

## MEAC Outdoor Championships - 5/5/2011 to 5/7/2011

NC A&amp;T Univeristy: Greensboro, NC

## Results

## Women 100 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Claiborne, Shanneka	JR	Norfolk Stat	11.43Q2.9
2 Lawson, Krystin	JR	N. Carolina	11.52Q1.5
3 Linson, Nakia	FR	Florida A&M	11.81Q2.2
4 Hunt, Ruth	JR	N. Carolina	11.90Q1.0
5 Norman, Breana	FR	Hampton	11.81q 2.9
6 Frazier, Arnetra	SO	South Caroli	11.83q 2.9
7 Carrington, Crystal	SR	N. Carolina	11.91q 2.9
8 Green, Teyanna	FR	Morgan State	11.97q 2.2
9 Kamara, Hafsatu	FR	Coppin State	11.99 2.2
10 Jones, Alexandria	JR	South Caroli	12.02 2.2
11 Wattley, Britney	JR	Morgan State	12.04 1.5
12 Vassell, Racquel	SR	Hampton	12.05 2.9
13 Sanford, Dania	SR	Norfolk Stat	12.10 2.9
14 Emerson, Calisa	SO	Delaware Sta	12.15 2.9
15 Harris, Alhedellia	SO	Bethune-Cook	12.16 1.0
16 Johnson, Rayiana	FR	Norfolk Stat	12.27 2.2
17 Richardson, Alonti	FR	Bethune-Cook	12.30 1.0
18 Louis, Richena	FR	Florida A&M	12.31 1.5
19 Wade, TeaCarla	JR	Howard	12.35 1.0
20 Wade, Jennell	SO	Maryland Eas	12.37 1.5
21 Jones, Briana	FR	Howard	12.54 2.9
22 Hicks, Yazmin	JR	South Caroli	12.54 1.0
23 Benbow, Jasmin	SO	Maryland Eas	12.59 1.5
24 Smith, Shanee	SO	Coppin State	12.60 1.5
25 Taylor, Uniqua	SO	Howard	12.65 2.2
26 Boykins, Amanda	FR	Coppin State	12.71 1.5
27 Austin, Analisa	SR	Bethune-Cook	12.84 1.0
28 Everett, Jenise	FR	Morgan State	12.87 2.2
--- Pleasant, Jasmine	SO	Florida A&M	FS 1.0

## Women 100 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Claiborne, Shanneka	JR	Norfolk Stat	11.50 10
2 Lawson, Krystin	JR	N. Carolina	11.58 8
3 Norman, Breana	FR	Hampton	11.76 6
4 Frazier, Arnetra	SO	South Caroli	11.86 5
5 Linson, Nakia	FR	Florida A&M	11.92 4
6 Green, Teyanna	FR	Morgan State	11.93 3
7 Hunt, Ruth	JR	N. Carolina	11.97 2
8 Carrington, Crystal	SR	N. Carolina	12.11 1

## Women 200 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Lawson, Krystin	JR	N. Carolina	23.92Q2.8
2 Claiborne, Shanneka	JR	Norfolk Stat	24.03Q1.5
3 Hunt, Ruth	JR	N. Carolina	24.11Q0.1
4 Linson, Nakia	FR	Florida A&M	24.11Q2.5
5 Jones, Alexandria	JR	South Caroli	24.30Q1.8
6 Norman, Breana	FR	Hampton	24.06q 1.5
7 Pleasant, Jasmine	SO	Florida A&M	24.11q 2.8
8 Bell, Champagne	FR	Norfolk Stat	24.21q 0.1
9 Kirby, Wanetta	SR	Norfolk Stat	24.30 2.5
10 Fraenk, Emmy	FR	Hampton	24.37 2.5
11 Richardson, Alonti	FR	Bethune-Cook	24.38 2.5
12 Hawkins, Monique	JR	Maryland Eas	24.39 2.5
13 Carrington, Crystal	SR	N. Carolina	24.39 0.1
14 Farr, Jessica	SO	N. Carolina	24.47 1.8
15 Green, Teyanna	FR	Morgan State	24.47 1.5
16 Vassell, Racquel	SR	Hampton	24.56 1.8
17 Wattley, Britney	JR	Morgan State	24.74 1.5
18 Kamara, Hafsatu	FR	Coppin State	24.85 0.1
19 Louis, Richena	FR	Florida A&M	24.96 2.8
19 Emerson, Calisa	SO	Delaware Sta	24.96 2.5
21 Sogbesan, Ekundayo	FR	Morgan State	24.99 1.5
22 Frazier, Arnetra	SO	South Caroli	25.02 2.8
23 Wilbon, LaShondra	JR	Bethune-Cook	25.03 1.8
24 Harris, Alhedellia	SO	Bethune-Cook	25.11 0.1
25 Wade, Jennell	SO	Maryland Eas	25.11 1.5
26 Thomas, Zahra	SO	Howard	25.22 1.8
27 Gallas, Melina	SO	Maryland Eas	25.30 2.8
28 Selby, Jasmin	FR	Howard	25.36 2.8
29 Leigh, Samantha	SR	Coppin State	25.41 2.5
30 Glover, Symone	SO	Howard	25.47 1.5
31 Kelly, Ayanna	JR	Delaware Sta	25.60 0.1
32 Boykins, Amanda	FR	Coppin State	25.77 0.1
33 Hicks, Yazmin	JR	South Caroli	25.97 1.8

## Women 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Claiborne, Shanneka	JR	Norfolk Stat	23.78 10
2 Pleasant, Jasmine	SO	Florida A&M	23.83 8
3 Norman, Breana	FR	Hampton	24.00 6
4 Lawson, Krystin	JR	N. Carolina	24.04 5
5 Linson, Nakia	FR	Florida A&M	24.05 4
6 Jones, Alexandria	JR	South Caroli	24.43 3
7 Hunt, Ruth	JR	N. Carolina	24.51 2
8 Bell, Champagne	FR	Norfolk Stat	24.56 1

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## Results

## Women 400 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Kendrick, Tanisha	SR	Morgan State	54.09Q
2 Sogbesan, Ekundayo	FR	Morgan State	55.32Q
3 Jones, Alexandria	JR	South Caroli	55.58Q
4 Stanley, RaTeema	FR	Florida A&M	56.94Q
5 Bell, Champagne	FR	Norfolk Stat	55.66q
6 Fraenk, Emmy	FR	Hampton	55.91q
7 Farr, Jessica	SO	N. Carolina	56.26q
8 Gallas, Melina	SO	Maryland Eas	56.30q
9 Bygraves, Roshel	FR	N. Carolina	56.31
10 Thomas, Zahra	SO	Howard	57.06
11 Glover, Symone	SO	Howard	57.18
12 Hawkins, Monique	JR	Maryland Eas	57.49
13 Abrams, Kenesha	SO	Maryland Eas	57.51
14 Wilbon, LaShondra	JR	Bethune-Cook	57.58
15 Selby, Jasmin	FR	Howard	57.85
16 Brownell, Shena	FR	Coppin State	58.06
17 Sloan, Avionne	SR	Morgan State	58.16
18 Yocum, Roniqua	FR	Florida A&M	58.25
19 Kelly, Ayanna	JR	Delaware Sta	58.51
20 Odugbela, Oprah	SO	South Caroli	58.70
21 Pinnock, Marressa	FR	Hampton	59.19
22 Leigh, Samantha	SR	Coppin State	59.61
23 Thomas, Keyona	FR	Bethune-Cook	59.70
24 Sessoms, Ashley	FR	Norfolk Stat	1:01.01
--- Sanford, Dania	SR	Norfolk Stat	FS

## Women 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Kendrick, Tanisha	SR	Morgan State	53.55 10
2 Bell, Champagne	FR	Norfolk Stat	53.86 8
3 Sogbesan, Ekundayo	FR	Morgan State	54.75 6
4 Jones, Alexandria	JR	South Caroli	54.96 5
5 Fraenk, Emmy	FR	Hampton	55.34 4
6 Farr, Jessica	SO	N. Carolina	56.02 3
7 Gallas, Melina	SO	Maryland Eas	56.94 2
8 Stanley, RaTeema	FR	Florida A&M	59.43 1

## Women 800 Meter Run

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Anais, Cynthia	JR	Maryland Eas	2:08.73Q
2 Taylor, Benita	JR	Hampton	2:10.51Q
3 Jones, Eunice	JR	Maryland Eas	2:11.47Q

4 Tate, Alaine	FR	Hampton	2:08.94q
5 Robinson, Cydney	FR	Hampton	2:10.58q
6 Hardy, Jami	JR	Howard	2:11.92q
7 Ducados, Emilie	SO	Maryland Eas	2:11.97q
8 Dornevil, Ketsia	FR	Delaware Sta	2:12.68q
9 Allen, Ariel	FR	Florida A&M	2:12.71
10 Rush, Kristin	SO	N. Carolina	2:15.39
11 Richardson, Dasher	SO	Delaware Sta	2:18.37
12 Listhrop, Nichola	JR	Florida A&M	2:19.00
13 Douglas, Danielle	SO	Howard	2:19.21
14 Figueroa, Ileis	FR	Bethune-Cook	2:19.37
15 Benn, Janessa	SO	N. Carolina	2:19.95
16 McFarlane, Sherril	FR	South Caroli	2:22.20
17 Lowery, Patavia	FR	South Caroli	2:22.24
18 Smith, Tamara	FR	South Caroli	2:23.56
19 Harrison, Jessica	SR	Delaware Sta	2:24.00
20 Martinez, Kiana	FR	Coppin State	2:24.74
21 Johnson, Samira	SO	N. Carolina	2:25.42
22 Clark, Dieldra	FR	Florida A&M	2:30.34

## Women 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Anais, Cynthia	JR	Maryland Eas	2:09.32 10
2 Taylor, Benita	JR	Hampton	2:10.40 8
3 Robinson, Cydney	FR	Hampton	2:11.05 6
4 Hardy, Jami	JR	Howard	2:12.19 5
5 Dornevil, Ketsia	FR	Delaware Sta	2:12.67 4
6 Jones, Eunice	JR	Maryland Eas	2:14.28 3
7 Ducados, Emilie	SO	Maryland Eas	2:16.60 2
8 Tate, Alaine	FR	Hampton	2:18.70 1

## Women 1500 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Tate, Alaine	FR	Hampton	4:43.58 10
2 Benn, Janessa	SO	N. Carolina	4:47.60 8
3 Jones, Eunice	JR	Maryland Eas	4:48.90 6
4 Allen, Ariel	FR	Florida A&M	4:50.56 5
5 McFarlane, Sherril	FR	South Caroli	4:53.30 4
6 Listhrop, Nichola	JR	Florida A&M	4:53.98 3
7 Ducados, Emilie	SO	Maryland Eas	4:55.32 2
8 Anais, Cynthia	JR	Maryland Eas	4:55.55 1
9 Figueroa, Ileis	FR	Bethune-Cook	4:56.07
10 Calhoun, Danielle	FR	Morgan State	4:56.98
11 Betts, Ariana	SO	N. Carolina	4:57.72
12 Harris, Nichelle	FR	Hampton	4:58.48
13 Stewart, Brittney	JR	South Caroli	5:01.94
14 Lowery, Patavia	FR	South Caroli	5:02.63
15 Golden, Clarricia	FR	Florida A&M	5:02.96

## MEAC Outdoor Championships - 5/5/2011 to 5/7/2011

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## Results

## Finals ... (Women 1500 Meter Run)

Name	Yr	School	Finals
16 German, Candice	FR	Howard	5:04.80
17 Harrison, Jessica	SR	Delaware Sta	5:20.60
18 Sulik, Stephanie	JR	Coppin State	5:21.88
19 Gee, Syeeda	JR	Norfolk Stat	5:36.61

## Women 5000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Stewart, Brittney	JR	South Caroli	18:35.17 10
2 Branch, Jasmin	SR	Hampton	18:40.48 8
3 McFarlane, Sherril	FR	South Caroli	18:41.66 6
4 Golden, Clarricia	FR	Florida A&M	18:44.74 5
5 Rutto, Kellen	SO	Norfolk Stat	18:57.73 4
6 Harris, Nichelle	FR	Hampton	19:01.54 3
7 Listhrop, Nichola	JR	Florida A&M	19:03.49 2
8 Thompson, Devyn	FR	Hampton	19:39.76 1
9 Jiraskova, Hana	FR	Maryland Eas	20:21.22
10 Sulik, Stephanie	JR	Coppin State	21:37.65
11 Fleming, Keelyn	SO	Florida A&M	22:28.00
12 Hutto, Jamia	JR	Norfolk Stat	22:28.23

## Women 100 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Vassell, Racquel	SR	Hampton	13.82Q1.3
2 Luedeke, Chantal	SO	N. Carolina	14.11Q0.9
3 Norman, Breana	FR	Hampton	14.08q 1.3
4 Kirby, Wanetta	SR	Norfolk Stat	14.15q 1.3
4 Walker, Sherice	SO	N. Carolina	14.15q 0.9
6 Reddic, Lydia	JR	N. Carolina	14.25q 0.9
7 Jefferson, Brandi	SR	South Caroli	14.45q 0.9
8 Bouldin, Casaundra	SO	Hampton	14.46q 1.3
9 Fan Fan, Tracey	JR	Delaware Sta	14.54 1.3
10 Wright, LaToya	SR	Florida A&M	14.68 0.9
11 Williams, Geranda	FR	Maryland Eas	15.00 1.3
12 Boyd, Onya	FR	Coppin State	15.05 1.3
13 Jacobs, Dotrine	FR	N. Carolina	15.34 0.9
14 Johnson, Essence	FR	Florida A&M	15.41 0.9
15 Matthews, Ashanti	JR	Norfolk Stat	15.57 1.3

## Women 100 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Vassell, Racquel	SR	Hampton	13.38 10
2 Norman, Breana	FR	Hampton	13.79 8
3 Kirby, Wanetta	SR	Norfolk Stat	13.84 6
4 Luedeke, Chantal	SO	N. Carolina	13.93 5

5 Bouldin, Casaundra	SO	Hampton	14.16 4
6 Walker, Sherice	SO	N. Carolina	14.17 3
7 Reddic, Lydia	JR	N. Carolina	14.30 2
8 Jefferson, Brandi	SR	South Caroli	14.85 1

## Women 400 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Wright, LaToya	SR	Florida A&M	1:00.90Q
2 McCammon, Jenea	SO	N. Carolina	1:01.03Q
3 Fan Fan, Tracey	JR	Delaware Sta	1:01.83Q
4 Jacobs, Dotrine	FR	N. Carolina	1:01.84Q
5 Daniley, Patrecia	SR	South Caroli	1:03.43q
6 Deshommes, Wendy	FR	Florida A&M	1:03.53q
7 Rhoades, Elaine	SR	Norfolk Stat	1:03.59q
8 Jones, Brittany	FR	Florida A&M	1:03.86q
9 Gaine, Shaquanda	SO	Hampton	1:04.17
10 Boyd, Onya	FR	Coppin State	1:04.30
11 Campbell, Lauren	JR	Morgan State	1:04.48
12 Harris, Margaret	SR	Hampton	1:04.53
13 Broady, Doriean	FR	Howard	1:05.48
14 Pinnock, Marressa	FR	Hampton	1:05.56
15 Smalls, Kamice	JR	Morgan State	1:05.77
16 Grier, Latorria	FR	Bethune-Cook	1:05.94
17 Cooper, Kinyata	SO	Howard	1:08.02
18 Martinez, Kiana	FR	Coppin State	1:10.25
19 Sims, Elizabeth	JR	Bethune-Cook	1:12.22
20 Thomas, Keyona	FR	Bethune-Cook	1:13.85
21 Odugbela, Oprah	SO	South Caroli	1:15.62

## Women 400 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Wright, LaToya	SR	Florida A&M	57.62 10
2 McCammon, Jenea	SO	N. Carolina	58.73 8
3 Jacobs, Dotrine	FR	N. Carolina	1:00.45 6
4 Fan Fan, Tracey	JR	Delaware Sta	1:00.63 5
5 Jones, Brittany	FR	Florida A&M	1:02.59 4
6 Daniley, Patrecia	SR	South Caroli	1:02.98 3
7 Campbell, Lauren	JR	Morgan State	1:04.09 2
8 Deshommes, Wendy	FR	Florida A&M	1:07.06 1

**MEAC Outdoor Championships - 5/5/2011 to 5/7/2011**  
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**Results**

**Women 3000 Meter Steeplechase**  
**Athletes ran 1 additional lap.**  
**Final places were determined by use**  
**of lap count sheets. No times are**  
**recorded.**

Name	Yr	School	Finals
<b>Finals</b>			
1 Rutto, Kellen	SO	Norfolk Stat	0.01 10
2 Benn, Janessa	SO	N. Carolina	0.01 8
3 Harris, Nichelle	FR	Hampton	0.01 6
4 Stewart, Brittney	JR	South Caroli	0.01 5
5 Golden, Clarricia	FR	Florida A&M	0.01 4
6 Anais, Cynthia	JR	Maryland Eas	0.01 3
7 Jones, Eunice	JR	Maryland Eas	0.01 2
8 Listhrop, Nichola	JR	Florida A&M	0.01 1
9 Clark, Dieldra	FR	Florida A&M	0.01
10 Jiraskova, Hana	FR	Maryland Eas	0.01
11 Sulik, Stephanie	JR	Coppin State	0.01
12 Hutto, Jamia	JR	Norfolk Stat	0.01
--- Boxtton, Camylle	FR	Hampton	DNF

**Women 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Norfolk State		45.41 10
1) Sanford, Dania SR	2) Kirby, Wanetta SR	
3) Bell, Champagne FR	4) Claiborne, Shanneka JR	
2 N. Carolina A&T		45.73 8
1) Carrington, Crystal SR	2) Lawson, Krystin JR	
3) Hunt, Ruth JR	4) Farr, Jessica SO	
3 Florida A&M		45.82 6
1) Louis, Richena FR	2) Linson, Nakia FR	
3) Wright, LaToya SR	4) Pleasant, Jasmine SO	
4 Morgan State		45.96 5
1) Wattley, Britney JR	2) Green, Teyanna FR	
3) Kendrick, Tanisha SR	4) Sogbesan, Ekundayo FR	
5 South Carolina St.		46.79 4
1) Hicks, Yazmin JR	2) Jones, Alexandria JR	
3) Frazier, Arnetra SO	4) Taylor, Cheleste FR	
6 Bethune-Cookman		46.79 3
1) Austin, Analisa SR	2) Richardson, Alonti FR	
3) Wilbon, LaShondra JR	4) Harris, Alphedellia SO	
7 Hampton		46.90 2
1) Vassell, Racquel SR	2) Norman, Breana FR	
3) Fraenk, Emmy FR	4) Burrell, Rachel SO	
8 Howard		47.60 1
1) Jones, Briana FR	2) Wade, TeaCarla JR	
3) Thomas, Zahra SO	4) Glover, Symone SO	

9 Coppin State	47.71
1) Leigh, Samantha SR	2) Kamara, Hafsatu FR
3) Smith, Shanee SO	4) Boykins, Amanda FR
--- Maryland Eas	DNF
1) Hawkins, Monique JR	2) Gallas, Melina SO
3) Wade, Jennell SO	4) Benbow, Jasmin SO

**Women 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Hampton		3:40.15 10
1) Fraenk, Emmy FR	2) Vassell, Racquel SR	
3) Robinson, Cydney FR	4) Taylor, Benita JR	
2 N. Carolina A&T		3:43.00 8
1) McCammon, Jenea SO	2) Farr, Jessica SO	
3) Bygraves, Roshel FR	4) Jacobs, Dotrine FR	
3 Morgan State		3:44.76 6
1) Sogbesan, Ekundayo FR	2) Wattley, Britney JR	
3) Sloan, Avionne SR	4) Kendrick, Tanisha SR	
4 Norfolk State		3:45.02 5
1) Bell, Champagne FR	2) Johnson, Rayiana FR	
3) Sanford, Dania SR	4) Kirby, Wanetta SR	
5 Howard		3:46.41 4
1) Glover, Symone SO	2) Thomas, Zahra SO	
3) Selby, Jasmin FR	4) Hardy, Jami JR	
6 Florida A&M		3:47.78 3
1) Linson, Nakia FR	2) Wright, LaToya SR	
3) Allen, Ariel FR	4) Yocum, Roniqua FR	
7 South Carolina St.		3:51.85 2
1) Daniley, Patrecia SR	2) McFarlane, Sherril FR	
3) Smith, Tamara FR	4) Odugbela, Oprah SO	
8 Maryland Eas		3:53.09 1
1) Abrams, Kenesha SO	2) Hawkins, Monique JR	
3) Wade, Jennell SO	4) Gallas, Melina SO	
9 Coppin State		3:53.63
1) Leigh, Samantha SR	2) Boyd, Onya FR	
3) Brownell, Shena FR	4) Martinez, Kiana FR	
10 Bethune-Cookman		3:56.71
1) Thomas, Keyona FR	2) Wilbon, LaShondra JR	
3) Figueroa, Ileis FR	4) Grier, Latorria FR	
--- Delaware State		DQ
1) Fan Fan, Tracey JR	2) Mayers, Kendra SR	
3) Dornevil, Ketsia FR	4) Richardson, Dasheria SO	

**Women High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Norman, Breana	FR	Hampton	1.75m 10
2 Kirby, Wanetta	SR	Norfolk Stat	1.70m 8
3 Ovid, Jeanelle	FR	Morgan State	1.65m 6



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## Results

## Finals ... (Women High Jump)

Name	Yr	School	Finals
4 Denmark, Teiara	FR	Hampton	1.65m 5
5 Colter, Stephanie	SO	Florida A&M	1.60m 4
6 Briggs, Deshana	JR	Hampton	1.60m 3
7 Mitchell, She'Anna	SR	Norfolk Stat	1.60m 2
8 Johnson, Kristen	JR	Delaware Sta	1.60m 1
9 Weekly, Salena	JR	Coppin State	1.60m
10 Epps, Christina	SO	Coppin State	1.55m
11 Hite, Alaina	JR	Norfolk Stat	1.50m
--- Taylor, Cheleste	FR	South Caroli	NH
--- McConico, Quanshanae	FR	South Caroli	NH
--- Crawford, Kayla	FR	Bethune-Cook	NH
--- Bacote, Ashley	FR	Coppin State	NH
--- Clark, Cynia	FR	Florida A&M	NH

## Women Pole Vault

Name	Yr	School	Finals
1 Wright, Katie	JR	Norfolk Stat	3.25m 10
2 Lowe, Chelsea	SO	Maryland Eas	2.95m 8
3 Sims, Elizabeth	JR	Bethune-Cook	2.65m 6
4 Joseph, Ashleigh	JR	Norfolk Stat	2.65m 5
5 Sanders, Andrea	JR	Norfolk Stat	2.65m 4
6 Berry, Alexandria	JR	Maryland Eas	2.50m 3
7 Spina, Miranda	FR	Delaware Sta	2.50m 2
--- Martinez, Stephaun	FR	Florida A&M	NH

## Women Long Jump

Name	Yr	School	Finals
1 Forbes, Shakia	JR	N. Carolina	6.20m 10
2 Bell, Champagne	FR	Norfolk Stat	6.17m 8
3 Breeden, Amanda	SR	N. Carolina	5.93m 6
4 Mayers, Kendra	SR	Delaware Sta	5.91m 5
5 Denmark, Teiara	FR	Hampton	5.88m 4
6 Kirby, Wanetta	SR	Norfolk Stat	5.83m 3
7 Linson, Nakia	FR	Florida A&M	5.78m 2
8 Walker, Sherice	SO	N. Carolina	5.74m 1
9 Butler, Taylor	FR	Hampton	5.57m 4.3
10 Vassell, Racquel	SR	Hampton	5.51m 3.0
11 Williams, Geranda	FR	Maryland Eas	5.43m 3.6
12 Jackson, Kayla	SO	N. Carolina	5.40m 2.2
13 Morrow, Tiffany	SR	Florida A&M	5.36m 3.2
14 Muhammad, Krystina	SO	Delaware Sta	5.30m 2.5
15 Matthews, Ashanti	JR	Norfolk Stat	5.29m 2.8
16 Mitchell, Jennifer	FR	Coppin State	5.17m 2.1
17 Taylor, Cheleste	FR	South Caroli	5.08m 1.6
18 McConico, Quanshanae	FR	South Caroli	4.71m 0.9
19 Epps, Christina	SO	Coppin State	4.61m 3.9

--- Gray, Courtney SO Maryland Eas FOUL

## Women Triple Jump

Name	Yr	School	Finals
1 Epps, Christina	SO	Coppin State	12.72m 10
2 Fair, Ermesha	JR	Hampton	12.09m 8
3 Denmark, Teiara	FR	Hampton	12.01m 6
4 Walker, Sherice	SO	N. Carolina	12.01m 5
5 Hite, Alaina	JR	Norfolk Stat	11.92m 4
6 Breeden, Amanda	SR	N. Carolina	11.91m 3
7 Williams, Geranda	FR	Maryland Eas	11.89m 2
8 Jackson, Kayla	SO	N. Carolina	11.89m 1
9 Morrow, Tiffany	SR	Florida A&M	11.86m 1.4
10 Mitchell, Jennifer	FR	Coppin State	11.82m 2.3
11 Everett, Jenise	FR	Morgan State	11.66m 1.9
12 Clark, Cynia	FR	Florida A&M	11.64m -1.0
13 Horton, Dontranika	SO	Howard	11.44m 2.1
14 Muhammad, Krystina	SO	Delaware Sta	11.31m 0.3
15 Gray, Courtney	SO	Maryland Eas	11.30m 4.3
16 Johnson, Essence	FR	Florida A&M	11.15m 3.0
17 Jefferson, Brandi	SR	South Caroli	10.72m 2.4
18 Taylor, Cheleste	FR	South Caroli	10.45m -1.0
--- Butler, Taylor	FR	Hampton	FOUL
--- Mayers, Kendra	SR	Delaware Sta	FOUL

## Women Shot Put

Name	Yr	School	Finals
1 Henry, Vanessa	JR	Maryland Eas	14.76m 10
2 Rothmiller, Shamire	JR	South Caroli	14.15m 8
3 Robinson, Lexia	FR	Maryland Eas	13.66m 6
4 Mealer, Ranita	FR	Morgan State	13.46m 5
5 Cobb, Sydni	FR	N. Carolina	13.27m 4
6 Weaver, Juanita	FR	N. Carolina	12.99m 3
7 Shirley, Candace	SR	Morgan State	12.31m 2
8 Gwengi, Maria	FR	Delaware Sta	12.27m 1
9 Gray, Kaleena	SO	Norfolk Stat	12.20m
10 Cox, Imani	SO	Maryland Eas	11.84m
11 Ruffin, Maketa	SR	Bethune-Cook	11.77m
12 Clark, Cynia	FR	Florida A&M	11.66m
13 Clay, Samantha	FR	Morgan State	11.50m
14 Watkins, Jocelyn	SR	Hampton	11.05m
15 Haughton, Shamona	FR	Florida A&M	9.83m
16 James, Tierra	JR	Coppin State	9.51m

## Women Discus Throw

Name	Yr	School	Finals
1 Gray, Kaleena	SO	Norfolk Stat	42.71m 10

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## Results

## Finals ... (Women Discus Throw)

Name	Yr	School	Finals
2 Ruffin, Maketa	SR	Bethune-Cook	42.13m 8
3 Cox, Imani	SO	Maryland Eas	41.22m 6
4 Rothmiller, Shamire	JR	South Caroli	40.85m 5
5 Haughton, Shamona	FR	Florida A&M	39.09m 4
6 Cobb, Sydni	FR	N. Carolina	38.81m 3
7 Watkins, Jocelyn	SR	Hampton	38.47m 2
8 Clay, Samantha	FR	Morgan State	37.35m 1
9 Henry, Vanessa	JR	Maryland Eas	36.00m
10 James, Tierra	JR	Coppin State	35.24m
11 Robinson, Lexia	FR	Maryland Eas	34.22m
12 Weaver, Juanita	FR	N. Carolina	33.87m
13 Mealer, Ranita	FR	Morgan State	33.67m
14 Gwengi, Maria	FR	Delaware Sta	30.90m
15 Weekly, Salena	JR	Coppin State	27.55m

## Women Javelin Throw

Name	Yr	School	Finals
1 Rothmiller, Shamire	JR	South Caroli	38.27m 10
2 Weekly, Salena	JR	Coppin State	35.55m 8
3 Abernathy, Norell	SO	Howard	34.59m 6
4 Baskerville, Jasmine	FR	N. Carolina	32.21m 5
5 Mealer, Ranita	FR	Morgan State	31.59m 4
6 Gwengi, Maria	FR	Delaware Sta	31.53m 3
7 Briggs, Deshana	JR	Hampton	30.02m 2
8 Fair, Ermesha	JR	Hampton	29.38m 1
9 Ruffin, Maketa	SR	Bethune-Cook	26.89m
10 Watkins, Jocelyn	SR	Hampton	26.52m
11 Gray, Kaleena	SO	Norfolk Stat	25.81m
12 Haughton, Shamona	FR	Florida A&M	25.27m
13 Robinson, Lexia	FR	Maryland Eas	25.25m
14 Johnson, Kristen	JR	Delaware Sta	23.42m
15 Clark, Cynia	FR	Florida A&M	22.77m
16 Crawford, Kayla	FR	Bethune-Cook	22.68m
17 Taylor, Cheleste	FR	South Caroli	20.46m
18 Bacote, Ashley	FR	Coppin State	15.67m
--- Cox, Imani	SO	Maryland Eas	FOUL

## Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Yr	School	Finals
1 Matthews, Ashanti	JR	Norfolk Stat	25.89 807
2 Breeden, Amanda	SR	N. Carolina	26.48 756
3 Hite, Alaina	JR	Norfolk Stat	26.67 740
4 Rhoades, Elaine	SR	Norfolk Stat	27.25 691
5 Gainey, Shaquanda	SO	Hampton	27.82 645
6 Johnson, Kristen	JR	Delaware Sta	28.14 620
7 Bacote, Ashley	FR	Coppin State	28.31 607

8 Jefferson, Brandi SR South Caroli 28.34 604

## Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Yr	School	Finals
1 Gainey, Shaquanda	SO	Hampton	2:25.37 752
2 Rhoades, Elaine	SR	Norfolk Stat	2:28.28 715
3 Bacote, Ashley	FR	Coppin State	2:33.05 655
4 Breeden, Amanda	SR	N. Carolina	2:39.56 578
5 Johnson, Kristen	JR	Delaware Sta	2:39.59 578
6 Matthews, Ashanti	JR	Norfolk Stat	2:40.56 566
7 Jefferson, Brandi	SR	South Caroli	2:47.66 488
8 Hite, Alaina	JR	Norfolk Stat	2:56.82 395

## Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Yr	School	Finals
1 Hite, Alaina	JR	Norfolk Stat	14.63 891
2 Rhoades, Elaine	SR	Norfolk Stat	14.77 872
3 Matthews, Ashanti	JR	Norfolk Stat	14.92 852
4 Jefferson, Brandi	SR	South Caroli	15.26 808
5 Gainey, Shaquanda	SO	Hampton	15.34 797
6 Johnson, Kristen	JR	Delaware Sta	15.38 792
7 Breeden, Amanda	SR	N. Carolina	15.39 791
8 Bacote, Ashley	FR	Coppin State	16.14 697

## Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals
1 Rhoades, Elaine	SR	Norfolk Stat	1.65m 795
2 Breeden, Amanda	SR	N. Carolina	1.62m 759
3 Hite, Alaina	JR	Norfolk Stat	1.56m 689
3 Johnson, Kristen	JR	Delaware Sta	1.56m 689
5 Gainey, Shaquanda	SO	Hampton	1.50m 621
6 Matthews, Ashanti	JR	Norfolk Stat	1.44m 555
6 Bacote, Ashley	FR	Coppin State	1.44m 555
6 Jefferson, Brandi	SR	South Caroli	1.44m 555
--- Luedeke, Chantal	SO	N. Carolina	NH

## Heptathlon: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals
1 Breeden, Amanda	SR	N. Carolina	5.68m 753
2 Matthews, Ashanti	JR	Norfolk Stat	5.40m 671
3 Hite, Alaina	JR	Norfolk Stat	5.13m 595
4 Rhoades, Elaine	SR	Norfolk Stat	5.11m 589
5 Gainey, Shaquanda	SO	Hampton	5.01m 562
6 Johnson, Kristen	JR	Delaware Sta	4.89m 530
7 Jefferson, Brandi	SR	South Caroli	4.86m 522
8 Bacote, Ashley	FR	Coppin State	4.78m 500

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## Results

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

Name	Yr	School	Finals	
<b>Finals</b>				
1 Breeden, Amanda	SR	N. Carolina	9.83m	518
2 Matthews, Ashanti	JR	Norfolk Stat	9.82m	518
3 Rhoades, Elaine	SR	Norfolk Stat	9.00m	464
4 Hite, Alaina	JR	Norfolk Stat	8.94m	460
5 Gainey, Shaquanda	SO	Hampton	8.58m	437
6 Jefferson, Brandi	SR	South Caroli	8.42m	427
7 Bacote, Ashley	FR	Coppin State	7.83m	388
8 Johnson, Kristen	JR	Delaware Sta	7.80m	386

**Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Matthews, Ashanti	JR	Norfolk Stat	26.40m	409
2 Jefferson, Brandi	SR	South Caroli	26.29m	407
3 Hite, Alaina	JR	Norfolk Stat	24.97m	382
4 Gainey, Shaquanda	SO	Hampton	24.71m	377
5 Rhoades, Elaine	SR	Norfolk Stat	24.57m	374
6 Johnson, Kristen	JR	Delaware Sta	22.29m	332
7 Bacote, Ashley	FR	Coppin State	21.65m	320
8 Breeden, Amanda	SR	N. Carolina	15.20m	200

**Women Heptathlon**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Rhoades, Elaine	SR	Norfolk Stat	4500	10
2 Matthews, Ashanti	JR	Norfolk Stat	4378	8
3 Breeden, Amanda	SR	N. Carolina	4355	6
4 Gainey, Shaquanda	SO	Hampton	4191	5
5 Hite, Alaina	JR	Norfolk Stat	4152	4
6 Johnson, Kristen	JR	Delaware Sta	3927	3
7 Jefferson, Brandi	SR	South Caroli	3811	2
8 Bacote, Ashley	FR	Coppin State	3722	1

**Women - Team Rankings - 19 Events Scored**

1) Norfolk State	140
2) Hampton	139
3) N. Carolina A&T	124
4) South Carolina St.	73
5) Florida A&M	71
6) Maryland Eastern Shore	67
7) Morgan State	50
8) Delaware State	24
9) Coppin State	19
10) Bethune-Cookman	17
11) Howard	16

**Men - Team Rankings - 19 Events Scored**

1) Norfolk State	162
2) Maryland Eastern Shore	137
3) Morgan State	72
4) Hampton	66
5) South Carolina St.	65
6) N. Carolina A&T	58
7) Delaware State	49
8) Bethune-Cookman	45
9) Florida A&M	33
10) Coppin State	24
11) Howard	21