

2017 CAC CROSS COUNTRY CHAMPIONSHIPS

Newport News, VA

Lee Hall Mansion

Host: Christopher Newport University

Saturday, October 28, 2017

MEET OFFICIALS**Meet Director:**

Tyler Wingard

Meet Referee:

TBD

Timing:

Blue Ridge Timing

**OFFICIAL MEET REPORT**

printed: 10/28/2017 4:46 PM

**Race #1
Womens 6k - OFFICIAL****Final Results****RACE SUMMARY**Start Time: 11:00
am**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Avg.	Spread
1 York (Pa.)	51	3-6-9-10-23(27)(28)	23:48	1:36.7
2 Salisbury	60	8-11-12-13-16(18)(25)	23:58	0:45.9
3 Mary Washington	65	4-7-15-19-20(22)(30)	24:10	1:31.0
4 Christopher Newport	98	5-14-21-26-32(34)(36)	24:40	2:25.4
5 Southern Virginia	111	1-2-29-39-40(59)	25:00	3:56.3
6 St. Mary's (Md.)	169	17-33-35-41-43(46)(48)	26:13	2:55.8
7 Marymount (Va.)	195	24-31-38-49-53(54)(63)	27:03	4:50.6
8 Frostburg State	223	37-42-45-47-52(58)(60)	27:55	3:20.2
9 Wesley	268	44-51-55-57-61(64)(65)	29:48	3:44.3
10 PSU-Harrisburg	301	50-56-62-66-67(68)	32:37	7:24.8

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 BINGHAM, Morgan	FR	88	Southern Virginia	1	22:52.5	---	6:08.0	3:48.8
2 BIGELOW, Sydney	JR	87	Southern Virginia	2	23:08.6	0:16.6	6:12.3	3:51.4
3 DELVISCIO, Jessica	JR	6	York (Pa.)	3	23:19.8	0:27.8	6:15.3	3:53.3
4 WEISBECK, Jillian	JR	180	Mary Washington	4	23:20.0	0:28.0	6:15.3	3:53.3
5 LANNEN, Monica	SO	226	Christopher Newport	5	23:22.1	0:30.1	6:15.9	3:53.7
6 WANDZILAK, Kristi	SO	15	York (Pa.)	6	23:26.2	0:34.2	6:17.0	3:54.4
7 LARKIN, Maggie	FR	175	Mary Washington	7	23:30.8	0:38.8	6:18.2	3:55.1
8 SCHWARTZ, Alison	SR	114	Salisbury	8	23:32.4	0:40.4	6:18.7	3:55.4
9 BANCHIERE, Rachel	SO	1	York (Pa.)	9	23:34.5	0:42.5	6:19.2	3:55.8
10 DEBRUIN, Alayna	JR	5	York (Pa.)	10	23:38.7	0:46.7	6:20.3	3:56.5
11 SNIFFEN, Carly	JR	115	Salisbury	11	23:56.9	1:04.9	6:25.2	3:59.5
12 POTTER, Abby	SO	112	Salisbury	12	23:59.4	1:07.4	6:25.9	3:59.9
13 FOIANINI, Liana	FR	108	Salisbury	13	24:02.8	1:10.8	6:26.8	4:00.5
14 WILSON, Kathryn	JR	232	Christopher Newport	14	24:10.1	1:18.1	6:28.8	4:01.7
15 KNERR, Emily	JR	174	Mary Washington	15	24:13.4	1:21.4	6:29.7	4:02.2
16 MAZER, Ashley	SO	110	Salisbury	16	24:18.3	1:26.3	6:31.0	4:03.1
17 STEVENSON, Lindsey	FR	69	St. Mary's (Md.)	17	24:35.5	1:43.5	6:35.6	4:05.9
18 HALLORAN, Fiona	JR	109	Salisbury	(18)	24:46.0	1:54.0	6:38.4	4:07.7
19 APPLGATE, Ashley	FR	166	Mary Washington	19	24:50.4	1:58.4	6:39.6	4:08.4
20 GAUGHRAN, Angelica	FR	170	Mary Washington	20	24:51.0	1:59.0	6:39.7	4:08.5
21 SNYDER, Abby	SO	230	Christopher Newport	21	24:51.6	1:59.6	6:39.9	4:08.6
22 SALING, Leah	FR	177	Mary Washington	(22)	24:53.3	2:01.3	6:40.3	4:08.9
23 DAVIS, Emily	FR	4	York (Pa.)	23	24:56.5	2:04.5	6:41.2	4:09.4
24 GALLANT, Denise	JR	153	Marymount (Va.)	24	24:56.7	2:04.7	6:41.3	4:09.5
25 RUCKEL, Sydney	FR	113	Salisbury	(25)	25:00.6	2:08.6	6:42.3	4:10.1
26 KOLBAI, Mariam	SO	225	Christopher Newport	26	25:05.8	2:13.8	6:43.7	4:11.0
27 HOWELL, Oriana	SR	7	York (Pa.)	(27)	25:08.2	2:16.2	6:44.3	4:11.4
28 BECKER, Steph	SO	2	York (Pa.)	(28)	25:13.6	2:21.6	6:45.8	4:12.3

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Womens 6k - OFFICIAL****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
29 WASSERLEBEN, Nicole	FR	16	York (Pa.)	-	25:17.0	2:25.0	6:46.7	4:12.8
30 MAY, Bobbe	FR	91	Southern Virginia	29	25:21.6	2:29.6	6:47.9	4:13.6
31 BADER, Marin	SR	167	Mary Washington	(30)	25:24.1	2:32.1	6:48.6	4:14.0
32 STORY, Olivia	FR	178	Mary Washington	-	25:30.3	2:38.3	6:50.3	4:15.1
33 SAUNDERS, Brooke	SR	158	Marymount (Va.)	31	25:37.9	2:45.9	6:52.3	4:16.3
34 WHITE, Kristy	SO	181	Mary Washington	-	25:40.4	2:48.4	6:53.0	4:16.7
35 BALGOYEN, Anna	FR	168	Mary Washington	-	25:40.6	2:48.6	6:53.0	4:16.8
36 ROGERS, Emma	FR	10	York (Pa.)	-	25:45.8	2:53.8	6:54.4	4:17.6
37 SPROWLS, Kiara	SO	231	Christopher Newport	32	25:47.5	2:55.5	6:54.9	4:17.9
38 TYLER, Lindsay	FR	179	Mary Washington	-	25:47.8	2:55.8	6:55.0	4:18.0
39 MCCORMICK, Marisa	JR	63	St. Mary's (Md.)	33	25:50.3	2:58.3	6:55.6	4:18.4
40 WOODS, Shannon	SO	233	Christopher Newport	(34)	25:52.5	3:00.5	6:56.2	4:18.8
41 TAYLOR, Kara	FR	71	St. Mary's (Md.)	35	25:57.7	3:05.7	6:57.6	4:19.6
42 DICKERSON, Samantha	SO	223	Christopher Newport	(36)	26:02.0	3:10.0	6:58.8	4:20.3
43 HUGHES, Carly	FR	173	Mary Washington	-	26:08.5	3:16.5	7:00.5	4:21.4
44 HALVORSON, Lauren	SO	203	Frostburg State	37	26:23.8	3:31.8	7:04.6	4:24.0
45 MCCLOSKEY, Shea	SO	111	Salisbury	-	26:24.6	3:32.6	7:04.8	4:24.1
46 WAGNER, Jillian	FR	14	York (Pa.)	-	26:34.5	3:42.5	7:07.5	4:25.8
47 MURRAY, Sophia	SO	155	Marymount (Va.)	38	26:40.3	3:48.3	7:09.0	4:26.7
48 ABEL, Aly	SO	86	Southern Virginia	39	26:45.6	3:53.6	7:10.5	4:27.6
49 HUBER, Kate	FR	90	Southern Virginia	40	26:48.8	3:56.8	7:11.3	4:28.1
50 SWAIM, Jillian	SO	117	Salisbury	-	26:50.9	3:58.9	7:11.9	4:28.5
51 MASSA, Kim	SR	8	York (Pa.)	-	26:53.3	4:01.3	7:12.5	4:28.9
52 TYRRELL, Caroline	FR	118	Salisbury	-	26:57.9	4:05.9	7:13.8	4:29.7
53 ROBB-MCCORD, Ava	SO	176	Mary Washington	-	27:00.6	4:08.6	7:14.5	4:30.1
54 RUSKIN, Halcyon	JR	66	St. Mary's (Md.)	41	27:06.2	4:14.2	7:16.0	4:31.0
55 HYDE, Kellie	FR	224	Christopher Newport	-	27:07.2	4:15.2	7:16.2	4:31.2
56 DOLECKI, Brianna	JR	169	Mary Washington	-	27:17.5	4:25.5	7:19.0	4:32.9
57 MCCURRY, Sarah	SO	205	Frostburg State	42	27:27.1	4:35.1	7:21.6	4:34.5
58 JEFFREY, Sarah	SO	59	St. Mary's (Md.)	43	27:31.3	4:39.3	7:22.7	4:35.2
59 SYKES, Abby	FR	12	York (Pa.)	-	27:39.5	4:47.5	7:24.9	4:36.6
60 STREETER, Elizsha	SR	48	Wesley	44	27:48.5	4:56.5	7:27.3	4:38.1
61 GARRISON, Michala	SO	201	Frostburg State	45	27:52.3	5:00.3	7:28.3	4:38.7
62 HOPKINS, Hailey	SR	172	Mary Washington	-	27:53.5	5:01.5	7:28.7	4:38.9
63 RAYNAUD, Melody	FR	65	St. Mary's (Md.)	(46)	28:01.0	5:09.0	7:30.7	4:40.2
64 SZUKALSKI, Sarah	FR	13	York (Pa.)	-	28:03.5	5:11.5	7:31.3	4:40.6
65 JONES, Jayla	JR	204	Frostburg State	47	28:06.6	5:14.6	7:32.2	4:41.1
66 POWER, Lindsey	JR	64	St. Mary's (Md.)	(48)	28:09.7	5:17.7	7:33.0	4:41.6
67 REED, Kaitlyn	SO	157	Marymount (Va.)	49	28:10.4	5:18.4	7:33.2	4:41.7
68 SENESTANT, Sephora	FR	141	PSU-Harrisburg	50	28:30.1	5:38.1	7:38.5	4:45.0
69 GRALIA, Briana	SO	171	Mary Washington	-	28:39.5	5:47.5	7:41.0	4:46.6
70 MCCLOSKEY, Camryn	FR	9	York (Pa.)	-	28:44.0	5:52.0	7:42.2	4:47.3
71 MINUS, Quadira	SR	44	Wesley	51	28:49.9	5:57.9	7:43.8	4:48.3
72 HUSSEY, Natalie	SR	58	St. Mary's (Md.)	-	28:56.7	6:04.7	7:45.6	4:49.5
73 SARUDY, Caitlyn	SO	67	St. Mary's (Md.)	-	29:09.9	6:17.9	7:49.1	4:51.7
74 LEVENTER, Alyssa	JR	61	St. Mary's (Md.)	-	29:35.4	6:43.4	7:56.0	4:55.9

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**Race #1
Womens 6k - OFFICIAL****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
75 BROWN, Sidonie	SO	200	Frostburg State	52	29:44.0	6:52.0	7:58.3	4:57.3
76 RAHAMAN, Elaina	JR	156	Marymount (Va.)	53	29:47.3	6:55.3	7:59.2	4:57.9
77 WALKER, Simone	SR	160	Marymount (Va.)	(54)	29:55.3	7:03.3	8:01.3	4:59.2
78 LANE, Emily	SO	60	St. Mary's (Md.)	-	30:07.4	7:15.4	8:04.6	5:01.2
79 WINKELSPECHT, Rylee	FR	17	York (Pa.)	-	30:15.6	7:23.6	8:06.8	5:02.6
80 MYRICK, Mercedes	JR	45	Wesley	55	30:18.4	7:26.4	8:07.5	5:03.1
81 CUMMINGHAM, Kim	FR	135	PSU-Harrisburg	56	30:20.8	7:28.8	8:08.2	5:03.5
82 FOSTER, Maysha	FR	42	Wesley	57	30:26.9	7:34.9	8:09.8	5:04.5
83 SCHOLEFIELD, Grace	FR	229	Christopher Newport	-	30:33.2	7:41.2	8:11.5	5:05.5
84 WATSON, Sylvia	FR	206	Frostburg State	(58)	30:53.6	8:01.6	8:16.9	5:08.9
85 HOWE, Marlene	FR	89	Southern Virginia	(59)	31:04.2	8:12.2	8:19.8	5:10.7
86 LEWIS, Marie	SO	62	St. Mary's (Md.)	-	31:13.9	8:21.9	8:22.4	5:12.3
87 GRAY, Natalie	FR	202	Frostburg State	(60)	31:23.9	8:31.9	8:25.1	5:14.0
88 REID, Tyler ""Ty	FR	47	Wesley	61	31:32.8	8:40.8	8:27.5	5:15.5
89 ALEXANDER, Cashmir	FR	199	Frostburg State	-	31:38.2	8:46.2	8:28.9	5:16.4
90 ROSS, Jennifer	FR	140	PSU-Harrisburg	62	32:24.7	9:32.7	8:41.4	5:24.1
91 TABER, Kori	JR	70	St. Mary's (Md.)	-	32:52.9	10:00.9	8:48.9	5:28.8
92 SIMMONS, Kaitlyn	SO	68	St. Mary's (Md.)	-	33:41.4	10:49.4	9:01.9	5:36.9
93 VIZZI, Tara	JR	72	St. Mary's (Md.)	-	33:51.7	10:59.7	9:04.7	5:38.6
94 SMITH, Grace	FR	159	Marymount (Va.)	(63)	34:28.6	11:36.6	9:14.6	5:44.8
95 WESBY, Kyra	SO	49	Wesley	(64)	34:53.4	12:01.4	9:21.2	5:48.9
96 BROWN-MYRICK, Lekeshia	SO	40	Wesley	(65)	35:09.5	12:17.5	9:25.5	5:51.6
97 GIMON, Samantha	FR	154	Marymount (Va.)	-	35:28.9	12:36.9	9:30.8	5:54.8
98 TAYLOR, Rae Rae	FR	143	PSU-Harrisburg	66	35:54.1	13:02.1	9:37.5	5:59.0
99 PHILLIPS, Madelaine	FR	138	PSU-Harrisburg	67	35:54.9	13:02.9	9:37.7	5:59.2
100 WANG, Zheui	FR	144	PSU-Harrisburg	(68)	40:21.2	17:29.2	10:49.1	6:43.5

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Race #2
Mens 8k - OFFICIAL**Final Results****RACE SUMMARY**

Start Time: 0:00 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Christopher Newport	27	1-2-3-10-11(12)(13)	25:17	1:05.1
2 York (Pa.)	58	6-7-9-17-19(21)(22)	25:58	1:03.2
3 Salisbury	83	4-8-20-24-27(28)(33)	26:20	2:02.2
4 Mary Washington	88	5-16-18-23-26(30)(32)	26:20	1:46.6
5 Southern Virginia	128	14-15-29-31-39(43)(44)	27:14	2:51.9
6 Frostburg State	167	25-34-35-36-37(40)(47)	27:59	1:41.3
7 St. Mary's (Md.)	233	42-45-46-49-51(52)(53)	29:35	1:01.1
8 Wesley	249	38-48-50-55-58(60)(61)	30:38	4:32.6
9 PSU-Harrisburg	267	41-54-56-57-59(62)(63)	31:43	4:57.8

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 REID, Grayson	SR	248	Christopher Newport	1	24:46.3	---	4:59.1	3:05.8
2 LAPOINTE, John	SR	241	Christopher Newport	2	24:56.0	0:10.0	5:01.0	3:07.0
3 DOVER, Jeffrey	SR	237	Christopher Newport	3	24:57.2	0:11.2	5:01.2	3:07.2
4 ODUOR, Branson	SO	128	Salisbury	4	25:14.4	0:28.4	5:04.7	3:09.3
5 GIBSON, Jeff	SO	187	Mary Washington	5	25:16.5	0:30.5	5:05.1	3:09.6
6 SMITH, Alex	SR	31	York (Pa.)	6	25:31.8	0:45.8	5:08.2	3:11.5
7 DELL, Grant	SR	21	York (Pa.)	7	25:36.6	0:50.6	5:09.2	3:12.1
8 MILTON, Malcolm	SR	127	Salisbury	8	25:39.0	0:53.0	5:09.7	3:12.4
9 MACGIBBON, Andy	SR	26	York (Pa.)	9	25:43.6	0:57.6	5:10.6	3:13.0
10 RABIL, William	SR	246	Christopher Newport	10	25:49.9	1:03.9	5:11.9	3:13.7
11 MURCH, Samuel	SR	244	Christopher Newport	11	25:51.4	1:05.4	5:12.2	3:13.9
12 PUTNAM, Jason	SO	245	Christopher Newport	(12)	25:55.4	1:09.4	5:13.0	3:14.4
13 READ, Daniel	SR	247	Christopher Newport	(13)	25:58.4	1:12.4	5:13.6	3:14.8
14 MAY, Colter	FR	98	Southern Virginia	14	25:59.3	1:13.3	5:13.7	3:14.9
15 ARTZ, Peyton	JR	234	Christopher Newport	-	26:00.7	1:14.7	5:14.0	3:15.1
16 MCGAW, Cavanaugh	SO	243	Christopher Newport	-	26:05.5	1:19.5	5:15.0	3:15.7
17 MYERS, Michael	SO	101	Southern Virginia	15	26:05.9	1:19.9	5:15.1	3:15.7
18 JONES, Kevin	SR	190	Mary Washington	16	26:10.4	1:24.4	5:16.0	3:16.3
19 LINNE, Benjamin	JR	25	York (Pa.)	17	26:18.6	1:32.6	5:17.6	3:17.3
20 PFOHL, Kyle	JR	191	Mary Washington	18	26:23.0	1:37.0	5:18.5	3:17.9
21 CRETNEY, Daniel	SO	236	Christopher Newport	-	26:30.3	1:44.3	5:20.0	3:18.8
22 O'NEILL, Jake	FR	29	York (Pa.)	19	26:35.0	1:49.0	5:20.9	3:19.4
23 BISANT, Greg	SO	119	Salisbury	20	26:40.1	1:54.1	5:22.0	3:20.0
24 ALANSKY, Drew	FR	18	York (Pa.)	(21)	26:40.5	1:54.5	5:22.0	3:20.1
25 ERICKSON, Andrew	SR	22	York (Pa.)	(22)	26:40.6	1:54.6	5:22.1	3:20.1
26 WHITE, Kieran	JR	34	York (Pa.)	-	26:41.7	1:55.7	5:22.3	3:20.2
27 BURKLOW, John	JR	183	Mary Washington	23	26:46.1	2:00.0	5:23.2	3:20.8
28 PORQUIN, Emmanuel	JR	129	Salisbury	24	26:49.0	2:03.0	5:23.7	3:21.1
29 ROMANO, Robert	JR	215	Frostburg State	25	26:53.2	2:07.2	5:24.6	3:21.7
30 CARRICO, Michael	FR	235	Christopher Newport	-	27:00.4	2:14.4	5:26.0	3:22.6

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
31 DUNN, Jeffrey	FR	186	Mary Washington	26	27:03.1	2:17.1	5:26.6	3:22.9
32 ZUBRYCKI, Matthew	JR	39	York (Pa.)	-	27:05.9	2:19.9	5:27.1	3:23.2
33 TOCKET, Brandon	JR	33	York (Pa.)	-	27:15.7	2:29.7	5:29.1	3:24.5
34 MASTERAN, Connor	JR	126	Salisbury	27	27:16.6	2:30.6	5:29.3	3:24.6
35 WEBER, Michael	SO	132	Salisbury	(28)	27:24.9	2:38.9	5:31.0	3:25.6
36 LIGHTBODY, Joseph	SO	242	Christopher Newport	-	27:26.8	2:40.8	5:31.3	3:25.9
37 SHELLEY, Kevin	SO	106	Southern Virginia	29	27:30.4	2:44.4	5:32.1	3:26.3
38 PHILLIPS, Jake	FR	192	Mary Washington	(30)	27:40.0	2:54.0	5:34.0	3:27.5
39 BLANKENSHIP, Jordan	JR	19	York (Pa.)	-	27:40.9	2:54.9	5:34.2	3:27.6
40 SHELLEY, Brandon	SO	105	Southern Virginia	31	27:41.4	2:55.4	5:34.3	3:27.7
41 FORRY, Daniel	FR	23	York (Pa.)	-	27:41.6	2:55.6	5:34.3	3:27.7
42 JONES, Austin	SO	189	Mary Washington	(32)	27:44.7	2:58.7	5:34.9	3:28.1
43 SNEED, Laurence	FR	195	Mary Washington	-	27:45.7	2:59.7	5:35.2	3:28.2
44 EVILLE, Ryan	FR	122	Salisbury	(33)	27:46.6	3:00.6	5:35.3	3:28.3
45 WOOD, Charles	SO	37	York (Pa.)	-	27:47.3	3:01.3	5:35.5	3:28.4
46 SPEENEY, Eric	FR	476	Christopher Newport	-	27:51.6	3:05.6	5:36.3	3:29.0
47 WOLODKIN, Timothy	SO	222	Frostburg State	34	27:55.1	3:09.1	5:37.0	3:29.4
48 HIBLER, Jarrell	SO	239	Christopher Newport	-	27:56.5	3:10.5	5:37.3	3:29.6
49 CLARK, Braxton	FR	209	Frostburg State	35	27:59.9	3:13.9	5:38.0	3:30.0
50 SCHWEERS, Dillon	FR	194	Mary Washington	-	28:01.3	3:15.3	5:38.3	3:30.2
51 EDMONDS, Trejon	SO	238	Christopher Newport	-	28:04.1	3:18.1	5:38.9	3:30.5
52 ROBEY, Andrew	SO	130	Salisbury	-	28:10.0	3:24.0	5:40.0	3:31.3
53 WOJCIESZAK, Cameron	FR	198	Mary Washington	-	28:18.0	3:32.0	5:41.6	3:32.3
54 HRNCIR, Matthew	SO	240	Christopher Newport	-	28:18.6	3:32.6	5:41.8	3:32.3
55 CLOCKER, Ryan	SO	121	Salisbury	-	28:19.5	3:33.5	5:42.0	3:32.4
56 WHITLEY, Matthew	JR	220	Frostburg State	36	28:28.8	3:42.8	5:43.8	3:33.6
57 RICKARDS, Jacob	SO	214	Frostburg State	37	28:34.5	3:48.5	5:45.0	3:34.3
58 DAWSON, William Brighton	FR	53	Wesley	38	28:36.3	3:50.3	5:45.3	3:34.5
59 SIMS, Josh	FR	30	York (Pa.)	-	28:37.7	3:51.7	5:45.6	3:34.7
60 WEISS, Patrick	FR	133	Salisbury	-	28:41.3	3:55.3	5:46.3	3:35.2
61 STIRLING, Calhoun	JR	196	Mary Washington	-	28:44.3	3:58.3	5:46.9	3:35.5
62 MOORE, Timothy	SR	28	York (Pa.)	-	28:47.8	4:01.8	5:47.6	3:36.0
63 MEYERS, Greyson	SO	99	Southern Virginia	39	28:51.2	4:05.2	5:48.3	3:36.4
64 BURKLOW, Thomas	JR	208	Frostburg State	(40)	28:52.2	4:06.2	5:48.5	3:36.5
65 WILLIS, Kadeem	JR	151	PSU-Harrisburg	41	28:56.0	4:10.0	5:49.3	3:37.0
66 WIGGINS, Joey	FR	134	Salisbury	-	29:00.1	4:14.1	5:50.1	3:37.5
67 ZIMMERMAN, Scott	SR	85	St. Mary's (Md.)	42	29:01.9	4:15.9	5:50.5	3:37.7
68 CURNUTT, John	FR	94	Southern Virginia	(43)	29:03.9	4:17.9	5:50.9	3:38.0
69 LENOX, Jack	FR	125	Salisbury	-	29:12.9	4:26.9	5:52.7	3:39.1
70 CHISHOLM, Travis	JR	93	Southern Virginia	(44)	29:13.0	4:27.0	5:52.7	3:39.1
71 GENTILE, Jian	FR	24	York (Pa.)	-	29:13.4	4:27.4	5:52.8	3:39.2
72 MACKENZIE, Zachary	FR	473	Christopher Newport	-	29:14.7	4:28.7	5:53.1	3:39.3
73 DEACON, Tucker	SO	20	York (Pa.)	-	29:20.2	4:34.2	5:54.2	3:40.0
74 SPEIER, Joshua	JR	249	Christopher Newport	-	29:21.8	4:35.8	5:54.5	3:40.2
75 WAHLS, Benjamin	SR	250	Christopher Newport	-	29:22.7	4:36.7	5:54.7	3:40.3
76 KAMIS, Jonathan	SO	77	St. Mary's (Md.)	45	29:23.5	4:37.5	5:54.8	3:40.4

2017 CAC CROSS COUNTRY CHAMPIONSHIPS

Newport News, VA

Lee Hall Mansion

Host: Christopher Newport University

Saturday, October 28, 2017

MEET OFFICIALS**Meet Director:**

Tyler Wingard

Meet Referee:

TBD

Timing:

Blue Ridge Timing

**OFFICIAL MEET REPORT**

printed: 10/28/2017 4:46 PM

Race #2
Mens 8k - OFFICIAL**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
77 SMITH, Ray	JR	32	York (Pa.)	-	29:24.8	4:38.8	5:55.1	3:40.6
78 RADER, Nelson	FR	103	Southern Virginia	-	29:25.1	4:39.1	5:55.2	3:40.6
79 DALEBOUT, Brigham	FR	95	Southern Virginia	-	29:28.3	4:42.3	5:55.8	3:41.0
80 JUDLICK, James	JR	76	St. Mary's (Md.)	46	29:31.1	4:45.1	5:56.4	3:41.4
81 WILSON, Lorenzo	SO	221	Frostburg State	(47)	29:37.2	4:51.2	5:57.6	3:42.2
82 BAILEY, Jamier	SR	52	Wesley	48	29:38.0	4:52.0	5:57.7	3:42.3
83 SANDBORN, David	SO	475	Christopher Newport	-	29:40.1	4:54.1	5:58.2	3:42.5
84 SCRIVENER, Adam	JR	83	St. Mary's (Md.)	49	29:51.1	5:05.1	6:00.4	3:43.9
85 ANASTASI, Anthony	FR	50	Wesley	50	30:01.9	5:15.9	6:02.6	3:45.2
86 MCPHAUL, Thomas	SR	80	St. Mary's (Md.)	51	30:03.0	5:17.0	6:02.8	3:45.4
87 GREEN, Jeromy	FR	123	Salisbury	-	30:06.6	5:20.6	6:03.5	3:45.8
88 REED, Daniel	JR	193	Mary Washington	-	30:08.4	5:22.4	6:03.9	3:46.1
89 HAMILTON, Robert	SO	75	St. Mary's (Md.)	(52)	30:12.3	5:26.3	6:04.6	3:46.5
90 TIVENAN, Stephen	SO	197	Mary Washington	-	30:13.4	5:27.4	6:04.9	3:46.7
91 ROBBINS, Braden	FR	104	Southern Virginia	-	30:13.6	5:27.6	6:04.9	3:46.7
92 COOMES, Sam	SR	74	St. Mary's (Md.)	(53)	30:15.7	5:29.7	6:05.3	3:47.0
93 GILLUM, John	SO	188	Mary Washington	-	30:20.9	5:34.9	6:06.4	3:47.6
94 KASSU, Mekael	FR	148	PSU-Harrisburg	54	30:25.1	5:39.1	6:07.2	3:48.1
95 JACOBS, Tanner	FR	211	Frostburg State	-	30:28.3	5:42.3	6:07.9	3:48.5
96 CAICEDO, Jonathan	FR	184	Mary Washington	-	30:30.5	5:44.5	6:08.3	3:48.8
97 BROEMMEL, Nicholas	JR	469	Christopher Newport	-	30:41.9	5:55.9	6:10.6	3:50.2
98 ELZAMZAMI, Ahmed	FR	472	Christopher Newport	-	30:45.2	5:59.2	6:11.3	3:50.7
99 BLANCHE, Justin	FR	120	Salisbury	-	30:47.2	6:01.2	6:11.7	3:50.9
100 DE LA CRUZ, Daniel	FR	96	Southern Virginia	-	30:51.7	6:05.7	6:12.6	3:51.5
101 MANDILE, Dominic	JR	212	Frostburg State	-	30:55.5	6:09.5	6:13.3	3:51.9
102 WILLIAMSON, Ethan	FR	36	York (Pa.)	-	31:05.0	6:19.0	6:15.3	3:53.1
103 RHODES, Jaden	FR	213	Frostburg State	-	31:10.0	6:24.0	6:16.3	3:53.8
104 MCMANUS, Joseph	JR	79	St. Mary's (Md.)	-	31:11.6	6:25.6	6:16.6	3:54.0
105 GOODWIN, Chase	FR	163	Marymount (Va.)	-	31:18.8	6:32.8	6:18.0	3:54.9
106 BULLEN, Jack	FR	207	Frostburg State	-	31:38.6	6:52.6	6:22.0	3:57.3
107 DILLARD, Jordan	SO	54	Wesley	55	31:41.1	6:55.1	6:22.5	3:57.6
108 JONES, Porter	FR	97	Southern Virginia	-	31:51.3	7:05.3	6:24.6	3:58.9
109 HOGAN, Phillip	JR	210	Frostburg State	-	32:01.0	7:15.0	6:26.5	4:00.1
110 AFOAKWAH, Kevin	SO	145	PSU-Harrisburg	56	32:19.7	7:33.7	6:30.3	4:02.5
111 LARSEN, Randy	JR	78	St. Mary's (Md.)	-	32:41.5	7:55.5	6:34.7	4:05.2
112 MCCURDY, Ryan	JR	149	PSU-Harrisburg	57	32:58.8	8:12.8	6:38.1	4:07.4
113 MCANULTY, Dominic	SR	57	Wesley	58	33:08.9	8:22.9	6:40.2	4:08.6
114 TALBERT, Zachary	JR	217	Frostburg State	-	33:32.0	8:46.0	6:44.8	4:11.5
115 NEILSON, Nicholas	FR	102	Southern Virginia	-	33:36.7	8:50.7	6:45.8	4:12.1
116 VELASQUEZ-ZAMORA, Feli	FR	107	Southern Virginia	-	33:41.7	8:55.7	6:46.8	4:12.7
117 NEWMAN, Carter	FR	150	PSU-Harrisburg	59	33:53.8	9:07.8	6:49.2	4:14.2
118 CLARK, Graham	SR	162	Marymount (Va.)	-	33:59.2	9:13.2	6:50.3	4:14.9
119 SCHMID, Jacob	FR	216	Frostburg State	-	34:03.8	9:17.8	6:51.2	4:15.5
120 ARTEAGA, Luis	JR	51	Wesley	(60)	34:10.7	9:24.7	6:52.6	4:16.3
121 HABER, Alex	FR	56	Wesley	(61)	34:24.1	9:38.1	6:55.3	4:18.0
122 TRANTER, Hayden	JR	219	Frostburg State	-	34:50.5	10:04.5	7:00.6	4:21.3

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Race #2
Mens 8k - OFFICIAL**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
123 BOYD, Joshua	SR	161	Marymount (Va.)	-	35:41.2	10:55.2	7:10.8	4:27.7
124 WOOD, Rory	FR	152	PSU-Harrisburg	(62)	35:41.3	10:55.3	7:10.8	4:27.7
125 CAPASSO, Danny	JR	73	St. Mary's (Md.)	-	35:45.7	10:59.7	7:11.7	4:28.2
126 MERLOS, Andres	FR	81	St. Mary's (Md.)	-	37:20.5	12:34.5	7:30.8	4:40.1
127 ELNAJJAR, Omar	FR	147	PSU-Harrisburg	(63)	37:34.2	12:48.2	7:33.6	4:41.8
128 TERRY, Jacob	FR	218	Frostburg State	-	38:08.7	13:22.7	7:40.5	4:46.1
129 STADTMUELLER, Nicholas	FR	165	Marymount (Va.)	-	40:12.0	15:26.0	8:05.3	5:01.5