

## OPEN WOMEN

### TRIPLE JUMP

1	Jenae Dorsey	Unattached Guest	9.82m
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### POLE VAULT

--	Shelby White	Unattached Guest	3.95m
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--	Katherine Burr	Unattached Guest	2.13m
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### SHOT PUT

1	Helen Filosa	Northport RC	9.95m
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2	Lucy DiBenedetto	Unattached	9.40m
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### WEIGHT THROW

1	Lucy DiBenedetto	Unattached	8.33m
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### 200M

1	Jen Dagan	Elite Feats	28.30
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2	Clara Steuer	Explosion TC	31.13
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3	Amber Padden	Unattached	34.05
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### 400M

1	Jen Dagan	Elite Feats	60.69
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2	Jasmine Jackson-Gomes	Metropolis LI	67.12
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### 800M

1	Jasmine Jackson-Gomes	Metropolis LI	02:37.6
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2	Ceara Conroy	Unattached	02:45.7
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### 60H

--	Grace Kwiatkowski	Unattached	11.00
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### 60M

*Prem.*

**Finals**

1	Clara Steuer	Explosion TC	9.36	<b>9.28</b>
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### 1 MILE RW

1	Kayla Torres	Walk USA	08:11.5
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2	Jainee Gabrielsen	Walk USA	10:01.5
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--	Maryanne Dinsel	CT RW	09:12.2
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### 3000M

1	Alison Brigs	Unattached	12:18.0
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## OPEN MEN

### TRIPLE JUMP

1	Chinedu Ogueri	We Are Athletes	11.81m
2	Sean Lenahan	L I Alliance	11.12m
3	Al Almandola	L I Alliance	7.40m
--	Bryan Covington	PT Jetaz	9.52m
--	Tilik Simpson	PT Jetaz	8.87m

### LONG JUMP

1	Quentin Bucknor	2C2W	5.83m
2	Chinedu Ogueri	We Are Athletes	5.62m
3	Sean Lenahan	L I Alliance	5.59m
4	Thomas Quinn	Unattached	5.37m
5	Julian Desrosiers	Explosion TC	4.99m
6	Al Almandola	L I Alliance	4.13m

### HIGH JUMP

1	Nick Davis	Bellport	1.67m
2	Thomas Quinn	Unattached	1.62m
3	Sean Lenahan	L I Alliance	1.62m

### SHOT PUT

1	Dakota Lambrou	L I Alliance	10.62m
2	Joe Laudicini	L I Alliance	9.90m
3	Angelo Catapao	L I Alliance	9.17m
4	Matt Jackson	L I Alliance	8.09m

### WEIGHT THROW

1	Thomas Franns	Unattached	12.61m
2	Blake Borghard	Unattached	11.90m
3	Dakota Lambrou	L I Alliance	11.61m
4	A. J. Catapano	L I Alliance	9.38m
5	Joe Laudicini	L I Alliance	7.04m

### POLE VAULT

1	Dan Normoyle	Unattached Guest	4.60m
2	Brad Lawrence	Unattached Guest	4.40m
3	Hunter Gibbons	West Islip	3.35m
4	Julian Alberto	L I Alliance	3.03m
5	Simon Yuen	Syossett TC	3.03m
6	Sean Nuzio	L I Alliance	2.73m
7	Jonathan Lenny	Syossett TC	2.58m
--	Brian Doyle	Unattached Guest	3.61m

### 200M

1	Joshua Gali	Northport RC	21.84
2	Andrew DeCoteau	Explosion TC	24.24
3	Quinten Distant	Unattached	24.36

4	Matthew Juarex	Bellport TC	24.97
5	Branch McNulty	Unattached	25.57
6	Vincent Clark	Unattached	25.58
7	Justin Budhu	Unattached	26.10
8	Julian Desrosiers	Explosion TC	26.14
9	Marcus Reid	Unattached	26.15
10	Vitaly Mirsky	2nd Wind	26.97
--	Christian Contrares	Pt Jetaz	33.00

#### 400M

1	Derrick Pouncy	Nassau CC	54.80
2	Joshua O'Faire	Nassau CC	56.68
3	Connor Reilly	Unattached	60.76

#### 800M

1	Dylan Lee	Nassau CC	02:15.9
2	Derrick Pouncy	Nassau CC	02:17.6
3	Joshua Jackson-Gomes	Metropolis LI	02:18.0
4	Matt Amoeda	L I Alliance	02:18.1
5	Joshua O'Faire	Nassau CC	02:18.4
6	Jamie Murphy	L I Alliance	02:19.1
7	John Conaty	L I Alliance	02:19.7
8	Thomas Mihailin	Northport RC	02:20.3
9	Joe Meyer	Elite Feats AC	02:20.5
10	Jason Sinert	Nassau CC	02:23.5
11	Jonathan Ricca	Unattached	02:28.5
12	John Schmuck	Unattached	02:30.5
13	Nevan Naughton	We Are Athletes	02:34.0
14	Alex Saar	L I Alliance	02:42.6
--	Gagriel Dasilva	Unattached Guest	02:06.5
--	Luis Castillo	Copiague	02:28.5

#### 1 MILE RW

1	Moises Hernandez	Bay Shore	08:29.0
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#### 1500M

1	Dave DeSavo	Nova TC	04:18.4
2	Ilya Wilson	Unattached	04:27.3
3	Colm Smith	L I Alliance	04:33.1
4	Thomas Milhailin	Northport RC	04:46.6
5	Charlie LaMassa	L I Alliance	04:47.2
6	Joshua Jackson-Gomes	Metropolis LI	04:57.9
--	Gabriella DaSilva	Unattached	04:17.6
--	Anthony Rizzotto	Alley Pond	05:56.0

#### 3000M

1	Dylan Lee	Nassau CC	09:58.7
2	Jason Sinert	Nassau CC	10:21.1
3	Jonathan Ricca	Nassau CC	11:26.2

**60H**

1	David Johnson	2C2W	8.59
2	Quinten Distante	Unattached	9.13
--	Eric Cho	Great Neck S	9.54

**60M - Prelims**

1	Joshua Gali	Northport RC	7.02q
2	Jerel Williams	Speed Collective	7.30q
3	Andrew DeCoteau	Explosion TC	7.33q
4	Jeloni Williams	Speed Collective	7.40q
5	Tony Smith	ToneSmith Fitness	7.47q
6	Quinten Distante	Unattached	7.48q
7	Justin Budhu	Explosion TC	7.49
8	Nick Davis	Unattached	7.56
9	Vincent Ciara	Unattached	7.69
10	Chimedu Oqueri	We Are Athletes	7.78
11	Brandon McNulty	Clark	7.82
12	Julian Desrosiers	Explosion TC	7.98
13	Vitaly Mirsky	2nd Wind	8.03
14	Mitchell Cohen	Commack	8.11
15	Joe Meyer	Elitefeats AC	8.16
16	Dennis Coticelli	Knox	8.61
--	Eric Cho	Great Neck S	7.91
--	Eric Dennis	PT Jetaz	7.76

**60M - Finals**

1	Joshua Gali	Northport RC	6.96
2	Jerel Williams	Speed Collective	7.26
3	Andrew DeCoteau	Explosion TC	7.34
4	Jeloni Williams	Speed Collective	7.51
5	Tony Smith	ToneSmith Fitness	7.50
6	Quinten Distante	Unattached	7.52

**4x200 RELAY**

1	Bellport "A"	01:50.2
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**4x400 RELAY**

1	L I Alliance "A"	04:04.3
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