2011 NJCAA Division III Outdoor Championships - 5/5/2011 to 5/7/2011

Alfred State College

Results

Women 100 Meter Dash

Meet Record: 12.20# 2007

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Kellie Sydnor	FR	HOWA	12.65q
2	Noelia Figuereo	SO	NORT	12.67q
3	Briana Dorsey	FR	ALFR	12.82q
4	Shameka Morgan	FR	KING	12.84q
5	Pamela Breedlove	SO	ALFR	13.18q
6	Conilla Mbengan	SO	ROXB	13.23q
7	Shatara Noble	FR	ALFR	13.24q
8	Lille Blackmon	FR	HARP	13.30q
9	Michelle Krol	FR	CCRH	13.40
10	Nkemdilma Ibekwe	FR	HOWA	13.43
11	Bosede Daramola	FR	KING	13.56
12	Sarah Bilz	SO	DELH	13.67
13	Mya Selby	FR	PRIN	14.00
14	Rebecca Scherer	FR	DELH	14.32
15	Drew-Taylor McCrae	SO	PRIN	15.92

Women 100 Meter Dash

Meet Record: 12.20# 2007

	Name	Yr	Team	Finals
Finals				
1	Noelia Figuereo	SO	NORT	12.75
2	Kellie Sydnor	FR	HOWA	12.91
3	Shameka Morgan	FR	KING	13.00
4	Briana Dorsey	FR	ALFR	13.07
5	Pamela Breedlove	SO	ALFR	13.23
6	Lille Blackmon	FR	HARP	13.28
7	Conilla Mbengan	SO	ROXB	13.37
8	Shatara Noble	FR	ALFR	13.76

Women 200 Meter Dash

Meet Record: 24.82# 2001

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Shey Carmicheal	FR	ROXB	25.90q
2	Deandra Nelson	SO	KING	26.05q
3	Noelia Figuereo	SO	NORT	26.37q
4	Briana Dorsey	FR	ALFR	26.68q
5	Shameka Morgan	FR	KING	26.77q
6	Pamela Breedlove	SO	ALFR	27.01q
7	Susie Lello	FR	HARP	27.48q
8	Lille Blackmon	FR	HARP	27.51q
9	Conilla Mbengan	SO	ROXB	27.80
10	Michelle Krol	FR	CCRH	27.81
11	Talisha Eads	FR	PRIN	28.12
12	Bosede Daramola	FR	KING	28.12
13	Charnay Ryland	FR	MONT	28.20
14	Sarah Murphy	FR	FING	28.66
15	Tavy Thompson	FR	SUFF	29.93
---	Madison Hoover	FR	HOWA	FS

Women 200 Meter Dash

Meet Record: 24.82# 2001

	Name	Yr	Team	Finals
Finals				
1	Shey Carmicheal	FR	ROXB	25.98
2	Deandra Nelson	SO	KING	26.06
3	Noelia Figuereo	SO	NORT	26.26
4	Shameka Morgan	FR	KING	26.48
5	Briana Dorsey	FR	ALFR	26.71
6	Pamela Breedlove	SO	ALFR	27.03
7	Lille Blackmon	FR	HARP	27.24
8	Susie Lello	FR	HARP	27.69

Women 400 Meter Dash

Meet Record: 57.54# 2001

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Deandra Nelson	SO	KING	57.99q
2	Shey Carmicheal	FR	ROXB	58.58q
3	Krystle Collins	SO	HOWA	59.30q
4	Tara Murphy	FR	ALFR	59.63q
5	Monica Sacco	FR	FASH	1:00.68q
6	Talisha Eads	FR	PRIN	1:00.83q
7	Gerale Middleton	SO	QUEE	1:01.72q
8	Mary Ellen Dankenbri	FR	SUFF	1:01.81q
9	Jessica Ubandu	SO	PRIN	1:02.81
10	Sarah Murphy	FR	FING	1:03.20
11	Nyoki Tate	SO	SULL	1:03.91
12	Charlene Jackson	FR	KING	1:04.37
13	Tia Gardner	SO	KING	1:04.43
14	Conilla Mbengan	SO	ROXB	1:04.92
15	Charnay Ryland	FR	MONT	1:06.11
16	Jackie Bakken	FR	MOHA	1:06.54
17	Brittany Sheeran	FR	FASH	1:06.54
18	Ataysia Ingram	FR	MIDD	1:07.74

Women 400 Meter Dash

Meet Record: 57.54# 2001

	Name	Yr	Team	Finals
Finals				
1	Deandra Nelson	SO	KING	58.00
2	Tara Murphy	FR	ALFR	58.23
3	Shey Carmicheal	FR	ROXB	58.38
4	Krystle Collins	SO	HOWA	1:00.05
5	Gerale Middleton	SO	QUEE	1:00.57
6	Monica Sacco	FR	FASH	1:00.81
7	Talisha Eads	FR	PRIN	1:01.06
8	Mary Ellen Dankenbri	FR	SUFF	1:04.04

Women 800 Meter Run

Meet Record: 2:18.57# 2009

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Zenia George	SO	KING	2:27.35Q
2	Tara Murphy	FR	ALFR	2:28.67Q
3	Karoline Banasik	SO	HARP	2:30.60Q
4	Gerale Middleton	SO	QUEE	2:27.70q
5	Monica Sacco	FR	FASH	2:30.64q
6	Tia Gardner	SO	KING	2:31.71q
7	Melissa McGough	SO	HERK	2:32.07q
8	Lauren Schuppel	FR	DELH	2:32.19q
9	Charlene Jackson	FR	KING	2:33.60
10	Nicole Hughes	FR	MOHA	2:37.23
11	Therese Kerin	FR	CCRH	2:39.90
12	Shelby Knapp	FR	MOHA	2:41.33
13	Rejeena Whittington	FR	GLOU	2:42.14
14	Sarah Barnes	FR	MIDD	2:44.38
15	Kristin Callaghan	FR	DELH	2:46.79
16	Ataysia Ingram	FR	MIDD	2:48.27
17	Naomi Strauss	FR	SUFF	2:51.41
18	Gina Scales	FR	QUEE	2:53.60
19	Becky Khosbaatar	FR	MIDD	3:04.77

Women 800 Meter Run

Meet Record: 2:18.57# 2009

	Name	Yr	Team	Finals
Finals				
1	Gerale Middleton	SO	QUEE	2:23.66
2	Karoline Banasik	SO	HARP	2:29.28
3	Melissa McGough	SO	HERK	2:30.23
4	Tia Gardner	SO	KING	2:30.69
5	Lauren Schuppel	FR	DELH	2:32.63
6	Monica Sacco	FR	FASH	2:37.39
7	Tara Murphy	FR	ALFR	2:38.68
---	Zenia George	SO	KING	DNF

Women 1500 Meter Run

Meet Record: 4:49.98# 2002

	Name	Yr	Team	Finals
Finals				
1	Savannah Boucher	FR	MOHA	5:03.22
2	Lauren Schuppel	FR	DELH	5:09.75
3	Mary Rzegocki	FR	HOWA	5:11.05
4	Meghan Visser	FR	DELH	5:11.56
5	Zenia George	SO	KING	5:17.28
6	Cassie White	FR	MOHA	5:17.70
7	Amanda Dole	SO	GLOU	5:22.27
8	Nicole Hughes	FR	MOHA	5:22.42
9	Rejeena Whittington	FR	GLOU	5:28.63
10	Britleigh Levens	FR	DELH	5:34.43
11	Samantha Lawson	FR	HERK	5:34.57
---	Therese Kerin	FR	CCRH	DNF

Women 5000 Meter Run

Meet Record: 18:48.78# 2007

	Name	Yr	Team	Finals
Finals				
1	Savannah Boucher	FR	MOHA	19:33.31
2	Mary Rzegocki	FR	HOWA	20:05.49
3	Jacqueline Hurteau	FR	CCRH	20:16.48
4	Amanda Dole	SO	GLOU	20:18.51
5	Cassie White	FR	MOHA	20:22.73
6	Meghan Visser	FR	DELH	20:37.58

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Results

Finals ... (Women 5000 Meter Run)

7	Rejeena Whittington	FR	GLOU	20:39.37
8	Janet Franco	SO	HARP	21:05.89
9	Melissa Wagner	SO	HERK	21:10.18
10	Erin Baker	FR	NORT	21:55.17
11	Carrin Lacoppola	FR	HERK	22:19.07

Women 10000 Meter Run

Meet Record: 39:10.34# 2008

	Name	Yr	Team	Finals
Finals				
1	Savannah Boucher	FR	MOHA	41:14.67
2	Jacqueline Hurteau	FR	CCRH	41:34.43
3	Cassie White	FR	MOHA	41:38.75
4	Abbey Benton	FR	ALFR	42:57.69
5	Janet Franco	SO	HARP	43:56.75
6	Amanda Dole	SO	GLOU	44:46.01
7	Erin Baker	FR	NORT	46:53.33
8	Carrin Lacoppola	FR	HERK	47:29.20
9	Rejeena Whittington	FR	GLOU	48:07.39
10	Stephanie Bergstrom	SO	HERK	48:47.75
---	Lindsay Rynders	FR	FING	DNF

Women 100 Meter Hurdles

Meet Record: 14.74# 1999

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Kellie Sydnor	FR	HOWA	15.32q
2	Sabina Marek	FR	HARP	16.96q
3	Jazmin Calep	FR	HARP	16.97q
4	Alyssa Figueroa	SO	GLOU	17.02q
5	Megan Votava	FR	ALFR	17.17q
6	Erin Lane	FR	SULL	17.41q
7	Kayla May	FR	MOHA	17.84q
8	Katherin Donovan	FR	FING	17.97q
9	Caitlyn Whittaker	FR	DELH	18.05
10	Francesca Contino	SO	GLOU	18.58
11	Christina Lees	FR	GLOU	19.19

Women 100 Meter Hurdles

Meet Record: 14.74# 1999

	Name	Yr	Team	Finals
Finals				
1	Kellie Sydnor	FR	HOWA	15.32
2	Megan Votava	FR	ALFR	16.77
3	Jazmin Calep	FR	HARP	16.91
4	Sabina Marek	FR	HARP	17.03
5	Alyssa Figueroa	SO	GLOU	17.28
6	Kayla May	FR	MOHA	17.71
7	Erin Lane	FR	SULL	17.72
8	Katherin Donovan	FR	FING	17.89

Women 400 Meter Hurdles

Meet Record: 1:02.85# 1999

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Krystle Collins	SO	HOWA	1:05.63q
2	Jessica Ubandu	SO	PRIN	1:09.47q
3	Sabina Marek	FR	HARP	1:09.59q
4	Shatara Noble	FR	ALFR	1:09.99q
5	Jazmin Calep	FR	HARP	1:10.45q
6	Mollianne Parsons	SO	HERK	1:10.80q
7	Lisa Kurner	SO	QUEE	1:11.37q
8	Taryn Van Valen	FR	DELH	1:13.52q
9	Caitlyn Whittaker	FR	DELH	1:13.71
10	Mya Selby	FR	PRIN	1:14.19
11	Tonika Bacchus	FR	QUEE	1:15.15
12	Amanda Brown	SO	HERK	1:15.43
13	Sarah Barnes	FR	MIDD	1:16.89
14	Alyssa Figueroa	SO	GLOU	1:17.53
15	Francesca Contino	SO	GLOU	1:17.84
16	Tiffany Campanian	SO	HERK	1:18.24
17	Catherine Kane	FR	MOHA	1:18.64
18	Victoria Peacock	FR	GLOU	1:18.94
19	Chelsey Sarachick	SO	CCRH	1:20.86

Women 400 Meter Hurdles

Meet Record: 1:02.85# 1999

	Name	Yr	Team	Finals
Finals				
1	Krystle Collins	SO	HOWA	1:04.66
2	Jessica Ubandu	SO	PRIN	1:08.68
3	Shatara Noble	FR	ALFR	1:09.52
4	Sabina Marek	FR	HARP	1:09.71
5	Mollianne Parsons	SO	HERK	1:11.14
6	Lisa Kurner	SO	QUEE	1:11.82
7	Jazmin Calep	FR	HARP	1:12.61
8	Taryn Van Valen	FR	DELH	1:14.81

Women 3000 Meter Steeplechase

Meet Record: 11:38.01# 2004

	Name	Yr	Team	Finals
Finals				
1	Savannah Boucher	FR	MOHA	11:59.63
2	Meghan Visser	FR	DELH	12:12.10
3	Mary Rzegocki	FR	HOWA	12:19.66
4	Amanda Dole	SO	GLOU	12:43.82
5	Shelby Fiorini	FR	MOHA	13:24.99
6	Melissa Wagner	SO	HERK	13:29.75
7	Naomi Strauss	FR	SUFF	14:27.97
8	Tiffany Campanian	SO	HERK	14:38.15
9	Kaleigh White	FR	MIDD	14:50.07

Women 4x100 Meter Relay

Meet Record: 49.45# 2002

Lane	Team	Relay	Prelims
Preliminaries			
1	Alfred State		49.70q
2	Harper College		50.41q
3	Howard CC		50.46q
4	Delhi		52.58q
5	Kingsborough CC		52.86q
6	Gloucester County		53.68q
7	Prince George's CC		53.88q
8	Herkimer County CC		54.15q
9	Suffolk CC		55.17

Women 4x100 Meter Relay

Meet Record: 49.45# 2002

	Team	Relay	Finals
Finals			
1	Harper College		50.47
2	Alfred State		50.75
3	Howard CC		50.92
4	Kingsborough CC		51.01
5	Delhi		52.30
6	Herkimer County CC		52.71
7	Gloucester County		53.15
8	Prince George's CC		53.50

Women 4x400 Meter Relay

Meet Record: 4:03.94# 2002

Lane	Team	Relay	Prelims
Preliminaries			
1	Alfred State		4:12.15Q
2	Kingsborough CC		4:18.91Q
3	Harper College		4:13.39q
4	Prince George's CC		4:21.81q
5	Queensborough CC		4:24.62q
6	Herkimer County CC		4:27.55q
7	Delhi		4:29.59q
8	CC Rhode Island		4:37.49q
9	Mohawk Valley CC		4:38.80
10	Middlesex CC		4:47.34

Women 4x400 Meter Relay

Meet Record: 4:03.94# 2002

	Team	Relay	Finals
Finals			
1	Kingsborough CC		4:03.43#
2	Alfred State		4:06.91
3	Queensborough CC		4:16.90
4	Harper College		4:18.80
5	Prince George's CC		4:21.99
6	Herkimer County CC		4:23.96
7	Delhi		4:29.03
8	CC Rhode Island		4:30.63

Women 4x800 Meter Relay

Meet Record: 9:35.54# 2002

	Team	Relay	Finals
Finals			
1	Kingsborough CC		10:08.59
2	Delhi		10:20.16
3	Herkimer County CC		10:33.13

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Alfred State College

Results

Finals ... (Women 4x800 Meter Relay)

4	Queensborough CC	10:38.87
5	Prince George's CC	10:53.37
6	Gloucester County	11:06.46
7	Mohawk Valley CC	11:07.13
8	Fashion Institute of Te	11:17.87
9	Middlesex CC	11:37.61
10	Alfred State	13:10.40

Women High Jump

Meet Record: 1.65m# 2000

	Name	Yr	Team	Finals
Finals				
1	Casey Buie	FR	FASH	1.50m
2	Shealyn McKee	FR	ALFR	1.45m
3	De'Larissa Morris	SO	HARP	J1.45m
4	Jackie Bakken	FR	MOHA	J1.45m
5	Chantel Gary	FR	PRIN	1.40m
6	Christina Lees	FR	GLOU	J1.40m
7	Hannah Benjamin	FR	HERK	1.35m
7	Karoline Banasik	SO	HARP	1.35m
7	Mollianne Parsons	SO	HERK	1.35m
10	Kristen Mortak	SO	SUFF	1.30m
---	Ataysia Ingram	FR	MIDD	NH
---	Abby (Mabel) Majeko	SO	GLOU	NH

Women Pole Vault

Meet Record: 3.17m# 2007

	Name	Yr	Team	Finals
Finals				
1	Christina Lees	FR	GLOU	3.18m#
2	Karoline Banasik	SO	HARP	2.88m
3	Melissa McGough	SO	HERK	2.73m
4	Stephanie Lees	FR	GLOU	J2.73m
5	Alyssa Figueroa	SO	GLOU	J2.73m
6	Lindsey Weinberg	SO	HARP	2.58m
7	Megan Votava	FR	ALFR	2.43m
8	Andrea Sonnacchio	FR	DELH	J2.43m

Women Long Jump

Meet Record: 5.80m# 2003

	Name	Yr	Team	Finals
Finals				
1	Deandra Nelson	SO	KING	4.98m
2	Shameka Morgan	FR	KING	4.95m
3	De'Larissa Morris	SO	HARP	4.93m
4	Charnay Ryland	FR	MONT	4.89m
5	Andrea Sonnacchio	FR	DELH	4.82m
6	Madison Hoover	FR	HOWA	4.75m
7	Shealyn McKee	FR	ALFR	4.73m
8	Casey Buie	FR	FASH	4.67m
9	Amanda Brown	SO	HERK	4.47m
10	Pamela Breedlove	SO	ALFR	4.46m
11	Jackie Bakken	FR	MOHA	4.39m
12	Holli Pierce	FR	ALFR	4.21m
13	Shey Carmicheal	FR	ROXB	4.20m
14	Bosede Daramola	FR	KING	4.12m
15	Nyoki Tate	SO	SULL	3.94m
16	Francesca Contino	SO	GLOU	3.85m
17	Erin Lane	FR	SULL	3.83m

Women Triple Jump

Meet Record: 11.78m# 2003

	Name	Yr	Team	Finals
Finals				
1	Charnay Ryland	FR	MONT	11.16m
2	Chantel Gary	FR	PRIN	10.55m
3	Myla Allen	FR	DELH	10.52m
4	Mollianne Parsons	SO	HERK	10.41m
5	Pamela Breedlove	SO	ALFR	10.25m
6	Deandra Nelson	SO	KING	10.21m
6	Holli Pierce	FR	ALFR	10.21m
8	Andrea Sonnacchio	FR	DELH	10.17m
9	Casey Buie	FR	FASH	9.93m
10	Briana Dorsey	FR	ALFR	9.79m
11	Katherin Donovan	FR	FING	9.63m
12	Sarah Barnes	FR	MIDD	9.49m
13	Nyoki Tate	SO	SULL	9.19m
14	Tonika Bacchus	FR	QUEE	9.05m

Women Shot Put

Meet Record: 12.98m# 2008

	Name	Yr	Team	Finals
Finals				
1	Erica Ogunleye	FR	HARP	11.23m
2	Anne Craigen	SO	HARP	10.42m
3	Arnesha Gross	FR	HOWA	9.82m
4	Kandace Lewis	FR	MIDD	9.76m
5	Brittany Latham	FR	HERK	9.67m
6	Tryphena Hamilton	FR	FING	9.48m
7	Tehnyat Khan	FR	SULL	9.36m

Women Discus Throw

Meet Record: 42.09m# 2003

	Name	Yr	Team	Finals
Finals				
1	Arnesha Gross	FR	HOWA	32.63m
2	Tryphena Hamilton	FR	FING	32.12m
3	Michelle Cuomo	FR	HERK	31.68m
4	Tehnyat Khan	FR	SULL	30.96m
5	Erica Ogunleye	FR	HARP	28.50m
6	Natasha Hill	FR	BRON	27.95m
7	Brittany Latham	FR	HERK	27.77m
8	Megan Votava	FR	ALFR	27.45m
9	Anne Craigen	SO	HARP	24.81m
10	Megan Vollmer	FR	MOHA	19.90m
11	Vanessa Ashun	FR	KING	17.78m

Women Hammer Throw

Meet Record: 51.72m# 2005

	Name	Yr	Team	Finals
Finals				
1	Anne Craigen	SO	HARP	36.42m
2	Erica Ogunleye	FR	HARP	36.14m
3	Natasha Hill	FR	BRON	35.94m
4	Amber Craig	FR	MOHA	33.76m
5	Tehnyat Khan	FR	SULL	32.14m
6	Megan Vollmer	FR	MOHA	31.74m
7	Brittany Latham	FR	HERK	29.82m
8	Vanessa Ashun	FR	KING	29.72m
9	Samantha Nicodemus	SO	CCRH	29.52m
10	Stepahnie Orgueira	SO	BERG	28.54m
11	De'Larissa Morris	SO	HARP	28.18m
12	Maura Parks	SO	ALFR	27.96m

Women Javelin Throw

Meet Record: 39.26m# 1999

	Name	Yr	Team	Finals
Finals				
1	Abby (Mabel) Majeko	SO	GLOU	34.28m
2	Zenia George	SO	KING	31.32m
3	De'Larissa Morris	SO	HARP	30.59m
4	Sarah Barnes	FR	MIDD	28.22m
5	Tehnyat Khan	FR	SULL	27.03m
6	Brianna Di Chiara	FR	BERG	26.88m
7	Megan Votava	FR	ALFR	26.76m
8	Lisa Kurner	SO	QUEE	24.31m
9	Natasha Hill	FR	BRON	23.69m
10	Jackie Bakken	FR	MOHA	23.17m
11	Danielle Darby	FR	SULL	23.16m
12	Erica Ogunleye	FR	HARP	22.65m
13	Victoria Peacock	FR	GLOU	22.31m
14	Tryphena Hamilton	FR	FING	22.24m
15	Anne Craigen	SO	HARP	21.86m
16	Vanessa Bullock	SO	HERK	21.37m

Women 200 Meter Dash Heptathlon

	Name	Yr	Team	Finals
Finals				
1	Mary Ellen Dankenbri	FR	SUFF	28.54
2	Mollianne Parsons	SO	HERK	28.72
3	Jackie Bakken	FR	MOHA	28.97
4	De'Larissa Morris	SO	HARP	29.71
5	Samantha Lawson	FR	HERK	30.48
6	Kayla May	FR	MOHA	31.22
7	Kristen Mortak	SO	SUFF	31.93

Women 800 Meter Run Heptathlon

	Name	Yr	Team	Finals
Finals				
1	Mary Ellen Dankenbri	FR	SUFF	2:37.82
2	Mollianne Parsons	SO	HERK	2:38.71
3	Samantha Lawson	FR	HERK	2:41.98
4	Kristen Mortak	SO	SUFF	2:43.76
5	Kayla May	FR	MOHA	2:44.39
6	Jackie Bakken	FR	MOHA	2:46.32
7	De'Larissa Morris	SO	HARP	3:05.34

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Results

Women 100 Meter Hurdles Heptathlon

Lane	Name	Yr	Team	Finals
Finals				
1	Mary Ellen Dankenbri	FR	SUFF	17.77
2	De'Larissa Morris	SO	HARP	17.78
3	Kayla May	FR	MOHA	18.15
4	Jackie Bakken	FR	MOHA	19.30
5	Kristen Mortak	SO	SUFF	19.73
6	Mollianne Parsons	SO	HERK	20.87
7	Samantha Lawson	FR	HERK	21.86

Women High Jump Heptathlon

	Name	Yr	Team	Finals
Finals				
1	De'Larissa Morris	SO	HARP	1.53m
2	Jackie Bakken	FR	MOHA	1.44m
3	Kayla May	FR	MOHA	1.38m
4	Mollianne Parsons	SO	HERK	1.32m
5	Kristen Mortak	SO	SUFF	1.29m
6	Samantha Lawson	FR	HERK	1.20m
---	Mary Ellen Dankenbri	FR	SUFF	NH

Women Long Jump Heptathlon

	Name	Yr	Team	Finals
Finals				
1	De'Larissa Morris	SO	HARP	4.91m
2	Jackie Bakken	FR	MOHA	4.46m
3	Mollianne Parsons	SO	HERK	4.31m
4	Samantha Lawson	FR	HERK	4.27m
5	Kristen Mortak	SO	SUFF	4.00m
6	Mary Ellen Dankenbri	FR	SUFF	3.89m
7	Kayla May	FR	MOHA	3.48m

Women Shot Put Heptathlon

	Name	Yr	Team	Finals
Finals				
1	De'Larissa Morris	SO	HARP	9.69m
2	Kayla May	FR	MOHA	8.39m
3	Jackie Bakken	FR	MOHA	7.95m
4	Mollianne Parsons	SO	HERK	7.07m
5	Kristen Mortak	SO	SUFF	6.70m
6	Mary Ellen Dankenbri	FR	SUFF	6.58m
7	Samantha Lawson	FR	HERK	5.93m

Women Javelin Throw Heptathlon

	Name	Yr	Team	Finals
Finals				
1	De'Larissa Morris	SO	HARP	31.24m
2	Kayla May	FR	MOHA	22.41m
3	Jackie Bakken	FR	MOHA	22.14m
4	Mary Ellen Dankenbri	FR	SUFF	21.63m
5	Kristen Mortak	SO	SUFF	21.05m
6	Mollianne Parsons	SO	HERK	17.32m
7	Samantha Lawson	FR	HERK	13.78m

Women Heptathlon

Meet Record: 4082# 2003

	Name	Yr	Team	Finals
Finals				
1	De'Larissa Morris	SO	HARP	3530
2	Jackie Bakken	FR	MOHA	3120
3	Kayla May	FR	MOHA	2843
4	Mollianne Parsons	SO	HERK	2786
5	Mary Ellen Dankenbri	FR	SUFF	2609
6	Kristen Mortak	SO	SUFF	2543
7	Samantha Lawson	FR	HERK	2289

Men 100 Meter Dash

Meet Record: 10.50# 1998

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Charles Allen	FR	PRIN	11.17q
2	Lamar McLean	SO	THAD	11.26q
3	Chris Pezza	SO	HOWA	11.28q
4	L'Mar Calhoun	SO	THAD	11.30q
5	Dre Johnson	FR	ALFR	11.31q
6	Ryan Amodeo	FR	MOHA	11.46q
7	Michal Karwowski	SO	HARP	11.49q
8	Climon Bowens	FR	HARP	11.55q
9	Tashaka Adolph	SO	KING	11.64
10	Rich McBride	SO	HERK	11.68
11	Shamar Johnson	FR	MOHA	11.70
12	Showan Isaacs	FR	KING	11.73
13	Tyler Wood	FR	HOWA	11.78
14	Samuel Beckwith	FR	FING	11.80
15	Greg Kennedy	FR	HARP	11.87
16	Lehkem Rose	FR	KING	11.87
17	Rashon Cooper	FR	MIDD	12.05
---	Thierry Diessongo	SO	MOHA	DNF

Men 100 Meter Dash

Meet Record: 10.50# 1998

	Name	Yr	Team	Finals
Finals				
1	Lamar McLean	SO	THAD	11.18
2	Charles Allen	FR	PRIN	11.21
3	L'Mar Calhoun	SO	THAD	11.41
4	Chris Pezza	SO	HOWA	11.45
5	Ryan Amodeo	FR	MOHA	11.54
6	Climon Bowens	FR	HARP	11.69
7	Michal Karwowski	SO	HARP	12.34
8	Dre Johnson	FR	ALFR	13.52

Men 200 Meter Dash

Meet Record: 21.20# 2005

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Charles Allen	FR	PRIN	22.41q
2	Jim Guerrier	FR	ROXB	22.51q
3	Lamar McLean	SO	THAD	22.57q
4	Dalton Palmer	FR	KING	22.84q
5	Chris Pezza	SO	HOWA	22.86q
6	L'Mar Calhoun	SO	THAD	22.92q
7	Marquis Armstrong	FR	MOHA	23.07q
8	Momodou Sawaneh	FR	QUEE	23.12q
9	Showan Isaacs	FR	KING	23.19
10	Rawle Crawford	FR	ALFR	23.25
11	Steve Schalla	FR	HARP	23.32
12	Michal Karwowski	SO	HARP	23.33
13	Lehkem Rose	FR	KING	23.34
14	Terrance Wright	FR	HARP	23.37
15	Kaydon Tannis	FR	QUEE	23.39
16	Donnell Lockhart	SO	QUEE	23.51
17	Robert Graham	SO	DELH	23.58
18	Craig Gattereau	FR	ROXB	23.85
19	Shamar Johnson	FR	MOHA	24.04
20	Samuel Beckwith	FR	FING	24.18
21	Anthony Reynolds	FR	SUFF	24.42
22	Dannie Holland	FR	SUFF	25.08

Men 200 Meter Dash

Meet Record: 21.20# 2005

	Name	Yr	Team	Finals
Finals				
1	Lamar McLean	SO	THAD	22.21
2	Charles Allen	FR	PRIN	22.28
3	Jim Guerrier	FR	ROXB	22.35
4	Chris Pezza	SO	HOWA	22.50
5	L'Mar Calhoun	SO	THAD	22.61
6	Momodou Sawaneh	FR	QUEE	22.67
7	Dalton Palmer	FR	KING	22.70
8	Marquis Armstrong	FR	MOHA	25.18

Men 400 Meter Dash

Meet Record: 47.42# 2005

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Zavior Brown	SO	DELH	48.84q
2	Garrett Dorsey	SO	HARP	49.07q
3	Allen Jackson	FR	GLOU	49.24q
4	Dalton Palmer	FR	KING	49.38q
5	Momodou Sawaneh	FR	QUEE	49.79q
6	Brandon Woodley	FR	HOWA	49.82q
7	Jim Guerrier	FR	ROXB	49.83q
8	Andrew Gregg	FR	HERK	50.10q
9	Donnell Lockhart	SO	QUEE	50.39
10	Calder Walker	FR	HOWA	50.48
11	Raouf Osman	FR	MONT	50.51
12	Rohan Stewart	FR	KING	50.72
13	Robert Graham	SO	DELH	50.77
14	Devon Alexander	SO	KING	51.35
15	Ken Boyer	FR	ALFR	51.58
16	Brian Williams	FR	ROXB	52.05
17	Moravia Mascary	FR	ROXB	54.49
18	Tokunbo (T.K.) Oyefe	FR	GLOU	54.92

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Men 400 Meter Dash

Meet Record: 47.42# 2005

	Name	Yr	Team	Finals
Finals				
1	Garrett Dorsey	SO	HARP	48.95
2	Zavior Brown	SO	DELH	48.97
3	Dalton Palmer	FR	KING	49.03
4	Allen Jackson	FR	GLOU	49.54
5	Jim Guerrier	FR	ROXB	50.06
6	Momodou Sawaneh	FR	QUEE	50.25
7	Andrew Gregg	FR	HERK	50.41
8	Brandon Woodley	FR	HOWA	50.44

Men 800 Meter Run

Meet Record: 1:50.46# 1999

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Younes Benzaid	FR	QUEE	1:56.67Q
2	Kevin Sullivan	FR	SUFF	1:58.37Q
3	Zavior Brown	SO	DELH	1:58.62Q
4	Cisco Soto	FR	HARP	1:59.55Q
5	Lyle Haywood	SO	DELH	1:57.22q
6	Ryan Arnold	SO	BERG	1:58.46q
7	Keron White	FR	KING	1:58.82q
8	Brandon Woodley	FR	HOWA	1:59.24q
9	Kenneth Clarkson	SO	HOWA	1:59.39
10	Vincent Semeraro	FR	MOHA	1:59.47
11	Ohure Sam	FR	DELH	1:59.85
12	Isiah Whiting	FR	ALFR	1:59.88
13	Tom Johnson	SO	HARP	2:00.12
14	Chad Barninger	SO	THAD	2:00.34
15	Joshua Wilcox	FR	HERK	2:00.42
16	Joel Vollenweider	FR	FING	2:01.32
17	Elliott Matthews	FR	MOHA	2:01.97
18	Jerry Francois	SO	QUEE	2:03.33
19	Allen Jackson	FR	GLOU	2:04.26
20	Alex Farrell	FR	ALFR	2:05.32
21	Devon Alexander	SO	KING	2:06.15
22	Brian Williams	FR	ROXB	2:06.42
23	Mabeke Segojane	FR	MONT	2:07.54
24	Joe Moschitto	FR	MOHA	2:08.30
25	Lawrence Mason	FR	BRON	2:16.99

Men 800 Meter Run

Meet Record: 1:50.46# 1999

	Name	Yr	Team	Finals
Finals				
1	Zavior Brown	SO	DELH	1:58.21
2	Lyle Haywood	SO	DELH	1:58.37
3	Keron White	FR	KING	1:58.66
4	Brandon Woodley	FR	HOWA	2:00.40
5	Kevin Sullivan	FR	SUFF	2:00.77
6	Ryan Arnold	SO	BERG	2:02.22
7	Younes Benzaid	FR	QUEE	2:09.61
8	Cisco Soto	FR	HARP	2:18.06

Men 1500 Meter Run

Meet Record: 3:58.70# 2004

	Name	Yr	Team	Finals
Finals				
1	Cisco Soto	FR	HARP	4:01.87
2	Younes Benzaid	FR	QUEE	4:01.90
3	Dylan Lowry	FR	DELH	4:05.41
4	Pablo Ramirez	FR	HARP	4:06.50
5	Tim Scudds	SO	DELH	4:07.05
6	Keron White	FR	KING	4:09.08
7	Vincent Semeraro	FR	MOHA	4:15.55
8	Alex Farrell	FR	ALFR	4:18.12
9	Ozzie Huerta	SO	GLOU	4:20.30
10	Chris Burnett	FR	DELH	4:22.43

Men 5000 Meter Run

Meet Record: 15:15.15# 2008

	Name	Yr	Team	Finals
Finals				
1	Ozzie Huerta	SO	GLOU	15:10.92#
2	Pablo Ramirez	FR	HARP	15:27.80
3	Chris Burnett	FR	DELH	15:52.63
4	Jason Phillips	SO	DELH	16:13.73
5	Phil Cook	SO	PRIN	16:16.75
6	Ryan Wojdyla	FR	HARP	16:20.87
7	Joshua Sheldon	FR	HERK	16:57.27
8	Michael Turczmanovi	FR	MIDD	17:31.01

Men 10000 Meter Run

Meet Record: 32:12.32# 2008

	Name	Yr	Team	Finals
Finals				
1	Ozzie Huerta	SO	GLOU	32:36.04
2	Pablo Ramirez	FR	HARP	33:28.03
3	Jason Phillips	SO	DELH	34:29.73
4	Phil Cook	SO	PRIN	34:35.94
5	Ryan Wojdyla	FR	HARP	34:48.03
6	Vincent Savastano	FR	MOHA	35:40.36
7	Brenden Dohoney	FR	CCRH	36:00.48
8	Ben Anderson	FR	HARP	37:01.93
9	Michael Turczmanovi	FR	MIDD	37:58.83
10	David Lewis	SO	MOHA	38:23.41
11	Harrison Clarke	SO	MOHA	38:40.21
12	Brandon Doyle	FR	NORT	39:36.41

Men 110 Meter Hurdles

Meet Record: 14.44# 2002

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Marquis Armstrong	FR	MOHA	15.61q
2	Nate Pickett	FR	HERK	15.96q
3	Greg Taylor	SO	GLOU	15.97q
4	Xzavier Kimbrough	SO	HARP	16.41q
5	Jason Demidow	SO	DELH	16.41q
6	Robert Douglas	FR	HARP	16.42q
7	Ben Raiber	FR	HARP	16.55q
8	Mike Reilly	FR	HERK	16.81q
9	Kieran Boland	FR	GLOU	17.10
10	Ryan Amodeo	FR	MOHA	17.16
---	Brett Harrington	FR	ALFR	DNF
---	Mark Davis	FR	PRIN	DQ

Men 110 Meter Hurdles

Meet Record: 14.44# 2002

	Name	Yr	Team	Finals
Finals				
1	Greg Taylor	SO	GLOU	15.95
2	Robert Douglas	FR	HARP	15.99
3	Nate Pickett	FR	HERK	16.03
4	Xzavier Kimbrough	SO	HARP	16.31
5	Marquis Armstrong	FR	MOHA	16.95
6	Mike Reilly	FR	HERK	17.54
7	Jason Demidow	SO	DELH	17.58
---	Ben Raiber	FR	HARP	DQ

Men 400 Meter Hurdles

Meet Record: 51.85# 2002

Lane	Name	Yr	Team	Prelims
Preliminaries				
1	Andrew Gregg	FR	HERK	55.73q
2	Greg Taylor	SO	GLOU	55.89q
3	Marcquis Johnson-Br	FR	ALFR	56.11q
4	Robert Douglas	FR	HARP	56.16q
5	Jason Demidow	SO	DELH	56.36q
6	Mark Davis	FR	PRIN	56.80q
7	David Miller	FR	ALFR	56.80q
8	Ricky Shorette	FR	MOHA	56.92q
9	Antonio Fields	FR	NASS	57.19
10	Ben Raiber	FR	HARP	1:01.05
11	Chaz Moss	FR	GLOU	1:01.81
12	Moravia Mascary	FR	ROXB	1:02.09
13	Calvin Edmonds	FR	KING	1:04.10

Men 400 Meter Hurdles

Meet Record: 51.85# 2002

	Name	Yr	Team	Finals
Finals				
1	Mark Davis	FR	PRIN	55.00
2	Andrew Gregg	FR	HERK	55.28
3	Robert Douglas	FR	HARP	56.42
4	Marcquis Johnson-Br	FR	ALFR	56.88
5	David Miller	FR	ALFR	56.99
6	Jason Demidow	SO	DELH	57.94
7	Ricky Shorette	FR	MOHA	58.39
8	Greg Taylor	SO	GLOU	1:09.81

Men 3000 Meter Steeplechase

Meet Record: 9:28.51# 2005

	Name	Yr	Team	Finals
Finals				
1	Ozzie Huerta	SO	GLOU	9:28.34#
2	Jason Phillips	SO	DELH	9:48.52
3	Chris Burnett	FR	DELH	9:52.47

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Finals ... (Men 3000 Meter Steeplechase)

4	Phil Cook	SO	PRIN	10:04.70
5	Cole Maguire	FR	CCRH	10:24.73
6	Joshua Wilcox	FR	HERK	10:32.57
7	Vincent Savastano	FR	MOHA	10:49.98
8	Tyler Petit	FR	ALFR	11:15.03
9	Matt Fortin	FR	SULL	12:00.55

Men 4x100 Meter Relay

Meet Record: 41.29# 1998

Lane	Team	Relay	Prelims
Preliminaries			
1	Harper College		42.49q
2	Howard CC		42.85q
3	Alfred State		42.99q
4	Mohawk Valley CC		43.57q
5	Prince George's CC		43.78q
6	Herkimer County CC		44.24q
7	Kingsborough CC		44.29q
8	Delhi		44.82q
9	Gloucester County		44.87
10	Queensborough CC		44.88

Men 4x100 Meter Relay

Meet Record: 41.29# 1998

	Team	Relay	Finals
Finals			
1	Howard CC		42.37
2	Alfred State		42.50
3	Kingsborough CC		42.70
4	Mohawk Valley CC		43.07
5	Harper College		43.25
6	Herkimer County CC		43.54
7	Delhi		44.37
8	Prince George's CC		44.40

Men 4x400 Meter Relay

Meet Record: 3:18.01# 2009

Lane	Team	Relay	Prelims
Preliminaries			
1	Roxbury CC		3:21.00Q
2	Howard CC		3:22.45Q
3	Kingsborough CC		3:21.88q
4	Gloucester County		3:22.68q
5	Alfred State		3:23.75q
6	Harper College		3:24.92q
7	Queensborough CC		3:25.10q
8	Delhi		3:25.21q
9	Montgomery College		3:25.98
10	Prince George's CC		3:27.04
11	Mohawk Valley CC		3:32.08

Men 4x400 Meter Relay

Meet Record: 3:18.01# 2009

	Team	Relay	Finals
Finals			
1	Kingsborough CC		3:22.42
2	Alfred State		3:22.58
3	Roxbury CC		3:22.88
4	Delhi		3:23.01
5	Gloucester County		3:24.18
6	Queensborough CC		3:25.73
7	Howard CC		3:26.55
8	Harper College		3:27.43

Men 4x800 Meter Relay

Meet Record: 7:44.33# 2010

	Team	Relay	Finals
Finals			
1	Delhi		7:55.59
2	Kingsborough CC		8:11.95
3	Howard CC		8:18.18
4	Queensborough CC		8:21.53
5	Mohawk Valley CC		8:22.72
6	Gloucester County		8:25.46
7	Harper College		8:33.40
8	Herkimer County CC		8:34.76
9	Alfred State		8:34.99

Men High Jump

Meet Record: 2.09m# 2001

	Name	Yr	Team	Finals
Finals				
1	Robert Douglas	FR	HARP	1.92m
2	Osawaru Johnson	FR	ROXB	J1.92m
3	Jarrett Austin	SO	HARP	1.87m
4	Fuad Agoro	SO	HARP	J1.87m
5	Craig Gattereau	FR	ROXB	J1.87m
6	Robert Watson	FR	DELH	1.82m
7	Geoffrey Greene	SO	DELH	1.77m
---	Alex Hewlett	FR	ALFR	NH
---	Victor Drew	FR	SUFF	NH
---	Shevar Thomas	FR	MOHA	NH

Men Pole Vault

Meet Record: 4.96m# 2004

	Name	Yr	Team	Finals
Finals				
1	Zach Stewart	FR	MOHA	4.25m
2	Jordan Traina	FR	ALFR	4.10m
3	Bryan Smith	FR	MOHA	3.95m
4	Mark Niemann	SO	HARP	J3.95m
5	Tyler Boltz	FR	THAD	J3.95m
6	Andre Adkins	FR	DELH	3.80m
7	Xzavier Kimbrough	SO	HARP	J3.80m
8	Zach Reed	FR	MOHA	J3.80m
9	Jordan Friedman	FR	ALFR	3.65m
10	Tyler Richardson	SO	HOWA	3.35m
---	Kieran Boland	FR	GLOU	NH
---	David Miller	FR	ALFR	NH

Men Long Jump

Meet Record: 7.30m# 2010

	Name	Yr	Team	Finals
Finals				
1	Victor Drew	FR	SUFF	6.63m
2	Brett Harrington	FR	ALFR	6.59m
3	David Moore	SO	FING	6.57m
4	Jordan Jefferies	FR	CCRH	6.23m
5	Nate Pickett	FR	HERK	6.20m
6	Kevin Lewis	SO	KING	6.19m
7	Robert Watson	FR	DELH	6.12m
8	Anthony Reynolds	FR	SUFF	6.01m
9	Andrew Steverson	FR	WENT	5.98m
10	Showan Isaacs	FR	KING	5.85m
11	Geoffrey Greene	SO	DELH	5.82m
11	Robert Douglas	FR	HARP	5.82m
13	Bryan Smith	FR	MOHA	5.72m
14	Christopher Dow	FR	NORT	5.71m
15	Raouf Osman	FR	MONT	5.41m
16	Fuad Agoro	SO	HARP	5.40m
---	Domonique Thompsor	FR	HERK	FOUL

Men Triple Jump

Meet Record: 14.86m# 2002

	Name	Yr	Team	Finals
Finals				
1	Dannie Holland	FR	SUFF	14.54m
2	Jim Guerrier	FR	ROXB	14.39m
3	Victor Drew	FR	SUFF	14.31m
4	Fuad Agoro	SO	HARP	13.80m
5	Andrew Steverson	FR	WENT	13.01m
6	Kevin Lewis	SO	KING	12.88m
7	David Moore	SO	FING	12.87m
8	Domonique Thompsor	FR	HERK	12.84m
9	Geoffrey Greene	SO	DELH	12.55m
10	Rashon Cooper	FR	MIDD	12.47m
11	Darius Jemmott	FR	NASS	12.42m
---	Jordan Jefferies	FR	CCRH	FOUL

Men Shot Put

Meet Record: 16.83m# 2009

	Name	Yr	Team	Finals
Finals				
1	Errol Jeffrey	SO	BRON	16.06m
2	Chris Brooks	FR	MOHA	14.92m
3	Marc Mobley	FR	NASS	14.34m
4	Greg Gromling	FR	NASS	13.60m
5	Gary Jackson	FR	HARP	13.51m
6	Brandon Bordeau	FR	DELH	13.48m
7	Joseph Christian	FR	FING	13.11m
8	Chris Searles	SO	SUFF	13.03m
9	Alex Benoit	FR	HERK	12.70m
10	Alex Schultz	FR	MOHA	12.48m
11	Quincy Foster	FR	MIDD	12.10m

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Finals ... (Men Shot Put)

12	Darrell Corbin	FR	GLOU	12.05m
13	Tyler Foulds	FR	DELH	11.98m
14	Chris Gattman	SO	MOHA	11.24m
---	Michael Efelis	FR	GLOU	FOUL

Men Discus Throw

Meet Record: 55.69m# 2009

	Name	Yr	Team	Finals
Finals				
1	Chris Gattman	SO	MOHA	43.96m
2	Brandon Bordeau	FR	DELH	41.15m
3	Tomasz Dugozima	SO	BERG	40.94m
4	Joe Pasternacki	SO	THAD	40.91m
5	Chris Searles	SO	SUFF	39.69m
6	Alex Benoit	FR	HERK	38.52m
7	Chris Brooks	FR	MOHA	38.23m
8	D'Andre Ellerbe	FR	DELH	38.07m
9	Tyler Foulds	FR	DELH	37.96m
10	Wayne Smith	SO	BERG	37.30m
11	Michael Efelis	FR	GLOU	37.14m
12	Marc Mobley	FR	NASS	37.07m
13	Gary Jackson	FR	HARP	36.93m
14	Darrell Corbin	FR	GLOU	34.37m
15	Andrew Jones	SO	ALFR	30.22m
16	Peter Brown	FR	HARP	29.94m
---	Errol Jeffrey	SO	BRON	FOUL

Men Hammer Throw

Meet Record: 52.93m# 2009

	Name	Yr	Team	Finals
Finals				
1	Timothy Phok	FR	CCRH	49.12m
2	Andrew Jones	SO	ALFR	47.65m
3	Chris Gattman	SO	MOHA	47.48m
4	Chris Grey	FR	ALFR	44.71m
5	Alex Schultz	FR	MOHA	41.95m
6	Anthony Delguidice	FR	MIDD	41.43m
7	Michael Efelis	FR	GLOU	39.53m
8	Gary Jackson	FR	HARP	38.51m
9	Peter Brown	FR	HARP	37.84m
10	Sargon Youssef	SO	HARP	36.93m
11	Darrell Corbin	FR	GLOU	35.10m
12	Will Houlihan	FR	ALFR	35.06m
13	D'Andre Ellerbe	FR	DELH	34.19m
14	Tomasz Dugozima	SO	BERG	33.02m
15	Wayne Smith	SO	BERG	29.82m
16	James Ronayne	FR	BERG	27.82m
---	Ralph Molu	FR	MOHA	FOUL

Men Javelin Throw

Meet Record: 64.03m# 2004

	Name	Yr	Team	Finals
Finals				
1	Tomasz Dugozima	SO	BERG	54.25m
2	Mark Niemann	SO	HARP	53.07m
3	Sargon Youssef	SO	HARP	51.92m
4	Kyle Delsesto	FR	CCRH	49.68m
5	Patrick Sluder	SO	DELH	48.74m
6	Justin DeShazo	SO	GLOU	48.29m
7	Wayne Smith	SO	BERG	47.16m
8	Jarrett Austin	SO	HARP	46.83m
9	Christopher Dow	FR	NORT	45.67m
10	Alex Hewlett	FR	ALFR	45.61m
11	John Moore	SO	HERK	44.00m
12	Patrick Paletto	FR	BERG	43.22m
13	Will Dickinson	SO	GLOU	42.95m
14	Richard McCall	FR	ALFR	41.71m
15	Raymond Dormer	SO	CCRH	41.68m
16	Al Hall	FR	GLOU	41.35m
17	Andre Adkins	FR	DELH	41.06m
18	Alex Benoit	FR	HERK	40.46m

Men 100 Meter Dash Decathlon

Lane	Name	Yr	Team	Finals
Finals				
1	Andre Adkins	FR	DELH	11.53
2	Jarrett Austin	SO	HARP	11.60
3	Alex Hewlett	FR	ALFR	11.86
4	Kevin Lewis	SO	KING	11.93
5	Robert Watson	FR	DELH	11.97
6	Xzavier Kimbrough	SO	HARP	11.98
7	Mike Reilly	FR	HERK	12.36
7	Patrick Sluder	SO	DELH	12.36
9	Jeremy Cantello	FR	MOHA	12.58

Men 400 Meter Dash Decathlon

Lane	Name	Yr	Team	Finals
Finals				
1	Andre Adkins	FR	DELH	51.49
2	Alex Hewlett	FR	ALFR	52.82
3	Xzavier Kimbrough	SO	HARP	54.03
4	Kevin Lewis	SO	KING	54.51
5	Robert Watson	FR	DELH	55.28
6	Patrick Sluder	SO	DELH	55.39
7	Jarrett Austin	SO	HARP	57.26
8	Jeremy Cantello	FR	MOHA	58.28
9	Mike Reilly	FR	HERK	1:00.83

Men 1500 Meter Run Decathlon

	Name	Yr	Team	Finals
Finals				
1	Robert Watson	FR	DELH	4:54.19
2	Patrick Sluder	SO	DELH	4:56.63
3	Andre Adkins	FR	DELH	4:59.46
4	Alex Hewlett	FR	ALFR	5:03.77
5	Xzavier Kimbrough	SO	HARP	5:07.19
6	Jarrett Austin	SO	HARP	5:07.40
7	Mike Reilly	FR	HERK	5:25.22
8	Kevin Lewis	SO	KING	5:29.57
9	Jeremy Cantello	FR	MOHA	5:43.94

Men 110 Meter Hurdles Decathlon

Lane	Name	Yr	Team	Finals
Finals				
1	Xzavier Kimbrough	SO	HARP	16.75
2	Mike Reilly	FR	HERK	17.12
3	Robert Watson	FR	DELH	17.46
4	Andre Adkins	FR	DELH	18.15
5	Jarrett Austin	SO	HARP	18.43
6	Kevin Lewis	SO	KING	18.50
7	Patrick Sluder	SO	DELH	19.58
8	Alex Hewlett	FR	ALFR	21.15
9	Jeremy Cantello	FR	MOHA	22.84

Men High Jump Decathlon

	Name	Yr	Team	Finals
Finals				
1	Jarrett Austin	SO	HARP	1.88m
2	Xzavier Kimbrough	SO	HARP	1.79m
3	Robert Watson	FR	DELH	1.73m
3	Alex Hewlett	FR	ALFR	1.73m
5	Andre Adkins	FR	DELH	1.67m
5	Patrick Sluder	SO	DELH	1.67m
7	Mike Reilly	FR	HERK	1.61m
8	Kevin Lewis	SO	KING	1.55m
9	Jeremy Cantello	FR	MOHA	1.43m

Men Pole Vault Decathlon

	Name	Yr	Team	Finals
Finals				
1	Jarrett Austin	SO	HARP	3.75m
1	Xzavier Kimbrough	SO	HARP	3.75m
1	Andre Adkins	FR	DELH	3.75m
4	Jeremy Cantello	FR	MOHA	3.35m
5	Patrick Sluder	SO	DELH	3.05m
6	Alex Hewlett	FR	ALFR	2.95m
7	Robert Watson	FR	DELH	2.85m
8	Mike Reilly	FR	HERK	2.15m
---	Kevin Lewis	SO	KING	NH

Men Long Jump Decathlon

	Name	Yr	Team	Finals
Finals				
1	Jarrett Austin	SO	HARP	6.34m
2	Robert Watson	FR	DELH	6.22m
3	Kevin Lewis	SO	KING	6.10m
4	Xzavier Kimbrough	SO	HARP	5.85m
5	Alex Hewlett	FR	ALFR	5.71m
6	Mike Reilly	FR	HERK	5.30m
7	Andre Adkins	FR	DELH	5.14m
8	Patrick Sluder	SO	DELH	5.09m
9	Jeremy Cantello	FR	MOHA	4.98m

Men Shot Put Decathlon

	Name	Yr	Team	Finals
Finals				
1	Andre Adkins	FR	DELH	10.96m

2011 NJCAA Division III Outdoor Championships - 5/5/2011 to 5/7/2011

Alfred State College

Results

Finals ... (Men Shot Put Decathlon)

2	Robert Watson	FR	DELH	10.58m
2	Xzavier Kimbrough	SO	HARP	10.58m
4	Patrick Sluder	SO	DELH	10.27m
5	Jarrett Austin	SO	HARP	10.23m
6	Alex Hewlett	FR	ALFR	9.82m
7	Kevin Lewis	SO	KING	9.61m
8	Mike Reilly	FR	HERK	8.90m
9	Jeremy Cantello	FR	MOHA	6.32m

Men Discus Throw Decathlon

	Name	Yr	Team	Finals
Finals				
1	Andre Adkins	FR	DELH	34.16m
2	Jarrett Austin	SO	HARP	32.19m
3	Xzavier Kimbrough	SO	HARP	28.13m
4	Patrick Sluder	SO	DELH	26.21m
5	Kevin Lewis	SO	KING	26.06m
6	Mike Reilly	FR	HERK	24.45m
7	Alex Hewlett	FR	ALFR	23.57m
8	Robert Watson	FR	DELH	23.38m
9	Jeremy Cantello	FR	MOHA	19.84m

Men Javelin Throw Decathlon

	Name	Yr	Team	Finals
Finals				
1	Jarrett Austin	SO	HARP	48.50m
2	Patrick Sluder	SO	DELH	45.84m
3	Alex Hewlett	FR	ALFR	44.33m
4	Xzavier Kimbrough	SO	HARP	41.62m
5	Andre Adkins	FR	DELH	39.41m
6	Mike Reilly	FR	HERK	37.16m
7	Kevin Lewis	SO	KING	33.46m
8	Jeremy Cantello	FR	MOHA	32.48m
9	Robert Watson	FR	DELH	29.94m

Men Decathlon

Meet Record: 6072# 2004

	Name	Yr	Team	Finals
Finals				
1	Jarrett Austin	SO	HARP	5724
2	Xzavier Kimbrough	SO	HARP	5600
3	Andre Adkins	FR	DELH	5568
4	Robert Watson	FR	DELH	5096
5	Alex Hewlett	FR	ALFR	4929
6	Patrick Sluder	SO	DELH	4835
7	Kevin Lewis	SO	KING	4394
8	Mike Reilly	FR	HERK	4262
9	Jeremy Cantello	FR	MOHA	3538