



SUCCESS ON THE TRACK

In 2006, South Carolina had several former or current Gamecocks finish the year ranked among the best in the USA and world in their respective events. A total of 27 current or former student-athletes were ranked in the USA or world. Ten earned a top-10 rating in the USA and eight were among the top 10 in the world. Highlights from 2006 are listed below.

MEN

- Kenneth Ferguson, 400mH – 6th USA, 14th World
- Otis Harris, 400m – 10th USA, 20th World
- Rodney Martin, 200m – 6th USA, 9th World
- Stanislav Olijar, 110mH – 7th World
- Jason Richardson, 110mH – 11th USA, 23rd World
- Terrence Trammell, 100m – 10th USA, 15th World
- Terrence Trammell, 110mH – 3rd USA, 5th World



WOMEN

- Lisa Barber, 100m – 2nd USA, 4th World
- Lashinda Demus, 400mH – 1st USA, 1st World
- Natasha Hastings, 400m – 6th USA
- Tiffany Ross-Williams, 400mH – 2nd USA, 4th World
- Shalonda Solomon, 100m – 5th USA, 8th World
- Shalonda Solomon, 200m – 4th USA, 7th World
- Tonique Williams-Darling, 400m – 10th World



SUCCESS OFF THE TRACK

The 2006 South Carolina women's track and field team was named USTFCCA National Outdoor All-Academic Team of the Year. The women had a cumulative spring GPA of 3.1 and finished third at the NCAA Outdoor Championships, marking an 11th straight top-10 finish. Additionally, Shalonda Solomon earned USTFCCA National Indoor Scholar-Athlete of the Year honors. Solomon won the 200m title at the NCAA Indoor Championships and did the same outdoors as well.

For the year, five women and four men were named to the USTFCCA All-Academic Team. The SEC Academic Honor Roll featured 30 women and 21 men, while the University Dean's List had 11 female honorees and four men for the spring semester. Six women were among the University President's List for spring 2006, as were three men, and five Gamecocks made the CoSIDA Academic All-District Team, more than any school in the SEC or ACC.

A LOOK BACK AT THE 1997 GAMECOCK SENIOR CLASS

In spring 1997, current South Carolina Head Coach Curtis Frye began his tenure as leader of the Gamecocks' men's and women's track and field programs. Below is a look back at the senior class of Frye's first year from a decade ago.



**DAWN
ELLERBE**
6-1 • Throws

- ✓ The first Gamecock woman to win an NCAA individual championship
- ✓ Won back-to-back NCAA titles in the 20-pound weight and hammer throw in 1996 and 1997
- ✓ Competed at the 2000 Olympics in Sydney in the hammer throw
- ✓ Received six All-America certificates at Carolina
- ✓ Won two SEC 20-pound weight titles and two in the discus as well



**LaRAE
GREY**
5-4 • Sprints

- ✓ Competed for South Carolina in 1996 and 1997 after transferring from Charlotte
- ✓ Attended Willingboro High School in Philadelphia
- ✓ Competed in sprinting and hurdling events over the course of her career
- ✓ Placed ninth at the 1996 SEC Championships in the 400m hurdles
- ✓ Was second in the 400mH at the conference championships in 1995



**DEANNA
SMITH**
5-7 • Distances

- ✓ Served as team captain her senior year
- ✓ Competed as a member of South Carolina's cross country team as well
- ✓ Graduated from Southmoreland High School in Everson, Pa.
- ✓ A member of the 1996 DMR team that won gold at the Sea Ray Relays
- ✓ A member of the 4x400m team that set what was then a school record at the 1996 LSU Invitational

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QUICK FACTS

| | |
|----------------------------|---|
| Location..... | Columbia, S.C. |
| Founded..... | 1801 |
| Enrollment..... | 27,390 |
| Colors..... | Garnet (PMS 201) & Black |
| Nickname..... | Gamecocks |
| President..... | Dr. Andrew Sorensen |
| Athletics Director..... | Eric Hyman |
| Faculty Athletics Rep..... | Dr. Bill Bearden |
| Head Coach..... | Curtis Frye |
| Assistant Head Coach..... | Delethea Quarles |
| Assistant Coach..... | Stan Rosenthal |
| Assistant Coach..... | Mike Sergent |
| Assistant Coach..... | Rusty Shealy |
| 2006 Men's/Women's Results | |
| SEC Indoor Finish..... | 5th/T-3rd |
| NCAA Indoor Finish..... | T-33rd/T-10th |
| SEC Outdoor Finish..... | 5th/3rd |
| NCAA Outdoor Finish..... | T-30th/3rd |
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2007 SCHEDULE

INDOOR SEASON

| Day/Days | Date/Dates | Meet | Location |
|-----------------|------------|-------------------------------------|---------------------|
| Friday-Saturday | Jan. 12-13 | Virginia Tech Invitational | Blacksburg, Va. |
| Friday-Saturday | Jan. 19-20 | Rod McCravy Memorial | Lexington, Ky. |
| Friday-Saturday | Jan. 26-27 | On Track Open | Lynchburg, Va. |
| Saturday | Jan. 27 | Diet Pepsi Invitational | Gainesville, Fla. |
| Friday-Saturday | Feb. 2-3 | New Balance Collegiate Invitational | New York City, N.Y. |
| Friday-Saturday | Feb. 9-10 | Tiger Invitational | Clemson, S.C. |
| Friday-Saturday | Feb. 9-10 | Tyson Invitational | Fayetteville, Ark. |
| Saturday | Feb. 17 | Gamecock Invitational | Columbia, S.C. |
| Friday-Sunday | Feb. 23-25 | SEC Indoor Championships | Lexington, Ky. |
| Friday-Saturday | March 2-3 | NCAA Last Chance Meet | Four Locations* |
| Friday-Saturday | March 9-10 | NCAA Indoor Championships | Fayetteville, Ark. |

* Gainesville, Fla.; Blacksburg, Va.; Ames, Iowa; Grand Forks, N.D.

OUTDOOR SEASON

| Day/Days | Date/Dates | Meet | Location |
|--------------------|-------------|---------------------------------|--------------------|
| Thursday-Saturday | March 15-17 | Hurricane Invitational | Coral Gables, Fla. |
| Saturday | March 24 | Jim Click Shoot-Out | Tucson, Ariz. |
| Saturday | March 31 | Weems Baskin Relays | Columbia, S.C. |
| Friday-Saturday | April 6-7 | Pepsi Florida Relays | Gainesville, Fla. |
| Wednesday | April 11 | State of South Carolina Meet | Columbia, S.C. |
| Friday-Saturday | April 13-14 | Spec Town Relays | Athens, Ga. |
| Saturday | April 21 | North Carolina A&T Invitational | Greensboro, N.C. |
| Thursday-Saturday | April 26-28 | Penn Relays | Philadelphia, Pa. |
| Friday-Sunday | May 11-13 | SEC Outdoor Championships | Tuscaloosa, Ala. |
| Friday-Saturday | May 25-26 | NCAA East Regionals | Gainesville, Fla. |
| Wednesday-Saturday | June 6-9 | NCAA Outdoor Championships | Sacramento, Calif. |
| Thursday-Sunday | June 21-24 | USATF Junior/Senior Nationals | Indianapolis, Ind. |



MEDIA INFORMATION

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 Matt Freed 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.



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Michelle Schmitt
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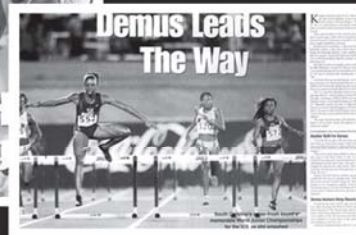
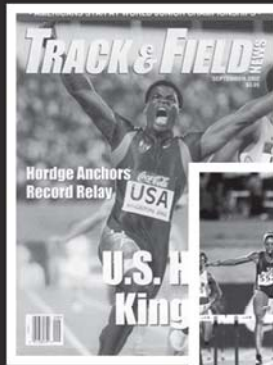
EQUAL OPPORTUNITY POLICY STATEMENT

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.

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- Coaches & Staff
- Men's Team
- Women's Team
- The SEC
- 2006 Review
- History & Records





2007 MEN'S ROSTER

Introduction

Coaches & Staff

Men's Team

Women's Team

The SEC

2006 Review

History & Records

| NAME | YEAR (I/O) | HEIGHT | EVENTS | HOMETOWN | HIGH SCHOOL/LAST SCHOOL |
|----------------------|-------------|--------|-----------------|------------------------------|----------------------------|
| Johnny Baez | Sr./Sr. | 6-0 | Distances | Nyack, N.Y. | Nyack/SUNY Delhi |
| Moe Brown | Fr./Fr. | 6-0 | Hurdles | Anderson, S.C. | Westside |
| Jason Cook | R-So./Jr. | 6-2 | Throws | Bristow, Va. | Brentsville District |
| Anthony Faulkner | R-Sr./R-Sr. | 6-7 | Throws | Piedmont, S.C. | Wren |
| Derron Flood | R-Jr./R-Jr. | 6-0 | Sprints | Chesapeake, Va. | Deep Creek |
| Jonathan Fortenberry | R-Sr./R-Sr. | 6-1 | Sprints | Marietta, Ga. | Marietta |
| Johnathan Hancock | So./So. | 6-2 | Sprints | Charlotte, N.C. | West Charlotte |
| Jussi Heikkila | R-Jr./R-Jr. | 5-11 | Sprints/Hurdles | Virrat, Finland | Virtain Lukio |
| Erik Heymann | R-Fr./R-Fr. | 5-11 | Throws | Westwood, N.J. | Westwood Regional |
| Thomas Hilliard, IV | R-Sr./R-Sr. | 6-1 | Hurdles/Sprints | Raleigh, N.C. | Southeast Raleigh |
| Keith Hinnant | Jr./Jr. | 5-10 | Sprints | Bay Shore, N.Y. | Bay Shore |
| Jamil James | Jr./Jr. | 6-0 | Sprints | Marabella, Trinidad & Tobago | Presentation College |
| David Johannesmeyer | Jr./Jr. | 6-0 | Distances | Summerville, S.C. | Summerville |
| Sean Leyh | R-Jr./R-Jr. | 6-1 | Distances | Stafford, Va. | Colonial Forge |
| Jay Lucas, Jr. | Fr./Fr. | 5-10 | Pole Vault | Florence, S.C. | West Florence |
| Nick Lytle | Jr./Jr. | 5-11 | Sprints | Spartanburg, S.C. | Spartanburg |
| Curt McGill | So./So. | 6-0 | Multi | Spartanburg, S.C. | Spartanburg |
| Dan McKenzie | Sr./Sr. | 5-11 | Pole Vault | Salisbury, Md. | James M. Bennett |
| Ray Miley | Jr./Jr. | 6-0 | Sprints | Brooklyn, N.Y. | Canarsie/Kingsborough CC |
| Jim Mitchell | R-Sr./R-Sr. | 6-2 | Throws | Londonderry, N.H. | Londonderry |
| Quentin Moore | Fr./Fr. | 5-10 | Sprints | Chesapeake, Va. | Deep Creek |
| Scott Pierce | Fr./Fr. | 6-2 | Multi | Columbia, S.C. | Irmo |
| Derek Pressley | Jr./Jr. | 5-8 | Jumps | Easley, S.C. | Wren |
| Jason Richardson | Jr./Jr. | 6-1 | Hurdles/Sprints | Cedar Hill, Texas | Cedar Hill |
| Keith Romero | Jr./Jr. | 5-8 | Distances | Albany, N.Y. | Colonie Central/SUNY Delhi |
| Joe Schroeder | R-Jr./R-Jr. | 6-4 | Throws | Simpsonville, S.C. | Mauldin |
| Aaron Searles | Fr./Fr. | 5-11 | Sprints/Jumps | Charlotte, N.C. | Harding University High |
| Eddie Stoudemire | Fr./Fr. | 6-3 | Multi | Wellington, Fla. | Glades Central |
| Tyler Trout | R-Sr./R-Sr. | 6-5 | Throws | Goose Creek, S.C. | Stratford |
| Daniel Williams | R-So./Jr. | 6-2 | Distances | Mechanicsville, Va. | Atlee |
| Michael Zajac | Fr./Fr. | 6-3 | Throws | Lynchburg, Va. | E.C. Glass |
| David Zaycek | Jr./R-So. | 6-1 | Throws | Manasquan, N.J. | Wall |

PRONUNCIATION GUIDE

| | |
|---------------------|--------------------|
| Johnny Baez | BUY-ez |
| Jussi Heikkila | YOU-see hi-KUH-luh |
| Erik Heymann | HEY-men |
| Thomas Hilliard, IV | HILL-yurd |
| Keith Hinnant | HIN-int |
| Jamil James | juh-MEEL |
| David Johannesmeyer | yo-HAHN-iss-myer |
| Sean Leyh | LIE |
| Nick Lytle | lie-TUHL |
| Ray Miley | my-LEE |
| Derek Pressley | press-LEE |
| Joe Schroeder | shrow-DER |
| Aaron Searles | sir-UHLS |
| Eddie Stoudemire | staw-DUH-mire |
| Tyler Trout | Like the fish |
| Michael Zajac | zay-JACK |
| David Zaycek | zay-CHECK |



2007 WOMEN'S ROSTER



| NAME | YEAR (I/O) | HEIGHT | EVENTS | HOMETOWN | HIGH SCHOOL/LAST SCHOOL |
|--------------------|-------------|--------|-----------------|--------------------------|-----------------------------|
| Precious Akins | Sr./Sr. | 5-10 | Throws | Summerville, S.C. | Summerville |
| Ronnetta Alexander | R-Jr./Sr. | 5-7 | Hurdles | Williamsville, N.Y. | Williamsville South |
| Amanda Barrett | Fr./Fr. | 5-4 | Distances | New Orleans, La. | Sacred Heart Academy |
| Nicki Breves | Sr./Sr. | 5-8 | Distances | Ridgefield, Conn. | Ridgefield |
| Kelsey Bristol | So./So. | 5-8 | Distances | Grandville, Mich. | Grandville |
| Nikeshia Brown | Jr./Jr. | 5-9 | Sprints | Hempstead, N.Y. | Hempstead |
| Krystal Cantey | Fr./Fr. | 5-10 | Hurdles/Sprints | Winslow Township, N.J. | Winslow Township |
| Katarina Cap | Fr./Fr. | 5-8 | Distances | Hilton Head Island, S.C. | Hilton Head |
| Rebecca Chain | Jr./R-So. | 5-6 | Distances | Ridgefield, Conn. | Ridgefield |
| Kettiany Clarke | So./So. | 5-7 | Multi/Hurdles | West Palm Beach, Fla. | Palm Beach |
| Brandi Cross | Fr./Fr. | 5-6 | Sprints | Missouri City, Texas | Thurgood Marshall |
| Katie Daly | Fr./Fr. | 5-5 | Distances | Tampa, Fla. | Plant |
| Danielle Franklin | R-Fr./R-Fr. | 5-6 | Distances | Greenville, S.C. | Greer |
| Casey Gale | R-Fr./R-Fr. | 5-3 | Distances | Pickens, S.C. | Pickens/Charleston Southern |
| Faraign Giles | Jr./Jr. | 5-5 | Sprints | Virginia Beach, Va. | Tallwood |
| Sallie Gurganus | Fr./Fr. | 5-8 | Pole Vault | Todd, N.C. | Watauga |
| Emily Hartley | Fr./Fr. | 5-3 | Distances | Naperville, Ill. | Neuqua Valley |
| Natasha Hastings | Jr./Jr. | 5-8 | Sprints | Rosedale, N.Y. | A. Philip Randolph Campus |
| Dishari'ck Howze | Jr./Jr. | 5-3 | Sprints | Rock Hill, S.C. | Northwestern |
| Brittney James | So./So. | 5-9 | Jumps/Multi | Columbia, S.C. | Dreher |
| Chelsea Kaczmarek | Sr./Sr. | 5-6 | Multi | Davenport, Iowa | Assumption |
| Aimee Kodat | Fr./Fr. | 5-7 | Throws | Herrdon, Va. | Westfield |
| Chiquita Martin | Sr./Sr. | 5-5 | Sprints/Hurdles | Anderson, S.C. | Westside |
| Lisa McKinney | Fr./Fr. | 5-4 | Distances | Dowlingtown, Pa. | West Potomac |
| Christine Mudd | R-Jr./R-Jr. | 5-10 | Throws | Columbus, Ohio | Upper Arlington |
| Amberly Nesbitt | Jr./Jr. | 5-0 | Sprints | Greenville, S.C. | J.L. Mann |
| Jessica Nichols | Fr./Fr. | 5-3 | Distances | Moncks Corner, S.C. | Berkeley |
| CaAdrian Norman | R-Fr./R-Fr. | 5-4 | Pole Vault | Arlington, Tenn. | Raleigh-Egypt |
| Kayla Parker | Fr./Fr. | 5-9 | Multi | Tallahassee, Fla. | Florida High |
| Emily Pease | R-So./Jr. | 5-7 | Pole Vault | Moon Township, Pa. | Moon Area |
| Anna Petrov | So./R-Fr. | 5-7 | Distances | Albuquerque, N.M. | Eldorado |
| Ashton Pratt | R-Fr./R-Fr. | 5-4 | Pole Vault | Summerville, S.C. | Summerville |
| Callie Rabun | R-So./R-So. | 5-5 | Distances | Alpharetta, Ga. | Milton |
| Laura Regensburg | R-Fr./So. | 5-2 | Distances | Alexandria, Va. | West Potomac |
| Megan Robers | R-Fr./R-Fr. | 5-3 | Distances | Cincinnati, Ohio | Archbishop McNicholas |
| Alyse Shayer | R-Fr./So. | 5-5 | Distances | Bakersfield, Calif. | Stockdale |
| Vica Shobe | So./So. | 5-8 | Pole Vault | Matthews, N.C. | Weddington |
| Stephanie Smith | Sr./Sr. | 5-9 | Sprints | Macon, Ga. | Northeast |
| Shalonda Solomon | Jr./Jr. | 5-6 | Sprints | Inglewood, Calif. | Long Beach Poly |
| Terrilyn Stephens | R-Fr./R-Fr. | 5-7 | Pole Vault | Summerville, S.C. | Summerville |
| Liza Todd | So./So. | 5-6 | Pole Vault | Columbia, S.C. | Dreher |
| Reanna Townsend | Sr./Sr. | 5-5 | Multi/Jumps | Baton Rouge, La. | Baton Rouge Magnet |
| Tawana Watkins | R-Sr./R-Sr. | 5-6 | Hurdles/Sprints | Newark, N.J. | John F. Kennedy |
| Karen Wigal | Sr./Sr. | 5-8 | Distances | Morgantown, W.Va. | Morgantown |
| Becky Woods | R-Fr./R-Fr. | 5-5 | Distances | Galway, N.Y. | Galway |
| Trier Young | So./So. | 5-6 | Hurdles | Neptune, N.J. | Neptune |

PRONUNCIATION GUIDE

| | | |
|--|------------------------------------|-----------------------------------|
| Precious Akins.....AY-kins | Chelsea Kaczmarek.....kaz-MEER-eck | Alyse Shayer.....al-EECE |
| Nicki Breves.....BREEVS | Aimee Kodat.....koh-DAT | Vica Shobe.....vick-UH |
| Nikeshia Brown.....nih-KEE-shuh | Amberly Nesbitt.....nez-BIT | Terrilyn Stephens.....tair-eh-LIN |
| Krystal Cantey.....can-TEE | CaAdrian Norman.....cay-ay-DREE-in | Liza Todd.....ly-ZUH |
| Kettiany Clarke.....keh-TEE-ah-nee | Emily Pease.....PEACE | Reanna Townsend.....ree-AH-nuh |
| Faraign Giles.....fair-IN | Anna Petrov.....peh-TRAWV | Karen Wigal.....why-GUHL |
| Sallie Gurganus.....gur-GAN-us | Callie Rabun.....ray-BIN | Trier Young.....tree-AIR |
| Dishari'ck Howze.....dee-shar-EE how-ZEE | Megan Robers.....row-BERS | |



GENERAL OUTLOOK

Coming off a season that saw a fifth-place finish at the SEC Indoor and Outdoor Championships, the South Carolina men's track and field team hopes to further improve at the conference level and score more points at the NCAA meets as well. Leading the Gamecocks' efforts will be junior and four-time All-American hurdler Jason Richardson. South Carolina also returns six-time All-American sprinter Jonathan Fortenberry, who appears to be healthy after seeing limited competition the past three years because of a severe Achilles' heel injury.

Head coach Curtis Frye, now entering his 11th year with South Carolina, sees his Gamecocks as having a strong possibility of being a top-10 team at NCAAs. Frye also has set the goal for his men to place in the top three at the highly competitive NCAA East Regional in May. Carolina placed 33rd at last season's NCAA indoor meet thanks to the six points scored by departed senior Greig Cryer by finishing third in the long jump. At the outdoor championship, the men improved to 30th behind Richardson's third-place finish in the 110-meter hurdles and one point scored by Cryer in the long jump and classmate Leroy Dixon in the 100m.

Like 2006, South Carolina starts the season in Blacksburg, Va., to partake in the Virginia Tech Invitational over Jan. 12-13. The following week, the Gamecocks travel to Lexington, Ky., for the Rod McCravy Memorial. During Jan. 26-27, Carolina's multi-event athletes will head to Lynchburg, Va., for the On Track Open, while other members of the team compete in the Diet Pepsi Invitational hosted by Florida in Gainesville, Fla. Two of the indoor season's most notable events, The Armory Invitational in New York City and the Tyson Invitational in Fayetteville, Ark., will be held Feb. 2-3 and Feb. 9-10. South Carolina hosts the annual Gamecock Invitational on Feb. 17 and then travels back to Lexington for the SEC Indoor Championships from Feb. 23-25. The NCAA Last Chance Meets are March 2 and 3, and the NCAA Indoor Championships take place over March 9-10 in Fayetteville.

The Hurricane Invitational in Coral Gables, Fla., represents South Carolina's first meet of the outdoor campaign, taking place March 15-17. A trip across the country is next for the Gamecocks with the Jim Click Shoot-Out in Tucson, Ariz., March 24. USC hosts the Weems Baskin Relays a week later before heading to Gainesville and the Pepsi Florida Relays over April 6-7. South Carolina hosts its third and final meet of the year April 11 with the State of South Carolina Meet and then heads east to Athens, Ga., to participate in the Spec Town Relays. The one-day North Carolina A&T Invitational is April 21 and the 112th Penn Relays take place from April 26-28 in Philadelphia. A two-week break follows and then the SEC Outdoor Championships begin May 11 in Tuscaloosa, Ala., and conclude May 13. The NCAA East Regionals are scheduled for May 25-26 and the NCAA Outdoor Championships will be contested June 6-9 in Sacramento, Calif.

SPRINTS/RELAYS

South Carolina is hopeful that Fortenberry will be able to return to the form he displayed as a freshman and sophomore in the sprints and relays. He is the only member of the men's team to have won an NCAA championship, doing so in 2002 as a rookie member of the 4x400m relay team that ran 3:02.16 at the outdoor meet. Fortenberry will be expected to lead the Gamecocks in the 400m and be part of a mile-relay team that will look to compete at the national level.

Keith Hinnant figures to make a strong impact on Carolina's roster again this season. The junior posted the fifth-best time among SEC runners in the 400 during the indoor season and was runner-up in the event at the SEC Indoor Championships. He also was a member of the 4x400 relay team that won first place at the NCAA East Regional during the outdoor campaign. Hinnant figures to once again be a force in the quarter-mile dash and help the Gamecocks in the 4x400.

Thomas Hilliard, IV, has improved each year as a member of South Carolina's track and field team. Now a senior, Hilliard was a member of the Gamecocks' 4x400m relay team that advanced to nationals in 2006, and he qualified for the USA National Outdoor Championships. Hilliard, who is captain of the men's squad, is expected to lead Carolina in its hopes for a high finish at NCAAs.

The Gamecocks also should receive contributions in the relays from junior Jamil James, who spent the summer running for his national team, Trinidad & Tobago. He also was a member of last year's top 4x400m relay team, and after a successful fall of training, he should factor into South Carolina's efforts in the 200, 400 and both relays.



Thomas Hilliard, IV, is expected to score points at the conference and national levels this season. He also should play an important role in the Gamecocks' 4x400m relay team.

Nick Lytle's continued improvement over his first two years as a Gamecock make him a solid candidate for a spot in the 4x100 and 4x400. The coaching staff will look to him for points at the SEC Championships in the 60, 100 and 200.

Junior college transfer Ray Miley, who won a national championship in the 600, is ready to make an immediate impact on the roster this spring after a very productive fall. Miley is expected to be a member of the 4x400 relay squad and help it reach nationals both indoors and outdoors. He will make a push for a spot in the NCAA Championships in the 400 as well.

True freshman Quentin Moore will attempt to make a contribution in all the sprint areas and the relays as well. Moore was the state runner-up in Virginia his senior year in the 100, 200 and 400. He looks to add points to South Carolina's totals at the SEC meets and play a role at the NCAA regionals.

DISTANCES

Senior Johnny Baez is expected to be one of South Carolina Assistant Coach Stan Rosenthal's top threats in the distance events. Baez's primary events are the middle distances. He posted the top times for Carolina last season in the 800m both indoors and outdoors with marks of 1:53.09 and 1:50.03. His outdoor time ranked No. 7 among Southeastern Conference runners. Baez qualified for the NCAA East Regional Championships in the 800 and he'll look to take it a step further in 2007. He also may compete in the 1,500 as well.

Sean Leyh, a redshirt junior from Stafford, Va., has concentrated most of his efforts in the 800 during his Gamecock career and will likely do the same this season. He returns with the second-best time in the event indoors from a year ago at 1:56.92, although his PR at the collegiate level is 1:53.24. Outdoors, his best time is 1:51.35 and should he improve those figures during the season he will become a potential scorer at the SEC Championships.

Daniel Williams is coming off a redshirt indoor season in 2006 and is penciled in to compete in several distance events. He has run the 1,500, mile, 3,000 and 5,000 over the course of his career. Williams, who holds the prestigious honor of being a McNair Scholar, has run times under nine minutes in the 3,000 and under 16 for the 5K. He has run the 3,000m steeplechase during his career as well. Williams hopes to be a significant contributor for the Gamecocks in his third season.

David Johannesmeyer, who is a Carolina Scholar, will assist Williams in competing in the long distances with a focus on the 3,000 and 5,000. Johannesmeyer is expected to shave more seconds off his times and bolster South Carolina's chances in the long runs.

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HURDLES

The Gamecocks will turn to Richardson and Hilliard for their labors in the hurdling events. Richardson is the more decorated of the two, having earned All-America certificates in the 60m hurdles his first two years as well as the 110m hurdles. At last season's NCAA Outdoor Championships, Richardson finished third in the 110mH to score six of South Carolina's eight points and help the Gamecocks earn a top-30 finish. He was named USTFCCA Southeast Region Outdoor Track & Field Athlete of the Year and also won the 110m hurdles at the NCAA East Regional while running a leg of the 4x400m relay.

Hilliard is expected to score at the conference, regional and national levels. In 2006, Hilliard placed seventh at the SEC Outdoor Championships in the 110mH while taking fourth in the 400mH. His top time in the 110mH was 13.90, which ranked seventh in the league, and all of times are sure to drop more this year thanks to his strong work ethic.

Other members of the Gamecocks' roster who hope to contribute in the hurdles include junior Jussi Heikkila and freshman Moe Brown, who spent the fall playing wide receiver for South Carolina's football team.

JUMPS

Junior Derek Pressley headlines the jumpers, and South Carolina Assistant Head Coach Delethea Quarles expects the Easley, S.C., native to make a scoring impact at the SEC Championships and qualify for nationals as well. Pressley managed to provide a couple points at the SEC Outdoor Championships a year ago with a jump of 49-5 3/4 to place seventh in the triple jump. With a successful fall training regime both on the track and in the weight room, Pressley should display high marks in the jumps this season.

Assisting Pressley is freshman Aaron Searles, a walk-on from Charlotte, N.C. Searles showed great promise in the fall in helping score points at the conference level. He received all-conference accolades in the long jump as a junior and senior and was the third-place finisher at AAU Nationals in 2002. In 2003 and 2004, Searles took fourth at the AAU meet in the long jump. During his career at Harding University High School, he also was an all-conference football player and took home his team's defensive MVP award.

While his primary focus is the multi-events, Curt McGill also may contribute points at the conference meets in the high jump.

POLE VAULT

South Carolina Assistant Coach Rusty Shealy has senior Dan McKenzie to lead his group of pole vaulters in 2007. Originally from Salisbury, Md., McKenzie cleared 17-0 3/4 during the outdoor season at the Sea Ray Relays, which earned him second place. He became just the fourth Gamecock in school history to clear 17 feet, and his 17-0 3/4 ranked second-best among SEC competitors for the entire outdoor campaign. While he just missed out on scoring at the SEC Championships, McKenzie did compete at the NCAA East Regional Championships and he is certain to be a force at the conference and potentially national levels in his final year.

Newcomer Jay Lucas, Jr., hails from Florence, S.C., where he attended West Florence High School. Lucas earned four letters in track and field under the tutelage of Richard Robbins. He was an all-state selection in 2005 and 2006 and won the state championship in the pole vault his senior year. Lucas is expected to assist McKenzie at the conference meets and add points to the Gamecocks' totals.

THROWS

Several talented throwers are listed on Assistant Coach Mike Sergent's roster this season. Four Gamecock throwers managed to score at the conference level and the figure is expected to be even higher in 2007.

Senior Tyler Trout specialized in the hammer last season, and his marks continuously improved over the course of the year. He topped out at 186-9, and it could not have come at a better time taking place at the SEC Outdoor Championships. The heave secured eighth place and gave the Gamecocks a point. Trout focused mainly on the 35-pound weight throw during the indoor season, with his best mark of 57-0 coming at the New Balance Armory Collegiate Invitational. In his final year, Trout is expected to score at both conference meets and be a contender for a spot at the outdoor regional as well.

Trout's classmate, Jim Mitchell, had a very strong year in 2006 after taking

a year off from competition. His focus was the shot put for the indoor campaign, which he opened with a 50-7 1/2 throw at the Virginia Tech Invitational to place 11th. He increased that figure as the season progressed and eventually logged a PR of 52-10 at the SEC Indoor Championships to finish in the No. 13 position. Mitchell unleashed a 57-7 bomb to set a personal record at the SEC outdoor meet and finish in fifth place. The Londonderry, N.H., native went on to earn a spot in the NCAA East Regional Championships and took ninth. His efforts in the shot put figure to play a critical role for South Carolina at the conference meets, and Mitchell will look to reach nationals as well.

Redshirt sophomore Jason Cook is South Carolina's top returnee in the 35-pound weight throw with a mark of 58-10 that came at the SEC Indoor Championships in 2006. His toss registered a fifth-place finish for the Gamecocks and ended as the ninth-best mark among SEC athletes. During the outdoor season, Cook competed in the shot put, discus and hammer and set personal bests in each event with figures of 54-5 1/2, 168-3 and 170-0. Cook's development into a consistent thrower makes him a significant asset to the throws program this year.

For the javelin, Joe Schroeder is the Gamecocks' best option having thrown a personal record 205-0 at last year's Walt Disney Invitational. At the SEC Outdoor Championships, Schroeder launched the javelin 192-9 to secure eighth place, and he earned a spot in the NCAA East Regionals. Schroeder will likely compete in the discus as well during the spring.

Erik Heymann, who took a redshirt as a freshman due to injury, is looking to come back strong after working hard at his rehabilitation last fall. He was one of the top 15 throwers nationally in the javelin during his high school career at Westwood Regional in Westwood, N.J., and once healthy is expected to be a major asset in helping Schroeder score points in the event.

Also a native of New Jersey, junior David Zaycek will compete in the shot put and weight throw for the indoor season. He just missed scoring a point at the SEC Indoor Championships in 2006 in the weight throw with a PR of 55-5 that placed ninth. Zaycek set a personal best of 51-5 3/4 in the shot put to open the season at Virginia Tech. Outdoors, he made strides in the shot put, discus and hammer. He qualified for the NCAA East Regional Championships in the hammer and recorded a personal best of 167-5 at SECs to finish 14th. Zaycek is looking to become a scorer at all levels of competition this year.

Another member of the throwing corps hoping to make a contribution this season is redshirt senior Anthony Faulkner. He will likely focus on the weight throw during the indoor season and then concentrate in the hammer for outdoors. Sergent is looking for Faulkner to become a scorer at the conference championships.

The lone newcomer to the group, Michael Zajac, enjoyed a decorated career at E.C. Glass High School in Lynchburg, Va. He received All-America certificates in the hammer, discus and weight throw over the course of his four-year career. He was named team MVP three straight years and claimed the Virginia state title in the shot put for the indoor season as a senior. Zajac set PRs of 185-2, 205-0 and 58-9 for the discus, hammer and shot put during his tenure at E.C. Glass.

MULTI-EVENTS

Quarles is looking for sophomore Curt McGill to lead the Gamecocks in the heptathlon and decathlon. As a freshman, McGill recorded a seventh-place finish in the heptathlon at the SEC Indoor Championships. In addition to being an outstanding student, he has spent considerable time improving his marks in the running events. McGill is expected to qualify for the national meets and make an impact at SECs as well.

Freshmen Scott Pierce and Eddie Stoudemire will join McGill for the multis this season. Pierce is a local product who attended Irmo High School and was an all-state selection in the triple jump his junior and senior years. He was named to the all-state team in the 800m and earned all-region accolades for the triple and high jumps in 2006 as well. Pierce left Irmo holding the school record for the 800m and held the position of team captain his final two years.

Stoudemire, who is related to NBA star Amare Stoudemire, attended Glades Central High School in Belle Glade, Fla. He earned three letters in track and field while grabbing two for football. A well-rounded athlete, Stoudemire has many strengths in running, sprinting and hurdling that make him an excellent choice for the heptathlon and decathlon.

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GENERAL OUTLOOK

The 2007 edition of South Carolina women's track and field features nine returning All-Americans and two athletes who won NCAA individual championships. Junior Shalonda Solomon won the 200-meter dash title at the NCAA Indoor and Outdoor Championships, while classmate Amberly Nesbitt was the outdoor champion in the 100m. Other members of the All-America corps include Precious Akins, Ronnetta Alexander, Faraigh Giles, Natasha Hastings, Chiquita Martin, Stephanie Smith and Tawana Watkins. With such a stock of talent coming back and the addition of several outstanding newcomers, the Gamecocks are looking to contend for conference and national championships this season.

South Carolina is coming off a 2006 season that saw it post its seventh consecutive top-10 finish at the NCAA Indoor Championships and its 11th straight at the outdoor meet. The Gamecocks registered a tie for 10th at the indoors last year and took third outdoors, finishing just a half-point behind runner-up Southern California. At both SEC championship events, South Carolina took third-place honors and crowned one SEC champion at the indoor competition and claimed a first in the 4x100 outdoors. While the Gamecocks did not win a national championship on the track, they did earn one in the classroom as the USTFCCCA All-Academic Outdoor Team of the Year. It was recognition that head coach Curtis Frye felt was even more impressive than the NCAA outdoor title won in 2002.

Like 2006, South Carolina starts the season in Blacksburg, Va., to partake in the Virginia Tech Invitational over Jan. 12-13. The following week, the Gamecocks travel to Lexington, Ky., for the Rod McCravy Memorial. During Jan. 26-27, Carolina's multi-event athletes will head to Lynchburg, Va., for the On Track Open, while other members of the team compete in the Diet Pepsi Invitational hosted by Florida in Gainesville, Fla. Two of the indoor season's most notable events, The Armory Invitational in New York City and the Tyson Invitational in Fayetteville, Ark., will be held Feb. 2-3 and Feb. 9-10. South Carolina hosts the annual Gamecock Invitational on Feb. 17 and then travels back to Lexington for the SEC Indoor Championships from Feb. 23-25. The NCAA Last Chance Meets are March 2 and 3, and the NCAA Indoor Championships take place over March 9-10 in Fayetteville.

The Hurricane Invitational in Coral Gables, Fla., represents South Carolina's first meet of the outdoor campaign, taking place March 15-17. A trip across the country is next for the Gamecocks with the Jim Click Shoot-Out in Tucson, Ariz., March 24. USC hosts the Weems Baskin Relays a week later before heading to Gainesville and the Pepsi Florida Relays over April 6-7. South Carolina hosts its third and final meet of the year April 11 with the State of South Carolina Meet and then heads east to Athens, Ga., to participate in the Spec Town Relays. The one-day North Carolina A&T Invitational is April 21 and the 112th Penn Relays take place from April 26-28 in Philadelphia. A two-week break follows and then the SEC Outdoor Championships begin May 11 in Tuscaloosa, Ala., and conclude May 13. The NCAA East Regionals are scheduled for May 25-26 and the NCAA Outdoor Championships will be contested June 6-9 in Sacramento, Calif.

SPRINTS/RELAYS

South Carolina will look to its sprinters and relay teams for a significant amount of points in the conference and national meets this season. The Gamecocks have several threats in the short and long sprints, and the combination of the different athletes makes for very potent 4x100 and 4x400 relay squads.

Solomon, who owns 10 All-America citations in just two years of collegiate running, will look to defend her national title in the 200 at the NCAA Indoor and Outdoor Championships. Her 22.57 that won the indoor title ended up being the fastest time by an American for 2006, while her top mark of 22.30 was the sixth-best time outdoors. At the USA Outdoor Championships, Solomon was runner-up in the 200 as she continued to establish herself as one of the top sprinters in the country. She also set the standard for college athletes in the classroom as well, being named USTFCCCA National Indoor Scholar-Athlete of the Year. Solomon will be looked upon to contend for national titles in the 60, 100 and 200, while serving as a member of both relay teams that are expected to score at the national level.

The Gamecocks' other defending NCAA champ, Nesbitt, is coming off an injury that may keep her out of competition for the entire indoor season, but Frye is hoping the Greenville, S.C., native will return in time to be a force in the 60. The junior owned the fastest indoor time by an American woman in 2006 for the 55m at 6.72, which she ran at the SEC Championships. She went on to earn All-America honors in the 60 and received the nod again for outdoors in the 100 and 4x100. Once healthy, Nesbitt figures to be one of the top picks to win the 100 at NCAAs, and along with Solomon, she will help lead the Gamecocks' efforts in the short sprints and relays.



Juniors Shalonda Solomon and Amberly Nesbitt are the defending NCAA champions in the 200 and 100. Solomon won the 200 at the NCAA Indoor Championships as well.

Hastings, who also is entering her junior year, has seven All-America honors to her credit. In 2006, she was a member of the indoor 4x400m team that finished seventh at the NCAA Indoor Championships and snagged three certificates at the outdoor meet in the 400, 4x100 and 4x400. Hastings should be one of the top runners in the 400 this season, an event Frye expects her to take to an even higher level. In addition to leading the Gamecocks in the long sprints, Hastings will likely be a member of both relays as well.

Not to be outdone, Smith is looking to return to her old form after fighting with injuries during the 2006 campaign. Over her career, Smith has picked up All-America honors eight times, and as a sophomore in 2005, she ran the second leg of South Carolina's 4x400 team that won the NCAA title for the indoor season. Frye is hopeful that Smith will be back running the 400 around 50.8, which will make her a national scoring threat. Smith is also being counted upon to help the 4x400 team contend nationally as well.

Giles has been a contributor to the relays in each of her first two years with South Carolina. She picked up two All-America awards last year at the NCAA Outdoor Championships as a member of the 4x100 and 4x400. Giles looks to continue developing individual speed in her junior year and be a factor with both relays.

One of the Gamecocks' top freshmen this year is sprinter Brandi Cross from Missouri City, Texas. Cross is the first high school athlete South Carolina has recruited to have broken 52 seconds in the 400, an event she received four All-America awards for while attending Thurgood Marshall High. She ended the 2006 indoor season ranked No. 2 nationally among high school athletes in the 400 with a 54.06 time. Outdoors, Cross posted a 51.96 time that ranked her third. At the 2006 IAAF World Junior Championships in Beijing, she was a member of the 4x400m relay team that represented the United States and won first place in a time of 3:29.01. With such a decorated prep career, Cross has the potential to score at the national level and be a tremendous asset on the relays as well.

Freshman Krystal Cantey of Winslow Township, N.J., enjoyed a great deal of success during her high school career as a sprinter and hurdler. While the latter of the two is Cantey's specialty, she is still expected to contribute in the 4x400 this year. She picked up All-America recognition for the 200 and 400 and won state championships in both events. As a senior, her 39.16 time for the 300 ranked third in the nation while her top performance in the 400 was ninth best.

Although her primarily event is the hurdles, Martin also may factor into the relays again in 2007. Two of her three All-America certificates have resulted from her membership with the 4x400m relay team.

Other athletes who will look to make an impact in the sprints and relays include juniors Nikesha Brown and Dishari'ck Howze. Frye is looking for Brown to step up in the 400 after a great fall, and Howze hopes to play a part in the relays and possibly the 400.

DISTANCES

USC Assistant Coach Stan Rosenthal will look to Rebecca Chain and Casey Gale to lead the long distance events in 2007. Both women spent the majority of the 2006 cross country season running in the top two positions for the Gamecocks. For

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the shorter distances, Kelsey Bristol and Anna Petrov will look to provide Carolina with competitive times.

Chain recorded a top-50 finish at the SEC Cross Country Championships last fall and was among the top 100 at the NCAA Southeast Regionals. She ran the 1,000, mile and 3,000 during the indoor season last year, taking 11th in the 1,000 at the Virginia Tech Invitational. Chain also took seventh in the mile at the Virginia Tech meet. The Ridgefield, Conn., native and Cooper Scholar had another seventh-place finish at Florida in the 3,000. Outdoors, she ran several 5,000 races in the low 18s.

Gale was the lead runner for the cross country team last fall, opening the year with a second-place finish at the Gamecock Invitational. She followed by taking third at Clemson and later posted the squad's only sub-18 time at Auburn. Gale, who transferred to South Carolina last spring after spending her first semester at Charleston Southern, just missed a top 50 finish at the SEC Cross Country Championships, and she competed at NCAA regionals.

Bristol recorded South Carolina's second-fastest time in the 800 for the indoor and outdoor seasons in 2006 behind departed senior Shay Shelton, who won the event last year at the SEC Indoor Championships. Originally from Grandville, Mich., Bristol missed most of last fall's cross country season because of injuries and hopes to be completely healed heading into the spring. In addition to the 800, Bristol may compete in the 1,500 as well.

Petrov was one of South Carolina's regular top-five finishers during last cross country season despite nagging injuries and illness. She sat out last year's outdoor season as a true freshman but did compete at several indoor meets. Petrov ran under 2:30 in every 800 race and competed in the 1,000 one time.

The Gamecocks and Rosenthal also will look for help in the distances from Nicki Breves, Lisa McKinney, Callie Rabun and Karen Wigal.

HURDLES

South Carolina has a quartet of hurdlers who have the potential to score at all levels of competition. Alexander, Cantey, Martin and Watkins will play critical roles in determining the Gamecocks' success in 2007, as will Kettiany Clarke, Brittney James and Trier Young.

Alexander, who has two years of eligibility remaining indoor and one outdoors, specializes in the short hurdles. A two-time All-American, Alexander took second at the 2006 SEC Indoor Championships in the 55mH, and she competed at the NCAA Championships in the 60mH. During the outdoor season, she ran exclusively in the 100mH and took first place in four consecutive meets at one point. She placed third at the Penn Relays and SECs and reached the semifinals at the NCAA Outdoor Championships. Frye sees Alexander taking her hurdling a step further this year and becoming a national contender.

Martin, who owns three All-America awards, is one of the Gamecocks' most improved athletes from a year ago. She finished third at the SEC Outdoor Championships in the 400mH and was seventh in the 100mH. Martin took sixth at the NCAA East Regional in the 400mH and reached the semis at NAAs in the event. Setting personal records in both events at the end of the year, Martin has a shot to be an NCAA finalist in one or both hurdles this year.

Watkins did not compete last season, but has twice received All-America citations over the course of her career. Watkins' primary focus during the years has been the 400mH, but she is capable of running the 100mH. Frye views Watkins as one of the top intermediate hurdlers in the nation and hopes she will make a significant impact on the conference and national scenes.

Cantey competed in the 100mH and 400mH during her high school career, but she gained more notoriety for the intermediate hurdles. She was an All-American in the event and state champion, although she won the state title in the 100mH as well. Her junior year, she ran 56.83 in the 400mH, which sat as the second-best time in the nation among high school athletes. Cantey's 300mH time that same year ranked No. 3 at 41.19. As a senior, her intermediate hurdles time was sixth nationally. Despite being a freshman, Frye's expectations for Cantey are high, as he sees her being a finalist at the NCAA Outdoor Championships in the 400mH.

JUMPS

James and senior Reanna Townsend comprise South Carolina Assistant Head Coach Delethea Quarles' jumping group this year.

James worked hard in the fall on her jumps after spending the 2006 season as a multi-event athlete. She is expected to be factor at the SEC Indoor and Outdoor Championships. The long jump may be James' top event and present an opportunity for her to post a provisional mark. Her top figure last year was 19-11, and this season's NCAA provisional standards have the long jump set at 20-0 1/4.

Townsend, like James, was primarily a multi-event athlete last year and will do the same in 2007, but she also will be asked to score points at the conference championships in the triple jump. Her career-best in the triple jump stands at 38-5, and Townsend will attempt to break 40 feet in her final year as a Gamecock.

POLE VAULT

Replacing All-American and 2006 senior Cheryl Terrio is no easy task, but South Carolina Assistant Coach Rusty Shealy has plenty of talent on the roster this year to help in the pole vault.

The Gamecocks' top returnee in the pole vault is sophomore Vica Shobe. The Matthews, N.C., native cleared 12 feet during the indoor season with a 12-5 1/2 vault and equaled the mark outdoors. She finished in ninth place at the SEC Indoor Championships and fought with an ankle injury for much of outdoors. Shobe will be called upon to score at the conference meets and be a regional qualifier.

Fellow sophomore Liza Todd, a local product who attended Dreher High, is coming off a successful first year as well. She had the third-best marks of 2006 for the indoor and outdoor seasons at 12-1 1/2 and 12-0. Like Shobe, Shealy expects Todd to contribute points at the conference level and qualify for NCAA regionals.

Freshman Sallie Gurganus comes to South Carolina as a five-time North Carolina state champion and record holder in the pole vault with a 12-1 mark. She received all-state, all-region and all-district recognition for track and field during her four-year career and was her team's MVP three times. Gurganus' potential makes her a legitimate threat to place in the top eight at the SEC Championships and possibly become a qualifier for the NCAA Regional Championships.

Third-year vaulter Emily Pease hopes to be a factor at the conference level this year after establishing career-bests of 11-6 1/4 and 11-11 3/4 last year for the indoor and outdoor seasons. Pease's progress over 2006 is encouraging for the Gamecocks heading into 2007.

THROWS

Senior All-American Precious Akins heads up South Carolina Assistant Coach Mike Sergent's throws program. She earned her certificate at the NCAA Outdoor Championships by finishing fourth in her specialty of the discus with a 176-3 heave. Akins established a PR earlier in the year when she threw the discus 185-9 to set a school record at the Spec Town Relays. The Summerville, S.C., native hopes to be a national contender for the discus this season and improve her marks in the shot put, hammer and 20-pound weight.

Freshman Aimee Kodat is the only other thrower listed on this year's roster. A native of Herndon, Va., Kodat received all-state, all-region and all-district honors for the shot put during the indoor and outdoor seasons and did likewise in the discus. Kodat was a two-time Bulldog Award winner at Westfield High School and picked up her squad's MVP title. She will look to steadily increase her marks throughout the course of the season.

MULTI-EVENTS

Leading the way for Quarles in the multi-events is Clarke, who is expected to score points in the pentathlon and heptathlon at SECs and be a factor on the national level. Clarke finished in third place as a freshman at the SEC Indoor Championships with 3,852 points. In addition to the heptathlon — where she also finished in third place at SECs — Clarke will likely focus on the hurdles during the outdoor season. Clarke competed for her native Jamaica at last year's IAAF World Junior Championships in the 100mH and finished in seventh place. She also won the Caribbean Athletic Championships in a time of 13.60.

Townsend will assist Clarke in the multi-events, as will senior Chelsea Kaczmarek. Townsend set a personal-best at last year's SEC Indoor Championships with 3,407 points in the pentathlon, and she established a high mark in the heptathlon with 4,618 points at the Sea Ray Relays. Kaczmarek, who is a Cooper Scholar at South Carolina, hopes to impact the conference meets in her final year of competition.

Kayla Parker is the sole newcomer to the multis this season. She attended Florida High School in Tallahassee, Fla., and competed on the track and field and volleyball teams all four years. She helped Florida High win state championships in track and field as a freshman, junior and senior. Parker earned all-state and all-district honors during her career and received the High School Heisman. Quarles hopes to see Parker score at the conference meets and make a push for a spot in the NCAA Championships.

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2007 MEN'S STANDARDS

NCAA INDOOR STANDARDS

SEA LEVEL

| EVENT | AUTOMATIC | | PROVISIONAL | |
|---------------------------------|-----------|---------|-------------|---------|
| | FAT | MT | FAT | MT |
| 55-Meter Dash | 6.14@ | — | 6.26@ | — |
| 60-Meter Dash | 6.62@ | — | 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)* | 46.85 | 46.6 | 48.05 | 47.8 |
| (200m/220 yds)* | 46.45 | 46.2 | 47.65 | 47.4 |
| (Banked or Over 200m/220 yds)* | 46.05 | 45.8 | 47.25 | 47.0 |
| 800-Meter Run# | — | — | — | — |
| (200m/220 yds or less)* | 1:48.40 | 1:48.1 | 1:50.50 | 1:50.2 |
| (Banked or Over 200m/220 yds)* | 1:47.80 | 1:47.5 | 1:49.90 | 1:49.6 |
| Mile Run# | — | — | — | — |
| (200m/220 yds or less)* | 3:59.80 | 3:59.5 | 4:04.80 | 4:04.5 |
| (Banked or Over 200m/220 yds)* | 3:59.00 | 3:58.7 | 4:04.00 | 4:03.7 |
| 3,000-Meter Run# | — | — | — | — |
| (200m/220 yds or less)* | 7:55.30 | 7:55.0 | 8:06.30 | 8:06.0 |
| (Banked or Over 200m/220 yds)* | 7:54.00 | 7:53.7 | 8:05.00 | 8:04.7 |
| 5,000-Meter Run | — | — | — | — |
| (200m/220 yds or less)* | 13:49.90 | 13:49.6 | 14:11.90 | 14:11.6 |
| (Banked or Over 200m/220 yds)* | 13:48.00 | 13:47.7 | 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)* | 3:10.90 | 3:10.6 | 3:14.80 | 3:14.5 |
| (200m/220 yds)* | 3:09.30 | 3:09.0 | 3:13.20 | 3:12.9 |
| (Banked or Over 200m/220 yds)* | 3:07.70 | 3:07.4 | 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) | 2.16 (7-1) |
| 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 | 10.50 | — | + .03/+ .06 |
| 200-Meter Dash | 21.19 | — | + .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# | 4:03.75 | 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 | 6.75@ | — | 6.92@ | — |
| 60-Meter Dash | 7.27@ | — | 7.44@ | — |
| 55-Meter Hurdles | 7.58@ | — | 7.86@ | — |
| 60-Meter Hurdles | 8.15@ | — | 8.43@ | — |
| 200-Meter Dash | | | | |
| (Under 200m/220 yds)* | 23.70 | — | 24.30 | — |
| (200m/220 yds)* | 23.50 | — | 24.10 | — |
| (Banked or Over 200m/220 yds)* | 23.30 | — | 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)* | 2:05.60 | 2:05.3 | 2:09.40 | 2:09.1 |
| (Banked or Over 200m/220 yds)* | 2:05.20 | 2:04.9 | 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 METRIC (IMPERIAL) | PROVISIONAL METRIC (IMPERIAL) |
|-----------------|-----------------------------|-------------------------------|
| High Jump | 1.84 (6-0 1/2) | 1.78 (5-10) |
| Pole Vault | 4.20 (13-9 1/4) | 3.95 (12-11 1/2) |
| Long Jump | 6.40 (21-0) | 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+ |
| 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# | 4:49.60 | 4:49.3 | |
| 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 |

EVENT METRIC (IMPERIAL)

| | |
|-------------|-----------------|
| High Jump | 1.75 (5-8 3/4) |
| Pole Vault | 3.80 (12-5 1/4) |
| 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) |

| EVENT | AUTOMATIC | | PROVISIONAL | |
|-------------------|--------------|---------|--------------|---------|
| | FAT | MT | FAT | MT |
| 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





TRACK FACILITIES

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 Gance, Auburn, 1976 |
| 200m | 20.29 • Justin Gatlin, Tennessee, 2001 |
| 400m | 44.78 • Avard 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 Sjostrom, 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 |

Introduction

Coaches & Staff

Men's Team

Women's Team

The SEC

2006 Review

History & Records