



ESU Track & Field 2019-20 Indoor Season Bests

as of March 10, 2020

Women's Track Events

55m (PSAC qualifier - 7.47)

1. Tiana Webster - 7.19 (DeSchrivier Invitational 2/1)
2. Morgan Dey - 7.22 (ESU Quad Meet 2/7)
3. Briana Randolph - 7.35 (Last Chance Qualifier 2/21)
4. Taylor Allen - 7.44 (ESU Quad Meet 2/7)
5. Jalen Rhodes - 7.47 (ESU Quad Meet 2/7)

60m (8.05)

1. Tiana Webster - 7.62 (PSAC Championships 2/29)
2. Briana Randolph - 7.75 (PSAC Championships 2/29)
3. Morgan Dey - 7.85 (PSAC Championships 2/29)
4. Taylor Allen - 7.98 (PSAC Championships 2/29)

200m (26.70)

1. Tiana Webster - 25.82 (PSAC Championships 2/29)
2. Taylor Allen - 26.32 (Fasttrack National Invite 2/14)
2. Morgan Dey - 26.62 (ESU Quad Meet 2/7)

400m (1:01.70)

1. Sarah Klag - 58.58 (PSAC Championships 2/29)
2. Ariel Kyle - 1:00.83 (ESU Quad Meet 2/7)

500m

1. Allyson Stitzer - 1:24.42 (Gulden Invitational 1/25)

600m

1. Brittany Carratura - 1:43.12 (DeSchrivier Invitational 2/1)
2. Charity McLeod - 1:50.24 (DeSchrivier Invitational 2/1)
3. Kaylene Raczka - 1:52.24 (DeSchrivier Invitational 2/1)

800m (2:27.00)

1. Brittany Carratura - 2:21.16 (PSAC Championships 2/29)

1000m

1. Rachael Davalos - 3:15.66 (DeSchrivier Invitational 2/1)
2. Molloy Jacobs - 3:32.31 (Gulden Invitational 1/25)

Mile (5:30.00)

1. Brittany Carratura - 5:26.66 (Gulden Invitational 1/25)

3000m (10:52.00)

- 1.

5000m (19:22.00)

1. Mandy Fine - 18:59.06 (PSAC Championships 2/29)

55m Hurdles (9.16)

1. Jeanette Jones - 8.73 (ESU Quad Meet 2/7)
2. Misha Duverger - 8.90 (ESU Quad Meet 2/7)

60m Hurdles (9.85)

1. Jeanette Jones - 9.27 (PSAC Championships 2/29)
2. Misha Duverger - 9.44 (PSAC Championships 2/29)
3. Ayanna Whittaker - 9.74 (PSAC Championships 2/29)

NCAA Qualifiers

Tiana Webster - 60m (provisional)

7.65 - Fast Times 12/7

Women's Relays

4x200m Relay

1. Webster, Allen, Dey, Klag
1:46.87 (DeSchrivier Invitational 2/1)

4x400m Relay

1. Kyle, Klag, Stitzer, Jones
4:02.54 (PSAC Championships 2/29)

4x800m Relay

1. Carratura, Raczka, Stangle, Stitzer
9:53.47 (PSAC Championships 2/29)

Distance Medley Relay

1. Davalos, Kyle, Stangle, Snyder
13:05.92 (PSAC Championships 2/29)

Women's Field Events

High Jump (PSAC qualifier - 4-11)

1. Tatiana Williams - 5-3 (Gulden Invitational 1/25)
2. Jannae Bonds - 5-1 (Gulden Invitational 1/25)
3. Ayanna Whittaker - 5-0 1/4 (Utica Invitational 2/8)
4. Thressia Nixon - 4-11 (DeSchrivier Invitational 2/1)

Pole Vault (10-4)

1. Nickolina Anelli - 11-3 3/4 (Gulden Invitational 1/25)
2. Hannah Frankenfield - 10-11 3/4 (DeSchrivier Invitational 2/1)
3. Juliana Schraer - 10-6 (Fast Times 12/7)

Long Jump (16-7)

1. Kamya Edmonds - 17-5 1/2 (Last Chance Qualifier 2/21)
2. Gianna Gomez - 16-10 (ESU Quad Meet 2/7)

Triple Jump (34-3.5)

1. Tatiana Williams - 38-2 3/4 (PSAC Championships 2/29)
2. Thressia Nixon - 36-1 1/4 (ESU Quad Meet 2/7)
3. Gianna Gomez - 35-1 3/4 (Gulden Invitational 1/25)
4. Kamya Edmonds - 34-8 1/2 (ESU Quad Meet 2/7)

Shot Put (36-9)

1. Me'Saj Closs - 43-7 3/4 (PSAC Championships 2/29)
2. Barbara Grossov - 41-5 1/4 (PSAC Championships 2/29)
3. Olivia Ellzy - 41-4 1/4 (DeSchrivier Invitational 2/1)
4. Isabella Marte - 40-3 1/4 (Last Chance Qualifier 2/21)
5. Alexis Schuldes - 38-4 1/4 (DeSchrivier Invitational 2/1)

Weight Throw (42-8)

1. Me'Saj Closs - 55-6 1/2 (ESU Quad Meet 2/7)
2. Sam Giangrasso - 53-5 (ESU Quad Meet 2/7)
3. Taylor Barkman - 47-7 1/4 (ESU Quad Meet 2/7)
4. Barbara Grossov - 47-3 1/2 (PSAC Championships 2/29)
5. Alexis Schuldes - 45-7 3/4 (DeSchrivier Invitational 2/1)
6. Olivia Ellzy - 44-6 1/4 (DeSchrivier Invitational 2/1)
7. Zionette Salahuddin - 44-6 (Golden Bear Invt. 1/10)
8. Isabella Marte - 43-7 (Last Chance Qualifier 2/21)

Pentathlon

1. Ayanna Whittaker - 2,717 (PSAC Championships 2/29)
2. Thressia Nixon - 2,559 (Utica Invitational 2/8)
3. Jannae Bonds - 2,542 (Utica Invitational 2/8)



EAST STROUDSBURG WARRIORS

Men's Track Events

55m (PSAC qualifier - 6.72)

1. Brendan Shaffer - 6.53 (ESU Quad Meet 2/7)
2. Shavar Hussett - 6.67 (DeSchrivier Invitational 2/1)
3. Raul Esteves - 6.68 (Golden Bear Invt. 1/10)
Nick Lawrence - 6.68 (Golden Bear Invt. 1/10)

60m (7.22)

1. Brendan Shaffer - 7.05 (Moravian Invt. 1/18)
2. Nick Lawrence - 7.09 (Fast Times 12/7)
Shavar Hussett - 7.09 (PSAC Championships 2/29)
4. Darnell Randall - 7.18 (Gulden Invitational 1/25)
5. Raul Esteves - 7.22 (Moravian Invt. 1/18)

200m (23.20)

1. Jalen Bailey - 22.58 (Gulden Invitational 1/25)
2. Raul Esteves - 22.93 (PSAC Championships 2/29)
3. Mamadu Bari - 22.95 (Last Chance Qualifier 2/21)

400m (52.00)

1. Andrew Schumacher - 50.59 (Fasttrack National Invite 2/14)
2. Sean Roberts - 50.99 (PSAC Championships 2/29)
3. Mamadu Bari - 51.19 (PSAC Championships 2/29)
4. Zandrew Bowe - 51.73 (ESU Quad Meet 2/7)
5. Colin Crosbie - 51.83 (ESU Quad Meet 2/7)

500m

1. Sean Roberts - 1:07.51 (Gulden Invitational 1/25)
2. Andrew Schumacher - 1:08.77 (Gulden Invitational 1/25)
3. Zandrew Bowe - 1:10.09 (Gulden Invitational 1/25)

600m

1. Colin Crosbie - 1:25.31 (DeSchrivier Invitational 2/1)
2. Zandrew Bowe - 1:28.12 (DeSchrivier Invitational 2/1)

800m (2:01.00)

1. Austyn Hamilton - 1:57.32 (PSAC Championships 2/29)
2. Andrew Lopez - 1:59.34 (ESU Quad Meet 2/7)
3. Ben Reisenweaver - 2:00.72 (Last Chance Qualifier 2/21)

1000m

1. Austyn Hamilton - 2:37.80 (Gulden Invitational 1/25)
2. Alex Race - 2:37.85 (Gulden Invitational 1/25)
3. Andrew Lopez - 2:41.54 (DeSchrivier Invitational 2/1)
4. Luke Valdevit - 2:44.54 (DeSchrivier Invitational 2/1)
5. Eric Krzyzaniak - 2:46.53 (PSAC Championships 2/29)
6. Daniel Daly - 2:50.13 (PSAC Championships 2/29)
7. Garth Estdt - 2:52.02 (Fast Times 12/7)
8. Kevin Costabel - 3:17.73 (Fast Times 12/7)

Mile (4:33.00)

1. Alex Race - 4:25.80 (Fasttrack National Invite 2/14)
2. Andrew Lopez - 4:26.92 (Fasttrack National Invite 2/14)
3. Austyn Hamilton - 4:28.12 (Fasttrack National Invite 2/14)

3000m (9:10.00)

1. Dylan Senatore - 8:57.45 (Fasttrack National Invite 2/14)
2. Teddy Mostellar - 8:58.69 (Fasttrack National Invite 2/14)
3. Alex Race - 9:03.89 (DeSchrivier Invitational 2/1)

5000m (16:05.00)

1. Casey Ellis - 15:26.63 (Gulden Invitational 1/25)
2. Dylan Senatore - 15:27.14 (PSAC Championships 2/29)
4. Jeremy Smith - 15:35.92 (PSAC Championships 2/29)
5. Nate Senatore - 15:49.91 (PSAC Championships 2/29)
3. Teddy Mostellar - 15:53.68 (DeSchrivier Invitational 2/1)

55m Hurdles (8.46)

1. Jalen Bailey - 7.70 (ESU Quad Meet 2/7)
2. Daniel Daley - 8.20 (Golden Bear Invt. 1/10)
3. Eric Krzyzaniak - 8.29 (Golden Bear Invt. 1/10)
4. Garth Estdt - 8.44 (DeSchrivier Invitational 2/1)

60m Hurdles (9.10)

1. Jalen Bailey - 8.25 (PSAC Championships 2/29)
2. Daniel Daley - 8.58 (PSAC Championships 2/29)
3. Eric Krzyzaniak - 8.82 (Gulden Invitational 1/25)
4. Garth Estdt - 9.03 (PSAC Championships 2/29)

NCAA Qualifiers

Dominic Walton - Shot put (provisional)

55-2 - Moravian Invitational 1/18

Dominic Walton - Weight throw (provisional)

58-8 1/2 - Gulden Invitational 1/25

Darnell Randall - High jump (provisional)

6-8 3/4 - Gulden Invitational 1/25

Justin Miller - Triple jump (provisional)

49-5 1/2 - DeSchrivier Invitational 2/1

Justin Miller - Long jump (provisional)

23-6 - ESU Quad Meet 2/7

Men's Relays

4x200m Relay

1. Bailey, Bari, Lawrence, Shaffer
1:31.93 (DeSchrivier Invitational 2/1)

4x400m Relay

1. Roberts, Bailey, Schumacher, Bari
3:22.03 (PSAC Championships 2/29)

4x800m Relay

1. Crosbie, Reisenweaver, Hamilton, Lopez
7:56.93 (PSAC Championships 2/29)

Distance Medley Relay

1. Bowe, Valdevit, Fanelle, Race
10:36.03 (PSAC Championships 2/29)

Men's Field Events

High Jump (PSAC qualifier - 5-10 3/4)

1. Darnell Randall - 6-8 3/4 (Gulden Invitational 1/25)
2. Garth Estdt - 6-2 1/4 (Fast Times 12/7)
3. Obed Bamungwa - 6-0 3/4 (Gulden Invitational 1/25)
4. Caleb Carney - 5-10 3/4 (ESU Quad Meet 2/7)

Pole Vault (12-9 1/2)

1. Grant Fox - 15-6 1/4 (Last Chance Qualifier 2/21)
2. Dan Amari - 15-5 (ESU Quad Meet 2/7)
3. Khalid Holland - 14-6 (Last Chance Qualifier 2/21)
4. Ryan Ruggiero - 14-5 1/4 (ESU Quad Meet 2/7)
5. Robert Plumb - 13-7 1/4 (DeSchrivier Invitational 2/1)
6. Garth Estdt - 12-11 1/2 (PSAC Championships 2/29)

Long Jump (21-0)

1. Darnell Randall - 23-11 1/2 (PSAC Championships 2/29)
2. Justin Miller - 23-6 (ESU Quad Meet 2/7)
3. Jamal Cooley - 22-3 (Golden Bear Invt. 1/10)
4. Austin Nice - 21-10 1/4 (PSAC Championships 2/29)
5. Garth Estdt - 21-6 3/4 (Golden Bear Invt. 1/10)
6. Joel Ingram - 21-5 1/4 (Last Chance Qualifier 2/21)
7. Daeshawn Teague - 21-1 1/4 (Golden Bear Invt. 1/10)

Triple Jump (41-4 1/4)

1. Justin Miller - 49-5 1/2 (DeSchrivier Invitational 2/1)
2. Obed Bamungwa - 46-6 (PSAC Championships 2/29)
3. Jamal Cooley - 46-5 1/2 (Moravian Invt. 1/18)
4. Joel Ingram - 45-2 1/2 (PSAC Championships 2/29)

Shot Put (43-11 3/4)

1. Dominic Walton - 57-6 1/2 (Gulden Invitational 1/25)
2. Noah Lockwood - 51-9 (PSAC Championships 2/29)
3. Isaac Alamoney - 44-9 3/4 (Gulden Invitational 1/25)

Weight Throw (44-11 1/2)

1. Dominic Walton - 58-10 1/4 (PSAC Championships 2/29)
2. Daryn Blackwell - 53-7 1/2 (PSAC Championships 2/29)
3. Noah Lockwood - 51-0 (PSAC Championships 2/29)
4. Isaac Alamoney - 46-9 1/2 (PSAC Championships 2/29)

Heptathlon

1. Garth Estdt - 4,594 (Fast Times 12/7)
2. Daniel Daly - 4,222 (PSAC Championships 2/29)
3. Eric Krzyzaniak - 4,152 (PSAC Championships 2/29)
4. Kevin Costabel - 3,911 (Fast Times 12/7)