



**EAST STROUDSBURG
WARRIORS**

ESU Track & Field 2016-17 Outdoor Season Bests

as of May 26, 2017

Women's Track Events

100m (PSAC qualifier - 12.80)

1. Tiana Webster - 12.21 (PSAC 5/5)
- Marissa Flim - 12.32 (PSAC 5/5)
3. Morgan Dey - 12.62 (PSAC 5/5)

200m (26.20)

1. Aspen Gaita - 25.51 (Tri-Meet 4/1)
2. Tiana Webster - 25.92 (Moravian 4/8)
3. Leiana Dean - 26.41 (Tri-Meet 4/1)

400m (1:00.20)

1. Sarah Klag - 1:00.67 (All-American 4/22)
2. Arianna Ventura - 1:01.08 (All-American 4/22)
3. Deontee Krayee - 1:02.39 (Lafayette 3/25)

800m (2:23.00)

1. Kaylyn West - 2:16.98 (Lafayette 3/25)
2. Lauren Toth - 2:17.45 (All-American 4/22)
3. Erin Brady - 2:18.36 (Bucknell 4/15)
4. Victoria Matthews - 2:19.79 (Bucknell 4/15)
5. Samantha Young - 2:21.78 (Moravian 4/8)
6. Hope Decker - 2:22.11 (Lehigh 4/29)

1500m (5:00.00)

1. Samantha Young - 4:46.97 (Bucknell 4/14)
2. Kaylyn West - 4:48.15 (Tri-Meet 4/1)
3. Lauren Toth - 4:56.26 (Charlotte 3/17)
4. Rachel Eidson - 4:59.42 (Bucknell 4/14)

3000m (not PSAC event)

1. Samantha Young - 10:47.65 (All-American 4/22)
2. Jasmine Amro - 11:05.78 (Bucknell 4/15)
3. Steph Belbey - 11:29.16 (Tri-Meet 4/1)

5,000m (18:35.00)

1. Kaylyn West - 18:24.55 (Moravian 4/8)
2. Samantha Young - 18:35.99 (Charlotte 3/17)
3. Gabby Rachmaciej - 19:32.69 (Charlotte 3/17)

10,000m (40:00.00)

1. Jasmine Amro - 39:55.46 (Moravian 4/8)
- 2.
- 3.

3,000m Steeplechase (12:25.00)

1. Kaylyn West - 11:08.61 (Bucknell 4/14)
2. Rachel Eidson - 12:20.49 (Lafayette 3/25)
3. Abby Kaspszyk - 12:56.93 (Lafayette 3/25)

100m Hurdles (15.80)

- #1. Aspen Gaita - 13.94 (PSAC 5/6)
2. Kelley Anne Stuetz - 16.20 (Tri-Meet 4/1)
3. Acacia Douglas - 16.79 (Moravian 4/8)

400m Hurdles (1:08.00)

1. Hope Decker - 1:03.16 (PSAC 5/6)
2. Erin Brady - 1:05.26 (Georgian Court 5/12)
3. Shante Dorin - 1:05.61 (Bucknell 4/15)
4. Kelley Anne Stuetz - 1:06.06 (PSAC 5/5)

ESU School Record % PSAC Record

* ESU Freshman Record

Women's Relays

4x100m Relay

1. Flim, Webster, L. Dean, Gaita
47.64 (PSAC 5/6)

4x200m Relay

1. Flim, Webster, Dey, Gaita
1:41.32 (Penn Relays 4/28)

4x400m Relay

1. Klag, Gaita, Dorin, Matthews
3:58.78 (Penn Relays 4/28)

4x800m Relay

1. Brady, Dorin, Young, West
9:25.28 (PSAC 5/6)

Women's Field Events

High Jump (PSAC qualifier - 5-2 1/4)

1. Victoria Matthews - 5-3 1/4 (PSAC 5/6)
2. Carly Gregas - 5-3 (Bucknell 4/14)
- Sarah Smith - 5-3 (Lehigh 4/29)
4. Aspen Gaita - 5-2 1/2 (Penn Relays 4/27)

Pole Vault (10-8)

1. Brandie Tartza - 11-2 1/4 (PSAC 5/5)

Long Jump (17-0 3/4)

- #1. Aspen Gaita - 19-0 (PSAC 5/5)
2. Sarah Smith - 17-0 1/2 (Charlotte 3/17)
3. Michayla Weitman - 16-3 3/4 (Lafayette 3/25)

Triple Jump (35-3 1/4)

1. Sarah Smith - 34-9 1/2 (Charlotte 3/18)

Shot Put (36-5)

1. Alexis Schuldes - 39-4 1/2 (Lehigh 4/29)
2. Barbara Grossov - 38-9 (Lehigh 4/29)
3. Jasmine Uzzell - 37-0 1/4 (Moravian 4/8)

Discus (114-10)

1. Me'Saj Closs - 121-1 (All-American 4/22)
2. Alexis Schuldes - 120-9 (Bucknell 4/14)
3. Olivia Onal - 106-5 (Tri-Meet 4/1)

Hammer (131-3)

1. Olivia Onal - 132-10 (Lehigh 4/29)
2. Alexis Schuldes - 132-7 (Moravian 4/8)
3. Me'Saj Closs - 127-8 (All-American 4/22)

Javelin (117-11 1/2)

1. Hannah Marth - 130-0 (PSAC 5/6)
2. Taylor Watkins - 129-11 (Charlotte 3/18)
3. Maddie Reichard - 119-4 (Bucknell 4/14)

Heptathlon

1. Michayla Weitman - 3,941 pts (PSAC 5/5)
- 2.
- 3.



EAST STROUDSBURG WARRIORS

Men's Track Events

100m (PSAC qualifier - 11.15)

1. Pat Monahan - 10.77 (Tri-Meet 4/1)
2. Ernest Pendleton - 11.01 (Tri-Meet 4/1)
3. Montel Johnson-Troupe - 11.22 (Moravian 4/8)

200m (22.50)

1. Pat Monahan - 22.20 (Tri-Meet 4/1)
2. Christian Castro - 22.33 (PSAC 5/5)
3. Montel Johnson-Troupe - 22.76 (Lehigh 4/29)

400m (50.60)

1. Robert Garvey - 48.75 (PSAC 5/5)
2. Khai Samuels - 51.28 (All-American 4/22)
3. Nick Lawrence - 51.43 (Lafayette 3/25)

800m (1:57.25)

1. Khai Samuels - 1:54.23 (Bucknell 4/15)
2. Mike Sheptuk - 1:57.72 (Moravian 4/8)
3. Matt Lloyd - 1:59.06 (All-American 4/22)

1500m (4:06.00)

1. Matt Lloyd - 4:01.08 (Bucknell 4/14)
2. Alec Lederer - 4:03.21 (Lafayette 3/25)
3. Khai Samuels - 4:03.87 (Lafayette 3/25)
4. Zack Krieger - 4:05.17 (All-American 4/22)

3000m (not PSAC event)

1. Alex Zubko - 9:02.98 (Tri-Meet 4/1)
2. Dan Buccino - 9:05.75 (Tri-Meet 4/1)
3. Matt Lloyd - 9:07.39 (Tri-Meet 4/1)

5,000m (15:25.00)

1. Alec Lederer - 14:58.74 (Bucknell 4/14)
2. Alex Zubko - 15:19.22 (All-American 4/22)
3. Jeremy Rigotti - 15:28.47 (Bucknell 4/14)

10,000m (33:00.00)

1. Alex Zubko - 32:35.64 (Charlotte 3/18)
2. Jeremy Rigotti - 32:49.56 (Charlotte 3/18)
3. Dan Buccino - 32:54.81 (Moravian 4/8)

3,000m Steeplechase (10:10.00)

1. Alec Lederer - 9:30.11 (Charlotte 3/17)
2. Zack Krieger - 10:34.97 (Lafayette 3/25)
- 3.

110m Hurdles (16.00)

- #1. Steve Morgan - 14.23 (NCAA 5/26)
2. Christian Castro - 14.91 (Tri-Meet 4/1)
3. Akeim Thomas - 15.19 (All-American 4/22)
4. Mike Matrisciano - 15.22 (Tri-Meet 4/1)
5. Anthony Del Popolo - 15.58 (PSAC 5/6)

400m Hurdles (57.50)

1. Ronald D'Eliseo - 53.81 (Lafayette 3/25)
2. Andrew Schumacher - 54.14 (PSAC 5/6)
3. Mike Matrisciano - 55.65 (Bucknell 4/15)
4. Anthony Del Popolo - 56.33 (Bucknell 4/15)

ESU School Record

* ESU Freshman Record

Men's Relays

4x100m Relay

1. Pendleton, Thomas, Morgan, Monahan
41.77 (PSAC 5/6)

4x200m Relay

1. Johnson-Troupe, Garvey, Castro, Monahan
1:27.60 (Penn Relays 4/28)

4x400m Relay

1. Schumacher, Garvey, Lawrence, Thomas
3:18.29 (Penn Relays 4/28)

4x800m Relay

1. Sheptuk, Glosser, Lopez, Samuels
7:56.28 (PSAC 5/6)

Men's Field Events

High Jump (PSAC qualifier - 6-0 3/4)

1. Darnell Randall - 6-4 (PSAC 5/5)
2. Vance Stay, Jr. - 6-0 3/4 (Charlotte 3/17)
La Treil Ridgeway - 6-0 3/4 (Charlotte 3/17)

Pole Vault (13-1 1/2)

1. Nate Sharrah - 13-11 1/4 (Lehigh 4/29)

Long Jump (21-4)

1. Austin Horner - 23-2 (PSAC 5/5)
2. Darnell Randall - 22-9 (PSAC 5/5)
3. Sean Hagerty - 22-3 1/2 (PSAC 5/5)
4. Sam Avalos - 21-6 (PSAC 5/5)

Triple Jump (42-8)

1. La Treil Ridgeway - 46-5 1/2 (Charlotte 3/18)
2. Austin Horner - 41-10 (Lafayette 3/25)
- 3.

Shot Put (44-3 1/2)

1. Noah Lockwood - 50-5 1/2 (PSAC 5/5)
- 2.
- 3.

Discus (131-3)

- *1. Noah Lockwood - 158-0 (PSAC 5/6)
2. Jonathan Hummel - 120-9 (Tri-Meet 4/1)
- 3.

Hammer (141-1)

1. Jonathan Hummel - 167-6 (PSAC 5/5)
2. Noah Lockwood - 117-6 (All-American 4/22)
- 3.

Javelin (160-9 1/4)

1. Justin Wulff - 184-4 (Bucknell 4/14)
2. Jonathan Hummel - 176-8 (Bucknell 4/14)
3. Nate Sharrah - 143-0 (Lafayette 3/25)

Decathlon

1. Nate Sharrah - 4,951 points (Kutztown 4/14)
- 2.
- 3.

NCAA Qualifiers

Steve Morgan - 110m Hurdles (provisional)

14.36 - Penn Relays (4/28)