



2024 ALL-CONFERENCE TEAM

MEN'S OUTDOOR TRACK & FIELD

THOMAS M. GERRITY MOST OUTSTANDING ATHLETE: Timaul Williams, Rutgers-Newark

OUTSTANDING TRACK ATHLETE: Marquise Young, Rowan

OUTSTANDING FIELD ATHLETE: Damitrius Hester, Rowan

ROOKIE OF THE YEAR: Lucas Lattimer, TCNJ

BILL FRITZ COACHING STAFF OF THE YEAR: Rowan (*Dustin Dimit, Eric DuBois, Ryan Gebhardt,*

Milton Goode, Liz Madden, John Oberg, Norm Tate, Manny Perdue)

Event	First Team	Second Team	Honorable Mention
100m Dash	Raymond Schmitt TCNJ	Shamar Love Rowan	Brandon Balcacer Ramapo
200m Dash	Amara Conte Rowan	Eli Hendricks Rowan	Robert McKinney Rowan
400m Dash	Amara Conte Rowan	Jarquil Young Rowan	Samael Milevoix Rowan
800m Run	Lucas Lattimer TCNJ	Johannes Rivera Rowan	Joseph deBeaumont Stockton
1500m Run	Scott Hubbard Rowan	Brandon Chen TCNJ	Roman Fabbriatore TCNJ
5000m Run	Joshua Cason Rowan	Giancarlo Vega Rowan	Sam Tenebaum Stockton
10000m Run	Matthew Conway Rowan	Shane Vostenak Rowan	Adam Abushanab Rutgers-Newark
110m Hurdles	Marquise Young Rowan	Jason Agyemang Rowan	Kwaku Nkrumah Rowan
400m Hurdles	Nicholas Razze Rowan	Marquise Young Rowan	Jason Agyemang Rowan
3000m Steeplechase	Caleb Clevenger Rowan	Daniel Squicciarini Stockton	Ethan Fletcher Rowan
4x100 Relay	Rowan Eli Hendricks, Shamar Love, Nana Agyemang, Robert McKinney	TCNJ Raymond Schmitt, Jack Attali, Tyler Scott, Justin Gomez	Stockton Carson Latham, Anthony Gentile, Anthony McCullough, Eduardo Ruiz-Guiseppi
4x400 Relay	Rowan Nick Garman, Nicholas Razze, Teddy Wilson, Samael Milevoix	Stockton Marcellus Malloy, Darnell Cartwright, Joseph deBeaumont, Santana Wittenburg	Rutgers-Newark Diego Gomes, Andrew Mark, Christopher Williams, Cedric Augustin
High Jump	Arrington Rhym Rowan	Jamile Gantt Rowan	Adonis McGee Rowan
Pole Vault	Nicholas Lourenco Farmingdale State	Gavin Lum Stockton	Tyler DeMarco TCNJ
Long Jump	Nana Agyemang Rowan	Joseph Morales Stockton	Jabez Thomas Montclair State
Triple Jump	Joshua Justin Rowan	Daniel Bamfo Farmingdale State	Beck Deeny Montclair State



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Shot Put	Timaul Williams Rutgers-Newark	John Griffith Montclair State	Josh Caudill Rowan
Discus Throw	Timaul Williams Rutgers-Newark	Stephen Daramola TCNJ	Zachary Mackiewicz TCNJ
Hammer Throw	Timaul Williams Rutgers-Newark	John Griffith Montclair State	Zachary Mackiewicz TCNJ
Javelin Throw	Damitrius Hester Rowan	Thomas Flanagan Rowan	Alexander Bogues TCNJ
Decathlon	Jayvee Dumas TCNJ	John Robinson Rowan	Kevin Lu-Chua Stockton