

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025
the TRACK at new balance
Results

Men 60 M Dash

Name	Year School	Prelims	H#
Preliminaries			
1 Balson, Stephan	Ottawa Lions	6.95Q	4
2 Peterson, Kelvin	Wheaton (Mass.)	7.00Q	2 6.991
3 Wakefield, Trey	Ultimate Spe	7.05Q	1
4 Ricketts, Mike	American Int'l	7.08Q	3
5 El Fahim, Ayoub	American Int'l	7.00q	2 6.996
6 Vera, Gael	Wheaton (Mass.)	7.07q	2 7.064
7 Freeman, Nolan	So. Conn. St.	7.07q	2 7.068
8 Ward, Marquis	So. Conn. St.	7.09q	1
9 Okoroafor, Kenneth	Western Conn. St	7.11	4 7.102
10 Gurnsey, Joel	Ottawa University	7.11	1 7.107
11 Bauman, Jalen	Ultimate Spe	7.12	3
12 Loth, Tyler	Western Conn. St	7.13	3 7.124
13 Kramo, Ange-Mathis	Ottawa Lions	7.13	3 7.128
14 Shipmon, Ty'Qwell	Plymouth State	7.21	1
15 Bell, LaMarcus	Ultimate Spe	7.22	2
16 Touba, Derrick	Umass Boston	7.25	4
17 Manilut, Eric	Nichols	7.28	1
18 Roms, Cooper	Ultimate Spe	7.33	3
19 Raji, Alex	Ottawa University	7.36	2
20 Fennelly, Brian	Holy Cross	7.37	4
21 Fortes De Brito, Giorman	Nichols	7.42	3
22 Gratton, Jonah	Ottawa Lions	7.48	1
23 Medina, Jessiaha	Nichols	7.53	4
24 Shea, Jackson	Nichols	7.60	4
25 Murphy, Cameron	Nichols	7.72	2
26 Grogan, Luke	Nichols	7.73	3
27 Bowen, Sean	Nichols	8.54	1

Men 60 M Dash

Name	Year School	Finals
Finals		
1 Balson, Stephan	Ottawa Lions	6.83
2 Peterson, Kelvin	Wheaton (Mass.)	6.85
3 El Fahim, Ayoub	American Int'l	6.97
4 Freeman, Nolan	So. Conn. St.	6.99
5 Vera, Gael	Wheaton (Mass.)	7.04
6 Ward, Marquis	So. Conn. St.	7.04
7 Ricketts, Mike	American Int'l	7.13
8 Wakefield, Trey	Ultimate Spe	7.16

Men 200 M Dash

Name	Year School	Finals	H#
1 Kravitz, Colin	Boston College	21.36	1
2 Balson, Stephan	Ottawa Lions	21.64	4
3 Peterson, Kelvin	Wheaton (Mass.)	21.65	2
4 Gentchos, Joshua	Holy Cross	21.67	5
5 El Fahim, Ayoub	American Int'l	21.73	2
6 McQuide, Max	Boston College	21.76	1

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****...Men 200 M Dash**

7	Wakefield, Trey	Ultimate Spe	22.08	5	
8	Deane, Max	Boston College	22.18	4	
9	Roms, Cooper	Ultimate Spe	22.20	6	
10	Gurnsey, Joel	Ottawa University	22.26	6	
11	Vera, Gael	Wheaton (Mass.)	22.29	7	
12	Hansen, Calvin	Ultimate Spe	22.34	7	22.338
13	Loth, Tyler	Western Conn. St	22.34	3	22.339
14	Harris, William	Ottawa University	22.37	7	
15	Ricketts, Mike	American Int'l	22.55	8	
16	Compeau, James	Ottawa University	22.56	8	
17	Lu-Langley, James	Ottawa Lions	22.59	11	22.584
18	Bell, LaMarcus	Ultimate Spe	22.59	11	22.586
19	Moulongou, David	Ottawa University	22.61	3	
20	Ribeiro, Arthur	Holy Cross	22.78	10	
21	Shipmon, Ty'Qwell	Plymouth State	22.83	8	
22	Deboth, Iain	Holy Cross	22.95	9	
23	Riley, Justin	Umass Boston	23.02	5	
24	Ventura, Ryan	Wheaton (Mass.)	23.06	1	
25	Smith, Kevin	Wheaton (Mass.)	23.10	2	
26	Wiltshire, Melvin	Umass Boston	23.17	10	
27	James, Travis	Wheaton (Mass.)	23.24	2	
28	Mualis, GJ	Wheaton (Mass.)	23.29	9	
29	Tan, Taise	Ottawa Lions	23.47	4	
30	Ogelsby, Christian	Plymouth State	23.52	11	
31	Gratton, Jonah	Ottawa Lions	23.69	1	
32	Giatrakos, Aristaeus	Wheaton (Mass.)	24.03	4	
33	Fortes De Brito, Giorman	Nichols	24.04	7	
34	Gedney, Colby	Western Conn. St	24.09	3	
35	Rosas, Isaiah	Nichols	24.26	9	
36	Mitchem, Avery	Nichols	24.51	5	
37	Tejada, Diego	Nichols	25.09	8	
38	Trementozzi, Cayden	Nichols	25.29	6	
39	Ambroziak, Colby	Nichols	25.51	10	
40	Alvarado, Marvin	Nichols	28.85	1	

Men 400 M Dash

Name	Year School	Finals	H#	
1	Elmansari, Safwan	Ottawa University	49.44	3
	23.076 (23.076)	49.432 (26.357)		
2	Carpentari, Pietro	Njit	49.52	1
	23.434 (23.434)	49.512 (26.078)		
3	Kurland, Baron	Ultimate Spe	49.54	2
	23.229 (23.229)	49.535 (26.306)		
4	Waletich, Andrew	Ultimate Spe	50.24	1
	23.471 (23.471)	50.238 (26.767)		
5	Fofana, Lossenie	Njit	50.26	3
	23.452 (23.452)	50.254 (26.802)		
6	Hodge, Zach	Plymouth State	50.50	1
	23.924 (23.924)	50.494 (26.571)		
7	Kilmer, Matthew	So. Conn. St.	50.52	5
	24.186 (24.186)	50.518 (26.332)		
8	Brady, Kevin	American Int'l	50.65	4
	24.359 (24.359)	50.645 (26.286)		

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 400 M Dash**

9	Ogelsby, Christian	Plymouth State	50.71	6
	24.412 (24.412)	50.708 (26.296)		
10	Dowgiert, John	Wheaton (Mass.)	50.80	2
	24.091 (24.091)	50.792 (26.702)		
11	Tormo, Robbie	Njit	50.82	2
	23.483 (23.483)	50.817 (27.334)		
12	White, Brayden	Plymouth State	50.83	7
	24.909 (24.909)	50.825 (25.916)		
13	Mott, Logan	Holy Cross	51.33	7
	24.578 (24.578)	51.324 (26.746)		
14	Baker, Justin	American Int'l	51.45	6
	23.898 (23.898)	51.449 (27.552)		
15	Page, Harrison	Wheaton (Mass.)	51.76	3
	24.478 (24.478)	51.752 (27.274)		
16	Sadlak, Gregory	Unat-Nichols	52.11	1
	25.420 (25.420)	52.107 (26.687)		
17	Cappelletti, Joe	Plymouth State	52.48	6
	25.203 (25.203)	52.476 (27.273)		
18	Padoin-Castillo, Adriano	Ottawa University	53.35	4
	25.420 (25.420)	53.342 (27.922)		
19	Parent, Fred	Ottawa University	53.35	7
	25.896 (25.896)	53.344 (27.448)		
20	Elmasri, Zachariah	Wheaton (Mass.)	53.66	5
	25.118 (25.118)	53.652 (28.534)		
21	Singer, William	Wheaton (Mass.)	54.87	4
	26.000 (26.000)	54.861 (28.861)		
22	Lanier, Christopher	Nichols	56.74	2
	25.339 (25.339)	56.735 (31.397)		
23	Neary, Michael	Western Conn. St	56.78	3
	26.850 (26.850)	56.773 (29.923)		
24	Skillin, Andrew	Nichols	58.59	5
	27.184 (27.184)	58.585 (31.402)		
25	Alexander, Ethan	Western Conn. St	58.75	6
	26.013 (26.013)	58.743 (32.730)		

Men 800 M Run

Name	Year	School	Finals	H#
1 Olson, Michael		Unattached	1:52.08	1
	27.052 (27.052)	54.687 (27.636)	1:22.915 (28.228)	1:52.073 (29.158)
2 Morrissey, Kenneth		Vermont	1:52.15	1
	27.291 (27.291)	55.273 (27.982)	1:23.343 (28.070)	1:52.147 (28.804)
3 Joyce, James		Boston College	1:52.34	1
	27.067 (27.067)	55.061 (27.994)	1:23.551 (28.490)	1:52.333 (28.783)
4 Kelly, Eddie		Boston College	1:52.93	1
	26.932 (26.932)	54.441 (27.510)	1:22.759 (28.318)	1:52.923 (30.164)
5 Pett, Owen		Boston College	1:53.15	1
	27.260 (27.260)	54.917 (27.658)	1:22.784 (27.867)	1:53.145 (30.362)
6 Mathis, Larry		Boston College	1:55.64	2
	29.427 (29.427)	58.944 (29.518)	1:27.467 (28.523)	1:55.635 (28.169)
7 Beegle, Ryan		Boston College	1:55.97	2
	29.204 (29.204)	58.729 (29.526)	1:27.249 (28.520)	1:55.965 (28.717)
8 Loftus, Kynan		Queen's University	1:57.83	2
	28.694 (28.694)	58.181 (29.488)	1:27.419 (29.238)	1:57.826 (30.407)

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 800 M Run**

9 Noble, Jack	Holy Cross	1:57.86	4		
28.654 (28.654)	58.672 (30.019)	1:28.946 (30.274)		1:57.852 (28.906)	
10 Kirn, Cameron	Vermont	1:58.73	3		
28.065 (28.065)	58.250 (30.185)	1:27.890 (29.641)		1:58.730 (30.840)	
11 Huebner, Nathanael	So. Conn. St.	1:58.74	3		
28.463 (28.463)	58.744 (30.281)	1:29.024 (30.281)		1:58.732 (29.708)	
12 Gagne, Owen	So. Conn. St.	1:58.83	2		
29.003 (29.003)	58.517 (29.514)	1:28.599 (30.083)		1:58.824 (30.225)	
13 McNeice, Evan	So. Conn. St.	1:59.36	3		
27.850 (27.850)	58.066 (30.216)	1:28.048 (29.982)		1:59.356 (31.308)	
14 Van De Mark, Andrew	Holy Cross	1:59.47	4		
28.862 (28.862)	58.924 (30.062)	1:29.472 (30.548)		1:59.464 (29.992)	
15 Legare, Nolan	Queen's University	2:00.02	3		
27.678 (27.678)	58.538 (30.860)	1:29.232 (30.694)		2:00.014 (30.782)	
16 Adkins, Mekkhi	So. Conn. St.	2:00.10	4		
28.446 (28.446)	58.468 (30.022)	1:29.203 (30.736)		2:00.093 (30.890)	
17 Roth, Eli	Plymouth State	2:00.77	6		
28.490 (28.490)	58.186 (29.696)	1:29.304 (31.118)		2:00.770 (31.467)	
18 Parent, Fred	Ottawa University	2:01.61	5		
28.439 (28.439)	59.035 (30.596)	1:30.953 (31.918)		2:01.605 (30.652)	
19 Jensen, Shane	Vermont	2:01.82	4		
29.088 (29.088)	59.777 (30.690)	1:30.404 (30.627)		2:01.820 (31.417)	
20 Mozden, Patrick	Vermont	2:02.11	3		
28.234 (28.234)	58.360 (30.126)	1:28.616 (30.257)		2:02.106 (33.490)	
21 Koczur, Jaxson	Southington	2:02.84	5		
29.223 (29.223)	59.777 (30.555)	1:31.437 (31.660)		2:02.836 (31.400)	
22 Rivera, Noah	Vermont	2:04.26	6		
29.074 (29.074)	59.913 (30.839)	1:31.514 (31.602)		2:04.256 (32.742)	
23 Padoin-Castillo, Adriano	Ottawa University	2:04.56	5		
28.734 (28.734)	59.422 (30.688)	1:31.603 (32.181)		2:04.559 (32.957)	
24 Dias, Christopher	American Int'l	2:04.92	6		
29.819 (29.819)	1:00.826 (31.008)	1:32.810 (31.984)		2:04.914 (32.105)	
25 Landini, Oscar	Vermont	2:05.91	5		
28.980 (28.980)	59.639 (30.659)	1:32.553 (32.914)		2:05.908 (33.356)	
26 McIntyre, Dan	Wheaton (Mass.)	2:09.72	6		
30.036 (30.036)	1:01.182 (31.146)	1:34.758 (33.576)		2:09.718 (34.961)	

Men 1 Mile Run Open

Name	Year	School	Finals	H#		
1 Shaver, Colin		Boston College	4:08.86	1		
33.128 (33.128)	1:04.051 (30.923)	1:34.965 (30.915)		2:05.437 (30.472)		
2:36.414 (30.977)	3:07.985 (31.571)	3:39.711 (31.727)		4:08.857 (29.146)		
2 Cilwik, James		Vermont	4:09.77	1		
33.663 (33.663)	1:04.322 (30.659)	1:35.223 (30.901)		2:05.851 (30.629)		
2:36.446 (30.595)	3:07.784 (31.338)	3:39.911 (32.127)		4:09.761 (29.850)		
3 Mahon, Joseph		Holy Cross	4:10.24	1		
33.237 (33.237)	1:03.711 (30.474)	1:34.512 (30.802)		2:04.940 (30.428)		
2:35.873 (30.934)	3:07.963 (32.090)	3:39.955 (31.992)		4:10.237 (30.283)		
4 Masciarelli, Salvatore		Unattached	4:11.71	1		
32.700 (32.700)	1:03.578 (30.878)	1:34.361 (30.783)		2:05.190 (30.830)		
2:36.149 (30.960)	3:08.157 (32.008)	3:40.520 (32.363)		4:11.702 (31.182)		

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 1 Mile Run Open**

5	gartner, silas	Unattached	4:14.71	1			
	33.836 (33.836)	1:04.643 (30.808)	1:35.892 (31.249)		2:07.489 (31.597)		
	2:39.221 (31.733)	3:12.721 (33.500)	3:43.589 (30.868)		4:14.701 (31.113)		
6	Just, Will	Vermont	4:15.70	1			
	33.327 (33.327)	1:03.946 (30.620)	1:35.339 (31.394)		2:06.841 (31.502)		
	2:38.815 (31.974)	3:12.196 (33.382)	3:44.443 (32.248)		4:15.695 (31.252)		
7	Danby, Owen	Queen's University	4:18.67	1			
	32.957 (32.957)	1:03.838 (30.882)	1:34.758 (30.920)		2:05.938 (31.180)		
	2:37.993 (32.055)	3:11.613 (33.621)	3:45.592 (33.979)		4:18.663 (33.072)		
8	flynn, tommy	Boston College	4:20.92	1			
	33.504 (33.504)	1:04.267 (30.764)	1:35.553 (31.286)		2:06.503 (30.950)		
	2:38.763 (32.260)	3:11.375 (32.613)	3:45.884 (34.509)		4:20.916 (35.032)		
9	Hillier, Kai	Wheaton (Mass.)	4:22.20	2			
	33.984 (33.984)	1:06.543 (32.559)	1:38.679 (32.136)		2:11.538 (32.859)		
	2:44.789 (33.252)	3:18.354 (33.566)	3:50.864 (32.510)		4:22.198 (31.334)		
10	Boles, Graham	Born To Run (Tx)	4:23.51	2			
	33.284 (33.284)	1:06.063 (32.779)	1:38.450 (32.387)		2:10.467 (32.018)		
	2:43.742 (33.275)	3:17.962 (34.220)	3:51.554 (33.593)		4:23.508 (31.954)		
11	Liebler, William	Unattached	4:24.79	2			
	33.470 (33.470)	1:05.983 (32.514)	1:38.378 (32.395)		2:11.474 (33.097)		
	2:44.268 (32.794)	3:17.750 (33.482)	3:50.757 (33.007)		4:24.781 (34.024)		
12	Porrini, Francis	So. Conn. St.	4:25.35	2			
	33.065 (33.065)	1:05.665 (32.600)	1:37.946 (32.282)		2:10.944 (32.998)		
	2:43.958 (33.014)	3:17.971 (34.013)	3:51.454 (33.484)		4:25.345 (33.891)		
13	Schimitsch, William	Holy Cross	4:25.90	1			
	34.084 (34.084)	1:05.533 (31.449)	1:38.069 (32.537)		2:11.527 (33.458)		
	2:45.252 (33.726)	3:20.179 (34.928)	3:54.196 (34.017)		4:25.895 (31.700)		
14	Mele-Kean, Forrest	Vermont	4:26.17	2			
	33.149 (33.149)	1:05.872 (32.723)	1:38.196 (32.324)		2:11.151 (32.956)		
	2:44.217 (33.066)	3:18.253 (34.036)	3:52.332 (34.079)		4:26.169 (33.838)		
15	Yagoda, Avi	Vermont	4:28.03	2			
	33.933 (33.933)	1:06.924 (32.992)	1:39.716 (32.792)		2:13.506 (33.790)		
	2:47.320 (33.814)	3:21.619 (34.299)	3:55.072 (33.453)		4:28.024 (32.952)		
16	DeLucia, Vincent	Vermont	4:28.78	2			
	34.640 (34.640)	1:07.260 (32.620)	1:39.899 (32.640)		2:13.320 (33.421)		
	2:46.988 (33.669)	3:21.410 (34.422)	3:54.832 (33.422)		4:28.774 (33.942)		
17	Herren, Luke	Vermont	4:30.23	2			
	34.154 (34.154)	1:07.408 (33.254)	1:40.257 (32.850)		2:14.212 (33.955)		
	2:48.590 (34.378)	3:24.054 (35.465)	3:57.680 (33.626)		4:30.227 (32.548)		
18	Cote, Davis	Vermont	4:31.45	1			
	33.991 (33.991)	1:06.078 (32.087)	1:38.341 (32.264)		2:12.031 (33.690)		
	2:47.357 (35.327)	3:23.312 (35.955)	3:58.570 (35.258)		4:31.446 (32.876)		
19	Rashid-Cocker, Ethan	Queen's University	4:33.30	1			
	34.289 (34.289)	1:05.829 (31.540)	1:37.767 (31.939)		2:10.959 (33.192)		
	2:45.281 (34.322)	3:21.268 (35.988)	3:57.473 (36.205)		4:33.297 (35.824)		
20	Murphy, DJ	Vermont	4:34.05	2			
	33.760 (33.760)	1:06.626 (32.866)	1:39.326 (32.701)		2:13.154 (33.828)		
	2:46.726 (33.572)	3:22.633 (35.908)	3:59.609 (36.976)		4:34.048 (34.440)		
21	McGillivray, Luke	Boston College	4:35.88	2			
	34.441 (34.441)	1:07.510 (33.069)	1:40.552 (33.042)		2:13.973 (33.422)		
	2:48.379 (34.406)	3:23.812 (35.433)	4:00.000 (36.188)		4:35.876 (35.876)		
22	Salazar, Daniel	Unattached	4:35.89	3			
	33.968 (33.968)	1:07.187 (33.219)	1:41.535 (34.348)		2:16.792 (35.258)		
	2:52.197 (35.405)	3:27.847 (35.651)	4:03.265 (35.418)		4:35.885 (32.620)		

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 1 Mile Run Open**

23	Pittorino, Derek	Battle Road	4:38.18	3		
	34.806 (34.806)	1:08.486 (33.680)	1:42.394 (33.908)		2:17.137 (34.744)	
	2:52.463 (35.326)	3:28.219 (35.756)	4:03.842 (35.624)		4:38.173 (34.331)	
24	Wright, evan	Unattached	4:38.27	3		
	33.537 (33.537)	1:06.218 (32.681)	1:39.676 (33.458)		2:14.528 (34.852)	
	2:50.361 (35.834)	3:26.859 (36.498)	4:03.607 (36.748)		4:38.269 (34.663)	
25	Fritzsche, Steven	Valor Track Club	4:39.23	3		
	37.003 (37.003)	1:11.416 (34.413)	1:45.999 (34.584)		2:21.424 (35.425)	
	2:56.686 (35.262)	3:32.733 (36.047)	4:06.592 (33.860)		4:39.225 (32.633)	
26	Hoffman, Ethan	Southington	4:40.48	3		
	34.297 (34.297)	1:08.765 (34.468)	1:43.703 (34.938)		2:19.556 (35.854)	
	2:55.118 (35.562)	3:31.045 (35.928)	4:06.688 (35.643)		4:40.475 (33.788)	
27	Pacheco, Everett	Berkshire Th	4:40.82	2		
	33.422 (33.422)	1:07.074 (33.653)	1:41.076 (34.002)		2:16.082 (35.006)	
	2:51.880 (35.798)	3:28.246 (36.366)	4:04.454 (36.209)		4:40.819 (36.365)	
28	Stevenson, Ben	American Int'l	4:43.40	3		
	36.174 (36.174)	1:10.931 (34.758)	1:45.924 (34.993)		2:21.189 (35.266)	
	2:56.544 (35.355)	3:32.881 (36.337)	4:09.038 (36.158)		4:43.399 (34.362)	
29	Victoria, Gabe	Unattached	4:48.47	3		
	36.524 (36.524)	1:11.599 (35.075)	1:47.674 (36.076)		2:25.101 (37.427)	
	3:01.314 (36.214)	3:39.665 (38.351)	4:16.996 (37.332)		4:48.468 (31.472)	
30	Rahenkamp, Stephen	Southington	4:49.31	3		
	35.279 (35.279)	1:11.108 (35.829)	1:47.449 (36.341)		2:24.642 (37.194)	
	3:01.773 (37.132)	3:38.516 (36.743)	4:15.427 (36.912)		4:49.307 (33.880)	
31	Miller, Josh	Hfc Striders	4:52.64	3		
	36.697 (36.697)	1:12.790 (36.093)	1:49.284 (36.494)		2:25.828 (36.544)	
	3:03.565 (37.737)	3:42.075 (38.510)	4:18.945 (36.870)		4:52.639 (33.694)	
32	Morris, Finn	Wheaton (Mass.)	4:55.54	3		
	36.417 (36.417)	1:13.146 (36.729)	1:49.719 (36.574)		2:26.697 (36.978)	
	3:04.728 (38.031)	3:43.077 (38.349)	4:19.983 (36.907)		4:55.533 (35.550)	
33	MacKenzie, Lucas	Wheaton (Mass.)	4:59.08	3		
	36.534 (36.534)	1:13.433 (36.900)	1:50.245 (36.812)		2:27.634 (37.390)	
	3:06.545 (38.912)	3:46.117 (39.572)	4:24.373 (38.256)		4:59.075 (34.702)	
34	Divito, Gino	Nichols	5:15.43	3		
	38.126 (38.126)	1:13.981 (35.856)	1:51.279 (37.298)		2:30.347 (39.068)	
	3:10.098 (39.752)	3:52.494 (42.396)	4:35.084 (42.590)		5:15.421 (40.338)	
35	Fullem, Parker	Wheaton (Mass.)	5:16.68	3		
	36.969 (36.969)	1:13.722 (36.754)	1:50.913 (37.192)		2:29.910 (38.997)	
	3:10.950 (41.040)	3:53.130 (42.180)	4:34.996 (41.866)		5:16.671 (41.675)	
36	Seville, Dylan	Nichols	5:44.44	3		
	37.679 (37.679)	1:14.785 (37.107)	1:55.239 (40.454)		2:41.017 (45.778)	
	3:27.587 (46.571)	4:16.297 (48.710)	5:01.881 (45.584)		5:44.432 (42.552)	
--	Pett, Owen	Boston College	DNF	1		
	32.381 (32.381)	1:03.361 (30.981)	1:34.035 (30.674)		2:04.499 (30.464)	
	2:35.791 (31.293)					
--	Brancaccio, Aidan	Boston College	DQ	2	Cut in too early	
	33.094 (33.094)	1:06.387 (33.294)	1:39.258 (32.871)		2:14.184 (34.926)	
	2:48.955 (34.772)	3:22.996 (34.042)	3:57.323 (34.327)		4:30.184 (32.862)	

Men 1 Mile Run Invitational

Name	Year	School	Finals
------	------	--------	--------

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 1 Mile Run Invitational**

1 Basten, Isaac	Boston Athle	3:58.78		
31.072 (31.072)	59.297 (28.226)	1:28.228 (28.931)	1:58.602 (30.374)	
2:28.822 (30.220)	2:58.812 (29.991)	3:28.358 (29.546)	3:58.778 (30.420)	
2 Lyons, Liam	Holy Cross	4:00.38		
31.496 (31.496)	59.926 (28.430)	1:28.934 (29.009)	1:59.258 (30.324)	
2:30.228 (30.970)	2:59.972 (29.744)	3:29.593 (29.621)	4:00.372 (30.779)	
3 Mulryan, Patrick	Boston College	4:01.15		
31.507 (31.507)	59.708 (28.201)	1:28.702 (28.995)	1:59.069 (30.367)	
2:30.032 (30.963)	3:00.531 (30.500)	3:30.921 (30.390)	4:01.143 (30.222)	
4 Brown, Alexander	Boston College	4:07.16		
31.299 (31.299)	59.475 (28.176)	1:28.472 (28.998)	1:58.850 (30.378)	
2:29.813 (30.964)	3:00.445 (30.632)	3:31.332 (30.887)	4:07.151 (35.820)	
-- Beegle, Ryan	Boston College	DNF		
30.686 (30.686)	58.847 (28.162)	1:27.632 (28.786)	1:58.826 (31.194)	
-- Mathis, Larry	Boston College	DNF		
30.430 (30.430)	58.658 (28.229)	1:27.325 (28.667)		
-- Fleming, Sean	Boston College	DNF		
30.898 (30.898)	59.076 (28.178)	1:27.962 (28.887)	1:58.444 (30.482)	

Men 3000 M Run

Name	Year School	Finals	H#	
1 Purnell, Will	Boston College	8:07.20	1	
34.179 (34.179)	1:08.103 (33.925)	1:40.649 (32.546)	2:12.909 (32.260)	
2:45.747 (32.838)	3:18.795 (33.048)	3:51.611 (32.816)	4:24.227 (32.616)	
4:56.983 (32.756)	5:30.409 (33.427)	6:02.786 (32.377)	6:35.401 (32.616)	
7:06.626 (31.225)	7:37.067 (30.441)	8:07.191 (30.124)		
2 Mulryan, Patrick	Boston College	8:09.85	1	
33.479 (33.479)	1:06.620 (33.141)	1:39.339 (32.719)	2:12.197 (32.858)	
2:45.248 (33.052)	3:18.279 (33.031)	3:51.162 (32.884)	4:23.721 (32.560)	
4:56.562 (32.841)	5:29.940 (33.378)	6:03.099 (33.160)	6:36.051 (32.952)	
7:08.582 (32.531)	7:40.275 (31.693)	8:09.842 (29.568)		
3 Sullivan, Edward	Boston College	8:11.74	1	
33.719 (33.719)	1:07.118 (33.400)	1:39.865 (32.748)	2:12.746 (32.881)	
2:45.359 (32.614)	3:18.569 (33.210)	3:51.385 (32.816)	4:23.987 (32.602)	
4:56.789 (32.802)	5:30.179 (33.390)	6:02.322 (32.144)	6:35.599 (33.277)	
7:07.745 (32.147)	7:40.867 (33.122)	8:11.739 (30.873)		
4 Donnelly, Patrick	Boston College	8:12.04	1	
33.270 (33.270)	1:06.369 (33.099)	1:39.104 (32.736)	2:11.948 (32.844)	
2:45.017 (33.069)	3:18.053 (33.037)	3:50.919 (32.866)	4:23.420 (32.501)	
4:56.339 (32.919)	5:29.675 (33.337)	6:02.875 (33.200)	6:35.842 (32.968)	
7:08.264 (32.422)	7:40.609 (32.345)	8:12.039 (31.431)		
5 Ellis, Sam	Boston College	8:19.69	1	
33.969 (33.969)	1:07.590 (33.622)	1:40.380 (32.790)	2:13.054 (32.674)	
2:45.957 (32.904)	3:19.281 (33.324)	3:52.098 (32.817)	4:25.116 (33.018)	
4:58.274 (33.158)	5:31.973 (33.699)	6:05.723 (33.751)	6:39.746 (34.023)	
7:14.088 (34.342)	7:47.804 (33.716)	8:19.687 (31.883)		
6 Loffredo, Nick	Boston College	8:22.69	1	
34.339 (34.339)	1:08.307 (33.969)	1:40.874 (32.567)	2:13.246 (32.372)	
2:46.135 (32.890)	3:19.501 (33.366)	3:52.281 (32.780)	4:25.237 (32.956)	
4:58.465 (33.228)	5:32.170 (33.706)	6:06.227 (34.057)	6:40.500 (34.274)	
7:15.527 (35.027)	7:49.865 (34.338)	8:22.690 (32.826)		

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 3000 M Run**

7	Morelli, Jack	Boston College	8:27.46	1			
	33.551 (33.551)	1:06.874 (33.324)	1:39.603 (32.729)		2:12.503 (32.900)		
	2:45.589 (33.087)	3:19.070 (33.481)	3:51.869 (32.800)		4:24.913 (33.044)		
	4:58.019 (33.106)	5:32.425 (34.407)	6:06.515 (34.090)		6:40.730 (34.215)		
	7:15.346 (34.616)	7:51.291 (35.946)	8:27.453 (36.162)				
8	Sparks, Jameson	Vermont	8:30.70	1			
	34.462 (34.462)	1:08.817 (34.356)	1:41.654 (32.837)		2:13.895 (32.242)		
	2:47.831 (33.936)	3:21.127 (33.297)	3:55.035 (33.908)		4:29.636 (34.602)		
	5:04.331 (34.695)	5:39.645 (35.314)	6:14.784 (35.140)		6:49.751 (34.968)		
	7:25.031 (35.280)	7:59.595 (34.564)	8:30.694 (31.100)				
9	Helenius, Eero	Boston College	8:30.82	1			
	32.993 (32.993)	1:06.106 (33.113)	1:38.868 (32.762)		2:11.707 (32.839)		
	2:44.735 (33.029)	3:17.753 (33.018)	3:50.624 (32.872)		4:24.543 (33.919)		
	4:58.691 (34.149)	5:33.479 (34.788)	6:09.469 (35.990)		6:46.077 (36.609)		
	7:22.732 (36.655)	7:58.521 (35.789)	8:30.819 (32.298)				
10	Fortunato, Sean	Boston College	8:34.71	2			
	34.455 (34.455)	1:10.870 (36.416)	1:45.527 (34.657)		2:20.429 (34.903)		
	2:55.729 (35.300)	3:28.195 (32.466)	4:02.807 (34.612)		4:37.107 (34.300)		
	5:11.445 (34.338)	5:45.941 (34.497)	6:20.487 (34.546)		6:55.137 (34.650)		
	7:30.215 (35.078)	8:04.135 (33.921)	8:34.707 (30.572)				
11	Wolfe, Thomas	Vermont	8:35.69	2			
	35.011 (35.011)	1:11.740 (36.730)	1:46.141 (34.402)		2:20.888 (34.747)		
	2:56.097 (35.209)	3:30.087 (33.990)	4:04.775 (34.688)		4:40.151 (35.377)		
	5:13.682 (33.531)	5:48.341 (34.659)	6:22.341 (34.001)		6:56.598 (34.257)		
	7:30.722 (34.124)	8:03.895 (33.174)	8:35.681 (31.786)				
12	Neill, Peter	Queen's University	8:35.87	1			
	33.867 (33.867)	1:07.865 (33.998)	1:40.671 (32.807)		2:13.428 (32.757)		
	2:46.439 (33.011)	3:19.775 (33.336)	3:52.636 (32.862)		4:25.918 (33.282)		
	4:59.799 (33.882)	5:35.003 (35.204)	6:10.547 (35.544)		6:46.656 (36.110)		
	7:23.045 (36.389)	7:58.852 (35.808)	8:35.865 (37.014)				
13	Harrison-Michaels, Benne	Vermont	8:35.89	2			
	34.151 (34.151)	1:10.351 (36.200)	1:45.257 (34.906)		2:19.934 (34.677)		
	2:54.826 (34.892)	3:28.867 (34.041)	4:03.103 (34.237)		4:37.625 (34.522)		
	5:12.137 (34.513)	5:46.421 (34.284)	6:20.068 (33.648)		6:54.640 (34.572)		
	7:29.957 (35.317)	8:04.220 (34.264)	8:35.886 (31.666)				
14	Stine, Nathan	Unat-Vermont	8:36.31	2			
	34.670 (34.670)	1:10.969 (36.299)	1:45.001 (34.033)		2:19.410 (34.409)		
	2:53.945 (34.536)	3:28.039 (34.094)	4:02.572 (34.534)		4:36.840 (34.268)		
	5:11.185 (34.345)	5:45.671 (34.487)	6:20.243 (34.572)		6:55.543 (35.301)		
	7:30.757 (35.214)	8:04.786 (34.030)	8:36.309 (31.524)				
15	Locke, Will	Vermont	8:37.83	1			
	34.749 (34.749)	1:08.565 (33.816)	1:41.357 (32.793)		2:14.080 (32.723)		
	2:47.382 (33.302)	3:20.410 (33.028)	3:54.553 (34.143)		4:28.995 (34.443)		
	5:03.929 (34.934)	5:39.342 (35.413)	6:15.026 (35.684)		6:50.512 (35.486)		
	7:26.136 (35.624)	8:02.343 (36.207)	8:37.825 (35.483)				
16	Candiani, Francesco	Temple	8:38.11	2			
	34.529 (34.529)	1:10.927 (36.398)	1:45.725 (34.799)		2:19.773 (34.048)		
	2:54.476 (34.704)	3:28.653 (34.177)	4:03.458 (34.806)		4:37.863 (34.406)		
	5:11.774 (33.911)	5:46.201 (34.428)	6:19.949 (33.748)		6:55.317 (35.368)		
	7:30.523 (35.207)	8:06.365 (35.842)	8:38.102 (31.738)				
17	Ryan, Joe	Holy Cross	8:39.98	2			
	34.763 (34.763)	1:11.152 (36.390)	1:45.846 (34.694)		2:20.024 (34.178)		
	2:55.069 (35.045)	3:29.023 (33.955)	4:03.704 (34.681)		4:38.140 (34.436)		
	5:12.824 (34.684)	5:46.781 (33.958)	6:21.220 (34.439)		6:56.171 (34.952)		
	7:31.789 (35.618)	8:07.317 (35.528)	8:39.973 (32.656)				

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 3000 M Run**

18 Pacheco, Everett	Berkshire Th	8:42.23	2		
34.689 (34.689)	1:11.219 (36.530)	1:45.954 (34.736)	2:20.588 (34.634)		
2:55.833 (35.246)	3:29.552 (33.719)	4:04.283 (34.732)	4:39.617 (35.334)		
5:15.279 (35.663)	5:51.648 (36.369)	6:27.337 (35.689)	7:03.507 (36.170)		
7:38.758 (35.252)	8:11.396 (32.638)	8:42.221 (30.826)			
19 Steinberg, Harry	Battle Road	8:44.90	2		
34.730 (34.730)	1:11.323 (36.593)	1:45.407 (34.084)	2:20.175 (34.769)		
2:55.283 (35.108)	3:29.334 (34.051)	4:04.129 (34.795)	4:38.612 (34.484)		
5:13.333 (34.721)	5:47.579 (34.246)	6:21.887 (34.309)	6:57.131 (35.244)		
7:33.196 (36.066)	8:09.472 (36.276)	8:44.893 (35.422)			
20 Fitzpatrick, John	Boston College	8:46.74	2		
34.896 (34.896)	1:11.434 (36.538)	1:45.861 (34.428)	2:20.629 (34.768)		
2:55.743 (35.114)	3:29.108 (33.365)	4:03.859 (34.752)	4:38.275 (34.416)		
5:12.998 (34.724)	5:47.629 (34.631)	6:23.107 (35.478)	6:59.466 (36.360)		
7:36.243 (36.777)	8:11.486 (35.244)	8:46.733 (35.247)			
21 Tremblay, Jacob	Vermont	8:48.57	2		
34.373 (34.373)	1:10.441 (36.068)	1:44.718 (34.277)	2:19.150 (34.432)		
2:53.684 (34.534)	3:28.297 (34.613)	4:03.247 (34.951)	4:37.990 (34.743)		
5:13.007 (35.017)	5:48.555 (35.548)	6:24.245 (35.690)	7:00.613 (36.369)		
7:37.499 (36.886)	8:13.935 (36.437)	8:48.561 (34.626)			
22 Hills, Jonathan	Vermont	8:50.28	2		
35.188 (35.188)	1:11.917 (36.730)	1:46.113 (34.196)	2:20.863 (34.750)		
2:56.165 (35.302)	3:29.885 (33.720)	4:04.603 (34.719)	4:39.657 (35.054)		
5:14.381 (34.724)	5:49.919 (35.538)	6:25.859 (35.941)	7:03.077 (37.218)		
7:40.007 (36.930)	8:16.688 (36.682)	8:50.279 (33.592)			
23 Fryer, Ryan	Notre Dame R	8:51.12	3		
34.730 (34.730)	1:09.870 (35.140)	1:45.458 (35.588)	2:21.718 (36.260)		
2:57.692 (35.975)	3:33.616 (35.924)	4:09.565 (35.949)	4:46.011 (36.446)		
5:22.240 (36.230)	5:58.392 (36.152)	6:34.948 (36.556)	7:11.785 (36.838)		
7:48.602 (36.817)	8:22.616 (34.014)	8:51.116 (28.501)			
24 White, Noah	Wheaton (Mass.)	8:51.86	3		
35.108 (35.108)	1:10.498 (35.390)	1:45.842 (35.345)	2:22.376 (36.534)		
2:58.284 (35.908)	3:34.144 (35.860)	4:09.620 (35.476)	4:45.122 (35.502)		
5:20.802 (35.681)	5:56.455 (35.653)	6:32.229 (35.774)	7:07.916 (35.687)		
7:42.978 (35.062)	8:17.871 (34.894)	8:51.854 (33.984)			
25 Brancaccio, Aidan	Boston College	8:53.06	1		
34.045 (34.045)	1:07.396 (33.351)	1:40.217 (32.822)	2:13.703 (33.486)		
2:47.681 (33.979)	3:22.422 (34.741)	3:56.957 (34.535)	4:32.566 (35.610)		
5:07.797 (35.231)	5:45.023 (37.226)	6:22.581 (37.558)	6:59.827 (37.247)		
7:37.335 (37.508)	8:15.801 (38.466)	8:53.053 (37.253)			
26 Wilcox, Connor	Plymouth State	8:53.56	3		
33.982 (33.982)	1:09.478 (35.497)	1:45.549 (36.071)	2:22.079 (36.530)		
2:58.012 (35.934)	3:33.898 (35.886)	4:09.852 (35.954)	4:46.299 (36.448)		
5:22.541 (36.242)	5:58.668 (36.127)	6:34.653 (35.986)	7:10.745 (36.092)		
7:46.917 (36.172)	8:21.631 (34.714)	8:53.558 (31.927)			
27 Harrington, Emmett	Queen's University	8:57.21	2		
34.227 (34.227)	1:10.623 (36.396)	1:45.131 (34.508)	2:19.598 (34.468)		
2:54.212 (34.614)	3:28.411 (34.200)	4:02.851 (34.440)	4:37.461 (34.611)		
5:21.589 (44.128)	5:57.150 (35.561)	6:33.763 (36.613)	7:11.373 (37.611)		
7:47.885 (36.512)	8:23.075 (35.191)	8:57.203 (34.128)			
28 Brake, Bennett	Battle Road	8:58.16	2		
35.405 (35.405)	1:11.571 (36.166)	1:45.615 (34.045)	2:20.327 (34.712)		
2:55.521 (35.194)	3:29.637 (34.116)	4:04.439 (34.803)	4:39.177 (34.738)		
5:14.953 (35.776)	5:51.912 (36.960)	6:29.237 (37.326)	7:07.766 (38.529)		
7:46.465 (38.699)	8:23.480 (37.016)	8:58.155 (34.676)			

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 3000 M Run**

29 Metzger, Zak	Vermont	8:59.77	3		
33.998 (33.998)	1:09.118 (35.120)	1:45.272 (36.154)		2:21.184 (35.912)	
2:56.402 (35.218)	3:31.370 (34.969)	4:06.774 (35.404)		4:42.365 (35.591)	
5:18.726 (36.361)	5:55.289 (36.564)	6:32.756 (37.467)		7:10.678 (37.923)	
7:48.026 (37.348)	8:24.514 (36.488)	8:59.764 (35.251)			
30 Kearns, Nick	Unattached	9:00.90	3		
32.599 (32.599)	1:08.074 (35.476)	1:45.097 (37.023)		2:22.010 (36.913)	
2:59.461 (37.452)	3:37.601 (38.140)	4:13.632 (36.032)		4:51.684 (38.052)	
5:29.524 (37.840)	6:06.606 (37.082)	6:44.242 (37.636)		7:21.808 (37.567)	
7:57.013 (35.205)	8:31.440 (34.427)	9:00.896 (29.456)			
31 Taborsak, AJ	Vermont	9:07.63	3		
34.193 (34.193)	1:09.706 (35.513)	1:45.464 (35.759)		2:21.489 (36.025)	
2:56.871 (35.382)	3:32.154 (35.284)	4:08.523 (36.369)		4:44.820 (36.297)	
5:21.307 (36.488)	5:58.076 (36.770)	6:35.704 (37.628)		7:13.242 (37.538)	
7:51.710 (38.469)	8:28.780 (37.070)	9:07.621 (38.841)			
32 Long, Emerson	Vermont	9:08.34	3		
34.471 (34.471)	1:10.246 (35.776)	1:46.238 (35.992)		2:22.748 (36.510)	
2:58.672 (35.924)	3:34.782 (36.111)	4:11.437 (36.655)		4:49.103 (37.666)	
5:26.398 (37.295)	6:04.330 (37.932)	6:42.849 (38.520)		7:20.794 (37.946)	
7:58.072 (37.278)	8:34.643 (36.571)	9:08.331 (33.688)			
33 Lacroix, Nick	Wheaton (Mass.)	9:08.84	3		
35.175 (35.175)	1:11.470 (36.295)	1:47.400 (35.930)		2:24.429 (37.030)	
3:00.850 (36.421)	3:37.658 (36.809)	4:14.294 (36.636)		4:51.774 (37.480)	
5:28.974 (37.200)	6:07.117 (38.144)	6:44.758 (37.641)		7:22.084 (37.326)	
7:59.000 (36.917)	8:35.465 (36.465)	9:08.833 (33.368)			
34 Cazzaniga, Luca	So. Conn. St.	9:11.89	2		
40.675 (40.675)	1:15.414 (34.739)	1:50.399 (34.985)		2:25.403 (35.004)	
3:00.902 (35.500)	3:36.227 (35.326)	4:12.427 (36.200)		4:48.647 (36.220)	
5:25.532 (36.886)	6:02.827 (37.296)	6:40.603 (37.776)		7:18.374 (37.772)	
7:56.969 (38.596)	8:34.004 (37.035)	9:11.883 (37.879)			
35 Pires, Nathan	Wheaton (Mass.)	9:16.46	3		
35.411 (35.411)	1:12.048 (36.638)	1:48.534 (36.486)		2:25.867 (37.333)	
3:03.526 (37.659)	3:40.916 (37.390)	4:18.064 (37.149)		4:55.103 (37.039)	
5:32.081 (36.978)	6:09.826 (37.746)	6:47.262 (37.436)		7:25.057 (37.795)	
8:03.171 (38.114)	8:41.279 (38.108)	9:16.453 (35.174)			
36 Hansen, Oliver	Vermont	9:18.17	3		
34.934 (34.934)	1:10.800 (35.866)	1:47.087 (36.287)		2:24.323 (37.236)	
3:01.575 (37.252)	3:39.099 (37.524)	4:16.588 (37.490)		4:54.881 (38.293)	
5:33.170 (38.290)	6:11.310 (38.140)	6:49.910 (38.601)		7:28.168 (38.258)	
8:05.949 (37.781)	8:43.259 (37.310)	9:18.166 (34.907)			
37 O'Neil, Cooper	Plymouth State	9:23.41	3		
35.444 (35.444)	1:11.378 (35.935)	1:48.224 (36.846)		2:25.183 (36.960)	
3:02.558 (37.376)	3:40.467 (37.909)	4:18.350 (37.884)		4:56.123 (37.773)	
5:34.727 (38.604)	6:13.689 (38.962)	6:51.796 (38.107)		7:30.748 (38.952)	
8:09.212 (38.464)	8:47.542 (38.331)	9:23.404 (35.862)			
38 Howlett, Nick	Western Conn. St	9:31.33	3		
34.692 (34.692)	1:10.528 (35.837)	1:46.514 (35.986)		2:23.178 (36.664)	
2:59.224 (36.046)	3:36.447 (37.224)	4:14.681 (38.234)		4:53.086 (38.405)	
5:32.337 (39.252)	6:11.626 (39.290)	6:51.806 (40.180)		7:32.008 (40.202)	
8:13.776 (41.768)	8:54.319 (40.544)	9:31.328 (37.009)			
39 Rispoli, Ryan	Nichols	10:09.79	3		
36.931 (36.931)	1:14.154 (37.224)	1:53.256 (39.102)		2:33.284 (40.028)	
3:14.576 (41.293)	3:56.364 (41.788)	4:38.642 (42.278)		5:21.059 (42.418)	
6:02.469 (41.410)	6:45.450 (42.982)	7:27.528 (42.078)		8:10.754 (43.226)	
8:53.223 (42.470)	9:34.194 (40.972)	10:09.790 (35.596)			

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men 3000 M Run**

-- Fox, Peter	Boston College	DNF	1		
32.747 (32.747)	1:05.851 (33.104)	1:38.619 (32.768)	2:11.463 (32.844)		
2:44.485 (33.023)	3:17.373 (32.888)	3:50.033 (32.660)	4:23.021 (32.988)		
4:56.441 (33.420)					

Men 60 M Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Osagie, Osaretin	So. Conn. St.	8.38Q	2
2 Exantus, Joshua	Holy Cross	8.41Q	1
3 Pinnix, Jordan	Wheaton (Mass.)	8.48Q	1
4 Yatsuhashi, Kevin	Holy Cross	8.66Q	2
5 Perkins, Matthew	Holy Cross	8.72q	1
6 Nahm, Joe	So. Conn. St.	8.77q	1
7 Wright, Joshua	Wheaton (Mass.)	9.03q	1
8 Lisoma, Joel	American Int'l	9.09q	2
9 Do Amaral, Marciel	Western Conn. St	9.23	1
10 Charbonneau, Nolan	Nichols	9.28	2

Men 60 M Hurdles

Name	Year School	Finals
Finals		
1 Exantus, Joshua	Holy Cross	8.28
2 Osagie, Osaretin	So. Conn. St.	8.29
3 Pinnix, Jordan	Wheaton (Mass.)	8.40
4 Perkins, Matthew	Holy Cross	8.46
5 Yatsuhashi, Kevin	Holy Cross	8.55
6 Nahm, Joe	So. Conn. St.	8.66
7 Wright, Joshua	Wheaton (Mass.)	9.01
8 Lisoma, Joel	American Int'l	9.20

Men 4x400 M Relay

School	Finals	H#
1 Boston College 'A'	3:13.31	1
1) McQuide, Max	2) Kravitz, Colin	
3) Deane, Max	4) Kelly, Eddie	
22.710 (22.710)	47.628 (24.918)	1:09.042 (21.414)
1:57.917 (23.012)	2:23.894 (25.978)	2:47.069 (23.175)
		3:13.309 (26.240)
2 So. Conn. St. 'A'	3:15.70	1
1) Osagie, Osaretin	2) Freeman, Nolan	
3) Kilmer, Matthew	4) Sandler, Sam	
23.350 (23.350)	49.543 (26.193)	1:12.260 (22.718)
2:01.805 (23.534)	2:27.984 (26.180)	2:50.016 (22.032)
		3:15.700 (25.684)
3 So. Conn. St. 'B'	3:22.84	1
1) Phelan, Ty	2) Grace, James	
3) Musial, Max	4) DePoutot, Philip	
23.896 (23.896)	50.494 (26.598)	1:13.976 (23.482)
2:04.118 (23.269)	2:31.822 (27.704)	2:55.018 (23.197)
		3:22.836 (27.818)

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025
the TRACK at new balance
Results

....Men 4x400 M Relay

4 Boston College 'B'	3:23.24				2
1) Joyce, James		2) chrostowski, lucas			
3) Beegle, Ryan		4) Mathis, Larry			
24.506 (24.506)	50.580 (26.075)	1:14.894 (24.314)	1:41.385 (26.491)		
2:06.032 (24.647)	2:32.800 (26.769)	2:57.766 (24.966)	3:23.238 (25.472)		
5 Holy Cross 'A'	3:25.00				2
1) Deboth, Iain		2) Miller, Tristan			
3) Van De Mark, Andrew		4) Noble, Jack			
24.375 (24.375)	51.662 (27.288)	1:15.159 (23.497)	1:40.623 (25.464)		
2:04.934 (24.312)	2:32.160 (27.226)	2:57.272 (25.112)	3:24.994 (27.723)		

Men Distance Medley

School	Finals			
1 Wheaton (Mass.) 'A'	11:03.64			
1) Lacroix, Nick		2) Giatrakos, Aristaeus		
3) McIntyre, Dan		4) Hillier, Kai		
33.734 (33.734)	1:07.885 (34.152)	1:43.098 (35.213)	2:17.967 (34.870)	
2:52.762 (34.796)	3:25.732 (32.970)	3:50.040 (24.308)	4:18.120 (28.081)	
4:47.898 (29.778)	5:19.277 (31.380)	5:54.284 (35.008)	6:29.814 (35.530)	
7:00.688 (30.874)	7:33.521 (32.834)	8:08.104 (34.583)	8:43.252 (35.148)	
9:18.812 (35.561)	9:54.903 (36.091)	10:29.504 (34.601)	11:03.633 (34.130)	
2 Nichols 'A'	11:22.35			
1) Hearn, Jack		2) Charbonneau, Nolan		
3) Bergin, Patrick		4) Crowley, Jack		
33.158 (33.158)	1:07.529 (34.372)	1:42.851 (35.322)	2:19.712 (36.862)	
2:57.407 (37.695)	3:33.766 (36.360)	3:59.452 (25.686)	4:28.173 (28.722)	
4:56.999 (28.826)	5:27.948 (30.950)	6:01.230 (33.282)	6:34.423 (33.194)	
7:06.131 (31.708)	7:39.617 (33.486)	8:15.089 (35.472)	8:52.308 (37.220)	
9:30.254 (37.946)	10:09.650 (39.396)	10:49.287 (39.638)	11:22.342 (33.056)	
3 Western Conn. St 'A'	11:47.75			
1) Addotey, Glenn		2) Alves, Anthony		
3) Dias, Kevin		4) Howlett, Nick		
33.580 (33.580)	1:08.159 (34.580)	1:44.028 (35.870)	2:24.896 (40.868)	
3:08.561 (43.665)	3:43.579 (35.018)	4:08.806 (25.227)	4:37.994 (29.189)	
5:10.836 (32.842)	5:46.815 (35.980)	6:23.442 (36.627)	6:57.926 (34.484)	
7:31.194 (33.269)	8:06.038 (34.844)	8:42.372 (36.335)	9:18.916 (36.544)	
9:55.690 (36.775)	10:33.274 (37.584)	11:10.843 (37.569)	11:47.750 (36.907)	

Men High Jump

Name	Year School	Finals	
1 Wilcox, Liam	Nichols	1.58m	5-02.25
1.58 1.63 1.68			
0 --- XXX			

Men Pole Vault

Name	Year School	Finals	
1 Dean, Carson	Patriot Pole	4.50m	14-09.00
3.40 3.55 3.70 3.85 4.00 4.15 4.30 4.40 4.50 4.57			
--- --- --- --- --- XO XO O XO XXX			

2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025**the TRACK at new balance****Results****....Men Pole Vault**

2	Viviano, Mateo	So. Conn. St.	4.40m	14-05.25
	3.40 3.55 3.70 3.85 4.00 4.15 4.30 4.40 4.50			
	--- --- --- XXO O O XXO XXO XXX			
3	Adams, Peyton	So. Conn. St.	4.00m	13-01.50
	3.40 3.55 3.70 3.85 4.00 4.15			
	--- --- --- XXO XO XXX			
4	Wilcox, Liam	Nichols	3.55m	11-07.75
	3.40 3.55 3.70			
	--- XXO XXX			

Men Long Jump

Name	Year School	Finals
1 Hicks, Lawrence	So. Conn. St.	6.33m 20-09.25
	6.10m 6.00m 6.33m 6.20m 6.27m 6.00m	
2 Fennelly, Brian	Holy Cross	6.14m 20-01.75
	FOUL 6.10m 6.14m FOUL 6.07m 5.91m	
3 Medina, Jessiaha	Nichols	5.82m 19-01.25
	5.75m 5.82m 5.47m FOUL FOUL 5.65m	
4 Greene, Dwayne	So. Conn. St.	5.60m 18-04.50
	FOUL 5.60m 5.45m 5.32m FOUL PASS	
5 Murray, Malachy	So. Conn. St.	5.40m 17-08.75
	5.40m 5.00m FOUL FOUL FOUL FOUL	
6 Lanier, Christopher	Nichols	5.36m 17-07.00
	4.77m 5.36m 4.75m FOUL 5.00m PASS	
7 Ambroziak, Colby	Nichols	5.19m 17-00.50
	4.90m 5.08m 5.10m FOUL 4.97m 5.19m	
8 Murphy, Cameron	Nichols	5.16m 16-11.25
	FOUL 4.93m 5.00m 5.16m 4.33m 4.82m	
9 Wright, ToRae	American Int'l	5.02m 16-05.75
	4.00m 5.02m 4.47m 3.70m 3.80m PASS	

Men Triple Jump

Name	Year School	Finals
1 Speed, Holden	So. Conn. St.	14.25m 46-09.00
	13.83m 13.79m 13.63m FOUL 14.24m 14.25m	
2 Lisoma, Joel	American Int'l	J12.16m 39-10.75
	11.76m 11.83m 12.08m 12.08m 12.16m 12.12m	
2 Mkambavange, Amani	Nichols	J11.83m 38-09.75
	11.79m 11.77m 11.25m FOUL 11.83m 11.77m	
2 Rosas, Isaiah	Nichols	J11.74m 38-06.25
	FOUL 11.70m PASS 11.74m 11.22m 11.34m	

Men Shot Put

Name	Year School	Finals	H#
1 Belton, Cameron	So. Conn. St.	17.34m	56-10.75 1
	16.35m 16.27m 16.69m 16.34m 16.80m 17.34m		
2 Barbosa Torres, Natanael	So. Conn. St.	16.35m	53-07.75 1
	FOUL 14.73m 16.20m 16.35m 15.80m 15.92m		

**2025 Boston College Showdown at The Heights - 2/7/2025 to 2/8/2025
the TRACK at new balance**

Results

....Men Shot Put

3	Fraser, Connor	Carleton (Ont.)	13.17m	43-02.50	1
	FOUL FOUL 11.42m FOUL 13.17m FOUL				
4	Ribeiro, Jordan	So. Conn. St.	12.81m	42-00.50	1
	11.75m 11.92m 12.24m 11.89m 12.81m 12.63m				
5	Jolly, Leo	So. Conn. St.	12.38m	40-07.50	1
	11.69m FOUL FOUL 12.38m 11.96m FOUL				
6	Wood, Kevin	Western Conn. St	12.05m	39-06.50	1
	11.29m 10.49m 11.13m 10.69m 12.05m FOUL				
7	Adamson, Mitchel	Nichols	11.95m	39-02.50	1
	11.39m 10.98m FOUL 11.95m 11.24m FOUL				
8	Sandford, Tyler	Nichols	11.89m	39-00.25	1
	FOUL FOUL 11.68m 11.08m 11.89m FOUL				
9	Copp, Griffen	Wheaton (Mass.)	11.67m	38-03.50	1
	FOUL FOUL 11.14m 11.67m 11.43m 11.25m				
10	Carbone, Michael	Nichols	10.95m	35-11.25	2
	10.81m 10.95m 10.95m				
11	Scholl, Kenneth	Western Conn. St	10.51m	34-05.75	2
	10.51m 10.21m FOUL				
12	Francis, Liam	American Int'l	9.29m	30-05.75	2
	9.00m 9.17m 9.29m				
13	Larkin, Thomas	Western Conn. St	9.20m	30-02.25	2
	9.16m 8.39m 9.20m				
14	Darden, Isaiah	American Int'l	8.99m	29-06.00	2
	8.76m 8.99m 8.18m				
15	Adamuska, Daniel	Nichols	8.84m	29-00.00	2
	8.81m FOUL 8.84m				
16	Simmons, Eric	Western Conn. St	7.62m	25-00.00	2
	7.62m FOUL FOUL				

Men Weight Throw

Name	Year School	Finals
1 Quinn, Logan	Wheaton (Mass.)	12.43m 40-09.50
	11.32m 11.71m 12.43m 11.83m 12.14m 11.68m	
2 Adamson, Mitchel	Nichols	11.52m 37-09.50
	10.27m FOUL 11.52m 10.93m FOUL FOUL	
3 Templeton, Kieran	Wheaton (Mass.)	10.54m 34-07.00
	FOUL 9.94m 9.95m 10.54m FOUL 10.03m	
4 Carbone, Michael	Nichols	9.93m 32-07.00
	FOUL 9.44m FOUL 9.93m FOUL FOUL	