



# ESU Track & Field 2022-23 Indoor Season Bests

as of March 2, 2023

## Women's Track Events

### 55m

1. Destiny Thompson - 7.09 (DeSchrivier 2/5)
2. Kayla Horning - 7.39 (DeSchrivier 2/5)
3. Ariel Kyle - 7.60 (DeSchrivier 2/5)
4. Maya Girdy - 7.79 (DeSchrivier 2/5)

### 60m (8.00)

1. Destiny Thompson - 7.59 (PSAC 2/25)
2. Kayla Horning - 8.03 (Gulden Invitational 1/21)
3. Ariel Kyle - 8.14 (Gulden Invitational 1/21)
4. Kamya Edmonds - 8.14 (Spartan Invitational 1/13)
5. Maya Girdy - 8.17 (Penn State Tune Up 2/17)
6. Lauren Reed - 8.62 (Spartan Invitational 1/13)

### 200m (26.20)

1. Destiny Thompson - 25.10 (PSAC 2/25)
2. Ariel Kyle - 26.04 (PSAC 2/25)
3. Kayla Horning - 26.43 (Penn State Tune Up 2/17)
4. Jeanette Jones - 26.71 (Gulden Invitational 1/21)
5. Maya Girdy - 27.00 (Gulden Invitational 1/21)
6. Lauren Reed - 28.86 (Spartan Invitational 1/13)

### 400m (1:00.50)

1. Jeanette Jones - 58.01 (Boston 2/10)
2. Ariel Kyle - 1:00.67 (Boston 2/10)
3. Lauren Reed - 1:05.05 (Fasttrack National 2/10)
4. Elyssa Pemu - 1:09.15 (DeSchrivier 2/5)

### 500m (2:24.00)

1. Jeanette Jones - 1:19.08 (Spartan Invitational 1/13)

### 800m (2:24.00)

1. Megan Elgrim - 2:33.62 (DeSchrivier 2/5)
2. Elyssa Pemu - 2:38.00 (PSAC 2/25)

### Mile (5:25.00)

1. Megan Elgrim - 5:41.63 (Gulden Invitational 1/21)

### 3000m (10:43.00)

1. Jada Williams - 12:07.32 (Spartan Invitational 1/13)
2. Samantha Brawner - 13:03.38 (Spartan Invitational 1/13)

### 5000m (18:50.00)

1. Jada Williams - 21:17.46 (DeSchrivier 2/5)
2. Samantha Brawner - 21:34.25 (DeSchrivier 2/5)

### 55m Hurdles

1. Kamya Edmonds - 10:00 (DeSchrivier 2/5)
2. Elyssa Pemu - 10.17 (DeSchrivier 2/5)
3. Amelia Tremper - 11.19 (DeSchrivier 2/5)

### 60m Hurdles (9.45)

1. Jeanette Jones - 8.99 (PSAC 2/25)
2. Elyssa Pemu - 10.01 (PSAC 2/25)

## NCAA Qualifiers

### Elizabeth Makar - Shot Put (provisional)

13.85m - (Spartan Invitational 1/13)

### Destiny Thompson - 60m (provisional)

7.64 - (DeSchrivier Invitational 2/5)

### Destiny Thompson - 200m (provisional)

25.10 - (PSAC 2/25)

## Women's Relays

### 4x200m Relay

1. Thompson, Horning, Reed, Edmonds  
1:46.63 (Spartan Invitational 1/13)

### 4x400m Relay

1. Jones, Horning, Kyle, Thompson  
3:57.74 (Boston 2/10)

### 4x800m Relay

- 1.

### Distance Medley Relay

- 1.

## Women's Field Events

### High Jump (PSAC qualifier - 5-1)

1. Elyssa Pemu - 5-1 (PSAC 2/25)

### Pole Vault (10-6)

1. Nickolina Anelli - 11-9 3/4 (DeSchrivier 2/5)
2. Heather Gaughran - 11-5 3/4 (PSAC 2/25)
3. Hannah Frankenfield - 10-6 (DeSchrivier 2/5)

### Long Jump (17-0 3/4)

1. Kamya Edmonds - 18-5 3/4 (DeSchrivier 2/5)
2. Kayla Horning - 16-7 3/4 (DeSchrivier 2/5)
3. Elyssa Pemu - 15-8 1/4 (PSAC 2/25)
4. Amelia Tremper - 13-6 1/4 (DeSchrivier 2/5)

### Triple Jump (35-3 1/4)

1. Kamya Edmonds - 37-7 1/4 (PSAC 2/25)

### Shot Put (38-8 3/4)

1. Elizabeth Makar - 45-5 1/4 (PSAC 2/25)
2. Madison Horahan - 43-0 1/2 (DeSchrivier 2/5)
3. Isaeblla Marte - 38-4 1/4 (Spartan Invitational 1/13)
4. Laura Clarke - 36-9 1/2 (DeSchrivier 2/5)
5. Zionette Salahuddin - 33-10 (Spartan Invitational 1/13)
6. Elyssa Pemu - 30-2 1/4 (PSAC 2/25)

### Weight Throw (46-7 1/4)

1. Elizabeth Makar - 55-3 3/4 (115th Millrose Games)
2. Isabella Marte - 53-6 1/2 (PSAC 2/25)
3. Samiyah Little - 51-11 3/4 (Bison Open & Multi 1/27)
4. Zionette Salahuddin - 49-3 3/4 (DeSchrivier 2/5)
5. Madison Horahan - 48-11 1/2 (DeSchrivier 2/5)
6. Laura Clarke - 40-3 1/4 (DeSchrivier 2/5)
7. Olivia Sforza - 40-1 1/4 (DeSchrivier 2/5)

### Pentathlon

1. Elyssa Pemu - 2961 (PSAC 2/25)



## EAST STROUDSBURG WARRIORS

### Men's Track Events

#### 55m

1. Donovan Anderson - 6.57 (DeSchrivier 2/5)
2. Jack Gorham - 6.69 (DeSchrivier 2/5)
3. Ben Terry - 6.84 (DeSchrivier 2/5)
4. Daniel Daley - 7.03 (DeSchrivier 2/5)

#### 60m (7.10)

1. Donovan Anderson - 7.02 (Spartan Invitational 1/13)
2. Raul Esteves - 7.07 (Boston 2/10)
3. Tyler Boone - 7.09 (Spartan Invitational 1/13)
4. Zandray Thompson - 7.10 (Spartan Invitational 1/13)
5. Miguel Charlery - 7.10 (PSAC 2/25)
6. Zephyr Crestwell - 7.19 (Spartan Invitational 1/13)
7. Jared Williams - 7.20 (Penn State Tune Up 2/17)
8. Justin Gockley - 7.21 (Spartan Invitational 1/13)
9. Jack Gorham - 7.27 (Bison Open & Multi 1/27)
10. Ben Terry - 7.28 (Spartan Invitational 1/13)
11. Jaylen Morrison - 7.30 (Gulden Invitational 1/21)
12. Caleb Carney - 7.31 (PSAC 2/25)
13. Aaron Sanchez - 7.34 (Gulden Invitational 1/21)
14. Bryan Rodrigues - 7.41 (PSAC 2/25)
15. Daniel Daley - 7.50 (PSAC 2/25)
16. Caleb Diaz Viola - 7.52 (Spartan Invitational 1/13)

#### 200m (22.70)

1. Raul Esteves - 22.25 (Boston 2/10)
2. Miguel Charlery - 22.30 (PSAC 2/25)
3. Tyler Boone - 22.36 (Spartan Invitational 1/13)
4. Zandray Thompson - 22.57 (Spartan Invitational 1/13)
5. Justin Gockley - 22.94 (Penn State Tune Up 2/17)
6. Ryan Ditty - 23.15 (Bison Open & Multi 1/27)
7. Jaylen Morrison - 23.59 (Gulden Invitational 1/21)
8. Joshua Rand - 23.63 (Gulden Invitational 1/21)
9. Liam Beifus - 23.79 (Bison Open & Multi 1/27)
10. Ben Terry - 24.07 (Spartan Invitational 1/13)
11. Evan Clark - 24.34 (Gulden Invitational 1/21)
12. Nasir Kyle - 24.58 (Bison Open & Multi 1/27)
13. Jared Williams - 24.65 (Spartan Invitational 1/13)
14. Caleb Diaz Viola - 24.67 (Bison Open & Multi 1/27)
15. Kobe Jenkins - 24.67 (Bison Open & Multi 1/27)

#### 400m (50.80)

1. Tyler Boone - 48.51 (Boston 2/10)
2. Zandrew Bowe - 50.00 (Boston 2/10)
3. Tyler Ditty - 50.25 (Boston 2/10)
4. Zandray Thompson - 50.53 (Boston 2/10)
5. Jaylen Morrison - 50.94 (Penn State Tune Up 2/17)
6. Liam Beifus - 51.87 (Penn State Tune Up 2/17)
7. Caleb Carney - 52.03 (Spartan Invitational 1/13)
8. Trey Boyd - 52.77 (DeSchrivier 2/5)
9. Evan Clark - 53.66 (Spartan Invitational 1/13)
10. Caleb Diaz - 54.60 (DeSchrivier 2/5)

#### 500m

1. Ryan Ditty - 1:07.23 (Spartan Invitational 1/13)
2. Joshua Rand - 1:08.65 (Spartan Invitational 1/13)
3. Liam Beifus - 1:09.61 (Spartan Invitational 1/13)

#### 600m

1. Alejandro Paez - 1:25.30 (DeSchrivier 2/5)

#### 800m (1:59.20)

1. Alejandro Paez - 1:59.23 (Boston 2/10)
2. Emmanuel Gitonga - 1:59.27 (Boston 2/10)
3. Andrew Dowdell - 2:07.97 (DeSchrivier 2/5)

#### 1000m

1. Emmanuel Gitonga - 2:40.67 (DeSchrivier 2/5)
2. Caleb Carney - 2:49.40 (PSAC 2/25)
3. Bryan Rodrigues - 2:58.29 (PSAC 2/25)
4. Daniel Daley - 3:06.04 (PSAC 2/25)

#### 1 Mile (4:29.00)

1. Brian McGarrity - 4:19.93 (Spartan Invitational 1/13)
2. Luke Valdevit - 4:31.75 (Spartan Invitational 1/13)
3. Landon Boyle - 4:32.11 (Spartan Invitational 1/13)

#### 3000m (9:00.00)

1. Brian McGarrity - 8:47.10 (Fasttrack National 2/10)
2. Landon Boyle - 8:58.94 (Bison Open & Multi 1/27)
3. Luke Valdevit - 9:01.47 (Bison Open & Multi 1/27)
4. Camden Shaffer - 9:24.21 (Spartan Invitational 1/13)

#### 5000m (15:45.00)

1. Brian McGarrity - 15:37.48 (Gulden Invitational 1/21)
2. Landon Boyle - 15:38.03 (PSAC 2/25)
3. Luke Valdevit - 16:00.77 (Gulden Invitational 1/21)
4. Camden Shaffer - 16:22.91 (DeSchrivier 2/5)

#### 55m Hurdles

1. Caleb Carney - 7.95 (DeSchrivier 2/5)
2. Josh Rana - 7.99 (DeSchrivier 2/5)
3. Bryan Rodrigues - 8.17 (DeSchrivier 2/5)
4. Nasir Kyle - 8.38 (DeSchrivier 2/5)
5. Liam Beifus - 8.43 (DeSchrivier 2/5)

#### 60m Hurdles (8.90)

1. Kobe Jenkins - 8.35 (Bison Open & Multi 1/27)
2. Joshua Rand - 8.47 (Bison Open & Multi 1/27)
3. Caleb Carney - 8.59 (PSAC 2/25)
4. Daniel Daley - 8.61 (PSAC 2/25)
5. Liam Beifus - 8.73 (Penn State 2/17)
6. Bryan Rodrigues - 8.86 (Bison Open & Multi 1/27)
7. Nasir Kyle - 8.95 (Bison Open & Multi 1/27)

### NCAA Qualifiers

#### Donavan Anderson - Long Jump (provisional)

7.35m - (Spartan Invitational 1/13)

#### Donavan Anderson - Triple Jump (provisional)

15.15m - (Gulden Invitational 1/21)

#### Cole Gorham - Shot Put (provisional)

16.49m - (Bison Open & Multi 1/27)

#### Tyler Boone - 400m (provisional)

48.51 - (David Hemery Valentine Invite 2/10)

#### Caleb Carney - Heptathlon (provisional)

4725 - (PSAC 2/25)

### Men's Relays

#### 4x200m Relay

1. Esteves, Morrison, Gockley, Terry  
1:32.82 (DeSchrivier 2/5)

#### 4x400m Relay

1. Bowe, Ditty, Thomspson, Bowe  
3:19.41 (Boston 2/10)

#### 4x800m Relay

#### Distance Medley Relay

1. Valdevit, Morrison, Gitonga, McGarrity  
10:20.76 (PSAC 2/25)

### Men's Field Events

#### High Jump (PSAC qualifier - 6-00 3/4)

1. Aaron Sanchez - 6-6 3/4 (DeSchrivier 2/5)
2. Daniel Smith - 6-4 (PSAC 2/25)
3. Caleb Carney - 5-11 1/2 (PSAC 2/25)
4. Daniel Daley - 5-11 1/2 (PSAC 2/25)
5. Reece Hernandez - 5-8 3/4 (DeSchrivier 2/5)
6. Bryan Rodrigues - 5-3 1/4 (Bison Open & Multi 1/27)

#### Pole Vault (13-9 1/4)

1. Micah Cooper - 14-2 (Spartan Invitational 1/13)
2. Chris Costa - 14-1 1/4 (PSAC 2/25)
3. Robert Plumb - 14-1 1/4 (Gulden Invitational 1/21)
4. Evan Clark - 12-9 1/2 (DeSchrivier 2/5)
5. Caleb Carney - 12-3 1/2 (PSAC 2/25)
6. Bryan Rodrigues - 10-8 (PSAC 2/25)
7. Daniel Daley - 10-4 (PSAC 2/25)

#### Long Jump (21-11 3/4)

1. Donovan Anderson - 24-5 (PSAC 2/25)
2. Jack Gorham - 22-4 1/4 (DeSchrivier 2/5)
3. Aaron Sanchez - 21-0 1/2 (DeSchrivier 2/5)
4. Daniel Smith - 20-9 1/4 (Spartan Invitational 1/13)
5. Caleb Carney - 20-2 1/4 (PSAC 2/25)
6. Sherwin Stewart - 20-0 1/2 (DeSchrivier 2/5)
7. Daniel Daley - 20-0 1/4 (PSAC 2/25)
8. Brian Rodrigues - 19-9 3/4 (Bison Open & Multi 1/27)

#### Triple Jump (42-8)

1. Donovan Anderson - 49-8 1/2 (Gulden Invitational 1/21)
2. Jack Gorham - 45-0 1/4 (Gulden Invitational 1/21)
3. Sherwin Stewart - 43-4 1/2 (DeSchrivier 2/5)
4. Daniel Smith - 41-10 (Penn State Tune Up 2/17)
5. Aaron Sanchez - 41-10 (Bison Open & Multi 1/27)

#### Shot Put (45-3 1/2)

1. Cole Gorham - 54-1 1/4 (Bison Open & Multi 1/27)
2. Anthony Voto - 50-0 (Bison Open & Multi 1/27)
3. Isaac Almonney - 49-6 1/4 (Spartan Invitational 1/13)
4. Will Mattei - 44-9 3/4 (DeSchrivier 2/5)
5. Josh Mesach - 42-1 1/2 (DeSchrivier 2/5)
6. Daryn Blackwell - 41-0 1/4 (DeSchrivier 2/5)
7. Caleb Carney - 34-0 1/4 (Bison Open & Multi 1/27)
8. Daniel Daley - 32-8 1/2 (PSAC 2/25)
9. Bryan Rodrigues - 31-3 3/4 (PSAC 2/25)

#### Weight Throw (47-07)

1. Daryn Blackwell - 56-6 (DeSchrivier 2/5)
2. Isaac Almonney - 56-0 1/2 (Gulden Invitational 1/21)
3. Anthony Voto - 55-7 1/2 (Spartan Invitational 1/13)
4. Joshua Meshach - 43-2 1/2 (DeSchrivier 2/5)
5. Cole Gorham - 41-0 1/4 (Spartan Invitational 1/13)

#### Heptathlon

1. Caleb Carney - 4701 (PSAC 2/25)
2. Bryan Rodrigues - 4282 (PSAC 2/25)
3. Daniel Daley - 4076 (PSAC 2/25)