



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

2010 Men's/Women's Results

SEC Indoor	4th/7th
NCAA Indoor	8th/19th
SEC Outdoor	3rd/8th
NCAA Outdoor	11th/51st

MEDIA RELATIONS

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

South Carolina travels to the NCAA Indoor Championships March 11-12 with four entries - two for the men and two for the women. Last season at the championships held in Fayetteville, the men placed 8th and the women placed 19th.

SOUTH CAROLINA NCAA DECLARATIONS - MEN

Name	Event	Rank	Notes
Matt Shuler	Pole Vault	17	First NCAA Championship appearance
Michael Zajac	35lb-Weight	8	Returning All-American

SOUTH CAROLINA NCAA DECLARATIONS - WOMEN

Name	Event	Rank	Notes
LaKya Brookins	60m	1	Won NCAA title at College Station in '09
Kierre Beckles	60m Hurdles	10	1st-year Gamecock with strong season

SOUTH CAROLINA MEN AT 2011 SEC INDOOR CHAMPIONSHIPS

The South Carolina men placed eighth with 26 points and three medalists. Sophomore David Wilkins cleared a personal best 7'2 1/4 (2.19m) to take silver medal honors in the high jump. It was a school record clearance and is the first time a Gamecock medaled in the high jump at the SEC Indoor Championships. Seniors Michael Zajac and Matt Shuler each earned bronze in the weight throw and pole vault, respectively. Zajac threw 68'10 1/2 (20.99m) to take third in the weight, becoming the first Gamecock to medal three times at the conference meet and only the second to score in all four of his seasons in the weight throw. Shuler cleared 17'3 1/2 (5.27m) in the pole vault to earn bronze for the second consecutive year.

SOUTH CAROLINA WOMEN AT 2011 SEC INDOOR CHAMPIONSHIPS

The Gamecock women placed seventh overall for the second straight year with 51 points and one medalists. LaKya Brookins became the first back-to-back 60m dash champion in SEC history with her win at 7.14. The time is the fourth-fastest in the world this year. The Gamecocks also had two fourth-place finishes in sophomore Kierre Beckles and freshman Petra Olsen. Beckles took fourth in the 60m hurdles at 8.30 while Olsen took fourth in the pole vault with a clearance of 13'3 1/2 (4.05m). The finish by Olsen ties the school record for top placement by a freshman in the pole vault at the conference meet.

WATCH THE CHAMPIONSHIPS LIVE

The championships will be broadcast live on NCAA.com and ESPN3.com throughout the weekend. On Friday, March 11, all competition from 11 a.m.-4:55 p.m. (ET) will be streamed live on NCAA.com and AggieAthletics.com. ESPN3 will then take over the live coverage from 4:55 p.m.-9:40 p.m. (ET). On Saturday, March 12, the competition from 1 p.m.-5:55 p.m. (ET) will again be streamed by NCAA.com and AggieAthletics.com before ESPN3 takes over for the remainder of the championships from 6 p.m.-8:50 p.m. (ET).

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DAY 1: FRIDAY, MARCH 11

COMBINED EVENTS

USC ATHLETES

10:00 a.m.	60m Hurdles	W Pentathlon
	High Jump	W Pentathlon
	Shot Put	W Pentathlon
	Long Jump	W Pentathlon
	800m Run	W Pentathlon
12:00 pm	60m Dash	M Heptathlon
	Long Jump	M Heptathlon
	Shot Put	M Heptathlon
	High Jump	M Heptathlon

FIELD EVENTS

USC ATHLETES

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

RUNNING EVENTS

USC ATHLETES

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

DAY 2: SATURDAY, MARCH 12

COMBINED EVENTS

USC ATHLETES

12 p.m.	60m Hurdles	M Heptathlon
	Pole Vault	M Heptathlon
	1,000m Run	M Heptathlon

FIELD EVENTS

USC ATHLETES

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

RUNNING EVENTS

USC ATHLETES

4:55 pm	National Anthem		
5:00 pm	Mile Run	W Final	
5:10 pm	Mile Run	M Final	
5:20 pm	60m Hurdles	W Final	Beckles
5:30 pm	60m Hurdles	M Final	
5:40 pm	400m Dash	W Final	
5:50 pm	400m Dash	M Final	
6:00 pm	60m Dash	W Final	Brookins
6:10 pm	60m Dash	M Final	
6:20 pm	800m Run	W Final	
6:30 pm	800m Run	M Final	
6:40 pm	3,000m Run	W Final	
6:55 pm	3,000m Run	M Final	
7:10 pm	4x400m Relay	W Final	
7:25 pm	4x400m Relay	M Final	
7:50 pm	Awards Ceremony		



LaKya Brookins

4x All-American

Sprints

Jr. // Jr.

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

COLLEGIATE BESTS

60m (7.13)

100m (11.20)

2011 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
1/14	Virginia Tech Invitational	60m	P-1st	7.33
1/14	Virginia Tech Invitational	60m	1st	7.25 ^A
1/21	Hokie Invitational	60m	P-1st	7.33
1/21	Hokie Invitational	60m	2nd	7.24 ^A
1/29	Texas A&M Challenge	60m	P-1st	7.26 ^A
1/29	Texas A&M Challenge	60m	1st	7.24 ^A
2/4	New Balance Collegiate	60m	P-1st	7.25 ^A
2/4	New Balance Collegiate	60m	1st	7.18 ^A
2/11	Tyson Invitational	60m	P-3rd	7.24 ^A
2/11	Tyson Invitational	60m	S-3rd	7.24 ^A
2/11	Tyson Invitational	60m	1st	7.18 ^A

2010: South Carolina's first SEC Champion in the 60m dash after claiming the title at 7.18 ... Finished first in the 60m dash in all but one meet before taking bronze medal honors at the 2010 NCAA Indoor Championships at 7.22 ... Outdoors, won the Penn Relays in the 100m at 11.37 ... Did not compete at the SEC Outdoor Championships due to illness, missing the chance to earn the SEC short sprint sweep ... Tried to bounce back the next week but took 29th at the NCAA East Preliminary Round at 11.68 ... Qualified for NCAA Outdoor Championships as a member of the 4x100m relay team ... Relay ran 44.52 at the NCAA Outdoor Championships to finish 10th overall.

2009: South Carolina's first NCAA Champion in 60m dash ... Ran a 7.13 in the final, over one-tenth of a second faster than the second place finisher (7.24) ... Shattered the school-record 7.21 run by Amberly Nesbitt and Shalonda Solomon ... Tied an NCAA Meet record ... Ran the second fastest time in the world this year; fastest by a collegiate ... Bronze medalist at SEC Indoors and Outdoors at 7.24 (60m) and 11.36 (100m) ... NCAA East Region silver medalist in 100m (11.33) and 4x100m relay (43.65) ... Silver medalist at SEC Outdoor Championships in 4x100m relay ... NCAA outdoor bronze medalist in 4x100m relay ... ran 11.23 at U.S. Outdoor Championships ... All-American indoors in the 60m and outdoors in the 100m and 4x100m relay ... named South Carolina's Female Student-Athlete of the Year ... indoors, placed in the top three in every meet ... opened season with a second place finish at the Kentucky Invitational at 7.33 ... claimed third at the Tom Jones Memorial before finishing second at the New Balance Collegiate at 7.34 ... won the Tyson Invitational at 7.28 ... at the SEC Indoor Championships, ran a 7.22 in the prelims before claiming third at 7.24 ... at the NCAA Indoor Championships, was the final qualifier for the finals after placing 8th at prelims at 7.34 ... outdoors, competed solely in the 100m and 4x100m relay ... won the Spec Town Relays at 11.30 ... took third at the Penn Relays at 11.32 ... finished second at the UNC Elite Meet ... earned bronze medal honors at the SEC Outdoor Championships with a run of 11.36 ... ran a personal best 11.20 in the prelims of the NCAA Outdoor Championships ... placed 10th overall after crossing the finish line at 11.56 in the semifinals ... ran leadoff for the 4x100m relay team that claimed second at the SEC Outdoor Championships at 44.37 ... also ran leadoff at the NCAA Outdoor Championships with a relay time of 43.41 to earn bronze.

2008: NCAA Indoor All-American in the 60m ... South Carolina's indoor rookie of the year ... SEC Freshman Runner of the Week to open the indoor season after a win in the 60m at the UNC Classic at 7.32 ... placed second at the Millrose Games at 7.36 ... ran a 7.37 at the New Balance Invitational to place seventh ... ran a 7.34 at the SEC Indoor Championships ... silver medalist at the NCAA Last Chance meet at 7.32 ... placed 10th at the NCAA Indoors in the 60m at 7.32 ... ran a team best 6.89 in the 55m at the Tom Jones Memorial ... placed second in the 200m at the UNC Classic at



25.20 ... ran a 25.00 at the NCAA Last Chance Meet ... outdoors, opened the season with a win in the 100m at the Shamrock Invitational at 11.63 ... placed third at the Auburn Tiger Classic at 11.67 ... fourth place finish at the Spec Towns Invitational at 11.59 ... ran a season best 11.57 at the Friendship and Freedom Games ... competed at the SEC Outdoor Championship with a time of 11.67 ... bronze medalist at the SEC Outdoors as a member of the 4x100m relay team that crossed at 44.34.

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

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

2010 AUTOMATIC QUALIFIER LAKYA BROOKINS

INDOOR CHAMPIONS

60-METER DASH

2000 Terrence Trammell..... 6.54

800-METER RUN

2002 Otukile Lekote 1:46.88

60-METER HURDLES

1999 Terrence Trammell..... 7.52

2000 Terrence Trammell..... 7.55

4x800-METER RELAY

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

SHOT PUT

1998 Brad Snyder 66-4 1/2

1999 Brad Snyder 64-11 1/2

35-POUND WEIGHT

1994 Ron Willis 71-11

OUTDOOR CHAMPIONS

400-METER DASH

1948 Norman "Scooter" Rucks 47.2

800-METER RUN

2001 Otukile Lekote 1:46.68

2002 Otukile Lekote 1:45.17

110-METER HURDLES

1999 Terrence Trammell..... 13.45

2000 Terrence Trammell..... 13.43

2008 Jason Richardson 13.40

400-METER HURDLES

2010 Johnny Dutch..... 48.75

4x100-METER RELAY

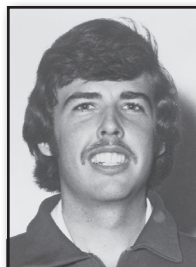
1999 Crenshaw, Trammell, Mays, Price 38.92

4x400-METER RELAY

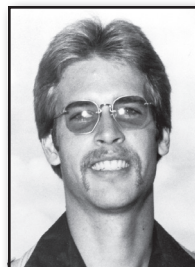
2002 Law, Lekote, Harris, Fortenberry 3:02.16

SHOT PUT

1998 Brad Snyder 64-7 3/4



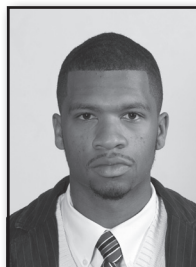
Don Brown
1 Title



John Brown
1 Title



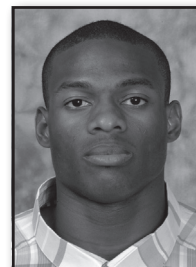
Clint Crenshaw
1 Title



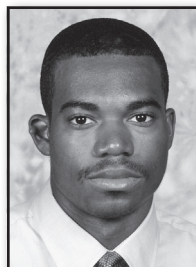
Johnny Dutch
1 Title



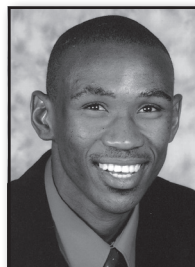
Jonathan Fortenberry
1 Title



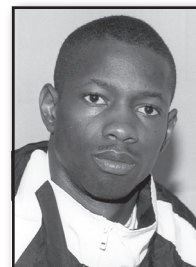
Otis Harris
1 Title



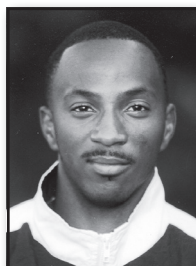
James Law
1 Title



Otukile Lekote
4 Titles



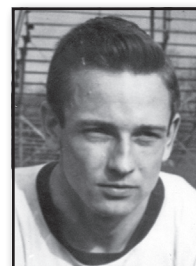
Shah Mays
1 Title



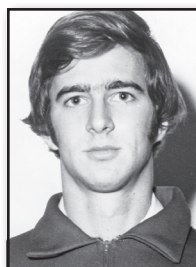
Jamie Price
1 Title



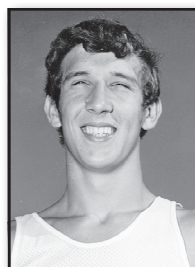
Jason Richardson
1 Title



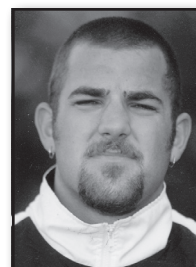
Norman Rucks
1 Title



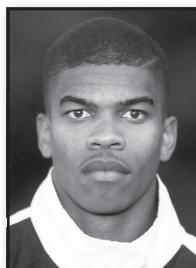
Jim Schaper
1 Title



Mike Sheley
1 Title



Brad Snyder
3 Titles



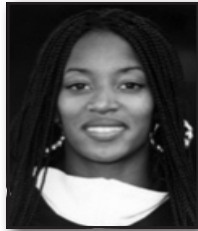
Terrence Trammell
6 Titles



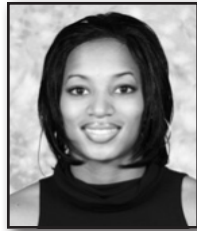
Ron Willis
1 Title



Aleen Bailey
3 Titles



Lisa Barber
1 Title



Miki Barber
5 Titles



Tacita Bass
3 Titles



LaKya Brookins
1 Title



Krystal Cantey
1 Title



Brandi Cross
1 Title



Lashinda Demus
4 Titles



Dawn Ellerbe
4 Titles



Sheneka Griffin
1 Title



Natasha Hastings
3 Titles



Lisa Misipeka
2 Titles



Amberly Nesbitt
1 Title



Tiffany Ross-Williams
2 Titles



Stephanie Smith
2 Titles



Shalonda Solomon
3 Titles



Shevon Stoddart
2 Titles



Demetria Washington
6 Titles



Erica Whipple
1 Title



Ellakisha Williamson
1 Title

INDOOR CHAMPIONS

60-METER DASH

2009 LaKya Brookins..... 7.13

200-METER DASH

2000 Miki Barber..... 23.06
2006 Shalonda Solomon 22.57

400-METER DASH

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

4x400-METER RELAY

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

20-POUND WEIGHT

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

OUTDOOR CHAMPIONS

100-METER DASH

2003 Aleen Bailey 11.18
2006 Amberly Nesbitt 11.34

200-METER DASH

2003 Aleen Bailey 22.65
2006 Shalonda Solomon 22.62

400-METER DASH

2000 Miki Barber 51.14
2007 Natasha Hastings 50.15

400-METER HURDLES

2002 Lashinda Demus 54.85

4x100-METER RELAY

2002 Whipple, Washington, M. Barber, Bailey 43.12

4x400-METER RELAY

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

HAMMER

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

55-METER DASH

1. Terrence Trammell	1999	6.12
2. Corey Bridges	1998	6.15
3. Adrian Durant	2004	6.23
4. Johnathan Hancock	2009	6.24
5. Clint Crenshaw	1999	6.26
6. Andre Totton	2002	6.27
7. Shamus Singletary	2001	6.28
8. Marcus Robinson	1996	6.29
9. Lamar Markett	2008	6.30
10. Shah Mays	1999	6.31
Jamie Price	1997	
Nigel Stoddart	1990	

60-METER DASH

1. Terrence Trammell	2000	6.54
2. Corey Bridges	1997	6.61
3. Johnathan Hancock	2009	6.63
4. Duan Barrino	2002	6.71
Pap Howard	2001	
6. Corey Taylor	2003	6.72
Marcus Robinson	1996	
8. Adrian Durant	2004	6.74
9. Leroy Dixon	2006	6.75
Rodney Martin	2005	

200-METER DASH

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

400-METER DASH

1. Jonathan Fortenberry	2003	46.19
2. Otis Harris	2002	46.28
3. Jimmie Hackley	1999	46.49
4. Obakeng Ngwigwa	2010	46.54
5. Keith Hinnant	2006	46.76
6. Jussi Heikkila	2008	47.09
7. Tony Rambo	1979	47.14
8. Ray Miley	2007	47.18
9. Quentin Moore	2007	47.24
10. Gerald Pressley	2001	47.25

800-METER RUN

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

1,000-METER RUN

1. Bob Kaczka	1969	2:25.00
2. Jim Schaper	1974	2:26.85
3. Tim Colas	1982	2:28.90
4. LaMonte Pennington	1998	2:29.30
5. Adrian Bonner	1993	2:29.60
6. Bob Crombie	1965	2:29.80
7. Tom Cronin	1993	2:30.10
8. Johnny Baez	2007	2:31.66
9. Scott Pierce	2010	2:33.27
10. Chris Goodwin	1993	2:34.51

MILE RUN

1. Tim Colas	1982	4:08.03
2. Tom Cronin	1993	4:08.09
3. Ken Schapert	1974	4:10.84
4. William Emase	2004	4:12.38
5. Bill Latham	1959	4:12.64
6. Johnny Baez	2007	4:14.22
7. Otukile Lekote	2001	4:15.04
8. Keith Gorski	1992	4:16.01
9. Robert Razick	2011	4:16.23
10. Teddy Towle	1995	4:18.06

3,000-METER RUN

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

5,000-METER RUN

1. Keith Gorski	1992	14:25.58
2. Bob Day	1976	14:27.54
3. Steve Mance	2005	14:36.36
4. Paul Laymon	1992	14:50.15
5. Mark Cruz	1994	14:53.64
6. Eric Roschick	1995	15:04.13
7. Daniel Smoak	2010	15:12.28
8. Jered Haag	1994	15:18.10

55-METER HURDLES

1. Terrence Trammell	1999	6.94
2. Stanislavs Olijars	1999	7.18
Jason Richardson	2007,08	
4. Thomas Hilliard, IV	2007	7.23
5. Corey Taylor	2003	7.24
6. Terry Winston	1994	7.27
7. Frank Mensah	1995	7.30
Kenneth Ferguson	2003	
Fred Townsend	2004	
10. Johnny Dutch	2010	7.31

60-METER HURDLES

1. Terrence Trammell	1999	7.52
2. Jason Richardson	2008	7.53
3. Stanislavs Olijars	1999	7.65
4. Kenneth Ferguson	2003	7.67
Corey Taylor	2003	
6. Booker Nunley	2010	7.68
7. Johnny Dutch	2009	7.71
8. Thomas Hilliard	2007	7.74
9. Booker Nunley	2009	7.86
10. Deandré Eiland	2001	7.87

4x400-METER RELAY

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

DISTANCE MEDLEY RELAY

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

HIGH JUMP

1. Paul Wichern	1989	7-2
2. Fred Townsend	2004	7-1
3. David Wilkins	2011	7-0 1/2
4. Steve Wilson	1976	7-0
5. Steve Owens	1992	6-11
6. Art Henson	1992	6-11

POLE VAULT

1. Chris Steddum	2004	18-0 1/2
2. Elliott Haynie	2010	17-7 3/4
3. Patrick Tvarakunas	2000	17-7
4. Matt Shuler	2011	17-3 3/4
5. Dan McKenzie	2007	17-0 3/4
6. Marvin Reitze	2009	17-0
Dale Gerek	1989	
8. Jared Farabee	2002	16-10 3/4
9. Greg Royster	2003	16-8 3/4
10. Michael Lameier	2000	16-8

LONG JUMP

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

TRIPLE JUMP

1. Greig Cryer	2006	52-5 1/4
2. Lincoln Carr	2011	51-5
3. Marcus Sutton	1993	51-4 1/2
4. Derek Pressley	2008	51-2 3/4
5. Ron Adams	1976	

SHOT PUT

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

35-POUND WEIGHT

1. Ryan Harrison	1999	73-6
2. Ron Willis	1994	72-1 1/4
3. Bert Sorin	1999	72-1
4. Brett Murray	1994	69-10 3/4
5. Michael Zajac	2011	69-9 1/2
6. Kevin Mannon	1997	69-6 3/4
7. Brook Antonio	2006	68-2 1/2

HEPTATHLON

1. Fred Townsend	2004	5581 pts
2. Scott Pierce	2009	5325 pts
3. Greg Royster	2004	5293 pts
4. Curt McGill	2009	5292 pts
5. Eddie Stoudemire	2009	5016 pts

60-METER DASH

1. LaKya Brookins	2009	7.13
2. Amberly Nesbitt	2006	7.21
Shalonda Solomon	2006	
4. Shayla Mahan	2009	7.23
Aleen Bailey	2003	
6. Lisa Barber	2000	7.28
7. Gabrielle Glenn	2008	7.32
8. Khalilah Carpenter	2005	7.33
Mechelle Lewis	2000	
10. Kanisa Williams	2001	7.34

200-METER DASH

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

400-METER DASH

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

800-METER RUN

1. Shay Shelton	2006	2:06.05
2. Charmaine Howell	1998	2:06.13
3. Tawana Watkins	2003	2:08.27
4. Kristina Brown	1999	2:08.77
5. Shannon Wyont	1990	2:09.30
6. Andrea Hallmon	2001	2:10.39
7. Boikhutso Ramomene	2004	2:10.71
8. Tracey Capper	1996	2:11.25
9. Deanna Smith	1997	2:11.77
10. Sierra Henderson	2011	2:12.81

1,000-METER RUN

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

MILE RUN

1. Tracey Capper	1996	4:43.90
2. Dani Barnes	2009	4:47.19
3. Jenny Lake	2003	4:55.10
4. Sue McGhie	1992	4:56.89
5. Danielle Adams	1992	4:57.10
6. Liz Figlar	1995	4:57.59
7. Ivana Skadana	1998	4:58.37
8. Beatrice Biwott	2011	5:00.50
9. Alexis Fife	1991	5:01.10
10. Rebecca Chain	2008	5:01.48

3,000-METER RUN

1. Beatrice Biwott	2011	9:39.97
2. Jenny Lake	2005	9:41.35
3. Dani Barnes	2009	9:44.55
4. Sue McGhie	1992	9:54.72
5. Tracy Capper	1994	9:56.09
6. Liz Figlar	1995	9:56.13
7. Lisa Monti	1994	9:58.19
8. Danielle Adams	1992	9:58.60
9. Rebecca Chain	2007	10:01.45
10. Shannon Wyont	1990	10:03.10

5,000-METER RUN

1. Sue McGhie	1992	16:54.61
2. Jenny Lake	2004	17:03.45
3. Beatrice Biwott	2010	17:13.30
4. Danielle Adams	1994	17:29.47
5. Wilma DePiere	1991	17:29.94
6. Lisa Monti	1995	17:32.26
7. Liz Figlar	1995	17:33.12
8. Katie England	1999	17:40.10
9. Tanya Povey	1998	17:41.65
10. Karen Wigal	2005	17:47.18

60-METER HURDLES

1. Lashinda Demus	2004	8.11
2. Ellakisha Williamson	2000	8.15
3. Jackie Madison	2001	8.16
4. Ronnetta Alexander	2006	8.17
5. Kierre Beckles	2011	8.22
6. Tiffany Ross	2005	8.29
7. Chiquita Martin	2007	8.33
8. Janica Austin	2010	8.35
9. Kettiany Clarke	2006	8.37
Brittney James	2008	

4x400-METER RELAY

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

4x800-METER RELAY

1. Singletary, Capper, Figlar, Bertrand	1993	9:13.20
2. Watkins, Chain, Lake, Shelton	2005	9:23.58
3. Bertrand, Fife, Purser, St. Peter	1990	9:28.34
4. Bertrand, St. Peter, Adams, McGhie	1991	9:29.22

DISTANCE MEDLEY RELAY

1. Ramomene, Stoddart, Watkins, Lake	2003	11:30.72
2. Chain, Martin, Watkins, Lake	2005	11:42.73
3. Ramonene, Martin, Shelton, Rackow	2004	11:44.30
4. Shelton, Giles, Watkins, Lake	2005	11:46.23
5. Locke, Allen Henderson, Biwott	2011	11:51.38
6. Brown, Bass, Hallmon, Davis	1999	11:52.12
7. Barnes, McCorkle, Fedewa, Biwott	2009	11:53.75
8. Eschenberg, Carpenter, Lewis, Lake	2002	11:58.89
9. Peebles, Lewis, Griffin, Davis	2000	11:59.19
10. Smith, Grey, Kelley, Capper	1996	12:00.11

HIGH JUMP

1. Chelsea Hammond	2004	5-10 1/2
2. Jeanelle Scheper	2011	5-8 3/4
3. Erin Narzinski	1999	5-8
Kayla Blake	2008	
5. Julie Symonds	1995	5-7 1/4
6. Kettiany Clarke	2006	5-7
Monica Bozenski	2005	
8. Staley Foster	2011	5-6 1/2
9. Jennifer Britz	1996	5-6
Alicia Brunger	1995	

POLE VAULT

1. Vica Shobe	2010	13-10
2. Cheryl Terrio	2006	13-6 1/4
3. Sallie Gurganus	2009	13-2 1/4
4. Liza Todd	2009	13-1 1/2
Allie Nicosia	2010	
6. Petra Olsen	2011	12-9 1/2
Angie Rummans	2011	
8. Kylene Nixon	1999	12-7 1/2
9. Lori Tvarunas	2001	12-7 1/4
10. Emily Pease	2006	11-6

LONG JUMP

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

TRIPLE JUMP

1. Rodena Barr	2000	42-11 1/2
2. Kemesha Whitmire	2006	42-9
3. Antoinette Wilks	2001	41-7 1/4
4. Rashida Abdul-Malik	2003	41-2 1/4
5. Radiance Basden	2011	40-8 3/4
6. Dee Dee Fortman	1996	38-1 1/4
7. Reanna Townsend	2006	37-9 1/4
8. Tiffany Ross	2002	37-7 3/4

SHOT PUT

1. Crystal Brownlee	1998	56-0
2. Nicole Kendrick	2003	53-7 3/4
3. Dawn Ellerbe	1997	53-6
4. Lisa Misipeka	1997	52-8
5. India Odum	2004	52-3 3/4
6. Lynette Keppler	2001	52-2 3/4
7. Precious Akins	2007	50-9 1/2
8. Stacey Roberts	2011	50-2
9. Leslie Coons	1994	50-0 1/2
10. Michelle Fournier	1999	49-0 1/4

20-POUND WEIGHT

1. Dawn Ellerbe	1997	71-3 3/4
2. Lisa Misipeka	1998	70-9 3/4
3. Michelle Fournier	1999	64-5 3/4
4. Mamee Groves	2002	64-4 1/4
5. Precious Akins	2007	62-10
6. Crystal Brownlee	1997	62-5 3/4
7. Loren Thouvenot	1998	59-0 3/4
8. Nicole Kendrick	2003	58-10
9. Leslie Coons	1994	56-5 3/4
10. Stacey Roberts	2011	55-3

PENTATHLON

1. Chelsea Hammond	2004	4133 pts
2. Antoinette Wilks	2003	4066 pts
3. Kettiany Clarke	2010	4064 pts



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



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

HEAD COACH CURTIS FRYE

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	N/A	N/A	N/A	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)
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Miki Barber (5)	2000	200m (I)
	2000	400m (O)
	2000	4x400m (O)
	2001	4x400m (I)
	2002	4x100m (O)

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

LaKya Brookins (1)	2009	60m (I)
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Krystal Cantey (1)	2007	4x400m (I)
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Brandi Cross (1)	2007	4x400m (I)
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Lashinda Demus (4)	2002	400mH (O)
	2002	4x400m (I)
	2002	4x400m (O)
	2003	400m (I)

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

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

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

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

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

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

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

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

Erica Whipple (1)	2002	4x100m (O)
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Ellakisha Williamson (1)	2000	4x400m (O)
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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	N/A	N/A	N/A	N/A

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	—

