

**MEAC Indoor Championships - 2/21/2022 to 2/23/2022****live.halfmiletiming.com****Virginia Beach Sports Complex****Results****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1 #	2	Ali, Latifa	Coppin State	7.53Q 1 7.522
2 #	60	Gbai, Jessika	Howard	7.53Q 2 7.530
3 #	69	Pittman, Tiffani	Howard	7.64Q 3
4 #	68	Norton, Sherri-An	Howard	7.54q 2
5 #	73	Washington, Lamar	Howard	7.66q 3 7.654
6 #	206	Richards, Indya	Norfolk State	7.66q 1 7.657
7 #	70	Saalih, Ameenah	Howard	7.68q 1
8 #	210	Thompson-Rowe, Al	Norfolk State	7.73q 2 7.723
9 #	138	Jackson, Tia	Morgan State	7.73 3 7.725
10 #	198	Gravely, De'Niya	Norfolk State	7.73 2 7.727
11 #	147	Thompson, Destiny	Morgan State	7.81 2 7.801
12 #	169	Braxton, Jordan	N.C. Central	7.81 1 7.802
13 #	167	Bly, Asia	N.C. Central	7.85 3
14 #	36	Robinson, Aaliyah	Delaware State	7.90 3
15 #	29	Cheadle, Safarya	Delaware State	7.92 1
16 #	176	Penn, Del'Nique	N.C. Central	7.93 1
17 #	239	Donovan, Jasmaine	South Carolina St.	8.05 1
18 #	177	Small, Taylor	N.C. Central	8.08 3
19 #	6	Harrison, Serena	Coppin State	8.09 2
20 #	245	Smith, Maya	South Carolina St.	8.13 2
21 #	113	Thomas, Jazmine	Maryland-Eas	8.14 3
22 #	112	Strand, Jadaya	Maryland-Eas	8.42 3

**Women 60 Meter Dash**

Name	Year	School	Finals	Points
<b>Finals</b>				
1 #	68	Norton, Sherri-An	Howard	7.46 10
2 #	2	Ali, Latifa	Coppin State	7.47 8
3 #	60	Gbai, Jessika	Howard	7.51 6
4 #	69	Pittman, Tiffani	Howard	7.56 5
5 #	70	Saalih, Ameenah	Howard	7.60 4 7.595
6 #	73	Washington, Lamar	Howard	7.60 3 7.597
7 #	206	Richards, Indya	Norfolk State	7.68 2
8 #	210	Thompson-Rowe, Al	Norfolk State	12.76 1

**Women 200 Meter Dash****Top 8 Advance by Time**

Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1 #	205	Pride, Malika	Norfolk State	23.89q 1
2 #	60	Gbai, Jessika	Howard	24.03q 2
3 #	2	Ali, Latifa	Coppin State	24.12q 3
4 #	68	Norton, Sherri-An	Howard	24.27q 6
5 #	69	Pittman, Tiffani	Howard	24.56q 4
6 #	73	Washington, Lamar	Howard	24.67q 5
7 #	64	Lewis, Kennedy	Howard	24.69q 7

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8 #	70 Saalih, Ameenah	Howard	24.87q	7
9 #	198 Gravely, De'Niya	Norfolk State	24.95	2
10 #	7 Lane, Cathryn	Coppin State	25.05	1
11 #	11 Tomlinson, Shenel	Coppin State	25.08	6
12 #	38 White, Khaliyah	Delaware State	25.30	1
13 #	196 Farrar, Allysia	Norfolk State	25.36	5
14 #	36 Robinson, Aaliyah	Delaware State	25.44	3
15 #	32 Harpe, Lakendra	Delaware State	25.57	3
16 #	176 Penn, Del'Nique	N.C. Central	25.73	2
17 #	147 Thompson, Destiny	Morgan State	25.76	4
18 #	174 Manigault, Tracey	N.C. Central	25.94	6
19 #	169 Braxton, Jordan	N.C. Central	25.97	4
20 #	31 Glenn, Catherine	Delaware State	26.08	5
21 #	239 Donovan, Jasmine	South Carolina St.	26.37	6
22 #	245 Smith, Maya	South Carolina St.	26.49	7
23 #	101 Evans, Mackenzi	Maryland-Eas	26.57	5
24 #	113 Thomas, Jazmine	Maryland-Eas	26.89	4
25 #	5 Davis, Angel	Coppin State	27.35	7

**Women 200 Meter Dash**

Name	Year	School	Finals	H#	Points
Finals					
1 #	2	Ali, Latifa	Coppin State	23.65	1 10
2 #	60	Gbai, Jessika	Howard	23.78	2 8
3 #	205	Pride, Malika	Norfolk State	23.91	2 6
4 #	69	Pittman, Tiffani	Howard	24.13	2 5
5 #	68	Norton, Sherri-An	Howard	24.37	1 4
6 #	73	Washington, Lamar	Howard	24.50	1 3
7 #	70	Saalih, Ameenah	Howard	24.78	1 2
8 #	64	Lewis, Kennedy	Howard	24.96	2 1

**Women 400 Meter Dash****Top 8 Advance by Time**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	76	Wright, Jessica	Howard	54.32q 1
2 #	205	Pride, Malika	Norfolk State	54.53q 2
3 #	11	Tomlinson, Shenel	Coppin State	56.02q 4
4 #	3	Alphonse, Kimani	Coppin State	56.13q 3
5 #	7	Lane, Cathryn	Coppin State	56.92q 3
6 #	71	Scott, Ozioma	Howard	57.37q 6
7 #	33	Lyles, Kyra	Delaware State	57.38q 6
8 #	238	Brown, Ra'Necia	South Carolina St.	57.57q 4
9 #	166	Andrews, Olivia	N.C. Central	57.64 2
10 #	246	Thorn, Tanryn	South Carolina St.	57.88 5
11 #	181	Waters, Emmaya	N.C. Central	58.48 4
12 #	137	George, Yasmine	Morgan State	58.49 1
13 #	32	Harpe, Lakendra	Delaware State	58.50 5
14 #	199	Harris, Armani	Norfolk State	58.71 3
15 #	108	Settle, Spencer	Maryland-Eas	59.66 3

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16 #	38	White, Khaliyah	Delaware State	1:00.02	1
17 #	140	Kamara, Michelle	Morgan State	1:00.71	6
18 #	30	Daniel, Blair	Delaware State	1:00.79	5
19 #	5	Davis, Angel	Coppin State	1:02.94	6
20 #	99	Adewemi, Adekanso	Maryland-Eas	1:03.03	5
21 #	104	Lovett, Jelisa	Maryland-Eas	1:04.70	4
-- #	240	Edmondson, Domoni	South Carolina St.	DNS	2

**Women 400 Meter Dash**

Name	Year	School	Finals	H#	Points
Finals					
1 #	76	Wright, Jessica	Howard	53.20	2 10
2 #	205	Pride, Malika	Norfolk State	53.49	2 8
3 #	3	Alphonse, Kimani	Coppin State	54.85	1 6
4 #	71	Scott, Ozioma	Howard	55.08	1 5
5 #	11	Tomlinson, Shenel	Coppin State	55.16	1 4
6 #	7	Lane, Cathryn	Coppin State	56.44	2 3
7 #	33	Lyles, Kyra	Delaware State	56.52	2 2
8 #	238	Brown, Ra'Necia	South Carolina St.	58.23	1 1

**Women 800 Meter Run**

Name	Year	School	Finals	H#	Points
1 #	8	Monroque, Kamilla	Coppin State	2:14.74	3 10
2 #	14	Wyatt, Jahmei	Coppin State	2:15.27	3 8
3 #	197	Grant, Kara	Norfolk State	2:15.98	3 6
4 #	178	Swepson, Victoria	N.C. Central	2:17.22	3 5
5 #	75	Wilson, Dasia	Howard	2:20.62	1 4
6 #	171	Harrell, Ariana	N.C. Central	2:21.75	2 3
7 #	1	Agyei, Salomay	Coppin State	2:22.01	3 2
8 #	58	Egbula, Camille	Howard	2:22.37	3 1
9 #	65	Mark, Alyssa	Howard	2:22.66	3
10 #	135	Emmens, Jalissa	Morgan State	2:23.05	2
11 #	4	Constantine, Clau	Coppin State	2:23.15	2
12 #	107	Robb, Asshanni	Maryland-Eas	2:23.59	2
13 #	243	Jones, Makylah	South Carolina St.	2:23.73	2
14 #	67	McDonald, Breanna	Howard	2:25.49	2
15 #	247	Williams, Debriel	South Carolina St.	2:26.73	3
16 #	137	George, Yasmine	Morgan State	2:31.09	1
17 #	28	Brown, Tai	Delaware State	2:36.02	2
18 #	140	Kamara, Michelle	Morgan State	2:37.84	1

**Women 1 Mile Run**

Name	Year	School	Finals	Points
1 #	8	Monroque, Kamilla	Coppin State	5:07.99 10
2 #	178	Swepson, Victoria	N.C. Central	5:09.41 8
3 #	197	Grant, Kara	Norfolk State	5:10.21 6
4 #	58	Egbula, Camille	Howard	5:10.74 5
5 #	265	Crosby, Joslyn	Howard	5:18.92 4

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6 #	136	Field, Rachel	Morgan State	5:23.24	3
7 #	201	Koech, Fridah	Norfolk State	5:25.62	2
8 #	212	Wilson, Tynniesia	Norfolk State	5:29.02	1
9 #	107	Robb, Asshanni	Maryland-Eas	5:29.12	
10 #	135	Emmens, Jalissa	Morgan State	5:42.69	
-- #	111	Spann, Dominique	Maryland-Eas	DNS	

**Women 3000 Meter Run**

Name	Year	School	Finals	Points	
1 #	237	Banks, Jada	South Carolina St.	10:27.64	10
2 #	265	Crosby, Joslyn	Howard	10:52.70	8
3 #	201	Koech, Fridah	Norfolk State	10:55.70	6
4 #	197	Grant, Kara	Norfolk State	11:02.11	5
5 #	10	Stuteley, Saidai	Coppin State	11:07.88	4
6 #	136	Field, Rachel	Morgan State	11:17.81	3
7 #	244	Meyers, Ashanti	South Carolina St.	11:32.75	2
8 #	105	Menendez, Laura	Maryland-Eas	11:45.62	1
-- #	111	Spann, Dominique	Maryland-Eas	DNS	

**Women 5000 Meter Run**

Name	Year	School	Finals	Points	
1 #	237	Banks, Jada	South Carolina St.	18:03.14	10
2 #	265	Crosby, Joslyn	Howard	18:37.82	8
3 #	201	Koech, Fridah	Norfolk State	18:42.66	6
4 #	136	Field, Rachel	Morgan State	19:11.76	5
5 #	58	Egbula, Camille	Howard	19:30.83	4
6 #	244	Meyers, Ashanti	South Carolina St.	20:25.93	3
7 #	105	Menendez, Laura	Maryland-Eas	20:38.78	2

**Women 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Name	Year	School	Prelims	H#	
Preliminaries					
1 #	206	Richards, Indya	Norfolk State	8.43Q	1
2 #	210	Thompson-Rowe, Al	Norfolk State	8.46Q	2
3 #	56	Dunbar, Kaya-Rae	Howard	8.55q	2
4 #	31	Glenn, Catherine	Delaware State	8.65q	1
5 #	143	Ottley, Alliyah	Morgan State	8.67q	1
6 #	209	Smith, Zion	Norfolk State	8.80q	2
7 #	62	Hunter, Jasmyrn	Howard	8.97q	2
8 #	9	Palmer, Erin	Coppin State	9.04q	1
9 #	12	Woodrum, Kaelyn	Coppin State	9.12	1
10 #	101	Evans, Mackenzi	Maryland-Eas	9.24	2
11 #	108	Settle, Spencer	Maryland-Eas	9.28	2

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Name	Year School	Finals	Points
<b>Finals</b>			
1 # 56 Dunbar, Kaya-Rae	Howard	8.40	10
2 # 206 Richards, Indya	Norfolk State	8.44	8
3 # 143 Ottley, Alliyah	Morgan State	8.71	6
4 # 31 Glenn, Catherine	Delaware State	8.78	5
5 # 209 Smith, Zion	Norfolk State	8.90	4 8.893
6 # 9 Palmer, Erin	Coppin State	8.90	3 8.899
7 # 62 Hunter, Jasmyrn	Howard	9.09	2
8 # 210 Thompson-Rowe, Al	Norfolk State	23.74	1

**Women 4x400 Meter Relay**

School	Finals	H#	Points
1 Howard 'A'	3:38.67	2	10
1) #76 Wright, Jessica			
2) #71 Scott, Ozioma			
3) #70 Saalih, Ameenah			
4) #60 Gbai, Jessika			
2 Coppin State 'A'	3:39.73	2	8
1) #3 Alphonse, Kimani			
2) #2 Ali, Latifa			
3) #7 Lane, Cathryn			
4) #11 Tomlinson, Shenelle			
3 South Carolina St. 'A'	3:48.76	2	6
1) #246 Thorn, Tanryn			
2) #238 Brown, Ra'Necia			
3) #239 Donovan, Jasmine			
4) #247 Williams, Debrielle			
4 Norfolk State 'A'	3:50.48	2	5
1) #205 Pride, Malika			
2) #199 Harris, Armani			
3) #212 Wilson, Tynniesia			
4) #196 Farrar, Allysia			
5 N.C. Central 'A'	3:54.24	2	4
1) #166 Andrews, Olivia			
2) #171 Harrell, Ariana			
3) #174 Manigault, Tracey			
4) #181 Waters, Emmaya			
6 Morgan State 'A'	3:58.84	1	3
1) #138 Jackson, Tia			
2) #137 George, Yasmine			
3) #147 Thompson, Destiny			
4) #140 Kamara, Michelle			
7 Maryland-Eastern Shore 'A'	4:02.05	1	2
1) #108 Settle, Spencer			
2) #101 Evans, Mackenzi			
3) #100 English, Naomi			
4) #99 Adewemi, Adekansola			
-- Delaware State 'A'	DNS	1	

**Women Distance Medley**

School	Finals	Points
1 Coppin State 'A'	12:12.22	10
1) #14 Wyatt, Jahmei		
2) #1 Agyei, Salomay		
3) #4 Constantine, Claudina		
4) #8 Monroque, Kamillah		
2 South Carolina St. 'A'	12:36.15	8
1) #244 Meyers, Ashanti		
2) #247 Williams, Debrielle		
3) #243 Jones, Makylah		
4) #237 Banks, Jada		
3 Norfolk State 'A'	12:37.14	6
1) #201 Koech, Fridah		
2) #205 Pride, Malika		
3) #212 Wilson, Tynniesia		
4) #197 Grant, Kara		
4 Howard 'A'	12:40.75	5
1) #65 Mark, Alyssa		
2) #64 Lewis, Kennedy		

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**Virginia Beach Sports Complex**

**Results**

**....Women Distance Medley**

3) #75 Wilson, Dasia	4) #67 McDonald, Breanna	
5 Morgan State 'A'	12:42.99	4
1) #135 Emmens, Jalissa	2) #140 Kamara, Michelle	
3) #137 George, Yasmine	4) #136 Field, Rachel	
6 N.C. Central 'A'	13:06.18	3
1) #171 Harrell, Ariana	2) #181 Waters, Emmaya	
3) #179 Townsend, Chayil	4) #178 Swepson, Victoria	
7 Maryland-Eastern Shore 'A'	13:29.12	2
1) #107 Robb, Asshanni	2) #100 English, Naomi	
3) #111 Spann, Dominique	4) #105 Menendez, Laura	

**Women High Jump**

Starting Height: 1.47m

Name	Year School	Finals	Points
1 # 212 Wilson, Tynniesia 1.47 1.50 1.53 1.56 1.59 --- --- XO O XXX	Norfolk State	1.56m	5-01.25 10
2 # 142 Moore, Diamond 1.47 1.50 1.53 1.56 --- --- XO XXX	Morgan State	1.53m	5-00.25 8
3 # 207 Seale, Shonte 1.47 1.50 1.53 O XO XXX	Norfolk State	1.50m	4-11.00 6
4 # 173 Lindsay, Anyae 1.47 1.50 1.53 XO XO XXX	N.C. Central	1.50m	4-11.00 5
5 # 180 Urraca, Alejandra 1.47 1.50 1.53 O XXO XXX	N.C. Central	1.50m	4-11.00 4
6 # 72 Smalls, Minyarn 1.47 1.50 O XXX	Howard	1.47m	4-09.75 3
7 # 104 Lovett, Jelisa 1.47 1.50 XO XXX	Maryland-Eas	1.47m	4-09.75 2
8 # 241 Jobe, Stephanie 1.47 1.50 XXO XXX	South Carolina St.	1.47m	4-09.75 1
-- # 263 Linzy, Shirelle 1.47 XXX	Norfolk State	NH	
-- # 204 Price, Dahja 1.47 XXX	Norfolk State	NH	
-- # 13 Wright, Olivia 1.47 DNS	Coppin State	DNS	
-- # 144 Rose, Miazziah 1.47 DNS	Morgan State	DNS	

**MEAC Indoor Championships - 2/21/2022 to 2/23/2022****live.halfmiletiming.com****Virginia Beach Sports Complex****Results****Women Pole Vault**

Starting Height: 2.30m

Name	Year	School	Finals	Points
1 # 27 Bond, Annalise		Delaware State	3.30m	10-10.00 10
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
---			O O O O XXX	
2 # 134 Asinor, Ishana		Morgan State	3.20m	10-06.00 8
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
---			O XXO XXO XXO XXX	
3 # 200 Hooks, Destiny		Norfolk State	3.10m	10-02.00 6
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20				
---			O --- O XO XXX	
4 # 195 Brightful, Dnyshe		Norfolk State	3.10m	10-02.00 5
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20				
---			O --- O XXO XXX	
5 # 106 Parker, Destiny		Maryland-Eas	2.50m	8-02.50 4
2.30 2.40 2.50 2.60				
O XO XO XXX				

**Women Long Jump**

Name	Year	School	Finals	H#	Points
1 # 59 Fitzgerald, Nikay		Howard	5.84m	19-02.00 1	10
5.74m 5.84m FOUL 5.73m					
2 # 100 English, Naomi		Maryland-Eas	5.71m	18-09.00 2	8
5.47m 5.71m 5.39m 4.92m 5.11m 5.61m					
3 # 146 Shell, Inara		Morgan State	5.68m	18-07.75 1	6
5.40m 5.32m 5.14m FOUL 5.07m 5.68m					
4 # 138 Jackson, Tia		Morgan State	5.66m	18-07.00 1	5
5.50m 5.40m 5.46m 5.54m 5.48m 5.66m					
5 # 206 Richards, Indya		Norfolk State	5.51m	18-01.00 1	4
5.51m 5.28m 5.36m FOUL 5.36m 5.12m					
6 # 144 Rose, Miazziah		Morgan State	5.43m	17-09.75 2	3
FOUL 5.12m 5.43m					
7 # 170 Fulton, Micah		N.C. Central	5.40m	17-08.75 2	2
5.09m 5.38m 5.19m 4.91m 5.31m 5.40m					
8 # 204 Price, Dahja		Norfolk State	5.40m	17-08.75 1	1
5.06m 5.40m FOUL 5.27m FOUL 5.37m					
9 # 63 Joyner, Ja'Tae		Howard	5.36m	17-07.00 1	
FOUL 4.76m 5.36m 5.20m					
10 # 172 Kelley, Zinzili		N.C. Central	5.23m	17-02.00 2	
4.88m 5.23m 5.12m					
11 # 110 Shittu, Attinuke		Maryland-Eas	5.21m	17-01.25 2	
4.95m FOUL 5.21m					
12 # 37 Romaine, Sierra		Delaware State	5.16m	16-11.25 1	
4.89m 5.16m 4.90m					
13 # 12 Woodrum, Kaelyn		Coppin State	5.12m	16-09.75 1	
5.12m FOUL FOUL					
14 # 211 Venters, Jada		Norfolk State	5.06m	16-07.25 1	
4.87m 4.85m 5.06m					
15 # 177 Small, Taylor		N.C. Central	4.99m	16-04.50 2	
4.81m FOUL 4.99m					

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16 #	173 Lindsay, Anyae	N.C. Central	4.97m	16-03.75	2
	4.72m 4.72m 4.97m				
17 #	142 Moore, Diamond	Morgan State	4.94m	16-02.50	2
	4.84m 4.94m 4.72m				
18 #	112 Strand, Jadaya	Maryland-Eas	4.17m	13-08.25	2
	FOUL 4.17m 4.14m				

**Women Triple Jump**

Name	Year School	Finals	Points
1 # 170 Fulton, Micah	N.C. Central	12.02m 39-05.25	10
	11.88m 12.02m 11.88m 11.65m FOUL 11.76m		
2 # 110 Shittu, Attinuke	Maryland-Eas	12.00m 39-04.50	8
	11.58m FOUL 11.70m 11.51m FOUL 12.00m		
3 # 63 Joyner, Ja'Tae	Howard	11.88m 38-11.75	6
	11.61m 11.88m 11.44m 11.69m 11.62m 11.59m		
4 # 146 Shell, Inara	Morgan State	11.85m 38-10.50	5
	FOUL 11.31m FOUL 11.69m FOUL 11.85m		
5 # 168 Boddie, Joidon	N.C. Central	11.66m 38-03.25	4
	11.66m 11.65m 11.52m FOUL 11.16m 11.53m		
6 # 173 Lindsay, Anyae	N.C. Central	11.37m 37-03.75	3
	11.05m 11.37m 11.28m 11.21m 11.17m FOUL		
7 # 59 Fitzgerald, Nikay	Howard	11.37m 37-03.75	2
	FOUL FOUL FOUL 11.37m 11.25m		
8 # 198 Gravely, De'Niya	Norfolk State	11.21m 36-09.50	1
	FOUL FOUL 11.21m FOUL FOUL FOUL		
9 # 241 Jobe, Stephanie	South Carolina St.	11.11m 36-05.50	
	FOUL 11.11m 11.10m FOUL FOUL FOUL		
-- # 263 Linzy, Shirelle	Norfolk State	FOUL	
	FOUL FOUL FOUL		
-- # 177 Small, Taylor	N.C. Central	FOUL	
	FOUL FOUL FOUL		
-- # 144 Rose, Miazziah	Morgan State	DNS	
-- # 13 Wright, Olivia	Coppin State	DNS	

**Women Shot Put**

Name	Year School	Finals	Points
1 # 139 Johnson, Johnelle	Morgan State	13.35m 43-09.75	10
	12.49m 13.34m 12.92m 12.80m FOUL 13.35m		
2 # 213 Young, Leslie	Norfolk State	13.22m 43-04.50	8
	10.53m 12.19m FOUL 12.49m 13.22m FOUL		
3 # 72 Smalls, Minyarn	Howard	12.94m 42-05.50	6
	11.88m 11.72m 11.90m 12.33m 12.94m 12.03m		
4 # 141 Lambert, Terine	Morgan State	12.63m 41-05.25	5
	12.56m 12.06m 12.44m FOUL 11.81m 12.63m		
5 # 203 Parker, Arieana	Norfolk State	12.57m 41-03.00	4
	11.68m 11.30m 11.86m 12.57m 12.55m 12.01m		
6 # 102 Hansley, Indya	Maryland-Eas	12.57m 41-03.00	3
	11.90m 12.11m 12.46m 11.79m 12.16m 12.57m		
7 # 208 Simms, Tiara	Norfolk State	12.56m 41-02.50	2
	12.09m 12.41m FOUL FOUL 12.56m 12.31m		



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8 #	34 Patterson, Azure	Delaware State	12.44m	40-09.75	1
	11.91m 12.44m 12.08m	FOUL 12.36m 11.73m			
9 #	66 Marsh, Symone	Howard	11.65m	38-02.75	
	11.02m 11.19m 11.65m	11.59m 10.85m	FOUL		
10 #	114 Young, Story	Maryland-Eas	10.98m	36-00.25	
	FOUL 10.98m 10.82m				
11 #	145 Sharpe, Jannah	Morgan State	9.40m	30-10.25	
	8.45m 9.01m 9.40m				
12 #	175 O'Neill, Saniah	N.C. Central	9.14m	30-00.00	
	9.02m 9.14m	FOUL			
13 #	103 Johnson, Mya	Maryland-Eas	8.90m	29-02.50	
	FOUL 8.90m	FOUL			

**Women Weight Throw**

Name	Year School	Finals	Points
1 # 203 Parker, Arieana	Norfolk State	17.54m	57-06.50 10
	15.06m 17.54m	FOUL 15.54m	FOUL 15.74m
2 # 57 Effiom, Diana	Howard	17.24m	56-06.75 8
	15.79m 16.46m 13.08m	15.23m 17.24m	16.14m
3 # 213 Young, Leslie	Norfolk State	16.49m	54-01.25 6
	16.49m 16.05m 16.22m	15.57m	FOUL 16.07m
4 # 139 Johnson, Johnelle	Morgan State	16.01m	52-06.50 5
	15.17m 16.01m	FOUL 14.75m	FOUL 14.74m
5 # 145 Sharpe, Jannah	Morgan State	15.73m	51-07.25 4
	15.43m 14.87m 15.69m	15.73m	FOUL 14.51m
6 # 102 Hansley, Indya	Maryland-Eas	15.53m	50-11.50 3
	14.34m 15.08m 14.17m	FOUL 14.19m	15.53m
7 # 61 Hatcher, Erin	Howard	15.45m	50-08.25 2
	15.07m 15.05m	FOUL 15.45m	14.63m
	FOUL	FOUL	
8 # 66 Marsh, Symone	Howard	15.11m	49-07.00 1
	15.00m	FOUL	FOUL
	FOUL	FOUL	FOUL
	FOUL	FOUL	15.11m
9 # 35 Pelle, Amber	Delaware State	14.53m	47-08.00
	FOUL 14.53m 13.01m	14.25m 13.30m	14.51m
10 # 208 Simms, Tiara	Norfolk State	13.91m	45-07.75
	13.91m 13.79m	13.71m	
11 # 34 Patterson, Azure	Delaware State	13.68m	44-10.75
	12.23m 13.68m	12.07m	
12 # 141 Lambert, Terine	Morgan State	13.67m	44-10.25
	13.36m 13.15m	13.67m	
13 # 114 Young, Story	Maryland-Eas	10.60m	34-09.50
	FOUL 10.60m	FOUL	
14 # 103 Johnson, Mya	Maryland-Eas	7.82m	25-08.00
	FOUL 6.73m	7.82m	
-- # 109 Shakwi, Sanaa	Maryland-Eas	FOUL	
	FOUL	FOUL	FOUL

**Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

Name	Year School	Finals	Points
1 # 74 Williams, Monika	Howard	2:30.46	687
2 # 242 Jones, Makayla	South Carolina St.	2:34.00	644

**MEAC Indoor Championships - 2/21/2022 to 2/23/2022****live.halfmiletiming.com****Virginia Beach Sports Complex****Results****....Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

3 #	72	Smalls, Minyarn	Howard	2:34.87	633
4 #	12	Woodrum, Kaelyn	Coppin State	2:38.47	591
5 #	204	Price, Dahja	Norfolk State	2:41.80	552
6 #	142	Moore, Diamond	Morgan State	2:42.67	543
7 #	62	Hunter, Jasmyrn	Howard	2:50.32	460
8 #	263	Linzy, Shirelle	Norfolk State	2:52.50	438
9 #	172	Kelley, Zinzili	N.C. Central	2:57.30	391
10 #	168	Boddie, Joidon	N.C. Central	3:19.06	208
-- #	13	Wright, Olivia	Coppin State	DNF	
-- #	207	Seale, Shonte	Norfolk State	DNF	
-- #	211	Venters, Jada	Norfolk State	DNS	

**Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

Name	Year	School	Finals	H#	Points	
1 #	72	Smalls, Minyarn	Howard	8.97	1	916
2 #	62	Hunter, Jasmyrn	Howard	9.06	2	897
3 #	12	Woodrum, Kaelyn	Coppin State	9.07	2	895
4 #	263	Linzy, Shirelle	Norfolk State	9.25	1	858
5 #	204	Price, Dahja	Norfolk State	9.26	3	856
6 #	142	Moore, Diamond	Morgan State	9.47	2	814
7 #	13	Wright, Olivia	Coppin State	9.73	4	763
8 #	207	Seale, Shonte	Norfolk State	9.90	4	731
9 #	74	Williams, Monika	Howard	10.27	1	662
10 #	242	Jones, Makayla	South Carolina St.	10.36	4	646
11 #	168	Boddie, Joidon	N.C. Central	10.47	4	627
12 #	172	Kelley, Zinzili	N.C. Central	10.83	3	565
-- #	211	Venters, Jada	Norfolk State	DNS	3	

**Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

Name	Year	School	Finals	Points
1 #	207	Seale, Shonte	Norfolk State	1.61m 5-03.25 747
			1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	
			--- --- --- --- --- --- XO O O O O XXO O O PPP	
2 #	142	Moore, Diamond	Morgan State	1.58m 5-02.25 712
			1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61	
			--- --- --- --- --- --- --- --- --- --- O O O XXX	
3 #	168	Boddie, Joidon	N.C. Central	1.52m 4-11.75 644
			1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55	
			O --- --- --- O O O O XO XO XO XXX	
4 #	62	Hunter, Jasmyrn	Howard	1.49m 4-10.50 610
			1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	
			O --- --- O --- O O O O XXO --- --- --- --- PPP	
4 #	172	Kelley, Zinzili	N.C. Central	1.49m 4-10.50 610
			1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52	
			O --- --- --- O O O O O O XXX	
6 #	204	Price, Dahja	Norfolk State	1.46m 4-09.50 577
			1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49	
			--- --- --- --- --- O XO O O XXX	

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6 #	263	Linzy, Shirelle	Norfolk State	1.46m	4-09.50	577
		1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
		---	O O XO XO XXX			
6 #	13	Wright, Olivia	Coppin State	1.46m	4-09.50	577
		1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
		---	O O O O XXX			
9 #	12	Woodrum, Kaelyn	Coppin State	1.43m	4-08.25	544
		1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46				
		---	O O O XO XO XXX			
10 #	72	Smalls, Minyarn	Howard	1.40m	4-07.00	512
		1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43				
		---	O O O XXX			
11 #	74	Williams, Monika	Howard	1.31m	4-03.50	419
		1.22 1.25 1.28 1.31 1.34				
		O XO O O XXX				
12 #	242	Jones, Makayla	South Carolina St.	1.28m	4-02.25	389
		1.22 1.25 1.28 1.31				
		---	O O XXX			
-- #	211	Venters, Jada	Norfolk State	DNS		
		1.22				
		DNS				

**Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

Name	Year	School	Finals	Points
1 # 204 Price, Dahja		Norfolk State	5.31m	17-05.25 645
		4.92m 5.21m 5.31m		
2 # 62 Hunter, Jasmyrn		Howard	5.30m	17-04.75 643
		FOUL 4.98m 5.30m		
3 # 72 Smalls, Minyarn		Howard	5.15m	16-10.75 601
		4.86m 5.15m 5.11m		
4 # 172 Kelley, Zinzili		N.C. Central	5.01m	16-05.25 562
		FOUL 4.78m 5.01m		
5 # 263 Linzy, Shirelle		Norfolk State	4.97m	16-03.75 551
		4.84m 4.85m 4.97m		
5 # 207 Seale, Shonte		Norfolk State	4.97m	16-03.75 551
		4.97m FOUL PASS		
7 # 168 Boddie, Joidon		N.C. Central	4.84m	15-10.50 516
		4.81m 4.84m 4.29m		
8 # 13 Wright, Olivia		Coppin State	4.80m	15-09.00 506
		FOUL 4.61m 4.80m		
9 # 142 Moore, Diamond		Morgan State	4.67m	15-04.00 472
		4.67m 4.55m 4.61m		
10 # 74 Williams, Monika		Howard	4.38m	14-04.50 398
		4.32m 4.14m 4.38m		
11 # 242 Jones, Makayla		South Carolina St.	3.59m	11-09.50 218
		3.59m PASS PASS		
-- # 12 Woodrum, Kaelyn		Coppin State	FOUL	
		FOUL FOUL FOUL		
-- # 211 Venters, Jada		Norfolk State	DNS	

**MEAC Indoor Championships - 2/21/2022 to 2/23/2022****live.halfmiletiming.com****Virginia Beach Sports Complex****Results****Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

Name	Year School	Finals	Points
1 # 72 Smalls, Minyarn 11.63m 11.76m 12.55m	Howard	12.55m 41-02.25	698
2 # 207 Seale, Shonte 10.04m 9.66m 10.83m	Norfolk State	10.83m 35-06.50	584
3 # 62 Hunter, Jasmyrn 8.73m 8.91m 8.92m	Howard	8.92m 29-03.25	459
4 # 142 Moore, Diamond 8.30m 8.56m 8.77m	Morgan State	8.77m 28-09.25	449
5 # 168 Boddie, Joidon 8.38m 7.35m 7.54m	N.C. Central	8.38m 27-06.00	424
6 # 172 Kelley, Zinzili 8.27m 7.16m 7.90m	N.C. Central	8.27m 27-01.75	417
7 # 12 Woodrum, Kaelyn 7.20m 6.50m 7.68m	Coppin State	7.68m 25-02.50	379
8 # 204 Price, Dahja 7.24m 7.53m 6.68m	Norfolk State	7.53m 24-08.50	369
9 # 263 Linzy, Shirelle 7.38m 6.93m 7.42m	Norfolk State	7.42m 24-04.25	362
10 # 242 Jones, Makayla 7.32m 7.14m FOUL	South Carolina St.	7.32m 24-00.25	356
11 # 13 Wright, Olivia FOUL 7.31m 6.83m	Coppin State	7.31m 23-11.75	355
12 # 74 Williams, Monika 6.90m FOUL 6.98m	Howard	6.98m 22-11.00	334
-- # 211 Venters, Jada	Norfolk State	DNS	

**Women Indoor Pentathlon**

Name	Year School	Finals	H#	Points
1 # 72 Smalls, Minyarn	Howard	3360	10	
2 # 62 Hunter, Jasmyrn	Howard	3069	8	
3 # 204 Price, Dahja	Norfolk State	2999	6	
4 # 142 Moore, Diamond	Morgan State	2990	5	
5 # 263 Linzy, Shirelle	Norfolk State	2786	4	
6 # 207 Seale, Shonte	Norfolk State	2613	3	
7 # 172 Kelley, Zinzili	N.C. Central	2545	2	
8 # 74 Williams, Monika	Howard	2500	1	
9 # 168 Boddie, Joidon	N.C. Central	2419		
10 # 12 Woodrum, Kaelyn	Coppin State	2409		
11 # 242 Jones, Makayla	South Carolina St.	2253		
12 # 13 Wright, Olivia	Coppin State	2201		

**Men 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1 # 20 Manu, Joseph	Coppin State	6.73Q	1
2 # 220 Franklin, Anthony	Norfolk State	6.79Q	3
3 # 218 Cole, Kai	Norfolk State	6.82Q	2

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4 #	155	Holley, Adrian	Morgan State	6.87q	2
5 #	123	Herring, Mahki	Maryland-Eas	6.91q	1
6 #	258	Rembert-Jett, Wad	South Carolina St.	6.92q	3
7 #	43	Carr Jr, Andre	Delaware State	6.97q	2
8 #	252	Hill, Erick	South Carolina St.	6.99q	1
9 #	259	Shippy, Brenton	South Carolina St.	7.02	3
10 #	153	Davis, Lamar	Morgan State	7.03	3 7.025
11 #	85	Daniel, Ashton	Howard	7.03	2 7.029
11 #	119	Gordon, Chislon	Maryland-Eas	7.03	1 7.029
13 #	96	Perry, Ja'Leak	Howard	7.07	3
14 #	150	Bowens, Ali	Morgan State	7.12	2
15 #	250	Curnell, Dwayne	South Carolina St.	7.14	2
16 #	161	Rantin, Keon	Morgan State	7.33	1
-- #	227	Madison-Ahouman,	Norfolk State	FS	1
-- #	19	Hammond, Jeff	Coppin State	DNS	3

**Men 60 Meter Dash**

Name	Year	School	Finals	Points
Finals				
1 #	218	Cole, Kai	Norfolk State	6.66 10
2 #	20	Manu, Joseph	Coppin State	6.71 8
3 #	220	Franklin, Anthony	Norfolk State	6.79 6
4 #	43	Carr Jr, Andre	Delaware State	6.85 5
5 #	258	Rembert-Jett, Wad	South Carolina St.	6.86 4
6 #	155	Holley, Adrian	Morgan State	6.87 3
7 #	123	Herring, Mahki	Maryland-Eas	6.88 2
8 #	252	Hill, Erick	South Carolina St.	7.04 1

**Men 200 Meter Dash****Top 8 Advance by Time**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	218	Cole, Kai	Norfolk State	21.01q 1
2 #	215	Barnes, Trequan	Norfolk State	21.25q 2
3 #	220	Franklin, Anthony	Norfolk State	21.47q 3
4 #	20	Manu, Joseph	Coppin State	21.59q 5
5 #	161	Rantin, Keon	Morgan State	21.72q 4
6 #	49	Little, Malachi	Delaware State	21.86q 6
7 #	123	Herring, Mahki	Maryland-Eas	21.95q 7
8 #	17	Carty, Mauriel	Coppin State	21.98q 4
9 #	155	Holley, Adrian	Morgan State	21.99 2 21.982
10 #	258	Rembert-Jett, Wad	South Carolina St.	21.99 7 21.989
11 #	254	Kimbrough, Jalon	South Carolina St.	22.01 1 22.004
12 #	222	Hayes, Savien	Norfolk State	22.01 6 22.006
13 #	85	Daniel, Ashton	Howard	22.02 3
14 #	156	Ibeh, Emmanuel	Morgan State	22.03 5
15 #	52	Skinner, Glenn	Delaware State	22.13 1
16 #	236	Zellander, Jeremi	Norfolk State	22.21 5
17 #	90	Hawkins, Zachary	Howard	22.25 6
18 #	259	Shippy, Brenton	South Carolina St.	22.27 2

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19 #	227	Madison-Ahouman,	Norfolk State	22.31	4
20 #	150	Bowens, Ali	Morgan State	22.33	7
21 #	96	Perry, Ja'Leak	Howard	22.54	4
22 #	191	Lewis, Gordon	N.C. Central	22.83	6
23 #	128	Opon, Zachary	Maryland-Eas	23.32	3
-- #	22	Opuni, Abayie	Coppin State	DNF	7
-- #	82	Byrd, Jermanie	Howard	DQ	3 OutOfLane
-- #	23	Pepukayi, Bryce	Coppin State	DNS	5

**Men 200 Meter Dash**

Name	Year	School	Finals	H#	Points
Finals					
1 #	218	Cole, Kai	Norfolk State	20.77	2 10
2 #	220	Franklin, Anthony	Norfolk State	21.01	1 8
3 #	20	Manu, Joseph	Coppin State	21.08	1 6
4 #	215	Barnes, Trequan	Norfolk State	21.16	2 5
5 #	123	Herring, Mahki	Maryland-Eas	21.70	2 4
6 #	49	Little, Malachi	Delaware State	21.88	1 3
7 #	17	Carty, Mauriel	Coppin State	21.89	1 2
8 #	161	Rantin, Keon	Morgan State	22.26	2 1

**Men 400 Meter Dash****Top 8 Advance by Time**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	215	Barnes, Trequan	Norfolk State	47.65q 2
2 #	133	Watkins, Jahlanhn	Maryland-Eas	48.04q 5
3 #	221	Harrison, Dazon	Norfolk State	48.40q 5
4 #	161	Rantin, Keon	Morgan State	48.76q 3
5 #	222	Hayes, Savien	Norfolk State	48.80q 2
6 #	156	Ibeh, Emmanuel	Morgan State	48.84q 4
7 #	115	Beckford, Ashane	Maryland-Eas	48.91q 3
8 #	49	Little, Malachi	Delaware State	48.93q 6
9 #	52	Skinner, Glenn	Delaware State	48.98 3
10 #	249	Brewington, Devin	South Carolina St.	49.20 4
11 #	236	Zellander, Jeremi	Norfolk State	49.40 1
12 #	248	Barker, Jaden	South Carolina St.	49.42 1
13 #	125	Melhado, Malik	Maryland-Eas	50.11 3
14 #	164	Shipley, Demier	Morgan State	50.22 6
15 #	91	Kee, Cameron	Howard	50.34 4
16 #	184	Carter, Donnell	N.C. Central	50.80 6
17 #	262	Walker, Barringto	South Carolina St.	51.12 2
18 #	127	Nelson, Jaylin	Maryland-Eas	52.11 5
19 #	95	Payne, Corinthian	Howard	52.23 6
20 #	15	Agard, Jervonne	Coppin State	52.63 5
21 #	18	Goode, Amiri	Coppin State	53.71 4
-- #	22	Opuni, Abayie	Coppin State	DNS 1

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Name	Year	School	Finals	H#	Points
Finals					
1 #	215	Barnes, Trequan	Norfolk State	47.02	2 10
2 #	133	Watkins, Jahlanhn	Maryland-Eas	47.76	2 8
3 #	115	Beckford, Ashane	Maryland-Eas	47.94	2 6
4 #	221	Harrison, Dazon	Norfolk State	48.04	1 5
5 #	161	Rantin, Keon	Morgan State	48.13	1 4
6 #	49	Little, Malachi	Delaware State	48.30	1 3
7 #	156	Ibeh, Emmanuel	Morgan State	48.89	1 2
8 #	222	Hayes, Savien	Norfolk State	1:03.76	2 1

**Men 800 Meter Run**

Name	Year	School	Finals	H#	Points
1 #	16	Ba, Amadou	Coppin State	1:54.14	3 10
2 #	253	Jeffers, Tyler	South Carolina St.	1:55.18	3 8
3 #	25	Serville, Randy	Coppin State	1:55.68	3 6
4 #	225	Kimtai, Regan	Norfolk State	1:56.72	3 5
5 #	261	Thornton, Matron	South Carolina St.	1:57.24	2 4
6 #	79	Berry, Kaleb	Howard	1:57.48	2 3
7 #	46	Guy, Nathanael	Delaware State	1:57.75	3 2
8 #	194	Yrelus, Mackenson	N.C. Central	1:58.48	3 1
9 #	187	Hunter, Isaiah	N.C. Central	1:59.56	3
10 #	152	Bryant, Devion	Morgan State	2:00.80	3
11 #	45	Garbutt, Malcolm	Delaware State	2:00.94	2
12 #	21	Norbal, Jayeed	Coppin State	2:01.63	2
13 #	165	Wallace, Nasir	Morgan State	2:01.95	2
14 #	26	Wiggins-Imgram, I	Coppin State	2:01.99	1
15 #	157	Jones, Brandon	Morgan State	2:04.48	2
16 #	118	Ftwi, Nahom	Maryland-Eas	2:10.15	1
17 #	255	Latimer, Andrew	South Carolina St.	2:15.14	1

**Men 1 Mile Run**

Name	Year	School	Finals	Points
1 #	225	Kimtai, Regan	Norfolk State	4:21.98 10
2 #	98	Williams, Gavin	Howard	4:23.75 8
3 #	234	Walker, Je'Shawn	Norfolk State	4:25.07 6
4 #	251	Felton, Trey	South Carolina St.	4:25.65 5
5 #	77	Adebiyi, Ayoade	Howard	4:26.47 4
6 #	53	Smith, Devin	Delaware State	4:27.14 3
7 #	152	Bryant, Devion	Morgan State	4:28.20 2
8 #	165	Wallace, Nasir	Morgan State	4:30.06 1
9 #	148	Alston, Justin	Morgan State	4:31.67
10 #	118	Ftwi, Nahom	Maryland-Eas	4:51.91

**Men 3000 Meter Run**

Name	Year	School	Finals	Points
1 #	98	Williams, Gavin	Howard	8:54.20 10

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2 #	77 Adebisi, Ayoade	Howard	8:54.95	8
3 #	216 Cheruiyot, Evans	Norfolk State	8:58.66	6
4 #	226 Kipchirchir, Mesh	Norfolk State	9:01.12	5
5 #	51 Norman, Albert	Delaware State	9:01.75	4
6 #	92 Lawson, Julian	Howard	9:11.10	3
7 #	251 Felton, Trey	South Carolina St.	9:11.34	2
8 #	231 Suleiman, Isa	Norfolk State	9:12.97	1
9 #	148 Alston, Justin	Morgan State	9:19.07	
10 #	185 Drake, Ashton	N.C. Central	9:19.08	
11 #	97 Stephenson, Tafar	Howard	9:27.97	
12 #	53 Smith, Devin	Delaware State	9:34.27	
13 #	124 Kipruto, Edwin	Maryland-Eas	9:56.03	
-- #	132 Smith, Shawn	Maryland-Eas	DNS	

**Men 5000 Meter Run**

Name	Year	School	Finals	Points	
1 #	98	Williams, Gavin	Howard	15:16.46	10
2 #	77	Adebisi, Ayoade	Howard	15:20.02	8
3 #	51	Norman, Albert	Delaware State	15:23.38	6
4 #	226	Kipchirchir, Mesh	Norfolk State	15:37.20	5
5 #	216	Cheruiyot, Evans	Norfolk State	15:51.09	4
6 #	231	Suleiman, Isa	Norfolk State	16:04.07	3
7 #	92	Lawson, Julian	Howard	16:15.97	2
8 #	185	Drake, Ashton	N.C. Central	16:50.33	1
9 #	97	Stephenson, Tafar	Howard	17:03.96	
10 #	124	Kipruto, Edwin	Maryland-Eas	17:07.22	
11 #	132	Smith, Shawn	Maryland-Eas	19:15.31	

**Men 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	44	Chisholm, Tayshau	Delaware State	8.01Q 1 8.002
2 #	82	Byrd, Jermanie	Howard	8.01Q 2 8.007
3 #	83	Clyburn, Darian	Howard	8.18q 1
4 #	158	Kizer, Duane	Morgan State	8.28q 2 8.277
4 #	90	Hawkins, Zachary	Howard	8.28q 1 8.277
6 #	229	Payne, Antaeveon	Norfolk State	8.32q 1
7 #	131	Reid, Radjae	Maryland-Eas	8.35q 2
8 #	232	Sutton, Joshua	Norfolk State	8.37q 1
9 #	214	Abiakam, Joseph	Norfolk State	8.42 2
10 #	217	Christopher, Jahq	Norfolk State	8.47 2 8.465
10 #	128	Opon, Zachary	Maryland-Eas	8.47 1 8.465
12 #	81	Brown, Eric	Howard	8.57 1
13 #	260	Thomas, Kailem	South Carolina St.	9.05 2
14 #	256	Mack, Miguel	South Carolina St.	9.42 2



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Name	Year	School	Finals	Points
<b>Finals</b>				
1 #	44	Chisholm, Tayshau	Delaware State	7.92 10
2 #	82	Byrd, Jermanie	Howard	7.98 8
3 #	83	Clyburn, Darian	Howard	8.06 6
4 #	158	Kizer, Duane	Morgan State	8.13 5 8.121
5 #	90	Hawkins, Zachary	Howard	8.13 4 8.130
6 #	229	Payne, Antaeveon	Norfolk State	8.23 3
7 #	232	Sutton, Joshua	Norfolk State	8.39 2
8 #	131	Reid, Radjae	Maryland-Eas	8.58 1

**Men 4x400 Meter Relay**

School	Finals	H#	Points
1 South Carolina St. 'A'	3:13.64	2	10
1) #249 Brewington, Devin	2) #258 Rembert-Jett, Waddell		
3) #248 Barker, Jaden	4) #253 Jeffers, Tyler		
2 Coppin State 'A'	3:13.65	2	8
1) #25 Serville, Randy	2) #20 Manu, Joseph		
3) #16 Ba, Amadou	4) #21 Norbal, Jayeed		
3 N.C. Central 'A'	3:14.35	2	6
1) #191 Lewis, Gordon	2) #194 Yrelus, Mackenson		
3) #187 Hunter, Isaiah	4) #184 Carter, Donnell		
4 Delaware State 'A'	3:15.26	2	5
1) #40 Brown, Julian	2) #46 Guy, Nathanael		
3) #52 Skinner, Glenn	4) #49 Little, Malachi		
5 Maryland-Eastern Shore 'A'	3:15.55	1	4
1) #125 Melhado, Malik	2) #115 Beckford, Ashane		
3) #127 Nelson, Jaylin	4) #133 Watkins, Jahlanhnee		
6 Howard 'A'	3:17.88	1	3
1) #91 Kee, Cameron	2) #95 Payne, Corinthians		
3) #79 Berry, Kaleb	4) #82 Byrd, Jermanie		
7 Norfolk State 'A'	3:18.17	2	2
1) #221 Harrison, Dazon	2) #236 Zellander, Jeremiah		
3) #235 Wynder-Hill, Camren	4) #215 Barnes, Trequan		
8 Morgan State 'A'	3:18.93	1	1
1) #156 Ibeh, Emmanuel	2) #164 Shipley, Demier		
3) #150 Bowens, Ali	4) #155 Holley, Adrian		

**Men Distance Medley**

School	Finals	Points
1 Norfolk State 'A'	10:23.15	10
1) #225 Kintai, Regan	2) #236 Zellander, Jeremiah	
3) #233 Too, Lelei	4) #234 Walker, Je'Shawn	
2 Morgan State 'A'	10:26.79	8
1) #152 Bryant, Devion	2) #156 Ibeh, Emmanuel	
3) #157 Jones, Brandon	4) #165 Wallace, Nasir	
3 Delaware State 'A'	10:29.97	6
1) #53 Smith, Devin	2) #49 Little, Malachi	
3) #46 Guy, Nathanael	4) #51 Norman, Albert	

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4 Coppin State 'A'	10:31.91	5
1) #25 Serville, Randy	2) #18 Goode, Amiri	
3) #21 Norbal, Jayeed	4) #16 Ba, Amadou	
5 N.C. Central 'A'	10:32.07	4
1) #187 Hunter, Isaiah	2) #191 Lewis, Gordon	
3) #194 Yrelus, Mackenson	4) #185 Drake, Ashton	
6 Howard 'A'	10:35.44	3
1) #92 Lawson, Julian	2) #91 Kee, Cameron	
3) #79 Berry, Kaleb	4) #97 Stephenson, Tafari	
7 South Carolina St. 'A'	11:02.02	2
1) #255 Latimer, Andrew	2) #253 Jeffers, Tyler	
3) #261 Thornton, Matron	4) #251 Felton, Trey	
8 Maryland-Eastern Shore 'A'	11:35.43	1
1) #118 Ftwi, Nahom	2) #117 Dula, Adrian	
3) #124 Kipruto, Edwin	4) #119 Gordon, Chislon	

**Men High Jump**

Starting Height: 1.86m

Name	Year	School	Finals	Points
1 # 189 Jones, Marvin		N.C. Central	2.10m	6-10.75 10
1.86 1.89 1.92 1.95 1.98	2.01 2.04 2.07 2.10 2.13			
---	---	O ---	O O O O XXX	
2 # 162 Rhooms, Kobe-Jord		Morgan State	2.10m	6-10.75 8
1.86 1.89 1.92 1.95 1.98	2.01 2.04 2.07 2.10 2.13			
---	---	O	O O O XXO XXX	
3 # 232 Sutton, Joshua		Norfolk State	1.98m	6-06.00 6
1.86 1.89 1.92 1.95 1.98	2.01 2.04			
O ---	O ---	XO ---	XXX	
4 # 223 Haywood, Isaac		Norfolk State	1.92m	6-03.50 5
1.86 1.89 1.92 1.95				
O O O XXX				
5 # 186 Finger, Brenden		N.C. Central	1.92m	6-03.50 4
1.86 1.89 1.92 1.95				
O XO XO XXX				
6 # 159 McKenzie, Omari		Morgan State	1.89m	6-02.25 3
1.86 1.89 1.92				
XXO XO XXX				
7 # 130 Pierrilus, Mackel		Maryland-Eas	1.86m	6-01.25 2
1.86 1.89				
O XXX				
8 # 54 White, Thomas		Delaware State	1.86m	6-01.25 1
1.86 1.89				
XO XXX				
9 # 78 Are, Nathaniel		Howard	1.86m	6-01.25
1.86 1.89				
XXO XXX				
-- # 217 Christopher, Jahq		Norfolk State	NH	
1.86				
XXX				
-- # 81 Brown, Eric		Howard	NH	
1.86				
XXX				

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-- # 42 Campbell, Morey Delaware State DNS  
 1.86  
 DNS

**Men Pole Vault**

Starting Height: 3.50m

Name	Year	School	Finals	Points
1 # 48 Kamanu, Peter		Delaware State	4.40m 14-05.25	10
3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50				
---	---	---	O O O O --- XO XXX	
2 # 121 Goslee, Joshua		Maryland-Eas	4.10m 13-05.25	8
3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20				
O --- O XO O XXO XXO XXX				
3 # 224 Jeffery, Kalon		Norfolk State	3.90m 12-09.50	6
3.50 3.60 3.70 3.80 3.90 4.00				
O --- O XXO XXO XXX				
4 # 151 Brown, Malik		Morgan State	3.70m 12-01.50	5
3.50 3.60 3.70 3.80				
O O XO XXX				

**Men Long Jump**

Name	Year	School	Finals	H#	Points
1 # 19 Hammond, Jeff		Coppin State	7.59m 24-11.00	1	10
7.42m 7.51m 7.59m 7.24m		PASS PASS			
2 # 153 Davis, Lamar		Morgan State	7.55m 24-09.25	1	8
7.08m 7.49m 7.55m 7.04m 7.24m 7.05m					
3 # 162 Rhooms, Kobe-Jord		Morgan State	7.43m 24-04.50	1	6
7.05m 7.22m 7.43m FOUL 6.99m 7.13m					
4 # 230 Peterson, Joshua		Norfolk State	7.33m 24-00.75	1	5
7.32m 7.33m FOUL FOUL FOUL 6.93m					
5 # 163 Robinson, Derick		Morgan State	7.17m 23-06.25	1	4
7.17m FOUL FOUL 7.07m 5.70m PASS					
6 # 252 Hill, Erick		South Carolina St.	7.16m 23-06.00	1	3
7.00m FOUL 7.13m 7.16m FOUL 7.12m					
7 # 223 Haywood, Isaac		Norfolk State	7.14m 23-05.25	1	2
FOUL 7.14m 6.90m FOUL 7.03m FOUL					
8 # 219 Cox-Cooper, Rodri		Norfolk State	7.05m 23-01.75	2	1
FOUL 7.03m 7.05m 6.63m 6.83m FOUL					
9 # 133 Watkins, Jahlanhn		Maryland-Eas	6.97m 22-10.50	2	
5.79m 6.97m FOUL FOUL 6.03m 6.49m					
10 # 183 Blanc, Jaelyn		N.C. Central	6.97m 22-10.50	2	
FOUL 6.97m FOUL FOUL FOUL FOUL					
11 # 81 Brown, Eric		Howard	6.90m 22-07.75	2	
6.90m 6.74m 6.78m					
12 # 235 Wynder-Hill, Camr		Norfolk State	6.74m 22-01.50	1	
FOUL FOUL 6.74m					
13 # 88 Fisher, Kyle		Howard	6.61m 21-08.25	2	
6.61m FOUL FOUL					
14 # 87 Drewery, Chase		Howard	6.58m 21-07.25	2	
6.58m 6.01m FOUL					

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15 #	149	Belinga, Joshua	Morgan State	6.33m	20-09.25	2
		FOUL 6.33m 6.25m				
-- #	42	Campbell, Morey	Delaware State	FOUL		2
		FOUL PASS PASS				
-- #	47	Jasmin, Jalen	Delaware State	FOUL		2
		FOUL FOUL FOUL				

**Men Triple Jump**

Name	Year	School	Finals	Points
1 # 87	Drewery, Chase	Howard	15.39m 50-06.00	10
	14.63m 14.74m 14.94m	FOUL 15.39m 15.11m		
2 # 223	Haywood, Isaac	Norfolk State	15.27m 50-01.25	8
	15.27m FOUL PASS 14.75m	13.87m 14.93m		
3 # 162	Rhooms, Kobe-Jord	Morgan State	15.18m 49-09.75	6
	15.18m 15.12m 15.16m	14.72m FOUL 15.05m		
4 # 183	Blanc, Jaelyn	N.C. Central	14.64m 48-00.50	5
	14.62m FOUL FOUL FOUL	14.64m FOUL		
5 # 219	Cox-Cooper, Rodri	Norfolk State	14.41m 47-03.50	4
	14.41m FOUL 13.71m	13.97m FOUL 14.16m		
6 # 88	Fisher, Kyle	Howard	14.31m 46-11.50	3
	14.31m 14.21m 13.94m	13.87m PASS 14.22m		
7 # 235	Wynder-Hill, Camr	Norfolk State	14.29m 46-10.75	2
	13.99m 14.29m 13.90m	13.88m 13.88m 13.51m		
8 # 230	Peterson, Joshua	Norfolk State	14.11m 46-03.50	1
	13.17m 13.95m 14.04m	14.11m 13.68m 14.07m		
9 # 81	Brown, Eric	Howard	13.98m 45-10.50	
	13.98m 13.62m FOUL	FOUL FOUL PASS		
10 # 54	White, Thomas	Delaware State	13.68m 44-10.75	
	FOUL 13.68m 13.66m			
11 # 39	Booker, Forrest	Delaware State	13.59m 44-07.00	
	FOUL 13.49m 13.59m			
12 # 130	Pierrilus, Mackel	Maryland-Eas	13.36m 43-10.00	
	FOUL 13.36m FOUL			
-- # 159	McKenzie, Omari	Morgan State	FOUL	
	FOUL FOUL FOUL			
-- # 164	Shipley, Demier	Morgan State	FOUL	
	FOUL FOUL FOUL			
-- # 149	Belinga, Joshua	Morgan State	FOUL	
	FOUL FOUL FOUL			

**Men Shot Put**

Name	Year	School	Finals	Points
1 # 154	Dillon, Zackery	Morgan State	17.07m 56-00.00	10
	15.94m 16.91m 15.41m	16.48m 16.62m 17.07m		
2 # 160	Purvis, John	Morgan State	16.94m 55-07.00	8
	16.19m 16.33m 15.48m	16.43m 15.49m 16.94m		
3 # 193	Swepson, Matthew	N.C. Central	15.68m 51-05.50	6
	15.10m 14.52m 15.68m	15.30m 15.20m 14.60m		
4 # 24	Richards, Balvin	Coppin State	15.37m 50-05.25	5
	14.59m FOUL 14.15m	15.37m 15.21m 14.40m		

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5 #	126 Neal-Watson, Nasi	Maryland-Eas	14.72m	48-03.50	4
	FOUL FOUL 13.38m 13.87m 14.72m FOUL				
6 #	80 Bratcher, Christo	Howard	14.37m	47-01.75	3
	13.01m 13.64m 14.37m 14.22m 13.78m 14.10m				
7 #	94 Olebara, Nnamdi	Howard	14.19m	46-06.75	2
	13.40m 13.31m FOUL FOUL 14.19m FOUL				
8 #	50 Martin, Tyrell	Delaware State	13.95m	45-09.25	1
	13.88m 13.68m 13.95m FOUL FOUL 13.76m				
9 #	182 Anderson, Nelson	N.C. Central	13.76m	45-01.75	
	13.13m 12.75m 13.71m 13.12m 13.76m 12.70m				
10 #	122 Gui Dibo, Ryan	Maryland-Eas	12.06m	39-07.00	
	FOUL FOUL 12.06m				
11 #	129 Perkins, James	Maryland-Eas	11.98m	39-03.75	
	FOUL FOUL 11.98m				
12 #	257 Ratliff, Dexter	South Carolina St.	11.92m	39-01.25	
	11.46m FOUL 11.92m				
-- #	84 Codrington, Micha	Howard	FOUL		
	FOUL FOUL FOUL				
-- #	190 Lenear, Xavier	N.C. Central	DNS		

**Men Weight Throw**

Name	Year School	Finals	Points
1 # 94 Olebara, Nnamdi	Howard	16.01m 52-06.50	10
	FOUL 15.13m 15.78m 16.01m FOUL FOUL		
2 # 257 Ratliff, Dexter	South Carolina St.	15.76m 51-08.50	8
	FOUL 14.79m 14.88m 15.76m 13.91m 14.10m		
3 # 84 Codrington, Micha	Howard	15.29m 50-02.00	6
	15.29m FOUL 14.90m FOUL FOUL FOUL		
4 # 160 Purvis, John	Morgan State	15.19m 49-10.00	5
	15.16m 14.12m 14.75m 15.19m FOUL 15.18m		
5 # 93 Monteiro, Ezra	Howard	15.03m 49-03.75	4
	FOUL 13.94m 14.75m 14.85m 15.03m FOUL		
6 # 126 Neal-Watson, Nasi	Maryland-Eas	14.84m 48-08.25	3
	FOUL 13.72m 14.64m 14.37m 14.84m FOUL		
7 # 41 Campbell, Emperor	Delaware State	14.50m 47-07.00	2
	14.50m FOUL 13.59m 13.88m FOUL FOUL		
8 # 50 Martin, Tyrell	Delaware State	14.47m 47-05.75	1
	13.89m 14.47m FOUL FOUL 13.84m 13.87m		
9 # 154 Dillon, Zackery	Morgan State	14.01m 45-11.75	
	14.01m 13.90m 13.70m FOUL 12.89m 13.31m		
10 # 80 Bratcher, Christo	Howard	13.98m 45-10.50	
	13.98m FOUL FOUL		
11 # 129 Perkins, James	Maryland-Eas	13.50m 44-03.50	
	12.89m 13.50m FOUL		
12 # 193 Swepson, Matthew	N.C. Central	13.49m 44-03.25	
	13.27m 13.43m 13.49m		
13 # 122 Gui Dibo, Ryan	Maryland-Eas	11.98m 39-03.75	
	FOUL FOUL 11.98m		
-- # 190 Lenear, Xavier	N.C. Central	DNS	

**MEAC Indoor Championships - 2/21/2022 to 2/23/2022****live.halfmiletiming.com****Virginia Beach Sports Complex****Results****Heptathlon: #1 Men 60 Meter Dash Heptathlon**

Name	Year	School	Finals	H#	Points
1 # 40 Brown, Julian		Delaware State	7.10	1	847
2 # 235 Wynder-Hill, Camr		Norfolk State	7.11	1	844
3 # 121 Goslee, Joshua		Maryland-Eas	7.19	2	816
4 # 264 Hawkins, Ezekiel		Howard	7.21	1	809
5 # 120 Goslee, Caleb		Maryland-Eas	7.34	2	765
6 # 217 Christopher, Jahq		Norfolk State	7.37	2	755
7 # 78 Are, Nathaniel		Howard	7.43	1	736
8 # 54 White, Thomas		Delaware State	7.69	2	653
9 # 188 Johnson, Neco		N.C. Central	7.75	1	634
-- # 228 Nurse, Sadiq		Norfolk State	DNS	2	

**Heptathlon: #7 Men 1000 Meter Run Heptathlon**

Name	Year	School	Finals	Points
1 # 217 Christopher, Jahq		Norfolk State	2:45.45	814
2 # 188 Johnson, Neco		N.C. Central	2:50.25	763
3 # 120 Goslee, Caleb		Maryland-Eas	2:51.85	746
4 # 235 Wynder-Hill, Camr		Norfolk State	2:52.43	740
5 # 40 Brown, Julian		Delaware State	2:57.74	687
6 # 264 Hawkins, Ezekiel		Howard	3:03.18	633
7 # 54 White, Thomas		Delaware State	3:12.94	543
8 # 78 Are, Nathaniel		Howard	3:16.71	510
-- # 228 Nurse, Sadiq		Norfolk State	DNS	
-- # 121 Goslee, Joshua		Maryland-Eas	DNS	

**Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

Name	Year	School	Finals	H#	Points
1 # 235 Wynder-Hill, Camr		Norfolk State	8.43	3	877
2 # 217 Christopher, Jahq		Norfolk State	8.66	2	823
3 # 264 Hawkins, Ezekiel		Howard	8.68	2	818
4 # 40 Brown, Julian		Delaware State	8.77	1	797
5 # 54 White, Thomas		Delaware State	9.12	3	720
6 # 121 Goslee, Joshua		Maryland-Eas	9.96	2	549
7 # 78 Are, Nathaniel		Howard	10.93	1	379
8 # 188 Johnson, Neco		N.C. Central	11.76	2	258
9 # 120 Goslee, Caleb		Maryland-Eas	15.53	3	
-- # 228 Nurse, Sadiq		Norfolk State	DNS	3	

**Heptathlon: #4 Men High Jump Heptathlon**

Name	Year	School	Finals	Points
1 # 54 White, Thomas		Delaware State	1.94m	6-04.25 749
1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94 1.97				
---				
2 # 217 Christopher, Jahq		Norfolk State	1.91m	6-03.25 723
1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94				
---				
			0 0 0 0 0 0 0 0 0 0 0 0 0 XXO XXX	



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-- #	121	Goslee, Joshua	Maryland-Eas																	NH	
				2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80
				---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	XXX
-- #	228	Nurse, Sadiq	Norfolk State																		DNS

**Heptathlon: #2 Men Long Jump Heptathlon**

Name	Year	School	Finals	Points
1 # 235 Wynder-Hill, Camr		Norfolk State	7.16m 23-06.00	852
7.16m PASS 7.04m				
2 # 40 Brown, Julian		Delaware State	6.31m 20-08.50	655
6.31m 6.14m 6.26m				
2 # 121 Goslee, Joshua		Maryland-Eas	6.31m 20-08.50	655
6.01m 6.14m 6.31m				
4 # 217 Christopher, Jahq		Norfolk State	6.25m 20-06.25	641
6.25m 6.21m 5.90m				
5 # 54 White, Thomas		Delaware State	6.20m 20-04.25	630
FOUL 5.57m 6.20m				
6 # 264 Hawkins, Ezekiel		Howard	6.02m 19-09.00	591
FOUL 6.02m FOUL				
6 # 78 Are, Nathaniel		Howard	6.02m 19-09.00	591
6.02m 5.94m FOUL				
8 # 188 Johnson, Neco		N.C. Central	5.64m 18-06.00	510
5.57m 5.64m 5.53m				
-- # 120 Goslee, Caleb		Maryland-Eas	FOUL	
FOUL FOUL FOUL				
-- # 228 Nurse, Sadiq		Norfolk State	DNS	

**Heptathlon: #3 Men Shot Put Heptathlon**

Name	Year	School	Finals	Points
1 # 78 Are, Nathaniel		Howard	11.43m 37-06.00	572
11.43m 10.59m FOUL				
2 # 54 White, Thomas		Delaware State	10.28m 33-08.75	502
9.02m 9.51m 10.28m				
3 # 188 Johnson, Neco		N.C. Central	9.65m 31-08.00	465
9.17m 9.65m 8.16m				
4 # 235 Wynder-Hill, Camr		Norfolk State	9.44m 30-11.75	452
FOUL 9.44m 8.43m				
5 # 40 Brown, Julian		Delaware State	9.25m 30-04.25	441
8.72m 9.25m FOUL				
6 # 120 Goslee, Caleb		Maryland-Eas	8.66m 28-05.00	406
8.63m FOUL 8.66m				
7 # 217 Christopher, Jahq		Norfolk State	8.41m 27-07.25	391
FOUL 8.41m 7.44m				
8 # 264 Hawkins, Ezekiel		Howard	7.86m 25-09.50	358
7.86m FOUL FOUL				
9 # 121 Goslee, Joshua		Maryland-Eas	7.64m 25-00.75	345
7.64m 6.84m FOUL				
-- # 228 Nurse, Sadiq		Norfolk State	DNS	



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Name	Year	School	Finals	H#	Points
1 # 235 Wynder-Hill, Camr		Norfolk State	4815		10
2 # 217 Christopher, Jahq		Norfolk State	4553		8
3 # 40 Brown, Julian		Delaware State	4280		6
4 # 54 White, Thomas		Delaware State	4017		5
5 # 78 Are, Nathaniel		Howard	3941		4
6 # 264 Hawkins, Ezekiel		Howard	3705		3
7 # 188 Johnson, Neco		N.C. Central	2939		2
8 # 120 Goslee, Caleb		Maryland-Eas	2795		1

**Women - Team Rankings - 17 Events Scored**

1) Howard	184	2) Norfolk State	149
3) Morgan State	88	4) Coppin State	86
5) N.C. Central	53	6) South Carolina St.	41
7) Maryland-Eastern Shore	35	8) Delaware State	18

**Men - Team Rankings - 17 Events Scored**

1) Norfolk State	175	2) Howard	125
3) Morgan State	90	4) Delaware State	73
5) Coppin State	60	6) South Carolina St.	47
7) Maryland-Eastern Shore	44	8) N.C. Central	39