



MID-EASTERN ATHLETIC CONFERENCE

MEAC Outdoor Track & Field

2017 Season • March 29

Contact: Ryan McGinty, Assistant Commissioner for Media Relations
mcginty@themeac.com • 757.951.2055

47 YEARS OF EXCELLENCE

USTFCCA TEAM COMPUTER RANKINGS (As of 3/20)

MEN

NATIONAL

<u>Institution</u>	<u>Rank</u>	<u>Points</u>
North Carolina A&T State	26	85.31
Bethune-Cookman	102	10
Morgan State	111	7.82
South Carolina State	114	7.15
North Carolina Central	150	1.1

REGIONAL

Mid-Atlantic

South

Southeast

WOMEN

NATIONAL

<u>Institution</u>	<u>Rank</u>	<u>Points</u>
North Carolina A&T State	154	.79
Coppin State	182	.2
Bethune-Cookman	189	.13

REGIONAL

Mid-Atlantic

South

Southeast

USTFCCA Ranking Criteria - <http://www.ustfcca.org/assets/rankings/div1/d1-ranking-rationale-2010.pdf>

UPCOMING SCHEDULE

Wednesday, March 29-Saturday, April 1

SSU Twilight (Savannah, Ga.)

Coppin State, Florida A&M, Maryland Eastern Shore, Savannah State, South Carolina State

Florida Relays (Gainesville, Fla.)

Bethune-Cookman, Coppin State, Florida A&M, Howard, Maryland Eastern Shore, North Carolina A&T State, Morgan State

Embry-Riddle Invitational (Daytona Beach, Fla.)

Bethune-Cookman,

Colonial Relays (Williamsburg, Va.)

Delaware State, Hampton, Norfolk State

Vertyklasse Meeting (High Point, N.C.)

North Carolina Central



MEAC OUTDOOR TRACK & FIELD NOTEBOOK



2730 Ellsmere Ave.
Norfolk, Virginia 23513
Main: (757) 951-2055 | Fax: (757) 951-2067
Commissioner: Dr. Dennis E. Thomas
Sr. Associate Commissioner: Sonja Stills
Assistant Commissioner for Championships: Raynoid Dedeaux
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MEAC Overview

The Mid-Eastern Athletic Conference and www.MEACsports.com offers authorized media immediate access to original, up-to-date information from the MEAC and its member institutions.

About The MEAC

The Mid-Eastern Athletic Conference (MEAC) begins its 47th year of intercollegiate competition heading into the 2016-17 academic school year. Located in Norfolk, Va., the MEAC is made up of 13 outstanding historically black institutions across the Atlantic coastline: Bethune-Cookman University, Coppin State University, Delaware State University, Florida A&M University, Hampton University, Howard University, University of Maryland Eastern Shore, Morgan State University, Norfolk State University, North Carolina A&T State University, North Carolina Central University, Savannah State University and South Carolina State University.

The MEAC sponsors 16 Division I (FCS) sports with automatic qualifying bids for NCAA postseason competition in baseball, bowling, men's and women's basketball, men's and women's cross country, men's and women's tennis, men's and women's track and field, softball, volleyball and men's golf.

Social Media

Fans and media members are invited to follow the latest Mid-Eastern Athletic Conference track & field news through social media. The MEAC Twitter feed may be accessed @**MEACSports** and the conference's official Facebook page is available @**MEACSports**. The MEAC's Instagram handle is @**MEACSports**.



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Weekly Release & Statistics

Media members may access PDF versions of the complete weekly release, including conference and team-by-team statistics, on www.MEACsports.com. Regular updates of the weekly release will be distributed via e-mail from the conference office. To be included on the distribution list, send an e-mail request to **Ryan McGinty** at mcginty@themeac.com.



Mid-Eastern Athletic Conference Track & Field Contacts

Bethune-Cookman

Dan Ryan
ryand@cookman.edu
(386) 481-2206

Coppin State

Jason Pompey
jpompey@coppin.edu
(410) 951-3729

Delaware State

Dennis Jones
djones@desu.edu
(302) 857-6068

Florida A&M

Alvin Hollins
alvin.hollins833@yahoo.com
(850) 599-3736

Hampton

Maurice Williams
maurice.williams@hamptonu.edu
(757) 727-5787

Howard

Ed Hill Jr.
ehill1950@aol.com
(202) 806-7184

Maryland Eastern Shore

Matt McCann
mccmccann@umes.edu
(410) 621-2352

Morgan State

Leonard Haynes IV
lhaynes004@gmail.com
(443) 885-3831

Norfolk State

Matt Michalec
mjbell@nsu.edu
(757) 823-2628

North Carolina A&T State

Brian Holloway
bmhollow@ncat.edu
(336) 334-7141

North Carolina Central

Kyle Serba
jduren@nccu.edu
(919) 530-7054

Savannah State

Will Toman
toman@savannah.edu
(912) 356-2446

South Carolina State

Kendrick Lewis
kewis19@scsu.edu
(803) 536-7060



MEAC OUTDOOR TRACK & FIELD NOTEBOOK

STARTING OFF

Every team with the exception of Delaware State has kicked the outdoor season off. With the crux of outdoor season ready to heat up, the MEAC has several athletes shining on a national stage as they rank top 25 nationally.

On the men's side, Coppin State's **Joseph Amoah** ranks third in the 200 (20.48), Savannah State's **Nigel Brown** 15th (20.93) in the 200, Morgan State's **Joel Roberson** is 24th in the 400 (47.03), North Carolina A&T State's **TaQuille Jackson** 23rd in the 110-meter hurdles (14.17), Savannah State's **Morgan Ellis-Foster** 13th in the 400 hurdles (51.76), Morgan State's **Lloyd Hylton** is 23rd in the long jump (24-5) while Bethune-Cookman's **Michael Tiller** ranks 1st in the triple jump (52-5.25).

On the women's side, Norfolk State's **Martha Bissah** ranks 33rd nationally in the 1,500-meter run (4:27.12), **Shauntel Lucius** ranks 22nd in the triple jump (41-0.25) while BCU's **Catoria Sirmon** ranks 34th in the shot put (49-11.25).

UP FOR GRABS

After winning both the men's and women's MEAC Championship on the indoor side this past winter, North Carolina A&T State turns its attention to outdoor as the Aggies try to capture its first men's title since 1996 and first women's title since 1995.

GOING THE DISTANCE

Maryland Eastern Shore's **Khalil Rmidi Kinini** is going out in style as the senior looks to win his third consecutive MEAC Track & Field Outstanding Performer on the outdoor side.

Rmidi Kinini won the same title during indoor this past winter has cemented his legacy by becoming the first Hawk to qualify for NCAA national competition (cross country) as he finished fifth at the NCAA Mid-Atlantic Regionals.

The native of Spain is a three-time MEAC Cross Country champion and the first runner in MEAC history to win three individual titles.

So far, Rmidi Kinini ranks 40th nationally in the 1,500-meter run with a time of 3:49.72.

LEGACY

Bethune-Cookman is the back-to-back-to-back MEAC Track & Field Champions on the men's side and is looking to extend its streak in 2017.

While that's an impressive feat, they still have a ways to go as Norfolk State won seven straight from 2006 to 2012 under head coach **Kenneth Giles**.

Florida A&M has won the past two MEAC Championships on the women's side and a win in 2017 would mark the second time in six seasons that a team has accomplished a three-peat as Hampton won three straight from 2012-2014.

Only South Carolina State and Hampton have won five consecutive outdoor titles in MEAC history on the women's side.



TILLING THE FIELD

Bethune-Cookman's **Michael Tiller** opened the outdoor season with a bang as he ranks first nationally in the triple jump. Tiller jumped 52-5.25 feet at the Miami Hurricane Collegiate Invitational on March 25.

MO-AH TO COME

An injury prevented the MEAC from seeing Coppin State's **Joseph Amoah** in action at the indoor championships but he looks to have

bounced back as he ranks third nationally in the 200 with a time of 20.48.

FRESH FACES

Several freshmen have established themselves early in the middle to long distance races as Howard's **Sydney Benson** is the lone MEAC athlete ranked in the 800 nationally while FAMU has three freshmen (**Caroline Samoei**, **Ashah Koech**, **Nelly Jerop**) are ranked amongst the top 100 nationally in the 10,000. Norfolk State's **Martha Bissah** ranks 33rd nationally in the 1,500-meter run (4:27.12)

LEWIS MAKES THE MOVE ACROSS THE BAY

Norfolk State University director of track and field programs **Kenneth Giles** announced that former Olympian and local track and field legend **Yvette Lewis** has been hired as an assistant coach for the Spartans.

Lewis will primarily work with the hurdlers, jumpers and sprinters on the Spartan women's track and field team.

A two-time NCAA national champion and 2016 Olympian, Lewis spent the last four years as an assistant track and field coach at her alma mater, Hampton University. Lewis' main area of emphasis was Hampton's hurdlers, jumpers and multi-event athletes while also serving as the team's strength and conditioning coordinator. Lewis helped the Hampton women win a total of six MEAC indoor and outdoor titles while the Pirate men won two.

Lewis' stint at Hampton coincided with the final years of her own successful track career. Lewis competed primarily in the 100-meter hurdles as a professional. Her personal-best time was 12.76 seconds, which she clocked in 2011 – the same year she won a gold medal representing the USA at the Pan American Games. Later in her career, Lewis represented Panama, qualifying for the 2016 Summer Olympic Games in Brazil.

Lewis won NCAA Division I national titles during the 2006 indoor season and 2007 outdoor season in the triple jump while at Hampton. In all, she was a six-time All-American in the triple jump and 100-meter hurdles in a two-year span for the Pirates. She also won six Most Outstanding Performer Awards for scoring the most points at MEAC indoor and outdoor championship meets.





Track Athletes of the Week

The MEAC will name men's and women's track athletes of the week each Wednesday throughout the season in the following categories: track athlete and field athlete. Nominees are submitted to the conference office by the institution's sports information offices. Winners will be made available via e-mail and the conference website by Wednesday afternoon.

MEN'S TRACK ATHLETE OF THE WEEK

WEEK 1	MORGAN ELLIS-FOSTER	SAVANNAH STATE
WEEK 2	DeSEAN WHITE	MORGAN STATE
WEEK 3	Joseph Amoah	SAVANNAH STATE

MEN'S FIELD ATHLETE OF THE WEEK

WEEK 1	MALIK FRANKLIN	SAVANNAH STATE
WEEK 2	STEVEN THOMAS	COPPIN STATE
WEEK 3	MICHAEL TILLER	BETHUNE-COOKMAN

WOMEN'S TRACK ATHLETE OF THE WEEK

Cayla Williams	SAVANNAH STATE
Tyrika Lee	NORFOLK STATE
Bethany White	North Carolina Central

WOMEN'S FIELD ATHLETE OF THE WEEK

Ravyn Mike	SAVANNAH STATE
Khemani Roberts	COPPIN STATE
Catoria Sirmon	BETHUNE-COOKMAN

MEAC Track & Field Weekly Honors

Coppin State's Joseph Amoah and North Carolina Central's Bethany White were selected as the Mid-Eastern Athletic Conference (MEAC) Men's and Women's Track Athletes of the Week. Michael Tiller, of Bethune-Cookman, and teammate Catoria Sirmon, were named the MEAC Men's and Women's Field Athletes of the Week, the conference announced today.

Amoah (Fr., Greater Accra, Ghana) won the 200-meter dash, at the Weems Baskin Invitational, with a time of 20.48 seconds. His time currently leads the MEAC and ranks third nationally. Amoah also finished 10th in the 400 (48.19).

White (So., Gaithersburg, Md.) ran the fastest time in the MEAC this season in the 100-meter dash with a time of 11.84 seconds, at the Raleigh Relays. Her finish in the event earned her a second-place finish. White also took second place in the 200, with a time of 24.46 seconds and currently ranks second in the MEAC.

Tiller (Sr., Tampa, Fla.) took first place, at the Hurricane Collegiate Invitational, in the triple jump with a distance of 15.98 meters (52-5.25 feet). He holds the top jump in the nation and MEAC as a result. Tiller also competed in the javelin throw (43.19m) and the high jump (1.90m), placing sixth in both events.

Sirmon (Sr., Fort Myers, Fla.) set a new personal record in the shot put at the Hurricane Collegiate Invitational. Her distance of 15.22 meters earned her third place at the meet. Sirmon currently ranks 34th nationally and first in the MEAC.

Other Top Performers

Deja Davis (B-CU) finished sixth, at the Hurricane Collegiate Invitational, in the 3,000-meter run with a time of 10:13.86.

Daniel Kiptoo (B-CU) registered a fourth-place finish in the 3,000 with a time of 8:49.65, at the Hurricane Collegiate Invitational.

Kristen Deacon (CSU) placed second in the discus throw with a distance of 39.64 meters, at the Weems Baskin Invitational.

Sierra Adams (MDES) broke the school record in the hammer throw, at the UTEP Springtime Meet, with a distance of 43.60 meters.

Noah Agwu (MDES) set personal records in the discus throw (49.93m) and the hammer throw (43.30m) at the UTEP Springtime Meet.

Joshua Dacres (MDES) qualified for the MEAC Outdoor Track and Field Championship and set a personal record in the 100-meter dash (10.78).

Lenneisha Gilbert (MDES) earned qualification to the ECAC and MEAC Outdoor Championships after running the 400 in 55.85 seconds.

Joel Roberson (MSU) sprinted to a first-place finish in the 400-meter dash, clocking a season-best time of 47.03 seconds. The Laurel (Md.) native now has the fastest mark in the MEAC and currently ranks No. 23 in the nation. Roberson was part of the men's 4x100-meter relay team that raced to a sixth-place finish in the event with a season-best time of 41.15 seconds.

Jaylen Banks (NSU) posted personal-best times in the 400-meter hurdles (53.43) and the 400 (47.92) at the Fred Hardy Invitational.

Taejah Robertson (NSU) clocked a season-best time in the 100-meter hurdles (14.20) to win the event.

Garth Warner (NSU) recorded a first-place finish, at the Fred Hardy Invitational, in the high jump with a leap of 2.00 meters.

Nigel Brown (SSU) took third place in the 200, with a time of 20.93, at the Weems Baskin Invitational.

LaRon James (SSU) set a new school record in the long jump with a distance of 7.43 meters.

Tyneshai Quarterman (SSU) recorded the third-fastest time in the MEAC, with a time of 55.62 in the 400.



100m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	WIND
31	White, Desean	JR-3	Morgan State	10.51	Bill Webb & Bob Davidson Spring Kick-Off	03/16/17	03/19/17	2.5
38	<u>Cowie-Clarke, Haysean</u>	SR-4	Coppin State	10.53	Weems Baskin Invitational	03/24/17	03/26/17	2.4
48	Thomas, Joel	JR-3	N. Carolina A&T	10.56	Raleigh Relays	03/24/17	03/25/17	-1.2
64	Williams, Jonathan	SR-4	N.C. Central	10.59	Raleigh Relays	03/24/17	03/25/17	1.2
70	Fair, Kareem	JR-3	Bethune-Cookman	10.60	UCF Black and Gold Challenge	03/17/17	03/18/17	0.4
81	Howell, Deyvon	JR-3	Morgan State	10.62	Bill Webb & Bob Davidson Spring Kick-Off	03/16/17	03/19/17	2.5

200m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	WIND
3	Amoah, Joseph	FR-1	Coppin State	20.48	Weems Baskin Invitational	03/24/17	03/26/17	3.3
15	Brown, Nigel	SO-2	Savannah State	20.93	Weems Baskin Invitational	03/24/17	03/26/17	2.4
39	Leggett, Justin	JR-3	Savannah State	21.16	Weems Baskin Invitational	03/24/17	03/26/17	2.4
44	Rowe, Rodney	SO-2	N. Carolina A&T	21.21	Raleigh Relays	03/24/17	03/25/17	-1.2
59	Howell, Deyvon	JR-3	Morgan State	21.29	Weems Baskin Invitational	03/24/17	03/26/17	2.4
67	Gabriel, Caleb	SR-4	N. Carolina A&T	21.31	Raleigh Relays	03/24/17	03/25/17	-1.2

400m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
24	Roberson, Joel	SR-4	Morgan State	47.03	Weems Baskin Invitational	03/24/17	03/26/17
44	Jeter, Jarad	SR-4	South Carolina St.	47.42	Weems Baskin Invitational	03/24/17	03/26/17
50	Scott, Olujimi	JR-3	Howard	47.52	2017 Fred Hardy Invitational	03/24/17	03/26/17
53	Brown, Nigel	SO-2	Savannah State	47.63	Weems Baskin Invitational	03/24/17	03/26/17
63	Richard, Tyrell	SO-2	South Carolina St.	47.72	Charleston Southern University Spring Break Invitational	03/17/17	03/18/17
78	Smith, Jamari	SO-2	Florida A&M	47.90	UCF Black and Gold Challenge	03/17/17	03/18/17
83	Banks, Jaylen	FR-1	Norfolk State	47.92	2017 Fred Hardy Invitational	03/24/17	03/26/17

800m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
27	Moore, Jonathan	JR-3	Bethune-Cookman	1:50.24	UCF Black and Gold Challenge	03/17/17	03/18/17
55	James, Michael	SR-4	Coppin State	1:51.46	Weems Baskin Invitational	03/24/17	03/26/17
59	Jackson, Christopher	JR-3	Bethune-Cookman	1:51.62	UCF Black and Gold Challenge	03/17/17	03/18/17

1500m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
40	Rmidi Kinini , Khalil	SR-4	Maryland-Eastern Shore	3:49.72 @	UTEP Springtime 2017	03/25/17	03/26/17

10,000m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
73	Bett, Festus	FR-1	Norfolk State	32:51.30	2017 Tribe Invitational	03/17/17	03/18/17
88	Wanene, Joseph	SO-2	Norfolk State	35:33.58	2017 Tribe Invitational	03/17/17	03/18/17

110H

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	WIND
23	Jackson, TeQuille	SR-4	N. Carolina A&T	14.17	Raleigh Relays	03/24/17	03/25/17	-0.1
26	Townsend, Todd	JR-3	N. Carolina A&T	14.20	Raleigh Relays	03/24/17	03/25/17	-1.2
31	Gaddist, Christopher	JR-3	South Carolina St.	14.29	Weems Baskin Invitational	03/24/17	03/26/17	1.5
32	Lewis, Aaron	FR-1	Coppin State	14.31	Maryland Invitational	03/18/17	03/18/17	2.0
48	Hairston, Devon	SO-2	Morgan State	14.43	Bill Webb & Bob Davidson Spring Kick-Off	03/16/17	03/19/17	2.4
57	Showalter, Taj	SR-4	Maryland-Eastern Shore	14.48 @	UTEP Springtime 2017	03/25/17	03/26/17	-0.1
91	Jones, James	SO-2	South Carolina St.	14.63	Weems Baskin Invitational	03/24/17	03/26/17	1.7

400H

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
13	Ellis-Foster, Morgan	SO-2	Savannah State	51.76	Weems Baskin Invitational	03/24/17	03/26/17
51	Edwards Jr., Carlton	SR-4	N.C. Central	53.15	Raleigh Relays	03/24/17	03/25/17
54	Varella, Stephen	JR-3	Morgan State	53.19	Weems Baskin Invitational	03/24/17	03/26/17
65	Banks, Jaylen	FR-1	Norfolk State	53.43	2017 Fred Hardy Invitational	03/24/17	03/26/17
84	Frye, Allan	JR-3	Norfolk State	53.62	2017 Fred Hardy Invitational	03/24/17	03/26/17

3000 Steeple

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
26	White, Darren	SR-4	N. Carolina A&T	9:19.31	Raleigh Relays	03/24/17	03/25/17
89	Mustafaa, Hakeem	SO-2	N. Carolina A&T	9:47.07	Raleigh Relays	03/24/17	03/25/17

4 x 100 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE	DATE SUBMITTED
8	N. Carolina A&T (A)	39.51	Thomas, Rowe, Gabriel, Belcher	Raleigh Relays	03/24/17	03/25/17
26	Coppin State (A)	40.19	Cowie-	Weems Baskin Invitational	03/24/17	03/26/17

71	Morgan State (C)	41.15	Clarke, Amoah, Lewis, Hodges Hairston, White, Howell, Roberson	Weems Baskin Invitational Savannah State Tiger Relays	03/24/17	03/26/17
89	Savannah State	41.36			03/04/17	03/06/17
91	Morgan State (A)	41.37	Leach, White, Howell, Roberson	Bill Webb & Bob Davidson Spring Kick-Off	03/16/17	03/19/17

4 x 400 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE	DATE SUBMITTED
24	Morgan State (C)	3:10.99	Leach, Howell, Roberson, Elliott	Weems Baskin Invitational	03/24/17	03/26/17
86	Morgan State (A)	3:15.41	Leach, Howell, Roberson, Harriott	Bill Webb & Bob Davidson Spring Kick-Off	03/16/17	03/19/17
95	Hampton (A)	3:16.04	Williams, Powell, Reckling, Gary	Raleigh Relays	03/24/17	03/25/17

High Jump

RANK ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
28 Milton, Jacob	FR-1	Norfolk State	6' 9.75"	2.08m	2017 Tribe Invitational	03/17/17	03/18/17
44 Smalls, Omega	FR-1	N.C. Central	6' 8.75"	2.05m	Raleigh Relays	03/24/17	03/25/17
44 Beattie, Jocari	SR-4	Florida A&M	6' 8.75"	2.05m	UCF Black and Gold Challenge	03/17/17	03/18/17
59 Warner, Garth	FR-1	Norfolk State	6' 8.25"	2.04m	2017 Tribe Invitational	03/17/17	03/18/17
82 Williams, Kelton	FR-1	Bethune-Cookman	6' 6.75"	2.00m	UCF Black and Gold Challenge	03/17/17	03/18/17
82 Bullock, Milan	JR-3	Howard	6' 6.75"	2.00m	Charlotte 49er Classic	03/16/17	03/18/17

Long Jump

RANK ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	WIND
23 Hylton, Lloyd	JR-3	Morgan State	24' 5"	7.44m	Weems Baskin Invitational	03/24/17	03/26/17	1.2
25 James, Laron	SO-2	Savannah State	24' 4.5"	7.43m	Weems Baskin Invitational	03/24/17	03/26/17	1.5
61 Thompson, Nigel	SR-4	Morgan State	23' 8"	7.21m	Weems Baskin Invitational	03/24/17	03/26/17	1.3
72 Franklin, Malik	JR-3	Savannah State	23' 5.25"	7.14m	Weems Baskin Invitational	03/24/17	03/26/17	2.6

Triple Jump

RANK ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	WIND
1 Tiller, Michael	SR-4	Bethune-Cookman	52' 5.25"	15.98m	Miami Hurricane Collegiate Invitational	03/25/17	03/25/17	2.1
52 Franklin, Malik	JR-3	Savannah State	48' 7.5"	14.82m	Savannah State Tiger Relays	03/04/17	03/06/17	2.6
58 Colvin, Matthew	SR-4	Howard	48' 4.75"	14.75m	Charlotte 49er Classic	03/16/17	03/18/17	-1.6

Javelin

RANK ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
71 Gayle, Rajae	SR-4	Howard	201' 3"	61.34m	Raleigh Relays	03/24/17	03/25/17

Decathlon

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
50	Lemonious, Dominick	SR-4	N.C. Central	5240	2017 Winthrop ADIDAS Invitational	03/23/17	03/26/17
51	Edelen, Timothy	SR-4	N.C. Central	5199	2017 Winthrop ADIDAS Invitational	03/23/17	03/26/17

100m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	WIND
71	White, Bethany	SO-2	N.C. Central	11.84	Raleigh Relays	03/24/17	03/25/17	2.9

200m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	WIND
90	Barham, Annastacia	SO-2	Morgan State	24.09	Weems Baskin Invitational	03/24/17	03/26/17	3.7

400m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
45	Meads, Brittany	JR-3	Morgan State	54.79	Weems Baskin Invitational	03/24/17	03/26/17
48	Barham, Annastacia	SO-2	Morgan State	54.83	Weems Baskin Invitational	03/24/17	03/26/17
76	Quarterman, Tyneshia	SO-2	Savannah State	55.62	Weems Baskin Invitational	03/24/17	03/26/17

800m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
79	Benson, Sydney	FR-1	Howard	2:12.18	2017 Fred Hardy Invitational	03/24/17	03/26/17

1500m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
33	Bissah, Martha	FR-1	Norfolk State	4:27.12	2017 Fred Hardy Invitational	03/24/17	03/26/17

10,000m

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
67	Samoei, Caroline	FR-1	Norfolk State	41:01.65	2017 Tribe Invitational	03/17/17	03/18/17
70	Koech, Ashah	FR-1	Norfolk State	41:53.45	2017 Tribe Invitational	03/17/17	03/18/17
75	Jerop, Nelly	FR-1	Norfolk State	44:14.52	2017 Tribe Invitational	03/17/17	03/18/17

4 x 100 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE	DATE SUBMITTED
93	Morgan State (B)	46.44	Anderson, Jones, Meads, Barham	Weems Baskin Invitational	03/24/17	03/26/17

4 x 400 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE	DATE SUBMITTED
62	Morgan State (A)	3:46.74	Barham, Smith, McDowell, Meads	Weems Baskin Invitational	03/24/17	03/26/17
68	N. Carolina A&T (A)	3:47.22	Brown, Ray, Williams, Townsend	Raleigh Relays	03/24/17	03/25/17
76	Hampton (A)	3:47.89	Evans, Morton, Morrison, Hinds	Raleigh Relays	03/24/17	03/25/17

High Jump

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
69	Roberts, Khemani	SO-2	Coppin State	5' 6"	1.68m	Maryland Invitational	03/18/17	03/18/17

Triple Jump

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	WIND
22	Lucius, Shauntel	SR-4	Maryland-Eastern Shore	41' 0.25"	12.50m	UTEP Springtime 2017	03/25/17	03/26/17	3.6
57	Billups, Hanah	SR-4	Howard	39' 7.75"	12.08m	Charlotte 49er Classic	03/16/17	03/18/17	0.7
61	Stevenson, Deja	FR-1	N.C. Central	39' 7"	12.06m	Dennis Craddock Carolina Relays	03/17/17	03/18/17	+0.0
74	Edwards, Tanise	JR-3	Maryland-Eastern Shore	39' 3.75"	11.98m	UTEP Springtime 2017	03/25/17	03/26/17	3.0

Shot Put

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
34	Sirmon, Catoria	SR-4	Bethune-Cookman	49' 11.25"	15.22m	Miami Hurricane Collegiate Invitational	03/25/17	03/25/17

Heptathlon

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
71	Satterwhite, Starbessa	SO-2	N.C. Central	3933	2017 Winthrop ADIDAS Invitational	03/23/17	03/26/17
79	Hale, Nateja	SO-2	N.C. Central	3784	2017 Winthrop ADIDAS Invitational	03/23/17	03/26/17