

# CAC XC CHAMPIONSHIPS

## NOVEMBER 2, 2013

CR=Course Record MR=Meet Record  
AT=CNU All-Time Performance

### Women's Results

#### Team Results

1 Christopher Newport University	31
2 York Coll.	41
3 Univ. of Mary Washington	74
4 Marymount Univ.	131
5 St. Mary's Coll.	146
6 Salisbury Univ.	154
7 Wesley Coll.	211
8 Frostburg State Univ.	212
9 Penn State-Harrisburg	274
Southern Virginia Univ.	NTS

#### Individual Results

#### 6k Short

1 Caraline Delaney	YC		22:27.3	
2 Jessica Miller	YC		22:30.9	
3 <i>Lydia Cromwell</i>	<i>SO-2</i>	<i>CNU</i>	<i>22:35.0</i>	<i>AT</i>
4 <i>Briana Stewart</i>	<i>FR-1</i>	<i>CNU</i>	<i>22:39.7</i>	<i>AT</i>
6 <i>Emmie Schmitt</i>	<i>FR-1</i>	<i>CNU</i>	<i>22:48.5</i>	<i>AT</i>
7 <i>Jessica McClelland</i>	<i>SR-4</i>	<i>CNU</i>	<i>22:52.3</i>	<i>AT</i>
11 <i>Alexa Tabackman</i>	<i>SO-2</i>	<i>CNU</i>	<i>23:15.9</i>	<i>AT</i>
17 Allison McNulla	FR-1	CNU	23:34.7	
18 Deanna Corts	SO-2	CNU	23:41.0	
20 Logan Harrington	FR-1	CNU	23:46.1	
26 Graciela Slyer	SO-2	CNU	24:02.3	
30 Julie Machamer	SR-3	CNU	24:17.9	
41 Gaylin Glueck	FR-1	CNU	24:52.4	

*All-Conference Team*

### Men's Results

#### Team Results

1 York Coll.	33
2 Christopher Newport University	50
3 Salisbury Univ.	85
3 Univ. of Mary Washington	85
5 Frostburg State Univ.	153
6 St. Mary's Coll.	170
7 Marymount Univ.	216
8 Penn State-Harrisburg	236
9 Wesley Coll.	246
Southern Virginia Univ.	NTS

#### Individual Results

#### 8k

1 Tim Hartung		YC	25:33.1	
2 <i>Samuel Martin</i>	<i>JR-3</i>	<i>CNU</i>	<i>25:52.8</i>	<i>AT</i>
3 Julian Menk		UMW	26:12.1	
9 <i>Aaron Zook</i>	<i>SR-4</i>	<i>CNU</i>	<i>26:22.4</i>	
10 <i>JJ LaPointe</i>	<i>FR-1</i>	<i>CNU</i>	<i>26:24.9</i>	
12 <i>Billy Rabil</i>	<i>FR-1</i>	<i>CNU</i>	<i>26:26.9</i>	
17 Andrew Benfer	SO-1	CNU	26:33.6	
24 Bradley Turner	JR-3	CNU	26:59.3	
35 Andrew Richardson	SO-2	CNU	27:23.4	
40 Dylan Freeman	FR-1	CNU	27:29.6	
41 Jim Thomson	FR-1	CNU	27:39.8	
43 Daniel Richard	JR-3	CNU	27:44.5	
46 Charlie Pruitt	FR-1	CNU	27:53.0	
63 Zach Campbell	FR-1	CNU	28:27.6	
79 Corey Rosenberg	FR-1	CNU	29:28.7	

*All-Conference Team*