

**University of Maryland Eastern Shore  
Women's Indoor Track & Field  
Performance List 2008-09**

**Women 60 Meter Dash**

Name	Date	Performance	Meet	City/State
Hawkins, Monique	12/13/2008	7.92	UMES Lid Lifter	Princess Anne MD
Hawkins, Monique	01/09/2009	7.96	UMES COACHO Invite	Princess Anne
Hawkins, Monique	01/17/2009	8.01	Navy Invitational	Annapolis, MD
Hawkins, Monique	01/09/2009	8.03	UMES COACHO Invite	Princess Anne
Hawkins, Monique	12/13/2008	8.20	UMES Lid Lifter	Princess Anne MD
James, Amaris	2/12-14/09	8.30	MEAC Championships	Landover, MD
James, Amaris	12/13/2008	8.32	UMES Lid Lifter	Princess Anne MD
James, Amaris	01/09/2009	8.40	UMES COACHO Invite	Princess Anne
Richardson, Makela	12/13/2008	8.55	UMES Lid Lifter	Princess Anne MD
Berry, Alexandra	12/13/2008	8.99	UMES Lid Lifter	Princess Anne MD
Webb, Tiffany	01/09/2009	9.29	UMES COACHO Invite	Princess Anne

**Women 200 Meter Dash**

Name	Performance	Meet	City/State	Date
Hawkins, Monique	25.59	UMES Lid Lifter	Princess Anne MD	12/13/2008
Hawkins, Monique	25.33	Penn State National	State College PA	01/30-31/09
Hawkins, Monique	25.68	Navy Invitational	Annapolis, MD	01/17/2009
Hawkins, Monique	25.83	UMES COACHO Invite	Princess Anne	01/09/2009
Hawkins, Monique	26.01	MEAC Championships	Landover, MD	2/12-14/09
Lendor, Danai	26.63	Great Dane Classic	New York NY	01/23/2009
Lendor, Danai	27.23	Christopher Newport	Virginia Beach, VA	2/7/09
Lendor, Danai	27.29	UMES COACHO Invite	Princess Anne	01/09/2009
James, Amaris	27.56	MEAC Championships	Landover, MD	2/12-14/09
James, Amaris	27.56	UMES Lid Lifter	Princess Anne MD	12/13/2008
James, Amaris	27.75	UMES COACHO Invite	Princess Anne	01/09/2009
Berry, Alexandra	27.94	UMES COACHO Invite	Princess Anne	01/09/2009
James, Amaris	28.35	Christopher Newport	Virginia Beach, VA	2/7/09

**Women 400 Meter Dash**

Name	Performance	Meet	City/State	Date
Monique Hawkins	57.16	MEAC Championships	Landover, MD	2/12-1
Monique Hawkins	57.47	Great Dane Classic	New York NY	01/23/
Danai Lendor	57.50	Great Dane Classic	New York NY	01/23/
Monique Hawkins	57.96	MEAC Championships	Landover, MD	2/12-1
Lendor, Danai	57.99	Penn State National	State College PA	
	01/30-31/09			
Lendor, Danai	58.34	Alex Wilson Invite	South Bend, IN	3/7/09
Lendor, Danai	58.93	MEAC Championships	Landover, MD	2/12-1
Lendor, Danai	59.09	Christopher Newport	Virginia Beach,	
VA	2/7/09			
Jones, Eunice	59.45	Navy Invitational	Annapolis, MD	01/17/
Lendor, Danai	59.58	Navy Invitational	Annapolis, MD	01/17/
Lendor, Danai	59.71	UMES COACHO Invite	Princess Anne	01/09/
Royster, Talithia	1:02.14	MEAC Championships	Landover, MD	2/12-1
James, Amaris	1:02.61	Navy Invitational	Annapolis, MD	01/17/
James, Amaris	1:02.64	Christopher Newport	Virginia Beach,	
VA	2/7/09			
Royster, Talithia	1:05.11	UMES COACHO Invite	Princess Anne	01/09/

#### Women 500 Meter Run

Name	Performance	Meet	City/State	Date
Lendor, Danai	1:17.26	UMES Lid Lifter	Princess Anne MD	
	12/13/2008			

#### Women 800 Meter Run

Name	Performance	Meet	City/State	Date
James, Merrecia	2:08.62	Alex Wilson Invite	South Bend, IN	3/7/09
Whyte, Celia	2:09.52	Alex Wilson Invite	South Bend, IN	3/7/09
James, Merrecia	2:10.95	Armory New Balance	New York, NY	2/6-7/
Jones, Eunice	2:12.13	Alex Wilson Invite	South Bend, IN	3/7/09
Anais, Cynthia	2:11.62	Alex Wilson Invite	South Bend, IN	3/7/09
Whyte, Celia	2:12.74	Armory New Balance	New York, NY	2/6-7/
James, Merrecia	2:13.94	Navy Invitational	Annapolis, MD	01/17/
Anais, Cynthia	2:14.31	Armory New Balance	New York, NY	2/6-7/
Anais, Cynthia	2:15.23	Penn State National	State College PA	
	01/30-31/09			
James, Merrecia	2:15.31	MEAC Championships	Landover, MD	2/12-1
James, Merrecia	2:15.72	UMES Lid Lifter	Princess Anne MD	12/13/2
Whyte Celia	2:15.87	MEAC Championships	Landover, MD	2/12-1
Anais, Cynthia	2:16.21	Navy Invitational	Annapolis, MD	01/17/
Anais, Cynthia	2:16.24	MEAC Championships	Landover, MD	2/12-1
Jones, Eunice	2:17.08	MEAC Championships	Landover, MD	2/12-1
Jones, Eunice	2:19.02	Penn State National	State College PA	
	01/30-31/09			
Anais, Cynthia	2:19.35	UMES Lid Lifter	Princess Anne MD	12/13/2
Anais, Cynthia	2:20.06	Great Dane Classic	New York NY	1/23/2

Whyte, Celia	2:20.69	Penn State National	State College PA	
01/30-31/09				
Jones, Eunice	2:20.92	UMES Lid Lifter	Princess Anne MD	12/13/2
Jones, Eunice	2:21.26	Great Dane Classic	New York NY	01/23/
Whyte, Celia	2:21.38	UMES COACHO Invite	Princess Anne	01/09/
Thomas, Tamica	2:22.38	Christopher Newport	Virginia Beach,	
VA	2/7/09			
Anais, Cynthia	2:23.04	UMES COACHO Invite	Princess Anne	01/09/
Jones, Eunice	2:25.35	UMES COACHO Invite	Princess Anne	01/09/
Thomas, Tamica	2:27.21	UMES COACHO Invite	Princess Anne	01/09/
Whyte, Celia	DNF	Navy Invitational	Annapolis, MD	01/17/

#### Women 1 Mile Run

Name	Performance	Meet	City/State	Date
James, Merrecia	5:00.44	MEAC Championships	Landover, MD	2/12-1
James, Merrecia	5:05.04	Penn State National	State College PA	
01/30-31/09				
James, Merrecia	5:13.15	UMES COACHO Invite	Princess Anne	01/09/
Whyte, Celia	5:14.72	MEAC Championships	Landover, MD	2/12-1
Thomas, Tamica	5:17.34	Navy Invitational	Annapolis, MD	01/17/
Thomas, Tamica	5:18.79	MEAC Championships	Landover, MD	2/12-1
Thomas, Tamica	5:20.23	Great Dane Classic	New York NY	01/23/
Whyte, Celia	5:24.76	UMES Lid Lifter	Princess Anne MD	12/13/2
Jones, Eunice	5:26.58	Christopher Newport	Virginia Beach, VA	2/7/09

#### Women 3000 Meter Run

Name	Date	Performance	Meet	City/State
James, Merrecia	2-12-14/09	10:20.76	MEAC Championships	Landover, MD
James, Merrecia	1/23/2009	10:31.80	Great Dane Classic	New York NY
Thomas, Tamica	2-12-14/09	10:50.36	MEAC Championships	Landover, MD
Jones, Eunice	2-12-14/09	10:52.57	MEAC Championships	Landover, MD
Thomas, Tamica	1/23/2009	10:56.42	Great Dane Classic	New York NY
Thomas, Tamica	12/13/2008	11:03.51	UMES Lid Lifter	Princess Anne MD
Webb, Tiffany	12/13/2008	11:52.92	UMES Lid Lifter	Princess Anne MD
Abrantes, Jessica	2/7/09	12:11.05	Christopher Newport	Virginia Beach
Abrantes, Jessica	12/13/2008	12:46.01	UMES Lid Lifter	Princess Anne MD
Abrantes, Jessica	01/09/2009	13:30.04	UMES COACHO Invite	Princess Anne
Webb, Tiffany	01/09/2009	13:30.93	UMES COACHO Invite	Princess Anne

**Women 5000 Meter Run**

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Name                Performance    Meet                City/State
    Date
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Jessica Abrantes    22:27.14      Great Dane Classic  New York NY
    1/23/2009
Tiffany Webb        23:37.68      Great Dane Classic  New York NY
    1/23/2009
  
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**Women 4x400 Meter Relay**

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Name                Performance    Meet                City/State
    Date
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UMES 'A' (Celia-Monique-Danai-Cynthia)3:49.08 MEAC Championships  Landover,
MD      2/12-14-09
UMES'A' (Eunice-Danai-Celia-Merrecia)  3:54.09 Penn State National  State
Coll. PA      01/30-31/09
UMES'A' (Hawkins-Lendor-Jones-James)    3:54.29 Navy Invitational
    Annapolis, MD 01/17/2009
UMES'A' (Hawkins-M.James-Anais-Lendor)  3:55.91 Great Dane Classic  New York
NY      01/23/2009
UMES'A' (Anais-Hawkins-M.James-Jones)   3:56.80 UMES Lid Lifter      Princess
Anne MD 12/13/2008
UMES'C' (Anais-Webb-Royster-Abrantes)   4:31.92 Navy Invitational
    Annapolis, MD 01/17/2009
UMES'C' (Amaris-Webb-Royster-Abrantes)  4:33.92 Great Dane Classic  New York
NY      01/23/2009
UMES'B' (Berry-Lendor-Anais-Whyte)      4:07.07 UMES COACHO Invite  Princess
Anne      01/09/2009
UMES'A' (A.James-Hawkins-Jones-M.James)4:09.70 UMES COACHO Invite  Princess
Anne      01/09/2009
  
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**Women Distance Medley**

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Name                Performance    Meet                City/State
    Date
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UMES'A' (Anais-Lendor-Whyte-James)12:02.01 MEAC Championships  Landover,
MD      2/12-14-09
UMES'A' (Anais-Whyte-Jones-James) 12:15.84 Great Dane Classic  New York
NY      1/23/2009
  
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**Women Pole Vault**

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Name	Performance	Meet	City/State
Date			
Berry, Alexandra	2.14m	UMES Lid Lifter	Princess Anne MD
12/13/2008			

**Women Shot Put**

Name	Performance	Meet	City/State
Date			
Woodward, Saisha	14.79m	UMES Lid Lifter	Princess Anne MD
12/13/2008			
Wheeler, Joycelyn	14.31m	UMES Lid Lifter	Princess Anne MD
12/13/2008			
Woodward, Saisha	14.26m	MEAC Championships	Landover, MD
2/12-14-09			
Woodward, Saisha	13.99m	Navy Invitational	Annapolis, MD
01/17/2009			
Woodward, Saisha	13.95m	Christopher Newport	Virginia Beach,
VA 2/7/09			
Woodward, Saisha	13.74m	UMES COACHO Invite	Princess Anne
01/09/2009			
Wheeler, Joycelyn	13.62m	UMES COACHO Invite	Princess Anne
01/09/2009			
Woodward, Saisha	13.46m	Great Dane Classic	New York NY
01/23/2009			
Woodward, Saisha	13.38m	Penn State National	State College PA
01/30-31/09			
Henry, Vanessa	13:03m	MEAC Championships	Landover, MD
2/12-14-09			
Wheeler, Joycelyn	12.99m	Navy Invitational	Annapolis, MD
01/17/2009			
Henry, Vanessa	12.94m	Christopher Newport	Virginia Beach,
VA 2/7/09			
Wheeler, Joycelyn	12.47m	Christopher Newport	Virginia Beach,
VA 2/7/09			
Wheeler, Joycelyn	12.45m	Great Dane Classic	New York NY
01/23/2009			
Wheeler, Joycelyn	11.71m	MEAC Championships	Landover, MD
2/12-14-09			

**Women Weight Throw**

Name	Performance	Meet	City/State
Date			
Woodward, Saisha	14.67m	Christopher Newport	Virginia Beach
2/7/09			
Woodward, Saisha	14.49m	MEAC Championships	Landover, MD
2/12-14-09			
Henry, Vanessa	14.21m	Christopher Newport	Virginia Beach
2/7/09			
Wheeler, Joycelyn	13.75m	UMES COACHO Invite	Princess Anne
01/09/2009			
Woodward, Saisha	13.72m	UMES Lid Lifter	Princess Anne MD
12/13/2008			
Henry, Vanessa	13.66m	MEAC Championships	Landover, MD
2/12-14-09			
Woodward, Saisha	13.56m	Navy Invitational	Annapolis, MD
01/17/2009			
Wheeler, Joycelyn	13.48m	Great Dane Classic	New York NY
01/23/2009			

Woodward, Saisha 01/09/2009	13.37m	UMES COACHO Invite	Princess Anne
Wheeler, Joycelyn Anne MD 12/13/2008	13.29m	UMES Lid Lifter	Princess
Wheeler, Joycelyn MD 2/12-14-09	13.22m	MEAC Championships	Landover,
Wheeler, Joycelyn Beach 2/7/09	12.52m	Christopher Newport	Virginia

**University of Maryland Eastern Shore  
Men's Indoor Track & Field  
Performance List 2008-09**

**Men 55 Meter Dash**

Name	Date	Performance	Meet	City/State
Damian Miles	01/23/2009	6.83	Great Dane Classic	New York NY
Elmer, Charles	2/7/09	6.86	Christopher Newport	Virginia Beach

**Men 60 Meter Dash**

Name	Date	Performance	Meet	City/State
Fothergill, Allodin	12/13/2008	6.83	UMES Lid Lifter	Princess Anne MD
Fothergill, Allodin	12/13/2008	6.89	UMES Lid Lifter	Princess Anne MD
Miles, Damian	01/09/2009	6.97	UMES COACHO Invite	Princess Anne
Fothergill, Allodin	01/19/2008	6.98	MD Terrapin Invite	Landover, MD
Fothergill, Allodin	01/19/2008	6.98	MD Terrapin Invite	Landover, MD
Miles, Damian	01/09/2009	7.02	UMES COACHO Invite	Princess Anne
Miles, Damian	12/13/2008	7.03	UMES Lid Lifter	Princess Anne MD
Miles, Damian	01/19/2008	7.13	MD Terrapin Invite	Landover, MD

**Men 60 Meter Hurdles**

Name	Date	Performance	Meet	City/State
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Dix, Jermol 8.51 MEAC Championships Landover, MD  
2/12-14/09

**Men 200 Meter Dash**

Name	Performance	Meet	City/State	Date
Gauntlett, Akheem 01/30-31/09	21.80	Penn State National	State College PA	
Gauntlett, Akheem	22.14	MEAC Championships	Landover, MD	2/12-1
Miles, Damian	22.14	UMES COACHO Invite	Princess Anne	01/09/
Gauntlett, Akheem	22.18	MEAC Championships	Landover, MD	2/12-1
Miles, Damian	22.29	MD Terrapin Invite	Landover, MD	01/19/
Keane-Dawes, Thomas	22.34	Great Dane Classic	New York NY	01/23/
Miles, Damian	22.37	UMES Lid Lifter	Princess Anne MD	12/13/2
Keane-Dawes, Thomas	22.63	MD Terrapin Invite	Landover, MD	01/19/
Brown, Jonathan	24.26	UMES Lid Lifter	Princess Anne MD	12/13/2
Miles, Damien	DNF	Great Dane Classic	New York NY	01/23/

**Men 400 Meter Dash**

Name	Performance	Meet	City/State	Date
Allodin Fothergill	46.75	Alex Wilson Invite	South Bend, IN	3/7/09
Allodin Fothergill	47.46	Great Dane Classic	New York NY	01/23/
Jones-Burden, Paul 01/30-31/09	48.68	Penn State National	State College PA	
Paul Jones-Burden	49.24	Great Dane Classic	New York NY	01/23/
Paul Jones-Burden	49.30	Alex Wilson Invite	South Bend, IN	3/7/09
Thomas Keane-Dawes	49.34	Great Dane Classic	New York NY	01/23/
Keane-Dawes, Thomas	49.42	Armory New Balance	New York, NY	2/6-7/
Keane-Dawes, Thomas 01/30-31/09	49.87	Penn State National	State College PA	
Jones-Burden, Paul	49.95	MEAC Championships	Landover, MD	2/12-1
Jones-Burden, Paul	50.02	MD Terrapin Invite	Landover, MD	01/19/
Corey Alexander	50.08	Great Dane Classic	New York NY	01/23/
Alexander, Corey 01/30-31/09	50.39	Penn State National	State College PA	
Keane-Dawes, Thomas	50.43	MD Terrapin Invite	Landover, MD	01/19/
Alexander, Corey	50.70	MEAC Championships	Landover, MD	2/12-1
Alexander, Corey	50.95	UMES COACHO Invite	Princess Anne	01/09/
Keane-Dawes, Thomas	51.56	UMES Lid Lifter	Princess Anne MD	12/13/2
Gomez-Jordan, Julian	53.16	MD Terrapin Invite	Landover, MD	01/19/
Alexander, Corey	DQ	MD Terrapin Invite	Landover, MD	01/19/

**Men 500 Meter Run**

Name	Performance	Meet	City/State	Date
Fothergill, Allodin	1:04.24	UMES COACHO Invite	Princess Anne	01/09/
Jones-Burden, Paul	1:06.01	UMES COACHO Invite	Princess Anne	01/09/
Jones-Burden, Paul	1:07.37	UMES Lid Lifter	Princess Anne MD	12/13/2
Dix, Jermol 01/30-31/09	1:08.37	Penn State National	State College PA	

Gomez-Jordan, Julian	1:09.05	UMES Lid Lifter	Princess Anne MD	12/13/2
Gomez-Jordan, Julian	1:09.98	UMES COACHO Invite	Princess Anne	01/09/

**Men 800 Meter Run**

Name	Date	Performance	Meet	City/State
Gomez-Jordan, Julian	2/7/09	2:03.67	Christopher Newport	Virginia Beach
Maritim, Shadrack	12/13/2008	2:06.20	UMES Lid Lifter	Princess Anne MD
Maritim, Shadrack	01/09/2009	2:06.24	UMES COACHO Invite	Princess Anne
Kirongo, Solomon	01/09/2009	2:10.59	UMES COACHO Invite	Princess Anne

**Men 1 Mile Run**

Name	Performance	Meet	City/State	Date
Kiprotich, Amon	4:24.71	Penn State National	State College PA	
Sang, Peter	4:25.49	Penn State National	State College PA	
Sang, Peter	4:30.69	MEAC Championships	Landover, MD	2/12-1
Kiprotich, Amon	4:34.36	UMES COACHO Invite	Princess Anne	01/09/
Sang, Peter	4:35.48	UMES COACHO Invite	Princess Anne	01/09/
Maritim, Shadrack	4:44.31	MD Terrapin Invite	Landover, MD	01/19/
Kirongo, Solomon	4:47.16	MEAC Championships	Landover, MD	2/12-1

**Men 3000 Meter Run**

Name	Date	Performance	Meet	City/State
Kiprotich, Amon	2/7/09	8:48.57	Christopher Newport	Virginia Beach
Sang, Peter	01/19/2008	8:52.55	MD Terrapin Invite	Landover, MD
Kiprotich, Amon	2/12-14/09	8:54.50	MEAC Championships	Landover, MD
Sang, Peter	2/7/09	8:56.59	Christopher Newport	Virginia Beach
Sang, Peter	2/12-14/09	8:58.74	MEAC Championships	Landover, MD
Kiprotich, Amon	12/13/2008	9:06.42	UMES Lid Lifter	Princess Anne MD
Sang, Peter	12/13/2008	9:12.03	UMES Lid Lifter	Princess Anne MD
Kiprotich, Amon	01/19/2008	9:19.92	MD Terrapin Invite	Landover, MD

Kirongo, Solomon	9:34.75	MD Terrapin Invite	Landover, MD
01/19/2008			
Solomon Kirongo	9:36.69	Great Dane Classic	New York NY
01/23/2009			
Kirongo, Solomon	9:37.41	UMES Lid Lifter	Princess Anne MD
12/13/2008			

#### Men 5000 Meter Run

Name	Date	Performance	Meet	City/State
Peter Sang	01/23/2009	15:09.63	Great Dane Classic	New York NY
Amon Kiprotich	2/12-14/09	15:19.47	MEAC Championships	Landover, MD
Peter Sang	2/12-14/09	15:24.76	MEAC Championships	Landover, MD
Amon Kiprotich	01/23/2009	15:40.92	Great Dane Classic	New York NY
Kirongo, Solomon	2/7/09	16:49.36	Christopher Newport	Virginia Beach
Kirongo, Solomon	2/12-14/09	17:02.91	MEAC Championships	Landover, MD
Kirongo, Solomon	01/09/2009	17:24.58	UMES COACHO Invite	Princess Anne

#### Men 55 Meter Hurdles

Name	Date	Performance	Meet	City/State
Jermol Dix	01/23/2009	8.03	Great Dane Classic	New York NY
Jamahl Strachan	01/23/2009	8.59	Great Dane Classic	New York NY

#### Men 60 Meter Hurdles

Name	Performance	Meet	City/State	Date
Dix, Jermol	8.48	UMES Lid Lifter	Princess Anne MD	12/13/2008
Dix, Jermol	8.52	UMES Lid Lifter	Princess Anne MD	12/13/2008
Dix, Jermol	8.60	UMES COACHO Invite	Princess Anne	01/09/2009
Dix, Jermol	8.61	UMES COACHO Invite	Princess Anne	01/09/2009
Dix, Jermol	8.63	MD Terrapin Invite	Landover, MD	01/19/2008
Dix, Jermol	8.69	Penn State National	State College PA	
01/30-31/09				
Dix, Jermol	8.71	MD Terrapin Invite	Landover, MD	01/19/2008
Strachan, Jamahl	9.36	UMES COACHO Invite	Princess Anne	01/09/2009
Dix, Jermol	8.60	UMES COACHO Invite	Princess Anne	01/09/2009
Strachan, Jamahl	9.44	UMES COACHO Invite	Princess Anne	01/09/2009

**Men 4x400 Meter Relay**

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Name                Performance    Meet
  City/State        Date
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UMES 'A' (Thomas-Allodin-Corey-Paul)  3:14.80 Penn State National    State
Coll.PA              01/30-31/09
UMES 'A' (Thomas-Paul-Akheem-Corey)   3:16.38 Armory New Balance    New York,
NY                   2/6-7/09
UMES 'A' (Thomas-Allodin-Akheem-Paul) 3:16:52 MEAC Championships    Landover,
MD                   2/12-14/09
UMES 'A' (Thomas-Paul-Julian-Corey)    3:20.19 Great Dane Classic      New York
NY                   01/23/2009
UMES 'A' (Dix-Fothergill-Paul-Thomas)  3:26.25 UMES Lid Lifter          Princess
Anne MD             12/13/2008
UMES 'A' (Miles-Thomas-Alexander-Paul) 3:26.55 MD Terrapin Invite       Landover,
MD                   01/19/2008
UMES 'A' (Dix-Fothergill-Julian-Paul)  3:27.42 UMES COACHO Invite          Princess
Anne                 01/09/2009
UMES 'B' (Strachan-Dix-Moore-Maritim)  3:31.39 Great Dane Classic      New York
NY                   01/23/2009
UMES 'B' (Thomas-Miles-Alexander-Maritim) 3:33.17 UMES COACHO Invite          Princess
Anne                 01/09/2009
UMES 'B' (Brown-Miles-Moore-Maritim)   3:36.00 UMES Lid Lifter          Princess
Anne MD             12/13/2008
UMES 'B' (Dix-Moore-Maritim-Strachan)  3:36.80 MD Terrapin Invite       Landover,
MD                   01/19/2008

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**Men Distance Medley Relay**

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Name                Performance    Meet
  City/State        Date
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UMES 'A' (Amon-Paul-Julian-Peter)      10:50.70 MEAC Championships Landover,
MD                   2/12-14/09
UMES 'A' (Sang-Alexander-Maritim-Kiprotich)10:51.93 UMES COACHO Invite Princess
Anne                 01/09/2009

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**Men Pole Vault**

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Name                Performance    Meet                City/State        Date
Strachan, Jamahl    4.10m         MEAC Championships Landover, MD      2/12-1
Strachan, Jamahl    3.96m         UMES COACHO Invite Princess Anne      01/09/
Strachan, Jamahl    3.51m         UMES Lid Lifter   Princess Anne MD  12/13/2
Dix, Jermol         2.85m         Christopher Newport Virginia Beach,
VA                   2/7/09

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**Men High Jump**

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Name                Performance    Meet                City/State        Date

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Moore, James	2.05m	MEAC Championships	Landover, MD	2/12-1
Moore, James	2.01m	Penn State National	State College PA	
01/30-31/09				
Moore, James	1.98m	UMES Lid Lifter	Princess Anne MD	12/13/2
Jamahl Strachan	1.96m	Great Dane Classic	New York NY	01/23/
Strachan, Jamahl	1.95m	UMES COACHO Invite	Princess Anne	01/09/
Strachan, Jamahl	1.93m	MD Terrapin Invite	Landover, MD	01/19/
Moore, James	1.93m	MD Terrapin Invite	Landover, MD	01/19/
Strachan, Jamahl	1.85m	MEAC Championships	Landover, MD	2/12-1

### Men Long Jump

Name	Performance	Meet	City/State	Date
Elmer, Charles	7.31m	UMES Lid Lifter	Princess Anne MD	12/13/2
Elmer, Charles	7.01m	Penn State National	State College PA	
01/30-31/09				
Elmer, Charles	6.87m	MEAC Championships	Landover, MD	2/12-1
Dix, Jermol	6.71m	UMES Lid Lifter	Princess Anne MD	12/13/2
Dix, Jermol	6.32m	MEAC Championships	Landover, MD	2/12-1
Dix, Jermol	6.51m	UMES COACHO Invite	Princess Anne	01/09/
Dix, Jermol	6.16m	Penn State National	State College PA	
01/30-31/09				
Brown, Jonathan	5.33m	Christopher Newport	Virginia Beach,	
VA 2/7/09				
Brown, Jonathan	5.26m	MEAC Championships	Landover, MD	2/12-1

### Men Triple Jump

Name	Date	Performance	Meet	City/State
Moore, James	2/12-14/09	13.91m	MEAC Championships	Landover, MD
Moore, James	12/13/2008	13.46m	UMES Lid Lifter	Princess Anne MD

### Men Shot Put

Name	Date	Performance	Meet	City/State
Dix, Jermol	2/7/09	10.42m	Christopher Newport	Virginia Beach
Moore, James	01/09/2009	10.05m	UMES COACHO Invite	Princess Anne
Strachan, Jamahl	2/7/09	9.62m	Christopher Newport	Virginia Beach
Dix, Jermol	01/09/2009	9.56m	UMES COACHO Invite	Princess Anne
Strachan, Jamahl	01/09/2009	9.23m	UMES COACHO Invite	Princess Anne

Agbor-Eyong, Harrison	8.47m	UMES COACHO Invite	Princess Anne
01/09/2009			
Brown, Jonathan	6.48m	UMES COACHO Invite	Princess Anne
01/09/2009			

**Men Weight Throw**

Name	Date	Performance	Meet	City/State
Moore, James	2/12-14/09	11.09m	MEAC Championships	Landover, MD
Agbor-Eyong, Harrison	01/19/2008	10.56m	MD Terrapin Invite	Landover, MD
Moore, James	2/7/09	10.90m	Christopher Newport	Virginia Beach
Agbor-Eyong, Harrison	2/7/09	9.68m	Christopher Newport	Virginia Beach
Agbor-Eyong, Harrison	01/09/2009	6.95m	UMES COACHO Invite	Princess Anne

**Men Heptathlon**

Name	Date	Performance	Meet	City/State
Strachan, Jamahl	2/12-14/09	4,402	MEAC Championships	Landover, MD
Dix, Jermol	2/12-14/09	4,331	MEAC Championships	Landover, MD