

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

NCAA D1 Reg: R 2.10m

MEAC: \$ 2.25m 1993

Chris Gay, Florida A&amp;M

Name	Year	School	Finals	Points
<b>Finals</b>				
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				

**Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009****www.halfmiletiming.com****NCAT: Greensboro, NC****Results****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 P P 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 P XO XXX			
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 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)					

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

www.halfmiletiming.com

NCAT: Greensboro, NC

## Results

## ....Event 6 Men Long Jump

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	

## 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)					
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 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					

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

**www.halfmiletiming.com**

**NCAT: Greensboro, NC**

**Results**

**....Event 10 Men Discus Throw**

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 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
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	

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

**www.halfmiletiming.com**

**NCAT: Greensboro, NC**

**Results**

**....Event 14 Men Javelin Throw**

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 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 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#
<b>Preliminaries</b>				
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
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

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

**www.halfmiletiming.com**

**NCAT: Greensboro, NC**

**Results**

**....Event 18 Men 100 Meter Dash**

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 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	

**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**

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 Bowen, 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	

**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#
------	------	--------	---------	----

**Preliminaries**

1	80 Murray, Leslie	FR Delaware State	R 46.41Q	3
---	-------------------	-------------------	----------	---

**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**

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
------	------	--------	--------	--------

**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	

**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

**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**

4	358 Young, Donta	FR	South Carolina St.	R	14.22Q	1.5	1
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 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#
=====				
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, Aubrey	JR Coppin State	FS 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**

--	313 Nkrumah, Keith	FR Norfolk State	DQ	2
--	247 Simpson, Andrew	SR Morgan State	DNS	2
--	242 McLean, Stephen	SO Morgan State	DNS	1

**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 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 Sivals, 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		

**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**

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 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		
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 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#
=====			
Preliminaries			
1	76 Holmes, Donte	SO Delaware State	1:51.22Q 1

**Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009****www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 32 Men 800 Meter Run**

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
------	------	--------	--------	--------

**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

**Event 34 Men 1500 Meter Run**

NCAA D1 Reg: R 3:47.80

MEAC: \$ 3:45.76 1981

Al Williams, Florida A&amp;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	

**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**

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
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 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 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

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

**Event 40 Decathlon: #2 Men Long Jump Decathlon**

=====							
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)

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

**www.halfmiletiming.com**

**NCAT: Greensboro, NC**

**Results**

**....Event 40 Decathlon: #2 Men Long Jump Decathlon**

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		
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		

**Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009****www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 40 Decathlon: #4 Men High Jump Decathlon**

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										

**Event 40 Decathlon: #5 Men 400 Meter Dash Decathlon**

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

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

**Mid-Eastern Athletic Conference Championship - 4/30/2009 to 5/2/2009****www.halfmiletiming.com****NCAT: Greensboro, NC****Results****....Event 40 Decathlon: #8 Men Pole Vault Decathlon**

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		
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	

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