

CAC INDOOR CHAMPIONSHIPS
FEBRUARY 18, 2017

PR=Personal Record AT=New CNU All-Time Ranking
SR=School Record FR=Facility Record
MR=Meet Record CAC=Conference Record

Women's Results

Team Scores

1 Christopher Newport University	179
2 Wesley Coll.	137
3 York Coll.	94
4 Salisbury Univ.	92
5 Univ. of Mary Washington	62
6 Frostburg State Univ.	43
7 Penn State-Harrisburg	12
8 Southern Virginia Univ.	3

Individual Results

60m

		All-Conference		
1 Kayla Truesdel	FSU	7.80		
3 Onon Kadima	SO-2 CNU	8.02		
		7.94	qPR	
4 Nina Lucas	SO-2 CNU	8.12	PR	
		8.14	qPR	

200m

1 Kayla Truesdel	FSU	25.70	MR
8 Hannah Bowden	SO-2 CNU	27.12	PR
11 Nina Lucas	SO-2 CNU	27.26	PR
12 Onon Kadima	SO-2 CNU	27.29	
16 Elissa Fink	JR-3 CNU	29.32	

400m

1 Jamie Farley	SU	59.32	
12 Victoria Neston	SO-1 CNU	1:04.10	PR
13 Kelly McKinney	FR-1 CNU	1:04.17	
16 Liana Rodriguez	SO-2 CNU	1:08.26	

800m

1 Logan Harrington	SR-3 CNU	2:22.83	
7 Shannon Woods	FR-1 CNU	2:30.42	
11 Gena Lewis	FR-1 CNU	2:34.78	
12 Monica Lannen	FR-1 CNU	2:42.00	

Mile

1 Logan Harrington	SR-3 CNU	5:12.81	
3 Briana Stewart	SR-4 CNU	5:15.30	PR/AT
4 Gena Lewis	FR-1 CNU	5:19.71	PR/AT
6 Monica Lannen	FR-1 CNU	5:22.52	PR
7 Abby May	SO-2 CNU	5:23.08	PR

3,000m

1 Briana Stewart	SR-4 CNU	10:35.90	MR
3 Emmie Schmitt	SR-4 CNU	10:47.00	
9 Mariam Kolbai	FR-1 CNU	11:13.68	PR

5,000m

1 Kathleen Cannon	YC	18:18.86	
2 Emmie Schmitt	SR-4 CNU	18:29.83	PR/AT
7 Jessica Lee	FR-1 CNU	19:18.56	
8 Taylor Mansini	JR-3 CNU	19:25.10	PR
9 Kathryn Wilson	SO-2 CNU	19:30.02	PR

60m Hurdles

1 Ashley Williams	PSU-H	8.95	MR
3 Molly McCabe	SO-2 CNU	9.11	PR
		9.17	q
6 Onon Kadima	SO-2 CNU	9.51	
		9.43	q
8 Hannah Bowden	SO-2 CNU	9.94	
		9.72	q
10 Briana Sutton	SR-3 CNU	9.82	

Men's Results

Team Scores

1 Christopher Newport University	233
2 Salisbury Univ.	116
3 Wesley Coll.	79
4 Univ. of Mary Washington	59
5 York Coll.	58
6 Frostburg State Univ.	41
7 Penn State-Harrisburg	31
8 Southern Virginia Univ.	5

Individual Results

60m

		All-Conference		
1 Greg Taylor	WC	6.89		
3 Ryan Scott	JR-3 CNU	6.93	PR/AT	
			q	
4 Wesley Shrieves	JR-3 CNU	7.06		
		7.05	qPR	
21 Dylan Thrower	FR-1 CNU	7.42		
25 Scott Arrington	FR-1 CNU	7.74	PR	

200m

1 Ryan Scott	JR-3 CNU	22.15	MR
8 Kurt Waller	SO-1 CNU	23.07	
14 Dainen Brass	FR-1 CNU	23.78	
15 Dylan Thrower	FR-1 CNU	23.94	

400m

1 Eric Halton	SU	49.90	
6 Kurt Waller	SO-1 CNU	51.05	
9 Carter Giles	FR-1 CNU	52.11	PR
14 Addison Roeschley	FR-1 CNU	53.21	PR
16 Dainen Brass	FR-1 CNU	53.80	PR

800m

1 Cullen Monahan	JR-3 CNU	1:55.41	PR/AT
2 Cavanaugh McGaw	FR-1 CNU	1:55.64	PR/AT
6 Jarrell Hibler	FR-1 CNU	1:59.12	PR
7 Zach Campbell	SR-4 CNU	1:59.64	

Mile

1 Jeffrey Dover	JR-3 CNU	4:17.30	MR
2 Jason Putnam	FR-1 CNU	4:22.18	PR
5 Daniel Read	JR-3 CNU	4:25.34	
8 Zach Campbell	SR-4 CNU	4:27.30	
12 Zachary Witt	FR-1 CNU	4:42.40	

3,000m

1 Grayson Reid	JR-3 CNU	8:33.12	PR/SR/MR
2 Peyton Artz	SO-2 CNU	8:44.00	PR/AT
3 Jeffrey Dover	JR-3 CNU	8:47.96	
8 Matthew Burke	SO-2 CNU	8:54.34	
9 Ricardo Cabrera	SR-4 CNU	8:54.91	PR
13 JJ LaPointe	SR-4 CNU	9:05.91	
15 Andrew Benfer	5th-4 CNU	9:11.78	
16 Daniel Read	JR-3 CNU	9:11.87	
17 Joseph Lightbody	SO-2 CNU	9:22.65	
Samuel Murch	JR-3 CNU	dnf	
Will Bruner	SR-4 CNU	dnf	

5,000m

1 Samuel Murch	JR-3 CNU	15:07.54	PR/AT/MR
2 Grayson Reid	JR-3 CNU	15:10.25	
5 Matthew Burke	SO-2 CNU	15:28.09	
6 Andrew Benfer	5th-4 CNU	15:29.61	PR
8 Dane Boegner	SO-2 CNU	15:42.39	PR
9 Daniel Cretney	FR-1 CNU	15:44.26	
10 Joseph Lightbody	SO-2 CNU	15:48.61	PR
12 JJ LaPointe	SR-4 CNU	15:53.70	
14 Trejon Edmonds	FR-1 CNU	15:56.27	
16 Will Bruner	SR-4 CNU	16:04.75	

60m Hurdles

1 Ryan Scott	JR-3 CNU	8.17	PR/AT
		8.27	q
3 Lewis Folli	JR-3 CNU	8.68	
		8.57	q
Jordan Roach	JR-1 CNU	dq	
		8.62	q
11 Hunter Sutliff	JR-3 CNU	9.55	

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Women's Results

4x400m Relay

1 Wesley Coll.		4:01.42
6 Brownell/McKinney/ Neston/Beaulieu		4:16.00
Victoria Neston	SO-1	63.2
Jessica Brownell	SO-2	63.9
Kelly McKinney	FR-1	64.1
Kaitlynn Beaulieu	JR-3	64.8

Distance Medley

1 May/Lannen/ Lewis/Harrington		13:01.09
DMR 1200m		
Abby May	SO-2	4:05.5
DMR 400m		
Monica Lannen	FR-1	62.8
DMR 800m		
Gena Lewis	FR-1	2:32.4
DMR 1600m		
Logan Harrington	SR-3	5:20.3

High Jump

1 Meghan McGowan		SU	1.74 m	CAC	5' 8.50"
6 Briana Sutton	SR-3	CNU	1.54 m		5' 0.50"
8 Hannah Bowden	SO-2	CNU	1.44 m		4' 8.75"
Onon Kadima	SO-2	CNU	nh		
Morgan Simmons	FR-1	CNU	nh		

Pole Vault

1 Jessica Brownell	SO-2	CNU	3.40 m	PR/AT	11' 1.75"
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Long Jump

1 Hannah Bowden	SO-2	CNU	5.38 m	PR	17' 8.00"
2 Briana Sutton	SR-3	CNU	5.24 m	PR	17' 2.25"
8 Onon Kadima	SO-2	CNU	4.69 m		15' 4.75"
9 Shona Smith	SR-4	CNU	4.56 m		14' 11.50"

Triple Jump

1 Jasmine Brown		WC	10.77 m		35' 4.00"
8 Shona Smith	SR-4	CNU	10.15 m	PR	33' 3.75"
10 Lindsay Mulhere	SO-2	CNU	9.63 m		31' 7.25"
Victoria Neston	SO-1	CNU	nh		

Shot Put

1 Hannah Shoemaker	JR-3	CNU	13.25 m	PR/AT	43' 5.75"
3 Tyler Robin	JR-2	CNU	11.95 m	PR/AT	39' 2.50"
4 Briana Sutton	SR-3	CNU	11.27 m		36' 11.75"
5 Sarah Johnson	SO-2	CNU	10.87 m		35' 8.00"

Weight Throw

1 Jourdyn Beverly		WC	14.58 m		47' 10.00"
2 Hannah Shoemaker	JR-3	CNU	14.45 m	PR/SR	47' 5.00"
3 Kayla Brown	FR-1	CNU	14.06 m	PR/AT	46' 1.50"
4 Sarah Johnson	SO-2	CNU	13.36 m	PR/AT	43' 10.00"
10 Emily Mead	FR-1	CNU	9.48 m	PR	31' 1.25"

Men's Results

4x400m Relay

1 Salisbury Univ.		3:22.91
2 Ca.Giles/Waller/ Scott/Monahan		3:22.95
Ryan Scott	JR-3	50.0
Cullen Monahan	JR-3	50.0
Kurt Waller	SO-1	50.5
Carter Giles	FR-1	52.4

Distance Medley

1 McGaw/Margopoulos/ Hibler/Putnam		10:42.45
DMR 1200m		
Cavanaugh McGaw	FR-1	3:10.8
DMR 400m		
Matthew Margopoulos	SR-4	61.9
DMR 800m		
Jarrell Hibler	FR-1	1:59.5
DMR 1600m		
Jason Putnam	FR-1	4:30.3

High Jump

1 Wesley Shrieves	JR-3	CNU	2.02 m	PR/AT	6' 7.50"
7 Jordan Roach	JR-1	CNU	1.87 m		6' 1.50"
10 Khiry Weaver	SR-3	CNU	1.77 m		5' 9.75"
Brett Fenstermacher	FR-1	CNU	nh		

Pole Vault

1 Chris Rodriguez		YC	4.25 m		13' 11.25"
2 Dami Alao	SO-2	CNU	4.25 m		13' 11.25"

Long Jump

1 Wesley Shrieves	JR-3	CNU	6.93 m		22' 9.00"
4 Dominique Torres	5th-4	CNU	6.66 m		21' 10.25"
5 Jordan Roach	JR-1	CNU	6.61 m		21' 8.25"
10 Dylan Thrower	FR-1	CNU	6.37 m	PR	20' 10.75"

Triple Jump

1 Dominique Torres	5th-4	CNU	14.44 m		47' 4.50"
4 Michael Agyeman	SO-2	CNU	13.36 m		43' 10.00"
5 Khiry Weaver	SR-3	CNU	13.28 m		43' 7.00"
10 Wesley Shrieves	JR-3	CNU	12.49 m		40' 11.75"

Shot Put

1 Daniel Forjan		UMW	15.50 m		50' 10.25"
2 Brendon Burrows	JR-1	CNU	15.27 m	PR/AT	50' 1.25"
6 Carlos Bazan Alfaro	JR-3	CNU	13.38 m		43' 10.75"

Weight Throw

1 Duncan Ferrin		SU	15.97 m		52' 4.75"
2 Legend Boyesen	JR-3	CNU	15.67 m	PR/AT	51' 5.00"
11 Brendon Burrows	JR-1	CNU	11.41 m		37' 5.25"