

CAA Indoor Championships - 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 60 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Davis, Aja	JR	Delaware	7.45	10
2 Aduma, Amira	SR	Hampton	7.49	8
3 Webster, Reese	FR	Elon	7.57	6
4 Wilcox, Meghan	SO	Elon	7.64	5 7.632
5 Tucker, Sydney	JR	Towson	7.64	4 7.633
6 Carter, Jaydea	SO	Hampton	7.65	3
7 Griffin, Jada	SR	N. Carolina A&T	7.74	2
8 Jones, Jacqueline	JR	Hampton	7.75	1

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

Women 200 Meter Dash

Name	Year	School	Prelims	H#
Preliminaries				
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
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, Oghenenyrovwo	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 200 Meter Dash

Name	Year	School	Finals	H#	Points
Finals					
1 Aduma, Amira	SR	Hampton	23.90	2	10
2 Griffin, Jada	SR	N. Carolina A&T	24.19	1	8
3 Cuervo, Cristal	SO	Towson	24.31	2	6
4 Jons, Piper	JR	Elon	24.42	2	5
5 Scott, Pebbles	SO	N. Carolina A&T	24.43	1	4
6 Davis, Aja	JR	Delaware	24.46	1	3
7 Tucker, Maya	SO	Towson	24.53	1	2
8 Ervin, Emily	SO	William & Mary	24.92	2	1

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

Women 400 Meter Dash

Name	Year	School	Prelims	H#
Preliminaries				
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)		
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, Oghenyerovwo		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)		

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 400 Meter Dash

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 400 Meter Dash

Name	Year School	Finals	H#	Points
Finals				
1 Griffin, Jada	SR N. Carolina A&T	53.47	2	10
25.290 (25.290)	53.461 (28.171)			
2 Jons, Piper	JR Elon	54.28	2	8
25.372 (25.372)	54.277 (28.905)			
3 Grant, Dejah	JR Hampton	54.88	2	6
25.670 (25.670)	54.879 (29.209)			
4 Scott, Pebbles	SO N. Carolina A&T	54.97	2	5
25.284 (25.284)	54.970 (29.686)			
5 Cuervo, Cristal	SO Towson	55.98	1	4
25.993 (25.993)	55.972 (29.979)			
6 Ervin, Emily	SO William & Mary	56.35	1	3
26.101 (26.101)	56.343 (30.242)			
7 Tinsley, Yasmeen	SO Monmouth	56.77	1	2
26.107 (26.107)	56.765 (30.658)			
-- Gbolade, Ayoola	SR N. Carolina A&T	DQ	1	Rule: 6-2g
38.088 (38.088)	1:21.591 (43.503)			

Women 800 Meter Run

Name	Year School	Prelims	H#
Preliminaries			
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)
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)

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 800 Meter Run

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)	
-- Kelly, Fajr	SO N. Carolina A&T		DNS	1	

Women 800 Meter Run

Name	Year School	Finals	Points		
=====					
Finals					
1 Navarro, Ashley	SR Monmouth	2:11.04	10		
32.631 (32.631)	1:07.110 (34.479)	1:40.752 (33.642)		2:11.034 (30.282)	
2 Mozie, Jordan	SO Hampton	2:12.66	8		
32.371 (32.371)	1:06.873 (34.502)	1:40.623 (33.750)		2:12.652 (32.029)	
3 Lair, Stephanie	SR Elon	2:13.91	6		
33.057 (33.057)	1:07.546 (34.489)	1:41.035 (33.489)		2:13.908 (32.873)	
4 Shotts, Lucinda	SR Northeastern	2:14.25	5		
32.786 (32.786)	1:07.243 (34.457)	1:40.874 (33.631)		2:14.250 (33.376)	
5 Jones, Caroline	FR William & Mary	2:15.05	4		
33.255 (33.255)	1:07.670 (34.415)	1:41.687 (34.017)		2:15.042 (33.355)	
6 Hodgson, Alison	SO Elon	2:15.41	3		
33.083 (33.083)	1:07.422 (34.339)	1:41.412 (33.990)		2:15.402 (33.990)	
7 Kearns, Grace	JR Monmouth	2:16.03	2		
32.908 (32.908)	1:07.591 (34.683)	1:41.630 (34.039)		2:16.030 (34.400)	
-- Gbolade, Ayoola	SR N. Carolina A&T		DQ		Rule: 6-2g
32.439 (32.439)	1:06.932 (34.493)	1:40.563 (33.631)		2:10.914 (30.351)	

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

Women 1 Mile Run

Name	Year School	Prelims	H#
Preliminaries			
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)
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)

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 1 Mile Run

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 1 Mile Run

Name	Year School	Finals	Points		
Finals					
1 Beermann, Jette	SO Elon	4:56.43	10		
41.386 (41.386)	1:18.862 (37.477)	1:57.547 (38.685)		2:35.996 (38.449)	
3:13.993 (37.998)	3:50.977 (36.984)	4:26.521 (35.544)		4:56.428 (29.908)	
2 Navarro, Ashley	SR Monmouth	4:56.57	8		
40.948 (40.948)	1:17.983 (37.035)	1:56.863 (38.880)		2:35.820 (38.957)	
3:13.717 (37.898)	3:50.783 (37.067)	4:26.477 (35.694)		4:56.562 (30.085)	
3 Twomey, Anna	JR Elon	4:58.54	6		
41.165 (41.165)	1:18.576 (37.412)	1:57.300 (38.724)		2:36.240 (38.940)	
3:14.013 (37.774)	3:50.925 (36.912)	4:26.560 (35.635)		4:58.535 (31.975)	
4 Lorenz, Leandra	JR Elon	4:59.57	5		
41.608 (41.608)	1:19.176 (37.568)	1:57.806 (38.630)		2:36.853 (39.048)	
3:14.472 (37.619)	3:51.268 (36.797)	4:26.828 (35.560)		4:59.563 (32.735)	
5 Sgambelluri, Nina	FR Delaware	5:00.51	4		
41.341 (41.341)	1:18.481 (37.140)	1:57.076 (38.595)		2:36.070 (38.994)	
3:13.848 (37.779)	3:51.076 (37.228)	4:27.150 (36.074)		5:00.510 (33.360)	
6 Miller, Hannah	JR Elon	5:01.88	3		
41.820 (41.820)	1:19.321 (37.502)	1:58.051 (38.730)		2:36.971 (38.920)	
3:14.636 (37.665)	3:51.463 (36.828)	4:27.602 (36.139)		5:01.876 (34.274)	
7 Leak, Isabella	SO Monmouth	5:03.25	2		
41.967 (41.967)	1:18.792 (36.825)	1:57.255 (38.463)		3:14.252 (1:16.998)	
3:51.377 (37.125)	3:51.427 (0.050)	4:27.548 (36.122)		5:03.242 (35.694)	
8 Sutterfield, Kelly Ann	FR William & Mary	5:04.21	1		
41.548 (41.548)	1:18.696 (37.148)	1:57.006 (38.310)		2:36.186 (39.180)	
3:14.168 (37.983)	3:51.212 (37.044)	4:27.197 (35.985)		5:04.210 (37.013)	
9 Young, Jasmine	FR Elon	5:05.36			
41.240 (41.240)	1:18.333 (37.094)	1:57.198 (38.865)		2:36.615 (39.417)	
3:14.940 (38.325)	3:51.872 (36.933)	4:28.393 (36.522)		5:05.360 (36.967)	
10 Trevor, Shannon	SO Northeastern	5:05.46			
41.782 (41.782)	1:19.042 (37.260)	1:57.408 (38.367)		2:36.577 (39.169)	
3:14.682 (38.105)	3:52.422 (37.740)	4:28.710 (36.288)		5:05.452 (36.743)	
11 Wicker, Annie	JR William & Mary	5:13.41			
39.311 (39.311)	1:17.322 (38.012)	1:56.896 (39.574)		2:36.361 (39.465)	
3:14.960 (38.599)	3:53.333 (38.374)	4:33.557 (40.224)		5:13.406 (39.849)	
12 Tsai, Jennifer	FR William & Mary	5:19.04			
41.633 (41.633)	1:19.828 (38.195)	1:58.546 (38.718)		2:37.657 (39.112)	
3:17.076 (39.419)	3:57.338 (40.263)	4:38.367 (41.029)		5:19.037 (40.670)	

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

Women 3000 Meter Run

Name	Year	School	Finals	H#	Points
1 DeBoer, Arianna	SO	William & Mary	9:35.52	2	10
40.333 (40.333)	1:22.302 (41.969)	2:01.702 (39.400)	2:40.869 (39.168)		
3:19.523 (38.654)	3:57.878 (38.355)	4:35.947 (38.069)	5:14.251 (38.304)		
5:55.336 (41.085)	6:36.347 (41.012)	7:17.023 (40.677)	7:54.188 (37.165)		
8:28.954 (34.767)	9:03.351 (34.397)	9:35.516 (32.165)			
2 Hassman, Abigail	JR	Northeastern	9:36.82	2	8
40.591 (40.591)	1:22.872 (42.282)	2:02.648 (39.777)	2:41.783 (39.135)		
3:20.413 (38.630)	3:58.814 (38.402)	4:36.502 (37.688)	5:14.602 (38.100)		
5:55.534 (40.933)	6:36.496 (40.962)	7:17.106 (40.610)	7:53.741 (36.635)		
8:28.461 (34.720)	9:03.309 (34.849)	9:36.811 (33.502)			
3 Beermann, Jette	SO	Elon	9:39.72	2	6
41.146 (41.146)	1:23.316 (42.170)	2:03.136 (39.820)	2:42.743 (39.608)		
3:21.654 (38.912)	4:00.447 (38.793)	4:38.383 (37.937)	5:16.026 (37.643)		
5:56.102 (40.077)	6:36.742 (40.640)	7:17.401 (40.659)	7:54.636 (37.235)		
8:30.236 (35.600)	9:06.031 (35.795)	9:39.711 (33.680)			
4 Weigele, Grace	SO	Stony Brook	9:40.41	2	5
40.501 (40.501)	1:22.708 (42.208)	2:02.123 (39.415)	2:41.317 (39.194)		
3:20.258 (38.942)	3:58.227 (37.969)	4:36.112 (37.885)	5:14.337 (38.225)		
5:55.306 (40.969)	6:36.286 (40.980)	7:16.956 (40.670)	7:53.879 (36.924)		
8:29.222 (35.343)	9:05.104 (35.883)	9:40.401 (35.297)			
5 McDonnell, Jordyn	SR	Hofstra	9:42.45	2	4
40.544 (40.544)	1:23.077 (42.533)	2:02.818 (39.742)	2:42.017 (39.199)		
3:20.656 (38.639)	3:59.018 (38.363)	4:36.859 (37.842)	5:15.026 (38.167)		
5:55.742 (40.717)	6:36.662 (40.920)	7:17.334 (40.673)	7:54.701 (37.367)		
8:31.859 (37.159)	9:08.568 (36.709)	9:42.448 (33.880)			
6 Istnick, Sofia	FR	William & Mary	9:43.04	2	3
40.767 (40.767)	1:23.154 (42.388)	2:41.087 (1:17.933)	3:19.751 (38.664)		
3:21.106 (1.355)	3:58.084 (36.979)	4:36.262 (38.178)	5:14.754 (38.493)		
5:55.646 (40.892)	6:36.621 (40.975)	7:17.297 (40.677)	7:54.344 (37.048)		
8:31.036 (36.692)	9:08.141 (37.105)	9:43.032 (34.892)			
7 Springer, Maggie	JR	Elon	9:43.21	2	2
40.876 (40.876)	1:23.431 (42.555)	2:02.899 (39.469)	2:42.168 (39.269)		
3:20.987 (38.819)	3:59.477 (38.490)	4:37.787 (38.310)	5:15.731 (37.944)		
5:56.086 (40.355)	6:36.988 (40.903)	7:17.666 (40.678)	7:55.081 (37.415)		
8:31.294 (36.214)	9:07.596 (36.302)	9:43.203 (35.608)			
8 Twomey, Anna	JR	Elon	9:43.89	2	1
40.412 (40.412)	1:22.697 (42.285)	2:02.282 (39.585)	2:41.699 (39.418)		
3:20.573 (38.874)	3:58.944 (38.372)	4:37.151 (38.207)	5:15.293 (38.143)		
5:55.934 (40.642)	6:36.849 (40.915)	7:17.521 (40.672)	7:54.852 (37.332)		
8:31.442 (36.590)	9:07.907 (36.465)	9:43.889 (35.983)			
9 McLoughlin, Fiona	JR	Stony Brook	9:44.36	2	
40.291 (40.291)	1:22.466 (42.175)	2:02.027 (39.562)	2:41.476 (39.449)		
3:20.218 (38.743)	3:58.391 (38.173)	4:36.316 (37.925)	5:14.447 (38.132)		
5:55.434 (40.988)	6:36.444 (41.010)	7:17.173 (40.729)	7:54.037 (36.864)		
8:30.651 (36.614)	9:07.724 (37.074)	9:44.357 (36.633)			
10 Borovicka-Swanson, Azza	JR	Northeastern	9:53.40	2	
41.092 (41.092)	1:23.762 (42.670)	2:03.343 (39.582)	2:42.557 (39.214)		
3:21.211 (38.654)	3:59.424 (38.214)	4:37.712 (38.288)	5:15.507 (37.795)		
5:55.954 (40.448)	6:36.939 (40.985)	7:17.617 (40.678)	7:55.308 (37.692)		
8:33.754 (38.447)	9:13.966 (40.212)	9:53.391 (39.425)			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 3000 Meter Run

11 Delahanty, McKenzie	SR Monmouth	9:54.36	2		
40.702 (40.702)	1:23.026 (42.324)	2:02.527 (39.502)		2:41.886 (39.359)	
3:20.816 (38.930)	3:59.324 (38.509)	4:38.162 (38.838)		5:17.033 (38.872)	
5:56.837 (39.804)	6:37.863 (41.027)	7:18.473 (40.610)		7:58.634 (40.162)	
8:39.336 (40.702)	9:19.211 (39.875)	9:54.357 (35.147)			
12 Sisson, Grace	JR Stony Brook	9:55.32	1		
39.195 (39.195)	1:17.265 (38.070)	1:56.784 (39.519)		2:36.375 (39.591)	
3:16.178 (39.803)	3:56.480 (40.302)	4:37.511 (41.031)		5:18.270 (40.759)	
5:59.193 (40.923)	6:39.861 (40.668)	7:20.189 (40.328)		8:00.929 (40.740)	
8:41.714 (40.785)	9:20.975 (39.261)	9:55.316 (34.341)			
13 Neuner, Madison	SR Northeastern	9:55.48	2		
41.257 (41.257)	1:24.032 (42.775)	2:03.207 (39.175)		2:42.423 (39.217)	
3:21.428 (39.005)	4:00.023 (38.595)	4:39.127 (39.104)		5:18.181 (39.054)	
5:57.466 (39.285)	6:37.602 (40.137)	7:18.027 (40.425)		7:57.933 (39.907)	
8:38.311 (40.378)	9:18.374 (40.064)	9:55.471 (37.097)			
14 Synowiec, Madison	SO Elon	9:55.60	1		
37.108 (37.108)	1:16.967 (39.859)	1:56.441 (39.474)		2:35.942 (39.501)	
3:15.824 (39.882)	3:56.089 (40.265)	4:37.130 (41.041)		5:18.371 (41.241)	
5:59.276 (40.905)	6:40.184 (40.908)	7:20.464 (40.280)		8:01.192 (40.728)	
8:41.963 (40.771)	9:21.091 (39.128)	9:55.592 (34.501)			
15 Kilgarriff, Marisa	SO Monmouth	9:56.01	2		
40.143 (40.143)	1:22.399 (42.257)	2:01.948 (39.549)		2:41.264 (39.317)	
3:20.142 (38.878)	3:58.832 (38.690)	4:37.596 (38.764)		5:16.317 (38.722)	
5:56.588 (40.272)	6:37.421 (40.833)	7:18.124 (40.704)		7:56.936 (38.812)	
8:37.077 (40.142)	9:17.427 (40.350)	9:56.009 (38.583)			
16 Leak, Isabella	SO Monmouth	9:57.25	2		
41.351 (41.351)	1:23.672 (42.322)	2:03.476 (39.804)		2:42.693 (39.218)	
3:21.428 (38.735)	4:00.226 (38.798)	4:38.917 (38.692)		5:17.914 (38.998)	
5:57.809 (39.895)	6:38.312 (40.503)	7:18.692 (40.380)		7:58.923 (40.232)	
8:39.552 (40.629)	9:19.562 (40.010)	9:57.243 (37.682)			
17 Sands, Autumn	SR Delaware	9:57.62	2		
41.012 (41.012)	1:23.349 (42.338)	2:03.122 (39.773)		2:42.264 (39.143)	
3:21.044 (38.780)	4:00.107 (39.063)	4:38.782 (38.675)		5:17.673 (38.892)	
5:57.627 (39.954)	6:38.942 (41.315)	7:19.209 (40.268)		7:59.601 (40.392)	
8:40.156 (40.555)	9:20.117 (39.962)	9:57.611 (37.494)			
18 Miller, Hannah	JR Elon	10:06.55	2		
41.298 (41.298)	1:23.658 (42.360)	2:03.068 (39.410)		2:42.347 (39.279)	
3:21.212 (38.865)	3:59.674 (38.463)	4:38.068 (38.394)		5:15.897 (37.829)	
5:56.271 (40.374)	6:37.132 (40.862)	7:17.791 (40.659)		7:56.054 (38.264)	
8:36.109 (40.055)	9:20.281 (44.172)	10:06.546 (46.265)			
19 Ayers, Beighley	SR Towson	10:08.07	1		
37.255 (37.255)	1:17.064 (39.809)	1:56.675 (39.611)		2:36.151 (39.476)	
3:16.021 (39.870)	3:56.350 (40.329)	4:37.386 (41.036)		5:18.495 (41.109)	
5:59.395 (40.900)	6:40.253 (40.858)	7:21.666 (41.413)		8:04.381 (42.715)	
8:47.620 (43.239)	9:29.665 (42.045)	10:08.069 (38.404)			
20 Daniels, Sarah	SR Delaware	10:08.76	1		
37.077 (37.077)	1:16.740 (39.663)	1:56.183 (39.443)		2:35.615 (39.432)	
3:15.506 (39.891)	3:55.827 (40.321)	4:36.876 (41.049)		5:18.134 (41.258)	
5:58.982 (40.848)	6:40.489 (41.507)	7:22.122 (41.633)		8:04.647 (42.525)	
8:47.832 (43.185)	9:29.773 (41.941)	10:08.751 (38.978)			
21 Brown, Sophia	SO Col. of Charleston	10:21.43	1		
38.878 (38.878)	1:17.552 (38.674)	1:57.610 (40.058)		2:38.444 (40.834)	
3:20.136 (41.692)	4:02.669 (42.533)	4:45.610 (42.941)		5:28.455 (42.845)	
6:11.446 (42.991)	6:54.092 (42.646)	7:36.854 (42.762)		8:19.428 (42.574)	
9:01.734 (42.306)	9:42.804 (41.070)	10:21.426 (38.622)			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 3000 Meter Run

22 Crismon, Cayden	FR Col. of Charleston	10:21.74	1		
39.707 (39.707)	1:18.166 (38.459)	1:59.303 (41.137)		2:41.478 (42.175)	
3:23.490 (42.012)	4:05.606 (42.116)	4:48.102 (42.496)		5:30.779 (42.677)	
6:12.135 (41.356)	6:54.368 (42.233)	7:37.316 (42.948)		8:19.680 (42.364)	
9:01.893 (42.213)	9:43.030 (41.137)	10:21.737 (38.707)			
23 Dobrinski, Tessa	FR William & Mary	10:30.19	1		
39.422 (39.422)	1:17.981 (38.559)	1:59.080 (41.099)		2:41.257 (42.177)	
3:23.346 (42.089)	4:05.422 (42.076)	4:47.885 (42.463)		5:30.554 (42.669)	
6:12.328 (41.774)	6:54.300 (41.972)	7:37.590 (43.290)		8:20.875 (43.285)	
9:04.913 (44.038)	9:48.604 (43.691)	10:30.189 (41.585)			
24 Schaffer, Aubrey	SO Towson	10:43.01	1		
39.164 (39.164)	1:17.917 (38.753)	1:59.191 (41.274)		2:41.640 (42.449)	
3:23.895 (42.255)	4:06.361 (42.466)	4:49.745 (43.384)		5:33.054 (43.309)	
6:16.812 (43.758)	7:01.227 (44.415)	7:45.856 (44.629)		8:30.644 (44.788)	
9:15.614 (44.970)	10:00.100 (44.486)	10:43.002 (42.902)			
-- Tavares, Jennifer	JR Monmouth	DNS	1		
-- Wicker, Annie	JR William & Mary	DNS	1		

Women 5000 Meter Run

Name	Year School	Finals	Points		
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)					

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

....Women 5000 Meter Run

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)				
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)				

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 5000 Meter Run

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)				
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
------	-------------	--------

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 5000 Meter Run Unseeded

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)				
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

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 60 Meter Hurdles

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 60 Meter Hurdles

Name	Year	School	Finals	Points
Finals				
1 Weaver, Lucheyona	SO	N. Carolina A&T	8.40	10
2 Seay, Maya	SR	Hampton	8.42	8
3 Carter, Jaydea	SO	Hampton	8.58	6
4 Tinsley, Yasmeen	SO	Monmouth	8.69	5 8.683
5 Botelho, Kalli'Ana	SR	Elon	8.69	4 8.690
6 Rice, Zionn	FR	Hampton	8.73	3
7 Dawkins, Danella	SO	Stony Brook	8.74	2
8 Davis, Anna	SR	Northeastern	9.01	1

Women 4x400 Meter Relay

School	Finals	H#	Points
1 N. Carolina A&T 'A'	3:41.62	3	10
1) Scott, Pebbles SO			
2) Griffin, Jada SR			
3) Perry, Mykayla JR			
56.000 (56.000)	1:49.295 (53.295)	2:44.606 (55.312)	3:41.617 (57.012)
2 Hampton 'A'	3:42.77	3	8
1) Spencer, Kayla JR			
2) Aduma, Amira SR			
3) Mozie, Jordan SO			
56.722 (56.722)	1:50.224 (53.502)	2:48.635 (58.412)	3:42.762 (54.128)
3 William & Mary 'A'	3:43.47	3	6
1) Gregory, Mary JR			
2) Swierbut, Carly SR			
3) Johnson, Amaya JR			
56.136 (56.136)	1:51.650 (55.514)	2:47.964 (56.314)	3:43.461 (55.498)
4 Elon 'A'	3:48.53	3	5
1) Wilcox, Meghan SO			
2) Barrows, Aliya SR			
3) Drometer, Riley JR			
58.629 (58.629)	1:54.832 (56.204)	2:52.037 (57.205)	3:48.521 (56.484)
5 Northeastern 'A'	3:49.60	2	4
1) Davis, Anna SR			
2) Thomas, Abigail FR			
3) Shotts, Lucinda SR			
57.680 (57.680)	1:56.327 (58.648)	2:54.132 (57.805)	3:49.598 (55.467)
6 Towson 'A'	3:49.69	2	3
1) Tucker, Maya SO			
2) Tucker, Sydney JR			
3) Cuervo, Cristal SO			
57.472 (57.472)	1:55.746 (58.274)	2:51.062 (55.317)	3:49.682 (58.620)
7 Uncw 'A'	3:50.82	1	2
1) Fields, Janiyah SO			
2) Ferguson, Nasiah SO			

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****....Women 4x400 Meter Relay**

3) Hunter, Miquela SO	4) Sheffield, Brynn SR				
56.956 (56.956)	1:53.499 (56.543)	2:50.705 (57.207)	3:50.814 (1:00.109)		
8 Stony Brook 'A'		3:51.54	2	1	
1) Franks, Aristeia FR	2) Cerbone, Dana SR				
3) Omokeni, Oghenyerovwo SO	4) Hodge, Jada SO				
59.301 (59.301)	1:57.330 (58.029)	2:54.421 (57.092)	3:51.531 (57.110)		
9 Monmouth 'A'		3:57.15	2		
1) Perez, Tatum SO	2) Tinsley, Yasmeen SO				
3) Latimer, Madison SO	4) Rutledge, Anne SO				
59.911 (59.911)	1:57.266 (57.355)	2:56.248 (58.983)	3:57.145 (1:00.897)		
10 Delaware 'A'		3:59.56	1		
1) Poulin, Marie-Frederique JR	2) Schmidt, Carly JR				
3) Scandale, Jenna FR	4) Brown, Melady SR				
57.071 (57.071)	1:54.902 (57.832)	2:55.601 (1:00.699)	3:59.555 (1:03.954)		

Women 4x800 Meter Relay

School	Finals	Points
1 Northeastern 'A'	9:00.62	10
1) Petersen, Sarah SR	2) McMahon, Vivian SO	
3) Duggan, Ava JR	4) Abdow, Lucy JR	
2:13.921 (2:13.921)	4:28.709 (2:14.788)	6:44.971 (2:16.263)
9:00.611 (2:15.640)		
2 Elon 'A'	9:03.52	8
1) Lorenz, Leandra JR	2) Alps, Emily JR	
3) Lair, Stephanie SR	4) Hodgson, Alison SO	
2:17.115 (2:17.115)	4:34.375 (2:17.260)	6:47.721 (2:13.347)
9:03.519 (2:15.798)		
3 Col. of Charleston 'A'	9:14.76	6
1) Harding, Andie FR	2) Kalus, Meike SO	
3) Purves, Rhian JR	4) Dorony, Emily JR	
2:19.338 (2:19.338)	4:44.113 (2:24.775)	7:01.429 (2:17.317)
9:14.756 (2:13.328)		
4 Delaware 'A'	9:17.93	5
1) Smalley, Hannah FR	2) Dailey, Marissa SO	
3) Volkman, Lindsey FR	4) Sgambelluri, Nina FR	
2:20.638 (2:20.638)	4:40.589 (2:19.952)	7:01.140 (2:20.552)
9:17.921 (2:16.782)		
5 William & Mary 'A'	9:19.83	4
1) Joiner, Makenzie JR	2) Coyle, Molly JR	
3) Wallis, Lydia FR	4) Sutterfield, Kelly Ann FR	
2:18.004 (2:18.004)	4:37.376 (2:19.373)	6:59.228 (2:21.852)
9:19.830 (2:20.603)		
6 Monmouth 'A'	9:25.66	3
1) Kearns, Grace JR	2) Todd, Sydney SO	
3) Osley, Chantel JR	4) Navarro, Ashley SR	
2:22.268 (2:22.268)	4:42.543 (2:20.275)	7:04.356 (2:21.814)
9:25.656 (2:21.300)		
7 N. Carolina A&T 'A'	9:27.87	2
1) Campbell, Ania JR	2) Herring, Camille SR	
3) Melton, Love' SR	4) Gbolade, Ayoola SR	
2:18.701 (2:18.701)	4:37.625 (2:18.924)	7:02.434 (2:24.809)
9:27.868 (2:25.434)		
8 Stony Brook 'A'	9:28.30	1
1) Garcia, Nicole JR	2) Hauff, Tara SR	
3) Dodenhoff, Lindsey SR	4) Ruggiero, Rachel SR	
2:21.904 (2:21.904)	4:40.890 (2:18.987)	7:06.479 (2:25.589)
9:28.300 (2:21.822)		
9 Hampton 'A'	9:39.75	
1) Wilson, Mekayla FR	2) Brown, Shayla FR	
3) Watts, Javon SO	4) Williams, Morgan SO	
2:23.188 (2:23.188)	4:49.884 (2:26.697)	7:18.893 (2:29.009)
9:39.745 (2:20.853)		

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women 4x800 Meter Relay

10	Towson 'A'					9:41.84	
	1) Mogensen, Lexi SO		2) Ayers, Beighley SR				
	3) Valentine, Satori JR		4) Loewe, Morgan FR				
	2:23.800 (2:23.800)	4:49.575 (2:25.775)	7:16.898 (2:27.323)	9:41.836 (2:24.939)			
11	Uncw 'A'					9:47.32	
	1) Bingham, Gretchen SR		2) Peck, Caitlin FR				
	3) Robey, Ashley FR		4) Hobbs, Kendall JR				
	2:24.574 (2:24.574)	4:53.899 (2:29.325)	7:25.583 (2:31.684)	9:47.318 (2:21.735)			

Women Distance Medley

School		Finals	Points
1	Northeastern 'A'	11:38.58	10
	1) Petersen, Sarah SR		
	2) Davis, Anna SR		
	3) Duggan, Ava JR		
	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		
	3:38.779 (3:38.779)	4:37.584 (58.805)	6:54.895 (2:17.312)
		11:42.720 (4:47.825)	
3	Stony Brook 'A'	11:48.14	6
	1) Weigele, Grace SO		
	2) Guevara, Siara SR		
	3) Hauff, Tara SR		
	3:32.163 (3:32.163)	4:31.412 (59.249)	6:51.764 (2:20.353)
		11:48.135 (4:56.372)	
4	Elon 'A'	12:06.86	5
	1) Petitjean, Sarah FR		
	2) Drometer, Riley JR		
	3) Barrows, Aliya SR		
	3:48.698 (3:48.698)	4:46.185 (57.488)	7:05.373 (2:19.188)
		12:06.858 (5:01.485)	
5	Monmouth 'A'	12:10.40	4
	1) Baker, Michaela SR		
	2) Osley, Chantel JR		
	3) Todd, Sydney SO		
	3:45.745 (3:45.745)	4:45.833 (1:00.088)	7:06.754 (2:20.922)
		12:10.394 (5:03.640)	
6	Col. of Charleston 'A'	12:18.20	3
	1) Smith, Shannon SO		
	2) Bailey, Kaitlynn JR		
	3) Harding, Andie FR		
	3:49.653 (3:49.653)	4:49.669 (1:00.017)	7:09.698 (2:20.029)
		12:18.198 (5:08.500)	
7	Hampton 'A'	12:18.41	2
	1) Wilson, Mekayla FR		
	2) Greene, Madison SO		
	3) Spencer, Kayla JR		
	3:51.745 (3:51.745)	4:50.958 (59.213)	7:06.705 (2:15.748)
		12:18.405 (5:11.700)	
8	Delaware 'A'	12:24.08	1
	1) Herrera, Tiffany FR		
	2) Scandale, Jenna FR		
	3) Coletti, Carolyn JR		
	3:46.272 (3:46.272)	4:47.502 (1:01.230)	7:09.872 (2:22.370)
		12:24.072 (5:14.200)	
9	Uncw 'A'	12:27.30	
	1) Bingham, Gretchen SR		
	2) Newburn, Jessica FR		
	3) Peck, Caitlin FR		
	3:56.455 (3:56.455)	4:58.618 (1:02.163)	7:25.897 (2:27.279)
		12:27.295 (5:01.399)	
10	Towson 'A'	12:55.29	
	1) Mogensen, Lexi SO		
	2) Lunger, Emily SR		
	3) Valentine, Satori JR		
	3:54.495 (3:54.495)	4:53.387 (58.892)	7:24.180 (2:30.794)
		12:55.287 (5:31.107)	
--	N. Carolina A&T 'A'	DQ	Rule: 7-5-3c

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women High Jump

17	Cox, Kennedee	SR Northeastern	J1.59m	5-02.50
	1.44 1.49 1.54 1.59 1.64			
	P XO XXO XXO XXX			
18	Fortuna, Emma	FR Col. of Charleston	1.54m	5-00.50
	1.44 1.49 1.54 1.59			
	O O O XXX			
18	Klemanski, Liliana	JR William & Mary	1.54m	5-00.50
	1.44 1.49 1.54 1.59			
	P P O XXX			
18	DeBlock, Destiny	JR Delaware	1.54m	5-00.50
	1.44 1.49 1.54 1.59			
	P O O XXX			
18	Torres, Natalya	JR Monmouth	1.54m	5-00.50
	1.44 1.49 1.54 1.59			
	P O O XXX			
22	Wilkinson, Liana	SO Towson	1.44m	4-08.75
	1.44 1.49			
	O XXX			
23	Gibbons, Riley	FR Uncw	J1.44m	4-08.75
	1.44 1.49			
	XO XXX			
--	Taylor, Lauryn	JR Uncw	NH	
	1.44 1.49			
	P XXX			

Women Pole Vault

Name	Year	School	Finals	Points
1 Lieger, Luzy	JR	Col. of Charleston	3.80m	12-05.50 10
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70 3.80 3.92			
	P P P P P P P P O XXO O XXX			
2 Joyce, Bridget	SR	Delaware	3.70m	12-01.50 8
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70 3.80			
	P P P P O O O O XXX			
3 Sitkowski, Olesya	JR	William & Mary	J3.70m	12-01.50 6
	2.65 2.80 2.95 3.10 3.25 3.40 3.50 3.60 3.70 3.80			
	P P P P P P P P XXO O XXX			
4 George, Madison	JR	Elon	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 P P P O XXX			
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			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women Pole Vault

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			
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			

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****...Women Long Jump**

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	5.07m	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	4.87m	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 Triple Jump

Name	Year	School	Finals	H#	Points
1 Hunter, Jayda	JR	Uncw	12.42m	40-09.00	2 10
	FOUL	12.42m 12.40m 11.52m	FOUL	FOUL	
2 Armand, Dieusi	JR	Hampton	12.35m	40-06.25	2 8
	FOUL	12.07m FOUL 12.35m	FOUL	12.08m	
3 Jefferson, Jazlyn	JR	Hampton	12.24m	40-02.00	2 6
	12.16m 12.24m 12.14m	11.38m 12.24m 12.10m			
4 Hertz Saebbo, Linn	JR	Elon	12.06m	39-07.00	2 5
	11.90m 11.92m 12.02m	12.06m FOUL FOUL			
5 Mevo, Manie	FR	Towson	11.84m	38-10.25	2 4
	11.64m 11.44m 11.70m	11.54m 11.84m 10.77m			
6 Shaw, Emmmani	FR	Hampton	11.70m	38-04.75	2 3
	11.06m 11.48m 11.11m	11.23m 11.32m 11.70m			
7 Bernard, Anissa	SO	Hampton	11.68m	38-04.00	2 2
	11.57m FOUL 11.29m	11.31m 11.35m 11.68m			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women Triple Jump

8	Anderson, Aliyah	SR Towson	11.65m	38-02.75	1	1
	11.24m 11.43m 11.53m	11.22m 11.40m 11.65m				
9	Warren, Isabelle	SO Monmouth	11.52m	37-09.50	2	
	11.35m 11.52m 11.20m	11.33m 11.12m 11.30m				
10	Galiano-Holmes, Skylar	SO Towson	11.45m	37-06.75	1	
	10.89m 10.96m 11.45m					
11	Hodge, Jahnia	FR Delaware	11.44m	37-06.50	2	
	11.44m FOUL 11.14m					
12	Tony, Amanda	SR Towson	11.38m	37-04.00	1	
	10.98m 11.38m 11.32m					
13	Abraham, Dana	SO William & Mary	11.32m	37-01.75	1	
	11.32m 11.02m FOUL					
14	Adeleye, Biola	SR Delaware	11.31m	37-01.25	1	
	10.67m 11.02m 11.31m					
15	Wilson, Kenady	SR N. Carolina A&T	11.22m	36-09.75	1	
	10.52m 10.99m 11.22m					
16	Dowd, Olivia	FR N. Carolina A&T	11.14m	36-06.75	1	
	10.79m 11.14m 11.02m					
17	Johnson, La'Tecyia	FR Uncw	10.55m	34-07.50	1	
	10.27m 10.55m FOUL					
18	Carry-McDonald, Ava	FR Northeastern	10.39m	34-01.25	1	
	10.16m 10.39m 10.30m					
--	King, Jade	JR N. Carolina A&T	DNS			1

Women Shot Put

Name	Year School	Finals	H#	Points
1 Suzenski, Keeley	JR William & Mary	15.39m	50-06.00	2 10
	14.95m 14.66m 15.39m	15.04m 15.21m 15.02m		
2 Nwosu, Julieth	SR N. Carolina A&T	14.89m	48-10.25	2 8
	14.18m FOUL 14.89m	14.87m FOUL 14.86m		
3 Harmon, Nya	SO Hampton	14.86m	48-09.00	2 6
	13.38m 13.68m 13.80m	13.72m FOUL 14.86m		
4 Smith, Abria	SO Hampton	14.77m	48-05.50	2 5
	14.25m FOUL FOUL	14.77m 14.47m 14.60m		
5 Akintunde, Oluwatomilayo	SO Hampton	14.51m	47-07.25	2 4
	13.65m 14.51m 13.14m	13.51m FOUL FOUL		
6 Carlton, Lauryn	JR Elon	14.14m	46-04.75	2 3
	13.64m FOUL 14.14m	13.45m FOUL FOUL		
7 Owens, Fatimah	SO Towson	14.12m	46-04.00	1 2
	12.93m 12.91m 13.77m	13.50m 14.05m 14.12m		
8 Nkwonta, Kosie	JR Delaware	13.77m	45-02.25	2 1
	13.77m 13.38m 13.67m	FOUL FOUL FOUL		
9 Wood, Vanessa	SO Monmouth	13.40m	43-11.75	1
	13.40m FOUL 12.10m	FOUL 12.00m FOUL		
10 Rolon-Issa, Natalie	SO Monmouth	13.22m	43-04.50	2
	12.80m 13.02m 13.22m			
11 Wallace, Chelsea	SR Elon	13.18m	43-03.00	1
	11.55m 12.46m 13.18m			
12 Luciani, Jade	JR Monmouth	12.84m	42-01.50	1
	12.84m 12.79m 12.10m			
13 Duchaussee, Madeleine	JR Northeastern	12.60m	41-04.25	2
	12.60m 12.39m 11.80m			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Women Shot Put

14	Coleman, Georgia	SR Towson	12.48m	40-11.50	1
	12.23m 12.25m 12.48m				
15	Curtis, Leila	FR Northeastern	12.27m	40-03.25	1
	FOUL 12.27m 11.61m				
16	Caldwell, Victoria	SO Hampton	12.19m	40-00.00	2
	FOUL 12.19m FOUL				
17	Cardillo, Trinity	JR Northeastern	12.14m	39-10.00	1
	12.02m 12.14m 11.72m				
18	Afonso, Caroline	JR Northeastern	11.74m	38-06.25	1
	11.74m 11.03m 11.01m				
--	Carlson, Ella	FR William & Mary	FOUL		1
	FOUL FOUL FOUL				
--	Reagor, Taylor	FR N. Carolina A&T	FOUL		1
	FOUL FOUL 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			
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			

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****...Women Weight Throw**

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				

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)

CAA Indoor Championships - 2/23/2023
Virginia Beach Sports Center
Results

....Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

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 McCounts, 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)
-- Jackson, Avery	SO Col. of Charleston	DNS	

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 O O O O O XXO O XO XXX				

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

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

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 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 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 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 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 O XXX					
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 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 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 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 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 --- --- --- --- --- --- --- ---					

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

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

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					

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

Name	Year School	Finals	H#	Points
1 Biron, Dominique	SR Northeastern	6.01m 19-08.75	1	853
	6.01m FOUL 5.91m			
2 Cox, Kennedee	SR Northeastern	5.67m 18-07.25	1	750
	5.21m 5.67m 5.50m			
3 Botelho, Kalli'Ana	SR Elon	5.39m 17-08.25	1	668
	5.23m FOUL 5.39m			
4 Redlo, Leeann	FR Towson	5.31m 17-05.25	2	645
	5.31m 5.03m 5.31m			
5 Moore, Carson	FR Hampton	5.28m 17-04.00	2	637
	4.97m 5.28m 5.24m			
6 Dupras, Elizabeth	SO William & Mary	5.12m 16-09.75	1	592
	4.92m 5.09m 5.12m			
7 Bernard, Anissa	SO Hampton	5.05m 16-07.00	2	573
	5.05m 4.83m 4.72m			
8 Thurgood, Hollie	SO Elon	5.04m 16-06.50	2	570
	5.04m 5.03m 4.98m			
8 McCounts, Mekhia	SO Hampton	5.04m 16-06.50	2	570
	5.04m FOUL 4.97m			
10 Kreek, Emily	FR Col. of Charleston	5.03m 16-06.00	2	567
	4.93m FOUL 5.03m			
11 Lopez, Lizzie	FR Elon	4.98m 16-04.25	2	554
	4.71m 4.80m 4.98m			
12 Guerrieri, Hailey	FR Monmouth	4.96m 16-03.25	1	548
	4.92m FOUL 4.96m			
13 DeBlock, Destiny	JR Delaware	4.92m 16-01.75	2	538
	4.67m 4.92m 4.73m			
13 Rutledge, Anne	SO Monmouth	4.92m 16-01.75	1	538
	FOUL FOUL 4.92m			
15 Light, Mayson	SR Delaware	4.86m 15-11.50	2	522
	FOUL 4.77m 4.86m			
16 Brown, Shayla	FR Hampton	4.83m 15-10.25	2	514
	4.83m 4.72m 4.78m			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

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

17	Wilkinson, Liana	SO Towson	4.72m	15-06.00	2	485
	4.72m 4.66m 4.51m					
18	Gibbons, Riley	FR Uncw	4.71m	15-05.50	1	482
	4.71m 4.41m FOUL					
19	McKee, Emma	FR Monmouth	4.67m	15-04.00	1	472
	4.67m 4.49m FOUL					
20	Boggs, Abby	SO Monmouth	4.66m	15-03.50	1	469
	4.45m 4.46m 4.66m					
21	Barber, Natalee	FR Northeastern	4.62m	15-02.00	1	459
	4.62m 4.61m 4.49m					
21	Montanari, Brylee	FR Uncw	4.62m	15-02.00	1	459
	FOUL 4.62m FOUL					
23	Uy, Samantha	SO Delaware	4.55m	14-11.25	2	441
	4.48m 4.44m 4.55m					
24	Mixon, Carly	JR Uncw	4.29m	14-01.00	1	376
	3.81m 4.28m 4.29m					
--	Jackson, Avery	SO Col. of Charleston	DNS		2	

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			

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

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					

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

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 60 Meter Dash

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	Kanes, Alexander	SO Stony Brook	7.36	3	
--	Holmes, Jason	FR N. Carolina A&T	FS	2	

Men 60 Meter Dash

Name	Year School	Finals	Points
Finals			
1	Sweeney, Noah	SR Northeastern	6.76 10
2	Evans, Abraham	SO Hampton	6.81 8
3	Towns, Qhiyal	SR Hampton	6.87 6
4	Poindexter, Jordan	SR Hampton	6.90 5 6.892
5	Turner, Kendall	SR N. Carolina A&T	6.90 4 6.898
6	Abel, Patrick	JR Stony Brook	6.91 3
7	Cooley, Jackson	JR William & Mary	6.95 2
--	Exilhomme, Ethan	SO Northeastern	FS

Men 200 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
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

CAA Indoor Championships - 2/23/2023
Virginia Beach Sports Center
Results

...Men 200 Meter Dash

19 Vazquez, Justin	SO Stony Brook	22.81	3
20 Zdravkovic, Aleksandar	JR Stony Brook	23.01	4

Men 200 Meter Dash

Name	Year School	Finals	H#	Points
------	-------------	--------	----	--------

Finals

1 Chambers, Shemar	JR N. Carolina A&T	21.00	2	10
2 Hayles, Reheem	SO N. Carolina A&T	21.02	2	8
3 Exilhomme, Ethan	SO Northeastern	21.36	1	6
4 Sweeney, Noah	SR Northeastern	21.39	2	5
5 Nya, Brandon	JR N. Carolina A&T	21.52	1	4
6 Poindexter, Jordan	SR Hampton	21.62	1	3
7 Saint-Germain, Ryan	SR N. Carolina A&T	21.66	2	2
8 Magre, Phillips	SR Northeastern	22.13	1	1

Men 400 Meter Dash

Name	Year School	Prelims	H#
------	-------------	---------	----

Preliminaries

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)		
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)		

CAA Indoor Championships - 2/23/2023
Virginia Beach Sports Center
Results

...Men 400 Meter Dash

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 400 Meter Dash

Name	Year School	Finals	H#	Points
Finals				
1 Hayles, Reheem	SO N. Carolina A&T	45.99	2	10
21.531 (21.531)	45.981 (24.450)			
2 Chambers, Shemar	JR N. Carolina A&T	46.37	2	8
21.766 (21.766)	46.368 (24.602)			
3 Saint-Germain, Ryan	SR N. Carolina A&T	47.55	1	6
22.095 (22.095)	47.544 (25.449)			
4 Hill, Josiah	JR Hampton	48.22	1	5
22.471 (22.471)	48.212 (25.741)			
5 Magre, Phillips	SR Northeastern	48.33	2	4
22.761 (22.761)	48.329 (25.568)			
6 Gaither Jr., Cory	SR Northeastern	48.34	1	3
22.342 (22.342)	48.331 (25.989)			
7 Hill, Jeremiah	JR Hampton	48.39	2	2
22.790 (22.790)	48.389 (25.599)			
-- Boateng, Richmond	JR Stony Brook	DNF	1	

Men 800 Meter Run

Name	Year School	Prelims	H#
Preliminaries			
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)

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 800 Meter Run

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 800 Meter Run

Name	Year School	Finals	Points		
Finals					
1 Blackman, Dugion	SO Hampton	1:48.56	10		
27.472 (27.472)	54.468 (26.996)	1:21.989 (27.521)		1:48.556 (26.567)	
2 Cherry, Reed	SO Northeastern	1:49.39	8		
26.890 (26.890)	54.246 (27.356)	1:21.818 (27.572)		1:49.389 (27.571)	
3 Kumer, Jonathan	FR William & Mary	1:51.08	6		
27.939 (27.939)	55.400 (27.461)	1:23.640 (28.240)		1:51.073 (27.433)	
4 Brogan, Tyler	JR Northeastern	1:51.65	5		
27.712 (27.712)	55.180 (27.468)	1:23.450 (28.270)		1:51.648 (28.198)	
5 Moore, Ian	JR Monmouth	1:52.39	4		
27.538 (27.538)	54.891 (27.353)	1:23.245 (28.354)		1:52.383 (29.138)	
6 Larson, Stephen	JR William & Mary	1:53.25	3		
28.003 (28.003)	55.946 (27.943)	1:24.400 (28.454)		1:53.249 (28.849)	
7 Abdalla, Mahmoud	SR Stony Brook	1:55.03	2		
27.785 (27.785)	55.970 (28.185)	1:25.191 (29.221)		1:55.029 (29.838)	
8 DiLaurenzio, Louis	SR Monmouth	1:58.13	1		
28.175 (28.175)	56.493 (28.318)	1:26.400 (29.907)		1:58.128 (31.728)	

Men 1 Mile Run

Name	Year School	Prelims	H#		
Preliminaries					
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)	

CAA Indoor Championships - 2/23/2023
Virginia Beach Sports Center
Results

....Men 1 Mile Run

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 1 Mile Run

=====				
Name	Year School	Finals	Points	
=====				
Finals				
1 DiLaurenzio, Louis	SR Monmouth	4:06.15	10	
32.074 (32.074)	1:03.725 (31.652)	1:35.471 (31.747)	2:07.727 (32.257)	
2:39.647 (31.920)	3:11.247 (31.600)	3:39.060 (27.813)	4:06.145 (27.085)	
2 Becker, Robert	SR Stony Brook	4:06.44	8	
32.631 (32.631)	1:04.001 (31.370)	1:35.697 (31.697)	2:07.965 (32.268)	
2:39.846 (31.882)	3:11.507 (31.662)	3:39.274 (27.767)	4:06.434 (27.160)	
3 Smyth, Aiden	SR Stony Brook	4:07.79	6	
32.254 (32.254)	1:03.889 (31.635)	1:35.786 (31.898)	2:08.126 (32.340)	
2:39.977 (31.852)	3:10.985 (31.008)	3:38.867 (27.883)	4:07.790 (28.923)	
4 Pritchard, Samuel	JR William & Mary	4:09.83	5	
32.757 (32.757)	1:04.161 (31.404)	1:36.071 (31.910)	2:08.371 (32.300)	
2:40.165 (31.794)	3:12.027 (31.863)	3:41.967 (29.940)	4:09.826 (27.859)	
5 Goodell, Evan	SR William & Mary	4:10.33	4	
32.139 (32.139)	1:03.541 (31.403)	1:35.255 (31.714)	2:07.579 (32.324)	
2:39.896 (32.318)	3:11.725 (31.829)	3:42.091 (30.367)	4:10.324 (28.233)	

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 1 Mile Run

6	Tremain, Tennessee	SO Monmouth	4:10.93	3
	33.057 (33.057)	1:04.550 (31.493)	1:36.606 (32.057)	2:09.007 (32.402)
	2:41.010 (32.003)	3:12.737 (31.728)	3:43.102 (30.365)	4:10.926 (27.824)
7	Sarney, Kyle	SO Northeastern	4:11.22	2
	31.811 (31.811)	1:03.107 (31.297)	1:34.786 (31.679)	2:07.041 (32.255)
	2:39.204 (32.163)	3:11.406 (32.203)	3:41.139 (29.733)	4:11.219 (30.080)
8	Cantlon, Patrick	FR Northeastern	4:11.70	1
	32.826 (32.826)	1:04.229 (31.403)	1:36.271 (32.043)	2:08.544 (32.273)
	2:40.356 (31.813)	3:12.005 (31.649)	3:41.381 (29.377)	4:11.692 (30.312)
9	Jones, Jacob	JR William & Mary	4:12.17	
	32.392 (32.392)	1:04.071 (31.679)	1:36.306 (32.235)	2:08.365 (32.059)
	2:40.561 (32.197)	3:12.316 (31.755)	3:42.614 (30.298)	4:12.164 (29.550)
10	Caraccio, Stone	SO Monmouth	4:15.21	
	32.497 (32.497)	1:04.309 (31.812)	1:36.335 (32.027)	2:08.791 (32.457)
	2:40.731 (31.940)	3:12.517 (31.787)	3:44.571 (32.054)	4:15.205 (30.634)
11	Corliss, TJ	SR William & Mary	4:15.77	
	31.999 (31.999)	1:03.345 (31.347)	1:35.037 (31.693)	2:07.320 (32.283)
	2:39.490 (32.170)	3:11.849 (32.359)	3:43.251 (31.403)	4:15.765 (32.514)
12	Pothier, James	JR Northeastern	4:18.70	
	32.456 (32.456)	1:03.735 (31.279)	1:35.887 (32.153)	2:08.392 (32.505)
	2:40.386 (31.994)	3:13.224 (32.838)	3:46.251 (33.028)	4:18.700 (32.449)

Men 3000 Meter Run

Name	Year	School	Finals	Points
1	Godish, Benjamin	SO Northeastern	8:13.54	10
	32.777 (32.777)	1:07.097 (34.320)	1:41.034 (33.938)	2:14.506 (33.472)
	2:47.771 (33.265)	3:21.383 (33.613)	3:55.134 (33.752)	4:29.294 (34.160)
	5:02.774 (33.480)	5:35.593 (32.819)	6:08.308 (32.715)	6:40.784 (32.477)
	7:13.442 (32.658)	7:44.822 (31.380)	8:13.539 (28.718)	
2	Henderson, Shane	JR Stony Brook	8:14.95	8
	33.276 (33.276)	1:07.542 (34.267)	1:41.652 (34.110)	2:15.399 (33.748)
	2:48.833 (33.434)	3:22.476 (33.643)	3:55.726 (33.250)	4:29.897 (34.172)
	5:03.448 (33.552)	5:36.246 (32.798)	6:09.074 (32.829)	6:42.128 (33.054)
	7:14.756 (32.628)	7:46.223 (31.468)	8:14.946 (28.723)	
3	Brennan, Evan	JR Stony Brook	8:15.87	6
	33.508 (33.508)	1:07.737 (34.229)	1:41.892 (34.155)	2:15.668 (33.777)
	2:48.623 (32.955)	3:22.256 (33.633)	3:55.574 (33.319)	4:29.689 (34.115)
	5:03.196 (33.507)	5:36.053 (32.858)	6:09.267 (33.214)	6:42.322 (33.055)
	7:14.982 (32.660)	7:46.413 (31.432)	8:15.868 (29.455)	
4	Schaefer, Matthew	SR Northeastern	8:17.44	5
	33.857 (33.857)	1:08.117 (34.260)	1:42.137 (34.020)	2:16.209 (34.073)
	2:49.188 (32.979)	3:22.838 (33.650)	3:56.062 (33.224)	4:30.139 (34.078)
	5:03.602 (33.463)	5:36.473 (32.872)	6:09.519 (33.047)	6:42.542 (33.023)
	7:15.317 (32.775)	7:47.162 (31.845)	8:17.432 (30.270)	
5	Mullen, Patrick	SR Northeastern	8:18.62	4
	32.856 (32.856)	1:07.278 (34.423)	1:41.229 (33.952)	2:14.726 (33.497)
	2:47.929 (33.204)	3:21.624 (33.695)	3:55.372 (33.748)	4:29.509 (34.138)
	5:03.067 (33.558)	5:35.763 (32.697)	6:08.909 (33.147)	6:42.773 (33.864)
	7:15.972 (33.199)	7:48.258 (32.287)	8:18.617 (30.359)	

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 3000 Meter Run

6 Santos, Carlos	JR Stony Brook	8:18.69	3		
33.607 (33.607)	1:07.863 (34.257)	1:42.021 (34.158)		2:15.983 (33.963)	
2:48.936 (32.953)	3:22.559 (33.624)	3:55.877 (33.318)		4:29.906 (34.029)	
5:03.752 (33.847)	5:36.777 (33.025)	6:10.001 (33.224)		6:42.846 (32.845)	
7:15.659 (32.814)	7:47.558 (31.899)	8:18.684 (31.127)			
7 Cullen, Patrick	JR Northeastern	8:19.11	2		
33.954 (33.954)	1:08.394 (34.440)	1:42.299 (33.905)		2:16.428 (34.129)	
2:49.383 (32.955)	3:23.058 (33.675)	3:56.289 (33.232)		4:30.372 (34.083)	
5:04.122 (33.750)	5:37.381 (33.259)	6:10.471 (33.090)		6:43.113 (32.643)	
7:16.239 (33.127)	7:48.482 (32.243)	8:19.101 (30.619)			
8 Ross, Colin	SR Stony Brook	8:19.19	1		
33.064 (33.064)	1:07.346 (34.282)	1:41.424 (34.079)		2:14.973 (33.549)	
2:48.166 (33.193)	3:21.751 (33.585)	3:55.672 (33.922)		4:30.022 (34.350)	
5:03.688 (33.667)	5:36.696 (33.008)	6:09.781 (33.085)		6:42.746 (32.965)	
7:15.499 (32.754)	7:47.452 (31.953)	8:19.187 (31.735)			
9 Ellwood, Luke	SO William & Mary	8:24.63			
33.553 (33.553)	1:07.991 (34.438)	1:41.934 (33.944)		2:15.967 (34.033)	
2:49.309 (33.343)	3:22.938 (33.629)	3:56.416 (33.478)		4:30.604 (34.189)	
5:04.478 (33.874)	5:37.826 (33.348)	6:11.446 (33.620)		6:46.134 (34.689)	
7:20.604 (34.470)	7:54.402 (33.798)	8:24.626 (30.224)			
10 Jennings, Nate	SO William & Mary	8:25.84			
32.643 (32.643)	1:06.842 (34.199)	1:41.367 (34.525)		2:15.231 (33.864)	
2:48.414 (33.184)	3:22.038 (33.624)	3:55.614 (33.577)		4:29.827 (34.213)	
5:03.808 (33.982)	5:37.217 (33.409)	6:10.774 (33.558)		6:45.727 (34.953)	
7:20.781 (35.054)	7:54.743 (33.963)	8:25.836 (31.093)			
11 Reed, Sebastien	SO Monmouth	8:31.24			
33.314 (33.314)	1:07.761 (34.447)	1:41.644 (33.884)		2:15.741 (34.097)	
2:49.023 (33.283)	3:22.751 (33.728)	3:56.063 (33.313)		4:30.247 (34.184)	
5:04.142 (33.895)	5:37.154 (33.013)	6:10.914 (33.760)		6:45.409 (34.495)	
7:21.461 (36.052)	7:56.328 (34.868)	8:31.232 (34.904)			
12 Markovina, Paul	JR Hofstra	8:31.62			
32.983 (32.983)	1:07.006 (34.023)	1:40.827 (33.822)		2:14.293 (33.467)	
2:47.554 (33.262)	3:21.144 (33.590)	3:54.913 (33.769)		4:29.044 (34.132)	
5:03.369 (34.325)	5:36.672 (33.303)	6:10.188 (33.517)		6:44.229 (34.042)	
7:19.688 (35.459)	7:55.939 (36.252)	8:31.618 (35.679)			
13 Tarapchak, Ryan	FR Monmouth	8:32.82			
34.893 (34.893)	1:10.067 (35.174)	1:43.723 (33.657)		2:17.811 (34.088)	
2:51.342 (33.532)	3:25.133 (33.792)	3:59.973 (34.840)		4:34.732 (34.759)	
5:09.514 (34.783)	5:44.589 (35.075)	6:19.437 (34.848)		6:54.467 (35.030)	
7:28.997 (34.530)	8:01.562 (32.565)	8:32.811 (31.249)			
14 Tremain, Tennessee	SO Monmouth	8:35.13			
34.351 (34.351)	1:08.982 (34.632)	1:43.211 (34.229)		2:17.174 (33.964)	
2:50.846 (33.672)	3:24.474 (33.629)	3:59.201 (34.727)		4:34.237 (35.037)	
5:09.017 (34.780)	5:44.086 (35.069)	6:19.334 (35.249)		6:54.637 (35.303)	
7:29.803 (35.167)	8:03.698 (33.895)	8:35.124 (31.427)			
15 Fontanez, John	FR Stony Brook	8:36.63			
34.717 (34.717)	1:09.508 (34.792)	1:43.454 (33.947)		2:17.283 (33.829)	
2:51.082 (33.799)	3:24.743 (33.662)	3:59.422 (34.679)		4:34.507 (35.085)	
5:09.248 (34.742)	5:44.351 (35.103)	6:19.696 (35.345)		6:54.416 (34.720)	
7:29.974 (35.559)	8:04.663 (34.689)	8:36.629 (31.967)			
16 Golden, Peyton	FR William & Mary	8:40.63			
34.121 (34.121)	1:08.609 (34.489)	1:42.732 (34.123)		2:16.929 (34.198)	
2:50.454 (33.525)	3:24.728 (34.274)	3:59.689 (34.962)		4:35.248 (35.559)	
5:11.554 (36.307)	5:48.153 (36.599)	6:24.317 (36.164)		7:00.429 (36.113)	
7:36.317 (35.888)	8:10.494 (34.178)	8:40.628 (30.134)			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 3000 Meter Run

17 Taylor, Joseph	SO William & Mary	8:41.01		
34.391 (34.391)	1:09.382 (34.992)	1:44.084 (34.703)	2:19.073 (34.989)	
2:54.453 (35.380)	3:29.874 (35.422)	4:05.843 (35.969)	4:40.538 (34.695)	
5:14.782 (34.244)	5:50.317 (35.535)	6:26.929 (36.613)	7:04.017 (37.088)	
7:38.613 (34.597)	8:10.697 (32.084)	8:41.008 (30.312)		
18 Goodell, Evan	SR William & Mary	8:52.66		
33.884 (33.884)	1:08.652 (34.768)	1:42.914 (34.263)	2:17.442 (34.528)	
2:51.612 (34.170)	3:26.474 (34.863)	4:03.396 (36.922)	4:40.852 (37.457)	
5:17.362 (36.510)	5:55.519 (38.158)	6:33.101 (37.582)	7:10.864 (37.764)	
7:46.446 (35.582)	8:20.299 (33.854)	8:52.653 (32.354)		
19 Sarney, Kyle	SO Northeastern	8:59.02		
33.743 (33.743)	1:08.338 (34.595)	1:42.461 (34.123)	2:16.677 (34.217)	
2:49.778 (33.102)	3:23.372 (33.594)	3:57.121 (33.749)	4:32.733 (35.613)	
5:10.112 (37.379)	5:47.889 (37.778)	6:26.488 (38.599)	7:05.109 (38.622)	
7:44.346 (39.237)	8:21.029 (36.684)	8:59.017 (37.988)		
20 Green, Abdiselam	FR N. Carolina A&T	9:14.50		
34.618 (34.618)	1:09.777 (35.159)	1:44.641 (34.864)	2:20.511 (35.870)	
2:56.973 (36.463)	3:33.638 (36.665)	4:10.493 (36.855)	4:48.538 (38.045)	
5:26.449 (37.912)	6:05.081 (38.632)	6:43.507 (38.427)	7:22.149 (38.643)	
8:00.626 (38.477)	8:38.257 (37.632)	9:14.492 (36.235)		
-- McDonnell, Declan	SO Monmouth	DNS		
-- Longosiwa, Abraham	FR Hofstra	DNS		

Men 5000 Meter Run

Name	Year School	Finals	Points	
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)				

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 5000 Meter Run

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)			
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)			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Men 5000 Meter Run

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)				
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)				

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****...Men 5000 Meter Run**

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

Men 60 Meter Hurdles

Name	Year School	Finals	Points
Finals			
1 Exilhomme, Ethan	SO Northeastern	7.71	10
2 Stern, Jahiem	FR Hampton	7.74	8
3 Holmes, Jason	FR N. Carolina A&T	7.91	6
4 Gaither Jr., Cory	SR Northeastern	8.11	5
5 Smith, Thomas	FR N. Carolina A&T	8.18	4
6 Titus, Joshua	SR Stony Brook	8.46	3
7 Thompson, Savion	JR Northeastern	8.49	2
8 Ryan, Miles	SR Stony Brook	8.64	1

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

Men 4x400 Meter Relay

School	Finals	H#	Points
1 N. Carolina A&T 'A'	3:09.82	2	10
1) Saint-Germain, Ryan SR	2) Hayles, Reheem SO		
3) Lindo, Akeem SR	4) Chambers, Shemar JR		
47.903 (47.903)	1:33.863 (45.960)	2:22.497 (48.634)	3:09.813 (47.317)
2 Monmouth 'A'	3:15.21	1	8
1) Fenton, Daniel JR	2) Jones, Jalen SR		
3) Collura, Kevin SO	4) Ricketts, Jordan SO		
49.027 (49.027)	1:37.771 (48.744)	2:26.169 (48.399)	3:15.209 (49.040)
3 Hampton 'A'	3:18.03	2	6
1) Little, Deondre SR	2) Poindexter, Jordan SR		
3) Evans, Abraham SO	4) Hill, Josiah JR		
50.329 (50.329)	1:40.297 (49.968)	2:29.597 (49.300)	3:18.027 (48.430)
4 Stony Brook 'A'	3:18.23	2	5
1) Abel, Patrick JR	2) Vazquez, Justin SO		
3) Lavazoli, Nicolas SO	4) Ryan, Miles SR		
48.013 (48.013)	1:36.838 (48.825)	2:25.787 (48.949)	3:18.222 (52.435)
5 Northeastern 'A'	3:19.49	2	4
1) Legister, Jessie SO	2) Magre, Phillips SR		
3) Yartey, Nii Yarboi SO	4) Sylvain, Pierre SR		
49.220 (49.220)	1:39.068 (49.848)	2:30.187 (51.119)	3:19.490 (49.304)
6 William & Mary 'A'	3:20.97	1	3
1) Cooley, Jackson JR	2) Rice, Austin FR		
3) Albers, Gabriel SO	4) Oettl, Matthias FR		
50.022 (50.022)	1:38.077 (48.055)	2:29.548 (51.472)	3:20.967 (51.419)

Men 4x800 Meter Relay

School	Finals	Points	
1 Northeastern 'A'	7:37.31	10	
1) Brogan, Tyler JR	2) Dailor, Ryan SO		
3) Narita, Anders SR	4) Cherry, Reed SO		
1:53.031 (1:53.031)	3:48.515 (1:55.484)	5:41.989 (1:53.474)	7:37.303 (1:55.314)
2 Monmouth 'A'	7:37.99	8	
1) Hitchcock, Luke FR	2) Caraccio, Stone SO		
3) Riley, Luke SO	4) Martinez, James FR		
1:54.041 (1:54.041)	3:47.349 (1:53.308)	5:42.310 (1:54.962)	7:37.988 (1:55.678)
3 Stony Brook 'A'	7:38.51	6	
1) Malanaphy, Conor SR	2) Smyth, Aiden SR		
3) Burfeind, Thomas SO	4) Becker, Robert SR		
1:56.040 (1:56.040)	3:49.255 (1:53.215)	5:43.423 (1:54.168)	7:38.503 (1:55.080)
4 Hampton 'A'	7:43.24	5	
1) Hill, Jeremiah JR	2) Fullerton, Rushshane SO		
3) Satterwhite, Tyson FR	4) Otusaio, Korede FR		
1:53.959 (1:53.959)	3:49.656 (1:55.698)	5:49.129 (1:59.473)	7:43.233 (1:54.104)
5 William & Mary 'A'	7:47.28	4	
1) Jones, Jacob JR	2) Larson, Stephen JR		
3) Pritchard, Samuel JR	4) Kumer, Jonathan FR		
1:54.280 (1:54.280)	3:50.734 (1:56.454)	5:46.874 (1:56.140)	7:47.280 (2:00.407)
6 N. Carolina A&T 'A'	8:19.71	3	
1) Chin, Jalen JR	2) Witherspoon, Knox FR		
3) Griffin, Dae'Shawn SR	4) Grogan, Dawson FR		
2:01.340 (2:01.340)	4:06.626 (2:05.287)	6:17.159 (2:10.533)	8:19.706 (2:02.548)

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****Men Distance Medley**

School	Finals	Points
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 High Jump

Name	Year School	Finals	Points
1 Kevelier, Keven	SO Monmouth	2.00m	6-06.75 10
1.80 1.85 1.90 1.95 2.00 2.04			
PPP O O O XXX			
2 Wehr, Blake	SO Monmouth	J2.00m	6-06.75 7
1.80 1.85 1.90 1.95 2.00 2.04			
PPP O O XO O XXX			
2 Casazza, Rickie	SR Monmouth	J2.00m	6-06.75 7
1.80 1.85 1.90 1.95 2.00 2.04			
PPP O XO O O XXX			
4 Goodes, Kendrell	SO N. Carolina A&T	1.95m	6-04.75 5
1.80 1.85 1.90 1.95 2.00			
PPP PPP XO O XXX			
5 DaVanzo, Gavin	SO Stony Brook	J1.95m	6-04.75 4
1.80 1.85 1.90 1.95 2.00			
O O O XXO XXX			
6 Magre, Phillips	SR Northeastern	1.90m	6-02.75 2
1.80 1.85 1.90 1.95			
P O O XXX			
6 Wisnaskas, Paul	SO Northeastern	1.90m	6-02.75 2
1.80 1.85 1.90 1.95			
O O O XXX			
6 Dokyi, Emanuele	SR Northeastern	1.90m	6-02.75 2
1.80 1.85 1.90 1.95			
O O O XXX			
9 Lung, John	FR Northeastern	J1.90m	6-02.75
1.80 1.85 1.90 1.95			
O XXO O XXX			

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

....Men High Jump

10	Osagie-Erese, Prince	FR Hampton	1.85m	6-00.75
	1.80 1.85 1.90			
	XO O XXX			
11	Vander Woude, Derek	SR Monmouth	1.80m	5-10.75
	1.80 1.85			
	XO XXX			

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 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		
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			

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****...Men Long Jump**

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 Triple Jump

Name	Year School	Finals	Points
1 Brock, Ahmad	SO Monmouth	14.33m 47-00.25	10
	14.02m 14.24m 14.33m 14.19m 14.18m 13.72m		
2 Spencer, Jordan	FR Northeastern	14.10m 46-03.25	8
	FOUL 13.76m 14.10m 13.71m FOUL 14.09m		
3 Kevelier, Keven	SO Monmouth	13.93m 45-08.50	6
	13.79m PASS FOUL FOUL 13.93m FOUL		
4 Boddie, Bryce	SO Monmouth	13.83m 45-04.50	5
	FOUL 13.83m FOUL FOUL FOUL FOUL		
5 Thompson, Savion	JR Northeastern	13.60m 44-07.50	4
	12.70m FOUL 12.38m FOUL 12.99m 13.60m		
6 Brooks, Aaron	FR Monmouth	13.27m 43-06.50	3
	12.97m FOUL 13.27m 13.00m 13.16m FOUL		
7 Dokyi, Emanuele	SR Northeastern	13.23m 43-05.00	2
	12.94m 12.76m 12.92m 13.05m 12.59m 13.23m		
8 Banks, Kievon	JR Hampton	13.17m 43-02.50	1
	12.74m 12.99m 12.97m 12.48m 12.71m 13.17m		
9 Goodes, Kendrell	SO N. Carolina A&T	12.24m 40-02.00	
	12.06m FOUL 12.16m 12.18m 12.24m FOUL		
-- Reed, Aeneas	SO N. Carolina A&T	FOUL	
	FOUL FOUL FOUL		

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****Men Shot Put**

Name	Year	School	Finals	Points
1 Hodgest, Brayden	SO	N. Carolina A&T	17.39m	57-00.75 10
			16.38m 16.69m FOUL FOUL FOUL 17.39m	
2 Alexander, Carlos	SO	N. Carolina A&T	15.82m	51-11.00 8
			15.48m 15.82m FOUL FOUL 15.76m FOUL	
3 Nwosu, Jason	FR	William & Mary	15.63m	51-03.50 6
			14.95m 14.91m 15.58m FOUL 15.63m FOUL	
4 Ali, Mujeeb	JR	Monmouth	15.43m	50-07.50 5
			FOUL 14.58m FOUL FOUL 15.43m FOUL	
5 Washington, Ronde	FR	Monmouth	14.48m	47-06.25 4
			14.38m FOUL 14.05m FOUL 14.48m FOUL	
6 Sewell, Ryan	FR	Northeastern	14.28m	46-10.25 3
			13.29m 14.28m FOUL 12.73m FOUL FOUL	
7 Bailor, AJ	SO	Monmouth	14.22m	46-08.00 2
			13.42m 13.71m 13.56m 13.63m 14.22m FOUL	
8 Bazzichi, Ross	FR	William & Mary	14.21m	46-07.50 1
			13.20m FOUL 14.21m 13.33m FOUL 13.53m	
9 Paul, Darnell	SO	Stony Brook	14.06m	46-01.50
			13.92m FOUL 14.06m FOUL FOUL 13.41m	
10 Clark, Connor	FR	Monmouth	13.50m	44-03.50
			13.39m 13.48m 13.50m	
11 Pisciotta, Nicholas	SO	Northeastern	12.85m	42-02.00
			12.25m 12.59m 12.85m	

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	
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	

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

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: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Griffin, Dae'Shawn	SR N. Carolina A&T	2:47.18	795
32.140 (32.140)	1:05.958 (33.818)	1:40.096 (34.139)	2:15.345 (35.249)
2:47.171 (31.827)			
2 Layton, Daniel	SR William & Mary	2:47.49	792
29.769 (29.769)	1:02.908 (33.139)	1:37.488 (34.580)	2:13.635 (36.148)
2:47.486 (33.852)			
3 Lomax, Christopher	SR N. Carolina A&T	2:48.87	777
31.991 (31.991)	1:04.708 (32.717)	1:39.654 (34.947)	2:15.566 (35.913)
2:48.870 (33.304)			
4 Wisnaskas, Paul	SO Northeastern	2:51.33	752
31.053 (31.053)	1:05.511 (34.459)	1:40.785 (35.274)	2:18.090 (37.305)
2:51.328 (33.238)			
5 Strong, David	SO Monmouth	2:52.03	744
30.891 (30.891)	1:05.216 (34.325)	1:40.503 (35.287)	2:17.800 (37.298)
2:52.024 (34.224)			
6 Gibbard, Thomas	FR Monmouth	2:53.13	733
33.049 (33.049)	1:09.270 (36.222)	1:45.088 (35.818)	2:20.688 (35.600)
2:53.125 (32.438)			
7 Harris, Cole	SO William & Mary	2:54.20	722
30.204 (30.204)	1:03.498 (33.294)	1:39.169 (35.672)	2:16.564 (37.395)
2:54.195 (37.632)			
8 Haj Abed, Collin	FR Northeastern	3:25.86	433
33.188 (33.188)	1:10.176 (36.989)	1:51.423 (41.247)	2:38.521 (47.099)
3:25.851 (47.330)			
9 Vander Woude, Derek	SR Monmouth	4:09.54	149
34.289 (34.289)	1:12.790 (38.502)	2:11.173 (58.383)	3:11.539 (1:00.367)
4:09.538 (57.999)			

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
1 Layton, Daniel	SR William & Mary	8.35	1	896
2 Strong, David	SO Monmouth	8.56	1	846
3 Wisnaskas, Paul	SO Northeastern	8.74	1	804
4 Haj Abed, Collin	FR Northeastern	8.90	3	768
5 Harris, Cole	SO William & Mary	9.20	2	702
6 Vander Woude, Derek	SR Monmouth	9.35	3	671
7 Gibbard, Thomas	FR Monmouth	9.37	2	666

CAA Indoor Championships - 2/23/2023

Virginia Beach Sports Center

Results

...Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

8 Griffin, Dae'Shawn	SR N. Carolina A&T	9.44	3	652
9 Lomax, Christopher	SR N. Carolina A&T	10.60	2	433

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	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	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	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						
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: #6 Men Pole Vault Heptathlon

Name	Year	School	Finals										Points					
1 Layton, Daniel	SR	William & Mary	4.05m	13-03.50	631													
	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25	3.35	3.45	3.55	3.65	3.75	3.85	3.95	4.05	4.15
	P	P	P	P	P	P	P	P	P	O	O	O	O	O	O	O	XO	XXX
2 Wisnaskas, Paul	SO	Northeastern	3.65m	11-11.75	522													
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25	3.35	3.45	3.55	3.65	3.75	
	P	P	P	P	P	P	P	P	P	XO	P	O	O	O	O	XO	XXX	
3 Harris, Cole	SO	William & Mary	3.55m	11-07.75	496													
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25	3.35	3.45	3.55	3.65		
	P	P	P	P	P	P	P	P	P	P	O	P	XO	XXO	XXO	XXX		
4 Vander Woude, Derek	SR	Monmouth	3.35m	10-11.75	444													
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25	3.35	3.45				
	O	P	P	O	P	O	O	XO	O	O	O	XO	XXO	XXX				
5 Haj Abed, Collin	FR	Northeastern	3.05m	10-00.00	369													
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15							
	XO	O	P	O	P	XO	P	O	O	O	XXX							

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****....Heptathlon: #6 Men Pole Vault Heptathlon**

6	Gibbard, Thomas	FR Monmouth	2.95m	9-08.00	345
	2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05				
	O P O O O O O O O O XXX				
6	Strong, David	SO Monmouth	2.95m	9-08.00	345
	2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05				
	O P P O O O O XO XXO XO XXX				
--	Lomax, Christopher	SR N. Carolina A&T	NH		
	2.15				
	XXX				
--	Griffin, Dae'Shawn	SR N. Carolina A&T	NH		
	2.15				
	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		

CAA Indoor Championships - 2/23/2023**Virginia Beach Sports Center****Results****...Heptathlon: #3 Men Shot Put Heptathlon**

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				

Men Heptathlon

Name	Year School	Finals	H#	Points
1 Layton, Daniel	SR William & Mary	4831	10	
2 Wisnaskas, Paul	SO Northeastern	4645	8	
3 Strong, David	SO Monmouth	4630	6	
4 Harris, Cole	SO William & Mary	4464	5	
5 Gibbard, Thomas	FR Monmouth	4150	4	
6 Haj Abed, Collin	FR Northeastern	4000	3	
7 Griffin, Dae'Shawn	SR N. Carolina A&T	3417	2	
8 Vander Woude, Derek	SR Monmouth	3299	1	
9 Lomax, Christopher	SR N. Carolina A&T	3015		