

Sam Howell Invitational - 4/8/2016 to 4/9/2016

Princeton University

Performance List - Saturday

Event 26 Men 4x100 Meter Relay (3)

Team	Relay	Seed Time
1 Harvard	A	
1) David Gawlas SR	2) James Lim SR	
3) Tomoya Hasegawa JR	4) Nicky Maxwell SO	
2 NYU	A	
1) Caleb Su SR	2) Budd Brown SR	
3) Malcolm Montilus SR	4) Matt Powers SR	
3 Princeton	A	
1) Jake Scinto SR	2) Josh Billington FR	
3) Daniel McCord SR	4) Carrington Akosa FR	

Event 27 Women 4x100 Meter Relay (4)

Team	Relay	Seed Time
1 Adelphi	A	
1) Ena Otaka JR	2) Idongesit Ekong SO	
3) Mary Camarano JR	4) Aleisha Jeffers FR	
2 Connecticut	A	
1) Taylor Anderson JR	2) Nyanka Joseph SR	
3) Deysha Smith-Jenkins SR	4) Sarah Bowens SR	
3 NYU	A	
1) Kristina Harris SR	2) Justina Sanders-Schifano SR	
3) Alyssa Jean SR	4) Mary Conti SR	
4 Princeton	A	
1) Shea Copeland FR	2) Quinn Parker SO	
3) Sara Ronde SR	4) Christina Walter SO	

Event 13 Men 1500 Meter Run (24)

Name	Yr	School	Seed Time
1 Louis Colson	SO	Harvard	
2 Eddie Cruz-Desintonio	NYU		
3 Robert Desisto	NYU		
4 Michael Grady	FR	Adelphi	
5 Sean Grady	JR	Adelphi	
6 Liam Hackett	FR	Harvard	
7 Tyler Hanson	JR	Boston Colle	
8 Nick Linder	FR	Harvard	
9 Brian McDavitt	JR	Boston Colle	
10 Gabriel McLarnan	SO	Boston Colle	
11 James McMahan	NYU		
12 Gabe Montague	SO	Harvard	
13 Daniel Morley	SR	Adelphi	
14 Jack Morris	FR	Boston Colle	
15 Richard Moschella	SR	Boston Colle	
16 Daniel Moverman	SO	Boston Colle	
17 Thomas Negron	JR	Harvard	
18 Jack O'Reilly	SO	Boston Colle	
19 Jordan Reyes	NYU		
20 Daniel Rieger	NYU		
21 Ian Ritchie	FR	Boston Colle	
22 Jack Sexton	FR	Boston Colle	
23 Kevin Sullivan	JR	Boston Colle	
24 Kieran Tuntivate	FR	Harvard	

Event 14 Women 1500 Meter Run (17)

Name	Yr	School	Seed Time
1 Taylor Bacon	FR	Princeton	
2 Rachael Chacko	JR	Princeton	
3 Emily Dethefs	NYU		
4 Mallory Edens	SO	Princeton	
5 Ava Farrell	SR	Vassar	
6 Hannah Fleming	FR	Connecticut	
7 Kieran Gallagher	SR	Harvard	
8 Birdie Hutton	SR	Princeton	
9 Allie Klimkiewicz	FR	Princeton	
10 Maggie Lalowski	NYU		
11 Seona Maloney	SO	Adelphi	
12 Alexandra Markovich	JR	Princeton	
13 Justine Morris	NYU		
14 Melinda Renuart	SO	Princeton	
15 Sarah Rinehart	FR	Gettysburg	
16 Megan Wagner	SO	Cortland St.	
17 Emily Ward	FR	La Salle	

Event 21 Women 100 Meter Hurdles (14) Prelims

Name	Yr	School	Seed Time
1 Saija Bikanova	SR	Connecticut	
2 Mary Camarano	JR	Adelphi	
3 Maia Craver	SO	Princeton	
4 Allison Harris	JR	Princeton	
5 Kerry Krause	SR	Princeton	
6 Frances Lodge	FR	Princeton	
7 Danielle Medellin	NYU		
8 Michelle Mitchell	NYU		
9 Toni-Ann Moore	SR	Connecticut	
10 Taylor Morgan	SR	Princeton	
11 Ellie Randolph	FR	Princeton	
12 Harper Randolph	NYU		
13 Mikaela Sawyer	FR	Princeton	
14 Ashley Wiggins	SO	Connecticut	

Event 20 Men 110 Meter Hurdles (7) Prelims

Name	Yr	School	Seed Time
1 Devaun Bovell	JR	Boston Colle	
2 James Burns	SO	Princeton	
3 Greg Caldwell	SR	Princeton	
4 Kenneth Coleman	SR	Adelphi	
5 Luke Pascale	JR	Adelphi	
6 Deion Raper	SO	Bryant	
7 Sebastian Silveira	FR	Princeton	

Event 5 Men 400 Meter Dash (18)

Name	Yr	School	Seed Time
1 Oliver Boucher	FR	Boston Colle	
2 Cole Bransford	FR	Princeton	
3 Budd Brown	SR	NYU	
4 Joshua Freeman	SO	Princeton	
5 Evan Gray	SO	Boston Colle	
6 Darren James	JR	Boston Colle	
7 Jabari Johnson	JR	Princeton	

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Performance List - Saturday**Event 5 ... (Men 400 Meter Dash (18))**

Name	Yr	School	Seed Time
8 Fred Lam		NYU	_____
9 Travis McHugh	SR	Princeton	_____
10 Malcolm Montilus	SR	NYU	_____
11 Nicholas Nash	JR	Boston Colle	_____
12 Obinna Nwankwo	JR	Boston Colle	_____
13 Charlie O'Brien	FR	Villanova	_____
14 Brennan O'Connor	SO	Princeton	_____
15 Matt Powers	SR	NYU	_____
16 Maxwell Schwegman	SO	Princeton	_____
17 Michael Seaton	SO	Princeton	_____
18 Bryant Switzer	JR	Princeton	_____

Event 6 Women 400 Meter Dash (24)

Name	Yr	School	Seed Time
1 Jackie Berardo	FR	Princeton	_____
2 Mary Conti	SR	NYU	_____
3 Katie Foley	SO	Connecticut	_____
4 Ashley Forte	SO	Princeton	_____
5 Allison Glossinger	FR	Princeton	_____
6 Lydia Guo	SR	NYU	_____
7 Nyanka Joseph	SR	Connecticut	_____
8 Anna Jurew	FR	Princeton	_____
9 Sarah Knowles	FR	Villanova	_____
10 Angela Mongitore	SR	Adelphi	_____
11 Danielle Murray	SR	NYU	_____
12 Sydnee Over	JR	Connecticut	_____
13 Quinn Parker	SO	Princeton	_____
14 Ashley Reed	SO	Princeton	_____
15 Samantha Scoggins	SR	NYU	_____
16 Zoe Sims	JR	Princeton	_____
17 Deysha Smith-Jenkins	SR	Connecticut	_____
18 Elisa Steele	JR	Princeton	_____
19 Kelsey Swanson		Connecticut	_____
20 Paris Taft	SR	Connecticut	_____
21 Kat Vodopia	SR	Connecticut	_____
22 Drew Washington	SR	NYU	_____
23 Michaela Wilkins	SR	Villanova	_____
24 Yazmin Wilson-Jones	SO	Villanova	_____

Event 1 Men 100 Meter Dash (17)

Name	Yr	School	Seed Time
1 Carrington Akosa	FR	Princeton	_____
2 Brent Albertson	JR	Princeton	_____
3 Josh Billington	FR	Princeton	_____
4 Robert Cacace	SR	Villanova	_____
5 Austin Drescher	SO	Adelphi	_____
6 David Gawlas	SR	Harvard	_____
7 Tomoya Hasegawa	JR	Harvard	_____
8 Bryant Herlocker	SO	Villanova	_____
9 Nicky Maxwell	SO	Harvard	_____
10 Daniel McCord	SR	Princeton	_____
11 Matt Powers	SR	NYU	_____
12 Maxwell Schwegman	SO	Princeton	_____
13 Jake Scinto	SR	Princeton	_____

14 Michael Seaton	SO	Princeton	_____
15 Caleb Su	SR	NYU	_____
16 Charles Volker	FR	Princeton	_____
17 Brandon Yao	SO	Princeton	_____

Event 2 Women 100 Meter Dash (13)

Name	Yr	School	Seed Time
1 Taylor Anderson	JR	Connecticut	_____
2 Odrine Belot	SR	Connecticut	_____
3 Shea Copeland	FR	Princeton	_____
4 Idongesit Ekong	SO	Adelphi	_____
5 Kristina Harris	SR	NYU	_____
6 Alyssa Jean	SR	NYU	_____
7 Aleisha Jeffers	FR	Adelphi	_____
8 Zayna Milligan-Gardner	SR	Connecticut	_____
9 Chioma Nwana		NYU	_____
10 Ena Otaka	JR	Adelphi	_____
11 Harper Randolph		NYU	_____
12 Justina Sanders-Schifano	SR	NYU	_____
13 Christina Walter	SO	Princeton	_____

Event 9 Men 800 Meter Run (22)

Name	Yr	School	Seed Time
1 Daniel Alpert	SO	Harvard	_____
2 Anthony Coccia	SO	Adelphi	_____
3 Jesaiah Coy	SR	Harvard	_____
4 Malik Epps	SR	Harvard	_____
5 Robert Hogg	SR	Harvard	_____
6 Cris Hunter	SO	La Salle	_____
7 Darren James	JR	Boston Colle	_____
8 Joseph Leconey	SO	La Salle	_____
9 William Marois	JR	Adelphi	_____
10 Conner Meenan		NYU	_____
11 Daniel Moverman	SO	Boston Colle	_____
12 Thomas Negron	JR	Harvard	_____
13 Obinna Nwankwo	JR	Boston Colle	_____
14 Jack O'Reilly	SO	Boston Colle	_____
15 Dylan Picart	FR	Adelphi	_____
16 Collin Pierlott	SO	La Salle	_____
17 Daniel Saczyk	FR	NYU	_____
18 Anthony Seara	JR	Adelphi	_____
19 Jack Sexton	FR	Boston Colle	_____
20 Robert Somary	JR	Boston Colle	_____
21 Kieran Tuntivate	FR	Harvard	_____
22 Andrew Willis	FR	Boston Colle	_____

Event 10 Women 800 Meter Run (21)

Name	Yr	School	Seed Time
1 Mim Buscher	FR	Princeton	_____
2 Rachael Chacko	JR	Princeton	_____
3 Caroline Conte	SO	Sacred Heart	_____
4 Claire Corbett	JR	Rowan	_____
5 Nicole Cote	JR	Sacred Heart	_____
6 Megan Davis		NYU	_____
7 Sara Dever	SO	La Salle	_____
8 Christine Donnelly	SR	Sacred Heart	_____

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Performance List - Saturday

Event 10 ... (Women 800 Meter Run (21))

Name	Yr	School	Seed Time
9 Anastasia Filimonsteva		NYU	_____
10 Melana Hammel	FR	Princeton	_____
11 Kaitlin Hanss	JR	Princeton	_____
12 Wendy He		NYU	_____
13 Lindsey Kane	FR	Connecticut	_____
14 Brighie Leach	FR	Princeton	_____
15 Seona Maloney	SO	Adelphi	_____
16 Cristina Martello	SO	Sacred Heart	_____
17 Delaney Miller	SO	Princeton	_____
18 Becky Perugini	SO	Connecticut	_____
19 Gabriela Saltos	JR	Adelphi	_____
20 Kelsey Swanson		Connecticut	_____
21 Vanessa Valdes	SR	Rowan	_____

Event 22 Men 400 Meter Hurdles (12)

Name	Yr	School	Seed Time
1 Kenneth Coleman	SR	Adelphi	_____
2 Utsav Deshpande	FR	Villanova	_____
3 Christian Fryer-Davis	FR	Princeton	_____
4 Alex Kirby	SR	Harvard	_____
5 Greg Leeper	JR	Princeton	_____
6 Spencer Long	SO	Princeton	_____
7 Jordan Myers	SR	Princeton	_____
8 Luke Pascale	JR	Adelphi	_____
9 Michael Saxon	FR	Boston Colle	_____
10 Daniel Sovich		NYU	_____
11 Nick Torsitano		NYU	_____
12 Peter Winslow	JR	Villanova	_____

Event 23 Women 400 Meter Hurdles (9)

Name	Yr	School	Seed Time
1 Madelyn Baron	SO	Princeton	_____
2 Carly Bonnet	FR	Princeton	_____
3 Mary Camarano	JR	Adelphi	_____
4 Alexa Goldman		NYU	_____
5 Lydia Guo	SR	NYU	_____
6 Arielle Massillon	JR	Villanova	_____
7 Meghan McMullin	SR	Princeton	_____
8 Temi Odukale	FR	Villanova	_____
9 Lisa Zimmer	SR	Connecticut	_____

Event 3 Men 200 Meter Dash (22)

Name	Yr	School	Seed Time
1 Carrington Akosa	FR	Princeton	_____
2 Brent Albertson	JR	Princeton	_____
3 Josh Billington	FR	Princeton	_____
4 Oliver Boucher	FR	Boston Colle	_____
5 James Burns	SO	Princeton	_____
6 Jesaiah Coy	SR	Harvard	_____
7 Austin Drescher	SO	Adelphi	_____
8 Joshua Freeman	SO	Princeton	_____
9 David Gawlas	SR	Harvard	_____
10 Tomoya Hasegawa	JR	Harvard	_____
11 Bryant Herlocker	SO	Villanova	_____

12 Nicky Maxwell	SO	Harvard	_____
13 Daniel McCord	SR	Princeton	_____
14 Nicholas Nash	JR	Boston Colle	_____
15 Bryan Oslin	SR	Princeton	_____
16 Matt Powers	SR	NYU	_____
17 Maxwell Schwegman	SO	Princeton	_____
18 Jake Scinto	SR	Princeton	_____
19 Michael Seaton	SO	Princeton	_____
20 Caleb Su	SR	NYU	_____
21 Bryant Switzer	JR	Princeton	_____
22 Brandon Yao	SO	Princeton	_____

Event 4 Women 200 Meter Dash (30)

Name	Yr	School	Seed Time
1 Taylor Anderson	JR	Connecticut	_____
2 Ariel Becker	JR	Princeton	_____
3 Sarah Bowens	SR	Connecticut	_____
4 Toni Brown	FR	Connecticut	_____
5 Sofia Calabrese	FR	Villanova	_____
6 Niki Cleary	FR	Villanova	_____
7 Shea Copeland	FR	Princeton	_____
8 Maia Craver	SO	Princeton	_____
9 Idongesit Ekong	SO	Adelphi	_____
10 Allison Glossinger	FR	Princeton	_____
11 Allison Harris	JR	Princeton	_____
12 Kristina Harris	SR	NYU	_____
13 Alyssa Jean	SR	NYU	_____
14 Aleisha Jeffers	FR	Adelphi	_____
15 Nyanka Joseph	SR	Connecticut	_____
16 Sarah Knowles	FR	Villanova	_____
17 Zayna Milligan-Gardner	SR	Connecticut	_____
18 Toni-Ann Moore	SR	Connecticut	_____
19 Ena Otaka	JR	Adelphi	_____
20 MiaLynne Park	SO	Bryant	_____
21 Quinn Parker	SO	Princeton	_____
22 Ellie Randolph	FR	Princeton	_____
23 Ashley Reed	SO	Princeton	_____
24 Sara Ronde	SR	Princeton	_____
25 Justina Sanders-Schifano	SR	NYU	_____
26 Mikaela Sawyer	FR	Princeton	_____
27 Samantha Scoggins	SR	NYU	_____
28 Deysha Smith-Jenkins	SR	Connecticut	_____
29 Elisa Steele	JR	Princeton	_____
30 Ashley Wiggins	SO	Connecticut	_____

Event 15 Women 3000 Meter Run (3)

Name	Yr	School	Seed Time
1 Allie Klimkiewicz	FR	Princeton	_____
2 Brighie Leach	FR	Princeton	_____
3 Melissa Reed	SO	Princeton	_____

Event 28 Men 4x400 Meter Relay (5)

Team	Relay	Seed Time
1 Adelphi	A	_____
1) Kenneth Coleman SR	2) Luke Pascale JR	
3) Austin Drescher SO	4) Michael Grady FR	

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Performance List - Saturday

Event 28 ... (Men 4x400 Meter Relay (5))

Team	Relay	Seed Time
2 Boston Colle	A	
1) Nicholas Nash JR	2) Michael Saxon FR	
3) Oliver Boucher FR	4) Obinna Nwankwo JR	
3 Harvard	A	
1) Alex Kirby SR	2) Tomoya Hasegawa JR	
3) David Gawlas SR	4) Jesaiah Coy SR	
4 NYU	A	
1) Matt Powers SR	2) Malcolm Montilus SR	
3) Max Avila SR	4) Budd Brown SR	
5 Princeton	A	
1) Daniel McCord SR	2) Cole Bransford FR	
3) Jabari Johnson JR	4) Joshua Freeman SO	

Event 29 Women 4x400 Meter Relay (7)

Team	Relay	Seed Time
1 Adelphi	A	
1) Gabriela Saltos JR	2) Angela Mongitore SR	
3) Nicole Elarde JR	4) Mary Camarano JR	
2 Connecticut	A	
1) Deysha Smith-Jenkins SR	2) Sydnee Over JR	
3) Paris Taft SR	4) Nyanka Joseph SR	
3 Connecticut	B	
1) Katie Foley SO	2) Lisa Zimmer SR	
3) Kat Vodopia SR	4) Hannah Parker FR	
4 NYU	A	
1) Drew Washington SR	2) Ireland Gibson SR	
3) Danielle Murray SR	4) Mary Conti SR	
5 Princeton	A	
1) Elisa Steele JR	2) Carly Bonnet FR	
3) Allison Glossinger FR	4) Ashley Reed SO	
6 Princeton	B	
1) Kerry Krause SR	2) Madelyn Baron SO	
3) Frances Lodge FR	4) Taylor Morgan SR	
7 Princeton	C	
1) Christina Walter SO	2) Michelle Tracy SR	
3) Melinda Renuart SO	4) Melana Hammel FR	

Event 42 Women Shot Put (12)

Name	Yr	School	Seed Mark
1 Amelia Ali	FR	Dartmouth	
2 Saija Bikanova	SR	Connecticut	
3 Melissa Dunham	JR	Dartmouth	
4 Kristen Erickson	JR	Villanova	
5 Kerry Krause	SR	Princeton	
6 Frances Lodge	FR	Princeton	
7 Taylor Morgan	SR	Princeton	
8 Kelly Myers	SR	Connecticut	
9 Kennedy O'Dell	SO	Princeton	
10 Mikaela Sawyer	FR	Princeton	
11 Theresa Swanke	SO	Connecticut	
12 Kelli Thomas	SO	Connecticut	

Event 43 Men Shot Put (9)

Name	Yr	School	Seed Mark
1 Jared Bell	JR	Princeton	
2 Tim Brennan	JR	Dartmouth	
3 Mitchel Charles	SO	Princeton	
4 Chris Cook	JR	Princeton	
5 Colin Minor	SO	Dartmouth	
6 Lucas Ribeiro	FR	Dartmouth	
7 Henry Sise	FR	Villanova	
8 Dan Sullivan	JR	Villanova	
9 Daniel Timko	FR	Villanova	

Event 33 Men Discus Throw (9)

Name	Yr	School	Seed Mark
1 Jared Bell	JR	Princeton	
2 Robert Cacace	SR	Villanova	
3 Mitchel Charles	SO	Princeton	
4 Chris Cook	JR	Princeton	
5 Joseph Kaas	JR	Georgian Cou	
6 Lucas Ribeiro	FR	Dartmouth	
7 Patrick Sheehan	SO	Adelphi	
8 Henry Sise	FR	Villanova	
9 Dan Sullivan	JR	Villanova	

Event 32 Women Discus Throw (9)

Name	Yr	School	Seed Mark
1 Amelia Ali	FR	Dartmouth	
2 Megan Chapman	SR	Connecticut	
3 Melissa Dunham	JR	Dartmouth	
4 Kristen Erickson	JR	Villanova	
5 Sophia Iosue	SO	Harvard	
6 Samantha Mazur	SO	Connecticut	
7 Kennedy O'Dell	SO	Princeton	
8 Brielle Rowe	SR	Princeton	
9 Alexandria Zimmerman	FR	Villanova	

Event 35 Men Long Jump (3)

Name	Yr	School	Seed Mark
1 Stefan Amokwandoh	FR	Princeton	
2 Lane Russell	SO	Princeton	
3 Jake Scinto	SR	Princeton	

Event 34 Women Long Jump (12)

Name	Yr	School	Seed Mark
1 Ariel Becker	JR	Princeton	
2 Saija Bikanova	SR	Connecticut	
3 Sarah Bowens	SR	Connecticut	
4 Sierra Cameron	SO	Connecticut	
5 Maia Craver	SO	Princeton	
6 Christine Donat	JR	Connecticut	
7 Frances Lodge	FR	Princeton	
8 Taylor Morgan	SR	Princeton	
9 Ellie Randolph	FR	Princeton	
10 Melodee Riley	SR	Connecticut	
11 Sara Ronde	SR	Princeton	
12 Mikaela Sawyer	FR	Princeton	

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Performance List - Saturday**Event 36 Women Triple Jump (6)**

	Name	Yr	School	Seed Mark
1	Odrine Belot	SR	Connecticut	_____
2	Christine Donat	JR	Connecticut	_____
3	Sydney Hausman	JR	Princeton	_____
4	Delaney Kerkhof	SO	Princeton	_____
5	Alex Lanzafame	JR	Princeton	_____
6	Melodee Riley	SR	Connecticut	_____

Event 40 Women High Jump (4)

	Name	Yr	School	Seed Mark
1	Saija Bikanova	SR	Connecticut	_____
2	Emi Kanyo	JR	Connecticut	_____
3	Kerry Krause	SR	Princeton	_____
4	Taylor Morgan	SR	Princeton	_____

Event 38 Women Pole Vault (8)

	Name	Yr	School	Seed Mark
1	Gabriella Attanasio	JR	Connecticut	_____
2	Laurel Bailey	FR	Connecticut	_____
3	Allison Harris	JR	Princeton	_____
4	Brittany Henderson	SO	Princeton	_____
5	Nicole Kelly	FR	Connecticut	_____
6	Katlyn Rymarzow	FR	Princeton	_____
7	Lauren Santi	JR	Princeton	_____
8	Emily Shipley	SR	Ramapo	_____