

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Women 100 Meter Dash**

Conference: \$ 10.96 2019 Kayla White, NCAT

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Khan, Darci	JR	Howard	11.47Q	1.9	3
2 Washington, Lamaria	SO	Howard	11.61Q	0.8	2
3 Pittman, Tiffani Rae	SO	Howard	11.67Q	1.6	1
4 Hor, Halutie	JR	Coppin State	11.54Q	1.9	3
5 Dade, De'ja	SR	Howard	11.78Q	1.6	1
6 Oku, Gifty	FR	Coppin State	11.82Q	0.8	2
7 Frederick, Angelica	SO	SC State	12.07q	0.8	2
8 White, Khaliyah	JR	Delaware State	12.11q	1.9	3
9 Smith, Maya	SO	SC State	12.13	1.9	3
10 Adekayode, Deborah	FR	Morgan State	12.23	1.9	3
11 Powell, Leah	FR	Delaware State	12.24	0.8	2 12.236
12 Robinson, Aaliyah	JR	Delaware State	12.24	1.6	1 12.237
13 Gist, Cameran	FR	SC State	12.26	0.8	2
14 Thomas, Jazmine	SO	Maryland-Eas	12.29	1.9	3
15 Farrar, Allysia	JR	Norfolk State	12.36	0.8	2
16 Sharps, Malea	JR	Maryland-Eas	12.41	1.6	1
17 Toogood, Kalin	SO	Maryland-Eas	13.68	1.6	1

Women 100 Meter Dash

Conference: \$ 10.96 2019 Kayla White, NCAT

Name	Year	School	Finals	Wind	Points
Finals					
1 Pittman, Tiffani Rae	SO	Howard	11.58	-0.5	10
2 Khan, Darci	JR	Howard	11.60	-0.5	8
3 Hor, Halutie	JR	Coppin State	11.61	-0.5	6
4 Washington, Lamaria	SO	Howard	11.78	-0.5	5 11.771
5 Oku, Gifty	FR	Coppin State	11.78	-0.5	4 11.772
6 Dade, De'ja	SR	Howard	11.96	-0.5	3
7 Frederick, Angelica	SO	SC State	12.07	-0.5	2
8 White, Khaliyah	JR	Delaware State	12.33	-0.5	1

Women 200 Meter Dash

Conference: \$ 22.52 2019 India Brown, NCAT

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Ali, Latifa	JR	Coppin State	24.01Q	2.2	2
2 Pittman, Tiffani Rae	SO	Howard	24.10Q	1.0	3
3 Hor, Halutie	JR	Coppin State	24.12Q	-0.4	1
4 Dunbar, Kaya-Rae	JR	Howard	24.62Q	3.4	4
5 Washington, Lamaria	SO	Howard	24.20q	-0.4	1
6 Lawson, Kiya	FR	Howard	24.38q	2.2	2
7 Oku, Gifty	FR	Coppin State	24.47q	2.2	2
8 Dade, De'ja	SR	Howard	24.87q	3.4	4
9 Harpe, Lakendra	SR	Delaware State	24.90	1.0	3
10 Frederick, Angelica	SO	SC State	25.05	1.0	3
11 Robinson, Aleisha	FR	Morgan State	25.18	2.2	2
12 Harris, Armani	JR	Norfolk State	25.21	-0.4	1

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Women 200 Meter Dash**

13 Farrar, Allysia	JR Norfolk State	25.62	2.2	2
14 Smith, Maya	SO SC State	25.65	3.4	4
15 White, Khaliyah	JR Delaware State	25.70	-0.4	1
16 George, Yasmine	JR Morgan State	25.98	-0.4	1
17 Thomas, Jazmine	SO Maryland-Eas	26.24	3.4	4
18 Sharps, Malea	JR Maryland-Eas	26.51	1.0	3
19 Adewami, Adekansola	SR Maryland-Eas	26.81	1.0	3
20 Harris, Chanice	JR SC State	27.34	3.4	4

Women 200 Meter Dash

Conference: \$ 22.52 2019 India Brown, NCAT

Name	Year School	Finals	Wind	Points
Finals				
1 Pittman, Tiffani Rae	SO Howard	23.39	0.2	10
2 Ali, Latifa	JR Coppin State	23.55	0.2	8
3 Hor, Halutie	JR Coppin State	23.95	0.2	6
4 Dade, De'ja	SR Howard	24.27	0.2	5
5 Oku, Gifty	FR Coppin State	24.30	0.2	4
6 Dunbar, Kaya-Rae	JR Howard	24.41	0.2	3
7 Washington, Lamaria	SO Howard	24.65	0.2	2

Women 400 Meter Dash

Conference: \$ 50.58 2009 Francena McCorory, HAM

Name	Year School	Prelims	H#
Preliminaries			
1 Ali, Latifa	JR Coppin State	53.72Q	1
2 Alphonse, Kimani	JR Coppin State	54.92Q	2
3 Tomlinson, Shenelle	SR Coppin State	55.08Q	3
4 Harpe, Lakendra	SR Delaware State	55.85Q	2
5 Harris, Armani	JR Norfolk State	56.05Q	1
6 George, Yasmine	JR Morgan State	57.91Q	3
7 Morris, Sanaa	FR Howard	56.61q	2
8 Robinson, Aleisha	FR Morgan State	56.98q	1
9 Benton, Brianna	FR Coppin State	58.36	2
10 Young, Cierra	FR Delaware State	58.77	1
11 Brown, Kortney	FR Delaware State	59.64	3
12 Donovan, Jasmaine	SO SC State	1:00.34	3
13 Adewami, Adekansola	SR Maryland-Eas	1:00.64	2
14 Walls, Tiona	JR SC State	1:03.49	2
15 Toogood, Kalin	SO Maryland-Eas	1:04.87	3
-- Lucas, Chloe	JR Maryland-Eas	DNF	1

Women 400 Meter Dash

Conference: \$ 50.58 2009 Francena McCorory, HAM

Name	Year School	Finals	Points
Finals			
1 Ali, Latifa	JR Coppin State	52.99	10
2 Alphonse, Kimani	JR Coppin State	53.70	8
3 Tomlinson, Shenelle	SR Coppin State	54.49	6

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Women 400 Meter Dash**

4 Harpe, Lakendra	SR Delaware State	54.98	5
5 Harris, Armani	JR Norfolk State	55.99	4
6 Robinson, Aleisha	FR Morgan State	56.43	3
7 Morris, Sanaa	FR Howard	56.67	2
8 George, Yasmine	JR Morgan State	56.98	1

Women 800 Meter Run

Conference: \$ 2:02.82 2016 Ce'aira Brown, HAM
 Name Year School Prelims H#

Preliminaries

1 White, Melanie	SR Howard	2:12.78Q	2
1:04.075 (1:04.075)	2:12.778 (1:08.704)		
2 Jackson, Laila	FR N.C. Central	2:13.53Q	1
1:00.087 (1:00.087)	2:13.530 (1:13.444)		
3 Egbula, Camille	SO Howard	2:13.29Q	2
1:03.004 (1:03.004)	2:13.288 (1:10.284)		
4 Wyatt, Jahmei	SO Coppin State	2:14.05Q	1
1:00.165 (1:00.165)	2:14.050 (1:13.886)		
5 Lamborn, Jessica	SO Morgan State	2:19.48Q	1
1:03.059 (1:03.059)	2:19.479 (1:16.420)		
6 Campbell, Shy-Ann	SO Maryland-Eas	2:20.47Q	2
1:04.853 (1:04.853)	2:20.463 (1:15.610)		
7 Williams, Debrielle	SR SC State	2:19.87q	1
1:02.994 (1:02.994)	2:19.870 (1:16.876)		
8 Simms, Shennell	FR Maryland-Eas	2:21.60q	1
1:02.413 (1:02.413)	2:21.596 (1:19.184)		
9 Fleurima, Danielle	SO Delaware State	2:27.43	2
1:08.762 (1:08.762)	2:27.422 (1:18.660)		
10 Beckham, Mylena	SO N.C. Central	2:32.51	2
1:06.223 (1:06.223)	2:32.506 (1:26.283)		
11 Griffin, Jazelle	FR Delaware State	2:43.11	1
1:07.103 (1:07.103)	2:43.105 (1:36.002)		

Women 800 Meter Run

Conference: \$ 2:02.82 2016 Ce'aira Brown, HAM
 Name Year School Finals Points

Finals

1 Jackson, Laila	FR N.C. Central	2:11.12	10
1:04.238 (1:04.238)	2:11.115 (1:06.877)		
2 Wyatt, Jahmei	SO Coppin State	2:12.19	8
1:06.015 (1:06.015)	2:12.187 (1:06.173)		
3 Williams, Debrielle	SR SC State	2:15.86	6
1:07.440 (1:07.440)	2:15.857 (1:08.418)		
4 White, Melanie	SR Howard	2:17.72	5
1:07.655 (1:07.655)	2:17.716 (1:10.062)		
5 Egbula, Camille	SO Howard	2:18.08	4
1:07.908 (1:07.908)	2:18.078 (1:10.170)		
6 Lamborn, Jessica	SO Morgan State	2:18.81	3
1:08.321 (1:08.321)	2:18.806 (1:10.485)		
7 Campbell, Shy-Ann	SO Maryland-Eas	2:19.38	2
1:07.706 (1:07.706)	2:19.371 (1:11.665)		

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Women 800 Meter Run**

8 Simms, Shennell FR Maryland-Eas 2:21.92 1
 1:08.031 (1:08.031) 2:21.913 (1:13.883)

Women 1500 Meter Run

Conference: \$ 4:27.12 2017 Martha Bissah, NSU

Name	Year	School	Finals	Points
1 White, Melanie	SR	Howard	4:35.16	10
55.652 (55.652)	2:09.462 (1:13.810)	3:24.586 (1:15.124)	4:35.157 (1:10.572)	
2 Kimaiyo, Mercyline	SO	Norfolk State	4:39.97	8
55.199 (55.199)	2:09.194 (1:13.995)	3:24.516 (1:15.322)	4:39.963 (1:15.448)	
3 Egbula, Camille	SO	Howard	4:40.14	6
55.387 (55.387)	2:09.964 (1:14.578)	3:27.017 (1:17.053)	4:40.136 (1:13.119)	
4 Fisher, Abigail	JR	Morgan State	5:07.09	5
56.986 (56.986)	2:17.174 (1:20.189)	3:45.008 (1:27.834)	5:07.088 (1:22.080)	
5 Lamborn, Jessica	SO	Morgan State	5:09.26	4
56.123 (56.123)	2:17.417 (1:21.294)	3:45.609 (1:28.193)	5:09.258 (1:23.649)	
6 Fleurima, Danielle	SO	Delaware State	5:09.95	3
56.503 (56.503)	2:17.122 (1:20.619)	3:45.106 (1:27.984)	5:09.943 (1:24.838)	
7 Stuteley, Saidai	JR	Coppin State	5:24.96	2
56.536 (56.536)	2:19.694 (1:23.159)	3:53.483 (1:33.789)	5:24.952 (1:31.469)	

Women 5000 Meter Run

Conference: \$ 17:06.62 2017 Faith Keitany, HAM

Name	Year	School	Finals	Points
1 Kimaiyo, Mercyline	SO	Norfolk State	18:21.94	10
43.532 (43.532)	2:13.226 (1:29.695)	3:42.031 (1:28.805)	5:11.388 (1:29.357)	
6:41.460 (1:30.073)	8:12.586 (1:31.127)	9:43.628 (1:31.042)	11:11.780 (1:28.153)	
12:42.126 (1:30.347)	14:06.830 (1:24.704)	15:34.086 (1:27.257)	17:02.914 (1:28.828)	
18:21.933 (1:19.019)				
2 McDonald, Breanna	SR	Howard	18:31.23	8
43.790 (43.790)	2:13.433 (1:29.643)	3:43.275 (1:29.843)	5:11.418 (1:28.143)	
6:41.548 (1:30.130)	8:12.615 (1:31.068)	9:43.519 (1:30.904)	11:12.356 (1:28.838)	
12:42.509 (1:30.153)	14:13.673 (1:31.164)	15:44.809 (1:31.137)	17:13.271 (1:28.463)	
18:31.224 (1:17.953)				
3 Crosby, Joslyn	SO	Howard	18:34.80	6
44.052 (44.052)	2:13.749 (1:29.697)	3:43.050 (1:29.302)	5:11.561 (1:28.512)	
6:41.818 (1:30.257)	8:12.813 (1:30.995)	9:43.826 (1:31.014)	11:12.025 (1:28.199)	
12:42.769 (1:30.744)	14:11.470 (1:28.702)	15:42.913 (1:31.443)	17:13.569 (1:30.657)	
18:34.794 (1:21.225)				
4 Field, Rachel	SR	Morgan State	19:27.00	5
44.319 (44.319)	2:13.971 (1:29.653)	3:43.376 (1:29.405)	5:11.629 (1:28.253)	
6:41.933 (1:30.304)	8:14.096 (1:32.164)	9:47.951 (1:33.855)	11:25.648 (1:37.697)	
13:06.226 (1:40.579)	14:49.090 (1:42.864)	16:28.848 (1:39.758)	18:06.024 (1:37.177)	
19:26.991 (1:20.968)				
5 Lagat, Ashley	JR	Delaware State	19:35.08	4
44.524 (44.524)	2:14.109 (1:29.586)	3:43.681 (1:29.573)	5:12.479 (1:28.798)	
6:42.475 (1:29.997)	8:14.353 (1:31.878)	9:48.304 (1:33.952)	11:25.898 (1:37.594)	
13:06.391 (1:40.494)	14:45.471 (1:39.080)	16:24.414 (1:38.943)	18:02.263 (1:37.849)	
19:35.075 (1:32.813)				

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

...Women 5000 Meter Run

6	Banks, Jada	SR SC State	19:58.03	3
	44.134 (44.134)	2:13.805 (1:29.671)	3:43.529 (1:29.724)	5:12.283 (1:28.754)
	6:44.146 (1:31.864)	8:19.573 (1:35.427)	10:00.725 (1:41.153)	11:42.194 (1:41.469)
	13:23.759 (1:41.565)	15:05.494 (1:41.735)	16:47.333 (1:41.839)	18:25.010 (1:37.678)
	19:58.024 (1:33.014)			
7	Kattam, Purity	JR Delaware State	21:11.40	2
	44.639 (44.639)	2:14.231 (1:29.593)	3:44.243 (1:30.012)	5:19.828 (1:35.585)
	7:01.003 (1:41.175)	8:45.763 (1:44.760)	10:32.819 (1:47.057)	12:20.985 (1:48.167)
	14:10.750 (1:49.765)	16:00.259 (1:49.509)	17:49.783 (1:49.524)	19:36.695 (1:46.913)
	21:11.400 (1:34.705)			
8	Simms, Shennell	FR Maryland-Eas	21:13.37	1
	44.298 (44.298)	2:14.429 (1:30.131)	3:47.123 (1:32.694)	5:29.848 (1:42.725)
	7:14.783 (1:44.935)	9:01.341 (1:46.559)	10:50.096 (1:48.755)	12:39.640 (1:49.544)
	14:27.855 (1:48.215)	16:16.963 (1:49.108)	18:04.556 (1:47.594)	19:48.408 (1:43.852)
	21:13.363 (1:24.955)			

Women 10000 Meter Run

Conference: \$ 34:52.91 2017 Fiath Keithany, HAM

Name	Year	School	Finals	Points
1	Kimaiyo, Mercyline	SO Norfolk State	37:09.91	10
	1:27.562 (1:27.562)	2:55.394 (1:27.832)	4:24.492 (1:29.099)	5:53.007 (1:28.515)
	7:21.251 (1:28.244)	8:51.931 (1:30.680)	10:22.272 (1:30.342)	11:52.504 (1:30.232)
	13:20.241 (1:27.737)	14:49.454 (1:29.214)	16:19.316 (1:29.862)	17:52.196 (1:32.880)
	19:24.866 (1:32.670)	20:56.884 (1:32.019)	22:27.796 (1:30.912)	23:58.902 (1:31.107)
	25:30.181 (1:31.279)	27:00.374 (1:30.194)	28:30.644 (1:30.270)	30:00.364 (1:29.720)
	31:32.004 (1:31.640)	33:02.104 (1:30.100)	34:28.247 (1:26.144)	35:54.322 (1:26.075)
	37:09.904 (1:15.582)			
2	Crosby, Joslyn	SO Howard	40:09.09	8
	1:33.686 (1:33.686)	3:11.777 (1:38.092)	4:48.537 (1:36.760)	6:28.166 (1:39.629)
	8:08.437 (1:40.272)	9:51.139 (1:42.702)	11:35.319 (1:44.180)	13:19.429 (1:44.110)
	15:01.556 (1:42.127)	16:43.422 (1:41.867)	18:26.071 (1:42.649)	20:09.667 (1:43.597)
	21:52.317 (1:42.650)	23:33.954 (1:41.637)	25:15.364 (1:41.410)	26:56.374 (1:41.010)
	28:32.124 (1:35.750)	30:05.462 (1:33.339)	31:38.097 (1:32.635)	33:04.699 (1:26.602)
	34:32.179 (1:27.480)	35:59.731 (1:27.552)	37:26.862 (1:27.132)	38:51.712 (1:24.850)
	40:09.084 (1:17.372)			
3	McDonald, Breanna	SR Howard	40:49.40	6
	1:33.806 (1:33.806)	3:11.174 (1:37.369)	4:48.666 (1:37.492)	6:28.291 (1:39.625)
	8:08.352 (1:40.062)	9:51.129 (1:42.777)	11:35.366 (1:44.237)	13:19.509 (1:44.144)
	15:01.626 (1:42.117)	16:43.449 (1:41.824)	18:26.124 (1:42.675)	20:09.747 (1:43.624)
	21:52.386 (1:42.639)	23:34.042 (1:41.657)	25:15.447 (1:41.405)	26:56.444 (1:40.997)
	28:33.881 (1:37.437)	30:09.421 (1:35.540)	31:44.596 (1:35.175)	33:19.364 (1:34.769)
	34:55.707 (1:36.344)	36:30.506 (1:34.799)	38:02.762 (1:32.257)	39:32.016 (1:29.254)
	40:49.397 (1:17.382)			
4	Banks, Jada	SR SC State	41:02.45	5
	1:33.534 (1:33.534)	3:11.492 (1:37.959)	4:48.156 (1:36.664)	6:27.797 (1:39.642)
	8:08.869 (1:41.072)	9:51.349 (1:42.480)	11:35.747 (1:44.399)	13:19.744 (1:43.997)
	15:01.889 (1:42.145)	16:43.702 (1:41.814)	18:26.477 (1:42.775)	20:09.929 (1:43.452)
	21:52.522 (1:42.594)	23:34.136 (1:41.614)	25:15.632 (1:41.497)	26:56.772 (1:41.140)
	28:33.954 (1:37.182)	30:07.606 (1:33.652)	31:41.697 (1:34.092)	33:16.084 (1:34.387)
	34:51.886 (1:35.802)	36:28.301 (1:36.415)	38:04.151 (1:35.850)	39:34.457 (1:30.307)
	41:02.442 (1:27.985)			

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Women 10000 Meter Run**

5	Lagat, Ashley	JR Delaware State	41:27.48	4
	1:33.862 (1:33.862)	3:11.384 (1:37.522)	4:48.391 (1:37.007)	6:28.041 (1:39.650)
	8:08.616 (1:40.575)	9:51.282 (1:42.667)	11:35.589 (1:44.307)	13:19.616 (1:44.027)
	15:01.749 (1:42.134)	16:43.586 (1:41.837)	18:26.271 (1:42.685)	20:09.862 (1:43.592)
	21:52.549 (1:42.687)	23:34.181 (1:41.632)	25:15.579 (1:41.399)	26:56.549 (1:40.970)
	28:31.254 (1:34.705)	30:05.106 (1:33.852)	31:38.422 (1:33.317)	33:12.974 (1:34.552)
	34:50.921 (1:37.947)	36:28.452 (1:37.532)	38:04.346 (1:35.894)	39:46.447 (1:42.102)
	41:27.471 (1:41.024)			
6	Fisher, Abigail	JR Morgan State	44:02.07	3
	1:33.629 (1:33.629)	3:11.614 (1:37.985)	4:48.942 (1:37.329)	6:28.587 (1:39.645)
	8:09.392 (1:40.805)	9:51.852 (1:42.460)	11:36.247 (1:44.395)	13:20.832 (1:44.585)
	15:02.602 (1:41.770)	16:47.144 (1:44.542)	18:34.529 (1:47.385)	20:23.712 (1:49.184)
	22:11.456 (1:47.744)	23:59.146 (1:47.690)	25:49.882 (1:50.737)	27:38.187 (1:48.305)
	29:26.724 (1:48.537)	31:15.667 (1:48.944)	33:05.034 (1:49.367)	34:56.284 (1:51.250)
	36:51.104 (1:54.820)	38:44.847 (1:53.744)	40:36.784 (1:51.937)	42:27.466 (1:50.682)
	44:02.062 (1:34.597)			

Women 100 Meter Hurdles

Conference: \$ 12.51 2010 Jasmine Benbow, UMES

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Khan, Darci		JR Howard	13.26Q	1.9	1
2 Dunbar, Kaya-Rae		JR Howard	13.40Q	0.2	2
3 Glenn, Catherine		JR Delaware State	13.68Q	0.2	2
4 Morris, Cathrina		JR Howard	13.75Q	1.9	1
5 Wright, Jessica		SR Howard	13.76q	1.9	1
6 Wajd, Jazmyn		FR Howard	13.93q	1.9	1
7 Robinson, Brooklyn		FR Norfolk State	13.99q	0.2	2
8 Hunter, Jasmyn		SO Howard	14.03q	0.2	2
9 Harris, Makenzie		FR Morgan State	14.40	1.9	1
10 Palmer, Erin		SR Coppin State	14.47	0.2	2

Women 100 Meter Hurdles

Conference: \$ 12.51 2010 Jasmine Benbow, UMES

Name	Year	School	Finals	Wind	Points
Finals					
1 Khan, Darci		JR Howard	13.15	0.1	10
2 Dunbar, Kaya-Rae		JR Howard	13.48	0.1	8
3 Glenn, Catherine		JR Delaware State	13.57	0.1	6
4 Wright, Jessica		SR Howard	13.60	0.1	5
5 Morris, Cathrina		JR Howard	13.89	0.1	4
6 Wajd, Jazmyn		FR Howard	13.93	0.1	3
7 Robinson, Brooklyn		FR Norfolk State	14.09	0.1	2
8 Hunter, Jasmyn		SO Howard	14.15	0.1	1

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Women 400 Meter Hurdles**

Conference: \$ 57.42 2002 Chloe Davis, HAM
 Name Year School Prelims H#

Preliminaries

1	Wright, Jessica	SR	Howard	59.38Q	2
2	Morris, Cathrina	JR	Howard	1:00.08Q	1
3	Woodruff, Aniya	FR	Howard	1:02.12Q	3
4	Okwudibonye, Chidubem (M)	FR	Delaware State	1:01.03Q	1
5	Williams, Monika	SR	Howard	1:02.13Q	2
6	Settle, Spencer	SO	Maryland-Eas	1:03.75Q	3
7	Mcloud, Destinee	JR	Coppin State	1:03.04q	2
8	Marquez, Gianna	FR	N.C. Central	1:04.33q	3
9	Woodrum, Kaelyn	JR	Coppin State	1:05.28	2
10	Evans, Mackenzi	SO	Maryland-Eas	1:05.81	3
11	Pray-Brown, Asydiah	FR	Morgan State	1:05.90	1
12	Taliaferro, Ansolei	FR	Delaware State	1:06.03	2
13	Washington, Summer	FR	N.C. Central	1:06.44	1
14	Davis, Angel	JR	Coppin State	1:08.79	3
15	Edmondson, Domonique	SR	SC State	1:09.37	1

Women 400 Meter Hurdles

Conference: \$ 57.42 2002 Chloe Davis, HAM
 Name Year School Finals Points

Finals

1	Wright, Jessica	SR	Howard	57.23\$	10
2	Woodruff, Aniya	FR	Howard	58.37	8
3	Morris, Cathrina	JR	Howard	59.69	6
4	Okwudibonye, Chidubem (M)	FR	Delaware State	1:00.47	5
5	Settle, Spencer	SO	Maryland-Eas	1:00.53	4
6	Williams, Monika	SR	Howard	1:01.84	3
7	Mcloud, Destinee	JR	Coppin State	1:02.06	2
8	Marquez, Gianna	FR	N.C. Central	1:02.70	1

Women 3000 Meter Steeplechase

Conference: \$ 10:32.96 2013 Petra Kubesove, UMES
 Name Year School Finals Points

1	Kimaiyo, Mercyline	SO	Norfolk State	11:08.22	10
	47.571 (47.571)	2:14.060 (1:26.489)	3:39.166 (1:25.107)	5:05.562 (1:26.397)	
	6:36.923 (1:31.362)	8:11.742 (1:34.819)	9:43.661 (1:31.919)	11:08.217 (1:24.557)	
2	Field, Rachel	SR	Morgan State	11:41.02	8
	47.987 (47.987)	2:14.423 (1:26.437)	3:44.676 (1:30.253)	5:18.640 (1:33.964)	
	6:55.857 (1:37.218)	8:34.386 (1:38.529)	10:11.916 (1:37.530)	11:41.018 (1:29.103)	
3	Banks, Jada	SR	SC State	11:52.12	6
	47.810 (47.810)	2:16.045 (1:28.235)	3:49.937 (1:33.893)	5:28.218 (1:38.282)	
	7:07.840 (1:39.622)	8:44.576 (1:36.737)	10:19.570 (1:34.994)	11:52.116 (1:32.547)	
4	Lagat, Ashley	JR	Delaware State	12:15.46	5
	47.877 (47.877)	2:15.542 (1:27.665)	3:50.288 (1:34.747)	5:28.797 (1:38.509)	
	7:09.078 (1:40.282)	8:51.618 (1:42.540)	10:35.152 (1:43.534)	12:15.457 (1:40.305)	
5	Stuteley, Saidai	JR	Coppin State	13:12.08	4
	47.625 (47.625)	2:16.406 (1:28.782)	3:57.341 (1:40.935)	5:48.532 (1:51.192)	
	7:42.893 (1:54.362)	9:35.375 (1:52.482)	11:26.563 (1:51.189)	13:12.072 (1:45.509)	

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Women 4x100 Meter Relay**

Conference: \$ 42.61 2010		Florida A&M		Finals	Points
School					
1	Howard 'A'			44.80	10
	1) Khan, Darci JR		2) Dade, De'ja SR		
	3) Washington, Lamaria SO		4) Pittman, Tiffani Rae SO		
2	Coppin State 'A'			44.92	8
	1) Ali, Latifa JR		2) Alphonse, Kimani JR		
	3) Hor, Halutie JR		4) Oku, Gifty FR		
3	Delaware State 'A'			46.17	6
	1) White, Khaliyah JR		2) Glenn, Catherine JR		
	3) Robinson, Aaliyah JR		4) Powell, Leah FR		
4	SC State 'A'			46.22	5
	1) Gist, Cameran FR		2) Frederick, Angelica SO		
	3) Williams, Debrielle SR		4) Smith, Maya SO		
5	Norfolk State 'A'			46.97	4
	1) Robinson, Brooklyn FR		2) Gravely, De'Niya JR		
	3) Farrar, Allysia JR		4) Richards, Indya SR		
6	Morgan State 'A'			47.11	3
	1) Adekayode, Deborah FR		2) Jackson, Tia JR		
	3) Robinson, Aleisha FR		4) Harris, Makenzie FR		
7	Maryland-Eastern Shore 'A'			47.80	2
	1) Sharps, Malea JR		2) Evans, Mackenzi SO		
	3) Thomas, Jazmine SO		4) Settle, Spencer SO		
8	N.C. Central 'A'			50.49	1
	1) Fulton, Micah SR		2) Small, Taylor JR		
	3) Verner, Raven FR		4) Jackson, Laila FR		

Women 4x400 Meter Relay

Conference: \$ 3:31.04 2022		Howard		Finals	Points
School					
1	Howard 'A'			3:33.86	10
	1) Wright, Jessica SR		2) Woodruff, Aniya FR		
	3) Pittman, Tiffani Rae SO		4) Lawson, Kiya FR		
	1:46.679 (1:46.679)	2:39.312 (52.634)	3:33.856 (54.544)		
2	Coppin State 'A'			3:42.33	8
	1) Alphonse, Kimani JR		2) Tomlinson, Shenelle SR		
	3) Mccloud, Destinee JR		4) Wyatt, Jahmei SO		
	1:48.074 (1:48.074)	2:45.091 (57.018)	3:42.326 (57.235)		
3	Delaware State 'A'			3:47.79	6
	1) Harpe, Lakendra SR		2) Okwudibonye, Chidubem (Miriam)		
	3) White, Khaliyah JR		4) Brown, Kortney FR		
	1:52.818 (1:52.818)	2:51.284 (58.466)	3:47.781 (56.497)		
4	SC State 'A'			3:50.61	5
	1) Frederick, Angelica SO		2) Smith, Maya SO		
	3) Williams, Debrielle SR		4) Edmondson, Domanique SR		
	1:54.542 (1:54.542)	2:52.386 (57.844)	3:50.602 (58.217)		
5	Maryland-Eastern Shore 'A'			3:53.62	4
	1) Evans, Mackenzi SO		2) Settle, Spencer SO		
	3) Lucas, Chloe JR		4) Campbell, Shy-Ann SO		
	1:55.282 (1:55.282)	2:55.471 (1:00.189)	3:53.620 (58.149)		

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Women High Jump**

Conference: \$ 1.87m 2015		Deandra Daniel, CSU			
Name	Year	School	Finals	Points	
1 Lucas, Tia	FR	N.C. Central	1.68m	5-06.00	10
1.58 1.63 1.68 1.71					
O O XXO XXX					
2 Jackson, Tia	JR	Morgan State	J1.68m	5-06.00	8
1.58 1.63 1.68 1.71					
XO XO XXO XXX					
3 Irving, Faithlyn	JR	Maryland-Eas	1.63m	5-04.25	6
1.58 1.63 1.68					
O XO XXX					
4 Robinson, Brooklyn	FR	Norfolk State	1.58m	5-02.25	4.50
1.58 1.63					
XO XXX					
4 Urraca, Alejandra	SO	N.C. Central	1.58m	5-02.25	4.50
1.58 1.63					
XO XXX					
6 Glenn, Catherine	JR	Delaware State	J1.58m	5-02.25	2.50
1.58 1.63					
XXO XXX					
6 Williams-White, Leah	FR	Howard	J1.58m	5-02.25	2.50
1.58 1.63					
XXO XXX					
-- Shaw, Essence	FR	Norfolk State	NH		
1.58					
XXX					
-- Woodrum, Kaelyn	JR	Coppin State	NH		
1.58					
XXX					
-- Gravely, De'Niya	JR	Norfolk State	NH		
1.58					
XXX					
-- Gist, Cameran	FR	SC State	NH		
1.58					
XXX					
-- Cooper, Sydney	FR	SC State	NH		
1.58 1.63 1.68 1.71 1.74					
XXP P P P P					
-- Harpe, Lakendra	SR	Delaware State	NH		
1.58					
PXX					
-- Kinard, Trinity	JR	Delaware State	NH		
1.58					
XXX					
-- Millner, Amaya	FR	N.C. Central	NH		
1.58					
XXX					
-- Seale, Shonte	SR	Norfolk State	NH		
1.58					
XXX					

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Women Long Jump**

15	Venters, Jada	JR Norfolk State	4.71m	0.4	15-05.50	1
	4.71m(0.4) 4.46m(0.6) FOUL(2.2)					
16	Shaw, Essence	FR Norfolk State	4.16m	1.3	13-07.75	1
	PASS 3.43m(1.4) 4.16m(1.3)					

Women Triple Jump

Conference: \$ 13.34m 2007 Yvette Lewis, HAM

Name	Year	School	Finals	Wind	Points
1 Boddie, Joidon	JR	N.C. Central	12.52m	-0.5	41-01.00 10
	FOUL(1.0) 11.98m(-2.4) 12.29m(-0.2) 12.45m(0.8) 12.52m(-0.5) FOUL(-0.4)				
2 Shell, Inara	SO	Morgan State	12.45m	-0.1	40-10.25 8
	11.86m(0.4) 12.21m(0.5) FOUL(-0.4) 12.15m(-1.2) 12.45m(-0.1) 12.40m(-0.4)				
3 Irving, Faithlyn	JR	Maryland-Eas	12.37m	2.1	40-07.00 6
	FOUL(-1.8) FOUL(-0.6) 11.63m(-0.6) 11.95m(1.0) 12.37m(2.1) 12.24m(-3.7)				
4 Fulton, Micah	SR	N.C. Central	12.06m	-1.8	39-07.00 5
	FOUL(0.5) 12.04m(-0.5) 12.06m(-1.8) 11.85m(-0.6) 11.99m(-0.3) 11.88m(-2.5)				
5 Gist, Cameran	FR	SC State	12.03m	0.5	39-05.75 4
	FOUL(-1.3) 11.49m(-1.5) 11.78m(-1.2) 11.78m(1.1) 12.03m(0.5) 11.94m(-3.0)				
6 Wajd, Jazmyn	FR	Howard	11.90m	-1.6	39-00.50 3
	11.90m(-1.6) PASS PASS FOUL(-0.4) 11.44m(1.5) FOUL(-1.4)				
7 Joyner, Ja'Tae	SR	Howard	11.88m	-0.7	38-11.75 2
	11.55m(-0.4) 11.84m(-1.6) FOUL(+0.0) 11.79m(0.6) FOUL(1.4) 11.88m(-0.7)				
8 Mumford, Ija	FR	Howard	11.85m	3.5	38-10.50 1
	11.35m(-1.8) FOUL(-1.7) 11.47m(-0.4) FOUL(0.4) FOUL(0.6) 11.85m(3.5)				
9 Armstrong, Kelis	FR	Howard	11.48m	1.7	37-08.00
	11.31m(-0.1) FOUL(-0.4) FOUL(-0.8) PASS FOUL(0.6) 11.48m(1.7)				
10 McLaurin, Denisha	FR	Morgan State	11.13m	+0.0	36-06.25
	FOUL(1.0) 11.13m(+0.0) FOUL(-0.4)				
11 Gravely, De'Niya	JR	Norfolk State	11.00m	-0.6	36-01.25
	10.89m(-1.5) 11.00m(-0.6) 11.00m(-0.2)				
-- Palmer, Erin	SR	Coppin State	FOUL		
	FOUL(1.3) FOUL(-3.8) FOUL(0.1)				
-- Small, Taylor	JR	N.C. Central	FOUL		
	FOUL(1.7) FOUL(-0.6) FOUL(-1.6)				

Women Shot Put

Conference: \$ 16.48m 2012 Vanessa Henry, UMES

Name	Year	School	Finals	Points
1 Lambert, Terine	SO	Morgan State	13.94m	45-09.00 10
	12.38m 13.31m FOUL 13.14m 13.87m 13.94m			
2 Johnson, Johnelle	JR	Morgan State	13.29m	43-07.25 8
	12.57m 13.15m 12.90m 13.29m FOUL 13.19m			
3 Young, Leslie	SO	Norfolk State	12.91m	42-04.25 6
	12.30m 12.91m FOUL 12.22m 12.72m FOUL			
4 Hansley, Indya	SR	Maryland-Eas	12.16m	39-10.75 5
	11.64m 10.72m 11.53m 12.00m 12.08m 12.16m			
5 Marsh, Symone	SR	Howard	11.89m	39-00.25 4
	11.43m 11.35m 11.65m 11.89m FOUL 11.79m			
6 Jefferies, Abigail	FR	Delaware State	11.63m	38-02.00 3
	10.18m 11.18m 10.60m 10.81m FOUL 11.63m			

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Women Shot Put**

7	Hall, Kenya		SO N.C. Central	11.56m	37-11.25	2
	10.37m	10.83m	11.23m	10.39m	11.56m	11.37m
8	Moore, Orianna		SO Delaware State	10.97m	36-00.00	1
	10.97m	10.96m	FOUL	10.63m	10.95m	FOUL
9	Carter, Brylan		FR Morgan State	10.92m	35-10.00	
	10.24m	10.52m	10.78m	10.87m	10.81m	10.92m
10	Banwo, Temi		FR Howard	10.76m	35-03.75	
	10.76m	10.30m	FOUL			
11	Benjamin, Yesenia		FR SC State	10.57m	34-08.25	
	10.57m	10.37m	FOUL			
12	Hope, Naliah		SO N.C. Central	10.39m	34-01.25	
	FOUL	10.39m	FOUL			
13	Perry, Raniya		FR Coppin State	9.79m	32-01.50	
	9.18m	8.98m	9.79m			

Women Discus Throw

Conference: \$ 51.69m 2018 Taylor Gorum, FAMU						
Name	Year	School	Finals	Points		
1 Johnson, Johnelle		JR Morgan State	46.68m	153-02	10	
	45.10m	FOUL	44.46m	FOUL	43.33m	46.68m
2 Lambert, Terine		SO Morgan State	43.88m	143-11	8	
	38.46m	FOUL	FOUL	43.88m	FOUL	
3 Young, Leslie		SO Norfolk State	40.44m	132-08	6	
	39.42m	39.99m	40.44m	38.49m	39.00m	FOUL
4 Pelle, Amber		JR Delaware State	39.09m	128-03	5	
	FOUL	36.80m	39.09m	34.93m	35.54m	35.57m
5 Banwo, Temi		FR Howard	38.97m	127-10	4	
	30.48m	37.30m	38.03m	37.00m	37.28m	38.97m
6 Carter, Brylan		FR Morgan State	38.14m	125-01	3	
	38.14m	36.75m	FOUL	36.92m	FOUL	34.60m
7 Moore, Orianna		SO Delaware State	36.55m	119-11	2	
	33.20m	35.52m	36.55m	35.81m	FOUL	35.20m
8 O'Neill, Saniah		SO N.C. Central	34.90m	114-06	1	
	31.24m	34.90m	FOUL	FOUL	32.28m	33.02m
9 Hall, Kenya		SO N.C. Central	34.69m	113-10		
	30.43m	33.78m	34.69m	FOUL	FOUL	33.07m
10 Hansley, Indya		SR Maryland-Eas	34.35m	112-08		
	FOUL	34.35m	FOUL			
11 Marsh, Symone		SR Howard	33.09m	108-07		
	33.09m	31.40m	FOUL			
12 Hope, Naliah		SO N.C. Central	33.01m	108-04		
	33.01m	FOUL	31.73m			
13 Benjamin, Yesenia		FR SC State	32.86m	107-10		
	32.86m	32.00m	FOUL			
14 Parker, Arieana		SR Norfolk State	32.44m	106-05		
	30.93m	32.44m	FOUL			
15 Johnson, Mya		SR Maryland-Eas	28.89m	94-09		
	FOUL	28.89m	28.61m			

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Women Javelin Throw**

11 Sells, Imani	SO SC State	22.98m	75-05
21.68m 22.98m 19.49m			
12 Jefferies, Abigail	FR Delaware State	20.55m	67-05
20.55m 14.97m 19.41m			
13 Richardson, Ashley	FR Delaware State	18.13m	59-06
17.63m 18.13m 18.06m			
14 Cooper, Sydney	FR SC State	17.21m	56-05
15.45m FOUL 17.21m			
-- White, Shadyma	JR SC State	FOUL	
FOUL PASS PASS			
-- Hansley, Indya	SR Maryland-Eas	FOUL	
FOUL FOUL FOUL			

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	Points
1 Glenn, Catherine	JR Delaware State	24.71	-0.2	914
2 Hunter, Jasmyn	SO Howard	25.13	-0.2	875
3 Harris, Makenzie	FR Morgan State	25.17	-0.2	871
4 Williams-White, Leah	FR Howard	25.33	-0.2	857
5 Woodrum, Kaelyn	JR Coppin State	26.33	-0.2	769
6 Cooper, Sydney	FR SC State	27.85	-0.2	643
7 Shaw, Essence	FR Norfolk State	28.68	-0.2	578
8 Jefferies, Abigail	FR Delaware State	30.41	-0.2	454

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Harris, Makenzie	FR Morgan State	2:26.67	735
1:12.540 (1:12.540) 2:26.662 (1:14.123)			
2 Woodrum, Kaelyn	JR Coppin State	2:33.32	652
1:12.750 (1:12.750) 2:33.317 (1:20.568)			
3 Hunter, Jasmyn	SO Howard	2:33.66	648
1:12.976 (1:12.976) 2:33.658 (1:20.683)			
4 Glenn, Catherine	JR Delaware State	2:43.86	529
1:13.283 (1:13.283) 2:43.856 (1:30.573)			
5 Williams-White, Leah	FR Howard	2:44.33	524
1:15.660 (1:15.660) 2:44.328 (1:28.669)			
6 Cooper, Sydney	FR SC State	2:45.94	507
1:13.977 (1:13.977) 2:45.933 (1:31.957)			
7 Shaw, Essence	FR Norfolk State	3:03.51	333
1:20.693 (1:20.693) 3:03.503 (1:42.810)			
8 Jefferies, Abigail	FR Delaware State	3:54.69	29
1:39.422 (1:39.422) 3:54.682 (2:15.260)			

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Glenn, Catherine	JR Delaware State	13.43	2.0	2	1060
2 Hunter, Jasmyn	SO Howard	13.95	2.0	2	985
3 Williams-White, Leah	FR Howard	14.49	2.0	2	910
4 Harris, Makenzie	FR Morgan State	14.87	2.0	2	859

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

...Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

5	Woodrum, Kaelyn	JR Coppin State	14.94	2.4	1	850
6	Shaw, Essence	FR Norfolk State	16.41	2.4	1	665
7	Cooper, Sydney	FR SC State	16.64	2.4	1	638
8	Jefferies, Abigail	FR Delaware State	16.95	2.4	1	602

Heptathlon: #2 Women High Jump Heptathlon

Name	Year	School	Finals	Points
1 Glenn, Catherine	JR	Delaware State	1.63m 5-04.25	771
1.24 1.27 1.30 1.33 1.36	1.39 1.42 1.45 1.48 1.51	1.54 1.57 1.60 1.63		
P P P P P	O XO O O O	O XO O O		
2 Williams-White, Leah	FR	Howard	1.60m 5-03.00	736
1.24 1.27 1.30 1.33 1.36	1.39 1.42 1.45 1.48 1.51	1.54 1.57 1.60 1.63		
P O O P P	P O O O O	O O XO XXX		
3 Hunter, Jasmyn	SO	Howard	1.51m 4-11.50	632
1.24 1.27 1.30 1.33 1.36	1.39 1.42 1.45 1.48 1.51	1.54		
P O P O P	P O O O O	XXX		
4 Harris, Makenzie	FR	Morgan State	1.48m 4-10.25	599
1.24 1.27 1.30 1.33 1.36	1.39 1.42 1.45 1.48 1.51			
P P P P P	O O O O XXX			
4 Shaw, Essence	FR	Norfolk State	1.48m 4-10.25	599
1.24 1.27 1.30 1.33 1.36	1.39 1.42 1.45 1.48 1.51			
P P P P P	XO O XO XO XXX			
6 Woodrum, Kaelyn	JR	Coppin State	1.45m 4-09.00	566
1.24 1.27 1.30 1.33 1.36	1.39 1.42 1.45 1.48			
P P P P P	XXO O O XXX			
7 Cooper, Sydney	FR	SC State	1.36m 4-05.50	470
1.24 1.27 1.30 1.33 1.36	1.39			
XXO XO O XO O	XXX			
8 Jefferies, Abigail	FR	Delaware State	1.27m 4-02.00	379
1.24 1.27 1.30				
P XXO XXX				

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points
1 Glenn, Catherine	JR	Delaware State	5.59m 9.0 18-04.25	726	
FOUL 5.59m(9.0) FOUL					
2 Hunter, Jasmyn	SO	Howard	5.56m 1.0 18-03.00	717	
5.39m(1.5) 5.56m(1.0) FOUL					
3 Woodrum, Kaelyn	JR	Coppin State	5.24m 1.9 17-02.25	626	
5.24m(1.9) 4.98m(3.7) FOUL					
3 Williams-White, Leah	FR	Howard	5.24m 2.1 17-02.25	626	
5.24m(2.1) 4.80m(1.5) 4.55m(4.3)					
5 Harris, Makenzie	FR	Morgan State	5.01m 1.6 16-05.25	562	
4.78m(2.4) 4.98m(1.2) 5.01m(1.6)					
6 Shaw, Essence	FR	Norfolk State	4.83m 1.5 15-10.25	514	
4.83m(1.5) 4.65m(2.1) FOUL					
7 Jefferies, Abigail	FR	Delaware State	4.57m 2.9 15-00.00	446	
FOUL FOUL 4.57m(2.9)					
8 Cooper, Sydney	FR	SC State	3.96m 3.9 13-00.00	299	
3.96m(3.9) 3.95m(2.0) 3.94m(3.1)					

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year School	Finals	Points
1 Jefferies, Abigail 10.15m 11.76m 12.07m	FR Delaware State	12.07m 39-07.25	666
2 Hunter, Jasmyrn 9.58m 8.80m 8.98m	SO Howard	9.58m 31-05.25	502
3 Harris, Makenzie 9.49m FOUL 9.10m	FR Morgan State	9.49m 31-01.75	496
4 Shaw, Essence 8.18m 7.75m 7.78m	FR Norfolk State	8.18m 26-10.00	411
5 Glenn, Catherine 7.56m 7.25m 7.98m	JR Delaware State	7.98m 26-02.25	398
6 Cooper, Sydney 7.25m 7.26m 7.71m	FR SC State	7.71m 25-03.50	381
7 Williams-White, Leah 7.21m 6.69m 6.92m	FR Howard	7.21m 23-08.00	348
8 Woodrum, Kaelyn FOUL 6.03m 7.01m	JR Coppin State	7.01m 23-00.00	336

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 Glenn, Catherine 37.14m PASS PASS	JR Delaware State	37.14m 121-10	613
2 Williams-White, Leah 28.81m FOUL FOUL	FR Howard	28.81m 94-06	454
3 Shaw, Essence 19.38m 21.08m 25.15m	FR Norfolk State	25.15m 82-06	385
4 Harris, Makenzie 23.71m 24.80m 21.64m	FR Morgan State	24.80m 81-04	379
5 Jefferies, Abigail FOUL 22.32m 20.05m	FR Delaware State	22.32m 73-03	332
6 Cooper, Sydney 16.71m 16.44m FOUL	FR SC State	16.71m 54-10	228
7 Woodrum, Kaelyn 15.08m 11.82m 15.49m	JR Coppin State	15.49m 50-10	206
8 Hunter, Jasmyrn 13.46m 14.51m 11.65m	SO Howard	14.51m 47-07	188

Women Heptathlon

Conference: \$ 5038 2017 Khemani Roberts, CSU			
Name	Year School	Finals	H# Points
1 Glenn, Catherine	JR Delaware State	5011	10
2 Hunter, Jasmyrn	SO Howard	4547	8
3 Harris, Makenzie	FR Morgan State	4501	6
4 Williams-White, Leah	FR Howard	4455	5
5 Woodrum, Kaelyn	JR Coppin State	4005	4
6 Shaw, Essence	FR Norfolk State	3485	3
7 Cooper, Sydney	FR SC State	3166	2
8 Jefferies, Abigail	FR Delaware State	2908	1

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Men 100 Meter Dash**

Conference: \$ 9.93 2017 Christopher Belcher, NCAT
 Name Year School Prelims Wind H#

Preliminaries

1	Daniel, Ashton	SR	Howard	10.29Q	3.1	2	
2	Cole, Kai	JR	Norfolk State	10.36Q	1.6	1	
3	Beard, Dylan	SR	Howard	10.44Q	1.5	3	10.434
4	Franklin, Anthony	JR	Norfolk State	10.42Q	3.1	2	
5	Carr Jr, Andre	SR	Delaware State	10.44Q	1.5	3	10.437
6	Brown, Kristopher	SR	SC State	10.47Q	1.6	1	10.464
7	Booth-Mitchell, Jalen	FR	Delaware State	10.44q	3.1	2	10.435
8	Rembert-Jett, Waddell	SR	SC State	10.44q	3.1	2	10.437
9	Hammond, Solomon	SO	Coppin State	10.47	1.5	3	10.469
10	Drakes, Carl	JR	Coppin State	10.48	1.5	3	10.471
11	Reid, Radjae	SO	Maryland-Eas	10.48	3.1	2	10.473
12	Curnell, Dwayne	SR	SC State	10.52	1.6	1	10.513
13	Smith, Rahkeem	FR	Delaware State	10.52	3.1	2	10.519
14	Dan-Princewill, Goba	SR	Howard	10.58	1.5	3	
15	Holley, Adrian	JR	Morgan State	10.66	1.5	3	
16	Madison-Ahouman, Bryan	SO	Norfolk State	10.67	1.6	1	
17	Victoria, Lamont	FR	N.C. Central	10.69	3.1	2	
18	Hill, Erick	SO	SC State	10.71	1.6	1	
19	Bowens, Ali	JR	Morgan State	10.74	1.6	1	
20	Herring, Mahki	SR	Maryland-Eas	10.81	3.1	2	
21	Laurier, Wittchell	JR	Maryland-Eas	10.83	1.5	3	
22	Welch, Kennis	SO	Maryland-Eas	10.85	1.6	1	
23	Schlotterbeck, Cole	FR	Coppin State	11.00	1.5	3	
24	Wright, Noxroy	JR	Coppin State	11.10	1.6	1	

Men 100 Meter Dash

Conference: \$ 9.93 2017 Christopher Belcher, NCAT
 Name Year School Finals Wind Points

Finals

1	Cole, Kai	JR	Norfolk State	10.29	0.1	10
2	Daniel, Ashton	SR	Howard	10.37	0.1	8
3	Rembert-Jett, Waddell	SR	SC State	10.47	0.1	6
4	Brown, Kristopher	SR	SC State	10.52	0.1	5
5	Beard, Dylan	SR	Howard	10.53	0.1	4
6	Franklin, Anthony	JR	Norfolk State	10.59	0.1	3
7	Booth-Mitchell, Jalen	FR	Delaware State	10.84	0.1	2
8	Carr Jr, Andre	SR	Delaware State	13.54	0.1	1

Men 200 Meter Dash

Conference: \$ 20.00 1978 Cunningham, SCSU
 Name Year School Prelims Wind H#

Preliminaries

1	Cole, Kai	JR	Norfolk State	21.03Q	0.7	1
2	Daniel, Ashton	SR	Howard	21.07Q	-0.6	4
3	Brown, Kristopher	SR	SC State	21.31Q	1.4	2
4	Brown, Janoi	SR	Maryland-Eas	21.45Q	1.0	3
5	Watkins, Jahlanhnee	SR	Maryland-Eas	21.50Q	1.1	5

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Men 200 Meter Dash**

6 Franklin, Anthony	JR Norfolk State	21.47q	0.7	1	
7 Hammond, Solomon	SO Coppin State	21.59q	1.0	3	21.583
8 Beckford, Ashane	SR Maryland-Eas	21.59q	0.7	1	21.590
9 Shelton, Jaden	FR Delaware State	21.62	1.1	5	
10 Gaines, Dylan	FR Howard	21.68	1.1	5	
11 Rembert-Jett, Waddell	SR SC State	21.73	1.0	3	
12 Booth-Mitchell, Jalen	FR Delaware State	21.75	1.0	3	
13 Drakes, Carl	JR Coppin State	21.81	-0.6	4	
14 Byrd, Jermanie	SR Howard	21.84	-0.6	4	
15 Brinkley, Malachi	JR Delaware State	21.89	1.4	2	
16 Zellander, Jeremiah	JR Norfolk State	21.91	0.7	1	
17 Bowens, Ali	JR Morgan State	21.92	1.0	3	
18 Carr Jr, Andre	SR Delaware State	22.00	1.1	5	
19 Madison-Ahouman, Bryan	SO Norfolk State	22.07	1.4	2	
20 Barker, Jaden	JR SC State	22.08	0.7	1	22.080
20 Herring, Mahki	SR Maryland-Eas	22.08	1.4	2	22.080
22 Curnell, Dwayne	SR SC State	22.13	-0.6	4	
23 Sims, Antonio	FR Morgan State	22.46	-0.6	4	
24 Pepukayi, Bryce	SO Coppin State	22.54	1.4	2	
25 Ibeh, Emmanuel	SR Morgan State	22.77	1.0	3	
-- Wright, Noxroy	JR Coppin State	DNF	1.1	5	

Men 200 Meter Dash

Conference: \$ 20.00 1978 Cunningham, SCSU
 Name Year School Finals Wind Points

Finals

1 Cole, Kai	JR Norfolk State	20.58	2.8	10	
2 Daniel, Ashton	SR Howard	20.71	2.8	8	
3 Brown, Janoi	SR Maryland-Eas	20.90	2.8	6	
4 Watkins, Jahlanhnee	SR Maryland-Eas	20.99	2.8	5	
5 Franklin, Anthony	JR Norfolk State	21.19	2.8	4	
6 Brown, Kristopher	SR SC State	21.19	2.8	3	
7 Hammond, Solomon	SO Coppin State	21.62	2.8	2	
8 Beckford, Ashane	SR Maryland-Eas	29.27	2.8	1	

Men 400 Meter Dash

Conference: \$ 44.38 2019 Trevor Stewart, NCAT
 Name Year School Prelims H#

Preliminaries

1 Carter, Donnell	SR N.C. Central	46.90Q	4	46.891	
2 Brown, Janoi	SR Maryland-Eas	46.90Q	1	46.894	
3 Watkins, Jahlanhnee	SR Maryland-Eas	47.31Q	2		
4 Beckford, Ashane	SR Maryland-Eas	47.50Q	3		
5 Gaines, Dylan	FR Howard	47.86q	1		
6 Cunningham, Daniel	JR Coppin State	48.14q	3		
7 Barker, Jaden	JR SC State	48.47q	4		
8 Zellander, Jeremiah	JR Norfolk State	48.49q	2		
9 Small, Miles	FR Coppin State	48.56	1		
10 Sims Jr, Alonzo	FR Delaware State	48.63	2		
11 Emuze, Destiny	FR Maryland-Eas	48.74	1		
12 Serville, Randy	SR Coppin State	48.90	4		

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Men 400 Meter Dash**

13 Walker, Barrington	SR SC State	49.01	3
14 Bailey, Jamar	SO Howard	49.18	1
15 Harrison, Dazon	JR Norfolk State	49.30	2
16 Ibeh, Emmanuel	SR Morgan State	49.81	4
17 Pepukayi, Bryce	SO Coppin State	49.86	2
18 Sims, Antonio	FR Morgan State	49.93	3
19 Mosley, Devin	FR Norfolk State	50.58	2
20 Brinkley, Malachi	JR Delaware State	50.60	4
21 Jackson, Dante	FR Morgan State	50.73	3
22 Alston, Knasir	FR Norfolk State	50.94	3

Men 400 Meter Dash

Conference: \$ 44.38 2019 Trevor Stewart, NCAT

Name	Year School	Finals	Points
Finals			
1 Brown, Janoi	SR Maryland-Eas	46.49	10
2 Watkins, Jahlanhnee	SR Maryland-Eas	46.73	8
3 Carter, Donnell	SR N.C. Central	47.21	6
4 Cunningham, Daniel	JR Coppin State	47.31	5
5 Beckford, Ashane	SR Maryland-Eas	47.44	4
6 Gaines, Dylan	FR Howard	48.25	3
7 Barker, Jaden	JR SC State	48.53	2
8 Zellander, Jeremiah	JR Norfolk State	48.79	1

Men 800 Meter Run

Conference: \$ 1:48.25 2016 Jonathan Moore, B-CU

Name	Year School	Prelims	H#
Preliminaries			
1 Ba, Amadou	SR Coppin State	1:52.84Q	1
53.663 (53.663)	1:52.838 (59.175)		
2 Kimtai, Regan	SR Norfolk State	1:53.09Q	2
55.474 (55.474)	1:53.085 (57.611)		
3 Brown, Elijah	JR Delaware State	1:56.75Q	3
56.857 (56.857)	1:56.750 (59.894)		
4 Berry, Kaleb	SO Howard	1:53.90Q	1
53.900 (53.900)	1:53.895 (59.995)		
5 Francis, Asa	FR Coppin State	1:55.61Q	2
56.062 (56.062)	1:55.603 (59.541)		
6 Smith, Devin	JR Delaware State	1:56.82Q	3
56.702 (56.702)	1:56.814 (1:00.113)		
7 Norbal, Jayeed	JR Coppin State	1:56.02q	2
55.310 (55.310)	1:56.019 (1:00.709)		
8 Martin, David	FR Maryland-Eas	1:56.34q	1
53.979 (53.979)	1:56.332 (1:02.354)		
9 Little, Corey	FR N.C. Central	1:56.50q	2
55.741 (55.741)	1:56.498 (1:00.757)		
10 Ftwi, Nahom	SR Maryland-Eas	1:57.08q	3
56.552 (56.552)	1:57.072 (1:00.520)		
11 Gray, Davian	JR Morgan State	1:57.78	3
56.463 (56.463)	1:57.771 (1:01.308)		

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Men 800 Meter Run**

12	Torgbenu, Etiam	JR Coppin State	1:58.07	2
	56.089 (56.089)	1:58.069 (1:01.981)		
13	Hutson, Kobe	FR Howard	1:58.61	1
	54.350 (54.350)	1:58.603 (1:04.253)		
14	Smith, Octavious	FR N.C. Central	1:59.05	1
	54.759 (54.759)	1:59.044 (1:04.285)		
15	Thornton, Matron	JR SC State	2:24.98	3 (q) interference
	56.364 (56.364)	2:24.972 (1:28.609)		
16	Hammond, Demarcus	FR SC State	2:28.74	1
	1:00.258 (1:00.258)	2:28.739 (1:28.482)		
17	Ayers, Bryce	SO Maryland-Eas	2:36.27	3 (q) interference
	56.212 (56.212)	2:36.266 (1:40.055)		

Men 800 Meter Run

Conference: \$ 1:48.25 2016 Jonathan Moore, B-CU
 Name Year School Finals Points

Finals

1	Kimtai, Regan	SR Norfolk State	1:51.32	10
	56.747 (56.747)	1:51.311 (54.564)		
2	Ba, Amadou	SR Coppin State	1:51.95	8
	56.128 (56.128)	1:51.947 (55.819)		
3	Norbal, Jayeed	JR Coppin State	1:54.31	6
	57.017 (57.017)	1:54.308 (57.292)		
4	Martin, David	FR Maryland-Eas	1:54.84	5
	57.466 (57.466)	1:54.833 (57.368)		
5	Francis, Asa	FR Coppin State	1:54.87	4
	56.678 (56.678)	1:54.870 (58.192)		
6	Berry, Kaleb	SO Howard	1:56.14	3
	57.260 (57.260)	1:56.133 (58.874)		
7	Ayers, Bryce	SO Maryland-Eas	1:57.10	2
	58.042 (58.042)	1:57.095 (59.053)		
8	Smith, Devin	JR Delaware State	1:58.03	1
	58.410 (58.410)	1:58.022 (59.613)		
9	Brown, Elijah	JR Delaware State	1:59.38	
	58.362 (58.362)	1:59.371 (1:01.009)		
10	Thornton, Matron	JR SC State	2:01.82	
	57.135 (57.135)	2:01.812 (1:04.678)		

Men 1500 Meter Run

Conference: \$ 3:45.76 1981 Al Williams, FAMU
 Name Year School Finals Points

1	Kimtai, Regan	SR Norfolk State	3:52.73	10
	44.772 (44.772)	1:49.953 (1:05.182)	2:53.813 (1:03.860)	3:52.727 (58.914)
2	Jumo, Victor	SO Norfolk State	3:53.47	8
	44.891 (44.891)	1:49.789 (1:04.899)	2:53.926 (1:04.137)	3:53.461 (59.535)
3	Sigei, Gidion	SO Norfolk State	3:55.03	6
	44.604 (44.604)	1:49.772 (1:05.168)	2:55.112 (1:05.340)	3:55.024 (59.913)
4	Smith, Devin	JR Delaware State	3:58.67	5
	45.079 (45.079)	1:50.123 (1:05.044)	2:54.097 (1:03.974)	3:58.661 (1:04.564)
5	Paddyfote, Emmanuel	FR N.C. Central	4:00.72	4
	47.318 (47.318)	1:54.649 (1:07.332)	3:00.186 (1:05.537)	4:00.712 (1:00.527)

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Men 1500 Meter Run**

6 Gray, Davian	JR Morgan State	4:02.49	3
46.094 (46.094)	1:52.577 (1:06.483)	2:58.992 (1:06.415)	4:02.486 (1:03.494)
7 Ftwi, Nahom	SR Maryland-Eas	4:03.50	2
45.016 (45.016)	1:50.294 (1:05.279)	2:57.662 (1:07.368)	4:03.498 (1:05.837)
8 Lawson, Julian	SO Howard	4:04.65	1
45.733 (45.733)	1:52.153 (1:06.420)	3:00.759 (1:08.607)	4:04.644 (1:03.885)
9 Rotich, Brian	SO Norfolk State	4:05.68	
46.422 (46.422)	1:51.671 (1:05.249)	2:59.479 (1:07.809)	4:05.671 (1:06.192)
10 Ayers, Bryce	SO Maryland-Eas	4:08.59	
46.484 (46.484)	1:54.269 (1:07.785)	3:05.117 (1:10.848)	4:08.583 (1:03.467)
11 Martin, David	FR Maryland-Eas	4:18.37	
45.414 (45.414)	1:53.096 (1:07.682)	3:06.286 (1:13.190)	4:18.362 (1:12.077)
12 Waller, Jackson	SO Morgan State	4:19.50	
46.267 (46.267)	1:53.457 (1:07.190)	3:07.622 (1:14.165)	4:19.494 (1:11.873)
13 Berry, Kaleb	SO Howard	4:23.75	
45.884 (45.884)	1:53.142 (1:07.258)	3:06.043 (1:12.902)	4:23.742 (1:17.699)

Men 5000 Meter Run

Conference: \$ 14:10.37 2017 Khalil Rmidi Kinini, UMES

Name	Year School	Finals	Points
1 Sigei, Gidion	SO Norfolk State	15:13.33	10
34.103 (34.103)	1:50.132 (1:16.029)	3:04.896 (1:14.764)	4:20.372 (1:15.477)
5:35.778 (1:15.407)	6:50.188 (1:14.410)	8:04.092 (1:13.904)	9:16.171 (1:12.079)
10:28.622 (1:12.452)	11:42.288 (1:13.667)	12:56.026 (1:13.738)	14:08.749 (1:12.724)
15:13.323 (1:04.574)			
2 Jumo, Victor	SO Norfolk State	15:21.64	8
34.427 (34.427)	1:50.356 (1:15.929)	3:05.091 (1:14.735)	4:20.927 (1:15.837)
5:35.894 (1:14.968)	6:50.301 (1:14.407)	8:04.428 (1:14.128)	9:16.367 (1:11.939)
10:29.171 (1:12.804)	11:44.312 (1:15.142)	13:00.084 (1:15.773)	14:15.183 (1:15.099)
15:21.632 (1:06.449)			
3 Rotich, Brian	SO Norfolk State	15:24.21	6
34.632 (34.632)	1:50.587 (1:15.955)	3:05.676 (1:15.089)	4:21.181 (1:15.505)
5:36.127 (1:14.947)	6:50.577 (1:14.450)	8:04.732 (1:14.155)	9:16.739 (1:12.008)
10:29.841 (1:13.102)	11:44.963 (1:15.123)	13:00.582 (1:15.619)	14:15.489 (1:14.908)
15:24.201 (1:08.712)			
4 Adebisi, Ayoade	SR Howard	15:26.10	5
34.171 (34.171)	1:49.852 (1:15.682)	3:05.281 (1:15.429)	4:20.583 (1:15.303)
5:36.007 (1:15.424)	6:50.481 (1:14.474)	8:04.449 (1:13.969)	9:17.438 (1:12.989)
10:32.538 (1:15.100)	11:48.992 (1:16.454)	13:05.751 (1:16.759)	14:19.816 (1:14.065)
15:26.097 (1:06.282)			
5 Kimtai, Regan	SR Norfolk State	15:58.24	4
33.861 (33.861)	1:49.609 (1:15.749)	3:05.583 (1:15.974)	4:20.974 (1:15.392)
5:36.548 (1:15.574)	6:52.931 (1:16.383)	8:10.684 (1:17.754)	9:29.259 (1:18.575)
10:48.662 (1:19.403)	12:09.647 (1:20.985)	13:28.337 (1:18.690)	14:47.479 (1:19.143)
15:58.231 (1:10.752)			
6 Paddyfote, Emmanuel	FR N.C. Central	16:00.42	3
35.882 (35.882)	1:50.267 (1:14.385)	3:05.428 (1:15.162)	4:21.213 (1:15.785)
5:36.643 (1:15.430)	6:52.947 (1:16.304)	8:11.039 (1:18.093)	9:29.618 (1:18.579)
10:48.842 (1:19.224)	12:09.817 (1:20.975)	13:30.133 (1:20.317)	14:50.659 (1:20.527)
16:00.414 (1:09.755)			

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Men 5000 Meter Run**

7	Waller, Jackson	SO Morgan State	16:01.35	2	
	34.893 (34.893)	1:50.758 (1:15.865)	3:05.769 (1:15.012)	4:21.526 (1:15.757)	
	5:36.702 (1:15.177)	6:53.158 (1:16.457)	8:11.401 (1:18.243)	9:29.904 (1:18.504)	
	10:49.457 (1:19.553)	12:10.941 (1:21.484)	13:33.517 (1:22.577)	14:54.419 (1:20.903)	
	16:01.342 (1:06.923)				
8	Lawson, Julian	SO Howard	16:21.23	1	
	35.111 (35.111)	1:51.072 (1:15.962)	3:07.046 (1:15.974)	4:24.009 (1:16.964)	
	5:41.284 (1:17.275)	6:59.998 (1:18.714)	8:19.697 (1:19.699)	9:39.367 (1:19.670)	
	11:00.681 (1:21.314)	12:22.886 (1:22.205)	13:44.613 (1:21.728)	15:03.584 (1:18.972)	
	16:21.228 (1:17.644)				
9	Smith, Devin	JR Delaware State	16:43.98		
	35.026 (35.026)	1:50.543 (1:15.518)	3:05.828 (1:15.285)	4:21.489 (1:15.662)	
	5:37.371 (1:15.882)	6:56.737 (1:19.367)	8:18.509 (1:21.773)	9:41.431 (1:22.922)	
	11:06.474 (1:25.044)	12:32.453 (1:25.979)	13:57.873 (1:25.420)	15:20.469 (1:22.597)	
	16:43.973 (1:23.504)				
10	Kennedy, Cameron	SO Howard	17:15.13		
	35.594 (35.594)	1:51.881 (1:16.287)	3:07.944 (1:16.064)	4:26.283 (1:18.339)	
	5:47.209 (1:20.927)	7:11.589 (1:24.380)	8:37.341 (1:25.752)	10:03.803 (1:26.463)	
	11:30.331 (1:26.528)	12:57.441 (1:27.110)	14:24.491 (1:27.050)	15:49.999 (1:25.509)	
	17:15.126 (1:25.127)				
11	Dawkins, Ezekiel	SO Delaware State	17:42.05		
	35.458 (35.458)	1:52.203 (1:16.745)	3:07.696 (1:15.493)	4:26.756 (1:19.060)	
	5:48.889 (1:22.134)	7:15.058 (1:26.169)	8:42.883 (1:27.825)	10:12.949 (1:30.067)	
	11:44.989 (1:32.040)	13:17.108 (1:32.119)	14:49.151 (1:32.043)	16:18.562 (1:29.412)	
	17:42.048 (1:23.487)				
12	Alston, Justin	JR Morgan State	18:01.42		
	35.933 (35.933)	1:51.401 (1:15.468)	3:10.989 (1:19.589)	4:33.932 (1:22.943)	
	6:01.742 (1:27.810)	7:30.043 (1:28.302)	9:00.426 (1:30.383)	10:29.743 (1:29.318)	
	12:02.233 (1:32.490)	13:35.711 (1:33.478)	15:10.946 (1:35.235)	16:42.153 (1:31.208)	
	18:01.419 (1:19.267)				
13	Golden, Robert	FR Howard	19:03.37		
	35.631 (35.631)	1:51.589 (1:15.959)	3:07.857 (1:16.268)	4:26.223 (1:18.367)	
	5:48.456 (1:22.233)	7:16.433 (1:27.978)	8:49.068 (1:32.635)	10:25.556 (1:36.488)	
	12:07.941 (1:42.385)	13:54.051 (1:46.110)	15:39.208 (1:45.158)	17:23.068 (1:43.860)	
	19:03.361 (1:40.293)				
--	Latimer, Andrew	JR SC State	DNF		
	35.289 (35.289)	1:51.658 (1:16.369)			

Men 10000 Meter Run

=====					
Conference:	\$	30:38.46	2017	Ronald Korir, FAMU	
Name		Year	School	Finals	Points
=====					
1	Sigei, Gidion	SO Norfolk State	32:22.78	10	
	1:15.396 (1:15.396)	2:34.531 (1:19.135)	3:56.075 (1:21.544)	5:18.765 (1:22.690)	
	6:41.305 (1:22.540)	8:05.198 (1:23.894)	9:28.733 (1:23.535)	10:52.316 (1:23.584)	
	12:16.103 (1:23.787)	13:39.233 (1:23.130)	15:01.740 (1:22.507)	16:24.900 (1:23.160)	
	17:44.813 (1:19.914)	19:02.706 (1:17.894)	20:17.399 (1:14.693)	21:32.976 (1:15.578)	
	22:45.815 (1:12.839)	23:58.791 (1:12.977)	25:12.499 (1:13.708)	26:25.661 (1:13.163)	
	27:39.225 (1:13.564)	28:53.495 (1:14.270)	30:06.455 (1:12.960)	31:18.570 (1:12.115)	
	32:22.776 (1:04.207)				

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

...Men 10000 Meter Run

2	Jumo, Victor	SO Norfolk State	32:56.23	8
	1:15.683 (1:15.683)	2:35.006 (1:19.324)	3:56.365 (1:21.359)	5:19.106 (1:22.742)
	6:41.808 (1:22.702)	8:05.576 (1:23.769)	9:28.988 (1:23.412)	10:52.711 (1:23.724)
	12:16.458 (1:23.747)	13:39.420 (1:22.962)	15:01.980 (1:22.560)	16:25.246 (1:23.267)
	17:45.453 (1:20.207)	19:03.350 (1:17.898)	20:18.164 (1:14.814)	21:34.911 (1:16.748)
	22:51.130 (1:16.219)	24:07.008 (1:15.878)	25:24.624 (1:17.617)	26:40.765 (1:16.142)
	27:57.825 (1:17.060)	29:16.544 (1:18.719)	30:33.846 (1:17.303)	31:50.203 (1:16.357)
	32:56.228 (1:06.025)			
3	Rotich, Brian	SO Norfolk State	32:57.85	6
	1:15.040 (1:15.040)	2:34.411 (1:19.372)	3:55.778 (1:21.367)	5:18.596 (1:22.819)
	6:41.051 (1:22.455)	8:04.890 (1:23.839)	9:28.438 (1:23.549)	10:52.106 (1:23.669)
	12:15.850 (1:23.744)	13:38.846 (1:22.997)	15:01.486 (1:22.640)	16:24.620 (1:23.134)
	17:45.293 (1:20.674)	19:02.935 (1:17.643)	20:17.818 (1:14.883)	21:34.694 (1:16.877)
	22:51.446 (1:16.753)	24:07.228 (1:15.782)	25:24.906 (1:17.679)	26:41.031 (1:16.125)
	27:57.985 (1:16.954)	29:16.858 (1:18.873)	30:34.096 (1:17.239)	31:50.436 (1:16.340)
	32:57.846 (1:07.410)			
4	Adams Jr., Bryant	FR Delaware State	35:37.47	5
	1:16.528 (1:16.528)	2:39.905 (1:23.377)	4:05.426 (1:25.522)	5:31.990 (1:26.564)
	6:59.340 (1:17.350)	8:28.251 (1:28.912)	9:57.753 (1:29.502)	11:28.915 (1:31.162)
	12:57.555 (1:28.640)	14:23.566 (1:26.012)	15:49.873 (1:26.307)	17:16.726 (1:26.854)
	18:43.873 (1:27.147)	20:11.341 (1:27.469)	21:37.808 (1:26.467)	23:04.531 (1:26.724)
	24:31.251 (1:26.720)	25:56.925 (1:25.674)	27:22.625 (1:25.700)	28:48.489 (1:25.864)
	30:15.411 (1:26.923)	31:41.448 (1:26.037)	33:07.201 (1:25.754)	34:29.040 (1:21.839)
	35:37.465 (1:08.425)			
5	Kennedy, Cameron	SO Howard	35:41.32	4
	1:16.951 (1:16.951)	2:40.183 (1:23.232)	4:05.781 (1:25.599)	5:32.380 (1:26.599)
	6:59.571 (1:27.192)	8:28.530 (1:28.959)	9:58.006 (1:29.477)	11:29.103 (1:31.097)
	12:57.860 (1:28.757)	14:23.773 (1:25.914)	15:49.980 (1:26.207)	17:16.953 (1:26.974)
	18:44.033 (1:27.080)	20:11.600 (1:27.568)	21:38.195 (1:26.595)	23:04.814 (1:26.619)
	24:31.636 (1:26.823)	25:57.193 (1:25.557)	27:22.940 (1:25.748)	28:48.856 (1:25.917)
	30:15.654 (1:26.798)	31:41.630 (1:25.977)	33:07.590 (1:25.960)	34:29.196 (1:21.607)
	35:41.316 (1:12.120)			
6	Golden, Robert	FR Howard	37:28.59	3
	1:17.346 (1:17.346)	2:40.435 (1:23.089)	4:06.078 (1:25.644)	5:32.500 (1:26.422)
	6:59.748 (1:27.249)	8:28.665 (1:28.917)	9:58.236 (1:29.572)	11:29.205 (1:30.969)
	12:58.033 (1:28.829)	14:23.860 (1:25.827)	15:50.280 (1:26.420)	17:17.160 (1:26.880)
	18:44.108 (1:26.948)	20:11.723 (1:27.615)	21:39.119 (1:27.397)	23:09.543 (1:30.424)
	24:42.136 (1:32.594)	26:17.175 (1:35.039)	27:53.808 (1:36.633)	29:30.824 (1:37.017)
	31:06.754 (1:35.930)	32:43.521 (1:36.768)	34:18.639 (1:35.118)	35:53.473 (1:34.834)
	37:28.586 (1:35.114)			

Men 110 Meter Hurdles

=====
 Conference: \$ 13.57 2015 Holloway, Dickson, Banks, HAM, NCAT,
 Name Year School Prelims Wind H#
 =====

Preliminaries

1	Beard, Dylan	SR Howard	\$ 13.43Q	1.0	2
2	Chisholm, Tayshaun	SR Delaware State	13.88Q	-1.2	1
3	Davis, Kameron	SR Howard	13.81Q	1.0	2
4	Byrd, Jermanie	SR Howard	14.10Q	-1.2	1
5	Hawkins, Zachary	JR Howard	14.17q	1.0	2
6	Shelton, Jaden	FR Delaware State	14.27q	1.0	2
7	Kizer, Duane	JR Morgan State	14.35q	1.0	2
8	Sutton, Joshua	SR Norfolk State	14.37q	-1.2	1

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Men 110 Meter Hurdles**

9	Payne, Antaeveon	SR Norfolk State	14.62	1.0	2
10	Henry, Dwight	SO Norfolk State	14.65	-1.2	1
11	Harris, Anthony	FR Coppin State	14.93	1.0	2
12	Wesley, Malachi	FR Morgan State	15.14	-1.2	1
13	Wynder-Hill, Camren	SO Norfolk State	15.28	-1.2	1
14	Alleyne, Jalen	FR SC State	15.62	-1.2	1
--	Ra-Akbar, Jadon	FR Morgan State	DNF	-1.2	1

Men 110 Meter Hurdles

Conference: \$ 13.57 2015 Holloway, Dickson, Banks, HAM, NCAT, B-CU
 Name Year School Finals Wind Points

Finals

1	Beard, Dylan	SR Howard	13.43	\$ -1.7	10
2	Chisholm, Tayshaun	SR Delaware State	13.65	-1.7	8
3	Hawkins, Zachary	JR Howard	13.92	-1.7	6
4	Byrd, Jermanie	SR Howard	13.94	-1.7	5
5	Davis, Kameron	SR Howard	14.01	-1.7	4
6	Shelton, Jaden	FR Delaware State	14.28	-1.7	3
7	Kizer, Duane	JR Morgan State	14.52	-1.7	2
8	Sutton, Joshua	SR Norfolk State	14.70	-1.7	1

Men 400 Meter Hurdles

Conference: \$ 50.12 2018 Jaelen Williams, HAM
 Name Year School Prelims H#

Preliminaries

1	Sims Jr, Alonzo	FR Delaware State	53.17	Q	1
2	Davis, Kameron	SR Howard	54.01	Q	2
3	Walker, Barrington	SR SC State	53.94	Q	1
4	Hawkins, Zachary	JR Howard	54.75	Q	2
5	Opon, Zachary	SR Maryland-Eas	55.13	q	2
6	Wiggins-Imgram, Ivan	JR Coppin State	55.74	q	1
7	Gooden, Tarique	JR Morgan State	55.77	q	2
8	Harris, Anthony	FR Coppin State	56.17	q	1
9	Wynder-Hill, Camren	SO Norfolk State	56.79		1
10	Wesley, Malachi	FR Morgan State	57.01		2
11	Payne, Antaeveon	SR Norfolk State	58.90		1
12	Alleyne, Jalen	FR SC State	59.21		2

Men 400 Meter Hurdles

Conference: \$ 50.12 2018 Jaelen Williams, HAM
 Name Year School Finals Points

Finals

1	Sims Jr, Alonzo	FR Delaware State	52.57		10
2	Hawkins, Zachary	JR Howard	52.70		8
3	Davis, Kameron	SR Howard	53.39		6
4	Wiggins-Imgram, Ivan	JR Coppin State	53.99		5
5	Gooden, Tarique	JR Morgan State	54.54		4
6	Opon, Zachary	SR Maryland-Eas	54.70		3
7	Walker, Barrington	SR SC State	59.23		2

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Men 400 Meter Hurdles**

8 Harris, Anthony FR Coppin State 1:00.40 1

Men 3000 Meter Steeplechase

Conference: \$ 8:46.62 2017 Khalil Rmidi Kinini, UMES						
Name	Year	School	Finals	Points		
1 Kimtai, Regan	SR	Norfolk State	9:27.15	10		
38.290 (38.290)	1:51.441 (1:13.152)	3:06.521 (1:15.080)	4:21.956 (1:15.435)			
5:36.636 (1:14.680)	6:53.836 (1:17.200)	8:12.863 (1:19.027)	9:27.146 (1:14.284)			
2 Adebiyi, Ayoade	SR	Howard	9:34.98	8		
37.989 (37.989)	1:51.276 (1:13.288)	3:06.136 (1:14.860)	4:22.501 (1:16.365)			
5:39.961 (1:17.460)	6:59.934 (1:19.973)	8:20.176 (1:20.243)	9:34.978 (1:14.802)			
3 Drake, Ashton	SR	N.C. Central	9:57.43	6		
38.640 (38.640)	1:53.696 (1:15.057)	3:13.044 (1:19.348)	4:33.675 (1:20.632)			
5:54.679 (1:21.004)	7:17.934 (1:23.255)	8:41.539 (1:23.605)	9:57.425 (1:15.887)			
4 Coley, Dyson	FR	Delaware State	11:04.48	5		
41.216 (41.216)	2:01.869 (1:20.653)	3:28.204 (1:26.335)	4:58.589 (1:30.385)			
6:33.008 (1:34.419)	8:08.511 (1:35.504)	9:43.079 (1:34.568)	11:04.475 (1:21.397)			
5 Alston, Justin	JR	Morgan State	11:04.63	4		
39.996 (39.996)	2:00.135 (1:20.139)	3:23.951 (1:23.817)	4:52.444 (1:28.493)			
6:26.568 (1:34.124)	8:06.013 (1:39.445)	9:42.506 (1:36.494)	11:04.629 (1:22.123)			

Men 4x100 Meter Relay

Conference: \$ 38.48 2017 North Carolina A&T State				
School	Finals	Points		
1 Howard 'A'	40.00	10		
1) Perry, Ja'Leak JR	2) Daniel, Ashton SR			
3) Beard, Dylan SR	4) Gaines, Dylan FR			
2 SC State 'A'	40.02	8		
1) Alleyne, Jalen FR	2) Curnell, Dwayne SR			
3) Hill, Erick SO	4) Brown, Kristopher SR			
3 Coppin State 'A'	40.05	6		
1) Pepukayi, Bryce SO	2) Hammond, Solomon SO			
3) Drakes, Carl JR	4) Wright, Noxroy JR			
4 Norfolk State 'A'	40.54	5		
1) Cole, Kai JR	2) Franklin, Anthony JR			
3) Madison-Ahouman, Bryan SO	4) Henry, Dwight SO			
5 Delaware State 'A'	40.84	4		
1) Carr Jr, Andre SR	2) Shelton, Jaden FR			
3) Smith, Rahkeem FR	4) Booth-Mitchell, Jalen FR			
6 Morgan State 'A'	41.75	3		
1) Ra-Akbar, Jadon FR	2) Holley, Adrian JR			
3) Bowens, Ali JR	4) Sims, Antonio FR			
7 Maryland-Eastern Shore 'A'	41.91	2		
1) Goslee, Caleb SR	2) Watkins, Jahlanhnee SR			
3) Herring, Mahki SR	4) Reid, Radjae SO			

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Men 4x400 Meter Relay**

Conference: \$ 3:04.75 2018		North Carolina A&T State		Finals	Points
School					
1	Maryland-Eastern Shore 'A'			3:09.19	10
	1) Beckford, Ashane SR		2) Watkins, Jahlanhnee SR		
	3) Emuze, Destiny FR		4) Brown, Janoi SR		
	1:34.022 (1:34.022)	2:22.588 (48.566)	3:09.187 (46.600)		
2	Coppin State 'A'			3:09.58	8
	1) Drakes, Carl JR		2) Serville, Randy SR		
	3) Cunningham, Daniel JR		4) Ba, Amadou SR		
	1:35.166 (1:35.166)	2:22.727 (47.562)	3:09.576 (46.849)		
3	Howard 'A'			3:11.93	6
	1) Gaines, Dylan FR		2) Davis, Kameron SR		
	3) Byrd, Jermanie SR		4) Hawkins, Zachary JR		
	1:34.289 (1:34.289)	2:23.700 (49.412)	3:11.927 (48.227)		
4	SC State 'A'			3:12.29	5
	1) Walker, Barrington SR		2) Brown, Kristopher SR		
	3) Barker, Jaden JR		4) Rembert-Jett, Waddell SR		
	1:36.221 (1:36.221)	2:25.243 (49.023)	3:12.283 (47.040)		
5	Norfolk State 'A'			3:15.63	4
	1) Harrison, Dazon JR		2) Zellander, Jeremiah JR		
	3) Mosley, Devin FR		4) Alston, Knasir FR		
	1:36.559 (1:36.559)	2:25.881 (49.322)	3:15.622 (49.742)		
6	N.C. Central 'A'			3:16.26	3
	1) Carter, Donnell SR		2) Jones, Casee SO		
	3) Little, Corey FR		4) Smith, Octavious FR		
	1:35.889 (1:35.889)	2:25.798 (49.910)	3:16.254 (50.456)		
7	Morgan State 'A'			3:18.88	2
	1) Gooden, Tarique JR		2) Sims, Antonio FR		
	3) Ibeh, Emmanuel SR		4) Jackson, Dante FR		
	1:38.833 (1:38.833)	2:28.339 (49.506)	3:18.876 (50.538)		
8	Delaware State 'A'			3:30.69	1
	1) Brinkley, Malachi JR		2) Sims Jr, Alonzo FR		
	3) Brown, Elijah JR		4) Shelton, Jaden FR		
	1:43.828 (1:43.828)	2:36.449 (52.622)	3:30.681 (54.232)		

Men High Jump

Conference: \$ 2.25m 2001		Shears, Gary, NSU, FAMU		Finals	Points
Name	Year School				
1	Victoria, Lamont	FR	N.C. Central	2.11m	6-11.00 10
	1.88 1.93 1.98 2.01 2.04 2.07 2.11 2.15				
	P O O XO P O O XXX				
2	Bell, James	JR	Coppin State	2.01m	6-07.00 8
	1.88 1.93 1.98 2.01 2.04 2.07				
	P O O O P XXX				
3	Sutton, Joshua	SR	Norfolk State	J2.01m	6-07.00 6
	1.88 1.93 1.98 2.01 2.04 2.07				
	O O XO XO P XXX				
4	Haywood, Isaac	SO	Norfolk State	1.93m	6-04.00 4.50
	1.88 1.93 1.98				
	O O XXX				

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Men High Jump**

4	Brown, Eric	SO Howard	1.93m	6-04.00	4.50
	1.88 1.93 1.98				
	O O XXX				
6	Campbell, Morey	FR Delaware State	J1.93m	6-04.00	3
	1.88 1.93 1.98				
	O XXO XXX				
7	Finger, Brenden	JR N.C. Central	J1.93m	6-04.00	2
	1.88 1.93 1.98				
	XO XXO XXX				
8	Pierrilus, Mackel	JR Maryland-Eas	1.88m	6-02.00	1
	1.88 1.93				
	XO XXX				

Men Pole Vault

Conference: \$ 5.40m 2004		David Stephens, SCSU			
Name	Year	School	Finals		Points
1	Kamanu, Peter	SO Delaware State	4.50m	14-09.00	10
	3.52 3.67 3.82 3.92 4.02 4.12 4.30 4.50 4.62				
	P P P P P O XO XO XXX				
2	Brown, Malik	JR Morgan State	3.82m	12-06.25	8
	3.52 3.67 3.82 3.92 4.02				
	P P XO P XXX				
3	Jeffery, Kalon	SO Norfolk State	3.67m	12-00.50	6
	3.52 3.67 3.82				
	XO O XXX				
--	Alleyne, Jalen	FR SC State	NH		
	3.52				
	XXX				

Men Long Jump

Conference: \$ 7.93m 2008		Corey Winston, NSU			
Name	Year	School	Finals	Wind	H# Points
1	Wray, Sean	FR Howard	7.16m	1.3	23-06.00 2 10
	FOUL(2.2) 6.97m(0.1) 7.16m(1.3) 7.02m(0.5) FOUL(1.0) FOUL(-0.9)				
2	Fisher, Kyle	SO Howard	7.15m	-2.0	23-05.50 2 8
	6.86m(-2.0) 6.83m(-2.0) 6.95m(1.4) FOUL(2.2) 7.04m(0.4) 7.15m(-2.0)				
3	Hill, Erick	SO SC State	7.00m	-0.8	22-11.75 2 6
	6.85m(0.8) 6.69m(+0.0) 6.83m(1.4) 7.00m(-0.8) 6.97m(-0.7) FOUL(0.1)				
4	Cox-Cooper, Rodric	JR Norfolk State	6.95m	-0.8	22-09.75 1 5
	6.92m(1.6) 6.77m(0.1) 6.71m(1.8) 6.95m(-0.8) FOUL(-0.2) 6.91m(-1.4)				
5	Goslee, Caleb	SR Maryland-Eas	6.93m	1.7	22-09.00 2 4
	6.65m(0.7) 6.75m(0.7) FOUL(1.1) 6.93m(1.7) 6.49m(1.4) FOUL(1.1)				
6	Wynder-Hill, Camren	SO Norfolk State	6.86m	0.1	22-06.25 2 3
	FOUL(1.0) 6.75m(1.1) FOUL(0.8) PASS 6.68m(-0.7) 6.86m(0.1)				
7	Brooks, Jonathan	FR Maryland-Eas	6.77m	2.2	22-02.50 2 2
	6.74m(-0.5) 6.77m(2.2) FOUL(-1.0) FOUL(-0.7) 5.08m(-0.7) FOUL(0.9)				
8	Jasmin, Jalen	JR Delaware State	6.69m	-1.2	21-11.50 2 1
	FOUL(2.8) 6.69m(-1.2) 6.51m(1.1) FOUL(0.6) FOUL(0.5) 6.43m(0.7)				
9	Ra-Akbar, Jadon	FR Morgan State	6.64m	2.3	21-09.50 1
	6.64m(2.3) FOUL(1.0) FOUL(1.3) PASS PASS PASS				

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Men Long Jump**

10	Mclaren, Elijah	JR Delaware State	6.63m	1.8	21-09.00	1
	6.27m(2.2) 6.63m(1.8) 6.36m(2.2)					
11	Belinga, Joshua	SO Morgan State	6.58m	2.6	21-07.25	1
	6.58m(2.6) 6.48m(0.9) 6.52m(1.9)					
12	Bell, James	JR Coppin State	6.53m	0.6	21-05.25	2
	6.17m(0.5) 6.53m(0.6) 6.22m(0.4)					
13	Haywood, Isaac	SO Norfolk State	6.52m	1.3	21-04.75	2
	FOUL(2.4) FOUL(-3.0) 6.52m(1.3)					
14	Pierrilus, Mackel	JR Maryland-Eas	6.36m	0.1	20-10.50	1
	FOUL(1.2) 4.46m(4.5) 6.36m(0.1)					
15	Drewery, Chase	SO Howard	6.22m	3.2	20-05.00	1
	FOUL(2.1) 6.22m(3.2) FOUL(2.6)					

Men Triple Jump

Conference: \$ 16.33m 2017 Michael Tiller, B-CU

Name	Year	School	Finals	Wind	Points
1 Drewery, Chase	SO	Howard	15.43m	-0.6	50-07.50 10
			14.51m(-3.2) FOUL(-2.2) 14.67m(-0.7) 14.65m(1.9) 15.43m(-0.6) 14.69m(-1.4)		
2 Haywood, Isaac	SO	Norfolk State	14.62m	-1.9	47-11.75 8
			14.10m(-1.2) FOUL(-2.1) 14.62m(-1.9) FOUL(-1.7) FOUL(-0.4) 14.10m(-2.9)		
3 Fisher, Kyle	SO	Howard	14.57m	-2.1	47-09.75 6
			FOUL(-1.8) 14.12m(-2.7) 14.54m(-0.4) 14.31m(-2.7) 14.54m(-1.4) 14.57m(-2.1)		
4 Mclaren, Elijah	JR	Delaware State	14.52m	-0.4	47-07.75 5
			14.52m(-0.4) FOUL(-1.9) 13.45m(-3.5) FOUL(-3.7) 13.53m(-0.2) 13.71m(-1.5)		
5 McKenzie, Omari	SO	Morgan State	14.40m	-2.1	47-03.00 4
			FOUL(-1.0) 14.40m(-2.1) FOUL(-3.4) FOUL(-0.4) FOUL(-1.6) FOUL(+0.0)		
6 Cox-Cooper, Rodric	JR	Norfolk State	14.09m	-2.2	46-02.75 3
			FOUL(-3.1) 14.09m(-2.2) 13.81m(-2.3) FOUL(-1.7) FOUL(-1.8) FOUL(-2.2)		
7 Pierrilus, Mackel	JR	Maryland-Eas	13.75m	-1.9	45-01.50 2
			FOUL(0.4) FOUL(-1.7) 13.52m(-3.2) FOUL(-0.2) 13.52m(-1.1) 13.75m(-1.9)		
8 Wray, Sean	FR	Howard	13.72m	-2.8	45-00.25 1
			FOUL(+0.0) FOUL(-1.5) 13.72m(-2.8) 13.39m(0.1) FOUL(1.2) 13.59m(-1.1)		
9 Forbes, Malcolm	FR	N.C. Central	13.53m	-2.2	44-04.75
			13.24m(-1.2) 13.53m(-2.2) 13.42m(-1.2) FOUL(-2.1) 13.40m(-1.3) 13.24m(-0.7)		
10 Brown, Eric	SO	Howard	13.52m	-2.3	44-04.25
			12.55m(-0.3) FOUL(-1.1) 13.52m(-2.3) 13.49m(-0.3) FOUL(-1.8) 13.27m(-2.0)		
11 Brooks, Jonathan	FR	Maryland-Eas	12.92m	-3.1	42-04.75
			FOUL(-1.3) 12.92m(-3.1) FOUL(-2.3)		
12 Belinga, Joshua	SO	Morgan State	12.73m	-3.2	41-09.25
			FOUL(-1.9) FOUL(-2.1) 12.73m(-3.2)		

Men Shot Put

Conference: \$ 18.64m 2014 Dillon Simon, UMES

Name	Year	School	Finals	Points
1 Purvis, John	JR	Morgan State	16.81m	55-02.00 10
			FOUL 15.76m 15.76m FOUL 16.81m	
2 Martin, Tyrell	SO	Delaware State	16.63m	54-06.75 8
			15.71m 16.14m 15.59m 16.47m 16.63m FOUL	
3 Johnson, Christopher	FR	Delaware State	16.10m	52-10.00 6
			14.78m 15.46m 15.20m 15.38m 15.10m 16.10m	

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Men Shot Put**

4	Swepson, Matthew	JR N.C. Central	15.99m	52-05.50	5
	FOUL 14.91m 15.08m	FOUL 15.99m FOUL			
5	Perkins, James	SR Maryland-Eas	15.71m	51-06.50	4
	14.59m 15.53m PASS 14.41m 15.48m 15.71m				
6	Bratcher, Christopher	SR Howard	15.37m	50-05.25	3
	13.98m 15.37m FOUL 14.62m FOUL				
7	Arrington, Khamari	SR N.C. Central	15.13m	49-07.75	2
	FOUL 13.63m 13.74m 13.93m 13.99m 15.13m				
8	Olebara, Nnamdi	SR Howard	13.74m	45-01.00	1
	12.93m 13.74m FOUL FOUL FOUL FOUL				
9	McWilliams, Troy	FR Norfolk State	13.49m	44-03.25	
	12.50m 13.49m 13.34m FOUL FOUL 13.00m				
10	Smith, Raeshon	SO Norfolk State	13.37m	43-10.50	
	FOUL 13.37m 13.33m				
11	Anderson, Nelson	SO N.C. Central	12.96m	42-06.25	
	FOUL 12.96m FOUL				
12	Ratliff, Dexter	SR SC State	12.90m	42-04.00	
	12.90m 12.50m FOUL				
13	Carraway, Dallas	FR SC State	12.85m	42-02.00	
	12.47m FOUL 12.85m				
--	Smith, Rayquan	JR Norfolk State	FOUL		
	PASS FOUL FOUL				

Men Discus Throw

=====					
Conference: \$ 55.85m		2014		Dillon Simon, UMES	
Name	Year	School	Finals	Points	
=====					
1	Campbell, Emperor	JR Delaware State	50.92m	167-01	10
	38.50m 48.77m 46.96m 47.27m 50.01m 50.92m				
2	Arrington, Khamari	SR N.C. Central	48.40m	158-09	8
	44.26m 43.30m 44.65m 45.77m 48.40m 43.58m				
3	Ratliff, Dexter	SR SC State	48.36m	158-08	6
	44.40m 45.76m 48.27m 46.38m FOUL 48.36m				
4	Anderson, Nelson	SO N.C. Central	47.29m	155-02	5
	FOUL FOUL 45.57m 44.27m 47.29m FOUL				
5	Swepson, Matthew	JR N.C. Central	46.94m	154-00	4
	46.94m 43.82m 45.10m 45.12m 45.71m 46.34m				
6	Purvis, John	JR Morgan State	46.13m	151-04	3
	43.13m FOUL 46.13m FOUL FOUL FOUL				
7	Perkins, James	SR Maryland-Eas	44.38m	145-07	2
	FOUL 41.85m FOUL FOUL 42.42m 44.38m				
8	Johnson, Christopher	FR Delaware State	42.56m	139-07	1
	41.00m FOUL FOUL 42.56m 39.60m 40.23m				
9	Smith, Rayquan	JR Norfolk State	40.62m	133-03	
	32.95m 40.62m FOUL 38.75m FOUL FOUL				
10	Bratcher, Christopher	SR Howard	39.39m	129-03	
	FOUL 38.46m 39.39m				
11	Olebara, Nnamdi	SR Howard	34.86m	114-04	
	34.86m FOUL 32.95m				
12	Martin, Tyrell	SO Delaware State	33.96m	111-05	
	FOUL FOUL 33.96m				
13	Carraway, Dallas	FR SC State	31.86m	104-06	
	31.86m FOUL FOUL				

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****Men Hammer Throw**

Conference: \$ 54.30m 2019							Derrick Wheeler, NCAT		
Name	Year	School					Finals	Points	
1 Perkins, James		SR Maryland-Eas					53.90m	176-10	10
	FOUL	51.95m	51.74m	50.01m	50.89m	53.90m			
2 Monteiro, Ezra		SR Howard					51.19m	167-11	8
	48.00m	50.64m	FOUL	50.06m	51.19m	50.19m			
3 Swepson, Matthew		JR N.C. Central					49.00m	160-09	6
	FOUL	46.27m	45.30m	FOUL	FOUL	49.00m			
4 Ratliff, Dexter		SR SC State					47.79m	156-09	5
	FOUL	FOUL	42.74m	FOUL	46.75m	47.79m			
5 Anderson, Nelson		SO N.C. Central					46.38m	152-02	4
	40.17m	FOUL	FOUL	44.76m	46.38m	FOUL			
6 Campbell, Emperor		JR Delaware State					46.14m	151-04	3
	FOUL	43.23m	46.14m	FOUL	44.98m	44.29m			
7 Olebara, Nnamdi		SR Howard					43.40m	142-05	2
	41.29m	FOUL	39.67m	41.16m	43.40m	42.91m			
8 Smith, Raeshon		SO Norfolk State					42.11m	138-02	1
	36.57m	39.70m	FOUL	40.75m	42.11m	FOUL			
9 Martin, Tyrell		SO Delaware State					41.10m	134-10	
	FOUL	35.80m	41.10m	39.22m	39.43m	FOUL			
10 Johnson, Christopher		FR Delaware State					34.35m	112-08	
	34.35m	32.66m	31.22m						
11 Smith, Rayquan		JR Norfolk State					33.45m	109-09	
	33.45m	FOUL	FOUL						
-- Purvis, John		JR Morgan State					FOUL		
	FOUL	FOUL	FOUL						
-- Bratcher, Christopher		SR Howard					FOUL		
	FOUL	FOUL	FOUL						

Men Javelin Throw

Conference: \$ 70.85m 1987							Kenneth Beache, HOW		
Name	Year	School					Finals	Points	
1 Abbott, Mekhi		SR Howard					61.78m	202-08	10
	61.78m	FOUL	61.40m	FOUL	FOUL	60.00m			
2 Swepson, Matthew		JR N.C. Central					55.61m	182-05	8
	50.48m	55.61m	49.28m	50.29m	49.39m	51.35m			
3 Perkins, James		SR Maryland-Eas					53.29m	174-10	6
	48.88m	46.76m	53.18m	50.44m	53.29m	49.46m			
4 Shelton, Jaden		FR Delaware State					50.93m	167-01	5
	42.44m	48.22m	48.51m	41.03m	50.93m	FOUL			
5 Kimbrough, Jalon		SO SC State					49.00m	160-09	4
	41.30m	43.01m	49.00m	40.71m	42.68m	45.04m			
6 Kimtai, Regan		SR Norfolk State					48.50m	159-01	3
	45.71m	48.50m	45.72m	45.96m	46.00m	47.66m			
7 Pierrilus, Mackel		JR Maryland-Eas					47.59m	156-02	2
	43.70m	43.68m	39.41m	43.74m	44.59m	47.59m			
8 Henry, Dwight		SO Norfolk State					47.19m	154-10	1
	42.17m	44.13m	42.07m	37.08m	47.19m	40.11m			
9 Monteiro, Ezra		SR Howard					45.07m	147-10	
	43.15m	45.07m	41.83m	FOUL	41.75m	43.16m			
10 Purvis, John		JR Morgan State					42.11m	138-02	
	FOUL	42.11m	FOUL						

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Men Javelin Throw**

11 Dickson, Keondre	FR SC State	37.53m	123-01
37.53m 34.60m 37.15m			
12 Nurse, Sadiq	SR Norfolk State	34.03m	111-08
34.03m PASS FOUL			
13 Carraway, Dallas	FR SC State	31.23m	102-05
29.50m 27.69m 31.23m			

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	Points
1 Smith, Rayquan	JR Norfolk State	10.87	2.1	890
2 Nurse, Sadiq	SR Norfolk State	11.20	2.1	817
3 Jeffery, Kalon	SO Norfolk State	11.30	2.1	795
4 Brown, Eric	SO Howard	11.42	2.1	769
5 Goode, Amiri	JR Coppin State	11.69	2.1	713
6 Johnson, Neco	SR N.C. Central	12.15	2.1	622

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	Points
1 Goode, Amiri	JR Coppin State	51.48	748
2 Brown, Eric	SO Howard	52.55	701
3 Johnson, Neco	SR N.C. Central	53.01	681
4 Jeffery, Kalon	SO Norfolk State	53.45	663
5 Nurse, Sadiq	SR Norfolk State	53.48	661
6 Smith, Rayquan	JR Norfolk State	55.10	595

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 Johnson, Neco	SR N.C. Central	4:41.31	672
55.266 (55.266) 2:13.736 (1:18.470) 3:32.088 (1:18.352) 4:41.301 (1:09.214)			
2 Goode, Amiri	JR Coppin State	4:46.05	643
54.731 (54.731) 2:12.798 (1:18.067) 3:32.348 (1:19.550) 4:46.046 (1:13.699)			
3 Brown, Eric	SO Howard	5:04.68	533
55.533 (55.533) 2:14.108 (1:18.575) 3:38.901 (1:24.794) 5:04.673 (1:25.772)			
4 Nurse, Sadiq	SR Norfolk State	5:57.67	274
1:02.799 (1:02.799) 2:37.159 (1:34.360) 4:24.993 (1:47.834) 5:57.666 (1:32.674)			
5 Jeffery, Kalon	SO Norfolk State	6:08.17	232
1:03.210 (1:03.210) 2:36.666 (1:33.457) 4:25.674 (1:49.008) 6:08.161 (1:42.488)			
6 Smith, Rayquan	JR Norfolk State	6:19.91	189
1:03.793 (1:03.793) 2:43.854 (1:40.062) 4:40.823 (1:56.969) 6:19.909 (1:39.087)			

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year School	Finals	Wind	H#	Points
1 Brown, Eric	SO Howard	15.06	1.5	2	842
2 Goode, Amiri	JR Coppin State	15.69	1.0	1	768
3 Nurse, Sadiq	SR Norfolk State	19.45	1.5	2	394
4 Johnson, Neco	SR N.C. Central	20.16	1.0	1	337
5 Smith, Rayquan	JR Norfolk State	21.41	1.5	2	246

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Norfolk State University

Results

....Decathlon: #6 Men 110 Meter Hurdles Decathlon

6 Jeffery, Kalon	SO Norfolk State	22.27	1.0	1	192
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Decathlon: #4 Men High Jump Decathlon

Name	Year School	Finals	Points
1 Brown, Eric	SO Howard	1.90m	6-02.75 714
1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93			
P P P P P P P P P O O O O O O O O XXO XXP			
2 Nurse, Sadiq	SR Norfolk State	1.66m	5-05.25 512
1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69			
P O O O P O O XXX			
3 Johnson, Neco	SR N.C. Central	1.63m	5-04.25 488
1.48 1.51 1.54 1.57 1.60 1.63 1.66			
P P P O O O XXX			
3 Goode, Amiri	JR Coppin State	1.63m	5-04.25 488
1.48 1.51 1.54 1.57 1.60 1.63 1.66			
P P P O O O XXX			
5 Jeffery, Kalon	SO Norfolk State	1.57m	5-01.75 441
1.48 1.51 1.54 1.57 1.60			
O O O O XXX			
6 Smith, Rayquan	JR Norfolk State	1.51m	4-11.50 396
1.48 1.51 1.54			
XXO O XXX			

Decathlon: #8 Men Pole Vault Decathlon

Name	Year School	Finals	Points
1 Jeffery, Kalon	SO Norfolk State	3.80m	12-05.50 562
3.70 3.80 3.90 4.00			
O XO P XXX			
2 Brown, Eric	SO Howard	3.40m	11-01.75 457
2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50			
O XO O XO O XO XO XXX			
3 Nurse, Sadiq	SR Norfolk State	2.50m	8-02.50 242
2.20 2.30 2.40 2.50 2.60			
XXO O XO XO XXX			
4 Goode, Amiri	JR Coppin State	2.40m	7-10.50 220
2.20 2.30 2.40 2.50			
O O XO XXX			
-- Johnson, Neco	SR N.C. Central	NH	
2.20			
XXX			
-- Smith, Rayquan	JR Norfolk State	NH	
2.20			
XXX			

Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Brown, Eric	SO Howard	7.09m	NWI	23-03.25 835
FOUL 7.09m(NWI) 6.92m(NWI)				

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****...Decathlon: #2 Men Long Jump Decathlon**

2	Smith, Rayquan	JR Norfolk State	6.39m	NWI	20-11.75	673
	6.22m(NWI) 6.39m(NWI) FOUL					
3	Nurse, Sadiq	SR Norfolk State	6.21m	NWI	20-04.50	632
	6.16m(NWI) 6.21m(NWI) 5.84m(NWI)					
4	Johnson, Neco	SR N.C. Central	6.20m	NWI	20-04.25	630
	6.20m(NWI) FOUL 5.61m(NWI)					
5	Goode, Amiri	JR Coppin State	6.16m	NWI	20-02.50	621
	FOUL 5.51m(NWI) 6.16m(NWI)					
6	Jeffery, Kalon	SO Norfolk State	5.99m	NWI	19-08.00	584
	FOUL 4.76m(NWI) 5.99m(NWI)					

Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points
1 Smith, Rayquan	JR Norfolk State	13.08m	42-11.00 672
		12.32m 12.22m 13.08m	
2 Johnson, Neco	SR N.C. Central	9.96m	32-08.25 483
		9.45m 9.96m FOUL	
3 Goode, Amiri	JR Coppin State	9.88m	32-05.00 478
		9.42m 9.88m 9.69m	
4 Brown, Eric	SO Howard	9.40m	30-10.25 450
		7.80m 9.40m 9.27m	
5 Nurse, Sadiq	SR Norfolk State	8.88m	29-01.75 419
		8.65m 8.53m 8.88m	
6 Jeffery, Kalon	SO Norfolk State	8.02m	26-03.75 367
		8.02m 7.12m FOUL	

Decathlon: #7 Men Discus Throw Decathlon

Name	Year School	Finals	Points
1 Smith, Rayquan	JR Norfolk State	42.10m	138-01 707
		40.19m 39.52m 42.10m	
2 Goode, Amiri	JR Coppin State	27.57m	90-05 417
		26.08m 27.57m FOUL	
3 Nurse, Sadiq	SR Norfolk State	25.29m	83-00 373
		FOUL 19.89m 25.29m	
4 Jeffery, Kalon	SO Norfolk State	23.44m	76-11 337
		19.73m 22.01m 23.44m	
5 Johnson, Neco	SR N.C. Central	21.20m	69-07 295
		21.20m 20.36m FOUL	
6 Brown, Eric	SO Howard	19.65m	64-06 266
		19.65m FOUL 15.28m	

Decathlon: #9 Men Javelin Throw Decathlon

Name	Year School	Finals	Points
1 Smith, Rayquan	JR Norfolk State	39.98m	131-02 442
		36.10m 39.98m 39.24m	
2 Goode, Amiri	JR Coppin State	38.29m	125-07 417
		32.72m 38.29m 37.47m	
3 Nurse, Sadiq	SR Norfolk State	34.85m	114-04 368
		34.68m 34.85m 32.73m	

2023 MEAC Outdoor Championships - 5/11/2023**Norfolk State University****Results****....Decathlon: #9 Men Javelin Throw Decathlon**

4	Brown, Eric	SO	Howard	32.63m	107-01	336
	FOUL 32.63m 32.51m					
5	Johnson, Neco	SR	N.C. Central	26.58m	87-02	251
	25.21m 19.50m 26.58m					
6	Jeffery, Kalon	SO	Norfolk State	24.64m	80-10	225
	21.23m 24.64m PASS					

Men Decathlon

Conference: \$ 6693 2005 Allen Mitchell, MSU						
Name	Year	School	Finals	H#	Points	
1	Brown, Eric	SO	Howard	5903	10	
2	Goode, Amiri	JR	Coppin State	5513	8	
3	Smith, Rayquan	JR	Norfolk State	4810	6	
4	Nurse, Sadiq	SR	Norfolk State	4692	5	
5	Johnson, Neco	SR	N.C. Central	4459	4	
6	Jeffery, Kalon	SO	Norfolk State	4398	3	

Women - Team Rankings - 21 Events Scored

1) Howard	241.50	2) Morgan State	138
3) Norfolk State	102.50	4) Delaware State	92.50
5) Coppin State	88	6) N.C. Central	56.50
7) SC State	44	8) Maryland-Eastern Shore	32

Men - Team Rankings - 21 Events Scored

1) Norfolk State	188.50	2) Howard	176.50
3) Delaware State	97	4) Maryland-Eastern Shore	91
5) N.C. Central	80	6) Coppin State	61
7) SC State	52	8) Morgan State	45