

## **Gamecocks Make Declarations for NCAA Regional in Gainesville**

**Columbia, SC** – USC has declared 24 women, nine men and three relays for the NCAA Regionals this weekend in Gainesville, Fla. (May 28-29). There are four regional sites: East Regional (Gainesville, Fla.), Midwest Regional (College Station, Texas), Mideast Regional (Baton Rouge, La.), and West Regional (Northridge, Calif.).

USC enters the meet with the No. 1 men's long jumper in the East Regional (Tony Allmond) and the No. 1 4x100 relay and the No. 1 4x400m relay on the women's side.

The following are USC's top 10 rankings in the East Regional. The athletes must be in the top five of the finals to automatically qualify (or be in the top four of the national descending order list). The relays must be in the top three.

### **USC Men's NCAA Regional Qualifiers – Top 10 Rankings in the Regionals**

<b>Name</b>	<b>Mark/Time</b>	<b>Rank at the East Regional</b>
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#### **100m**

Adrian Durant	10.43	No. 10
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#### **200m**

Rodney Martin	20.84	No. 5
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#### **110m hurdles**

Fred Townsend	13.80	No. 5
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#### **4x400m relay**

USC (Martin, Flood, Cunningham, Durant)	3:08.85	No. 7
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#### **Long Jump**

Tony Allmond	26' 2	No. 1
Greig Cryer	24' 11	No. 10

#### **Discus**

Tony Antonio	176' 9	No. 4
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### **USC WOMEN'S NCAA REGIONAL TOP 10 RANKINGS**

<b>Name</b>	<b>Mark/Time</b>	<b>Rank in East Regionals</b>
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#### **100m**

Khalilah Carpenter	11.51	No. 6
Alexis Joyce	11.56	No. 9

**200m**

Erica Whipple	23.20	No. 2
Khalilah Carpenter	23.53	No. 5
Stephanie Smith	23.54	No. 6

**400m**

Stephanie Smith	51.96	No. 2
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**800m**

Shay Shelton	2:08.41	No. 8
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**100m Hurdles**

Lashinda Demus	13.08	No. 2
Ronnetta Alexander	13.25	No. 5

**400m Hurdles**

Lashinda Demus	54.50	No. 1
Shevon Stoddart	56.12	No. 2

**4x100m relay**

USC	43.58	No. 1
(Joyce, Demus, Carpenter, Whipple)		

**4x400m relay**

USC	3:28.88	No. 1
(Stoddart, Carpenter Smith, Demus)		

**Long Jump**

Chelsea Hammond	21' 6 3/4	No. 2
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**Triple Jump**

Rhashida Abdul-Malik	42' 6	No. 9
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**Discus**

Precious Akins	169' 9	No. 5
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**USC Men's NCAA Regional Qualifiers – Officially Declared**

Name	Mark/Time	Date
<b>100m</b>		
Adrian Durant	10.43	4/11/04
<b>200m</b>		
Rodney Martin	20.84	5/16/04

**110m hurdles**

Fred Townsend	13.80	3/20/04
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**4x400m relay**

USC	3:08.85	5/16/04
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(Martin, Flood, Cunningham, Durant)

**Long Jump**

Tony Allmond	26' 2	5/9/04
Greig Cryer	24' 11	3/20/04

**Triple Jump**

Greig Cryer	49' 5 3/4	3/20/04
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**Hammer**

Tony Antonio	190' 10	5/15/04
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**Discus**

Tony Antonio	176' 9	5/9/04
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**Shot Put**

Adam Bishop	55' 3	
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**USC WOMEN'S NCAA REGIONAL QUALIFIERS – Officially Declared**

Name	Mark/Time	Date
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**100m**

Khalilah Carpenter	11.51	4/3/04
Alexis Joyce	11.56	4/03/04

**200m**

Erica Whipple	23.20	5/9/04
Khalilah Carpenter	23.53	5/16/04
Stephanie Smith	23.54	4/03/04

**400m**

Stephanie Smith	51.96	4/03/04
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**800m**

Shay Shelton	2:08.41	5/14/04
BK Ramamene	2:09.98	5/14/04

**5000m**

Jenny Lake	16:49.43	3/27/04
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**100m Hurdles**

Lashinda Demus	13.08	5/16/04
Ronnetta Alexander	13.25	5/9/04
Chiquita Martin	13.76	5/9/04

#### **400m Hurdles**

Lashinda Demus	54.50	5/16/04
Shevon Stoddart	56.12	5/16/04
Chiquita Martin	59.65	4/22/04

#### **4x100m relay**

USC	43.58	4/23/04
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(Joyce, Demus, Carpenter, Whipple)

#### **4x400m relay**

USC	3:28.88	4/11/04
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(Stoddart, Carpenter Smith, Demus)

#### **High Jump**

Chelsea Hammond	5' 8 3/4	4/22/04
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#### **Long Jump**

Chelsea Hammond	21' 6 3/4	5/9/04
Kemesha Whitmire	20' 6	5/9/04

#### **Triple Jump**

Rhashida Abdul-Malik	42' 6	5/16/04
Kemesha Whitmire	40' 8 1/4	5/16/04

#### **Shot Put**

Precious Akins	46' 8 3/4	3/20/04
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#### **Discus**

Precious Akins	169' 9	5/16/04
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#### **Pole Vault**

Cheryl Terrio	12' 9	4/3/04
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#### **Heptathlon**

Chelsea Hammond	5405 points	4/11/04
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