

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023

Norfolk State University

Results

Women 200 Meter Dash

Conference: \$ 22.12 2021 Sturgis, NCAT						
Name	Year	School	Prelims	Wind	H#	
Preliminaries						
1 Ali, Latifa	JR	Coppin State	24.01Q	2.2	2	
2 Pittman, Tiffani Rae	SO	Howard	24.10Q	1.0	3	
3 Hor, Halutie	JR	Coppin State	24.12Q	-0.4	1	
4 Dunbar, Kaya-Rae	JR	Howard	24.62Q	3.4	4	
5 Washington, Lamaria	SO	Howard	24.20q	-0.4	1	
6 Lawson, Kiya	FR	Howard	24.38q	2.2	2	
7 Oku, Gifty	FR	Coppin State	24.47q	2.2	2	
8 Dade, De'ja	SR	Howard	24.87q	3.4	4	
9 Harpe, Lakendra	SR	Delaware State	24.90	1.0	3	
10 Frederick, Angelica	SO	SC State	25.05	1.0	3	
11 Robinson, Aleisha	FR	Morgan State	25.18	2.2	2	
12 Harris, Armani	JR	Norfolk State	25.21	-0.4	1	
13 Farrar, Allysia	JR	Norfolk State	25.62	2.2	2	
14 Smith, Maya	SO	SC State	25.65	3.4	4	
15 White, Khaliyah	JR	Delaware State	25.70	-0.4	1	
16 George, Yasmine	JR	Morgan State	25.98	-0.4	1	
17 Thomas, Jazmine	SO	Maryland-Eas	26.24	3.4	4	
18 Sharps, Malea	JR	Maryland-Eas	26.51	1.0	3	
19 Adewami, Adekansola	SR	Maryland-Eas	26.81	1.0	3	
20 Harris, Chanice	JR	SC State	27.34	3.4	4	

Women 10000 Meter Run

Conference: \$ 34:52.91 2017 Keithany, HAM						
Name	Year	School	Finals	Points		
Finals						
1 Kimaiyo, Mercyline	SO	Norfolk State	37:09.91	10		
1:27.562 (1:27.562)	2:55.394 (1:27.832)	4:24.492 (1:29.099)	5:53.007 (1:28.515)			
7:21.251 (1:28.244)	8:51.931 (1:30.680)	10:22.272 (1:30.342)	11:52.504 (1:30.232)			
13:20.241 (1:27.737)	14:49.454 (1:29.214)	16:19.316 (1:29.862)	17:52.196 (1:32.880)			
19:24.866 (1:32.670)	20:56.884 (1:32.019)	22:27.796 (1:30.912)	23:58.902 (1:31.107)			
25:30.181 (1:31.279)	27:00.374 (1:30.194)	28:30.644 (1:30.270)	30:00.364 (1:29.720)			
31:32.004 (1:31.640)	33:02.104 (1:30.100)	34:28.247 (1:26.144)	35:54.322 (1:26.075)			
37:09.904 (1:15.582)						
2 Crosby, Joslyn	SO	Howard	40:09.09	8		
1:33.686 (1:33.686)	3:11.777 (1:38.092)	4:48.537 (1:36.760)	6:28.166 (1:39.629)			
8:08.437 (1:40.272)	9:51.139 (1:42.702)	11:35.319 (1:44.180)	13:19.429 (1:44.110)			
15:01.556 (1:42.127)	16:43.422 (1:41.867)	18:26.071 (1:42.649)	20:09.667 (1:43.597)			
21:52.317 (1:42.650)	23:33.954 (1:41.637)	25:15.364 (1:41.410)	26:56.374 (1:41.010)			
28:32.124 (1:35.750)	30:05.462 (1:33.339)	31:38.097 (1:32.635)	33:04.699 (1:26.602)			
34:32.179 (1:27.480)	35:59.731 (1:27.552)	37:26.862 (1:27.132)	38:51.712 (1:24.850)			
40:09.084 (1:17.372)						
3 McDonald, Breanna	SR	Howard	40:49.40	6		
1:33.806 (1:33.806)	3:11.174 (1:37.369)	4:48.666 (1:37.492)	6:28.291 (1:39.625)			
8:08.352 (1:40.062)	9:51.129 (1:42.777)	11:35.366 (1:44.237)	13:19.509 (1:44.144)			
15:01.626 (1:42.117)	16:43.449 (1:41.824)	18:26.124 (1:42.675)	20:09.747 (1:43.624)			
21:52.386 (1:42.639)	23:34.042 (1:41.657)	25:15.447 (1:41.405)	26:56.444 (1:40.997)			
28:33.881 (1:37.437)	30:09.421 (1:35.540)	31:44.596 (1:35.175)	33:19.364 (1:34.769)			
34:55.707 (1:36.344)	36:30.506 (1:34.799)	38:02.762 (1:32.257)	39:32.016 (1:29.254)			
40:49.397 (1:17.382)						

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023

Norfolk State University

Results

...Women 10000 Meter Run

4	Banks, Jada	SR	SC State	41:02.45	5		
	1:33.534 (1:33.534)		3:11.492 (1:37.959)	4:48.156 (1:36.664)		6:27.797 (1:39.642)	
	8:08.869 (1:41.072)		9:51.349 (1:42.480)	11:35.747 (1:44.399)		13:19.744 (1:43.997)	
	15:01.889 (1:42.145)		16:43.702 (1:41.814)	18:26.477 (1:42.775)		20:09.929 (1:43.452)	
	21:52.522 (1:42.594)		23:34.136 (1:41.614)	25:15.632 (1:41.497)		26:56.772 (1:41.140)	
	28:33.954 (1:37.182)		30:07.606 (1:33.652)	31:41.697 (1:34.092)		33:16.084 (1:34.387)	
	34:51.886 (1:35.802)		36:28.301 (1:36.415)	38:04.151 (1:35.850)		39:34.457 (1:30.307)	
	41:02.442 (1:27.985)						
5	Lagat, Ashley	JR	Delaware State	41:27.48	4		
	1:33.862 (1:33.862)		3:11.384 (1:37.522)	4:48.391 (1:37.007)		6:28.041 (1:39.650)	
	8:08.616 (1:40.575)		9:51.282 (1:42.667)	11:35.589 (1:44.307)		13:19.616 (1:44.027)	
	15:01.749 (1:42.134)		16:43.586 (1:41.837)	18:26.271 (1:42.685)		20:09.862 (1:43.592)	
	21:52.549 (1:42.687)		23:34.181 (1:41.632)	25:15.579 (1:41.399)		26:56.549 (1:40.970)	
	28:31.254 (1:34.705)		30:05.106 (1:33.852)	31:38.422 (1:33.317)		33:12.974 (1:34.552)	
	34:50.921 (1:37.947)		36:28.452 (1:37.532)	38:04.346 (1:35.894)		39:46.447 (1:42.102)	
	41:27.471 (1:41.024)						
6	Fisher, Abigail	JR	Morgan State	44:02.07	3		
	1:33.629 (1:33.629)		3:11.614 (1:37.985)	4:48.942 (1:37.329)		6:28.587 (1:39.645)	
	8:09.392 (1:40.805)		9:51.852 (1:42.460)	11:36.247 (1:44.395)		13:20.832 (1:44.585)	
	15:02.602 (1:41.770)		16:47.144 (1:44.542)	18:34.529 (1:47.385)		20:23.712 (1:49.184)	
	22:11.456 (1:47.744)		23:59.146 (1:47.690)	25:49.882 (1:50.737)		27:38.187 (1:48.305)	
	29:26.724 (1:48.537)		31:15.667 (1:48.944)	33:05.034 (1:49.367)		34:56.284 (1:51.250)	
	36:51.104 (1:54.820)		38:44.847 (1:53.744)	40:36.784 (1:51.937)		42:27.466 (1:50.682)	
	44:02.062 (1:34.597)						

Women 400 Meter Hurdles

Conference: \$ 57.42 2002 Davis, HAM
 Name Year School Prelims H#

Preliminaries

1	Wright, Jessica	SR	Howard	59.38Q	2
2	Morris, Cathrina	JR	Howard	1:00.08Q	1
3	Woodruff, Aniya	FR	Howard	1:02.12Q	3
4	Okwudibonye, Chidubem (M)	FR	Delaware State	1:01.03Q	1
5	Williams, Monika	SR	Howard	1:02.13Q	2
6	Settle, Spencer	SO	Maryland-Eas	1:03.75Q	3
7	Mcloud, Destinee	JR	Coppin State	1:03.04q	2
8	Marquez, Gianna	FR	N.C. Central	1:04.33q	3
9	Woodrum, Kaelyn	JR	Coppin State	1:05.28	2
10	Evans, Mackenzi	SO	Maryland-Eas	1:05.81	3
11	Pray-Brown, Asydiah	FR	Morgan State	1:05.90	1
12	Taliaferro, Ansolei	FR	Delaware State	1:06.03	2
13	Washington, Summer	FR	N.C. Central	1:06.44	1
14	Davis, Angel	JR	Coppin State	1:08.79	3
15	Edmondson, Domonique	SR	SC State	1:09.37	1

Women High Jump

Conference: \$ 1.87m 2015 Daniel, CSU
 Name Year School Finals Points

Finals

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****....Women High Jump**

1	Lucas, Tia	FR N.C. Central	1.68m	5-06.00	10
	1.58 1.63 1.68 1.71				
	O O XXO XXX				
2	Jackson, Tia	JR Morgan State	J1.68m	5-06.00	8
	1.58 1.63 1.68 1.71				
	XO XO XXO XXX				
3	Irving, Faithlyn	JR Maryland-Eas	1.63m	5-04.25	6
	1.58 1.63 1.68				
	O XO XXX				
4	Robinson, Brooklyn	FR Norfolk State	1.58m	5-02.25	4.50
	1.58 1.63				
	XO XXX				
4	Urraca, Alejandra	SO N.C. Central	1.58m	5-02.25	4.50
	1.58 1.63				
	XO XXX				
6	Glenn, Catherine	JR Delaware State	J1.58m	5-02.25	2.50
	1.58 1.63				
	XXO XXX				
6	Williams-White, Leah	FR Howard	J1.58m	5-02.25	2.50
	1.58 1.63				
	XXO XXX				
--	Shaw, Essence	FR Norfolk State	NH		
	1.58				
	XXX				
--	Woodrum, Kaelyn	JR Coppin State	NH		
	1.58				
	XXX				
--	Gravelly, De'Niya	JR Norfolk State	NH		
	1.58				
	XXX				
--	Gist, Cameran	FR SC State	NH		
	1.58				
	XXX				
--	Cooper, Sydney	FR SC State	NH		
	1.58 1.63 1.68 1.71 1.74				
	XXP P P P P				
--	Harpe, Lakendra	SR Delaware State	NH		
	1.58				
	PXX				
--	Kinard, Trinity	JR Delaware State	NH		
	1.58				
	XXX				
--	Millner, Amaya	FR N.C. Central	NH		
	1.58				
	XXX				
--	Seale, Shonte	SR Norfolk State	NH		
	1.58				
	XXX				

Women Discus Throw

=====						
Conference:	\$ 52.65m	2010	Randall, MSU			
Name	Year	School	Finals	Points		
=====						
1 Johnson, Johnelle		JR Morgan State	46.68m	153-02	10	
	45.10m	FOUL	44.46m	FOUL	43.33m	46.68m

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****...Women Discus Throw**

2	Lambert, Terine	SO Morgan State	43.88m	143-11	8
	38.46m FOUL FOUL FOUL	43.88m FOUL			
3	Young, Leslie	SO Norfolk State	40.44m	132-08	6
	39.42m 39.99m 40.44m	38.49m 39.00m FOUL			
4	Pelle, Amber	JR Delaware State	39.09m	128-03	5
	FOUL 36.80m 39.09m	34.93m 35.54m 35.57m			
5	Banwo, Temi	FR Howard	38.97m	127-10	4
	30.48m 37.30m 38.03m	37.00m 37.28m 38.97m			
6	Carter, Brylan	FR Morgan State	38.14m	125-01	3
	38.14m 36.75m FOUL	36.92m FOUL 34.60m			
7	Moore, Orianna	SO Delaware State	36.55m	119-11	2
	33.20m 35.52m 36.55m	35.81m FOUL 35.20m			
8	O'Neill, Saniah	SO N.C. Central	34.90m	114-06	1
	31.24m 34.90m FOUL FOUL	32.28m 33.02m			
9	Hall, Kenya	SO N.C. Central	34.69m	113-10	
	30.43m 33.78m 34.69m	FOUL FOUL 33.07m			
10	Hansley, Indya	SR Maryland-Eas	34.35m	112-08	
	FOUL 34.35m FOUL				
11	Marsh, Symone	SR Howard	33.09m	108-07	
	33.09m 31.40m FOUL				
12	Hope, Naliah	SO N.C. Central	33.01m	108-04	
	33.01m FOUL 31.73m				
13	Benjamin, Yesenia	FR SC State	32.86m	107-10	
	32.86m 32.00m FOUL				
14	Parker, Arieana	SR Norfolk State	32.44m	106-05	
	30.93m 32.44m FOUL				
15	Johnson, Mya	SR Maryland-Eas	28.89m	94-09	
	FOUL 28.89m 28.61m				

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	Points
1 Glenn, Catherine	JR Delaware State	24.71	-0.2	914
2 Hunter, Jasmyn	SO Howard	25.13	-0.2	875
3 Harris, Makenzie	FR Morgan State	25.17	-0.2	871
4 Williams-White, Leah	FR Howard	25.33	-0.2	857
5 Woodrum, Kaelyn	JR Coppin State	26.33	-0.2	769
6 Cooper, Sydney	FR SC State	27.85	-0.2	643
7 Shaw, Essence	FR Norfolk State	28.68	-0.2	578
8 Jefferies, Abigail	FR Delaware State	30.41	-0.2	454

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Glenn, Catherine	JR Delaware State	13.43	2.0	2	1060
2 Hunter, Jasmyn	SO Howard	13.95	2.0	2	985
3 Williams-White, Leah	FR Howard	14.49	2.0	2	910
4 Harris, Makenzie	FR Morgan State	14.87	2.0	2	859
5 Woodrum, Kaelyn	JR Coppin State	14.94	2.4	1	850
6 Shaw, Essence	FR Norfolk State	16.41	2.4	1	665
7 Cooper, Sydney	FR SC State	16.64	2.4	1	638
8 Jefferies, Abigail	FR Delaware State	16.95	2.4	1	602

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****Heptathlon: #2 Women High Jump Heptathlon**

Name	Year	School	Finals										Points																		
1 Glenn, Catherine	JR	Delaware State	1.63m	5-04.25	771																										
			1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	P	P	P	P	P	O	XO	O	O	O	O	XO	O	O	
2 Williams-White, Leah	FR	Howard	1.60m	5-03.00	736																										
			1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	P	O	O	P	P	P	O	O	O	O	O	O	O	XO	XXX
3 Hunter, Jasmyn	SO	Howard	1.51m	4-11.50	632																										
			1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	P	O	P	O	P	P	O	O	O	O	O	XXX						
4 Harris, Makenzie	FR	Morgan State	1.48m	4-10.25	599																										
			1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	P	P	P	P	P	O	O	O	O	XXX									
4 Shaw, Essence	FR	Norfolk State	1.48m	4-10.25	599																										
			1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	P	P	P	P	P	XO	O	XO	XO	XXX									
6 Woodrum, Kaelyn	JR	Coppin State	1.45m	4-09.00	566																										
			1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	P	P	P	P	P	XXO	O	O	XXX											
7 Cooper, Sydney	FR	SC State	1.36m	4-05.50	470																										
			1.24	1.27	1.30	1.33	1.36	1.39	XXO	XO	O	XO	O	XXX																	
8 Jefferies, Abigail	FR	Delaware State	1.27m	4-02.00	379																										
			1.24	1.27	1.30	P	XXO	XXX																							

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals		Points
1 Jefferies, Abigail	FR	Delaware State	12.07m	39-07.25	666
			10.15m	11.76m	12.07m
2 Hunter, Jasmyn	SO	Howard	9.58m	31-05.25	502
			9.58m	8.80m	8.98m
3 Harris, Makenzie	FR	Morgan State	9.49m	31-01.75	496
			9.49m	FOUL	9.10m
4 Shaw, Essence	FR	Norfolk State	8.18m	26-10.00	411
			8.18m	7.75m	7.78m
5 Glenn, Catherine	JR	Delaware State	7.98m	26-02.25	398
			7.56m	7.25m	7.98m
6 Cooper, Sydney	FR	SC State	7.71m	25-03.50	381
			7.25m	7.26m	7.71m
7 Williams-White, Leah	FR	Howard	7.21m	23-08.00	348
			7.21m	6.69m	6.92m
8 Woodrum, Kaelyn	JR	Coppin State	7.01m	23-00.00	336
			FOUL	6.03m	7.01m

Women Heptathlon

Conference: \$ 5038 2017 Roberts, CSU					
Name	Year	School	Finals	H#	Points
1 Glenn, Catherine	JR	Delaware State	3143		
2 Hunter, Jasmyn	SO	Howard	2994		

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****...Women Heptathlon**

3 Williams-White, Leah	FR Howard	2851
4 Harris, Makenzie	FR Morgan State	2825
5 Woodrum, Kaelyn	JR Coppin State	2521
6 Shaw, Essence	FR Norfolk State	2253
7 Cooper, Sydney	FR SC State	2132
8 Jefferies, Abigail	FR Delaware State	2101

Men 200 Meter Dash

Conference: \$ 20.00 1978 Cunningham, SCSU
 Name Year School Prelims Wind H#

Preliminaries

1 Cole, Kai	JR Norfolk State	21.03Q	0.7	1	
2 Daniel, Ashton	SR Howard	21.07Q	-0.6	4	
3 Brown, Kristopher	SR SC State	21.31Q	1.4	2	
4 Brown, Janoi	SR Maryland-Eas	21.45Q	1.0	3	
5 Watkins, Jahlanhnee	SR Maryland-Eas	21.50Q	1.1	5	
6 Franklin, Anthony	JR Norfolk State	21.47q	0.7	1	
7 Hammond, Solomon	SO Coppin State	21.59q	1.0	3	21.583
8 Beckford, Ashane	SR Maryland-Eas	21.59q	0.7	1	21.590
9 Shelton, Jaden	FR Delaware State	21.62	1.1	5	
10 Gaines, Dylan	FR Howard	21.68	1.1	5	
11 Rembert-Jett, Waddell	SR SC State	21.73	1.0	3	
12 Booth-Mitchell, Jalen	FR Delaware State	21.75	1.0	3	
13 Drakes, Carl	JR Coppin State	21.81	-0.6	4	
14 Byrd, Jermanie	SR Howard	21.84	-0.6	4	
15 Brinkley, Malachi	JR Delaware State	21.89	1.4	2	
16 Zellander, Jeremiah	JR Norfolk State	21.91	0.7	1	
17 Bowens, Ali	JR Morgan State	21.92	1.0	3	
18 Carr Jr, Andre	SR Delaware State	22.00	1.1	5	
19 Madison-Ahouman, Bryan	SO Norfolk State	22.07	1.4	2	
20 Barker, Jaden	JR SC State	22.08	0.7	1	22.080
20 Herring, Mahki	SR Maryland-Eas	22.08	1.4	2	22.080
22 Curnell, Dwayne	SR SC State	22.13	-0.6	4	
23 Sims, Antonio	FR Morgan State	22.46	-0.6	4	
24 Pepukayi, Bryce	SO Coppin State	22.54	1.4	2	
25 Ibeh, Emmanuel	SR Morgan State	22.77	1.0	3	
-- Wright, Noxroy	JR Coppin State	DNF	1.1	5	

Men 10000 Meter Run

Conference: \$ 30:11.40 2018 Girma, NSU
 Name Year School Finals Points

Finals

1 Sigei, Gidion	SO Norfolk State	32:22.78	10	
1:15.396 (1:15.396)	2:34.531 (1:19.135)	3:56.075 (1:21.544)	5:18.765 (1:22.690)	
6:41.305 (1:22.540)	8:05.198 (1:23.894)	9:28.733 (1:23.535)	10:52.316 (1:23.584)	
12:16.103 (1:23.787)	13:39.233 (1:23.130)	15:01.740 (1:22.507)	16:24.900 (1:23.160)	
17:44.813 (1:19.914)	19:02.706 (1:17.894)	20:17.399 (1:14.693)	21:32.976 (1:15.578)	
22:45.815 (1:12.839)	23:58.791 (1:12.977)	25:12.499 (1:13.708)	26:25.661 (1:13.163)	
27:39.225 (1:13.564)	28:53.495 (1:14.270)	30:06.455 (1:12.960)	31:18.570 (1:12.115)	
32:22.776 (1:04.207)				

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****....Men 10000 Meter Run**

2	Jumo, Victor	SO Norfolk State	32:56.23	8
	1:15.683 (1:15.683)	2:35.006 (1:19.324)	3:56.365 (1:21.359)	5:19.106 (1:22.742)
	6:41.808 (1:22.702)	8:05.576 (1:23.769)	9:28.988 (1:23.412)	10:52.711 (1:23.724)
	12:16.458 (1:23.747)	13:39.420 (1:22.962)	15:01.980 (1:22.560)	16:25.246 (1:23.267)
	17:45.453 (1:20.207)	19:03.350 (1:17.898)	20:18.164 (1:14.814)	21:34.911 (1:16.748)
	22:51.130 (1:16.219)	24:07.008 (1:15.878)	25:24.624 (1:17.617)	26:40.765 (1:16.142)
	27:57.825 (1:17.060)	29:16.544 (1:18.719)	30:33.846 (1:17.303)	31:50.203 (1:16.357)
	32:56.228 (1:06.025)			
3	Rotich, Brian	SO Norfolk State	32:57.85	6
	1:15.040 (1:15.040)	2:34.411 (1:19.372)	3:55.778 (1:21.367)	5:18.596 (1:22.819)
	6:41.051 (1:22.455)	8:04.890 (1:23.839)	9:28.438 (1:23.549)	10:52.106 (1:23.669)
	12:15.850 (1:23.744)	13:38.846 (1:22.997)	15:01.486 (1:22.640)	16:24.620 (1:23.134)
	17:45.293 (1:20.674)	19:02.935 (1:17.643)	20:17.818 (1:14.883)	21:34.694 (1:16.877)
	22:51.446 (1:16.753)	24:07.228 (1:15.782)	25:24.906 (1:17.679)	26:41.031 (1:16.125)
	27:57.985 (1:16.954)	29:16.858 (1:18.873)	30:34.096 (1:17.239)	31:50.436 (1:16.340)
	32:57.846 (1:07.410)			
4	Adams Jr., Bryant	FR Delaware State	35:37.47	5
	1:16.528 (1:16.528)	2:39.905 (1:23.377)	4:05.426 (1:25.522)	5:31.990 (1:26.564)
	6:59.340 (1:27.350)	8:28.251 (1:28.912)	9:57.753 (1:29.502)	11:28.915 (1:31.162)
	12:57.555 (1:28.640)	14:23.566 (1:26.012)	15:49.873 (1:26.307)	17:16.726 (1:26.854)
	18:43.873 (1:27.147)	20:11.341 (1:27.469)	21:37.808 (1:26.467)	23:04.531 (1:26.724)
	24:31.251 (1:26.720)	25:56.925 (1:25.674)	27:22.625 (1:25.700)	28:48.489 (1:25.864)
	30:15.411 (1:26.923)	31:41.448 (1:26.037)	33:07.201 (1:25.754)	34:29.040 (1:21.839)
	35:37.465 (1:08.425)			
5	Kennedy, Cameron	SO Howard	35:41.32	4
	1:16.951 (1:16.951)	2:40.183 (1:23.232)	4:05.781 (1:25.599)	5:32.380 (1:26.599)
	6:59.571 (1:27.192)	8:28.530 (1:28.959)	9:58.006 (1:29.477)	11:29.103 (1:31.097)
	12:57.860 (1:28.757)	14:23.773 (1:25.914)	15:49.980 (1:26.207)	17:16.953 (1:26.974)
	18:44.033 (1:27.080)	20:11.600 (1:27.568)	21:38.195 (1:26.595)	23:04.814 (1:26.619)
	24:31.636 (1:26.823)	25:57.193 (1:25.557)	27:22.940 (1:25.748)	28:48.856 (1:25.917)
	30:15.654 (1:26.798)	31:41.630 (1:25.977)	33:07.590 (1:25.960)	34:29.196 (1:21.607)
	35:41.316 (1:12.120)			
6	Golden, Robert	FR Howard	37:28.59	3
	1:17.346 (1:17.346)	2:40.435 (1:23.089)	4:06.078 (1:25.644)	5:32.500 (1:26.422)
	6:59.748 (1:27.249)	8:28.665 (1:28.917)	9:58.236 (1:29.572)	11:29.205 (1:30.969)
	12:58.033 (1:28.829)	14:23.860 (1:25.827)	15:50.280 (1:26.420)	17:17.160 (1:26.880)
	18:44.108 (1:26.948)	20:11.723 (1:27.615)	21:39.119 (1:27.397)	23:09.543 (1:30.424)
	24:42.136 (1:32.594)	26:17.175 (1:35.039)	27:53.808 (1:36.633)	29:30.824 (1:37.017)
	31:06.754 (1:35.930)	32:43.521 (1:36.768)	34:18.639 (1:35.118)	35:53.473 (1:34.834)
	37:28.586 (1:35.114)			

Men 400 Meter Hurdles

Conference: \$ 49.40 2008 Thornton, HAM

Name	Year School	Prelims	H#
------	-------------	---------	----

Preliminaries

1	Sims Jr, Alonzo	FR Delaware State	53.17Q	1
2	Davis, Kameron	SR Howard	54.01Q	2
3	Walker, Barrington	SR SC State	53.94Q	1
4	Hawkins, Zachary	JR Howard	54.75Q	2
5	Opon, Zachary	SR Maryland-Eas	55.13q	2
6	Wiggins-Imgram, Ivan	JR Coppin State	55.74q	1
7	Gooden, Tarique	JR Morgan State	55.77q	2
8	Harris, Anthony	FR Coppin State	56.17q	1

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****...Men 400 Meter Hurdles**

9 Wynder-Hill, Camren	SO Norfolk State	56.79	1
10 Wesley, Malachi	FR Morgan State	57.01	2
11 Payne, Antaeveon	SR Norfolk State	58.90	1
12 Alleyne, Jalen	FR SC State	59.21	2

Men High Jump

Conference: \$ 2.25m 2001 Shears, Gary, NSU, FAMU

Name	Year	School	Finals	Points
Finals				
1 Victoria, Lamont	FR	N.C. Central	2.11m	6-11.00 10
1.88 1.93 1.98 2.01 2.04 2.07 2.11 2.15				
P O O XO P O O XXX				
2 Bell, James	JR	Coppin State	2.01m	6-07.00 8
1.88 1.93 1.98 2.01 2.04 2.07				
P O O O P XXX				
3 Sutton, Joshua	SR	Norfolk State	J2.01m	6-07.00 6
1.88 1.93 1.98 2.01 2.04 2.07				
O O XO XO P XXX				
4 Haywood, Isaac	SO	Norfolk State	1.93m	6-04.00 4.50
1.88 1.93 1.98				
O O XXX				
4 Brown, Eric	SO	Howard	1.93m	6-04.00 4.50
1.88 1.93 1.98				
O O XXX				
6 Campbell, Morey	FR	Delaware State	J1.93m	6-04.00 3
1.88 1.93 1.98				
O XXO XXX				
7 Finger, Brenden	JR	N.C. Central	J1.93m	6-04.00 2
1.88 1.93 1.98				
XO XXO XXX				
8 Pierrilus, Mackel	JR	Maryland-Eas	1.88m	6-02.00 1
1.88 1.93				
XO XXX				

Men Discus Throw

Conference: \$ 60.13m 2015 Simon, MDES

Name	Year	School	Finals	Points
1 Campbell, Emperor	JR	Delaware State	50.92m	167-01 10
38.50m 48.77m 46.96m 47.27m 50.01m 50.92m				
2 Arrington, Khamari	SR	N.C. Central	48.40m	158-09 8
44.26m 43.30m 44.65m 45.77m 48.40m 43.58m				
3 Ratliff, Dexter	SR	SC State	48.36m	158-08 6
44.40m 45.76m 48.27m 46.38m FOUL 48.36m				
4 Anderson, Nelson	SO	N.C. Central	47.29m	155-02 5
FOUL FOUL 45.57m 44.27m 47.29m FOUL				
5 Swepson, Matthew	JR	N.C. Central	46.94m	154-00 4
46.94m 43.82m 45.10m 45.12m 45.71m 46.34m				
6 Purvis, John	JR	Morgan State	46.13m	151-04 3
43.13m FOUL 46.13m FOUL FOUL FOUL				
7 Perkins, James	SR	Maryland-Eas	44.38m	145-07 2
FOUL 41.85m FOUL FOUL 42.42m 44.38m				

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023

Norfolk State University

Results

...Men Discus Throw

8	Johnson, Christopher	FR Delaware State	42.56m	139-07	1
	41.00m FOUL FOUL	42.56m 39.60m 40.23m			
9	Smith, Rayquan	JR Norfolk State	40.62m	133-03	
	32.95m 40.62m FOUL	38.75m FOUL FOUL			
10	Bratcher, Christopher	SR Howard	39.39m	129-03	
	FOUL 38.46m 39.39m				
11	Olebara, Nnamdi	SR Howard	34.86m	114-04	
	34.86m FOUL 32.95m				
12	Martin, Tyrell	SO Delaware State	33.96m	111-05	
	FOUL FOUL 33.96m				
13	Carraway, Dallas	FR SC State	31.86m	104-06	
	31.86m FOUL FOUL				

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	Points
1 Smith, Rayquan	JR Norfolk State	10.87	2.1	890
2 Nurse, Sadiq	SR Norfolk State	11.20	2.1	817
3 Jeffery, Kalon	SO Norfolk State	11.30	2.1	795
4 Brown, Eric	SO Howard	11.42	2.1	769
5 Goode, Amiri	JR Coppin State	11.69	2.1	713
6 Johnson, Neco	SR N.C. Central	12.15	2.1	622

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	Points
1 Goode, Amiri	JR Coppin State	51.48	748
2 Brown, Eric	SO Howard	52.55	701
3 Johnson, Neco	SR N.C. Central	53.01	681
4 Jeffery, Kalon	SO Norfolk State	53.45	663
5 Nurse, Sadiq	SR Norfolk State	53.48	661
6 Smith, Rayquan	JR Norfolk State	55.10	595

Decathlon: #4 Men High Jump Decathlon

Name	Year School	Finals	Points
1 Brown, Eric	SO Howard	1.90m	6-02.75 714
	1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93		
	P P P P P P P P P O O O O O O XXO XXP		
2 Nurse, Sadiq	SR Norfolk State	1.66m	5-05.25 512
	1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69		
	P O O O P O O XXX		
3 Johnson, Neco	SR N.C. Central	1.63m	5-04.25 488
	1.48 1.51 1.54 1.57 1.60 1.63 1.66		
	P P P O O O XXX		
3 Goode, Amiri	JR Coppin State	1.63m	5-04.25 488
	1.48 1.51 1.54 1.57 1.60 1.63 1.66		
	P P P O O O XXX		
5 Jeffery, Kalon	SO Norfolk State	1.57m	5-01.75 441
	1.48 1.51 1.54 1.57 1.60		
	O O O O XXX		

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023**Norfolk State University****Results****....Decathlon: #4 Men High Jump Decathlon**

6 Smith, Rayquan	JR Norfolk State	1.51m	4-11.50	396
1.48 1.51 1.54				
XXO O XXX				

Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Brown, Eric	SO Howard	7.09m	NWI 23-03.25	835
FOUL 7.09m(NWI) 6.92m(NWI)				
2 Smith, Rayquan	JR Norfolk State	6.39m	NWI 20-11.75	673
6.22m(NWI) 6.39m(NWI) FOUL				
3 Nurse, Sadiq	SR Norfolk State	6.21m	NWI 20-04.50	632
6.16m(NWI) 6.21m(NWI) 5.84m(NWI)				
4 Johnson, Neco	SR N.C. Central	6.20m	NWI 20-04.25	630
6.20m(NWI) FOUL 5.61m(NWI)				
5 Goode, Amiri	JR Coppin State	6.16m	NWI 20-02.50	621
FOUL 5.51m(NWI) 6.16m(NWI)				
6 Jeffery, Kalon	SO Norfolk State	5.99m	NWI 19-08.00	584
FOUL 4.76m(NWI) 5.99m(NWI)				

Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points
1 Smith, Rayquan	JR Norfolk State	13.08m	42-11.00 672
12.32m 12.22m 13.08m			
2 Johnson, Neco	SR N.C. Central	9.96m	32-08.25 483
9.45m 9.96m FOUL			
3 Goode, Amiri	JR Coppin State	9.88m	32-05.00 478
9.42m 9.88m 9.69m			
4 Brown, Eric	SO Howard	9.40m	30-10.25 450
7.80m 9.40m 9.27m			
5 Nurse, Sadiq	SR Norfolk State	8.88m	29-01.75 419
8.65m 8.53m 8.88m			
6 Jeffery, Kalon	SO Norfolk State	8.02m	26-03.75 367
8.02m 7.12m FOUL			

Men Decathlon

Name	Year School	Finals	H#	Points
1 Brown, Eric	SO Howard	3469		
2 Smith, Rayquan	JR Norfolk State	3226		
3 Goode, Amiri	JR Coppin State	3048		
4 Nurse, Sadiq	SR Norfolk State	3041		
5 Johnson, Neco	SR N.C. Central	2904		
6 Jeffery, Kalon	SO Norfolk State	2850		

Women - Team Rankings - 3 Events Scored

1) Morgan State	32	2) Norfolk State	20.50
2) Howard	20.50	4) N.C. Central	15.50
5) Delaware State	13.50	6) Maryland-Eastern Shore	6

2023 MEAC Outdoor Championships - 5/9/2023 to 5/11/2023

Norfolk State University

Results

....Men Decathlon

7) SC State 5

=====
Men - Team Rankings - 3 Events Scored
=====

1) Norfolk State	34.50	2) N.C. Central	29
3) Delaware State	19	4) Howard	11.50
5) Coppin State	8	6) SC State	6
7) Morgan State	3	7) Maryland-Eastern Shore	3