

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 1 Women High Jump**

NCAA D1 Reg: R 1.75m

MEAC: \$ 1.80m 2006

Brittany Robinson, Morgan State University

Name	Year	School	Finals	Points
Finals				
1 280 Artis, Jonee	JR	Norfolk State	1.65m	5-05.00 10
1.50 1.55 1.60 1.65 1.70				
P P O O XXX				
2 26 Baird, Natoya	SR	Coppin State	1.65m	5-05.00 8
1.50 1.55 1.60 1.65 1.70				
P O O XXO XXX				
3 302 Vaughn, Shanlynn	JR	Norfolk State	1.65m	5-05.00 5.50
1.50 1.55 1.60 1.65 1.70				
P P XO O XXX				
3 93 Pilliner, Suelyn	JR	Florida A&M	1.65m	5-05.00 5.50
1.50 1.55 1.60 1.65 1.70				
P P XO O XXX				
5 118 Briggs, Deshana	FR	Hampton	1.65m	5-05.00 4
1.50 1.55 1.60 1.65 1.70				
P XO XO O XXX				
6 119 Calder, Claudia	FR	Hampton	1.65m	5-05.00 3
1.50 1.55 1.60 1.65 1.70				
P O O XO XXX				
7 64 Johnson, Kristen	FR	Delaware State	1.65m	5-05.00 2
1.50 1.55 1.60 1.65 1.70				
O O XO XXO XXX				
8 59 Dillard, Christen	SR	Delaware State	1.60m	5-03.00 0.50
1.50 1.55 1.60 1.65				
P O XO XXX				
8 296 Mitchell, She'Anna	SO	Norfolk State	1.60m	5-03.00 0.50
1.50 1.55 1.60 1.65				
P P XO XXX				
10 258 Issacs, Khadeen	FR	N. Carolina A&T	1.60m	5-03.00
1.50 1.55 1.60 1.65				
P XO XO XXX				
11 250 Breeden, Amanda	SO	N. Carolina A&T	1.55m	5-01.00
1.50 1.55 1.60				
XO O XXX				
12 69 Sewell, Nykeisha	SO	Delaware State	1.55m	5-01.00
1.50 1.55 1.60				
O XXO XXX				
13 120 Fair, Ermesha	FR	Hampton	1.50m	4-11.00
1.50 1.55				
O XXX				
13 165 McKee, Alexandria	FR	Howard	1.50m	4-11.00
1.50 1.55				
O XXX				
13 41 Weekly, Salena	FR	Coppin State	1.50m	4-11.00
1.50 1.55				
O XXX				
-- 335 Moss, Andranette	SO	South Carolina St.	NH	
1.50				
XXX				

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Results

....Event 1 Women High Jump

-- 338 Scott, Mironda SR South Carolina St. NH
1.50
XXX
-- 327 Foster, Kristi SR South Carolina St. DNS

Event 2 Men High Jump

NCAA D1 Reg: R 2.10m

MEAC: \$ 2.25m 1993

Chris Gay, Florida A&M

Name	Year	School	Finals	Points
1 324 Woods, Marlon	JR	Norfolk State	2.15mR 7-00.50	10
1.80 1.85 1.90 1.95 2.00 2.05 2.10 2.15 2.20				
P P P P XO O XO XO XXX				
2 238 Blocker, James	JR	Morgan State	2.10mR 6-10.75	8
1.80 1.85 1.90 1.95 2.00 2.05 2.10 2.15				
P P P P P O O XXX				
3 217 Moore, James	JR	Maryland-Eastern	2.05m 6-08.75	5.50
1.80 1.85 1.90 1.95 2.00 2.05 2.10				
P P P O XO XO XXX				
3 321 Vinston, Corey	SO	Norfolk State	2.05m 6-08.75	5.50
1.80 1.85 1.90 1.95 2.00 2.05 2.10				
O O P O XO XO XXX				
5 104 McCloud, Antwonne	FR	Florida A&M	2.00m 6-06.75	4
1.80 1.85 1.90 1.95 2.00 2.05				
P P P P O XXX				
6 308 Hall, Raphael	JR	Norfolk State	2.00m 6-06.75	3
1.80 1.85 1.90 1.95 2.00 2.05 2.10				
P P P O XO P XXX				
7 278 Smith, Gordon	SR	N. Carolina A&T	2.00m 6-06.75	2
1.80 1.85 1.90 1.95 2.00 2.05				
P P O XXO XO XXX				
8 140 Dixon, Damon	SO	Hampton	1.95m 6-04.75	1
1.80 1.85 1.90 1.95 2.00				
P P XXO O XXX				
9 184 Rosa, Benjamin	FR	Howard	1.95m 6-04.75	
1.80 1.85 1.90 1.95 2.00				
O XO XXO O XXX				
10 19 Howard, DJ	FR	Bethune-Cookman	1.85m 6-00.75	
1.80 1.85 1.90				
P XXO XXX				
11 72 Brisco, Isaiah	FR	Delaware State	1.85m 6-00.75	
1.80 1.85 1.90				
XXO XXO XXX				
-- 81 Sivels, Darius	FR	Delaware State	NH	
1.80				
XX				
-- 219 Strachan, Jamahl	SR	Maryland-Eastern	NH	
1.80 1.85 1.90				
P P XXX				
-- 352 Knight, Levar	JR	South Carolina St.	NH	
1.80 1.85 1.90				
P P XXX				

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NCAA D1 Reg: R 3.85m

MEAC: \$ 3.35m 2007

Carolyn Lewis, Hampton

Name	Year	School	Finals	Points
1 303 Wright, Katie	FR	Norfolk State	3.26m 10-08.25	10
2.21 2.36 2.51 2.66 2.81 2.96 3.11 3.26 3.36				
P P P P P O O O XXX				
2 301 Shoates, Candace	JR	Norfolk State	2.81m 9-02.50	8
2.21 2.36 2.51 2.66 2.81 2.96				
O P XO O O XXX				
3 299 Sanders, Andrea	FR	Norfolk State	2.66m 8-08.75	6
2.21 2.36 2.51 2.66 2.81				
O O O O XXX				
4 292 Joseph, Ashleigh	SO	Norfolk State	2.66m 8-08.75	5
2.21 2.36 2.51 2.66 2.81				
XO O O O XXX				
5 231 Richardson, Shalee	SR	Morgan State	2.66m 8-08.75	4
2.21 2.36 2.51 2.66 2.81				
O O O XXO XXX				
6 67 McGroary, Victoria	SO	Delaware State	2.36m 7-08.75	3
2.21 2.36 2.51				
O XO XXX				
7 97 Suer, Antionette	SR	Florida A&M	2.36m 7-08.75	2
2.21 2.36 2.51				
O XXO XXX				
8 30 Jarvis, Crystal	SO	Coppin State	2.36m 7-08.75	1
2.21 2.36 2.51				
XO XXO XXX				
9 195 Berry, Alexander	FR	Maryland-Eastern	2.21m 7-03.00	
2.21 2.36				
XO XXX				
-- 338 Scott, Mironda	SR	South Carolina St.	NH	
2.21				
XXX				
-- 199 James, Ameris	FR	Maryland-Eastern	NH	
2.21				
XXX				
-- 329 Govirk, Elizabeth	SR	South Carolina St.	NH	
2.21				
XXX				
-- 37 Satchell, Stephani	FR	Coppin State	DNS	

Event 4 Men Pole Vault

NCAA D1 Reg: R 5.05m

MEAC: \$ 5.40m 2004

David Stephens, South Carolina State

Name	Year	School	Finals	Points
1 306 Dodd, Brett	JR	Norfolk State	4.40m 14-05.25	10
3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.60				
P P P P P P XXO O O XXX				
2 112 White, Mike	JR	Florida A&M	4.25m 13-11.25	8
3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40				
P P P P P P P XO XXX				

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Results

....Event 4 Men Pole Vault

3	71	Agan, Ryan	SO	Delaware State	3.95m	12-11.50	6
	3.20	3.35	3.50	3.65	3.80	3.95	4.10
	P	P	P	P	P	O	XXX
4	219	Strachan, Jamahl	SR	Maryland-Eastern	3.95m	12-11.50	5
	3.20	3.35	3.50	3.65	3.80	3.95	4.10
	O	O	XO	O	O	O	XXP
5	140	Dixon, Damon	SO	Hampton	3.95m	12-11.50	4
	3.20	3.35	3.50	3.65	3.80	3.95	4.10
	O	P	P	O	P	XO	XXX
6	314	Owens, Ryan	SO	Norfolk State	3.50m	11-05.75	3
	3.20	3.35	3.50	3.65			
	P	O	XO	XXX			
7	209	Dix, Jermol	FR	Maryland-Eastern	3.35m	10-11.75	2
	3.20	3.35	3.50				
	XO	XO	XXX				
--	305	Cooper, Algernon	SR	Norfolk State		NH	
	3.20						
	XXX						
--	54	Smith, Shane	SR	Coppin State		DNS	

Event 5 Women Long Jump

NCAA D1 Reg: R 6.00m

MEAC: \$ 6.34m 1983

Collette Williams, South Carolina State

Name	Year	School	Finals	Wind	Points	
1	6	Mitchell, Rockel	SR Bethune-Cookman	5.99m	5.7 19-08.00	10
		5.99m(5.7) FOUL	5.43m(1.9) FOUL	5.83m(3.3)	5.82m(2.0)	
2	253	Dixson, Brittany	SR N. Carolina A&T	5.89m	2.6 19-04.00	8
		5.73m(2.4) FOUL	5.70m(3.2) FOUL	5.89m(2.6)	5.59m(5.9)	
3	293	Kirby, Wanetta	SO Norfolk State	5.89m	3.0 19-04.00	6
		FOUL FOUL	5.89m(3.0) 5.61m(2.3) FOUL	FOUL		
4	125	Lewis, Rachel	SR Hampton	5.80m	3.8 19-00.50	5
		5.53m(3.0) 5.80m(3.8)	5.45m(2.6) 5.64m(1.3) FOUL	5.48m(0.3)		
5	281	Brown, Janet	SO Norfolk State	5.74m	2.7 18-10.00	4
		5.61m(2.8) 5.51m(2.0)	5.54m(-1.1) 5.72m(3.4)	5.61m(1.5)	5.74m(2.7)	
6	26	Baird, Natoya	SR Coppin State	5.56m	3.5 18-03.00	3
		5.40m(4.8) 5.56m(3.5)	5.24m(2.2) FOUL	5.32m(4.5)	5.53m(4.5)	
7	333	Mcwilliams, Rene	SR South Carolina St.	5.53m	3.7 18-01.75	2
		5.49m(1.1) 5.53m(3.7)	5.35m(3.7) 5.42m(5.4)	5.26m(3.5)	FOUL	
8	134	Vassell, Racquel	SO Hampton	5.51m	3.1 18-01.00	1
		5.51m(3.1) 4.86m(3.7) FOUL	FOUL FOUL FOUL	FOUL		
9	40	Taylor, Shekinah	FR Coppin State	5.50m	2.6 18-00.50	
		FOUL 5.50m(2.6)	5.46m(1.8) FOUL	5.21m(2.2)	FOUL	
10	250	Breeden, Amanda	SO N. Carolina A&T	5.46m	1.4 17-11.00	
		5.46m(1.4) 5.43m(5.8)	5.41m(1.5)			
11	339	Smith, Jasmine	JR South Carolina St.	5.45m	1.2 17-10.75	
		5.45m(1.2) FOUL(4.0)	5.42m(2.0)			
12	223	Carson, Micsha	FR Morgan State	5.44m	4.4 17-10.25	
		FOUL 5.00m(3.7)	5.44m(4.4)			
13	86	Davis, Ashante	SO Florida A&M	5.44m	7.1 17-10.25	
		FOUL 5.44m(7.1)	FOUL			
13	70	Shell, Jessika	SR Delaware State	5.44m	4.5 17-10.25	
		FOUL 5.44m(4.5)	FOUL			

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Results

....Event 5 Women Long Jump

15	96 Story, Tomika	FR Florida A&M	5.33m	4.9	17-06.00
	5.02m(1.1) 5.11m(2.7) 5.33m(4.9)				
16	93 Pilliner, Suelyn	JR Florida A&M	5.32m	3.0	17-05.50
	5.32m(3.0) 5.01m(3.8) 4.79m(2.6)				
17	59 Dillard, Christen	SR Delaware State	5.31m	3.0	17-05.25
	5.10m(2.0) 5.31m(3.0) 5.17m(3.5)				
18	285 Faulkner, Victoria	SR Norfolk State	5.18m	3.7	17-00.00
	FOUL 5.18m(3.7) FOUL				
19	120 Fair, Ermesha	FR Hampton	5.15m	2.9	16-10.75
	FOUL FOUL 5.15m(2.9)				
20	164 Lemonious, Alexand	JR Howard	4.98m	3.2	16-04.25
	FOUL FOUL 4.98m(3.2)				
--	341 Vance, Tempest	JR South Carolina St.	DNS	NWI	
--	29 Hall, Deondrea	JR Coppin State	DNS	NWI	

Event 6 Men Long Jump

=====							
NCAA D1 Reg: R 7.34m							
MEAC: \$ 7.93m 2008 Corey Vinston, Norfolk State							
Name	Year	School	Finals	Wind	Points		
=====							
1	321 Vinston, Corey	SO Norfolk State	7.67m	5.2	25-02.00	10	
	7.51m(3.6) 7.35m(2.2) 7.67m(5.2) PASS PASS		PASS				
2	324 Woods, Marlon	JR Norfolk State	7.60m	7.0	24-11.25	8	
	7.60m(7.0) PASS PASS 6.77m(3.0) FOUL		7.58m(2.5)				
3	152 Walker, Predist	SO Hampton	7.24m	2.6	23-09.00	6	
	7.13m(5.3) 6.97m(4.9) 7.04m(1.3) FOUL 7.14m(6.5)		7.24m(2.6)				
4	274 McFadgen, David	JR N. Carolina A&T	7.18m	4.5	23-06.75	5	
	7.06m(3.9) 7.05m(1.3) 7.18m(4.5) 7.05m(2.0) FOUL		7.00m(2.9)				
5	186 Small-Warner, Step	SR Howard	7.12m	5.3	23-04.50	4	
	7.12m(5.3) PASS PASS PASS PASS		PASS				
6	316 Shelton, Darris	FR Norfolk State	7.10m	4.7	23-03.50	3	
	FOUL 7.10m(4.7) 7.04m(4.2) 6.74m(1.9) PASS		FOUL				
7	352 Knight, Levar	JR South Carolina St.	7.07m	3.7	23-02.50	2	
	6.90m(4.5) 7.07m(3.7) 6.99m(2.3) FOUL FOUL		5.22m(2.1)				
8	23 Nicholas, Kenson	SO Bethune-Cookman	7.07m	4.5	23-02.50	1	
	FOUL(1.0) 7.07m(4.5) FOUL(3.6) 6.74m(-1.6) FOUL(2.4)		6.56m(-0.2)				
9	142 Jones, Brandon	SR Hampton	7.01m	4.8	23-00.00		
	6.16m(3.2) 6.49m(4.9) 7.01m(4.8) 6.69m(3.4) 6.80m(3.9)		6.65m(3.8)				
10	80 Murray, Leslie	FR Delaware State	6.87m	5.8	22-06.50		
	6.87m(5.8) 6.68m(3.0) PASS						
11	355 Stephens, Marcus	FR South Carolina St.	5.74m	4.6	18-10.00		
	5.74m(4.6) FOUL PASS						
12	238 Blocker, James	JR Morgan State	5.15m	2.5	16-10.75		
	FOUL 5.15m(2.5) PASS						
--	188 Tirado, Carnegie	FR Howard	FOUL				
	FOUL PASS PASS						
--	79 Moore, Larrone	JR Delaware State	FOUL				
	FOUL FOUL PASS						
--	49 Miles, Brandon	SR Coppin State	DNS	NWI			

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Results

Event 7 Women Triple Jump

NCAA D1 Reg: R 12.32m

MEAC: \$ 13.34m 2007

Yvette Lewis, Hampton

Name	Year	School	Finals	Wind	Points	
1 339 Smith, Jasmine	JR	South Carolina St.	12.77m	2.2	41-10.75	10
12.70m(0.8) FOUL	PASS	FOUL	12.36m(2.1)	12.77m(2.2)		
2 125 Lewis, Rachel	SR	Hampton	12.07m	1.1	39-07.25	8
11.97m(2.1) FOUL(1.5)	FOUL(1.5)	11.96m(1.5)	FOUL(1.6)	12.07m(1.1)		
3 96 Story, Tomika	FR	Florida A&M	11.99m	1.4	39-04.00	6
11.62m(1.0) FOUL(1.9)	11.89m(1.2)	11.97m(-0.3)	11.67m(-0.0)	11.99m(1.4)		
4 26 Baird, Natoya	SR	Coppin State	11.96m	-0.4	39-03.00	5
11.78m(1.8) 11.96m(-0.4)	FOUL	11.83m(0.5)	FOUL	FOUL		
5 253 Dixson, Brittany	SR	N. Carolina A&T	11.89m	2.2	39-00.25	4
FOUL(0.9) 11.63m(0.6)	11.78m(1.6)	11.69m(-0.0)	11.57m(2.0)	11.89m(2.2)		
6 86 Davis, Ashante	SO	Florida A&M	11.70m	1.4	38-04.75	3
11.56m(1.4) 11.56m(0.3)	11.70m(1.4)	11.48m(0.9)	11.56m(0.9)	FOUL(1.5)		
7 289 Hite, Alaina	FR	Norfolk State	11.68m	1.2	38-04.00	2
11.68m(1.2) 11.58m(1.7)	11.67m(0.5)	11.14m(0.1)	11.62m(1.1)	11.58m(2.1)		
8 59 Dillard, Christen	SR	Delaware State	11.67m	0.9	38-03.50	1
FOUL FOUL	11.67m(0.9)	11.60m(0.7)	FOUL	FOUL		
9 281 Brown, Janet	SO	Norfolk State	11.61m	1.5	38-01.25	
11.61m(1.5) FOUL(0.5)	11.51m(1.9)	FOUL(-0.6)	11.52m(0.9)	FOUL(3.1)		
10 291 Jenkins, Tanisha	SO	Norfolk State	11.36m	0.8	37-03.25	
FOUL(0.9) FOUL(1.7)	11.36m(0.8)					
11 60 Fan Fan, Tracey	FR	Delaware State	11.34m	2.3	37-02.50	
11.10m(2.5) 11.26m(1.9)	11.34m(2.3)					
12 120 Fair, Ermesha	FR	Hampton	11.33m	2.0	37-02.25	
11.33m(2.0) 11.11m(0.8)	FOUL					
-- 223 Carson, Micsha	FR	Morgan State	FOUL			
FOUL FOUL	PASS					
-- 70 Shell, Jessika	SR	Delaware State	FOUL			
FOUL FOUL	FOUL					
-- 40 Taylor, Shekinah	FR	Coppin State	FOUL			
FOUL FOUL	FOUL					
-- 331 Jefferson, Brandi	SO	South Carolina St.	FOUL			
FOUL FOUL	FOUL					
-- 2 Austin, Analisa	SO	Bethune-Cookman	DNS	NWI		
-- 29 Hall, Deondrea	JR	Coppin State	DNS	NWI		

Event 8 Men Triple Jump

NCAA D1 Reg: R 15.00m

MEAC: \$ 16.14m 2005

Brandon Vai, North Carolina A&T

Name	Year	School	Finals	Wind	Points	
1 321 Vinston, Corey	SO	Norfolk State	15.06mR	0.5	49-05.00	10
14.90m(1.1) 14.72m(0.8)	15.06m(0.5)	PASS	PASS	PASS		
2 324 Woods, Marlon	JR	Norfolk State	15.03mR	2.0	49-03.75	8
14.41m(2.6) FOUL(1.5)	PASS	14.47m(1.2)	14.68m(0.4)	15.03m(2.0)		
3 274 McFadgen, David	JR	N. Carolina A&T	14.93m	1.0	48-11.75	6
14.17m(1.8) FOUL(1.8)	FOUL(2.5)	14.53m(-0.4)	14.93m(1.0)	FOUL(1.1)		
4 267 Buchanan, Ron	SR	N. Carolina A&T	14.72m	0.5	48-03.50	5
14.69m(1.1) FOUL(2.9)	14.72m(0.5)	PASS	14.44m(0.1)	13.03m(1.6)		

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Results

....Event 8 Men Triple Jump

5	142 Jones, Brandon	SR Hampton	14.67m	2.4	48-01.75	4
	14.64m(1.5) 14.56m(1.8) 14.67m(2.4) 14.18m(1.9) FOUL(1.9) 14.58m(1.8)					
6	248 Taylor-Watson, Dak	SR Morgan State	14.44m	2.5	47-04.50	3
	14.19m(1.4) 12.84m(2.6) 13.67m(0.8) 13.87m(-1.0) FOUL(0.1) 14.44m(2.5)					
7	316 Shelton, Darris	FR Norfolk State	14.41m	1.8	47-03.50	2
	13.84m(1.9) 14.35m(0.1) 14.40m(0.8) FOUL(0.2) FOUL(0.2) 14.41m(1.8)					
8	217 Moore, James	JR Maryland-Eastern	14.12m	0.8	46-04.00	1
	13.94m(0.4) 13.60m(1.9) 13.70m(1.6) 14.08m(1.6) 14.12m(0.8) 13.51m(2.7)					
9	352 Knight, Levar	JR South Carolina St.	13.85m	2.0	45-05.25	
	FOUL FOUL 13.85m(2.0) FOUL PASS PASS					
10	23 Nicholas, Kenson	SO Bethune-Cookman	13.68m	2.4	44-10.75	
	13.59m(2.1) 13.68m(2.4) 13.15m(1.5)					
11	147 Ramsey, Stephen	SR Hampton	13.47m	1.0	44-02.50	
	FOUL FOUL 13.47m(1.0)					
12	184 Rosa, Benjamin	FR Howard	13.18m	2.7	43-03.00	
	12.94m(2.1) 13.18m(2.7) 13.04m(1.1)					
--	188 Tirado, Carnegie	FR Howard	FOUL			
	FOUL PASS PASS					
--	355 Stephens, Marcus	FR South Carolina St.	DNS	NWI		

Event 9 Women Discus Throw

NCAA D1 Reg: R 47.30m

MEAC: \$ 51.09m 1990 Tiffany Daughtry, Florida A&M

Name	Year	School	Finals	Points
1	255 Foster, Jerrine	JR N. Carolina A&T	47.34mR	155-04 10
	44.90m 47.13m FOUL 46.66m 47.34m FOUL			
2	230 Randall, Allison	JR Morgan State	44.19m	145-00 8
	42.52m FOUL FOUL 41.04m 43.54m 44.19m			
3	12 Williams, Ron-Dani	SR Bethune-Cookman	43.22m	141-09 6
	42.83m FOUL FOUL 43.15m 43.22m 38.93m			
4	116 Blaylock, Nielah	SR Hampton	41.09m	134-10 5
	41.09m FOUL 38.62m 33.12m 39.66m FOUL			
5	254 Forrester, Katheri	JR N. Carolina A&T	40.72m	133-07 4
	40.59m 40.72m FOUL 37.87m 32.87m FOUL			
6	206 Woodward, Saisha	SR Maryland-Eastern	40.38m	132-06 3
	34.85m FOUL FOUL FOUL 40.38m FOUL			
7	127 McGregor, Kristal	JR Hampton	40.24m	132-00 2
	40.24m FOUL 36.81m FOUL 39.08m 35.34m			
8	8 Ruffin, Maketa	SO Bethune-Cookman	38.42m	126-00 1
	38.42m FOUL FOUL 34.92m FOUL FOUL			
9	336 Rothmiller, Shamir	FR South Carolina St.	37.14m	121-10
	FOUL FOUL 37.14m FOUL FOUL FOUL			
10	135 Watkins, Jocelyn	SO Hampton	36.89m	121-00
	36.89m FOUL 34.90m			
11	236 Williams, Tia	FR Morgan State	34.71m	113-10
	33.50m 33.72m 34.71m			
12	155 Bell, Chanel	FR Howard	34.58m	113-05
	FOUL 34.58m FOUL			
13	198 Henry, Vanessa	FR Maryland-Eastern	33.85m	111-01
	33.84m 33.85m FOUL			
14	328 Fowler, Eileena	FR South Carolina St.	32.83m	107-08
	FOUL 32.83m 28.24m			

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15	162 Jenkins, Krystal	SO Howard	32.66m	107-02
	28.78m 30.95m 32.66m			
16	204 Wheeler, Joycelyn	SO Maryland-Eastern	31.20m	102-04
	29.67m 31.20m FOUL			
17	63 Hovington, Morgan	SR Delaware State	24.42m	80-01
	24.42m 23.50m FOUL			
--	153 Aaten-White, Mya	FR Howard	FOUL	
	FOUL FOUL FOUL			
--	84 Booker, Takeira	FR Florida A&M	FOUL	
	FOUL FOUL FOUL			
--	221 Bronson, Leitawsha	SR Morgan State	DNS	

Event 10 Men Discus Throw

NCAA D1 Reg: R 51.70m

MEAC: \$ 50.91m 1982

Alonzo Johnson, Florida A&M

Name	Year	School	Finals	Points
1	349	Facey, Noel	FR South Carolina St.	45.93m 150-08 10
		45.42m 42.95m 45.93m 45.58m PASS 44.04m		
2	315	Richardson, Kendri	FR Norfolk State	45.10m 147-11 8
		43.47m 45.10m FOUL PASS 43.21m 40.62m		
3	107	Scott, Frank	SO Florida A&M	43.78m 143-08 6
		43.78m 42.01m 40.83m PASS PASS 39.84m		
4	276	Phifer, Lonnie	SR N. Carolina A&T	42.19m 138-05 5
		41.78m 37.86m 37.03m PASS 42.19m PASS		
5	265	Boulware, Robert	SO N. Carolina A&T	40.95m 134-04 4
		40.26m 36.21m FOUL 40.79m 40.87m 40.95m		
6	277	Sanders, Alex	FR N. Carolina A&T	40.48m 132-10 3
		FOUL FOUL 38.28m 37.74m 40.48m PASS		
7	245	Napoleon, Anthony	FR Morgan State	39.43m 129-04 2
		39.43m 37.48m FOUL PASS 38.86m 37.03m		
8	21	Johnson, Craig	SR Bethune-Cookman	38.98m 127-11 1
		38.98m FOUL FOUL PASS PASS PASS		
9	346	Coleman, Brian	SO South Carolina St.	37.49m 123-00
		32.50m FOUL FOUL 32.24m 37.49m 37.07m		
10	348	Elmore, Mark	JR South Carolina St.	31.25m 102-06
		FOUL FOUL 31.25m		
--	237	Benjamin, Tyron	SR Morgan State	FOUL
		FOUL FOUL FOUL		

Event 13 Women Javelin Throw

NCAA D1 Reg: R 43.45m

MEAC: \$ 49.40m

Name	Year	School	Finals	Points
1	206	Woodward, Saisha	SR Maryland-Eastern	42.27m 138-08 10
		36.27m 38.21m FOUL 36.95m FOUL 42.27m		
2	336	Rothmiller, Shamir	FR South Carolina St.	41.56m 136-04 8
		36.44m 35.08m 31.22m 36.63m 41.56m FOUL		
3	115	Black, Amanda	SR Hampton	35.65m 116-11 6
		31.91m FOUL 26.77m 31.29m 32.90m 35.65m		

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Results

....Event 13 Women Javelin Throw

4	285 Faulkner, Victoria	SR Norfolk State	34.47m	113-01	5
	32.27m 29.24m 31.77m 31.93m 34.47m 30.88m				
5	154 Abernathy, Norell	FR Howard	33.82m	110-11	4
	27.29m 28.48m 32.13m 33.30m 30.39m 33.82m				
6	26 Baird, Natoya	SR Coppin State	33.35m	109-05	3
	33.06m FOUL 32.17m 29.04m 33.35m 24.69m				
7	236 Williams, Tia	FR Morgan State	32.63m	107-01	2
	32.63m 31.85m 30.00m FOUL FOUL 30.00m				
8	88 Francis, Ann-Marie	JR Florida A&M	30.17m	99-00	1
	25.15m 29.93m FOUL 28.75m 29.35m 30.17m				
9	302 Vaughn, Shanlynn	JR Norfolk State	29.99m	98-05	
	28.85m 29.99m 20.83m 23.00m 27.90m 28.53m				
10	230 Randall, Allison	JR Morgan State	29.81m	97-10	
	FOUL 29.81m 24.72m				
11	41 Weekly, Salena	FR Coppin State	29.69m	97-05	
	29.11m 29.69m FOUL				
12	30 Jarvis, Crystal	SO Coppin State	28.54m	93-08	
	28.54m 27.00m 24.81m				
13	198 Henry, Vanessa	FR Maryland-Eastern	27.43m	90-00	
	FOUL 27.43m FOUL				
14	8 Ruffin, Maketa	SO Bethune-Cookman	25.43m	83-05	
	FOUL 25.43m 22.10m				
15	288 Harris, Tiphani	SO Norfolk State	25.17m	82-07	
	25.17m 23.46m FOUL				
16	220 Adams, Ashley	SO Morgan State	24.24m	79-06	
	22.04m 24.24m FOUL				
17	135 Watkins, Jocelyn	SO Hampton	23.11m	75-10	
	21.71m FOUL 23.11m				
18	204 Wheeler, Joycelyn	SO Maryland-Eastern	21.89m	71-10	
	20.74m 21.89m 16.73m				
19	258 Issacs, Khadeen	FR N. Carolina A&T	21.67m	71-01	
	17.08m 21.67m FOUL				
20	97 Suer, Antionette	SR Florida A&M	17.23m	56-06	
	17.23m 14.77m 12.32m				
--	327 Foster, Kristi	SR South Carolina St.	DNS		

Event 14 Men Javelin Throw

NCAA D1 Reg: R 61.60m

MEAC: \$ 70.85m 1987

Kenneth Beache, Howard

Name	Year	School	Finals	Points
1 148 rountree, brandon	FR	Hampton	53.34m	175-00 10
			FOUL 53.34m 51.34m FOUL 52.32m 51.90m	
2 82 Sutton, John	JR	Delaware State	53.16m	174-05 8
			51.69m 50.90m 50.05m 49.18m 53.16m 52.71m	
3 345 Brown, Leighton	FR	South Carolina St.	51.54m	169-01 6
			45.20m 51.54m 49.61m 49.00m 46.69m 47.54m	
4 323 Whitties, Meredith	JR	Norfolk State	50.91m	167-00 5
			50.91m 48.51m 49.25m 43.89m 46.94m 43.35m	
5 271 Fox, Jesse	JR	N. Carolina A&T	47.79m	156-09 4
			46.23m 47.12m 42.99m 47.79m 46.91m FOUL	
6 72 Brisco, Isaiah	FR	Delaware State	47.34m	155-04 3
			FOUL 35.80m 43.81m 41.69m 47.34m 37.23m	

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7	207 Agbor-Eyong, Harri	FR Maryland-Eastern	46.31m	151-11	2
	46.31m FOUL FOUL 44.68m 43.04m FOUL				
8	147 Ramsey, Stephen	SR Hampton	44.65m	146-06	1
	FOUL 44.65m 38.36m FOUL FOUL 40.58m				
9	21 Johnson, Craig	SR Bethune-Cookman	43.58m	143-00	
	43.58m 36.63m FOUL FOUL 41.57m FOUL				
10	310 Luka, Dominic	SR Norfolk State	41.86m	137-04	
	41.86m 39.66m 41.13m				
11	112 White, Mike	JR Florida A&M	41.83m	137-03	
	40.68m 34.10m 41.83m				
12	248 Taylor-Watson, Dak	SR Morgan State	41.27m	135-05	
	41.27m 41.12m FOUL				
13	315 Richardson, Kendri	FR Norfolk State	40.16m	131-09	
	FOUL FOUL 40.16m				
14	348 Elmore, Mark	JR South Carolina St.	39.04m	128-01	
	36.59m 39.04m 36.19m				
15	346 Coleman, Brian	SO South Carolina St.	34.67m	113-09	
	34.67m 33.70m FOUL				
16	81 Sivels, Darius	FR Delaware State	29.59m	97-01	
	29.59m FOUL FOUL				
--	237 Benjamin, Tyron	SR Morgan State	FOUL		
	FOUL PASS PASS PASS PASS PASS				
--	245 Napoleon, Anthony	FR Morgan State	DNS		

Event 15 Women Shot Put

NCAA D1 Reg: R 14.30m

MEAC: \$ 14.69m 2008

Leitawsha Bronson, Morgan State

Name	Year	School	Finals	Points
1 336 Rothmiller, Shamir	FR	South Carolina St.	14.97m\$ 49-01.50	10
		13.63m 13.73m 13.91m 14.03m 14.97m 14.74m		
2 198 Henry, Vanessa	FR	Maryland-Eastern	14.91m\$ 48-11.00	8
		14.91m 14.52m 14.16m 14.40m FOUL FOUL		
3 12 Williams, Ron-Dani	SR	Bethune-Cookman	14.76m\$ 48-05.25	6
		14.24m 14.57m 14.76m 14.66m 14.69m 14.45m		
4 255 Foster, Jerrine	JR	N. Carolina A&T	14.68mR 48-02.00	5
		13.80m 13.88m 14.65m 14.46m 14.39m 14.68m		
5 221 Bronson, Leitawsha	SR	Morgan State	14.59mR 47-10.50	4
		14.59m 14.59m FOUL FOUL FOUL 14.39m		
6 254 Forrester, Katheri	JR	N. Carolina A&T	14.14m 46-04.75	3
		12.73m 13.48m 12.85m 14.10m 13.71m 14.14m		
7 206 Woodward, Saisha	SR	Maryland-Eastern	13.82m 45-04.25	2
		12.79m FOUL FOUL FOUL 13.43m 13.82m		
8 236 Williams, Tia	FR	Morgan State	12.99m 42-07.50	1
		12.21m 12.99m 12.45m FOUL FOUL FOUL		
9 135 Watkins, Jocelyn	SO	Hampton	12.51m 41-00.50	
		FOUL FOUL 12.51m FOUL 11.85m 12.41m		
10 155 Bell, Chanel	FR	Howard	12.26m 40-02.75	
		11.66m FOUL 12.26m		
11 63 Hovington, Morgan	SR	Delaware State	12.22m 40-01.25	
		11.14m 12.22m 11.93m		
12 127 McGregor, Kristal	JR	Hampton	12.04m 39-06.00	
		11.40m 12.04m FOUL		

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....Event 15 Women Shot Put

13	84 Booker, Takeira	FR Florida A&M	11.37m	37-03.75
	FOUL FOUL 11.37m			
14	328 Fowler, Eileena	FR South Carolina St.	10.50m	34-05.50
	10.21m FOUL 10.50m			
15	204 Wheeler, Joycelyn	SO Maryland-Eastern	10.49m	34-05.00
	FOUL 10.49m 10.39m			
16	162 Jenkins, Krystal	SO Howard	9.54m	31-03.75
	9.19m FOUL 9.54m			
--	153 Aaten-White, Mya	FR Howard	FOUL	
	FOUL FOUL FOUL			
--	230 Randall, Allison	JR Morgan State	FOUL	
	FOUL PASS PASS			
--	32 LaGrier, Tiffany	FR Coppin State	DNS	
--	35 Manely, Jeanine	FR Coppin State	DNS	

Event 16 Men Shot Put

NCAA D1 Reg: R 16.80m

MEAC: \$ 18.08m 2007

Kimani Kirton, Maryland Eastern Shore

Name	Year School	Finals	Points
1 237 Benjamin, Tyron	SR Morgan State	17.62mR 57-09.75	10
	17.13m 17.09m 17.26m 17.28m 17.40m 17.62m		
2 276 Phifer, Lonnie	SR N. Carolina A&T	17.32mR 56-10.00	8
	15.67m 16.23m 16.64m 16.04m 16.86m 17.32m		
3 320 Thomas, Darryl	FR Norfolk State	16.00m 52-06.00	6
	15.26m 16.00m FOUL 14.93m FOUL 15.38m		
4 265 Boulware, Robert	SO N. Carolina A&T	15.93m 52-03.25	5
	15.41m 14.89m 15.18m 15.56m 15.93m 15.82m		
5 349 Facey, Noel	FR South Carolina St.	15.61m 51-02.75	4
	15.61m FOUL FOUL 14.88m FOUL FOUL		
6 245 Napoleon, Anthony	FR Morgan State	14.63m 48-00.00	3
	14.37m 14.33m FOUL FOUL 14.30m 14.63m		
7 107 Scott, Frank	SO Florida A&M	14.43m 47-04.25	2
	13.46m 13.96m 14.43m FOUL FOUL FOUL		
8 307 Duncan, Theo	FR Norfolk State	14.38m 47-02.25	1
	14.35m FOUL 13.79m 14.38m 13.61m 13.96m		
9 346 Coleman, Brian	SO South Carolina St.	14.25m 46-09.00	
	FOUL 13.91m 13.92m 14.17m 13.87m 14.25m		
10 21 Johnson, Craig	SR Bethune-Cookman	13.31m 43-08.00	
	FOUL 13.31m FOUL		
11 347 Demesme, Rashad	FR South Carolina St.	11.29m 37-00.50	
	11.29m 10.76m FOUL		

Event 17 Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

NCAA D1 Reg: R 11.75

MEAC: \$ 11.45 2000

Shaunta Pelham, Florida A&M

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 7 Munroe, Dianne	SR Bethune-Cookman	11.47Q	3.4	1
2 134 Vassell, Racquel	SO Hampton	11.59Q	2.1	3

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....Event 17 Women 100 Meter Dash

3	283	Claiborne, Shannek	FR	Norfolk State	11.63Q	2.7	2	
4	333	Mcwilliams, Rene	SR	South Carolina St.	11.66Q	2.4	4	
5	9	Tongue, Jessica	FR	Bethune-Cookman	11.67q	2.4	4	11.664
6	89	Gillis, Ashley	SR	Florida A&M	11.67q	2.4	4	11.669
7	259	Lawson, Krystin	FR	N. Carolina A&T	11.67q	2.1	3	11.670
8	61	Franklin, NeKisha	SR	Delaware State	11.68q	2.7	2	
9	225	Hines, Ashley	JR	Morgan State	11.73	2.4	4	
10	11	Williams, Nickesha	JR	Bethune-Cookman	11.76	2.7	2	11.751
11	130	Richards, Petrice	JR	Hampton	11.76	3.4	1	11.757
12	286	Flowers, Tierra	JR	Norfolk State	11.77	2.4	4	
13	284	Davenport, Portia	JR	Norfolk State	11.83	3.4	1	
14	330	Gracia, Monique	FR	South Carolina St.	11.90	3.4	1	
15	334	Mobley, Nicole	JR	South Carolina St.	11.97	2.7	2	
16	88	Francis, Ann-Marie	JR	Florida A&M	12.01	2.1	3	
17	224	Hill, Tendai	JR	Morgan State	12.20	3.4	1	
18	252	Carrington, Crysta	SO	N. Carolina A&T	12.22	3.4	1	
19	57	Blake, Ashley	JR	Delaware State	12.32	2.4	4	
20	36	Sanders, Neicy	SR	Coppin State	12.41	2.1	3	
21	226	Johnson, Quawnecia	JR	Morgan State	12.44	2.7	2	
22	87	Forbes, Jesseka	SR	Florida A&M	12.46	2.7	2	
23	40	Taylor, Shekinah	FR	Coppin State	12.84	2.7	2	
24	161	Jackson, Latayvia	JR	Howard	12.91	2.1	3	
--	2	Austin, Analisa	SO	Bethune-Cookman	DNF	2.1	3	
--	197	Hawkins, Monique	FR	Maryland-Eastern	DNS	3.4	1	
--	58	Brown, Kamera	JR	Delaware State	DNS	2.1	3	

Event 17 Women 100 Meter Dash

NCAA D1 Reg: R 11.75

MEAC: \$ 11.45 2000

Shaunta Pelham, Florida A&M

Name	Year	School	Finals	Wind	Points
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Finals

1	61	Franklin, NeKisha	SR	Delaware State	11.62R	-0.5	10	
2	7	Munroe, Dianne	SR	Bethune-Cookman	11.64R	-0.5	8	
3	333	Mcwilliams, Rene	SR	South Carolina St.	11.71R	-0.5	6	
4	134	Vassell, Racquel	SO	Hampton	11.72R	-0.5	5	11.714
5	9	Tongue, Jessica	FR	Bethune-Cookman	11.72R	-0.5	4	11.718
6	283	Claiborne, Shannek	FR	Norfolk State	11.76	-0.5	3	
7	259	Lawson, Krystin	FR	N. Carolina A&T	11.77	-0.5	2	
8	89	Gillis, Ashley	SR	Florida A&M	11.83	-0.5	1	

Event 18 Men 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

NCAA D1 Reg: R 10.55

MEAC: \$ 10.23 1981

William Haynes, Florida A&M

Name	Year	School	Prelims	Wind	H#
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Preliminaries

1	275	Newman, Calesio	JR	N. Carolina A&T	10.27Q	2.3	1	
2	25	Sales, Dante	FR	Bethune-Cookman	10.34Q	2.7	4	
3	141	Dixon, Reggie	SO	Hampton	10.35Q	2.4	2	
4	79	Moore, Larrone	JR	Delaware State	10.51Q	2.8	3	

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....Event 18 Men 100 Meter Dash

5	136	Anderson, Aaron	JR	Hampton	10.49q	2.7	4	
6	211	Gauntlett, Akheem	FR	Maryland-Eastern	10.57q	2.4	2	
7	105	McKinzie, Carl	JR	Florida A&M	10.61q	2.4	2	
8	138	Brown, Devon	SO	Hampton	10.65q	2.8	3	
9	17	Herring, Chris	FR	Bethune-Cookman	10.68	2.8	3	
10	309	Hill, Trayman	SR	Norfolk State	10.71	2.3	1	
11	318	Speller, Thomas	FR	Norfolk State	10.72	2.8	3	10.712
12	149	Teel, Kevin	SR	Hampton	10.72	2.3	1	10.719
13	110	Washington, Joe	FR	Florida A&M	10.72	2.7	4	10.720
14	15	Cray, Eric	SO	Bethune-Cookman	10.74	2.4	2	
15	216	Miles, Damian	FR	Maryland-Eastern	10.77	2.3	1	10.768
16	273	Jordan, Akinwole	SO	N. Carolina A&T	10.77	2.8	3	10.769
17	106	Scott, Craig	SR	Florida A&M	10.87	2.7	4	10.864
18	322	Walker, Quinten	FR	Norfolk State	10.87	2.4	2	10.865
19	356	Washington, Darin	FR	South Carolina St.	10.90	2.7	4	10.898
20	171	Carter, Brandon	SR	Howard	10.90	2.3	1	10.899
21	183	Penny, Anthony	JR	Howard	10.95	2.4	2	
22	101	Carty, Rennie	FR	Florida A&M	10.96	2.3	1	
23	52	Pinnock, Andre	SO	Coppin State	11.01	2.8	3	
24	137	Battle, Justin	FR	Hampton	11.02	2.8	3	
25	48	Jackson, Kevon	JR	Coppin State	11.21	2.4	2	
26	244	Moore, Aaron	SR	Morgan State	11.31	2.4	2	
27	208	Alexander, Corey	SO	Maryland-Eastern	11.34	2.7	4	
28	102	Cook, LaJarvis	SR	Florida A&M	11.99	2.8	3	
29	355	Stephens, Marcus	FR	South Carolina St.	12.91	2.3	1	
--	249	Whyte, Carbinere	JR	Morgan State	DNS	2.3	1	
--	186	Small-Warner, Step	SR	Howard	DNS	2.7	4	
--	242	McLean, Stephen	SO	Morgan State	DNS	2.7	4	

Event 18 Men 100 Meter Dash

NCAA D1 Reg: R 10.55

MEAC: \$ 10.23 1981 William Haynes, Florida A&M

Name	Year	School	Finals	Wind	Points
Finals					
1	275	Newman, Calesio	JR N. Carolina A&T	10.30	3.2 10
2	141	Dixon, Reggie	SO Hampton	10.31	3.2 8
3	79	Moore, Larrone	JR Delaware State	10.39	3.2 6
4	25	Sales, Dante	FR Bethune-Cookman	10.41	3.2 5 10.402
5	136	Anderson, Aaron	JR Hampton	10.41	3.2 4 10.408
6	105	McKinzie, Carl	JR Florida A&M	10.52	3.2 3
7	211	Gauntlett, Akheem	FR Maryland-Eastern	10.55	3.2 2
8	138	Brown, Devon	SO Hampton	10.65	3.2 1

Event 19 Women 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

NCAA D1 Reg: R 23.96

MEAC: \$ 23.05 2000 Shaunta Pelham, Florida A&M

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	61	Franklin, NeKisha	SR Delaware State	R 23.59Q	1.0 3

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NCAT: Greensboro, NC

Results

....Event 19 Women 200 Meter Dash

2	126	McCorory, Francena	JR Hampton	R	23.68Q	-1.3	2
3	166	McNary, Lauren	SR Howard		23.90Q	2.7	4
4	7	Munroe, Dianne	SR Bethune-Cookman	R	23.92Q	-0.1	1
5	134	Vassell, Racquel	SO Hampton	R	23.82q	1.0	3
6	300	Sanford, Dania	SO Norfolk State		23.99q	2.7	4
7	259	Lawson, Krystin	FR N. Carolina A&T		24.02q	1.0	3
8	89	Gillis, Ashley	SR Florida A&M		24.16q	2.7	4
9	225	Hines, Ashley	JR Morgan State		24.19	-0.1	1
10	284	Davenport, Portia	JR Norfolk State		24.38	-1.3	2
11	293	Kirby, Wanetta	SO Norfolk State		24.40	-0.1	1
12	257	Hunt, Ruth	FR N. Carolina A&T		24.47	2.7	4
13	11	Williams, Nickesha	JR Bethune-Cookman		24.51	-1.3	2
14	130	Richards, Petrice	JR Hampton		24.52	2.7	4
15	334	Mobley, Nicole	JR South Carolina St.		24.59	-0.1	1
16	88	Francis, Ann-Marie	JR Florida A&M		24.70	1.0	3
17	66	Kelly, Ayanna	FR Delaware State		24.90	-1.3	2
18	57	Blake, Ashley	JR Delaware State		25.03	2.7	4
19	226	Johnson, Quawnecia	JR Morgan State		25.05	-1.3	2
20	36	Sanders, Neicy	SR Coppin State		25.20	1.0	3
21	335	Moss, Andranette	SO South Carolina St.		25.37	-1.3	2
22	34	Leigh, Samantha	SO Coppin State		25.45	-0.1	1
23	252	Carrington, Crysta	SO N. Carolina A&T		25.46	-1.3	2
24	85	Cunningham, LaKend	SR Florida A&M		25.59	-0.1	1
25	338	Scott, Mironda	SR South Carolina St.		26.01	1.0	3
26	202	Royster, Talithia	FR Maryland-Eastern		27.36	2.7	4
--	232	Robinson, Jamia	JR Morgan State		DNF	2.7	4
--	2	Austin, Analisa	SO Bethune-Cookman		DNS	1.0	3
--	161	Jackson, Latayvia	JR Howard		DNS	-0.1	1
--	197	Hawkins, Monique	FR Maryland-Eastern		DNS	1.0	3

Event 19 Women 200 Meter Dash

NCAA D1 Reg: R 23.96

MEAC: \$ 23.05 2000 Shaunta Pelham, Florida A&M

Name	Year	School	Finals	Wind	Points
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Finals

1	126	McCorory, Francena	JR Hampton	23.23R	-2.7	10
2	134	Vassell, Racquel	SO Hampton	23.58R	-2.7	8
3	7	Munroe, Dianne	SR Bethune-Cookman	23.62R	-2.7	6
4	61	Franklin, NeKisha	SR Delaware State	23.63R	-2.7	5
5	166	McNary, Lauren	SR Howard	24.04	-2.7	4
6	89	Gillis, Ashley	SR Florida A&M	24.21	-2.7	3
7	300	Sanford, Dania	SO Norfolk State	24.41	-2.7	2
8	259	Lawson, Krystin	FR N. Carolina A&T	24.67	-2.7	1

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 20 Men 200 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

NCAA D1 Reg: R 21.35

MEAC: \$ 20.00 1978

Rocky Cunningham, South Carolina Stat

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	24	Redhead, Joel	SR Bethune-Cookman	R 20.69Q	-0.4 2
2	79	Moore, Larrone	JR Delaware State	R 20.75Q	1.4 3
3	211	Gauntlett, Akheem	FR Maryland-Eastern	R 20.84Q	-1.1 4
4	141	Dixon, Reggie	SO Hampton	21.13Q	2.4 1
5	275	Newman, Calesio	JR N. Carolina A&T	R 20.94q	-1.1 4
6	318	Speller, Thomas	FR Norfolk State	R 21.01q	-0.4 2
7	25	Sales, Dante	FR Bethune-Cookman	R 21.08q	1.4 3
8	210	Fothergill, Allodi	JR Maryland-Eastern	R 21.09q	1.4 3
9	239	Fowther, Kevin	JR Morgan State	21.16	2.4 1
10	136	Anderson, Aaron	JR Hampton	R 21.30	-1.1 4
11	309	Hill, Trayman	SR Norfolk State	R 21.31	-1.1 4
12	216	Miles, Damian	FR Maryland-Eastern	21.50	2.4 1
13	142	Jones, Brandon	SR Hampton	21.56	1.4 3
14	110	Washington, Joe	FR Florida A&M	21.60	-0.4 2
14	273	Jordan, Akinwole	SO N. Carolina A&T	21.60	1.4 3
16	138	Brown, Devon	SO Hampton	21.61	-0.4 2
17	73	Clarke, Burton	SR Delaware State	21.63	-0.4 2
18	322	Walker, Quinten	FR Norfolk State	21.67	2.4 1
18	17	Herring, Chris	FR Bethune-Cookman	21.67	-1.1 4
20	356	Washington, Darin	FR South Carolina St.	21.70	2.4 1
21	182	Odocha, Tochi	SO Howard	21.87	1.4 3
22	74	Davis, Brycen	SO Delaware State	21.89	2.4 1
23	56	Wilson, Jamie	JR Coppin State	21.93	-1.1 4
24	101	Carty, Rennie	FR Florida A&M	21.94	1.4 3
25	241	Higgs, Jordan	FR Morgan State	22.03	1.4 3
25	354	Rackins, Kenneth	SR South Carolina St.	22.03	-1.1 4
27	52	Pinnock, Andre	SO Coppin State	22.04	-0.4 2
28	244	Moore, Aaron	SR Morgan State	22.08	-0.4 2
29	55	Whittingham, Winst	JR Coppin State	22.32	2.4 1
30	106	Scott, Craig	SR Florida A&M	22.90	2.4 1
--	183	Penny, Anthony	JR Howard	DNS	-1.1 4
--	171	Carter, Brandon	SR Howard	DNS	-0.4 2

Event 20 Men 200 Meter Dash

NCAA D1 Reg: R 21.35

MEAC: \$ 20.00 1978

Rocky Cunningham, South Carolina State

Name	Year	School	Finals	Wind	Points
Finals					
1	141	Dixon, Reggie	SO Hampton	20.71R	-1.8 10
2	79	Moore, Larrone	JR Delaware State	20.79R	-1.8 8
3	211	Gauntlett, Akheem	FR Maryland-Eastern	20.99R	-1.8 6
4	275	Newman, Calesio	JR N. Carolina A&T	21.00R	-1.8 5
5	318	Speller, Thomas	FR Norfolk State	21.14R	-1.8 4
6	25	Sales, Dante	FR Bethune-Cookman	21.31R	-1.8 3
7	210	Fothergill, Allodi	JR Maryland-Eastern	21.37	-1.8 2
--	24	Redhead, Joel	SR Bethune-Cookman	DNS	-1.8

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 21 Women 400 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

NCAA D1 Reg: R 54.61

MEAC: \$ 51.54 2008

Francena McCorory, Hampton

Name	Year	School	Prelims	H#
Preliminaries				
1	264	Spruiel, Alexander	SR N. Carolina A&T	R 52.98Q 1
2	227	Kendrick, Tanisha	SO Morgan State	R 54.56Q 2
3	126	McCorory, Francena	JR Hampton	54.92Q 4
4	232	Robinson, Jamia	JR Morgan State	56.32Q 3
5	166	McNary, Lauren	SR Howard	54.70q 2
6	233	Sloan, Avionne	SO Morgan State	56.13q 4
7	85	Cunningham, LaKend	SR Florida A&M	56.60q 1
8	256	Gray, Christina	SR N. Carolina A&T	56.72q 3 56.717
9	337	Sampson, Shari	SR South Carolina St.	56.72 4 56.718
10	90	Hulse, Jeanette	FR Florida A&M	56.77 3
11	131	Richmond, Leah	SO Hampton	56.96 1
12	98	Wright, Latoya	SO Florida A&M	57.02 4
13	300	Sanford, Dania	SO Norfolk State	57.03 4
14	66	Kelly, Ayanna	FR Delaware State	57.38 1
15	168	Stephens, Brittany	JR Howard	57.41 4
16	325	Allen, Natalee	SR South Carolina St.	57.47 2
17	38	Stepney, Quantika	FR Coppin State	57.59 2
18	34	Leigh, Samantha	SO Coppin State	57.89 1
19	260	Mitchell, Carmenta	SR N. Carolina A&T	57.96 2
20	335	Moss, Andranette	SO South Carolina St.	58.07 3
21	60	Fan Fan, Tracey	FR Delaware State	58.16 3
22	10	Wilbon, Lashodra	FR Bethune-Cookman	58.90 3
23	62	Harrison, Jessica	SO Delaware State	59.68 2
24	297	Moore, Shaniqua	FR Norfolk State	59.92 3
25	202	Royster, Talithia	FR Maryland-Eastern	1:00.00 2
26	163	King, Azalia	SO Howard	1:00.59 1
--	192	Lendor, Danai	SO Maryland-Eastern	DQ 1 Lane Violation

Event 21 Women 400 Meter Dash

NCAA D1 Reg: R 54.61

MEAC: \$ 51.54 2008

Francena McCorory, Hampton

Name	Year	School	Finals	Points
Finals				
1	126	McCorory, Francena	JR Hampton	51.75R 10
2	264	Spruiel, Alexander	SR N. Carolina A&T	51.95R 8
3	166	McNary, Lauren	SR Howard	52.97R 6
4	233	Sloan, Avionne	SO Morgan State	55.64 5
5	227	Kendrick, Tanisha	SO Morgan State	55.80 4
6	85	Cunningham, LaKend	SR Florida A&M	55.81 3
7	256	Gray, Christina	SR N. Carolina A&T	56.43 2
8	232	Robinson, Jamia	JR Morgan State	58.95 1

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 22 Men 400 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

NCAA D1 Reg: R 47.20

MEAC: \$ 45.60 2001

Chris Brown, Norfolk State

Name	Year	School	Prelims	H#
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Preliminaries

1	80	Murray, Leslie	FR Delaware State	R 46.41Q	3
2	210	Fothergill, Allodi	JR Maryland-Eastern	R 46.73Q	1
3	24	Redhead, Joel	SR Bethune-Cookman	R 46.92Q	2
4	213	Keane-Dawes, Thoma	SO Maryland-Eastern	R 47.18Q	4
5	239	Bowen, Kevin	JR Morgan State	R 46.79q	1
6	270	Elliott, Jarrell	FR N. Carolina A&T	47.27q	3
7	73	Clarke, Burton	SR Delaware State	47.42q	2
8	44	Bennett, Teo	FR Coppin State	47.47q	2
9	266	Bouttry, D'Mitri	FR N. Carolina A&T	47.80	2
10	51	Morgan, Carlinton	JR Coppin State	47.83	4
11	175	Harrison, Christop	JR Howard	48.09	4
12	74	Davis, Brycen	SO Delaware State	48.27	4
13	312	Moon, Tyrell	SO Norfolk State	48.42	1
14	354	Rackins, Kenneth	SR South Carolina St.	48.43	4
15	241	Higgs, Jordan	FR Morgan State	48.72	2
16	108	Suber, Stanley	SR Florida A&M	48.74	1
17	43	Bell, Jason	JR Coppin State	48.75	1
18	22	Keeling, Marcell	JR Bethune-Cookman	48.91	3
19	20	Jackson, Chris	FR Bethune-Cookman	49.19	4
20	179	LaRoche, Mikael	JR Howard	49.50	3
21	56	Wilson, Jamie	JR Coppin State	49.65	3
22	249	Whyte, Carbinere	JR Morgan State	49.82	3
23	145	Mitchell, Carl	SR Hampton	49.91	3
24	190	Williams, Kimery	SR Howard	50.20	1
25	279	Walters, Renaldo	SO N. Carolina A&T	50.28	1
26	99	Bolden, Ronald	SO Florida A&M	50.83	2
--	212	Jones-Burden, Paul	SO Maryland-Eastern	DQ	2 Lane Violation

Event 22 Men 400 Meter Dash

NCAA D1 Reg: R 47.20

MEAC: \$ 45.60 2001

Chris Brown, Norfolk State

Name	Year	School	Finals	Points
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Finals

1	210	Fothergill, Allodi	JR Maryland-Eastern	46.10R	10
2	239	Bowen, Kevin	JR Morgan State	46.38R	8
3	213	Keane-Dawes, Thoma	SO Maryland-Eastern	46.84R	6
4	270	Elliott, Jarrell	FR N. Carolina A&T	46.98R	5
5	80	Murray, Leslie	FR Delaware State	47.15R	4
6	44	Bennett, Teo	FR Coppin State	47.40	3
7	73	Clarke, Burton	SR Delaware State	48.56	2
--	24	Redhead, Joel	SR Bethune-Cookman	DNS	

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 23 Women 100 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

NCAA D1 Reg: R 13.92

MEAC: \$ 13.16 2006 Yvette Lewis, Hampton

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	263	Smith, Loreal	SR N. Carolina A&T	\$ 13.14Q	1.4 2
2	156	Buckley, Landria	JR Howard	R 13.48Q	1.8 3
3	4	Burke, Tavia	JR Bethune-Cookman	R 13.67Q	1.1 1
4	134	Vassell, Racquel	SO Hampton	R 13.52q	1.8 3
5	133	Smith, Michelle	SR Hampton	R 13.81q	1.1 1
6	3	Bardge, Crystal	SO Bethune-Cookman	R 13.85q	1.4 2
7	261	Newton, Kendra	SR N. Carolina A&T	R 13.89q	1.1 1
8	164	Lemonious, Alexand	JR Howard	13.96q	1.4 2
9	330	Gracia, Monique	FR South Carolina St.	14.04	1.8 3
10	220	Adams, Ashley	SO Morgan State	14.08	1.1 1
11	333	Mcwilliams, Rene	SR South Carolina St.	14.27	1.4 2
12	26	Baird, Natoya	SR Coppin State	14.28	1.1 1
13	9	Tongue, Jessica	FR Bethune-Cookman	14.29	1.8 3
14	294	Matthews, Ashantia	FR Norfolk State	14.74	1.4 2
15	169	Wallace, Janelle	SO Howard	14.83	1.1 1
16	262	Reddic, Lydia	SO N. Carolina A&T	14.88	1.8 3
17	331	Jefferson, Brandi	SO South Carolina St.	14.94	1.1 1
18	285	Faulkner, Victoria	SR Norfolk State	15.92	1.8 3
--	29	Hall, Deondrea	JR Coppin State	DNS	1.4 2

Event 23 Women 100 Meter Hurdles

NCAA D1 Reg: R 13.92

MEAC: \$ 13.16 2006 Yvette Lewis, Hampton

Name	Year	School	Finals	Wind	Points
Finals					
1	263	Smith, Loreal	SR N. Carolina A&T	13.30	2.4 10
2	4	Burke, Tavia	JR Bethune-Cookman	13.56	2.4 8
3	156	Buckley, Landria	JR Howard	13.59	2.4 6
4	134	Vassell, Racquel	SO Hampton	13.62	2.4 5
5	3	Bardge, Crystal	SO Bethune-Cookman	13.90	2.4 4
6	261	Newton, Kendra	SR N. Carolina A&T	14.13	2.4 3
7	133	Smith, Michelle	SR Hampton	14.14	2.4 2
8	164	Lemonious, Alexand	JR Howard	14.36	2.4 1

Event 24 Men 110 Meter Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

NCAA D1 Reg: R 14.30

MEAC: \$ 13.59 2008 Ronnie Ash, Bethune-Cookman

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	13	Ash, Ronnie	SO Bethune-Cookman	R 13.72Q	1.5 1
2	178	Kinney, Daniel	SR Howard	14.08Q	2.1 2
3	152	Walker, Predist	SO Hampton	14.14Q	2.1 2
4	358	Young, Donta	FR South Carolina St.	R 14.22Q	1.5 1

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 24 Men 110 Meter Hurdles**

5	19	Howard, DJ	FR	Bethune-Cookman	14.15Q	2.1	2
6	247	Simpson, Andrew	SR	Morgan State	14.45Q	1.5	1
7	105	McKinzie, Carl	JR	Florida A&M	14.81q	2.1	2
8	100	Carroll, Demarius	JR	Florida A&M	14.85q	1.5	1
9	313	Nkrumah, Keith	FR	Norfolk State	14.91	1.5	1
10	188	Tirado, Carnegie	FR	Howard	15.07	2.1	2
11	176	Henderson, DeAndre	SO	Howard	15.40	1.5	1
12	345	Brown, Leighton	FR	South Carolina St.	15.74	1.5	1
13	324	Woods, Marlon	JR	Norfolk State	16.07	2.1	2
14	344	Bolden, DeAngelo	SO	South Carolina St.	16.95	2.1	2

Event 24 Men 110 Meter Hurdles

NCAA D1 Reg: R 14.30

MEAC: \$ 13.59 2008

Ronnie Ash, Bethune-Cookman

Name	Year	School	Finals	Wind	Points
=====					
Finals					
1	13	Ash, Ronnie	SO Bethune-Cookman	13.72R	0.3 10
2	178	Kinney, Daniel	SR Howard	14.03R	0.3 8
3	152	Walker, Predist	SO Hampton	14.07R	0.3 6
4	19	Howard, DJ	FR Bethune-Cookman	14.31	0.3 5
5	358	Young, Donta	FR South Carolina St.	14.59	0.3 4
6	100	Carroll, Demarius	JR Florida A&M	14.69	0.3 3
7	105	McKinzie, Carl	JR Florida A&M	14.96	0.3 2
--	247	Simpson, Andrew	SR Morgan State	DNS	0.3

Event 25 Women 400 Meter Hurdles**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NCAA D1 Reg: R 1:00.82

MEAC: \$ 57.42 2002

Chloe Davis, Hampton

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	156	Buckley, Landria	JR Howard	R 59.30Q 1
2	298	Pickett, Allyssa	JR Norfolk State	R 1:00.71Q 2
3	98	Wright, Latoya	SO Florida A&M	1:01.72Q 3
4	263	Smith, Loreal	SR N. Carolina A&T	R 1:00.08Q 1
5	3	Bardge, Crystal	SO Bethune-Cookman	1:02.18Q 2
6	234	Smalls, Kamice	FR Morgan State	1:02.20Q 3
7	192	Lendor, Danai	SO Maryland-Eastern	1:03.17q 1
8	123	Harris, Margaret	SO Hampton	1:03.55q 2
9	251	Cadlett, Janee	JR N. Carolina A&T	1:04.31 3
10	119	Calder, Claudia	FR Hampton	1:05.70 3
11	95	Shields, Helena	FR Florida A&M	1:06.23 2
12	329	Govirk, Elizabeth	SR South Carolina St.	1:06.41 2
13	220	Adams, Ashley	SO Morgan State	1:06.49 2
14	69	Sewell, Nykeisha	SO Delaware State	1:06.83 1
15	331	Jefferson, Brandi	SO South Carolina St.	1:06.85 1
16	222	Campbell, Lauren	FR Morgan State	1:08.49 1
17	33	Lane, Brandi	JR Coppin State	1:08.82 1
18	157	Daniels, Lillian	SR Howard	1:09.53 2
19	28	Glenn, Trave	FR Coppin State	1:12.47 3

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 25 Women 400 Meter Hurdles**

20	169 Wallace, Janelle	SO Howard	1:24.05	3
--	341 Vance, Tempest	JR South Carolina St.	DNS	3

Event 25 Women 400 Meter Hurdles

NCAA D1 Reg: R 1:00.82

MEAC: \$ 57.42 2002 Chloe Davis, Hampton

Name	Year	School	Finals	Points
------	------	--------	--------	--------

Finals

1	156 Buckley, Landria	JR Howard	58.22R	10
2	263 Smith, Loreal	SR N. Carolina A&T	58.70R	8
3	98 Wright, Latoya	SO Florida A&M	58.96R	6
4	298 Pickett, Allyssa	JR Norfolk State	59.14R	5
5	3 Bardge, Crystal	SO Bethune-Cookman	59.36R	4
6	192 Lendor, Danai	SO Maryland-Eastern	1:01.64	3
7	123 Harris, Margaret	SO Hampton	1:01.65	2
8	234 Smalls, Kamice	FR Morgan State	1:03.60	1

Event 26 Men 400 Meter Hurdles**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NCAA D1 Reg: R 52.51

MEAC: \$ 50.31 1989 John Branch, Howard

Name	Year	School	Prelims	H#
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Preliminaries

1	15 Cray, Eric	SO Bethune-Cookman	R 52.41Q	2
2	278 Smith, Gordon	SR N. Carolina A&T	52.55Q	3
3	80 Murray, Leslie	FR Delaware State	52.76Q	1
4	178 Kinney, Daniel	SR Howard	52.56Q	3
5	151 Tondereau, Alvin	SR Hampton	53.39Q	1
6	358 Young, Donta	FR South Carolina St.	53.57Q	2
7	311 Marrow, Sherrod	FR Norfolk State	53.44q	1
8	357 Williams, Marvin	JR South Carolina St.	54.67q	3
9	77 Laws, Alan	SO Delaware State	54.78	3
10	180 McAlister, Tory	FR Howard	54.97	2
11	176 Henderson, DeAndre	SO Howard	55.82	2
12	323 Whitties, Meredith	JR Norfolk State	55.90	3
13	50 Mills, Darron	SR Coppin State	56.11	2
14	344 Bolden, DeAngelo	SO South Carolina St.	57.09	1
15	212 Jones-Burden, Paul	SO Maryland-Eastern	59.09	3
16	100 Carroll, Demarius	JR Florida A&M	59.23	3
17	208 Alexander, Corey	SO Maryland-Eastern	1:08.57	1
--	47 Edwards, Audbrey	JR Coppin State	FS	1
--	313 Nkrumah, Keith	FR Norfolk State	DQ	2
--	247 Simpson, Andrew	SR Morgan State	DNS	2
--	242 McLean, Stephen	SO Morgan State	DNS	1

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 26 Men 400 Meter Hurdles**

NCAA D1 Reg: R 52.51

MEAC: \$ 50.31 1989 John Branch, Howard

Name	Year	School	Finals	Points
Finals				
1	80	Murray, Leslie	FR Delaware State	50.54R 10
2	178	Kinney, Daniel	SR Howard	51.57R 8
3	278	Smith, Gordon	SR N. Carolina A&T	51.67R 6
4	15	Cray, Eric	SO Bethune-Cookman	51.80R 5
5	358	Young, Donta	FR South Carolina St.	53.04 4
6	151	Tondereau, Alvin	SR Hampton	53.48 3
7	357	Williams, Marvin	JR South Carolina St.	54.23 2
8	311	Marrow, Sherrod	FR Norfolk State	55.68 1

Event 27 Women 4x100 Meter Relay

NCAA D1 Reg: R 45.70

MEAC: \$ 44.97 2007 Hampton, Hampton

School	Finals	H#	Points
1 Bethune-Cookman	45.05R	2	10
1) 4 Burke, Tavia JR			
3) 11 Williams, Nickesha JR			
2 Norfolk State	45.10R	2	8
1) 286 Flowers, Tierra JR			
3) 284 Davenport, Portia JR			
3 N. Carolina A&T	45.34R	2	6
1) 252 Carrington, Crystal SO			
3) 263 Smith, Loreal SR			
4 Hampton	45.60R	2	5
1) 126 McCorory, Francena JR			
3) 130 Richards, Petrice JR			
5 South Carolina St.	46.14	2	4
1) 337 Sampson, Shari SR			
3) 333 Mcwilliams, Rene SR			
6 Florida A&M	46.22	2	3
1) 88 Francis, Ann-Marie JR			
3) 85 Cunningham, LaKendra SR			
7 Delaware State	46.24	1	2
1) 60 Fan Fan, Tracey FR			
3) 66 Kelly, Ayanna FR			
8 Morgan State	47.13	2	1
1) 234 Smalls, Kamice FR			
3) 225 Hines, Ashley JR			
9 Howard	47.89	1	
1) 164 Lemonious, Alexandria JR			
3) 168 Stephens, Brittany JR			
-- Coppin State	DNF	1	
1) 26 Baird, Natoya SR			
3) 40 Taylor, Shekinah FR			

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 28 Men 4x100 Meter Relay**

NCAA D1 Reg: R 40.66

MEAC: \$ 39.81 2004

Florida A&M, Florida A&M

J. Amune, B. Mobley, B. Perriman, F. Robinson

School	Finals	H#	Points
1 Bethune-Cookman	39.97R	2	10
1) 25 Sales, Dante FR	2) 17 Herring, Chris FR		
3) 15 Cray, Eric SO	4) 13 Ash, Ronnie SO		
2 Hampton	40.01R	2	8
1) 138 Brown, Devon SO	2) 141 Dixon, Reggie SO		
3) 136 Anderson, Aaron JR	4) 149 Teel, Kevin SR		
3 Maryland-Eastern Shore	40.33R	2	6
1) 213 Keane-Dawes, Thomas SO	2) 210 Fothergill, Allodin JR		
3) 216 Miles, Damian FR	4) 211 Gauntlett, Akheem FR		
4 Norfolk State	40.68	2	5
1) 318 Speller, Thomas FR	2) 309 Hill, Trayman SR		
3) 322 Walker, Quinten FR	4) 324 Woods, Marlon JR		
5 Coppin State	41.28	2	4
1) 44 Bennett, Teo FR	2) 52 Pinnock, Andre SO		
3) 51 Morgan, Carlinton JR	4) 48 Jackson, Kevon JR		
6 Florida A&M	41.47	1	3
1) 110 Washington, Joe FR	2) 106 Scott, Craig SR		
3) 101 Carty, Rennie FR	4) 105 McKinzie, Carl JR		
7 Morgan State	41.57	2	2
1) 244 Moore, Aaron SR	2) 239 Bowen, Kevin JR		
3) 241 Higgs, Jordan FR	4) 246 Richardson, Isaac SO		
8 Delaware State	41.81	2	1
1) 75 Easton, Andre SR	2) 74 Davis, Brycen SO		
3) 79 Moore, Larrone JR	4) 81 Sivels, Darius FR		
9 South Carolina St.	41.95	1	
1) 358 Young, Donta FR	2) 356 Washington, Darin FR		
3) 354 Rackins, Kenneth SR	4) 357 Williams, Marvin JR		
10 Howard	42.39	1	
1) 175 Harrison, Christopher JR	2) 182 Odocha, Tochi SO		
3) 179 LaRoche, Mikael JR	4) 188 Tirado, Carnegie FR		

Event 29 Women 4x400 Meter Relay

NCAA D1 Reg: R 3:42.00

MEAC: \$ 3:36.83 2006

North Carolina A&T, North Carolina A&

C. Mitchell, A. Spruiel, P. Blackmon, C. Clark

School	Finals	H#	Points
1 Howard	3:41.13R	2	10
1) 166 McNary, Lauren SR	2) 168 Stephens, Brittany JR		
3) 156 Buckley, Landria JR	4) 158 Hardy, Jami FR		
2 N. Carolina A&T	3:41.96R	2	8
1) 263 Smith, Loreal SR	2) 264 Spruiel, Alexandria SR		
3) 260 Mitchell, Carmenta SR	4) 256 Gray, Christina SR		
3 Norfolk State	3:43.00	1	6
1) 298 Pickett, Allyssa JR	2) 300 Sanford, Dania SO		
3) 284 Davenport, Portia JR	4) 293 Kirby, Wanetta SO		
4 Hampton	3:43.27	2	5
1) 126 McCorory, Francena JR	2) 134 Vassell, Racquel SO		

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 29 Women 4x400 Meter Relay**

3) 121 Flood, Starema SR	4) 123 Harris, Margaret SO		
5 Maryland-Eastern Shore	3:45.87	2	4
1) 205 Whyte, Celia SR	2) 192 Lendor, Danai SO		
3) 201 Jones, Eunice FR	4) 193 Anais, Cynthia FR		
6 Florida A&M	3:46.74	2	3
1) 90 Hulse, Jeanette FR	2) 98 Wright, Latoya SO		
3) 89 Gillis, Ashley SR	4) 85 Cunningham, LaKendra SR		
7 South Carolina St.	3:47.54	2	2
1) 325 Allen, Natalee SR	2) 335 Moss, Andranette SO		
3) 337 Sampson, Shari SR	4) 329 Govirk, Elizabeth SR		
8 Delaware State	3:48.36	1	1
1) 60 Fan Fan, Tracey FR	2) 61 Franklin, NeKisha SR		
3) 62 Harrison, Jessica SO	4) 66 Kelly, Ayanna FR		
9 Coppin State	3:55.21	1	
1) 38 Stepney, Quantika FR	2) 34 Leigh, Samantha SO		
3) 28 Glenn, Trave FR	4) 36 Sanders, Neicy SR		
-- Bethune-Cookman	DNS	2	
1) 2 Austin, Analisa SO	2) 7 Munroe, Dianne SR		
3) 3 Bardge, Crystal SO	4) 10 Wilbon, Lashodra FR		
-- Morgan State	DNS	2	
1) 227 Kendrick, Tanisha SO	2) 232 Robinson, Jamia JR		
3) 233 Sloan, Avionne SO	4) 226 Johnson, Quawnecia JR		

Event 30 Men 4x400 Meter Relay

NCAA D1 Reg: R 3:10.00

MEAC: \$ 3:07.30 1981

South Carolina State, South Carolina

W. Jackson, T. Boyd, J. Hinson, R. Cunningham

School

Finals H# Points

1 Maryland-Eastern Shore	3:07.83R	2	10
1) 213 Keane-Dawes, Thomas SO	2) 210 Fothergill, Allodin JR		
3) 211 Gauntlett, Akheem FR	4) 212 Jones-Burden, Paul SO		
2 N. Carolina A&T	3:08.21R	2	8
1) 273 Jordan, Akinwole SO	2) 266 Bouttry, D'Mitri FR		
3) 270 Elliott, Jarrell FR	4) 278 Smith, Gordon SR		
3 Coppin State	3:08.32R	2	6
1) 51 Morgan, Carlinton JR	2) 44 Bennett, Teo FR		
3) 56 Wilson, Jamie JR	4) 42 Archer, Jansen SR		
4 Delaware State	3:09.04R	2	5
1) 80 Murray, Leslie FR	2) 76 Holmes, Donte SO		
3) 79 Moore, Larrone JR	4) 83 Thibou, Kelli FR		
5 Howard	3:11.43	2	4
1) 175 Harrison, Christopher JR	2) 191 Williams, Richard JR		
3) 179 LaRoche, Mikael JR	4) 178 Kinney, Daniel SR		
6 Morgan State	3:11.63	2	3
1) 241 Higgs, Jordan FR	2) 239 Bowen, Kevin JR		
3) 246 Richardson, Isaac SO	4) 244 Moore, Aaron SR		
7 Hampton	3:12.58	1	2
1) 138 Brown, Devon SO	2) 145 Mitchell, Carl SR		
3) 144 Lynch, Brandon SR	4) 142 Jones, Brandon SR		
8 Norfolk State	3:13.13	1	1
1) 312 Moon, Tyrell SO	2) 313 Nkrumah, Keith FR		
3) 318 Speller, Thomas FR	4) 310 Luka, Dominic SR		

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009

www.halfmiletiming.com

NCAT: Greensboro, NC

Results

....Event 30 Men 4x400 Meter Relay

9	Bethune-Cookman		3:13.80	2
	1) 16 Douglas-Davis, Demetrius FR	2) 22 Keeling, Marcell JR		
	3) 20 Jackson, Chris FR	4) 18 Horton, Robert FR		
10	Florida A&M		3:14.49	1
	1) 103 Lee, Daquam SO	2) 99 Bolden, Ronald SO		
	3) 101 Carty, Rennie FR	4) 108 Suber, Stanley SR		
11	South Carolina St.		3:16.23	2
	1) 354 Rackins, Kenneth SR	2) 356 Washington, Darin FR		
	3) 357 Williams, Marvin JR	4) 358 Young, Donta FR		

Event 31 Women 800 Meter Run

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

=====
 NCAA D1 Reg: R 2:09.80

MEAC: \$ 2:08.56 1992 Diana Pitts, Coppin State

Name Year School Prelims H#

=====
 Preliminaries

1	193 Anais, Cynthia	FR Maryland-Eastern	2:11.44Q	3
2	200 James, Merrecia	SR Maryland-Eastern	2:12.29Q	1
3	201 Jones, Eunice	FR Maryland-Eastern	2:15.47Q	2
4	158 Hardy, Jami	FR Howard	2:12.04Q	3
5	5 Condell, Alexandri	JR Bethune-Cookman	2:12.92Q	1
6	205 Whyte, Celia	SR Maryland-Eastern	2:16.05Q	2
7	159 Hodges, Ashley	SO Howard	2:12.98q	1
8	121 Flood, Starema	SR Hampton	2:13.73q	1
9	38 Stepney, Quantika	FR Coppin State	2:16.38	3
10	129 Morris, Janean	JR Hampton	2:18.59	2
11	91 Listhrop, Nichola	SO Florida A&M	2:18.77	3
12	124 Jones, Kenya	JR Hampton	2:21.82	3
13	62 Harrison, Jessica	SO Delaware State	2:21.87	3
14	95 Shields, Helena	FR Florida A&M	2:23.26	1
15	332 Lawson, Lauren	SR South Carolina St.	2:24.57	2
16	27 Duncan, Latasha	FR Coppin State	2:25.57	2
17	65 Jones, Alisha	FR Delaware State	2:26.22	1
18	342 Williams, Amber	FR South Carolina St.	2:29.38	1
19	326 Daniley, Patrecia	FR South Carolina St.	2:32.72	3
20	92 Morgan, Philicia	SO Florida A&M	2:35.82	2
21	170 Woodruff, Amelia	FR Howard	2:49.67	2
--	229 Oliver, Tyshia	FR Morgan State	DNS	1
--	235 Vargas, Adrianna	SR Morgan State	DNS	3
--	228 McCollum, Vivian	JR Morgan State	DNS	2

Event 31 Women 800 Meter Run

=====
 NCAA D1 Reg: R 2:09.80

MEAC: \$ 2:08.56 1992 Diana Pitts, Coppin State

Name Year School Finals Points

=====
 Finals

1	193 Anais, Cynthia	FR Maryland-Eastern	2:10.10	10
2	201 Jones, Eunice	FR Maryland-Eastern	2:10.41	8
3	205 Whyte, Celia	SR Maryland-Eastern	2:10.76	6
4	200 James, Merrecia	SR Maryland-Eastern	2:11.11	5

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 31 Women 800 Meter Run**

5	158	Hardy, Jami	FR	Howard	2:11.29	4
6	121	Flood, Starema	SR	Hampton	2:16.71	3
7	159	Hodges, Ashley	SO	Howard	2:17.13	2
8	5	Condell, Alexandri	JR	Bethune-Cookman	2:20.83	1

Event 32 Men 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NCAA D1 Reg: R 1:50.40

MEAC: \$ 1:49.41 2003 Damion Drummond, Maryland East

Name	Year	School	Prelims	H#
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Preliminaries

1	76	Holmes, Donte	SO	Delaware State	1:51.22Q	1
2	46	Dunn, Dale	SO	Coppin State	1:52.22Q	3
3	191	Williams, Richard	JR	Howard	1:53.98Q	2
4	42	Archer, Jansen	SR	Coppin State	1:51.34Q	1
5	83	Thibou, Kelli	FR	Delaware State	1:52.38Q	3
6	103	Lee, Daquam	SO	Florida A&M	1:53.99Q	2
7	53	Smith, Kayon	JR	Coppin State	1:52.76q	3
8	14	Cosby, William	FR	Bethune-Cookman	1:53.63q	3
9	268	Burnette, Rashad	SR	N. Carolina A&T	1:53.87	3
10	144	Lynch, Brandon	SR	Hampton	1:53.88	1
11	45	Coleman, Julius	JR	Coppin State	1:54.00	2
12	187	Spivey, Lavernon	SR	Howard	1:55.97	1
13	172	Franklin, Jerod	SO	Howard	1:56.43	3
14	139	Cross, Yaphet	SR	Hampton	1:56.48	3
15	269	Cephas, Danzeto	FR	N. Carolina A&T	1:56.59	2
16	75	Easton, Andre	SR	Delaware State	1:57.86	2
17	243	Mesta, Nathan	FR	Morgan State	1:58.91	2
18	272	Jett, Travanni	SR	N. Carolina A&T	2:00.07	1
19	246	Richardson, Isaac	SO	Morgan State	2:03.25	1
20	150	Thompson, Bruce	FR	Hampton	2:03.61	2
21	22	Keeling, Marcell	JR	Bethune-Cookman	2:06.03	1
22	351	Green, Quinton	FR	South Carolina St.	2:10.68	3
23	343	Axson, Dashan	SO	South Carolina St.	2:15.39	2

Event 32 Men 800 Meter Run

NCAA D1 Reg: R 1:50.40

MEAC: \$ 1:49.41 2003 Damion Drummond, Maryland Eastern

Name	Year	School	Finals	Points
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Finals

1	76	Holmes, Donte	SO	Delaware State	1:51.13	10
2	53	Smith, Kayon	JR	Coppin State	1:51.15	8
3	46	Dunn, Dale	SO	Coppin State	1:51.29	6
4	42	Archer, Jansen	SR	Coppin State	1:51.97	5
5	103	Lee, Daquam	SO	Florida A&M	1:52.19	4
6	191	Williams, Richard	JR	Howard	1:53.12	3
7	83	Thibou, Kelli	FR	Delaware State	1:54.69	2
8	14	Cosby, William	FR	Bethune-Cookman	1:55.49	1

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 33 Women 1500 Meter Run**

NCAA D1 Reg: R 4:27.80

MEAC: \$ 4:35.19 1993

Diana Pitts, Coppin State

Name	Year	School	Finals	Points
1 200 James, Merrecia	SR	Maryland-Eastern	4:38.99	10
2 159 Hodges, Ashley	SO	Howard	4:39.15	8
3 205 Whyte, Celia	SR	Maryland-Eastern	4:41.10	6
4 201 Jones, Eunice	FR	Maryland-Eastern	4:44.18	5
5 128 Medlin, Krystle	SR	Hampton	4:45.18	4
6 193 Anais, Cynthia	FR	Maryland-Eastern	4:45.22	3
7 5 Condell, Alexandri	JR	Bethune-Cookman	4:47.56	2
8 203 Thomas, Tamica	JR	Maryland-Eastern	4:50.66	1
9 340 Stewart, Brittney	FR	South Carolina St.	4:52.65	
10 91 Listhrop, Nichola	SO	Florida A&M	4:55.47	
11 39 Tanui, Naomi	SR	Coppin State	5:01.60	
12 94 Ransom, Kelle	SO	Florida A&M	5:02.47	
13 326 Daniley, Patrecia	FR	South Carolina St.	5:02.54	
14 68 Ross, Mallory	SR	Delaware State	5:02.75	
15 132 Smith, Jahlisa	SO	Hampton	5:08.96	
16 124 Jones, Kenya	JR	Hampton	5:10.79	
17 27 Duncan, Latasha	FR	Coppin State	5:12.29	
18 342 Williams, Amber	FR	South Carolina St.	5:15.57	
19 287 Gee, Syeeda	FR	Norfolk State	5:16.91	
20 290 Hutto, Jamia	FR	Norfolk State	5:17.49	
21 65 Jones, Alisha	FR	Delaware State	5:17.81	
22 31 Kelly, Juashanna	FR	Coppin State	5:20.32	
23 129 Morris, Janean	JR	Hampton	5:34.32	
-- 282 Chichester, Jennif	SO	Norfolk State	DNF	
-- 167 Myles, Tamila	SO	Howard	DNF	
-- 160 Jackson, Brittany	SO	Howard	DNS	
-- 235 Vargas, Adrianna	SR	Morgan State	DNS	
-- 228 McCollum, Vivian	JR	Morgan State	DNS	

Event 34 Men 1500 Meter Run

NCAA D1 Reg: R 3:47.80

MEAC: \$ 3:45.76 1981

Al Williams, Florida A&M

Name	Year	School	Finals	Points
1 240 David, Justus	FR	Morgan State	3:53.25	10
2 143 Kamani, David	JR	Hampton	3:59.51	8
3 310 Luka, Dominic	SR	Norfolk State	4:01.33	6
4 319 Tessema, Josef	SO	Norfolk State	4:01.97	5
5 45 Coleman, Julius	JR	Coppin State	4:03.12	4
6 359 Liggins, Steve		N. Carolina A&T	4:05.35	3
7 246 Richardson, Isaac	SO	Morgan State	4:07.85	2
8 215 Maritim, Shadrack	FR	Maryland-Eastern	4:09.90	1
9 218 Sang, Peter	JR	Maryland-Eastern	4:10.95	
10 185 Sanders, Thurman	JR	Howard	4:12.42	
11 150 Thompson, Bruce	FR	Hampton	4:18.15	
12 214 Kiprotich, Amon	SO	Maryland-Eastern	4:20.60	
13 243 Mesta, Nathan	FR	Morgan State	4:21.08	
14 53 Smith, Kayon	JR	Coppin State	4:22.55	
15 113 Williams, Paul	FR	Florida A&M	4:22.63	

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 34 Men 1500 Meter Run**

16	353 Kurgatt, Charles	FR	South Carolina St.	4:24.83
17	46 Dunn, Dale	SO	Coppin State	4:28.78
18	181 Nelson, Rashard	JR	Howard	4:41.84

Event 35 Women 5000 Meter Run

NCAA D1 Reg: R 16:52.00

MEAC: \$ 17:41.41 2007 Merrecia James, Maryland Eastern

Name	Year	School	Finals	Points
1	128 Medlin, Krystle	SR	Hampton	18:15.21 10
2	39 Tanui, Naomi	SR	Coppin State	18:19.94 8
3	340 Stewart, Brittney	FR	South Carolina St.	18:29.70 6
4	200 James, Merrecia	SR	Maryland-Eastern	18:50.31 5
5	203 Thomas, Tamica	JR	Maryland-Eastern	18:53.17 4
6	201 Jones, Eunice	FR	Maryland-Eastern	19:10.57 3
7	132 Smith, Jahlisa	SO	Hampton	19:15.64 2
8	68 Ross, Mallory	SR	Delaware State	19:18.62 1
9	295 Miles, Tia	JR	Norfolk State	20:09.84
10	27 Duncan, Latasha	FR	Coppin State	20:42.81
11	290 Hutto, Jamia	FR	Norfolk State	20:46.90
12	124 Jones, Kenya	JR	Hampton	21:04.50
13	117 Branch, Jasmin	SO	Hampton	21:24.01
14	282 Chichester, Jennif	SO	Norfolk State	21:37.64
15	31 Kelly, Juashanna	FR	Coppin State	22:02.30
16	94 Ransom, Kelle	SO	Florida A&M	22:29.48

Event 36 Men 5000 Meter Run

NCAA D1 Reg: R 14:12.00

MEAC: \$ 14:53.30 2008 Amon Kiprotich, Maryland Eastern

Name	Year	School	Finals	Points
1	240 David, Justus	FR	Morgan State	15:06.92 10
2	143 Kamani, David	JR	Hampton	15:20.05 8
3	218 Sang, Peter	JR	Maryland-Eastern	15:32.93 6
4	214 Kiprotich, Amon	SO	Maryland-Eastern	15:38.55 5
5	114 Winters, Shuaib	FR	Florida A&M	15:38.65 4
6	310 Luka, Dominic	SR	Norfolk State	15:43.79 3
7	146 Nero, Sandino	JR	Hampton	15:48.18 2
8	319 Tessema, Josef	SO	Norfolk State	15:57.05 1
9	317 Simo, Jonathan	JR	Norfolk State	16:11.52
10	215 Maritim, Shadrack	FR	Maryland-Eastern	16:31.93
11	350 Gould, Mason	FR	South Carolina St.	17:13.27
12	189 Williams, Andre	SR	Howard	18:03.27
13	353 Kurgatt, Charles	FR	South Carolina St.	18:18.68

Event 37 Women 3000 Meter Steeplechase

NCAA D1 Reg: R 10:50.25

Name	Year	School	Finals	Points
1	128 Medlin, Krystle	SR	Hampton	11:29.75 10
2	200 James, Merrecia	SR	Maryland-Eastern	11:40.59 8

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 37 Women 3000 Meter Steeplechase**

3	340	Stewart, Brittney	FR	South Carolina St.	11:44.20	6
4	203	Thomas, Tamica	JR	Maryland-Eastern	11:57.69	5
5	167	Myles, Tamila	SO	Howard	12:37.23	4
6	326	Daniley, Patrecia	FR	South Carolina St.	12:37.79	3
7	27	Duncan, Latasha	FR	Coppin State	12:38.91	2
8	295	Miles, Tia	JR	Norfolk State	12:42.11	1
9	231	Richardson, Shalee	SR	Morgan State	13:01.81	
10	31	Kelly, Juashanna	FR	Coppin State	13:18.35	
11	342	Williams, Amber	FR	South Carolina St.	13:25.63	
--	132	Smith, Jahlisa	SO	Hampton	DNF	
--	69	Sewell, Nykeisha	SO	Delaware State	DNF	
--	287	Gee, Syeeda	FR	Norfolk State	DQ	Ran inside lane 1
--	282	Chichester, Jennif	SO	Norfolk State	DNS	

Event 38 Men 3000 Meter Steeplechase

NCAA D1 Reg: R 9:07.00

MEAC: \$ 9:20.07 2008

Peter Sang, Maryland Eastern Shore

Name	Year	School	Finals	Points
1	218	Sang, Peter	JR Maryland-Eastern	9:34.06 10
2	143	Kamani, David	JR Hampton	9:49.20 8
3	317	Simo, Jonathan	JR Norfolk State	9:50.29 6
4	214	Kiprotich, Amon	SO Maryland-Eastern	9:53.74 5
5	185	Sanders, Thurman	JR Howard	10:03.12 4
6	78	Mcdonald, Andre	JR Delaware State	10:07.72 3
7	243	Mesta, Nathan	FR Morgan State	10:11.65 2
8	146	Nero, Sandino	JR Hampton	10:20.76 1
9	215	Maritim, Shadrack	FR Maryland-Eastern	10:29.27
10	174	Galllion, Michael	SO Howard	10:56.91
11	353	Kurgatt, Charles	FR South Carolina St.	11:27.22
12	350	Gould, Mason	FR South Carolina St.	11:30.24
13	173	Frost, Kendall	JR Howard	12:33.13
--	150	Thompson, Bruce	FR Hampton	DNS
--	304	Cheruiyot, Hillary	SR Norfolk State	DNS

Event 39 Women Heptathlon

MEAC: \$ 4963 2003

Robin McClain, Morgan State Universi

NCAA Auto: A 5500

NCAA Prov: P 5050

Name	Year	School	Finals	Points
1	26	Baird, Natoya	SR Coppin State	4956 10
2	285	Faulkner, Victoria	SR Norfolk State	4721 8
3	291	Jenkins, Tanisha	SO Norfolk State	4563 6
4	294	Matthews, Ashantia	FR Norfolk State	4290 5
5	120	Fair, Ermesha	FR Hampton	3984 4
6	64	Johnson, Kristen	FR Delaware State	3962 3
7	69	Sewell, Nykeisha	SO Delaware State	3961 2
8	220	Adams, Ashley	SO Morgan State	3942 1
9	118	Briggs, Deshana	FR Hampton	3879
10	331	Jefferson, Brandi	SO South Carolina St.	3568

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 39 Heptathlon: #2 Women High Jump Heptathlon**

12	327 Foster, Kristi	SR South Carolina St.	1.40m	4-07.00	512
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43				
	P P P XO O O XO XXX				
--	29 Hall, Deondrea	JR Coppin State		DNS	

Event 39 Heptathlon: #3 Women Shot Put Heptathlon

Name	Year School	Finals	Points
1 285 Faulkner, Victoria	SR Norfolk State	12.91m	42-04.25 721
		12.34m 12.26m 12.91m	
2 291 Jenkins, Tanisha	SO Norfolk State	10.84m	35-06.75 585
		FOUL 10.84m 9.47m	
3 341 Vance, Tempest	JR South Carolina St.	10.82m	35-06.00 583
		9.55m 10.82m 10.50m	
4 294 Matthews, Ashantia	FR Norfolk State	10.52m	34-06.25 564
		9.01m FOUL 10.52m	
5 120 Fair, Ermesha	FR Hampton	10.43m	34-02.75 558
		10.15m 10.43m 10.39m	
6 220 Adams, Ashley	SO Morgan State	10.27m	33-08.50 547
		8.93m 9.39m 10.27m	
7 26 Baird, Natoya	SR Coppin State	9.86m	32-04.25 520
		9.58m 9.48m 9.86m	
8 327 Foster, Kristi	SR South Carolina St.	8.27m	27-01.75 417
		7.51m 7.73m 8.27m	
9 118 Briggs, Deshana	FR Hampton	8.19m	26-10.50 412
		7.65m 7.91m 8.19m	
10 331 Jefferson, Brandi	SO South Carolina St.	7.35m	24-01.50 357
		FOUL 7.35m 6.68m	
11 64 Johnson, Kristen	FR Delaware State	7.32m	24-00.25 356
		6.68m 7.17m 7.32m	
12 69 Sewell, Nykeisha	SO Delaware State	6.99m	22-11.25 334
		6.56m 6.99m 6.62m	
--	29 Hall, Deondrea	JR Coppin State	DNS

Event 39 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind H#	Points
1 220 Adams, Ashley	SO Morgan State	25.54	-0.3 2	838
2 294 Matthews, Ashantia	FR Norfolk State	25.77	-0.3 2	817
3 26 Baird, Natoya	SR Coppin State	25.96	-0.3 2	801
4 285 Faulkner, Victoria	SR Norfolk State	26.16	-0.3 2	783
5 291 Jenkins, Tanisha	SO Norfolk State	26.21	-0.3 2	779
6 69 Sewell, Nykeisha	SO Delaware State	27.03	-1.4 1	709
7 64 Johnson, Kristen	FR Delaware State	27.60	-1.4 1	663
8 118 Briggs, Deshana	FR Hampton	27.76	-0.3 2	650
9 120 Fair, Ermesha	FR Hampton	27.84	-0.3 2	643
10 331 Jefferson, Brandi	SO South Carolina St.	27.85	-0.3 2	643
11 327 Foster, Kristi	SR South Carolina St.	28.02	-1.4 1	629
--	341 Vance, Tempest	JR South Carolina St.	DNF -1.4 1	
--	29 Hall, Deondrea	JR Coppin State	DNS -1.4 1	

Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009**www.halfmiletiming.com****NCAT: Greensboro, NC****Results****Event 39 Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	Points
1 26 Baird, Natoya	SR Coppin State	5.77m	NWI 18-11.25	780
5.44m(NWI) FOUL	5.77m(NWI)			
2 291 Jenkins, Tanisha	SO Norfolk State	5.66m	NWI 18-07.00	747
5.42m(NWI) 5.46m(NWI) 5.66m(NWI)				
3 294 Matthews, Ashantia	FR Norfolk State	5.47m	NWI 17-11.50	691
FOUL 5.47m(NWI) FOUL				
4 285 Faulkner, Victoria	SR Norfolk State	5.36m	NWI 17-07.00	660
4.92m(NWI) 5.08m(NWI) 5.36m(NWI)				
5 120 Fair, Ermesha	FR Hampton	5.21m	NWI 17-01.25	617
5.11m(NWI) 5.21m(NWI) 5.02m(NWI)				
6 69 Sewell, Nykeisha	SO Delaware State	5.10m	NWI 16-08.75	587
5.07m(NWI) 5.10m(NWI) 5.00m(NWI)				
7 64 Johnson, Kristen	FR Delaware State	5.06m	NWI 16-07.25	576
4.89m(NWI) 5.06m(NWI) 5.06m(NWI)				
8 118 Briggs, Deshana	FR Hampton	4.79m	NWI 15-08.75	503
4.79m(NWI) FOUL 4.49m(NWI)				
9 331 Jefferson, Brandi	SO South Carolina St.	4.38m	NWI 14-04.50	398
FOUL 4.38m(NWI) FOUL				
-- 220 Adams, Ashley	SO Morgan State	FOUL		
FOUL FOUL FOUL				
-- 327 Foster, Kristi	SR South Carolina St.	DNS	NWI	
-- 29 Hall, Deondrea	JR Coppin State	DNS	NWI	
-- 341 Vance, Tempest	JR South Carolina St.	DNS	NWI	

Event 39 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 26 Baird, Natoya	SR Coppin State	33.52m	110-00 543
32.12m FOUL 33.52m			
2 285 Faulkner, Victoria	SR Norfolk State	32.55m	106-09 525
25.45m 32.55m 32.09m			
3 291 Jenkins, Tanisha	SO Norfolk State	27.73m	91-00 434
21.10m 24.92m 27.73m			
4 220 Adams, Ashley	SO Morgan State	26.81m	87-11 416
26.81m 23.95m 23.76m			
5 120 Fair, Ermesha	FR Hampton	25.30m	83-00 388
25.27m 25.30m 23.26m			
6 118 Briggs, Deshana	FR Hampton	23.42m	76-10 353
18.00m 22.36m 23.42m			
7 69 Sewell, Nykeisha	SO Delaware State	23.16m	76-00 348
23.16m 22.24m 21.79m			
8 294 Matthews, Ashantia	FR Norfolk State	23.11m	75-10 347
17.77m 23.11m FOUL			
9 64 Johnson, Kristen	FR Delaware State	19.91m	65-04 287
16.05m 12.94m 19.91m			
10 331 Jefferson, Brandi	SO South Carolina St.	17.01m	55-10 234
15.32m 15.01m 17.01m			
-- 341 Vance, Tempest	JR South Carolina St.	DNS	
-- 327 Foster, Kristi	SR South Carolina St.	DNS	
-- 29 Hall, Deondrea	JR Coppin State	DNS	

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Name	Year	School	Finals	Points	
1	69	Sewell, Nykeisha	SO Delaware State	2:32.94	656
2	220	Adams, Ashley	SO Morgan State	2:34.97	632
3	331	Jefferson, Brandi	SO South Carolina St.	2:37.21	605
4	120	Fair, Ermesha	FR Hampton	2:39.39	580
5	291	Jenkins, Tanisha	SO Norfolk State	2:39.44	579
6	285	Faulkner, Victoria	SR Norfolk State	2:42.76	542
7	64	Johnson, Kristen	FR Delaware State	2:44.12	527
8	118	Briggs, Deshana	FR Hampton	2:44.22	525
9	26	Baird, Natoya	SR Coppin State	2:45.59	510
10	294	Matthews, Ashantia	FR Norfolk State	2:56.67	397
--	341	Vance, Tempest	JR South Carolina St.	DNS	
--	327	Foster, Kristi	SR South Carolina St.	DNS	
--	29	Hall, Deondrea	JR Coppin State	DNS	

Event 40 Men Decathlon

MEAC: \$ 6693 2005

Alan Mitchell, Morgan State

NCAA Auto: A 7500

NCAA Prov: P 6900

Name	Year	School	Finals	Points	
1	248	Taylor-Watson, Dak	SR Morgan State	6236	10
2	140	Dixon, Damon	SO Hampton	6143	8
3	219	Strachan, Jamahl	SR Maryland-Eastern	6009	6
4	323	Whitties, Meredith	JR Norfolk State	5811	5
5	316	Shelton, Darris	FR Norfolk State	5758	4
6	209	Dix, Jermol	FR Maryland-Eastern	5714	3
7	345	Brown, Leighton	FR South Carolina St.	5603	2
8	147	Ramsey, Stephen	SR Hampton	5558	1
9	305	Cooper, Algernon	SR Norfolk State	5144	
10	348	Elmore, Mark	JR South Carolina St.	4754	
11	111	Washington, Philli	SO Florida A&M	4383	
12	343	Axson, Dashan	SO South Carolina St.	3920	

Event 40 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year	School	Finals	Wind	H#	Points	
1	81	Sivels, Darius	FR Delaware State	11.20	-0.6	2	817
2	316	Shelton, Darris	FR Norfolk State	11.30	-0.6	2	795
2	248	Taylor-Watson, Dak	SR Morgan State	11.30	-0.6	2	795
4	345	Brown, Leighton	FR South Carolina St.	11.49	-1.8	1	755
5	140	Dixon, Damon	SO Hampton	11.51	-0.6	2	750
6	209	Dix, Jermol	FR Maryland-Eastern	11.53	-0.6	2	746
7	147	Ramsey, Stephen	SR Hampton	11.55	-1.8	1	742
8	323	Whitties, Meredith	JR Norfolk State	11.57	-0.6	2	738
9	343	Axson, Dashan	SO South Carolina St.	11.82	-1.8	1	687
9	348	Elmore, Mark	JR South Carolina St.	11.82	-0.6	2	687
11	219	Strachan, Jamahl	SR Maryland-Eastern	11.93	-1.8	1	665
12	305	Cooper, Algernon	SR Norfolk State	12.01	-1.8	1	649
13	111	Washington, Philli	SO Florida A&M	12.23	-0.6	2	606

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Name	Year School	Finals	Wind	Points	
1 316 Shelton, Darris	FR Norfolk State	7.14m	0.4	23-05.25	847
6.69m(-1.9) 7.02m(+0.0) 7.14m(0.4)					
2 248 Taylor-Watson, Dak	SR Morgan State	6.57m	-0.9	21-06.75	713
5.97m(-1.0) 6.04m(-0.7) 6.57m(-0.9)					
3 140 Dixon, Damon	SO Hampton	6.55m	-0.8	21-06.00	709
6.55m(-0.8) 5.75m(-1.1) 6.33m(-1.3)					
4 81 Sivels, Darius	FR Delaware State	6.32m	NWI	20-09.00	657
5.61m(-0.9) FOUL(-0.1) 6.32m(-0.0)					
5 219 Strachan, Jamahl	SR Maryland-Eastern	6.24m	+0.0	20-05.75	639
6.00m(-1.2) 6.24m(+0.0) 4.55m(+0.0)					
6 209 Dix, Jermol	FR Maryland-Eastern	6.22m	-0.3	20-05.00	635
6.22m(-0.3) 5.92m(-0.2) FOUL(2.0)					
7 147 Ramsey, Stephen	SR Hampton	6.14m	NWI	20-01.75	617
6.14m(-0.0) 5.89m(-0.4) 5.96m(-1.2)					
8 305 Cooper, Algernon	SR Norfolk State	6.11m	0.2	20-00.50	610
5.86m(-1.9) 5.91m(-0.6) 6.11m(0.2)					
9 323 Whitties, Meredith	JR Norfolk State	6.08m	-1.2	19-11.50	604
6.07m(-0.1) FOUL(-0.9) 6.08m(-1.2)					
10 345 Brown, Leighton	FR South Carolina St.	6.07m	NWI	19-11.00	602
6.01m(-0.6) 6.07m(-0.0) 5.45m(-0.3)					
11 111 Washington, Philli	SO Florida A&M	5.88m	-1.0	19-03.50	561
5.54m(-1.0) 5.83m(-1.7) 5.88m(-1.0)					
12 348 Elmore, Mark	JR South Carolina St.	5.66m	-0.2	18-07.00	514
FOUL(-0.3) 5.66m(-0.2) FOUL(2.0)					
13 343 Axson, Dashan	SO South Carolina St.	5.09m	-2.1	16-08.50	400
5.09m(-2.1) 4.27m(-0.0) FOUL(-0.7)					

Event 40 Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points	
1 248 Taylor-Watson, Dak	SR Morgan State	11.64m	38-02.25	585
11.49m 11.64m 11.02m				
2 348 Elmore, Mark	JR South Carolina St.	11.43m	37-06.00	572
11.40m 10.56m 11.43m				
3 305 Cooper, Algernon	SR Norfolk State	10.62m	34-10.25	523
10.62m 10.31m 10.00m				
4 345 Brown, Leighton	FR South Carolina St.	10.61m	34-09.75	522
9.88m 10.04m 10.61m				
5 323 Whitties, Meredith	JR Norfolk State	9.99m	32-09.50	485
9.48m FOUL 9.99m				
6 209 Dix, Jermol	FR Maryland-Eastern	9.82m	32-02.75	475
9.82m 9.06m 9.56m				
7 316 Shelton, Darris	FR Norfolk State	9.69m	31-09.50	467
8.77m 9.69m FOUL				
7 140 Dixon, Damon	SO Hampton	9.69m	31-09.50	467
9.46m 9.63m 9.69m				
9 219 Strachan, Jamahl	SR Maryland-Eastern	9.29m	30-05.75	443
9.29m 8.29m 9.03m				
10 147 Ramsey, Stephen	SR Hampton	8.60m	28-02.75	402
FOUL FOUL 8.60m				

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....Event 40 Decathlon: #3 Men Shot Put Decathlon

11	111 Washington, Philli	SO Florida A&M	7.49m	24-07.00	336
	6.07m 6.57m 7.49m				
12	81 Sivels, Darius	FR Delaware State	7.19m	23-07.25	318
	FOUL 7.19m FOUL				
13	343 Axson, Dashan	SO South Carolina St.	6.72m	22-00.75	291
	6.55m 5.86m 6.72m				

Event 40 Decathlon: #4 Men High Jump Decathlon

Name		Year School	Finals										Points		
1	219 Strachan, Jamahl	SR Maryland-Eastern	1.97m	6-05.50	776										
	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 2.00												
	P O O P P	P P P P P	O O XO O O XO XXX												
2	316 Shelton, Darris	FR Norfolk 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												
	P P P P O	O P P O XO	O O XO O O XXX												
3	305 Cooper, Algernon	SR Norfolk State	1.88m	6-02.00	696										
	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												
	P P P P O	O O P XO XO	O O XXO XXX												
3	248 Taylor-Watson, Dak	SR Morgan State	1.88m	6-02.00	696										
	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												
	P P P P P	P P P P P	XO P XO P XXX												
5	140 Dixon, Damon	SO Hampton	1.85m	6-00.75	670										
	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												
	P P P P O	P P P P P	O O XXX												
5	81 Sivels, Darius	FR Delaware State	1.85m	6-00.75	670										
	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												
	P P P P P	P P O XO O	XO XO XXX												
7	111 Washington, Philli	SO Florida A&M	1.79m	5-10.50	619										
	1.52 1.55 1.58 1.61 1.64	1.67 1.70 1.73 1.76 1.79	1.82												
	P P P P O	XO P P XXO XO XXX													
8	147 Ramsey, Stephen	SR Hampton	1.70m	5-07.00	544										
	1.52 1.55 1.58 1.61 1.64	1.67 1.70 1.73													
	P P P O XO	O O XXX													
9	345 Brown, Leighton	FR South Carolina St.	1.67m	5-05.75	520										
	1.52 1.55 1.58 1.61 1.64	1.67 1.70													
	O O XO O O	XO XXX													
9	209 Dix, Jermol	FR Maryland-Eastern	1.67m	5-05.75	520										
	1.52 1.55 1.58 1.61 1.64	1.67 1.70													
	P P O P O	O XXX													
9	323 Whitties, Meredith	JR Norfolk State	1.67m	5-05.75	520										
	1.52 1.55 1.58 1.61 1.64	1.67 1.70													
	O O O XXO XO	XXO XXX													
12	348 Elmore, Mark	JR South Carolina St.	1.64m	5-04.50	496										
	1.52 1.55 1.58 1.61 1.64	1.67													
	P O P O XO	XXX													
13	343 Axson, Dashan	SO South Carolina St.	1.61m	5-03.25	472										
	1.52 1.55 1.58 1.61 1.64														
	P O O XXO XXX														

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Name	Year	School	Finals	H#	Points	
1	140	Dixon, Damon	SO Hampton	50.28	2	802
2	81	Sivels, Darius	FR Delaware State	50.41	1	796
3	323	Whitties, Meredith	JR Norfolk State	51.15	1	762
4	316	Shelton, Darris	FR Norfolk State	51.41	2	751
5	345	Brown, Leighton	FR South Carolina St.	51.46	2	749
6	209	Dix, Jermol	FR Maryland-Eastern	51.54	2	745
7	147	Ramsey, Stephen	SR Hampton	51.97	2	726
8	219	Strachan, Jamahl	SR Maryland-Eastern	52.27	2	713
9	348	Elmore, Mark	JR South Carolina St.	52.78	2	691
10	343	Axson, Dashan	SO South Carolina St.	53.90	1	644
11	248	Taylor-Watson, Dak	SR Morgan State	53.92	2	643
12	111	Washington, Philli	SO Florida A&M	55.36	1	584
13	305	Cooper, Algernon	SR Norfolk State	58.93	1	450

Event 40 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	H#	Points	
1	323	Whitties, Meredith	JR Norfolk State	14.52	2.2	4	908
2	140	Dixon, Damon	SO Hampton	14.81	2.2	4	873
3	209	Dix, Jermol	FR Maryland-Eastern	15.35	3.9	2	808
4	147	Ramsey, Stephen	SR Hampton	15.49	3.3	1	791
5	248	Taylor-Watson, Dak	SR Morgan State	15.59	3.3	1	780
6	316	Shelton, Darris	FR Norfolk State	15.74	2.5	3	762
7	111	Washington, Philli	SO Florida A&M	16.07	2.2	4	725
8	345	Brown, Leighton	FR South Carolina St.	16.36	2.5	3	693
9	305	Cooper, Algernon	SR Norfolk State	16.82	3.9	2	643
10	219	Strachan, Jamahl	SR Maryland-Eastern	16.87	3.3	1	638
11	343	Axson, Dashan	SO South Carolina St.	18.55	3.9	2	473
12	348	Elmore, Mark	JR South Carolina St.	20.76	2.2	4	292
--	81	Sivels, Darius	FR Delaware State	DNF	2.5	3	

Event 40 Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points		
1	348	Elmore, Mark	JR South Carolina St.	35.84m	117-07	581
		35.84m 29.88m 35.16m				
2	248	Taylor-Watson, Dak	SR Morgan State	34.12m	111-11	546
		34.12m FOUL 33.83m				
3	219	Strachan, Jamahl	SR Maryland-Eastern	30.91m	101-05	482
		25.26m 30.91m FOUL				
4	345	Brown, Leighton	FR South Carolina St.	30.62m	100-05	477
		30.62m 23.56m FOUL				
5	147	Ramsey, Stephen	SR Hampton	28.81m	94-06	441
		FOUL FOUL 28.81m				
6	209	Dix, Jermol	FR Maryland-Eastern	28.58m	93-09	437
		20.21m 28.58m FOUL				
7	140	Dixon, Damon	SO Hampton	27.23m	89-04	410
		23.42m 27.23m FOUL				
8	305	Cooper, Algernon	SR Norfolk State	27.00m	88-07	406
		FOUL 27.00m 25.62m				

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9	323 Whitties, Meredith	JR Norfolk State	22.91m	75-02	327
	22.91m FOUL FOUL				
10	316 Shelton, Darris	FR Norfolk State	22.71m	74-06	323
	17.79m FOUL 22.71m				
11	111 Washington, Philli	SO Florida A&M	18.40m	60-04	242
	16.34m 15.19m 18.40m				
12	343 Axson, Dashan	SO South Carolina St.	14.15m	46-05	165
	FOUL 14.15m 14.05m				
--	81 Sivels, Darius	FR Delaware State	DNS		

Event 40 Decathlon: #8 Men Pole Vault Decathlon

Name		Year School	Finals		Points
1	219 Strachan, Jamahl	SR Maryland-Eastern	3.95m	12-11.50	603
	2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05				
	P P O O O O XO O O P O XO XXX				
2	140 Dixon, Damon	SO Hampton	3.65m	11-11.75	522
3	248 Taylor-Watson, Dak	SR Morgan State	3.35m	10-11.75	444
	2.85 2.95 3.05 3.15 3.25 3.35 3.45				
	P XO P XO XXO O XXX				
4	209 Dix, Jermol	FR Maryland-Eastern	3.25m	10-08.00	418
5	323 Whitties, Meredith	JR Norfolk State	3.05m	10-00.00	369
	2.85 2.95 3.05 3.15				
	XO O O XXX				
6	111 Washington, Philli	SO Florida A&M	2.85m	9-04.25	321
	2.85 2.95				
	O XXX				
6	305 Cooper, Algernon	SR Norfolk State	2.85m	9-04.25	321
	2.85 2.95 3.05				
	O XXO XXX				
8	147 Ramsey, Stephen	SR Hampton	2.75m	9-00.25	298
8	316 Shelton, Darris	FR Norfolk State	2.75m	9-00.25	298
	2.85 2.95				
	XO XXX				
10	345 Brown, Leighton	FR South Carolina St.	2.35m	7-08.50	210
11	348 Elmore, Mark	JR South Carolina St.	1.25m	4-01.25	21
11	343 Axson, Dashan	SO South Carolina St.	1.25m	4-01.25	21
--	81 Sivels, Darius	FR Delaware State	DNS		

Event 40 Decathlon: #9 Men Javelin Throw Decathlon

Name		Year School	Finals		Points
1	345 Brown, Leighton	FR South Carolina St.	52.58m	172-06	627
	47.77m 46.30m 52.58m				
2	323 Whitties, Meredith	JR Norfolk State	49.94m	163-10	588
	48.07m 49.94m 47.66m				
3	248 Taylor-Watson, Dak	SR Morgan State	48.68m	159-08	569
	40.79m 48.68m 48.31m				
4	147 Ramsey, Stephen	SR Hampton	47.57m	156-01	553
	43.29m ND 47.57m				
5	219 Strachan, Jamahl	SR Maryland-Eastern	40.91m	134-03	455
	39.15m ND 40.91m				

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6	140 Dixon, Damon	SO Hampton	40.39m	132-06	448
	35.05m ND 40.39m				
7	348 Elmore, Mark	JR South Carolina St.	36.75m	120-07	395
	ND 33.40m 36.75m				
8	305 Cooper, Algernon	SR Norfolk State	35.56m	116-08	378
	35.56m 33.47m 30.11m				
9	316 Shelton, Darris	FR Norfolk State	35.04m	114-11	371
	32.85m 35.04m ND				
10	209 Dix, Jermol	FR Maryland-Eastern	34.47m	113-01	363
	30.48m 34.47m ND				
11	343 Axson, Dashan	SO South Carolina St.	21.82m	71-07	186
	ND 21.82m ND				
--	111 Washington, Philli	SO Florida A&M		ND	
	ND ND ND				
--	81 Sivels, Darius	FR Delaware State		DNS	

Event 40 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 219 Strachan, Jamahl	SR Maryland-Eastern	4:54.04	595
2 343 Axson, Dashan	SO South Carolina St.	4:56.42	581
3 209 Dix, Jermol	FR Maryland-Eastern	4:58.69	567
4 323 Whitties, Meredith	JR Norfolk State	5:08.77	510
5 348 Elmore, Mark	JR South Carolina St.	5:09.74	505
6 140 Dixon, Damon	SO Hampton	5:12.20	492
7 305 Cooper, Algernon	SR Norfolk State	5:16.63	468
8 248 Taylor-Watson, Dak	SR Morgan State	5:17.15	465
9 345 Brown, Leighton	FR South Carolina St.	5:20.37	448
10 147 Ramsey, Stephen	SR Hampton	5:21.22	444
11 316 Shelton, Darris	FR Norfolk State	5:30.97	395
12 111 Washington, Philli	SO Florida A&M	5:32.10	389
-- 81 Sivels, Darius	FR Delaware State	DNS	

Women - Team Rankings - 19 Events Scored

1) Hampton	119	2) Maryland-Eastern Shore	109
3) Norfolk State	106	4) N. Carolina A&T	82
5) Bethune-Cookman	70	6) Howard	59
7) South Carolina St.	57	8) Coppin State	40
9) Florida A&M	36.50	10) Morgan State	32
11) Delaware State	30.50		

Men - Team Rankings - 19 Events Scored

1) Norfolk State	133.50	2) Hampton	104
3) Maryland-Eastern Shore	93.50	4) N. Carolina A&T	84
5) Morgan State	73	6) Delaware State	68
7) Bethune-Cookman	41	8) Florida A&M	39
9) Coppin State	36	10) South Carolina St.	34
11) Howard	31		