

Licensed to Christopher Newport University Track

HY-TEK's Meet Manager 5/4/2019 04:07 PM
CAC Outdoor Championships - 5/3/2019 to 5/4/2019
Christopher Newport University Track & Field
Irwin Belk Track, Pomoco Stadium
Results

Women 100 Meter Dash

Belk Track R:	\$ 11.94	2001	Ara Towns, Bethel HS		
Meet Record:	M 12.09	2015	Elizsha Streeter, Wesley College		
CAC Record:	C 12.09	2015	Elizsha Streeter, Wesley College		
Name	Year	School	Finals	Wind	
Finals					
1 Andrewlevich, Erin	JR	Mary Washing	12.40	0.7	
2 Ebinama, Glory	SR	Salisbury	12.56	0.7	
3 Cherikos, Angie	SO	Mary Washing	12.88	0.7	
4 Taylor, Rae Rae	SO	PSU-Harrisbu	12.93	0.7	
5 Luton, Ashley	SR	Salisbury	12.93	0.7	
6 Reason, Gabbriell	JR	Frostburg St	12.98	0.7	
7 Leon Ledezma, Valentina	FR	Mary Washing	13.02	0.7	
8 Lightfoot, Brianna	FR	Mary Washing	13.12	0.7	

Women 200 Meter Dash

Belk Track R:	\$ 23.95	5/7/2011	Kanika Beckles, Essex CC		
Meet Record:	M 25.08	2014	Leah Richardson, Christopher Newport		
Meet Record:	M 25.08	2015	Elizsha Streeter, Wesley College		
CAC Record:	C 24.65	2013	Kara Tolson, Salisbury Univ.		
Name	Year	School	Finals	Wind	
1 Andrewlevich, Erin	JR	Mary Washing	24.87M	1.6	
2 Farley, Jamie	SR	Salisbury	25.06M	1.6	
3 Rishell, Caitlyn	JR	Salisbury	25.58	1.6	
4 McPhee, Aiyala	FR	PSU-Harrisbu	25.78	1.6	
5 Ebinama, Glory	SR	Salisbury	26.35	1.6	
6 Taylor, Rae Rae	SO	PSU-Harrisbu	26.38	1.6	
7 Luton, Ashley	SR	Salisbury	26.49	1.6	
8 Estrada, Keileen	JR	Frostburg St	28.12	1.6	

Women 400 Meter Dash

Belk Track R:	\$ 54.46	4/8/2000	Marie Giles, Bethel HS		
Meet Record:	M 56.70	2018	Erin Andrewlevich, U. Mary Washington		
CAC Record:	C 55.89	2007	Victoria Lawson, Salisbury Univ.		
Name	Year	School	Finals	H#	
1 Andrewlevich, Erin	JR	Mary Washing	55.83C	2	
2 Farley, Jamie	SR	Salisbury	56.46M	2	
3 Rishell, Caitlyn	JR	Salisbury	58.66	2	
4 Meier, Alicia	JR	Salisbury	59.33	2	
5 McPhee, Aiyala	FR	PSU-Harrisbu	1:01.47	2	
6 DeSantis, Adrianna	FR	Christopher	1:02.49	2	
7 McKinney, Kelly	JR	Christopher	1:07.40	1	
8 May, Jameraquai	FR	PSU-Harrisbu	1:08.18	1	
9 Myers, Ashleigh	SO	Frostburg St	1:13.16	1	

Women 800 Meter Run

Belk Track R:	\$ 2:12.77	5/7/2011	Teneisha Davis, Essex CC		
Meet Record:	M 2:16.10	2018	Monica Lannen, Christopher Newport		
CAC Record:	C 2:10.77	2015	Logan Harrington, Christopher Newport		
Name	Year	School	Finals	H#	
1 McCloskey, Shea	JR	Salisbury	2:17.71	2	
2 McCloskey, Alyssa	FR	Salisbury	2:17.98	2	
3 Barkdoll, Taylor	FR	York (Pa.)	2:19.45	2	
4 Ancalmo, Juliana	FR	Salisbury	2:21.34	2	
5 Lannen, Monica	JR	Christopher	2:23.80	2	
6 Delean, Camy	FR	Mary Washing	2:26.16	1	
7 Saling, Leah	SO	Mary Washing	2:27.87	1	
8 Woods, Shannon	JR	Christopher	2:27.91	2	
9 Brown, Sidonie	JR	Frostburg St	2:29.43	1	
10 Hyde, Kellie	SO	Christopher	2:30.51	2	
11 Funk, Logan	FR	Christopher	2:32.79	2	
12 White, Kristy	JR	Mary Washing	2:34.24	1	
13 Smith, Elora	FR	Southern Vir	2:34.30	1	
14 Huggins, Hannah	JR	Mary Washing	2:39.01	1	
15 Malmgren, Madison	FR	Southern Vir	2:39.67	1	

16 Ross, Jennifer SO PSU-Harrisbu 3:32.35 1

Women 1500 Meter Run

=====				
Belk Track R: \$ 4:23.85 4/15/2017 Marisa Ruskan, Richmond				
Meet Record: M 4:42.97 2018 Monica Lannen, Christopher Newport				
CAC Record: C 4:33.40 2014 Jessica McClelland, Christopher Newport				
Name	Year	School	Finals	H#
=====				
1 DelViscio, Jessica	SR	York (Pa.)	4:44.40	2
2 Knerr, Emily	SR	Mary Washing	4:45.62	2
3 Lannen, Monica	JR	Christopher	4:54.37	2
4 Funk, Logan	FR	Christopher	4:54.43	2
5 Ardrey, Kaitlyn	FR	Christopher	4:54.53	2
6 Keller, Allison	FR	Salisbury	4:54.55	2
7 Hyde, Kellie	SO	Christopher	4:55.49	2
8 Rogers, Emma	SO	York (Pa.)	4:57.26	2
9 Sturm, Christine	JR	Salisbury	4:58.36	2
10 Sniffen, Carly	SR	Salisbury	5:07.06	2
11 Applegate, Ashley	SO	Mary Washing	5:15.22	1
12 Smith, Elora	FR	Southern Vir	5:15.43	1
13 Wasserleben, Nicole	SO	York (Pa.)	5:28.43	2
14 Ross, Jennifer	SO	PSU-Harrisbu	7:06.72	1

Women 5000 Meter Run

=====				
Belk Track R: \$ 17:33.72 4/5/2003 Danielle Kramer, Bloomsburg Univ.				
Meet Record: M 18:15.25 2014 Natalie Young, U. Mary Washington				
CAC Record: C 17:27.20 2009 Hayley Sullivan, U. Mary Washington				
Name	Year	School	Finals	
=====				
1 Ruckel, Sydney	SO	Salisbury	19:05.10	
2 Weisbeck, Jillian	SR	Mary Washing	19:11.42	
3 Knerr, Emily	SR	Mary Washing	19:17.05	
4 Dickerson, Samantha	JR	Christopher	19:19.86	
5 DelViscio, Jessica	SR	York (Pa.)	19:32.33	
6 Rogers, Emma	SO	York (Pa.)	19:33.96	
7 Ardrey, Kaitlyn	FR	Christopher	19:37.41	
8 Keller, Allison	FR	Salisbury	19:38.38	
9 Potter, Abby	JR	Salisbury	19:50.38	
10 Westman, Jill	FR	Southern Vir	20:05.23	
11 Rafter, Zoe	FR	Mary Washing	20:15.43	
12 Sykes, Abby	SO	York (Pa.)	20:17.10	
13 Hughes, Carly	SO	Mary Washing	20:20.10	
14 Hyde, Kellie	SO	Christopher	20:27.15	
15 DeBruin, Alayna	SR	York (Pa.)	21:24.75	
-- Funk, Logan	FR	Christopher	DNS	

Women 10000 Meter Run

=====				
Meet Record: M 39:11.12 2016 Alicia Dillman, York College				
CAC Record: C 37:17.88 2015 Jess Miller, York College				
Name	Year	School	Finals	
=====				
1 Ruckel, Sydney	SO	Salisbury	40:06.15	
2 Weisbeck, Jillian	SR	Mary Washing	40:08.45	
3 Sykes, Abby	SO	York (Pa.)	40:37.32	
4 Lee, Jessica	JR	Christopher	40:52.48	
5 Strouse, Amber	FR	York (Pa.)	41:31.78	
6 Mazer, Ashley	JR	Salisbury	41:34.69	
7 Haberstroh, Jordan	FR	York (Pa.)	42:06.01	
8 Swaim, Jillian	JR	Salisbury	42:12.37	
9 Ralston, Magdalena	FR	Christopher	42:17.47	
10 Hughes, Carly	SO	Mary Washing	42:50.48	
11 Westman, Jill	FR	Southern Vir	42:59.27	
12 Hogg, Isabel	FR	Christopher	44:44.86	
13 Villanueva, Jasmine	FR	Mary Washing	47:08.95	
-- Kolbai, Mariam	JR	Christopher	DNF	

Women 100 Meter Hurdles

=====				
Belk Track R: \$ 13.79 5/2/1998 Bridgett Cochran, Christopher Newport Univ				
Meet Record: M 14.53 2015 Enuma Ezenwa, Christopher Newport				
CAC Record: C 14.50 2015 Enuma Ezenwa, Christopher Newport				
Name	Year	School	Finals	Wind
=====				
1 Bowden, Hannah	SR	Christopher	15.57	-1.4
2 Byrd, Haileigh	FR	Mary Washing	15.98	-1.4
3 Naldrett, Kelsie	FR	York (Pa.)	16.03	-1.4
4 Turner, Neeyah	FR	PSU-Harrisbu	16.29	-1.4
5 Logan, Desmone	FR	Mary Washing	16.37	-1.4

6	Stauffer, Zoe	SO Christopher	16.93	-1.4
7	Chanthyasak-White, Victo	SO Mary Washing	17.29	-1.4
8	Taylor, Rae Rae	SO PSU-Harrisbu	21.30	-1.4

Women 400 Meter Hurdles

Belk Track R: \$ 1:01.05 4/1/2000 Zandra Berry, Lincoln Univ.				
Meet Record: M 1:03.66 2015 Enuma Ezenwa, Christopher Newport				
CAC Record: C 1:01.68 2008 Mae Winchester, U. Mary Washington				
Name	Year	School	Finals	H#
1 Estrada, Keileen	JR	Frostburg St	1:05.05	2
2 Hairston, Ti'Aira	SO	Salisbury	1:06.01	2
3 Turner, Neeyah	FR	PSU-Harrisbu	1:06.16	2
4 Byrd, Haileigh	FR	Mary Washing	1:08.08	2
5 Naldrett, Kelsie	FR	York (Pa.)	1:08.97	2
6 Senestant, Sephora	SO	PSU-Harrisbu	1:09.34	2
7 Logan, Desmone	FR	Mary Washing	1:11.52	2
8 Winkelspecht, Rylee	SO	York (Pa.)	1:12.41	1
9 Mulhere, Lindsay	SR	Christopher	1:13.01	1
10 Chanthyasak-White, Victo	SO	Mary Washing	1:15.23	2
11 McNeill, Trinity	FR	Christopher	1:18.65	1
12 Brown, Erin	FR	York (Pa.)	1:19.12	1
13 Blanding, Peyton	FR	Christopher	1:25.56	1
14 Scholefield, Grace	FR	Christopher	1:26.58	1

Women 3000 Meter Steeplechase

Belk Track R: \$ 11:21.33 5/3/2019 Judith Marley White, VCU				
Meet Record: M 10:56.74 2007 Kelly Sullivan, Salisbury Univ.				
CAC Record: C 10:42.01 2008 Cristy Falcone, U. Mary Washington				
Name	Year	School	Finals	
1 Banchiere, Rachel	JR	York (Pa.)	12:16.04	
2 Applegate, Ashley	SO	Mary Washing	12:19.52	
3 Rafter, Zoe	FR	Mary Washing	12:32.62	
4 Lloyd, Kenzie	FR	Mary Washing	12:41.70	
5 DeBruin, Alayna	SR	York (Pa.)	12:54.75	
6 Guzman, Teresa	FR	Mary Washing	13:04.65	
7 Wagner, Jillian	SO	York (Pa.)	13:07.34	
8 Snyder, Abby	JR	Christopher	13:12.10	
9 Becker, Steph	JR	York (Pa.)	13:20.00	
10 Andrews, Danielle	FR	York (Pa.)	13:31.09	

Women 4x100 Meter Relay

Belk Track R: \$ 46.55 4/21/2018 Maryland-Eastern Shore, Maryland-Eas				
Meet Record: M 47.80 2018 C Cropper, L Gabriel, S Fields, A Lynn				
CAC Record: C 46.58 2018 Truesdel, Reason, Estrada, Logan				
School			Finals	
1 Salisbury 'A'			48.75	
1) Meier, Alicia JR	2) Ebinama, Glory SR			
3) Farley, Jamie SR	4) Luton, Ashley SR			
2 Mary Washington 'A'		50.23		
1) Lightfoot, Brianna FR	2) Leon Ledezma, Valentina FR			
3) Horsley, Quintasia JR	4) Cherkos, Angie SO			
3 Christopher Newport 'A'		50.47		
1) Neston, Victoria JR	2) DeSantis, Adrianna FR			
3) Mulhere, Lindsay SR	4) Bowden, Hannah SR			
4 PSU-Harrisburg 'A'		50.57		
1) Lehman, Sarah SO	2) Turner, Neeyah FR			
3) Senestant, Sephora SO	4) Taylor, Rae Rae SO			
5 Frostburg State 'A'		50.61		
1) Reason, Gabbriell JR	2) Estrada, Keileen JR			
3) Brown, Sidonie JR	4) Watson, Maddison SO			
6 York (Pa.) 'A'		53.20		
1) Wagner, Jordan FR	2) Winkelspecht, Rylee SO			
3) Llamas, Nancy SO	4) Bria, Kristin FR			
7 Southern Virginia 'A'		55.32		
1) Rucker, Kailee SO	2) Kinoshita, Abigail SO			
3) Janda, Lauren FR	4) Burrows, Ella FR			

Women 4x400 Meter Relay

Belk Track R: \$ 3:47.16 4/9/1994 Menchville HS, Menchville HS				
Meet Record: M 3:55.45 2016 , Wesley College				
Hall, Minus, Artis, Streeter				

CAC Record: C 3:45.02 2016 , Wesley College
Streeter, Minus, Artis, Hall

School	Finals
1 Salisbury 'A'	3:51.88M
1) Hairston, Ti'Aira SO	2) Farley, Jamie SR
3) Meier, Alicia JR	4) Rishell, Caitlyn JR
2 Christopher Newport 'A'	4:04.77
1) Neston, Victoria JR	2) Lannen, Monica JR
3) Mulhere, Lindsay SR	4) DeSantis, Adrianna FR
3 Mary Washington 'A'	4:07.50
1) Andrewlevich, Erin JR	2) White, Kristy JR
3) Cherikos, Angie SO	4) Byrd, Haileigh FR
4 PSU-Harrisburg 'A'	4:09.39
1) Senestant, Sephora SO	2) Taylor, Rae Rae SO
3) Lehman, Sarah SO	4) Turner, Neeyah FR
5 York (Pa.) 'A'	4:25.70
1) Naldrett, Kelsie FR	2) Winkelspecht, Rylee SO
3) Krutz, Katie JR	4) Barkdoll, Taylor FR
6 Frostburg State 'A'	4:26.20
1) Estrada, Keileen JR	2) Watson, Maddison SO
3) Brown, Sidonie JR	4) Myers, Ashleigh SO
7 Southern Virginia 'A'	5:01.96
1) Kinoshita, Abigail SO	2) Smith, Elora FR
3) Malmgren, Madison FR	4) Westman, Jill FR

Women High Jump

Height Prog: 4-3.75/1.32m, 1.37m, 1.42m, 1.45m, 1.48m, ...					
(continue at 3cm increments)					
Belk Track R: \$ 1.75m 4/4/2014			Crystal Jones, Colonial Forge HS		
Meet Record: M 1.71m 2017			Meghan McGowan, Salisbury Univ.		
CAC Record: C 1.73m 2015			Meghan McGowan, Salisbury Univ.		
Name	Year	School	Finals		
1 Howard, Colleen	FR	Salisbury	1.61m	5-03.25	
1.45 1.48 1.51 1.54 1.57 1.60 1.61 1.63					
XXO XXO O O O XO O XXX					
2 Taylor, Rae Rae	SO	PSU-Harrisbu	1.57m	5-01.75	
1.48 1.51 1.54 1.57 1.60					
O O O XO XXX					
3 Trembly, Amy	FR	Frostburg St	1.54m	5-00.50	
1.42 1.45 1.48 1.51 1.54 1.57					
O O XO O XO XXX					
4 Helstrom, Lauryn	SO	Christopher	J1.54m	5-00.50	
1.42 1.45 1.48 1.51 1.54 1.57					
O O O XXO XO XXX					
5 Smith, Rayna	FR	Mary Washing	1.48m	4-10.25	
1.42 1.45 1.48 1.51					
O XO XO XXX					
6 Chanthyasak-White, Victo	SO	Mary Washing	1.45m	4-09.00	
1.42 1.45 1.48					
O O XXX					
7 Bowden, Hannah	SR	Christopher	J1.45m	4-09.00	
1.37 1.42 1.45 1.48					
XO XXO XXO XXX					
8 McHugh, Jai	FR	Christopher	1.42m	4-07.75	
1.32 1.37 1.42 1.45					
XO XXO O XXX					
9 Stauffer, Zoe	SO	Christopher	J1.42m	4-07.75	
1.32 1.37 1.42 1.45					
XXO XO XXO XXX					
10 Clark, Emily	JR	York (Pa.)	1.37m	4-06.00	
1.32 1.37 1.42					
O O XXX					
-- Rucker, Kailee	SO	Southern Vir	NH		
1.32					
XXX					

Women Pole Vault

7-9.25/2.37m, 2.52m, 2.67m, 2.77m, 2.87m, ...					
(continue at 10cm increments)					
Belk Track R: \$ 3.95m 5/9/2009			Nicole Kazuba, William & Mary		
Meet Record: M 3.76m 2018			Kyleigh Dumas, Salisbury Univ.		
CAC Record: C 3.76m 2018			Kyleigh Dumas, Salisbury Univ.		
Name	Year	School	Finals		
1 Dumas, Kyleigh	JR	Salisbury	3.77mM	12-04.50	
3.37 3.57 3.77 3.82					
XO O O XXX					

2	James, Yamina	JR Mary Washing	3.27m	10-08.75
	2.97 3.07 3.17 3.27 3.37			
	O O XO O XXX			
3	Mullen, Julia	SO Salisbury	3.17m	10-04.75
	2.87 2.97 3.07 3.17 3.27			
	O PPP XO O XXX			
4	Blanding, Peyton	FR Christopher	3.07m	10-00.75
	2.97 3.07 3.17			
	O O XXX			
5	Krutz, Katie	JR York (Pa.)	J3.07m	10-00.75
	2.97 3.07 3.17			
	O XXO XXX			
6	Collier, Alyssa	FR Salisbury	2.97m	9-09.00
	2.67 2.77 2.87 2.97 3.07			
	O XO XO O XXX			
7	Ziegler, Kyra	SO Christopher	2.87m	9-05.00
	2.52 2.67 2.77 2.87 2.97			
	O O O O XXX			
8	Barrett, Emma	SO York (Pa.)	2.67m	8-09.00
	2.52 2.67 2.77			
	O XO XXX			
9	Trembly, Amy	FR Frostburg St	2.52m	8-03.25
	2.37 2.52 2.67			
	O XO XXX			
10	Gray, Erin	SO Mary Washing	J2.52m	8-03.25
	2.37 2.52 2.67			
	XO XXO XXX			
--	Reeves, Brynne	JR Mary Washing	DNS	

Women Long Jump

Nine (9) to Finals					
Belk Track R: \$ 6.07m		5/1/1999	Casey Taylor, Christopher Newport Univ		
Meet Record: M 5.70m		1999	Kathleen Edwards, U. Mary Washington		
CAC Record: C 5.83m		1999	Kathleen Edwards, U. Mary Washington		
Name	Year	School	Finals	Wind	
1 Lehman, Sarah	SO	PSU-Harrisbu	5.25m	2.3	17-02.75
4.87m(0.1) 5.11m(-1.2) 4.97m(-1.2) 4.98m(0.7) 5.25m(2.3) 5.07m(0.2)					
2 Bowden, Hannah	SR	Christopher	5.02m	-0.2	16-05.75
5.02m(-0.2) 4.47m(-0.7) 4.29m(-3.0) 4.59m(-0.3) 4.80m(0.7) FOUL(-1.5)					
3 Kinoshita, Abigail	SO	Southern Vir	4.97m	-0.3	16-03.75
4.49m(0.2) 4.75m(+0.0) 4.97m(-0.3) 4.82m(-0.2) 4.86m(-0.4) 4.81m(0.3)					
4 Byrd, Haileigh	FR	Mary Washing	4.92m	0.5	16-01.75
4.50m(-0.7) 4.92m(0.5) 4.76m(+0.0) 4.75m(-0.8) PASS PASS					
5 Taylor, Rae Rae	SO	PSU-Harrisbu	4.87m	2.1	15-11.75
FOUL(-0.5) FOUL(-0.4) 4.67m(-0.7) FOUL(1.1) FOUL(-0.5) 4.87m(2.1)					
6 Stauffer, Zoe	SO	Christopher	4.79m	-1.3	15-08.75
FOUL(5.6) 4.59m(-3.5) 4.79m(-1.3) PASS PASS PASS					
7 Esprit, Lauren	JR	Mary Washing	4.62m	0.5	15-02.00
4.62m(0.5) 4.43m(-1.0) 4.61m(-0.5) 4.57m(-2.2) 4.51m(-0.7) 4.53m(1.2)					
8 Krutz, Katie	JR	York (Pa.)	4.50m	2.0	14-09.25
4.11m(-0.2) 4.20m(-0.9) 4.48m(-0.8) 3.14m(-0.3) 4.29m(-0.2) 4.50m(2.0)					
9 Rucker, Kailee	SO	Southern Vir	4.36m	-0.6	14-03.75
4.03m(-9.0) 4.36m(-0.6) 4.11m(-1.4) 4.27m(-1.2) 4.27m(-1.0) FOUL(2.5)					
10 Logan, Desmone	FR	Mary Washing	4.33m	0.5	14-02.50
4.33m(0.5) 3.71m(-1.2) 3.98m(-0.9)					
11 Rudisel, Alexis	SO	Mary Washing	4.32m	0.4	14-02.25
4.32m(0.4) 4.05m(-0.8) 4.17m(+0.0)					
12 Janda, Lauren	FR	Southern Vir	3.77m	0.8	12-04.50
3.77m(0.8) 3.76m(-1.0) 3.38m(-1.4)					

Women Triple Jump

Nine (9) to Finals					
Belk Track R: \$ 12.80m		4/19/2008	Camelia Morman, East Carolina Univ.		
Meet Record: M 11.79m		1998	Yurissa Mitchell, U. Mary Washington		
CAC Record: C 12.02m		1998	Yurissa Mitchell, U. Mary Washington		
Name	Year	School	Finals	Wind	
1 Lehman, Sarah	SO	PSU-Harrisbu	11.40m	2.0	37-05.00
11.40m(2.0) FOUL(-0.2) 11.34m(2.6) 11.23m(2.1) 11.26m(1.0) 11.35m(1.5)					
2 Taylor, Rae Rae	SO	PSU-Harrisbu	10.88m	1.2	35-08.50
10.57m(1.5) 10.67m(3.2) 9.26m(3.9) PASS 10.56m(0.3) 10.88m(1.2)					
3 Byrd, Haileigh	FR	Mary Washing	10.68m	1.7	35-00.50
10.68m(1.7) FOUL(1.5) FOUL(1.5) FOUL(3.1) PASS PASS(0.1)					
4 Logan, Desmone	FR	Mary Washing	10.55m	-0.2	34-07.50
FOUL(1.7) FOUL(0.9) 10.55m(-0.2) FOUL(1.1) FOUL(-0.1) FOUL(0.8)					
5 Mulhere, Lindsay	SR	Christopher	10.06m	1.5	33-00.25

9.83m(1.4)	9.94m(2.2)	10.06m(1.5)	PASS	9.93m(2.1)	FOUL(1.0)	
6 Chanthyasak-White, Victo	SO Mary Washing	10.03m	2.0	32-11.00		
9.50m(2.1)	9.48m(2.2)	10.03m(2.0)	9.50m(-0.4)	FOUL(2.0)	FOUL(0.4)	
7 Daye, Breland	FR Salisbury	9.89m	2.0	32-05.50		
FOUL(0.8)	9.89m(2.0)	9.89m(1.3)	9.43m(2.6)	9.65m(2.1)	9.74m(0.6)	
8 Rucker, Kailee	SO Southern Vir	9.12m	1.5	29-11.25		
FOUL(1.4)	8.70m(1.4)	9.12m(1.5)	FOUL(1.5)	FOUL(2.2)	FOUL(0.6)	
-- Kinoshita, Abigail	SO Southern Vir	FOUL				
FOUL(1.3)	FOUL(1.4)	FOUL(1.2)				
-- Clark, Emily	JR York (Pa.)	FOUL				
FOUL(4.2)	FOUL(0.5)	FOUL(2.1)				
-- Janda, Lauren	FR Southern Vir	FOUL				
FOUL(2.0)	FOUL(1.4)	FOUL(3.0)				

Women Shot Put

Nine (9) to Finals						
Belk Track R: \$ 15.27m		4/24/2004	Angela Bertholdt, Unattached			
Meet Record: M 13.96m		2017	Hannah Shoemaker, Christopher Newport			
CAC Record: C 15.32m		2013	Chelsea Tavik, Salisbury Univ.			
Name	Year	School	Finals			
1 Mulitalo, Baylee		FR Southern Vir	13.16m	43-02.25		
12.88m	12.82m	13.16m	FOUL	FOUL	12.57m	
2 Johnson, Sarah		SR Christopher	12.45m	40-10.25		
12.19m	11.01m	12.45m	11.44m	11.30m	1.27m	
3 Havea, Mesi		SO Southern Vir	12.16m	39-10.75		
11.26m	11.74m	12.16m	11.74m	11.16m	FOUL	
4 Burrows, Ella		FR Southern Vir	11.58m	38-00.00		
10.40m	11.58m	11.15m	11.38m	11.50m	11.56m	
5 Fitzwater, Sydney		SO York (Pa.)	11.20m	36-09.00		
10.72m	10.70m	10.22m	11.20m	10.46m	11.12m	
6 Allen, Grace		FR Christopher	11.01m	36-01.50		
11.01m	10.43m	10.60m	10.87m	10.64m	10.89m	
7 Woodrum, Jean		SO Mary Washing	11.00m	36-01.25		
10.25m	11.00m	10.52m	FOUL	10.41m	FOUL	
8 Clark, Mazie		FR Christopher	10.89m	35-08.75		
10.83m	10.29m	10.89m	10.39m	10.09m	9.65m	
9 Maher, Madeleine		SO Southern Vir	10.85m	35-07.25		
9.90m	10.32m	10.85m	FOUL	10.69m	FOUL	
10 Divers, Hayden		FR York (Pa.)	10.50m	34-05.50		
FOUL	10.01m	10.50m				
11 McHugh, Jai		FR Christopher	10.38m	34-00.75		
10.38m	10.06m	9.65m				
12 Chapman, Maiya		FR Salisbury	10.28m	33-08.75		
10.22m	9.45m	10.28m				
13 Emeigh, Gabby		JR York (Pa.)	10.24m	33-07.25		
9.75m	9.94m	10.24m				
14 Van Wie, Holly		SR Frostburg St	9.83m	32-03.00		
FOUL	9.23m	9.83m				
15 Hugh, Chelsey		FR Mary Washing	8.90m	29-02.50		
8.86m	8.75m	8.90m				
16 Martinez, Yulemi		FR Mary Washing	8.48m	27-10.00		
8.22m	FOUL	8.48m				
-- Roth, Olivia		FR York (Pa.)	FOUL			
FOUL	FOUL	FOUL				

Women Discus Throw

Nine (9) to Finals						
Belk Track R: \$ 50.66m		4/25/1998	Amy Brown, Unattached			
Meet Record: M 41.49m		2018	Mesi Havea, Southern Virginia Univ.			
CAC Record: C 43.94m		2019	Sarah Johnson, Christopher Newport			
Name	Year	School	Finals			
1 Johnson, Sarah		SR Christopher	43.26mM	141-11		
42.35m	43.26m	40.85m	41.97m	FOUL	FOUL	
2 Mulitalo, Baylee		FR Southern Vir	42.25mM	138-07		
41.01m	42.25m	FOUL	FOUL	40.44m	FOUL	
3 Havea, Mesi		SO Southern Vir	38.07m	124-11		
37.51m	35.59m	FOUL	36.97m	38.07m	FOUL	
4 Lasike, Kanani		SO Southern Vir	37.94m	124-06		
33.00m	37.94m	FOUL	FOUL	37.65m	FOUL	
5 Julien, Dalina		JR Salisbury	37.62m	123-05		
FOUL	36.30m	34.63m	34.38m	35.01m	37.62m	
6 Chapman, Maiya		FR Salisbury	37.01m	121-05		
36.15m	37.01m	FOUL	34.53m	33.87m	32.50m	
7 Hair, Rachale		SR PSU-Harrisbu	36.98m	121-04		
32.97m	30.96m	31.31m	36.98m	34.94m	FOUL	
8 Allen, Grace		FR Christopher	36.65m	120-03		
FOUL	36.25m	FOUL	35.98m	36.65m	35.72m	

9	Divers, Hayden	FR York (Pa.)	34.88m	114-05
	31.26m 34.37m 34.88m 32.96m FOUL 34.40m			
10	Fitzwater, Sydney	SO York (Pa.)	32.57m	106-10
	31.93m 32.57m FOUL			
11	Woodrum, Jean	SO Mary Washing	32.33m	106-01
	32.33m FOUL FOUL			
12	Van Wie, Holly	SR Frostburg St	32.07m	105-02
	30.54m 30.83m 32.07m			
13	Maher, Madeleine	SO Southern Vir	32.00m	105-00
	32.00m 30.64m FOUL			
14	Emeigh, Gabby	JR York (Pa.)	31.97m	104-11
	31.37m FOUL 31.97m			
15	Roth, Olivia	FR York (Pa.)	30.43m	99-10
	30.43m FOUL 26.94m			
16	Clark, Mazie	FR Christopher	29.91m	98-01
	29.91m 26.89m 24.27m			
17	Tawney, Keirstin	JR Frostburg St	29.88m	98-00
	29.88m FOUL 26.05m			
18	Hugh, Chelsey	FR Mary Washing	28.72m	94-03
	26.54m 28.72m 27.06m			
19	Martinez, Yulemi	FR Mary Washing	24.25m	79-07
	22.87m 22.47m 24.25m			
20	Vogle, Cassandra	SO Frostburg St	21.21m	69-07
	FOUL 21.21m FOUL			

Women Hammer Throw

Nine (9) to Finals				
Belk Track R: \$ 61.00m 4/14/2017 Leia Mistowski, William and				
Meet Record: M 47.13m 2004 Natalie Williams, Goucher				
CAC Record: C 51.35m 2004 Natalie Williams, Goucher College				
Name	Year	School	Finals	
1 Tawney, Keirstin	JR	Frostburg St	46.17m	151-06
	45.96m 46.17m 43.28m 42.99m FOUL FOUL			
2 Havea, Mesi	SO	Southern Vir	45.21m	148-04
	FOUL 41.80m FOUL 45.21m FOUL 44.03m			
3 Van Wie, Holly	SR	Frostburg St	44.72m	146-09
	41.27m 36.50m 44.72m FOUL FOUL 43.52m			
4 Woodrum, Jean	SO	Mary Washing	41.98m	137-09
	40.72m FOUL 37.65m 37.01m 37.71m 41.98m			
5 Hasell, Imani	SO	Salisbury	41.45m	136-00
	FOUL 39.36m FOUL FOUL FOUL 41.45m			
6 Mulitalo, Baylee	FR	Southern Vir	40.99m	134-06
	40.99m FOUL FOUL 39.71m 39.81m 40.47m			
7 Fitzwater, Sydney	SO	York (Pa.)	40.39m	132-06
	35.21m 35.52m 38.43m FOUL FOUL 40.39m			
8 Emeigh, Gabby	JR	York (Pa.)	39.54m	129-09
	FOUL FOUL 39.54m FOUL 38.47m FOUL			
9 Johnson, Sarah	SR	Christopher	39.11m	128-04
	39.11m 37.50m 35.80m 36.97m 35.50m 36.24m			
10 Mullen, Julia	SO	Salisbury	37.79m	124-00
	34.79m 37.79m 32.17m			
11 Hair, Rachale	SR	PSU-Harrisbu	37.47m	122-11
	FOUL 37.47m FOUL			
12 Clark, Mazie	FR	Christopher	36.97m	121-03
	36.97m 33.55m FOUL			
13 Allen, Grace	FR	Christopher	36.80m	120-09
	36.80m FOUL FOUL			
14 McHugh, Jai	FR	Christopher	36.29m	119-01
	35.18m 34.14m 36.29m			
15 Delker, Lucy	SO	York (Pa.)	35.56m	116-08
	35.56m 34.81m FOUL			
16 Burrows, Ella	FR	Southern Vir	32.95m	108-01
	32.95m FOUL FOUL			
17 Martinez, Yulemi	FR	Mary Washing	29.68m	97-04
	28.59m 27.16m 29.68m			
18 Hugh, Chelsey	FR	Mary Washing	28.92m	94-10
	28.92m FOUL 25.50m			
-- Lasike, Kanani	SO	Southern Vir	FOUL	
	FOUL FOUL FOUL			

Women Javelin Throw

Nine (9) to Finals				
Belk Track R: \$ 47.56m 4/25/1998 Ann Crouse, Unattached				
Meet Record: M 42.41m 1995 Stacie Gado, Salisubry Univ.				
CAC Record: C 42.41m 1995 Stacie Gado, Salisbury Univ.				
Name	Year	School	Finals	
1 Stauffer, Zoe	SO	Christopher	39.44m	129-05

FOUL	35.07m	34.63m	FOUL	FOUL	39.44m		
2 Taylor, Rae	Rae		SO	PSU-Harrisbu		34.17m	112-01
	26.33m	27.92m	FOUL	31.60m	34.17m	34.15m	
3 Smith, Jackie			SO	Mary Washing		34.05m	111-08
	31.83m	33.82m	31.25m	32.67m	34.05m	32.12m	
4 Warnick, Elle			SO	Southern Vir		33.72m	110-07
	31.15m	32.67m	33.72m	32.03m	32.92m	33.67m	
5 Emeigh, Gabby			JR	York (Pa.)		33.36m	109-05
	29.76m	31.20m	33.36m	31.31m	32.10m	32.17m	
6 Woodrum, Jean			SO	Mary Washing		32.90m	107-11
	30.62m	32.90m	FOUL	FOUL	30.15m	32.77m	
7 Vogle, Cassandra			SO	Frostburg St		31.75m	104-02
	31.75m	FOUL	30.68m	FOUL	30.80m	31.03m	
8 Hair, Rachale			SR	PSU-Harrisbu		31.42m	103-01
	28.63m	31.42m	FOUL	25.69m	FOUL	28.80m	
9 Kerstetter, Megan			SR	York (Pa.)		30.75m	100-11
	27.40m	30.75m	30.63m	26.91m	FOUL	FOUL	
10 Mulitalo, Baylee			FR	Southern Vir		26.32m	86-04
	26.32m	26.02m	FOUL				
11 Burrows, Ella			FR	Southern Vir		26.18m	85-11
	26.18m	22.21m	24.42m				
12 Jakubowski, Alexandra			FR	Salisbury		25.58m	83-11
	25.58m	24.30m	23.82m				
13 James, Yamina			JR	Mary Washing		24.59m	80-08
	24.59m	20.86m	21.86m				
13 McHugh, Jai			FR	Christopher		24.59m	80-08
	24.59m	20.86m	21.86m				
15 Helstrom, Lauryn			SO	Christopher		24.00m	78-09
	22.55m	23.50m	24.00m				
16 Maher, Madeleine			SO	Southern Vir		23.08m	75-09
	22.66m	FOUL	23.08m				
17 Trembly, Amy			FR	Frostburg St		21.93m	71-11
	19.40m	19.09m	21.93m				
18 Hugh, Chelsey			FR	Mary Washing		20.58m	67-06
	20.42m	20.58m	FOUL				
19 Lopez, Maya			FR	Christopher		20.04m	65-09
	20.04m	FOUL	FOUL				
20 Myers, Ashleigh			SO	Frostburg St		19.88m	65-03
	19.88m	15.60m	17.21m				

Men 100 Meter Dash

Belk Track R:	\$ 10.27	5/7/2011	Aziz Zakari, Unattached		
Meet Record:	M 10.55	2013	Austin Tyler, Salisbury Univ.		
CAC Record:	C 10.40	2016	Anthony Simpson, Wesley College		
Name	Year	School	Finals	Wind	
1 Wiseman, Dajon		SO Frostburg St	10.99	+0.0	
2 McInnis, Jeffrey		JR Salisbury	11.03	+0.0	
3 Williams, Justin		SO Salisbury	11.19	+0.0	
4 Hogans, Dominick		FR PSU-Harrisbu	11.27	+0.0	
5 Nelson, Shamar		SR Frostburg St	11.33	+0.0	
6 Berry, Brandon		SO Christopher	11.34	+0.0	
7 Waller, Kurt		JR Christopher	11.78	+0.0	
8 Washington, Clayton		SO Frostburg St	11.81	+0.0	

Men 200 Meter Dash

Belk Track R:	\$ 20.86	4/18/2015	Joshua Washington, Richard Blan		
Meet Record:	M 21.38	2013	Richard Newman, Salisbury Univ.		
CAC Record:	C 21.05	2001	Peter Diamond, U. Mary Washington		
Name	Year	School	Finals	Wind	
1 Hogans, Dominick		FR PSU-Harrisbu	22.02	-0.1	
2 McInnis, Jeffrey		JR Salisbury	22.16	-0.1	
3 Hardman, Alex		SR Salisbury	22.17	-0.1	
4 Van Gieson, Mickey		JR Salisbury	22.33	-0.1	
5 Waller, Kurt		JR Christopher	22.55	-0.1	
6 Berry, Brandon		SO Christopher	22.72	-0.1	
7 Williams, Justin		SO Salisbury	22.96	-0.1	
8 Clayton, Jalil		SR PSU-Harrisbu	29.98	-0.1	

Men 400 Meter Dash

Belk Track R:	\$ 46.84	2006	Terrance Burton, Hampton Univ.		
Meet Record:	M 48.11	2017	Eric Halton, Salisbury Univ.		
CAC Record:	C 47.01	2018	Thomas Kalieta, Jr, Wesley College		
Name	Year	School	Finals	H#	
1 Waller, Kurt		JR Christopher	48.55	2	
2 Van Gieson, Mickey		JR Salisbury	48.62	2	

3	Hardman, Alex	SR	Salisbury	49.08	2
4	Binnix, Ethan	SO	Salisbury	49.09	2
5	Washington, Clayton	SO	Frostburg St	50.38	2
6	Hogans, Dominick	FR	PSU-Harrisbu	50.56	2
7	Myers, Isaiah	FR	Salisbury	50.75	2
8	Carrigan, Peter	FR	York (Pa.)	51.17	1
9	Budsock, Ethan	SR	York (Pa.)	51.48	1
10	Charles, Tyriek	JR	Frostburg St	52.08	1
11	Berry, Brandon	SO	Christopher	52.46	2
12	Giles, Carter	JR	Christopher	52.76	1
13	Jackson, Jerome	SO	PSU-Harrisbu	53.36	1
14	Lengel, Stephen	SO	Christopher	53.60	1
15	Linonge, Hasan	FR	Frostburg St	53.63	1
16	Quin, Connor	FR	Mary Washing	55.15	1

Men 800 Meter Run

Belk Track R: \$ 1:50.41 4/8/2000 Alan Webb, South Lakes HS
 Meet Record: M 1:53.47 2014 Carlton Sheppard, Wesley College
 CAC Record: C 1:51.13 2018 Cullen Monahan, Christopher Newport

Name	Year	School	Finals	H#
1	Sneed, Laurence	SO Mary Washing	1:52.26M	3
2	Edwards, Clark	FR Christopher	1:52.44M	3
3	Wosahla, Adam	FR Christopher	1:54.62	3
4	Dors, Ian	FR Christopher	1:55.48	3
5	Porquin, Emmanuel	SR Salisbury	1:56.06	3
6	Biles, Alec	SO Mary Washing	1:57.52	2
7	Henderson, Ryan	FR Christopher	1:57.62	2
8	Rickards, Jacob	JR Frostburg St	1:58.09	2
9	Willis, Kadeem	SR PSU-Harrisbu	1:59.11	2
10	Hurst, Connor	FR York (Pa.)	2:00.14	3
11	South, Andrew	SO Mary Washing	2:01.13	2
12	Wilson, Lorenzo	JR Frostburg St	2:01.41	1
13	Hall, Chris	SO Mary Washing	2:02.82	3
14	Evans, Cy	FR York (Pa.)	2:02.89	2
15	Flynn, Colin	FR Frostburg St	2:03.38	1
16	Young, Corey	JR Salisbury	2:03.98	1
17	Kelly, Sam	FR Southern Vir	2:05.35	1
18	Horseman-Guy, Devin	SO Frostburg St	2:06.30	1
19	Deacon, Tucker	JR York (Pa.)	2:06.35	2
20	Miller, Calvin	JR Christopher	2:08.63	3
21	Hinkel, Ben	SR York (Pa.)	2:08.70	2
22	Wilson, Kyle	FR Southern Vir	2:13.82	1
23	Adams, Jacob	FR Southern Vir	2:28.83	1

Men 1500 Meter Run

Belk Track R: \$ 3:46.22 4/20/2013 John Muller, William & Mary
 Meet Record: M 3:54.09 2014 Sam Martin, Christopher Newport
 CAC Record: C 3:47.81 2018 Jeff Dover, Christopher Newport

Name	Year	School	Finals	H#
1	Romano, Robert	SR Frostburg St	3:54.65	2
2	Edwards, Clark	FR Christopher	3:57.20	2
3	Porquin, Emmanuel	SR Salisbury	3:58.50	2
4	Putnam, Jason	JR Christopher	4:04.84	2
5	Henderson, Ryan	FR Christopher	4:05.13	2
6	Miller, Calvin	JR Christopher	4:10.81	2
7	Ciattei, Christian	FR Salisbury	4:11.27	2
8	Deacon, Tucker	JR York (Pa.)	4:11.62	2
9	Hinkel, Ben	SR York (Pa.)	4:12.04	2
10	Saunders, William	SO Christopher	4:14.97	2
11	Finnerin, Jack	FR Salisbury	4:15.48	2
12	Burklow, John	JR Mary Washing	4:18.04	2
13	Tinsley, Ryan	FR Mary Washing	4:21.27	1
14	Libman, Justin	FR Mary Washing	4:23.76	1
15	Green, Jeromy	SO Salisbury	4:24.12	1
16	Dehetre, Jake	SO Mary Washing	4:24.15	1
17	Gillam, James	FR Frostburg St	4:29.16	1
18	Wilson, Kyle	FR Southern Vir	4:38.68	1
19	Adams, Jacob	FR Southern Vir	5:05.35	1

Men 5000 Meter Run

Belk Track R: \$ 14:27.10 4/26/1997 Matt Lane, Unattached
 Meet Record: M 14:55.31 2018 Grayson Reid, Christopher Newport
 CAC Record: C 14:21.59 2014 Tim Hartung, York College

Name	Year	School	Finals
1	Gibson, Jeff	JR Mary Washing	15:12.34

2	Masteran, Conner	SR	Salisbury	15:14.44
3	Linne, Benjamin	SR	York (Pa.)	15:23.33
4	Smith, Ray	SR	York (Pa.)	15:34.61
5	O'Neill, Jake	SO	York (Pa.)	15:52.06
6	Putnam, Jason	JR	Christopher	15:54.56
7	Smyth, Justin	FR	York (Pa.)	15:58.05
8	Romano, Robert	SR	Frostburg St	16:06.95
9	Kimbell, Mason	SO	Salisbury	16:12.87
10	Lund, Hunter	FR	Southern Vir	16:13.14
11	Clark, Braxton	JR	Frostburg St	16:13.82
12	Lightbody, Joseph	JR	Christopher	16:35.90
13	Meyers, Greyson	JR	Southern Vir	16:50.23
14	Tivenan, Stephen	JR	Mary Washing	17:04.13
15	Whitley, Matthew	SR	Frostburg St	17:04.41
16	Eville, Ryan	SO	Salisbury	17:46.89
17	Mandile, Dominic	JR	Frostburg St	18:19.62
--	Artz, Peyton	SR	Christopher	DNF
--	Edwards, Clark	FR	Christopher	DNF

Men 10000 Meter Run

Meet Record: M 31:14.01		2017	Jeff Gibson, U. Mary Washington	
CAC Record: C 30:09.20		2013	Tim Hartung, York College	
Name	Year	School	Finals	
=====				
1	Linne, Benjamin	SR	York (Pa.)	33:26.63
2	Gibson, Jeff	JR	Mary Washing	33:37.99
3	Masteran, Conner	SR	Salisbury	33:57.47
4	O'Neill, Jake	SO	York (Pa.)	34:06.04
5	Lund, Hunter	FR	Southern Vir	34:08.05
6	Clark, Braxton	JR	Frostburg St	34:10.44
7	Smyth, Justin	FR	York (Pa.)	34:17.93
8	Zubrzycki, Matthew	SR	York (Pa.)	34:22.22
9	Speeney, Eric	SO	Christopher	34:26.63
10	Lightbody, Joseph	JR	Christopher	34:34.20
11	Smith, Ray	SR	York (Pa.)	34:36.70
12	Kimbell, Mason	SO	Salisbury	34:45.07
13	Artz, Peyton	SR	Christopher	34:49.18
14	Mackenzie, Zachary	SO	Christopher	35:00.40
15	Mason, Blake	FR	Mary Washing	35:08.18
16	Whitley, Matthew	SR	Frostburg St	35:32.54
17	Meyers, Greyson	JR	Southern Vir	36:21.60
18	Eville, Ryan	SO	Salisbury	36:30.94
19	Caicedo, Jonathan	SO	Mary Washing	36:46.97
20	Tivenan, Stephen	JR	Mary Washing	36:58.04
21	Mandile, Dominic	JR	Frostburg St	37:46.08

Men 110 Meter Hurdles

Belk Track R: \$ 13.58		5/7/2011	Dominic Berger, Unattached		
Meet Record: M 14.49		2010	Cory Beebe, Salisbury Univ.		
CAC Record: C 13.82		2014	Luke Campbell, Salisbury Univ.		
Name	Year	School	Finals	Wind	
=====					
1 Clayton, Jalil		SR PSU-Harrisbu	14.89	+0.0	
2 Gahomera, Shammah		SR PSU-Harrisbu	15.67	+0.0	
3 Branch, Joseph		FR Mary Washing	15.77	+0.0	
4 Chandler-Byrd, D'Andre		SO Mary Washing	16.20	+0.0	
5 McAlpine, Bryce		SO Mary Washing	16.37	+0.0	
6 Robinson, Matthew		SR Frostburg St	16.38	+0.0	
7 Leitao, Gustavo		FR Christopher	17.00	+0.0	
-- Schueler, Charlie		FR Salisbury	DQ	+0.0	

Men 400 Meter Hurdles

Belk Track R: \$ 51.18		5/7/2011	Elhadji Mbow, Essex CC		
Meet Record: M 53.38		2013	Devin Hopkins, Salisbury Univ.		
CAC Record: C 50.36		2014	Luke Campbell, Salisbury Univ.		
Name	Year	School	Finals	H#	
=====					
1	Clayton, Jalil	SR	PSU-Harrisbu	53.49	3
2	de la Cruz, Daniel	SO	Southern Vir	53.87	3
3	Robinson, Matthew	SR	Frostburg St	57.32	3
4	McAlpine, Bryce	SO	Mary Washing	57.50	3
5	Gahomera, Shammah	SR	PSU-Harrisbu	59.26	3
6	Edmonds, Trejon	JR	Christopher	59.44	2
7	Leitao, Gustavo	FR	Christopher	59.50	2
8	Chandler-Byrd, D'Andre	SO	Mary Washing	59.82	2
9	Hawkins, Seth	FR	York (Pa.)	1:00.26	2
10	Branch, Joseph	FR	Mary Washing	1:00.61	2
11	Speirs, Justin	SO	Salisbury	1:00.65	3

12 Hill, Brandon	FR Frostburg St	1:00.99	1	
13 Broemmel, Nicholas	JR Christopher	1:03.49	1	
14 Akers, Samuel	SO Christopher	1:03.56	1	
15 Budsock, Ethan	SR York (Pa.)	1:03.81	2	
16 Forster, Bradley	SR Frostburg St	1:03.89	2	
-- Mable, Caleb	FR Salisbury	DQ	3	Lane Violation
-- Schueler, Charlie	FR Salisbury	DNS	3	

Men 3000 Meter Steeplechase

Belk Track R: \$ 9:09.60 4/29/1995 Jason Dunn, William & Mary
 Meet Record: M 9:28.11 2012 Chris Barnard, Salisbury Univ.
 CAC Record: C 9:04.90 2017 Alex Smith, York College

Name	Year	School	Finals	H#
1 Edmonds, Trejon	JR	Christopher	9:49.08	2
2 Forry, Daniel	SO	York (Pa.)	9:55.56	2
3 Alansky, Drew	SO	York (Pa.)	10:00.04	2
4 Gray, Ethan	FR	Salisbury	10:00.98	2
5 Tolarchyk, Nicholas	FR	Christopher	10:07.14	2
6 Baumgartner, Brandon	FR	Mary Washing	10:07.92	2
7 Russell, Benjamin	FR	York (Pa.)	10:14.71	2
8 Buzynski, Timmy	FR	York (Pa.)	10:17.32	2
9 Wolodkin, Timothy	JR	Frostburg St	10:23.60	2
10 Jones, Austin	JR	Mary Washing	10:32.65	2
11 Stirling, Calhoun	SR	Mary Washing	10:35.71	2
12 Broemmel, Nicholas	JR	Christopher	10:37.95	2
13 Robey, Andrew	JR	Salisbury	10:52.96	1
14 Speier, Joshua	SR	Christopher	11:07.48	1
15 Talbert, Zachary	SR	Frostburg St	12:01.83	1
16 Hogan, Phillip	SR	Frostburg St	12:47.14	1

Men 4x100 Meter Relay

Belk Track R: \$ 40.89 5/3/2008 Christopher Newport University, Christopher
 M Griffis, C Washington, G Jones, L Harper Jr
 Meet Record: M 41.04 2008 , Salisbury Univ.
 CAC Record: C 40.01 2016 , Wesley College
 Trader, Lowery, Simpson, Taylor

School	Finals
1 Salisbury 'A'	41.51
1) Williams, Justin SO	2) Van Gieson, Mickey JR
3) Hardman, Alex SR	4) McInnis, Jeffrey JR
2 Frostburg State 'A'	42.85
1) McLaurin, Ratez FR	2) Nelson, Shamar SR
3) Wiseman, Dajon SO	4) Washington, Clayton SO
3 Christopher Newport 'A'	43.12
1) Lengel, Stephen SO	2) Waller, Kurt JR
3) Brass, Dainen JR	4) Berry, Brandon SO
4 Mary Washington 'A'	43.19
1) Miller, Luke FR	2) Walton, Rajai SO
3) Danek, David JR	4) Sakimura, Tyler SO
5 York (Pa.) 'A'	44.78
1) Wiedorfer, Sam JR	2) Mack, Jonathan SO
3) Smith, Maxwell SO	4) Carrigan, Peter FR
6 PSU-Harrisburg 'A'	45.45
1) Gahomera, Shammah SR	2) Hovis, Cole FR
3) Terody, Alex FR	4) Jackson, Jerome SO

Men 4x400 Meter Relay

Belk Track R: \$ 3:14.48 1995 Hampton HS, Hampton HS
 Meet Record: M 3:14.03 2015 , Salisbury Univ.
 Hopkins, Halton, Schmelz, Campbell
 CAC Record: C 3:08.26 2018 , Wesley College
 Cousar, McNulty, Heriot, Kalieta Jr

School	Finals
1 Salisbury 'A'	3:17.67
1) Hardman, Alex SR	2) Van Gieson, Mickey JR
3) Myers, Isaiah FR	4) Binnix, Ethan SO
2 Mary Washington 'A'	3:22.19
1) Walton, Rajai SO	2) Coates, Cameron JR
3) Biles, Alec SO	4) Sneed, Laurence SO
3 PSU-Harrisburg 'A'	3:22.41
1) Hovis, Cole FR	2) Hogans, Dominick FR
3) Clayton, Jalil SR	4) Willis, Kadeem SR
4 Christopher Newport 'A'	3:25.27
1) Berry, Brandon SO	2) Duvall, Brenton FR
3) Wosahla, Adam FR	4) Waller, Kurt JR

5 Frostburg State 'A'	3:25.52
1) Charles, Tyriek JR	2) Robinson, Matthew SR
3) Rickards, Jacob JR	4) Washington, Clayton SO
6 York (Pa.) 'A'	3:29.77
1) Carrigan, Peter FR	2) Hurst, Connor FR
3) Evans, Cy FR	4) Budsock, Ethan SR

Men High Jump

Height Prog: 5-4.75/1.65m, 1.70m, 1.73m, 1.76m, 1.79m,...									
(continue at 3cm increments)									
Belk Track R: \$ 2.19m 5/9/2009					Joseph Owens, CNU Alumni				
Meet Record: M 2.08m 2002					Bobby Bergin, U. Mary Washington				
CAC Record: C 2.14m 2003					Bobby Bergin, U. Mary Washington				
Name		Year		School		Finals			
1	Danek, David			JR	Mary Washing	2.03m	6-08.00		
	1.91 1.94 1.97 2.00 2.03 2.06								
	O XO O PPP O XXX								
2	Walton, Rajai			SO	Mary Washing	J2.03m	6-08.00		
	1.85 1.88 1.91 1.94 1.97 2.00 2.03 2.06								
	O PPP O O PPP XXO O XXX								
3	White, Alex			JR	PSU-Harrisbu	1.97m	6-05.50		
	1.85 1.88 1.91 1.94 1.97 2.00								
	O O XO O XO XXX								
4	Clayton, Jalil			SR	PSU-Harrisbu	1.91m	6-03.25		
	1.85 1.88 1.91 1.94								
	O PPP XXO XPP								
5	Warner, Maccall			FR	Mary Washing	1.85m	6-00.75		
	1.65 1.70 1.73 1.76 1.79 1.82 1.85 1.88								
	O O O O XO O XXO XXX								
6	Onguene, Ben			SO	Mary Washing	1.82m	5-11.50		
	1.79 1.82 1.85								
	O XO XXX								
7	Dunklin, Justin			FR	Frostburg St	J1.82m	5-11.50		
	1.73 1.76 1.79 1.82 1.85								
	XO O XXO XO XXX								
8	Kastner, Andrew			JR	Frostburg St	1.73m	5-08.00		
	1.65 1.70 1.73 1.76								
	O O XO XXX								
9	Branch, Joseph			FR	Mary Washing	1.70m	5-07.00		
	1.65 1.70 1.73								
	XO XO XXX								
10	Waller, Kurt			JR	Christopher	J1.70m	5-07.00		
	1.65 1.70 1.73								
	XO XXO XXP								
--	DeBoer, Jeremy			FR	Christopher	NH			
	1.65								
	XXX								

Men Pole Vault

10-11/3.33m, 3.48m, 3.58m, 3.68m, ...									
(continue at 10cm increments)									
Belk Track R: \$ 5.15m 4/16/2016					Derek O'Connell, William and				
Meet Record: M 4.67m 2017					Jonathan Graham, Christopher Newport				
CAC Record: C 4.85m 2017					Jonathan Graham, Christopher Newport				
Name					Year School		Finals		
=====									
1	Stump, Zach				FR Salisbury			4.75mM	15-07.00
	4.18	4.28	4.38	4.48	4.68	4.75	4.80		
	XO	O	XO	XO	XO	O	XXX		
2	Pedin, Allan				SO Christopher			4.38m	14-04.50
	3.68	3.78	3.88	3.98	4.08	4.18	4.28	4.38	4.48
	O	PPP	O	PPP	O	O	O	O	XXX
3	Bomberger, Andrew				SO PSU-Harrisbu			4.18m	13-08.50
	3.68	3.78	3.88	3.98	4.08	4.18	4.28		
	O	O	O	O	O	XO	XXX		
4	Joseph, Trevor				SO York (Pa.)			3.98m	13-00.75
	3.68	3.78	3.88	3.98	4.08				
	XO	PPP	O	XO	XXX				
5	Tocket, Brandon				SR York (Pa.)			3.78m	12-04.75
	3.58	3.68	3.78	3.88	3.98				
	O	O	XO	PPP	XXX				
6	Richardson, Michael				JR York (Pa.)			J3.78m	12-04.75
	3.58	3.68	3.78	3.88	3.98				
	XO	O	XXO	PPP	XXX				
7	Bentancourt, Christian				SR York (Pa.)			3.58m	11-09.00
	3.58	3.68	3.78						
	O	XXP	X						
8	Hall, Alex				JR Salisbury			3.33m	10-11.00

3.33 3.48
 O XXX
 9 Martin, Steven SO Christopher J3.33m 10-11.00
 3.33 3.48
 XO XXX

Men Long Jump

Nine (9) to Finals						
Belk Track R:	\$ 7.59m	4/17/1997	Curtis Porter, Virginia Union Univ.			
Belk Track R:	\$ 7.59m	4/17/2010	Darris Shelton, Unattached			
Meet Record:	M 7.20m	2016	De'Vaughn Trader, Wesley College			
CAC Record:	C 7.25m	2013	Phil Cavaluchi, York College			
CAC Record:	C 7.25m	2019	Alex White, PSU-Harrisburg			
Name	Year	School	Finals	Wind		
1 White, Alex	JR	PSU-Harrisbu	6.92m	1.6	22-08.50	
FOUL(1.7) 6.92m(1.6) 6.19m(1.2) FOUL(1.4) FOUL(-0.1) FOUL(0.3)						
2 Walton, Rajai	SO	Mary Washing	6.91m	1.3	22-08.00	
6.76m(1.8) 6.90m(1.3) 6.76m(1.9) 6.30m(3.5) 6.44m(-1.0) 6.91m(1.3)						
3 McInnis, Jeffrey	JR	Salisbury	6.51m	0.8	21-04.25	
6.50m(1.7) FOUL(1.5) 6.51m(0.8) 6.47m(1.1) FOUL(-1.3) PASS						
4 Leby, Chis	JR	Salisbury	6.39m	-1.7	20-11.75	
6.05m(-0.4) FOUL(0.7) 6.39m(-1.7) 6.19m(1.3) 6.18m(-0.9) FOUL(2.9)						
5 McLaurin, Ratez	FR	Frostburg St	6.31m	-0.7	20-08.50	
FOUL(1.5) 6.31m(-0.7) FOUL(1.0) 6.31m(2.1) 6.30m(-1.4) FOUL(0.9)						
6 Clayton, Jalil	SR	PSU-Harrisbu	6.23m	1.2	20-05.25	
6.08m(-0.6) 6.23m(1.2) 5.88m(-0.5) PASS PASS						
7 Dunklin, Justin	FR	Frostburg St	6.22m	-0.4	20-05.00	
5.89m(-0.1) 6.20m(-0.2) 6.22m(-0.4) FOUL(2.2) 6.18m(0.8) FOUL(-0.4)						
8 Healey, Christian	SR	Frostburg St	6.19m	1.1	20-03.75	
6.19m(1.1) 6.13m(2.0) 6.18m(1.8) FOUL(1.7) 6.01m(0.9) 6.17m(-0.9)						
9 Onguene, Ben	SO	Mary Washing	6.15m	1.8	20-02.25	
5.86m(0.9) 6.15m(1.8) 6.07m(-0.7) 5.63m(1.3) 5.82m(-1.0) 5.44m(-0.8)						
10 Branch, Joseph	FR	Mary Washing	5.90m	2.2	19-04.25	
FOUL(-0.2) FOUL(1.6) 5.90m(2.2)						
11 Watson, Joshua	SO	York (Pa.)	5.76m	-1.1	18-10.75	
FOUL(-0.6) 5.76m(-1.1) FOUL(0.1)						
12 Bentancourt, Christian	SR	York (Pa.)	5.39m	-0.6	17-08.25	
5.39m(-0.6) 5.30m(1.4) 5.39m(1.4)						
-- Nelson, Shamar	SR	Frostburg St	FOUL			
FOUL(1.2) PASS FOUL(2.3)						
-- Ammann, Nicolas	FR	Mary Washing	DNS	NWI		
-- Jones, Grayson	FR	York (Pa.)	DNS	NWI		

Men Triple Jump

Nine (9) to Finals						
Belk Track R:	\$ 15.41m	4/18/2015	Alonzo Moore II, Unattached			
Meet Record:	M 14.90m	2018	Donovan Beckett-Simms, Salisbury Univ.			
CAC Record:	C 15.23m	2018	Donovan Beckett-Simms, Salisbury Univ.			
Name	Year	School	Finals	Wind		
1 Walton, Rajai	SO	Mary Washing	14.62m	2.3	47-11.75	
14.62m(2.3) PASS PASS PASS PASS						
2 McLaurin, Ratez	FR	Frostburg St	14.08m	1.8	46-02.50	
13.47m(0.8) FOUL(-0.2) FOUL(1.7) FOUL(+0.0) FOUL(0.5) 14.08m(1.8)						
3 Onguene, Ben	SO	Mary Washing	13.77m	1.0	45-02.25	
13.00m(1.9) 13.54m(-0.1) 13.39m(1.9) PASS 13.54m(1.2) 13.77m(1.0)						
4 Danek, David	JR	Mary Washing	13.32m	3.8	43-08.50	
12.20m(2.1) 13.16m(-0.2) 12.90m(-0.6) 12.95m(2.8) 13.32m(3.8) 12.87m(-0.1)						
5 Healey, Christian	SR	Frostburg St	13.28m	2.9	43-07.00	
12.70m(-0.2) 12.42m(1.0) 13.28m(2.9) 12.18m(-0.5) FOUL(2.7) 13.28m(1.0)						
6 White, Alex	JR	PSU-Harrisbu	13.16m	1.5	43-02.25	
13.16m(1.5) 13.12m(0.5) PASS PASS PASS PASS						
7 Leby, Chis	JR	Salisbury	12.87m	1.2	42-02.75	
12.29m(1.1) 12.18m(-0.1) 12.87m(1.2) PASS FOUL(1.6) 12.54m(1.1)						
8 McInnis, Jeffrey	JR	Salisbury	12.75m	-0.3	41-10.00	
FOUL(2.4) FOUL(1.3) 12.15m(1.7) 12.60m(0.3) 12.63m(-0.4) 12.75m(-0.3)						
9 Burrell, Philip	FR	Christopher	12.58m	1.8	41-03.25	
11.68m(0.5) FOUL(0.1) 12.24m(1.5) 11.53m(0.5) 12.03m(-0.4) 12.58m(1.8)						
10 Watson, Joshua	SO	York (Pa.)	11.98m	2.6	39-03.75	
FOUL(-0.2) 11.61m(0.2) 11.98m(2.6)						
-- Jones, Grayson	FR	York (Pa.)	DNS	NWI		

Men Shot Put

Nine (9) to Finals		
Belk Track R:	\$ 17.86m	4/15/2017
Meet Record:	M 17.33m	2016
CAC Record:	C 18.05m	2017
Taylor Frenia, William and		
John Lowery, Frostburg State Univ.		
John Lowery, Frostburg State Univ.		

Name	Year	School	Finals
1 Blasko, Derek	JR	Southern Vir	15.46m 50-08.75
14.29m FOUL FOUL 14.04m 15.46m 14.52m			
2 Kerns, John	JR	Frostburg St	14.06m 46-01.50
13.77m 13.91m 14.06m FOUL FOUL 13.96m			
3 Smith, Ripken	SR	Mary Washing	13.68m 44-10.75
13.68m 13.38m FOUL 12.83m 12.92m FOUL			
4 Nelo, Anthony	SO	York (Pa.)	13.45m 44-01.50
12.65m FOUL 12.63m FOUL 12.98m 13.45m			
5 Johnson, Samuel	SO	Christopher	13.23m 43-05.00
12.34m 12.82m 13.07m 12.29m 13.23m 13.07m			
6 Siders, Amir	FR	Christopher	12.98m 42-07.00
11.13m 11.26m 12.40m FOUL 12.12m 12.98m			
7 Robertson, Robert	JR	Mary Washing	12.67m 41-07.00
11.73m 12.45m FOUL 12.67m FOUL FOUL			
8 Sami, Grady	SO	Southern Vir	12.63m 41-05.25
12.63m 11.78m 12.27m 12.27m 12.41m 11.86m			
9 Johnson, Jared	FR	Frostburg St	12.47m 40-11.00
12.19m 11.76m 11.89m 11.78m 11.80m 12.47m			
10 Johnson, Tristan	FR	Mary Washing	12.11m 39-08.75
FOUL 11.86m 12.11m			
11 Magallanes, Hector	FR	Southern Vir	11.30m 37-01.00
10.75m 11.30m FOUL			
12 Yon, Cameron	SR	PSU-Harrisbu	11.22m 36-09.75
FOUL 11.22m FOUL			
13 Warner, Matthew	FR	Frostburg St	11.11m 36-05.50
11.11m FOUL FOUL			
14 Weyant, Lars	SO	PSU-Harrisbu	10.96m 35-11.50
FOUL 10.67m 10.96m			
15 Webster, Ryan	FR	Mary Washing	9.86m 32-04.25
9.23m 9.59m 9.86m			
-- Belcher, Michael	JR	Frostburg St	FOUL
FOUL FOUL FOUL			

Men Discus Throw

Nine (9) to Finals			
Belk Track R: \$ 53.66m 4/15/2017 Taylor Frenia, William and			
Meet Record: M 50.87m 2018 Legend Hayes, Christopher Newport			
CAC Record: C 56.27m 2019 Cameron Yon, PSU-Harrisburg			
Name	Year	School	Finals
1 Yon, Cameron	SR	PSU-Harrisbu	54.45m\$ 178-08
51.20m 54.45m FOUL 49.72m 51.86m 52.23m			
2 Smith, Ripken	SR	Mary Washing	45.90m 150-07
45.52m 43.90m 45.90m 44.17m FOUL 41.45m			
3 Belcher, Michael	JR	Frostburg St	44.76m 146-10
44.76m 44.68m FOUL FOUL 43.75m FOUL			
4 Robertson, Robert	JR	Mary Washing	39.97m 131-02
37.49m FOUL FOUL 39.97m FOUL FOUL			
5 Magallanes, Hector	FR	Southern Vir	39.50m 129-07
37.01m FOUL FOUL FOUL 39.50m FOUL			
6 Blasko, Derek	JR	Southern Vir	38.55m 126-06
FOUL 38.16m FOUL 35.01m 38.55m 36.48m			
7 Johnson, Tristan	FR	Mary Washing	37.73m 123-09
37.32m FOUL 37.73m FOUL 37.59m 36.05m			
8 Sami, Grady	SO	Southern Vir	37.72m 123-09
33.55m 37.72m FOUL 33.33m FOUL FOUL			
9 Siders, Amir	FR	Christopher	37.45m 122-10
34.49m 37.45m 33.03m 34.15m FOUL FOUL			
10 Vaughn, Jared	FR	Christopher	35.65m 116-11
35.65m FOUL FOUL			
11 Kerns, John	JR	Frostburg St	35.33m 115-11
35.15m FOUL 35.33m			
12 Weyant, Lars	SO	PSU-Harrisbu	35.14m 115-03
FOUL 33.72m 35.14m			
13 Lee, Daniel	FR	Mary Washing	33.78m 110-10
32.02m 33.78m 33.05m			
14 Nelo, Anthony	SO	York (Pa.)	31.69m 104-00
31.69m FOUL 31.45m			
15 Warner, Matthew	FR	Frostburg St	31.40m 103-00
31.40m 28.46m FOUL			
16 Johnson, Jared	FR	Frostburg St	30.01m 98-05
FOUL 30.01m 29.53m			
17 Ankersen, Jared	FR	Christopher	26.86m 88-01
26.86m FOUL 24.02m			
-- Johnson, Samuel	SO	Christopher	FOUL
FOUL FOUL FOUL			

Men Hammer Throw

Nine (9) to Finals									
Belk Track R: \$ 68.39m				5/9/2009		Jesse Doty, Syracuse Charger			
Meet Record: M 57.55m				2004		Sean Duggan, Catholic Univ.			
CAC Record: C 60.75m				2018		Duncan Ferrin, Salisbury Univ.			
Name			Year		School		Finals		
1	Kerns, John			JR		Frostburg St		52.57m	172-06
	50.75m	51.89m	51.70m	FOUL		52.57m	52.29m		
2	Belcher, Michael			JR		Frostburg St		51.24m	168-01
	FOUL	47.32m	50.30m	51.24m	50.15m		49.48m		
3	Yon, Cameron			SR		PSU-Harrisbu		47.74m	156-07
	37.86m	38.60m	45.14m	43.92m	44.69m	47.74m			
4	Robertson, Robert			JR		Mary Washing		46.98m	154-02
	44.56m	46.98m	42.68m	45.16m	FOUL FOUL				
5	Johnson, Tristan			FR		Mary Washing		46.61m	152-11
	FOUL	45.40m	46.61m	45.38m	44.96m	45.93m			
6	Smith, Ripken			SR		Mary Washing		46.54m	152-08
	45.21m	FOUL	46.54m	41.60m	45.90m	FOUL			
7	Johnson, Samuel			SO		Christopher		42.00m	137-09
	37.19m	37.68m	38.96m	40.70m	42.00m	FOUL			
8	Weyant, Lars			SO		PSU-Harrisbu		39.74m	130-04
	35.29m	38.70m	37.14m	37.79m	39.74m	FOUL			
9	Magallanes, Hector			FR		Southern Vir		38.97m	127-10
	36.14m	38.97m	36.75m	FOUL	FOUL	35.15m			
10	Siders, Amir			FR		Christopher		35.02m	114-11
	35.02m	FOUL	34.19m						
11	Vaughn, Jared			FR		Christopher		35.00m	114-10
	34.78m	35.00m	27.68m						
12	Naill, James			JR		Frostburg St		34.84m	114-04
	32.70m	34.84m	33.32m						
13	Pope, Paul			SR		York (Pa.)		33.46m	109-09
	31.23m	32.00m	33.46m						
14	Webster, Ryan			FR		Mary Washing		32.24m	105-09
	30.64m	32.24m	31.10m						
15	Warner, Matthew			FR		Frostburg St		31.19m	102-04
	31.19m	FOUL	FOUL						
16	Ankersen, Jared			FR		Christopher		29.45m	96-07
	29.45m	29.16m	26.67m						

Men Javelin Throw

Nine (9) to Finals									
Belk Track R: \$ 64.96m 4/25/1998				Brian Kollar, Unattached					
Meet Record: M 59.35m 2011				Matt McMurdo, Salisbury Univ.					
CAC Record: C 60.60m 2014				Robert Doster, York College					
Name			Year School			Finals			
=====									
1	Millemann, Mike			SR Salisbury			54.85m	179-11	
	53.31m	54.08m	PASS	50.01m	PASS	54.85m			
2	Naill, James			JR Frostburg St			54.80m	179-09	
	49.40m	53.01m	FOUL	47.34m	54.80m	FOUL			
3	Blasko, Derek			JR Southern Vir			49.89m	163-08	
	FOUL	49.89m	FOUL	FOUL	47.67m	47.76m			
4	Magallanes, Hector			FR Southern Vir			48.49m	159-01	
	39.24m	45.22m	48.49m	43.31m	48.29m	FOUL			
5	Forster, Bradley			SR Frostburg St			47.75m	156-08	
	47.75m	37.27m	42.77m	FOUL	44.56m	46.50m			
6	Smith, Ripken			SR Mary Washing			42.95m	140-11	
	42.95m	40.66m	39.15m	35.04m	39.62m	40.28m			
7	Lee, Daniel			FR Mary Washing			42.46m	139-04	
	38.41m	41.71m	42.05m	42.46m	37.52m	42.27m			
8	Bomberger, Andrew			SO PSU-Harrisbu			38.88m	127-07	
	33.86m	36.56m	38.88m	34.47m	FOUL	37.33m			
9	Burrell, Philip			FR Christopher			38.67m	126-10	
	38.67m	FOUL	FOUL	FOUL	FOUL	FOUL			
10	Webster, Ryan			FR Mary Washing			38.15m	125-02	
	38.15m	32.98m	32.44m						
11	Hall, Alex			JR Salisbury			36.13m	118-06	
	32.67m	36.13m	FOUL						
12	Johnson, Tristan			FR Mary Washing			35.24m	115-07	
	31.39m	35.24m	30.28m						
13	Bullen, Jack			SO Frostburg St			33.22m	109-00	
	28.11m	30.13m	33.22m						
14	DeBoer, Jeremy			FR Christopher			33.18m	108-10	
	33.18m	FOUL	FOUL						
15	Vincent, Bradley			FR Frostburg St			23.90m	78-05	
	23.90m	17.87m	FOUL						
16	Ankersen, Jared			FR Christopher			21.62m	70-11	
	FOUL	21.62m	16.87m						

Women - Team Rankings - 20 Events Scored

1) Mary Washington	183	2) Salisbury	172
3) Christopher Newport	130	4) PSU-Harrisburg	94
5) York (Pa.)	87	6) Southern Virginia	67
7) Frostburg State	45		

Men - Team Rankings - 20 Events Scored

1) Mary Washington	162	2) Salisbury	142
3) Frostburg State	121	4) Christopher Newport	115
5) PSU-Harrisburg	111	6) York (Pa.)	80
7) Southern Virginia	42		