

MEAC Indoor Track and Field Championships - 2/22/2026 to 2/23/2026

Virginia Beach Sports Center

Results

Women 60 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Sutton, Melanne	JR	N.C. Central	7.37Q
2 Lyons, Yahnari	SO	Howard	7.44Q
3 Wike, Asiah	JR	Norfolk Stat	7.52Q
4 Darden, Nilijah	FR	Howard	7.47Q
5 Gray-Williams, Ai'yana	JR	Howard	7.47Q
6 Oku, Gifty	SR	Coppin State	7.55Q
7 Robinson, Brooklyn	SR	Norfolk Stat	7.48q
8 Robinson, Jatavia	SO	Morgan State	7.50q
9 Miller, Tresta	FR	SC State	7.59
10 Burrell, Autumn	SO	Norfolk Stat	7.59
11 Robinson, Mackenzie	JR	Howard	7.60
12 Winfield, Mariah	JR	Delaware Sta	7.65
13 Daniels, Kaydence	FR	N.C. Central	7.67
14 Norton, Sherri-Ann	SR	Howard	7.69
15 Stansbury, Jamayla	JR	Maryland-Eas	7.70
16 Hall, Brandy	SR	Norfolk Stat	7.72
17 Glass, Janiya	SO	Morgan State	7.72
18 Knight, Anyra	FR	Morgan State	7.74
19 Powell, Leah	SR	Delaware Sta	7.75
20 Stewart, Keira	SO	Morgan State	7.79

Women 200 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Lyons, Yahnari	SO	Howard	23.45q
2 Gray-Williams, Ai'yana	JR	Howard	24.04q
3 Robinson, Mackenzie	JR	Howard	24.05q
4 Daniels, Kaydence	FR	N.C. Central	24.18q
5 Sutton, Melanne	JR	N.C. Central	24.20q
6 White, Gabby	FR	Howard	24.38q
7 Burrell, Autumn	SO	Norfolk Stat	24.47q
8 Robinson, Jatavia	SO	Morgan State	24.53q
9 Norton, Sherri-Ann	SR	Howard	24.55
10 Oku, Gifty	SR	Coppin State	24.70
11 Darden, Nilijah	FR	Howard	24.71
12 Lafortune, Kyah	SO	Coppin State	24.78
13 Miller, Tresta	FR	SC State	24.83
14 Moore, T'Sheylah	JR	N.C. Central	24.96
15 Wike, Asiah	JR	Norfolk Stat	25.09
16 Stansbury, Jamayla	JR	Maryland-Eas	25.58
17 Lee, Jayla	SO	Maryland-Eas	26.02

Women 400 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Johnson, Lindsay	SO	Howard	55.43q
2 Turner, Zoe	JR	Howard	55.91q
3 Moore, T'Sheylah	JR	N.C. Central	56.11q
4 Vannoy, Carrie	FR	Howard	56.68q
5 Arrington, Jada	FR	Norfolk Stat	56.72q
6 Baccus, Nyree	SR	N.C. Central	56.82q
7 Williams, TyQwasia	JR	SC State	56.86q

8 Okwudibonye, Chidubem (Mi SR	Delaware Sta	56.90q
9 Singleton, Nia	SO SC State	56.92
10 Lafortune, Kyah	SO Coppin State	56.93
11 Cochran, Brooke	SO Howard	57.17
12 Drumwright, Payton	FR Norfolk Stat	57.83
13 Glass, Janiya	SO Morgan State	58.31
14 Lipkins, Marianah	FR Delaware Sta	58.78
15 Wilson, Tayla	FR Maryland-Eas	59.06
16 Morris, Sanaa	SR Howard	59.08
17 Dearry, Janaisa	FR Norfolk Stat	59.21
18 Gayle, Rihanna	SO Maryland-Eas	59.30
19 Robinson, Aleisha	SR Morgan State	59.73

Women 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Jones, Alexis	FR	Howard	10:07.34 10
2 Koech, Sonia	JR	Norfolk Stat	10:11.69 8
3 Jansen, Rebecca	FR	Delaware Sta	10:18.01 6
4 Dennard, Alitza	JR	N.C. Central	10:39.16 5
5 Chebet, Abigael	JR	Norfolk Stat	10:44.81 4
6 Kirk, Ester	SO	Howard	10:45.41 3
7 Poindexter, Chloe	SO	Howard	10:46.54 2
8 Coke, Crystal	JR	Morgan State	10:49.93 1
9 Dailey, Amira	FR	Norfolk Stat	10:53.35
10 Cotton, Mileah	SO	Delaware Sta	11:04.58
11 Surowiec, Ilianna	FR	Delaware Sta	11:25.00
--- McDowell, Navi	SO	N.C. Central	DNF

Women 60 Meter Hurdles

Name	Yr	School	Prelims
Preliminaries			
1 Robinson, Brooklyn	SR	Norfolk Stat	8.30Q
2 Thompson, Lauren	SR	Howard	8.51Q
3 Vannoy, Carrie	FR	Howard	8.59Q
4 Johnson, Lindsay	SO	Howard	8.38Q
5 White, Gabby	FR	Howard	8.54Q
6 Inyang, Mmekom	FR	Howard	8.67Q
7 Knight, Anyra	FR	Morgan State	8.67q
8 Smalls, Keira	SO	SC State	8.72q
9 Evans, Lynzi	FR	Maryland-Eas	8.94
10 Dyer, Daena	JR	Norfolk Stat	8.98
11 Taiwo, Joy	JR	Delaware Sta	9.10
12 Clay, Oriyah	FR	Maryland-Eas	9.23
13 Burnett, Zaria	FR	N.C. Central	9.25
14 Thomas, Ariell	FR	Coppin State	9.29
15 Davenport-White, Karima	SO	Coppin State	9.43
16 Thompson, Otavia	FR	Maryland-Eas	9.71

Women Distance Medley (3800m)

Team	Relay	Finals
Finals		
1 N.C. Central	A	11:27.91 10
1) Jackson, Laila SR	2) Marquez, Gianna SR	
3) Johnson, Kayla SR	4) Swepson, Victoria SR	

MEAC Indoor Track and Field Championships - 2/22/2026 to 2/23/2026

Virginia Beach Sports Center

Results

Finals ... (Women Distance Medley (3800m))

Team	Relay	Finals	
2 Howard	A	11:39.13	8
1) Kirk, Ester SO	2) Mugubi, Tiffany SO		
3) Seam, Sarah SO	4) Jones, Alexis FR		
3 Norfolk State	A	11:46.80	6
1) Kenneh, Moamiky FR	2) Drumwright, Payton FR		
3) King, Dannielle JR	4) Koech, Sonia JR		
4 Morgan State	A	11:47.88	5
1) Headley, Aaliyah SR	2) Glass, Janiya SO		
3) Eastman, Natalia FR	4) Coke, Crystal JR		
5 Delaware State	A	11:53.71	4
1) Cotton, Mileah SO	2) Smith, Kahlia JR		
3) Johnson, Merasia JR	4) Jansen, Rebecca FR		
6 Maryland-Eas	A	12:08.24	3
1) Simms, Shennell SR	2) Wilson, Tayla FR		
3) Gayle, Rihanna SO	4) Fisher, Abigail SR		
7 SC State	A	13:35.70	2
1) Williams, TyQwasia JR	2) Miller, Tresta FR		
3) Williams, Kiera FR	4) Singleton, Nia SO		

Women Long Jump

Name	Yr	School	Finals	
Finals				
1 Ayim, Yowome	FR	Norfolk Stat	5.83m	10
2 Robinson, Brooklyn	SR	Norfolk Stat	5.73m	8
3 Stewart, Keira	SO	Morgan State	5.67m	6
4 Virgil, Sanaa	JR	Delaware Sta	5.65m	5
5 Irving, Faithlyn	SR	Maryland-Eas	5.62m	4
6 Mumford, Ija	SR	Howard	5.56m	3
7 Daniels, Kaydence	FR	N.C. Central	5.47m	2
8 Winfield, Mariah	JR	Delaware Sta	5.43m	1
9 South, Tajhana	FR	SC State	5.39m	
10 Prucien, Jonysha	SR	Maryland-Eas	5.33m	
11 Johnson, Naomi	FR	SC State	5.32m	
12 Hawes, Malye	SO	Norfolk Stat	5.28m	
13 Bain, Zeana	SO	Coppin State	5.12m	
14 Armstrong, Kelis	SR	Howard	5.10m	
15 Key-White, Rachel	FR	N.C. Central	5.07m	

Women Weight Throw

Name	Yr	School	Finals	
Finals				
1 Banwo, Temi	SR	Howard	18.49m	10
2 Thompson, Terry-Ann	FR	Morgan State	16.08m	8
3 Hampton, Kinnidi	SO	Howard	15.31m	6
4 Carter, Brylan	SR	Morgan State	15.00m	5
5 Hickman, Kirja	SO	Delaware Sta	14.62m	4
6 Hall, Kenya	SR	N.C. Central	13.97m	3
7 Corder, Addriana	SO	Morgan State	13.63m	2
8 Burrell, Kaleese	FR	SC State	13.55m	1
9 Martinez, Cyenna	JR	Delaware Sta	13.46m	
10 Riley, Kaena	SO	Norfolk Stat	13.16m	
11 Mayes, Amanti	SO	Norfolk Stat	13.00m	
12 Telfaire, Mackenna	FR	N.C. Central	11.86m	
13 Johnson, Cailyn	SO	Morgan State	10.66m	

14 Ducker, Amia	SR	Maryland-Eas	9.96m
15 Spencer, Kayla	SO	Norfolk Stat	9.74m
16 Griffith, Blair	FR	Coppin State	7.70m
--- Bey, Najwa	JR	Delaware Sta	FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1 Williams, TyQwasia	JR	SC State	2:37.28	604
2 Inyang, Mmekom	FR	Howard	2:42.56	544
3 Walker, Jasmen	SO	Howard	2:42.58	544
4 Wright, Jayla-Shae	FR	Morgan State	2:45.40	513
5 South, Tajhana	FR	SC State	2:45.48	512
6 Cooper, Sydney	SR	SC State	2:46.95	496
7 Shaw, Essence	SR	Norfolk Stat	2:48.58	478
8 Phillips, Azaiyah	JR	SC State	2:55.36	409
9 Dyer, Daena	JR	Norfolk Stat	3:02.96	338
10 Simms, Lye	JR	Maryland-Eas	4:33.18	

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1 Inyang, Mmekom	FR	Howard	8.51	1,015
2 Simms, Lye	JR	Maryland-Eas	8.88	935
3 Dyer, Daena	JR	Norfolk Stat	8.97	916
4 South, Tajhana	FR	SC State	9.16	877
5 Shaw, Essence	SR	Norfolk Stat	9.18	873
6 Walker, Jasmen	SO	Howard	9.20	869
7 Williams, TyQwasia	JR	SC State	9.38	832
8 Cooper, Sydney	SR	SC State	9.38	832
9 Phillips, Azaiyah	JR	SC State	9.80	750
10 Wright, Jayla-Shae	FR	Morgan State	9.87	737

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1 Simms, Lye	JR	Maryland-Eas	1.72m	879
2 Shaw, Essence	SR	Norfolk Stat	1.66m	806
3 Inyang, Mmekom	FR	Howard	1.63m	771
3 South, Tajhana	FR	SC State	1.63m	771
5 Wright, Jayla-Shae	FR	Morgan State	1.57m	701
5 Cooper, Sydney	SR	SC State	1.57m	701
7 Williams, TyQwasia	JR	SC State	1.51m	632
7 Walker, Jasmen	SO	Howard	1.51m	632
9 Phillips, Azaiyah	JR	SC State	1.42m	534
10 Dyer, Daena	JR	Norfolk Stat	1.39m	502

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1 South, Tajhana	FR	SC State	5.68m	753
2 Shaw, Essence	SR	Norfolk Stat	5.25m	628
3 Cooper, Sydney	SR	SC State	5.14m	598
4 Wright, Jayla-Shae	FR	Morgan State	5.10m	587
5 Inyang, Mmekom	FR	Howard	5.02m	565
6 Walker, Jasmen	SO	Howard	4.98m	554

MEAC Indoor Track and Field Championships - 2/22/2026 to 2/23/2026

Virginia Beach Sports Center

Results

Finals ... (Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon)

	Name	Yr	School	Finals	
7	Simms, Lyee	JR	Maryland-Eas	4.94m	543
7	Williams, TyQwasia	JR	SC State	4.94m	543
9	Dyer, Daena	JR	Norfolk Stat	4.80m	506
10	Phillips, Azaiyah	JR	SC State	4.68m	474

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

	Name	Yr	School	Finals	
Finals					
1	Inyang, Mmekom	FR	Howard	13.53m	763
2	Wright, Jayla-Shae	FR	Morgan State	10.21m	543
3	Walker, Jasmen	SO	Howard	10.11m	537
4	Shaw, Essence	SR	Norfolk Stat	9.49m	496
5	Cooper, Sydney	SR	SC State	9.19m	477
6	South, Tajhana	FR	SC State	8.74m	447
7	Simms, Lyee	JR	Maryland-Eas	8.00m	399
8	Dyer, Daena	JR	Norfolk Stat	7.63m	375
9	Phillips, Azaiyah	JR	SC State	7.58m	372
10	Williams, TyQwasia	JR	SC State	7.40m	361

Women Indoor Pentathlon

	Name	Yr	School	Finals	
Finals					
1	Inyang, Mmekom	FR	Howard	3658	10
2	South, Tajhana	FR	SC State	3360	8
3	Shaw, Essence	SR	Norfolk Stat	3281	6
4	Walker, Jasmen	SO	Howard	3136	5
5	Cooper, Sydney	SR	SC State	3104	4
6	Wright, Jayla-Shae	FR	Morgan State	3081	3
7	Williams, TyQwasia	JR	SC State	2972	2
8	Simms, Lyee	JR	Maryland-Eas	2756	1
9	Dyer, Daena	JR	Norfolk Stat	2637	
10	Phillips, Azaiyah	JR	SC State	2539	

Women - Team Rankings - 5 Events Scored

1)	Howard	57
2)	Norfolk State	42
3)	Morgan State	30
4)	Delaware State	20
4)	N.C. Central	20
6)	SC State	17
7)	Maryland-Eastern Shore	8