



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
Kevon Adams	100m dash 11.86 (7) Long jump 6.21m 20' 4.5" (4)	100m dash 11.75 (24) Long jump 6.59m 21' 7.5" (6)	100m dash 11.50 (7) Long jump 6.61m 21' 8.25" (2)	Long Jump 6.57m 21' 6.75" (6)	Long Jump 6.21m / 20' 4.5" (4)	100m dash prelims 11.92 200m finals 24.53 (53) Long jump 6.27m / 20' 7" (19)		
Tristan Barnett		110m hurdles 22.74m (25)	110m Hurdles 20.43 (8) 400m hurdles 1:07.65 (8)	110m hurdles prelims 21.12 (18) 400m hurdles 67.45 (18)	110m Hurdles 20.75 (10) 400m hurdles 1:10.35 (9)	110m hurdles prelims 20.01 (38) 400m hurdles 1:06.06 (28)		
Michael Belcher	Shot Put 12.79m 41' 11.50" (1) Discus Throw 45.34m 148' 9" (1) Hammer Throw 43.17m 141' 8" (3)	Discus Throw 45.93m 150' 8" (5) Shot Put 12.33m 40' 5.5" (13)	Discus Throw 44.85m 147' 2" (1) Shot Put 12.73m 41' 9.25" (2) Hammer Throw 49.30m 161' 9" (2)	Discus Throw 43.58m 143' (3) Hammer Throw 48.60m 159' 5" (2)	Shot Put FOUL Discus Throw 44.33m / 145' 5" (3) Hammer Throw 49.69m / 163' (3)	Discus Throw 35.45m / 116' 4" (34) Hammer Throw 43.10m 141' 5" (14)	Discus Throw 44.76m / 146' 10" (3) Hammer Throw 51.24m 168' 1" (2)	Discus Throw 47.94m (2) Hammer Throw 51.64m (7)
Jack Bullen	5,000m run 18:31.40 (12)	5,000m run 19:06.71 (30)	5000m Run 18:22.71 (4)	5000m Run 18:25.87 (19)	5000m Run 19:10.06 (12) Javelin 23.66m / 77' 7" (19)	5000m Run 18:42.19 (24) Javelin 23.29m / 76' 5" (40)	Javelin 33.22m / 109' 0" (13)	
Tyriek Charles	200m dash 24.08 (10) 400m run 53.06 (6)	400m run 52.58 (11) 200m dash 24.50 (33)	800m Run 2:01.84 (6)	400m Run 52.54 (9)	800m Run 2:05.05 (11)	400m run 53.76 (21) 200m dash 24.43 (50)	400m Dash 52.08 (10)	
Braxton Clark	5,000m run 16:12.56 (3)		1500m Run 4:15.51 (3) 800m Run 2:06.04 (10)	5,000m Run 16:03.45 (3)	10,000m Run 33:47.08 (1)	5,000m Run 16:13.82 (11) 10,000m Run 34:10.44 (6)		

FROSTBURG

2019 Outdoor Track & Field



	Juniata Invitational Juniata College Huntingdon, Pa. 3/23/2019	Jim Taylor Invitational Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Bobcat Invitational Frostburg State Frostburg, Md. 4/6/2019	Messiah Invitational Messiah College Grantham, Pa. 4/11-13/2019	Mason-Dixon Inv. Gettysburg College Gettysburg, Pa. 4/20/2019	Paul Kaiser Classic Shippensburg Univ. Shippensburg, Pa. 4/27/2019	CAC Championships Chris. Newport Univ. Newport News, Va. 5/3-4/2019	AARTFC Championships SUNY Cortland Cortland, N.Y. 5/15-16/2019
Kevin Creek	100m dash 12.12 (12) 200m dash 25.70 (17)		100m Dash 12.05 (11)	100m Dash prelim 12.11 (28)		100m Dash prelim 12.35		
Justin Dunklin	110m hurdles 17.02 (3) High jump 1.85m 6' 0.75" (2)	110m hurdles 17.41 (17) High Jump 1.80m 5' 10.75"(6)	110m hurdles 16.94 (6) High Jump 1.80m 5' 10.75" (2)	110m hurdles prelim 16.83 (8) 110m hurdles finals 17.06 (8) High Jump 1.73m 5' 8" (10)		110m hurdles prelims 17.21 (25) High Jump 1.82m / 5' 11.5" (14)	Long Jump 6.22m 20' 05" (7) High Jump 1.82m 5' 11.5" (7)	
Colin Flynn			800m Run 2:02.56 (7)	1,500m Run 4:16.33 (17) Decathlon (4) 5,111 Points 100m Dash 11.66 (1) Long Jump 6.13m 20' 1.5" (5) Shot Put 9.44m 30' 11.75" (6) High Jump 1.66m 5' 5.25" (5) 400m Dash 53.67 (6) 110m hurdles 18.29 (6) Discus Throw 29.10m 95' 6" (4) Pole Vault 2.54m 8' 4" (8) Javelin Throw 40.69m 133' 6" (4) 1,500m Run 5:08.25 (2)		Mile Run 4:47.74 (5)	800m Run 2:03.38 (15)	
Bradley Forster	110m hurdles 20.30 (8) Long Jump 5.68m 18' 7.75" (7) Javelin Throw 42.93m 140' 10"(6)	Long Jump 6.04m 19' 9.75" (15) Javelin Throw 50.78m 166' 7" (12)	100m Dash 11.56 (9) 400m hurdles 1:01.37 (3) Pole Vault 2.80m 9' 2.25" (4) Discus Throw 26.66m 87' 6" (12)		110m Hurdles 17.98 (5) Javelin 41.65m / 136' 8" (6)	110m hurdles prelims 17.44 (27) Javelin 43.98m / 144' 3" (18)	400m Hurdles 1:03.89 (16) Javelin 47.75m / 156' 8" (5)	Javelin 46.13m (10)
James Gillam	800m run 2:22.49 (11) 1,500m run 4:46.93 (8)		800m Run 2:20.06 (16)	1,500m Run 4:32.74 (32)	5,000m Run 17:54.68 (8)	1,500m Run 4:36.30 (34)	1,500m Run 4:29.16 (17)	
Christian Healey			200m Dash 24.19 (8) Triple Jump 12.93m 42' 5.25" (2)	Long Jump 6.58m 21' 7.25" (5) Triple Jump 13.15m 43' 1.75" (4)	Long Jump 5.79m / 19' (9) Triple Jump 12.75m / 41' 10" (4)	Triple Jump 13.31m / 43' 8" (6)	Long Jump 6.19m / 20' 3.75" (8) Triple Jump 13.28m / 43' 7" (5)	

(#) - place

% - ECAC Qualifier

** - FSU Record

\$ - CAC Meet Record

^ - CAC Championships Record

FROSTBURG

2019 Outdoor Track & Field



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
Brandon Hill	110m hurdles 19.24 (6) 400m hurdles 1:05.64 (7)			110m hurdles prelims 17.99 (14) 400m hurdles 63.09 (12)		110m hurdles prelims 17.87 (29) 400m hurdles 1:04.23 (24)	400m hurdles 1:00.99 (12)	
Phillip Hogan		5,000m run 20:15.42 (32)	800m Run 2:08.29 (12) 3,000m Steeple 12:30.96 (5)	5,000m Run 19:32.77 (25)	3,000m Run 12:48.18 (7)	5,000m Run 20:00.15 (30)	3,000m Steeplechase 12:47.14 (16)	
Devin Horseman-Guy	800m run 2:12.41 (8)	800m run 2:10.44 (43)		800m run 2:05.53 (20)	800m run 2:13.48 (20) Mile run 4:53.97 (9)	800m run 2:09.23 (56)	800m run 2:06.30 (18)	
Jordan Jackson								
Jared Johnson	Shot Put 11.40m 37' 5" (4) Discus Throw 24.78m 81' 3" (10)	Shot Put 11.45m 37' 6.75" (22)	Shot Put 11.80m 38' 8.75" (5) Discus Throw 26.36m 86' 6" (14)	Shot Put 11.94m 39' 2.25" (19) Discus Throw 31.03m 101' 10" (24)	Shot Put 12.13m / 39' 9.75" (5) Discus Throw 31.74m / 104' 2" (10)	Shot Put 11.70m / 38' 4.75" (27) Discus Throw 21.35m / 70' 0" (55)	Shot Put 12.47m / 40' 11" (9) Discus Throw 30.01m / 98' 05" (16)	
Andrew Kastner							High Jump 1.73m / 5' 8" (8)	

(#) - place

% - ECAC Qualifier

** - FSU Record

\$ - CAC Meet Record

^ - CAC Championships Record

FROSTBURG

2019 Outdoor Track & Field



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
John Kerns	Shot Put 12.31m 40' 4.75"(3) Discus Throw 38.71m 127' (3) Hammer Throw 44.73m 146' 9" (2)	Discus Throw 39.38m 129' 2" (11) Hammer Throw 50.95m 167' 2" (3) Shot Put 14.12m 46' 4" (5)	Discus Throw 43.79m 143' 8" (2) Hammer Throw 49.45m 162' 3" (1) Shot Put 13.24m 43' 5.25" (1)	Shot Put 14.02m 46' (7) Discus Throw 43.35m 142' 3" (4) Hammer Throw 51.62m 169' 4" (1)	Shot Put FOUL Discus Throw 44.51m / 146' (2) Hammer Throw 53.19m / 174' 6" (2)	Shot Put 14.46m / 47' 5.25" (9) Hammer Throw 51.03m 167' 5" (6)	Shot Put 14.06m / 46' 1.5" (2) Discus Throw 35.33m / 115' 11" (11) Hammer Throw 52.57m / 172' 6" (1)	Shot Put 12.39m (23) Discus Throw 45.40m (5) Hammer 52.62m (4)
Marcus Linn	5,000m run 17:48.18 (11)		1500m Dash 4:31.18 (8) 800m Run 2:11.96 (14)	1,500m Run 4:28.53 (28)	Mile run 4:52.05 (7)	1,500m Run 4:33.86 (31)		
Hasan Linonge		400m run 54.13 (22)	400m Run 54.90 (7) Javelin 25.26m 82' 10" (8)		400m Run 54.87 (13) Javelin 22.81m / 74' 10" (21)		400m Dash 53.63 (15)	
Dominic Mandile	5,000m run 17:45.46 (10)	5,000m run 18:24.30 (29)	5,000m Run 17:50.80 (2)	5,000m Run 19:11.96 (23)	10,000m Run 38:11.56 (5)		5,000m Run 18:19.62 (17) 10,000m Run 37:46.08 (21)	
Kevin McCarthy								
James Nail	Discus Throw 32.32m 106' (5) Javelin Throw 50.82m 166' 9" (3)	Javelin Throw 56.86m 186' 6"(8)	Discus Throw 32.25m 105' 10"(8) Javelin Throw 50.95m 167' 2" (1)	Discus Throw 32.47m 106' 6" (20) Javelin Throw 51.49m 168' 11" (4)	Hammer Throw 35.87m / 117' 8" (10) Javelin Throw 53.78m / 176' 5" (1)	Hammer Throw 31.42m / 103' 1" (34) Javelin Throw 51.52m / 169' 0" (6)	Hammer Throw 34.84m / 114' 4" (12) Javelin Throw 54.80m / 179' 9" (2)	Javelin Throw 52.31m (6)

(#) - place

% - ECAC Qualifier

** - FSU Record

\$ - CAC Meet Record

^ - CAC Championships Record

FROSTBURG

2019 Outdoor Track & Field



	Juniata Invitational Juniata College Huntingdon, Pa. 3/23/2019	Jim Taylor Invitational Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Bobcat Invitational Frostburg State Frostburg, Md. 4/6/2019	Messiah Invitational Messiah College Grantham, Pa. 4/11-13/2019	Mason-Dixon Inv. Gettysburg College Gettysburg, Pa. 4/20/2019	Paul Kaiser Classic Shippensburg Univ. Shippensburg, Pa. 4/27/2019	CAC Championships Chris. Newport Univ. Newport News, Va. 5/3-4/2019	AARTFC Championships SUNY Cortland Cortland, N.Y. 5/15-16/2019
Shamar Nelson		Long jump 6.90m 19' 9.75"(1)	Long jump 6.66m 21' 10.25" (1) 100m Dash 11.07 (1)	Long jump 6.65m 21' 10" (4)	Long jump 6.36m / 20' 10.5" (2)	Long jump 6.80m / 22' 3.75" (5)	100m Dash 11.34 (5)	
Osayi Omoregbe	200m dash 25.75 (18)	100m dash 12.91 (70) 200m dash 25.79 (55)	100m Dash 12.36 (16) 200m Dash 25.66 (15)	100m Dash prelim 12.99 (40)	100m Dash 12.86 (13) 200m Dash 26.06 (23)	100m Dash prelims 12.72 200m Dash 26.35 (73)		
Ricky Powell-Graves	100m dash 12.35 (14) 200m dash 25.35 (16)		100m Dash 12.17 (15) 200m Dash 25.23 (13) Long Jump 5.32m 17' 5.5" (7)	100m Dash prelim 12.18 (31) 200m Dash 25.09 (41) Long Jump 5.10m 16' 8.75" (24)	100m Dash 12.44 (10) 200m Dash 26.69 (24) Long Jump 5.25m / 17' 2.75" (17)			
Jacob Rickards	5,000m 16:32.96 (5)	800m run 2:00.31 (14)	800m Run 1:59.80 (5)	800m Run 2:00.77 (12)	800m Run 2:01.26 (6)	800m Run 1:58.95 (11)	800m Run 1:58.09 (8)	800m Run 1:58.61 (19)
Matthew Robinson	110m hurdles 16.36 (2) 400m hurdles 58.26 (2)	400m Hurdles 59.67 (9)	110m hurdles 16.46 (2) 400m hurdles 58.27 (2)	110m hurdles prelims 16.88 (9) 400m hurdles 58.57 (5)	110m hurdles 17.42 (3) 400m hurdles 1:00.34 (4)	110m hurdles 16.438 (6) 400m hurdles 57.32 (3)		
Robert Romano	5,000m run 15:47.04 (1)	1,500m run 3:56.49 (1) 800m run 1:57.08 (4)	800m Run 1:55.43 (1)	1,500m Run 3:55.67 (1)	5,000m Run 15:26.10 (1)	3,000m Run 8:39.28 (1)	1,500m run 3:54.65 (1) 5,000m run 16:06.95 (8)	1,500m run 3:54.36 (2)

(#) - place

% - ECAC Qualifier

** - FSU Record

\$ - CAC Meet Record

^ - CAC Championships Record



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
James Schwab	110m hurdles 17.11 (4) 400m hurdles 1:04.23 (6)	110m hurdles 18.87 (21) 400m Hurdles 1:03.98 (15)	400m hurdles 1:01.37 (3)	110m hurdles prelims 17:41 (13) 400m hurdles 60.98 (9)	110m hurdles 17:95 (4) 400m hurdles 1:02.79 (5)	110m hurdles prelims 17:90 (30) 400m hurdles 1:04.01 (23)		
Demetrius Sims			200m Dash 23.22 (2)	200m Dash 22.98 (13)				
Zachary Talbert		5,000m run 19:13.24 (31)	3,000m Steeplechase 12:08.67 (4)	5,000m Run 19:13.28 (24)	3,000m Steeplechase 11:55.90 (6)	5,000m Run 19:22.24 (28)	3,000m Steeple 12:01.83 (15)	
Hayden Tranter	3,000m run 12:21.49 (2)		5,000m Run 20:51.40 (7)	5,000m Run 20:32.59 (27)	5,000m Run 20:13.65 (14)	5,000m Run 21:02.09 (32)		
Bradley Vincent					Javelin 24.51m / 80' 5" (18)	Javelin 24.89m / 81' 8" (38)	Javelin 23.90m / 78' 5" (15)	
Matt Warner	Shot put 11.18m 36' 8.25" (6) Discus throw 29.35m 96' 3" (9) Hammer throw 26.49m 86' 11" (9)	Hammer throw 30.06m 98' 7" (32) Shot Put 11.18m 36' 8.25" (26)	Discus throw 36.42m 119' 6" (4) Hammer throw 29.63m 97' 2" (7) Shot put 11.40m 37' 5" (6)	Shot Put 10.96m 35' 1.5" (25) Discus Throw 32.71m 107' 4" (19) Hammer Throw 32.45m 106' 5" (28)	Shot Put 11.58m / 38' (6) Discus Throw 32.60m / 106' 11" (9) Hammer Throw 32.16m / 105' 6" (14)	Shot Put 11.29m / 37' 0.5" (36) Discus Throw 32.26m / 105' 10" (44)	Shot Put 11.11m / 36' 5.5" (13) Discus Throw 31.40m / 103' 0" (15) Hammer Throw 31.19m / 102' 4" (15)	

FROSTBURG

2019 Outdoor Track & Field



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
Clayton Washington	200m dash 23.18 (3) 400m run 51.90 (3)	100m dash 11.19 (7) 200m dash 22.78 (5)	200m Dash 22.84 (1) 400m Run 51.36 (1)	100m Dash prelim 11.05 (1) 100m Dash finals 11.05 (2) 200m Dash 22.56 (4)	400m Dash 51.03 (5) 200m Dash 22.78 (3)	100m Dash prelim 11.18 200m Dash 22.72 (11)	100m dash finals 11.81 (8) 400m Run 50.38 (5)	100m dash prelims 11.20 (15) 200m dash 22.63 (16)
Lorenzo Wilson	800m run 2:08.10	800m run 2:06.71 (37)	800m Run 2:03.57 (8)	800m Run 2:02.51 (14)	800m Run 2:05.31 (12)	800m Run 2:03.16 (33)	800m Run 2:01.41 (12)	
Dajon Wiseman	100m dash 11.36 (3)	100m dash 11.21 (9)	100m dash 11.09 (2)	100m dash prelim 11.18 (4) 100m Dash finals 11.14 (4)	100m dash finals 11.38 (3)		100m dash finals 10.99 (1)	
Fisher Wheeler								
Gregory M. Whetstone		Hammer Throw 33.54m 110' (26) Shot Put 11.74m 38' 6.25" (19)	Hammer Throw 38.72m 127' (4) Shot Put 12.16m 39' 10.75" (4)					
Matthew Whitley	800m run 2:13.97 (9) 5,000m run 16:56.78 (6)	5,000m run 17:06.83 (17)	5,000m Run 16:51.45 (1)	5,000m Run 16:40.57 (5)	10,000m Run 35:48.76 (3)	5,000m Run 21:02.72 (31)	5,000m Run 17:04.41 (15) 10,000M Run 35:32.54 (16)	

(#) - place

% - ECAC Qualifier

** - FSU Record

\$ - CAC Meet Record

^ - CAC Championships Record



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
Timmy Wolodkin	5,000m run 17:08.09 (7)	5,000m run 17:13.75 (18)	3,000m Steeple 10:53.45 (2)	5,000m Run 16:58.17 (7)	3,000m Steeple 10:43.23 (2)	5,000m Run 18:12.61 (19)	3,000m Steeple 10:23.60 (9)	
Anthony Wuya		100m dash 12.04 (39) 200m dash 24.74 (38)	200m Dash 25.02 (11) 400m Run 54.92 (8)					
4x200-Meter Relay								
4x400-Meter Relay	Wilson, Rickards, Romano, Horseman-Guy 3:41.47 (4)	Charles, Robinson, Sims, Washington 3:28.84 (4) Wuya, Schwab, Robinson, Barnett 3:46.55 (19)	Charles, Robinson, Rickards, Washington 3:24.32 (2) Wuya, Hill, D. Robinson, Barnett 3:47.33 (4)	Charles, Robinson, Sims, Washington 3:28.84 (1) Horseman-Guy, Hill, D. Robinson, Barnett 3:46.09 (8)	Charles, Robinson, Sims, Washington 3:27.90 (3)	Horseman-Guy, Hill, D. Robinson, Barnett 3:48.76 (9)	Charles, Robinson, Rickards, Washington 3:25.52 (5)	
4x800-Meter Relay				Charles, Rickards, Romano, Wilson 8:06.18 (1)				Wilson, Charles, Rickards, Romano 8:01.23 (12)
4x100-Meter Relay				Sims, Schwab, Wiseman, Washington 42.90 (1)	Sims, Nelson, Wiseman, Washington 43.75 (1)	Sims, Nelson, Wiseman, Washington DNF	McLaurin, Nelson, Wiseman, Washington 42.85 (2)	



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 4/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
Distance Medley Relay								
Jordan Bishop	100m dash 12.47 (16) 200m dash 25.93 (19)	200m dash 26.18 (59)	100m Dash 12.46 (17) 200m Dash 25.72 (17)	100m Dash prelim 12.26 (32) 200m Dash 25.23 (43)	100m Dash FS 200m Dash 25.79 (22)	100m Dash prelim 12.53 200m Dash 26.06 (71)		
Dmitri Robinson	200m dash 26.25 (21) 400m dash 58.57 (10)	200m dash 25.93 (57) 400m dash 57.86 (28)	200m Dash 26.03 (19) 400m Run 56.65 (9)	200m Dash 26.37 (51) 400m Run 58.38 (19)		200m Dash 26.45 (75) 400m Run 58.22 (37)		
Ratez McLaurin		Long jump 6.66m / 21'10.25" (5) Triple jump 13.08m / 42'11"(2)	Long jump 6.25m / 20'6.25" (4) Triple jump 12.93m / 42'5.25" (1)		Long jump 6.25m / 20'6.25" (3) Triple jump 12.76m / 41'10.5" (3)	Long jump ND Triple jump 13.73m / 45' 0.5" (4)	Long jump 6.31m / 20' 8.5" (5) Triple jump 14.08m / 46' 2.5" (2)	Triple jump 13.81m (14)