

Sam Howell Invitational - 4/4/2025

**Princeton University
Results - Saturday**

Women 100 Meter Dash

Meet Record: 11.4h #

Michelle Brown

Name	Yr	School	Finals
Finals			
1 Maisha Atkinson	JR	Princeton	11.91 -0.1
2 Taylor Johnson	JR	Rider	12.07 -0.1
3 Nya Browne	SO	Temple	12.25 -0.8
4 Lucia Garcia-Beltran	JR	Rutgers	12.29 -0.8
5 Franziska Burchett	SO	Princeton	12.35 -0.1
6 Alexandra Kelly	JR	Princeton	12.36 -0.1
7 Valencia Gosser	JR	Rider	12.36 -0.1
8 Allyson Metzger	SR	Temple	12.46 -0.1
9 Jianna Fairfax	SO	Rider	12.47 -0.1
10 Adaugo Ilonze	FR	La Salle	12.49 0.4
11 Kettia Ambrose	SO	Monroe Univ.	12.78 -0.1
12 Sara Ryan	FR	Rider	12.79 -0.8
13 Sabrina Difilippo	SO	Rider	12.94 -0.8
14 Morgan Levine	FR	Rider	13.02 0.4
15 Viola Clay	SO	La Salle	13.15 0.4
16 Stacy Larose	JR	La Salle	13.64 0.4

Women 200 Meter Dash

Meet Record: 23.48 # 2005

Aliann Pompey

Name	Yr	School	Finals
Finals			
1 Adelaide Asante	SR	Princeton	23.66 0.3
2 Maisha Atkinson	JR	Princeton	23.95 0.3
3 Hailey Palmer	SR	Rider	24.74 0.3
4 Taylor Johnson	JR	Rider	24.77 2.2
5 Georgina Scoot	JR	Princeton	24.79 0.3
6 Allyson Metzger	SR	Temple	24.81 0.3
7 Nya Browne	SO	Temple	24.88 0.3
8 Dylan Giloley	FR	Rider	25.16 2.2
9 Lauren Harris	SR	Princeton	25.20 2.2
10 Jianna Fairfax	SO	Rider	25.36 +0.0
11 Tamara Rawles	JR	Rider	25.52 2.2
12 Amari Pinkett	FR	Rider	25.58 2.2
13 Franziska Burchett	SO	Princeton	25.76 +0.0
14 Valencia Gosser	JR	Rider	25.76 2.2
15 Kierstin Ashby	FR	NJIT	25.86 +0.0
16 Morgan Jean	FR	Rider	25.97 +0.0
17 Sabrina Difilippo	SO	Rider	26.50 +0.0
18 Kenya Williams	FR	Rider	26.95 -0.1
19 Abigail Bugasch	SO	NJIT	27.35 -0.1
20 Oluwanifemi Olufowobi	FR	NJIT	27.77 -0.1

Women 400 Meter Dash

Meet Record: 53.22 # 2013

Sophie Smellie

Name	Yr	School	Finals
Finals			
1 Kettia Ambrose	SO	Monroe Univ.	55.09
2 kaliyah Jones	FR	Monroe Univ.	55.78
3 Hailey Palmer	SR	Rider	56.04
4 Tamara Rawles	JR	Rider	56.37
5 Cynthia Boakye	SO	Rutgers	56.48

6	Mariah Jameson	FR	Temple	56.58
7	Dahlia Beasley	FR	Rutgers	56.82
8	Kierstin Ashby	FR	NJIT	56.92
9	Amari Pinkett	FR	Rider	57.63
10	Hannah Riggins	SO	Princeton	57.76
11	Morgan Jean	FR	Rider	58.76
12	Lucia Julvez	SO	NJIT	58.92
13	Jayla Green	FR	Temple	59.76
14	Kenya Williams	FR	Rider	1:00.86
15	Maliah Powell	FR	Temple	1:01.81
16	Terren Bolton	SO	Temple	1:02.34
17	Arie Still	FR	Rider	1:02.48
18	Abigail Bugasch	SO	NJIT	1:02.50
19	Julihanna Johnson	SO	Monroe Univ.	1:05.76
20	Jazmiene Ferguson	FR	Monroe Univ.	1:06.54

Women 800 Meter Run

Meet Record: 2:01.04 # 2019

Raevyn Rogers

Name	Yr	School	Finals
Finals			
1 Sarah Jane Underwood		CPTC Tracksmith	2:04.00
2 Carmel Fitzgibbon	SO	Yale	2:04.49
3 Rory Clare	JR	Columbia	2:05.17
4 Iris Bergman	SR	Yale	2:05.55
5 Lucy Henkel	JR	Columbia	2:05.79
6 Grace Carr	SO	Columbia	2:06.64
7 Shelby Whetstone		Scarlet Knights	2:06.94
8 Stella Vieth	JR	Princeton	2:08.78
9 Maddie Cramer	JR	Princeton	2:09.17
10 Olivia Martin	SO	Princeton	2:09.43
11 Lexy Rivard	SR	Unattached	2:10.90
12 Sofia Condrion	SO	Rutgers	2:11.02
13 Isabella Shertzer	FR	Columbia	2:11.17
14 Anna Chamberlin	JR	Yale	2:11.45
15 Kalista Villatoro	SO	Yale	2:13.48
16 Daniella Henderson	SO	Yale	2:14.84
17 Anna Hoffman	SO	Unattached	2:15.00
18 Jenai Berry	SO	Rutgers	2:15.32
19 Krisantha Spencer	SR	Rider	2:15.49
20 Kylie Goldfarb	SR	Yale	2:15.55
21 Cara Joyce	JR	Yale	2:16.30
22 Julia Flood	SR	La Salle	2:17.55
23 Hayley Lucido	SO	NJIT	2:17.63
24 Lydia Wallace	SR	Rider	2:17.72
25 Ruby Barton	JR	Yale	2:18.40
26 Claire Annuik	FR	Rutgers	2:20.41
27 Jenna Keith	JR	NJIT	2:20.85
28 Maile McFadden	FR	Rider	2:21.73
29 Tatiana Nunez	SO	Rider	2:22.95
30 Julie Ruskan	SR	Rider	2:23.12
31 Zuzanna Bak	JR	Temple	2:24.60
32 Ella Burnham	SO	Unattached	2:24.72
33 Olivia Bortz	FR	Rider	2:26.63
34 Olivia Schweitzer	FR	Unattached	2:29.21
35 Aubriana Marranca	SR	Rider	2:35.77
36 Cali Marck	JR	Rider	2:38.43

Sam Howell Invitational - 4/4/2025

Princeton University
Results - Saturday

Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
--- Paola Rodriguez	SR	Princeton	DNF
--- Cassidy Johnson		Unattached	DNF

Women 1500 Meter Run

Meet Record: 4:13.75 # 2019

Ajee Wilson

Name	Yr	School	Finals
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Finals

1	Gwenno Goode	SO	La Salle	4:21.91
2	Emma McGill	JR	Villanova	4:23.09
3	Cindy Bourdier		CPTC Tracksmith	4:24.10
4	Grace Medei	SR	Rider	4:31.14
5	Pia Beaulieu		Unattached	4:31.46
6	Susan Aneno		Atalanta NYC	4:31.70
7	Neve Moulai	JR	La Salle	4:33.86
8	Claire Archer	JR	Yale	4:34.21
9	Daphne Banino	JR	Princeton	4:34.88
10	Paige Boyce	SO	Rutgers	4:36.05
11	Mari Noble	SR	Princeton	4:36.49
12	Georgia-Rose Dawson	JR	La Salle	4:36.69
13	Jordan O'Neill	SR	Rider	4:36.79
14	Elizabeth Page	FR	Swarthmore	4:37.20
15	Anita Miller	FR	Unattached	4:39.07
16	Lily Anderson	SR	Brooklyn TC	4:39.81
17	Gabriella Pagano	JR	Rowan	4:41.85
18	Kiera Udell	SO	Loyola (Md.)	4:41.94
19	Amelia Artz	SO	La Salle	4:42.17
20	Anna Chittenden	SO	Princeton	4:43.80
21	Kinsey Pogue	JR	Villanova	4:44.24
22	Attoya Harvey	SO	Monroe Univ.	4:48.33
23	Lindsay Clive-Smith	FR	Villanova	4:50.43
24	Cassidy Kidd	FR	Rutgers	4:52.91
25	Sumaira Mayan	SR	Adelphi	4:52.93
26	Emily Zanni	SO	Rowan	4:53.93
27	Lauren Kitay	SR	Bryn Mawr	4:55.09
28	Julia Canonaco	SO	NJIT	4:55.41
29	Liz Fis	FR	Rider	4:55.83
30	Grace Mangold	JR	Rider	4:56.15
31	Nicole Dauberman	SO	Rider	5:01.80
32	Lucia Kutner	JR	Adelphi	5:05.44
33	Tanesia Gardiner	FR	Monroe Univ.	5:12.13
34	Angela Allen	SR	Princeton	5:12.72
35	Nthabiseng Komane	FR	Monroe Univ.	5:46.77
---	Kaitlin Ryan		CPTC Tracksmith	DNF
---	Lucy Henkel	JR	Columbia	DNF
---	Grace Carr	SO	Columbia	DNF

Women 5000 Meter Run Unseeded

Meet Record: 16:05.52 # 2006

Cack Ferrell

Name	Yr	School	Finals
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Finals

1	Grace Rowley	SO	NYU	17:27.53
2	Tara Smurla	JR	Moravian	17:35.04
3	Katherine Cheng	SR	NYU	17:50.61
4	Kajol Karra	JR	Unattached	17:53.60

5	Amelia Green	FR	La Salle	17:56.77
6	Ella Verello	JR	Unattached	17:57.18
7	Kimmie Harding	JR	NJIT	18:14.85
8	Grace Hegedus	SO	Unattached	18:17.47
9	Makala Hansen	JR	Rider	18:19.62
10	Kasey Boag	SR	Loyola (Md.)	18:26.27
11	Norah Affanato	JR	Loyola (Md.)	18:28.57
12	Rachael Goodman	SR	Moravian	18:31.00
13	Olivia Montini	JR	Swarthmore	18:31.71
14	Sophie Steidle	SR	Princeton	18:32.65
15	Ciara Bullington	JR	Rutgers	18:36.16
16	Michaela Pampin		Leonia TC	18:55.34
17	Emma Taylor	JR	La Salle	19:08.82
18	Melanie Barbosa	JR	Rutgers	19:18.92
19	Emma Baeyens	JR	Rutgers	19:23.81
---	Ava Flaherty	FR	Rutgers	DNF

Women 5000 Meter Run Seeded

Meet Record: 15:56.74 # 2022

Grace Moore

Name	Yr	School	Finals
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Finals

1	Mena Scatchard	SR	Princeton	15:48.24#
2	Madison Offstein		CPTC Tracksmith	15:56.32#
3	Kidan Kidane		CPTC Tracksmith	16:02.75
4	Grace Weigele	SR	Unattached	16:21.55
5	Anna McNatt	SO	Princeton	16:25.78
6	Peyton Leigh	SO	Princeton	16:30.68
7	Kate MacCary		CPTC Tracksmith	16:33.01
8	Lucca Fulkerson	SR	Princeton	16:37.59
9	Khia Kurtenbach		CPTC Tracksmith	16:39.06
10	Meg Madison	FR	Unattached	16:44.16
11	Claragh Keane	SO	Unattached	17:02.72
12	Mikayla Schneider		Unattached	17:10.07
13	Olivia Murray	FR	Columbia	17:28.32
---	Daniela Quintero	JR	Columbia	DNF
---	Mari Noble	SR	Princeton	DNF
---	Kate Seary		CPTC Tracksmith	DNF
---	Kassidy Johnson		Unattached	DNF
---	Anna Chittenden	SO	Princeton	DNF
---	Olivia Martin	SO	Princeton	DNF
---	Daphne Banino	JR	Princeton	DNF
---	Hannah Riggins	SO	Princeton	DNF

Women 10000 Meter Run

Meet Record: 34:20.51 # 2019

Dylan Hassett

Name	Yr	School	Finals
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Finals

1	Leanna Johnston	SO	Columbia	35:17.90
2	Stella Hammond	SO	La Salle	37:43.34
---	Rory Clare	JR	Columbia	DNF
---	Ava Malagisi		Unattached	DNF
---	Helene Usher	SO	La Salle	DNF

Sam Howell Invitational - 4/4/2025

Princeton University
Results - Saturday

Women 100 Meter Hurdles

Meet Record: 13.68 # 2019 Sara Gardner

Name	Yr	School	Prelims
Preliminaries			
1 Julia Jongejeugd	JR	Princeton	14.04Q-0.3
2 Adelaide Asante	SR	Princeton	14.17Q-0.3
3 Giselle Kirchner	FR	Princeton	14.34Q-0.3
4 Raisa Palleija	SR	Rider	14.71Q-0.3
5 Shantell Kwofie	SO	Princeton	14.37q -0.3
6 Mirtel Klaar	FR	Princeton	14.44q -0.3
7 Shea Burke	SO	Princeton	14.97q -0.3
8 Lily Parris	SR	Princeton	15.13q -0.3
9 Kylie Emmens	SR	Rider	15.14 -0.3
10 Adaugo Ilonze	FR	La Salle	15.21 -0.3
11 Oluwanifemi Olufowobi	FR	NJIT	15.30 -0.3
12 Sara Ryan	FR	Rider	15.78 -0.3
13 Nelagh Matthews	SO	NJIT	16.21 -0.3

Women 100 Meter Hurdles

Meet Record: 13.68 # 2019 Sara Gardner

Name	Yr	School	Finals
Finals			
1 Adelaide Asante	SR	Princeton	13.91 0.2
2 Julia Jongejeugd	JR	Princeton	14.03 0.2
3 Shantell Kwofie	SO	Princeton	14.03 0.2
4 Giselle Kirchner	FR	Princeton	14.32 0.2
5 Shea Burke	SO	Princeton	14.60 0.2
6 Raisa Palleija	SR	Rider	14.64 0.2
7 Mirtel Klaar	FR	Princeton	15.11 0.2

Women 400 Meter Hurdles

Meet Record: 58.17 # 2012 Wendy Fawn-Dorr

Name	Yr	School	Finals
Finals			
1 Sydney Nettles	FR	Rutgers	1:02.71
2 Lily Parris	SR	Princeton	1:02.83
3 Chloe Smith	FR	Temple	1:03.18
4 Anabella Chin	JR	Rutgers	1:03.80
5 Sanai Jenkins	JR	NJIT	1:04.77
6 Nelagh Matthews	SO	NJIT	1:05.87
7 Dicia Watkins	FR	Temple	1:08.27

Women 3000 Meter Steeplechase

Meet Record: 9:50.54 # 2012 Ashley Higginson

Name	Yr	School	Finals
Finals			
1 Alexis Allen	SR	Princeton	10:15.16
2 Elia Ton-That	JR	Columbia	10:24.53
3 Giavanna Comerford	SR	Wagner	10:46.82
4 Zoe Martonfi	FR	Yale	10:52.91
5 Meredith Gotzman	SO	Fordham	10:54.07
6 Gillian Lovett	FR	La Salle	10:59.98
7 Maeve Lowther	JR	Loyola (Md.)	11:01.52
8 Emma-Kate Watt	SO	Temple	11:04.82

9 Ava Wilmot SO Rutgers 12:07.24

Women 4x400 Meter Relay

Meet Record: 3:43.19 # 2022 St. John's

T McKenzie, L Anderson, B Chestnut, S Diop

Team	Relay	Finals
Finals		
1 Princeton	B	3:51.54
1) Hannah Riggins SO	2) Stella Vieth JR	
3) Maddie Cramer JR	4) Paola Rodriguez SR	
2 Temple	A	3:58.23
1) Mariah Jameson FR	2) Allyson Metzger SR	
3) Chloe Smith FR	4) Jayla Green FR	
3 NJIT	A	3:58.98
1) Lucia Julvez SO	2) Sanai Jenkins JR	
3) Hayley Lucido SO	4) Kierstin Ashby FR	
4 Rider	B	4:11.89
1) Olivia Bortz FR	2) Kenya Williams FR	
3) Lydia Wallace SR	4) Arie Still FR	

Women High Jump

Meet Record: 1.84m # 2006 Deidra Mullen

Name	Yr	School	Finals
Finals			
1 Amira Green	SR	Temple	1.66m
2 Taylor Woodeshick	SR	Villanova	1.63m
3 Jadyn Otto	SR	NJIT	1.50m
--- Raegan Bossard	FR	NJIT	NH

Women Pole Vault

Meet Record: 4.00m # 2024 Avery Hilliard

Name	Yr	School	Finals
Finals			
1 Tessa Mudd	JR	Princeton	4.05m#
2 Aliza White Vega	SR	Temple	3.65m
3 Kianna Tucker	JR	Rider	3.65m
3 Reece Sullivan	SO	Temple	3.65m
5 Gabrielle Vetere	JR	Rider	3.35m

Women Long Jump

Meet Record: 6.28m # 2024 Georgina Scoot

Name	Yr	School	Finals
Finals			
1 Georgina Scoot	JR	Princeton	6.14m 0.4
2 Alexandra Kelly	JR	Princeton	5.91m 0.2
3 Zaidah Lightener	FR	NJIT	5.60m 0.6
4 Julia Jongejeugd	JR	Princeton	5.55m 0.4
5 Reagan Schwartz	FR	Temple	5.50m 0.8
6 Raisa Palleija	SR	Rider	5.46m 0.3
7 Olabisi Adams	SR	Temple	5.40m 0.8
8 Deja Scott	FR	Temple	5.27m 0.3
9 Olyvia Burrell	FR	Rider	5.02m 0.4
10 Jenny Smith	FR	Villanova	5.00m NWI
11 Marionna Logan	FR	La Salle	5.00m NWI
12 Alejandra Bartutis	SR	Rider	4.97m NWI
13 Marin Torrens	FR	Villanova	4.92m NWI

Sam Howell Invitational - 4/4/2025

Princeton University Results - Saturday

Finals ... (Women Long Jump)

Name	Yr	School	Finals
14 Emily Staerk	FR	Villanova	4.87m NWI
15 Brandalyn Jones	SR	La Salle	4.45m NWI

Women Triple Jump

Meet Record: 12.81m # 2012 Nadie Eke

Name	Yr	School	Finals
1 Reagan Schwartz	FR	Temple	11.94m 0.6
2 Samara Jones	JR	Rider	11.73m +0.0
3 Gina Smith	SO	Villanova	11.42m +0.0
4 Soraya Patterson	JR	Princeton	11.05m 0.3
--- Alejandra Bartutis	SR	Rider	FOUL
--- Brandalyn Jones	SR	La Salle	FOUL

Women Shot Put

Meet Record: 15.40m # 2015 Chioma Onyekwere

Name	Yr	School	Finals
1 Shantell Kwofie	SO	Princeton	13.99m
2 Ciara Demarest	SO	Unattached	12.96m
3 Jana Ter Wee	FR	Princeton	12.80m
4 Maura Baker	JR	Rider	12.41m
5 Melissa Aymil	JR	Rider	12.28m
6 Chika Efobi	SR	Rider	11.94m
7 Rachel Lavigne	SR	Rider	11.73m

Women Discus Throw

Meet Record: 57.22m # 2019 Obiageri Amaechi

Name	Yr	School	Finals
1 Adria Retter	SR	Villanova	49.40m
2 Kelly Enterline	JR	Rutgers	39.27m
3 Maria Chiariello	SO	Rider	38.71m
4 Ciara Demarest	SO	Unattached	38.46m
5 Maylisa Bluford	FR	Rider	37.72m
6 Kyleigh Elsayed	SR	Rider	36.89m
7 Iciar Rubio Gonzalez	JR	NJIT	36.01m

Women Hammer Throw

Meet Record: 68.71m # 2014 Julia Ratcliffe

Name	Yr	School	Finals
1 Angela McAuslan-Kelly	SO	Princeton	62.15m
2 Alexandra Payne	SR	Villanova	51.30m
3 Maria Chiariello	SO	Rider	46.27m
4 Jana Ter Wee	FR	Princeton	45.94m
5 Danielle Lambert	SR	Rider	45.32m
6 Melissa Aymil	JR	Rider	38.10m

Women Javelin Throw

Meet Record: 52.54m # 2017 Dominique Ouellette

Name	Yr	School	Finals
1 Mackenzie Virgil	FR	Rider	38.61m
2 Nicole Rodriguez	JR	Princeton	36.68m

3 Maya Ashu FR Rider 35.26m

Men 100 Meter Dash

Meet Record: 10.3h # Mark Johnson

Name	Yr	School	Finals
1 Jackson Clarke	SO	Princeton	10.49 -0.4
2 Jadon Spain	FR	Princeton	10.54 -0.4
3 Paul Kuhner	FR	Princeton	10.60 -0.4
4 Charles Sexton	SO	Princeton	10.63 -0.4
5 Gregory Moundine	SO	Rider	10.85 -0.4
6 Dwayne Fleming	SO	Monroe Univ.	10.97 -0.4
7 Cleon Joseph	FR	Monroe Univ.	11.21 -0.4
8 Connor Dunning	SO	Villanova	11.34 -0.4
9 Gavin Andrews	FR	La Salle	11.37 +0.0
10 Andre Henry	SR	NJIT	11.38 -1.1
11 Blake Wadley	SO	Rider	11.61 +0.0
12 Isaiah Pepe-Magro	FR	Rider	11.76 +0.0
13 Abraham Saywon	FR	Monroe Univ.	11.78 -1.1
14 Joel Bennett	SO	Monroe Univ.	11.79 +0.0
15 Elijah Upsher	FR	Monroe Univ.	12.04 -1.1
16 Micah Mchardy	FR	Monroe Univ.	12.53 -1.1

Men 200 Meter Dash

Meet Record: 20.83 # 2024 Jackson Clarke

Name	Yr	School	Finals
1 Joey Gant	JR	Princeton	20.88 2.3
2 Jackson Clarke	SO	Princeton	20.95 2.3
3 Charles Sexton	SO	Princeton	21.39 2.3
4 Jadon Spain	FR	Princeton	21.47 2.1
5 Greg Foster	JR	Princeton	21.84 2.1
6 Gregory Moundine	SO	Rider	21.87 -1.0
7 Robbie Tormo	JR	NJIT	22.11 2.1
8 Easton Tan	JR	Princeton	22.17 2.1
9 Isa Hitchens	JR	Princeton	22.26 0.1
10 Pietro Carpentari	FR	NJIT	22.30 2.1
11 Jeusten Jourdain	JR	NJIT	22.38 0.1
12 Gavin Andrews	FR	La Salle	22.52 0.1
13 Connor Dunning	SO	Villanova	22.62 -1.0
14 Andre Henry	SR	NJIT	22.71 0.1
15 Evan Dias	FR	La Salle	22.95 -1.0
16 Albert Kreutzer	SR	Princeton	23.12 0.1
17 Blake Wadley	SO	Rider	23.20 -1.0
18 Deion McIntosh	SO	La Salle	23.34 0.6
19 Hamidou Samasa	JR	La Salle	23.52 -1.0
20 Abraham Saywon	FR	Monroe Univ.	23.57 0.6
21 Isaiah Pepe-Magro	FR	Rider	23.70 -1.0
22 Elijah Carswell	FR	Monroe Univ.	24.60 0.6
23 Micah Mchardy	FR	Monroe Univ.	25.35 0.6
--- Nickoy Henry	SO	Monroe Univ.	DNF 0.1

Sam Howell Invitational - 4/4/2025

**Princeton University
Results - Saturday**

Men 400 Meter Dash

Meet Record: 46.88 # 2024 Xavier Donaldson

Name	Yr	School	Finals
Finals			
1 Joey Gant	JR	Princeton	46.35#
2 Xavier Donaldson	SO	Princeton	46.65#
3 Karl Dietz	FR	Princeton	47.25
4 Modou Sanneh	FR	Monroe Univ.	47.29
5 Kavon Miller	SO	Princeton	47.53
6 Jonathan York	FR	Princeton	48.16
7 Dwayne Fleming	SO	Monroe Univ.	48.29
8 Isa Hitchens	JR	Princeton	48.84
9 Gabriel Truehart	SO	NJIT	49.07
10 Cleon Joseph	FR	Monroe Univ.	49.48
11 Naim Benson	FR	Rider	49.61
12 Matthew Richman	SO	Rider	49.70
13 Connor McCormick	JR	Princeton	50.12
14 Matthew Griffin	SO	Villanova	50.40
15 Reed McFadden	FR	Princeton	50.40
16 Lossenie Fofana	JR	NJIT	50.43
17 Philip Kastner	SR	Princeton	50.61
18 John Catherman	JR	Princeton	50.63
19 Trotman Kertes	JR	NJIT	50.98
20 Evan Dias	FR	La Salle	51.34
21 Anthony Barrett	FR	Monroe Univ.	51.58
22 Hamidou Samasa	JR	La Salle	52.43
23 Nickoy Henry	SO	Monroe Univ.	54.49
24 Elijah Carswell	FR	Monroe Univ.	54.56
--- Hayden Souza	FR	Villanova	DNF

Men 800 Meter Run

Meet Record: 1:48.66 # 2022 Selasi Lumax

Name	Yr	School	Finals
Finals			
1 Billy Hill		Garden State TC	1:48.74
2 Matt Gatune	JR	Columbia	1:49.37
3 Justin Gottlieb	SO	Columbia	1:50.46
4 Aiden Coles	JR	Unattached	1:50.51
5 Tamrat Snyder	JR	Rider	1:50.56
6 Gabriel Rodriguez	SO	Rutgers	1:51.09
7 Calvin Katz	SR	Yale	1:51.23
8 Ben Bergey	JR	Columbia	1:51.38
9 Collin Boler	SO	Princeton	1:51.64
9 Gavin Richards	SR	Rutgers	1:51.64
11 Garrett O'Toole		Unattached	1:52.17
12 Kyle Rakitis	SO	Rutgers	1:52.38
13 Ben Borchers	JR	Fordham	1:52.50
14 Steven Hergenrother	FR	Princeton	1:52.84
15 Robert Poplau	FR	Rutgers	1:52.87
16 Caleb Gartner	SR	Columbia	1:53.22
17 Damani Brown	SO	Rutgers	1:53.39
18 Connor Chen	SR	Princeton	1:53.63
19 John Corrigan	SO	Fordham	1:53.92
20 Billy Clewell	JR	Rutgers	1:54.33
21 Mali Coleman	JR	Rider	1:54.33

22 Pedro Albin	4	Unattached	1:54.87
23 Mark Viggiano	SO	Rutgers	1:55.41
24 Modou Sanneh	FR	Monroe Univ.	1:55.59
25 Alberto Castillo	FR	Rider	1:55.88
26 Sekai Lyken	SR	Rider	1:55.93
27 James Estafanous	SO	NJIT	1:56.54
28 Joey Mucci	SR	NJIT	1:56.63
29 Gavin Zanck	JR	La Salle	1:56.66
30 Antonio Bravo	SO	Yale	1:57.34
31 Justice Quainoo	JR	La Salle	1:58.77
32 Nicholas Nanan	SR	Adelphi	1:59.10
33 Ian Smith	JR	Rider	1:59.15
34 Liam Dougherty	FR	NJIT	1:59.65
35 Daegan Cutter	SO	Yale	2:00.81
36 Josh Voorhees	FR	Rider	2:00.94
37 Nathan Armstrong	SR	Rider	2:01.69
38 Aaron Guensch	SO	Unattached	2:02.21

Men 1500 Meter Run

Meet Record: 3:45.00 # 2010 Kyle Merber

Name	Yr	School	Finals
Finals			
1 Chanel Muir	SO	La Salle	3:44.52#
2 Billy Hill		Garden State TC	3:44.76#
3 Rodolfo Sanchez	SR	Fordham	3:44.99#
4 James Ptask	SR	Unattached	3:45.03
5 Nathaniel Bezuneh	SR	Fordham	3:46.19
6 Max Bishop	FR	Yale	3:46.58
7 Ryan Borden	SR	Columbia	3:48.14
8 Tyler Greene	JR	Unattached	3:49.39
9 Callum Murray	FR	La Salle	3:50.03
10 Amare Fields	SO	Yale	3:50.63
11 Noah Taylor	SR	Rider	3:51.00
12 Matthew Schutzbank	FR	Yale	3:52.46
13 Brian Theobald	FR	Villanova	3:52.69
14 Brian Pedretti	SR	Rutgers	3:52.81
15 Vijay Krishnamoorthi	SO	Princeton	3:53.08
16 Brendan Martin		Brooklyn TC	3:53.60
17 Bryan Kerchner	JR	Moravian	3:53.97
18 Tinashe Bure	SO	Monroe Univ.	3:54.13
19 Seb Sutch	FR	Yale	3:54.33
20 Alex Hryczyszyn	SO	NYU	3:55.51
21 Huck Oakes	FR	NYU	3:55.78
22 Stephen Kyvelos	FR	Rutgers	3:55.81
23 Kenneth Relovsky	SO	Swarthmore	3:56.35
24 Jack Diaz	SO	Yale	3:56.99
25 Jesse Campoverde	SR	Rider	3:57.41
26 Casey Frank	SR	Moravian	3:58.05
27 Mike Laskowski	SR	Rider	3:58.82
28 Patrick Coyle	FR	Rutgers	3:58.95
29 David Litvin	FR	Temple	3:59.68
30 Ricky Lee	FR	La Salle	3:59.85
31 Siyabonga Mbatha	SO	Monroe Univ.	4:00.75
32 Joseph Branderbit	SR	La Salle	4:01.47
33 Aidan Gilmore	SR	Monmouth	4:01.57
34 Fabian Herrera	JR	NJIT	4:02.00

Sam Howell Invitational - 4/4/2025

Princeton University
Results - Saturday

Finals ... (Men 1500 Meter Run)

Name	Yr	School	Finals
35 Matt McCarron	FR	Rider	4:02.64
36 Damani Brown	SO	Rutgers	4:03.44
37 Evan Morrow	JR	Rutgers	4:04.16
38 Nico Hidalgo	FR	Rider	4:05.23
39 Ethan Willard	FR	Unattached	4:06.46
40 Henry Prunty	FR	Temple	4:06.61
41 Vicente Iglesias		PRTC	4:06.72
42 Joe Natoli	SO	Rider	4:06.79
43 Adam Mugavero	SR	Rider	4:08.09
44 Liam Sullivan	SO	Yale	4:08.71
45 Jack Gregorski	SO	Princeton	4:09.92
46 Patrick Hickey		PRTC	4:11.69
47 Rocco Pugliese	FR	Unattached	4:17.47
48 Joey Mucci	SR	NJIT	4:19.43
--- Garrett O'Toole		Unattached	DNF
--- Zeb Hinker	JR	Rutgers	DNF
--- Gavin Richards	SR	Rutgers	DNF
--- Santino D'Amelio	FR	Rider	DNF
--- Ben Bergey	JR	Columbia	DNF
--- Robert Poplau	FR	Rutgers	DNF
--- Kyle Rakitis	SO	Rutgers	DNF

Men 5000 Meter Run Seeded

Meet Record: 13:49.64 # 2022

Josh Phillips

Name	Yr	School	Finals
Finals			
1 Christian Groendyk	SO	Princeton	14:01.69
2 Finneas Colescott	SO	Columbia	14:05.38
3 Avery Keith	FR	Princeton	14:05.43
4 Reza Eshghi	SR	Haverford	14:08.96
5 Bram van Druten	SO	La Salle	14:12.41
6 Graham Thomas	JR	Temple	14:15.13
7 Alex Mader	JR	Yale	14:27.00
8 Peter LaRochelle	SR	Haverford	14:27.61
9 Finn Birnie	SR	La Salle	14:30.02
10 Sean Matthews	SO	Rutgers	14:40.19
11 Malthe Bogebjerg	SO	La Salle	14:43.48
12 Henry Koike-Sieira	FR	Columbia	14:49.59
13 Anthony Dvorsky	SO	NJIT	14:50.93
14 Cole Stanchina	SR	Moravian	14:54.92
--- Brendan Martin		Brooklyn TC	DNF
--- Marc Corin Steinsberger	SR	PRTC	DNF
--- Charlie Hazlett	JR	La Salle	DNF
--- Collin Boler	SO	Princeton	DNF

Men 5000 Meter Run Unseeded

Meet Record: 13:49.64 # 2022

Christopher Johnson

Name	Yr	School	Finals
Finals			
1 Steven Fiumefreddo		Bandits TC	14:47.07
2 Francesco Candiani	FR	Temple	14:49.37
3 Will Sheehy	JR	Yale	14:49.38
4 Maan Patel	FR	Rutgers	14:52.08
5 Owen Nahf	SR	Moravian	14:52.87

6 Ryan Smith	SO	Rutgers	14:55.00
7 Gavin Hefferan	SO	Moravian	14:55.66
8 Nathan Hajel	SR	Moravian	14:57.00
9 Michael Palmisano		Unattached	14:57.28
10 Andres Hernandez	SR	La Salle	14:59.14
11 Banele Mkabela	SO	Monroe Univ.	14:59.27
12 Hisham Ettayebi	SO	Rutgers	15:03.96
13 William Whalen	FR	Temple	15:05.01
14 William Mitchell	SO	NJIT	15:09.84
15 Alexander Boyko	SO	Unattached	15:12.74
16 Jake Orfano	JR	Adelphi	15:15.14
17 Jimmy Koel	SR	Temple	15:18.13
18 Simeon Shappell-Smith	FR	Temple	15:22.20
19 Alex Patelski	FR	Rutgers	15:25.08
20 Winter Parts		Unattached	15:29.22
21 Nkanyezi Ziqubu	FR	Monroe Univ.	15:47.82
22 Aaron Wysocki	JR	Rutgers	15:53.94
23 Iain Taylor	SR	Rider	15:55.54
24 Matthew Mastrolly	SO	Rider	16:16.50
25 Cole Hetzel	JR	Unattached	16:21.22
26 Cole Knoedler	FR	Rider	16:22.72
--- Caleb Gartner	SR	Columbia	DNF

Men 10000 Meter Run

Meet Record: 28:55.31 # 2022

Kevin Berry

Name	Yr	School	Finals
Finals			
1 Jacob Nenow	FR	Princeton	28:23.60#
2 Nicholas Bendtsen	SR	Princeton	28:25.21#
3 Kenan Pala	JR	Yale	30:28.72
--- Daegan Cutter	SO	Yale	DNF
--- Sam Rodman		Unattached	DNF
--- Owen Karas	JR	Yale	DNF
--- Connor McCormick	JR	Princeton	DNF
--- Harrison Witt	SR	Princeton	DNF
--- Colin Daly		Unattached	DNF

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010

Jeff Porter

Name	Yr	School	Prelims
Preliminaries			
1 Easton Tan	JR	Princeton	14.17Q-0.5
2 Albert Kreutzer	SR	Princeton	14.56Q0.1
3 Yuki Hojo	FR	Princeton	14.76Q-0.5
4 Nathan Storz	JR	Rider	14.90Q0.1
5 Dean Johnson	SR	Rider	15.21q0.1
6 Chad Trammell	SO	Rider	15.48q-0.5
7 Jeremy Burrell	JR	Rider	15.54q0.1
8 Jeusten Jourdain	JR	NJIT	15.55q-0.5
9 Blake Johnson	FR	Rider	15.79 0.1

Sam Howell Invitational - 4/4/2025

Princeton University
Results - Saturday

Men 110 Meter Hurdles

Meet Record: 13.83 # 2010 Jeff Porter

Name	Yr	School	Finals
Finals			
1 Easton Tan	JR	Princeton	14.12 1.3
2 Albert Kreutzer	SR	Princeton	14.38 1.3
3 Yuki Hojo	FR	Princeton	14.56 1.3
4 Dean Johnson	SR	Rider	15.12 1.3
5 Jeusten Jourdain	JR	NJIT	15.23 1.3
6 Chad Trammell	SO	Rider	15.29 1.3
7 Jeremy Burrell	JR	Rider	15.37 1.3
8 Nathan Storz	JR	Rider	16.24 1.3

Men 400 Meter Hurdles

Meet Record: 51.70 # 2013 Logan Sharpe

Name	Yr	School	Finals
Finals			
1 Chris Paige	SR	Princeton	51.49#
2 Aiden Silvestri	JR	Princeton	54.47
3 Cortland Webb	FR	Rider	54.67
4 William Foley	SO	Rider	55.92
5 Blake Johnson	FR	Rider	56.39
6 Dean Johnson	SR	Rider	56.42
7 Ethan Przygoda	SR	Rider	58.32
8 Timothy Sondej	SO	NJIT	59.80
9 Anthony Barrett	FR	Monroe Univ.	1:01.64

Men 3000 Meter Steeplechase

Meet Record: 8:39.92 # 2012 Donn Cabral

Name	Yr	School	Finals
Finals			
1 Jackson Shorten	JR	Princeton	8:40.45
2 David Butts	SR	La Salle	8:55.49
3 Brett Bishop	JR	Columbia	8:56.70
4 Franco Parra Ramon	FR	Princeton	8:56.95
5 Gavin White	SR	Columbia	8:58.62
6 Micah Lawson	SO	Rutgers	9:03.32
7 Brian Boler	SO	Princeton	9:05.25
8 Kai Mitchell-Reiss	FR	Villanova	9:18.67
9 Mathew Mason	SR	Fordham	9:19.70
10 Colin DeLaney	SR	Swarthmore	9:20.40
11 Sebastian Martinez	SO	Princeton	9:20.88
12 Seamus Fraser	SR	Haverford	9:21.21
13 Jack Boerger	SO	Fordham	9:36.15
--- Marcelo Parra Ramon	FR	Unattached	DNF
--- Walker Beverly	JR	Columbia	DNF

Men 4x100 Meter Relay

Meet Record: 39.83 # 2024 Princeton

Z Della Rocca, J Clarke, D Duncan, J Gant

Team	Relay	Finals
Finals		
1 Princeton	A	40.14
1) Jadon Spain FR	2) Jackson Clarke SO	
3) Paul Kuhner FR	4) Charles Sexton SO	

2 NJIT	A	41.81
1) Andre Henry SR	2) Robbie Tormo JR	
3) Jeusten Jourdain JR	4) Lossenie Fofana JR	

Men 4x400 Meter Relay

Meet Record: 3:10.89 # 2013 So. Conn. St.

Team	Relay	Finals
Finals		
1 Princeton	A	3:11.58
1) Jonathan York FR	2) Karl Dietz FR	
3) Kavon Miller SO	4) Isa Hitchens JR	
2 Villanova	A	3:12.85
1) Matthew Griffin SO	2) Ethan Walls SO	
3) Luke Rakowitz JR	4) James Milgie JR	
3 Rider	A	3:18.47
1) Naim Benson FR	2) Mali Coleman JR	
3) Sekai Lyken SR	4) Matthew Richman SO	
4 NJIT	A	3:23.33
1) Lossenie Fofana JR	2) Gabriel Truehart SO	
3) Robbie Tormo JR	4) Pietro Carpentari FR	
5 Rider	B	3:23.96
1) Josh Voorhees FR	2) Cortland Webb FR	
3) William Foley SO	4) Ethan Przygoda SR	

Men High Jump

Meet Record: 2.22m # Tora Harris

Name	Yr	School	Finals
Finals			
1 Michael Palmer	JR	Rider	2.10m
2 John Hogan	SR	Princeton	1.95m
3 Jace Walls	SO	Rider	1.85m
--- Jaylen Bailey	FR	Rider	NH

Men Pole Vault

Meet Record: 5.40m # 2016 Adam Bragg

Name	Yr	School	Finals
Finals			
1 Nick Molloy	JR	Princeton	4.67m
2 Raymond Senatore	FR	Rider	3.77m

Men Long Jump

Meet Record: 7.80m # 2009 Cadeau Kelley

Name	Yr	School	Finals
Finals			
1 Greg Foster	JR	Princeton	7.84m# NWI
2 Richard Lawson	JR	Princeton	7.37m NWI
3 Josh Burgess	JR	Rider	7.09m NWI
4 Lorenzo Cagliero	JR	Princeton	6.85m NWI
5 Joel Blamon	FR	Rider	6.79m NWI
6 Marvellous Bassey	JR	NJIT	6.60m NWI
7 Ryan Nartey	JR	NJIT	6.51m NWI
8 Chad Trammell	SO	Rider	6.50m NWI
9 Caden Simmons	FR	Princeton	6.35m +0.0
10 Andrew Mateo	FR	Rider	6.31m +0.0
11 Elijah Upsher	FR	Monroe Univ.	5.87m 1.0
12 Sanjay Persaud	JR	Villanova	5.51m +0.0

Sam Howell Invitational - 4/4/2025

**Princeton University
Results - Saturday**

Finals ... (Men Long Jump)

	Name	Yr	School	Finals
12	Joel Bennett	SO	Monroe Univ.	5.51m +0.0
---	Justin Miller	SR	Villanova	FOUL

Men Triple Jump

Meet Record: 15.82m # 2009 Tuan Wren

	Name	Yr	School	Finals
Finals				
1	Ryan Nartey	JR	NJIT	14.34m 0.4
2	Ilay Furman	SR	Princeton	13.56m 0.9
3	Marvellous Bassey	JR	NJIT	13.49m 2.3

Men Shot Put

Meet Record: 20.41m # 2017 Nick Vena

	Name	Yr	School	Finals
Finals				
1	Jordan West		Unattached	19.50m
2	Joe Licata	JR	Princeton	18.54m
3	Luke Warning		Unattached	18.21m
4	Casey Helm	JR	Princeton	18.06m
5	Jephte Vogel		Unattached	17.48m
6	Jayden DuBard	SR	Rider	16.17m
7	Damere Lassiter	FR	Rider	14.53m
8	Liam Anderson	JR	Villanova	14.19m
9	Christopher Coulter	FR	Villanova	13.61m
10	Justin Villamizar	SO	NJIT	13.03m
11	Joshua Browne	FR	Rider	12.31m
12	Caden Simmons	FR	Princeton	11.42m
13	Reed McFadden	FR	Princeton	11.03m

Men Discus Throw

Meet Record: 61.71m # 2022 Zorawar Otal

	Name	Yr	School	Finals
Finals				
1	Casey Helm	JR	Princeton	60.03m
2	Mauricio Ortega		Unattached	59.34m
3	Sam Weeks		Unattached	56.65m
4	Legend Hayes		Unattached	55.20m
5	Avery Shunneson	SR	Princeton	50.99m
6	Noah Lawson	SR	Rider	45.16m
7	Jason Ballen	JR	NJIT	44.53m
8	Carlos Bermudez	FR	Rutgers	43.57m
9	Philip Kastner	SR	Princeton	40.77m
10	Andrew Sabeh	SO	NJIT	40.14m
11	Jonathan Evans	SO	Villanova	38.66m
12	Christopher Coulter	FR	Villanova	36.54m
13	Joshua Browne	FR	Rider	36.13m
14	Reed McFadden	FR	Princeton	35.53m
15	Nate Homefield	FR	NJIT	34.54m
---	Damere Lassiter	FR	Rider	FOUL

Men Hammer Throw

Meet Record: 74.01m # 2012 Conor McCullough

	Name	Yr	School	Finals
Finals				
1	Asher Robbins	JR	Princeton	61.82m
2	Dylan Powell	SR	Rutgers	55.43m
3	Andrew Sabeh	SO	NJIT	54.00m
4	Jayden DuBard	SR	Rider	52.44m
5	Joseph D'Adamo	FR	Villanova	46.77m
6	Wade Malaniak	FR	NJIT	44.85m
7	Jonathan Evans	SO	Villanova	40.65m
8	Liam Anderson	JR	Villanova	36.28m
9	Nico Holliday	FR	Rider	36.26m
10	Nate Homefield	FR	NJIT	33.42m

Men Javelin Throw

Meet Record: 76.03m # 2012 Brian Chaput

	Name	Yr	School	Finals
Finals				
1	Drew Mruk	FR	Princeton	59.88m
2	Jason Ballen	JR	NJIT	59.74m
3	Connor Brown	SO	Princeton	53.93m
4	Ian Habjan	SO	Rutgers	51.21m
5	Philip Kastner	SR	Princeton	47.23m
6	Justin Villamizar	SO	NJIT	46.45m
7	Justice Dolson	FR	Rider	43.58m
8	Ryan Richardson	FR	Rider	42.91m
9	Nate Homefield	FR	NJIT	40.21m