



2011-12 MEAC INDOOR TRACK AND FIELD

Mid-Eastern Athletic Conference

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MEAC Indoor Track and Field Notes ♦ January 20, 2012

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Upcoming Schedule

Latest Results

Friday, January 20

Savannah State at Appalachian State Invite Boone, N.C.
Maryland Eastern Shore at Great Dane Classic New York, N.Y.
Norfolk State at Virginia Tech Hokie Invite Blacksburg, Va.
North Carolin A&T at Virginia Tech Hokie Invite Blacksburg, Va.

Saturday, January 21

Morgan State at Maryland Invite Landover, Md.
Howard at Maryland Invite Landover, Md.
Coppin State at Maryland Invite Landover, Md.
Florida A&M at Middle Tennessee Invite Mufreesboro, Tenn.
Norfolk State at Virginia Tech Hokie Invite Blacksburg, Va.

Sunday, January 22

Bethune-Cookman at Gator Invite Gainesville, Fla.

Monday, January 9

Hampton at Golden Flash Gala (M) No Team Results
Hampton at Goldne Flash Gala (W) No Team Results

Thursday, January 12

Florida A&M at UAB Blazer Invite (M) No Team Results
Florida A&M at UAB Blazer Invite (W) No Team Results
Bethune-Cookman at UAB Blazer Invite (M) No Team Results
Bethune-Cookman at UAB Blazer Invite (W) No Team Results
South Carolina State at UAB Blazer Invite (M) No Team Results
South Carolina State at UAB Blazer Invite (W) No Team Results
North Carolina A&T at Virginia Tech Invite (M) No Team Results
North Carolina A&T at Virginia Tech Invite (W) No Team Results

Friday, January 13

Morgan State at New York Gotham Cup (M) No Team Results
Morgan State at New York Gotham Cup (W) No Team Results
Coppin State at New York Gotham Cup (M) No Team Results
Coppin State at New York Gotham Cup (W) No Team Results
Hampton at New York Gotham Cup (M) No Team Results
Hampton at New York Gotham Cup (W) No Team Results
Howard at New York Gotham Cup (M) No Team Results
Howard at New York Gotham Cup (W) No Team Results
Bethune-Cookman at UAB Blazer Invite (M) No Team Results
Bethune-Cookman at UAB Blazer Invite (W) No Team Results
Florida A&M at UAB Blazer Invite (M) No Team Results
Florida A&M at UAB Blazer Invite (W) No Team Results
Norfolk State at UNC Dick Taylor Invite (M) No Team Results
North Carolina Central at Virginia Tech Invite (M) No Team Results
North Carolina Central at Virginia Tech Invite (W) No Team Results

Saturday, January 14

Delaware State at Armory Open Meet (M) 6th place
Delaware State at Armory Open Meet (W) 7th place
Hampton at Armory Open Meet (M) 3rd place
Hampton at Armory Open Meet (W) 2nd place
Morgan State at Armory Open Meet (M) 5th place
Morgan State at Armory Open Meet (W) 6th place
Savannah State at Jimmy Carnes Invite (M) No Team Results
Bethune-Cookman at Jimmy Carnes Invite (M) No Team Results
Bethune-Cookman at Jimmy Carnes Invite (W) No Team Results
Maryland Eastern Shore at Navy Invite (M) 2nd place
Maryland Eastern Shore at Navy Invite (W) 2nd place



2012 MEAC Indoor Track and Field Championships

Feburary 16-18, 2012

Prince George's Sports Complex
Landover, Maryland

Did You Know...

The MEAC is ranked 10th in the nation in the Men's Conference Index Top 10 as released by the U.S. Track and Field and Cross Country Coaches Association (USTFCCA) on Jan. 10

Team ...	Points	Team	Points
1. SEC ...	611.56	6. Big East	67.97
2. Big Ten ..	525.89	7. Big Sky	66.98
3. Big 12 ...	350.36	8. West Coast	62.40
4. Pac-12	281.60	9. Mountain West	59.06
5. ACC	255.33	10. MEAC	49.71



MEAC Media Information

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Mid-Eastern Athletic Conference

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2011-12 MEAC Track and Field Coaches

Name (W/M)	School	Year
Donald Cooper (M/W)	Bethune-Cookman	3rd
Alecia Shields-Gadson (W)	Coppin State	8th
Carl Hicks (M)		13th
Duane Henry (M/W)	Delaware State	17th
Darlene Moore (W)	Florida A&M	3rd
Wayne Angel (M)		2nd
Maurice Pierce (W)	Hampton	10th
Steve Lewis (M)		4th
Curtis Pittman(M/W)	Howard	11th
Ernest Barrett (M/W)	Maryland E. Shore	12th
Neville Hodge (M/W)	Morgan State	20th
Ronda Berard (W)	Norfolk State	7th
Kenneth Giles (M)		10th
James Daniels (M/W)	North Carolina A&T	10th
Michael Lawson (M/W)	North Carolina Central	12th
Ted Whitaker(M/W)	Savannah State	12th
Tyree Price (M/W)	South Carolina State	5th

2012 U.S. Track & Field and Cross Country Coaches Association Preseason Poll As of January 10, 2012

Men

Women

Rk.	School	Pts.	Rk.	School	Pts.
1	Florida	150.54	1	Oregon	200.25
2	Arkansas	149.44	2	LSU	142.63
3	LSU	130.87	3	Arkansas	124.93
4	Ohio State	86.42	4	Texas	112.27
5	Nebraska	82.09	5	Clemson	111.83
6	Florida State	81.50	6	UCF	100.67
7	Stanford	76.51	7	BYU	85.81
8	Indiana	74.81	8	Texas Tech	70.09
9	Arizona	74.80	9	Florida State	61.83
10	Texas	72.28	10	Arizona	59.78
11	Kansas State	69.82	11	Ohio State	57.99
12	Texas A&M	69.17	12	So. Illinois	57.69
13	Wisconsin	64.25	13	Southern Miss.	57.17
14	BYU	62.40	14	Georgia	53.38
15	Minnesota	59.95	15	Stony Brook	48.21
16	Iowa	59.49	16	Arizona State	47.75
17	Oregon	53.63	17	Texas A&M	47.71
18	Virginia Tech	53.56	18	Baylor	47.66
19	Mississippi	49.60	19	Michigan	45.21
20	Mississippi St.	44.94	20	Connecticut	44.24
21	Georgia	42.57	21	Oklahoma	43.10
22	Iona	39.88	22	Villanova	40.02
23	Oklahoma	39.08	23	Stanford	36.71
24	NC State	37.43	24	Georgetown	34.84
25	No. Arizona	34.06	25	Nebraska	32.39

MEAC Honors

MEAC Weekly Honors

MEAC Men's Indoor Track and Field Performer of the Week



Reggie Dixon
Hampton

Reggie Dixon won the 60m dash final with a time of 6.64 at the Gotham Cup. Dixon also won the 200m dash at the Saturday Night at the Armory Invite with a time of 21.21. His times in both events lead the MEAC and are second and fifth in the nation, respectively.

MEAC Women's Indoor Track and Field Performer of the Week



Vanessa Henry
Maryland Eastern Shore

Vanessa Henry won a pair of events to guide the Lady Hawks to a second place finish at the Navy Invitational. Henry tossed 15.95m in the shot put to finish first, and set a Wesley Brown Field House record. She set a new field house and UMES record in the weight throw with a first-place distance of 18.25m.

2011-12 MEAC Weekly Honors

Date	Male Athlete	School
December 7	Kemar Clarke	Bethune-Cookman
December 14	Reggie Dixon	Hampton
January 11	Steve Emere	Florida A&M
January 20	Reggie Dixon	Hampton

Date	Female Athlete	School
December 7	Shanneka Claiborne	Norfolk State
	Amara Jones	Savannah State
December 14	Christina Epps	Coppin State
January 11	Sandra Bonga	Coppin State
January 20	Vanessa Henry	Maryland Eastern Shore

2011 MEAC Indoor Track and Field Championship Results

Women's Co-Outstanding Runners:

Racquel Vassell, Hampton
Cynthia Anais, Maryland Eastern Shore

Women's Outstanding Field Performer:

Teiara Denmark, Hampton

Women's Outstanding Coach:

Maurice Pierce, Hampton

Women's Team Results:

School	Results
1. Hampton	188.5 points
2. Norfolk State	102.5 points
3. Maryland Eastern Shore	100 points
4. North Carolina A&T	73 points
5. Morgan State	58 points
6. Howard	32 points
7. South Carolina State	29 points
7. Florida A&M	29 points
9. Bethune-Cookman	21 points
10. Delaware State	19 points
11. Coppin State	10 points

Men's Outstanding Runner:

Damon Dixon, Hampton

Men's Outstanding Field Performer:

Josef Tessema, Norfolk State

Men's Outstanding Coach:

Kenneth Giles, Norfolk State

Men's Team Results:

School	Results
1. Norfolk State	200 points
2. Hampton	104 points
3. Maryland Eastern Shore	74 points
4. Delaware State	49 points
5. South Carolina State	45 points
6. Bethune-Cookman	42 points
7. Florida A&M	39 points
8. Morgan State	36 points
9. Coppin State	27 points
10. Howard	24 points
11. North Carolina A&T	22 points

All-Time MEAC Championship Results

Year	Women	Men
2011	Hampton	Norfolk State
2010	Norfolk State	Norfolk State
2009	Norfolk State	Hampton
2008	Maryland Eastern Shore/Hampton	Norfolk State
2007	Hampton	Norfolk State
2006	Hampton	Norfolk State
2005	Hampton	Florida A&M
2004	Hampton	Florida A&M
2003	Hampton	Hampton
2002	Delaware State	South Carolina State
2001	Hampton	Norfolk State
2000	Norfolk State	Hampton
1999	Florida A&M	Hampton
1998	Bethune-Cookman	Norfolk State
1997	Bethune-Cookman	Maryland Eastern Shore
1996	Coppin State	Maryland Eastern Shore/North Carolina A&T
1995	Florida A&M	Florida A&M
1994	Florida A&M	Morgan State
1993	Florida A&M	Florida A&M
1992	Maryland Eastern Shore	Florida A&M
1991	Florida A&M	South Carolina State
1990	Morgan State	South Carolina State
1989	Howard	Florida A&M
1988	Delaware State	South Carolina State
1987	Delaware State	Delaware State
1986	Delaware State	Delaware State
1985	Delaware State	Howard
1984	Delaware State	Delaware State
1983	Howard	Delaware State
1982	Delaware State	South Carolina State
1981	Howard	South Carolina State