



# GAMECOCK TRACK & FIELD SOUTH CAROLINA

## 2011 INDOOR SCHEDULE

Jan. 14-15	Hokie Invite	Blacksburg, Va.
Jan. 21-22	Virginia Tech Invite	Blacksburg, Va.
Jan. 26	Gamecock Invitational	Columbia, S.C.
Jan. 28-29	Texas A&M Challenge	College Station, Tx
Feb. 4-5	New Balance Invitational	New York, N.Y.
Feb. 11-12	Tyson Invitational	Fayetteville, Ark.
Feb. 11-12	Tiger Invitational	Clemson, S.C.
Feb. 19	Gamecock Indoor Open	Columbia, S.C.
Feb. 25-27	SEC Indoor Championship	Fayetteville, Ark.
Mar. 5	Last Chance Meets	TBA
Mar. 11-12	NCAA Indoor Championship	College Station, Tx

## 2011 OUTDOOR SCHEDULE

Mar. 18-19	Shamrock Invitational	Conway, S.C.
Mar. 26	Weems Baskin Relays	Columbia, S.C.
Apr. 1-2	Florida Relays	Gainesville, Fla.
Apr. 8-9	Spec Town Relays	Athens, Ga.
Apr. 15-16	War Eagle Invitational	Auburn, Ala.
Apr. 28-30	Penn Relays	Philadelphia, Pa.
May 7	UNC Elite Meet	Chapel Hill, N.C.
May 13-15	SEC Outdoor Championship	Athens, Ga.
May 26-28	NCAA Preliminary Round	Bloomington, Ind.
June 8-11	NCAA Outdoor Championship	Des Moines, Iowa

## QUICK FACTS

**Location**..... Columbia, S.C.  
**Founded**.....1801  
**Enrollment**.....28,481  
**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 (15th Year)  
**Assistant Head Coach**..... Delethea Quarles  
**Assistant Coaches**..... Kevin Brown, Lawrence Johnson,  
..... Stan Rosenthal, Mike Sargent

## 2011 Men's/Women's Results

**SEC Indoor**..... 8th/7th  
**NCAA Indoor**..... 57th/23rd  
**SEC Outdoor**..... N/A  
**NCAA Outdoor**..... N/A

## MEDIA RELATIONS

**Track & Field Contact**..... Miquel Jacobs  
**Phone/Email**.....(803) 777-1516 / jacobsm2@mailbox.sc.edu

## SEC TOP 10 ATHLETES

- Amber Allen** Freshman // Wayne, N.J.  
**Event:** 400m Hurdles  
**Time:** 59.03 (April 1 // Florida Relays)  
**Notes:** Allen is the league's top freshman and ranks No. 5 in the NCAA for freshmen in the intermediate hurdles.
- Radiance Badsen** Junior // Greensboro, N.C.  
**Event:** Triple Jump  
**Mark:** 12.85m // 42-02.00 (+0.0) (May 7 // Dick Taylor Relays)  
**Notes:** Badsen set her collegiate best last week and is looking to be the first triple jumper to score at the SEC Outdoor Championships since Kemesha Whitmire won the event in 2005.
- Kierre Beckles** Junior // Pinelands, Saint Michael, Barbados  
**Event:** 100m Hurdles  
**Time:** 13.20 (April 30 // Penn Relays)  
**Notes:** Beckles has twice set the Barbados national record in the 100-meter hurdles this season and is favored to medal in her first year as a Gamecock.
- Beatrice Biwott** Junior // Iten, Kenya  
**Event:** 3,000m Steeplechase  
**Time:** 10:42.08 (April 9 // Spec Towns Invitational)  
**Notes:** Biwott will look to earn back-to-back titles after winning the steeplechase last season as a sophomore. She only has two steeplechase runs this year and has only competed four times overall in the outdoor season.
- LaKya Brookins** Senior // Atlanta, Ga.  
**Event:** 100m  
**Time:** 11.10 (+0.1) (April 16 // War Eagle Invitational)  
**Notes:** Has the top non wind-aided time in the nation and is looking for the short sprint sweep after claiming the 60m SEC indoor title in February.
- Lincoln Carr** Sophomore // Fayetteville, N.C.  
**Event:** Triple Jump  
**Mark:** 15.66m // 51-04.50 (+1.7) (April 8 // Spec Towns Invitational)  
**Notes:** Carr took the league by storm as a freshman in placing fifth at the SEC Outdoor Championships last season.
- Louis Day** Sophomore // Hempstead, N.Y.  
**Event:** Shot Put  
**Time:** 16.54m // 54-03.25 (April 29 // Penn Relays)  
**Notes:** Day is remembered for his sportsmanship at the SEC Indoor Championships when he alerted the officials of a scoring mistake in his favor.
- Andrew Finley** Junior // Wallingford, Pa.  
**Event:** Shot Put  
**Time:** 15.50m // 50-10.25 (April 16 // War Eagle Invitational)  
**Notes:** Finley is looking to score at the SEC meet for the first time in his career.

**Gabrielle Glenn** Senior // Charlotte, N.C.  
**Event:** 100m Dash  
**Time:** 11.45 (+1.5) (March 26 // Weems Baskin Invitational)  
**Notes:** Glenn has not run the 100m since April 9 but still ranks No. 10 in the league in the event. She placed seventh in 2009 and eighth last season.

**Clayton Gravesande** Freshman // Somerset, N.J.  
**Event:** 400m  
**Time:** 46.60 (April 16 // War Eagle Invitational)  
**Notes:** Gravesande is ranked No. 2 among the league's freshmen. He has finished individually in the top three of all but one meet this season.

**Aimee Kodat** Senior // Herndon, Va.  
**Event:** Discus  
**Time:** 50.12m // 164-05 (March 17 // Shamrock Invitational)  
**Notes:** A regular NCAA Regional participant, Kodat hit a PR in the discus in the season opener and will attempt to break a three-year streak of seventh-place finishes at the SEC meet.

**Shayla Mahan** Senior // Detroit, Mich.  
**Event:** 100m Dash  
**Time:** 11.20 (+1.5) (March 26 // Weems Baskin Invitational)  
**Notes:** Mahan has placed only twice in her career at the SEC Outdoor Championships, taking eighth in the 200m as a freshman and fifth in the 100m as a sophomore. This season she will look to score in both the 100m and 200m.

**Breanna Radford** Sophomore // Alpharetta, Ga.  
**Event:** Shot Put  
**Mark:** 14.99m // 49-02.25 (May 7 // Bob Pollock Invitational)  
**Notes:** Radford placed fifth at the SEC Indoor Championships earlier this year.

**Marvin Reitze** Junior // Bergisch Gladbach, Germany  
**Event:** Pole Vault  
**Mark:** 5.15m // 16-10.75 (April 29 // Penn Relays)  
**Notes:** Reitze has battled injuries throughout his career and missed the indoor season this year, but he is rounding back into form with his season best clearance last week. He took fifth in 2009 and, when healthy, can vie for the conference title.

**Stacey Roberts** Junior // Summerville, S.C.  
**Event:** Shot Put  
**Mark:** 14.67m // 48-02.00 (April 1 // Florida Relays)  
**Notes:** Roberts ranks 10th in the league and looks to score for the first time since taking eighth at the 2009 SEC Outdoor Championships.

**Angie Rummans** Freshman // Hilton Head, S.C.  
**Event:** Pole Vault  
**Mark:** 4.00m // 13-01.50 (April 28 // Penn Relays)  
**Notes:** Rummans ranks fourth in the Gamecock record books as a freshman. This outdoor season she has finished in the top three in all but one meet, including a runner-up finish at the Penn Relays.

**Jeannelle Scheper** Freshman // Gros-Islet, Saint Lucia  
**Event:** High Jump  
**Mark:** 1.75m // 5-08.75 (March 17 // Shamrock Invitational)  
**Notes:** Scheper is No. 2 in the Gamecock history books both indoors and outdoors in an amazing freshman season. She is the league's top-ranked freshman and is No. 5 in the NCAA among freshmen.

**David Wilkins** Sophomore // Cowpens, S.C.  
**Event:** High Jump  
**Mark:** 2.11m // 6-11.00 (April 8 // Spec Towns Invitational)  
**Notes:** Wilkins was the SEC Indoor silver medalist this year and is looking to breakout in the outdoor season.

**Katie Vuckovich** Junior // Naperville, Ill.  
**Event:** Shot Put  
**Mark:** 14.74m // 48-04.50 (May 7 // Bob Pollock Invitational)  
**Notes:** Vuckovich hit a big PR last week and gives the Gamecocks a trio of women with the ability to score in the shot put.

**Michael Zajac** Redshirt Senior // Lynchburg, Va.  
**Event:** Hammer Throw  
**Mark:** 61.69m // 202-05 (May 7 // Bob Pollock Invitational)  
**Notes:** Zajac has scored in the hammer throw in each of his previous three seasons, taking fourth last year. He has yet to match his personal best in 2011, indicating a placement higher than his No. 5 rank is again possible.

## MEN'S ALPHABETICAL ROSTER

Name	Year (I/O)	Hometown
Aaron Anderson	Sr./Sr.	Fayetteville, N.C.
Alex Bermudez	So./So.	Ponte Vedra, Fla.
Nejmi Burnside	Fr./Fr.	Nassau, Bahamas
Christopher Campbell	R-So./R-So.	Columbia, S.C.
Lincoln Carr	So./So.	Fayetteville, N.C.
Andre Carter	So./So.	Douglasville, Ga.
Louis Day	R-So./R-So.	Hempstead, N.Y.
Andrew Finley	R-Jr./R-Jr.	Wallingford, Pa.
Jarett Gerald	Sr./Sr.	McDonough, Ga.
Clayton Gravesande	Fr./Fr.	Somerset, N.J.
Kevaughn Griffith	Fr./Fr.	Memphis, Tenn.
Michael Humphrey	Jr./Jr.	Solon, Ohio
Steven Hunsaker	Sr./Sr.	Columbia, S.C.
Jarrod Hutchen	Jr./Jr.	Douglasville, Ga.
Dorian Johnson	R-Fr./R-Fr.	Baltimore, Md.
Joshua Jones	Fr./Fr.	Myrtle Beach, S.C.
Alex Loose	Fr./Fr.	Raleigh, N.C.
Chris Maxwell	So./So.	Columbia, S.C.
Eyong Oma	Fr./Fr.	Washington, D.C.
Robert Razick	R-So./R-So.	Florence, S.C.
Marvin Reitze	Jr./Jr.	Bergisch Gladbach, Germany
Drew Ricci	Fr./Fr.	Potomac, Md.
Chris Royster	Fr./Fr.	Conyers, Ga.
Antonio Sales	Sr./Sr.	Chapel Hill, N.C.
Chris Sharp	Fr./Fr.	Sumter, S.C.
Matt Shuler	Sr./Sr.	West Columbia, S.C.
Trey Suhrstedt	Jr./Jr.	Lexington, S.C.
Joshua Suttmeier	Fr./Fr.	Somerdon, N.J.
Jerry Thompson III	Jr./Jr.	Media, Pa.
Andrew Vaughan	Sr./R-Jr.	Lexington, S.C.
Dave Wilkins	Fr./Fr.	Cowpens, S.C.
Michael Zajac	R-Sr./R-Sr.	Lynchburg, Va.

## WOMEN'S ALPHABETICAL ROSTER

Name	Year (I/O)	Hometown
Amber Allen	Fr./Fr.	Wayne, N.J.
Janica Austin	Sr./Sr.	Trenton, N.J.
Vashti Bandy	Fr./Fr.	Charlotte, N.C.
Radiance Basden	Jr./Jr.	Greensboro, N.C.
Kierre Beckles	So./Jr.	Pinelands, Barbados
Beatrice Biwott	Jr./Jr.	Iten, Kenya
Kayla Blake	Sr./Sr.	Summerville, S.C.
Penny Boswell	Fr./Fr.	Winchester, Ohio
LaKya Brookins	Sr./Sr.	Atlanta, Ga.
Asia Delaney	So./So.	Greenwood, S.C.
Sanura Eley-O'Reilly	Fr./Fr.	Fayetteville, N.C.
Ashley Evens	Sr./Sr.	Maumee, Ohio
Erin Fedewa	Jr./Jr.	St. Johns, Mich.
Staley Foster	Sr./Sr.	Boiling Springs, S.C.
Gabrielle Glenn	Sr./Sr.	Charlotte, N.C.
Jessica Hartman	So./So.	Centreville, Va.
Sierra Henderson	So./So.	Columbia, S.C.
Scolastica Jepngetich	Fr./Fr.	Kapsabet, Kenya
Aimee Kodat	R-Sr./R-Sr.	Herndon, Va.
Ceci Kryst	So./So.	Fort Mill, S.C.
Emily Laurence	Fr./Fr.	Colts Neck, N.J.
Liz Locke	Fr./Fr.	Mickleton, N.J.
Shayla Mahan	Sr./Sr.	Detroit, Mich.
Kelsey McCorkle	Jr./Jr.	Winterville, N.C.
Allison Nicosia	Jr./Jr.	Aiken, S.C.
Petra Olsen	Fr./Fr.	Malmö, Sweden
Laura Pramstaller	Sr./Sr.	Centreville, Va.
Breanna Radford	So./So.	Alpharetta, Ga.
Nicole Rheinlander	Jr./Jr.	Rochester Hills, Mich.
Stacey Roberts	Jr./Jr.	Summerville, S.C.
Angie Rummans	Fr./Fr.	Hilton Head, S.C.
Jeannelle Scheper	Fr./Fr.	Gros-Islet, Saint Lucia
Katherine Vuckovich	Jr./Jr.	Naperville, Ill.

2011 SOUTH CAROLINA TRACK & FIELD

DAY 1: THURSDAY, MAY 12

TIME	EVENT	USC ATHLETES
10:00 am	Hammer Throw M Final	Zajac
12:30 pm	Women's Heptathlon (200/100mH/SP/HJ)	
1:00 pm	Men's Decathlon (100/400/LJ/HJ/SP)	

DAY 2: FRIDAY, MAY 13

TIME	EVENT	USC ATHLETES
10:00 am	Hammer Throw W Final	Radford, Roberts, Vuckovich
12:30 pm	Men's Decathlon (1500/110mH/PV/Discus/Javelin)	
1:30 pm	Women's Heptathlon (800/LJ/Javelin)	
5:30 pm	800m Run M Prelim	Ricci
5:45 pm	800m Run W Prelim	Henderson, Jepngetich, Locke
6:15 pm	200m Dash M Prelim	Maxwell, Royster, Sales, Loose, Oma
6:30 pm	200m Dash W Prelim	Bandy, Delaney, Mahan, McCorkle
6:45 pm	400m Hurdles M Prelim	Burnside, Griffith
7:05 pm	400m Hurdles W Prelim	Allen, Austin, Basden
7:30 pm	10,000m Run M Final	
8:10 pm	10,000m Run W Final	

DAY 3: SATURDAY, MAY 14

TIME	EVENT	USC ATHLETES
12:00 pm	Javelin M Final	Vaughan
12:00 pm	Long Jump M Final	Carr, Gerald, Jones
12:00 pm	High Jump W Final	Blake, Foster, Scheper
1:30 pm	Shot Put M Final	Day, Finley
2:30 pm	Pole Vault W Final	Nicosa, Olsen, Rummans
3:00 pm	Long Jump W Final	
3:30 pm	Discus Throw W Final	Kodat
4:00 pm	1500m Run M Prelim	Razick
4:15 pm	1500m Run W Prelim	Henderson, Pramstaller
4:30 pm	110m Hurdles M Prelim	Griffith, Sharp
4:45 pm	100m Hurdles W Prelim	Austin, Beckles
5:00 pm	400m Dash M Prelim	Anderson, Carter, Gravesande, Loose, Redic
5:15 pm	400m Dash W Prelim	Eley-O'Reilly

5:30 pm	100m Dash M Prelim	Maxwell, Oma Royster, Sales
5:45 pm	100m Dash W Prelim	Bandy, Brookins, Delaney, Glenn, Mahan
6:05 pm	3000m Steeplechase M Final	
6:15 pm	3000m Steeplechase W Final	Biwott

DAY 4: SUNDAY, MAY 15

TIME	EVENT	USC ATHLETES
12:00 pm	Javelin W Final	Laurence
12:00 pm	Triple Jump M Final	Carr, Johnson, Gerald
12:00 pm	Pole Vault M Final	Reitze
2:00 pm	Shot Put W Final	Radford, Roberts, Vuckovich
2:00 pm	4x100m Relay M Final	Multiple
2:10 pm	4x100m Relays W Final	Multiple
2:15 pm	Triple Jump W Final	Basden
2:20 pm	1500m Run M Final	Razick
2:30 pm	High Jump M Final	Sharp, Wilkins
2:30 pm	1500m Run W Final	Henderson, Pramstaller
2:45 pm	110m Hurdles M Final	Griffith, Sharp
2:55 pm	100m Hurdles W Final	Austin, Beckles
3:00 pm	Discus M Final	Day, Finley, Zajac
3:05 pm	400m Dash M Final	Anderson, Carter Gravesande, Loose, Redic
3:15 pm	400m Dash W Final	Eley-O'Reilly
3:25 pm	100m Dash M Final	Maxwell, Oma Royster, Sales
3:30pm	100m Dash W Final	Bandy, Brookins Delaney, Glenn, Mahan
3:35 pm	800m Run M Final	Ricci
3:45 pm	800m Run W Final	Henderson, Jepngetich, Locke
3:55pm	400m Hurdles M Final	Burnside, Griffith
4:10 pm	400m Hurdles W Final	Allen, Austin, Basden
4:20 pm	200m Dash M Final	Maxwell, Royster, Sales Loose, Oma
4:25 pm	200m Dash W Final	Bandy, Delaney, Mahan, McCorkle
4:30 pm	5000m Run M Final	
4:50 pm	5000m Run W Final	Biwott, Boswell, Evens
5:15 pm	4x400m Relay M Final	Multiple
5:35 pm	4x400m Relay W Final	Multiple

2011 SOUTH CAROLINA TRACK & FIELD

Ranking Parameters: SEC (Top 20), East Region (Top 100), NCAA (Top 100)

**100-Meter Dash**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/9	Antonio Sales	10.45	17th	38th	T-66th
4/16	LaKya Brookins	11.10	3rd	3rd	6th
3/26	Shayla Mahan	11.20	5th	8th	12th
3/26	Gabrielle Glenn	11.45	10th	19th	37th
4/9	Vashti Bandy	11.75	19th (3rd)	T-68th (11th)	-

**200-Meter Dash**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/16	Antonio Sales	20.73	12th	12th	T-21st
4/16	Kelsey McCorkle	23.60	12th	21st	T-48th
4/9	Shayla Mahan	23.67	13th	28th	T-57th
3/17	Gabrielle Glenn	23.79	17th	43rd	T-81st

**400-Meter Dash**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/16	Clayton Gravesande	46.60	10th (2nd)	19th (2nd)	T-37th (4th)
3/26	Sanura Eley-O'Reilly	54.76	20th (2nd)	T-52nd (9th)	-

**800-Meter Run**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
5/7	Drew Ricci	1:52.85	18th (6th)	-	-
5/7	Scola Jepngetich	2:10.13	17th (7th)	74th (15th)	-
5/7	Sierra Henderson	2:10.91	19th	-	-

**5000-Meter Run**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/15	Beatrice Biwott	17:14.33	15th	-	-

**3000-Meter Steeplechase**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/9	Beatrice Biwott	10:42.08	8th	53rd	93rd

**4x100-Meter Relay**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/2	Gravesande, Sales, Royster, Maxwell	40.09	8th	12th	27th
4/9	Brookins, McCorkle, Bandy, Allen	44.18	3rd	5th	14th

**4x400-Meter Relay**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/30	Gravesande, Carter, Sales, Anderson	3:07.47	6th	11th	13th
4/15	Allen, Basden, McCorkle, Eley-O'Reilly	3:39.45	6th	13th	31st

**110/100-Meter Hurdles**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
4/1	Ke Vaughn Griffith	15.08	16th (4th)	-	-
4/30	Kierre Beckles	13.20	4th	12th	20th
3/17	Janica Austin	13.64	11th	T-36th	T-61st

**400-Meter Hurdles**

Date	Athlete	Time	SEC (FR)	East (FR)	NCAA (FR)
5/7	Nejmi Burnside	53.57	13th (2nd)	94th (22nd)	-
4/16	Ke Vaughn Griffith	53.98	16th (4th)	-	-
4/1	Amber Allen	59.03	6th (1st)	23rd (3rd)	38th (5th)
3/17	Janica Austin	1:00.17	12th	49th	81st
4/9	Radiance Basden	1:00.26	13th	52nd	88th

**High Jump**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
4/8	David Wilkins	2.11m	T-9th	T-25th	T-53rd
3/17	Jeannelle Scheper	1.75m	5th (1st)	T-18th (3rd)	T-43rd (5th)
4/16	Staley Foster	1.67m	18th	T-96th	-

**Pole Vault**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
5/7	Marvin Reitze	5.15m	5th	T-17th	T-49th
4/1	Matt Shuler	5.07m	10th	T-30th	T-78th
4/28	Angie Rummans	4.00m	5th (2nd)	T-19th (4th)	T-47th (10th)
5/7	Allie Nicosia	3.75m	12th	T-65th	-

**Long Jump**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
5/7	Lincoln Carr	7.28m	19th	T-65th	-

**Triple Jump**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
4/8	Lincoln Carr	15.66m	9th	13th	24th
4/8	Dorian Johnson	15.10m	15th (3rd)	T-42nd (7th)	T-76th (14th)
5/7	Radiance Basden	12.85m	6th	11th	24th
3/17	Ceci Kryst	11.71m	19th	-	-

**Shot Put**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
4/29	Louis Day	16.54m	9th	T-56th	-
4/16	Andrew Finley	15.50m	10th	-	-
5/7	Breanna Radford	14.99m	8th	40th	79th
5/7	Katie Vuckovich	14.74m	9th	47th	91st
4/1	Stacey Roberts	14.67m	10th	50th	-

**Discus Throw**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
3/26	Michael Zajac	49.63m	11th	67th	-
5/7	Louis Day	46.12m	16th	-	-
4/9	Andrew Finley	45.76m	17th	-	-
3/26	Chris Campbell	41.76m	19th	-	-
3/17	Aimee Kodat	50.12m	7th	20th	48th

**Hammer Throw**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
5/7	Michael Zajac	61.69m	5th	15th	35th
4/6	Trey Suhrstedt	41.56m	14th (5th)	-	-
5/7	Breanna Radford	48.12m	19th	-	-
5/7	Stacey Roberts	46.81m	20th	-	-

**Javelin Throw**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
3/26	Joshua Suttmeier	57.81m	16th (4th)	-	-
4/16	Andrew Vaughan	57.13m	17th	-	-
4/9	Emily Laurence	38.40m	16th (5th)	-	-

**Heptathlon**

Date	Athlete	Mark	SEC (FR)	East (FR)	NCAA (FR)
3/17	Ceci Kryst	4,096 pts	13th	-	-
3/17	Kayla Blake	3,781 pts	15th	-	-
3/17	Staley Foster	3,152 pts	16th	-	-

2011 OUTDOOR SEC-EAST-NCAA RANKINGS

**100-Meter Dash**

Date	Athlete	Meet	Time
4/8	Antonio Sales	Spec Towns Invite	10.45 (+1.3)
4/8	Chris Royster	Spec Towns Invite	10.58 (+1.2)
4/8	Chris Maxwell	Spec Towns Invite	10.66 (+1.2)
4/8	Eyong Oma	Spec Towns Invite	10.99 (+1.3)

**200-Meter Dash**

Date	Athlete	Meet	Time
4/16	Antonio Sales	War Eagle Invitational	20.73 (+0.7)
5/7	Chris Maxwell	Dick Taylor Relays	21.27 (+0.2)
4/8	Chris Royster	Spec Towns Invite	21.36 (+1.2)
4/8	Eyong Oma	Spec Towns Invite	21.86 (+1.2)
3/26	Alex Loose	Weems Baskin Invitational	22.82 (+0.0)

**400-Meter Dash**

Date	Athlete	Meet	Time
4/16	Clayton Gravesande	War Eagle Invitational	46.60
4/16	Aaron Anderson	War Eagle Invitational	47.95
4/8	Andre Carter	Spec Towns Invite	48.33
4/16	Alex Loose	War Eagle Invitational	50.33
4/16	Nigel Redic	War Eagle Invitational	50.38

**800-Meter Run**

Date	Athlete	Meet	Time
5/7	Drew Ricci	Bob Pollock Invitational	1:52.85

**1500-Meter Run**

Date	Athlete	Meet	Time
4/16	Robert Razick	War Eagle Invitational	3:53.40

**5000-Meter Run**

Date	Athlete	Meet	Time
3/17	Vince DePiano	Shamrock Invitational	15:42.69

**110-Meter Hurdles**

Date	Athlete	Meet	Time
4/1	Kevaughn Griffith	Florida Relays	15.08
3/17	Chris Sharp	Shamrock Invitational	15.57

**400-Meter Hurdles**

Date	Athlete	Meet	Time
4/16	Nejmi Burnside	War Eagle Invitational	53.75
4/16	Kevaughn Griffith	War Eagle Invitational	53.98
3/17	Alex Losse	Shamrock Invitational	58.86

**4x100-Meter Relay**

Date	Team	Meet	Time
4/2	South Carolina A	Florida Relays	40.09
4/29	Gravesande, Sales Royster, Maxwell	Penn Relays	40.29
4/16	Carter, Sales, Gravesande, Maxwell	War Eagle Invitational	40.51
4/8	Gravesande, Carter Royster, Sales	Spec Towns Invite	40.58

**4x400-Meter Relay**

Date	Team	Meet	Time
4/30	Gravesande, Carter Sales, Anderson	Penn Relays	3:07.47
4/2	South Carolina A	Florida Relays	3:07.52
4/8	Gravesande, Sales Carter, Anderson	Spec Towns Invite	3:08.20
4/16	Gravesande, Anderson Sales, Maxwell	War Eagle Invitational	3:08.62
4/29	Gravesande, Anderson Maxwell, Sales	Penn Relays	3:11.10

**High Jump**

Date	Athlete	Meet	Mark
4/8	David Wilkins	Spec Towns Invite	2.11m / 6-11.00
4/8	Chris Sharp	Spec Towns Invite	1.87m / 6-01.50

**Pole Vault**

Date	Athlete	Meet	Mark
5/7	Marvin Reitze	Bob Pollock Invitational	5.15m / 16-10.75
4/2	Matt Shuler	Florida Relays	5.07m / 16-07.50

**Long Jump**

Date	Athlete	Meet	Mark
5/7	Lincoln Carr	Dick Taylor Relays	7.28m / 23-10.75 (+1.8)
3/26	Joshua Jones	Weems Baskin Invite	7.16m / 23-06.00 (-0.9)
4/8	Dorian Johnson	Spec Towns Invite	6.91m / 22-08.00 (+1.7)
3/17	Jarett Gerald	Shamrock Invitational	6.38m / 20-11.25 (-2.1)
3/26	Chris Sharp	Weems Baskin Invite	6.11m / 20-00.50 (+1.1)

**Triple Jump**

Date	Athlete	Meet	Mark
4/8	Lincoln Carr	Spec Towns Invite	15.66m / 51-04.50 (+1.7)
4/8	Dorian Johnson	Spec Towns Invite	15.10m / 49-06.50 (+2.2)
4/6	Jarett Gerald	Gamecock Open	13.29m / 43-07.25 (+0.5)

**Shot Put**

Date	Athlete	Meet	Mark
4/29	Louis Day	Penn Relays	16.54m / 54-03.25
4/16	Andrew Finley	War Eagle Invitational	15.50m / 50-10.25

**Discus Throw**

Date	Athlete	Meet	Mark
3/26	Michael Zajac	Weems Baskin Invitational	49.63m / 162-10
4/8	Andrew Finley	Spec Towns Invite	45.76m / 150-01
5/7	Louis Day	Bob Pollock Invitational	46.12m / 151-04
3/26	Chris Campbell	Weems Baskin Invitational	41.76m / 137-00
3/26	Trey Suhrsted	Weems Baskin Invitational	32.52m / 106-08

**Hammer Throw**

Date	Athlete	Meet	Mark
5/7	Michael Zajac	Bob Pollock Invitational	61.69m / 202-05
4/6	Trey Suhrsted	Gamecock Open	41.56m / 136-04

**Javelin Throw**

Date	Athlete	Meet	Mark
3/26	Joshua Suttmeier	Weems Baskin Invitational	57.81m / 189-08
4/16	Andrew Vaughan	War Eagle Invitational	57.13m / 187-05

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**100-Meter Dash**

Date	Athlete	Meet	Time
4/16	LaKya Brookins	War Eagle Invitational	11.10 (+0.1)
3/26	Shayla Mahan	Weems Baskin Invitational	11.20 (+1.5)
3/26	Gabrielle Glenn	Weems Baskin Invitational	11.45 (+1.5)
4/9	Vashti Bandy	Spec Towns Invite	11.75 (+1.2)
4/16	Asia Delaney	War Eagle Invitational	12.04 (+0.1)

**200-Meter Dash**

Date	Athlete	Meet	Time
4/16	Kelsey McCorkle	War Eagle Invitational	23.60 (+1.4)
4/9	Shayla Mahan	Spec Towns Invite	23.67 (+0.1)
3/17	Gabrielle Glenn	Shamrock Invitational	23.79 (+1.0)
4/9	Vashti Bandy	Spec Towns Invite	23.97 (+0.3)
4/16	Asia Delaney	War Eagle Invitational	24.69 (+1.3)

**400-Meter Dash**

Date	Athlete	Meet	Time
3/26	Sanura Eley-O'Reilly	Weems Baskin Invitational	54.76

**800-Meter Run**

Date	Athlete	Meet	Time
5/7	Scola Jepngetich	Dick Taylor Relays	2:10.13
5/7	Sierra Henderson	Dick Taylor Relays	2:10.91
3/17	Liz Locke	Shamrock Invitational	2:16.71
3/26	Megan Rother	Weems Baskin Invitational	2:20.95

**1500-Meter Run**

Date	Athlete	Meet	Time
3/26	Sierra Henderson	Weems Baskin Invitational	4:40.31
4/16	Laura Pramstaller	Spec Towns Invite	4:47.47
5/7	Jessica Hartman	Bob Pollock Invitational	4:53.19
3/26	Erin Fedewa	Weems Baskin Invitational	4:55.40
3/26	Penny Boswell	Weems Baskin Invitational	4:57.86

**5000-Meter Run**

Date	Athlete	Meet	Time
4/16	Beatrice Biwott	War Eagle Invitational	17:14.33
4/16	Ashley Evens	War Eagle Invitational	17:37.28
4/1	Penny Boswell	Florida Relays	17:49.39
4/9	Nicole Rheinlander	Spec Towns Invite	18:37.47

**3000-Meter Steeplechase**

Date	Athlete	Meet	Time
4/9	Beatrice Biwott	Spec Towns Invite	10:42.08

**100-Meter Hurdles**

Date	Athlete	Meet	Time
4/30	Kierre Beckles	Penn Relays	13.20 (+0.0)
3/17	Janica Austin	Shamrock Invitational	13.64 (+1.7)
3/26	Radiance Basden	Weems Baskin Invitational	15.08 (+0.0)
3/26	Ceci Kryst	Weems Baskin Invitational	15.24 (+1.0)

**400-Meter Hurdles**

Date	Athlete	Meet	Time
4/1	Amber Allen	Florida Relays	59.03
3/17	Janica Austin	Shamrock Invitational	1:00.17
4/9	Radiance Basden	Spec Towns Invite	1:00.26
3/17	Ashley Hunter	Shamrock Invitational	1:08.14

**4x100-Meter Relay**

Date	Team	Meet	Time
4/9	Brookins, McCorkle Bandy, Allen	Spec Towns Invite	44.18
4/29	Brookins, Mahan Beckles, Glenn	Penn relays	44.71
4/1	South Carolina A	Florida Relays	44.72
4/28	Brookins, Mahan Glenn, Bandy	Penn Relays	44.78
3/26	Brookins, Mahan Beckles, McCorkle	War Eagle Invitational	44.85

**4x400-Meter Relay**

Date	Team	Meet	Time
4/16	Allen, Basden McCorkle, Eley-O'Reilly	War Eagle Invitational	3:39.45
4/30	Eley-O'Reilly, Bandy Beckles, Allen	Penn Relays	3:40.62
4/2	South Carolina A	Florida Relays	3:41.62
4/9	Eley-O'Reilly, McCorkle Bandy, Allen	Spec Towns Invite	3:42.41
4/28	Austin, Allen Bandy, Eley-O'Reilly	Penn Relays	3:42.96

**High Jump**

Date	Athlete	Meet	Mark
3/17	Jeannelle Scheper	Shamrock Invitational	1.75m / 5-08.75
4/16	Staley Foster	War Eagle Invitational	1.67m / 5-05.75
4/9	Kayla Blake	Spec Towns Invite	1.62m / 5-03.75
3/17	Ceci Kryst	Shamrock Invitational	1.49m / 4-10.50

**Pole Vault**

Date	Athlete	Meet	Mark
4/28	Angela Rummans	Penn Relays	4.00m / 13-01.50
5/7	Allison Nicosia	Bob Pollock	3.75m / 12-03.50
4/6	Tylar Mangan	Gamecock Open	3.35m / 10-11.75
3/26	Tamra Stanish	Weems Baskin Invitational	3.10m / 10-02.00

**Long Jump**

Date	Athlete	Meet	Mark
4/6	Ceci Kryst	Gamecock Open	5.65m / 18-06.50 (+0.0)
3/17	Staley Foster	Shamrock Invitational	4.52m / 14-10.00 (+1.6)

**Triple Jump**

Date	Athlete	Meet	Mark
5/7	Radiance Basden	Dick Taylor Relays	12.85m / 42-02.00 (+0.0)
3/17	Ceci Kryst	Shamrock Invite	11.71m / 38-05.00 (+2.0)

**Shot Put**

Date	Athlete	Meet	Mark
5/7	Breanna Radford	Bob Pollock Invitational	14.99m / 49-02.25
5/7	Katie Vuckovich	Bob Pollock Invitational	14.74m / 48-04.50
4/2	Stacey Roberts	Florida Relays	14.67m / 48-01.75
3/26	Aimee Kodat	Weems Baskin Invite	11.61m / 38-01.25
3/17	Ceci Kryst	Shamrock Invitational	9.61m / 31-06.50

**Discus Throw**

Date	Athlete	Meet	Mark
3/17	Aimee Kodat	Shamrock Invitational	50.12m / 164-05

**Hammer Throw**

Date	Athlete	Meet	Mark
5/7	Breanna Radford	Bob Pollock Invitational	48.12m / 157-10
5/7	Stacey Roberts	Bob Pollock Invitational	46.81m / 153-07
5/7	Katie Vuckovich	Bob Pollock Invitational	41.42m / 135-11

**Javelin Throw**

Date	Athlete	Meet	Mark
4/9	Emily Laurence	Spec Towns Invite	38.40m / 126-00

**Heptathlon**

Date	Athlete	Meet	Pts
3/17	Ceci Kryst	Shamrock Invitational	4,096 pts
3/17	Kayla Blake	Shamrock Invitational	3,781 pts
3/17	Staley Foster	Shamrock Invitational	3,152 pts

WOMEN'S 2011 TOP TIMES & MARKS

**1992 - 10TH**

10,000m - Keith Gorski (6)  
Decathlon - Nicky Nichols (8)

**1993 - 8TH**

800m - Adrian Bonner (8)  
110mH - Terry Winston (5)  
400mH - Frank Mensah (7)  
High Jump - Marcus Sutton (6)  
Pole Vault - Wayne Rimmer (6)  
Shot Put - Ron Willis (6)  
Discus - Brett Murray (2),  
Ron Willis (4)  
Hammer - Ron Willis (4),  
Lavon Page (8)  
Decathlon - Steve Owens (5)

**1994 - 4TH**

800m - Adrian Bonner (6)  
10,000m - Mark Cruz (8)  
110mH - Terry Winston (2)  
400mH - Marcus Phillips (2),  
Frank Mensah (3)  
4x400m - Winston, Phillips,  
Bonner, Swartz (8)  
Shot Put - Ron Willis (3)  
Discus - Ron Willis (1), Brett Murray  
(3), Chad Moreau (7)  
Hammer - Ron Willis (3), John Stoikos  
(5), Chad Moreau (6), Lavon Page  
(7), Brett Murray (8)  
Javelin - Derek McMillan (6)  
Decathlon - Steve Owens (5)

**1995 - 8TH**

800m - Adrian Bonner (4), Marvin  
Watts (7)  
110mH - Steve Owens (8)  
Steeplechase - Tom Cronin (6)  
High Jump - Lee Hughes (7)  
Discus - Brett Murray (2), Chad Moreau  
(4)  
Hammer - John Stoikos (2), Glenn  
McAtee (5), Chad Moreau (6), Brett  
Murray (7)  
Decathlon - Steve Owens (5), David  
Carnes (7)

**1996 - 5TH**

100m - Marcus Robinson (2), Corey  
Bridges (4)  
200m - Marcus Robinson (2)  
800m - Marvin Watts (2)  
4x100m - USC (3)  
4x400m - USC (8)  
Shot Put - Brad Snyder (1), Jeff  
Shalayda (5), Kevin Mannon (6)  
Discus - Brad Snyder (4), Kevin  
Mannon (6)  
Hammer - John Stoikos (1), Kevin  
Mannon (3), Bert Sorin (7)  
Javelin - Jason LaBarbera (3)

**1997 - 5TH**

100m - Corey Bridges (4), Jamaal  
Williams (6), Shah Mays (7), Jamie  
Price (8)  
200m - Jamie Price (7)  
800m - Marvin Watts (1)  
4x100m - USC (2)  
Pole Vault - Pat Tvarkunas (7)  
Shot Put - Kevin Mannon (1), Jeff

Shalayda (4)

Discus - Kevin Mannon (1)  
Hammer - Kevin Mannon (2), Mattias  
Ohlsson (3), Bert Sorin (4)  
Javelin - Jason LaBarbera (2)

**1998 - 5TH**

100m - Corey Bridges (2)  
200m - Terrence Trammell (3)  
800m - Marvin Watts (4)  
110mH - Terrence Trammell (1)  
4x100m - USC (2)  
4x400m - USC (5)  
Shot Put - Brad Snyder (1)  
Discus - Brad Snyder (1), Ryan  
Harrison (3)  
Hammer - Bert Sorin (2), Ryan Harrison  
(5), Mattias Ohlsson (7)  
Javelin - Bert Sorin (7)  
Decathlon - CJ Anderson (8)

**1999 - 6TH**

100m - Terrence Trammell (3), Clint  
Crenshaw (7)  
200m - Terrence Trammell (6)  
110mH - Terrence Trammell (1)  
4x100m - Crenshaw, Trammell, Mays,  
Price (2)  
Pole Vault - Patrick Tvarkunas (4),  
Michael Lameier (8)  
Shot Put - Brad Snyder (1)  
Discus - Brad Snyder (3), Ryan  
Harrison (4)  
Hammer - Bert Sorin (4), Ryan Harrison  
(5)  
Javelin - Bert Sorin (6)  
Decathlon - CJ Anderson (5)

**2000 - 8TH**

100m - Terrence Trammell (3), Clint  
Crenshaw (8)  
400m - Jimmie Hackley (4)  
110mH - Terrence Trammell (1)  
4x400m - USC (7)  
Pole Vault - Chris Steddum (4), Patrick  
Tvarkunas (7)

**2001 - 8TH**

100m - Josephus Howard (3)  
200m - Josephus Howard (2)  
400m - Otis Harris (8)  
800m - Otukile Lekote (1)  
110mH - Corey Taylor (8)  
400mH - Jarred Johnson (7)  
4x100m - USC (2)  
4x400m - USC (4)  
High Jump - Fredrick Townsend (7)  
Pole Vault - Chris Steddum (1), Jared  
Farabee (2)  
Shot Put - Adam Bishop (5)

**2002 - 7TH**

400m - Otis Harris (5), Jonathan  
Fortenberry (6)  
800m - Otukile Lekote (1)  
110mH - Corey Taylor (5)  
4x100m - Burriano, Totton,  
Law, Taylor (3)  
4x400m - Law, Lekote,  
Harris, Fortenberry (1)  
Pole Vault - Chris Steddum (2)  
Decathlon - Fred Townsend (3)

**2003 - T-6TH**

400m - Otis Harris (1)  
800m - Otukile Lekote (4)  
1,500m - William Emase (6)  
110mH - Kenneth Ferguson (2), Corey  
Taylor (6), Chuck Ryan (7)  
400mH - Kenneth Ferguson (1)  
4x400m - USC (1)  
High Jump - Fred Townsend (7)  
Pole Vault - Greg Royster (6), Jared  
Farabee (6)  
Long Jump - Tony Allmond (5), Greig  
Cryer (7)  
Shot Put - Adam Bishop (5)

**2004 - 10TH**

200m - Rodney Martin (3)  
4x100m - Cryer, Martin,  
Durant, Allmond (6)  
4x400m - Martin, Flood,  
Cunningham, Durant (5)  
Long Jump - Tony Allmond (5)  
Hammer - Brook Antonio (7)

**2005 - 9TH**

100m - Rodney Martin (8)  
200m - Rodney Martin (7)  
800m - William Emase (4)  
400mH - Jason Richardson (6)  
4x100m - Durant, Dixon,  
Richardson, Martin (5)  
4x400m - Durant, Hillard,  
James, Hinnant (7)  
Triple Jump - Derek Pressley (8)  
Javelin - Joe Schroeder (6)

**2006 - 5TH**

100m - Leroy Dixon (5)  
200m - Leroy Dixon (8)  
800m - Shawn Cunningham (8)  
110mH - Jason Richardson (2), Thomas  
Hilliard (7)  
400mH - Jason Richardson (2), Thomas  
Hilliard (4)  
4x400m - Hinnant, Hilliard,  
Richardson, James (3)  
Pole Vault - Trey Bell (2)  
Long Jump - Greig Cryer (3)  
Triple Jump - Greig Cryer (5), Derek  
Pressley (7)  
Shot Put - Jim Mitchell (5)  
Discus - Brook Antonio (3)  
Hammer - Brook Antonio (3), Tyler  
Trout (8)  
Javelin - Joe Schroeder (8)  
Decathlon - Greg Royster (4)

**2007 - 8TH**

400m - Ray Miley (6), Derron Flood (8)  
110mH - Thomas Hilliard (4)  
400mH - Thomas Hilliard (3), Jussi  
Heikkila (5)  
4x100m - James, Lytle, Moore,  
Flood (6th)  
4x400m - Moore, Hilliard, James,  
Miley (2nd)  
Triple Jump - Derek Pressley (2nd)  
Discus - Tyler Trout (8)  
Hammer - Tyler Trout (4)  
Javelin - Erik Heymann (3), Joe Schro-  
eder (6)

Decathlon - Curt McGill - (6)

**2008 - 7TH**

400m - Quentin Moore (5)  
110mH - Jason Richardson (1), Johnny  
Dutch (4)  
400mH - Johnny Dutch (2), Jussi Heik-  
kila (4), Jason Richardson (8)  
4x100m - Markett, Hancock, Lytle,  
Sales (4)  
4x400m - Hinnant, Moore, Heikkila,  
Miley (5)  
Triple Jump - Derek Pressley (3)  
Shot Put - Jason Cook (3)  
Hammer - Michael Zajac (8)  
Javelin - Erik Heymann (7)

**2009 - 4th**

100m - Johnathan Hancock (7)  
200m - Antonio Sales (4)  
400m - Obakeng Ngwigwa (8)  
110mH - Jason Richardson (1), Booker  
Nunley (2), Johnny Dutch (4)  
400mH - Johnny Dutch (1)  
4x100m - Hancock, Sales, Moore,  
Ngwigwa (3)  
4x400m - Ngwigwa, Dutch, Moore,  
Richardson (1)  
Pole Vault - Elliott Haynie (2), Marvin  
Reitze (5)  
Shot Put - Jason Cook (1)  
Hammer - Michael Zajac (6)  
Javelin - Erik Heymann (3)

**2010 - 3rd**

200m - Antonio Sales (2), Obakeng  
Ngwigwa (3)  
400m - Obakeng Ngwigwa (7)  
110mH - Booker Nunley (2), Johnny  
Dutch (3)  
400mH - Johnny Dutch (1)  
4x100m - Carter, Sales, Moore,  
Ngwigwa (5)  
4x400m - Ngwigwa, Moore, Anderson,  
Dutch (3)  
Triple Jump - Lincoln Carr (5)  
High Jump - David Wilkins (T7)  
Shot Put - Louis Day (7)  
Hammer - Michael Zajac (4)  
Pole Vault - Elliott Haynie (1)  
Discus - Jeff Merkt (4), Michael Zajac  
(6)  
Decathlon - Scott Pierce (4), Eddie  
Stoudemire (5)



**1992 - 12TH**

No scorers

**1993 - 10TH**

1,500m - Liz Figlar (6), Tracey Capper (7)  
5,000m - Sue McGhie (6)  
10,000m - Kristen Kroger (6)  
Shot Put - Dawn Ellerbe (7)

**1994 - 5TH**

1,500m - Tracey Capper (8)  
10,000m - Sue McGhie (2), Jill Savage (4)  
400mH - Rhody Williams (8)  
High Jump - Julie Symonds (5)  
Long Jump - LaTasha Hughes (8)  
Shot Put - Lisa Misipeka (2), Leslie Coons (6)  
Discus - Lisa Misipeka (4), Leslie Coons (5)  
Javelin - Leslie Coons (1), Marcia Chmura (3)

**1995 - 8TH**

1,500m - Tracey Capper (6)  
5,000m - Tracey Capper (8)  
100mH - Rhody Williams (4)  
400mH - Rhody Williams (8)  
Shot Put - Crystal Brownlee (3), Dawn Ellerbe (6)  
Discus - Dawn Ellerbe (1)

**1996 - 2ND**

1,500m - Liz Figlar (8)  
4x400m - USC (8)  
Long Jump - Tijuana Noisette (8)  
Shot Put - Crystal Brownlee (1), Lisa Misipeka (2), Dawn Ellerbe (3)  
Discus - Dawn Ellerbe (1), Lisa Misipeka (2)  
Hammer - Dawn Ellerbe (1), Lisa Misipeka (2), Marcia Chmura (3)  
Candy Mitchell (4), Crystal Brownlee (5)  
Javelin - Candy Mitchell (2), Marcia Chmura (5), Erin Narzinski (6)  
Heptathlon - Erin Narzinski (2), Jennifer Britz (7)

**1997 - 3RD**

400m - Tonique Williams (2)  
800m - Charmaine Howell (2)  
1,500m - Ivana Sklandana (7)  
4x400m - USC (4)  
Long Jump - Erin Narzinski (8)  
Shot Put - Crystal Brownlee (1), Lisa Misipeka (4), Dawn Ellerbe (5)  
Discus - Dawn Ellerbe (2), Lisa Misipeka (6)  
Hammer - Lisa Misipeka (1), Dawn Ellerbe (2), Loren Thouvenot (4), Crystal Brownlee (6), Candy Mitchell (7)  
Javelin - Candy Mitchell (2), Marcia Chmura (5), Erin Narzinski (6)  
Heptathlon - Erin Narzinski (1)

**1998 - 2ND**

400m - Tonique Williams (1)  
800m - Charmaine Howell (2)  
3,000m - Joyce Peebles (8)  
5,000m - Tanya Povey (3)  
10,000m - Tanya Povey (1)  
4x100m - USC (7)  
4x400m - USC (5)  
Pole Vault - Kylene Nixon (1)  
Triple Jump - Rodena Barr (6)  
Shot Put - Crystal Brownlee (1), Lisa Misipeka (5), Michelle Fournier (7)  
Discus - Michelle Fournier (4), Lisa

Misipeka (5)  
Hammer - Lisa Misipeka (1), Michelle Fournier (2), Crystal Brownlee (5), Loren Thouvenot (7)  
Javelin - Erin Narzinski (3), Loren Thouvenot (8)  
Heptathlon - Erin Narzinski (2)

**1999 - 1st**

200m - Miki Barber (4), Demetria Washington (7)  
400m - Miki Barber (1), Demetria Washington (3)  
800m - Kristina Brown (4), Andrea Hallmon (6)  
10,000m - Katie England (6)  
100mH - Ellakisha Williamson (1), Jacqueline Madison (5)  
400mH - Ellakisha Williamson (1), Tacita Bass (6), Jacqueline Madison (8)  
4x100m - USC (3)  
4x400m - USC (1)  
Pole Vault - Becky Studebaker (8)  
Triple Jump - Rodena Barr (6)  
Shot Put - Michelle Fournier (4), Lynette Keppeler (5)  
Discus - Michelle Fournier (2), Alana Robinson (3)  
Hammer - Michelle Fournier (1), Candy Mitchell (7)  
Javelin - Candy Mitchell (3)

**2000 - 2ND**

100m - Rodena Barr (6)  
200m - Miki Barber (1), Demetria Washington (4), Lisa Barber (5), Mechelle Lewis (6)  
400m - Miki Barber (1), Demetria Washington (2)  
800m - Kristina Brown (4), Andrea Hallmon (8)  
1,500m - Joyce Peebles (7)  
10,000m - Katie Orr (5)  
100mH - Ellakisha Williamson (3), Jackie Madison (5)  
400mH - Ellakisha Williamson (4), Jackie Madison (7)  
4x100m - USC (2)  
4x400m - USC (1)  
Pole Vault - Kylene Nixon (T-2), Lori Tvarunas (T-8)  
Long Jump - Antoinette Wilks (7)  
Triple Jump - Rodena Barr (3), Antoinette Wilks (8)  
Shot Put - Lynette Keppeler (6)  
Hammer - Loren Thouvenot (5)  
Discus - Alana Robinson (3)  
Javelin - Candy Mitchell (2)

**2001 - 3RD**

100m - Lisa Barber (2)  
200m - Demetria Washington (2), Miki Barber (3), Lisa Barber (6)  
400m - Miki Barber (1), Demetria Washington (2)  
800m - Andrea Hallmon (3)  
100mH - Jackie Madison (3)  
400mH - Tacita Bass (1), Shontel Powell (7)  
4x100m - USC (1)  
4x400m - USC (1)  
Pole Vault - Kylene Nixon (6)  
Triple Jump - Antoinette Wilks (9)  
Shot Put - Lynette Keppeler (4)  
Discus - Alana Robinson (2)  
Heptathlon - Tacita Bass (3)

**2002 - 1st**

100m - Aleen Bailey (2), Lisa Barber (3), Erica Whipple (7)  
200m - Aleen Bailey (2), Lisa Barber

(4), Demetria Washington (7)  
400m - Lashinda Demus (1), Demetria Washington (2)  
100mH - Tiffany Ross (2)  
400mH - Tiffany Ross (1), Lashinda Demus (2), Tacita Bass (4), Shevon Stoddart (5)  
4x100m - Lewis, Washington, L. Barber, Bailey (2)  
4x400m - L. Barber, Ross, Stoddart, Lewis (1)  
Long Jump - Antoinette Wilks (2)  
Triple Jump - Rashida Abdul-Malik (5)  
Shot Put - India Odum (8)  
Discus - Keri Groover (5)  
Javelin - Heather Nisbet (8)  
Heptathlon - Tacita Bass (1), Antoinette Wilks (3), Chelsea Hammond (5)

**2003 - 4TH**

100m - Erica Whipple (2), Aleen Bailey (3)  
200m - Erica Whipple (1), Aleen Bailey (3)  
400m - Shevon Stoddart (5), Tawana Watkins (6)  
100mH - Antoinette Wilks (6)  
400mH - Tiffany Ross (1), Shevon Stoddart (3), Tawana Watkins (8)  
4x100m - USC (2)  
4x400m - USC (3)  
Long Jump - Chelsea Hammond (8)  
Shot Put - India Odum (6)  
Heptathlon - Antoinette Wilks (3), Chelsea Hammond (4)

**2004 - 4TH**

100m - Erica Whipple (7), Khalilah Carpenter (5)  
200m - Khalilah Carpenter (4)  
400m - Stephanie Smith (6)  
100mH - Ronnetta Alexander (7), Lashinda Demus (3)  
400mH - Chiquita Martin (7), Shevon Stoddart (2), Lashinda Demus (1)  
4x100m - Alexander, Whipple, Smith, Carpenter (3)  
4x400m - Stoddart, Smith, Carpenter, Demus (2)  
High Jump - Chelsea Hammond (6)  
Long Jump - Kemesha Whitmire (6), Chelsea Hammond (5)  
Triple Jump - Kemesha Whitmire (6), Rhashida Abdul-malik (5)  
Discus - Precious Akins (4)  
Javelin - Katie Desin (3)  
Heptathlon - Chelsea Hammond (2)

**2005 - 1st**

100m - Shalonda Solomon (2), Erica Whipple (6), Alexis Joyce (8)  
200m - Shalonda Solomon (1), Stephanie Smith (4), Erica Whipple (5), Khalilah Carpenter (8)  
400m - Natasha Hastings (1), Tawana Watkins (4), Stephanie Smith (6)  
800m - Shay Sheldon (4)  
100mH - Shevon Stoddart (3)  
400mH - Tiffany Ross-Williams (1), Shevon Stoddart (2), Tawana Watkins (3)  
4x100m - Joyce, Nesbitt, Solomon, Whipple (1)  
4x400m - Hastings, Ross-Williams, Smith, Stoddart (1)  
Pole Vault - Cheryl Terrio (3)  
Triple Jump - Kemesha Whitmire (1)  
Shot Put - Precious Akins (5)

**2006 - 3RD**

100m - Shalonda Solomon (3), Amberly Nesbitt (7)

200m - Shalonda Solomon (1), Amberly Nesbitt (7)  
400m - Natasha Hastings (2), Stephanie Smith (8)  
100mH - Ronnetta Alexander (3), Chiquita Martin (7)  
400mH - Chiquita Martin (3), Bailey Lewis (6)  
4x100m - Hastings, Nesbitt, Giles, Solomon (1)  
High Jump - Monica Bozenski (8)  
Pole Vault - Cheryl Terrio (4)  
Shot Put - Precious Akins (3)  
Discus - Precious Akins (3), Kerri Groover (8)  
Heptathlon - Kettiany Clarke (3)

**2007 - 5TH**

100m - Shalonda Solomon (3)  
200m - Shalonda Solomon (3), Natasha Hastings (4)  
400m - Natasha Hastings (1)  
100mH - Chiquita Martin (4), Ronnetta Alexander (8)  
400mH - Krystal Cantey (2nd), Chiquita Martin (3), Trier Young (5), Tawana Watkins (8)  
4x100m - Martin, Hastings, Giles, Solomon (1)  
4x400m - Cantey, Giles, Cross, Hastings (1)  
Discus - Precious Akins (1)  
Long Jump - Brittney James (7)

**2008 - 8th**

200m - Shayla Mahan (8)  
400m - Brandi Cross (2)  
100mH - Trier Young (7)  
400mH - Trier Young (4)  
4x100m - Brookins, Mahan, Giles, Glenn (3)  
Pole Vault - Sallie Gurganus (T7)  
Long Jump - Brittney James (3)  
Discus - Aimee Kodat (7)  
Heptathlon - Kettiany Clarke (6)

**2009 - 8th**

100m - LaKya Brookins (3), Shayla Mahan (5), Gabrielle Glenn (7)  
100mH - Janica Austin (5)  
400mH - Janica Austin (3)  
4x100m - Brookins, Mahan, Glenn, Jacobs (2)  
4x400m - Byrd, Austin, Jacobs, Glenn (3)  
3000m Steeplechase - Beatrice Biwott (4)  
Pole Vault - Sallie Gurganus (7)  
High Jump - Cory Bowen (T6), Staley Foster (T8)  
Shot Put - Stacey Roberts (8)  
Discus - Aimee Kodat (7)  
Heptathlon - Kettiany Clarke (7)

**2010 - 8th**

100m - Gabrielle Glenn (8)  
400m - Brandi Cross (6)  
100mH - Kettiany Clarke (3), Janica Austin (5)  
400mH - Janica Austin (5)  
4x100m - Jacobs, Mahan, Glenn, Fisher (2)  
4x400m - Cross, Glenn, McCorkle, Jacobs (7)  
3,000m Steeple - Beatrice Biwott (1)  
High Jump - Kayla Blake (6)  
Pole Vault - Vica Shobe (T3), Sallie Gurganus (T8)  
Discus - Aimee Kodat (7)

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. Johnathan Hancock	2009	10.31
9. Clint Crenshaw	2001	
10. 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. Antonio Sales	2010	20.54
6. Obakeng Ngwigwa	2010	20.56
7. Andre Totton	2001	20.58
8. Marcus Robinson	1996	20.63
9. Jimmie Hackley	1999	20.64
10. Jamie Price	1998	20.79

400-METER DASH

1. Otis Harris	2003	44.57
2. Jimmie Hackley	2000	45.64
3. Jonathan Fortenberry	2002	45.67
4. Obakeng Ngwigwa	2010	46.09
5. Otukile Lekote	2001	46.12
6. Quentin Moore	2008	46.18
7. Jamil James	2007	46.28
8. Ray Miley	2007	46.31
9. Eddie Miller	1988	46.35
10. Gerald Pressley	2002	46.39

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

1,500-METER RUN

1. Jim Schaper	1974	3:42.48
2. Tim Colas	1982	3:44.79
3. Alan Drosky	1984	3:45.79
4. Halston Taylor	1976	3:47.14
5. Bob Crumbie	1965	3:48.24
6. Tom Howe	1987	3:48.90
7. William Emase	2003	3:49.07
8. Tom Cronin	1993	3:49.12
9. Frank Murno	1978	3:50.24

110-METER HURDLES

1. Terrence Trammell	2000	13.19
2. Jason Richardson	2008	13.21
3. Booker Nunley	2009	13.32
4. Johnny Dutch	2010	13.50
5. Kenneth Ferguson	2003	13.53
6. Thomas Hilliard	2007	13.70
7. Corey Taylor	2003	13.72
8. Frank Mensah	1994	13.77
9. Charles Ryan	2003	13.78
Terry Winston	1993	

400-METER HURDLES

1. Johnny Dutch	2010	47.63
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

4x100-METER RELAY

1. Crenshaw, Trammell, Hackley, Howard	2000	38.45
2. Crenshaw, Trammell, Mays, Price	1999	38.92
3. Barrino, Law, Totton, Taylor	2002	39.01
4. Carter, Sales, Moore, Ngwigwa	2010	39.07
5. Trammell, Bridges, Dempers, Price	1998	39.08
6. Hancock, Sales, Moore, Ngwigwa	2009	39.09
7. Totton, Howard, Crenshaw, Taylor	2001	39.19
8. Trammell, Price, Dempers, Williams	1998	39.27
9. Hancock, Sales, Moore, Markett	2008	39.37
10. Crenshaw, Trammell, Hackley, Price	1999	39.39
Bridges, Williams, Dempers, Trammell	1998	

4x400-METER RELAY

1. Law, Lekote, Harris, Fortenberry	2002	3:02.16
2. Ferguson Lekote, Fortenberry, Harris	2003	3:02.86
3. Ngwigwa, Dutch, Anderson, Moore	2009	3:02.88
4. Ngwigwa, Dutch, Anderson, Moore	2010	3:03.58
5. Moore, Hilliard, James, Miley	2007	3:03.86
6. Ngwigwa, Richardson Dutch, Anderson	2009	3:03.89
7. Law, Howard, Lekote, Harris	2001	3:04.36
8. Ngwigwa, Dutch, Moore, Richardson	2009	3:04.49
9. Hinnant, Hilliard, James, Richardson	2006	3:04.62
10. Durant, Ferguson, Lekote, Harris	2003	3:04.66

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. David Wilkins	2011	6-11
Art Henson	1992	
9. Steve Owens	1991	6-10 3/4
Phillipe Williams	1991	

POLE VAULT

1. Elliott Haynie	2009	17-10 1/2
2. Marvin Reitze	2010	17-8 1/2
3. Chris Steddum	2002	17-7 3/4
4. Marvin Reitze	2009	17-6 1/2
5. Dale Gerke	1988	17-5 1/2
6. Darren Davis	1988	17-1 3/4
7. Dan McKenzie	2006	17-0 3/4
8. Jarad Farabee	2002	16-11
9. Patrick Tvarunas	1999	16-10 3/4
10. Matt Shuler	2009	16-6 3/4
Trey Bell	2005	
Greg Royster	2003	
Mike Lameier	2000	

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. Phillip 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. Lincoln Carr	2011	51-4 1/2
4. Marcus Sutton	1993	51-4 1/4
5. Greig Cryer	2006	51-4
6. Berle Stocks	1976	50-9
7. James Wilson	1982	50-8
8. Wade Brantley	1988	50-6 1/2
9. David Arnold	1990	50-4
10. Harry Skipper	1978	50-3

SHOT PUT

1. Brad Snyder	1999	67-3 1/2
2. Jason Cook	2009	63-7 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 Swarts	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. Jeff Merkt	2009	176-8
10. Ron Yarab	1981	175-6

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	2010	211-0
6. Brett Murray	1995	209-3
7. Ryan Harrison	1999	208-6
8. Mattias Ohlsson	1997	208-1
9. Tyler Trout	2007	204-2
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. Phillip Williams	1990	198-10
9. Bert Sorin	1997	197-4
10. Fred Townsend	2003	196-6

DECATHLON

1. Phillip Williams	1990	7,598
2. Wade Brantley	1988	7,406
3. Fred Townsend	2003	7,345
4. Scott Pierce	2010	7,056
5. Steve Owens	1995	7,051
6. Eddie Stoudemire	2010	6,858
7. CJ Anderson	2000	6,817
8. Greg Royster	2006	6,776
9. Erol Johnson	1984	6,690
10. Kent Harris	1988	6,686

# 2011 SOUTH CAROLINA TRACK & FIELD

## 100-METER DASH

1. Shalonda Solomon	2006	11.07
<b>2. LaKya Brookins</b>	<b>2011</b>	<b>11.10</b>
3. Erica Whipple	2003	11.15
4. Aleen Bailey	2003	11.17
5. Amberly Nesbitt	2006	11.18
<b>6. Shayla Mahan</b>	<b>2011</b>	<b>11.20</b>
7. Lisa Barber	2002	11.35
8. Gabrielle Glenn	2010	11.42
9. Khalilah Carpenter	2005	11.44
10. Rodena Barr	2000	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. Tonique Williams	1998	51.99
9. Nadonnia Rodrigues	2010	52.72
10. Charmaine Howell	1997	52.79

## 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. Dani Barnes	2009	4:35.10
10. Beatrice Biwott	2010	4:36.00

## 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
<b>5. Beatrice Biwott</b>	<b>2011</b>	<b>17:14.33</b>
6. Danielle Adams	1994	17:24.58
7. Jill Savege	1994	17:31.35
8. Wilma DePiere	1989	17:35.30
<b>9. Ashley Evens</b>	<b>2011</b>	<b>17:37.28</b>
10. Katie England	1999	17:37.94

## 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
<b>6. Kierre Beckles</b>	<b>2011</b>	<b>13.20</b>
Kettiany Clarke	2010	
8. Chiquita Martin	2007	13.28
9. Antoinette Wilks	2003	13.45
10. Janica Austin	2010	13.46

## 400-METER HURDLES

1. Lashinda Demus	2004	53.43
2. Shevon Stoddart	2005	54.47
3. Tiffany Ross	2005	54.56
4. Krystal Cantley	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. Janica Austin	2009	58.06

## 3,000-METER STEEPLECHASE

1. Beatrice Biwott	2010	10:20.14
2. Lisa McKinney	2008	11:46.99
3. Kinsey Eschenburg	2002	12:03.35
4. Jessica Smith	2006	12:04.71
5. Kesley Bristol	2009	12:20.45
6. Lauren Paige	2003	12:25.48
7. Mary Wright	2003	12:30.29
8. Caitlin McGroerty	2005	12:33.53

## 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. Brookins, Mahan, Glenn, Jacobs	2009	43.41
8. M. Barber, L. Barber, Washington, Williamson	1999	43.44
9. Williams, Washington, M. Barber, L. Barber	2001	43.48
10. Carpenter, Whipple, Joyce, Solomon	2005	43.58
Joyce, Demus, Carpenter, Whipple	2004	

## 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. Cantley, 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

## HIGH JUMP

1. Chelsea Hammond	2005	5-11 1/2
<b>2. Jeannelle Scheper</b>	<b>2011</b>	<b>5-8 3/4</b>
3. Julie Symonds	1994	5-8
4. Monica Bozenski	2006	5-7 1/4
5. Kayla Blake	2010	5-7
Cory Bowen	2009	
Kettiany Clarke	2006	
Antoinette Wilks	2002	
Jennifer Britz	1996	
10. Staley Foster	2009	5-6
Erin Narzinski	1998,99	
Alicia Brunger	1995	

## POLE VAULT

1. Vica Shobe	2010	13-6 1/2
2. Cheryl Terrio	2006	13-5 3/4
3. Liza Todd	2009	13-1 3/4
<b>4. Angie Rummans</b>	<b>2011</b>	<b>13-1 1/2</b>
Sallie Gurganus	2008,09	
6. Kylene Nixon	1998	12-8 1/4
7. Allie Nicosia	2009	12-7 1/2
8. Lori Tvarakunas	2001	12-6
9. Emily Pease	2006	11-11 3/4
10. Rachel Farabee	2004	11-5 3/4

## LONG JUMP

1. Chelsea Hammond	2004	21-6 3/4
2. Antoinette Wilks	2003	21-4 3/4
3. Kemesha Whitmire	2004	20-9 1/4
Brittney James	2008	
5. Erin Narzinski	1998	20-1 1/2
6. Rodena Barr	2000	19-11 1/2
7. Tasha Hughes	1994	19-9
8. Rashida Abdul-Malik	2002	19-7
9. Tacita Bass	2002	19-4 3/4
10. Dee Dee Fortman	1996	19-4

## 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
<b>5. Radiance Basden</b>	<b>2011</b>	<b>42-2</b>
6. Dee Dee Fortman	1996	40-6 1/4
7. Reanna Townsend	2005	38-5
8. Ceci Kryst	2010	38-1 1/2
9. Jennifer Britz	1997	37-6

## 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
<b>8. Breanna Radford</b>	<b>2011</b>	<b>49-2 1/4</b>
9. Lynette Keppler	2001	48-10 3/4
<b>10. Katie Vuckovich</b>	<b>2011</b>	<b>48-4 1/2</b>

## 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
<b>7. Aimee Kodat</b>	<b>2011</b>	<b>164-5</b>
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
6. Precious Akins	2006	177-0
7. Aisha Grant	2002	174-1
8. Crystal Brownlee	1998	170-1
9. Lynette Keppeler	2001	170-0
10. Mamee Groves	2001	167-8

## JAVELIN (NEW)

1. Candy Mitchell	2000	174-8
2. Erin Narzinski	1999	134-0
3. Katie Desin	2004	129-0
<b>4. Emily Laurence</b>	<b>2011</b>	<b>126-0</b>
5. Heather Nisbit	2002	124-11
6. Chelsea Kaczmarek	2005	117-0
7. Kettiany Clarke	2008	11-9
8. Loren Thouvenot	2000	111-3 3/4



# Curtis Frye

## South Carolina Head Coach

### 15th Season // East Carolina '74

Entering the 2011 track season in his 15th 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, 114 SEC champions and more than 415 NCAA All Americans.

In October 2008, Frye was bestowed the Order of Ikkos 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. He also currently serves as President of the United States Track & Field and Cross Country Coaches Association.

Frye has coached an NCAA champion in all but one year since taking over the program in 1996, including coaching Johnny Dutch to the 400m hurdle title last season. 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 11 SEC Athletes of the Year, the most recent being Nadonna Rodrigues, who was named the 2009 SEC Freshman Runner of the Year (indoor). 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 & Field News while the United States Track & Field & Cross Country Coaches Association (USTFCCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but three 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 USTFCCCA 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. In 2009, the men's team was named Scholar Team of the Year.

In his career, Frye has coached 25 Olympians who have won 11 medals at the Olympic Games. Nine of his former student-athletes competed at the 2008 Olympic Games in Beijing, six of them as first-time Olympians. At the Games, Natasha Hastings earned a gold medal as

#### 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 Ikkos medallion in 2008, the highest honor a track and field coach can earn in the world
- ✓ Current President of the United States Track & Field and Cross Country Coaches Association (USTFCCCA)
- ✓ 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
- ✓ Assistant coach for 18 ACC championship teams
- ✓ Coached 10 Olympic medalists
- ✓ Coached 25 Olympians
- ✓ Coached over 60 NCAA champions
- ✓ Coached over 415 NCAA All-Americans
- ✓ Coached over 114 SEC champions
- ✓ Coached over 75 ACC champions

a member of the USA 4x400m relay team. 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, Johnny Dutch, Otis Harris, Natasha Hastings, Mechelle Lewis, Rodney Martin, Jason Richardson, Shalonda Solomon, Terrence Trammell, Tonique Williams-Darling

HEAD COACH CURTIS FRYE



The Frye Family: C.J., Crystal, Wilma, Curtrell, Curtis and and grandchildren.

**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	6th	T-12th	40th
2010	8th	11th	19th	51st
2011	57th	N/A	23rd	N/A

**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	4th	5th	8th
2010	4th	3rd	7th	8th
2011	8th	N/A	7th	N/A

**MEN'S NCAA CHAMPIONS UNDER FRYE**

**Clint Crenshaw (1)**  
1999 ..... 4x100m (O)

**Johnny Dutch (1)**  
2010.....400mH (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)

**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)  
2011.....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)

**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	14	6	9
2010	5	11	6	2
2011**	0/2	N/A	1/1	N/A

\*\* - First Team/Second Team. Beginning in 2011, All-Americans are separated between first team and second team.

**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	4	1	—
2010	1	2	2	1
2011	—	—	1	—

