

HAMPTON UNIVERSITY

2009-10 INDOOR TRACK & FIELD



2010 MEAC INDOOR CHAMPIONSHIPS
THURSDAY-SATURDAY, FEB. 11-13, 2010
PRINCE GEORGE'S SPORTS & LEARNING COMPLEX
LANDOVER, Md.

Hampton University Quick Facts

General

Location	Hampton, Va.
Founded	1868
Enrollment	6,156
Affiliation	NCAA Div. I
Conference	MEAC
President	Dr. William R. Harvey
Dir. Of Athletics	Lonza Hardy Jr.
SWA	Tianna Scott
Athletic Phone	(757) 727-5641
Athletic Fax	(757) 727-6995
Mascot	Pirates/Lady Pirates
Colors	Royal Blue and White
Track	Boo Williams Sportsplex

Sports Information

(Email addresses @hamptonu.edu)

Track Contact	Jeff Cunningham
Office Phone	(757) 727-5811
Email	jeffrey.cunningham
SID	Maurice Williams
SID Office Phone	(757) 727-5757
SID Email	maurice.williams
SID Fax	(757) 727-5813
Web Site	www.hamptonpirates.com
Overnight Add.	Hampton University Office of Sports Info. 194 Holland Hall Hampton, VA 23668

Coaching Staff

Men's Coach	Steven Lewis
Women's Coach	Maurice Pierce
Best Time to Reach	Contact SID
Assistant Coaches	Petrice Beasley (M) Raymond Graham (W) Aldrin Gray (W) Chris McCoy (W) Joseph Buggs (W) Krystle Medlin (W)

Team Information

2008-09	XC—Pirates 7th, Lady Pirates 3rd in MEAC In.—Pirates 3rd, Lady Pirates MEAC Champs Out.—Pirates 2nd, Lady Pirates MEAC Champs
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www.hamptonpirates.com

THIS WEEKEND'S MEET

The Hampton University men's and women's track & field teams will compete in the 2010 MEAC Indoor Championships this Thursday, Friday and Saturday at the Prince George's Sports & Learning Complex in Landover, Md. The Lady Pirates will be looking for their eighth consecutive MEAC indoor championship, while the Pirates will look to build on last year's third-place finish in the team standings. The Pirates and lady Pirates won a combined eight event titles at the 2009 MEAC Indoor Championships. **Racquel Vassell (Irvington, N.J.)** was named the meet's Most Outstanding Performer after winning three titles, and Maurice Pierce was named Most Outstanding Coach.

LAST TIME OUT ...

NEW YORK, N.Y. (Feb. 5-6, 2010) — The Hampton University men's and women's track & field teams competed this past Friday and Saturday in the Armory New Balance Collegiate Invitational at the Armory Track & Field Center, picking up three event titles.

The Lady Pirates won a pair of event titles, as **Racquel Vassell (Irvington, N.J.)** won the long jump college competition with an NCA provisional qualifying length of 6.16 meters. The distance medley relay team won the college race, with **Jahlisa Smith (Plainfield, N.J.)**, **Claudia Calder (Kingston, Jamaica)**, **Janean Morris (Brooklyn, N.Y.)** and **Kenya Jones (Chesapeake, Va.)** taking the gold in 11:50.18.

Damon Dixon (Great Falls, Va.) won the Pirates' lone event title, taking the high jump eastern event with a school-record height of 2.04 meters. William Phillips set the old mark at 2.03 meters in 2003.

Francena McCorory (Hampton, Va.) finished second in the 400-meter dash, running a 52.83. Jones, Calder, Morris and Smith also finished fourth in the 4x800-meter relay, running a 9:02.04. Calder also finished in a tie for fifth in the high jump college event, jumping 1.65 meters.

Predist Walker (Suffolk, Va.) finished second in the consolation heat of the 60-meter hurdles running a 7.91 and he was also on the 4x200-meter relay team — along with **Devon Brown (Laurel, Md.)**, **Christopher Williams** and **Justin Battle (Somerset, N.J.)** — that finished second in the college race with a combined 1:27.70.

Walker also finished ninth in the long jump college event, jumping 7.11 meters.

Xavier Fraction (Sewell, N.J.), **David Kimani (Kenya)**, **Mike Davenport (Pleasantville, N.J.)** and **Lawrence Campbell (Bronx, N.Y.)** finished ninth in the 4x800-meter relay championship race with a combined time of 7:51.29.

Texas A&M swept both team titles, with the men scoring 99 points and the women tallying 107. The Lady Pirates finished 17th with 18 points, while the Pirates finished in a tie for 25th with Iona with eight points.

2009-10 HAMPTON UNIVERSITY TRACK & FIELD

HAMPTON UNIVERSITY PIRATES TRACK 2009-10 INDOOR SEASON BEST TIMES/MARKS

60d	A. Anderson	6.77
200m	A. Anderson	21.69
400m	D. Brown	50.49
500m	L. Campbell	1:04.77
800m	L. Campbell	1:53.84
Mile	D. Kimani	4:20.60
1000m	X. Fraction	2:29.65
3000m	D. Kimani	8:38.81
5000m	D. Kimani	15:01.74
60h	P. Walker	7.87*
Dist.	Hampton 'A'	10:17.26
4x200	Hampton 'A'	1:27.70
4x400	Hampton 'A'	3:20.94
4x800	Hampton 'A'	7:48.95
LJ	D. Dixon	7.26m
HJ	D. Dixon	2.04m
TJ	P. Walker	14.43m
Hept.	D. Dixon	5,236

*NCAA provisional qualifier



2009-10 INDOOR SEASON INDIVIDUAL CHAMPIONS

Navy Invitational (Dec. 5, 2009)

P. Walker	LJ	6.98m
P. Walker	60h	7.90*

Golden Flash Gala (Dec. 11, 2009)

P. Walker	LJ	7.25m
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NYC Gotham Cup (Jan. 15, 2010)

X. Fraction	800m	1:54.69
P. Walker	60h	7.93

UNC Classic (Jan. 23, 2010)

Hampton	Dist.	10:26.44
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Penn State Nat'l (Jan. 29-30, 2010)

D. Dixon	Hept.	5,236
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Armory Inv. (Feb. 5-6, 2010)

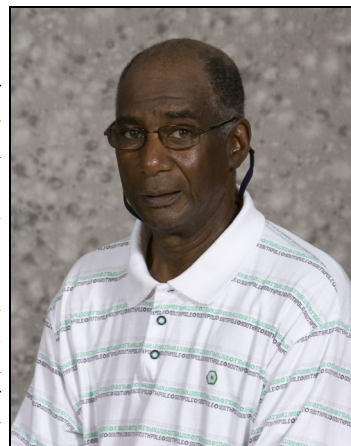
D. Dixon	HJ	2.04m
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PIRATES HEAD COACH STEVEN LEWIS

Steve Lewis is entering his second season as the men's cross country and track & field coach at Hampton University. Lewis brings over 40 years of coaching experience to the Pirate family, taking over a program looking to ascend into the upper echelon of the MEAC.

In his first season with the Pirates, Lewis guided his team to a third-place finish in the 2009 MEAC Indoor Championships, seeing two of his athletes – **Reggie Dixon** (60-meter dash) and **David Kimani** (mile run) – take home event titles. Dixon also ran in the 200-meter dash in the NCAA Indoor Championships, finishing 10th. Hampton had finished ninth in the MEAC Indoor Championships the season before Lewis' arrival.

The Pirates would follow that up with a second-place finish in the 2009 MEAC Outdoor Championships, where Dixon won the conference title in the 200-meter dash. Dixon would also qualify for the 100-meter dash and 200-meter dash at the 2009 NCAA Outdoor Championships under Lewis' leadership.



Lewis came to Hampton from Delaware State, where he spent the last three years as an assistant coach with the men's cross country and track & field teams. Prior to his work at Delaware State, Lewis spent 2002-2005 as an assistant coach with the women's team at Eastern Michigan University. While at Eastern Michigan, Lewis coached sprints, hurdles, jumps and combined events, while also recruiting and advising student-athletes. He coached four All-Americans, one NCAA regional champion and saw Eastern Michigan finish 16th in the 2005 NCAA Outdoor Track & Field Championships.

Lewis arrived at the University of Pittsburgh in 1982, where he spent 20 years as head coach for both the men's and women's teams. His Panther squads won five Big East conference titles, and in 1998 Pitt's women's track & field team finished third in the NCAA Indoor Track & Field Championships. Throughout his career at Pitt, Lewis coached 11 individual NCAA champions and 67 All-Americans. Forty men and 95 women won Big East individual championships under Lewis' direction.

Lewis graduated from Virginia State College – now Norfolk State University – in 1964, receiving a B.S. in physical education. He is a native of Brooklyn, N.Y.

LEWIS' COACHING TREE

One of Hampton University's assistant track & field coaches was a collegiate athlete under current Pirates head coach Steven Lewis.

Patrice Beasley, an assistant coach with the Pirates, was a star at Eastern Michigan under Lewis. Beasley was the Mid-American Conference Athlete of the Year in 2006, and in 2005 Beasley was named First Team All-MAC. At Eastern Michigan, Beasley won MAC titles in the 100-meter dash, 200-meter dash, 60-meter dash, 4x100-meter relay and 4x400-meter relay.

Beasley qualified for the NCAA regional meet in the 100-meter dash as a senior, while also reaching the provisional qualifying standard in the indoor 200-meter dash. Over her career, Beasley set personal bests of 7.34 in the 60-meter dash, 11.43 in the 100-meter dash and 23.71 in the 200-meter dash.

Beasley got her coaching start at Romulus High School, her alma mater, where she served as assistant girls' track & field coach.

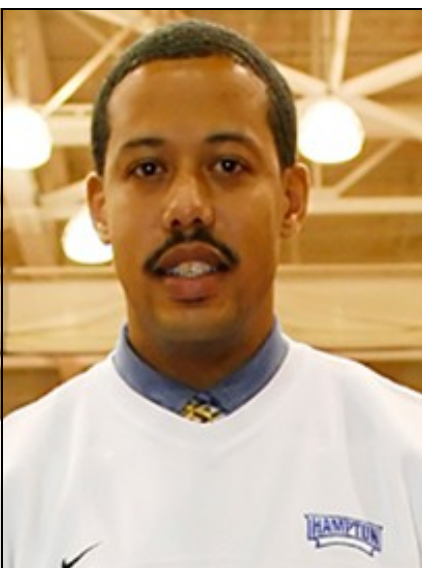
2009-10 HAMPTON UNIVERSITY TRACK & FIELD

LADY PIRATES HEAD COACH MAURICE PIERCE

Maurice Pierce is entering his eighth season as the head coach of the Hampton University women's cross country and track & field teams. Before stepping into that role, Pierce was an assistant coach with the program for four years.

In his previous seven years at the helm, Pierce has guided the Lady Pirates to two MEAC cross country titles (2004, 2006), seven consecutive MEAC indoor championships (2003-2009) and six MEAC outdoor titles (2003-2004, 06-2009).

After leading the cross country team to a third-place finish in the MEAC, Pierce led the Lady Pirates to MEAC titles in both the indoor and outdoor seasons in 2008-09, while also coaching Francena McCorory to the third NCAA title in program history. McCorory, who was already a MEAC indoor champion in the 400-meter dash, won the NCAA title in that same event, running a 51.55. McCorory would add a MEAC outdoor crown and an NCAA Regional outdoor title in that same event.



Pierce, the USTFCCA Southeast Region Women's Head Coach of the Year for the indoor season, was the Most Outstanding Coach in both MEAC meets during the 2008-09 season.

After leading the Lady Pirates to a second-place finish in the 2007 MEAC cross country championships behind Maryland-Eastern Shore, Pierce led the team to a share of the indoor track & field title with UMES. It was the sixth straight indoor crown for

Hampton, which tied with the Lady Hawks with 92 points. The Lady Pirates won seven individual titles throughout the indoor season including freshman Racquel Vassell's win in the 60-meter dash at the University of Maryland Terrapin Invitational.

The dominance continued into the outdoor season, as the Lady Pirates took home their third straight MEAC title. Vassell was named MEAC MVP after winning the 100- and 200-meter dash, while Francena McCorory won the 400-meter dash and Rachel Lewis became an NCAA qualifier in the triple jump.

He is a native of Newport News, Va. and is married to Cantrese Pace-Pierce, a 1998 graduate of Hampton University. They live in Newport News with their two daughters, Alyssa and Aniyah.

PIERCE COACHES ONE OF AMERICA'S OWN IN BEIJING

David Payne, under the tutelage of Hampton University women's track & field coach Maurice Pierce, finished second in the finals of the 110-meter hurdles in the Summer Games of the 29th Olympiad at the National Stadium, earning a silver medal.

Payne finished with a time of 13.17, .01 seconds ahead of American David Oliver, who took bronze. Cuba's Dayron Robles won the gold medal with a time of 12.93, just .02 seconds off the Olympic record.

Payne is the first athlete Pierce has coached to earn an Olympic medal. Former Pirate James Carter finished fourth in the 400-meter hurdles in both Athens and Sydney. Pierce also coached Rachele Thomas in the 4x100- and 4x400-meter relays in Atlanta in 1996.

The Beijing Olympics also marked the first time Pierce traveled with his athletes to the Games.

HAMPTON UNIVERSITY LADY PIRATES TRACK 2009-10 INDOOR SEASON BEST TIMES/MARKS

55d	R. Burrell	7.45
60d	F. McCorory	7.51
200m	R. Vassell	24.30
300m	F. McCorory	37.18
400m	F. McCorory	52.83
500m	Fr. McCorory	1:10.74
800m	J. Smith	2:14.88
Mile	K. Jones	5:02.42
3000m	J. Branch	10:34.82
55h	R. Vassell	7.90
60h	R. Vassell	8.59
Dist.	Hampton 'A'	11:50.18
4x400	Hampton 'A'	3:46.26
4x800	Hampton 'B'	9:07.00
HJ	C. Calder	1.70m
LJ	R. Vassell	6.16m*
Shot	K. McGregor	12.52m
Weight	K. McGregor	14.95m

**NCAA provisional qualifier*

2009-10 INDOOR SEASON INDIVIDUAL CHAMPIONS

CNU Holiday Open (Dec. 5, 2009)

R. Vassell	55h	7.90
Hampton 'A'	Dist.	12:22.12
	4x400	3:51.26

Father Diamond (Jan. 9, 2010)

F. McCorory	200m	25.10
Hampton 'A'	4x400	3:53.21
Hampton 'B'	4x800	9:26.68

NYC Gotham Cup (Jan. 15, 2010)

C. Calder	HJ	1.70m
M. Harris	LJ	5.36m
K. McGregor	Weight	15.68m
R. Vassell	60h	8.62
F. McCorory	60d	7.51
	500m	1:10.74
K. Jones	Mile	5:08.26
Hampton 'A'	4x400	3:50.79

UNC Classic (Jan. 23, 2010)

Hampton	Dist.	12:25.71
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Terrier Inv. (Jan. 29-30, 2010)

F. McCorory	300m	37.18
Hampton 'A'	4x400	3:46.26

Armory Inv. (Feb. 5-6, 2010)

R. Vassell	LJ	6.16m
Hampton 'A'	Dist.	11:50.18

2009-10 HAMPTON UNIVERSITY TRACK & FIELD

PIRATES ON TOP 2008-09 INDOOR SEASON

Navy Invitational (Dec. 5, 2008)

P. Walker	LJ	7.48m
P. Walker	60h	8.03

UMES Lid-Lifter (Dec. 12, 2008)

P. Walker	60h	7.97
R. Dixon	60d	6.80
B. Thompson	Mile	4:31.47
A. Anderson	200	22.17

VT Invite (Jan. 9-10, 2009)

Hampton	4x200	1:27.57
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PSU Invite (Jan. 16-17, 2009)

P. Walker	60h	7.87
R. Dixon	60d	6.79

HU Invite (Jan. 23-24, 2009)

D. Dixon	Hept.	4,928
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MEAC (Feb. 12-14, 2009)

R. Dixon	60d	6.71
D. Kimani	Mile	4:21.77

LADY PIRATES ON TOP 2008-09 INDOOR SEASON

CNU Holiday Open (Dec. 6, 2008)

R. Vassell	LJ	5.79m
R. Vassell	55h	7.93
F. McCorory	400	54.79
4x400	'A'	3:51.89

UMES Lid-Lifter (Dec. 12, 2008)

R. Vassell	LJ	5.77m
R. Vassell	60h	8.73
C. Calder	HJ	1.62m
R. Lewis	200	25.46
4x400	'A'	3:53.78

VT Invite (Jan. 9-10, 2009)

R. Vassell	60d	7.50
F. McCorory	300	37.84
M. Harris	400	57.70
D. Briggs	HJ	1.70m
4x400	'A'	3:45.34

PSU Invite (Jan. 16-17, 2009)

F. McCorory	400	54.03
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HU Invite (Jan. 23-24, 2009)

C. Calder	HJ	1.68m
R. Lewis	LJ	5.71m
F. McCorory	400	55.79
F. McCorory	200	24.29
4x400	'A'	3:48.68
4x800	'A'	9:22.30

Captain's Invite (Jan. 30-31, 2009)

K. McGreggor	Weight	15.89m
Distance Med.	'A'	12:18.35

Armory Coll. Invite (Feb. 6-7, 2009)

F. McCorory	400	52.06
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MEAC Champs. (Feb. 12-14, 2009)

R. Vassell	LJ	6.03m
R. Vassell	60d	7.47
R. Vassell	200	24.18
R. Lewis	TJ	12.40m
F. McCorory	400	53.22
K. Medlin	3,000	10:16.93

ECAC Champs. (March 7-8, 2009)

R. Vassell	200	23.86
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R. DIXON FINISHED 10TH IN NCAA INDOOR 200M

Then-sophomore **Reggie Dixon (Plainfield, N.J.)** finished 10th in the 200-meter dash at the 2009 NCAA Division I Indoor Track & Field Championships, held March 12-14 at the McFerrin Track & Field Center on the campus of Texas A&M University.

Dixon ran a 21.11 in the final, which was his second-fastest time in that event during the indoor season. Dixon ran a school-record 20.91 in the preliminaries of the 200-meter dash at the IC4A Indoor Championships on March 7.

It was the first of two NCAA appearances for Dixon; he ran in the 100-meter dash and 200-meter dash in the 2009 NCAA Division I Outdoor Track & Field Championships, coming in eighth in the 100-meter dash and 23rd in the 200-meter dash.

KIMANI ALL-MEAC IN CROSS COUNTRY

Junior **David Kimani (Kenya)** led the Pirates throughout the cross country season, pacing the team in five of its six meets on the season and culminating with an eighth-place finish in the 2009 MEAC Championships on Oct. 31 in Princess Anne, Md. By running a 26:36.10, Kimani became the only Pirate to earn All-MEAC honors.

The top 15 individual finishers at the MEAC Championships are named to the All-MEAC squad.

It was but another accolade for Kimani, who came from Butler Community College in the middle of the 2008-09 indoor season and promptly took the MEAC title in the indoor mile with a time of 4:21.77. Kimani also finished second in the MEAC Indoor Championships in the 3,000-meter run, 5,000-meter run and distance medley — setting school records in the 3,000-meter run and 5,000-meter run.

Kimani was also a Second Team All-MEAC selection during the outdoor season, finishing second in the MEAC Championships in the 1,500-meter run, 3,000-meter steeplechase and 5,000-meter run.

D. DIXON NAMED TO VaSID ALL-ACADEMIC TEAM

Junior **Damon Dixon (Great Falls, Va.)** was one of six Hampton University student-athletes to be named to the 2008-09 Virginia Sports Information Directors (VaSID) All-Academic Team in July, joining over 200 other student-athletes throughout the commonwealth honored for their performance in the classroom and athletic arenas.

Dixon, a finance major, was also a Second Team All-MEAC selection in the indoor heptathlon and outdoor decathlon last season.

Each Virginia institution, including NCAA Division I, II, and III, NAIA, and independents, had the opportunity to submit athletes to be honored. To be eligible, student-athletes were required to have a cumulative grade point average of 3.20 or better.

WALKER NAMED MEAC ATHLETE OF WEEK

VIRGINIA BEACH, Va. (Dec. 9, 2009) — Hampton University junior **Predist Walker (Suffolk, Va.)** was named Mid-Eastern Athletic Conference (MEAC) Men's Track & Field Athlete of the Week, as announced by the conference office.

Walker won two event titles on Dec. 5 in the season-opening Navy Invitational in Annapolis, Md. After taking the long jump title with a distance of 6.98 meters, Walker took the 60-meter hurdles race with a time of 7.90.

That time provisionally qualified Walker for the 2010 NCAA Division I Indoor Track & Field Championships.

2009-10 HAMPTON UNIVERSITY TRACK & FIELD

McCORORY WINS PROGRAM'S THIRD-EVER NCAA TITLE

When she won the NCAA title in the 400-meter dash at the 2009 NCAA Division I Indoor Track & Field Championships on March 14 in College Station, Texas, **Francena McCorory (Hampton, Va.)** made Hampton University history.

Not only did her time of 51.54 set a personal best and a school record, but McCorory gave the program just its third-ever NCAA title. The then-junior joined former Lady Pirate Yvette Lewis as the only athlete to win an NCAA Division I title — Lewis won her first title in the triple jump during the 2006 indoor season, before following that with another triple jump crown during the 2007 outdoor campaign.

McCorory's title also gave head coach **Maurice Pierce** his third NCAA championship.

McCORORY RAKES IN USTFCCCA AWARDS

The U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) named **Francena McCorory (Hampton, Va.)** an All-American after she won the NCAA title in the 400-meter dash back in March — and bestowed that award upon her again in June after McCorory finished third in the 400-meter dash in the NCAA Outdoor Championships.

On top of that, the USTFCCCA named McCorory its Southeast Region Women's Track Athlete of the Year award — twice. McCorory won the award for the first time in March before she won the NCAA indoor title in March, and she won the award again just days before she finished third in the 400-meter dash in the NCAA Outdoor Championships.

She also won MEAC indoor and outdoor crowns in the 400-meter dash

The USTFCCCA also recognized head coach **Maurice Pierce**, naming him the Southeast Region Women's Track Head Coach of the Year after Pierce led the Lady Pirates to their seventh straight MEAC indoor championship.

McCORORY NAMED MEAC ATHLETE OF WEEK — THREE TIMES

VIRGINIA BEACH, Va. (Jan. 13, Jan. 20 & Feb. 3, 2010) — Hampton University senior **Francena McCorory (Hampton, Va.)** was three times named Mid-Eastern Athletic Conference (MEAC) Women's Track & Field Athlete of the Week.

McCorory had a hand in winning two event titles at the Father Diamond Invitational, winning the 200-meter dash with a time of 25.10, before helping the 4x400-meter relay team win the gold with a time of 3:53.21. McCorory also finished second in the 60-meter dash in 7.64.

She also won three event titles at the New York City Gotham Cup, taking the 60-meter dash in 7.51, before winning the 500-meter dash in 1:10.74. McCorory was also on the 4x400-meter relay team that took gold in 3:50.79.

THREE LADY PIRATES ALL-MEAC IN CROSS COUNTRY

Three members of the Hampton University women's cross country team earned All-MEAC honors following the 2009 MEAC Championships on Oct. 31, 2009. Junior **Jahliisa Smith (Plainfield, N.J.)** won the individual title by completing the 5K race in Princess Anne, Md. in 18:34.80 — marking the first time since Krystle Medlin in 2006 that a Lady Pirate won the MEAC individual crown.

Junior **Jasmin Branch (Hampton, Va.)** finished 11th in the MEAC Championships with a time of 19:24.62, while **Kenya Jones (Chesapeake, Va.)** finished 14th after running a 19:44.18.

The top 15 individual finishers at the MEAC Championships are named to the All-MEAC squad.



2009-10 MEAC Men's Top Indoor Times/Marks (as of Feb. 3, 2010)

Hampton athletes in bold

60d	Newman (NCAT)	6.70
200m	Holston (NSU)	21.28
400m	Fothergill (UMES)	46.52
800m	Holmes (DSU)	1:49.68
3000m	Kimutai (NSU)	8:30.00
5000m	Kimutai (NSU)	14:45.51
Mile	Tessema (NSU)	4:13.14
60h	Walker (Ham)	7.87
4x400	Norfolk State	3:10.86
4x800	Delaware State	7:44.43
Dist.	Norfolk State	10:11.08
LJ	Hunt (FAMU)	7.45m
HJ	Redfearn (MSU)	5.81m
TJ	McFadgen (NCAT)	15.82m
Shot	Benjamin (MSU)	18.41m
Pole	Dodd (NSU)	4.45m
Weight	Benjamin (MSU)	15.68m
Hep.	D. Dixon (Ham)	5,236

2009-10 MEAC Women's Top Indoor Times/Marks (as of Feb. 3, 2010)

Hampton athletes in bold

60m	Jenkins (SCSU)	7.47
200m	Richards (Ham)	24.37
400m	Mayers (DSU)	55.90
800m	Gallas (UMES)	1:17.54
3000m	Chichester (NSU)	10:32.35
Mile	Chichester (NSU)	5:00.64
60h	Buckley (How)	8.35
4x400	Hampton	3:46.26
4x800	Hampton	9:07.00
Dist.	Howard	12:08.78
HJ	Calder (Ham)	1.70m
LJ	Gibson (BCU)	10.47m
TJ	Smith (SCSU)	12.38m
Shot	Henry (UMES)	15.34m
Pole	Wright (NSU)	3.00m
Weight	Randall (MSU)	17.95m
Pent.	Johnson (DSU)	2,957

www.MEACSports.com

**2009-2010 MEAC TRACK
FACTS**

2008-09 MEAC Champions

Men's Cross Country
Norfolk State
Women's Cross Country
Norfolk State
Men's Indoor Track & Field
Norfolk State
Women's Indoor Track & Field
Hampton
Men's Outdoor Track & Field
Norfolk State
Women's Outdoor Track & Field
Hampton

2009-10 MEAC Champions

Men's Cross Country
Norfolk State
Women's Cross Country
Norfolk State

**2009 Men's Cross Country
All-MEAC Team**

Justus David, Morgan State
Philemon Kimutai, Norfolk State
Daniel Mutai, Morgan State
Amos Kipsogei, Norfolk State
Peter Sang, UMES
Amon Kiprotich, UMES
Vincent Rono, Norfolk State
David Kimani, Hampton
Josef Tessema, Norfolk State
Shadrock Maritim, UMES
Jonathan Soimo, Norfolk State
Andre McDonald, Delaware State
Thurman Sanders, Howard
Dale Dunn, Coppin State
Michael Gallion, Howard

**2009 Women's Cross Country
All-MEAC Team**

Jahlisa Smith, Hampton
Kristin Rush, N.C. A&T
Aurora Scott, Norfolk State
Jennifer Chichester, Norfolk State
Eunice Jones, UMES
Kellen Rutto, Norfolk State
Brittney Stewart, SCSU
Tamica Thomas, UMES
Celia Whyte, UMES
Ashley Hodges, Howard
Jasmin Branch, Hampton
Janessa Benn, N.C. A&T
Jami Hardi, Howard
Kenya Jones, Hampton

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PIRATES SET LOADS OF SCHOOL RECORDS

The Pirates practically re-wrote the school's track & field record books in 2008-09, with 15 combined records falling during the indoor and outdoor seasons. What's more, most of the athletes who set those records are back for the coming season.

Eight of those records fell during the indoor season, with **Reggie Dixon (Plainfield, N.J.)** and **David Kimani (Kenya)** holding two apiece. Dixon ran a 6.67 at the Penn State National Open to set the school record in the 60-meter dash, before setting the school mark in the 200-meter dash with a 20.91 in the preliminary round at the IC4A Championships. Kimani ran an 8:41.05 in the 3,000-meter run at the Hampton University Invitational and a 14:42.40 in the 5,000-meter run at the Penn State National Open.

Predist Walker (Suffolk, Va.) ran a 7.87 in the 60-meter hurdles at the Penn State Invitational to set a school record, as did **Damon Dixon (Great Falls, Va.)** with his 4,935 points in the heptathlon at the Penn State National Open.

The Pirates also set a pair of indoor relay records — 1:27.57 in the 4x200-meter relay at the Virginia Tech Invitational and 7:44.30 in the 4x800-meter relay at the New Balance Collegiate Invitational.

Seven more school records fell in the outdoor season.

Reggie Dixon and Kimani also hold a pair of outdoor records, as does Walker. Dixon set the 100-meter dash record with a 10.31 in the MEAC Championships, while also running a school-record 20.71 in the 200-meter dash in that same meet. Kimani's 9:49.20 in the 3,000-meter steeplechase also came in the MEAC Championships, and he ran a 15:09.83 in the 5,000-meter run in the Alabama Relays.

Walker set a school record in the 110-meter hurdles with a 13.96 at the IC4A Championships, while his school-record 7.41 meters in the long jump came at the Morgan State Legacy Meet.

Brandon Jones (Virginia Beach, Va.) set a school record in the triple jump at the Morgan State Legacy Meet with a distance of 15.57 meters.

FRACTION: HAMPTON'S X-MAN

Hampton University freshman **Xavier Fraction (Sewell, N.J.)** came to the Pirates after a decorated high school career, one that saw him earn South Jersey Coaches Association Athlete of the Year honors as a senior at Washington Township High School — where he also holds school records in the 800-meter run, 1,000-meter run, 1,600-meter run and mile run.

A two-time state champion in the 1,600-meter run, Fraction competed in the 4x800-meter run at the Penn Relays his senior year, earning All-America and National Scholastic honors. He also finished fourth in the medley relay at the Nike Nationals.

FOR MORE INFORMATION ...

For more information on Hampton University track & field, as well as other Pirate athletic programs, please visit the official Pirates website at www.hamptonpirates.com. The site is your 24/7 source for Hampton University athletics news, features, statistics and other information regarding Pirates athletics.

While at www.hamptonpirates.com, you can find information on football, men's and women's basketball, men's and women's cross country, men's and women's track & field, men's and women's golf, men's and women's tennis, sailing, softball, volleyball and bowling.

2009-10 HAMPTON UNIVERSITY TRACK & FIELD

LOCAL CONNECTIONS FOR THE PIRATES

There are six Pirates on this year's track & field team from the Commonwealth of Virginia — and three from the Hampton Roads area.

Senior **Brandon Jones (Virginia Beach, Va.)** is a graduate of Salem High School, where he was a First Team selection as a sophomore and served as co-captain as a junior and senior. Junior **Predist Walker (Suffolk, Va.)** went to Lakeland High School, where he won team MVP honors as a sophomore and junior and was named Athlete of the Year as a senior. Junior **Lamar Veale (Chesapeake, Va.)** starred at Indian River High School, where he was a two-time team MVP, helping the Hornets win the Virginia Group AAA state title in 2004-05.

Other Virginia natives on the squad include junior **Damon Dixon (Great Falls, Va.)**, sophomore **Ander Taylor (Belle Haven, Va.)** and senior **Wayne Thomas (Chesterfield, Va.)**.

McCORORY NAMED ATHLETE OF DECADE

Senior **Francena McCorory (Hampton, Va.)** was named Athlete of the Decade by the *Daily Press* (Newport News, Va.) on Dec. 26, 2009, honoring her accomplishments as a high school athlete.

McCorory, who last year won the NCAA title in the 400-meter dash at the 2009 NCAA Indoor Track & Field Championships with a school-record 51.54, was a star athlete at Bethel High School in Hampton, Va. McCorory was also a four-time MEAC champion last season, taking the 400-meter dash and 4x400-meter relay at the MEAC Indoor Championships, before taking the 200-meter dash and 400-meter dash at the MEAC Outdoor Championships.

McCorory won indoor and outdoor Group AAA state titles in the 100-, 200- and 300-meter dashes as a high school freshman, also becoming the state record-holder in the 300-meter dash with a 38.23 as a sophomore. She was also the outdoor state champion in the 100- and 200-meter dashes, as well as the 4x100-meter relay.

She won the indoor state title in the 300-meter dash and the outdoor title in the 100-, 200- and 4x100-meter relay races as a junior, before also earning state championships in the 300- and 500-meter dash as a senior. She set the national high school record in the 400-meter dash in 2006, running a 51.93 at the Prince George's Sports and Learning Complex in Landover, Md.

Former Lady Pirate Yvette Lewis, a two-time NCAA champion in the long jump, was No. 5 on the *Daily Press* list of Prep Athletes of the Decade for what she did at Menchville High School in Newport News, Va.

HAMPTON UNIVERSITY IN-DOOR TRACK & FIELD SCHOOL RECORDS

Current Pirate record-holders in bold

55-Meter Dash		
Jerome Mathis	6.29	2003
60-Meter Dash		
Reggie Dixon	6.67	2009
200-Meter Dash		
Reggie Dixon	20.91	2009
400-Meter Dash		
James Carter	48.43	1998
500-Meter Run		
Brandon Lynch	1:03.00	2009
800-Meter Run		
Xavier Fraction	1:54.95	2010
1,000-Meter Run		
Xavier Fraction	2:29.65	2010
Mile Run		
Darren Brown	4:07.46	2008
3,000-Meter Run		
David Kimani	8:38.81	2009
5,000-Meter Run		
David Kimani	14:42.40	2009
55-Meter Hurdles		
James Carter	7.44	1998
60-Meter Hurdles		
Predist Walker	7.87	2010
4x200-Meter Relay		
Hampton	1:27.57	2009
4x400-Meter Relay		
Hampton	3:16.64	2003
4x800-Meter Relay		
Hampton	7:44.30	2009
Distance Medley Relay		
Hampton	10:17.26	2010
Pole Vault		
Desmund Shipp	4.55m	2003
Shot Put		
Rodney Johnson	17.52m	2001
High Jump		
William Phillips	2.03m	2003
Long Jump		
Jerome Mathis	7.50m	2003
Triple Jump		
James Carter	15.61m	1998
Heptathlon		
Damon Dixon	5,236	2010
Individual Points		
James Carter	38	1999
Team Points		
Hampton	98	1999

2009-10 MEAC ATHLETE OF THE WEEK SELECTIONS

Men's Indoor

Dec. 9—*Predist Walker, Hampton*

Dec. 16—Marcus Brown, Maryland-Eastern Shore

Jan. 13—Allodin Fothergill, Maryland-Eastern Shore

Jan. 20—Calesio Newman, North Carolina A&T

Jan. 27—Tyron Benjamin, Morgan State

Feb. 3—Allodin Fothergill, Maryland-Eastern Shore

Women's Indoor

Dec. 9—Landria Buckley, Howard

Dec. 16—Saisha Woodward, Maryland-Eastern Shore

Jan. 13—*Francena McCorory, Hampton*

Jan. 20—*Francena McCorory, Hampton*

Jan. 27—Allison Randall, Morgan State

Feb. 3—*Francena McCorory, Hampton*



2009-10 HAMPTON UNIVERSITY TRACK & FIELD

HAMPTON UNIVERSITY IN-DOOR TRACK & FIELD SCHOOL RECORDS

Current Pirate record-holders in bold

55-Meter Dash		
Onyinye Chikrzie	6.78	2007
60-Meter Dash		
Kellie Wells	7.33	2006
200-Meter Dash		
Yvette Lewis	23.82	2006
400-Meter Dash		
Fran. McCorory	51.54	2009
500-Meter Dash		
Fran. McCorory	1:10.74	2010
800-Meter Run		
Eboni White	2:12.01	2004
1,000-Meter Run		
Jade Fisher	2:55.29	2002
1,500-Meter Run		
Cetera Bunche	4:51.67	2005
3,000-Meter Run		
Krystle Medlin	10:16.93	2009
Mile Run		
Krystle Medlin	5:00.62	2009
55-Meter Hurdles		
Kellie Wells	7.60	2005
60-Meter Hurdles		
Kellie Wells	8.08	2006
4x400-Meter Relay		
Hampton	3:41.25	2006
4x800-Meter Relay		
Hampton	9:01.41	2008
Distance Medley Relay		
Hampton	11:47.78	2008
Pole Vault		
Carolyn Lewis	3.24m	2007
Shot Put		
Tracee Cheek	13.47m	2003
Weight Throw		
K. McGregor	15.89m	2009
High Jump		
Yvette Lewis	1.78m	2005
Long Jump		
Yvette Lewis	6.17m	2005
Triple Jump		
Yvette Lewis	13.21m	2006
Pentathlon		
Yvette Lewis	3,852	2007
Individual Points		
Yvette Lewis	48	2006
Team Points		
Hampton	179	2007



LUCKY NUMBER SEVEN FOR LADY PIRATES

LANDOVER, Md. (Feb. 14, 2009) — The Hampton University women's track & field team won the 2009 Mid-Eastern Athletic Conference (MEAC) Indoor Track & Field Championships at the Prince George's Sports & Learning Complex, thanks in large part to Most Outstanding Performer **Racquel Vassell's** three event titles.

The Lady Pirates have won seven consecutive MEAC indoor crowns.

"We did a good job of making sure we had people in the right place in case we made mistakes," Lady Pirates head coach Maurice Pierce said. "We've had great sprinters who gave us big points, and they really came through.

"I am so proud of my girls."

Hampton won with 148 points, while Norfolk State came in second. Maryland-Eastern Shore, which shared the 2008 title with Hampton, came in third with 88 points.

After winning the long jump on the first full day of competition, Vassell (Irvington, N.J.) won the 60-meter dash in 7.47, while her 24.18 was good enough to take the 200-meter dash.

Vassell, who put up 40.5 points herself, nearly won the 60-meter hurdles as well, finishing second with a time of 8.36.

LADY PIRATES JOIN ECAC

The Hampton University women's track & field team joined the Eastern College Athletic Conference (ECAC) in February 2009, joining more than 300 institutions already a part of the nation's largest athletic conference.

The ECAC is the country's only multi-divisional conference, with 321 member institutions ranging across 16 states, from Maine to North Carolina and as far west as Illinois.

With the addition of Hampton, there are now 90 Division I schools in the ECAC. The Lady Pirates also join Morgan State, Coppin State and Delaware State as MEAC schools that also claim ECAC membership.

The Lady Pirates finished fifth in the 2009 ECAC Indoor Championships on March 7-8, compiling 35.5 points. **Racquel Vassell (Irvington, N.J.)** won the 200-meter dash title, running a 23.86 after winning three event titles in the MEAC Indoor Championships.

LOCAL CONNECTIONS FOR THE LADY PIRATES

Five Lady Pirates hail from the Commonwealth of Virginia, coming to Hampton University from the surrounding Hampton Roads area.

Three of coach Maurice Pierce's athletes come from Bethel High School in Hampton; junior **Jasmin Branch**, freshman **Rachel Burrell** and senior **Francena McCorory** were all stars on the Bruins track squad — one of Virginia's best high school teams. Branch was an All-MEAC selection in cross country this year, while McCorory has won multiple MEAC titles to go along with the NCAA indoor championship she won last March in the 400-meter dash.

Sophomore **DeShana Briggs (Norfolk, Va.)** comes to Hampton from Booker T. Washington High School, where she won regional and state titles in the high jump, while senior **Kenya Jones (Chesapeake, Va.)** starred at Western Branch High School — winning the Chesapeake Scholar Athlete Award three straight years. Jones was an All-MEAC selection in cross country this year.

2009-10 HAMPTON UNIVERSITY TRACK & FIELD

2009-10 INDOOR NCAA QUALIFIERS

Men

Event	AUTOMATIC		PROVISIONAL	
	FAT	MAT	FAT	MAT
55-meter dash	6.14@	--	6.25@	--
60-meter dash	6.60@	--	6.71@	--
55-meter hurdles	7.17@	--	7.38@	--
60-meter hurdles	7.70@	--	7.91@	--
200-meter dash	21.23	--	21.63	--
400-meter dash	46.75	46.5	47.85	47.6
800-meter run#	1:48.90	1:48.6	1:51.40	1:51.1
Mile run#	4:00.80	4:00.5	4:05.30	4:05.0
3,000-meter run#	7:57.20	7:56.9	8:07.70	8:07.4
5,000-meter run#	13:50.80	13:50.5	14:13.80	14:13.5
4x400-meter relay	3:08.90	3:08.6	3:12.80	3:12.5
Mile relay	3:09.10	3:08.8	3:13.20	3:12.9
Distance medley – meters#	9:33.00	9:32.7	9:44.70	9:44.4
Distance medley – yards#	9:35.70	9:35.4	9:47.40	9:47.1

	METRIC	METRIC
High jump	2.24	2.14
Pole vault	5.50	5.20
Long jump	7.85	7.50
Triple jump	16.15	15.45
Shot put	19.30	17.75
35-pound weight	21.50	19.50
Heptathlon	5,675 points	5,325 points

Women

Event	AUTOMATIC		PROVISIONAL	
	FAT	MAT	FAT	MAT
55-meter dash	6.74@	--	6.92@	--
60-meter dash	7.26@	--	7.44@	--
55-meter hurdles	7.57@	--	7.86@	--
60-meter hurdles	8.14@	--	8.43@	--
200-meter dash	23.70	--	24.40	--
400-meter dash	52.90	52.6	54.90	54.6
800-meter run#	2:06.00	2:05.7	2:10.00	2:09.7
Mile run#	4:38.90	4:38.6	4:48.90	4:48.6
3,000-meter run#	9:16.00	9:15.7	9:35.00	9:34.7
5,000-meter run#	16:12.50	16:12.2	16:49.50	16:49.2
4x400-meter relay	3:35.80	3:35.5	3:42.80	3:42.5
Mile relay	3:35.40	3:35.1	3:42.40	3:42.1
Distance medley – meters#	11:09.40	11:09.1	11:30.40	11:30.1
Distance medley – yards#	11:11.00	11:10.7	11:32.00	11:29.7

	METRIC	METRIC
High jump	1.85	1.78
Pole vault	4.25	4.00
Long jump	6.38	6.13
Triple jump	13.30	12.65
Shot put	16.90	15.20
35-pound weight	21.00	18.75
Pentathlon	4,075 points	3,725 points

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.
Altitude adjustment available.

2009-10 PIRATES TRACK & FIELD ROSTER

Year	Name	Ht.	Wt.	Hometown/High School	Event
Jr.	Aaron Anderson	5-9	175	Fort Washington, Md./Bishop McNam.	Sprints
So.	Justin Battle	5-8	160	Somerset, N.J./Franklin HS	Sprints
Jr.	Bradley Brown	5-9	150	Upper Marlboro, Md./C.H. Flowers HS	Mid
Jr.	Bryan Brown	5-11	160	Upper Marlboro, Md./C.H. Flowers HS	Mid
Jr.	Devon Brown	5-6	135	Laurel, Md./Reservoir HS	Sprints
So.	Lawrence Campbell	5-8	146	Bronx, N.Y./Peekskill HS	Mid
Fr.	Mike Davenport	6-2	150	Pleasantville, N.J./Pleasantville HS	Mid
Jr.	Damon Dixon	6-3	165	Great Falls, Va./Langley HS	Multi
So.	Reggie Dixon	5-7	160	Plainfield, N.J./Plainfield HS	Sprints
Fr.	Xavier Fraction	5-10	155	Sewell, N.J./Washington Township HS	Distance
So.	Jamal Johnson	5-7	155	Fayetteville, N.Y./Manilus HS	Sprints
Sr.	Brandon Jones	6-6	187	Virginia Beach, Va./Salem HS	Jumps
Sr.	David Kimani	5-7	129	Kenya/Butler CC	Distance
So.	Cedric Rainey	6-0	155	Richardson, Texas/Lake Highlands HS	Sprints
Sr.	Stephen Ramsey	6-1	180	Rochester, N.Y./Joseph C. Wilson HS	Jumps
So.	Marcus Stanback	6-1	165	Baltimore, Md./Mt. St. Joseph HS	Jumps
So.	Ander Taylor	5-10	160	Bellehaven, Va./Northampton HS	Mid
So.	Bennett Taylor	6-3	175	Seattle, Wash./Seattle Prep	Hurdles
Jr.	Wayne Thomas	6-0	175	Richmond, Va./Manchester HS	Sprints
Jr.	Lamar Veale	6-1	160	Chesapeake, Va./Deep Creek HS	Multi
Jr.	Predist Walker	5-11	158	Suffolk, Va./Lakeland HS	Sprints
Fr.	Berian White	5-7	135	Christiana, Del./Christiana HS	Distance



Head Coach: Steven Lewis (2nd Season)

Assistant Coach: Patrice Beasley

2009-10 LADY PIRATES TRACK & FIELD ROSTER

Year	Name	Ht.	Hometown/High School	Event
Fr.	Tyreka Arrington	5-2	Lanham, Md./Roosevelt HS	Distance
Fr.	Casaundra Bouldin		Bowie, Md.	Hurdles
Jr.	Jasmin Branch	4-11	Hampton, Va./Bethel HS	Distance
Fr.	Kamilah Browne			Hurdles
So.	DeShana Briggs	5-9	Norfolk, Va./Booker T. Washington HS	Jumps/Multi
Fr.	Rachel Burrell		Hampton, Va./Bethel HS	Sprints
So.	Claudia Calder	5-9	Kingston, Jamaica/Convent of Mercy	Jumps/Hurdles
Fr.	Shaquanda Gainey	5-3	Camden, N.J./Camden HS	Hurdles/Multi
Jr.	Margaret Harris	5-2	South Bend, Ind./Riley HS	Hurdles/Mid
Sr.	Kenya Jones	5-4	Chesapeake, Va./Western Branch HS	Mid
Fr.	Kayla Lee			Sprints
Sr.	Francena McCorory	5-7	Hampton, Va./Bethel HS	Sprints
Sr.	Kristal McGreggor	5-10	Bronx, N.Y./Bronx CC	Throws
Sr.	Janean Morris	5-6	Brooklyn, N.Y./Bishop Loughlin HS	Mid
Sr.	Shavonna Moss	5-3	Paterson, N.J./Passaic County Technical	Sprints
Sr.	Petrice Richards	5-3	Manchester, Jamaica/Vere Technical HS	Sprints
Jr.	Leah Richmond	5-8	Long Beach, Calif./Long Beach Poly HS	Sprints/Mid.
Jr.	Jahlisa Smith	5-5	Plainfield, N.J./Plainfield HS	Mid
So.	Benita Taylor	5-6	Philadelphia, Pa./Carver ES HS	Mid
Jr.	Adrienne Thomas	5-5	Silver Springs, Md./Elizabeth Seton HS	Mid
Jr.	Racquel Vassell	5-6	Irvington, N.J./East Orange Campus HS	Sprints/Hurdles/Jumps
Fr.	Zeena Walls			Pole Vault
Jr.	Jocelyn Watkins	5-4	Ellenwood, Ga./Woodward Academy	Throws
Sr.	Tashana Willock	5-7	Kingston, Jamaica/Saint Jago HS	Hurdles



Head Coach: Maurice Pierce (8th Season)

Assistant Coaches: Aldrin Gray, Raymond Graham, Christopher McCoy, Joseph Buggs, Krystle Medlin

2009-10 HAMPTON UNIVERSITY TRACK & FIELD

2009-10 PIRATES INDOOR TRACK & FIELD SCHEDULE

Date	Event	Location	Time
Dec. 5	Navy Invitational	Annapolis, Md. (Wes. Brown Fieldhouse)	All Day
Dec. 11-12	Golden Flash Gala	Kent, Ohio (Kent State Field House)	All Day
Jan. 9	Father Diamond Invitational	Fairfax, Va. (Recreation Sports Complex)	All Day
Jan. 16	NYC Gotham Cup	New York, N.Y. (Armory Track & Field Center)	All Day
Jan. 23	UNC Classic	Chapel Hill, N.C. (Eddie Smith Field House)	All Day
Jan. 29-30	Penn State National Open	State College, Pa. (Ashenfelter Multi)	All Day
Feb. 5-6	Armory New Balance	New York, N.Y. (Armory Track & Field Center)	All Day
Feb. 6	Vince Brown Invitational	Newport News, Va. (Freeman Center)	All Day
Feb. 11-13	MEAC Championships	Landover, Md. (Prince George's Center)	All Day
March 6-7	IC4A Championships	Boston, Mass. (Boston University)	All Day
March 11-13	NCAA Championships	Fayetteville, Ark. (Randal Tyson Track)	All Day



2009-10 LADY PIRATES INDOOR TRACK & FIELD SCHEDULE

Date	Event	Location	Time
Dec. 5	CNU Holiday Open	Newport News, Va. (Freeman Center)	All Day
Dec. 11-12	UMES Coach O Invite	Princess Anne, Md. (Hytche Athletic Center)	All Day
Jan. 9	Father Diamond Invitational	Fairfax, Va. (Recreation Sports Complex)	All Day
Jan. 16	NYC Gotham Cup	New York, N.Y. (Armory Track & Field Center)	All Day
Jan. 23	UNC Classic	Chapel Hill, N.C. (Eddie Smith Field House)	All Day
Jan. 29-30	Terrier Invitational	Boston, Mass. (Boston University)	All Day
Jan. 29-30	Captain's Invitational	Newport News, Va. (Freeman Center)	All Day
Feb. 5-6	Armory New Balance	New York, N.Y. (Armory Track & Field Center)	All Day
Feb. 6	Vince Brown Invitational	Newport News, Va. (Freeman Center)	All Day
Feb. 11-13	MEAC Championships	Landover, Md. (Prince George's Center)	All Day
March 4	CNU Last Chance Pentathlon	Newport News, Va. (Freeman Center)	All Day
March 6	Virginia Tech Final Qualifier	Blacksburg, Va. (Rector Fieldhouse)	All Day
March 11-13	NCAA Championships	Fayetteville, Ark. (Randal Tyson Track)	All Day