

**SPIDER ALUMNI OPEN**

Mechanicsville, VA

Pole Green Park

Saturday, September 2, 2023

**OFFICIAL MEET REPORT**

printed: 9/2/2023 10:33 AM

**Race #1  
Womens 4k****Final Results****TEAM SCORING SUMMARY**

| Final Standings        | Score | Scoring Order             | Total   | Avg.  | Spread |
|------------------------|-------|---------------------------|---------|-------|--------|
| 1 Virginia             | 29    | 1-2-6-7-13(16)(18)        | 1:08:43 | 13:45 | 0:34.9 |
| 2 William & Mary       | 75    | 4-9-17-21-24(28)(39)      | 1:11:15 | 14:15 | 0:54.0 |
| 3 Georgetown           | 76    | 8-11-12-22-23(26)(27)     | 1:11:16 | 14:16 | 0:38.0 |
| 4 Richmond             | 86    | 3-10-19-20-34(38)(41)     | 1:11:23 | 14:17 | 1:16.5 |
| 5 Delaware             | 144   | 15-25-33-35-36(46)(69)    | 1:13:40 | 14:44 | 0:50.6 |
| 6 George Mason         | 165   | 14-29-32-40-50(54)(55)    | 1:14:10 | 14:50 | 1:20.6 |
| 7 VCU                  | 210   | 5-43-51-53-58(66)(70)     | 1:15:39 | 15:08 | 1:56.2 |
| 8 American             | 214   | 30-44-45-47-48(52)(57)    | 1:15:59 | 15:12 | 0:39.5 |
| 9 Longwood             | 287   | 42-49-60-65-71(87)(88)    | 1:18:31 | 15:43 | 1:02.4 |
| 10 James Madison       | 324   | 61-62-63-64-74(75)(79)    | 1:19:50 | 15:58 | 0:28.0 |
| 11 VMI                 | 340   | 31-56-77-84-92(93)        | 1:21:41 | 16:21 | 3:04.0 |
| 12 Christopher Newport | 361   | 67-68-72-76-78(80)(85)    | 1:21:30 | 16:18 | 0:33.4 |
| 13 Hampton             | 364   | 37-59-82-89-97            | 1:23:38 | 16:44 | 3:35.7 |
| 14 Mary Washington     | 443   | 81-86-90-91-95(101)(102)  | 1:27:22 | 17:29 | 1:29.4 |
| 15 St. Mary's (Md.)    | 453   | 73-83-98-99-100(104)(105) | 1:29:32 | 17:55 | 2:31.9 |
| 16 Bowie State         | 506   | 94-96-103-106-107         | 1:39:01 | 19:49 | 3:50.2 |

**INDIVIDUAL RESULTS**

| Athlete                   | YR | #   | Team (Team Place)  | Score | Time    | Avg. Mile | Avg. kM | 2K     |
|---------------------------|----|-----|--------------------|-------|---------|-----------|---------|--------|
| 1 TIMM, Caroline          | SR | 324 | Virginia (1)       | 1     | 13:29.5 | 5:25.1    | 3:22.4  | 6:42.7 |
| 2 BUSHEE, Gillian         | FR | 316 | Virginia (2)       | 2     | 13:32.1 | 5:26.1    | 3:23.0  | 6:43.0 |
| 3 STOCKMAN, Elizabeth     | JR | 244 | Richmond (1)       | 3     | 13:35.6 | 5:27.6    | 3:23.9  | 6:41.9 |
| 4 ISTNICK, Sofia          | SO | 383 | William & Mary (1) | 4     | 13:43.2 | 5:30.6    | 3:25.8  | 6:42.9 |
| 5 TUNNELL, Lauren         | FR | 291 | VCU (1)            | 5     | 13:45.5 | 5:31.5    | 3:26.4  | 6:43.4 |
| 6 ATKINSON, Sophie        | JR | 314 | Virginia (3)       | 6     | 13:47.6 | 5:32.4    | 3:26.9  | 6:42.0 |
| 7 WORKMAN, Anna           | JR | 325 | Virginia (4)       | 7     | 13:48.9 | 5:32.9    | 3:27.2  | 6:42.3 |
| 8 HENNELLY, Mary          | JR | 126 | Georgetown (1)     | 8     | 13:59.0 | 5:36.9    | 3:29.8  | 6:50.4 |
| 9 DEBOER, Arianna         | JR | 376 | William & Mary (2) | 9     | 14:01.8 | 5:38.1    | 3:30.5  | 6:51.0 |
| 10 TRIPPETT, Madison      | JR | 245 | Richmond (2)       | 10    | 14:03.1 | 5:38.6    | 3:30.8  | 6:42.9 |
| 11 HIRSCHFELD, Anya       | SR | 127 | Georgetown (2)     | 11    | 14:03.2 | 5:38.6    | 3:30.8  | 6:50.6 |
| 12 MCLEAN, Natalie        | FR | 129 | Georgetown (3)     | 12    | 14:03.7 | 5:38.8    | 3:30.9  | 6:51.0 |
| 13 DESOUSA, Cate          | FR | 318 | Virginia (5)       | 13    | 14:04.4 | 5:39.1    | 3:31.1  | 6:44.6 |
| 14 O'NEILL, Kate          | SR | 116 | George Mason (1)   | 14    | 14:06.7 | 5:40.0    | 3:31.7  | 6:51.7 |
| 15 SGAMBELLURI, Nina      | SO | 86  | Delaware (1)       | 15    | 14:12.1 | 5:42.2    | 3:33.0  | 7:00.0 |
| 16 ILNICKI-LAMBERT, Luci  | JR | 320 | Virginia (6)       | (16)  | 14:23.6 | 5:46.8    | 3:35.9  | 6:59.8 |
| 17 SUTTERFIELD, Kelly Ann | SO | 386 | William & Mary (3) | 17    | 14:23.9 | 5:46.9    | 3:36.0  | 6:56.7 |
| 18 FENNER, Lila           | SR | 319 | Virginia (7)       | (18)  | 14:24.6 | 5:47.2    | 3:36.2  | 7:00.1 |
| 19 KURTZ, Laurel          | JR | 235 | Richmond (3)       | 19    | 14:24.8 | 5:47.3    | 3:36.2  | 7:00.0 |
| 20 JOYCE, Paige           | SO | 234 | Richmond (4)       | 20    | 14:26.6 | 5:48.0    | 3:36.7  | 7:00.3 |
| 21 YOUNG, Lucy            | JR | 387 | William & Mary (4) | 21    | 14:28.9 | 5:49.0    | 3:37.2  | 7:00.8 |
| 22 STOUT, Alexandra       | SR | 130 | Georgetown (4)     | 22    | 14:32.3 | 5:50.3    | 3:38.1  | 7:04.4 |
| 23 MAUGHAN, Amelia        | SO | 321 | Virginia           | -     | 14:33.7 | 5:50.9    | 3:38.4  | 7:00.7 |

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**Race #1  
Womens 4k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete                | YR | #   | Team (Team Place)  | Score | Time    | Avg. Mile | Avg. kM | 2K     |
|------------------------|----|-----|--------------------|-------|---------|-----------|---------|--------|
| 24 CAAMANO, Angeline   | SO | 125 | Georgetown (5)     | 23    | 14:37.0 | 5:52.2    | 3:39.3  | 7:05.7 |
| 25 FORTIN, Heidi       | SR | 379 | William & Mary (5) | 24    | 14:37.2 | 5:52.3    | 3:39.3  | 7:06.5 |
| 26 ESHELMAN, Danielle  | JR | 77  | Delaware (2)       | 25    | 14:37.7 | 5:52.5    | 3:39.4  | 7:16.3 |
| 27 TRETAWAY, Julia     | JR | 131 | Georgetown (6)     | (26)  | 14:37.9 | 5:52.6    | 3:39.5  | 7:02.7 |
| 28 MARTIN, DeAnna      | JR | 128 | Georgetown (7)     | (27)  | 14:38.5 | 5:52.8    | 3:39.6  | 7:05.4 |
| 29 SELL, Emily         | JR | 385 | William & Mary (6) | (28)  | 14:39.4 | 5:53.2    | 3:39.9  | 7:09.2 |
| 30 NABBUS, Nourene     | SO | 115 | George Mason (2)   | 29    | 14:41.4 | 5:54.0    | 3:40.4  | 7:14.5 |
| 31 MWANIKI, June       | JR | 21  | American (1)       | 30    | 14:44.2 | 5:55.1    | 3:41.1  | 7:06.0 |
| 32 SISK, Jillian       | FR | 347 | VMI (1)            | 31    | 14:44.6 | 5:55.3    | 3:41.2  | 7:07.5 |
| 33 CLARK, Sarah        | FR | 108 | George Mason (3)   | 32    | 14:45.1 | 5:55.5    | 3:41.3  | 7:12.7 |
| 34 GIBSON, Taylor      |    | 425 | Unattached         | -     | 14:48.0 | 5:56.6    | 3:42.0  |        |
| 35 VOLKMAN, Lindsey    | SO | 88  | Delaware (3)       | 33    | 14:49.8 | 5:57.3    | 3:42.5  | 7:17.8 |
| 36 COLFLESH, Allison   | JR | 230 | Richmond (5)       | 34    | 14:52.1 | 5:58.3    | 3:43.0  | 7:09.0 |
| 37 LASHLEY, Molly      | SO | 81  | Delaware (4)       | 35    | 14:57.3 | 6:00.4    | 3:44.3  | 7:17.2 |
| 38 DAILEY, Marissa     | JR | 75  | Delaware (5)       | 36    | 15:02.7 | 6:02.5    | 3:45.7  | 7:19.3 |
| 39 MOZIE, Jordan       | JR | 141 | Hampton (1)        | 37    | 15:03.3 | 6:02.8    | 3:45.8  | 7:12.5 |
| 40 BLAYLOCK, Izzy      | JR | 226 | Richmond (6)       | (38)  | 15:03.5 | 6:02.9    | 3:45.9  | 7:19.3 |
| 41 COYLE, Molly        | JR | 375 | William & Mary (7) | (39)  | 15:03.6 | 6:02.9    | 3:45.9  | 7:15.6 |
| 42 BORDNER, Ava        | FR | 106 | George Mason (4)   | 40    | 15:09.3 | 6:05.2    | 3:47.3  | 7:13.3 |
| 43 GRIGGS, Annika      | JR | 381 | William & Mary     | -     | 15:09.5 | 6:05.3    | 3:47.4  | 7:22.1 |
| 44 STEPHEN, Manon      | JR | 243 | Richmond (7)       | (41)  | 15:10.1 | 6:05.5    | 3:47.5  | 7:18.6 |
| 45 KELLER, Priscilla   | FR | 180 | Longwood (1)       | 42    | 15:10.2 | 6:05.5    | 3:47.6  | 7:16.6 |
| 46 WARREN, Nia         | JR | 293 | VCU (2)            | 43    | 15:10.5 | 6:05.7    | 3:47.6  | 7:39.5 |
| 47 CORDASCO, Callia    | JR | 14  | American (2)       | 44    | 15:12.1 | 6:06.3    | 3:48.0  | 7:18.5 |
| 48 EVANS, Brooke       | SO | 16  | American (3)       | 45    | 15:17.9 | 6:08.6    | 3:49.5  | 7:24.3 |
| 49 RE, Nicole          | SR | 84  | Delaware (6)       | (46)  | 15:19.0 | 6:09.1    | 3:49.8  | 7:23.0 |
| 50 COLFLESH, Lindsay   | JR | 231 | Richmond           | -     | 15:19.5 | 6:09.3    | 3:49.9  | 7:27.4 |
| 51 O'CONNELL, Amy      | FR | 22  | American (4)       | 47    | 15:20.9 | 6:09.8    | 3:50.2  | 7:25.5 |
| 52 LOVUOLO, Ava        | FR | 237 | Richmond           | -     | 15:21.3 | 6:10.0    | 3:50.3  | 7:26.1 |
| 53 POTTER, Rachael     | SR | 23  | American (5)       | 48    | 15:23.7 | 6:11.0    | 3:50.9  | 7:28.9 |
| 54 DOBRINSKI, Tessa    | SO | 377 | William & Mary     | -     | 15:24.4 | 6:11.2    | 3:51.1  | 7:27.7 |
| 55 HARKNESS, Becca     |    | 428 | Unattached         | -     | 15:24.8 | 6:11.4    | 3:51.2  |        |
| 56 BOLEN, Samantha     | FR | 173 | Longwood (2)       | 49    | 15:26.1 | 6:11.9    | 3:51.5  | 7:24.7 |
| 57 AULENBACH, Katryna  | SO | 105 | George Mason (5)   | 50    | 15:27.3 | 6:12.4    | 3:51.8  | 7:37.4 |
| 58 KORZEN, Kennedy     | FR | 287 | VCU (3)            | 51    | 15:27.7 | 6:12.6    | 3:51.9  | 7:42.9 |
| 59 STEWART, Clark      | FR | 323 | Virginia           | -     | 15:29.6 | 6:13.3    | 3:52.4  | 7:29.9 |
| 60 MILLER, Estella     | FR | 20  | American (6)       | (52)  | 15:30.2 | 6:13.6    | 3:52.6  | 7:26.4 |
| 61 MILLER, Ava         | SO | 289 | VCU (4)            | 53    | 15:33.1 | 6:14.7    | 3:53.3  | 7:43.1 |
| 62 YIRMIBESOGLU, Aylin | FR | 118 | George Mason (6)   | (54)  | 15:34.5 | 6:15.3    | 3:53.6  | 7:42.9 |
| 63 ELCHENKO, Brenna    | FR | 110 | George Mason (7)   | (55)  | 15:36.8 | 6:16.2    | 3:54.2  | 7:37.9 |
| 64 SHANK, Gretal       | JR | 346 | VMI (2)            | 56    | 15:38.8 | 6:17.0    | 3:54.7  | 7:36.5 |
| 65 IANELLO, Lucia      | JR | 17  | American (7)       | (57)  | 15:40.7 | 6:17.8    | 3:55.2  | 7:40.4 |
| 66 CARROLL, Jayanna    | SO | 283 | VCU (5)            | 58    | 15:41.7 | 6:18.2    | 3:55.4  | 7:45.8 |
| 67 SCHWAB, Hannah      | SO | 27  | American           | -     | 15:42.1 | 6:18.4    | 3:55.5  | 7:38.4 |
| 68 SPENCER, Kayla      | SR | 142 | Hampton (2)        | 59    | 15:43.4 | 6:18.9    | 3:55.9  | 7:30.5 |
| 69 DUMONT, Paige       | FR | 378 | William & Mary     | -     | 15:43.6 | 6:19.0    | 3:55.9  | 7:29.2 |

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| Athlete                   | YR | #   | Team (Team Place)    | Score | Time    | Avg. Mile | Avg. kM | 2K     |
|---------------------------|----|-----|----------------------|-------|---------|-----------|---------|--------|
| 70 SLATTERY, Haley        | JR | 185 | Longwood (3)         | 60    | 15:48.5 | 6:20.9    | 3:57.1  | 7:33.1 |
| 71 DANIELE, Cassie        | JR | 15  | American             | -     | 15:50.2 | 6:21.6    | 3:57.6  | 7:39.7 |
| 72 GERSON, Jennifer       | SO | 380 | William & Mary       | -     | 15:51.1 | 6:22.0    | 3:57.8  | 7:34.0 |
| 73 REIF, Brooke           | SO | 241 | Richmond             | -     | 15:51.6 | 6:22.2    | 3:57.9  | 7:29.6 |
| 74 STANHOPE, Miranda      | SR | 155 | James Madison (1)    | 61    | 15:52.0 | 6:22.3    | 3:58.0  | 8:00.7 |
| 75 BELL, Evie             | JR | 145 | James Madison (2)    | 62    | 15:52.1 | 6:22.4    | 3:58.0  | 8:00.8 |
| 76 KETCHUM, Faithe        | SO | 149 | James Madison (3)    | 63    | 15:52.2 | 6:22.4    | 3:58.1  | 8:00.8 |
| 77 WATKINS, McKenzi       | SR | 157 | James Madison (4)    | 64    | 15:52.8 | 6:22.7    | 3:58.2  | 8:00.7 |
| 78 FAIRBANKS, Caroline    | JR | 175 | Longwood (4)         | 65    | 15:53.6 | 6:23.0    | 3:58.4  | 7:38.5 |
| 79 JOHNSON, Camille       | FR | 286 | VCU (6)              | (66)  | 15:59.6 | 6:25.4    | 3:59.9  | 7:55.1 |
| 80 MUDD, Courtney         | FR | 69  | Christopher Newpor   | 67    | 16:03.7 | 6:27.0    | 4:00.9  | 7:48.3 |
| 81 MORRIS, Emily          | JR | 384 | William & Mary       | -     | 16:04.2 | 6:27.2    | 4:01.1  | 7:55.0 |
| 82 RILEY, Kate            | SO | 25  | American             | -     | 16:06.9 | 6:28.3    | 4:01.7  | 7:32.3 |
| 83 KAPP, Julia            | SO | 66  | Christopher Newpor   | 68    | 16:07.3 | 6:28.5    | 4:01.8  | 7:44.5 |
| 84 CLEAR, Leah            | FR | 73  | Delaware (7)         | (69)  | 16:08.0 | 6:28.8    | 4:02.0  | 7:55.1 |
| 85 TIANGA, Kirah          | JR | 30  | American             | -     | 16:09.8 | 6:29.5    | 4:02.5  | 7:49.9 |
| 86 WALTERS, Reagan        | FR | 292 | VCU (7)              | (70)  | 16:10.8 | 6:29.9    | 4:02.7  | 7:57.0 |
| 87 SMALLEY, Hannah        | JR | 87  | Delaware             | -     | 16:12.5 | 6:30.6    | 4:03.1  | 8:02.8 |
| 88 GROGG, Lanie           | SO | 179 | Longwood (5)         | 71    | 16:12.6 | 6:30.6    | 4:03.2  | 7:44.1 |
| 89 TATUM, Skyler          | SO | 29  | American             | -     | 16:16.8 | 6:32.3    | 4:04.2  | 7:41.0 |
| 90 COLETTI, Carolyn       | SR | 74  | Delaware             | -     | 16:17.3 | 6:32.5    | 4:04.3  | 8:02.5 |
| 91 RAWLINGS, Maddy        | JR | 71  | Christopher Newpor   | 72    | 16:17.9 | 6:32.7    | 4:04.5  | 7:55.1 |
| 92 HALLER, Olivia         | SR | 382 | William & Mary       | -     | 16:18.9 | 6:33.1    | 4:04.7  | 7:42.5 |
| 93 DOUGLAS, Brittney      | SR | 262 | St. Mary's (Md.) (1) | 73    | 16:19.2 | 6:33.3    | 4:04.8  | 7:58.8 |
| 94 GIORDANO, Kristin      | FR | 148 | James Madison (5)    | 74    | 16:20.0 | 6:33.6    | 4:05.0  | 8:11.1 |
| 95 MILBY, Mary            | SR | 151 | James Madison (6)    | (75)  | 16:21.1 | 6:34.0    | 4:05.3  | 8:11.7 |
| 96 GUYTON, Cassidy        | JR | 285 | VCU                  | -     | 16:22.7 | 6:34.7    | 4:05.7  | 7:59.2 |
| 97 DAKE, Sarah            | FR | 63  | Christopher Newpor   | 76    | 16:23.1 | 6:34.8    | 4:05.8  | 7:58.3 |
| 98 FITCH, Emily           | SR | 111 | George Mason         | -     | 16:23.8 | 6:35.1    | 4:06.0  | 7:55.1 |
| 99 SCHNEIDER, Nicole      | SR | 85  | Delaware             | -     | 16:23.9 | 6:35.1    | 4:06.0  | 8:02.4 |
| 100 BERINGER, Ginny       | JR | 225 | Richmond             | -     | 16:25.0 | 6:35.6    | 4:06.3  | 7:56.5 |
| 101 PRYOR, Anna           | SO | 83  | Delaware             | -     | 16:25.3 | 6:35.7    | 4:06.3  | 7:55.1 |
| 102 LYONS, Morgan         | JR | 238 | Richmond             | -     | 16:25.5 | 6:35.8    | 4:06.4  | 8:01.6 |
| 103 KUHLMAN, Katie        | FR | 80  | Delaware             | -     | 16:27.6 | 6:36.6    | 4:06.9  | 8:01.3 |
| 104 PUCKETT, Hannah       | FR | 24  | American             | -     | 16:28.7 | 6:37.1    | 4:07.2  | 7:39.2 |
| 105 DEMICHELE, Elizabeth  | FR | 76  | Delaware             | -     | 16:29.2 | 6:37.3    | 4:07.3  | 8:02.1 |
| 106 LESTINA, Scarlett     | FR | 19  | American             | -     | 16:30.3 | 6:37.7    | 4:07.6  | 7:50.6 |
| 107 CHIDIRALA, Yashika    | JR | 107 | George Mason         | -     | 16:30.8 | 6:37.9    | 4:07.7  | 8:00.8 |
| 108 HURD, Olivia          | FR | 343 | VMI (3)              | 77    | 16:35.3 | 6:39.7    | 4:08.8  | 7:49.0 |
| 109 DONOHOE, Caroline     | SO | 232 | Richmond             | -     | 16:36.2 | 6:40.1    | 4:09.1  | 8:06.3 |
| 110 SMITH, Megan          | SO | 72  | Christopher Newpor   | 78    | 16:37.1 | 6:40.4    | 4:09.3  | 8:04.7 |
| 111 GIFFORD, Alayna       | FR | 147 | James Madison (7)    | (79)  | 16:37.7 | 6:40.7    | 4:09.4  | 8:12.6 |
| 112 GALVIN, Aiko          | FR | 112 | George Mason         | -     | 16:39.4 | 6:41.4    | 4:09.9  | 7:55.1 |
| 113 KRISHNAMURTHY, Shreya | FR | 288 | VCU                  | -     | 16:40.9 | 6:42.0    | 4:10.2  | 8:06.8 |
| 114 LOPEZ, Kayla          | FR | 67  | Christopher Newpor   | (80)  | 16:42.5 | 6:42.6    | 4:10.6  | 8:04.4 |
| 115 PIPPIN, Grace         | SR | 209 | Mary Washington (1)  | 81    | 16:43.1 | 6:42.9    | 4:10.8  | 8:07.0 |

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|--------------------------|-----------|----------|--------------------------|--------------|-------------|------------------|----------------|-----------|
| 116 WILSON, Mekayla      | SO        | 144      | Hampton (3)              | 82           | 16:46.4     | 6:44.2           | 4:11.6         | 8:01.3    |
| 117 JOYCE, Olivia        | FR        | 113      | George Mason             | -            | 16:47.4     | 6:44.6           | 4:11.9         | 7:58.8    |
| 118 MINNS, Ashley        | JR        | 240      | Richmond                 | -            | 16:47.5     | 6:44.6           | 4:11.9         | 8:00.8    |
| 119 ROBEY, Elizabeth     | SR        | 268      | St. Mary's (Md.) (2)     | 83           | 16:49.7     | 6:45.5           | 4:12.4         | 7:58.8    |
| 120 FIORILLO, Caroline   | JR        | 342      | VMI (4)                  | 84           | 16:53.0     | 6:46.8           | 4:13.3         | 8:06.3    |
| 121 BOLESH, Ashley       | FR        | 227      | Richmond                 | -            | 16:53.4     | 6:47.0           | 4:13.4         | 8:06.3    |
| 122 MILLER, Dylan        | JR        | 239      | Richmond                 | -            | 16:57.3     | 6:48.6           | 4:14.3         | 8:11.7    |
| 123 BRUMFIELD, Josie     | SO        | 62       | Christopher Newpor       | (85)         | 16:58.6     | 6:49.1           | 4:14.7         | 8:09.8    |
| 124 OBERLIES, Jessica    | JR        | 208      | Mary Washington (2)      | 86           | 16:59.6     | 6:49.5           | 4:14.9         | 8:05.3    |
| 125 WITTE, Kiersten      | JR        | 188      | Longwood (6)             | (87)         | 17:00.6     | 6:49.9           | 4:15.2         | 8:07.8    |
| 126 PULEO, Sierra        | JR        | 153      | James Madison            | -            | 17:01.8     | 6:50.4           | 4:15.5         | 8:16.6    |
| 127 CURREY, Elizabeth    | SO        | 284      | VCU                      | -            | 17:06.4     | 6:52.2           | 4:16.6         | 8:14.0    |
| 128 DASILVA, Didi        | FR        | 64       | Christopher Newpor       | -            | 17:07.3     | 6:52.6           | 4:16.8         | 7:57.6    |
| 129 OYLEAR, Kathryn      | JR        | 182      | Longwood (7)             | (88)         | 17:13.6     | 6:55.1           | 4:18.4         | 8:12.5    |
| 130 GILMER, Arriah       | FR        | 138      | Hampton (4)              | 89           | 17:25.0     | 6:59.7           | 4:21.3         | 8:22.3    |
| 131 DEAVER, Bailey       | JR        | 174      | Longwood                 | -            | 17:26.0     | 7:00.1           | 4:21.5         | 8:16.6    |
| 132 MAURO, Marissa       | FR        | 82       | Delaware                 | -            | 17:26.6     | 7:00.3           | 4:21.7         | 8:20.2    |
| 133 PINDER, Nicole       | JR        | 183      | Longwood                 | -            | 17:27.0     | 7:00.5           | 4:21.8         | 8:10.0    |
| 134 MORLEY, Caroline     | SO        | 152      | James Madison            | -            | 17:32.4     | 7:02.7           | 4:23.1         | 8:17.5    |
| 135 SCHINDEL, Riley      | JR        | 154      | James Madison            | -            | 17:32.5     | 7:02.7           | 4:23.1         | 8:18.1    |
| 136 GARCIA, Aislinn      | JR        | 178      | Longwood                 | -            | 17:38.4     | 7:05.1           | 4:24.6         | 8:25.6    |
| 137 VICK, Lauren         | SO        | 186      | Longwood                 | -            | 17:41.4     | 7:06.3           | 4:25.4         | 8:21.8    |
| 138 ARMSTRONG, Katherine | SO        | 201      | Mary Washington (3)      | 90           | 17:42.5     | 7:06.7           | 4:25.6         | 8:28.9    |
| 139 SNOW, Julia          | JR        | 212      | Mary Washington (4)      | 91           | 17:44.1     | 7:07.3           | 4:26.0         | 8:31.6    |
| 140 LAVENDER, Nathalie   | SO        | 345      | VMI (5)                  | 92           | 17:48.6     | 7:09.2           | 4:27.2         | 8:34.1    |
| 141 TALBOTT, Hayden      | FR        | 348      | VMI (6)                  | (93)         | 17:48.8     | 7:09.2           | 4:27.2         | 8:23.0    |
| 142 RZUCIDLO, Emily      | JR        | 242      | Richmond                 | -            | 17:51.1     | 7:10.2           | 4:27.8         | 8:19.0    |
| 143 ELLIOTT, Morgan      | FR        | 233      | Richmond                 | -            | 17:55.8     | 7:12.0           | 4:29.0         | 8:25.7    |
| 144 LEWIS, Destiny       | SO        | 44       | Bowie State (1)          | 94           | 18:03.0     | 7:14.9           | 4:30.8         | 8:39.6    |
| 145 WHEELER, Kai         | FR        | 187      | Longwood                 | -            | 18:05.2     | 7:15.8           | 4:31.3         | 8:32.5    |
| 146 FLETCHER, Eyaya      | FR        | 204      | Mary Washington (5)      | 95           | 18:12.5     | 7:18.8           | 4:33.1         | 8:33.4    |
| 147 HILL, Makayla        | FR        | 43       | Bowie State (2)          | 96           | 18:26.1     | 7:24.2           | 4:36.5         | 9:02.0    |
| 148 ELLIOTT, Erin        | JR        | 65       | Christopher Newpor       | -            | 18:34.3     | 7:27.5           | 4:38.6         | 9:06.6    |
| 149 WILLIAMS, Morgan     | JR        | 143      | Hampton (5)              | 97           | 18:39.0     | 7:29.4           | 4:39.8         | 9:01.8    |
| 150 HOLSTON, Kaylee      | FR        | 264      | St. Mary's (Md.) (3)     | 98           | 18:41.7     | 7:30.5           | 4:40.4         | 9:04.4    |
| 151 LALLY, Stacie        | SR        | 266      | St. Mary's (Md.) (4)     | 99           | 18:50.1     | 7:33.9           | 4:42.5         | 9:03.6    |
| 152 CARTER, Weiya        | FR        | 261      | St. Mary's (Md.) (5)     | 100          | 18:51.1     | 7:34.3           | 4:42.8         | 9:05.3    |
| 153 CEA-LAVIN, Enya      | SO        | 202      | Mary Washington (6)      | (101)        | 18:58.6     | 7:37.3           | 4:44.7         | 9:08.6    |
| 154 WRIGHT, Kamiah       | FR        | 246      | Richmond                 | -            | 19:05.1     | 7:39.9           | 4:46.3         | 8:49.2    |
| 155 HECKMAN, Amanda      | JR        | 205      | Mary Washington (7)      | (102)        | 19:09.7     | 7:41.7           | 4:47.4         | 8:41.5    |
| 156 RAMIREZ, Eliana      | JR        | 210      | Mary Washington          | -            | 19:11.4     | 7:42.4           | 4:47.9         | 9:09.0    |
| 157 UR, Unknown          |           | 998      | UNUR                     | -            | 19:14.7     | 7:43.7           | 4:48.7         |           |
| 158 MARTIN, Chloe        | JR        | 68       | Christopher Newpor       | -            | 19:16.0     | 7:44.3           | 4:49.0         | 9:20.6    |
| 159 SNODGRASS, Abigail   | FR        | 117      | George Mason             | -            | 19:16.2     | 7:44.3           | 4:49.1         | 8:58.8    |
| 160 RICO, Cameron        | FR        | 211      | Mary Washington          | -            | 19:20.0     | 7:45.9           | 4:50.0         | 9:19.3    |
| 161 FRITZ, Caroline      | JR        | 177      | Longwood                 | -            | 19:21.0     | 7:46.3           | 4:50.3         | 9:20.5    |

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Saturday, September 2, 2023

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**Race #1  
Womens 4k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| <b>Athlete</b>             | <b>YR</b> | <b>#</b> | <b>Team (Team Place)</b> | <b>Score</b> | <b>Time</b> | <b>Avg. Mile</b> | <b>Avg. kM</b> | <b>2K</b> |
|----------------------------|-----------|----------|--------------------------|--------------|-------------|------------------|----------------|-----------|
| 162 WHITE, Kendra          | SO        | 213      | Mary Washington          | -            | 19:21.4     | 7:46.4           | 4:50.4         | 9:29.2    |
| 163 FIELDS, Nasya          | FR        | 42       | Bowie State (3)          | 103          | 19:28.9     | 7:49.4           | 4:52.2         | 9:29.4    |
| 164 ARRIZI, Avery          | FR        | 259      | St. Mary's (Md.) (6)     | (104)        | 19:40.2     | 7:54.0           | 4:55.1         | 8:55.7    |
| 165 DUTTON, Charly         | SO        | 109      | George Mason             | -            | 19:46.0     | 7:56.3           | 4:56.5         | 9:14.0    |
| 166 KINGSLEY, Madison      | FR        | 265      | St. Mary's (Md.) (7)     | (105)        | 19:47.6     | 7:56.9           | 4:56.9         | 9:22.3    |
| 167 HODGES, Alexis         | FR        | 263      | St. Mary's (Md.)         | -            | 19:48.4     | 7:57.3           | 4:57.1         | 9:23.2    |
| 168 BRUCE, Aylin           | JR        | 228      | Richmond                 | -            | 20:01.4     | 8:02.5           | 5:00.4         | 8:53.5    |
| 169 LAVELLE, Nina          | SO        | 236      | Richmond                 | -            | 20:18.4     | 8:09.3           | 5:04.6         | 9:42.0    |
| 170 LAYNE, Caroline        | SO        | 181      | Longwood                 | -            | 20:37.1     | 8:16.8           | 5:09.3         | 9:44.3    |
| 171 JENSEN, Sophie         | SO        | 206      | Mary Washington          | -            | 20:56.4     | 8:24.6           | 5:14.1         | 9:44.9    |
| 172 BELL, Mia              | FR        | 40       | Bowie State (4)          | 106          | 21:09.3     | 8:29.8           | 5:17.3         | 9:46.2    |
| 173 WRIGHT, Kamyah         | FR        | 247      | Richmond                 | -            | 21:26.9     | 8:36.8           | 5:21.7         | 9:41.7    |
| 174 CLAYTON, Blaiklyn      | FR        | 229      | Richmond                 | -            | 21:36.0     | 8:40.5           | 5:24.0         | 9:42.3    |
| 175 UGBONG, Zynobia        | FR        | 46       | Bowie State (5)          | 107          | 21:53.2     | 8:47.4           | 5:28.3         | 10:16.6   |
| 176 VANGESSEL-EVERTS, Glad | SR        | 271      | St. Mary's (Md.)         | -            | 22:03.4     | 8:51.5           | 5:30.9         | 10:29.2   |
| 177 PORRECA, Annalise      | JR        | 290      | VCU                      | -            | 22:20.0     | 8:58.2           | 5:35.0         | 9:25.3    |
| 178 SPRAGUE, Jason         | JR        | 270      | St. Mary's (Md.)         | -            | 23:51.1     | 9:34.7           | 5:57.8         | 11:09.0   |
| 179 PUMPHREY, Nayev        | SO        | 267      | St. Mary's (Md.)         | -            | 27:14.0     | 10:56.2          | 6:48.5         | 12:53.7   |
| 180 BRUNO, Fladaina        | SO        | 260      | St. Mary's (Md.)         | -            | 27:24.7     | 11:00.5          | 6:51.2         | 13:29.0   |

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Saturday, September 2, 2023

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**Race #2  
Mens 6k****Final Results****TEAM SCORING SUMMARY**

| Final Standings        | Score | Scoring Order          | Total   | Avg.  | Spread |
|------------------------|-------|------------------------|---------|-------|--------|
| 1 Virginia             | 20    | 1-3-4-5-7(8)(11)       | 1:30:17 | 18:04 | 0:07.0 |
| 2 Georgetown           | 59    | 2-6-14-15-22(25)       | 1:31:45 | 18:21 | 0:45.0 |
| 3 Richmond             | 119   | 12-19-21-31-36(55)(56) | 1:34:05 | 18:49 | 0:57.1 |
| 4 William & Mary       | 121   | 13-18-23-26-41(43)(47) | 1:34:03 | 18:49 | 0:54.8 |
| 5 American             | 124   | 17-20-24-29-34(37)(45) | 1:34:21 | 18:53 | 0:40.5 |
| 6 George Mason         | 140   | 9-10-33-42-46(52)(60)  | 1:34:24 | 18:53 | 1:18.6 |
| 7 VCU                  | 192   | 16-27-30-58-61(63)(66) | 1:36:22 | 19:17 | 1:30.2 |
| 8 Washington and Lee   | 227   | 38-39-49-50-51(53)(54) | 1:37:21 | 19:29 | 0:15.4 |
| 9 VMI                  | 234   | 28-32-35-67-72(73)(74) | 1:38:30 | 19:42 | 1:37.8 |
| 10 Longwood            | 310   | 48-62-64-65-71(75)(77) | 1:40:32 | 20:07 | 1:04.4 |
| 11 Christopher Newport | 318   | 44-59-68-69-78(80)(83) | 1:41:08 | 20:14 | 1:36.3 |
| 12 Mary Washington     | 327   | 40-57-70-79-81(82)(84) | 1:42:32 | 20:31 | 2:10.0 |
| 13 St. Mary's (Md.)    | 433   | 76-86-89-90-92(93)(94) | 1:52:51 | 22:35 | 2:37.7 |
| 14 Bowie State         | 446   | 85-87-88-91-95(96)(97) | 1:55:58 | 23:12 | 2:39.1 |

**INDIVIDUAL RESULTS**

| Athlete             | YR | #   | Team (Team Place)  | Score | Time    | Avg. Mile | Avg. kM | 2K     | 4K      |
|---------------------|----|-----|--------------------|-------|---------|-----------|---------|--------|---------|
| 1 SADO, Yasin       | JR | 309 | Virginia (1)       | 1     | 17:59.3 | 4:49.4    | 2:59.9  | 5:58.6 | 12:12.1 |
| 2 GUERRA, Lucas     | SO | 121 | Georgetown (1)     | 2     | 17:59.8 | 4:49.5    | 3:00.0  | 5:59.2 | 12:11.3 |
| 3 ANTHONY, Will     | SO | 294 | Virginia (2)       | 3     | 18:00.6 | 4:49.7    | 3:00.1  |        |         |
| 4 MOUNTAIN, Nathan  | SO | 305 | Virginia (3)       | 4     | 18:04.8 | 4:50.8    | 3:00.8  | 5:58.2 | 12:11.5 |
| 5 PORTER, Wes       | JR | 308 | Virginia (4)       | 5     | 18:05.2 | 4:50.9    | 3:00.9  | 5:58.8 | 12:11.5 |
| 6 NORTH, Charlie    | FR | 123 | Georgetown (2)     | 6     | 18:05.3 | 4:51.0    | 3:00.9  | 5:59.0 | 12:11.6 |
| 7 HUNTER, Jacob     | SR | 300 | Virginia (5)       | 7     | 18:06.3 | 4:51.2    | 3:01.0  | 6:00.0 | 12:12.1 |
| 8 ELIASON, Jack     | JR | 299 | Virginia (6)       | (8)   | 18:09.7 | 4:52.1    | 3:01.6  | 6:00.1 | 12:11.6 |
| 9 LOVE, Mason       | SO | 98  | George Mason (1)   | 9     | 18:10.0 | 4:52.2    | 3:01.7  | 5:58.2 | 12:10.8 |
| 10 BOND, Wesley     | JR | 90  | George Mason (2)   | 10    | 18:10.7 | 4:52.4    | 3:01.8  | 5:59.0 | 12:12.2 |
| 11 KARAYIANIS, Nick | JR | 302 | Virginia (7)       | (11)  | 18:12.2 | 4:52.8    | 3:02.0  | 5:58.7 | 12:11.1 |
| 12 JONES, Andrew    | SO | 301 | Virginia           | -     | 18:13.8 | 4:53.2    | 3:02.3  | 5:59.5 | 12:13.2 |
| 13 TERRILL, Stuart  | JR | 223 | Richmond (1)       | 12    | 18:18.8 | 4:54.6    | 3:03.1  | 6:00.6 | 12:11.6 |
| 14 JENNINGS, Nate   | JR | 368 | William & Mary (1) | 13    | 18:26.1 | 4:56.5    | 3:04.4  | 5:58.7 | 12:13.8 |
| 15 ONDRACEK, Luke   | FR | 124 | Georgetown (3)     | 14    | 18:27.1 | 4:56.8    | 3:04.5  |        |         |
| 16 ALTHOUSE, Mateo  | SO | 119 | Georgetown (4)     | 15    | 18:27.2 | 4:56.8    | 3:04.5  | 5:59.6 | 12:14.8 |
| 17 WELDON, Kyle     | SR | 281 | VCU (1)            | 16    | 18:28.1 | 4:57.1    | 3:04.7  | 5:59.8 | 12:17.2 |
| 18 SULLIVAN, Row    | SR | 12  | American (1)       | 17    | 18:32.8 | 4:58.3    | 3:05.5  | 6:00.5 | 12:14.1 |
| 19 ERICKSEN, Zack   | JR | 364 | William & Mary (2) | 18    | 18:34.7 | 4:58.8    | 3:05.8  | 6:01.9 | 12:21.4 |
| 20 TRAPP, Hayes     |    | 468 | Unattached         | -     | 18:35.7 | 4:59.1    | 3:06.0  | 6:01.7 | 12:19.8 |
| 21 BENDURA, Jordan  | JR | 214 | Richmond (2)       | 19    | 18:36.6 | 4:59.4    | 3:06.1  | 5:59.9 | 12:15.1 |
| 22 KLUTH, Kaden     | SO | 5   | American (2)       | 20    | 18:40.3 | 5:00.3    | 3:06.7  | 6:00.0 | 12:22.3 |
| 23 HAASE, Henry     | SO | 217 | Richmond (3)       | 21    | 18:41.7 | 5:00.7    | 3:07.0  | 6:01.3 | 12:20.4 |
| 24 MOGCK, Gavin     |    | 451 | Unattached         | -     | 18:41.8 | 5:00.8    | 3:07.0  | 6:02.5 | 12:26.1 |
| 25 TOWNSEND, Wyatt  |    | 467 | Unattached         | -     | 18:43.0 | 5:01.1    | 3:07.2  | 6:03.3 | 12:23.3 |
| 26 BARNA, Jackson   | FR | 120 | Georgetown (5)     | 22    | 18:44.8 | 5:01.6    | 3:07.5  | 5:59.4 | 12:22.7 |

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**Race #2  
Mens 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete               | YR | #   | Team (Team Place)   | Score | Time    | Avg. Mile | Avg. kM | 2K     | 4K      |
|-----------------------|----|-----|---------------------|-------|---------|-----------|---------|--------|---------|
| 27 JONES, Jacob       | SR | 369 | William & Mary (3)  | 23    | 18:47.1 | 5:02.2    | 3:07.9  | 5:59.2 | 12:21.6 |
| 28 MORGAN, Carver     | SO | 8   | American (3)        | 24    | 18:47.6 | 5:02.3    | 3:07.9  | 6:00.3 | 12:22.7 |
| 29 SIKORSKI, Scott    | JR | 310 | Virginia            | -     | 18:48.0 | 5:02.4    | 3:08.0  | 6:02.5 | 12:28.0 |
| 30 LAKEMAN, Caleb     | FR | 122 | Georgetown (6)      | (25)  | 18:51.5 | 5:03.4    | 3:08.6  | 5:59.4 | 12:22.1 |
| 31 UNKNOWN, Unknown   |    | 999 | UNUV                | -     | 18:53.9 | 5:04.0    | 3:09.0  |        |         |
| 32 PRITCHARD, Samuel  | JR | 371 | William & Mary (4)  | 26    | 18:54.0 | 5:04.0    | 3:09.0  | 5:58.4 | 12:20.8 |
| 33 PHILLIPS, Kendall  | JR | 280 | VCU (2)             | 27    | 19:00.0 | 5:05.6    | 3:10.0  | 6:03.2 | 12:31.5 |
| 34 RACKLEY, Carson    |    | 457 | Unattached          | -     | 19:02.1 | 5:06.2    | 3:10.4  | 6:06.1 | 12:37.6 |
| 35 SHANK, Kevin       | FR | 337 | VMI (1)             | 28    | 19:02.4 | 5:06.3    | 3:10.4  | 6:14.8 | 12:48.2 |
| 36 ANDERSON, Henry    |    | 401 | Unattached          | -     | 19:04.3 | 5:06.8    | 3:10.7  | 6:09.2 | 12:42.3 |
| 37 MICHAUD, Cooper    | SO | 7   | American (4)        | 29    | 19:06.1 | 5:07.3    | 3:11.0  | 6:04.5 | 12:40.4 |
| 38 LUCZAK, Jaden      | JR | 278 | VCU (3)             | 30    | 19:10.0 | 5:08.3    | 3:11.7  | 6:03.7 | 12:33.4 |
| 39 SCULLY, Eric       | FR | 221 | Richmond (4)        | 31    | 19:11.1 | 5:08.6    | 3:11.9  | 6:04.0 | 12:27.2 |
| 40 GREEN, Quinn       |    | 426 | Unattached          | -     | 19:11.2 | 5:08.6    | 3:11.9  | 6:09.4 | 12:46.7 |
| 41 LOWRY, Patrick     | FR | 336 | VMI (2)             | 32    | 19:11.3 | 5:08.7    | 3:11.9  | 6:06.0 | 12:38.3 |
| 42 MURPHY, Alex       | JR | 100 | George Mason (3)    | 33    | 19:13.0 | 5:09.1    | 3:12.2  | 6:04.7 | 12:41.9 |
| 43 MANFREDI, David    | FR | 6   | American (5)        | 34    | 19:13.3 | 5:09.2    | 3:12.2  | 6:07.6 | 12:47.6 |
| 44 HAGERICH, Benjamin | SO | 329 | VMI (3)             | 35    | 19:13.8 | 5:09.3    | 3:12.3  | 6:11.3 | 12:50.6 |
| 45 TUNE, William      | JR | 224 | Richmond (5)        | 36    | 19:15.9 | 5:09.9    | 3:12.7  | 6:10.0 | 12:47.2 |
| 46 GRIESMER, Will     |    | 427 | Unattached          | -     | 19:17.5 | 5:10.3    | 3:12.9  | 6:09.7 | 12:51.3 |
| 47 COUNSELL, Oscar    | JR | 2   | American (6)        | (37)  | 19:17.8 | 5:10.4    | 3:13.0  | 6:02.4 | 12:43.6 |
| 48 RUSH, Keaton       | SO | 361 | Washington and Le   | 38    | 19:19.0 | 5:10.7    | 3:13.2  | 6:15.6 | 12:56.2 |
| 49 STERNE, Row        | JR | 362 | Washington and Le   | 39    | 19:20.2 | 5:11.0    | 3:13.4  | 6:11.6 | 12:50.4 |
| 50 SMERLIS, Nicholas  | FR | 198 | Mary Washington (1) | 40    | 19:20.7 | 5:11.2    | 3:13.5  | 6:08.8 | 12:52.9 |
| 51 GOLDEN, Peyton     | SO | 366 | William & Mary (5)  | 41    | 19:20.9 | 5:11.2    | 3:13.5  | 6:06.5 | 12:51.3 |
| 52 LOMBARDO, Alex     | SO | 97  | George Mason (4)    | 42    | 19:21.7 | 5:11.4    | 3:13.6  | 6:09.6 | 12:48.5 |
| 53 BROWN, Luke        |    | 413 | Unattached          | -     | 19:21.8 | 5:11.5    | 3:13.6  | 6:01.5 | 12:42.0 |
| 54 HENKEL, Luke       | SO | 367 | William & Mary (6)  | (43)  | 19:24.9 | 5:12.3    | 3:14.2  | 6:04.9 | 12:49.2 |
| 55 FERRANTE, Daniel   | JR | 50  | Christopher Newpor  | 44    | 19:25.2 | 5:12.4    | 3:14.2  | 6:16.1 | 12:53.4 |
| 56 REEVES, Nate       | SR | 11  | American (7)        | (45)  | 19:27.4 | 5:13.0    | 3:14.6  | 6:02.1 | 12:46.2 |
| 57 DELDICQUE, Mathias | FR | 3   | American            | -     | 19:28.0 | 5:13.1    | 3:14.7  | 6:07.9 | 12:49.7 |
| 58 PUC, Ethan         | JR | 10  | American            | -     | 19:28.5 | 5:13.3    | 3:14.8  | 6:09.6 | 12:58.0 |
| 59 MUNIZ, Kai         | SR | 99  | George Mason (5)    | 46    | 19:28.6 | 5:13.3    | 3:14.8  | 6:12.6 | 12:57.8 |
| 60 VIVES, Harrison    | JR | 374 | William & Mary (7)  | (47)  | 19:30.0 | 5:13.7    | 3:15.0  | 6:03.5 | 12:44.4 |
| 61 SENFIELD, Andrew   |    | 463 | Unattached          | -     | 19:30.4 | 5:13.8    | 3:15.1  | 6:06.5 | 12:51.4 |
| 62 DILLAVOU, Jordyn   | SO | 163 | Longwood (1)        | 48    | 19:30.5 | 5:13.8    | 3:15.1  | 6:14.4 | 12:58.4 |
| 63 FINGERHUT, Josh    | JR | 351 | Washington and Le   | 49    | 19:33.4 | 5:14.6    | 3:15.6  | 6:22.6 | 13:06.8 |
| 64 RUIZ, Chris        | JR | 360 | Washington and Le   | 50    | 19:33.5 | 5:14.6    | 3:15.6  | 6:28.3 | 13:10.9 |
| 65 FRANKLIN, Thomas   | FR | 353 | Washington and Le   | 51    | 19:34.4 | 5:14.9    | 3:15.7  | 6:15.9 | 12:59.4 |
| 66 THIESSEN, Isaac    | FR | 311 | Virginia            | -     | 19:35.3 | 5:15.1    | 3:15.9  | 6:08.5 | 12:52.8 |
| 67 QUEEN, Joseph      | SR | 101 | George Mason (6)    | (52)  | 19:35.9 | 5:15.3    | 3:16.0  | 6:23.7 | 13:10.3 |
| 68 KODENSKI, Jackson  | FR | 357 | Washington and Le   | (53)  | 19:43.4 | 5:17.3    | 3:17.2  | 6:27.7 | 13:16.6 |
| 69 BENJAMIN, Wyatt    | FR | 349 | Washington and Le   | (54)  | 19:44.1 | 5:17.5    | 3:17.4  | 6:26.6 | 13:17.5 |
| 70 LATINA, Jason      | SO | 218 | Richmond (6)        | (55)  | 19:44.4 | 5:17.5    | 3:17.4  | 6:12.0 | 13:03.6 |
| 71 LEVINE, Jack       | FR | 219 | Richmond (7)        | (56)  | 19:45.3 | 5:17.8    | 3:17.5  |        |         |
| 72 LOHR, Jacob        | JR | 196 | Mary Washington (2) | 57    | 19:45.4 | 5:17.8    | 3:17.6  | 6:28.8 | 13:13.7 |

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**Race #2  
Mens 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete                | YR | #   | Team (Team Place)    | Score | Time    | Avg. Mile | Avg. kM | 2K     | 4K      |
|------------------------|----|-----|----------------------|-------|---------|-----------|---------|--------|---------|
| 73 DAWSON, Cole        | FR | 274 | VCU (4)              | 58    | 19:45.6 | 5:17.9    | 3:17.6  |        |         |
| 74 ALBON, Travis       |    | 400 | Unattached           | -     | 19:47.6 | 5:18.4    | 3:17.9  | 6:16.4 | 13:03.0 |
| 75 MARHOLD, William    | SO | 220 | Richmond             | -     | 19:48.9 | 5:18.7    | 3:18.2  | 6:16.7 | 13:05.4 |
| 76 COOPER, Robert      | FR | 350 | Washington and Le    | -     | 19:49.8 | 5:19.0    | 3:18.3  | 6:34.3 | 13:29.7 |
| 77 GRAY, Josh          | FR | 216 | Richmond             | -     | 19:51.7 | 5:19.5    | 3:18.6  | 6:13.4 | 13:05.7 |
| 78 HAWKINS, Luke       | JR | 52  | Christopher Newpor   | 59    | 19:52.0 | 5:19.6    | 3:18.7  | 6:16.4 | 12:57.3 |
| 79 RANEY, Dylan        | SO | 102 | George Mason (7)     | (60)  | 19:55.5 | 5:20.5    | 3:19.3  | 6:15.1 | 13:05.2 |
| 80 BARTH, Hudson       | SO | 272 | VCU (5)              | 61    | 19:58.3 | 5:21.3    | 3:19.7  | 6:22.0 | 13:11.3 |
| 81 GOULET, Benjamin    | JR | 164 | Longwood (2)         | 62    | 19:59.5 | 5:21.6    | 3:19.9  | 6:20.9 | 13:14.8 |
| 82 VERRETT, Colin      | SO | 363 | Washington and Le    | -     | 20:01.4 | 5:22.1    | 3:20.2  | 6:21.6 | 13:13.2 |
| 83 STEARNS, Cameron    | FR | 103 | George Mason         | -     | 20:01.5 | 5:22.1    | 3:20.3  | 6:15.3 | 13:16.0 |
| 84 JACOBS, Jackson     | JR | 355 | Washington and Le    | -     | 20:02.3 | 5:22.3    | 3:20.4  | 6:27.3 | 13:17.4 |
| 85 STEVENS, Zachary    | FR | 222 | Richmond             | -     | 20:04.5 | 5:22.9    | 3:20.8  | 6:15.7 | 13:09.7 |
| 86 THOMPSON , Lucas    | SO | 373 | William & Mary       | -     | 20:05.7 | 5:23.2    | 3:21.0  |        |         |
| 87 FINOCCHIO, Hudson   | FR | 276 | VCU (6)              | (63)  | 20:06.7 | 5:23.5    | 3:21.1  | 6:30.2 | 13:26.1 |
| 88 TAYLOR, Joseph      | SO | 372 | William & Mary       | -     | 20:07.3 | 5:23.7    | 3:21.2  | 6:17.3 | 13:06.3 |
| 89 CLANCY, Clinton     | FR | 161 | Longwood (3)         | 64    | 20:07.4 | 5:23.7    | 3:21.2  | 6:23.1 | 13:20.7 |
| 90 CALDWELL, Cary      | FR | 91  | George Mason         | -     | 20:09.9 | 5:24.4    | 3:21.7  | 6:21.8 | 13:16.6 |
| 91 WALKER, Josh        | JR | 104 | George Mason         | -     | 20:13.5 | 5:25.3    | 3:22.3  | 6:21.3 | 13:17.1 |
| 92 LARSON, Stephen     | SR | 370 | William & Mary       | -     | 20:15.8 | 5:26.0    | 3:22.6  | 6:24.0 | 13:24.0 |
| 93 NEWTON, Luke        | SO | 358 | Washington and Le    | -     | 20:17.5 | 5:26.4    | 3:22.9  | 6:26.1 | 13:20.2 |
| 94 KHAN, Saad          | JR | 165 | Longwood (4)         | 65    | 20:19.2 | 5:26.9    | 3:23.2  | 6:29.0 | 13:26.1 |
| 95 BLUNDELL, Charlie   | JR | 89  | George Mason         | -     | 20:19.3 | 5:26.9    | 3:23.2  | 6:13.5 | 13:17.8 |
| 96 LOCKHART, Jaiden    | FR | 277 | VCU (7)              | (66)  | 20:20.3 | 5:27.2    | 3:23.4  | 6:30.9 | 13:33.6 |
| 97 TAVENNER, Brian     | JR | 338 | VMI (4)              | 67    | 20:21.6 | 5:27.5    | 3:23.6  | 6:24.2 | 13:26.1 |
| 98 VOGEL, John         | SO | 60  | Christopher Newpor   | 68    | 20:22.6 | 5:27.8    | 3:23.8  | 6:27.0 | 13:31.4 |
| 99 BOYKIN, JR., Curtis | SO | 273 | VCU                  | -     | 20:24.2 | 5:28.2    | 3:24.0  | 6:34.5 | 13:36.0 |
| 100 GALLAGHER, Braedan | SO | 365 | William & Mary       | -     | 20:25.2 | 5:28.5    | 3:24.2  | 6:17.6 | 13:20.2 |
| 101 TOMPKINS, Luke     | SO | 59  | Christopher Newpor   | 69    | 20:26.7 | 5:28.9    | 3:24.5  | 6:29.6 | 13:30.6 |
| 102 WILKINS, Dominic   | SO | 282 | VCU                  | -     | 20:27.9 | 5:29.2    | 3:24.7  | 6:30.5 | 13:31.9 |
| 103 DORF, Aiden        | JR | 94  | George Mason         | -     | 20:29.3 | 5:29.6    | 3:24.9  | 6:16.9 | 13:28.1 |
| 104 FITCH, William     | FR | 352 | Washington and Le    | -     | 20:32.7 | 5:30.5    | 3:25.5  | 6:34.0 | 13:40.9 |
| 105 BLAIR, Luke        | SO | 193 | Mary Washington (3)  | 70    | 20:33.5 | 5:30.7    | 3:25.6  | 6:40.2 | 13:45.5 |
| 106 DANIEL, Alec       | JR | 162 | Longwood (5)         | 71    | 20:34.9 | 5:31.1    | 3:25.8  | 6:29.6 | 13:34.6 |
| 107 LIGDAY, Nicholas   | SO | 335 | VMI (5)              | 72    | 20:40.2 | 5:32.5    | 3:26.7  | 6:29.2 | 13:40.3 |
| 108 WHITTAKER, Trent   | SR | 340 | VMI (6)              | (73)  | 20:40.3 | 5:32.5    | 3:26.7  | 6:25.1 | 13:45.9 |
| 109 KELLEY, Stephen    | SR | 333 | VMI (7)              | (74)  | 20:41.0 | 5:32.7    | 3:26.8  | 6:30.5 | 13:46.1 |
| 110 HIRNEISEN, Andrew  | SR | 330 | VMI                  | -     | 20:47.9 | 5:34.6    | 3:28.0  | 6:29.4 | 13:47.3 |
| 111 SCHAEFER, Andrew   | SO | 169 | Longwood (6)         | (75)  | 20:48.3 | 5:34.7    | 3:28.1  | 6:25.6 | 13:41.7 |
| 112 KALLEN, Thomas     | JR | 356 | Washington and Le    | -     | 20:48.7 | 5:34.8    | 3:28.1  | 6:34.2 | 13:42.1 |
| 113 BAN, Charlie       |    | 394 | Unattached           | -     | 20:50.8 | 5:35.3    | 3:28.5  | 6:48.1 | 13:49.0 |
| 114 WADE, Michael      | JR | 258 | St. Mary's (Md.) (1) | 76    | 20:51.6 | 5:35.5    | 3:28.6  | 6:42.6 | 13:56.6 |
| 115 ROBERTS, Hayden    | JR | 359 | Washington and Le    | -     | 20:52.5 | 5:35.8    | 3:28.8  | 6:29.0 | 13:41.9 |
| 116 FAGAN, Eric        |    | 421 | Unattached           | -     | 20:53.5 | 5:36.1    | 3:28.9  | 6:04.6 | 13:20.1 |
| 117 ZULLO, Tucker      | SR | 13  | American             | -     | 20:55.0 | 5:36.5    | 3:29.2  | 6:17.7 | 13:31.7 |
| 118 WILEY, Misha       | JR | 171 | Longwood (7)         | (77)  | 21:00.9 | 5:38.0    | 3:30.2  | 6:31.2 | 13:48.6 |



**SPIDER ALUMNI OPEN**

Mechanicsville, VA

Pole Green Park

Saturday, September 2, 2023

**OFFICIAL MEET REPORT**

printed: 9/2/2023 10:33 AM

**Race #2  
Mens 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete                 | YR | #   | Team (Team Place)    | Score | Time    | Avg. Mile | Avg. kM | 2K     | 4K      |
|-------------------------|----|-----|----------------------|-------|---------|-----------|---------|--------|---------|
| 119 RANKIN, Clayton     | FR | 57  | Christopher Newpor   | 78    | 21:01.5 | 5:38.2    | 3:30.3  | 6:44.0 | 14:01.4 |
| 120 REID, Christian     | FR | 167 | Longwood             | -     | 21:04.3 | 5:39.0    | 3:30.7  | 6:33.1 | 13:54.1 |
| 121 KIERNAN, Patrick    | JR | 334 | VMI                  | -     | 21:05.4 | 5:39.2    | 3:30.9  | 6:37.1 | 14:00.4 |
| 122 PETTYJOHN, Ethan    | JR | 166 | Longwood             | -     | 21:08.1 | 5:40.0    | 3:31.4  | 6:46.6 | 14:00.4 |
| 123 O'NEILL, Daniel     | SO | 9   | American             | -     | 21:10.2 | 5:40.5    | 3:31.7  | 6:23.1 | 13:51.1 |
| 124 LY, Bryan           | SO | 279 | VCU                  | -     | 21:11.2 | 5:40.8    | 3:31.9  | 6:35.6 | 14:00.4 |
| 125 CHANDLER, Jack      | FR | 1   | American             | -     | 21:15.6 | 5:42.0    | 3:32.6  | 6:24.2 | 13:53.6 |
| 126 VOLK, Jimmy         | FR | 199 | Mary Washington (4   | 79    | 21:21.1 | 5:43.5    | 3:33.5  | 6:44.2 | 14:10.0 |
| 127 FARNSWORTH, Kevin   | FR | 49  | Christopher Newpor   | (80)  | 21:22.6 | 5:43.9    | 3:33.8  | 6:57.3 | 14:14.8 |
| 128 GIBSON, John        | SO | 328 | VMI                  | -     | 21:23.4 | 5:44.1    | 3:33.9  | 6:32.7 | 13:54.9 |
| 129 WILLIAMS, Nicolas   | FR | 172 | Longwood             | -     | 21:25.9 | 5:44.7    | 3:34.3  | 6:45.6 | 14:06.8 |
| 130 DYE, Michael        | JR | 191 | Mary Washington (5   | 81    | 21:30.7 | 5:46.0    | 3:35.1  | 6:52.7 | 14:19.6 |
| 131 KIMENER, Aidan      | SO | 194 | Mary Washington (6   | (82)  | 21:32.4 | 5:46.5    | 3:35.4  | 6:56.0 | 14:26.3 |
| 132 SAGER, Sam          | SR | 168 | Longwood             | -     | 21:33.2 | 5:46.7    | 3:35.5  | 6:45.7 | 14:11.3 |
| 133 KING, Cohen         | FR | 54  | Christopher Newpor   | (83)  | 21:33.3 | 5:46.7    | 3:35.6  | 6:57.7 | 14:20.0 |
| 134 WRIGHT, Dylan       | SR | 200 | Mary Washington (7   | (84)  | 21:34.0 | 5:46.9    | 3:35.7  | 6:45.2 | 14:10.8 |
| 135 SOSA, Marcus        | FR | 170 | Longwood             | -     | 21:40.2 | 5:48.6    | 3:36.7  | 6:33.7 | 14:08.3 |
| 136 DALTON, Taylor      | SO | 48  | Christopher Newpor   | -     | 21:42.6 | 5:49.2    | 3:37.1  | 6:58.5 | 14:23.5 |
| 137 CRENSHAW, Colin     | FR | 326 | VMI                  | -     | 21:42.7 | 5:49.2    | 3:37.1  | 6:37.3 | 14:09.2 |
| 138 FOTI, Tom           | SO | 51  | Christopher Newpor   | -     | 21:43.5 | 5:49.5    | 3:37.3  | 6:54.6 | 14:20.4 |
| 139 CREEKS, Raymond     |    | 415 | Unattached           | -     | 21:48.1 | 5:50.7    | 3:38.0  | 6:23.5 | 14:02.4 |
| 140 LEHOCKY, Morgan     | FR | 195 | Mary Washington      | -     | 21:54.5 | 5:52.4    | 3:39.1  | 6:56.6 | 14:30.6 |
| 141 SHULTZ, Ashton      | FR | 197 | Mary Washington      | -     | 21:58.4 | 5:53.5    | 3:39.7  | 6:52.9 | 14:31.1 |
| 142 JONES, Michael      | FR | 53  | Christopher Newpor   | -     | 22:02.1 | 5:54.5    | 3:40.4  | 6:57.4 | 14:29.2 |
| 143 ELLIS, Jacob        | JR | 215 | Richmond             | -     | 22:02.9 | 5:54.7    | 3:40.5  |        |         |
| 144 KELLEY, Michael     | FR | 332 | VMI                  | -     | 22:03.9 | 5:54.9    | 3:40.7  | 6:53.3 | 14:32.7 |
| 145 FALCONE, Jake       | FR | 327 | VMI                  | -     | 22:10.0 | 5:56.6    | 3:41.7  | 6:53.3 | 14:32.3 |
| 146 MONTAGUE, Sean      | FR | 37  | Bowie State (1)      | 85    | 22:18.4 | 5:58.8    | 3:43.1  | 6:51.3 | 14:41.7 |
| 147 ATIENZA, John       | JR | 47  | Christopher Newpor   | -     | 22:21.6 | 5:59.7    | 3:43.6  | 6:59.5 | 14:47.5 |
| 148 SANGIULIANO, Jason  | JR | 58  | Christopher Newpor   | -     | 22:23.9 | 6:00.3    | 3:44.0  | 7:00.5 | 14:49.7 |
| 149 NEGRON, Joe         | SO | 56  | Christopher Newpor   | -     | 22:24.0 | 6:00.3    | 3:44.0  | 6:57.7 | 14:35.6 |
| 150 PASTORE, Quentin    | SR | 256 | St. Mary's (Md.) (2) | 86    | 22:25.0 | 6:00.6    | 3:44.2  | 7:04.0 | 14:52.9 |
| 151 MILLER, Francis     | FR | 55  | Christopher Newpor   | -     | 22:31.8 | 6:02.4    | 3:45.3  | 7:01.2 | 14:49.1 |
| 152 WITHERSPOON, Keon   | FR | 39  | Bowie State (2)      | 87    | 22:37.1 | 6:03.8    | 3:46.2  | 6:48.3 | 14:44.7 |
| 153 BROWN, Avery        | FR | 159 | Longwood             | -     | 22:49.3 | 6:07.1    | 3:48.2  | 6:42.5 | 14:44.3 |
| 154 ALLEN, Kendall      | FR | 31  | Bowie State (3)      | 88    | 22:54.8 | 6:08.6    | 3:49.1  | 6:58.4 | 14:52.6 |
| 155 BRYNE, Kelly        | SO | 249 | St. Mary's (Md.) (3) | 89    | 23:01.7 | 6:10.4    | 3:50.3  | 7:02.7 | 15:00.2 |
| 156 BERNHARDT, Andrew   | FR | 158 | Longwood             | -     | 23:02.5 | 6:10.6    | 3:50.4  | 7:03.5 | 14:55.1 |
| 157 EPPARD, Peyton      | JR | 250 | St. Mary's (Md.) (4) | 90    | 23:03.2 | 6:10.8    | 3:50.5  | 7:09.5 | 15:10.8 |
| 158 ALSTON, Justin      | SR | 32  | Bowie State (4)      | 91    | 23:09.3 | 6:12.5    | 3:51.6  | 7:01.1 | 15:11.9 |
| 159 FISHER, Noah        | FR | 252 | St. Mary's (Md.) (5) | 92    | 23:29.3 | 6:17.8    | 3:54.9  | 7:09.5 | 15:27.7 |
| 160 CHRISTIAN, Bryce    | SO | 160 | Longwood             | -     | 23:32.1 | 6:18.6    | 3:55.4  | 7:02.4 | 15:09.4 |
| 161 FEREBEE, Isaiah     | FR | 251 | St. Mary's (Md.) (6) | (93)  | 23:53.4 | 6:24.3    | 3:58.9  | 7:10.5 | 15:28.8 |
| 162 GORDON, Christopher | FR | 190 | Mary Washington      | -     | 23:59.2 | 6:25.8    | 3:59.9  | 7:29.6 | 15:49.0 |
| 163 AKE, Daniel         | FR | 248 | St. Mary's (Md.) (7) | (94)  | 24:05.5 | 6:27.5    | 4:00.9  | 7:28.7 | 15:48.7 |
| 164 NORRIS, Nate        | SO | 255 | St. Mary's (Md.)     | -     | 24:14.6 | 6:30.0    | 4:02.4  | 7:19.5 | 16:03.4 |

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**Race #2**  
**Mens 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| <b>Athlete</b>        | <b>YR</b> | <b>#</b> | <b>Team (Team Place)</b> | <b>Score</b> | <b>Time</b> | <b>Avg. Mile</b> | <b>Avg. kM</b> | <b>2K</b> | <b>4K</b> |
|-----------------------|-----------|----------|--------------------------|--------------|-------------|------------------|----------------|-----------|-----------|
| 165 ARP, Benjamin     | FR        | 189      | Mary Washington          | -            | 24:15.5     | 6:30.2           | 4:02.6         | 7:33.5    | 16:03.0   |
| 166 GARCIA, Edmund    | FR        | 192      | Mary Washington          | -            | 24:27.4     | 6:33.4           | 4:04.6         | 7:32.2    | 16:04.3   |
| 167 GERON, Aiden      | FR        | 34       | Bowie State (5)          | 95           | 24:57.5     | 6:41.5           | 4:09.6         | 7:36.7    | 16:49.2   |
| 168 HARBOURT, Patton  | JR        | 254      | St. Mary's (Md.)         | -            | 25:12.5     | 6:45.5           | 4:12.1         | 7:41.1    | 16:36.7   |
| 169 JONES, James      | SO        | 35       | Bowie State (6)          | (96)         | 25:24.3     | 6:48.7           | 4:14.1         | 7:39.3    | 16:36.9   |
| 170 BOULWARE, Elijah  | FR        | 33       | Bowie State (7)          | (97)         | 26:41.4     | 7:09.3           | 4:26.9         | 7:23.0    | 16:40.3   |
| 171 GRIMELLI, Matthew | SR        | 253      | St. Mary's (Md.)         | -            | 26:54.4     | 7:12.8           | 4:29.1         | 8:06.9    | 17:43.0   |
| 172 ROSE, Caleb       | JR        | 38       | Bowie State              | -            | 27:04.2     | 7:15.4           | 4:30.7         | 7:56.9    | 17:31.8   |
| 173 SLY, Colin        | FR        | 257      | St. Mary's (Md.)         | -            | 27:45.9     | 7:26.6           | 4:37.7         | 8:19.0    | 18:07.3   |