

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

Men 100 Meter Dash

Conference: 9.93 \$ 2017 Christopher Belcher

Name	Yr	School	Prelims
Preliminaries			
1	Daniel, Ashton	SR Howard	10.29Q3.1
2	Cole, Kai	JR Norfolk Stat	10.36Q1.6
3	Beard, Dylan	SR Howard	10.44Q1.5
4	Franklin, Anthony	JR Norfolk Stat	10.42Q3.1
5	Carr Jr, Andre	SR Delaware Sta	10.44Q1.5
6	Brown, Kristopher	SR SC State	10.47Q1.6
7	Booth-Mitchell, Jalen	FR Delaware Sta	10.44q 3.1
8	Rembert-Jett, Waddell	SR SC State	10.44q 3.1
9	Hammond, Solomon	SO Coppin State	10.47 1.5
10	Drakes, Carl	JR Coppin State	10.48 1.5
11	Reid, Radjae	SO Maryland-Eas	10.48 3.1
12	Curnell, Dwayne	SR SC State	10.52 1.6
13	Smith, Rahkeem	FR Delaware Sta	10.52 3.1
14	Dan-Princewill, Goba	SR Howard	10.58 1.5
15	Holley, Adrian	JR Morgan State	10.66 1.5
16	Madison-Ahouman, Bryan	SO Norfolk Stat	10.67 1.6
17	Victoria, Lamont	FR N.C. Central	10.69 3.1
18	Hill, Erick	SO SC State	10.71 1.6
19	Bowens, Ali	JR Morgan State	10.74 1.6
20	Herring, Mahki	SR Maryland-Eas	10.81 3.1
21	Laurier, Witchell	JR Maryland-Eas	10.83 1.5
22	Welch, Kennis	SO Maryland-Eas	10.85 1.6
23	Schlotterbeck, Cole	FR Coppin State	11.00 1.5
24	Wright, Noxroy	JR Coppin State	11.10 1.6

Men 100 Meter Dash

Conference: 9.93 \$ 2017 Christopher Belcher

Name	Yr	School	Finals
Finals			
1	Cole, Kai	JR Norfolk Stat	10.29 10
2	Daniel, Ashton	SR Howard	10.37 8
3	Rembert-Jett, Waddell	SR SC State	10.47 6
4	Brown, Kristopher	SR SC State	10.52 5
5	Beard, Dylan	SR Howard	10.53 4
6	Franklin, Anthony	JR Norfolk Stat	10.59 3
7	Booth-Mitchell, Jalen	FR Delaware Sta	10.84 2
8	Carr Jr, Andre	SR Delaware Sta	13.54 1

Men 200 Meter Dash

Conference: 20.00 \$ 1978 Cunningham

Name	Yr	School	Prelims
Preliminaries			
1	Cole, Kai	JR Norfolk Stat	21.03Q0.7
2	Daniel, Ashton	SR Howard	21.07Q-0.6
3	Brown, Kristopher	SR SC State	21.31Q1.4
4	Brown, Janoi	SR Maryland-Eas	21.45Q1.0
5	Watkins, Jahlanhnee	SR Maryland-Eas	21.50Q1.1
6	Franklin, Anthony	JR Norfolk Stat	21.47q 0.7
7	Hammond, Solomon	SO Coppin State	21.59q 1.0
8	Beckford, Ashane	SR Maryland-Eas	21.59q 0.7
9	Shelton, Jaden	FR Delaware Sta	21.62 1.1

10	Gaines, Dylan	FR Howard	21.68 1.1
11	Rembert-Jett, Waddell	SR SC State	21.73 1.0
12	Booth-Mitchell, Jalen	FR Delaware Sta	21.75 1.0
13	Drakes, Carl	JR Coppin State	21.81 -0.6
14	Byrd, Jermanie	SR Howard	21.84 -0.6
15	Brinkley, Malachi	JR Delaware Sta	21.89 1.4
16	Zellander, Jeremiah	JR Norfolk Stat	21.91 0.7
17	Bowens, Ali	JR Morgan State	21.92 1.0
18	Carr Jr, Andre	SR Delaware Sta	22.00 1.1
19	Madison-Ahouman, Bryan	SO Norfolk Stat	22.07 1.4
20	Barker, Jaden	JR SC State	22.08 0.7
20	Herring, Mahki	SR Maryland-Eas	22.08 1.4
22	Curnell, Dwayne	SR SC State	22.13 -0.6
23	Sims, Antonio	FR Morgan State	22.46 -0.6
24	Pepukayi, Bryce	SO Coppin State	22.54 1.4
25	Ibeh, Emmanuel	SR Morgan State	22.77 1.0
---	Wright, Noxroy	JR Coppin State	DNF 1.1

Men 200 Meter Dash

Conference: 20.00 \$ 1978 Cunningham

Name	Yr	School	Finals
Finals			
1	Cole, Kai	JR Norfolk Stat	20.58 10
2	Daniel, Ashton	SR Howard	20.71 8
3	Brown, Janoi	SR Maryland-Eas	20.90 6
4	Watkins, Jahlanhnee	SR Maryland-Eas	20.99 5
5	Franklin, Anthony	JR Norfolk Stat	21.19 4
6	Brown, Kristopher	SR SC State	21.19 3
7	Hammond, Solomon	SO Coppin State	21.62 2
8	Beckford, Ashane	SR Maryland-Eas	29.27 1

Men 400 Meter Dash

Conference: 44.38 \$ 2019 Trevor Stewart

Name	Yr	School	Prelims
Preliminaries			
1	Carter, Donnell	SR N.C. Central	46.90Q
2	Brown, Janoi	SR Maryland-Eas	46.90Q
3	Watkins, Jahlanhnee	SR Maryland-Eas	47.31Q
4	Beckford, Ashane	SR Maryland-Eas	47.50Q
5	Gaines, Dylan	FR Howard	47.86q
6	Cunningham, Daniel	JR Coppin State	48.14q
7	Barker, Jaden	JR SC State	48.47q
8	Zellander, Jeremiah	JR Norfolk Stat	48.49q
9	Small, Miles	FR Coppin State	48.56
10	Sims Jr, Alonzo	FR Delaware Sta	48.63
11	Emuze, Destiny	FR Maryland-Eas	48.74
12	Serville, Randy	SR Coppin State	48.90
13	Walker, Barrington	SR SC State	49.01
14	Bailey, Jamar	SO Howard	49.18
15	Harrison, Dazon	JR Norfolk Stat	49.30
16	Ibeh, Emmanuel	SR Morgan State	49.81
17	Pepukayi, Bryce	SO Coppin State	49.86
18	Sims, Antonio	FR Morgan State	49.93
19	Mosley, Devin	FR Norfolk Stat	50.58
20	Brinkley, Malachi	JR Delaware Sta	50.60
21	Jackson, Dante	FR Morgan State	50.73

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Preliminaries ... (Men 400 Meter Dash)

Name	Yr	School	Prelims
22 Alston, Knasir	FR	Norfolk Stat	50.94

Men 400 Meter Dash

Conference: 44.38 \$ 2019 Trevor Stewart

Name	Yr	School	Finals
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Finals

1 Brown, Janoi	SR	Maryland-Eas	46.49 10
2 Watkins, Jahlanhnee	SR	Maryland-Eas	46.73 8
3 Carter, Donnell	SR	N.C. Central	47.21 6
4 Cunningham, Daniel	JR	Coppin State	47.31 5
5 Beckford, Ashane	SR	Maryland-Eas	47.44 4
6 Gaines, Dylan	FR	Howard	48.25 3
7 Barker, Jaden	JR	SC State	48.53 2
8 Zellander, Jeremiah	JR	Norfolk Stat	48.79 1

Men 800 Meter Run

Conference: 1:48.25 \$ 2016 Jonathan Moore

Name	Yr	School	Prelims
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Preliminaries

1 Ba, Amadou	SR	Coppin State	1:52.84Q
2 Kimtai, Regan	SR	Norfolk Stat	1:53.09Q
3 Brown, Elijah	JR	Delaware Sta	1:56.75Q
4 Berry, Kaleb	SO	Howard	1:53.90Q
5 Francis, Asa	FR	Coppin State	1:55.61Q
6 Smith, Devin	JR	Delaware Sta	1:56.82Q
7 Norbal, Jayeed	JR	Coppin State	1:56.02q
8 Martin, David	FR	Maryland-Eas	1:56.34q
9 Little, Corey	FR	N.C. Central	1:56.50q
10 Ftwi, Nahom	SR	Maryland-Eas	1:57.08q
11 Gray, Davian	JR	Morgan State	1:57.78
12 Torgbenu, Etiam	JR	Coppin State	1:58.07
13 Hutson, Kobe	FR	Howard	1:58.61
14 Smith, Octavious	FR	N.C. Central	1:59.05
15 Thornton, Matron	JR	SC State	2:24.98
16 Hammond, Demarcus	FR	SC State	2:28.74
17 Ayers, Bryce	SO	Maryland-Eas	2:36.27

Men 800 Meter Run

Conference: 1:48.25 \$ 2016 Jonathan Moore

Name	Yr	School	Finals
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Finals

1 Kimtai, Regan	SR	Norfolk Stat	1:51.32 10
2 Ba, Amadou	SR	Coppin State	1:51.95 8
3 Norbal, Jayeed	JR	Coppin State	1:54.31 6
4 Martin, David	FR	Maryland-Eas	1:54.84 5
5 Francis, Asa	FR	Coppin State	1:54.87 4
6 Berry, Kaleb	SO	Howard	1:56.14 3
7 Ayers, Bryce	SO	Maryland-Eas	1:57.10 2
8 Smith, Devin	JR	Delaware Sta	1:58.03 1
9 Brown, Elijah	JR	Delaware Sta	1:59.38
10 Thornton, Matron	JR	SC State	2:01.82

Men 1500 Meter Run

Conference: 3:45.76 \$ 1981 Al Williams

Name	Yr	School	Finals
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Finals

1 Kimtai, Regan	SR	Norfolk Stat	3:52.73 10
2 Jumo, Victor	SO	Norfolk Stat	3:53.47 8
3 Sigei, Gidion	SO	Norfolk Stat	3:55.03 6
4 Smith, Devin	JR	Delaware Sta	3:58.67 5
5 Paddyfote, Emmanuel	FR	N.C. Central	4:00.72 4
6 Gray, Davian	JR	Morgan State	4:02.49 3
7 Ftwi, Nahom	SR	Maryland-Eas	4:03.50 2
8 Lawson, Julian	SO	Howard	4:04.65 1
9 Rotich, Brian	SO	Norfolk Stat	4:05.68
10 Ayers, Bryce	SO	Maryland-Eas	4:08.59
11 Martin, David	FR	Maryland-Eas	4:18.37
12 Waller, Jackson	SO	Morgan State	4:19.50
13 Berry, Kaleb	SO	Howard	4:23.75

Men 5000 Meter Run

Conference: 14:10.37 \$ 2017 Khalil Rmidi Kinini

Name	Yr	School	Finals
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Finals

1 Sigei, Gidion	SO	Norfolk Stat	15:13.33 10
2 Jumo, Victor	SO	Norfolk Stat	15:21.64 8
3 Rotich, Brian	SO	Norfolk Stat	15:24.21 6
4 Adebisi, Ayoade	SR	Howard	15:26.10 5
5 Kimtai, Regan	SR	Norfolk Stat	15:58.24 4
6 Paddyfote, Emmanuel	FR	N.C. Central	16:00.42 3
7 Waller, Jackson	SO	Morgan State	16:01.35 2
8 Lawson, Julian	SO	Howard	16:21.23 1
9 Smith, Devin	JR	Delaware Sta	16:43.98
10 Kennedy, Cameron	SO	Howard	17:15.13
11 Dawkins, Ezekiel	SO	Delaware Sta	17:42.05
12 Alston, Justin	JR	Morgan State	18:01.42
13 Golden, Robert	FR	Howard	19:03.37
--- Latimer, Andrew	JR	SC State	DNF

Men 10000 Meter Run

Conference: 30:38.46 \$ 2017 Ronald Korir

Name	Yr	School	Finals
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Finals

1 Sigei, Gidion	SO	Norfolk Stat	32:22.78 10
2 Jumo, Victor	SO	Norfolk Stat	32:56.23 8
3 Rotich, Brian	SO	Norfolk Stat	32:57.85 6
4 Adams Jr., Bryant	FR	Delaware Sta	35:37.47 5
5 Kennedy, Cameron	SO	Howard	35:41.32 4
6 Golden, Robert	FR	Howard	37:28.59 3

Men 110 Meter Hurdles

Conference: 13.57 \$ 2015 Holloway, Dickson, Banks

Name	Yr	School	Prelims
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Preliminaries

1 Beard, Dylan	SR	Howard	\$ 13.43Q1.0
2 Chisholm, Tayshaun	SR	Delaware Sta	13.88Q-1.2
3 Davis, Kameron	SR	Howard	13.81Q1.0

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Preliminaries ... (Men 110 Meter Hurdles)

Name	Yr	School	Prelims
4 Byrd, Jermanie	SR	Howard	14.10Q-1.2
5 Hawkins, Zachary	JR	Howard	14.17q 1.0
6 Shelton, Jaden	FR	Delaware Sta	14.27q 1.0
7 Kizer, Duane	JR	Morgan State	14.35q 1.0
8 Sutton, Joshua	SR	Norfolk Stat	14.37q -1.2
9 Payne, Antaeveon	SR	Norfolk Stat	14.62 1.0
10 Henry, Dwight	SO	Norfolk Stat	14.65 -1.2
11 Harris, Anthony	FR	Coppin State	14.93 1.0
12 Wesley, Malachi	FR	Morgan State	15.14 -1.2
13 Wynder-Hill, Camren	SO	Norfolk Stat	15.28 -1.2
14 Alleyne, Jalen	FR	SC State	15.62 -1.2
--- Ra-Akbar, Jadon	FR	Morgan State	DNF -1.2

Men 110 Meter Hurdles

Conference: 13.57 \$ 2015 Holloway, Dickson, Banks

Name	Yr	School	Finals
1 Beard, Dylan	SR	Howard	13.43\$ 10
2 Chisholm, Tayshaun	SR	Delaware Sta	13.65 8
3 Hawkins, Zachary	JR	Howard	13.92 6
4 Byrd, Jermanie	SR	Howard	13.94 5
5 Davis, Kameron	SR	Howard	14.01 4
6 Shelton, Jaden	FR	Delaware Sta	14.28 3
7 Kizer, Duane	JR	Morgan State	14.52 2
8 Sutton, Joshua	SR	Norfolk Stat	14.70 1

Men 400 Meter Hurdles

Conference: 50.12 \$ 2018 Jaelen Williams

Name	Yr	School	Prelims
1 Sims Jr, Alonzo	FR	Delaware Sta	53.17Q
2 Davis, Kameron	SR	Howard	54.01Q
3 Walker, Barrington	SR	SC State	53.94Q
4 Hawkins, Zachary	JR	Howard	54.75Q
5 Opon, Zachary	SR	Maryland-Eas	55.13q
6 Wiggins-Imgram, Ivan	JR	Coppin State	55.74q
7 Gooden, Tarique	JR	Morgan State	55.77q
8 Harris, Anthony	FR	Coppin State	56.17q
9 Wynder-Hill, Camren	SO	Norfolk Stat	56.79
10 Wesley, Malachi	FR	Morgan State	57.01
11 Payne, Antaeveon	SR	Norfolk Stat	58.90
12 Alleyne, Jalen	FR	SC State	59.21

Men 400 Meter Hurdles

Conference: 50.12 \$ 2018 Jaelen Williams

Name	Yr	School	Finals
1 Sims Jr, Alonzo	FR	Delaware Sta	52.57 10
2 Hawkins, Zachary	JR	Howard	52.70 8
3 Davis, Kameron	SR	Howard	53.39 6
4 Wiggins-Imgram, Ivan	JR	Coppin State	53.99 5
5 Gooden, Tarique	JR	Morgan State	54.54 4
6 Opon, Zachary	SR	Maryland-Eas	54.70 3
7 Walker, Barrington	SR	SC State	59.23 2

8 Harris, Anthony FR Coppin State 1:00.40 1

Men 3000 Meter Steeplechase

Conference: 8:46.62 \$ 2017 Khalil Rmidi Kinini

Name	Yr	School	Finals
1 Kimtai, Regan	SR	Norfolk Stat	9:27.15 10
2 Adebisi, Ayoade	SR	Howard	9:34.98 8
3 Drake, Ashton	SR	N.C. Central	9:57.43 6
4 Coley, Dyson	FR	Delaware Sta	11:04.48 5
5 Alston, Justin	JR	Morgan State	11:04.63 4

Men 4x100 Meter Relay

Conference: 38.48 \$ 2017 North Carolina A&T State

Team	Relay	Finals
1 Howard	A	40.00 10
1) Perry, Ja'Leak JR	2) Daniel, Ashton SR	
3) Beard, Dylan SR	4) Gaines, Dylan FR	
2 SC State	A	40.02 8
1) Alleyne, Jalen FR	2) Curnell, Dwayne SR	
3) Hill, Erick SO	4) Brown, Kristopher SR	
3 Coppin State	A	40.05 6
1) Pepukayi, Bryce SO	2) Hammond, Solomon SO	
3) Drakes, Carl JR	4) Wright, Noxroy JR	
4 Norfolk State	A	40.54 5
1) Cole, Kai JR	2) Franklin, Anthony JR	
3) Madison-Ahouman, Bryan SO	4) Henry, Dwight SO	
5 Delaware State	A	40.84 4
1) Carr Jr, Andre SR	2) Shelton, Jaden FR	
3) Smith, Rahkeem FR	4) Booth-Mitchell, Jalen FR	
6 Morgan State	A	41.75 3
1) Ra-Akbar, Jadon FR	2) Holley, Adrian JR	
3) Bowens, Ali JR	4) Sims, Antonio FR	
7 Maryland-Eas	A	41.91 2
1) Goslee, Caleb SR	2) Watkins, Jahlanhnee SR	
3) Herring, Mahki SR	4) Reid, Radjae SO	

Men 4x400 Meter Relay

Conference: 3:04.75 \$ 2018 North Carolina A&T State

Team	Relay	Finals
1 Maryland-Eas	A	3:09.19 10
1) Beckford, Ashane SR	2) Watkins, Jahlanhnee SR	
3) Emuze, Destiny FR	4) Brown, Janoi SR	
2 Coppin State	A	3:09.58 8
1) Drakes, Carl JR	2) Serville, Randy SR	
3) Cunningham, Daniel JR	4) Ba, Amadou SR	
3 Howard	A	3:11.93 6
1) Gaines, Dylan FR	2) Davis, Kameron SR	
3) Byrd, Jermanie SR	4) Hawkins, Zachary JR	
4 SC State	A	3:12.29 5
1) Walker, Barrington SR	2) Brown, Kristopher SR	
3) Barker, Jaden JR	4) Rembert-Jett, Waddell SR	

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Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals	
5 Norfolk State	A	3:15.63	4
1) Harrison, Dazon JR	2) Zellander, Jeremiah JR		
3) Mosley, Devin FR	4) Alston, Knasir FR		
6 N.C. Central	A	3:16.26	3
1) Carter, Donnell SR	2) Jones, Casee SO		
3) Little, Corey FR	4) Smith, Octavious FR		
7 Morgan State	A	3:18.88	2
1) Gooden, Tarique JR	2) Sims, Antonio FR		
3) Ibeh, Emmanuel SR	4) Jackson, Dante FR		
8 Delaware State	A	3:30.69	1
1) Brinkley, Malachi JR	2) Sims Jr, Alonzo FR		
3) Brown, Elijah JR	4) Shelton, Jaden FR		

Men High Jump

Conference: 2.25m \$ 2001 Shears,Gary

Name	Yr	School	Finals
Finals			
1 Victoria, Lamont	FR	N.C. Central	2.11m 10
2 Bell, James	JR	Coppin State	2.01m 8
3 Sutton, Joshua	SR	Norfolk Stat	J2.01m 6
4 Haywood, Isaac	SO	Norfolk Stat	1.93m 4.5
4 Brown, Eric	SO	Howard	1.93m 4.5
6 Campbell, Morey	FR	Delaware Sta	J1.93m 3
7 Finger, Brenden	JR	N.C. Central	J1.93m 2
8 Pierrilus, Mackel	JR	Maryland-Eas	1.88m 1

Men Pole Vault

Conference: 5.40m \$ 2004 David Stephens

Name	Yr	School	Finals
Finals			
1 Kamanu, Peter	SO	Delaware Sta	4.50m 10
2 Brown, Malik	JR	Morgan State	3.82m 8
3 Jeffery, Kalon	SO	Norfolk Stat	3.67m 6
--- Alleyne, Jalen	FR	SC State	NH

Men Long Jump

Conference: 7.93m \$ 2008 Corey Vinston

Name	Yr	School	Finals
Finals			
1 Wray, Sean	FR	Howard	7.16m 10
2 Fisher, Kyle	SO	Howard	7.15m 8
3 Hill, Erick	SO	SC State	7.00m 6
4 Cox-Cooper, Rodric	JR	Norfolk Stat	6.95m 5
5 Goslee, Caleb	SR	Maryland-Eas	6.93m 4
6 Wynder-Hill, Camren	SO	Norfolk Stat	6.86m 3
7 Brooks, Jonathan	FR	Maryland-Eas	6.77m 2
8 Jasmin, Jalen	JR	Delaware Sta	6.69m 1
9 Ra-Akbar, Jadon	FR	Morgan State	6.64m 2.3
10 McLaren, Elijah	JR	Delaware Sta	6.63m 1.8
11 Bellinga, Joshua	SO	Morgan State	6.58m 2.6
12 Bell, James	JR	Coppin State	6.53m 0.6
13 Haywood, Isaac	SO	Norfolk Stat	6.52m 1.3
14 Pierrilus, Mackel	JR	Maryland-Eas	6.36m 0.1
15 Drewery, Chase	SO	Howard	6.22m 3.2

Men Triple Jump

Conference: 16.33m \$ 2017 Michael Tiller

Name	Yr	School	Finals
Finals			
1 Drewery, Chase	SO	Howard	15.43m 10
2 Haywood, Isaac	SO	Norfolk Stat	14.62m 8
3 Fisher, Kyle	SO	Howard	14.57m 6
4 McLaren, Elijah	JR	Delaware Sta	14.52m 5
5 McKenzie, Omari	SO	Morgan State	14.40m 4
6 Cox-Cooper, Rodric	JR	Norfolk Stat	14.09m 3
7 Pierrilus, Mackel	JR	Maryland-Eas	13.75m 2
8 Wray, Sean	FR	Howard	13.72m 1
9 Forbes, Malcolm	FR	N.C. Central	13.53m -2.2
10 Brown, Eric	SO	Howard	13.52m -2.3
11 Brooks, Jonathan	FR	Maryland-Eas	12.92m -3.1
12 Bellinga, Joshua	SO	Morgan State	12.73m -3.2

Men Shot Put

Conference: 18.64m \$ 2014 Dillon Simon

Name	Yr	School	Finals
Finals			
1 Purvis, John	JR	Morgan State	16.81m 10
2 Martin, Tyrell	SO	Delaware Sta	16.63m 8
3 Johnson, Christopher	FR	Delaware Sta	16.10m 6
4 Swepson, Matthew	JR	N.C. Central	15.99m 5
5 Perkins, James	SR	Maryland-Eas	15.71m 4
6 Bratcher, Christopher	SR	Howard	15.37m 3
7 Arrington, Khamari	SR	N.C. Central	15.13m 2
8 Olebara, Nnamdi	SR	Howard	13.74m 1
9 McWilliams, Troy	FR	Norfolk Stat	13.49m
10 Smith, Raeshon	SO	Norfolk Stat	13.37m
11 Anderson, Nelson	SO	N.C. Central	12.96m
12 Ratliff, Dexter	SR	SC State	12.90m
13 Carraway, Dallas	FR	SC State	12.85m
--- Smith, Rayquan	JR	Norfolk Stat	FOUL

Men Discus Throw

Conference: 55.85m \$ 2014 Dillon Simon

Name	Yr	School	Finals
Finals			
1 Campbell, Emperor	JR	Delaware Sta	50.92m 10
2 Arrington, Khamari	SR	N.C. Central	48.40m 8
3 Ratliff, Dexter	SR	SC State	48.36m 6
4 Anderson, Nelson	SO	N.C. Central	47.29m 5
5 Swepson, Matthew	JR	N.C. Central	46.94m 4
6 Purvis, John	JR	Morgan State	46.13m 3
7 Perkins, James	SR	Maryland-Eas	44.38m 2
8 Johnson, Christopher	FR	Delaware Sta	42.56m 1
9 Smith, Rayquan	JR	Norfolk Stat	40.62m
10 Bratcher, Christopher	SR	Howard	39.39m
11 Olebara, Nnamdi	SR	Howard	34.86m
12 Martin, Tyrell	SO	Delaware Sta	33.96m
13 Carraway, Dallas	FR	SC State	31.86m

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Men Hammer Throw

Conference: 54.30m \$ 2019 Derrick Wheeler

Name	Yr	School	Finals
Finals			
1 Perkins, James	SR	Maryland-Eas	53.90m 10
2 Monteiro, Ezra	SR	Howard	51.19m 8
3 Swepson, Matthew	JR	N.C. Central	49.00m 6
4 Ratliff, Dexter	SR	SC State	47.79m 5
5 Anderson, Nelson	SO	N.C. Central	46.38m 4
6 Campbell, Emperor	JR	Delaware Sta	46.14m 3
7 Olebara, Nnamdi	SR	Howard	43.40m 2
8 Smith, Raeshon	SO	Norfolk Stat	42.11m 1
9 Martin, Tyrell	SO	Delaware Sta	41.10m
10 Johnson, Christopher	FR	Delaware Sta	34.35m
11 Smith, Rayquan	JR	Norfolk Stat	33.45m
--- Purvis, John	JR	Morgan State	FOUL
--- Bratcher, Christopher	SR	Howard	FOUL

Men Javelin Throw

Conference: 70.85m \$ 1987 Kenneth Beache

Name	Yr	School	Finals
Finals			
1 Abbott, Mekhi	SR	Howard	61.78m 10
2 Swepson, Matthew	JR	N.C. Central	55.61m 8
3 Perkins, James	SR	Maryland-Eas	53.29m 6
4 Shelton, Jaden	FR	Delaware Sta	50.93m 5
5 Kimbrough, Jalon	SO	SC State	49.00m 4
6 Kimtai, Regan	SR	Norfolk Stat	48.50m 3
7 Pierrilus, Mackel	JR	Maryland-Eas	47.59m 2
8 Henry, Dwight	SO	Norfolk Stat	47.19m 1
9 Monteiro, Ezra	SR	Howard	45.07m
10 Purvis, John	JR	Morgan State	42.11m
11 Dickson, Keondre	FR	SC State	37.53m
12 Nurse, Sadiq	SR	Norfolk Stat	34.03m
13 Carraway, Dallas	FR	SC State	31.23m

Decathlon: #1 Men 100 Meter Dash Decathlon

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

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
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 Stat	53.45 663
5 Nurse, Sadiq	SR	Norfolk Stat	53.48 661
6 Smith, Rayquan	JR	Norfolk Stat	55.10 595

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Yr	School	Finals
Finals			
1 Johnson, Neco	SR	N.C. Central	4:41.31 672
2 Goode, Amiri	JR	Coppin State	4:46.05 643
3 Brown, Eric	SO	Howard	5:04.68 533
4 Nurse, Sadiq	SR	Norfolk Stat	5:57.67 274
5 Jeffery, Kalon	SO	Norfolk Stat	6:08.17 232
6 Smith, Rayquan	JR	Norfolk Stat	6:19.91 189

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Yr	School	Finals
Finals			
1 Brown, Eric	SO	Howard	15.06 842
2 Goode, Amiri	JR	Coppin State	15.69 768
3 Nurse, Sadiq	SR	Norfolk Stat	19.45 394
4 Johnson, Neco	SR	N.C. Central	20.16 337
5 Smith, Rayquan	JR	Norfolk Stat	21.41 246
6 Jeffery, Kalon	SO	Norfolk Stat	22.27 192

Decathlon: #4 Men High Jump Decathlon

Name	Yr	School	Finals
Finals			
1 Brown, Eric	SO	Howard	1.90m 714
2 Nurse, Sadiq	SR	Norfolk Stat	1.66m 512
3 Johnson, Neco	SR	N.C. Central	1.63m 488
3 Goode, Amiri	JR	Coppin State	1.63m 488
5 Jeffery, Kalon	SO	Norfolk Stat	1.57m 441
6 Smith, Rayquan	JR	Norfolk Stat	1.51m 396

Decathlon: #8 Men Pole Vault Decathlon

Name	Yr	School	Finals
Finals			
1 Jeffery, Kalon	SO	Norfolk Stat	3.80m 562
2 Brown, Eric	SO	Howard	3.40m 457
3 Nurse, Sadiq	SR	Norfolk Stat	2.50m 242
4 Goode, Amiri	JR	Coppin State	2.40m 220
--- Johnson, Neco	SR	N.C. Central	NH
--- Smith, Rayquan	JR	Norfolk Stat	NH

Decathlon: #2 Men Long Jump Decathlon

Name	Yr	School	Finals
Finals			
1 Brown, Eric	SO	Howard	7.09m 835
2 Smith, Rayquan	JR	Norfolk Stat	6.39m 673
3 Nurse, Sadiq	SR	Norfolk Stat	6.21m 632
4 Johnson, Neco	SR	N.C. Central	6.20m 630
5 Goode, Amiri	JR	Coppin State	6.16m 621
6 Jeffery, Kalon	SO	Norfolk Stat	5.99m 584

Decathlon: #3 Men Shot Put Decathlon

Name	Yr	School	Finals
Finals			
1 Smith, Rayquan	JR	Norfolk Stat	13.08m 672
2 Johnson, Neco	SR	N.C. Central	9.96m 483
3 Goode, Amiri	JR	Coppin State	9.88m 478

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

Finals ... (Decathlon: #3 Men Shot Put Decathlon)

	Name	Yr	School	Finals
4	Brown, Eric	SO	Howard	9.40m 450
5	Nurse, Sadiq	SR	Norfolk Stat	8.88m 419
6	Jeffery, Kalon	SO	Norfolk Stat	8.02m 367

Decathlon: #7 Men Discus Throw Decathlon

	Name	Yr	School	Finals
Finals				
1	Smith, Rayquan	JR	Norfolk Stat	42.10m 707
2	Goode, Amiri	JR	Coppin State	27.57m 417
3	Nurse, Sadiq	SR	Norfolk Stat	25.29m 373
4	Jeffery, Kalon	SO	Norfolk Stat	23.44m 337
5	Johnson, Neco	SR	N.C. Central	21.20m 295
6	Brown, Eric	SO	Howard	19.65m 266

Decathlon: #9 Men Javelin Throw Decathlon

	Name	Yr	School	Finals
Finals				
1	Smith, Rayquan	JR	Norfolk Stat	39.98m 442
2	Goode, Amiri	JR	Coppin State	38.29m 417
3	Nurse, Sadiq	SR	Norfolk Stat	34.85m 368
4	Brown, Eric	SO	Howard	32.63m 336
5	Johnson, Neco	SR	N.C. Central	26.58m 251
6	Jeffery, Kalon	SO	Norfolk Stat	24.64m 225

Men Decathlon

Conference: 6693 \$ 2005 Allen Mitchell

	Name	Yr	School	Finals
Finals				
1	Brown, Eric	SO	Howard	5903 10
2	Goode, Amiri	JR	Coppin State	5513 8
3	Smith, Rayquan	JR	Norfolk Stat	4810 6
4	Nurse, Sadiq	SR	Norfolk Stat	4692 5
5	Johnson, Neco	SR	N.C. Central	4459 4
6	Jeffery, Kalon	SO	Norfolk Stat	4398 3

Men - Team Rankings - 21 Events Scored

1)	Norfolk State	188.5
2)	Howard	176.5
3)	Delaware State	97
4)	Maryland-Eastern Shore	91
5)	N.C. Central	80
6)	Coppin State	61
7)	SC State	52
8)	Morgan State	45