

**MEAC Indoor Championships - 2/19/2023 to 2/21/2023**

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Virginia Beach Sports Complex

**Results****Event 1 Women High Jump**

Starting Height: 1.47m

+5cm

MEAC: @ 1.87m 2015

Deandra Daniel, Coppin State

NCAA: # 1.98m 2016

Akela Jones, Kansas State

Name	Year	School	Finals	Points
Finals				
1 Jackson, Tia		Morgan State	1.68m	5-06.00 10
	1.52 1.57 1.62 1.65 1.68 1.71			
	O XO O O O XXX			
2 Lucas, Tia		N.C. Central	1.65m	5-05.00 8
	1.57 1.62 1.65 1.68 1.71			
	O XO XXO XPP XX			
3 Williams-White, Leah		Howard	1.62m	5-03.75 6
	1.47 1.52 1.57 1.62 1.65			
	O O XO XXO XXX			
4 Robinson, Brooklyn		Norfolk State	1.57m	5-01.75 5
	1.47 1.52 1.57 1.62			
	O O XO XXX			
5 Millner, Amaya		N.C. Central	1.57m	5-01.75 4
	1.57 1.62			
	XXO XXX			
6 Gist, Cameran		SC State	1.52m	4-11.75 3
	1.47 1.52 1.57			
	XXO XXO XXX			
7 Shaw, Essence		Norfolk State	1.47m	4-09.75 1
	1.47 1.52			
	O XXX			
7 Kinard, Trinity		Delaware State	1.47m	4-09.75 1
	1.47 1.52			
	O XXX			
7 Kelley, Lyric		Maryland-Eas	1.47m	4-09.75 1
	1.47 1.52			
	O XXX			
10 Seale, Shonte		Norfolk State	1.47m	4-09.75
	1.47 1.52			
	XO XXX			
-- Cooper, Sydney		SC State	NH	
	1.47			
	XXX			
-- Boddie, Joidon		N.C. Central	NH	
	1.47			
	XXX			
-- Wilson, Tynniesia		Norfolk State	NH	
	1.57			
	XXX			

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**Results****Event 2 Men High Jump**

Starting Height: 1.86m

+5cm

MEAC: @ 2.20m 2008

Marion Woods, Norfolk State

NCAA: # 2.37m 1989

Hollis Conway, Louisiana

Name	Year	School	Finals	Points					
1 Victoria, Lamont		N.C. Central	2.05m	6-08.75 10					
	1.86	1.91	1.96	1.99	2.02	2.05	2.08		
	---	0	0	---	0	0	XXX		
2 Bell, James		Coppin State	2.05m	6-08.75 8					
	1.86	1.91	1.96	1.99	2.02	2.05	2.08		
	---	---	0	---	XO	XO	XXX		
3 Sutton, Joshua		Norfolk State	2.05m	6-08.75 6					
	1.86	1.91	1.96	1.99	2.02	2.05	2.08		
	0	0	0	---	XXO	XXO	XXX		
4 Campbell, Morey		Delaware State	1.96m	6-05.00 5					
	1.86	1.91	1.96	1.99	2.02				
	---	XXO	0	X--	XX				
5 Haywood, Isaac		Norfolk State	1.91m	6-03.25 4					
	1.86	1.91	1.96						
	---	0	XXX						
6 Bosket, Mekhi		SC State	1.91m	6-03.25 2.50					
	1.86	1.91	1.96						
	XO	XO	XXX						
6 Finger, Brenden		N.C. Central	1.91m	6-03.25 2.50					
	1.86	1.91	1.96						
	XO	XO	XXX						
8 Pierrilus, Mackel		Maryland-Eas	1.91m	6-03.25 1					
	1.86	1.91	1.96						
	0	XXO	XXX						
-- Moore, Timothy		Maryland-Eas	NH						
	1.86								
	XXX								
-- Goslee, Caleb		Maryland-Eas	NH						
	1.86								
	XXX								
-- Christopher, Jahquan		Norfolk State	NH						
	1.86								
	XXX								

**Event 3 Women Pole Vault**

Starting Height: 2.30m

+15cm

MEAC: @ 3.80m 2019

Jazmyn Dennis, FAMU

NCAA: # 4.75m 2015

Demi Payne, Stephen F. Austin

Name	Year	School	Finals	Points								
1 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
	---	---	---	---	---	---	---	---	0	0	XO	XXX
2 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	
	---	---	---	---	---	---	---	---	XO	0	XXX	

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**Results**

**....Event 3 Women Pole Vault**

3	Hooks, Destiny	Norfolk State	2.90m	9-06.25	6
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10				
	--- --- --- --- O --- XXO --- XXX				
4	Brightful, D'Nysha	Norfolk State	2.80m	9-02.25	5
	2.30 2.40 2.50 2.60 2.70 2.80 2.90				
	--- --- --- --- XO XXO XXX				
5	Williams-White, Leah	Howard	2.40m	7-10.50	4
	2.30 2.40 2.50				
	O O XXX				
6	Johnson, Cierra	Norfolk State	2.30m	7-06.50	3
	2.30 2.40				
	XO XXX				
--	Frierson, Mion	SC State		NH	
	2.30				
	XXX				

**Event 4 Men Pole Vault**

Starting Height: 3.50m

+15cm

MEAC: @ 5.00m 2009 Shane Smith, Coppin State

NCAA: # 6.00m 2021 KC Lightfoot, Baylor

Name	Year	School	Finals	Points
1 Kamanu, Peter		Delaware State	4.50m 14-09.00	10
		3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50 4.65		
		--- --- --- --- --- --- O --- O --- O XXX		
2 Brown, Malik		Morgan State	4.00m 13-01.50	8
		3.50 3.60 3.70 3.80 3.90 4.00 4.10		
		--- XO O XO O O XXX		
3 Jeffery, Kalon		Norfolk State	3.90m 12-09.50	6
		3.50 3.60 3.70 3.80 3.90 4.00		
		--- --- --- O O XXX		
-- Christopher, Jahquan		Norfolk State		NH
		3.50		
		XXX		
-- Hawkins, Ezekiel		Howard		NH
		3.50		
		XXX		
-- Hamilton, Frederick		Howard		NH
		3.50		
		XXX		
-- Brown, Eric		Howard		NH
		3.50		
		XXX		

**Event 5 Women Long Jump**

MEAC: @ 6.61m 2012 Kimona Smith, Hampton

NCAA: # 6.93m 2021 Tara Davis, Texas

Name	Year	School	Finals	H#	Points
1 Jackson, Tia		Morgan State	5.94m 19-06.00	2	10
		5.94m 5.94m 5.90m 5.90m 5.91m FOUL			

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**Results**

**....Event 5 Women Long Jump**

2	Shell, Inara				Morgan State	5.77m	18-11.25	2	8
		5.77m	5.68m	5.67m	5.49m	5.64m	5.74m		
3	Mumford, Ija				Howard	5.76m	18-10.75	2	6
		5.49m	5.60m	5.58m	5.50m	5.76m	FOUL		
4	Romaine, Sierra				Delaware State	5.63m	18-05.75	2	5
		5.48m	FOUL	5.50m	5.63m	FOUL	FOUL		
5	Hunter, Jasmyn				Howard	5.60m	18-04.50	2	4
		5.43m	5.60m	FOUL	5.27m	5.48m	5.59m		
6	Glenn, Catherine				Delaware State	5.56m	18-03.00	2	3
		FOUL	5.41m	FOUL	FOUL	FOUL	5.56m		
7	Fulton, Micah				N.C. Central	5.54m	18-02.25	1	2
		5.51m	5.25m	5.51m	5.54m	5.44m	5.41m		
8	McLaurin, Denisha				Morgan State	5.47m	17-11.50	1	1
		5.32m	5.42m	FOUL	FOUL	5.47m	FOUL		
9	Small, Taylor				N.C. Central	5.43m	17-09.75	2	
		5.20m	5.34m	5.43m	3.68m	5.07m	5.15m		
10	Adekayode, Deborah				Morgan State	5.31m	17-05.25	1	
		5.13m	FOUL	5.31m					
11	Gist, Cameran				SC State	5.29m	17-04.25	1	
		5.18m	5.12m	5.29m					
12	Joyner, Ja'Tae				Howard	5.27m	17-03.50	2	
		FOUL	4.85m	5.27m					
13	Conner, Corryn				Norfolk State	5.21m	17-01.25	1	
		5.21m	FOUL	5.18m					
14	Seale, Shonte				Norfolk State	5.20m	17-00.75	1	
		4.91m	5.20m	4.79m					
15	Armstrong, Kelis				Howard	5.17m	16-11.50	1	
		5.17m	5.15m	5.03m					
16	Shaw, Essence				Norfolk State	5.08m	16-08.00	1	
		FOUL	5.08m	4.98m					
17	Richards, Indya				Norfolk State	5.02m	16-05.75	2	
		4.88m	4.72m	5.02m					
18	Harrison, Serena				Coppin State	4.74m	15-06.75	1	
		4.70m	4.74m	4.70m					

**Event 6 Men Long Jump**

=====									
	MEAC: @	7.86m	2009		Corey Winston, Norfolk State				
	NCAA: #	8.59m	2002		Miguel Pate, Alabama				
Name	Year	School	Finals	H#	Points				
=====									
1	Wray, Sean				Howard	7.33m	24-00.75	1	10
		FOUL	7.33m	7.01m	PASS	PASS	7.11m		
2	Blanc, Jaelyn				N.C. Central	7.33m	24-00.75	2	8
		FOUL	6.72m	7.09m	FOUL	FOUL	7.33m		
3	Hammond, Jeff				Coppin State	7.25m	23-09.50	2	6
		FOUL	7.25m	7.25m	6.77m	FOUL	7.10m		
4	Hill, Erick				SC State	7.24m	23-09.00	2	5
		7.08m	FOUL	FOUL	7.18m	7.24m	FOUL		
5	Goslee, Caleb				Maryland-Eas	7.12m	23-04.50	2	4
		6.56m	6.59m	6.90m	7.12m	6.71m	6.35m		
6	Fisher, Kyle				Howard	7.09m	23-03.25	2	3
		7.05m	7.09m	7.06m	6.90m	PASS	7.05m		

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**Results**

**....Event 6 Men Long Jump**

7	Richardson, Jonathan	Norfolk State	7.09m	23-03.25	1	2
	FOUL 6.78m 7.09m FOUL FOUL 7.00m					
8	Cox-Cooper, Rodric	Norfolk State	7.02m	23-00.50	2	1
	6.70m 7.02m 6.93m 6.74m 6.95m 6.81m					
9	Brown, Eric	Howard	6.87m	22-06.50	2	
	6.82m FOUL FOUL 6.87m 6.77m 6.85m					
10	Haywood, Isaac	Norfolk State	6.82m	22-04.50	2	
	FOUL 5.83m 6.82m 6.60m 6.63m FOUL					
11	Jasmin, Jalen	Delaware State	6.81m	22-04.25	2	
	6.81m 6.07m 6.76m					
12	Ra-Akbar, Jadon	Morgan State	6.75m	22-01.75	2	
	6.75m 6.25m FOUL					
13	Bell, James	Coppin State	6.74m	22-01.50	1	
	6.73m 6.74m FOUL					
14	Brooks, Jonathan	Maryland-Eas	6.73m	22-01.00	1	
	6.73m 6.61m 6.71m					
15	Belinga, Joshua	Morgan State	6.46m	21-02.50	1	
	6.46m 6.27m FOUL					
16	Forbes, Malcolm	N.C. Central	6.36m	20-10.50	1	
	5.84m 6.30m 6.36m					
17	Smith, Rahkeem	Delaware State	5.88m	19-03.50	2	
	5.79m 4.23m 5.88m					
18	Moore, Timothy	Maryland-Eas	5.84m	19-02.00	1	
	5.84m 5.81m 5.69m					
--	Alleyne, Jalen	SC State	FOUL		1	
	FOUL PASS PASS					
--	Drewery, Chase	Howard	FOUL		1	
	FOUL PASS PASS					
--	Walker, Nile	Norfolk State	DNS		1	

**Event 7 Women Triple Jump**

=====						
	MEAC: @ 13.07m	2014	Christina Epps, Coppin State			
	NCAA: # 14.57m	2022	Jasmine Moore, Florida			
Name	Year	School	Finals		Points	
=====						
1	Boddie, Joidon	N.C. Central	12.59m	41-03.75	10	
	12.59m 12.42m 12.33m 12.18m 12.12m 12.18m					
2	Fulton, Micah	N.C. Central	12.40m	40-08.25	8	
	FOUL 12.40m 12.18m FOUL 12.37m FOUL					
3	Joyner, Ja'Tae	Howard	12.31m	40-04.75	6	
	11.83m 11.94m 12.18m 12.31m FOUL FOUL					
4	Gist, Cameran	SC State	12.20m	40-00.50	5	
	11.88m 11.62m 11.95m 12.02m 12.20m 12.12m					
5	Shell, Inara	Morgan State	12.10m	39-08.50	4	
	11.68m 11.77m 12.10m FOUL 12.10m 11.95m					
6	Armstrong, Kelis	Howard	11.85m	38-10.50	3	
	11.85m 11.72m 10.82m 11.29m 11.39m 11.36m					
7	Gravelly, De'Niya	Norfolk State	11.84m	38-10.25	2	
	FOUL 11.84m 11.51m FOUL FOUL 11.58m					
8	Small, Taylor	N.C. Central	11.76m	38-07.00	1	
	FOUL FOUL 11.72m FOUL 11.70m 11.76m					
9	Mumford, Ija	Howard	11.62m	38-01.50		
	11.45m 11.62m 11.49m FOUL 11.55m 11.58m					

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**Virginia Beach Sports Complex****Results****....Event 7 Women Triple Jump**

10 Robinson, Aaliyah	Delaware State	10.64m	34-11.00
10.64m FOUL 10.45m			
-- Wajd, Jazmyn	Howard	FOUL	
FOUL FOUL FOUL			
-- McLaurin, Denisha	Morgan State	FOUL	
FOUL FOUL FOUL			

**Event 8 Men Triple Jump**

MEAC: @ 16.27m 1986		Edward Smith, NCAT	
NCAA: # 17.40m 1985		Mike Conley, Arkansas	
Name	Year School	Finals	Points
1 Haywood, Isaac	Norfolk State	15.25m	50-00.50 10
14.84m FOUL 13.88m 14.78m 15.25m 14.68m			
2 Blanc, Jaelyn	N.C. Central	15.23m	49-11.75 8
14.79m 14.84m 14.80m FOUL FOUL 15.23m			
3 Drewery, Chase	Howard	15.05m	49-04.50 6
14.36m 14.51m 14.61m FOUL 15.05m 14.91m			
4 McKenzie, Omari	Morgan State	14.28m	46-10.25 5
FOUL FOUL 14.28m FOUL FOUL FOUL			
5 McLaren, Elijah	Delaware State	14.22m	46-08.00 4
14.07m FOUL 13.67m FOUL 14.22m 13.95m			
6 Belinga, Joshua	Morgan State	14.20m	46-07.25 3
FOUL 14.20m FOUL FOUL FOUL 14.02m			
7 Cox-Cooper, Rodric	Norfolk State	14.12m	46-04.00 2
FOUL FOUL 13.97m 13.82m 14.12m FOUL			
8 Pierrilus, Mackel	Maryland-Eas	13.91m	45-07.75 1
FOUL 13.61m 13.58m 13.91m 13.59m 13.52m			
9 Brown, Eric	Howard	13.85m	45-05.25
FOUL 13.85m FOUL 13.81m PASS PASS			
10 Forbes, Malcolm	N.C. Central	13.49m	44-03.25
13.49m 13.31m 13.34m			
11 Wray, Sean	Howard	13.49m	44-03.25
FOUL FOUL 13.49m			
12 Hill, Erick	SC State	12.39m	40-07.75
12.39m 11.84m FOUL			
-- Brooks, Jonathan	Maryland-Eas	FOUL	
FOUL FOUL FOUL			
-- Fisher, Kyle	Howard	FOUL	
FOUL FOUL FOUL			
-- Walker, Nile	Norfolk State	DNS	

**Event 9 Women Shot Put**

MEAC: @ 16.50m 2012		Vanessa Henry, UMES	
NCAA: # 19.56m 2017		Raven Saunders, Ole Miss	
Name	Year School	Finals	Points
1 Lambert, Terine	Morgan State	13.90m	45-07.25 10
FOUL 13.33m FOUL 13.08m 13.02m 13.90m			
2 Young, Leslie	Norfolk State	13.89m	45-07.00 8
12.38m 12.41m 13.43m 12.64m 13.30m 13.89m			

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**....Event 9 Women Shot Put**

3	Johnson, Johnelle	Morgan State	13.52m	44-04.25	6
	12.75m 13.17m 12.79m 13.19m 12.70m 13.52m				
4	Rodgers, Mikyla	Howard	12.52m	41-01.00	5
	12.29m 12.24m 12.08m FOUL FOUL 12.52m				
5	Williams, Amari	N.C. Central	12.31m	40-04.75	4
	12.18m 11.97m 12.06m 11.98m 12.31m 11.91m				
6	Hansley, Indya	Maryland-Eas	12.26m	40-02.75	3
	11.80m 12.26m 11.50m 10.70m 11.83m 11.89m				
7	Smalls, Minyarn	Howard	12.19m	40-00.00	2
	11.43m 12.19m 11.31m 11.24m 10.83m 10.97m				
8	Parker, Arieana	Norfolk State	11.99m	39-04.00	1
	10.76m 11.43m 10.86m 11.45m 11.23m 11.99m				
9	Jefferies, Abigail	Delaware State	11.35m	37-03.00	
	11.04m 10.77m 11.35m 10.98m FOUL FOUL				
10	Hall, Kenya	N.C. Central	11.31m	37-01.25	
	FOUL 11.21m 11.31m				
11	Marsh, Symone	Howard	11.09m	36-04.75	
	10.96m 11.09m 10.50m				
12	Benjamin, Yesenia	SC State	10.81m	35-05.75	
	10.75m 10.68m 10.81m				
13	Johnson, Mya	Maryland-Eas	10.17m	33-04.50	
	9.83m 9.47m 10.17m				
14	Johnson, Elise	Maryland-Eas	8.31m	27-03.25	
	8.09m 7.77m 8.31m				
15	Toogood, Kalin	Maryland-Eas	7.44m	24-05.00	
	7.44m 6.05m 6.90m				

**Event 10 Men Shot Put**

=====						
	MEAC: @ 19.22m	2015	Dillion Simon, UMES			
	NCAA: # 21.85m	2021	Turner Washington Jr, Arizona State			
Name	Year	School	Finals		Points	
=====						
1	Purvis, John	Morgan State	16.52m	54-02.50	10	
	15.55m FOUL 15.69m FOUL 16.52m FOUL					
2	Johnson, Christopher	Delaware State	16.51m	54-02.00	8	
	14.48m 14.66m 14.54m 15.68m 14.77m 16.51m					
3	Martin, Tyrell	Delaware State	16.01m	52-06.50	6	
	15.33m 15.19m 15.50m 15.78m 15.86m 16.01m					
4	Perkins, James	Maryland-Eas	15.61m	51-02.75	5	
	14.78m 14.17m 15.29m 14.64m 15.61m 15.07m					
5	Swepson, Matthew	N.C. Central	15.28m	50-01.75	4	
	14.10m 15.28m 12.99m 14.97m 14.57m FOUL					
6	Arrington, Khamari	N.C. Central	14.73m	48-04.00	3	
	FOUL 14.38m 13.59m 14.14m 14.73m 13.73m					
7	McWilliams, Troy	Norfolk State	14.48m	47-06.25	2	
	13.43m 14.48m 14.03m 13.69m FOUL 13.71m					
8	Anderson, Nelson	N.C. Central	14.40m	47-03.00	1	
	14.22m 13.24m FOUL 13.61m 14.40m FOUL					
9	Olebara, Nnamdi	Howard	14.21m	46-07.50		
	14.21m 13.85m 13.93m FOUL 13.34m 13.85m					
10	Smith, Rayquan	Norfolk State	13.53m	44-04.75		
	13.53m 13.29m 12.60m					

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**....Event 10 Men Shot Put**

11	Ratliff, Dexter	SC State	13.30m	43-07.75
	13.30m FOUL 12.42m			
12	Smith, Raeshon	Norfolk State	12.93m	42-05.25
	FOUL 12.14m 12.93m			
13	Wheatley, Garrison	Norfolk State	12.70m	41-08.00
	12.70m FOUL FOUL			
14	Prince, Andre	Howard	12.56m	41-02.50
	11.06m 12.56m FOUL			
15	Carraway, Dallas	SC State	12.36m	40-06.75
	11.08m 12.12m 12.36m			
16	Hammond, Demarcus	SC State	6.22m	20-05.00
	FOUL 6.22m 6.21m			

**Event 11 Women Weight Throw**

MEAC: @ 19.73m 2012 Vanessa Henry, UMES					
NCAA: # 25.56m 2007 Brittany Riley, Southern Illinois					
Name	Year	School	Finals	Points	
1	Rodgers, Mikyla	Howard	18.99m	62-03.75	10
	18.99m 18.42m FOUL 18.90m FOUL FOUL				
2	Parker, Arieana	Norfolk State	18.93m	62-01.25	8
	FOUL 18.93m FOUL FOUL 17.95m FOUL				
3	Young, Leslie	Norfolk State	17.80m	58-04.75	6
	17.22m 17.80m 17.34m 17.06m FOUL FOUL				
4	Johnson, Johnelle	Morgan State	17.34m	56-10.75	5
	FOUL 14.46m 17.34m FOUL FOUL 15.56m				
5	Hatcher, Erin	Howard	16.65m	54-07.50	4
	15.45m FOUL FOUL 16.65m 15.61m FOUL				
6	Hansley, Indya	Maryland-Eas	16.61m	54-06.00	3
	15.26m 15.92m 15.83m 16.61m FOUL FOUL				
7	Marsh, Symone	Howard	15.55m	51-00.25	2
	15.27m 15.22m FOUL FOUL 15.55m FOUL				
8	Pelle, Amber	Delaware State	15.07m	49-05.50	1
	FOUL FOUL 15.07m FOUL FOUL 15.04m				
9	Lambert, Terine	Morgan State	14.30m	46-11.00	
	14.30m FOUL FOUL 14.16m FOUL FOUL				
10	Carter, Brylan	Morgan State	13.53m	44-04.75	
	11.76m 12.47m 13.53m				
11	O'Neill, Saniah	N.C. Central	12.85m	42-02.00	
	FOUL 12.35m 12.85m				
12	Johnson, Mya	Maryland-Eas	7.80m	25-07.25	
	7.63m FOUL 7.80m				

**Event 12 Men Weight Throw**

MEAC: @ 19.63m 2014 Emmanuel Stewart, Morgan State					
NCAA: # 25.58m 2015 Michael Lihрман, Wisconsin					
Name	Year	School	Finals	Points	
1	Perkins, James	Maryland-Eas	17.55m	57-07.00	10
	FOUL 16.20m 16.90m 16.33m 17.55m 17.38m				
2	Ratliff, Dexter	SC State	17.01m	55-09.75	8
	FOUL 17.01m FOUL FOUL 16.61m FOUL				



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**....Event 12 Men Weight Throw**

3	Olebara, Nnamdi	Howard	16.49m	54-01.25	6
	FOUL FOUL 14.28m 15.73m FOUL 16.49m				
4	Purvis, John	Morgan State	16.29m	53-05.50	5
	FOUL 15.89m 15.90m 15.89m 16.29m FOUL				
5	Monteiro, Ezra	Howard	15.66m	51-04.50	4
	14.77m FOUL 15.66m 15.01m 14.97m FOUL				
6	Anderson, Nelson	N.C. Central	15.59m	51-01.75	3
	14.97m 14.79m 14.27m 15.59m FOUL 14.99m				
7	Swepson, Matthew	N.C. Central	15.44m	50-08.00	2
	15.44m 14.62m 14.99m 14.49m 13.51m 14.22m				
8	Prince, Andre	Howard	14.50m	47-07.00	1
	13.63m FOUL 14.50m FOUL FOUL FOUL				
9	Johnson, Christopher	Delaware State	13.18m	43-03.00	
	13.18m 12.15m FOUL 12.92m FOUL 12.95m				
10	Smith, Raeshon	Norfolk State	10.44m	34-03.00	
	10.44m FOUL FOUL				
--	Martin, Tyrell	Delaware State	FOUL		
	FOUL FOUL FOUL				

**Event 13 Women 60 Meter Dash**

**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

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=====
MEAC: @ 7.25 2019 Kayla White, NCAT
NCAA: # 7.00 2023 Julien Alfred, Texas
Name Year School Prelims H#
=====

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Preliminaries

1	Khan, Darci	Howard	7.48Q	3
2	Hor, Halutie	Coppin State	7.62Q	2
3	Washington, Lamaria	Howard	7.64Q	1
4	Pittman, Tiffani Rae	Howard	7.66q	2 7.652
5	Dade, De'ja	Howard	7.66q	3 7.657
6	White, Khaliyah	Delaware State	7.70q	2 7.692
7	Oku, Giftty	Coppin State	7.70q	1 7.694
8	Jackson, Tia	Morgan State	7.81q	1
9	Frederick, Angelica	SC State	7.91	3
10	Smith, Maya	SC State	7.92	1
11	Thomas, Jazmine	Maryland-Eas	7.93	2
12	Robinson, Aaliyah	Delaware State	7.95	2
13	Sharps, Malea	Maryland-Eas	7.97	1
14	Verner, Raven	N.C. Central	8.03	3
15	Adekayode, Deborah	Morgan State	8.08	3
16	Gist, Cameran	SC State	8.11	2
17	Frierson, Mion	SC State	8.15	3
18	Davis, Angel	Coppin State	8.29	2
19	Strand, Jadaya	Maryland-Eas	8.43	1
20	Robinson, Mar'Shay	Maryland-Eas	8.45	1

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**Results****Event 13 Women 60 Meter Dash**

Name	Year	School	Finals	Points
MEAC: @	7.25	2019	Kayla White, NCAT	
NCAA: #	7.00	2023	Julien Alfred, Texas	
<b>Finals</b>				
1	Khan, Darci	Howard	7.43	10
2	Dade, De'ja	Howard	7.54	8
3	Washington, Lamaria	Howard	7.55	6
4	Oku, Gifty	Coppin State	7.61	5
5	Pittman, Tiffani Rae	Howard	7.62	4 7.613
6	Hor, Halutie	Coppin State	7.62	3 7.617
7	White, Khaliyah	Delaware State	7.67	2
8	Jackson, Tia	Morgan State	7.76	1

**Event 14 Men 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Name	Year	School	Prelims	H#
MEAC: @	6.59	2018	Demek Kemp, SCSU	
NCAA: #	6.45	2022	Terrence Jones, Texas Tech	
<b>Preliminaries</b>				
1	Brown, Kristopher	SC State	6.80Q	1 6.792
2	Cole, Kai	Norfolk State	6.81Q	2
3	Dan-Princewill, Goba	Howard	6.86Q	4
4	Carr Jr, Andre	Delaware State	6.87Q	3
5	Wright, Noxroy	Coppin State	6.80q	1 6.797
6	Perry, Ja'Leak	Howard	6.85q	2
7	Drakes, Carl	Coppin State	6.88q	3
8	Rembert-Jett, Waddell	SC State	6.90q	4
9	Franklin, Anthony	Norfolk State	6.93	4
10	Shelton, Jaden	Delaware State	6.95	3 6.945
11	Smith, Rahkeem	Delaware State	6.95	3 6.948
12	White, Carlson	Norfolk State	6.98	2
13	Herring, Mahki	Maryland-Eas	6.99	1
14	Reid, Radjae	Maryland-Eas	7.03	4
15	Pepukayi, Bryce	Coppin State	7.04	4
16	Madison-Ahouman, Bryan	Norfolk State	7.05	3
17	Holley, Adrian	Morgan State	7.06	2
18	Knox, Evan	Delaware State	7.07	2
19	Hill, Erick	SC State	7.10	3
20	Booth-Mitchell, Jalen	Delaware State	7.11	1
21	Schlotterbeck, Cole	Coppin State	7.12	2
22	Brooks, Jonathan	Maryland-Eas	7.15	1
23	Ra-Akbar, Jadon	Morgan State	7.19	1
24	Laurier, Witchell	Maryland-Eas	7.20	3
25	Bowens, Ali	Morgan State	7.25	2
26	Daniel, Ashton	Howard	7.32	1
--	Alleyne, Jalen	SC State	FS	4
--	Kizer, Duane	Morgan State	DNS	4

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**Results****Event 14 Men 60 Meter Dash**

Name	Year	School	Finals	Points
MEAC: @	6.59	2018	Demek Kemp, SCSU	
NCAA: #	6.45	2022	Terrence Jones, Texas Tech	

**Finals**

1	Cole, Kai	Norfolk State	6.74	10	
2	Brown, Kristopher	SC State	6.78	8	
3	Carr Jr, Andre	Delaware State	6.82	6	6.811
4	Wright, Noxroy	Coppin State	6.82	5	6.815
5	Rembert-Jett, Waddell	SC State	6.82	4	6.819
6	Perry, Ja'Leak	Howard	6.83	3	
7	Drakes, Carl	Coppin State	6.86	2	
8	Dan-Princewill, Goba	Howard	6.95	1	

**Event 15 Women 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Name	Year	School	Prelims	H#
MEAC: @	8.08	2006	Kellie Wells, Hampton	
NCAA: #	7.75	2023	Masai Russell, Kentucky	

**Preliminaries**

1	Khan, Darci	Howard	8.38Q	1	
2	Dunbar, Kaya-Rae	Howard	8.42Q	2	
3	Richards, Indya	Norfolk State	8.56q	2	
4	Ottley, Alliyah	Morgan State	8.58q	2	
5	Glenn, Catherine	Delaware State	8.63q	1	
6	Morris, Cathrina	Howard	8.65q	2	
7	Hunter, Jasmyn	Howard	8.69q	1	
8	Robinson, Brooklyn	Norfolk State	8.75q	2	8.744
9	Pinnix, Tamesia	Norfolk State	8.75	2	8.748
10	Smith, Zion	Norfolk State	8.79	1	
11	Harris, Makenzie	Morgan State	8.97	1	
12	Washington, Summer	N.C. Central	8.98	1	
13	Woodrum, Kaelyn	Coppin State	9.26	1	
14	Palmer, Erin	Coppin State	9.30	2	
15	Jones, Makayla	SC State	9.72	2	
--	Edmondson, Domonique	SC State	DNF	1	

**Event 15 Women 60 Meter Hurdles**

Name	Year	School	Finals	Points
MEAC: @	8.08	2006	Kellie Wells, Hampton	
NCAA: #	7.75	2023	Masai Russell, Kentucky	

**Finals**

1	Khan, Darci	Howard	8.22	10	
2	Dunbar, Kaya-Rae	Howard	8.36	8	
3	Richards, Indya	Norfolk State	8.46	6	
4	Glenn, Catherine	Delaware State	8.47	5	
5	Ottley, Alliyah	Morgan State	8.55	4	
6	Robinson, Brooklyn	Norfolk State	8.79	3	
7	Morris, Cathrina	Howard	9.88	2	
--	Hunter, Jasmyn	Howard	DQ		NCAA 7-6.2d

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**Results****Event 16 Men 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Name	Year	School	Prelims	H#
MEAC: @	7.63	2018	Michael Dickson, NCAT	
NCAA: #	7.35	2019	Grant Holloway, Florida	

## Preliminaries

1	Byrd, Jermanie	Howard	7.91Q	1
2	Hawkins, Zachary	Howard	7.97Q	3
3	Chisholm, Tayshaun	Delaware State	8.17Q	2
4	Davis, Kameron	Howard	8.11q	1
5	Clyburn, Darian	Howard	8.13q	3
6	Henry, Dwight	Norfolk State	8.19q	1
7	Richardson, Jonathan	Norfolk State	8.24q	2
8	Shelton, Jaden	Delaware State	8.27q	2
9	Sutton, Joshua	Norfolk State	8.29	1
10	Payne, Antaeveon	Norfolk State	8.38	2 8.375
11	Alleyne, Jalen	SC State	8.38	2 8.379
12	Ra-Akbar, Jadon	Morgan State	8.41	3
13	Harris, Anthony	Coppin State	8.46	3
14	Wiggins-Imgram, Ivan	Coppin State	8.84	2
--	Rollinson, Christopher	N.C. Central	DQ	1 NCAA 7-6.2d
--	Kizer, Duane	Morgan State	DQ	3 NCAA 7-6.2d
--	Goode, Amiri	Coppin State	DNS	3

**Event 16 Men 60 Meter Hurdles**

Name	Year	School	Finals	Points
MEAC: @	7.63	2018	Michael Dickson, NCAT	
NCAA: #	7.35	2019	Grant Holloway, Florida	

## Finals

1	Chisholm, Tayshaun	Delaware State	7.81	10
2	Byrd, Jermanie	Howard	7.84	8
3	Hawkins, Zachary	Howard	7.93	6
4	Henry, Dwight	Norfolk State	7.93	5
5	Clyburn, Darian	Howard	7.99	4
6	Shelton, Jaden	Delaware State	8.06	3
7	Richardson, Jonathan	Norfolk State	8.16	2
8	Davis, Kameron	Howard	8.27	1

**Event 17 Women 200 Meter Dash****8 Advance: Top 1 Each Heat plus Next 2 Best Times**

Name	Year	School	Prelims	H#
MEAC: @	22.66	2019	Kayla White, NCAT	
NCAA: #	22.09	2022	Abby Steiner, Kentucky	

## Preliminaries

1	Wright, Jessica	Howard	24.05Q	2
2	Ali, Latifa	Coppin State	24.08Q	6
3	Dade, De'ja	Howard	24.20Q	3
4	Dunbar, Kaya-Rae	Howard	24.26Q	1
5	Lawson, Kiya	Howard	24.38Q	4
6	Pittman, Tiffani Rae	Howard	24.41Q	5

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**Results**

**....Event 17 Women 200 Meter Dash**

7	Washington, Lamaria	Howard	24.48q	4
8	Alphonse, Kimani	Coppin State	24.50q	2
9	Hor, Halutie	Coppin State	24.76	5
10	Oku, Gifty	Coppin State	24.89	1
11	Woodruff, Aniya	Howard	25.02	3
12	Frederick, Angelica	SC State	25.16	5
13	Ward, Destiny	Morgan State	25.30	6
14	White, Khaliyah	Delaware State	25.33	6
15	Harris, Armani	Norfolk State	25.54	3
16	Smith, Maya	SC State	25.63	3
17	Settle, Spencer	Maryland-Eas	25.81	1
18	Lucas, Chloe	Maryland-Eas	25.86	2
19	Evans, Mackenzi	Maryland-Eas	25.95	1
20	Donovan, Jasmine	SC State	26.04	4
21	Thomas, Jazmine	Maryland-Eas	26.21	4
22	Sells, Imani	SC State	30.09	2

**Event 17 Women 200 Meter Dash**

=====					
	MEAC: @ 22.66	2019	Kayla White, NCAT		
	NCAA: # 22.09	2022	Abby Steiner, Kentucky		
Name	Year	School	Finals	H#	Points
=====					

Finals

1	Ali, Latifa	Coppin State	23.61	2	10
2	Dunbar, Kaya-Rae	Howard	23.91	1	8
3	Wright, Jessica	Howard	23.92	2	6
4	Dade, De'ja	Howard	24.09	1	5
5	Pittman, Tiffani Rae	Howard	24.31	1	4
6	Alphonse, Kimani	Coppin State	24.50	1	3
7	Lawson, Kiya	Howard	24.53	2	2
8	Washington, Lamaria	Howard	24.84	2	1

**Event 18 Men 200 Meter Dash**

**8 Advance: Top 1 Each Heat plus Next 1 Best Times**

=====					
	MEAC: @ 20.59	2017	Christopher Belcher, NCAT		
	NCAA: # 20.02	2018	Elijah Hall, Houston		
Name	Year	School	Prelims	H#	
=====					

Preliminaries

1	Wright, Noxroy	Coppin State	21.42Q	3
2	Brown, Kristopher	SC State	21.52Q	1
3	Cole, Kai	Norfolk State	21.59Q	4
4	Byrd, Jermanie	Howard	21.60Q	7
5	Drakes, Carl	Coppin State	21.66Q	2
6	Rembert-Jett, Waddell	SC State	21.67Q	5
7	Shelton, Jaden	Delaware State	21.69Q	6
8	Gaines, Dylan	Howard	21.61q	3
9	Stewart, Rashaun	Coppin State	21.70	1
10	Hawkins, Zachary	Howard	21.71	7
11	Herring, Mahki	Maryland-Eas	21.76	6
12	Brown, Janoi	Maryland-Eas	21.80	2
13	Barker, Jaden	SC State	21.81	1

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**Results**

**....Event 18 Men 200 Meter Dash**

14	Franklin, Anthony	Norfolk State	21.82	6	
15	Knox, Evan	Delaware State	21.84	2	
16	Little, Malachi	Delaware State	21.90	3	
17	Perry, Ja'Leak	Howard	21.91	5	21.902
18	Pepukayi, Bryce	Coppin State	21.91	3	21.903
19	Zellander, Jeremiah	Norfolk State	21.98	4	
20	Dan-Princewill, Goba	Howard	21.99	5	
21	Booth-Mitchell, Jalen	Delaware State	22.00	1	
22	White, Carlson	Norfolk State	22.17	2	
23	Holley, Adrian	Morgan State	22.34	4	
24	Curnell, Dwayne	SC State	22.38	7	
25	Beckford, Ashane	Maryland-Eas	22.47	4	
26	Bowens, Ali	Morgan State	22.58	6	
27	Sims, Antonio	Morgan State	22.69	7	
--	Watkins, Jahlanhnee	Maryland-Eas	DNS	5	

**Event 18 Men 200 Meter Dash**

=====					
	MEAC: @ 20.59	2017	Christopher Belcher,	NCAT	
	NCAA: # 20.02	2018	Elijah Hall,	Houston	
Name	Year	School	Finals	H#	Points
=====					

Finals

1	Cole, Kai	Norfolk State	21.09	1	10
2	Wright, Noxroy	Coppin State	21.22	2	8
3	Brown, Kristopher	SC State	21.26	2	6
4	Byrd, Jermanie	Howard	21.48	1	5
5	Rembert-Jett, Waddell	SC State	21.54	1	4
6	Drakes, Carl	Coppin State	21.70	2	3
7	Shelton, Jaden	Delaware State	21.88	2	2
8	Gaines, Dylan	Howard	21.90	1	1

**Event 19 Women 400 Meter Dash**

**8 Advance: Top 1 Each Heat plus Next 1 Best Times**

=====					
	MEAC: @ 50.54	2010	Francena McCorory,	Hampton	
	NCAA: # 50.34	2018	Kendall Ellis,	USC	
Name	Year	School	Prelims	H#	
=====					

Preliminaries

1	Wright, Jessica	Howard	53.26Q	2	
2	Ali, Latifa	Coppin State	54.25Q	6	
3	Tomlinson, Shenelle	Coppin State	55.23Q	1	
4	Alphonse, Kimani	Coppin State	55.34Q	7	
5	Woodruff, Aniya	Howard	56.67Q	4	
6	Turner, Zoe	Howard	56.73Q	5	
7	Lawson, Kiya	Howard	56.76Q	3	
8	Williams, Monika	Howard	57.05q	3	
9	Morris, Cathrina	Howard	57.14	4	
10	Okwudibonye, Chidubem (M	Delaware State	57.40	7	
11	Lucas, Chloe	Maryland-Eas	57.42	6	
12	Ward, Destiny	Morgan State	57.87	5	
13	Mcloud, Destinee	Coppin State	57.91	1	
14	Harris, Armani	Norfolk State	58.25	3	

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**....Event 19 Women 400 Meter Dash**

15	Brown, Kortney	Delaware State	58.74	4
16	Evans, Mackenzi	Maryland-Eas	58.75	2
17	Settle, Spencer	Maryland-Eas	59.29	1
18	Robinson, Aleisha	Morgan State	59.50	2
19	George, Yasmine	Morgan State	59.73	6
20	Emmens, Jalissa	Morgan State	1:00.39	5
21	Young, Cierra	Delaware State	1:00.50	3
22	Donovan, Jasmaine	SC State	1:00.77	4
23	Adewami, Adekansola	Maryland-Eas	1:03.04	5
--	Harpe, Lakendra	Delaware State	DNF	7
--	Harris, Chanice	SC State	DNF	7

**Event 19 Women 400 Meter Dash**

=====					
	MEAC: @ 50.54	2010	Francena McCorory,	Hampton	
	NCAA: # 50.34	2018	Kendall Ellis,	USC	
Name	Year	School	Finals	H#	Points
=====					

Finals					
1	Wright, Jessica	Howard	52.70	2	10
2	Alphonse, Kimani	Coppin State	54.40	1	8
3	Tomlinson, Shenelle	Coppin State	54.65	1	6
4	Woodruff, Aniya	Howard	55.63	2	5
5	Lawson, Kiya	Howard	55.71	2	4
6	Williams, Monika	Howard	56.97	1	3
7	Turner, Zoe	Howard	57.05	1	2
--	Ali, Latifa	Coppin State	DQ	2	NCAA 5-2d

**Event 20 Men 400 Meter Dash**

**8 Advance: Top 1 Each Heat plus Next 2 Best Times**

=====					
	MEAC: @ 45.62	2019	Tyrell Richard,	SCSU	
	NCAA: # 44.52	2018	MIchael Norman,	USC	
Name	Year	School	Prelims	H#	
=====					

Preliminaries					
1	Brown, Janoi	Maryland-Eas	48.33Q	3	
2	Little, Malachi	Delaware State	48.72Q	1	
3	Cunningham, Daniel	Coppin State	48.89Q	6	
4	Beckford, Ashane	Maryland-Eas	49.05Q	4	Admin Pl
5	Stewart, Rashaun	Coppin State	49.21Q	5	
6	Sims Jr, Alonzo	Delaware State	49.27Q	2	
7	Gaines, Dylan	Howard	48.62q	3	
8	Carter, Donnell	N.C. Central	48.87q	1	
9	Harrison, Dazon	Norfolk State	49.33	5	49.323
10	Barker, Jaden	SC State	49.33	6	49.329
11	Daniel, Ashton	Howard	49.53	3	
12	Sims, Antonio	Morgan State	49.94	4	Admin Pl
13	Gooden, Tarique	Morgan State	50.02	2	50.013
14	Zellander, Jeremiah	Norfolk State	50.02	4	50.019 AP
15	Bailey, Jamar	Howard	50.57	5	
16	Garbutt, Malcolm	Delaware State	50.86	4	
17	Walker, Barrington	SC State	50.87	3	
18	Wiggins-Imgram, Ivan	Coppin State	50.93	6	

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**Virginia Beach Sports Complex****Results****....Event 20 Men 400 Meter Dash**

19 Dula, Adrian	Maryland-Eas	51.01	5
20 Alston, Knasir	Norfolk State	51.18	6
21 Ibeh, Emmanuel	Morgan State	51.55	1
-- Kimbrough, Jalon	SC State	DNF	1
-- Watkins, Jahlanhnee	Maryland-Eas	DNS	2

**Event 20 Men 400 Meter Dash**

MEAC: @ 45.62 2019 Tyrell Richard, SCSU  
 NCAA: # 44.52 2018 Michael Norman, USC

Name	Year	School	Finals	H#	Points
------	------	--------	--------	----	--------

**Finals**

1 Brown, Janoi	Maryland-Eas	47.56	2	10
2 Carter, Donnell	N.C. Central	47.70	1	8
3 Little, Malachi	Delaware State	48.38	2	6
4 Gaines, Dylan	Howard	48.42	2	5
5 Stewart, Rashaun	Coppin State	48.59	1	4
6 Beckford, Ashane	Maryland-Eas	48.63	2	3
7 Sims Jr, Alonzo	Delaware State	49.00	2	2
8 Zellander, Jeremiah	Norfolk State	49.07	1	1
9 Sims, Antonio	Morgan State	49.14	1	
10 Cunningham, Daniel	Coppin State	49.23	1	

**Event 21 Women 800 Meter Run**

MEAC: @ 2:04.72 2016 Ce'aira Brown, Hampton  
 NCAA: # 1:58.40 2021 Athing Mu, Texas A&M

Name	Year	School	Finals	H#	Points
------	------	--------	--------	----	--------

1 Wilson, Dasia	Howard	2:11.54	1	10
2 Wilson, Tynniesia	Norfolk State	2:12.69	1	8
3 Jackson, Laila	N.C. Central	2:14.28	1	6
4 Wyatt, Jahmei	Coppin State	2:14.44	1	5
5 White, Melanie	Howard	2:17.71	1	4
6 Miller, Jordyn	Howard	2:18.67	1	3
7 Williams, Debrielle	SC State	2:23.07	2	2
8 Egbula, Camille	Howard	2:23.26	1	1
9 Emmens, Jalissa	Morgan State	2:23.41	2	
10 Pray-Brown, Asydiah	Morgan State	2:25.04	2	
11 Campbell, Shy-Ann	Maryland-Eas	2:25.80	2	
12 Simms, Shennell	Maryland-Eas	2:26.59	2	
13 Grant, Kara	Norfolk State	2:27.08	1	
14 Fleurima, Danielle	Delaware State	2:29.47	2	
15 Robinson, Aleisha	Morgan State	2:32.62	2	
-- Jones, Makylah	SC State	DNF	2	

**Event 22 Men 800 Meter Run**

MEAC: @ 1:51.35 2015 Stanley Davis, Hampton  
 NCAA: # 1:44.84 1989 Paul Ereng, Virginia

Name	Year	School	Finals	H#	Points
------	------	--------	--------	----	--------

1 Ba, Amadou	Coppin State	1:52.57	3	10
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**Virginia Beach Sports Complex****Results****....Event 22 Men 800 Meter Run**

2	Kimtai, Regan	Norfolk State	1:53.95	3	8
3	Norbal, Jayeed	Coppin State	1:56.23	3	6
4	Berry, Kaleb	Howard	1:56.42	3	5
5	Thornton, Matron	SC State	1:56.64	2	4
6	Serville, Randy	Coppin State	1:56.84	2	3
7	Gray, Davian	Morgan State	1:57.07	3	2
8	Brown, Elijah	Delaware State	1:57.09	3	1
9	Bryant, Devion	Morgan State	1:57.48	3	
10	Ftwi, Nahom	Maryland-Eas	1:59.39	2	
11	Ayers, Bryce	Maryland-Eas	1:59.90	2	
12	Hutson, Kobe	Howard	2:01.01	2	
13	Martin, David	Maryland-Eas	2:02.29	2	
14	Davis, Marsellis	Howard	2:02.93	1	
15	Graham, Jordan	Delaware State	2:03.69	1	
16	Guy, Nathanael	Delaware State	2:12.47	3	
--	Blandin, Tyler	Delaware State	DNS	1	

**Event 23 Women 1 Mile Run**

MEAC: @ 4:51.63 2016 Ce'aira Brown, Hampton

NCAA: # 4:24.26 2023 Katelyn Tuohy, NC State

Name	Year	School	Finals	Points
1	Kimaiyo, Mercyline	Norfolk State	5:04.92	10
2	Grant, Kara	Norfolk State	5:06.44	8
3	Swepson, Victoria	N.C. Central	5:07.63	6
4	White, Melanie	Howard	5:14.81	5
5	Egbula, Camille	Howard	5:17.79	4
6	Field, Rachel	Morgan State	5:21.43	3
7	Larkin, Ava	Delaware State	5:44.34	2
8	Stuteley, Saidai	Coppin State	6:03.78	1

**Event 24 Men 1 Mile Run**

MEAC: @ 4:05.08 2017 Khalil Rmidi Kinini, UMES

NCAA: # 3:50.39 2021 Cooper Teaare, Oregon

Name	Year	School	Finals	Points
1	Kimtai, Regan	Norfolk State	4:14.57	10
2	Sigei, Gidion	Norfolk State	4:16.30	8
3	Smith, Devin	Delaware State	4:17.71	6
4	Jumo, Victor	Norfolk State	4:19.49	5
5	Rotich, Brian	Norfolk State	4:20.00	4
6	Adebisi, Ayode	Howard	4:20.72	3
7	Paddyfote, Emmanuel	N.C. Central	4:23.06	2
8	Lawson, Julian	Howard	4:40.49	1
9	Wallace, Nasir	Morgan State	4:45.78	
--	Gray, Davian	Morgan State	DNF	

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**Results****Event 25 Women 3000 Meter Run**

Name	Year	School	Finals	Points
=====				
MEAC: @ 9:53.02	2017	Janet Okeago, Hampton		
NCAA: # 8:41.60	2018	Karissa Schweizer, Missouri		
Name	Year	School	Finals	Points
=====				
1 Kimaiyo, Mercyline		Norfolk State	10:23.09	10
2 Crosby, Joslyn		Howard	10:48.28	8
3 McDonald, Breanna		Howard	10:49.14	6
4 Lagat, Ashley		Delaware State	10:53.60	5
5 Field, Rachel		Morgan State	11:03.97	4
6 Grant, Kara		Norfolk State	11:13.87	3
7 Kattam, Purity		Delaware State	11:29.03	2
8 Wilson, Tynniesia		Norfolk State	11:30.86	1
9 Stuteley, Saidai		Coppin State	12:14.18	
-- Banks, Jada		SC State	DNF	
-- Simms, Shennell		Maryland-Eas	DNF	

**Event 26 Men 3000 Meter Run**

Name	Year	School	Finals	Points
=====				
MEAC: @ 8:04.28	2017	Khalil Rmidi Kinini, UMES		
NCAA: # 7:36.42	2023	Drew Bosley, Northern Arizona		
Name	Year	School	Finals	Points
=====				
1 Sigei, Gidion		Norfolk State	8:34.60	10
2 Rotich, Brian		Norfolk State	8:36.50	8
3 Jumo, Victor		Norfolk State	8:46.51	6
4 Adebisi, Ayode		Howard	8:52.23	5
5 Paddyfote, Emmanuel		N.C. Central	8:54.39	4
6 Smith, Devin		Delaware State	9:01.18	3
7 Kimtai, Regan		Norfolk State	9:10.26	2
8 Lawson, Julian		Howard	9:36.57	1
9 Latimer, Andrew		SC State	9:54.68	
-- Dawkins, Ezekiel		Delaware State	DNS	
-- Adams Jr., Bryant		Delaware State	DNS	

**Event 27 Women 5000 Meter Run**

Name	Year	School	Finals	Points
=====				
MEAC: @ 17:20.24	2020	Aurelia Jepkorir, UMES		
NCAA: # 15:12.22	2015	Emily Sisson, Providence		
Name	Year	School	Finals	Points
=====				
1 Kimaiyo, Mercyline		Norfolk State	17:47.82	10
2 McDonald, Breanna		Howard	19:02.82	8
3 Lagat, Ashley		Delaware State	19:11.29	6
4 Banks, Jada		SC State	19:29.97	5
5 Kattam, Purity		Delaware State	19:58.80	4
6 Crosby, Joslyn		Howard	20:09.41	3

**Event 28 Men 5000 Meter Run**

Name	Year	School	Finals	Points
=====				
MEAC: @ 14:17.22	2017	Khalil Rmidi Kinini, UMES		
NCAA: # 13:08.28	2012	Lawi Lalang, Arizona		
Name	Year	School	Finals	Points
=====				
1 Sigei, Gidion		Norfolk State	14:43.08	10

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**....Event 28 Men 5000 Meter Run**

2	Kimtai, Regan	Norfolk State	14:54.98	8
3	Rotich, Brian	Norfolk State	14:56.69	6
4	Adebiyi, Ayode	Howard	15:05.89	5
5	Jumo, Victor	Norfolk State	15:06.83	4
6	Dawkins, Ezekiel	Delaware State	16:51.84	3
7	Latimer, Andrew	SC State	17:03.07	2

**Event 29 Women 4x400 Meter Relay**

MEAC: @ 3:38.67 2022 , Howard  
 NCAA: # 3:24.09 2022 , Arkansas  
 Effiong, Hollis, Maloney, Wilson

School	Finals	H#	Points
1 Howard 'A'	3:39.24	2	10
1) Morris, Cathrina	2) Wright, Jessica		
3) Woodruff, Aniya	4) Lawson, Kiya		
2 Coppin State 'A'	3:40.58	2	8
1) Alphonse, Kimani	2) Tomlinson, Shenelle		
3) Ali, Latifa	4) Mcloud, Destinee		
3 Delaware State 'A'	3:49.90	2	6
1) White, Khaliyah	2) Brown, Kortney		
3) Harpe, Lakendra	4) Glenn, Catherine		
4 SC State 'A'	3:52.44	1	5
1) Frederick, Angelica	2) Donovan, Jasmine		
3) Williams, Debrielle	4) Smith, Maya		
5 Morgan State 'A'	3:52.93	2	4
1) Ward, Destiny	2) George, Yasmine		
3) Emmens, Jalissa	4) Robinson, Aleisha		
6 Maryland-Eastern Shore 'A'	3:55.25	1	3
1) Evans, Mackenzi	2) Settle, Spencer		
3) Lucas, Chloe	4) Campbell, Shy-Ann		
7 Norfolk State 'A'	3:56.82	1	2
1) Harris, Armani	2) Wilson, Tynniesia		
3) Grant, Kara	4) Smith, Zion		
8 N.C. Central 'A'	3:59.73	2	1
1) Jackson, Laila	2) Washington, Summer		
3) Smith, Sydney	4) Marquez, Gianna		

**Event 30 Men 4x400 Meter Relay**

MEAC: @ 3:09.04 2014 , Hampton  
 NCAA: # 3:00.77 2018 , USC  
 Shinnick, Benjamin, Morgan, Norman

School	Finals	H#	Points
1 Coppin State 'A'	3:14.25	2	10
1) Wright, Noxroy	2) Stewart, Rashaun		
3) Cunningham, Daniel	4) Ba, Amadou		
2 Maryland-Eastern Shore 'A'	3:14.93	2	8
1) Beckford, Ashane	2) Brown, Janoi		
3) Herring, Mahki	4) Dula, Adrian		
3 Norfolk State 'A'	3:16.44	2	6
1) Harrison, Dazon	2) Zellander, Jeremiah		

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**Results**

**....Event 30 Men 4x400 Meter Relay**

3) Cole, Kai	4) Alston, Knasir			
4 SC State 'A'		3:17.54	1	5
1) Barker, Jaden	2) Brown, Kristopher			
3) Rembert-Jett, Waddell	4) Walker, Barrington			
5 Delaware State 'A'		3:18.12	2	4
1) Little, Malachi	2) Sims Jr, Alonzo			
3) Guy, Nathanael	4) Brown, Elijah			
6 Morgan State 'A'		3:19.63	2	3
1) Sims, Antonio	2) Gooden, Tarique			
3) Holley, Adrian	4) Bowens, Ali			
7 N.C. Central 'A'		3:20.24	1	2
1) Carter, Donnell	2) Jones, Casee			
3) Little, Corey	4) Smith, Octavious			
8 Howard 'A'		3:24.18	1	1
1) Daniel, Ashton	2) Dan-Princewill, Goba			
3) Davis, Kameron	4) Hawkins, Zachary			

**Event 31 Women Distance Medley**

MEAC: @ 11:50.18 2010 , Hampton  
 NCAA: # 10:46.62 2023 , Washington  
 Preigh, Heisterman, Gibson, O'Sullivan

School Finals Points

1 Norfolk State 'A'		12:02.20	10
1) Grant, Kara	2) Harris, Armani		
3) Wilson, Tynniesia	4) Kimaiyo, Mercyline		
2 Howard 'A'		12:16.78	8
1) White, Melanie	2) Miller, Jordyn		
3) Wilson, Dasia	4) Egbula, Camille		
3 N.C. Central 'A'		12:22.13	6
1) Jackson, Laila	2) Washington, Summer		
3) Marquez, Gianna	4) Swepson, Victoria		
4 Morgan State 'A'		12:49.79	5
1) Emmens, Jalissa	2) Robinson, Aleisha		
3) Pray-Brown, Asydiah	4) Field, Rachel		
5 SC State 'A'		13:07.31	4
1) Williams, Debielle	2) Edmondson, Domonique		
3) Jones, Makylah	4) Banks, Jada		
6 Delaware State 'A'		13:51.84	3
1) Fleurima, Danielle	2) Griffin, Jazelle		
3) Young, Cierra	4) Larkin, Ava		

**Event 32 Men Distance Medley**

MEAC: @ 9:59.50 2017 , UMES  
 NCAA: # 9:19.42 2021 , Oregon  
 Hocker, Peralta, Hunter, Teare

School Finals Points

1 Norfolk State 'A'		10:12.53	10
1) Rotich, Brian	2) Harrison, Dazon		
3) Kimtai, Regan	4) Sigei, Gidion		
2 Howard 'A'		10:18.59	8

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**Results**

**....Event 32 Men Distance Medley**

1) Davis, Marsellis	2) Hutson, Kobe		
3) Berry, Kaleb	4) Lawson, Julian		
3 Coppin State 'A'		10:19.24	6
1) Norbal, Jayeed	2) Wiggins-Imgram, Ivan		
3) Serville, Randy	4) Ba, Amadou		
4 Morgan State 'A'		10:24.58	5
1) Wallace, Nasir	2) Gooden, Tarique		
3) Bryant, Devion	4) Gray, Davian		
5 N.C. Central 'A'		10:32.90	4
1) Little, Corey	2) Jones, Casee		
3) Smith, Octavious	4) Paddyfote, Emmanuel		
6 Maryland-Eastern Shore 'A'		10:46.47	3
1) Ayers, Bryce	2) Opon, Zachary		
3) Martin, David	4) Ftwi, Nahom		
7 SC State 'A'		11:04.93	2
1) Thornton, Matron	2) Barker, Jaden		
3) Walker, Barrington	4) Latimer, Andrew		
8 Delaware State 'A'		11:33.17	1
1) Blandin, Tyler	2) Garbutt, Malcolm		
3) Graham, Jordan	4) Adams Jr., Bryant		

**Event 33 Women Indoor Pentathlon**

=====					
MEAC: @	3695	2017	Khemani Roberts, Coppin State		
NCAA: #	4746	2021	Tyra Gittens, Texas A&M		
Name	Year	School	Finals	H#	Points
=====					
1 Hunter, Jasmyn		Howard	3199		10
2 Woodrum, Kaelyn		Coppin State	3137		8
3 Harris, Makenzie		Morgan State	2956		6
4 Williams-White, Leah		Howard	2951		5
5 Jones, Makayla		SC State	2763		4
6 Richardson, Ashley		Delaware State	2758		3
7 Edmondson, Domonique		SC State	2416		2
8 Jefferies, Abigail		Delaware State	2369		1
9 Jones, Makylah		SC State	2108		
10 Seale, Shonte		Norfolk State	1646		

**Event 33 Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

=====					
Name	Year	School	Finals	H#	Points
=====					
1 Hunter, Jasmyn		Howard	8.82	2	948
2 Harris, Makenzie		Morgan State	8.91	1	929
3 Williams-White, Leah		Howard	8.91	1	929
4 Woodrum, Kaelyn		Coppin State	9.24	1	860
5 Jones, Makayla		SC State	9.52	3	804
6 Smalls, Minyarn		Howard	9.60	3	789
7 Jefferies, Abigail		Delaware State	9.60	3	789
8 Richardson, Ashley		Delaware State	9.75	3	759
9 Edmondson, Domonique		SC State	9.81	2	748
10 Jones, Makylah		SC State	12.34	2	337
11 Seale, Shonte		Norfolk State	15.96	2	21

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**Results**

**Event 33 Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

Name	Year	School	Finals	Points
1 Williams-White, Leah		Howard	1.61m 5-03.25	747
	1.19 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			
	---	0 --- XO 0 0 0 0 XO		XO XXX
2 Woodrum, Kaelyn		Coppin State	1.49m 4-10.50	610
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52			
	---	0 0 0 XO XO XO XXX		
2 Jones, Makayla		SC State	1.49m 4-10.50	610
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52			
	0 0 0 0 0 0 XO XO XXO XXO XXO XXX			
4 Hunter, Jasmyn		Howard	1.46m 4-09.50	577
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49			
	---	0 0 0 XXO XO XXX		
5 Seale, Shonte		Norfolk State	1.43m 4-08.25	544
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46			
	---	---	0 0 XXX	
6 Harris, Makenzie		Morgan State	1.40m 4-07.00	512
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43			
	---	---	0 XXO XXX	
7 Jefferies, Abigail		Delaware State	1.37m 4-06.00	481
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40			
	0 0 0 0 0 XO 0 XXX			
7 Edmondson, Domonique		SC State	1.37m 4-06.00	481
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40			
	0 0 XO XXO 0 0 XO XXX			
9 Jones, Makylah		SC State	1.34m 4-04.75	449
	1.19 1.22 1.25 1.28 1.31 1.34 1.37			
	0 0 0 0 XO 0 XXX			
10 Richardson, Ashley		Delaware State	1.31m 4-03.50	419
	1.19 1.22 1.25 1.28 1.31 1.34			
	0 0 0 XO 0 XXX			
10 Smalls, Minyarn		Howard	1.31m 4-03.50	419
	1.19 1.22 1.25 1.28 1.31 1.34 1.37 1.40			
	---	0 X-- --- XX		

**Event 33 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

Name	Year	School	Finals	Points
1 Jefferies, Abigail		Delaware State	11.70m 38-04.75	641
	11.70m 11.67m 11.52m			
2 Smalls, Minyarn		Howard	11.07m 36-04.00	600
	10.98m 10.91m 11.07m			
3 Richardson, Ashley		Delaware State	10.40m 34-01.50	556
	10.40m 10.24m 9.64m			
4 Seale, Shonte		Norfolk State	9.63m 31-07.25	505
	9.63m 9.56m FOUL			
5 Hunter, Jasmyn		Howard	9.23m 30-03.50	479
	8.74m 8.81m 9.23m			
6 Harris, Makenzie		Morgan State	8.33m 27-04.00	421
	7.66m 8.33m 8.29m			
7 Jones, Makayla		SC State	7.93m 26-00.25	395
	7.38m 7.93m 7.45m			

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**Results****....Event 33 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

8	Jones, Makylah	SC State	7.42m	24-04.25	362
	6.87m 7.42m 7.21m				
9	Woodrum, Kaelyn	Coppin State	7.30m	23-11.50	354
	7.04m 7.30m 7.23m				
10	Williams-White, Leah	Howard	6.64m	21-09.50	312
	6.64m 6.07m 5.57m				
11	Edmondson, Domonique	SC State	6.06m	19-10.75	275
	5.08m 5.93m 6.06m				

**Event 33 Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

Name	Year School	Finals	Points
1 Woodrum, Kaelyn	Coppin State	5.19m 17-00.50	612
		5.01m 5.19m 5.01m	
1 Williams-White, Leah	Howard	5.19m 17-00.50	612
		5.19m 5.06m 5.12m	
1 Hunter, Jasmyrn	Howard	5.19m 17-00.50	612
		FOUL FOUL 5.19m	
4 Seale, Shonte	Norfolk State	5.05m 16-07.00	573
		FOUL 5.03m 5.05m	
5 Harris, Makenzie	Morgan State	4.74m 15-06.75	490
		4.46m 4.74m 4.29m	
6 Richardson, Ashley	Delaware State	4.57m 15-00.00	446
		FOUL 4.57m 4.22m	
7 Edmondson, Domonique	SC State	4.51m 14-09.75	431
		4.51m FOUL 3.47m	
8 Jefferies, Abigail	Delaware State	4.37m 14-04.00	396
		FOUL FOUL 4.37m	
9 Jones, Makayla	SC State	4.14m 13-07.00	340
		4.14m 3.61m 3.91m	
10 Smalls, Minyarn	Howard	4.13m 13-06.75	338
		4.13m PASS PASS	
11 Jones, Makylah	SC State	3.82m 12-06.50	267
		FOUL 3.57m 3.82m	

**Event 33 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

Name	Year School	Finals	Points
1 Woodrum, Kaelyn	Coppin State	2:29.33	701
2 Jones, Makylah	SC State	2:29.98	693
3 Jones, Makayla	SC State	2:36.51	614
4 Harris, Makenzie	Morgan State	2:37.35	604
5 Hunter, Jasmyrn	Howard	2:39.14	583
6 Richardson, Ashley	Delaware State	2:39.59	578
7 Edmondson, Domonique	SC State	2:48.34	481
8 Williams-White, Leah	Howard	3:01.50	351
9 Jefferies, Abigail	Delaware State	3:45.18	62
10 Seale, Shonte	Norfolk State	4:07.48	3
-- Smalls, Minyarn	Howard	DNS	

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**Results****Event 34 Men Heptathlon**

Name	Year	School	Finals	H#	Points
MEAC: @	5378	2008	Harold Rose, Bethune-Cookman		
NCAA: #	6499	2010	Ashton Eaton, Oregon		
1 Brown, Eric		Howard	4507		10
2 Christopher, Jahquan		Norfolk State	4159		8
3 Hawkins, Ezekiel		Howard	4038		6
4 Goode, Amiri		Coppin State	3966		5
5 Nurse, Sadiq		Norfolk State	3327		4
6 Alleyne, Jalen		SC State	3326		3
7 Smith, Rayquan		Norfolk State	3323		2
8 Johnson, Neco		N.C. Central	3297		1

**Event 34 Heptathlon: #1 Men 60 Meter Dash Heptathlon**

Name	Year	School	Finals	Points
1 Alleyne, Jalen		SC State	6.94	904
2 Smith, Rayquan		Norfolk State	7.02	875
3 Hawkins, Ezekiel		Howard	7.09	851
4 Nurse, Sadiq		Norfolk State	7.18	819
5 Brown, Eric		Howard	7.42	739
6 Christopher, Jahquan		Norfolk State	7.54	700
7 Goode, Amiri		Coppin State	7.61	678
8 Johnson, Neco		N.C. Central	7.79	622

**Event 34 Heptathlon: #2 Men Long Jump Heptathlon**

Name	Year	School	Finals	Points
1 Brown, Eric		Howard	6.83m	22-05.00 774
6.83m 5.23m 6.81m				
2 Smith, Rayquan		Norfolk State	6.68m	21-11.00 739
6.30m 6.32m 6.68m				
3 Nurse, Sadiq		Norfolk State	6.21m	20-04.50 632
6.21m 5.94m 6.13m				
4 Hawkins, Ezekiel		Howard	6.17m	20-03.00 624
5.97m 5.58m 6.17m				
5 Goode, Amiri		Coppin State	6.10m	20-00.25 608
6.09m 6.10m 5.33m				
6 Johnson, Neco		N.C. Central	5.99m	19-08.00 584
5.95m 5.99m 5.81m				
7 Christopher, Jahquan		Norfolk State	5.85m	19-02.50 554
FOUL FOUL 5.85m				
8 Alleyne, Jalen		SC State	5.47m	17-11.50 475
5.39m 5.13m 5.47m				

**Event 34 Heptathlon: #3 Men Shot Put Heptathlon**

Name	Year	School	Finals	Points
1 Smith, Rayquan		Norfolk State	13.16m	43-02.25 677
10.68m 12.55m 13.16m				



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**Results**

**....Event 34 Heptathlon: #3 Men Shot Put Heptathlon**

2	Hawkins, Ezekiel	Howard	10.97m	36-00.00	544
	10.97m 10.40m 9.94m				
3	Johnson, Neco	N.C. Central	10.20m	33-05.75	498
	10.13m 9.93m 10.20m				
4	Nurse, Sadiq	Norfolk State	9.30m	30-06.25	444
	9.30m 8.76m FOUL				
5	Goode, Amiri	Coppin State	9.02m	29-07.25	427
	9.02m 8.77m 8.99m				
6	Brown, Eric	Howard	8.88m	29-01.75	419
	FOUL 8.88m 8.78m				
7	Christopher, Jahquan	Norfolk State	8.27m	27-01.75	382
	8.27m 8.21m 8.00m				
8	Alleyne, Jalen	SC State	7.32m	24-00.25	326
	7.13m 6.68m 7.32m				

**Event 34 Heptathlon: #4 Men High Jump Heptathlon**

Name	Year	School	Finals	Points
1 Brown, Eric		Howard	1.92m 6-03.50	731
	1.45 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 1.92 1.95 1.96		--- --- 0 --- 0 0 0 0 0 XO O-- X-- XX	
2 Christopher, Jahquan		Norfolk State	1.78m 5-10.00	610
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81		--- --- --- --- --- 0 0 0 XXO XXX	
3 Nurse, Sadiq		Norfolk State	1.72m 5-07.75	560
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75		--- --- --- --- --- XXO 0 XO XO XXO XXX	
3 Goode, Amiri		Coppin State	1.72m 5-07.75	560
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75		--- --- --- --- --- 0 XO 0 0 0 0 XXO XXX	
5 Hawkins, Ezekiel		Howard	1.63m 5-04.25	488
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66		--- --- --- --- --- 0 XXO XXX	
6 Johnson, Neco		N.C. Central	1.60m 5-03.00	464
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63		--- --- --- --- 0 0 XXO XXX	
7 Smith, Rayquan		Norfolk State	1.54m 5-00.50	419
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57		0 0 0 0 0 0 --- 0 XO XXX	
-- Alleyne, Jalen		SC State	NH	
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66		--- --- --- --- --- --- --- XXX	

**Event 34 Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

Name	Year	School	Finals	H#	Points
1 Hawkins, Ezekiel		Howard	8.19	1	935
2 Alleyne, Jalen		SC State	8.28	2	913
3 Brown, Eric		Howard	8.31	1	905
4 Christopher, Jahquan		Norfolk State	8.77	1	797
5 Goode, Amiri		Coppin State	8.95	1	757
6 Nurse, Sadiq		Norfolk State	10.68	2	420

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**Results**

**....Event 34 Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

7	Smith, Rayquan	Norfolk State	10.92	2	381
8	Johnson, Neco	N.C. Central	10.95	2	376

**Event 34 Heptathlon: #6 Men Pole Vault Heptathlon**

=====													
Name	Year School										Finals	Points	
=====													
1	Alleyne, Jalen SC State										3.20m	10-06.00	406
	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
	O	XXO	O	O	XXO	XO	O	XXO	XXO	XXO	XO	O	XXX
2	Brown, Eric Howard										3.10m	10-02.00	381
	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	
	---	---	---	---	---	---	O	O	O	O	XO	XXX	
3	Christopher, Jahquan Norfolk State										3.00m	9-10.00	357
	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10		
	---	---	---	---	---	XO	O	O	XO	XO	XXX		
4	Goode, Amiri Coppin State										2.10m	6-10.75	159
	2.10	2.20											
	XO	XXX											
--	Hawkins, Ezekiel Howard										NH		
	2.10	2.20	2.30	2.40	2.50	2.60							
	---	---	---	---	---	XXX							
--	Nurse, Sadiq Norfolk State										NH		
	2.10	2.20	2.30	2.40	2.50	2.60							
	---	---	---	---	---	XXX							
--	Johnson, Neco N.C. Central										NH		
	2.10												
	XXX												
--	Smith, Rayquan Norfolk State										NH		
	2.10												
	XXX												

**Event 34 Heptathlon: #7 Men 1000 Meter Run Heptathlon**

=====				
Name	Year	School	Finals	Points
=====				
1	Goode, Amiri	Coppin State	2:48.93	777
2	Christopher, Jahquan	Norfolk State	2:50.61	759
3	Johnson, Neco	N.C. Central	2:51.17	753
4	Hawkins, Ezekiel	Howard	3:07.11	596
5	Brown, Eric	Howard	3:11.32	558
6	Nurse, Sadiq	Norfolk State	3:23.60	452
7	Alleyne, Jalen	SC State	3:43.55	302
8	Smith, Rayquan	Norfolk State	3:54.39	232

Women - Team Rankings - 17 Events Scored

=====			
Rank	Team	Points	Rank
=====			
1)	Howard	235	2) Norfolk State 116
3)	Morgan State	89	4) Delaware State 59
5)	Coppin State	57	6) N.C. Central 56
7)	SC State	30	8) Maryland-Eastern Shore 10

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**Results**

**....Event 34 Heptathlon: #7 Men 1000 Meter Run Heptathlon**

=====  
Men - Team Rankings - 17 Events Scored  
=====

1) Norfolk State	180	2) Howard	109
3) Delaware State	80	4) Coppin State	76
5) N.C. Central	62.50	6) SC State	53.50
7) Maryland-Eastern Shore	45	8) Morgan State	41