

MEAC CROSS COUNTRY CHAMPIONSHIPS

Smyrna, DE
 DSU Outreach & Research Center
 Saturday, November 2, 2024



OFFICIAL MEET REPORT
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Race #2
Womens 5k Championship

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Norfolk State	25	2-3-5-6-9(13)(26)	1:30:45	18:09	1:23.2
2 Howard	39	1-4-7-10-17(23)(35)	1:32:18	18:28	2:09.9
3 N.C. Central	91	11-12-16-22-30(36)(37)	1:37:55	19:35	1:39.3
4 Morgan State	103	14-18-19-20-32(34)	1:38:56	19:48	1:36.4
5 Delaware State	121	15-24-25-28-29(31)(33)	1:40:25	20:05	1:20.1
6 Maryland-Eastern Shore	133	8-21-27-38-39(40)	1:43:26	20:42	3:33.5
7 Coppin State	225	42-43-44-45-51	2:16:34	27:19	15:22.0
8 SC State	231	41-46-47-48-49(50)	2:08:36	25:44	5:15.1

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1M	3K
1 CROSBY, Joslyn	SR	39	Howard	1	17:15.1	5:32.8	3:27.0	5:22.6	11:47.8
2 KIMAIYO, Mercyline	SR	94	Norfolk State	2	17:24.5	5:35.9	3:28.9	5:22.5	11:49.4
3 SANDUI, Yvone	FR	98	Norfolk State	3	17:42.1	5:41.5	3:32.4	5:22.2	11:47.5
4 MARTIN, Mira	FR	41	Howard	4	18:12.2	5:51.2	3:38.4	5:28.8	12:13.6
5 LEWIS, Leanna	SO	96	Norfolk State	5	18:21.4	5:54.1	3:40.3	5:29.3	12:26.6
6 KOECH, Sonia	SO	95	Norfolk State	6	18:28.6	5:56.5	3:41.7	5:29.6	12:28.9
7 EGBULA, Camille	SR	40	Howard	7	18:34.7	5:58.4	3:42.9	5:28.6	12:21.9
8 JEPNGTICH, Rebecca	FR	55	Maryland-Eastern S	8	18:46.7	6:02.3	3:45.3	5:23.3	12:25.3
9 CHEBET, Abigael	FR	92	Norfolk State	9	18:47.7	6:02.6	3:45.5	5:22.9	12:22.5
10 POINDEXTER, Chloe	FR	43	Howard	10	18:51.0	6:03.7	3:46.2	5:39.7	12:46.3
11 JOHNSON, Kayla	JR	81	N.C. Central	11	18:59.6	6:06.4	3:47.9	5:44.1	12:47.2
12 JACKSON, Laila	JR	80	N.C. Central	12	19:02.3	6:07.3	3:48.5	5:44.3	12:44.3
13 THOMPSON, Emani	JR	99	Norfolk State	(13)	19:07.2	6:08.9	3:49.4	5:37.8	12:46.9
14 FISHER, Abigail	SR	66	Morgan State	14	19:14.2	6:11.1	3:50.8	5:45.1	13:03.2
15 LAGAT, Ashley	SR	28	Delaware State	15	19:17.6	6:12.2	3:51.5	5:42.3	12:55.6
16 DENNARD, Alitza	SO	78	N.C. Central	16	19:21.1	6:13.3	3:52.2	5:36.0	12:49.8
17 ROBINSON, Kendall	FR	44	Howard	17	19:25.0	6:14.6	3:53.0	5:45.7	13:02.9
18 LAMBORN, Jessica	SR	68	Morgan State	18	19:32.6	6:17.0	3:54.5	5:49.0	13:14.3
19 HEADLEY, Aaliyah	JR	67	Morgan State	19	19:35.3	6:17.9	3:55.1	5:46.4	13:03.7
20 COKE, Crystal	SO	65	Morgan State	20	19:43.3	6:20.5	3:56.7	5:53.6	13:17.7
21 SIMMS, Shenell	JR	57	Maryland-Eastern S	21	19:46.2	6:21.4	3:57.2	5:48.3	13:21.1
22 MAGUT, Sharon	FR	82	N.C. Central	22	19:52.5	6:23.4	3:58.5	5:47.5	13:18.0
23 SEAM, Sarah	SO	45	Howard	(23)	19:58.2	6:25.3	3:59.6	5:47.3	13:21.9
24 KATTAM, Purity	SR	27	Delaware State	24	20:00.0	6:25.9	4:00.0	6:00.7	13:30.0
25 SHAHAR, Reut	FR	31	Delaware State	25	20:03.1	6:26.8	4:00.6	5:45.5	13:25.9
26 DAILEY, Amira	FR	93	Norfolk State	(26)	20:13.1	6:30.1	4:02.6	5:57.7	13:31.0
27 GAYLE, Rihanna	FR	54	Maryland-Eastern S	27	20:15.5	6:30.8	4:03.1	5:48.7	13:30.1
28 GIBSON, Leilani	FR	26	Delaware State	28	20:26.1	6:34.2	4:05.2	5:53.9	13:43.0
29 TRAVIS, Sabreeya	SO	32	Delaware State	29	20:37.7	6:38.0	4:07.5	5:56.1	13:47.3
30 MARQUEZ, Gianna	JR	83	N.C. Central	30	20:38.9	6:38.4	4:07.8	5:57.6	13:37.3
31 GARRAUD, Leila	SR	25	Delaware State	(31)	20:47.9	6:41.3	4:09.6	6:11.0	14:00.1
32 APET, Hemetii	FR	64	Morgan State	32	20:50.6	6:42.1	4:10.1	6:12.0	14:05.9
33 COMER, JadyN	JR	24	Delaware State	(33)	20:56.2	6:43.9	4:11.2	6:16.6	14:08.9

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Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1M	3K
34 MORE, Kayla	FR	69	Morgan State	(34)	21:39.5	6:57.8	4:19.9	6:19.4	14:39.9
35 MILLER, Jordyn	JR	42	Howard	(35)	21:42.7	6:58.9	4:20.5	5:37.0	13:44.7
36 HANSON, Taylor	SR	79	N.C. Central	(36)	22:02.7	7:05.3	4:24.5	6:24.7	14:50.9
37 MILSTEAD, Malya	FR	29	Delaware State	-	22:05.0	7:06.0	4:25.0	6:19.0	14:46.6
38 MCDOWELL, Navi	FR	84	N.C. Central	(37)	22:10.8	7:07.9	4:26.2	6:33.8	14:57.6
39 CAMPBELL, Shy-Ann	SR	53	Maryland-Eastern S	38	22:17.2	7:10.0	4:27.4	6:22.0	14:55.4
40 ALIBEY, Mckenzie	SO	52	Maryland-Eastern S	39	22:20.2	7:10.9	4:28.0	6:27.7	14:53.9
41 LUCAS, Chloe	SR	56	Maryland-Eastern S	(40)	22:24.2	7:12.2	4:28.8	6:24.8	15:10.1
42 MILSTEAD, Mila	FR	30	Delaware State	-	22:26.7	7:13.0	4:29.3	6:25.1	15:01.0
43 HIBBLER, Jianna	JR	111	SC State	41	23:11.2	7:27.3	4:38.2	6:43.7	15:33.0
44 OKU, Gifty	SO	14	Coppin State	42	23:36.6	7:35.5	4:43.3	6:40.7	15:41.1
45 HOR, Halutie	SR	12	Coppin State	43	24:16.0	7:48.2	4:51.2	6:41.6	16:08.6
46 RILEY, Tracey	SO	15	Coppin State	44	24:33.1	7:53.7	4:54.6	6:54.3	16:34.7
47 LAFORTUNE, Kyah	FR	13	Coppin State	45	25:09.3	8:05.3	5:01.9	7:03.3	16:51.6
48 WILLIAMS, TyQwasia	SO	116	SC State	46	25:23.9	8:10.0	5:04.8	7:00.9	17:00.1
49 ASBURY, Emani	FR	108	SC State	47	25:43.6	8:16.3	5:08.7	7:14.0	17:38.3
50 TOUSSAINT, Makayla	SO	115	SC State	48	25:50.1	8:18.4	5:10.0	7:15.3	17:38.0
51 LATIMORE, Juliet	SO	112	SC State	49	28:26.3	9:08.6	5:41.3	7:19.7	19:05.6
52 EDWARDS, Makenzie	JR	109	SC State	(50)	28:40.9	9:13.3	5:44.2	7:26.5	19:06.1
53 ALLEN, Nackera	SO	9	Coppin State	51	38:58.6	12:32.0	7:47.7	9:31.8	25:28.9