



2017 INDOOR TRACK & FIELD CHAMPIONSHIPS

Hosted By
CHRISTOPHER NEWPORT UNIVERSITY
Newport News, VA

Saturday, February 18, 2017

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<http://bit.ly/1TGtcJL>



LIVE RESULTS

<http://CNUsports.com/LIVE>



LIVE WEBCAST

Meet Schedule

Implement Weigh-In: 9:00-10:00am
Coaches' Meeting at 9:15am

Field Events

10:30am W High Jump
M Long Jump (south pit)
M Weight Throw

11:00am W Pole Vault
Noon W Long Jump (north pit)

12:15pm M High Jump
W Weight Throw

1:00pm M Pole Vault
1:30pm M Triple Jump (south pit)
2:00pm M Shot Put
3:00pm W Triple Jump (north pit)
3:45pm W Shot Put

Track Events

Timed finals (slow to fast) unless otherwise indicated
Men/Women

10:30am/11:00am 5,000m

11:30pm/11:45am 60m Hurdles *Prelims*
Noon/12:15pm 60m *Prelims*
12:45pm/12:55pm 60m Hurdles/60m Run-Off (if needed)
1:00pm/1:20pm Mile
1:40pm/1:45pm 60m Hurdles *Finals*
1:50pm/2:05pm 400m
2:20pm/2:25pm 60m *Finals*
2:30pm/2:50pm 800m
3:05pm/3:25pm 200m
3:45pm/4:10pm 3,000m
4:35pm/4:55pm Distance Medley Relay
5:15pm/5:30pm 4x400m Relay

Awards Ceremony

Current Top-25 National Rankings

Men						Women					
60m	Greg Taylor	SR	WC	6.93	#14	60m	Kayla Truesdel	JR	FSU	7.85	#14
Mile	Jeffrey Dover	JR	CNU	4:10.85b	#11	200m	Kayla Truesdel	JR	FSU	25.87	#22
5k	Grayson Reid	JR	CNU	14:39.21	#10	800m	Logan Harrington	JR	CNU	2:16.98	#19
60h	Roland Attoh-Okine	JR	WC	8.19	#8	60h	Ashley Williams	SO	PSU-H	9.06	#17
	Jordan Roach	FR	CNU	8.20	#9						
	Ryan Scott	JR	CNU	8.22	#12						
4x4	Salisbury Univ.			3:23.41	#14						
DMR	Christopher Newport Univ.			10:02.83	#4						
LJ	Wesley Shrieves	JR	CNU	7.25m 23-9.5	#5	HJ	Meghan McGowan	SR	SU	1.72m 5-7.75	#3
TJ	Dominique Torres	SR	CNU	14.26m 46-9.5	#12		Jasmine Brown	FR	WC	1.70m 5-7	#6
	Matthew Adedeji	JR	SU	14.20m 46-7.5	#15	Pent	Briana Sutton	JR	CNU	3301	#3

MEN'S INDOOR TRACK & FIELD PREVIEW

Christopher Newport Seeks Repeat Title



Feb 15, 2017

VIDEO: CAC Men's Indoor Track & Field Pre-Championship Webcast

At the 2016 CAC men's indoor track & field championship, Christopher Newport totaled 166 points to earn its first indoor title at the Freeman Center, snapping Salisbury's four-year reign atop the indoor meet.

The Captains will once again serve as the host of the championship meet, beginning Saturday morning at the Freeman Center on the CNU campus.

Salisbury, which finished in second place last year, had previously won each indoor title since the meet was added to the CAC championship lineup in 2012.

This year's meet will feature some of the most talented athletes in the history of the championship, as numerous CAC standouts have broken conference and school records this indoor season, and rank at or near the top of Division III in their respective events entering the weekend.

This year's meet will feature eight teams for the first time, as Southern Virginia joins the conference fray after adding track & field as a varsity sport this year.

Below is a brief preview of each team entering the 2017 championship meet:

CHRISTOPHER NEWPORT is looking to repeat as CAC Indoor Champions after the program won its first league title last year. Guided by head coach **Tyler Wingard**, the Captains have pieced together a solid indoor season so far this year, highlighted by several school and conference records. Earlier this year, **Jeff Dover** broke

the league's mile record, and **Wesley Shrieves** set a new CAC long jump mark. CNU also welcomes back nine other All-League performers from 2016 and returns senior **Dominique Torres**, who was sidelined last year with an injury but holds the CAC's indoor long jump record.

Tenth-year head coach **Dale Luy** guides **FROSTBURG STATE** into the CAC Championships this Saturday with five of the league's top-five performances. Junior **Collin Schultz** leads the way as he ranks first in the high jump with an ECAC height of 1.97 meters. The Bobcats also rank fourth in the distance medley relay (11:32.73), while senior **Patrick Broussoul** is fourth in the weight throw (14.71 meters) and sophomore **Christian Healey** ranks fourth in the triple jump with an ECAC distance of 13.64 meters. Freshman **Kevon Adams** sits in fifth in the long jump at 6.73 meters (ECAC).

MARY WASHINGTON will rely on a large talented freshman group in this year's CAC Championship. High jumper **David Danek** has produced consistent top results through the season, as has sprinter **Camron Rauch**, and runners **Luke Robertson** and **Jeff Gibson**. All-CAC returnees **Zach Kerns**, **Kevin McCarthy**, **Daniel Forjan**, and **Ben Sorensen** will also look to score big points for the Eagles.

PENN STATE HARRISBURG will be competing in its third CAC Championship this weekend. The Lions return a number of key performers from last year's squad that took sixth place at the indoor meet. Sophomore **Jalil Clayton** is back, who won the high jump at last year's championship to become the first athlete to win a CAC individual title for Penn State Harrisburg. Other key performers for the Lions include **Josiah Owhe**, **Vladimir Theophile**, **Cameron Yon**, **Derrick Young**, and **Alex White**.

SALISBURY will look to make big strides at the 2017 CAC Indoor Track & Field Championships. The team will be led in the field events by junior **Matthew Adedeji**. Adedeji has turned in a solid indoor season earning CAC Athlete of the Week recognition and breaking the Salisbury record in the triple jump at the Vince Brown Invitational on Feb. 4. His jump of 46' 7.25" not only broke the school record but also ranks him second overall in the CAC and 13th overall in NCAA Division III. **Andrew Volz** will also look to make an impact in the field events as he will compete in the shot put. Volz earned a top-five finish at the Patriot Games placing third after recording a throw of 46' 8.75". In the track events the Sea Gulls will be anchored by **Zach Schmelz** who has been impressive thus far. Schmelz captured CAC weekly honors and is one of the top CAC athletes in the 200-meter and 400-meter. Junior **Eric Halton** has also made an impact in the track events. He has earned top finishes in 400-meter this year and is currently ranked first in the 400-meters in the conference with a time of 49.92 seconds.

SOUTHERN VIRGINIA is looking forward to competing in its first-ever CAC Championship event in indoor track & field. The Knights will see if shot-putter **Derek Blasko** can continue to improve his throw and place in the top five. Also to keep an eye on is **Colter May** in the mid-distance events.

WESLEY will look to capture its first CAC Indoor Track & Field Championship. The Wolverines cracked the top-five in the USTFCCA Computer Rankings last week for the first time in school history and will hope the praises translate to the conference meet. **Greg Taylor** and **Roland Attoh-Okine** will spearhead the Wolverines on the track. Taylor was named CAC Track Athlete of the Week for Jan. 24 and ranks 14th in Division III in the 60-meter dash (6.93). Attoh-Okine has put together great times in the 60-meter hurdles, registering the eighth-best time in the event clocking in at 8.19 seconds.

YORK enters the championships coming off a solid regular season in which times and performances have continued to improve heading into championship Saturday. The Spartans have been led during the year by their pole vault crew headlined by **Darris Rodrigues** and **Kevin Landis**. The Spartans' distance group will be expected to score points for the Green and White led by **Grant Dell**. Seniors **Darien Gray** and **Rick Jones** will be expected to be the big scorers for York in the sprint and jump events.

WOMEN'S INDOOR TRACK & FIELD PREVIEW: Christopher Newport Aims to Continue Winning Streak



Feb 15, 2017

VIDEO: CAC Women's Indoor Track & Field Pre-Championship Webcast

Christopher Newport claimed its third straight indoor title at the 2016 CAC Women's Indoor Track & Field Championship, making the Captains a perfect three-for-three at the indoor meet since joining the CAC in the 2013-14 school year.

The Captains will once again serve as the host of the championship meet, beginning Saturday morning at the Freeman Center on the CNU campus.

A number of CAC athletes have put together stellar performances this winter, with several records and NCAA top times being posted. The list of performers includes CNU's **Logan Harrington**, who captured indoor athlete of the year honors at last year's meet.

This year's meet will feature eight teams for the first time, as Southern Virginia added track & field as a varsity sport this season.

Below is a team-by-team preview entering the championship meet:

CHRISTOPHER NEWPORT is looking to claim its fourth straight CAC Indoor Championship after winning the first three league crowns since joining the conference in 2013-14. Led by head coach **Tyler Wingard**, the Captains welcome back four All-Conference performers from last year, including reigning CAC Indoor Track & Field Athlete of the Year **Logan Harrington**. So far this year, Harrington boasts the conference's top time in both the 800 and mile. Meanwhile, **Hannah Bowden** is ranked first in the conference in the long jump after winning the league title last year, while **Hannah Shoemaker** sits first in the shot put.

FROSTBURG STATE heads into the CAC Championships behind the strength of several of the league's top athletes. Junior **Kayla Truesdel**, a four-time All-CAC performer, boasts three of the CAC's top times in the 60 (7.85), 200 (25.87) and 400-meter dashes (1:00.08). She is currently 14th in the nation in the 60, 22nd in the 200 and she has easily qualified for the ECAC Championships in all three. Bobcat freshman **Eileen Estrada** enters her first league championship meet ranked second in the triple jump (10.29 meters), while Frostburg is also ranked third in the 4x400-meter relay (4:13.12) and fourth in the distance medley relay (14:16.59). Junior **Zoe Harris** leads the throwers at sixth in the shot put at 10.89 meters.

MARY WASHINGTON will look to All-CAC junior **Janel Moore**, as well as top freshman **Erin Andrewlevich** and senior **Sheree Turner**, to score top points this winter. Freshmen Quintasia Horsley and Kristy White have turned in top performances during the season, and veterans **Bailey Ratliff**, **Jillian Weisbeck**, and **Danielle Holzhauser** will also look to provide production for the Eagles, who bring a young, talented squad to this year's Championships.

PENN STATE HARRISBURG will be competing in its third CAC Championship this weekend. The Lions return a number of key performers from last year's squad that took sixth place at the indoor meet. Sophomore **Ashley Williams** is back, who won the 60 meter hurdles at last year's championship to become the first athlete to win a CAC individual title for Penn State Harrisburg. Other key performers for the Lions include **Logan Akers**, **Rachale Hair**, and **Veronica Repetz**.

SALISBURY will be led by senior **Meghan McGowan**. McGowan captured back-to-back wins at the Patriot Games and Vince Brown Invitational in the high jump. Her jump of 5' 7.75" at the Patriot Games broke the Salisbury record and ranks her third in NCAA Division III while also earning her CAC weekly honors as Athlete of the Week. Freshman **Kyleigh Dumas** will look make an impact in her first CAC Indoor Championship. Dumas turned in an impressive jump at the Vince Brown invitational where she captured a third-place finish after recording a height of 10' 10". In the track events **Alison Schwartz** will look to continue her success from the regular season. Schwartz earned a personal record in the 3000-meter run at George Mason coming in at a time of 11:04.94. **Jamie Farley** will also look to make an impact at the CAC's. Farley is one of the top CAC athletes in the 200-meter and 400-meter.

SOUTHERN VIRGINIA is excited to participate in its first-ever CAC Championship event. The top performer of the young team has been **Sydney Bigelow** in numerous mid-distance events. The team hopes to use the meet as a springboard for outdoor events and seasons to come.

After being ranked as high as 17th in the USTFCCCA rankings and finishing second in the 2016, **WESLEY** looks to impress in the indoor championships. The Wolverines are led on the track by All-American sprinters **Elizsha Streeter**, **Briana Artis**, **Quadira Minus** and **Angel Hall**. Freshman jumper **Jasmine Brown** was named an ECAC Rookie of the Week earlier in the season and holds the sixth-best mark in Division III in the high jump so far this indoor season with a jump of 1.70 meters. Sophomore **Jourdyn Beverly** will pace the throws for the Wolverines after recording the best mark in the CAC in the weight throw (15.64m) and the second-best heave in the shot put (12.07m).

YORK heads into the 2017 championships looking to make a jump in standings of the championship finishers. York is led by a strong distance group led by **Kathleen Cannon**, **Jess Delviscio**, **Alicia Dillman**, and **Alayna De Bruin**. Sprinter and hurdler Ericka Quenzer comes into the championships looking to build off a strong second half of the indoor season as she established a new school record in the 60 meter hurdles late in the regular season. Freshman **Georgia Gillerist** set a new school record in the 200 meter run as she should contend for points in the sprints for York.

**Capital Athletic Conference
Indoor Track & Field Championships - 2/18/2017
Vince Brown Track, Freeman Center
Meet Program**

Event 1 Women High Jump (14) Finals

Saturday 2/18/2017 - 10:30 AM

Height Prog: 1.34m/4-4.75, 1.39, 1.44, 1.49, 1.54, 1.57, 1.60
1.63, 1.66, 1.69, 1.72, ...

CAC Meet: 1.68m 2/22/2014 Jenna Elliott, Christopher
CAC Indoor: 1.72m 2017 Meghan McGowan, Salisbury Univ.
Freeman Ctr: 1.87m 12/5/2010 Tynita Butts, East Carolina Univ.

Name	Year School	Seed Mark
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Flight 1 Finals

1	Kadima, Onon	SO Christopher	NH
2	Amin, Asha	SO PSU-Harrisbu	NH
3	Simmons, Morgan	FR Christopher	1.35m
4	Wilson, Bethany	JR Mary Washing	1.40m
5	Tregoning, Delaney	SR Salisbury	1.45m
6	Franklin, Amber	JR York (Pa.)	1.48m
7	Ratliff, Bailey	SR Mary Washing	1.50m
8	Bowden, Hannah	SO Christopher	1.54m
9	Isabell, Kaitlin	JR Salisbury	1.55m
10	Purnell, Tyesha	SR Wesley	1.55m
11	Seymour, Jacqueline	JR Salisbury	1.55m
12	Sutton, Briana	JR Christopher	1.57m
13	Brown, Jasmine	FR Wesley	1.70m
14	McGowan, Meghan	SR Salisbury	1.72m

Event 2 Men High Jump (12) Finals

Saturday 2/18/2017 - 12:15 PM

Height Prog: 1.62m/5-3.75, 1.67, 1.72, 1.77, 1.82, 1.87, 1.90,
1.93, 1.96, 1.99, 2.02, 2.05, ...

CAC Meet: 2.07m 2/22/2014 Richard Roethel, Christopher
CAC Indoor: 2.11m 2014 Richard Roethel, Christopher Newport
Freeman Ctr: 2.23m 12/6/2014 Hoova Taylor, SJFS

Name	Year School	Seed Mark
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Flight 1 Finals

1	Weaver, Khiry	JR Christopher	1.75m
2	Cowgill, Justin	FR Wesley	1.79m
3	McRae, Rayshawn	FR Wesley	1.84m
4	Fenstermacher, Brett	FR Christopher	1.85m
5	Clayton, Jalil	SO PSU-Harrisbu	1.88m
6	Novak, James	JR York (Pa.)	1.88m
7	Roach, Jordan	FR Christopher	1.89m
8	Adedeji, Matthew	JR Salisbury	1.90m
9	White, Alex	FR PSU-Harrisbu	1.93m
10	Danek, David	FR Mary Washing	1.95m
11	Shrieves, Wesley	JR Christopher	1.95m
12	Schultz, Collin	JR Frostburg St	1.97m

Event 3 Women Pole Vault (15) Finals

Saturday 2/18/2017 - 11:00 AM

Height Prog: 2.25m/7-4.5, 2.40, 2.55, 2.70, 2.85, 3.00, 3.10,
3.20, 3.30, 3.40, 3.50,...

CAC Meet: 3.45m 2/21/2015 Claire Harrington, Mary Washing
CAC Indoor: 3.50m 2015 Claire Harrington, Mary Washington
Freeman Ctr: 4.27m 2/9/2002 Andrea Wildrick, Liberty University

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	Reeves, Brynne	FR Mary Washing		2.25m
2	James, Yamina	FR Mary Washing		2.46m
3	Deale, Caroline	SR Mary Washing		2.46m
4	Shawen, Britini	SO Wesley		2.76m
5	Peters, Jennifer	JR York (Pa.)		2.90m
6	Krutz, Katie	FR York (Pa.)		2.90m
7	Haislip, Avery	FR Mary Washing		2.95m
8	Bingaman, Summer	FR Salisbury		2.95m
9	Johnson, Tess	SR Salisbury		3.04m
10	Ellen, Amanda	JR Salisbury		3.04m
11	Kammerer, Kathleen	SR Salisbury		3.10m
12	Taylor, Sarah	SR Salisbury		3.10m
13	Danforth, Taylor Rae	SR Wesley		3.21m
14	Brownell, Jessica	SO Christopher		3.25m
15	Dumas, Kyleigh	FR Salisbury		3.30m

Event 4 Men Pole Vault (14) Finals

Saturday 2/18/2017 - 1:00 PM

Height Prog: 3.45m/11-3.75, 3.60, 3.75, 3.85, 3.95, 4.05, 4.15,
4.25, 4.35, 4.45, 4.55,...

CAC Meet: 4.43m 2/22/2014 Nicholas Judy, Mary Washing
CAC Indoor: 4.71m 2016 Johnathan Graham, Christopher Newport
Freeman Ctr: 5.21m 12/6/2014 Henry Johnson, East Carolina Univ.

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	Fountain, William	SR Salisbury		NH
2	Yi, Kyle	FR PSU-Harrisbu		NH
3	Hall, Alex	FR Salisbury		NH
4	Nguyen, Duy	FR Mary Washing		3.31m
5	Ibar, Eriq	FR Mary Washing		3.40m
6	Young, Derrick	SO PSU-Harrisbu		3.40m
7	Gibson, Adam	JR Wesley		3.45m
8	Tocket, Brandon	SO York (Pa.)		3.80m
9	Souder, River	JR Salisbury		3.80m
10	Landis, Kevin	JR York (Pa.)		3.85m
11	Rodrigues, Darris	JR York (Pa.)		4.25m
12	Koonce, Brian	SO York (Pa.)		4.25m
13	Alao, Babadamilola	SO Christopher		4.31m
14	Graham, Jonathan	SO Christopher		4.61m

Event 5 Women Long Jump (14) Finals

Saturday 2/18/2017 - 12:00 PM

Nine (9) Advance to Finals

CAC Meet: 5.40m 2/21/2015 Alexis Bush, Frostburg St
 CAC Indoor: 5.49m 2015 Alexis Bush, Frostburg State Univ.
 Freeman Ctr: 6.36m 12/1/2000 Ola Secay, Univ. of North Carolina

Name	Year	School	Seed	Mark
Flight 1 Finals				
1 Hankins, Jontae	SO	Wesley		4.59m
2 Esprit, Laurent	FR	Mary Washing		4.75m
3 Bowden, Hannah	SO	Christopher		5.32m
4 Smith, Shona	SR	Christopher		4.47m
5 Brown-Myrick, Lekeshia	FR	Wesley		5.15m
6 Amin, Asha	SO	PSU-Harrisbu		4.11m
7 Kadima, Onon	SO	Christopher		4.80m
8 Wahlgren, Emily	FR	Salisbury		5.06m
9 Krutz, Katie	FR	York (Pa.)		4.40m
10 Brown, Jasmine	FR	Wesley		5.17m
11 Horsley, Quintasia	FR	Mary Washing		4.65m
12 Knowlton, Hannah	FR	York (Pa.)		4.50m
13 Sutton, Briana	JR	Christopher		5.17m
14 Newsome-Murray, Monshea	FR	Wesley		ND

Event 6 Men Long Jump (19) Finals

Saturday 2/18/2017 - 10:30 AM

Nine (9) Advance to Finals

CAC Meet: 7.03m 2/22/2014 Zachary White, Salisbury
 CAC Indoor: 7.25m 2017 Wesley Shrieves, Christopher Newport
 Freeman Ctr: 7.90m 2/9/2002 Marcus O'Neal, Unattached

Name	Year	School	Seed	Mark
Flight 1 Finals				
1 McRae, Rayshawn	FR	Wesley		6.29m
2 Parker, Daniel	FR	PSU-Harrisbu		5.09m
3 McCloskey, Jack	JR	Salisbury		6.24m
4 Leby, Chis	FR	Salisbury		6.20m
5 Healey, Christian	SO	Frostburg St		6.14m
6 Trimble, Xavier	FR	Frostburg St		5.99m
7 Owhe, Josiah	JR	PSU-Harrisbu		6.30m
8 Thrower, Dylan	FR	Christopher		6.06m
9 Harris-Winbush, Daquay	FR	Wesley		6.17m
Flight 2 Finals				
1 Moses, Kendall	FR	Mary Washing		6.43m
2 Nelson, Shamar	SO	Frostburg St		6.66m
3 Roach, Jordan	FR	Christopher		6.88m
4 McInnis, Jeffrey	FR	Salisbury		6.81m
5 Adams, Kevon	FR	Frostburg St		6.73m
6 Torres, Dominique	SR	Christopher		6.85m
7 Shrieves, Wesley	JR	Christopher		7.25m
8 Ibar, Eriq	FR	Mary Washing		6.37m
9 Young, Derrick	SO	PSU-Harrisbu		6.47m
10 Adedeji, Matthew	JR	Salisbury		6.44m

Event 7 Women Triple Jump (14) Finals

Saturday 2/18/2017 - 3:00 PM

Nine (9) Advance to Finals

Board A = 32'; Board B = 28' (tape)

CAC Meet: 11.07m 2012 Laura Rowlands, York Coll.
 CAC Meet: 11.07m 2/21/2015 Christine Randall, Salisbury
 CAC Indoor: 11.31m 2015 Ashley Jackson, Salisbury Univ.
 Freeman Ctr: 13.39m 12/5/2009 Ayanna Alexander, SJ Flight School

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	Smith, Shona	SR Christopher		10.06m
2	Brown, Jasmine	FR Wesley		10.46m
3	Knowlton, Hannah	FR York (Pa.)		10.25m
4	Herbert, Kala	SO Frostburg St		ND
5	Mulhere, Lindsay	SO Christopher		9.43m
6	Beard, Danielle	FR Mary Washing		9.08m
7	James, Yamina	FR Mary Washing		8.85m
8	Krutz, Katie	FR York (Pa.)		9.50m
9	Neston, Victoria	FR Christopher		8.80m
10	Williams, Courtney	FR Wesley		9.48m
11	Estrada, Keileen	FR Frostburg St		10.29m
12	Morris, Ashley	JR Wesley		9.91m
13	Brown-Myrick, Lekeshia	FR Wesley		10.08m
14	Horsley, Quintasia	FR Mary Washing		9.96m

Event 8 Men Triple Jump (16) Finals

Saturday 2/18/2017 - 1:30 PM

Nine (9) Advance to Finals

Board A = 40'; Board B = 36'

CAC Meet: 14.60m 2/22/2014 Dominique Torres, Christopher
 CAC Indoor: 14.60m 2/22/2014 Dominique Torres, Christopher Newport
 Freeman Ctr: 16.20m 2/8/2014 Samyr Lane, Mizuno Track

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	Shrieves, Wesley	JR Christopher		13.15m
2	Mundo, Jose	SO Mary Washing		13.04m
3	Agyeman, Michael	SO Christopher		13.75m
4	Leby, Chis	FR Salisbury		12.84m
5	McInnis, Jeffrey	FR Salisbury		13.13m
6	McRae, Rayshawn	FR Wesley		13.42m
7	Healey, Christian	SO Frostburg St		13.64m
8	White, Alex	FR PSU-Harrisbu		12.75m
9	Jones, Rick	SO York (Pa.)		12.18m
10	Weaver, Khiry	JR Christopher		12.94m
11	Adedeji, Matthew	JR Salisbury		14.20m
12	Trimble, Xavier	FR Frostburg St		12.57m
13	Hunter, Brandon	JR Wesley		12.39m
14	Moses, Kendall	FR Mary Washing		11.76m
15	Gray, Darien	SR York (Pa.)		12.79m
16	Torres, Dominique	SR Christopher		14.26m

Event 9 Women Shot Put (16) Finals

Saturday 2/18/2017 - 3:45 PM

Nine (9) Advance to Finals

CAC Meet: 13.94m 2013 Chelsea Tavik, Salisbury Univ.
 CAC Indoor: 15.10m 2012 Chelsea Tavik, Salisbury Univ.
 Freeman Ctr: 15.53m 12/6/2008 Lawanda Henry, North Carolina State

Name	Year	School	Seed	Mark
Flight 1 Finals				
1 Emeigh, Gabby	FR	York (Pa.)		10.11m
2 Miles, Donyae	FR	Salisbury		ND
3 Hair, Rachale	SO	PSU-Harrisbu		9.78m
4 Johnson, Sarah	SO	Christopher		10.93m
5 Beverly, Jourdyn	SO	Wesley		12.07m
6 Harris, Zoe	JR	Frostburg St		10.89m
7 Van Wie, Holly	SO	Frostburg St		10.19m
8 Tawney, Keirstin	FR	Frostburg St		8.38m
9 Fountain, Zekiah	FR	Wesley		10.57m
10 Saxton, Elaine	JR	Frostburg St		9.07m
11 Sutton, Briana	JR	Christopher		11.32m
12 Wilson, Bethany	JR	Mary Washing		10.22m
13 Isidron, Victoria	FR	Salisbury		10.52m
14 Robin, Tyler	SO	Christopher		11.71m
15 Shoemaker, Hannah	JR	Christopher		12.53m
16 Kendrick, Aerial	SO	York (Pa.)		10.08m

Event 10 Men Shot Put (18) Finals

Saturday 2/18/2017 - 2:00 PM

Nine (9) Advance to Finals

CAC Meet: 17.00m 2/21/2016 John Lowery, Frostburg St
 CAC Indoor: 17.00m 2/21/2016 John Lowery, Frostburg St
 Freeman Ctr: 19.01m 1/26/2008 Mitchell Pope, adidas

Name	Year	School	Seed	Mark
Flight 1 Finals				
1 Robertson, Robert	FR	Mary Washing		10.82m
2 Smith, Ripken	SO	Mary Washing		12.84m
3 Hensley, Graham	SR	Salisbury		12.44m
4 Bowman, Kashaud	SR	Frostburg St		12.65m
5 Bazan Alfaro, Carlos	JR	Christopher		12.71m
6 Whetstone, Gregory	FR	Frostburg St		11.75m
7 Kerns, John	FR	Frostburg St		12.68m
8 Craig, John	SR	Mary Washing		9.76m
Flight 2 Finals				
1 Ellerbe, Antwan	JR	Wesley		12.87m
2 Forjan, Daniel	JR	Mary Washing		13.95m
3 Volz, Andrew	SR	Salisbury		14.24m
4 Burrows, Brendon	FR	Christopher		14.24m
5 Kinguelewa, Abe	SO	Wesley		13.56m
6 Yon, Cameron	SO	PSU-Harrisbu		13.07m
7 Ferrin, Duncan	JR	Salisbury		13.30m
8 Blasko, Derek	FR	Southern Vir		12.87m
9 Burriss, Donovan	JR	Frostburg St		13.48m
10 Joyner, Jaehlan	FR	Wesley		13.76m

Event 11 Women Weight Throw (13) Finals

Saturday 2/18/2017 - 12:15 PM

Nine (9) Advance to Finals

CAC Meet: 16.47m 2/21/2016 Elysa Baker, Mary Washing
CAC Indoor: 16.47m 2/21/2016 Elysa Baker, Mary Washing
Freeman Ctr: 20.75m 12/7/2013 Kayla Padgett, East Carolina Univ.

Name	Year	School	Seed	Mark
Flight 1 Finals				
1 Mead, Emily	FR	Christopher		9.43m
2 Brecht, Emily	FR	Frostburg St		9.88m
3 Beverly, Jourdyn	SO	Wesley		15.64m
4 Saxton, Elaine	JR	Frostburg St		10.91m
5 Evanko, Nicole	SR	Wesley		10.76m
6 Tawney, Keirstin	FR	Frostburg St		10.33m
7 Van Wie, Holly	SO	Frostburg St		10.62m
8 Emeigh, Gabby	FR	York (Pa.)		12.74m
9 Brown, Kayla	FR	Christopher		13.47m
10 Johnson, Sarah	SO	Christopher		12.75m
11 Wilson, Bethany	JR	Mary Washing		11.51m
12 Shoemaker, Hannah	JR	Christopher		13.84m
13 Isidron, Victoria	FR	Salisbury		10.59m

Event 12 Men Weight Throw (14) Finals

Saturday 2/18/2017 - 10:30 AM

Nine (9) Advance to Finals

CAC Meet: 17.19m 2012 Jay Drenner, Salisbury Univ.
CAC Indoor: 17.19m 2012 Jay Drenner, Salisbury Univ.
Freeman Ctr: 21.43m 12/5/2015 Brian Waterfield, William & Mary

Name	Year	School	Seed	Mark
Flight 1 Finals				
1 Boysen, Legend	JR	Christopher		15.21m
2 Volz, Andrew	SR	Salisbury		13.88m
3 Smith, Ripken	SO	Mary Washing		14.32m
4 Harley, Michael	SO	Frostburg St		11.89m
5 Ferrin, Duncan	JR	Salisbury		15.56m
6 Forjan, Daniel	JR	Mary Washing		14.67m
7 Burrows, Brendon	FR	Christopher		12.33m
8 Robertson, Robert	FR	Mary Washing		12.44m
9 Kerns, John	FR	Frostburg St		13.34m
10 Yon, Cameron	SO	PSU-Harrisbu		14.42m
11 Broussoul, Yves Patrick	SR	Frostburg St		14.71m
12 Bowman, Kashaud	SR	Frostburg St		12.31m
13 Copening, Shaun	JR	Christopher		14.79m
14 Craig, John	SR	Mary Washing		10.56m

Event 15 Men 5000 Meter Run (24) Finals

Saturday 2/18/2017 - 10:30 AM

CAC Meet: 15:10.76 2/21/2015 Michael Stetson, York (Pa.)
 CAC Indoor: 14:22.15 2014 Tim Hartung, York Coll.
 Freeman Ctr: 13:50.97 12/3/2006 Ed Moran, Unattached

Name	Year	School	Seed
Section 1 Finals			
1 Masteran, Conner	SO	Salisbury	15:40.53
2 Tivenan, Stephen	FR	Mary Washing	16:12.78
3 Cretney, Daniel	FR	Christopher	15:43.60
4 Wolodkin, Timothy	FR	Frostburg St	17:42.22
5 Murch, Samuel	JR	Christopher	15:21.80
6 Lightbody, Joseph	SO	Christopher	15:54.24
7 Boegner, Dane	JR	Christopher	15:53.12
8 Chisholm, Travis	FR	Southern Vir	20:17.51
9 MacGibbon, Andy	JR	York (Pa.)	15:35.70
10 Burke, Matthew	SO	Christopher	15:24.31
11 Gibson, Jeff	FR	Mary Washing	15:21.07
12 LaPointe, John	SR	Christopher	15:16.38
13 Pfohl, Kyle	FR	Mary Washing	16:11.92
14 Hesselbirg, Connor	SR	Salisbury	16:23.34
15 Benfer, Andrew	SR	Christopher	15:30.13
16 Bruner, Will	SR	Christopher	15:28.33
17 Burklow, John	SO	Mary Washing	16:11.34
18 Erickson, Andrew	JR	York (Pa.)	16:07.79
19 Kirk, William	SO	Salisbury	16:03.09
20 Alvarez, Xavier	SR	Frostburg St	17:39.61
21 Reid, Grayson	JR	Christopher	14:39.21
22 Wood, Charles	FR	York (Pa.)	16:06.05
23 Dell, Grant	JR	York (Pa.)	15:25.48
24 Edmonds, Trejon	FR	Christopher	15:51.14

Event 16 Women 5000 Meter Run (11) Finals

Saturday 2/18/2017 - 11:00 AM

CAC Meet: 18:04.65 2/21/2015 Natalie Young, Mary Washing
 CAC Indoor: 17:48.99 2015 Natalie Teagan Young, Mary Washington
 Freeman Ctr: 16:58.72 12/4/2004 Jackie Kosakowski, William & Mary

Name	Year	School	Seed
Section 1 Finals			
1 Dillman, Alicia	SR	York (Pa.)	18:38.80
2 Cannon, Kathleen	SR	York (Pa.)	18:29.45
3 Lee, Jessica	FR	Christopher	18:45.40
4 Wandzilak, Kristi	SO	York (Pa.)	19:21.97
5 Weisbeck, Jillian	SO	Mary Washing	19:38.67
6 Schwartz, Alison	JR	Salisbury	20:01.75
7 Schmitt, Emmie	SR	Christopher	18:43.84
8 Banchiere, Rachel	FR	York (Pa.)	20:31.20
9 Wilson, Kathryn	SO	Christopher	19:50.28
10 Mansini, Taylor	JR	Christopher	19:38.60
11 Gotte, Carol	SO	Frostburg St	20:56.34

Event 17 Men 60 Meter Hurdles (13) Prelims

Top 8 Advance by Time

Saturday 2/18/2017 - 11:30 AM

CAC Meet:	7.93	2/21/2015	Luke Campbell, Salisbury
CAC Indoor:	7.75	2014	Luke Campbell, Salisbury Univ.
Freeman Ctr:	7.62	12/8/2001	Gabrielle Bennett, Unattached
Name		Year School	Seed

Heat 1 Preliminaries

2	Ramirez, Marco	FR Salisbury	9.07
3	Roach, Jordan	FR Christopher	8.20
4	Young, Derrick	SO PSU-Harrisbu	8.81
5	Rogers, Bodie	FR Southern Vir	9.31

Heat 2 Preliminaries

2	Gray, Darien	SR York (Pa.)	9.08
3	Scott, Ryan	JR Christopher	8.22
4	Folli, Lewis	JR Christopher	8.51
5	Sutliff, Hunter	JR Christopher	9.26

Heat 3 Preliminaries

1	Forster, Bradley	SO Frostburg St	9.67
2	Howell, Bryan	SO Salisbury	8.88
3	Attoh-Okine, Roland	JR Wesley	8.19
4	Jones, Rick	SO York (Pa.)	8.86
5	Robinson, Matthew	SO Frostburg St	9.34

Event 18 Women 60 Meter Hurdles (16) Prelims

Top 8 Advance by Time

Saturday 2/18/2017 - 11:45 AM

CAC Meet:	9.03	2/21/2016	Ashley Williams, PSU-Harrisbu
CAC Indoor:	8.90	2014	Enuma Ezenwa, Christopher Newport
Freeman Ctr:	8.23	1/24/2001	Kia Davis, Elite Athletes Int'l
Name		Year School	Seed

Heat 1 Preliminaries

1	Holzhauser, Danielle	SR Mary Washing	10.33
2	Esprit, Lauren	FR Mary Washing	9.58
3	McCabe, Molly	SO Christopher	9.14
4	Morris, Ashley	JR Wesley	9.31
5	Wahlgren, Emily	FR Salisbury	9.96

Heat 2 Preliminaries

1	Gittere, Samantha	SO Frostburg St	10.22
2	Quenzer, Ericka	SO York (Pa.)	9.42
3	Williams, Ashley	SO PSU-Harrisbu	9.06
4	Kadima, Onon	SO Christopher	9.41
5	Early, Erin	SO Frostburg St	10.02

Heat 3 Preliminaries

1	Langsdorf, Emily	SO Salisbury	10.53
2	Sutton, Briana	JR Christopher	9.65
3	Bowden, Hannah	SO Christopher	9.16
4	Brown, Jasmine	FR Wesley	9.27
5	Richards, Abigail	SR Salisbury	9.86
6	Virostek, Amy	SR Frostburg St	10.87

Event 19 Men 60 Meter Dash (27) Prelims

Top 8 Advance by Time

Saturday 2/18/2017 - 12:00 PM

CAC Meet: 6.82 2/21/2016 Anthony Simpson, Wesley
 CAC Indoor: 6.77 2016 Anthony Simpson, Wesley Coll.
 Freeman Ctr: 6.55 2/11/2004 Jason Smoots, North Carolina Central

Name	Year	School	Seed
Heat 1 Preliminaries			
1 Rice, Christain	FR	Southern Vir	7.43
2 Clayton, Jalil	SO	PSU-Harrisbu	7.20
3 Taylor, Greg	SR	Wesley	6.93
4 Barresi, Carmelo	SR	Salisbury	7.19
5 Mundo, Jose	SO	Mary Washing	7.42
Heat 2 Preliminaries			
1 Harris, Malik	JR	Frostburg St	7.44
2 Nelson, Shamar	SO	Frostburg St	7.20
3 Lowery, DaJahn	SR	Wesley	7.03
4 McCloskey, Jack	JR	Salisbury	7.19
5 Thrower, Dylan	FR	Christopher	7.41
Heat 3 Preliminaries			
1 Moses, Kendall	FR	Mary Washing	7.55
2 Rauch, Camron	FR	Mary Washing	7.26
3 Owhe, Josiah	JR	PSU-Harrisbu	7.05
4 Mack, Terrance	SO	Wesley	7.15
5 Della Donna, Chris	FR	Salisbury	7.32
6 Arrington, Scott	FR	Christopher	7.86
Heat 4 Preliminaries			
1 Harris, John	FR	Southern Vir	7.49
2 Young, Derrick	SO	PSU-Harrisbu	7.24
3 Scott, Ryan	JR	Christopher	7.05
4 Adams, Kevon	FR	Frostburg St	7.16
5 Caldwell, Stephen	FR	York (Pa.)	7.41
Heat 5 Preliminaries			
1 Shanghie, Moses	SO	PSU-Harrisbu	7.76
2 Lucas, Dylan	SR	Salisbury	7.27
3 Shrieves, Wesley	JR	Christopher	7.05
4 Schlosser, Patrick	SR	Wesley	7.10
5 McCarthy, Kevin	FR	Frostburg St	7.27
6 Rogers, Bodie	FR	Southern Vir	7.81

Event 20 Women 60 Meter Dash (17) Prelims

Top 8 Advance by Time

Saturday 2/18/2017 - 12:15 PM

CAC Meet: 7.73 2/21/2016 Evelina Sloboh, Wesley
 CAC Indoor: 7.61 2016 Evelina Sloboh, Wesley Coll.
 Freeman Ctr: 7.36 1/20/2013 Cleo VanBuren, S.P.A.C.E.

Name	Year	School	Seed
Heat 1 Preliminaries			
1 Johnson, Raynisha	SO	Frostburg St	8.89
2 Artis, Briana	SO	Wesley	8.20
3 Truesdel, Kayla	JR	Frostburg St	7.85
4 Morris, Ashley	JR	Wesley	8.16
5 Luton, Ashley	SO	Salisbury	8.50
Heat 2 Preliminaries			
1 Winterton, Elyssa	FR	Southern Vir	9.86
2 Conway, Hannah	JR	York (Pa.)	8.34
3 Andrewlevich, Erin	FR	Mary Washing	8.04
4 Hall, Angel	JR	Wesley	8.04
5 Horsley, Quintasia	FR	Mary Washing	8.45
6 Esprit, Lauren	FR	Mary Washing	NT

Heat 3 Preliminaries

1	Martin, Taylor	FR Southern Vir	9.05
2	Lucas, Nina	SO Christopher	8.23
3	Streeter, Elizsha	SR Wesley	8.02
4	Moore, Janel	JR Mary Washing	8.06
5	Williams, Ashley	SO PSU-Harrisbu	8.45
6	Kadima, Onon	SO Christopher	NT

Event 21 Men 1 Mile Run (20) Finals

Saturday 2/18/2017 - 1:00 PM

Timed Finals

CAC Meet:	4:17.54	2/21/2015	Thomas Burke, Salisbury
CAC Indoor:	4:10.85	2017	Jeffrey Dover, Christopher Newport
Freeman Ctr:	4:06.91	2/4/2012	Jon Rankin, Marathon Guide

Name	Year	School	Seed
Section 1 Finals			
1	Arteaga, Luis	JR Wesley	5:16.46
2	Eshetu, Yonathan	FR Mary Washing	4:41.55
3	Sorensen, Ben	SR Mary Washing	NT
4	Markham, Chris	SR Mary Washing	4:48.36
5	Saveleski, Richard	FR Frostburg St	5:13.42
6	Shelley, Kevin	FR Southern Vir	4:53.44
7	Chisholm, Travis	FR Southern Vir	5:31.34
8	Dumonchelle, Brady	FR Frostburg St	5:03.64
9	Taylor, Lee	FR Southern Vir	6:03.43
10	Stirling, Calhoun	SO Mary Washing	4:40.18
Section 2 Finals			
1	Putnam, Jason	FR Christopher	4:26.20
2	Bisant, Greg	FR Salisbury	4:34.56
3	Dover, Jeffrey	JR Christopher	4:14.06
4	Morgan, Matthew	JR York (Pa.)	4:35.79
5	Porquin, Emmanuel	SO Salisbury	4:29.50
6	Read, Daniel	JR Christopher	4:19.18
7	Witt, Zachary	FR Christopher	4:26.45
8	Blankenship, Jordan	SO York (Pa.)	4:36.72
9	Campbell, Zachary	SR Christopher	4:17.88
10	Romano, Robert	SO Frostburg St	4:27.50

Event 22 Women 1 Mile Run (17) Finals

Saturday 2/18/2017 - 1:20 PM

Timed Finals

CAC Meet:	5:11.49	2/22/2014	Jessica McClelland, Christopher
CAC Indoor:	5:05.67	2016	Logan Harrington, Christopher Newport
Freeman Ctr:	4:53.57	12/8/2007	Kathy Newberry, Unattached

Name	Year	School	Seed
Section 1 Finals			
1	Petty, Gabrielle	SO Frostburg St	6:37.85
2	Repetz, Veronica	FR PSU-Harrisbu	5:55.23
3	Sniffen, Carly	SO Salisbury	5:45.06
4	Halvorson, Lauren	FR Frostburg St	6:40.99
5	McCurry, Sarah	FR Frostburg St	6:22.45
6	Jones, Jayla	SO Frostburg St	6:34.71
7	Garcia, Kaitlyn	FR Southern Vir	5:48.47
Section 2 Finals			
1	DelViscio, Jessica	SO York (Pa.)	5:18.61
2	DeBruin, Alayna	SO York (Pa.)	5:23.37
3	Knerr, Emily	SO Mary Washing	5:36.06
4	Lannen, Monica	FR Christopher	5:28.27
5	Harrington, Logan	JR Christopher	5:10.17

6	Sturm, Christine	FR Salisbury	5:32.73
7	May, Abigail	SO Christopher	5:29.14
8	Kostka, Rosie	FR Mary Washing	5:42.45
9	Stewart, Briana	SR Christopher	5:20.66
10	Lewis, Gena	FR Christopher	5:27.81

Event 23 Men 400 Meter Dash (22) Finals

Saturday 2/18/2017 - 1:50 PM

Timed Finals

CAC Meet:	49.26	2/21/2015	Luke Campbell, Salisbury
CAC Indoor:	48.71	2016	Dominic McAnulty, Wesley Coll.
Freeman Ctr:	47.83	2/14/2009	Josh Scott, Saint Augustine's
Name		Year School	Seed

Section 1 Finals

4	Forster, Bradley	SO Frostburg St	55.90
5	Kaminski-Mainardi, Jacob	FR PSU-Harrisbu	54.26
6	Shelley, Brandon	FR Southern Vir	55.12

Section 2 Finals

3	Roeschley, Addison	FR Christopher	54.22
4	Kerns, Zach	SR Mary Washing	54.07
5	Brass, Dainen	FR Christopher	53.93
6	Attoh-Okine, Roland	JR Wesley	53.98

Section 3 Finals

2	Mills, Devante	FR Frostburg St	53.90
3	Charles, Tyriek	FR Frostburg St	53.78
4	Hakimi, Hossein	SR Frostburg St	53.18
5	Smith, Xavier	FR PSU-Harrisbu	52.61
6	Johnson, Will	JR Wesley	52.95

Section 4 Finals

2	Budsock, Ethan	SO York (Pa.)	52.56
3	Giles, Carter	FR Christopher	52.49
4	Moultire, Justin	SO Salisbury	52.29
5	Hardman, Alex	JR Salisbury	51.81
6	Clayton, Jalil	SO PSU-Harrisbu	52.18

Section 5 Finals

2	Theophile, Vladhimir	SO PSU-Harrisbu	50.93
3	McAnulty, Dominic	SR Wesley	50.89
4	Schmelz, Zach	JR Salisbury	50.54
5	Halton, Eric	JR Salisbury	49.92
6	Waller, Kurt	FR Christopher	50.42

Event 24 Women 400 Meter Dash (22) Finals

Saturday 2/18/2017 - 2:05 PM

Timed Finals

CAC Meet:	58.79	2/21/2016	Elizsha Streeter, Wesley
CAC Indoor:	58.32	2015	Elizsha Streeter, Wesley Coll.
Freeman Ctr:	54.74	12/6/2008	Francena McCorory, Hampton
Name		Year School	Seed

Section 1 Finals

3	Bigelow, Sydney	FR Southern Vir	NT
4	McKinney, Kelly	FR Christopher	NT
5	Abel, Aly	FR Southern Vir	NT
6	Winterton, Elyssa	FR Southern Vir	NT

Section 2 Finals

4	Younginer, Savannah	SO PSU-Harrisbu	1:12.05
5	Gittere, Samantha	SO Frostburg St	1:07.50
6	Virostek, Amy	SR Frostburg St	1:10.84

Section 3 Finals

2	Rodriguez, Liana	SO Christopher	1:07.12
3	Wahlgren, Emily	FR Salisbury	1:06.46
4	Measley, Anne	JR York (Pa.)	1:05.47
5	Neston, Victoria	FR Christopher	1:04.32
6	Bingaman, Summer	FR Salisbury	1:04.62

Section 4 Finals

2	Logan, Destiny	JR Frostburg St	1:02.82
3	Rishell, Caitlyn	FR Salisbury	1:02.74
4	Plante, Emily	JR York (Pa.)	1:02.69
5	Minus, Quadira	JR Wesley	1:02.57
6	Griffin-Howard, Jada	SO York (Pa.)	1:02.59

Section 5 Finals

2	Andrewlevich, Erin	FR Mary Washing	1:01.73
3	Gillcrist, Georgia	FR York (Pa.)	1:01.28
4	Hall, Angel	JR Wesley	1:00.81
5	Streeter, Elizsha	SR Wesley	1:00.42
6	Farley, Jamie	SO Salisbury	1:00.74

Event 25 Men 800 Meter Run (20) Finals

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 Saturday 2/18/2017 - 2:30 PM

Timed Finals

CAC Meet: 1:55.06 2/22/2014 Thomas Burke, Salisbury
 CAC Indoor: 1:53.14 2015 Thomas Burke, Salisbury Univ.
 Freeman Ctr: 1:53.35 2/10/2010 Patrick Roach, Unattached

Name	Year	School	Seed
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Section 1 Finals

1	May, Colter	FR Southern Vir	2:13.93
2	Taylor, Lee	FR Southern Vir	2:47.56
3	Shepley, Drew	FR PSU-Harrisbu	NT
4	Wilson, Lorenzo	FR Frostburg St	2:15.13

Section 2 Finals

1	Willis, Kadeem	SO PSU-Harrisbu	2:04.74
2	Afoakwah, Kevin	FR PSU-Harrisbu	2:09.00
3	Musick, Kevin	FR Southern Vir	2:08.88
4	Harrington, Parker	FR Salisbury	2:06.36
5	Bailey, Jamier	JR Wesley	2:05.48
6	Rickards, Jacob	FR Frostburg St	2:07.10
7	Caldwell, Daniel	JR York (Pa.)	2:04.20
8	Shelley, Brandon	FR Southern Vir	2:04.86

Section 3 Finals

1	Hibler, Jarrell	FR Christopher	2:02.54
2	McGaw, Cavanaugh	FR Christopher	1:56.14
3	Porquin, Emmanuel	SO Salisbury	1:59.02
4	Monahan, Cullen	JR Christopher	1:57.83
5	Hartlaub, Dylan	SR York (Pa.)	2:02.82
6	Black, Scott	FR Mary Washing	2:01.65
7	Coates, Cameron	FR Mary Washing	2:01.65
8	Campbell, Zachary	SR Christopher	1:58.45

Event 26 Women 800 Meter Run (15) Finals

Saturday 2/18/2017 - 2:50 PM

Timed Finals

CAC Meet: 2:18.50 2/21/2016 Logan Harrington, Christopher
 CAC Indoor: 2:12.73 2016 Logan Harrington, Christopher Newport
 Freeman Ctr: 2:12.31 12/8/2001 Elizabeth Rocks, Univ. of Pittsburgh

Name	Year	School	Seed
Section 1 Finals			
1 Garcia, Kaitlyn	FR	Southern Vir	NT
2 Deline, Chiquita	JR	Wesley	2:32.44
3 Brown, Sidonie	FR	Frostburg St	2:45.25
4 Woods, Shannon	FR	Christopher	2:29.35
5 Bigelow, Sydney	FR	Southern Vir	2:29.23
6 Abel, Aly	FR	Southern Vir	2:46.84
7 Garrison, Michala	FR	Frostburg St	2:36.89
Section 2 Finals			
1 Desir, Dieunise	SR	Wesley	2:26.36
2 Lannen, Monica	FR	Christopher	2:26.76
3 White, Kristy	FR	Mary Washing	2:25.55
4 Lewis, Gena	FR	Christopher	2:27.49
5 Tregoning, Delaney	SR	Salisbury	2:26.43
6 Cronise, Emily	SR	York (Pa.)	2:28.24
7 McCloskey, Shea	FR	Salisbury	2:26.68
8 Harrington, Logan	JR	Christopher	2:16.98

Event 27 Men 200 Meter Dash (25) Finals

Saturday 2/18/2017 - 3:05 PM

Timed Finals

CAC Meet: 22.30 2/21/2016 Anthony Simpson, Wesley
 CAC Indoor: 21.54 2016 Anthony Simpson, Wesley Coll.
 Freeman Ctr: 21.64 2/11/2007 Phillipe DeRosier, UNAT-St. Augustine's

Name	Year	School	Seed
Section 1 Finals			
2 Rogers, Bodie	FR	Southern Vir	25.87
3 Harris, John	FR	Southern Vir	25.38
4 Shanghie, Moses	SO	PSU-Harrisbu	25.29
5 Harris, Malik	JR	Frostburg St	24.22
6 Rice, Christain	FR	Southern Vir	24.60
Section 2 Finals			
2 Della Donna, Chris	FR	Salisbury	23.94
3 Thrower, Dylan	FR	Christopher	23.92
4 Davidson, Ryan	FR	Mary Washing	23.83
5 Mack, Terrance	SO	Wesley	23.69
6 Lowery, DaJahn	SR	Wesley	23.73
Section 3 Finals			
2 Brass, Dainen	FR	Christopher	23.60
3 Adams, Kevon	FR	Frostburg St	23.58
4 McCarthy, Kevin	FR	Frostburg St	23.52
5 McCloskey, Jack	JR	Salisbury	23.32
6 Hakimi, Hossein	SR	Frostburg St	23.42
Section 4 Finals			
2 Barresi, Carmelo	SR	Salisbury	23.20
3 Owhe, Josiah	JR	PSU-Harrisbu	23.15
4 Waller, Kurt	FR	Christopher	23.01
5 Clayton, Jalil	SO	PSU-Harrisbu	22.93
6 Theophile, Vladhimir	SO	PSU-Harrisbu	22.96

Section 5 Finals

2	Rauch, Camron	FR Mary Washing	22.79
3	Schmelz, Zach	JR Salisbury	22.73
4	Taylor, Greg	SR Wesley	22.73
5	Scott, Ryan	JR Christopher	22.54
6	Crenshaw, Joseph	JR Wesley	22.66

Event 28 Women 200 Meter Dash (19) Finals

Saturday 2/18/2017 - 3:25 PM

Timed Finals

CAC Meet:	25.73	2/21/2016	Kayla Truesdel, Frostburg St
CAC Indoor:	25.66	2016	Elizsha Streeter, Wesley Coll.
Freeman Ctr:	24.20	1/24/2004	Rachelle Boone, HATC

Name	Year	School	Seed
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Section 1 Finals

3	Kadima, Onon	SO Christopher	NT
4	Martin, Taylor	FR Southern Vir	NT
5	Johnson, Raynisha	SO Frostburg St	30.83
6	Winterton, Elyssa	FR Southern Vir	34.53

Section 2 Finals

2	Fink, Elissa	JR Christopher	30.09
3	Luton, Ashley	SO Salisbury	28.66
4	Estrada, Keileen	FR Frostburg St	28.02
5	Logan, Destiny	JR Frostburg St	27.70
6	Lucas, Nina	SO Christopher	27.79

Section 3 Finals

2	Minus, Quadira	JR Wesley	27.69
3	Bowden, Hannah	SO Christopher	27.21
4	Artis, Briana	SO Wesley	27.20
5	Gillcrist, Georgia	FR York (Pa.)	27.01
6	Streeter, Elizsha	SR Wesley	27.06

Section 4 Finals

2	Farley, Jamie	SO Salisbury	26.93
3	Andrewlevich, Erin	FR Mary Washing	26.61
4	Hall, Angel	JR Wesley	26.41
5	Truesdel, Kayla	JR Frostburg St	25.87
6	Moore, Janel	JR Mary Washing	26.15

Event 29 Men 3000 Meter Run (24) Finals

Saturday 2/18/2017 - 3:45 PM

Timed Finals

CAC Meet:	8:47.70	2/21/2016	Ben Meister, Salisbury
CAC Indoor:	8:17.55	2014	Tim Hartung, York Coll.
Freeman Ctr:	8:18.02	1/31/2009	Patterson Wilhelm, William & Mary

Name	Year	School	Seed
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Section 1 Finals

1	Jones, Austin	FR Mary Washing	9:48.10
2	Burklow, Thomas	FR Frostburg St	9:51.06
3	Whitley, Matthew	SO Frostburg St	10:10.22
4	Hogan, Phillip	SO Frostburg St	10:56.35
5	Shelley, Kevin	FR Southern Vir	9:59.19

Section 2 Finals

1	Benfer, Andrew	SR Christopher	8:58.16
2	Artz, Peyton	SO Christopher	8:49.52
3	LaPointe, John	SR Christopher	8:45.31
4	Cabrera, Ricardo	SR Christopher	8:58.93
5	Burke, Matthew	SO Christopher	8:53.06
6	Dell, Grant	JR York (Pa.)	9:02.91
7	Gibson, Jeff	FR Mary Washing	8:48.38

8	Bruner, Will	SR Christopher	8:46.58
9	Oduor, Branson	FR Salisbury	8:59.02
10	Weber, Michael	FR Salisbury	8:57.53
11	Reid, Grayson	JR Christopher	8:43.62
12	Sorensen, Ben	SR Mary Washing	8:47.24
13	Smith, Alex	JR York (Pa.)	9:04.11
14	Read, Daniel	JR Christopher	9:00.84
15	Dover, Jeffrey	JR Christopher	8:38.40
16	MacGibbon, Andy	JR York (Pa.)	9:05.67
17	Lightbody, Joseph	SO Christopher	9:00.89
18	Murch, Samuel	JR Christopher	8:33.49
19	Linne, Benjamin	SO York (Pa.)	9:04.39

Event 30 Women 3000 Meter Run (14) Finals

=====
 Saturday 2/18/2017 - 4:10 PM

Timed Finals

CAC Meet:	10:39.35	2/21/2015	Natalie Young, Mary Washing
CAC Indoor:	10:17.32	2015	Natalie Teagan Young, Mary Washington
Freeman Ctr:	9:23.03	12/7/2013	Elaina Balouris, William & Mary
Name		Year School	Seed

=====
 Section 1 Finals

1	Mazer, Ashley	FR Salisbury	11:22.26
2	Schmitt, Emmie	SR Christopher	10:36.79
3	Akers, Logan	SR PSU-Harrisbu	12:15.43
4	Halloran, Fiona	SO Salisbury	11:11.14
5	DeBruin, Alayna	SO York (Pa.)	10:44.27
6	Lane, Jessica	JR Salisbury	11:18.20
7	Dillman, Alicia	SR York (Pa.)	10:44.66
8	Fogelsanger, Kasey	SR York (Pa.)	11:10.53
9	Dolecki, Brianna	SO Mary Washing	11:42.25
10	Kolbai, Mariam	FR Christopher	11:34.22
11	Stewart, Briana	SR Christopher	10:36.75
12	Cannon, Kathleen	SR York (Pa.)	10:32.94
13	Potter, Abby	FR Salisbury	11:14.15
14	Mansini, Taylor	JR Christopher	NT

Event 31 Men Distance Medley (8) Finals

=====
 Saturday 2/18/2017 - 4:35 PM

CAC Meet:	10:34.69	2/22/2014	York (Pa.), York (Pa.)
			M Stetson, O Beidleman, J Gonzales, T Hartung
CAC Indoor:	10:01.65	2016	, Christopher Newport
			Campbell, Monahan, Dover, Rabil
Freeman Ctr:	9:47.00	1/25/2003	, Norfolk State Univ.
School			Seed

=====
 Section 1 Finals

1	Frostburg State		11:32.73
	1) Linn, Marcus SO	2) Robinson, Matthew SO	
	3) Rickards, Jacob FR	4) Romano, Robert SO	
	5) Wolodkin, Timothy FR	6) Alvarez, Xavier SR	
	7) Wilson, Lorenzo FR	8) Forster, Bradley SO	
2	Salisbury		NT
	1) Bisant, Greg FR	2) Hardman, Tyler JR	
	3) Porquin, Emmanuel SO	4) Masteran, Conner SO	
3	Christopher Newport		10:02.83
	1) McGaw, Cavanaugh FR	2) Margopoulos, Matthew SR	
	3) Hibler, Jarrell FR	4) Putnam, Jason FR	
4	York (Pa.)		11:08.08
	1) Blankenship, Jordan SO	2) Jones, Rick SO	
	3) Morgan, Matthew JR	4) Hartlaub, Dylan SR	

- | | | |
|---|--------------------------------|------------------------------|
| 5 | Southern Virginia | 11:39.83 |
| | 1) May, Colter FR | 2) Musick, Kevin FR |
| | 3) Rice, Christain FR | 4) Shelley, Brandon FR |
| | 5) Rogers, Bodie FR | 6) Shelley, Kevin FR |
| 6 | Wesley | NT |
| | 1) Bailey, Jamier JR | 2) Arteaga, Luis JR |
| | 3) Dillard, Jordan SO | 4) Harris-Winbush, Daquay FR |
| | 5) Johnson, Will JR | 6) Mack, Terrance SO |
| | 7) Thorne, Ian SO | 8) Hunter, Brandon JR |
| 7 | Mary Washington | 11:21.05 |
| | 1) Houff, Tate SR | 2) Gillum, John FR |
| | 3) Black, Scott FR | 4) McCarthy, Kevin SR |
| 8 | PSU-Harrisburg | 12:01.29 |
| | 1) Afoakwah, Kevin FR | 2) Willis, Kadeem SO |
| | 3) Kaminski-Mainardi, Jacob FR | 4) Smith, Xavier FR |
| | 5) Young, Derrick SO | 6) Shepley, Drew FR |

Event 32 Women Distance Medley (7) Finals

=====
 Saturday 2/18/2017 - 4:55 PM

CAC Meet:	12:40.00	2/21/2016	Christopher Newport, Christopher G Slyer, L Harrington, B Stewart, A Tabackman
CAC Indoor:	12:39.42	2016	, Christopher Newport Stewart, Westerholm, May, Harrington
Freeman Ctr:	12:01.99	2/7/2003	, Univ. of Richmond
	School		Seed

=====

Section 1 Finals

- | | | |
|---|--------------------------|------------------------------|
| 1 | Salisbury | NT |
| | 1) Sturm, Christine FR | 2) McCloskey, Shea FR |
| | 3) Sniffen, Carly SO | 4) Schwartz, Alison JR |
| 2 | Mary Washington | 14:00.37 |
| | 1) Knerr, Emily SO | 2) Beard, Danielle FR |
| | 3) Bader, Marin JR | 4) Weisbeck, Jillian SO |
| 3 | Frostburg State | 14:16.59 |
| | 1) McCurry, Sarah FR | 2) Virostek, Amy SR |
| | 3) Garrison, Michala FR | 4) Gotte, Carol SO |
| | 5) Brown, Sidonie FR | 6) Smith, Mackenzie FR |
| 4 | Christopher Newport | NT |
| | 1) May, Abigail SO | 2) Lannen, Monica FR |
| | 3) Lewis, Gena FR | 4) Harrington, Logan JR |
| 5 | Wesley | 13:29.13 |
| | 1) Carter, Danae SR | 2) Brown-Myrick, Lekeshia FR |
| | 3) Deline, Chiquita JR | 4) Desir, Dieunise SR |
| | 5) Williams, Courtney FR | 6) Hankins, Jontae SO |
| | 7) Minus, Quadira JR | 8) Purnell, Tyesha SR |
| 6 | Southern Virginia | NT |
| | 1) Abel, Aly FR | 2) Bigelow, Sydney FR |
| | 3) Garcia, Kaitlyn FR | 4) Martin, Taylor FR |
| 7 | York (Pa.) | 13:35.94 |
| | 1) DelViscio, Jessica SO | 2) DeBruin, Alayna SO |
| | 3) Measley, Anne JR | 4) Savage, Stephanie FR |

Event 33 Men 4x400 Meter Relay (7) Finals

Saturday 2/18/2017 - 5:15 PM

Timed Finals

CAC Meet: 3:21.45 2/21/2016 Salisbury, Salisbury
Z Schmelz, E Halton, J Madison, L Campbell
CAC Indoor: 3:14.64 2016 , Wesley Coll.
Sheppard, Bedell, Schlosser, Stenderowicz
Freeman Ctr: 3:14.99 1/24/2004 , Hampton TC
School Seed

Section 1 Finals

4 Mary Washington 3:36.26
1) Biles, Alec FR 2) Coates, Cameron FR
3) Kerns, Zach SR 4) Thompson, Nathaniel FR
5) Rauch, Camron FR 6) Black, Scott FR
5 York (Pa.) 3:35.55
1) Budsock, Ethan SO 2) Caldwell, Daniel JR
3) Gray, Darien SR 4) Caldwell, Stephen FR
6 Frostburg State 3:36.20
1) Mills, Devante FR 2) Charles, Tyriek FR
3) McCarthy, Kevin FR 4) Hakimi, Hossein SR
5) Harris, Malik JR 6) Forster, Bradley SO
7) Adams, Kevon FR 8) Wilson, Lorenzo FR

Section 2 Finals

3 Wesley 3:31.82
1) Attoh-Okine, Roland JR 2) Johnson, Will JR
3) McRae, Rayshawn FR 4) Dillard, Jordan SO
5) Schlosser, Patrick SR 6) Lowery, DaJahn SR
7) Crenshaw, Joseph JR 8) McAnulty, Dominic SR
4 PSU-Harrisburg 3:30.41
1) Theophile, Vladimir SO 2) Clayton, Jalil SO
3) Young, Derrick SO 4) Owhe, Josiah JR
5) Willis, Kadeem SO 6) Smith, Xavier FR
5 Salisbury 3:23.41
1) Schmelz, Zach JR 2) Halton, Eric JR
3) Moultaire, Justin SO 4) Hardman, Alex JR
6 Christopher Newport 3:24.42
1) Waller, Kurt FR 2) Campbell, Zachary SR
3) Scott, Ryan JR 4) Monahan, Cullen JR

Event 34 Women 4x400 Meter Relay (7) Finals

Saturday 2/18/2017 - 5:30 PM

Timed Finals

CAC Meet: 4:00.88 2/21/2016 Wesley, Wesley
Q Minus, A Hall, E Streeter, B Artis
CAC Indoor: 3:52.06 2016 , Wesley Coll.
Streeter, Artis, Minus, Hall
Freeman Ctr: 3:46.00 12/7/2013 , QuickStars
School Seed

Section 1 Finals

4 PSU-Harrisburg NT
1) Akers, Logan SR 2) Younginer, Savannah SO
3) Williams, Ashley SO 4) Repetz, Veronica FR
5) Amin, Asha SO 6)
5 York (Pa.) 4:13.97
1) Cronise, Emily SR 2) Gillcrist, Georgia FR
3) Griffin-Howard, Jada SO 4) Plante, Emily JR
6 Salisbury 4:14.89
1) Tregoning, Delaney SR 2) Bingaman, Summer FR
3) Rishell, Caitlyn FR 4) Farley, Jamie SO

Section 2 Finals

- | | | |
|---|--------------------------|--------------------------|
| 3 | Mary Washington | 4:13.74 |
| | 1) White, Kristy FR | 2) Esprit, Lauren FR |
| | 3) Moore, Janel JR | 4) Andrewlevich, Erin FR |
| 4 | Frostburg State | 4:13.12 |
| | 1) Logan, Destiny JR | 2) Estrada, Keileen FR |
| | 3) Gittere, Samantha SO | 4) Truesdel, Kayla JR |
| | 5) Smith, Mackenzie FR | 6) Early, Erin SO |
| 5 | Wesley | 4:06.28 |
| | 1) Artis, Briana SO | 2) Streeter, Elizsha SR |
| | 3) Minus, Quadira JR | 4) Hall, Angel JR |
| | 5) Williams, Courtney FR | 6) Deline, Chiquita JR |
| | 7) Carter, Danae SR | 8) Desir, Dieunise SR |
| 6 | Christopher Newport | 4:10.56 |
| | 1) Brownell, Jessica SO | 2) McKinney, Kelly FR |
| | 3) Neston, Victoria FR | 4) Beaulieu, Kaitlynn JR |

Freeman Center/Vince Brown Track Records

Men

<u>Event</u>	<u>Athlete</u>	<u>Affiliation</u>	<u>Date</u>	<u>Record</u>
55m	Jason Smoots	North Carolina Central Univ.	2/7/02	6.25
	Dennis Boone	St. Augustine's Univ.	12/6/08	6.25
55m - HS	LaShawn Merritt	Wilson H.S.	2/23/04	6.36
60m	Jason Smoots	North Carolina Central Univ.	2/11/04	6.55
200m	Philippe DeRosier	St. Augustine's Univ.	2/11/07	21.64
300m	LaShawn Merritt	Wilson H.S.	1/10/04	34.60
400m	Josh Scott	St. Augustine's Univ.	2/14/09	47.83
500m	Troy Sevachko	William & Mary	1/31/15	1:08.27
500m	Derron Floyd	Deep Creek H.S.	2/18/03	1:04.16
600m	Patrick Roach	S.W.I.F.T. Racing	1/21/12	1:18.84
800m	Patrick Roach	Unattached	2/6/10	1:53.35
1000m	Harry Miller	William & Mary	1/31/09	2:29.32
1000m	Richard Smith	South Lakes H.S.	1/12/02	2:30.37
1500m	Steve Gross	Virginia	2/10/01	3:55.83
1600m	Alex Tatu	Thomas Dale H.S.	1/12/02	4:17.04
Mile	Jon Rankin	MarathonGuide	2/4/12	4:06.91
3000m	Patterson Wilhelm	William & Mary	1/31/09	8:18.02
3200m	Alan Webb	South Lakes H.S.	1/31/01	9:06.00
5000m	Ed Moran	Unattached	12/3/06	13:50.97
55m Hurdles - 42"	Anwar Moore	Unattached	2/6/10	7.25
55m Hurdles - 39"	Grant Holloway	Grassfield HS	12/12/14	7.30
60m Hurdles	Gabrielle Bennett	Unattached	12/8/01	7.62
200m Hurdles	Malik Diggs	Citadel	1/22/16	25.47
4x200m Relay		Norfolk State Univ.	1/22/16	1:28.70
4x200m Relay - HS		Deep Creek H.S.	1/30/03	1:29.51
4x400m Relay		Hampton Track Club	1/24/04	3:14.99
4x400m Relay - HS		Bethel H.S.	12/15/07	3:24.20
4x800m Relay		Split Second	1/20/12	7:48.06
4x800m Relay - HS		Midlothian H.S.	1/10/03	8:03.30
Dist. Med. Relay		Norfolk St.	1/25/03	9:47.00
High jump	Hoova Taylor	SJFS	12/6/14	7-3 ¾ / 2.23m
High jump - HS	Keith Moffatt	Menchville H.S.	2/18/02	7-2 ¼
Pole vault	Henry Johnson	East Carolina Univ.	12/6/14	17-1/5.21m
Pole vault - HS	Mike Morrison	Great Bridge H.S.	1/8/05	15-6
Long jump	Marcus O'Neal	Unattached	2/9/02	25-11/7.90m
Long jump - HS	Toriano Moody	Indian River H.S.	2/18/06	23-4
Triple jump	Samyr Lane	Mizuno Track	2/8/14	53-1.75/16.20m
Triple jump - HS	Melvin Woodhouse	Landstown H.S.	2/18/02	48-11.5
Shot Put (16lb)	Mitchell Pope	adidas	1/26/08	62-4 ½ / 19.01m
Shot Put (12lb)	Frede Spellman	Oscar Smith H.S.	2/7/07	61-11 ½
35 lb Weight Throw	Brian Waterfield	William & Mary	12/5/15	70-3.75/21.43m
Indoor Pentathlon	Edward Broadbent	HPC Elite	1/29/10	3820 pts
Indoor Heptathlon	Andrew Milhoan	Mount Union	3/5/2014	5110 pts

Freeman Center/Vince Brown Track Records

Women

<u>Event</u>	<u>Athlete</u>	<u>Affiliation</u>	<u>Date</u>	<u>Record</u>
55m	RS Smith	Real Deal T.C.	12/6/08	7.00
55m - HS	Francena McCrory	Bethel H.S.	2/18/06	6.86
60m	Cleo VanBuren	S.P.A.C.E.	1/20/13	7.36
200m	Rachelle Boone	HATC	1/24/04	24.20
300m	Francena McCrory	Bethel H.S.	2/18/06	38.06
400m	Francena McCrory	Hampton Univ.	12/6/08	54.74
500m	Claire Tito	William & Mary	1/31/15	1:17.01
500m	Francena McCrory	Bethel H.S.	2/18/06	1:11.97
600m	Samantha Edwards	Virginia State Univ.	12/4/11	1:32.99
800m	Elizabeth Rocks	Pittsburgh	12/8/01	2:12.31
1000m	Ce'aira Brown	Hampton Univ.	1/25/14	2:51.17
1000m	Kristy Tobin	Great Bridge H.S.	2/18/06	2:56.30
1500m	Ruth Chege	Richmond	2/9/02	4:35.68
1600m	Jennifer Boyd	Hickory H.S.	2/18/03	4:54.84
Mile	Kathy Newberry	Unattached	12/8/07	4:53.57
3000m	Elaina Balouris	William & Mary	12/7/13	9:23.03
3200m	Kate Murphy	Lake Braddock HS	12/13/14	10:40.77
5000m	Jackie Kosakowski	William & Mary	12/4/04	16:58.72
55m Hurdles	Samaiyah Islam	Real Deal T.C.	2/9/08	7.75
55m Hurdles - HS	Kali Watkins	Menchoville H.S.	2/18/07	7.95
60m Hurdles	Kia Davis	Elite Athletes International	1/24/04	8.23
200m Hurdles	Kaila Smith	Unattached	1/20/13	28.11
4x200m Relay		Hampton Univ.	1/22/16	1:41.30
4x200m Relay - HS		Bethel H.S.	2/23/04	1:40.77
4x400m Relay		QuickStars	12/7/13	3:46.00
4x400m Relay - HS		Wakefield (NC) HS	1/8/11	3:54.90
4x800m Relay		Pittsburgh	12/2/00	9:12.88
4x800m Relay - HS		Westfield H.S.	1/11/08	9:22.90
Dist. Med. Relay		Richmond	2/7/03	12:01.99
High jump	Tynita Butts	East Carolina Univ.	12/5/10	6-1.5/1.87m
High jump - HS	Ashley Haislip	Lake Braddock H.S.	12/11/04	5-8
	Ashley Gatling	Deep Creek H.S.	2/9/05	5-8
	DeShana Briggs	Booker T. Washington H.S.	12/15/07	5-8
	Tynita Butts	T.C. Williams HS	1/10/09	5-8
Pole vault	Andrea Wildrick	Liberty	2/9/02	14-0/4.27m
Pole vault - HS	Cameron Overstreet	Atlee H.S.	12/10/10 & 1/7/11	12-6
Long jump	Ola Secay	North Carolina	12/1/00	20-10 ½ /6.36m
Long jump - HS	Tiffany Harris	Churchland HS	1/9/09	19-10.75
Triple jump	Ayanna Alexander	SJ Flight School	12/5/09	43-11.25/13.39m
Triple jump - HS	Yvette Lewis	Menchoville H.S.	12/21/02	41-4.5
Shot Put	Lawanda Henry	North Carolina St.	12/6/08	50-11.5/15.53m
Shot Put - HS	Lindsey Neuberger	Cox H.S.	2/19/01	45-5 ½
20 lb Weight Throw	Kayla Padgett	East Carolina Univ.	12/7/13	68-1/20.75m
Indoor Pentathlon	Enuma Ezenwa	Christopher Newport Univ.	3/2/2015	3574 pts

Indoor Track & Field Season Records



Indoor Track & Field became an official CAC sport for the 2012 season

*The 3,000m was added as a Championship Event for the 2014 season

Women				
60m	Evelina Sloboh	WC	7.61	2016
200m	Eliszsha Streeter	WC	25.66b	2015
400m	Eliszsha Streeter	WC	58.32b	2015
800m	Logan Harrington	CNU	2:12.73	2016
Mile	Logan Harrington	CNU	5:05.67	2016
3,000m*	Natalie Teagan Young	UMW	10:17.32	2015
5,000m	Natalie Teagan Young	UMW	17:48.99	2015
60m Hurdles	Enuma Ezenwa	CNU	8.90	2014
4x400m Relay	<i>Streeter, Artis, Minus, Hall</i>	WC	3:52.06	2016
Distance Medley Relay	<i>Stewart, Westerholm, May, Harrington</i>	CNU	12:39.42	2016
High Jump	Meghan McGowan	SU	1.72m/5-7.75	2017
Pole Vault	Claire Harrington	UMW	3.50m/11-5.75	2015
Long Jump	Alexis Bush	FSU	5.49m/18-0.25	2015
Triple Jump	Ashley Jackson	SU	11.31m/37-1.25	2015
Shot Put	Chelsea Tavik	SU	15.10m/49-6.5	2012
Weight Throw	Elysa Baker	UMW	16.47m/54-0.5	2016
Pentathlon	Enuma Ezenwa	CNU	3576	2015
Men				
60m	Anthony Simpson	WC	6.77	2016
200m	Anthony Simpson	WC	21.54b	2016
400m	Dominic McAnulty	WC	48.71b	2016
800m	Thomas Burke	SU	1:53.14b	2015
Mile	Jeffrey Dover	CNU	4:10.85b	2017
3,000m*	Tim Hartung	YC	8:17.55	2014
5,000m	Tim Hartung	YC	14:22.15	2014
60m Hurdles	Luke Campbell	SU	7.75	2014
4x400m Relay	<i>Sheppard, Bedell, Schlosser, Stenderowicz</i>	WC	3:14.64b	2016
Distance Medley Relay	<i>Campbell, Monahan, Dover, Rabil</i>	CNU	10:01.65	2016
High Jump	Richard Roethel	CNU	2.11m/6-11	2014
Pole Vault	Jonathan Graham	CNU	4.71m/15-5.5	2016
Long Jump	Wesley Shrieves	CNU	7.25m/23-9.5	2017
Triple Jump	Dominique Torres	CNU	14.60m/47-10.75	2014
Shot Put	John Lowery	FSU	17.00m/55-9.25	2016
Weight Throw	Jay Drenner	SU	17.19m/56-4.75	2012
Heptathlon	Richard Roethel	CNU	4957	2014

Indoor Track & Field Championship Records



Indoor Track & Field became an official CAC sport for the 2012 season

*The 3,000m was added as a Championship Event for the 2014 season

Women					
60m	Evelina Sloboh	WC	7.73	2016	
200m	Kayla Truesdel	FSU	25.73	2016	
400m	Eliszsha Streeter	WC	58.79	2016	
800m	Logan Harrington	CNU	2:18.50	2016	
Mile	Jessica McClelland	CNU	5:11.49	2014	
3,000m*	Natalie Young	UMW	10:39.35	2015	
5,000m	Natalie Young	UMW	18:04.65	2015	
60m Hurdles	Ashley Williams	PSU	9.03	2016	
4x400m Relay	<i>Minus, Hall, Streeter, Artis</i>	WC	4:00.88	2016	
Distance Medley Relay	<i>Slyer, Harrington, Stewart, Tabackman</i>	CNU	12:40.00	2016	
High Jump	Jenna Elliott	CNU	1.68m/5-6	2014	
Pole Vault	Claire Harrington	UMW	3.45m/11-3.75	2015	
Long Jump	Alexis Bush	FSU	5.40m/17-8.75	2015	
Triple Jump	Laura Rowlands	YC	11.07m/36-4	2012	
	Christine Randall	SU		2015	
Shot Put	Chelsea Tavik	SU	13.94m/45-9	2013	
Weight Throw	Elysa Baker	UMW	16.47m/54-0.5	2016	
Men					
60m	Anthony Simpson	WC	6.82	2016	
200m	Anthony Simpson	WC	22.30	2016	
400m	Luke Campbell	SU	49.26	2015	
800m	Thomas Burke	SU	1:55.06	2014	
Mile	Thomas Burke	SU	4:17.54	2015	
3,000m*	Ben Meister	SU	8:47.70	2016	
5,000m	Michael Stetson	YC	15:10.76	2015	
60m Hurdles	Luke Campbell	SU	7.93	2015	
4x400m Relay	<i>Schmelz, Halton, Madison, Campbell</i>	SU	3:21.45	2016	
Distance Medley Relay	<i>Stetson, Beidleman, Gonzales, Hartung</i>	YC	10:34.69	2014	
High Jump	Richard Roethel	CNU	2.07m/6-9.5	2014	
Pole Vault	Nicholas Judy	UMW	4.43m/14-6.25	2014	
Long Jump	Zachary White	SU	7.03m/23-0.75	2014	
Triple Jump	Dominique Torres	CNU	14.60m/47-10.75	2014	
Shot Put	John Lowery	FSU	17.00m/55-9.25	2016	
Weight Throw	Jay Drenner	SU	17.19m/56-4.75	2012	