

# ESU Track & Field 2008-09 Outdoor Season Bests

as of May 23, 2009

## Women's Track Events

### 100m

1. Katherine Doyle - 12.51  
(at Bucknell 4/11, at PSAC's 5/9)
2. Alyssa Rupp - 12.75 (at Millersville 4/4)
3. Kayla Littrell - 13.00 (at Millersville 4/4)

### 200m

1. Jasmine Johnson - 25.25 (at PSAC's 5/9)
2. Katherine Doyle - 25.63 (at PSAC's 5/9)
3. Alyssa Rupp - 26.92 (at Millersville 4/4)

### 400m

1. Jasmine Johnson - 56.06 (at PSAC's 5/9)
2. Katherine Doyle - 58.06 (at Lehigh 4/25)
3. Amilee Schillinger - 59.80 (at PSAC's 5/9)

### 800m

1. Jonna Trexler - 2:28.48 (at Lehigh 4/25)
2. Emily Hollick - 2:29.80 (at Lehigh 4/25)
3. Lyndsey Clark - 2:33.07 (at Moravian 3/28)

### 1500m

1. Jonna Trexler - 4:59.23 (at ESU 4/18)
2. Niki Pasquarella - 5:14.43 (at Moravian 3/28)
3. Lindsey Clark - 5:34.75 (at Millersville 4/4)

### 3000m

1. Jonna Trexler - 10:53.06 (at Moravian 3/28)
2. Lisa Lower - 12:03.67 (at Moravian 3/28)
3. Sarah Wysocki - 12:21.93 (at ESU 4/18)

### 5000m

1. Jonna Trexler - 19:38.42 (at Millersville 4/4)
2. Bree Kelly - 21:11.87 (at Millersville 4/4)
3. Lisa Lower - 21:34.56 (at ESU 4/18)

### 10000m

1. Bree Kelly - 45:51.3 (at Liberty 3/21)
2. Lisa Lower - 46:32.0 (at Liberty 3/21)

### 100m Hurdles

1. Brittany Knowles - 15.43  
(at West Chester 4/11)
2. Adrienne Deiter - 16.08 (at Lehigh 4/25)
3. Anna Bixler - 16.32 (at Lehigh 4/25)

### 400m Hurdles

1. Emily Hollick - 1:03.98 (at PSAC's 5/9)
2. Kara Parrillo - 1:09.95 (at Kutztown 5/1)
3. Adrienne Dieter - 1:11.50 (at Liberty 3/21)

### 3000m Steeplechase

1. Niki Pasquarella - 11:38.0 (at Bucknell 4/11)
2. Sarah Wysocki - 14:44.20 (at Lehigh 4/25)

## Women's Relays

### 4x100m Relay

1. Rupp, Johnson, Schillinger, Doyle - 48.10  
(at PSAC's 5/8)

### 4x200m Relay

1. Doyle, Schillinger, Carito, Johnson -  
1:44.05 (at Penn Relays 4/24)

### 4x400m Relay

1. Johnson, Schillinger, Carito, Doyle -  
3:53.93 (at PSAC's 5/9)

## Women's Field Events

### High Jump

1. Lynn Mayer - 5-7 (at Penn Relays 4/23)  
Janelle Smith - 5-7 (at Penn Relays 4/23)
3. Devyn Emerich - 5-6 1/2 (at ESU 4/18)

### Pole Vault

1. Kristen Morby - 10-6 1/4 (at Millersville 4/4)
2. Steph Weber - 10-0 (at Millersville 4/4)
3. Carolyn Jablonowski - 8-0 1/2  
(at Moravian 3/28)

### Long Jump

1. Trina Carito - 17-3 3/4 (at ESU 4/18)
2. Jessica Palmer-Bacon - 16-1 (at Liberty 3/21)
3. Anna Bixler - 15-6 1/4 (at ESU 4/18)

### Triple Jump

1. Trina Carito - 36-6 1/4 (at PSAC's 5/9)
2. Lynn Mayer - 34-10 1/2 (at Millersville 4/4)
3. Jessica Palmer-Bacon - 33-1  
(at Moravian 3/28)

### Shot Put

1. Amanda Sines - 41-8 (at PSAC's 5/8)
2. Emily Carothers - 38-5 (at Lehigh 4/25)
3. Danielle Laws - 38-4 3/4 (at Liberty 3/21)

### Hammer Throw

1. Amanda Sines - 161-7 (at PSAC's 5/8)
2. Emily Carothers - 151-2 (at PSAC's 5/8)
3. Caitlin Keen - 146-2 (at Lehigh 4/25)

### Discus

1. Danielle Laws - 129-4 (at ESU 4/18)
2. Amanda Sines - 126-4 (at Kutztown 5/1)
3. Emily Carothers - 109-0 (at Lehigh 4/25)

### Javelin

1. Allyson Cardullo - 131-8 (at Moravian 3/28)
2. Courtney Jackson - 114-9 (at Lehigh 4/25)
3. Tina Carito - 97-1 (at Moravian 3/28)

### Heptathlon

1. Anna Bixler - 3,040 (at Charlotte 3/20)

## NCAA Qualifiers

### Jasmine Johnson - 400m

PSAC's - 56.06

### Lynn Mayer - High Jump

Penn Relays - 5-7

### Janelle Smith - High Jump

Penn Relays - 5-7

### Devyn Emerich - High Jump

ESU - 5-6 1/2

## Championships

### Jasmine Johnson - 400m

ESU - 57.32

### Katherine Doyle - 100m

Kutztown - 12.66

### Katherine Doyle - 400m

Lehigh - 58.06

### Brittany Knowles - 100m Hurdles

West Chester - 15.43

ESU - 15.62

### Emily Hollick - 400m Hurdles

Moravian - 1:06.36

ESU - 1:06.00

### Niki Pasquarella - 3000m Steeplechase

Liberty - 11:54.9

### Devyn Emerich - High Jump

ESU - 5-6 1/2

Lehigh - 5-5

### Lynn Mayer - High Jump

Liberty - 5-5 3/4

Lehigh - 5-5

### Lynn Mayer - Triple Jump

Kutztown - 32-2 3/4

### Janelle Smith - High Jump

Millersville - 5-4 1/2

Lehigh - 5-5

### Trina Carito - Long Jump

West Chester - 16-9 1/4

### Trina Carito - High Jump

Lehigh - 5-5

Kutztown - 5-3

### Danielle Laws - Discus

ESU - 129-4

### Amanda Sines - Shot Put

Millersville - 38-7

West Chester - 37-11 1/2

Lehigh - 40-1 1/2

PSAC's - 41-8

### Amanda Sines - Hammer

West Chester - 147-11

### Amanda Sines - Discus

Lehigh - 125-0

### Allyson Cardullo - Javelin

Moravian - 131-8

Millersville - 128-11

West Chester - 112-9

ESU - 125-10

Lehigh - 125-3 1/2

Kutztown - 123-7

## NCAA Qualifiers

### Andrew McCloskey - 100m

PSAC's - 10.41

### Andrew McCloskey - 200m

ESU - 21.35

(ran 21.30 wind-aided at PSAC's)

### Rusty Smith - 110m Hurdles

PSAC's - 14.41

### 4x100m Relay

ESU - 40.83

### Matthew Gallup - Pole Vault

Kutztown - 16-7

### Drew Miller - Triple Jump

PSAC's - 48-4 3/4

### Paul Wagner - Hammer Throw

ESU - 190-7

### Tom Sutor - Hammer Throw

Lehigh - 179-1

### Bill Buis - Javelin

Bucknell - 201-1

### Kenny Cardullo - Javelin

ESU - 203-3

## Men's Field Events

### High Jump

1. Kenny Cardullo - 6-4 3/4 (at PSAC's 5/8)

2. Shane Burrows - 6-3 1/2 (at PSAC's 5/8)

Dan Johnson - 6-3 1/2 (at PSAC's 5/8)

### Pole Vault

1. Matthew Gallup - 16-7 (at Kutztown 5/1)

2. Colin Feeny - 14-1 1/4 (at Kutztown, PSAC's)

3. Bryant Butala - 13-9 1/2 (at Lehigh 4/25)

### Long Jump

1. Jeff McClenton - 22-9 1/4 (at ESU 4/18)

2. Drew Miller - 22-1 (at ESU 4/18)

3. Brandon Hillman - 22-0 1/4 (at ESU 4/18)

### Triple Jump

1. Drew Miller - 48-4 3/4 (at PSAC's 5/9)

2. Brandon Hillman - 47-3 3/4 (at PSAC's 5/9)

3. Shane Burrows - 39-6 1/2 (at Lehigh 4/25)

### Shot Put

1. Paul Wagner - 50-7 1/2 (at Moravian 3/28)

2. Colin Feeny - 34-7 1/2 (at Charlotte 3/20)

3. Dan Johnson - 34-5 1/2 (at Lehigh 4/25)

### Hammer Throw

1. Paul Wagner - 196-9 (at NCAA's 5/21)

2. Tom Sutor - 179-1 (at Lehigh 4/25)

### Discus

1. Paul Wagner - 157-10 (at Bucknell 4/11)

2. Tom Sutor - 120-11 (at Kutztown 5/1)

3. Dan Johnson - 86-4 (at West Chester 4/11)

### Javelin

1. Kenny Cardullo - 203-3 (at Kutztown 5/1)

2. Bill Buis - 201-1 (at Bucknell 4/11)

3. Josh Hontz - 191-8 (at PSAC's 5/9)

### Decathlon

1. Dan Johnson - 5,946 (at PSAC's 5/7-8)

2. Colin Feeny - 5,382 (at Charlotte 3/19-20)

## Men's Relays

### 4x100m Relay

1. Ashfield, Reddick, McClenton, McCloskey - 40.83 (at PSAC's 5/9)

### 4x200m Relay

1. McClenton, Reddick, Ashfield, McCloskey - 1:28.55 (at Penn Relays 4/24)

### 4x400m Relay

1. McCloskey, Pammer, Hillman, Reddick - 3:21.81 (at PSAC's 5/9)

## Men's Track Events

### 100m

1. Andrew McCloskey - 10.41 (at PSAC's 5/9)

2. Asher Ashfield - 10.74 (at PSAC's 5/8)

3. Jeff McClenton - 11.08 (at ESU 4/18)

### 200m

1. Andrew McCloskey - 21.30 (at PSAC's 5/9)

2. Chris Reddick - 21.66 (at PSAC's 5/9)

3. Jeff McClenton - 22.11 (at ESU 4/18)

### 400m

1. Chris Reddick - 48.71 (at ESU 4/18)

2. Greg Pammer - 51.75 (at Liberty 3/21)

3. Sam Janssen - 53.18 (at Kutztown 5/1)

### 800m

1. Sam Janssen - 1:56.19 (at PSAC's 5/8)

2. Mahmoud Aldeen - 1:59.90 (at Kutztown 5/1)

3. Ryan Doyle - 2:00.42 (at Lehigh 4/25)

### 1500m

1. Chris Zadroga - 4:05.10 (at ESU 4/18)

2. Kyle Weir - 4:10.02 (at Lehigh 4/25)

3. Frank Adragna - 4:10.62 (at Kutztown 5/1)

### 3000m

1. Tom Zarnoch - 9:03.18 (at ESU 4/18)

2. Mitch Slater - 9:09.89 (at ESU 4/18)

3. Dan Bowden - 9:12.09 (at ESU 4/18)

### 5000m

1. Mitch Slater - 15:38.95 (at Bucknell 4/11)

2. Matt Cook - 15:49.82 (at Kutztown 5/1)

3. Tom Zarnoch - 15:59.73 (at Liberty 3/21)

### 10000m

1. Greg Laraia - 32:41.23 (at Liberty 3/21)

2. Mitch Slater - 32:49.15 (at Liberty 3/21)

3. Matt Cook - 33:14.52 (at West Chester 4/11)

### 110m Hurdles

1. Rusty Smith - 14.41 (at PSAC's 5/9)

2. Brandon Hillman - 15.59 (at PSAC's 5/8)

3. Ben Koch - 15.98 (at Bucknell 4/11)

### 400m Hurdles

1. Rusty Smith - 54.46 (at PSAC's 5/9)

2. Steve Greer - 58.50 (at Liberty 3/21)

3. Brandon Hillman - 59.28 (at Millersville 4/4)

### 3000m Steeplechase

1. Chris Zadroga - 9:37.74 (at Moravian 3/28)

2. Kyle Weir - 9:41.71 (at Liberty 3/21)

## Championships

### Andrew McCloskey - 100m

Liberty - 10.98

Millersville - 10.75

ESU - 10.66

Kutztown - 11.04

PSAC's - 10.41

### Andrew McCloskey - 200m

Liberty - 21.87

Millersville - 21.48

Bucknell - 21.50

ESU - 21.35

PSAC's - 21.30

### Asher Ashfield - 200m

Kutztown - 23.26

### Chris Reddick - 400m

ESU - 48.71

### Sam Janssen - 800m

ESU - 1:58.63

### Matt Cook - 5000m

Millersville - 16:07.87

### Mitch Slater - 5000m

Lehigh - 16:04.61

### Rusty Smith - 110m Hurdles

ESU - 14.46

PSAC's - 14.41

### Rusty Smith - 400m Hurdles

Liberty - 56.31

### Matthew Gallup - Pole Vault

Moravian - 14-11

ESU - 15-6

Lehigh - 14-9 1/2

Kutztown - 16-7

PSAC's - 16-0 3/4

### Jeff McClenton - 100m

Lehigh - 11.16

### Jeff McClenton - Long Jump

ESU - 22-9 1/4

Lehigh - 22-3 1/4

### Drew Miller - Triple Jump

Moravian - 47-1 1/2

Millersville - 47-7 3/4

ESU - 47-8

Kutztown - 46-8

### Paul Wagner - Hammer

Moravian - 178-8

Bucknell - 179-9

ESU - 190-7

PSAC's - 190-3

### Paul Wagner - Shot Put

Moravian - 50-7 1/2

ESU - 49-1

### Paul Wagner - Discus

Millersville - 146-11

### Bill Buis - Javelin

Bucknell - 201-1

### Kenny Cardullo - Javelin

ESU - 195-5 1/4

Kutztown - 203-3

### Josh Hontz - Javelin

Moravian - 191-3