



GAMECOCK TRACK & FIELD

SOUTH CAROLINA

2010 INDOOR SCHEDULE

Jan. 15-16	Hokie Invite	Blacksburg, Va.
Jan. 22-23	Virginia Tech Invite	Blacksburg, Va.
Jan. 29-30	Texas A&M Challenge	College Station, Tx
Feb. 5-6	New Balance Invitational	New York, N.Y.
Feb. 12-13	Tyson Invitational	Fayetteville, Ark.
Feb. 12-13	Tiger Invitational	Clemson, S.C.
Feb. 20	Gamecock Invitational	Columbia, S.C.
Feb. 26-28	SEC Indoor Championship	M: 4th // W: 7th
Mar. 6	Last Chance Meets	TBA
Mar. 12-13	NCAA Indoor Championship	M: 8th // W: 19th

2010 OUTDOOR SCHEDULE

Mar. 19-20	Shamrock Invitational	Conway, S.C.
Mar. 27	Weems Baskin Relays	Columbia, S.C.
Apr. 3-4	Tiger Track Classic	Auburn, Ala.
Apr. 7	Gamecock Open	Columbia, S.C.
Apr. 9-10	Spec Town Relays	Athens, Ga.
Apr. 16-17	Friendship & Freedom Games	Greensboro, N.C.
Apr. 22-24	Penn Relays	Philadelphia, Pa.
May 8	UNC Elite Meet	Chapel Hill, N.C.
May 13-16	SEC Outdoor Championship	M: 3rd // W: 8th
May 27-29	NCAA Preliminary Round	Greensboro, N.C.
June 9-12	NCAA Outdoor Championship	Eugene, Ore.

QUICK FACTS

Location..... Columbia, S.C.
Founded.....1801
Enrollment.....27,488
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 (14th Year)
Assistant Head Coach..... Delethea Quarles
Assistant Coaches..... Kevin Brown, Lawrence Johnson,
 Stan Rosenthal, Mike Sergent

2009 Men's/Women's Results

SEC Indoor.....T-4th/5th
NCAA Indoor.....T-20th/T-12th
SEC Outdoor.....T-4th/8th
NCAA Outdoor.....6th/40th

MEDIA RELATIONS

Track & Field Contact..... Miquel Jacobs
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GAMECOCK TRACK & FIELD HEADS TO NCAA OUTDOOR CHAMPIONSHIPS IN EUGENE

South Carolina (Men-#12, Women-RV) travels to the NCAA Outdoor Championships June 9-12, with 13 entries - eight for the men and five for the women. Last season at the championships held in Fayetteville, the men placed 6th and the women placed 40th.

SOUTH CAROLINA NCAA DECLARATIONS - MEN

Name	Event	Rank	Notes
Johnny Dutch	110mH	3	Only person in both 110H and 400H
Johnny Dutch	400mH	1	Second-fastest time in world at 48.12
Elliott Haynie	Pole Vault	5	SEC Indoor & Outdoor Champion
Obakeng Ngwigwa	200m	9	First individual outdoor qualifier at SC
Antonio Sales	200m	8	All-American last year outdoors
Michael Zajac	Hammer	19	Two-time weight throw All-American
4x100m Relay		6	
Relay Team: Andre Carter, Antonio Sales, Quentin Moore, Obakeng Ngwigwa			
4x400m Relay		9	
Relay Team: Obakeng Ngwigwa, Quentin Moore, Aaron Anderson, Johnny Dutch			

ALTERNATE: Chris Maxwell

SOUTH CAROLINA NCAA DECLARATIONS - WOMEN

Name	Event	Rank	Notes
Brandi Cross	400m	10	8x All-American at SC
Shayla Mahan	100m	8	First outdoor national since '08
Vica Shobe	Pole Vault	16	School record holder outdoors
4x100m Relay		9	
Relay Team: LaKya Brookins, Gabrielle Glenn, Breehana Jacobs, Tatianna Fisher			
4x400m Relay		17	
Relay Team: Brandi Cross, Nadonna Rodriques, Gabrielle Glenn, Breehana Jacobs			

ALTERNATES: Janica Austin, Kelsey McCorkle

SOUTH CAROLINA MEN AT 2010 NCAA EAST PRELIMINARY

South Carolina qualified six individuals and both relays to nationals. Junior hurdler Johnny Dutch won both hurdle events and participated in the 1,600-meter relay. Dutch ran the second-fastest time in the world this year and the fourth-fastest collegiate time ever when he won the 400-meter hurdles at 48.12. Dutch then hit the track a day later and won the 110-meter hurdles at 13.53. In the 200-meter dash, Antonio Sales and Obakeng Ngwigwa ran personal bests and jumped to fifth and sixth, respectively, on the Gamecock all-time list. Elliott Haynie had the top qualifying mark in the men's pole vault at 17'4 1/4 (5.30m), and Michael Zajac advanced to outdoor nationals for the first time with a hammer throw mark of 207-2 (63.14m). Both relay teams advanced for SC.

SOUTH CAROLINA WOMEN AT 2010 NCAA EAST PRELIMINARY

South Carolina qualified three individuals and both relays to nationals. Junior Shayla Mahan claimed fifth in the 100-meter dash at 11.34. Senior Brandi Cross ran 52.77 to place fourth in the 400-meter dash. In pole vault, senior Vica Shobe cleared 13'1 1/2 (4.00m) to earn her first bid to the outdoor championships. Both relay teams advanced.

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Individual Qualifiers	3-10	Men's Indoor Top Times	16
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Men's NCAA Champions	14	Coach Curtis Frye	18-20

2010 SOUTH CAROLINA TRACK & FIELD

DAY 1: WEDNESDAY, JUNE 9

FIELD EVENTS		USC ATHLETES	
2:00 pm	Discus	M Trials & Final	
4:00 pm	Triple Jump	M Trials & Final	
4:45 pm	High Jump	W Final	
5:15 pm	Discus	W Trials & Final	

RUNNING EVENTS		USC ATHLETES	
3:50 pm	National Anthem		
4:00 pm	4x100m Relay	M Semifinal	Carter, Sales, Moore, Ngwigwa (Maxwell)
4:15 pm	4x100m Relay	W Semifinal	Brookins, Glenn, Jacobs, Fisher (McCorkle, Mahan)
4:30 pm	800m Run	M Semifinal	
4:45 pm	800m Run	W Semifinal	
5:00 pm	400m Dash	M Semifinal	
5:15 pm	400m Dash	W Semifinal	Cross
5:45 pm	100m Dash	M Semifinal	
6:00 pm	100m Dash	W Semifinal	Mahan
6:15 pm	3,000m Steeple	M Semifinal	
6:45 pm	400m Hurdles	M Semifinal	Dutch
7:00 pm	400m Hurdles	W Semifinal	
7:15 pm	10,000m Run	W Final	

DAY 2: THURSDAY, JUNE 10

FIELD EVENTS		USC ATHLETES	
3:00 pm	Hammer Throw	W Trials & Final	
4:00 pm	Pole Vault	M Final	Haynie
4:00 pm	Triple Jump	W Trials & Final	
5:15 pm	Javelin	M Trials & Final	

RUNNING EVENTS		USC ATHLETES	
3:50 pm	National Anthem		
4:15 pm	200m Dash	M Semifinal	Sales, Ngwigwa
4:30 pm	200m Dash	W Semifinal	
4:45 pm	1,500m Run	M Semifinal	
5:00 pm	1,500m Run	W Semifinal	
5:35 pm	110m Hurdles	M Semifinal	Dutch
5:55 pm	100m Hurdles	W Semifinal	
6:15 pm	3,000m Steeple	W Semifinal	
6:45 pm	4x400m Relay	M Semifinal	Ngwigwa, Moore, Anderson, Dutch (Carter)
7:05 pm	4x400m Relay	W Semifinal	Cross, Glenn, Jacobs, Rodriques (Austin)
7:25 pm	10,000m Run	M Final	

DAY 3: FRIDAY, JUNE 11

FIELD EVENTS		USC ATHLETES	
3:30 pm	High Jump	M Final	
4:00 pm	Pole Vault	W Final	Shobe
4:00 pm	Hammer Throw	M Trials & Final	Zajac
4:45 pm	Shot Put	W Trials & Final	

RUNNING EVENTS		USC ATHLETES	
4:55 pm	National Anthem		
5:05 pm	400m Hurdles	M Final	Dutch
5:15 pm	400m Hurdles	W Final	
5:25 pm	100m Dash	M Final	
5:32 pm	100m Dash	W Final	Mahan
5:40 pm	800m Run	M Final	
5:50 pm	800m Run	W Final	
6:00 pm	3,000m Steeple	M Final	
6:25 pm	400m Dash	M Final	
6:32 pm	400m Dash	W Final	Cross
6:40 pm	5,000m Run	W Final	

DAY 4: SATURDAY, JUNE 12

FIELD EVENTS		USC ATHLETES	
9:30 am	Javelin	W Trials & Final	
9:30 am	Long Jump	W Trials & Final	
9:30 am	Long Jump	M Trials & Final	
9:40 am	Shot Put	M Trials & Final	

RUNNING EVENTS		USC ATHLETES	
10:03 am	4x100m Relay	W Final	Brookins, Glenn, Jacobs, Fisher (McCorkle, Mahan)
10:11 am	4x100m Relay	M Final	Carter, Sales, Moore, Ngwigwa (Maxwell)
10:18 am	1,500m Run	W Final	
10:30 am	1,500m Run	M Final	
10:41 am	200m Dash	W Final	
10:49 am	200m Dash	M Final	Sales, Ngwigwa
10:54 am	3,000m Steeple	W Final	
11:09 am	100m Hurdles	W Final	
11:16 am	110m Hurdles	M Final	Dutch
11:21 am	5,000m Run	M Final	
11:40 am	4x400m Relay	W Final	Cross, Glenn, Jacobs, Rodriques (Austin)
11:50 am	4x400m Relay	M Final	Ngwigwa, Moore, Anderson, Dutch (Carter)



Brandi Cross

8x All-American

Sprints

Sr. // Sr.

Missouri City, Texas // Thurgood Marshall

COLLEGIATE BESTS

400m (51.63)

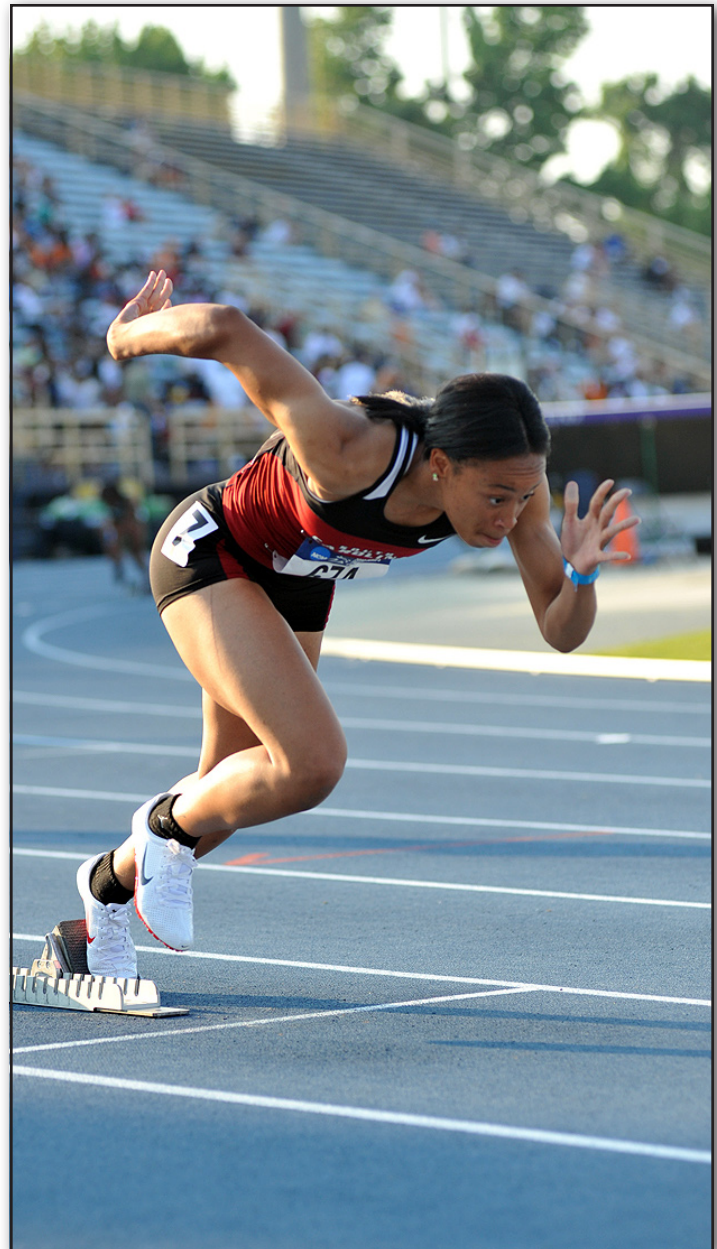
2010 Outdoor Progressions

Date	Meet	Event	Finish	Time/Mark
3/18	Shamrock Invitational	400m		53.93
3/26	Bayou Classic	400m		52.78
4/3	Florida Relays	400m		52.54
5/8	Tar Heel Invitational	400m		53.89
5/14	SEC Championships	400m	P	53.35
5/15	SEC Championships	400m	6th	53.40
5/27	NCAA East Prelim	400m	P	53.51
5/28	NCAA East Prelim	400m	4th	52.77

2009: NCAA Indoor and Outdoor All-American in the 4x400m relay ... SEC Indoor gold medalist as the first leg of the 4x400m relay team that won the title at an NCAA best 3:33.50 ... relay also placed fifth at the NCAA Indoor Championships ... NCAA East Region silver medalist as second leg of the relay team ... ran leadoff for NCAA Outdoor Championship relay that finished eighth ... indoors, competed in the 400m ... opened the season by taking second at the Kentucky Invite ... took sixth at the New Balance Collegiate and fourth at the Tyson Invitational ... placed fifth at SEC's at 53.99 ... won the NCAA Last Chance Meet at a season-best 53.47 ... finished 10th at NCAA Indoor Championships at 53.80 ... outdoors, opened the year by winning the Weems Baskin Invite ... ran a season best 52.73 to finish fourth at the Pepsi Florida Relays ... won the Spec Town Relays ... at the SEC Outdoor Championships, was third in the prelims at 53.97, but an injury prevented her from completing her run in the finals ... placed fourth at the NCAA East Region meet at 52.92 ... was ninth in the preliminary round at the NCAA Outdoor Championships with a time of 53.39 ... a false start in the semifinal prevented a shot at the title.

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

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



time of 54.31 ... won the SEC Outdoor Championship as a member of the 4x400m relay team that ran a 3:28.44.

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

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

DAY 1: WEDNESDAY, JUNE 9 - 5:15 pm Semifinal
DAY 3: FRIDAY, JUNE 11 - 6:32 pm Final

2010 NATIONAL QUALIFIER BRANDI CROSS



Elliott Haynie

1x All-American

Pole Vault

Sr. // R-Sr.

Atlanta, Ga. // Gardner-Webb Univ.

COLLEGIATE BESTS

Pole Vault (5.45m//17-10.50)

Heptathlon (4,645 points)

2010 Outdoor Progressions

Date	Meet	Event	Finish	Time/Mark
3/19	Shamrock Invitational	Pole Vault		5.05m
3/27	Weems Baskin Invite	Pole Vault		5.00m
4/3	Florida Relays	Pole Vault		5.05m
4/9	Spec Towns Invite	Pole Vault		5.08m
4/23	Penn Relays	Pole Vault		5.05m
5/16	SEC Championships	Pole Vault	1st	5.28m
5/28	NCAA East Preliminary	Pole Vault	T-1st	5.30m

2009: Qualified for NCAA East Region and NCAA Outdoor Championships ... SEC Outdoor silver medalist ... Indoors, did not compete - ineligible as a transfer from Gardner-Webb ... outdoors, opened the season with three straight victories at the Shamrock Invitational, Weems Baskin Invite and Pepsi Florida Relays ... set a South Carolina school record with his jump of 17-10 1/2 (5.45m) at the Pepsi Florida Relay, a mark that ranked No. 2 in the nation at the time ... took sixth at the Penn Relays ... SEC Outdoor Championship runner-up with a jump of 17-5 3/4 (5.33m) ... claimed seventh at the NCAA East Region meet ... finished 19th overall at the NCAA Outdoor Championships with a clearance of 16-8 3/4 (5.10m).

GARDNER-WEBB (2005-08): Coached by Brian Baker at Gardner-Webb University ... four-time Atlantic Sun conference champion ... 2008 CoSIDA ESPN The Magazine Academic All-American ... qualified for NCAA Indoor Championships in 2007 and 2008 ... placed 10th at 2008 NCAA Indoors at 17-0 3/4 ... set Atlantic Sun and Gardner Webb records in winning the heptathlon with 4,645 points at the 2008 A-Sun Indoor Championships, where he also won the pole vault ... 2007 NCAA East Region Championship qualifier where he placed 11th ... at 2007 A-Sun Outdoor Championships, placed second in pole vault and decathlon ... won pole vault and placed second in heptathlon at 2007 A-Sun Indoor Championships.

HIGH SCHOOL: Coached by Scott Vaughan at Creekside High School in Fairburn, Ga. ... lettered in wrestling and football ... Georgia state runner-up in the pole vault ... ranked No. 2 pole vaulter in Georgia 4A division ... had a best clearance of 14'.

PERSONAL: Elliott Haynie was born Feb. 18, 1987 ... pursuing degrees in accounting and management ... parents are Helena Saunders and Joe Haynie ... chose South Carolina over Clemson after transferring from Gardner-Webb University in Boiling Springs, N.C.



2010 NATIONAL QUALIFIER ELLIOTT HAYNIE

DAY 2: THURSDAY, JUNE 10 - 4 pm Final



Shayla Mahan

2x All-American

Sprints

Jr. // Jr.

Detroit, Mich. // Mumford

COLLEGIATE BESTS

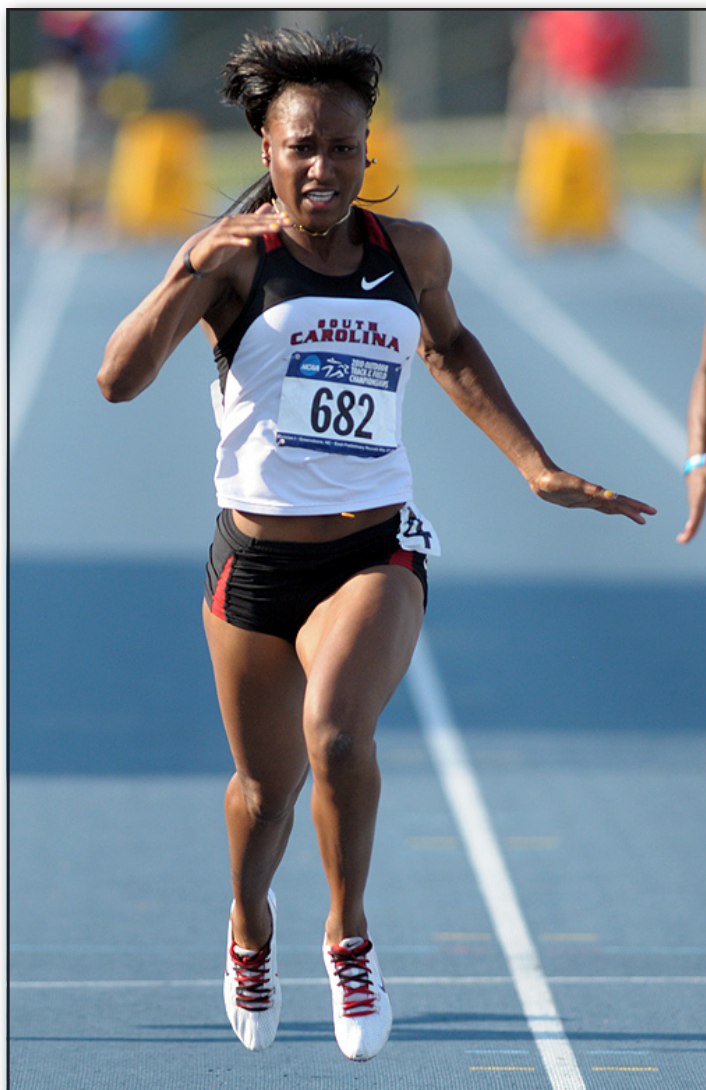
60m (7.23) 100m (11.31) 200m (23.44)

2010 Outdoor Progressions

Date	Meet	Event	Finish	Time/Mark
3/27	Weems Baskin Invite	100m		12.60
4/3	Florida Relays	100m		11.93
4/10	Spec Towns Invite	100m		11.98
4/17	IFFG @ NC A&T	100m		11.67
5/14	SEC Championships	100m	P	11.96
5/28	NCAA East Preliminary	100m	P	11.31
5/29	NCAA East Preliminary	100m	5th	11.34
3/27	Weems Baskin Invite	200m		25.22
4/3	Florida Relays	200m		24.40
4/17	IFFG @ NC A&T	200m		23.98
5/8	Tar Heel Invitational	200m		23.77
5/14	SEC Championships	200m	P	23.90
5/28	NCAA East Preliminary	200m	P	24.40

2009: NCAA Outdoor All-American in the 4x100m relay ... NCAA qualifier in the 60m ... SEC Outdoor and NCAA East Region silver medalist as second leg of 4x100m relay teams ... ran second leg for NCAA Outdoor Championship 4x100m relay team that earned bronze medal honors ... indoors, opened the year in the 60m with a time of 7.36 at the Tom Jones Memorial ... ran a 7.49 at the New Balance Collegiate to place fifth overall ... ran a season best 7.23 in the prelims of the SEC Indoor Championships before taking sixth in the finals at 7.35 ... won the NCAA Last Chance meet at 7.29 ... placed 10th at the NCAA Indoor Championships with a time of 7.38 ... in the 200m, ran a 24.50 at the New Balance Collegiate ... ran a season best 24.02 in the prelims at the SEC Indoor Championships before finishing ninth in the final at 24.45 ... outdoors, spent most of the year as a relay member but ran in three meets as an individual ... in the 100m, took fifth at the SEC Outdoor Championships in her first outdoor race of the season with a season best 11.55 ... ran 11.72 at the NCAA East Region meet ... in the 200m, came in third at the UNC Elite Meet at 23.86 before running a 23.92 at the NCAA East Region meet.

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



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

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



Obakeng Ngwigwa

3x All-American

Sprints

Sr. // Sr.

Botswana, Africa // Butler CC

COLLEGIATE BESTS

100m (10.43) 200m (20.56) 400m (45.97)

2010 Outdoor Progressions

Date	Meet	Event	Finish	Time/Mark
3/19	Shamrock Invitational	200m		21.38
4/3	Florida Relays	200m		20.77
4/17	IFFG @ NC A&T	200m		20.81
5/8	Tar Heel Invitational	200m		20.70
5/14	SEC Championships	200m	P	21.02
5/16	SEC Championships	200m	3rd	20.84
5/28	NCAA East Preliminary	200m	P	20.90
5/29	NCAA East Preliminary	200m	6th	20.56
3/27	Weems Baskin Invite	400m		47.32
4/10	Spec Towns Invite	400m		46.75
5/15	SEC Championships	400m	P	46.33
5/16	SEC Championships	400m	7th	46.09

2009: Indoor and Outdoor NCAA participant ... SEC Outdoor Champion in mile relay ... SEC Indoor runner-up in the mile relay ... Outdoor All-SEC First Team ... Indoor All-SEC Second Team ... indoors, focused on 400m and took fourth at the SEC Indoor Championships at 47.08 ... claimed third at the Tom Jones Memorial ... third leg of mile relay team that took second at 3:06.11 ... outdoors, NCAA East Region qualifier in the 400m, 4x100m and 4x400m relay ... won the Spec Towns Relays at 47.21 ... took eighth at the SEC Outdoor Championships in the 400m at 47.20 ... ran a 47.36 at the NCAA East Region meet ... also competed in the 200m with a top time of 20.84 at the Friendship & Freedom Games ... won the Weems Baskin Invite and took third at the Shamrock Invite and UNC Elite Meet ... member of 4x100m relay team that took third at the SEC meet and 4x400m relay team that won SEC title at 3:04.49 ... both relays claimed bronze at East Region meet ... at NCAA Outdoors, ran anchor of 4x100m relay team and led off 4x400m relay to get fifth in both events.

BUTLER CC (2006-07): Coached by Kirk Hunter ... 2007 4x400m relay Indoor NJCAA national champion ... 2008 Kansas Relays champion in the 400m at 46.13 ... 2008 Texas Relays Champion in the 100m at 10.423.

HIGH SCHOOL: Coached by Bobby Yaseitsewe at Maun High School in Botswana ... graduated in 2003 ... had top times of 10.98 in the 100m, 21.78 in the 200m and 47.24 in the 400m ... competed at World Junior Championships in 2004 and the World Championships in 2005 and 2007 ... earned bronze medal at 2004 World Junior Championships with a Botswana junior national record 45.97 in the 400m ... competed at 2006 Commonwealth Games in Australia and the 2007 All-African Games.

PERSONAL: Obakeng Ambrose Ngwigwa was born July 9, 1985 in Serowe, Botswana ... mother is Onalenna Ngwigwa ... pursuing a degree in technology support and training management ... chose South Carolina over Florida State after transferring from Butler Community College (Kansas).



2010 NATIONAL QUALIFIER OBAKENG NGWIGWA

DAY 2: THURSDAY, JUNE 10 - 4:15 pm Semifinal
DAY 4: SATURDAY, JUNE 12 - 10:49 am Final



Antonio Sales

4x All-American

Sprints

Jr. // Jr.

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

COLLEGIATE BESTS

60m (6.82) 100m (10.33) 200m (20.54)

2010 Outdoor Progressions

Date	Meet	Event	Finish	Time/Mark
4/10	Spec Towns Invite	100m		10.48
4/17	IFFG @ NC A&T	100m		10.35
5/14	SEC Championships	100m	P	10.47
5/28	NCAA East Preliminary	100m	P	10.47
4/3	Florida Relays	200m		20.60
4/10	Spec Towns Invite	200m		20.91
4/17	IFFG @ NC A&T	200m		20.82
5/8	Tar Heel Invitational	200m		20.79
5/14	SEC Championships	200m	P	20.85
5/16	SEC Championships	200m	2nd	20.73
5/28	NCAA East Preliminary	200m	P	21.08
5/29	NCAA East Preliminary	200m	5th	20.54

2009: Indoor and Outdoor NCAA participant ... All-American in the 200m and the 4x100m relay ... Narrowly missed scoring in the 200m dash at SEC Indoors with a ninth place finish at 21.26 ... Won the NCAA Last Chance Meet at a season best 20.89 ... At the NCAA Indoor Championships, ran a 21.43 in the prelims to finish 13th overall ... Took third at the New Balance Collegiate at 21.28 ... outdoors, was an NCAA East Region qualifier in the 100m and 200m ... in the 200m, took third at the Weems Baskin Invite and second at the Spec Town Relays ... hit a personal best at 20.72 with a fourth place finish at the Friendship & Freedom Games ... placed fourth at the SEC Outdoor Championships ... NCAA East Region bronze medalist at 20.80 ... ran a 20.77 to finish 11th at the NCAA Outdoor Championships and earn All-America honors ... in the 100m, took third at the Spec Town Relays ... hit a season best 10.42 at the SEC Outdoor Championships ... ran a 10.57 at the NCAA East Region meet ... as a member of the 4x100m relay team, ran the second leg of the SEC Outdoor bronze medalist team ... also earned bronze medal honors at the NCAA East Region meet ... team claimed fifth at the NCAA Outdoor Championships.

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



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

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

DAY 2: THURSDAY, JUNE 10 - 4:15 pm Semifinal
DAY 4: SATURDAY, JUNE 12 - 10:49 am Final

2010 NATIONAL QUALIFIER ANTONIO SALES



Vica Shobe

1x All-American

Pole Vault

R-Sr. // R-Sr.

Matthews, N.C. // Weddington

COLLEGIATE BESTS

Pole Vault (4.22m//13-10)

2010 Indoor Progressions

Date	Meet	Event	Finish	Time/Mark
3/27	Weems Baskin Invite	Pole Vault		4.00m
4/7	Gamecock Open	Pole Vault		3.95m
4/17	Georgia Bulldog Limited	Pole Vault		4.07m
4/22	Penn Relays	Pole Vault		3.95m
5/14	SEC Championships	Pole Vault	T-3rd	4.13m
5/28	NCAA East Preliminary	Pole Vault	6th	4.00m

2009: NCAA East Region participant in the pole vault ... indoors, took third at the Gamecock Invitational at 12-4 3/4 ... placed 14th at the SEC Indoor Championships at 12-5 1/2 ... hit a personal best 12-8 1/4 to finish seventh at the NCAA Last Chance Meet ... outdoors, took third at the Weems Baskin Invite and won the State USATF Meet ... took eighth at the Sea Relays ... placed third at the Friendship & Freedom Games ... vaulted an outdoor best 12-7 1/2 to place 13th at the SEC Outdoor Championships ... ended her season with a no height at the NCAA East Region meet.

2008: Indoors, opened the season with a third place pole vault finish at the UNC Classic at 11-7 3/4 ... recorded the same mark at the Tom Jones Memorial Classic and the Rod McCravy Invitational ... placed eighth at the New Balance Collegiate at 11-9 3/4 ... second at the Tiger Invitational at 11-11 3/4 ... won the Gamecock Invitational at 12-6 ... set a personal best 12-6 1/4 to place ninth at the SEC Indoor Championships ... cleared 12-6 at the NCAA Last Chance meet .

2007: Redshirted.

2006: During the indoor season, vaulted 10-11 3/4 as a season-opener at the Virginia Tech Invitational ... increased her clearance to a PR of 12-5 1/2 at the Tyson Invitational before vaulting 11-11 3/4 at the SEC Indoor Championships for a ninth-place finish ... hampered by an ankle injury much of outdoors ... her best vault of the outdoor season was at the Weems Baskin Relays with a 12-5 1/2 clearance ... never vaulted below 11-5 3/4 during the outdoor campaign.

HIGH SCHOOL: Coached by David Malady at Weddington High in Matthews, N.C. ... lettered in indoor and outdoor track four times each and in cross country twice ... won the team's Coaches' Award three times during both the indoor and outdoor seasons ... won the Class 3A pole vault title in 2005, setting the state record with a 11-7 1/4 vault ... team was the state runner-up in 2003, won the conference championship three times (2003 to 2005) and won the regional title in 2002 and 2004 ... was an academic letterwinner from 2001 to 2005 ... graduated with high honors.

PERSONAL: Victoria Nicole Shobe was born June 24, 1987 ... parents are David and Widmila Shobe ... mother is a gymnastics coach.



2010 NATIONAL QUALIFIER VICA SHOBE

DAY 3: FRIDAY, JUNE 11 - 4 pm Final



Michael Zajac

2x All-American

Throws

R-Jr. // R-Jr.

Lynchburg, Va. // E.C. Glass

COLLEGIATE BESTS

Shot Put (15.27m // xxx) Weight (21.23m//69-8)
 Discus (51.08m//167-7) Hammer (64.31m//XXX)

2010 Outdoor Progressions

Date	Meet	Event	Finish	Time/Mark
3/27	Weems Baskin Invite	Hammer		61.39m
4/3	Florida Relays	Hammer		64.31m
4/10	Spec Towns Invite	Hammer		62.54m
4/17	Georgia Bulldog Limited	Hammer		63.84m
4/23	Penn Relays	Hammer		62.84m
5/8	Georgia Invitational	Hammer		60.03m
5/14	SEC Championships	Hammer	4th	62.92m
5/28	NCAA East Preliminary	Hammer	9th	63.14m

2009: Indoor NCAA participant in the weight throw ... Indoor All-SEC Second Team ... SEC Indoor silver medalist ... indoors, finished in the top three in the weight throw at every regular season meet ... opened season with a third place finish at the Kentucky Invite before winning the Tom Jones Memorial ... took third at the New Balance Collegiate with a toss of 64-04 (19.61m) ... earned back-to-back wins at the Tiger Paw Invitational and the Gamecock Invitational, hitting a new PR in each meet ... earned SEC Indoor Championship silver medalist honors with a toss of 68-01 1/2 (20.76m) ... hit a new personal best by winning the NCAA Last Chance meet with a throw of 68-05 1/4 (20.86m) ... placed ninth at the NCAA Indoor Championships at 67-11 1/4 (20.72m) to earn his first All-America citation ... outdoors, competed in the discus and hammer throw ... in the hammer, opened the year with a second place finish at the Shamrock Invitational ... proceeded to earn three consecutive wins at the Weems Baskin Invite, Pepsi Florida Relays and the State USATF meet ... hit a personal best 209-7 (63.88m) at the Pepsi Florida Relays ... took sixth at the Spec Town Relays ... claimed fifth at the Penn Relays at 200-04 (61.08m) ... finished sixth at the SEC Outdoor Championships and the NCAA East Region meet ... in the discus, won the Shamrock Invitational at 164-06 (50.13m), claimed second at the State USATF meet and sixth at the Spec Town Relays at a season best 165-01 (50.32m).

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

2007: Redshirted.

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



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

DAY 3: FRIDAY, JUNE 11 - 4 pm Final

2010 NATIONAL QUALIFIER MICHAEL ZAJAC



Aaron Anderson

2x All-American

Sprints

Jr. // Jr.

Fayetteville, N.C. // Douglas Byrd

COLLEGIATE BESTS

200m (21.69)

400m (47.29)

2009: Indoor and Outdoor NCAA participant ... All-American in 4x400m relay indoors and outdoor ... Indoor All-SEC second team ... indoors competed in the 400m ... ran a season best 48.11 at the SEC Indoor Championships ... as a member of the 4x400m relay team, finished second at the SEC Championships as the anchor leg of the team that ran 3:06.11 ... also ran anchor at the NCAA Indoor Championship team that placed fourth at 3:07.82 ... outdoors, ran a 48.06 at the SEC Outdoor Championships ... member of mile relay team that claimed bronze at NCAA East Region meet at 3:05.51 ... ran third leg of mile relay team that claimed fifth at the NCAA Outdoor Championships with a time of 3:02.88.

2008: SEC Indoor Champion in mile relay ... Participated at indoor and outdoor NCAA Championships as the second leg of the 4x400m relay ... advanced to the SEC final in the 400m where he ran a season-best 47.38 to place ninth ... SEC champion relay team ran a 3:07.19 and had a DNF at the NCAA's ... outdoors, relay team advanced to NCAA championships.

PERSONAL: Aaron Lamar Anderson was born Feb. 10, 1989 in Rockingham, N.C. ... pursuing a degree in technology support and training management ... chose South Carolina over Florida and LSU.



Andre Carter

Sprints

Fr. // Fr.

Douglasville, Ga. // Alexander

COLLEGIATE BESTS

200m (21.76)

400m (47.80)

HIGH SCHOOL: Coached by Brian Robinson and Steve Duncan at Alexander High School ... No. 3 ranked 400m runner in the nation ... two-time All-American at Nike Nationals ... Georgia state champion in the 400m ... member of 4x400m relay team that set a new national record at 3:06.35.

PERSONAL: Andre Keith Carter was born June 1, 1991 ... pursuing a degree in cardiovascular technology ... Chose South Carolina over Texas A&M, Georgia, Clemson and Ohio State.



Chris Maxwell

Sprints

Fr. // Fr.

Columbia, S.C. // Blythewood

COLLEGIATE BESTS

100m (10.84)

200m (21.68)

HIGH SCHOOL: Coached by Ryan Hemby at Blythewood High School ... three-time athlete of the year ... all-state honors in 2008 and 2009 ... two-time state champion in the 400m dash (2008-09).

PERSONAL: Hubert Christopher Maxwell was born July 11, 1990 ... pursuing a degree in media arts ... Chose South Carolina over Winthrop, Coastal Carolina and S.C. State.



Quentin Moore

6x All-American

Sprints

Sr. // Sr.

Chesapeake, Va. // Deep Creek

COLLEGIATE BESTS

200m (21.00)

400m (46.18)

2009: Indoor and Outdoor NCAA participant ... SEC Outdoor Champion in mile relay ... SEC Indoor runner-up in the mile relay ... Outdoor All-SEC First Team ... Indoor All-SEC Second Team ... indoors, won the Tom Jones Memorial with a season best 47.49 ... clocked a 47.77 at the SEC Indoor Championships ... led off mile relay team that took second at 3:06.11 ... outdoors, NCAA East Region qualifier in the 400m, 4x100m and 4x400m relay ... season best 46.59 at the Pepsi Florida Relays ... ran a 46.95 at the SEC Championships and a 46.66 at the NCAA East Region meet ... member of 4x100m relay team that took third and 4x400m relay team that won SEC title at 3:04.49 ... both relays claimed bronze at East Region meet ... at NCAA Outdoors, ran third leg of 4x100m relay team and anchor of 4x400m relay to get fifth in both events.

2008: Indoor and Outdoor NCAA participant ... SEC Indoor Champion in mile relay ... Indoor All-SEC First Team ... South Carolina's Leadership award ... indoors, anchor for SEC champion relay team that ran a 3:07.19 ... outdoors, NCAA East Region qualifier in the 400m, 4x100m relay and 4x400m relay ... five top 10 finishes in the 400m ... scored at the SEC Outdoor Championships in the 400m at 46.18 for fifth place ... placed seventh at NCAA East Region at 46.87 ... member of 4x100m relay team to finish fourth at SEC Outdoors at 39.66 ... silver medalist at NCAA East Regionals as anchor leg of relay that ran a 39.39 ... relay team ran a 39.37 to finish fourth at the NCAA Championship prelims ... ran second leg for 4x400m relay team at SEC Outdoors that placed fifth at 3:05.92 ... mile relay team finished 10th at the NCAA Outdoor Championships at 3:05.48.

2007: Competed in the 200m and 400m indoors ... member of 4x400m relay team that placed third at the SEC Championships in 3:06.84 ... bronze medalist at the NCAA Championships, recording a relay time of 3:06.93 ... Outdoors, member of SEC Championship runner-up 4x400m relay team that ran the second-fastest time in USC history at 3:03.86 ... competed and placed second at NCAA East Regionals in 3:06.72 before the relay team earned seventh at the NCAA Championships in 3:05.03.

PERSONAL: Quentin Lee Moore was born Dec. 25, 1987 ... parents are Kenneth and Sandra Moore ... following the pre-medical track majoring in biology.



Janica Austin

NCAA East Region Participant (O)

Hurdles

Jr. // Jr.

Trenton, N.J. // Lafayette College (Pa.)

COLLEGIATE BESTS

400m (57.72) 60mH (8.43) 100mH (13.46) 400mH (58.06)

2009: NCAA East Region qualifier in the 100m hurdles and the 400m hurdles ... SEC Bronze medalist in the 400m hurdles ... indoors, competed in the 60m hurdles ... ran an 8.45 at the SEC Indoor Championship prelims before taking sixth overall with a personal best 8.43 ... outdoors, competed in the 100m hurdles and the 400m hurdles ... in the 100m hurdles, claimed fifth at the SEC Outdoor Championships with a personal best 13.55 ... ran a 14.08 at the NCAA East Region meet ... in the 400m hurdles, claimed bronze medal honors at the SEC Outdoor Championships at a personal best 58.06 ... ran a 1:02.96 at the NCAA East Region meet.

LAFAYETTE (PA.): Left Lafayette College as the school's all-time leader in the 55m hurdles (8.09) and 200m (25.51) ... was No. 5 at the school all-time in the 55m (7.29) and No. 2 in the 400m (57.72) ... was named All-Patriot League in the 60m hurdles, 100m hurdles, the 100m dash and the 4x100m relay ... as a freshman, won the 60m hurdle title at 8.67, setting a Patriot League Championship Meet record ... also took third in the 60m dash and fourth in the 200m dash at the indoor meet ... placed second in the 100m at the Patriot League Outdoor meet.

PERSONAL: Janica Austin was born October 22, 1989 ... pursuing a degree in biology ... Chose South Carolina over North Carolina, Tennessee and Bethune-Cookman.



LaKya Brookins

5x All-American ; NCAA Champion

Sprints

Jr. // Jr.

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

COLLEGIATE BESTS

60m (7.13) 100m (11.20)

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 ... 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, 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 ... S 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 ... outdoors, 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.

PERSONAL: LaKya Janaee Brookins was born July 28, 1989 ... pursuing a degree in criminal justice ... chose South Carolina over Auburn, Arkansas, Louisville, Nebraska, Clemson, George Mason, TCU and Wisconsin.



Tatianna Fisher

Sprints

Fr. // Fr.

Windermere, Fla. // Oak Ridge

COLLEGIATE BESTS

60m (7.47) 100m (11.57) 200m (23.96)

HIGH SCHOOL: Coached by Bill Stamper at Oak Ridge High School ... All-American in the 100m and 200m ... named Athlete of the Year ... Florida state champion ... lettered in soccer and track ... top times of 11.56 in the 100m and 23.71 in the 200m.

PERSONAL: Teyonna Denise Fisher was born July 1, 1991 ... pursuing a degree in nursing ... Chose South Carolina over LSU and Florida.



Gabrielle Glenn

6x All-American

Sprints

Jr. // Jr.

Charlotte, N.C. // Providence


COLLEGIATE BESTS

60m (7.41) 100m (11.42) 200m (23.65)

2009: NCAA Indoor and Outdoor All-American in the relays, earning three citations ... ran third leg of 4x400m relay team that placed fifth at NCAA Indoors ... SEC bronze medalist and NCAA East Region silver medalist as anchor leg of the outdoor 4x400m relay team ... ran second leg for NCAA Outdoor Championship 4x400m relay that finished eighth ... SEC Outdoor and NCAA East Region silver medalist as third leg of 4x100m relay teams ... also ran third leg for NCAA Outdoor Championship 4x100m relay team that earned bronze medal honors ... indoors, placed seventh at SEC Indoor Championships in the 60m dash at 7.47 ... outdoors, competed in the 100m and 200m ... ran a season best 11.57 in the 100m at the SEC Outdoor Championship preliminary round ... placed seventh overall at SEC's at 11.58 ... finished fifth at the NCAA East Region meet at 11.64 ... crossed the line at 11.60 at the NCAA Outdoor Championship.

2008: NCAA Outdoor All-American in the 4x100m and 4x400m ... NCAA qualifier in the 100m ... 4x100m team earned silver at NCAA East Region and placed seventh at NCAA Outdoors at 44.04 ... 4x400m team took bronze at the NCAA East Region and NCAA Outdoors ... South Carolina's outdoor track rookie of the year ... indoors, ran the second leg of the DMR team that placed eighth at the SEC Indoors at 12:18.82 ... outdoors, ran an 11.73 at the SEC Outdoors ... ran a personal best 11.45 in the NCAA East Region prelims before placing third in the final at 11.70 ... competed at the NCAA Outdoors ... in the 200m, ran a 24.30 at the SEC Outdoors ... placed fifth at the USA Junior Nationals in the 100m at 11.56 ... ran the third leg of the Team USA 4x100m relay at the World Junior Championships to win the gold medal at 43.66, the fastest junior time in the world during the year.

PERSONAL: Gabrielle Alise Glenn was born Jan. 28, 1989 ... pursuing a degree in psychology ... chose South Carolina over Virginia Tech, Virginia, Georgia, Hampton and Indiana.



Breehana Jacobs
 4x All-American
 Sprints
 R-So. // R-So.
 Uniontown, Pa. // Laurel Highlands


COLLEGIATE BESTS

60m (7.56) 100m (11.64) 200m (24.06) 400m (55.14)

2009: NCAA Indoor and Outdoor All-American in the 4x400m relay ... NCAA Outdoor All-American in the 4x100m relay ... SEC gold medalist as the third leg of the 4x400m relay team ... ran second leg of 4x400m relay team that placed fifth at NCAA Indoors ... SEC Outdoor bronze medalist and NCAA East Region silver medalist as second leg of the 4x400m relay team ... SEC Outdoor and NCAA East Region silver medalist as anchor of 4x100m relay teams ... ran anchor for NCAA Outdoor Championship 4x100m relay team that earned bronze medal honors ... ran third leg for NCAA Outdoor Championship 4x400m relay that finished eighth ... indoors, was South Carolina's most well-rounded athlete, competing in the 60m, 200m and 400m consistently ... in the 60m, ran a season best 24.33 to place 13th at the SEC Indoor Championships ... outdoors, competed in the 100m, 200m and 400m ... in the 100m, went 11.78 at the NCAA East Region meet ... in the 400m, ran a 55.87 at the SEC Outdoor Championships.

2008: Redshirted.

PERSONAL: Breehana Jacobs was born Sept. 29, 1988 ... pursuing a degree in sport and entertainment management ... chose South Carolina over Miami, Auburn and UCLA.




Kelsey McCorkle
 Sprints
 So. // So.
 Winterville, N.C. // South Central

COLLEGIATE BESTS

60m (7.78) 200m (23.39) 400m (56.58)

2009: Alternate for the 4x400m relay at the NCAA East Region and NCAA Outdoor Championships ... indoors, competed in the 60m, 200m and 400m ... in the 60m, ran twice, hitting a top time of 7.78 at the Kentucky Invitational ... also ran twice in the 200m ... finished at 25.54 at the New Balance Collegiate before hitting a top time of 25.19 at the SEC Indoor Championships ... in the 400m, ran a 56.84 at the SEC Indoor Championships ... placed ninth at the NCAA Last Chance Meet at a season best 56.62 ... outdoors, competed in the 200m and 400m ... in the 200m, took 12th at the UNC Elite Meet at a season best 24.66 ... ran a 24.68 at the SEC Outdoor Championships ... in the 400m, had a top time of 56.58 at the Friendship & Freedom Games before running 57.37 at the SEC Outdoor Championships.

PERSONAL: Kelsey Yvonne McCorkle was born Aug. 15, 1990 ... pursuing a degree in early childhood education ... chose South Carolina over UNC, Virginia Tech, East Carolina and Charlotte.



Nadonia Rodrigues
 1x All-American
 Sprints
 So. // So.
 Brooklyn, N.Y. // Boys & Girls

COLLEGIATE BESTS

400m (52.72)

2009: NCAA Indoor Championship participant in the 400m ... SEC Indoor Freshman Runner of the Year ... SEC Indoor gold medalist in the 4x400m relay ... SEC Indoor bronze medalist in the 400m ... First Team All-SEC ... SEC All-Freshman Team ... in the 400m, opened her collegiate career with a victory at the Kentucky Invitational at 53.52 ... ran 53.50 at the New Balance Collegiate to place fifth overall ... hit a collegiate best 53.41 to earn bronze medal honors at the SEC Indoor Championships ... did not finish her race at the NCAA Indoor Championships due to injury ... ran the second leg of the women's 4x400m relay team that won the SEC title at 3:33.50 ... outdoors, battled injuries throughout the season but was able to compete in three meets ... took second in her only 400m race, running a 54.32 at the Friendship & Freedom Games ... ran the 800m twice, winning the State USATF Meet at 2:21.53 and running 2:22.39 at the Spec Town Relays.

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

INDOOR CHAMPIONS

60-METER DASH
 2000 Terrence Trammell..... 6.54

800-METER RUN
 2002 Otukile Lekote 1:46.88

60-METER HURDLES
 1999 Terrence Trammell..... 7.52
 2000 Terrence Trammell..... 7.55

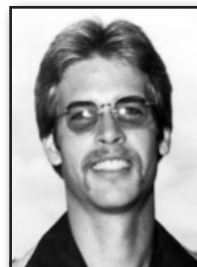
4x800-METER RELAY
 1974 D. Brown, Sheley, J. Brown, Schaper 7:27.4

SHOT PUT
 1998 Brad Snyder 66-4 1/2
 1999 Brad Snyder 64-11 1/2

35-POUND WEIGHT
 1994 Ron Willis 71-11



Don Brown
1 Title



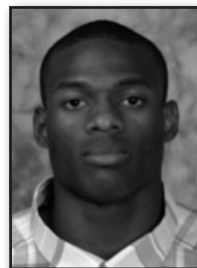
John Brown
1 Title



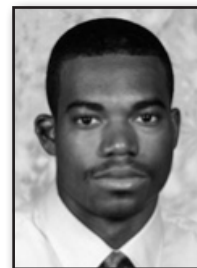
Clint Crenshaw
1 Title



Jonathan Fortenberry
1 Title



Otis Harris
1 Title



James Law
1 Title

OUTDOOR CHAMPIONS

400-METER DASH
 1948 Norman "Scooter" Rucks 47.2

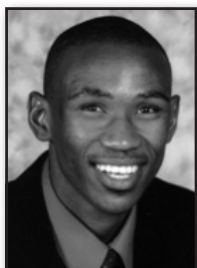
800-METER RUN
 2001 Otukile Lekote 1:46.68
 2002 Otukile Lekote 1:45.17

110-METER HURDLES
 1999 Terrence Trammell..... 13.45
 2000 Terrence Trammell..... 13.43
 2008 Jason Richardson 13.40

4x100-METER RELAY
 1999 Crenshaw, Trammell, Mays, Price 38.92

4x400-METER RELAY
 2002 Law, Lekote, Harris, Fortenberry 3:02.16

SHOT PUT
 1998 Brad Snyder 64-7 3/4



Otukile Lekote
4 Titles



Shah Mays
1 Title



Jamie Price
1 Title



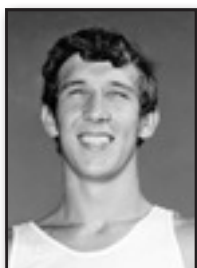
Jason Richardson
1 Title



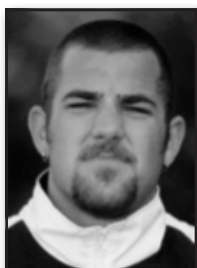
Norman Rucks
1 Title



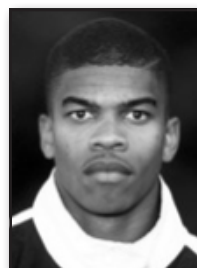
Jim Schaper
1 Title



Mike Sheley
1 Title



Brad Snyder
3 Titles



Terrence Trammell
6 Titles



Ron Willis
1 Title





Aleen Bailey
3 Titles



Lisa Barber
1 Title



Miki Barber
5 Titles



Tacita Bass
3 Titles



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

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

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
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

5,000-METER RUN

1. Tom Howe	1987	14:06.54
2. Ken Castello	1987	14:13.24
3. Bob Day	1975	14:16.14
4. Paul Laymon	1992	14:29.40
5. Jim Carey	1978	14:30.24
6. Tim Colas	1983	14:32.54
7. Mike Hedgecock	1990	14:33.20
8. Keith Gorski	1993	14:35.40
9. Rob Devlin	1986	14:41.74
10. Jim Karcanes	1991	14:41.90

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. Johnny Dutch	2008	13.63
7. Thomas Hilliard	2007	13.70
8. Corey Taylor	2003	13.72
9. Frank Mensah	1994	13.77
10. Charles Ryan	2003	13.78
Terry Winston	1993	

400-METER HURDLES

1. Johnny Dutch	2010	48.12
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

3,000-METER STEEPLECHASE

1. Andy Foster	1988	8:57.96
2. Tom Cronin	1995	9:00.58
3. Leon Cook	1977	9:01.44
4. Mike Hedgecock	1989	9:03.79
5. Brad Herbster	1991	9:08.57
6. Paul Laymon	1993	9:10.90
7. Max Minter	1981	9:13.04
8. Mike Costello	1985	9:14.11
9. Jered Haag	1994	9:16.97
10. Steve Mance	2005	9:24.07

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. Trammell, Bridges, Dempers, Price	1998	39.08
5. Hancock, Sales, Moore, Ngwigwa	2009	39.09
6. Totton, Howard, Crenshaw, Taylor	2001	39.19
7. Trammell, Price, Dempers, Williams	1998	39.27
8. Hancock, Sales, Moore, Markett	2008	39.37
9. 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. Moore, Hilliard, James, Miley	2007	3:03.86
5. Ngwigwa, Richardson Dutch, Anderson	2009	3:03.89
6. Ngwigwa, Moore Dutch, Anderson	2010	3:04.19
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. Art Henson	1992	6-11
8. David Wilkins	2010	6-10 3/4
Steve Owens	1991	
Phillipe Williams	1991	

POLE VAULT

1. Elliott Haynie	2009	17-10 1/2
2. Marvin Reize	2010	17-8 1/2
3. Chris Steddum	2002	17-7 3/4
4. Dale Gerke	1988	17-5 1/2
5. Darren Davis	1988	17-1 3/4
6. Dan McKenzie	2006	17-0 3/4
7. Jarad Farabee	2002	16-11
8. Patrick Tvarakunas	1999	16-10 3/4
9. 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. Greg Cryer	2006	25-9 1/4
3. Rolando Adams	1979	25-7
4. Phillippe Williams	1991	25-2
5. Peter Edeh	1984	25-1
Sam Scott	1982	
7. Anthony Wood	1982	24-9 3/4
8. Ronn Adams	1976	24-8 1/2
9. Gus Kirkland	1980	24-6
10. Marcus Sutton	1993	24-4 1/4

TRIPLE JUMP

1. Ron Adams	1975	52-2
2. Derek Pressley	2007	51-10 1/2
3. Marcus Sutton	1993	51-4 1/4
4. Greg Cryer	2006	51-4
5. Lincoln Carr	2010	50-10 1/4
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

100-METER DASH

1. Shalonda Solomon	2006	11.07
2. Erica Whipple	2003	11.15
3. Aleen Bailey	2003	11.17
4. Amberly Nesbitt	2006	11.18
5. La'Kyia Brookins	2009	11.20
6. Shayla Mahan	2008	11.31
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. Nadonna 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

3,000-METER RUN

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

100-METER HURDLES

1. Ellakisha Williamson	2000	12.81
2. Jackie Madison	2000	12.92
3. Tiffany Ross	2005	12.99
Lashinda Demus	2004	
5. Ronnetta Alexander	2006	13.08
6. Chiquita Martin	2007	13.28
7. Kettiany Clarke	2010	13.30
8. Antoinette Wilks	2003	13.45
9. Janica Austin	2010	13.46
10. Shevon Stoddart	2005	13.50

400-METER HURDLES

1. Lashinda Demus	2004	53.43
2. Shevon Stoddart	2005	54.47
3. Tiffany Ross	2005	54.56
4. Krystal Cantey	2007	56.21
5. Tacita Bass	2001	57.31
6. Ellakisha Williamson	1999	57.32
7. Tawana Watkins	2005	57.33
8. Chiquita Martin	2006	57.78
9. Char Foster	1999	57.89
10. 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. Cantey, Giles, Cross, Hastings	2007	3:28.44
8. L. Barber, Washington, Williamson, M. Barber	2000	3:28.64
9. Bass, Demus, L. Barber, Washington	2002	3:29.10
10. Stoddart, Hastings, Watkins, S. Smith	2005	3:29.17

HIGH JUMP

1. Chelsea Hammond	2005	5-11 1/2
2. Julie Symonds	1994	5-8
3. Monica Bozenski	2006	5-7 1/4
4. Kayla Blake	2010	5-7
Cory Bowen	2009	
Kettiany Clarke	2006	
Antoinette Wilks	2002	
Jennifer Britz	1996	
8. 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
4. Sallie Gurganus	2008,09	13-1 1/2
5. Kylee Nixon	1998	12-8 1/4
6. Allie Nicosia	2009	12-7 1/2
7. Lori Tvarunas	2001	12-6
8. Emily Pease	2006	11-11 3/4
9. Rachel Farabee	2004	11-5 3/4
10. Jocelyn Henline	2009	11-1 3/4
CaAdrian Norman	2008,09	
Becky Studebaker	1999	

LONG JUMP

1. Chelsea Hammond	2004	21-6 3/4
2. Antoinette Wilks	2003	21-4 3/4
3. Brittney James	2008	20-9 1/4
Kemesha Whitmire	2004	
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
5. Dee Dee Fortman	1996	40-6 1/4
6. Radiane Basden	2010	39-8
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
8. Lynette Keppeler	2001	48-10 3/4
9. Stacee Roberts	2010	48-1 1/4
10. Katie Vuckovich	2010	47-2 1/4

DISCUS

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

HAMMER

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

HEPTATHLON

1. Erin Narzinski	1998	5,664
2. Tacita Bass	2001	5,634
3. Chelsea Hammond	2004	5,405
4. Antoinette Wilks	2003	5,337
5. Kettiany Clarke	2010	5,258
6. Reanna Townsend	2006	4,618
7. Chelsea Kaczmarek	2006	4,466



Curtis Frye

South Carolina Head Coach

14th Season // East Carolina '74

In 14 years as head track & field and cross country coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 108 SEC champions and more than 415 NCAA All-Americans during his career, including 35 in 2009.

Frye currently serves as President of the United States Track & Field and Cross Country Coaches Association. In October 2008, Frye was bestowed the Order of Ikko Medallion, presented by the United States Olympic Committee. A special order reserved for the coach of an Olympic or Paralympic medalist, Frye received the honor after coaching Jerome Singleton Jr. to a silver medal in the men's 100-meter dash at the 2008 Paralympic Games in Beijing.

Frye has coached an NCAA champion in all but one year since taking over the program in 1996, including coaching LaKya Brookins to the indoor 60-meter dash title last season. In 2008, Frye coached Jason Richardson to the 110-meter hurdles outdoor title after coaching six national champions the year before. All six national champions in 2007 were on the women's side with Natasha Hastings sweeping the 400m indoor and outdoor titles along with the mile relay team of Hastings, Krystal Cantey, Brandi Cross and Stephanie Smith. In addition, Frye has coached an SEC champion every year he has been at South Carolina.

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

During his tenure at South Carolina, Frye has coached 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 and Field News while the United States Track & Field and Cross Country Coaches Association (USTFCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but 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 USTFCCA National Scholar-Athlete of the Year honors in addition to an SEC Scholar-Athlete of the Year award. Richardson swept the indoor and outdoor national honors in 2008, following awards earned by 2006 National Indoor Scholar Athlete of the Year Shalonda Solomon and 2002 National Scholar Athlete of the Year Otukile Lekote. In 2009, the men's team was named Scholar Team of the Year.

CURTIS FRYE COACHING HIGHLIGHTS

One of USA's best coaches

- ✓ Named to USA's Olympic track and field staff for Athens 2004, serving as a USA women's assistant coach for sprints and hurdles; Saw three former athletes win gold medals
- ✓ Head coach of an NCAA champion team (2002 women's outdoor)
- ✓ Bestowed with Order of Ikko medallion in 2008, 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 (USTFCCA)
- ✓ 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 100 SEC champions
- ✓ Coached over 75 ACC champions

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 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. He also has four grandchildren.

THE CURTIS FRYE FILE

Born: Oct. 20, 1951, Vass, N.C.
High School Education: Union Pine High School, Cameron, N.C.
College Education: Bachelor of Science, physical education, East Carolina, 1974
High School Athletics: Lettered in track, football and baseball
College Coaching Career:
 1974-79, Assistant Coach, East Carolina
 1984-88, Assistant Coach, N.C. State
 1988-92, Assistant Coach, Florida
 1992-96, Assistant Coach, North Carolina
 1996-Present, Head Coach, South Carolina
High School Coaching Career:
 1979-84, Douglas Byrd High School
Wife: Wilma
Children: Daughters Crystal and Curtrell; Son Curtis, II
Notable Athletes Coached: Aleen Bailey, Miki Barber, Lashinda Demus, Leroy Dixon, Otis Harris, Natasha Hastings, Mechelle Lewis, Rodney Martin, 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	N/A	19th	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

MEN'S NCAA CHAMPIONS UNDER FRYE

Clint Crenshaw (1)
1999 4x100m (O)

Jonathan Fortenberry (1)
2002 4x400m (O)

Otis Harris (1)
2002 4x400m (O)

Otukile Lekote (4)
2001 800m (O)
2002 800m (I)
2002 800m (O)
2002 4x400m (O)

James Law (1)
2002 4x400m (O)

Shah Mays (1)
1999 4x100m (O)

Jamie Price (1)
1999 4x100m (O)

Jason Richardson (1)
2008 110mH (O)

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

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

WOMEN'S NCAA CHAMPIONS UNDER FRYE

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

Lisa Barber (1)
2000 4x400m (O)

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

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

LaKya Brookins (1)
2009 60m (I)

Krystal Cantey (1)
2007 4x400m (I)

Brandi Cross (1)
2007 4x400m (I)

Lashinda Demus (4)
2002 400mH (O)
2002 4x400m (I)
2002 4x400m (O)
2003 400m (I)

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

Sheneka Griffin (1)
2001 4x400m (I)

Natasha Hastings (3)
2007 4x400m (I)
2007 400m (I)
2007 400m (O)

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

Amberly Nesbitt (1)
2006 100m (O)

Tiffany Ross-Williams (2)
2002 4x400m (O)
2005 4x400m (I)

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

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

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

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

Erica Whipple (1)
2002 4x100m (O)

Ellakisha Williamson (1)
2000 4x400m (O)

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	N/A	6	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

HEAD COACH CURTIS FRYE

