



ESU Track & Field 2022 Outdoor Season Bests as of May 17, 2022

Women's Track Events

100m (NCAA provisional - 11.86)

1. Misha Duverger - 12.50 (PSAC 5/12)
2. Ariel Kyle - 12.75 (Bucknell 4/14)
3. Jalen Rhodes - 12.81 (Lehigh 4/29)
4. Jeanette Jones - 12.89 (ESU 4/23)
5. Kayla Horning - 13.15 (ESU 4/23)
6. Kamya Edmonds - 13.16 (Bucknell 4/14)

200m (24.38)

1. Ariel Kyle - 25.47 (PSAC 5/12)
2. Misha Duverger - 26.15 (PSAC 5/12)
3. Jeanette Jones - 26.39 (ESU 4/23)
4. Kayla Horning - 26.63 (Lehigh 4/29)
5. Jalen Rhodes - 26.73 (ESU 4/23)
6. Jacklyn Spaccaforno - 26.90 (George Mason 4/9)

400m (55.98)

1. Ariel Kyle - 59.33 (PSAC 5/12)
2. Misha Duverger - 1:01.62 (ESU 4/23)
3. Sarah Guthrie - 1:03.20 (Bucknell 4/14)
4. Kayla Horning - 1:04.07 (Lehigh 4/29)
5. Carolina Kaczmarek - 1:05.13 (Millersville Metrics 4/2)
6. Jalen Rhodes - 1:05.39 (Millersville Metrics 4/2)

800m (2:12.24)

1. Sarah Guthrie - 2:24.24 (ESU 4/23)
2. Carolina Kaczmarek - 2:30.51 (Lehigh 4/29)
3. Kaylene Raczka - 2:35.63 (WCU Quad 3/26)

1500m (4:32.67)

1. Kaylene Raczka - 5:12.70 (ESU 4/23)
2. Abigail Rosas - 5:41.59 (ESU 4/23)

3000m

- 1.

5,000m (17:08.52)

1. Samantha Brawner - 22:05.02 (ESU 4/23)

10,000m (36:36.59)

- 1.

3,000m Steeplechase (11:00.95)

1. Alycia Smith - 12:55.95 (LHU Qualifier 5/6)

100m Hurdles (14.21)

1. Jeanette Jones - 14.61 (Lehigh 4/29)
2. Jacklyn Spaccaforno - 15.72 (Bucknell 4/14)

400m Hurdles (1:02.03)

1. Jeanette Jones - 1:02.64 (PSAC 5/12)
2. Sarah Guthrie - 1:06.62 (PSAC 5/12)
3. Jacklyn Spaccaforno - 1:10.66 (ESU 4/23)

ESU School Record % PSAC Record

* ESU Freshman Record

Women's Relays

4x100m Relay

1. Duverger, Kyle, Rhodes, Jones
48.15 (PSAC 5/12)

4x200m Relay

- 1.

4x400m Relay

1. Kyle, Duverger, Horning, Jones
3:58.43 (PSAC 5/12)

4x800m Relay

- 1.

Women's Field Events

High Jump (NCAA provisional - 5-6)

- 1.

Pole Vault (12-3 1/2)

1. Nickolina Anelli - 11-11 3/4 (ESU 4/23) #
2. Hannah Frankenfield - 11-1 3/4 (Bucknell 4/14)
3. Juliana Schraer - 10-6 (ESU 4/23)

Long Jump (19-1 1/4)

1. Kamaya Edmonds - 18-6 1/2 (PSAC 5/12)
2. Janelle Foston - 14-11 1/4 (ESU 4/23)

Triple Jump (39-2 1/4)

1. Kamya Edmonds - 37-8 3/4 (Lehigh 4/29)
2. Janelle Foston - 32-9 1/2 (ESU 4/23)

Shot Put (45-10 3/4)

1. Elizabeth Makar - 47-7 1/4 (PSAC 5/12)
2. Madison Horahan - 40-10 1/4 (Lehigh 4/29)
3. Isabella Marte - 36-3 (Millersville Metrics 4/2)
4. Zionette Salahuddin - 34-2 (Lehigh 4/29)

Discus (150-7)

1. Isabella Marte - 144-1 (PSAC 5/12)
2. Madison Horahan - 131-1 (PSAC 5/12)
3. Zionette Salahuddin - 125-1 (Penn State 5/6)
4. Elizabeth Makar - 121-7 (PSAC 5/12)
5. Olivia Sforza - 109-1 (ESU 4/23)
6. Macy Rushall - 97-10 (Lehigh 4/29)
7. Samiyah Little - 95-2 (Millersville Metrics 4/2)

Hammer (172-0)

1. Elizabeth Makar - 169-5 (ESU 4/23) #
2. Madison Horahan - 160-4 (ESU 4/23)
3. Isabella Marte - 159-1 (Millersville Metrics 4/2)
4. Samiyah Little - 150-9 (PSAC 5/12)
5. Zionette Salahuddin - 150-9 (PSAC 5/12)
6. Olivia Sforza - 139-3 (ESU 4/23)
7. Macy Rushall - 114-0 (WCU Quad 3/26)

Javelin (137-6)

1. Olivia Sforza - 141-1 (PSAC 5/12)
2. Zionette Salahuddin - 96-7 (ESU 4/23)

Heptathlon (4,516 points)

- 1.

NCAA Qualifiers

Elizabeth Makar - Shot Put (provisional)

47-7 1/4 - (PSAC 5/12)

Olivia Sforza - Javelin (provisional)

141-1 - (PSAC 5/12)



EAST STROUDSBURG WARRIORS

Men's Track Events

100m (NCAA provisional - 10.55)

1. Raul Esteves - 10.91 (Lehigh 4/29)
2. Austin Nice - 11.09 (Lehigh 4/29)
3. Sean Roberts - 11.17 (ESU 4/23)
4. Tyler Boone - 11.36 (WCU Quad 3/26)
5. Eric Krzyzaniak - 11.52 (Millersville Metrics 4/2)
6. Daniel Daley - 11.55 (PSAC 5/12)
7. Caleb Carney - 11.58 (Millersville Metrics 4/2)
8. Jared Williams - 11.59 (Lock Haven 5/6)
9. Zephyr Crestwell - 11.59 (Bucknell 4/14)
10. Jack Gorham - 11.63 (WCU Quad 3/26)
11. Matt Linbrunner - 11.67 (Penn State 5/6)
12. Caleb Diaz Viola - 11.85 (ESU 4/23)
13. Jayden Browne - 11.96 (WCU Quad 3/26)

200m (21.26)

1. Raul Esteves - 22.07 (Lehigh 4/29)
2. Tyler Boone - 22.18 (Millersville Metrics 4/2)
3. Ryan Ditty - 22.83 (Millersville Metrics 4/2)
4. Sean Roberts - 22.85 (Penn State 5/6)
5. Austin Nice - 23.50 (Lehigh 4/29)
6. Zephyr Crestwell - 23.92 (Bucknell 4/14)
7. Jared Williams - 23.98 (Penn State 5/6)
8. Jayden Browne - 24.06 (ESU 4/23)

400m (47.78)

1. Tyler Boone - 48.12 (PSAC 5/12)
2. Sean Roberts - 49.59 (PSAC 5/12)
3. Zandrew Bowe - 49.63 (Penn State 5/6)
4. Zephyr Crestwell - 50.23 (Lehigh 4/29)
5. Ryan Ditty - 50.33 (ESU 4/23)
6. Trey Boyd - 50.97 (Lehigh 4/29)
7. Caleb Carney - 51.02 (Bucknell 4/14)
8. Eric Krzyzaniak - 52.45 (PSAC 5/12)
9. Daniel Daley - 53.32 (PSAC 5/12)
10. Matt Linbrunner - 54.93 (Bucknell 4/14)

800m (1:51.64)

1. Austyn Hamilton - 1:58.13 (Lehigh 4/29)
2. Jordan Chong-Gayle - 1:58.91 (ESU 4/23)
3. Luke Valdevit - 2:00.03 (Bucknell 4/14)
4. Brian McGarrity - 2:03.51 (WCU Quad 3/26)
5. Evan Wooby - 2:06.94 (WCU Quad 3/26)
6. Koodsha Manjaro - 2:07.69 (Millersville Metrics 4/2)
7. Brendan Solano - 2:14.18 (ESU 4/23)
8. Trey Boyd - 2:20.87 (Lehigh 4/29)

1500m (3:49.99)

1. Brian McGarrity - 4:03.51 (PSAC 5/12)
2. Luke Valdevit - 4:03.74 (Lehigh 4/29)
3. Evan Wooby - 4:10.52 (Lehigh 4/29)
4. Austyn Hamilton - 4:16.13 (Millersville Metrics 4/2)
5. Koodsha Manjaro - 4:19.14 (Lehigh 4/29)
6. Brendan Solano - 4:31.02 (ESU 4/23)
7. Camden Shaffer - 4:33.92 (WCU Quad 3/26)
8. Caleb Carney - 4:50.98 (Bucknell 4/14)
9. Eric Krzyzaniak - 4:52.33 (PSAC 5/12)
10. Daniel Daley - 5:03.07 (PSAC 5/12)

3000m

1. Camden Shaffer - 9:30.96 (Bucknell 4/14)
2. Koodsha Manjaro - 9:34.31 (Bucknell 4/14)

5,000m (14:25.65)

1. Luke Valdevit - 15:39.30 (Millersville Metrics 4/2)
2. Brian McGarrity - 15:32.22 (ESU 4/23)

3. Camden Shaffer - 16:34.69 (ESU 4/23)

4. Evan Wooby - 16:34.94 (Lehigh 4/9)

10,000m (30:35.82)

1. Camden Shaffer - 33:57.53 (Millersville Metrics 4/2)

3,000m Steeplechase (9:13.44)

1. Luke Valdevit - 9:55.84 (PSAC 5/12)
2. Evan Wooby - 10:21.93 (PSAC 5/12)
3. Koodsha Manjaro - 10:42.16 (Penn State 5/6)

110m Hurdles (14.49)

1. Caleb Carney - 15.12 (PSAC 5/12)
2. Ivan Hicks - 15.21 (PSAC 5/12)
3. Daniel Daley - 15.26 (PSAC 5/12)
4. Nasir Kyle - 16.08 (Millersville Metrics 4/2)
5. Eric Krzyzaniak - 16.36 (George Mason 4/9)
6. Liam Beifus - 17.16 (Millersville Metrics 4/2)

400m Hurdles (53.29)

1. Caleb Carney - 54.33 (PSAC 5/12)
2. Nasir Kyle - 57.32 (PSAC 5/12)
3. Liam Beifus - 58.88 (PSAC 5/12)
4. Daniel Daley - 59.79 (ESU 4/23)
5. Eric Krzyzaniak - 59.90 (Lehigh 4/29)
6. Matt Linbrunner - 59.99 (PSAC 5/12)
7. Caleb Diaz Viola - 1:03.80 (Lehigh 4/29)
8. Zandrew Bowe - 1:04.09 (Millersville Metrics 4/2)

Men's Relays

4x100m Relay

1. Roberts, Boone, Esteves, Nice
42.18 (PSAC 5/12)

4x200m Relay

- 1.

4x400m Relay

1. Roberts, Ditty, Bowe, Boone
3:15.92 (Penn Relays)

4x800m Relay

- 1.

Men's Field Events

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

1. Carlos Pepin - 6-7 (Penn State 5/6)
2. Romanley Turnier - 6-5 1/2 (PSAC 5/12)
3. Aaron Sanchez - 6-2 3/4 (ESU 4/23)
4. Caleb Carney - 5-10 3/4 (Millersville Metrics 4/2)
5. Daniel Daley - 5-9 3/4 (PSAC 5/12)
6. Eric Krzyzaniak - 5-6 1/2 (Bucknell 4/14)

Pole Vault (15-9 3/4)

1. Grant Fox - 14-11 (PSAC 5/12)
2. Robert Plumb - 14 3 1/4 (PSAC 5/12)
3. Eric Krzyzaniak - 11-9 3/4 (PSAC 5/12)
4. Caleb Carney - 11-9 (Bucknell 4/14)
5. Daniel Daley - 10-5 1/4 (Bucknell 4/14)

Long Jump (23-10)

1. Jack Gorham - 22-3 3/4 (ESU 4/23)
2. Ivan Hicks - 20-3 (ESU 4/23)
3. Daniel Daley - 20-1 (PSAC 5/12)
4. Aaron Sanchez - 19-10 1/4 (Lehigh 4/29)
5. Caleb Carney - 18-8 1/2 (ESU 4/23)
6. Eric Krzyzaniak - 18-5 1/4 (PSAC 5/12)

Triple Jump (48-3 1/4)

1. Ivan Hicks - 45-11 3/4 (PSAC 5/12)

Shot Put (54-8 1/4)

1. Isaac Almoney - 51-7 (PSAC 5/12)
2. Cole Gorham - 51-6 1/4 (WCU Quad 3/26)
3. Will Mattei - 48-4 1/2 (PSAC 5/12)
4. Daryn Blackwell - 42-6 1/4 (Millersville Metrics 4/2)
5. Caleb Carney - 35-10 3/4 (Bucknell 4/14)
6. Daniel Daley - 32-11 1/4 (WCU Quad 3/26)
7. Eric Krzyzaniak - 32-0 1/4 (PSAC 5/12)

Discus (165-06)

1. Cole Gorham - 170-1 (ESU 4/23) #
2. Issaac Almoney - 156-11 (PSAC 5/12)
3. Daryn Blackwell - 148-6 (PSAC 5/12)
4. Daniel Daley - 88-6 (Bucknell 4/14)
5. Caleb Carney - 88-6 (Bucknell 4/14)
6. Eric Krzyzaniak - 86-5 (Bucknell 4/14)

Hammer (186-6)

1. Isaac Almoney - 186-1 (PSAC 5/12)
2. Daryn Blackwell - 182-5 (ESU 4/23)
3. Cole Gorham - 129-9 (WCU Quad 3/26)

Javelin (191-6)

1. Eric Garner - 214-7 (Millersville Metrics 4/2)
2. Zach Nissley - 190-11 (WCU Quad 3/26)
3. Seth Leonard - 186-1 (PSAC 5/12)
4. Eric Krzyzaniak - 143-0 (Bucknell 4/14)
5. Daniel Daley - 120-8 (Bucknell 4/14)
6. Caleb Carney - 106-7 (ESU 4/23)

Decathlon (6,420 points)

1. Caleb Carney - 5,719 points (Bucknell 4/14)
2. Daniel Daley - 5,478 points (Bucknell 4/14)
3. Eric Krzyzaniak - 5,436 (PSAC 5/12)

NCAA Qualifiers

Eric Garner - Javelin (provisional)

- 214-7 - (Millersville Metrics 4/2)

Cole Gorham - Javelin (provisional)

- 170-1 - (ESU 4/23)

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* ESU Freshman Record