

GAMECOCK TRACK & FIELD **SOUTH CAROLINA**

2009 INDOOR SCHEDULE

Jan. 16-17	Kentucky Invitational	Lexington, Ky.
Jan. 24	Tom Jones Memorial	Gainesville, Fla.
Jan. 30	Millrose Games	New York, N.Y.
Jan. 30-31	Clemson Games	Clemson, S.C.
Feb. 7	New Balance Invitational	New York, N.Y.
Feb. 13-14	Tyson Invitational	Fayetteville, Ark.
Feb. 13-14	Tiger Invitational	Clemson, S.C.
Feb. 21	Gamecock Invitational	Columbia, S.C.
Feb. 21-Mar. 1	SEC Indoor Championship	Lexington, Ky.
Mar. 7	Last Chance Meets	TBA
Mar. 13-14	NCAA Indoor Championship	College Station, Texas

2009 OUTDOOR SCHEDULE

Mar. 20-21	Shamrock Invitational	Conway, S.C.
Mar. 28	Weems Baskin Relays	Columbia, S.C.
Apr. 3-4	Pepsi Florida Relays	Gainesville, Fla.
Apr. 3-4	Tiger Track Classic	Auburn, Ala.
Apr. 10-11	Spec Town Relays	Athens, Ga.
Apr. 17-18	Friendship & Freedom Games	Greensboro, N.C.
Apr. 23-25	Penn Relays	Philadelphia, Pa.
May 8	UNC Elite Meet	Chapel Hill, N.C.
May 14-17	SEC Outdoor Championship	Gainesville, Fla.
May 29-30	NCAA East Regional	Greensboro, N.C.
June 10-13	NCAA Outdoor Championship	Fayetteville, Ark.

QUICK FACTS

Location	Columbia, S.C.
Founded	1801
Enrollment	27,272
Colors	Garnet & Black
Nickname	Gamecocks
President	Dr. Harris Pastides
Athletics Director	Eric Hyman

Indoor Facility	USC Fieldhouse
Outdoor Facility	Weems Baskin Track
Head Coach	Curtis Frye (13th Year)
Assistant Head Coach	Delethea Quarles
Assistant Coaches	Lawrence Johnson, Jackie Madison, Stan Rosenthal, Mike Sargent

2008 Men's/Women's Results

SEC Indoor	7th/9th
NCAA Indoor	30th/53rd
SEC Outdoor	7th/8th
NCAA Outdoor	18th/22nd

MEDIA RELATIONS

Track & Field Contact	Miquel Jacobs
Cell Phone/Email ..(803) 530-5727 / jacobsm2@mailbox.sc.edu	

GAMECOCK TRACK & FIELD HEADS TO NCAA INDOOR CHAMPIONSHIPS AT COLLEGE STATION

South Carolina (Men-#14, Women-#8) travels to the NCAA Indoor Championships May 13-14 at the Gilliam Track Stadium in College Station, Texas, with the nation's eighth-largest contingent as the team earned 13 entries - seven for the men and six for the women.

SOUTH CAROLINA NCAA DECLARATIONS - MEN

Name	Event	Rank	Notes
Jason Cook	Shot Put	10	SEC runner-up at 1st NCAA Indoors
Johnny Dutch	60m Hurdles	13	Missed '08 Indoors with injury
Johnathan Hancock	60m	13	Ran automatic at Last Chance meet
Jason Richardson	60m Hurdles	1	Only ran two races due to hamstring
Antonio Sales	200m	6	2008 USA Jr. National Champion
Michael Zajac	35lb-Weight	11	Improved PR each of last 5 meets
4x400m Relay		3	SEC runner-up with automatic time
Relay Team: Quentin Moore, Johnny Dutch, Obakeng Ngwigwa, Aaron Anderson			

SOUTH CAROLINA NCAA DECLARATIONS - WOMEN

Name	Event	Rank	Notes
Ronnetta Alexander	60m Hurdles	10	Missed '08 season with Achilles injury
Lakya Brookins	60m	3	Ran automatic in three straight races
Brandi Cross	400m	10	US Olympic Trials semifinalist
Shayla Mahan	60m	5	Also automatic at 7.23 seconds
Nadonnia Rodrigues	400m	9	SEC Freshman Runner of the Year
4x400m Relay		1	SEC Champion at 3:33.50
Relay Team: Brandi Cross, Nadonnia Rodrigues, Breehana Jacobs, Porche Byrd			

ALTERNATES: Scott Pierce, Janica Austin

SOUTH CAROLINA MEN AT 2009 SEC INDOOR CHAMPIONSHIPS

The South Carolina men placed in a tie for fourth with 65 points and six medalists, the team's best finish since taking third in 2003. Senior Jason Richardson won his first indoor title when he claimed the 60m hurdles at 7.58 to lead Carolina. Throwers Jason Cook and Michael Zajac both took second in their respective events with Cook tossing 18.36m in the shot put and Zajac throwing 20.76m in the weight throw. In addition, the 4x400m relay team ran the nation's third fastest time at 3:06.11 to claim second. Bronze medalists include Scott Pierce who had a personal best 5.325 points in the heptathlon and Marvin Reitze, the only freshman to clear a height (5.18m) in the pole vault at the meet.

SOUTH CAROLINA WOMEN AT 2009 SEC INDOOR CHAMPIONSHIPS

The Gamecock women earned its 12th top five finish in the last 13 seasons as Carolina placed fifth with 57 points and four medalists. The 4x400m relay team (Nadonnia Rodrigues, Brandi Cross, Breehana Jacobs, Porche Byrd) ran the nation's fastest time this year en route to an SEC Championship at 3:33.50. The Gamecocks had a trio of third place finishers in Ronnetta Alexander (60m hurdles - 8.20), LaKya Brookins (60m dash - 7.24) and Nadonnia Rodrigues (400m dash - 53.41).

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DAY 1: FRIDAY, MARCH 13

COMBINED EVENTS

USC ATHLETES

10:00 am	60m Hurdles	W Pentathlon
est. 10:50 am	High Jump	W Pentathlon
12 noon	60m Dash	M Heptathlon
est. 12:40 pm	Long Jump	M Heptathlon
est. 12:45 pm	Shot Put	W Pentathlon
est. 1:45 pm	Long Jump	W Pentathlon
est. 1:45 pm	Shot Put	M Heptathlon
est. 2:45 pm	High Jump	M Heptathlon
est. 2:45 pm	800m Run	W Pentathlon

FIELD EVENTS

USC ATHLETES

4:00 pm	Weight Throw	W Trials & Final	
4:15 pm	Long Jump	W Trials & Final	
4:30 pm	Pole Vault	M Final	
6:30 pm	High Jump	W Final	
6:40 pm	Long Jump	M Trials & Final	
6:50 pm	Shot Put	M Trials & Final	Cook

RUNNING EVENTS

USC ATHLETES

3:55 pm	National Anthem		
4:00 pm	Mile Run	W Prelims	
4:15 pm	Mile Run	M Prelims	
4:30 pm	60m Hurdles	W Prelims	Alexander
4:45 pm	60m Hurdles	M Prelims	Dutch, Richardson
5:00 pm	400m Dash	W Prelims	Cross, Rodrigues
5:15 pm	400m Dash	M Prelims	
5:30 pm	60m Dash	W Prelims	Brookins, Mahan
5:45 pm	60m Dash	M Prelims	Hancock
6:00 pm	800m Run	W Prelims	
6:15 pm	800m Run	M Prelims	
6:30 pm	200m Dash	W Prelims	
6:45 pm	200m Dash	M Prelims	Sales
7:05 pm	5,000m Run	W Final	
7:30 pm	5,000m Run	M Final	
8:00 pm	200m Dash	W Final	
8:10 pm	200m Dash	M Final	Sales
8:20 pm	DMR	W Final	
8:40 pm	DMR	M Final	

DAY 2: SATURDAY, MARCH 14

COMBINED EVENTS

USC ATHLETES

12 noon	60m Hurdles	M Heptathlon
est. 12:34 pm	Pole Vault	M Heptathlon
est. 3:15 pm	1,000m Run	M Heptathlon

FIELD EVENTS

USC ATHLETES

3:30 pm	Triple Jump	W Trials & Final	
3:45 pm	Shot Put	W Trials & Final	
4:00 pm	Pole Vault	W Final	
4:15 pm	High Jump	M Final	
4:30 pm	Triple Jump	M Trials & Final	
5:00 pm	Weight Throw	M Trials & Final	Zajac

RUNNING EVENTS

USC ATHLETES

4:55 pm	National Anthem		
5:00 pm	Mile Run	W Final	
5:10 pm	Mile Run	M Final	
5:20 pm	60m Hurdles	W Final	Alexander
5:30 pm	60m Hurdles	M Final	Dutch, Richardson
5:40 pm	400m Dash	W Final	Cross, Rodrigues
5:50 pm	400m Dash	M Final	
6:00 pm	60m Dash	W Final	Brookins, Mahan
6:10 pm	60m Dash	M Final	Hancock
6:20 pm	800m Run	W Final	
6:30 pm	800m Run	M Final	
6:40 pm	3,000m Run	W Final	
6:55 pm	3,000m Run	M Final	
7:10 pm	4x400m Relay	W Final	Cross, Rodrigues, Jacobs, Byrd
7:25 pm	4x400m Relay	M Final	Moore, Dutch, Ngwigwa, Anderson
7:50 pm	Awards Ceremony		

**Ronnetta Alexander**

2x All-American

Hurdles**R-Sr. // --****Williamsville, N.Y. // Williamsville South****COLLEGIATE BESTS**

55mH (7.60)

60mH (8.17)

100mH (13.08)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
2/21	Gamecock Invitational	55m Hurdles	P	7.75 ^A
1/17	Kentucky Invitational	60m Hurdles	P	8.53
1/17	Kentucky Invitational	60m Hurdles	6th	8.39 ^A
1/24	Tom Jones Memorial	60m Hurdles	6th	8.33 ^A
2/6	New Balance Collegiate	60m Hurdles	P	8.38 ^A
2/6	New Balance Collegiate	60m Hurdles	8th	8.33 ^A
2/13	Tyson Invitational	60m Hurdles	P	8.34 ^A
2/14	Tyson Invitational	60m Hurdles	7th	12.32
2/28	SEC Championships	60m Hurdles	P	8.20 ^A
3/1	SEC Championships	60m Hurdles	3rd	8.20 ^A
3/8	NCAA Last Chance	60m Hurdles	P	8.30 ^A
3/8	NCAA Last Chance	60m Hurdles	2nd	8.18 ^A

^A - Provisional Qualifying Time**2008:** Did not compete.

2007: Indoors, competed in 55- and 60-meter hurdles ... won all three rounds at the Gamecock Invitational, running a 7.91 in the final to take the title ... placed fifth at the SEC Indoor Championships in the 60-meter hurdles at a time of 8.27 ... opened the outdoor season with two third place finishes in the 100mH ... placed fourth at the Florida Relays at 13.57 ... won the State USATF meet and came in fourth at the Spec Towns National Invitational ... placed eighth at the SEC Outdoor Championships at 13.84.

2006: During the indoor season, concentrated on the short hurdles and the 200m ... sped to a 7.62 win at the USC Invitational, setting herself up for a highly impressive 7.60 collegiate PR run for second place at the SEC Indoor Championships ... a few of her 60mH times, such as an 8.22 effort at the Tiger Invitational and a career PR of 8.17 at the Virginia Tech Last Chance Meet, also showed performance increases ... qualifying for the NCAA indoor nationals, crossed the line in 8.21 for a 12th-place overall finish ... outdoors, exclusively ran the 100m hurdles ... fine runs of 13.38 and 13.16 at the State of South Carolina Track Meet and the Sea Ray Relays logged not only wins but also showed promise for the season ... would go on to run 13.10 at the SEC Outdoor Championship, finishing third, before duplicating her conference finish at the NCAA East Regional with a career-best of 13.08 ... with a bid to nationals secured, navigated the hurdles in 13.20 in the preliminary round before rounding out her outdoor season with a 13.27 semis run at the NCAA Outdoor Championships, an 11th-place finish.

2005: Did not run during the indoor season due to injuries ... competed in the 100-meter hurdles during the outdoor campaign ... turned in her best performance of the season at the SEC Outdoor Championships, posting a time of 13.22 seconds in the prelims, the second-fastest prelim time ... was disqualified in the finals ... earned a trip to the NCAA meet by placing second at the East Regionals with a time of 13.29 ... had the 11th-fastest time in the prelims at the NCAA outdoor meet with a time of 13.41, then was 12th in the semifinals with a time of 13.43.

2004: Competed in the hurdles during both the indoor and outdoor seasons as a freshman ... turned in then-personal best times in the 55-meter hurdles of 7.66 on two occasions, first at the USC Invitational, then while winning the event at the Last Chance Meet ... won the 60m hurdles at the Kentucky Invitational with a time of 8.25



... won the Meet of Champions in New York with a time of 8.35 seconds ... turned in a time of 8.24 to place fourth at the SEC Indoor Championships in the 60-meter hurdles ... matched that time at the NCAA Indoor Championships to place 11th ... during the outdoor season, placed fifth in the 100m hurdles at the Penn Relays ... finished seventh in the same event at the SEC Championships ... placed 20th at the NCAA Outdoor Championships in the 100m hurdles with a time of 13.41 ... also ran the first leg on South Carolina's 4x100-meter relay unit that placed fourth at the NCAA Outdoor Championships, earning her an All-America certificate.

HIGH SCHOOL: Turned in a prolific prep career at Williamsville South High School in Williamsville, N.Y., graduating in 2003 ... lettered four times in both indoor and outdoor track and once in cheerleading ... coached in track by Sam Hasan ... selected to the USA Today All-America Team and was inducted into her school's Athletics Hall of Fame ... was a four-time indoor 55m hurdles champion and a five-time outdoor 100m hurdles champion in the state of New York ... set the National Scholastic indoor 60m hurdles record with a time of 8.33 ... holds the Dartmouth Relays record for the 55m hurdles ... was a youth national champion in the 100m hurdles, a Junior Olympic 100m hurdles champion with a time of 13.49 and was the New York state and federation record holder in the event ... owns the Western New York record in the 100-meter hurdles ... was a two-time Empire State Games 100m hurdles champion ... named team captain as a senior ... an excellent student who graduated with honors, was a member of the National Honor Society and was named to the indoor and outdoor scholastic academic teams all four years of high school.

PERSONAL: Ronnetta C. Alexander was born May 8, 1985, in Buffalo, N.Y. ... parents are Melanie Taylor and Ronald Alexander ... currently in the doctorate program of pharmacy ... favorite food is lobster ... favorite movie is "The Color Purple" ... favorite athlete is Gail Devers ... enjoys spending time with family and friends ... credits her grandmother with influencing her life the most ... also considered Notre Dame, California, Texas A&M, Brown, Georgia Tech, Tennessee and Villanova before deciding on South Carolina.

DAY 1: FRIDAY, MARCH 14 - 4:30 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 5:20 pm Final

**LaKya Brookins**

1x All-American

Sprints

So. // So.

Atlanta, Ga. // Seneca (S.C.)

COLLEGIATE BESTS

60m (7.22)

100m (11.57)

200m (25.00)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
2/21	Gamecock Invitational	55 Meters	P	6.81 [^]
2/21	Gamecock Invitational	55 Meters	S	6.79 [^]
2/21	Gamecock Invitational	55 Meters	1st	6.90 [^]
1/17	Kentucky Invitational	60 Meters	P	7.46
1/17	Kentucky Invitational	60 Meters	2nd	7.33 [^]
1/24	Tom Jones Memorial	60 Meters	3rd	7.34 [^]
2/6	New Balance Collegiate	60 Meters	P	7.33 [^]
2/6	New Balance Collegiate	60 Meters	2nd	7.34 [^]
2/13	Tyson Invitational	60 Meters	P	7.36 [^]
2/13	Tyson Invitational	60 Meters	1st	7.28 [^]
2/28	SEC Championships	60 Meters	P	7.22 [*]
3/1	SEC Championships	60 Meters	3rd	7.24 [*]
3/8	NCAA Last Chance	60 Meters	P	7.22 [*]

[^] - Provisional Qualifying Time^{*} - Automatic Qualifying Time

2008: NCAA Indoor All-American in the 60m ... South Carolina's indoor rookie of the year ... SEC Freshman Runner of the Week to open the indoor season after a win in the 60m at the UNC Classic at 7.32 ... placed second at the Millrose Games at 7.36 ... ran a 7.37 at the New Balance Invitational to place seventh ... ran a 7.34 at the SEC Indoor Championships ... silver medalist at the NCAA Last Chance meet at 7.32 ... placed 10th at the NCAA Indoors in the 60m at 7.32 ... ran a team best 6.89 in the 55m at the Tom Jones Memorial ... placed second in the 200m at the UNC Classic at 25.20 ... ran a 25.00 at the NCAA Last Chance Meet ... outdoors, opened the season with a win in the 100m at the Shamrock Invitational at 11.63 ... placed third at the Auburn Tiger Classic at 11.67 ... fourth place finish at the Spec Towns Invitational at 11.59 ... ran a season best 11.57 at the Friendship and Freedom Games ... competed at the SEC Outdoor Championship with a time of 11.67 ... bronze medalist at the SEC Outdoors as a member of the 4x100m relay team that crossed at 44.34.

HIGH SCHOOL: Graduated from Seneca High School ... lettered in basketball, gymnastics and track ... 2007 All-USA track team ... 2005 and 2006 All-State selection ... two-time Region Athlete of the Year ... third place at USA Jr. Nationals in 100m ... member of 2007 Pan Am team ... 2006 South Carolina state champion in the 100m and 200m ... two-time regional champion in 100m and 200m ... finished first nationally in the 55m (indoors) ... set facility records at Clemson and South Carolina as a high school senior ... advanced to finals at USA Nationals ... finished fourth at 100th Millrose Games in the 60m ... two-time 4x100m regional champion.

PERSONAL: LaKya Janaee Brookins was born July 28, 1989 ... pursuing a degree in criminal justice ... parents are Kimberly Brookins (Belated Mitchell Brookins) and Frank Smith ... hobbies include singing, dancing and swimming ... chose USC over Auburn, Arkansas, Louisville, Nebraska, Clemson, George Mason, TCU and Wisconsin ... selected Carolina because "Coach Frye was a man of his word during recruitment."



DAY 1: FRIDAY, MARCH 14 - 5:30 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 6:00 pm Final

**Jason Cook**

2009 SEC Runner-Up

Throws

R-Jr. // Sr.

Bristow, Va. // Brentsville District

COLLEGIATE BESTS

Shot Put (18.87m // 61-11)

Weight (18.0m//59-0.75)

Discus (51.29m//168-3)

Hammer (51.83m//170-0)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
1/17	Kentucky Invitational	Shot Put	6th	56-09.50 (17.31m)
2/6	New Balance Collegiate	Shot Put	5th	58-07.25 (17.86m)
2/14	Tiger Paw Invitational	Shot Put	2nd	56-07.25 (17.25m)
2/21	Gamecock Invitational	Shot Put	1st	60-09.50 (18.53m)^
2/28	SEC Championships	Shot Put	2nd	60-03.00 (18.36m)^
3/8	NCAA Last Chance	Shot Put	1st	61-11.00 (18.87m)^

^ - Provisional Qualifying Time

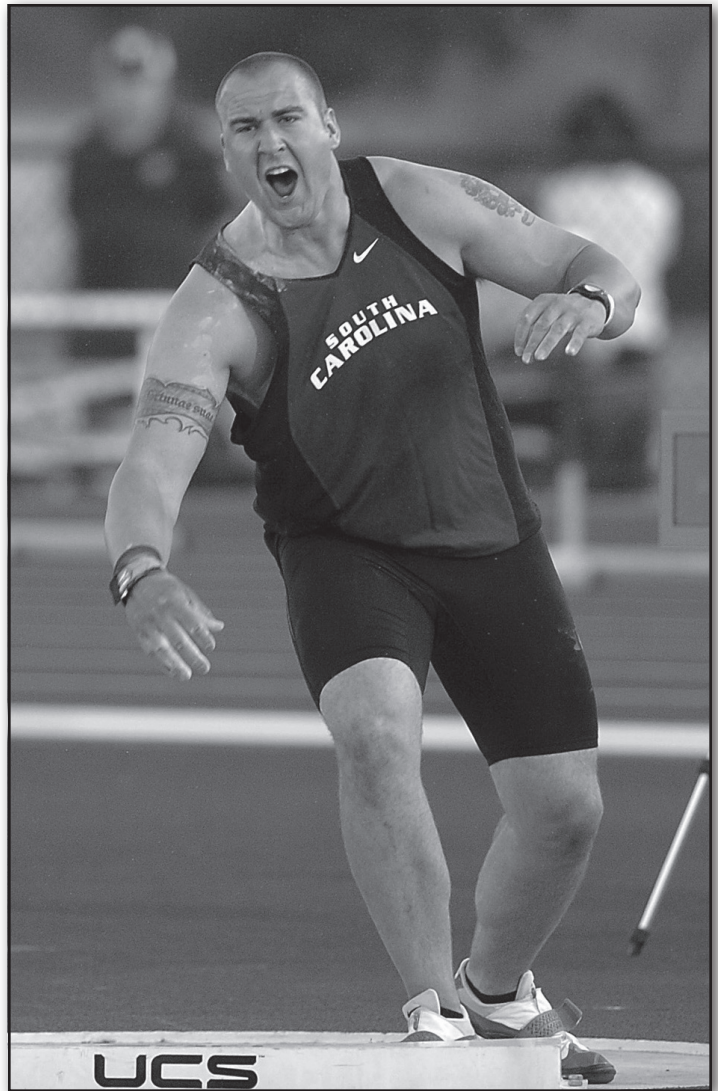
2008: NCAA East Region qualifier in shot put ... South Carolina's outdoor MVP in field events ... posted three wins in the shot put during the indoor season, claiming the title at the On Track Open, Tiger Invitational and Gamecock Invitational ... won On Track Open ... placed fifth at the New Balance Invitational and broke his 2007 PR at 56-10 ... followed that up with a new PR in victory at Tiger Invitational at 58-0 1/2 ... won Gamecock Invitational at 56-9 1/4 ... season best in weight throw came at SEC Championships at 56-7 1/4 ... outdoors had Carolina's best shot put mark at 60-6 with a bronze medal at the SEC Championships ... won shot put at Carolina Classic at 59'5 ... season best in the hammer at 169-10 ... threw a season best 166-5 in the discus at the Penn Relays ... placed fifth in the shot put at Penn Relays at 57-1.

2007: Competed in shot put and weight throw indoors ... Set a new shot put PR in the first meet of the season by 2 1/2 feet after throwing a 53-1 at the Virginia Tech Invitational ... improved his throw by three-quarters of an inch at the Diet Pepsi Invitational where he finished seventh ... saw a big improvement at the Gamecock Invitational where he finished second with a throw of 53-8 1/4 ... hit a new PR the following week at the SEC Championships at 54-6 1/2, taking 13th in the finals ... also set a PR in the weight throw at the conference championships, tossing a 59-0 3/4 to place tenth and narrowly miss out on scoring ... outdoors he participated in one event, winning the Weems Baskin Relays in the shot put at 53-2 3/4.

2006: Contested the shot put and weight throw during the indoor season ... the Virginia Tech Invitational meet saw a season-opening shot put PR of 46-11 3/4 before unleashing a massive PR of 50-6 at the USC Invitational where he placed third ... a great throw of 58-10 in the weight throw at the SEC Indoor Championships placed fifth ... the outdoor season included the addition of the discus and hammer in exchange for the weight throw ... in the hammer, a distance of 154-5 was marked at the Murray Neely Invitational before the uncorking of a huge 170-0 personal record for a fifth-place finish at the Clemson Invitational ... shot put throws of 52-4 and 54-5 1/2 at the Penn and Sea Ray Relays proved to be PRs ... in the discus, a personal best of 168-3 at the Spec Towns meet secured a sixth-place finish ... at the SEC Outdoor Championships, a 151-2 1/4 throw concluded a year of great improvement from last season.

2005: Redshirted during the indoor season while recovering from shoulder surgery ... changed to a spin technique with the shot put and began learning how to throw the hammer ... competed in the shot put, hammer and discus during the outdoor season ... turned in his best effort in the shot and hammer at the Tennessee Quad Meet with marks of 45-9 3/4 and 137-6 ... had his longest discus throw at Georgia with a 143-2 effort ... competed in all three events at the SEC Outdoor Championships.

HIGH SCHOOL: Coached by Lance Sherrill and Rob Dulin at Brentsville District High School ... was a two-time state champion in the shot put and discus ... was



a two-time all-state team member in the shot put and a four-time member of the all-state teams in the discus ... was a national qualifier in the 2004 discus and was The Washington Post Athlete of the Year ... ranked No. 1 in Virginia in the shot put and discus ... lettered in football, indoor track, outdoor track and wrestling at Brentsville District High School ... broke Gamecock throws coach Mike Sergeant's 17-year-old high school records.

PERSONAL: Jason Corey Cook was born Jan. 3, 1986, in Manassas, Va. ... parents are Gerald and Janet Cook ... graduated in 2008 with a degree in sociology and is pursuing a graduate degree in criminology ... chose USC over East Carolina and Virginia Tech.

DAY 1: FRIDAY, MARCH 14 - 6:50 pm Final



Brandi Cross

5x All-American; 2009 SEC Champion (4x400m)

Sprints

Jr. // Jr.

Missouri City, Texas // Thurgood Marshall

COLLEGIATE BESTS

400m (51.63)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
1/17	Kentucky Invitational	400 Meters	2nd	54.12 [^]
1/24	Tom Jones Memorial	400 Meters	4th	54.76
2/6	New Balance Collegiate	400 Meters	P	53.99 [^]
2/7	New Balance Collegiate	400 Meters	6th	53.95 [^]
2/13	Tyson Invitational	400 Meters	4th	54.15 [^]
2/28	SEC Championships	400 Meters	P	54.10 [^]
3/1	SEC Championships	400 Meters	5th	53.99 [^]
3/7	NCAA Last Chance	400 Meters	1st	53.47 [^]

[^] - Provisional Qualifying Time

2008: NCAA Indoor and Outdoor All-American, earning four citations ... advanced to semifinals of the US Olympic Trials in the 400m where she ran a PR of 51.63 ... ran a 52.12 to earn the silver medal at the SEC Indoor Championships ... another silver medal as the third leg of the 4x400m relay team that then placed sixth at the NCAA Indoor Championships at 3:33.99 ... silver medal at SEC Outdoor Championships in 400m at 52.31 ... silver medalist at NCAA East Region at 51.70 before claiming sixth at the NCAA Outdoors at 51.86 ... 4x100m team earned silver at NCAA East Region and placed seventh at NCAA Outdoors at 44.04 ... 4x400m team took bronze at the NCAA East Region and NCAA Outdoors ... South Carolina's Indoor MVP ... indoors, opened the season with a win at the UNC Classic ... placed first or second at every meet ... won the Rod McCravy Invitational at 52.83 ... took second at the New Balance Invitational ... third leg runner of 4x400m relay team that won the Tom Jones Memorial before placing second at Rod McCravy, New Balance and Tyson Invitationals ... outdoors, won the Spec Towns Invitational and Friendship & Freedom Games in the 400m ... member of 4x400m relay team that took third at the Penn Relays.

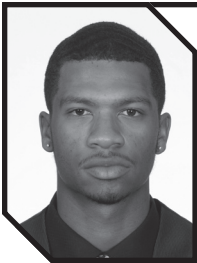
2007: NCAA Indoor Champion in the 4x400m relay as the third leg ... Pan Am Junior Champion ... opened indoor season seventh in the 400m at 54.80 at the Rod McCravy Memorial ... took third at the Diet Pepsi Invitational with a time of 55.12 ... ran a 54.38 at the New Balance Invitational to place fifth ... finished ninth at the Tyson Invitational in 54.39 ... ran at the SEC Indoor Championships with an 11th place finish ... ran an indoor personal best 54.37 at the NCAA Last Chance meet ... outdoors, finished first at the Hurricane Invite with a time of 54.11 ... placed eighth at the Jim Click Shootout with a 54.56 time ... ran the 200m at the Weems Baskin Relays, placing fourth in 24.66 ... took eighth in the 400m at the Florida Relays after setting a new personal record at 53.78 ... placed 11th at the SEC Outdoor Championships with a time of 54.31 ... won the SEC Outdoor Championship as a member of the 4x400m relay team that ran a 3:28.44.

HIGH SCHOOL: Coached by Benita Smith at Thurgood Marshall High School ... lettered in basketball, volleyball and track ... first cracked the national top 50 lists in 2000 when she ran 55.11 in the 400m as a 12-year-old in sixth grade ... received four All-America citations in the 400m, with the first coming in eighth grade when she was ranked No. 4 nationally ... ended the 2006 indoor season rated second nationally among high school girls in the 400m with a 54.06 figure ... third during the outdoor season at 51.96 ... her top time in the 400-meter dash as a junior was 52.46, which ranked third in the country for the indoor and outdoor seasons ... was a member of the 4x400m relay team that represented the United States and won gold in a time of 3:29.01 at the 2006 IAAF World Junior Championships in Beijing, China ... 2003 and 2005 World Youth Games participant.



PERSONAL: Brandi Nicole Cross was born Jan. 20, 1988 ... parents are Tyrone and Monique Cross ... is pursuing a degree in criminal justice ... hobbies are sleeping, socializing and joking around ... chose South Carolina over UCLA, Arizona State, Houston and Texas A&M because of coach Curtis Frye.

DAY 1: FRIDAY, MARCH 14 - 5:00 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 5:40 pm Final



Johnny Dutch

2009 SEC Runner-Up (4x400m)

Hurdles

So. // So.

Clayton, N.C. // Clayton

COLLEGIATE BESTS

55mH (7.38)
110mH (13.63)

60mH (7.83)
400mH (48.52)

2009 Indoor Progressions

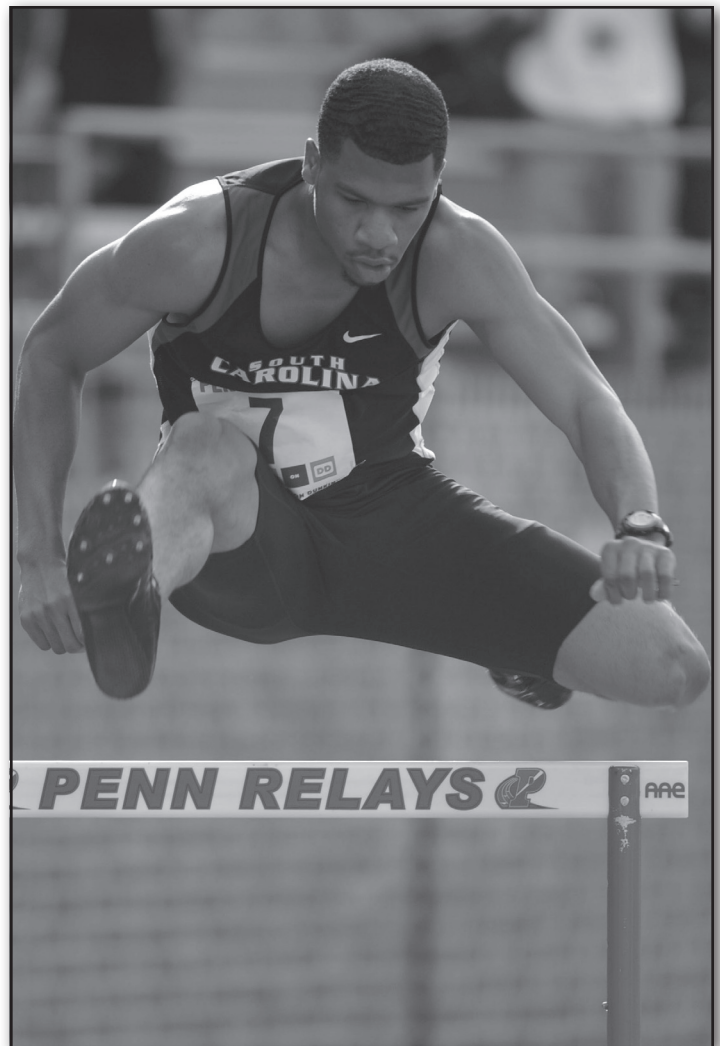
Date	Meet	Event	Finish	Time/Mark
3/8	NCAA Last Chance	400 Meters	3rd	47.57
1/17	Kentucky Invitational	60m Hurdles	P	7.96
1/17	Kentucky Invitational	60m Hurdles	7th	7.93
1/24	Tom Jones Memorial	60m Hurdles	9th	7.85^
2/6	New Balance Collegiate	60m Hurdles	P	7.83^
2/6	New Balance Collegiate	60m Hurdles	3rd	7.85^
2/13	Tyson Invitational	60m Hurdles	P	7.98
2/14	Tyson Invitational	60m Hurdles	7th	8.03
2/28	SEC Championships	60m Hurdles	P	7.84^
3/1	SEC Championships	60m Hurdles	7th	7.92
3/8	NCAA Last Chance	60m Hurdles	P	7.79^

^ - Provisional Qualifying Time

2008: Competed in 400mH at the US Olympic Trials where he finished fifth at 48.52, setting the South Carolina record and narrowly missing a berth to the Olympic Games in Beijing ... earned a silver medal at the World Junior Championships in Poland with a time of 49.25 ... took second at USA Junior Nationals at 49.70 ... named to indoor and outdoor All-SEC Freshman teams ... runner-up at SEC Outdoor Championships in 400mH at 48.68 and fourth in 110mH at 13.63, the highest-scoring freshman in both events ... indoors, ran a 7.99 in the 60mH to take the bronze medal at the Millrose Games ... battled injury in the middle of the indoor season but ran three qualifying times ... ran an indoor best 7.85 at the SEC Indoors in the 60mH and placed seventh in the finals ... placed seventh in 400mH at Penn Relays (51.40) ... did not participate at NCAA's due to a strained hamstring but qualified as a member of the mile relay ... took silver in 110mH and 400mH at Weems Baskin Relays ... took first in 110mH and second in 400mH at Shamrock Invitational ... won 11mH (13.85) and 400mH (49.78) at Carolina Classic ... South Carolina outdoor rookie of the year.

HIGH SCHOOL: Coached by Steve McGill at Clayton High School ... named All-American all four years of high school for indoor and outdoor hurdle events and a nine-time state champion in both hurdle events ... Won 2006 Nike Outdoor Nationals in 110 meter hurdles junior year (13.54) ... won 2007 Nike Indoor Nationals senior year (7.71) ... won 2007 Pan American Juniors in 400 meter hurdles (50.87) and 110 meter hurdles (13.47) ... Caribbean Scholastic Invitational champion ... placed second with the USA's 4x400m team (3:06) ... placed second at 2007 Junior Nationals in 400 meter hurdles (50.07) and 110 meter hurdles (13.39) ... won 2007 Simplot Games 60 meter hurdles in Idaho ... broke national record in 55 meter hurdles at an indoor meet with a time of 7.07.

PERSONAL: Johnny Dominique Dutch was born January 20, 1989 ... pursuing a degree in media arts ... mother is Deborah Dutch ... hobbies include creating films, going to the movies, swimming and jogging ... favorite athlete is James Carter ... chose USC over Tennessee, Florida and Southern California.



2009 PROVISIONAL QUALIFIER JOHNNY DUTCH

DAY 1: FRIDAY, MARCH 14 - 4:45 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 5:30 pm Final



Johnathan Hancock

1x All-American

Sprints

Sr // Sr.

Charlotte, N.C. // West Charlotte

COLLEGIATE BESTS

60m (6.63)

100m (10.36)

200m (21.73)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
2/21	Gamecock Invitational	55 Meters	P	6.27
2/21	Gamecock Invitational	55 Meters	S	6.26
2/21	Gamecock Invitational	55 Meters	1st	6.24^
1/17	Kentucky Invitational	60 Meters	P	6.81
1/17	Kentucky Invitational	60 Meters	6th	6.76
1/24	Tom Jones Memorial	60 Meters	6th	6.83
2/6	New Balance Collegiate	60 Meters	P	6.74^
2/6	New Balance Collegiate	60 Meters	2nd	6.70^
2/13	Tyson Invitational	60 Meters	P	6.76
2/13	Tyson Invitational	60 Meters	2nd	6.75
2/28	SEC Championships	60 Meters	P	6.68^
3/1	SEC Championships	60 Meters	6th	6.70^
3/8	NCAA Last Chance	60 Meters	P	6.68^
3/8	NCAA Last Chance	60 Meters	1st	6.63*

^ - Provisional Qualifying Time

* - Automatic Qualifying Time

2008: 2008 Outdoor All-American in 4x100m relay ... indoors, ran a personal best 6.74 at the NCAA Last Chance meet ... ran a 6.83 in the 60m at the SEC Championships ... silver medalist at the Millrose Games in New York City at 6.87 ... outdoors, won the 100m at the Shamrock Invitational at 10.44 ... placed second at the Weems Baskins Relays ... placed 14th at the SEC Outdoors at 10.61 ... member of 4x100m relay team to finish fourth at SEC Outdoors at 39.66 ... silver medalist at NCAA East Regionals as first leg of relay that ran a 39.39 ... relay team ran a 39.37 to finish fourth at the NCAA Championship prelims.

2007: Indoors, competed in four events in short sprints ... took third in the 55-meter dash at the Gamecocks Invitational with a time of 6.45 ... ran the same time at the Diet Pepsi Invitational for ninth ... ran both the 60- and the 200-meter dashes at the SEC Indoor Championships ... redshirted outdoors.

2006: Indoors, sped to a 55-meters personal record at the USC Invitational with a time of 6.31 ... ran both the 55- and the 200-meter dashes at the SEC Indoor Championships ... during the outdoor season, contested the 100- and 200-meters.

HIGH SCHOOL: Coached by Bennett King at West Charlotte High School ... lettered three times in track, football and basketball ... top times were 10.47 in the 100m and 21.53 in the 200m ... ranked No. 2 in North Carolina in the 100m ... was the state MVP at the 4A level in 2004, The Charlotte Observer Runner of the Year in 2004 and the Mecklenburg Runner of the Year in both 2004 and 2005 ... earned All-America indoor honors in the 55-meter dash (6.31) and 4x200-meter relay ... team was the indoor state champions in 2005 and the outdoor champs in 2004 ... was on the honor roll, earned a Presidential Award and was an Army Scholar-Athlete Award winner.

PERSONAL: Johnathan Seth Hancock was born March 31, 1987 ... parents are John and Sandra Hancock ... working toward a degree in criminal justice ... has one of the higher GPAs on the team ... chose South Carolina over Florida, Georgia, Tennessee and Nebraska ... had football offers at East Carolina and Maryland ... once met Evander Holyfield.



DAY 1: FRIDAY, MARCH 14 - 5:45 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 6:10 pm Final

**Shayla Mahan**

1x All-American

Sprints**So. // So.****Detroit, Mich. // Mumford****COLLEGIATE BESTS**

60m (7.23)

100m (11.31)

200m (23.44)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
2/21	Gamecock Invitational	55 Meters	P	6.94
2/21	Gamecock Invitational	55 Meters	S	6.83 [^]
1/24	Tom Jones Memorial	60 Meters	P	7.36 [^]
2/6	New Balance Collegiate	60 Meters	P	7.44 [^]
2/6	New Balance Collegiate	60 Meters	5th	7.49
2/28	SEC Championships	60 Meters	P	7.23 [*]
3/1	SEC Championships	60 Meters	6th	7.35 [^]
3/8	NCAA Last Chance	60 Meters	P	7.28 [^]
3/8	NCAA Last Chance	60 Meters	1st	7.29 [^]
1/24	Tom Jones Memorial	200 Meters	15th	25.11
2/7	New Balance Collegiate	200 Meters	P	24.50
2/28	SEC Championships	200 Meters	P	24.02
3/1	SEC Championships	200 Meters	9th	24.45

[^] - Provisional Qualifying Time^{*} - Automatic Qualifying Time

2008: NCAA Outdoor All-American in the 4x100m relay ... NCAA qualifier in the 60m, 100m and 200m ... South Carolina's outdoor track MVP ... indoors, season best 6.90 in the 55m with a win at the Gamecock Invitational ... took third in the 60m at the Millrose Games at 7.44 ... placed ninth at the New Balance Invitational at 7.40 ... narrowly missed the finals at the SEC Championship but claimed first place at the NCAA Last Chance meet with a personal best 7.28 ... qualified for NCAA Indoors where she ran a 7.37 in the prelims ... outdoors, won the Spec Towns Invitational in the 100m at 11.53 ... took second at the Friendship & Freedom Games at a personal best 11.31 ... won the UNC meet with a time of 11.49 ... placed ninth at the SEC Outdoor Championships at 11.57 ... silver medalist at the NCAA East Regionals at 11.47 ... competed in the NCAA Outdoor Championships ... in the 200m, took third at the Spec Towns Invitational at 23.70 ... won the UNC meet at 23.77 ... scored at the SEC Outdoors with an eighth place finish at 23.52 ... placed third at the NCAA East Regionals at a personal best 23.44 ... 4x100m team earned silver at NCAA East Region and placed seventh at NCAA Outdoors at 44.04 ... took bronze medal honors at the USA Junior Nationals in the 100m at 11.39 ... placed fifth in the 100m at the World Junior Championships at 11.61 ... ran the second leg of the Team USA 4x100m relay at the World Junior Championships to win the gold medal at 43.66, the fastest junior time in the world during the year.

HIGH SCHOOL: Coached by Marc Parker at Mumford High School in Detroit, Mich. ... ran a 7.26 in the 60m, the fourth-fastest time in U.S. girls history ... World Junior Team ... participated in Nike Outdoor Nationals ... ranked second in the nation in the 100m ... named an All-American and earned All-State and All-City honors ... ran a 7.26 in the 60m, an 11.28 in the 100m and a 23.39 in the 200m ... seven-time outdoor state champion ... holds school records in the 100m, 200m, 4x100 and 4x200m relays.

PERSONAL: Shayla India Mahan was born Jan. 18, 1989 ... pursuing a degree in criminal justice ... mother is Sandra Smith ... hobbies include running and shopping ... chose USC over LSU, Tennessee and Southern California ... favorite athlete is Allyson Felix.



2009 AUTOMATIC QUALIFIER SHAYLA MAHAN

DAY 1: FRIDAY, MARCH 14 - 5:30 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 6:00 pm Final

**Jason Richardson**

6x All-American; 2009 SEC Champion

Hurdles

R-Sr. // R-Sr.

Cedar Hill, Texas // Cedar Hill

COLLEGIATE BESTS

60mH (7.53)

110mH (13.21)

400mH (49.82)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
1/17	Kentucky Invitational	200 Meters	10th	21.64
1/17	Kentucky Invitational	60m Hurdles	P	7.58*
1/17	Kentucky Invitational	60m Hurdles	1st	7.65*
2/28	SEC Championships	60m Hurdles	P	7.78^
3/1	SEC Championships	60m Hurdles	1st	7.72^
3/8	NCAA Last Chance	60m Hurdles	P	7.81^

^ - Provisional Qualifying Time

* - Automatic Qualifying Time

2008: USTFCCCA Scholar Athlete of the Year ... two All-America honors in 60mH and 110mH ... Outdoor hat trick with SEC, NCAA East Region and NCAA Championship in 110mH ... Indoor SEC Second Team ... Outdoor SEC First Team ... NCAA Indoor runner-up in 60mH ... competed at US Olympic Trials before a hamstring injury took him out of the preliminary round ... NCAA qualifier in 60mH, 110mH and 400mH ... South Carolina Indoor and Outdoor MVP ... competed for team USA at the 2008 NACAC Under-23 Track and Field Championships in Toluca, Mexico ... indoors tied a personal best in the 55mH at 7.18 at the Tom Jones Memorial ... opened season in 60mH with a win at the UNC Classic at 7.84 ... took second at the Millrose Games at 7.85 ... silver medalist at the Tyson Invitational at 7.73 ... ran a 7.83 in the SEC Indoor prelims before finishing in second at 7.74 ... won Last Chance meet at 7.75 ... ran a 7.65 at NCAA Indoor Championship prelims before taking the silver medal at a personal best 7.53, missing the title by .003 seconds in a photo finish ... outdoors, opened the season with a win in the 110m hurdles with a 13.47 at the Shamrock Invitational ... set an Auburn facility record at 13.45 with a win at the Auburn Tiger Classic ... took second at the Spec Towns Invitational at 13.58 ... ran the second best time in school history in a wind-aided 13.21 to win the SEC Outdoor Championship in the 110mH ... made the time legal with a win at the NCAA East Regional at 13.21 ... ran a 13.26 in the NCAA Championship prelims before winning his first national championship with a 13.40 in the final ... in the 400mH, took third at Spec Towns Invitational at 50.64 ... scored at the SEC Outdoor Championships with an eighth place finish at 51.75 after running a 50.38 in the prelims.

2007: Ran in four meets indoors before injury hit, preventing a chance at outdoor competition ... won the 55-meter hurdle preliminaries at the Virginia Tech Invite in 7.29 before placing second with a time of 7.26 ... recorded a time of 7.28 in the Diet Pepsi Invitational prelims before hitting a new personal best 7.18 to finish second in the finals ... competed at the New Balance Collegiate and the Millrose Games in the 60-meter hurdles to finish his season ... had a 7.79 at the New Balance Collegiate to win the preliminary round ... injury hit at Millrose Games when he pulled up with a hamstring injury after clearing the final hurdle.

2006: Injury struck early in the indoor season keeping competitions at bay until the Tyson Invitational where he clocked an 8.08 as a season opener ... in the 55m hurdles, ran a 7.59 to place fourth at the USC Invitational ... began coming into form with a 7.49 run in the prelims of the SEC Championships ... going into the finals in ninth place, surged through the finish line in a time of 7.34 for a fourth-place SEC Championship finish ... on the road to the NCAA Indoor Championships, raced to a 7.89 in the prelims of the Last Chance Meet, eventually winning with his clocking of 7.83 and earned a spot to nationals ... becoming an All-American at the NCAA Championships with his 7.83 preliminary run, a tumble over hurdle two made the race go uncompleted and a time not recorded ... ran both the 110 and 400 hurdles during the outdoor season ... began his 400-hurdle campaign with a bang at the



Weems Baskins Relays where he broke the tape in 51.70 and followed up with a 13.80 effort in the short hurdles ... concentrating on the short hurdles, ran 13.67 followed by a 13.52 for two fine weeks of running at the Walt Disney World Invitational and the Florida Relays ... finished the Penn Relays as the 110 hurdle champion with a modest 13.73 ... completed the SEC Outdoor Championships with two second-place finishes in times of 13.51 and 50.45 ... with momentum built, continued on to win the NCAA East Regional meet in a personal record of 13.36w and placed second in the 400 hurdles breaking the tape at 49.90 ... in addition to individual efforts, ran a strong anchor leg of the region championship 4x400m relay team ... added another NCAA All-America honor with a third-place finish in the 110 hurdles at nationals ... though not making the finals, a collegiate PR was produced in the 400 hurdle semis with a time of 49.82 ... went head-to-head with professionals at the USA Outdoor Championships where a 13.63 sent him through preliminary rounds to run another 13.63 for a sixth-place finish in the semis ... went on to compete in Dominican Republic at the NACAC Under-23 meet placing second with a time of 13.87 in the 110m hurdles.

2005: Focused on the 60-meter hurdles during the indoor season during his freshman campaign ... posted his first win at the Clemson Invitational with a time of 7.81 ... finished fourth in the 60m hurdles at the Meet of Champions and came back with a third-place finish at the USC Invitational ... ran a 7.75 in the prelims at the SEC Championships to earn a trip to the finals, where he finished third, breaking the tape in 7.77 seconds ... won the Last Chance Meet with a time of 7.83 seconds ... ran 7.73 in the 60m hurdles in the prelims of the NCAA Indoor Championships to earn a spot in the national finals ... took the bronze medal and earned his first All-America certificate with a season-best time of 7.70 ... ran both the 110-meter and 400-meter hurdles during the outdoor season ... finished second in the 110m hurdles at the Penn Relays with a time of 13.76 and was third in the 400m hurdles with a time of 51.57 ... turned in a time of 13.73 in the 110m hurdles at the NCAA East Regional meet ... qualified for the NCAA Outdoor Championships in the 110m hurdles ... had the sixth-fastest time (13.79) in the prelims and the third-fastest clocking in the semis (13.68) to earn a spot in the finals ... garnered his second All-America certificate with a personal-best time of 13.50 in the finals to take the bronze medal behind Florida's Josh Walker (13.39) and Ole Miss's Antwon Hicks (13.42).

DAY 1: FRIDAY, MARCH 14 - 4:45 pm Prelim**DAY 2: SATURDAY, MARCH 14 - 5:30 pm Final**

**Nadonnia Rodrigues**

2009 SEC Champion (4x400m)

Sprints

Fr. // Fr.

Brooklyn, N.Y. // Boys & Girls

COLLEGIATE BESTS

400m (53.50)

SEC FRESHMAN RUNNER OF THE YEAR**2009 Indoor Progressions**

Date	Meet	Event	Finish	Time/Mark
1/17	Kentucky Invitational	400 Meters	1st	53.52 [^]
2/6	New Balance Collegiate	400 Meters	P	53.68 [^]
2/7	New Balance Collegiate	400 Meters	5th	53.50 [^]
2/28	SEC Championships	400 Meters	P	53.66 [^]
3/1	SEC Championships	400 Meters	3rd	53.41 [^]

[^] - Provisional Qualifying Time

HIGH SCHOOL: Graduated from the Boys & Girls School in Brooklyn, N.Y. ... competed in the 200m and 400m ... ran the No. 4 time in US history in the 400m at 52.83, set at the Pepsi Hall of Fame Classic indoor meet ... holds the state record in the 400m and the 2x400m relay ... all-american ... competed at the Penn Relays.

PERSONAL: Nadonia Chevelle Rodrigues was born Sept. 28, 1990 in Kingston, Jamaica ... undecided major ... daughter of Bobbet Blackman ... chose USC over LSU, TCU and Penn State.



2009 PROVISIONAL QUALIFIER NADONNIA RODRIGUES

DAY 1: FRIDAY, MARCH 14 - 5:00 pm Prelim
DAY 2: SATURDAY, MARCH 14 - 5:40 pm Final

**Antonio Sales**

1x All-American

Sprints

So. // So.

Chapel Hill, N.C. // East Chapel Hill

COLLEGIATE BESTS

60m (6.82)

100m (10.33)

200m (20.83)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
1/17	Kentucky Invitational	60 Meters	11th	6.82
1/24	Tom Jones Memorial	60 Meters	16th	7.00
2/6	New Balance Collegiate	60 Meters	P	6.90
2/13	Tyson Invitational	60 Meters	P	6.97
1/17	Kentucky Invitational	200 Meters	5th	21.64
2/7	New Balance Collegiate	200 Meters	P	21.56
2/7	New Balance Collegiate	200 Meters	3rd	21.28^
2/14	Tyson Invitational	200 Meters	6th	21.28
2/28	SEC Championships	200 Meters	P	21.20^
3/1	SEC Championships	200 Meters	9th	21.26
3/7	NCAA Last Chance	200 Meters	1st	20.89^

^ - Provisional Qualifying Time

2008: Indoor and Outdoor NCAA participant in the 200m ... All-American in 4x100m relay ... SEC Indoor All-Freshman Team ... South Carolina Indoor Rookie of the Year ... USA Junior National Champion in the 200m ... gold medalist at the World Junoir Championships in the 4x100m relay ... indoors competed in 60m and 200m ... ran a season best 6.93 in the 60m at the New Balance Invitational ... opened season in 200m with a fourth place finish at UNC Classic at 22.19 ... took 11th at New Balance Invitational at 21.39 ... ran a personal best 20.83 in the SEC Indoor Championships for bronze medal honors ... competed at NCAA Indoors with a 21.17 ... outdoors competed in the 100m, 200m and 4x100m relay ... member of 4x100m relay team to finish fourth at SEC Outdoors at 39.66 ... silver medalist at NCAA East Regionals as second leg of relay that ran a 39.39 ... relay team ran a 39.37 to finish fourth at the NCAA Championship prelims ... took fifth in the 100m at the Shamrock Invitational ... ran a 10.80 at the SEC Outdoor Championships ... placed third in the 200m at the Weems Baskin Relays at 21.30 ... ran a 21.78 at the SEC Outdoors ... placed 10th at the NCAA East Region Championships at a season best 21.08 ... won the USA Junior Nationals in the 200m at 20.94 ... silver medalist at the USA Junior Nationals in the 100m at 10.33 ... competed in the 100m, 200m and 4x100m relay at the World Junior Championships ... ran second leg of Junior World champion relay team that ran the fastest time in the world at 39.38.

HIGH SCHOOL: Coached by Steve Marquis at East Chapel Hill High School ... four-time All-American ... two-time national champion in 200m after rebounding from serious car accident ... 2007 North Carolina state champion in 200m dash at 21.34... state silver medalist in 100m dash ... PAC6 Player of the Year ... posted the sixth-fastest high school time in the 200m dash ... also lettered in football ... twice competed in 100m dash at Nike Outdoor Nationals ... took fourth in 200m at Nike Outdoor Nationals.

PERSONAL: Antonio Sales was born Jan. 26, 1989 ... parents are Tawana Sales and Floyd Becton ... pursuing a degree in psychology ... favorite athlete is Shawn Crawford ... chose USC over LSU and Tennessee.



DAY 1: FRIDAY, MARCH 14 - 6:45 pm Prelim
DAY 1: FRIDAY, MARCH 14 - 8:10 pm Final

**Michael Zajac**

2009 SEC Runner-Up

Throws

R-So. // R-So.

Lynchburg, Va. // E.C. Glass

COLLEGIATE BESTS

Shot Put (15.03m // 49-3.75)

Weight (20.86m//68-01.50)

Discus (51.08m//167-7)

Hammer (61.14m//200-7)

2009 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
1/17	Kentucky Invitational	35-Lb. Weight	3rd	64-07.00 (19.69m)^
1/24	Tom Jones Memorial	35-Lb. Weight	1st	62-11.50 (19.19m)
2/7	New Balance Collegiate	35-Lb. Weight	3rd	64-04.00 (19.61m)^
2/13	Tiger Paw Invitational	35-Lb. Weight	P	64-11.50 (19.80m)^
2/13	Tiger Paw Invitational	35-Lb. Weight	1st	66-04.25 (20.22m)^
2/21	Gamecock Invitational	35-Lb. Weight	1st	67-11.75 (20.72m)^
3/1	SEC Championships	35-Lb. Weight	2nd	68-01.50 (20.76m)^
3/8	NCAA Last Chance	35-Lb. Weight	1st	68-05.25 (20.86m)^

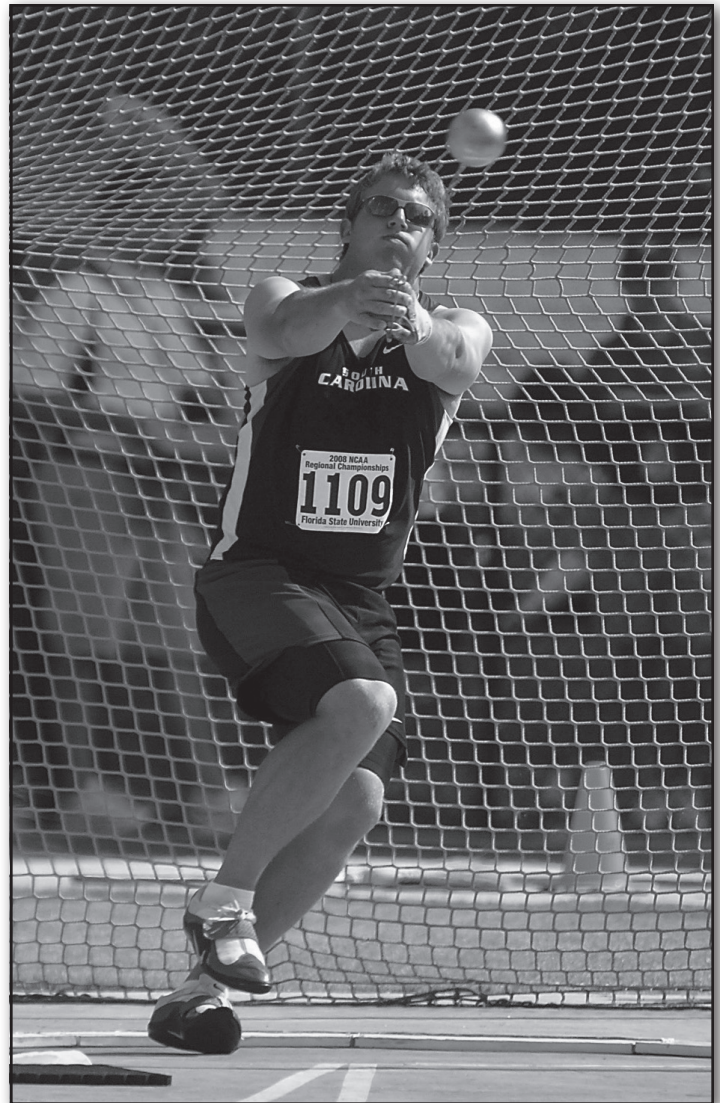
^ - Provisional Qualifying Time

2008: Named South Carolina's outdoor field rookie of the year ... SEC All-Freshman Team indoors and outdoors ... qualified for NCAA East Regional Championships in the hammer throw ... indoors competed in the shot put and weight throw ... placed fourth at the SEC Indoor Championships with a career best 63-3 1/4 in the 35lb weight throw ... opened season with a second place finish at the UNC Classic at 61-6 1/4 ... six top-five finishes in the weight throw, including a win at the Tiger Invitational ... outdoors competed in the hammer and discus ... three top-five finishes in the discus throw with a top mark of 167-7 at the Spec Towns Invitational ... won hammer at Carolina Classic at 189-3 ... placed 14th at the SEC Outdoor Championships in the discus at 157-9 ... scored in the hammer throw at 198-7 for an eighth place finish ... threw a personal best 200-7 to finish seventh at the NCAA East Regional Championships.

2007: Redshirted.

HIGH SCHOOL: Coached by Kevin Lathom at E.C. Glass High School ... was a four-year letterman in track and field as well as football ... was an All-American in the hammer, discus and weight throw ... ranked No. 5 in the hammer throw ... named his team's MVP as a sophomore, junior and senior ... personal record for the discus was 185-2, 208-0 for the hammer and 58-9 in the shot put ... won the state title in the shot put in 2006 during the indoor season for his first career championship.

PERSONAL: Michael Gregory Zajac was born Feb. 15, 1988, in Birmingham, Ala. ... parents are Bert and Susan Zajac ... pursuing a degree in accounting ... once won an eating contest ... greatest athletic thrill was winning three state titles in one year.



2009 PROVISIONAL QUALIFIER MICHAEL ZAJAC

DAY 2: SATURDAY, MARCH 14 - 5:00 pm Final

INDOOR CHAMPIONS

60-METER DASH

2000 Terrence Trammell..... 6.54

800-METER RUN

2002 Otukile Lekote..... 1:46.88

60-METER HURDLES

1999 Terrence Trammell..... 7.52

2000 Terrence Trammell..... 7.55

4x800-METER RELAY

1974 D. Brown, Sheley, J. Brown, Schaper..... 7:27.4

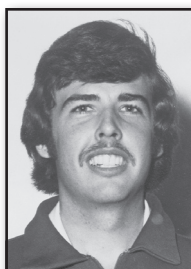
SHOT PUT

1998 Brad Snyder..... 66-4 1/2

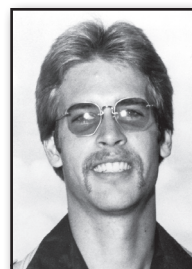
1999 Brad Snyder..... 64-11 1/2

35-POUND WEIGHT

1994 Ron Willis..... 71-11



Don Brown
1 Title



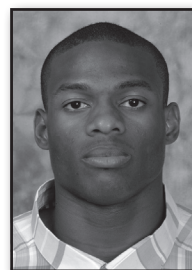
John Brown
1 Title



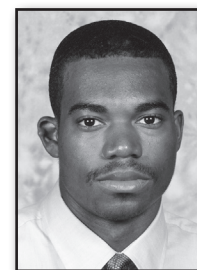
Clint Crenshaw
1 Title



Jonathan Fortenberry
1 Title



Otis Harris
1 Title



James Law
1 Title

OUTDOOR CHAMPIONS

400-METER DASH

1948 Norman "Scooter" Rucks..... 47.2

800-METER RUN

2001 Otukile Lekote..... 1:46.68

2002 Otukile Lekote..... 1:45.17

110-METER HURDLES

1999 Terrence Trammell..... 13.45

2000 Terrence Trammell..... 13.43

2008 Jason Richardson..... 13.40

4x100-METER RELAY

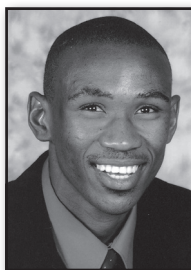
1999 Crenshaw, Trammell, Mays, Price..... 38.92

4x400-METER RELAY

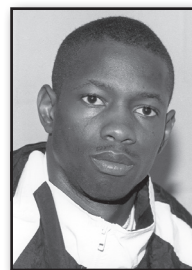
2002 Law, Lekote, Harris, Fortenberry..... 3:02.16

SHOT PUT

1998 Brad Snyder..... 64-7 3/4



Otukile Lekote
4 Titles



Shah Mays
1 Title



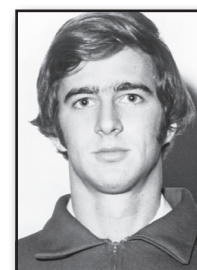
Jamie Price
1 Title



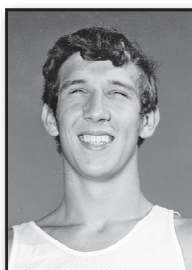
Jason Richardson
1 Title



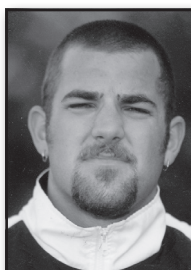
Norman Rucks
1 Title



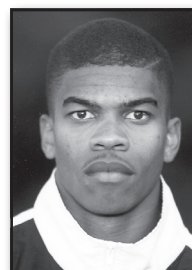
Jim Schaper
1 Title



Mike Sheley
1 Title



Brad Snyder
3 Titles



Terrence Trammell
6 Titles



Ron Willis
1 Title



Aleen Bailey
3 Titles



Lisa Barber
1 Title



Miki Barber
5 Titles



Tacita Bass
3 Titles



Krystal Cantey
1 Title



Brandi Cross
1 Title



Lashinda Demus
4 Titles



Dawn Ellerbe
4 Titles



Sheneka Griffin
1 Title



Natasha Hastings
3 Titles



Lisa Misipeka
2 Titles



Amberly Nesbitt
1 Title



Tiffany Ross-Williams
2 Titles



Stephanie Smith
2 Titles



Shalonda Solomon
3 Titles



Shevon Stoddart
2 Titles



Demetria Washington
6 Titles



Erica Whipple
1 Title



Ellakisha Williamson
1 Title

INDOOR CHAMPIONS

200-METER DASH

2000	Miki Barber	23.06
2006	Shalonda Solomon	22.57

400-METER DASH

2001	Demetria Washington	52.37
2003	Lashinda Demus	51.79
2007	Natasha Hastings	50.80

4x400-METER RELAY

2001	Bass, M. Barber, Griffin, Washington	3:30.08
2002	Bass, Demus, Stoddart, Washington	3:30.36
2005	Stoddart, Smith, Ross-Williams, Solomon	3:30.01
2007	Smith, Cantey, Cross, Hastings	3:29.57

20-POUND WEIGHT

1996	Dawn Ellerbe	67-10 1/4
1997	Dawn Ellerbe	71-8 3/4
1998	Lisa Misipeka	70-5 1/4

OUTDOOR CHAMPIONS

100-METER DASH

2003	Aleen Bailey	11.18
2006	Amberly Nesbitt	11.34

200-METER DASH

2003	Aleen Bailey	22.65
2006	Shalonda Solomon	22.62

400-METER DASH

2000	Miki Barber	51.14
2007	Natasha Hastings	50.15

400-METER HURDLES

2002	Lashinda Demus	54.85
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4x100-METER RELAY

2002	Whipple, Washington, M. Barber, Bailey	43.12
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4x400-METER RELAY

2000	L. Barber, Washington, Williamson, M. Barber	3:28.64
2002	Ross, Washington, Bass, Demus	3:26.46

HAMMER

1996	Dawn Ellerbe	209-2
1997	Dawn Ellerbe	207-4
1998	Lisa Misipeka	209-4

55-METER DASH

1.	Terrence Trammell	1999	6.12
2.	Corey Bridges	1998	6.15
3.	Adrian Durant	2004	6.23
4.	Johnathan Hancock	2009	6.24
5.	Clint Crenshaw	1999	6.26
6.	Andre Totton	2002	6.27
7.	Sharnus Singletary	2001	6.28
8.	Marcus Robinson	1996	6.29
9.	Lamar Markett	2008	6.30
10.	Shah Mays	1999	
	Jamie Price	1997	
	Nigel Stoddart	1990	

60-METER DASH

1.	Terrence Trammell	2000	6.54
2.	Corey Bridges	1997	6.61
3.	Johnathan Hancock	2009	6.63
4.	Duan Barrino	2002	6.71
	Pap Howard	2001	
6.	Corey Taylor	2003	6.72
	Marcus Robinson	1996	
8.	Adrian Durant	2004	
9.	Leroy Dixon	2006	6.75
	Rodney Martin	2005	

200-METER DASH

1.	Rodney Martin	2005	20.38
2.	Antonio Sales	2008	20.83
3.	Pap Howard	2001	20.84
4.	Andre Totton	2001	20.90
5.	Leroy Dixon	2006	21.01
6.	Marcus Robinson	1996	21.14
7.	Duan Barrino	2002	21.22
8.	James Law	2002	21.25
9.	Derron Flood	2008	21.35
10.	Riaan Dempers	2000	21.36
	Jamie Price	1998	

400-METER DASH

1.	Jonathan Fortenberry	2003	46.19
2.	Otis Harris	2002	46.28
3.	Jimmie Hackley	1999	46.49
4.	Keith Hinnant	2006	46.76
5.	Obakeng Ngwigwa	2009	47.08
6.	Jussi Heikkila	2008	47.09
7.	Tony Rambo	1979	47.14
8.	Ray Miley	2007	47.18
9.	Quentin Moore	2007	47.24
10.	Gerald Pressley	2001	47.25

800-METER RUN

1.	Otukile Lekote	2001	1:46.13
2.	Marvin Watts	1997	1:47.73
3.	Adrian Bonner	1995	1:48.13
4.	William Emase	2005	1:50.06
5.	Ken Schapert	1974	1:50.58
6.	Shawn Cunningham	2004	1:50.99
7.	Johnny Baez	2007	1:51.56
8.	Chris Swartz	1995	1:51.90
9.	Ray Miley	2007	1:52.31
10.	Teddy Towle	1995	1:52.54

1,000-METER RUN

1.	Bob Kaczka	1969	2:25.00
2.	Jim Schaper	1974	2:26.85
3.	Tim Colas	1982	2:28.90
4.	LaMonte Pennington	1998	2:29.30
5.	Adrian Bonner	1993	2:29.60
6.	Bob Crombie	1965	2:29.80
7.	Tom Cronin	1993	2:30.10
8.	Johnny Baez	2007	2:31.66
9.	Scott Pierce	2009	2:33.46
10.	Chris Goodwin	1993	2:34.51

MILE RUN

1.	Tim Colas	1982	4:08.03
2.	Tom Cronin	1993	4:08.09
3.	Ken Schapert	1974	4:10.84
4.	William Emase	2004	4:12.38
5.	Bill Latham	1959	4:12.64
6.	Johnny Baez	2007	4:14.22
7.	Otukile Lekote	2001	4:15.04
8.	Keith Gorski	1992	4:16.01
9.	Teddy Towle	1995	4:18.06
10.	Paul Laymon	1993	4:18.47

3,000-METER RUN

1.	Bob Day	1975	8:18.14
2.	Andy Foster	1989	8:22.46
3.	Mike Hedgecock	1990	8:23.75
4.	Tom Cronin	1992	8:25.71
5.	Paul Laymon	1993	8:27.14
6.	Steve Mance	2005	8:28.97
7.	Keith Gorski	1992	8:30.00

5,000-METER RUN

1.	Keith Gorski	1992	14:25.58
2.	Bob Day	1976	14:27.54
3.	Steve Mance	2005	14:36.36
4.	Paul Laymon	1992	14:50.15
5.	Mark Cruz	1994	14:53.64
6.	Eric Roschick	1995	15:04.13
7.	Jered Haag	1994	15:18.10

55-METER HURDLES

1.	Terrence Trammell	1999	6.94
2.	Stanislavs Oljars	1999	7.18
	Jason Richardson	2007,08	
4.	Thomas Hilliard, IV	2007	7.23
5.	Corey Taylor	2003	7.24
6.	Terry Winston	1994	7.27
7.	Frank Mensah	1995	7.30
	Kenneth Ferguson	2003	
	Fred Townsend	2004	
10.	David Arnold	1992	7.33

60-METER HURDLES

1.	Terrence Trammell	1999	7.52
2.	Jason Richardson	2008	7.53
3.	Stanislavs Oljars	1999	7.65
4.	Kenneth Ferguson	2003	7.67
	Corey Taylor	2003	
6.	Thomas Hilliard	2007	7.74
7.	Johnny Dutch	2009	7.79
8.	Booker Nunley	2009	7.86
9.	Deandré Eiland	2001	7.87

4x400-METER RELAY

1.	Fortenberry, Lekote, Harris, Pressley	2002	3:05.90
2.	Moore, Dutch, Ngwigwa, Anderson	2009	3:06.11
3.	Howard, Lekote, Harris, Pressley	2001	3:06.43
4.	Hinnant, Hilliard, Miley, Moore	2007	3:06.84
5.	Hinnant, James, Luster, Richardson	2005	3:06.87

DISTANCE MEDLEY RELAY

1.	Bonner, Swartz, Towle, Cronin	1995	9:43.26
2.	Hoffmam, Hilliard, Cunningham, Emase	2005	9:56.46
3.	Swartz, Watts, Towle, Cronin	1995	10:00.59
4.	Johnson, Coleman, Drosky, Murphy	1984	10:01.60
5.	Leyh, James, Fortenberry, Baez	2007	10:02.98
6.	Johnson, Coleman, Drosky, Murphy	1983	10:03.64

HIGH JUMP

1.	Paul Wichern	1989	7-2
2.	Fred Townsend	2004	7-1
3.	Steve Wilson	1976	7-0
4.	Steve Owens	1992	6-11
5.	Art Henson	1992	6-11

POLE VAULT

1.	Chris Steddum	2004	18-0 1/2
2.	Patrick Tvarkunas	2000	17-7
3.	Dan McKenzie	2007	17-0 3/4
4.	Marvin Reitze	2009	17-0
	Dale Gerek	1989	
6.	Jared Farabee	2002	16-10 3/4
7.	Greg Royster	2003	16-8 3/4
8.	Michael Lameier	2000	16-8
9.	Trey Bell	2006	16-6 3/4
10.	Kevin Brinkley	2009	16-6

LONG JUMP

1.	Tony Allmond	2004	26-6 1/4
2.	Phillipe Williams	1990	26-3
3.	Greig Cryer	2006	26-0
4.	Fred Townsend	2004	24-0
5.	Titus Briggs	1976	23-9 1/4

TRIPLE JUMP

1.	Greig Cryer	2006	52-5 1/4
2.	Marcus Sutton	1993	51-4 1/2
3.	Derek Pressley	2008	51-2 3/4
4.	Ron Adams	1976	
5.	Tony Allmond	2003	49-7 1/4
6.	Roderic Dubose	1992	48-5 1/4

SHOT PUT

1.	Brad Snyder	1998	66-8
2.	Kevin Mannon	1997	63-7 1/2
3.	Jason Cook	2009	61-11
4.	Jeff Shalayda	1997	60-8 1/2
5.	Ron Willis	1994	60-1 3/4
6.	Ron Yarb	1981	58-4

35-POUND WEIGHT

1.	Ryan Harrison	1999	73-6
2.	Ron Willis	1994	72-1 1/4
3.	Bert Sorin	1999	72-1
4.	Brett Murray	1994	69-10 3/4
5.	Kevin Mannon	1997	69-6 3/4
6.	Michael Zajac	2009	68-5 1/4
	Brook Antonio	2006	68-2 1/2

55-METER DASH

1.	Amberly Nesbitt	2006	6.72
2.	Shalonda Solomon	2006	6.73
3.	LaKya Brookins	2009	6.79
4.	Miki Barber	2003	6.82
5.	Shayla Mahan	2009	6.83
	Aleen Bailey	2002	
	Erica Whipple	2002	
8.	Mechelle Lewis	2000	6.84
9.	Lisa Barber	2000	6.91
	Gabrielle Glenn	2008	

60-METER DASH

1.	Amberly Nesbitt	2006	7.21
	Shalonda Solomon	2006	
3.	LaKya Brookins	2009	7.22
4.	Shayla Mahan	2009	7.23
	Aleen Bailey	2003	
6.	Lisa Barber	2000	7.28
7.	Khalilah Carpenter	2005	7.33
	Mechelle Lewis	2000	
9.	Kanisa Williams	2001	7.34
10.	Miki Barber	2003	7.35
	Alexis Joyce	2005	

200-METER DASH

1.	Shalonda Solomon	2006	22.57
2.	Aleen Bailey	2003	23.03
3.	Miki Barber	2000	23.06
4.	Lisa Barber	2002	23.08
5.	Erica Whipple	2002	23.13
6.	Khalilah Carpenter	2005	23.29
7.	Demetria Washington	2001	23.33
8.	Natasha Hastings	2007	23.39
9.	Stephanie Smith	2004	23.41
10.	Amberly Nesbitt	2006	23.43

400-METER DASH

1.	Natasha Hastings	2007	50.80
2.	Lashinda Demus	2004	51.59
3.	Miki Barber	2000	51.92
4.	Demetria Washington	2001	52.06
5.	Brandi Cross	2008	52.12
6.	Tiffany Ross	2005	52.43
7.	Stephanie Smith	2004	52.44
8.	Shevon Stoddart	2005	52.55
9.	Lisa Barber	2002	52.62
10.	Tonique Williams	1997	53.24

800-METER RUN

1.	Shay Shelton	2006	2:06.05
2.	Charmaine Howell	1998	2:06.13
3.	Tawana Watkins	2003	2:08.27
4.	Kristina Brown	1999	2:08.77
5.	Shannon Wyont	1990	2:09.30
6.	Andrea Hallmon	2001	2:10.39
7.	Boikhutso Ramomene	2004	2:10.71
8.	Tracey Capper	1996	2:11.25
9.	Deanna Smith	1997	2:11.77
10.	Danielle Barnes	2009	2:13.18

1,000-METER RUN

1.	Liz Figlar	1993	2:57.84
2.	Tracey Capper	1993	2:58.90
3.	Dana Purser	1990	3:00.34
4.	Marielle Bertrand	1993	3:00.40
5.	Kristina Brown	2000	3:00.60

MILE RUN

1.	Tracey Capper	1996	4:43.90
2.	Danielle Barnes	2009	4:47.19
3.	Jenny Lake	2003	4:55.10
4.	Sue McGhie	1992	4:56.89
5.	Danielle Adams	1992	4:57.10
6.	Liz Figlar	1995	4:57.59
7.	Ivana Skadana	1998	4:58.37
8.	Alexis File	1991	5:01.10
9.	Rebecca Chain	2008	5:01.48
10.	Shannon Wyont	1990	5:01.70

3,000-METER RUN

1.	Jenny Lake	2005	9:41.35
2.	Danielle Barnes	2009	9:44.55
3.	Sue McGhie	1992	9:54.72
4.	Tracy Capper	1994	9:56.09
5.	Liz Figlar	1995	9:56.13
6.	Lisa Monti	1994	9:58.19
7.	Danielle Adams	1992	9:58.60
8.	Rebecca Chain	2007	10:01.45
9.	Beatrice Biwott	2009	10:02.74
10.	Shannon Wyont	1990	10:03.10

5,000-METER RUN

1.	Sue McGhie	1992	16:54.61
2.	Jenny Lake	2004	17:03.45
3.	Danielle Adams	1994	17:29.47
4.	Wilma DePiere	1991	17:29.94
5.	Lisa Monti	1995	17:32.26
6.	Liz Figlar	1995	17:33.12
7.	Katie England	1999	17:40.10
8.	Tanya Povey	1998	17:41.65
9.	Karen Wigal	2005	17:47.18
10.	Katie Orr	2000	18:10.90

55-METER HURDLES

1.	Ronnetta Alexander	2006	7.60
	Jackie Madison	1998	7.60
3.	Tiffany Ross	2003	7.63
4.	Lashinda Demus	2004	7.64
5.	Ellakisha Williamson	2000	7.66
6.	Chiquita Martin	2007	7.76
7.	Kettiany Clarke	2006	7.80
8.	Shevon Stoddart	2002	7.83
9.	Trier Young	2008	7.91
10.	Rhody Williams	1995	7.92
	Brittney James	2007	7.92

60-METER HURDLES

1.	Lashinda Demus	2004	8.11
2.	Ellakisha Williamson	2000	8.15
3.	Jackie Madison	2001	8.16
4.	Ronnetta Alexander	2006	8.17
5.	Tiffany Ross	2005	8.29
6.	Chiquita Martin	2007	8.33
7.	Kettiany Clarke	2006	8.37
9.	Janica Austin	2009	8.43
	Shevon Stoddart	2004	

4x400-METER RELAY

1.	Ross, Barber, Washington, Demus	2003	3:28.25
2.	Smith, Stoddart, Watkins, Demus	2004	3:29.53
3.	Smith, Canteley Cross, Hastings	2007	3:29.57
4.	Ross, Stoddart, Smith, Solomon	2005	3:30.01
5.	Ross, Stoddart, Smith, Hastings	2005	3:30.07
6.	Bass, M. Barber, Griffin, Washington	2001	3:30.08
7.	Stoddart, Washington, Bass, Demus	2002	3:30.36
8.	Canteley, Cross, Giles, Hastings	2007	3:30.95
9.	Smith, Solomon, Cross, Hastings	2007	3:31.85
10.	Hastings, Martin, Shelton, Solomon	2006	3:31.86

DISTANCE MEDLEY RELAY

1.	Ramomene, Stoddart, Watkins, Lake	2003	11:30.72
2.	Chain, Martin, Watkins, Lake	2005	11:42.73
3.	Ramonene, Martin, Shelton, Rackow	2004	11:44.30
4.	Shelton, Giles, Watkins, Lake	2005	11:46.23
5.	Brown, Bass, Hallmon, Davis	1999	11:52.12
6.	Barnes, McCorkle, Fedewa, Biwott	2009	11:53.75

7.	Barnes Jacobs, Pramstaller, Biwott	2009	11:54.37
8.	Eschenberg, Carpenter, Lewis, Lake	2002	11:58.89
9.	Peebles, Lewis, Griffin, Davis	2000	11:59.19
10.	Smith, Grey, Kelley, Capper	1996	12:00.11

HIGH JUMP

1.	Chelsea Hammond	2004	5-10 1/2
2.	Erin Narzinski	1999	5-8
	Kayla Blake	2008	
4.	Julie Symonds	1995	5-7 1/4
5.	Kettiany Clarke	2006	5-7
	Monica Bozenski	2005	
	Jennifer Britz	1996	5-6
	Alicia Brunger	1995	
9.	Tacita Bass	2002	5-5 3/4
10.	Cory Bowen	2009	5-5 1/4
	Staley Foster	2009	
	Antoinette Wilks	2000	

POLE VAULT

1.	Cheryl Terrio	2006	13-6 1/4
2.	Sallie Gurganus	2009	13-2 1/4
3.	Liza Todd	2009	13-1 1/2
4.	Vica Shobe	2009	12-8 1/4
5.	Kylene Nixon	1999	12-7 1/2
6.	Lori Tvarunas	2001	12-7 1/4
7.	Allison Nicosia	2009	12-2 1/2
8.	Emily Pease	2006	11-6
9.	Rachel Farabee	2004	11-5 3/4
10.	Marisa Garcia-Quintana	2006	11-3

LONG JUMP

1.	Antoinette Wilks	2001	21-8
2.	Chelsea Hammond	2006	21-4 3/4
3.	Erin Narzinski	1998	20-10
4.	Kemesha Whitmire	2003	20-5 3/4
5.	Brittney James	2008	20-5
6.	Tacita Bass	2002	20-0 3/4
7.	Rodena Barr	2000	19-8 3/4
8.	Rhshida Abdul-Malik	2002	19-4 1/4
9.	Kettiany Clarke	2006	19-3 1/2
10.	Dee Dee Fortman	1996	19-1

TRIPLE JUMP

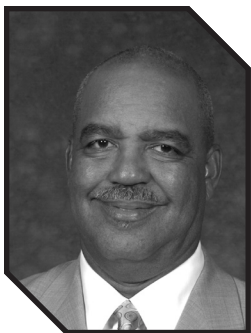
1.	Rodena Barr	2000	42-11 1/2
2.	Kemesha Whitmire	2006	42-9
3.	Antoinette Wilks	2001	41-7 1/4
4.	Rashida Abdul-Malik	2003	41-2 1/4
5.	Radiance Basden	2009	38-11 3/4
6.	Dee Dee Fortman	1996	38-1 1/4
7.	Reanna Townsend	2006	37-9 1/4
8.	Tiffany Ross	2002	37-7 3/4

SHOT PUT

1.	Crystal Brownlee	1998	56-0
2.	Nicole Kendrick	2003	53-7 3/4
3.	Dawn Ellerbe	1997	53-6
4.	Lisa Misipeka	1997	52-8
5.	India Odum	2004	52-3 3/4
6.	Lynette Keppler	2001	52-2 3/4
7.	Precious Akins	2007	50-9 1/2
8.	Leslie Coons	1994	50-0 1/2
9.	Michelle Fournier	1999	49-0 1/4
10.	Keri Groover	2003	47-7 1/4

20-POUND WEIGHT

1.	Dawn Ellerbe	1997	71-3 3/4
2.	Lisa Misipeka	1998	70-9 3/4
3.	Michelle Fournier	1999	64-5 3/4
4.	Mamee Groves	2002	64-4 1/4
5.	Precious Akins	2007	62-10
6.	Crystal Brownlee	1997	62-5 3/4
7.	Loren Thouvenot	1998	59-0 3/4
8.	Nicole Kendrick	2003	58-10
9.	Leslie Coons	1994	56-5 3/4
10.	India Odum	2002	55-0 3/4



Curtis Frye

South Carolina Head Coach

13th Season // East Carolina '74

Entering the 2009 track season in his 13th year as head track & field and cross country coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 108 SEC champions and more than 380 NCAA All Americans during his career.

In October 2008, Frye was bestowed the Order of Ikko Medallion, presented by the United States Olympic Committee. A special order reserved for the coach of an Olympic or Paralympic medalist, Frye received the honor after coaching Jerome Singleton Jr. to a silver medal in the men's 100-meter dash at the 2008 Paralympic Games in Beijing. The medallion signifies the highest level of excellence that a coach can achieve.

Frye has coached an NCAA champion in all but one year since 1998, including at least one national champion every year since 2005. In 2008, Frye coached Jason Richardson to the 110-meter hurdles outdoor title after coaching six national champions the year before. All six national champions in 2007 were on the women's side with Natasha Hastings sweeping the 400m indoor and outdoor titles along with the mile relay team of Hastings, Krystal Cantey, Brandi Cross and Stephanie Smith. In addition, Frye has coached an SEC champion every year he has been at South Carolina.

One of the most well-respected coaches in the country, Frye brought South Carolina its first team NCAA championship in any sport when his women's team captured the 2002 NCAA Outdoor Championship crown. Frye is a three-time United States Track Coaches Association (USTCA) National Coach of the Year, taking home the 1999 and 2002 women's outdoor honors and the 1999 men's indoor honors. In taking home the men's indoor and women's outdoor coach of the year honors in 1999, he became the first person in the history of the USTCA to win the award indoors and outdoors in the same year. In 2001, he earned the prestigious Nike Coach of the Year award and was also named the 1997 USOC Track & Field Coach of the Year. Frye is also a three-time SEC Coach of the Year with the honor coinciding with his three women's outdoor conference championships in 1999, 2002 and 2005.

During his tenure at South Carolina, Frye has coached 10 SEC Athletes of the Year, the most recent being Johnny Dutch, who was named the 2008 SEC Freshman Runner of the Year (outdoors). He has also coached five national athletes of the year in Hastings (2007-overall), Demetria Washington (2002-indoor), Lashinda Demus (2002-overall), Terrence Trammell (2000-outdoor) and Miki Barber (2000-outdoor). Demus was acknowledged by Track and Field News while the United States Track & Field and Cross Country Coaches Association (USTFCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but two of his seasons at Carolina. In addition to the team title in 2002, his teams earned the silver medal in 2005 and took home the bronze in 2003 and 2006. On the men's side, Frye's team placed in the top 25 nationally indoors in all but three of his seasons.

Along with continued success on the track, Frye has produced winners in the classroom on a consistent basis. Frye's athletes have earned four USTFCCA National Scholar-Athlete of the Year honors in addition to an SEC Scholar-Athlete of the Year award. Richardson swept the indoor and outdoor national honors in 2008, following awards earned by 2006 National Indoor Scholar Athlete of the Year Shalonda Solomon and 2002 National Scholar Athlete of the Year Otukile Lekote.

CURTIS FRYE COACHING HIGHLIGHTS

One of USA's best coaches

- ✓ Named to USA's Olympic track and field staff for Athens 2004, serving as a USA women's assistant coach for sprints and hurdles; Saw three former athletes win gold medals
- ✓ Head coach of an NCAA champion team (2002 women's outdoor)
- ✓ Bestowed with Order of Ikko medallion in 2008
- ✓ Head coach of three SEC Championship Teams (1999 women's outdoor, 2002 women's outdoor, 2005 women's outdoor)
- ✓ 1999 and 2002 USTCA Women's Outdoor National Coach of the Year
- ✓ 1999 USTCA Men's National Indoor Coach of the Year
- ✓ 1999, 2002 and 2005 SEC Women's Outdoor Coach of the Year
- ✓ In 2002, coached athletes who won seven NCAA titles and four gold and one silver medal at the World Junior Championships; In addition, had two named National Athletes of the Year and one named Men's National Scholar-Athlete of the Year
- ✓ 2001 Nike Coach of the Year
- ✓ 2001 Goodwill Games USA men's head coach
- ✓ 2000 USTCA Women's Outdoor Region Coach of the Year
- ✓ 1999 assistant coach for the USA at the World Track and Field Championships
- ✓ 1997 USOC Track and Field Coach of the Year
- ✓ 1980 North Carolina HS Coach of the Year
- ✓ Founder of Speed Elite, formerly South Carolina Elite, a track and field club for serious athletes with the goal of making the 2000 Sydney Olympics and the 2004 Athens Olympics
- ✓ Assistant coach for 18 ACC championship teams
- ✓ Coached 10 Olympic medalists
- ✓ Coached 25 Olympians
- ✓ Coached over 60 NCAA champions
- ✓ Coached over 380 NCAA All-Americans
- ✓ Coached over 100 SEC champions
- ✓ Coached over 75 ACC champions

In his career, Frye has coached 25 Olympians who have won 10 medals heading into the 2008 Olympic Games in Beijing. Nine of his former student-athletes are scheduled to compete at the 2008 Olympic Games, six of them as first-time Olympians. Frye served as an assistant coach for the 2004 USA Olympic women's track team with responsibilities that included working with the sprinters and the relays. He also accompanied his former athletes to the 2000 Sydney Olympics. Frye's athletes won three gold medals in 2004 by Tonique Williams-Darling (Bahamas-400m), Otis Harris (USA-4x400m relay) and Aleen Bailey (Jamaica-4x100m relay).

Hired at South Carolina on July 29, 1996, Frye came to Columbia after serving as assistant head coach at North Carolina for four years. During his tenure at UNC, he was a part of 13 ACC championship teams.

Prior to his stint with the Tar Heels, Frye was an assistant coach at Florida from 1988 to 1992. While with the Gator program, he coached three NCAA individual champions and one relay champion team. In total, 29 All-America certificates were earned while Frye was in Gainesville.

From 1984 to 1988, Frye was an assistant coach for N.C. State, aiding the Wolfpack to four conference championships. He was instrumental in leading State to 27 All-America honors, four individual NCAA second-place finishes and 37 conference champions.

Frye began his coaching career as an assistant at his alma mater, East Carolina, in 1974. He also served as head coach for the men's soccer team and was director of facilities. Frye took a break from the collegiate ranks from 1979 to 1984 when he was head track and field coach for Douglas Byrd High School in Fayetteville, N.C.

Frye and his wife, Wilma, have three children: Crystal, C.J. and Curtrell.

THE CURTIS FRYE FILE

Born: Oct. 20, 1951, Vass, N.C.

High School Education: Union Pine High School, Cameron, N.C.

College Education: Bachelor of Science, physical education, East Carolina, 1974

High School Athletics: Lettered in track, football and baseball

College Coaching Career:

1974-79, Assistant Coach, East Carolina

1984-88, Assistant Coach, N.C. State

1988-92, Assistant Coach, Florida

1992-96, Assistant Coach, North Carolina

1996-Present, Head Coach, South Carolina

High School Coaching Career:

1979-84, Douglas Byrd High School

Wife: Wilma

Children: Daughters Crystal and Curtrell; Son Curtis, II

Notable Athletes Coached: Aleen Bailey, Miki Barber, Lashinda Demus, Leroy Dixon, Otis Harris, Natasha Hastings, Mechelle Lewis, Rodney Martin, Shalonda Solomon, Terrence Trammell, Tonique Williams-Darling



The Frye Family: Crystal, Wilma, Tyler, Curtis and Curtrell
Not Pictured: C.J.

USC NCAA FINISHES UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	7th	T-40th	4th	7th
1998	T-7th	T-11th	T-11th	7th
1999	4th	T-6th	T-18th	7th
2000	T-8th	T-11th	2nd	T-6th
2001	T-16th	T-19th	2nd	4th
2002	6th	6th	4th	1st
2003	4th	10th	T-2nd	3rd
2004	14th	T-31st	T-10th	T-7th
2005	9th	T-26th	5th	T-2nd
2006	T-33rd	T-30th	T-10th	3rd
2007	25th	34th	T-10th	12th
2008	30th	18th	T-53rd	22nd

USC SEC FINISHES UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	4th	5th	4th	3rd
1998	4th	5th	4th	2nd
1999	2nd	6th	3rd	1st
2000	8th	8th	3rd	2nd
2001	T-7th	8th	3rd	3rd
2002	9th	7th	4th	1st
2003	3rd	T-6th	2nd	4th
2004	7th	10th	5th	4th
2005	7th	9th	5th	1st
2006	5th	5th	T-3rd	3rd
2007	10th	8th	5th	5th
2008	7th	7th	9th	8th
2009	T-4th	N/A	5th	N/A

USC MEN'S NCAA CHAMPIONS UNDER FRYE

Clint Crenshaw (1) 1999 - 4x100m (O)
Jonathan Fortenberry (1) 2002 - 4x400m (O)
Otis Harris (1) 2002 - 4x400m (O)
Otukile Lekote (4) 2001 - 800m (O)
 2002 - 800m (I)
 2002 - 800m (O)
 2002 - 4x400m (O)
James Law (1) 2002 - 4x400m (O)
Shah Mays (1) 1999 - 4x100m (O)
Jamie Price (1) 1999 - 4x100m (O)
Jason Richardson (1) 2008 - 110mH (O)

Brad Snyder (3) 1998 - Shot Put (I)
 1999 - Shot Put (O)
 1999 - Shot Put (I)

Terrence Trammell (6) 1999 - 60mH (I)
 1999 - 110mH (O)
 1999 - 4x100m (O)
 2000 - 60m (I)
 2000 - 60mH (I)
 2000 - 110mH (O)

USC WOMEN'S NCAA CHAMPIONS UNDER FRYE

Aleen Bailey (3) 2002 - 4x100m (O)
 2003 - 100m (O)
 2003 - 200m (O)

Lisa Barber (1) 2000 - 4x400m (O)
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Miki Barber (5) 2000 - 200m (I)
 2000 - 400m (O)
 2000 - 4x400m (O)
 2001 - 4x400m (I)
 2002 - 4x100m (O)

Tacita Bass (3) 2001 - 4x400m (I)
 2002 - 4x400m (I)
 2002 - 4x400m (O)

Krystal Cantey (1) 2007 - 4x400m (I)
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Brandi Cross (1) 2007 - 4x400m (I)
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Lashinda Demus (4) 2002 - 400mH (O)
 2002 - 4x400m (I)
 2002 - 4x400m (O)
 2003 - 400m (I)

Dawn Ellerbe (2) 1997 - Hammer (O)
 1997 - 20lb Weight (I)

Sheneka Griffin (1) 2001 - 4x400m (I)
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Natasha Hastings (3) 2007 - 4x400m (I)
 2007 - 400m (I)
 2007 - 400m (O)

Lisa Misipeka (2) 1998 - Hammer (O)
 1998 - 20lb Weight (I)

Amberly Nesbitt (1) 2006 - 100m (O)
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Tiffany Ross-Williams (2) 2002 - 4x400m (O)
 2005 - 4x400m (I)

Stephanie Smith (2) 2005 - 4x400m (I)
 2007 - 4x400m (I)

Shalonda Solomon (3) 2005 - 4x400m (I)
 2006 - 200m (I)
 2006 - 200m (O)

Shevon Stoddart (2) 2002 - 4x400m (I)
 2005 - 4x400m (I)

Demetria Washington (6) 2000 - 4x400m (O)
 2001 - 400m (I)
 2001 - 4x400m (I)
 2002 - 4x100m (O)
 2002 - 4x400m (I)
 2002 - 4x400m (O)

Erica Whipple (1) 2002 - 4x100m (O)
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Ellakisha Williamson (1) 2000 - 4x400m (O)
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USC ALL-AMERICANS UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	5	5	5	6
1998	4	6	3	7
1999	5	6	5	5
2000	1	4	5	7
2001	4	5	5	6
2002	6	8	7	9
2003	6	6	7	8
2004	3	1	7	8
2005	2	3	8	8
2006	2	3	7	8
2007	5	7	5	5
2008	1	6	5	5

USC SEC CHAMPIONS UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	3	2	1	3
1998	3	2	2	4
1999	3	2	2	6
2000	1	1	1	4
2001	1	2	6	6
2002	1	4	4	6
2003	4	4	4	2
2004	—	—	—	1
2005	—	—	—	9
2006	—	—	1	4
2007	—	—	1	3
2008	1	1	—	—
2009	1	N/A	1	N/A

