

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 (22)

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 Thomas Negron	JR	Harvard	_____
17 Jack O'Reilly	SO	Boston Colle	_____
18 Jordan Reyes		NYU	_____
19 Daniel Rieger		NYU	_____
20 Ian Ritchie	FR	Boston Colle	_____
21 Jack Sexton	FR	Boston Colle	_____
22 Kieran Tuntivate	FR	Harvard	_____

Event 14 Women 1500 Meter Run (13)

Name	Yr	School	Seed Time
1 Taylor Bacon	FR	Princeton	_____
2 Rachael Chacko	JR	Princeton	_____

3 Emily Dethefs		NYU	_____
4 Ava Farrell	SR	Vassar	_____
5 Hannah Fleming	FR	Connecticut	_____
6 Kieran Gallagher	SR	Harvard	_____
7 Maggie Lalowski		NYU	_____
8 Alexandra Markovich	JR	Princeton	_____
9 Justine Morris		NYU	_____
10 Melinda Renuart	SO	Princeton	_____
11 Sarah Rinehart	FR	Gettysburg	_____
12 Megan Wagner	SO	Cortland St.	_____
13 Emily Ward	FR	La Salle	_____

Event 21 Women 100 Meter Hurdles (15) 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 Jaymie O'Connor		Vanier College	_____
12 Ellie Randolph	FR	Princeton	_____
13 Harper Randolph		NYU	_____
14 Mikaela Sawyer	FR	Princeton	_____
15 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	_____
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	_____

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Performance List - Saturday

Event 5 ... (Men 400 Meter Dash (18))

Name	Yr	School	Seed Time
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 (15)

Name	Yr	School	Seed Time
1 Carrington Akosa	FR	Princeton	_____
2 Brent Albertson	JR	Princeton	_____
3 Josh Billington	FR	Princeton	_____
4 Austin Drescher	SO	Adelphi	_____
5 David Gawlas	SR	Harvard	_____
6 Tomoya Hasegawa	JR	Harvard	_____
7 Nicky Maxwell	SO	Harvard	_____
8 Daniel McCord	SR	Princeton	_____
9 Matt Powers	SR	NYU	_____
10 Maxwell Schwegman	SO	Princeton	_____
11 Jake Scinto	SR	Princeton	_____
12 Michael Seaton	SO	Princeton	_____
13 Caleb Su	SR	NYU	_____
14 Charles Volker	FR	Princeton	_____
15 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 (21)

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 Thomas Negron	JR	Harvard	_____
12 Obinna Nwankwo	JR	Boston Colle	_____
13 Jack O'Reilly	SO	Boston Colle	_____
14 Dylan Picart	FR	Adelphi	_____
15 Collin Pierlott	SO	La Salle	_____
16 Daniel Saczyk	FR	NYU	_____
17 Anthony Seara	JR	Adelphi	_____
18 Jack Sexton	FR	Boston Colle	_____
19 Robert Somary	JR	Boston Colle	_____
20 Kieran Tuntivate	FR	Harvard	_____
21 Andrew Willis	FR	Boston Colle	_____

Event 10 Women 800 Meter Run (18)

Name	Yr	School	Seed Time
1 Marie-Fee Breyer	FR	Princeton	_____
2 Mim Buscher	FR	Princeton	_____
3 Rachael Chacko	JR	Princeton	_____
4 Claire Corbett	JR	Rowan	_____
5 Nicole Cote	JR	Sacred Heart	_____
6 Megan Davis		NYU	_____
7 Sara Dever	SO	La Salle	_____
8 Nicole Elarde	JR	Adelphi	_____
9 Anastasia Filimonsteva		NYU	_____
10 Melana Hammel	FR	Princeton	_____
11 Kaitlin Hanss	JR	Princeton	_____
12 Wendy He		NYU	_____
13 Lindsey Kane	FR	Connecticut	_____
14 Delaney Miller	SO	Princeton	_____
15 Becky Perugini	SO	Connecticut	_____
16 Gabriela Saltos	JR	Adelphi	_____
17 Kelsey Swanson		Connecticut	_____
18 Vanessa Valdes	SR	Rowan	_____

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Performance List - Saturday

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 (21)

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

Event 4 Women 200 Meter Dash (28)

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	Shea Copeland	FR Princeton	_____
6	Maia Craver	SO Princeton	_____
7	Idongesit Ekong	SO Adelphi	_____
8	Allison Glossinger	FR Princeton	_____
9	Allison Harris	JR Princeton	_____
10	Kristina Harris	SR NYU	_____
11	Alyssa Jean	SR NYU	_____
12	Aleisha Jeffers	FR Adelphi	_____
13	Nyanka Joseph	SR Connecticut	_____
14	Sarah Knowles	FR Villanova	_____
15	Zayna Milligan-Gardner	SR Connecticut	_____
16	Toni-Ann Moore	SR Connecticut	_____
17	Ena Otaka	JR Adelphi	_____
18	MiaLynne Park	SO Bryant	_____
19	Quinn Parker	SO Princeton	_____
20	Ellie Randolph	FR Princeton	_____
21	Ashley Reed	SO Princeton	_____
22	Sara Ronde	SR Princeton	_____
23	Justina Sanders-Schifano	SR NYU	_____
24	Mikaela Sawyer	FR Princeton	_____
25	Samantha Scoggins	SR NYU	_____
26	Deysha Smith-Jenkins	SR Connecticut	_____
27	Elisa Steele	JR Princeton	_____
28	Ashley Wiggins	SO Connecticut	_____

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	
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	

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Performance List - Saturday

Event 29 ... (Women 4x400 Meter Relay (7))

Team	Relay	Seed Time
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 Bowers	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	_____

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	_____