

11/21/08



**2009 MEAC INDOOR TRACK & FIELD CHAMPIONSHIPS
PRINCE GEORGE'S SPORTS & LEARNING COMPLEX LANDOVER, MARYLAND
FEBRUARY 13-14, 2009**

2009 Indoor Track & Field Championships Qualifying Marks

Women

Weight Throw	60M (7.73)	200M (25.56)	400M (57.75)	800M (2:19.82)	Mile (5:23.34)	3000M (10:54.05)	60 MH (8.95)	High Jump (1.58M)	Long Jump (5.48M)	Triple Jump (11.52M)	Shot Put (12.53M)	Pole Vault (2.23M)	Distant Medley (13:21.02)	4X400 (3:58.99)
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Pentathlon

60MH	High Jump	Shot Put	Long Jump	800M	Total 2978
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Men

60M (7.00)	200M (22.40)	400M (50.83)	800M (1:56.94)	Mile (4:28.02)	5000M (16:31.48)	60 MH (8.37)	High Jump (1.90M)	Long Jump (6.83M)	Triple Jump (14.20M)	Shot Put (13.66M)	Pole Vault (3.42M)	Distant Medley (11:01.55)	4X400 (3:20.12)
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Weight Throw	3000M
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Heptathlon

60M	Long Jump	Shot Put	High Jump	60MH	Pole Vault	1000M	Total 3881
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Red font indicates new events. Each institution is allowed a maximum of three athletes in a new event.

11/21/08



**2009 MEAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS
NORTH CAROLINA A&T STATE UNIVERSITY, GREENSBORO, NORTH CAROLINA
APRIL 30 – MAY 2, 2009**

2009 Outdoor Track & Field Championships Qualifying Marks

Women

100M (12.15)	200M (24.51)	400M (56.80)	800MR (2:18.00)	1500MR (5:02.38)	5000M (20:08.16)	100MH (14.58)	400MH (1:06.75)	High Jump (1.59M)	Long Jump (5.48M)	Triple Jump (11.63M)	Shot Put (12.30M)	Discus (33.79M)	Javelin (30M)	4 X 100 (47.50)	4 X 400 (3:50.73)	Pole Vault (2.28M)	3000M SC
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HEPTATHLON

100MH	High Jump	Shot Put	200M	Long Jump	Javelin	800M	Total 4047
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Men

100M (10.96)	200M (21.90)	400M (48.51)	800MR (1:56.00)	1500MR (4:02.00)	5000M (16:31.12)	110MH (14.81)	400MH (54.37)	High Jump (1.89M)	Long Jump (7.01M)	Triple Jump (14.20M)	Shot Put (14.02M)	Discus (40.17M)	Javelin (44.65M)	4 X 100 (43.95)	4 X 400 (3:16.62)	Pole Vault (3.47M)
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3000M SC (10:38.84)

DECATHLON

100M	Long Jump	Shot Put	High Jump	400M	110MH	Discus	Pole Vault	Javelin	1500MR	Total 5230
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