

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

www.halfmiletiming.com

NCAT: Greensboro, NC

Meet Program - Saturday

Event 7 Women Triple Jump

Saturday 5/2/2009 - 10:00 AM

NCAA D1 Reg: 12.32m

MEAC: 13.34m 2007

Yvette Lewis

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	331 Jefferson, Brandi	SO	South Carolina S	ND	
2	70 Shell, Jessika	SR	Delaware State	ND	
3	2 Austin, Analisa	SO	Bethune-Cookm.	10.91m	
4	223 Carson, Micsha	FR	Morgan State	ND	
5	60 Fan Fan, Tracey	FR	Delaware State	ND	
6	40 Taylor, Shekinah	FR	Coppin State	11.20m	
7	26 Baird, Natoya	SR	Coppin State	ND	
8	120 Fair, Ermesha	FR	Hampton	ND	
9	29 Hall, Deondrea	JR	Coppin State	ND	

Flight 2 of 2 Finals

1	96 Story, Tomika	FR	Florida A&M	11.95m	
2	339 Smith, Jasmine	JR	South Carolina S	12.68m	
3	59 Dillard, Christen	SR	Delaware State	11.77m	
4	289 Hite, Alaina	FR	Norfolk State	11.51m	
5	281 Brown, Janet	SO	Norfolk State	12.04m	
6	253 Dixon, Brittany	SR	N. Carolina A&T	12.19m	
7	291 Jenkins, Tanisha	SO	Norfolk State	11.77m	
8	125 Lewis, Rachel	SR	Hampton	11.78m	
9	86 Davis, Ashante	SO	Florida A&M	11.44m	

Event 8 Men Triple Jump

Saturday 5/2/2009 - 10:00 AM

NCAA D1 Reg: 15.00m

MEAC: 16.14m 2005

Brandon Vai

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	147 Ramsey, Stephen	SR	Hampton	ND	
2	267 Buchanan, Ron	SR	N. Carolina A&T	15.37m	
3	316 Shelton, Darris	FR	Norfolk State	14.15m	
4	274 McFadgen, David	JR	N. Carolina A&T	15.25m	
5	248 Taylor-Watson,	SR	Morgan State	15.18m	
6	217 Moore, James	JR	Maryland-Easter	ND	
7	184 Rosa, Benjamin	FR	Howard	13.62m	
8	188 Tirado, Carnegie	FR	Howard	13.12m	
9	142 Jones, Brandon	SR	Hampton	15.57m	
10	355 Stephens, Marcus	FR	South Carolina S	14.75m	
11	324 Woods, Marlon	JR	Norfolk State	ND	
12	352 Knight, Levar	JR	South Carolina S	ND	
13	23 Nicholas, Kenson	SO	Bethune-Cookm.	13.87m	
14	321 Vinston, Corey	SO	Norfolk State	ND	

Event 16 Men Shot Put

Saturday 5/2/2009 - 10:00 AM

NCAA D1 Reg: 16.80m

MEAC: 18.08m 2007

Kimani Kirton

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	346 Coleman, Brian	SO	South Carolina S	13.92m	
2	349 Facey, Noel	FR	South Carolina S	15.40m	
3	276 Phifer, Lonnie	SR	N. Carolina A&T	17.44m	
4	245 Napoleon, Anthony	FR	Morgan State	14.98m	
5	237 Benjamin, Tyron	SR	Morgan State	17.33m	
6	265 Boulware, Robert	SO	N. Carolina A&T	15.75m	
7	347 Demesme, Rashad	FR	South Carolina S	11.03m	
8	107 Scott, Frank	SO	Florida A&M	13.54m	
9	320 Thomas, Darryl	FR	Norfolk State	14.72m	
10	307 Duncan, Theo	FR	Norfolk State	14.88m	
11	21 Johnson, Craig	SR	Bethune-Cookm.	14.54m	

Event 4 Men Pole Vault

Saturday 5/2/2009 - 10:00 AM

NCAA D1 Reg: 5.05m

MEAC: 5.40m 2004

David Stephens

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	305 Cooper, Algernon	SR	Norfolk State	NH	
2	314 Owens, Ryan	SO	Norfolk State	NH	
3	209 Dix, Jermol	FR	Maryland-Easter	2.75m	
4	219 Strachan, Jamahl	SR	Maryland-Easter	4.00m	
5	140 Dixon, Damon	SO	Hampton	4.15m	
6	71 Agan, Ryan	SO	Delaware State	4.30m	
7	306 Dodd, Brett	JR	Norfolk State	4.40m	
8	112 White, Mike	JR	Florida A&M	4.60m	
9	54 Smith, Shane	SR	Coppin State	5.05m	

Event 9 Women Discus Throw

Saturday 5/2/2009 - 10:00 AM

NCAA D1 Reg: 47.30m

MEAC: 51.09m 1990

Tiffany Daughtry

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	336 Rothmiller, Shamire	FR	South Carolina S	33.60m	
2	84 Booker, Takeira	FR	Florida A&M	30.88m	
3	328 Fowler, Eileena	FR	South Carolina S	31.35m	
4	236 Williams, Tia	FR	Morgan State	37.24m	
5	162 Jenkins, Krystal	SO	Howard	33.72m	
6	153 Aaten-White, Mya	FR	Howard	33.43m	
7	155 Bell, Chanel	FR	Howard	36.55m	
8	116 Blaylock, Nielah	SR	Hampton	ND	
9	63 Hovington, Morgan	SR	Delaware State	24.27m	
10	221 Bronson, Leitawsha	SR	Morgan State	ND	

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Flight 2 of 2 Finals...(Event 9 Women Discus Throw)

1	135 Watkins, Jocelyn	SO	Hampton	39.36m
2	127 McGregor, Kristal	JR	Hampton	40.06m
3	8 Ruffin, Maketa	SO	Bethune-Cookm.	42.36m
4	254 Forrester, Katherine	JR	N. Carolina A&T	42.84m
5	12 Williams,	SR	Bethune-Cookm.	44.17m
6	198 Henry, Vanessa	FR	Maryland-Easter	37.41m
7	204 Wheeler, Joycelyn	SO	Maryland-Easter	38.51m
8	230 Randall, Allison	JR	Morgan State	46.99m
9	255 Foster, Jerrine	JR	N. Carolina A&T	48.47m
10	206 Woodward, Saisha	SR	Maryland-Easter	44.75m

Event 1 Women High Jump

Saturday 5/2/2009 - 1:00 PM

NCAA D1 Reg: 1.75m

MEAC: 1.80m 2006 Brittany Robinson

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

2	338 Scott, Mironda	SR	South Carolina S	NH
3	250 Breedon, Amanda	SO	N. Carolina A&T	NH
4	120 Fair, Ermesha	FR	Hampton	NH
5	119 Calder, Claudia	FR	Hampton	NH
6	335 Moss, Andranette	SO	South Carolina S	NH
7	327 Foster, Kristi	SR	South Carolina S	1.40m
8	165 McKee, Alexandria	FR	Howard	1.55m
9	258 Issacs, Khadeen	FR	N. Carolina A&T	1.55m
10	69 Sewell, Nykeisha	SO	Delaware State	1.60m
11	59 Dillard, Christen	SR	Delaware State	1.60m
12	41 Weekly, Salena	FR	Coppin State	1.62m
13	64 Johnson, Kristen	FR	Delaware State	1.63m
14	118 Briggs, Deshana	FR	Hampton	1.63m
15	296 Mitchell, She'Anna	SO	Norfolk State	1.65m
16	302 Vaughn, Shanlynn	JR	Norfolk State	1.65m
17	93 Pilliner, Suelyn	JR	Florida A&M	1.70m
18	280 Artis, Jonee	JR	Norfolk State	1.70m
19	26 Baird, Natoya	SR	Coppin State	1.72m

Event 14 Men Javelin Throw

Saturday 5/2/2009 - 2:00 PM

NCAA D1 Reg: 61.60m

MEAC: 70.85m 1987 Kenneth Beache

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	147 Ramsey, Stephen	SR	Hampton	38.96m
2	21 Johnson, Craig	SR	Bethune-Cookm.	ND
3	72 Brisco, Isaiah	FR	Delaware State	ND
4	310 Luka, Dominic	SR	Norfolk State	ND
5	346 Coleman, Brian	SO	South Carolina S	38.36m
6	81 Sivels, Darius	FR	Delaware State	ND
7	245 Napoleon, Anthony	FR	Morgan State	ND
8	248 Taylor-Watson,	SR	Morgan State	ND
9	207 Agbor-Eyong,	FR	Maryland-Easter	38.31m

Flight 2 of 2 Finals

1	345 Brown, Leighton	FR	South Carolina S	53.09m
2	237 Benjamin, Tyron	SR	Morgan State	51.82m
3	271 Fox, Jesse	JR	N. Carolina A&T	46.20m
4	82 Sutton, John	JR	Delaware State	55.70m
5	348 Elmore, Mark	JR	South Carolina S	40.89m
6	112 White, Mike	JR	Florida A&M	42.68m
7	148 rountree, brandon	FR	Hampton	48.00m
8	323 Whitties, Meredith	JR	Norfolk State	44.19m
9	315 Richardson, Kendrick	FR	Norfolk State	43.72m

Event 27 Women 4x100 Meter Relay

Saturday 5/2/2009 - 1:00 PM

NCAA D1 Reg: 45.70

MEAC: 44.97 2007 Hampton

Lane	Team	Relay	Seed	Time
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Section 1 of 2 Finals

3	Howard	NT
4	Delaware State	46.76
5	Coppin State	48.11

Section 2 of 2 Finals

1	Norfolk State	46.59
2	Morgan State	46.31
3	South Carolina S	46.07
4	Bethune-Cookman	44.88
5	Hampton	45.16
6	N. Carolina A&T	46.30
7	Florida A&M	46.44

Event 28 Men 4x100 Meter Relay

Saturday 5/2/2009 - 1:10 PM

NCAA D1 Reg: 40.66

MEAC: 39.81 2004 Florida A&M

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

Lane	Team	Relay	Seed	Time
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Section 1 of 2 Finals

3	Howard	NT
4	Florida A&M	41.32
5	South Carolina S	41.44

Section 2 of 2 Finals

1	Delaware State	41.20
2	Morgan State	41.04
3	Maryland-Eastern	40.85
4	Hampton	40.08
5	Bethune-Cookman	40.13
6	Norfolk State	40.98
7	Coppin State	41.19

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Event 33 Women 1500 Meter Run

Saturday 5/2/2009 - 1:15 PM

NCAA D1 Reg: 4:27.80

MEAC: 4:35.19 1993

Diana Pitts

Lane	Name	Yr	School	Seed	Time
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Section 1 of 2 Finals

1	65 Jones, Alisha	FR	Delaware State	5:16.90
2	290 Hutto, Jamia	FR	Norfolk State	5:26.70
3	235 Vargas, Adrianna	SR	Morgan State	NT
4	326 Daniley, Patrecia	FR	South Carolina S	5:17.83
5	287 Gee, Syeeda	FR	Norfolk State	5:03.69
6	94 Ransom, Kelle	SO	Florida A&M	5:14.12
7	160 Jackson, Brittany	SO	Howard	5:25.42
8	27 Duncan, Latasha	FR	Coppin State	5:00.19
9	31 Kelly, Juashanna	FR	Coppin State	5:09.00
10	228 McCollum, Vivian	JR	Morgan State	NT
11	167 Myles, Tamila	SO	Howard	5:05.29
12	342 Williams, Amber	FR	South Carolina S	5:18.17

Section 2 of 2 Finals

1	39 Tanui, Naomi	SR	Coppin State	4:55.52
2	205 Whyte, Celia	SR	Maryland-Easter	4:44.91
3	132 Smith, Jahlisa	SO	Hampton	4:51.70
4	68 Ross, Mallory	SR	Delaware State	4:55.78
5	124 Jones, Kenya	JR	Hampton	4:49.80
6	159 Hodges, Ashley	SO	Howard	4:39.22
7	193 Anais, Cynthia	FR	Maryland-Easter	4:51.05
8	282 Chichester, Jennifer	SO	Norfolk State	4:50.65
9	201 Jones, Eunice	FR	Maryland-Easter	4:47.95
10	129 Morris, Janean	JR	Hampton	4:54.01
11	340 Stewart, Brittney	FR	South Carolina S	4:56.25
12	200 James, Merrecia	SR	Maryland-Easter	4:36.69
13	128 Medlin, Krystle	SR	Hampton	4:50.20
14	5 Condell, Alexandria	JR	Bethune-Cookm.	4:57.94
15	203 Thomas, Tamica	JR	Maryland-Easter	4:50.00
16	91 Listhop, Nichola	SO	Florida A&M	4:54.58

Event 34 Men 1500 Meter Run

Saturday 5/2/2009 - 1:25 PM

NCAA D1 Reg: 3:47.80

MEAC: 3:45.76 1981

Al Williams

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1	243 Mesta, Nathan	FR	Morgan State	4:11.80
2	246 Richardson, Isaac	SO	Morgan State	4:09.38
3	46 Dunn, Dale	SO	Coppin State	4:02.59
4	353 Kurgatt, Charles	FR	South Carolina S	4:12.87
5	45 Coleman, Julius	JR	Coppin State	4:08.00
6	218 Sang, Peter	JR	Maryland-Easter	4:13.27
7	113 Williams, Paul	FR	Florida A&M	4:12.00
8	240 David, Justus	FR	Morgan State	4:01.88
9	310 Luka, Dominic	SR	Norfolk State	4:02.56
10	53 Smith, Kayon	JR	Coppin State	4:05.17
11	143 Kamani, David	JR	Hampton	4:00.69
12	215 Maritim, Shadrack	FR	Maryland-Easter	4:12.14
13	185 Sanders, Thurman	JR	Howard	4:01.10
14	150 Thompson, Bruce	FR	Hampton	4:03.29
15	214 Kiprotich, Amon	SO	Maryland-Easter	4:09.54
16	181 Nelson, Rashard	JR	Howard	4:01.10
17	319 Tessema, Josef	SO	Norfolk State	3:53.43

Event 23 Women 100 Meter Hurdles

Saturday 5/2/2009 - 1:40 PM

NCAA D1 Reg: 13.92

MEAC: 13.16 2006

Yvette Lewis

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	261 Newton, Kendra	SR	N. Carolina A&T	13.89
2	133 Smith, Michelle	SR	Hampton	13.81
3	4 Burke, Tavia	JR	Bethune-Cookm.	13.67
4	263 Smith, Loreal	SR	N. Carolina A&T	13.14
5	156 Buckley, Landria	JR	Howard	13.48
6	134 Vassell, Racquel	SO	Hampton	13.52
7	3 Bardge, Crystal	SO	Bethune-Cookm.	13.85
8	164 Lemonious,	JR	Howard	13.96

Event 24 Men 110 Meter Hurdles

Saturday 5/2/2009 - 1:50 PM

NCAA D1 Reg: 14.30

MEAC: 13.59 2008

Ronnie Ash

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	105 McKinzie, Carl	JR	Florida A&M	14.81
2	19 Howard, DJ	FR	Bethune-Cookm.	14.15
3	152 Walker, Predist	SO	Hampton	14.14
4	13 Ash, Ronnie	SO	Bethune-Cookm.	13.72
5	178 Kinney, Daniel	SR	Howard	14.08
6	358 Young, Donta	FR	South Carolina S	14.22
7	247 Simpson, Andrew	SR	Morgan State	14.45
8	100 Carroll, Demarius	JR	Florida A&M	14.85

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

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NCAT: Greensboro, NC

Meet Program - Saturday

Event 21 Women 400 Meter Dash

Saturday 5/2/2009 - 2:00 PM

NCAA D1 Reg: 54.61

MEAC: 51.54 2008 Francena McCorory

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	85	Cunningham,	SR Florida A&M	56.60
2	166	McNary, Lauren	SR Howard	54.70
3	126	McCorory, Francena	JR Hampton	54.92
4	264	Spruiel, Alexandria	SR N. Carolina A&T	52.98
5	227	Kendrick, Tanisha	SO Morgan State	54.56
6	232	Robinson, Jamia	JR Morgan State	56.32
7	233	Sloan, Avionne	SO Morgan State	56.13
8	256	Gray, Christina	SR N. Carolina A&T	56.72

Event 22 Men 400 Meter Dash

Saturday 5/2/2009 - 2:05 PM

NCAA D1 Reg: 47.20

MEAC: 45.60 2001 Chris Brown

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	73	Clarke, Burton	SR Delaware State	47.42
2	239	Bowen, Kevin	JR Morgan State	46.79
3	24	Redhead, Joel	SR Bethune-Cookm.	46.92
4	80	Murray, Leslie	FR Delaware State	46.41
5	210	Fothergill, Allodin	JR Maryland-Easter	46.73
6	213	Keane-Dawes,	SO Maryland-Easter	47.18
7	270	Elliott, Jarrell	FR N. Carolina A&T	47.27
8	44	Bennett, Teo	FR Coppin State	47.47

Event 17 Women 100 Meter Dash

Saturday 5/2/2009 - 2:15 PM

NCAA D1 Reg: 11.75

MEAC: 11.45 2000 Shaunta Pelham

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	259	Lawson, Krystin	FR N. Carolina A&T	11.67
2	9	Tongue, Jessica	FR Bethune-Cookm.	11.67
3	283	Claiborne, Shanneka	FR Norfolk State	11.63
4	7	Munroe, Dianne	SR Bethune-Cookm.	11.47
5	134	Vassell, Racquel	SO Hampton	11.59
6	333	Mcwilliams, Rene	SR South Carolina S	11.66
7	89	Gillis, Ashley	SR Florida A&M	11.67
8	61	Franklin, NeKisha	SR Delaware State	11.68

Event 18 Men 100 Meter Dash

Saturday 5/2/2009 - 2:25 PM

NCAA D1 Reg: 10.55

MEAC: 10.23 1981 William Haynes

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	105	McKinzie, Carl	JR Florida A&M	10.61
2	136	Anderson, Aaron	JR Hampton	10.49
3	141	Dixon, Reggie	SO Hampton	10.35
4	275	Newman, Calesio	JR N. Carolina A&T	10.27
5	25	Sales, Dante	FR Bethune-Cookm.	10.34
6	79	Moore, Larrone	JR Delaware State	10.51
7	211	Gauntlett, Akheem	FR Maryland-Easter	10.57
8	138	Brown, Devon	SO Hampton	10.65

Event 31 Women 800 Meter Run

Saturday 5/2/2009 - 2:30 PM

NCAA D1 Reg: 2:09.80

MEAC: 2:08.56 1992 Diana Pitts

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	159	Hodges, Ashley	SO Howard	2:12.98
2	5	Condell, Alexandria	JR Bethune-Cookm.	2:12.92
3	201	Jones, Eunice	FR Maryland-Easter	2:15.47
4	193	Anais, Cynthia	FR Maryland-Easter	2:11.44
5	200	James, Merrecia	SR Maryland-Easter	2:12.29
6	158	Hardy, Jami	FR Howard	2:12.04
7	205	Whyte, Celia	SR Maryland-Easter	2:16.05
8	121	Flood, Starema	SR Hampton	2:13.73

Event 32 Men 800 Meter Run

Saturday 5/2/2009 - 2:35 PM

NCAA D1 Reg: 1:50.40

MEAC: 1:49.41 2003 Damion Drummond

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	53	Smith, Kayon	JR Coppin State	1:52.76
2	83	Thibou, Kelli	FR Delaware State	1:52.38
3	191	Williams, Richard	JR Howard	1:53.98
4	76	Holmes, Donte	SO Delaware State	1:51.22
5	46	Dunn, Dale	SO Coppin State	1:52.22
6	42	Archer, Jansen	SR Coppin State	1:51.34
7	103	Lee, Daquam	SO Florida A&M	1:53.99
8	14	Cosby, William	FR Bethune-Cookm.	1:53.63

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Meet Program - Saturday

Event 25 Women 400 Meter Hurdles

Saturday 5/2/2009 - 2:55 PM

NCAA D1 Reg: 1:00.82

MEAC: 57.42 2002 Chloe Davis

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1	192	Lendor, Danai	SO Maryland-Easter 1:03.17
2	3	Bardge, Crystal	SO Bethune-Cookm. 1:02.18
3	98	Wright, Latoya	SO Florida A&M 1:01.72
4	156	Buckley, Landria	JR Howard 59.30
5	298	Pickett, Allyssa	JR Norfolk State 1:00.71
6	263	Smith, Loreal	SR N. Carolina A&T 1:00.08
7	234	Smalls, Kamice	FR Morgan State 1:02.20
8	123	Harris, Margaret	SO Hampton 1:03.55

Event 26 Men 400 Meter Hurdles

Saturday 5/2/2009 - 3:05 PM

NCAA D1 Reg: 52.51

MEAC: 50.31 1989 John Branch

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1	311	Marrow, Sherrod	FR Norfolk State 53.44
2	151	Tondereau, Alvin	SR Hampton 53.39
3	80	Murray, Leslie	FR Delaware State 52.76
4	15	Cray, Eric	SO Bethune-Cookm. 52.41
5	278	Smith, Gordon	SR N. Carolina A&T 52.55
6	178	Kinney, Daniel	SR Howard 52.56
7	358	Young, Donta	FR South Carolina S 53.57
8	357	Williams, Marvin	JR South Carolina S 54.67

Event 19 Women 200 Meter Dash

Saturday 5/2/2009 - 3:15 PM

NCAA D1 Reg: 23.96

MEAC: 23.05 2000 Shaunta Pelham

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1	259	Lawson, Krystin	FR N. Carolina A&T 24.02
2	134	Vassell, Racquel	SO Hampton 23.82
3	166	McNary, Lauren	SR Howard 23.90
4	61	Franklin, NeKisha	SR Delaware State 23.59
5	126	McCorory, Francena	JR Hampton 23.68
6	7	Munroe, Dianne	SR Bethune-Cookm. 23.92
7	300	Sanford, Dania	SO Norfolk State 23.99
8	89	Gillis, Ashley	SR Florida A&M 24.16

Event 20 Men 200 Meter Dash

Saturday 5/2/2009 - 3:20 PM

NCAA D1 Reg: 21.35

MEAC: 20.00 1978 Rocky Cunningham

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1	25	Sales, Dante	FR Bethune-Cookm. 21.08
2	275	Newman, Calesio	JR N. Carolina A&T 20.94
3	211	Gauntlett, Akheem	FR Maryland-Easter 20.84
4	24	Redhead, Joel	SR Bethune-Cookm. 20.69
5	79	Moore, Larrone	JR Delaware State 20.75
6	141	Dixon, Reggie	SO Hampton 21.13
7	318	Speller, Thomas	FR Norfolk State 21.01
8	210	Fothergill, Allodin	JR Maryland-Easter 21.09

Event 37 Women 3000 Meter Steeplechase

Saturday 5/2/2009 - 3:35 PM

NCAA D1 Reg: 10:50.25

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
1	128	Medlin, Krystle	SR Hampton NT
2	167	Myles, Tamila	SO Howard NT
3	27	Duncan, Latasha	FR Coppin State 13:12.00
4	200	James, Merrecia	SR Maryland-Easter 11:49.99
5	203	Thomas, Tamica	JR Maryland-Easter NT
6	326	Daniley, Patrecia	FR South Carolina S NT
7	31	Kelly, Juashanna	FR Coppin State 11:32.00
8	340	Stewart, Brittney	FR South Carolina S 12:20.21
9	132	Smith, Jahlisa	SO Hampton NT
10	69	Sewell, Nykeisha	SO Delaware State NT
11	342	Williams, Amber	FR South Carolina S 13:38.60
12	287	Gee, Syeeda	FR Norfolk State NT
13	282	Chichester, Jennifer	SO Norfolk State NT
14	231	Richardson, Shalee	SR Morgan State NT
15	295	Miles, Tia	JR Norfolk State 12:19.00

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1	214 Kiprotich, Amon	SO	Maryland-Easter	10:28.69
2	353 Kurgatt, Charles	FR	South Carolina S	11:07.45
3	350 Gould, Mason	FR	South Carolina S	12:07.65
4	174 Gallion, Michael	SO	Howard	NT
5	143 Kamani, David	JR	Hampton	NT
6	304 Cheruiyot, Hillary	SR	Norfolk State	NT
7	218 Sang, Peter	JR	Maryland-Easter	9:36.22
8	243 Mesta, Nathan	FR	Morgan State	9:47.08
9	146 Nero, Sandino	JR	Hampton	NT
10	173 Frost, Kendall	JR	Howard	NT
11	215 Maritim, Shadrack	FR	Maryland-Easter	10:24.43
12	185 Sanders, Thurman	JR	Howard	9:54.43
13	78 Mcdonald, Andre	JR	Delaware State	10:07.83
14	317 Simo, Jonathan	JR	Norfolk State	9:49.08
15	150 Thompson, Bruce	FR	Hampton	NT

Event 29 Women 4x400 Meter Relay**Saturday 5/2/2009 - 4:15 PM****NCAA D1 Reg: 3:42.00****MEAC: 3:36.83 2006 North Carolina A&T****C. Mitchell, A. Spruiel, P. Blackmon, C. Clark****Lane Team Relay Seed Time****Section 1 of 2 Finals**

3	Delaware State	4:00.40
4	Norfolk State	3:52.34
5	Coppin State	3:55.03

Section 2 of 2 Finals

1	Hampton	3:50.00
2	Florida A&M	3:46.67
3	Howard	3:44.40
4	N. Carolina A&T	3:40.42
5	Maryland-Eastern	3:41.80
6	South Carolina S	3:46.61
7	Morgan State	3:49.62
8	Bethune-Cookman	3:50.16

Event 30 Men 4x400 Meter Relay**Saturday 5/2/2009 - 4:20 PM****NCAA D1 Reg: 3:10.00****MEAC: 3:07.30 1981 South Carolina State****W. Jackson, T. Boyd, J. Hinson, R. Cunningham****Lane Team Relay Seed Time****Section 1 of 2 Finals**

3	Norfolk State	3:16.40
4	Florida A&M	3:15.00
5	Hampton	3:15.00

Section 2 of 2 Finals

1	South Carolina S	3:14.46
2	Howard	3:13.91
3	N. Carolina A&T	3:10.05
4	Delaware State	3:05.80
5	Coppin State	3:09.89
6	Maryland-Eastern	3:10.46
7	Morgan State	3:13.97
8	Bethune-Cookman	3:14.90