



ESU Track & Field 2018 Outdoor Season Bests

as of May 25, 2018

Women's Track Events

100m (PSAC qualifier - 12.70)

1. Marissa Flim - 11.94 (PSAC 5/4)

2. Tiana Webster - 11.98 (PSAC 5/4)
3. Morgan Dey - 12.25 (PSAC 5/4)

200m (26.00)

1. Aspen Gaita - 25.17 (PSAC 5/4)
2. Marissa Flim - 25.45 (Moravian 4/14)
3. Tiana Webster - 25.53 (Moravian 4/14)
4. Morgan Dey - 25.89 (Moravian 4/14)

400m (1:00.20)

1. Sarah Klag - 58.20 (PSAC 5/4)
2. Sabrina Phillipe - 59.17 (PSAC 5/4)
3. Leiana Dean - 1:01.64 (Moravian 4/14)

800m (2:23.00)

1. Kaylyn West - 2:17.44 (All-American 4/21)
2. Aspen Gaita - 2:23.65 (NCAA 5/25)
3. Brittany Carratura - 2:23.79 (All-American 4/21)

1500m (5:00.00)

1. Kaylyn West - 4:44.99 (WCU 3/31)
2. Brittany Carratura - 4:57.94 (Bucknell 4/14)
3. Emily Eder - 5:00.40 (Bucknell 4/14)

3000m (not PSAC event)

1. Jasmine Amro - 10:40.06 (All-American 4/21)
2. Jenna Vledder - 11:10.41 (All-American 4/21)
3. Gabby Rachmaciej - 11:52.33 (All-American 4/21)

5,000m (18:45.00)

1. Samantha Young - 18:18.07 (Charlotte 3/17)
2. Jasmine Amro - 18:31.22 (Bucknell 4/14)
3. Jenna Vledder - 19:16.88 (WCU 3/31)

10,000m (40:00.00)

1. Jasmine Amro - 38:57.13 (Charlotte 3/17)
2. Jenna Vledder - 39:30.82 (Charlotte 3/17)
3. Rachael Davalos - 39:55.58 (Bucknell 4/14)

3,000m Steeplechase (12:30.00)

1. Kaylyn West - 11:08.74 (Bucknell 4/14)
2. Abigail Kaspszyk - 12:29.86 (All-American 4/21)
- 3.

100m Hurdles (15.80)

1. Aspen Gaita - 13.96 (PSAC 5/5)
2. Michayla Weitman - 15.64 (PSAC 5/3)
- 3.

400m Hurdles (1:08.00)

1. Allyson Stitzer - 1:03.92 (PSAC 5/4)
2. Shante Dorin - 1:07.33 (Charlotte 3/17)
- 3.

ESU School Record % PSAC Record

* ESU Freshman Record

Women's Relays

4x100m Relay

1. Dey, Flim, Webster, Gaita
46.93 (PSAC 5/5)

4x200m Relay

1. Flim, Webster, Dey, Gaita
1:41.89 (Pann Relays 4/27)

4x400m Relay

1. Klag, L. Dean, Phillipe, Stitzer
3:54.76 (PSAC 5/5)

4x800m Relay

1. Wilkinson, Carratura, Dorin, West
9:32.27 (PSAC 5/5)

Women's Field Events

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

1. Aspen Gaita - 5-4 1/4 (NCAA 5/24)
2. Carly Gregas - 5-3 3/4 (PSAC 5/4)
Victoria Matthews - 5-3 3/4 (PSAC 5/4)
4. Tatiana Williams - 5-2 1/4 (All-American 4/21)
Victoria Collins - 5-2 1/4 (Lehigh 4/28)

Pole Vault (10-10)

1. Briana Hall - 10-4 (All-American 4/21)

Long Jump (17-2 3/4)

1. Aspen Gaita - 19-1 1/2 (All-American 4/21)

2. Michayla Weitman - 17-6 1/4 (Charlotte 3/17)
3. Victoria Matthews - 17-0 (All-American 4/21)

Triple Jump (35-3 1/4)

1. Tatiana Williams - 36-8 1/4 (PSAC 5/5)
- 2.
- 3.

Shot Put (36-9)

1. Barbara Grossov - 40-2 3/4 (Lehigh 4/28)
2. Me'Saj Closs - 38-4 (Moravian 4/13)
3. Alexis Schuldes - 36-7 3/4 (WCU 3/31)

Discus (114-10)

1. Me'Saj Closs - 135-11 (Lehigh 4/28)

2. Alexis Schuldes - 121-9 (Moravian 4/14)
3. Barbara Grossov - 103-1 (WCU 3/31)

Hammer (132-10 1/2)

1. Me'Saj Closs - 153-8 (Lehigh 4/28)
2. Alexis Schuldes - 152-3 (All-American 4/21)
3. Sam Giangrosso - 141-4 (Lehigh 4/28)
4. Barbara Grossov - 133-10 (WCU 3/31)

Javelin (117-11 1/2)

*1. Gabrielle D'Amore - 139-4 (WCU 3/31)

2. Hannah Marth - 132-5 (Moravian 4/14)
3. Caitlin Blake - 118-11 (Lehigh 4/27)

Heptathlon

1. Aspen Gaita - 5,017 points (NCAA 5/25)

2. Michayla Weitman - 4,421 points (Kutztown 4/13)
- 3.

NCAA Qualifiers

Aspen Gaita - 100m Hurdles (provisional)

13.96 - PSAC 5/5

Gabrielle D'Amore - Javelin (provisional)

139-4 - WCU 3/31

Aspen Gaita - Heptathlon (provisional)

4,991 points - Kutztown 4/13

Aspen Gaita - Long Jump (provisional)

19-1 1/2 - All-American 4/21

Marissa Flim - 100m (provisional)

11.94 - PSAC 5/4



EAST STROUDSBURG WARRIORS

Men's Track Events

100m (PSAC qualifier - 11.15)

1. Pat Monahan - 10.96 [All-American 4/21]
2. Christian Castro - 11.01 [Allegheny 5/11]
3. Jordan Duncan-Murphy - 11.06 [A-A 4/21]

200m (22.50)

1. Christian Castro - 21.75 [Moravian 4/14]
2. Pat Monahan - 22.64 [All-American 4/21]
3. Omari Slocombe - 22.80 [Charlotte 3/17]

400m (50.60)

1. Austin Horner - 49.54 [PSAC 5/3]
2. Jordan Duncan-Murphy - 51.06 [Moravian 4/14]
3. Omari Slocombe - 51.52 [WCU 3/31]

800m (1:57.25)

1. Nathan Wojick - 1:51.73 (PSAC 5/4)

2. Khai Samuels - 1:54.15 [PSAC 5/4]
3. Mike Sheptuk - 1:57.59 [All-American 4/21]

1500m (4:06.00)

1. Zack Krieger - 4:01.58 [Allegheny 5/11]
2. Matt Lloyd - 4:02.99 [PSAC 5/5]
3. Jordan Cruise - 4:03.77 [Bucknell 4/14]
4. Khai Samuels - 4:04.41 [Charlotte 3/17]
5. Mike Sheptuk - 4:05.52 [Charlotte 3/17]
6. Nathan Wojick - 4:05.99 [WCU 3/31]

3000m (not PSAC event)

1. Jordan Cruise - 8:57.92 [All-American 4/21]
2. Teddy Mostellar - 8:59.67 [All-American 4/21]
3. J.P. Montgomery - 9:01.99 [All-American 4/21]

5,000m (15:25.00)

1. Casey Ellis - 15:44.03 [Charlotte 3/17]
2. Teddy Mostellar - 15:47.29 [Charlotte 3/17]
3. Jeremy Smith - 15:55.13 [Charlotte 3/17]

10,000m (33:00.00)

1. Dan Buccino - 32:20.24 [Bucknell 4/15]
2. Casey Ellis - 32:27.17 [Bucknell 4/15]
3. J.P. Montgomery - 32:27.79 [Bucknell 4/15]
4. Jeremy Smith - 32:44.09 [Bucknell 4/15]

3,000m Steeplechase (10:10.00)

1. Tom Ciaccio - 10:00.96 [Charlotte 3/17]
2. Teddy Mostellar - 10:07.66 [Lehigh 4/28]
3. Andrew Lopez - 10:32.43 [Lehigh 4/28]

110m Hurdles (16.10)

1. Christian Castro - 14.36 [PSAC 5/4]
2. Mike Matrisciano - 15.10 [PSAC 5/4]
3. Austin Horner - 15.40 [Kutztown 4/13]

400m Hurdles (58.00)

1. Ronald D'Eliseo - 52.92 [PSAC 5/5]
2. Andrew Schumacher - 54.10 [WCU 3/31]
3. Mike Matrisciano - 56.05 [Moravian 4/14]

ESU School Record

* ESU Freshman Record

Men's Relays

4x100m Relay

1. Monahan, Castro, D'Eliseo, Schumacher
41.61 [PSAC 5/5]

4x200m Relay

- 1.

4x400m Relay

1. Schumacher, Slocombe, Wojick, Horner
3:17.31 [PSAC 5/5]

4x800m Relay

- # 1. Fanelle, Samuels, Sheptuk, Wojick
7:39.18 [PSAC 5/5]

Men's Field Events

High Jump (PSAC qualifier - 6-1)

1. Darnell Randall - 6-6 3/4 [Charlotte 3/17]
2. Austin Horner - 6-5 1/2 [PSAC 5/3]
3. Garth Estadt - 6-0 [Kutztown 4/12]
Kevin Costabel - 6-0 [Kutztown 4/12]

Pole Vault (13-1 1/2)

1. Dan Amari - 14-1 1/4 [WCU 3/31]
2. Austin Horner - 12-7 1/2 [Kutztown 4/13]
3. Garth Estadt - 10-11 3/4 [Kutztown 4/13]

Long Jump (21-4)

1. Darnell Randall - 23-11 3/4 [Allegheny 5/11]
2. Austin Horner - 23-0 3/4 [Charlotte 3/17]
3. Keondre Morris - 21-0 1/2 [Charlotte 3/17]

Triple Jump (42-0)

1. Keondre Morris - 43-9 3/4 [All-American 4/21]
2. DeAndre Scott - 43-2 1/4 [All-American 4/21]
- 3.

Shot Put (44-3 1/2)

*1. Dominic Walton - 55-2 1/4 (GCU 5/11)

2. Noah Lockwood - 46-4 3/4 [Charlotte 3/17]
3. Matt Napoleon - 43-8 1/2 [Moravian 4/13]

Discus (129-7)

*1. Dominic Walton - 163-11 (All-American 4/21)

2. Noah Lockwood - 138-8 [Charlotte 3/17]
3. Steven Delaporte - 119-9 [All-American 4/21]

Hammer (141-1)

1. Dominic Walton - 122-8 [WCU 3/31]
2. Noah Lockwood - 115-5 [WCU 3/31]
3. Steven Delaporte - 105-8 [WCU 3/31]

Javelin (164-0 1/2)

1. Austin Horner - 151-1 [PSAC 5/4]
2. Kevin Costabel - 126-10 [WCU 3/31]
3. Garth Estadt - 116-8 [PSAC 5/4]

Decathlon

1. Austin Horner - 6,765 points [PSAC 5/5]
2. Garth Estadt - 5,067 points [PSAC 5/5]
3. Kevin Costabel - 4,620 points [Kutztown 4/13]

NCAA Qualifiers

Dominic Walton - Shot Put (provisional)

55-2 1/4 - Georgian Court 5/11

Austin Horner - Decathlon (provisional)

6,765 points - PSAC 5/4

Christian Castro - 110m Hurdles (provisional)

14.36 - PSAC 5/4

Ronald D'Eliseo - 400m Hurdles (provisional)

52.92 - PSAC 5/5

Dominic Walton - Discus (provisional)

163-11 - All-American 4/21

Nathan Wojick - 800m (provisional)

1:51.73 - PSAC 5/4

Darnell Randall - Long Jump (provisional)

23-11 3/4 - Allegheny 5/11