

CAC OUTDOOR CHAMPIONSHIPS
APRIL 21-22, 2017

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	208.5
2 Wesley Coll.	155
3 Salisbury Univ.	132
4 York Coll.	120
5 Univ. of Mary Washington	86.5
6 Frostburg State Univ.	65
7 Penn State-Harrisburg	3
Southern Virginia Univ.	NTS

Individual Results

All-Conference

200m

1 Kayla Truesdel	FSU	25.92	
6 Hannah Bowden	SO-2 CNU	27.46	qPR
12 Briana Sutton	SR-3 CNU	27.48	
14 Shona Smith	SR-4 CNU	28.51	

400m

1 Angel Hall	WC	58.19	
8 Victoria Neston	SO-1 CNU	1:03.20	
10 Liana Rodriguez	SO-2 CNU	1:06.85	
11 Lindsay Mulhere	SO-2 CNU	1:10.92	

800m

1 Logan Harrington	SR-4 CNU	2:18.90	
3 Monica Lannen	FR-1 CNU	2:24.35	
10 Shannon Woods	FR-1 CNU	2:28.43	PR
11 Gena Lewis	FR-1 CNU	2:32.17	

1500m

1 Logan Harrington	SR-4 CNU	4:50.70	
3 Monica Lannen	FR-1 CNU	5:01.32	PR
5 Gena Lewis	FR-1 CNU	5:02.20	
9 Abby May	SO-2 CNU	5:11.90	

5,000m

1 Kathleen Cannon	YC	18:38.14	
2 Emmie Schmitt	SR-3 CNU	18:40.92	
7 Mariam Kolbai	FR-1 CNU	18:56.62	PR
13 Kiara Sprowls	FR-1 CNU	19:45.63	
14 Nellie Calkins	SO-2 CNU	20:24.16	

10,000m

1 Emmie Schmitt	SR-3 CNU	39:21.85	PR/AT
4 Jessica Lee	FR-1 CNU	40:11.69	AT
7 Taylor Mansini	JR-3 CNU	41:51.54	
8 Samantha Dickerson	FR-1 CNU	42:09.11	

Men's Results

Team Scores

1 Christopher Newport University	263
2 Salisbury Univ.	154.5
3 Wesley Coll.	85
4 Univ. of Mary Washington	78.5
5 York Coll.	68
6 Frostburg State Univ.	66
7 Penn State-Harrisburg	52
8 Southern Virginia Univ.	8

Individual Results

All-Conference

100m

1 Ryan Scott	JR-3 CNU	10.89	
14 Dylan Thrower	FR-1 CNU	11.40	q

200m

1 Ryan Scott	JR-3 CNU	22.22	
15 Dylan Thrower	FR-1 CNU	23.16	q
21 Dainen Brass	FR-1 CNU	23.62	

400m

1 Eric Halston	SU	48.11	MR
3 Kurt Waller	SO-1 CNU	49.11	
6 Carter Giles	FR-1 CNU	50.92	
16 Tony Mosca	FR-1 CNU	53.51	

800m

1 Cullen Monahan	JR-2 CNU	1:55.16	
2 Zach Campbell	SR-4 CNU	1:55.60	
4 Jeffrey Dover	JR-2 CNU	1:58.25	
7 Jarrell Hibler	FR-1 CNU	1:29.17	
9 Cavanaugh McGaw	FR-1 CNU	2:00.27	
18 Billy Rabil	SR-4 CNU	2:04.39	

1500m

1 Billy Rabil	SR-4 CNU	3:57.72	
2 Jeffrey Dover	JR-2 CNU	3:58.23	
4 Zach Campbell	SR-4 CNU	3:58.65	
6 Jason Putnam	FR-1 CNU	4:04.72	

5,000m

1 Peyton Artz	SO-2 CNU	15:07.44	PR/AT/MR
2 Samuel Murch	JR-3 CNU	15:09.59	PR/AT
7 Joseph Lightbody	SO-1 CNU	15:27.83	PR
8 Billy Rabil	SR-4 CNU	15:30.52	
11 Dane Boegner	JR-3 CNU	15:42.66	
12 Jason Putnam	FR-1 CNU	15:42.70	
14 Daniel Cretney	FR-1 CNU	15:46.61	
18 Kyle Doyle	FR-1 CNU	15:55.88	
21 Daniel Read	SR-4 CNU	16:00.20	
23 Andrew Benfer	5th-4 CNU	16:08.35	
24 Calvin Miller	FR-1 CNU	16:09.55	
25 Will Bruner	SR-4 CNU	16:16.17	
26 Charlie Pruitt	SR-4 CNU	16:16.28	
27 Sam LeHardy	SO-2 CNU	16:16.71	
28 Matthew Hrcir	FR-1 CNU	16:21.39	
Trejon Edmonds	FR-1 CNU	dnf	

10,000m

1 Jeff Gibson	UMW	31:14.01	MR
2 JJ LaPointe	SR-4 CNU	31:16.79	
3 Samuel Murch	JR-3 CNU	31:31.40	
6 Charlie Pruitt	SR-4 CNU	33:06.96	
8 Will Bruner	SR-4 CNU	33:12.43	
Grayson Reid	JR-2 CNU	dnf	

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Women's Results

100m Hurdles

1	Molly McCabe	SO-2	CNU	14.89	PR
				14.97	q
3	Briana Sutton	SR-3	CNU	15.79	
				15.85	q
	Hannah Bowden	SO-2	CNU	dnf	
				15.13	q

400m Hurdles

1	Emily Plante		YC	1:06.75	
3	Jessica Brownell	SO-2	CNU	1:07.16	PR
6	Molly McCabe	SO-2	CNU	1:09.21	
10	Kaitlynn Beaulieu	JR-2	CNU	1:10.73	
16	Abby Snyder	FR-1	CNU	1:15.39	

3000m Steeplechase

1	Alayna DeBruin		YC	11:49.08	
2	Abby Snyder	FR-1	CNU	12:07.29	PR/AT
3	Nellie Calkins	SO-2	CNU	12:16.30	AT
6	Kaitlynn Beaulieu	JR-2	CNU	12:29.89	PR

4x100m Relay

1	Wesley Coll.			48.61	
5	Neston/Mulhere/ Smith/Brownell			52.56	

4x400m Relay

1	Neston/Lannen/ Beaulieu/Harrington			4:07.92	
	Logan Harrington	SR-4		59.2	
	Monica Lannen	FR-1		62.5	
	Victoria Neston	SO-1		63.0	
	Kaitlynn Beaulieu	JR-2		63.2	

High Jump

1	Meghan McGowan		SU	1.71 m	MR	5' 7.25"
7	Hannah Bowden	SO-2	CNU	1.44 m		4' 8.75"
8	Briana Sutton	SR-3	CNU	1.44 m		4' 8.75"
	Morgan Simmons	FR-1	CNU	nh		

Pole Vault

1	Kyleight Dumas		SU	3.30 m		10' 9.75"
7	Jessica Brownell	SO-2	CNU	2.85 m		9' 4.25"

Long Jump

1	Jasmine Brown		WC	5.45 m		17' 10.75"
2	Hannah Bowden	SO-2	CNU	5.16 m		16' 11.25"
3	Briana Sutton	SR-3	CNU	5.13 m		16' 10.00"
9	Shona Smith	SR-4	CNU	4.49 m		14' 8.75"
	Lindsay Mulhere	SO-2	CNU	f		

Triple Jump

1	Jasmine Brass		WC	11.10 m		36' 5.00"
7	Shona Smith	SR-4	CNU	9.76 m		32' 0.25"
9	Lindsay Mulhere	SO-2	CNU	9.56 m		31' 4.50"
14	Victoria Neston	SO-1	CNU	9.14 m		30' 0.00"

Shot Put

1	Hannah Shoemaker	JR-3	CNU	13.96 m	PR/AT/MR	45' 9.75"
2	Tyler Robin	JR-2	CNU	13.46 m	PR/AT	44' 2.00"
5	Briana Sutton	SR-3	CNU	11.83 m		38' 9.75"
8	Sarah Johnson	SO-2	CNU	11.34 m	PR	37' 2.50"

Discus

1	Sarah Johnson	SO-2	CNU	40.28 m	PR/AT	132' 2.00"
4	Tyler Robin	JR-2	CNU	36.46 m		119' 7.00"
5	Hannah Shoemaker	JR-3	CNU	35.80 m		117' 5.00"
	Kayla Brown	FR-1	CNU	f		

Hammer

1	Samantha Gorton		UMW	44.07 m		144' 7.00"
2	Kayla Brown	FR-1	CNU	43.95 m	PR/AT	144' 2.00"
3	Hannah Shoemaker	JR-3	CNU	43.75 m	PR/AT	143' 6.00"
10	Sarah Johnson	SO-2	CNU	33.57 m		110' 1.00"
14	Emily Mead	FR-1	CNU	30.09 m		98' 8.00"

Javelin

1	Zoe Harris		FSU	37.52 m		123' 1.00"
2	Briana Sutton	SR-3	CNU	35.89 m		117' 9.00"

Men's Results

110m Hurdles

1	Ryan Scott	JR-3	CNU	14.77	
				14.86	q
2	Lewis Folli	JR-3	CNU	15.09	
				15.01	qPR
3	Jordan Roach	JR-3	CNU	15.27	
				15.07	q
6	Brett Fenstermacher	FR-1	CNU	15.80	
				15.77	qPR

400m Hurdles

1	Rick Jones		YC	56.32	
5	Hunter Sutliff	JR-3	CNU	57.79	PR
7	Brett Fenstermacher	FR-1	CNU	59.06	PR
11	Addison Roeschley	FR-1	CNU	1:00.60	PR
13	Lewis Folli	JR-3	CNU	1:01.14	=PR

3000m Steeplechase

1	Alex Smith		YC	9:21.78	MR
2	Daniel Cretney	FR-1	CNU	9:31.20	PR/AT
3	Cavanaugh McGaw	FR-1	CNU	9:35.16	PR/AT
5	Ricardo Cabrera	SR-4	CNU	9:41.73	PR/AT
7	Joshua Speier	SO-2	CNU	9:49.50	PR
9	Matthew Hrcir	FR-1	CNU	9:51.60	PR
12	Michael Carrico	FR-1	CNU	9:59.98	PR
13	Sam LeHardy	SO-2	CNU	10:00.17	PR
16	Trejon Edmonds	FR-1	CNU	10:28.91	

4x100m Relay

1	Wesley Coll.			42.15	
3	Thrower/Scott/ Roeschley/Roach			43.20	

4x400m Relay

1	Salisbury Univ.			3:22.70	
2	Ca.Giles/Hibler/ Campbell/Monahan			3:26.44	
	Cullen Monahan	JR-2		50.1	
	Jarrell Hibler	FR-1		51.7	
	Zach Campbell	SR-4		51.9	
	Carter Giles	FR-1		52.7	

High Jump

1	Alex White		PSU-H	1.90 m		6' 2.75"
9	Khiry Weaver	SR-3	CNU	1.75 m		5' 8.75"
10	Brett Fenstermacher	FR-1	CNU	1.75 m		5' 8.75"
	Jordan Roach	JR-3	CNU	nh		

Pole Vault

1	Jonathan Graham	SO-2	CNU	4.67 m	MR	15' 3.75"
2	Dami Alao	SO-2	CNU	4.30 m	AT	14' 1.25"

Long Jump

1	Jeffrey McInnis		SU	7.04 m		23' 1.25"
2	Jordan Roach	JR-3	CNU	7.02 m	PR	23' 0.50"
6	Wesley Shrieves	JR-3	CNU	6.54 m		21' 5.50"
9	Dominique Torres	5th-4	CNU	6.39 m		20' 11.75"
15	Michael Agyeman	SO-2	CNU	5.98 m		19' 7.50"

Triple Jump

1	Dominique Torres	5th-4	CNU	14.11 m		46' 3.50"
3	Khiry Weaver	SR-3	CNU	13.65 m	=PR	44' 9.50"
5	Michael Agyeman	SO-2	CNU	13.38 m		43' 10.75"
7	Brett Fenstermacher	FR-1	CNU	12.81 m		42' 0.50"

Shot Put

1	John Lowery		FSU	17.21 m		56' 5.75"
7	Brendon Burrows	JR-3	CNU	13.45 m		44' 1.50"
12	Legend Boyesen	JR-3	CNU	12.53 m	PR	41' 1.50"
14	Carlos Bazan Alfaro	JR-2	CNU	12.40 m		40' 8.25"
15	Shaun Copening	5th-2	CNU	12.09 m	PR	39' 8.00"

Discus

1	Brendon Burrows	JR-3	CNU	49.25 m	PR/SR	161' 7.00"
3	Legend Boyesen	JR-3	CNU	45.53 m		149' 4.00"
9	Carlos Bazan Alfaro	JR-2	CNU	39.30 m	PR	128' 11.00"

Hammer

1	John Lowery		FSU	53.20 m		174' 6.00"
2	Legend Boyesen	JR-3	CNU	46.87 m		153' 9.00"
9	Swaiman Singh Dhanoo	5th-4	CNU	38.39 m		125' 11.00"
	Shaun Copening	5th-2	CNU	f		

Javelin

1	Joseph Rebarchak		PSU-H	52.34 m		171' 8.00"
15	Dwayne Leonard	SO-2	CNU	28.88 m		94' 9.00"
	Hunter Sutliff	JR-3	CNU	f		