

CAA Indoor Championships - 2/22/2023 to 2/23/2023**Virginia Beach Sports Center****Results****Women 60 Meter Dash**

Name	Year	School	Prelims	H#
Preliminaries				
1 Davis, Aja	JR	Delaware	7.45Q	5
2 Aduma, Amira	SR	Hampton	7.50Q	2
3 Griffin, Jada	SR	N. Carolina A&T	7.59Q	4 7.581
4 Webster, Reese	FR	Elon	7.66Q	3 7.655
5 Carter, Jaydea	SO	Hampton	7.68Q	1
6 Tucker, Sydney	JR	Towson	7.59q	4 7.587
7 Wilcox, Meghan	SO	Elon	7.61q	4
8 Jones, Jacqueline	JR	Hampton	7.63q	2
9 Hodge, Jada	SO	Stony Brook	7.66	4 7.658
10 Cunningham, Melissa	SO	William & Mary	7.69	3
11 Tapper, Trinity	JR	Delaware	7.70	4
12 Fields, Janiyah	SO	Uncw	7.71	1
13 Sheffield, Brynn	SR	Uncw	7.72	5 7.711
14 Lines, Courtney	JR	Uncw	7.72	5 7.719
15 Kessler, Anna	SO	William & Mary	7.74	5 7.736
16 Cerbone, Dana	SR	Stony Brook	7.74	3 7.738
17 Scott, Pebbles	SO	N. Carolina A&T	7.77	2
18 Tucker, Maya	SO	Towson	7.78	1 7.777
19 Davis, Jaelyn	SO	Stony Brook	7.78	2 7.779
20 Hannah, Ty'Liyah	FR	Towson	7.81	1
21 Atkins, Akajia	SR	Stony Brook	7.84	2
22 Johnson, Amaya	JR	William & Mary	7.86	5
23 Cervenak, Jessica	FR	Monmouth	7.88	2
24 Alexander, Kailyn	SO	Hampton	7.93	4 7.921
25 Bailey, Kaitlynn	JR	Col. of Charleston	7.93	1 7.924
26 Johnson, Taylor	FR	Delaware	7.93	3 7.926
27 Ebuenga-Smith, Shylehn	SR	Delaware	7.98	4
28 Howell, Zyon	SO	Monmouth	8.01	1
29 Pettihomme, Tra'Nijah	FR	Uncw	8.03	3
30 Franks, Aristea	FR	Stony Brook	8.06	5
31 Padgham, Kamylin	JR	Delaware	8.07	3
32 Wilson, Alicia	SO	Col. of Charleston	8.11	3
33 Sorvino, Carli	FR	Monmouth	8.12	5
34 Murray, Kiara	FR	Towson	8.13	2

Women 200 Meter Dash

Name	Year	School	Prelims	H#
1 Aduma, Amira	SR	Hampton	24.11q	6
2 Jons, Piper	JR	Elon	24.23q	7
3 Griffin, Jada	SR	N. Carolina A&T	24.30q	8
4 Scott, Pebbles	SO	N. Carolina A&T	24.45q	2
5 Cuervo, Cristal	SO	Towson	24.47q	5
6 Tucker, Maya	SO	Towson	24.55q	3
7 Ervin, Emily	SO	William & Mary	24.64q	9
8 Davis, Aja	JR	Delaware	24.67q	4
9 Johnson, Amaya	JR	William & Mary	24.70	10
10 Carter, Jaydea	SO	Hampton	24.74	1
11 Webster, Reese	FR	Elon	24.82	7
12 Fields, Janiyah	SO	Uncw	24.89	7
13 Weaver, Lucheyona	SO	N. Carolina A&T	24.93	9

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14	Sheffield, Brynn	SR	Uncw	24.97	4
15	Tucker, Sydney	JR	Towson	24.98	6
16	Robinson, Ariann	FR	Northeastern	25.02	3
17	Wilcox, Meghan	SO	Elon	25.04	8
18	Cerbone, Dana	SR	Stony Brook	25.06	1
19	Jefferson, Jazlyn	JR	Hampton	25.14	5 25.135
20	Jones, Jacqueline	JR	Hampton	25.14	4 25.137
21	Hannah, Ty'Liyah	FR	Towson	25.26	10
22	Johnson, Taylor	FR	Delaware	25.35	2
23	Cunningham, Melissa	SO	William & Mary	25.40	8
24	Omokeni, Oghenenyerovwo	SO	Stony Brook	25.48	6
25	Kessler, Anna	SO	William & Mary	25.57	5
26	Hodge, Jada	SO	Stony Brook	25.66	2
27	Rubio, Brianna	SO	Monmouth	25.77	6
28	Bailey, Kaitlynn	JR	Col. of Charleston	25.93	3
29	Franks, Aristeia	FR	Stony Brook	26.12	1
30	Thomas, Abigail	FR	Northeastern	26.25	9 26.242
31	Ebuenga-Smith, Shylehn	SR	Delaware	26.25	7 26.245
32	Davis, Jaelyn	SO	Stony Brook	26.37	4
33	Gray, Tashianna	JR	N. Carolina A&T	26.43	3
34	Padgham, Kamylin	JR	Delaware	26.47	8
35	Latimer, Madison	SO	Monmouth	26.53	10
36	Hibbert, Denee	SO	Towson	26.71	5
37	Wilson, Alicia	SO	Col. of Charleston	26.72	2
38	McKenna, Kirsten	SO	Col. of Charleston	27.36	9

Women 400 Meter Dash

Name	Year	School	Prelims	H#
1	Jons, Piper	JR	Elon	54.83q 7
	25.804 (25.804)		54.824 (29.020)	
2	Griffin, Jada	SR	N. Carolina A&T	54.94q 2
	25.554 (25.554)		54.934 (29.380)	
3	Ervin, Emily	SO	William & Mary	55.28q 3
	26.052 (26.052)		55.272 (29.220)	
4	Gbolade, Ayoola	SR	N. Carolina A&T	55.34q 3
	26.149 (26.149)		55.340 (29.191)	
5	Grant, Dejah	JR	Hampton	55.85q 1
	25.859 (25.859)		55.847 (29.988)	
6	Tinsley, Yasmeen	SO	Monmouth	55.98q 6
	25.141 (25.141)		55.974 (30.833)	
7	Scott, Pebbles	SO	N. Carolina A&T	56.09q 4
	25.532 (25.532)		56.088 (30.556)	
8	Cuervo, Cristal	SO	Towson	56.33q 8
	25.884 (25.884)		56.330 (30.446)	
9	Gregory, Mary	JR	William & Mary	56.44 2
	25.895 (25.895)		56.436 (30.541)	
10	Drometer, Riley	JR	Elon	56.75 1
	26.642 (26.642)		56.749 (30.107)	
11	Ferguson, Nasiah	SO	Uncw	56.81 1
	26.286 (26.286)		56.806 (30.520)	
12	Barrows, Aliya	SR	Elon	57.01 2
	26.881 (26.881)		57.002 (30.121)	

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13	Robinson, Ariann	FR Northeastern	57.21	5
	26.538 (26.538)	57.203 (30.665)		
14	Davis, Anna	SR Northeastern	57.27	4
	26.601 (26.601)	57.261 (30.660)		
15	Perry, Mykayla	JR N. Carolina A&T	57.60	5
	26.666 (26.666)	57.596 (30.930)		
16	Spencer, Kayla	JR Hampton	57.66	8
	26.612 (26.612)	57.660 (31.048)		
17	Poulin, Marie-Frederique	JR Delaware	57.98	6
	27.087 (27.087)	57.976 (30.889)		
18	Danyluk, Claire	SO Northeastern	58.15	7
	26.203 (26.203)	58.142 (31.939)		
19	Schmidt, Carly	JR Delaware	58.70	8
	27.473 (27.473)	58.695 (31.222)		
20	Greene, Madison	SO Hampton	58.74	3
	26.357 (26.357)	58.733 (32.376)		
21	Kozlova, Anna	SO Elon	58.76	2
	27.703 (27.703)	58.755 (31.052)		
22	Omokeni, Oghenenyevwo	SO Stony Brook	58.79	4
	26.384 (26.384)	58.790 (32.406)		
23	Guevara, Siara	SR Stony Brook	59.48	3
	27.956 (27.956)	59.473 (31.517)		
24	Perez, Tatum	SO Monmouth	59.50	7
	27.521 (27.521)	59.493 (31.972)		
25	Latimer, Madison	SO Monmouth	1:00.06	5
	27.216 (27.216)	1:00.051 (32.835)		
26	McKenna, Kirsten	SO Col. of Charleston	1:00.60	7
	28.632 (28.632)	1:00.598 (31.966)		
27	Williams, Jalia	SO Stony Brook	1:00.81	4
	28.786 (28.786)	1:00.807 (32.021)		
28	Corpora, Nina	JR Monmouth	1:00.96	6
	27.759 (27.759)	1:00.960 (33.201)		
29	Updike, Meredith	SO Monmouth	1:01.17	5
	28.425 (28.425)	1:01.170 (32.745)		
30	Tony, Amanda	SR Towson	1:01.96	1
	27.016 (27.016)	1:01.958 (34.942)		
31	Gasparis, Paulina	SO Stony Brook	1:02.35	8
	28.486 (28.486)	1:02.343 (33.857)		
--	Kelly, Fajr	SO N. Carolina A&T	DNF	6
	26.388 (26.388)			

Women 800 Meter Run

Name	Year	School	Prelims	H#
1 Gbolade, Ayoola		SR N. Carolina A&T	2:11.52Q	2
	31.967 (31.967)	1:05.918 (33.951)	1:39.599 (33.681)	2:11.517 (31.918)
2 Navarro, Ashley		SR Monmouth	2:11.68Q	3
	32.995 (32.995)	1:06.462 (33.467)	1:38.968 (32.506)	2:11.675 (32.707)
3 Hodgson, Alison		SO Elon	2:13.38Q	1
	31.177 (31.177)	1:04.637 (33.460)	1:39.491 (34.854)	2:13.376 (33.885)
4 Mozie, Jordan		SO Hampton	2:11.71q	3
	32.825 (32.825)	1:06.411 (33.586)	1:39.768 (33.357)	2:11.708 (31.940)
5 Lair, Stephanie		SR Elon	2:12.29q	3
	32.250 (32.250)	1:05.724 (33.474)	1:38.874 (33.150)	2:12.284 (33.410)

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...Women 800 Meter Run

6	Shotts, Lucinda	SR Northeastern	2:13.76q 1		
	32.004 (32.004)	1:04.881 (32.877)	1:38.749 (33.868)	2:13.753 (35.004)	
7	Kearns, Grace	JR Monmouth	2:14.05q 2		
	33.872 (33.872)	1:06.657 (32.785)	1:40.797 (34.140)	2:14.045 (33.248)	
8	Jones, Caroline	FR William & Mary	2:14.12q 3		
	33.154 (33.154)	1:06.614 (33.460)	1:40.025 (33.411)	2:14.115 (34.090)	
9	Abdow, Lucy	JR Northeastern	2:15.07 2		
	33.452 (33.452)	1:06.191 (32.739)	1:40.733 (34.542)	2:15.062 (34.329)	
10	Campbell, Ania	JR N. Carolina A&T	2:16.26 2		
	33.465 (33.465)	1:06.393 (32.928)	1:40.526 (34.133)	2:16.259 (35.733)	
11	Todd, Sydney	SO Monmouth	2:16.82 1		
	32.313 (32.313)	1:05.622 (33.309)	1:40.720 (35.098)	2:16.814 (36.094)	
12	Wallis, Lydia	FR William & Mary	2:17.43 3		
	33.879 (33.879)	1:07.760 (33.881)	1:42.356 (34.596)	2:17.425 (35.069)	
13	Dorony, Emily	JR Col. of Charleston	2:19.22 2		
	34.315 (34.315)	1:07.469 (33.154)	1:42.480 (35.011)	2:19.216 (36.736)	
14	Kalus, Meike	SO Col. of Charleston	2:21.08 1		
	32.699 (32.699)	1:06.654 (33.955)	1:43.464 (36.810)	2:21.072 (37.608)	
15	Alps, Emily	JR Elon	2:21.47 3		
	33.420 (33.420)	1:07.830 (34.410)	1:44.501 (36.671)	2:21.462 (36.961)	
16	Herring, Camille	SR N. Carolina A&T	2:22.14 1		
	32.522 (32.522)	1:06.223 (33.701)	1:44.105 (37.882)	2:22.134 (38.029)	
17	Mogensen, Lexi	SO Towson	2:22.54 1		
	33.161 (33.161)	1:08.909 (35.748)	1:45.701 (36.792)	2:22.539 (36.838)	
18	Osley, Chantel	JR Monmouth	2:24.75 2		
	32.478 (32.478)	1:07.041 (34.563)	1:44.297 (37.256)	2:24.750 (40.453)	
19	Williams, Morgan	SO Hampton	2:25.62 3		
	33.544 (33.544)	1:08.109 (34.565)	1:45.607 (37.498)	2:25.617 (40.010)	
20	Sakoutis, Arianna	JR Elon	2:27.02 2		
	34.011 (34.011)	1:09.702 (35.691)	1:48.147 (38.445)	2:27.016 (38.869)	
21	Jones, Jayla	SR N. Carolina A&T	2:29.93 1		
	32.935 (32.935)	1:08.966 (36.031)	1:48.271 (39.305)	2:29.923 (41.652)	

Women 1 Mile Run

Name	Year School	Prelims	H#
1 Navarro, Ashley	SR Monmouth	4:56.34Q	1
40.640 (40.640)	1:17.477 (36.838)	1:54.510 (37.033)	2:31.791 (37.282)
3:09.056 (37.265)	3:45.954 (36.898)	4:21.441 (35.488)	4:56.337 (34.897)
2 Beermann, Jette	SO Elon	5:02.08Q	2
44.927 (44.927)	1:26.450 (41.524)	2:04.044 (37.594)	2:40.892 (36.848)
3:18.447 (37.555)	3:53.762 (35.315)	4:28.309 (34.548)	5:02.077 (33.768)
3 Leak, Isabella	SO Monmouth	4:56.37Q	1
40.745 (40.745)	1:17.775 (37.030)	1:54.669 (36.894)	2:32.530 (37.862)
3:09.757 (37.228)	3:46.265 (36.508)	4:21.525 (35.260)	4:56.365 (34.840)
4 Twomey, Anna	JR Elon	5:02.13Q	2
44.703 (44.703)	1:26.218 (41.515)	2:03.473 (37.255)	2:40.470 (36.998)
3:17.705 (37.235)	3:53.720 (36.015)	4:28.442 (34.722)	5:02.129 (33.688)
5 Lorenz, Leandra	JR Elon	4:56.44Q	1
40.434 (40.434)	1:17.654 (37.220)	1:54.902 (37.249)	2:32.889 (37.987)
3:09.920 (37.032)	3:46.811 (36.892)	4:22.841 (36.030)	4:56.436 (33.595)
6 Sgambelluri, Nina	FR Delaware	5:02.45Q	2
44.809 (44.809)	1:26.189 (41.380)	2:03.234 (37.045)	2:40.319 (37.085)
3:17.715 (37.397)	3:53.902 (36.187)	4:28.895 (34.994)	5:02.449 (33.554)

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7 Miller, Hannah	JR Elon	4:56.52q 1		
40.917 (40.917)	1:17.907 (36.990)	1:55.036 (37.129)	2:32.679 (37.643)	
3:09.340 (36.662)	3:45.826 (36.487)	4:56.515 (1:10.689)		
8 Sutterfield, Kelly Ann	FR William & Mary	5:00.32q 1		
39.837 (39.837)	1:16.344 (36.507)	1:52.487 (36.144)	2:28.875 (36.388)	
3:05.681 (36.807)	3:43.416 (37.735)	4:21.592 (38.177)	5:00.315 (38.723)	
9 Trevor, Shannon	SO Northeastern	5:04.07q 1		
41.112 (41.112)	1:17.851 (36.739)	1:54.870 (37.019)	2:33.065 (38.195)	
3:09.969 (36.904)	3:48.107 (38.139)	4:25.734 (37.627)	5:04.070 (38.337)	
10 Wicker, Annie	JR William & Mary	5:04.69q 1		
40.187 (40.187)	1:17.417 (37.230)	1:54.954 (37.537)	2:33.099 (38.145)	
3:10.532 (37.434)	3:48.746 (38.214)	4:27.105 (38.359)	5:04.682 (37.578)	
11 Young, Jasmine	FR Elon	5:06.57q 2		
45.278 (45.278)	1:26.849 (41.572)	2:03.824 (36.975)	2:40.787 (36.963)	
3:18.513 (37.727)	3:54.099 (35.587)	4:30.032 (35.933)	5:06.568 (36.537)	
12 Tsai, Jennifer	FR William & Mary	5:08.42q 1		
41.170 (41.170)	1:18.390 (37.220)	1:55.809 (37.419)	2:33.981 (38.173)	
3:12.419 (38.438)	3:51.399 (38.980)	4:29.990 (38.592)	5:08.415 (38.425)	
13 Purves, Rhian	JR Col. of Charleston	5:09.29 2		
44.724 (44.724)	1:26.203 (41.479)	2:03.820 (37.618)	2:40.410 (36.590)	
3:17.553 (37.143)	3:53.583 (36.030)	4:30.877 (37.294)	5:09.283 (38.407)	
14 Rutherford, Silas	FR Northeastern	5:09.63 1		
40.949 (40.949)	1:17.676 (36.728)	1:54.790 (37.114)	2:32.072 (37.283)	
3:09.679 (37.607)	3:47.787 (38.109)	4:27.714 (39.927)	5:09.621 (41.908)	
15 Ruggiero, Rachel	SR Stony Brook	5:11.56 2		
45.353 (45.353)	1:26.978 (41.625)	2:04.178 (37.200)	2:41.040 (36.863)	
3:18.574 (37.534)	3:55.592 (37.018)	4:34.305 (38.714)	5:11.558 (37.253)	
16 Sell, Emily	JR William & Mary	5:13.83 1		
41.124 (41.124)	1:18.817 (37.694)	1:56.177 (37.360)	2:34.425 (38.248)	
3:12.970 (38.545)	3:52.191 (39.222)	4:32.522 (40.332)	5:13.829 (41.307)	
17 Daniels, Sarah	SR Delaware	5:13.93 2		
45.080 (45.080)	1:26.505 (41.425)	2:03.539 (37.034)	2:40.564 (37.025)	
3:18.218 (37.654)	3:55.745 (37.528)	4:34.789 (39.044)	5:13.924 (39.135)	
18 Young, Lucy	SO William & Mary	5:17.66 2		
44.979 (44.979)	1:26.685 (41.707)	2:03.855 (37.170)	2:40.705 (36.850)	
3:18.349 (37.644)	3:55.097 (36.748)	4:34.938 (39.842)	5:17.654 (42.717)	
19 Melton, Love'	SR N. Carolina A&T	5:28.66 1		
41.394 (41.394)	1:18.044 (36.650)	1:55.405 (37.362)	2:33.920 (38.515)	
3:15.089 (41.169)	3:59.031 (43.943)	4:44.317 (45.287)	5:28.660 (44.343)	
20 Loewe, Morgan	FR Towson	5:30.20 2		
44.933 (44.933)	1:26.404 (41.472)	2:04.359 (37.955)	2:42.738 (38.379)	
3:23.318 (40.580)	4:05.462 (42.144)	4:48.403 (42.942)	5:30.194 (41.792)	
-- Duggan, Ava	JR Northeastern	DQ 2 Rule: 7-5-3a		
44.863 (44.863)	1:26.433 (41.570)	2:03.638 (37.205)	2:40.607 (36.969)	
3:17.902 (37.295)	3:53.852 (35.950)	4:28.833 (34.982)	5:02.264 (33.432)	

Women 5000 Meter Run

Name	Year School	Finals	Points
=====			
Finals			

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....Women 5000 Meter Run

1	Hassman, Abigail	JR Northeastern	16:48.51	10
	41.081 (41.081)	1:23.566 (42.485)	2:04.674 (41.108)	2:45.836 (41.163)
	3:27.063 (41.227)	4:09.400 (42.338)	4:52.474 (43.074)	5:35.454 (42.980)
	6:18.585 (43.132)	7:01.841 (43.257)	7:44.096 (42.255)	8:23.856 (39.760)
	9:03.830 (39.974)	9:44.103 (40.273)	10:24.260 (40.158)	11:04.498 (40.238)
	11:44.850 (40.353)	12:24.946 (40.097)	13:04.881 (39.935)	13:43.915 (39.034)
	14:21.291 (37.377)	14:58.333 (37.042)	15:33.884 (35.552)	16:10.636 (36.753)
	16:48.505 (37.869)			
2	McLoughlin, Fiona	JR Stony Brook	16:56.14	8
	41.030 (41.030)	1:23.335 (42.305)	2:04.524 (41.189)	2:45.631 (41.108)
	3:26.911 (41.280)	4:09.291 (42.380)	4:52.290 (42.999)	5:35.320 (43.030)
	6:18.458 (43.138)	7:01.713 (43.255)	7:43.869 (42.157)	8:23.856 (39.988)
	9:04.031 (40.175)	9:44.313 (40.282)	10:24.389 (40.077)	11:04.743 (40.354)
	11:45.005 (40.263)	12:25.195 (40.190)	13:05.021 (39.827)	13:44.260 (39.239)
	14:22.011 (37.752)	15:00.125 (38.114)	15:39.076 (38.952)	16:18.591 (39.515)
	16:56.136 (37.545)			
3	Sands, Autumn	SR Delaware	17:01.09	6
	41.015 (41.015)	1:23.049 (42.034)	2:04.180 (41.132)	2:45.383 (41.203)
	3:26.759 (41.377)	4:09.079 (42.320)	4:52.103 (43.024)	5:35.174 (43.072)
	6:18.264 (43.090)	7:01.528 (43.264)	7:43.114 (41.587)	8:23.155 (40.042)
	9:03.434 (40.279)	9:43.715 (40.282)	10:23.874 (40.159)	11:04.133 (40.259)
	11:44.493 (40.360)	12:24.808 (40.315)	13:04.740 (39.933)	13:44.603 (39.863)
	14:24.200 (39.598)	15:03.876 (39.677)	15:44.053 (40.177)	16:23.729 (39.677)
	17:01.088 (37.359)			
4	Springer, Maggie	JR Elon	17:01.12	5
	41.575 (41.575)	1:24.244 (42.669)	2:05.470 (41.227)	2:46.619 (41.149)
	3:27.688 (41.069)	4:10.001 (42.314)	4:53.259 (43.258)	5:36.134 (42.875)
	6:19.225 (43.092)	7:02.419 (43.194)	7:44.640 (42.222)	8:24.464 (39.824)
	9:04.731 (40.268)	9:45.083 (40.352)	10:25.276 (40.194)	11:05.120 (39.844)
	11:45.414 (40.294)	12:25.715 (40.302)	13:05.589 (39.874)	13:44.973 (39.384)
	14:24.310 (39.338)	15:03.351 (39.042)	15:43.023 (39.672)	16:22.919 (39.897)
	17:01.113 (38.194)			
5	Blount, Katie	FR Elon	17:04.19	4
	42.020 (42.020)	1:24.871 (42.852)	2:06.124 (41.253)	2:47.406 (41.283)
	3:28.500 (41.094)	4:10.631 (42.132)	4:53.635 (43.004)	5:36.718 (43.083)
	6:20.281 (43.564)	7:03.578 (43.297)	7:45.725 (42.148)	8:25.608 (39.883)
	9:05.359 (39.752)	9:45.738 (40.379)	10:25.898 (40.160)	11:05.901 (40.004)
	11:46.456 (40.555)	12:26.460 (40.004)	13:06.523 (40.063)	13:45.873 (39.350)
	14:25.971 (40.099)	15:05.769 (39.798)	15:45.830 (40.062)	16:25.706 (39.877)
	17:04.189 (38.483)			
6	Borovicka-Swanson, Azza	JR Northeastern	17:06.13	3
	41.270 (41.270)	1:23.775 (42.505)	2:04.935 (41.160)	2:46.049 (41.114)
	3:27.191 (41.143)	4:09.540 (42.349)	4:52.605 (43.065)	5:35.648 (43.043)
	6:18.708 (43.060)	7:01.915 (43.208)	7:44.183 (42.268)	8:24.160 (39.978)
	9:04.564 (40.404)	9:44.518 (39.954)	10:24.579 (40.062)	11:04.901 (40.323)
	11:45.328 (40.427)	12:25.236 (39.909)	13:05.158 (39.922)	13:44.633 (39.475)
	14:24.551 (39.919)	15:04.778 (40.227)	15:46.130 (41.353)	16:26.570 (40.440)
	17:06.129 (39.559)			
7	Delahanty, McKenzie	SR Monmouth	17:07.27	2
	42.845 (42.845)	1:25.298 (42.453)	2:05.531 (40.234)	2:46.563 (41.032)
	3:27.619 (41.057)	4:09.929 (42.310)	4:53.198 (43.269)	5:36.265 (43.068)
	6:19.831 (43.567)	7:02.945 (43.114)	7:43.281 (40.337)	8:23.388 (40.107)
	9:03.610 (40.223)	9:43.984 (40.374)	10:24.098 (40.114)	11:04.393 (40.295)
	11:44.736 (40.344)	12:25.145 (40.409)	13:06.893 (41.748)	13:47.266 (40.374)
	14:27.434 (40.168)	15:09.208 (41.774)	15:50.884 (41.677)	16:30.535 (39.652)
	17:07.268 (36.733)			

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....Women 5000 Meter Run

8	Kilgarriff, Marisa	SO Monmouth	17:12.21	1
	42.133 (42.133)	1:25.564 (43.432)	2:05.819 (40.255)	2:46.824 (41.005)
	3:27.891 (41.068)	4:10.169 (42.278)	4:53.015 (42.847)	5:36.044 (43.029)
	6:19.596 (43.553)	7:02.916 (43.320)	7:43.600 (40.684)	8:23.648 (40.048)
	9:03.880 (40.233)	9:44.225 (40.345)	10:24.325 (40.100)	11:04.630 (40.305)
	11:45.205 (40.575)	12:25.508 (40.303)	13:05.931 (40.424)	13:45.598 (39.667)
	14:26.860 (41.263)	15:08.560 (41.700)	15:50.220 (41.660)	16:31.520 (41.300)
	17:12.203 (40.683)			
9	Synowiec, Madison	SO Elon	17:13.96	
	41.823 (41.823)	1:24.511 (42.689)	2:05.748 (41.237)	2:46.875 (41.128)
	3:27.971 (41.097)	4:10.251 (42.280)	4:53.085 (42.834)	5:36.406 (43.322)
	6:20.124 (43.718)	7:03.188 (43.064)	7:45.036 (41.849)	8:25.336 (40.300)
	9:05.026 (39.690)	9:45.439 (40.413)	10:25.589 (40.150)	11:05.654 (40.065)
	11:46.255 (40.602)	12:26.128 (39.873)	13:06.253 (40.125)	13:46.173 (39.920)
	14:26.975 (40.803)	15:08.705 (41.730)	15:50.671 (41.967)	16:32.688 (42.017)
	17:13.953 (41.265)			
10	Garrison, Catherine	FR William & Mary	17:17.41	
	42.598 (42.598)	1:24.895 (42.298)	2:06.070 (41.175)	2:47.114 (41.044)
	3:28.159 (41.045)	4:10.208 (42.049)	4:53.253 (43.045)	5:35.966 (42.714)
	6:19.096 (43.130)	7:02.351 (43.255)	7:43.819 (41.468)	8:23.998 (40.179)
	9:04.386 (40.389)	9:44.814 (40.428)	10:24.908 (40.094)	11:04.954 (40.047)
	11:45.089 (40.135)	12:25.446 (40.358)	13:05.379 (39.933)	13:44.801 (39.423)
	14:24.038 (39.237)	15:04.559 (40.522)	15:47.183 (42.624)	16:31.715 (44.533)
	17:17.401 (45.687)			
11	Meyers, Isa	SR Northeastern	17:18.67	
	41.405 (41.405)	1:24.034 (42.629)	2:05.179 (41.145)	2:46.315 (41.137)
	3:27.451 (41.137)	4:09.776 (42.325)	4:52.885 (43.109)	5:35.925 (43.040)
	6:18.965 (43.040)	7:02.206 (43.242)	7:44.471 (42.265)	8:24.303 (39.832)
	9:04.373 (40.070)	9:44.665 (40.293)	10:25.048 (40.383)	11:05.298 (40.250)
	11:46.028 (40.730)	12:27.176 (41.149)	13:08.769 (41.593)	13:50.641 (41.873)
	14:33.165 (42.524)	15:15.951 (42.787)	15:58.619 (42.668)	16:38.938 (40.319)
	17:18.664 (39.727)			
12	Neuner, Madison	SR Northeastern	17:32.28	
	42.110 (42.110)	1:24.186 (42.077)	2:05.276 (41.090)	2:46.275 (40.999)
	3:27.363 (41.088)	4:09.648 (42.285)	4:52.680 (43.033)	5:35.725 (43.045)
	6:18.860 (43.135)	7:02.081 (43.222)	7:44.374 (42.293)	8:24.121 (39.748)
	9:04.171 (40.050)	9:44.530 (40.359)	10:24.851 (40.322)	11:05.455 (40.604)
	11:46.754 (41.299)	12:28.116 (41.363)	13:10.549 (42.433)	13:54.269 (43.720)
	14:38.483 (44.214)	15:22.245 (43.763)	16:06.499 (44.254)	16:49.774 (43.275)
	17:32.274 (42.500)			
13	Ayers, Beighley	SR Towson	17:41.46	
	40.480 (40.480)	1:22.756 (42.277)	2:03.870 (41.114)	2:45.086 (41.217)
	3:26.518 (41.432)	4:08.859 (42.342)	4:51.886 (43.028)	5:34.889 (43.003)
	6:18.028 (43.139)	7:01.373 (43.345)	7:43.409 (42.037)	8:23.610 (40.202)
	9:04.284 (40.674)	9:44.914 (40.630)	10:26.536 (41.623)	11:09.346 (42.810)
	11:53.168 (43.822)	12:37.786 (44.619)	13:22.154 (44.368)	14:06.398 (44.244)
	14:51.146 (44.749)	15:35.603 (44.457)	16:19.854 (44.252)	17:02.824 (42.970)
	17:41.453 (38.629)			

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...Women 5000 Meter Run

14 Crismon, Cayden	FR Col. of Charleston	17:43.60		
42.225 (42.225)	1:24.615 (42.390)	2:05.960 (41.345)	2:47.178 (41.218)	
3:28.224 (41.047)	4:10.455 (42.232)	4:53.450 (42.995)	5:36.491 (43.042)	
6:19.303 (42.812)	7:02.586 (43.284)	7:44.820 (42.234)	8:25.074 (40.254)	
9:06.008 (40.934)	9:47.679 (41.672)	10:30.024 (42.345)	11:13.001 (42.978)	
11:56.359 (43.358)	12:40.591 (44.233)	13:24.451 (43.860)	14:08.078 (43.627)	
14:52.004 (43.927)	15:35.873 (43.869)	16:20.111 (44.239)	17:03.149 (43.038)	
17:43.599 (40.450)				
15 Masciarelli, Sophia	JR Hofstra	17:54.82		
42.423 (42.423)	1:25.078 (42.655)	2:06.243 (41.165)	2:47.515 (41.273)	
3:28.651 (41.137)	4:10.720 (42.069)	4:53.743 (43.023)	5:36.743 (43.000)	
6:19.735 (42.993)	7:02.934 (43.199)	7:45.109 (42.175)	8:25.941 (40.833)	
9:06.878 (40.937)	9:48.801 (41.924)	10:31.410 (42.609)	11:14.116 (42.707)	
11:57.515 (43.399)	12:40.826 (43.312)	13:24.840 (44.014)	14:09.170 (44.330)	
14:53.904 (44.734)	15:38.853 (44.949)	16:24.179 (45.327)	17:09.334 (45.155)	
17:54.819 (45.485)				
16 Durcan, Niamh	SO Stony Brook	18:10.96		
42.643 (42.643)	1:25.854 (43.212)	2:06.464 (40.610)	2:47.679 (41.215)	
3:28.870 (41.192)	4:10.916 (42.047)	4:53.918 (43.002)	5:36.959 (43.042)	
6:20.199 (43.240)	7:03.435 (43.237)	7:45.439 (42.004)	8:26.479 (41.040)	
9:08.075 (41.597)	9:51.081 (43.007)	10:35.799 (44.718)	11:21.465 (45.667)	
12:07.118 (45.653)	12:52.934 (45.817)	13:39.453 (46.519)	14:26.113 (46.660)	
15:12.340 (46.228)	15:58.210 (45.870)	16:44.439 (46.229)	17:29.555 (45.117)	
18:10.953 (41.398)				

Women 5000 Meter Run Unseeded

Name	Year School	Finals		
1 Lindgren, Hannah	JR Delaware	17:14.36		
39.314 (39.314)	1:20.861 (41.547)	2:02.114 (41.254)	2:43.049 (40.935)	
3:23.954 (40.905)	4:04.893 (40.939)	4:45.848 (40.955)	5:26.756 (40.908)	
6:07.971 (41.215)	6:49.341 (41.370)	7:30.767 (41.427)	8:12.219 (41.453)	
8:53.919 (41.700)	9:35.131 (41.212)	10:16.336 (41.205)	10:58.024 (41.689)	
11:39.367 (41.343)	12:21.043 (41.677)	13:02.888 (41.845)	13:45.121 (42.233)	
14:27.426 (42.305)	15:09.757 (42.332)	15:51.921 (42.164)	16:34.069 (42.149)	
17:14.352 (40.283)				
2 Bell, Julia	FR Elon	17:54.25		
39.423 (39.423)	1:21.887 (42.464)	2:05.286 (43.399)	2:46.534 (41.249)	
3:28.637 (42.103)	4:11.952 (43.315)	4:55.124 (43.173)	5:38.103 (42.979)	
6:22.127 (44.024)	7:06.437 (44.310)	7:50.614 (44.178)	8:35.073 (44.459)	
9:17.841 (42.768)	10:01.223 (43.383)	10:45.014 (43.792)	11:29.099 (44.085)	
12:13.007 (43.908)	12:56.771 (43.764)	13:40.712 (43.942)	14:25.467 (44.755)	
15:10.356 (44.889)	15:54.687 (44.332)	16:38.568 (43.882)	17:20.713 (42.145)	
17:54.242 (33.529)				
3 Hally, Katie	SR Delaware	18:04.09		
39.937 (39.937)	1:22.118 (42.182)	2:05.263 (43.145)	2:46.266 (41.003)	
3:28.393 (42.128)	4:11.712 (43.319)	4:54.914 (43.203)	5:37.788 (42.874)	
6:21.266 (43.478)	7:05.099 (43.834)	7:48.802 (43.703)	8:32.658 (43.857)	
9:16.973 (44.315)	10:00.959 (43.987)	10:44.783 (43.824)	11:28.846 (44.063)	
12:12.779 (43.934)	12:56.548 (43.769)	13:40.521 (43.973)	14:25.203 (44.683)	
15:10.754 (45.552)	15:56.217 (45.463)	16:41.088 (44.872)	17:24.396 (43.308)	
18:04.086 (39.690)				

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...Women 5000 Meter Run Unseeded

4 Schaffer, Aubrey	SO Towson	18:24.45		
40.069 (40.069)	1:22.384 (42.315)	2:05.832 (43.448)	2:47.092 (41.260)	
3:29.167 (42.075)	4:12.538 (43.372)	4:55.779 (43.242)	5:38.968 (43.189)	
6:22.961 (43.993)	7:07.061 (44.100)	7:51.461 (44.400)	8:35.809 (44.349)	
9:19.932 (44.123)	10:04.247 (44.315)	10:49.242 (44.995)	11:34.668 (45.427)	
12:19.944 (45.277)	13:05.139 (45.195)	13:50.738 (45.599)	14:36.604 (45.867)	
15:22.744 (46.140)	16:08.762 (46.018)	16:55.106 (46.344)	17:40.674 (45.569)	
18:24.442 (43.768)				
5 Tavares, Jennifer	JR Monmouth	18:25.08		
40.623 (40.623)	1:23.509 (42.887)	2:06.689 (43.180)	2:49.082 (42.393)	
3:32.467 (43.385)	4:17.182 (44.715)	5:01.636 (44.454)	5:46.284 (44.649)	
6:30.593 (44.309)	7:13.744 (43.152)	7:56.383 (42.639)	8:39.844 (43.462)	
9:23.564 (43.720)	10:07.364 (43.800)	10:51.812 (44.448)	11:36.704 (44.893)	
12:21.021 (44.317)	13:05.057 (44.037)	13:50.449 (45.393)	14:36.977 (46.528)	
15:22.911 (45.934)	16:08.806 (45.895)	16:55.589 (46.784)	17:41.277 (45.688)	
18:25.071 (43.794)				
-- Roberts, Alice	JR Elon	DNF		
39.636 (39.636)	1:22.169 (42.534)	2:05.586 (43.417)	2:46.837 (41.252)	
3:28.936 (42.099)	4:12.242 (43.307)	4:55.489 (43.248)	5:38.749 (43.260)	
6:22.663 (43.914)	7:06.804 (44.142)	7:51.236 (44.432)	8:35.683 (44.448)	
9:20.101 (44.418)	10:04.586 (44.485)			

Women 60 Meter Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Weaver, Lucheyona	SO N. Carolina A&T	8.45Q	2
2 Carter, Jaydea	SO Hampton	8.52Q	1
3 Seay, Maya	SR Hampton	8.70q	2
4 Tinsley, Yasmeen	SO Monmouth	8.78q	1
5 Dawkins, Danella	SO Stony Brook	8.79q	1
6 Botelho, Kalli'Ana	SR Elon	8.80q	2
7 Rice, Zionn	FR Hampton	8.82q	2
8 Davis, Anna	SR Northeastern	8.89q	1
9 Johnson, Ja'mia	FR Elon	8.99	1
10 Hunter, Jayda	JR Uncw	9.01	2
11 Montanari, Brylee	FR Uncw	9.04	1
12 Updike, Meredith	SO Monmouth	9.14	2
13 Howard, Clare	SO William & Mary	9.42	2
-- Salmon, Paula	SR N. Carolina A&T	DQ	1 Rule: 7-6-2c

Women Distance Medley

School	Finals	Points
Finals		
1 Northeastern 'A'	11:38.58	10
1) Petersen, Sarah SR	2) Davis, Anna SR	
3) Duggan, Ava JR	4) McMahan, Vivian SO	
3:32.428 (3:32.428)	4:29.138 (56.710) 6:44.122 (2:14.984)	11:38.573 (4:54.452)
2 William & Mary 'A'	11:42.72	8
1) Coyle, Molly JR	2) DeBoer, Arianna SO	
3) Istnick, Sofia FR	4) Joiner, Makenzie JR	
3:38.779 (3:38.779)	4:37.584 (58.805) 6:54.895 (2:17.312)	11:42.720 (4:47.825)

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....Women Pole Vault

4	Tallie, Tonet	SO Col. of Charleston	3.60m	11-09.75	4.50
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70				
	P P P P P O O O XXX				
6	Tart, Bailey	FR Uncw	J3.60m	11-09.75	3
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70				
	P P P P O O XO XO XXX				
7	Upright, Elizabeth	JR William & Mary	J3.60m	11-09.75	2
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70				
	P P P P P O XO XXO XXX				
8	Jelmert, Gretel	SO Monmouth	J3.60m	11-09.75	1
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70				
	P P P P XO XO XO XXO XXX				
9	Crane, Cierra	JR Delaware	3.50m	11-05.75	
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60				
	P P P P P O O XXX				
9	Krieger, Meredith	SR Delaware	3.50m	11-05.75	
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60				
	P P P P O O O XXX				
11	Fernandez, Sophie	SO William & Mary	J3.50m	11-05.75	
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60				
	P P P P P XXO O XXX				
12	Boggs, Abby	SO Monmouth	J3.50m	11-05.75	
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60				
	P P P O O XO XO XXX				
13	Baumgartner, Lexi	SO Monmouth	3.40m	11-01.75	
	2.65 2.80 2.95 3.10 3.25 3.40 3.50				
	P P P XO O XO XXX				
14	Hall, Elise	SR Uncw	J3.40m	11-01.75	
	2.65 2.80 2.95 3.10 3.25 3.40 3.50				
	P P P P O XXO XXX				
15	Basewitz, Fiona	SO William & Mary	3.25m	10-08.00	
	2.65 2.80 2.95 3.10 3.25 3.40				
	P P P O XXO XXX				
16	Usiatynski, Wren	FR Uncw	3.10m	10-02.00	
	2.65 2.80 2.95 3.10 3.25				
	P XO O XO XXX				
--	Rhodes, Jena	SO Uncw	NH		
	2.65 2.80				
	P XXX				
--	Stephens, Grace	FR Monmouth	NH		
	2.65 2.80 2.95 3.10				
	P P P XXX				

Women Long Jump

Name	Year School	Finals	H#	Points
1 Lines, Courtney	JR Uncw	6.38m	20-11.25	2 10
	FOUL 5.90m 6.38m PASS PASS PASS			
2 Aduma, Amira	SR Hampton	5.87m	19-03.25	2 8
	5.87m 5.20m FOUL FOUL FOUL FOUL			
3 Biron, Dominique	SR Northeastern	5.85m	19-02.50	2 6
	5.85m PASS PASS PASS FOUL FOUL			
4 Hertz Saebbo, Linn	JR Elon	5.83m	19-01.50	2 5
	5.55m 5.51m 5.46m 5.64m FOUL 5.83m			

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...Women Long Jump

5	Hanks, Maya	SR Hampton	5.79m	19-00.00	2	4
	5.79m FOUL 5.69m 5.75m 5.54m 5.53m					
6	Armand, Dieusi	JR Hampton	5.71m	18-09.00	2	3
	FOUL 5.60m FOUL 5.47m 5.56m 5.71m					
7	King, Jade	JR N. Carolina A&T	5.58m	18-03.75	2	2
	FOUL 5.58m 5.52m 5.41m 5.49m 5.53m					
8	Cabell, Cyanna	FR Hampton	5.52m	18-01.50	2	1
	5.42m 5.52m 5.45m FOUL 5.37m 5.42m					
9	Jefferson, Jazlyn	JR Hampton	5.48m	17-11.75	2	
	FOUL 5.48m 4.96m 5.34m FOUL FOUL					
10	Mevo, Manie	FR Towson	5.47m	17-11.50	2	
	5.47m 4.45m FOUL					
11	Botelho, Kalli'Ana	SR Elon	5.45m	17-10.75	2	
	5.17m 5.45m PASS					
12	Mark, Alexa	SO Elon	5.41m	17-09.00	1	
	FOUL 5.29m 5.41m					
13	Murray, Kiara	FR Towson	5.39m	17-08.25	1	
	5.39m 5.14m FOUL					
14	Hibbert, Denee	SO Towson	5.24m	17-02.25	1	
	FOUL 5.20m 5.24m					
15	Galiano-Holmes, Skylar	SO Towson	5.19m	17-00.50	1	
	5.19m 5.15m 5.07m					
16	Johnson, La'Tecyia	FR Uncw	5.16m	16-11.25	1	
	5.16m FOUL 5.04m					
17	Abraham, Dana	SO William & Mary	5.09m	16-08.50	1	
	5.09m 5.00m 4.84m					
18	Torres, Natalya	JR Monmouth	5.07m	16-07.75	1	
	5.07m FOUL 5.06m					
19	Ruffin, Amanda	SO Uncw	J5.07m	16-07.75	1	
	5.04m FOUL 5.07m					
20	Sorvino, Carli	FR Monmouth	5.03m	16-06.00	1	
	5.03m FOUL 5.02m					
21	Fush, Abby	FR Col. of Charleston	4.96m	16-03.25	1	
	4.96m 4.73m 4.80m					
22	Schnoor, Rett	SO Monmouth	4.92m	16-01.75	2	
	4.75m 4.92m 4.82m					
23	Cervenak, Jessica	FR Monmouth	4.87m	15-11.75	1	
	4.87m 4.81m 4.72m					
24	Dowd, Olivia	FR N. Carolina A&T	J4.87m	15-11.75	1	
	4.87m 4.66m 4.58m					
25	Carry-McDonald, Ava	FR Northeastern	4.86m	15-11.50	1	
	4.57m 4.86m 4.57m					
26	Earle, Alexandria	SO Stony Brook	4.74m	15-06.75	1	
	4.59m 4.74m 4.45m					
27	Warren, Isabelle	SO Monmouth	4.64m	15-02.75	1	
	4.64m 4.17m PASS					
28	Heidebrecht, Megan	JR William & Mary	4.16m	13-07.75	2	
	FOUL 4.16m FOUL					

Women Weight Throw

Name	Year School	Finals	H#	Points
1 Rao, Gianna	SR Northeastern	20.42m	67-00.00	2 10
	FOUL 20.42m FOUL 19.73m 19.90m 19.88m			

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...Women Weight Throw

2	Njoku, Chioma	SR Delaware	19.35m	63-06.00	2	8
	FOUL 17.88m 19.35m 17.67m 18.43m FOUL					
3	Owens, Fatimah	SO Towson	18.61m	61-00.75	2	6
	18.27m 18.61m FOUL 17.25m 17.76m FOUL					
4	Caldwell, Victoria	SO Hampton	18.60m	61-00.25	2	5
	17.16m 18.14m 18.60m 17.34m 16.88m 18.11m					
5	Carlton, Lauryn	JR Elon	18.38m	60-03.75	2	4
	17.36m 18.19m 17.34m 18.08m 18.38m 18.05m					
6	McGoogan, Kaitlin	JR Elon	18.33m	60-01.75	2	3
	16.38m 18.33m 17.19m FOUL 17.75m FOUL					
7	Coleman, Georgia	SR Towson	17.69m	58-00.50	2	2
	16.78m 16.14m 17.69m 17.00m 17.52m FOUL					
8	Gbadamosi, Lynne	SR Delaware	17.65m	57-11.00	1	1
	16.69m 17.11m FOUL FOUL 17.65m 17.09m					
9	Calderon, Liangie	FR Northeastern	17.38m	57-00.25	2	
	17.10m FOUL 17.38m 16.07m 16.95m 16.99m					
10	Clement, Bethany	SR Delaware	16.87m	55-04.25	2	
	16.87m 16.14m FOUL					
11	Suzenski, Keeley	JR William & Mary	16.84m	55-03.00	2	
	16.84m 15.99m 16.30m					
12	Smith, Abria	SO Hampton	16.70m	54-09.50	2	
	16.22m 15.88m 16.70m					
13	Cardillo, Trinity	JR Northeastern	16.43m	53-11.00	1	
	FOUL 16.43m FOUL					
14	Wallace, Chelsea	SR Elon	16.42m	53-10.50	1	
	FOUL FOUL 16.42m					
15	Luciani, Jade	JR Monmouth	16.21m	53-02.25	1	
	16.21m 15.64m 16.04m					
16	Nkwonta, Kosie	JR Delaware	16.18m	53-01.00	2	
	FOUL 15.45m 16.18m					
17	Wiklund, Isabella	FR Northeastern	15.91m	52-02.50	2	
	15.91m 15.71m FOUL					
18	Akintunde, Oluwatomilayo	SO Hampton	15.50m	50-10.25	1	
	FOUL FOUL 15.50m					
19	Anderson, Talia	FR William & Mary	15.19m	49-10.00	1	
	14.39m 13.70m 15.19m					
20	Harris, Joy	SR N. Carolina A&T	15.14m	49-08.25	1	
	14.05m 14.56m 15.14m					
21	Belvit, Hope	JR Northeastern	15.03m	49-03.75	1	
	15.03m FOUL 14.96m					
22	Carlson, Ella	FR William & Mary	14.68m	48-02.00	1	
	14.68m FOUL 14.12m					
23	Wood, Vanessa	SO Monmouth	14.65m	48-00.75	1	
	13.30m 14.04m 14.65m					
24	McNair, Cameron	FR N. Carolina A&T	14.43m	47-04.25	1	
	14.43m FOUL FOUL					
25	Horton, Kamaria	JR Hampton	13.70m	44-11.50	1	
	13.70m 13.18m FOUL					
26	Rolon-Issa, Natalie	SO Monmouth	13.67m	44-10.25	1	
	13.66m 13.67m 13.41m					

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Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1 Rutledge, Anne	SO Monmouth	2:20.82	812
33.345 (33.345)	1:08.956 (35.611)	1:46.220 (37.264)	2:20.816 (34.596)
2 Biron, Dominique	SR Northeastern	2:21.01	810
30.220 (30.220)	1:05.528 (35.308)	1:44.157 (38.629)	2:21.005 (36.848)
3 Wilkinson, Liana	SO Towson	2:27.38	726
32.736 (32.736)	1:08.396 (35.660)	1:46.742 (38.346)	2:27.380 (40.638)
4 Cox, Kennedee	SR Northeastern	2:28.27	715
31.608 (31.608)	1:08.225 (36.617)	1:47.326 (39.101)	2:28.269 (40.943)
5 Brown, Shayla	FR Hampton	2:30.39	688
35.611 (35.611)	1:15.057 (39.446)	1:55.350 (40.293)	2:30.382 (35.032)
6 DeBlock, Destiny	JR Delaware	2:31.50	674
34.904 (34.904)	1:13.563 (38.659)	1:54.841 (41.278)	2:31.496 (36.655)
7 Kreek, Emily	FR Col. of Charleston	2:32.78	658
36.324 (36.324)	1:14.270 (37.946)	1:54.966 (40.696)	2:32.773 (37.807)
8 Boggs, Abby	SO Monmouth	2:33.76	646
36.419 (36.419)	1:14.584 (38.165)	1:55.147 (40.563)	2:33.751 (38.604)
9 Lopez, Lizzie	FR Elon	2:33.99	644
34.282 (34.282)	1:13.257 (38.975)	1:54.509 (41.252)	2:33.987 (39.478)
10 Botelho, Kalli'Ana	SR Elon	2:34.33	640
34.438 (34.438)	1:12.970 (38.532)	1:53.972 (41.002)	2:34.325 (40.353)
11 Light, Mayson	SR Delaware	2:34.88	633
35.997 (35.997)	1:15.162 (39.165)	1:55.809 (40.647)	2:34.874 (39.065)
12 Thurgood, Hollie	SO Elon	2:41.19	559
35.331 (35.331)	1:15.436 (40.105)	1:58.840 (43.404)	2:41.182 (42.342)
13 Uy, Samantha	SO Delaware	2:41.93	551
36.803 (36.803)	1:18.812 (42.009)	2:00.903 (42.091)	2:41.928 (41.025)
14 Redlo, Leeann	FR Towson	2:42.41	546
34.051 (34.051)	1:12.929 (38.878)	1:57.309 (44.380)	2:42.401 (45.092)
15 Barber, Natalee	FR Northeastern	2:42.68	543
36.183 (36.183)	1:16.134 (39.951)	1:58.653 (42.519)	2:42.677 (44.024)
16 Gibbons, Riley	FR Uncw	2:43.17	537
34.991 (34.991)	1:14.472 (39.481)	1:58.212 (43.740)	2:43.169 (44.957)
17 Bernard, Anissa	SO Hampton	2:46.22	504
36.032 (36.032)	1:16.302 (40.270)	2:01.930 (45.628)	2:46.212 (44.282)
18 Dupras, Elizabeth	SO William & Mary	2:46.38	502
36.576 (36.576)	1:16.670 (40.094)	2:01.311 (44.641)	2:46.372 (45.061)
19 Montanari, Brylee	FR Uncw	2:50.52	458
37.453 (37.453)	1:19.617 (42.164)	2:05.196 (45.579)	2:50.519 (45.323)
20 McKee, Emma	FR Monmouth	2:50.88	454
38.792 (38.792)	1:21.557 (42.765)	2:09.187 (47.630)	2:50.873 (41.686)
21 Moore, Carson	FR Hampton	2:51.83	445
36.731 (36.731)	1:17.188 (40.457)	2:02.622 (45.434)	2:51.829 (49.207)
22 Guerrieri, Hailey	FR Monmouth	2:52.57	437
36.347 (36.347)	1:15.824 (39.477)	2:01.808 (45.984)	2:52.565 (50.757)
23 Mixon, Carly	JR Uncw	2:58.72	377
37.928 (37.928)	1:20.246 (42.318)	2:09.113 (48.867)	2:58.718 (49.605)
24 McCounes, Mekhia	SO Hampton	3:06.07	311
37.005 (37.005)	1:19.247 (42.242)	2:10.243 (50.996)	3:06.063 (55.820)

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Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Botelho, Kalli'Ana	SR	Elon	8.72	2	969
2 Biron, Dominique	SR	Northeastern	8.82	2	948
3 Redlo, Leeann	FR	Towson	9.10	4	889
4 Moore, Carson	FR	Hampton	9.12	4	885
5 Bernard, Anissa	SO	Hampton	9.16	6	877
6 Brown, Shayla	FR	Hampton	9.22	6	865
7 Montanari, Brylee	FR	Uncw	9.25	2	858
8 Cox, Kennedee	SR	Northeastern	9.34	1	840
9 Kreek, Emily	FR	Col. of Charleston	9.35	7	838
10 DeBlock, Destiny	JR	Delaware	9.44	5	820
11 Guerrieri, Hailey	FR	Monmouth	9.45	1	818
12 Wilkinson, Liana	SO	Towson	9.49	5	810
13 Thurgood, Hollie	SO	Elon	9.51	4	806
14 McCounts, Mekhia	SO	Hampton	9.55	7	798
15 Rutledge, Anne	SO	Monmouth	9.56	1	796
16 Lopez, Lizzie	FR	Elon	9.71	6	767 9.701
17 Gibbons, Riley	FR	Uncw	9.71	3	767 9.702
18 Dupras, Elizabeth	SO	William & Mary	9.73	1	763
19 Barber, Natalee	FR	Northeastern	9.86	3	738
20 McKee, Emma	FR	Monmouth	10.03	3	706
21 Light, Mayson	SR	Delaware	10.52	7	618
22 Uy, Samantha	SO	Delaware	10.66	4	594
23 Boggs, Abby	SO	Monmouth	10.77	2	575
24 Mixon, Carly	JR	Uncw	11.08	3	523
25 Jackson, Avery	SO	Col. of Charleston	11.22	5	501

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Redlo, Leeann	FR	Towson	1.73m	5-08.00	2 891
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76	P P P P P P P P O O O O O O XXO O XO XXX				
2 Biron, Dominique	SR	Northeastern	1.70m	5-07.00	1 855
1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73	P P P P P P P P P P P P P O O XO XXO XXX				
3 Lopez, Lizzie	FR	Elon	1.61m	5-03.25	2 747
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	P P P P P P O O O O XO O XXX				
3 DeBlock, Destiny	JR	Delaware	1.61m	5-03.25	2 747
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	P P P P P P P O O XO XO XXO XXX				
3 Uy, Samantha	SO	Delaware	1.61m	5-03.25	2 747
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	P P P P P P O O XO O O XO XXX				
6 Botelho, Kalli'Ana	SR	Elon	1.58m	5-02.25	1 712
1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61	P P P P P P P P O O XO O XXX				
6 Brown, Shayla	FR	Hampton	1.58m	5-02.25	2 712
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61	P P P P O O O XO XO O XXX				

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....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

6	Cox, Kennedee	SR Northeastern	1.58m	5-02.25	1	712
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61					
	P P P P P P P P O XO O XXO XXX					
9	Light, Mayson	SR Delaware	1.52m	4-11.75	2	644
	1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55					
	P P P O XO O O XO XO XXX					
9	Wilkinson, Liana	SO Towson	1.52m	4-11.75	2	644
	1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55					
	P P P O O O O XO O XXX					
11	Kreek, Emily	FR Col. of Charleston	1.49m	4-10.50	2	610
	1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52					
	P P XO O XO O XO XXX					
11	Gibbons, Riley	FR Uncw	1.49m	4-10.50	1	610
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	P P P P XO XXO O XXO XXX --- ---					
11	Dupras, Elizabeth	SO William & Mary	1.49m	4-10.50	1	610
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	P P P O O O XO O XXO XXX --- ---					
14	Thurgood, Hollie	SO Elon	1.46m	4-09.50	2	577
	1.31 1.34 1.37 1.40 1.43 1.46 1.49					
	O P O O O XXO XXX					
14	Boggs, Abby	SO Monmouth	1.46m	4-09.50	1	577
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	O O P O O O O O XXX --- --- ---					
14	Guerrieri, Hailey	FR Monmouth	1.46m	4-09.50	1	577
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	O O O O O XO O XXX --- --- ---					
17	Jackson, Avery	SO Col. of Charleston	1.43m	4-08.25	2	544
	1.31 1.34 1.37 1.40 1.43 1.46					
	P P XO XXO XO XXX					
17	Rutledge, Anne	SO Monmouth	1.43m	4-08.25	1	544
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67					
	O O O XO XO XXO XXX --- --- --- --- --- ---					
19	McKee, Emma	FR Monmouth	1.37m	4-06.00	1	481
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67					
	XO O XO O XXX --- --- --- --- --- --- --- ---					
19	Montanari, Brylee	FR Uncw	1.37m	4-06.00	1	481
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	O XO XO XO XXX --- --- --- --- --- ---					
19	Barber, Natalee	FR Northeastern	1.37m	4-06.00	1	481
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	O O XO O XXX --- --- --- --- --- ---					
19	Mixon, Carly	JR Uncw	1.37m	4-06.00	1	481
	1.29 1.32 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58					
	O O XXO XXO XXX --- --- --- --- --- ---					
23	Bernard, Anissa	SO Hampton	1.31m	4-03.50	2	419
	1.31 1.34 1.37					
	XO P XXX					
23	McCounts, Mekhia	SO Hampton	1.31m	4-03.50	2	419
	1.31 1.34					
	XO XXX					
--	Moore, Carson	FR Hampton	NH		2	
	1.31					
	XXX					

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Indoor Pentathlon: #4 Women Long Jump Pit 2 Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Biron, Dominique 6.01m FOUL 5.91m	SR	Northeastern	6.01m	19-08.75	1 853
2 Cox, Kennedee 5.21m 5.67m 5.50m	SR	Northeastern	5.67m	18-07.25	1 750
3 Botelho, Kalli'Ana 5.23m FOUL 5.39m	SR	Elon	5.39m	17-08.25	1 668
4 Redlo, Leeann 5.31m 5.03m 5.31m	FR	Towson	5.31m	17-05.25	2 645
5 Moore, Carson 4.97m 5.28m 5.24m	FR	Hampton	5.28m	17-04.00	2 637
6 Dupras, Elizabeth 4.92m 5.09m 5.12m	SO	William & Mary	5.12m	16-09.75	1 592
7 Bernard, Anissa 5.05m 4.83m 4.72m	SO	Hampton	5.05m	16-07.00	2 573
8 Thurgood, Hollie 5.04m 5.03m 4.98m	SO	Elon	5.04m	16-06.50	2 570
8 McCounts, Mekhia 5.04m FOUL 4.97m	SO	Hampton	5.04m	16-06.50	2 570
10 Kreek, Emily 4.93m FOUL 5.03m	FR	Col. of Charleston	5.03m	16-06.00	2 567
11 Lopez, Lizzie 4.71m 4.80m 4.98m	FR	Elon	4.98m	16-04.25	2 554
12 Guerrieri, Hailey 4.92m FOUL 4.96m	FR	Monmouth	4.96m	16-03.25	1 548
13 DeBlock, Destiny 4.67m 4.92m 4.73m	JR	Delaware	4.92m	16-01.75	2 538
13 Rutledge, Anne FOUL FOUL 4.92m	SO	Monmouth	4.92m	16-01.75	1 538
15 Light, Mayson FOUL 4.77m 4.86m	SR	Delaware	4.86m	15-11.50	2 522
16 Brown, Shayla 4.83m 4.72m 4.78m	FR	Hampton	4.83m	15-10.25	2 514
17 Wilkinson, Liana 4.72m 4.66m 4.51m	SO	Towson	4.72m	15-06.00	2 485
18 Gibbons, Riley 4.71m 4.41m FOUL	FR	Uncw	4.71m	15-05.50	1 482
19 McKee, Emma 4.67m 4.49m FOUL	FR	Monmouth	4.67m	15-04.00	1 472
20 Boggs, Abby 4.45m 4.46m 4.66m	SO	Monmouth	4.66m	15-03.50	1 469
21 Barber, Natalee 4.62m 4.61m 4.49m	FR	Northeastern	4.62m	15-02.00	1 459
21 Montanari, Brylee FOUL 4.62m FOUL	FR	Uncw	4.62m	15-02.00	1 459
23 Uy, Samantha 4.48m 4.44m 4.55m	SO	Delaware	4.55m	14-11.25	2 441
24 Mixon, Carly 3.81m 4.28m 4.29m	JR	Uncw	4.29m	14-01.00	1 376

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Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Thurgood, Hollie	SO	Elon	11.93m	39-01.75	2 656
11.60m 11.61m 11.93m					
2 Cox, Kennedee	SR	Northeastern	11.89m	39-00.25	1 654
11.77m 11.75m 11.89m					
3 Biron, Dominique	SR	Northeastern	11.73m	38-06.00	1 643
11.73m 11.17m 10.68m					
4 Botelho, Kalli'Ana	SR	Elon	10.15m	33-03.75	1 539
10.15m 9.91m FOUL					
5 DeBlock, Destiny	JR	Delaware	9.60m	31-06.00	2 503
8.55m 8.73m 9.60m					
6 Light, Mayson	SR	Delaware	9.52m	31-03.00	2 498
8.73m 8.19m 9.52m					
7 McCounts, Mekhia	SO	Hampton	8.73m	28-07.75	2 447
7.65m 8.32m 8.73m					
8 Brown, Shayla	FR	Hampton	8.60m	28-02.75	2 438
8.60m 8.32m 8.21m					
9 Wilkinson, Liana	SO	Towson	8.46m	27-09.25	2 429
8.20m 8.46m 8.17m					
10 Kreek, Emily	FR	Col. of Charleston	8.42m	27-07.50	2 427
8.42m 7.71m 8.05m					
11 Dupras, Elizabeth	SO	William & Mary	8.36m	27-05.25	1 423
8.04m 7.84m 8.36m					
12 Boggs, Abby	SO	Monmouth	8.24m	27-00.50	1 415
8.24m 7.97m 8.14m					
13 Uy, Samantha	SO	Delaware	8.21m	26-11.25	2 413
8.21m 7.60m 7.48m					
14 Jackson, Avery	SO	Col. of Charleston	8.04m	26-04.50	2 402
8.04m 7.31m 6.91m					
15 Rutledge, Anne	SO	Monmouth	8.03m	26-04.25	1 401
6.89m 8.03m 6.96m					
16 Guerrieri, Hailey	FR	Monmouth	7.98m	26-02.25	1 398
7.98m 7.81m 7.34m					
17 Gibbons, Riley	FR	Uncw	7.94m	26-00.75	1 395
6.90m 7.55m 7.94m					
18 Moore, Carson	FR	Hampton	7.80m	25-07.25	2 386
7.79m 6.98m 7.80m					
19 McKee, Emma	FR	Monmouth	7.76m	25-05.50	1 384
7.76m 5.88m 6.62m					
20 Redlo, Leeann	FR	Towson	7.75m	25-05.25	2 383
7.75m 7.50m 7.16m					
21 Barber, Natalee	FR	Northeastern	7.68m	25-02.50	1 379
7.68m 6.79m 6.60m					
22 Lopez, Lizzie	FR	Elon	7.42m	24-04.25	2 362
7.28m 5.91m 7.42m					
23 Mixon, Carly	JR	Uncw	7.30m	23-11.50	1 354
7.23m 7.30m 6.90m					
24 Montanari, Brylee	FR	Uncw	7.23m	23-08.75	1 350
7.04m 7.23m 6.73m					
25 Bernard, Anissa	SO	Hampton	6.17m	20-03.00	2 282
5.13m 6.17m 6.08m					

CAA Indoor Championships - 2/22/2023 to 2/23/2023**Virginia Beach Sports Center****Results****Women Indoor Pentathlon**

Name	Year	School	Finals	H#	Points
1 Biron, Dominique	SR	Northeastern	4109		10
2 Cox, Kennedee	SR	Northeastern	3671		8
3 Botelho, Kalli'Ana	SR	Elon	3528		6
4 Redlo, Leeann	FR	Towson	3354		5
5 DeBlock, Destiny	JR	Delaware	3282		4
6 Brown, Shayla	FR	Hampton	3217		3
7 Thurgood, Hollie	SO	Elon	3168		2
8 Kreek, Emily	FR	Col. of Charleston	3100		1
9 Wilkinson, Liana	SO	Towson	3094		
10 Rutledge, Anne	SO	Monmouth	3091		
11 Lopez, Lizzie	FR	Elon	3074		
12 Light, Mayson	SR	Delaware	2915		
13 Dupras, Elizabeth	SO	William & Mary	2890		
14 Gibbons, Riley	FR	Uncw	2791		
15 Guerrieri, Hailey	FR	Monmouth	2778		
16 Uy, Samantha	SO	Delaware	2746		
17 Boggs, Abby	SO	Monmouth	2682		
18 Bernard, Anissa	SO	Hampton	2655		
19 Montanari, Brylee	FR	Uncw	2606		
20 Barber, Natalee	FR	Northeastern	2600		
21 McCounts, Mekhia	SO	Hampton	2545		
22 McKee, Emma	FR	Monmouth	2497		
23 Moore, Carson	FR	Hampton	2353		
24 Mixon, Carly	JR	Uncw	2111		

Men 60 Meter Dash

Name	Year	School	Prelims	H#	
Preliminaries					
1 Exilhomme, Ethan	SO	Northeastern	6.74Q	3	
2 Sweeney, Noah	SR	Northeastern	6.81Q	1	
3 Towns, Qhiyal	SR	Hampton	6.86Q	2	
4 Turner, Kendall	SR	N. Carolina A&T	6.85q	1	
5 Poindexter, Jordan	SR	Hampton	6.87q	3	
6 Cooley, Jackson	JR	William & Mary	6.88q	1	
7 Evans, Abraham	SO	Hampton	6.89q	2	
8 Abel, Patrick	JR	Stony Brook	6.94q	3	6.932
9 Croom-McFadden, Malcolm	SR	N. Carolina A&T	6.94	3	6.937
10 Reed, Aeneas	SO	N. Carolina A&T	6.95	2	6.943
11 Nya, Brandon	JR	N. Carolina A&T	6.95	3	6.947
12 Yartey, Nii Yarboi	SO	Northeastern	6.96	2	
13 Brock, Ahmad	SO	Monmouth	6.97	1	
14 Muir, Brandon	SO	Monmouth	7.03	2	
15 Thompson, Tyler	SO	Hampton	7.09	1	
16 Titus, Joshua	SR	Stony Brook	7.24	3	
17 Vazquez, Justin	SO	Stony Brook	7.26	1	
18 Kanas, Alexander	SO	Stony Brook	7.36	3	
-- Holmes, Jason	FR	N. Carolina A&T	FS	2	

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

Virginia Beach Sports Center

Results

Men 200 Meter Dash

Name	Year School	Prelims	H#
1 Chambers, Shemar	JR N. Carolina A&T	21.21q	3
2 Hayles, Reheem	SO N. Carolina A&T	21.28q	5
3 Exilhomme, Ethan	SO Northeastern	21.33q	4
4 Nya, Brandon	JR N. Carolina A&T	21.65q	1
5 Sweeney, Noah	SR Northeastern	21.66q	2
6 Poindexter, Jordan	SR Hampton	21.68q	5 21.673
7 Saint-Germain, Ryan	SR N. Carolina A&T	21.68q	2 21.677
8 Magre, Phillips	SR Northeastern	21.69q	1
9 Abel, Patrick	JR Stony Brook	21.79	3 21.782
10 Evans, Abraham	SO Hampton	21.79	4 21.789
11 Turner, Kendall	SR N. Carolina A&T	21.96	3
12 Towns, Qhiyal	SR Hampton	22.04	5
13 Lavazoli, Nicolas	SO Stony Brook	22.14	1
14 Little, Deondre	SR Hampton	22.21	4 22.208
14 Muir, Brandon	SO Monmouth	22.21	2 22.208
16 Jones, Jalen	SR Monmouth	22.22	2
17 Boateng, Richmond	JR Stony Brook	22.38	5
18 Whyte, Aiden	SO Hampton	22.42	1
19 Vazquez, Justin	SO Stony Brook	22.81	3
20 Zdravkovic, Aleksandar	JR Stony Brook	23.01	4

Men 400 Meter Dash

Name	Year School	Prelims	H#
1 Hayles, Reheem	SO N. Carolina A&T	46.27q	1
21.518 (21.518)	46.270 (24.752)		
2 Chambers, Shemar	JR N. Carolina A&T	47.06q	5
21.800 (21.800)	47.053 (25.253)		
3 Saint-Germain, Ryan	SR N. Carolina A&T	48.28q	3
22.485 (22.485)	48.279 (25.794)		
4 Hill, Josiah	JR Hampton	48.69q	4
23.023 (23.023)	48.690 (25.667)		
5 Hill, Jeremiah	JR Hampton	48.78q	4
23.085 (23.085)	48.780 (25.695)		
6 Gaither Jr., Cory	SR Northeastern	48.83q	1
22.538 (22.538)	48.829 (26.291)		
7 Magre, Phillips	SR Northeastern	48.87q	2
22.546 (22.546)	48.869 (26.323)		
8 Boateng, Richmond	JR Stony Brook	48.89q	2
22.709 (22.709)	48.886 (26.177)		
9 Fenton, Daniel	JR Monmouth	48.90	3
22.609 (22.609)	48.892 (26.283)		
10 Rice, Austin	FR William & Mary	48.95	5
22.876 (22.876)	48.949 (26.073)		
11 Lavazoli, Nicolas	SO Stony Brook	49.00	3
23.016 (23.016)	48.998 (25.982)		
12 Ricketts, Jordan	SO Monmouth	49.15	2
23.157 (23.157)	49.144 (25.987)		
13 Legister, Jessie	SO Northeastern	49.27	1
22.815 (22.815)	49.269 (26.454)		
14 Zdravkovic, Aleksandar	JR Stony Brook	49.31	1
22.880 (22.880)	49.306 (26.426)		

CAA Indoor Championships - 2/22/2023 to 2/23/2023**Virginia Beach Sports Center****Results****...Men 400 Meter Dash**

15 Jones, Jalen	SR Monmouth	49.33	4
22.964 (22.964)	49.324 (26.360)		
16 Lindo, Akeem	SR N. Carolina A&T	49.44	5
22.558 (22.558)	49.433 (26.875)		
17 Crosby, Jayden	FR N. Carolina A&T	50.52	4
23.306 (23.306)	50.511 (27.205)		
18 Jones, Niles	JR Stony Brook	52.36	5
23.899 (23.899)	52.354 (28.455)		

Men 800 Meter Run

Name	Year School	Prelims	H#	
1 Blackman, Dugion	SO Hampton	1:52.71Q	1	
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	3	
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	2	
28.765 (28.765)	57.347 (28.582)	1:26.892 (29.545)		1:54.034 (27.142)
4 Kumer, Jonathan	FR William & Mary	1:52.76q	1	
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	1	
28.328 (28.328)	56.472 (28.144)	1:24.595 (28.123)		1:53.687 (29.092)
6 Larson, Stephen	JR William & Mary	1:53.86q	1	
27.681 (27.681)	55.884 (28.203)	1:24.205 (28.321)		1:53.858 (29.653)
7 Brogan, Tyler	JR Northeastern	1:54.00q	3	
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	2	
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	2	
28.988 (28.988)	57.577 (28.589)	1:26.850 (29.273)		1:54.688 (27.838)
10 Chin, Jalen	JR N. Carolina A&T	1:55.89	2	
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	3	
28.579 (28.579)	58.007 (29.428)	1:27.179 (29.172)		1:56.458 (29.279)
12 Otusaio, Korede	FR Hampton	1:56.85	2	
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	3	
28.234 (28.234)	57.692 (29.458)	1:26.830 (29.138)		1:56.957 (30.127)
14 Taylor, Joseph	SO William & Mary	1:57.30	1	
28.017 (28.017)	56.940 (28.923)	1:27.511 (30.571)		1:57.292 (29.781)
15 Oettl, Matthias	FR William & Mary	1:58.46	2	
27.900 (27.900)	57.117 (29.217)	1:27.143 (30.026)		1:58.459 (31.316)
16 Grogan, Dawson	FR N. Carolina A&T	1:59.86	3	
28.726 (28.726)	58.279 (29.553)	1:28.004 (29.725)		1:59.855 (31.851)
17 Shackelford, Josh	SR William & Mary	2:01.51	3	
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 A&T	2:06.52	1	
28.440 (28.440)	57.119 (28.679)	1:28.919 (31.800)		2:06.514 (37.595)

Men 1 Mile Run

Name	Year School	Prelims	H#
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CAA Indoor Championships - 2/22/2023 to 2/23/2023

Virginia Beach Sports Center

Results

....Men 1 Mile Run

1	DiLaurenzio, Louis	SR Monmouth	4:11.11Q 1	
	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 2	
	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 & Mary	4:11.49Q 1	
	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 2	
	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 & Mary	4:12.98Q 1	
	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 2	
	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 & Mary	4:13.00q 1	
	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 1	
	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 1	
	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 2	
	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 & Mary	4:14.36q 2	
	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 2	
	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 1	
	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 2	
	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 A&T	4:26.15 2	
	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 & Mary	4:27.79 1	
	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)

Men 5000 Meter Run

Name	Year	School	Finals	Points
=====				
Finals				

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

Virginia Beach Sports Center

Results

...Men 5000 Meter Run

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)
11:58.481 (34.664)	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)
11:58.675 (34.643)	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)
11:56.111 (34.154)	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)
11:59.850 (35.480)	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)
12:05.298 (36.863)	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)
12:09.430 (37.070)	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)
12:32.023 (35.999)	13:06.680 (34.658)	13:41.403 (34.723)	14:15.540 (34.138)
14:46.940 (31.400)			

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

Virginia Beach Sports Center

Results

...Men 5000 Meter Run

8 Jennings, Nate	SO William & Mary	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)
12:23.713 (37.205)	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)
12:32.590 (36.872)	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 & Mary	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)
12:30.965 (37.502)	13:08.101 (37.137)	13:44.609 (36.508)	14:20.151 (35.543)
14:50.708 (30.557)			
11 Golden, Peyton	FR William & Mary	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)
12:41.061 (36.694)	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 & Mary	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)
12:41.269 (36.673)	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)
12:29.056 (40.179)	13:08.496 (39.440)	13:47.499 (39.003)	14:28.048 (40.549)
15:08.714 (40.667)			

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

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Results

...Men 5000 Meter Run

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)	
12:47.138 (38.600)	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)	
12:46.856 (38.482)	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)	
13:22.654 (40.330)	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 A&T	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)	
13:27.076 (40.190)	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	Year School	Prelims	H#
Preliminaries			
1 Stern, Jahiem	FR Hampton	7.76Q	1 7.753
2 Holmes, Jason	FR N. Carolina A&T	7.90Q	2
3 Exilhomme, Ethan	SO Northeastern	7.76q	1 7.759
4 Gaither Jr., Cory	SR Northeastern	7.98q	2
5 Smith, Thomas	FR N. Carolina A&T	7.99q	2
6 Thompson, Savion	JR Northeastern	8.21q	1
7 Ryan, Miles	SR Stony Brook	8.39q	1
8 Titus, Joshua	SR Stony Brook	8.44q	1
9 Hilario, Seth	JR Stony Brook	8.66	2
10 Babalola, Oluwadolapo	SO Stony Brook	8.72	2
11 Albers, Gabriel	SO William & Mary	8.99	1

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Results

Men Distance Medley

School	Finals	Points
Finals		
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)
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	Year School	Finals	Points
1 Yeust, Dalton	SO Monmouth	5.10m	16-08.75 10
3.65 3.80 3.95 4.10 4.25	4.35 4.45 4.55 4.65 4.75	5.00 5.05 5.10 5.15	
P P P P P	P P P XO XO O	O O O XXX	
2 Bennett, Connor	SO Monmouth	4.65m	15-03.00 8
3.65 3.80 3.95 4.10 4.25	4.35 4.45 4.55 4.65 4.75		
P P P P P	O P O O XXX		
3 Zuckerman, Max	FR Northeastern	J4.65m	15-03.00 6
3.65 3.80 3.95 4.10 4.25	4.35 4.45 4.55 4.65 4.75		
P P P P XO	O XXO XO O XXX		
4 Miles, Jackson	FR Monmouth	4.45m	14-07.25 5
3.65 3.80 3.95 4.10 4.25	4.35 4.45 4.55		
P P P P O	O XXO XXX		
5 Mintz, John	SO William & Mary	4.35m	14-03.25 4
3.65 3.80 3.95 4.10 4.25	4.35 4.45		
P P P P O	O XXX		
6 Woodyard, Ellis	JR Hampton	4.25m	13-11.25 3
3.65 3.80 3.95 4.10 4.25	4.35		
P P P XO XO	XXX		
7 Pantazopoulos, Athanasio	SO Northeastern	J4.25m	13-11.25 2
3.65 3.80 3.95 4.10 4.25	4.35		
P P P P XXO	XXX		
8 Domozych, Mike	SO Monmouth	3.95m	12-11.50 1
3.65 3.80 3.95 4.10			
P P O XXX			
9 Tucker, Floyd	FR Hampton	J3.95m	12-11.50
3.65 3.80 3.95 4.10			
P XXO O XXX			

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

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Results

...Men Pole Vault

10 Qualter, Thomas	SR Northeastern	3.65m	11-11.75
3.65 3.80			
O XXX			

Men Long Jump

Name	Year School	Finals	H#	Points
1 Slayton, Otis	JR Hampton	7.11m	23-04.00	2 10
FOUL 7.01m 7.11m 6.85m 7.00m FOUL				
2 Evans, Abraham	SO Hampton	7.04m	23-01.25	2 8
FOUL FOUL 6.84m FOUL 7.04m FOUL				
3 Reed, Aeneas	SO N. Carolina A&T	6.89m	22-07.25	2 6
FOUL 6.89m FOUL 6.67m 6.87m FOUL				
4 Strong, David	SO Monmouth	6.82m	22-04.50	2 5
6.67m 6.67m 6.82m PASS PASS 6.44m				
5 Duncan, Harrison	SR William & Mary	J6.82m	22-04.50	2 4
6.61m 6.82m FOUL PASS PASS PASS				
6 Fonville, Kelvin	SO Hampton	6.73m	22-01.00	2 3
6.29m 6.63m 6.73m 6.65m FOUL 6.69m				
7 Haj Abed, Collin	FR Northeastern	J6.73m	22-01.00	2 2
6.27m 6.73m 6.42m 6.56m 6.28m 6.41m				
8 Brooks, Aaron	FR Monmouth	6.64m	21-09.50	1 1
6.61m 6.64m 6.46m FOUL FOUL 6.08m				
9 Thompson, Savion	JR Northeastern	J6.64m	21-09.50	1
FOUL 6.37m 6.64m FOUL FOUL 5.75m				
10 Love, Nile	SO Hofstra	6.42m	21-00.75	1
6.33m 6.03m 6.42m				
11 Boddie, Bryce	SO Monmouth	6.41m	21-00.50	2
FOUL 6.41m 6.04m				
12 Brock, Ahmad	SO Monmouth	6.40m	21-00.00	2
6.40m 6.32m 6.37m				
13 DaVanzo, Gavin	SO Stony Brook	6.37m	20-10.75	1
6.09m 6.37m 6.23m				
14 Buenviaje, Ethan	JR William & Mary	6.28m	20-07.25	1
FOUL 6.28m FOUL				
15 Kevelier, Keven	SO Monmouth	6.27m	20-07.00	2
FOUL FOUL 6.27m				
16 Kanes, Alexander	SO Stony Brook	6.25m	20-06.25	2
6.25m 5.89m 6.08m				
17 Lung, John	FR Northeastern	6.14m	20-01.75	1
FOUL FOUL 6.14m				

Men Weight Throw

Name	Year School	Finals	Points
1 Pisciotta, Nicholas	SO Northeastern	17.84m	58-06.50 10
17.30m 17.63m 17.84m 17.13m 17.68m 17.59m			
2 Ali, Mujeeb	JR Monmouth	17.72m	58-01.75 8
17.71m 17.72m FOUL 16.60m FOUL FOUL			
3 Newton, Qualiar	FR N. Carolina A&T	17.52m	57-05.75 6
16.83m 17.52m 17.41m FOUL 17.22m 17.49m			
4 Bailor, AJ	SO Monmouth	16.95m	55-07.50 5
15.72m 16.95m 16.10m 16.12m 16.42m 16.57m			

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

Virginia Beach Sports Center

Results

....Men Weight Throw

5	Nwosu, Jason	FR William & Mary	16.58m	54-04.75	4
	15.43m FOUL 14.65m 15.85m 16.58m 16.23m				
6	Robinson, Tremain	SO Northeastern	16.34m	53-07.50	3
	16.12m 16.02m 16.34m 15.43m 16.34m FOUL				
7	Alexander, Carlos	SO N. Carolina A&T	15.87m	52-01.00	2
	15.17m 15.87m FOUL FOUL FOUL 15.29m				
8	Hodgest, Brayden	SO N. Carolina A&T	15.38m	50-05.50	1
	14.24m 14.80m 14.21m 14.35m 14.67m 15.38m				
9	Washington, Ronde	FR Monmouth	14.37m	47-01.75	
	FOUL 13.95m 14.07m FOUL FOUL 14.37m				
10	Clark, Connor	FR Monmouth	13.26m	43-06.00	
	13.26m 12.65m 13.20m				
11	Paul, Darnell	SO Stony Brook	12.55m	41-02.25	
	12.27m FOUL 12.55m				
--	Bazzichi, Ross	FR William & Mary	FOUL		
	FOUL FOUL FOUL				

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year School	Finals	H#	Points
1 Strong, David	SO Monmouth	7.10	2	847
2 Haj Abed, Collin	FR Northeastern	7.21	1	809
3 Gibbard, Thomas	FR Monmouth	7.36	2	759
4 Wisnaskas, Paul	SO Northeastern	7.39	2	749
5 Layton, Daniel	SR William & Mary	7.41	1	742
6 Griffin, Dae'Shawn	SR N. Carolina A&T	7.42	2	739
7 Harris, Cole	SO William & Mary	7.55	2	697
8 Lomax, Christopher	SR N. Carolina A&T	7.73	1	640
9 Vander Woude, Derek	SR Monmouth	7.99	1	563

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Wisnaskas, Paul	SO Northeastern	1.93m 6-04.00	740
		1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96	
		P P P P P P P P P P O P O O XO O O XX	
2 Harris, Cole	SO William & Mary	1.87m 6-01.50	687
		1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90	
		P P P P P P P P O P O O XO O O XXX	
2 Gibbard, Thomas	FR Monmouth	1.87m 6-01.50	687
		1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90	
		P P P P P P P P P P O O O XXO O XXX	
4 Vander Woude, Derek	SR Monmouth	1.81m 5-11.25	636
		1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84	
		O O P O P O P O XXO XXO O XXO XXX	
5 Layton, Daniel	SR William & Mary	1.75m 5-08.75	585
		1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78	
		P P P P P XXO XXO O XO O XXX	
5 Strong, David	SO Monmouth	1.75m 5-08.75	585
		1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78	
		P P P P P O P XXO O XO XXX	

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

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Results

....Heptathlon: #4 Men High Jump Heptathlon

7 Griffin, Dae'Shawn	SR N. Carolina A&T	1.63m	5-04.25	488
1.48 1.51 1.54 1.57 1.60 1.63 1.66				
O XO XO XO O O XXX				
7 Haj Abed, Collin	FR Northeastern	1.63m	5-04.25	488
1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
O O O O O O P P P P P P P P P				
9 Lomax, Christopher	SR N. Carolina A&T	1.60m	5-03.00	464
1.48 1.51 1.54 1.57 1.60 1.63				
O O O O O XXX				

Heptathlon: #2 Men Long Jump Pit 2 Heptathlon

Name	Year School	Finals	Points
1 Strong, David	SO Monmouth	6.94m	22-09.25 799
6.81m 6.86m 6.94m			
2 Haj Abed, Collin	FR Northeastern	6.49m	21-03.50 695
6.49m 6.17m 6.16m			
3 Wisnaskas, Paul	SO Northeastern	6.23m	20-05.25 637
6.23m FOUL 5.97m			
4 Harris, Cole	SO William & Mary	6.00m	19-08.25 587
FOUL 6.00m FOUL			
5 Layton, Daniel	SR William & Mary	5.86m	19-02.75 556
5.80m FOUL 5.86m			
6 Gibbard, Thomas	FR Monmouth	5.84m	19-02.00 552
FOUL 5.55m 5.84m			
7 Vander Woude, Derek	SR Monmouth	5.39m	17-08.25 459
5.39m FOUL PASS			
8 Griffin, Dae'Shawn	SR N. Carolina A&T	5.34m	17-06.25 449
5.34m 5.22m FOUL			
9 Lomax, Christopher	SR N. Carolina A&T	4.67m	15-04.00 321
4.39m 4.61m 4.67m			

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Layton, Daniel	SR William & Mary	12.37m	40-07.00 629
11.32m 12.37m 12.29m			
2 Harris, Cole	SO William & Mary	11.45m	37-06.75 573
FOUL 11.45m 10.70m			
3 Strong, David	SO Monmouth	9.64m	31-07.50 464
9.64m 9.37m 9.41m			
4 Wisnaskas, Paul	SO Northeastern	9.26m	30-04.75 441
8.51m 9.26m 8.91m			
5 Haj Abed, Collin	FR Northeastern	9.21m	30-02.75 438
8.90m 9.21m 9.05m			
6 Gibbard, Thomas	FR Monmouth	8.71m	28-07.00 408
8.71m 8.23m 7.77m			
7 Lomax, Christopher	SR N. Carolina A&T	8.23m	27-00.00 380
8.23m FOUL FOUL			
8 Vander Woude, Derek	SR Monmouth	8.18m	26-10.00 377
8.18m 7.85m 7.75m			
9 Griffin, Dae'Shawn	SR N. Carolina A&T	6.78m	22-03.00 294
FOUL 6.78m 6.74m			

CAA Indoor Championships - 2/22/2023 to 2/23/2023**Virginia Beach Sports Center****Results****Men Heptathlon**

Name	Year School	Finals H#	Points
1 Strong, David	SO Monmouth		2695
2 Wisnaskas, Paul	SO Northeastern		2567
3 Harris, Cole	SO William & Mary		2544
4 Layton, Daniel	SR William & Mary		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 A&T		1970
9 Lomax, Christopher	SR N. Carolina A&T		1805

Women - Team Rankings - 6 Events Scored

1) Northeastern	57	2) Elon	38.50
3) Delaware	28	4) Hampton	26
5) Col. of Charleston	18.50	6) William & Mary	16
7) Stony Brook	14	8) Towson	13
8) UNCW	13	10) Monmouth	8
11) N. Carolina A&T	2		

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		