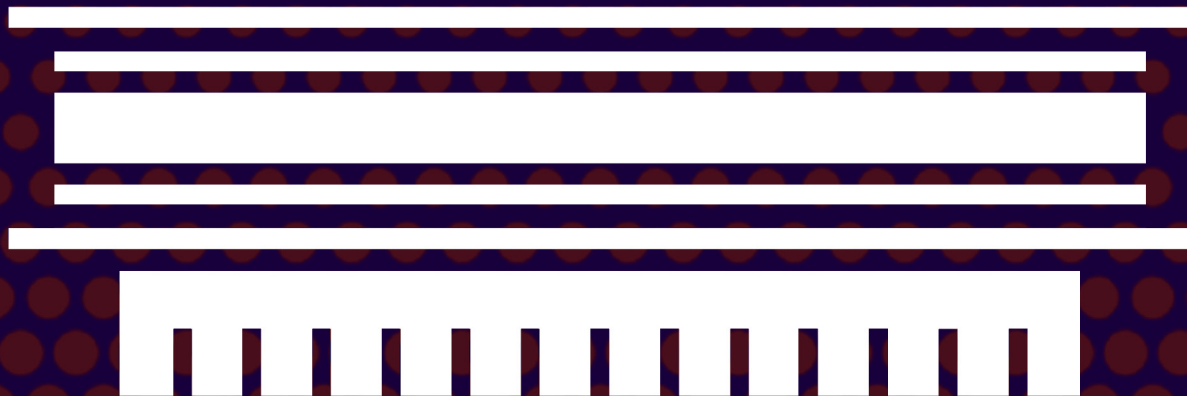


MID-EASTERN ATHLETIC CONFERENCE

# MEAC<sup>TM</sup>



## WOMEN'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.



# TABLE OF CONTENTS

First Championship Awarded By Sport		
MEAC All-Sports Awards	2	Football: 1971, Morgan State Baseball: 1972, Howard*
Top Three By Event	3	Men's Basketball: 1972, North Carolina A&T State Men's Golf: 1972, South Carolina State**
All-Time Women's Indoor Championship Records	4	Men's Outdoor Track & Field: 1972, North Carolina Central Men's Tennis: 1972, North Carolina Central***
All-Time MEAC Women's Indoor Champions	5	Wrestling: 1972, Howard****
MEAC Women's Indoor All-Americans	6	Women's Basketball: 1978, South Carolina State Men's Cross Country: 1980, North Carolina A&T State Women's Outdoor Track & Field: 1980, Howard Women's Cross Country: 1981, Howard Men's Indoor Track & Field: 1981, South Carolina State Women's Indoor Track & Field, 1981, Howard Volleyball: 1984, Howard Women's Tennis: 1986, South Carolina State Softball: 1993, Florida A&M Women's Bowling: 2000, North Carolina A&T State



\*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).

### MEAC Strategic Communications Staff

Patricia Porter-Mayfield, Associate Commissioner for Strategic Communications      mayfieldp@themeac.com  
Jeff Cunningham, Director of Strategic Communications      cunninghamj@themeac.com

**Other Contributors:** Joe McIver, Ed Hill, Jr., Bill Hamilton, Maurice Williams, Lonza Hardy, Jr., Dr. Karen Carty, Keyana Brown, Ceishawn Wright-Jeter

\*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

Mary McLeod Bethune Women's All-Sports Winners

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

\*rescinded by the MEAC for violations





## TOP THREE BY EVENT

### 60-Meter Dash

Kiara Grant	Norfolk State	7.20	2020
Kiara Grant	Norfolk State	7.22	2020
Kayla White	N.C. A&T	7.25	2019

### 200-Meter Dash

Kayla White	N.C. A&T	22.66	2019
Cambrea Sturgis	N.C. A&T	23.19	2019
Kiara Grant	Norfolk State	23.25	2020

### 400-Meter Dash

Francena McCorory	Hampton	50.54	2010
Jessica Wright	Howard	52.16	2023
Alexandria Spruiel	N.C. A&T	52.56	2009

### 800-Meter Run

Martha Bissah	Norfolk State	2:03.99	2019
Ce'aira Brown	Hampton	2:04.72	2016
Benita Taylor	Hampton	2:07.26	2013

### Mile Run

Martha Bissah	Norfolk State	4:43.34	2019
Ce'aira Brown	Hampton	4:51.63	2016
Cynthia Anais	UMES	4:58.21	2012

### 3,000-Meter Run

Martha Bissah	Norfolk State	9:48.53	2019
Janet Okeago	Hampton	9:53.02	2017
Cynthia Anais	UMES	9:55.17	2012

### 5,000-Meter Run

Kadian Dunkley	B-CU	17:06.65	2012
Judith Kibii	Florida A&M	17:10.65	2017
Janet Okeago	Hampton	17:13.23	2017

### 4x400-Meter Relay

Howard	3:35.67	2023
(Wright, Woodruff, Lawson, Turner)		
Howard	3:38.67	2022
(Wright, Scott, Saalih, Gbai)		
Hampton	3:40.22	2016

### Distance Medley

Hampton	11:50.18	2010
(Smith, Calder, Morris, Jones)		
Hampton	11:51.71	2011
(Tate, Taylor, Robinson, Thompson)		
Hampton	11:53.51	2016

### High Jump

Deandra Daniel	Coppin State	1.87m	2015
Jailah Mason	Morgan State	1.86m	2016
Quamecha Morrison	B-CU	1.85m	2018

### Pole Vault

Jazmyn Dennis	Florida A&M	3.80m	2019
Morgan Knight	N.C. A&T	3.74m	2018
Annalise Bond	Delaware State	3.53m	2023

### Long Jump

Kimona Smith	Hampton	6.61m	2012
Shakia Forbes	N.C. A&T	6.32m	2012
Racquel Vassell	Hampton	6.16m	2010

### Triple Jump

Christina Epps	Coppin State	13.07m	2014
Jessica Mills	N.C. Central	12.97m	2006
Bhrandi Crenshaw	N.C. Central	12.62m	2019

### Shot Put

Vanessa Henry	UMES	16.50m	2012
Leitawsha Bronson	Morgan State	15.56m	2009
Ron-Danielle Williams	B-CU	15.29m	2010

### Weight Throw

Vanessa Henry	UMES	19.73m	2012
Mikyla Rodgers	Howard	19.57m	2023
Taylor Gorum	Florida A&M	19.11m	2019

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

## CHAMPIONSHIP RECORDS



Event	Time/Distance	Name	School	Year
Pole Vault	3.80m	Jazmyn Dennis	FAMU	2019
Shot Put	16.50m	Vanessa Henry	UMES	2012
High Jump	1.87m	Deandra Daniel	CSU	2015
Long Jump	6.61m	Kimona Smith	HAM	2012
Triple Jump	13.07m	Christina Epps	CSU	2014
Weight Throw	19.73m	Vanessa Henry	UMES	2012
55 Meters	6.50	Dawnnette Douglas	UMES	1993
60 Meters	7.22	Kiara Grant	NSU	2020
60 Yard Dash	6.84	Wendy Vereen	MSU	1985
200 Meters	22.66	Kayla White	NCAT	2019
220 Yard Dash	25.26	Valencia Tutson	SCSU	1988
400 Meters	50.54	Francena McCorory	HAM	2010
440 Yard Dash	56.12	Sophia Hunter	DSU	1985
500 Meters	1:18.10	Lorraine Dortch	DSU	1984
600 Yard Dash	1:22.80	Michelle Collins	DSU	1986
800 Meters	2:04.72	Ce'aira Brown	HAM	2016
1000 Meters	2:08.37	Kimberly McCollum	DSU	1994
1500 Meters	4:47.90	Jerri Sutton	FAMU	1993
Mile Run	4:51.63	Ce'aira Brown	HAM	2016
3000 Meters	9:53.02	Janet Okeago	HAM	2017
5000 Meters	17:06.65	Kadian Dunkley	B-CU	2012
Two Mile Run	11:32.80	Sonia Robinson	DSU	1986
Three Mile Run	21:50.00	Chery Lewis	FAMU	1981
55 Meter Hurdles	7.70	Kisha King	FAMU	1992
60 Meter Hurdles	8.08	Kellie Wells	HAM	2006
60 Yard Hurdles	7.57	Kisha King	FAMU	1988
400 Meter Relay	3:36.80	Delaware State		1984
Mile Relay	3:48.87	Howard		1987
4X400 Meter Relay	3:38.67	Howard		2022
Two Mile Relay	9:30.60	Delaware State		1986
Distance Medley	11:50.18	Hampton		2010
Pentathlon	3,695	Khemani Roberts	CSU	2017
Individual Points	48	Yvette Lewis	HAM	2006
Team Points	235	Howard		2023

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





# ALL-TIME CHAMPIONS

Year	Champion	Outstanding Performer	Outstanding Coach
2023	Howard	Mercyline Kimaiyo (NSU) - Runner	David Oliver (HOW)
2022	Howard	Tia Jackson (MSU) - Field	David Oliver (HOW)
2020	North Carolina A&T	Kamillah Monroe (CSU) - Runner	Duane Ross (NCAT)
		Minyarn Smalls (HOW) - Field	
2019	North Carolina A&T	Martha Bissah (NSU) - Runner	Duane Ross (NCAT)
		Loren James (NCAT) - Field	
2018	North Carolina A&T	Monae Nichols (B-CU) - Field	Duane Ross (NCAT)
		Kayla White (NCAT) - Runner	
2017	North Carolina A&T	Monae Nichols (B-CU) - Field	Duane Ross (NCAT)
		Martha Bissah (NSU) - Runner	
2016	Hampton	Jonina Brinson (B-CU) - Field	Duane Ross (NCAT)
		Anisa Toppin (NCAT) - Field	
2015	Hampton	Martha Bissah (NSU) - Runner	Duane Ross (NCAT)
		Zoe Ellis (NCCU) - Field	
2014	Hampton	Kiara Howell (NSU) - Field	Maurice Pierce (HAM)
		Ce'aira Brown (HAM) - Runner	
2013	Hampton	Deidra Jordan (B-CU) - Field	Maurice Pierce (HAM)
		Judith Kibii (FAMU) - Runner	
2012	Hampton	Teiara Denmark (Ham) - Field	Maurice Pierce (HAM)
		Ce'aira Brown (Ham) - Runner	
2011	Hampton	Imani Cox (UMES) - Field	Maurice Pierce (HAM)
		Petra Kubesova (UMES) - Runner	
2010	Norfolk State	Shamire Rothmiller (SCSU) - Field	Maurice Pierce (HAM)
		Claudia Calder (HAM) - Field	
2009	Hampton	Cynthia Anaïs (UMES) - Runner	Maurice Pierce (HAM)
2008	UMES/Hampton	Tiera Denmark (HAM) - Field	Maurice Pierce (HAM)
2007	Hampton	Cynthia Anaïs (UMES) - Runner	Maurice Pierce (HAM)
2006	Hampton	Racquel Vassell (HAM) - Runner	Maurice Pierce (HAM)
2005	Hampton	Elaine Rhoades (NSU) - Field	Maurice Pierce (HAM)
2004	Hampton	Francena McCorory (HAM) - Runner	Maurice Pierce (HAM)
2003	Hampton	Racquel Vassell (HAM)	Ernest Barrett (UMES)/Maurice Pierce (HAM)
2002	Delaware State	Merrecia James (UMES)	Maurice Pierce (HAM)
2001	Hampton	Yvette Lewis (HAM)	Maurice Pierce (HAM)
2000	Norfolk State	Yvette Lewis (HAM)	Maurice Pierce (HAM)
1999	Florida A&M	Yvette Lewis (HAM)	Maurice Pierce (HAM)
1998	Bethune-Cookman	Eboni White (HAM)	Maurice Pierce (HAM)
1997	Bethune-Cookman	Jade Fisher (HAM)	Maurice Pierce (HAM)
1996	Coppin State	Agatha Gitudndu (NSU)	Constancia Hayes (DSU)
1995	Florida A&M	Marketa Patockova (BCC)	Mamie Rallins (HAM)
1994	Florida A&M		
1993	Florida A&M		
1992	Maryland Eastern Shore		
1991	Florida A&M	Debbie Dunn (NSU)	Bobby Lang (FAMU)
1990	Morgan State	Nicole Carty (BCC)	Curtis Pittman (BCC)
1989	Howard		
1988	Delaware State		
1987	Delaware State		
1986	Delaware State		
1985	Delaware State		
1984	Delaware State		
1983	Howard	Kanyon Singletary (FAMU)	Leonard Braxton (MSU)
1982	Delaware State	Donya Andrews (FAMU)	William Moultrie (HOW)
1981	Howard	Nicole Toro (HOW)	Fred Soweby (DSU)
		Tanya McCray (DSU)	

# ALL-AMERICANS



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

FIRST TEAM			
Year	Name	School	Event
2020+	Monae Nichols	Bethune-Cookman	Long Jump
	Martha Bissah	Norfolk State	800m
	Kiara Grant	Norfolk State	60m, 200m
	Madeleine Akobundu	North Carolina A&T	60h
	Paula Salmon	North Carolina A&T	60h
	Cambrea Sturgis	North Carolina A&T	60m, 200m
2019	Quamecha Morrison	Bethune-Cookman	High Jump
	Martha Bissah	Norfolk State	800m
	Kayla White	North Carolina A&T	200m*, 60h
2018	Kayla White	North Carolina A&T	60h
2016	Ce'aira Brown	Hampton	800m
2015	Deandra Daniel	Coppin State	High Jump
2012	Lenora Guion-Firmin	Maryland Eastern Shore	400m
2010	Francena McCorory	Hampton	400m*
2009	Francena McCorory	Hampton	400m*
	Alexandria Spruiel	North Carolina A&T	400m
2007	Yvette Lewis	Hampton	Long Jump, Triple Jump
2006	Yvette Lewis	Hampton	Triple Jump*
	Kellie Wells	Hampton	60h
2000	Debbie Dunn	Norfolk State	200m
SECOND TEAM			
Year	Name	School	Event
2019	Kiara Grant	Norfolk State	60m
	Madeleine Akobundu	North Carolina A&T	60h
2018	Quamecha Morrison	Bethune-Cookman	High Jump
2015	Ce'aira Brown	Hampton	800m
	Le'Quisha Parker	Hampton	200m
2014	Nakia Linson	Florida A&M	Long Jump
	Teiara Denmark	Hampton	Long Jump
2013	Benita Taylor	Hampton	800m
2012	Shakia Forbes	North Carolina A&T	Long Jump
2011	Racquel Vassell	Hampton	60h

\*denotes NCAA champion

+All-Americans in 2020 were not designated First Team, Second Team, etc.; all student-athletes who qualified for the NCAA Indoor Championships, which were cancelled due to COVID-19, were named All-Americans.