

# South Carolina Track and Field

## Home of the Champions

Under the guidance of Head Coach Curtis Frye, South Carolina's track and field program has solidified itself among the best in the nation.

In the past four seasons, the Gamecock program has produced 129 All-Americans, 40 SEC Champions, 22 NCAA Champions, two SEC Championships, an NCAA East Regional title and the NCAA Women's Outdoor National Championship.

In 2005, Coach Frye guided the women's team to one of its best seasons ever. The Gamecocks won the NCAA Indoor 4x400m title, the Championship of America at the Penn Relays with four relay wins and two individual titles, the SEC Outdoor Championship, the NCAA East Regional Championship and finished tied for second at the NCAA Outdoor Championship. It marked the 10th consecutive top-10 outdoor finish for the USC women's program, a claim that can be made by only two other schools in the nation. The men's team finished fourth at the NCAA East Regional Championship, its highest finish in the past three years.

Also in 2005, Assistant Head Coach Delethea Quarles served as a USA assistant coach, while three freshmen athletes represented the United States at the Pan American Games in Ontario, Canada, winning medals in three events. A total of six current and former Gamecocks represented their native countries in the World Championships in Helsinki, Finland, also earning three medals.

The Gamecock men's and women's teams look to continue the trend of excellence in 2006 by making its mark on the SEC, NCAA and internationally. The quest for excellence continues.

HOME OF CHAMPIONS



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## On the Covers

**FRONT COVER:** South Carolina 2006 team captains are featured. Back row (standing, from left) men's team captains: Shawn Cunningham, Greg Royster, Tyler Trout, Greig Cryer and Thomas Hilliard. Front row (sitting, from left) women's team captains: Stephanie Smith, Precious Akins, Chelsea Hammond, Shay Shelton and Cheryl Terrio.

**INSIDE FRONT:** The 2006 South Carolina Track and Field Staff is pictured, along with a some of the academic highlights for the track and field program.

**BACK COVER:** South Carolina's returning All-Americans are featured. Front row (seated, from left) Chiquita Martin, Shalonda Solomon and Ronetta Alexander. (standing, from left): Chelsea Hammond, Natasha Hastings, Amberly Nesbitt, Stephanie Smith and Tawana Watkins. Back row (standing, from left): Jonathan Fortenberry, Leroy Dixon and Shawn Cunningham.

Front and back cover design by Baseline Sports Media in Athens, Ga. Photography by Jason Ayer.

## The Credits

The 2006 South Carolina Track and Field media guide is a publication of the USC Media Relations Office. It was written, edited and layed out by Steve Fink, Christy Lang, Michelle Schmitt and Noelle Orr. The guide was produced using Adobe InDesign CS2 and Adobe Photoshop CS2. The guide was printed by R.L. Bryan Printing of Columbia, S.C.

Photography provided by Allen Sharpe and Jason Ayer. Additional photos were taken from the USC Media Relations files and acquired from IAAF and USA Track and Field.



**QUICK FACTS & MEDIA OUTLETS****University Quick Facts****Location:** Columbia, S.C.**Mailing Address:** Rex Enright Athletic Center,  
1300 Rosewood Drive  
Columbia, S.C. 29208**Founded:** 1801**Enrollment:** 23,700**Nickname:** Gamecocks**Conference:** Southeastern Conference**Mascot:** Cocky**Colors:** Garnet and Black**President:** Dr. Andrew Sorensen**Faculty Representative:** Dr. Russ Pate**Athletics Director:** Eric Hyman**Track and Field Quick Facts****Affiliate:** NCAA Division I**Conference:** Southeastern Conference**Head Coach:** Curtis Frye, 10th season  
(East Carolina, 1974)**Assistant Head Coach:** Delethea Quarles, ninth season  
(Liberty, 1989)**Assistant Coaches:**

Jeff McAuley

Stan Rosenthal

Mike Sergent

Rusty Shealy

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**2005 SEC Finishes:**

Men's Indoors/Outdoors: 7/9

Women's Indoors/Outdoors: 5/1

**2005 NCAA Finishes:**

Men's Outdoors: 19/26

Women's Outdoors: 5/2

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# NATIONAL EXPOSURE

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.



### WOMEN'S ATHLETE OF THE YEAR

## Lashinda Demus

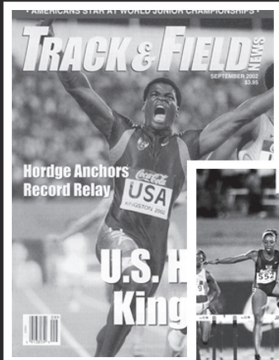
by Michelle Schmitt  
Lashinda Demus is the most accomplished female athlete in the history of the University of South Carolina. The track field team's star has won 10 national titles and is the only athlete to have won the 100-meter dash, 200-meter dash, and 400-meter dash at the USA Outdoor Track & Field Championships. Demus is also the only athlete to have won the 100-meter dash, 200-meter dash, and 400-meter dash at the USA Indoor Track & Field Championships. Demus is the only athlete to have won the 100-meter dash, 200-meter dash, and 400-meter dash at the USA Outdoor Track & Field Championships and the USA Indoor Track & Field Championships. Demus is the only athlete to have won the 100-meter dash, 200-meter dash, and 400-meter dash at the USA Outdoor Track & Field Championships and the USA Indoor Track & Field Championships. Demus is the only athlete to have won the 100-meter dash, 200-meter dash, and 400-meter dash at the USA Outdoor Track & Field Championships and the USA Indoor Track & Field Championships.



Demus leads the way at the 2005 USA Outdoor Track & Field Championships in Eugene, Ore.

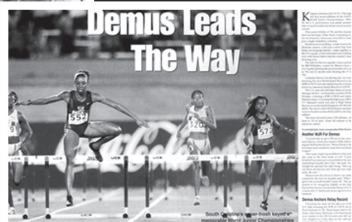


Separately from the life of Curtis Frye, head coach for the men's and women's track teams at the University of South Carolina:  
A track coach's life is not always what you see on the surface. It's a life of constant pressure, long hours, and a lot of sacrifice. Curtis Frye, head coach of the University of South Carolina's track and field teams, is a man who has spent his entire career preparing his athletes for the challenges of the sport. Frye is a man who has spent his entire career preparing his athletes for the challenges of the sport. Frye is a man who has spent his entire career preparing his athletes for the challenges of the sport.



### Hodge Anchors Record Relay

## U.S. H King



### Demus Leads The Way



### Coach Curtis Frye

Frye encourages his athletes to chase dreams of success. by Dave Williams  
Curtis Frye is a man who has spent his entire career preparing his athletes for the challenges of the sport. Frye is a man who has spent his entire career preparing his athletes for the challenges of the sport. Frye is a man who has spent his entire career preparing his athletes for the challenges of the sport.



### New King Of The Quarter

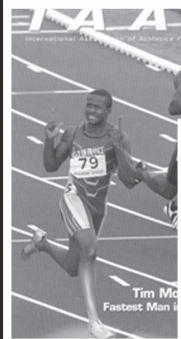
## Jeremy Wariner



### All-America Girls



### de France



Tim Montgomery, Fastest Man in the World



### 4 girls on the move

The University of South Carolina's women's track and field team has made a name for itself in the national spotlight. The team has won several national titles and is currently ranked among the top teams in the country. The team has won several national titles and is currently ranked among the top teams in the country. The team has won several national titles and is currently ranked among the top teams in the country.



### Wariner!



### Really Big Shoes To Fill

Over the winter break, it's tough not to be by the company of Jeremy Wariner. The Olympic champion has left a void that is difficult to fill. The team is working hard to replace his leadership and success. The team is working hard to replace his leadership and success. The team is working hard to replace his leadership and success.



### All-America Boys

The University of South Carolina's men's track and field team has made a name for itself in the national spotlight. The team has won several national titles and is currently ranked among the top teams in the country. The team has won several national titles and is currently ranked among the top teams in the country. The team has won several national titles and is currently ranked among the top teams in the country.

NATIONAL EXPOSURE



# NATIONAL EXPOSURE

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.

**TRACK & FIELD NEWS**  
MAY 2006 \$3.99

**Teter Bouncing Back**

**400 Prodigy Saves Richards**

**FLORIDA RELAYS Denies Everyone**

Florida Relays, held in Gainesville, Fla., was a track and field meet that drew a record crowd of 100,000 fans to the stadium. The meet was a success for the state of Florida, as it was the first time since 1998 that the state has hosted the event. The meet was also a success for the state of Florida, as it was the first time since 1998 that the state has hosted the event.

**TRACK & FIELD NEWS**  
AUGUST 2006 \$3.99

**Knocking On 3:50's Door**

**Alan Webb Is Back**

**Storm Changes Face Of NCAA Champs**

The only preliminary round on the track that could be completed for this day was the 100-meter dash. The race was won by Don (Big Daddy) Garlin.

**IMARA**  
A LIFESTYLE AND PERSONAL GROWTH MAGAZINE  
JULY/AUGUST 2002

**Angela Huntley**  
A WIFE, MOTHER AND SUCCESS STORY

**TAMEIKA ISAAC**  
COLUMBIA CITY COACHES FIRST SELECTED AMERICAN FEMALE

**Who's the IMARA**  
Who's the IMARA Who's the IMARA Who's the IMARA

**IMARA**  
A LIFESTYLE AND PERSONAL GROWTH MAGAZINE  
JULY/AUGUST 2002

**POWER PLAYS**

**Florence**  
Taking Care of Business

**TRACK & FIELD NEWS**  
JULY 2002 \$3.99

**Two Titles For Walter Davis**

**LSU Wins NCAA Title**

**Frye Finally Puts Up A 1**

**NEW HYTEK**  
BEST TIME EVER  
HYTEK TRACK & FIELD  
HYTEK TRACK & FIELD  
HYTEK TRACK & FIELD

**HOW FAR? HOW FAST?**

**HYTEK**  
HYTEK TRACK & FIELD  
HYTEK TRACK & FIELD

**Sports Illustrated**

**Serious Business**

**DALLAS COWBOYS**

What it will take for Bill Parcells

**FACES IN THE CROWD**

**Eric Duncan, Florham Park, N.J.**  
Baseball  
Eric, a senior third baseman at Seton Hall Prep, dove in the winning run to give the Pirates the 2005 National Championship. He set school records in batting average (.556), home runs (12), hits (52) and RBIs (60), and was the New York Yankees' first-round draft pick.

**Michelle Acosta, Midland, Texas**  
Basketball  
Acosta, a senior guard at Grandland University, became the Yellowjackets' first All-America in women's basketball and led the Heart of America Athletic Conference in scoring (692 points), assists (136) and steals (128).

**Albert Childers, Grandville, Mich.**  
Wrestling  
Albert, a senior at Grandville High, won the Group AA 275-pound state championship, thus becoming the second U.S. high school wrestler to win four state heavyweight titles. His 171 career wins are a Virginia High School League Group AA record.

**Franca Whipple, West Palm Beach, Fla.**  
Track and Field  
Whipple, who just completed her sophomore year at South Carolina, won the 200-meter dash and placed second in the 100 meters at the SEC track and field championships. She accumulated the most points at the meet, earning the Commissioner's Trophy.

**Johnas Raff, Haverford, Pa.**  
Tennis  
Johnas, a graduating senior at the Haverford School and captain of the team, won his fourth Inter-Academic League singles championship. A member of the varsity team since the sixth grade, he had 60 wins in league play and 90 wins overall.

**Sports Illustrated**

**The Perfect Ending**

**David Robinson and San Antonio Spurs Are NBA Champs**

**WHAT'S NEXT?**  
BIG CHANGES  
The War For SPURS & NETS

**FACES IN THE CROWD**

**Kenneth Ferguson, Detroit**  
Track and Field  
Ferguson, a sophomore sprinter and hurdler at South Carolina, ran a meet-record 1:00 to win the 110-meter hurdles at the Junior Pan American Games in Bridgetown, Barbados. He also won gold in the 400-meter hurdles and the 4x400 relay.

**Jennifer Marcus, Miami**  
Bene Twiering  
Marcus helped her team, Encore, win a gold medal for the U.S. at the 2003 World Budo Taekwondo Championships on Sunday. A junior at Florida State, she also won silver in solo, two-habit and three-habit at the U.S. Taekwondo Association championships.

**Clay Malican, Drummonds, Tenn**  
Drug Racing  
Malican, 37, raced to his 20th career victory at the International Hot Rod Association Northern Nationals in Martin, Mich., last week, breaking the record for top-fuel wins held by Don (Big Daddy) Garlin.

**Kim Richards, Johnson City, N.Y.**  
Powerlifting  
Richards, 21, won gold medals in the female deadlift, bench press and combination bench press/deadlift at the 2003 Special Olympics World Summer Games. She was named 2003 Special Olympics New York female athlete of the year.

**Ali Antshpurov, Seattle**  
Karate  
Antshpurov, a senior at the University of Washington, won gold medals in the men's kumite +80kg and spoo kumite classes at the USA National Karate-do Federation's championships. He also won the gold in the kumite +80 at the 2003 USA Open.

**Sharon Day, Costa Mesa, Calif.**

NATIONAL EXPOSURE



THE QUEST FOR EXCELLENCE CONTINUES

# 2005 ANNUAL FALL TRACK BANQUET



The 2005 annual track and field banquet was held on October 21, 2005 at the Capstone House on the campus of the University of South Carolina. Former All-American sprinter Gerald Pressley and former world record-holder thrower Dawn Ellerbe were the guest speakers for the evening.



**(Left) 2005 Track and Field Coaching and Support Staff:** (L-R) Stan Rosenthal, Jeff McAuley, William Gill, Curtis Frye, Delethea Quarles, Mike Sergent, Rusty Shealy, Pat Moore.



**(Right)** Men's track and field team conversing at the banquet.



**(Right) Coach Curtis Frye and Family:** (L-R) Daughter Crystal F. Woodruff, wife Wilma Frye, granddaughter Tyler Woodruff, Curtis Frye, and daughter Curtrell Frye, (son C.J. Frye not pictured).

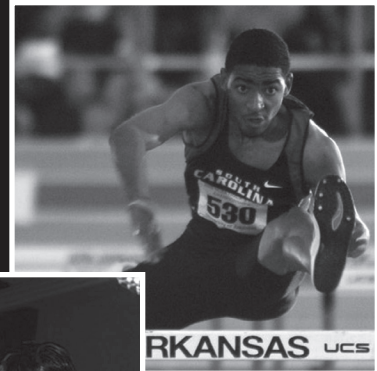
TRACK AND FIELD BANQUET



# A LOOK BACK AT 2005



(Left) All-American Rodney Martin broke the USC indoor 200m record at the 2005 Tyson Invite with a time of 20.67, finishing third in the competition on national television. Martin also broke the outdoor 200m record at the NCAA Championship with a time of 20.43. (Right) All-American Jason Richardson recorded the fourth fastest time in school history in the 60m hurdles (7.75) at the SEC Indoor Championship, marking the second best freshman performance in the program's history.

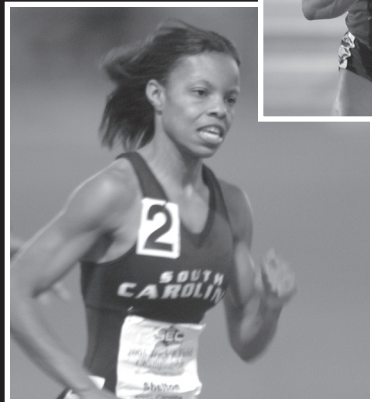


(Right): All-American Shevon Stoddart was named USC's 2005 Athlete of the Year



(Left) USC women's 4x400m relay won the national title at the 2005 NCAA Indoor Championship in Fayetteville, Ark. The quartet of Stephanie Smith, Shevon Stoddart, Tiffany Ross-Williams and Shalonda Solomon ran a time of 3:30.01, the second fastest time in school history and the sixth fastest collegiate time ever.

(Left) At SEC Indoors, All-American Amberly Nesbitt matched the second fastest 60m time in USC history of 7.31, set by 2004 Olympian and former Gamecock Aleen Bailey.



(Left) Distance runner Shay Shelton won the 800m run in the Tyson Invite with a time of 2:09, claiming her first title of the season. (Right) USC's 2005 Academic Athlete of the Year Jenny Lake broke the USC indoor 3,000m record at the SEC Indoor Championship with a time of 9:41 to conclude her season season.

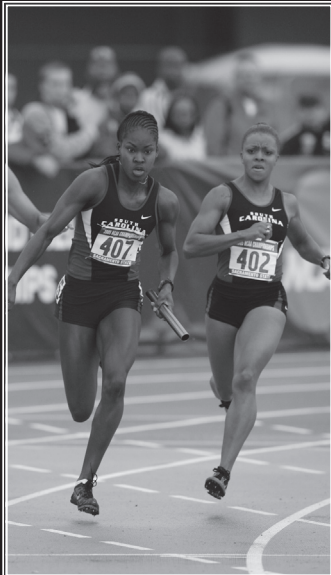


A LOOK BACK AT 2005



# A LOOK BACK AT 2005 PENN RELAYS

2005 PENN RELAYS



**4x100m Relay Champions**

Amberly Nesbitt  
Erica Whipple  
Alexis Joyce  
Shalonda Solomon



**4x200m Relay Champions**

Khalilah Carpenter  
Erica Whipple  
Stephanie Smith\*  
Shalonda Solomon



**4x400m Relay Champions**

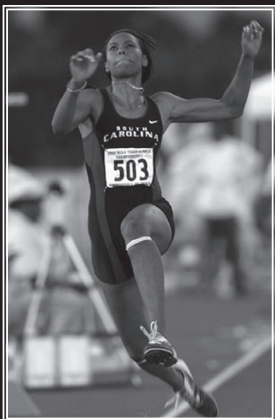
Shevon Stoddart  
Natasha Hastings  
Tiffany Ross-Williams  
Stephanie Smith



**Shuttle Hurdle Relay  
Champions**

Chiquita Martin  
Ronnetta Alexander  
Shevon Stoddart  
Tiffany Ross-Williams

## Championship of America



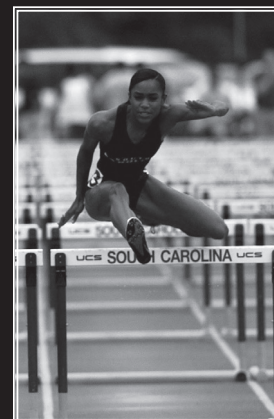
**Chelsea Hammond**

Won her fourth consecutive Penn Relays Long Jump Title



**Tiffany Ross-Williams**

Won the Penn Relays 400m hurdles, finished runner-up in the 100m hurdles and ran on two winning relays (4x400 and shuttle hurdle relay); She was named 2005 Penn relays Most Outstanding Female Athlete



**Shevon Stoddart**

Earned her second consecutive runner-up finish in the Penn Relays 400m hurdles and finished third in the Olympic Development 100m hurdles.

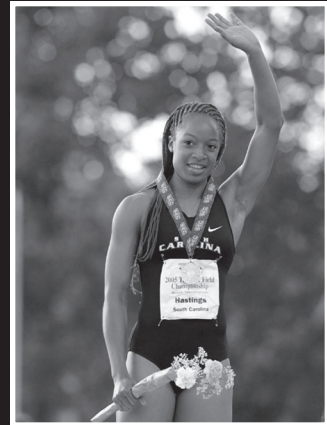




# A LOOK BACK AT 2005 SEC OUTDOOR CHAMPIONSHIP



2005 SEC OUTDOOR CHAMPIONS



## 2005 SEC Outdoor Champions

### USC Women's Team

Women's 4x100m Relay  
(top left)

Women's 4x400m Relay  
(top middle)

Shalonda Solomon, 200m Dash  
(top right)

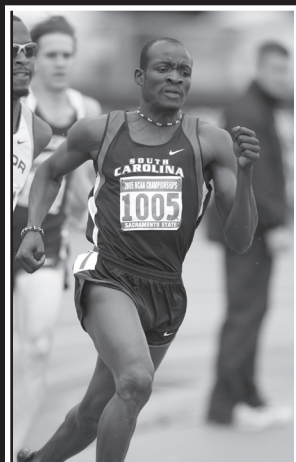
Kemesha Whitmire, Triple Jump  
(bottom left)

Tiffany Ross-Williams, 400m Hurdles  
(not pictured)

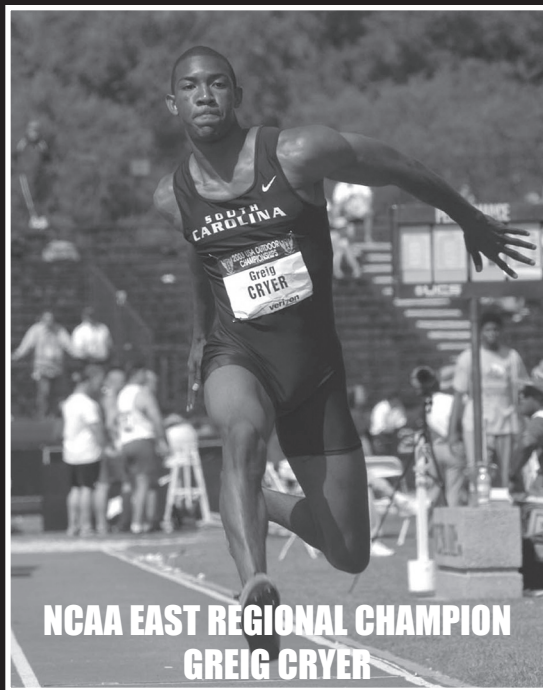
Natasha Hastings, 400m Dash  
(bottom right)



# A LOOK BACK AT 2005 SEC OUTDOOR AND NCAA EAST REGIONAL CHAMPIONSHIPS



Regional Qualifier  
William Emase



Regional Qualifier  
Adrian Durant



NCAA Qualifiers  
Leroy Dixon and Jason  
Richardson



Regional Qualifier  
Joe Schroeder



Regional Qualifier  
Precious Akins (above)

Regional Qualifier  
Dan McKenzie (right)

NCAA Qualifier  
Cheryl Terrio (left)

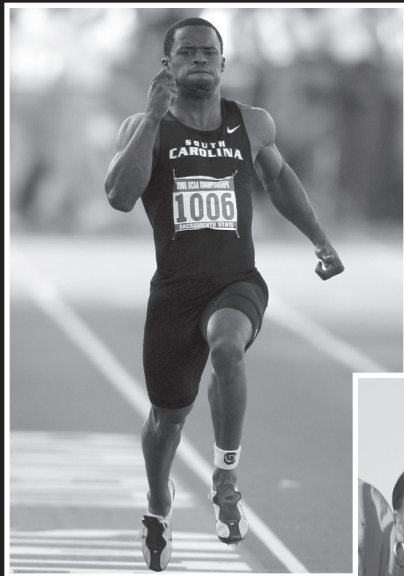


2005 OUTDOOR SEASON



# A LOOK BACK AT 2005 NCAA OUTDOOR CHAMPIONSHIP

JUNE 8-11, 2005  
SACRAMENTO, CALIF.



All-American  
**Rodney Martin**  
Finalist in  
100m and 200m Dashes



All-Americans  
**Shevon Stoddart and  
Tiffany Ross-Williams**  
Finalists in 400m Hurdles



All-Americans  
**Erica Whipple, Shalonda  
Solomon, Alexis Joyce and  
Tiffany Ross-Williams**  
Runner-up in 4x100m Relay



All-American  
**Chelsea Hammond**  
Finalist in High Jump

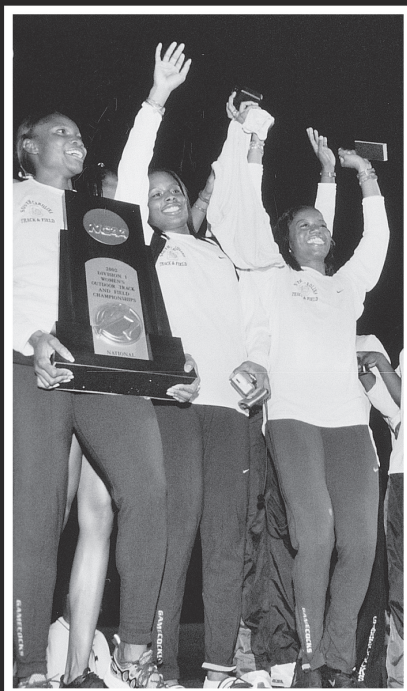


All-American  
**Stephanie Smith**  
Finalist in 400m Dash

2005 NGA OUTDOOR CHAMPIONS



# 2002 NCAA CHAMPIONS



*South Carolina's women's track & field team captured the 2002 NCAA Outdoor Championship, becoming the first Gamecock team in any sport to win an NCAA title.*



2002 NCAA OUTDOOR CHAMPIONS



# 2002 A YEAR TO REMEMBER

## 2002, A STORYBOOK SEASON!

*The women were fourth indoors and won the NCAA title outdoors. The men's team was sixth indoors and outdoors. All told, the two teams won/set or were honored as:*

- 7 medals at the World Junior Championships
  - 1 World Junior Record
- 3 USATF Junior Champions
- 3 NCAA individual champions
  - 4 NCAA relays champions
    - 52 All-Americans
    - 1 NCAA Record
- 4 SEC individual champions
  - 3 SEC relay champions
    - 5 SEC Records
  - South Carolina NCAA Woman of the Year
    - National Male Scholar-Athlete of the Year
- USATCA Indoor Female Athlete of the Year
- Track and Field News Female Athlete of the Year
  - USATCA Outdoor Male Region Athlete of the Year
    - SEC Female Outdoor Athlete of the Year
- SEC Indoor and Outdoor Freshman of the Year
  - USTCA National Outdoor Coach of the Year
  - SEC Outdoor Women's Coach of the Year



2002 NGAO OUTDOOR CHAMPIONS



## MEN'S OUTLOOK

USC Head Coach Curtis Frye and the South Carolina men's track and field expects the 2006 season to be its best in five years. Having only lost two athletes from last year's roster, Aaron Luster and All-American Rodney Martin who both completed their eligibility, and the return of several key athletes who sat out last season due to injuries, the Gamecocks will have their strongest roster yet heading into the indoor season.

With the return of All-American sprinter Jonathan Fortenberry, who sat out two seasons due to a severe Achilles injury, senior decathlete Greg Royster and redshirt senior thrower Brook Antonio, who all red-shirted last season, the 2006 men's team is expected to be among the top competitors in both the conference and the region during the upcoming season.

The team will kick-off the season at Virginia Tech Invitational on Jan. 13 before heading to New York City for the New Balance Armory Collegiate Invitational and the Millrose Games on Feb. 3-4. The Gamecocks will then travel to Fayetteville, Ark. for the Tyson Invite held at the University of Arkansas at the Randal Tyson Track Center on Feb. 10-11. The men's and women's team will host the USC Invitational on Feb. 18 and the men will wrap-up the season at Florida for the Southeastern Conference Indoor Championship, followed by a return to Arkansas for the NCAA Championship on March 10-11.

The Gamecocks will open their outdoor season hosting the Weems Baskin Relays in Columbia on March 17-18. They will then make two back-to-back trips to Florida. Their first road trip will be to Tallahassee, Fla. for the Florida State Relays on March 24-25, followed by a competition in Gainesville, Fla. on April 1. Other outdoor competitions will include the Sea Ray Relays in Knoxville, Tenn., North Carolina A & T in Greensboro, N.C., and the 111th Penn Relays in Philadelphia, Pa. The Gamecocks hope to conclude their season finishing in the top-five at the NCAA East Regional for the second consecutive year in Greensboro, N.C., while contending for a top-10 spot at the NCAA Outdoor Championship in Sacramento, Calif. on June 7-10.

### Sprints and Relays

The men's sprint program is expected to reach new heights this season. With more depth and the return of Fortenberry, who has had a great fall training, Gamecocks sprinters should lead the way to contending for the men's conference title.

Leading this season's group of sprinters are seniors All-American Leroy Dixon and 2004 Olympian Adrian Durant. With the addition of Fortenberry, these athletes will lead the sprints and are capable of taking the 4x100 and open 100m and 200m dashes to the next level. Sophomores Keith Hinnant and Jamil James, both competitors in the 400m dash, will also make major contributions in taking the Gamecock men's program to a higher level.

### Hurdles

One of last season's highlights was freshman hurdler Jason Richardson. The two-time All-American returns this season expecting to continue his success as a scorer in the NCAAs both indoors and outdoors.

Richardson, who earned his first All-American honor indoors in the 60m hurdles when running the fourth fastest time in school history with a time of 7.75 earning third place, had the second best freshman debut performance in Gamecock history. Capturing two top-five finishes in the 2005 Penn Relays, Richardson will be ranked again this year among the top hurdles in the country in all three hurdle events, 60m, 110m and 400m hurdles, while attempting to add on to his All-American honors.

### Multis

Coming off a season with no decathletes, USC Assistant Head Coach Delethea Quarles is looking forward to the return of redshirt senior



**All-American Jason Richardson**

Greg Royster for the 2006 season. Royster, who sat out last year, is expected to lead the decathlon crew and contribute significantly on the conference and national level as a scorer for the Gamecocks. Joining him will be Curt McGill, a freshman from Spartanburg, S.C. With great strengths in the throws, the high jump and the hurdles, Royster, along with McGill, are expected to do great things for the Gamecocks in the multis this year.

### Jumps

Looking to step it up another notch during his last year at USC, senior team captain Greig Cryer is expected to lead the jumpers again this season. Coming off a solid outdoor finish, Cryer won the NCAA East Regional long jump title and is expected to make a significant mark in the SEC, while also having a chance to claim the national title at NCAAs.

Accompanying Cryer is sophomore jumper Derek Pressley, who is certainly on the way to accomplishing great things as a Gamecock jumper. After a great freshman season, earning his first conference points at the SEC Indoor Championship, Pressley is expected to improve his jumps, while making significant contributions on the conference level and qualifying for nationals. The trio of Cryer, Pressley and decathlete Curt McGill are expected to do great things this season for the Gamecock men's program.

### Pole Vault

The Gamecocks expect that the 2006 season will be another record-setting year for USC pole vaulters. The men's team will have three returnees who have all jumped in the mid to upper 16-foot range, while also having a good shot at getting into the 17-foot club.

Among these jumpers is Royster, who is returning in the pole vault at a height of 16-9. While a double-threat as a decathlete and pole vaulter, Royster has the ability to score at SECs and NCAAs in both events.

Also leading the men's pole vault crew is senior Trey Bell, who has made a name for himself in the conference as a solid vaulter. Although he battled with injuries throughout his junior season, Bell still managed to set a personal best of 16-6.75. This season Bell is healthy and could be an impact performer for the Gamecocks on both the conference and national level.



Experiencing great improvement during the 2005 season was then sophomore Dan McKenzie. Heading into the conference indoor championship as an underdog, McKenzie came away with a third place finish, becoming a first-time scorer for the Gamecocks. Named the most improved USC vaulter last season, McKenzie enters his junior year with a personal best of 16-6.75, expecting to significantly contribute at the SECs and qualify for nationals this year.

Expecting to see improvements this season is sophomores Brad Kieber. Kieber's hard training and competitive nature should help him take his performance to the next level.

Adding another new touch to the pole vault crew is Dave McCollough, who joins the Gamecocks program after coming off a stellar and consistent prep career, is expected to do good things for the program this season with great speed and a strong work ethic, adding depth to the pole vault roster.

### Throws

The 2006 throwing roster is loaded with depth and scoring potential. Returning junior Tyler Trout and sophomore Joe Schroeder each return as SEC Championship scorers in the hammer and javelin throws respectively. They also led the team in the discus throw last season.

Also returning this season for the Gamecock throwers is shot putters Jim Mitchell, as well as Brook Antonio after the completion of the football season. Antonio, one of the top all around throwers in the SEC, redshirted last year's track season and went out for the football team, where he earned a scholarship and has worked his way into playing for the Gamecocks. This group of upper classmen are expected to make significant championship contributions and provide excellent leadership.

Sophomore throwers Jason Cook and Dave Zaycek are talented young throwers with strong potential in the shot put and discus. They spent their freshman year each redshirting one of their two competitive seasons and adjusting to the collegiate level. While they are still developing, athletically, they have what it takes to score in the SEC and advance to the national championships.

There will also be two new faces among the throwers. Freshman Erik Heymann also show great promise for this year. Heymann was one of the top javelin throwers in the nation last year as a high school senior from New Jersey. He threw 206-11 with the spear and also competed in the shot put and discus for his team. Heymann has the potential to compete for the Gamecocks in other events as a multi-thrower, but will focus this season on making a smooth college transition and earning a trip to the national championships in the javelin.

### Distance

The men's distance program will have more depth and is expected to be more competitive this season with several returning athletes and a handful of newcomers.

Indoors the men's distance medley relay is expected to be fairly strong and capable of repeating last year's fourth place SEC finish. Competing for the spots on the relay are senior Shawn Cunningham (1:50.99) returnee redshirt sophomore Sean Leyh (1:51.25 + 3:04), sophomore Matt Hoffman (3:04 + 4:13), newcomer Alfred Lagat (4:08) and transfer Nulie McCarthy (1:54).

Expecting to lead the long distance runners this season is senior Steve Mance who ran 14:36 for 5,000 meters. With continued improvement, he can compete for a scoring spot at the SEC Championships.



**Thrower Joe Schroeder**

Cunningham ran the 800 meters and on the DMR that placed fourth at the SEC Championships in 2005. Red-shirted during the 2005 outdoor season, Cunningham is expected to be among the scorers at SEC.

Accompanying Cunningham are redshirt sophomore Sean Leyh and sophomores David Johannesmeyer and Matt Hoffman. Leyh redshirted during the 2005 season after improving from 1:53.9 to 1:51.25 and 3:04 leading off the DMR during his freshman season. With continued improvement he is expected to be able to compete for a scoring place at the SEC championships in 2006. Johannesmeyer, who has trained hard this year, will compete in the 5,000m and the 10,000m, while Hoffman, who led off the DMR last season, will compete for a scoring place at the SEC Championship in the mile.

Among the new faces is Lagat, who will compete at distances from the mile to the 5,000 meters and race on the DMR, and junior transfer Nulie McCarthy, who will compete for a spot on the DMR and run the 800m during the 2006 season.



## WOMEN'S 2006 OUTLOOK

Coming off the second best season in the program's history, the women's track and field team is looking to continue the success this season with the return of several All-Americans and a group of new faces that is sure to leave an impact on both the SEC and NCAA.

Having lost all but one athlete from the 2002 National Championship team, the Gamecocks will take a hit in the sprints and hurdles. However, the women's team expects the 2006 season to be one of balance and competition that is expected to lead the Gamecocks to another championship season. After the second most successful season of his 10-year career in 2005, including an unforgettable Penn Relays performance—capturing the Championship of America, a SEC Outdoor Championship title, a NCAA East Regional Championship title and a runner-up finish at NCAA Outdoors, USC Head Coach Curtis Frye expects the Gamecocks will once again this season be a contender at the national level.

The Gamecocks will kick-off their indoor schedule with a trip to Blacksburg, Va. for the Virginia Tech Invitational on Jan. 13-14. They will take their annual trips to New York City for the New Balance Armory Collegiate Invitational on Feb. 3-4 and the Tyson Invite on Feb. 10-11, while wrapping up the regular season hosting the Gamecock Invitational in Columbia on Feb. 18. The Gamecocks will travel to the University of Florida who is hosting the 2006 SEC Indoor Championship in Gainesville on Feb. 24-26, before heading to the NCAA Indoor Championship in Fayetteville, Ark. on March 10-11.

The outdoor season will get into action on March 17-18 when the Gamecocks host the Weems Baskin Relays at their outdoor facility on March 17-18. They will then make their third and fourth trips to Florida, first to the Florida State Relays on March 24-25 and then to the University of Florida on April 1. The women's team will wrap up their outdoor season at rival Clemson before making their third trip to Fayetteville, Ark. for the SEC Outdoor Championship. The Gamecocks will then travel to Greensboro, N.C. for the NCAA East Regional Championship and then return to Sacramento, Calif. for the NCAA Outdoor Championship.

### Sprints and Relays

Although the Gamecocks lost two All-American short sprinters in Khalilah Carpenter and Erica Whipple, returning All-American sophomores and SEC champions Amberly Nesbitt and Shalonda Solomon will step up where they left off, returning to contend for conference and national titles in the 60m, 100m and 200m dashes and lead the 4x100 and 4x200m relays.

Nesbitt, who earned All-American honors during her first collegiate indoor season, ran the lead off leg of USC's 4x100m relay that remained in No. 1 spot throughout the entire outdoor season. A member of the gold medal 4x100m team and finalist in the 100m at the Pan Am Games, Nesbitt is expected to continue the success of her freshman season by taking her performance to the next level, while competing in both relays, and contending for conference and national titles in the short sprints.

Solomon, who was a member of the indoor national champion 4x400m relay and won the SEC Outdoor 200m title during her freshman season, was also a finalist in the 2005 USATF Senior 200m dash competition with some of the country's most elite runners. She is expected to return this season only to pick up where she left off, excelling in both the 100 and 200m dashes, while leading the relays to national titles.

All-Americans and SEC champions Natasha Hastings and Stephanie Smith will dominate the 400m dash again this season and expected to lead the Gamecocks to another national title in the 4x400m relay.



**All-American Stephanie Smith**

Smith, also a finalist in the USATF Senior 400m competition, can run anything from the 100m to the 800m. She had an outstanding sophomore season with All-American honors both indoors and outdoors, but is expected to break records in 2006 as one of USC's most dynamic sprinters. Smith will be a threat on the conference, national and possibly international levels.

Hastings, the 2005 USA Junior and Pan American 400m gold medalist, set personal bests in every event competed during the indoor and outdoor seasons. Only a sophomore this season, it is expected that Hastings will continue to improve this season and becoming one of the nation's top sprinters, leading the Gamecocks into another championship season.

### Hurdles

Known in recent years for dominating the hurdle events, the Gamecocks will be without All-American Tiffany Ross-Williams who left early for a pro career and All-American and 2004 Olympian Shevon Stoddart who graduated last season during the 2006 season. However, senior All-Americans Chiquita Martin and Tawana Watkins and junior All-American Ronnetta Alexander will return to step it up a notch and continue the success of USC's hurdlers.

Martin, who helped win the 2005 Penn Relays shuttle hurdle and gave depth to last year's hurdles crew, was a solid contributor indoors to the relays. She is expected to step it up this season as an individual competitor and become a NCAA qualifier. Alexander, a world junior champion two seasons ago, is expected to recover from injuries suffered last season and help take the Gamecocks to the next level.

Look to see a couple of new faces among the South Carolina hurdles as well. Canadian Bailey Lewis, who represented her country in the Pan American Games last summer, is expected to make a significant contribution in intermediate hurdles, while Nike National runner-up Trier Young is expected to make an impact in the SEC.





### Multis

Returning to lead the multis this season is senior All-American Chelsea Hammond. Hammond, who was a member of the 2002 National Championship team, is looking forward to completing her last season indoors. As the only Gamecock competitor in the multis last season, she returns this year with some redemption after a tough 2005 season of injury. She is expected to impact the SEC and to go out with high expectations at the national level as well.

Hammond will come back to lead freshmen Kettiany Clarke and Brittney James, who both are expected to make significant contributions indoors at the conference and national level.

### Jumps

Hammond, who also won her fourth consecutive Penn Relays long jump title in 2005, will join SEC triple jump Champion Kemesha Whitmire in leading the jump crew during the 2006 indoor season.

Accompanying these two will be senior Monica Bozenski in the high jump. Whitmire, who captured the program's first conference jump title, is expected to contribute at the SEC as well as the national level, placing in the top three at nationals. Bozenski is expected to be in the top six of the high jump at the SEC level, while Clark, in the outdoor season, will also be a strong jumper and leader as a freshman who is expected to contribute highly at the SEC level and national level.

### Pole Vault

The women's pole vault crew is also expected to have another record-breaking season. Leading this year's women's team is NCAA qualifier and SEC scorer senior Cheryl Terrio. Terrio, an indoor and outdoor school record holder, has made significant gains in the past year and is expected to finish high on a national level this season.

There are also four other women's athletes who are jumping within six inches of each other. Three are newcomers Vica Shobe and Liza Todd, who will be competing in the SEC for the first time this season. It is expected that the competition from within the program will push these three along returning Marisa Garcia-Quintana and Emily Pease to new heights this season.

### Throws

Once again leading the way for the Gamecock throwers is regional qualifier junior Precious Akins. Akins followed up her outstanding freshman year with great improvements and lifetime bests in the weight throw, shot put, and discus. She developed superb consistency in the discus that led to a third place showing in a heated SEC discus competition and five victories of six regular season competitions. Additionally, Akins, for the first time, scored in the shot put at both the SEC Indoor and Outdoor Championships. She will provide leadership to the team and look for her to be a major competitor come championship season.

Also expected to make a significant return during the 2006 season is Keri Groover. Groover begun a successful comeback during last year's indoor season, but a ligament injury to her hand/wrist required surgery and put an end to her year of competition. This was the second time her wrist has required surgery, but she is once again progressing with rehabilitation and therapy. She is questionable for the indoor season but should be ready to compete by the spring. Her specialty is the discus and when healthy has proven herself to be a top athlete in the conference.

Joining Akins and Groover will be newcomer Emily McPhetridge, who has transferred to USC from Santa Barbara City College in California. Her event is the hammer, but she is expected to add depth to the throws and make an impact in conference action.

### Distance

Leading the 2006 women's distance performers will be senior Shay Shelton. In 2005, Shelton improved her time in the 800m, placing fourth at the SEC Championships and qualifying for NCAA's. She had a personal best by almost a minute for 5K during cross country, which indicates another very good track season ahead for her in 2006.

Joining Shelton in the 800m will be three newcomers, freshmen Kelsey Bristol, Anna Petrov and Alyse Shayer. All three were state qualifiers as high school seniors in 2005. All three set personal bests during the 2005 Cross Country season.

The distance medley relay placed second, fifth and second at the SEC Indoor Championships the past three years. With Shelton's leadership this season, the team has a chance to continue its high SEC placing in 2006.

In the longer distances, cross country co-captains Karen Wigal and Rebecca Chain will be competing in the 10K and 5K respectively. Both had tremendous improvements in their events during 2005 and with continued improvement during 2006, they both could place at SEC's.



**All-American Kemesha Whitmire**



**MEN'S TEAM ROSTER**

<b>Name</b>	<b>Year (I/O)</b>	<b>Events</b>	<b>Hometown</b>	<b>High School/Last School</b>
Brook Antonio	Sr./Sr.	Throws	Sierra Vista, Ariz.	Buena/Northern Arizona
Johnny Baez	Jr./Jr.	Middle Distances	Nyack, N.Y.	Nyack/SUNY Delhi
Trey Bell	Sr./Jr.	Pole Vault	Irmo, S.C.	Dutch Fork
Jason Cook	R-Fr./So.	Throws	Bristow, Va.	Brentsville District
Greig Cryer	Sr./Sr.	Jumps	North Charleston, S.C.	R.B. Stall
Shawn Cunningham	Sr./Jr.	Middle Distances	Hilton Head, S.C.	Hilton Head
Leroy Dixon	Sr./Sr.	Sprints	South Bend, Ind.	Lasalle/Kansas City, Kan. CC
Adrian Durant	Sr./Sr.	Sprints	Teaneck, N.J.	Teaneck
Anthony Faulkner	Jr./Jr.	Throws	Piedmont, S.C.	Wren
Jonathan Fortenberry	Sr./Sr.	Sprints	Marietta, Ga.	Marietta
Johnathan Hancock	Fr./Fr.	Sprints	Charlotte, N.C.	West Charlotte
Jussi Heikkila	So./So.	Sprints/Hurdles	Virrat, Finland	Virtain Lukio
Erik Heymann	Fr./Fr.	Throws	Westwood, N.J.	Westwood Regional
Thomas Hilliard	Sr./Sr.	Sprints	Raleigh, N.C.	Southeast Raleigh
Keith Hinnant	So./So.	Sprints	Bay Shore, N.Y.	Bay Shore, N.Y.
Matt Hoffman	So./So.	Distances	Omaha, Neb.	Burke
Jamil James	So./So.	Sprints	Marabella, Trinidad	Presentation College
David Johannesmeyer	So./So.	Distances	Summerville, S.C.	Summerville
Brad Kieber	R-Fr./So.	Pole Vault	Summerville, S.C.	Summerville
Alfred Lagat	Fr./Fr.	Distances	Eldoret, Kenya	Moi
Sean Leyh	So./So.	Distances	Stafford, Va.	Colonial Forge
Nick Lytle	So./So.	Sprints	Spartanburg, S.C.	Spartanburg
Nulie McCarthy	Jr./Jr.	Middle Distances	Alexandria, Va.	T.C. Williams/VCU
Steve Mance	Sr./Sr.	Distances	Royal Oak, Mich.	Bishop Foley
David McCullough	Fr./Fr.	Pole Vault	Beachwood, N.J.	Toms River South
Curt McGill	Fr./Fr.	Multis/Pole Vault	Spartanburg, S.C.	Spartanburg
Dan McKenzie	Jr./Jr.	Pole Vault	Salisbury, Md.	James M. Bennett
Jim Mitchell	Jr./Jr.	Throws	Londonderry, N.H.	Londonderry
O.J. Murdock	Fr./Fr.	Sprints	Tampa, Fla.	Middleton
Derrick Pressley	So./So.	Jumps	Easley, S.C.	Wren
Jason Richardson	So./So.	Hurdles/Sprints	Cedar Hill, Texas	Cedar Hill
Greg Royster	Sr./Sr.	Multis/Pole Vault	Columbia, S.C.	Spring Valley
Joe Schroeder	So./So.	Throws	Simpsonville, S.C.	Mauldin
Carlos Thomas	Fr./Fr.	Sprints	College Park, Ga.	Banneker
Tyler Trout	Sr./Sr.	Throws	Goose Creek, S.C.	Stratford
Daniel Williams	So./So.	Distances	Mechanicsville, Va.	Atlee
Dave Zaycek	So./R-Fr.	Throws	Manasquan, N.J.	Wall



## WOMEN'S TEAM ROSTER

Name	Year (I/O)	Events	Hometown	High School/Last School
Precious Akins	Jr./Jr.	Throws	Summerville, S.C.	Summerville
Ronnetta Alexander	So./Jr.	Hurdles	Williamsville, N.Y.	Williamsville South
Monica Bozenski	Sr./Sr.	Jumps	Southgate, Mich.	Gabriel Richard
Nicki Breves	Jr./Jr.	Distances	Ridgefield, Conn.	Ridgefield
Kelsey Bristol	Fr./Fr.	Distances	Grandville, Mich.	Grandville
Nikeshia Brown	So./So.	Sprints	Hempstead, N.Y.	Hempstead
Rebecca Chain	So./So.	Distances	Ridgefield, Conn.	Ridgefield
Kettiany Clarke	Fr./Fr.	Sprints/Hurdles/Jumps	West Palm Beach, Fla.	Palm Beach
Ashley Cruse	Jr./Jr.	Distances	Cincinnati, Ohio	Turpin
Kayla Curtis	Fr./Fr.	Distances	Canasota, N.Y.	Canasota
Danielle Franklin	Fr./Fr.	Distances	Greenville, S.C.	Greer
Marisa Garcia-Quintana	Jr./Jr.	Pole Vault	Mauldin, S.C.	Riverside
Faraign Giles	So./So.	Sprints	Virginia Beach, Va.	Tallwood
Caitlin Graham	Fr./Fr.	Pole Vault	Richmond, Va.	Mills Godwin
Keri Groover	Sr./Sr.	Throws	Riviera Beach, Fla.	Palm Beach Lakes
Chelsea Hammond	Sr./-	Multis	Elmont, N.Y.	Memorial
Lauren Harrill	Fr./Fr.	Throws	Columbia, S.C.	Chapin
Natasha Hastings	So./So.	Sprints	Rosedale, N.Y.	A. Phillip Randolph Campus
Dishari'ck Howze	So./So.	Sprints	Rock Hill, S.C.	Northwestern
Brittney James	Fr./Fr.	Jumps/Multis	Columbia, S.C.	Dreher
Lauren Jaynes	R-Fr./So.	Distances	Summerville, S.C.	Summerville
Chelsea Kaczmarek	Jr./Jr.	Multis	Davenport, Iowa	Assumption
Monica King	Jr./Jr.	Sprints	Summerville, S.C.	Fort Dorchester
Bailey Lewis	Fr./Fr.	Sprints	Inkerman, Ontario	North Dundas
Chiquita Martin	Jr./Jr.	Sprints/Hurdles	Anderson, S.C.	Westside
Caitlin McGroerty	So./So.	Distances	Seaford, Del.	Seaford
Emily McPhetridge	Jr./Jr.	Throws	Nevada City, Calif.	Nevada Union/Santa Barbara CC
Christine Mudd	Jr./Jr.	Distances	Columbus, Ohio	Upper Arlington
Amberly Nesbitt	So./So.	Sprints	Greenville, S.C.	J.L. Mann
CaAdrian Norman	Fr./Fr.	Pole Vault	Arlington, Tenn.	Raleigh-Egypt
Emily Pease	R-Fr./So.	Pole Vault	Moon Township, Pa.	Moon
Anna Petrov	Fr./Fr.	Distances	Albuquerque, N.M.	Eldorado
Callie Rabun	R-Fr./R-Fr.	Distances	Alpharetta, Ga.	Milton
Julie Reale	So./So.	Distances	Wallkill, N.Y.	Wallkill
Laura Regensburg	Fr./Fr.	Distances	Alexandria, Va.	West Potomac
Megan Robers	Fr./Fr.	Distances	Cincinnati, Ohio	Archbishop McNicholas
Alyse Shayer	Fr./Fr.	Distances	Bakersfield, Calif.	Stockdale
LaShay Shelton	Jr./Jr.	Middle Distances	Mesquite, Texas	Mesquite
Vica Shobe	Fr./Fr.	Pole Vault	Matthews, N.C.	Weddington
Jessica Smith	So./So.	Distances	Warrenton, Va.	Fauquier
Stephanie Smith	Jr./Jr.	Sprints	Macon, Ga.	Northeast
Shalonda Solomon	So./So.	Sprints	Inglewood, Calif.	Long Beach Poly
Cheryl Terrio	Sr./Sr.	Pole Vault	Florence, S.C.	West Florence
Liza Todd	Fr./Fr.	Pole Vault	Columbia, S.C.	Dreher
Reanna Townsend	Jr./Jr.	Multis/Jumps	Baton Rouge, La.	Baton Rouge Magnet
Jackie Vignos	R-Fr./R-Fr.	Distances	Charlotte, N.C.	South Meck
Tawana Watkins	Sr./Sr.	Sprints/Hurdles	Newark, N.J.	John F. Kennedy
Kemesha Whitmire	Sr./Sr.	Jumps	Spartanburg, S.C.	Spartanburg
Karen Wigal	Jr./Jr.	Distances	Morgantown, W.Va.	Morgantown
Becky Woods	Fr./Fr.	Distances	Galway, N.Y.	Galway
Trier Young	Fr./Fr.	Hurdles	Neptune, N.J.	Neptune



## 2006 MEN'S AND WOMEN'S SCHEDULE

### *Indoor Season*

Jan. 13-14	Virginia Tech Invitational	Blacksburg, Va.
Jan. 21	Florida Invitational	Gainesville, Fla.
Jan. 28	Clemson Heptathlon/Pentathlon	Clemson, S.C.
Feb. 3-4	New Balance Armory Collegiate Invitational	New York, N.Y.
Feb. 10-11	Tyson Invitational	Fayetteville, Ark.
Feb. 10-11	Clemson Invitational	Clemson, S.C.
<b>Feb. 18</b>	<b>Gamecock Invitational</b>	<b>Columbia, S.C.</b>
Feb. 24-26	SEC Indoor Championship	Gainesville, Fla.
March 4	NCAA Last Chance Meet	Ames, Iowa
March 4	NCAA Last Chance Meet	Blacksburg, Va.
March 10-11	NCAA Indoor Championship	Fayetteville, Ark.

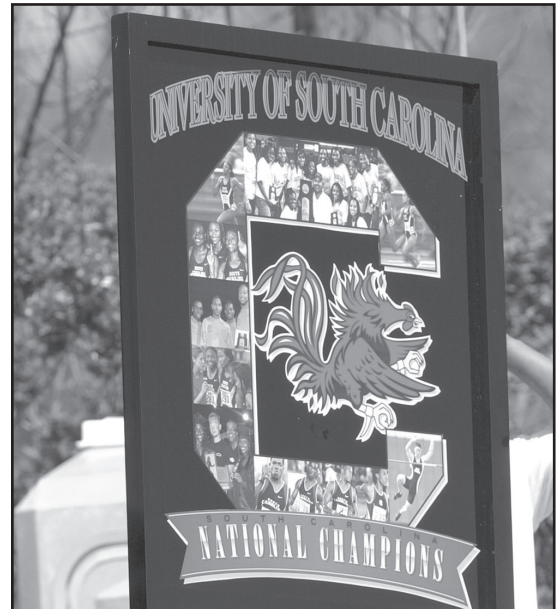


### *Outdoor Season*

March 17-18	Weems Baskin Relays	Columbia, S.C.
March 24-25	Florida State Relays	Tallahassee, Fla.
April 1	Florida Quad Meet	Gainesville, Fla.
<b>April 5</b>	<b>State of South Carolina Meet</b>	<b>Columbia, S.C.</b>
April 8	UGA Meet	Athens, Ga.
April 14-15	Sea Ray Relays	Knoxville, Tenn.
April 22	North Carolina A&T Invitational	Greensboro, N.C.
April 27-29	Penn Relays	Philadelphia, Pa.
May 6	Orange and Purple Classic	Clemson, S.C.
May 12-14	SEC Outdoor Championship	Fayetteville, Ark.
May 26-27	NCAA Regional Championship	Greensboro, N.C.
June 7-10	NCAA Outdoor Championship	Sacramento, Calif.
June 23-25	USATF Senior and Junior Championships	Indianapolis, Ind.



# Weems Baskin Track and Field



WEEMS BASKIN			
Track Records			
Men	Event	Women	Event
Harvey Glance (Auburn)	9.90	Sheryl Covington (Florida St.)	11.56
Terrence Trammell (USC)	20.45	Putyce Verdun (Florida St.)	23.73
Andre Williams (Baptist)	46.03	Andy Lyons (Florida St.)	31.61
Ocky Clark (Florida St.)	1:48.14	Shannon Wyatt (SC)	2:10.28
Gary Cobb (Va. Tech)	3:42.85	Carrie Byrd (Florida St.)	4:26.23
Chris Griggs (Brevard)	8:20.52	Govern Baller (Va. Tech)	9:34.93
Rodger Beardmore (Duke)	8:34.50	Abby Reader (App. State)	17:34.30
Jeff Wentworth (Aldine)	13:26.64	Michelle Farcell (Florida St.)	37:04.90
David Keen (Florida St.)	29:47.24	Melissa Morrison (Unatt.)	12.95
Terrence Trammell (SC)	13.48	Kim Batten (Florida St.)	37.75
Anthony Benson (SC)	50.04	Florida State	44.89
South Carolina	3:08.50	South Carolina	3:39.30
SC Elite	3:21.20	Kim Batten (Florida St.)	40' 6"
USC 72/UNC 72	9:49.90	Kim Batten (Florida St.)	19' 6 1/4"
Herman McIntire (E. Carolina)	53"	Lealie Coons (SC)	168' 1"
James Milton (Florida St.)	2:513.4"	Lisa Mizolpe (SC)	203' 6"
Etin Beyans (Unatt.)	2:44.5"	Crystal Brownice (SC)	55' 7 3/4"
Tomas Sjostrom (Unatt.)	2:46' 0"	Dawn Ellerbe (SC)	183' 8"
Brad Snyder (USC)	69' 11 1/4"	Holly Kelly (Florida St.)	7' 9"
Stan Cain (Alabama)	1:08' 3"	Kylene Nison (SC)	11' 8"
James Brazizans (Georgia)	17' 3 1/2"		
Dale Gerke (USC)	7:40 points		
Wade Brantley (USC)			



NCAA GAMECOCK NATIONAL CHAMPIONS			
MEN	EVENT	YEAR	WOMEN
Donnae Rucker	400m	1974	Dawn Ellerbe
Donnae Rucker	1 mile Relay	1974	Donnae Rucker
Donnae Rucker	20 lb. Weight	1984	Donnae Rucker
Donnae Rucker	Shot Put	1988	Donnae Rucker
Donnae Rucker	Shot Put	1989	Donnae Rucker
Donnae Rucker	Shot Put	1990	Donnae Rucker
Donnae Rucker	Shot Put	1991	Donnae Rucker
Donnae Rucker	Shot Put	1992	Donnae Rucker
Donnae Rucker	Shot Put	1993	Donnae Rucker
Donnae Rucker	Shot Put	1994	Donnae Rucker
Donnae Rucker	Shot Put	1995	Donnae Rucker
Donnae Rucker	Shot Put	1996	Donnae Rucker
Donnae Rucker	Shot Put	1997	Donnae Rucker
Donnae Rucker	Shot Put	1998	Donnae Rucker
Donnae Rucker	Shot Put	1999	Donnae Rucker
Donnae Rucker	Shot Put	2000	Donnae Rucker

Gamecock All-Americans			
MEN			
Donnae Rucker	1974	Ryan Harrison	1994
Donnae Rucker	1974	Art Swartz	1994
Donnae Rucker	1974	James Williams	1994
Donnae Rucker	1974	Mike Sherry	1994
Donnae Rucker	1974	Jim Schep	1994
Donnae Rucker	1974	John Brewer	1994
Donnae Rucker	1974	James Wilson	1994
Donnae Rucker	1974	George Thomas	1994
Donnae Rucker	1974	Boyd Adams	1994
Donnae Rucker	1974	Shah Nays	1994
Donnae Rucker	1974	Hert Soren	1994
Donnae Rucker	1974	Donnae Rucker	1994
Donnae Rucker	1974	Terrence Trammell	1994
Donnae Rucker	1974	David Arnold	1994
Donnae Rucker	1974	Phillips Williams	1994
Donnae Rucker	1974	Ron Willis	1994
Donnae Rucker	1974	Frank Stensak	1994
Donnae Rucker	1974	Hrett Mancey	1994
Donnae Rucker	1974	Harvey Robinson	1994
Donnae Rucker	1974	Kevin Mannon	1994
Donnae Rucker	1974	Corey Briggance	1994
Donnae Rucker	1974	John Stolius	1994

Gamecock All-Americans			
WOMEN			
Donnae Rucker	1974	Lealie Coons	1994
Donnae Rucker	1974	Candy Mitchell	1994
Donnae Rucker	1974	Dawn Ellerbe	1994
Donnae Rucker	1974	Lisa Mizolpe	1994
Donnae Rucker	1974	Crystal Brownice	1994
Donnae Rucker	1974	Erin Warrinski	1994
Donnae Rucker	1974	Tashina Williams	1994
Donnae Rucker	1974	Charlene Howell	1994
Donnae Rucker	1974	Michelle Foster	1994
Donnae Rucker	1974	Kylene Nison	1994
Donnae Rucker	1974	Tanya Pacey	1994
Donnae Rucker	1974	Stephanie Washington	1994
Donnae Rucker	1974	Stephanie Williamson	1994
Donnae Rucker	1974	Char Porter	1994
Donnae Rucker	1974	Blaine Barber	1994
Donnae Rucker	1974	Melissa Barber	1994

Carolina's track and field facilities, Weems Baskin Track and Field and the Indoor Facility, have been the Gamecocks' home since 1969 and 1982, respectively. In 2001, Weems Baskin Track and Field hosted the SEC Outdoor Championship. Upgrades also have included the addition of record boards and recognition boards honoring past athletes and teams (above).

WEEMS BASKIN TRACK AND FIELD



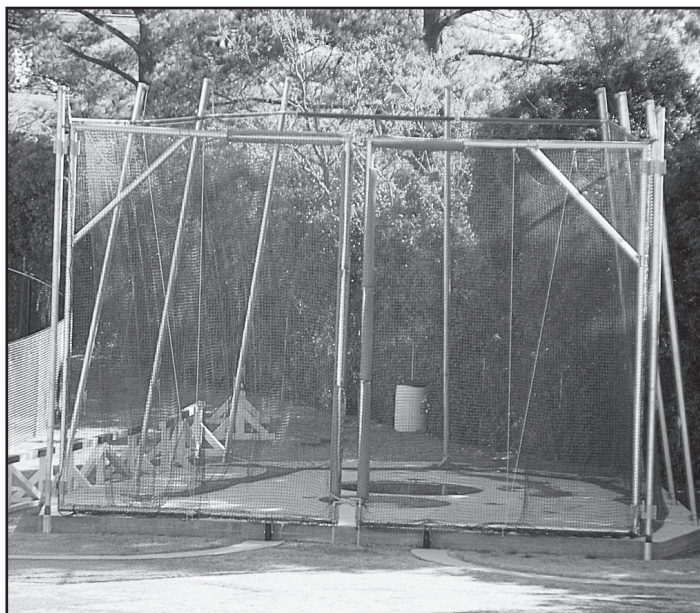
The outdoor track, with renovations completed in December 1997, features a 400m eight lane track with multi-directional sprint straightaways. The Erotan "S" Synthetic track surface is made by Southwest Recreational Industries, Inc.

Inside of the track there are two multi-directional long and triple jump runways which include four pits. There is also 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 are also two shot put rings, a javelin runway and an additional ring with a cage.

The outdoor track has seating which will accommodate 2,200 spectators. This year 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 are indoors 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 S.C. Collegiate Championship and the annual Gamecock Invitational. This all grass course features rolling hilly terrain and a grandstand which seats 3,000 spectators.

## Coach Weems Baskin



The outdoor track is dedicated in honor of the former USC 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 USC (1949-69), Weems Baskin won 90 dual meets and lost 47. He later held the position of administrative assistant to the athletic director before retiring in 1972.

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 was also elected to the South Carolina and Georgia Track and Field Halls of Fames.



**2006 NCAA DIVISION I WOMEN'S TRACK AND FIELD**

**NCAA Indoor Qualifying Standards**

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
55 Meters	6.75@	---	6.92@	---
60 Meters	7.27@	---	7.44@	---
55-Meter Hurdles	7.58@	---	7.86@	---
60-Meter Hurdles	8.15@	---	8.43@	---
200 Meters				
(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 Meters (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 Meters# (200m/220 yds)*	2:06.10	2:05.8	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.70	2:05.4	2:09.00	2:08.7
Mile# (200m/220 yds or less)*	4:39.10	4:38.8	4:47.60	4:47.3
(Banked or Over 200m/220 yds)*	4:38.50	4:38.2	4:47.00	4:46.7
3,000 Meters#(200m/220 yds or less)*	9:16.80	9:16.5	9:35.80	9:35.5
(Banked or Over 200m/220 yds)*	9:16.00	9:15.7	9:35.00	9:34.7
5,000 Meters#(200m/220 yds or less)*	16:11.60	16:11.3	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:10.00	16:09.7	16:45.00	16:44.7
1,600 Meter Relay (Under 200m/220 yds)	3:35.90	3:35.6	3:42.40	3:42.1
(200m/220 yds)*	3:34.70	3:34.4	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.50	3:33.2	3:40.00	3:39.7
Mile Relay (Under 200m/220 yds)*	3:37.10	3:36.8	3:43.70	3:43.4
(200m/220 yds)*	3:35.90	3:35.6	3:42.50	3:42.2
(Banked or Over 200m/220 yds)*	3:34.7	3:34.70	3:41.30	3:41.0
Distance Medley Relay- Meters	11:11.00	11:10.7	11:30.00	11:29.7
(Banked or Over 200m/220 yds)	11:09.00	11:08.7	11:28.00	11:27.7
Distance Medley Relay- Yards	11:14.50	11:14.2	11:34.20	11:33.9
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:32.20	11:31.9

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

Event	Metric	Metric
High Jump	1.84	1.78
Pole Vault	4.20	3.95
Long Jump	6.40	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.40
20-Pound Weight	21.00	19.00
Pentathlon	4,050 points	3,700 points

\* Size of track  
# - Altitude adjustment available



**NCAA Outdoor Regional Qualifying Standards**

Event	FAT	MT	3k-5,999/6k
100 Meters	11.75	----	+ .03/+ .07
200 Meters	23.96	----	+ .07/+ .14
400 Meters	54.61	54.3	+ .11/+ .21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000 Meter Steeplechase#	10:50.25	10:50.0	
5,000 Meters#	16:52.00	16:51.7	
100-Meter Hurdles	13.92	----	+ .04/+ .08
400-Meter Hurdles	1:00.82	1:00.5	+ .11/+ .21
400-Meter Relay	45.70	45.4	+ .12/+ .28
440-Yard Relay	45.90	45.6	+ .12/+ .28
1,600 Meter Relay	3:42.00	3:41.7	+ .44/+ .84
Mile Relay	3:43.20	3:42.9	+ .44/+ .84

**NCAA Outdoor National Qualifying Standards**

Event	Metric
High Jump	1.75
Pole Vault	3.80
Long Jump	5.97
Triple Jump	12.32
Shot Put	14.30
Discus	47.30
Javelin	43.45
Hammer	54.15

**NCAA Outdoor National Qualifying Standards**

	Automatic	Provisional
10,000 Meters#	33:55.00	35:00.00
	33:54.7	34:59.7
Heptathlon	5,500 points	5,000 points

# - Altitude adjustment available



2006 QUALIFYING STANDARDS



**2006 NCAA DIVISION I MEN'S TRACK AND FIELD**

**NCAA Indoor Qualifying Standards**

Event	Automatic	Provisional
55 Meters	6.14@	6.24@
60 Meters	6.62@	6.72@
55-Meter Hurdles	7.17@	7.38@
60-Meter Hurdles	7.70@	7.91@
200 Meters (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 Meters (Under 200m/220 yds)*	46.85	48.05
(200m/220 yds)*	46.45	47.65
(Banked or Over 200m/220 yds)*	46.05	47.25
800 Meters# (200m/220 yds or less)*	1:48.40	1:50.10
(Banked or Over 200m/220 yds)*	1:47.80	1:49.50
Mile# (200m/220 yds or less)*	3:59.80	4:05.70
(Banked or Over 200m/220 yds)*	3:59.00	4:04.90
3,000 Meters# (200m/220 yds or less)*	7:56.30	8:06.30
(Banked or Over 200m/220 yds)*	7:55.00	8:05.00
5,000 Meters# (200m/220 yds or less)	13:51.90	14:13.80
(Banked or Over 200m/220 yds)*	13:50.00	14:11.90
1,600- Meter Relay (Under 200m/220 yds)*	3:08.20	3:13.60
(200m/220 yds)*	3:06.60	3:12.00
(Banked or Over 200m/220 yds)*	3:05.00	3:10.40
Mile Relay (Under 200m/220 yds)*	3:09.40	3:14.80
(200m/220 yds)*	3:07.80	3:13.20
(Banked or Over 200m/220 yds)*	3:06.20	3:11.60
Distance Medley Relay- Meters#	9:35.20	9:45.90
(Banked or Over 200m/220 yds)*	9:33.00	9:43.70
Distance Medley Relay- Yards#	9:38.70	9:49.40
(Banked or Over 200m/220 yds)*	9:36.50	9:47.20

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

Event	Metric	Metric
High Jump	2.23	2.17
Pole Vault	5.50	5.20
Long Jump	7.85	7.45
Triple Jump	16.20	15.50
Shot Put	19.30	17.75
35- Pound Weight	21.20	19.00
Heptathlon	5,650 points	5,200 points

\* --- size of track

# --- Altitude adjustment available

**NCAA Outdoor Regional Qualifying Standards**

Event	FAT	3k-5,999/6k+
100 Meters	10.50	+03/+06
200 Meters	21.19	+07/+12
400 Meters	47.26	+11/+21
800 Meters#	1:50.40	
1,500 Meters#	3:47.80	
Mile#	4:06.00	
3,000 Meter Steeplechase#	9:07.00	
5,000 Meters	14:10.00	
110-Meter Hurdles	14.30	+04/+08
400-Meter Hurdles	52.51	+11/+21
400- Meter Relay	40.66	+12/+24
440-Yard Relay	40.86	+12/+24
1,600 Meter Relay	3:10.00	+44/+84
Mile Relay	3:11.20	+44/+84

**NCAA Outdoor National Qualifying Standards**

Event	Automatic	Provisional
10,000 Meters#	28:45.00	29:30.00
Decathlon	7,500 points	7,000 points

# - Altitude adjustment available

