

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****Women 100 Meter Dash**

Stadium: S 11.30 1999 Vida Nsiah, Norfolk Intercollegiate
 11.48 REGL Regional Predicted
 12.08 ECAC

| Name | Year | School | Finals | Wind |
|---------------------|------|--------|------------|------|
| Finals | | | | |
| 1 Jefferson, Anna | JR | UVA | 11.88 ECAC | 2.1 |
| 2 Maynard, Danielle | JR | GMU | 12.90 | 2.1 |

Women 200 Meter Dash

Stadium: S 23.24 4/6/2018 Travia Jones, Unattached
 23.57 REGL Regional Predicted
 24.74 ECAC

| Name | Year | School | Finals | Wind |
|---------------------|------|--------|------------|------|
| 1 Jefferson, Anna | JR | UVA | 24.69 ECAC | 0.3 |
| 2 Maisto, Susanna | JR | W&M | 25.51 | 0.3 |
| 3 Runge, Gabriel | SO | W&M | 26.10 | 0.3 |
| 4 Currie, Jadyne | SO | W&M | 26.24 | 0.3 |
| 5 Leonard, Ciara | SR | UVA | 26.40 | 0.3 |
| 6 Hayes, Felecia | SO | W&M | 26.58 | 0.3 |
| 7 Sidhu, Priyanca | JR | W&M | 27.12 | 0.3 |
| 8 Maynard, Danielle | JR | GMU | 27.40 | 0.3 |

Women 400 Meter Dash

Stadium: S 53.02 1991 Vivienne Spence-Gardner, Anderson T
 53.55 REGL Regional Predicted
 55.94 ECAC

| Name | Year | School | Finals |
|--------------------|------|--------|---------|
| 1 Hazzard, Halle | SO | UVA | 56.75 |
| 2 Brown, Grace | FR | GMU | 1:02.42 |
| 3 Wester, Maddison | SO | W&M | 1:02.65 |
| 4 Moore, Calise | FR | GMU | 1:06.55 |

Women 800 Meter Run

Stadium: S 2:05.52 1988 Celeste Halliday, Villanova
 2:07.71 REGL Regional Predicted
 2:11.94 ECAC

| Name | Year | School | Finals | H# |
|----------------------|------|--------|---------|----|
| 1 Rennyson, Maddie | SO | UVA | 2:13.63 | 1 |
| 2 Knight, Andrenette | JR | UVA | 2:16.23 | 1 |
| 3 Finikiotis, Lauren | SO | W&M | 2:16.75 | 1 |
| 4 Lansing, Maryanna | JR | UVA | 2:18.65 | 1 |
| 5 Korkernak, Amelia | FR | UVA | 2:20.47 | 1 |
| 6 Saine, Noelle | FR | GMU | 2:22.42 | 2 |
| 7 Anderson, Alexis | FR | GMU | 2:23.61 | 2 |
| 8 Kelly, Caitlin | SR | GMU | 2:23.78 | 1 |
| 9 Miller, Kate | SO | W&M | 2:24.81 | 2 |
| 10 Herran, Alana | SR | UVA | 2:28.21 | 2 |
| 11 Rovin, Olivia | FR | W&M | 2:30.82 | 2 |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****...Women 800 Meter Run**

| | | | |
|------------------|--------|---------|---|
| 12 Moore, Calise | FR GMU | 2:47.00 | 2 |
|------------------|--------|---------|---|

Women 1500 Meter Run

Stadium: S 4:12.6h 1988 Vicki Huber, Villanova
 4:23.45 REGL Regional Predicted
 4:34.24 ECAC

| Name | Year School | Finals |
|----------------------|-------------|---------|
| 1 Eastman, Annabelle | FR GMU | 4:39.86 |
| 2 Sargent, Olivia | JR UVA | 4:41.15 |
| 3 Donohue, Ciara | SR GMU | 4:43.83 |
| 4 Snyder, Rachel | SR W&M | 4:45.14 |
| 5 Casey, Deirdre | JR W&M | 4:46.09 |
| 6 Hamer, Khalilah | JR GMU | 4:48.09 |
| 7 Lewin, Deirdre | SO W&M | 4:50.45 |
| 8 Tavares, Karina | JR W&M | 4:55.29 |
| 9 Rice, Allison | SO GMU | 4:57.88 |
| 10 Chavez, Serenity | SO GMU | 5:27.71 |

Women 5000 Meter Run

Stadium: S 15:50.36 4/5/2013 Laura Nagel, Providence
 16:33.35 REGL Regional Predicted
 17:16.64 ECAC

| Name | Year School | Finals |
|---------------------|-------------|---------------|
| 1 Moran, Hannah | SO UVA | 17:09.25 ECAC |
| 2 Lindsay, Helena | FR UVA | 17:12.84 ECAC |
| 3 Bothwell, Kiera | SO UVA | 17:13.06 ECAC |
| 4 Kowalk, Charlotte | JR W&M | 17:28.97 |
| 5 Morgan, Maggie | JR GMU | 17:30.18 |
| 6 Garcia, Carina | JR W&M | 18:19.01 |
| 7 Goodrich, Sarah | SR W&M | 18:37.79 |
| 8 Kolbe, Megan | SO W&M | 19:06.66 |
| 9 Larkin, Margaret | SO GMU | 19:16.14 |
| 10 Richart, Sarah | SO GMU | 19:42.23 |
| 11 Reilly, Madysen | FR GMU | 20:08.25 |
| -- Conley, Carolyn | SR GMU | DNF |
| -- Sargent, Olivia | JR UVA | DNF |

Women 100 Meter Hurdles

Stadium: S 13.43 4/2/2010 Landria Buckley, Howard
 13.48 REGL Regional Predicted
 14.54 ECAC

| Name | Year School | Finals | Wind |
|----------------------------|-------------|------------|------|
| 1 Woodley, Alexis | JR UVA | 13.97 ECAC | 0.7 |
| 2 Leonard, Ciara | SR UVA | 14.01 ECAC | 0.7 |
| 3 Maynard, Danielle | JR GMU | 15.30 | 0.7 |
| 4 Brender a Brandis, Alexi | JR W&M | 15.72 | 0.7 |
| 5 James, Monay | FR W&M | 17.52 | 0.7 |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****Women 400 Meter Hurdles**

Stadium: S 58.52 2002 Chloe Davis, Hampton
 59.80 REGL Regional Predicted
 1:03.04 ECAC

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | |
|-------------------|----|-----|---------|
| 1 Golden, Jazmin | JR | GMU | 1:07.73 |
| 2 Woodley, Alexis | JR | UVA | 1:16.23 |

Women 2000 Meter Steeplechase

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | |
|-------------------|----|-----|---------|
| 1 Kroepfl, Lauren | FR | W&M | 7:16.91 |
| 2 Freeland, Riley | SO | GMU | 7:39.72 |
| 3 Lambert, Julia | FR | W&M | 7:53.65 |

Women 4x400 Meter Relay

Stadium: S 3:37.69 1994 Seton Hall, Seton Hall
 Harris, Sandiford, Ross, Caine
 3:36.60 REGL Regional Predicted
 3:52.84 ECAC

| School | Finals |
|--------|--------|
|--------|--------|

| | |
|-------------------------|-----------------------|
| 1 William and Mary 'A' | 4:16.45 |
| 1) Wester, Maddison SO | 2) Rovin, Olivia FR |
| 3) Landis, Josephine JR | 4) Casey, Deirdre JR |
| 2 George Mason 'A' | 4:16.76 |
| 1) Brown, Grace FR | 2) Freeland, Riley SO |
| 3) Moore, Calise FR | 4) Golden, Jazmin JR |
| 3 George Mason 'B' | 4:17.45 |
| 1) Anderson, Alexis FR | 2) Saine, Noelle FR |
| 3) Donohue, Ciara SR | 4) Kelly, Caitlin SR |
| 4 William and Mary 'B' | 4:17.96 |
| 1) Lewin, Deirdre SO | 2) Miller, Kate SO |
| 3) Tavares, Karina JR | 4) Snyder, Rachel SR |

Women High Jump

Stadium: S 1.82m 1996 Monika Black, Michigan
 1.73m REGL Regional Predicted
 1.70m ECAC

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | | |
|---------------------|----|-----|-------|---------|
| 1 Becker, Grace | JR | W&M | 1.65m | 5-05.00 |
| 1.60 1.65 1.70 | | | | |
| XO O XXX | | | | |
| 2 Feyerabend, Carly | SR | UVA | 1.65m | 5-05.00 |
| 1.55 1.60 1.65 1.70 | | | | |
| O O XO XXX | | | | |
| 3 Miller, Bri | SR | W&M | 1.60m | 5-03.00 |
| 1.50 1.55 1.60 1.65 | | | | |
| O XO XXO XXX | | | | |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****....Women High Jump**

| | | | | |
|---|-------------|--------|-------|---------|
| 4 | Hayes, Gabi | SO UVA | 1.55m | 5-01.00 |
| | 1.55 1.60 | | | |
| | O XXX | | | |

Women Pole Vault

Stadium: S 4.26m 4/5/2013 Mandissa Marshall, Unattached
 4.00m REGL Regional Predicted
 3.70m ECAC

| Name | Year School | Finals |
|------------------------|-------------|---------------------|
| 1 Jones, Taylor | SO W&M | 3.60m 11-09.75 |
| | | 3.35 3.50 3.60 3.70 |
| | | O O O XXX |
| 2 Demaria, Theresa | SO UVA | 3.60m 11-09.75 |
| | | 3.35 3.50 3.60 3.70 |
| | | O O XO XXX |
| 3 Graves, Lauren | JR W&M | 3.60m 11-09.75 |
| | | 3.35 3.50 3.60 3.70 |
| | | O XXO XXO XXX |
| 4 Tardieu, Olivia | JR W&M | 3.05m 10-00.00 |
| | | 3.05 3.20 |
| | | XO XXX |
| -- Osipenko, Alexandra | JR W&M | NH |
| | | 3.05 |
| | | XXX |

Women Long Jump

Stadium: S 6.48m 1993 Chandra Sturup, Norfolk State
 6.13m REGL Regional Predicted
 5.70m ECAC

| Name | Year School | Finals | Wind |
|----------------|-------------|--|---------------|
| 1 McKee, Kelly | SR UVA | 6.05m ECAC | 1.9 19-10.25 |
| | | 6.05m(1.9) PASS 5.78m(-0.6) FOUL(1.5) PASS | PASS |
| 2 Miller, Bri | SR W&M | 5.68m | 1.7 18-07.75 |
| | | 5.36m(+0.0) FOUL(-0.1) 5.68m(1.7) 5.35m(+0.0) FOUL(-0.4) 5.59m(+0.0) | |
| 3 Barron, Mia | SR UVA | 5.62m | -0.3 18-05.25 |
| | | 5.62m(-0.3) PASS FOUL(0.6) 5.62m(1.2) FOUL(0.1) 5.59m(-0.9) | |
| 4 Rice, Zoe | FR UVA | 5.27m | -2.3 17-03.50 |
| | | 4.81m(+0.0) PASS 5.04m(1.6) 5.27m(-2.3) PASS 5.05m(-0.2) | |

Women Triple Jump

Stadium: S 12.82m 1991 Marchelle Payne, Maryland
 12.53m REGL Regional Predicted
 11.90m ECAC

| Name | Year School | Finals | Wind |
|---------------|-------------|---|---------------|
| 1 Barron, Mia | SR UVA | 11.88m | 1.4 38-11.75 |
| | | FOUL(0.2) 11.88m(1.4) PASS FOUL(1.6) FOUL(-5.3) 9.74m(-0.2) | |
| 2 Rice, Zoe | FR UVA | 11.61m | +0.0 38-01.25 |
| | | FOUL(+0.0) 11.40m(0.9) 10.87m(0.3) 10.42m(-2.8) 11.56m(+0.0) 11.61m(+0.0) | |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****...Women Triple Jump**

| | | | | |
|----------------------------|--------|--|------------------------------------|----------|
| 3 Miller, Bri | SR W&M | 11.30m | +0.0 | 37-01.00 |
| | | 11.23m(-0.4) 11.30m(+0.0) 10.96m(+0.0) PASS | FOUL(-1.5) 11.03m(-2.3) | |
| 4 McDermott, Julia | SR W&M | 11.12m | +0.0 | 36-05.75 |
| | | FOUL(0.3) FOUL(2.1) 11.12m(+0.0) FOUL(0.1) 10.75m(-3.9) 10.99m(-0.6) | | |
| 5 Harris, Kyla | FR GMU | 10.91m | -0.6 | 35-09.50 |
| | | 10.75m(1.3) 10.63m(0.9) FOUL(0.6) 10.57m(-2.8) 10.79m(-1.9) 10.91m(-0.6) | | |
| 6 Brender a Brandis, Alexi | JR W&M | 10.32m | -3.7 | 33-10.25 |
| | | FOUL(+0.0) FOUL(0.1) PASS | FOUL(-1.6) FOUL(+0.0) 10.32m(-3.7) | |

Women Shot Put

Stadium: S 16.79m 4/1/2017 Rachel Fatherly, Garage Strength
 15.43m REGL Regional Predicted
 13.60m ECAC

| Name | Year School | Finals |
|---------------------------|-------------|---------------------------------------|
| 1 Kristjánsdóttir, Thelma | FR UVA | 13.57m 44-06.25 |
| | | FOUL FOUL FOUL FOUL FOUL 13.57m |
| 2 Wallace, Chelsea | FR W&M | 12.25m 40-02.25 |
| | | FOUL FOUL FOUL FOUL 12.25m FOUL |
| 3 Nelson, Casey | FR GMU | 11.62m 38-01.50 |
| | | 10.38m 11.09m 10.71m FOUL 11.62m FOUL |
| 4 Earnest, Leah | SO W&M | 11.39m 37-04.50 |
| | | FOUL FOUL FOUL 10.85m 11.39m 11.39m |
| 5 Tabb-Reed, Zinnie | JR GMU | 11.34m 37-02.50 |
| | | 10.34m FOUL 11.34m FOUL 11.13m FOUL |
| 6 James, Monay | FR W&M | 11.08m 36-04.25 |
| | | 11.08m FOUL FOUL FOUL 10.52m 10.10m |

Women Discus Throw

Stadium: S 52.03m 3/24/2018 Miranda Daucher, Buffalo
 50.25m REGL Regional Predicted
 42.50m ECAC

| Name | Year School | Finals |
|---------------------------|-------------|---|
| 1 Kristjánsdóttir, Thelma | FR UVA | 50.25m REGL 164-10 |
| | | FOUL 46.97m 47.44m 48.60m 50.25m 47.03m |
| 2 Rodriguez, Sadly | FR UVA | 48.29m ECAC 158-05 |
| | | 44.76m 48.29m 45.50m FOUL FOUL 39.16m |
| 3 Wallace, Chelsea | FR W&M | 46.06m ECAC 151-01 |
| | | FOUL FOUL FOUL FOUL 44.89m 46.06m |
| 4 Jones, Brittany | JR UVA | 42.72m ECAC 140-02 |
| | | FOUL 42.72m FOUL 40.97m 42.52m FOUL |
| 5 Forder, Rachel | JR GMU | 37.97m 124-07 |
| | | 35.19m 37.78m 36.11m FOUL 37.97m 37.73m |
| 6 Nelson, Casey | FR GMU | 37.69m 123-08 |
| | | 37.69m 35.81m 32.31m 33.56m 34.97m 32.07m |
| 7 McRae, Jessica | FR GMU | 35.45m 116-04 |
| | | 33.79m 34.97m 35.39m FOUL FOUL 35.45m |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****Women Hammer Throw**

Stadium: S 62.46m 5/4/2018 Leia Mistowski, William & Mary
 58.28m REGL Regional Predicted
 51.00m ECAC

| Name | Year | School | Finals | |
|----------------------|------|--------|---|--------|
| 1 Baker, Jade | SR | UVA | 56.02m ECAC | 183-09 |
| | | | 52.03m FOUL 52.58m FOUL FOUL 56.02m | |
| 2 Jones, Brittany | JR | UVA | 49.54m | 162-06 |
| | | | 46.11m 48.18m 49.08m 49.54m FOUL 48.32m | |
| 3 Tabb-Reed, Zinnie | JR | GMU | 44.82m | 147-00 |
| | | | 40.81m 42.84m 43.52m 44.82m FOUL FOUL | |
| 4 McRae, Jessica | FR | GMU | 44.37m | 145-07 |
| | | | 43.26m 44.37m 43.04m 40.45m 44.35m 43.48m | |
| 5 Anderegg, Isabella | SO | W&M | 41.73m | 136-11 |
| | | | FOUL 40.65m FOUL 37.57m FOUL 41.73m | |
| 6 Cavanagh, Hannah | SO | GMU | 40.05m | 131-05 |
| | | | 40.05m 39.21m 39.11m 39.18m FOUL 38.77m | |

Women Javelin Throw

Stadium: S 56.02m 1992 Marilyn Senz, Unattached
 45.14m REGL Regional Predicted
 41.00m ECAC

| Name | Year | School | Finals | |
|----------------------|------|--------|---|--------|
| 1 Moravsky, Samantha | JR | W&M | 45.06m ECAC | 147-10 |
| | | | FOUL 45.06m 43.63m 41.87m FOUL 42.54m | |
| 2 Geller, Jessica | SO | UVA | 34.45m | 113-00 |
| | | | 32.51m 30.96m 31.42m 33.57m 34.45m 31.58m | |

Men 100 Meter Dash

Stadium: S 10.29 1999 Renwood Wells, Norfolk Intercollegiate
 10.36 REGL Regional Predicted
 11.00 IC4A

| Name | Year | School | Finals | Wind |
|---------------------|------|--------|------------|------|
| 1 Willis, Jordan | SO | UVA | 10.96 IC4A | 0.5 |
| 2 Jackson, Emmanuel | SR | UVA | 10.97 IC4A | 0.5 |
| 3 Kamau, Sundiata | FR | GMU | 11.04 | 0.5 |
| 4 Dixon, Jake | SR | UVA | 11.16 | 0.5 |
| 5 Outlaw, Brandon | SO | UVA | 11.20 | 0.5 |
| 6 Thomas, Ryan | FR | W&M | 11.61 | 0.5 |
| 7 Chabala, Matt | SO | W&M | 11.71 | 0.5 |

Men 200 Meter Dash

Stadium: S 20.86 4/1/2016 Sean Holston, Unattached
 20.87 REGL Regional Predicted
 22.20 IC4A

| Name | Year | School | Finals | Wind |
|------------------|------|--------|------------|------|
| 1 Willis, Jordan | SO | UVA | 21.59 IC4A | 3.0 |
| 2 Dixon, Jake | SR | UVA | 21.80 IC4A | 3.0 |
| 3 Chambers, Theo | SO | W&M | 21.99 IC4A | 3.0 |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****...Men 200 Meter Dash**

| | | | | | | |
|---|------------------|----|-----|-------|------|-----|
| 4 | Outlaw, Brandon | SO | UVA | 22.07 | IC4A | 3.0 |
| 5 | Kamau, Sundiata | FR | GMU | 22.19 | IC4A | 3.0 |
| 6 | Goodrich, Duncan | SR | W&M | 22.24 | | 3.0 |
| 7 | Gardner, Cason | SO | GMU | 22.82 | | 3.0 |
| 8 | Chabala, Matt | SO | W&M | 23.14 | | 3.0 |

Men 400 Meter Dash

Stadium: S 46.19 1993 Kevin Lyles, Seton Hall
 47.00 REGL Regional Predicted
 49.20 IC4A

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | | |
|---|----------------|----|-----|-------|
| 1 | Weigel, Jacob | SO | GMU | 50.11 |
| 2 | Gardner, Cason | SO | GMU | 50.70 |

Men 800 Meter Run

Stadium: S 1:46.6h 1975 Ed Takacs, Villanova
 1:49.93 REGL Regional Predicted
 1:54.00 IC4A

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | | |
|----|-------------------------|----|-----|---------|
| 1 | Cannon, Colin | SO | GMU | 1:56.55 |
| 2 | Lonsdale, Jake | SO | GMU | 1:57.04 |
| 3 | Grip, Colin | FR | W&M | 1:57.24 |
| 4 | Heinicke-Peart, Matthew | SR | W&M | 2:00.49 |
| 5 | Schloth, Jonathan | SR | GMU | 2:04.66 |
| -- | Clark, Cole | JR | W&M | DNF |

Men 1500 Meter Run

Stadium: S 3:40.37 1993 Louie Quintana, Villanova
 3:45.39 REGL Regional Predicted
 3:56.50 IC4A

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | | | |
|----|------------------------|----|-----|---------|------|
| 1 | Dodds, Spencer | JR | UVA | 3:54.12 | IC4A |
| 2 | Bogucki, Colton | FR | UVA | 3:55.23 | IC4A |
| 3 | Buscaglia, Ryan | FR | UVA | 3:56.65 | |
| 4 | Lacey, Blaine | SR | GMU | 3:58.29 | |
| 5 | Schloth, Jonathan | SR | GMU | 3:58.61 | |
| 6 | Jutras, Dustin | SR | GMU | 4:00.13 | |
| 7 | Hassan, Ahmed | FR | UVA | 4:03.64 | |
| 8 | Clark, Cole | JR | W&M | 4:04.17 | |
| 9 | Summers, Grant | FR | UVA | 4:04.49 | |
| 10 | Chavez-Gutierrez, Raul | JR | W&M | 4:04.56 | |
| 11 | Osborne, Chase | FR | GMU | 4:05.15 | |
| 12 | Cacciatore, Johnny | SO | W&M | 4:07.16 | |
| 13 | Morris, Peter | FR | UVA | 4:07.73 | |
| 14 | Rohler, Devin | SO | GMU | 4:10.47 | |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****Men 5000 Meter Run**

Stadium: S 13:38.0h 1979 Sydney Maree, Villanova
 14:17.35 REGL Regional Predicted
 14:45.00 IC4A

| Name | Year | School | Finals |
|--------------------|------|--------|---------------|
| 1 Lancaster, Trent | SR | GMU | 14:39.96 IC4A |
| 2 Amabile, Thomas | JR | GMU | 14:50.18 |
| 3 Sharkey, Luke | SR | GMU | 14:51.18 |
| 4 Newland, Ethan | JR | GMU | 14:52.45 |
| 5 Pratt, Micah | FR | W&M | 14:54.99 |
| 6 Carlin, Andrew | SO | GMU | 14:57.37 |
| 7 Goodell, Evan | FR | W&M | 14:58.48 |
| 8 Jutras, Hunter | SO | GMU | 15:00.15 |
| 9 Leslie, Cooper | JR | W&M | 15:13.31 |
| -- Jutras, Dustin | SR | GMU | DNF |

Men 400 Meter Hurdles

Stadium: S 50.2h 1975 Mike Shine, Penn State
 52.32 REGL Regional Predicted
 54.00 IC4A

| Name | Year | School | Finals |
|---------------------|------|--------|--------|
| 1 Jackson, Emmanuel | SR | UVA | 57.68 |
| 2 Zach, William | FR | GMU | 58.14 |

Men 2000 Meter Steeplechase

| Name | Year | School | Finals |
|------------------|------|--------|---------|
| 1 Johnson, Derek | FR | UVA | 6:02.83 |
| 2 Kuchan, Tyler | SO | W&M | 6:21.64 |

Men 4x400 Meter Relay

Stadium: S 3:07.4h 1981 L.I. Alliance, L.I. Alliance
 3:08.92 REGL Regional Predicted
 3:17.60 IC4A

| School | Finals |
|------------------------|----------------------|
| 1 George Mason 'B' | 3:24.85 |
| 1) Barborek, Decker FR | 2) Rohler, Devin SO |
| 3) Lonsdale, Jake SO | 4) Zach, William FR |
| 2 George Mason 'A' | 3:27.56 |
| 1) Lacey, Blaine SR | 2) Osborne, Chase FR |
| 3) Gardner, Cason SO | 4) Cannon, Colin SO |

Men High Jump

Stadium: S 2.24m 1993 Alex Rosen, George Mason
 2.12m REGL Regional Predicted
 2.02m IC4A

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****....Men High Jump**

| | | | | |
|--------------------------|--------|-------|------|---------|
| 1 Causey, Trey | FR UVA | 2.05m | IC4A | 6-08.75 |
| 1.90 1.95 2.00 2.05 2.10 | | | | |
| O O XO XO XXX | | | | |
| 2 Cullinane, Vladislav | FR GMU | 1.95m | | 6-04.75 |
| 1.90 1.95 2.00 | | | | |
| O XO XXX | | | | |
| 3 Thomas, Ryan | FR W&M | 1.90m | | 6-02.75 |
| 1.85 1.90 1.95 | | | | |
| O O XXX | | | | |

Men Long Jump

Stadium: S 7.85m 5/4/2018 Kyle Darrow, Northeastern
7.50m REGL Regional Predicted
7.00m IC4A

| Name | Year School | Finals | Wind |
|--|-------------|------------|---------------|
| 1 Watson, Ayende | FR UVA | 7.08m IC4A | 4.1 23-02.75 |
| FOUL(1.9) FOUL(1.9) FOUL(1.1) 7.08m(4.1) FOUL(1.5) FOUL(+0.0) | | | |
| 2 Watson, Aaron | SO GMU | 6.33m | -1.7 20-09.25 |
| FOUL(3.0) FOUL(+0.0) 6.26m(0.9) FOUL(-0.9) FOUL(-2.0) 6.33m(-1.7) | | | |
| 3 Cross, George | SO W&M | 6.17m | +0.0 20-03.00 |
| 6.07m(2.0) 6.17m(+0.0) FOUL(1.6) FOUL(+0.0) 6.13m(-1.7) FOUL(-1.4) | | | |

Men Triple Jump

Stadium: S 16.07m 1993 Tommie Campbell, Rhode Island
15.22m REGL Regional Predicted
14.45m IC4A

| Name | Year School | Finals | Wind |
|---|-------------|--------|--------------|
| 1 Cross, George | SO W&M | 13.65m | 2.6 44-09.50 |
| FOUL(0.9) FOUL(+0.0) FOUL(1.6) 13.65m(2.6) FOUL(1.0) FOUL(-2.7) | | | |

Men Shot Put

Stadium: S 19.50m 1984 Joe Zelezniak, NYAC
17.21m REGL Regional Predicted
15.75m IC4A

| Name | Year School | Finals | Wind |
|---------------------------------------|-------------|-------------|----------|
| 1 Efekoro, Oghenakpobo | SR UVA | 18.58m REGL | 60-11.50 |
| FOUL FOUL 18.58m 18.28m FOUL FOUL | | | |
| 2 Richardson, Preston | SR W&M | 16.76m IC4A | 55-00.00 |
| 16.76m 16.67m FOUL FOUL FOUL FOUL | | | |
| 3 Cook, Jr., Kelly | SO W&M | 16.41m IC4A | 53-10.25 |
| FOUL FOUL 16.41m FOUL FOUL FOUL | | | |
| 4 Scott, Connor | SO W&M | 16.09m IC4A | 52-09.50 |
| 15.35m 15.59m 15.28m 16.09m FOUL FOUL | | | |
| 5 Yearwood, Troy | FR W&M | 15.48m | 50-09.50 |
| FOUL FOUL FOUL 15.30m FOUL 15.48m | | | |
| 6 Castillo, Vlad | SR W&M | 15.34m | 50-04.00 |
| 14.56m 14.65m 15.34m 15.22m FOUL FOUL | | | |
| 7 Sarraf, William | SR GMU | 12.22m | 40-01.25 |
| 12.22m FOUL FOUL FOUL FOUL FOUL | | | |

2019 W&M Triangular - 3/16/2019**William & Mary, Zable Stadium****Results - Saturday****Men Discus Throw**

Stadium: S 63.03m 1994 Jim Seifert, Unattached
 51.05m REGL Regional Predicted
 47.00m IC4A

| Name | Year | School | Finals | |
|------------------------|-------------|-------------|-------------|-------------|
| 1 Efekoro, Oghenakpobo | SR | UVA | 51.49m REGL | 168-11 |
| 48.09m FOUL | 51.49m FOUL | FOUL | FOUL | |
| 2 Richardson, Preston | SR | W&M | 51.13m REGL | 167-09 |
| FOUL | FOUL | 48.41m FOUL | 51.13m FOUL | |
| 3 Cook, Jr., Kelly | SO | W&M | 49.22m IC4A | 161-06 |
| FOUL | 49.22m FOUL | FOUL | FOUL | FOUL |
| 4 Singer, Ryan | SO | UVA | 47.89m IC4A | 157-01 |
| 47.89m | 44.47m | 47.85m | 46.06m | 45.42m FOUL |
| 5 Yearwood, Troy | FR | W&M | 47.57m IC4A | 156-01 |
| 45.93m FOUL | 45.95m | 47.55m FOUL | 47.57m | |
| 6 Scott, Connor | SO | W&M | 47.18m IC4A | 154-09 |
| FOUL | 47.18m FOUL | 46.52m | 45.83m FOUL | |
| 7 Castillo, Vlad | SR | W&M | 45.59m | 149-07 |
| 45.59m | 44.17m | 43.71m | 44.50m FOUL | 44.38m |

Men Hammer Throw

Stadium: S 76.87m 1997 Kevin McMahon, Reebok Enclave
 60.39m REGL Regional Predicted
 52.50m IC4A

| Name | Year | School | Finals | |
|--------------------|--------|-------------|-------------|---------------|
| 1 Cook, Jr., Kelly | SO | W&M | 55.31m IC4A | 181-05 |
| 54.98m FOUL | FOUL | 55.31m | 53.89m FOUL | |
| 2 Wright, Jason | SO | W&M | 55.20m IC4A | 181-01 |
| 54.18m FOUL | 55.20m | 52.46m FOUL | FOUL | |
| 3 Sarraf, William | SR | GMU | 40.84m | 134-00 |
| 40.46m | 40.44m | 40.14m | 40.84m | 40.76m 40.12m |