

2023 Coast to Coast - 5/7/2023 to 5/8/2023

Outdoor Track & Field Championships

University of Mary Washington

Results

Men 100 Meter Dash

Name	School	Prelims
Preliminaries		
1	Shelton, Jacob	Salisbury 10.81Q-0.1
2	Fox, Daniel	Christopher 10.82Q-0.3
3	Frye, Sherrod	Salisbury 11.03q -0.1
4	Douge, Emmanuel	St. Mary's (11.15q -0.1
4	Stenger, Jonathan	UC Santa Cru 11.15q -0.3
6	Markman, Rashawn	Salisbury 11.23q -0.3
7	Kramer, Ryan	Salisbury 11.30q -0.3
8	Vo, Tyler	UC Santa Cru 11.33q -0.1
9	Kibort, Jack	UC Santa Cru 11.38 -0.3
10	Lesko, Kyle	Christopher 11.45 -0.1
10	Dhillon, Kareem	Mary Washing 11.45 -0.3
12	Forte, Langley	Christopher 11.57 -0.1
13	Rose, Matthew	Mary Washing 11.61 -0.1
14	McMillon, Tyler	Mary Washing 11.82 -0.3
15	Gouin, Alexander	St. Mary's (12.03 -0.1
16	Aso, Jaedon	St. Mary's (12.29 -0.3

Men 100 Meter Dash

Name	School	Finals
Finals		
1	Fox, Daniel	Christopher 10.69 0.3
2	Shelton, Jacob	Salisbury 10.80 0.3
3	Frye, Sherrod	Salisbury 11.03 0.3
4	Stenger, Jonathan	UC Santa Cru 11.20 0.3
5	Douge, Emmanuel	St. Mary's (11.20 0.3
6	Kramer, Ryan	Salisbury 11.21 0.3
7	Markman, Rashawn	Salisbury 11.26 0.3
8	Vo, Tyler	UC Santa Cru 11.27 0.3

Men 200 Meter Dash

Name	School	Finals
Finals		
1	Smith, Kai	Salisbury 21.61 +0.0
2	Jones II, Jacinto	Mary Washing 21.78 +0.0
3	Frye, Sherrod	Salisbury 22.15 +0.0
4	Kibort, Jack	UC Santa Cru 22.44 +0.0
5	Shelton, Jacob	Salisbury 22.45 +0.0
6	Douge, Emmanuel	St. Mary's (22.82 +0.0
7	Lesko, Kyle	Christopher 22.83 +0.0
8	Stenger, Jonathan	UC Santa Cru 23.13 +0.0
9	Bowie, Tyson	Salisbury 23.23 -0.1
10	Dhillon, Kareem	Mary Washing 23.81 -0.1
11	Pettus, Mitch	Christopher 23.92 -0.1
12	Forte, Langley	Christopher 24.13 -0.1
13	McMillon, Tyler	Mary Washing 24.32 +0.0
14	Obi, Kirby	St. Mary's (24.43 -0.1
15	Aso, Jaedon	St. Mary's (24.47 +0.0
16	Gouin, Alexander	St. Mary's (24.57 -0.1
---	Fox, Daniel	Christopher DNF +0.0

Men 400 Meter Dash

Name	School	Finals
Finals		
1	Smith, Kai	Salisbury 48.48
2	Heinz, Mike	Salisbury 49.12
3	Bizzack, Ethan	UC Santa Cru 49.33
4	Jones II, Jacinto	Mary Washing 49.90
5	Elliott, Gage	Christopher 50.03
6	Temple, Ryan	Salisbury 50.41
7	Spring, Perry	Christopher 50.94
8	Laser, John	Christopher 51.29
9	Myers, Hayden	Salisbury 51.89
10	Keroack, David	Christopher 53.11
11	Obi, Kirby	St. Mary's (53.20
12	Norris, Nate	St. Mary's (54.30
13	Henson, Eli	St. Mary's (54.98
14	Laden, Levi	UC Santa Cru 55.36

Men 800 Meter Run

Name	School	Finals
Finals		
1	Anderson, Eric	UC Santa Cru 1:52.69
2	Hillberg, Aaron	UC Santa Cru 1:53.00
3	Spencer, Holden	UC Santa Cru 1:54.52
4	Bailey, Brett	UC Santa Cru 1:55.81
5	Ferrante, Daniel	Christopher 1:56.52
6	Tompkins, Luke	Christopher 1:56.96
7	Albright, Cooper	Christopher 1:57.45
8	Girard, Aidan	Mary Washing 1:59.11
9	Kimener, Aidan	Mary Washing 1:59.91
10	Perrone, Thomas	Pratt Instit 2:01.19
11	Nagel, Carson	UC Santa Cru 2:01.70
12	Dalton, Taylor	Christopher 2:03.86
13	Lohr, Jacob	Mary Washing 2:07.20
14	Pastore, Quentin	St. Mary's (2:11.90
15	Bryne, Kelly	St. Mary's (2:17.64
16	Westgate, Bruce	Pratt Instit 2:31.84
---	Norris, Nate	St. Mary's (DNF

Men 1500 Meter Run

Name	School	Finals
Finals		
1	Ferrante, Daniel	Christopher 3:55.52
2	Bailey, Brett	UC Santa Cru 3:55.93
3	Ingersoll, Raymond	UC Santa Cru 4:01.28
4	Orton, Casey	UC Santa Cru 4:01.48
5	Lohr, Jacob	Mary Washing 4:02.91
6	Kinch, Connor	Salisbury 4:03.11
7	Burke, Declan	Salisbury 4:13.78
8	Foote, Austin	Salisbury 4:16.26
9	Dye, Michael	Mary Washing 4:17.81
10	Westgate, Bruce	Pratt Instit 4:20.44
11	Pastore, Quentin	St. Mary's (4:20.64
12	Jones, Michael	Christopher 4:21.17

2023 Coast to Coast - 5/7/2023 to 5/8/2023

Outdoor Track & Field Championships

University of Mary Washington

Results

Finals ... (Men 1500 Meter Run)

Name	School	Finals
13 Bryne, Kelly	St. Mary's (4:26.73
14 Burke, Julian	Mary Washing	4:31.62
15 Bhopaul, Daniel	Pratt Instit	4:56.14
16 Valentine, David	Pratt Instit	5:11.34

Men 5000 Meter Run

Name	School	Finals
Finals		
1 Jackson, Eric	UC Santa Cru	14:55.94
2 Chang, Oliver	UC Santa Cru	15:06.22
3 Holland, Luke	UC Santa Cru	15:14.85
4 Orton, Casey	UC Santa Cru	15:38.95
5 Murphy, Patrick	Mary Washing	15:47.46
6 Grossi, Matt	Salisbury	15:53.75
7 Kinch, Connor	Salisbury	15:56.32
8 Vogel, John	Christopher	16:01.99
9 Cave, Jason	Salisbury	16:05.77
10 Ingersoll, Raymond	UC Santa Cru	16:12.51
11 Wright, Dylan	Mary Washing	16:19.98
12 Hawkins, Luke	Christopher	16:37.20
--- Ferrante, Daniel	Christopher	DNF
--- Tolarchyk, Nicholas	Christopher	DNF

Men 10000 Meter Run

Name	School	Finals
Finals		
1 Riedel, Sean	UC Santa Cru	33:02.13
2 Vizcarra, Diego	UC Santa Cru	33:46.13
3 Bodmer, Sam	Salisbury	33:46.76
4 Cronin, Dylan	UC Santa Cru	33:52.58
5 Hawkins, Luke	Christopher	34:24.44
6 Foti, Tom	Christopher	35:19.42
7 Petenbrink, Luke	Salisbury	35:27.47
8 Atienza, John	Christopher	37:08.33

Men 110 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Shaffer, Gavin	Salisbury	15.28Q-0.6
2 Young, Ethan	Mary Washing	15.43Q-0.7
3 Wissler, Shea	UC Santa Cru	15.62q -0.6
4 Creadon, Reese	Mary Washing	15.67q -0.7
5 Wingate, Travis	Salisbury	16.41q -0.6
6 Armel, Jack	Christopher	16.42q -0.7
7 Leitao, Gustavo	Christopher	16.55q -0.6
8 Kougiouris, Sotirios	UC Santa Cru	16.59q -0.7
9 Anderson, Ethan	Christopher	17.22 -0.6
10 Koesel, Drew	UC Santa Cru	17.80 -0.7
11 Bower, Ethan	Christopher	19.09 -0.7

Men 110 Meter Hurdles

Name	School	Finals
Finals		
1 Shaffer, Gavin	Salisbury	15.22 -0.1
2 Young, Ethan	Mary Washing	15.47 -0.1
3 Creadon, Reese	Mary Washing	15.60 -0.1
4 Wissler, Shea	UC Santa Cru	15.63 -0.1
5 Leitao, Gustavo	Christopher	16.08 -0.1
6 Kougiouris, Sotirios	UC Santa Cru	16.12 -0.1
7 Armel, Jack	Christopher	16.35 -0.1
8 Wingate, Travis	Salisbury	16.53 -0.1

Men 400 Meter Hurdles

Name	School	Finals
Finals		
1 Yara, Manogya	UC Santa Cru	55.64
2 Leitao, Gustavo	Christopher	55.65
3 Young, Ethan	Mary Washing	56.87
4 Koesel, Drew	UC Santa Cru	58.38
5 Kougiouris, Sotirios	UC Santa Cru	59.89
6 Tolarchyk, Nicholas	Christopher	1:00.01
7 Bower, Ethan	Christopher	1:00.38
8 Freeland, Elliott	Salisbury	1:03.24

Men 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Hebert, Camden	UC Santa Cru	9:38.54
2 Vogel, John	Christopher	9:53.78
3 Onorato, Nick	Mary Washing	10:01.60
4 Tolarchyk, Nicholas	Christopher	10:01.61
5 Sciole, Nick	UC Santa Cru	10:19.71
6 Dutton, Tristan	Salisbury	10:28.80
7 Sangiuliano, Jason	Christopher	10:45.36
8 Harbourt, Patton	St. Mary's (12:14.46

Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Christopher Newport	A	41.59
1) Reeders, Clarence	2) Lesko, Kyle	
3) Spring, Perry	4) Fox, Daniel	
2 Salisbury	A	41.65
1) Shelton, Jacob	2) Frye, Sherrod	
3) Kramer, Ryan	4) Smith, Kai	
3 Mary Washington	A	41.99
1) Jones II, Jacinto	2) Creadon, Reese	
3) Rose, Matthew	4) Chapman, Ian	
4 UC Santa Cruz	A	42.61
1) Bizzack, Ethan	2) Stenger, Jonathan	
3) Vo, Tyler	4) Kibort, Jack	
5 St. Mary's (Md.)	A	45.39
1) Gouin, Alexander	2) Obi, Kirby	
3) Aso, Jaedon	4) Douge, Emmanuel	

2023 Coast to Coast - 5/7/2023 to 5/8/2023

Outdoor Track & Field Championships

University of Mary Washington

Results

Finals ... (Men 4x100 Meter Relay)

Team	Relay	Finals
6 Pratt Institute	A	51.40
1) Perrone, Thomas	2) Phelan, Jack	
3) DeGaetano, Chris	4) Bhopaul, Daniel	

Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Salisbury	A	3:22.32
1) Smith, Kai	2) Myers, Hayden	
3) Temple, Ryan	4) Heinz, Mike	
2 UC Santa Cruz	A	3:22.83
1) Bizzack, Ethan	2) Hillberg, Aaron	
3) Yara, Manogya	4) Nagel, Carson	
3 Christopher Newport	A	3:28.98
1) Elliott, Gage	2) Spring, Perry	
3) Laser, John	4) Albright, Cooper	
4 Mary Washington	A	3:34.13
1) Creadon, Reese	2) Girard, Aidan	
3) Kimener, Aidan	4) Onorato, Nick	
5 St. Mary's (Md.)	A	3:57.13
1) Obi, Kirby	2) Henson, Eli	
3) Pastore, Quentin	4) Norris, Nate	
6 Pratt Institute	A	4:19.80
1) Westgate, Bruce	2) Valentine, David	
3) Bhopaul, Daniel	4) Perrone, Thomas	

Men High Jump

Name	School	Finals
Finals		
1 Anderson, Ethan	Christopher	1.96m
2 Dunkelberger, Wade	Christopher	J1.96m
3 McGinley, Andrew	Salisbury	1.93m
4 Wissler, Shea	UC Santa Cru	1.84m
5 Eng, Tetsuo	UC Santa Cru	1.81m
6 Thomas, Nick	Christopher	1.76m
--- Haun, Dylan	Salisbury	NH

Men Pole Vault

Name	School	Finals
Finals		
1 Armel, Jack	Christopher	4.46m
2 Wissler, Shea	UC Santa Cru	4.36m
3 Kralec, Zachary	St. Mary's (3.96m
4 Gorgani, Armon	UC Santa Cru	J3.96m
5 Bishop, Logan	Christopher	3.36m
--- Keroack, David	Christopher	NH

Men Long Jump 2

Name	School	Finals
Finals		
1 Reeders, Clarence	Christopher	7.07m +0.0
2 Markman, Rashawn	Salisbury	6.96m 1.3
3 Wamley, Zion	Salisbury	6.78m 1.3

4 Elliott, Gage	Christopher	6.77m +0.0
5 Smagh, Aidan	Mary Washing	6.63m +0.0
6 Peterson, Brandon	Christopher	6.57m 0.9
7 Eng, Tetsuo	UC Santa Cru	6.51m 1.0
8 Bowie, Tyson	Salisbury	6.50m +0.0
9 Gowe, Samuel	Mary Washing	6.47m 1.2
10 Frye, Sherrod	Salisbury	6.45m 1.7
11 Thomas, Nick	Christopher	5.85m -1.7
--- Vo, Tyler	UC Santa Cru	FOUL
--- Phelan, Jack	Pratt Instit	FOUL
--- Rose, Matthew	Mary Washing	FOUL

Men Triple Jump

Name	School	Finals
Finals		
1 Reeders, Clarence	Christopher	14.82m +0.0
2 Markman, Rashawn	Salisbury	14.65m +0.0
3 Frye, Sherrod	Salisbury	13.84m +0.0
4 Peterson, Brandon	Christopher	13.63m +0.0
5 Thomas, Nick	Christopher	J13.63m +0.0
6 Alicea, Jon	Salisbury	13.18m +0.0
7 Wamley, Zion	Salisbury	12.12m +0.0

Men Shot Put

Name	School	Finals
Finals		
1 Smith, Luis	Salisbury	14.12m
2 Ntiganzwa, Dante	Christopher	13.73m
3 Young, Daniel	Christopher	13.69m
4 McCauley, JJ	Salisbury	13.22m
5 Palmer, Tyler	Christopher	13.20m
6 Breeze, Mason	Salisbury	12.97m
7 Blasi, Garrett	Salisbury	12.83m
8 Sliwa, Colin	Christopher	11.75m
9 Varner, Benjamin	Christopher	10.59m
10 Lajara, Marion	St. Mary's (10.05m
11 Baitman, Max	St. Mary's (8.35m

Men Discus Throw

Name	School	Finals
Finals		
1 Kelsch, Logan	Salisbury	46.04m
2 Breeze, Mason	Salisbury	45.65m
3 Reeves, Jacob	Salisbury	42.65m
4 Palmer, Tyler	Christopher	40.74m
5 Young, Daniel	Christopher	40.13m
6 McCauley, JJ	Salisbury	38.08m
7 Wissler, Shea	UC Santa Cru	37.03m
8 Sliwa, Colin	Christopher	33.73m
9 Lajara, Marion	St. Mary's (29.34m
10 Baitman, Max	St. Mary's (23.87m
11 DeGaetano, Chris	Pratt Instit	16.81m
--- Varner, Benjamin	Christopher	FOUL

2023 Coast to Coast - 5/7/2023 to 5/8/2023

Outdoor Track & Field Championships

University of Mary Washington

Results

Men Hammer Throw

	Name	School	Finals
Finals			
1	Smith, Luis	Salisbury	46.77m
2	Palmer, Tyler	Christopher	43.10m
3	Sliwa, Colin	Christopher	42.73m
4	Varner, Benjamin	Christopher	42.64m
5	Reeves, Jacob	Salisbury	42.10m
6	Ntiganzwa, Dante	Christopher	41.75m
7	Young, Daniel	Christopher	39.27m
8	Blasi, Garrett	Salisbury	36.00m
9	McCaughey, JJ	Salisbury	31.94m
10	Lajara, Marion	St. Mary's (29.71m
11	Baitman, Max	St. Mary's (25.10m

Men Javelin Throw

	Name	School	Finals
Finals			
1	Hasko, Cameron	Salisbury	59.58m
2	Thomas, Keifer	Salisbury	52.62m
3	Reeves, Jacob	Salisbury	47.05m
4	Armel, Jack	Christopher	46.36m
5	Sliwa, Colin	Christopher	43.62m
6	Gowe, Samuel	Mary Washing	39.73m
7	Koesel, Drew	UC Santa Cru	37.64m
8	Kravec, Zachary	St. Mary's (31.29m

Men - Team Rankings - 20 Events Scored

1)	Salisbury	200
2)	Christopher Newport	176
3)	UC Santa Cruz	173
4)	Mary Washington	55
5)	St. Mary's (Md.)	13
6)	Pratt Institute	2