

## CAA Indoor Championships - 2/22/2023 to 2/23/2023

## Virginia Beach Sports Center

## Results

## Men 60 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Exilhomme, Ethan	SO Northeastern	6.74Q
2	Sweeney, Noah	SR Northeastern	6.81Q
3	Towns, Qhiyal	SR Hampton	6.86Q
4	Turner, Kendall	SR N. Carolina	6.85q
5	Poindexter, Jordan	SR Hampton	6.87q
6	Cooley, Jackson	JR William & Ma	6.88q
7	Evans, Abraham	SO Hampton	6.89q
8	Abel, Patrick	JR Stony Brook	6.94q
9	Croom-McFadden, Malcolm	SR N. Carolina	6.94
10	Reed, Aeneas	SO N. Carolina	6.95
11	Nya, Brandon	JR N. Carolina	6.95
12	Yartey, Nii Yarboi	SO Northeastern	6.96
13	Brock, Ahmad	SO Monmouth	6.97
14	Muir, Brandon	SO Monmouth	7.03
15	Thompson, Tyler	SO Hampton	7.09
16	Titus, Joshua	SR Stony Brook	7.24
17	Vazquez, Justin	SO Stony Brook	7.26
18	Kanes, Alexander	SO Stony Brook	7.36
---	Holmes, Jason	FR N. Carolina	FS

## Men 200 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Chambers, Shemar	JR N. Carolina	21.21q
2	Hayles, Reheem	SO N. Carolina	21.28q
3	Exilhomme, Ethan	SO Northeastern	21.33q
4	Nya, Brandon	JR N. Carolina	21.65q
5	Sweeney, Noah	SR Northeastern	21.66q
6	Poindexter, Jordan	SR Hampton	21.68q
7	Saint-Germain, Ryan	SR N. Carolina	21.68q
8	Magre, Phillips	SR Northeastern	21.69q
9	Abel, Patrick	JR Stony Brook	21.79
10	Evans, Abraham	SO Hampton	21.79
11	Turner, Kendall	SR N. Carolina	21.96
12	Towns, Qhiyal	SR Hampton	22.04
13	Lavazoli, Nicolas	SO Stony Brook	22.14
14	Little, Deondre	SR Hampton	22.21
14	Muir, Brandon	SO Monmouth	22.21
16	Jones, Jalen	SR Monmouth	22.22
17	Boateng, Richmond	JR Stony Brook	22.38
18	Whyte, Aiden	SO Hampton	22.42
19	Vazquez, Justin	SO Stony Brook	22.81
20	Zdravkovic, Aleksandar	JR Stony Brook	23.01

## Men 400 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Hayles, Reheem	SO N. Carolina	46.27q
	21.518 (21.518)	46.270 (24.752)	
2	Chambers, Shemar	JR N. Carolina	47.06q
	21.800 (21.800)	47.053 (25.253)	

3	Saint-Germain, Ryan	SR N. Carolina	48.28q
	22.485 (22.485)	48.279 (25.794)	
4	Hill, Josiah	JR Hampton	48.69q
	23.023 (23.023)	48.690 (25.667)	
5	Hill, Jeremiah	JR Hampton	48.78q
	23.085 (23.085)	48.780 (25.695)	
6	Gaither Jr., Cory	SR Northeastern	48.83q
	22.538 (22.538)	48.829 (26.291)	
7	Magre, Phillips	SR Northeastern	48.87q
	22.546 (22.546)	48.869 (26.323)	
8	Boateng, Richmond	JR Stony Brook	48.89q
	22.709 (22.709)	48.886 (26.177)	
9	Fenton, Daniel	JR Monmouth	48.90
	22.609 (22.609)	48.892 (26.283)	
10	Rice, Austin	FR William & Ma	48.95
	22.876 (22.876)	48.949 (26.073)	
11	Lavazoli, Nicolas	SO Stony Brook	49.00
	23.016 (23.016)	48.998 (25.982)	
12	Ricketts, Jordan	SO Monmouth	49.15
	23.157 (23.157)	49.144 (25.987)	
13	Legister, Jessie	SO Northeastern	49.27
	22.815 (22.815)	49.269 (26.454)	
14	Zdravkovic, Aleksandar	JR Stony Brook	49.31
	22.880 (22.880)	49.306 (26.426)	
15	Jones, Jalen	SR Monmouth	49.33
	22.964 (22.964)	49.324 (26.360)	
16	Lindo, Akeem	SR N. Carolina	49.44
	22.558 (22.558)	49.433 (26.875)	
17	Crosby, Jayden	FR N. Carolina	50.52
	23.306 (23.306)	50.511 (27.205)	
18	Jones, Niles	JR Stony Brook	52.36
	23.899 (23.899)	52.354 (28.455)	

## Men 800 Meter Run

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Blackman, Dugion	SO Hampton	1:52.71Q
	27.858 (27.858)	56.193 (28.335)	1:24.099 (27.906)
	1:52.704 (28.605)		
2	DiLaurenzio, Louis	SR Monmouth	1:53.75Q
	28.417 (28.417)	57.809 (29.392)	1:26.550 (28.741)
	1:53.748 (27.198)		
3	Cherry, Reed	SO Northeastern	1:54.04Q
	28.765 (28.765)	57.347 (28.582)	1:26.892 (29.545)
	1:54.034 (27.142)		
4	Kumer, Jonathan	FR William & Ma	1:52.76q
	27.418 (27.418)	55.905 (28.487)	1:24.382 (28.477)
	1:52.755 (28.373)		
5	Abdalla, Mahmoud	SR Stony Brook	1:53.69q
	28.328 (28.328)	56.472 (28.144)	1:24.595 (28.123)
	1:53.687 (29.092)		
6	Larson, Stephen	JR William & Ma	1:53.86q
	27.681 (27.681)	55.884 (28.203)	1:24.205 (28.321)
	1:53.858 (29.653)		

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## Results

## Preliminaries ... (Men 800 Meter Run)

Name	Yr	School	Prelims
7 Brogan, Tyler	JR	Northeastern	1:54.00q
28.553 (28.553)	58.096 (29.543)	1:26.254 (28.158)	
1:53.995 (27.741)			
8 Moore, Ian	JR	Monmouth	1:54.60q
28.872 (28.872)	57.449 (28.577)	1:26.680 (29.231)	
1:54.597 (27.917)			
9 Hitchcock, Luke	FR	Monmouth	1:54.69
28.988 (28.988)	57.577 (28.589)	1:26.850 (29.273)	
1:54.688 (27.838)			
10 Chin, Jalen	JR	N. Carolina	1:55.89
28.331 (28.331)	57.568 (29.237)	1:27.114 (29.546)	
1:55.885 (28.771)			
11 Fullerton, Rushshane	SO	Hampton	1:56.46
28.579 (28.579)	58.007 (29.428)	1:27.179 (29.172)	
1:56.458 (29.279)			
12 Otusao, Korede	FR	Hampton	1:56.85
28.827 (28.827)	57.523 (28.696)	1:27.092 (29.569)	
1:56.849 (29.757)			
13 Sylvain, Pierre	SR	Northeastern	1:56.96
28.234 (28.234)	57.692 (29.458)	1:26.830 (29.138)	
1:56.957 (30.127)			
14 Taylor, Joseph	SO	William & Ma	1:57.30
28.017 (28.017)	56.940 (28.923)	1:27.511 (30.571)	
1:57.292 (29.781)			
15 Oettl, Matthias	FR	William & Ma	1:58.46
27.900 (27.900)	57.117 (29.217)	1:27.143 (30.026)	
1:58.459 (31.316)			
16 Grogan, Dawson	FR	N. Carolina	1:59.86
28.726 (28.726)	58.279 (29.553)	1:28.004 (29.725)	
1:59.855 (31.851)			
17 Shackelford, Josh	SR	William & Ma	2:01.51
28.611 (28.611)	57.611 (29.000)	1:28.739 (31.128)	
2:01.509 (32.770)			
18 Griffin, Dae'Shawn	SR	N. Carolina	2:06.52
28.440 (28.440)	57.119 (28.679)	1:28.919 (31.800)	
2:06.514 (37.595)			

## Men 1 Mile Run

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 DiLaurenzio, Louis	SR	Monmouth	4:11.11Q
33.412 (33.412)	1:06.402 (32.990)	1:38.860 (32.459)	
2:12.265 (33.405)	2:44.658 (32.393)	3:15.324 (30.667)	
3:43.315 (27.992)	4:11.110 (27.795)		
2 Smyth, Aiden	SR	Stony Brook	4:13.12Q
33.841 (33.841)	1:05.907 (32.067)	1:40.182 (34.275)	
2:13.862 (33.680)	2:46.008 (32.147)	3:15.738 (29.730)	
3:43.933 (28.195)	4:13.116 (29.183)		
3 Pritchard, Samuel	JR	William & Ma	4:11.49Q
33.722 (33.722)	1:06.872 (33.150)	1:39.287 (32.415)	
2:12.349 (33.063)	2:44.442 (32.093)	3:15.197 (30.755)	
3:43.173 (27.977)	4:11.490 (28.318)		

4 Becker, Robert	SR	Stony Brook	4:13.71Q
33.596 (33.596)	1:05.782 (32.187)	1:39.981 (34.199)	
2:13.900 (33.919)	2:46.145 (32.245)	3:16.226 (30.082)	
3:44.958 (28.733)	4:13.710 (28.752)		
5 Goodell, Evan	SR	William & Ma	4:12.98Q
33.535 (33.535)	1:06.280 (32.745)	1:38.650 (32.370)	
2:12.095 (33.445)	2:44.510 (32.415)	3:15.372 (30.862)	
3:43.870 (28.499)	4:12.980 (29.110)		
6 Caraccio, Stone	SO	Monmouth	4:14.00Q
33.166 (33.166)	1:05.921 (32.755)	1:40.106 (34.185)	
2:14.250 (34.144)	2:46.505 (32.255)	3:16.882 (30.378)	
3:45.426 (28.544)	4:13.996 (28.570)		
7 Corliss, TJ	SR	William & Ma	4:13.00q
33.252 (33.252)	1:06.155 (32.904)	1:38.983 (32.828)	
2:12.693 (33.710)	2:45.068 (32.375)	3:15.820 (30.753)	
3:44.540 (28.720)	4:12.992 (28.452)		
8 Tremain, Tennessee	SO	Monmouth	4:13.05q
33.555 (33.555)	1:06.659 (33.104)	1:39.032 (32.373)	
2:12.458 (33.427)	2:44.728 (32.270)	3:15.384 (30.657)	
3:43.754 (28.370)	4:13.043 (29.289)		
9 Sarney, Kyle	SO	Northeastern	4:13.15q
33.860 (33.860)	1:06.795 (32.935)	1:39.398 (32.603)	
2:12.775 (33.378)	2:44.545 (31.770)	3:15.108 (30.563)	
3:45.267 (30.159)	4:13.149 (27.883)		
10 Cantlon, Patrick	FR	Northeastern	4:14.31q
32.721 (32.721)	1:05.276 (32.555)	1:39.540 (34.264)	
2:13.802 (34.263)	2:46.146 (32.344)	3:16.956 (30.810)	
3:45.652 (28.697)	4:14.306 (28.654)		
11 Jones, Jacob	JR	William & Ma	4:14.36q
33.456 (33.456)	1:05.762 (32.307)	1:39.788 (34.027)	
2:14.015 (34.227)	2:46.307 (32.293)	3:16.723 (30.417)	
3:45.927 (29.204)	4:14.352 (28.425)		
12 Pothier, James	JR	Northeastern	4:15.17q
33.307 (33.307)	1:05.656 (32.349)	1:39.727 (34.072)	
2:13.726 (33.999)	2:45.955 (32.229)	3:16.497 (30.543)	
3:45.431 (28.934)	4:15.165 (29.734)		
13 Malanaphy, Conor	SR	Stony Brook	4:15.83
33.782 (33.782)	1:06.467 (32.685)	1:39.168 (32.702)	
2:12.507 (33.339)	2:44.675 (32.169)	3:15.690 (31.015)	
3:44.695 (29.005)	4:15.824 (31.129)		
14 Mullen, Patrick	SR	Northeastern	4:16.53
33.717 (33.717)	1:06.085 (32.368)	1:39.926 (33.842)	
2:14.121 (34.195)	2:46.396 (32.275)	3:16.678 (30.283)	
3:46.148 (29.470)	4:16.525 (30.377)		
15 Witherspoon, Knox	FR	N. Carolina	4:26.15
32.512 (32.512)	1:05.045 (32.533)	1:39.671 (34.627)	
2:14.175 (34.504)	2:47.171 (32.997)	3:19.775 (32.604)	
3:53.103 (33.329)	4:26.143 (33.040)		
16 Gallagher, Braedan	FR	William & Ma	4:27.79
34.052 (34.052)	1:07.027 (32.975)	1:39.618 (32.592)	
2:13.059 (33.442)	2:45.189 (32.130)	3:18.748 (33.559)	
3:52.540 (33.793)	4:27.788 (35.248)		

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## Results

## Men 5000 Meter Run

Name	Yr	School	Finals	
<b>Finals</b>				
1 Santos, Carlos	JR	Stony Brook	14:09.28	10
35.494 (35.494)	1:11.013 (35.519)	1:46.163 (35.150)		
2:19.884 (33.722)	2:53.159 (33.275)	3:26.446 (33.288)		
3:59.853 (33.407)	4:33.400 (33.548)	5:07.233 (33.833)		
5:41.409 (34.177)	6:15.413 (34.004)	6:49.263 (33.850)		
7:23.520 (34.258)	7:58.190 (34.670)	8:33.120 (34.930)		
9:07.090 (33.970)	9:41.384 (34.294)	10:15.351 (33.968)		
10:49.650 (34.299)	11:23.818 (34.168)			
12:32.573 (34.092)	13:06.049 (33.477)	13:38.693 (32.644)		
14:09.275 (30.583)				
2 Henderson, Shane	JR	Stony Brook	14:11.23	8
35.615 (35.615)	1:11.186 (35.572)	1:46.659 (35.473)		
2:20.089 (33.430)	2:53.284 (33.195)	3:26.389 (33.105)		
3:59.739 (33.350)	4:33.383 (33.644)	5:07.261 (33.879)		
5:41.596 (34.335)	6:15.651 (34.055)	6:49.464 (33.813)		
7:23.656 (34.193)	7:58.258 (34.602)	8:33.259 (35.002)		
9:07.239 (33.980)	9:41.264 (34.025)	10:15.213 (33.949)		
10:49.796 (34.584)	11:24.033 (34.237)			
12:32.804 (34.129)	13:06.313 (33.509)	13:39.199 (32.887)		
14:11.226 (32.028)				
3 Longosiwa, Abraham	FR	Hofstra	14:13.57	6
34.948 (34.948)	1:09.979 (35.032)	1:43.379 (33.400)		
2:16.185 (32.807)	2:49.166 (32.982)	3:22.748 (33.582)		
3:56.550 (33.803)	4:30.344 (33.794)	5:04.425 (34.082)		
5:38.553 (34.128)	6:12.075 (33.523)	6:46.621 (34.547)		
7:21.965 (35.344)	7:57.849 (35.884)	8:32.479 (34.630)		
9:06.514 (34.035)	9:40.291 (33.778)	10:13.784 (33.493)		
10:47.809 (34.025)	11:21.958 (34.149)			
12:30.215 (34.104)	13:04.731 (34.517)	13:39.350 (34.619)		
14:13.563 (34.213)				
4 Brennan, Evan	JR	Stony Brook	14:15.12	5
35.386 (35.386)	1:11.373 (35.987)	1:46.620 (35.248)		
2:20.293 (33.673)	2:53.518 (33.225)	3:26.581 (33.064)		
4:00.041 (33.460)	4:33.551 (33.510)	5:07.453 (33.902)		
5:41.825 (34.373)	6:15.224 (33.399)	6:49.034 (33.810)		
7:23.400 (34.367)	7:58.050 (34.650)	8:33.025 (34.975)		
9:06.988 (33.963)	9:41.133 (34.145)	10:15.525 (34.393)		
10:50.034 (34.509)	11:24.370 (34.337)			
12:34.680 (34.830)	13:09.018 (34.338)	13:43.168 (34.150)		
14:15.111 (31.944)				
5 Schaefer, Matthew	SR	Northeastern	14:23.04	4
35.185 (35.185)	1:10.224 (35.039)	1:43.599 (33.375)		
2:16.436 (32.838)	2:49.389 (32.953)	3:22.945 (33.557)		
3:56.776 (33.832)	4:30.575 (33.799)	5:04.629 (34.054)		
5:38.744 (34.115)	6:12.310 (33.567)	6:46.346 (34.037)		
7:21.636 (35.290)	7:57.715 (36.079)	8:32.715 (35.000)		
9:06.764 (34.049)	9:41.591 (34.828)	10:16.156 (34.565)		
10:52.176 (36.020)	11:28.435 (36.259)			
12:40.535 (35.238)	13:17.093 (36.558)	13:51.223 (34.130)		
14:23.035 (31.813)				

6 Cullen, Patrick	JR	Northeastern	14:33.09	3
35.029 (35.029)	1:10.796 (35.768)	1:46.425 (35.629)		
2:20.553 (34.128)	2:53.834 (33.282)	3:27.151 (33.318)		
4:00.450 (33.299)	4:33.830 (33.380)	5:07.703 (33.873)		
5:42.036 (34.334)	6:15.923 (33.887)	6:49.833 (33.910)		
7:24.191 (34.359)	7:58.701 (34.510)	8:33.514 (34.813)		
9:07.866 (34.353)	9:42.918 (35.052)	10:18.778 (35.860)		
10:55.536 (36.759)	11:32.360 (36.824)			
12:45.934 (36.504)	13:22.808 (36.874)	13:58.579 (35.772)		
14:33.090 (34.512)				
7 Struk, Steven	SO	Stony Brook	14:46.94	2
35.976 (35.976)	1:11.984 (36.008)	1:47.248 (35.264)		
2:21.355 (34.108)	2:55.256 (33.902)	3:28.874 (33.618)		
4:04.005 (35.132)	4:39.905 (35.900)	5:16.429 (36.524)		
5:53.715 (37.287)	6:30.758 (37.043)	7:08.409 (37.652)		
7:44.476 (36.068)	8:19.745 (35.269)	8:55.535 (35.790)		
9:31.568 (36.033)	10:07.680 (36.113)	10:43.908 (36.228)		
11:19.824 (35.917)	11:56.024 (36.200)			
13:06.680 (34.658)	13:41.403 (34.723)	14:15.540 (34.138)		
14:46.940 (31.400)				
8 Jennings, Nate	SO	William & Ma	14:47.05	1
35.144 (35.144)	1:11.124 (35.980)	1:46.213 (35.089)		
2:20.103 (33.890)	2:53.735 (33.633)	3:26.933 (33.198)		
4:00.344 (33.412)	4:34.070 (33.727)	5:08.368 (34.298)		
5:42.489 (34.122)	6:16.939 (34.450)	6:52.041 (35.103)		
7:28.881 (36.840)	8:05.131 (36.250)	8:41.861 (36.730)		
9:17.884 (36.023)	9:55.209 (37.325)	10:32.110 (36.902)		
11:09.351 (37.242)	11:46.508 (37.157)			
13:00.949 (37.237)	13:38.134 (37.185)	14:14.480 (36.347)		
14:47.046 (32.567)				
9 Mehta, Malav	SR	Northeastern	14:50.20	
35.581 (35.581)	1:11.581 (36.000)	1:46.858 (35.277)		
2:20.985 (34.128)	2:54.829 (33.844)	3:28.039 (33.210)		
4:02.741 (34.703)	4:37.528 (34.787)	5:12.991 (35.464)		
5:48.738 (35.747)	6:24.668 (35.930)	7:01.196 (36.529)		
7:37.713 (36.517)	8:14.004 (36.292)	8:50.531 (36.528)		
9:26.738 (36.207)	10:03.815 (37.078)	10:40.890 (37.075)		
11:18.188 (37.298)	11:55.719 (37.532)			
13:09.043 (36.453)	13:44.464 (35.422)	14:19.911 (35.448)		
14:50.191 (30.280)				
10 Ellwood, Luke	SO	William & Ma	14:50.71	
35.696 (35.696)	1:11.756 (36.060)	1:46.841 (35.085)		
2:21.100 (34.259)	2:54.801 (33.702)	3:28.255 (33.454)		
4:02.203 (33.948)	4:36.658 (34.455)	5:11.578 (34.920)		
5:45.990 (34.413)	6:21.138 (35.148)	6:56.863 (35.725)		
7:33.466 (36.604)	8:10.631 (37.165)	8:47.341 (36.710)		
9:24.246 (36.905)	10:01.476 (37.230)	10:38.329 (36.853)		
11:15.693 (37.364)	11:53.464 (37.772)			
13:08.101 (37.137)	13:44.609 (36.508)	14:20.151 (35.543)		
14:50.708 (30.557)				

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## Results

## Finals ... (Men 5000 Meter Run)

Name	Yr	School	Finals
11 Golden, Peyton	FR	William & Ma	15:00.55
35.474 (35.474)	1:11.429 (35.955)	1:46.585 (35.157)	
2:20.746 (34.162)	2:54.578 (33.832)	3:28.545 (33.968)	
4:03.756 (35.212)	4:39.696 (35.940)	5:16.184 (36.488)	
5:53.460 (37.277)	6:30.490 (37.030)	7:08.653 (38.163)	
7:45.324 (36.672)	8:21.683 (36.359)	8:59.256 (37.574)	
9:37.004 (37.748)	10:14.568 (37.564)	10:50.323 (35.755)	
11:26.854 (36.532)	12:04.368 (37.514)		
13:16.846 (35.785)	13:53.319 (36.473)	14:29.229 (35.910)	
15:00.545 (31.317)			
12 North, Patrick	JR	William & Ma	15:01.52
36.329 (36.329)	1:12.195 (35.867)	1:47.540 (35.345)	
2:21.609 (34.069)	2:55.611 (34.003)	3:29.208 (33.597)	
4:04.215 (35.008)	4:40.154 (35.939)	5:16.633 (36.479)	
5:53.929 (37.297)	6:30.980 (37.052)	7:08.918 (37.938)	
7:45.589 (36.672)	8:21.898 (36.309)	8:59.478 (37.580)	
9:37.228 (37.750)	10:14.824 (37.597)	10:50.549 (35.725)	
11:27.070 (36.522)	12:04.596 (37.527)		
13:16.939 (35.670)	13:51.956 (35.018)	14:24.268 (32.312)	
15:01.519 (37.252)			
13 Reed, Sebastien	SO	Monmouth	15:08.72
35.246 (35.246)	1:11.208 (35.962)	1:46.433 (35.225)	
2:20.459 (34.027)	2:53.914 (33.455)	3:27.530 (33.617)	
4:01.524 (33.994)	4:36.421 (34.898)	5:11.196 (34.775)	
5:45.598 (34.402)	6:20.284 (34.687)	6:55.239 (34.955)	
7:30.273 (35.034)	8:05.661 (35.389)	8:41.853 (36.192)	
9:18.113 (36.260)	9:54.811 (36.699)	10:31.700 (36.889)	
11:10.048 (38.348)	11:48.878 (38.830)		
13:08.496 (39.440)	13:47.499 (39.003)	14:28.048 (40.549)	
15:08.714 (40.667)			
14 Mooney, Noah	SO	Northeastern	15:19.97
36.495 (36.495)	1:12.906 (36.412)	1:47.781 (34.875)	
2:22.146 (34.365)	2:56.366 (34.220)	3:30.033 (33.667)	
4:04.465 (34.433)	4:40.484 (36.019)	5:16.786 (36.303)	
5:54.041 (37.255)	6:30.609 (36.568)	7:08.643 (38.034)	
7:45.108 (36.465)	8:22.240 (37.133)	8:59.795 (37.555)	
9:37.471 (37.677)	10:15.295 (37.824)	10:52.840 (37.545)	
11:30.396 (37.557)	12:08.538 (38.142)		
13:25.730 (38.593)	14:03.763 (38.033)	14:42.018 (38.255)	
15:19.965 (37.948)			
15 Tardugno, Nick	SO	Stony Brook	15:21.61
36.293 (36.293)	1:12.594 (36.302)	1:47.883 (35.289)	
2:22.296 (34.414)	2:56.633 (34.337)	3:30.661 (34.029)	
4:05.723 (35.062)	4:41.795 (36.073)	5:18.073 (36.278)	
5:54.566 (36.494)	6:31.353 (36.787)	7:09.291 (37.939)	
7:45.884 (36.593)	8:22.524 (36.640)	9:00.039 (37.515)	
9:37.749 (37.710)	10:15.508 (37.759)	10:51.986 (36.479)	
11:29.954 (37.968)	12:08.375 (38.422)		
13:25.585 (38.729)	14:04.551 (38.967)	14:43.926 (39.375)	
15:21.609 (37.683)			

16 Beck, Brian	FR	Hofstra	15:58.27
36.718 (36.718)	1:12.993 (36.275)	1:48.283 (35.290)	
2:23.516 (35.234)	3:01.456 (37.940)	3:39.121 (37.665)	
4:16.349 (37.228)	4:54.019 (37.670)	5:32.268 (38.249)	
6:10.515 (38.248)	6:47.815 (37.300)	7:26.344 (38.529)	
8:05.291 (38.948)	8:44.599 (39.308)	9:24.050 (39.452)	
10:03.698 (39.648)	10:42.483 (38.785)	11:22.195 (39.713)	
12:02.229 (40.034)	12:42.324 (40.095)		
14:03.519 (40.865)	14:44.345 (40.827)	15:22.678 (38.333)	
15:58.265 (35.588)			
17 Green, Abdiselam	FR	N. Carolina	16:08.06
36.719 (36.719)	1:13.524 (36.805)	1:48.918 (35.394)	
2:24.731 (35.814)	3:02.115 (37.384)	3:39.881 (37.767)	
4:17.964 (38.083)	4:56.116 (38.153)	5:34.791 (38.675)	
6:13.756 (38.965)	6:52.238 (38.482)	7:30.331 (38.094)	
8:09.283 (38.952)	8:48.563 (39.280)	9:28.396 (39.834)	
10:08.630 (40.234)	10:48.250 (39.620)	11:27.628 (39.378)	
12:06.816 (39.189)	12:46.886 (40.070)		
14:07.374 (40.298)	14:47.671 (40.298)	15:28.195 (40.524)	
16:08.060 (39.865)			
--- McDonnell, Declan	SO	Monmouth	DNF
34.956 (34.956)	1:10.846 (35.890)	1:46.026 (35.180)	
2:19.930 (33.904)	2:53.325 (33.395)	3:26.679 (33.354)	
4:00.139 (33.460)	4:33.709 (33.570)	5:08.111 (34.403)	
5:42.869 (34.758)	6:18.521 (35.653)	6:54.636 (36.115)	
7:30.331 (35.695)	8:06.013 (35.682)	8:42.109 (36.097)	
9:18.685 (36.577)	9:54.988 (36.303)	10:31.806 (36.819)	
11:09.586 (37.780)			

## Men 60 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Stern, Jahiem	FR	Hampton	7.76Q
2 Holmes, Jason	FR	N. Carolina	7.90Q
3 Exilhomme, Ethan	SO	Northeastern	7.76q
4 Gaither Jr., Cory	SR	Northeastern	7.98q
5 Smith, Thomas	FR	N. Carolina	7.99q
6 Thompson, Savion	JR	Northeastern	8.21q
7 Ryan, Miles	SR	Stony Brook	8.39q
8 Titus, Joshua	SR	Stony Brook	8.44q
9 Hilario, Seth	JR	Stony Brook	8.66
10 Babalola, Oluwadolapo	SO	Stony Brook	8.72
11 Albers, Gabriel	SO	William & Ma	8.99

## Men Distance Medley

Team	Relay	Finals
<b>Finals</b>		
1 Northeastern	A	9:56.51 10
1) Narita, Anders SR	2) Sylvain, Pierre SR	
3) Dailor, Ryan SO	4) Godish, Benjamin SO	
3:06.080 (3:06.080)	3:55.035 (48.955)	5:49.923 (1:54.889)
9:56.501 (4:06.578)		

## CAA Indoor Championships - 2/22/2023 to 2/23/2023

## Virginia Beach Sports Center

## Results

## Finals ... (Men Distance Medley)

Team	Relay	Finals
2 Monmouth	A	10:04.98 8
1) Martinez, James FR	2) Collura, Kevin SO	
3) Riley, Luke SO	4) Tarapchak, Ryan FR	
3:05.387 (3:05.387)	3:54.357 (48.970)	5:49.776 (1:55.419)
10:04.977 (4:15.202)		
3 William & Mary	A	10:13.78 6
1) Lagattuta, Andrew SR	2) Albers, Gabriel SO	
3) Henkel, Luke FR	4) DiStefano, Brendan FR	
3:05.853 (3:05.853)	3:57.668 (51.815)	5:53.008 (1:55.340)
10:13.778 (4:20.770)		
4 Stony Brook	A	10:23.25 5
1) Hawkes, Michael FR	2) Vazquez, Justin SO	
3) Burfeind, Thomas SO	4) Bragg, Eben SO	
3:12.805 (3:12.805)	4:03.273 (50.469)	6:00.937 (1:57.664)
10:23.241 (4:22.304)		
5 N. Carolina A&T	A	10:45.82 4
1) Grogan, Dawson FR	2) Crosby, Jayden FR	
3) Chin, Jalen JR	4) Witherspoon, Knox FR	
3:18.138 (3:18.138)	4:08.635 (50.497)	6:10.393 (2:01.759)
10:45.817 (4:35.424)		

## Men Pole Vault

Name	Yr	School	Finals
<b>Finals</b>			
1 Yeust, Dalton	SO	Monmouth	5.10m 10
2 Bennett, Connor	SO	Monmouth	4.65m 8
3 Zuckerman, Max	FR	Northeastern	J4.65m 6
4 Miles, Jackson	FR	Monmouth	4.45m 5
5 Mintz, John	SO	William & Ma	4.35m 4
6 Woodyard, Ellis	JR	Hampton	4.25m 3
7 Pantazopoulos, Athanasios	SO	Northeastern	J4.25m 2
8 Domozych, Mike	SO	Monmouth	3.95m 1
9 Tucker, Floyd	FR	Hampton	J3.95m
10 Qualter, Thomas	SR	Northeastern	3.65m

## Men Long Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Slayton, Otis	JR	Hampton	7.11m 10
2 Evans, Abraham	SO	Hampton	7.04m 8
3 Reed, Aeneas	SO	N. Carolina	6.89m 6
4 Strong, David	SO	Monmouth	6.82m 5
5 Duncan, Harrison	SR	William & Ma	J6.82m 4
6 Fonville, Kelvin	SO	Hampton	6.73m 3
7 Haj Abed, Collin	FR	Northeastern	J6.73m 2
8 Brooks, Aaron	FR	Monmouth	6.64m 1
9 Thompson, Savion	JR	Northeastern	J6.64m
10 Love, Nile	SO	Hofstra	6.42m
11 Boddie, Bryce	SO	Monmouth	6.41m
12 Brock, Ahmad	SO	Monmouth	6.40m
13 DaVanzo, Gavin	SO	Stony Brook	6.37m
14 Buenviaje, Ethan	JR	William & Ma	6.28m
15 Kevelier, Keven	SO	Monmouth	6.27m
16 Kanes, Alexander	SO	Stony Brook	6.25m

17 Lung, John FR Northeastern 6.14m

## Men Weight Throw

Name	Yr	School	Finals
<b>Finals</b>			
1 Pisciotta, Nicholas	SO	Northeastern	17.84m 10
2 Ali, Mujeeb	JR	Monmouth	17.72m 8
3 Newton, Qualiar	FR	N. Carolina	17.52m 6
4 Bailor, AJ	SO	Monmouth	16.95m 5
5 Nwosu, Jason	FR	William & Ma	16.58m 4
6 Robinson, Tremain	SO	Northeastern	16.34m 3
7 Alexander, Carlos	SO	N. Carolina	15.87m 2
8 Hodgest, Brayden	SO	N. Carolina	15.38m 1
9 Washington, Ronde	FR	Monmouth	14.37m
10 Clark, Connor	FR	Monmouth	13.26m
11 Paul, Darnell	SO	Stony Brook	12.55m
--- Bazzichi, Ross	FR	William & Ma	FOUL

## Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 Strong, David	SO	Monmouth	7.10 847
2 Haj Abed, Collin	FR	Northeastern	7.21 809
3 Gibbard, Thomas	FR	Monmouth	7.36 759
4 Wisnaskas, Paul	SO	Northeastern	7.39 749
5 Layton, Daniel	SR	William & Ma	7.41 742
6 Griffin, Dae'Shawn	SR	N. Carolina	7.42 739
7 Harris, Cole	SO	William & Ma	7.55 697
8 Lomax, Christopher	SR	N. Carolina	7.73 640
9 Vander Woude, Derek	SR	Monmouth	7.99 563

## Heptathlon: #4 Men High Jump Heptathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 Wisnaskas, Paul	SO	Northeastern	1.93m 740
2 Harris, Cole	SO	William & Ma	1.87m 687
2 Gibbard, Thomas	FR	Monmouth	1.87m 687
4 Vander Woude, Derek	SR	Monmouth	1.81m 636
5 Layton, Daniel	SR	William & Ma	1.75m 585
5 Strong, David	SO	Monmouth	1.75m 585
7 Griffin, Dae'Shawn	SR	N. Carolina	1.63m 488
7 Haj Abed, Collin	FR	Northeastern	1.63m 488
9 Lomax, Christopher	SR	N. Carolina	1.60m 464

## Heptathlon: #2 Men Long Jump Pit 2 Heptathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 Strong, David	SO	Monmouth	6.94m 799
2 Haj Abed, Collin	FR	Northeastern	6.49m 695
3 Wisnaskas, Paul	SO	Northeastern	6.23m 637
4 Harris, Cole	SO	William & Ma	6.00m 587
5 Layton, Daniel	SR	William & Ma	5.86m 556
6 Gibbard, Thomas	FR	Monmouth	5.84m 552
7 Vander Woude, Derek	SR	Monmouth	5.39m 459
8 Griffin, Dae'Shawn	SR	N. Carolina	5.34m 449
9 Lomax, Christopher	SR	N. Carolina	4.67m 321

## CAA Indoor Championships - 2/22/2023 to 2/23/2023

## Virginia Beach Sports Center

## Results

**Heptathlon: #3 Men Shot Put Heptathlon**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>					
1	Layton, Daniel	SR	William & Ma	12.37m	629
2	Harris, Cole	SO	William & Ma	11.45m	573
3	Strong, David	SO	Monmouth	9.64m	464
4	Wisnaskas, Paul	SO	Northeastern	9.26m	441
5	Haj Abed, Collin	FR	Northeastern	9.21m	438
6	Gibbard, Thomas	FR	Monmouth	8.71m	408
7	Lomax, Christopher	SR	N. Carolina	8.23m	380
8	Vander Woude, Derek	SR	Monmouth	8.18m	377
9	Griffin, Dae'Shawn	SR	N. Carolina	6.78m	294

**Men Heptathlon**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>					
1	Strong, David	SO	Monmouth	2695	
2	Wisnaskas, Paul	SO	Northeastern	2567	
3	Harris, Cole	SO	William & Ma	2544	
4	Layton, Daniel	SR	William & Ma	2512	
5	Haj Abed, Collin	FR	Northeastern	2430	
6	Gibbard, Thomas	FR	Monmouth	2406	
7	Vander Woude, Derek	SR	Monmouth	2035	
8	Griffin, Dae'Shawn	SR	N. Carolina	1970	
9	Lomax, Christopher	SR	N. Carolina	1805	

**Men - Team Rankings - 5 Events Scored**

1)	Monmouth	51
2)	Northeastern	40
3)	Stony Brook	30
4)	Hampton	24
5)	William & Mary	19
5)	N. Carolina A&T	19
7)	Hofstra	6