



ESU Track & Field 2023-24 Indoor Season Bests

as of February 20, 2024

Women's Track Events

55m

1. Destiny Thompson - 7.17 (ESU DeSchriver 2/4)
2. Chloe Domurat - 7.51 (ESU DeSchriver 2/4)
3. Kayla Horning - 7.51 (ESU DeSchriver 2/4)
4. Makayla Smith - 7.68 (ESU DeSchriver 2/4)
5. Alyssa Vogt - 7.89 (ESU DeSchriver 2/4)
6. LeAnn Grier - 7.90 (ESU DeSchriver 2/4)
7. Samantha Rosado - 7.92 (ESU DeSchriver 2/4)

60m (PSAC Qualifier - 7.90)

1. Destiny Thompson - 7.65 (PSAC 2/18)
2. Chloe Domurat - 8.16 (Moravian Indoor Meet 1/20)
3. Kayla Horning - 8.19 (Moravian Indoor Meet 1/20)
4. Alyssa Vogt - 8.59 (Moravian Indoor Meet 1/20)
5. LeAnn Grier - 8.60 (Moravian Indoor Meet 1/20)

200m (25.95)

1. Destiny Thompson - 24.92 (Fastrack National Invite 2/9)
2. Chloe Domurat - 26.36 (River Hawk Invitational 1/26)
3. Kayla Horning - 26.49 (Fastrack National Invite 2/9)
4. Aaliyah Cancel - 26.67 (River Hawk Invitational 1/26)
5. Ariel Kyle - 27.02 (Fastrack National Invite 2/9)
6. Makayla Smith - 27.59 (ESU DeSchriver 2/4)
7. LeAnn Grier - 28.67 (ESU DeSchriver 2/4)

400m (1:00.00)

1. Aaliyah Cancel - 1:00.45 (River Hawk Invitational 1/26)
2. Destiny Thompson - 1:05.52 (TCNJ Lions Indoor Invite 1/12)
3. Anna Roth - 1:05.70 (Fastrack National Invite 2/9)
4. Tara Haring - 1:08.56 (Moravian Indoor Meet 1/20)
5. Carolina Kaczmarek - 1:08.98 (Moravian Indoor Meet 1/20)
6. Kirsten Murphy - 1:10.13 (Moravian Indoor Meet 1/20)

500m

1. Aaliyah Cancel - 1:20.33 (TCNJ Lions Indoor Invite 1/12)
2. Hannah Skelly - 1:24.92 (Spartan Invitational 1/12)
3. Tara Haring - 1:28.78 (Spartan Invitational 1/12)
4. Abigail Kolb - 1:29.15 (Spartan Invitational 1/12)
5. Carolina Kaczmarek - 1:31.18 (Spartan Invitational 1/12)

800m (2:24.00)

1. Carla Bautista - 2:22.26 (Fastrack National Invite 2/9)
2. Hannah Skelly - 2:25.85 (River Hawk Invitational 1/26)
3. Holly Chambers - 2:30.06 (River Hawk Invitational 1/26)
4. Kiera Wimbush - 2:33.52 (Spartan Invitational 1/12)
5. Gabriela Orama - 2:33.57 (Spartan Invitational 1/12)
6. Elyssa Pemu - 2:33.69 (PSAC 2/18)
7. Tara Haring - 2:33.76 (River Hawk Invitational 1/26)
8. Abigail Kolb - 2:36.17 (ESU DeSchriver 2/4)
9. Carolina Kaczmarek - 2:46.59 (ESU DeSchriver 2/4)

1 Mile (5:20.00)

1. Brianna Hennett - 5:13.88 (Fastrack National Invite 2/9)
2. Holly Chambers - 5:15.71 (Fastrack National Invite 2/9)
3. Payton Falkenstein - 5:18.61 (Fastrack National Invite 2/9)
4. Carla Bautista - 5:22.20 (River Hawk Invitational 1/26)
5. Megan Elgrim - 5:30.84 (Fastrack National Invite 2/9)
6. Kelly Martin - 5:39.44 (Moravian Indoor Meet 1/20)
7. Mia Sisilli - 5:43.36 (Spartan Invitational 1/12)
8. Gabriela Orama - 5:43.86 (Moravian Indoor Meet 1/20)
9. Kiera Wimbush - 5:44.06 (Moravian Indoor Meet 1/20)
10. Abigail Kolb - 6:15.31 (Moravian Indoor Meet 1/20)
11. Jada Williams - 6:24.05 (Spartan Invitational 1/12)

3000m (10:38.00)

1. Bri Hennett - 10:16.76 (PSAC 2/18)
2. Payton Falkenstein - 10:48.59 (Spartan Invitational 1/12)
3. Carla Bautista - 10:49.07 (Spartan Invitational 1/12)
4. Holly Chambers - 10:50.58 (Spartan Invitational 1/12)
5. Megan Elgrim - 11:03.04 (Spartan Invitational 1/12)
6. Mia Sisilli - 11:15.11 (Moravian Indoor Meet 1/20)
7. Kelly Martin - 11:16.70 (River Hawk Invitational 1/26)

5000m (18:50.00)

1. Bri Hennett - 17:44.89 (PSAC 2/18)
2. Payton Falkenstein - 18:17.79 (PSAC 2/18)
3. Megan Elgrim - 19:27.70 (River Hawk Invitational 1/26)
4. Mia Sisilli - 19:45.92 (River Hawk Invitational 1/26)
5. Alycia Smith - 21:13.99 (ESU DeSchriver 2/4)

55m Hurdles

1. Makayla Smith - 8.89 (ESU DeSchriver 2/4)
2. Elyssa Pemu - 9.43 (ESU DeSchriver 2/4)

60m Hurdles (9.45)

1. Makayla Smith - 9.67 (Moravian Indoor Meet 1/20)
2. Elyssa Pemu - 9.91 (PSAC 2/18)

NCAA Qualifiers

Nickolina Anelli - Pole Vault (provisional)

12-1 1/2 (ESU DeSchriver 2/4)

Samiyah Little - Weight Throw (provisional)

58-3 1/4 (Scarlet Knight Open 2/2)

Destiny Thompson - 60m (provisional)

7.65 (PSAC 2/18)

Women's Relays

4x200m Relay

1.

4x400m Relay (Top 12 Declared Teams)

1. 4:00.65 (PSAC 2/18)

Horning, Cancel, Thompson, Domurat

4x800m Relay

1.

Distance Medley Relay (Top 12 Declared Teams)

1. 12:40.62 (PSAC 2/18)

Martin, Domurat, Skelly, Elgrim

Women's Field Events

High Jump (PSAC Qualifier - 5-1)

1. Elyssa Pemu - 5-2 1/2 (PSAC 2/18)

Pole Vault (10-10)

1. Nickolina Anelli - 12-2 3/4 (PSAC 2/18)
2. Heather Gaughran - 11-5 1/4 (Moravian Indoor Meet 1/20)
3. Reese Ruggiero - 10-10 (ESU DeSchriver 2/4)
4. Julia Beatty - 8-11 3/4 (Moravian Indoor Meet 1/20)

Long Jump (17-4 3/4)

1. Samantha Rasado - 16-9 1/4 (ESU DeSchriver 2/4)
2. Elyssa Pemu - 15-7 3/4 (Moravian Indoor Meet 1/20)
3. Anna Roth - 15-5 1/2 (ESU DeSchriver 2/4)

Triple Jump (35-9 1/4)

1. Anna Roth - 35-10 (PSAC 2/18)
2. Samantha Rosado - 35-6 3/4 (ESU DeSchriver 2/4)

Shot Put (39-0 1/2)

1. Elizabeth Makar - 43-8 (Moravian Indoor Meet 1/20)
2. Madison Horahan - 39/10 (ESU DeSchriver 2/4)
3. Trinity Lucas - 35-9 1/2 (Spartan Invitational 1/12)
4. Sarah Roth - 31-4 (ESU DeSchriver 2/4)
5. Elyssa Pemu - 29-1 (Lehigh 12/8)
6. Bailey Grassman - 28-1 1/2 (Moravian Indoor Meet 1/20)

Weight Throw (46-11)

1. Samiyah Little - 58-3 1/4 (Scarlet Knight Open 2/2)
2. Elizabeth Makar - 53-4 1/4 (River Hawk Invitational 1/26)
3. Sarah Roth - 48-4 (PSAC 2/18)

4x400m Relay (Top 12 Declared Teams)

1. Madiosn Horahan - 46-2 (PSAC 2/18)
2. Bailey Grassman - 37-11 1/4 (ESU DeSchriver 2/4)
3. Olivia Sforza - 37-1 (ESU DeSchriver 2/4)

Trinity Lucas - 35-10 3/4 (Moravian Indoor Meet 1/20)

Pentathlon (Top-14 Scores Accepted)

1. Elyssa Pemu - 3021 (PSAC 2/18)



EAST STROUDSBURG WARRIORS

Men's Track Events

55m

1. Miguel Charlery - 6.51 (ESU DeSchriver 2/4)
2. Justin Gockley - 6.68 (ESU DeSchriver 2/4)
3. Ragiariki Lewis - 6.72 (ESU DeSchriver 2/4)
4. Nasir Heard 6.85 (ESU DeSchriver 2/4)
5. Kobe Jenkins 7.04 (ESU DeSchriver 2/4)

60m (PSAC Qualifier - 7.07)

1. Miguel Charlery 6.93 (PSAC 2/18)
2. Tyler Boone - 7.00 (Moravian Indoor Meet 1/20)
3. Bryson Gilchrist - 7.10 (TCNJ Lions Indoor Invite 1/12)
4. Justin Gockley - 7.19 (Fastrack National Invite 2/9)
5. Bryan Rodrigues - 7.467 (Bison Open & Multi 1/26)

200m (22.50)

1. Miguel Charlery - 22.05 (River Hawk Invitational 1/26)
2. Renaco Limberg - 22.72 (Moravian Indoor Meet 1/20)
3. Justin Gockley - 22.91 (River Hawk Invitational 1/26)
4. Nasir Heard - 23.57 (Fastrack National Invite 2/9)

300m

1. Ragiariki Lewis - 36.66 (TCNJ Lions Indoor Invite 1/12)
2. Joshua Rand - 36.67 (TCNJ Lions Indoor Invite 1/12)
3. Bryan Rodrigues - 38.63 (TCNJ Lions Indoor Invite 1/12)

400m (50.45)

1. Tyler Boone - 48.93 (River Hawk Invitational 1/26)
2. Renaco Limberg - 49.59 (River Hawk Invitational 1/26)
3. Ryan Ditty - 50.53 (Fastrack National Invite 2/9)
4. Zephyr Crestwell - 50.62 (Fastrack National Invite 2/9)
5. Jaylen Morrison - 50.88 (Scarlet Knight Open 2/2)
6. Zandray Thompson - 52.04 (Spartan Invitational 1/12)
7. Zandrew Bowe - 52.46 (Moravian Indoor Meet 1/20)
8. Evan Clark - 52.97 (TCNJ Lions Indoor Invite 1/12)
9. Trey Boyd - 53.02 (ESU DeSchriver 2/4)

500m

1. Tyler Boone - 1:06.07 (TCNJ Lions Indoor Invite 1/12)
2. Jaylen Morrison - 1:06.84 (TCNJ Lions Indoor Invite 1/12)
3. Emmanuel Gitonga - 1:06.85 (Spartan Invite 1/12)
4. Tim Gale - 1:07.48 (Spartan Invite 1/12)
5. Ryan Ditty - 1:08.29 (TCNJ Lions Indoor Invite 1/12)
6. Zandrew Bowe - 1:09.29 (TCNJ Lions Indoor Invite 1/12)
7. Lucas Thaler - 1:10.66 (Spartan Invite 1/12)

600m

- 1.

800m (1:57.50)

1. Tim Gale - 1:56.24 (Fastrack National Invite 2/9)
2. Emmanuel Gitonga - 1:59.94 (River Hawk Invitational 1/26)
3. Lucas Thaler - 2:04.98 (Fastrack National Invite 2/9)

1000m

1. Bryan Rodrigues - 3:08.82 (Bison Open & Multi 1/26)

Mile (4:24.00)

1. Brian McGarrity - 4:20.78 (Fastrack National Invite 2/9)
2. Tim Gale - 4:23.17 (Moravian Indoor Meet 1/20)
3. Evan Wooby - 4:27.57 (Fastrack National Invite 2/9)
4. Landon Boyle - 4:29.76 (TCNJ Lions Indoor Invite 1/12)
5. Cory Miduri - 4:37.70 (Moravian Indoor Meet 1/20)
6. Ethan Holcomb - 4:39.35 (Moravian Indoor Meet 1/20)
7. Jack Becker - 4:40.04 (Moravian Indoor Meet 1/20)

3000m (8:53.00)

1. Landon Boyle - 8:48.03 (River Hawk Invitational 1/26)
2. Brian McGarrity - 8:49.08 (River Hawk Invitational 1/26)
3. Evan Wooby - 9:01.44 (River Hawk Invitational 1/26)
4. Cory Miduri - 9:13.35 (Spartan Invite 1/12)
5. Jack Becker - 9:14.20 (Spartan Invite 1/12)
6. Ethan Holcomb - 9:17.71 (Spartan Invite 1/12)
7. Bryce Keenoy - 9:19.51 (Spartan Invite 1/12)
8. Liam Hansberry - 9:24.08 (Spartan Invite 1/12)

5000m (15:38.00)

1. Landon Boyle - 15:40.01 (Moravian Indoor Meet 1/20)
2. Brian McGarrity - 15:42.03 (Moravian Indoor Meet 1/20)
3. Evan Wooby - 15:43.55 (Moravian Indoor Meet 1/20)
4. Ethan Holcomb - 15:57.97 (River Hawk Invitational 1/26)
5. Bryce Keenoy - 16:13.51 (River Hawk Invitational 1/26)
6. Liam Hansberry - 16:13.97 (River Hawk Invitational 1/26)
7. Jack Becker - 16:31.04 (River Hawk Invitational 1/26)

55m Hurdles

1. Kobe Jenkins - 7.91 (ESU DeSchriver 2/4)
2. Ragiariki Lewis - 8.00 (ESU DeSchriver 2/4)

60m Hurdles (8.70)

1. Kobe Jenkins - 8.34 (Moravian Indoor Meet 1/20)
2. Joshua Rand - 8.40 (TCNJ Lions Indoor Invite 1/12)
3. Ragiariki Lewis - 8.49 (Fastrack National Invite 2/9)
4. Bryan Rodrigues - 8.73 (TCNJ Lions Indoor Invite 1/12)

NCAA Qualifiers

Anthony Voto - Weight Throw (provisional)

61-0 1/4 - (ESU DeSchriver 2/4)

John Gorham - Long Jump (provisional)

23-6 3/4 - (ESU DeSchriver 2/4)

Cole Gorham - Shot Put (provisional)

57-7 - (Moravian Indoor Meet 1/20)

Jaden Johnson - Triple Jump (provisional)

48-1 3/4 (River Hawk Invitational 1/26)

Drew Domurat - High Jump (provisional)

6-9 (PSAC 2/18)

Limberg, Charlery, Morrison, Boone - 4x400 Relay (provisional)

3:16.05 (PSAC 2/18)

Men's Relays

4x200m Relay

- 1.

4x400m Relay (Top 12 Declared Teams)

1. 3:16.05 (Boston University David Hemery Valentine Inv. 2/9)
Limberg, Charlery, Morrison, Boone

4x800m Relay

- 1.

Distance Medley Relay (Top 12 Declared Teams)

1. 10:41.63 (PSAC 2/18)
Thaler, Crestwell, Gitonga, Gale

Men's Field Events

High Jump (PSAC Qualifier - 6-2)

1. Drew Domurat - 6-9 (PSAC 2/18)
2. Aaron Sanchez - 6-6 3/4 (Moravian Indoor Meet 1/20)
3. Jaden Johnson - 6-6 (ESU DeSchriver 2/4)
4. Daniel Smith - 6-6 (PSAC 2/18)
5. Bryan Rodrigues - 5-1 3/4 (Bison Open & Multi 1/26)

Pole Vault (13-9 1/4)

1. Chris Costa - 15-1 1/2 (PSAC 2/18)
2. Taylor Labarre - 15-1 (TCNJ Lions Indoor Invite 1/12)
3. Carlton Wise - 14-3 1/4 (Fastrack National Invite 2/9)
4. Bryan Rodrigues - 10-7 (Bison Open & Multi 1/26)

Long Jump (22-1 3/4)

1. John Gorham 23-6 3/4 (ESU DeSchriver 2/4)
2. Bryson Gilchrist 22-5 1/4 (PSAC 2/18)
3. Jaden Johnson - 21-3 1/2 (Moravian Indoor Meet 1/20)
4. Nasir Heard - 20-7 3/4 (ESU DeSchriver 2/4)
5. Bryan Rodrigues - 19-10 1/4 (Moravian Indoor Meet 1/20)

Triple Jump (44-3 1/2)

1. Jaden Johnson - 48-1 3/4 (River Hawk Invitational 1/26)
2. John Gorham - 45-6 1/2 (PSAC 2/20)
3. Nasir Heard - 43-1 1/2 (Moravian Indoor Meet 1/20)

Shot Put (45-7 1/4)

1. Cole Gorham - 58-1 1/4 (PSAC 2/18)
2. Anthony Voto - 53-10 1/2 (ESU DeSchriver 2/4)
3. Will Mattei - 51-4 1/2 (PSAC 2/18)
4. Joshua Meshach - 45-3 (River Hawk Invitational 1/26)
5. Bryan Rodrigues - 30-2 3/4 (Bison Open & Multi 1/26)

Weight Throw (47-7)

1. Anthony Voto - 61-0 1/4 (ESU DeSchriver 2/4)
2. Joshua Meshach - 43-10 (ESU DeSchriver 2/4)

Heptathlon Top-14 Scores Accepted)

1. Bryan Rodrigues - 3933 (Bison Open & Multi 1/26)