MEAC Outdoor Track & Field 2018 Season • March 28

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48 YEARS OF EXCELLENCE

USTFCCCA TEAM COMPUTER RANKINGS (Top 100 ranking for national)

MEN (As of 3/20) (new poll comes out 4/9)

NATIONAL

 Institution
 Rank
 Points

 Hampton
 83
 18.98

 North Carolina A&T State
 86
 16.06

REGIONAL Mid-Atlantic

South

Southeast

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

WOMEN (As of 3/20) (As of 3/20) (new poll comes out 4/9)

NATIONAL

InstitutionRankPointsNorth Carolina A&T State8018.35Morgan State8714.9

REGIONAL Mid-Atlantic

South

Southeast

UPCOMING SCHEDULE

Wednesday, March 28

SSU Twilight • Savannah, Ga.

Thursday, March 29 - Saturday, March 31

Florida Relays • Gainesville, Fla.

VertKlasse Meeting • High Point, N.C.

Raleigh Relays • Raleigh, N.C.

Embry-Riddle Invitational • Daytona Beach, Fla.

Friday, April 6 - Saturday, April 7

Hurricane Alumni Invitational • Miami, Fla.

Liberty Invitational • Lynchburg, Va.

Colonial Relays • Williamsburg, Va.

Embry-Riddle Invitational • Daytona Beach, Fla.

Gamecock Invitational . Columbia, S.C.

Hurricane Alumni Invitational . Miami, Fla.

Liberty Invitational • Lynchburg, Va.

Colonial Relays • Williamsburg, Va.

Embry-Riddle Invitational • Daytona Beach, Fla.

Friday, April 13 - Saturday, April 14

Mt. SAC Invitational . Walnut, Calif.

Gamecock Invitational • Columbia, S.C.

Aggie Invitational • Greensboro, N.C.

George Mason Invitational • Fairfax, Va.

Towson Invitational • Towson, Md.

Friday, April 20 - Sunday, April 22

Morgan State Legacy Invitational • Baltimore, Md.

Larry Ellis Invitational • Princeton, N.J.

Yellow Jacket Invitational . Atlanta, Ga.

Duke Invitational • Durham, N.C.

USF Invitational • Tampa, Fla.

USC Open • Columbia, S.C.

CNU Invite . Newport News, Va.

Thursday, April 26 - Sunday, April 29

Savannah State Cheetahs • Savannah, Ga.

Penn Relays • Philadelphia, Pa.

LSU Invitational • Baton Rouge, La.

Tom Jones Memorial Classic • Gainesville, Fla.

Virginia Grand Prix • Charlottesville, Va.

Delaware Open • Newark, Del.





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Special Assistant to the Commissioner: TBA
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The MEAC will name first, second and third all-conference

teams (m/w), outstanding performers in track and field

events and coach of the year based on performance at the

Annual Awards

2018 MEAC Indoor Championships.

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 48th year of intercollegiate competition heading into the 2017-18 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 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.







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 **mcgintyr@themeac.com**.



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Track & Field Performers of the Week

The MEAC will name men's and women's track performers of the week each Wednesday throughout the season in the following categories: track performer and field performer. 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.

May 2

MFN'S	TRACK	PFRFORMER	OF THE WEEK

MEN'S	<u>TRACK PERF</u>	ORMER OF	THE	W
March 21	Tyrell Richard	SC S	State	
March 28	Demek Kemp	SC S	State	
April 4				
April 11				
April 18				
April 25				
May 2				
MFN'S	FIFI D PFRF	ORMFR OF	THF \	M

FIELD PERF	ORMER OF THE W
Vikarie Elliott	Morgan State
Jacob Milton	Norfolk State
	Vikarie Elliott

WOMEN	'S TRACK PERFORM	ER OF THE WEEK
March 21	Asia Joe	Bethune-Cookman
	Janet Okeago	Hampton
March 28	Madeleine Akobundu	N.C. A&T State
	Meshala Morton	Hampton
April 4		
April 11		
April 18		
April 25		

	<u>'S FIELD PERFORIVIE</u>	<u>:R OF THE WEEK</u>
March 21	Bhrandi Crenshaw	N.C. Central
	Dominique Clegget	Howard
March 28	Quamecha Morrison	Bethune-Cookman
April 4 April 11		
April 11		
April 18		
April 25 May 2		
May 2		

MEAC Track & Field Weekly Honors

South Carolina State's Demek Kemp was named the Mid-Eastern Athletic Conference's (MEAC) Men's Track Performer of the Week while Hampton's Meshala Morton and North Carolina A&T State's Madeleine Akobundu were selected as the Co-Women's Track Performers of the Week, the conference announced today. Jacob Milton of Norfolk State has been named the Men's Field Performer of the Week while Bethune-Cookman Quamecha Morrison earned Women's Field Performer of the Week honors.

Kemp (Monroe, Ga.), the 2018 NCAA men's 100-meter indoor bronze medalist, wasted no time in setting the standard in outdoor as he ran a 10.27 last week at the Weems Baskin Relays in Columbia, S.C. Kemp won the 100-meters with the time and ranks sixth nationally. He also participated on the Bulldogs' 4x100-meter team which placed second in a time of 41.04.

Milton (Stuttgart, Germany) posted the fourth-best jump nationally as he won the Weems Baskin high jump invitational division with a mark of 7-2.25. His mark was the best high jump performance for a Spartan in 10 years and is a personal best for the sophomore.

Morton (Stafford, Va.) ran the MEAC's two fastest times in the 100 (11.75) and 200-meter (24.2) races while competing at the Weems Baskin Relays last

Akobundu (Lanham, Md.) ran a MEAC and personal-best 13.44 en route to a second-place finish in the 100-meter hurdles at the Weems Baskin Relays. Her time ranks 15th nationally as of this week.

Morrison (Beaufort, S.C.) is tied for seventh nationally after recording a mark of 5-10 in the high jump at the USF Bulls Invitational. Morrison needed only one attempt to clear the height en route to a first-place finish.

OTHER TOP PERFORMERS (Men)

Jaquaveon Beachem (Bethune-Cookman) placed fifth at the USF Bulls Invitational in the javelin throw measuring 154-4.

Janoi Brown (Maryland Eastern Shore) won the 400 in a time of 51.42, placed second in the 200 at 22.4 and participated on the 4x100 relay team which finished second at the Delaware Classic.

Wesley Kirui (Hampton) won the 3,000-meter run and took third in the 1,500-meter run while registering the second-fastest time in the MEAC for the event (3:55.87).

Elijah Noel (Coppin State) jumped 22-3.75 feet at the Weems Baskin Invita-

Martin Owusu-Antwi (Coppin State) finished fifth overall in the 200 at the Weems Baskin Invitational after running a time of 21.24.

Daenah Pressley (Morgan State) won the high jump open division with a mark of 6-6 at the Weems Baskin Invitational.

Xavier Walton (Bethune-Cookman) won the 3,000-meter steeplechase in 9:43.63 at the USF Bulls Invitational.

OTHER TOP PERFORMERS (Women)

Tre'J Johnson (Coppin State) placed fifth in the triple jump at the Weems Baskin Invitational with a jump of 38-5 feet.

Sade McCreath-Tardiel (Bethune-Cookman) placed second in the 100 with a time of 11.81, placed eighth in the 200 (24.48) and participated on the 4×100 -meter relay team that finished sixth at the USF Bulls Invitational.

Neus Quinonero (Marlyand Eastern Shore) won the 1,500-meter race running a time of 4:57.64 at the Delaware Classic.

Eriell Wallace (Coppin State) clocked a 56.58 in the 400 at the Weems Baskin Invitational.

Indoor Wrap-up

Four MEAC student-athletes participated in the 2018 MEAC Indoor Track and Field Championships held at Texas A&M University in College Station in early March.

South Carolina State sprinter **Demek Kemp** earned the bronze medal with a third-place finish in the 60 meters while North Carolina A&T's **Kayla White** obliterated her personal record in the women's 60-meter hurdles for the fourth time this indoor season by running an 8.06 in the NCAA final for a fifth-place finish.

North Carolina A&T State's **Jaylan Mitchell** finished eighth in the 60 with a 6.69 while Bethune-Cookman's **Quamecha Morrison** tied for tenth place in the high jump Friday.

Prior to the NCAA Championships, North Carolina A&T State became the first MEAC school to repeat in both the men and women since Delaware State in 1987.

Early Returns

South Carolina State's **Demek Kemp** and **Tyrell Richard** are the early leaders as Kemp ranks sixth in the 100 (10.27) while Richard ranks fifth nationally in the 200 (20.78). Richard also ranks 11th in the 400 (46.72).

Hampton's **Janet Okeago** claimed the 10,000-meter championship at the Alan Connie Shamrock Invitational after a run of 37:10.28 on March 15. Her time ranks sixth nationally and first in the MEAC. Bethune-Cookman's **Asia Joe** ran a MEAC and personal-best time of 53.63 in the 400 at the UCF Black and Gold Challenge. Her time currently ranks 15th nationally in the event.

BCU's **Jonathan Moore** ranks 18th in the 400 (1:50.56). Hampton's **Wesley Kirui** ranks third in the 10,000 (30:56.96) followed by Savannah State's **Sahlu Atakilti** (14th) and **Ermias Tewolde** (16th).

Madeleine Akobundu of North Carolina A&T State ranks 15th in the women's 100-meter hurdles while N.C. A&T State's **Todd Townsend** ranks 11th on the men's side.

David Too of Florida A&M ranks 12th in the 3,000-meter steeplechase while BCU's women's 4x100-meter relay team ranks 17th.

Jacob Milton of Norfolk State ranks fourth in the high jump on the men's side while **Quamecha Morrison** of BCU is tied for seventh amongst women. **Akobundu** currently stands at 19th in the long jump while **Lasheon Strozier** of the Aggie men's team ranks 18th in the same event.

Early Favorites

North Carolina A&T State looks to repeat as champions on the men's side as they're looking to win its second straight for the first time since a three-peat from 1994-96. The Lady Aggies have never won consecutive titles on the women's side as they're also looking to repeat.

/ NCAA OUTDOOR \ TRACK & FIELD EAST PRELIMINARY QUALIFIER

May 24-26 • Tampa, Florida

- Top 48 individuals in each event
 - Top 24 relay teams in each event

Based on TFRSS

NCAA OUTDOOR TRACK & FIELD CHAMPIONSHIP QUALIFIER

June 6-9 • Eugene, Ore.

- Top 12 individuals in each event
 - Top 12 relay teams in each event

MEAC OUTDOOR TRACK & FIELD NOTEBOOK ALL-TIME WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS

<u>Year</u>	<u>Champion</u>	Outstanding Performer	Outstanding Coach
			
2017	North Carolina A&T State	Faith Keitany (HAM) - Runner Andrea Aaron (FAMU) - Field	Duane Ross (North Carolina A&T State)
2016	Florida A&M	Andrea Aaron (FAMU) - Field	Darlene Moore (Florida A&M)
		Ce'aira Brown (HAM) - Runner	
2015	Florida A&M	Kiara Howell (NSU) - Field	Darlene Moore (Florida A&M)
		Ce'aira Brown (HAM) - Runner	
2014	Hampton	Kiara Howell (NSU) - Field	Maurice Pierce (Hampton)
		Ce'aira Brown (HAM) - Runner	
2013	Hampton	Ranita Mealer (MSU)/Kiara Howell (NSU) - Field	Maurice Pierce (Hampton)
		Petra Kubesova (UMES) - Runner	
2012	Hampton	Shamire Rothmiller (SCSU) - Field Cynthia Anais (UMES) - Runner	Maurice Pierce (Hampton)
2011	Norfolk State	Shamire Rothmiller (SCSU) - Field Shanneka Claiborne (NSU) - Runner	Rhonda Berard (Norfolk State)
2010	Hampton	Shamire Rothmiller (SCSU) - Field Racquel Vassell (HAM) - Runner	Maurice Pierce (Hampton)
2009	Hampton	Natoya Baird (Coppin State)	Maurice Pierce (Hampton)
2008	Hampton	Raquel Vessel (Hampton)	Maurice Pierce (Hampton)
2007	Hampton	Yvette Lewis (Hampton)	Maurice Pierce (Hampton)
2006	Hampton	Yvette Lewis (Hampton)	Maurice Pierce (Hampton)
2005	Morgan State	Yvette Lewis (Hampton)	Neville Hodge (Morgan State)
2004	Hampton	Ashley Horn (MSU)	Maurice Pierce (Hampton)
2003	Hampton	Nadine Clarke (B-CC)	Maurice Pierce (Hampton)
2002	Hampton	Agatha Gitunda (NSU)	Mamie Rallins (Hampton)
2001	Norfolk State	Severine Tanic (MSU)	Laverne Sweat (NSU)
2000	Florida A&M	Eva Lustigova (NSU)	Donya Little (FAMU)
1999	Florida A&M	Shaunta Pelham (FAMU)	Bobby Lang (FAMU)
1998	Florida A&M	Ayanna Mackin (Howard)	Bobby Lang (FAMU)
1997	Florida A&M	Nicole Carty (B-CC)	Bobby Lang (FAMU)
1996	Coppin State	Michelle Burke (Hampton)	Ernest Barrett (CSU)
1995	North Carolina A&T	Helena Renee (UMES)	Ruth Morris (NCAT)
1994	Florida A&M	Laquita Thrower (SCSU)	Bobby Lang (FAMU)
1993	Florida A&M	Dana Kaigler (FAMU)	Bobby Lang (FAMU)
1992	Maryland-Eastern Shore	Dana Kaigler (FAMU)	Neville Hodge (MSU)
1991	Florida A&M	Kanyon Singletary (FAMU)	Bobby Lang (FAMU)
1990	Morgan State	Tiffany Daughtry (FAMU)	Leonard Braxton (MSU)
1989	Florida A&M	Tiffany Daughtry (FAMU)	Bobby Lang (FAMU
1988	South Carolina State	Cordelia Wilson (SCSU)	Robert Johnson (SCSU)
1987	Florida A&M	Cordelia Wilson (SCSU)	Bobby Lang (FAMU)
1986	South Carolina State	Colette Williams (SCSU)	Robert Johnson (SCSU)
1985	South Carolina State	Christella Bradley (SCSU)	Robert Johnson (SCSU)
1984	South Carolina State	Natalie Anderson (UMES)	Robert Johnson (SCSU)
1983	South Carolina State	Angela Carson (SCSU)	Robert Johnson (SCSU)
1982	South Carolina State	St. Dorcas Turner (DSU)	Robert Johnson (SCSU)

ALL-TIME WOMEN'S OUTDOOR TRACK & FIELD RECORDS

(1971-2018)				
EVENT	RECORD HOLDER (SCHOOL)	THE RECORD	YEAR	
100m	India Brown (North Carolina A&T State)	11.24	2017	
200m	India Brown (North Carolina A&T State) Francena McCorory (Hampton)	22.92	2017 2010	
400m	Francena McCorory (Hampton)	50.58	2009	
800m	Ce'aira Brown (Hampton)	2:02.82	2016	
1500m	Martha Bissah (Norfolk State)	4:27.12	2017	
3,000m	Marta Sterbova (Maryland Eastern Shore)	10:22.80	2001	
3,000mSC	Petra Kubesove (Maryland Eastern Shore)	10:32.96	2013	
5,000m	Faith Keitany (Hampton)	17:06.62	2017	
10,000m	Faith Keitany (Hampton)	34:52.91	2017	
100m hurdles	Jasmine Benbow (Maryland Eastern Shore)	12.51	2010	
400m hurdles	Chloe Davis (Hampton)	57.42	2002	
4x100m relay	Florida A&M	42.61	2010	
4x400m relay	Hampton	3:32.30	2015	
High Jump	Deandra Daniel (Coppin State)	1.87m (6-1.5 ft)	2015	
Pole Vault	Cheleste Taylor (South Carolina State)	5.09m (16-08.25 ft)	2011	
Long Jump	Champagne Bell (Norfolk State)	6.63m (21-9 ft)	2011	
Triple Jump	Yvette Lewis (Hampton)	13.34m (43-09.35 ft)	2007	
Shot Put	Vanessa Henry (Maryland Eastern Shore)	16.48m (52-09.23 ft)	2012	
Discus	Tiffany Daughtry (Florida A&M)	51.09m (167-07.50 ft)	1990	
Javelin	Unknown	49.40m (162-01 ft)	Unknown	
Hammer	Taniya Mitchell (Hampton)	54.37m (178-4 ft.)	2017	
Heptathlon	Nnamdi Davis (Bethune-Cookman)	5,409 points	2017	

ALL-TIME MEN'S OUTDOOR TRACK & FIELD CHAMPIONS

<u>Year</u>	Champion	Outstanding Performer(s)	Outstanding Coach
2017	North Carolina A&T State	Steven Thomas (CSU)-Field Khalil Rmidi Kinini (UMES) - Runner	Duane Ross (North Carolina A&T State)
2016	Bethune-Cookman		Donald Cooper (B-CU)
		Steven Thomas (CSU)-Field Khalil Rmidi Kinini (UMES) - Runner	
2015	Bethune-Cookman	Kenneth Fisher (B-CU)-Field Khalil Rmidi Kinini (UMES) - Runner	Donald Cooper (B-CU)
2014	Bethune-Cookman	Dillon Simon (UMES)-Field Chidi Okezie (HAM) - Runner	Donald Cooper (B-CU)
2013	Hampton	Dillon Simon (UMES)-Field Elias Chesire (FAMU) - Runner	Maurice Pierce (HAM)
2012	Norfolk State	Emmanuel Stewart (MSU)-Field Keith Nkrumah (NSU) Elias Chesire (FAMU) Co-Runner	Kenneth Giles (NSU)
2011	Norfolk State	Damon Dixon (HAM)-Field Mustapha Habbani (UMES)-Runner	Kenneth Giles (NSU)
2010	Norfolk State	Robert Boulware (NCAT)-Field Arnos Kipkosgei (NSU)-Runner	Kenneth Giles (NSU)
2009	Norfolk State	Marlon Woods (NSU)	Kenneth Giles (NSU)
2008	Norfolk State	Marlon Woods (NSU)	Kenneth Giles (NSU)
2007	Norfolk State	Andrew Peresta (Hampton)	Kenneth Giles (NSU)
2006	Norfolk State	David Kemboi (NSU)	Kenneth Giles (NSU)
2005	Florida A&M	Kevin Hicks (FAMU)	Rey Robinson (FAMU)
2004	Hampton/FAMU	Kevin Hicks (FAMU)	Rey Robinson/David Boyd
2003	Hampton	Jerome Mathis (Hampton)	David Boyd (Hampton)
2002	Florida A&M	Ben Chesang (B-CC)	Rey Robinson (FAMU)
2001	Norfolk State	Travis Ridley (Hampton)	Floyd Conley (NSU)
2000	Florida A&M	James Carter (Hampton)	Rey Robinson (FAMU)
1999	Hampton	James Carter (Hampton)	David Boyd (Hampton)
1998	Norfolk State	Claude Toukene (NSU)	Steve Riddick (NSU)
1997	Florida A&M	Mark Sye (MSU)	Bobby Lang (FAMU)
1996	North Carolina A&T	Byron Copeland (SCSU)	Roy Thompson (NCAT)
1995	North Carolina A&T	Marcus Green (DSU)	Roy Thompson (NCAT)
1994	North Carolina A&T	Donald Cooper (SCSU)	Roy Thompson (NCAT)
1993	Florida A&M	Keith Blake (FAMU)	Bobby Lang (FAMU)
1992	Delaware State	Maurice Moore (NCAT)	Joe Burden (DSU)
1991	Florida A&M	David Stargel (FAMU)	Bobby Lang (FAMU)
1990	South Carolina State	Ainsley Blackman (SCSU)	Robert Johnson (SCSU)
1989	Florida A&M	Roderick Gooch (SCSU)	Bobby Lang (FAMU)
1988	Florida A&M	John Branch (How)	Bobby Lang (FAMU)
1987	South Carolina State	Howard Huckaby (FAMU)	Robert Johnson (SCSU)
1986	South Carolina State	Darryl Simmons (SCSU)	Robert Johnson (SCSU)
1985	South Carolina State	Preston Thorpe (SCSU)	Robert Johnson (SCSU)
1984	South Carolina State	Rohan Stuart (SCSU)	Robert Johnson (SCSU)
1983	South Carolina State	David Charlton (Howard)	Robert Johnson (SCSU)
1982	Florida A&M	Javaro Sims (FAMU)	Bobby Lang (FAMU)
1981	South Carolina State	David Charlton (Howard)	Joe Burden (DSU)
1980	Florida A&M	Alphonso Williams (FAMU)	Bobby Lang (FAMU)
1979	South Carolina State	n/a	n/a
1978	South Carolina State	n/a	n/a
1977	South Carolina State	n/a	n/a
1976	Delaware State	n/a	n/a
1974	N.C. Central	n/a	n/a
1973	N.C. Central	n/a	n/a
1972	N.C. Central	n/a	n/a
1372	A.O. Oblita	Ty M	193

ALL-TIME MEN'S TRACK & FIELD RECORDS (1971-2018)			
EVENT	RECORD HOLDER (SCHOOL)	THE RECORD	YEAR
100m	Christopher Belcher (North Carolina A&T State)	9.93	2017
200m	Rocky Cunningham (South Carolina State)	20.00	1978
400m	Chris Brown (Norfolk State)	45.60	2001
800m	Jonathan Moore (Bethune-Cookman)	1:48.25	2016
1500m	Al Williams (Florida A&M)	3:45.76	1981
5000m	Khalil Rmidi Kinini (Maryland Eastern Shore)	14:10.37	2017
110m hurdles	Trey Holloway (Hampton)	13.57	2015
400m hurdles	Leslie Murray (Delaware State)	50.29	2011
3000m SC	Khalil Rmidi Kinini (Maryland Eastern Shore)	8:46.62	2017
10000m	Ronald Korir (Florida A&M)	30:38.46	2017
4x100m relay	North Carolina A&T State	38.48	2017
4x400m relay	North Carolina A&T State	3:06.14	2017
High Jump	Chris Gary (Florida A&M)	2.25m	1993
		(7-04.50 ft)	
Pole Vault	David Stephens (South Carolina State)	5.40m	2004
		(17-08.50 ft)	
Long Jump	Corey Vinston (Norfolk State)	7.93m	2008
		(26-00.25 ft)	
Triple Jump	Michael Tiller (Bethune-Cookman)	16.33m	2017
pie eup	The state of the s		2017
Shot Put	Dillon Simon (Maryland Eastern Shore)	(53-7 ft) 18.64m	2014
SHOL FUL	Dinon Simon (ivialylanu Eastern Silute)		2014
D'	D'II 0: (M)	(61-02.00 ft)	204.5
Discus	Dillon Simon (Maryland Eastern Shore)	55.85m	2014
		(183-03.00 ft)	
Javelin	Kenneth Beache (Howard)	70.85m	1987
		(232.05.50 ft)	
Hammer	Steven Thomas (Coppin State)	52.31m (171-7 ft.)	2017
Decathlon	Alan Mitchell (Morgan State)	6693 points	2005
Individual Points	Byron Copeland (South Carolina State)	32.5 points	1996
Team Points	South Carolina State	240 points	1977