

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

Women 100 Meter Dash

Conference: 10.96 \$ 2019 Kayla White

Name	Yr	School	Prelims
Preliminaries			
1 Khan, Darci	JR	Howard	11.47Q1.9
2 Washington, Lamaria	SO	Howard	11.61Q0.8
3 Pittman, Tiffani Rae	SO	Howard	11.67Q1.6
4 Hor, Halutie	JR	Coppin State	11.54Q1.9
5 Dade, De'ja	SR	Howard	11.78Q1.6
6 Oku, Gifty	FR	Coppin State	11.82Q0.8
7 Frederick, Angelica	SO	SC State	12.07q 0.8
8 White, Khaliyah	JR	Delaware Sta	12.11q 1.9
9 Smith, Maya	SO	SC State	12.13 1.9
10 Adekayode, Deborah	FR	Morgan State	12.23 1.9
11 Powell, Leah	FR	Delaware Sta	12.24 0.8
12 Robinson, Aaliyah	JR	Delaware Sta	12.24 1.6
13 Gist, Cameran	FR	SC State	12.26 0.8
14 Thomas, Jazmine	SO	Maryland-Eas	12.29 1.9
15 Farrar, Allysia	JR	Norfolk Stat	12.36 0.8
16 Sharps, Malea	JR	Maryland-Eas	12.41 1.6
17 Toogood, Kalin	SO	Maryland-Eas	13.68 1.6

Women 100 Meter Dash

Conference: 10.96 \$ 2019 Kayla White

Name	Yr	School	Finals
Finals			
1 Pittman, Tiffani Rae	SO	Howard	11.58 10
2 Khan, Darci	JR	Howard	11.60 8
3 Hor, Halutie	JR	Coppin State	11.61 6
4 Washington, Lamaria	SO	Howard	11.78 5
5 Oku, Gifty	FR	Coppin State	11.78 4
6 Dade, De'ja	SR	Howard	11.96 3
7 Frederick, Angelica	SO	SC State	12.07 2
8 White, Khaliyah	JR	Delaware Sta	12.33 1

Women 200 Meter Dash

Conference: 22.52 \$ 2019 India Brown

Name	Yr	School	Prelims
Preliminaries			
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 200 Meter Dash

Conference: 22.52 \$ 2019 India Brown

Name	Yr	School	Finals
Finals			
1 Pittman, Tiffani Rae	SO	Howard	23.39 10
2 Ali, Latifa	JR	Coppin State	23.55 8
3 Hor, Halutie	JR	Coppin State	23.95 6
4 Dade, De'ja	SR	Howard	24.27 5
5 Oku, Gifty	FR	Coppin State	24.30 4
6 Dunbar, Kaya-Rae	JR	Howard	24.41 3
7 Washington, Lamaria	SO	Howard	24.65 2

Women 400 Meter Dash

Conference: 50.58 \$ 2009 Francena McCorory

Name	Yr	School	Prelims
Preliminaries			
1 Ali, Latifa	JR	Coppin State	53.72Q
2 Alphonse, Kimani	JR	Coppin State	54.92Q
3 Tomlinson, Shenelle	SR	Coppin State	55.08Q
4 Harpe, Lakendra	SR	Delaware Sta	55.85Q
5 Harris, Armani	JR	Norfolk Stat	56.05Q
6 George, Yasmine	JR	Morgan State	57.91Q
7 Morris, Sanaa	FR	Howard	56.61q
8 Robinson, Aleisha	FR	Morgan State	56.98q
9 Benton, Brianna	FR	Coppin State	58.36
10 Young, Cierra	FR	Delaware Sta	58.77
11 Brown, Kortney	FR	Delaware Sta	59.64
12 Donovan, Jasmine	SO	SC State	1:00.34
13 Adewami, Adekansola	SR	Maryland-Eas	1:00.64
14 Walls, Tiona	JR	SC State	1:03.49
15 Toogood, Kalin	SO	Maryland-Eas	1:04.87
--- Lucas, Chloe	JR	Maryland-Eas	DNF

Women 400 Meter Dash

Conference: 50.58 \$ 2009 Francena McCorory

Name	Yr	School	Finals
Finals			
1 Ali, Latifa	JR	Coppin State	52.99 10
2 Alphonse, Kimani	JR	Coppin State	53.70 8
3 Tomlinson, Shenelle	SR	Coppin State	54.49 6
4 Harpe, Lakendra	SR	Delaware Sta	54.98 5
5 Harris, Armani	JR	Norfolk Stat	55.99 4
6 Robinson, Aleisha	FR	Morgan State	56.43 3
7 Morris, Sanaa	FR	Howard	56.67 2
8 George, Yasmine	JR	Morgan State	56.98 1

Women 800 Meter Run

Conference: 2:02.82 \$ 2016 Ce'aira Brown

Name	Yr	School	Prelims
Preliminaries			
1 White, Melanie	SR	Howard	2:12.78Q

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Preliminaries ... (Women 800 Meter Run)

Name	Yr	School	Prelims
2 Jackson, Laila	FR	N.C. Central	2:13.53Q
3 Egbula, Camille	SO	Howard	2:13.29Q
4 Wyatt, Jahmei	SO	Coppin State	2:14.05Q
5 Lamborn, Jessica	SO	Morgan State	2:19.48Q
6 Campbell, Shy-Ann	SO	Maryland-Eas	2:20.47Q
7 Williams, Debrielle	SR	SC State	2:19.87q
8 Simms, Shennell	FR	Maryland-Eas	2:21.60q
9 Fleurima, Danielle	SO	Delaware Sta	2:27.43
10 Beckham, Mylena	SO	N.C. Central	2:32.51
11 Griffin, Jazelle	FR	Delaware Sta	2:43.11

Women 800 Meter Run

Conference: 2:02.82 \$ 2016 Ce'aira Brown

Name	Yr	School	Finals
Finals			
1 Jackson, Laila	FR	N.C. Central	2:11.12 10
2 Wyatt, Jahmei	SO	Coppin State	2:12.19 8
3 Williams, Debrielle	SR	SC State	2:15.86 6
4 White, Melanie	SR	Howard	2:17.72 5
5 Egbula, Camille	SO	Howard	2:18.08 4
6 Lamborn, Jessica	SO	Morgan State	2:18.81 3
7 Campbell, Shy-Ann	SO	Maryland-Eas	2:19.38 2
8 Simms, Shennell	FR	Maryland-Eas	2:21.92 1

Women 1500 Meter Run

Conference: 4:27.12 \$ 2017 Martha Bissah

Name	Yr	School	Finals
Finals			
1 White, Melanie	SR	Howard	4:35.16 10
2 Kimaiyo, Mercyline	SO	Norfolk Stat	4:39.97 8
3 Egbula, Camille	SO	Howard	4:40.14 6
4 Fisher, Abigail	JR	Morgan State	5:07.09 5
5 Lamborn, Jessica	SO	Morgan State	5:09.26 4
6 Fleurima, Danielle	SO	Delaware Sta	5:09.95 3
7 Stuteley, Saidai	JR	Coppin State	5:24.96 2

Women 5000 Meter Run

Conference: 17:06.62 \$ 2017 Faith Keitany

Name	Yr	School	Finals
Finals			
1 Kimaiyo, Mercyline	SO	Norfolk Stat	18:21.94 10
2 McDonald, Breanna	SR	Howard	18:31.23 8
3 Crosby, Joslyn	SO	Howard	18:34.80 6
4 Field, Rachel	SR	Morgan State	19:27.00 5
5 Lagat, Ashley	JR	Delaware Sta	19:35.08 4
6 Banks, Jada	SR	SC State	19:58.03 3
7 Kattam, Purity	JR	Delaware Sta	21:11.40 2
8 Simms, Shennell	FR	Maryland-Eas	21:13.37 1

Women 10000 Meter Run

Conference: 34:52.91 \$ 2017 Fiath Keithany

Name	Yr	School	Finals
Finals			
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 100 Meter Hurdles

Conference: 12.51 \$ 2010 Jasmine Benbow

Name	Yr	School	Prelims
Preliminaries			
1 Khan, Darci	JR	Howard	13.26Q1.9
2 Dunbar, Kaya-Rae	JR	Howard	13.40Q0.2
3 Glenn, Catherine	JR	Delaware Sta	13.68Q0.2
4 Morris, Cathrina	JR	Howard	13.75Q1.9
5 Wright, Jessica	SR	Howard	13.76q 1.9
6 Wajd, Jazmyn	FR	Howard	13.93q 1.9
7 Robinson, Brooklyn	FR	Norfolk Stat	13.99q 0.2
8 Hunter, Jasmyn	SO	Howard	14.03q 0.2
9 Harris, Makenzie	FR	Morgan State	14.40 1.9
10 Palmer, Erin	SR	Coppin State	14.47 0.2

Women 100 Meter Hurdles

Conference: 12.51 \$ 2010 Jasmine Benbow

Name	Yr	School	Finals
Finals			
1 Khan, Darci	JR	Howard	13.15 10
2 Dunbar, Kaya-Rae	JR	Howard	13.48 8
3 Glenn, Catherine	JR	Delaware Sta	13.57 6
4 Wright, Jessica	SR	Howard	13.60 5
5 Morris, Cathrina	JR	Howard	13.89 4
6 Wajd, Jazmyn	FR	Howard	13.93 3
7 Robinson, Brooklyn	FR	Norfolk Stat	14.09 2
8 Hunter, Jasmyn	SO	Howard	14.15 1

Women 400 Meter Hurdles

Conference: 57.42 \$ 2002 Chloe Davis

Name	Yr	School	Prelims
Preliminaries			
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

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Women 400 Meter Hurdles

Conference: 57.42 \$ 2002 Chloe Davis

Name	Yr	School	Finals
Finals			
1 Wright, Jessica	SR	Howard	57.23\$ 10
2 Woodruff, Aniya	FR	Howard	58.37 8
3 Morris, Cathrina	JR	Howard	59.69 6
4 Okwudibonye, Chidubem (Mi	FR	Delaware Sta	1:00.47 5
5 Settle, Spencer	SO	Maryland-Eas	1:00.53 4
6 Williams, Monika	SR	Howard	1:01.84 3
7 Mcloud, Destinee	JR	Coppin State	1:02.06 2
8 Marquez, Gianna	FR	N.C. Central	1:02.70 1

Women 3000 Meter Steeplechase

Conference: 10:32.96 \$ 2013 Petra Kubesove

Name	Yr	School	Finals
Finals			
1 Kimaiyo, Mercyline	SO	Norfolk Stat	11:08.22 10
2 Field, Rachel	SR	Morgan State	11:41.02 8
3 Banks, Jada	SR	SC State	11:52.12 6
4 Lagat, Ashley	JR	Delaware Sta	12:15.46 5
5 Stuteley, Saidai	JR	Coppin State	13:12.08 4

Women 4x100 Meter Relay

Conference: 42.61 \$ 2010 Florida A&M

Team	Relay	Finals
Finals		
1 Howard	A	44.80 10
1) Khan, Darci JR	2) Dade, De'ja SR	
3) Washington, Lamaria SO	4) Pittman, Tiffani Rae SO	
2 Coppin State	A	44.92 8
1) Ali, Latifa JR	2) Alphonse, Kimani JR	
3) Hor, Halutie JR	4) Oku, Gifty FR	
3 Delaware State	A	46.17 6
1) White, Khaliyah JR	2) Glenn, Catherine JR	
3) Robinson, Aaliyah JR	4) Powell, Leah FR	
4 SC State	A	46.22 5
1) Gist, Cameran FR	2) Frederick, Angelica SO	
3) Williams, Debrielle SR	4) Smith, Maya SO	
5 Norfolk State	A	46.97 4
1) Robinson, Brooklyn FR	2) Gravely, De'Niya JR	
3) Farrar, Allysia JR	4) Richards, Indya SR	
6 Morgan State	A	47.11 3
1) Adekayode, Deborah FR	2) Jackson, Tia JR	
3) Robinson, Aleisha FR	4) Harris, Makenzie FR	
7 Maryland-Eas	A	47.80 2
1) Sharps, Malea JR	2) Evans, Mackenzi SO	
3) Thomas, Jazmine SO	4) Settle, Spencer SO	
8 N.C. Central	A	50.49 1
1) Fulton, Micah SR	2) Small, Taylor JR	
3) Verner, Raven FR	4) Jackson, Laila FR	

Women 4x400 Meter Relay

Conference: 3:31.04 \$ 2022 Howard

Team	Relay	Finals
Finals		
1 Howard	A	3:33.86 10
1) Wright, Jessica SR	2) Woodruff, Aniya FR	
3) Pittman, Tiffani Rae SO	4) Lawson, Kiya FR	
2 Coppin State	A	3:42.33 8
1) Alphonse, Kimani JR	2) Tomlinson, Shenelle SR	
3) Mcloud, Destinee JR	4) Wyatt, Jahmei SO	
3 Delaware State	A	3:47.79 6
1) Harpe, Lakendra SR	2) Okwudibonye, Chidubem (Miria	
3) White, Khaliyah JR	4) Brown, Kortney FR	
4 SC State	A	3:50.61 5
1) Frederick, Angelica SO	2) Smith, Maya SO	
3) Williams, Debrielle SR	4) Edmondson, Domonique SR	
5 Maryland-Eas	A	3:53.62 4
1) Evans, Mackenzi SO	2) Settle, Spencer SO	
3) Lucas, Chloe JR	4) Campbell, Shy-Ann SO	

Women High Jump

Conference: 1.87m \$ 2015 Deandra Daniel

Name	Yr	School	Finals
Finals			
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
--- Gravely, 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 Pole Vault

Conference: 3.89m \$ 2018 Morgan Knight

Name	Yr	School	Finals
Finals			
1 Bond, Annalise	SO	Delaware Sta	3.50m 10
2 Asinor, Ishana	SO	Morgan State	3.04m 8
3 Brightful, D'Nysha	SO	Norfolk Stat	2.94m 6
4 Hooks, Destiny	SR	Norfolk Stat	2.84m 5
5 Harris, Chanice	JR	SC State	2.29m 4
--- Cooper, Sydney	FR	SC State	NH

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Women Long Jump

Conference: 6.63m \$ 2011 Champagne Bell

Name	Yr	School	Finals
Finals			
1 Jackson, Tia	JR	Morgan State	6.04m 10
2 Small, Taylor	JR	N.C. Central	5.79m 8
3 Joyner, Ja'Tae	SR	Howard	5.78m 6
4 Adekayode, Deborah	FR	Morgan State	5.72m 5
5 Mumford, Ija	FR	Howard	5.67m 4
6 Fulton, Micah	SR	N.C. Central	5.66m 3
7 Shell, Inara	SO	Morgan State	5.48m 2
8 Romaine, Sierra	JR	Delaware Sta	5.44m 1
9 Armstrong, Kelis	FR	Howard	5.39m 0.6
10 Hunter, Jasmyn	SO	Howard	5.31m 0.5
11 Gist, Cameran	FR	SC State	5.24m 2.4
12 McLaurin, Denisha	FR	Morgan State	5.15m 0.8
13 Pinnix, Tamesia	FR	Norfolk Stat	5.08m +0.0
14 Irving, Faithlyn	JR	Maryland-Eas	5.06m 0.8
15 Venters, Jada	JR	Norfolk Stat	4.71m 0.4
16 Shaw, Essence	FR	Norfolk Stat	4.16m 1.3

Women Triple Jump

Conference: 13.34m \$ 2007 Yvette Lewis

Name	Yr	School	Finals
Finals			
1 Boddie, Joidon	JR	N.C. Central	12.52m 10
2 Shell, Inara	SO	Morgan State	12.45m 8
3 Irving, Faithlyn	JR	Maryland-Eas	12.37m 6
4 Fulton, Micah	SR	N.C. Central	12.06m 5
5 Gist, Cameran	FR	SC State	12.03m 4
6 Wajd, Jazmyn	FR	Howard	11.90m 3
7 Joyner, Ja'Tae	SR	Howard	11.88m 2
8 Mumford, Ija	FR	Howard	11.85m 1
9 Armstrong, Kelis	FR	Howard	11.48m 1.7
10 McLaurin, Denisha	FR	Morgan State	11.13m +0.0
11 Gravely, De'Niya	JR	Norfolk Stat	11.00m -0.6
--- Palmer, Erin	SR	Coppin State	FOUL
--- Small, Taylor	JR	N.C. Central	FOUL

Women Shot Put

Conference: 16.48m \$ 2012 Vanessa Henry

Name	Yr	School	Finals
Finals			
1 Lambert, Terine	SO	Morgan State	13.94m 10
2 Johnson, Johnelle	JR	Morgan State	13.29m 8
3 Young, Leslie	SO	Norfolk Stat	12.91m 6
4 Hansley, Indya	SR	Maryland-Eas	12.16m 5
5 Marsh, Symone	SR	Howard	11.89m 4
6 Jefferies, Abigail	FR	Delaware Sta	11.63m 3
7 Hall, Kenya	SO	N.C. Central	11.56m 2
8 Moore, Orianna	SO	Delaware Sta	10.97m 1
9 Carter, Brylan	FR	Morgan State	10.92m
10 Banwo, Temi	FR	Howard	10.76m
11 Benjamin, Yesenia	FR	SC State	10.57m
12 Hope, Naliah	SO	N.C. Central	10.39m

13 Perry, Raniya FR Coppin State 9.79m

Women Discus Throw

Conference: 51.69m \$ 2018 Taylor Gorum

Name	Yr	School	Finals
Finals			
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

Women Hammer Throw

Conference: 54.37m \$ 2017 Andrea Aaron

Name	Yr	School	Finals
Finals			
1 Hatcher, Erin	SR	Howard	55.64m\$ 10
2 Rodgers, Mikyla	SR	Howard	53.99m 8
3 Parker, Aricana	SR	Norfolk Stat	48.87m 6
4 Marsh, Symone	SR	Howard	48.58m 5
5 Pelle, Amber	JR	Delaware Sta	46.98m 4
6 Young, Leslie	SO	Norfolk Stat	46.55m 3
7 Lambert, Terine	SO	Morgan State	45.36m 2
8 O'Neill, Saniah	SO	N.C. Central	42.94m 1
9 Johnson, Johnelle	JR	Morgan State	41.39m
10 Carter, Brylan	FR	Morgan State	41.17m
11 Hansley, Indya	SR	Maryland-Eas	40.78m
12 Banwo, Temi	FR	Howard	40.20m
13 Moore, Orianna	SO	Delaware Sta	35.17m

Women Javelin Throw

Conference: 49.40m \$ Unknown

Name	Yr	School	Finals
Finals			
1 Young, Leslie	SO	Norfolk Stat	39.67m 10
2 Carter, Brylan	FR	Morgan State	36.17m 8
3 Glenn, Catherine	JR	Delaware Sta	34.64m 6
4 Seale, Shonte	SR	Norfolk Stat	33.59m 5
5 Jackson, Tia	JR	Morgan State	32.75m 4
6 Field, Rachel	SR	Morgan State	31.06m 3
7 Frierson, Mion	FR	SC State	26.68m 2
8 Johnson, Mya	SR	Maryland-Eas	26.33m 1
9 Hatcher, Erin	SR	Howard	24.74m
10 Lambert, Terine	SO	Morgan State	24.04m
11 Sells, Imani	SO	SC State	22.98m
12 Jefferies, Abigail	FR	Delaware Sta	20.55m

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Finals ... (Women Javelin Throw)

Name	Yr	School	Finals
13 Richardson, Ashley	FR	Delaware Sta	18.13m
14 Cooper, Sydney	FR	SC State	17.21m
--- White, Shadyrna	JR	SC State	FOUL
--- Hansley, Indya	SR	Maryland-Eas	FOUL

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Yr	School	Finals
Finals			
1 Glenn, Catherine	JR	Delaware Sta	24.71 914
2 Hunter, Jasmyn	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

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Yr	School	Finals
Finals			
1 Harris, Makenzie	FR	Morgan State	2:26.67 735
2 Woodrum, Kaelyn	JR	Coppin State	2:33.32 652
3 Hunter, Jasmyn	SO	Howard	2:33.66 648
4 Glenn, Catherine	JR	Delaware Sta	2:43.86 529
5 Williams-White, Leah	FR	Howard	2:44.33 524
6 Cooper, Sydney	FR	SC State	2:45.94 507
7 Shaw, Essence	FR	Norfolk Stat	3:03.51 333
8 Jefferies, Abigail	FR	Delaware Sta	3:54.69 29

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Yr	School	Finals
Finals			
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

Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals
Finals			
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: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Glenn, Catherine	JR	Delaware Sta	5.59m 726
2 Hunter, Jasmyn	SO	Howard	5.56m 717
3 Woodrum, Kaelyn	JR	Coppin State	5.24m 626
3 Williams-White, Leah	FR	Howard	5.24m 626
5 Harris, Makenzie	FR	Morgan State	5.01m 562
6 Shaw, Essence	FR	Norfolk Stat	4.83m 514
7 Jefferies, Abigail	FR	Delaware Sta	4.57m 446
8 Cooper, Sydney	FR	SC State	3.96m 299

Heptathlon: #3 Women Shot Put Heptathlon

Name	Yr	School	Finals
Finals			
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

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Yr	School	Finals
Finals			
1 Glenn, Catherine	JR	Delaware Sta	37.14m 613
2 Williams-White, Leah	FR	Howard	28.81m 454
3 Shaw, Essence	FR	Norfolk Stat	25.15m 385
4 Harris, Makenzie	FR	Morgan State	24.80m 379
5 Jefferies, Abigail	FR	Delaware Sta	22.32m 332
6 Cooper, Sydney	FR	SC State	16.71m 228
7 Woodrum, Kaelyn	JR	Coppin State	15.49m 206
8 Hunter, Jasmyn	SO	Howard	14.51m 188

Women Heptathlon

Conference:		5038 \$ 2017	Khemani Roberts	
Name	Yr	School	Finals	
Finals				
1 Glenn, Catherine	JR	Delaware Sta	5011 10	
2 Hunter, Jasmyn	SO	Howard	4547 8	
3 Harris, Makenzie	FR	Morgan State	4501 6	
4 Williams-White, Leah	FR	Howard	4455 5	
5 Woodrum, Kaelyn	JR	Coppin State	4005 4	
6 Shaw, Essence	FR	Norfolk Stat	3485 3	
7 Cooper, Sydney	FR	SC State	3166 2	
8 Jefferies, Abigail	FR	Delaware Sta	2908 1	

Women - Team Rankings - 21 Events Scored

1) Howard	241.5
2) Morgan State	138
3) Norfolk State	102.5
4) Delaware State	92.5

2023 MEAC Outdoor Championships - 5/11/2023

Norfolk State University

Results

5) Coppin State	88
6) N.C. Central	56.5
7) SC State	44
8) Maryland-Eastern Shore	32