



ESU Track & Field 2021 Outdoor Season Bests as of May 13, 2021

Women's Track Events

100m (NCAA provisional - 11.90)

1. Tiana Webster - 12.10 (Shippensburg 4/24)
2. Ariel Kyle - 12.97 (Shippensburg 4/24)
3. Olivia Burkhardt - 14.25 (ESU 4/17)

200m (24.40)

1. Tiana Webster - 25.90 (WCU 5/1)
2. Ariel Kyle - 26.27 (WCU 4/10)
3. Sierra DiCupe - 27.91 (ESU 4/17)
4. Charity McLeod - 29.82 (ESU 4/17)

400m (55.87)

1. Ariel Kyle - 58.88 (PSAC 5/7)
2. Charity McLeod - 1:05.92 (Shippensburg 4/24)
- 3.

800m (2:12.07)

1. Carly Danoski - 2:12.44 (TCNJ 5/7)*
2. Brittany Carratura - 2:18.03 (PSAC 5/7)
3. Sarah Buthrie - 2:27.17 (WCU 4/10)
4. Rachael Davalos - 2:29.32 (ESU 4/17)
5. Kaylene Raczka - 2:30.56 (WCU 4/10)
6. Lauren Reightneour - 2:40.83 (WCU 5/1)

1500m (4:32.89)

1. Carly Danoski - 4:52.34 (ESU 4/17)
2. Rachael Davalos - 4:55.12 (PSAC 5/8)
3. Brittany Carratura - 4:58.05 (ESU 4/17)
4. Keely Arndt - 5:07.55 (Millersville 4/3)
5. Emily Furlong - 5:14.80 (Shippensburg 4/24)
6. Kaylene Raczka - 5:20.47 (Millersville 4/3)
7. Samantha Brawner - 5:31.28 (WCU 5/1)
8. Lauren Reightneour - 5:33.11 (Ship 4/24)

3000m (10:59.70)

1. Kaylene Raczka - 11:39.79 (Shippensburg 4/24)
2. Samantha Brawner - 11:48.34 (Ship 4/24)
- 3.

5,000m (17:10.15)

1. Rachel Davalos - 18:41.41 (PSAC 5/8)
2. Amanda Fine - 18:58.82 (Millersville 4/3)
3. Keely Andt - 19:07.92 (ESU 4/17)
4. Madison Palmer - 19:24.31 (Shippensburg 4/24)
5. Samantha Brawner - 20:52.32 (ESU 4/17)

10,000m (36:35.68)

1. Madison Palmer - 40:50.97 (PSAC 5/6)
2. Amanda Fine - 41:43.08 (PSAC 5/6)
3. Samantha Brawner - 43:42.01 (Millersville 4/3)

3,000m Steeplechase (12:30.00)

1. Emily Furlong - 13:01.90 (ESU 4/17)
- 2.

100m Hurdles (14.19)

1. Jeanette Jones - 14.76 (Shippensburg 4/24)
2. Andrea Jackson - 16.28 (WCU 5/1)
3. Jacklyn Spaccaforno - 16.33 (WCU 5/1)
4. Misha Duverger - 16.48 (Shippensburg 4/24)

400m Hurdles (1:01.82)

1. Jeanette Jones - 1:06.14 (Shippensburg 4/24)
2. Misha Duverger - 1:08.38 (Shippensburg 4/24)
3. Jacklyn Spaccaforno - 1:09.65 (WCU 5/1)
4. Andrea Jackson - 1:09.48 (WCU 5/1)
5. Sarah Guthrie - 1:09.94 (ESU 4/17)

ESU School Record % PSAC Record
* ESU Freshman Record

Women's Relays

4x100m Relay

1. Kyle, Webster, Jones, Duverger
49.09 (PSAC 5/7)

4x200m Relay

- 1.

4x400m Relay

1. Carratura, Danoski, Jones, Kyle
4:01.52 (PSAC 5/8)
2. Kyle, Guthrie, Spaccaforno, McLeod
4:04.62 (WCU 4/10)

4x800m Relay

- 1.

Women's Field Events

High Jump (NCAA provisional - 5-6)

- 1.
- 2.
- 3.

Pole Vault (12-0 1/2)

1. Hannah Frankenfield - 11-3 (WCU 5/1)
2. Juliana Schraer - 11-3 (WCU 5/1)
- 3.

Long Jump (19-0 1/2)

1. Janelle Foston - 16-6 1/2 (WCU 5/1)
- 2.
- 3.

Triple Jump (39-0 1/4)

1. Janelle Foston - 35-0 1/2 (WCU 4/10)
- 2.
- 3.

Shot Put (45-5 1/4)

1. Elizabeth Makar - 45-3 3/4 (WCU 4/10)*
2. Madison Horahan - 39-8 3/4 (WCU 4/10)
3. Barbara Grossov - 39-8 1/2 (WCU 5/1)
4. Isabella Marte - 39-1 1/4 (WCU 5/1)
5. Zionette Salahuddin - 36-9 (WCU 4/10)

Discus (149-3)

1. Elizabeth Makar - 131-9 (WCU 5/1)*
2. Madison Horahan - 126-6 (WCU 4/10)
3. Isabella Marte - 119-3 (WCU 4/10)
4. Zionette Salahuddin - 108-0 (WCU 5/1)
5. Olivia Sforza - 102-1 (ESU 4/17)
6. Barbara Grossov - 101-5 (WCU 4/10)

Hammer (170-10)

1. Elizabeth Makar - 150-7 (PSAC 5/6)*
2. Barbara Grossov - 147-8 (PSAC 5/6)
3. Madison Horahan - 145-7 (ESU 4/17)
4. Isabella Marte - 144-1 (WCU 4/10)
5. Zionette Salahuddin - 121-11 (WCU 5/1)
6. Olivia Sforza - 99-4 (ESU 4/17)

Javelin (137-3)

1. Olivia Sforza - 101-9 (ESU 4/17)
- 2.
- 3.

Heptathlon (4529)

- 1.



EAST STROUDSBURG WARRIORS

Men's Track Events

100m (NCAA provisional - 10.57)

1. Raul Esteves - 10.64* (Shippensburg 4/24)
2. Caleb Carney - 11.41 (PSAC 5/6)
3. Austin Nice - 11.30 (WCU 5/1)
4. Eric Krzyzaniak - 11.56 (PSAC 5/6)
5. Jared Williams - 11.57 (Millersville 4/3)
6. Daniel Daley - 11.64 (PSAC 5/6)
7. Jayden Browne - 11.98 (Shippensburg 4/24)

200m (21.32)

1. Raul Esteves - 22.21 (ESU 4/17)
2. Sean Roberts - 23.36 (WCU 5/1)
3. Jayden Browne - 24.64 (ESU 4/17)

400m (47.71)

1. Zandrew Bowe - 50.02 (WCU 5/1)
2. Sean Roberts - 50.41 (PSAC 5/8)
3. Caleb Carney - 51.61 (PSAC)
4. Lawrence Bass - 51.89 (ESU 4/17)
6. Eric Krzyzaniak - 52.90 (PSAC 5/6)
5. Alejandro Paez - 52.98 (WCU 4/10)
7. Daniel Daley - 54.06 (PSAC 5/6)

800m (1:51.97)

1. Alejandro Paez - 1:57.77 (PSAC 5/7)
2. Luke Valdevit - 2:01.93 (ESU 4/17)
3. Darius Richards - 2:16.40 (Shippensburg 4/24)

1500m (3:50.68)

1. Luke Valdevit - 4:05.08 (WCU 5/1)
2. Teddy Mostellar - 4:08.68 (WCU 5/1)
3. Casey Ellis - 4:10.44 (ESU 4/17)
4. Koodsha Manjaro - 4:30.67 (WCU 4/10)
5. Eric Krzyzaniak - 4:46.29 (PSAC 5/7)
6. Daniel Daley - 4:51.86 (PSAC 5/7)
7. Caleb Carney - 4:55.15 (PSAC 5/7)

3000m (not PSAC event)

1. Josh D'Agostino - 9:19.28 (Shippensburg 4/24)
- 2.

5,000m (14:32.33)

1. Casey Ellis - 14:59.58 (Shippensburg 4/24)
2. Teddy Mostellar - 15:34.53 (Shippensburg 4/24)
3. Luke Valdevit - 15:46.68 (WCU 4/10)
4. Josh D'Agostino - 16:14.00 (ESU 4/17)

10,000m (30:47.12)

1. Casey Ellis - 31:07.12 (PSAC 5/6)
2. Teddy Mostellar - 32:24.19 (Millersville 4/3)
3. Josh D'Agostino - 34:10.51 (Millersville 4/3)

3,000m Steeplechase (10:15.00)

1. Theodore Mostellar - 9:51.68 (ESU 4/17)
2. Koodsha Manjaro - 11:37.63 (ESU 4/17)
- 3.

110m Hurdles (14.51)

1. Caleb Carney - 15.49 (ESU 4/17)
2. Daniel Daley - 15.77 (Shippensburg 4/24)
3. Nasir Kyle - 15.82 (WCU 5/1)
4. Eric Krzyzaniak - 16.08 (Shippensburg 4/24)
5. Sebastian Smith - 16.66 (PSAC 5/7)

400m Hurdles (53.34)

1. Lawrence Bass - 56.56 (WCU 5/1)
2. Nasir Kyle - 59.26 (ESU 4/17)
3. Sebastian Smith - 1:01.58 (Millersville 4/3)

ESU School Record * ESU Freshman Record

Men's Relays

4x100m Relay

1. Nice, Roberts, Esteves, Williams
42.76 (PSAC 5/8)

4x200m Relay

1.

4x400m Relay

1. Bass, Bowe, Roberts, Esteves
3:24.07 (PSAC 5/8)

4x800m Relay

1.

Men's Field Events

High Jump (NCAA provisional - 6-8 3/4)

1. Carlos Pepin - 6-7 1/2 (PSAC 5/8)
2. Romanley Turnier - 6-4 3/4 (Shippensburg 4/24)
3. Caleb Carney - 6-0 3/4 (Shippensburg 4/24)
4. Daniel Daley - 5-8 (PSAC 5/6)
5. Eric Krzyzaniak - 5-8 (PSAC 5/6)

Pole Vault (15-9 1/4)

1. Dan Amari - 15-10 (PSAC 5/7)
2. Grant Fox - 14-5 1/4 (WCU 4/10)
3. Robert Plumb - 14-0 1/2 (PSAC 5/7)
4. Eric Krzyzaniak - 11-11 3/4 (PSAC 5/7)
5. Caleb Carney - 10-11 3/4 (PSAC 5/7)
6. Daniel Daley - 10-0 (PSAC 5/7)

Long Jump (23-10)

1. Austin Nice - 21-1 1/4 (PSAC 5/7)
2. Daniel Daley - 20-8 1/2 (PSAC 5/6)
3. Eric Krzyzaniak - 20-1 1/2 (PSAC 5/6)
4. Caleb Carney - 19-5 1/4 (PSAC 5/6)

Triple Jump (48-2 1/2)

Shot Put (53-7 1/2)

1. Dominic Walton - 54-7 1/2 (WCU 5/1)
2. Issac Almone - 47-4 1/2 (Shippensburg 4/24)
3. Darny Blackwell - 38-6 1/4 (WCU 5/1)
4. Caleb Carney - 30-9 1/4 (PSAC 5/6)
5. Eric Krzyzaniak - 30-7 (Kutztown 4/8)
6. Daniel Daley - 30-3 (Kutztown 4/8)

Discus (163-11)

1. Dominic Walton - 159-8 (Shippensburg 4/24)
2. Isaac Almone - 144-10 (PSAC 5/7)
3. Daryn Blackwell - 142-8 (PSAC 5/7)
4. Eric Krzyzaniak - 91-11 (Kutztown 4/8)
5. Daniel Daley - 84-6 (Kutztown 4/8)
6. Caleb Carney - 73-10 (Kutztown 4/8)

Hammer (182-4)

1. Isaac Almone - 174-3 (PSAC 5/6)*
2. Daryn Blackwell - 174 (Shippensburg 4/24)
3. Johnathan Makar - 139-6 (ESU 4/17)

Men's Field Events Cont.

Javelin (192-9)

1. Eric Krzyzaniak - 131-5 (WCU 4/8)
2. Caleb Carney - 121-9 (PSAC 5/6)
3. Daniel Daley - 116-4 (PSAC 5/6)

Decathlon (6325)

1. Caleb Carney - 5697 (PSAC 5/7)
2. Eric Krzyzaniak - 5666 (PSAC 5/7)
3. Daniel Daley - 5415 (PSAC 5/7)

NCAA Qualifiers