

CAC OUTDOOR CHAMPIONSHIPS
APRIL 22-23, 2016

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

Women's Results

Team Scores

| | |
|----------------------------------|-----|
| 1 Christopher Newport University | 178 |
| 2 Salisbury Univ. | 128 |
| 3 Wesley Coll. | 118 |
| 4 York Coll. | 88 |
| 5 Univ. of Mary Washington | 62 |
| 6 Frostburg State Univ. | 29 |
| 7 Penn State-Harrisburg | 17 |

Individual Results

| | | All-Conference | | | |
|-------------|-----------------|----------------|-------|---|-----|
| 100m | | | | | |
| 1 | Alexia Mitchell | WC | 12.29 | w | |
| 4 | Karissa Love | SR-3 CNU | 12.54 | w | PR |
| | | | 12.75 | | q |
| 7 | Nina Lucas | FR-1 CNU | 12.83 | w | |
| | | | 12.74 | | qPR |

200m

| | | | | | |
|----|-------------------|----------|-------|---|----|
| 1 | Elizsha Streeter | WC | 24.89 | w | |
| 5 | Karissa Love | SR-3 CNU | 25.75 | w | |
| | | | 26.07 | | q |
| 10 | Courtney Smithers | FR-1 CNU | 26.94 | | PR |
| 13 | Shona Smith | JR-3 CNU | 27.95 | | |
| 14 | Elissa Fink | SO-2 CNU | 28.25 | | |

400m

| | | | | | |
|----|-------------------|----------|---------|--|----|
| 1 | Chanel Beaudoin | SU | 56.91 | | MR |
| 13 | Courtney Smithers | FR-1 CNU | 1:06.68 | | |

800m

| | | | | | |
|----|------------------|----------|---------|--|--|
| 1 | Logan Harrington | JR-3 CNU | 2:20.24 | | |
| 11 | Abby May | FR-1 CNU | 2:30.04 | | |

1500m

| | | | | | |
|---|------------------|----------|---------|--|----|
| 1 | Logan Harrington | JR-3 CNU | 4:53.09 | | |
| 4 | Alexa Tabackman | SR-3 CNU | 5:01.38 | | |
| 5 | Abby May | FR-1 CNU | 5:05.63 | | |
| 7 | Graciela Slyer | SR-4 CNU | 5:09.39 | | PR |

5,000m

| | | | | | |
|----|-----------------|----------|----------|--|-------|
| 1 | Kathleen Cannon | YC | 18:36.80 | | |
| 5 | Briana Stewart | JR-3 CNU | 18:58.71 | | PR/AT |
| 7 | Emmie Schmitt | JR-2 CNU | 19:28.71 | | |
| 13 | Nellie Calkins | FR-1 CNU | 20:47.53 | | |
| 15 | Tina Dittmer | FR-1 CNU | 21:25.88 | | |

10,000m

| | | | | | |
|---|----------------|----------|----------|--|-------|
| 1 | Alicia Dillman | YC | 39:11.12 | | |
| 2 | Emmie Schmitt | JR-2 CNU | 39:29.64 | | PR/AT |
| 3 | Taylor Mansini | SO-2 CNU | 40:47.87 | | AT |
| 5 | Kathryn Wilson | FR-1 CNU | 43:12.66 | | |

Men's Results

Team Scores

| | |
|----------------------------------|-----|
| 1 Christopher Newport University | 200 |
| 2 Salisbury Univ. | 143 |
| 3 Wesley Coll. | 91 |
| 4 York Coll. | 66 |
| 5 Penn State-Harrisburg | 47 |
| 6 Frostburg State Univ. | 40 |
| 7 Univ. of Mary Washington | 32 |

Individual Results

| | | All-Conference | | | |
|-------------|-----------------|----------------|-------|---|-------|
| 100m | | | | | |
| 1 | Anthony Simpson | WC | 10.44 | w | |
| 3 | Ryan Scott | SO-2 CNU | 10.68 | w | PR/AT |
| | | | 10.87 | | q |
| 10 | Brandon Martin | SO-2 CNU | 11.11 | | PR |
| 11 | Wesley Shrieves | SO-2 CNU | 11.18 | | |

200m

| | | | | | |
|----|-----------------|----------|-------|---|---|
| 1 | Darnell Tillman | YC | 21.06 | w | |
| 3 | Ryan Scott | SO-2 CNU | 21.69 | w | |
| | | | 21.81 | | q |
| 16 | Perra Tum | FR-1 CNU | 23.56 | | |

400m

| | | | | | |
|----|--------------|----------|-------|--|--|
| 1 | Zach Schmelz | SU | 48.73 | | |
| 12 | Perra Tum | FR-1 CNU | 53.85 | | |

800m

| | | | | | |
|----|------------------|----------|---------|--|--|
| 1 | Carlton Sheppard | WC | 1:55.02 | | |
| 2 | Cullen Monahan | SO-1 CNU | 1:55.18 | | |
| 4 | Zach Campbell | JR-3 CNU | 1:56.81 | | |
| 7 | Billy Rabil | JR-3 CNU | 1:57.95 | | |
| 14 | Austin Conway | FR-1 CNU | 2:01.72 | | |
| 21 | Nick Hedrick | SR-4 CNU | 2:08.92 | | |

1500m

| | | | | | |
|----|-----------------|----------|---------|--|--|
| 1 | George Martinez | SU | 4:03.06 | | |
| 2 | Zach Campbell | JR-3 CNU | 4:03.79 | | |
| 3 | Billy Rabil | JR-3 CNU | 4:04.40 | | |
| 7 | Daniel Read | SO-2 CNU | 4:08.51 | | |
| 8 | Austin Conway | FR-1 CNU | 4:09.65 | | |
| 14 | Jeffrey Dover | SO-1 CNU | 4:21.58 | | |

5,000m

| | | | | | |
|----|-------------------|----------|----------|--|--|
| 1 | Grant Dell | SU | 15:30.95 | | |
| 3 | Grayson Reid | SO-1 CNU | 15:40.43 | | |
| 5 | Evan Fabish | FR-1 CNU | 15:51.17 | | |
| 10 | Matthew Burke | FR-1 CNU | 16:04.72 | | |
| 11 | Samuel Murch | SO-2 CNU | 16:06.07 | | |
| 12 | Nicholas Broemmel | FR-1 CNU | 16:06.48 | | |
| 15 | Daniel Read | SO-2 CNU | 16:14.31 | | |
| 17 | Dylan Freeman | JR-3 CNU | 16:17.19 | | |
| 19 | Billy Rabil | JR-3 CNU | 16:29.30 | | |
| 21 | Will Bruner | JR-3 CNU | 16:33.96 | | |
| 23 | Dane Boegner | SO-2 CNU | 16:36.68 | | |
| 26 | Charlie Pruitt | JR-3 CNU | 16:53.04 | | |
| 28 | Peyton Artz | FR-1 CNU | 17:04.54 | | |
| 29 | Ricardo Cabrera | JR-3 CNU | 17:13.15 | | |

10,000m

| | | | | | |
|----|-------------------|----------|----------|--|----------|
| 1 | Charlie Pruitt | JR-3 CNU | 32:45.73 | | PR/AT/MR |
| 2 | Samuel Murch | SO-2 CNU | 32:48.28 | | PR/AT |
| 3 | Matthew Burke | FR-1 CNU | 32:55.46 | | PR/AT |
| 6 | Will Bruner | JR-3 CNU | 33:21.97 | | PR |
| 9 | Nicholas Broemmel | FR-1 CNU | 34:02.77 | | PR |
| 12 | Bruce Schlesman | SR-1 CNU | 36:41.30 | | |

CAC OUTDOOR CHAMPIONSHIPS
APRIL 22-23, 2016

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

Women's Results

100m Hurdles

| | | | | | |
|---|---------------------|----------|-------|---|-------|
| 1 | Ashley Williams | PSU-H | 14.39 | w | |
| 2 | Molly McCabe | FR-1 CNU | 14.59 | w | PR/AT |
| | | | 15.14 | | q |
| 3 | Jennifer Westerholm | SR-4 CNU | 14.87 | w | PR |
| | | | 15.10 | | q |
| 5 | Hannah Bowden | FR-1 CNU | 15.68 | w | |
| | | | 15.34 | | q |
| 7 | Briana Sutton | JR-2 CNU | 16.06 | w | |
| | | | 16.63 | | q |

400m Hurdles

| | | | | | |
|---|---------------------|----------|---------|--|--|
| 1 | Jennifer Westerholm | SR-4 CNU | 1:05.69 | | |
| 4 | Molly McCabe | FR-1 CNU | 1:08.96 | | |
| 7 | Jessica Brownell | FR-1 CNU | 1:10.70 | | |
| | Mackenzie Scott | SR-3 CNU | dnf | | |

3000m Steeplechase

| | | | | | |
|---|----------------|----------|----------|--|--|
| 1 | Lydia Cromwell | SR-4 CNU | 11:39.61 | | |
| 4 | Briana Stewart | JR-3 CNU | 12:06.48 | | |
| 6 | Deanna Corts | SR-3 CNU | 12:44.76 | | |

4x100m Relay

| | | | | | |
|---|----------------------------|--|-------|--|----|
| 1 | Wesley Coll. | | 48.21 | | MR |
| 4 | Smith/Love/ Smithers/Lucas | | 50.86 | | |

4x400m Relay

| | | | | | |
|---|---------------------------------------|------|---------|--|----|
| 1 | Wesley Coll. | | 3:55.45 | | MR |
| 4 | Smith/Westerholm/ Smithers/Harrington | | 4:09.42 | | |
| | Logan Harrington | JR-3 | 59.9 | | |
| | Jennifer Westerholm | SR-4 | 60.0 | | |
| | Shona Smith | JR-3 | 64.7 | | |
| | Courtney Smithers | FR-1 | 64.7 | | |

High Jump

| | | | | | |
|---|---------------------|----------|--------|----|-----------|
| 1 | Meghan McGowan | SU | 1.65 m | | 5' 5.00" |
| 2 | Jennifer Westerholm | SR-4 CNU | 1.53 m | | 5' 0.25" |
| 7 | Hannah Bowden | FR-1 CNU | 1.50 m | PR | 4' 11.00" |

Pole Vault

| | | | | | |
|---|------------------|----------|--------|----|-----------|
| 1 | Jessica Brownell | FR-1 CNU | 3.05 m | AT | 10' 0.00" |
|---|------------------|----------|--------|----|-----------|

Long Jump

| | | | | | |
|---|----------------------|----------|--------|--|-----------|
| 1 | Jennifer Westerholm | SR-4 CNU | 5.24 m | | 17' 2.25" |
| 4 | Hannah Bowden | FR-1 CNU | 5.04 m | | 16' 6.50" |
| 5 | Gabrielle Richardson | JR-3 CNU | 4.94 m | | 16' 2.50" |
| | Briana Sutton | JR-2 CNU | f | | |

Triple Jump

| | | | | | |
|---|------------------------|----------|---------|--|-----------|
| 1 | Monshea Newsome-Murray | WC | 11.41 m | | 37' 5.25" |
| 4 | Jennifer Westerholm | SR-4 CNU | 10.77 m | | 35' 4.00" |
| 5 | Shona Smith | JR-3 CNU | 10.46 m | | 34' 4.00" |
| 7 | Lindsay Mulhere | FR-1 CNU | 9.39 m | | 30' 9.75" |

Shot Put

| | | | | | |
|---|-------------------|----------|---------|----|------------|
| 1 | Taylor Cockerille | UMW | 12.48 m | | 40' 11.50" |
| 2 | Hannah Shoemaker | SO-2 CNU | 12.04 m | AT | 39' 6.00" |
| 5 | Tyler Robin | SO-1 CNU | 11.27 m | | 36' 11.75" |
| 6 | Kayla Jones | SO-2 CNU | 10.75 m | | 35' 3.25" |
| 7 | Sarah Johnson | FR-1 CNU | 10.62 m | PR | 34' 10.25" |
| 8 | Briana Sutton | JR-2 CNU | 10.42 m | | 34' 2.25" |

Discus

| | | | | | |
|----|------------------|----------|---------|-------|-------------|
| 1 | Sheree Turner | UMW | 39.90 m | | 130' 11.00" |
| 3 | Sarah Johnson | FR-1 CNU | 38.26 m | PR/AT | 125' 6.00" |
| 4 | Hannah Shoemaker | SO-2 CNU | 35.85 m | PR | 117' 7.00" |
| 6 | Tyler Robin | SO-1 CNU | 32.90 m | | 107' 11.00" |
| 10 | Lillie Cummings | SO-2 CNU | 30.32 m | | 99' 5.00" |

Hammer

| | | | | | |
|---|------------------|----------|---------|-------|------------|
| 1 | Sheree Turner | UMW | 44.97 m | | 147' 6.00" |
| 3 | Hannah Shoemaker | SO-2 CNU | 38.27 m | PR/AT | 125' 6.00" |
| 4 | Lillie Cummings | SO-2 CNU | 37.54 m | | 123' 2.00" |
| 7 | Lyzan Rashid | SR-4 CNU | 35.46 m | | 116' 4.00" |
| | Sarah Johnson | FR-1 CNU | f | | |

Javelin

| | | | | | |
|---|---------------|----------|---------|--|-------------|
| 1 | Zoe Harris | FSU | 37.79 m | | 123' 11.00" |
| 4 | Briana Sutton | JR-2 CNU | 34.76 m | | 114' 0.00" |

Men's Results

110m Hurdles

| | | | | | |
|---|----------------|----------|-------|---|-----|
| 1 | Luke Campbell | SU | 13.94 | w | |
| 2 | Ryan Scott | SO-2 CNU | 14.96 | w | |
| | | | 15.26 | | q |
| 3 | Jordan Roach | SO-2 CNU | 14.96 | w | |
| | | | 15.26 | | q |
| 5 | Lewis Folli | SO-2 CNU | 15.56 | w | PR |
| | | | 15.79 | | qPR |
| 6 | Hunter Sutliff | SO-2 CNU | 16.13 | w | PR |
| | | | 16.64 | | qPR |

400m Hurdles

| | | | | | |
|----|-----------------|----------|---------|--|--|
| 1 | Luke Campbell | SU | 52.04 | | |
| 5 | Hunter Sutliff | SO-2 CNU | 59.14 | | |
| 9 | Corey Rodriguez | SR-3 CNU | 1:01.32 | | |
| 10 | Lewis Folli | SO-2 CNU | 1:04.45 | | |
| 11 | Ryan Scott | SO-2 CNU | 1:07.36 | | |

3000m Steeplechase

| | | | | | |
|----|-------------------|----------|----------|--|----|
| 1 | Evan Fabish | FR-1 CNU | 9:41.09 | | |
| 5 | Ricardo Cabrera | JR-3 CNU | 10:07.93 | | |
| 6 | Peyton Artz | FR-1 CNU | 10:09.00 | | |
| 7 | Sam LeHardy | FR-1 CNU | 10:11.79 | | |
| 8 | Nicholas Broemmel | FR-1 CNU | 10:11.95 | | PR |
| 12 | Joshua Speier | FR-1 CNU | 10:24.02 | | PR |

4x100m Relay

| | | | | | |
|---|---------------------------|--|-------|--|--|
| 1 | Salisbury Univ. | | 42.98 | | |
| 2 | Martin/Folli/ Roach/Scott | | 42.98 | | |

4x400m Relay

| | | | | | |
|---|------------------------------------|------|---------|--|--|
| 1 | Salisbury Univ. | | 3:15.97 | | |
| 4 | Sutliff/Hedrick/ Rodriguez/Monahan | | 3:29.06 | | |
| | Cullen Monahan | SO-1 | 51.1 | | |
| | Nick Hedrick | SR-4 | 52.2 | | |
| | Corey Rodriguez | SR-3 | 52.4 | | |
| | Hunter Sutliff | SO-2 | 53.4 | | |

High Jump

| | | | | | |
|---|-----------------|----------|--------|--------|-----------|
| 1 | Wesley Shrieves | SO-2 CNU | 1.93 m | =PR/AT | 6' 4.00" |
| 6 | Jordan Roach | SO-2 CNU | 1.81 m | | 5' 11.25" |

Pole Vault

| | | | | | |
|---|-----------------|----------|--------|--|------------|
| 1 | Jonathan Graham | FR-1 CNU | 4.55 m | | 14' 11.00" |
| 3 | Dami Alao | FR-1 CNU | 4.10 m | | 13' 5.25" |

Long Jump

| | | | | | |
|----|-------------------|----------|--------|----|-----------|
| 1 | De'Vaughn Trader | WC | 7.20 m | MR | 23' 7.50" |
| 2 | Jordan Roach | SO-2 CNU | 6.91 m | PR | 22' 8.00" |
| 3 | Wesley Shrieves | SO-2 CNU | 6.53 m | | 21' 5.25" |
| 4 | Philip Christophe | SR-3 CNU | 6.40 m | | 21' 0.00" |
| 11 | Michael Agyeman | FR-1 CNU | 5.63 m | | 18' 5.75" |

Triple Jump

| | | | | | |
|---|-----------------|----------|---------|----|------------|
| 1 | Matthew Adedegi | SU | 13.96 m | | 45' 9.75" |
| 3 | Michael Agyeman | FR-1 CNU | 13.13 m | | 43' 1.00" |
| 5 | Wesley Shrieves | SO-2 CNU | 13.10 m | PR | 42' 11.75" |

Shot Put

| | | | | | |
|----|-----------------|----------|---------|----|------------|
| 1 | John Lowery | FSU | 17.33 m | MR | 56' 10.25" |
| 3 | Ryan Long | SO-2 CNU | 13.64 m | | 44' 9.00" |
| 7 | Brendon Burrows | SO-2 CNU | 12.72 m | | 41' 8.75" |
| 16 | Berkley Addi | FR-1 CNU | 12.11 m | PR | 39' 8.75" |

Discus

| | | | | | |
|---|-----------------|----------|---------|----|------------|
| 1 | Cameron Yon | PSU-H | 49.69 m | | 163' 0.00" |
| 2 | Legend Boyesen | SO-2 CNU | 45.48 m | | 149' 2.00" |
| 3 | Brendon Burrows | SO-2 CNU | 44.52 m | | 146' 0.00" |
| 5 | Ryan Long | SO-2 CNU | 42.00 m | PR | 137' 9.00" |

Hammer

| | | | | | |
|----|-------------------|----------|---------|-------|-------------|
| 1 | John Lowery | FSU | 53.28 m | | 174' 9.00" |
| 2 | Robert Graham III | SR-4 CNU | 52.34 m | PR/SR | 171' 8.00" |
| 10 | Legend Boyesen | SO-2 CNU | 39.02 m | | 128' 0.00" |
| 11 | Ryan Long | SO-2 CNU | 37.48 m | | 122' 11.00" |
| 13 | Berkley Addi | FR-1 CNU | 37.39 m | | 122' 8.00" |

Javelin

| | | | | | |
|----|-----------------|----------|---------|----|------------|
| 1 | Mike Mellemann | SU | 51.39 m | | 168' 7.00" |
| 5 | Corey Rodriguez | SR-3 CNU | 45.15 m | PR | 148' 1.00" |
| 13 | Hunter Sutliff | SO-2 CNU | 29.84 m | PR | 97' 10.00" |