



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	M: T4th; W: 5th
Mar. 7	Last Chance Meets	TBA
Mar. 13-14	NCAA Indoor Championship	M: T20th; W: T12th

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 Sergent

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 SET TO COMPETE AT 115TH ANNUAL PENN RELAYS

South Carolina (Men-#7, Women-#20) travels to the 115th Penn Relays in Philadelphia this weekend at Franklin Field. The Gamecocks will look to defend titles in three events - women's pole vault, men's 110m hurdles and men's 4x400m relay. Senior Liza Todd will work to defend her pole vault title after winning the event last year at a then-personal best 12-9. Jason Richardson won his second Penn Relays 110m hurdles championship last year at 13.68 before also running the third leg of the mile relay championship team that included departed Gamecocks Keith Hinnant, Ray Miley and Derron Flood.

SOUTH CAROLINA HEAD COACH CURTIS FRYE TALKS PENN RELAYS

Heading into the Penn Relays, what is the state of the team after six outdoor meets with the team heading into the championship stretch?

"We're pretty solid. The biggest thing is staying healthy. People like Jason Richardson and Johnny Dutch, if they're healthy then we're a good team. They provide a nucleus for what we do. Johnny's hasn't been able to practice as much, so the meets and competitions are his training."

What makes the Penn Relays such a special place?

"It gives you a stage to put your talents on. This is one time a year that people appreciate what you do and where athletes can get immediate feedback for their performance. This is a chance to compare yourself against the best people in the country. What's even greater is that you get to do it in front of 70,000 spectators. The only time you get a crowd like that is at the Olympics."

What are you looking for from your teams this weekend?

"We're looking for dealing with the stress of the crowd. This gives us a little more preparation for SEC's and NCAA's by sizing up against some of the best people in our region. Our chances of individual wins in the Championships of America will be slim, but being in championship sections are important as far as advancing in the 4x4's and 4x1's. It's also good to have Jason Cook and Michael Zajac competing against the top five athletes in our region. Another one is Elliott Haynie in the pole vault as this gives him a chance to evaluate himself against the top people in the East Region and the nation."

There are always tri-state area Gamecocks on the roster. Is this weekend big for the exposure that these kids get from returning to their towns?

"We have a group of athletes from the East including Nadonna Rodrigues, Erik Heymann, David Zaycek and Breehana Jacobs. Our program is at a point where people up East get a chance to see USC is still emerging from where it was when we had the Barber twins and Natasha Hastings. We've had excellent athletes from the East so it's good for them to see those kids come back."

There is also always a large contingent of Gamecocks competing in the USA vs. the World section. What does it mean to you to see these Gamecocks representing on the national stage?

"It's always fun to see the legacy from kids that came here and what they represent. They really care about what they built here. As graduates of the university, they make us proud."

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2009 SOUTH CAROLINA TRACK & FIELD

DAY 1: THURSDAY, APRIL 23

DAY 3: SATURDAY, APRIL 25

TIME	EVENT	TEAM	USC ATHLETES
10:00 am	400m Hurdles (CH)	Women	Austin, Basden, Clarke
10:00 am	High Jump (Coll)	Women	Foster, Blake, Bowen
10:00 am	Pole Vault (Coll)	Women	Nicosia, Shobe
1:00 pm	4x100m Relay (Coll)	Women	Brookins, Glenn Jacobs, Cross
1:00 pm	Shot Put (CH)	Women	Kodat, Roberts, Vuckovich
3:00 pm	Pole Vault (CH)	Women	Gurganus, Todd
4:00 pm	Discus (CO)	Women	Kodat
5:50 pm	4x400 Relay (Coll)	Women	Cross, Byrd Jacobs, Glenn
8:00 pm	3000m Steeple (CH)	Women	Biwott
8:30 pm	3000m Run (CH)	Women	Barnes

TIME	EVENT	TEAM	USC ATHLETES
9:00 am	Triple Jump (Coll)	Men	Searles
11:00 am	Hammer (CH)	Men	Zajac
11:00 am	Javelin (CH)	Men	Heymann
1:20 pm	4x100m Relay (Coll)	Men	Ngwigwa, Sales Moore, Hancock
2:00 pm	Pole Vault (CH)	Men	Haynie
2:30 pm	4x200m Relay (CH)	Women	Cross, Byrd McCorkle, Glenn
2:35 pm	4x200m Relay (CH)	Men	Ngwigwa, Moore Anderson, Sales
2:55 pm	100m Hurdles (CH)	Women	Austin
3:05 pm	110m Hurdles (CH)	Men	Dutch, Nunley, Richardson
4:10 pm	Mile Run (OD)	Women	Barnes
5:10 pm	4x400m Relay (CH)	Women	Cross, Byrd Jacobs, Glenn
5:25 pm	4x400m Relay (CH)	Men	Anderson, Dutch Ngwigwa, Moore

DAY 2: FRIDAY, APRIL 24

TIME	EVENT	TEAM	USC ATHLETES
9:00 am	400m Hurdles (CH)	Men	Dutch
10:00 am	Pole Vault (Coll)	Men	Brinkley, Reitze, Shuler
10:00 am	Shot Put (CH)	Men	Cook
11:00 am	Triple Jump (Coll)	Women	Basden
11:15 am	Shot Put (Coll)	Men	Cook, McGill, Zaycek
12:35 pm	4x100m Relay (Coll)	Men	Ngwigwa, Sales Moore, Hancock
1:10 pm	4x100m Relay (CH)	Women	Brookins, Glenn Jacobs, Cross
1:30 pm	Discus (Coll)	Men	Merkt, Zajac, Zaycek
1:50 pm	4x200m Relay (Coll)	Men	Ngwigwa, Moore Anderson, Sales
2:10 pm	4x200m Relay (Coll)	Women	Cross, Byrd McCorkle, Glenn
2:55 pm	Sh. Hurdle Relay (CH)	Men	Dutch, Nunley Richardson, Stoudemire
3:25 pm	100m Dash (Coll)	Men	Hancock
3:30 pm	110m Hurdles (Coll)	Men	Dutch, Nunley, Richardson
3:35 pm	100m Dash (Coll)	Women	Brookins
3:40 pm	100m Hurdles (Coll)	Women	Austin
4:35 pm	4x400m Relay (Coll)	Men	Anderson, Dutch Ngwigwa, Moore
6:20 pm	Sp. Medly Relay (CH)	Women	McCorkle, Byrd Rodrigues, Jacobs

PENN RELAYS SCHEDULE

GAMECOCK MEN

100-Meter Dash

Date	Athlete	Meet	Time
4/11	Johnathan Hancock	Spec Town Relays	10.37 [^]
4/18	Antonio Sales	IFFG @ NC A&T	10.49 [^]

200-Meter Dash

Date	Athlete	Meet	Time
4/18	Antonio Sales	IFFG @ NC A&T	20.72 [^]
4/18	Obakeng Ngwigwa	IFFG @ NC A&T	20.84 [^]
4/18	Quentin Moore	IFFG @ NC A&T	21.00 [^]

400-Meter Dash

Date	Athlete	Meet	Time
4/4	Obakeng Ngwigwa	Pepsi Florida Relays	46.57 [^]
4/4	Quentin Moore	Pepsi Florida Relays	46.59 [^]

110-Meter Hurdles

Date	Athlete	Meet	Time
4/18	Jason Richardson	IFFG @ NC A&T	13.78 [^]
4/8	Booker Nunley	State USATF Meet	13.90 [^]
4/4	Johnny Dutch	Pepsi Florida Relays	13.95 [^]

400-Meter Hurdles

Date	Athlete	Meet	Time
4/4	Johnny Dutch	Pepsi Florida Relays	49.79 [^]

4x100-Meter Relay

Date	Team	Meet	Time
4/4	Ngwigwa, Sales Moore, Hancock	Pepsi Florida Relays	39.73 [^]

4x400-Meter Relay

Date	Team	Meet	Time
4/4	Anderson, Dutch Ngwigwa, Moore	Pepsi Florida Relays	3:04.53 [^]

Pole Vault

Date	Athlete	Meet	Mark
4/4	Elliott Haynie	Pepsi Florida Relays	17-10.50 (5.45m) [^]
4/4	Matt Shuler	Pepsi Florida Relays	16-06.75 (5.05m) [^]

Shot Put

Date	Athlete	Meet	Mark
4/11	Jason Cook	Spec Town Relays	63-07.50 (19.39m) [^]

Hammer Throw

Date	Athlete	Meet	Mark
3/20	Michael Zajac	Shamrock Invitational	211-11 (64.59m) [^]

Javelin

Date	Athlete	Meet	Mark
3/28	Erik Heymann	Weems Baskin Invite	206-09 (63.02m) [^]

GAMECOCK WOMEN

100-Meter Dash

Date	Athlete	Meet	Time
4/11	LaKya Brookins	Spec Town Relays	11.30 [^]
4/4	Gabrielle Glenn	Pepsi Florida Relays	11.64 [^]

400-Meter Dash

Date	Athlete	Meet	Time
4/4	Brandi Cross	Pepsi Florida Relays	52.73 [^]
4/18	Nadonna Rodrigues	IFFG @ NC A&T	54.32 [^]

100-Meter Hurdles

Date	Athlete	Meet	Time
3/28	Janica Austin	Weems Baskin Invite	13.61 [^]

400-Meter Hurdles

Date	Athlete	Meet	Time
4/18	Radiance Basden	IFFG @ NC A&T	1:00.49 [^]

4x100-Meter Relay

Date	Team	Meet	Time
3/28	Brookins, Jacobs Cross, Glenn	Weems Baskin Invite	45.70 [^]

Pole Vault

Date	Athlete	Meet	Mark
4/4	Sallie Gurganus	Pepsi Florida Relays	13-01.50 (4.00m) [^]
3/28	Liza Todd	Weems Baskin Invite	12-09.50 (3.90m) [^]
4/4	Allison Nicosia	Pepsi Florida Relays	12-07.50 (3.85m) [^]

Discus Throw

Date	Athlete	Meet	Mark
4/11	Aimee Kodat	Spec Town Relays	161-08 (49.28m) [^]

100-Meter Dash

Date	Athlete	Meet	Time
4/11	Johnathan Hancock	Spec Town Relays	10.37 [^]
4/18	Antonio Sales	IFFG @ NC A&T	10.49 [^]
3/20	Bryce Sherman	Shamrock Invitational	10.73
3/20	Eddie Stoudemire	Shamrock Invitational	10.85

200-Meter Dash

Date	Athlete	Meet	Time
4/18	Antonio Sales	IFFG @ NC A&T	20.72 [^]
4/18	Obakeng Ngwigwa	IFFG @ NC A&T	20.84 [^]
4/18	Quentin Moore	IFFG @ NC A&T	21.00 [^]
4/11	Bryce Sherman	Spec Town Relays	21.85
4/8	Aaron Anderson	State USATF Meet	22.23

400-Meter Dash

Date	Athlete	Meet	Time
4/4	Obakeng Ngwigwa	Pepsi Florida Relays	46.57 [^]
4/4	Quentin Moore	Pepsi Florida Relays	46.59 [^]
4/18	Aaron Anderson	IFFG @ NC A&T	47.35
4/18	Michael Varner	IFFG @ NC A&T	50.26

800-Meter Run

Date	Athlete	Meet	Time
4/8	Johnny Dutch	State USATF Meet	1:59.07

3000-Meter Run

Date	Athlete	Meet	Time
2/21	Daniel Smoak	Gamecock Invitational	9:15.41

5000-Meter Run

Date	Athlete	Meet	Time
3/20	Daniel Smoak	Shamrock Invitational	15:34.59

3000-Meter Steeplechase

Date	Athlete	Meet	Time
3/28	Chad Palmer	Weems Baskin Invite	11:32.75

Decatathlon

Date	Athlete	Meet	Points
4/8	Jerry Thompson III	Sea Relays	4949

110-Meter Hurdles

Date	Athlete	Meet	Time
4/18	Jason Richardson	IFFG @ NC A&T	13.78 [^]
4/8	Booker Nunley	State USATF Meet	13.90 [^]
4/4	Johnny Dutch	Pepsi Florida Relays	13.95 [^]
3/20	Eddie Stoudemire	Shamrock Invitational	14.78
4/4	Curt McGill	Pepsi Florida Relays	15.53

400-Meter Hurdles

Date	Athlete	Meet	Time
4/4	Johnny Dutch	Pepsi Florida Relays	49.79 [^]
4/11	Michael Varner	Spec Towns Relays	53.98
3/28	Booker Nunley	Weems Baskin Invite	54.18

4x100-Meter Relay

Date	Team	Meet	Time
4/4	Ngwigwa, Sales Moore, Hancock	Pepsi Florida Relays	39.73 [^]
3/28	Hancock, Moore Ngwigwa, Sales	Weems Baskin Invite	40.49 [^]

4x200-Meter Relay

Date	Team	Meet	Time
4/4	Ngwigwa, Moore Anderson, Sales	Pepsi Florida Relays	1:22.29
3/20	Sales, Anderson Ngwigwa, Moore	Shamrock Invitational	1:24.25

4x400-Meter Relay

Date	Team	Meet	Time
4/4	Anderson, Dutch Ngwigwa, Moore	Pepsi Florida Relays	3:04.53 [^]
4/11	Moore, Ngwigwa Dutch, Anderson	Spec Town Relays	3:13.36
3/21	Stoudemire, Varner Hunsaker, Pierce	Shamrock Invitational	3:18.38

High Jump

Date	Athlete	Meet	Mark
3/21	Scott Pierce	Shamrock Invitational	6-04.75 (1.95m)
3/21	Jarrett Gerald	Shamrock Invitational	5-10.75 (1.80m)

Pole Vault

Date	Athlete	Meet	Mark
4/4	Elliott Haynie	Pepsi Florida Relays	17-10.50 (5.45m) [^]
4/4	Matt Shuler	Pepsi Florida Relays	16-06.75 (5.05m) [^]
3/28	Kevin Brinkley	IFFG @ NC A&T	15-11.00 (4.85m)
4/8	Michael Humphrey	State USATF Meet	12-09.50 (3.90m)

Long Jump

Date	Athlete	Meet	Mark
4/11	Aaron Searles	Spec Town Relays	22-06.25 (6.86m)
4/8	Jarrett Gerald	State USATF Meet	21-00.75 (6.42m)
4/8	Eddie Stoudemire	Sea Relays	20-06.25 (6.25m)
4/8	Jerry Thompson	Sea Relays	20-04.50 (6.21m)

Triple Jump

Date	Athlete	Meet	Mark
3/21	Aaron Searles	Shamrock Invitational	47-07.00 (14.50m)
3/21	Jarrett Gerald	Shamrock Invitational	39-05.25 (12.02m)

Shot Put

Date	Athlete	Meet	Mark
4/11	Jason Cook	Spec Town Relays	63-07.50 (19.39m) [^]
3/21	David Zaycek	Shamrock Invitational	52-06.75 (16.02m)

Discus Throw

Date	Athlete	Meet	Mark
4/18	Jeff Merkt	IFFG @ NC A&T	168-01.00 (51.23m)
4/11	David Zaycek	Spec Town Relays	167-01.00 (50.93m)
4/11	Michael Zajac	Spec Town Relays	165-01.00 (50.32m)
4/11	Jason Cook	Spec Town Relays	161-01.00 (49.10m)

Hammer Throw

Date	Athlete	Meet	Mark
3/20	Michael Zajac	Shamrock Invitational	211-11 (64.59m) [^]

Javelin

Date	Athlete	Meet	Mark
3/28	Erik Heymann	Weems Baskin Invite	206-09 (63.02m) [^]
4/11	Andrew Vaughan	Spec Town Relays	171-02.00 (52.17m)

[^] NCAA Regional time/mark

100-Meter Dash

Date	Athlete	Meet	Time
4/11	LaKya Brookins	Spec Town Relays	11.30 [^]
4/4	Gabrielle Glenn	Pepsi Florida Relays	11.64 [^]
4/11	Breehana Jacobs	Spec Town Relays	11.81

200-Meter Dash

Date	Athlete	Meet	Time
4/11	Breehana Jacobs	Spec Town Relays	24.06
4/11	Sade-Shari St. Louis	Spec Town Relays	25.43

400-Meter Dash

Date	Athlete	Meet	Time
4/4	Brandi Cross	Pepsi Florida Relays	52.73 [^]
4/18	Nadonna Rodrigues	IFFG @ NC A&T	54.32 [^]
4/18	Kelsey McCorkle	IFFG @ NC A&T	56.58
4/18	Porche' Byrd	IFFG @ NC A&T	56.66
4/8	Breehana Jacobs	State USATF Meet	56.82

800-Meter Run

Date	Athlete	Meet	Time
4/11	Danielle Barnes	Spec Town Relays	2:12.66
4/4	Sara Hartley	Pepsi Florida Relays	2:17.75
4/11	Erin Fedewa	Spec Town Relays	2:18.48
4/8	Nadonna Rodrigues	State USATF Meet	2:21.53
3/28	Tara Lindeman	Weems Baskin Invite	2:24.12

1500-Meter Run

Date	Athlete	Meet	Time
4/4	Danielle Barnes	Pepsi Florida Relays	4:39.36
3/28	Laura Pramstaller	Weems Baskin Invite	4:50.68
4/11	Kelsey Bristol	Spec Town Relays	4:59.70
4/8	Ashley Evens	State USATF Meet	5:01.00
3/21	Nicole Rheinlander	Weems Baskin Invite	5:04.48

3000-Meter Run

Date	Athlete	Meet	Time
3/21	Danielle Barnes	Shamrock Invitational	9:49.64

5000-Meter Run

Date	Athlete	Meet	Time
4/11	Beatrice Biwott	Spec Town Relays	17:47.21
3/20	Lisa McKinney	Shamrock Invitational	19:07.03
3/28	Elizabeth Heath	Weems Baskin Invite	19:13.28
4/8	Nicole Rheinlander	State USATF Meet	19:15.00

3000-Meter Steeplechase

Date	Athlete	Meet	Time
4/4	Beatrice Biwott	Pepsi Florida Relays	11:12.34
3/20	Kelsey Bristol	Shamrock Invitational	12:20.45

100-Meter Hurdles

Date	Athlete	Meet	Time
3/28	Janica Austin	Weems Baskin Invite	13.61 [^]
3/20	Kayla Blake	Shamrock Invitational	17.57

400-Meter Hurdles

Date	Athlete	Meet	Time
4/18	Radiance Basden	IFFG @ NC A&T	1:00.49 [^]
4/4	Janica Austin	Pepsi Florida Relays	1:00.88

4x100-Meter Relay

Date	Team	Meet	Time
3/28	Brookins, Jacobs Cross, Glenn	Weems Baskin Invite	45.70 [^]

3/21	Brookins, Jacobs McCorkle, Glenn	Shamrock Invitational	46.35
3/21	Gurganus, Shobe Norman, Todd	Shamrock Invitational	51.79

4x200-Meter Relay

Date	Team	Meet	Time
4/4	Cross, Byrd Jacobs, Glenn	Pepsi Florida Relays	1:33.97
3/20	Cross, Byrd McCorkle, Glenn	Shamrock Invitational	1:37.63

4x400-Meter Relay

Date	Team	Meet	Time
4/4	Cross, Byrd Jacobs, Glenn	Pepsi Florida Relays	3:38.31
4/11	Cross, Glenn Austin, Jacobs	Spec Town Relays	3:49.54
3/21	St. Louis, Blake Foster, Basden	Shamrock Invitational	3:55.56

4x800-Meter Relay

Date	Team	Meet	Time
4/4	Barnes, Fedewa Pramstaller, Hartley	Pepsi Florida Relays	9:15.26
3/20	Fedewa, Hartley Lindeman, Pramstaller	Shamrock Invitational	9:16.70

High Jump

Date	Athlete	Meet	Mark
4/8	Kayla Blake	State USATF Meet	5-05.00 (1.65m)
4/11	Staley Foster	Spec Town Relays	5-05.00 (1.65m)
4/18	Kettianyar Clarke	IFFG @ NC A&T	5-03.75 (1.62m)
3/20	Cory Bowen	Shamrock Invitational	5-03.00 (1.60m)

Pole Vault

Date	Athlete	Meet	Mark
4/4	Sallie Gurganus	Pepsi Florida Relays	13-01.50 (4.00m) [^]
3/28	Liza Todd	Weems Baskin Invite	12-09.50 (3.90m) [^]
4/4	Allison Nicosia	Pepsi Florida Relays	12-07.50 (3.85m) [^]
4/11	Vica Shobe	Sea Relays	12-03.50 (3.75m)

Triple Jump

Date	Athlete	Meet	Mark
4/4	Radiance Basden	Pepsi Florida Relays	38-06.00 (11.73m)
3/21	Sarra Jones	Shamrock Invitational	35-00.50 (10.68m)

Shot Put

Date	Athlete	Meet	Mark
4/11	Stacey Roberts	Spec Town Relays	45-07.00 (13.89m)
4/8	Katie Vuckovich	State USATF Meet	44-07.00 (13.59m)
4/18	Aimee Kodat	IFFG @ NC A&T	42-02.75 (12.87m)

Discus Throw

Date	Athlete	Meet	Mark
4/11	Aimee Kodat	Spec Town Relays	161-08 (49.28m) [^]
4/8	Shantelle Patterson	State USATF Meet	119-10 (36.54m)
4/8	Stacey Roberts	State USATF Meet	112-04 (34.23m)

Hammer Throw

Date	Athlete	Meet	Mark
4/4	Shantelle Patterson	Pepsi Florida Relays	150-07 (45.89m)
4/8	Stacey Roberts	State USATF Meet	131-04 (40.04m)

[^] NCAA Regional time/mark

Aaron Anderson • So. • Fayetteville, N.C.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	200m	6th	22.23
3/21	Shamrock Invitational	400m	5th	48.37
3/28	Weems Baskin Invite	400m	1st	48.44
4/3	Pepsi Florida Relays	400m	21st	47.81
4/11	Spec Town Relays	400m	3rd	47.97
4/18	IFFG @ NC A&T	400m	1st	47.35

Kevin Brinkley • Jr. • Richmond, Va.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	Pole Vault	3rd	15-09.00 (4.80m)
4/4	Pepsi Florida Relays	Pole Vault	T10th	15-09.00 (4.80m)
4/11	Sea Relays	Pole Vault	8th	15-07.00 (4.75m)
4/18	IFFG @ NC A&T	Pole Vault	1st	15-11.00 (4.85m)

Jason Cook • R-Jr. • Briston, Va.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	Shot Put	1st	59-11.25 (18.27m) [^]
4/4	Pepsi Florida Relays	Shot Put	3rd	62-05.75 (19.04m) [^]
4/11	Spec Town Relays	Shot Put	3rd	63-07.50 (19.39m) [^]
4/18	IFFG @ NC A&T	Shot Put	1st	62-11.50 (19.19m) [^]
3/28	Weems Baskin Invite	Discus	4th	157-09 (48.08m)
4/11	Spec Town Relays	Discus	9th	161-01 (49.10m)

Johnny Dutch • So. • Clayton, N.C.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	800m	1st	1:59.07
4/3	Pepsi Florida Relays	110mH	15th	13.95 [^]
4/18	IFFG @ NC A&T	110mH	P	14.09 [^]
4/3	Pepsi Florida Relays	400mH	2nd	49.79 [^]

Jarett Gerald • So. • McDonough, Ga.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	High Jump	16th	5-10.75 (1.80m)
3/21	Shamrock Invitational	Long Jump	16th	17-05.50 (5.32m)
4/8	State USATF Meet	Long Jump	4th	21-00.75 (6.42m)
3/21	Shamrock Invitational	Triple Jump	16th	39-05.25 (12.02m)

Elliot Haynie • Sr. • Atlanta, Ga.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Pole Vault	1st	16-06.75 (5.05m) [^]
3/28	Weems Baskin Invite	Pole Vault	1st	16-08.75 (5.10m) [^]
4/4	Pepsi Florida Relays	Pole Vault	1st	17-10.50 (5.45m) [^]

Johnathan Hancock • Sr. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	10.45 [^]
3/21	Shamrock Invitational	100m	1st	10.48 [^]
3/28	Weems Baskin Invite	100m	1st	10.47 [^]
4/3	Pepsi Florida Relays	100m	4th	10.44 [^]
4/11	Spec Town Relays	100m	1st	10.37 [^]
4/18	IFFG @ NC A&T	100m	P	10.47 [^]
4/18	IFFG @ NC A&T	100m	8th	10.49 [^]

Erik Heymann • R-Jr. • Westwood N.J.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Javelin	1st	203-04 (61.98m) [^]
3/28	Weems Baskin Invite	Javelin	1st	206-09 (63.02m) [^]

Michael Humphrey • Fr. • Solon, Ohio

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Long Jump	15th	17-06.00 (5.33m)
3/28	Weems Baskin Invite	Pole Vault	11th	12-05.50 (3.80m)
4/8	State USATF Meet	Pole Vault	3rd	12-09.50 (3.90m)

Steve Hunsaker • So. • Columbia, S.C.

Date	Meet	Event	Finish	Time/Mark
4/11	Spec Town Relays	200m	15th	23.56
3/21	Shamrock Invitational	400m	40th	53.40
3/28	Weems Baskin Invite	400m	13th	53.44
4/8	State USATF Meet	400m	7th	52.07
4/11	Spec Town Relays	400m	16th	52.09

Curt McGill • Sr. • Spartanburg, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	11.66
4/8	Sea Relays	100m	Dec-6	11.31
3/20	Shamrock Invitational	110mH	P	16.14
4/3	Pepsi Florida Relays	110mH	43rd	15.53
3/28	Weems Baskin Invite	Javelin	14th	128-03 (39.11m)

Jeff Merkt • R-Jr. • Cincinnati, Ohio

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Discus	2nd	161-08 (49.28m)
3/28	Weems Baskin Invite	Discus	2nd	163-10 (49.95m)
4/3	Pepsi Florida Relays	Discus	14th	156-03 (47.63m)
4/8	State USATF Meet	Discus	3rd	155-09 (47.47m)
4/11	Spec Town Relays	Discus	7th	162-11 (49.65m)
4/18	IFFG @ NC A&T	Discus	1st	168-01 (51.24m)

Quentin Moore • Jr. • Chesapeake, Va.

Date	Meet	Event	Finish	Time/Mark
4/18	IFFG @ NC A&T	200m	7th	21.00 [^]
3/28	Weems Baskin Invite	400m	2nd	48.50
4/3	Pepsi Florida Relays	400m	7th	46.59 [^]
4/11	Spec Town Relays	400m	5th	48.16

Obakeng Ngwigwa • Jr. • Gaborone, Botswana

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	200m	3rd	21.22 [^]
3/28	Weems Baskin Invite	200m	1st	21.49
4/18	IFFG @ NC A&T	200m	5th	20.84 [^]
4/3	Pepsi Florida Relays	400m	6th	46.57 [^]
4/11	Spec Town Relays	400m	1st	47.21

Booker Nunley • Fr. • Garner, N.C.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	110mH	1st	13.92 [^]
4/3	Pepsi Florida Relays	110mH	11th	13.91 [^]
4/8	State USATF Meet	110mH	2nd	13.90 [^]
4/11	Spec Town Relays	110mH	1st	13.90 [^]
4/18	IFFG @ NC A&T	110mH	P	14.58
4/18	IFFG @ NC A&T	110mH	6th	14.06 [^]
3/28	Weems Baskin Invite	400mH	1st	54.18
4/3	Pepsi Florida Relays	400mH	33rd	55.28

Scott Pierce • R-So. • Columbia, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	11.60
3/20	Shamrock Invitational	110mH	P	15.60
3/21	Shamrock Invitational	High Jump	10th	6-04.75 (1.95m)

Jason Richardson • R-Sr. • Cedar Hill, Texas

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	110mH	5th	15.04
4/18	IFFG @ NC A&T	110mH	P	13.78 [^]
4/18	IFFG @ NC A&T	110mH	5th	14.02 [^]

Keith Romero • Sr. • Albany, N.Y.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	400m	13th	52.83
3/20	Shamrock Invitational	110mH	P	20.91
3/28	Weems Baskin Invite	110mH	13th	17.95
4/11	Spec Town Relays	110mH	12th	16.93
3/21	Shamrock Invitational	400mH	12th	56.27
4/8	State USATF Meet	400mH	3rd	57.25
4/11	Spec Town Relays	400mH	12th	57.45

Antonio Sales • So. • Chapel Hill, N.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	10.98
4/3	Pepsi Florida Relays	100m	14th	10.57
4/11	Spec Town Relays	100m	3rd	10.54 ^A
4/18	IFFG @ NC A&T	100m	P	10.49 ^A
4/18	IFFG @ NC A&T	100m	11th	10.59
3/28	Weems Baskin Invite	200m	3rd	21.86
4/11	Spec Town Relays	200m	2nd	21.14 ^A
4/18	IFFG @ NC A&T	200m	4th	20.72 ^A

Aaron Searles • Jr. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Long Jump	13th	21-01.25 (6.43m)
3/28	Weems Baskin Invite	Long Jump	4th	21-11.00 (6.68m)
4/3	Pepsi Florida Relays	Long Jump	15th	21-11.00 (6.68m)
4/8	State USATF Meet	Long Jump	2nd	22-02.25 (6.76m)
4/11	Spec Town Relays	Long Jump	5th	22-06.25 (6.86m)
4/18	IFFG @ NC A&T	Long Jump	7th	21-00.50 (6.41m)
3/21	Shamrock Invitational	Triple Jump	3rd	47-07.00 (14.50m)
4/11	Spec Town Relays	Triple Jump	4th	46-11.50 (14.31m)
4/18	IFFG @ NC A&T	Triple Jump	8th	46-05.50 (14.16m)

Bryce Sherman • Fr. • Winston-Salem, N.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	10.73
3/21	Shamrock Invitational	100m	7th	10.76
3/28	Weems Baskin Invite	100m	2nd	10.76
4/3	Pepsi Florida Relays	100m	29th	10.79
4/11	Spec Town Relays	100m	5th	10.76
4/11	Spec Town Relays	200m	8th	21.85

Matt Shuler • So. • West Columbia, S.C.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Pole Vault	2nd	15-01.00 (4.60m)
3/28	Weems Baskin Invite	Pole Vault	2nd	15-09.00 (4.80m)
4/4	Pepsi Florida Relays	Pole Vault	T4th	16-06.75 (5.05m) ^A
4/8	State USATF Meet	Pole Vault	1st	15-01.00 (4.60m)
4/11	Sea Relays	Pole Vault	3rd	16-00.75 (4.90m)

Daniel Smoak • Jr. • Greenville, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	5000m	7th	15:34.59
3/28	Weems Baskin Invite	5000m	1st	15:59.19
4/8	State USATF Meet	5000m	1st	15:36.18

Eddie Stoudemire • R-So. • Wellington, Fla.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	10.85
4/8	Sea Relays	100m	Dec-2	10.89
4/8	Sea Relays	400m	Dec-3	53.15
3/20	Shamrock Invitational	110mH	P	14.78
4/8	Sea Relays	Long Jump	Dec-9	20-06.25 (6.25m)
4/8	Sea Relays	High Jump	Dec-8	5-05.00 (1.65m)
4/8	Sea Relays	Shot Put	Dec-9	33-08.75 (10.28m)
3/28	Weems Baskin Invite	Javelin	12	147-11 (45.10m)

Jerry Thompson III • Fr. • Media, Pa.

Date	Meet	Event	Finish	Time/Mark
4/8	Sea Relays	100m	Dec-7	11.71
4/8	Sea Relays	400m	Dec-11	58.98
4/8	Sea Relays	110mH	Dec-11	16.33
4/18	IFFG @ NC A&T	110mH	P	15.69
4/8	Sea Relays	Long Jump	Dec-10	20-04.50 (6.21m)
4/8	Sea Relays	High Jump	Dec-6	5-09.75 (1.77m)
3/21	Shamrock Invitational	Shot Put	17th	34-10.50 (10.63m)
4/8	Sea Relays	Shot Put	Dec-4	36-09.75 (11.22m)
4/18	IFFG @ NC A&T	Shot Put	16th	35-07.75 (10.86m)
3/21	Shamrock Invitational	Discus	27th	97-10 (29.82m)
4/8	Sea Relays	Discus	Dec-10	94-09 (28.87m)
3/28	Weems Baskin Invite	Javelin	13th	128-06 (39.17m)
4/8	Sea Relays	Javelin	Dec-5	140-11 (42.96m)
4/8	Sea Relays	Decathlon	9th	4949 pts

Michael Varner • Jr. • Columbia, S.C.

Date	Meet	Event	Finish	Time/Mark
4/18	IFFG @ NC A&T	400m	12th	50.26
3/21	Shamrock Invitational	400mH	5th	54.87
3/28	Weems Baskin Invite	400mH	3rd	54.56
4/3	Pepsi Florida Relays	400mH	20th	54.01
4/11	Spec Town Relays	400mH	8th	53.98

Andrew Vaughan • R-Fr. • Lexington, S.C.

Date	Meet	Event	Finish	Time/Mark
4/11	Spec Town Relays	Javelin	6th	171-02 (52.17m)
4/18	IFFG @ NC A&T	Javelin	6th	162-00 (49.37m)

Michael Zajac • R-So. • Lynchburg, Va.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Hammer Throw	2nd	211-11 (64.59m) ^A
3/28	Weems Baskin Invite	Hammer Throw	1st	204-05 (62.31m) ^A
4/4	Pepsi Florida Relays	Hammer Throw	1st	209-07 (63.88m) ^A
4/8	State USATF Meet	Hammer Throw	1st	196-09 (59.96m) ^A
4/11	Spec Town Relays	Hammer Throw	6th	201-04 (61.36m) ^A
3/21	Shamrock Invitational	Discus	1st	164-06 (50.13m)
3/28	Weems Baskin Invite	Discus	5th	154-04 (47.05m)
4/3	Pepsi Florida Relays	Discus	11th	160-09 (49.00m)
4/8	State USATF Meet	Discus	2nd	156-08 (47.76m)
4/11	Spec Town Relays	Discus	6th	165-01 (50.32m)

David Zaycek • R-Sr. • Manasquan, N.J.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Shot Put	1st	52-06.75 (16.02m)
3/28	Weems Baskin Invite	Shot Put	3rd	50-06.00 (15.39m)
4/4	Pepsi Florida Relays	Shot Put	13th	50-04.75 (15.36m)
4/8	State USATF Meet	Shot Put	1st	49-11.25 (15.22m)
4/11	Spec Town Relays	Shot Put	14th	49-01.50 (14.97m)
3/21	Shamrock Invitational	Discus	3rd	148-00 (45.12m)
3/28	Weems Baskin Invite	Discus	6th	151-00 (46.03m)
4/3	Pepsi Florida Relays	Discus	15th	156-03 (47.62m)
4/8	State USATF Meet	Discus	1st	157-00 (47.85m)
4/11	Spec Town Relays	Discus	5th	167.01 (50.94m)
4/18	IFFG @ NC A&T	Discus	3rd	153-11 (46.91m)

Betsy Alter • So. • Chantilly, Va.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	Pole Vault	16th	9-06.25 (2.90m)

Janica Austin • So. • Trenton, N.J.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100mH	P	13.83 [^]
3/21	Shamrock Invitational	100mH	2nd	13.96
3/28	Weems Baskin Invite	100mH	2nd	13.61 [^]
4/3	Pepsi Florida Relays	100mH	16th	13.94
4/8	State USATF Meet	100mH	3rd	14.35
4/18	IFFG @ NC A&T	100mH	P	13.81 [^]
4/18	IFFG @ NC A&T	100mH	4th	13.82 [^]
3/21	Shamrock Invitational	400mH	4th	1:01.29
4/3	Pepsi Florida Relays	400mH	11th	1:00.88

Danielle Barnes • Jr. • Newquay, England

Date	Meet	Event	Finish	Time/Mark
4/3	Pepsi Florida Relays	1500m	14th	4:39.36
3/21	Shamrock Invitational	3000m	1st	9:49.64
3/28	Weems Baskin Invite	400m	11th	1:01.22
4/11	Spec Town Relays	800m	4th	2:12.66

Radiance Basden • Fr. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	400mH	5th	1:04.57
3/28	Weems Baskin Invite	400mH	1st	1:02.97
4/3	Pepsi Florida Relays	400mH	23rd	1:03.13
4/11	Spec Town Relays	400mH	2nd	1:02.36
4/18	IFFG @ NC A&T	400mH	3rd	1:00.49 [^]
3/21	Shamrock Invitational	Triple Jump	4th	38-01.25 (11.61m)
4/4	Pepsi Florida Relays	Triple Jump	14th	38-06.00 (11.73m)
4/11	Spec Town Relays	Triple Jump	7th	37-05.25 (11.41m)
4/18	IFFG @ NC A&T	Triple Jump	4th	38-02.00 (11.63m)

Beatrice Biwott • Fr. • Iten, Kenya

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	3000m Steeple	1st	11:17.35
3/28	Weems Baskin Invite	3000m Steeple	1st	11:18.47
4/3	Pepsi Florida Relays	3000m Steeple	6th	11:12.34
4/11	Spec Town Relays	5000m	5th	17:47.21

Kayla Blake • So. • Summerville, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	High Jump	4th	5-03.00 (1.60m)
3/28	Weems Baskin Invite	High Jump	3rd	5-03.00 (1.60m)
4/3	Pepsi Florida Relays	High Jump	13th	5-03.00 (1.60m)
4/8	State USATF Meet	High Jump	1st	5-05.00 (1.65m)
4/11	Spec Town Relays	High Jump	T-6th	5-01.00 (1.55m)
4/18	IFFG @ NC A&T	High Jump	2nd	5-03.75 (1.62m)
3/20	Shamrock Invitational	100mH	P	17.57

Cory Bowen • Fr. • Lexington, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	High Jump	5th	5-03.00 (1.60m)
4/3	Pepsi Florida Relays	High Jump	18th	5-03.00 (1.60m)
4/11	Spec Town Relays	High Jump	T-6th	5-01.00 (1.55m)

Kelsey Bristol • Sr. • Grandville, Mich.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	1500m	5th	5:10.13
4/11	Spec Town Relays	1500m	9th	4:59.70
3/20	Shamrock Invitational	3000m Steeple	8th	12:20.45
3/28	Weems Baskin Invite	3000m Steeple	2nd	12:22.48

Lakya Brookins • So. • Seneca, S.C.

Date	Meet	Event	Finish	Time/Mark
4/3	Pepsi Florida Relays	100m	5th	11.52 [^]
4/11	Spec Town Relays	100m	1st	11.30 [^]

Porche' Byrd • So. • Atlanta, Ga.

Date	Meet	Event	Finish	Time/Mark
4/18	IFFG @ NC A&T	400m	7th	56.66

Katarina Cap • R-So. • Hilton Head, S.C.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	5000m	5th	20:36.48

Kettiany Clarke • Jr. • West Palm Beach, Fla.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	800m	6th	2:31.08
4/11	Spec Town Races	800m	14th	2:31.58
4/18	IFFG @ NC A&T	High Jump	3rd	5-03.75 (1.62m)
4/18	IFFG @ NC A&T	Shot Put	14th	32-03.75 (9.85m)

Brandi Cross • Jr. • Missouri City, Texas

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	400m	1st	54.20 [^]
4/3	Pepsi Florida Relays	400m	4th	52.73 [^]
4/11	Spec Town Relays	400m	1st	55.91

Ashley Evens • So. • Muamee, Ohio

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	1500m	23rd	5:06.88
3/28	Weems Baskin Invite	1500m	14th	5:02.51
4/8	State USATF Meet	1500m	3rd	5:01.00
4/11	Spec Town Relays	1500m	11th	5:04.01

Erin Fedewa • Fr. • St. Johns, Mich.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	800m	9th	2:18.79
3/28	Weems Baskin Invite	800m	6th	2:22.46
4/3	Pepsi Florida Relays	800m	40th	2:19.04
4/11	Spec Town Relays	800m	9th	2:18.48

Staley Foster • So. • Boiling Springs, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	High Jump	6th	5-03.00 (1.60m)
3/28	Weems Baskin Invite	High Jump	2nd	5-03.00 (1.60m)
4/8	State USATF Meet	High Jump	3rd	5-03.00 (1.60m)
4/11	Spec Town Relays	High Jump	3rd	5-05.00 (1.65m)
4/18	IFFG @ NC A&T	High Jump	4th	5-03.75 (1.62m)

Leeza Glington • Fr. • Nassau, Bahamas

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	14.13

Gabrielle Glenn • So. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
4/3	Pepsi Florida Relays	100m	10th	11.64 [^]

Sallie Gurganus • Jr. • Todd, N.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Pole Vault	1st	12-05.50 (3.80m)
3/28	Weems Baskin Invite	Pole Vault	1st	12-09.50 (3.90m) [^]
4/3	Pepsi Florida Relays	Pole Vault	3rd	13-01.50 (4.00m) [^]
4/11	Sea Relays	Pole Vault	5th	12-07.50 (3.85m) [^]
4/18	IFFG @ NC A&T	Pole Vault	1st	12-07.50 (3.85m) [^]

Sara Hartley • Fr. • Naperville, Ill.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	800m	14th	2:21.23
4/3	Pepsi Florida Relays	800m	34th	2:17.75
4/11	Spec Town Relays	800m	8th	2:18.08

Elizabeth Heath • Fr. • Alexandria, Va.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	5000m	1st	19:13.28

Jocelyn Henline • Fr. • Ellicott City, Md.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Pole Vault	9th	10-11.75 (3.25m)
3/28	Weems Baskin Invite	Pole Vault	11th	10-10.00 (3.30m)
4/8	State USATF Meet	Pole Vault	5th	10-08.00 (3.25m)

Breehana Jacobs • R-Fr. • Uniontown, Pa.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	100m	P	11.90
3/21	Shamrock Invitational	100m	1st	11.81
3/28	Weems Baskin Invite	100m	1st	11.85
4/3	Pepsi Florida Relays	100m	13th	11.77
4/11	Spec Town Relays	100m	3rd	11.74^
3/21	Shamrock Invitational	200m	10th	24.48
4/11	Spec Town Relays	200m	2nd	24.06
4/8	State USATF Meet	400m	1st	56.82

Searra Jones • Fr. • Charleston, S.C.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Triple Jump	10th	35-00.50 (10.68m)

Aimee Kodat • R-So. • Herndon, Va.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Shot Put	6th	41-05.25 (12.63m)
3/28	Weems Baskin Invite	Shot Put	5th	40-06.25 (12.34m)
4/11	Spec Town Relays	Shot Put	6th	41-05.25 (12.63m)
4/18	IFFG @ NC A&T	Shot Put	6th	42-02.75 (12.87m)
3/21	Shamrock Invitational	Discus	4th	142-06 (43.44m)
3/28	Weems Baskin Invite	Discus	3rd	134-05 (40.97m)
4/4	Pepsi Florida Relays	Discus	5th	146-07 (44.68m)
4/8	State USATF Meet	Discus	1st	148-07 (45.28m)
4/11	Spec Town Relays	Discus	2nd	161-08 (49.28m)^
4/18	IFFG @ NC A&T	Discus	2nd	147-00 (44.81m)

Chelsea Leroux • So. • West Barnstable, Mass.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	Javelin	7th	76-07 (23.34m)

Tara Lindeman • Fr. • Herdersonville, N.C.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	800m	33rd	2:33.03
3/28	Weems Baskin Invite	800m	8th	2:24.12
4/8	State USATF Meet	800m	2nd	2:24.32

Shayla Mahan • So. • Detroit, Mich.

Date	Meet	Event	Finish	Time/Mark
4/3	Pepsi Florida Relays	400m	37th	57.63

Kelsey McCorkle • Fr. • Winterville, N.C.

Date	Meet	Event	Finish	Time/Mark
4/18	IFFG @ NC A&T	400m	6th	56.58

Lisa McKinney • Jr. • Downingtown, Pa.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	5000m	17th	19:07.03

Allison Nicosia • Fr. • Aiken, S.C.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Pole Vault	5th	11-05.75 (3.50m)
4/3	Pepsi Florida Relays	Pole Vault	T8th	12-07.50 (3.85m)^
4/11	Sea Relays	Pole Vault	19th	11-05.75 (3.50m)
4/18	IFFG @ NC A&T	Pole Vault	4th	11-07.75 (3.55m)

CaAdrian Norman • R-Jr. • Arlington, Texas

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	Pole Vault	10th	10-06.00 (3.20m)
3/28	Weems Baskin Invite	Pole Vault	9th	10-10.00 (3.30m)

Shantelle Patterson • R-Fr. • Pauley's Island, S.C.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	Hammer	7th	150-03 (45.80m)
4/3	Pepsi Florida Relays	Hammer	16th	150-07 (45.89m)
4/8	State USATF Meet	Hammer	1st	147-10 (45.06m)
4/11	Spec Town Relays	Hammer	6th	147-06 (44.97m)
4/8	State USATF Meet	Discus	3rd	119-10 (36.54m)
4/18	IFFG @ NC A&T	Discus	5th	118-02 (36.53m)

Laura Pramstaller • So. • Fairfax, Va.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	1500m	3rd	4:50.68
4/3	Pepsi Florida Relays	1500m	25th	4:52.52
4/11	Spec Town Races	1500m	10th	5:01.18

Laura Regensburg • R-Jr. • Alexandria, Va.

Date	Meet	Event	Finish	Time/Mark
3/20	Shamrock Invitational	5000m	17th	19:55.96

Nicole Rheinlander • Fr. • Rochester Hills, Mich.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	1500m	29th	5:16.78
3/28	Weems Baskin Invite	1500m	18th	5:04.48
4/8	State USATF Meet	5000m	2nd	19:15.00

Stacey Roberts • Fr. • Summerville, S.C.

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	Hammer	3rd	131-04 (40.04m)
3/21	Shamrock Invitational	Shot Put	2nd	44-06.75 (13.58m)
3/28	Weems Baskin Invite	Shot Put	4th	41-05.25 (12.63m)
4/4	Pepsi Florida Relays	Shot Put	23rd	42-02.25 (12.86m)
4/8	State USATF Meet	Shot Put	2nd	43-02.50 (13.17m)
4/11	Spec Town Relays	Shot Put	4th	45-07.00 (13.89m)
4/18	IFFG @ NC A&T	Shot Put	3rd	45-06.25 (13.87m)
3/21	Shamrock Invitational	Discus	17th	99-02 (30.23m)
3/28	Weems Baskin Invite	Discus	13th	91-00 (27.75m)
4/8	State USATF Meet	Discus	5th	112-04 (34.23m)

Nadonia Rodrigues • Fr. • Brooklyn, N.Y.

Date	Meet	Event	Finish	Time/Mark
4/18	IFFG @ NC A&T	400m	2nd	54.32^
4/8	State USATF Meet	800m	1st	2:21.53
4/11	Spec Town Races	800m	13th	2:22.39

Layna Roycraft • Fr. • Tamarac, Fla.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	1500m	29th	5:16.78

Vica Shobe • R-Jr. • Matthews, N.C.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	Pole Vault	3rd	11-11.75 (3.65m)
4/8	State USATF Meet	Pole Vault	1st	11-11.75 (3.65m)
4/11	Sea Relays	Pole Vault	8th	12-03.50 (3.75m)
4/18	IFFG @ NC A&T	Pole Vault	3rd	12-01.50 (3.70m)

Sade-Shari St. Louis • So. • Tacarigua, Trinidad

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	200m	4th	25.93
4/11	Spec Town Relays	200m	8th	25.43 ^A
4/3	Pepsi Florida Relays	400m	46th	59.15

Tamra Stanis • Fr. • Salado, Texas

Date	Meet	Event	Finish	Time/Mark
4/8	State USATF Meet	Pole Vault	4th	10-08.00 (3.25m)

Liza Todd • Sr. • Columbia, S.C.

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	Pole Vault	2nd	12-09.50 (3.90m) ^A
4/3	Pepsi Florida Relays	Pole Vault	11th	12-07.50 (3.85m) ^A
4/11	Sea Relays	Pole Vault	9th	12-03.50 (3.75m)
4/18	IFFG @ NC A&T	Pole Vault	2nd	12-07.50 (3.85m) ^A

Katie Vuckovich • Fr. • Naperville, Ill.

Date	Meet	Event	Finish	Time/Mark
3/21	Shamrock Invitational	Shot Put	5th	41-05.75 (12.64m)
3/28	Weems Baskin Invite	Shot Put	7th	39-11.25 (12.17m)
4/4	Pepsi Florida Relays	Shot Put	28th	40-04.25 (12.30m)
4/8	State USATF Meet	Shot Put	1st	44-07.00 (13.59m)
4/11	Spec Town Relays	Shot Put	7th	40-09.00 (12.42m)
4/18	IFFG @ NC A&T	Shot Put	7th	41-10.00 (12.75m)
3/21	Shamrock Invitational	Discus	19th	96-06 (29.42m)
3/28	Weems Baskin Invite	Discus	14th	87-04 (26.62m)

Shannon Walls • Fr. • Loveland, Ohio

Date	Meet	Event	Finish	Time/Mark
3/28	Weems Baskin Invite	5000m	4th	20:17.08

100-METER DASH

1. Terrence Trammell	2000	10.04
2. Andre Totton	2001	10.12w
3. Corey Bridges	1996	10.13
4. Leroy Dixon	2005	10.19
5. Marcus Robinson	1996	10.21
6. Rodney Martin	2005	10.25
7. Pap Howard	2001	10.27
8. Clint Crenshaw	2001	10.31w
9. Nigel Stoddart	1990	10.33
Antonio Sales	2008	

200-METER DASH

1. Rodney Martin	2005	20.34
2. Leroy Dixon	2006	20.44
3. Terrence Trammell	1999	20.45
4. Pap Howard	2001	20.47
5. Andre Totton	2001	20.58
6. Marcus Robinson	1996	20.63
7. Jimmie Hackley	1999	20.64
8. Antonio Sales	2009	20.72
9. Jamie Price	1998	20.79
10. Obakeng Ngwigwa	2009	20.84

400-METER DASH

1. Otis Harris	2003	44.57
2. Jimmie Hackley	2000	45.64
3. Jonathan Fortenberry	2002	45.67
4. Otukile Lekote	2001	46.12
5. Quentin Moore	2008	46.18
6. Jamil James	2007	46.28
7. Ray Miley	2007	46.31
8. Eddie Miller	1988	46.35
9. Gerald Pressley	2002	46.39
10. Verlon Rhodes	1984	46.43

800-METER RUN

1. Otukile Lekote	2001	1:44.47
2. Marvin Watts	1998	1:47.74
3. Bob Kaczka	1970	1:48.01
4. Adrian Booner	1995	1:48.13
5. William Emase	2005	1:48.23
6. Jim Schaper	1972	1:48.71
7. John Brown	1974	1:49.94
8. Johnny Baez	2006	1:50.03
9. Chris Swartz	1993	1:50.29
10. Alan Drosky	1984	1:50.63

110-METER HURDLES

1. Terrence Trammell	2000	13.19
2. Jason Richardson	2008	13.21
3. Kenneth Ferguson	2003	13.53
4. Johnny Dutch	2008	13.63
5. Thomas Hilliard	2007	13.70
6. Corey Taylor	2003	13.72
7. Frank Mensah	1994	13.77
8. Charles Ryan	2003	13.78
Terry Winston	1993	
10. Fred Townsend	2004	13.80

400-METER HURDLES

1. Johnny Dutch	2008	48.52
2. Kenneth Ferguson	2003	48.79
3. Tony Rambo	1982	48.90
4. Jussi Heikkila	2008	49.39
5. Thomas Hilliard	2007	49.63
6. Jason Richardson	2006	49.82
7. Anthony Bennon	1987	50.04
8. David Arnold	1990	50.80
9. Marcus Phillips	1994	51.42
10. Ricky Griddine	1983	51.78

POLE VAULT

1. Elliott Haynie	2009	17-10 1/2
2. Chris Steddum	2002	17-7 3/4
3. Dale Gerke	1988	17-5 1/2
4. Darren Davis	1988	17-1 3/4
5. Dan McKenzie	2006	17-0 3/4
6. Jarad Farabee	2002	16-11
7. Patrick Tvarkunas	1999	16-10 3/4
8. Matt Shuler	2009	16-6 3/4
Trey Bell	2005	
Greg Royster	2003	
Mike Lameier	2000	

SHUTTLE HURDLE RELAY

1. Taylor, Townsend,	2003	53.94
Ryan, Ferguson		
2. Anderson, Johnson,	2000	56.28
Taylor, Trammell		
3. Mensah, Owens,	1993	56.31
Phillips, Winston		
4. Mensah, Winston,	1994	56.59
Phillips, Owens		

4x100-METER RELAY

1. Crenshaw, Trammell,	2000	38.45
Hackley, Howard		
2. Crenshaw, Trammell,	1999	38.92
Mays, Price		
3. Barrino, Law,	2002	39.01
Totton, Taylor		
4. Trammell, Bridges,	1998	39.08
Dempers, Price		
5. Totton, Howard,	2001	39.19
Crenshaw, Taylor		
6. Trammell, Price,	1998	39.27
Dempers, Williams		
7. Hancock, Sales,	2008	39.37
Moore, Markett		
8. Crenshaw, Trammell,	1999	39.39
Hackley, Price		
Bridges, Williams,	1998	
Dempers, Trammell		
10. Law, Howard	2001	39.48
Lekote, Harris		

4x200-METER RELAY

1. USC A	1999	1:21.94
2. Ngwigwa, Moore	2009	1:22.29
Anderson, Sales		
3. Bridges, Williams,	1998	1:23.04
Price, Dempers		
4. Richardson, Durant,	2005	1:23.06
Dixon, Martin		
5. USC B	1999	1:23.70
6. USC A	2003	1:23.85
7. Coleman, Butts,	1982	1:24.20
Hilliman, Mattison		
8. Flood, Sales,	2008	1:24.69
Moore, James		
9. Patterson, Bennon,	1987	1:25.21
Stoddart, Duckett		

4x400-METER RELAY

1. Law, Lekote,	2002	3:02.16
Harris, Fortenberry		
2. Ferguson Lekote,	2003	3:02.86
Fortenberry, Harris		
3. Moore, Hilliard,	2007	3:03.86
James, Miley		
4. Law, Howard,	2001	3:04.36
Lekote, Harris		
5. Anderson, Dutch	2009	3:04.53
Ngwigwa, Moore		
6. Durant, Ferguson,	2003	3:04.66
Lekote, Harris		
7. Howard, Crenshaw,	2001	3:04.75
Lekote, Harris		
8. Hinnant, Hilliard,	2006	3:04.62
James, Richardson		
9. Singletary, Hackley,	2000	3:05.05
Howard, Pressley		
10. Moore, Anderson,	2008	3:05.48
Hinnant, Miley		

HIGH JUMP

1. Paul Wiechern	1988	7-3 1/4
2. Gus Kirkland	1981	7-2 3/4
3. Steve Wilson	1977	7-1 3/4
4. Marve Johnson	1983	7-1
5. Fred Townsend	2001	7-1
6. Lee Hughes	1999	7-0 1/4
7. Art Henson	1992	6-11
8. Steve Owens	1991	6-10 3/4
Phillippe Williams	1991	
10. Wade Brantley	1986	6-10
Gary Brown	1979	

LONG JUMP

1. Tony Allmond	2004	27-4 3/4w
2. Greig Cryer	2006	25-9 1/4
3. Rolando Adams	1979	25-7
4. Phillippe Williams	1991	25-2
5. Peter Edeh	1984	25-1
Sam Scott	1982	
7. Anthony Wood	1982	24-9 3/4
8. Ronn Adams	1976	24-8 1/2
9. Gus Kirkland	1980	24-6
10. Marcus Sutton	1993	24-4 1/4

TRIPLE JUMP

1. Ron Adams	1975	52-2
2. Derek Pressley	2007	51-10 1/2
3. Marcus Sutton	1993	51-4 1/4
4. Greig Cryer	2006	51-4
5. Berle Stocks	1976	50-9
6. James Wilson	1982	50-8
7. Wade Brantley	1988	50-6 1/2
8. David Arnold	1990	50-4
9. Harry Skipper	1978	50-3
10. Anthony Wood	1982	50-2

SHOT PUT

1. Brad Snyder	1999	67-3 1/2
2. Jason Cook	2009	63-07 1/2
3. Kevin Mannon	1997	62-6 3/4
4. Ron Yarab	1981	61-2 1/2
5. Ron Willis	1994	61-0 3/4
6. Jeff Shalayda	1996	60-7 3/4
7. Jim Mitchell	2006	57-7
8. Adam Bishop	2003	57-3 1/2
9. John Poehlein	1987	56-7
10. Steve Gettel	1982	56-6 1/2

DISCUS

1. Ryan Harrison	1999	196-10
2. Brett Murray	1994	194-11
3. Brad Snyder	1999	192-7
4. Art Swartz	1966	192-3
5. Chad Moreau	1995	189-0
6. Kevin Mannon	1997	188-4
7. Ron Willis	1994	187-3
8. Brook Antonio	2006	183-4
9. Ron Yarab	1981	175-6
10. Ron Sutherland	1977	175-0

HAMMER

1. John Stoikos	1995	222-4
2. Bert Sorin	1999	219-10
3. Kevin Mannon	1997	217-1
4. Ron Willis	1994	214-11
5. Michael Zajac	2009	211-11
6. Tyler Trout	2007	210-10
7. Brett Murray	1995	209-3
8. Ryan Harrison	1999	208-6
9. Mattias Ohlsson	1997	208-1
10. Glenn McAtee	1995	201-5

JAVELIN (NEW)

1. Jason LaBarbera	1997	237-4
2. Erik Heymann	2007	223-7
3. Derek McMillian	1994	215-11
4. Patrick Keegan	1988	212-8
5. Joe Schroeder	2007	207-6
6. Scott Alsop	2003	206-2
7. Garry Martin	2003	199-6
8. Phillippe Williams	1990	198-10
9. Bert Sorin	1997	197-4
10. Fred Townsend	2003	196-6

DECATHLON

1. Phillippe Williams	1990	7,598
2. Wade Brantley	1988	7,406
3. Fred Townsend	2003	7,345
4. Steve Owens	1995	7,051
5. CJ Anderson	2000	6,817
6. Greg Royster	2006	6,776
7. Erol Johnson	1984	6,690
8. Kent Harris	1988	6,686
9. Chris Machol	2001	6,679
10. Garry Martin	2003	6,667

100-METER DASH

1. Shalonda Solomon	2006	11.07
2. Erica Whipple	2003	11.15
3. Aleen Bailey	2003	11.17
4. Amberly Nesbitt	2006	11.18
5. LaKya Brookins	2009	11.30
6. Shayla Mahan	2008	11.31
7. Lisa Barber	2002	11.35
8. Khalilah Carpenter	2005	11.44
9. Rodena Barr	2000	11.45
Gabrielle Glenn	2008	11.45

200-METER DASH

1. Shalonda Solomon	2006	22.36
2. Aleen Bailey	2002	22.54
3. Natasha Hastings	2007	22.61
4. Miki Barber	2001	22.71
5. Erica Whipple	2003	22.82
6. Demetria Washington	2001	22.87
7. Lisa Barber	2002	23.01
8. Khalilah Carpenter	2005	23.32
9. Stephanie Smith	2005	23.34
10. Amberly Nesbitt	2006	23.36

400-METER DASH

1. Natasha Hastings	2007	49.84
2. Miki Barber	2001	50.63
3. Lisa Barber	2002	50.87
4. Stephanie Smith	2005	50.93
5. Demetria Washington	2001	51.23
6. Lashinda Demus	2002	51.24
7. Brandi Cross	2008	51.63
8.onique Williams	1998	51.99
9. Charmaine Howell	1997	52.79
10. Krystal Cantey	2007	52.80

800-METER RUN

1. Charmaine Howell	1998	2:02.91
2. Shay Shelton	2005	2:06.30
3. Andrea Hallmon	1999	2:07.29
4. Kristina Brown	1999	2:07.47
5. Tracey Capper	1996	2:07.90
6. Lashinda Demus	2004	2:09.16
7. Deanna Smith	1997	2:09.35
8. Shannon Wyont	1990	2:09.39
9. Tawana Watkins	2004	2:09.68
10. Boikhutso Ramomene	2004	2:09.98

1,500-METER RUN

1. Tracey Capper	1996	4:26.36
2. Shannon Wyont	1990	4:28.46
3. Charmaine Howell	1998	4:29.35
4. Jenny Lake	2005	4:29.91
5. Ivana Skladana	1997	4:31.03
6. Tanya Povey	1998	4:31.45
7. Liz Figlar	1996	4:34.41
8. Joyce Peebles	2000	4:34.94
9. Danielle Adams	1992	4:36.75
10. Alexis Fife	1992	4:37.05

3,000-METER RUN

1. Tracey Capper	1994	9:43.62
2. Ivana Skaldana	1997	9:45.42
3. Liz Figlar	1996	9:46.95
4. Danielle Barnes	2009	9:49.64
5. Tanya Povey	1998	9:53.10
6. Sue McGhie	1993	9:54.10
7. Jenny Lake	2002	9:55.49
8. Joyce Peebles	1998	9:57.12
9. Alexis Fife	1991	9:57.70
10. Danielle Adams	1991	9:58.95

5,000-METER RUN

1. Sue McGhie	1994	16:42.83
2. Jenny Lake	2004	16:49.43
3. Tanya Povey	1998	16:58.87
4. Alexis Fife	1991	17:11.50
5. Danielle Adams	1994	17:24.58
6. Jill Savege	1994	17:31.35
7. Wilma DePiere	1989	17:35.30
8. Katie England	1999	17:37.94
9. Katie Orr	2000	17:41.53
10. Dana Purser	1989	17:45.50

100-METER HURDLES

1. Ellakisha Williamson	2000	12.81
2. Jackie Madison	2000	12.92
3. Tiffany Ross	2005	12.99
Lashinda Demus	2004	
5. Ronnetta Alexander	2006	13.08
6. Chiquita Martin	2007	13.28
7. Antoinette Wilks	2003	13.45
8. Shevon Stoddart	2005	13.50
9. Kettiany Clarke	2006	13.52
10. Trier Young	2008	13.57

400-METER HURDLES

1. Lashinda Demus	2004	53.43
2. Shevon Stoddart	2005	54.47
3. Tiffany Ross	2005	54.56
4. Krystal Cantey	2007	56.21
5. Tacita Bass	2001	57.31
6. Ellakisha Williamson	1999	57.32
7. Tawana Watkins	2005	57.33
8. Chiquita Martin	2006	57.78
9. Char Foster	1999	57.89
10. Trier Young	2008	58.20

3,000-METER STEEPLECHASE

1. Beatrice Biwott	2009	11:12.34
2. Lisa McKinney	2008	11:46.99
3. Kinsey Eschenburg	2002	12:03.35
4. Jessica Smith	2006	12:04.71
5. Kelsey Bristol	2009	12:20.45

4x100-METER RELAY

1. Ross, Whipple, Joyce, Bailey	2003	42.83
2. Ross, Whipple, Joyce, Solomon	2005	43.00
3. Hastings, Nesbitt, Giles, Solomon	2006	43.09
4. Whipple, Washington, L. Barber, Bailey	2002	43.12
5. USC-A	2007	43.25
6. Nesbitt, Whipple, Joyce, Solomon	2005	43.40
7. M. Barber, L. Barber, Washington, Williamson	1999	43.44
8. Williams, Washington, M. Barber, L. Barber	2001	43.48
9. Carpenter, Whipple, Joyce, Solomon	2005	43.58
Joyce, Demus, Carpenter, Whipple	2004	

4x200-METER RELAY

1. Bailey, M. Barber, Joyce, Whipple	2003	1:30.73
2. M. Barber, L. Barber, Lewis, Washington	2000	1:30.99
3. Smith, Whipple, Carpenter, Solomon	2005	1:31.56
4. Martin, Hastings, Giles, Solomon	2005	1:31.57
5. Martin, Giles, Cross, Hastings	2007	1:32.00

4x400-METER RELAY

1. Washington, Ross, Bass, Demus	2002	3:26.46
2. Demus, Stoddart, Watkins, Smith	2004	3:27.19
3. Stoddart, Hastings, Ross, Smith	2005	3:27.22
4. Washington, Ross, Stoddart, Demus	2002	3:28.06
5. Ross, Stoddart, Watkins, Bailey	2003	3:28.25
6. L. Barber, M. Barber, Bass, Washington	2001	3:28.34
7. Cantey, Giles, Cross, Hastings	2007	3:28.44
8. L. Barber, Washington, Williamson, M. Barber	2000	3:28.64
9. Bass, Demus, L. Barber, Washington	2002	3:29.10
10. Stoddart, Hastings, Watkins, S. Smith	2005	3:29.17

4x800-METER RELAY

1. Demus, Shelton, Watkins, Ramonene	2004	8:45.44
2. Hallmon, Williams, Howell, Brown	1998	8:56.46
3. Brown, Hallmon, Peebles, Davis	1999	8:59.16
4. USC	2004	9:02.21
5. Skladana, Brown, Howell, Hallmon	1998	9:05.26

HIGH JUMP

1. Chelsea Hammond	2005	5-11 1/2
2. Julie Symonds	1994	5-8
3. Monica Bozenski	2006	5-7 1/4
4. Kettiany Clarke	2006	5-7
Antoinette Wilks	2002	
Jennifer Britz	1996	
7. Erin Narzinski	1998-99	5-6
Alicia Brunger	1995	
Kayla Blake	2008	
10. Staley Foster	2009	5-5
Kayla Blake	2009	

POLE VAULT

1. Cheryl Terrio	2006	13-5 3/4
2. Sallie Gurganus	2008	13-1 1/2
3. Liza Todd	2009	12-9 1/2
Kylene Nixon	1998	12-8 1/4
5. Allison Nicosia	2009	12-7 1/2
Lori Tvarokunas	2001	12-6
7. Vica Shobe	2006	12-5 1/2
8. Emily Pease	2006	11-11 3/4
9. Rachel Farabee	2004	11-5 3/4
10. Becky Studebaker	1999	11-1 3/4
CaAdrian Norman	2008	

TRIPLE JUMP

1. Rodena Barr	2000	44-2
2. Kemesha Whitmire	2005	43-7
3. Rhashida Abdul-Malik	2004	42-6
4. Antoinette Wilks	2002	42-4 1/4
5. Dee Dee Fortman	1996	40-6 1/4
6. Radiance Basden	2009	38-6

SHOT PUT

1. Crystal Brownlee	1997	56-8 1/2
2. Dawn Ellerbe	1997	54-9 1/2
3. Precious Akins	2006	53-0
4. Lisa Misipeka	1997	52-6 1/2
5. India Odum	2004	52-0
6. Michelle Fournier	1999	50-0 3/4
7. Leslie Coons	1994	49-4 1/4
8. Lynette Keppler	2001	48-10 3/4
9. Keri Groover	2002	46-5 1/4
10. Stacey Roberts	2009	45-7

DISCUS

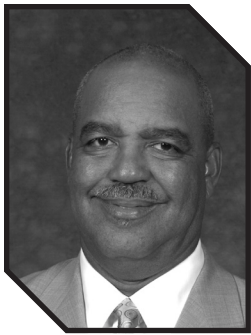
1. Precious Akins	2006	185-9
2. Dawn Ellerbe	1997	183-8
3. Lisa Misipeka	1996	171-1
4. Keri Groover	2002	168-7
5. Alana Robinson	2000	168-6
6. Michelle Fournier	1999	167-2
7. Aimee Kodat	2009	161-8
8. Leslie Coons	1994	160-10
9. India Odum	2002	154-6
10. Mamee Groves	2000	152-5

HAMMER

1. Lisa Misipeka	1998	213-3
2. Dawn Ellerbe	1997	210-2
3. Michelle Fournier	1999	206-3
4. Loren Thouvenot	1997	177-7
5. Candy Mitchell	1997	177-3

HEPTATHLON

1. Erin Narzinski	1998	5,664
2. Tacita Bass	2001	5,634
3. Chelsea Hammond	2004	5,405
4. Antoinette Wilks	2003	5,337
5. Kettiany Clarke	2006	5,181



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 390 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

HEAD COACH CURTIS FRYE



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
2009	T-20th	N/A	T-12th	N/A

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)

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)

LaKya Brookins (1)
..... 2009 - 60m (I)

Krystal Cantey (1)
..... 2007 - 4x400m (I)

Brandi Cross (1)
..... 2007 - 4x400m (I)

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)

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)

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)

Ellakisha Williamson (1)
..... 2000 - 4x400m (O)

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
2009	6	N/A	6	N/A

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

NOTES