

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****Men 100 M Dash**

Name	Year	School	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Echeandia, Dante		Assumption	11.04Q	2.4	5
2 Shain, Ethan		Southern Maine	11.09Q	0.9	2
3 Anderson, Kobe		Assumption	11.15Q	2.5	4
4 Mason, Jared		Nichols	11.19Q	0.5	3
5 Evans, DeAnthony		Southern Maine	11.54Q	-0.4	1
6 Jacques, Jayden		Southern Maine	11.25q	2.5	4
7 Griffiths, Ian		Plymouth State	11.34q	2.4	5
8 LeBlanc, Alex		Keene State	11.49q	0.9	2
9 Fogg, Nathan		Southern Maine	11.51q	0.9	2
10 Matrille, Albert		Southern Maine	11.52	2.4	5
11 Quirrenbach, Quinton		St. Anselm	11.52	2.5	4
12 Winslow, Nolan		Southern Maine	11.54	-0.4	1
13 Pasquarosa, Anthony		St. Anselm	11.60	2.5	4
14 Asuen, Omosigho		Umass Boston	11.61	2.4	5
15 Bovino, Marc		Post	11.65	0.9	2
16 Wiltshire, Melvin		Umass Boston	11.76	0.9	2
17 David, Mason		Nichols	11.79	-0.4	1
18 Shokal, Justin		Plymouth State	11.83	-0.4	1
19 DeGray, Elliot		Keene State	11.90	0.5	3
20 Hodge, Zach		Plymouth State	11.97	-0.4	1
21 Cappelletti, Joe		Plymouth State	12.01	2.5	4
22 Plumley, Cody		Southern Maine	12.04	2.5	4
23 Smith, Max		Keene State	12.08	0.9	2
24 Vachon, Brandon		Plymouth State	12.10	0.5	3
25 Lynch, Colby		St. Anselm	12.21	2.4	5
26 Tippett, Colin		Southern Maine	12.30	0.9	2
27 Snyder, Nikolas		Plymouth State	12.33	-0.4	1
28 Fairfield, Corey		Greater Bost	12.41	0.5	3
29 McDaniels, Quintin		Franklin Pierce	12.50	0.9	2
30 Liburd, Kenard		Assumption	12.59	0.5	3
31 Mgendi, Sam		Southern Maine	12.61	2.4	5
32 Breda, Peyton		St. Anselm	12.66	2.5	4
33 Paulino-Acosta, Kelvin		Assumption	12.73	2.4	5
34 Cornish, Austin		Plymouth State	12.74	2.5	4
35 Rochette, Michael		St. Anselm	12.78	0.5	3
36 Alofe, Olutemi		Umass Boston	12.83	2.4	5
37 Zaverella, Anthony		Franklin Pierce	12.92	0.5	3
38 Beswick, Conor		St. Anselm	12.94	0.9	2
39 Castillo, Joel		Umass Boston	14.27	-0.4	1

**Men 100 M Dash**

Name	Year	School	Finals	Wind
<b>Finals</b>				
1 Echeandia, Dante		Assumption	11.01	0.9
2 Shain, Ethan		Southern Maine	11.11	0.9
3 Mason, Jared		Nichols	11.23	0.9
4 Griffiths, Ian		Plymouth State	11.36	0.9
5 Jacques, Jayden		Southern Maine	11.39	0.9
6 Evans, DeAnthony		Southern Maine	11.40	0.9
7 LeBlanc, Alex		Keene State	11.53	0.9

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men 100 M Dash**

8 Fogg, Nathan	Southern Maine	11.56	0.9
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**Men 200 M Dash**

Name	Year School	Finals	Wind	H#
1 Spignese, Anthony	Assumption	22.07	1.7	7
2 Cypress, Charles	Plattsburgh St.	22.15	1.7	7
3 Dixon, George	Assumption	22.29	1.7	7
4 Echeandia, Dante	Assumption	22.32	1.7	7
5 Grace, Antoine	Southern Maine	22.52	1.7	7
6 Shain, Ethan	Southern Maine	22.72	1.7	7
7 Jacques, Jayden	Southern Maine	23.01	1.8	6
8 Anderson, Kobe	Assumption	23.12	1.8	6
9 Farley, Will	Assumption	23.13	1.8	6
10 Evans, DeAnthony	Southern Maine	23.45	1.1	5
11 Hatch, Chris	Southern Maine	23.54	1.8	6
12 Quirrenbach, Quinton	St. Anselm	23.57	1.3	1
13 Liriano, Chris	Post	23.61	1.1	5
14 Polles, Brendan	Assumption	23.61	1.1	5
15 Matrille, Albert	Southern Maine	23.66	1.1	5
16 Winslow, Nolan	Southern Maine	23.68	1.8	6
17 Scott, Shermar	Assumption	23.70	1.8	6
18 LeBlanc, Alex	Keene State	23.72	0.1	4
19 Verow, Zachary	St. Anselm	23.72	1.3	1
20 Toussaint, Cedrick	Nichols	23.73	1.1	5
21 Wiltshire, Melvin	Umass Boston	23.85	1.8	6
22 DeAguiar, Jonathan	Keene State	23.85	1.4	3
23 Hodge, Zach	Plymouth State	23.85	1.1	5
24 David, Mason	Nichols	23.88	1.7	7
25 Grenier, Trevor	Southern Maine	24.10	1.4	3
26 Pasquarosa, Anthony	St. Anselm	24.21	0.1	4
27 Grogan, Luke	Nichols	24.25	0.1	4
28 Alexis, Garry	Nichols	24.46	1.3	1
29 Bedard, Riley	Southern Maine	24.63	0.1	4
30 Shokal, Justin	Plymouth State	24.64	0.1	4
31 Vachon, Brandon	Plymouth State	24.81	0.1	4
32 Plumley, Cody	Southern Maine	24.83	1.1	5
33 Smith, Max	Keene State	24.97	1.4	3
34 Gelsomino, Nicholas	Plattsburgh St.	25.01	0.1	4
35 Cappelletti, Joe	Plymouth State	25.02	1.3	1
36 Colantuoni, Jack	Assumption	25.04	1.1	5
37 Dera, Kenny	Umass Boston	25.09	0.1	4
38 Caldanaro, Alex	Unattached	25.39	1.3	1
39 Tippett, Colin	Southern Maine	25.66	1.4	3
40 Pimentel, Jasper	Plymouth State	26.00	1.4	3
41 Webber, Faris	Plattsburgh St.	26.04	-1.3	2
42 Mgendi, Sam	Southern Maine	26.32	1.4	3
43 Cornish, Austin	Plymouth State	26.96	-1.3	2
44 Berlepsch, Spencer	Nichols	26.97	-1.3	2
45 Beal, Nick	Plymouth State	27.96	-1.3	2

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****Men 400 M Run**

Name	Year School	Finals	H#
1 Hatcher, Jyaire	Plymouth State	49.73	4
2 Ogelsby, Christian	Plymouth State	51.11	4
3 Rebello, Josh	Plymouth State	52.41	4
4 Verow, Zachary	St. Anselm	52.55	1
5 Hamele, Dawson	Keene State	52.94	4
6 Grenier, Trevor	Southern Maine	52.98	3
7 Liriano, Chris	Post	53.54	4
8 Guay, Brady	Southern Maine	54.12	3
9 Lindmark, Tyler	Assumption	54.16	4
10 Gelsomino, Nicholas	Plattsburgh St.	54.26	3
11 Dalessandro, Jonathan	Southern Maine	54.59	3
12 Mailberg, Jack	Assumption	54.80	2
13 Bovino, Marc	Post	54.82	3
14 DeAguiar, Jonathan	Keene State	54.90	3
15 Lanier, Christopher	Nichols	55.86	1
16 Webber, Faris	Plattsburgh St.	56.50	1
17 Gigliotti, Michael	Keene State	1:02.17	2
18 Beal, Nick	Plymouth State	1:08.06	2

**Men 800 M Run**

Name	Year School	Finals	H#
1 Olson, Michael	Plymouth State	1:52.69	3
55.283 (55.283)	1:52.688 (57.405)		
2 Bonesteel, Noah	Plattsburgh St.	1:57.24	3
58.328 (58.328)	1:57.238 (58.910)		
3 Pearl, Jake	Keene State	1:57.72	3
57.049 (57.049)	1:57.717 (1:00.668)		
4 Pecoraro, Jack	Southern Maine	1:58.05	3
58.374 (58.374)	1:58.047 (59.674)		
5 Moar, Colin	Plymouth State	1:58.23	3
57.832 (57.832)	1:58.223 (1:00.391)		
6 Pelosi, Harrison	Franklin Pierce	1:59.20	3
58.990 (58.990)	1:59.199 (1:00.210)		
7 Moyer, Ryan	Plymouth State	1:59.95	3
1:00.184 (1:00.184)	1:59.943 (59.760)		
8 Duplessie, Jordan	Southern Maine	2:01.29	2
1:00.747 (1:00.747)	2:01.284 (1:00.538)		
9 Van Buren, Logan	Plattsburgh St.	2:01.68	3
58.695 (58.695)	2:01.679 (1:02.985)		
10 Jeffrey, dantea	Post	2:02.21	2
1:01.514 (1:01.514)	2:02.202 (1:00.688)		
11 Coope, Brent	Plymouth State	2:02.25	2
1:00.519 (1:00.519)	2:02.242 (1:01.723)		
12 Sadlak, Gregory	Nichols	2:03.02	3
59.439 (59.439)	2:03.012 (1:03.573)		
13 Kucera, Erik	Plattsburgh St.	2:03.61	2
1:02.435 (1:02.435)	2:03.608 (1:01.174)		
14 Kumrow, Justin	Plattsburgh St.	2:03.66	2
1:02.128 (1:02.128)	2:03.652 (1:01.525)		
15 Rehman, Maahin	Assumption	2:07.87	2
1:03.384 (1:03.384)	2:07.863 (1:04.480)		

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men 800 M Run**

16	Pimentel, Jasper	Plymouth State	2:08.67	2
	1:02.807 (1:02.807)	2:08.665 (1:05.859)		
17	Cyr, Michael	Southern Maine	2:08.67	1
	1:06.365 (1:06.365)	2:08.667 (1:02.303)		
18	Pelletier, Jacob	Southern Maine	2:10.17	1
	1:06.322 (1:06.322)	2:10.162 (1:03.840)		
19	Davis, Darien	Southern Maine	2:10.26	1
	1:06.523 (1:06.523)	2:10.252 (1:03.730)		
20	Harley, Ben	Keene State	2:11.38	2
	1:03.746 (1:03.746)	2:11.375 (1:07.630)		
21	Paskanik, Drew	Post	2:13.68	1
	1:07.665 (1:07.665)	2:13.677 (1:06.013)		
22	Seile, Andrew	Southern Maine	2:13.75	1
	1:06.557 (1:06.557)	2:13.746 (1:07.190)		
23	O'Donnell, Anthony	Southern Maine	2:15.53	1
	1:07.347 (1:07.347)	2:15.527 (1:08.180)		
24	Seville, Dylan	Nichols	2:30.59	1
	1:09.738 (1:09.738)	2:30.587 (1:20.849)		
25	Divito, Gino	Nichols	2:34.06	1
	1:11.376 (1:11.376)	2:34.054 (1:22.679)		

**Men 1 Mile Run**

Name	Year	School	Finals	H#
1 Willingham, Aaron		Valor TC	4:10.12	2
	1:00.650 (1:00.650)	2:02.412 (1:01.762)	3:06.305 (1:03.894)	4:10.120 (1:03.815)
2 Savastano, Domenic		Nichols	4:29.99	2
	1:09.241 (1:09.241)	2:20.003 (1:10.762)	3:28.664 (1:08.662)	4:29.985 (1:01.321)
3 Darrah, Tad		Franklin Pierce	4:33.33	2
	1:09.506 (1:09.506)	2:20.660 (1:11.155)	3:29.789 (1:09.130)	4:33.323 (1:03.535)
4 Cyr, Michael		Southern Maine	4:37.56	2
	1:10.115 (1:10.115)	2:21.321 (1:11.206)	3:32.239 (1:10.919)	4:37.557 (1:05.318)
5 Mathewson, Cody		Southern Maine	4:38.09	2
	1:10.406 (1:10.406)	2:21.477 (1:11.071)	3:32.155 (1:10.679)	4:38.087 (1:05.932)
6 Mihelich, Logan		Franklin Pierce	4:38.73	2
	1:09.922 (1:09.922)	2:21.244 (1:11.323)	3:32.343 (1:11.100)	4:38.726 (1:06.383)
7 Scopelites, Tyler		St. Anselm	4:40.29	2
	1:09.698 (1:09.698)	2:20.645 (1:10.947)	3:31.875 (1:11.230)	4:40.285 (1:08.410)
8 Morgan, Declan		Franklin Pierce	4:41.30	1
	1:13.101 (1:13.101)	2:23.956 (1:10.855)	3:34.656 (1:10.700)	4:41.296 (1:06.640)
9 Pelletier, Jacob		Southern Maine	4:41.83	2
	1:09.572 (1:09.572)	2:21.050 (1:11.479)	3:32.021 (1:10.971)	4:41.830 (1:09.810)
10 Kennedy, Patrick		St. Anselm	4:42.02	2
	1:08.821 (1:08.821)	2:20.314 (1:11.494)	3:32.088 (1:11.774)	4:42.011 (1:09.924)
11 Scopelites, Trevor		St. Anselm	4:52.56	2
	1:09.637 (1:09.637)	2:20.928 (1:11.291)	3:35.589 (1:14.662)	4:52.560 (1:16.971)
12 Clinch, Ben		Franklin Pierce	4:52.91	2
	1:11.288 (1:11.288)	2:27.652 (1:16.365)	3:42.968 (1:15.317)	4:52.907 (1:09.939)
13 O'Donnell, Anthony		Southern Maine	4:54.64	2
	1:13.620 (1:13.620)	2:27.711 (1:14.091)	3:42.580 (1:14.870)	4:54.638 (1:12.059)
14 Wetzel, Christian		St. Anselm	5:03.21	2
	1:12.707 (1:12.707)	2:28.925 (1:16.219)	3:48.378 (1:19.454)	5:03.205 (1:14.827)
15 Goodman, Max		Plymouth State	5:06.76	1
	1:14.920 (1:14.920)	2:34.131 (1:19.212)	3:54.845 (1:20.714)	5:06.757 (1:11.913)

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men 1 Mile Run**

16	Raso, Gregory	Nichols	5:10.05	1				
	1:15.286 (1:15.286)	2:34.991 (1:19.705)	3:56.878 (1:21.887)	5:10.043 (1:13.165)				
17	Cowles, Chistopher	Nichols	5:11.54	1				
	1:13.926 (1:13.926)	2:31.118 (1:17.192)	3:53.211 (1:22.094)	5:11.539 (1:18.328)				
18	Tremblay, Riley	Franklin Pierce	5:11.56	2				
	1:14.255 (1:14.255)	2:29.868 (1:15.614)	3:49.913 (1:20.045)	5:11.556 (1:21.644)				
19	Robinson, Tyler	Keene State	5:12.22	1				
	1:16.282 (1:16.282)	2:36.150 (1:19.868)	3:56.539 (1:20.390)	5:12.216 (1:15.678)				
20	Hall, Alex	Southern Maine	5:13.23	1				
	1:16.690 (1:16.690)	2:35.475 (1:18.785)	3:56.005 (1:20.531)	5:13.221 (1:17.216)				
21	Sullivan, Thomas	St. Anselm	5:14.10	1				
	1:15.690 (1:15.690)	2:34.914 (1:19.225)	3:55.412 (1:20.499)	5:14.095 (1:18.683)				
22	Longo, Nicholas	St. Anselm	5:27.61	1				
	1:16.018 (1:16.018)	2:39.415 (1:23.398)	4:08.535 (1:29.120)	5:27.606 (1:19.072)				
23	Yapp, Chris	St. Anselm	5:33.91	1				
	1:13.726 (1:13.726)	2:32.186 (1:18.460)	3:58.602 (1:26.416)	5:33.901 (1:35.300)				
24	Healy, Aidan	Franklin Pierce	5:34.89	1				
	1:20.645 (1:20.645)	2:47.090 (1:26.445)	4:14.810 (1:27.720)	5:34.884 (1:20.075)				
25	Leafaffer, Josh	Northern Essex CC	5:37.58	1				
	1:19.248 (1:19.248)	2:45.610 (1:26.363)	4:14.851 (1:29.241)	5:37.576 (1:22.725)				
26	Pitney, Andrew	St. Anselm	5:54.49	1				
	1:19.526 (1:19.526)	2:48.281 (1:28.755)	4:22.388 (1:34.107)	5:54.482 (1:32.095)				
--	Newsham, Bill	Gbtc	DNF	1				
	1:27.140 (1:27.140)	3:00.319 (1:33.179)						
--	Hearn, Jack	Nichols	DNF	2				
	1:09.360 (1:09.360)	2:20.289 (1:10.930)						

**Men 5000 M Run**

Name	Year	School	Finals					
1 Cannon, James		Umass Boston	15:33.38					
	36.541 (36.541)	1:49.837 (1:13.297)	3:01.399 (1:11.562)	4:12.611 (1:11.212)				
	5:25.636 (1:13.025)	6:40.252 (1:14.617)	7:56.877 (1:16.625)	9:14.666 (1:17.789)				
	10:31.642 (1:16.976)	11:48.117 (1:16.476)	13:06.172 (1:18.055)	14:21.587 (1:15.416)				
	15:33.376 (1:11.789)							
2 Barrett, Mike		Plymouth State	15:37.16					
	37.109 (37.109)	1:50.716 (1:13.607)	3:02.969 (1:12.254)	4:16.598 (1:13.630)				
	5:30.382 (1:13.784)	6:45.778 (1:15.397)	8:02.716 (1:16.938)	9:20.003 (1:17.288)				
	10:37.790 (1:17.787)	11:55.911 (1:18.121)	13:13.982 (1:18.072)	14:28.381 (1:14.399)				
	15:37.152 (1:08.771)							
3 Gallaher, Jacob		Plymouth State	15:40.09					
	36.638 (36.638)	1:50.216 (1:13.578)	3:02.392 (1:12.177)	4:16.987 (1:14.595)				
	5:32.362 (1:15.376)	6:48.475 (1:16.113)	8:05.979 (1:17.505)	9:23.245 (1:17.266)				
	10:40.649 (1:17.405)	11:57.173 (1:16.525)	13:13.409 (1:16.236)	14:28.760 (1:15.351)				
	15:40.086 (1:11.326)							
4 Harrington, Neil		St. Anselm	16:25.23					
	36.380 (36.380)	1:53.338 (1:16.959)	3:08.912 (1:15.575)	4:25.549 (1:16.637)				
	5:44.127 (1:18.579)	7:04.946 (1:20.819)	8:25.785 (1:20.840)	9:48.013 (1:22.229)				
	11:07.822 (1:19.809)	12:29.399 (1:21.578)	13:51.139 (1:21.740)	15:13.075 (1:21.936)				
	16:25.228 (1:12.154)							

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5	Cannon, Robert	Umass Boston	16:31.49				
	36.517 (36.517)	1:52.404 (1:15.888)	3:09.326 (1:16.922)	4:26.668 (1:17.343)			
	5:46.014 (1:19.346)	7:05.874 (1:19.860)	8:26.511 (1:20.637)	9:47.704 (1:21.194)			
	11:08.113 (1:20.410)	12:29.504 (1:21.391)	13:51.349 (1:21.845)	15:13.824 (1:22.475)			
	16:31.481 (1:17.657)						
6	Daschbach-Eaton, Dan	Plymouth State	16:32.08				
	37.822 (37.822)	1:55.192 (1:17.370)	3:13.541 (1:18.350)	4:32.557 (1:19.017)			
	5:51.819 (1:19.262)	7:11.357 (1:19.539)	8:31.167 (1:19.810)	9:52.611 (1:21.444)			
	11:15.251 (1:22.640)	12:38.262 (1:23.011)	14:01.482 (1:23.221)	15:22.783 (1:21.301)			
	16:32.071 (1:09.288)						
7	Brockway, Michael	Plattsburgh St.	16:37.38				
	38.726 (38.726)	2:00.759 (1:22.034)	3:24.998 (1:24.240)	4:46.482 (1:21.484)			
	6:10.728 (1:24.247)	7:35.818 (1:25.090)	9:02.430 (1:26.612)	10:26.503 (1:24.074)			
	11:36.242 (1:09.739)	12:50.288 (1:14.047)	14:06.952 (1:16.664)	15:24.857 (1:17.906)			
	16:37.376 (1:12.519)						
8	Basile, Peter	Plattsburgh St.	16:38.06				
	38.082 (38.082)	1:56.312 (1:18.231)	3:16.116 (1:19.804)	4:36.787 (1:20.672)			
	5:57.764 (1:20.977)	7:18.984 (1:21.220)	8:41.209 (1:22.225)	10:02.865 (1:21.656)			
	11:23.884 (1:21.020)	12:45.732 (1:21.849)	14:07.220 (1:21.488)	15:26.217 (1:18.997)			
	16:38.053 (1:11.837)						
9	Cormier, Steven	St. Anselm	16:58.03				
	37.435 (37.435)	1:54.742 (1:17.307)	3:14.514 (1:19.773)	4:35.462 (1:20.949)			
	5:56.961 (1:21.499)	7:18.912 (1:21.951)	8:42.382 (1:23.471)	10:03.627 (1:21.245)			
	11:26.680 (1:23.053)	12:51.406 (1:24.726)	14:15.815 (1:24.410)	15:37.996 (1:22.181)			
	16:58.027 (1:20.031)						
10	Wong, Adam	St. Anselm	16:59.38				
	36.817 (36.817)	1:52.747 (1:15.930)	3:09.590 (1:16.844)	4:27.192 (1:17.603)			
	5:47.129 (1:19.937)	7:09.967 (1:22.839)	8:33.573 (1:23.606)	9:58.444 (1:24.871)			
	11:23.391 (1:24.947)	12:48.215 (1:24.825)	14:14.533 (1:26.319)	15:38.922 (1:24.390)			
	16:59.376 (1:20.454)						
11	Carlson, Mark	Assumption	17:07.00				
	37.447 (37.447)	1:55.311 (1:17.865)	3:14.813 (1:19.503)	4:34.170 (1:19.357)			
	5:56.504 (1:22.335)	7:18.631 (1:22.127)	8:42.189 (1:23.559)	10:06.128 (1:23.940)			
	11:30.460 (1:24.332)	12:54.396 (1:23.936)	14:20.366 (1:25.970)	15:45.809 (1:25.444)			
	17:06.996 (1:21.187)						
12	Kulig, Michael	Plymouth State	17:48.40				
	39.058 (39.058)	2:00.608 (1:21.550)	3:23.117 (1:22.510)	4:45.918 (1:22.801)			
	6:10.694 (1:24.776)	7:37.341 (1:26.647)	9:04.218 (1:26.878)	10:31.002 (1:26.785)			
	11:59.464 (1:28.462)	13:29.499 (1:30.035)	14:58.917 (1:29.419)	16:26.822 (1:27.905)			
	17:48.391 (1:21.569)						
13	Nottebart, Josh	St. Anselm	17:58.98				
	38.873 (38.873)	2:01.272 (1:22.399)	3:25.562 (1:24.290)	4:48.287 (1:22.726)			
	6:14.991 (1:26.704)	7:42.459 (1:27.469)	9:11.897 (1:29.438)	10:39.825 (1:27.929)			
	12:09.636 (1:29.811)	13:38.997 (1:29.361)	15:08.789 (1:29.793)	16:35.822 (1:27.034)			
	17:58.972 (1:23.150)						
14	Grady, Sean	Plattsburgh St.	18:06.23				
	38.561 (38.561)	2:00.842 (1:22.281)	3:25.101 (1:24.260)	4:46.609 (1:21.509)			
	6:10.887 (1:24.278)	7:36.777 (1:25.890)	9:04.602 (1:27.825)	10:34.285 (1:29.684)			
	12:04.958 (1:30.674)	13:36.191 (1:31.233)	15:08.124 (1:31.934)	16:39.034 (1:30.910)			
	18:06.222 (1:27.188)						
15	Alvarado, Zephaniaya	Umass Boston	18:23.58				
	39.068 (39.068)	2:04.159 (1:25.091)	3:30.381 (1:26.222)	4:55.944 (1:25.564)			
	6:24.488 (1:28.545)	7:49.597 (1:25.109)	9:19.545 (1:29.949)	10:51.128 (1:31.584)			
	12:23.466 (1:32.338)	13:56.080 (1:32.615)	15:26.730 (1:30.650)	16:57.312 (1:30.583)			
	18:23.577 (1:26.265)						

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men 5000 M Run**

16 Williston, Patrick	Plymouth State	18:33.39			
39.196 (39.196)	2:02.298 (1:23.103)	3:28.157 (1:25.860)	4:54.280 (1:26.123)		
6:21.315 (1:27.035)	7:49.007 (1:27.693)	9:21.078 (1:32.071)	10:57.431 (1:36.353)		
12:33.392 (1:35.961)	14:07.278 (1:33.887)	15:38.727 (1:31.449)	17:08.080 (1:29.354)		
18:33.387 (1:25.308)					

**Men 110 M Hurdles**

Name	Year School	Finals	Wind
1 Santos, Joseph	Assumption	14.63	0.8
2 D'Amico, Michael	Southern Maine	16.29	0.8
3 Alexis, Garry	Nichols	18.07	0.8

**Men 400 M Hurdles**

Name	Year School	Finals
1 Hennedy, Samuel	Keene State	59.36
2 Gagnon, Chase	Assumption	59.43
3 Bousa, Frank	Umass Boston	1:00.64
4 Newman, Joel	Plymouth State	1:06.63
5 O'Connor, Gavin	Assumption	1:08.24
6 Couture, Lucas	Nichols	1:09.68

**Men 3000 M Steeplechase**

Name	Year School	Finals
1 Ntakirutimana, Janvier	Franklin Pierce	10:43.09
43.284 (43.284)	2:07.584 (1:24.300)	3:34.355 (1:26.771)
6:25.755 (1:24.572)	7:50.987 (1:25.232)	9:20.239 (1:29.252)
2 Cloutier, Luke	Plymouth State	10:51.15
42.905 (42.905)	2:07.222 (1:24.318)	3:34.181 (1:26.960)
6:27.746 (1:26.890)	7:57.276 (1:29.530)	9:26.902 (1:29.626)
3 Nickson, Rovanee	Plymouth State	11:24.31
43.537 (43.537)	2:08.139 (1:24.602)	3:36.151 (1:28.013)
6:41.378 (1:34.188)	8:18.045 (1:36.668)	9:55.365 (1:37.320)
4 Witte, Devin	Southern Maine	11:24.42
43.904 (43.904)	2:07.262 (1:23.359)	3:34.880 (1:27.619)
6:43.699 (1:36.342)	8:19.832 (1:36.134)	9:55.755 (1:35.924)
5 McAllister, Zack	Southern Maine	11:46.84
42.413 (42.413)	2:08.641 (1:26.229)	3:37.661 (1:29.020)
6:47.460 (1:38.844)	8:28.429 (1:40.970)	10:10.565 (1:42.136)
		11:46.832 (1:36.268)

**Men 4x100 M Relay**

School	Finals
1 Southern Maine 'A'	42.69
1) Grace, Antoine	2) Shain, Ethan
3) Guay, Brady	4) Fogg, Nathan
2 Keene State 'A'	43.84
1) DeGray, Elliot	2) Smith, Max
3) LeBlanc, Alex	4) Law, Aidan

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men 4x100 M Relay**

3 Umass Boston 'A'	45.11
1) Asuen, Omosigho	2) Hennebury, Austin
3) Bousa, Frank	4) Wiltshire, Melvin
4 Plymouth State 'A'	45.16
1) Shokal, Justin	2) Vachon, Brandon
3) Hodge, Zach	4) Griffiths, Ian

**Men 4x400 M Relay**

School	Finals
1 Assumption 'A'	3:24.02
1) Dixon, George	2) Farley, Will
3) Harmon, Eli	4) Scott, Shermar
2 Keene State 'A'	3:26.05
1) Hamele, Dawson	2) Hennedy, Samuel
3) Law, Aidan	4) Pearl, Jake
3 Plymouth State 'B'	3:29.80
1) Moyer, Ryan	2) Moar, Colin
3) Hodge, Zach	4) Coope, Brent
4 Southern Maine 'A'	3:37.54
1) Dalessandro, Jonathan	2) Matrille, Albert
3) Pecoraro, Jack	4) Duplessie, Jordan
-- Plymouth State 'A'	DNF
1) Ogelsby, Christian	2) Rebello, Josh
3) Hatcher, Jyaire	4) Olson, Michael

**Men High Jump**

Name	Year	School	Finals
1 Jackson, Jacob		Southern Maine	1.86m
1.60 1.65 1.70 1.75 1.80 1.83 1.86 1.96			
P P P P O O XXO XXX			
2 Berg, Tristan		Keene State	1.83m
1.60 1.65 1.70 1.75 1.80 1.83 1.86			
P P O O O O XXX			
3 Morrisey, Sean		Assumption	1.80m
1.60 1.65 1.70 1.75 1.80 1.83			
P P P O XO XXX			
4 Hamele, Dawson		Keene State	J1.75m
1.60 1.65 1.70 1.75 1.80			
P P O O XXX			
4 Quirrenbach, Quinton		St. Anselm	J1.75m
1.60 1.65 1.70 1.75 1.80			
O O O O XXX			
6 Gilbo, Thomas		Plattsburgh St.	J1.75m
1.60 1.65 1.70 1.75 1.80			
O O O XXO XXX			
7 Diaw, Alioune		Franklin Pierce	1.70m
1.60 1.65 1.70 1.75			
P O O XXX			
8 Newman, Joel		Plymouth State	J1.65m
1.60 1.65 1.70			
XO O XXX			



**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men High Jump**

8	Giuliano, Cameron	Plattsburgh St.	J1.65m
	1.60 1.65 1.70		
	O O XXX		
10	Mailberg, Jack	Assumption	J1.65m
	1.60 1.65 1.70		
	P XO XXX		
--	Seck, Mocktar	Umass Boston	NH
	1.60		
	XXX		

**Men Pole Vault**

Name	Year	School	Finals
1	Drumme, Ben	Southern Maine	4.70m
	3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.70 4.90		
	P P P P P P P P P XXO XXX		
2	Nordman, Connor	Franklin Pierce	J4.10m
	3.35 3.50 3.65 3.80 3.95 4.10 4.25		
	P P P P O O XXX		
3	D'Amico, Michael	Southern Maine	J4.10m
	3.35 3.50 3.65 3.80 3.95 4.10 4.25		
	P P XXO XO XXO XXO XXX		
4	Ahmady, Alyas	Southern Maine	J3.65m
	3.35 3.50 3.65 3.80		
	P O O XXX		
4	Burke, Christian	Southern Maine	J3.65m
	3.35 3.50 3.65 3.80		
	P P O XXX		
6	Bovino, Marc	Post	J3.65m
	3.35 3.50 3.65 3.80		
	P O XO XXX		
7	Dalessandro, Jonathan	Southern Maine	J3.65m
	3.35 3.50 3.65 3.80		
	XO XO XO XXX		
--	Peterson, Riley	Southern Maine	NH
	3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40		
	P P P P P P P P XXX		
--	McDaniels, Quintin	Franklin Pierce	NH
	3.35		
	XXX		
--	Couture, Lucas	Nichols	NH
	3.35		
	XXX		

**Men Long Jump**

Name	Year	School	Finals	Wind	H#
1	Mason, Jared	Nichols	6.65m	1.8	2
	6.20m(-0.5) 6.33m(-0.1) 6.65m(1.8) 6.47m(-1.1) 6.53m(-0.8) 6.48m(-1.6)				
2	Guay, Brady	Southern Maine	6.56m	-0.9	2
	6.16m(-2.5) FOUL(-0.3) 6.38m(1.0) 6.56m(-0.9) FOUL(-0.9) 5.37m(-2.2)				
3	Law, Aidan	Keene State	6.50m	+0.0	2
	6.22m(+0.0) FOUL(-1.5) FOUL(-1.3) 6.50m(+0.0) 6.31m(-0.5) FOUL(-1.7)				

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****...Men Long Jump**

4	Jackson, Jacob	Southern Maine	J6.41m	-0.9	2
	6.38m(0.1) 6.36m(0.1) FOUL(0.5) FOUL(-1.4) 6.41m(-0.9) 6.41m(-2.0)				
5	Bedard, Riley	Southern Maine	J6.41m	1.3	2
	FOUL(-0.6) FOUL(+0.0) 6.41m(1.3) 6.10m(-1.3) 6.12m(-1.3) 6.12m(-1.3)				
6	Buster, Isiah	Assumption	6.31m	1.9	2
	5.84m(+0.0) FOUL(1.7) 6.02m(-2.7) 6.31m(1.9) 6.14m(-0.1) 6.23m(+0.0)				
7	Drumme, Ben	Southern Maine	6.30m	2.5	2
	FOUL(1.5) 6.30m(2.5) PASS PASS PASS PASS				
8	Masten, Aidan	Plattsburgh St.	6.28m	1.1	2
	6.24m(+0.0) FOUL(+0.0) 6.28m(1.1) 5.96m(+0.0) 6.06m(-2.6) 6.02m(-2.8)				
9	Gilbo, Thomas	Plattsburgh St.	6.07m	-0.3	2
	6.07m(-0.3) 3.33m(1.0) 5.55m(+0.0) 5.92m(1.1) 5.73m(-2.0) 5.75m(-1.6)				
10	Bousa, Frank	Umass Boston	5.85m	-1.9	1
	5.85m(-1.9) FOUL(-2.1) FOUL(0.1)				
11	Mailberg, Jack	Assumption	5.84m	-1.4	1
	FOUL(+0.0) FOUL(-1.3) 5.84m(-1.4)				
12	Paulino-Acosta, Kelvin	Assumption	5.71m	+0.0	1
	5.60m(+0.0) 5.71m(+0.0) 5.68m(1.3)				
13	Lanier, Christopher	Nichols	5.61m	-1.1	1
	5.57m(-0.2) 5.61m(-1.1) 5.49m(-1.7)				
14	Billin, Owen	Plymouth State	5.58m	-0.8	1
	5.54m(+0.0) 5.58m(-0.8) PASS				
15	Bovino, Marc	Post	5.33m	+0.0	1
	5.12m(-0.5) 5.27m(0.1) 5.33m(+0.0)				
16	Asuen, Omosigho	Umass Boston	5.27m	+0.0	1
	5.24m(0.9) 5.27m(+0.0) 5.10m(0.6)				
17	Zaverella, Anthony	Franklin Pierce	5.07m	0.2	1
	5.07m(0.2) 4.92m(-0.8) FOUL(+0.0)				
18	Fairfield, Corey	Greater Bost	5.04m	+0.0	1
	5.04m(+0.0) 4.79m(+0.0) FOUL(0.1)				
19	Seck, Mocktar	Umass Boston	4.81m	-1.0	1
	3.63m(1.0) FOUL(-1.1) 4.81m(-1.0)				
20	Hennebury, Austin	Umass Boston	4.62m	0.6	1
	FOUL(0.3) FOUL(-1.9) 4.62m(0.6)				
--	Lemieux, Avery	Assumption	FOUL		2
	FOUL FOUL FOUL				

**Men Triple Jump**

Name	Year School	Finals	Wind
1 Buster, Isiah	Assumption	12.72m	+0.0
	12.42m(-1.4) FOUL(-0.1) FOUL(-0.5) FOUL(-0.8) 12.72m(+0.0) 12.53m(+0.0)		

**Men Shot Put**

Name	Year School	Finals	H#
1 Paolino, Max	Assumption	14.38m	2
	12.98m 13.36m 13.64m 13.07m 13.39m 14.38m		
2 Dupuy, Martin	Nichols	13.25m	2
	12.52m 12.76m 13.20m FOUL 13.25m 12.68m		
3 Candelario, Jay	Franklin Pierce	13.24m	2
	12.34m 12.95m 13.24m FOUL 11.90m FOUL		

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men Shot Put**

4	Tous, Aidan	Plattsburgh St.	12.69m	2
	FOUL 12.61m 12.62m 11.94m 12.55m 12.69m			
5	Maruca, Kyle	Keene State	12.58m	2
	12.58m 12.35m 12.16m 12.43m 12.26m 11.90m			
6	Sandford, Tyler	Nichols	12.35m	2
	11.76m 12.35m 11.27m 11.55m FOUL 11.42m			
7	Gilbert, Ben	Franklin Pierce	11.96m	2
	11.75m 11.86m FOUL 11.37m 11.61m 11.96m			
8	Frey, Kaleb	Southern Maine	11.92m	2
	11.30m FOUL FOUL 11.10m 11.92m 11.38m			
9	Cabrera, Jorge	Plattsburgh St.	11.81m	1
	FOUL 11.62m 11.40m FOUL 11.81m 11.62m			
10	Ballum, Owen	Assumption	11.24m	2
	10.65m FOUL 11.24m			
11	Paul, Austin	Nichols	11.21m	1
	10.61m 11.21m 10.85m			
12	Harmon, Bryce	Plymouth State	10.42m	1
	10.14m 10.01m 10.42m			
13	St John, Matthew	Keene State	10.36m	1
	10.36m 9.56m 9.87m			
14	Parshley, Brandon	Plymouth State	10.29m	1
	FOUL 10.29m 8.71m			
15	Simpson, Konnor	Southern Maine	10.06m	1
	10.06m 9.74m 10.06m			
16	Grant, Arthur	Umass Boston	9.91m	1
	9.84m 9.40m 9.91m			
17	Cassone, Dolan	Nichols	9.52m	1
	9.23m 9.52m 9.51m			
--	Dibra, Brian	Southern Maine	FOUL	2
	FOUL FOUL FOUL			

**Men Discus Throw**

Name	Year School	Finals
1 Gilbert, Ben	Franklin Pierce	43.04m
	FOUL FOUL 38.19m 41.51m 43.04m 37.68m	
2 Maruca, Kyle	Keene State	41.81m
	39.24m FOUL 37.45m 41.81m 36.92m FOUL	
3 Frey, Kaleb	Southern Maine	39.06m
	FOUL 36.75m FOUL FOUL 39.06m FOUL	
4 Dupuy, Martin	Nichols	35.74m
	FOUL 30.05m 32.41m FOUL 35.74m FOUL	
5 Alexis, Garry	Nichols	34.40m
	34.40m 30.14m 30.85m FOUL FOUL 33.26m	
6 Candelario, Jay	Franklin Pierce	33.08m
	29.94m 30.37m 30.41m 33.08m 31.74m 31.33m	
7 St John, Matthew	Keene State	32.98m
	32.98m 30.45m 31.15m FOUL FOUL 30.29m	
8 Ballum, Owen	Assumption	32.36m
	28.99m FOUL 31.01m 32.05m 32.36m 31.61m	
9 Paul, Austin	Nichols	32.10m
	30.64m 32.10m FOUL 28.05m FOUL FOUL	
10 Cabrera, Jorge	Plattsburgh St.	28.68m
	FOUL FOUL 28.68m	

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men Discus Throw**

11 Trudo, Spencer	Plattsburgh St.	27.68m
27.68m 26.73m 25.66m		
-- Tous, Aidan	Plattsburgh St.	FOUL
FOUL FOUL FOUL		
-- Simpson, Konnor	Southern Maine	FOUL
FOUL FOUL FOUL		

**Men Hammer Throw**

Name	Year	School	Finals
1 Rigoli, Jacob		Plymouth State	53.22m
47.74m 53.22m 52.43m 53.05m 50.61m 52.26m			
2 Paolino, Max		Assumption	42.63m
40.35m 41.92m 41.28m 40.75m 42.63m 40.89m			
3 Dupuy, Martin		Nichols	41.01m
40.52m FOUL 41.01m FOUL FOUL FOUL			
4 Frey, Kaleb		Southern Maine	40.68m
37.94m 36.52m 40.68m 37.04m FOUL FOUL			
5 Pope, Nicholas		Keene State	39.80m
39.03m 36.94m FOUL 38.21m 39.80m 38.84m			
6 Cabrera, Jorge		Plattsburgh St.	38.53m
38.14m 37.27m FOUL FOUL 38.53m FOUL			
7 Trudo, Spencer		Plattsburgh St.	37.24m
34.91m 35.60m FOUL FOUL FOUL 37.24m			
8 Tous, Aidan		Plattsburgh St.	35.79m
30.78m 35.77m 35.79m 35.05m FOUL FOUL			
9 Kaufman, Scott		Southern Maine	35.08m
FOUL 33.79m 32.89m 34.44m 34.45m 35.08m			
10 Lemieux, Avery		Assumption	32.11m
FOUL 32.11m 30.61m			
11 Dibra, Brian		Southern Maine	31.63m
30.34m 31.63m 28.19m			
12 Harmon, Bryce		Plymouth State	28.87m
FOUL 25.14m 28.87m			
13 Parshley, Brandon		Plymouth State	27.71m
FOUL 27.71m 23.06m			
14 Candelario, Jay		Franklin Pierce	27.57m
FOUL 27.57m FOUL			

**Men Javelin Throw**

Name	Year	School	Finals
1 Carey, Zachary		Assumption	52.12m
47.99m 52.12m 47.08m 41.61m 50.92m 50.17m			
2 Zurowski, Tyler		Nichols	49.31m
44.03m 41.37m 49.31m 39.94m 42.75m 44.22m			
3 Yarnall, Zachary		Nichols	47.04m
44.97m 43.83m 47.04m 42.67m 44.51m 42.84m			
4 Carlo, Eric		Keene State	45.71m
42.60m 45.71m 41.52m PASS 35.77m PASS			
5 Killian, Archibald		Nichols	45.39m
43.32m 42.43m 45.39m 43.98m 42.88m FOUL			

**2023 SNHU Penmen Relays - 4/15/2023****Mark A. Ouellette Stadium****Results****....Men Javelin Throw**

6	Jackson, Jacob		Southern Maine	44.40m
	41.40m 43.77m 44.40m			
7	Cornish, Austin		Plymouth State	41.54m
	39.42m 40.02m 40.68m 38.92m 41.54m 37.51m			
8	Vachon, Brandon		Plymouth State	39.60m
	34.83m 37.73m 38.44m 39.60m 37.16m 37.17m			
9	Gandron, Bennett		Nichols	38.23m
	38.23m 37.44m 38.08m 35.54m 36.72m 37.82m			
10	Kaufman, Scott		Southern Maine	36.83m
	36.83m 33.79m 36.29m			
11	Divito, Gino		Nichols	32.34m
	32.34m 31.52m FOUL			
12	Ledder, Braeden		Keene State	31.90m
	31.74m 31.90m FOUL			
13	Urnezis, Aidan		Keene State	31.48m
	28.40m 29.00m 31.48m			
14	DeGray, Elliot		Keene State	30.31m
	FOUL FOUL 30.31m			