



Faraign.Giles
All-American

Quentin.Moore

Erik.Heymann

Brandi.Cross
All-American

Trier.Young

NCAA[®] QUALIFIERS

Ray.Miley
All-American

Jussi.Heikkila

Jamil.James
All-American

Derron.Flood
All-American

Gamecock Women



**RONETTA
ALEXANDER**

**Hurdles
R-Sr. (Indoor)
Williamsville, N.Y.
(Williamsville South)**

2-Time All-American

A two-time All-American, Alexander has one season of eligibility remaining indoors after exhausting her four years of outdoors ... a premier hurdler that can score on the conference and national levels.

COLLEGIATE BESTS	
INDOOR	
55-Meter Hurdles	7.60
60-Meter Hurdles	8.17
OUTDOOR	
100-Meter Hurdles	13.08

2007: Indoors, competed in 55- and 60-meter hurdles ... won all three rounds at the Gamecock Invitational, running a 7.91 in the final to take the title ... placed fifth at the SEC Indoor Championships in the 60-meter hurdles at a time of 8.27 ... opened the outdoor season with two third place finishes in the 100mH ... placed fourth at the Florida Relays at 13.57 ... won the State USATF meet and came in fourth at the Spec Towns National Invitational ... placed eighth at the SEC Outdoor Championships at 13.84.

2006: During the indoor season, concentrated on the short hurdles and the 200m ... sped to a 7.62 win at the USC Invitational, setting herself up for a highly impressive 7.60 collegiate PR run for second place at the SEC Indoor Championships ... a few of her 60mH times, such as an 8.22 effort at the Tiger Invitational and a career PR of 8.17 at the Virginia Tech Last Chance Meet, also showed performance increases ... qualifying for the NCAA indoor nationals, crossed the line in 8.21 for a 12th-place overall finish ... outdoors, exclusively ran the 100m hurdles ... fine runs of 13.38 and 13.16 at the State of South Carolina Track Meet and the Sea Ray Relays logged not only wins but also showed promise for the season ... would go on to run 13.10 at the SEC Outdoor Championship, finishing third, before duplicating her conference finish at the NCAA East Regional with a career-best of 13.08 ... with a bid to nationals secured, navigated the hurdles in 13.20 in the preliminary round before rounding out her outdoor season with a 13.27 semis run at the NCAA Outdoor Championships, an 11th-place finish.

2005: Did not run during the indoor season due to injuries ... competed in the 100-meter hurdles during the outdoor campaign ... turned in her best performance of the season at the SEC Outdoor Championships, posting a time of 13.22 seconds in the prelims, the second-fastest prelim time ... was disqualified in the finals ... earned a trip to the NCAA meet by placing second at the East Regionals with a time of 13.29 ... had the 11th-fastest time in the prelims at the NCAA outdoor meet with a time of 13.41, then was 12th in the semifinals with a time of 13.43.

2004: Competed in the hurdles during both the indoor and outdoor seasons as a freshman ... turned in then-personal best times in the 55-meter hurdles of 7.66 on two occasions, first at the USC Invitational, then while winning the event at the Last Chance Meet ... won the 60m hurdles at the Kentucky Invitational with a time of 8.25 ... won the Meet of Champions in New York with a time of 8.35 seconds ... turned in a time of 8.24 to place fourth at the SEC Indoor Championships in the 60-meter hurdles ... matched that time at the NCAA Indoor Championships to place 11th ... during the outdoor season, placed fifth in the 100m hurdles at the Penn Relays ... finished seventh in the same event at the SEC Championships ... placed 20th at the NCAA Outdoor Championships in the 100m hurdles with a time of 13.41 ... also ran the first leg on South Carolina's 4x100-meter relay unit that placed fourth at the NCAA Outdoor Championships, earning her an All-America certificate.

HIGH SCHOOL: Turned in a prolific prep career at Williamsville South High School in Williamsville, N.Y., graduating in 2003 ... lettered four times in both indoor and outdoor track and once in cheerleading ... coached in track by Sam Hasan ... selected to the *USA Today* All-America Team and was inducted into her school's Athletics Hall of Fame ... was a four-time indoor 55m hurdles champion and a five-time outdoor 100m hurdles champion in the state of New York ... set the National Scholastic indoor 60m hurdles record with a time of 8.33 ... holds the Dartmouth Relays record for the 55m hurdles ... was a youth national champion in the 100m hurdles, a Junior Olympic 100m hurdles champion with a time of 13.49 and was the New York state and federation record

holder in the event ... owns the Western New York record in the 100-meter hurdles ... was a two-time Empire State Games 100m hurdles champion ... named team captain as a senior ... an excellent student who graduated with honors, was a member of the National Honor Society and was named to the indoor and outdoor scholastic academic teams all four years of high school.

PERSONAL: Ronnetta C. Alexander was born May 8, 1985, in Buffalo, N.Y. ... parents are Melanie Alexander and Ronald Alexander ... currently in the doctorate program of pharmacy ... favorite food is lobster ... favorite movie is "The Color Purple" ... favorite athlete is Gail Devers ... enjoys spending time with family and friends ... credits her grandmother with influencing her life the most ... also considered Notre Dame, California, Texas A&M, Brown and Villanova before deciding on South Carolina.

**2007 PROGRESSIONS
INDOOR**

55-METER DASH			
1/12	Virginia Tech Invitational	P	7.33
55-METER HURDLES			
1/12	Virginia Tech Invitational	P	8.11
1/12	Virginia Tech Invitational	S	7.97
1/27	Diet Pepsi Invitational	P	8.02
2/17	Gamecock Invitational	P	8.01
2/17	Gamecock Invitational	S	7.89
2/17	Gamecock Invitational	1	7.91
3/3	NCAA Last Chance	P	9.12
60-METER HURDLES			
2/24	SEC Championship	P	8.37
2/25	SEC Championship	5	8.27

OUTDOOR

100-METER HURDLES			
3/24	Jim Click Shootout	3	13.66
3/31	Weems Baskin Relays	3	13.52
4/6	Florida Relays	4	13.57
4/11	State USATF	1	13.65
4/13	Spec Towns National	4	14.22
5/11	SEC Championship	P	13.54
5/12	SEC Championship	8	13.84





BRANDI CROSS

Sprints
So./So.
Missouri City, Texas
(Thurgood Marshall)

All-American

Showed glimpses of her potential as a member of SEC Champion mile relay ... will step up as a national title contender in the 400m and will run with relays.

2007: Pan Am Junior Champion ... Opened indoor season seventh in the 400m at 54.80 at the Rod McCravy Memorial ... took third at the Diet Pepsi Invitational with a time of 55.12 ... ran a 54.38 at the New Balance Invitational to place fifth ... finished ninth at the Tyson Invitational in 54.39 ... ran at the SEC Indoor Championships with an 11th place finish ... ran an indoor personal best 54.37 at the NCAA Last Chance meet ... outdoors, finished first at the Hurricane Invite with a time of 54.11 ... placed eighth at the Jim Click Shootout with a 54.56 time ... ran the 200m at the Weems Baskin Relays, placing fourth in 24.66 ... took eighth in the 400m at the Florida Relays after setting a new personal record at 53.78 ... placed 11th at the SEC Outdoor Championships with a time of 54.31 ... won the SEC Outdoor Championship as a member of the 4x400m relay team that ran a 3:28.44.

HIGH SCHOOL: Graduated from Thurgood Marshall High School ... coached by Benita Smith ... lettered in basketball, volleyball and track ... first cracked the national top 50 lists in 2000 when she ran 55.11 in the 400m as a 12-year-old in sixth

COLLEGIATE BESTS	
INDOOR	
400-Meter Dash	54.37
OUTDOOR	
200-Meter Dash	24.66
400-Meter Dash	53.78

grade ... received four All-America citations in the 400m, with the first coming in eighth grade when she was ranked No. 4 nationally ... ended the 2006 indoor season rated second nationally among high school girls in the 400m with a 54.06 figure ... third during the outdoor season at 51.96 ... her top time in the 400-meter dash as a junior was 52.46, which ranked third in the country for the indoor and outdoor seasons ... was a member of the 4x400m relay team that represented the United States and won gold in a time of 3:29.01 at the 2006 IAAF World Junior Championships in Beijing, China.

PERSONAL: Brandi Nicole Cross was born Jan. 20, 1988 ... parents are Tyrone and Monique Cross ... is pursuing a degree in exercise science ... hobbies are sleeping, socializing, reading and coloring ... chose South Carolina because of coach Curtis Frye.

2007 PROGRESSIONS

INDOOR			
400-METER DASH			
1/20	Rod McCravy Memorial	7	54.80
1/27	Diet Pepsi Invitational	3	55.12
2/2	New Balance Invitational	P	54.47
2/2	New Balance Invitational	5	54.38
2/9	Tyson Invitational	9	54.39
2/24	SEC Championship	11	54.59
3/3	NCAA Last Chance	2	54.37
OUTDOOR			
200-METER DASH			
3/31	Weems Baskin Relays	4	24.66
400-METER DASH			
3/15	Hurricane Invite	1	54.11
3/24	Jim Click Shootout	8	54.56
3/31	Weems Baskin Relays	3	54.80
4/6	Florida Relays	8	53.78
4/21	NC A&T Invite	6	55.17
5/11	SEC Championship	11	54.31
4x400-METER RELAY			
5/13	SEC Championship	1	3:28.44



Women's Team



**KRYSTAL
CANTEY**

**Sprints/Hurdles
So./So.
Winslow Township, N.J.
(Winslow Township)**

2-Time All-American

Tremendous freshman campaign, Cantey is expected to continue competing at the national level in the 400m and as a member of the 4x400m relay ... should score in outdoor hurdles.

2007: Competed in the 400m dash and mile relay indoors ... placed fourth at the Virginia Tech Invitational and Rod McCravy Memorial to open the season, running a 55.97 and 54.28 in the meets ... placed fifth at the Diet Pepsi Invitational ... took sixth at the New Balance Invitational at 54.50 ... ran an indoor personal best 54.21 and placed 10th at the SEC Indoor Championships ... contributed to SEC runner-up finish in 4x400m relay at 3:30.03 ... won NCAA Indoor Championship with 4x400m relay team, clocking a 3:29.57 ... Outdoors, participated in hurdles, 400m and 4x400m relay, earning All-America honors ... opened season with three consecutive wins in the 400mH, taking gold at the Jim Click Shootout (57.91), Weems Baskin Relays (57.74) and the Florida Relays (57.40) ... took second at the Penn Relays in 57.88 ... runner-up at the SEC Outdoor Championships in the 400mH at 57.05 ... also ran in the 400m dash at the SEC Championship ... placed second at the NCAA East Regional championships in the 400mH with a time of 56.21 ... recorded a personal best 56.20 in the 400mH in the semifinals of the NCAA Championships before placing fifth in the finals at 56.49 ... won the SEC Championship as a member of 4x400m relay team in 3:28.44 ... won NCAA East Region title as a member of the 4x400m relay team ... took silver medal honors at the NCAA Championships with the 4x400m relay team, crossing the tape at 3:28.48.

HIGH SCHOOL: Earned four letters in track and field at Winslow Township High School ... high school coach was Barry Jackson ... was an All-American in the 200m, 400m and 400m hurdles ... state champion in the 100m hurdles, 200m,

COLLEGIATE BESTS	
INDOOR	
400-Meter Dash	54.21
OUTDOOR	
400-Meter Dash	52.80
100-Meter Hurdles	14.89
400-Meter Hurdles	56.20

400m and 400m hurdles during the outdoor season ... indoors, she won state titles for the 55m hurdles, 55m, 200m and 400m ... member of the 2004 national scholastic champion sprint medley relay team ... was the 400m hurdles national scholastic champ in 2005 as well ... had the third-fastest time in the nation for high school in the 300m with a time of 39.16 her senior year ... her 400m time ranked ninth ... ran the 400m hurdles in 1:00.05 in 2006, which was sixth in the country ... as a junior, her 41.19 in the 300m hurdles was the third-fastest time nationally ... turned in a 56.83 in the 400m hurdles for the second-best time in the country ... ranked eighth in the United States among high school athletes in the 400m hurdles.

PERSONAL: Krystal L. Cantey was born June 27, 1987 ... her parents are John and Victoria Cantey ... her siblings are Maurice, Karina and Malachi ... is majoring in elementary education.

**2007 PROGRESSIONS
INDOOR**

400-METER DASH			
1/13	Virginia Tech Invitational	4	55.97
1/20	Rod McCravy Memorial	4	54.28
1/27	Diet Pepsi Invitational	5	56.62
2/2	New Balance Collegiate	P	54.52
2/2	New Balance Collegiate	6	54.50
2/9	Tyson Invitational	13	54.89
2/24	SEC Championship	10	54.21
4x400-METER RELAY			
2/25	SEC Championships	2	3:30.03
3/10	NCAA Championship	1	3:29.57

OUTDOOR

100-METER HURDLES			
3/31	Weems Baskin Relays	8	14.89
400-METER HURDLES			
3/24	Jim Click Shootout	1	57.91
3/31	Weems Baskin Relays	1	57.74
4/6	Florida Relays	1	57.40
4/26	Penn Relays	2	57.88
5/11	SEC Championship	P	58.59
5/12	SEC Championship	2	57.05
5/25	NCAA Regional	P	58.90
5/26	NCAA Regional	2	56.21
6/7	NCAA Championship	P	57.01
6/8	NCAA Championship	S	56.20
6/9	NCAA Championship	5	56.49
400-METER DASH			
4/13	Spec Towns National	1	54.13
5/11	SEC Championship	P	52.80
4x400-METER RELAY			
5/13	SEC Championship	1	3:28.44
5/26	NCAA Regional	1	3:30.25
6/9	NCAA Championship	2	3:28.48

Women's Team





FARAIGN GILES

Sprints
Jr./Jr. • 5-5
Virginia Beach, Va.
(Tallwood)

3-Time All-American

Giles continues to assert herself as a strong relay team member, having earned three All-America honors ... will look to also scoring in the 400m dash as an individual.

2007: Opened indoor season in sixth at the Virginia Tech Invitational at 56.39 ... at the Rod McCravy Memorial, ran 54.69 to place sixth ... ran an indoor personal best 54.46 at the New Balance Collegiate ... finished 16th at the Tyson Invitational at 55.29 ... also ran in the 200m at the Tyson Invitational, setting a PR at 24.49 in the preliminary round ... ran a 55.04 at the SEC Indoor Championship ... began the outdoor season in second place at the Hurrican Invite with a 54.11 in the 400m ... came in seventh in both the 200m and 400m at the Jim Click Shootout, recording times of 24.43 and 54.52 respectively ... placed 11th at the Florida Relays with a time of 54.70 ... won the State USATF meet with a 53.87 mark ... took second at the Spec Towns National Invite in 54.91 before claiming third at the NC A&T Invite at 53.94 ... ran a 55.57 at the SEC Championships to place 16th ... won the SEC Championship as a member of 4x400m relay team in 3:28.44 ... won NCAA East Region title as a member of the

COLLEGIATE BESTS	
INDOOR	
200-Meter Dash	24.49
400-Meter Dash	54.46
OUTDOOR	
200-Meter Dash	24.43
400-Meter Dash	53.66

4x400m relay team ... took silver medal honors at the NCAA Championships with the 4x400m relay team, crossing the tape at 3:28.48.

2006: During the indoor season, focused mainly on the 200m and 400m ... ran 56.68 at the Virginia Tech Invitational ... at the Gator Invitational, ran 25.35 before running 24.88 and 56.49 in the 200m and 400m at the SEC Indoor Championships ... outdoors, Giles ran a leg of the 4x100-meter relay ... at the SEC Outdoor Championships, ran 55.34 before a 54.08 effort at the NCAA East Regional Championships.

2005: Focused on the 200- and 400-meter dashes ... turned in her best indoor times in both events at the SEC Championships, finishing 29th in the 200 with a time of 25.12 and 19th in the 400 with a time of 56.08 ... turned in a then-career-best 25.03 in the 200 at the Georgia Tech Invitational ... best time in the 400m was 56.23 at the Tennessee Quad Meet ... was 28th in the 200 (25.27) and 16th in the 400 (57.26) at the SEC Outdoor Championships.

HIGH SCHOOL: Lettered in track and field four straight years at Tallwood High School in Virginia Beach, Va., where she was coached by her dad, Michael ... won six state championships and was a member of three state championship 4x400-meter relays ... won three 500m indoor state championship titles, two 400m outdoor state championship titles and was ranked second in the nation in 11th grade in the 500m ... also an honor roll student.

PERSONAL: Faraign Catherine Giles was born May 19, 1986, in Roanoke, Va. ... parents are Michael and Carolyn Giles ... pursuing a degree in sociology ... would like to be a forensic pathologist ... turned down Penn State to sign with South Carolina.

2007 PROGRESSIONS			
INDOOR			
200-METER DASH			
2/10	Tyson Invitational	P	24.49
300-METER DASH			
1/12	Virginia Tech Invitational	8	39.19
400-METER DASH			
1/13	Virginia Tech Invitational	6	56.39
1/20	Rod McCravy Memorial	6	54.69
1/27	Diet Pepsi Invitational	8	56.12
2/2	New Balance Collegiate	P	54.46
2/3	New Balance Collegiate	10	55.29
2/9	Tyson Invitational	16	55.31
2/24	SEC Championship	P	55.04
3/3	NCAA Last Chance	10	54.86
OUTDOOR			
200-METER DASH			
3/24	Jim Click Shootout	7	24.43
400-METER DASH			
3/15	Hurrican Invite	2	54.11
3/24	Jim Click Shootout	7	54.52
4/6	Florida Relays	11	54.70
4/11	State USATF	1	53.87
4/13	Spec Towns National	2	54.91
4/21	NC A&T Invite	3	53.94
5/11	SEC Championship	16	55.57
4x400-METER RELAY			
5/13	SEC Championship	1	3:28.44
5/26	NCAA Regional	1	3:30.25
6/9	NCAA Championship	2	3:28.48



2008 SOUTH CAROLINA TRACK & FIELD

Women's Team



MARY ALLEN

Pole Vault
Fr./Fr.
Spartanburg, S.C.
(Dorman)

South Carolina native will have the opportunity to compete this year in the pole vault.

HIGH SCHOOL: Graduated from Dorman High School ... a state championship qualifier in pole vault where she took third overall in 2007

PERSONAL: Mary Clare Allen is pursuing a degree in restaurant, hotel and tourism management ... hobbies include swimming.



BETSY ALTER

Pole Vault
Fr./Fr.
Chantilly, Va.
(Westfield)

A high school state champion, should excel under Coach Johnson.

HIGH SCHOOL: Graduated from Westfield High School ... coached by Todd Uter, Kevin McGortya and Val Osipenko ... lettered in gymnastics and track all four years of high school ... second team All-Met indoor and outdoor in 2007 ... earned first team Northern Region coaches award ... 2005 first team All-Examiner ... 2005 Virginia state pole vault champion ... 2007 district and regional champion ... member of National Honor Society.

PERSONAL: Elizabeth Lindsay Alter was born November 29, 1988 in Dayton, Ohio ... pursuing a degree in exercise science ... parents are Bruce and Beth Alter ... hobbies include arts and crafts and sewing.



JULIE BALDWIN

Distance
Fr./Fr.
Greer, S.C.
(Greer)

Will redshirt this year

2007 CROSS COUNTRY: Redshirted.

HIGH SCHOOL: Graduated from Greer, S.C. where she was coached by Paul Masse ... team won 3A State Championship three consecutive years ... all-state selection in cross country

PERSONAL: Julie Baldwin was born February 9, 1989 ... pursuing a degree in international business ... parents are Joe and Lety Baldwin ... has one brother, Joey.



AMANDA BARRETT

Distance
R-Fr./R-Fr.
New Orleans, La.
(Sacred Heart Academy)

Will run distances after redshirting last season.

2007 CROSS COUNTRY: Added depth to the cross country team.

2007: Redshirted as a true freshman.

2006 CROSS COUNTRY: Redshirted.

HIGH SCHOOL: Graduated from Sacred Heart Academy where she was a six-time letterwinner in cross country and lettered three times in track ... was a two-time district champion and named all-state in 2002 ... her senior season of track and cross country both disrupted by Hurricane Katrina ... also lettered in basketball and golf ... was first person at school to letter in five sports in one year.

PERSONAL: Amanda Elizabeth Barrett was born July 7, 1987 ... parents are Wayne and Eve Barrett ... is pursuing a degree in exercise science ... favorite movie is "Uptown Girls."



BIANCA BLAIR

Hurdles
Fr./Fr.
Knoxville, Tenn.
(Austin-East)

Will compete in hurdles for South Carolina this season.

HIGH SCHOOL: Graduated from Austin-East High School in Knoxville, Tenn. ... coached by Mike Wortley ... lettered in track and basketball ... an All-American, competed at the Nike Outdoor Nationals ... USATF National Junior Olympic finalist in 100mH and 400mH ... set Tennessee state Class A-AA meet record in the 300mH in 2007 at 13.97, breaking her own record set two years prior ... 2006 state champion in 100mH and 300mH ... ranked sixth in the nation in 55mH and ninth in 60mH.

PERSONAL: Bianca Nicole Blair is enrolled in the Darla Moore School of Business ... hobbies include gymnastics ... chose USC because of the "family atmosphere and I always dreamed of running in the SEC".



KAYLA BLAKE

**Jumps/Multi
Fr./Fr.
Summerville, S.C
(Summerville)**

Will be counted on in the high jump with the potential to score at the conference level after a strong prep career in the state of South Carolina ... could also contribute in hurdles outdoors.

HIGH SCHOOL: Graduated from Summerville High School ... coached by Steve Wilson ... lettered in track and basketball ... Nike Outdoor National All-American ... five-time all-state selection and three-time member of all-region team ... a two-time state champion in the high jump ... state runner-up in 100m hurdles ... also a state runner-up as a member of 4x400m relay team.

PERSONAL: Kayla Christina Blake was born December 5, 1988 ... pursuing a degree in business ... parents are Harry and Annette Blake ... hobbies include movies, dancing and going out with friends ... chose USC over UNC and Miami.



COURTNEY BOWEN

**Distance
Fr./Fr.
Winston-Salem, N.C.
(Mount Tabor)**

A regular in the top seven during cross country season, can compete in distances her freshman year.

2007 CROSS COUNTRY: Competed in every race her freshman season ... finished 21st at the Gamecock Invitational to open the season at 19:27.47 ... set 5K PR at 19:25.41 at the Disney World Invitational ... competed at the SEC Championships and the NCAA Southeast Regional meet.

HIGH SCHOOL: Graduated from Mount Tabor High School ... lettered in cross country, track and soccer ... four-time all-conference and all-region selection ... 2005 all-state selection in cross country and track ... National Guard Award for Athletics honoree.

PERSONAL: Courtney Davis Bowen was born April 13, 1989 ... pursuing a degree in sport and entertainment management ... parents are Doug and Pam Bowen ... hobbies include running, playing soccer and skiing (water and snow).



KELSEY BRISTOL

**Distance
Jr./Jr.
Grandville, Mich.
(Grandville)**

Runs the 800, mile, 1,500 and DMR.

2007 CROSS COUNTRY: Spent the season in the top seven for Carolina ... best 5K time was 19:13 at the Winthrop-Asics Invitational ... was the fourth Gamecock finisher at the SEC Championships and ran at the NCAA East Regional meet.

2007: Indoors, ran the mile ... placed tenth at the Tiger Classic at a season best 5:14.91 ... ran the 800m and 1500m during outdoors ... claimed first at the Weems Baskin Relays in the 1,500m with a 4:52.11 mark ... ran a personal best 4:46.70 at the Spec Towns National Invite, placing sixth ... competed at the SEC Outdoor Championships.

2006 CROSS COUNTRY: Missed the majority of the season due to injury before returning to compete in four meets ... covered the 6K in 23:30 to place 70th overall and fourth on the team at the SEC Championships in her third race of the season ... was one of the top Gamecock finishers at the NCAA Southeast Regional meet.

2006: Ran the 800m in 2:20.38 during the indoor season at the SEC Indoor Championships ... outdoors, switched emphasis to the 1,500m, recording a seasonal PR of 4:48.98 at the Sea Ray Relays ... at the SEC Outdoor Championships, completed her 1,500m race in 4:49.36.

2005 CROSS COUNTRY: Provided depth during the cross country season ... placed 93rd at the SEC meet and was USC's sixth-place finisher at the regional meet ... nearly had a 4.0 GPA in her first semester.

HIGH SCHOOL: Graduated from Grandville High School in 2005 ... lettered four times each in both cross country and track and field ... set one of her top times at the 2005 regional championship by posting a 2:18.6 in the 800 ... garnered Michigan cross country all-state honors in 2003 and also was named Grandville's cross country MVP ... was named the track MVP from 2001 to 2004 as well ... excelled in the classroom where she was a member of National Honor Society and named academic all-state in 2003.

PERSONAL: Kelsey Anne Bristol was born Oct. 27, 1986 ... is the daughter of Dave and Mary Bristol ... is a McKissick Scholar ... pursuing a degree in exercise science ... favorite movie is "Office Space."

COLLEGIATE BESTS	
INDOOR	
800-Meter Run.....	2:20.38
Mile Run.....	5:14.91
OUTDOOR	
800-Meter Run.....	2:21.38
1,500-Meter Run.....	4:46.70

Women's Team



LAKYA BROOKINS

Sprints
Fr./Fr.
Seneca, S.C.
(Seneca)

Will challenge immediately in the short sprints with the ability to score at the conference and national levels early in her career.

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

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



Last Chance Meet ... ran both the 200 and 400 at the SEC outdoor meet ... placed 17th in the 400 (57.72) and 30th in the 200 (25.30).

HIGH SCHOOL: Graduated from Hempstead High ... coached by Lenroy Raffington ... was the indoor 300-meter state champion in 2004 (39.06) ... Junior Olympic national finalist in 2002 and 2003 in the 200 and 400 ... member of relay teams that won the state championships in 2004 for the 4x100m, 4x200m and 4x400m relay ... was on the relay team that set the Long Island record for the 4x400 with a time of 3:42 ... recognized as the Nassau County Outstanding Track Athlete of the Year and the Outstanding Senior Student-Athlete at Hempstead in 2004 ... was an all-county winter/spring athlete each year from 2002 to 2004.

PERSONAL: Nikeshia Nichole Brown was born Dec. 24, 1986, in Brooklyn, N.Y. ... parents are Yolande Small and Collie Brown ... pursuing a degree in African American studies ... also considered Georgia, Tennessee and Cal State Northridge before picking South Carolina.

considered Georgia, Tennessee and Cal State Northridge before picking South Carolina.

Women's Team



NIKESHIA BROWN

Sprints
Sr./Sr.
Hempstead, N.Y.
(Hempstead)

A relay contributor, Brown also runs the 400m indoors and the 800m outdoors.

2007: Competed in the 400m indoors ... ran a 58.69 in the first race of the season at the Virginia Tech Invitational ... took 21st at the Rod McCravy Memorial at 58.86 ... ran a season-best 57.58 at the SEC Indoor Championships ... outdoors, ran a 25.79 in the 200m at the Jim Click Shootout, placing 15th ... took 13th in the 800m at the same meet with a mark of 2:23.29 ... claimed fourth at the Weems Baskin Relays in the 800m at 2:24.03 ... recorded a 2:18.58 at the Spec Towns National Invite ... placed 21st at the SEC Championships with a mark of 2:21.74.

2006: Opened up the season at the Virginia Tech Invitational with a 400/500m double running 58.31 and 1:17.72 ... competed in the 400m at the SEC Indoor Championships, completing the indoor two-lap race in 56.64 for 17th ... outdoors at the Spec Towns Meet, ran 55.41 for a sixth-place finish before running 56.41 at the SEC Outdoor Championships to finish out the year.

2005: Ran distances from the 200 to the 800 as a true freshman ... won the indoor USC Invitational 400m ... ran both the 200- and 400-meters at the SEC Indoor Championships ... turned in her best time in both events at that meet, finishing 35th in the 200 (25.76) and 25th in the 400 (56.53) ... ran in both events at the

COLLEGIATE BESTS
INDOOR

200-Meter Dash	25.76
400-Meter Dash	56.53

OUTDOOR

200-Meter Dash	25.30
400-Meter Dash	55.41
800-Meter Dash	2:18.58



PORCHE' BYRD

Sprints
Fr./Fr.
Atlanta, Ga.
(North Atlanta)

Should contribute at a high level in the 400m and will be a candidate for relay team.

HIGH SCHOOL: Graduated from North Atlanta High School ... competed in AAU Junior Olympic Games ... 2006 Georgia Region5-AAAA champion in 200m and 400m ... two-time state champion in 400m and runner up in 200m ... placed first in 400m and second in 200m at 2004 USA Youth Outdoor Track and Field Championships ... a RISE magazine "Got Game" featured runner ... Greater Atlanta All-Area track selection

PERSONAL: Porche' Cherelle Byrd is enrolled in the Darla Moore School of Business ... favorite singer is Nelly ... favorite television show is "Girlfriends".



KATARINA CAP

Distance
R-Fr./R-Fr.
Hilton Head Island, S.C.
(Hilton Head)

Will look to add depth in the distances.

2007 CROSS COUNTRY: Provided depth to the squad.

2007: Redshirted.

2006 CROSS COUNTRY: Provided depth to the squad and competed in four meets ... ran a season-best 21:31 at the USC Invitational ... placed 25th overall at the Clemson Invitational ... was a top-seven runner at the Winthrop Invitational ... placed 92nd overall at the 16-team Furman Invitational.

HIGH SCHOOL: Graduated from Hilton Head High School in 2006 ... lettered in cross country (2001 to 2006) and track (2002 to 2006) ... was a state qualifier in cross country and track.

PERSONAL: Katarina Wilhelmina Cap was born Nov. 23, 1987 ... parents are Ludovit and Helma Cap ... a Capstone Scholar at South Carolina ... majoring in biology ... sister Birgitta was on the track and cross country teams at South Carolina from 2002 to 2004 ... one of her favorite movies is "Anchorman."



REBECCA CHAIN

Distance
Jr./R-So. • 5-6
Ridgefield, Conn.
(Ridgefield)

One of the Gamecocks' top cross country runners ... will run the mile, 3K, 5K and DMR ... hopes to score at SECs.

2007 CROSS COUNTRY: Carolina's lead runner throughout the season ... one of three team captains ... was Carolina's top finisher in six of seven meets ... placed fifth at the Winthrop-Asics Invitational at a season best 18:30 ... also took fifth at the Charlotte Invitational ... placed 56th at the SEC Championship ... Carolina's lead runner NCAA Southeast Regional meet.

2007: Indoors, lowered her 3,000m run personal best by 11 seconds after placing 19th at the SEC Championships in 10:01.45 ... placed tenth in the mile at the New Balance Collegiate Invitational at 5:06.24 ... began the outdoor season finishing 11th in the 1,500m with a mark of 4:57.43 ... placed 16th at Florida Relays before setting a new PR of 4:41.06 in the 1,500m at the Spec Towns National Invite ... took 12th at the SEC Outdoor Championships in 4:39.22.

2006 CROSS COUNTRY: Consistently a lead runner for the Gamecocks, finished as one of the top two runners in each meet ... one of three captains on the team ... finished fourth overall at the Gamecock Invitational with a time of 18:37 ... did not compete in the Clemson Invitational due to illness ... placed 28th overall in the

COLLEGIATE BESTS	
INDOOR	
Mile Run.....	5:06.24
3,000-Meter Run.....	10:01.45
OUTDOOR	
1,500-Meter Run.....	4:41.06
5,000-Meter Run.....	18:02.00

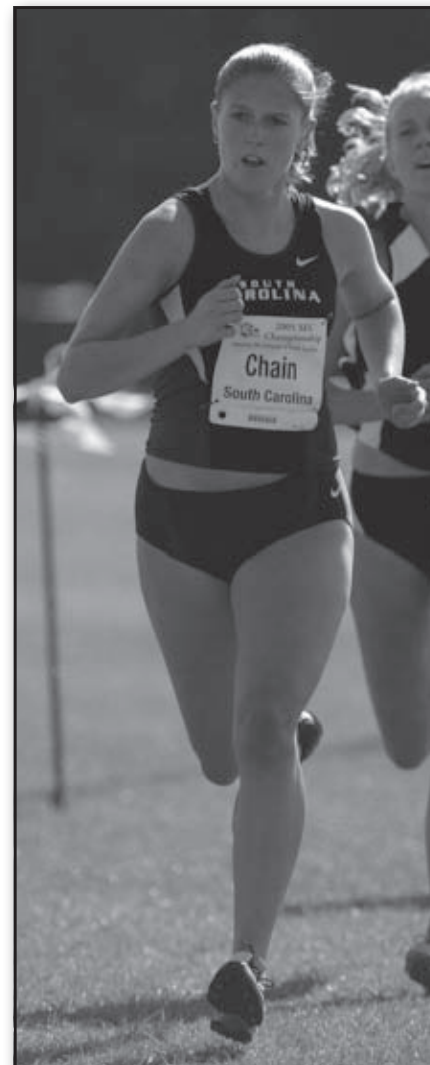
Great American Cross Country Festival ... covered 5K in a season-best 18:18 at the Auburn Invitational ... Carolina's lead runner at the SEC Championships (44th, 22:15) and the NCAA Southeast Regionals (99th, 22:55).

2006: During the indoor track season, ran the 1,000m, mile and 3,000m ... finished 11th in the 1,000m at the Virginia Tech Invitational ... also placed seventh in the mile at the meet ... took another seventh-place at Florida in the 3,000m with a time of 10:15.52 ... for the outdoor season, Chain ran several 5,000m races in the low 18s, with a best of 18:02.

2005 CROSS COUNTRY: Lead runner for the Gamecock cross country squad ... placed 13th at the Clemson Invitational with a season-best time of 18:41 ... was the third-place finisher at the Gamecock Invitational ... finished 45th at the SEC Cross Country Championships (21:44) and was 78th at the NCAA Southeast Regional meet (22:24).

2005: Competed in the mile run and 3,000m as a freshman during the indoor season ... ran the 1,500, 3K and 5K during the outdoor season ... placed 18th at the SEC outdoor meet in the 1,500 with a season-best time of 4:41.86.

2004 CROSS COUNTRY: Enjoyed a solid season as a freshman harrier ... competed in six of seven meets ... best performance took place at the Asics Winthrop Invitational, where she finished 13th in a time of 19:03 ... finished 63rd at the SEC Championships with a time of 23:18 and was 77th at the NCAA Southeast Regionals with a time of 22:18.



HIGH SCHOOL: Lettered in cross country and indoor and outdoor track and field for four years at Ridgefield High School ... was an eight-time All-FCIAC, seven-time all-state and four-time All-New England honoree ... also was part of the 2003 state champion cross country team and the 2003 and 2004 indoor and outdoor state 4x800m relay champion teams ... placed sixth at the indoor nationals in the 4x800m relay as a junior.

PERSONAL: Rebecca Ann Chain was born June 16, 1986, in Pittsburgh, Pa. ... is the daughter of Mark and Deb Chain ... enrolled in the Honors College and is a Cooper Scholar ... pursuing a degree in exercise science.



KETTIANY CLARKE

**Multi/Hurdles
Jr./Jr.
West Palm Beach, Fla.
(Palm Beach)**

Should be well-balanced with the ability to compete in the hurdles, high jump and pentathlon ... a leader in the multis, should score at the conference level.

2007: Indoors, competed in multiple events ... hit a provisional qualifying time in the pentathlon at the On Track Open, finishing second with 3,713 points ... ran an 8.50 in the 60mH at the Rod McCravy Memorial to place fifth ... scored and placed sixth in the pentathlon at the SEC Indoor Championships ... ran a 2:31.67 in the 800m, an 8.57 in the 60mH, a high jump of 5-5 3/4 and jumped a 17-11 in the long jump at the SECs ... competed in the 800m outdoors ... placed 38th at the Hurricane Invite with a mark of 2:28.97 ... finished 14th at the Jim Click Shootout in 2:24.84

2006: Indoors, ran a seasonal PR of 7.80 in the 55m hurdles for a second-place finish at the USC Invitational... at the Virginia Tech Last Chance Meet, she ran 8.47 for third ... at the SEC Indoor Championships, picked up valuable team points with a third-place finish with a pentathlon point-total of 3,852 ... outdoors, ran 13.67 in the 100mH for a fifth-place showing at the Florida Relays ... ran a PR of 13.51 at the SEC Outdoor Championships while also scoring 5,181 points in the heptathlon for third ... competing for her native country of Jamaica, won the Caribbean Athletic Championships 100m hurdles title in a time of 13.60 ... placed seventh at the IAAF World Junior Championships with a time of 14.00.

HIGH SCHOOL: Competed for Palm Beach Lakes in West Palm Beach, Fla ... lettered four times in track and field and three times in cross country for coach Jerome Groover ... won the 2005 regional title in the 100m hurdles with a time of 13.79 ... posted personal-bests of 19-9 in the long jump, 39-9 in the triple jump and 5-9 in the high jump ... also had a 300m hurdles time of 43.11 ... was the team MVP in 2004 and 2005 and was a team captain in each of her final three years ... named the Athlete of the Year by the *Palm Beach Post* and the *Sun-Sentinel* ... also a standout in the classroom who earned an academic achievement award.

COLLEGIATE BESTS

INDOOR

55-Meter Hurdles	7.80
60-Meter Hurdles	8.46
Pentathlon	3,852
High Jump	5-5 3/4

OUTDOOR

100-Meter Hurdles	13.51
400-Meter Hurdles	1:01.12
Heptathlon	5,181

PERSONAL: Kettiany Meleta Clarke was born Feb. 28, 1987, in Westmoreland, Jamaica ... parents are Precious Hamilton and Delroy Clarke ... pursuing a degree in biology ... considered Florida, Alabama, Cincinnati and Miami (Fla.) before choosing South Carolina ... enjoys music and dancing.



KATIE DALY

**Distance
R-Fr./R-Fr.
Tampa, Fla.
(Plant)**

Will provide depth in the distance events

2007 CROSS COUNTRY: Added depth to the cross country team.

2007: Redshirted

2006 CROSS COUNTRY: Added depth to the cross country team ... finished 19th overall at the Clemson Invitational ... also competed in the USC Invitational and the Furman Invitational.

HIGH SCHOOL: Lettered in cross country and track and field for four years while attending Plant High School in Tampa, Fla. ... was a state qualifier in cross country while running on state championship team ... was a member of National Honor Society and was vice president of French Honor Society.

PERSONAL: Kathryn Elizabeth Daly was born Sept. 4, 1987 ... her parents are Thomas and Eileen Daly ... is pursuing a degree in nursing ... Daly's mother was her middle school cross country coach ... is a certified lifeguard ... favorite movie is "The Wizard of Oz."



ASHLEY EVENS

**Distance
Fr./Fr.
Maumee, Ohio
(Wayne)**

One of the cross country team's most consistent runners in the fall ... will compete in the 800m, 1,600m and DMR.

2007 CROSS COUNTRY: Consistently ran in the top two as a freshman ... finished 13th at the Gamecock Invitational in her first collegiate meet ... took seventh at the Winthrop-Asics Invitational and the Charlotte Invitational as Carolina's No. 2 finisher ... set a 5K PR at 18:46 at Winthrop ... placed 22nd at the Disney World Invitational ... led all Carolina runners at the SEC Championship at 22:57.16 in the 6K ... competed at the NCAA Southeast Regional and finished third on the team.

HIGH SCHOOL: Graduated from Wayne High School ... lettered in cross country and track ... first team all-league from 2004-06 ... all-state selection in 2004 ... three-time state qualifier in cross country and two-time state qualifier in track.

PERSONAL: Ashley Lynn Evens was born September 5, 1988 ... pursuing a degree in biology ... parents are Richard and Peggy Evens ... hobbies include reaching and watching football.



Women's Team



STALEY FOSTER

Jumps
Fr./Fr.
Boiling Springs, S.C.
(Boiling Springs)

Will challenge immediately in the short sprints with the ability to score at the conference and national levels early in her career.

HIGH SCHOOL: Graduated from Boiling Springs High School ... placed fourth in the 2007 South Carolina state championships ... also lettered in basketball ... named to the North Carolina/South Carolina All-Star basketball game ... Spartanburg Country Track and Field high jump champion and record holder ... national Top 75 member in the high jump

PERSONAL: Staley Foster was born October 11, 1988 ... pursuing a degree in economics ... hobbies include playing volleyball and basketball, shopping and hanging out with friends.



DANIELLE FRANKLIN

Distance
R-So./R-So.
Greenville, S.C.
(Greer)

Will provide depth in the distance events

2007 CROSS COUNTRY: Added depth to the cross country team.

2007: Did not run.

2006 CROSS COUNTRY: Ran in limited races.

2006: Redshirted as a true freshman.

2005 CROSS COUNTRY: Added depth to the squad.

HIGH SCHOOL: Graduated from Greer High School in 2005 where she lettered four times each in cross country and track ... was on the state championship team in 2002, 2003 and 2004 ... had a top time of 19:56 at the Pat Savage Invite ... was named all-state in 2004 and honored as Greer's most improved runner.

PERSONAL: Jessica Danielle Franklin was born July 29, 1987 ... is the daughter of Danny and Teresa Franklin ... is a political science major ... likes strawberry ice cream, Bass Pro Shops and Tom Hanks.



GABRIELLE GLENN

Sprints
Fr./Fr.
Charlotte, N.C.
(Providence)

Talented sprinter will be a weapon in the 60m and 200m dashes and is a candidate for relays ... has the ability to score points early in her career.

HIGH SCHOOL: Graduated from Providence High School ... coached by Dexter Feaster and John Potts ... lettered in tennis, track and basketball ... AAU track All-American ... two-time SWAC 4A All-Conference selection ... Hendrick Auto Athlete of the Week .. SWAC 4A Region Outdoor track athlete of the year ... *Charlotte Observer* runner of the year ... AAU bronze medalist in 400m ... state champion in 300m and runner-up in 55m and 100m ... high school record holder in 100m, 200m, 300m, 400m and 4x400m relay ... Queen City Relays champion for 100m, 200m and 400m ... team named Most Outstanding Female Athlete.

PERSONAL: Gabrielle Alise Glenn was born January 28, 1989 ... pursuing a degree in psychology ... parents are Gregory and Jacqueline Glenn ... hobbies include listening to music, movies, reading and playing tennis ... chose USC over Virginia Tech, Florida State, Georgia and NC State.



SALLIE GURGANUS

Pole Vault
So./So.
Todd, N.C.
(Watauga)

One of the top pole vaulters in the state of North Carolina who hopes to make an immediate impact in the pole vault.

2007: Indoors, vaulted the second-best mark in Carolina history at 12-8 1/4 to place sixth at the NCAA Last Chance meet ... took second at the Gamecock Invitational at 12-0 ... outdoors, placed second at the Hurricane Invite with a mark of 12-1 3/4 ... tied for ninth at the Jim Click Shootout at 11-7 3/4 ... recorded an 11-11 3/4 clearance to place seventh at the Weems Baskin Relays ... won the State USATF meet at 11-5 3/4 ... named runner-up at the Spec Towns National Invite before winning the NC A&T Invite ... tied for ninth at the SEC Championship at 11-7 3/4

HIGH SCHOOL: Graduated from Watauga High School ... coached by Daniel Isaacs and Randy MacDonough ... lettered in volleyball (2004 and 2005) and track and field (2003 to 2006) ... earned all-state, all-region and all-conference honors in track from 2003 to 2006 ... gathered all-conference volleyball honors as a junior and senior ... five-time state champion in the pole vault holds the North Carolina state record in the event ... three-time track MVP ... volleyball MVP her senior year.

PERSONAL: Sallie Elizabeth Gurganus was born Jan. 10, 1988 ... parents are Cecil and Julie Gurganus ... a McKissick Scholar ... is pursuing a degree in exercise science ... hobbies are climbing, skiing, going to the beach and eating ... chose South Carolina for the track program's tradition and warm weather.

COLLEGIATE BESTS INDOOR

Pole Vault12-8 1/4

OUTDOOR

Pole Vault12-1 3/4



**CHRISTINE
HAUER**

Throws
So./So.
Aiken, S.C.
Aiken

Former USC volleyball player will redshirt indoors while transitioning to throws ... could compete in javelin, discus, shot put and hammer.

2006 (VOLLEYBALL): Appeared in two matches on the season ... President's Honor Roll member after earning As in 14 classes ... awarded the Mary M. Kenemur Business School Scholarship ... founding member of Alpha Kappa Psi business fraternity ... recorded one kill on one attempt against Loyola (Md.).

HIGH SCHOOL: Graduated from Aiken High School ... Led Aiken High School to a first-place finish at the 2005 4A Regional State Championship ... A three-year letterwinner in volleyball ... Named Aiken's Most Valuable Player her senior season ... Was a member of the South Carolina Volleyball All-Star Team while playing for the North-South Team ... Picked as the No. 1 player in her region for the squad ... Also tabbed MVP for her Junior Olympic team as a sophomore, junior and senior ... Earned Junior Olympics Regional First Team accolades as a senior ... Named to the All-State and All-Region Teams in 2004 and 2005 ... Hauer was on the 2005 USA Volleyball Open Championship team named BAMESO.

PERSONAL: Christine Hauer was born October 19, 1987 in Manchester, Conn. ... plans to major in international business ... parents are Kim and Kathryn Hauer ... Has one brother, Patrick.



**DISHARI'CK
HOWZE**

Sprints
Sr./Sr.
Rock Hill, S.C.
(Northwestern)

Short sprinter whose unwavering dedication to the sport aids team morale and relay squads ... expected to be in consideration for a 4x100m relay spot.

2007: Indoors, competed in the 55m, 200m and 400m ... won the Gamecock Invitational in the 400m at 59.56 ... ran a 7.96 in the 60m at the SEC Championship ... set a new personal record in the 200m at the SEC Indoor Championships with a time of 26.24 ... Competed in the 100m during the outdoor season ... placed 19th at the Hurricane Invite with a time of 12.38 ... finished eighth at the Jim Click Shootout in 12.47 ... won the State USATF meet with a time fo 12.31 ... placed third at the Spec Towns National Invite in 25.81 ... ran a 12.49 at the SEC Outdoor Championships ... also ran in the 200m at the SECs, clocking a 25.73 in the preliminary round

2006: Competed in the 55m, 200m and 400m during the indoor season ... ran 7.30 at the USC Invitational and also picked up the 400m win ... at the SEC Indoor Championships, completed the 200m in a time of 26.47 ... during the outdoor season, became a 100 and 200 specialist ... top times of 12.26 (100m) from the Walt Disney Invitational and 25.15 (200m) at the Orange & Purple Classic rounded out

COLLEGIATE BESTS	
INDOOR	
55-Meter Dash	7.30
200-Meter Dash	26.24
400-Meter Dash	58.38
OUTDOOR	
100-Meter Dash	12.26
200-Meter Dash	25.15

a season punctuated with a 25.66 run at the SEC Outdoor Championships in the 200m.

2005: Competed in the sprints during the indoor season ... best marks were 7.36 in the 55-meter dash, 26.49 in the 200m and 59.22 in the 400m ... finished 38th in the 200 and 27th in the 400 at the SEC indoor meet ... won the 100-meter dash at the South Carolina State Championships with a season-best time of 12.26 ... competed in both the 100 and 200 at the SEC meet, placing 27th and 32nd with times of 12.60 and 26.06.

HIGH SCHOOL: Graduated from Northwestern High ... lettered in cheerleading and track and field for four years ... ran for coaches Calvin Hudgins and Benji Young ... received the Top Trojan Award and the Team Leader Award for track and field ... earned all-region and all-state honors in both 2003 and 2004, helping her team to the state title both years ... ran a 12.32 in the 100m and 59.0 in the 400m at the state meet in 2003 ... ran a 56.88 in the 400m at the 2004 state meet ... best 200m time was 26.68 at the AAU regional meet in 2004.

PERSONAL: Dishari'ck Dawayton Howze was born Nov. 12, 1985 ... parents are Darrell and Gazzie Canty ... pursuing a degree in biology ... enjoys reading and writing poetry ... favorite team is the Atlanta Falcons.



**BREEHANA
JACOBS**

Sprints
Fr./Fr.
Uniontown, Pa.
(Laurel Highlands)

Will compete in sprints and should battle to become a scorer this year.

HIGH SCHOOL: Graduated from Laurel Highalnds High School ... coached by Ron Morris ... held the nation's 10th best times in the 100m and 200m ... has six Class AAA championships in the 100m and 200m combined ... state champion in 4x400m relay ... sits in the top three of the all-time WPIAL list in the 100m, 200m, 400m and long jump ... holds the WPIAL record in the 400m at 53.58 ... 2007 *Tribune-Review* Female Athlete of the Year ... placed third in 400m at the USA Junior Nationals ... qualified for Pan Am Junior team ... Nike Outdoor National team.

Women's Team

PERSONAL: Breehana Jacobs was born September 29, 1988 ... pursuing a degree in sport and entertainment management ... hobbies include dancing, singing and watching movies ... chose USC over Miami, Southern California and UCLA.



BRITTNEY JAMES

**Jumps/Hurdles
Jr./Jr.
Columbia, S.C.
(Dreher)**

Versatile athlete, could score in the hurdles or long jump at the conference and national levels.

2007: Competed in the 55mH, 60mH and long jump during the indoor season ... ran a 7.99 at the Virginia Tech Invitational ... hit a new personal best 7.92 in the 55mH at the NCAA Last Chance meet ... won the 60mH at the On Track Open with a time of 8.45 ... competed at the Millrose games in the 60mH, placing fourth at 8.59 ... ran an 8.56 at the Tyson Invitational ... hit a personal best 8.39 in the prelims at the SEC Indoor Championships ... placed ninth in the finals with a time of 8.88 ... began the season with a long jump of 19-2 at the Virginia Tech Invitational ... runner-up at the On Track Open with a jump of 19-4 3/4 ... also took second at the New Balance Collegiate, jumping 19-11 in the finals ... finished 16th at the SEC Indoor Championships in the long jump at 18-7 3/4 ... jumped a personal best 20-2 1/2 at the NCAA Last Chance Meet to place second ... Outdoors, competed in hurdles and long jump ... won the long jump at the Weems Baskin Relays ... runner-up in the 100mH at the State USATF meet at 13.68 ... also took second in the long jump ... placed second in the 110mH at the Spec Towns National Invite with a time of 13.73 ... scored and placed seventh at the SEC Championships in the long jump at 19-11 ... took 13th at the SEC Outdoor Championships in the 110mH at 13.96 ... placed sixth at the NCAA East Regional meet with a jump of 20-6, setting a new personal best.

2006: Pentathlon, long jump and hurdles were indoor event concentrations ... a total of 3,212 points was produced at the Clemson Heptathlon/Pentathlon meet ...



COLLEGIATE BESTS	
INDOOR	
55-Meter Hurdles	7.92
60-Meter Hurdles	8.39
High Jump	5-3
Long Jump	20-2 1/2
Pentathlon	3,212
OUTDOOR	
100-Meter Hurdles	13.68
Long Jump	20-6

at the same meet, ran the 60mH in a time of 8.70 ... at the New Balance Armory Collegiate Invitational, had a breakthrough long jump performance of 19-7 1/2 ... at the SEC Indoor Championships, she jumped 18-10 3/4 for 11th place ... outdoors, only contested the 100m hurdles and long jump ... recorded 13.75 and 19-6 3/4 efforts at the Spec Town Relays in the hurdles and long jump before running 13.92 and marking the sand in a distance of 18-10 3/4 at the SEC Outdoor Championships.

HIGH SCHOOL: Graduated from Dreher High School ... lettered four times in track and field and twice in volleyball ... also was a basketball manager ... best marks were 19-3 in the long jump, 14.2 in the 100m hurdles, 5-5 in the high jump and 39-8 in the triple jump ... coached by Daniel Brooks ... a three-time all-state performer who led her team to three state titles ... was a two-time MVP, team captain and a two-time South Carolina 3A Athlete of the Year ... two-time state long jump champion.

PERSONAL: Brittney James was born July 21, 1987 ... her mother's name is Pamela and her grandmother is Catherine Robinson ... is a sport administration major at South Carolina.



Women's Team



**AIMEE
KODAT**

Throws
R-Fr./R-Fr.
Herndon, Va.
(Westfield)

A 2007 redshirt, takes over the role as Carolina's most experienced thrower.

2007: Redshirted.

HIGH SCHOOL: Coached by Todd Utter at Westfield High School ... lettered in indoor and outdoor track four years each ... all-state, all-region and all-district for the indoor shot, outdoor shot and discus ... was a two-time Bulldog Award winner and team MVP ... was a member of National Honor Society, the German Honor Society and graduated magna cum laude ... worked with Young Life in the Czech Republic for three consecutive summers.

PERSONAL: Aimee Helen Kodat was born June 28, 1988, in White Plains, N.Y. ... daughter of Roger and Betsy Kodat ... pursuing a business degree.



**SARAH
LANGDON**

Distance
Fr./Fr.
Troy, Ohio
(Troy)

Will provide depth in the distances.

2007 CROSS COUNTRY: Added depth to the cross country team ... placed 28th at the Gamecock Invitational.

HIGH SCHOOL: Graduated from Troy High School ... coached by Kevin Alexander ... lettered in track and cross country ... named first team all-conference in cross country in 2006 ... 2007 second team all-conference.

PERSONAL: Sarah Langdon was born December 9, 1988 ... daughter of Adam and Leora Langdon ... pursuing a degree in visual communications ... hobbies include running, photography and art.



**CHELSEA
LEROUX**

Distance
Fr./Fr.
West Barnstable, Mass.
(Barnstable)

Will provide depth in the distances.

2007 CROSS COUNTRY: Added depth to the cross country team ... placed 29th at the Gamecock Invitational.

HIGH SCHOOL: Graduated from Barnstable High School ... coached by Rick Linehan ... lettered in track, cross country and soccer ... two-time Sportsmanship Award winner.

PERSONAL: Chelsea Leroux was born May 26, 1989 ... pursuing a degree in exercise science ... daughter of Scott and Michelle Leroux ... hobbies include running, listening to music and reading.



**SHAYLA
MAHAN**

Sprints
Fr./Fr.
Detroit, Mich.
(Mumford)

A high school All-American and USA Junior National Team member, Mahan should contribute to the shorts sprints right away after breaking a 7.26 in the 60m.

HIGH SCHOOL: Graduated from Mumford High School in Detroit, Mich. ... coached by Marc Parker ... ran a 7.26 in the 60m, the fourth-fastest time in U.S. girls history ... participated in Nike Outdoor Nationals ... ranked second in the nation in the 100m ... named an All-American and earned All-State and All-City honors ... ran a 6.83 in the 55m, an 11.28 in the 100m and a 23.39 in the 200m ... seven-time outdoor state champion ... holds school records in the 100m, 200m, 4x100 and 4x200m relays.

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



**KATIE
McEVOY**

Distance
Fr./Fr.
Downington, Penn.
(Downington)

Will provide depth in the distances.

2007 CROSS COUNTRY: Added depth to the cross country team.

HIGH SCHOOL: Graduated from Downington High School ... lettered in track, cross country, lacrosse and field hockey ... won cross country coaches award ... recipient of several scholastic awards including the Award of Excellence in Science, Citizenship Award and the National Honor Society Award.

PERSONAL: Katherine Alexandra McEvoy was born October 2, 1988 ... pursuing a degree in biology ... parents are John and Allison McEvoy ... hobbies include reading and playing with animals ... chose USC over Penn State, John Hopkins, Villanova and James Madison.

Women's Team



LISA McKINNEY

Distance
So./R-Fr.
Dowington, Pa.
(West Potomac)

One of the cross country team's strongest runners the past two seasons ... will compete in the 3K indoors and run the 5K and steeplechase outdoors.

COLLEGIATE BESTS INDOOR

3000m 10:52.89

2007 CROSS COUNTRY: Competed at the Gamecock Invitational and the Disney World Classic.

2007: Indoors, competed in the 3,000m ... finished 17th at the Virginia Tech Invitational ... placed 22nd at the Rod McCravy Memorial ... ran a season-best 10:52.89 at the Diet Pepsi Invitational and placed 23rd ... competed at the New Balance Collegiate Invitational in New York City ... placed 11th at the Tiger Classic.

2006 CROSS COUNTRY: Had a successful freshman campaign as a regular scorer for the Gamecocks throughout the season ... finished seventh overall with a time of 18:56 at the Gamecock Invitational ... followed with her second consecutive top-10 overall finish at the Clemson Invitational, placing ninth with a time of 19:37 ... found herself to be the deciding factor in a three-way tie for fourth at the Great American Cross Country Festival, finishing three spots ahead of the Mars Hill and Clemson runners to give South Carolina the advantage ... placed consecutive top-five finishes at Auburn and Furman Invitationals.

HIGH SCHOOL: Graduated from West High School in Dowington, Pa. ... lettered in cross country and track from 2002 to 2006 ... was an all-conference selection each season she ran and also was a state and district qualifier ... won numerous team accolades ranging from track Rookie of the Year to the Coach's Award, which was given to the top runner ... also served as captain of both squads during the 2005-06 academic year.

PERSONAL: Lisa Marita McKinney was born Nov. 27, 1987 ... is the daughter of Chris and Debbie McKinney ... enrolled in the Honors College at South Carolina and also a McKissick Scholar ... is pursuing a degree in biology and is pre-med ... favorite movie is "How To Lose a Guy in 10 Days."



CaADRIAN NORMAN

Pole Vault
R-So./R-So.
Arlington, Tenn.
(Raleigh-Egypt)

Will contribute in the pole vault with the ability to also participate in short sprints.

COLLEGIATE BESTS INDOOR

Pole Vault 10-6 1/4
55m 7.39

OUTDOOR

Pole Vault 11-00

2007: Competed in pole vault and 55m dash indoors ... ran the 55m at the Gamecock Invitational, finishing 11th in the semifinals at 7.39 ... cleared 9-10 at the Virginia Tech Invitational to tie for 20th ... also took 20th at the Rod McCravy Memorial at 10-0 ... again cleared 10-0 to

place 14th at the Tiger Classic ... cleared an indoor-best 10-6 1/4 at the Gamecock Invitational ... opened the outdoor season with an eighth place finish in the pole vault at the Hurricane Invite at 10-8 ... placed 15th at the Jim Click shootout ... finished 11th at the Weems Baskin Relays after clearing 11-0 ... came in fifth at the Florida Relays at the same height ... placed seventh at the NC A&T Invite after clearing 10-11 3/4 ... competed at the SEC Championship.

2006: Finished second at the State of South Carolina Track Meet with a 10-foot clearance in the pole vault ... redshirted.

HIGH SCHOOL: Graduated from Raleigh-Egypt High School in Memphis, Tenn. ... lettered in track and field ... coached by Kwaski Clark ... won the best freshman award ... competed at the state meet in 2004 and 2005 ... graduated third in her high school class.

PERSONAL: CaAdrian Tenesha Norman was born Oct. 8, 1986 ... parents are Brian and Cassandra Hill ... majoring in biology ... a McKissick Scholar ... hopes to become a dentist ... enjoys spending her free time lounging around and surfing the Web ... favorite foods are pizza and anything spicy ... chose South Carolina for the friendly people and great atmosphere.



KAYLA PARKER

Multi
So./R-Fr.
Tallahassee, Fla.
(Florida High)

Hard worker will compete in pentathlon and heptathlon with hopes to score and make nationals ... could also see time in the hurdles.

2007: Competed at the Virginia Tech Invitational in the 55m hurdles, finishing in 10.36 ... redshirted outdoors.

HIGH SCHOOL: Graduated from Florida High School in Tallahassee, Fla., in 2006 ... was a six-year letterman in track and field and a five-year letterman in volleyball ... coached by Jared Hickman at Florida High School ... was awarded all-state and all-district honors ... winner of the High School Heisman and named All-Big Bend Athlete of the Year ... helped her team win state championships in 2003, 2005 and 2006.

PERSONAL: Kayla Marie Parker was born Jan. 19, 1988 ... parents are Ted and Karen Parker ... her brother, Nick Parker, plays baseball at Florida A&M ... majoring in broadcast journalism ... enjoys spending her free time at the beach ... chose South Carolina for its academics and great track and field program.



SHANTELE PATTERSON

Throws
Fr./Fr.
Pawley's Island, S.C.
(Waccamaw)

South Carolina native will compete in throwing events.

HIGH SCHOOL: Graduated from Waccamaw High School in Pawley's Island, S.C. ... South Carolina lower state qualifier in shot put and weight throw ... named an All-Region selection.

PERSONAL: Shantelle Patterson was born January 16, 1989 ... pursuing a degree in physics ... interests include surfing the internet and sports ... favorite television show is "House".



LAURA PRAMSTALLER

Distance
Fr./Fr.
Fairfax, Va.
(Westfield)

Cross country runner will run the 800m during the season.

2007 CROSS COUNTRY: Added depth to the cross country team.

HIGH SCHOOL: Graduated from Westfield High School ... coached by Emily Uter ... lettered in cross country, track, field hockey and soccer ... graduated Magna Cum Laude ... received Fairfield University Book Award.

PERSONAL: Laura Jeanne Pramstaller was born December 9, 1988 ... pursuing a degree in insurance and risk management ... parents are Michael and Anne Pramstaller ... chose USC over Virginia Tech, Alabama, Tennessee and James Madison.



CALLIE RABUN

Distances
R-Jr./R-Jr.
Alpharetta, Ga.
(Milton)

A leader, will specialize in the 5,000-meter run.

2007 CROSS COUNTRY: One of Carolina's lead runners during the season ... placed 22nd at the Gamecock Invitational ... took eighth at the Winthrop-Asics Invitational in 18:47 ... finished third on the team at the Penn State Invitational ... Carolina's third finisher at the SEC Championships where she placed 69th overall with a time of 23:37 ... ran the NCAA Southeast Regionals in 22:49 to finish second on the team for the second consecutive year and place 118th overall.

COLLEGIATE BESTS	
INDOOR	
3,000-Meter Run.....	10:59.05
5,000-Meter Run.....	18:39.39
OUTDOOR	
5,000-Meter Run.....	18:15.34



2007: Ran the 3,000-meter and 5,000-meters indoors ... placed 28th at the Diet Pepsi Invitational in the 3,000m at 10:59.05 ... also ran in the Tiger Classic, finishing 15th at 11:02.26 ... in the 5,000m, opened the season at the Virginia Tech Invitational in 13th at 19:29.26 ... shaved 50 seconds off that time at the New Balance Invitational, placing 14th at 18:39.39 ... outdoors, started the season finishing 13th with a time of 11:09.46 in the 3000m at the Hurricane Invite ... recorded a time of 5:05.95 in the 1500m at the Weems Baskin Relays ... set a PR at the Florida Relays in the 5000m, placing 13th at 18:15.34 ... came in 11th at the Spec Town Relays in Athens, Ga. ... competed at the SEC Outdoor Championships.

2006 CROSS COUNTRY: Ran in the top three for the Gamecocks ... placed 17th overall at the Gamecock Invitational and 37th overall at the Great American Cross Country Festival ... ran a season-best 18:35 and finished 57th at the Auburn Invitational ... finished 19th at the Furman Invitational ... was the team's third-place finisher and 65th overall with a time of 23:01 at the SEC Championships ... ran the NCAA Southeast Regionals in 23:26 to finish second on the team and place 129th overall.

2006: An 11:25.01 effort finished third at the USC Invitational during the indoor season ... outdoors, ran the 5,000m in a seasonal-best of 18:33.90 at the Spec Town Relays in Athens, Ga. ... had one other time in the 18s.

2005 CROSS COUNTRY: Redshirted due to an injury.

2005: Redshirted.

2004 CROSS COUNTRY: Ran in three meets ... finished 45th at the Asics/Winthrop Invitational with a time of 20:09 ... also competed in the Great American Cross Country Festival and the Auburn Invitational ... missed the second half of the season due to illness.

HIGH SCHOOL: Graduated from Milton High School in Alpharetta, Ga. ... lettered four years in both cross country and track ... was the 2003 Fulton County cross country champion ... finished third in Region 6-5A and 15th in the Georgia State 5A Championship in 2003 ... earned a spot on the 2003 Atlanta Journal Constitution All-Area Cross Country Team and the Atlanta Track Club All-Metro Atlanta Cross Country Team ... served as captain of the cross country team ... set the school record in the 5K (19:46), 4x800m relay, 4x1,600m relay and distance medley relay ... named the school's Most Valuable Distance Runner in 2002 and 2003 and was the cross country MVP in 2001 and 2003 ... finished ninth at the USATF Junior Olympics Georgia State Cross Country Meet in 2002.

PERSONAL: Callie Irene Rabun was born March 2, 1986 ... is the daughter of Kenneth and Karen Rabun ... pursuing a degree in exercise science ... is in the Honors College and is a McKissick Scholar ... enjoys reading, watching movies and listening to music ... chose USC over Georgia, Clemson and Georgia Southern ... has made the President's List and the Dean's List.

Women's Team



LAURA REGENSBURG

Distance
R-So./R-So.
Alexandria, Va.
(West Potomac)

Talented runner can run the 5K and 10K outdoors that could become a top distance performer with a complete recovery from injury.

COLLEGIATE BESTS OUTDOOR	
5,000-Meter Run.....	19:39.50

2007 CROSS COUNTRY: Added depth to the cross country team after nursing an injury from the previous season.

2007: Did not run indoors while working on return from chronic hip injury ... red-shirted outdoors.

2006 CROSS COUNTRY: Varsity runner continued to improve throughout the season ... placed 10th overall at the Clemson Invitational ... also competed in the Gamecock Invitational and the Great American Cross Country Festival ... ran a season-best 19:07 at the Auburn Invitational ... finished fifth among USC runners at the SEC Championships and 71st overall with a time of 23:35 ... competed in the NCAA Southeast Regionals with a time of 24:41.

2006: Did not run indoors ... ran the 5,000m during the outdoor season with a best of 19:39.50 at the Weems Baskin Relays.

2005 CROSS COUNTRY: Turned in a solid freshman cross country season ... finished ninth at the Gamecock Invitational with a time of 19:39.95 ... best time was 19:26 at the Clemson Invitational ... finished eighth among USC runners with a time of 23:39 at the SEC meet.

HIGH SCHOOL: Graduated from West Potomac High School in Alexandria, Va. in 2005 ... lettered four times in indoor and outdoor track and cross country ... top time was 11:25 in the 3,200m at the 2005 Virginia Northern Region Championships, which earned her a trip to the state finals ... was the captain of the cross country, indoor and outdoor track teams in 2003, 2004 and 2005 ... was selected the 2003 and 2005 West Potomac Female Athlete of the Year ... chosen as an All-South Junior/Senior Footlocker Regional Team member her final two years.

PERSONAL: Laura Lee Regensburg was born May 20, 1987 ... is the daughter of Rick and Annalee Regensburg ... is studying sport and entertainment management ... is a McKissick Scholar at South Carolina ... favorites include ziti and Derek Jeter.



**MEGAN
ROBERS**

Distance
R-So./R-So.
Cincinnati, Ohio
(Archbishop McNicholas)

Will contribute in distances, focusing on outdoors ... can run the steeplechase or 5K

COLLEGIATE BESTS OUTDOOR	
3200-Meter Run.....	12:53.83
5000-Meter Run.....	19:23.88

2007 CROSS COUNTRY: Was a regular among Carolina's top seven runners
2008 SOUTH CAROLINA TRACK & FIELD

during the season ... finished 20th at the Charlotte Invitational ... ran a season-best 19:58.15 at the Disney World Invitational to finish fifth among USC runners ... placed sixth among Carolina runners at the SEC Championships to place 86th overall ... placed sixth among USC runners at the NCAA Southeast Regional meet with a time of 24:08.

2007: Did not run indoors ... competed in the 3,200-meter run at the Weems Baskin Relays where she placed seventh with a time of 12:53.83 ... ran the 5,000-meter at the State USATF meet, placing third in 19:23.88.

2006 CROSS COUNTRY: Competed in three races ... placed 23rd overall at the Clemson Invitational with a time of 21:22.

2006: Did not run.

2005 CROSS COUNTRY: Regularly among Carolina's top seven runners as a freshman ... finished fifth among USC runners at the SEC Championships with a time of 23:22 to place 88th overall ... placed seventh among USC runners at the NCAA Southeast Regional with a time of 24:37.

HIGH SCHOOL: Lettered in cross country and track and field for four years while attending Archbishop McNicholas High School in Cincinnati ... posted a top time of 19:52 in the 5K at the GGCL League Meet ... was a four-year state qualifier and a four-time first-team all-conference selection ... also was a three-year Academic All-Ohio choice while earning first-team All-Southwest Region honors.

PERSONAL: Megan Elizabeth Robers was born Feb. 3, 1987 ... is the daughter of Bob and Barb Robers ... is a McNair Scholar and in the Honors College while pursuing a degree in business ... favorites include the Dave Matthews Band, Super Mario Brothers, reading, shopping and cooking.



ALYSE SHAYER

Distance
R-So./R-So.
Bakersfield, Calif.
(Stockdale)

Will run the 800 during the season as well as the mile run.

COLLEGIATE BESTS OUTDOOR	
800-Meter Run.....	2:22.68
1,500-Meter Run.....	5:06.96

2007 CROSS COUNTRY: Provided depth to the cross country team as an upperclassman after sustaining a toe injury in the summer.

2007: Did not run.

2006 CROSS COUNTRY: Provided depth to the cross country team.

2006: Did not race during the indoor season ... outdoors, competed in the 800m and finished third at the State of South Carolina Track Meet ... best time of the season in the 800 came at the Diet Pepsi Invitational in Gainesville, Fla. ... ran the 1,500m at one meet.

2005 CROSS COUNTRY: Provided depth to the cross country team ... gained valuable experience by competing at the SEC Championships ... was USC's ninth finisher and placed 96th overall with a time of 23:55.

HIGH SCHOOL: Lettered in cross country and track for four years at Stockdale High School in Bakersfield, Calif. ... received numerous honors including being named the team's Most Valuable Runner and Outstanding Senior ... was also

awarded Most Valuable Athlete and was a four-time California state meet participant ... posted a top 400-meter dash time of 58.21 at the California state track meet in 2005, and ran a 2:19.23 in the 800-meter run ... was also a three-year member of National Honor Society and a six-time recipient of the Stockdale High Varsity Top Scholar Award.

PERSONAL: Alyse Marie Shayer was born Sept. 14, 1987 ... parents are Steve and Karla Shayer ... is a McKissick Scholar and studying mathematics ... favorite food is poppyseed cake and favorite store is Express ... also follows the Boston Red Sox.



VICA SHOBE

**Pole Vault
R-So./R-So.
Matthews, N.C.
(Weddington)**

Carolina's top returnee in 2007, Shobe redshirted last season and looks to pick up where she left off in her freshman campaign ... is expected to contribute at the conference and regional levels.

2007: Redshirted.

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

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

PERSONAL: Victoria Nicole Shobe was born June 24, 1987 ... parents are David and Ludmila Shobe ... mother is a gymnastics coach ... is a sport and entertainment management major and a McKissick Scholar.



CIJI SIMS

**Throws
Sr./Sr.
Columbia, S.C.
(Irmo/South Carolina State)**

Former South Carolina State soccer player will add depth to the outdoor throwing events, focusing on the javelin.

2005/2006: Competed in women's soccer at South Carolina State University ... earned Team MVP and Defensive Player Award honors as a goalkeeper ... ranked ninth in the nation in saves per game ... ranked third nationally in 2006 in saves per game ... a Presidential Scholar

HIGH SCHOOL: Graduated from Irmo High School ... lettered in basketball and soccer ... named All-Area in basketball ... an All-State and All-Area selection as a goalkeeper in soccer ... named Senior Class President.

PERSONAL: Ciji Micaela Sims was born January 29, 1985 ... pursuing a graduate degree in retail management ... parents are Harry and Angel Sims ... earned a B.S. in Criminal Justice.



SADE'-SHARI ST. LOUIS

**Sprints
Fr./Fr.
Tacarigua, Trinidad & Tobago
(Bishop Anstey)**

Talented sprinter with a wealth of experience on the international level is able to compete at the regional and national levels.

HIGH SCHOOL: Graduated from Bishop Antsey High School in Port-of-Spain, Trinidad ... coached by Dr. Ian Hypolite and Edwin Skinner ... lettered in track, karate and gymnastics ... four-time National Junior Champion, taking honors twice in the 100m and 200m ... three-time member of girl's Junior Championship team ... received honors for outstanding academic achievement ... competed at IAAF World Junior Championships in Beijing, China, finishing eighth in the 200m at 23.69 ... competed in the 4x100m at the Pan Am Junior National Championships, taking bronze medal honors with the relay finishing in 44.69 ... 200m Junior Champion at the Sagcor Junior Championships ... competed at the 2006 CARIFTA Games and the World Youth Track and Field Championships ... has top times of 11.61 in the 100m, 23.50 in the 200m and 54.49 in the 400m.

PERSONAL: Sade'-Shari St. Louis was born November 28, 1989 ... pursuing a joint degree in international business and Spanish ... parents are Carlyle and Ethyl St. Louis ... chose USC over Stanford, California, LSU and Southern California ... cousin Brittany St. Louis is a freshman sprinter at Florida State.



TERRILYN STEPHENS

**Pole Vault
R-So./R-So.
Summerville, S.C.
(Summerville)**

Summerville native will look to make a contribution in the pole vault.

2007: Did not compete.

HIGH SCHOOL: Attended Summerville High School in Summerville, S.C. ... coached by Brion Rutherford and Steve Wilson ... earned four letters in track and field from 2001 to 2004 ... lettered in cheerleading her junior and senior years ... was a member of the all-state teams two times in track and field ... twice made all-region for track and did likewise for cheerleading ... earned the MVP award for track while serving as team captain ... tabbed MVP for cheerleading as well ... won the Gatorade Will to Win Award ... was a two-time Coach's Award recipient ... helped Summerville win four consecutive regional championships ... won regional titles for cheerleading during her two years with the squad.

PERSONAL: Terrilyn Nicole Stephens was born June 16, 1987, in Beaufort, S.C. ... her parents are Terry and Ruth Stephens ... has an older brother, DeJuan ... is an exercise science major and pre-med ... been named to the Dean's List.



TARA TAE

**Distance
Fr./Fr.
Oak Ridge, Tenn.
(Oak Ridge)**

Cross country runner will compete in the distances.

2007 CROSS COUNTRY: Competed in all but one race as a freshman, running in the top five for Carolina throughout the season ... placed tenth at the Winthrop-Asics Invitational in 19:00 for her best showing of the season ... was sixth on the team at the Penn State Invitational ... finished fifth among USC finisher at the SEC Championship and placed 83rd overall at 24:29.41 ... took fifth among Carolina harriers at the NCAA Southeast Regional meet, finishing in 24:06.65.

HIGH SCHOOL: Graduated from Oak Ridge High School ... coached by Allen Etheridge ... cross country team was TSSAA State runner-up in 2006.

PERSONAL: Tara Elizabeth Tae was born January 1, 1989 ... pursuing a degree in exercise science ... hopes to get into pre-med ... parents are Mary Thornburgh and Tanai Tae ... is a McNair Scholar.



LIZA TODD

**Pole Vault
Jr./Jr.
Columbia, S.C.
(Dreher)**

Close to scoring the past two seasons, will look to make an impact on the conference and regional levels as a leader of the team.

COLLEGIATE BESTS

INDOOR	
Pole Vault	12-1 1/2
OUTDOOR	
Pole Vault	12-1 3/4

2007: Finished sixth at the Virginia Tech Invite to open the indoor season with a clearance of 11-6 1/2 ... placed eighth at the Rod McCravy Invitational at 11-9 3/4 ... placed fourth with a season best mark of 11-11 3/4 at the Tiger Classic ... also took fourth at the Gamecock Invitational ... tied for 13th at the SEC Indoor Championship with a mark of 11-6 1/2 ... also competed in the high jump and long jump at the Rod McCravy Invitational, taking 18th in the high jump at 5-0 1/4 and 11th in the long jump at 17-4 1/4 ... outdoors, tied for fourth at the Hurricane Invite with a mark of 11-7 3/4 ... cleared a personal best 12-1 3/4 at the Jim Click Shootout, placing sixth overall ... came in fifth at the Weems Baskin Relays at 11-11 3/4 ... took second at the State USATF meet and third at the Spec Towns National Invite ... placed 11th overall with a clearance of 11-7 3/4 at the SEC Outdoor Championships.

2006: The New Balance Armory Collegiate Invitational marked the site of a 12-1 1/2 clearance in the pole vault before an SEC Championships performance of 11-11 3/4 ... outdoors, a 12-0 clearance garnered a win at the State of South Carolina Track Meet ... another strong performance of 11-11 3/4 at the SEC Outdoor Championships rounded out the year.

HIGH SCHOOL: Graduated from Dreher High School in 2005 ... lettered in track and field and volleyball for Dreher ... coached by Danny Brooks ... was a two-time all-state track star as well as a three-time all-region recipient ... helped Dreher capture state titles in 2000, 2003 and 2004.



PERSONAL: Elizabeth June Todd was born Jan. 9, 1987 ... parents are Monty and Sissy Todd ... is currently pursuing a degree in sport administration ... would like to become a deep-sea fishing tournament director ... enjoys rock climbing, hunting and working out ... chose South Carolina because of the people and coaching staff.



BECKY WOODS

Distance
R-So./R-So.
Galway, N.Y.
(Galway)

Hard worker who competes in the distance events.

COLLEGIATE BESTS	
OUTDOOR	
3,200-Meter Run	12:39.37

2007 CROSS COUNTRY: Provided depth to the cross country team.

2007: Did not compete indoors ... came in seventh in the 3200-meter run at the Weems Baskin Relays with a mark of 12:39.37.

2006 CROSS COUNTRY: Woods increased her position with each race ... worked her way up to varsity at the end of the season ... ran a season-best 19:42 at the Auburn Invitational ... finished eighth on the team and 52nd overall at the Furman Invitational with a time of 20:35 ... placed 103rd at the SEC Championships in a time of 24:32.

2006: Did not compete.

2005 CROSS COUNTRY: Added depth to the roster.

HIGH SCHOOL: A 2005 graduate of Galway High School in New York ... lettered in track four times and cross country twice ... had top times of 20:04 in the 5K at the Western Athletic Conference League Meet in 2005 ... also posted a time of 11:28 in the 3,000m at the 2002 sectionals ... accumulated many individual accolades including her team's Most Impressive Newcomer and MVP awards.

PERSONAL: Rebecca Anne Woods was born Dec. 4, 1986 ... is the daughter of Dennis and Laurie Woods ... is a marine science major and McKissick Scholar.



TRIER YOUNG

Hurdles
Jr./Jr.
Neptune, N.J.
(Neptune)

Will be a factor at the conference and regional levels in the hurdles and could be a relay candidate.

COLLEGIATE BESTS	
INDOOR	
55-Meter Hurdles	7.96
60-Meter Hurdles	8.47
OUTDOOR	
100-Meter Hurdles	13.68
400-Meter Hurdles	1:00.03

2007: Competed in the 200m, 55mH and 60mH indoors ... placed 13th in the 55-meter hurdles at the Virginia Tech Invitational at 8.14 to open the season ... placed eighth at the Diet Pepsi Invitational with a time of 8.04 ... set a personal record 7.96 in the 55mH in the semifinal round of the Gamecock Invitational ... finished third in the meet finals ... placed eighth in the 60-meter hurdles at the Rod McCravy Memorial at a personal best 8.47 ... came in sixth at the Millrose Games before taking 10th at the New Balance Collegiate in 8.52 ... finished 13th at the SEC Indoor Championships in 8.59 ... outdoors, opened the season placing fifth in both the 100m and 400m hurdles at the Hurricane Invite, recording times of 13.81 and 1:01.87 respectively ... record-

ing a 14.19 mark at the Jim Click Shootout in the 100m hurdles ... took home two second place finishes at the State USATF meet ... ran a personal best 13.68 in the 100mH at the State USATF meet ... placed 17th in the 100m hurdles at the SEC Outdoor Championships ... ran a personal best 1:00.03 in the 400m hurdles in the prelims at the SEC Championships before taking fifth in the finals ... finished 22nd at the NCAA East Regional meet in the 100m hurdles at 14.03.

2006: Specialized in the hurdles during the indoor season ... ran a PR 8.03 in the semis of the USC Invitational 55m hurdles competition before following up with an 8.05 in the finals ... ran an 8.11 at the SEC Indoor Championships for an 11th-place finish ... outdoors, consistently improved her 100mH times, beginning at 15.01 at the Weems Baskin Relays to a 13.85 effort at the Sea Ray Relays ... her best in the 400m hurdles was 1:01.20.

HIGH SCHOOL: Graduated from Neptune High School ... coached by Dawn Boule and Dr. Dewwy Robinson ... lettered twice in track, field hockey and basketball ... named all-state during both the indoor and outdoor seasons in 2005 and was a first-team All-Shore selection ... top times were 8.04 in the 55mH, 13.82 in the 100mH and 1:00.17 in the 400mH ... member of National Honor Society.

PERSONAL: Trier DeKenza Young was born Dec. 19, 1986, in Heidelberg, Germany ... mother is LaWanda Mason ... pursuing a degree in hotel, restaurant and tourism management.



Women's Team