

CAC INDOOR CHAMPIONSHIPS
FEBRUARY 17, 2018

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 | 149 |
| 2 Salisbury Univ. | 111 |
| 3 Wesley Coll. | 93 |
| 4 Univ. of Mary Washington | 72 |
| 5 York Coll. | 65 |
| 6 PSU-Harrisburg | 54 |
| 7 Frostburg State Univ. | 48 |
| 8 Southern Virginia Univ. | 25 |

Individual Results

60m

| | | All-Conference | | |
|------------------|------|----------------|------|---|
| 1 Kayla Truesdel | | FSU | 7.79 | |
| 6 Nina Lucas | JR-3 | CNU | 8.15 | |
| | | | 8.13 | q |
| 12 Hannah Bowden | JR-3 | CNU | 8.29 | |
| 15 Paige Travers | FR-1 | CNU | 8.48 | |

200m

| | | | | |
|-------------------|------|-----|-------|--------|
| 1 Kayla Truesdel | | FSU | 25.59 | MR/CAC |
| 7 Emma Ballantyne | FR-1 | CNU | 26.84 | PR |
| 10 Nina Lucas | JR-3 | CNU | 27.00 | PR |

400m

| | | | | |
|--------------------|------|-----|---------|--------|
| 1 Jamie Farley | | SU | 57.63 | MR/CAC |
| 7 Emma Ballantyne | FR-1 | CNU | 1:01.79 | |
| 10 Victoria Neston | JR-2 | CNU | 1:03.30 | PR |

800m

| | | | | |
|---------------------|------|-----|---------|--|
| 1 Monica Lannen | SO-2 | CNU | 2:24.14 | |
| 3 Kaitlynn Beaulieu | SR-4 | CNU | 2:27.05 | |
| 5 Abby Snyder | SO-2 | CNU | 2:28.28 | |
| 6 Kellie Hyde | FR-1 | CNU | 2:29.30 | |
| 13 Mara Enz | FR-1 | CNU | 2:36.93 | |
| 17 Kelly McKinney | SO-2 | CNU | 2:54.34 | |

Mile

| | | | | |
|----------------------|------|-----|---------|-------|
| 1 Monica Lannen | SO-2 | CNU | 5:19.17 | PR/AT |
| 3 Samantha Dickerson | SO-2 | CNU | 5:22.75 | |
| 12 Shannon Woods | SO-2 | CNU | 5:55.37 | |

3,000m

| | | | | |
|----------------------|------|-----|----------|----|
| 1 Jillian Weisbeck | | UMW | 10:33.04 | MR |
| 5 Jessica Lee | SO-2 | CNU | 10:50.76 | |
| 6 Samantha Dickerson | SO-2 | CNU | 11:03.53 | |
| 10 Abby Snyder | SO-2 | CNU | 11:27.34 | |
| 11 Kathryn Wilson | SR-3 | CNU | 11:32.47 | |

5,000m

| | | | | |
|----------------------|------|-----|----------|----|
| 1 Jillian Weisbeck | | UMW | 18:38.54 | |
| 4 Kathryn Wilson | SR-3 | CNU | 18:58.46 | PR |
| 5 Samantha Dickerson | SO-2 | CNU | 19:12.65 | |
| 10 Jessica Lee | SO-2 | CNU | 19:40.83 | |
| 12 Natalie Prye | FR-1 | CNU | 20:12.10 | |

60m Hurdles

| | | | | |
|-----------------|------|-----|-------|----|
| 1 Ashley Morris | | WC | 8.96 | MR |
| 2 Hannah Bowden | JR-3 | CNU | 9.25 | |
| | | | 9.25 | q |
| 8 Zoe Stauffer | FR-1 | CNU | 10.08 | |
| | | | 9.86 | q |

Men's Results

Team Scores

| | |
|----------------------------------|-----|
| 1 Christopher Newport University | 198 |
| 2 Wesley Coll. | 102 |
| 3 Univ. of Mary Washington | 92 |
| 4 Salisbury Univ. | 66 |
| 5 York Coll. | 58 |
| 6 PSU-Harrisburg | 58 |
| 7 Frostburg State Univ. | 29 |
| 8 Southern Virginia Univ. | 19 |

Individual Results

60m

| | | All-Conference | | |
|-----------------------|------|----------------|------|-----|
| 1 Christian Saulsbury | | WC | 6.97 | |
| 3 Ryan Scott | SR-4 | CNU | 7.10 | |
| | | | 7.05 | q |
| 5 Derek Tay | FR-1 | CNU | 7.12 | |
| | | | 7.05 | qPR |
| 16 Rashon Walker | FR-1 | CNU | 7.30 | |

200m

| | | | | |
|----------------------|------|-----|-------|-------|
| 1 Thomas Kalieta, Jr | | WC | 22.21 | |
| 2 Kurt Waller | JR-2 | CNU | 22.45 | PR/AT |
| 5 Ryan Scott | SR-4 | CNU | 22.79 | |
| 7 Brandon Berry | FR-1 | CNU | 22.94 | PR |
| 11 Rashon Walker | FR-1 | CNU | 23.26 | |

400m

| | | | | |
|----------------------|------|-----|-------|-------|
| 1 Thomas Kalieta, Jr | | WC | 49.63 | |
| 2 Kurt Waller | JR-2 | CNU | 49.92 | PR/AT |
| 7 Brandon Berry | FR-1 | CNU | 51.87 | PR |
| 10 Hunter Sutliff | SR-4 | CNU | 52.70 | |
| 16 Steven Martin | SO-1 | CNU | 53.74 | |

800m

| | | | | |
|-------------------|-------|-----|---------|----|
| 1 Cullen Monahan | SR-4 | CNU | 1:55.05 | MR |
| 2 Cavanaugh McGaw | SO-2 | CNU | 1:56.57 | |
| 4 William Ward | FR-1 | CNU | 2:01.63 | PR |
| 7 Billy Rabil | 5th-4 | CNU | 2:01.79 | |

Mile

| | | | | |
|-------------------|-------|-----|---------|----|
| 1 Billy Rabil | 5th-4 | CNU | 4:20.55 | |
| 2 Cavanaugh McGaw | SO-2 | CNU | 4:20.75 | |
| 3 Jason Putnam | SO-2 | CNU | 4:21.47 | PR |
| 8 Michael Carrico | SO-2 | CNU | 4:27.45 | |

3,000m

| | | | | |
|--------------------|------|-----|---------|----------|
| 1 Jeffrey Dover | SR-4 | CNU | 8:20.58 | PR/SR/MR |
| 2 Grayson Reid | SR-4 | CNU | 8:33.84 | |
| 5 Samuel Murch | SR-4 | CNU | 8:44.82 | |
| 6 Joseph Lightbody | JR-3 | CNU | 8:49.57 | |
| 9 Daniel Cretny | SO-2 | CNU | 8:54.91 | |
| 14 Michael Carrico | SO-2 | CNU | 9:07.77 | |
| 16 Jason Putnam | SO-2 | CNU | 9:10.74 | |

5,000m

| | | | | |
|--------------------|------|-----|----------|----|
| 1 Jeff Gibson | | UMW | 15:03.89 | MR |
| 3 Daniel Cretny | SO-2 | CNU | 15:18.98 | |
| 4 Joseph Lightbody | JR-3 | CNU | 15:18.98 | |
| 6 Peyton Artz | JR-3 | CNU | 15:24.89 | |
| 10 Matthew Burke | JR-3 | CNU | 15:58.59 | |

60m Hurdles

| | | | | |
|-------------------|------|-----|------|----|
| 1 Ryan Scott | SR-4 | CNU | 8.17 | |
| | | | 8.17 | q |
| 2 Lewis Folli | SR-4 | CNU | 8.36 | PR |
| | | | 8.39 | q |
| 9 Hunter Sutliff | SR-4 | CNU | 8.96 | PR |
| 11 Dwayne Leonard | JR-3 | CNU | 9.07 | PR |

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Women's Results

4x400m Relay

| | | | |
|---|------------------------------|------|---------|
| 1 | Frostburg State Univ. | | 4:04.79 |
| 6 | Neston/Beaulieu/ Hyde/Lannen | | 4:13.53 |
| | Kaitlynn Beaulieu | SR-4 | 62.1 |
| | Victoria Neston | JR-2 | 62.8 |
| | Monica Lannen | SO-2 | 63.6 |
| | Kellie Hyde | FR-1 | 65.0 |

Distance Medley

| | | | |
|---|----------------------------|------|----------|
| 1 | Salisbury Univ. | | 13:00.75 |
| 3 | Woods/Lannen/ Enz/McKinney | | 13:17.95 |
| | DMR 1200m | | |
| | Shannon Woods | SO-2 | 4:05.3 |
| | DMR 400m | | |
| | Monica Lannen | SO-2 | 61.3 |
| | DMR 800m | | |
| | Mara Enz | FR-1 | 2:34.2 |
| | DMR 1600m | | |
| | Kelly McKinney | SO-2 | 5:37.1 |

High Jump

| | | | | | | |
|---|-----------------|------|-----|--------|-------|-----------|
| 1 | Hannah Bowden | JR-3 | CNU | 1.58 m | PR/AT | 5' 2.25" |
| 5 | Lauryn Helstrom | FR-1 | CNU | 1.52 m | | 4' 11.75" |
| | Rayna Rossini | GR-4 | CNU | nh | | |

Pole Vault

| | | | | | | |
|----|----------------|------|-----|--------|--|------------|
| 1 | Kyleigh Dumas | | SU | 3.35 m | | 10' 11.75" |
| 6 | Rose Wyant | FR-1 | CNU | 2.85 m | | 9' 4.25" |
| 7 | Samantha Tritt | FR-1 | CNU | 2.85 m | | 9' 4.25" |
| 10 | Kyra Ziegler | FR-1 | CNU | 2.55 m | | 8' 4.25" |

Long Jump

| | | | | | | |
|---|-----------------|------|-------|--------|----|-----------|
| 1 | Rae Rae Taylor | | PSU-H | 5.34 m | | 17' 6.25" |
| 3 | Paige Travers | FR-1 | CNU | 5.22 m | PR | 17' 1.50" |
| 4 | Emma Ballantyne | FR-1 | CNU | 5.08 m | | 16' 8.00" |
| 5 | Hannah Bowden | JR-3 | CNU | 5.08 m | | 16' 8.00" |
| 9 | Zoe Stauffer | FR-1 | CNU | 4.89 m | PR | 16' 0.50" |

Triple Jump

| | | | | | | |
|----|-----------------|------|-------|---------|----|-----------|
| 1 | Sarah Lehman | | PSU-H | 11.20 m | MR | 36' 9.00" |
| 7 | Emma Ballantyne | FR-1 | CNU | 10.43 m | | 34' 2.75" |
| 8 | Paige Travers | FR-1 | CNU | 10.19 m | PR | 33' 5.25" |
| 16 | Victoria Neston | JR-2 | CNU | 9.00 m | | 29' 6.50" |

Shot Put

| | | | | | | |
|---|------------------|------|-----|---------|-------|-----------|
| 1 | Hannah Shoemaker | SR-4 | CNU | 13.24 m | | 43' 5.25" |
| 2 | Sarah Johnson | JR-3 | CNU | 12.29 m | PR/AT | 40' 4.00" |

Weight Throw

| | | | | | | |
|---|------------------|------|-----|---------|-------|------------|
| 1 | Beverly Jourdyn | | WC | 14.94 m | | 49' 0.25" |
| 2 | Sarah Johnson | JR-3 | CNU | 14.68 m | PR/SR | 48' 2.00" |
| 3 | Hannah Shoemaker | SR-4 | CNU | 14.27 m | | 46' 10.00" |

Men's Results

4x400m Relay

| | | | |
|---|-----------------------------------|------|---------|
| 1 | Salisbury Univ. | | 3:26.32 |
| 3 | Sutliff/Co.Giles/ Ca.Giles/Martin | | 3:29.12 |
| | Hunter Sutliff | SR-4 | 52.0 |
| | Carter Giles | SO-2 | 52.1 |
| | Cole Giles | SO-2 | 52.3 |
| | Steven Martin | SO-1 | 52.7 |

Distance Medley

| | | | |
|---|----------------------------------|------|----------|
| 1 | York Coll. | | 10:37.55 |
| 4 | Edmonds/Saunders/ Putnam/Boegner | | 10:43.07 |
| | DMR 1200m | | |
| | Trejon Edmonds | SO-2 | 3:13.9 |
| | DMR 400m | | |
| | William Saunders | FR-1 | 54.2 |
| | DMR 800m | | |
| | Jason Putnam | SO-2 | 1:59.3 |
| | DMR 1600m | | |
| | Dane Boegner | SR-4 | 4:35.6 |

Pole Vault

| | | | | | | |
|----|---------------------|------|-----|--------|----|------------|
| 1 | Allan Pedin | FR-1 | CNU | 4.40 m | AT | 14' 5.25" |
| 2 | Jeremiah Bethea | FR-1 | CNU | 4.15 m | | 13' 7.25" |
| 12 | Christopher Vincent | FR-1 | CNU | 3.65 m | | 11' 11.75" |
| 16 | Steven Martin | SO-1 | CNU | 3.50 m | PR | 11' 5.75" |

Long Jump

| | | | | | | |
|----|-----------------------|------|-----|--------|----|------------|
| 1 | Daquay Harris-Winbush | | WC | 6.99 m | | 22' 11.25" |
| 19 | Dwayne Leonard | JR-3 | CNU | 5.66 m | PR | 18' 7.00" |
| | Marquise Murphy | FR-1 | CNU | f | | |

Triple Jump

| | | | | | | |
|----|-----------------|------|-----|---------|----|-----------|
| 1 | Tre' Johnson | | WC | 13.85 m | | 45' 5.25" |
| 9 | Derek Tay | FR-1 | CNU | 12.65 m | PR | 41' 6.00" |
| 13 | Marquise Murphy | FR-1 | CNU | 12.19 m | | 40' 0.00" |

Shot Put

| | | | | | | |
|---|----------------------|------|-----|---------|-------|------------|
| 1 | Daniel Forjan | | UMW | 15.20 m | | 49' 10.50" |
| 2 | Brendon Burrows | SR-2 | CNU | 14.41 m | | 47' 3.50" |
| 5 | Legend Boyesen Hayes | SR-4 | CNU | 14.01 m | PR/AT | 45' 11.75" |
| 6 | Carlos Bazan Alfaro | SR-4 | CNU | 13.80 m | PR/AT | 45' 3.50" |
| 9 | Samuel Johnson | FR-1 | CNU | 12.81 m | PR | 42' 0.50" |

Weight Throw

| | | | | | | |
|---|----------------------|------|-----|---------|-------|------------|
| 1 | Duncin Ferrin | | SU | 16.75 m | | 54' 11.50" |
| 2 | Legend Boyesen Hayes | SR-4 | CNU | 16.69 m | PR/AT | 54' 9.25" |
| 5 | Brendon Burrows | SR-2 | CNU | 14.79 m | PR/AT | 48' 6.25" |
| 8 | AJ Palmer | FR-1 | CNU | 12.92 m | PR | 42' 4.75" |
| | Carlos Bazan Alfaro | SR-4 | CNU | f | | |