

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Women 100 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Maddesen Weekes	FR	Delhi	12.89	10
2 Chyna Harris	SO	Mohawk Valle	13.20	8
3 Leigha Tilton	SO	Finger Lakes	13.40	6
4 Sarah Layton	FR	Mohawk Valle	14.22	4
5 Brittany Barnett	FR	Herkimer Cou	14.24	2
6 Danielle Gizzi	FR	Herkimer Cou	14.81	1

Women 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Maddesen Weekes	FR	Delhi	27.02	10
2 Amanda Knox	SO	Herkimer Cou	27.19	8
3 Chyna Harris	SO	Mohawk Valle	27.81	6
4 Brittany Barnett	FR	Herkimer Cou	29.07	4
5 Sarah Frankland	FR	Mohawk Valle	29.50	2
6 Brooke Kratzer	FR	Alfred State	31.66	1
7 Jolene Paonessa	FR	Alfred State	31.77	

Women 400 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Kerry Connors	FR	Delhi	1:01.93	10
2 Amanda Knox	SO	Herkimer Cou	1:02.29	8
3 Caitlyn Hotchkiss	SO	Alfred State	1:05.03	6
4 Amanda Perri	SO	Mohawk Valle	1:05.67	4
5 Sarah Layton	FR	Mohawk Valle	1:07.37	2
6 Victoria Seabrooks	FR	Herkimer Cou	1:08.40	1
7 Brooke Kratzer	FR	Alfred State	1:10.33	

Women 800 Meter Run

Name	Yr	School	Finals	
Finals				
1 Kerry Connors	FR	Delhi	2:35.82	10
2 Amanda Perri	SO	Mohawk Valle	2:36.95	8
3 Sara Rifendifer	FR	Mohawk Valle	2:40.79	6
4 Courtney Wheststine	FR	Alfred State	2:54.74	4
5 Tatiana Maldonado	FR	Herkimer Cou	2:56.44	2
6 Megan Dillon	FR	Alfred State	2:58.16	1
7 Toree Kennerly	FR	Herkimer Cou	3:03.93	
8 Caitlin Drennan	FR	Finger Lakes	3:25.15	

Women 1500 Meter Run

Name	Yr	School	Finals	
Finals				
1 Chelsea Huyck	SO	Mohawk Valle	5:24.44	10
2 Stephanie Peck	FR	Mohawk Valle	5:25.54	8
3 Andrea Szewczyk	SO	Mohawk Valle	5:29.66	6
4 Sara Rifendifer	FR	Mohawk Valle	5:37.02	4
5 Tatiana Maldonado	FR	Herkimer Cou	6:29.41	2
6 Caitlin Drennan	FR	Finger Lakes	6:54.38	1

Women 5000 Meter Run

Name	Yr	School	Finals	
Finals				
1 Andrea Szewczyk	SO	Mohawk Valle	20:22.42	10
2 Stephanie Peck	FR	Mohawk Valle	22:01.89	8
3 Brittany West	FR	Herkimer Cou	23:26.82	6
4 Nicole Kenneally	SO	Delhi	23:44.13	4
5 Mary Galway	SO	Herkimer Cou	25:28.33	2

Women 10000 Meter Run

Name	Yr	School	Finals	
Finals				
1 Mary Galway	SO	Herkimer Cou	52:35.0h	10
2 Toree Kennerly	FR	Herkimer Cou	58:11.0h	8

Women 100 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Billie Carroll	FR	Alfred State	17.13	10
2 Samantha Carinci	SO	Mohawk Valle	17.31	8
3 Leigha Tilton	SO	Finger Lakes	17.37	6
4 Lainey Horohoe	FR	Delhi	18.30	4
5 Mary Lenhart	SO	Herkimer Cou	18.76	2
6 Ella Donovan	FR	Alfred State	19.32	1
7 Megan Dillon	FR	Alfred State	19.57	

Women 400 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Amanda Knox	SO	Herkimer Cou	1:09.72	10
2 Billie Carroll	FR	Alfred State	1:10.51	8
3 Lainey Horohoe	FR	Delhi	1:20.55	6
4 Victoria Seabrooks	FR	Herkimer Cou	1:21.31	4
5 Ella Donovan	FR	Alfred State	1:28.11	2
6 Jordon Fiorini	SO	Mohawk Valle	1:31.41	1

Women 3000 Meter Steeplechase

Name	Yr	School	Finals	
Finals				
1 Chelsea Huyck	SO	Mohawk Valle	2:48.32	10
2 Caitlin Drennan	FR	Finger Lakes	15:49.93	8
3 Jordon Fiorini	SO	Mohawk Valle	6:04.16	6
4 Stacey Hensley	FR	Herkimer Cou	17:49.51	4

Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Mohawk Valley CC		53.31 10
1) Chyna Harris SO	2) Samantha Carinci SO	
3) Sarah Layton FR	4) Sarah Frankland FR	
2 Herkimer County CC		54.66 8
1) Brittany Barnett FR	2) Mary Lenhart SO	
3) Victoria Seabrooks FR	4) Amanda Knox SO	
3 Alfred State		1:09.90 6
3) Amahtala Walker FR	4) Billie Carroll FR	

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Mohawk Valley CC		4:29.68 10
1) Chelsea Huyck SO	2) Sara Rifendifer FR	
3) Amanda Perri SO	4) Sarah Layton FR	
2 Alfred State		5:02.45 8
1) Caitlyn Hotchkiss SO	2) Courtney Wheststine FR	
3) Nicole Lipa FR	4) Ella Donovan FR	
3 Herkimer County CC		5:04.23 6
1) Brittany West FR	2) Tatiana Maldonado FR	
3) Stacey Hensley FR	4) Amanda Knox SO	

Women 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Mohawk Valley CC		10:33.9h 10
1) Chelsea Huyck SO	2) Stephanie Peck FR	
3) Amanda Perri SO	4) Sara Rifendifer FR	
2 Alfred State		11:30.3h 8
1) Courtney Wheststine FR	2) Megan Dillon FR	
3) Caitlyn Hotchkiss SO	4) Billie Carroll FR	
3 Herkimer County CC		12:29.2h 6
1) Brittany West FR	2) Stacey Hensley FR	
3) Toree Kennerly FR	4) Tatiana Maldonado FR	

Women High Jump

Name	Yr	School	Finals
Finals			
1 Carlin Chruscicki	FR	Mohawk Valle	1.58m 10
2 Leigha Tilton	SO	Finger Lakes	1.55m 8
3 Julie Brooks	SO	Finger Lakes	1.55m 6
4 Sarah Frankland	FR	Mohawk Valle	1.45m 4
5 Victoria Seabrooks	FR	Herkimer Cou	1.45m 2
6 Mary Lenhart	SO	Herkimer Cou	1.40m 1
7 Stacey Hensley	FR	Herkimer Cou	1.30m
8 Jolene Paonessa	FR	Alfred State	1.25m
8 Brooke Kratzer	FR	Alfred State	1.25m

Women Pole Vault

Name	Yr	School	Finals
Finals			
1 Maddesen Weekes	FR	Delhi	2.95m 10
2 Nicole Lipa	FR	Alfred State	2.80m 8
3 Megan Dillon	FR	Alfred State	2.50m 6
4 Samantha Carinci	SO	Mohawk Valle	2.50m 4

Women Long Jump

Name	Yr	School	Finals
Finals			
1 Victoria Seabrooks	FR	Herkimer Cou	4.68m 10
2 Julie Brooks	SO	Finger Lakes	4.66m 8
3 Maddesen Weekes	FR	Delhi	4.48m 6
4 Lainey Horohoe	FR	Delhi	4.39m 4
5 Courtney Wheststine	FR	Alfred State	4.20m 2
6 Mary Lenhart	SO	Herkimer Cou	4.02m 1

7 Brittany Olcott FR Mohawk Valle 3.10m

Women Triple Jump

Name	Yr	School	Finals
Finals			
1 Billie Carroll	FR	Alfred State	10.43m 10
2 Julie Brooks	SO	Finger Lakes	10.05m 8
3 Courtney Wheststine	FR	Alfred State	9.47m 6
4 Maddesen Weekes	FR	Delhi	9.40m 4
5 Danielle Gizzi	FR	Herkimer Cou	8.47m 2
6 Mary Lenhart	SO	Herkimer Cou	8.37m 1
7 Lainey Horohoe	FR	Delhi	7.94m

Women Shot Put

Name	Yr	School	Finals
Finals			
1 Nichole Bliss	SO	Mohawk Valle	10.43m 10
2 Mary Lenhart	SO	Herkimer Cou	10.42m 8
3 Victoria Yaciuk	FR	Mohawk Valle	9.31m 6
4 Hailey Mead	FR	Delhi	8.99m 4
5 Mary Galway	SO	Herkimer Cou	8.30m 2
6 Olivia Schaeber	SO	Finger Lakes	8.26m 1
7 Jen DeNovio	FR	Alfred State	8.22m
8 Jolene Paonessa	FR	Alfred State	7.90m

Women Discus Throw

Name	Yr	School	Finals
Finals			
1 Nichole Bliss	SO	Mohawk Valle	36.24m 10
2 Jen DeNovio	FR	Alfred State	28.97m 8
3 Abbey Clark	SO	Mohawk Valle	26.98m 6
4 Mary Galway	SO	Herkimer Cou	25.00m 4
5 Victoria Yaciuk	FR	Mohawk Valle	24.66m 2
6 Mary Lenhart	SO	Herkimer Cou	21.90m 1
7 Olivia Schaeber	SO	Finger Lakes	19.70m

Women Hammer Throw

Name	Yr	School	Finals
Finals			
1 Nichole Bliss	SO	Mohawk Valle	42.53m 10
2 Carlin Chruscicki	FR	Mohawk Valle	42.43m 8
3 Abbey Clark	SO	Mohawk Valle	33.81m 6
4 Victoria Yaciuk	FR	Mohawk Valle	23.58m 4
5 Mary Lenhart	SO	Herkimer Cou	21.56m 2
6 Mary Galway	SO	Herkimer Cou	21.52m 1
7 Jennifer Spielvogel	FR	Alfred State	17.46m

Women Javelin Throw

Name	Yr	School	Finals
Finals			
1 Mary Lenhart	SO	Herkimer Cou	33.01m 10
2 Mary Galway	SO	Herkimer Cou	31.26m 8
3 Amanda Perri	SO	Mohawk Valle	27.68m 6
4 Jolene Paonessa	FR	Alfred State	26.21m 4
5 Jen DeNovio	FR	Alfred State	25.94m 2
6 Natasha Woods	FR	Herkimer Cou	24.03m 1
7 Victoria Seabrooks	FR	Herkimer Cou	21.73m

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Finals ... (Women Javelin Throw)

Name	Yr	School	Finals
8 Jesse Chapman	FR	Mohawk Valle	21.69m
9 Hailey Mead	FR	Delhi	20.87m
10 Victoria Yaciuk	FR	Mohawk Valle	20.63m
11 Olivia Schaeber	SO	Finger Lakes	14.03m

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Yr	School	Finals
Finals			
1 Victoria Seabrooks	FR	Herkimer Cou	30.74 432
2 Mary Lenhart	SO	Herkimer Cou	31.54 380
3 Brooke Kratzer	FR	Alfred State	31.84 361
4 Jolene Paonessa	FR	Alfred State	31.94 355
5 Stacey Hensley	FR	Herkimer Cou	33.54 264
6 Ella Donovan	FR	Alfred State	35.14 185

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Yr	School	Finals
Finals			
1 Victoria Seabrooks	FR	Herkimer Cou	2:54.94 414
2 Brooke Kratzer	FR	Alfred State	2:57.94 385
2 Jolene Paonessa	FR	Alfred State	2:57.94 385
4 Ella Donovan	FR	Alfred State	3:14.24 244
5 Mary Lenhart	SO	Herkimer Cou	3:17.24 222
6 Stacey Hensley	FR	Herkimer Cou	3:19.24 207

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Yr	School	Finals
Finals			
1 Mary Lenhart	SO	Herkimer Cou	18.34 454
2 Ella Donovan	FR	Alfred State	19.54 341
3 Jolene Paonessa	FR	Alfred State	19.84 316
4 Brooke Kratzer	FR	Alfred State	20.44 267
5 Victoria Seabrooks	FR	Herkimer Cou	20.54 259
6 Stacey Hensley	FR	Herkimer Cou	24.44 41

Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Victoria Seabrooks	FR	Herkimer Cou	1.45m 566
2 Stacey Hensley	FR	Herkimer Cou	1.36m 470
3 Mary Lenhart	SO	Herkimer Cou	1.33m 439
4 Jolene Paonessa	FR	Alfred State	1.27m 379
5 Ella Donovan	FR	Alfred State	1.24m 350
6 Brooke Kratzer	FR	Alfred State	1.21m 321

Heptathlon: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Victoria Seabrooks	FR	Herkimer Cou	4.19m 352
2 Mary Lenhart	SO	Herkimer Cou	4.04m 317
3 Brooke Kratzer	FR	Alfred State	3.88m 281
4 Ella Donovan	FR	Alfred State	3.84m 272
5 Stacey Hensley	FR	Herkimer Cou	3.65m 231
6 Jolene Paonessa	FR	Alfred State	3.50m 200

Heptathlon: #3 Women Shot Put Heptathlon

Name	Yr	School	Finals
Finals			
1 Mary Lenhart	SO	Herkimer Cou	10.32m 550
2 Jolene Paonessa	FR	Alfred State	8.41m 426
3 Stacey Hensley	FR	Herkimer Cou	7.04m 338
4 Brooke Kratzer	FR	Alfred State	6.83m 324
5 Victoria Seabrooks	FR	Herkimer Cou	6.45m 300
6 Ella Donovan	FR	Alfred State	5.51m 240

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Yr	School	Finals
Finals			
1 Mary Lenhart	SO	Herkimer Cou	29.61m 469
2 Jolene Paonessa	FR	Alfred State	25.76m 397
3 Victoria Seabrooks	FR	Herkimer Cou	20.19m 292
4 Stacey Hensley	FR	Herkimer Cou	19.19m 274
5 Ella Donovan	FR	Alfred State	16.54m 225
6 Brooke Kratzer	FR	Alfred State	15.09m 198

Women Heptathlon

Name	Yr	School	Finals
Finals			
1 Mary Lenhart	SO	Herkimer Cou	2831
2 Victoria Seabrooks	FR	Herkimer Cou	2615
3 Jolene Paonessa	FR	Alfred State	2458
4 Brooke Kratzer	FR	Alfred State	2137
5 Ella Donovan	FR	Alfred State	1857
6 Stacey Hensley	FR	Herkimer Cou	1825

Men 100 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Desmond Chambers	FR	Alfred State	11.38Q
2 Wendall Williams	FR	Herkimer Cou	11.44Q
3 Andre Farrell	FR	Finger Lakes	11.41q
4 Joseph Shinn	FR	Herkimer Cou	11.51q
5 Anthony Shuler	SO	Finger Lakes	11.72q
6 Zack Woodard	SO	Alfred State	11.77q
7 Kyle Jones	FR	Alfred State	12.17q
8 Quinton Parrow	FR	Finger Lakes	12.18
9 Cory Kitson	FR	Delhi	12.74
10 Luke Funke	FR	Mohawk Valle	12.89

Men 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Wendall Williams	FR	Herkimer Cou	10.72 10
2 Desmond Chambers	FR	Alfred State	11.04 8
3 Joseph Shinn	FR	Herkimer Cou	11.19 6
4 Zack Woodard	SO	Alfred State	11.26 4
5 Kyle Jones	FR	Alfred State	11.63 2
6 Anthony Shuler	SO	Finger Lakes	11.65 1

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Men 200 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Wendall Williams	FR	Herkimer Cou	21.2hQ
2 Ismail El-Amin	FR	Alfred State	21.7hQ
3 Andre Farrell	FR	Finger Lakes	22.4hq
3 Kevin Williams	FR	Delhi	22.4hq
3 Desmond Chambers	FR	Alfred State	22.4hq
6 Akil Berry	FR	Delhi	22.6hq
6 Zack Woodard	SO	Alfred State	22.6hq
6 Dane Dechow	FR	Alfred State	22.6hq
9 Demetrius Mitchell	FR	Herkimer Cou	22.7h
10 Anthony Shuler	SO	Finger Lakes	23.2h
11 Marvin Merino	SO	Mohawk Valle	25.1h
12 Luke Funke	FR	Mohawk Valle	27.9h

Men 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Wendall Williams	FR	Herkimer Cou	21.74 10
2 Ismail El-Amin	FR	Alfred State	22.74 8
3 Desmond Chambers	FR	Alfred State	22.84 6
4 Zack Woodard	SO	Alfred State	23.00 4
5 Kevin Williams	FR	Delhi	23.02 2
6 Akil Berry	FR	Delhi	23.28 1
7 Dane Dechow	FR	Alfred State	23.30

Men 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Brian Tubbs	SO	Alfred State	50.25 10
2 Nate Andres	FR	Alfred State	50.60 8
3 Kevin Williams	FR	Delhi	50.63 6
4 Josiah Thomas	FR	Alfred State	51.91 4
5 Anthony Shuler	SO	Finger Lakes	52.30 2
6 James Cowell	SO	Delhi	52.39 1
7 Chad Knapp	SO	Herkimer Cou	54.41
8 Marvin Merino	SO	Mohawk Valle	55.79

Men 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Gayang Ayol	FR	Finger Lakes	2:02.07 10
2 Kevin Williams	FR	Delhi	2:03.01 8
3 Joelsen Resimo	SO	Delhi	2:03.18 6
4 Pete Schweitzer	SO	Delhi	2:03.88 4
5 Tylor Lehman	SO	Alfred State	2:05.15 2
6 Zachary Hale	FR	Alfred State	2:06.25 1
7 David Blomquist	SO	Mohawk Valle	2:06.53
8 Nick Pruden	SO	Finger Lakes	2:33.88

Men 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Pete Schweitzer	SO	Delhi	4:13.99 10
2 Joelsen Resimo	SO	Delhi	4:14.08 8

3 Thomas Arcuri	SO	Mohawk Valle	4:15.55 6
4 Alex Farrell	SO	Alfred State	4:16.17 4
5 Ryan Seward	FR	Alfred State	4:56.17 2
6 Nick Pruden	SO	Finger Lakes	5:05.44 1

Men 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Thomas Arcuri	SO	Mohawk Valle	17:01.96 10
2 Josh Myers	SO	Delhi	17:22.31 8
3 Alex Florio	SO	Delhi	17:28.15 6
4 Levi Anderson	FR	Delhi	17:38.27 4
5 Connor O'Keefe	FR	Delhi	17:43.05 2
6 Belony Borange	FR	Delhi	17:52.28 1
7 Jordan Rusek	FR	Alfred State	17:52.32
8 Nick Pruden	SO	Finger Lakes	21:09.07

Men 10000 Meter Run

Name	Yr	School	Finals
Finals			
1 Josh Myers	SO	Delhi	41:58.0h 10
2 Alex Florio	SO	Delhi	41:59.0h 8
3 Levi Anderson	FR	Delhi	42:41.0h 6
4 Eric Ransley	FR	Alfred State	43:28.0h 4
--- James Ireland	FR	Mohawk Valle	DNF

Men 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Joseph Shinn	FR	Herkimer Cou	15.15 10
2 Frankie Bailey	FR	Alfred State	15.33 8
3 Orion Brown	FR	Delhi	16.34 6
4 Dane Dechow	FR	Alfred State	16.57 4
5 Jacob Schenk	SO	Finger Lakes	16.89 2
6 Craig Rugari	SO	Mohawk Valle	18.14 1
--- Daquan Corbitt	FR	Herkimer Cou	DNF

Men 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Orion Brown	FR	Delhi	55.44 10
2 Logan Phillips	FR	Alfred State	55.47 8
3 Frankie Bailey	FR	Alfred State	56.32 6
4 Dane Dechow	FR	Alfred State	59.17 4
5 Joseph Shinn	FR	Herkimer Cou	1:00.72 2
6 Craig Rugari	SO	Mohawk Valle	1:01.82 1
7 Daquan Corbitt	FR	Herkimer Cou	1:12.96
--- Cory Kitson	FR	Delhi	DQ

Men 3000 Meter Steeplechase

Name	Yr	School	Finals
Finals			
1 Connor O'Keefe	FR	Delhi	10:52.35 10
2 Belony Borange	FR	Delhi	11:00.50 8
3 Steven Foster	SO	Herkimer Cou	13:13.62 6
4 James Ireland	FR	Mohawk Valle	13:30.66 4

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Alfred State		43.01 10
1) Desmond Chambers FR	2) Ismail El-Amin FR	
3) Zack Woodard SO	4) Brian Tubbs SO	
2 Herkimer County CC		43.07 8
1) Andre Fogo FR	2) Joseph Shinn FR	
3) Demetrius Mitchell FR	4) Wendall Williams FR	
3 Delhi		43.44 6
1) Orion Brown FR	2) Kevin Williams FR	
3) Akil Berry FR	4) James Cowell SO	
4 Finger Lakes CC		45.36 4
1) Andre Farrell FR	2) Quinton Parrow FR	
3) Jacob Schenk SO	4) Anthony Shuler SO	

Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Alfred State		3:26.04 10
1) Nate Andres FR	2) Josiah Thomas FR	
3) Zack Woodard SO	4) Brian Tubbs SO	
2 Delhi		3:32.71 8
1) Orion Brown FR	2) Akil Berry FR	
3) Joelsen Resimo SO	4) Pete Schweitzer SO	
3 Finger Lakes CC		3:40.25 6
1) Andre Farrell FR	2) Jacob Schenk SO	
3) Gayang Ayol FR	4) Anthony Shuler SO	
4 Mohawk Valley CC		3:46.23 4
1) Craig Rugari SO	2) David Blomquist SO	
3) Marvin Merino SO	4) James Ireland FR	
5 Herkimer County CC		3:48.63 2
1) Demetrius Mitchell FR	2) Chris Morales FR	
3) Terrell Silvera SO	4) Kasheba Pelle FR	

Men 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Alfred State		8:21.7h 10
1) Tylor Lehman SO	2) Zachary Hale FR	
3) Cody Marvin FR	4) Alex Farrell SO	
2 Delhi		8:30.0h 8
1) James Cowell SO	2) Pat Cahill FR	
3) Joelsen Resimo SO	4) Pete Schweitzer SO	
3 Mohawk Valley CC		8:35.0h 6
1) Thomas Arcuri SO	2) David Blomquist SO	
3) Craig Rugari SO	4) Marvin Merino SO	
4 Herkimer County CC		10:12.9h 4
1) Steven Foster SO	2) Chad Knapp SO	
3) Terrell Silvera SO	4) Andre Fogo FR	

Men High Jump

Name	Yr	School	Finals
Finals			
1 Wendall Williams	FR	Herkimer Cou	1.95m 10

2 Tim Stewart	SO	Mohawk Valle	1.90m 8
3 Jacob Matthews	SO	Delhi	1.85m 5
3 Joseph Shinn	FR	Herkimer Cou	1.85m 5
5 Demetrius Mitchell	FR	Herkimer Cou	1.75m 1.5
5 Thomas Gibbs	FR	Herkimer Cou	1.75m 1.5
7 Travis Nagle	SO	Alfred State	1.70m
7 Chris Morales	FR	Herkimer Cou	1.70m
9 Nathan Young	FR	Alfred State	1.65m

Men Pole Vault

Name	Yr	School	Finals
Finals			
1 Travis Nagle	SO	Alfred State	4.10m 10
2 Adam Stevens	SO	Mohawk Valle	4.10m 8
3 Joseph Shinn	FR	Herkimer Cou	3.95m 6
4 Tim Stewart	SO	Mohawk Valle	3.80m 4
5 Sean Richardson	FR	Alfred State	3.50m 2
6 Steven Foster	SO	Herkimer Cou	3.05m 1

Men Long Jump

Name	Yr	School	Finals
Finals			
1 Wendall Williams	FR	Herkimer Cou	7.31m 10
2 Desmond Chambers	FR	Alfred State	6.92m 8
3 Ismail El-Amin	FR	Alfred State	6.57m 6
4 Patrick Taylor	FR	Delhi	6.46m 4
5 Josiah Thomas	FR	Alfred State	6.27m 2
6 Anthony Shuler	SO	Finger Lakes	6.08m 1
7 Travis Nagle	SO	Alfred State	5.95m
8 Frankie Bailey	FR	Alfred State	5.74m
9 Chris Morales	FR	Herkimer Cou	5.71m
10 Cory Kitson	FR	Delhi	5.20m

Men Triple Jump

Name	Yr	School	Finals
Finals			
1 Wendall Williams	FR	Herkimer Cou	14.12m 10
2 Josiah Thomas	FR	Alfred State	13.62m 8
3 Anthony Shuler	SO	Finger Lakes	12.96m 6
4 Chris Morales	FR	Herkimer Cou	12.36m 4
5 Kevin Williams	FR	Delhi	12.22m 2
6 Patrick Taylor	FR	Delhi	11.78m 1

Men Shot Put

Name	Yr	School	Finals
Finals			
1 Brian Edwards	SO	Alfred State	14.19m 10
2 Robert Howard	SO	Alfred State	14.16m 8
3 Leandro DelRosario	FR	Alfred State	13.51m 6
4 Rajiv McSwine	SO	Mohawk Valle	13.34m 4
5 Mike Washington	SO	Mohawk Valle	13.31m 2
6 Jamal Temple	SO	Mohawk Valle	12.20m 1
7 Erik Provost	FR	Alfred State	11.28m
8 Evan Whitted	FR	Herkimer Cou	11.15m
9 Terrell Silvera	SO	Herkimer Cou	10.05m
10 Brendan McGlynn	FR	Finger Lakes	8.58m

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Finals ... (Men Shot Put)

Name	Yr	School	Finals
--- Mike Hinton	FR	Delhi	FOUL

Men Discus Throw

Name	Yr	School	Finals
Finals			
1 Brian Edwards	SO	Alfred State	45.76m 10
2 Robert Howard	SO	Alfred State	42.42m 8
3 Mike Washington	SO	Mohawk Valle	40.06m 6
4 Terrell Silvera	SO	Herkimer Cou	38.00m 4
5 Evan Whitted	FR	Herkimer Cou	35.66m 2
6 Mike Hinton	FR	Delhi	33.28m 1
7 Brendan McGlynn	FR	Finger Lakes	30.66m
8 Jamal Temple	SO	Mohawk Valle	29.25m

Men Hammer Throw

Name	Yr	School	Finals
Finals			
1 Rafael Ramirez	FR	Alfred State	41.65m 10
2 Sam Sherwin	SO	Alfred State	41.10m 8
3 Matt Shoults	SO	Mohawk Valle	39.68m 6
4 Steven Campbell	FR	Alfred State	36.66m 4
5 Mike Hinton	FR	Delhi	30.82m 2
6 Edward Whitted III	FR	Herkimer Cou	29.04m 1
7 Shawn Hanks Jr	FR	Herkimer Cou	22.18m

Men Javelin Throw

Name	Yr	School	Finals
Finals			
1 Anthony Soto	FR	Alfred State	46.90m 10
2 Dylan Webb	SO	Delhi	46.62m 8
3 Brian Edwards	SO	Alfred State	42.08m 6
4 Tylor Lehman	SO	Alfred State	41.22m 4
5 Terrell Silvera	SO	Herkimer Cou	38.98m 2
6 Craig Rugari	SO	Mohawk Valle	38.56m 1
7 Brendan McGlynn	FR	Finger Lakes	36.90m
8 Travis Nagle	SO	Alfred State	36.68m
9 Mike Hinton	FR	Delhi	34.10m
10 Jamal Temple	SO	Mohawk Valle	33.54m
11 Evan Whitted	FR	Herkimer Cou	31.38m

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
1 Joseph Shinn	FR	Herkimer Cou	11.44 765
2 Travis Nagle	SO	Alfred State	12.34 586
3 Anthony Soto	FR	Alfred State	12.54 549
4 Steven Foster	SO	Herkimer Cou	12.64 531
5 Ryan Seward	FR	Alfred State	12.84 495
6 Terrell Silvera	SO	Herkimer Cou	12.94 478

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
1 Joseph Shinn	FR	Herkimer Cou	55.54 577
2 Travis Nagle	SO	Alfred State	57.14 516

3 Steven Foster	SO	Herkimer Cou	1:00.14 408
4 Ryan Seward	FR	Alfred State	1:00.44 398
5 Terrell Silvera	SO	Herkimer Cou	1:03.14 313
--- Anthony Soto	FR	Alfred State	DNF

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Yr	School	Finals
Finals			
1 Travis Nagle	SO	Alfred State	4:53.54 597
2 Ryan Seward	FR	Alfred State	5:06.24 524
3 Joseph Shinn	FR	Herkimer Cou	5:23.44 432
4 Steven Foster	SO	Herkimer Cou	5:23.45 432
5 Anthony Soto	FR	Alfred State	6:00.04 264
6 Terrell Silvera	SO	Herkimer Cou	6:03.04 252

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Yr	School	Finals
Finals			
1 Joseph Shinn	FR	Herkimer Cou	15.44 797
2 Travis Nagle	SO	Alfred State	18.24 501
3 Ryan Seward	FR	Alfred State	19.84 362
4 Steven Foster	SO	Herkimer Cou	21.64 231
5 Terrell Silvera	SO	Herkimer Cou	24.44 84
--- Anthony Soto	FR	Alfred State	DNF

Decathlon: #4 Men High Jump Decathlon

Name	Yr	School	Finals
Finals			
1 Joseph Shinn	FR	Herkimer Cou	1.88m 696
2 Travis Nagle	SO	Alfred State	1.85m 670
3 Steven Foster	SO	Herkimer Cou	1.64m 496
4 Ryan Seward	FR	Alfred State	1.52m 404
5 Terrell Silvera	SO	Herkimer Cou	1.25m 218
6 Anthony Soto	FR	Alfred State	1.22m 200

Decathlon: #8 Men Pole Vault Decathlon

Name	Yr	School	Finals
Finals			
1 Joseph Shinn	FR	Herkimer Cou	4.00m 617
1 Travis Nagle	SO	Alfred State	4.00m 617
3 Steven Foster	SO	Herkimer Cou	3.20m 406
4 Ryan Seward	FR	Alfred State	2.50m 242
5 Terrell Silvera	SO	Herkimer Cou	2.00m 140
--- Anthony Soto	FR	Alfred State	DNF

Decathlon: #2 Men Long Jump Decathlon

Name	Yr	School	Finals
Finals			
1 Travis Nagle	SO	Alfred State	5.85m 554
2 Joseph Shinn	FR	Herkimer Cou	5.79m 542
3 Steven Foster	SO	Herkimer Cou	5.23m 427
4 Ryan Seward	FR	Alfred State	4.92m 367
5 Terrell Silvera	SO	Herkimer Cou	4.54m 297
6 Anthony Soto	FR	Alfred State	4.25m 247

2013 NJCAA Region III Championships - 5/3/2013 to 5/4/2013

Alfred State College

Results

Decathlon: #3 Men Shot Put Decathlon

5) Finger Lakes CC

33

Name	Yr	School	Finals	
Finals				
1	Terrell Silvera	SO	Herkimer Cou	10.54m 518
2	Travis Nagle	SO	Alfred State	10.18m 496
3	Joseph Shinn	FR	Herkimer Cou	9.27m 442
4	Steven Foster	SO	Herkimer Cou	7.97m 365
5	Ryan Seward	FR	Alfred State	6.98m 306
6	Anthony Soto	FR	Alfred State	6.22m 262

Decathlon: #7 Men Discus Throw Decathlon

Name	Yr	School	Finals	
Finals				
1	Terrell Silvera	SO	Herkimer Cou	33.48m 533
2	Travis Nagle	SO	Alfred State	31.39m 492
3	Joseph Shinn	FR	Herkimer Cou	22.06m 311
4	Anthony Soto	FR	Alfred State	21.32m 297
5	Ryan Seward	FR	Alfred State	21.06m 292
6	Steven Foster	SO	Herkimer Cou	20.37m 279

Decathlon: #9 Men Javelin Throw Decathlon

Name	Yr	School	Finals	
Finals				
1	Anthony Soto	FR	Alfred State	41.17m 459
2	Terrell Silvera	SO	Herkimer Cou	40.00m 442
3	Travis Nagle	SO	Alfred State	37.20m 402
4	Joseph Shinn	FR	Herkimer Cou	36.06m 385
5	Ryan Seward	FR	Alfred State	34.02m 356
6	Steven Foster	SO	Herkimer Cou	33.08m 343

Men Decathlon

Name	Yr	School	Finals	
Finals				
1	Joseph Shinn	FR	Herkimer Cou	5564
2	Travis Nagle	SO	Alfred State	5431
3	Steven Foster	SO	Herkimer Cou	3918
4	Ryan Seward	FR	Alfred State	3746
5	Terrell Silvera	SO	Herkimer Cou	3275
6	Anthony Soto	FR	Alfred State	2278

Women - Team Rankings - 21 Events Scored

1)	Mohawk Valley CC	227
2)	Herkimer County CC	148
3)	Alfred State	101
4)	Delhi	82
5)	Finger Lakes CC	52

Men - Team Rankings - 21 Events Scored

1)	Alfred State	247
2)	Delhi	170
3)	Herkimer County CC	116
4)	Mohawk Valley CC	72