

## 2022 MEAC Outdoor Track &amp; Field Championships - 5/12/2022 to 5/14/2022

Norfolk State University  
William "Dick" Price Stadium

## Results

## Women 100 Meter Dash

Name	School	Prelims
<b>Preliminaries</b>		
1 Gbai, Jessika	Howard	11.41Q1.2
2 Norton, Sherri-Ann	Howard	11.50Q1.3
3 Pittman, Tiffani Rae	Howard	11.77Q2.0
4 Hor, Halutie	Coppin State	11.61q 1.3
5 Gravely, De'Niya	Norfolk Stat	11.83q 1.3
6 Vigilance, Princess	South Caroli	11.93q 2.0
7 Washington, Lamaria	Howard	11.94q 1.2
8 Linzy, Shirelle	Norfolk Stat	12.06q 2.0
9 Frederick, Angelica	South Caroli	12.14 1.3
10 Robinson, Aaliyah	Delaware Sta	12.20 1.2
11 Jackson, Tia	Morgan State	12.21 2.0
12 Farrar, Allysia	Norfolk Stat	12.23 1.2
13 Donovan, Jasmine	South Caroli	12.28 1.2
14 Thomas, Jazmine	Maryland-Eas	12.33 1.2
15 Bly, Asia	N.C. Central	12.39 1.3
16 Koger, Dianna	Delaware Sta	12.44 2.0
17 Smith, Maya	South Caroli	12.45 2.0
18 Sharps, Malea	Maryland-Eas	12.54 2.0
--- Thompson, Destiny	Morgan State	FS 1.2

## Women 100 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Gbai, Jessika	Howard	11.48 1.1
2 Pittman, Tiffani Rae	Howard	11.61 1.1
3 Washington, Lamaria	Howard	11.83 1.1
4 Gravely, De'Niya	Norfolk Stat	11.86 1.1
5 Vigilance, Princess	South Caroli	12.14 1.1
6 Linzy, Shirelle	Norfolk Stat	12.23 1.1
--- Hor, Halutie	Coppin State	FS 1.1

## Women 200 Meter Dash

Name	School	Prelims
<b>Preliminaries</b>		
1 Gbai, Jessika	Howard	23.71Q-1.2
2 Norton, Sherri-Ann	Howard	24.56Q-1.0
3 Pittman, Tiffani Rae	Howard	24.64Q-0.8
4 Ali, Latifa	Coppin State	24.88Q+0.0
5 Hor, Halutie	Coppin State	24.85q -0.8
6 Pride, Malika	Norfolk Stat	24.87q -1.0
7 Harris, Chanice	South Caroli	25.71q -1.2
8 Lewis, Kennedy	Howard	25.73q +0.0
9 Robinson, Aaliyah	Delaware Sta	25.74 -0.8
10 White, Khaliyah	Delaware Sta	25.79 -1.0
11 Farrar, Allysia	Norfolk Stat	25.82 +0.0
12 Thompson, Destiny	Morgan State	25.92 +0.0
13 Lane, Cathryn	Coppin State	25.94 -1.0
14 Harpe, Lakendra	Delaware Sta	26.03 -1.2
15 Bell, Kianna	N.C. Central	26.04 -1.0
16 Mcloud, Destinee	Coppin State	26.30 -0.8
17 George, Yasmine	Morgan State	26.31 -0.8

18 Thomas, Jazmine	Maryland-Eas	26.34 -0.8
19 Koger, Dianna	Delaware Sta	26.47 +0.0
20 Smith, Maya	South Caroli	26.54 -1.2
21 Adewemi, Adekansola	Maryland-Eas	26.69 +0.0
22 Brown, Ra'Necia	South Caroli	26.74 -1.2
23 English, Naomi	Maryland-Eas	26.81 -1.2
24 Sharps, Malea	Maryland-Eas	27.32 -1.2
25 Sells, Imani	South Caroli	28.71 +0.0

## Women 200 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Gbai, Jessika	Howard	22.95 1.3
2 Pittman, Tiffani Rae	Howard	23.72 1.3
3 Ali, Latifa	Coppin State	23.80 1.3
4 Pride, Malika	Norfolk Stat	23.83 1.3
5 Hor, Halutie	Coppin State	24.07 1.3
6 Lewis, Kennedy	Howard	24.73 1.3
7 Harris, Chanice	South Caroli	25.14 1.3

## Women 400 Meter Dash

Name	School	Prelims
<b>Preliminaries</b>		
1 Ali, Latifa	Coppin State	53.44Q
2 Alphonse, Kimani	Coppin State	54.75Q
3 Scott, Ozioma	Howard	53.88q
4 Saalih, Ameenah	Howard	54.19q
5 Pride, Malika	Norfolk Stat	55.44q
6 Tomlinson, Shenelle	Coppin State	56.50q
7 Andrews, Olivia	N.C. Central	56.60q
8 Agyei, Salomay	Coppin State	56.73q
9 Harpe, Lakendra	Delaware Sta	57.08
10 George, Yasmine	Morgan State	57.20
11 Harris, Chanice	South Caroli	58.44
12 White, Khaliyah	Delaware Sta	59.78
13 Lovett, Jelisa	Maryland-Eas	1:00.86
14 Macklin, T'Keyah	Delaware Sta	1:00.93
15 Adewemi, Adekansola	Maryland-Eas	1:01.41

## Women 400 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Ali, Latifa	Coppin State	52.82
2 Scott, Ozioma	Howard	53.14
3 Pride, Malika	Norfolk Stat	53.67
4 Alphonse, Kimani	Coppin State	53.95
5 Saalih, Ameenah	Howard	53.97
6 Tomlinson, Shenelle	Coppin State	55.03
7 Agyei, Salomay	Coppin State	56.67
8 Andrews, Olivia	N.C. Central	56.87

## Women 800 Meter Run

Name	School	Prelims
<b>Preliminaries</b>		
1 Harrell, Ariana	N.C. Central	2:12.41Q

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## Preliminaries ... (Women 800 Meter Run)

Name	School	Prelims
2 Wilson, Dasia	Howard	2:12.65Q
3 Grant, Kara	Norfolk Stat	2:12.45q
4 White, Melanie	Howard	2:13.89q
5 Egbula, Camille	Howard	2:14.91q
6 Robb, Asshanni	Maryland-Eas	2:15.46q
7 Monroeque, Kamillah	Coppin State	2:18.95q
8 Emmens, Jalissa	Morgan State	2:20.73q
9 Swepson, Victoria	N.C. Central	2:21.06
10 Williams, Debrielle	South Caroli	2:22.09
11 Harris, Armani	Norfolk Stat	2:34.62
12 Jones, Makylah	South Caroli	2:42.17

## Women 800 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Wilson, Dasia	Howard	2:12.20
2 Grant, Kara	Norfolk Stat	2:13.92
3 Robb, Asshanni	Maryland-Eas	2:14.30
4 Harrell, Ariana	N.C. Central	2:14.43
5 White, Melanie	Howard	2:14.76
6 Egbula, Camille	Howard	2:21.54
7 Monroeque, Kamillah	Coppin State	2:23.45
8 Emmens, Jalissa	Morgan State	2:30.11

## Women 1500 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Grant, Kara	Norfolk Stat	4:48.61
2 White, Melanie	Howard	4:48.61
3 Banks, Jada	South Caroli	4:50.96
4 Swepson, Victoria	N.C. Central	4:52.33
5 Egbula, Camille	Howard	4:54.18
6 Monroeque, Kamillah	Coppin State	4:54.57
7 Robb, Asshanni	Maryland-Eas	4:56.03
8 Emmens, Jalissa	Morgan State	5:04.32
9 Meyers, Ashanti	South Caroli	5:13.18

## Women 5000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Banks, Jada	South Caroli	18:10.72
2 Koech, Fridah	Norfolk Stat	19:11.30
3 Field, Rachel	Morgan State	19:41.72
4 Crosby, Joslyn	Howard	20:01.03
5 Meyers, Ashanti	South Caroli	20:27.85
6 Stuteley, Saidai	Coppin State	20:56.01
7 Menendez, Laura	Maryland-Eas	22:26.91

## Women 10000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Banks, Jada	South Caroli	40:17.46
2 Crosby, Joslyn	Howard	40:19.74

3 Koech, Fridah	Norfolk Stat	40:41.72
4 Meyers, Ashanti	South Caroli	43:48.32

## Women 100 Meter Hurdles

Name	School	Prelims
<b>Preliminaries</b>		
1 Dunbar, Kaya-Rae	Howard	13.86Q-2.8
2 Wright, Jessica	Howard	14.18Q-1.2
3 Richards, Indya	Norfolk Stat	13.90q -2.8
4 Smith, Zion	Norfolk Stat	14.22q -1.2
5 Glenn, Catherine	Delaware Sta	14.40q -1.2
6 Thompson-Rowe, Alyssa	Norfolk Stat	14.51q -1.2
7 Ottley, Alliyah	Morgan State	14.74q -2.8
8 Thomas, Amaya	Howard	15.13q -1.2
9 Settle, Spencer	Maryland-Eas	15.17 -1.2
10 Evans, Mackenzi	Maryland-Eas	15.19 -1.2
11 Hunter, Jasmyn	Howard	15.43 -2.8
12 Linzy, Shirelle	Norfolk Stat	15.84 -2.8
13 Palmer, Erin	Coppin State	15.86 -2.8
14 Moore, Diamond	Morgan State	16.62 -1.2
15 Woodrum, Kaelyn	Coppin State	22.11 -2.8

## Women 100 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1 Dunbar, Kaya-Rae	Howard	13.43 0.6
2 Richards, Indya	Norfolk Stat	13.62 0.6
3 Wright, Jessica	Howard	13.64 0.6
4 Glenn, Catherine	Delaware Sta	13.78 0.6
5 Ottley, Alliyah	Morgan State	13.85 0.6
6 Smith, Zion	Norfolk Stat	13.89 0.6
7 Thompson-Rowe, Alyssa	Norfolk Stat	13.96 0.6
8 Thomas, Amaya	Howard	14.35 0.6

## Women 400 Meter Hurdles

Name	School	Prelims
<b>Preliminaries</b>		
1 Wright, Jessica	Howard	1:00.56Q
2 Mcloud, Destinee	Coppin State	1:04.06Q
3 Williams, Monika	Howard	1:03.15q
4 Waters, Emmaya	N.C. Central	1:04.17q
5 Jones, Makayla	South Caroli	1:05.35q
6 Ottley, Alliyah	Morgan State	1:05.39q
7 Woodrum, Kaelyn	Coppin State	1:07.01q
8 Evans, Mackenzi	Maryland-Eas	1:07.82q
9 Settle, Spencer	Maryland-Eas	1:09.84

## Women 400 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1 Wright, Jessica	Howard	57.72
2 Williams, Monika	Howard	1:01.41
3 Woodrum, Kaelyn	Coppin State	1:03.04
4 Jones, Makayla	South Caroli	1:03.42
5 Waters, Emmaya	N.C. Central	1:03.69

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## Finals ... (Women 400 Meter Hurdles)

Name	School	Finals
6 Evans, Mackenzi	Maryland-Eas	1:05.76
7 Mcloud, Destinee	Coppin State	1:06.05
--- Ottley, Alliyah	Morgan State	DQ

## Women 3000 Meter Steeplechase

Name	School	Finals
1 Field, Rachel	Morgan State	11:43.00
2 Koech, Fridah	Norfolk Stat	11:50.13
3 Swepson, Victoria	N.C. Central	12:10.76
4 Stuteley, Saidai	Coppin State	12:30.70
--- Menendez, Laura	Maryland-Eas	DNF

## Women 4x100 Meter Relay

Team	Relay	Finals
1 Howard	A	44.62
1) Gbai, Jessika	2) Pittman, Tiffani Rae	
3) Norton, Sherri-Ann	4) Washington, Lamaria	
2 Coppin State	A	45.80
1) Ali, Latifa	2) Hor, Halutie	
3) Alphonse, Kimani	4) Lane, Cathryn	
3 Norfolk State	A	46.06
1) Richards, Indya	2) Gravely, De'Niya	
3) Thompson-Rowe, Alyssa	4) Linzy, Shirelle	
4 Delaware State	A	46.54
1) White, Khaliyah	2) Glenn, Catherine	
3) Robinson, Aaliyah	4) Koger, Dianna	
5 Maryland-Eas	A	47.88
1) Thomas, Jazmine	2) Settle, Spencer	
3) Evans, Mackenzi	4) Sharps, Malea	
6 Morgan State	A	48.86
1) Thompson, Destiny	2) George, Yasmine	
3) Ottley, Alliyah	4) Asinor, Ishana	
--- South Carolina St.	A	DNF
1) Frederick, Angelica	2) Vigilance, Princess	
3) Donovan, Jasmine	4) Smith, Maya	

## Women 4x400 Meter Relay

Team	Relay	Finals
1 Howard	A	3:31.04
1) Gbai, Jessika	2) Norton, Sherri-Ann	
3) Saalih, Ameenah	4) Scott, Ozioma	
2 Coppin State	A	3:37.34
1) Alphonse, Kimani	2) Ali, Latifa	
3) Agyei, Salomay	4) Tomlinson, Shenelle	
3 Delaware State	A	3:47.84
1) Harpe, Lakendra	2) Glenn, Catherine	
3) Macklin, T'Keyah	4) White, Khaliyah	
4 Norfolk State	A	3:48.66
1) Pride, Malika	2) Grant, Kara	
3) Harris, Armani	4) Smith, Zion	

5 South Carolina St.	A	3:49.34
1) Frederick, Angelica	2) Brown, Ra'Necia	
3) Harris, Chanice	4) Williams, Debrielle	
6 N.C. Central	A	3:50.32
1) Andrews, Olivia	2) Harrell, Ariana	
3) Bell, Kianna	4) Waters, Emmaya	
7 Maryland-Eas	A	3:57.61
1) Adewemi, Adekansola	2) Lovett, Jelisa	
3) English, Naomi	4) Robb, Asshanni	

## Women High Jump

Name	School	Finals
1 Rose, Miazziah	Morgan State	1.63m
2 Wilson, Tynniesia	Norfolk Stat	J1.63m
--- Boddie, Joidon	N.C. Central	NH
--- Seale, Shonte	Norfolk Stat	NH
--- Moore, Diamond	Morgan State	NH
--- Kinard, Trinity	Delaware Sta	NH
--- Lovett, Jelisa	Maryland-Eas	NH

## Women Pole Vault

Name	School	Finals
1 Asinor, Ishana	Morgan State	3.19m
2 Brightful, Dnyshe	Norfolk Stat	3.04m
3 Bond, Annalise	Delaware Sta	J3.04m
4 Hooks, Destiny	Norfolk Stat	2.74m

## Women Long Jump

Name	School	Finals
1 Jackson, Tia	Morgan State	6.00m 2.9
2 Richards, Indya	Norfolk Stat	5.91m 1.5
3 Fitzgerald, Nikayla	Howard	5.84m +0.0
4 English, Naomi	Maryland-Eas	5.76m 0.6
5 Small, Taylor	N.C. Central	5.69m 0.7
6 Joyner, Ja'Tae	Howard	5.66m 0.5
7 Fulton, Micah	N.C. Central	5.63m 2.2
8 Glenn, Catherine	Delaware Sta	5.58m 2.3
9 Linzy, Shirelle	Norfolk Stat	5.47m 1.9
10 Price, Dahja	Norfolk Stat	5.31m 1.0
11 Romaine, Sierra	Delaware Sta	5.18m 0.5
12 Shittu, Atinuke	Maryland-Eas	5.13m +0.0
13 Venters, Jada	Norfolk Stat	5.12m 0.8

## Women Triple Jump

Name	School	Finals
1 Shittu, Atinuke	Maryland-Eas	12.40m 1.2
2 Rose, Miazziah	Morgan State	12.31m 0.9
3 Joyner, Ja'Tae	Howard	12.06m 1.9
4 Henry, Ayanna	Morgan State	12.04m 1.8
5 Boddie, Joidon	N.C. Central	11.86m 0.5
6 Fitzgerald, Nikayla	Howard	11.55m 1.1

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## Finals ... (Women Triple Jump)

Name	School	Finals
7 Kelley, Zinzili	N.C. Central	11.25m 0.9
--- Small, Taylor	N.C. Central	FOUL
--- Gravely, De'Niya	Norfolk Stat	FOUL

## Women Shot Put

Name	School	Finals
<b>Finals</b>		
1 Johnson, Johnelle	Morgan State	13.93m
2 Young, Leslie	Norfolk Stat	13.36m
3 Lambert, Terine	Morgan State	12.94m
4 Smalls, Minyarn	Howard	12.49m
5 Hansley, Indya	Maryland-Eas	12.19m
6 Patterson, Azure	Delaware Sta	12.02m
7 Moore, Orianna	Delaware Sta	11.70m
8 Parker, Arieana	Norfolk Stat	11.48m
9 Marsh, Symone	Howard	11.19m
10 O'Neill, Saniah	N.C. Central	10.99m
11 Hope, Naliah	N.C. Central	10.98m

## Women Discus Throw

Name	School	Finals
<b>Finals</b>		
1 Johnson, Johnelle	Morgan State	43.22m
2 Young, Leslie	Norfolk Stat	41.86m
3 Lambert, Terine	Morgan State	41.66m
4 Effiom, Diana	Howard	37.69m
5 Hansley, Indya	Maryland-Eas	36.23m
6 Moore, Orianna	Delaware Sta	36.20m
7 O'Neill, Saniah	N.C. Central	35.78m
8 Marsh, Symone	Howard	34.93m
9 Parker, Arieana	Norfolk Stat	34.70m
10 Shakwi, Sanaa	Maryland-Eas	33.55m
11 Pelle, Amber	Delaware Sta	30.78m
12 Hope, Naliah	N.C. Central	29.58m
13 Hatcher, Erin	Howard	28.19m
14 Patterson, Azure	Delaware Sta	27.48m

## Women Hammer Throw

Name	School	Finals
<b>Finals</b>		
1 Effiom, Diana	Howard	53.77m
2 Parker, Arieana	Norfolk Stat	52.80m
3 Hatcher, Erin	Howard	52.25m
4 Young, Leslie	Norfolk Stat	47.04m
5 Marsh, Symone	Howard	46.90m
6 Sharpe, Jannah	Morgan State	46.80m
7 Johnson, Johnelle	Morgan State	46.43m
8 Pelle, Amber	Delaware Sta	46.10m
9 Patterson, Azure	Delaware Sta	46.08m
10 Hansley, Indya	Maryland-Eas	39.49m
11 Lambert, Terine	Morgan State	35.73m
12 Shakwi, Sanaa	Maryland-Eas	35.34m
13 Moore, Orianna	Delaware Sta	35.16m

## Women Javelin Throw

Name	School	Finals
<b>Finals</b>		
1 Young, Leslie	Norfolk Stat	36.83m
2 Glenn, Catherine	Delaware Sta	34.54m
3 Smalls, Minyarn	Howard	33.18m
4 Seale, Shonte	Norfolk Stat	32.77m
5 Field, Rachel	Morgan State	31.80m
6 Hansley, Indya	Maryland-Eas	26.58m
7 Hatcher, Erin	Howard	24.36m
8 Pelle, Amber	Delaware Sta	23.50m
9 Patterson, Azure	Delaware Sta	21.64m
10 Scott, Jerdashia	South Caroli	20.42m
11 Moore, Orianna	Delaware Sta	13.47m

## Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Smalls, Minyarn	Howard	25.73 821
2 Woodrum, Kaelyn	Coppin State	26.04 794
3 Price, Dahja	Norfolk Stat	26.28 773
4 Venters, Jada	Norfolk Stat	27.11 703
5 Hunter, Jasmyn	Howard	27.23 693
6 Moore, Diamond	Morgan State	28.17 617
7 Kelley, Zinzili	N.C. Central	28.58 586
8 Seale, Shonte	Norfolk Stat	30.30 461

## Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Moore, Diamond	Morgan State	2:38.80 587
2 Woodrum, Kaelyn	Coppin State	2:39.33 581
3 Price, Dahja	Norfolk Stat	2:39.56 578
4 Hunter, Jasmyn	Howard	2:39.66 577
5 Kelley, Zinzili	N.C. Central	2:49.09 473
6 Smalls, Minyarn	Howard	2:49.44 469
7 Venters, Jada	Norfolk Stat	3:25.60 164
--- Seale, Shonte	Norfolk Stat	DNF

## Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Hunter, Jasmyn	Howard	14.78 871
2 Moore, Diamond	Morgan State	14.81 867
3 Smalls, Minyarn	Howard	15.40 790
4 Venters, Jada	Norfolk Stat	15.47 781
5 Woodrum, Kaelyn	Coppin State	15.61 763
6 Price, Dahja	Norfolk Stat	16.26 683
7 Kelley, Zinzili	N.C. Central	16.88 610
8 Seale, Shonte	Norfolk Stat	17.11 584

## Heptathlon: #2 Women High Jump Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Moore, Diamond	Morgan State	1.56m 689

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## Finals ... (Heptathlon: #2 Women High Jump Heptathlon)

Name	School	Finals
1 Kelley, Zinzili	N.C. Central	1.56m 689
3 Price, Dahja	Norfolk Stat	1.50m 621
3 Smalls, Minyarn	Howard	1.50m 621
5 Hunter, Jasmyn	Howard	1.47m 588
6 Seale, Shonte	Norfolk Stat	1.44m 555
7 Venters, Jada	Norfolk Stat	1.41m 523
8 Woodrum, Kaelyn	Coppin State	1.38m 491

## Heptathlon: #5 Women Long Jump Heptathlon

Name	School	Finals
1 Price, Dahja	Norfolk Stat	5.40m 671
2 Kelley, Zinzili	N.C. Central	5.38m 665
3 Hunter, Jasmyn	Howard	5.29m 640
4 Seale, Shonte	Norfolk Stat	5.23m 623
5 Smalls, Minyarn	Howard	5.18m 609
6 Venters, Jada	Norfolk Stat	5.16m 603
7 Moore, Diamond	Morgan State	5.09m 584
8 Woodrum, Kaelyn	Coppin State	4.92m 538

## Heptathlon: #3 Women Shot Put Heptathlon

Name	School	Finals
1 Smalls, Minyarn	Howard	12.97m 725
2 Seale, Shonte	Norfolk Stat	9.90m 523
3 Moore, Diamond	Morgan State	9.35m 487
4 Venters, Jada	Norfolk Stat	8.79m 451
5 Kelley, Zinzili	N.C. Central	8.77m 449
6 Hunter, Jasmyn	Howard	8.22m 414
7 Price, Dahja	Norfolk Stat	8.16m 410
8 Woodrum, Kaelyn	Coppin State	6.86m 326

## Heptathlon: #6 Women Javelin Throw Heptathlon

Name	School	Finals
1 Seale, Shonte	Norfolk Stat	34.00m 553
2 Smalls, Minyarn	Howard	31.42m 504
3 Kelley, Zinzili	N.C. Central	25.75m 396
4 Moore, Diamond	Morgan State	25.03m 383
5 Woodrum, Kaelyn	Coppin State	19.69m 283
6 Price, Dahja	Norfolk Stat	18.85m 268
7 Hunter, Jasmyn	Howard	14.68m 191
8 Venters, Jada	Norfolk Stat	13.87m 176

## Women Heptathlon

Name	School	Finals
1 Smalls, Minyarn	Howard	4539
2 Moore, Diamond	Morgan State	4214
3 Price, Dahja	Norfolk Stat	4004
4 Hunter, Jasmyn	Howard	3974
5 Kelley, Zinzili	N.C. Central	3868
6 Woodrum, Kaelyn	Coppin State	3776

7 Venters, Jada	Norfolk Stat	3401
8 Seale, Shonte	Norfolk Stat	3299

## Men 100 Meter Dash

Name	School	Prelims
<b>Preliminaries</b>		
1 Manu, Joseph	Coppin State	10.19Q1.8
2 Cole, Kai	Norfolk Stat	10.23Q2.9
3 Shippy, Brenton	South Caroli	10.35Q1.8
4 Franklin, Anthony	Norfolk Stat	10.41q 2.9
5 Madison-Ahouman, Bryan	Norfolk Stat	10.44q 1.8
6 Bowens, Ali	Morgan State	10.47q 2.9
7 Holley, Adrian	Morgan State	10.51q 1.8
8 Davis, Lamar	Morgan State	10.52q 2.9
9 Herring, Mahki	Maryland-Eas	J10.52 1.8
10 Rembert-Jett, Waddell	South Caroli	10.53 1.8
11 Ninamou, Richard	Howard	10.56 1.8
12 Hayes, Savien	Norfolk Stat	10.60 1.8
13 Gordon, Chislon	Maryland-Eas	10.62 2.9
14 Hill, Erick	South Caroli	10.63 1.8
15 Carr Jr, Andre	Delaware Sta	10.64 1.8
16 Daniel, Ashton	Howard	10.70 2.9
17 Perry, Ja'Leak	Howard	10.74 1.8
18 Reeves, Nigel	Delaware Sta	10.76 1.8
19 Laurier, Witchell	Maryland-Eas	10.83 1.8
20 Goslee, Joshua	Maryland-Eas	10.92 2.9
21 Pepukayi, Bryce	Coppin State	10.93 2.9
22 Carty, Mauriel	Coppin State	11.33 1.8

## Men 100 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Manu, Joseph	Coppin State	10.20 0.3
2 Cole, Kai	Norfolk Stat	10.29 0.3
3 Shippy, Brenton	South Caroli	10.40 0.3
4 Franklin, Anthony	Norfolk Stat	10.42 0.3
5 Madison-Ahouman, Bryan	Norfolk Stat	10.54 0.3
6 Bowens, Ali	Morgan State	10.62 0.3
7 Davis, Lamar	Morgan State	10.63 0.3
8 Holley, Adrian	Morgan State	10.72 0.3

## Men 200 Meter Dash

Name	School	Prelims
<b>Preliminaries</b>		
1 Manu, Joseph	Coppin State	21.57Q-1.8
1 Rantin, Keon	Morgan State	21.57Q-0.8
3 Cole, Kai	Norfolk Stat	21.63Q-2.3
4 Shippy, Brenton	South Caroli	21.73q -2.3
5 Franklin, Anthony	Norfolk Stat	21.75q -0.8
6 Carty, Mauriel	Coppin State	21.83q -1.8
7 Hawkins, Zachary	Howard	21.86q -0.8
8 Daniel, Ashton	Howard	21.90q -0.8
9 Williams, Jordan	Norfolk Stat	21.99 -2.3
10 Herring, Mahki	Maryland-Eas	22.00 -1.8
11 Brown, Janoi	Maryland-Eas	22.12 -1.8

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## Results

## Preliminaries ... (Men 200 Meter Dash)

Name	School	Prelims
12 Byrd, Jermanie	Howard	22.13 -2.3
13 Little, Malachi	Delaware Sta	22.15 -1.8
14 Bowens, Ali	Morgan State	22.23 -2.3
15 Holley, Adrian	Morgan State	22.40 -0.8
16 Lewis, Gordon	N.C. Central	22.50 -2.3
17 Laurier, Witchell	Maryland-Eas	22.70 -0.8
18 Skinner, Glenn	Delaware Sta	22.74 -1.8
19 Pepukayi, Bryce	Coppin State	22.78 -1.8
20 Agard, Jervonne	Coppin State	22.93 -2.3

## Men 200 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Manu, Joseph	Coppin State	20.42 1.1
2 Cole, Kai	Norfolk Stat	20.92 1.1
3 Shippy, Brenton	South Caroli	21.03 1.1
4 Rantin, Keon	Morgan State	21.04 1.1
5 Franklin, Anthony	Norfolk Stat	21.33 1.1
6 Carty, Mauriel	Coppin State	21.47 1.1
7 Hawkins, Zachary	Howard	21.54 1.1
8 Daniel, Ashton	Howard	21.85 1.1

## Men 400 Meter Dash

Name	School	Prelims
<b>Preliminaries</b>		
1 Brown, Janoi	Maryland-Eas	47.77Q
2 Watkins, Jahlanhnee	Maryland-Eas	47.96Q
3 Barker, Jaden	South Caroli	48.21Q
4 Opuni, Abayie	Coppin State	48.20q
5 Harrison, Dazon	Norfolk Stat	48.59q
6 Carter, Donnell	N.C. Central	48.63q
7 Little, Malachi	Delaware Sta	48.64q
8 Skinner, Glenn	Delaware Sta	48.71q
9 Lewis, Gordon	N.C. Central	49.41
10 Walker, Barrington	South Caroli	49.82
11 Zellander, Jeremiah	Norfolk Stat	49.92
12 Newman, Nicholas	Delaware Sta	50.30
13 Dula, Adrian	Maryland-Eas	50.49
14 Agard, Jervonne	Coppin State	50.76
15 Kimbrough, Jalon	South Caroli	50.87
16 Rantin, Keon	Morgan State	51.10
17 Nelson, Jaylin	Maryland-Eas	51.18
--- Hayes, Savien	Norfolk Stat	FS

## Men 400 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Little, Malachi	Delaware Sta	47.05
2 Opuni, Abayie	Coppin State	47.19
3 Brown, Janoi	Maryland-Eas	47.47
4 Carter, Donnell	N.C. Central	47.64
5 Barker, Jaden	South Caroli	47.67
6 Harrison, Dazon	Norfolk Stat	47.93

7 Watkins, Jahlanhnee	Maryland-Eas	48.03
8 Skinner, Glenn	Delaware Sta	48.87

## Men 800 Meter Run

Name	School	Prelims
<b>Preliminaries</b>		
1 Ba, Amadou	Coppin State	1:52.65Q
2 Jeffers, Tyler	South Caroli	1:54.97Q
3 Kimtai, Regan	Norfolk Stat	1:55.48Q
4 Scarver, Leroy	N.C. Central	1:54.70q
5 Berry, Kaleb	Howard	1:54.84q
6 Bryant, Devion	Morgan State	1:55.92q
7 Thornton, Matron	South Caroli	1:56.47q
8 Garbutt, Malcolm	Delaware Sta	1:56.82q
9 Hunter, Isaiah	N.C. Central	1:56.90
10 Norbal, Jayeed	Coppin State	1:56.93
11 Smith, Devin	Delaware Sta	1:58.24
12 Yrelus, Mackenson	N.C. Central	2:00.07
13 Guy, Nathanael	Delaware Sta	2:01.43
14 Ftwi, Nahom	Maryland-Eas	2:02.51
15 Wallace, Nasir	Morgan State	2:06.05
16 Jones, Brandon	Morgan State	2:06.33
17 Latimer, Andrew	South Caroli	2:07.55
18 Serville, Randy	Coppin State	2:12.23
19 Smith, Shawn	Maryland-Eas	2:15.80
--- Melhado, Malik	Maryland-Eas	DNF

## Men 800 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Jeffers, Tyler	South Caroli	1:52.28
2 Ba, Amadou	Coppin State	1:52.48
3 Thornton, Matron	South Caroli	1:53.38
4 Scarver, Leroy	N.C. Central	1:53.39
5 Garbutt, Malcolm	Delaware Sta	1:56.92
6 Berry, Kaleb	Howard	1:59.18
7 Bryant, Devion	Morgan State	1:59.47

## Men 1500 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Kimtai, Regan	Norfolk Stat	3:57.78
2 Smith, Devin	Delaware Sta	3:58.94
3 Williams, Gavin	Howard	3:59.23
4 Felton, Trey	South Caroli	4:05.01
5 Stephenson, Tafari	Howard	4:07.80
6 Ftwi, Nahom	Maryland-Eas	4:09.41
7 Alston, Justin	Morgan State	4:15.13
8 Wallace, Nasir	Morgan State	4:22.44

## Men 5000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Cheruiyot, Evans	Norfolk Stat	15:19.55
2 Kipchirchir, Meshack	Norfolk Stat	15:50.06

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## Finals ... (Men 5000 Meter Run)

Name	School	Finals
3 Williams, Gavin	Howard	16:03.50
4 Adebisi, Ayoade	Howard	16:12.82
5 Kipruto, Edwin	Maryland-Eas	16:31.11
6 Waller, Jackson	Morgan State	16:43.68
7 Dawkins, Ezekiel	Delaware Sta	17:10.24
8 Stephenson, Tafari	Howard	18:09.08

## Men 10000 Meter Run

Name	School	Finals
1 Cheruiyot, Evans	Norfolk Stat	32:21.55
2 Kipchirchir, Meshack	Norfolk Stat	32:55.05
3 Williams, Gavin	Howard	32:58.54
4 Adebisi, Ayoade	Howard	33:21.45
5 Suleiman, Isa	Norfolk Stat	34:34.72
6 Dawkins, Ezekiel	Delaware Sta	34:50.51
7 Stephenson, Tafari	Howard	35:34.26
8 Too, Lelei	Norfolk Stat	36:36.81

## Men 110 Meter Hurdles

Name	School	Prelims
1 Beard, Dylan	Howard	14.21Q-2.0
2 Byrd, Jermanie	Howard	14.25Q-2.9
3 Hawkins, Zachary	Howard	14.50q -2.0
4 Chisholm, Tayshaun	Delaware Sta	14.77q -2.9
5 Davis, Kameron	Howard	14.84q -2.0
6 Sutton, Joshua	Norfolk Stat	14.94q -2.9
7 Wynder-Hill, Camren	Norfolk Stat	14.99q -2.0
8 Kizer, Duane	Morgan State	15.09q -2.9
9 Payne, Antaeveon	Norfolk Stat	15.12 -2.9
10 Reid, Radjae	Maryland-Eas	15.50 -2.0
11 Opon, Zachary	Maryland-Eas	15.81 -2.9
12 McLaren, Elijah	Delaware Sta	16.17 -2.0
13 Abiakam, Joseph	Norfolk Stat	16.32 -2.9
14 Mack, Miguel	South Caroli	16.59 -2.0

## Men 110 Meter Hurdles

Name	School	Finals
1 Beard, Dylan	Howard	13.71 1.0
2 Byrd, Jermanie	Howard	13.73 1.0
3 Chisholm, Tayshaun	Delaware Sta	13.88 1.0
4 Hawkins, Zachary	Howard	14.06 1.0
5 Davis, Kameron	Howard	14.23 1.0
6 Kizer, Duane	Morgan State	14.32 1.0
7 Sutton, Joshua	Norfolk Stat	14.37 1.0
8 Wynder-Hill, Camren	Norfolk Stat	14.51 1.0

## Men 400 Meter Hurdles

Name	School	Prelims
1 Brown, Julian	Delaware Sta	53.40Q

2 Davis, Kameron	Howard	53.60Q
3 Payne, Corinthians	Howard	54.07q
4 Williams, Jordan	Norfolk Stat	54.21q
5 Kee, Cameron	Howard	54.67q
6 Wiggins-Imgram, Ivan	Coppin State	55.64q
7 Opon, Zachary	Maryland-Eas	56.20q
8 Kizer, Duane	Morgan State	57.18q
9 Garbutt, Malcolm	Delaware Sta	57.39
10 Gooden, Tarique	Morgan State	58.54
11 Goode, Amiri	Coppin State	59.41
12 Mack, Miguel	South Caroli	1:11.27

## Men 400 Meter Hurdles

Name	School	Finals
1 Williams, Jordan	Norfolk Stat	51.87
2 Brown, Julian	Delaware Sta	52.40
3 Davis, Kameron	Howard	53.02
4 Kee, Cameron	Howard	53.32
5 Wiggins-Imgram, Ivan	Coppin State	53.62
6 Opon, Zachary	Maryland-Eas	56.89
7 Kizer, Duane	Morgan State	58.81
8 Payne, Corinthians	Howard	1:12.86

## Men 3000 Meter Steeplechase

Name	School	Finals
1 Cheruiyot, Evans	Norfolk Stat	9:28.33
2 Kintai, Regan	Norfolk Stat	9:30.06
3 Norman, Albert	Delaware Sta	9:37.44
4 Adebisi, Ayoade	Howard	9:49.53
5 Kipchirchir, Meshack	Norfolk Stat	9:52.31
6 Drake, Ashton	N.C. Central	10:09.95
7 Kipruto, Edwin	Maryland-Eas	10:22.68
8 Alston, Justin	Morgan State	10:50.17

## Men 4x100 Meter Relay

Team	Relay	Finals
1 Norfolk State	A	40.12
1) Cole, Kai	2) Franklin, Anthony	
3) Madison-Ahouman, Bryan	4) Hayes, Savien	
2 Morgan State	A	40.21
1) Davis, Lamar	2) Rantin, Keon	
3) Bowens, Ali	4) Holley, Adrian	
3 Coppin State	A	40.82
1) Pepukayi, Bryce	2) Opuni, Abayie	
3) Manu, Joseph	4) Carty, Mauriel	
4 Howard	A	41.08
1) Perry, Ja'Leak	2) Daniel, Ashton	
3) Byrd, Jermanie	4) Ninamou, Richard	
5 Delaware State	A	41.21
1) Jasmin, Jalen	2) Carr Jr, Andre	
3) Little, Malachi	4) Reeves, Nigel	

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## Finals ... (Men 4x100 Meter Relay)

Team	Relay	Finals
6 Maryland-Eas	A	41.34
1) Gordon, Chislon	2) Herring, Mahki	
3) Reid, Radjae	4) Laurier, Witchell	
--- South Carolina St.	A	DNF
1) Rembert-Jett, Waddell	2) Shippy, Brenton	
3) Hill, Erick	4) Barker, Jaden	

## Men 4x400 Meter Relay

Team	Relay	Finals
1 Coppin State	A	3:10.29
1) Opuni, Abayie	2) Serville, Randy	
3) Ba, Amadou	4) Norbal, Jayeed	
2 Delaware State	A	3:11.78
1) Garbutt, Malcolm	2) Skinner, Glenn	
3) Brown, Julian	4) Little, Malachi	
3 South Carolina St.	A	3:12.48
1) Barker, Jaden	2) Brewington, Devin	
3) Kimbrough, Jalon	4) Shippy, Brenton	
4 Norfolk State	A	3:13.02
1) Barnes, Trequan	2) Williams, Jordan	
3) Harrison, Dazon	4) Wynder-Hill, Camren	
5 N.C. Central	A	3:15.23
1) Lewis, Gordon	2) Hunter, Isaiah	
3) Yrelus, Mackenson	4) Carter, Donnell	
6 Maryland-Eas	A	3:18.43
1) Dula, Adrian	2) Melhado, Malik	
3) Nelson, Jaylin	4) Watkins, Jahlanhnee	
7 Howard	A	3:18.84
1) Kee, Cameron	2) Payne, Corinthians	
3) Byrd, Jermanie	4) Berry, Kaleb	
8 Morgan State	A	3:26.35
1) Bowens, Ali	2) Rantin, Keon	
3) Bryant, Devion	4) Kizer, Duane	

## Men High Jump

Name	School	Finals
1 Jones, Marvin	N.C. Central	2.13m
2 Rhooms, Kobe-Jordan	Morgan State	2.08m
3 Sutton, Joshua	Norfolk Stat	1.98m
4 Haywood, Isaac	Norfolk Stat	J1.98m
5 McKenzie, Omari	Morgan State	J1.98m
6 Pierrilus, Mackel	Maryland-Eas	1.93m
7 Finger, Brenden	N.C. Central	J1.93m
--- Christopher, Jahquan	Norfolk Stat	NH

## Men Pole Vault

Name	School	Finals
1 Kamanu, Peter	Delaware Sta	4.42m
2 Goslee, Joshua	Maryland-Eas	4.27m
3 Brown, Malik	Morgan State	3.67m

4 Wynder-Hill, Camren	Norfolk Stat	3.52m
--- Goslee, Caleb	Maryland-Eas	NH
--- Pierrilus, Mackel	Maryland-Eas	NH
--- Are, Nathaniel	Howard	NH

## Men Long Jump

Name	School	Finals
1 Peterson, Joshua	Norfolk Stat	7.65m 2.1
2 Blanc, Jaelyn	N.C. Central	7.63m 1.9
3 Hammond, Jeff	Coppin State	7.54m 3.2
4 Davis, Lamar	Morgan State	7.53m 1.9
5 Jasmin, Jalen	Delaware Sta	7.33m 2.5
5 Haywood, Isaac	Norfolk Stat	7.33m 1.2
7 Rhooms, Kobe-Jordan	Morgan State	7.29m 1.4
8 Cox-Cooper, Rodric	Norfolk Stat	7.19m 2.3
9 Wynder-Hill, Camren	Norfolk Stat	7.16m 3.2
10 Hill, Erick	South Caroli	6.93m 2.8
11 Booker, Forrest	Delaware Sta	6.80m 3.8

## Men Triple Jump

Name	School	Finals
1 Rhooms, Kobe-Jordan	Morgan State	15.31m +0.0
2 Haywood, Isaac	Norfolk Stat	14.93m -0.8
3 Blanc, Jaelyn	N.C. Central	14.78m -1.2
4 McKenzie, Omari	Morgan State	14.61m +0.0
5 Cox-Cooper, Rodric	Norfolk Stat	14.45m +0.0
6 McLaren, Elijah	Delaware Sta	14.20m +0.0
7 Pierrilus, Mackel	Maryland-Eas	13.86m -0.1
8 Booker, Forrest	Delaware Sta	13.78m -1.8
9 Peterson, Joshua	Norfolk Stat	13.55m -1.9
10 Bellinga, Joshua	Morgan State	13.54m -1.2
--- Walker, Nile	Norfolk Stat	FOUL

## Men Shot Put

Name	School	Finals
1 Neal-Watson, Nasir	Maryland-Eas	15.50m
2 Martin, Tyrell	Delaware Sta	15.25m
3 Swepson, Matthew	N.C. Central	15.21m
4 Olebara, Nnamdi	Howard	15.00m
5 Bratcher, Christopher	Howard	14.84m
6 Dillon, Zackery	Morgan State	14.82m
7 Anderson, Nelson	N.C. Central	14.26m
8 Perkins, James	Maryland-Eas	14.25m
9 Richards, Balvin	Coppin State	14.21m
10 Gui Dibo, Ryan	Maryland-Eas	12.46m
--- Smith, Raeshon	Norfolk Stat	FOUL

## Men Discus Throw

Name	School	Finals
1 Dillon, Zackery	Morgan State	50.23m
2 Ratliff, Dexter	South Caroli	46.19m



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## Finals ... (Men Discus Throw)

Name	School	Finals
3 Swepson, Matthew	N.C. Central	45.31m
4 Campbell, Emperor	Delaware Sta	44.73m
5 Perkins, James	Maryland-Eas	43.60m
6 Richards, Balvin	Coppin State	42.67m
7 Sackey, Yaw	Howard	41.35m
8 Gui Dibo, Ryan	Maryland-Eas	40.32m
8 Bratcher, Christopher	Howard	40.32m
10 Anderson, Nelson	N.C. Central	39.84m
11 Olebara, Nnamdi	Howard	38.46m
12 Codrington, Michael	Howard	37.75m
--- Martin, Tyrell	Delaware Sta	FOUL
--- Neal-Watson, Nasir	Maryland-Eas	FOUL

## Men Hammer Throw

Name	School	Finals
1 Bratcher, Christopher	Howard	46.61m
2 Monteiro, Ezra	Howard	46.42m
3 Swepson, Matthew	N.C. Central	45.22m
4 Home, Andrew	Delaware Sta	44.63m
5 Olebara, Nnamdi	Howard	43.79m
6 Codrington, Michael	Howard	43.15m
7 Lenear, Xavier	N.C. Central	40.75m
8 Ratliff, Dexter	South Caroli	40.75m
9 Martin, Tyrell	Delaware Sta	40.41m
10 Perkins, James	Maryland-Eas	35.28m
11 Campbell, Emperor	Delaware Sta	35.24m
12 Neal-Watson, Nasir	Maryland-Eas	29.52m
--- Gui Dibo, Ryan	Maryland-Eas	FOUL

## Men Javelin Throw

Name	School	Finals
1 Abbott, Mekhi	Howard	60.41m
2 Swepson, Matthew	N.C. Central	56.56m
3 Perkins, James	Maryland-Eas	50.47m
4 Kimtai, Regan	Norfolk Stat	46.60m
5 Monteiro, Ezra	Howard	45.20m
6 Neal-Watson, Nasir	Maryland-Eas	43.77m
7 Pierrilus, Mackel	Maryland-Eas	43.39m
8 Lynch, Marquis	South Caroli	40.39m
9 Anderson, Nelson	N.C. Central	38.09m
10 Brown, Julian	Delaware Sta	36.57m
11 Are, Nathaniel	Howard	36.13m
12 Brown, Eric	Howard	33.95m
--- Gui Dibo, Ryan	Maryland-Eas	FOUL

## Decathlon: #1 Men 100 Meter Dash Decathlon

Name	School	Finals
1 Hawkins, Ezekiel	Howard	11.09 841
2 Abiakam, Joseph	Norfolk Stat	11.20 817
3 Are, Nathaniel	Howard	11.39 776

4 Goslee, Caleb	Maryland-Eas	11.51 750
5 Brown, Eric	Howard	11.65 721
6 Christopher, Jahquan	Norfolk Stat	11.83 685
7 Goode, Amiri	Coppin State	11.87 677
8 Johnson, Neco	N.C. Central	12.24 605

## Decathlon: #5 Men 400 Meter Dash Decathlon

Name	School	Finals
1 Christopher, Jahquan	Norfolk Stat	52.07 722
2 Goslee, Caleb	Maryland-Eas	53.51 660
3 Hawkins, Ezekiel	Howard	53.71 652
4 Are, Nathaniel	Howard	54.21 631
5 Johnson, Neco	N.C. Central	54.34 626
6 Abiakam, Joseph	Norfolk Stat	55.74 569
7 Brown, Eric	Howard	56.78 529
8 Goode, Amiri	Coppin State	1:01.32 369

## Decathlon: #10 Men 1500 Meter Run Decathlon

Name	School	Finals
1 Johnson, Neco	N.C. Central	4:40.42 678
2 Goode, Amiri	Coppin State	4:43.12 661
3 Christopher, Jahquan	Norfolk Stat	4:45.07 649
4 Brown, Eric	Howard	5:07.30 518
5 Hawkins, Ezekiel	Howard	5:08.08 514
6 Goslee, Caleb	Maryland-Eas	5:17.83 461
7 Are, Nathaniel	Howard	5:22.30 438
8 Abiakam, Joseph	Norfolk Stat	5:54.80 286

## Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	School	Finals
1 Brown, Eric	Howard	15.25 820
2 Abiakam, Joseph	Norfolk Stat	15.62 776
3 Hawkins, Ezekiel	Howard	15.69 768
4 Christopher, Jahquan	Norfolk Stat	15.88 746
5 Goode, Amiri	Coppin State	16.69 657
6 Are, Nathaniel	Howard	19.19 416
7 Johnson, Neco	N.C. Central	21.88 216
8 Goslee, Caleb	Maryland-Eas	35.59 1.2

## Decathlon: #4 Men High Jump Decathlon

Name	School	Finals
1 Christopher, Jahquan	Norfolk Stat	1.86m 679
2 Brown, Eric	Howard	1.83m 653
2 Are, Nathaniel	Howard	1.83m 653
4 Abiakam, Joseph	Norfolk Stat	1.71m 552
5 Hawkins, Ezekiel	Howard	1.68m 528
6 Johnson, Neco	N.C. Central	1.62m 480
7 Goode, Amiri	Coppin State	1.59m 457
8 Goslee, Caleb	Maryland-Eas	1.50m 389

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## Decathlon: #8 Men Pole Vault Decathlon

Name	School	Finals	
<b>Finals</b>			
1	Christopher, Jahquan	Norfolk Stat	3.25m 418
2	Are, Nathaniel	Howard	3.15m 393
3	Goslee, Caleb	Maryland-Eas	2.75m 298
4	Brown, Eric	Howard	2.55m 253
5	Abiakam, Joseph	Norfolk Stat	2.45m 231
6	Goode, Amiri	Coppin State	2.25m 189
---	Johnson, Neco	N.C. Central	NH
---	Hawkins, Ezekiel	Howard	NH

## Decathlon: #2 Men Long Jump Decathlon

Name	School	Finals	
<b>Finals</b>			
1	Brown, Eric	Howard	6.92m 795
2	Abiakam, Joseph	Norfolk Stat	6.88m 785
3	Are, Nathaniel	Howard	6.87m 783
4	Hawkins, Ezekiel	Howard	6.85m 778
5	Goslee, Caleb	Maryland-Eas	6.48m 693
6	Johnson, Neco	N.C. Central	6.27m 646
7	Christopher, Jahquan	Norfolk Stat	6.11m 610
8	Goode, Amiri	Coppin State	5.81m 546

## Decathlon: #3 Men Shot Put Decathlon

Name	School	Finals	
<b>Finals</b>			
1	Are, Nathaniel	Howard	11.43m 572
2	Hawkins, Ezekiel	Howard	9.47m 454
3	Johnson, Neco	N.C. Central	9.26m 441
4	Abiakam, Joseph	Norfolk Stat	9.01m 426
4	Goslee, Caleb	Maryland-Eas	9.01m 426
6	Christopher, Jahquan	Norfolk Stat	8.76m 411
7	Goode, Amiri	Coppin State	8.37m 388
8	Brown, Eric	Howard	7.96m 364

## Decathlon: #7 Men Discus Throw Decathlon

Name	School	Finals	
<b>Finals</b>			
1	Are, Nathaniel	Howard	31.17m 488
2	Goode, Amiri	Coppin State	26.98m 405
3	Hawkins, Ezekiel	Howard	23.81m 344
4	Johnson, Neco	N.C. Central	23.25m 334
5	Brown, Eric	Howard	18.82m 250
6	Abiakam, Joseph	Norfolk Stat	18.65m 247
7	Christopher, Jahquan	Norfolk Stat	17.52m 226
---	Goslee, Caleb	Maryland-Eas	FOUL

## Decathlon: #9 Men Javelin Throw Decathlon

Name	School	Finals	
<b>Finals</b>			
1	Hawkins, Ezekiel	Howard	39.06m 429
2	Are, Nathaniel	Howard	36.87m 397
3	Brown, Eric	Howard	35.27m 374
4	Christopher, Jahquan	Norfolk Stat	32.59m 336

5	Abiakam, Joseph	Norfolk Stat	29.44m 291
6	Goslee, Caleb	Maryland-Eas	28.73m 281
7	Johnson, Neco	N.C. Central	28.02m 271
8	Goode, Amiri	Coppin State	20.26m 165

## Men Decathlon

Name	School	Finals	
<b>Finals</b>			
1	Are, Nathaniel	Howard	5547
2	Christopher, Jahquan	Norfolk Stat	5482
3	Hawkins, Ezekiel	Howard	5308
4	Brown, Eric	Howard	5277
5	Abiakam, Joseph	Norfolk Stat	4980
6	Goode, Amiri	Coppin State	4514
7	Johnson, Neco	N.C. Central	4297
8	Goslee, Caleb	Maryland-Eas	3958

## Women - Team Rankings - 21 Events Scored

1)	Howard	226
2)	Norfolk State	166
3)	Morgan State	117
4)	Coppin State	70
5)	South Carolina St.	50
6)	Maryland-Eastern Shore	45
7)	N.C. Central	42
8)	Delaware State	41

## Men - Team Rankings - 21 Events Scored

1)	Norfolk State	192.5
2)	Howard	163.5
3)	Delaware State	95.5
4)	Morgan State	87
5)	N.C. Central	75
6)	Coppin State	71
7)	Maryland-Eastern Shore	66.5
8)	South Carolina St.	53