



ESU Track & Field 2017-18 Indoor Season Bests

as of March 10, 2018

Women's Track Events

55m (PSAC qualifier - 7.54)

1. Marissa Flim - 7.18 [DeSchrivier 2/3]
2. Tiana Webster - 7.38 [DeSchrivier 2/3]
3. Morgan Dey - 7.49 [DeSchrivier 2/3]
4. Nyle Hill - 7.51 [DeSchrivier 2/3]
5. Aspen Gaita - 7.52 [Kutztown 1/12]

60m (8.12)

1. Marissa Flim - 7.70 [PSAC 2/24]
2. Tiana Webster - 7.86 [PSAC 2/24]
3. Morgan Dey - 7.90 [PSAC 2/24]
4. Nyle Hill - 8.10 [PSAC 2/24]

200m (26.81)

1. Aspen Gaita - 25.33 [PSAC 2/25]
2. Marissa Flim - 25.56 [PSAC 2/25]
3. Tiana Webster - 26.24 [PSAC 2/24]
4. Sarah Klag - 26.77 [Kutztown 2/16]

400m (1:01.82)

1. Sarah Klag - 58.44 [Fast Track 2/9]
2. Leiana Dean - 1:00.42 [Fast Track 2/9]
3. Shante Dorin - 1:00.94 [Kutztown 2/16]
4. Allyson Stitzer - 1:00.99 [Fast Track 2/9]

500m

1. Shante Dorin - 1:21.37 [Bucknell 1/20]
2. Sarah Klag - 1:21.48 [Lehigh 12/9]
3. Allyson Stitzer - 1:21.83 [Lehigh 12/9]

600m

1. Shante Dorin - 1:39.92 [DeSchrivier 2/3]
2. Brittany Carratura - 1:46.98 [DeSchrivier 2/3]
3. Tiana Wilkinson - 1:47.90 [DeSchrivier 2/3]

800m (2:25.66)

1. Kaylyn West - 2:16.55 [PSAC 2/25]
2. Samantha Young - 2:23.01 [Lehigh 1/27]
3. Aspen Gaita - 2:23.56 [NCAA 3/10]
4. Shante Dorin - 2:23.94 [Fast Track 2/9]

1000m

1. Kaylyn West - 3:03.64 [DeSchrivier 2/3]
2. Samantha Young - 3:09.59 [Kutztown 1/12]
3. Brittany Carratura - 3:16.79 [Kutztown 1/12]

Mile (5:27.21)

1. Kaylyn West - 5:11.00 [Lehigh 1/27]
2. Samantha Young - 5:12.45 [Fast Track 2/9]
3. Emily Eder - 5:39.16 [Lehigh 1/27]

3000m (10:49.54)

1. Samantha Young - 10:29.88 [DeSchrivier 2/3]
2. Kaylyn West - 10:26.21 [PSAC 2/25]
3. Jenna Vledder - 11:20.00 [Kutztown 2/16]

5000m (19:18.80)

1. Jasmine Amro - 18:50.43 [PSAC 2/24]
2. Jenna Vledder - 19:44.06 [DeSchrivier 2/3]
3. Abby Kaspszyk - 19:52.49 [Bucknell 1/20]

55m Hurdles (9.02)

1. Aspen Gaita - 8.22 [DeSchrivier 2/3]
2. Michayla Weitman - 9.19 [Kutztown 1/12]

60m Hurdles (9.70)

1. Aspen Gaita - 8.61 [NCAA 3/9]
2. Michayla Weitman - 9.55 [PSAC 2/24]
3. Tiana Webster - 9.67 [Lehigh 12/9]

ESU School Record % PSAC Record
* ESU Freshman Record

NCAA Qualifiers

Aspen Gaita - Pentathlon (provisional)

3,607 points - Lehigh 12/8

Aspen Gaita - Long Jump (provisional)

18-10 3/4 - Lehigh 12/8

Aspen Gaita - 60H (provisional)

8.62 - PSAC 2/24

DMR (Young, Klag, Dorin, West) (provisional)

12:04.60 - Armory 1/26

Women's Relays

4x200m Relay

1. Gaita, Flim, Klag, Webster
1:44.80 [DeSchrivier 2/3]

4x400m Relay

1. Klag, Gaita, Stitzer, Dorin -
3:57.01 [PSAC 2/25]

4x800m Relay

1. Carratura, Matthews, Young, West
9:49.91 [Bucknell 1/20]

Distance Medley Relay

- #1. Young, Klag, Dorin, West
12:04.60 [Armory 1/26]

Women's Field Events

High Jump (PSAC qualifier - 5-1)

1. Aspen Gaita - 5-5 [Lehigh 12/8]
2. Carly Gregas - 5-3 3/4 [DeSchrivier 2/3, PSAC]
Victoria Matthews - 5-3 3/4 [PSAC 2/25]
Sarah Smith - 5-3 3/4 [PSAC 2/25]
5. Victoria Collins - 5-1 3/4 [Kutztown 1/12]

Pole Vault (10-4)

- 1.

Long Jump (16-8)

- #1. Aspen Gaita - 18-10 3/4 [Lehigh 12/8]
2. Michayla Weitman - 17-4 1/4 [Kutztown 1/12]
3. Aliyah Dean - 15-9 3/4 [Kutztown 2/16]

Triple Jump (33-11 1/2)

1. Tatiana Williams - 36-4 1/4 [Kutztown 2/16]
2. Jordyn Martz - 32-7 1/2 [Kutztown 1/12]

Shot Put (36-5)

1. Me'Saj Closs - 40-1 1/4 [Kutztown 1/12]
2. Alexis Schuldes - 38-11 3/4 [DeSchrivier 2/3]
3. Barbara Grossov - 38-11 [Lehigh 12/9]
4. Gabriella Ewulu - 36-5 3/4 [Kutztown 2/16]

Weight Throw (42-0)

1. Me'Saj Closs - 51-7 1/4 [Kutztown 2/16]
2. Sam Giangrosso - 47-6 1/4 [DeSchrivier 2/3]
3. Alexis Schuldes - 44-11 3/4 [Kutztown 2/16]
4. Barbara Grossov - 43-8 [DeSchrivier 2/3]
5. Gabriella Ewulu - 42-5 1/4 [Kutztown 2/16]

Pentathlon

- #1. Aspen Gaita - 3,786 points [NCAA 3/10]
2. Michayla Weitman - 3,042 points [PSAC 2/24]



EAST STROUDSBURG WARRIORS

Men's Track Events

55m (PSAC qualifier - 6.72)

1. Christian Castro - 6.42 (Kutztown 1/12)
2. Pat Monahan - 6.55 (DeSchrivier 2/3)
3. Mike Simonson - 6.69 (Kutztown 2/16)

60m (7.22)

#1. Christian Castro - 6.98 (Lehigh 1/27)

2. Pat Monahan - 7.03 (Lehigh 12/9)
3. Mike Simonson - 7.19 (PSAC 2/24)

200m (23.20)

1. Christian Castro - 22.05 (Bucknell 1/20)
2. Mike Simonson - 22.70 (PSAC 2/24)
3. Jordan Duncan-Murphy - 23.05 (PSAC 2/24)
4. Ronnie D'Eliseo - 23.13 (Fast Track 2/9)
(banked track, not PSAC time)
5. Pat Monahan - 23.14 (Fast Track 2/9)
(banked track, not PSAC time)

400m (51.82)

1. Andrew Schumacher - 50.18 (PSAC 2/24)
2. Jordan Duncan-Murphy - 51.33 (Fast Track 2/9)
(banked track, not PSAC time)
3. Omari Slocombe - 52.06 (Lehigh 1/27)

500m

1. Andrew Schumacher - 1:06.82 (Lehigh 12/9)
2. Ronald D'Eliseo - 1:07.55 (Lehigh 12/9)

600m

1. Khai Samuels - 1:24.01 (DeSchrivier 2/3)
2. Andrew Schumacher - 1:26.18 (DeSchrivier 2/3)

800m (2:00.20)

1. Khai Samuels - 1:54.89 (PSAC 2/25)
2. Nick Fanelle - 1:57.62 (PSAC 2/25)
3. Mike Sheptuk - 1:59.70 (DeSchrivier 2/3)
4. Jordan Cruise - 1:59.82 (Lehigh 1/27)
- Andrew Lopez - 1:59.82 (DeSchrivier 2/3)

1000m

1. Khai Samuels - 2:32.80 (Lehigh 1/27)
2. Zack Krieger - 2:40.80 (Kutztown 1/12)

Mile (4:31.42)

1. Mike Sheptuk - 4:20.12 (PSAC 2/25)
2. Matt Lloyd - 4:24.90 (PSAC 2/25)
3. Zack Krieger - 4:27.60 (PSAC 2/25)
4. Khai Samuels - 4:27.92 (Kutztown 1/12)
5. Jordan Cruise - 4:30.33 (Bucknell 1/20)

3000m (9:06.28)

1. Jeremy Rigotti - 8:57.08 (DeSchrivier 2/3)
2. Dan Buccino - 8:58.32 (Armory 1/26)
3. J.P. Montgomery - 9:06.27 (Armory 1/26)
(banked track, not PSAC time)

5000m (16:00.17)

1. Tom Ciacchio - 15:26.74 (PSAC 2/24)
2. Jeremy Rigotti - 15:31.83 (PSAC 2/24)
3. Dan Buccino - 15:42.90 (DeSchrivier 2/3)
4. Teddy Mostellar - 15:45.61 (DeSchrivier 2/3)
5. J.P. Montgomery - 15:52.37 (Bucknell 1/20)
6. Casey Ellis - 15:56.34 (PSAC 2/24)
7. Jeremy Smith - 15:56.51 (Bucknell 1/20)

55m Hurdles (8.31)

1. Christian Castro - 7.54 (Kutztown 2/16)
2. Mike Matrisciano - 8.11 (DeSchrivier 2/3)
3. Austin Horner - 8.18 (DeSchrivier 2/3)

60m Hurdles (8.95)

1. Christian Castro - 8.06 (Armory 1/26)
2. Mike Matrisciano - 8.63 (Lehigh 1/27)
3. Austin Horner - 8.66 (PSAC 2/25)

ESU School Record

* ESU Freshman Record

NCAA Qualifiers

Christian Castro - 60H (provisional)

8.06 - Armory 1/26

Christian Castro - 200m (provisional)

22.05 - Bucknell 1/20

Austin Horner - Heptathlon (provisional)

4,926 points - PSAC 2/24-25

Men's Relays

4x200m Relay

1. Castro, Simonson, Slocombe, Monahan
1:30.73 (DeSchrivier 2/3)

4x400m Relay

1. Schumacher, Slocombe, Samuels, Horner
3:21.52 (Fast Track 2/9)

4x800m Relay

1. Lloyd, Fanelle, Samuels, Cruise
8:00.09 (DeSchrivier 2/3)

Distance Medley Relay

1. Samuels, Schumacher, Cruise, Sheptuk
10:26.05 (Armory 1/26)

Men's Field Events

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

1. Darnell Randall - 6-4 3/4 (Lehigh 1/27)
2. Austin Horner - 6-4 (PSAC 2/24)
3. Kevin Costabel - 5-11 1/4 (PSAC 2/24)
Garth Estadt - 5-11 1/4 (PSAC 2/24)

Pole Vault (13-5 1/4)

1. Dan Amari - 14-3 1/4 (Bucknell 1/20)
2. Austin Horner - 12-3 1/2 (PSAC 2/25)
3. Garth Estadt - 10-8 (PSAC 2/25)

Long Jump (21-2)

1. Darnell Randall - 22-5 3/4 (Kutztown 2/16)
2. Austin Horner - 22-5 3/4 (PSAC 2/24)
3. Keondre Morris - 21-4 (Lehigh 12/9)

Triple Jump (41-8)

1. Keondre Morris - 43-5 3/4 (Lehigh 12/9)
2. Deandre Scott - 41-11 1/2 (Lehigh 12/9)

Shot Put (44-3 1/2)

* 1. Dominic Walton - 51-9 (Lehigh 1/27)

2. Noah Lockwood - 48-8 1/4 (Bucknell 1/20)
3. Matt Napoleon - 46-2 3/4 (PSAC 2/25)

Weight Throw (45-11 1/4)

1. Noah Lockwood - 47-0 3/4 (PSAC 2/24)
2. Dominic Walton - 45-3 (DeSchrivier 2/3)
3. Matt Napoleon - 41-8 (Kutztown 1/12)

Heptathlon

1. Austin Horner - 4,926 points (PSAC 2/24-25)
2. Garth Estadt - 4,124 points (PSAC 2/24-25)
3. Kevin Costabel - 3,769 points (PSAC 2/24-25)