	47.59m
10	Samantha Kamara	SR	Rider	47.76m
10	Bailey Bertrand	SR	Rutgers	46.32m
11	Abby Nonnenberg	SR	Cornell	51.79m
11	Natya Glasco	SR	Rider	44.78m
12	Annika Kelly	JR	Princeton	61.68m
12	Angelina Tapia	SR	Rider	44.36m
13	Alicia Campbell	JR	Rutgers	50.95m
13	Anna Barber	FR	Rutgers	38.27m
14	Lailah Malone	SR	Columbia	46.65m
14	Charli Stewart	JR	Cornell	37.18m
---	Angela McAuslan-Kelly	SO	Princeton	FOUL

Women Javelin Throw

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

	Name	Yr	School	Finals
Finals				
1	Shea Greene	SO	Princeton	47.78m
2	Samantha Gravatt	SO	Rutgers	40.62m
3	Niki Woods	SO	Princeton	40.56m
4	Emilie Ghalam	SR	Rutgers	39.72m
5	Rachel Schwenk	SR	Rider	35.42m
6	Savanna Marcantonio	JR	Rider	34.52m
7	Oluwatise Okeremi	JR	Princeton	33.36m
8	Camille Clay	JR	Columbia	31.44m
9	Zuriel Jimenez	FR	Columbia	31.11m
10	Rachel Bonnet	SR	Cornell	30.71m
11	Daniella Smith	SR	Rider	30.01m
12	Allison Lavin	FR	TCNJ	27.88m
13	Teyana Ames	SO	Rutgers	25.15m
14	Paula-Marie Brown	SO	Cornell	23.80m
15	Margaux Rawson	JR	Cornell	20.42m

Sam Howell Invitational - 3/30/2024

**Princeton University
Results - Saturday**

Men 100 Meter Dash

Meet Record: 10.3h #

Mark Johnson

Name	Yr	School	Finals
Finals			
1 Jackson Clarke	FR	Princeton	10.32 1.3
2 Zachary Della Rocca	FR	Princeton	10.44 1.3
3 Joey Gant	SO	Princeton	10.49 1.3
4 Artie Burgess	SR	Rider	10.55 1.3
5 Jacob Leigh	SR	NJIT	10.62 1.3
6 Kaya Simpson	SR	Rider	10.73 2.4
7 Christopher Barone	SR	Holy Cross	10.79 1.3
8 Semi Robertson	SR	Cornell	10.79 1.3
9 Damon Dukes Jr.	FR	NJIT	10.89 2.4
10 Aidan Bergin	JR	Holy Cross	10.92 2.4
11 Gregory Moundine	FR	Rider	11.02 2.7
12 Taiki Hirooka	SR	Binghamton	11.08 1.3
13 Nate David	FR	Binghamton	11.14 +0.0
14 Adam Petersen	FR	St. Joseph's	11.15 2.4
15 Dana Ridley	SR	Rutgers	11.17 2.4
16 Dylan Eaton	SO	Cornell	11.18 2.4
17 Ladislav Topfer	JR	Princeton	11.30 2.7
18 John Carlo Baratta	JR	NJIT	11.30 +0.0
19 Jackson Gottlick	SO	Rider	11.42 +0.0
20 Andre Henry	JR	NJIT	11.42 +0.0
21 Kevin Smith	SO	Binghamton	11.43 +0.0
22 Nathan Greenberg	FR	Holy Cross	11.43 2.4
23 Chisom Ogbodo	SO	La Salle	11.51 2.7
24 Vincent Rizzi	SO	TCNJ	11.55 2.7
25 Justin Gumbs	SR	Binghamton	11.69 +0.0
26 Matthew Plumeri	JR	TCNJ	11.78 2.7

Men 200 Meter Dash

Meet Record: 20.9h #

Rort Hargrove

Name	Yr	School	Finals
Finals			
1 Jackson Clarke	FR	Princeton	20.83# 0.7
2 Zachary Della Rocca	FR	Princeton	21.10 0.7
3 Jacob Leigh	SR	NJIT	21.36 0.7
4 Domenic Barresi	JR	Cornell	21.45 0.7
5 Artie Burgess	SR	Rider	21.50 0.7
6 Steven Bado	FR	Rider	21.66 0.8
7 Joshua Gittens	SR	Cornell	21.76 0.7
8 Oliver Madariaga	SO	Binghamton	21.83 0.8
9 Fabien De Silva	JR	Cornell	21.84 0.7
10 Michael Mazero	SO	Cornell	21.86 0.7
11 Semi Robertson	SR	Cornell	21.96 0.7
12 Samson Joseph	SO	Binghamton	22.01 0.7
13 Joe Cardascia	SO	Binghamton	22.13 0.8
14 Matthew Nurse	SO	Fordham	22.14 0.8
15 Joshua Exantus	JR	Holy Cross	22.20 0.8
16 Gregory Moundine	FR	Rider	22.29 0.8
17 Darren Cammauf	SO	St. Joseph's	22.39 0.8
18 Dakota Strain	FR	Fordham	22.43 -0.5
19 Dana Ridley	SR	Rutgers	22.45 0.7
20 Seb Clatworthy	JR	Princeton	22.46 1.3

21 Sam Freeman	FR	Fordham	22.54 -0.5
22 Freddie Haynesworth IV	JR	Rider	22.56 0.8
23 Michael Brittingham	JR	St. Joseph's	22.58 -0.5
24 Kevin Smith	SO	Binghamton	22.70 0.9
25 KC O'Brien	SR	Rider	22.80 0.9
26 Jake Carrubba	JR	St. Joseph's	22.89 0.9
27 John Carlo Baratta	JR	NJIT	22.98 0.9
28 Andre Henry	JR	NJIT	23.15 0.9
29 Safo Kirton	SR	Fordham	23.29 0.9
30 Nathan Greenberg	FR	Holy Cross	23.37 0.9
31 Dylan Eaton	SO	Cornell	23.68 -0.5
32 Ilay Furman	JR	Princeton	23.86 1.3
33 Matthew Plumeri	JR	TCNJ	23.98 1.3
34 Peter Fragomeni	SO	TCNJ	24.57 1.3
--- Eric Galante	JR	Fordham	FS 1.3

Men 400 Meter Dash

Meet Record: 47.20 # 2010 Mike Eddy

Name	Yr	School	Finals
Finals			
1 Xavier Donaldson	FR	Princeton	46.88#
2 Anderson Dimon	JR	Princeton	46.97#
3 Kavon Miller	FR	Princeton	47.30
4 Dallas Hohney	FR	Rider	48.35
5 Ben Henry	SO	St. Joseph's	48.53
6 Michael Brittingham	JR	St. Joseph's	48.68
7 Darren Cammauf	SO	St. Joseph's	49.28
8 Matthew Nurse	SO	Fordham	49.29
9 Gianluca Bianchi	FR	Princeton	49.42
10 Sam Freeman	FR	Fordham	49.51
11 Joshua Babe	SO	Rutgers	49.53
12 Matthew Richman	FR	Rider	49.62
13 Gabriel Maya	SO	Rider	49.62
14 Tristan Miller	FR	Holy Cross	50.02
15 Jake Carrubba	JR	St. Joseph's	50.04
16 Mark Scanlon	SR	Binghamton	50.04
17 Isa Hitchens	SO	Princeton	50.24
18 KC O'Brien	SR	Rider	50.35
19 Safo Kirton	SR	Fordham	50.42
20 Lossenie Fofana	SO	NJIT	50.45
21 Dakota Strain	FR	Fordham	50.53
22 Logan Hayes	FR	Binghamton	50.95
23 Jeremy Henderson	FR	Cornell	51.01
24 Luke BoothRoyd	FR	Holy Cross	51.16
25 Sekai Lyken	JR	Rider	51.18
26 Matthew Conway	SR	Holy Cross	51.87
27 Justice Quainoo	JR	La Salle	52.05
28 Quinlan Perry	SO	Holy Cross	52.22
29 Hamidou Samasa	JR	La Salle	52.36
30 Andrew Van De Mark	JR	Holy Cross	52.86
31 Deion McIntosh	FR	La Salle	53.08

Sam Howell Invitational - 3/30/2024

**Princeton University
Results - Saturday**

Men 800 Meter Run Elite

Meet Record: 1:48.66 # 2022 Liam Rivard

Name	Yr	School	Finals
Finals			
1	Liam Rivard	SR La Salle	1:48.34#
2	Dan Watcke	FR Villanova	1:48.70
3	Harrison Witt	JR Princeton	1:49.17
4	Michael Danzi	SR Columbia	1:50.11
5	Connor McCormick	SO Princeton	1:50.41
6	Samuel Rodman	JR Princeton	1:50.43
7	Collin Boler	FR Princeton	1:50.54
8	Matt Gatune	SO Columbia	1:51.27
9	Duncan Miller	JR Princeton	1:51.35
10	Justin Gottlieb	FR Columbia	1:51.57
11	Brady Shute	JR Cornell	1:51.61
12	Jon Diaz	SR Unattached	1:52.56
13	Derian Stianche	SR Rider	1:53.11
14	Jacob Van Orden	SO Columbia	1:53.32
15	Jordan Kaplan	SR Princeton	1:53.62
16	Tomek Przybylak	SO St. Joseph's	1:53.78
17	Joseph Mahon	FR Holy Cross	1:54.02
18	Josiah Taylor	SR Princeton	1:54.58
19	Mali Coleman	SO Rider	1:55.23
20	Pelham Bergesen	SR Cornell	1:55.32
21	Jack Stanley	JR Princeton	1:55.76
22	Parker Jarratt	JR Rider	1:56.33
23	Michael Twist	SR Shore AC	1:58.16
24	Will Rau	SO St. Joseph's	1:59.99

Men 800 Meter Run Unseeded

Meet Record: 1:48.66 # 2022 Selasi Lumax

Name	Yr	School	Finals
Finals			
1	Nicholas Hayden	FR Columbia	1:54.56
2	Damani Brown	FR Rutgers	1:55.19
3	Trevor Rinn	SO Fordham	1:56.02
4	Darren Croke	SO Fordham	1:56.49
5	Michael Glavin	FR St. Joseph's	1:56.67
6	Liam Cody	FR Binghamton	1:56.92
7	Elijah Schechter	FR Cornell	1:57.29
8	Stephen Joseph	JR Holy Cross	1:57.56
9	David Munera	SR NJIT	1:57.95
10	Yariv Simhony	SO Fordham	1:58.04
11	Austin Rios-Colon	SO Columbia	1:58.54
12	Evan Morrow	SO Rutgers	1:59.00
13	Jake Sisk	SO Unattached	1:59.04
14	Erik Brown	SR Fordham	1:59.08
15	Evan McGregor	SO St. Joseph's	1:59.35
16	Gavin Zank	SO La Salle	2:00.42
17	Ian Smith	SO Rider	2:00.57
18	Nathan Armstrong	JR Rider	2:00.62
19	Joe Cicoria	SR Rider	2:00.88
20	Jonathan Scalia	FR Rutgers	2:01.91
21	Andrei Frigura	SO La Salle	2:02.69
22	Will Salmon	JR Rider	2:04.17

23	Aidan Ferraez	FR TCNJ	2:04.67
24	Nicolas Johnson	FR TCNJ	2:05.55
25	Lawton Haynes	JR Garden State	2:07.92

Men 1500 Meter Run

Meet Record: 3:45.00 # 2010 Kyle Merber

Name	Yr	School	Finals
Finals			
1	Harrison Witt	JR Princeton	3:47.74
2	Matthew Rankin	SR Unattached	3:48.13
3	Derek Amicon	JR Cornell	3:49.94
4	Nicholas Bendtsen	JR Princeton	3:50.51
5	Tristan Coles	SO Unattached	3:50.54
6	Kyle Rakitis	FR Rutgers	3:52.98
7	Adam Martinson	FR Cornell	3:53.76
8	Ryan Johnson	SO Cornell	3:53.83
9	Colton Johnson	JR St. Joseph's	3:54.14
10	Liam Lyons	SO Holy Cross	3:54.36
11	Tyler Canaday	SO Cornell	3:54.49
12	Gobi Thurairajah	SR Rider	3:54.50
13	Collin Boler	FR Princeton	3:54.50
14	Joseph Fast	JR Princeton	3:54.96
15	Matthew O'Brien	FR Cornell	3:55.89
16	Nicholas Couyoumjian	SR Unattached	3:55.92
17	Ollie Boltz	FR Unattached	3:56.05
18	Jamie Moreland	JR Villanova	3:56.17
19	Christian Schaaf	Railroad Ath.	3:56.63
20	Jack Fredian	SR Villanova	3:57.30
21	Brian Theobald	FR Unattached	3:57.66
22	Sean Reidy	FR Fordham	3:57.74
23	Tyler Tubman	FR Columbia	3:58.25
24	Jack Stanley	JR Princeton	4:00.12
25	Travis Lahr	SR Rider	4:00.72
26	Billy Clewell	FR Rutgers	4:01.52
27	Noah Deckert	SR St. Joseph's	4:01.70
28	Matthew Morena	SR NJIT	4:02.42
29	Julian Aske	FR NYU	4:03.07
30	Nathan Paolangeli	SR La Salle	4:03.19
31	Colden Longley	SR Cornell	4:03.78
32	Rigoberto Alfonso	SR Holy Cross	4:05.91
33	Adam Mugavero	JR Rider	4:06.98
34	Andrew Rosenblatt	SO Binghamton	4:08.45
35	Austin Wefer	SO Binghamton	4:08.75
36	Stefano Isabella	SR La Salle	4:10.14
37	Daniel Valentino	SO Rutgers	4:11.52
38	Luke Miklus	FR Binghamton	4:12.41
39	Roman Fabbriatore	SO TCNJ	4:14.98
---	Samuel Rodman	JR Princeton	DNF
---	Connor McCormick	SO Princeton	DNF
---	Nathaniel Bezuneh	JR Fordham	DNF
---	Vijay Krishnamoorthi	FR Unattached	DNF

Sam Howell Invitational - 3/30/2024

**Princeton University
Results - Saturday**

Men 5000 Meter Run Seeded

Meet Record: 13:49.64 # 2022

Josh Phillips

Name	Yr	School	Finals
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Finals

1	David Butts	SR	Unattached	14:17.06
2	Keith Carlson	SO	Pacers GRC NB	14:19.80
3	Emmett Saulnier		Pacers GRC NB	14:20.90
4	Reiss Marshall	SR	St Leonard's	14:23.30
5	Matthew Coffey	SR	St. Joseph's	14:23.35
6	Colin Flood	SR	Fordham	14:24.49
7	Jack Bennett	JR	Columbia	14:26.38
8	Steve Zucca	JR	Fordham	14:26.63
9	Nick Moulai	SR	La Salle	14:26.66
10	Gregory Jaindl	8	Unattached	14:26.93
11	Christian Groendyk	FR	Unattached	14:27.88
12	Rodolfo Sanchez	JR	Fordham	14:29.39
13	Ryan Tobin	JR	NYU	14:31.23
14	Tom Cooke		Unattached	14:34.72
15	James Ptack	JR	La Salle	14:39.42
16	Seth Slavin		Pacers GRC NB	14:59.71
17	Owen Nelson	JR	Columbia	15:01.95
18	Ryan Witters	SR	Pacers GRC NB	15:04.50
19	Nate Tavakolian	JR	Princeton	15:15.35
---	George Blaha	SO	Columbia	DNF
---	Arthur Cosson	SR	La Salle	DNF

Men 5000 Meter Run Unseeded

Meet Record: 13:49.64 # 2022

Christopher Johnson

Name	Yr	School	Finals
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Finals

1	Kevin Jumper	JR	St. Joseph's	14:40.41
2	Anthony Gargani	SO	St. Joseph's	14:41.61
3	Jake Gelfand	JR	Cornell	14:42.29
4	Josh Forrest	JR	St. Joseph's	14:44.18
5	Jeffrey Chen	SO	NYU	14:46.10
6	Andy O'Brien	JR	Cornell	14:50.59
7	Dominik Lisicky	SO	Rider	14:51.06
8	Iain Taylor	JR	Rider	14:53.22
9	Jack Moran	SO	Rutgers	14:56.31
10	Jeremie Garcia	SR	Rider	14:58.78
11	George Brady	SR	NYU	14:59.57
12	Hisham Ettayebi	FR	Rutgers	15:02.94
13	Ryan Mitchell	SR	Rutgers	15:03.57
14	Colton Walker	JR	Villanova	15:04.99
15	Jay Shanahan	JR	St. Joseph's	15:06.22
16	Chris Shay	FR	Rutgers	15:11.78
17	Malthe Bogebjerg	FR	La Salle	15:13.00
18	Sean Matthews	FR	Rutgers	15:16.87
19	Shaurya Srivastava	SO	NYU	15:25.78
20	Brandon Meiner	SO	NYU	15:26.70
21	Alex Sandras	SR	La Salle	15:31.02
22	Ryan Smith	FR	Rutgers	15:34.05
23	Dylan Rodriguez	SR	Rider	15:39.92
24	Alex Hryczyszyn	FR	NYU	15:54.02

Men 10000 Meter Run

Meet Record: 28:55.31 # 2022

Kevin Berry

Name	Yr	School	Finals
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Finals

1	Connor Nisbet	JR	Princeton	28:56.67
2	Jarrett Kirk	JR	Princeton	28:56.68
3	Taonga Mbambo	SR	La Salle	29:45.05
4	Jack Gregorski	SO	Princeton	29:50.65
5	Henry Myers	SR	Villanova	31:00.28
6	Jack Boerger	FR	Fordham	31:56.98
7	Matt McCabe	FR	Fordham	32:00.73
8	Eric Beyerle	SO	Pacers GRC NB	32:12.45
9	Nicolas Grabarz	SO	Unattached	33:44.05
---	Eli Krahn		Unattached	DNF
---	Nicholas Bendtsen	JR	Princeton	DNF
---	Matthew Farrell	JR	Princeton	DNF

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010

Jeff Porter

Name	Yr	School	Prelims
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Preliminaries

1	Easton Tan	SO	Princeton	14.21Q1.4
2	Michael Mazzocca	SR	Holy Cross	14.21Q1.7
3	Justin Wei	SR	Cornell	14.36Q1.6
4	Ryder King	SO	Cornell	14.30q 1.4
5	Marques Merriweather	SR	Rider	14.37q 1.6
6	Brian Fennelly	JR	Holy Cross	14.44q 1.6
7	Albert Kreutzer	JR	Princeton	14.73q 1.7
8	Joshua Exantus	JR	Holy Cross	14.84q 1.4
9	Charles Wall-Davis	FR	Cornell	14.86 1.4
10	Mark Skerl	FR	Cornell	14.95 1.7
11	Ryan Brynjolfson	FR	Cornell	15.05 1.6
12	Max Weinberg	SO	Rider	15.26 1.6
13	Nathan Storz	SO	Rider	15.31 1.7
14	Adrian Rippstein	SR	Binghamton	15.46 1.7
15	Angelo Confort	FR	Binghamton	15.48 1.6
16	Chad Trammell	FR	Rider	15.83 1.7
17	Kevin Yatsuhashi	JR	Holy Cross	15.84 1.4
18	Nathaniel Adams	FR	TCNJ	16.12 1.4
19	Christian Primavera	FR	Binghamton	16.53 1.4
20	George Pomer	SO	Fordham	16.58 1.7
---	Gabe Czako	SO	Cornell	DNF 1.6

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010

Jeff Porter

Name	Yr	School	Finals
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Finals

1	Ryder King	SO	Cornell	14.16 1.5
2	Easton Tan	SO	Princeton	14.22 1.5
3	Michael Mazzocca	SR	Holy Cross	14.36 1.5
4	Brian Fennelly	JR	Holy Cross	14.41 1.5
5	Marques Merriweather	SR	Rider	14.48 1.5
6	Albert Kreutzer	JR	Princeton	14.77 1.5
7	Joshua Exantus	JR	Holy Cross	14.82 1.5

Sam Howell Invitational - 3/30/2024

**Princeton University
Results - Saturday**

Men 400 Meter Hurdles

Meet Record: 51.70 # 2013 Logan Sharpe

Name	Yr	School	Finals
Finals			
1 Bryce Tucker	FR	Rutgers	52.28
2 Marcus Johnson	JR	Binghamton	53.14
3 Lathan Brown	FR	Rutgers	53.64
4 Brian Fennelly	JR	Holy Cross	54.26
5 Ryder King	SO	Cornell	54.30
6 Charles Wall-Davis	FR	Cornell	54.33
7 Jack Daly	JR	Cornell	54.43
8 William Doyle	SR	Princeton	54.64
9 Aiden Silvestri	SO	Princeton	54.86
10 Rory Olsen	FR	Holy Cross	54.87
11 Matthew Perkins	FR	Holy Cross	55.20
12 Luke Noss	SO	St. Joseph's	55.48
13 Ethan Przygoda	JR	Rider	55.66
14 Steven Crespo	SO	Rider	56.40
15 Marques Merriweather	SR	Rider	56.72
16 Nathaniel Adams	FR	TCNJ	57.00
17 William Foley	FR	Rider	57.32
18 Caleb Williams	JR	Princeton	1:00.46

Men 3000 Meter Steeplechase

Meet Record: 8:39.92 # 2012 Donn Cabral

Name	Yr	School	Finals
Finals			
1 Jackson Shorten	SO	Princeton	8:57.11
2 Dominic Palermo	SR	Wagner	9:01.75
3 Jacob Ireland	SR	Columbia	9:06.10
4 Connor Livingston	JR	Princeton	9:14.96
5 Brett Bishop	SO	Columbia	9:20.97
6 Nick DeFelice	SR	Binghamton	9:37.92
7 Walker Beverly	SO	Columbia	9:38.44
--- Sebastian Martinez	FR	Unattached	DNF
--- Brian Boler	FR	Princeton	DNF

Men 4x100 Meter Relay

Meet Record: 40.80 # 2019 Princeton

S Ndhlovu, G Sholars, A Carbone, J Daniels

Team	Relay	Finals
Finals		
1 Princeton	A	39.83#
1) Zachary Della Rocca FR	2) Jackson Clarke FR	
3) Daniel Duncan JR	4) Joey Gant SO	
2 Holy Cross	A	41.37
1) Christopher Barone SR	2) Joshua Exantus JR	
3) Aidan Bergin JR	4) Michael Mazzocca SR	
3 NJIT	A	41.64
1) John Carlo Baratta JR	2) Damon Dukes Jr. FR	
3) Andre Henry JR	4) Jacob Leigh SR	
4 Binghamton	A	42.11
1) Taiki Hirooka SR	2) Nate David FR	
3) Samson Joseph SO	4) Joe Cardascia SO	

5 Rider	A	42.44
1) Gregory Moundine FR	2) Jackson Gottlick SO	
3) Chad Trammell FR	4) KC O'Brien SR	
6 Holy Cross	B	42.64
1) Nathan Greenberg FR	2) Quinlan Perry SO	
3) Matthew Conway SR	4) Tristan Miller FR	

Men 4x400 Meter Relay

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

Team	Relay	Finals
Finals		
1 Cornell	A	3:15.25
1) Domenic Barresi JR	2) Michael Mazero SO	
3) Fabien De Silva JR	4) Joshua Gittens SR	
2 Princeton	A	3:16.35
1) Xavier Donaldson FR	2) Ladislav Topfer JR	
3) Kavon Miller FR	4) Gianluca Bianchi FR	
3 Rider	A	3:20.29
1) Freddie Haynesworth IV JR	2) Dallas Hohney FR	
3) Sekai Lyken JR	4) Matthew Richman FR	
4 Cornell	C	3:23.07
1) Jeremy Henderson FR	2) Ryder King SO	
3) Jack Daly JR	4) Charles Wall-Davis FR	
5 Rider	B	3:25.73
1) William Foley FR	2) Ethan Przygoda JR	
3) Gregory Moundine FR	4) KC O'Brien SR	
6 Cornell	B	3:26.21
1) Ryan Brynjolfson FR	2) Justin Wei SR	
3) Mark Skerl FR	4) Gabe Czako SO	
7 Holy Cross	B	3:27.03
1) Andrew Van De Mark JR	2) Rory Olsen FR	
3) Matthew Perkins FR	4) Quinlan Perry SO	
8 Holy Cross	A	3:28.10
1) Rigoberto Alfonso SR	2) Luke BoothRoyd FR	
3) Matthew Conway SR	4) Tristan Miller FR	
9 Binghamton	A	3:37.30
1) Kevin Smith SO	2) Matthew Oluwole SO	
3) Mark Scanlon SR	4) Liam Cody FR	

Men High Jump

Progression: 1.80, 1.85, 1.90, 1.95, 2.00, 2.04, 2.07, 2.10+3cm

Meet Record: 2.22m # Tora Harris

Name	Yr	School	Finals
Finals			
1 Seb Clatworthy	JR	Princeton	2.07m
2 Devynn Lee	SR	Rider	2.00m
3 Dillon Page	SO	Rutgers	1.95m
4 John Hogan	JR	Princeton	1.90m
5 DaRon Elam	FR	Fordham	1.90m
6 Michel Mondesir	FR	Holy Cross	1.90m
7 Steven Crespo	SO	Rider	1.85m
7 Patrick Brewer	SR	Cornell	1.85m
9 Kevin Yatsuhashi	JR	Holy Cross	1.80m
--- Skyler Johnson	FR	TCNJ	NH

Sam Howell Invitational - 3/30/2024

**Princeton University
Results - Saturday**

Men Pole Vault

Progression: 4.14, 4.30, 4.45, 4.60, 4.75, 4.90, 5.00, 5.05+5cm

Meet Record: 5.40m # 2016 Adam Bragg

Name	Yr	School	Finals
Finals			
1 Vicentejordan Vanderlip	JR	Cornell	5.10m
2 Shane Racey	SR	Cornell	5.00m
3 Nick Molloy	SO	Princeton	4.90m
4 Noah Kriesman	SO	Rutgers	4.75m
--- Joe Avallone	SO	Princeton	NH
--- Elan Krakow	SO	TCNJ	NH
--- Tyler DeMarco	FR	TCNJ	NH
--- Wyatt Ricketts	SO	Cornell	NH

Men Long Jump

Meet Record: 7.80m # 2009 Cadeau Kelley

Name	Yr	School	Finals
Finals			
1 Zach Manowitz	SR	Rider	7.40m 2.3
2 Josh Burgess	SO	Rider	7.17m +0.0
3 Eric Galante	JR	Fordham	6.97m 2.3
4 Josh Green	JR	Cornell	6.87m 0.3
5 Cameron Campbell-Miller	SO	St. Joseph's	6.83m 1.7
6 Putu Sutayasa	FR	Binghamton	6.81m +0.0
7 Donald Adams	SR	St. Joseph's	6.55m +0.0
8 Ryan Antwi	FR	Cornell	6.39m 2.0
9 Vincent Rizzi	SO	TCNJ	6.08m 0.1
10 Skyler Johnson	FR	TCNJ	6.03m 0.1
--- Lorenzo Cagliero	SO	Princeton	FOUL

Men Triple Jump

Meet Record: 15.82m # 2009 Tuan Wren

Name	Yr	School	Finals
Finals			
1 Marcene Jeannot	SR	Binghamton	14.88m 1.5
2 Jordan Lindinger-Asamoah	FR	NJIT	14.56m 4.7
3 Desmond Whitley	FR	Cornell	14.34m 1.9
4 Kameron Coleman	FR	Cornell	14.02m 1.5
5 Waheeb Khan	SR	NJIT	13.97m -0.1
6 Jayson Lee	SR	Rider	13.89m 0.7
7 Ilay Furman	JR	Princeton	13.67m -0.7
8 Michael Palmer	SO	Rider	13.61m 1.7
9 Ryan Antwi	FR	Cornell	13.56m NWI
10 Ryan Nartey	SO	NJIT	13.24m NWI
--- Kelechi Eziri	JR	Villanova	FOUL

Men Shot Put

Meet Record: 20.41m # 2017 Nick Vena

Name	Yr	School	Finals
Finals			
1 Brad Morell	SR	Cornell	17.79m
2 Tyler Konopka	JR	Princeton	17.14m
3 Obiora Okeke	JR	Columbia	16.90m
4 Joe Licata	SO	Princeton	16.66m
5 Yoosang Kim	SR	Columbia	16.66m

6 Noah Harman	SO	Cornell	16.53m
7 Avery Shunneson	JR	Princeton	16.52m
8 Mannie Arbabi	FR	Cornell	15.73m
9 Jayden DuBard	JR	Rider	15.57m
10 Nicholas Frattina	FR	Cornell	15.41m
11 Toby Tan	JR	Columbia	14.07m
12 Christian Farhat	FR	TCNJ	13.84m
13 Jacob Eddinger	SR	Rider	13.02m
14 Jayson Lewis	FR	TCNJ	12.99m
15 Adam Moezaw	SO	Columbia	12.00m
--- Abraham Ohiokhai-Benso	SR	Rider	FOUL

Men Discus Throw

Meet Record: 61.71m # 2022 Zorawar Otal

Name	Yr	School	Finals
Finals			
1 Avery Shunneson	JR	Princeton	53.22m
2 Brad Morell	SR	Cornell	51.26m
3 Joe Licata	SO	Princeton	50.97m
4 Tyler Konopka	JR	Princeton	47.18m
5 Daniel Mikay	SO	Cornell	46.74m
6 Jacob Eddinger	SR	Rider	44.22m
7 Abraham Ohiokhai-Benso	SR	Rider	44.13m
8 Carlos Bermudez	FR	Rutgers	43.06m
9 Mannie Arbabi	FR	Cornell	43.05m
10 Noah Lawson	JR	Rider	42.08m
11 Martin Udeogu	SO	Unattached	41.43m
12 Adam Moezaw	SO	Columbia	37.56m
13 Kean Paul	SO	TCNJ	37.43m
14 Philip Kastner	JR	Princeton	33.38m
15 Yousaf Ahmed	FR	TCNJ	32.26m

Men Hammer Throw

Contested at Broadmead

Meet Record: 74.01m # 2012 Conor McCullough

Name	Yr	School	Finals
Finals			
1 Tyler Williams		Garage Strength	73.57m
2 Marcus Disbrow		Garden State	69.32m
3 Brad Morell	SR	Cornell	65.88m
4 Brian Luciano	FR	Binghamton	59.90m
5 Dylan Powell		Unattached	57.97m
6 Andrew Krall	SO	Rutgers	57.16m
7 Parker Kim	FR	Columbia	56.65m
8 Obiora Okeke	JR	Columbia	56.34m
9 Jayden DuBard	JR	Rider	53.70m
10 Jin Choi	SR	Rutgers	52.27m
11 Simon Skoumal	SO	Columbia	50.37m
12 Noah Harman	SO	Cornell	46.47m
13 Jacob Eddinger	SR	Rider	42.69m
--- Abraham Ohiokhai-Benso	SR	Rider	FOUL

Men Javelin Throw									
Meet Record: 76.03m # 2012 Brian Chaput									
<table><tr><th colspan="2">Name</th><th>Yr</th><th>School</th><th>Finals</th></tr></table>					Name		Yr	School	Finals
Name		Yr	School	Finals					
Finals									
1	William McAlpine	SR	Holy Cross	54.98m					
2	Patrick Brewer	SR	Cornell	54.37m					
3	Zachary Semerjian	SR	Rutgers	53.20m					
4	Joseph Rachiele	SO	Cornell	51.61m					
6	Alexander Bogues	JR	TCNJ	49.13m					
7	Ian Habjan	FR	Rutgers	48.05m					
8	Jack Ryan	SO	Holy Cross	47.85m					
10	George Pomer	SO	Fordham	45.35m					
11	Mike Dallal	FR	Unattached	45.80m					
11	KC O'Brien	SR	Rider	43.59m					
12	Philip Kastner	JR	Princeton	49.64m					
12	Connor Brown	FR	Princeton	38.05m					