

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023

the TRACK at new balance

Results**Men 60 Meter Dash**

Name	Year School	Prelims	H#
Preliminaries			
1 Raye, LJ	Thomas College	7.05Q	3
2 Plamondon, Nick	Thomas College	7.15Q	2
3 Davis, Deron	Suny Delhi	7.16Q	1
4 Reeve, Seamus	Maine-Farmington	7.30q	2
5 Cuevas, Cristhian	Suny Delhi	7.34q	1
6 Ciufu, Joey	Suny Delhi	7.45q	3
7 Mitchell, Matthew	Suffolk	7.46q	2 7.456
8 Exantus, Valenick	Suny Delhi	7.46q	3 7.458
9 Masocco, Michael	Suny Cobleskill	7.51	1
10 Sleasman, Elijah	Wentworth	7.61	3
11 Stewart, Jacob	Wentworth	7.62	1
12 DeCollibus, Kevin	Wentworth	7.66	3
13 Stewart, William	Wentworth	7.71	1
14 Wells, Jelani	Suny Delhi	7.73	2
15 Avakian, John	Suffolk	7.86	2
16 Juscen, Max	Wentworth	7.97	3
17 Mohammed, Kai	Suffolk	7.99	1
18 Brooke, Jordan	Thomas College	8.12	1
19 Berman, Ben	Suffolk	8.13	3
20 Alvarado, Jeffery	Suny Cobleskill	8.16	2
21 Smith, Giovanni	Suny Cobleskill	8.24	3
22 Lutz, John	Suny Cobleskill	8.38	2

Men 60 Meter Dash

Name	Year School	Finals	Points
Finals			
1 Raye, LJ	Thomas College	7.04	10
2 Davis, Deron	Suny Delhi	7.07	8
3 Plamondon, Nick	Thomas College	7.10	6
4 Reeve, Seamus	Maine-Farmington	7.24	4
5 Cuevas, Cristhian	Suny Delhi	7.33	2
6 Ciufu, Joey	Suny Delhi	7.40	1
7 Mitchell, Matthew	Suffolk	7.44	
8 Exantus, Valenick	Suny Delhi	7.45	

Men 200 Meter Dash

Name	Year School	Finals	H#	Points
1 Jeffes, Josh	Suny Delhi	21.73	6	10
2 Davis, Deron	Suny Delhi	21.92	6	8
3 Foote, Charles	Suny Cobleskill	22.75	5	6
4 Castro, Lorenzo	Suny Delhi	22.86	6	4
5 Condon, Morgan	Suny Delhi	23.10	5	2
6 Reeve, Seamus	Maine-Farmington	23.19	4	1
7 Simon, Mickenson	Suny Delhi	23.23	5	
8 Cuevas, Cristhian	Suny Delhi	23.30	6	
9 DeCourt, Conner	Husson	23.37	5	
10 Masocco, Michael	Suny Cobleskill	24.09	4	
11 Durand, Joshua	Suffolk	24.18	3	

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12 Tuttle, Lucas	Maine-Farmington	24.48	4
13 Wells, Jelani	Suny Delhi	24.68	3
14 Avakian, John	Suffolk	25.01	2
15 Juscen, Max	Wentworth	25.17	2
16 Prampin, Jordin	Wentworth	25.61	2
17 Wong, Matthew	Wentworth	25.90	1
18 Ibraheem, Shuaib	Wentworth	26.22	2
19 Smith, Giovanni	Suny Cobleskill	26.81	1
20 Berman, Ben	Suffolk	27.10	1
21 Lutz, John	Suny Cobleskill	27.57	1
22 Alvarado, Jeffery	Suny Cobleskill	31.58	2
-- Mitchell, Matthew	Suffolk	FS	3

Men 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Jeffes, Josh	Suny Delhi	48.52	4	10
23.054 (23.054)	48.512 (25.459)			
2 Castro, Lorenzo	Suny Delhi	51.06	4	8
24.285 (24.285)	51.052 (26.768)			
3 DeCourt, Conner	Husson	52.14	3	6
24.678 (24.678)	52.134 (27.456)			
4 Foote, Charles	Suny Cobleskill	52.32	4	4
24.761 (24.761)	52.311 (27.550)			
5 Cahill, Maddox	Thomas College	52.74	4	2
24.087 (24.087)	52.738 (28.651)			
6 Durand, Joshua	Suffolk	53.85	3	1
24.470 (24.470)	53.843 (29.373)			
7 Goodwin, Trey	Husson	55.24	3	
26.610 (26.610)	55.239 (28.629)			
8 Feeney, Phillip	Husson	57.15	1	
26.024 (26.024)	57.141 (31.117)			
9 Mullins, Isaac	Thomas College	57.66	2	
27.715 (27.715)	57.660 (29.945)			
10 Prampin, Jordin	Wentworth	58.31	1	
26.231 (26.231)	58.307 (32.076)			
11 Harris, Jacob	Thomas College	58.41	2	
27.230 (27.230)	58.403 (31.173)			
12 Gingras, Tom	Maine-Farmington	58.84	2	
28.065 (28.065)	58.833 (30.768)			
13 Kennedy, Parker	Thomas College	59.32	2	
27.836 (27.836)	59.317 (31.481)			
14 Wong, Matthew	Wentworth	1:00.25	1	
27.758 (27.758)	1:00.249 (32.492)			
15 Ibraheem, Shuaib	Wentworth	1:00.34	1	
27.479 (27.479)	1:00.340 (32.861)			

Men 800 Meter Run

Name	Year School	Finals	H#	Points
1 Barry, Tim	Suffolk	1:57.03	3	10
28.961 (28.961)	58.569 (29.608)	1:28.813 (30.244)		1:57.027 (28.215)

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men 800 Meter Run**

2	Hooper, Jarrod	Thomas College	1:58.72	3	8
	28.436 (28.436)	58.311 (29.876)	1:28.965 (30.655)		1:58.713 (29.748)
3	Sikora, Luke	Suffolk	1:59.26	3	6
	29.636 (29.636)	58.729 (29.093)	1:29.166 (30.438)		1:59.251 (30.085)
4	Cutting, Aidan	Suny Delhi	1:59.45	2	4
	29.411 (29.411)	58.933 (29.522)	1:29.521 (30.588)		1:59.450 (29.930)
5	Castaldo, Justin	Maine-Farmington	1:59.63	3	2
	28.538 (28.538)	59.055 (30.517)	1:30.663 (31.608)		1:59.623 (28.960)
6	Maloney, Kely	Suffolk	2:02.29	3	1
	29.654 (29.654)	59.366 (29.712)	1:30.053 (30.687)		2:02.281 (32.229)
7	Turner, Justin	Suffolk	2:04.11	3	
	29.186 (29.186)	59.669 (30.484)	1:31.545 (31.876)		2:04.108 (32.564)
8	Logan, Nick	Suny Cobleskill	2:05.32	3	
	30.095 (30.095)	1:01.177 (31.082)	1:33.533 (32.356)		2:05.317 (31.785)
9	Wright, Evan	Suffolk	2:06.83	3	
	29.385 (29.385)	59.112 (29.727)	1:31.869 (32.758)		2:06.824 (34.955)
10	McQuarrie, Owen	Thomas College	2:07.03	2	
	28.898 (28.898)	59.160 (30.262)	1:31.654 (32.494)		2:07.030 (35.377)
11	Cromwell, Richard	Husson	2:07.85	1	
	29.964 (29.964)	1:01.834 (31.870)	1:34.947 (33.114)		2:07.845 (32.898)
12	Losacco, Erik	Husson	2:08.03	2	
	31.158 (31.158)	1:03.352 (32.194)	1:36.483 (33.132)		2:08.029 (31.546)
13	Lees, Sam	Suny Delhi	2:08.23	2	
	31.042 (31.042)	1:02.828 (31.787)	1:35.621 (32.793)		2:08.228 (32.608)
14	Seamans, Will	Suny Cobleskill	2:10.53	3	
	30.533 (30.533)	1:01.727 (31.195)	1:35.385 (33.658)		2:10.527 (35.143)
15	Aprrea, Jeremy	Wentworth	2:12.19	1	
	31.116 (31.116)	1:03.224 (32.108)	1:37.642 (34.418)		2:12.183 (34.542)
16	Miele, Nico	Suffolk	2:12.22	2	
	31.508 (31.508)	1:04.347 (32.840)	1:37.890 (33.544)		2:12.211 (34.321)
17	Munford, Cheo	Suny Delhi	2:14.14	2	
	28.293 (28.293)	1:00.485 (32.192)	1:36.666 (36.182)		2:14.138 (37.472)
18	Skowyra, Tucker	Suny Cobleskill	2:14.81	2	
	31.889 (31.889)	1:05.906 (34.017)	1:40.294 (34.389)		2:14.804 (34.510)
19	O'Neal, Austin	Husson	2:15.84	1	
	32.006 (32.006)	1:05.769 (33.763)	1:40.475 (34.707)		2:15.839 (35.364)
20	Whitcomb, Nick	Wentworth	2:16.36	2	
	29.221 (29.221)	1:01.030 (31.810)	1:37.803 (36.773)		2:16.357 (38.554)
21	Sheehan, Vladamire	Suny Cobleskill	2:17.03	1	
	32.784 (32.784)	1:06.301 (33.517)	1:42.008 (35.708)		2:17.026 (35.018)
22	Recore, Nik	Suny Cobleskill	2:18.41	2	
	31.399 (31.399)	1:04.462 (33.063)	1:40.635 (36.174)		2:18.405 (37.770)
23	Race, Lewis	Suny Delhi	2:20.69	3	
	29.392 (29.392)	59.878 (30.487)	1:36.262 (36.384)		2:20.683 (44.421)
24	Molesky, Will	Suny Cobleskill	2:23.28	1	
	35.337 (35.337)	1:13.290 (37.954)	1:49.624 (36.334)		2:23.278 (33.654)
25	Jaffin, Daniel	Suny Cobleskill	2:23.48	2	
	32.131 (32.131)	1:07.658 (35.527)	1:45.870 (38.212)		2:23.477 (37.608)
26	Bustillo, Derek	Husson	2:24.67	1	
	32.719 (32.719)	1:09.342 (36.624)	1:49.582 (40.240)		2:24.662 (35.080)
27	Hofmann, Kyle	Husson	2:25.97	1	
	29.510 (29.510)	1:02.240 (32.731)	1:42.419 (40.180)		2:25.970 (43.551)
28	Rhinesmith, Jacob	Suny Cobleskill	2:26.87	1	
	32.108 (32.108)	1:07.838 (35.731)	1:47.124 (39.286)		2:26.868 (39.744)

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men 800 Meter Run**

29 Staack, William	Suny Cobleskill	2:46.44	1	
36.686 (36.686)	1:16.747 (40.061)	2:00.760 (44.013)		2:46.433 (45.673)
-- Lambe, Patrick	Suffolk	DQ	2	cut in too early
28.744 (28.744)	1:00.302 (31.559)	1:32.951 (32.649)		2:06.043 (33.092)

Men 1 Mile Run

Name	Year School	Finals	H#	Points
1 Barry, Tim	Suffolk	4:20.79	3	10
34.413 (34.413)	1:07.813 (33.400)	1:41.364 (33.552)		2:15.735 (34.371)
2:48.989 (33.255)	3:22.779 (33.790)	3:52.850 (30.072)		4:20.784 (27.935)
2 Cutting, Aidan	Suny Delhi	4:23.40	3	8
34.330 (34.330)	1:08.104 (33.775)	1:41.681 (33.577)		2:15.974 (34.293)
2:49.732 (33.758)	3:23.356 (33.624)	3:54.706 (31.351)		4:23.398 (28.692)
3 Amenta, John	Suny Delhi	4:23.59	3	6
34.733 (34.733)	1:08.645 (33.912)	1:41.775 (33.130)		2:16.245 (34.471)
2:50.117 (33.872)	3:23.703 (33.586)	3:55.598 (31.896)		4:23.584 (27.987)
4 Hooper, Jarrod	Thomas College	4:24.16	3	4
34.061 (34.061)	1:07.592 (33.531)	1:41.020 (33.429)		2:15.256 (34.236)
2:48.876 (33.620)	3:22.715 (33.840)	3:53.548 (30.833)		4:24.152 (30.605)
5 Dufort, Covy	Maine-Farmington	4:25.96	3	2
34.248 (34.248)	1:07.822 (33.574)	1:41.281 (33.460)		2:15.445 (34.164)
2:49.452 (34.008)	3:23.648 (34.196)	3:55.952 (32.304)		4:25.960 (30.009)
6 Logan, Nick	Suny Cobleskill	4:26.49	3	1
34.032 (34.032)	1:07.606 (33.574)	1:41.160 (33.555)		2:15.447 (34.287)
2:49.146 (33.700)	3:23.028 (33.883)	3:54.834 (31.806)		4:26.485 (31.652)
7 Seamans, Will	Suny Cobleskill	4:39.38	3	
34.726 (34.726)	1:08.356 (33.631)	1:42.025 (33.669)		2:16.783 (34.758)
2:52.342 (35.560)	3:29.577 (37.236)	4:05.498 (35.921)		4:39.371 (33.873)
8 Goodwin, Nathan	Suny Delhi	4:42.03	3	
35.466 (35.466)	1:09.902 (34.436)	1:44.565 (34.664)		2:20.000 (35.435)
2:55.725 (35.726)	3:31.904 (36.179)	4:07.330 (35.427)		4:42.024 (34.695)
9 Jacobsen, Sean	Suffolk	4:42.15	2	
34.698 (34.698)	1:08.542 (33.844)	1:43.150 (34.608)		2:18.260 (35.111)
2:53.285 (35.025)	3:29.239 (35.955)	4:05.638 (36.399)		4:42.149 (36.512)
10 Vallerand, Christian	Wentworth	4:45.29	2	
35.018 (35.018)	1:08.782 (33.765)	1:43.444 (34.662)		2:18.898 (35.455)
2:55.816 (36.918)	3:33.840 (38.024)	4:10.766 (36.926)		4:45.289 (34.524)
11 Losacco, Erik	Husson	4:47.13	2	
35.861 (35.861)	1:10.207 (34.347)	1:45.394 (35.187)		2:22.272 (36.879)
3:00.039 (37.768)	3:38.354 (38.315)	4:15.048 (36.695)		4:47.130 (32.082)
12 Race, Lewis	Suny Delhi	4:48.70	2	
35.610 (35.610)	1:09.572 (33.962)	1:44.525 (34.953)		2:20.918 (36.394)
2:58.518 (37.600)	3:36.514 (37.996)	4:13.971 (37.458)		4:48.694 (34.724)
13 Skowyra, Tucker	Suny Cobleskill	4:53.54	2	
36.584 (36.584)	1:11.710 (35.126)	1:48.021 (36.312)		2:25.770 (37.750)
3:03.774 (38.004)	3:42.058 (38.285)	4:20.126 (38.068)		4:53.540 (33.414)
14 Sheehan, Vladamire	Suny Cobleskill	4:54.22	2	
36.405 (36.405)	1:11.010 (34.606)	1:47.019 (36.009)		2:24.870 (37.851)
3:03.046 (38.177)	3:41.832 (38.786)	4:20.287 (38.456)		4:54.218 (33.931)
15 Martin, Zach	Suffolk	4:54.65	2	
36.881 (36.881)	1:12.526 (35.645)	1:50.061 (37.536)		2:28.030 (37.970)
3:06.695 (38.665)	3:45.583 (38.888)	4:22.426 (36.843)		4:54.642 (32.216)

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Results

....Men 1 Mile Run

16 Thomas, Jacob	Wentworth	4:55.40	2		
35.250 (35.250)	1:09.022 (33.772)	1:43.692 (34.671)		2:19.130 (35.438)	
2:57.367 (38.238)	3:37.044 (39.677)	4:17.090 (40.046)		4:55.395 (38.306)	
17 Jeanjaquet, Brendan	Wentworth	4:55.86	1		
38.034 (38.034)	1:16.158 (38.125)	1:54.518 (38.360)		2:33.256 (38.738)	
3:11.625 (38.369)	3:49.516 (37.892)	4:25.826 (36.310)		4:55.854 (30.028)	
18 Leiter, Derek	Suny Delhi	4:58.08	1		
35.791 (35.791)	1:11.547 (35.756)	1:48.546 (36.999)		2:28.554 (40.009)	
3:06.600 (38.046)	3:45.874 (39.274)	4:23.914 (38.041)		4:58.076 (34.162)	
19 Recore, Nik	Suny Cobleskill	5:01.11	2		
36.139 (36.139)	1:09.869 (33.730)	1:44.896 (35.028)		2:22.571 (37.676)	
3:02.260 (39.689)	3:42.154 (39.894)	4:22.202 (40.049)		5:01.107 (38.905)	
20 Jaffin, Daniel	Suny Cobleskill	5:07.83	1		
35.516 (35.516)	1:11.299 (35.784)	1:48.699 (37.400)		2:28.857 (40.158)	
3:07.376 (38.520)	3:46.810 (39.434)	4:27.165 (40.356)		5:07.826 (40.661)	
21 Bustillo, Derek	Husson	5:11.46	1		
35.205 (35.205)	1:10.814 (35.609)	1:48.272 (37.459)		2:28.374 (40.103)	
3:08.838 (40.464)	3:49.378 (40.540)	4:33.663 (44.285)		5:11.459 (37.796)	
22 Rhinesmith, Jacob	Suny Cobleskill	5:13.52	1		
36.954 (36.954)	1:13.459 (36.505)	1:51.276 (37.817)		2:29.699 (38.424)	
3:09.640 (39.941)	3:50.840 (41.200)	4:32.948 (42.108)		5:13.515 (40.568)	
23 Fidrocki, Thomas	Suffolk	5:21.16	1		
36.104 (36.104)	1:12.607 (36.504)	1:52.626 (40.019)		2:34.393 (41.768)	
3:17.762 (43.370)	4:01.864 (44.102)	4:43.969 (42.105)		5:21.160 (37.192)	
24 Najarian, Michael	Suffolk	5:24.12	1		
38.548 (38.548)	1:16.969 (38.421)	1:57.110 (40.142)		2:38.576 (41.466)	
3:22.184 (43.608)	4:04.598 (42.415)	4:46.095 (41.497)		5:24.120 (38.025)	
25 Molesky, Will	Suny Cobleskill	5:33.44	1		
40.095 (40.095)	1:22.021 (41.926)	2:05.767 (43.747)		2:50.148 (44.381)	
3:33.056 (42.908)	4:15.653 (42.597)	4:57.189 (41.536)		5:33.439 (36.251)	
26 Staack, William	Suny Cobleskill	5:50.45	1		
39.634 (39.634)	1:19.039 (39.405)	2:01.398 (42.360)		2:45.438 (44.040)	
3:31.468 (46.031)	4:18.210 (46.743)	5:04.932 (46.722)		5:50.447 (45.516)	

Men 3000 Meter Run

Name	Year School	Finals	Points		
1 Amenta, John	Suny Delhi	8:53.31	10		
33.866 (33.866)	1:09.594 (35.729)	1:46.078 (36.484)		2:22.985 (36.908)	
3:00.645 (37.660)	3:36.420 (35.776)	4:12.818 (36.398)		4:48.886 (36.068)	
5:25.150 (36.264)	6:01.530 (36.381)	6:38.375 (36.845)		7:13.161 (34.786)	
7:48.304 (35.144)	8:22.630 (34.327)	8:53.302 (30.672)			
2 Novy, Thomas	Suffolk	9:03.97	8		
34.678 (34.678)	1:10.322 (35.644)	1:46.462 (36.140)		2:23.278 (36.816)	
3:00.417 (37.140)	3:36.180 (35.764)	4:12.557 (36.377)		4:48.581 (36.024)	
5:24.887 (36.307)	6:01.244 (36.357)	6:38.097 (36.853)		7:14.554 (36.457)	
7:51.267 (36.714)	8:28.414 (37.147)	9:03.970 (35.556)			
3 Jacobsen, Sean	Suffolk	9:31.45	6		
35.904 (35.904)	1:13.478 (37.575)	1:51.070 (37.592)		2:29.714 (38.644)	
3:07.397 (37.684)	3:45.779 (38.383)	4:24.201 (38.422)		5:01.983 (37.783)	
5:40.340 (38.357)	6:18.466 (38.126)	6:57.980 (39.515)		7:36.986 (39.007)	
8:15.452 (38.466)	8:54.082 (38.631)	9:31.443 (37.361)			

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Results

....Men 3000 Meter Run

4	Hayward, Connor	Suffolk	9:31.76	4
	35.838 (35.838)	1:12.959 (37.121)	1:50.694 (37.736)	2:29.207 (38.513)
	3:07.095 (37.888)	3:45.419 (38.324)	4:23.676 (38.257)	5:01.003 (37.328)
	5:39.257 (38.254)	6:18.268 (39.012)	6:57.802 (39.534)	7:37.374 (39.572)
	8:17.051 (39.678)	8:56.342 (39.292)	9:31.751 (35.409)	
5	Dubin, Jacob	Suffolk	9:36.93	2
	35.919 (35.919)	1:13.375 (37.456)	1:51.025 (37.650)	2:29.523 (38.499)
	3:07.831 (38.308)	3:46.605 (38.774)	4:26.282 (39.677)	5:06.172 (39.891)
	5:46.391 (40.220)	6:26.555 (40.164)	7:06.406 (39.852)	7:46.546 (40.140)
	8:26.328 (39.783)	9:04.054 (37.726)	9:36.927 (32.874)	
6	Turner, Justin	Suffolk	9:43.58	1
	35.043 (35.043)	1:11.538 (36.495)	1:50.034 (38.497)	2:28.904 (38.870)
	3:06.882 (37.978)	3:45.234 (38.353)	4:23.359 (38.125)	5:01.570 (38.212)
	5:40.783 (39.213)	6:20.978 (40.196)	7:02.386 (41.408)	7:42.990 (40.604)
	8:23.079 (40.089)	9:02.694 (39.615)	9:43.571 (40.878)	
7	Garrity, Conor	Suffolk	9:52.20	
	35.417 (35.417)	1:12.091 (36.675)	1:50.304 (38.213)	2:28.643 (38.340)
	3:06.826 (38.183)	3:45.566 (38.740)	4:24.000 (38.435)	5:02.318 (38.318)
	5:42.242 (39.924)	6:23.960 (41.719)	7:05.857 (41.897)	7:47.760 (41.904)
	8:30.490 (42.730)	9:12.275 (41.786)	9:52.195 (39.920)	
8	Lambe, Patrick	Suffolk	9:54.66	
	35.516 (35.516)	1:12.490 (36.974)	1:50.610 (38.120)	2:29.483 (38.874)
	3:08.195 (38.712)	3:47.278 (39.084)	4:27.773 (40.495)	5:09.062 (41.290)
	5:50.650 (41.588)	6:31.871 (41.221)	7:13.365 (41.494)	7:54.325 (40.960)
	8:35.163 (40.839)	9:17.346 (42.183)	9:54.651 (37.306)	
9	McIntire, Evan	Wentworth	10:07.42	
	36.275 (36.275)	1:14.142 (37.868)	1:53.785 (39.643)	2:33.574 (39.790)
	3:12.364 (38.790)	3:53.533 (41.169)	4:34.180 (40.648)	5:15.712 (41.532)
	5:58.078 (42.367)	6:40.333 (42.255)	7:23.096 (42.764)	8:05.650 (42.555)
	8:49.174 (43.524)	9:30.474 (41.300)	10:07.414 (36.941)	
10	Stone, Jeremy	Husson	10:07.99	
	37.024 (37.024)	1:15.544 (38.520)	1:54.577 (39.033)	2:33.854 (39.278)
	3:12.683 (38.829)	3:53.193 (40.510)	4:33.206 (40.014)	5:13.650 (40.444)
	5:55.222 (41.572)	6:37.611 (42.389)	7:19.665 (42.054)	8:02.195 (42.531)
	8:44.983 (42.788)	9:28.124 (43.141)	10:07.981 (39.857)	

Men 5000 Meter Run

=====				
Name	Year	School	Finals	Points
=====				
1	Bywater, Seth	Suny Delhi	15:21.40	10
	34.365 (34.365)	1:10.573 (36.208)	1:46.583 (36.010)	2:23.246 (36.664)
	2:59.702 (36.456)	3:35.638 (35.936)	4:12.081 (36.444)	4:48.663 (36.582)
	5:25.213 (36.551)	6:01.341 (36.128)	6:37.957 (36.616)	7:14.466 (36.509)
	7:51.971 (37.506)	8:30.547 (38.576)	9:07.225 (36.678)	9:44.182 (36.957)
	10:21.201 (37.020)	10:59.543 (38.342)	11:37.254 (37.712)	12:15.823 (38.569)
	12:54.027 (38.205)	13:32.683 (38.656)	14:10.939 (38.256)	14:46.731 (35.792)
	15:21.397 (34.666)			

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men 5000 Meter Run**

2	Novy, Thomas	Suffolk	15:34.32	8
	33.795 (33.795)	1:09.127 (35.333)	1:44.580 (35.453)	2:20.495 (35.916)
	2:56.325 (35.830)	3:32.578 (36.253)	4:08.719 (36.142)	4:45.163 (36.444)
	5:21.864 (36.701)	5:58.662 (36.798)	6:35.626 (36.964)	7:12.864 (37.239)
	7:50.544 (37.680)	8:28.558 (38.014)	9:06.802 (38.244)	9:44.735 (37.934)
	10:22.965 (38.230)	11:01.281 (38.316)	11:40.147 (38.866)	12:19.411 (39.265)
	12:58.730 (39.319)	13:38.311 (39.581)	14:18.226 (39.916)	14:57.599 (39.374)
	15:34.314 (36.715)			
3	Amenta, John	Suny Delhi	16:14.74	6
	35.012 (35.012)	1:11.923 (36.912)	1:49.263 (37.340)	2:27.311 (38.049)
	3:05.904 (38.593)	3:44.864 (38.960)	4:23.959 (39.096)	5:03.163 (39.204)
	5:42.428 (39.266)	6:22.060 (39.632)	7:01.514 (39.454)	7:40.879 (39.365)
	8:19.968 (39.090)	8:59.178 (39.210)	9:38.557 (39.380)	10:18.144 (39.588)
	10:57.859 (39.716)	11:37.863 (40.004)	12:17.449 (39.586)	12:57.303 (39.854)
	13:37.331 (40.029)	14:17.237 (39.906)	14:57.137 (39.900)	15:36.421 (39.284)
	16:14.734 (38.313)			
4	Hileman, David	Husson	16:27.73	4
	37.451 (37.451)	1:17.639 (40.188)	1:57.239 (39.601)	2:38.227 (40.988)
	3:17.023 (38.797)	3:56.135 (39.112)	4:35.874 (39.739)	5:15.432 (39.559)
	5:55.656 (40.224)	6:35.157 (39.501)	7:14.630 (39.473)	7:54.334 (39.704)
	8:33.995 (39.661)	9:13.896 (39.902)	9:53.731 (39.836)	10:33.930 (40.199)
	11:14.496 (40.567)	11:54.833 (40.337)	12:34.668 (39.836)	13:14.696 (40.028)
	13:54.844 (40.148)	14:34.764 (39.920)	15:14.709 (39.945)	15:53.913 (39.204)
	16:27.730 (33.817)			
5	Dubin, Jacob	Suffolk	16:44.93	2
	37.545 (37.545)	1:17.190 (39.645)	1:56.065 (38.876)	2:34.699 (38.635)
	3:14.973 (40.274)	3:55.325 (40.352)	4:35.723 (40.398)	5:15.187 (39.464)
	5:55.545 (40.359)	6:35.914 (40.369)	7:16.259 (40.346)	7:57.674 (41.415)
	8:38.756 (41.083)	9:20.352 (41.596)	10:01.666 (41.314)	10:43.415 (41.750)
	11:25.304 (41.889)	12:05.989 (40.685)	12:47.668 (41.680)	13:29.071 (41.404)
	14:10.601 (41.530)	14:50.552 (39.952)	15:30.354 (39.802)	16:09.733 (39.380)
	16:44.924 (35.192)			
6	Shea, Matt	Thomas College	16:58.53	1
	37.184 (37.184)	1:16.864 (39.680)	1:57.490 (40.626)	2:38.717 (41.228)
	3:17.321 (38.604)	3:56.449 (39.128)	4:36.115 (39.666)	5:15.823 (39.709)
	5:55.863 (40.040)	6:36.209 (40.346)	7:15.012 (38.804)	7:54.648 (39.636)
	8:34.298 (39.650)	9:14.184 (39.887)	9:54.052 (39.868)	10:34.331 (40.279)
	11:14.891 (40.560)	11:55.943 (41.052)	12:37.552 (41.610)	13:21.476 (43.924)
	14:04.877 (43.401)	14:47.856 (42.980)	15:31.895 (44.040)	16:15.995 (44.100)
	16:58.523 (42.528)			
7	Duffy, Shea	Suffolk	17:41.67	
	37.773 (37.773)	1:16.646 (38.873)	1:57.163 (40.518)	2:38.426 (41.263)
	3:17.743 (39.318)	3:57.454 (39.711)	4:39.353 (41.900)	5:22.201 (42.848)
	6:04.862 (42.661)	6:47.965 (43.104)	7:31.404 (43.440)	8:15.146 (43.742)
	8:58.675 (43.530)	9:42.367 (43.692)	10:26.374 (44.007)	11:10.443 (44.069)
	11:53.867 (43.425)	12:37.891 (44.024)	13:22.746 (44.855)	14:07.300 (44.555)
	14:51.507 (44.207)	15:35.663 (44.156)	16:19.959 (44.297)	17:03.406 (43.447)
	17:41.669 (38.264)			

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men 5000 Meter Run**

8 Hargrove, Owen	Thomas College	18:40.26		
37.357 (37.357)	1:17.011 (39.655)	1:57.692 (40.681)	2:38.944 (41.252)	
3:18.189 (39.245)	3:59.205 (41.016)	4:42.373 (43.168)	5:26.778 (44.405)	
6:11.302 (44.524)	6:55.741 (44.440)	7:41.489 (45.748)	8:27.077 (45.588)	
9:15.016 (47.940)	10:02.831 (47.816)	10:50.684 (47.853)	11:37.559 (46.876)	
12:26.789 (49.230)	13:14.273 (47.484)	14:01.695 (47.423)	14:49.916 (48.221)	
15:37.516 (47.600)	16:25.029 (47.513)	17:12.499 (47.470)	17:57.432 (44.934)	
18:40.260 (42.828)				

Men 60 Meter Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Simon, Mickenson	Suny Delhi	8.62Q	1
2 Condon, Morgan	Suny Delhi	8.86Q	2
3 Ciufu, Joey	Suny Delhi	8.73Q	1
4 Army, Christian	Wentworth	9.04Q	2
5 Cusmano, Kameron	Suny Cobleskill	9.27q	1
6 Feeney, Phillip	Husson	9.53q	1
7 Pelletier, Kyle	Thomas College	9.63q	1
8 Zapata, Christian	Husson	9.70q	2
9 DeSousa, Noah	Wentworth	9.73	2
10 Mullins, Isaac	Thomas College	9.99	2
11 Gingras, Tom	Maine-Farmington	10.57	1
12 Gadwah, Miles	Thomas College	10.64	1
13 Maroon, Trey	Suffolk	10.98	2

Men 60 Meter Hurdles

Name	Year School	Finals	Points
Finals			
1 Ciufu, Joey	Suny Delhi	8.64	10
2 Simon, Mickenson	Suny Delhi	8.73	8
3 Condon, Morgan	Suny Delhi	8.77	6
4 Army, Christian	Wentworth	8.91	4
5 Cusmano, Kameron	Suny Cobleskill	9.29	2
6 Feeney, Phillip	Husson	9.70	1
7 Zapata, Christian	Husson	9.93	
8 Pelletier, Kyle	Thomas College	9.96	

Men 4x400 Meter Relay

School	Finals	Points
1 Suny Delhi 'A'	3:27.28	10
1) Jeffes, Josh	2) Simon, Mickenson	
3) Davis, Deron	4) Castro, Lorenzo	
49.199 (49.199)	1:44.061 (54.862)	2:36.850 (52.789)
		3:27.280 (50.431)
2 Wentworth 'A'	3:31.34	8
1) Murphy, Matthew	2) Ballard, Ryan	
3) Abbotoni, Ryan	4) Stehlik, Scott	
52.371 (52.371)	1:46.607 (54.237)	2:39.503 (52.896)
		3:31.333 (51.830)

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men 4x400 Meter Relay**

3 Suffolk 'A'			3:43.47	6		
1) Mitchell, Matthew		2) Avakian, John				
3) Durand, Joshua		4) Maloney, Kely				
58.214 (58.214)	1:54.527 (56.313)	2:49.521 (54.995)	3:43.461 (53.940)			
4 Thomas College 'A'			3:49.42	4		
1) Cahill, Maddox		2) Harris, Jacob				
3) Pelletier, Kyle		4) Mullins, Isaac				
53.458 (53.458)	1:51.672 (58.215)	2:52.079 (1:00.408)	3:49.415 (57.336)			
5 Maine-Farmington 'A'			3:57.22	2		
1) Gingras, Tom		2) Tuttle, Lucas				
3) Vachon, Ben		4) Vigue, Justin				
59.993 (59.993)	1:57.525 (57.532)	2:58.971 (1:01.446)	3:57.211 (58.241)			

Men Distance Medley

School			Finals	Points		
1 Maine-Farmington 'A'			10:57.80	10		
1) Reeve, Seamus		2) Reel, Jimmy				
3) Castaldo, Justin		4) Dufort, Covy				
33.250 (33.250)	1:06.502 (33.252)	1:40.715 (34.213)	2:16.153 (35.438)			
2:51.726 (35.574)	3:25.286 (33.560)	3:51.666 (26.380)	4:19.536 (27.870)			
4:48.039 (28.504)	5:19.254 (31.216)	5:52.805 (33.551)	6:23.024 (30.220)			
6:54.801 (31.777)	7:29.290 (34.489)	8:03.914 (34.625)	8:40.848 (36.934)			
9:17.355 (36.508)	9:50.892 (33.537)	10:24.498 (33.607)	10:57.798 (33.300)			
2 Suffolk 'A'			11:07.30	8		
1) Barry, Tim		2) Turner, Justin				
3) Sikora, Luke		4) Novy, Thomas				
32.086 (32.086)	1:04.086 (32.000)	1:37.306 (33.221)	2:11.734 (34.428)			
2:46.794 (35.061)	3:21.018 (34.224)	3:48.826 (27.808)	4:18.734 (29.909)			
4:46.790 (28.056)	5:16.929 (30.139)	5:49.003 (32.075)	6:21.522 (32.520)			
6:53.458 (31.936)	7:28.471 (35.014)	8:03.727 (35.256)	8:40.651 (36.924)			
9:17.718 (37.068)	9:54.320 (36.602)	10:30.795 (36.476)	11:07.299 (36.504)			
3 Thomas College 'A'			11:13.95	6		
1) Shea, Matt		2) Hargrove, Owen				
3) McQuarrie, Owen		4) Hooper, Jarrod				
34.388 (34.388)	1:08.690 (34.302)	1:43.569 (34.880)	2:17.972 (34.404)			
2:52.207 (34.236)	3:26.424 (34.217)	3:54.109 (27.685)	4:25.802 (31.694)			
4:54.204 (28.402)	5:26.102 (31.899)	6:00.498 (34.396)	6:36.221 (35.723)			
7:05.111 (28.891)	7:37.872 (32.761)	8:12.721 (34.849)	8:49.193 (36.472)			
9:26.268 (37.076)	10:02.548 (36.280)	10:38.272 (35.724)	11:13.946 (35.674)			
4 Suny Delhi 'A'			11:19.95	4		
1) Lees, Sam		2) Condon, Morgan				
3) Leiter, Derek		4) Goodwin, Nathan				
34.823 (34.823)	1:09.205 (34.382)	1:43.978 (34.773)	2:19.152 (35.175)			
2:55.230 (36.078)	3:32.007 (36.778)	3:57.403 (25.396)	4:26.010 (28.608)			
4:55.146 (29.136)	5:28.119 (32.973)	6:01.467 (33.348)	6:33.907 (32.440)			
7:05.427 (31.520)	7:39.555 (34.128)	8:16.460 (36.905)	8:53.506 (37.046)			
9:30.906 (37.401)	10:08.441 (37.535)	10:44.954 (36.514)	11:19.948 (34.994)			
5 Husson 'A'			11:22.24	2		

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men Distance Medley**

1) Losacco, Erik	2) Zapata, Christian			
3) Cromwell, Richard	4) Hileman, David			
34.106 (34.106)	1:08.389 (34.283)	1:43.291 (34.903)	2:18.497 (35.206)	
2:53.858 (35.362)	3:28.424 (34.566)	3:53.111 (24.688)	4:20.947 (27.836)	
4:50.666 (29.719)	5:22.346 (31.681)	5:55.812 (33.466)	6:29.226 (33.414)	
7:02.726 (33.501)	7:39.828 (37.102)	8:17.718 (37.891)	8:55.774 (38.056)	
9:32.875 (37.102)	10:11.110 (38.235)	10:48.446 (37.337)	11:22.234 (33.788)	

Men High Jump

Name	Year	School	Finals	Points
1 Zapata, Christian		Husson	1.87m	6-01.50 10
1.55 1.60 1.65 1.70 1.75 1.78 1.81 1.84 1.87 1.92				
P P P O O XO O XO XXO XXX				
2 Colas, Andre		Wentworth	1.84m	6-00.50 8
1.55 1.60 1.65 1.70 1.75 1.78 1.81 1.84 1.87				
P P P O XXO O XO O XXX				
3 Cusmano, Kameron		Suny Cobleskill	1.78m	5-10.00 6
1.55 1.60 1.65 1.70 1.75 1.78 1.81				
P P O XXO XO XO XXX				
4 Silva, Eduardo		Suffolk	1.65m	5-05.00 4
1.55 1.60 1.65 1.70				
P P XO XXX				
5 Vachon, Ben		Maine-Farmington	1.60m	5-03.00 2
1.55 1.60 1.65				
P O XXX				
6 Pelletier, Kyle		Thomas College	1.55m	5-01.00 1
1.55 1.60				
O XXX				
7 Reid, Gavin		Suffolk	J1.55m	5-01.00
1.55 1.60				
XO XXX				
-- Gadwah, Miles		Thomas College	NH	
1.55				
XXX				

Men Pole Vault

Name	Year	School	Finals	Points
1 Sleasman, Elijah		Wentworth	4.40m	14-05.25 10
2.85 3.00 3.15 3.30 3.45 3.60 3.75 3.90 4.05 4.20 4.40 4.60				
P P P P P P P P P O O XXX				
2 Muller, Nate		Wentworth	3.90m	12-09.50 8
2.85 3.00 3.15 3.30 3.45 3.60 3.75 3.90 4.05				
P P P P P P P P XXO XXX				
3 Hart, Josh		Husson	3.75m	12-03.50 6
2.85 3.00 3.15 3.30 3.45 3.60 3.75 3.90				
P P P P P O O XXX				
4 Catino, Joshua		Suffolk	3.15m	10-04.00 4
2.85 3.00 3.15 3.30				
O O O XXX				
5 Masocco, Michael		Suny Cobleskill	3.00m	9-10.00 2
2.85 3.00 3.15				
O XO XXX				
6 Brooke, Jordan		Thomas College	2.85m	9-04.25 1
2.85 3.00				
O XXX				

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023

the TRACK at new balance

Results**....Men Pole Vault**

7	Lutz, John	Suny Cobleskill	J2.85m	9-04.25
	2.85 3.00			
	XO XXX			
--	Gadwah, Miles	Thomas College	NH	
	2.85			
	XXX			

Men Long Jump

Name	Year	School	Finals	Points
1 Raye, LJ		Thomas College	6.95m 22-09.75	10
	6.95m 6.87m 6.82m 6.68m	PASS PASS		
2 Fouron, Fabrice		Wentworth	6.61m 21-08.25	8
	6.27m 6.19m 4.77m 5.93m 6.15m 6.61m			
3 Plamondon, Nick		Thomas College	6.57m 21-06.75	6
	6.25m 6.29m 6.48m 6.24m 6.57m	PASS		
4 Vachon, Ben		Maine-Farmington	6.31m 20-08.50	4
	5.89m 6.14m 5.87m 5.93m 5.86m 6.31m			
5 Muller, Nate		Wentworth	6.01m 19-08.75	2
	6.01m FOUL FOUL FOUL 5.78m 5.77m			
6 Kearney, Charlie		Wentworth	5.99m 19-08.00	1
	5.99m 5.67m 5.55m FOUL FOUL PASS			
7 Colas, Andre		Wentworth	5.94m 19-06.00	
	5.89m 5.71m 5.94m 5.81m 5.72m 5.83m			
8 Sleasman, Elijah		Wentworth	5.78m 18-11.75	
	4.91m 4.99m 5.75m 5.78m 5.31m 5.64m			
9 Stewart, William		Wentworth	5.60m 18-04.50	
	5.43m 5.49m 4.30m PASS 5.08m 5.60m			
10 Reid, Gavin		Suffolk	5.46m 17-11.00	
	5.46m 5.36m 5.26m			
11 Mullins, Isaac		Thomas College	5.36m 17-07.00	
	5.36m 5.18m FOUL			
12 Catino, Joshua		Suffolk	5.21m 17-01.25	
	5.08m FOUL 5.21m			
13 Vigue, Justin		Maine-Farmington	5.17m 16-11.50	
	5.17m 4.94m FOUL			
14 Mohammed, Kai		Suffolk	4.80m 15-09.00	
	4.71m 4.80m FOUL			
-- Rounds, Mitch		Thomas College	FOUL	
	FOUL FOUL FOUL			
-- Brooke, Jordan		Thomas College	FOUL	
	FOUL FOUL FOUL			

Men Triple Jump

Name	Year	School	Finals	Points
1 Fouron, Fabrice		Wentworth	13.12m 43-00.50	10
	12.90m 12.98m 12.13m 12.57m	FOUL 13.12m		
2 Vachon, Ben		Maine-Farmington	12.48m 40-11.50	8
	11.89m 12.48m FOUL FOUL FOUL PASS			
3 Plamondon, Nick		Thomas College	12.10m 39-08.50	6
	11.33m FOUL 1.16m 11.86m 12.10m 12.06m			

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****....Men Triple Jump**

4	Gagnon, Avery	Husson	11.91m	39-01.00	4
	11.91m 11.68m 11.22m 11.51m 11.65m 11.78m				
5	Reid, Gavin	Suffolk	11.72m	38-05.50	2
	11.47m FOUL FOUL FOUL 11.72m 11.63m				
6	Rounds, Mitch	Thomas College	10.48m	34-04.75	1
	FOUL FOUL FOUL 10.48m 10.28m 10.07m				

Men Shot Put

Name	Year	School	Finals	H#	Points
1	Pierce, Jared	Wentworth	15.40m	50-06.25	2 10
	15.40m FOUL FOUL FOUL FOUL FOUL				
2	Canwell, Alixx	Maine-Farmington	13.06m	42-10.25	2 8
	11.54m 12.90m 12.87m 12.74m FOUL 13.06m				
3	Harvey, Jack	Thomas College	11.88m	38-11.75	2 6
	11.88m 11.68m FOUL 11.43m FOUL FOUL				
4	Joseph, Jay	Wentworth	11.79m	38-08.25	2 4
	11.79m 11.10m 11.50m 10.97m FOUL FOUL				
5	Klockars, Tyler	Wentworth	11.76m	38-07.00	2 2
	11.44m 11.76m 11.09m 10.64m 11.09m FOUL				
6	Sheran, Alex	Maine-Farmington	11.73m	38-06.00	2 1
	11.04m 11.59m 11.68m 11.06m 11.02m 11.73m				
7	Franklin, Van	Thomas College	11.12m	36-05.75	2
	10.19m 10.49m 11.12m 9.13m 10.39m FOUL				
8	Bojarski, Max	Thomas College	11.05m	36-03.00	2
	9.82m 11.05m 10.64m				
9	Grady, Thomas	Thomas College	10.90m	35-09.25	2
	10.47m 10.53m 10.90m				
10	Traore, Isaiah	Suffolk	10.87m	35-08.00	1
	9.70m 10.29m 10.87m				
11	Power, Michael	Suffolk	10.84m	35-06.75	2
	FOUL 10.84m FOUL				
12	Tower, Gavyn	Thomas College	10.66m	34-11.75	2
	9.66m FOUL 10.66m				
13	Grazulis, Jaden	Husson	10.62m	34-10.25	1
	9.64m 10.62m 10.09m				
14	McCarthy, Edward	Suffolk	10.49m	34-05.00	1
	10.49m FOUL 10.06m				
15	Demmons, Connor	Maine-Farmington	10.35m	33-11.50	1
	8.92m 10.31m 10.35m				
16	Marks, Cal	Suny Cobleskill	10.19m	33-05.25	1
	9.68m 9.92m 10.19m				
17	Shambo, Kyle	Suny Cobleskill	9.98m	32-09.00	1
	9.98m 9.15m 9.04m				
18	Urszinyi, Alex	Maine-Farmington	9.95m	32-07.75	2
	9.78m 9.95m 9.88m				
19	Ardolino, Ed	Wentworth	9.80m	32-02.00	1
	9.80m FOUL 9.25m				
20	Roy, John	Suffolk	9.70m	31-10.00	1
	9.70m 9.70m 9.57m				
21	Eldridge, Corbin	Thomas College	9.18m	30-01.50	1
	8.24m 8.97m 9.18m				

2023 Frozen 8 Indoor Track & Field Championship - 2/12/2023**the TRACK at new balance****Results****Men Weight Throw**

Name	Year	School	Finals	H#	Points	
1 Pierce, Jared		Wentworth	13.46m	44-02.00	2 10	
	13.01m	FOUL	13.46m	13.43m	13.33m	13.07m
2 Canwell, Alixx		Maine-Farmington	13.09m	42-11.50	2 8	
	13.09m	FOUL	FOUL	FOUL	FOUL	FOUL
3 Irizarry, Frank		Suffolk	12.64m	41-05.75	2 6	
	12.64m	11.86m	12.00m	11.83m	11.45m	12.02m
4 Smith, Josh		Suffolk	12.28m	40-03.50	2 4	
	11.94m	12.28m	11.43m	11.18m	11.90m	11.52m
5 Power, Michael		Suffolk	11.91m	39-01.00	2 2	
	FOUL	11.91m	FOUL	11.45m	11.76m	11.20m
6 Sheran, Alex		Maine-Farmington	11.70m	38-04.75	2 1	
	11.54m	11.70m	11.48m	FOUL	11.26m	FOUL
7 Marks, Cal		Suny Cobleskill	11.59m	38-00.25	2	
	11.59m	10.42m	10.97m	10.82m	11.18m	11.27m
8 Harvey, Jack		Thomas College	11.22m	36-09.75	2	
	11.22m	10.91m	FOUL			
9 Bojarski, Max		Thomas College	11.20m	36-09.00	2	
	11.20m	FOUL	10.96m			
10 Urszinyi, Alex		Maine-Farmington	11.13m	36-06.25	2	
	11.13m	FOUL	FOUL			
11 Franklin, Van		Thomas College	10.32m	33-10.25	1	
	10.32m	9.58m	9.03m			
12 Traore, Isaiah		Suffolk	10.25m	33-07.50	1	
	9.33m	10.25m	10.03m			
13 Smith, Mathew		Suffolk	10.18m	33-04.75	2	
	10.18m	FOUL	9.92m			
14 Grazulis, Jaden		Husson	10.09m	33-01.25	1	
	10.09m	9.22m	FOUL			
15 Shambo, Kyle		Suny Cobleskill	9.84m	32-03.50	1	
	9.35m	9.25m	9.84m			
16 Grady, Thomas		Thomas College	9.52m	31-03.00	1	
	9.52m	9.32m	9.15m			
17 Millan, Justus		Thomas College	9.40m	30-10.25	1	
	8.60m	9.38m	9.40m			
18 Demmons, Connor		Maine-Farmington	9.13m	29-11.50	1	
	8.88m	9.13m	FOUL			
19 Roy, John		Suffolk	8.99m	29-06.00	1	
	8.99m	8.72m	FOUL			
20 Eldridge, Corbin		Thomas College	8.63m	28-03.75	1	
	8.39m	8.44m	8.63m			

Men - Team Rankings - 16 Events Scored

1) SUNY Delhi	135	2) Suffolk	95
3) Wentworth	85	4) Thomas College	72
5) Maine-Farmington	53	6) Husson	33
7) SUNY Cobleskill	21		