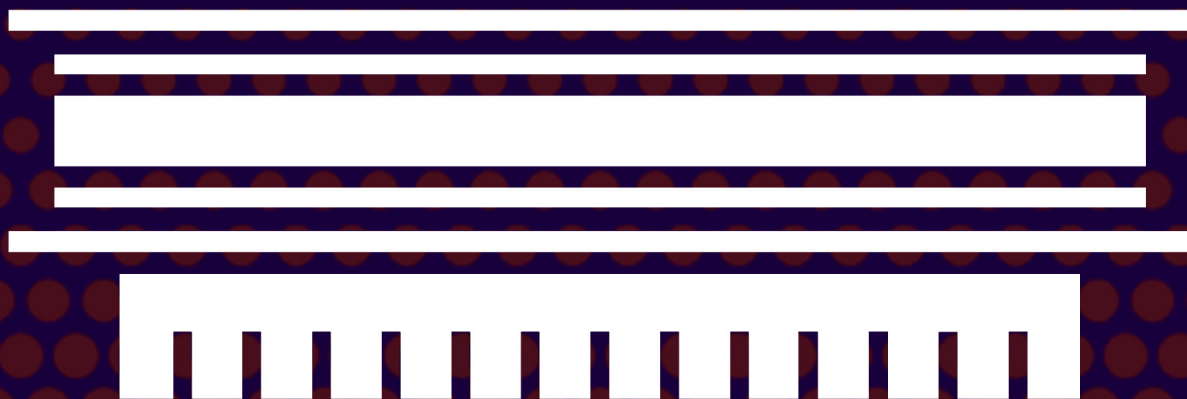


MID-EASTERN ATHLETIC CONFERENCE

MEACTM



MEN'S INDOOR TRACK & FIELD RECORDS BOOK



**THIS RECORDS BOOK IS PART OF AN ONGOING RESEARCH PROJECT OF THE
MEAC AND WILL BE UPDATED AS ADDITIONAL RECORDS ARE LOCATED.**



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*discontinued in 1977, reinstated in 1984, discontinued in 2022
**discontinued in 1983, reinstated in 2014, discontinued in 2022
***discontinued in 1975, reinstated in 1981
****discontinued in 1995

This records book was compiled by the Mid-Eastern Athletic Conference (MEAC) strategic communications staff, with assistance from current and former member institutions' sports information directors. If there is an inaccuracy within these pages, or information that is missing, please feel free to contact the MEAC strategic communications staff (please provide documentation when doing so; the MEAC cannot count unverified information within its records).

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*record book updated as of June 22, 2023

ALL-SPORTS AWARDS



The Mary McLeod Bethune Award, named after the founder of Bethune-Cookman College, awards the top overall women's athletic program during the course of one full academic year. The first Mary McLeod Bethune award was giving in 1987 to Delaware State University. Former member Hampton leads all MEAC schools with 14 women's awards. The men's All-Sports Award is named after the late Talmadge Layman Hill, a former player and coach at Morgan State, and former Chairman of the MEAC Steering and Planning Committee, as well as the conference's first President. Howard University was the recipient of the first Talmadge Layman Hill Award in 1972. Norfolk State holds the men's record with 12 awards.

Talmadge Layman Hill Men's All-Sports Winners

Year	School
2023	Howard
2022	Norfolk State
2021	North Carolina A&T State
2020	No winner awarded
2019	North Carolina A&T State
2018	Bethune-Cookman
2017	Norfolk State
2016	Bethune-Cookman
2015	Bethune-Cookman
2014	Bethune-Cookman
2013	Norfolk State
2012	Norfolk State
2011	Norfolk State
2010	Norfolk State
2009	Norfolk State
2008	Norfolk State
2007	Norfolk State
2006	Norfolk State
2005	Norfolk State
2004	Hampton
2003	Hampton
2002	Florida A&M*
2001	Norfolk State
2000	Florida A&M*
1999	Hampton
1998	Florida A&M*
1997	Florida A&M
1996	North Carolina A&T State
1995	Florida A&M
	North Carolina A&T State
1994	Florida A&M
1993	Florida A&M
1992	Florida A&M
1991	Florida A&M
1990	Delaware State
1989	Florida A&M
1988	Howard
1987	Howard
1986	Delaware State
1985	Delaware State
1984	South Carolina State
1983	South Carolina State
1982	South Carolina State
1981	South Carolina State
1980	South Carolina State
1979	South Carolina State
1978	South Carolina State
1977	South Carolina State
1976	South Carolina State
1975	South Carolina State
1974	South Carolina State
1973	Morgan State
1972	Howard

Mary McLeod Bethune Women's All-Sports Winners

Year	School
2023	Howard
2022	Howard
2021	North Carolina A&T State
2020	No winner awarded
2019	North Carolina A&T State
2018	North Carolina A&T State
2017	Florida A&M
2016	Bethune-Cookman
	Florida A&M
2015	Hampton
2014	Hampton
2013	Hampton
2012	Hampton
2011	Hampton
2010	Hampton
2009	Hampton
2008	Hampton
2007	Hampton
2006	Hampton
2005	Hampton
2004	Hampton
2003	Hampton
2002	Hampton
2001	Florida A&M*
2000	Florida A&M*
1999	Florida A&M*
1998	Florida A&M*
1997	Florida A&M
1996	Florida A&M
1995	Florida A&M
1994	Florida A&M
1993	Florida A&M
1992	Howard
1991	South Carolina State
1990	Howard
1989	Howard
1988	Howard
1987	Delaware State

*rescinded by the MEAC for violations



TOP THREE BY EVENT

55-Meter Dash

Fred Johnson	Hampton	6.06	1985
Ainsley Blackman	S.C. State	6.14	1991

60-Meter Dash

B. Richie	Howard	6.52	1970
E. Waters	Howard	6.52	1978
Demek Kemp	S.C. State	6.55	2018

55-Meter Hurdles

Gerald Martin	S.C. State	7.20	1985
John Branch	Howard	7.24	1989
Eric Keddo	Savannah State	7.28	

60-Meter Hurdles

Ronnie Ash	B-CU	7.63	2009
David Oliver	Howard	7.69	2000
Trey Holloway	Hampton	7.70	2016

200-Meter Dash

Javonte Harding	N.C. A&T	20.39	2021
Randolph Ross	N.C. A&T	20.50	2021
Demek Kemp	S.C. State	20.55	2018

400-Meter Dash

Tyrell Richard	S.C. State	44.82	2019
Randolph Ross	N.C. A&T	44.99	2021
Trequan Barnes	Norfolk State	46.17	2019

500-Meter Run

Allodin Fothergill	UMES	1:01.74	2010
Anton Skerritt	Howard	1:02.42	1985
Calvin Dascent	Morgan State	1:02.46	2012

800-Meter Run

Kevin Hicks	Florida A&M	1:46.97	2003
Edose Ibadin	Hampton	1:48.19	2015
Donte Holmes	Delaware State	1:48.32	2009

Mile Run

Khalil Rmidi Kinin i	UMES	4:05.08	2017
Darren Brown	Hampton	4:07.46	2008
Josef Tessema	Norfolk State	4:07.82	2012

3000-Meter Run

Khalil Rmidi Kinini	UMES	8:04.28	2017
Josef Tessema	Norfolk State	8:16.10	2012
Regan Kimtai	N.C. A&T	8:26.47	2019

5000-Meter Run

Khalil Rmidi Kinini	UMES	14:15.89	2015
Gidion Sigei	Norfolk State	14:17.52	2023
David Kemboi	Norfolk State	14:21.81	2006

4x400-Meter Relay

North Carolina A&T (Ross, Stokes, Young, Stewart)	3:03.16	2021
South Carolina State	3:06.50	1985
Delaware State (DeVore, Murray, Carter, Holmes)	3:06.98	2011

Distance Medley Relay

Norfolk State (Cheruiyot, Wilkerson, Luka, Kemboi)	9:40.44	2006
Hampton	9:59.89	2017
Coppin State	10:03.41	2016

High Jump

Sonny Williams	S.C. State	2.23m	1985
Willie Calvin	N.C. Central	2.18m	2012
Ed'Ricus Williams	B-CU	2.16m	2016
James Blocker	Morgan State	2.16m	2009

Long Jump

Kenneth Fisher	B-CU	7.80m	2016
Jared Kerr	UMES	7.76m	2015
Lloyd Hylton	Morgan State	7.75m	2018
Tarrish Alexander	N.C. A&T	7.75m	2009

Triple Jump

Brandon Via	N.C. A&T	16.16m	2006
Michael Tiller	B-CU	16:10m	2017
Kobe-Jordan Rhooms	Morgan State	15.91m	2022

Pole Vault

David Stephens	S.C. State	5.43m	2003
Shane Smith	Coppin State	5.18m	2013
Dominic Harper	B-CU	4.70m	2018

Shot Put

Dillon Simon	UMES	19.30m	2015
Tyron Benjamin	Morgan State	18.41m	2018
Jeremiah Peters	B-CU	17.20m	2019

Weight Throw

Dillon Simon	UMES	19.61m	2015
Derrick Wheeler	N.C. A&T	19.51m	2019
Sidney Holston	B-CU	19.07m	2018

Heptathlon

Damon Dixon	Hampton	5,312	2011
Todd Townsend	N.C. A&T	5,150	2017
Camren Wynder-Hill	Norfolk State	4,815	2022

600-Yard Dash

Malcolm Walters	S.C. State	1:11.80	1986
Tarig DeVore	Delaware State	1:20.27	2012
Alan Johnson	N.C. A&T	1:20.36	2018

TOP THREE BY EVENT



1,000 Meters

Donte Holmes	Delaware State	2:26.89	2010
Dale Dunn	Coppin State	2:27.01	2010
Christian Harrison	N.C. A&T	2:28.46	2013

1,500 Meters

Mohamed Bah	Howard	4:06.08	2014
Michael Jones	Coppin State	4:07.58	2017
Joseph Hamlin	Morgan State	4:08.11	2017

4x800-Meter Relay

Coppin State	7:25.61	2009
Hampton	7:32.47	2012
Delaware State	7:35.38	2008

4x200-Meter Relay

Bethune-Cookman	1:26.69	2011
Hampton	1:27.57	2009
N.C. Central (Roper, Atakora-Bediako, Barren, Addison)	1:28.05	2012

NOTE: If you have names for the relay squads listed above, please contact MEAC media relations and provide documented proof.

MEAC CHAMPIONSHIP RECORDS

Event	Time/Distance	Name	School	Year
55 Meters	6.20	Laroche Moore	NCAT	1993
60 Meters	6.59	Demek Kemp	SCSU	2018
60-Yard Dash	6.30	Javaro Sims	FAMU	1981
200 Meters	20.59	Christopher Belcher	NCAT	2017
400 Meters	45.62	Tyrell Richard	SCSU	2019
440-Yard Dash	40.09	Richard Lewis	HOW	1985
500 Meters	1:36.10	Oliver Bridges	HOW	1982
600-Yard Dash	1:11.13	James Wharton	DSU	1987
800 Meters	1:51.35	Stanley Davis	HAM	2015
1000-Yard Run	2:16	Ezra Catwell	SCSU	1986
1000 Meters	1:49.63	James King	HOW	2017
Mile Run	4:05.08	Khalil Rmidi Kinini	UMES	2017
3000 Meters	8:04.28	Khalil Rmidi Kinini	UMES	2017
5000 Meters	14:17.22	Khalil Rmidi Kinini	UMES	2017
Two-Mile Run	9:37.70	Caiphus Vilakazi	DSU	1986
Three-Mile Run	15:26.00	Everett Stembridge	DSU	1981
55-Meter Hurdles	6.40	Darrell Ash	FAMU	1982
60-Meter Hurdles	7.63	Michael Dickson	NCAT	2018
60-Yard Hurdles	7.37	Steve Martin	SCSU	1981
4x400-Meter Relay	3:09.04	Hampton		2014
Distance Medley	9:59.50	Maryland Eastern Shore		2017
High Jump	2.20m	Marion Woods	NSU	2008
Long Jump	7.86m	Corey Vinston	NSU	2009
Triple Jump	16.27m	Edward Smith	NCAT	1986
Pole Vault	5.00m	Shane Smith	CSU	2009
Shot Put	19.22m	Dillon Simon	UMES	2015
Weight Throw	19.63m	Emmanuel Stewart	MSU	2014
400-Meter Relay	1:12.50	Delaware State		1981
Mile Relay	3:19.17	South Carolina State		1986
4x800-Meter Relay	7:50.70	Howard		1993
Two-Mile Relay	8:02.24	Florida A&M		1988
Heptathlon	5,378 pts	Harold Rose	B-CU	2008
Team Points	191	North Carolina A&T		2019

NOTE: These records are from the MEAC Indoor Track & Field Championships ONLY.

ALL-TIME CHAMPIONS



Year	Champion	Outstanding Performer	Outstanding Coach
2023	Norfolk State	Gidion Sigei (NSU) - Co-Runner Regan Kimtai (NSU) - Co-Runner Jaelyn Blanc (NCCU) - Field Gavin Williams (HOW) - Runner Kobe-Jordan Rhooms (MSU) - Field	Kenneth Giles (NSU)
2022	Norfolk State		Kenneth Giles (NSU)
2021	N/A*		--
2020	North Carolina A&T	Regan Kimtai (NCAT) - Runner Kobe-Jordan Rhooms (MSU) - Field	Duane Ross (NCAT)
2019	North Carolina A&T	Regan Kimtai (NCAT) - Runner Aaron Wilkerson (NCAT) - Co-Field Jeremiah Peters (B-CU) - Co-Field JaiQuan Evans (B-CU) - Co-Field	Duane Ross (NCAT)
2018	North Carolina A&T	Emmanuel Too (HAM) - Runner Jeremiah Peters (B-CU) - Field	Duane Ross (NCAT)
2017	North Carolina A&T	Khalil Rmidi Kinini (UMES) - Runner Steven Thomas - Field	Duane Ross (NCAT)
2016	Bethune-Cookman	Kenneth Fisher (B-CU) - Field Khalil Rmidi Kinini (UMES) - Runner	Donald Cooper (B-CU)
2015	Bethune-Cookman	Dillon Simon (UMES) - Field Khalil Rmidi Kinini (UMES)- Runner	Donald Cooper (B-CU)
2014	Hampton	Deon Clifford (FAMU) - Runner Dillon Simon (UMES) - Field	Maurice Pierce (HAM)
2013	Norfolk State	Nathnael Meseret (NSU)- Runner Keron Stoute (B-CU) - Field Dillon Simon (UMES) - Field	Kenneth Giles (NSU)
2012	Norfolk State	Owen Cain (UMES) - Field Josef Tessema (NSU) - Runner	Kenneth Giles (NSU)
2011	Norfolk State	Damon Dixon (HAM) - Field Josef Tessema (NSU) - Runner	Kenneth Giles (NSU)
2010	Norfolk State	Damon Dixon (Ham) - Field Philemon Kimutai (NSU) - Runner	Kenneth Giles (NSU)
2009	Norfolk State	Marlon Woods (NSU)	Kenneth Giles (NSU)
2008	Norfolk State	Dominic Luka (NSU)	Kenneth Giles (NSU)
2007	Norfolk State	Terrance Burton (HAM)	Kenneth Giles (NSU)
2006	Norfolk State	David Kemboi (NSU) Justin Bryon (NCAT)	Kenneth Giles (NSU)
2005	Florida A&M	Kevin Hicks (FAMU)	Rey Robinson (FAMU)
2004	Florida A&M	Tim Walls (NCAT)	Rey Robinson (FAMU)
2003	Hampton	Jerome Mathis (HAM)	David Boyd (HAM)
2002	South Carolina State	Nick Peters (CSU)	Ernest Tche (SCSU)
2001	Norfolk State	Chris Brown (NSU)	Floyd Conley (NSU)
2000	Hampton	Travis Ridley (HAM)	David Boyd (HAM)
1999	Hampton	James Carter (HAM)	David Boyd (HAM)
1998	Norfolk State	Joel Mascoll (NSU)	Steve Riddick (NSU)
1997	Maryland Eastern Shore		
1996	UMES/N.C. A&T		
1995	Florida A&M		
1994	Morgan State		
1993	Florida A&M		
1992	Florida A&M		
1991	South Carolina State	Anthony Stewart (CSU)	Robert Johnson (SCSU)
1990	South Carolina State	David Stargel (FAMU)	Robert Johnson (SCSU)
1989	Florida A&M	Howard Lindsay (UMES)	Bobby Lang (FAMU)
1988	South Carolina State	Howard Lindsay (UMES)	Robert Johnson (SCSU)
1987	Delaware State		
1986	Delaware State		
1985	Howard		
1984	Delaware State		
1983	Delaware State		
1982	South Carolina State		
1981	South Carolina State		



ALL-AMERICANS

As named by the United States Track & Field and Cross Country Coaches Association (USTFCCA)

FIRST TEAM

Year	Name	School	Event
2021	Javonte Harding	North Carolina A&T	200m
	Randolph Ross	North Carolina A&T	400m, 4x400*
	Trevor Stewart	North Carolina A&T	400m, 4x400*
	Daniel Stokes	North Carolina A&T	4x400*
	Tavarius Wright	North Carolina A&T	60m
	Elijah Young	North Carolina A&T	4x400*
2019	Tyrell Richard	South Carolina State	400m*
2018	Jaylen Mitchell	North Carolina A&T	60m
	Demek Kemp	South Carolina State	60m
2016	Trey Holloway	Hampton	60h
2015	Trey Holloway	Hampton	60h
	Desmond Lawrence	North Carolina A&T	60m
2012	Marquis Holston	Norfolk State	200m
2009	Ronnie Ash	Bethune-Cookman	60h*
	Corey Vinston	Norfolk State	Long Jump
	Marlon Woods	Norfolk State	Long Jump
2006	Louis Brown	Bethune-Cookman	Triple Jump
	Brandon Via	North Carolina A&T	Triple Jump
2001	Adrian Shears	Norfolk State	High Jump

SECOND TEAM

Year	Name	School	Event
2021	Rasheem Brown	North Carolina A&T	60h
	Brandon Hicklin	North Carolina A&T	Long Jump
2019	Trequan Barnes	Norfolk State	400m
	Michael Dickson	North Carolina A&T	60h
	Rodney Rowe	North Carolina A&T	200m
	Akeem Sirleaf	North Carolina A&T	200m
2018	Rodney Rowe	North Carolina A&T	200m
2017	Michael Tiller	Bethune-Cookman	Triple Jump
	Christopher Belcher	North Carolina A&T	60m, 200m
2016	Kenneth Fisher	Bethune-Cookman	Long Jump
	Michael Dickson	North Carolina A&T	60h
	Maurice Eddy	North Carolina A&T	60m
2015	Edose Ibadin	Hampton	800m
2013	Andre Walsh	Maryland Eastern Shore	200m
	James Taylor	Norfolk State	200m
2012	Steve Emere	Florida A&M	Triple Jump
	Andre Walsh	Maryland Eastern Shore	200m

*denotes NCAA champion