

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Event 1 Women 60 Meter Hurdles

NCAA Auto: 8.14 A  
 NCAA Prov: 8.43 P  
 Collegiate: 7.84 C 3/10/2006 Ginnie Powell  
 MEAC Indoor: 8.08 \$ 2006 Kellie Wells

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	227	Buckley, Landria	SR Howard 8.46Q
2	198	Vassell, Racquel	JR Hampton 8.48Q
3	379	Newton, Kendra	SR N. Carolina 8.59Q
4	473	Gracia, Monique	SO South Caroli 8.61Q
5	419	Kirby, Wanetta	JR Norfolk Stat 8.70Q
6	383	Walker, Sherice	FR N. Carolina 8.81Q
7	421	Matthews, Ashanti	SO Norfolk Stat 8.68q
8	286	Forbes, Ariana	SR Maryland-Eas 8.83q
9	476	Jefferson, Brandi	JR South Caroli 8.88
10	380	Reddic, Lydia	JR N. Carolina 8.90
11	2	Bardge, Crystal	JR Bethune-Cook 8.92
12	237	Lemonious,	SR Howard 8.97
13	146	Russell, Conchita	JR Florida A&M 8.99
14	376	Luedeke, Chantal	FR N. Carolina 9.06
15	469	Daley, Tamala	FR South Caroli 9.09
16	82	Fan Fan, Tracey	SO Delaware Sta 9.12
17	150	Wright, LaToya	JR Florida A&M 9.13
18	296	Pollock, Seneman	FR Maryland-Eas 9.20
19	240	Myrick, Keisha	FR Howard 9.30
20	332	Rogers, Christa	FR Morgan State 9.31
21	13	Sanders, Ryan	SR Bethune-Cook 9.52
22	40	Barnes, Shaleatha	FR Coppin State 9.73
23	99	Sewell, Nykeisha	SO Delaware Sta 9.93
24	44	Epps, Christina	FR Coppin State 10.20

## Event 1 Women 60 Meter Hurdles

NCAA Auto: 8.14 A  
 NCAA Prov: 8.43 P  
 Collegiate: 7.84 C 3/10/2006 Ginnie Powell  
 MEAC Indoor: 8.08 \$ 2006 Kellie Wells

Name	Yr	School	Finals
<b>Finals</b>			
1	227	Buckley, Landria	SR Howard 8.45
2	379	Newton, Kendra	SR N. Carolina 8.54
3	419	Kirby, Wanetta	JR Norfolk Stat 8.58
4	383	Walker, Sherice	FR N. Carolina 8.66
5	286	Forbes, Ariana	SR Maryland-Eas 8.68
6	473	Gracia, Monique	SO South Caroli 8.69
7	198	Vassell, Racquel	JR Hampton 8.76
8	421	Matthews, Ashanti	SO Norfolk Stat 8.78

## Event 2 Men 60 Meter Hurdles

NCAA Auto: 7.70 A  
 NCAA Prov: 7.91 P  
 Collegiate: 7.47 C 2/7/1997 Reggie Torian  
 MEAC Indoor: 7.86 \$ 2/13/2009 Ronnie Ash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	221	Walker, Predist	JR Hampton 8.06Q
2	168	McKinzie, Carl	SR Florida A&M 8.14Q
3	158	Carroll, Demarius	SR Florida A&M 8.16Q
4	32	Howard, David	SO Bethune-Cook 8.18Q
5	452	Massenburg, Aramis	JR Norfolk Stat 8.18Q
6	163	Hartley, Brandon	FR Florida A&M 8.19Q
7	209	Dixon, Damon	JR Hampton 8.21q
8	305	Dix, Jermol	SO Maryland-Eas 8.37q
9	468	Wilson, Travis	SO Norfolk Stat 8.44
10	273	Tirado, Carnegie	SO Howard 8.47
11	402	Smith, Dominique	FR N. Carolina 8.49
12	320	Welter, Johan	SO Maryland-Eas 8.52
13	494	Brown, Leighton	SO South Caroli 8.56
14	220	Veale, Lamar	SR Hampton 8.60
15	74	Victorian, Jibri	FR Coppin State 8.62
16	510	Lovett, Christopher	FR South Caroli 8.63
17	256	Harrison, Marcus	SO Howard 8.67
18	257	Henderson, DeAndre	JR Howard 8.75

## Event 2 Men 60 Meter Hurdles

NCAA Auto: 7.70 A  
 NCAA Prov: 7.91 P  
 Collegiate: 7.47 C 2/7/1997 Reggie Torian  
 MEAC Indoor: 7.86 \$ 2/13/2009 Ronnie Ash

Name	Yr	School	Finals
<b>Finals</b>			
1	221	Walker, Predist	JR Hampton 7.94
2	452	Massenburg, Aramis	JR Norfolk Stat 8.03
3	168	McKinzie, Carl	SR Florida A&M 8.16
4	32	Howard, David	SO Bethune-Cook 8.17
5	158	Carroll, Demarius	SR Florida A&M 8.19
6	163	Hartley, Brandon	FR Florida A&M 8.27
7	209	Dixon, Damon	JR Hampton 8.36
8	305	Dix, Jermol	SO Maryland-Eas 8.74

## Event 3 Women 60 Meter Dash

NCAA Auto: 7.26 A  
 NCAA Prov: 7.44 P  
 Collegiate: 7.09 C 3/11/2001 Angela Williams  
 MEAC Indoor: 7.32 \$ 2006 Danieth Pryce

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	408	Claiborne, Shanneka	SO Norfolk Stat 7.47Q
2	477	Jenkins, Shantrell	SR South Caroli 7.52Q
3	189	McCorory, Francena	SR Hampton 7.57Q

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## Preliminaries ... (Event 3 Women 60 Meter Dash)

Name	Yr	School	Prelims
4 193 Richards, Petrice	SR	Hampton	7.57Q
5 198 Vassell, Racquel	JR	Hampton	7.55q
6 410 Flowers, Tierra	JR	Norfolk Stat	7.59q
7 1 Austin, Analisa	JR	Bethune-Cook	7.61q
8 480 Mobley, Nicole	SR	South Caroli	7.65q
9 472 Frazier, Arnetra	FR	South Caroli	7.71
10 372 Hunt, Ruth	SO	N. Carolina	7.73
11 375 Lawson, Krystin	SO	N. Carolina	7.83
12 366 Carrington, Crystal	JR	N. Carolina	7.85
13 9 Harris, Alphetrellia	FR	Bethune-Cook	7.86
14 7 Forbes, Alese	FR	Bethune-Cook	7.88
15 55 Smith, Shanee	FR	Coppin State	7.89
16 101 Sykes, Shelby	SO	Delaware Sta	7.90
17 246 Wade, TeaCarla	FR	Howard	7.92
18 82 Fan Fan, Tracey	SO	Delaware Sta	7.94
19 281 Benbow, Jasmin	FR	Maryland-Eas	7.97
20 332 Rogers, Christa	FR	Morgan State	7.99
20 340 Wattle, Britney	SO	Morgan State	7.99
22 139 Francis, Ann-Marie	SR	Florida A&M	8.01
23 81 Emerson, Calisa	FR	Delaware Sta	8.03
24 51 Leigh, Samantha	JR	Coppin State	8.17
24 336 Smalls, Kamice	SO	Morgan State	8.17
26 244 Taylor, Uniqua	FR	Howard	8.19
27 48 Jones, Jamie	FR	Coppin State	8.20
28 293 Kennedy, Victoria	FR	Maryland-Eas	8.29
29 298 Wade, Jennell	FR	Maryland-Eas	8.31
30 144 Pleasant, Jasmine	FR	Florida A&M	8.38
31 149 Williams, Alexandra	FR	Florida A&M	8.56

## Event 3 Women 60 Meter Dash

NCAA Auto: 7.26 A  
 NCAA Prov: 7.44 P  
 Collegiate: 7.09 C 3/11/2001 Angela Williams  
 MEAC Indoor: 7.32 \$ 2006 Danieth Pryce

Name	Yr	School	Finals
1 408 Claiborne, Shanneka	SO	Norfolk Stat	7.45
2 477 Jenkins, Shantrell	SR	South Caroli	7.47
3 193 Richards, Petrice	SR	Hampton	7.50
4 189 McCorory, Francena	SR	Hampton	7.55
5 410 Flowers, Tierra	JR	Norfolk Stat	7.56
6 480 Mobley, Nicole	SR	South Caroli	7.69
7 1 Austin, Analisa	JR	Bethune-Cook	7.73

## Event 4 Men 60 Meter Dash

NCAA Auto: 6.60 A  
 NCAA Prov: 6.71 P  
 Collegiate: 6.45 C 2/20/1999 Leonard Myles-Mills  
 MEAC Indoor: 6.71 \$ 2/14/2009 Reggie Dixon

Name	Yr	School	Prelims
1 398 Newman, Calesio	SR	N. Carolina	6.78Q

2 124 Moore, Larrone	JR	Delaware Sta	6.86Q
3 202 Anderson, Aaron	JR	Hampton	6.88Q
4 393 House, Earl	FR	N. Carolina	6.89Q
5 466 Walker, Quinten	SO	Norfolk Stat	6.89Q
6 168 McKinzie, Carl	SR	Florida A&M	6.93q
7 405 Williams, Darryl	FR	N. Carolina	6.93q
8 24 Cray, Eric	JR	Bethune-Cook	6.95q
9 435 Ansley, Ramaan	FR	Norfolk Stat	6.97
10 462 Speller, Thomas	SO	Norfolk Stat	6.97
11 514 Stephens, Marcus	SO	South Caroli	6.98
12 392 Ferrell, Justin	FR	N. Carolina	6.99
13 30 Herring, Christopher	SO	Bethune-Cook	7.01
14 206 Brown, Devon	JR	Hampton	7.01
15 108 Carter, Ryan	FR	Delaware Sta	7.02
16 162 Dunbar, David	FR	Florida A&M	7.02
17 70 Morgan, Carlinton	SR	Coppin State	7.03
18 509 Lemon, Aubrey	SR	South Caroli	7.05
19 172 Tillman, Jeremy	FR	Florida A&M	7.06
20 263 Odocha, Tochi	JR	Howard	7.09
21 264 Penny, Anthony	SR	Howard	7.10
22 68 Jackson, Kevon	SR	Coppin State	7.11
23 506 Hasty, Zachery	FR	South Caroli	7.11
24 361 Whyte, Carbinere	SR	Morgan State	7.11
25 210 Dixon, Reggie	SO	Hampton	7.12
26 315 Miles, Damian	SO	Maryland-Eas	7.24
27 71 Pinnock, Andre	JR	Coppin State	7.32
28 346 Cham, Salifu	JR	Morgan State	7.42
29 302 Barnes, Marquis	FR	Maryland-Eas	7.51
30 33 Jackson, Chris	SO	Bethune-Cook	7.69
--- 120 Hurley, Edward	FR	Delaware Sta	FS

## Event 4 Men 60 Meter Dash

NCAA Auto: 6.60 A  
 NCAA Prov: 6.71 P  
 Collegiate: 6.45 C 2/20/1999 Leonard Myles-Mills  
 MEAC Indoor: 6.71 \$ 2/14/2009 Reggie Dixon

Name	Yr	School	Finals
1 398 Newman, Calesio	SR	N. Carolina	6.77
2 124 Moore, Larrone	JR	Delaware Sta	6.80
3 202 Anderson, Aaron	JR	Hampton	6.85
4 393 House, Earl	FR	N. Carolina	6.85
5 466 Walker, Quinten	SO	Norfolk Stat	6.94
6 168 McKinzie, Carl	SR	Florida A&M	6.95
7 405 Williams, Darryl	FR	N. Carolina	6.96
8 24 Cray, Eric	JR	Bethune-Cook	7.14

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## Event 5 Women 200 Meter Dash

NCAA Auto: 23.70 A

NCAA Prov: 24.40 P

Collegiate: 22.40 C 3/14/2008 Bianca Knight

MEAC Indoor: 23.85 \$ 2000 Debbie Dunn

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 189 McCorory, Francena	SR	Hampton	P 24.31q
2 198 Vassell, Racquel	JR	Hampton	24.96q
3 193 Richards, Petrice	SR	Hampton	25.00q
4 227 Buckley, Landria	SR	Howard	25.16q
5 429 Sanford, Dania	JR	Norfolk Stat	25.29q
6 480 Mobley, Nicole	SR	South Caroli	25.48q
7 408 Claiborne, Shanneka	SO	Norfolk Stat	25.58q
8 478 Jones, Alexandria	SO	South Caroli	25.62q
9 372 Hunt, Ruth	SO	N. Carolina	25.68
10 410 Flowers, Tierra	JR	Norfolk Stat	25.69
11 289 Hawkins, Monique	SO	Maryland-Eas	25.74
12 368 Farr, Jessica	FR	N. Carolina	25.82
13 281 Benbow, Jasmin	FR	Maryland-Eas	25.84
14 43 Easterling, Alexis	FR	Coppin State	25.91
15 81 Emerson, Calisa	FR	Delaware Sta	25.97
16 375 Lawson, Krystin	SO	N. Carolina	25.99
17 89 Kelly, Ayanna	SO	Delaware Sta	26.04
18 1 Austin, Analisa	JR	Bethune-Cook	26.05
19 82 Fan Fan, Tracey	SO	Delaware Sta	26.06
20 55 Smith, Shane	FR	Coppin State	26.26
21 474 Hicks, Yazmin	FR	South Caroli	26.28
22 340 Wattle, Britney	SO	Morgan State	26.46
23 7 Forbes, Alese	FR	Bethune-Cook	26.55
24 246 Wade, TeaCarla	FR	Howard	26.57
25 9 Harris, Alphenellia	FR	Bethune-Cook	26.58
26 283 Brown, Kharya	SR	Maryland-Eas	26.66
27 140 Hulse, Jeanette	SO	Florida A&M	26.71
28 51 Leigh, Samantha	JR	Coppin State	26.72
29 142 Parks, Tayanna	FR	Florida A&M	27.00
30 244 Taylor, Uniqua	FR	Howard	27.01
31 332 Rogers, Christa	FR	Morgan State	27.18
32 336 Smalls, Kamice	SO	Morgan State	27.26
33 144 Pleasant, Jasmine	FR	Florida A&M	27.57

## Event 5 Women 200 Meter Dash

NCAA Auto: 23.70 A

NCAA Prov: 24.40 P

Collegiate: 22.40 C 3/14/2008 Bianca Knight

MEAC Indoor: 23.85 \$ 2000 Debbie Dunn

Name	Yr	School	Finals
<b>Finals</b>			
1 189 McCorory, Francena	SR	Hampton	24.37P
2 227 Buckley, Landria	SR	Howard	24.86
3 193 Richards, Petrice	SR	Hampton	24.89
4 408 Claiborne, Shanneka	SO	Norfolk Stat	25.03
5 478 Jones, Alexandria	SO	South Caroli	25.18

6 429 Sanford, Dania	JR	Norfolk Stat	25.26
7 480 Mobley, Nicole	SR	South Caroli	25.45

## Event 6 Men 200 Meter Dash

NCAA Auto: 21.23 A

NCAA Prov: 21.63 P

Collegiate: 20.10 C 3/11/2005 Wallace Spearmon

MEAC Indoor: 21.35 \$ 2006 Justin Byron

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 447 Holston, Marquis	FR	Norfolk Stat	21.76q
2 108 Carter, Ryan	FR	Delaware Sta	21.83q
3 391 Elliott, Jarrell	SO	N. Carolina	22.00q
4 124 Moore, Larrone	JR	Delaware Sta	22.00q
5 202 Anderson, Aaron	JR	Hampton	22.01q
6 308 Gauntlett, Akheem	SO	Maryland-Eas	22.01q
7 462 Speller, Thomas	SO	Norfolk Stat	22.03q
8 515 Ward, Chris	SO	South Caroli	22.14q
9 315 Miles, Damian	SO	Maryland-Eas	22.20
10 59 Bennett, Teo	SO	Coppin State	22.20
11 344 Bowen, Kevin	SR	Morgan State	22.21
12 393 House, Earl	FR	N. Carolina	22.29
13 398 Newman, Calesio	SR	N. Carolina	22.29
14 466 Walker, Quinten	SO	Norfolk Stat	22.33
15 311 Keane-Dawes,	JR	Maryland-Eas	22.38
16 28 Embry, Martin	FR	Bethune-Cook	22.61
17 30 Herring, Christopher	SO	Bethune-Cook	22.67
18 120 Hurley, Edward	FR	Delaware Sta	22.71
19 263 Odocha, Tochi	JR	Howard	22.88
20 106 Brown, Tyquan	FR	Delaware Sta	22.90
21 70 Morgan, Carlinton	SR	Coppin State	22.90
22 264 Penny, Anthony	SR	Howard	23.08
23 75 Wilson, Jamie	SR	Coppin State	23.16
24 154 Bolden, Ronald	JR	Florida A&M	23.17
25 172 Tillman, Jeremy	FR	Florida A&M	23.18
26 168 McKinzie, Carl	SR	Florida A&M	23.24
27 33 Jackson, Chris	SO	Bethune-Cook	23.26
28 357 Obiarinze, Jude	JR	Morgan State	23.36
29 361 Whyte, Carbinere	SR	Morgan State	23.37
30 509 Lemon, Aubrey	SR	South Caroli	23.46
31 260 LaRoche, Mikael	SR	Howard	23.67

## Event 6 Men 200 Meter Dash

NCAA Auto: 21.23 A

NCAA Prov: 21.63 P

Collegiate: 20.10 C 3/11/2005 Wallace Spearmon

MEAC Indoor: 21.35 \$ 2006 Justin Byron

Name	Yr	School	Finals
<b>Finals</b>			
1 447 Holston, Marquis	FR	Norfolk Stat	21.32S
2 108 Carter, Ryan	FR	Delaware Sta	21.90
3 462 Speller, Thomas	SO	Norfolk Stat	22.00
4 391 Elliott, Jarrell	SO	N. Carolina	22.04
5 202 Anderson, Aaron	JR	Hampton	22.13

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## Finals ... (Event 6 Men 200 Meter Dash)

Name	Yr	School	Finals
6 515 Ward, Chris	SO	South Caroli	22.33
--- 124 Moore, Larrone	JR	Delaware Sta	DQ

## Event 7 Women 400 Meter Dash

NCAA Auto: 52.90 A

NCAA Prov: 54.90 P

Collegiate: 50.80 C 3/10/2007 Natasha Hastings

MEAC Indoor: 53.22 \$ 2/14/2009 Francena McCorory

Name	Yr	School	Prelims
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## Preliminaries

1 194 Richmond, Leah	JR	Hampton	57.62q
2 289 Hawkins, Monique	SO	Maryland-Eas	57.66q
3 189 McCorory, Francena	SR	Hampton	57.88q
4 429 Sanford, Dania	JR	Norfolk Stat	58.24q
5 368 Farr, Jessica	FR	N. Carolina	58.37q
6 478 Jones, Alexandria	SO	South Caroli	58.46q
7 335 Sloan, Avionne	JR	Morgan State	58.66q
8 287 Gallas, Melina	FR	Maryland-Eas	58.83q
9 18 Wilbon, Lashodra	SO	Bethune-Cook	58.97
10 43 Easterling, Alexis	FR	Coppin State	59.08
11 425 Pickett, Allyssa	SR	Norfolk Stat	59.13
12 378 McCammon, Jenea	FR	N. Carolina	59.47
13 150 Wright, LaToya	JR	Florida A&M	59.57
14 89 Kelly, Ayanna	SO	Delaware Sta	59.70
15 367 Clingman, Jade	FR	N. Carolina	59.95
16 140 Hulse, Jeanette	SO	Florida A&M	1:00.02
17 81 Emerson, Calisa	FR	Delaware Sta	1:00.10
18 243 Stephens, Brittany	SR	Howard	1:00.21
19 230 Glover, Symone	FR	Howard	1:00.27
20 321 Campbell, Lauren	SO	Morgan State	1:00.34
21 51 Leigh, Samantha	JR	Coppin State	1:00.39
22 474 Hicks, Yazmin	FR	South Caroli	1:00.51
23 277 Abrams, Kenesha	FR	Maryland-Eas	1:00.67
24 17 Watts, Vanderlyn	FR	Bethune-Cook	1:01.03
25 6 Flowers, Tanekia	SO	Bethune-Cook	1:01.09
26 142 Parks, Tayanna	FR	Florida A&M	1:01.34
27 91 Mayers, Kendra	JR	Delaware Sta	1:01.84
28 245 Thomas, Zahra	FR	Howard	1:02.04
29 486 Pugh, Sade	JR	South Caroli	1:02.16
30 48 Jones, Jamie	FR	Coppin State	1:04.05
--- 327 Kendrick, Tanisha	JR	Morgan State	DNF

## Event 7 Women 400 Meter Dash

NCAA Auto: 52.90 A

NCAA Prov: 54.90 P

Collegiate: 50.80 C 3/10/2007 Natasha Hastings

MEAC Indoor: 53.22 \$ 2/14/2009 Francena McCorory

Name	Yr	School	Finals
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## Finals

1 189 McCorory, Francena	SR	Hampton	53.92P
2 429 Sanford, Dania	JR	Norfolk Stat	56.51
3 194 Richmond, Leah	JR	Hampton	57.38

4 289 Hawkins, Monique	SO	Maryland-Eas	57.77
5 368 Farr, Jessica	FR	N. Carolina	58.00
6 478 Jones, Alexandria	SO	South Caroli	58.12
7 335 Sloan, Avionne	JR	Morgan State	58.17
8 287 Gallas, Melina	FR	Maryland-Eas	58.28

## Event 8 Men 400 Meter Dash

NCAA Auto: 46.75 A

NCAA Prov: 47.85 P

Collegiate: 44.57 C 3/12/2005 Kerron Clement

MEAC Indoor: 47.76 \$ 1998 Wilfred Pollard

Name	Yr	School	Prelims
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## Preliminaries

1 126 Murray, Leslie	SO	Delaware Sta	48.99q
2 447 Holston, Marquis	FR	Norfolk Stat	49.13q
3 391 Elliott, Jarrell	SO	N. Carolina	49.25q
4 461 Smith, Kenneth	FR	Norfolk Stat	49.56q
5 59 Bennett, Teo	SO	Coppin State	49.72q
6 307 Fothergill, Allodin	SR	Maryland-Eas	50.03q
7 453 Moon, Tyrell	JR	Norfolk Stat	50.08q
8 344 Bowen, Kevin	SR	Morgan State	50.32q
9 121 Laviea, Kevaughn	FR	Delaware Sta	50.33
10 308 Gauntlett, Akheem	SO	Maryland-Eas	50.49
11 310 Jones-Burden, Paul	JR	Maryland-Eas	50.53
12 515 Ward, Chris	SO	South Caroli	50.57
13 311 Keane-Dawes,	JR	Maryland-Eas	50.59
14 352 Higgs, Jordan	SO	Morgan State	50.84
15 394 Jordan, Akinwole	JR	N. Carolina	50.89
16 106 Brown, Tyquan	FR	Delaware Sta	50.97
17 389 Bouttry, D'Mitri	SO	N. Carolina	51.05
18 118 Harding, Alan	SO	Delaware Sta	51.09
19 74 Victorian, Jibri	FR	Coppin State	51.10
20 259 Houston, Michael	FR	Howard	51.26
21 109 Clarke, Burton	SR	Delaware Sta	51.31
22 33 Jackson, Chris	SO	Bethune-Cook	51.35
23 518 Williams, Marvin	SR	South Caroli	51.37
24 75 Wilson, Jamie	SR	Coppin State	51.38
25 154 Bolden, Ronald	JR	Florida A&M	51.39
26 28 Embry, Martin	FR	Bethune-Cook	51.55
27 320 Welter, Johan	SO	Maryland-Eas	51.62
28 25 Creary, Devon	FR	Bethune-Cook	51.67
29 249 Bowe, Stephen	FR	Howard	52.11
30 258 Hill, Brandon	FR	Howard	52.18
31 163 Hartley, Brandon	FR	Florida A&M	52.69
32 122 Laws, Alan	JR	Delaware Sta	52.70
33 219 Thomas, Wayne	JR	Hampton	53.25
34 218 Taylor, Bennett	SO	Hampton	53.59
35 357 Obiarinze, Jude	JR	Morgan State	53.73
--- 24 Cray, Eric	JR	Bethune-Cook	DNF

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## Results

## Event 8 Men 400 Meter Dash

NCAA Auto: 46.75 A

NCAA Prov: 47.85 P

Collegiate: 44.57 C 3/12/2005 Kerron Clement

MEAC Indoor: 47.76 \$ 1998 Wilfred Pollard

Name	Yr	School	Finals
<b>Finals</b>			
1 447 Holston, Marquis	FR	Norfolk Stat	47.88
2 307 Fothergill, Allodin	SR	Maryland-Eas	48.12
3 344 Bowen, Kevin	SR	Morgan State	48.58
4 391 Elliott, Jarrell	SO	N. Carolina	48.59
5 59 Bennett, Teo	SO	Coppin State	48.61
6 126 Murray, Leslie	SO	Delaware Sta	48.73
7 453 Moon, Tyrell	JR	Norfolk Stat	49.22
8 461 Smith, Kenneth	FR	Norfolk Stat	49.41

## Event 9 Women 4x400 Meter Relay

NCAA Auto: 3:35.80 A

NCAA Prov: 3:42.80 P

Collegiate: 3:27.66 C 3/15/2003 Texas

Downer, McIntosh, Robinson, Richards

MEAC Indoor: 3:36.8h \$ 1984 Delaware State

Team	Relay	Finals
<b>Finals</b>		
1 Hampton		3:48.01
1) 189 McCorory, Francena	2) 182 Burrell, Rachel FR	
3) 191 Morris, Janean SR	4) 194 Richmond, Leah JR	
2 Howard		3:49.38
1) 229 Douglas, Danielle FR	2) 231 Hardy, Jami SO	
3) 230 Glover, Symone FR	4) 227 Buckley, Landria SR	
3 N. Carolina A&T		3:49.93
1) 378 McCammon, Jenea FR	2) 368 Farr, Jessica FR	
3) 367 Clingman, Jade FR	4) 377 Marks, Diamond JR	
4 Maryland-Eas		3:51.99
1) 287 Gallas, Melina FR	2) 289 Hawkins, Monique SO	
3) 285 Ducados, Emilie FR	4) 279 Anais, Cynthia SO	
5 Delaware State		3:55.06
1) 81 Emerson, Calisa FR	2) 82 Fan Fan, Tracey SO	
3) 89 Kelly, Ayanna SO	4) 96 Richardson, Dashera FR	
6 Morgan State		3:58.02
1) 321 Campbell, Lauren SO	2) 340 Wattley, Britney SO	
3) 336 Smalls, Kamice SO	4) 335 Sloan, Avionne JR	
7 South Carolina St.		3:58.19
1) 473 Gracia, Monique SO	2) 478 Jones, Alexandria SO	
3) 474 Hicks, Yazmin FR	4) 485 Peake, Erica FR	
8 Bethune-Cookman		3:59.60
1) 18 Wilbon, Lashodra SO	2) 11 Henry, Asia FR	
3) 6 Flowers, Tanekia SO	4) 17 Watts, Vanderlyn FR	
9 Florida A&M		4:00.77
1) 140 Hulse, Jeanette SO	2) 142 Parks, Tayanna FR	
3) 150 Wright, LaToya JR	4) 139 Francis, Ann-Marie SR	
10 Coppin State		4:03.86
1) 43 Easterling, Alexis FR	2) 51 Leigh, Samantha JR	
3) 54 Simpson, Iesha FR	4) 55 Smith, Shane FR	

## Event 10 Men 4x400 Meter Relay

NCAA Auto: 3:08.90 A

NCAA Prov: 3:12.80 P

Collegiate: 3:03.51 C 3/12/2005 Florida

Clark, Middleton, Pastor, Clement

MEAC Indoor: 3:15.00 \$ 2008 Delaware State

Team	Relay	Finals
<b>Finals</b>		
1 Delaware State		3:16.84
1) 126 Murray, Leslie SO	2) 119 Holmes, Donte JR	
3) 132 Thibou, Kelli SO	4) 121 Laviea, Kevaughn FR	
2 Coppin State		3:17.94
1) 70 Morgan, Carlinton SR	2) 59 Bennett, Teo SO	
3) 75 Wilson, Jamie SR	4) 64 Dunn, Dale JR	
3 N. Carolina A&T		3:18.04
1) 393 House, Earl FR	2) 391 Elliott, Jarrell SO	
3) 389 Boutry, D'Mitri SO	4) 394 Jordan, Akinwole JR	
4 Norfolk State		3:18.71
1) 462 Speller, Thomas SO	2) 461 Smith, Kenneth FR	
3) 466 Walker, Quinten SO	4) 453 Moon, Tyrell JR	
5 Morgan State		3:19.87
1) 352 Higgs, Jordan SO	2) 344 Bowen, Kevin SR	
3) 359 Richardson, Issac JR	4) 361 Whyte, Carbinere SR	
6 Florida A&M		3:22.24
1) 163 Hartley, Brandon FR	2) 156 Buchanan, Lamere FR	
3) 154 Bolden, Ronald JR	4) 161 Craddock, Degion FR	
7 Bethune-Cookman		3:22.30
1) 33 Jackson, Chris SO	2) 25 Creary, Devon FR	
3) 31 Horton, Robert SO	4) 28 Embry, Martin FR	
8 Howard		3:23.14
1) 259 Houston, Michael FR	2) 258 Hill, Brandon FR	
3) 275 Williams, Richard SR	4) 249 Bowe, Stephen FR	
9 South Carolina St.		3:24.44
1) 518 Williams, Marvin SR	2) 515 Ward, Chris SO	
3) 506 Hasty, Zachery FR	4) 509 Lemon, Aubrey SR	
10 Hampton		3:26.97
1) 207 Campbell, Lawrence	2) 206 Brown, Devon JR	
3) 218 Taylor, Bennett SO	4) 219 Thomas, Wayne JR	
11 Maryland-Eas		3:27.52
1) 311 Keane-Dawes, Thomas	2) 320 Welter, Johan SO	
3) 302 Barnes, Marquis FR	4) 315 Miles, Damian SO	

## Event 11 Women 800 Meter Run

NCAA Auto: 2:06.00 A

NCAA Prov: 2:10.00 P

Collegiate: 2:00.75 C 2/27/2005 Nicole Cook

MEAC Indoor: 2:10.57 \$ 2007 Merrecia James

Name	Yr	School	Finals
<b>Finals</b>			
1 279 Anais, Cynthia	SO	Maryland-Eas	2:13.61
2 231 Hardy, Jami	SO	Howard	2:13.92
3 292 Jones, Eunice	SO	Maryland-Eas	2:14.10
4 195 Smith, Jahlisa	JR	Hampton	2:14.45
5 191 Morris, Janean	SR	Hampton	2:14.56

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Finals ... (Event 11 Women 800 Meter Run)

Name	Yr	School	Finals
6 407 Chichester, Jennifer	JR	Norfolk Stat	2:14.73
7 187 Jones, Kenya	SR	Hampton	2:15.13
8 232 Hodges, Ashley	JR	Howard	2:16.37
9 285 Ducados, Emilie	FR	Maryland-Eas	2:17.05
10 229 Douglas, Danielle	FR	Howard	2:17.11
11 377 Marks, Diamond	JR	N. Carolina	2:17.35
12 489 Stewart, Brittney	SO	South Caroli	2:19.76
13 96 Richardson, Dashera	FR	Delaware Sta	2:20.00
14 470 Daniley, Patrecia	JR	South Caroli	2:20.17
15 11 Henry, Asia	FR	Bethune-Cook	2:22.85
16 4 Condell, Alexandria	SR	Bethune-Cook	2:23.05
17 42 Duncan, Latasha	SO	Coppin State	2:23.88
18 45 Giles, Brittany	FR	Coppin State	2:25.79
19 102 Watkins, Britnee	SR	Delaware Sta	2:26.55
20 84 Harrison, Jessica	JR	Delaware Sta	2:28.42
21 374 Johnson, Samira	FR	N. Carolina	2:29.30
22 328 McCollum, Vivian	SR	Morgan State	2:32.21
23 329 Oliver, Tyshia	SO	Morgan State	2:41.71
24 5 Flowers, Jacquennee	SR	Bethune-Cook	2:42.48
25 337 Tucker, Naomi	FR	Morgan State	2:43.58

## Event 12 Men 800 Meter Run

NCAA Auto: 1:48.90 A

NCAA Prov: 1:51.40 P

Collegiate: 1:44.84 C 3/4/1989 Paul Ereng

MEAC Indoor: 1:51.59 \$ 2/13/2009 Donte Holmes

Name	Yr	School	Finals
1 119 Holmes, Donte	JR	Delaware Sta	1:52.51
2 64 Dunn, Dale	JR	Coppin State	1:52.89
3 132 Thibou, Kelli	SO	Delaware Sta	1:54.49
4 437 Brown, Vincent	FR	Norfolk Stat	1:55.63
5 72 Smith, Kayon	SR	Coppin State	1:56.02
6 207 Campbell, Lawrence	SO	Hampton	1:56.33
7 113 Devore, Jamaal	SO	Delaware Sta	1:56.34
8 34 Keeling, Marcell	SR	Bethune-Cook	1:56.56
9 275 Williams, Richard	SR	Howard	1:56.64
10 211 Fraction, Xavier	FR	Hampton	1:56.74
11 252 Franklin, Jerod	JR	Howard	1:57.16
12 400 Reddick-Simmons,	FR	N. Carolina	1:58.92
13 23 Cosby, William	SO	Bethune-Cook	1:59.12
14 156 Buchanan, Lamere	FR	Florida A&M	1:59.17
15 161 Craddock, Degion	FR	Florida A&M	1:59.19
16 115 Falconer, Kouri	SO	Delaware Sta	2:00.60
17 152 Alexander, Brandon	FR	Florida A&M	2:00.99
18 265 Price, Hamadi	SO	Howard	2:01.27
19 360 Robinson, Deandre	FR	Morgan State	2:01.40
20 390 Cephas, Danzeto	SO	N. Carolina	2:01.61
21 359 Richardson, Issac	JR	Morgan State	2:03.50
22 204 Brown, Bradley	SR	Hampton	2:04.22
23 505 Green, Quinton	SO	South Caroli	2:06.85
24 491 Axson, Dashan	JR	South Caroli	2:08.75
25 38 Taylor, Derrick	SR	Bethune-Cook	2:09.31

26 493 Bolden, DeAngelo JR South Caroli 2:16.78

## Event 13 Women 1 Mile Run

NCAA Auto: 4:38.90 A

NCAA Prov: 4:48.90 P

Collegiate: 4:25.91 C 2/28/2009 Jenny Barringer

MEAC Indoor: 5:00.44 \$ 2/14/2009 Merrecia James

Name	Yr	School	Finals
1 279 Anais, Cynthia	SO	Maryland-Eas	5:03.56
2 292 Jones, Eunice	SO	Maryland-Eas	5:04.44
3 407 Chichester, Jennifer	JR	Norfolk Stat	5:05.51
4 195 Smith, Jahlisa	JR	Hampton	5:05.58
5 489 Stewart, Brittney	SO	South Caroli	5:15.30
6 297 Thomas, Tamica	SR	Maryland-Eas	5:16.38
7 362 Benn, Janessa	FR	N. Carolina	5:18.60
8 179 Branch, Jasmin	JR	Hampton	5:19.61
9 4 Condell, Alexandria	SR	Bethune-Cook	5:26.18
10 232 Hodges, Ashley	JR	Howard	5:26.56
11 416 Hutto, Jamia	SO	Norfolk Stat	5:27.23
12 470 Daniley, Patrecia	JR	South Caroli	5:29.57
13 80 Cloud-Klein, Avery	FR	Delaware Sta	5:35.39
14 187 Jones, Kenya	SR	Hampton	5:38.69
15 87 Jones, Alisha	SO	Delaware Sta	5:43.09
16 239 Myles, Tamila	JR	Howard	5:47.99
17 328 McCollum, Vivian	SR	Morgan State	5:53.49
18 42 Duncan, Latasha	SO	Coppin State	5:59.12
19 234 Jackson, Brittany	JR	Howard	6:13.83

## Event 14 Men 1 Mile Run

NCAA Auto: 4:00.80 A

NCAA Prov: 4:05.30 P

Collegiate: 3:55.02 C 2/28/2009 German Fernandez

MEAC Indoor: 4:13.65 \$ 2002 Nickie Peters

Name	Yr	School	Finals
1 449 Kimutai, Philemon	SO	Norfolk Stat	4:16.24
2 450 Kiposqi, Amos	SO	Norfolk Stat	4:17.86
3 211 Fraction, Xavier	FR	Hampton	4:19.54
4 464 Tessema, Josef	SO	Norfolk Stat	4:20.77
5 64 Dunn, Dale	JR	Coppin State	4:21.70
6 443 George, Kameron	FR	Norfolk Stat	4:21.87
7 132 Thibou, Kelli	SO	Delaware Sta	4:26.60
8 268 Sanders, Thurman	SR	Howard	4:27.07
9 213 Kimani, David	SR	Hampton	4:27.61
10 356 Mutai, Daniel	FR	Morgan State	4:29.20
11 115 Falconer, Kouri	SO	Delaware Sta	4:32.16
12 313 Maritim, Shadrack	SO	Maryland-Eas	4:32.37
13 156 Buchanan, Lamere	FR	Florida A&M	4:33.20
14 508 Kurgatt, Charles	SO	South Caroli	4:33.50
15 253 Galllion, Michael	JR	Howard	4:35.59
16 113 Devore, Jamaal	SO	Delaware Sta	4:35.77
17 314 Melek, Basil	SO	Maryland-Eas	4:35.84
18 395 Liggins, Steve	SO	N. Carolina	4:37.96
19 23 Cosby, William	SO	Bethune-Cook	4:38.92

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Finals ... (Event 14 Men 1 Mile Run)

Name	Yr	School	Finals
20 312 Kiprotich, Amon	JR	Maryland-Eas	4:40.56
21 152 Alexander, Brandon	FR	Florida A&M	4:41.79
22 208 Davenport, Michael	FR	Hampton	4:46.23
23 176 Winters, Shuaib	SO	Florida A&M	4:49.25
24 505 Green, Quinton	SO	South Caroli	4:49.60
25 29 Harris, Tavares	FR	Bethune-Cook	4:52.55
26 38 Taylor, Derrick	SR	Bethune-Cook	5:05.09

## Event 15 Women 3000 Meter Run

NCAA Auto: 9:16.00 A

NCAA Prov: 9:35.00 P

Collegiate: 8:42.03 C 3/14/2009 Jenny Barringer

MEAC Indoor: 10:11.76 \$ 2002 Agatha Gitudndu

Name	Yr	School	Finals
<b>Finals</b>			
1 195 Smith, Jahlisa	JR	Hampton	10:31.13
2 407 Chichester, Jennifer	JR	Norfolk Stat	10:33.41
3 427 Rutto, Kellen	FR	Norfolk Stat	10:39.46
4 430 Scott, Aurora	SO	Norfolk Stat	10:41.24
5 297 Thomas, Tamica	SR	Maryland-Eas	10:42.34
6 179 Branch, Jasmin	JR	Hampton	10:48.75
7 489 Stewart, Brittny	SO	South Caroli	10:50.31
8 362 Benn, Janessa	FR	N. Carolina	10:50.35
9 292 Jones, Eunice	SO	Maryland-Eas	11:02.29
10 470 Daniley, Patrecia	JR	South Caroli	11:19.21
11 232 Hodges, Ashley	JR	Howard	11:33.20
12 363 Betts, Ariana	FR	N. Carolina	11:42.50
13 80 Cloud-Klein, Avery	FR	Delaware Sta	11:53.22
14 333 Savage, Jasmine	FR	Morgan State	12:41.64
15 278 Abrantes, Jessica	SO	Maryland-Eas	13:32.13

## Event 16 Men 5000 Meter Run

NCAA Auto: 13:50.80 A

NCAA Prov: 14:13.80 P

Collegiate: 13:18.12 C 2/13/2009 Galen Rupp

MEAC Indoor: 14:33.96 \$ 2006 David Kemboi

Name	Yr	School	Finals
<b>Finals</b>			
1 450 Kiposqei, Amos	SO	Norfolk Stat	15:18.00
2 449 Kimutai, Philemon	SO	Norfolk Stat	15:19.91
3 213 Kimani, David	SR	Hampton	15:20.57
4 356 Mutai, Daniel	FR	Morgan State	15:21.72
5 464 Tessema, Josef	SO	Norfolk Stat	15:32.78
6 312 Kiprotich, Amon	JR	Maryland-Eas	15:35.76
7 176 Winters, Shuaib	SO	Florida A&M	15:36.22
8 314 Melek, Basil	SO	Maryland-Eas	15:42.00
9 318 Sang, Peter	SR	Maryland-Eas	15:55.37
10 159 Coleman, Isaiah	FR	Florida A&M	18:31.14

## Event 17 Men 3000 Meter Run

NCAA Auto: 7:57.20 A

NCAA Prov: 8:07.70 P

Collegiate: 7:38.59 C 2/14/2004 Allistair Cragg

MEAC Indoor: 8:53.01 \$ 2/14/2009 Dominic Luka

Name	Yr	School	Finals
<b>Finals</b>			
1 213 Kimani, David	SR	Hampton	8:49.99\$
2 464 Tessema, Josef	SO	Norfolk Stat	8:50.38\$
3 449 Kimutai, Philemon	SO	Norfolk Stat	8:51.52\$
4 450 Kiposqei, Amos	SO	Norfolk Stat	8:53.43
5 356 Mutai, Daniel	FR	Morgan State	8:53.65
6 312 Kiprotich, Amon	JR	Maryland-Eas	9:00.14
7 314 Melek, Basil	SO	Maryland-Eas	9:02.88
8 176 Winters, Shuaib	SO	Florida A&M	9:11.72
9 268 Sanders, Thurman	SR	Howard	9:11.79
10 313 Maritim, Shadrack	SO	Maryland-Eas	9:16.47
11 443 George, Kameron	FR	Norfolk Stat	9:20.29
12 123 Mcdonald, Andre	SR	Delaware Sta	9:21.29
13 253 Galllion, Michael	JR	Howard	9:24.46
14 508 Kurgatt, Charles	SO	South Caroli	9:25.09
15 395 Liggins, Steve	SO	N. Carolina	9:46.12
16 175 Williams, Paul	SO	Florida A&M	9:49.17
17 254 Gentles, Peter	SO	Howard	9:52.49
18 505 Green, Quinton	SO	South Caroli	10:23.40
19 159 Coleman, Isaiah	FR	Florida A&M	11:32.08

## Event 18 Women Indoor Pentathlon

MEAC Indoor: 3630 \$ 2/14/2009 Tempest Vance

Name	Yr	School	Finals
<b>Finals</b>			
1 183 Calder, Claudia	SO	Hampton	3449
2 426 Rhoades, Elaine	JR	Norfolk Stat	3394
3 99 Sewell, Nykeisha	SO	Delaware Sta	3331
4 185 Gainey, Shaquanda	FR	Hampton	3292
5 417 Jenkins, Tanisha	JR	Norfolk Stat	3283
6 13 Sanders, Ryan	SR	Bethune-Cook	3062
7 186 Harris, Margaret	JR	Hampton	3028
8 86 Johnson, Kristen	SO	Delaware Sta	3009
9 476 Jefferson, Brandi	JR	South Caroli	2943
10 421 Matthews, Ashanti	SO	Norfolk Stat	2867
11 40 Barnes, Shaleatha	FR	Coppin State	2653
12 79 Clark, Wendi	FR	Delaware Sta	2528
13 296 Pollock, Seneman	FR	Maryland-Eas	2474
14 469 Daley, Tamala	FR	South Caroli	2457
15 288 Gray, Courtney	FR	Maryland-Eas	2450

## Event 18 Indoor Pentathlon: #1 Women 60 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 421 Matthews, Ashanti	SO	Norfolk Stat	8.81 950
2 476 Jefferson, Brandi	JR	South Caroli	9.01 908
3 426 Rhoades, Elaine	JR	Norfolk Stat	9.07 895
4 469 Daley, Tamala	FR	South Caroli	9.16 877

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Finals ... (Event 18 Indoor Pentathlon: #1 Women 60 Meter Hu

Name	Yr	School	Finals	
5 296 Pollock, Seneman	FR	Maryland-Eas	9.18	873
6 417 Jenkins, Tanisha	JR	Norfolk Stat	9.19	871
7 13 Sanders, Ryan	SR	Bethune-Cook	9.20	869
8 185 Gainey, Shaquanda	FR	Hampton	9.37	834
9 99 Sewell, Nykeisha	SO	Delaware Sta	9.44	820
10 183 Calder, Claudia	SO	Hampton	9.53	802
11 44 Epps, Christina	FR	Coppin State	9.54	800
12 86 Johnson, Kristen	SO	Delaware Sta	9.62	785
13 186 Harris, Margaret	JR	Hampton	9.72	765
14 40 Barnes, Shaleatha	FR	Coppin State	9.74	761
15 288 Gray, Courtney	FR	Maryland-Eas	10.23	670
16 79 Clark, Wendi	FR	Delaware Sta	10.38	643
17 57 Weekly, Salena	SO	Coppin State	14.09	142

## Event 18 Indoor Pentathlon: #2 Women High Jump Indoor

Name	Yr	School	Finals	
1 183 Calder, Claudia	SO	Hampton	1.73m	891
2 417 Jenkins, Tanisha	JR	Norfolk Stat	1.64m	783
3 86 Johnson, Kristen	SO	Delaware Sta	1.61m	747
3 99 Sewell, Nykeisha	SO	Delaware Sta	1.61m	747
5 40 Barnes, Shaleatha	FR	Coppin State	1.58m	712
5 13 Sanders, Ryan	SR	Bethune-Cook	1.58m	712
7 57 Weekly, Salena	SO	Coppin State	1.55m	678
8 44 Epps, Christina	FR	Coppin State	1.52m	644
9 426 Rhoades, Elaine	JR	Norfolk Stat	1.49m	610
9 185 Gainey, Shaquanda	FR	Hampton	1.49m	610
11 421 Matthews, Ashanti	SO	Norfolk Stat	1.46m	577
11 288 Gray, Courtney	FR	Maryland-Eas	1.46m	577
13 476 Jefferson, Brandi	JR	South Caroli	1.43m	544
13 296 Pollock, Seneman	FR	Maryland-Eas	1.43m	544
15 79 Clark, Wendi	FR	Delaware Sta	1.40m	512
16 469 Daley, Tamala	FR	South Caroli	1.37m	481
16 186 Harris, Margaret	JR	Hampton	1.37m	481

## Event 18 Indoor Pentathlon: #3 Women Shot Put Indoor

Name	Yr	School	Finals	
1 288 Gray, Courtney	FR	Maryland-Eas	10.83m	584
2 421 Matthews, Ashanti	SO	Norfolk Stat	10.09m	535
3 417 Jenkins, Tanisha	JR	Norfolk Stat	9.18m	476
4 296 Pollock, Seneman	FR	Maryland-Eas	8.80m	451
5 79 Clark, Wendi	FR	Delaware Sta	8.78m	450
6 426 Rhoades, Elaine	JR	Norfolk Stat	8.77m	449
7 13 Sanders, Ryan	SR	Bethune-Cook	8.70m	445
8 40 Barnes, Shaleatha	FR	Coppin State	8.47m	430
9 469 Daley, Tamala	FR	South Caroli	8.35m	422
10 57 Weekly, Salena	SO	Coppin State	8.33m	421
11 185 Gainey, Shaquanda	FR	Hampton	8.23m	414
12 44 Epps, Christina	FR	Coppin State	7.93m	395
13 183 Calder, Claudia	SO	Hampton	7.83m	388
14 476 Jefferson, Brandi	JR	South Caroli	7.79m	386
15 186 Harris, Margaret	JR	Hampton	7.67m	378

16 99 Sewell, Nykeisha	SO	Delaware Sta	7.60m	374
17 86 Johnson, Kristen	SO	Delaware Sta	6.94m	331

## Event 18 Indoor Pentathlon: #4 Women Long Jump Indoor

Name	Yr	School	Finals	
1 99 Sewell, Nykeisha	SO	Delaware Sta	5.45m	686
2 469 Daley, Tamala	FR	South Caroli	5.42m	677
3 426 Rhoades, Elaine	JR	Norfolk Stat	5.41m	674
4 185 Gainey, Shaquanda	FR	Hampton	5.30m	643
5 44 Epps, Christina	FR	Coppin State	5.26m	631
6 417 Jenkins, Tanisha	JR	Norfolk Stat	5.25m	628
7 186 Harris, Margaret	JR	Hampton	5.19m	612
8 13 Sanders, Ryan	SR	Bethune-Cook	5.18m	609
9 296 Pollock, Seneman	FR	Maryland-Eas	5.17m	606
10 183 Calder, Claudia	SO	Hampton	5.12m	592
11 86 Johnson, Kristen	SO	Delaware Sta	5.05m	573
12 476 Jefferson, Brandi	JR	South Caroli	4.90m	532
13 288 Gray, Courtney	FR	Maryland-Eas	4.80m	506
14 79 Clark, Wendi	FR	Delaware Sta	4.73m	487
15 421 Matthews, Ashanti	SO	Norfolk Stat	4.66m	469
16 40 Barnes, Shaleatha	FR	Coppin State	4.50m	428
17 57 Weekly, Salena	SO	Coppin State	4.17m	347

## Event 18 Indoor Pentathlon: #5 Women 800 Meter Run Indoor

Name	Yr	School	Finals	
1 186 Harris, Margaret	JR	Hampton	2:22.36	792
2 185 Gainey, Shaquanda	FR	Hampton	2:22.40	791
3 183 Calder, Claudia	SO	Hampton	2:23.53	776
4 426 Rhoades, Elaine	JR	Norfolk Stat	2:24.28	766
5 99 Sewell, Nykeisha	SO	Delaware Sta	2:29.15	704
6 86 Johnson, Kristen	SO	Delaware Sta	2:39.95	573
7 476 Jefferson, Brandi	JR	South Caroli	2:39.99	573
8 417 Jenkins, Tanisha	JR	Norfolk Stat	2:44.29	525
9 79 Clark, Wendi	FR	Delaware Sta	2:52.71	436
10 13 Sanders, Ryan	SR	Bethune-Cook	2:53.63	427
11 421 Matthews, Ashanti	SO	Norfolk Stat	3:03.25	336
12 40 Barnes, Shaleatha	FR	Coppin State	3:04.81	322
13 288 Gray, Courtney	FR	Maryland-Eas	3:34.24	113
--- 296 Pollock, Seneman	FR	Maryland-Eas	DNF	
--- 469 Daley, Tamala	FR	South Caroli	DQ	

## Event 19 Men Heptathlon

MEAC Indoor: 5378 \$ 2008		Harold Rose	
Name	Yr	School	Finals
1 209 Dixon, Damon	JR	Hampton	4785
2 305 Dix, Jermol	SO	Maryland-Eas	4556
3 220 Veale, Lamar	SR	Hampton	4439
4 317 Sandiford, David	FR	Maryland-Eas	4240
5 468 Wilson, Travis	SO	Norfolk Stat	4004
6 501 Elmore, Mark	SR	South Caroli	3804
7 174 Washington, Phillip	JR	Florida A&M	3680
8 510 Lovett, Christopher	FR	South Caroli	3537

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Event 19 Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 209 Dixon, Damon	JR	Hampton	7.14	833
2 220 Veale, Lamar	SR	Hampton	7.17	823
3 468 Wilson, Travis	SO	Norfolk Stat	7.26	792
4 305 Dix, Jermol	SO	Maryland-Eas	7.27	789
5 317 Sandiford, David	FR	Maryland-Eas	7.42	739
6 501 Elmore, Mark	SR	South Caroli	7.44	732
7 510 Lovett, Christopher	FR	South Caroli	7.49	716
8 174 Washington, Phillip	JR	Florida A&M	7.61	678
9 205 Brown, Bryan	SR	Hampton	7.81	616

## Event 19 Heptathlon: #2 Men Long Jump Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 209 Dixon, Damon	JR	Hampton	6.69m	741
2 220 Veale, Lamar	SR	Hampton	6.56m	711
3 317 Sandiford, David	FR	Maryland-Eas	6.42m	679
4 305 Dix, Jermol	SO	Maryland-Eas	6.37m	668
5 468 Wilson, Travis	SO	Norfolk Stat	5.92m	569
6 174 Washington, Phillip	JR	Florida A&M	5.90m	565
7 510 Lovett, Christopher	FR	South Caroli	5.85m	554
8 205 Brown, Bryan	SR	Hampton	5.82m	548
9 501 Elmore, Mark	SR	South Caroli	5.46m	473

## Event 19 Heptathlon: #3 Men Shot Put Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 501 Elmore, Mark	SR	South Caroli	12.31m	625
2 209 Dixon, Damon	JR	Hampton	11.11m	553
3 317 Sandiford, David	FR	Maryland-Eas	10.92m	541
4 220 Veale, Lamar	SR	Hampton	10.26m	501
5 305 Dix, Jermol	SO	Maryland-Eas	9.35m	447
6 468 Wilson, Travis	SO	Norfolk Stat	8.93m	422
7 510 Lovett, Christopher	FR	South Caroli	8.34m	386
8 205 Brown, Bryan	SR	Hampton	7.74m	351
9 174 Washington, Phillip	JR	Florida A&M	7.58m	341

## Event 19 Heptathlon: #4 Men High Jump Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 220 Veale, Lamar	SR	Hampton	1.92m	731
2 209 Dixon, Damon	JR	Hampton	1.89m	705
2 317 Sandiford, David	FR	Maryland-Eas	1.89m	705
4 174 Washington, Phillip	JR	Florida A&M	1.77m	602
5 305 Dix, Jermol	SO	Maryland-Eas	1.74m	577
6 468 Wilson, Travis	SO	Norfolk Stat	1.71m	552
7 501 Elmore, Mark	SR	South Caroli	1.65m	504
8 510 Lovett, Christopher	FR	South Caroli	1.56m	434
9 205 Brown, Bryan	SR	Hampton	1.53m	411

## Event 19 Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 209 Dixon, Damon	JR	Hampton	8.28	913
2 468 Wilson, Travis	SO	Norfolk Stat	8.42	879
3 305 Dix, Jermol	SO	Maryland-Eas	8.53	853
4 220 Veale, Lamar	SR	Hampton	8.68	818
5 510 Lovett, Christopher	FR	South Caroli	8.83	784
6 174 Washington, Phillip	JR	Florida A&M	8.96	755
7 317 Sandiford, David	FR	Maryland-Eas	9.09	726
8 205 Brown, Bryan	SR	Hampton	9.20	702
9 501 Elmore, Mark	SR	South Caroli	9.77	585

## Event 19 Heptathlon: #6 Men Pole Vault Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 209 Dixon, Damon	JR	Hampton	3.94m	601
2 305 Dix, Jermol	SO	Maryland-Eas	3.54m	493
3 317 Sandiford, David	FR	Maryland-Eas	3.04m	367
4 174 Washington, Phillip	JR	Florida A&M	2.74m	296
4 220 Veale, Lamar	SR	Hampton	2.74m	296
6 501 Elmore, Mark	SR	South Caroli	2.64m	273
7 468 Wilson, Travis	SO	Norfolk Stat	2.03m	145
--- 510 Lovett, Christopher	FR	South Caroli	NH	

## Event 19 Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Yr	School	Finals	
<b>Finals</b>				
1 305 Dix, Jermol	SO	Maryland-Eas	2:53.54	729
2 510 Lovett, Christopher	FR	South Caroli	3:00.12	663
3 468 Wilson, Travis	SO	Norfolk Stat	3:01.95	645
4 501 Elmore, Mark	SR	South Caroli	3:05.42	612
5 220 Veale, Lamar	SR	Hampton	3:11.12	559
6 317 Sandiford, David	FR	Maryland-Eas	3:19.79	483
7 174 Washington, Phillip	JR	Florida A&M	3:24.67	443
8 209 Dixon, Damon	JR	Hampton	3:25.11	439

## Event 20 Women High Jump

NCAA Auto:	1.85m	A		
NCAA Prov:	1.78m	P		
Collegiate:	1.98m	C 3/19/2009	Destinee Hooker	
MEAC Indoor:	1.78m	\$ 2005	Yvette Lewis	
Name	Yr	School	Finals	
<b>Finals</b>				
1 419 Kirby, Wanetta	JR	Norfolk Stat	1.70m	
2 423 Mitchell, She'Anna	JR	Norfolk Stat	1.65m	
3 183 Calder, Claudia	SO	Hampton	1.65m	
3 99 Sewell, Nykeisha	SO	Delaware Sta	1.65m	
5 180 Briggs, Deshana	SO	Hampton	1.65m	
6 406 Artis, Jonee	JR	Norfolk Stat	1.65m	
7 86 Johnson, Kristen	SO	Delaware Sta	1.60m	
8 143 Pilliner, Suelyn	FR	Florida A&M	1.55m	
8 238 McKee, Alexandria	SO	Howard	1.55m	
8 44 Epps, Christina	FR	Coppin State	1.55m	

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Finals ... (Event 20 Women High Jump)

Name	Yr	School	Finals
8 40 Barnes, Shaleatha	FR	Coppin State	1.55m
12 417 Jenkins, Tanisha	JR	Norfolk Stat	1.55m
13 57 Weekly, Salena	SO	Coppin State	1.55m
14 13 Sanders, Ryan	SR	Bethune-Cook	1.55m
15 288 Gray, Courtney	FR	Maryland-Eas	1.50m
--- 477 Jenkins, Shantrell	SR	South Caroli	NH
--- 79 Clark, Wendi	FR	Delaware Sta	NH
--- 136 Colter, Stephanie	FR	Florida A&M	NH

## Event 21 Men High Jump

NCAA Auto: 2.24m A

NCAA Prov: 2.14m P

Collegiate: 2.37m C 3/11/1989 Hollis Conway

MEAC Indoor: 2.20m \$ 2008 Marlon Woods

Name	Yr	School	Finals
<b>Finals</b>			
1 445 Hall, Raphael	SR	Norfolk Stat	2.05m
2 209 Dixon, Damon	JR	Hampton	2.05m
3 507 Knight, Levar	SR	South Caroli	2.05m
4 403 Thompson, Isaiah	SO	N. Carolina	1.95m
4 448 James, John	FR	Norfolk Stat	1.95m
6 165 Johnson, Willie	FR	Florida A&M	1.95m
7 316 Moore, James	SR	Maryland-Eas	1.95m
7 438 Casper, Eric	JR	Norfolk Stat	1.95m
9 220 Veale, Lamar	SR	Hampton	1.95m
10 67 Graham, Richard	FR	Coppin State	1.90m
10 266 Rosa, Benjamin	SO	Howard	1.90m
12 164 Hunt, Leon	JR	Florida A&M	1.90m
13 317 Sandiford, David	FR	Maryland-Eas	1.85m
13 163 Hartley, Brandon	FR	Florida A&M	1.85m
15 127 Sivels, Darius	SO	Delaware Sta	1.80m
16 105 Brisco, Isaiah	SO	Delaware Sta	1.80m

## Event 22 Women Pole Vault

NCAA Auto: 4.25m A

NCAA Prov: 4.00m P

Collegiate: 4.53m C 2/8/2002 Amy Linnen

MEAC Indoor: 3.36m \$ 2/14/2009 Katie Wright

Name	Yr	School	Finals
<b>Finals</b>			
1 434 Wright, Katie	SO	Norfolk Stat	3.11m
2 431 Shoates, Candace	SR	Norfolk Stat	2.96m
3 428 Sanders, Andrea	SO	Norfolk Stat	2.66m
3 418 Joseph, Ashleigh	JR	Norfolk Stat	2.66m
5 294 Lowe, Chelsea	FR	Maryland-Eas	2.66m
6 291 James, Ameris	SO	Maryland-Eas	2.21m
6 282 Berry, Alexander	SO	Maryland-Eas	2.21m
8 93 McGroary, Victoria	SO	Delaware Sta	2.21m

## Event 23 Men Pole Vault

NCAA Auto: 5.50m A

NCAA Prov: 5.20m P

Collegiate: 5.85m C 3/6/1999 Jacob Davis

MEAC Indoor: 5.00m \$ 2/13/2009 Shane Smith

Name	Yr	School	Finals
<b>Finals</b>			
1 440 Dodd, Brett	SR	Norfolk Stat	4.75m
2 209 Dixon, Damon	JR	Hampton	3.95m
3 446 Hernandez, Raoul	FR	Norfolk Stat	3.65m
4 455 Owens, Ryan	JR	Norfolk Stat	3.50m
5 220 Veale, Lamar	SR	Hampton	3.50m
--- 104 Agan, Ryan	JR	Delaware Sta	NH
--- 305 Dix, Jermol	SO	Maryland-Eas	NH

## Event 24 Women Long Jump

NCAA Auto: 6.38m A

NCAA Prov: 6.13m P

Collegiate: 6.91m C 2/23/2002 Elva Goulbourne

MEAC Indoor: 6.20m \$ 1985 Brenda Bailey

Name	Yr	School	Finals
<b>Finals</b>			
1 469 Daley, Tamala	FR	South Caroli	5.91m
2 369 Forbes, Shakia	SO	N. Carolina	5.83m
3 383 Walker, Sherice	FR	N. Carolina	5.76m
4 99 Sewell, Nykeisha	SO	Delaware Sta	5.56m
5 419 Kirby, Wanetta	JR	Norfolk Stat	5.53m
6 43 Easterling, Alexis	FR	Coppin State	5.47m
7 421 Matthews, Ashanti	SO	Norfolk Stat	5.41m
8 426 Rhoades, Elaine	JR	Norfolk Stat	5.33m
9 322 Carson, Micsha	SO	Morgan State	5.25m
10 44 Epps, Christina	FR	Coppin State	5.24m
10 488 Smith, Jasmine	SR	South Caroli	5.24m
12 296 Pollock, Seneman	FR	Maryland-Eas	5.23m
13 186 Harris, Margaret	JR	Hampton	5.16m
14 13 Sanders, Ryan	SR	Bethune-Cook	5.12m
15 288 Gray, Courtney	FR	Maryland-Eas	5.06m
16 141 Morrow, Tiffany	JR	Florida A&M	5.03m
16 94 Muhammad, Krystina	SO	Delaware Sta	5.03m
18 91 Mayers, Kendra	JR	Delaware Sta	5.00m
18 364 Breeden, Amanda	JR	N. Carolina	5.00m
20 183 Calder, Claudia	SO	Hampton	4.99m
21 48 Jones, Jamie	FR	Coppin State	4.97m
22 142 Parks, Tayanna	FR	Florida A&M	4.80m
23 237 Lemonious,	SR	Howard	4.76m
24 143 Pilliner, Suelyn	FR	Florida A&M	4.70m
--- 198 Vassell, Racquel	JR	Hampton	FOUL

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Event 25 Men Long Jump

NCAA Auto: 7.85m A

NCAA Prov: 7.50m P

Collegiate: 8.59m C 3/1/2002 Miguel Pate

MEAC Indoor: 7.86m \$ 2/13/2009 Corey Vinston

Name	Yr	School	Finals
<b>Finals</b>			
1 69 Miles, Brandon	SR	Coppin State	7.40m
2 396 McFadgen, David	SR	N. Carolina	7.37m
3 164 Hunt, Leon	JR	Florida A&M	7.22m
4 387 Baldwin, Jared	SO	N. Carolina	7.16m
5 126 Murray, Leslie	SO	Delaware Sta	7.13m
6 209 Dixon, Damon	JR	Hampton	7.13m
7 221 Walker, Predist	JR	Hampton	7.08m
8 514 Stephens, Marcus	SO	South Caroli	6.89m
9 507 Knight, Levar	SR	South Caroli	6.81m
10 269 Small-Warner,	SR	Howard	6.78m
11 317 Sandiford, David	FR	Maryland-Eas	6.69m
12 165 Johnson, Willie	FR	Florida A&M	6.65m
13 506 Hasty, Zachery	FR	South Caroli	6.54m
14 125 Muhammad, Kevin	SR	Delaware Sta	6.49m
15 456 Oxendine, Tyquan	FR	Norfolk Stat	6.48m
16 404 Watkins, Wade	SO	N. Carolina	6.40m
17 37 Nicholas, Kenson	JR	Bethune-Cook	6.37m
18 170 Tarrok-Barr, Laszlo	FR	Florida A&M	6.37m
19 305 Dix, Jermol	SO	Maryland-Eas	6.29m
20 22 Carter, Richard	FR	Bethune-Cook	6.08m
--- 124 Moore, Larrone	JR	Delaware Sta	FOUL

## Event 26 Women Triple Jump

NCAA Auto: 13.30m A

NCAA Prov: 12.65m P

Collegiate: 14.25m C 3/8/1997 Suzette Lee

MEAC Indoor: 13.06m \$ 2000 Elisa Funchess

Name	Yr	School	Finals
<b>Finals</b>			
1 488 Smith, Jasmine	SR	South Caroli	12.39m
2 426 Rhoades, Elaine	JR	Norfolk Stat	12.04m
3 44 Epps, Christina	FR	Coppin State	12.01m
4 469 Daley, Tamala	FR	South Caroli	11.75m
5 415 Hite, Alaina	SO	Norfolk Stat	11.45m
6 417 Jenkins, Tanisha	JR	Norfolk Stat	11.44m
7 364 Breeden, Amanda	JR	N. Carolina	11.30m
8 373 Jackson, Kayla	FR	N. Carolina	11.15m
9 322 Carson, Micsha	SO	Morgan State	10.97m
10 381 Reynolds, Tamika	FR	N. Carolina	10.97m
11 141 Morrow, Tiffany	JR	Florida A&M	10.82m
12 142 Parks, Tayanna	FR	Florida A&M	10.50m
13 54 Simpson, Iesha	FR	Coppin State	10.10m
14 57 Weekly, Salena	SO	Coppin State	10.03m
--- 8 Gibson, Britney	SR	Bethune-Cook	FOUL
--- 94 Muhammad, Krystina	SO	Delaware Sta	FOUL
--- 233 Horton, Dontranika	FR	Howard	FOUL

## Event 27 Men Triple Jump

NCAA Auto: 16.15m A

NCAA Prov: 15.45m P

Collegiate: 17.50m C 1/17/1986 Charlie Simpkins

MEAC Indoor: 16.27m \$ 1986 Edward Smith

Name	Yr	School	Finals
<b>Finals</b>			
1 396 McFadgen, David	SR	N. Carolina	15.21m
2 514 Stephens, Marcus	SO	South Caroli	15.01m
3 266 Rosa, Benjamin	SO	Howard	14.18m
4 37 Nicholas, Kenson	JR	Bethune-Cook	13.92m
5 221 Walker, Predist	JR	Hampton	13.87m
6 404 Watkins, Wade	SO	N. Carolina	13.72m
7 164 Hunt, Leon	JR	Florida A&M	13.68m
8 507 Knight, Levar	SR	South Caroli	13.54m
9 387 Baldwin, Jared	SO	N. Carolina	13.08m
10 22 Carter, Richard	FR	Bethune-Cook	13.07m
11 125 Muhammad, Kevin	SR	Delaware Sta	12.75m
--- 170 Tarrok-Barr, Laszlo	FR	Florida A&M	FOUL

## Event 28 Women Shot Put

NCAA Auto: 16.90m A

NCAA Prov: 15.20m P

Collegiate: 19.15m C 3/3/2004 Laura Gerraughty

MEAC Indoor: 15.56m \$ 2/13/2009 Leitawsha Bronson

Name	Yr	School	Finals
<b>Finals</b>			
1 20 Williams,	SR	Bethune-Cook	15.29mP
2 290 Henry, Vanessa	SO	Maryland-Eas	15.02m
3 371 Foster, Jerrine	SR	N. Carolina	14.74m
4 487 Rothmiller, Shamire	SO	South Caroli	14.48m
5 299 Woodward, Saisha	SR	Maryland-Eas	13.74m
6 370 Forrester, Katherine	SR	N. Carolina	13.69m
7 330 Randall, Allison	SR	Morgan State	13.10m
8 413 Gray, Kaleena	FR	Norfolk Stat	12.30m
9 12 Ruffin, Maketa	JR	Bethune-Cook	12.05m
10 200 Watkins, Jocelyn	JR	Hampton	11.98m
11 50 Lee, Mykal	FR	Coppin State	11.06m
12 190 McGregor, Kristal	SR	Hampton	11.04m
13 334 Shirley, Candace	JR	Morgan State	10.43m
14 46 James, Tierra	FR	Coppin State	9.52m
15 284 Cox, Imani	FR	Maryland-Eas	9.33m
16 40 Barnes, Shaleatha	FR	Coppin State	8.62m

## Event 29 Men Shot Put

NCAA Auto: 19.30m A

NCAA Prov: 17.75m P

Collegiate: 21.50m C 2/4/1977 Terry Albritton

MEAC Indoor: 18.01m \$ 2/14/2009 Tyron Benjamin

Name	Yr	School	Finals
<b>Finals</b>			
1 343 Benjamin, Tyron	SR	Morgan State	17.96mP
2 388 Boulware, Robert	JR	N. Carolina	15.60m
3 502 Facey, Noel	SO	South Caroli	15.46m

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Finals ... (Event 29 Men Shot Put)

Name	Yr	School	Finals
4 463 Spellman, Ernest	FR	Norfolk Stat	15.16m
5 303 Brown, Marcus	FR	Maryland-Eas	15.06m
6 441 Duncan, Theo	SO	Norfolk Stat	14.97m
7 169 Melton, Johnathon	FR	Florida A&M	13.41m
8 130 Sutton, John	SO	Delaware Sta	12.93m
9 439 Craig, Jamal	SO	Norfolk Stat	12.80m
10 501 Elmore, Mark	SR	South Caroli	12.06m
11 499 Demesme, Rashad	SO	South Caroli	10.75m

## Event 30 Women Weight Throw

NCAA Auto: 21.00m A

NCAA Prov: 18.75m P

Collegiate: 25.56m C 3/10/2007 Brittany Riley

MEAC Indoor: 16.15m \$ 2/12/2009 Allison Randall

Name	Yr	School	Finals
<b>Finals</b>			
1 330 Randall, Allison	SR	Morgan State	18.58m\$
2 290 Henry, Vanessa	SO	Maryland-Eas	17.11m\$
3 299 Woodward, Saisha	SR	Maryland-Eas	15.45m
4 334 Shirley, Candace	JR	Morgan State	15.07m
5 413 Gray, Kaleena	FR	Norfolk Stat	14.90m
6 190 McGregor, Kristal	SR	Hampton	14.89m
7 371 Foster, Jerrine	SR	N. Carolina	13.79m
8 284 Cox, Imani	FR	Maryland-Eas	13.46m
9 414 Harris, Tiphani	JR	Norfolk Stat	13.25m
10 20 Williams,	SR	Bethune-Cook	12.89m
11 487 Rothmiller, Shamire	SO	South Caroli	12.60m
12 12 Ruffin, Maketa	JR	Bethune-Cook	11.95m
13 200 Watkins, Jocelyn	JR	Hampton	11.79m

## Event 31 Men Weight Throw

NCAA Auto: 21.50m A

NCAA Prov: 19.50m P

Collegiate: 24.72m C 2/9/2009 Scott Russell

MEAC Indoor: 15.19m \$ 2/12/2009 Anthony Napoleon

Name	Yr	School	Finals
<b>Finals</b>			
1 343 Benjamin, Tyron	SR	Morgan State	15.97m\$
2 388 Boulware, Robert	JR	N. Carolina	14.63m
3 439 Craig, Jamal	SO	Norfolk Stat	14.14m
4 457 Richardson, Kendrick	SO	Norfolk Stat	12.56m
5 502 Facey, Noel	SO	South Caroli	12.45m
6 130 Sutton, John	SO	Delaware Sta	12.21m
7 301 Agbor-Eyong,	SO	Maryland-Eas	10.62m
8 499 Demesme, Rashad	SO	South Caroli	10.28m
9 501 Elmore, Mark	SR	South Caroli	8.69m
--- 303 Brown, Marcus	FR	Maryland-Eas	FOUL

## Event 32 Women Distance Medley

NCAA Auto: 11:09.40 A

NCAA Prov: 11:30.40 P

Collegiate: 10:50.98 C 3/19/2009 Tennessee

Wright, Jones, Price, Bowman

MEAC Indoor: 11:41.16 \$ 2008 Maryland Eastern Shore

Team	Relay	Finals
<b>Finals</b>		
1 Maryland-Eas		12:04.04
1) 279 Anais, Cynthia SO	2) 287 Gallas, Melina FR	
3) 285 Ducados, Emilie FR	4) 292 Jones, Eunice SO	
2 Hampton		12:06.42
1) 187 Jones, Kenya SR	2) 191 Morris, Janean SR	
3) 185 Gainey, Shaquanda FR	4) 195 Smith, Jahlisa JR	
3 Howard		12:24.27
1) 231 Hardy, Jami SO	2) 227 Buckley, Landria SR	
3) 229 Douglas, Danielle FR	4) 232 Hodges, Ashley JR	
4 Norfolk State		12:36.79
1) 416 Hutto, Jamia SO	2) 425 Pickett, Allyssa SR	
3) 411 Gee, Syeeda SO	4) 407 Chichester, Jennifer JR	
5 South Carolina St.		12:50.62
1) 470 Daniley, Patrecia JR	2) 486 Pugh, Sade JR	
3) 485 Peake, Erica FR	4) 489 Stewart, Brittney SO	
6 N. Carolina A&T		13:04.21
1) 362 Benn, Janessa FR	2) 377 Marks, Diamond JR	
3) 374 Johnson, Samira FR	4) 363 Betts, Ariana FR	
7 Bethune-Cookman		13:24.71
1) 11 Henry, Asia FR	2) 18 Wilbon, Lashodra SO	
3) 5 Flowers, Jacquenee SR	4) 4 Condell, Alexandria SR	
8 Delaware State		13:32.95
1) 80 Cloud-Klein, Avery FR	2) 84 Harrison, Jessica JR	
3) 102 Watkins, Britnee SR	4) 87 Jones, Alisha SO	
9 Morgan State		14:25.87
1) 328 McCollum, Vivian SR	2) 321 Campbell, Lauren SO	
3) 329 Oliver, Tyshia SO	4) 333 Savage, Jasmine FR	
--- Coppin State		DNF
1) 45 Giles, Brittany FR	2) 54 Simpson, Iesha FR	
3) 43 Easterling, Alexis FR	4) 42 Duncan, Latasha SO	

## Event 33 Men Distance Medley

NCAA Auto: 9:33.00 A

NCAA Prov: 9:44.70 P

Collegiate: 9:25.97 C 2/16/2008 Texas

Miller, Fortson, Hernandez, Manzano

MEAC Indoor: 10:03.35 \$ 2006 Norfolk State

Team	Relay	Finals
<b>Finals</b>		
1 Norfolk State		10:14.08
1) 464 Tessema, Josef SO	2) 453 Moon, Tyrell JR	
3) 437 Brown, Vincent FR	4) 449 Kimutai, Philemon SO	
2 Delaware State		10:23.06
1) 119 Holmes, Donte JR	2) 121 Laviea, Kevaghnn FR	
3) 113 Devore, Jamaal SO	4) 132 Thibou, Kelli SO	

## Mid-Eastern Athletic Conference - 2/11/2010 to 2/13/2010

Indoor Track & Field Championships  
Prince George S&L Complex: Landover, MD

## Results

## Finals ... (Event 33 Men Distance Medley)

Team	Relay	Finals
3 Hampton		10:24.37
1) 213 Kimani, David SR	2) 207 Campbell, Lawrence	
3) 208 Davenport, Michael FR	4) 211 Fraction, Xavier FR	
4 Howard		10:26.32
1) 268 Sanders, Thurman SR	2) 275 Williams, Richard SR	
3) 252 Franklin, Jerod JR	4) 253 Gallion, Michael JR	
5 Coppin State		10:31.73
1) 72 Smith, Kayon SR	2) 74 Victorian, Jibri FR	
3) 70 Morgan, Carlinton SR	4) 64 Dunn, Dale JR	
6 N. Carolina A&T		10:39.63
1) 386 Alford, Vincent JR	2) 400 Reddick-Simmons,	
3) 390 Cephas, Danzeto SO	4) 395 Liggins, Steve SO	
7 Florida A&M		10:41.18
1) 156 Buchanan, Lamere FR	2) 154 Bolden, Ronald JR	
3) 161 Craddock, Degion FR	4) 176 Winters, Shuaib SO	
8 Maryland-Eas		10:58.78
1) 314 Melek, Basil SO	2) 302 Barnes, Marquis FR	
3) 313 Maritim, Shadrack SO	4) 312 Kiprotich, Amon JR	
9 South Carolina St.		11:01.33
1) 505 Green, Quinton SO	2) 518 Williams, Marvin SR	
3) 491 Axson, Dashan JR	4) 508 Kurgatt, Charles SO	
10 Bethune-Cookman		11:01.73
1) 34 Keeling, Marcell SR	2) 31 Horton, Robert SO	
3) 29 Harris, Tavares FR	4) 23 Cosby, William SO	
11 Morgan State		11:03.50
1) 360 Robinson, Deandre FR	2) 352 Higgs, Jordan SO	
3) 353 Kalil, Zaky FR	4) 359 Richardson, Issac JR	

## Women - Team Rankings - 16 Events Scored

1) Norfolk State	159
2) Hampton	122.5
3) Maryland-Eastern Shore	102
4) South Carolina St.	65
5) N. Carolina A&T	57
6) Howard	41.25
7) Delaware State	25.5
8) Morgan State	22
9) Bethune-Cookman	18
10) Coppin State	9.5
11) Florida A&M	0.25

## Men - Team Rankings - 17 Events Scored

1) Norfolk State	188
2) Hampton	98
3) N. Carolina A&T	82.5
4) Delaware State	65
5) Coppin State	42
6) Maryland-Eastern Shore	39.5
7) Morgan State	39
7) Florida A&M	39
9) South Carolina St.	34
10) Bethune-Cookman	14
11) Howard	13