



ESU Track & Field 2018-19 Indoor Season Bests

as of February 23, 2019

Women's Track Events

55m (PSAC qualifier - 7.51)

1. Marissa Flim - 7.20 (DeSchrivier 2/2)
2. Tiana Webster - 7.30 (Kutztown 2/15)
3. Morgan Dey - 7.42 (DeSchrivier 2/2)

60m (8.08)

1. Tiana Webster - 7.73 (PSAC 2/23)
- Marissa Flim - 7.73 (PSAC 2/23)
3. Morgan Dey - 7.94 (Lehigh 12/8)

200m (26.75)

1. Taylor Allen - 26.02 (Fastrack 2/8)
3. Marissa Flim - 26.08 (PSAC 2/23)
2. Tiana Webster - 26.33 (Fastrack 2/8)
4. Morgan Dey - 26.50 (Fastrack 2/8)

400m (1:01.70)

1. Sarah Klag - 58.74 (PSAC 2/23)
2. Allyson Stitzer - 1:01.73 (Fastrack 2/8)
3. Deontee Krayee - 1:03.18 (Kutztown 2/15)

500m

1. Sarah Klag - 1:20.29 (Lehigh 12/8)
2. Allyson Stitzer - 1:23.44 (Lehigh 12/8)
3. Jeanette Jones - 1:24.31 (Bucknell 1/19)
4. Sabrina Phillippe - 1:27.35 (Lehigh 12/8)

600m

1. Sarah Klag - 1:39.64 (DeSchrivier 2/2)
2. Allyson Stitzer - 1:44.06 (DeSchrivier 2/2)
3. Brittany Carratura - 1:44.26 (DeSchrivier 2/2)

800m (2:26.00)

1. Brittany Carratura - 2:23.29 (Fastrack 2/8)
2. Sarah Klag - 2:28.34 (Kutztown 1/11)
3. Aspen Gaita - 2:28.74 (Lehigh 12/8)

1000m

1. Emily Eder - 3:22.45 (DeSchrivier 2/2)
2. Jenna Vledder - 3:24.55 (DeSchrivier 2/2)
3. Brittany Carratura - 3:24.73 (Kutztown 1/11)

Mile (5:29.00)

1. Emily Eder - 5:27.34 (Fastrack 2/8)
2. Rachel Davalos - 5:34.64 (DeSchrivier 2/2)
3. Kylie Stangle - 5:42.58 (Lehigh 1/26)

3000m (10:50.00)

1. Jenna Vledder - 10:43.63 (Bucknell 1/19)
2. Rachel Davalos - 10:48.81 (Fastrack 2/8)

5000m (19:20.00)

1. Jenna Vledder - 18:43.46 (Bucknell 1/19)
2. Rachel Davalos - 19:11.50 (PSAC 2/23)
3. Amanda Fine - 19:26.48 (Bucknell 1/19)

55m Hurdles (9.12)

1. Aspen Gaita - 8.21 (Kutztown 1/11)
2. Jeanette Jones - 8.77 (Kutztown 2/15)
3. Misha Duverger - 8.85 (Kutztown 1/11)

60m Hurdles (9.80)

1. Aspen Gaita - 8.72 (PSAC 2/23)
2. Jeanette Jones - 9.43 (PSAC 2/23)
3. Misha Duverger - 9.64 (Lehigh 1/26)

ESU School Record % PSAC Record

* ESU Freshman Record

NCAA Qualifiers

Aspen Gaita - Pentathlon (provisional)

3,567 points - Lehigh 12/8

Aspen Gaita - 60m Hurdles (provisional)

8.72 - PSAC 2/23

Women's Relays

4x200m Relay

1. Flim, Webster, Dey, Klag - 1:46.97 (DeSchrivier 2/2)

4x400m Relay

1. Klag, Krayee, Stitzer, Matthews - 4:03.97 (Fastrack 2/8)

4x800m Relay

1. Eder, Stangle, Raczka, Davalos - 10:25.10 (PSAC 2/23)

Distance Medley Relay

1. Stangle, Krayee, Carratura, Eder - 13:00.45 (PSAC 2/23)

Women's Field Events

High Jump (PSAC qualifier - 5-1)

1. Carly Gregas - 5-5 1/4 (PSAC 2/23)
2. Aspen Gaita - 5-4 1/2 (PSAC 2/23)
3. Victoria Matthews - 5-4 1/4 (PSAC 2/23)
4. Tatiana Williams - 5-3 (Fastrack 2/8)

Pole Vault (10-6)

1. Juliana Schraer - 10-6 (Kutztown 2/15)

Long Jump (16-8 1/4)

1. Aspen Gaita - 18-3 1/4 (Lehigh 12/8)
2. Kamya Edmonds - 17-0 3/4 (Kutztown 2/15)
3. Victoria Matthews - 16-8 1/2 (Bucknell 1/25)

Triple Jump (34-1 1/2)

1. Tatiana Williams - 36-6 1/4 (PSAC 2/23)
2. Thressia Nixon - 35-8 (Fastrack 2/8)
3. Gianna Gomez - 34-6 3/4 (Lehigh 12/8)

Shot Put (36-11)

1. Me'Saj Closs - 42-7 1/2 (DeSchrivier 2/2)
3. Barbara Grossov - 38-9 3/4 (PSAC 2/23)
2. Alexis Schuldes - 37-10 1/2 (Lehigh 1/26)

Weight Throw (42-8)

2. Me'Saj Closs - 52-0 (PSAC 2/23)
1. Sam Giangrosso - 51-9 1/4 (Fastrack 2/8)
3. Alexis Schuldes - 45-8 1/2 (Lehigh 12/8)
4. Barbara Grossov - 45-3 (PSAC 2/23)

Pentathlon

1. Aspen Gaita - 3,567 (Lehigh 12/8)
2. Victoria Matthews - 3,096 (PSAC 2/23)



EAST STROUDSBURG WARRIORS

Men's Track Events

55m (PSAC qualifier - 6.72)

1. Akeim Thomas - 6.53 (Kutztown 2/15)
2. Pat Monahan - 6.54 (DeSchrivier 2/2)
3. Brendan Shaffer - 6.57 (DeSchrivier 2/2)
4. Nick Lawrence - 6.58 (Kutztown 2/15)
5. Jamal Cooley - 6.65 (Kutztown 2/15)

60m (7.22)

#1. Pat Monahan - 6.97 (PSAC 2/23)

- *2. Brendan Shaffer - 7.00 (PSAC 2/23)
3. Akeim Thomas - 7.04 (PSAC 2/23)
4. Nick Lawrence - 7.14 (Lehigh 12/8)

200m (23.20)

- *1. Jalen Bailey - 22.04 (PSAC 2/23)
2. Akeim Thomas - 22.39 (PSAC 2/23)
3. Omari Slocombe - 22.69 (Fastrack 2/8)
4. Nick Lawrence - 22.82 (Fastrack 2/8)
- Pat Monahan - 22.82 (PSAC 2/23)
6. Brendan Barton - 22.87 (PSAC 2/23)
7. Jordan Duncan-Murphy - 22.90 (Fastrack 2/8)

400m (52.00)

1. Andrew Schumacher - 50.04 (PSAC 2/23)
2. Sean Roberts - 51.02 (Fastrack 2/8)
3. Khai Samuels - 51.95 (Kutztown 2/15)

500m

1. Sean Roberts - 1:07.92 (Bucknell 1/19)
2. Mike Matrisciano - 1:10.05 (Bucknell 1/19)

600m

1. Khai Samuels - 1:22.48 (DeSchrivier 2/2)
2. Zach Nekich - 1:29.87 (DeSchrivier 2/2)
3. Charles Brill - 1:31.60 (DeSchrivier 2/2)

800m (2:00.20)

1. Khai Samuels - 1:54.19 (Fastrack 2/8)
2. Ben Reisenweaver - 1:58.88 (Fastrack 2/8)

1000m

1. Khai Samuels - 2:38.84 (Kutztown 1/11)
2. Jordan Cruise - 2:40.62 (DeSchrivier 2/2)

Mile (4:32.00)

1. Ben Reisenweaver - 4:26.45 (PSAC 2/23)
2. Jordan Cruise - 4:30.90 (Lehigh 1/26)

3000m (9:10.00)

1. Jordan Cruise - 8:58.79 (Fastrack 2/8)
2. Casey Ellis - 8:59.94 (Fastrack 2/8)
3. Teddy Mostellar - 9:08.49 (Fastrack 2/8)

5000m (16:00.00)

1. Jeremy Rapposelli - 15:46.93 (DeSchrivier 2/2)
2. Jeremy Smith - 15:52.51 (DeSchrivier 2/2)
3. Casey Ellis - 15:53.00 (Bucknell 1/19)

55m Hurdles (8.46)

1. Jalen Bailey - 7.72 (Kutztown 2/15)
2. Mike Matrisciano - 7.79 (DeSchrivier 2/2)
3. Akeim Thomas - 7.82 (DeSchrivier 2/2)
4. Daniel Daley - 8.14 (Kutztown 2/15)
5. Garth Estdt - 8.38 (Kutztown 2/15)

60m Hurdles (9.10)

1. Jalen Bailey - 8.20 (PSAC 2/23)
2. Akeim Thomas - 8.32 (Lehigh 12/8)
3. Mike Matrisciano - 8.47 (Bucknell 1/19)
4. Daniel Daley - 8.69 (Lehigh 12/8)
5. Nasan Robbins - 8.93 (Lehigh 12/8)
6. Garth Estdt - 9.01 (PSAC 2/23)
7. Kevin Costabel - 9.09 (Bucknell 1/25)

ESU School Record

* ESU Freshman Record

NCAA Qualifiers

Dominic Walton - Shot Put (provisional)

54-4 - Lehigh 12/8

Darnell Randall - Long Jump (provisional)

24-0 1/4 - Kutztown 2/15

Jalen Bailey - 60m Hurdles (provisional)

8.20 - PSAC 2/23

Men's Relays

4x200m Relay

1. Bailey, Bari, Barton, Shaffer
- *1:31.19 (DeSchrivier 2/2)

4x400m Relay

1. Bari, Crosbie, Schumacher, Roberts
- 3:19.06 (PSAC 2/23)

4x800m Relay

1. Crosbie, Cruise, Reisenweaver, Samuels
- 7:52.62 (PSAC 2/23)

Distance Medley Relay

1. Buccino, Bari, Roberts, Race
- 10:49.92 (PSAC 2/23)

Men's Field Events

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

1. Darnell Randall - 6-4 1/4 (PSAC 2/23)
2. Garth Estdt - 5-10 3/4 (Lehigh 12/8)
3. Daniel Daley - 5-9 3/4 (Lehigh 12/8)

Pole Vault (13-1 1/2)

1. Dan Amari - 15-0 (DeSchrivier 2/2)
2. Garth Estdt - 11-6 1/2 (Lehigh 12/8)
3. Kevin Costabel - 9-10 (Bucknell 1/25)

Long Jump (21-2)

1. Darnell Randall - 24-0 1/4 (Kutztown 2/15)
2. Justin Miller - 23-2 (Kutztown 1/11)
4. Jamal Cooley - 22-0 1/4 (PSAC 2/23)
3. Garth Estdt - 21-8 3/4 (Lehigh 1/26)

Triple Jump (41-4 1/4)

1. Justin Miller - 47-3 (PSAC 2/23)
2. Jamal Cooley - 46-2 3/4 (PSAC 2/23)

Shot Put (43-11 3/4)

1. Dominic Walton - 54-4 (Lehigh 12/8)
2. Noah Lockwood - 47-3 (DeSchrivier 2/2)

Weight Throw (45-1)

1. Dominic Walton - 51-7 (PSAC 2/23)
2. Jon Hummel - 51-1 (Bucknell 1/19)
2. Daryn Blackwell - 50-8 1/4 (PSAC 2/23)
4. Noah Lockwood - 47-8 1/2 (PSAC 2/23)

Heptathlon

1. Garth Estdt - 4294 (Lehigh 12/8)
2. Daniel Daley - 4012 (Lehigh 12/8)
3. Kevin Costabel - 3782 (Bucknell 1/25)