



ESU Track & Field

2023 Outdoor Season Bests

as of May 30, 2023

Women's Track Events

100m (NCAA provisional - 11.85)

1. Destiny Thompson - 12.23 (George Mason 4/7)
2. Jeanette Jones - 12.78 (All-American 4/21)
3. Kamya Edmonds - 13.02 (All-American 4/21)

200m (24.34)

1. Destiny Thompson - 24.71 (PSAC 5/11)
2. Jeanette Jones - 25.62 (All-American 4/21)
3. Ariel Kyle - 25.94 (PSAC 5/11)
4. Kayla Horning - 26.77 (George Mason 4/7)
5. Elyssa Pemu - 28.42 (Bucknell 4/14)
6. Maya Girdy - 28.11 (Monmouth 3/24)

400m (56.00)

1. Jeanette Jones - 57.92 (All-American 4/21)
2. Destiny Thompson - 59.71 (Penn State 5/5)
3. Ariel Kyle - 1:00.80 (Millersville Metrics 4/1)
4. Lauren Reed - 1:04.49 (Millersville Metrics 4/1)
5. Carolina Kaczmarek - 1:04.89 (Lehigh Games 4/7)

800m (2:12.23)

1. Jeanette Jones - 2:29.15 (Monmouth 3/24)
2. Carolina Kaczmarek - 2:35.02 (Millersville 3/31)
3. Elyssa Pemu - 2:36.07 (PSAC 5/11)

1500m (4:32.09)

1. Megan Elgrim - 5:09.93 (Lehigh Games 4/7)

3000m

1. Megan Elgrim - 11:09.61 (Bucknell 4/14)

5,000m (17:07.10)

1. Megan Elgrim - 20:12.35 (Monmouth 3/24)
2. Jada Williams - 20:30.16 (Lehigh Games 4/7)
3. Samantha Brawner - 21:15.46 (Lehigh Games 4/7)

10,000m (36:28.87)

- 1.

3,000m Steeplechase (11:01.26)

1. Megan Elgrim - 12:06.90 (Covert Classic 4/28)

100m Hurdles (14.24)

1. Jeanette Jones - 14.34 (PSAC 5/11)
2. Elyssa Pemu - 16.70 (PSAC 5/11)

400m Hurdles (1:02.33)

1. Jeanette Jones - 1:01.30 (PSAC 5/11)

ESU School Record % PSAC Record

* ESU Freshman Record

Women's Relays

4x100m Relay (46.73)

1. Jones, Thompson, Horning, Kyle
49.40 (George Mason 4/7)

4x200m Relay

- 1.

4x400m Relay (3:49.58)

1. Jones, Kyle, Kaczmarek, Elgrim
4:12.43 (Bucknell 4/14)

4x800m Relay

- 1.

Women's Field Events

High Jump (NCAA provisional - 5-6)

1. Elyssa Pemu - 5-1 (PSAC 5/11)

Pole Vault (12-3 1/4)

1. Nickolina Anelli - 12-2 (PSAC 5/11)#
2. Heather Gaughran - 11-5 3/4 (Millersville Metrics 4/1)
3. Hannah Frankenfield - 10-6 (Millersville Metrics 4/1)

Long Jump (19-1 1/2)

1. Kamya Edmonds - 18-2 1/4 (Monmouth 3/24)
2. Elyssa Pemu - 15-5 (PSAC 5/11)

Triple Jump (39-3)

1. Kamya Edmonds - 38-5 (PSAC 5/11)

Shot Put (45-9 1/4)

1. Elizabeth Makar - 46-10 3/4 (Covert Classic 4/28)
2. Zionette Salahuddin - 36-5 1/2 (Monmouth 3/24)
3. Isabella Marte - 35-3 1/4 (Covert Classic 4/28)
4. Elyssa Pemu - 29-6 (Bucknell 4/14)

Discus (149-11)

1. Isabella Marte - 131-4 (PSAC 5/11)
2. Zionette Salahuddin - 130-4 (Covert Classic 4/28)
3. Olivia Sforza - 94-2 (All-American 4/21)

Hammer (171-8)

1. Elizabeth Makar - 180-10 (PSAC 5/11)
2. Samiyah Little - 168-0 (PSAC 5/11)
3. Isabella Marte - 163-6 (PSAC 5/11)
4. Zionette Salahuddin - 155-1 (PSAC 5/11)
5. Olivia Sforza - 135-6 (All-American 4/21)

Javelin (137-10)

1. Olivia Sforza - 139-0 (PSAC 5/11)
2. Zionette Salahuddin - 101-2 (All-American 4/21)
3. Elyssa Pemu - 82-8 (PSAC 5/11)

Heptathlon (4,510 points)

1. Elyssa Pemu - 3901 (PSAC 5/11)

NCAA Qualifiers

Elizabeth Makar - Shot Put (provisional)

14.29m (46-10 3/4) - Covert Classic (4/28)

Elizabeth Makar - Hammer Throw (provisional)

55.11m (180-10) - PSAC (5/11)

Jeanette Jones - 400m Hurdles (provisional)

1:01.30 - PSAC (5/11)

Olivia Sforza - Javelin (provisional)

42.37m (139-0) - PSAC (5/11)



EAST STROUDSBURG WARRIORS

Men's Track Events

100m (NCAA provisional - 10.52)

1. Miguel Charlery - 10.69 (Millersville Metrics 4/1)
2. Raul Esteves - 10.73 (Millersville Metrics 4/1)
3. Donovan Anderson - 11.02 (Millersville Metrics 4/1)
4. Justin Gockley - 11.03 (Millersville Metrics 4/1)
5. Jared Williams - 11.19 (Millersville Metrics 4/1)
6. Benjamin Terry - 11.40 (Millersville Metrics 4/1)
7. Jack Gorham - 11.51 (Covert Classic 4/28)
8. Daniel Daley - 11.50 (PSAC 5/11)
9. Bryan Rodrigues - 11.58 (Bucknell 4/14)
10. Kobe Jenkins - 11.70 (Bucknell 4/14)
11. Caleb Diaz Viola - 11.81 (Millersville Metrics 4/1)

200m (21.26)

1. Miguel Charlery - 21.51 (PSAC 5/11)*
2. Raul Esteves - 22.25 (PSAC 5/11)
3. Justin Gockley - 22.68 (Monmouth 3/24)
4. Jared Williams - 22.70 (All-American 4/21)
5. Jaylen Morrison - 22.86 (Monmouth 3/24)
6. Liam Beifus - 23.29 (All-American 4/21)
7. Zandrew Bowe - 23.41 (All-American 4/21)
8. Benjamin Terry - 23.51 (Millersville Metrics 4/1)

400m (47.83)

1. Tyler Boone - 48.79 (Bucknell 4/14)
2. Zandrew Bowe - 48.80 (PSAC 5/11)
3. Ryan Ditty - 49.26 (All-American 4/21)
4. Jaylen Morrison - 50.08 (PSAC 5/11)
5. Zandray Thompson - 50.10 (All-American 4/21)
6. Caleb Carney - 50.50 (All-American 4/21)
7. Trey Boyd - 50.75 (Penn State 5/5)
8. Evan Clark - 51.88 (Covert Classic 4/28)
9. Caleb Diaz Viola - 52.72 (All-American 4/21)
10. Bryan Rodrigues - 53.33 (All-American 4/21)
11. Daniel Daley - 56.78 (PSAC 5/11)

800m (1:51.48)

1. Emmanuel Gitonga - 1:56.82 (PSAC 5/11)
2. Brian McGarrity - 2:02.23 (Millersville Metrics 4/1)
3. Evan Clark - 2:04.92 (Monmouth 3/24)
4. Justin Walters - 2:06.17 (Covert Classic 4/28)
5. Andrew Dowdell - 2:07.22 (All-American 4/21)
6. Caleb Carney - 2:08.06 (Monmouth 3/24)
7. Landon Boyle - 2:08.77 (Millersville Metrics 4/1)
8. Liam Beifus - 2:09.34 (Monmouth 3/24)
9. Zandrew Bowe - 2:09.90 (Monmouth 3/24)
10. Trey Boyd - 2:13.63 (Monmouth 3/24)

1500m (3:49.46)

1. Brian McGarrity - 4:04.00 (Millersville Metrics 4/1)
2. Landon Boyle - 4:08.72 (Lehigh Games 4/7)
3. Evan Wooby - 4:14.22 (All-American 4/21)
4. Emmanuel Gitonga - 4:17.33 (Millersville Metrics 4/1)
5. Justin Walters - 4:36.76 (All-American 4/21)
6. Alejandro Paez - 4:41.90 (Lehigh Games 4/7)
7. Bryan Rodrigues - 5:03.82 (PSAC 5/11)
8. Daniel Daley - 5:19.98 (PSAC 5/11)

3000m

1. Evan Wooby - 9:18.77 (Bucknell 4/14)
2. Camden Shaffer - 9:31.02 (Bucknell 4/14)

5,000m (14:25.34)

1. Brian McGarrity - 15:17.73 (Bucknell 4/14)
2. Landon Boyle - 15:25.72 (Bucknell 4/14)
3. Camden Shaffer - 16:56.40 (Monmouth 3/24)

10,000m (30:35.78)

1. Landon Boyle - 32:38.42 (Moravian 4/21)
2. Camden Shaffer - 34:37.22 (Millersville Metrics 4/1)

3,000m Steeplechase (9:12.36)

1. Evan Wooby - 9:58.93 (Covert Classic 4/28)

110m Hurdles (14.49)

1. Kobe Jenkins - 14.51 (PSAC 5/11)
2. Caleb Carney - 15.11 (PSAC 5/11)
3. Joshua Rand - 15.22 (Millersville Metrics 3/31)
4. Liam Beifus - 15.43 (All-American 4/21)
5. Daniel Daley - 15.56 (PSAC 5/11)
6. Bryan Rodrigues - 15.79 (Monmouth 3/24)
7. Nasir Kyle - 15.96 (All-American 4/21)

400m Hurdles (53.32)

1. Liam Beifus - 54.73 (PSAC 5/11)
2. Caleb Carney - 55.28 (PSAC 5/11)
3. Joshua Rand - 55.77 (Covert Classic 4/28)
4. Nasir Kyle - 1:00.45 (Millersville Metrics 4/1)

Men's Relays

4x100m Relay (40.99)

1. Esteves, Williams, Thompson, Charlery
41.40 (PSAC 5/11)

4x200m Relay

- 1.

4x400m Relay (3:14.07)

1. Boone, Bowe, Carney, Ditty
3:15.55 (PSAC 5/11)

4x800m Relay

- 1.

Men's Field Events

High Jump (NCAA provisional - 6-8 1/4)

1. Daniel Smith - 6-6 (PSAC 5/11)
2. Aaron Sanchez - 6-5 1/2 (Covert Classic 4/28)
3. Daniel Daley - 6-2 3/4 (PSAC 5/11)
4. Carlos Pepin - 6-2 (George Mason 4/7)
5. Donovan Anderson - 5-10 3/4 (All-American 4/21)
6. Bryan Rodrigues - 5-6 1/2 (PSAC 5/11)

Pole Vault (15-9 3/4)

1. Micah Cooper - 15-5 (Bucknell 4/14)
2. Robert Plumb - 14-3 1/4 (All-American 4/21)
3. Chris Costa - 14-3 1/4 (Monmouth 3/24)
4. Caleb Carney - 11-9 3/4 (All-American 4/21)
5. Bryan Rodrigues - 11-2 1/4 (PSAC 5/11)
6. Daniel Daley - 10-8 (Bucknell 4/14)

Long Jump (23-10 1/4)

1. Donovan Anderson - 25-0 1/2 (PSAC 5/11)*
2. Jack Gorham - 23-5 1/2 (Monmouth 3/24)
3. Daniel Smith - 21-3 1/2 (All-American 4/21)
4. Daniel Daley - 21-2 3/4 (Monmouth 3/24)
5. Kobe Jenkins - 20-10 3/4 (All-American 4/21)
6. Bryan Rodrigues - 20-9 1/4 (All-American 4/21)
7. Aaron Sanchez - 20-1 (Millersville Metrics 4/1)
8. Joshua Rand - 17-0 1/2 (All-American 4/21)

Triple Jump (48-2 1/2)

1. Donovan Anderson - 48-11 1/2 (PSAC 5/11)*
2. Jack Gorham - 45-6 1/2 (PSAC 5/11)
3. Daniel Smith - 42-9 (George Mason 4/7)
4. Bryan Rodrigues - 42-2 1/4 (All-American 4/21)

Shot Put (54-4 1/2)

1. Cole Gorham - 53-9 1/4 (PSAC 5/11)
2. Anthony Voto - 51-11 1/4 (PSAC 5/11)
3. Isaac Almoney - 48-8 (Millersville Metrics 4/1)
4. Will Mattei - 46-7 1/4 (George Mason 4/7)
5. Joshua Meshach - 43-2 1/2 (All-American 4/21)

6. Daniel Daley - 33-11 1/4 (PSAC 5/11)
7. Bryan Rodrigues - 29-9 1/2 (PSAC 5/11)

Discus (165-04)

1. Cole Gorham - 169-1 (All-American 4/21)
2. Anthony Voto - 155-6 (Covert Classic 4/28)
3. Isaac Almoney - 147-10 (PSAC 5/11)
3. Daryn Blackwell - 145-6 (All-American 4/21)
4. Joshua Meshach - 144-4 (Covert Classic 4/28)
6. Seth Leonard - 135-7 (Covert Classic 4/28)
7. Daniel Daley - 93-5 (PSAC 5/11)
8. Bryan Rodrigues - 83-3 (PSAC 5/11)

Hammer (186-3)

1. Daryn Blackwell - 187-9 (PSAC 5/11)
2. Isaac Almoney - 186-6 (All-American 4/21)
3. Anthony Voto - 171-9 (PSAC 5/11)
4. Joshua Meshach - 133-7 (Millersville Metrics 4/1)
5. Cole Gorham - 133-0 (Millersville Metrics 4/1)

Javelin (191-9)

1. Zach Nissley - 200-3 (PSAC 5/11)
2. Seth Leonard - 173-11 (Monmouth 3/24)
3. Aaron Sanchez - 137-0 (Millersville Metrics 4/1)
4. Daniel Daley - 117-4 (PSAC 5/11)
5. Bryan Rodrigues - 107-9 (PSAC 5/11)

Decathlon (6,354 points)

1. Bryan Rodrigues - 5589 (PSAC 5/11)
2. Daniel Daley - 5439 (PSAC 5/11)

NCAA Qualifiers

Donavan Anderson - Long Jump (provisional)
7.56m (24-9 3/4) - Dalton Ebanks Invitational (4/7)

Donavan Anderson - Triple Jump (provisional)
14.92m (48-11 1/2) - PSAC (5/11)

Cole Gorham - Discus (provisional)
51.53m (169-1) - All-American Meet (4/21)

Daryn Blackwell - Hammer Throw (provisional)
57.23m (187-9) - PSAC (5/11)

Isaac Almoney - Hammer Throw (provisional)
56.84m (186-6) - All-American Meet (4/21)

Zach Nissley - Javelin (provisional)
61.04m (200-3) - PSAC (5/11)

ESU School Record % PSAC Record
*** ESU Freshman Record**