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## QUICK FACTS

<b>Location</b> .....	Columbia, S.C.
<b>Founded</b> .....	1801
<b>Enrollment</b> .....	27,390
<b>Colors</b> .....	Garnet (PMS 201) & Black
<b>Nickname</b> .....	Gamecocks
<b>President</b> .....	Dr. Andrew Sorensen
<b>Athletics Director</b> .....	Eric Hyman
<b>Faculty Athletics Rep.</b> .....	Dr. Bill Bearden
<b>Head Coach</b> .....	Curtis Frye
<b>Assistant Head Coach</b> .....	Delethea Quarles
<b>Assistant Coach</b> .....	Stan Rosenthal
<b>Assistant Coach</b> .....	Mike Sergent
<b>Assistant Coach</b> .....	Lawrence Johnson
<b>2007 Men's/Women's Results</b>	
<b>SEC Indoor Finish</b> .....	10th/5th
<b>NCAA Indoor Finish</b> .....	25th/T-10th
<b>SEC Outdoor Finish</b> .....	8th/5th
<b>NCAA Outdoor Finish</b> .....	34th/12th
<b>Indoor Contact</b> .....	Miquel Jacobs
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## 2008 SCHEDULE

### INDOOR SEASON

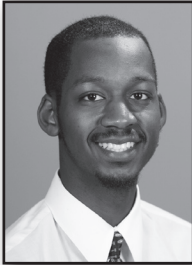
Day/Days	Date/Dates	Meet	Location
Saturday	Jan. 19	UNC Classic	Chapel Hill, N.C.
Friday-Saturday	Jan. 25-26	On Track Open	Lynchburg, Va.
Saturday	Jan. 26	Tom Jones Memorial Classic	Gainesville, Fla.
Friday-Saturday	Feb. 1-2	Rod McCravy Invitational	Lexington, Ky.
Friday-Saturday	Feb. 8-9	New Balance Collegiate Invitational	New York City, N.Y.
Friday-Saturday	Feb. 15-16	Tiger Invitational	Clemson, S.C.
Friday-Saturday	Feb. 15-16	Tyson Invitational	Fayetteville, Ark.
Saturday	Feb. 23	Gamecock Invitational	Columbia, S.C.
Friday-Sunday	Feb. 29-March 2	SEC Indoor Championships	Fayetteville, Ark.
Saturday	March 8	NCAA Last Chance Meet	Four Locations
Friday-Saturday	March 14-15	NCAA Indoor Championships	Fayetteville, Ark.

### OUTDOOR SEASON

Day/Days	Date/Dates	Meet	Location
Friday-Saturday	March 21-22	Coastal Carolina	Myrtle Beach, S.C.
Saturday	March 29	Weems Baskin Relays	Columbia, S.C.
Friday-Saturday	April 4-5	Pepsi Florida Relays	Gainesville, Fla.
Wednesday	April 9	State USATF Meet	Columbia, S.C.
Friday-Saturday	April 11-12	Spec Town Relays	Athens, Ga.
Thursday-Saturday	April 24-26	Penn Relays	Philadelphia, Pa.
Friday	May 9	Carolina Classic	Chapel Hill, N.C.
Thursday-Sunday	May 15-18	SEC Outdoor Championships	Auburn, Ala.
Friday-Saturday	May 30-31	NCAA East Regionals	Tallahassee, Fla.
Wednesday-Saturday	June 11-14	NCAA Outdoor Championships	Des Moines, Iowa
Friday-Sunday	June 20-22	USATF Junior/Senior Nationals	Columbus, Ohio

## NOTE TO THE MEDIA

The South Carolina athletics media relations office is ready to assist members of the media in their coverage of Gamecock athletics. Any questions concerning South Carolina track and field should be directed to Miquel Jacobs during the indoor season and Michelle Schmitt during the outdoor season. Interviews, statistical or general information concerning student-athletes or coach Curtis Frye should be handled through the media relations office. Thank you for your interest in South Carolina track and field.



**Miquel Jacobs**  
Graduate Assistant



**Michelle Schmitt**  
Asst. AD/Asst. Dir.

## CONTACT INFORMATION

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**Diana Koval**  
Assistant Director



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Assistant Director

## MEDIA GUIDE CREDITS

The 2008 South Carolina Track & Field Media Guide was created by Miquel Jacobs using Adobe InDesign and Photoshop CS2. Writing and editing was done by Jacobs, Michelle Schmitt and Megan Holt. Design assistance by Matt Freed. Additional editing was provided by Steve Fink. The covers were designed by Grant Hawkins. Photography by Allen Sharpe, Jason Ayer, USC Instructional Services, Columbia Chamber of Commerce and South Carolina Department of Parks, Recreation and Tourism. The guide was printed by The R.L. Bryan Company.

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### THE HERALD-JOURNAL

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 Contact: Tim Hill

### WVOC RADIO

Box 21567 • Columbia, SC 29221  
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 Contact: Christopher Thompson

## EQUAL OPPORTUNITY POLICY STATEMENT

The University of South Carolina does not discriminate in educational or employment opportunities or decisions for qualified persons on the basis of race, color, religion, sex, national origin, age, disability, sexual orientation or veteran status.

The University of South Carolina receives its share of national recognition due to the successes of both the men's and women's track and field teams. In recent years, Gamecock track and field has been featured in USA Today, Sports Illustrated, Track & Field News, SI for Women, Sweet16.com, Link, Women & Sports Fitness Magazine and on ABC Sports, CBS Sports, NBC Sports, ESPN, ESPN2, the Oxygen Network, Trackwire.com and numerous other media outlets.

Introduction



### WOMEN'S ATHLETE OF THE YEAR

## Lashinda Demus

by Michelle Schmitt

When a talented track athlete like Lashinda Demus is in the spotlight, it's not just because of her speed and agility, but also because of her character and leadership. Demus, a senior at the University of South Carolina, has been named the Women's Athlete of the Year for the second time in her career. Her achievements include being the 2007 USA Outdoor Champion in the 100m and 200m, and the 2007 NCAA Champion in the 100m. Demus is a role model for young women in track and field, and her success is a testament to her hard work and dedication.



### Hodge Anchors Record Relay

## U.S. Hurdle King

### Demus Leads The Way



### FULLSPEED

South Carolina Track Coach to New Heights



### Coach Curtis Frye

Frye encourages his athletes to chase dreams of success. BY RAYE WELLMAN

Curtis Frye is a man in his sixth year as head coach and assistant coach at the University of South Carolina. With such young athletes, he has been named the 2007 USA Outdoor Champion in the 100m and 200m, and the 2007 NCAA Champion in the 100m. Frye is a role model for young men in track and field, and his success is a testament to his hard work and dedication.



### All-America Girls

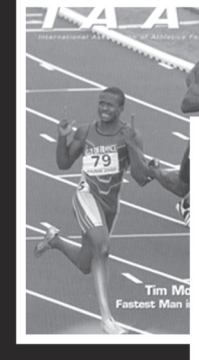
compiled by Mike Kennedy

100 METERS  
200 METERS  
400 METERS  
800 METERS  
1,600 METERS  
5,000 METERS  
10,000 METERS  
20,000 METERS  
50,000 METERS  
100,000 METERS  
200 METERS  
400 METERS  
800 METERS  
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100,000 METERS



### All-America Boys

100 METERS  
200 METERS  
400 METERS  
800 METERS  
1,600 METERS  
5,000 METERS  
10,000 METERS  
20,000 METERS  
50,000 METERS  
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1,600 METERS  
5,000 METERS  
10,000 METERS  
20,000 METERS  
50,000 METERS  
100,000 METERS



### 4 girls on the move

Four girls from the University of South Carolina have been named All-Americans. They are Lashinda Demus, Courtney Cunningham, and two others. Their success is a testament to their hard work and dedication.

### Warmer!

Jeremy Wariner is the new king of the quarter mile. He has won the 400m and 800m at the USA Outdoor Championships and the 400m at the NCAA Championships.

### Really Big Shoes To Fill

Given the Baylor connection, it's tough to see the Baylor connection, it's tough to see the Baylor connection, it's tough to see the Baylor connection.

Introduction

NAME	YEAR (I/O)	EVENTS	HOMETOWN	HIGH SCHOOL/LAST SCHOOL
Aaron Anderson	Fr./Fr.	Sprints	Fayetteville, N.C.	Douglas Byrd
Kevin Brinkley	So./So.	Pole Vault	Richmond, Va.	James Madison University
Jason Cook	R-So./Jr.	Throws	Bristow, Va.	Brentsville District
Johnny Dutch	Fr./Fr.	Hurdles	Clayton, N.C.	Clayton
Joe Federl	Fr./Fr.	Jumps	Scituate, Mass.	Scituate
Derron Flood	R-Sr./R-Sr.	Sprints	Chesapeake, Va.	Deep Creek
Jarett Gerald	Fr./Fr.	Jumps	McDonough, Ga.	Eagle's Landing
Johnathan Hancock	Jr./R-So.	Sprints	Charlotte, N.C.	West Charlotte
Jussi Heikkila	R-Sr./R-Sr.	Sprints/Hurdles	Virrat, Finland	Virtain Lukio
Erik Heymann	R-So./R-So.	Throws	Westwood, N.J.	Westwood Regional
Keith Hinnant	Sr./Sr.	Sprints	Bay Shore, N.Y.	Bay Shore
Steve Hunsaker	Fr./Fr.	Throws	Columbia, S.C.	Richland Northeast
Jamil James	Sr./Sr.	Sprints	Marabella, Trinidad	Presentation College
David Johannesmeyer	R-Jr./Sr.	Distance	Summerville, S.C.	Summerville
Kyle Logue	So./So.	Pole Vault	Greenwood, S.C.	Emerald
Jay Lucas, Jr.	So./R-Fr.	Pole Vault	Florence, S.C.	West Florence
Nick Lytle	Sr./Sr.	Sprints	Spartanburg, S.C.	Spartanburg
Lamar Markett	Fr./Fr.	Sprints	York, S.C.	York
Curt McGill	Jr./Jr.	Multi	Spartanburg, S.C.	Spartanburg
Jeff Merkt	R-So./R-So.	Throws	Cincinnati, Ohio	University of Cincinnati
Ray Miley	Sr./Sr.	Sprints	Brooklyn, N.Y.	Kings Bourough CC
Quentin Moore	So./So.	Sprints	Chesapeake, Va.	Deep Creek
James Nebo	Fr./Fr.	Throws	Spartanburg, S.C.	Dorman
Scott Pierce	R-Fr./So.	Multi	Columbia, S.C.	Irmo
Derek Pressley	Sr./Sr.	Jumps	Easley, S.C.	Wren
Jason Richardson	Sr./R-Jr.	Hurdles/Sprints	Cedar Hill, Texas	Cedar Hill
Keith Romero	R-Jr./R-Jr.	Sprints/Hurdles	Bronx, N.Y.	SUNY Delhi
Antonio Sales	Fr./Fr.	Sprints	Chapel Hill, N.C.	East Chapel Hill
Aaron Searles	So./So.	Jumps	Charlotte, N.C.	Harding University High
Matt Shuler	Fr./Fr.	Pole Vault	West Columbia, S.C.	White Knoll
Eddie Stoudemire	So./So.	Multi	Wellington, Fla.	Glades Central
Michael Varner	So./So.	Hurdles	Columbia, S.C.	Ridge View
Andrew Vaughan	Fr./Fr.	Throws	Lexington, S.C.	Lexington
Michael Zajac	R-Fr./R-Fr.	Throws	Lynchburg, Va.	E.C. Glass
David Zaycek	R-Jr./R-Jr.	Throws	Manasquan, N.J.	Wall

## PRONUNCIATION GUIDE

Joe Federl.....	FED-eral
Jussi Heikkila.....	YOU-see hi-KUH-luh
Erik Heymann.....	HEY-men
Keith Hinnant.....	HIN-int
Jamil James.....	juh-MEEL
David Johannesmeyer.....	yo-HAHN-iss-myer
Nick Lytle.....	lie-TUHL
Lamar Markett.....	mar-KETT
Ray Miley.....	my-LEE
Derek Pressley.....	press-LEE
Aaron Searles.....	sir-UHLS
Eddie Stoudemire.....	staw-DUH-mire
Michael Zajac.....	zay-JACK
David Zaycek.....	zay-CHECK



NAME	YEAR (I/O)	EVENTS	HOMETOWN	HIGH SCHOOL/LAST SCHOOL
Ronnetta Alexander	R-Sr. (Indoor)	Hurdles	Williamsville, N.Y.	Williamsville South
Mary Alen	Fr./Fr.	Pole Vault	Spartanburg, S.C.	Dorman
Betsy Alter	Fr./Fr.	Pole Vault	Chantilly, Va.	Westfield
Julie Baldwin	Fr./Fr.	Distance	Greer, S.C.	Greer
Amanda Barrett	R-Fr./R-Fr.	Distance	New Orleans, La.	Sacred Heart Academy
Bianca Blair	Fr./Fr.	Hurdles/Sprints	Knoxville, Tenn.	Austin-East
Kayla Blake	Fr./Fr.	Jumps/Multi	Summerville, S.C.	Summerville
Courtney Bowen	Fr./Fr.	Distance	Winston-Salem, N.C.	Mt. Tabor
Kelsey Bristol	Jr./Jr.	Distance	Grandville, Mich.	Grandville
LaKya Brookins	Fr./Fr.	Sprints	Seneca, S.C.	Seneca
Nikeshia Brown	Sr./Sr.	Sprints	Hempstead, N.Y.	Hempstead
Porche Byrd	Fr./Fr.	Sprints	Atlanta, Ga.	North Atlanta
Krystal Cantey	So./So.	Hurdles/Sprints	Winslow Township, N.J.	Winslow Township
Katarina Cap	R-Fr./R-Fr.	Distance	Hilton Head Island, S.C.	Hilton Head
Rebecca Chain	Sr./R-Jr.	Distance	Ridgefield, Conn.	Ridgefield
Kettiany Clarke	Jr./Jr.	Multi/Hurdles	West Palm Beach, Fla.	Palm Beach
Brandi Cross	So./So.	Sprints	Missouri City, Texas	Thurgood Marshall
Katie Daly	R-Fr./R-Fr.	Distance	Tampa, Fla.	Plant
Ashley Evens	Fr./Fr.	Distance	Maumee, Ohio	Wayne
Staley Foster	Fr./Fr.	Jumps	Boiling Springs, S.C.	Boiling Springs
Danielle Franklin	R-So./R-So.	Distance	Greenville, S.C.	Greer
Faraign Giles	Sr./Sr.	Sprints	Virginia Beach, Va.	Tallwood
Gabrielle Glenn	Fr./Fr.	Sprints	Charlotte, N.C.	Providence
Sallie Gurganus	So./So.	Pole Vault	Todd, N.C.	Watauga
Christine Hauer	So./So.	Throws	Aiken, S.C.	Aiken
Dishari'ck Howze	Sr./Sr.	Sprints	Rock Hill, S.C.	Northwestern
Breehana Jacobs	Fr./Fr.	Sprints	Uniontown, Pa.	Laurel Highlands
Brittney James	Jr./Jr.	Jumps/Hurdles	Columbia, S.C.	Dreher
Aimee Kodat	R-Fr./R-Fr.	Throws	Herndon, Va.	Westfield
Sarah Langdon	Fr./Fr.	Distance	Troy, Ohio	Troy
Chelsea Leroux	Fr./Fr.	Distance	West Barnstable, Mass.	Barnstable
Shayla Mahan	Fr./Fr.	Sprints	Detroit, Mich.	Mumford
Katie McEvoy	Fr./Fr.	Distance	Downington, Pa.	West Potomac
Lisa McKinney	So./So.	Distance	Downington, Pa.	West Potomac
CaAdrian Norman	R-So./R-So.	Pole Vault	Arlington, Tenn.	Raleigh-Egypt
Kayla Parker	So./R-Fr.	Multi/Hurdles	Tallahassee, Fla.	Florida High
Shantelle Patterson	Fr./Fr.	Throws	Pauley's Island, S.C.	Waccamaw
Laura Pramstaller	Fr./Fr.	Distance	Fairfax, Va.	Westfield
Callie Rabun	R-Jr./R-Jr.	Distance	Alpharetta, Ga.	Milton
Laura Regensburg	R-So./Jr.	Distance	Alexandria, Va.	West Potomac
Megan Robers	R-So./R-So.	Distance	Cincinnati, Ohio	Archbishop McNicholas
Alyse Shayer	R-So./Jr.	Distance	Bakersfield, Calif.	Stockdale
Vica Shobe	R-So./R-So.	Pole Vault	Matthews, N.C.	Weddington
Ciji Sims	Sr./Sr.	Throws	Columbia, S.C.	Irmo
Sade St. Louis	Fr./Fr.	Sprints	Trinidad	
Terrilynn Stephens	R-So./R-So.	Pole Vault	Summerville, S.C.	Summerville
Tara Tae	Fr./Fr.	Distance	Oak Ridge, Tenn.	Oak Ridge
Liza Todd	Jr./Jr.	Pole Vault	Columbia, S.C.	Dreher
Becky Woods	R-So./R-So.	Distance	Galway, N.Y.	Galway
Trier Young	Jr./Jr.	Hurdles	Neptune, N.J.	Neptune

### PRONUNCIATION GUIDE

<b>LaKya Brookins</b> .....	la-KEE-uh	<b>Dishari'ck Howze</b> .....	dee-shar-EE how-ZEE	<b>Vica Shobe</b> .....	vick-UH
<b>Nikeshia Brown</b> .....	nih-KEE-shuh	<b>Aimee Kodat</b> .....	koh-DAT	<b>Sade St. Louis</b> .....	SHA-day
<b>Porche Byrd</b> .....	PORE-shuh	<b>Chelsea Leroux</b> .....	luh-ROW	<b>Terrilyn Stephens</b> .....	tair-eh-LIN
<b>Krystal Cantey</b> .....	can-TEE	<b>Shayla Mahan</b> .....	MAY-han	<b>Tara Tae</b> .....	TAY
<b>Kettiany Clarke</b> .....	keh-TEE-ah-nee	<b>CaAdrian Norman</b> .....	cay-ay-DREE-in	<b>Liza Todd</b> .....	ly-ZUH
<b>Faraign Giles</b> .....	fair-IN	<b>Callie Rabun</b> .....	ray-BIN	<b>Trier Young</b> .....	tree-AIR
<b>Sallie Gurganus</b> .....	gur-GAN-us	<b>Megan Robers</b> .....	row-BERS		
<b>Christine Hauer</b> .....	HOW-er	<b>Alyse Shayer</b> .....	al-EECE		

## NCAA INDOOR STANDARDS

### SEA LEVEL

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55-Meter Dash	6.14@	—	6.26@	—
60-Meter Dash	6.63@	—	6.74@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200-Meter Dash	—	—	—	—
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400-Meter Dash	—	—	—	—
(Under 200m/220 yds)*	46.95	46.9	48.05	47.8
(200m/220 yds)*	46.55	46.3	47.65	47.4
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800-Meter Run#	—	—	—	—
(200m/220 yds or less)*	1:48.80	1:48.5	1:51.10	1:50.8
(Banked or Over 200m/220 yds)*	1:48.20	1:47.9	1:50.50	1:50.2
Mile Run#	—	—	—	—
(200m/220 yds or less)*	4:00.30	4:00.0	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.50	3:59.2	4:04.00	4:03.7
3,000-Meter Run#	—	—	—	—
(200m/220 yds or less)*	7:55.80	7:55.5	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000-Meter Run	—	—	—	—
(200m/220 yds or less)*	13:48.90	13:48.6	14:11.90	14:11.6
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
4x400-Meter Relay	—	—	—	—
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay	—	—	—	—
(Under 200m/220 yds)*	3:10.70	3:10.2	3:14.80	3:14.5
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.50	3:06.4	3:11.60	3:11.3
Distance Medley Relay — Meters#	—	—	—	—
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4
Distance Medley Relay — Yards#	—	—	—	—
(200m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1
(Banked or Over 200m/220 yds)*	9:37.50	9:37.2	9:49.20	9:48.9

@ Qualifying times attained at an altitude of 6,000 feet and above, add .04 seconds. Times attained at an altitude of 3,000-5,999 feet, add .02 seconds.

EVENT	AUTOMATIC	PROVISIONAL
	METRIC (IMPERIAL)	METRIC (IMPERIAL)
High Jump	2.24 (7-4 1/4)	2.14 (7-0 1/4)
Pole Vault	5.50 (18-0 1/2)	5.20 (17-0 3/4)
Long Jump	7.85 (25-9 1/4)	7.50 (24-7 1/4)
Triple Jump	16.10 (52-10)	15.40 (50-6 1/4)
Shot Put	19.30 (63-4)	17.75 (58-3)
35-Pound Weight	21.50 (70-6 1/2)	19.50 (63-11 3/4)
Heptathlon	5,650 points	5,300 points

\* Size of track  
# Altitude adjustment available  
FAT = Fully Automatic Timing  
MT = Manual Timing

## NCAA OUTDOOR STANDARDS

### SEA LEVEL

### (REGIONAL STANDARDS)

EVENT	FAT	MT	ALTITUDE
			ADJUSTMENT
			3k-5,999/6k+
100-Meter Dash	10.55	—	+ .03/+ .06
200-Meter Dash	21.35	—	+ .07/+ .12
400-Meter Dash	47.20	46.9	+ .11/+ .21
800-Meter Run#	1:50.40	1:50.1	
1,500-Meter Run#	3:47.80	3:47.5	
Mile Run#	4:06.00	4:03.5	
5,000-Meter Run#	14:12.00	14:11.7	
3,000-Meter Steeplechase#	9:07.00	9:06.7	
110-Meter Hurdles	14.30	—	+ .04/+ .08
400-Meter Hurdles	52.51	52.2	+ .11/+ .21
4x100-Meter Relay	40.66	40.4	+ .12/+ .24
4x110-Yard Relay	40.86	40.6	+ .12/+ .24
4x400-Meter Relay	3:10.00	3:09.7	+ .44/+ .84
Mile Relay	3:11.20	3:10.9	+ .44/+ .84

### EVENT METRIC (IMPERIAL)

High Jump	2.10 (6-10 3/4)
Pole Vault	5.05 (16-6 3/4)
Long Jump	7.34 (24-1)
Triple Jump	15.00 (49-2 1/2)
Shot Put	16.80 (55-1 1/2)
Discus	51.70 (169-7)
Hammer	55.60 (182-5)
Javelin	61.60 (202-1)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000-Meter Run#	28:45.00	28:44.7	29:30.00	20:29.7
Decathlon	7,500 points		6,900 points	

# Altitude adjustment available  
FAT = Fully Automatic Timing  
MT = Manual Timing

## NCAA INDOOR STANDARDS

### SEA LEVEL

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55-Meter Dash	6.74@	—	6.92@	—
60-Meter Dash	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200-Meter Dash				
(Under 200m/220 yds)*	23.60	—	24.30	—
(200m/220 yds)*	23.40	—	24.10	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400-Meter Dash				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800-Meter Run#				
(200m/220 yds or less)*	2:05.40	2:05.1	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile Run#				
(200m/220 yds or less)*	4:40.60	4:40.3	4:48.60	4:48.3
(Banked or Over 200m/220 yds)*	4:40.00	4:39.7	4:48.00	4:47.7
3,000-Meter Run#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000-Meter Run#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:43.60	16:43.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:42.00	16:41.7
4x400-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay — Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay — Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

@ Qualifying times attained at an altitude of 6,000 feet and above, add .04 seconds. Times attained at an altitude of 3,000-5,999 feet, add .02 seconds.

EVENT	AUTOMATIC	PROVISIONAL
	METRIC (IMPERIAL)	METRIC (IMPERIAL)
High Jump	1.85 (6-0 3/4)	1.78 (5-10)
Pole Vault	4.20 (13-9 1/4)	3.95 (12-11 1/2)
Long Jump	6.35 (20-10)	6.10 (20-0 1/4)
Triple Jump	13.30 (43-7 3/4)	12.65 (41-6)
Shot Put	16.90 (55-5 1/2)	15.20 (49-10 1/2)
20-Pound Weight	21.00 (68-10 3/4)	19.00 (62-4)
Pentathlon	4,050 points	3,700 points

\* Size of track  
# Altitude adjustment available  
FAT = Fully Automatic Timing  
MT = Manual Timing

## NCAA OUTDOOR STANDARDS

### SEA LEVEL (REGIONAL STANDARDS)

EVENT	FAT	MT	ALTITUDE ADJUSTMENT	
			3k-5,999/6k+	6k+
100-Meter Dash	11.75	—	+ .03/+ .07	
200-Meter Dash	23.96	—	+ .07/+ .14	
400-Meter Dash	54.61	54.3	+ .11/+ .21	
800-Meter Run#	2:09.80	2:09.5		
1,500-Meter Run#	4:27.80	4:27.5		
Mile Run#	4:49.30	4:49.0		
5,000-Meter Run#	16:52.00	16:51.7		
3,000-Meter Steeplechase#	10:50.25	10:50.0		
100-Meter Hurdles	13.92	—	+ .04/+ .08	
400-Meter Hurdles	1:00.82	1:00.5	+ .11/+ .21	
4x100-Meter Relay	45.70	45.4	+ .12/+ .28	
4x110-Yard Relay	45.90	45.6	+ .12/+ .28	
4x400-Meter Relay	3:42.00	3:41.7	+ .44/+ .84	
Mile Relay	3:43.20	3:42.9	+ .44/+ .84	
<b>EVENT</b>	<b>METRIC (IMPERIAL)</b>			
High Jump	1.75 (5-8 3/4)			
Pole Vault	3.85 (12-7 1/2)			
Long Jump	6.00 (19-8 1/4)			
Triple Jump	12.32 (40-5)			
Shot Put	14.30 (46-11)			
Discus	47.30 (155-2)			
Hammer	54.15 (177-8)			
Javelin	43.45 (142-6)			
<b>EVENT</b>	<b>AUTOMATIC</b>	<b>PROVISIONAL</b>		
	<b>FAT</b>	<b>MT</b>	<b>FAT</b>	<b>MT</b>
10,000-Meter Run#	33:30.00	33:29.7	35:00.00	34:59.7
Heptathlon	5,500 points		5,050 points	

# Altitude adjustment available  
FAT = Fully Automatic Timing  
MT = Manual Timing

## ABOUT THE FACILITIES

The outdoor track, named in honor of legendary Gamecock coach Weems Baskin, features a 400-meter, eight-lane track with multi-directional sprint straight-aways. The Erotan "S" Synthetic track surface is made by Southwest Recreational Industries, Inc.

Inside the track are two multi-directional long and triple jump runways that include four pits. There also is a multi-directional vault area, and the high jump apron was expanded during the 1997 surfacing project.

The world-class Lynx timing system, used indoors and outdoors, allows for rapid and accurate computerized fully automatic times.

The outdoor track also features world-class throwing facilities. The hammer and discus circles are surrounded by a 20-foot high cage that meets NCAA and international standards. There also are two shot put rings, a javelin runway and an additional ring with a cage.

The outdoor track has seating to accommodate 2,200 spectators. This season, the Gamecocks will host one indoor meet and two outdoor meets. The outdoor track also plays host to a number of youth and high school competitions, including the state high school championships and the Coaches Classic High School meet.

The indoor track features a 250m, three-lane track and separate vault facility. The infield is carpeted with artificial turf. The throws area features separate shot put and weight-throw circles. The landing area is artificial turf, and there is ample space in the facility for practicing either indoor or outdoor events.

The Gamecocks' cross country courses are Owens Field and Hilton Field at Fort Jackson, the site of the 1997 and 2005 SEC Cross Country Championships, the 1999 South Carolina Collegiate Championship and the annual Gamecock Invitational. The all-grass course has rolling hilly terrain and a grandstand that seats 3,000 fans.

## ABOUT WEEMS BASKIN



The outdoor track is dedicated in honor of former coach Weems O. Baskin, Jr. After his death in 1993, the All-Comers Meet was renamed in his honor, the Weems Baskin Memorial Meet.

During his brilliant coaching career at South Carolina from 1949 to 1969, Baskin won 90 dual meets and lost 47. He later held the position of administrative assistant to the athletic director before retiring in 1972.

The only breaks in his coaching career that began in 1930 were during World War II when Baskin served as a Naval officer, in 1946 and 1947 as a businessman in Athens, Ga., and 1951 when South

Carolina did not field a team due to the Korean War.

Originally from Carrollton, Ga., Baskin was a four-sport athlete at Carrollton High School. He enrolled at Auburn in 1923 and by his senior year was playing tight end on the football team and winning the national championship in the 110-meter high hurdles. Baskin also ran the low hurdles and competed in the shot put, discus, javelin and high jump. He won the Southern Conference title three straight years in the high hurdles and was a national AAU indoor champion in 1928.

After receiving a degree in education, Baskin ran for the New York Athletic Club for two winters and wrote for various publications. He began his coaching career as an assistant football coach at Auburn in 1930 and assisted with the track team. He went to Georgia in 1931 to become the head track coach while serving as an assistant to football. Baskin served in the same capacity at Mississippi from 1938 to 1943 before joining the Naval Reserve during WWII.

Baskin, a former president of the National Track and Field Coaches Association and chairman of the NCAA Track and Field Rules Committee, is a member of the Helms Foundation Track and Field Hall of Fame. He also was elected to the South Carolina and Georgia Track and Field Halls of Fame.



## WEEMS BASKIN RECORDS

### MEN'S RECORDS

100m	9.90 • Harvey Glance, Auburn, 1976
200m	20.29 • Justin Gatlin, Tennessee, 2001
400m	44.78 • Avarad Moncur, Auburn, 2001
800m	1:45.36 • Otukile Lekote, South Carolina, 2001
1,500m	3:42.85 • Gary Cobb, Virginia Tech, 1987
5,000m	13:57.53 • David Kimani, Alabama, 2001
10,000m	29:47.24 • David Keen, Florida State, 1989
110m Hurdles	13.48 • Terrence Trammell, South Carolina, 1999
400m Hurdles	49.65 • Ricky Harris, Florida, 2001
3,000m Steeplechase	8:44.94 • Daniel Lincoln, Arkansas, 2001
4x100m Relay	39.37 • South Carolina, 1999
4x400m Relay	3:03.63 • LSU, 2001
High Jump	7-5 • James Barrineau, Georgia, 1977
Pole Vault	17-5 1/2 • Dale Gerke, South Carolina, 1988
Long Jump	26-9 1/4 • Walter Davis, LSU, 2001
Triple Jump	55-11 • Walter Davis, LSU, 2001
Shot Put	66-11 1/4 • Brad Snyder, South Carolina, 1998
Discus	205-5 • Gabor Mate, Auburn, 2001
Hammer	246-0 • Tomas Sjoström, Unattached, 1996
Javelin	244-2 • Erin Bevans, Unattached, 1997
Decathlon	8,024 Points • Claston Bernard, LSU, 2001

### WOMEN'S RECORDS

100m	11.28 • Muna Lee, LSU, 2001
200m	22.99 • Miki Barber, South Carolina, 2001
400m	50.63 • Miki Barber, South Carolina, 2001
800m	2:06.47 • Nona Allen, Florida, 2001
1,500m	4:20.89 • Tracy Robinson, Arkansas, 2001
5,000m	16:16.36 • Amy Yoder-Begley, Arkansas, 2001
10,000m	35:23.40 • Amy Yoder-Begley, Arkansas, 2001
100m Hurdles	12.95 • Melissa Morrison, Unattached, 1998
400m Hurdles	55.60 • Lashinda Demus, South Carolina, 2003
3,000m Steeplechase	10:13.89 • Lilli Kleinmann, Arkansas, 2001
4x100m Relay	43.48 • South Carolina, 2001
4x400m Relay	3:31.24 • South Carolina, 2001
High Jump	5-10 1/2 • Laffiah Long, Georgia, 2001
Pole Vault	12-10 3/4 • Megan Westfall, Florida, 2001
Long Jump	20-7 3/4 • Myra Combs, LSU, 2001
Triple Jump	43-4 1/2 • Shelly-Ann Gallimore, Auburn, 2001
Shot Put	55-7 3/4 • Crystal Brownlee, South Carolina, 1997
Discus	191-11 • Dawn Ellerbe, New York Athletic Club, 2002
Hammer	220-4 • Dawn Ellerbe, New York Athletic Club, 2002
Javelin	156-5 • Beth Obruba, Unattached, 1999
Heptathlon	5,704 Points • GiGi Miller, Arkansas, 2001