



ESU Track & Field 2019 Outdoor Season Bests

as of June 4, 2019

Women's Track Events

100m (PSAC qualifier - 12.60)

1. Tiana Webster - 11.80 (PSAC 5/9)

2. Marissa Flim - 12.14 (PSAC 5/9)
3. Morgan Dey - 12.33 (ESU 4/20)

200m (26.00)

1. Tiana Webster - 25.52 (ESU 4/20)
2. Marissa Flim - 25.65 (WCU 3/30)
3. Aspen Gaita - 26.08 (Lock Haven 5/3)

400m (1:00.40)

1. Sarah Klag - 57.38 (PSAC 5/9)
2. Deontee Krayee - 1:00.57 (Moravian 4/12)
3. Delise Barnes - 1:07.87 (Moravian 4/12)

800m (2:23.50)

1. Samantha Young - 2:20.84 (Lehigh 4/26)
2. Brittany Carratura - 2:24.38 (Lock Haven 5/3)
3. Sarah Klag - 2:25.71 (Lehigh 4/26)

1500m (5:02.00)

1. Samantha Young - 4:43.02 (Bucknell 4/13)
2. Rachael Davalos - 4:59.65 (ESU 4/20)
3. Emily Eder - 5:04.75 (UNCC 3/14)

3000m (not PSAC event)

- 1.
- 2.
- 3.

5,000m (18:45.00)

1. Rachael Davalos - 18:54.59 (Bucknell 4/13)
2. Jenna Vledder - 19:05.55 (ESU 4/20)
3. Amanda Fine - 19:40.98 (Lehigh 4/26)

10,000m (40:00.00)

1. Jenna Vledder - 38:49.75 (Millersville 4/6)
2. Rachael Davalos - 40:02.22 (UNCC 3/14)
3. Amanda Fine - 41:17.88 (Millersville 4/6)

3,000m Steeplechase (12:30.00)

1. Kylie Stangle - 12:18.18 (ESU 4/20)
2. Kaylene Raczka - 12:46.14 (Millersville 4/6)
- 3.

100m Hurdles (15.90)

1. Apen Gaita - 14.29 (Moravian 4/12)
2. Jeanette Jones - 14.89 (PSAC 5/9)
3. Briana Hall - 15.21 (PSAC 5/9)

400m Hurdles (1:08.20)

1. Allyson Stitzer - 1:03.99 (PSAC 5/9)
2. Jeanette Jones - 1:04.84 (PSAC 5/9)
3. Aspen Gaita - 1:06.11 (PSAC 5/9)
4. Tiana Webster - 1:06.70 (Millersville 4/6)
5. Misha Duverger - 1:06.94 (Moravian 4/12)

ESU School Record % PSAC Record

* ESU Freshman Record

Women's Relays

4x100m Relay

1. Flim, Webster, Dey, Gaita
47.56 (PSAC 5/9)

4x200m Relay

1. Flim, Webster, Allen, Gaita
1:43.15 (Penn 4/25)

4x400m Relay

1. Klag, Webster, Stitzer, Matthews
4:01.50 (Penn 4/25)

4x800m Relay

1. Eder, Young, Carratura, Davalos
9:41.55 (PSAC 5/9)

Women's Field Events

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

1. Victoria Matthews - 5-6 (Kutztown 4/11)
2. Carly Gregas - 5-5 1/4 (PSAC 5/9)
3. Tatiana Williams - 5-3 (PSAC 5/9)
4. Victoria Collins - 5-2 1/4 (Lock Haven 5/3)

Pole Vault (10-10)

1. Juliana Schraer - 10-10 (Lock Haven 5/3)
2. Briana Hall - 9-10 (Lock Haven 5/3)
3. Demi Burley - 9-6 1/4 (Lehigh 4/26)

Long Jump (17-2 3/4)

1. Victoria Matthews - 16-11 1/2 (PSAC 5/9)
2. Kaitlyn Swint - 16-9 1/4 (ESU 4/20)
- 3.

Triple Jump (35-3 1/4)

1. Tatiana Williams - 37-1 3/4 (PSAC 5/9)
2. Thressia Nixon - 34-11 3/4 (ESU 4/20)
- 3.

Shot Put (36-9)

1. Me'Saj Closs - 42-4 1/4 (Millersville 4/6)
2. Barbara Grossov - 39-1 (ESU 4/20)
3. Zionette Salahuddin - 37-7 1/4 (PSAC 5/4)
4. Alexis Schuldes - 35-11 1/2 (UNCC 3/14)

Discus (114-10)

1. Me'Saj Closs - 129-2 (UNCC 3/14)
2. Zionette Salahuddin - 104-7 (Lehigh 4/26)
3. Sam Giangrosso - 89-6 (WCU 3/30)

Hammer (134-6)

1. Me'Saj Closs - 167-8 (PSAC 5/9) #
2. Barbara Grossov - 148-7 (PSAC 5/9)
3. Sam Giangrosso - 147-6 (Lehigh 4/26)
4. Taylor Barkman - 143-9 (PSAC 5/9) *
5. Alexis Schuldes - 141-6 (PSAC 5/9)

Javelin (118-1)

1. Gabrielle D'Amore - 128-10 (Millersville 4/6)
2. Madison Ware - 125-5 (Millersville 4/6)
3. Hannah Marth - 122-6 (Millersville 4/6)

Heptathlon

1. Victoria Matthews - 4153 (PSAC 5/9)
- 2.
- 3.

NCAA Qualifiers

Victoria Matthews - High Jump (Provisional)

5-6 - Kutztown 4/11

Tiana Webster - 100 Meters (Provisional)

11.80 - PSAC 5/9



EAST STROUDSBURG WARRIORS

Men's Track Events

100m (PSAC qualifier - 11.15)

1. Patrick Monahan - 10.93 (WCU 3/30)
2. Brendan Shaffer - 10.93 (WCU 3/30)
3. Brendan Barton - 11.31 (WCU 3/30)

200m (22.50)

1. Akeim Thomas - 21.97 (WCU 3/30)
2. Nick Lawrence - 22.26 (ESU 4/20)
3. Mamadu Bari - 22.35 (ESU 4/20)

400m (50.60)

1. Andrew Schumacher - 49.50 (Lock Haven 5/3)
2. Mamadu Bari - 49.61 (PSAC 5/9)
3. Sean Roberts - 49.98 (ESU 4/20)
4. Colin Crosbie - 50.44 (ESU 4/20)
5. Khai Samuels - 50.51 (Lock Haven 5/3)

800m (1:57.75)

1. Khai Samuels - 1:54.07 (WCU 3/30)
2. Jordan Cruise - 1:58.26 (Millersville 4/6)
3. Andrew Lopez - 1:58.41 (Lock Haven 5/3)

1500m (4:06.00)

1. Khai Samuels - 3:59.55 (Bucknell 4/13)
2. Jordan Cruise - 4:01.80 (Bucknell 4/13)
3. Andrew Lopez - 4:11.87 (Moravian 4/12)

3000m (not PSAC event)

- 1.
- 2.
- 3.

5,000m (15:30.00)

1. Casey Ellis - 15:41.33 (Bucknell 4/13)
2. Nate Senatore - 15:52.25 (Moravian 4/12)
3. Teddy Mostellar - 16:15.90 (WCU 3/30)

10,000m (33:10.00)

1. Casey Ellis - 32:33.64 (PSAC 5/9)
2. Jeremy Rapposelli - 33:11.74 (Millersville 4/6)

3,000m Steeplechase (10:15.00)

1. Teddy Mostellar - 10:09.54 (UNCC 3/14)
2. Zach Nekich - 10:50.81 (Lehigh 4/26)
- 3.

110m Hurdles (16.20)

1. Mike Matrisciano - 14.70 (PSAC 5/9)
2. Jalen Bailey - 14.76 (UNCC 3/14)
3. Akeim Thomas - 14.93 (PSAC 5/9)
4. Daniel Daley - 15.51 (PSAC 5/9)

400m Hurdles (58.00)

1. Andrew Schumacher - 54.03 (PSAC 5/9)
2. Jalen Bailey - 54.19 (ESU 4/20)
3. Mike Matrisciano - 55.25 (ESU 4/20)

ESU School Record

* ESU Freshman Record

Men's Relays

4x100m Relay

1. Monahan, Thomas, Shaffer, Bailey
41.69 (PSAC 5/9)

4x200m Relay

1. Monahan, Barton, Bari, Lawrence
1:30.33 (Penn 4/25)

4x400m Relay

1. Bari, Samuels, Bailey, Roberts
3:17.03 (Penn 4/25)

4x800m Relay

1. Crosbie, Lopez, Reisenweaver, Samuels
7:44.53 (PSAC 5/9)

Men's Field Events

High Jump (PSAC qualifier - 6-1 1/2)

1. Carlos Pepin - 6-6 1/4 (PSAC 5/9)
2. Darnell Randall - 6-5 (Millersville 4/6)
3. Garth Estadt - 5-10 3/4 (PSAC 5/9)

Pole Vault (13-1 1/2)

1. Dan Amari - 15-5 1/2 (WCU 3/30)
2. Garth Estadt - 12-7 1/2 (Kutztown 4/11)
- 3.

Long Jump (21-4)

1. Justin Miller - 23-2 1/2 (ESU 4/20)
2. Darnell Randall - 22-9 1/4 (Moravian 4/12)
3. Jamal Cooley - 22-3 3/4 (Millersville 4/6)

Triple Jump (42-0)

1. Jamal Cooley - 47-1 (Moravian 4/12)
2. Justin Miller - 46-10 3/4 (UNCC 3/14)
- 3.

Shot Put (44-3 1/2)

1. Dominic Walton - 55-4 3/4 (WCU 3/30)
2. Noah Lockwood - 49-1 (Bucknell 4/13)
3. Daryn Blackwell - 40-10 1/2 (Lock Haven 5/3)

Discus (129-7)

1. Dominic Walton - 163-6 (PSAC 5/9)
2. Noah Lockwood - 146-7 (Bucknell 4/13)
3. Daryn Blackwell - 142-11 (Millersville 4/6)

Hammer (139-5)

1. Jonathan Hummel - 165-6 (Lehigh 4/26)
2. Dominic Walton - 157-8 (PSAC 5/9)
3. Daryn Blackwell - 151-11 (Lehigh 4/26)

Javelin (164-0)

1. Jonathan Hummel - 171-0 (PSAC 5/9)
2. Garth Estadt - 124-4 (PSAC 5/9)
- 3.

Decathlon

1. Garth Estadt - 5832 (PSAC 5/9)
2. Eric Krzyzaniak - 5150 (PSAC 5/9)
3. Kevin Costabel - 4833 (Kutztown 4/11)

NCAA Qualifiers

Dominic Walton - Shot Put (Provisional)

55-4 3/4 - West Chester 3/30

Dominic Walton - Discus (Provisional)

163-6 - PSAC 5/9