

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

## Norfolk State University

## Results

## Women 200 Meter Dash

Conference: 22.12 \$ 2021		Sturgis		
Name	Yr	School	Prelims	
<b>Preliminaries</b>				
1	Ali, Latifa	JR	Coppin State	24.01Q2.2
2	Pittman, Tiffani Rae	SO	Howard	24.10Q1.0
3	Hor, Halutie	JR	Coppin State	24.12Q-0.4
4	Dunbar, Kaya-Rae	JR	Howard	24.62Q3.4
5	Washington, Lamaria	SO	Howard	24.20q -0.4
6	Lawson, Kiya	FR	Howard	24.38q 2.2
7	Oku, Gifty	FR	Coppin State	24.47q 2.2
8	Dade, De'ja	SR	Howard	24.87q 3.4
9	Harpe, Lakendra	SR	Delaware Sta	24.90 1.0
10	Frederick, Angelica	SO	SC State	25.05 1.0
11	Robinson, Aleisha	FR	Morgan State	25.18 2.2
12	Harris, Armani	JR	Norfolk Stat	25.21 -0.4
13	Farrar, Allysia	JR	Norfolk Stat	25.62 2.2
14	Smith, Maya	SO	SC State	25.65 3.4
15	White, Khaliyah	JR	Delaware Sta	25.70 -0.4
16	George, Yasmine	JR	Morgan State	25.98 -0.4
17	Thomas, Jazmine	SO	Maryland-Eas	26.24 3.4
18	Sharps, Malea	JR	Maryland-Eas	26.51 1.0
19	Adewami, Adekansola	SR	Maryland-Eas	26.81 1.0
20	Harris, Chanice	JR	SC State	27.34 3.4

## Women 10000 Meter Run

Conference: 34:52.91 \$ 2017		Keithany		
Name	Yr	School	Finals	
<b>Finals</b>				
1	Kimaiyo, Mercyline	SO	Norfolk Stat	37:09.91 10
2	Crosby, Joslyn	SO	Howard	40:09.09 8
3	McDonald, Breanna	SR	Howard	40:49.40 6
4	Banks, Jada	SR	SC State	41:02.45 5
5	Lagat, Ashley	JR	Delaware Sta	41:27.48 4
6	Fisher, Abigail	JR	Morgan State	44:02.07 3

## Women 400 Meter Hurdles

Conference: 57.42 \$ 2002		Davis		
Name	Yr	School	Prelims	
<b>Preliminaries</b>				
1	Wright, Jessica	SR	Howard	59.38Q
2	Morris, Cathrina	JR	Howard	1:00.08Q
3	Woodruff, Aniya	FR	Howard	1:02.12Q
4	Okwudibonye, Chidubem (Mi	FR	Delaware Sta	1:01.03Q
5	Williams, Monika	SR	Howard	1:02.13Q
6	Settle, Spencer	SO	Maryland-Eas	1:03.75Q
7	Mcloud, Destinee	JR	Coppin State	1:03.04q
8	Marquez, Gianna	FR	N.C. Central	1:04.33q
9	Woodrum, Kaelyn	JR	Coppin State	1:05.28
10	Evans, Mackenzi	SO	Maryland-Eas	1:05.81
11	Pray-Brown, Asydiah	FR	Morgan State	1:05.90
12	Taliaferro, Ansolei	FR	Delaware Sta	1:06.03
13	Washington, Summer	FR	N.C. Central	1:06.44
14	Davis, Angel	JR	Coppin State	1:08.79
15	Edmondson, Domonique	SR	SC State	1:09.37

## Women High Jump

Conference: 1.87m \$ 2015		Daniel		
Name	Yr	School	Finals	
<b>Finals</b>				
1	Lucas, Tia	FR	N.C. Central	1.68m 10
2	Jackson, Tia	JR	Morgan State	J1.68m 8
3	Irving, Faithlyn	JR	Maryland-Eas	1.63m 6
4	Robinson, Brooklyn	FR	Norfolk Stat	1.58m 4.5
4	Urraca, Alejandra	SO	N.C. Central	1.58m 4.5
6	Glenn, Catherine	JR	Delaware Sta	J1.58m 2.5
6	Williams-White, Leah	FR	Howard	J1.58m 2.5
---	Shaw, Essence	FR	Norfolk Stat	NH
---	Woodrum, Kaelyn	JR	Coppin State	NH
---	Gravelly, De'Niya	JR	Norfolk Stat	NH
---	Gist, Cameran	FR	SC State	NH
---	Cooper, Sydney	FR	SC State	NH
---	Harpe, Lakendra	SR	Delaware Sta	NH
---	Kinard, Trinity	JR	Delaware Sta	NH
---	Millner, Amaya	FR	N.C. Central	NH
---	Seale, Shonte	SR	Norfolk Stat	NH

## Women Discus Throw

Conference: 52.65m \$ 2010		Randall		
Name	Yr	School	Finals	
<b>Finals</b>				
1	Johnson, Johnelle	JR	Morgan State	46.68m 10
2	Lambert, Terine	SO	Morgan State	43.88m 8
3	Young, Leslie	SO	Norfolk Stat	40.44m 6
4	Pelle, Amber	JR	Delaware Sta	39.09m 5
5	Banwo, Temi	FR	Howard	38.97m 4
6	Carter, Brylan	FR	Morgan State	38.14m 3
7	Moore, Orianna	SO	Delaware Sta	36.55m 2
8	O'Neill, Saniah	SO	N.C. Central	34.90m 1
9	Hall, Kenya	SO	N.C. Central	34.69m
10	Hansley, Indya	SR	Maryland-Eas	34.35m
11	Marsh, Symone	SR	Howard	33.09m
12	Hope, Naliah	SO	N.C. Central	33.01m
13	Benjamin, Yesenia	FR	SC State	32.86m
14	Parker, Aricana	SR	Norfolk Stat	32.44m
15	Johnson, Mya	SR	Maryland-Eas	28.89m

## Heptathlon: #4 Women 200 Meter Dash Heptathlon

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

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**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Yr	School	Finals
<b>Finals</b>			
1	Glenn, Catherine	JR Delaware Sta	13.43 1,060
2	Hunter, Jasmyn	SO Howard	13.95 985
3	Williams-White, Leah	FR Howard	14.49 910
4	Harris, Makenzie	FR Morgan State	14.87 859
5	Woodrum, Kaelyn	JR Coppin State	14.94 850
6	Shaw, Essence	FR Norfolk Stat	16.41 665
7	Cooper, Sydney	FR SC State	16.64 638
8	Jefferies, Abigail	FR Delaware Sta	16.95 602

5) Delaware State	13.5
6) Maryland-Eastern Shore	6
7) SC State	5

**Heptathlon: #2 Women High Jump Heptathlon**

Name	Yr	School	Finals
<b>Finals</b>			
1	Glenn, Catherine	JR Delaware Sta	1.63m 771
2	Williams-White, Leah	FR Howard	1.60m 736
3	Hunter, Jasmyn	SO Howard	1.51m 632
4	Harris, Makenzie	FR Morgan State	1.48m 599
4	Shaw, Essence	FR Norfolk Stat	1.48m 599
6	Woodrum, Kaelyn	JR Coppin State	1.45m 566
7	Cooper, Sydney	FR SC State	1.36m 470
8	Jefferies, Abigail	FR Delaware Sta	1.27m 379

**Heptathlon: #3 Women Shot Put Heptathlon**

Name	Yr	School	Finals
<b>Finals</b>			
1	Jefferies, Abigail	FR Delaware Sta	12.07m 666
2	Hunter, Jasmyn	SO Howard	9.58m 502
3	Harris, Makenzie	FR Morgan State	9.49m 496
4	Shaw, Essence	FR Norfolk Stat	8.18m 411
5	Glenn, Catherine	JR Delaware Sta	7.98m 398
6	Cooper, Sydney	FR SC State	7.71m 381
7	Williams-White, Leah	FR Howard	7.21m 348
8	Woodrum, Kaelyn	JR Coppin State	7.01m 336

**Women Heptathlon**

Conference:	5038 \$ 2017	Roberts	
Name	Yr	School	Finals
<b>Finals</b>			
1	Glenn, Catherine	JR Delaware Sta	3143
2	Hunter, Jasmyn	SO Howard	2994
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 Stat	2253
7	Cooper, Sydney	FR SC State	2132
8	Jefferies, Abigail	FR Delaware Sta	2101

**Women - Team Rankings - 3 Events Scored**

1) Morgan State	32
2) Norfolk State	20.5
2) Howard	20.5
4) N.C. Central	15.5