



**SOUTH CAROLINA TRACK AND FIELD**



# **2005 REVIEW**

## 2005 Cross Country Season In-Review

For the Gamecock Cross Country team, 2005 was a year of rebuilding. The young team consisting of 15 freshmen and sophomores showed much improvement throughout the year and has exemplified good potential for seasons to come.

Impressed by the newcomers' performances this season, first-year cross country coach Stan Rosenthal is excited about next season. He believes with more experience and a solid track season, the South Carolina team has a great chance to excel to the next level.

Sophomore Rebecca Chain stepped up this year and took over the leadership role established by former Gamecock Jenny Lake. Lake, who graduated from USC in May 2005, and was the lead runner for the Gamecocks the past four seasons. This season, Chain stepped in as the No. 1 runner and co-captain for the 2005 squad with junior Karen Wigal.

Chain, a Ridgefield, Conn. native, led the team this year in every competition. To kick-off the season, she claimed third place at the Gamecock Invitational, piloting her team to second place finish. She finished 45th in the SEC Championship meet

with a 6K personal best of 21:44 and 78th in the NCAA Southeast Regional Championship meet with a time of 23:33.

There was a changing line-up throughout the season; however, the usual top seven included Chain, senior Shay Shelton, juniors Nicki Breves and Karen Wigal, freshmen Theresa Verostek, Kelsey Bristol and Anna Petrov.

Also competing for the Gamecocks were Alyse Shayer, Laura Regensburg, Megan Roberts, Jessica Smith, Jessica Franklin, Ashley Cruise, Caitlin McGroetry, Julie Reale, Lauren Jaynes, Danielle Franklin, Jacki Vignos, Becky Woods and Kayla Curtis.

The Gamecocks ended the season with an 11th place finish at the SEC Championships and 24th in the NCAA Southeast Regional meet. The 2005 team consisted of eight McKissick Scholars: Bristol, Cruise, Mudd, Petrov, Rabun, Regensburg, Shayer, Smith and Vigno; two McNair Scholars: Robers and Wigal; and two Capstone Scholars: Chain and Verostek.



2005 South Carolina Women's Cross Country Team



## 2005 Men's Indoor and Outdoor Review

### Indoor

During an indoor season plagued with injuries, the men's team still found its way to the top of the performance charts. Ranked throughout the indoor season in events such as the 200m dash, 60m hurdles and the 4x400m relay, the men's team entered the top-25 poll at No. 24 and remained in the poll with a ranking as high as No. 22 for three consecutive weeks.

Highlighting the season for the men's team was the dynamic performances of senior **Rodney Martin**. Having broken both of the school's indoor and outdoor 200m records, **Martin** ended his senior season in Carson, Calif. as the fifth fastest American in the 200m dash at the USATF Outdoor Championships.

The first noteworthy performance of **Martin** that set the tone for the rest of the year was his race against some of the nation's best sprinters in the Tyson 200m Invitational during the indoor season at the Randal Tyson Track Facility in Fayetteville, Ark. **Martin**, who broke the indoor school record with a time of 20.67, finished third in the event on national television.

Junior **Greig Cryer**, who suffered with a hamstring injury all indoor season, put the past behind him and stepped up his performance for the SEC Indoor Championship. Finishing third in the long jump, **Cryer** put the first points on the board for the Gamecocks, leading the way for the Gamecocks who finished the championship in seventh place with 42.50 points. Freshman hurdler **Jason Richardson** recorded the fourth fastest time in school history in the 60m hurdles with a time of 7.75, earning third place, while freshman jumper **Derek Pressley** made his first SEC Championship appearance leaping 48-10.25 in the triple jump to earn his first conference points.

With strong performances by **Martin** and **Richardson**, the Gamecocks finished the indoor season 19th in the NCAA. Both first time All-Americans, **Martin** finished third in the 200m dash, while **Richardson** made his presence known in the NCAA with a third place finish in the 60m hurdles.

### Outdoor

The outdoor season saw even more success for the Gamecocks. **Martin** this time opened the season ranked in the 200m dash, while **Richardson** was expected to be among the top hurdlers in the country, ranked in the 110m and 400m hurdles. Entering the competition early in the season was junior transfer **Leroy Dixon**, who joined **Martin** in the 100m and 200m rankings throughout the outdoor season.

**Dixon** and **Martin** first showed their competitiveness in the 100m dash at the Tennessee Sea Ray Relays in April when the two ran 10.30 and 10.25, respectively in the final, earning third and first places. **Dixon** returned later in the season to run 10.19 at the East Regional in New York, a personal best that would take him to his first NCAA Outdoor Championship in Sacramento, Calif.

**Richardson**, who had a great start to his collegiate career, continued his success leading the men's team with two top five finishes at the 2005 Penn Relays. **Richardson**, who finished fourth in the 400m hurdles, finished second in the 110m hurdles with a time of 13.76, the fourth fastest time in school history, while also running the lead off leg of the 4x200m relay that finished fourth with a time of 1:23.06.

In the field, pole vaulter **Dan McKenzie** also made his mark in the SEC during the outdoor season. With a personal best performance at rival Clemson, **McKenzie** earned SEC Athlete of the Week honors after leaping a height of 16-6.75 for first place and a regional qualifying mark at the Orange and Purple Classic.

At the SEC Outdoor Championship, sophomore thrower **Tyler Trout** showed that hard work does pay off. **Trout** earned the first points for the Gamecocks with a personal best performance in the hammer of 173-3 for eighth place. Freshman thrower **Joseph Schroeder** joined **Trout** among the field scorers with a sixth place finish in the javelin, while **Dixon** and **Martin** continued to add points in the short sprints. However, among the top highlights for the men's team was the outstanding 800m performance by junior **William Emase**. The personal best time of 1:48.23 landed **Emase** in fourth place, scoring for the first time at SECs and earning a trip to the East Regional.

Sprinters **Dixon**, **Martin** and 2004 Olympian **Adrian Durant**, as well as **Emase** and **Richardson**, led the Gamecocks to a fourth place finish in the NCAA East Regional Championship in New York City. The highlight of the competition, though, was **Cryer's** long jump performance of 25-1.25 that won the East Regional title, the program's first regional title that earned **Cryer** a trip to Sacramento for the NCAA Championship.

At NCAAs, **Martin** became the first Gamecock to receive All-American honors in the 100m dash since Terrence Trammell in 1999, finishing seventh in the event. **Martin** returned for the 200m semifinal to break the USC outdoor record, running 20.43 and advancing to the final. The previous record, held by Trammell, was 20.45 set in 1999. **Martin** ended the championship with All-American honors in both the 100m and 200m dashes, while **Richardson** claimed his second All-American honor with an impressive personal best performance of 13.50 in the 110m hurdles, earning another NCAA third place finish. The Gamecocks concluded the season finishing 26th at the NCAA Outdoor Championship.



**2005 Men's Indoor and Outdoor Highlights**

**Indoor**

SEC Finish: 7th

NCAA Finish: 19th

NCAA Participants/All-Americans:

- Keith Hinnant
- Aaron Luster
- Rodney Martin, AA-200m
- Jason Richardson, AA-60mH

**School Record:**

Rodney Martin, 200m  
(20.38, set at NCAA Championship)

**Outdoor**

SEC Finish: 9th

NCAA East Regional Finish: 4th

NCAA East Regional Qualifiers:

- Trey Bell
- Greig Cryer
- Leroy Dixon
- Adrian Durant
- William Emase
- Thomas Hilliard
- Keith Hinnant
- Jamil James
- Dan McKenzie
- Rodney Martin
- Jason Richardson

NCAA East Regional Champion:

Greig Cryer, Long Jump

NCAA All-East Regional:

- Greig Cryer, Long Jump, Champion
- Leroy Dixon, 100m, 200m
- William Emase, 800m
- Rodney Martin, 100m, 200m
- Jason Richardson, 110mH

NCAA Finish: 26

NCAA Participants/All-Americans:

- Greig Cryer
- Leroy Dixon
- Adrian Durant
- William Emase
- Rodney Martin
- Jason Richardson

Pan American Junior Championships:

Jamil James (Trinidad), 400m

USA National Championship Qualifiers:

- Leroy Dixon
- Rodney Martin

School Records:

Rodney Martin, 200m  
(20.34, set at NCAA Championship)



**All-American Rodney Martin**



## 2005 Women's Indoor and Outdoor Review

### Indoor

The women's team, also plagued by injuries during the indoor season, still remained among the nation's top track and field teams throughout the season. With All-American sophomore hurdler **Ronnetta Alexander** and All-American senior jumper **Chelsea Hammond** out on medical redshirts, the Gamecocks had to step up their game to remain in the nation's top five.

Starting off the season ranked No. 4, the Gamecocks opened the indoor season with impressive performances at Virginia Tech, followed by a second place finish ahead of rival Clemson at the Clemson Invitational. With the indoor season kicking into full swing, the Gamecocks traveled to New York City for the New Balance Invitational at the Armory where freshman **Natasha Hastings** was among the top highlights of the competition. With an impressive homecoming performance, the New York native finished runner-up in the 400m dash with a personal best of 52.64, while All-American **Erica Whipple** made a strong statement of what her senior season was going to be like by winning the 200m title with a time of 23.59.

At the Tyson Invite in Fayetteville, Ark., junior **Shay Shelton** proved that she had what it took to remain a top competitor in the women's 800m run. **Shelton**, who had been struggling throughout the season, won the event with a time of 2:09.19, her first win of the season.

Senior distance runner **Jenny Lake** returned to Fayetteville two weeks later set to make a lasting impression at her final SEC Indoor Championship. **Lake**, who finished fourth in the 3,000m run with a time of 9:41.77, broke the school indoor record of 9:44.36 she set in 2003. **Lake** also returned to run the anchor leg of the distance medley relay that finished second with the second fastest time in school history of 11:42.73.

Also among the SEC highlights was an impressive performance by freshman **Amberly Nesbitt**, who matched the second fastest 60m time in school history of 7.31, set by 2004 Olympian and former Gamecock Aleen Bailey. The Gamecocks dominated the 200m and 400m dashes with four top eight finishes in each event. **Whipple** led the Gamecocks in a 4-6-7-8 finish in the 200m with a time of 23.24, while **Hastings** led the 2-3-4-5 sweep in the 400m with a NCAA automatic qualifying time of 52.27. USC finished the SEC Championship in fifth place.

With similar success, the Gamecocks returned to Fayetteville for the third consecutive trip for the NCAA Indoor Championship. While the Gamecocks experienced both joy and pain at the championship, they still came out on top with a fifth place overall finish.

Freshman **Shalonda Solomon** earned her first All-America honor with a fifth place finish in the 200m final, running the fifth fastest time in school history of 23.15, while **Whipple** finished sixth. In the 400m final, sophomore All-American **Stephanie**



NCAA Indoor 4x400m Relay Champions

**Smith**, senior All-American **Shevon Stoddart** and **Hastings**, who had the second fastest time going into the final, competed for the title. While **Smith** finished third with a time of 52.94, followed by **Stoddart's** fourth place finish, **Hastings** went down in the first stretch and was unable to complete the race. With the 4x400m relay championship on the line, **Solomon** stepped in to run the anchor leg for **Hastings** and the Gamecocks won another national 4x400m relay title with a time of 3:30.01, the sixth fastest time in school history.

### Outdoor

Not satisfied with their indoor finish, the Gamecocks returned during the outdoor season with one mission in mind -- to win the national outdoor title.

Ranked as high as No. 2 during the outdoor season, the Gamecocks started off the season ranked seventh and fought to gain respect in the SEC and NCAA. With several impressive performances early in the outdoor season, the Gamecocks caught the attention of many and set the tone for the rest of the outdoor season when they traveled to Knoxville, Tenn. for the Gatorade Classic. While teaming up with two other SEC schools to take on the Big Ten, the women's relay teams broke two records and recorded one of the fastest times in the world at the Tom Black Track.

The excitement kicked off when the 4x100m relay, consisting of All-Americans senior **Khalilah Carpenter**, freshman **Shalonda Solomon**, senior **Alexis Joyce** and freshman **Amberly Nesbitt**, broke a seven-year Gatorade Classic record with a first place finish time of 43.58, the eighth fastest time in school history. By the end of the day, the Gamecocks' 4x400m relay set the track on fire, breaking an 18-year old Gatorade Classic record with a time of 3:32.14, the second fastest time run in the world at that point of the season.

However, it didn't end there for the Gamecocks. USC hurdlers swept the 100m and 400m hurdles, finishing 1-2-3 and 1-2-3-4, respectively. Leading the Gamecocks in both events and throughout the rest of the outdoor season was junior All-American **Tiffany Ross-Williams**. **Ross-Williams** ran 13.40 and 56.51, respectively.

Sophomore thrower **Precious Akins** experienced great success in Knoxville, finishing first in the discus with a distance of 166-10 and seventh in the hammer.

The Gamecocks returned to Knoxville the following week for the Sea Ray Relays and broke three more meet records. Among the record-breaking performances, Gamecocks **Smith**, **Whipple**, **Nesbitt** and **Solomon** set a new Sea Ray Relays record and a new Tom Black Track record in the 4x200m relay with a time of 1:31.64. The second record-breaking performance was by the 4x100m shuttle relay consisting of All-Americans sophomore **Chiquita Martin**, **Ronnetta Alexander**, **Stoddart** and **Ross-Williams**. The foursome broke the meet and track record with a time of 54.00. Entering the record book for the third time of the meet was **Ross-Williams**, who finished first in the 100m hurdles, and returned to break the Sea Ray Relays record in the 400m hurdles with a time of 55.93. The previous record of 56.14 was set in 1993.

Though, many would argue the Gamecocks' best performance of the season took place at the 2005 Penn Relays in Philadelphia. The Gamecocks totaled four relay titles and two individual titles, while **Ross-Williams** was named the Most Outstanding Collegiate Athlete of the Meet.

Though it was a wet and messy day, no clouds hung over the Gamecocks as the women's team lit up the track every time they had the opportunity to do so. The Gamecocks won the 4x100m relay, 4x200m relay, 4x400m relay and the shuttle hurdle relay. **Ross-Williams** won the 400m hurdles title, while finishing second in the 100m hurdles



with a personal best of 12.99. *Stoddart* finished second in the 400m hurdles and third in the Olympic Development 100m hurdles, also with a personal best of 13.52. Both *Ross-Williams* and *Stoddart* ran on the winning shuttle hurdle relay and the 4x400m relay. However, earning one of the most noteworthy accomplishments of the meet was *Hammond* who won her fourth consecutive Penn Relays title in the long jump.

The following week, *Ross-Williams* was named the USTCA Athlete of the Week and the SEC Athlete of the Week for the second consecutive week.

Heading into the SEC Outdoor Championship, the Gamecocks were favored to win the title and become a top contender for the national title. With a few early disappointments, the Gamecocks jumped from seventh place with 20.2 points to first place totaling 145.2 points in the final day of competition, sealing the win with another 4x400m relay performance.

With several highlights, including freshmen wins in the 200m and 400m dashes by *Solomon* and *Hastings*, a 400m hurdles title by *Ross-Williams* and two relay wins, the biggest highlight of the meet was junior All-American jumper *Kemesha Whitmire's* triple jump performance. *Whitmire*, who finished fourth in the long jump with a leap of 20-7.25, came back for more leaping a personal best of 43-7 in the second flight of the triple jump trials. *Whitmire's* mark, the second best mark in school history, earned *Whitmire* her first SEC title and the first SEC jumps title ever for the Gamecocks.

Although the Gamecocks won the SEC title for the first time since 2002, they did not stop there. The women's team went on to New York City for the NCAA East Regional Championship to claim their second championship title of the season. Taking the spotlight early in the competition was junior pole vaulter *Cheryl Terrio*. *Terrio*, an SEC scorer who was pretty consistent throughout the season vaulted a height of 13-3.75, a personal best that earned her third place, six points for the Gamecocks and her NCAA Championship appearance.

The Gamecocks won the 4x100m relay in a close competition against Miami and again won the 4x400m relay, an event were ranked as No. 1 all season. They qualified 12 athletes in nine events for the NCAA Outdoor Championship in Sacramento, Calif.

As one of the favorites at the NCAA Championship, after winning the SEC and NCAA East Regional titles, the Gamecocks still had not captured the No. 1 spot in the polls. In fact, they went into the championship ranked No. 3, behind Texas, who held the top spot all season, and Miami, who the Gamecocks defeated at the NCAA East Regional.

In a competition that went back and forth with ups and downs by the Gamecocks, the championship came down to the final event. In the four days of competition, USC women's team saw a second-place finish in the 200m dash by *Solomon*, a third and sixth-place finish by *Smith* and *Hastings* in the 400, with personal best performances of 50.93 and 51.87, respectively, and personal best performances by *Stoddart* and *Ross-Williams* in the 400m hurdles for second and third places with times of 54.47 and 54.56, respectively. The 4x100m relay finished second. Defeated in the final event by Texas, the 4x400m relay, the Longhorns finished the championship with the title, while the Gamecocks were finished a close runner-up, tied with UCLA.

The Gamecocks concluded their season at the USATF Junior and Senior Outdoor Championships at the Home Depot Center in Carson, Calif. and the Supreme Ventures National Senior Athletes Championship at the National Stadium in Kingston, Jamaica.

*Hastings* won the junior 400m title, while *Nesbitt* finished second in the 100m dash. Both athletes made the junior national team that will compete at the Pan Am Games in Canada at the end of July. *Smith* finished eighth in the senior 400m dash final, qualifying for the USA 4x400m relay pool and a chance to go to the World Championship in Helsinki. At the Jamaican trials, *Stoddart* made the Jamaican team in the 400m hurdles, while *Hammond* long jumped her way to the pool for the Central America and Caribbean Championships in Nassau, Bahamas.

*Hammond* returns for her senior indoor season, while seniors *Carpenter*, *Joyce*, *Lake* and *Whipple* bid farewell to their collegiate careers at USC. Although *Ross-Williams* had one year of eligibility remaining, she too will not be returning after signing a professional contract with Reebok.

*Frye* and *Ross-Williams* were named USTCA Southeast District Coach and Female Athlete of the Year, while *Frye* was also received honors as East Region and SEC Women's Coach of the Year. The women's team was named USC Women's Team of the Year, while *Stoddart* was named Female Athlete of the Year.

Academically, the Gamecocks also racked up numerous recognitions, including *Lake* being named Scholar Athlete of the Year and an H. Boyd McWhorter Scholarship recipient. *Lake* also received a NCAA Postgraduate Scholarship and was named to the Academic All-American first team. South Carolina men's and women's track and field teams totaled 26 athletes on the SEC 2005 Spring Academic Honor Roll, while *Carpenter*, *Lake* and *Ross-Williams* celebrated their graduation in May.



**All-American Tiffany Ross-Williams**



**2005 Women's Indoor and Outdoor Highlights****Indoor****SEC Finish:** 5th**NCAA Finish:** 5th**NCAA Participants/All-Americans:**

Khalilah Carpenter, AA-200m

Natasha Hastings, AA-400m

Alexis Joyce

Amberly Nesbitt, AA-60m

Tiffany Ross-Williams, AA-4x400m

Stephanie Smith, AA-400m, 4x400m

Shalonda Solomon, AA-200m, 4x400m

Shevon Stoddart, AA-400m, 4x400m

Tawana Watkins

Erica Whipple, AA-200m

**NCAA Champions:**

4x4000m Relay,

Shevon Stoddart

Tiffany Ross-Williams

Stephanie Smith

Shalonda Solomon

**School Record:**

Jenny Lake, 3000m run

(9:41.77, set at SEC Championship)

**Outdoor****SEC Finish:** 1st**SEC Champions:**

USC Women's Track and Field Team

Natasha Hastings, 400m, 4x400m

Alexis Joyce, 4x100m

Amberly Nesbitt, 4x100m

Tiffany Ross-Williams, 400mH, 4x400m

Stephanie Smith, 4x400m

Shalonda Solomon, 200m, 4x100m

Shevon Stoddart, 4x400m

Erica Whipple, 4x100m

**NCAA East Regional Finish:** 1st**NCAA East Regional Qualifiers:**

Precious Akins

Khalilah Carpenter

Chelsea Hammond

Natasha Hastings

Alexis Joyce

Amberly Nesbitt

Tiffany Ross-Williams

Shay Shelton

Stephanie Smith

Shalonda Solomon

Shevon Stoddart

Cheryl Terrio

Tawana Watkins

Erica Whipple

Kemesha Whitmire

**All-NCAA East Regional**

Ronneta Alexander, 100mH

Natasha Hastings, 4x400m Champion

Alexis Joyce, 100m, 4x100m Champion

Chelsea Hammond, Long Jump

Amberly Nesbitt, 4x100m Champion

Tiffany Ross-Williams, 100mH, 400mH

Stephanie Smith, 400m, 4x400m Champion

Shalonda Solomon, 100m, 200m, 4x100m

Champion

Shevon Stoddart, 400mH, 4x400m Champion

Cheryl Terrio, Pole Vault

Tawana Watkins, 4x400m Champion

Erica Whipple, 100m, 200m, 4x100m

Champion

**NCAA Finish:** 2nd tie**NCAA Participants/All-Americans:**

Ronneta Alexander

Khalilah Carpenter

Chelsea Hammond, Long Jump

Natasha Hastings, AA-400m, 4x400m

Alexis Joyce, AA-4x100m

Amberly Nesbitt, AA-4x100m

Tiffany Ross-Williams, AA-400mH,

4x100m, 4x400m

Stephanie Smith, AA-400m, 4x400m

Shalonda Solomon, AA-100m, 200m,

4x400m

Shevon Stoddart, AA-400m, 4x400m

Cheryl Terrio

Erica Whipple, AA-100m, 200m, 4x100m

**USA Junior National Championships:**

Natasha Hastings, Gold Medal, 400m

Amberly Nesbitt, Silver Medal, 100m



**Pan American Junior Championships:**

Natasha Hastings (USA)- 400m (gold),  
4x400m (gold)  
Amberly Nesbitt (USA)- 4x100m (gold)  
Bailey Lewis (Canada)- 4x400m (bronze)

**USC Academica Athlete of the Year:**

Jenny Lake

**USC Athlete of the Year:**

Shevon Stoddart

**USA National Championship Qualifiers:**

Khalilah Carpenter  
Tiffany Ross-Williams  
Shalonda Solomon  
Erica Whipple  
Kemesha Whitmire

**USC Women's Team of the Year:**

Women's Track and Field

**World Championship Qualifier:**

Shevon Stoddart (Jamaica)

**School Records:**

Chelsea Hammond, High Jump  
(5-11.5, set at SEC Championship)

Cheryl Terrio, Pole Vault  
(13'4, set at NCAA East Regional)

**USATC Southeastern District Athlete of the Year:**

Tiffany Ross-Williams



**All-American Chelsea Hammond**





**2005 SEC Indoor Championship Women's Results**

**Feb. 25-27 • Fayetteville, Ark.**

*(Event winners and South Carolina finishers)*

| Place | School.....     | Points |
|-------|-----------------|--------|
| 1     | Tennessee.....  | 135.50 |
| 2     | Arkansas.....   | 120    |
| 3     | LSU.....        | 75.50  |
| 4     | Florida.....    | 74.50  |
| 5     | S Carolina..... | 70.50  |
| 6     | Georgia.....    | 54     |
| 7     | Auburn.....     | 46     |
| 8     | Alabama.....    | 36     |
| 9     | Vanderbilt..... | 19     |
| 10    | Kentucky.....   | 14     |
| 11    | Ole Miss.....   | 10     |
| 12    | Miss State..... | 8      |

**60 M**

|    |                           |      |
|----|---------------------------|------|
| 1. | Fana Ashby, AUB.....      | 7.21 |
| 8. | Amberly Nesbitt, USC..... | 7.43 |

**200 M**

|    |                              |       |
|----|------------------------------|-------|
| 1. | Hazel Ann Regis, LSU.....    | 23.02 |
| 4. | Erica Whipple, USC.....      | 23.24 |
| 6. | Khalilah Carpenter, USC..... | 23.29 |
| 7. | Shalonda Solomon, USC.....   | 23.54 |
| 8. | Natasha Hastings, USC.....   | 23.58 |

**400 M**

|    |                            |       |
|----|----------------------------|-------|
| 1. | Tiandra Ponteen, FLA.....  | 51.47 |
| 2. | Natasha Hastings, USC..... | 52.27 |
| 3. | Tiffany Ross, USC.....     | 52.43 |
| 4. | Shevon Stoddart, USC.....  | 52.74 |
| 5. | Stephanie Smith, USC.....  | 52.87 |

**MILE**

|    |                         |         |
|----|-------------------------|---------|
| 1. | Erica Sigmont, ARK..... | 4:54.40 |
|----|-------------------------|---------|

**800 M**

|    |                        |         |
|----|------------------------|---------|
| 1. | Nicole Cook, TENN..... | 2:00.75 |
| 9. | Shay Shelton, USC..... | 2:15.41 |

**3000 M**

|     |                             |          |
|-----|-----------------------------|----------|
| 1.  | Felicia Guliford, TENN..... | 9:34.46  |
| 4.  | Jenny Lake, USC.....        | 9:41.77  |
| 18. | Amy Wike, USC.....          | 10:44.66 |

**5000 M**

|     |                             |          |
|-----|-----------------------------|----------|
| 1.  | Felicia Guliford, TENN..... | 16:43.15 |
| 13. | Karen Wigal, USC.....       | 17:47.18 |

**60 M HURDLES**

|    |                        |      |
|----|------------------------|------|
| 1. | Beau Walker, BAMA..... | 8.16 |
| 4. | Tiffany Ross, USC..... | 8.29 |

**4X400 M RELAY**

|    |          |         |
|----|----------|---------|
| 1. | LSU..... | 3:29.06 |
| 2. | USC..... | 3:30.07 |

**DISTANCE MEDLEY**

|    |           |          |
|----|-----------|----------|
| 1. | TENN..... | 11:40.94 |
| 2. | USC.....  | 11:42.73 |

**HIGH JUMP**

|    |                           |       |
|----|---------------------------|-------|
| 1. | Krystle Moss, FLA.....    | 1.81m |
| 3. | Monica Bozenski, USC..... | 1.74m |

**POLE VAULT**

|     |                         |       |
|-----|-------------------------|-------|
| 1.  | Stacie Manuel, ARK..... | 4.07m |
| 14. | Cheryl Terrio, USC..... | 3.65m |

**LONG JUMP**

|    |                            |       |
|----|----------------------------|-------|
| 1. | Tianna Madison, TENN.....  | 6.71m |
| 7. | Kemesha Whitmire, USC..... | 5.96m |

**TRIPLE JUMP**

|    |                            |        |
|----|----------------------------|--------|
| 1. | Jovane Jarrett, AUB.....   | 12.99m |
| 7. | Kemesha Whitmire, USC..... | 12.26m |

**SHOT PUT**

|     |                           |        |
|-----|---------------------------|--------|
| 1.  | Candice Scott, FLA.....   | 17.45m |
| 11. | Precious Atkins, USC..... | 13.42m |

**35LB WEIGHT THROW**

|     |                           |        |
|-----|---------------------------|--------|
| 1.  | Candice Scott, FLA.....   | 24.21m |
| 17. | Precious Atkins, USC..... | 15.59m |

**PENTATHLON**

|     |                            |      |
|-----|----------------------------|------|
| 1.  | Beyonka McDowell, ARK..... | 4076 |
| 15. | Reanna Townsend, USC.....  | 3332 |



**Erica Whipple**



**2005 SEC Indoor Championship Men's Results**  
**Feb. 25-27 • Fayetteville, Ark.**

| Place | School    | Points |
|-------|-----------|--------|
| 1.    | Arkansas  | 155    |
| 2.    | Florida   | 92     |
| 3.    | Tennessee | 89     |
| 4.    | Auburn    | 67.5   |
| 5.    | Georgia   | 67     |
| 6.    | LSU       | 66     |
| 7.    | USC       | 42.5   |
| 8.    | Ole Miss  | 33     |
| 9.    | Alabama   | 32     |
| 10.   | Kentucky  | 19     |

**60 M**

- 1. Kelly Willie, LSU .....6.69
- 5. Rodney Martin, USC .....6.75

**200 M**

- 1. Wallace Spearmon, ARK .....20.35
- 4. Rodney Martin, USC .....20.59

**400 M**

- 1. Kerron Clement, UF.....45.29

**800 M**

- 1. Sherridan Kirk, AUB .....1:49.48
- 8. William Emase, USC .....1:51.33

**ONE MILE**

- 1. Said Ahmed, ARK.....4:01.05

**5000 M**

- 1. Peter Kosgei, ARK.....13:53.85
- 15. Steve Mance, USC .....14:47.2

**60 M HURDLES**

- 1. Antwon Hicks, Ole Miss.....7.64
- 3. Jason Richardson, USC.....7.77

**4X400 RELAY**

- 1. Florida .....3:04.75
- 4. USC .....3:07.76

**DISTANCE MEDLEY**

- 1. Arkansas .....9:46.91
- 4. USC .....9:56.46

**POLE VAULT**

- 1. Brad Smith, UGA.....5.35m
- 3. Dan McKenzie, USC .....5.01m
- 6. Trey Bell, USC.....4.86m

**TRIPLE JUMP**

- 1. Jaanus Uudmae, ARK .....16.13m
- 7. Derek Pressley, USC .....14.89m

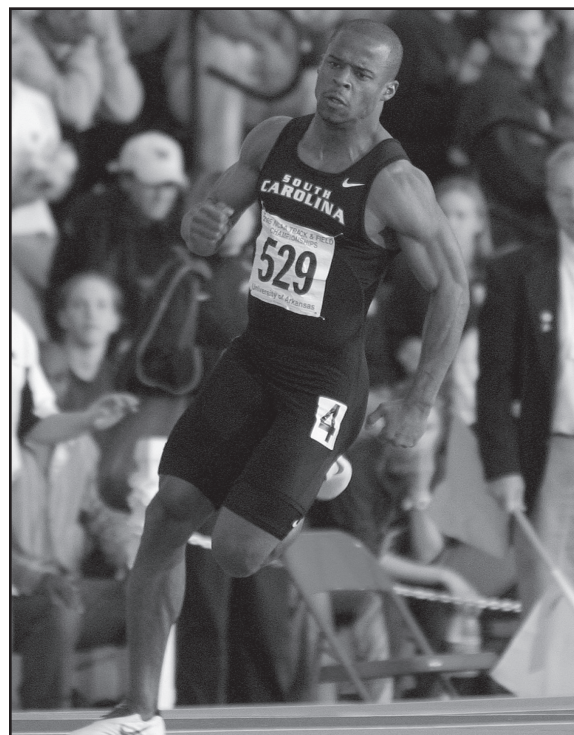
**SHOT PUT**

- 1. Edis Elkasevic, AUB.....19.25m
- 14. David Zaycek, USC .....15.12m

2005 MEN'S SEC INDOOR RESULTS



**Jason Richardson**



**Rodney Martin**



**2005 SEC Outdoor Championship Women's Results  
May 12-15 • Nashville, Tenn.**

| Place | School         | Points |
|-------|----------------|--------|
| 1     | South Carolina | 145.20 |
| 2     | Arkansas       | 124.20 |
| 3     | Tennessee      | 108.33 |
| 4     | Georgia        | 106.20 |
| 5     | Auburn         | 81.50  |
| 6     | LSU            | 78.00  |
| 7     | Alabama        | 54.00  |
| 8     | Florida        | 32.16  |
| 9     | Kentucky       | 31.00  |
| 10    | Ole Miss       | 26.40  |
| 11    | Vanderbilt     | 12.00  |
| 12    | Miss State     | 12.00  |

**100 M**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Cleo Tyson, TENN      | 11.25 |
| 2. | Shalonda Solomon, USC | 11.29 |
| 6. | Erica Whipple, USC    | 11.53 |
| 8. | Alexis Joyce, USC     | 11.57 |

**200 M**

|    |                        |       |
|----|------------------------|-------|
| 1. | Shalonda Solomon, USC  | 22.74 |
| 4. | Stephanie Smith, USC   | 23.48 |
| 5. | Erica Whipple, USC     | 23.67 |
| 8. | Khaliah Carpenter, USC | 24.16 |

**400 M**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Natasha Hastings, USC | 51.94 |
| 4. | Tawana Watkins, USC   | 53.20 |
| 6. | Stephanie Smith, USC  | 53.51 |

**800 M**

|    |                    |         |
|----|--------------------|---------|
| 1. | Aneita Denton, ARK | 2:02.94 |
| 4. | Shay Shelton, USC  | 2:06.30 |

**1500 M**

|    |                    |         |
|----|--------------------|---------|
| 1. | Erica Sigmont, ARK | 4:26.12 |
|----|--------------------|---------|

**5000 M**

|    |                        |          |
|----|------------------------|----------|
| 1. | Felicia Guliford, TENN | 16:21.27 |
|----|------------------------|----------|

**10,000 M**

|    |                   |          |
|----|-------------------|----------|
| 1. | Angelo Homan, AUB | 34:21.19 |
|----|-------------------|----------|

**100 M HURDLES**

|    |                      |       |
|----|----------------------|-------|
| 1. | Kasia Williams, ARK  | 13.25 |
| 3. | Shevon Stoddart, USC | 13.41 |

**400 M HURDLES**

|    |                            |       |
|----|----------------------------|-------|
| 1. | Tiffany Ross-Williams, USC | 55.68 |
| 2. | Shevon Stoddart, USC       | 57.16 |
| 3. | Tawana Watkins, USC        | 57.72 |

**4X400 M RELAY**

|    |  |         |
|----|--|---------|
| 1. | USC (Hastings, Stoddart, Ross-Williams, Smith) | 3:29.06 |
|----|--|---------|

**4X100 M RELAY**

|    |  |       |
|----|--|-------|
| 1. | USC (Nesbitt, Whipple, Joyce, Solomon) | 43.78 |
|----|--|-------|

**3,000 M STEEPLECHASE**

|    |                    |          |
|----|--------------------|----------|
| 1. | Maureen Scott, ARK | 10:27.29 |
|----|--------------------|----------|

**HEPTATHLON**

|    |                       |      |
|----|-----------------------|------|
| 1. | Jessica Stockard, UGA | 5720 |
|----|-----------------------|------|

**HAMMER**

|    |                      |        |
|----|----------------------|--------|
| 1. | Sultana Frizell, UGA | 64.99m |
|----|----------------------|--------|

**POLE VAULT**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Kierney Hiteshaw, UGA | 4.12m |
| 3. | Cheryl Terrio, USC    | 4.05m |

**LONG JUMP**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Tianna Madison, TENN  | 6.92m |
| 4. | Kemesha Whitmire, USC | 6.29m |
| 5. | Chelsea Hammond, USC  | 6.28m |

**TRIPLE JUMP**

|    |                       |        |
|----|-----------------------|--------|
| 1. | Kemesha Whitmire, USC | 13.28m |
|----|-----------------------|--------|

**HIGH JUMP**

|    |                      |       |
|----|----------------------|-------|
| 1. | Patty Sylvester, UGA | 1.74m |
| 5. | Chelsea Hammond, USC | 1.70m |
| 6. | Monica Bozenski, USC | 1.65m |

**SHOT PUT**

|    |                      |        |
|----|----------------------|--------|
| 1. | Beth Mallory, BAMA   | 16.52m |
| 5. | Precious Atkins, USC | 14.89m |

**DISCUS**

|    |                     |        |
|----|---------------------|--------|
| 1. | Beth Mallory, BAMA  | 57.78m |
| 3. | Precious Akins, USC | 53.23m |

**JAVELIN**

|    |                      |        |
|----|----------------------|--------|
| 1. | Krista Woodward, UGA | 51.35m |
|----|----------------------|--------|



**2005 SEC Outdoor Championship Men's Results  
May 12-15 • Nashville, Tenn.**

| Place | School          | Points |
|-------|-----------------|--------|
| 1.    | Arkansas        | 169    |
| 2.    | Florida         | 116    |
| 3.    | Tennessee       | 109    |
| 4.    | Georgia         | 99     |
| 5.    | LSU             | 76     |
| 6.    | Auburn          | 68     |
| 7.    | Mississippi St. | 57     |
| 8.    | Alabama         | 39     |
| 9.    | USC             | 29     |
| 10.   | Ole Miss        | 28     |
| 10.   | Kentucky        | 28     |

**100 M**

|    |                     |       |
|----|---------------------|-------|
| 1. | Steve Mullings, MSU | 10.15 |
| 6. | Leroy Dixon, USC    | 10.42 |
| 8. | Rodney Martin, USC  | 10.55 |

**200 M**

|    |                    |       |
|----|--------------------|-------|
| 1. | Xavier Carter, LSU | 20.16 |
| 7. | Rodney Martin, USC | 20.92 |

**400 M**

|    |                   |       |
|----|-------------------|-------|
| 1. | Kelly Willie, LSU | 45.51 |
|----|-------------------|-------|

**800 M**

|    |                    |         |
|----|--------------------|---------|
| 1. | James Hatch, ARK   | 1:47.35 |
| 4. | William Emase, USC | 1:48.23 |

**1500 M**

|    |                  |      |
|----|------------------|------|
| 1. | Simon Ngata, UGA | 3:46 |
|----|------------------|------|

**5000 M**

|    |                   |          |
|----|-------------------|----------|
| 1. | Peter Kosgei, ARK | 13:56.12 |
|----|-------------------|----------|

**4X100 M RELAY**

|    |         |       |
|----|---------|-------|
| 1. | Florida | 39.1  |
| 5. | USC     | 39.66 |

**4X400 M RELAY**

|    |         |         |
|----|---------|---------|
| 1. | Florida | 3:02.23 |
| 7. | USC     | 3:10.92 |

**110 M HURDLES**

|    |                   |       |
|----|-------------------|-------|
| 1. | Aries Merritt, UT | 13.38 |
|----|-------------------|-------|

**400 M HURDLES**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Kerron Clement, UF    | 48.29 |
| 6. | Jason Richardson, USC | 51.37 |

**HAMMER THROW**

|     |                    |        |
|-----|--------------------|--------|
| 1.  | Cory Martin, AUB   | 65.52m |
| 8.  | Tyler Trout, USC   | 52.8m  |
| 12. | Jacob Minskey, USC | 49.6m  |

**DECATHLON**

|    |                   |             |
|----|-------------------|-------------|
| 1. | Chris Helwick, UT | 7780 points |
|----|-------------------|-------------|

**10000 M**

|    |                  |          |
|----|------------------|----------|
| 1. | Joshat Boit, ARK | 29:39.58 |
|----|------------------|----------|

**DISCUS**

|     |                     |        |
|-----|---------------------|--------|
| 1.  | Edis Elkasevic, AUB | 58.1m  |
| 15. | Joe Schroeder, USC  | 46.2m  |
| 18. | Tyler Trout, USC    | 43.45m |
| 20. | Jason Cook, USC     | 41.48m |

**HIGH JUMP**

|    |                      |       |
|----|----------------------|-------|
| 1. | Michael Morrison, UF | 2.23m |
|----|----------------------|-------|

**LONG JUMP**

|     |                          |       |
|-----|--------------------------|-------|
| 1.  | LaChristopher Lewis, MSU | 7.65m |
| 5.  | Greig Cryer, USC         | 7.53m |
| 15. | Derek Pressley, USC      | 6.85m |

**Shot Put**

|     |                     |        |
|-----|---------------------|--------|
| 1.  | Edis Elkasevic, AUB | 20.84m |
| 14. | Jason Cook, USC     | 13.8m  |

**JAVELIN**

|    |                    |        |
|----|--------------------|--------|
| 1. | Trevor Snyder, UGA | 75.81m |
| 6. | Joe Schroeder, USC | 60.04m |

**TRIPLE JUMP**

|    |                     |        |
|----|---------------------|--------|
| 1. | Janus Uudmae, ARK   | 16.26m |
| 8. | Derek Pressley, USC | 14.79m |

**POLE VAULT**

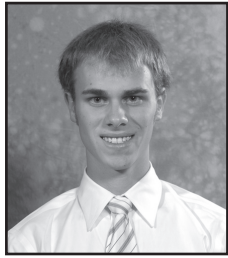
|    |                   |       |
|----|-------------------|-------|
| 1. | Brad Smith, UGA   | 5.13m |
| 9. | Dan McKenzie, USC | 4.87m |



**2004-2005 President's List**



*Rebecca Chain*



*David Johannesmeyer*



*Jenny Lake*



*Steve Mance*



*Casey Ostien*



*Emily Pease*



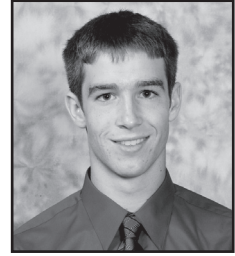
*Callie Rabun*



*Karen Wigal*



*Amy Wike*



*Dan Williams*

**2004-2005 Dean's List**



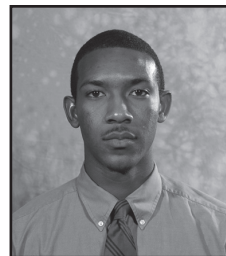
*Ronetta Alexander*



*Monica Bozenski*



*Abbie Christianson*



*Greig Cryer*



*Ashley Cruse*



*Sarah Davis*



*Kristi Eton*



*Marisa Garcia-Quintana*



*Chelsea Hammond*



*Natasha Hastings*



*Lauren Jaynes*



*Chelsea Kaczmarek*



*Brad Kieber*



*Monica King*



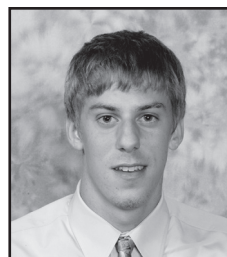
*Christine Mudd*



*Amberly Nesbitt*



*Tristan Rackow*



*Evan Slack*



*Jessica Smith*



*Tiffany Williams*

**2005 SEC Academic Honor Roll**

**Men**

- Brook Antonio
- Greig Cryer
- Adrian Durant
- Anthony Faulkner
- Steve Mance
- Dan McKenzie
- Jacob Minksey
- Greg Royster
- Evan Slack
- Tyler Trout

**Women**

- Precious Akins
- Ronetta Alexander
- Nicole Breves
- Khalilah Carpenter
- Ashley Cruse
- Marisa Garcia-Quintana
- Chelsea Hammond
- Chelsea Kaczmarek
- Jenny Lake
- Christine Mudd
- Tristan Rackow
- Tiffany Ross-Williams
- Shevon Stoddart
- Cheryl Terrio
- Karen Wigal

**2005 SEC Freshman Academic Honor Roll**

**Men**

- Matthew Hoffman
- David Johannesmeyer
- Brad Kieber
- Jason Richardson
- Daniel Williams

**Women**

- Rebecca Chain
- Sarah Davis
- Natasha Hastings
- Lauren Jaynes
- Amberly Nesbitt
- Emily Pease
- Jessica Smith
- Shalonda Solomon
- Amy Wike





# **HISTORY AND RECORDS**