

Sam Howell Invitational - 4/4/2026

Princeton University
Results - Saturday

Women 100 Meter Dash

Meet Record: 11.4h M

Michelle Brown

Name	Yr	School	Finals
Finals			
1	Jailyn Milord	FR Penn	11.65 1.9
2	Brooke Jackson	SO Princeton	11.73 1.9
3	Maisha Atkinson	SR Princeton	11.76 1.9
4	Tamasen Allen Bey	FR Saint Joseph	11.81 2.0
5	Jorden Gore	SO La Salle	11.92 2.0
6	Jayani Santos	JR UMass Lowell	11.98 1.2
7	Simone Castelluccio	JR Penn	12.01 1.2
8	Mariah Winfield	JR Delaware Sta	12.03 1.9
9	Soraya Patterson	SR Princeton	12.04 1.2
10	Lila Ziegler	SO Temple	12.04 1.2
11	Chidubem (Miriam) Okwu	SR Delaware Sta	12.05 1.9
12	Mariam Koita	JR Saint Joseph	12.06 1.9
13	Mary Rozier	SO Penn	12.09 1.9
14	Jonnelle Lewis	FR Monmouth	12.21 2.0
15	Harper Glennon	FR Lehigh	12.23 1.2
16	Franziska Burchett	JR Princeton	12.27 1.9
17	Leah Powell	SR Delaware Sta	12.28 2.0
18	Katiana Gilbert	SO Monmouth	12.33 1.2
19	Kenya Merritt	FR Temple	12.34 2.4
20	Kayla Esposito	JR Adelphi	12.39 2.4
21	Maya Adams	JR Saint Joseph	12.44 2.0
22	Carleen Lionel	FR La Salle	12.47 1.2
23	Shareve Blair	SO Adelphi	12.60 2.0
24	Valencia Beaubrun	SR Adelphi	12.61 2.4
25	Jessica Cervenak	SR Monmouth	12.61 1.2
26	Marissa Haye	JR Adelphi	12.67 2.4
27	Bridget Geary	JR UMass Lowell	12.97 2.0
28	Janae Pettaway	FR Temple	13.01 2.0
29	Johnna Gonter	FR Saint Joseph	13.13 2.4
30	Meredith Feener	JR UMass Lowell	13.20 2.4

Women 200 Meter Dash

Meet Record: 23.48 M 2005

Aliann Pompey

Name	Yr	School	Finals
Finals			
1	Rianna Floyd	FR Penn	23.57 2.5
2	Maisha Atkinson	SR Princeton	23.70 2.5
3	Simone Castelluccio	JR Penn	24.21 2.5
4	Tamasen Allen Bey	FR Saint Joseph	24.39 3.8
5	Mariam Koita	JR Saint Joseph	24.40 3.8
6	Lila Ziegler	SO Temple	24.42 3.8
7	Georgina Scoot	SR Princeton	24.46 2.5
8	Mariah Jameson	SO Temple	24.48 2.5
9	Olivia Binns	SR Saint Joseph	24.60 3.8
10	Shreya Kalyan	JR MIT	24.61 3.8
11	Kendall Cooper	FR Saint Joseph	24.64 2.5
12	Jade Sanders	SO Lehigh	24.96 3.8
13	Adaugo Ilonze	SO La Salle	24.97 4.2
14	Jonnelle Lewis	FR Monmouth	25.01 2.5
15	Gianna Mangili	SR Lehigh	25.03 2.5
16	Amelia Kristen	JR Penn	25.17 4.2

17	Havanna Gordon	SO La Salle	25.27 2.9
18	Jorden Gore	SO La Salle	25.30 2.6
19	Kenya Merritt	FR Temple	25.30 4.2
20	Maya Adams	JR Saint Joseph	25.36 2.9
21	Kasey White	JR Lehigh	25.43 2.5
22	Harper Glennon	FR Lehigh	25.50 2.5
23	Mariah Winfield	JR Delaware Sta	25.60 2.9
24	Kayla Esposito	JR Adelphi	25.85 2.3
25	Rachael Collins	JR Monmouth	25.89 2.3
26	Cecilia Abruzzo	JR Saint Joseph	25.92 2.6
27	Lucy Tobia	FR Monmouth	25.99 2.3
28	Kierstin Ashby	SO NJIT	26.01 4.2
29	Franziska Burchett	JR Princeton	26.09 4.2
30	Marianah Lipkins	FR Delaware Sta	26.18 2.6
31	Valencia Beaubrun	SR Adelphi	26.26 2.9
32	Shareve Blair	SO Adelphi	26.40 2.3
33	Joy Taiwo	JR Delaware Sta	26.48 4.5
34	Nandini Warriar	FR MIT	26.54 4.5
35	Oluwanifemi Olufowobi	SO NJIT	27.56 4.5
36	Meredith Feener	JR UMass Lowell	27.82 2.6
37	Paige Murphy	SR UMass Lowell	27.93 4.5
---	Marissa Haye	JR Adelphi	DNF 2.9

Women 400 Meter Dash

Meet Record: 53.22 M 2013

Sophie Smellie

Name	Yr	School	Finals
Finals			
1	Jade Sanders	SO Lehigh	54.91
2	Laila Payne	FR Princeton	55.20
3	Mariah Jameson	SO Temple	55.74
4	Shreya Kalyan	JR MIT	55.97
5	Kierstin Ashby	SO NJIT	57.20
6	Kasey White	JR Lehigh	57.35
7	Grace Hickman	SO Temple	57.59
8	Jordyn Reed	JR Penn	57.90
9	Kayleigh Jamieson	SO Lehigh	58.03
10	Kahlia Smith	SO Delaware Sta	58.06
11	Annil McIntosh	FR Delaware Sta	58.13
12	Elena Malone	SR Lafayette	58.14
13	Rachael Collins	JR Monmouth	58.20
14	Olivia Beddow	SR Saint Joseph	58.41
15	Jane Kennedy	FR Princeton	58.46
16	Lucy Tobia	FR Monmouth	58.83
17	Nandini Warriar	FR MIT	59.07
18	Corinn Brewer	SR Lehigh	59.59
19	Emily Burdick	JR UMass Lowell	59.61
20	Chloe Jones	FR Monmouth	59.73
21	Alyssa Bloxton	SO Saint Joseph	59.80
22	Alessandra Schuster	JR Saint Joseph	59.93
23	L'Mio Edwards	SO Penn	59.95
24	Jade Webber	FR Navy	1:00.25
25	Morgan Wallace	FR Delaware Sta	1:00.31
26	Stephanie Cristinizio	JR Saint Joseph	1:00.68
27	Maliah Powell	SO Temple	1:02.13
28	Ayomide Sopeju	FR NJIT	1:02.18
29	Cloe Cauley	JR Delaware Sta	1:03.12

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Women 800 Meter Run Elite

Meet Record: 2:01.04 M 2019 Raevyn Rogers

Name	Yr	School	Finals
Finals			
1 Karin Dobiasch	JR	Saint Joseph	2:06.27
2 Samantha Korck	JR	Saint Joseph	2:12.44
3 Krystal Montgomery	SR	MIT	2:12.85
4 Tess Crossan	JR	Saint Joseph	2:12.93
5 Quinn O'Brien	SO	Saint Joseph	2:14.43
6 Lucy Afanasewicz	JR	Lehigh	2:14.55
7 Hayley Lucido	JR	NJIT	2:15.57
8 Isabella Shertzer	SO	Columbia	2:15.86
9 Juliet Frum	FR	Navy	2:16.06
10 Jenai Berry	JR	Rutgers	2:16.15
11 Alana Henry	SO	Rutgers	2:16.93
12 Lauren Bower	SO	Lehigh	2:18.20
13 Zoe Louis	FR	Lehigh	2:18.27
14 Alexa LaSasso	SR	Lafayette	2:21.39
--- Nubia Pereira	JR	UMass Lowell	DNF

Women 800 Meter Run

Meet Record: 2:01.04 M 2019 Raevyn Rogers

Name	Yr	School	Finals
Finals			
1 Anna Hoffman	SO	Monmouth	2:12.27
2 Amber Barrios	SR	Lehigh	2:13.12
3 Katelynn Barthold	FR	Lafayette	2:13.40
4 Camille Jordan	JR	Penn	2:13.66
5 Emily Maury	FR	Navy	2:13.79
6 Lindsay Yakaboski	JR	Penn	2:14.13
7 Laila Cottom	JR	Temple	2:14.55
8 Lily Schindler	FR	Lehigh	2:14.60
9 Sofia Lieberman	SO	Princeton	2:14.88
10 Annie Killian	SO	Columbia	2:15.22
11 Julie Ruskan	SR	Rider	2:15.25
12 Carolyn Smith	JR	Saint Joseph	2:16.50
13 Aleah Lazar	SO	Monmouth	2:16.85
14 Olivia Bortz	SO	Rider	2:17.19
15 Faye Carnemolla	FR	Lafayette	2:17.27
16 Rian Johnson	FR	Temple	2:17.49
17 Stella Perazzini	SO	Navy	2:18.07
18 Tatiana Nunez	JR	Rider	2:18.41
19 Brenna Corcoran	SO	UMass Lowell	2:19.24
20 Alexis Smith	SR	Fordham	2:19.35
21 Alexa Eglin	SR	Rider	2:19.59
22 Jenna Keith	SR	NJIT	2:19.90
23 Jamie Gorman	SO	Lafayette	2:19.97
24 Gemma Chevoor	SO	Saint Joseph	2:20.15
25 Lucia Castillo-Rios	FR	Navy	2:20.36
26 Lauren Raimy	SO	Fordham	2:21.82
27 Dagny Shiffler	FR	Temple	2:22.12
28 Julie Condon	SO	UMass Lowell	2:22.28
29 Mileah Cotton	SO	Delaware Sta	2:22.37
30 Izzy Owens	SO	Lehigh	2:22.55
31 Sara Sherlock	SO	Saint Joseph	2:23.70

32 Maya Gomes	SO	Temple	2:23.98
33 Emilie Creighton	FR	Temple	2:24.79
34 Kellyn Coller	FR	NJIT	2:25.70
35 Eva Gonzalez	SO	Adelphi	2:27.08
36 Isabel McIntyre	SO	UMass Lowell	2:28.08
37 Katharine Cottone	JR	UMass Lowell	2:31.03
38 Jayla Green	SO	Temple	2:32.54
39 Diya Inta	FR	NJIT	2:33.33

Women 1500 Meter Run

Meet Record: 4:13.75 M 2019 Ajee Wilson

Name	Yr	School	Finals
Finals			
1 Hannah Riggins	JR	Princeton	4:21.48
2 Abby Klebe	SR	Lehigh	4:22.32
3 Meg Madison	SO	Princeton	4:22.62
4 Emma de Jong	SO	Princeton	4:25.61
5 Lauryn Heskin	SR	Lehigh	4:26.11
6 Caroline Barton	FR	Princeton	4:26.92
7 Adele Martin	FR	Penn	4:27.82
8 Lara Cota	SR	Penn	4:28.24
9 Grace Hughes	JR	Lehigh	4:28.76
10 Lexi Fernandez	JR	MIT	4:28.90
11 Gwenno Goode	JR	La Salle	4:30.30
12 Lexy Rivard	JR	La Salle	4:30.81
13 Quin Stovall	FR	Penn	4:31.70
14 Jodie Pierce	SR	Fordham	4:32.05
15 Caroline Schoen	JR	Columbia	4:32.57
16 Becca Bown	FR	La Salle	4:33.26
17 Kelseigh O'Neil	SO	Rutgers	4:33.62
18 Daphne Banino	SR	Princeton	4:34.63
19 Finia Kretschmann	SO	Princeton	4:34.76
20 Neve Moulai	SR	La Salle	4:34.98
21 Emily Cooper	JR	Princeton	4:35.01
22 Grace Rudder	JR	Saint Joseph	4:36.05
23 Dana Lehr	FR	Columbia	4:36.17
24 Sofia Lumbreras	FR	Iona	4:36.84
25 Peyton Leigh	JR	Princeton	4:37.68
26 Jordan Lacsamana	FR	MIT	4:39.99
27 Kiera Duffy	SR	Penn	4:40.41
28 Scarlett Martin	SO	Columbia	4:40.41
29 Olivia Martin	JR	Princeton	4:40.79
30 Elizabeth Page	SO	Swarthmore	4:41.58
31 Georgia-Rose Dawson	NA	Unattached	4:42.19
32 Lorena David	JR	Rutgers	4:42.46
33 Lana Hurwitz	SO	Monmouth	4:43.57
34 Jessica Meza	JR	MIT	4:44.91
35 Brenna Sears	JR	Fordham	4:45.07
36 Margaret Thompson	SO	Princeton	4:45.66
37 Cassidy Kidd	SO	Rutgers	4:45.87
38 Maeve McNamee	FR	Lafayette	4:46.01
39 Chloe Care	FR	Saint Joseph	4:46.39
40 Kate Price	JR	Columbia	4:47.24
41 Gianna Hernandez	FR	Rutgers	4:47.44
42 Fleur Todd-Warmoth	SO	Princeton	4:47.58
43 Zoe Cimo	FR	Lafayette	4:47.85

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Finals ... (Women 1500 Meter Run)

Name	Yr	School	Finals
44	Olivia Montini	SR Swarthmore	4:48.33
45	Hope Trimmer	JR Lehigh	4:48.48
46	Reena Hsieh	FR Columbia	4:48.82
47	Sarah Ross	SR UMass Lowell	4:48.88
48	Erin Vincent	JR Monmouth	4:49.91
49	Abigail Kolbe	FR Princeton	4:50.35
50	Salma Boukhtam	SO UMass Lowell	4:50.44
51	Katherine Rogers	SO La Salle	4:51.04
52	Naomi Toft	SR Columbia	4:51.89
53	Raihana Yameogo	JR UMass Lowell	4:52.50
54	Paige Boyce	JR Rutgers	4:52.84
55	Sabrina Paz	SO Saint Joseph	4:53.30
56	Rian Johnson	FR Temple	4:54.78
57	Ella Burnham	JR Monmouth	4:55.53
58	Sofia Condron	JR Rutgers	4:57.11
59	Caroline Schleif	SR Columbia	4:58.13
60	Ali Fink	FR Saint Joseph	4:58.89
61	Dagny Shiffler	FR Temple	5:05.16
62	Aoife Shovlin	FR Penn	5:06.13
63	Emilie Creighton	FR Temple	5:13.56
---	Sofia Lieberman	SO Princeton	DNF
---	Pia Beaulieu	JR Princeton	DNF
---	Sara Khiri	SO Penn	DNF

Women 5000 Meter Run Unseeded

Meet Record: 16:05.52 M 2006 Cack Ferrell

Name	Yr	School	Finals
1	Caroline Jankowich	JR Columbia	17:22.67
2	Maeli Gleason	FR Rutgers	17:28.46
3	Eleanor Whisler	FR Navy	17:32.64
4	Jonalee Adames	FR Saint Joseph	17:35.50
5	Makala Hansen	SR Rider	17:37.52
6	Amelia Green	SO La Salle	17:39.82
7	Miana Caraballo	SR UMass Lowell	17:39.94
8	Anya Kazemi	SO Lafayette	17:40.51
9	Paige Sheiffle	SO Navy	17:44.22
10	Katharine Frank	SO NYU	17:44.31
11	Emily Castles	SR NYU	17:45.34
12	Hazel Calway	FR Lafayette	17:48.80
13	Lindsay Guthrie	SO NYU	17:49.64
14	Carlyn Segrave-Daly	SR Saint Joseph	17:51.16
15	Emma Eagan	JR UMass Lowell	17:53.07
16	Emma Baeyens	SR Rutgers	17:57.38
17	Paisley Piegras	FR NYU	18:01.09
18	Delaney Swanson	SR UMass Lowell	18:02.19
19	Michaela Schlemo	SO Rutgers	18:04.41
20	Ella Verello	JR La Salle	18:10.45
21	Selena Wood	SO UMass Lowell	18:13.47
22	Elizabeth Ehrhardt	SO Lehigh	18:23.55
23	Emma Taylor	SR La Salle	18:50.44
24	Mia Jones	SR UMass Lowell	18:59.48
25	Amelia Sabatino	SO Temple	19:03.46
26	Noelia Reyes	FR Saint Joseph	19:09.73

27	Jaclyn Martinelli	JR Monmouth	19:10.61
28	Olivia Schweitzer	SO Monmouth	19:30.66
---	Elena Cicchini	JR Monmouth	DNF

Women 5000 Meter Run Seeded

Meet Record: 15:48.24 M 2025

Mena Scatchard

Name	Yr	School	Finals
1	Caroline Barton	FR Princeton	16:36.76
2	Helene Usher	JR La Salle	16:50.51
3	Emily Simko	SO Monmouth	16:53.41
4	Brianna Jucewicz	SR Monmouth	17:11.90
5	Anna Fondakowski	FR UMass Lowell	17:16.23
6	Meredith Gotzman	JR Fordham	17:16.57
7	Paige Quigley	JR Seton Hall	17:18.64
8	Devon Sutton	JR Lehigh	17:29.79
9	Seelah Kittelstrom	FR Columbia	17:33.73
10	Madeline Palmisciano	SO Navy	17:39.09
11	Tara Smurla	SR Moravian	17:42.45
12	Rebecca Jansen	FR Delaware Sta	17:46.27
13	Rose Tuomisto	FR Temple	17:47.00
14	Fabianna Szorenyi	JR Fordham	17:50.92
15	Kylie Marion	JR UMass Lowell	17:59.46
16	Elizabeth Borah	SR Lafayette	18:00.52
17	Dakota Russell	SO Lehigh	18:28.35
---	Gwenno Goode	JR La Salle	DNF

Women 10000 Meter Run

Meet Record: 34:20.51 M 2019

Dylan Hassett

Name	Yr	School	Finals
1	Payton Campbell	FR Monmouth	35:24.49
2	Caitlin Fahy	SR Seton Hall	36:57.02
3	Elaina Rainwater	FR Monmouth	36:58.69
4	Destiny Lopez	SO Seton Hall	39:52.20
5	Kennedy Roskopp	SO Seton Hall	41:34.26
6	Sophia Paparsenos	FR Seton Hall	47:50.01

Women 100 Meter Hurdles

Meet Record: 13.68 M 2019

Sara Gardner

Name	Yr	School	Prelims
1	Julia Jongejeugd	SR Princeton	13.82Q1.1
2	Dakota Jones	FR NJIT	14.16Q1.7
3	Ava John	FR Princeton	14.36Q2.3
4	Giuliana Ligor	FR Penn	14.19Q1.1
5	Giselle Kirchner	SO Princeton	14.38Q1.7
6	Hailey Guerrieri	SR Monmouth	14.53Q2.3
7	Joy Taiwo	JR Delaware Sta	14.54q 2.3
8	Kayla Kelsick	FR NJIT	14.60q 1.7
9	Nelagh Matthews	JR NJIT	14.68 1.7
10	Gianna Green	SO Monmouth	14.73 1.1
11	Faith Schiffer	FR Lehigh	14.74 2.3
12	Oluwanifemi Olufowobi	SO NJIT	14.75 2.3
13	Nyrah Joseph	FR UMass Lowell	14.91 1.7
14	Lyssi Penn	FR Lehigh	14.93 1.1

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**Princeton University
Results - Saturday**

Preliminaries ... (Women 100 Meter Hurdles)

Name	Yr	School	Prelims
15 Lilas Esprit	FR	Monmouth	14.95 1.1
16 Shea Burke	JR	Princeton	15.03 1.1
17 Avery Elliott	SO	Penn	15.05 1.1
18 May Hanlon	FR	Monmouth	15.12 1.1
19 Anna Troutman	SO	Lehigh	15.27 1.7
20 Adaugo Ilonze	SO	La Salle	15.37 1.7
21 Flavia Daniels	JR	Monmouth	15.40 1.7
22 Julianna Hopeck	JR	Monmouth	15.42 2.3
23 Emma McKee	SR	Monmouth	15.81 2.3
24 Paige Murphy	SR	UMass Lowell	17.75 2.3

Women 100 Meter Hurdles

Meet Record: **13.68 M 2019** Sara Gardner

Name	Yr	School	Finals
1 Julia Jongejeugd	SR	Princeton	13.80 1.4
2 Giselle Kirchner	SO	Princeton	14.00 1.4
3 Giuliana Ligor	FR	Penn	14.20 1.4
4 Ava John	FR	Princeton	14.26 1.4
5 Dakota Jones	FR	NJIT	14.27 1.4
6 Kayla Kelsick	FR	NJIT	14.28 1.4
7 Joy Taiwo	JR	Delaware Sta	14.55 1.4
8 Hailey Guerrieri	SR	Monmouth	14.88 1.4

Women 400 Meter Hurdles

Meet Record: **58.17 M 2012** Wendy Fawn-Dorr

Name	Yr	School	Finals
1 Chidubem (Miriam) Okwu	SR	Delaware Sta	1:00.35
2 Grace Kennedy	SR	Lehigh	1:01.05
3 Annika Topchy	SR	Penn	1:01.28
4 Caden Simpson	SO	Monmouth	1:02.29
5 Jessica Black	FR	Navy	1:04.36
6 Lanae Carrington	SO	Lehigh	1:04.49
7 Dicia Watkins	SO	Temple	1:04.51
8 Peighton Marrero	FR	Navy	1:05.20
9 Taylor Rosen	FR	Saint Joseph	1:05.94
10 Nelagh Matthews	JR	NJIT	1:06.57
11 Sanai Jenkins		Unattached	1:06.80
12 Adelaide Videon-Perino	SO	Lehigh	1:07.37
13 Julianna Hopeck	JR	Monmouth	1:07.75
14 Kathryn Perrone	FR	UMass Lowell	1:09.36
15 Maggie Scalzo	FR	Lehigh	1:09.84

Women 3000 Meter Steeplechase

Meet Record: **9:50.54 M 2012** Ashley Higginson

Name	Yr	School	Finals
1 Pia Beaulieu	JR	Princeton	10:30.86
2 Kristen Sarnicola	SO	Monmouth	10:41.64
3 Gillian Lovett	SO	La Salle	10:49.84
4 Ava Severino	JR	Lafayette	10:58.11
5 Daniela Quintero	SR	Columbia	10:59.77
6 Susanna Henderson	JR	Navy	11:09.06

7 Nicole Dauberman	JR	Rider	11:13.89
8 Amelie Loomis	SO	Navy	11:24.30
9 Katrina Endres	SO	Saint Joseph	11:31.91
10 Lauren Long	SO	UMass Lowell	11:36.76
11 Krista Bettez	FR	UMass Lowell	11:47.01
12 Melissa Innocent	JR	Cortland St.	11:52.24
13 Sofia Fenton	SO	Columbia	12:01.80

Women 4x100 Meter Relay

Meet Record: **45.80 M 2018** Penn

B Biney, T McCorkle, C Dickson, C Ene

Team	Relay	Finals	
1 Princeton	A	45.35M	
1) Brooke Jackson	SO	2) Maisha Atkinson	SR
3) Laila Payne	FR	4) Franziska Burchett	JR
2 Saint Joseph	A	46.02	
1) Olivia Binns	SR	2) Mariam Koita	JR
3) Kendall Cooper	FR	4) Tamasen Allen Bey	FR
3 Delaware State	A	46.58	
1) Leah Powell	SR	2) Mariah Winfield	JR
3) Kahlia Smith	SO	4) Marianah Lipkins	FR
4 Lehigh	A	47.74	
1) Maggie Scalzo	FR	2) Harper Glennon	FR
3) Faith Schiffer	FR	4) Gianna Mangili	SR
5 Adelphi	A	47.77	
1) Shareve Blair	SO	2) Valencia Beaubrun	SR
3) Kayla Esposito	JR	4) Marissa Haye	JR
6 UMass Lowell	A	48.48	
1) Meredith Feener	JR	2) Bridget Geary	JR
3) Danielle Thompson	SR	4) Jayani Santos	JR

Women 4x400 Meter Relay

Meet Record: **3:43.19 M 2022** St. John's

T McKenzie, L Anderson, B Chestnut, S Diop

Team	Relay	Finals	
1 Temple	A	3:55.25	
1) Laila Cottom	JR	2) Dicia Watkins	SO
3) Grace Hickman	SO	4) Mariah Jameson	SO
2 Penn	A	3:57.82	
1) L'Mio Edwards	SO	2) Lindsay Yakaboski	JR
3) Quin Stovall	FR	4) Camille Jordan	JR
3 Lehigh	B	4:00.96	
1) Adelaide Videon-Perino	SO	2) Corinn Brewer	SR
3) Anna Troutman	SO	4) Maggie Scalzo	FR
4 Saint Joseph	A	4:02.32	
1) Olivia Beddow	SR	2) Alessandra Schuster	JR
3) Taylor Rosen	FR	4) Carolyn Smith	JR
5 Delaware State	A	4:02.99	
1) Chidubem (Miriam) Okwudi		2) Annil McIntosh	FR
3) Morgan Wallace	FR	4) Kahlia Smith	SO
6 Navy	A	4:03.82	
1) Jessica Black	FR	2) Peighton Marrero	FR
3) Emily Maury	FR	4) Jade Webber	FR

Sam Howell Invitational - 4/4/2026

Princeton University

Results - Saturday

Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
--- NJIT	A	DNF
1) Kierstin Ashby SO	2) Kellyn Collier FR	
3) Maddie Stevens SR	4) Ayomide Sopeju FR	

Women High Jump

Meet Record: 1.84m M 2006 Deidra Mullen

Name	Yr	School	Finals
Finals			
1 Zoie Tesi	SO	Navy	1.72m
2 Valerie Ashamu	SO	Delaware Sta	1.72m
3 Zofia Limbert	SO	Penn	1.69m
4 Avery Elliott	SO	Penn	1.69m
5 Imke van der Spoel	FR	Monmouth	1.69m
5 Samantha Strydesky	JR	Penn	1.69m
7 Lydia Merrick	FR	Penn	1.64m
8 Claire Denman	JR	Monmouth	1.64m
9 Anna Troutman	SO	Lehigh	1.64m
10 Isabella Tront	FR	Penn	1.64m
11 Gaea DePass	JR	Lehigh	1.59m
12 Flavia Daniels	JR	Monmouth	1.54m
13 Gianna Green	SO	Monmouth	1.54m
14 Olyvia Burrell	SO	Rider	1.54m
--- Avery Pitts	SO	UMass Lowell	NH
--- Isabella Patruno	FR	NJIT	NH
--- Melanie LaCorte	SR	Lehigh	NH

Women Pole Vault

Meet Record: 4.05m M 2025 Tessa Mudd

Name	Yr	School	Finals
Finals			
1 Tessa Mudd	SR	Princeton	4.20mM
2 Lotte Gretzler	FR	Princeton	4.10mM
3 Laura Reigle	SR	Lehigh	3.85m
4 Elise Doyle	SO	MIT	3.70m
5 Katelyn Howard	SR	MIT	3.70m
5 Rebecca Hoover	FR	Penn	3.70m
7 Evangeline Thomson	JR	Penn	3.70m
8 Kamryn Ohm	FR	Temple	3.70m
9 Naomee Adisa	SO	Monmouth	3.55m
9 Imke van der Spoel	FR	Monmouth	3.55m
11 Olivia Baird	FR	Navy	3.55m
11 Elisa Ramos	SO	Navy	3.55m
--- Gabrielle Vetere	SR	Rider	NH
--- Tessa Baker	JR	MIT	NH
--- Sophia Hill	SO	Navy	NH
--- Hailey Surace	SR	MIT	NH

Women Long Jump

Meet Record: 6.28m M 2024 Georgina Scoot

Name	Yr	School	Finals
Finals			
1 Georgina Scoot	SR	Princeton	6.31mM1.6
2 Soraya Patterson	SR	Princeton	5.79m 1.5
3 Alysa Carrigan	SO	Princeton	5.79m 1.9

4 Daniella Oyenuga	SR	Penn	5.71m 1.6
5 Inara Shell	SR	Temple	5.66m 1.5
6 Zoie Tesi	SO	Navy	5.64m 2.0
7 Maria Owens	JR	NJIT	5.48m 2.0
8 Olivia Smith	SR	Monmouth	5.44m 0.1
9 Grace Nation	SR	Lehigh	5.39m 1.2
10 Vonya Gould	SO	Monmouth	5.36m NWI
11 Lilas Esprit	FR	Monmouth	5.33m NWI
12 Fleur Balogh	SR	UMass Lowell	5.30m NWI
13 Sanaa Virgil	JR	Delaware Sta	5.19m NWI
14 Lily Ferguson	SR	Saint Joseph	5.04m NWI
15 Charlotte DeForest	FR	Lehigh	4.98m NWI

Women Triple Jump

Meet Record: 12.81m M 2012 Nadie Eke

Name	Yr	School	Finals
Finals			
1 Alexandra Kelly	SR	Princeton	13.21m 3.4
2 Ijeoma Eziri	SR	Penn	12.06m 3.6
3 Grace Nation	SR	Lehigh	12.02m 1.7
4 Morgan Summer	SO	Monmouth	11.97m 1.4
5 Sanaa Virgil	JR	Delaware Sta	11.97m +0.0
6 Maria Owens	JR	NJIT	11.82m 3.0
7 Naomee Adisa	SO	Monmouth	11.71m 2.7
8 Deja Scott	SO	Temple	11.66m 3.2
9 Sophia Notaro	JR	Navy	11.62m 1.1
10 Zariyah Braxton	SR	Columbia	11.54m 2.1
11 Samara Jones	SR	Rider	11.51m 1.0
12 Casey Talamini-Kelemen	SR	Lehigh	11.47m +0.0
13 Brooke Lobban	SO	Navy	11.29m 0.8
--- Vonya Gould	SO	Monmouth	FOUL

Women Shot Put

Meet Record: 15.40m M 2015 Chioma Onyekwere

Name	Yr	School	Finals
Finals			
1 Layla Giordano	SO	Princeton	15.65mM
2 Julie Thomas	JR	Monmouth	14.84m
3 Grace Aggen	SR	Lehigh	14.46m
4 Jana Ter Wee	SO	Princeton	14.14m
5 Makenna Marshall	SR	Princeton	13.99m
6 Julia Norris	FR	Navy	13.50m
7 Gretchen Hurt	SO	Navy	13.46m
8 Julia Santos	FR	Princeton	13.09m
9 Nalina Smith	JR	Navy	12.76m
10 Nhyira Nkansah	JR	UMass Lowell	12.04m
11 JaceeRae Hauser	JR	Navy	11.65m
12 Maggie Hansen	FR	Monmouth	11.57m
13 Yuliya Maslouskaya	FR	Penn	10.06m
--- Kendra Green	FR	Rider	FOUL
--- Kirja Hickman	SO	Delaware Sta	FOUL

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Women Discus Throw

Meet Record: 57.22m M 2019

Obiageri Amaechi

Name	Yr	School	Finals
Finals			
1	Layla Giordano	SO Princeton	54.53m
2	Olamide Ayeni	SO Delaware	52.93m
3	Makenna Marshall	SR Princeton	45.97m
4	Julie Thomas	JR Monmouth	43.48m
5	Grace Aggen	SR Lehigh	43.16m
6	Nalina Smith	JR Navy	42.97m
7	Maggie Hansen	FR Monmouth	41.28m
8	Julia Norris	FR Navy	40.74m
9	Kirja Hickman	SO Delaware Sta	36.16m
10	Olivia Dubrow	SO Lehigh	35.64m
11	Cyenna Martinez	JR Delaware Sta	35.03m
12	Alessandra Forgione	FR UMass Lowell	34.97m
13	Zoe Clarke	FR UMass Lowell	34.41m
14	Grace O'Neil	SO Monmouth	33.57m
15	Gretchen Hurt	SO Navy	30.95m

Women Hammer Throw

Meet Record: 68.71m M 2014

Julia Ratcliffe

Name	Yr	School	Finals
Finals			
1	Angela McAuslan-Kelly	JR Princeton	64.71m
2	Nalina Smith	JR Navy	54.75m
3	Sophia Axelrod	SO Delaware	54.06m
4	Ella Neskora	JR Penn	53.93m
5	Jana Ter Wee	SO Princeton	49.64m
6	Maggie Hansen	FR Monmouth	47.92m
7	Maria Chiariello	JR Rider	47.26m
8	Julie Thomas	JR Monmouth	47.21m
9	Jane Carey	FR Villanova	47.16m
10	Kiera Christensen	FR Villanova	46.16m
11	JaceeRae Hauser	JR Navy	44.88m
12	Julia Norris	FR Navy	44.78m
13	Grace O'Neil	SO Monmouth	43.28m
14	Julia Santos	FR Princeton	42.36m

Women Javelin Throw

Meet Record: 52.54m M 2017

Dominique Ouellette

Name	Yr	School	Finals
Finals			
1	Madison Knier	JR Penn	47.60m
2	Alessandra Forgione	FR UMass Lowell	45.00m
3	Rachel Schmitt	JR Delaware	43.83m
4	Grace Coughlin	SO Navy	39.14m
5	Carley Bannerman	FR Navy	37.34m
6	Emma Miller	SO Navy	36.28m
7	Aniyah Smith	SO Delaware Sta	35.86m
8	Mackenzie Virgil	SO Rider	35.81m
9	Svanna Strandberg	FR Penn	34.98m
10	Maya Ashu	SO Rider	34.03m
11	Meghan Miller	JR Lehigh	32.41m
12	Amelia Kristen	JR Penn	20.20m

--- Yuliya Maslouskaya FR Penn FOUL

Men 100 Meter Dash

Meet Record: 10.3h M

Mark Johnson

Name	Yr	School	Finals
Finals			
1	Jadon Spain	SO Princeton	10.32 2.6
2	Greg Foster	JR Princeton	10.36 2.6
3	Aiden Baldelli	JR Monmouth	10.49 2.4
4	Michael Gyimah	SO UMass Lowell	10.63 1.5
5	Tori Willis Jr.	FR Delaware Sta	10.66 2.4
6	Paul Kuhner	SO Princeton	10.66 2.6
7	Iyanuoluwapo Omisore	SO UMass Lowell	10.69 2.6
8	Messai Maynor	FR Delaware Sta	10.69 1.2
9	Anai Burney-Green	FR Delaware Sta	10.72 1.2
10	Jaquan Johnson	FR Delaware Sta	10.75 1.2
11	Jereal Moore	FR Saint Joseph	10.76 1.5
12	Amari Burke	FR Delaware Sta	10.76 1.5
13	Evan Imasogie	JR UMass Lowell	10.78 2.4
14	Quentin Braithwaite	FR Unattached	10.78 2.4
15	John Catherman	SR Princeton	10.80 1.5
16	Eddie Moore	JR Lehigh	10.80 1.5
17	Alex Veith	SO Monmouth	10.85 2.4
18	Enoch Ellis	SR MIT	10.86 3.4
19	Logan Henry	SR Saint Joseph	10.88 2.4
20	Dmitrius Shearion	SO UMass Lowell	10.89 1.5
21	Evan Weber	SR Adelphi	10.91 2.4
22	James Burrus	JR Monmouth	10.93 2.6
23	Cole Swick	FR Lehigh	10.96 1.5
24	Chase Marshall	FR Monmouth	10.96 1.2
25	Tyler Passmore	FR NJIT	10.97 1.2
26	Sid Karthodi	SO Columbia	10.99 1.5
27	Paride Iacono	SO Saint Joseph	11.04 1.2
28	Daniel Sung	SO Navy	11.12 1.2
29	Chisom Ogbodo	SR La Salle	11.17 3.4
30	Nidlaire Olivier	JR UMass Lowell	11.26 3.4
31	Austin Durfee	SR Navy	11.29 3.4
32	Patrick Conley	SO Adelphi	11.30 3.4
33	Zachary Della Rocca	SO Princeton	11.59 2.6

Men 200 Meter Dash

Meet Record: 20.83 M 2024

Jackson Clarke

Name	Yr	School	Finals
Finals			
1	Aiden Baldelli	JR Monmouth	21.33 1.8
2	Ben Henry	JR Saint Joseph	21.34 1.8
3	Anai Burney-Green	FR Delaware Sta	21.50 2.0
4	Michael Fisher	SO UMass Lowell	21.55 3.1
5	Paride Iacono	SO Saint Joseph	21.56 3.1
6	Cole Swick	FR Lehigh	21.62 3.1
7	Cassian Holland-Moritz	FR NJIT	21.83 2.0
8	Messai Maynor	FR Delaware Sta	21.83 3.1
9	Eddie Moore	JR Lehigh	21.86 1.1
10	Jaquan Johnson	FR Delaware Sta	21.89 1.1
11	Tyler Passmore	FR NJIT	21.97 2.0
12	LeBron Richardson	SO Cortland St.	22.00 2.0

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Finals ... (Men 200 Meter Dash)

Name	Yr	School	Finals
13 Daaron Harrell	FR	Cortland St.	22.13 1.1
14 Ethan Mullinix	FR	Navy	22.15 3.0
15 Brody Wyatt	FR	Saint Joseph	22.15 2.2
16 Cyprian Ojatabu	SO	UMass Lowell	22.28 3.0
17 Sid Karthodi	SO	Columbia	22.46 3.7
18 Derajah Hardy	FR	Navy	22.54 3.0
19 Brandon Riley	JR	UMass Lowell	22.55 3.1
20 Austin Durfee	SR	Navy	22.58 1.1
21 Chase Marshall	FR	Monmouth	22.68 3.0
22 River D'Angelo	FR	La Salle	22.86 2.2
23 Josh Bishop	FR	Cortland St.	22.87 2.2
24 Jeusten Jourdain	SR	NJIT	22.94 1.1
25 Adam Eisdorfer	FR	MIT	22.99 2.2
26 Deion McIntosh	JR	La Salle	23.10 3.0
27 Derek Munroe	SR	UMass Lowell	23.18 3.0
28 Layton Holt	FR	Saint Joseph	23.25 2.2
29 Patrick Conley	SO	Adelphi	23.33 3.0
30 David Williams	JR	Adelphi	23.35 2.2
--- Amari Burke	FR	Delaware Sta	DNF 3.7
--- Evan Weber	SR	Adelphi	DNF 2.0

Men 400 Meter Dash

Meet Record: 46.35 M 2025		Joey Gant	
Name	Yr	School	Finals
Finals			
1 Nayyir Newwash-Campbell	JR	Penn	45.89M
2 Joey Gant	SR	Princeton	45.97M
3 Xavier Donaldson	JR	Princeton	46.54
4 Jonathan York	SO	Princeton	47.10
5 Karl Dietz	SO	Princeton	47.20
6 Kavon Miller	JR	Princeton	47.31
7 William Freeman	JR	Monmouth	47.63
8 Logan Maloney	FR	Saint Joseph	47.88
9 Benjamin Markham	SO	Penn	47.92
10 Zion Cheatham	JR	Cortland St.	48.34
11 Alec Jackson	SR	Penn	48.49
12 Luke Noss	SR	Saint Joseph	48.52
13 Simeon Adams	FR	Penn	48.78
14 Sage Phillips	JR	Delaware Sta	48.90
15 Baker Pott	FR	Lafayette	48.99
16 Cristian Cruz	FR	Saint Joseph	49.03
17 Anthony Massari	JR	UMass Lowell	49.12
18 Leo Francis	FR	Penn	49.19
19 Keith Jenerette	FR	Delaware Sta	49.21
20 Matthew Richman	JR	Rider	49.28
21 Pietro Carpentari	SO	NJIT	49.45
22 Asa Marsh	FR	Princeton	49.50
23 Mamadi Diawara	FR	Rider	49.50
24 Derajah Hardy	FR	Navy	49.58
25 Basit Idriss	SR	UMass Lowell	49.62
26 Moustafa Abdelaal	FR	NJIT	49.73
27 Cyprian Ojatabu	SO	UMass Lowell	50.09
28 Eli Turner	SO	Saint Joseph	50.10
29 Nanjo Levec	FR	Delaware Sta	50.11

30 Elisha Bugasch	JR	NJIT	50.19
31 Ny'Jeme Radcliff	FR	Cortland St.	50.36
32 Daniel Kahler	FR	Cortland St.	50.38
33 Daaron Harrell	FR	Cortland St.	50.39
34 Nate Frederick	JR	Monmouth	50.42
35 Evan Dias	SO	La Salle	50.63
36 Logan Haverkamp	JR	Lehigh	50.66
37 Brett Earle	SR	UMass Lowell	50.71
38 Trotman Kertes	SR	NJIT	50.80
39 Ethan Mullinix	FR	Navy	50.82
40 Raymond Dafe	FR	UMass Lowell	50.94
41 Peter Priestner	SO	Lehigh	51.02
42 Connor McCormick	SR	Princeton	51.26
43 Layton Holt	FR	Saint Joseph	51.51
44 Austin Iburg	SO	Lehigh	52.14
45 Max Gainey	FR	Princeton	53.15

Men 800 Meter Run Elite

Meet Record: 1:48.66 M 2022 Liam Rivard

Name	Yr	School	Finals
Finals			
1 Alex Wockenfuss	FR	Saint Joseph	1:50.77
2 Ben Thomas	SO	Villanova	1:50.93
3 Nicholas Hayden	JR	Columbia	1:51.20
4 Robert Poplau	SO	Rutgers	1:51.46
5 Aidan Eberhardt	JR	Navy	1:51.54
6 Alex Heidemann	SR	Lehigh	1:51.78
7 Ben Borchers	JR	Fordham	1:52.43
8 Tate Frost	JR	Navy	1:53.04
9 Caleb Price	FR	Navy	1:53.52
10 Ryan Du Plessis	FR	Navy	1:53.91
11 Chris Manzo	SO	Saint Joseph	1:54.02
12 Joseph Butler	JR	Seton Hall	1:54.15
13 Matthew Quispe	SO	Navy	1:54.20
14 Will Rau	JR	Saint Joseph	1:54.22
15 Andrew Benassi	SR	UMass Lowell	1:54.53
16 Elijah Smith	SO	Saint Joseph	1:55.12
17 Nicholas Hamby	JR	Navy	1:55.47
18 Aidan LaTourette	JR	Lehigh	1:55.51
19 Titan Casey	SR	Lafayette	2:00.15
20 Daniel Jutras	SR	Stevens	2:00.77
--- Aiden Silvestri	SR	Princeton	DNF

Men 800 Meter Run

Meet Record: 1:48.66 M 2022 Selasi Lumax

Name	Yr	School	Finals
Finals			
1 Hunter Parsons	FR	Lafayette	1:53.15
2 Michael Card	FR	Monmouth	1:53.21
3 Matt Hoffman	SO	Saint Joseph	1:53.27
4 Austin Rios-Colon	SR	Columbia	1:53.64
5 Ryan Lang	FR	NJIT	1:53.96
6 Benjamin Marks	FR	Navy	1:54.01
7 Marc Dabby	JR	Columbia	1:54.05
8 John Paul Pfisterer	SR	Lafayette	1:54.30
9 William Ditre	FR	Navy	1:54.71

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Finals ... (Men 800 Meter Run)

Name	Yr	School	Finals
10 Tyler Young	SO	UMass Lowell	1:54.78
11 Judah Garcia Phillips	FR	NJIT	1:54.96
12 Regent Walden	SR	Saint Joseph	1:55.03
13 Jackson Kane	FR	Saint Joseph	1:55.04
14 Tegan Kovacs	FR	Lafayette	1:55.06
15 Tyler Rothrock	SO	UMass Lowell	1:55.06
16 Anton Bovone	JR	Saint Joseph	1:55.12
17 Ayman Noreldaim	JR	MIT	1:55.12
18 Jack Coyne	JR	Adelphi	1:55.20
19 Deven Bernardin	SO	Adelphi	1:55.68
20 Nathan Blades	SO	Penn	1:55.73
21 Naasir Bakari	FR	Temple	1:55.77
22 Immanuel Rota-Talarico	JR	Saint Joseph	1:55.83
23 James Estafanous	SR	NJIT	1:55.84
24 Max Leffler	SR	Lehigh	1:55.86
25 Melvin Lewis	FR	Rider	1:55.98
26 Da'Shawn Keller	JR	Delaware Sta	1:56.07
27 Alec Miner	SO	Lafayette	1:56.19
28 RJ Mallery	FR	Saint Joseph	1:56.37
29 Danny Walter	JR	Lehigh	1:56.63
30 Abdul Jalloh	FR	UMass Lowell	1:56.90
31 Eben Tyre	FR	Fordham	1:57.06
32 Conor Jacob	JR	Monmouth	1:57.17
33 Dennis Satchek	JR	UMass Lowell	1:57.53
34 Will Spierdowis	SO	Fordham	1:57.64
35 Pedro Mayol	SO	UMass Lowell	1:57.74
36 Jackson Downin	FR	Columbia	1:57.76
37 Wyatt Vick	SO	MIT	1:57.88
38 Sean Kerin	SO	UMass Lowell	1:58.27
39 Ian Gerard	FR	MIT	1:58.71
40 Colin Donahoe	JR	Saint Joseph	1:58.99
41 Gavin Zanck	SR	La Salle	1:59.49
42 Darren Croke	SR	Fordham	1:59.57
43 Matthew Carnes	JR	Saint Joseph	1:59.94

Men 1500 Meter Run

Meet Record: 3:44.52 M 2025 Chanel Muir

Name	Yr	School	Finals
Finals			
1 Bailey Habler	SO	Villanova	3:42.30M
2 Collin Boler	JR	Princeton	3:43.44M
3 Jack Fenlon	FR	Villanova	3:44.47M
4 Aiden Coles	JR	Iona	3:45.14
5 Vinay Raman	FR	Penn	3:46.97
6 Michael Glavin	JR	Saint Joseph	3:47.59
7 Myles Hogan	SR	Princeton	3:47.98
8 Charlie Moore	SO	Villanova	3:48.99
9 Callum Murray	SO	La Salle	3:51.70
10 Liam Going	SR	Penn	3:52.65
11 James Partlow	SO	Navy	3:52.85
12 Weston Brown	JR	Princeton	3:53.16
13 Kyle Rakitis	JR	Rutgers	3:53.52
14 James Mcleay	FR	Princeton	3:54.11
15 Chris Larnard	SO	Penn	3:54.56

16 Matthew Bogdan	JR	Villanova	3:55.12
17 Noah Guerrero	FR	Navy	3:55.31
18 Zackery Poekert	JR	Navy	3:55.45
19 Ricky Lee	SO	La Salle	3:55.76
20 Kenneth Relovsky	JR	Swarthmore	3:55.92
21 John Corrigan	JR	Fordham	3:56.01
22 Luke Bowsby	FR	Navy	3:56.22
23 Nate DeAngelo	JR	UMass Lowell	3:56.46
24 Huck Oakes	SO	NYU	3:56.71
25 Nick Sullivan	SO	Villanova	3:57.01
26 Brendan Hefferan	SO	Saint Joseph	3:57.32
27 Jamie Lano	SO	UMass Lowell	3:57.48
28 Eric Schleif	FR	Fordham	3:57.50
29 Ben Connell	SO	Lehigh	3:57.98
30 Owen Ahten	JR	Navy	3:58.22
31 Jack Coomber	SR	Villanova	3:58.60
32 Nicholas Carpenter	SR	Penn	3:58.79
33 Owen Bluman	JR	Haverford	3:58.84
34 Thomas Arender	SO	Princeton	3:58.92
35 Naasir Bakari	FR	Temple	3:58.94
36 Ian Cain	SO	Delaware Sta	3:59.26
37 Evan McGregor	JR	Saint Joseph	3:59.38
38 Jackson Hefty	FR	Navy	3:59.75
39 Ian Zalewski	SO	Lehigh	4:00.11
40 Joshua Toth	FR	UMass Lowell	4:00.33
41 Nicolas Pizarro	SR	Penn	4:00.59
42 Joey Lanci	FR	Saint Joseph	4:00.81
43 Liam Jordan	FR	Penn	4:00.94
44 Tennessee Tremain	SR	Monmouth	4:01.32
45 Graham Stedfast	SR	UMass Lowell	4:01.34
46 Tomas Barry	JR	Monmouth	4:01.76
47 Quinn Worrell	SR	Lafayette	4:02.02
48 Carter Flowers	FR	Unattached	4:03.77
49 Isaac Greene	SO	Lehigh	4:04.12
50 Benjamin Tucker	SO	Navy	4:04.43
51 Sebastian Pizarro	SR	Penn	4:04.90
52 Brian Gent	JR	Penn	4:05.19
53 Christian Napoli	FR	Saint Joseph	4:05.77
54 David Litvin	SR	Temple	4:06.23
55 Logan Betyeman	JR	Moravian	4:07.11
56 Tyler Tubman	JR	Columbia	4:08.38
57 Josh Forrest	SR	Saint Joseph	4:11.64
58 Elijah Stoudt	SO	Saint Joseph	4:17.72
59 Porter Warren	FR	Penn	4:17.95
--- Jackson Downin	FR	Columbia	DNF
--- Ben Thomas	SO	Villanova	DNF
--- Sean Donoghue	SR	Villanova	DNF
--- George Keen	JR	Penn	DNF
--- Greg Borden	FR	NYU	DNF

Men 5000 Meter Run Seeded

Meet Record: 13:49.64 M 2022 Josh Phillips

Name	Yr	School	Finals
Finals			
1 Finneas Colescott	JR	Columbia	14:08.58
2 Christian Groendyk	JR	Princeton	14:09.48

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Finals ... (Men 5000 Meter Run Seeded)

Name	Yr	School	Finals
3 Avery Keith	SO	Princeton	14:10.36
4 Hayden Boaz	FR	Unattached	14:16.98
5 Connor McCormick	SR	Princeton	14:18.52
6 Simon Lane	FR	Haverford	14:21.86
7 Jack Gregorski	JR	Princeton	14:22.67
8 Gavin Mogck	JR	Saint Joseph	14:23.54
9 Matt Hill	JR	La Salle	14:31.07
10 Dylan Stoneman	SO	La Salle	14:36.46
11 Sebastian Hume	FR	Unattached	14:37.35
12 Anthony Gargani	SR	Saint Joseph	14:38.57
13 Bram van Druten	JR	La Salle	14:42.50
14 Jay Shanahan	SR	Saint Joseph	14:42.98
15 Dante Castellano	SO	UMass Lowell	14:47.37
16 Micah Lachman	SR	Haverford	14:48.80
17 Noe Sengel	FR	Temple	14:55.57
18 Malthé Bøgebjerg	JR	La Salle	14:59.12
19 Landen Vaillancourt	SR	UMass Lowell	15:00.71
20 Kasem Kaheal	FR	Temple	15:02.14
21 Maan Patel	JR	Rutgers	15:02.42
22 Nicholas Marcotte	JR	UMass Lowell	15:03.12
--- James Mcleay	FR	Princeton	DNF
--- Weston Brown	JR	Princeton	DNF
--- Brian Boler	JR	Princeton	DNF
--- Jacob Gardner	FR	La Salle	DNF
--- Charlie Hazlett	SR	La Salle	DNF

Men 5000 Meter Run Unseeded

Meet Record: 13:49.64 M 2022 Christopher Johnson

Name	Yr	School	Finals
Finals			
1 Joseph Ruiz	SO	Penn	14:30.09
2 Marian Drazan	JR	Delaware Sta	14:30.23
3 Raghav Gopalakrishnan	SO	Penn	14:31.53
4 Shane Murphy	SO	Penn	14:32.72
5 Kofi Fordjour	JR	Penn	14:33.17
6 Esfan Daya	SO	Penn	14:33.58
7 Andrea Botteon	SO	Saint Joseph	14:34.22
8 Sahil Dodda	SR	Penn	14:41.38
9 Ryan Baker	JR	Lehigh	14:42.58
10 Sean Lawton	FR	Iona	14:42.99
11 Lekan Sotonwa	FR	Delaware Sta	14:43.95
12 Ryan Smith	JR	Rutgers	14:46.13
13 Jack Courtney	SO	UMass Lowell	14:48.73
14 Gavin Hefferan	JR	Moravian	14:48.84
15 Dennis Fortuna	SR	Penn	14:49.49
16 Bradford Duchesne	SO	Fordham	14:50.80
17 Xavier May	FR	Temple	14:51.58
18 Daniel Malatesta	SR	Lehigh	14:54.44
19 Bryan Kerchner	SR	Moravian	14:57.16
20 Sean Matthews	JR	Rutgers	15:00.44
21 Francesco Candiani	SO	Temple	15:06.91
22 Billy Clewell	SR	Rutgers	15:07.87
23 Nick kuenkel	SO	Monmouth	15:08.48
24 Christopher Guerin	FR	UMass Lowell	15:10.35

25 Noah Zahn	JR	Lehigh	15:17.34
26 Hisham Ettayebi	JR	Rutgers	15:20.00
27 Jonathan Rooney	FR	UMass Lowell	15:22.65
28 Nick Dobbie	FR	La Salle	15:24.42
29 Maxwell Krapf	FR	Adelphi	15:25.00
30 Ian Romea	JR	Saint Joseph	15:26.59
31 Jackson Jamison	FR	Iona	15:27.49
32 Jack Boerger	JR	Fordham	15:30.21
33 Aiden Maue	FR	Temple	15:31.95
34 Jake Orfano	SR	Adelphi	15:44.83
35 Nathan Moore	JR	Moravian	15:47.00
--- Drew Bowker	JR	Monmouth	DNF

Men 10000 Meter Run

Meet Record: 28:23.60 M 2025 Jacob Nenow

Name	Yr	School	Finals
Finals			
1 Seth Clevenger	SO	Rowan	29:06.90
2 Joshua Tejada	SO	Monmouth	31:25.18
3 Stephen Beaman	SR	Seton Hall	31:32.59
4 Aakash Arumugam	SO	Seton Hall	31:50.31
5 Logan Brunozzi	SR	Seton Hall	32:14.24
6 Ethan Conrad	JR	Seton Hall	33:02.66
7 Jeffrey Grynawiski	JR	Seton Hall	33:48.13
8 Michael Kelton	JR	Seton Hall	35:07.49
9 Aidan Smith	JR	Seton Hall	35:20.68

Men 110 Meter Hurdles

Meet Record: 13.83 M 2010 Jeff Porter

Name	Yr	School	Prelims
Preliminaries			
1 Easton Tan	SR	Princeton	14.01Q1.8
2 Shane Gardner	SR	Penn	14.05Q2.3
3 Ryan Matulonis	JR	Penn	14.30Q1.8
4 David Williams	JR	Adelphi	14.41Q1.8
5 Yuki Hojo	SO	Princeton	14.50Q1.8
6 Chistopher Young	FR	Columbia	14.80Q2.3
7 Enoch Ellis	SR	MIT	14.61q 1.8
8 Logan Howe	SO	Navy	14.75q 1.8
9 Nathan Oliphant	JR	Lehigh	14.88 2.3
10 Garrett Boag	JR	Monmouth	14.90 2.3
11 Tristan O'Riorden	SR	UMass Lowell	15.02 1.8
12 Brandon Riley	JR	UMass Lowell	15.09 1.8
13 Daniel Carsey	FR	Adelphi	15.18 1.8
14 Jeusten Jourdain	SR	NJIT	15.21 1.8
15 Nidlaire Olivier	JR	UMass Lowell	15.34 2.3
16 William De Spong	FR	Navy	15.35 2.3
17 Dylan Bonser	JR	Monmouth	15.38 1.8
18 Nero Nuez	FR	Navy	15.43 1.8
19 Donovan Dixon	SO	Delaware Sta	15.45 1.8
20 Derek Munroe	SR	UMass Lowell	16.27 1.8
21 Landon McGallicher	JR	Monmouth	16.73 2.3
22 Luke Stelmach	SR	UMass Lowell	17.17 1.8
--- Nanjo Levec	FR	Delaware Sta	DNF 2.3
--- Leconte Stover	SR	Monmouth	DNF 1.8

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Men 110 Meter Hurdles

Meet Record: 13.83 M 2010 Jeff Porter

Name	Yr	School	Finals
Finals			
1 Shane Gardner	SR	Penn	13.81M.9
2 Ryan Matulonis	JR	Penn	14.33 1.9
3 Yuki Hojo	SO	Princeton	14.50 1.9
4 Enoch Ellis	SR	MIT	14.51 1.9
5 David Williams	JR	Adelphi	14.54 1.9
6 Chistopher Young	FR	Columbia	14.64 1.9
7 Logan Howe	SO	Navy	14.65 1.9
--- Easton Tan	SR	Princeton	DNF 1.9

Men 400 Meter Hurdles

Meet Record: 51.49 M 2025 Chris Paige

Name	Yr	School	Finals
Finals			
1 Andrew Beers	SO	Monmouth	51.74
2 Eatoniel Brown	FR	NJIT	52.17
3 Tori Willis Jr.	FR	Delaware Sta	52.28
4 Alonzo Sims Jr	SR	Delaware Sta	52.41
5 Alejandro Lynch	SR	UMass Lowell	52.51
6 Kobeyeh Riley	FR	Princeton	52.63
7 Kyler Alston	JR	Cortland St.	52.83
8 Aiden Silvestri	SR	Princeton	53.34
9 Cade Swart	SO	Penn	53.45
10 Tristan O'Riorden	SR	UMass Lowell	54.02
11 Nick Bressi	SO	Lehigh	54.19
12 Sean Golembiewski	JR	Penn	54.25
13 George Bostwick	SO	Monmouth	54.72
14 Logan Howe	SO	Navy	55.43
15 Brad Cantoral	SR	Monmouth	55.93
16 Caleb Johnson	FR	La Salle	55.97
17 Cuauhtemoc Zamora	FR	Columbia	57.36
18 Donovan Dixon	SO	Delaware Sta	57.58
19 Daniel Carsey	FR	Adelphi	57.70
20 Brody Wyatt	FR	Saint Joseph	59.18
21 Landon McGallicher	JR	Monmouth	59.19
22 William De Spong	FR	Navy	59.22
23 Nero Nuez	FR	Navy	1:00.93
--- Alex Garcia	SO	Saint Joseph	DNF

Men 3000 Meter Steeplechase

Meet Record: 8:39.92 M 2012 Donn Cabral

Name	Yr	School	Finals
Finals			
1 Brian Boler	JR	Princeton	8:37.82M
2 Jackson Shorten	JR	Princeton	8:39.05M
3 Sebastian Martinez	JR	Princeton	8:48.34
4 Gavin Rossi	SO	Rutgers	8:53.27
5 Jacob Gardner	FR	La Salle	9:00.15
6 Micah Lawson	JR	Rutgers	9:09.12
7 Jacob Cobb	SR	MIT	9:09.15
8 Myles Munro	FR	Temple	9:17.35
9 Luke Rupert	SO	MIT	9:24.89

10 Connor Malinger	SR	Lehigh	9:25.98
11 Ryan Cichocki	JR	Saint Joseph	9:27.57
12 Niko Ferrante	SR	Monmouth	9:28.53
13 Walker Beverly	SR	Columbia	9:31.23
14 David McKinnon	SO	UMass Lowell	9:37.42
15 Diego Reyes	FR	NJIT	9:44.13
16 Daniel DiTunno	FR	Fordham	9:47.05
17 Joey Alander	JR	Swarthmore	9:48.08
18 Nicolas Uzzo	SO	UMass Lowell	9:50.72
19 Tibor Barankay	FR	Columbia	9:53.55
20 Aidan Griffin	SO	Seton Hall	10:01.53
21 Lukas Malek	FR	Columbia	10:01.57
22 Ben Pizarro	FR	Columbia	10:03.51
23 Noah Klugman	FR	Monmouth	10:08.73
--- Marcelo Parra Ramon	SO	Princeton	DNF

Men 4x100 Meter Relay

Meet Record: 39.83 M 2024 Princeton

Z Della Rocca, J Clarke, D Duncan, J Gant

Team	Relay	Finals
Finals		
1 Princeton	A	39.29M
1) Greg Foster JR	2) Jadon Spain SO	
3) Jackson Clarke JR	4) Charles Sexton SO	
2 Saint Joseph	A	40.79
1) Logan Henry SR	2) Logan Maloney FR	
3) Ben Henry JR	4) Jereal Moore FR	
3 UMass Lowell	A	40.85
1) Evan Imasogie JR	2) Daniel Kennedy SO	
3) Iyanuoluwapo Omisore SO	4) Michael Gyimah SO	
4 Princeton	B	41.18
1) Caden Simmons SO	2) Zachary Della Rocca SO	
3) Paul Kuhner SO	4) Kavon Miller JR	
5 NJIT	A	41.20
1) Tyler Passmore FR	2) Jayden Smith FR	
3) Cassian Holland-Moritz FR	4) Pietro Carpentari SO	
6 Cortland St.	A	41.22
1) Josh Bishop FR	2) LeBron Richardson SO	
3) Zion Cheatham JR	4) Deontae Bennett SO	
7 Delaware State	A	41.27
1) Jaquan Johnson FR	2) Anai Burney-Green FR	
3) Messai Maynor FR	4) Amari Burke FR	
8 La Salle	A	42.44
1) Jonathan Schuck FR	2) Ryan Stankiewicz FR	
3) Jordan Grady FR	4) Chisom Ogbodo SR	
9 Adelphi	A	42.49
1) Patrick Conley SO	2) David Williams JR	
3) Daniel Carsey FR	4) Evan Weber SR	
10 Delaware State	B	42.76
1) Tori Willis Jr. FR	2) Alonzo Sims Jr SR	
3) Keith Jenerette FR	4) Sage Phillips JR	

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Men 4x400 Meter Relay

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

Team	Relay	Finals
Finals		
1 Saint Joseph	A	3:14.99
1) Logan Maloney FR	2) Luke Noss SR	
3) Alex Wockenfuss FR	4) Ben Henry JR	
2 Cortland St.	A	3:18.35
1) Ny'Jeme Radcliff FR	2) Zion Cheatham JR	
3) Daniel Kahler FR	4) Kyler Alston JR	
3 NJIT	A	3:19.38
1) Lossenie Fofana SR	2) Moustafa Abdelaal FR	
3) Elisha Bugasch JR	4) Trotman Kertes SR	
4 Delaware State	A	3:19.93
1) Keith Jenerette FR	2) Alonzo Sims Jr SR	
3) Sage Phillips JR	4) Tori Willis Jr. FR	
5 Saint Joseph	B	3:21.93
1) Cristian Cruz FR	2) Chris Manzo SO	
3) Elijah Smith SO	4) Regent Walden SR	
6 La Salle	A	3:25.21
1) Joshua Johnson FR	2) Caleb Johnson FR	
3) Evan Dias SO	4) River D'Angelo FR	
7 MIT	A	3:25.21
1) Adam Eisdorfer FR	2) Ayman Noreldaim JR	
3) Ian Gerard FR	4) Wyatt Vick SO	
--- Penn	B	DNF
1) Simeon Adams FR	2) Nathan Blades SO	
3) Leo Francis FR	4) Nayyir Newash-Campbell JR	
--- NJIT	B	DNF
1) Elisha Bugasch JR	2) James Estafanous JR	
3) Trotman Kertes SR	4) Davin Duffy FR	
--- Lehigh	A	DNF
1) Peter Priestner SO	2) Logan Haverkamp JR	
3) Nick Bressi SO	4) Eddie Moore JR	
--- Penn	A	DNF
1) Cade Swart SO	2) Sean Golembiewski JR	
3) Alec Jackson SR	4) Benjamin Markham SO	

Men High Jump

Meet Record: 2.22m M Tora Harris

Name	Yr	School	Finals
Finals			
1 Sheldon Ulmer	JR	Navy	2.05m
2 Mark Hellwig	SR	Penn	2.05m
3 Ja'Mari Manson	SO	Delaware Sta	2.05m
4 Michael Palmer	SR	Rider	2.05m
5 Camren Allain	SO	UMass Lowell	2.00m
5 Gavin Nelson	FR	Monmouth	2.00m
7 Jaden Ferguson	SO	Lehigh	2.00m
8 Nic Rossi	SR	Lehigh	2.00m
9 Jace Walls	JR	Rider	1.95m
10 Thomas Gibbard	SR	Monmouth	1.95m
10 La'Jean Berry	JR	Monmouth	1.95m
12 Matthew Kathiravelu	FR	Penn	1.95m
13 Oliver Hassard	SO	Penn	1.90m

14 Cole Hoegl	JR	Princeton	1.90m
15 Ryan James	FR	Rider	1.90m
16 Cameron Upchurch	FR	Monmouth	1.85m
17 Luke Stelmach	SR	UMass Lowell	1.85m
18 Jack Shepherd	SO	UMass Lowell	1.80m
19 Gianni Campione	FR	NJIT	1.80m

Men Pole Vault

Meet Record: 5.40m M 2016 Adam Bragg

Name	Yr	School	Finals
Finals			
1 Ryan Merlino	SO	Rutgers	5.37m
2 Brian Schloeder	SO	Navy	5.27m
3 Gunnar Kimball	JR	Navy	5.12m
4 Nick Molloy	SR	Princeton	5.07m
4 Jaden McKee	SO	MIT	4.87m
5 Thomas Bucks	FR	Penn	4.97m
7 Alex Georgiev	SO	Penn	4.72m
8 Jacob Emerson	SO	Princeton	4.72m
--- Ethan Soderbloom	SO	MIT	NH
--- Derek Munroe	SR	UMass Lowell	NH
--- Tyson Utesch	SR	Lehigh	NH
--- Gavin Anderson	JR	Navy	NH
--- Joseph Marlow	SO	Navy	NH
--- Jacob George	FR	Monmouth	NH
--- Sayyidakbar Akbarov	SO	Lehigh	NH
--- Adam Bell	FR	Navy	NH

Men Long Jump

Meet Record: 7.84m M 2025 Greg Foster

Name	Yr	School	Finals
Finals			
1 Wyatt Shaw	SO	Navy	7.19m 1.9
2 Takunda Mhete	SO	Penn	7.03m 2.0
3 Richard Lawson	JR	Princeton	7.01m 2.2
4 Jaden Ferguson	SO	Lehigh	6.95m 0.7
5 Konstantinos Panagopoulos	FR	Lehigh	6.91m 1.6
6 Dylan Bonser	JR	Monmouth	6.87m 1.9
7 Andrew Mateo	SO	Rider	6.83m 2.5
8 Deontae Bennett	SO	Cortland St.	6.80m 1.7
9 Gary Choice	SO	Navy	6.72m 2.3
10 Clayton Gary	FR	Princeton	6.64m 1.1
11 Lorenzo Cagliero	SR	Princeton	6.56m 1.7
12 Christian Hill	FR	Monmouth	6.53m 2.1
13 Leo Francis	FR	Penn	6.53m 0.6
14 Jacob Brokaw	JR	Monmouth	6.51m 1.4
15 Zac Jellum Ling	FR	Monmouth	6.40m 1.0

Men Triple Jump

Meet Record: 15.82m M 2009 Tuan Wren

Name	Yr	School	Finals
Finals			
1 D'Maari Brown	SR	Monmouth	14.61m 1.9
2 Matin Mahmoud	FR	NJIT	14.53m 2.3
3 Daniel Givens	SR	Lehigh	14.43m 2.8
4 Osei Akuamoah-Boateng	SO	NJIT	14.27m 1.4

Sam Howell Invitational - 4/4/2026

**Princeton University
Results - Saturday**

Finals ... (Men Triple Jump)

Name	Yr	School	Finals
5 Jacob Brokaw	JR	Monmouth	14.21m 2.4
6 Ralu Anosike	FR	NJIT	13.72m 1.6
7 Jack Shepherd	SO	UMass Lowell	13.71m 0.7
8 Mason Gibbons	FR	Navy	13.65m 3.0
9 Sawyer Quallen	SO	MIT	13.51m 2.0
10 Konstantinos Panagopoulc	FR	Lehigh	13.13m 1.2
--- Rerelolu Edokpolo	FR	UMass Lowell	FOUL

Men Shot Put

Meet Record: 20.41m M 2017 Nick Vena

Name	Yr	School	Finals
1 Tyler Konopka	SR	Princeton	17.96m
2 Anthony Liakhnovich	FR	Princeton	17.37m
3 Caleb Duvelson	FR	NJIT	16.26m
4 Kai Deines	JR	Penn	16.13m
5 Damere Lassiter	SO	Rider	16.02m
6 Joseph Goodenow	FR	Princeton	15.98m
7 Ronde Washington	SR	Monmouth	15.82m
8 Hunter-Robbins Mann	FR	Navy	15.53m
9 Ben Walls	FR	Rider	15.08m
10 Albert Yodakis	FR	Monmouth	14.82m
11 Kenneth Kalvinek	FR	UMass Lowell	14.79m
12 Grant Lohr	FR	Monmouth	14.76m
13 Justin Buonato	JR	MIT	14.75m
14 Kevin Vigneault	FR	UMass Lowell	14.69m
15 Reznor Rokicki	FR	UMass Lowell	14.45m
16 Derrick Sirmons	FR	Delaware Sta	14.28m
17 Ian Camerato	SR	UMass Lowell	14.13m
18 Adam Szatanek	JR	Navy	13.71m
19 Matt Nolan	SO	Monmouth	13.67m
20 Blake Thompson	FR	Navy	13.58m
21 Hayden Overgaard	FR	Navy	13.57m
--- Christopher Johnson	SR	Delaware Sta	FOUL

Men Discus Throw

Meet Record: 61.71m M 2022 Zorawar Otal

Name	Yr	School	Finals
1 Casey Helm	SR	Princeton	59.06m
2 Joseph Goodenow	FR	Princeton	54.92m
3 Kai Deines	JR	Penn	51.11m
4 Reznor Rokicki	FR	UMass Lowell	50.86m
5 Anthony Liakhnovich	FR	Princeton	49.07m
6 Ian Camerato	SR	UMass Lowell	48.43m
7 Jesse Goldman	JR	Penn	47.77m
8 Hunter-Robbins Mann	FR	Navy	47.32m
9 Albert Yodakis	FR	Monmouth	45.55m
10 Kenneth Kalvinek	FR	UMass Lowell	45.40m
11 Adam Szatanek	JR	Navy	45.37m
12 Colter Oldham	FR	Penn	44.50m
13 Blake Thompson	FR	Navy	43.32m
14 Damere Lassiter	SO	Rider	43.27m
15 Jason Ballen	SR	NJIT	42.46m

16 Grant Lohr	FR	Monmouth	42.35m
17 Caleb Duvelson	FR	NJIT	42.27m
18 Adam Klinge	SO	Lehigh	39.53m
19 Savien Higgs	FR	Rider	39.07m
20 Andrew Sabeh	JR	NJIT	32.01m
--- Matt Nolan	SO	Monmouth	FOUL

Men Hammer Throw

Meet Record: 74.01m M 2012 Conor McCullough

Name	Yr	School	Finals
1 Asher Robbins	SR	Princeton	64.93m
2 Merrick Hocking	FR	Navy	57.86m
3 Tristan Bolinsky	SR	Villanova	56.55m
4 Aaron Spears	JR	Navy	56.08m
5 Cooper Hydock	SO	Navy	53.67m
6 Jacob Cannon	JR	Navy	52.72m
7 Dominic Dogue	FR	Navy	51.91m
8 Justin Buonato	JR	MIT	51.39m
9 Andrew Sabeh	JR	NJIT	51.37m
10 Theo Hedgemon	FR	Villanova	51.12m
11 Anthony Colucci	SO	Columbia	51.11m
12 Grant Lohr	FR	Monmouth	47.68m
13 Joseph D'Adamo	SO	Villanova	45.13m
14 Kevin Vigneault	FR	UMass Lowell	43.90m
15 Tyler Blevins	FR	Penn	40.14m

Men Javelin Throw

Meet Record: 76.03m M 2012 Brian Chaput

Name	Yr	School	Finals
1 Zac Jellum Ling	FR	Monmouth	63.88m
2 Drew Mruk	SO	Princeton	62.24m
3 Wil Jaques	SR	Lehigh	61.64m
4 Marc Baker	SO	MIT	61.01m
5 Derek Munroe	SR	UMass Lowell	57.31m
6 Kyle Ashley	FR	Navy	57.12m
7 Jonah Goldstein	JR	MIT	56.82m
8 Jason Ballen	SR	NJIT	56.04m
9 Ethan DeLaurier	JR	Navy	55.48m
10 Griffin Gammon	FR	Penn	53.93m
11 Elias Chase	SO	Penn	53.52m
12 Lucas Hayes	FR	Navy	52.46m
13 Aaron Lee	JR	Lehigh	51.95m
14 Justice Dolson	SO	Rider	51.20m
15 Tyler Cappadona	SO	Monmouth	48.26m
16 Connor Brown	JR	Princeton	46.79m